

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:32:50.3	1652	Fischer, Christian		ASC Rosellen/Neuss	1972	1	M30	03:17,0	00:00:00
2		00:33:43.4	3073	Habel, Spencer		SFD 75 Düsseldorf	1981	1	MHK	03:22,3	00:00:53
3		00:33:46.0	3075	Antoniadis, Antoni		SFD 75 Düsseldorf	1985	2	MHK	03:22,6	00:00:56
4		00:34:37.5	3108	Selbach, Gregor		TV Refrath	1972	2	M30	03:27,7	00:01:47
5		00:34:45.1	1765	Da Silva, Joki		ART Düsseldorf	1971	3	M30	03:28,5	00:01:55
6		00:34:45.6	1242	Meißner, Pascal		TV Refrath	1983	3	MHK	03:28,5	00:01:55
7		00:34:53.2	3129	Quack, Valentin		KTSV Preußen Krefeld	1980	4	MHK	03:29,3	00:02:03
8		00:35:11.8	3098	Schon, Ralf		ASICS-TEAM	1962	1	M40	03:31,1	00:02:21
9		00:35:15.2	377	Stephan, Bernd		LC Duisburg	1961	2	M40	03:31,5	00:02:25
10		00:35:21.7	1077	Wagner, Jörg		Alfterer SC	1965	1	M35	03:32,1	00:02:31
11		00:35:41.8	475	Oesch, Chris	USA	Runners depot	1967	2	M35	03:34,1	00:02:51
12		00:36:00.1	252	Pakmohr, Andrea		LCK Rondorf	1960	3	M40	03:36,0	00:03:10
13		00:36:17.9	1076	Lorbach, Heinz		Alfterer SC	1950	1	M50	03:37,7	00:03:27
14		00:36:18.1	766	Keller, Maurice			1970	4	M30	03:37,8	00:03:28
15		00:36:34.7	407	Reisinger, Ingo		ART Düsseldorf	1966	3	M35	03:39,4	00:03:44
16		00:36:37.9	3074	Burkert, Ilja		SFD 75 Düsseldorf	1985	5	MHK	03:39,7	00:03:47
17		00:36:38.1	1955	Benders, Lothar		Mönchengladbacher L	1956	1	M45	03:39,8	00:03:48
18		00:36:38.5	3055	Gilbierz, Marek			1961	4	M40	03:39,8	00:03:48
19		00:36:38.6	788	Sörensen, Christi		Ohligser TV 1888	1978	6	MHK	03:39,8	00:03:48
20		00:36:39.6	3063	Hahn, Jens			1972	5	M30	03:39,9	00:03:49
21		00:36:44.9	441	Hymmen, Werner		TG 1881 Düsseldorf	1953	2	M50	03:40,4	00:03:54
22		00:36:45.3	740	Kin, Robert		KTSV Preussen Krefel	1971	6	M30	03:40,5	00:03:55
23		00:36:54.3	354	Kilian, Ralf			1962	5	M40	03:41,4	00:04:04
24		00:37:17.8	1108	Rödingen, Jürgen		ASC Rosellen/Neuss	1959	2	M45	03:43,7	00:04:27
25		00:37:21.2	1824	Steimel, Jürgen		LLG St. Augustin	1955	3	M45	03:44,1	00:04:31
26		00:37:22.4	3116	Just, Jörg		SG Neukirchen-Hülchr	1969	4	M35	03:44,2	00:04:32
27		00:37:28.1	3130	Quack, Dr. Gerd		KTSV Preußen Krefeld	1952	3	M50	03:44,8	00:04:38
28		00:37:28.5	1203	Koenen, Michael		LC Nettetal	1963	6	M40	03:44,8	00:04:38
29		00:37:41.9	3059	Mertens, Heiner			1964	7	M40	03:46,1	00:04:51
30		00:38:30.9	3109	Marquardt, Dirk		LC Duisburg	1969	5	M35	03:51,0	00:05:40
31		00:38:40.5	1522	Eckert, Klaus		TG Neuss	1963	8	M40	03:52,0	00:05:50
32		00:38:46.5	768	Platz, Armin			1970	7	M30	03:52,6	00:05:56
33		00:38:49.3	151	Plett, Christian			1971	8	M30	03:52,9	00:05:59
34		00:38:50.1	399	Alhäuser, Jochen		SC Myhl LA	1967	6	M35	03:53,0	00:06:00
