



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	01:17:49	Baumgarth, Achim	3516		LBV Phönix Lübeck	1977	1	M30	03:41,2
2		2	01:17:49	Mentzen, Jörg	3674		Ayyo Team Essen	1979	2	M30	03:41,2
3		3	01:19:31	Losch, Stefan	3667		TUSEM Essen	1968	1	M40	03:46,1
4		4	01:19:46	Zellner, Markus	3819		Depotrunners Bracht	1977	3	M30	03:46,8
5		5	01:21:40	Hechler, Michael	3867		Ruderverein Dorsten	1976	1	M35	03:52,2
6		6	01:21:52	Knura, Ralf	3876		Adler Langlauf Bottrop	1962	1	M45	03:52,7
7		7	01:22:31	Bartkowiak, Jens	3870		RWE Starlight-Team Essen	1973	2	M35	03:54,6
8		8	01:23:00	Thaler, Stefan	3788			1966	2	M45	03:56,0
9		9	01:23:49	Ogrzewalla, Florian	3695		BSG Sparkasse Essen	1980	4	M30	03:58,3
10		10	01:24:34	Hanke, Ingo	3589		Lauffreunde Bönen	1974	3	M35	04:00,4
11		11	01:24:51	Grob, Jochen	3848		TSV Solingen	1953	1	M55	04:01,2
12		12	01:26:21	Althammer, Maximilian	3511		RV Staubwolke 09 Fischeln	1992	1	MJugA	04:05,5
13		13	01:26:24	Schefers, Dirk	3844		Witten	1968	2	M40	04:05,6
14		14	01:27:06	Dick, Nils	3873		BSG Springorum Bochum	1979	5	M30	04:07,6
15		15	01:27:26	van Hoorn, Mark	3796		Altis Amersfoort	1974	4	M35	04:08,6
16		16	01:27:36	Gochermann, Christian	3578		BSG Springorum Bochum	1974	5	M35	04:09,0
17		17	01:28:51	Küperkoch, Ludger	3878		PV Triathlon Witten	1968	3	M40	04:12,6
18		18	01:28:54	Pannek, Stephan	3701			1965	3	M45	04:12,7
19		19	01:29:24	Hermann, Karsten	3603			1981	6	M30	04:14,2
20		20	01:29:40	Töller, Mike Stefan	3789		VV Geldern	1969	4	M40	04:15,9
21		21	01:29:41	Müller, Achim	3679		SV Gladbeck 13	1970	5	M40	04:15,0
22		22	01:30:11	Overkämping, Steffen	3700			1989	1	MHK	04:16,4
23		23	01:30:14	Hertog, Dietmar	3608		Rapid Ramirez	1969	6	M40	04:16,5
24		24	01:31:18	Szkaradek, Michael	3777			1992	2	MJugA	04:19,6
25		25	01:31:48	Kiedel, André	3636		SV Gladbeck 13	1973	6	M35	04:21,0
26		26	01:32:00	Tenten, Arnold	3782		Krefelder Kanu Klub	1963	4	M45	04:21,6
27		27	01:32:12	Rieger, Werner	3718		Fun Runner VfL Gladbeck	1954	2	M55	04:22,1
28		28	01:32:24	Winkel, Michael	3814			1987	2	MHK	04:22,7
29		29	01:32:37	Strack, Sascha	3770		Marathon Dinslaken	1976	7	M35	04:23,3
30		30	01:32:43	Rodriguez-Baena, Rafael	3721		TC Kray 1892 e.V.	1969	7	M40	04:23,6
31		31	01:33:13	Röttger, Joachim	3730			1961	1	M50	04:25,0
32		32	01:33:19	Nakotte, Jupp	3681		LT Rhein Herne Kanal 1988	1963	5	M45	04:25,3
33		33	01:33:23	Förderer, Micha	3573			1987	3	MHK	04:25,5
34		34	01:33:26	Schilling-Frenk, Tiemo	3740		BSG Sparkasse Essen	1972	8	M35	04:25,6
35		35	01:33:54	Verfürth, Christian	3798		Vodafone Runners	1968	8	M40	04:27,0
36		36	01:33:57	Jacob, Klaus	3864		SuS Schalke 96	1956	3	M55	04:27,1
37		37	01:34:02	Meyer, Paul	3839		Marl	1959	2	M50	04:27,3
38		38	01:34:11	Kipar, Mirco	3637		SV Gladbeck 13	1972	9	M35	04:27,8
39	W	1	01:34:24	van Hüüt, Annika	3797		LG Alpen	1990	1	WHK	04:28,4
40		39	01:34:25	Kwekkeboom, Thorsten	3648		LG Alpen	1972	10	M35	04:28,4
41		40	01:34:35	Pawellek, Karsten	3703			1981	7	M30	04:28,9
42		41	01:34:44	Bussen, Matthias	3545		Hamminkelter SV	1961	3	M50	04:29,3
43	W	2	01:34:54	Couvee, Ingeborg	3547		AKU	1974	1	W35	04:29,8
44		42	01:34:55	Schuster, Ralf	3755		TC Kray 1892 e.V.	1961	4	M50	04:29,9
45		43	01:34:55	Schneider, Thomas	3750			1963	6	M45	04:29,9
46		44	01:35:08	Springenberg, Bernd	3767			1970	9	M40	04:30,5
47		45	01:35:13	Blasberg, Frank	3524		LG Monheim/Baumberg	1964	7	M45	04:30,7
48	W	3	01:35:21	Albracht, Cordula	3857		TV Flerke	1981	1	W30	04:31,1
49		46	01:35:56	Liebchen, Peter	3658		LAV Essen / WTB	1960	5	M50	04:32,7
50		47	01:36:36	Breuer, Ludger	3881		Bochum	1961	6	M50	04:34,6
51		48	01:36:57	Tank, Stefan	3779		Freibeuter	1979	8	M30	04:35,6
52		49	01:37:00	Groneberg, Simon	3582		Essener Skiklub	1986	4	MHK	04:35,8
53		50	01:37:05	Bayer, Uwe	3517			1992	3	MJugA	04:36,0
54		51	01:37:07	Hagelschur, Thomas	3586		Marathon Steinfurt	1977	9	M30	04:36,1
55		52	01:37:38	Hartleib, Michael	3593		Fun Runner VfL Gladbeck	1962	8	M45	04:37,6
56		53	01:37:41	Mozin, Markus	3677		VfL Schnubba	1974	11	M35	04:37,7
57		54	01:37:45	Franz, Ingo	3871		Schonungen	1964	9	M45	04:37,9
58		55	01:37:50	Hanswillemenke, Ralf	3590		LT Wischlingen Dortmund	1972	12	M35	04:38,1
59		56	01:37:53	Niederholtmeyer, Daniel	3690			1973	13	M35	04:38,3
60		57	01:38:00	Vallentgoer, Jaap	3883		Altis Amersfoort	1946	1	M65	04:38,6



TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		58	01:38:01	Ortmann, Olaf	3697		BSG Bestattungen Stubbe	1971	10	M40	04:38,7
62		59	01:38:27	Van Himbeek, Frederic	3795			1991	5	MHK	04:39,9
63		60	01:38:31	John, Dennis	3625		Team Erdinger Alkoholfrei	1982	6	MHK	04:40,1
64		61	01:38:36	Segers, Roland	3759		SuS Schalke 96	1964	10	M45	04:40,3
65		62	01:38:44	Nicolaus, Dustin	3689			1994	1	MJugB	04:40,7
66		63	01:38:51	Pursche, Sven	3885		Eintracht Frankfurt Triathlo	1981	10	M30	04:41,0
67		64	01:39:10	Brune, Rudolf	3538		Lauffreunde Buer	1960	7	M50	04:42,9
68		65	01:39:19	Knöpfel, Martin	3639		MTG-Horst-Essen	1963	11	M45	04:42,4
69		66	01:39:22	Koschlitzi, Norbert	3641		Eintracht Duisburg 1848 e	1963	12	M45	04:42,5
70		67	01:39:23	Menke, Dirk	3673			1968	11	M40	04:42,6
71		68	01:39:31	Est, Stephan	3862		Marl	1967	12	M40	04:43,9
72		69	01:39:32	Rogge, Uwe	3724		Lengerich	1963	13	M45	04:43,0
73		70	01:39:45	Gerard, Klaus	3577		BSG Sparkasse Essen	1960	8	M50	04:43,6
74		71	01:39:47	Mock, Stephan	3675		TFV Straberg	1964	14	M45	04:43,7
75		72	01:39:53	Soffers, Robbie	3764			1965	15	M45	04:44,0
76		73	01:40:07	Rotter, Sebastian	3729			1984	7	MHK	04:44,6
77		74	01:40:17	Schuhbert, Michael	3850		BSG Duisburg	1969	13	M40	04:45,1
78		75	01:40:27	Gasik, Christof	3575		Röckskamp-Buer	1971	14	M40	04:45,6
79		76	01:40:30	Herzog, Jörg	3609		DJK Adler 07 Bottrop	1968	15	M40	04:45,7
80		77	01:40:37	Kania-Klinger, Mario	3629		BP Gelsenkirchen	1973	14	M35	04:46,1
81		78	01:40:40	Winkler, Timo	3815		Recklinghäuser LC	1979	11	M30	04:46,2
82		79	01:40:41	Kalweit, Siegfried	3628		TSV Viktoria Mülheim	1942	2	M65	04:46,3
83		80	01:40:47	Steckenmesser, Adi	3768		Adler-Langlauf Bottrop	1963	16	M45	04:46,5
84		81	01:40:48	Hetmann, Hubertus	3610			1950	1	M60	04:46,6
85		82	01:40:49	Hüser, Torsten	3618			1974	15	M35	04:46,6
86		83	01:40:59	Böhm, Hans-Peter	3527			1961	9	M50	04:47,1
87		84	01:41:29	Abel, Ulrich	3507		LT Rhein Herne Kanal 1988	1959	10	M50	04:48,5
88		85	01:41:30	Dombrowsky, Detlef	3551		Fun Runner VfL Gladbeck	1959	11	M50	04:48,6
89		86	01:41:37	Roeske, Thomas	3723		TV Ufort Eick	1987	8	MHK	04:48,9
90		87	01:42:09	Werthenbach, Jürgen	3847		ASC Weisbachtal	1962	17	M45	04:50,4
91		88	01:42:20	Vollbracht, Ralf	3799		LC Duisburg	1963	18	M45	04:51,9
92	W	4	01:42:24	Tank, Regina	3778		Dortmund	1959	1	W50	04:51,1
93		89	01:42:42	Drewes, Bernhard	3555		Adler-Langlauf Bottrop	1951	2	M60	04:52,0
94		90	01:42:52	Langenbeck, Michael	3651		Kampfsportverein Bujin-Gy	1967	16	M40	04:52,5
95		91	01:42:56	Szczesny, Andreas	3776			1965	19	M45	04:52,7
96		92	01:42:57	Kunigo, Hayato	3647		FC Schalke 04	1978	12	M30	04:52,7
97		93	01:42:59	Eerden, Günther	3560		Leichtathletik Nütterden	1961	12	M50	04:52,8
98		94	01:43:23	Lange, Henning	3649		LSF Münster	1960	13	M50	04:54,9
99		95	01:43:52	Borgert, Ralf	3852		LG Coesfeld	1967	17	M40	04:55,3
100		96	01:44:08	Reichenbecher, Wolfram	3713		Fischelner Turnverein FTV	1965	20	M45	04:56,1
101		97	01:44:10	Dotzek, Lothar	3554		TG Scherlebeck 03	1951	3	M60	04:56,2
102		98	01:44:11	Rentemeister, Werner	3854		LG Coesfeld	1963	21	M45	04:56,2
103		99	01:44:21	Wehren, Stephan	3803		Adler-Langlauf Bottrop	1976	16	M35	04:56,7
104		100	01:44:24	Eickhoff, Thomas	3562			1973	17	M35	04:56,8
105		101	01:44:27	Herrmann, Markus	3606			1979	13	M30	04:57,0
106	W	5	01:44:59	Segers, Jeannette	3758		SuS Schalke 96	1978	2	W30	04:58,5
107		102	01:45:09	Max, Michael	3669			1960	14	M50	04:59,0
108		103	01:45:16	Duits, Willi	3558		Helmut Schmidt Universita	1983	9	MHK	04:59,3
109		104	01:45:26	Ahlert, Daniel	3510		TuRa Bergkamen	1973	18	M35	04:59,8
110		105	01:46:10	Grütering, Ludwig	3583		Lippehasen	1961	15	M50	05:01,8
111		106	01:46:10	Berg, Jörg	3521		Team B42 Lippehasen	1961	16	M50	05:01,8
112		107	01:46:23	Kortwinkel, Ralph	3865		LGO Bochum	1959	17	M50	05:02,5
113		108	01:46:37	Teigelkamp, Guido	3840		Adler Langlauf Bottrop	1968	18	M40	05:03,1
114		109	01:46:42	Cibulsky, Willi	3546		Bergkapelle Prosper Haniel	1970	19	M40	05:03,4
115	W	6	01:46:48	Herriger, Annekathrin	3605			1972	2	W35	05:03,6
116		110	01:47:03	van den Dolder, Ralf	3794			1962	22	M45	05:04,4
117		111	01:47:06	Krajewski, Roman	3643			1954	4	M55	05:04,5
118	W	7	01:47:06	Strauß, Petra	3773		Ski-Club Gladbeck	1968	1	W40	05:04,5
119	W	8	01:47:38	Weinreich, Claudia	3805			1966	1	W45	05:06,0
120		112	01:48:04	Breling, Tom	3535		Fun Runner VfL Gladbeck	1967	20	M40	05:07,2



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		113	01:48:07	Zuddas, Giuseppe	3823	ITA	Gladbecker Geparden	1946	3	M65	05:07,4
122		114	01:48:12	Jochheim, Sebastian	3621		Sparkasse Essen	1981	14	M30	05:07,6
123	W	9	01:48:15	Lippke, Elke	3660		RSC Essen-Kettwig	1959	2	W50	05:07,8
124		115	01:48:15	Kern, Denis	3633		FSV Düsseldorf	1977	15	M30	05:07,8
125		116	01:48:20	Babski, Stefan	3513		BSG Sparkasse Essen	1978	16	M30	05:08,0
126		117	01:48:27	Mayer, Sebastian	3671			1977	17	M30	05:08,3
127		118	01:48:34	Schrader, Willi	3752		LG Theater Essen	1944	4	M65	05:08,7
128		119	01:48:44	Lerch, Siegfried	3655		TVS Breitscheid	1957	18	M50	05:09,1
129		120	01:48:47	Wiegand, Axel	3809		Borbecker TC	1973	19	M35	05:09,3
130		121	01:48:55	Benda, Robert	3520			1967	21	M40	05:09,7
131		122	01:49:02	Weinauer, Carsten	3804			1979	18	M30	05:10,0
132		123	01:49:26	Dietrich, Falk	3550			1970	22	M40	05:11,1
133		124	01:49:45	Schmitz, Christian	3747			1978	19	M30	05:12,0
134		125	01:49:58	Jager, Andreas	3619			1964	23	M45	05:12,7
135		126	01:49:59	Müller, Frank	3680		Rammsteinrunner	1961	19	M50	05:12,7
136		127	01:50:08	Rainer, Albrecht	3875		TuS Breitscheid	1960	20	M50	05:13,1
137		128	01:50:17	Schwendner, Robert	3757		AES 1b	1974	20	M35	05:13,6
138		129	01:50:17	Lögters, Dirk	3661		AES 1	1977	20	M30	05:13,6
139		130	01:50:26	Böttcher, Günter	3532		TC Kray 1892 e.V.	1949	4	M60	05:14,0
140		131	01:50:27	Liebig-Eisele, Georg	3856		Gladbeck	1959	21	M50	05:14,0
141		132	01:50:43	Allermann, Stephan	3886		Adler Langlauf Bottrop	1957	22	M50	05:14,8
142		133	01:50:46	Wachsmann, Georg	3800			1965	24	M45	05:15,9
143		134	01:50:50	Hemsing, Gregor	3600			1961	23	M50	05:15,1
144		135	01:50:58	Gehrke, Wolfgang	3576			1958	24	M50	05:15,5
145		136	01:51:06	Rudolph, Dieter	3731			1957	25	M50	05:15,9
146		137	01:51:20	Heid, Harald	3860		LG Theater Essen	1959	26	M50	05:16,5
147		138	01:51:47	Enke, Axel	3565			1959	27	M50	05:17,8
148		139	01:51:49	Eckart, Sascha	3559			1982	10	MHK	05:17,9
149		140	01:51:51	Schal, Manfred	3733		TVE Lauffreunde Gladbeck	1946	5	M65	05:18,0
150		141	01:51:52	Bork, Thorsten	3531		TVE Lauffreunde Gladbeck	1968	23	M40	05:18,1
151		142	01:51:55	Gubesch, Jörg	3584		Ruhrrunner Essen	1964	25	M45	05:18,2
152		143	01:52:28	Kroffke, Robert	3858		TV Datteln 09	1958	28	M50	05:19,8
153		144	01:52:33	Ademes, Jochen	3509			1969	24	M40	05:20,0
154		145	01:52:36	Hermann, Michael	3604			1966	26	M45	05:20,1
155	W	10	01:52:39	Göppert, Sandra	3580		TV Walsum-Aldenrade	1972	3	W35	05:20,3
156		146	01:52:55	Drewitz, Piet	3556			1948	5	M60	05:21,0
157		147	01:53:07	Neumann, Wolfram	3683		Adler-Langlauf Bottrop	1951	6	M60	05:21,6
158		148	01:53:15	Sontowski, Willi	3765		LG Herne	1937	1	M70	05:22,0
159		149	01:53:16	Lehnert, Uwe	3654		SV Gladbeck 13	1955	5	M55	05:22,0
160		150	01:53:19	Feldmann, Daniel	3566		LG Theater Essen	1981	21	M30	05:22,2
161	W	11	01:53:26	Langela, Christa	3650		SF Nordvelen	1964	2	W45	05:22,5
162		151	01:53:37	Roß, Heiner	3728		SF Nordvelen	1959	29	M50	05:23,0
163	W	12	01:53:43	Fürderer, Antje	3872		Adler Langlauf Bottrop	1965	3	W45	05:23,3
164		152	01:53:44	Skowronek, Jürgen	3762		Adler-Langlauf Bottrop	1945	6	M65	05:23,4
165		153	01:53:58	Nickel, Lothar	3686			1954	6	M55	05:24,0
166		154	01:54:05	Ölmez, Ogün	3696	TUR	Türk Spor	1970	25	M40	05:24,4
167	W	13	01:54:18	Pfefferkorn, Paula	3706		E.ON Ruhrgas	1973	4	W35	05:25,0
168		155	01:54:22	Buscemi, Dino	3544			1967	26	M40	05:25,2
169		156	01:54:40	Üpping, Erwin	3874		Velen	1945	7	M65	05:26,0
170		157	01:54:42	Halfmeier, Thomas	3587		TVE Lauffreunde Gladbeck	1966	27	M45	05:26,1
171	W	14	01:55:06	Möde, Kerstin	3676		Witten	1966	4	W45	05:27,2
172	W	15	01:55:32	Rentemeister, Karin	3855		LG Coesfeld	1966	5	W45	05:28,5
173		158	01:55:34	Paulukat, Ralf	3702		BVB09	1964	28	M45	05:28,6
174		159	01:56:04	Piepers, Reinhard	3709			1965	29	M45	05:30,0
175		160	01:56:24	Hoffmann, Uwe	3614		Ankommen ist alles!	1963	30	M45	05:31,9
176		161	01:56:44	Höng, Heinz Günter	3616			1963	31	M45	05:31,9
177		162	01:57:09	Blank, Alfred	3522		TG Scherlebeck 03	1952	7	M55	05:33,1
178		163	01:57:15	Förster, Hans-Dieter	3574		TVE Lauffreunde Gladbeck	1943	8	M65	05:33,4
179	W	16	01:57:43	Gramer, Susanne	3581			1975	5	W35	05:34,7
180		164	01:58:04	Bärenwald, Horst	3514			1954	8	M55	05:35,7



