

# Zonser Nachtlauf - 5 km



5 km  
Fr., 23. Sept. 2011  
SG Zons

TEAMSOFT-SPORTZEIT.DE

| Rang | G | Platz | Zeit     | Name                      | St.-Nr | NAT | Verein                   | Jahr | PAK | AK    | Min/KM  |
|------|---|-------|----------|---------------------------|--------|-----|--------------------------|------|-----|-------|---------|
| 1    |   | 1     | 00:17:30 | Temmler, Björn            | 1419   |     | Moerser TV               | 1978 | 1   | M30   | 03:30,0 |
| 2    |   | 2     | 00:17:51 | Müller, Tobias            | 630    |     | SMC Sports               | 1981 | 2   | M30   | 03:34,2 |
| 3    |   | 3     | 00:18:01 | Borgund, Magne            | 1096   |     | SMC Sports               | 1982 | 1   | MHK   | 03:36,2 |
| 4    |   | 4     | 00:18:02 | Lojak, Thomas             | 1418   |     |                          | 1993 | 1   | MJugA | 03:36,4 |
| 5    |   | 5     | 00:18:03 | Holländer, Jonas          | 1250   |     | Dormagen                 | 1995 | 1   | MJugB | 03:36,6 |
| 6    |   | 6     | 00:18:18 | Drenkrad, Stephan         | 1421   |     | FSD                      | 1978 | 3   | M30   | 03:39,6 |
| 7    |   | 7     | 00:18:37 | Marten, Franz             | 993    |     | FC Straberg              | 1986 | 2   | MHK   | 03:43,4 |
| 8    |   | 8     | 00:18:47 | Haack, Matthias           | 659    |     | SG Zons                  | 1965 | 1   | M45   | 03:45,4 |
| 9    |   | 9     | 00:18:52 | Sekulla, Raimund          | 1033   |     | TECTRION GmbH            | 1958 | 1   | M50   | 03:46,4 |
| 10   |   | 10    | 00:19:01 | Gronewoldt, Hermann       | 977    |     | AVG Feuerläufer          | 1979 | 4   | M30   | 03:48,2 |
| 11   |   | 11    | 00:19:08 | Alotto, Salvatore         | 897    | ITA | Köln                     | 1971 | 1   | M40   | 03:49,6 |
| 12   |   | 12    | 00:19:30 | Margraf, Günter           | 1351   |     | SSC Hanau Rodenbach      | 1977 | 5   | M30   | 03:54,0 |
| 13   |   | 13    | 00:19:33 | Ertural, Altan            | 1433   |     | DJK Rheinkraft Neuss     | 1968 | 2   | M40   | 03:54,6 |
| 14   |   | 14    | 00:19:39 | Lehr, Bjarne              | 1097   |     | TSV Bayer 04 Leverkusen  | 1998 | 1   | MSchB | 03:55,8 |
| 15   |   | 15    | 00:20:12 | Jungwirth, Rudi           | 9004   |     | Moerser TV               | 1965 | 2   | M45   | 04:02,4 |
| 16   |   | 16    | 00:20:22 | Kuppler, Joachim          | 1412   |     | FC Straberg              | 1966 | 3   | M45   | 04:04,4 |
| 17   |   | 17    | 00:20:48 | Baasch, Peter             | 712    |     | RRC Merzen               | 1945 | 1   | M65   | 04:09,6 |
| 18   |   | 18    | 00:20:49 | Hülfenhaus, Martin        | 1471   |     |                          | 1965 | 4   | M45   | 04:09,8 |
| 19   |   | 19    | 00:20:55 | Gerstenberg, Frank        | 454    |     | LAV Bayer Dormagen       | 1963 | 5   | M45   | 04:11,0 |
| 20   |   | 20    | 00:21:19 | Steinborn, Philipp        | 1404   |     | FC Zons                  | 2003 | 1   | MSchD | 04:15,8 |
| 21   |   | 21    | 00:21:23 | Someno, Shinobo           | 1500   |     | OTV                      | 1959 | 2   | M50   | 04:16,6 |
| 22   |   | 22    | 00:21:34 | Gross, Jörg               | 1480   |     | Theo Neuss               | 1969 | 3   | M40   | 04:18,8 |
| 23   |   | 23    | 00:21:35 | Schröder, Norbert         | 506    |     | TK Grevenbroich          | 1963 | 6   | M45   | 04:19,0 |
| 24   |   | 24    | 00:21:40 | Hanisch, Jörg             | 813    |     | Team Novopress           | 1975 | 1   | M35   | 04:20,0 |
| 25   |   | 25    | 00:21:44 | Prabucki, Gerhard         | 1394   |     | Dormagen                 | 1960 | 3   | M50   | 04:20,8 |
| 26   |   | 26    | 00:21:46 | Schröder, Andy            | 1422   |     |                          | 1972 | 2   | M35   | 04:21,2 |
| 27   |   | 27    | 00:21:55 | Gronemeyer, Hans Herm     | 1226   |     | LC Wuppertal             | 1948 | 1   | M60   | 04:23,0 |
| 28   |   | 28    | 00:21:59 | Strippel, Florian         | 945    |     | TSV Hochdahl             | 2000 | 1   | MSchC | 04:23,8 |
| 29   | W | 1     | 00:22:19 | Gernoth, Madita           | 868    |     | LAV Bayer Uerdingen-Dor  | 1999 | 1   | WSchB | 04:27,8 |
| 30   |   | 29    | 00:22:22 | Reichel, Volker           | 814    |     | Team Novopress           | 1978 | 6   | M30   | 04:28,4 |
| 31   |   | 30    | 00:22:25 | Rehaag, Dirk              | 1064   |     | Köln                     | 1964 | 7   | M45   | 04:29,0 |
| 32   |   | 31    | 00:22:29 | Ritter, Noel              | 893    |     | FC Zons                  | 2000 | 2   | MSchC | 04:29,8 |
| 33   |   | 32    | 00:22:30 | Löher, Ulrich             | 817    |     | Team Novopress           | 1955 | 1   | M55   | 04:30,0 |
| 34   | W | 2     | 00:22:35 | Wilke, Belinda            | 1395   |     | Dormagen                 | 1960 | 1   | W50   | 04:31,0 |
| 35   |   | 33    | 00:22:38 | Ertural, Nick Lucas       | 1432   |     | Sappeur-Corps Neuss-Fürt | 1993 | 2   | MJugA | 04:31,6 |
| 36   | W | 3     | 00:22:39 | Hartmann, Britta          | 642    |     | TSV Weiss-Köln           | 1966 | 1   | W45   | 04:31,8 |
| 37   |   | 34    | 00:22:42 | Hülfenhaus, Valentin      | 1470   |     | LG Hilden                | 1999 | 2   | MSchB | 04:32,4 |
| 38   |   | 35    | 00:22:44 | Kiourtsoglou, Dr. Konstan | 617    | GRE | Düsseldorf               | 1961 | 4   | M50   | 04:32,8 |
| 39   |   | 36    | 00:22:46 | Krins, Nikolas            | 502    |     | LAV Bayer Uerdingen-Dor  | 2000 | 3   | MSchC | 04:33,2 |
