

P...	St...	...	Nat.	Verein	AK	A...	m/...	Wettbewerb	Zeit	
25	1812		GER	Alberti, Thomas	TSG Kirchhellen	M40	3	24	5 km	00:20:56,7
110	1817		GER	Allesch, Oliver		M35	11	85	5 km	00:29:21,4
112	1819	w	GER	Alpert, Gina		W	12	27	5 km	00:29:40,8
10	1820		GER	Amankwah, Robert	TUSEM Essen	MJ U18	1	9	5 km	00:19:28,3
57	1821		GER	Arning, Michael	1965	M45	14	48	5 km	00:24:37,8
105	2351	w	GER	Bartels, Gisela	Adler-Langlauf B...	W60	2	23	5 km	00:28:48,9
87	2354		GER	Bartels, Werner	Adler-Langlauf B...	M70	3	71	5 km	00:26:52,9
51	1822		GER	Beckers, Dennis	Junge Union	M	6	42	5 km	00:23:55,0
88	1827		GER	Beger, Detlef	TVE Lauffreund...	M45	17	72	5 km	00:27:02,4
90	1829		GER	Beneke, Willi	Fc Gassi geher	M35	10	74	5 km	00:27:14,7
78	1830		GER	Binder, Maik		M35	9	64	5 km	00:26:25,7
73	1835		GER	Boehle, Gerd	TG Bochum	M70	2	60	5 km	00:26:16,5
89	1840		GER	Bork, Thorsten	Team ERDING...	M45	18	73	5 km	00:27:03,0
19	1846		GER	Böwing, Florian		M30	5	18	5 km	00:20:32,0
28	1848		GER	Brunnert, Andreas	Laufschule Dor...	M45	5	27	5 km	00:21:08,8
74	1849		GER	Brylak, Berthold		M50	5	61	5 km	00:26:21,1
11	1851		GER	Bryll, Holger	Apotheke Matte...	M45	1	10	5 km	00:19:35,5
27	1853		GER	Buhren, Christoph	FC Schalke 04	MJ U18	2	26	5 km	00:21:07,6
40	1854	w	GER	Buhren, Susanne	FC Schalke 04	W45	1	5	5 km	00:22:14,9
44	2324		GER	Busch, Hajo	Sterkrade-Nord	M50	3	37	5 km	00:23:21,5
91	1859	w	GER	Daumeter, Dorothee	IHK Essen	W45	3	17	5 km	00:27:15,0
58	1857		GER	Daumeter, Ralf	IHK Essen	M55	1	49	5 km	00:24:48,1
47	1863	w	GER	Dehmelt, Stefanie		W	2	8	5 km	00:23:29,7
102	1868		GER	Dommen, Wilhelm		M45	20	81	5 km	00:28:43,1
139	1870	w	GER	Dudziak, Annemarie		W	18	45	5 km	00:34:41,0
130	1871		GER	Dudziak, Frederik		M	11	93	5 km	00:32:32,5
67	1874	w	GER	Dudzik, Yvonne		W	4	11	5 km	00:25:59,7
77	1878		GER	Dußak, Jörg	FC Schalke 04	M50	6	63	5 km	00:26:24,8
85	2423		GER	Erwig, Andreas	VfL Gladbeck	M50	8	69	5 km	00:26:42,7
36	1879		GER	Felsenberg, Thomas	VfL Gladbeck F...	M45	9	34	5 km	00:21:54,7
79	1889	w	GER	Fraas, Melanie	running4fun.net	W35	2	15	5 km	00:26:28,9
53	1893		GER	Ganswind, Michael	Lauffreunde B?...	M45	11	44	5 km	00:24:10,1
138	1896	w	GER	Garmatsch, Sabine	Cool Runnings	W40	2	44	5 km	00:33:41,1
93	1909	w	GER	Gessner, Freya		W	8	18	5 km	00:27:37,9
