



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:16:27.9	3039	Heiligttag, Rüdiger		SFD 75 Düsseldorf	1960	1	M40	03:17,4	00:00:00
2		00:16:30.0	694	Sundaralingam, S		LAV Bayer Uerdingen	1983	1	MHK	03:18,0	00:00:03
3		00:16:37.7	3000	König, Niklas		SFD 75 Düsseldorf	1985	2	MHK	03:19,4	00:00:10
4		00:16:47.4	1705	Rück, Matthias		LAV Bayer Uerdingen	1982	3	MHK	03:21,4	00:00:20
5		00:16:49.5	732	Schmidt, Oliver		Glehner TV	1970	1	M30	03:21,8	00:00:22
6		00:17:17.3	3041	Hesse, Edgar		SFD 75 Düsseldorf	1962	2	M40	03:27,4	00:00:50
7		00:17:25.9	698	Schmitz, Markus		Team Bronny.de	1973	2	M30	03:29,0	00:00:58
8		00:17:39.8	3046	Wienand, Mathis		Osterather TV	1986	4	MHK	03:31,8	00:01:12
9		00:17:58.7	2909	Jansen, Henning		ASC Rosellen/Neuss	1982	5	MHK	03:35,6	00:01:31
10		00:17:58.8	1518	Schillings, Hubert		FC Straberg	1962	3	M40	03:35,6	00:01:31
11		00:18:00.6	734	Thurau, Andreas		Glehner TV	1961	4	M40	03:36,0	00:01:33
12		00:18:05.5	1515	Golder, Wolfgang		FC Straberg	1957	1	M45	03:37,0	00:01:38
13		00:18:18.3	236	Wilms, Max		RheinLand Versicheru	1982	6	MHK	03:39,6	00:01:51
14		00:18:18.7	1971	Gummersbach, Ti		SF Ennepetal	1985	7	MHK	03:39,6	00:01:51
15		00:18:22.9	1131	Ciaglia, Benno		SG Zons	1961	5	M40	03:40,4	00:01:55
16		00:18:27.3	3040	Zahlten, Bernd		SFD 75 Düsseldorf	1962	6	M40	03:41,4	00:02:00
17		00:18:35.6	1181	Remmer, Norbert		Elch und Friends I	1969	1	M35	03:43,0	00:02:08
18		00:18:38.6	1511	Gerstenberg, Fran		FC Straberg	1963	7	M40	03:43,6	00:02:11
19		00:18:43.3	1810	Severin, Timm			1986	8	MHK	03:44,6	00:02:16
20		00:18:46.6	1686	Köhler, Christian		Neusser SV	1988	9	MHK	03:45,2	00:02:19
21		00:18:48.5	1182	Gummersbach, St		Elch und Friends I	1962	8	M40	03:45,6	00:02:21
22		00:18:55.3	1972	Holper, Harald			1969	2	M35	03:47,0	00:02:28
23		00:18:59.0	1183	Ingenhoven, Dr.		Elch und Friends I	1958	2	M45	03:47,8	00:02:32
24		00:19:02.2	1081	Hinjós, Felix	ESP	TV Wanheim 1900	1963	9	M40	03:48,4	00:02:35
25		00:19:02.9	1186	Linden, Christoph		Elch und Friends II	1961	10	M40	03:48,4	00:02:35
26		00:19:11.5	1184	Meyen, Mario		Elch und Friends I	1957	3	M45	03:50,2	00:02:44
1	W	00:19:16.0	1137	Müller, Angela		ASC Rosellen/Neuss	1978	1	WHK	03:51,2	00:00:00
27		00:19:16.0	1995	Eckert, Thorsten		Waldschleicher Gräfra	1976	10	MHK	03:51,2	00:02:49
28		00:19:18.9	1368	Bosse, Jürgen		AOK-Lauf-Team I	1957	4	M45	03:51,6	00:02:51
29		00:19:24.4	228	Mausberg, Rene		RheinLand Versicheru	1980	11	MHK	03:52,8	00:02:57
30		00:19:26.8	1935	Korbmacher, Jan			1987	12	MHK	03:53,2	00:02:59
31		00:19:27.1	270	Losch, Bernd		RheinLand Versicheru	1968	3	M35	03:53,4	00:03:00
32		00:19:27.3	1723	Stenz, Jörg			1966	4	M35	03:53,4	00:03:00
33		00:19:28.8	1499	Becker, Thomas		Team Grüner Weg	1955	5	M45	03:53,6	00:03:01
34		00:19:30.4	1270	Westmeier, Dirk		Fortuna Düsseldorf 18	1968	5	M35	03:54,0	00:03:03
2	W	00:19:33.3	1659	Schmitz, Claudia		ASC Rosellen/Neuss	1972	1	W30	03:54,6	00:00:17
35		00:19:33.4	1180	Spehl, Frank		Elch und Friends I	1964	11	M40	03:54,6	00:03:06
36		00:19:35.5	1835	Fuchtmann, Gerh			1959	6	M45	03:55,0	00:03:08
3	W	00:19:35.8	3115	Berenfeld, Irina		LT DSHS Köln	1973	2	W30	03:55,0	00:00:19
37		00:19:36.2	3042	Noack, Frank		SFD 75 Düsseldorf	1963	12	M40	03:55,2	00:03:09
38		00:19:37.7	864	Grobe-Einsler, Ma		TG Neuss	1988	13	MHK	03:55,4	00:03:10
39		00:19:38.3	1172	Koch, Dr. Christia		Elch und Friends II	1966	6	M35	03:55,6	00:03:11
40		00:19:38.7	216	Winkels, Dietolf		RheinLand Versicheru	1961	13	M40	03:55,6	00:03:11
4	W	00:19:42.3	3071	Mauersberger, Ch		SFD 75 Düsseldorf	1961	1	W40	03:56,4	00:00:26
41		00:19:42.8	3005	Sassenrath, Carl-		TG Neuss	1990	14	MHK	03:56,4	00:03:15
42		00:19:43.7	1973	Ziob, Werner			1951	1	M50	03:56,6	00:03:16
43		00:19:43.7	3038	Prescher, Joachim		SFD 75 Düsseldorf	1959	7	M45	03:56,6	00:03:16
44		00:19:51.5	1512	Lüdtke, Marco		FC Straberg	1969	7	M35	03:58,2	00:03:24
45		00:19:52.0	1188	Meyen, Stephan		Elch und Friends II	1980	15	MHK	03:58,4	00:03:25
46		00:19:55.8	195	Schottmann, Mark		RheinLand Versicheru	1973	3	M30	03:59,0	00:03:28
47		00:19:57.8	1991	Walter, Christian			1986	16	MHK	03:59,4	00:03:30
48		00:19:57.9	1993	Heimes, Carsten		Team Bronny.de	1976	17	MHK	03:59,4	00:03:30
5	W	00:19:58.1	1525	Behrendt, Jutta		TG Neuss	1959	1	W45	03:59,6	00:00:42
49		00:19:58.4	1699	Wolters, Hubert		TSF Bracht	1959	8	M45	03:59,6	00:03:31
50		00:20:03.7	1123	Kammans, Phil			1986	18	MHK	04:00,6	00:03:36
51		00:20:04.7	271	Giessbrecht, Vikto		RheinLand Versicheru	1963	14	M40	04:00,8	00:03:37
52		00:20:09.6	411	Radig, Stefan		Laufftreff Grausport B	1972	4	M30	04:01,8	00:03:42
53		00:20:11.5	1187	Pelzer, Frank		Elch und Friends II	1961	15	M40	04:02,2	00:03:44

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
54		00:20:13.0	590	Geerlings, Jörg		Junge Union Neuss	1972	5	M30	04:02,6	00:03:46
55		00:20:14.1	1809	Severin, Fabian			1990	19	MHK	04:02,8	00:03:47
56		00:20:14.6	721	Hödel, Ulrich		ASV Viersen-Süchteln	1960	16	M40	04:02,8	00:03:47
57		00:20:15.2	3033	Schmid, Andrew		SFD 75 Düsseldorf	1961	17	M40	04:03,0	00:03:48
58		00:20:16.7	1524	Peter, Jürgen		TG Neuss	1952	2	M50	04:03,2	00:03:49
6	W	00:20:17.6	780	Schmidt, Juliane		LG Kaarst	1964	2	W40	04:03,4	00:01:01
59		00:20:18.4	425	Jagiello, Andreas		TG Düsseldorf-Süd	1954	3	M50	04:03,6	00:03:51
60		00:20:19.2	731	Erkes, Udo		Glehner TV	1970	6	M30	04:03,8	00:03:52
7	W	00:20:19.3	1925	Thiemann, Irabell			1988	2	WHK	04:03,8	00:01:03
61		00:20:20.1	730	Kames, Thomas		Glehner TV	1961	18	M40	04:04,0	00:03:53
62		00:20:24.2	1254	Thiel, Werner		TuS Oedt	1958	9	M45	04:04,8	00:03:57
63		00:20:28.7	1080	Ortberg, Andreas		TV Wanheim 1900	1966	8	M35	04:05,6	00:04:01
64		00:20:29.5	729	Knels, Achim		Glehner TV	1941	1	M60	04:05,8	00:04:02
65		00:20:30.5	1185	Navarete, Carlos		Elch und Friends II	1965	9	M35	04:06,0	00:04:03
66		00:20:38.8	754	Döpke, Alexander		LG Viersen	1990	20	MHK	04:07,6	00:04:11