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
181	W	17	01:58:16	Schal, Anita	3735		TVE Lauffreunde Gladbeck	1947	1	W60	05:36,3
182		165	01:58:21	Spitzer, Jürgen	3766		Frührentner	1955	9	M55	05:36,5
183		166	01:58:57	Heck, Markus	3595		LC Duisburg	1972	21	M35	05:38,2
184		167	01:59:47	Stratmann, Frank	3772			1966	32	M45	05:40,6
185	W	18	01:59:00	Schwendner, Denise	3756		AES 1b	1975	6	W35	05:38,3
186		168	01:59:00	Kretschmann, Guido	3645		Fun Runner VfL Gladbeck	1966	33	M45	05:38,3
187		169	01:59:09	Teutloff, Volker	3786		LC Duisburg	1958	30	M50	05:38,8
188	W	19	01:59:32	Sungen, Barbara	3775		Laufftreff Rheinherne-Kanal	1963	6	W45	05:39,9
189		170	01:59:49	Lorse, Udo	3664		Adler-Langlauf Bottrop	1954	10	M55	05:40,7
190		171	02:00:06	Telle, Norbert	3780			1954	11	M55	05:41,5
191		172	02:00:43	Püllmann, Hans-Günter	3711			1961	31	M50	05:43,2
192		173	02:01:01	Lorek, Michael	3663		Jogmap	1967	27	M40	05:44,1
193	W	20	02:01:07	Otten, Inge	3699		Sparkasse am Niederrhein	1955	1	W55	05:44,4
194		174	02:01:08	Pieper, Thomas	3708		LG Alpen	1961	32	M50	05:44,4
195		175	02:01:17	Smuda, Lars	3763			1977	22	M30	05:44,8
196	W	21	02:01:35	Weber, Manuela	3801			1980	3	W30	05:45,7
197		176	02:01:46	Struttmann, Thorsten	3774			1972	22	M35	05:46,2
198		177	02:01:49	Radau, Tobias	3712			1984	11	MHK	05:46,3
199	W	22	02:02:00	Hack, Daniela	3585			1974	7	W35	05:46,9
200	W	23	02:02:30	Zachow, Doris	3818		LG DUV	1967	2	W40	05:48,3
201		178	02:02:31	Blasey, Jürgen	3525		LT Lippehasen Dorsten	1965	34	M45	05:48,3
202	W	24	02:02:43	Töller, Kerstin	3790		VV Geldern	1979	4	W30	05:48,9
203		179	02:03:05	Fischer, Udo	3569		Radiergummiliga	1956	12	M55	05:50,0
204		180	02:03:43	Langensiepen, Christian	3652		ASV LT-Kemperdick	1964	35	M45	05:51,8
205		181	02:03:45	Bahrenberg, Daniel	3849		Bottrop	1978	23	M30	05:51,8
206		182	02:04:12	Egerland, Stefan	3561		Wattenscheid	1963	36	M45	05:53,1
207	W	25	02:04:21	Hilgert, Barbara	3611		LC Viktoria Alpen LA	1957	3	W50	05:53,6
208		183	02:04:21	Unterberg, Reiner	3792		LG Alpen	1956	13	M55	05:53,6
209	W	26	02:04:25	Oeynhaus, Sabine	3694		TV Horst Emscher	1950	2	W60	05:53,7
210		184	02:04:51	Kulpa, Dieter	3646		Adler-Langlauf Bottrop	1956	14	M55	05:55,0
211		185	02:04:53	Schmidt, Marc	3861		Gelsenkirchen	1986	12	MHK	05:55,1
212		186	02:05:01	Kegel, Marek	3631			1983	13	MHK	05:55,4
213	W	27	02:05:18	Kleine-Harmeyer, Brigitte	3880		Bochum	1962	7	W45	05:56,3
214		187	02:06:12	Klöcker, Karl-Heinz	3884		Hörstel	1960	33	M50	05:58,8
215		188	02:06:59	Steffes, Robert	3882		TC Kray 1892	1956	15	M55	06:01,0
216	W	28	02:07:48	Jäger, Anke	3620			1968	3	W40	06:03,4
217		189	02:08:12	Armbrust, Detlef	3512			1965	37	M45	06:04,5
218		190	02:08:25	Herrmann, Uwe	3607		FSV Feuerwehr Düsseldorf	1962	38	M45	06:05,1
219	W	29	02:09:08	Boltz, Sandra	3528			1973	8	W35	06:07,2
220		191	02:09:12	Hohenberg, Achim	3863		LT Rhein Herne Kanal	1958	34	M50	06:07,3
221		192	02:09:43	Becker, Reinhard	3518			1960	35	M50	06:08,8
222		193	02:10:02	Bongartz, Uwe	3529			1968	28	M40	06:09,7
223	W	30	02:11:04	Weiß, Daniela	3806			1981	5	W30	06:12,7
224	W	31	02:11:12	Ortmann, Monika	3843		VfL Gladbeck	1963	8	W45	06:13,0
225	W	32	02:11:30	Wilms, Anne	3813			1956	2	W55	06:13,9
226	W	33	02:12:26	Börger, Annegret	3530		TV Walsum-Aldenrade	1955	3	W55	06:16,5
227		194	02:13:11	Adamczyk, Wolfgang	3508			1953	16	M55	06:18,7
228		195	02:14:05	Nüsgen, Michael	3693			1976	23	M35	06:21,2
229		196	02:14:07	Henning, Uwe	3877		Laufen-In- Bochum.de	1972	24	M35	06:21,3
230		197	02:14:07	Schlattjan, Martin	3743			1974	25	M35	06:21,3
231		198	02:14:10	Donath, Patrick	3552			1970	29	M40	06:21,5
232	W	34	02:16:22	Rieger, Kathrin	3719			1977	6	W30	06:27,7
233	W	35	02:16:57	Nick, Regina	3684			1965	9	W45	06:29,4
234		199	02:18:07	Nowak, Adolf	3691		SSV Buer 0728	1939	2	M70	06:32,7
235	W	36	02:18:28	Schmidt, Susanne	3744			1984	2	WHK	06:33,7
236		200	02:20:06	Hamann, Axel	3588			1987	14	MHK	06:38,3
237	W	37	02:23:23	Schunk, Katrin	3754			1969	4	W40	06:47,7
238	W	38	02:29:58	Kocapinar, Veda	3640		Volleyball Club Recklinghau	1991	3	WHK	07:06,4
239	W	39	02:36:08	Reinholz, Sarah	3715			1983	4	WHK	07:24,9
240		201	02:56:18	Römer, Lutz	3727			1960	36	M50	08:21,3