17	1917		GER	Glaubitz, David	RUHR.PICTUR...	M30	4	16	5 km	00:19:59,9
69	1926		GER	Gralla, Alexander		M	8	58	5 km	00:26:10,7
117	1927		GER	Griguhn, Reiner		M55	4	88	5 km	00:30:24,3
4	1935		GER	Haesters, Danny	VfL Bergheide	M30	2	4	5 km	00:18:27,9
5	1937		GER	Hanke, Ingo	Lauffreunde B?...	M35	2	5	5 km	00:18:32,8
109	1951		GER	Harler, Werner		M65	3	84	5 km	00:29:10,5
23	2308		GER	Hecker, Sven		M35	5	22	5 km	00:20:50,0

136	1953	w	GER	Heger, Frauke		W55	2	42	5 km	00:33:22,3
129	1954	w	GER	heimhardt, ingrid	TG-Voerde	W65	2	37	5 km	00:32:14,3
111	1963	w	GER	Hein, Maike	Team Volmering	W	11	26	5 km	00:29:25,7
86	1959		GER	Hein, Werner	VfL Gladbeck 19...	M65	2	70	5 km	00:26:43,0
72	1967	w	GER	Henne, Silke		W40	1	13	5 km	00:26:16,0
97	1973		GER	Himmelseher, Sebastian	Team Volmering	M	9	77	5 km	00:28:18,2
45	1974		GER	Hörbelt, Markus	privat	M35	7	38	5 km	00:23:22,3
66	1975		GER	Hriesik, Frank		M45	15	56	5 km	00:25:53,5
59	2000		GER	Ihlenfeld, Danny		M	7	50	5 km	00:24:58,7
52	1976		GER	Ihlenfeld, Mike		MJ U20	3	43	5 km	00:24:05,8
12	2006		GER	Jans, Paul	TLV Germania...	M50	1	11	5 km	00:19:43,8
16	2017		GER	Just, Roland	Kilometerfresser...	M45	2	15	5 km	00:19:58,0
84	2023		GER	Kaiser, Stefan		M30	11	68	5 km	00:26:37,3
13	2036		GER	Kandora, Marian	ASV Iserlohn	M60	1	12	5 km	00:19:53,1
46	2044		GER	Kerbstadt, Benedict	IHK Essen	M	4	39	5 km	00:23:27,5
31	2054	w	GER	Kieschke, Ulrike	TUSEM Essen	W	1	2	5 km	00:21:17,2
108	2066	w	GER	Kinzler, Verena		W	10	25	5 km	00:29:10,0
116	2068		GER	Kleinebeck, Karl-Ernst		M50	11	87	5 km	00:29:53,3
80	2030	w	GER	Kloss, Nina		W	7	16	5 km	00:26:29,4
61	2080		GER	Knoth, Günter	TUSEM Essen	M55	3	52	5 km	00:25:02,5
115	2081	w	GER	Kollmann, Mechthild		W50	1	29	5 km	00:29:52,3
114	2083	w	GER	Kollmann, Sabrina		W	13	28	5 km	00:29:51,5
76	2085	w	GER	Kornas, Alexandra		W	6	14	5 km	00:26:24,1
63	2084		GER	Kornas, Kamil		M30	7	54	5 km	00:25:20,1
68	2086		GER	Kosik, David	VfL Gladbeck 19...	M35	8	57	5 km	00:26:02,7
1	2338		GER	Kremer, Mathias	BSG Springoru...	M30	1	1	5 km	00:17:55,1
42	2088	w	GER	Kruse, Daniela	SV Gladbeck 13	W35	1	6	5 km	00:22:24,4
48	2091	w	GER	Lange, Talitha	VC Bottrop 90	W	3	9	5 km	00:23:31,9
123	2092	w	GER	Langer, Monika	Team Volmering	W	16	33	5 km	00:31:32,3
14	2093		GER	Leopold, André	Tri-Team Castrop	M	1	13	5 km	00:19:55,1