67		00:20:39.1	332	Hilgers, Markus			1972	7	M30	04:07,8	00:04:12
8	W	00:20:39.6	3066	Wolf, Anke		VFS Büttgen 1912	1962	3	W40	04:07,8	00:01:23
68		00:20:40.5	1374	Pörner, Manfred		AOK-Lauf-Team II	1948	1	M55	04:08,0	00:04:13
9	W	00:20:47.1	1251	Kappenhagen, An		TuS Oedt	1957	2	W45	04:09,4	00:01:31
10	W	00:20:53.4	387	Engel, Sabine		ASC Rosellen/Neuss	1969	1	W35	04:10,6	00:01:37
69		00:21:01.1	1232	Wattenberg, Tom		Six Pack Plus	1963	19	M40	04:12,2	00:04:34
70		00:21:01.4	744	Hansen, Andreas			1987	21	MHK	04:12,2	00:04:34
71		00:21:05.7	906	Porten, Marius		Schützlustzug Alt Bew	1980	22	MHK	04:13,0	00:04:38
11	W	00:21:09.6	1832	Vitt, Ulla		ASICS TEAM	1969	2	W35	04:13,8	00:01:53
72		00:21:11.3	1513	Buresch, Klaus		FC Straberg	1955	10	M45	04:14,2	00:04:44
73		00:21:15.0	3048	Schmidt, Freddy		Runners Piont neuss	1980	23	MHK	04:15,0	00:04:48
74		00:21:15.2	221	Meis, Christoph		RheinLand Versicheru	1991	24	MHK	04:15,0	00:04:48
12	W	00:21:15.8	3092	Schmidt-Härlen, B		SG Neukirchen Hülchr	1963	4	W40	04:15,0	00:01:59
75		00:21:16.2	1777	Steindor, Harald		ASICS-TEAM	1957	11	M45	04:15,2	00:04:49
76		00:21:16.8	1996	Minke, Sebastian			1977	25	MHK	04:15,2	00:04:49
77		00:21:21.3	1667	Raschke, Jürgen		ASC Rosellen/Neuss	1955	12	M45	04:16,2	00:04:54
78		00:21:21.9	773	Gaspers, Klaus		www.hobbylaufen.de	1966	10	M35	04:16,2	00:04:54
79		00:21:22.2	785	Cangini, Maurice		Forever Young 98	1970	8	M30	04:16,4	00:04:55
80		00:21:25.2	1698	Riepe, Thorsten		TSF Bracht	1983	26	MHK	04:17,0	00:04:58
81		00:21:28.9	1979	Schoo, Ulrich		FC Straberg	1962	20	M40	04:17,6	00:05:01
13	W	00:21:30.4	3093	Bodmann, Ingrid		SG Neukirchen Hülchr	1962	5	W40	04:18,0	00:02:14
82		00:21:31.9	3013	Kegler, Oliver		TG Neuss	1982	27	MHK	04:18,2	00:05:04
83		00:21:32.3	592	Zimmermann, Mic		Junge Union Neuss	1980	28	MHK	04:18,4	00:05:05
84		00:21:32.3	1095	Jaekel, Oliver		TG Neuss	1985	29	MHK	04:18,4	00:05:05
85		00:21:33.1	1882	Rangen, Arnold			1992	30	MHK	04:18,6	00:05:06
86		00:21:33.2	3015	Pünder, Benedikt		SG Kaarst	1991	31	MHK	04:18,6	00:05:06
87		00:21:35.6	786	Breunig, Christian		Forever Young 98	1971	9	M30	04:19,0	00:05:08
88		00:21:37.7	752	Döpke, Merten			1961	21	M40	04:19,4	00:05:10
89		00:21:37.7	3003	Sassenrath, Chris		TG Neuss	1991	32	MHK	04:19,4	00:05:10
14	W	00:21:39.0	1802	Naumann, Ines			1965	3	W35	04:19,8	00:02:23
90		00:21:40.4	192	Abbel, Patrick			1967	11	M35	04:20,0	00:05:13
91		00:21:42.5	1143	Sassenrath, Dr. G		HTC Neuss	1960	22	M40	04:20,4	00:05:15
92		00:21:42.9	1862	Schmitt, Georg		RMSV Düsseldorf	1963	23	M40	04:20,4	00:05:15
93		00:21:45.4	1994	Boltendahl, Manfr			1958	13	M45	04:21,0	00:05:18
94		00:21:49.5	1891	Jaax, Stefan			1989	33	MHK	04:21,8	00:05:22
95		00:21:49.9	1135	Krieger, Stefan			1979	34	MHK	04:21,8	00:05:22
96		00:21:51.6	1992	Mensching, Ralf			1978	35	MHK	04:22,2	00:05:24
97		00:21:52.2	1776	Steindor, Mathias		ASICS-TEAM	1985	36	MHK	04:22,4	00:05:25
15	W	00:21:52.7	1514	von Haugwitz, Juli		FC Straberg	1967	4	W35	04:22,4	00:02:36
98		00:21:56.6	733	Schramm, Ulrich		Glehner TV	1961	24	M40	04:23,2	00:05:29
16	W	00:21:57.3	468	Bertram, Maria		KG St. Stephanus Ne	1966	5	W35	04:23,4	00:02:41
17	W	00:21:58.2	1199	Bäckler, Sandra		LC Nettetal	1969	6	W35	04:23,6	00:02:42
18	W	00:21:59.9	2999	Körsckes, Nadine		SFD 75 Düsseldorf	1987	3	WHK	04:23,8	00:02:43

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
99		00:22:00.3	1861	Kolender, Simon		RMSV Düsseldorf	1986	37	MHK	04:24,0	00:05:33
100		00:22:00.9	1692	Schmitz, Hubert		FC Straberg	1960	25	M40	04:24,0	00:05:33
101		00:22:02.2	675	Bosch, H.J.		Düsseldorfer Turnver	1939	1	M65	04:24,4	00:05:35
102		00:22:04.8	1271	Jonschel, Ingo		Super Ingo Team	1965	12	M35	04:24,8	00:05:37
103		00:22:09.3	641	Oehme, Bernd		Die vom Schievedam	1966	13	M35	04:25,8	00:05:42
104		00:22:11.0	340	Geisler, Ron	USA		1961	26	M40	04:26,2	00:05:44
19	W	00:22:11.0	1170	Keil, Anja		Elch und Friends III	1968	7	W35	04:26,2	00:02:55
105		00:22:11.7	1708	Schillat, Jürgen		TG Neuss	1969	14	M35	04:26,2	00:05:44
20	W	00:22:14.3	1200	Körstgens, Nicole		LC Nettetal	1972	3	W30	04:26,8	00:02:58
106		00:22:18.1	1684	Reichel, Rico			1973	10	M30	04:27,6	00:05:51
107		00:22:18.7	3014	König, Daniel			1968	15	M35	04:27,6	00:05:51
108		00:22:19.4	231	Schlösser, Dieter		RheinLand Versicheru	1954	4	M50	04:27,8	00:05:52
109		00:22:21.9	1064	Neuhoff, Rolf		LT MG-Volksgarten	1950	5	M50	04:28,2	00:05:54
110		00:22:22.7	613	Mostert, Thomas			1965	16	M35	04:28,4	00:05:55
111		00:22:24.6	1256	Tilmes, Patrick			1979	38	MHK	04:28,8	00:05:57
21	W	00:22:26.6	1249	Maaßen, Susanne		TuS Oedt	1968	8	W35	04:29,2	00:03:10
22	W	00:22:30.0	1687	Rose, Raphaelae		SFD 75 Düsseldorf	1964	6	W40	04:30,0	00:03:14
23	W	00:22:30.4	1894	Schmitz, Yvonne		FC Straberg	1968	9	W35	04:30,0	00:03:14
24	W	00:22:32.1	2998	Noack, Melanie		SFD 75 Düsseldorf	1987	4	WHK	04:30,4	00:03:16
112		00:22:35.6	735	Nguyen, Tuan-Jen			1986	39	MHK	04:31,0	00:06:08
113		00:22:35.8	1139	Daumen, Achim		TTSF Glehn	1969	17	M35	04:31,0	00:06:08
114		00:22:37.5	1247	Kaluza, Michael Jo			1979	40	MHK	04:31,4	00:06:10
115		00:22:38.5	273	Hoffmann, Georg		RheinLand Versicheru	1982	41	MHK	04:31,6	00:06:11
116		00:22:41.4	1168	Schuster, Dirk		Elch und Friends III	1967	18	M35	04:32,2	00:06:14
25	W	00:22:41.6	2904	Mülders, Julia		LAZ Mönchengladbac	1988	5	WHK	04:32,2	00:03:25
117		00:22:42.4	1121	Kammans, Manfre			1955	14	M45	04:32,4	00:06:15
26	W	00:22:43.1	1970	Deloy, Doris			1972	4	W30	04:32,6	00:03:27
118		00:22:43.2	683	Mayer, Michael		Bad Kreuznach	1973	11	M30	04:32,6	00:06:16
119		00:22:44.0	638	Feuchthofen, Alfre		Die vom Schievedam	1957	15	M45	04:32,8	00:06:17
120		00:22:45.5	1943	Kosse, Oliver		Future Sports	1973	12	M30	04:33,0	00:06:18
27	W	00:22:46.4	720	Hummen, Roswith		ASV Viersen-Süchteln	1947	1	W55	04:33,2	00:03:30
28	W	00:22:49.4	1130	Ciaglia, Silke		SG Zons	1963	7	W40	04:33,8	00:03:33