35		00:38:53.1	3082	Möller, Michael		SF Ennepetal	1963	9	M40	03:53,3	00:06:03
36		00:38:54.7	1649	Olschowsky, Gern		ASC Rosellen/Neuss	1962	10	M40	03:53,4	00:06:04
37		00:38:56.0	1201	Bäckler, Gerd		LC Nettetal	1948	1	M55	03:53,6	00:06:06
38		00:39:12.2	1111	Baum, Rüdiger		VfB Salzkotten	1954	4	M50	03:55,2	00:06:22
39		00:39:16.6	1211	Hillen, Peter		SG Holzheim	1953	5	M50	03:55,6	00:06:26
40		00:39:17.6	681	Lawrenz, Wolfgang		TG Neuss	1963	11	M40	03:55,7	00:06:27
41		00:39:18.9	1656	Sironic, Christoph		DJK Novesia Neuss	1962	12	M40	03:55,8	00:06:28
42		00:39:29.6	3080	Kannenwischer, M		SG Neukirchen-Hülchr	1964	13	M40	03:56,9	00:06:39
43		00:39:30.6	349	Auerbach, Christi		Post SV Berlin	1965	7	M35	03:57,0	00:06:40
44		00:39:48.2	3079	Fritz, Thorsten		TG Neuss	1962	14	M40	03:58,8	00:06:58
45		00:39:51.1	118	Halbhuber, Guido		TG Neuss	1967	8	M35	03:59,1	00:07:01
46		00:39:54.1	480	Gellrich, Peter		TV-Jahn Kapellen	1955	4	M45	03:59,4	00:07:04
47		00:39:54.1	974	Barchfeld, Rüdige		Albrecht-Dürer-Schule	1978	7	MHK	03:59,4	00:07:04
48		00:40:00.3	1758	Granzen, Thorste		LC Duisburg	1968	9	M35	04:00,0	00:07:10
49		00:40:03.6	802	Degen, Hubertus			1976	8	MHK	04:00,3	00:07:13
50		00:40:04.0	774	Kolm, Udo		TTV Norf	1954	6	M50	04:00,4	00:07:14
51		00:40:05.6	1042	Hantke, Walter		Viersener TV 1848	1941	1	M60	04:00,5	00:07:15
52		00:40:07.9	711	König, Ralph			1965	10	M35	04:00,7	00:07:17
53		00:40:10.2	1700	Gotzes, Daniel		TSF Bracht	1980	9	MHK	04:01,0	00:07:20
54		00:40:11.4	3053	Schütz, Uwe		TK Grevenbroich	1964	15	M40	04:01,1	00:07:21
55		00:40:12.0	405	Brocker, Stefan		LT MG-Volksgarten	1967	11	M35	04:01,2	00:07:22
56		00:40:14.1	1960	Gorontzi, Christop		SIG Combibloc	1977	10	MHK	04:01,4	00:07:24
57		00:40:33.1	1138	Heithorn, Pascal		RC Düsseldorfia	1975	11	MHK	04:03,3	00:07:43
58		00:40:43.4	1707	Hebmüller, Jörg		TG Neuss	1965	12	M35	04:04,3	00:07:53

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
59		00:40:50.6	3135	Beuth, Josef		TG Neuss	1949	2	M55	04:05,0	00:08:00
60		00:40:51.8	1657	Beyer, Rüdiger		DJK Novesia Neuss	1954	7	M50	04:05,1	00:08:01
61		00:40:59.3	1647	Kluge, Michael			1958	5	M45	04:05,9	00:08:09
62		00:41:00.2	390	Brahm, Thomas		DJK Teutonia 1920 e.V	1985	12	MHK	04:06,0	00:08:10
63		00:41:03.1	1212	Teßmer, Manfred		SG Holzheim	1952	8	M50	04:06,3	00:08:13
64		00:41:05.6	347	Grimberg, Christo			1965	13	M35	04:06,5	00:08:15
65		00:41:08.9	1750	Auer, Volker			1979	13	MHK	04:06,8	00:08:18
66		00:41:11.4	1770	Hollweg, Michael			1967	14	M35	04:07,1	00:08:21
67		00:41:11.9	1709	Sturm, Christoph		TG Neuss	1964	16	M40	04:07,1	00:08:21
68		00:41:12.3	117	Korbmacher, Dr.		TG Neuss	1953	9	M50	04:07,2	00:08:22
69		00:41:13.1	1808	Höhner, Marcus			1968	15	M35	04:07,3	00:08:23