| 40   |   | 37    | 00:22:55 | Mock, Samuel              | 1147   |     | LAV Bayer Dormagen       | 2002 | 2   | MSchD | 04:35,0 |
| 41   |   | 38    | 00:22:58 | Kopp, Tobias              | 828    |     | Düsseldorf               | 1986 | 3   | MHK   | 04:35,6 |
| 42   | W | 4     | 00:22:59 | Voss, Lina                | 1051   |     | Bärenbande               | 2000 | 1   | WSchC | 04:35,8 |
| 43   |   | 39    | 00:23:03 | Güsgen, Oliver            | 729    |     | Dormagen                 | 2001 | 4   | MSchC | 04:36,6 |
| 44   |   | 40    | 00:23:04 | Kreß, Lothar              | 1474   |     | ASC Rosellen/Neuss       | 1958 | 5   | M50   | 04:36,8 |
| 45   | W | 5     | 00:23:06 | Kramer, Kathrin           | 1162   |     | Rommerskirchen           | 1984 | 1   | WHK   | 04:37,2 |
| 46   |   | 41    | 00:23:07 | Goffart, Ralf             | 9001   |     |                          | 1965 | 8   | M45   | 04:37,4 |
| 47   |   | 42    | 00:23:23 | Großer, Leo               | 1372   |     | Triteam Merzbach         | 1952 | 2   | M55   | 04:40,6 |
| 48   |   | 43    | 00:23:31 | Mock, Justus Jonas        | 1146   |     | NGK                      | 1999 | 3   | MSchB | 04:42,2 |
| 49   |   | 44    | 00:23:38 | Bodewig, Markus           | 744    |     | TSV Norf                 | 1978 | 7   | M30   | 04:43,6 |
| 50   |   | 45    | 00:23:44 | Perlitz, Thore            | 1457   |     | Hydro-Rheinwerk-Runner   | 1963 | 9   | M45   | 04:44,8 |
| 51   |   | 46    | 00:23:54 | Fiegert, Jonte            | 1401   |     |                          | 1999 | 4   | MSchB | 04:46,8 |
| 52   |   | 47    | 00:23:54 | Ilbertz, Henning          | 1286   |     | Köln                     | 2000 | 5   | MSchC | 04:46,8 |
| 53   |   | 48    | 00:23:56 | Ruhm, Tobias              | 652    |     | SG Zons                  | 2000 | 6   | MSchC | 04:47,2 |
| 54   |   | 49    | 00:23:57 | Bendermacher, Detlef      | 1116   |     | Erfstadt                 | 1968 | 4   | M40   | 04:47,4 |
| 55   |   | 50    | 00:24:01 | Ilbertz, Andre            | 1287   |     | Köln                     | 1968 | 5   | M40   | 04:48,2 |
| 56   |   | 51    | 00:24:03 | Ruhm, Felix               | 651    |     | FC Zons                  | 2000 | 7   | MSchC | 04:48,6 |
| 57   |   | 52    | 00:24:11 | Gielsing, Benedikt        | 1366   |     | TSV Bayer Dormagen       | 2000 | 8   | MSchC | 04:50,2 |
| 58   |   | 53    | 00:24:11 | Godyla, Vincent           | 780    |     | Dormagen                 | 2001 | 9   | MSchC | 04:50,2 |
| 59   |   | 54    | 00:24:15 | Grigull, Reinhard         | 820    |     | Team Novopress           | 1955 | 3   | M55   | 04:51,0 |
| 60   | W | 6     | 00:24:21 | Eicker, Barbara           | 1367   |     | Tri Club Wuppertal       | 1966 | 2   | W45   | 04:52,2 |

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|------|---|-------|----------|----------------------|--------|-----|-------------------------|------|-----|-------|---------|
| 61   |   | 55    | 00:24:26 | Glymph, Jeremy       | 654    |     | FC Zons                 | 2000 | 10  | MSchC | 04:53,2 |
| 62   |   | 56    | 00:24:31 | Kaminsky, Martin     | 1492   |     | FC Zons                 | 2000 | 11  | MSchC | 04:54,2 |
| 63   |   | 57    | 00:24:35 | Disteldorf, Stephan  | 561    |     | Altstadtwache-Zons      | 1965 | 10  | M45   | 04:55,0 |
| 64   |   | 58    | 00:24:43 | Kühne, Ingo          | 819    |     | Team Novopress          | 1953 | 4   | M55   | 04:56,6 |
| 65   |   | 59    | 00:24:44 | Küster, Willi        | 308    |     | Korschenbroich          | 1959 | 6   | M50   | 04:56,8 |
| 66   |   | 60    | 00:24:46 | Nadenau, Terrence    | 1491   |     | Northville              | 1964 | 11  | M45   | 04:57,2 |
| 67   | W | 7     | 00:24:46 | Schulze, Katrin      | 567    |     | Hilden                  | 1986 | 2   | WHK   | 04:57,2 |
| 68   | W | 8     | 00:24:47 | Nellessen, Kathrin   | 841    |     | SG Neukirchen-Hülchrath | 1996 | 1   | WSchA | 04:57,4 |
| 69   |   | 61    | 00:24:52 | Wegmann, Oliver      | 175    |     | Dormagen                | 1970 | 6   | M40   | 04:58,4 |
| 70   |   | 62    | 00:24:56 | Harnapp, Stefan      | 580    |     | Dormagen                | 1968 | 7   | M40   | 04:59,2 |
| 71   |   | 63    | 00:24:56 | Bey, Jürgen          | 896    |     | Köln                    | 1967 | 8   | M40   | 04:59,2 |
| 72   |   | 64    | 00:24:57 | Marquardt, Holger    | 1072   |     | SSV Delrath             | 1964 | 12  | M45   | 04:59,4 |
| 73   |   | 65    | 00:24:58 | Marquardt, Michael   | 1073   |     | SSV Delrath             | 1997 | 1   | MSchA | 04:59,6 |
| 74   |   | 66    | 00:24:59 | Hünseler, Holger     | 921    |     | Hückelhoven             | 1971 | 9   | M40   | 04:59,8 |
| 75   |   | 67    | 00:24:59 | Kaminsky, Stefan     | 1493   |     |                         | 1970 | 10  | M40   | 04:59,8 |
| 76   |   | 68    | 00:25:01 | Biesold, Leon        | 1077   |     | SSV Delrath             | 1997 | 2   | MSchA | 05:00,2 |
| 77   |   | 69    | 00:25:03 | Küttelwesch, Marc    | 1300   |     | Rommerskirchen          | 1985 | 4   | MHK   | 05:00,6 |
| 78   |   | 70    | 00:25:03 | Härtel, Nils         | 635    |     | Köln                    | 1979 | 8   | M30   | 05:00,6 |
| 79   | W | 9     | 00:25:04 | Nadenau, Linda       | 1490   |     | Northville              | 1963 | 3   | W45   | 05:00,8 |
| 80   | W | 10    | 00:25:05 | Hoff, Stefanie       | 4      |     | Team Raphaelshaus       | 1997 | 2   | WSchA | 05:01,0 |