Platz	StNr	Staffel	Zeit	Min/Km
1	3834	Team dp dokuplan Udo Vierhaus, Natalie Baxmann, Lars-Erik Heinen, Detlev Viehaus	01:45:36.1	05:00,2
2	3824	Caritasverband Gladbeck I Christopher Kuhn, Christoph Willing, Matthias Langer, Nicole Dumanski	01:47:46.8	05:06,4
3	3836	VSG Duisburg Christina Hübner, Jennifer Schuren, Birgit Astor, Inga Serfert	01:53:38.3	05:23,1
4	3832	Schöner fremder Mann Patrick Peichert, Christian Möhlenbruch, Raphael Peichert, Peter Rahmfeld	01:54:13.6	05:24,7
5	3838	Yi Quan Kampf- und Bewegungskunst Gladbeck Alexandra Weiß, Yacine Taibi, Dominik Rottmann, Marvin Müller	02:01:21.2	05:45,0
6	3825	Caritasverband Gladbeck II Pascal Klebedanz, Jens Miedlich, Michael Wegener, Gerd Nett	02:06:30.7	05:59,7
7	3828	Caritasverband Gladbeck IV Nicolai Wilbert, Emanuel Piasynski, Frederiecke Sabellek, Ute Weber	02:10:10.3	06:10,1
8	3831	Caritasverband Gladbeck V Christine Holländer, Iris Rösner, Christel Hußmann, Ralf Kauczinski	02:19:31.2	06:36,7
9	3827	Caritasverband Gladbeck III Steffi Cillessen, Anna Schoch, Christina Berger, Silke Osmerg	02:26:36.5	06:56,8



TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:34:33	Goltsch, Tillmann	3102		LG Olympia Dortmund	1978	1	M30	03:27,3
2		2	00:35:38	Ogrzewalla, Felix	3115		SV Gladbeck 13	1987	1	MHK	03:33,8
3		3	00:35:50	Becker, Oliver	3121		LGO Bochum	1969	1	M40	03:35,0
4		4	00:36:00	Steinmann, Jörg	3112		TUSEM Essen	1978	2	M30	03:36,0
5		5	00:36:19	Kuhlmann, John	2979		Wasser + Freizeit Münster	1981	3	M30	03:37,9
6		6	00:36:37	Paulitschke, Wilfried	3093		Asics Frontrunner	1957	1	M50	03:39,7
7		7	00:36:53	Schmidt, Winfried	3105		TuS Köln rrh.	1948	1	M60	03:41,3
8		8	00:37:07	Stolecki, Stephan	3059		Tri-Team TG Witten	1968	2	M40	03:42,7
9		9	00:37:57	Niemyt, Adam	3100		KB Mani-AC Posen	1989	2	MHK	03:47,7
10		10	00:38:27	Garweg, Stefan	2932			1980	4	M30	03:50,7
11		11	00:38:43	Ludwig, Michael	2993		Spiridon Haltern	1964	1	M45	03:52,3
12		12	00:38:58	Hetmanski, Adam	3118		Marathon Mülheim	1970	3	M40	03:53,8
13		13	00:39:16	Hannisch, Carsten	3109			1976	1	M35	03:55,6
14		14	00:39:22	Arens, Clemens	3116		LT Guido Alt-Marl	1957	2	M50	03:56,2
15		15	00:39:43	Baumann, Karl-Heinz	2907		Gevelsberg	1964	2	M45	03:58,3
16		16	00:39:45	Schlegelmilch, Volker	3034		Sterkrade-Nord Oberhause	1968	4	M40	03:58,5
17		17	00:40:36	Scheidle, Dirk	3032		TriTeam Selm	1968	5	M40	04:03,6
18		18	00:40:39	Löschner, Uwe	3098		Runners Point Dortmund	1960	3	M50	04:03,9
19		19	00:41:12	Gschwandtner, René	2941			1969	6	M40	04:07,2
20		20	00:41:18	Urbanowski, Frank	3117		Gelsenkirchen	1968	7	M40	04:07,8
21		21	00:41:31	Just, Roland	3096		Kilometerfresser Wittringen	1964	3	M45	04:09,1
22		22	00:42:26	Jäger, Klaus	3123		Tri Team Hagen	1953	1	M55	04:14,6
23		23	00:42:35	Ketzer, Christoph	2965		Iserlohner Triathlon Team	1967	8	M40	04:15,5
24		24	00:42:39	Winkelhake, Heiner	3077		LDT Bochum	1956	2	M55	04:15,9
25		25	00:42:43	Scheele, Michael	3031		RSV Blau-Gelb 1928 Oberh	1976	2	M35	04:16,3
26	W	1	00:42:55	Gevers-Lohkamp, Petra	2939		Adler-Langlauf Bottrop	1968	1	W40	04:17,5
27		26	00:43:08	Knoth, Günter	3095		TUSEM Essen	1957	4	M50	04:18,8
28		27	00:43:39	Birkendorf, Klaus	2911		Tri-Geckos Dortmund	1971	9	M40	04:21,9
29	W	2	00:43:41	Koth, Antje	2976		FC Schalke 04	1966	1	W45	04:22,1
30	W	3	00:43:52	Schwers, Birgit	3046		LG Kreis Verden	1962	2	W45	04:23,2
31		28	00:44:30	Maus, Stefan	2997			1964	4	M45	04:27,0
32		29	00:44:34	Lindemann, Marius	2985		SV Gladbeck 13	1990	3	MHK	04:27,4
33		30	00:44:37	Krinke, Reinhard	3113		TV Borken	1953	3	M55	04:27,7
34		31	00:44:37	Mühlenz, Thomas	3005		Tri-Geckos Dortmund	1977	5	M30	04:27,7
35	W	4	00:44:38	Mordas, Claudia	3003		LG Theater Essen	1966	3	W45	04:27,8
36		32	00:44:41	Cord, Stephan	2921			1966	5	M45	04:28,1
37		33	00:44:42	Gertz, Hubert	3111		Adler Langlauf Bottrop	1956	4	M55	04:28,2
38		34	00:44:42	Köhler, Peter	2971		Adler-Langlauf Bottrop	1970	10	M40	04:28,2
39		35	00:44:48	Hilmer, Reinhold	3119		TV Bövinghausen	1952	5	M55	04:28,8
40		36	00:45:05	Peek, Holger	3017			1976	3	M35	04:30,5
41		37	00:45:10	Kohlmann, Karsten	2972		TV Einigkeit	1975	4	M35	04:31,0
42		38	00:45:13	Kleffmann, Keny	2966			1975	5	M35	04:31,3
43		39	00:45:15	Kuhlmann, Marc	2978		Arrrrrrrjeen	1981	6	M30	04:31,5
44		40	00:45:17	Stange, Heiko	3052			1970	11	M40	04:31,7
45		41	00:45:18	Oenings, Walter	3091		Leichtathletik Nütterden	1953	6	M55	04:31,8
46		42	00:45:28	Marach, Semir	2994			1975	6	M35	04:32,8
47		43	00:45:32	Wolczyk, Michael	3080			1978	7	M30	04:33,2
48	W	5	00:45:48	Kaiser, Katharina	2961			1992	1	WJugA	04:34,8
49		44	00:45:51	Weidenmüller, Uwe	3071		Run for Fun Garath	1966	6	M45	04:35,1
50		45	00:45:56	Kirschbaum, Bernd	3101		Ski Club Beckum	1952	7	M55	04:35,6
51		46	00:45:59	Jöster, Udo	2957			1963	7	M45	04:35,9
52		47	00:46:01	Polster, Thomas	3022		SuS Bertlich	1964	8	M45	04:36,1
53	W	6	00:46:07	Vadaleau, Valea	3068			1983	1	WHK	04:36,7
54		48	00:46:13	Kollakowski, Heinz	2974		BSG Springorum Bochum	1946	1	M65	04:37,3
55		49	00:46:14	Kleinmann, Ralf	2967		SV AXA Köln	1984	4	MHK	04:37,4
56		50	00:46:29	Hoock, Andre	2950			1965	9	M45	04:38,9
57	W	7	00:46:31	Slimana, Kahina	3048			1983	2	WHK	04:39,1
58	W	8	00:46:50	Braun, Martina	2913		Fun Runner VfL Gladbeck	1964	4	W45	04:41,0
59		51	00:47:03	Littwitz, Florian	2988			1986	5	MHK	04:42,3
60	W	9	00:47:09	Balschuweit, Dorothee	2904		SuS Bertlich	1984	3	WHK	04:42,9