70		00:41:14.1	1837	Mauch, Kuno		TSV Kaldenkirchen	1968	16	M35	04:07,4	00:08:24
71		00:41:19.6	713	Prengel, Michael			1957	6	M45	04:07,9	00:08:29
72		00:41:21.3	1676	Rhine-Gritz, Maxi		Fackelmann Running N	1970	9	M30	04:08,1	00:08:31
73		00:41:28.7	3062	Lohmann, Frank			1963	17	M40	04:08,8	00:08:38
74		00:41:29.5	750	Krampe, Thomas		TV Hemer	1961	18	M40	04:08,9	00:08:39
75		00:41:32.3	1268	Scholten, Michael			1974	10	M30	04:09,2	00:08:42
76		00:41:34.7	1710	Schweers, Guido		TG Neuss	1967	17	M35	04:09,4	00:08:44
77		00:41:36.7	712	Schmidt, Alexand			1982	14	MHK	04:09,6	00:08:46
78		00:41:37.9	1202	Jansen, Manfred		LC Nettetal	1964	19	M40	04:09,7	00:08:47
79		00:41:40.4	1204	Martinek, Alfred		LC Nettetal	1943	2	M60	04:10,0	00:08:50
80		00:41:40.9	1191	Navarete, Carlos		Elch und Friends	1965	18	M35	04:10,0	00:08:50
81		00:41:50.2	3123	Schelauske, Marti		ASC Düsseldorf	1948	3	M55	04:11,0	00:09:00
82		00:41:53.0	204	Schnelle, Frank		RheinLand Versicheru	1969	19	M35	04:11,3	00:09:03
83		00:41:54.6	3083	Bahr, Jürgen		BSG Pierburg	1949	4	M55	04:11,4	00:09:04
84		00:41:59.9	3100	Kühne, Harald			1948	5	M55	04:11,9	00:09:09
85		00:42:00.8	3117	Wobisch, Tobias		FS Düsseldorf	1968	20	M35	04:12,0	00:09:10
86		00:42:02.4	696	Steinbach, Gert		FC Straberg	1939	1	M65	04:12,2	00:09:12
87		00:42:03.3	1215	Scheffler, Michael		SG Holzheim	1953	10	M50	04:12,3	00:09:13
88		00:42:15.6	1655	Lüpertz, Stephan		DJK Novesia Neuss	1982	15	MHK	04:13,5	00:09:25
89		00:42:25.0	3060	Heyer, Frank		DJK VFL Willich	1981	16	MHK	04:14,5	00:09:35
90		00:42:26.2	1210	Schäfer, Walter		SG Holzheim	1946	6	M55	04:14,6	00:09:36
91		00:42:29.1	266	Winkels, Rainer		Neuss	1957	7	M45	04:14,9	00:09:39
92		00:42:30.1	1054	Cringle, Mark			1964	20	M40	04:15,0	00:09:40
93		00:42:33.7	3084	Peterzelka, Nils		Rennschnecken 2000	1970	11	M30	04:15,3	00:09:43
94		00:42:34.1	697	Hindelang, Gerhar		LT Köln-Esch	1937	2	M65	04:15,4	00:09:44
95		00:42:36.7	3065	Nowak, Markus			1976	17	MHK	04:15,6	00:09:46
96		00:42:43.2	1052	Seibert, Moritz			1979	18	MHK	04:16,3	00:09:53
97		00:42:50.4	667	Krüger, Willi		SSK Kerpen	1947	7	M55	04:17,0	00:10:00
98		00:42:52.8	163	Wierig, Frank			1970	12	M30	04:17,2	00:10:02
99		00:42:54.5	478	Böse, Stephan			1963	21	M40	04:17,4	00:10:04
100		00:42:57.6	1114	Keusen, Benedikt		Die Guten Meerbusch	1976	19	MHK	04:17,7	00:10:07
101		00:43:00.3	3078	Meier, Thomas			1960	22	M40	04:18,0	00:10:10
102		00:43:03.2	110	Horster, Sascha			1970	13	M30	04:18,3	00:10:13
103		00:43:05.3	973	Lindner, Patrick		Albrecht-Dürer-Schule	1969	21	M35	04:18,5	00:10:15
104		00:43:06.3	476	Voss, Karsten		Hamburger SV	1959	8	M45	04:18,6	00:10:16