121		00:22:50.6	1653	Gaspers, Daniel		www.hobbylaufen.de	1993	42	MHK	04:34,0	00:06:23
122		00:22:54.3	1258	Schuster, Domini		Metro Runners-The S	1982	43	MHK	04:34,8	00:06:27
29	W	00:22:55.9	1516	Koch, Veronika		FC Straberg	1961	8	W40	04:35,0	00:03:39
30	W	00:22:57.5	1252	Thiel, Silvia		TuS Oedt	1960	9	W40	04:35,4	00:03:41
123		00:22:59.1	2901	Schröder, Daniel		TG Neuss	1988	44	MHK	04:35,8	00:06:32
31	W	00:22:59.3	1253	Wolters, Silke		TuS Oedt	1970	5	W30	04:35,8	00:03:43
124		00:23:01.9	1766	Gerresheim, Hans			1959	16	M45	04:36,2	00:06:34
125		00:23:02.3	296	Sassenrath, Chris			1963	27	M40	04:36,4	00:06:35
126		00:23:04.5	1377	Schroeter, Helmut		AOK-Lauf-Team II	1969	19	M35	04:36,8	00:06:37
127		00:23:05.1	1642	Czech, Caasten			1963	28	M40	04:37,0	00:06:38
128		00:23:06.9	1893	Schmalohr, Rolf		SG Neukirchen-Hülchr	1944	2	M60	04:37,2	00:06:39
129		00:23:07.9	759	Maier, Hans-Otto		SC Grimlinghausen	1957	17	M45	04:37,4	00:06:40
130		00:23:09.5	1160	Ehring, Michael			1960	29	M40	04:37,8	00:06:42
131		00:23:10.3	525	Langosch, Robert		St. Josef Krankenhau	1966	20	M35	04:38,0	00:06:43
132		00:23:12.1	3001	Boochs, Benedikt		Kreuzritter 96	1979	45	MHK	04:38,4	00:06:45
133		00:23:13.5	416	Krahwinkel, Hans-			1949	2	M55	04:38,6	00:06:46
32	W	00:23:14.0	1197	Schönbrodt, Sabi		LC Nettetal	1967	10	W35	04:38,8	00:03:58
134		00:23:15.0	1898	Hahnen, Peter			1948	3	M55	04:39,0	00:06:48
135		00:23:16.7	389	Linnenbaum, Andr		Friedrich-Spee-Kolleg	1971	13	M30	04:39,2	00:06:49
33	W	00:23:17.6	1341	Mathe, Hannelore		SG Neukirchen-Hülchr	1964	10	W40	04:39,4	00:04:01
136		00:23:18.9	388	Segin, Heinz		Friedrich-Spee-Kolleg	1952	6	M50	04:39,6	00:06:51
137		00:23:26.1	1248	Przybilla, Sigmun			1963	30	M40	04:41,2	00:06:59
138		00:23:29.0	1899	Hahnen, Jochen			1980	46	MHK	04:41,8	00:07:02
139		00:23:29.8	473	Pohl, Jörn			1972	14	M30	04:41,8	00:07:02
140		00:23:31.0	197	Becker, Ralf		RheinLand Versicheru	1970	15	M30	04:42,2	00:07:04
34	W	00:23:31.7	723	Hödel, Julia		ASV Viersen-Süchteln	1990	6	WHK	04:42,2	00:04:15

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
141		00:23:32.0	594	Peiffer, Andre		Junge Union Neuss	1980	47	MHK	04:42,4	00:07:05
35	W	00:23:32.2	3019	Löffler, Martina		Kirche In Bewegung	1960	11	W40	04:42,4	00:04:16
142		00:23:33.0	1283	Stelzer, Frank		Gemeinnützige Werks	1965	21	M35	04:42,6	00:07:06
143		00:23:33.5	3008	Niemz, Udo			1966	22	M35	04:42,6	00:07:06
36	W	00:23:33.7	1250	Besen, Silke		TuS Oedt	1967	11	W35	04:42,6	00:04:17
144		00:23:34.0	162	Hartmann, Axel		TG Neuss	1963	31	M40	04:42,8	00:07:07
145		00:23:34.8	1373	Mankowsky, Karst		AOK-Lauf-Team II	1953	7	M50	04:42,8	00:07:07
146		00:23:38.6	756	Arenz, Manuel			1985	48	MHK	04:43,6	00:07:11
147		00:23:38.9	1537	Lethen, Patrick		Fitnesscenter Sels Tra	1983	49	MHK	04:43,6	00:07:11
148		00:23:41.4	1946	Stenger, Friedrich		Future Sports	1960	32	M40	04:44,2	00:07:14
149		00:23:42.1	412	Leko, Igor		Lauftreff Grausport B	1981	50	MHK	04:44,4	00:07:15
37	W	00:23:42.4	488	Bergner-Meuthen,			1963	12	W40	04:44,4	00:04:26
150		00:23:42.9	1986	Piehler, Stephan			1967	23	M35	04:44,4	00:07:15
151		00:23:43.3	3024	Büsges, Christoph			1978	51	MHK	04:44,6	00:07:16
152		00:23:43.4	1860	Kolender, Gerrit		TSG 1881 Benrath	1993	52	MHK	04:44,6	00:07:16
38	W	00:23:43.7	1974	Lafflör, Heike		LC Duisburg	1958	3	W45	04:44,6	00:04:27
153		00:23:43.9	1071	Großhauser, Jürg		Thomy Werke Fußball	1970	16	M30	04:44,6	00:07:16
39	W	00:23:44.1	1115	Schorr, Alexandra			1974	6	W30	04:44,8	00:04:28
154		00:23:46.0	474	Kemmerling, Holg			1970	17	M30	04:45,2	00:07:19
155		00:23:49.5	1989	Achleitner, Marcu		Junge Union Neuss	1980	53	MHK	04:45,8	00:07:22
156		00:23:49.9	593	Kröll, Felix		Junge Union Neuss	1984	54	MHK	04:45,8	00:07:22
157		00:23:51.1	526	von Schrick, F. G		St. Josef Krankenhau	1954	8	M50	04:46,2	00:07:24
158		00:23:51.2	522	Seigfried, Peter		St. Josef Krankenhau	1972	18	M30	04:46,2	00:07:24
40	W	00:23:53.5	393	Jacobs, Claudia		DJK Teutonia 1920 e.	1959	4	W45	04:46,6	00:04:37
159		00:23:55.2	329	Engels, Thomas		Eisenbahner Sportver	1965	24	M35	04:47,0	00:07:28
160		00:23:56.4	1165	Frank, Andreas			1970	19	M30	04:47,2	00:07:29
161		00:23:57.5	1702	Graef, Jörg			1961	33	M40	04:47,4	00:07:30
162		00:23:59.8	725	Gromes, Wilfried		ASV Viersen-Süchteln	1961	34	M40	04:47,8	00:07:32
163		00:23:59.8	1775	Konrad, Jürgen		ASICS-TEAM	1962	35	M40	04:47,8	00:07:32
164		00:24:00.1	1261	Martin-Leiva, Yera		Metro Runners-The S	1982	55	MHK	04:48,0	00:07:33
41	W	00:24:03.1	1704	Wilhelm, Nora		LAV Bayer Uerdingen	1988	7	WHK	04:48,6	00:04:47
165		00:24:03.9	1100	Romboi, Christian		Gymnasium Sedanstr	1991	56	MHK	04:48,6	00:07:36
166		00:24:04.8	1218	Kamp, Daniel		SV Uedesheim	1991	57	MHK	04:48,8	00:07:37
167		00:24:05.3	288	Haberland, Patric		Schule Am Nordpark	1985	58	MHK	04:49,0	00:07:38
42	W	00:24:07.8	3089	Stodola, Heike		SG Neukirchen-Hülchr	1962	13	W40	04:49,4	00:04:51
43	W	00:24:10.1	202	Kirchner, Michael		RheinLand Versicheru	1966	12	W35	04:50,0	00:04:54
168		00:24:10.8	201	Walochnik, Thom		RheinLand Versicheru	1976	59	MHK	04:50,0	00:07:43
169		00:24:11.3	246	Kallen, Albert			1954	9	M50	04:50,2	00:07:44
170		00:24:12.1	2908	Roszbach, Jan		VSTV-W ˆtal	1993	60	MHK	04:50,4	00:07:45
171		00:24:14.1	676	Cieslik, Friedrich		Düsseldorfer Turnver	1954	10	M50	04:50,8	00:07:47
44	W	00:24:14.3	3036	Nelles, Angela			1986	8	WHK	04:50,8	00:04:58
45	W	00:24:14.8	1942	Schmidtke, Susan		Future Sports	1980	9	WHK	04:50,8	00:04:58
46	W	00:24:18.2	1889	Kowaleswski, Mirj		PSV Brühl	1970	7	W30	04:51,6	00:05:02
172		00:24:19.4	1678	Kater, Rolf			1964	36	M40	04:51,8	00:07:52
173		00:24:20.1	1237	Lesseur, Bruno		Six Pack Plus	1963	37	M40	04:52,0	00:07:53
47	W	00:24:20.5	1769	Kühlkamp, Nadine		TG Neuss	1991	10	WHK	04:52,0	00:05:04
174		00:24:21.2	1171	Hayner, Martin		Elch und Friends III	1963	38	M40	04:52,2	00:07:54
48	W	00:24:21.6	254	Burglin, Janet		FC Straberg	1978	11	WHK	04:52,2	00:05:05