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		52	00:47:22	Chill, Jan	2920		Schalcker Fanini	1966	10	M45	04:44,2
62		53	00:47:29	Meier, Jens Oliver	2999		LG Captains	1979	8	M30	04:44,9
63		54	00:47:34	Hartung, Jonas	2944			1983	6	MHK	04:45,4
64	W	10	00:47:36	Otto, Annette	3014			1974	1	W35	04:45,6
65		55	00:47:49	Schlender, Horst	3036		TuS Drevenack	1964	11	M45	04:46,9
66	W	11	00:47:50	Scharbatke, Veronika	3106		LC Wuppertal	1950	1	W60	04:47,0
67	W	12	00:47:51	Goretzki, Petra	3108		SV Gladbeck	1967	2	W40	04:47,1
68	W	13	00:47:55	Olszewski, Anja	3012		LDT Bochum TriTeam	1970	3	W40	04:47,5
69		56	00:47:57	Stucki, Günter	3060		Adler-Langlauf Bottrop	1964	12	M45	04:47,7
70		57	00:48:19	Huttny, Dieter	2953		ELE Sport	1961	5	M50	04:49,9
71		58	00:48:20	Thomas, Bernd	3107		Oberhausen	1962	13	M45	04:50,0
72		59	00:48:25	Pauer, Udo	3015			1952	8	M55	04:50,5
73		60	00:48:29	Sack, Jochen	3030		Yacht Club Wesel	1946	2	M65	04:50,9
74		61	00:48:29	Kulke, Reinhard	2980		Adler-Langlauf Bottrop	1964	14	M45	04:50,9
75		62	00:48:35	Abel, René	2901		Harzgebirgslauf - Verein	1968	12	M40	04:51,5
76		63	00:48:36	Kolligs, Carsten	2975		TSG Kirchhellen	1969	13	M40	04:51,6
77		64	00:48:38	Seifert, Peter	3047		TVK 1877 Essen	1943	3	M65	04:51,8
78		65	00:48:48	Bartosch, Ralf	2906		LF Runners 10	1965	15	M45	04:52,8
79		66	00:49:08	Jahnke, Carsten	2955			1970	14	M40	04:54,8
80		67	00:49:10	Jansen, Christian	2956			1984	7	MHK	04:55,0
81		68	00:49:16	Kaminski, Steven	2962		SV Gladbeck 13	1988	8	MHK	04:55,6
82		69	00:49:17	Dudziak, Dirk	2926			1972	7	M35	04:55,7
83		70	00:49:18	Stefanski, Rolf	3053		LT Ückendorf Gelsenkirche	1947	2	M60	04:55,8
84		71	00:49:19	Heinlein, Thomas	2946			1963	16	M45	04:55,9
85		72	00:49:22	Abt, Martin	2902		TC Waldhof	1985	9	MHK	04:56,2
86	W	14	00:49:32	Birkendorf, Cornelia	2912		Tri-Geckos Dortmund	1973	2	W35	04:57,2
87		73	00:49:33	Tewes, Volker	3065			1960	6	M50	04:57,3
88	W	15	00:49:40	Hornscheidt, Ulla	2952		Adler-Langlauf Bottrop	1955	1	W55	04:58,0
89		74	00:49:56	Carstensen, André	2919			1966	17	M45	04:59,6
90	W	16	00:50:11	Thor, Birgit	3066		Gladbecker Geparden	1970	4	W40	05:01,1
91		75	00:50:11	Zuddas, Giuseppe	3088		Gladbecker Geparden	1969	15	M40	05:01,1
92		76	00:50:21	Sobczak, Martin	3049		Adler-Langlauf Bottrop	1962	18	M45	05:02,1
93		77	00:50:40	Schmitz, Hans-Werner	3038		LF Runners 10	1962	19	M45	05:04,0
94	W	17	00:50:40	Möse, Kristin	3004			1990	4	WHK	05:04,0
95		78	00:50:55	Zipfel, Stefan	3086		SV Gladbeck 13	1981	9	M30	05:05,5
96		79	00:50:57	Ploeger, Heinz	3092		DJK Adler 07 Bottrop	1968	16	M40	05:05,7
97	W	18	00:51:03	Just, Angelika	3097		Kilometerfresser Wittringen	1970	5	W40	05:06,3
98		80	00:51:09	Kohler, Thomas	2970			1974	8	M35	05:06,9
99	W	19	00:51:19	Hommen, Britta	2949		DJK Adler 07 Bottrop	1985	5	WHK	05:07,9
100		81	00:51:24	Littwitz, Christoph	2989			1979	10	M30	05:08,4
101		82	00:52:00	Baumeister, Thomas	2909			1987	10	MHK	05:12,0
102		83	00:52:00	Obi, Jesse	3010		SV Hardt	1989	11	MHK	05:12,0
103		84	00:52:02	Synofzik, Heiko	3062		bp running team	1970	17	M40	05:12,2
104		85	00:52:29	Hornscheidt, Frieder	2951		Adler-Langlauf Bottrop	1954	9	M55	05:14,9
105		86	00:52:50	Busse, Thorsten	2918		Currywurst Bochum	1981	11	M30	05:17,0
106		87	00:52:58	Stahler, Frank	3122		LV Ackermann	1966	20	M45	05:17,8
107		88	00:53:12	Babel, Wolfgang	3124		Havi+Beck	1953	10	M55	05:19,2
108		89	00:53:12	Lange, Gerd	2983			1951	3	M60	05:19,2
109		90	00:53:18	Pawellek, Karsten	3016			1981	12	M30	05:19,8
110	W	20	00:53:21	Schlegelmilch, Katrin	3035		SG Tackenberg Oberhause	1973	3	W35	05:20,1
111	W	21	00:53:31	Schwab, Birgit	3044		TuRa Bergkamen	1972	4	W35	05:21,1
112		91	00:53:40	Peter, Ronald	3018		HLG 98 Wuppertal	1960	7	M50	05:22,0
113		92	00:53:46	Schmitz, Patrick	3039		LF Runners 10	1985	12	MHK	05:22,6
114		93	00:53:50	Biegel, Dirk	2910		Lauftiger	1965	21	M45	05:23,0
115		94	00:53:58	Hein, Michael	2945		Reservistenkameradschaft	1967	18	M40	05:23,8
116		95	00:54:19	Baumeister, Dirk	2908			1990	13	MHK	05:25,9
117		96	00:54:55	Backensfeld, Andreas	2903			1964	22	M45	05:29,5
118		97	00:54:57	Winschermann, Jörg	3078		DJK Tackenberg	1964	23	M45	05:29,7
119		98	00:55:04	Dalheimer, Jürgen	2922		D/dorfer TV	1948	4	M60	05:30,4
120		99	00:55:55	Boeckmann, Carsten	3094		Mülheim	1970	19	M40	05:35,5