105		00:43:26.3	440	Weyers, Bernd		TUS Liedberg	1961	23	M40	04:20,6	00:10:36
106		00:43:38.0	1951	Tartler, Tobias		BSG SIG Combibloc	1977	20	MHK	04:21,8	00:10:48
107		00:43:44.5	1079	Löhndorf, Hans-G		Alfterer SC	1957	9	M45	04:22,4	00:10:54
108		00:43:46.6	1269	Hohn, Markus		HC Rheinwiese	1970	14	M30	04:22,6	00:10:56
109		00:43:52.9	3125	Stoffel, Norbert		ASC Düsseldorf	1959	10	M45	04:23,2	00:11:02
110		00:43:55.2	3118	Regge, Frank			1969	22	M35	04:23,5	00:11:05
111		00:43:57.5	1731	Langjahr, Peter			1968	23	M35	04:23,7	00:11:07
112		00:43:58.5	3132	Blume, Michael		LT Rennhamster	1973	15	M30	04:23,8	00:11:08
113		00:44:01.5	606	Deleonardis, Mich			1968	24	M35	04:24,1	00:11:11
114		00:44:06.3	728	Spielmann, Willi		LLG Haan-Hilden	1943	3	M60	04:24,6	00:11:16
115		00:44:07.6	670	Gairing, Gerhard		Albrecht-Dürer-Schule	1948	8	M55	04:24,7	00:11:17
116		00:44:10.1	170	Aichseder, Erich		TBH Düsseldorf	1938	3	M65	04:25,0	00:11:20

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
117		00:44:12.7	147	Hansen, Peter		SG Rheydt	1954	11	M50	04:25,2	00:11:22
118		00:44:19.9	3124	Kipsieker, Reinha		ASC Düsseldorf	1957	11	M45	04:25,9	00:11:29
119		00:44:24.1	726	Schrumpf, Torste		TSV aufderhöhe Solin	1969	25	M35	04:26,4	00:11:34
120		00:44:24.6	426	Grabski, Christian			1977	21	MHK	04:26,4	00:11:34
121		00:44:24.8	375	Thiel, Rainer			1966	26	M35	04:26,4	00:11:34
122		00:44:27.9	260	Galle, Ing. Werne		TSV Viktoria Mülheim	1949	9	M55	04:26,7	00:11:37
123		00:44:29.9	3057	Staschik, Lothar			1960	24	M40	04:26,9	00:11:39
124		00:44:32.1	1190	Keil, Thomas		Elch und Friends	1966	27	M35	04:27,2	00:11:42
125		00:44:32.6	1189	Meyen, Mario		Elch und Friends	1957	12	M45	04:27,2	00:11:42
126		00:44:44.8	1767	Trollmann, Thoma			1968	28	M35	04:28,4	00:11:54
127		00:44:45.1	274	Weber, Christian		Laufadler Düsseldorf	1957	13	M45	04:28,5	00:11:55
128		00:44:45.3	108	Steinfeldt, Jürgen			1964	25	M40	04:28,5	00:11:55
129		00:44:51.5	1519	Sobotta, Christian		TG Neuss	1962	26	M40	04:29,1	00:12:01
130		00:44:52.6	3126	Palme, Horst		LT Düsseldorf Süd	1958	14	M45	04:29,2	00:12:02
131		00:44:55.9	3113	Tuchser, Rainer		TG Neuss	1952	12	M50	04:29,5	00:12:05
132		00:44:56.3	3112	Schneeweiß, Ulric			1963	27	M40	04:29,6	00:12:06
133		00:45:01.9	968	Abel, Uli		Albrecht-Dürer-Schule	1959	15	M45	04:30,1	00:12:11
134		00:45:02.4	823	Zuelke, Harry			1954	13	M50	04:30,2	00:12:12
135		00:45:10.0	379	Rössel, Carsten		L TTC	1971	16	M30	04:31,0	00:12:20
136		00:45:12.5	391	Pötter, Thomas		DJK Teutonia 1920 e.V	1962	28	M40	04:31,2	00:12:22
137		00:45:14.8	880	Wischnewsky, Ka		Dauerlaufschule Köln	1955	16	M45	04:31,4	00:12:24
138		00:45:15.2	1729	Kuehnen, Jürgen			1960	29	M40	04:31,5	00:12:25