| 81   |   | 71    | 00:25:22 | Dömmecke, Andreas    | 844    |     | Köln                    | 1963 | 13  | M45   | 05:04,4 |
| 82   |   | 72    | 00:25:27 | Döhmen, Heiner       | 596    |     | Korschenbroich          | 1960 | 7   | M50   | 05:05,4 |
| 83   |   | 73    | 00:25:37 | Kopp, Andre          | 829    |     | Düsseldorf              | 1983 | 5   | MHK   | 05:07,4 |
| 84   |   | 74    | 00:25:40 | Hülsmann, Jan        | 476    |     | SG Zons                 | 1997 | 3   | MSchA | 05:08,0 |
| 85   | W | 11    | 00:25:52 | Fiegert, Lilo        | 1402   |     |                         | 2001 | 2   | WSchC | 05:10,4 |
| 86   |   | 75    | 00:25:52 | Samusch, Rene        | 387    |     | Dormagen                | 1973 | 3   | M35   | 05:10,4 |
| 87   |   | 76    | 00:25:55 | Kohnen, Hubert       | 73     |     | Erkelenz                | 1960 | 8   | M50   | 05:11,0 |
| 88   |   | 77    | 00:26:04 | Tafelmeier, Manuel   | 684    |     | Dormagen                | 1999 | 5   | MSchB | 05:12,8 |
| 89   |   | 78    | 00:26:05 | Winkler, Lennart     | 7      |     | Team Raphaelshaus       | 1999 | 6   | MSchB | 05:13,0 |
| 90   | W | 12    | 00:26:14 | Rothkopf, Alexandra  | 894    |     | LG Monheim Baumberg     | 1998 | 2   | WSchB | 05:14,8 |
| 91   |   | 79    | 00:26:19 | Götzen, Bernd        | 1350   |     | Fortuna Treu            | 1959 | 9   | M50   | 05:15,8 |
| 92   |   | 80    | 00:26:19 | Ronschke, Hubert     | 1349   |     | Fortuna Düsseldorf      | 1962 | 14  | M45   | 05:15,8 |
| 93   |   | 81    | 00:26:19 | Dönder, Ekrem        | 1448   |     | Fortuna Treu            | 1963 | 15  | M45   | 05:15,8 |
| 94   | W | 13    | 00:26:22 | Wagner, Chiara       | 1123   |     | Dormagen                | 1996 | 3   | WSchA | 05:16,4 |
| 95   |   | 82    | 00:26:22 | Abmann, Jan          | 1079   |     | SSV Delrath             | 1997 | 4   | MSchA | 05:16,4 |
| 96   |   | 83    | 00:26:26 | Brinkmann, Jonas     | 450    |     | LT Krefeld-Oppum        | 1993 | 3   | MJuga | 05:17,2 |
| 97   | W | 14    | 00:26:26 | Arentz, Lena         | 490    |     | Team Tambourcorps       | 1998 | 3   | WSchB | 05:17,2 |
| 98   |   | 84    | 00:26:26 | Wagner, Georg        | 1369   |     |                         | 1968 | 11  | M40   | 05:17,2 |
| 99   | W | 15    | 00:26:27 | Brück, Chiara        | 405    |     | Pulheim                 | 1997 | 4   | WSchA | 05:17,4 |
| 100  | W | 16    | 00:26:28 | Klabunde, Anna-Maria | 1403   |     |                         | 2001 | 3   | WSchC | 05:17,6 |
| 101  |   | 85    | 00:26:31 | Ferreira, Claudio    | 1431   |     |                         | 1978 | 9   | M30   | 05:18,2 |
| 102  |   | 86    | 00:26:34 | Weber, Jan Philipp   | 887    |     | Dormagen                | 1999 | 7   | MSchB | 05:18,8 |
| 103  |   | 87    | 00:26:35 | Maas, Christian      | 1283   |     | FC Straberg             | 1999 | 8   | MSchB | 05:19,0 |
| 104  | W | 17    | 00:26:43 | Dommermuth, Jill     | 879    |     | Helen-Keller Gruppe     | 1995 | 1   | WJugB | 05:20,6 |
| 105  | W | 18    | 00:26:44 | Borzechowski, Janina | 877    |     | Helen-Keller Gruppe     | 1996 | 5   | WSchA | 05:20,8 |
| 106  |   | 88    | 00:26:46 | Smalley, Shawn       | 1141   | USA | Dusseldorf              | 1966 | 16  | M45   | 05:21,2 |
| 107  |   | 89    | 00:26:49 | Maier, Duane         | 1122   | USA | Dusseldorf              | 1974 | 4   | M35   | 05:21,8 |
| 108  | W | 19    | 00:26:49 | Schulte, Karina      | 749    |     | SMC Sports              | 1980 | 1   | W30   | 05:21,8 |
| 109  |   | 90    | 00:26:53 | Ring, Lukas          | 1258   |     | Ringsidingsi            | 2003 | 3   | MSchD | 05:22,6 |
| 110  |   | 91    | 00:26:55 | Eggenkämper, Frank   | 821    |     | Team Novopress          | 1968 | 12  | M40   | 05:23,0 |
| 111  |   | 92    | 00:26:57 | Ecca, Marco          | 901    |     | Pulheim                 | 1997 | 5   | MSchA | 05:23,4 |
| 112  | W | 20    | 00:26:58 | Heinisch, Carina     | 880    |     | Helen-Keller Gruppe     | 1999 | 4   | WSchB | 05:23,6 |
| 113  | W | 21    | 00:26:58 | Peters, Lena         | 882    |     | Helen-Keller Gruppe     | 1985 | 3   | WHK   | 05:23,6 |
| 114  | W | 22    | 00:26:59 | Just, Lisa           | 851    |     | Haaner TV               | 1998 | 5   | WSchB | 05:23,8 |
| 115  |   | 93    | 00:26:59 | Hüllmann, Philipp    | 1439   |     |                         | 1999 | 9   | MSchB | 05:23,8 |
| 116  |   | 94    | 00:27:14 | Ilbertz, Tim         | 900    |     | Köln                    | 1997 | 6   | MSchA | 05:26,8 |
| 117  | W | 23    | 00:27:14 | Nowotny, Leonie      | 907    |     | TSV Dormagen            | 1997 | 6   | WSchA | 05:26,8 |
| 118  |   | 95    | 00:27:18 | Lohkamp, Christian   | 848    |     | SG Holzheim             | 1975 | 5   | M35   | 05:27,6 |
| 119  |   | 96    | 00:27:30 | Kuttner, Siegfried   | 895    |     | Köln                    | 1959 | 10  | M50   | 05:30,0 |
| 120  |   | 97    | 00:27:34 | Hilden, Maximilian   | 1158   |     | Dormagen                | 1992 | 4   | MJuga | 05:30,8 |

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| Rang | G | Platz | Zeit     | Name                       | St.-Nr | NAT | Verein                 | Jahr | PAK | AK    | Min/KM  |
|------|---|-------|----------|----------------------------|--------|-----|------------------------|------|-----|-------|---------|
| 121  |   | 98    | 00:27:34 | Hilden, Florian            | 1159   |     | Dormagen               | 1992 | 5   | MJugA | 05:30,8 |