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		100	00:56:16	Martens, Harald	2995		BSG Springorum Bochum	1943	4	M65	05:37,6
122		101	00:56:17	Kennel, Stefan	2964		Badebux	1975	9	M35	05:37,7
123		102	00:56:23	Schreiter, Thomas	3041		Essen	1966	24	M45	05:38,3
124		103	00:56:35	Goßens, Michael	2940			1985	14	MHK	05:39,5
125		104	00:56:39	Milosavljevic, Sven	3002			1986	15	MHK	05:39,9
126		105	00:57:02	Knubben, Rainer	2969			1957	8	M50	05:42,2
127		106	00:57:05	Schnelting, Uwe	3040		Best	1958	9	M50	05:42,5
128		107	00:57:10	Sußmann, Carsten	3061		BESTe Schleicher	1969	20	M40	05:43,0
129		108	00:57:23	Wenzig, Kurt	3075			1938	1	M70	05:44,3
130		109	00:57:24	Berkermann, Ludger	3099		Fun Runner	1956	11	M55	05:44,4
131	W	22	00:57:24	Bannasch, Ingrid	2905		Vfl Gladbeck 1921	1959	1	W50	05:44,4
132	W	23	00:57:26	Engel, Sarah	2929			1985	6	WHK	05:44,6
133		110	00:57:27	Bugdoll, Carsten	2915			1981	13	M30	05:44,7
134		111	00:57:28	Martins, Rui	2996			1981	14	M30	05:44,8
135		112	00:57:57	Lenk, Michael	3120			1960	10	M50	05:47,7
136	W	24	00:58:23	Middelhoff, Alexandra	3001			1971	6	W40	05:50,3
137		113	00:58:47	van Wickern, Heinrich	3069		Adler-Langlauf Bottrop	1935	1	M75	05:52,7
138	W	25	00:58:50	Olivier, Juliane	3114		W-F Münster	1986	7	WHK	05:53,0
139	W	26	00:58:50	Olivier, Katharina	3011			1984	8	WHK	05:53,0
140		114	00:59:06	Kubitza, Markus	2977		Radiergummiliga	1966	25	M45	05:54,6
141		115	00:59:10	Sollanek, Achim	3051			1966	26	M45	05:55,0
142		116	00:59:10	Dogan, Bayram	2923			1973	10	M35	05:55,0
143		117	00:59:22	Schweer, Matthias	3045			1980	15	M30	05:56,2
144	W	27	00:59:22	Stier, Jana	3058		FC Sterkrade	1974	5	W35	05:56,2
145	W	28	00:59:23	Schumann, Johanna	3043		1. Tri Club Paderborn	1974	6	W35	05:56,3
146		118	00:59:32	Zipfel, Thorsten	3087		SV Gladbeck 13	1981	16	M30	05:57,2
147	W	29	00:59:45	Roolant, Iris	3028			1966	5	W45	05:58,5
148	W	30	00:59:59	Littwitz, Maria	2987			1980	1	W30	05:59,9
149	W	31	01:00:00	Polster, Tonia	3024		SuS Bertlich	1963	6	W45	06:00,0
150		119	01:00:25	Philipp, Werner	3019		Vfl Gladbeck 1921	1948	5	M60	06:02,5
151		120	01:00:37	Teutloff, Volker	3064		LC Duisburg	1958	11	M50	06:03,7
152		121	01:01:03	Varnhold, Udo	3070		TC Haus Wittringen	1956	12	M55	06:06,3
153		122	01:01:57	Kretzer, Christopher	3103		Gladbeck	1992	1	MJugA	06:11,7
154	W	32	01:02:04	Zientz, Manuela	3085		Die Rennschnecken	1966	7	W45	06:12,4
155	W	33	01:02:12	Gaßdorf, Robin Iris	2933		Dat Brauker Haldenmädel	1994	1	WJugB	06:13,2
156		123	01:02:18	Kurz, Reinhard	2982		DJK Ewaldi Aplerbeck	1957	12	M50	06:13,8
157		124	01:02:21	Weißkopf, Jörg	3072		Fun Runner VfL Gladbeck	1958	13	M50	06:14,1
158	W	34	01:02:22	Geib, Elisabeth	2935		Fun Runner VfL Gladbeck	1962	8	W45	06:14,2
159	W	35	01:02:34	Tilly, Julia	3067			1986	9	WHK	06:15,4
160		125	01:02:40	Herbergs, Josef	2947			1948	6	M60	06:16,0
161		126	01:02:41	Wörsdörfer, Rolf	3081		FC Gladbeck Volleyball	1953	13	M55	06:16,1
162	W	36	01:02:58	Steimann, Dana	3055			1995	2	WJugB	06:17,8
163	W	37	01:02:58	Kaiser, Eva-Maria	2960			1993	2	WJugA	06:17,8
164		127	01:03:04	Rupp, Rene	3029			1986	16	MHK	06:18,4
165	W	38	01:03:09	Müller, Heike Petra	3006			1966	9	W45	06:18,9
166	W	39	01:03:13	Wendland, Barbara	3074			1982	10	WHK	06:19,3
167	W	40	01:03:13	Homann, Ellen	2948			1980	2	W30	06:19,3
168	W	41	01:03:22	Szalecki, Barbara	3063			1984	11	WHK	06:20,2
169	W	42	01:03:43	Büscher, Hanne	2916			1953	2	W55	06:22,3
170	W	43	01:03:51	Nygen, Lien	3009		Die Rennschnecken	1962	10	W45	06:23,1
171	W	44	01:03:52	Nickel, Christina	3008		Fun Runner VfL Gladbeck	1958	2	W50	06:23,2
172	W	45	01:03:52	Possemeyer, Renata	3025			1975	7	W35	06:23,2
173	W	46	01:04:24	Sokcevic, Ana	3050			1977	3	W30	06:26,4
174		128	01:04:25	Kuppe, Stefan	2981			1967	21	M40	06:26,5
175		129	01:04:27	Franz, Werner	3104		Lauflost	1955	14	M55	06:26,7
176		130	01:04:47	Eckardt, Ingo	2927			1974	11	M35	06:28,7
177	W	47	01:04:52	Zuddas, Daniela	3089			1971	7	W40	06:29,2
178	W	48	01:04:56	Ortmann, Cordula	3013		BSG Bestattungen Stubbe	1968	8	W40	06:29,6
179	W	49	01:05:01	Polster, Kathrin	3023		SuS Bertlich	1990	12	WHK	06:30,1
180	W	50	01:05:40	Steinkemper-Lange, Brigi	3056			1954	3	W55	06:34,0

Sparkassenlauf Gladbeck



10 km
So., 14. Aug. 2011
VfL Gladbeck 1921

TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
181	W	51	01:06:03	Rasch-Wroblewski, Simon	3027			1982	13	WHK	06:36,3
182		131	01:06:04	Wroblewski, Dennis	3082			1979	17	M30	06:36,4
183		132	01:06:32	Lindner, Thomas	2986		Röttis	1968	22	M40	06:39,2
184		133	01:06:32	Drost, Marian	2925		Röttis	1971	23	M40	06:39,2
185	W	52	01:07:18	Harms, Anna Christina	2943			1985	14	WHK	06:43,8
186		134	01:07:44	Gaßdorf, Marcus	2934		Die Brauker Haldenjungs	1973	12	M35	06:46,4
187	W	53	01:08:02	Stemmer, Tina	3057			1965	11	W45	06:48,2
188	W	54	01:08:02	Menke, Eva	3000			1972	8	W35	06:48,2
189	W	55	01:08:40	Göke-Fritsch, Christine	3110			1960	3	W50	06:52,0
190		135	01:12:06	Narwald, Dirk	3007			1975	13	M35	07:12,6