139		00:45:16.3	1658	Janning, Dieter		DJK Novesia Neuss	1942	4	M60	04:31,6	00:12:26
140		00:45:17.5	264	Müller, Rolf		Tönisvorst	1960	30	M40	04:31,7	00:12:27
141		00:45:19.1	1521	May, Hans-Joachi		TG Neuss	1943	5	M60	04:31,9	00:12:29
142		00:45:21.2	268	Breuer, Wolfgang		Korschenbroich	1957	17	M45	04:32,1	00:12:31
143		00:45:38.3	3091	Riedel, Christian			1978	22	MHK	04:33,8	00:12:48
144		00:45:42.9	971	Isabel, Sergio		Albrecht-Dürer-Schule	1978	23	MHK	04:34,2	00:12:52
145		00:45:48.7	1732	Miosic, Marko			1966	29	M35	04:34,8	00:12:58
146		00:45:49.7	3095	Sperschneier, Uw		SG Neukirchen Hülchr	1962	31	M40	04:34,9	00:12:59
147		00:45:50.8	3076	Pflücke, Karsten			1970	17	M30	04:35,0	00:13:00
148		00:45:51.3	972	Kühn, Achim		Albrecht-Dürer-Schule	1954	14	M50	04:35,1	00:13:01
149		00:45:55.4	782	Franke, Manuel			1980	24	MHK	04:35,5	00:13:05
150		00:45:57.7	351	Moritz, Frank		Pogoclub Deutschland	1967	30	M35	04:35,7	00:13:07
151		00:46:00.3	366	Schmitz, Guido		WestLB Düsseldorf	1966	31	M35	04:36,0	00:13:10
152		00:46:01.5	427	Beier, Ralf			1963	32	M40	04:36,1	00:13:11
153		00:46:05.6	253	Gelius-Laudam, I		Grevenbroich	1968	32	M35	04:36,5	00:13:15
154		00:46:18.1	469	Bertram, Heiko		KG St. Stephanus Neu	1965	33	M35	04:37,8	00:13:28
155		00:46:18.1	1127	Kaminski, Günter		SV Germania Grefrath	1963	33	M40	04:37,8	00:13:28
156		00:46:27.9	1228	Düsberg, Volker			1963	34	M40	04:38,7	00:13:37
157		00:46:33.1	970	Dehn, Sascha		Albrecht-Dürer-Schule	1977	25	MHK	04:39,3	00:13:43
158		00:46:37.7	1107	Waegner, Frank			1974	18	M30	04:39,7	00:13:47
159		00:46:38.0	800	Nadstawny, Mark			1978	26	MHK	04:39,8	00:13:48
160		00:46:39.9	3128	Groob, Michael			1963	35	M40	04:39,9	00:13:49
161		00:46:42.9	1214	Weißenberg, Fran		SG Holzheim	1965	34	M35	04:40,2	00:13:52
162		00:46:45.9	671	Bebber, Horst		NSV Abt. Moderner 5-	1954	15	M50	04:40,5	00:13:55
163		00:46:47.4	255	Novak, Bosco		Neuss	1960	36	M40	04:40,7	00:13:57
164		00:46:53.5	690	Reifschneider, Sie			1963	37	M40	04:41,3	00:14:03
165		00:46:55.4	3106	Füllgräbe, Günter		ASV LT-Kemperdick	1948	10	M55	04:41,5	00:14:05
166		00:47:03.3	672	Steentjes, Thoma		TG Neuss	1960	38	M40	04:42,3	00:14:13
167		00:47:04.0	3102	Geradts, Ralf		Team Jürgen	1969	35	M35	04:42,4	00:14:14
168		00:47:15.9	3120	Koch, Thomas		Cognis	1978	27	MHK	04:43,5	00:14:25
169		00:47:16.7	3068	Brügge, Michael		Rudergesellschaft Düs	1962	39	M40	04:43,6	00:14:26
170		00:47:17.2	632	Holubek, Rafael			1977	28	MHK	04:43,7	00:14:27
171		00:47:17.6	404	May, Volker			1960	40	M40	04:43,7	00:14:27
172		00:47:21.5	793	Crumbach, Stefan			1963	41	M40	04:44,1	00:14:31
173		00:47:35.5	3058	Khaled, Didar			1983	29	MHK	04:45,5	00:14:45