| 122  |   | 99    | 00:27:34 | Rauf, Zdzislaw             | 1032   |     | TECTRION GmbH          | 1960 | 11  | M50   | 05:30,8 |
| 123  | W | 24    | 00:27:43 | Kramer, Theresa            | 1044   |     | Wuppertal              | 1988 | 4   | WHK   | 05:32,6 |
| 124  |   | 100   | 00:27:43 | Heinemann, Jan             | 198    |     | LT Alt-Erkrath         | 1968 | 13  | M40   | 05:32,6 |
| 125  | W | 25    | 00:27:44 | Illing, Anna               | 1045   |     | Rommerskirchen         | 1988 | 5   | WHK   | 05:32,8 |
| 126  |   | 101   | 00:27:44 | Kiel, Jan-Philipp          | 1075   |     | SSV Delrath            | 1997 | 7   | MSchA | 05:32,8 |
| 127  |   | 102   | 00:27:44 | Abmann, Jonas              | 1080   |     | SSV Delrath            | 1997 | 8   | MSchA | 05:32,8 |
| 128  |   | 103   | 00:27:45 | Wimmer, Niklas             | 1081   |     | SSV Delrath            | 1997 | 9   | MSchA | 05:33,0 |
| 129  |   | 104   | 00:27:45 | Scharbatke, Kurt           | 1227   |     | LC Wuppertal           | 1950 | 2   | M60   | 05:33,0 |
| 130  |   | 105   | 00:27:48 | Artlich, Gregor            | 1475   |     | SC Hitdorf             | 2001 | 12  | MSchC | 05:33,6 |
| 131  |   | 106   | 00:27:51 | Kloß, Fabian               | 1078   |     | SSV Delrath            | 1997 | 10  | MSchA | 05:34,2 |
| 132  | W | 26    | 00:27:53 | Gamerschlag, Gisela        | 366    |     | Laufftreff Vynen       | 1956 | 1   | W55   | 05:34,6 |
| 133  |   | 107   | 00:27:59 | Raiola, Ferdinando         | 1034   |     | TECTRION GmbH          | 1959 | 12  | M50   | 05:35,8 |
| 134  |   | 108   | 00:27:59 | Werner, Tobias             | 1308   |     | Köln                   | 1982 | 6   | MHK   | 05:35,8 |
| 135  | W | 27    | 00:28:03 | Plücker, Marie             | 1479   |     | SG Zons                | 2003 | 1   | WSchD | 05:36,6 |
| 136  | W | 28    | 00:28:07 | Döhmen, Mady               | 593    |     | Korschenbroich         | 1963 | 4   | W45   | 05:37,4 |
| 137  | W | 29    | 00:28:11 | Haack, Michaela            | 1071   |     | SG Zons                | 1972 | 1   | W35   | 05:38,2 |
| 138  | W | 30    | 00:28:13 | Plücker, Heike             | 698    |     | Team Tambourcorps Zons | 1971 | 1   | W40   | 05:38,6 |
| 139  | W | 31    | 00:28:13 | Arentz, Ute                | 491    |     | Team Tambourcorps      | 1969 | 2   | W40   | 05:38,6 |
| 140  | W | 32    | 00:28:23 | Breuer, Celina             | 1352   |     |                        | 1999 | 6   | WSchB | 05:40,6 |
| 141  | W | 33    | 00:28:23 | Lützenrath, Tanja          | 979    |     | Dormagen               | 1965 | 5   | W45   | 05:40,6 |
| 142  |   | 109   | 00:28:38 | Hülsmann, Ingo             | 475    |     | SG Zons                | 1958 | 13  | M50   | 05:43,6 |
| 143  | W | 34    | 00:28:42 | Lopes, Angela              | 1320   |     | TG Neuss               | 1970 | 3   | W40   | 05:44,4 |
| 144  | W | 35    | 00:28:44 | Kosztolanyi, Rita          | 730    |     | Dormagen               | 1970 | 4   | W40   | 05:44,8 |
| 145  |   | 110   | 00:28:44 | Schmitz, Peter             | 1037   |     | TECTRION GmbH          | 1960 | 14  | M50   | 05:44,8 |
| 146  |   | 111   | 00:28:45 | Beck, Hans-Jürgen          | 1036   |     | TECTRION GmbH          | 1954 | 5   | M55   | 05:45,0 |
| 147  | W | 36    | 00:28:49 | Bures, Daria               | 892    |     | LG Monheim Baumberg    | 2000 | 4   | WSchC | 05:45,8 |
| 148  |   | 112   | 00:28:49 | Bröder, Nils               | 1496   |     | SG Worringen           | 2002 | 4   | MSchD | 05:45,8 |
| 149  |   | 113   | 00:28:50 | Kleinschnittger, Christoph | 1495   |     | Fc Zons                | 2003 | 5   | MSchD | 05:46,0 |
| 150  |   | 114   | 00:28:50 | Neuer, Jochen              | 852    |     | Düsseldorf             | 1971 | 14  | M40   | 05:46,0 |
| 151  | W | 37    | 00:28:55 | Undorf, Christiane         | 737    |     | TSV Norf               | 1974 | 2   | W35   | 05:47,0 |
| 152  |   | 115   | 00:28:55 | Eicker, Joachim            | 1368   |     | Tri Club Wuppertal     | 1957 | 15  | M50   | 05:47,0 |
| 153  |   | 116   | 00:28:57 | Szalinski, Tim             | 1425   |     | BV Weckhoven           | 1986 | 7   | MHK   | 05:47,4 |
| 154  | W | 38    | 00:28:57 | Schütz, Monika             | 1424   |     | BV Weckhoven           | 1966 | 6   | W45   | 05:47,4 |
| 155  | W | 39    | 00:28:59 | Artlich, Roswitha          | 1478   |     |                        | 1963 | 7   | W45   | 05:47,8 |
| 156  |   | 117   | 00:29:00 | Weber, Laurenz             | 1411   |     | Fc Zons                | 2002 | 6   | MSchD | 05:48,0 |
| 157  | W | 40    | 00:29:02 | Loogen, Verena             | 472    |     | Dormagen               | 1972 | 3   | W35   | 05:48,4 |
| 158  |   | 118   | 00:29:13 | Keller, Ulrich             | 1223   |     | Dormagen               | 1967 | 15  | M40   | 05:50,6 |
| 159  | W | 41    | 00:29:15 | Deußen, Anja               | 1265   |     | Rhein-Kreis Neuss      | 1967 | 5   | W40   | 05:51,0 |
| 160  |   | 119   | 00:29:22 | Klein, Stephan             | 1406   |     | LT Düsseldorf Süd      | 1961 | 16  | M50   | 05:52,4 |
| 161  | W | 42    | 00:29:23 | Heß, Renate                | 862    |     | LT Düsseldorf-Süd      | 1940 | 1   | W70   | 05:52,6 |
| 162  |   | 120   | 00:29:25 | Salmen, Hans-Dieter        | 1035   |     | TECTRION GmbH          | 1963 | 17  | M45   | 05:53,0 |
| 163  |   | 121   | 00:29:25 | Schoofs, Günther           | 1038   |     | TECTRION GmbH          | 1961 | 17  | M50   | 05:53,0 |
| 164  | W | 43    | 00:29:26 | Reichert, Daniela          | 922    |     | Dormagen               | 1971 | 6   | W40   | 05:53,2 |