175		00:24:21.9	164	Tolles, Bernd			1963	39	M40	04:52,2	00:07:54
176		00:24:22.4	1084	Bauser, Frederick		TG Neuss	1994	61	MHK	04:52,4	00:07:55
177		00:24:22.5	3011	Heufekes, Thoma		TV Vreden	1964	40	M40	04:52,4	00:07:55
178		00:24:22.7	3012	Heufekes, Maik		TV Vreden	1994	62	MHK	04:52,4	00:07:55
179		00:24:23.4	1177	Schwarz, Andreas		Elch und Friends IV	1964	41	M40	04:52,6	00:07:56
180		00:24:23.5	1239	Oyo, Nils		Six Pack Plus	1966	25	M35	04:52,6	00:07:56
49	W	00:24:23.8	1178	Schwarz, Paulina		Elch und Friends IV	1996	12	WHK	04:52,6	00:05:07
181		00:24:24.1	1173	Wolfram, Thomas		Elch und Friends III	1966	26	M35	04:52,8	00:07:57
182		00:24:24.3	1890	Fritz, Jonas		ESV Neuss	1994	63	MHK	04:52,8	00:07:57
183		00:24:24.6	160	Kamp, Martin		Haus Am Stadtpark	1975	64	MHK	04:52,8	00:07:57

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
50	W	00:24:24.8	2728	Lippert, Theresa		Schule Marienberg	1986	13	WHK	04:52,8	00:05:08
184		00:24:26.1	317	Thiel, Gunter		Intern. Schule a. Rhei	1973	20	M30	04:53,2	00:07:59
185		00:24:26.4	1502	Messner, Otto		Team Grüner Weg	1952	11	M50	04:53,2	00:07:59
51	W	00:24:27.0	3110	Henschek, Kathari		Dauerlaufschule Köln	1952	1	W50	04:53,4	00:05:11
186		00:24:27.5	2906	Lemmer, Kai		TV Kalkum Wittlar	1988	65	MHK	04:53,4	00:08:00
187		00:24:27.6	1888	Fritz, Thorsten		TG Neuss	1962	42	M40	04:53,4	00:08:00
188		00:24:28.0	616	Kortländer, Micha		Friedrich-Spee-Kolleg	1953	12	M50	04:53,6	00:08:01
189		00:24:29.1	1827	Albrink, Winfried			1954	13	M50	04:53,8	00:08:02
190		00:24:29.2	3034	Becker, Benedikt			1990	66	MHK	04:53,8	00:08:02
191		00:24:29.5	237	Berlt, Christian		RheinLand Versicheru	1982	67	MHK	04:53,8	00:08:02
52	W	00:24:29.9	1954	Bakker, Beate			1960	14	W40	04:53,8	00:05:13
192		00:24:30.1	3002	Themann, Michael			1985	68	MHK	04:54,0	00:08:03
193		00:24:31.0	778	Slickers, Werner			1970	21	M30	04:54,2	00:08:04
194		00:24:31.8	1697	Steiner, Florian		Bunert Running Team	1974	22	M30	04:54,2	00:08:04
53	W	00:24:31.9	824	Hergenhan, Monic		Freie Schwimmer Düs	1971	8	W30	04:54,2	00:05:15
195		00:24:31.9	1083	Bauser, Dr. Ulrich		TG Neuss	1967	27	M35	04:54,2	00:08:04
196		00:24:33.1	1526	Lehmkuhl, August			1947	4	M55	04:54,6	00:08:06
197		00:24:33.5	1161	Walter, Scott	USA		1958	18	M45	04:54,6	00:08:06
54	W	00:24:36.0	230	Peters, Sabrina		RheinLand Versicheru	1984	14	WHK	04:55,2	00:05:20
55	W	00:24:36.1	1498	Becker-Niederach		Team Grüner Weg	1958	5	W45	04:55,2	00:05:20
198		00:24:37.5	1688	Erkens, Rainer		TG Neuss	1958	19	M45	04:55,4	00:08:10
56	W	00:24:37.9	376	Schäfer, Karin			1961	15	W40	04:55,4	00:05:21
57	W	00:24:39.8	316	Hermanns, Klaudi		Intern. Schule a. Rhei	1974	9	W30	04:55,8	00:05:23
199		00:24:40.8	232	Wolf, Jürgen		RheinLand Versicheru	1959	20	M45	04:56,0	00:08:13
200		00:24:42.3	3004	Czech, Lucas			1986	69	MHK	04:56,4	00:08:15
201		00:24:43.2	1370	Gisler, Frank		AOK-Lauf-Team I	1965	28	M35	04:56,6	00:08:16
202		00:24:45.4	1671	Kethers, Klaus			1957	21	M45	04:57,0	00:08:18
203		00:24:45.7	1722	Becker, Andreas			1969	29	M35	04:57,0	00:08:18
204		00:24:46.5	328	Willen, Günter		Eisenbahner Sportver	1967	30	M35	04:57,2	00:08:19
58	W	00:24:47.8	3104	Rosenau, Heike			1973	10	W30	04:57,4	00:05:31
205		00:24:48.3	3031	Ries, Johanner		TG Neuss	1964	43	M40	04:57,6	00:08:21
206		00:24:48.9	1262	Rose, Nils		Metro Runners-The S	1982	70	MHK	04:57,6	00:08:21
207		00:24:50.3	115	Ostwald, Stefan		TG 1881 Düsseldorf	1967	31	M35	04:58,0	00:08:23
59	W	00:24:50.5	3094	Sieberichs, Uschi		SG Neukirchen Hülchr	1958	6	W45	04:58,0	00:05:34
208		00:24:51.4	194	Wening, Friedhel		RheinLand Versicheru	1957	22	M45	04:58,2	00:08:24
209		00:24:51.9	962	Nix, Georg			1957	23	M45	04:58,2	00:08:24
60	W	00:24:54.1	218	Meis, Marita		RheinLand Versicheru	1955	7	W45	04:58,8	00:05:38
210		00:24:55.7	637	Fiedler, Udo		Die vom Schievedam	1957	24	M45	04:59,0	00:08:28
211		00:24:56.6	247	Geismann, Bernh			1963	44	M40	04:59,2	00:08:29
61	W	00:24:57.9	1198	Wey, Kordula		LC Nettetal	1955	8	W45	04:59,4	00:05:41
212		00:24:58.0	1981	Hinneburg, Hans-J		Bürgschaftsbank	1956	25	M45	04:59,6	00:08:31
213		00:24:58.5	1982	Pinter, Rudolf		Bürgschaftsbank	1962	45	M40	04:59,6	00:08:31
214		00:24:58.7	1978	Thivessen, Manfre		Bürgschaftsbank	1965	32	M35	04:59,6	00:08:31
62	W	00:24:58.9	1106	Ebertz-Schnitzler,		SG Holzheim	1958	9	W45	04:59,6	00:05:42
215		00:24:59.2	1984	Oerschkes, Norbe		Bürgschaftsbank	1956	26	M45	04:59,8	00:08:32
216		00:24:59.5	1980	Lamers, Manfred		Bürgschaftsbank	1955	27	M45	04:59,8	00:08:32
217		00:25:00.4	169	Breitmar, Bruno			1965	33	M35	05:00,0	00:08:33
218		00:25:00.9	1672	Kethers, Yannick		Spiridon	1994	71	MHK	05:00,0	00:08:33
219		00:25:03.2	524	Steiner, Manfred		St. Josef Krankenhau	1960	46	M40	05:00,6	00:08:36
220		00:25:04.4	1826	Steinberg, Artur			1975	72	MHK	05:00,8	00:08:37
221		00:25:05.0	301	Jahr, Prof. Dr. An			1956	28	M45	05:01,0	00:08:38
222		00:25:08.3	1366	Baum, Hans		AOK-Lauf-Team I	1966	34	M35	05:01,6	00:08:41
63	W	00:25:09.3	1640	Kandl, Ulrike			1969	13	W35	05:01,8	00:05:53
223		00:25:10.5	239	Salmen, Stefan		RheinLand Versicheru	1983	73	MHK	05:02,0	00:08:43
224		00:25:11.2	1773	Schneeberger, Pe		RheinLand Versicheru	1965	35	M35	05:02,2	00:08:44
225		00:25:11.6	639	Feuchthofen, Pasc		Die vom Schievedam	1988	74	MHK	05:02,2	00:08:44
226		00:25:12.5	1719	Dietze, Thomas			1963	47	M40	05:02,4	00:08:45
64	W	00:25:13.2	489	Huerta Blanquez,			1968	14	W35	05:02,6	00:05:57

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
65	W	00:25:15.3	3099	Kühne, Gisela			1955	10	W45	05:03,0	00:05:59
227		00:25:15.8	678	Kremerskothen, J		Düsseldorfer Turnver	1952	14	M50	05:03,0	00:08:48
228		00:25:17.3	1233	Wattenberg, Tim		Six Pack Plus	1993	75	MHK	05:03,4	00:08:50
229		00:25:19.2	1371	Korb, Christoph		AOK-Lauf-Team I	1972	23	M30	05:03,8	00:08:52
230		00:25:20.9	1372	Langer, Holger		AOK-Lauf-Team II	1972	24	M30	05:04,0	00:08:53