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:17:07	Schönherr, David	3335		PV Triathlon Witten	1989	1	MHK	03:25,4
2		2	00:17:16	Paulitschke, Wilfried	3333		Asics Fronrunner	1957	1	M50	03:27,2
3		3	00:17:34	Scharrer, Samuel	3275		Triathlon TEAM TG Witten	1990	2	MHK	03:30,8
4	W	1	00:17:47	Rötger, Steffi	3310		Bochum	1972	1	W35	03:33,4
5		4	00:17:50	Czollmann, Pascal	3334		PV Triathlon Witten	1978	1	M30	03:34,0
6		5	00:17:55	Handschuh, Stephan	3309		Uni Siegen	1982	3	MHK	03:35,0
7		6	00:17:58	Splittorf, Michael	3286		Marathon Dinslaken	1961	2	M50	03:35,6
8		7	00:18:17	Cam, Sefay	3329		Tura Fahrschule	1973	1	M35	03:39,4
9		8	00:18:26	Peters, Mark	3267		BSG Sparkasse Bochum	1971	1	M40	03:41,2
10		9	00:18:33	Steiner, Guido	3288		Tri Team Dülmen	1965	1	M45	03:42,6
11		10	00:18:38	Ehmsen, Wolfgang	3227		DGA-Dortmund	1960	3	M50	03:43,6
12		11	00:18:40	Altmüller, Markus Elias	3202		FC Schalke 04	1991	4	MHK	03:44,0
13		12	00:18:54	Stegemann, Bernd	3316		SG Suderwich	1957	4	M50	03:46,8
14		13	00:19:09	Förster, Christian	3231		TVE Lauffreunde Gladbeck	1989	5	MHK	03:49,8
15		14	00:19:18	Wendler, Arne	3317		SG Suderwich	1970	2	M40	03:51,6
16		15	00:19:23	Haesters, Danny	3239		VfL Bergheide	1981	2	M30	03:52,6
17		16	00:19:27	Hallerbach, Thomas	3240			1961	5	M50	03:53,4
18		17	00:19:44	Dzeja, Frank	3226			1964	2	M45	03:56,8
19		18	00:19:51	Gederski, Christian	3313		SG Suderwich	1973	2	M35	03:58,2
20		19	00:20:22	Koch, Michael	3252			1966	3	M45	04:04,4
21		20	00:20:27	Peeters, Perry	3265			1962	4	M45	04:05,4
22		21	00:20:29	Rettschlag, Frank	3271		TVE Lauffreunde Gladbeck	1966	5	M45	04:05,8
23		22	00:20:33	Fresg, Wilfried	3325		LC Rapid Dortmund	1944	1	M65	04:06,6
24		23	00:20:38	Lohoeiter, Alexander	3308		Luenen	1995	1	MJugB	04:07,6
25		24	00:20:40	Melchin, Alfred	3260		USC Bochum	1947	1	M60	04:08,0
26		25	00:20:40	Holstein, Dirk	3247		LGO Bochum	1964	6	M45	04:08,0
27		26	00:20:49	Dustmann, Ralf	3225		Witten	1967	3	M40	04:09,8
28		27	00:21:01	Gasser, Marc	3307			1970	4	M40	04:12,2
29		28	00:21:16	Savic, David	3273		TV Jahn Hiesfeld	1986	6	MHK	04:15,2
30		29	00:21:23	Schotteldreier, Friedhelm	3315		SG Suderwich	1950	2	M60	04:16,6
31	W	2	00:21:24	Bischoff, Bettina	3318		Adler Langlauf Bottrop	1966	1	W45	04:16,8
32		30	00:21:31	Schomburg, Michael	3279		Erler-Sportgemeinschaft	1960	6	M50	04:18,2
33		31	00:21:38	Grabowski, Robert	3235			1970	5	M40	04:19,6
34		32	00:22:21	Stern, Sebastian	3290		www.sebatar.de	1982	7	MHK	04:28,2
35	W	3	00:22:22	Marpe-Hörsting, Sabine	3330		Spiridon Haltern	1967	1	W40	04:28,4
36		33	00:22:29	Dotzek, Lothar	3223		TG Scherlebeck 03	1951	3	M60	04:29,8
37		34	00:22:31	El-Hassan, Halies	3337		Herdecke	1983	8	MHK	04:30,2
38		35	00:22:32	Peifer, Lothar	3266			1950	4	M60	04:30,4
39		36	00:22:33	Krieger, Mike	3254		MKE - Dortmund	1962	7	M45	04:30,6
40		37	00:22:34	Lönz, Peter	3258		SuS Bertlich	1958	7	M50	04:30,8
41		38	00:22:43	Thran, Hans-Jürgen	3295		Spiridon Haltern	1946	2	M65	04:32,6
42		39	00:22:57	Mindthoff, Uwe	3261		VHS-Fitness Wesel	1958	8	M50	04:35,4
43	W	4	00:22:59	Paschedag, Diana	3311		SV Stockum	1973	2	W35	04:35,8
44		40	00:23:14	Hendrix, Lars	3245		RV Staubwolke 09 Fischeln	1995	2	MJugB	04:38,8
45		41	00:23:23	Gajsar, Carsten	3232		TSG Kirchhellen	1971	6	M40	04:40,6
46		42	00:23:25	Beecker, Werner	3206		LC Wuppertal	1932	1	M75	04:41,0
47	W	5	00:23:37	Breit, Anne-Christin	3215		TSG Kirchhellen	1990	1	WHK	04:43,4
48	W	6	00:23:43	Dworniczak, Regina	3312		KSV Erkenschwick	1964	2	W45	04:44,6
49		43	00:23:48	Pinkowski, Frank	3268			1971	7	M40	04:45,6
50		44	00:23:51	Beck, Thomas	3323		KSV Erkenschwick	1970	8	M40	04:46,2
51		45	00:23:51	Ledat, Oliver	3257			1972	3	M35	04:46,2
52	W	7	00:23:52	Diesing-Scharioth, Unbek	3322		RLC	1970	2	W40	04:46,4
53		46	00:23:56	Adamek, Adam	3201			1960	9	M50	04:47,2
54		47	00:23:57	Schenk, Christian	3277		TVE Lauffreunde Gladbeck	1972	4	M35	04:47,4
55		48	00:24:29	van den Mond, Uwe	3300		Hottes Fitnessclub	1978	3	M30	04:53,8
56		49	00:24:30	Thomsen, Erik	3294			1955	1	M55	04:54,0
57		50	00:24:38	Cottin, Ludwig	3220			1959	10	M50	04:55,6
58		51	00:24:47	Schnorr, Joachim	3278		TV Sevelen	1968	9	M40	04:57,4
59		52	00:24:52	Schacht, Sven	3274			1979	4	M30	04:58,4
60	W	8	00:24:58	Benke, Isabelle	3207		TS Mülheim-Saarn	1994	1	WJugB	04:59,6



TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		53	00:24:58	Kulick, Stefan	3255		DJK VfR Mülheim-Saarn	1985	9	MHK	04:59,6
62		54	00:25:00	DuBak, Jörg	3224		FC Schalke 04	1963	8	M45	05:00,0
63	W	9	00:25:18	Busch, Bozena	3314		Recklinghauser LC	1966	3	W45	05:03,6
64		55	00:25:24	Matuschek, Ralf	3328		Ticona	1961	11	M50	05:04,8
65		56	00:25:42	Schrader, Jens	3280			1979	5	M30	05:08,4
66	W	10	00:25:48	Baldes, Christina	3204		TSV Spanische Pforten	1971	3	W40	05:09,6
67		57	00:25:58	Zähringer, Tim	3305			1978	6	M30	05:11,6
68	W	11	00:26:03	Maas, Dr. Antje	3321		RLC	1966	4	W45	05:12,6
69		58	00:26:04	Huener, Bernd	3320		Recklinghausen TG	1962	9	M45	05:12,8
70		59	00:26:19	Wolf, Klaus	3304		TG Scherlebeck 03	1941	1	M70	05:15,8
71		60	00:26:21	Heil, Udo	3242		VfL Gladbeck 1921	1943	3	M65	05:16,2
72		61	00:26:22	Hoerner, Peter	3246			1955	2	M55	05:16,4
73	W	12	00:26:33	Bentlage, Christine	3332		Dortmund	1969	4	W40	05:18,6
74		62	00:26:37	Prinz, Christoph	3269			1965	10	M45	05:19,4
75		63	00:26:40	Boehle, Gerd	3210		TG Bochum	1940	2	M70	05:20,0
76	W	13	00:26:44	Rothert, Sylvie	3272		TSG Kirchhellen	1969	5	W40	05:20,8
77	W	14	00:26:59	Buhren, Susanne	3217			1966	5	W45	05:23,8
78		64	00:27:07	Ganswind, Michael	3233		Lauffreunde Bönen	1968	10	M40	05:25,4
79		65	00:27:22	Cottin, Ulrich	3221			1960	12	M50	05:28,4
80		66	00:27:59	Schwarz, Burkhard	3282		VfL Gladbeck 1921	1960	13	M50	05:35,8
81		67	00:28:19	Gasser, Peter	3327		Dortmund	1943	4	M65	05:39,8
82	W	15	00:28:33	Stark, Silvia	3287			1965	6	W45	05:42,6
83	W	16	00:28:56	Becker, Johanna	3205			1989	2	WHK	05:47,2
84	W	17	00:29:04	Koesling, Christin	3253			1983	3	WHK	05:48,8
85	W	18	00:29:12	Terwellen, Annegret	3293		VfL Gladbeck 1921	1953	1	W55	05:50,4
86		68	00:29:26	Wagner, Georg	3301		SuS Bertlich	1935	2	M75	05:53,2
87	W	19	00:29:26	Szepan, Kerstin	3292			1969	6	W40	05:53,2
88	W	20	00:29:30	Roland, Christa	3339		Gladbeck	1953	2	W55	05:54,0
89	W	21	00:29:30	Stoehr, Anke	3338		Gladbeck	1963	7	W45	05:54,0
90	W	22	00:29:33	Bork, Nadine	3212			1995	2	WJugB	05:54,6
91		69	00:29:34	Bork, Thorsten	3213		TVE Lauffreunde Gladbeck	1968	11	M40	05:54,8
92	W	23	00:29:41	Heimhardt, Ingrid	3243		TG Voerde	1945	1	W65	05:56,2
93	W	24	00:29:45	Stucki, Irena	3291			1965	8	W45	05:57,0
94	W	25	00:29:46	Burucker, Susanne	3218		TVE Lauffreunde Gladbeck	1967	7	W40	05:57,2
95	W	26	00:29:53	Thissen, Helga	3326		TSV Weeze	1952	3	W55	05:58,6
96		70	00:30:23	Kleine, Hans-Jürgen	3251			1944	5	M65	06:04,6
97	W	27	00:30:26	Tönnies, Christina	3298			1977	1	W30	06:05,2
98	W	28	00:31:00	Prinz, Susanne	3270			1968	8	W40	06:12,0
99		71	00:31:15	Graw, Herbert	3236		Team Erdinger Alkoholfrei	1959	14	M50	06:15,0
100	W	29	00:31:16	Steingens, Martina	3289		TVE Lauffreunde Gladbeck	1966	9	W45	06:15,2
101	W	30	00:31:16	Jeromin, Jutta	3248			1978	2	W30	06:15,2
102	W	31	00:32:45	Benrick, Kerstin	3208			1973	3	W35	06:33,0
103	W	32	00:32:53	Ortmann, Alina	3263		BSG Bestattungen Stubbe	1995	3	WJugB	06:34,6
104	W	33	00:33:44	Kunze, Regina	3256		Fun Runner VfL Gladbeck	1961	1	W50	06:44,8
105		72	00:40:25	Schattue, Markus	3324		Breitensportverein Gelsenk	1973	5	M35	08:05,0
106	W	34	00:41:27	Bahr, Astrid	3203			1965	10	W45	08:17,4
107		73	00:42:41	Zurawski, Peter	3319		Fun Runner VfL Gladbeck	1956	3	M55	08:32,2
108	W	35	00:47:50	Bolte, Dajana	3211			1991	4	WHK	09:34,0
109		74	00:50:30	Steffens, Patrick	3340		Spvgg Straß	2000	3	MJugB	10:06,0
110		75	00:50:33	Drinkmann, Klaus	3336		TLV Rünthe	1937	3	M70	10:06,6