| 165  | W | 44    | 00:29:29 | Lürkens, Beata             | 1373   |     |                        | 1965 | 8   | W45   | 05:53,8 |
| 166  | W | 45    | 00:29:32 | Fechner, Thea              | 778    |     | Leverkusen             | 1963 | 9   | W45   | 05:54,4 |
| 167  |   | 122   | 00:29:33 | Rockel, Dirk               | 169    |     | FC Zons                | 1972 | 6   | M35   | 05:54,6 |
| 168  | W | 46    | 00:29:35 | Hutchens, Dr. Betsy        | 646    | USA | Dusseldorf             | 1964 | 10  | W45   | 05:55,0 |
| 169  |   | 123   | 00:29:40 | Ring, Rudi                 | 1255   |     | Ringsidingsi           | 1966 | 18  | M45   | 05:56,0 |
| 170  | W | 47    | 00:29:41 | Dziggel, Simone            | 904    |     | Dormagen               | 1963 | 11  | W45   | 05:56,2 |
| 171  | W | 48    | 00:29:41 | Hohagen, Melina            | 1221   |     | Kürten                 | 1986 | 6   | WHK   | 05:56,2 |
| 172  | W | 49    | 00:29:44 | Hohn, Diana                | 1263   |     | Kürten                 | 1987 | 7   | WHK   | 05:56,8 |
| 173  |   | 124   | 00:29:47 | Schmidt, Rüdiger           | 1312   |     | Leverkusen             | 1968 | 16  | M40   | 05:57,4 |
| 174  | W | 50    | 00:29:48 | Freund, Angelique          | 1409   |     | SG Worringen           | 1990 | 8   | WHK   | 05:57,6 |
| 175  | W | 51    | 00:29:54 | Voss, Lara                 | 9028   |     | Bärenbande             | 2004 | 2   | WSchD | 05:58,8 |
| 176  |   | 125   | 00:29:54 | Voss, Udo                  | 9021   |     | Bärenbande             | 1973 | 7   | M35   | 05:58,8 |
| 177  |   | 126   | 00:29:55 | Reiterer, Christian        | 697    | AUT | Dormagen               | 1968 | 17  | M40   | 05:59,0 |
| 178  |   | 127   | 00:29:55 | Schleicher, Marcus         | 1415   |     | BV Weckhoven           | 1966 | 19  | M45   | 05:59,0 |
| 179  | W | 52    | 00:29:56 | Tönisen, Martina           | 189    |     | Kleve-Rindern          | 1977 | 2   | W30   | 05:59,2 |
| 180  |   | 128   | 00:29:59 | Tönisen, Wolfgang          | 187    |     | Kleve-Rindern          | 1953 | 6   | M55   | 05:59,8 |

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| Rang | G | Platz | Zeit     | Name                      | St.-Nr | NAT | Verein                | Jahr | PAK | AK    | Min/KM  |
|------|---|-------|----------|---------------------------|--------|-----|-----------------------|------|-----|-------|---------|
| 181  | W | 53    | 00:29:59 | Hannen, Nikole            | 740    |     | TSV Norf              | 1971 | 7   | W40   | 05:59,8 |
| 182  | W | 54    | 00:30:02 | Michaelis, Petra          | 1310   |     | Leverkusen            | 1965 | 12  | W45   | 06:00,4 |
| 183  |   | 129   | 00:30:07 | Wendland, Jürgen          | 863    |     | Dormagen              | 1965 | 20  | M45   | 06:01,4 |
| 184  | W | 55    | 00:30:09 | Wendland, Katharina       | 864    |     | Dormagen              | 1973 | 4   | W35   | 06:01,8 |
| 185  | W | 56    | 00:30:13 | Breuer, Sandra            | 1353   |     | Dormagen              | 1973 | 5   | W35   | 06:02,6 |
| 186  | W | 57    | 00:30:15 | Schmidt, Eva              | 1400   |     | Dormagen              | 1969 | 8   | W40   | 06:03,0 |
| 187  | W | 58    | 00:30:20 | Jansen, Marie-Luise       | 1294   |     | SG Worringen          | 1964 | 13  | W45   | 06:04,0 |
| 188  | W | 59    | 00:30:20 | Schmitz, Kirsten          | 826    |     | Laufftreff Vynen      | 1968 | 9   | W40   | 06:04,0 |
| 189  |   | 130   | 00:30:25 | Schröder, Joshua          | 1423   |     |                       | 1997 | 11  | MSchA | 06:05,0 |
| 190  | W | 60    | 00:30:26 | Hartmann, Sabine          | 657    |     | SG Zons               | 1969 | 10  | W40   | 06:05,2 |
| 191  |   | 131   | 00:30:26 | Heinen, Alexander         | 1050   |     | SG Zons               | 2001 | 13  | MSchC | 06:05,2 |
| 192  | W | 61    | 00:30:27 | Kosmall, Michele          | 878    |     | Helen-Keller Gruppe   | 1997 | 7   | WSchA | 06:05,4 |
| 193  | W | 62    | 00:30:27 | Beduhn, Hanna Maria       | 437    |     | Baptisten-Kirche      | 2001 | 5   | WSchC | 06:05,4 |
| 194  | W | 63    | 00:30:27 | Hille, Ulrike             | 1142   |     | Dormagen              | 1957 | 2   | W50   | 06:05,4 |
| 195  | W | 64    | 00:30:28 | Mohr, Bettina             | 262    |     | Looping Team Dormagen | 1971 | 11  | W40   | 06:05,6 |
| 196  | W | 65    | 00:30:28 | Schernus, Irmhild         | 364    |     | Laufftreff Vynen      | 1960 | 3   | W50   | 06:05,6 |
| 197  |   | 132   | 00:30:29 | Esser, Rüdiger            | 551    |     | Schicht C             | 1968 | 18  | M40   | 06:05,8 |
| 198  | W | 66    | 00:30:29 | Silja, Zehm               | 876    |     | Helen-Keller Gruppe   | 1997 | 8   | WSchA | 06:05,8 |
| 199  |   | 133   | 00:30:29 | Steinmeier, Tobias        | 548    |     | Schicht C             | 1974 | 8   | M35   | 06:05,8 |
| 200  |   | 134   | 00:30:33 | Szczepanski, Gabriel      | 549    |     | Schicht C             | 1981 | 10  | M30   | 06:06,6 |
| 201  | W | 67    | 00:30:38 | Leidner, Jennifer         | 883    |     | Helen-Keller Gruppe   | 1989 | 9   | WHK   | 06:07,6 |
| 202  | W | 68    | 00:30:38 | Tappert, Michelle         | 881    |     | Helen-Keller Gruppe   | 1998 | 7   | WSchB | 06:07,6 |
| 203  |   | 135   | 00:30:39 | Giese, Claus-Dieter       | 1410   |     | Dormagen              | 1950 | 3   | M60   | 06:07,8 |
| 204  |   | 136   | 00:30:42 | Zimmermann, Michael       | 838    |     | Dormagen              | 1992 | 6   | MJugA | 06:08,4 |