174		00:47:47.3	3070	Frantzen, Jakob			1952	16	M50	04:46,7	00:14:57

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
175		00:47:47.7	396	Brungs, Michael			1961	42	M40	04:46,7	00:14:57
176		00:47:49.0	673	Steinfeldt, Ralf		TG Neuss	1966	36	M35	04:46,9	00:14:59
177		00:47:49.9	3056	Glasmacher, Ulric		TG Neuss	1959	18	M45	04:46,9	00:14:59
178		00:47:57.9	1727	Thönnessen, Step			1960	43	M40	04:47,7	00:15:07
179		00:48:03.3	373	Weiffen, Dennis		TV Witzhelden	1976	30	MHK	04:48,3	00:15:13
180		00:48:04.3	3081	Banser, Dr. Ulrich		TG Neuss	1967	37	M35	04:48,4	00:15:14
181		00:48:04.4	256	Huschauer, Horst	AUS	007	1967	38	M35	04:48,4	00:15:14
182		00:48:07.0	206	Wienert, Klaus		RheinLand Versicheru	1969	39	M35	04:48,7	00:15:17
183		00:48:09.3	622	Dübbers, Mike			1961	44	M40	04:48,9	00:15:19
184		00:48:10.9	738	Tiemann, Klaus			1956	19	M45	04:49,0	00:15:20
185		00:48:11.3	321	Praus, Uwe			1960	45	M40	04:49,1	00:15:21
186		00:48:18.9	792	Franke, Oliver			1975	31	MHK	04:49,8	00:15:28
187		00:48:30.5	1730	Merz, Volker			1963	46	M40	04:51,0	00:15:40
188		00:48:32.2	3087	Beyer, Rüdiger		ASC Düsseldorf	1964	47	M40	04:51,2	00:15:42
189		00:48:34.4	3107	Caputo, Giuseppe		Rot-Weiß Elfgem	1965	40	M35	04:51,4	00:15:44
190		00:48:35.1	1815	Hark, Andreas			1967	41	M35	04:51,5	00:15:45
191		00:48:39.7	190	Zierau, Volker			1959	20	M45	04:51,9	00:15:49
192		00:48:47.3	3103	Wimmers, Jürgen		Team Jürgen	1966	42	M35	04:52,7	00:15:57
193		00:48:48.0	153	Engemann, Dieter			1958	21	M45	04:52,8	00:15:58
194		00:48:49.1	3133	Apfel, Dietmar			1946	11	M55	04:52,9	00:15:59
195		00:48:52.8	630	Kremers, Oliver			1968	43	M35	04:53,2	00:16:02
196		00:48:54.0	1116	Buzga, Sebastian		SV Elfgem	1978	32	MHK	04:53,4	00:16:04
197		00:49:03.2	409	Rosenberger, Tim			1981	33	MHK	04:54,3	00:16:13
198		00:49:06.2	205	Reipen, Günter		RheinLand Versicheru	1954	17	M50	04:54,6	00:16:16
199		00:49:12.1	3121	Lenzen, Uwe		LAZ Mönchengladbach	1956	22	M45	04:55,2	00:16:22
200		00:49:13.9	3119	Liesenjohann, Wol		LT Kemperdick	1949	12	M55	04:55,3	00:16:23
201		00:49:16.9	1067	van Vlodrop, Rein		ASV Süchteln	1959	23	M45	04:55,6	00:16:26
202		00:49:18.1	1102	Gisbertz, Thomas			1976	34	MHK	04:55,8	00:16:28
203		00:49:20.5	3136	Giring, Martin			1966	44	M35	04:56,0	00:16:30
204		00:49:20.6	3111	Commandeur, Wil		Betriebssportgemeinsc	1953	18	M50	04:56,0	00:16:30
205		00:49:21.3	1800	Bauß, Carsten		LT Qäuldichdusau Köln	1965	45	M35	04:56,1	00:16:31
206		00:49:29.0	3134	van Huet, Albert			1965	46	M35	04:56,9	00:16:39
207		00:49:29.6	1078	Hofmann, Volker		Alfterer SC	1944	6	M60	04:56,9	00:16:39
208		00:49:30.1	1726	Hoffmann, Andrea			1956	24	M45	04:57,0	00:16:40
209		00:49:31.4	3131	Frater, Harald			1963	48	M40	04:57,1	00:16:41