231		00:25:23.1	1952	Robinson, Scott		Future Sports	1967	36	M35	05:04,6	00:08:56
66	W	00:25:23.5	755	Döpke, Helen-Gio		LG Viersen	1991	15	WHK	05:04,6	00:06:07
67	W	00:25:24.1	196	Eßer, Sabrina		RheinLand Versicheru	1984	16	WHK	05:04,8	00:06:08
232		00:25:24.3	1175	Böttner, Frank		Elch und Friends IV	1965	37	M35	05:04,8	00:08:57
68	W	00:25:24.4	751	Saßenrath-Döpke			1957	11	W45	05:04,8	00:06:08
69	W	00:25:24.9	1235	Franke, Petra		Six Pack Plus	1963	16	W40	05:04,8	00:06:08
70	W	00:25:25.3	1941	Helten, Christine		Future Sports	1979	17	WHK	05:05,0	00:06:09
233		00:25:28.5	233	Amrehn, Jörg		RheinLand Versicheru	1958	29	M45	05:05,6	00:09:01
234		00:25:29.1	1547	Schwieren, Günth		Fitnesscenter Sels Tra	1953	15	M50	05:05,8	00:09:02
71	W	00:25:29.6	1277	Irmeler, Jeanette			1961	17	W40	05:05,8	00:06:13
235		00:25:29.9	701	Domgans, Franz		TG Neuss	1963	48	M40	05:05,8	00:09:02
236		00:25:32.6	363	Goslich, Jürgen		Pulsianer	1967	38	M35	05:06,4	00:09:05
237		00:25:33.6	602	Held, Heiko			1969	39	M35	05:06,6	00:09:06
238		00:25:34.5	1886	Förster, Günter		BV Weckhoven	1960	49	M40	05:06,8	00:09:07
72	W	00:25:36.0	161	Hartmann, Sabine		TG Neuss	1963	18	W40	05:07,2	00:06:20
239		00:25:36.3	358	Matzner, Thomas			1964	50	M40	05:07,2	00:09:09
73	W	00:25:36.8	174	Lotz, Christiane			1969	15	W35	05:07,2	00:06:20
240		00:25:36.8	761	Radig, Matthias			1985	76	MHK	05:07,2	00:09:09
74	W	00:25:36.9	173	Arnold, Daniela			1967	16	W35	05:07,2	00:06:20
241		00:25:37.4	1828	Rietfort, Ulli			1952	16	M50	05:07,4	00:09:10
75	W	00:25:38.1	1689	Porten, Annegret		Volksbank Neukirche	1959	12	W45	05:07,6	00:06:22
76	W	00:25:40.1	1801	Schleicher, Micha		BV Weckhoven	1972	11	W30	05:08,0	00:06:24
242		00:25:40.8	1196	Doll, Mario		LC Nettetal	1967	40	M35	05:08,0	00:09:13
243		00:25:41.7	1897	Boulay, Matthieu			1984	77	MHK	05:08,2	00:09:14
77	W	00:25:42.8	472	Endom, Maike			1969	17	W35	05:08,4	00:06:26
244		00:25:44.1	1103	Haußner, Stefan			1989	78	MHK	05:08,8	00:09:17
78	W	00:25:44.9	664	Hüsgen, Ute			1966	18	W35	05:08,8	00:06:28
245		00:25:48.8	1812	Frank, Oliver			1972	25	M30	05:09,6	00:09:21
79	W	00:25:49.2	1990	Mülders, Ursula		LAZ Mönchengladbac	1959	13	W45	05:09,8	00:06:33
246		00:25:49.6	361	Beckedorf, Carste		Pulsianer	1966	41	M35	05:09,8	00:09:22
247		00:25:49.9	215	Buchbender, Chri		RheinLand Versicheru	1982	79	MHK	05:09,8	00:09:22
248		00:25:51.1	1505	Becker, Max		Team Grüner Weg	1990	80	MHK	05:10,2	00:09:24
80	W	00:25:55.1	1122	Kammans, Marion			1955	14	W45	05:11,0	00:06:39
81	W	00:25:56.1	1055	Wasserme, Thea			1944	1	W60	05:11,2	00:06:40
82	W	00:25:57.4	789	Franke, Sarah			1986	18	WHK	05:11,4	00:06:41
83	W	00:25:58.2	394	Plischke, Gaby		DJK Teutonia 1920 e.	1958	15	W45	05:11,6	00:06:42
84	W	00:25:58.5	395	Block, Ursula		DJK Teutonia 1920 e.	1954	2	W50	05:11,6	00:06:42
249		00:25:59.1	1113	Scheffold, Mario			1959	30	M45	05:11,8	00:09:32
250		00:26:01.1	327	Ristic, Daniel		Eisenbahner Sportver	1988	81	MHK	05:12,2	00:09:34
251		00:26:02.8	1506	Vosen, Rene		Kath. HS Grevenbroic	1993	82	MHK	05:12,4	00:09:35
85	W	00:26:03.1	3032	Renner, Iris			1963	19	W40	05:12,6	00:06:47
252		00:26:04.5	200	Huber, Thomas		RheinLand Versicheru	1960	51	M40	05:12,8	00:09:37
86	W	00:26:05.4	483	Gerdes, Stephani			1969	19	W35	05:13,0	00:06:49
87	W	00:26:05.4	3067	Worringen, Toma			1972	12	W30	05:13,0	00:06:49
253		00:26:06.4	1126	Bünis, Michael			1966	42	M35	05:13,2	00:09:39
254		00:26:07.1	1174	Toll, Thomas		Elch und Friends IV	1954	17	M50	05:13,4	00:09:40
255		00:26:09.1	1238	Loeffler, Wolfgang		Six Pack Plus	1956	31	M45	05:13,8	00:09:42
256		00:26:09.5	619	Hinz, Stefan			1987	83	MHK	05:13,8	00:09:42
88	W	00:26:10.3	1772	Kühlkamp-Böttch			1965	20	W35	05:14,0	00:06:54
89	W	00:26:11.3	1949	Neumann, Lydia		Alfterer SC	1960	20	W40	05:14,2	00:06:55
90	W	00:26:12.2	603	Berger, Bettina			1972	13	W30	05:14,4	00:06:56
91	W	00:26:13.9	3010	Bünzel, Katja		DJK Novesia Neuss	1962	21	W40	05:14,6	00:06:57
257		00:26:14.1	3009	Bünzel, Uwe		DJK Novesia Neuss	1956	32	M45	05:14,8	00:09:47

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
258		00:26:15.0	1825	Schumacher, Ralf			1965	43	M35	05:15,0	00:09:48
259		00:26:16.8	1546	Ilgazli, Engin		Fitnesscenter Sels Tra	1968	44	M35	05:15,2	00:09:49
260		00:26:17.8	1724	Kerkow, Detlev			1963	52	M40	05:15,4	00:09:50
261		00:26:18.3	1110	Vehling, Hans		LAZ Mönchengladbac	1945	5	M55	05:15,6	00:09:51
92	W	00:26:18.9	724	Buschke, Renate		ASV Viersen-Süchteln	1957	16	W45	05:15,6	00:07:02
93	W	00:26:20.9	685	Maag, Petra		SC Grimlinghausen	1959	17	W45	05:16,0	00:07:04
262		00:26:21.4	1234	Franke, Stefan		Six Pack Plus	1965	45	M35	05:16,2	00:09:54
94	W	00:26:22.0	3029	Scherers, Alina		RSV Neuss-Grimlingh	1986	19	WHK	05:16,4	00:07:06
95	W	00:26:23.3	3023	DEPPER, Heidi		Kirche In Bewegung	1962	22	W40	05:16,6	00:07:07
263		00:26:24.5	611	Schulte, Volker			1963	53	M40	05:16,8	00:09:57
264		00:26:24.5	618	Hinz, Karsten			1959	33	M45	05:16,8	00:09:57
265		00:26:24.8	642	Hoppe, Heiko		Die vom Schievedam	1967	46	M35	05:16,8	00:09:57
266		00:26:25.1	620	Kirschner, Joachi			1950	18	M50	05:17,0	00:09:58
96	W	00:26:27.5	1881	Rangen, Jacquelin			1993	20	WHK	05:17,4	00:07:11
267		00:26:27.7	1117	Heuschen, Matthia		Kreuzritter 96	1982	84	MHK	05:17,4	00:10:00
268		00:26:27.9	1884	Rangen, Arnold			1962	54	M40	05:17,4	00:10:00
97	W	00:26:28.2	760	Maier, Beate		SC Grimlinghausen	1962	23	W40	05:17,6	00:07:12
269		00:26:28.4	769	Erlar, Achim			1958	34	M45	05:17,6	00:10:01
270		00:26:28.9	315	Young, Nicki		Intern. Schule a. Rhei	1977	85	MHK	05:17,6	00:10:01
98	W	00:26:32.1	3028	Voss, Mariebel		RSV Neuss-Grimlingh	1988	21	WHK	05:18,4	00:07:16
271		00:26:33.7	1975	Seume, Andreas			1961	55	M40	05:18,6	00:10:06
99	W	00:26:35.1	1367	Bewersdorf, Sabi		AOK-Lauf-Team I	1966	21	W35	05:19,0	00:07:19
272		00:26:36.2	1236	Roemer, Wilfried		Six Pack Plus	1963	56	M40	05:19,2	00:10:09
273		00:26:38.4	1282	Thiel, Werner		Gemeinnützige Werks	1956	35	M45	05:19,6	00:10:11