| 205  |   | 137   | 00:30:52 | Breuer, Paul              | 550    |     | Schicht C             | 1965 | 21  | M45   | 06:10,4 |
| 206  |   | 138   | 00:31:00 | Kleinschnittger, Benedikt | 1494   |     | FC Zons               | 2000 | 14  | MSchC | 06:12,0 |
| 207  | W | 69    | 00:31:05 | Konrad, Ute               | 927    |     | Zons                  | 1971 | 12  | W40   | 06:13,0 |
| 208  | W | 70    | 00:31:05 | Konrad, Liv Angret        | 926    |     | SG Zons               | 2002 | 3   | WSchD | 06:13,0 |
| 209  | W | 71    | 00:31:09 | Etzelsdorfer, Nina        | 739    |     | TSV Norf              | 1981 | 3   | W30   | 06:13,8 |
| 210  | W | 72    | 00:31:12 | Lehmann, Rebecca          | 427    |     | Mülheim               | 1999 | 8   | WSchB | 06:14,4 |
| 211  | W | 73    | 00:31:15 | Schaffrath, Sandra        | 53     |     | Dormagen              | 1978 | 4   | W30   | 06:15,0 |
| 212  | W | 74    | 00:31:16 | Willerscheid, Brigitte    | 1428   |     | TV Flittard           | 1943 | 1   | W65   | 06:15,2 |
| 213  | W | 75    | 00:31:17 | Ruhm, Susanne             | 1365   |     | SG Zons               | 1968 | 13  | W40   | 06:15,4 |
| 214  | W | 76    | 00:31:18 | Voigt-Lehmann, Petra      | 429    |     | Mülheim               | 1965 | 14  | W45   | 06:15,6 |
| 215  | W | 77    | 00:31:18 | Jones, Sandra             | 627    |     | Grevenbroich          | 1971 | 14  | W40   | 06:15,6 |
| 216  | W | 78    | 00:31:21 | Ludemann, Pia             | 853    |     | Elsdorf               | 2000 | 6   | WSchC | 06:16,2 |
| 217  |   | 139   | 00:31:22 | Ludemann, Ingo            | 855    |     | Elsdorf               | 1971 | 19  | M40   | 06:16,4 |
| 218  | W | 79    | 00:31:23 | Conti-Mica, Sarah         | 866    |     | abc 123               | 1983 | 10  | WHK   | 06:16,6 |
| 219  | W | 80    | 00:31:26 | Ring, Anja                | 1256   |     | Ringsidingsi          | 1968 | 15  | W40   | 06:17,2 |
| 220  | W | 81    | 00:31:27 | Ingram, Esther            | 581    | AUS | Dormagen              | 1970 | 16  | W40   | 06:17,4 |
| 221  | W | 82    | 00:31:29 | Tafelmeier, Angelika      | 1011   |     | FC Straberg           | 1966 | 15  | W45   | 06:17,8 |
| 222  |   | 140   | 00:31:30 | Imhof, Dirk               | 126    |     | Düsseldorf            | 1977 | 11  | M30   | 06:18,0 |
| 223  |   | 141   | 00:31:30 | Selhorst, Marco           | 125    |     | Neuss                 | 1973 | 9   | M35   | 06:18,0 |
| 224  |   | 142   | 00:31:30 | Ring, Marius              | 1257   |     | Ringsidingsi          | 1995 | 2   | MJugB | 06:18,0 |
| 225  |   | 143   | 00:31:30 | Kobeissi, Khodor          | 1070   |     | Moerser TV            | 1955 | 7   | M55   | 06:18,0 |
| 226  | W | 83    | 00:31:33 | Smalley, Cathy            | 1124   | USA | Dusseldorf            | 1965 | 16  | W45   | 06:18,6 |
| 227  |   | 144   | 00:31:35 | Jansen, Frank             | 1090   |     | Die Plattfüße         | 1966 | 22  | M45   | 06:19,0 |
| 228  |   | 145   | 00:31:37 | Geißler, Christof         | 662    |     | Köln                  | 1963 | 23  | M45   | 06:19,4 |
| 229  |   | 146   | 00:31:40 | Siemers, Jürgen           | 1092   |     | Die Plattfüße         | 1960 | 18  | M50   | 06:20,0 |
| 230  |   | 147   | 00:31:40 | Kiel, Harald              | 1074   |     | SSV Delrath           | 1958 | 19  | M50   | 06:20,0 |
| 231  |   | 148   | 00:31:41 | Högner, Lukas             | 443    |     | DJK                   | 1999 | 10  | MSchB | 06:20,2 |
| 232  | W | 84    | 00:31:43 | Bürgel, Bettina           | 312    |     | Solingen              | 1965 | 17  | W45   | 06:20,6 |
| 233  |   | 149   | 00:31:44 | Beduhn, Dirk              | 438    |     | Baptisten-Kirche      | 1974 | 10  | M35   | 06:20,8 |
| 234  | W | 85    | 00:31:45 | Weichel, Jessica          | 917    |     | Dormagen              | 1974 | 6   | W35   | 06:21,0 |
| 235  | W | 86    | 00:31:48 | Zimmermann, Julia         | 685    |     | Frechen               | 1991 | 11  | WHK   | 06:21,6 |
| 236  | W | 87    | 00:31:50 | Wunderlich, Simone        | 1275   |     | Bonn                  | 1982 | 12  | WHK   | 06:22,0 |
| 237  |   | 150   | 00:31:51 | Nitzsche, Mario           | 1277   |     | Köln                  | 1981 | 12  | M30   | 06:22,2 |
| 238  |   | 151   | 00:31:52 | Bungter, Martin           | 815    |     | Team Novopress        | 1964 | 24  | M45   | 06:22,4 |
| 239  | W | 88    | 00:31:57 | Brünger, Ulrike           | 1482   |     |                       | 1969 | 17  | W40   | 06:23,4 |
| 240  | W | 89    | 00:31:58 | Brünger, Nele             | 1481   |     |                       | 2001 | 7   | WSchC | 06:23,6 |

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| Rang | G | Platz | Zeit     | Name                     | St.-Nr | NAT | Verein                 | Jahr | PAK | AK    | Min/KM  |
|------|---|-------|----------|--------------------------|--------|-----|------------------------|------|-----|-------|---------|
| 241  |   | 152   | 00:31:58 | Heinemann, Nils          | 199    |     | LT Alt-Erkrath         | 2000 | 15  | MSchC | 06:23,6 |
| 242  | W | 90    | 00:32:00 | Berger, Kerstin          | 906    |     | FC Straberg            | 1976 | 7   | W35   | 06:24,0 |
| 243  | W | 91    | 00:32:02 | Nguyen, Thanh Ha Minh    | 451    |     | LT Krefeld-Oppum       | 1991 | 13  | WHK   | 06:24,4 |
| 244  |   | 153   | 00:32:04 | Degenhardt, Holger       | 1184   |     | Dormagen               | 1968 | 20  | M40   | 06:24,8 |