210		00:49:44.1	1039	Mahler, Christian		ESV Neuss	1965	47	M35	04:58,4	00:16:54
211		00:49:44.4	265	Thoens, Nikolaus		FC St. Pauli Hamburg	1964	49	M40	04:58,4	00:16:54
212		00:49:47.1	355	Knabe, Rüdiger			1961	50	M40	04:58,7	00:16:57
213		00:49:54.1	352	Cypa, Reiner		Pogoclub Deutschland	1968	48	M35	04:59,4	00:17:04
214		00:50:00.0	353	Seibt, Stephan			1978	35	MHK	05:00,0	00:17:10
215		00:50:01.7	1679	Spoer, Dr. Christi			1973	19	M30	05:00,1	00:17:11
216		00:50:02.5	345	Honerbach, Uwe			1962	51	M40	05:00,2	00:17:12
217		00:50:11.5	1674	Schrimpf, Wolfra			1966	49	M35	05:01,1	00:17:21
218		00:50:12.0	3064	Jost, Michael			1974	20	M30	05:01,2	00:17:22
219		00:50:14.7	348	Plöger, Ulrich			1955	25	M45	05:01,4	00:17:24
220		00:50:16.1	1364	Vrban, Robert		Joseph-Beuys-Schule	1975	36	MHK	05:01,6	00:17:26
221		00:50:16.4	1358	Becker, Andreas		Joseph-Beuys-Schule	1960	52	M40	05:01,6	00:17:26
222		00:50:17.6	344	Jurinka, Uwe			1958	26	M45	05:01,7	00:17:27
223		00:50:29.3	148	Jülich, Helmut			1954	19	M50	05:02,9	00:17:39
224		00:50:32.3	3061	Hoffmann, Markus		Judoclub Schiefbahn	1964	53	M40	05:03,2	00:17:42
225		00:50:41.5	1755	Kleibold, Thorsten			1975	37	MHK	05:04,1	00:17:51
226		00:50:45.9	1119	Goebel, Michael		Grenadierzug Knallhaa	1962	54	M40	05:04,5	00:17:55
227		00:50:49.2	502	Zimmer, Peter			1958	27	M45	05:04,9	00:17:59
228		00:50:54.0	249	Kindsmüller, Wer			1954	20	M50	05:05,4	00:18:04
229		00:50:58.2	1037	Lamers, Manfred		RRS Anrath	1965	50	M35	05:05,8	00:18:08
230		00:50:58.3	1038	Thivessen, Manfre		RRS Anrath	1965	51	M35	05:05,8	00:18:08
231		00:50:58.8	1036	Oerschkes, Norbe		RRS Anrath	1956	28	M45	05:05,8	00:18:08
232		00:51:00.6	688	Wolf, Olaf			1968	52	M35	05:06,0	00:18:10

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
233		00:51:11.7	3006	Walter, Klaus		NKC	1950	21	M50	05:07,1	00:18:21
<b>1</b>	<b>W</b>	<b>00:51:25.7</b>	<b>624</b>	<b>Straßburger, Julia</b>			<b>1966</b>	<b>1</b>	<b>W35</b>	<b>05:08,5</b>	<b>00:00:00</b>
234		00:51:25.8	623	Brodbeck, Klaus			1953	22	M50	05:08,5	00:18:35
235		00:51:26.6	385	Ohlrau, Joerg			1975	38	MHK	05:08,6	00:18:36
236		00:51:29.1	1713	Bienefeld, Detlef			1962	55	M40	05:08,9	00:18:39
237		00:51:33.9	1243	Kalscheuer, Peter		Martinus-Apotheke Ka	1961	56	M40	05:09,3	00:18:43
238		00:51:40.0	1733	Pasch, Ralf			1962	57	M40	05:10,0	00:18:50
239		00:51:45.2	3105	Ludowisy, Hans			1935	4	M65	05:10,5	00:18:55
240		00:51:49.3	423	Krieger, Thomas		Lauschepper	1968	53	M35	05:10,9	00:18:59
241		00:51:54.3	1660	Höck, Dietmar		ART Düsseldorf	1951	23	M50	05:11,4	00:19:04
242		00:51:54.9	496	Sieg, Raemund			1956	29	M45	05:11,4	00:19:04
243		00:52:26.8	116	Kral, Gregor			1966	54	M35	05:14,6	00:19:36