274		00:26:38.5	588	Kaumanns, Thom		Junge Union Neuss	1982	86	MHK	05:19,6	00:10:11
275		00:26:38.8	198	Podgrabinski, Nik		RheinLand Versicheru	1982	87	MHK	05:19,6	00:10:11
276		00:26:39.8	1500	Niederacher, Diet		Team Grüner Weg	1956	36	M45	05:19,8	00:10:12
277		00:26:40.8	1953	Goffin, Rene			1968	47	M35	05:20,0	00:10:13
278		00:26:41.8	776	Karakoc, Ilker			1968	48	M35	05:20,2	00:10:14
100	W	00:26:43.4	303	Preuss, Rosemari		SVG Weissenberg	1943	2	W60	05:20,6	00:07:27
101	W	00:26:44.0	111	Orthen, Nicole			1979	22	WHK	05:20,8	00:07:28
102	W	00:26:44.2	263	Pichler, Karin			1953	3	W50	05:20,8	00:07:28
279		00:26:47.4	167	Klimek, Christoph			1967	49	M35	05:21,4	00:10:20
280		00:26:50.0	1062	Scharf, Wolfgang			1957	37	M45	05:22,0	00:10:23
281		00:26:50.0	1063	Busch, Guido			1963	57	M40	05:22,0	00:10:23
103	W	00:26:51.9	2729	Brand, Verena		Schule Marienberg	1985	23	WHK	05:22,2	00:07:35
282		00:26:52.0	158	Stein, Heiko			1976	88	MHK	05:22,4	00:10:25
283		00:26:53.8	1376	Schmitz, Peter		AOK-Lauf-Team II	1981	89	MHK	05:22,6	00:10:26
104	W	00:26:54.5	1523	Freund, Emily		TG Neuss	1953	4	W50	05:22,8	00:07:38
105	W	00:26:56.2	157	Fuchs, Nicole			1976	24	WHK	05:23,2	00:07:40
284		00:26:56.9	152	Hilgers, Peter			1960	58	M40	05:23,2	00:10:29
106	W	00:26:58.9	1520	Päffgen, Diana		TG Neuss	1970	14	W30	05:23,6	00:07:42
285		00:26:59.3	1060	Pütz, Wolfgang			1949	6	M55	05:23,8	00:10:32
286		00:26:59.9	1072	Schniepp, Jochen			1970	26	M30	05:23,8	00:10:32
107	W	00:27:00.0	1099	Söhngen, Katrin		Gymnasium Sedanstr	1991	25	WHK	05:24,0	00:07:44
108	W	00:27:00.2	3077	Kujanek-Wolvers,			1951	5	W50	05:24,0	00:07:44
109	W	00:27:00.8	258	Flossdorf, Maren		Neuss	1971	15	W30	05:24,0	00:07:44
110	W	00:27:03.0	1721	Schleicher, Heike			1965	22	W35	05:24,6	00:07:47
111	W	00:27:04.9	559	Koschnick, Ramo			1969	23	W35	05:24,8	00:07:48
112	W	00:27:05.4	330	Auerbach, Sabrin			1968	24	W35	05:25,0	00:07:49
113	W	00:27:06.7	1507	Slomski, Bianca		Kath. HS Grevenbroic	1990	26	WHK	05:25,2	00:07:50
114	W	00:27:09.9	770	Christ, Anneliese			1949	2	W55	05:25,8	00:07:53
287		00:27:10.3	790	Wawrzyniak, Volk			1966	50	M35	05:26,0	00:10:43
115	W	00:27:14.1	3101	Metzler, Heidi		TS Frechen	1944	3	W60	05:26,8	00:07:58
116	W	00:27:16.2	2734	Clemens, Eva		Schule Marienberg	1986	27	WHK	05:27,2	00:08:00
288		00:27:18.5	3025	Wolf, Jürgen			1961	59	M40	05:27,6	00:10:51
117	W	00:27:19.6	3090	Hoff, Barbara		LG Temopschnecken	1964	24	W40	05:27,8	00:08:03
289		00:27:20.5	272	Yilmaz, Inan		RheinLand Versicheru	1980	90	MHK	05:28,0	00:10:53

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
118	W	00:27:20.6	501	Wieners, Daniela			1970	16	W30	05:28,0	00:08:04
290		00:27:22.0	1509	Erdmann, Johann			1991	91	MHK	05:28,4	00:10:55
291		00:27:22.0	1811	Posingies, Heinz			1952	19	M50	05:28,4	00:10:55
292		00:27:22.9	370	Dreckmann, Uli			1961	60	M40	05:28,4	00:10:55
119	W	00:27:23.0	369	Dreckmann, Sabi			1965	25	W35	05:28,6	00:08:07
293		00:27:24.7	362	Düllgen, Jörg		Pulsianer	1967	51	M35	05:28,8	00:10:57
120	W	00:27:28.9	2735	Zissmann, Angela		Schule Marienberg	1986	28	WHK	05:29,6	00:08:12
121	W	00:27:29.6	1508	Slomski, Ann Chri		Kath. HS Grevenbroic	1990	29	WHK	05:29,8	00:08:13
122	W	00:27:32.3	737	Kretschel, Maria R		TG Neuss	1972	17	W30	05:30,4	00:08:16
294		00:27:33.5	290	Wild, Ulrich			1967	52	M35	05:30,6	00:11:06
123	W	00:27:34.1	636	Schwamborn, Bir		TG Neuss	1958	18	W45	05:30,8	00:08:18
295		00:27:36.1	1046	Schotten, Reiner			1971	27	M30	05:31,2	00:11:09
124	W	00:27:37.0	3022	Stefen, Marion		Kirche In Bewegung	1965	26	W35	05:31,4	00:08:21
296		00:27:37.8	767	Boldt, Bernhard			1970	28	M30	05:31,4	00:11:10
125	W	00:27:40.1	1675	Schrimpf, Melanie			1971	18	W30	05:32,0	00:08:24
126	W	00:27:41.7	1074	Villmer, Karin		Alfterer SC	1948	3	W55	05:32,2	00:08:25
127	W	00:27:44.7	3085	Lambertz, Gaby			1963	25	W40	05:32,8	00:08:28
128	W	00:27:45.4	257	Herbertz, Michael		Neuss	1977	30	WHK	05:33,0	00:08:29
297		00:27:47.0	1983	Arts, Alexander			1981	92	MHK	05:33,4	00:11:20
298		00:27:47.2	1053	Glasmacher, Chri		TG Neuss	1996	93	MHK	05:33,4	00:11:20
299		00:27:49.5	1068	Glasmacher, Ulric		TG Neuss	1959	38	M45	05:33,8	00:11:22
129	W	00:27:50.7	3018	Justenhoven, Rita		Kirche In Bewegung	1963	26	W40	05:34,0	00:08:34
300		00:27:52.2	669	Düllmann, Herma			1957	39	M45	05:34,4	00:11:25
301		00:27:52.9	234	Bebber, Cornelius		RheinLand Versicheru	1947	7	M55	05:34,4	00:11:25
302		00:27:53.1	1125	Hahne, Uwe			1961	61	M40	05:34,6	00:11:26
130	W	00:27:55.3	3021	Römer, Angelika		Kirche In Bewegung	1963	27	W40	05:35,0	00:08:39
303		00:27:55.6	1112	Maasewers, Marc			1980	94	MHK	05:35,0	00:11:28
131	W	00:27:56.4	1987	Gerresheim, Nora		TG Neuss	1990	31	WHK	05:35,2	00:08:40
304		00:27:58.7	763	Gwisch, Ralf			1963	62	M40	05:35,6	00:11:31
305		00:27:59.3	2902	Frenzel, Sebastia			1988	95	MHK	05:35,8	00:11:32
306		00:27:59.6	179	Mark, Michael		Grünes Laufteam Kaa	1978	96	MHK	05:35,8	00:11:32
307		00:28:00.4	184	Schneider, Stefan		Grünes Laufteam Kaa	1968	53	M35	05:36,0	00:11:33
308		00:28:00.7	181	Begerau, Robert		Grünes Laufteam Kaa	1955	40	M45	05:36,0	00:11:33
132	W	00:28:04.3	1977	Gall, Marike		LG Temposchnecken	1973	19	W30	05:36,8	00:08:48
309		00:28:04.6	1176	Rademacher, Fra		Elch und Friends IV	1965	54	M35	05:36,8	00:11:37
310		00:28:05.2	715	Maasewers, Herm			1954	20	M50	05:37,0	00:11:38
133	W	00:28:05.2	1988	Löhner, Claudia			1968	27	W35	05:37,0	00:08:49
134	W	00:28:06.9	1945	Robecke, Marlene		Future Sports	1961	28	W40	05:37,2	00:08:50
311		00:28:07.3	680	Seidel, Mathias			1965	55	M35	05:37,4	00:11:40
135	W	00:28:07.4	299	Hayner, Dörte		TG Neuss	1963	29	W40	05:37,4	00:08:51
136	W	00:28:12.3	1140	Thadewald, Anja			1970	20	W30	05:38,4	00:08:56
312		00:28:15.1	3050	Niehues, Philipp			1990	97	MHK	05:39,0	00:11:48
313		00:28:15.3	640	Engels, Richard		Die vom Schievedam	1947	8	M55	05:39,0	00:11:48