32	2097		GER	Lequider, Mohamed		M45	7	30	5 km	00:21:22,7
64	2275		GER	Matuschek, Ralf		M50	4	55	5 km	00:25:45,7
26	2099		GER	Melchin, Alfred	USC Bochum	M65	1	25	5 km	00:21:05,6
56	2306		GER	Mierzgnski, Marco	LT Heisse Sohle	M45	13	47	5 km	00:24:27,5
24	2102		GER	Neukäter, Winfred	Lauffreunde HA...	M45	4	23	5 km	00:20:56,2
118	2104	w	GER	Parisi, Angela-Sofia	Team Volmering	W	14	30	5 km	00:30:42,3
9	2109		GER	Peek, Holger		M35	4	8	5 km	00:19:27,2
75	2113		GER	Peters, Thomas	VfL Gladbeck 19...	M45	16	62	5 km	00:26:22,0
15	2114		GER	Petter, Stefan	Tri-Team-Castrop	M30	3	14	5 km	00:19:56,2
21	2116		GER	Pinkowski, Frank		M40	2	20	5 km	00:20:42,3
43	2321	w	GER	Preuß, Marianne	BGS Springoru...	W55	1	7	5 km	00:22:28,9
103	2118		GER	Primus, Jörg		M40	5	82	5 km	00:28:43,3
82	2121		GER	Prochnow, Sven		M30	9	66	5 km	00:26:34,3
38	2124		GER	Reck, Thomas		MJ U20	2	35	5 km	00:22:06,8
55	2125		GER	Recklies, Ralf	IHK Essen	M45	12	46	5 km	00:24:22,3
133	2132	w	GER	Reclik, Mia		WJ U18	3	40	5 km	00:32:58,6

134	2127		GER	Reclik, Volker		M40	6	94	5 km	00:32:59,2
22	2375		GER	Rettschlag, Frank	TVE Lauffreund...	M45	3	21	5 km	00:20:43,5
65	2133	w	GER	Rick, Prabha	Adler-Langlauf B...	W45	2	10	5 km	00:25:53,3
83	2139		GER	Risse, Benedikt		M30	10	67	5 km	00:26:36,9
127	2361		GER	Rosik, Uwe	LT Essen-Heisi...	M50	12	92	5 km	00:31:58,5
30	2164		GER	Rutkowski, Paul	SG Suderwich	M	3	29	5 km	00:21:11,7
128	2140	w	GER	Rützel, Svenja		W30	2	36	5 km	00:32:04,1
39	2312	w	GER	Sadlo, Nele	TuS Drevenack	WJ U18	2	4	5 km	00:22:07,3
132	2333	w	GER	Salih, Amira		W45	8	39	5 km	00:32:57,7
131	2332	w	GER	Salih, Anna		W	17	38	5 km	00:32:54,7
101	2146		GER	Scharfenberg, Siegfried	VfL Gladbeck F...	M50	10	80	5 km	00:28:39,1
54	2413		GER	Schaub, Patrick	VFL	M40	4	45	5 km	00:24:19,7
29	2147		GER	Schenk, Klaus	running4fun.net	M45	6	28	5 km	00:21:10,7
3	2300		GER	Schneider, Klaus	Rapid Ramirez	M35	1	3	5 km	00:18:00,9
18	2153		GER	Schories, Jens	SV Gelsenkirch...	M	2	17	5 km	00:20:09,0
106	1801		GER	Schories, Uwe		M45	21	83	5 km	00:28:56,6
7	2155		GER	Schreiber, Robert	TUSEM Essen	MJ U20	1	7	5 km	00:18:53,8
41	2162		GER	Schroth, Kurt	SG Suderwich	M60	2	36	5 km	00:22:23,5
49	2160		GER	Schroth, Timo	SG Suderwich	M	5	40	5 km	00:23:43,7
6	2169		GER	Schulz, Markus	BSG Springoru...	M35	3	6	5 km	00:18:38,7