| 245  | W | 92    | 00:32:09 | Lehmann, Annalena        | 428    |     | Mülheim                | 1996 | 9   | WSchA | 06:25,8 |
| 246  |   | 154   | 00:32:09 | Lehmann, Jörg            | 430    |     | Mülheim                | 1964 | 25  | M45   | 06:25,8 |
| 247  |   | 155   | 00:32:16 | Kather, Theo             | 535    |     | Rennschnecken          | 1966 | 26  | M45   | 06:27,2 |
| 248  | W | 93    | 00:32:17 | Fühser, Christiane       | 536    |     | Rennschnecken          | 1978 | 5   | W30   | 06:27,4 |
| 249  |   | 156   | 00:32:18 | Husemann, Georg          | 316    |     | Köln                   | 1968 | 21  | M40   | 06:27,6 |
| 250  |   | 157   | 00:32:26 | Wipperfürth, Kai         | 633    |     | Rommerskirchen         | 1970 | 22  | M40   | 06:29,2 |
| 251  | W | 94    | 00:32:27 | Feiser, Silke            | 891    |     | Rommerskirchen         | 1983 | 14  | WHK   | 06:29,4 |
| 252  |   | 158   | 00:32:33 | Meyer, Oliver            | 1434   |     | Dormagen               | 1970 | 23  | M40   | 06:30,6 |
| 253  |   | 159   | 00:32:35 | Wiegand, Frank           | 1285   |     | ProNation              | 1952 | 8   | M55   | 06:31,0 |
| 254  |   | 160   | 00:32:37 | Lemmer, Dieter           | 947    |     | Köln                   | 1968 | 24  | M40   | 06:31,4 |
| 255  |   | 161   | 00:32:46 | Bollmann, Ulrich         | 1456   |     | Hydro-Rheinwerk-Runner | 1952 | 9   | M55   | 06:33,2 |
| 256  |   | 162   | 00:32:47 | Zinn, Volkmar            | 1458   |     | Hydro-Rheinwerk-Runner | 1952 | 10  | M55   | 06:33,4 |
| 257  |   | 163   | 00:32:48 | Schucht, Kai             | 1438   |     |                        | 1997 | 12  | MSchA | 06:33,6 |
| 258  | W | 95    | 00:33:02 | Fischer, Angela          | 592    |     | Korschenbroich         | 1958 | 4   | W50   | 06:36,4 |
| 259  | W | 96    | 00:33:17 | Fiegert, Susanne         | 1405   |     |                        | 1970 | 18  | W40   | 06:39,4 |
| 260  | W | 97    | 00:33:20 | Christen, Mara Anne      | 1246   |     | SG Zons                | 2002 | 4   | WSchD | 06:40,0 |
| 261  | W | 98    | 00:33:21 | Hilgers, Martina         | 1010   |     | FC Straberg            | 1976 | 8   | W35   | 06:40,2 |
| 262  | W | 99    | 00:33:21 | Bonaventura, Anja        | 1012   |     | FC Straberg            | 1965 | 18  | W45   | 06:40,2 |
| 263  | W | 100   | 00:33:22 | Christen, Karin          | 1245   |     | Dormagen               | 1967 | 19  | W40   | 06:40,4 |
| 264  | W | 101   | 00:33:26 | Siemers, Britta          | 1093   |     | Die Plattfüße          | 1965 | 19  | W45   | 06:41,2 |
| 265  | W | 102   | 00:33:27 | Jansen, Sabine           | 1091   |     | Die Plattfüße          | 1967 | 20  | W40   | 06:41,4 |
| 266  | W | 103   | 00:33:28 | Vélv, Annsophie          | 1477   |     | SC Hitdorf             | 1999 | 9   | WSchB | 06:41,6 |
| 267  | W | 104   | 00:33:32 | Lüdtke, Heidi            | 885    |     | Grevenbroich           | 1946 | 2   | W65   | 06:42,4 |
| 268  | W | 105   | 00:33:35 | Artlich, Charlotte       | 1476   |     | SC Hitdorf             | 1998 | 10  | WSchB | 06:43,0 |
| 269  | W | 106   | 00:33:37 | Mehlmann, Marion         | 55     |     | Dormagen               | 1970 | 21  | W40   | 06:43,4 |
| 270  | W | 107   | 00:33:39 | Martin Alonso, Esther    | 1095   | ESP | Köln                   | 1964 | 20  | W45   | 06:43,8 |
| 271  |   | 164   | 00:33:40 | Winter, Horst            | 1440   |     | SG Worringen           | 1953 | 11  | M55   | 06:44,0 |
| 272  | W | 108   | 00:33:40 | Rosamowitz, Annette      | 1098   |     | Köln                   | 1962 | 21  | W45   | 06:44,0 |
| 273  | W | 109   | 00:33:41 | Piras, Adalgisa          | 1117   | ITA | Erfstadt               | 1974 | 9   | W35   | 06:44,2 |
| 274  | W | 110   | 00:33:42 | Lobin, Sigrid            | 1452   |     | Dormagen               | 1952 | 2   | W55   | 06:44,4 |
| 275  |   | 165   | 00:33:45 | Mehlmann, Volker         | 704    |     | Dormagen               | 1956 | 12  | M55   | 06:45,0 |
| 276  | W | 111   | 00:34:01 | Leuffen, Petra           | 865    |     | abc 123                | 1963 | 22  | W45   | 06:48,2 |
| 277  | W | 112   | 00:34:03 | Trapp, Julia             | 1288   |     | Krefeld                | 1969 | 22  | W40   | 06:48,6 |
| 278  |   | 166   | 00:34:05 | Misere, Klaus Walter     | 1483   |     | TSV Dieringhausen      | 1953 | 13  | M55   | 06:49,0 |
| 279  |   | 167   | 00:34:06 | Krause, Dirk             | 579    |     | Dormagen               | 1968 | 25  | M40   | 06:49,2 |
| 280  |   | 168   | 00:34:06 | Högener, Thomas          | 442    |     | DJK                    | 1998 | 11  | MSchB | 06:49,2 |
| 281  | W | 113   | 00:34:10 | Nielen, Susanne          | 368    |     | Laufftreff Vynen       | 1969 | 23  | W40   | 06:50,0 |
| 282  | W | 114   | 00:34:11 | Tönisen, Katrin          | 1417   |     |                        | 1981 | 6   | W30   | 06:50,2 |
| 283  | W | 115   | 00:34:15 | Jaenecke, Sylvia         | 1370   |     |                        | 1973 | 10  | W35   | 06:51,0 |
| 284  | W | 116   | 00:34:21 | Klabünde, Sabine         | 1420   |     |                        | 1967 | 24  | W40   | 06:52,2 |
| 285  | W | 117   | 00:34:39 | Fallaschek, Anne         | 204    |     | Willich                | 1970 | 25  | W40   | 06:55,8 |
| 286  | W | 118   | 00:34:39 | Alma-Wentzek, Esmahan    | 206    |     | Jüchen                 | 1972 | 11  | W35   | 06:55,8 |
| 287  |   | 169   | 00:34:39 | Kupke, Volker            | 205    |     | Willich                | 1967 | 26  | M40   | 06:55,8 |