314		00:28:18.4	178	Gaumitz, Christia		Grünes Laufteam Kaa	1979	98	MHK	05:39,6	00:11:51
315		00:28:22.6	183	Neubauer, Stefan		Grünes Laufteam Kaa	1966	56	M35	05:40,4	00:11:55
137	W	00:28:22.7	180	Sauter, Susane		Grünes Laufteam Kaa	1955	19	W45	05:40,4	00:09:06
138	W	00:28:25.0	2737	Schulz, Andrea		Schule Marienberg	1988	32	WHK	05:41,0	00:09:09
139	W	00:28:25.9	523	Mut, Marina		St. Josef Krankenhau	1979	33	WHK	05:41,0	00:09:09
140	W	00:28:26.0	521	Gunther, Claire		St. Josef Krankenhau	1967	28	W35	05:41,2	00:09:10
141	W	00:28:28.3	3054	Löhr, Annemie			1949	4	W55	05:41,6	00:09:12
316		00:28:28.5	182	Ilsen, Dietmar		Grünes Laufteam Kaa	1980	99	MHK	05:41,6	00:12:01
142	W	00:28:29.3	716	Nebeling, Martina			1964	30	W40	05:41,8	00:09:13
143	W	00:28:31.9	3069	Britz, Lisa			1975	34	WHK	05:42,2	00:09:15
144	W	00:28:41.1	1369	Daniels, Lieselotte		AOK-Lauf-Team I	1969	29	W35	05:44,2	00:09:25
317		00:28:41.7	335	Klaus, Ralf			1958	41	M45	05:44,2	00:12:14
318		00:28:44.6	222	Hons, Markus		RheinLand Versicheru	1967	57	M35	05:44,8	00:12:17
319		00:28:51.7	1274	Hegerich, Wolfgan		TG 81 Düsseldorf	1946	9	M55	05:46,2	00:12:24
145	W	00:28:52.1	1142	Lüdtke, Heidi			1946	5	W55	05:46,4	00:09:36

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
320		00:28:53.3	185	Färfes, Philipp			1994	100	MHK	05:46,6	00:12:26
321		00:28:53.3	217	Meis, Manfred		RheinLand Versicheru	1946	10	M55	05:46,6	00:12:26
146	W	00:28:53.9	1073	Löhndorf, Gabi		Alfterer SC	1952	6	W50	05:46,6	00:09:37
322		00:28:54.4	295	Kleinlosen, Ben			1983	101	MHK	05:46,8	00:12:27
323		00:28:54.6	479	Müller, Manfred		DJK Pellingen	1963	63	M40	05:46,8	00:12:27
147	W	00:28:54.9	3045	Schmidt, Frauke			1978	35	WHK	05:46,8	00:09:38
148	W	00:28:55.3	1648	Walter, Nathalie			1968	30	W35	05:47,0	00:09:39
149	W	00:28:58.5	1883	Linde, Jana			1989	36	WHK	05:47,6	00:09:42
324		00:29:01.4	1375	Sehstadt, Reiner		AOK-Lauf-Team II	1951	21	M50	05:48,2	00:12:34
150	W	00:29:02.5	1266	Helm, Susanne		Martinus-Apotheke Ka	1974	21	W30	05:48,4	00:09:46
151	W	00:29:04.8	3020	Just-Thurrow, Mar		Kirche In Bewegung	1959	20	W45	05:48,8	00:09:48
325		00:29:05.1	3017	Duda, Jan			1992	102	MHK	05:49,0	00:12:38
326		00:29:05.3	3043	Linder, Markus			1970	29	M30	05:49,0	00:12:38
327		00:29:08.9	102	Hofbauer, Jörg			1964	64	M40	05:49,6	00:12:41
328		00:29:09.1	101	Tralle, Christian		TG Neuss	1965	58	M35	05:49,8	00:12:42
329		00:29:09.5	700	Holz, Hans Ludwig			1934	1	M70	05:49,8	00:12:42
330		00:29:09.7	560	Thöne, Klaus		TG Neuss	1946	11	M55	05:49,8	00:12:42
331		00:29:10.2	596	Duda, Clemens			1963	65	M40	05:50,0	00:12:43
332		00:29:12.1	1762	Hagen, Michael			1988	103	MHK	05:50,4	00:12:45
152	W	00:29:12.5	765	Wangler, Sara			1984	37	WHK	05:50,4	00:09:56
153	W	00:29:12.9	3030	Hofmann-Unverha		RSV Neuss-Grimlingh	1991	38	WHK	05:50,4	00:09:56
154	W	00:29:14.4	3044	Linder, Katja			1974	22	W30	05:50,8	00:09:58
333		00:29:15.1	1259	Pothen, Mario		Metro Runners-The S	1983	104	MHK	05:51,0	00:12:48
334		00:29:15.5	587	Schumann, Sven		Junge Union Neuss	1978	105	MHK	05:51,0	00:12:48
335		00:29:17.9	825	Bensien, Horst		SF Ennepetal	1934	2	M70	05:51,4	00:12:50
336		00:29:18.2	1109	Sam, Frank			1964	66	M40	05:51,6	00:12:51
155	W	00:29:18.9	1976	Delbressine, Silvi		LG Temopschnecken	1970	23	W30	05:51,6	00:10:02
156	W	00:29:19.1	764	Wangler, Rebekka			1989	39	WHK	05:51,8	00:10:03
337		00:29:20.7	1720	Schleicher, Guido			1967	59	M35	05:52,0	00:12:53
157	W	00:29:21.3	1814	Kolmsee, Jana			1979	40	WHK	05:52,2	00:10:05
338		00:29:21.4	1229	Düsberg, Paul			1995	106	MHK	05:52,2	00:12:54
158	W	00:29:21.9	294	Ballmann, Julia			1981	41	WHK	05:52,2	00:10:05
159	W	00:29:23.8	1230	Schinköthe, Petra			1968	31	W35	05:52,6	00:10:07
160	W	00:29:24.7	1938	Esser, Andrea		Future Sports	1972	24	W30	05:52,8	00:10:08
339		00:29:25.4	1939	Schmitz, Jörg		Future Sports	1967	60	M35	05:53,0	00:12:58
340		00:29:26.6	2903	Lee, Andrew	TAI		1954	22	M50	05:53,2	00:12:59
161	W	00:29:31.2	964	Konnes, Elke		Albrecht-Dürer-Schul	1961	31	W40	05:54,2	00:10:15
162	W	00:29:33.1	120	Hortmanns, Susa			1962	32	W40	05:54,6	00:10:17
163	W	00:29:34.4	1265	Kalscheuer, Birgit		Martinus-Apotheke Ka	1962	33	W40	05:54,8	00:10:18
164	W	00:29:34.9	743	Wolfram, Sandra			1966	32	W35	05:54,8	00:10:18
341		00:29:35.5	1691	Geusen, Ulrich			1957	42	M45	05:55,0	00:13:08
342		00:29:37.3	1682	Boeminghaus, Ch			1978	107	MHK	05:55,4	00:13:10
165	W	00:29:37.4	771	Jüngermann, Petr			1955	21	W45	05:55,4	00:10:21
166	W	00:29:37.5	320	Jordan, Maria		LC Ron-Hill Berlin e.V	1931	1	W70	05:55,4	00:10:21
343		00:29:38.3	1651	Krehl, Wolfram		TG Neuss	1965	61	M35	05:55,6	00:13:11
344		00:29:40.7	677	Kastner, Norbert		Düsseldorfer Turnver	1943	3	M60	05:56,0	00:13:13
345		00:29:45.1	591	Hamacher, Andre		Junge Union Neuss	1982	108	MHK	05:57,0	00:13:18
167	W	00:29:46.4	963	Borderding, Helen		Albrecht-Dürer-Schul	1961	34	W40	05:57,2	00:10:30
346		00:29:48.4	599	Müller, Thomas			1967	62	M35	05:57,6	00:13:21
168	W	00:29:51.7	3026	Bönsch, Clara		RSV Neuss-Grimlingh	1987	42	WHK	05:58,2	00:10:35
169	W	00:29:51.7	3027	Hill, Lisa		RSV Neuss-Grimlingh	1989	43	WHK	05:58,2	00:10:35
170	W	00:29:53.2	1531	Wert, Jennifer			1992	44	WHK	05:58,6	00:10:37
347		00:29:58.0	1944	Sebb, Stephan		Future Sports	1975	109	MHK	05:59,6	00:13:31
171	W	00:29:58.4	1940	Dettmer-Otterbac		Future Sports	1953	7	W50	05:59,6	00:10:42
172	W	00:30:01.2	1044	Banse, Hanna			1984	45	WHK	06:00,2	00:10:45
348		00:30:02.0	702	Scholz, Thomas			1983	110	MHK	06:00,4	00:13:35
173	W	00:30:05.8	1065	Staffel, Tina			1980	46	WHK	06:01,0	00:10:49
349		00:30:08.3	1263	Piela, Raffael		Metro Runners-The S	1981	111	MHK	06:01,6	00:13:41

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
350		00:30:17.7	1948	Erdweg, Leo			1959	43	M45	06:03,4	00:13:50
174	W	00:30:19.8	1043	Banse, Ulrike			1955	22	W45	06:03,8	00:11:03
351		00:30:24.5	907	Rosche, Christian		Schützlustzug Alt Bew	1980	112	MHK	06:04,8	00:13:57