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:34:20	Paarmann, Karsten	2720		Walkingtreff Lünen	1958	1	M50	06:52,0
2		2	00:35:25	Schattue, Markus	3324		Breitensportverein Gelsenk	1973	1	M35	07:05,0
3		3	00:36:01	Schoska, Dieter	2754		Tanzclub Lets Dance	1956	1	M55	07:12,2
4	W	1	00:36:45	Paarmann, Brigitte	2717		Walkingtreff Lünen	1964	1	W45	07:21,0
5		4	00:37:41	Zurawski, Peter	3319		Fun Runner VfL Gladbeck	1956	2	M55	07:32,2
6		5	00:38:43	Unbekannt, unbekannt	2710		Unbekannt	1991	1	MHK	07:44,6
7		6	00:39:43	Unbekannt, unbekannt	2743		Unbekannt	1991	2	MHK	07:56,6
8		7	00:39:45	Kieselmann, Klaus	2712			1949	1	M60	07:57,0
9	W	2	00:40:17	Opalka, Monika	2756		Vfl Gladbeck Funwalker	1956	1	W55	08:03,4
10		8	00:41:19	Przybylav, Dieter	2763		Bottrop	1941	1	M70	08:15,8
11	W	3	00:41:56	Drost, Kerstin	2702			1968	1	W40	08:23,2
12		9	00:43:11	Thor, Rainer	2727		Gladbecker Geparden	1951	2	M60	08:38,2
13		10	00:43:12	Unbekannt, Unbekannt	2745		Unbekannt	1991	3	MHK	08:38,4
14	W	4	00:43:49	Teutloff, Rita	2726		LC Duisburg	1961	1	W50	08:45,8
15	W	5	00:44:16	Kucharski, Karin	2713		Vfl Gladbeck 1921	1970	2	W40	08:51,2
16		11	00:44:17	Inhoff, Heinz	2709		Vfl Gladbeck 1921	1939	2	M70	08:51,4
17		12	00:45:30	Steffens, Patrick	3340		Spvgg Straß	2000	1	MJugB	09:06,0
18		13	00:45:33	Drinkmann, Klaus	3336		TLV Rünthe	1937	3	M70	09:06,6
19	W	6	00:46:25	Gruhl, Sabine	2704			1965	2	W45	09:17,0
20	W	7	00:46:44	Wachsmann, Dorothee	2730			1971	3	W40	09:20,8
21	W	8	00:46:45	Mühlbeck, Ute	2714			1972	1	W35	09:21,0
22	W	9	00:49:12	Inhoff, Erika	2708		Vfl Gladbeck 1921	1940	1	W70	09:50,4



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:05:20	Weuster, Christoph	2838		FC Schalke 04	1998	1	MSch13	03:33,3
2		2	00:05:25	Plöger, Johannes	2826		DJK Adler 07 Bottrop	1998	2	MSch13	03:36,6
3		3	00:05:42	Lewald, Marius	2821		DJK Adler 07 Bottrop	1999	1	MSch12	03:48,0
4		4	00:05:46	Herzog, Jonas	2811		DJK Adler 07 Bottrop	2000	1	MSch11	03:50,6
5	W	1	00:05:49	Krajnc, Nele	2815		DJK Adler 07 Bottrop	2000	1	WSch11	03:52,6
6		5	00:05:52	Linke, Pedja	2825		TV Gladbeck	1997	1	MSch14	03:54,6
7		6	00:05:55	Hassenkamp, Hendrik	2849		SV Hullern 68	1997	2	MSch14	03:56,6
8		7	00:05:58	Lewald, Philipp	2822		DJK Adler 07 Bottrop	2001	1	MSch10	03:58,6
9		8	00:06:03	Szepan, Moritz	2837			1998	3	MSch13	04:02,0
10	W	2	00:06:07	Bruns, Marie	2804		LG Haltern	2001	1	WSch10	04:04,6
11		9	00:06:13	Buscemi, Luca	2808		VfB Kirchhellen	2001	2	MSch10	04:08,6
12	W	3	00:06:14	Braun, Sarah	2803		VfL Gladbeck 1921	2002	1	WSch09	04:09,3
13		10	00:06:20	Buhren, Christoph	2806		TV Horst Emscher	1997	3	MSch14	04:13,3
14	W	4	00:06:21	Berger, Christiane	2801		VfL Gladbeck 1921	2003	1	WSch08	04:14,0
15		11	00:06:22	Linke, Florian	2823			1999	2	MSch12	04:14,6
16	W	5	00:06:33	Berger, Anne	2800		VfL Gladbeck 1921	1999	1	WSch12	04:22,0
17		12	00:06:37	Stucki, Tim	2836			2001	3	MSch10	04:24,6
18		13	00:06:41	Kulmer, Arian	2819		TV Gladbeck	2002	1	MSch09	04:27,3
19	W	6	00:06:44	Busch, Leandra	2842		Recklinghauser LC	2002	2	WSch09	04:29,3
20		14	00:06:48	Rapien, Jan Luca	2827		VfL Gladbeck 1921	2002	2	MSch09	04:32,0
21	W	7	00:06:57	Knöpfel, Lara Magdalena	2812		TLV-Germania Überruhr	2003	2	WSch08	04:38,0
22		15	00:07:00	Kulmer, Malte	2820		SV Zweckel	2004	1	MSch08	04:40,0
23		16	00:07:03	Winking, Julian	2839		VfL Gladbeck 1921	2002	3	MSch09	04:42,0
24		17	00:07:14	Konietzka, Lukas	2814		VfL Gladbeck Handball	2002	4	MSch09	04:49,3
25		18	00:07:23	Grabowski, Noah	2810		Heisenberg Gymnasium	2000	2	MSch11	04:55,3
26	W	8	00:07:31	Becker, Vanessa	2850		VfL Gladbeck 1921	2000	2	WSch11	05:00,6
27		19	00:07:42	Micke, Nils	2840		Luenen	1997	4	MSch14	05:08,0
28	W	9	00:07:45	Sowa, Paulina	2830		SV Gladbeck 13	2002	3	WSch09	05:10,0
29		20	00:09:22	Wendler, Jamie-Arne	2846		Recklinghauser LC	2005	2	MSch08	06:14,6