| 288  |   | 170   | 00:35:00 | Jaich, Robert            | 756    |     | LT Dönberg             | 1967 | 27  | M40   | 07:00,0 |
| 289  |   | 171   | 00:35:01 | Bochenek, Bernd          | 1173   |     | Leverkusen             | 1956 | 14  | M55   | 07:00,2 |
| 290  | W | 119   | 00:35:01 | Müller-Prellwitz, Marion | 1172   |     | Leverkusen             | 1966 | 23  | W45   | 07:00,2 |
| 291  |   | 172   | 00:35:03 | Gärtner, Ralf            | 631    |     | Bergisch Gladbach      | 1968 | 28  | M40   | 07:00,6 |
| 292  | W | 120   | 00:35:04 | Duttke, Biggi            | 286    |     | Dünnwalder TV 1905     | 1952 | 3   | W55   | 07:00,8 |
| 293  | W | 121   | 00:35:14 | Wanecek, Daniela         | 33     |     | Pulheim                | 1979 | 7   | W30   | 07:02,8 |
| 294  | W | 122   | 00:35:14 | Vetter-Diez, Claudia     | 741    |     | TSV Norf               | 1967 | 26  | W40   | 07:02,8 |
| 295  | W | 123   | 00:35:19 | Otten, Anke              | 742    |     | TSV Norf               | 1972 | 12  | W35   | 07:03,8 |
| 296  | W | 124   | 00:35:23 | Adali, Ing. Bianca       | 843    |     | Köln                   | 1967 | 27  | W40   | 07:04,6 |
| 297  |   | 173   | 00:35:24 | Conradt, Thomas          | 1435   |     | Staubwolke Refrath     | 1966 | 27  | M45   | 07:04,8 |
| 298  | W | 125   | 00:35:25 | Hörter, Ute              | 91     |     | Reichshof-Heide        | 1965 | 24  | W45   | 07:05,0 |
| 299  | W | 126   | 00:35:26 | Geißler, Annette         | 661    |     | Köln                   | 1966 | 25  | W45   | 07:05,2 |
| 300  |   | 174   | 00:36:12 | Tilotta, Davide          | 1497   |     | FC Zons                | 2000 | 16  | MSchC | 07:14,4 |

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| Rang | G | Platz | Zeit     | Name                 | St.-Nr | NAT | Verein                | Jahr | PAK | AK    | Min/KM  |
|------|---|-------|----------|----------------------|--------|-----|-----------------------|------|-----|-------|---------|
| 301  |   | 175   | 00:36:25 | Pruschke, Erwin      | 1427   |     | DJK Roland West       | 1934 | 1   | M75   | 07:17,0 |
| 302  | W | 127   | 00:36:42 | Benz, Luisa          | 1407   |     | SSG Altena            | 2003 | 5   | WSchD | 07:20,4 |
| 303  |   | 176   | 00:36:58 | Bay, Rainer          | 1442   |     | Dormagen              | 1943 | 2   | M65   | 07:23,6 |
| 304  | W | 128   | 00:37:00 | Tanya, Köppel        | 875    |     | Helen-Keller Gruppe   | 1995 | 2   | WJugB | 07:24,0 |
| 305  |   | 177   | 00:37:08 | Lamar, Ulrich        | 589    |     | Langenfeld            | 1961 | 20  | M50   | 07:25,6 |
| 306  | W | 129   | 00:37:09 | Klumb, Jutta         | 1356   |     | Tectrion GmbH         | 1966 | 26  | W45   | 07:25,8 |
| 307  |   | 178   | 00:37:10 | Klumb, Martin        | 1357   |     | Tectrion GmbH         | 1969 | 29  | M40   | 07:26,0 |
| 308  | W | 130   | 00:37:11 | Klein, Monika        | 1125   |     | Laufftreff Kemperdick | 1952 | 4   | W55   | 07:26,2 |
| 309  | W | 131   | 00:37:11 | Lamar, Sabine        | 588    |     | Langenfeld            | 1963 | 27  | W45   | 07:26,2 |
| 310  | W | 132   | 00:37:12 | ötting, Elfi         | 683    |     | Laufftreff Kemperdick | 1955 | 5   | W55   | 07:26,4 |
| 311  | W | 133   | 00:37:14 | Dostal, Stefanie     | 9022   |     |                       | 1989 | 15  | WHK   | 07:26,8 |
| 312  | W | 134   | 00:37:14 | Pielen, Frederike    | 936    |     | Dormagen              | 2003 | 6   | WSchD | 07:26,8 |
| 313  | W | 135   | 00:37:14 | Brinkmann, Klara     | 531    |     | LT Krefeld-Oppum      | 1999 | 11  | WSchB | 07:26,8 |
| 314  |   | 179   | 00:37:22 | Schoeneis, Thorsten  | 1186   |     | TSV Eller 04          | 1972 | 11  | M35   | 07:28,4 |
| 315  | W | 136   | 00:37:22 | Reising, Simone      | 1187   |     | TSV Eller 04          | 1984 | 16  | WHK   | 07:28,4 |
| 316  |   | 180   | 00:37:23 | Pielen, Georg        | 940    |     | Dormagen              | 1973 | 12  | M35   | 07:28,6 |
| 317  | W | 137   | 00:37:23 | Riek, Mareike        | 60     |     | Dormagen              | 1994 | 3   | WJugB | 07:28,6 |
| 318  | W | 138   | 00:37:30 | Remy, Kersten        | 825    |     | Laufftreff Vynen      | 1957 | 5   | W50   | 07:30,0 |
| 319  |   | 181   | 00:38:20 | Hörter, Martin       | 1484   |     | Tv Kleinwiedenest     | 1967 | 30  | M40   | 07:40,0 |
| 320  |   | 182   | 00:38:44 | Kölzer, Ulrich       | 621    |     | LT Rennhamster        | 1951 | 4   | M60   | 07:44,8 |
| 321  | W | 139   | 00:39:23 | Koppers-Messing, Ute | 363    |     | Laufftreff Vynen      | 1966 | 28  | W45   | 07:52,6 |
| 322  | W | 140   | 00:39:26 | Hohenhorst, Sabrina  | 367    |     | Laufftreff Vynen      | 1982 | 17  | WHK   | 07:53,2 |
| 323  | W | 141   | 00:40:06 | Twelbeck, Claudia    | 1379   |     |                       | 1959 | 6   | W50   | 08:01,2 |
| 324  | W | 142   | 00:40:17 | Sühring, Bettina     | 399    |     | Odenthal Blecher      | 1959 | 7   | W50   | 08:03,4 |
| 325  | W | 143   | 00:40:55 | Hildebrandt, Petra   | 674    |     | TV Witzhelden         | 1959 | 8   | W50   | 08:11,0 |
| 326  |   | 183   | 00:40:56 | Grave, Reinhard      | 1154   |     | TV Witzhelden         | 1951 | 5   | M60   | 08:11,2 |
| 327  | W | 144   | 00:40:59 | Mesel, Ursula        | 673    |     | TV Witzhelden         | 1949 | 1   | W60   | 08:11,8 |
| 328  | W | 145   | 00:41:12 | Rheker, Brigitte     | 362    |     | Laufftreff Vynen      | 1959 | 9   | W50   | 08:14,4 |