352		00:30:25.1	714	Becker, Andreas		TG Neuss	1964	67	M40	06:05,0	00:13:58
353		00:30:30.9	261	Lochno, Markus		Grevenbroich	1963	68	M40	06:06,0	00:14:03
354		00:30:34.1	284	Schneider, Dennis		Schule Am Nordpark	1987	113	MHK	06:06,8	00:14:07
355		00:30:35.3	286	Jakob, Jürgen		Schule Am Nordpark	1968	63	M35	06:07,0	00:14:08
356		00:30:36.2	285	Knaul, Siegfried		Schule Am Nordpark	1955	44	M45	06:07,2	00:14:09
175	W	00:30:37.0	477	Kolender, Ines		TG Neuss	1961	35	W40	06:07,4	00:11:21
176	W	00:30:37.2	1527	Schmitt, Marlies			1963	36	W40	06:07,4	00:11:21
177	W	00:30:47.1	154	Holzapfel, Gertrud			1959	23	W45	06:09,4	00:11:31
178	W	00:30:47.8	259	Popp, Ulla		Düsseldorf	1948	6	W55	06:09,4	00:11:31
357		00:30:48.6	287	Enger, Dominik		Schule Am Nordpark	1986	114	MHK	06:09,6	00:14:21
358		00:30:51.7	1532	Schmidt, Hans			1954	23	M50	06:10,2	00:14:24
179	W	00:30:52.8	103	Spoehr, Britta			1967	33	W35	06:10,4	00:11:36
359		00:30:58.6	1533	Heiß, Robert			1963	69	M40	06:11,6	00:14:31
360		00:30:58.8	1104	Müller, Michael			1959	45	M45	06:11,6	00:14:31
361		00:30:59.4	225	Henze, Sebastian		RheinLand Versicheru	1985	115	MHK	06:11,8	00:14:32
180	W	00:30:59.6	224	Faust, Sandra		RheinLand Versicheru	1985	47	WHK	06:11,8	00:11:43
362		00:30:59.7	226	Duda, Burkhard		RheinLand Versicheru	1966	64	M35	06:11,8	00:14:32
181	W	00:30:59.8	223	Duda, Kordula		RheinLand Versicheru	1957	24	W45	06:11,8	00:11:43
363		00:31:00.8	171	Geisler, Matthew			1990	116	MHK	06:12,0	00:14:33
364		00:31:09.0	381	Reintjes, Tim		LTTTC	1970	30	M30	06:13,8	00:14:42
182	W	00:31:11.5	235	Schlösser, Marion		RheinLand Versicheru	1956	25	W45	06:14,2	00:11:55
183	W	00:31:11.5	1895	Schug, Gudrun			1958	26	W45	06:14,2	00:11:55
184	W	00:31:16.5	334	Beivers, Svenja			1988	48	WHK	06:15,2	00:12:00
185	W	00:31:25.0	717	Sünger, Anke			1962	37	W40	06:17,0	00:12:09
186	W	00:31:27.2	1098	Spiwoxks, Carina		Gymnasium Sedanstr	1991	49	WHK	06:17,4	00:12:11
187	W	00:31:30.7	1097	Salzberg, Alexand		Gymnasium Sedanstr	1991	50	WHK	06:18,0	00:12:14
188	W	00:31:31.9	2730	Linden, Monique		Schule Marienberg	1984	51	WHK	06:18,2	00:12:15
189	W	00:31:33.4	413	Claes, Hedwig		Bündnis 90 DIE GRÜN	1963	38	W40	06:18,6	00:12:17
365		00:31:33.6	610	Stark, Marius		Bündnis 90 DIE GRÜN	1950	24	M50	06:18,6	00:15:06
366		00:31:34.2	609	Becker, Ralf		Bündnis 90 DIE GRÜN	1959	46	M45	06:18,8	00:15:07
190	W	00:31:34.3	608	Wagner, Annemar		Bündnis 90 DIE GRÜN	1945	7	W55	06:18,8	00:12:18
191	W	00:31:37.6	359	Matzner, Nicole			1963	39	W40	06:19,4	00:12:21
192	W	00:31:42.2	214	Eßer, Sandra		RheinLand Versicheru	1986	52	WHK	06:20,4	00:12:26
367		00:31:50.4	341	Knoppik, Oliver			1971	31	M30	06:22,0	00:15:23
193	W	00:31:50.5	342	Feldmann, Diana			1970	25	W30	06:22,0	00:12:34
368		00:31:51.7	966	Klein, Hauke		Albrecht-Dürer-Schul	1980	117	MHK	06:22,2	00:15:24
194	W	00:31:53.1	1501	Kreuzer, Laura		Team Grüner Weg	1964	40	W40	06:22,6	00:12:37
195	W	00:32:01.9	109	Sperber, Sandra			1972	26	W30	06:24,2	00:12:45
196	W	00:32:03.5	1129	Schäfer, Simone			1974	27	W30	06:24,6	00:12:47
197	W	00:32:04.3	2905	Oellers, Stephani			1966	34	W35	06:24,8	00:12:48
198	W	00:32:06.2	1947	Geradts-Wimmers			1966	35	W35	06:25,2	00:12:50
369		00:32:06.5	2907	Rosbach, Thoma		VSTV-Wital	1954	25	M50	06:25,2	00:15:39
370		00:32:11.5	1715	Lech, Dennis		Kath. HS Grevenbroic	1992	118	MHK	06:26,2	00:15:44
199	W	00:32:24.4	3035	Nelles, Martina		TG Neuss	1982	53	WHK	06:28,8	00:13:08
200	W	00:32:25.4	747	Wolfram, Birgit			1969	36	W35	06:29,0	00:13:09
201	W	00:32:30.7	699	Weigert, Vera			1984	54	WHK	06:30,0	00:13:14
202	W	00:32:30.7	703	Stäben, Jennifer			1981	55	WHK	06:30,0	00:13:14
371		00:32:32.5	1896	Boulay, Benjamin			1995	119	MHK	06:30,4	00:16:05
203	W	00:32:43.2	965	Kugler, Nadine		Albrecht-Dürer-Schul	1982	56	WHK	06:32,6	00:13:27
372		00:32:43.6	967	Gairing, Gerhard		Albrecht-Dürer-Schul	1948	12	M55	06:32,6	00:16:16
204	W	00:32:50.1	1838	Kreß, Nicole			1974	28	W30	06:34,0	00:13:34
205	W	00:32:50.9	960	Kalvoda, Nina			1983	57	WHK	06:34,0	00:13:34
206	W	00:32:51.3	959	Goldammer, Susa			1982	58	WHK	06:34,2	00:13:35
207	W	00:32:59.9	958	Carreira, Melanie			1982	59	WHK	06:35,8	00:13:43
208	W	00:33:06.1	242	Wilms, Inge		RheinLand Versicheru	1953	8	W50	06:37,2	00:13:50

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
209	W	00:33:06.3	243	Wißkirchen, Ursul		RheinLand Versicheru	1962	41	W40	06:37,2	00:13:50
210	W	00:33:34.3	1542	Engels, Jessica		Fitnesscenter Sels Tra	1983	60	WHK	06:42,8	00:14:18
373		00:33:51.2	1281	Nellessen, Stefan		Gemeinnützige Werks	1969	65	M35	06:46,2	00:17:24
211	W	00:33:53.8	1041	Buschmann, Sabi			1966	37	W35	06:46,6	00:14:37
212	W	00:34:18.8	1267	Engels, Sabine		Martinus-Apotheke Ka	1973	29	W30	06:51,6	00:15:02
374		00:34:24.3	1482	Hensel, Matthias			1983	120	MHK	06:52,8	00:17:57
213	W	00:34:30.6	333	Ungermann, Ivan			1972	30	W30	06:54,0	00:15:14
214	W	00:34:39.7	1673	Wawrzyniak, Clau			1971	31	W30	06:55,8	00:15:23
215	W	00:35:38.3	1061	Pütz, Elisabeth			1955	27	W45	07:07,6	00:16:22
216	W	00:35:51.1	1892	Bräuning, Ann			1971	32	W30	07:10,2	00:16:35
375		00:35:51.2	150	Könnecke, Marku			1971	32	M30	07:10,2	00:19:24
376		00:36:06.8	1284	Burbach, Oliver		Gemeinnützige Werks	1979	121	MHK	07:13,2	00:19:39
377		00:36:07.9	1280	Kock, Jörg		Gemeinnützige Werks	1963	70	M40	07:13,4	00:19:40
378		00:36:11.9	762	Weber, Manfred			1947	13	M55	07:14,2	00:19:44
217	W	00:36:11.9	1639	Christen, Kazimie			1954	9	W50	07:14,2	00:16:55
218	W	00:36:12.2	804	Hubert, Christa			1947	8	W55	07:14,4	00:16:56
379		00:36:30.5	1503	Neumann, Martin		Team Grüner Weg	1957	47	M45	07:18,0	00:20:03
219	W	00:36:40.7	1128	Schmidt, Alexand		RTC Frechen	1981	61	WHK	07:20,0	00:17:24
220	W	00:36:41.1	758	Greiss, Laila		Sport ist Leben	1947	9	W55	07:20,2	00:17:25
221	W	00:37:50.9	668	Krüger, Monika		SSK Kerpen	1951	10	W50	07:34,0	00:18:34
380		00:40:07.4	3049	Leven, Markus		TSG 1881 Benrath	1966	66	M35	08:01,4	00:23:40