244		00:52:42.3	1677	Deliniotis, Paris	GRE	Paok Saloniki	1967	55	M35	05:16,2	00:19:52
245		00:52:53.7	3086	Dietze, André			1988	39	MHK	05:17,3	00:20:03
246		00:52:59.1	382	Sonntag, Christia			1983	40	MHK	05:17,9	00:20:09
247		00:53:01.9	3052	Fischer, Ralf			1964	58	M40	05:18,1	00:20:11
248		00:53:14.6	357	Strobl, Ulrich			1956	30	M45	05:19,4	00:20:24
249		00:53:19.0	410	Dietze, Hans			1956	31	M45	05:19,9	00:20:29
250		00:53:21.2	168	Pollmeyer, Bernh			1955	32	M45	05:20,1	00:20:31
251		00:53:22.5	424	Schoenen, Günth			1965	56	M35	05:20,2	00:20:32
252		00:53:31.9	3114	Schirmbeck, Jörg			1976	41	MHK	05:21,1	00:20:41
253		00:53:40.9	3127	Hausmann, Hans-			1942	7	M60	05:22,0	00:20:50
254		00:54:08.9	490	Purrio, Thomas		LT Fuchsbau-Hardt	1967	57	M35	05:24,8	00:21:18
255		00:54:13.4	364	Döscher, Thomas			1961	59	M40	05:25,3	00:21:23
256		00:54:14.5	250	Schmitz, Jochen		Neuss	1971	21	M30	05:25,4	00:21:24
257		00:54:15.3	251	Wiese, Thomas		Hilden	1972	22	M30	05:25,5	00:21:25
258		00:54:35.8	356	Maihöfer, Reinhar			1952	24	M50	05:27,5	00:21:45
259		00:54:53.4	584	Sandvoss, Uwe			1960	60	M40	05:29,3	00:22:03
260		00:55:03.7	485	Eßer, Henning		SV Germania Grefrath	1990	42	MHK	05:30,3	00:22:13
261		00:55:04.1	1058	Schütz, Markus			1969	58	M35	05:30,4	00:22:14
262		00:55:15.4	633	Jahr, Jürgen		Bodenbeläge Neuss a	1939	5	M65	05:31,5	00:22:25
263		00:55:30.7	134	Abend, Günter			1943	8	M60	05:33,0	00:22:40
264		00:55:46.0	1085	Dolf, Friedrich			1950	25	M50	05:34,6	00:22:56
265		00:55:46.4	1120	Rothenbücher, Jür		Feuerwehr Bayer Dor	1955	33	M45	05:34,6	00:22:56
266		00:55:51.9	346	Stobbe, Harald			1963	61	M40	05:35,1	00:23:01
267		00:56:04.4	172	Betzholz, Dr. Rain			1955	34	M45	05:36,4	00:23:14
268		00:56:12.1	211	Suerken, Hendrik		Albrecht-Dürer-Schule	1964	62	M40	05:37,2	00:23:22
269		00:56:17.4	791	Groh, Hans			1970	23	M30	05:37,7	00:23:27
270		00:56:51.6	487	Melissopoulos, Rol			1959	35	M45	05:41,1	00:24:01
271		00:56:52.9	484	Eßer, Theo			1960	63	M40	05:41,2	00:24:02
272		00:56:53.7	486	Otto, Uli			1963	64	M40	05:41,3	00:24:03
273		00:57:22.2	612	Rauschning, Ralf			1965	59	M35	05:44,2	00:24:32
274		00:58:51.5	783	Capitain, Bernd		FilmActingSchoolColog	1961	65	M40	05:53,1	00:26:01
275		00:58:58.9	1680	Paschke, Hans-Ge		TV Germania Wevelin	1954	26	M50	05:53,8	00:26:08
276		00:59:07.7	398	Dörr, Siegfried		LT RWE Power	1955	36	M45	05:54,7	00:26:17
277		01:01:17.1	3122	Arafat, Kheir		ASC Düsseldorf	1933	1	M70	06:07,7	00:28:27
278		01:01:48.7	1057	Richter, Thomas			1964	66	M40	06:10,8	00:28:58
279		01:03:30.9	3088	Karge, Siegfried			1937	6	M65	06:21,0	00:30:40
280		01:03:57.1	403	Pinscke, Stefan			1969	60	M35	06:23,7	00:31:07