104	2170	w	GER	Schwarz, Stephanie	BSG Sparkasse...	W45	4	22	5 km	00:28:44,0
71	2171	w	GER	Schwarzmann, Luisa		W	5	12	5 km	00:26:14,7
62	2180		GER	Seifert, Peter	T V K 1877 Essen	M70	1	53	5 km	00:25:02,5
121	2174	w	GER	Seifert, Sabine		W	15	31	5 km	00:31:22,7
37	2289	w	GER	Spronk, Marianne	SV Viktoria Goch	W65	1	3	5 km	00:22:01,2
107	2182	w	GER	Stark, Silvia		W45	5	24	5 km	00:29:00,9
94	2185	w	GER	Stevens, Karina		W30	1	19	5 km	00:27:39,6
100	2188		GER	Strzelczyk, Josef		M50	9	79	5 km	00:28:32,4
99	2187		GER	Strzelczyk, Kevin		MJ U18	3	78	5 km	00:28:30,8
50	2282		GER	Stucki, Günter		M45	10	41	5 km	00:23:49,7
120	2189		GER	Swiatczak, Eugen		M65	4	90	5 km	00:31:21,7
122	2367	w	GER	Terwellen, Annegret	VfL Gladbeck	W60	3	32	5 km	00:31:25,0
92	2328		GER	Thiele-Salih, Volker		M60	3	75	5 km	00:27:25,9
95	2293	w	GER	Thissen, Helga	TSV Weeze	W60	1	20	5 km	00:27:41,7
60	2190		GER	Thomsen, Erik	Hattingen	M55	2	51	5 km	00:25:01,4
98	2192	w	GER	Tietze, Louisa	Team Volmering	W	9	21	5 km	00:28:18,4
34	2193		GER	Tönnies, Pascal		M30	6	32	5 km	00:21:42,3
119	2194		GER	Topfmeyer, Christopher	TSV Feldhausen	M	10	89	5 km	00:31:14,5
8	2196	w	GER	Uhlendorf, Kim	TV Gladbeck	WJ U18	1	1	5 km	00:19:15,3
137	2198	w	GER	van den Dolder, Angelika	AS Neukirchen-...	W50	2	43	5 km	00:33:25,6
33	2208		GER	van den Mond, Uwe	Hottes Fitnesscl...	M35	6	31	5 km	00:21:25,2
113	2294		GER	van Wickern, Heinrich	Adler Langlauf B...	M75	1	86	5 km	00:29:48,3
124	2212	w	GER	Vester, Christiane		W45	6	34	5 km	00:31:37,1
81	2216		GER	Vierhaus, Detlev	team-4haus	M50	7	65	5 km	00:26:33,2
35	2222		GER	Webera, Thomas	BSG Sparkasse...	M45	8	33	5 km	00:21:47,2
126	2366	w	GER	Wege, Karen		W45	7	35	5 km	00:31:58,3

20	2288		GER	Wermelt, Tony	Wulfen	M50	2	19	5 km	00:20:34,6
96	2227		GER	Weß, Martin		M45	19	76	5 km	00:28:06,0
125	2395		GER	Willmes, Andreas	Team Volmering	M45	22	91	5 km	00:31:44,7
2	2233		GER	Wilmes, Heiko	TV Refrath	M40	1	2	5 km	00:18:00,6
135	2244	w	GER	wittkamp, diny		W65	3	41	5 km	00:33:02,8
70	2248		GER	Woitmann, Dennis		M30	8	59	5 km	00:26:13,5
35	1502	w	GER	Ansperger, Petra	VfL Gladbeck ...	W50	7	23	5 km Walking	00:52:14,5
12	1543	w	GER	Bolek, Christine	Fun Walker C&A	W55	2	5	5 km Walking	00:40:04,0
20	2379	w	GER	Bross, Marion	LT Sterkrade-Nord	W50	3	11	5 km Walking	00:43:16,3
32	1639	w	GER	Brylak, Antje		W40	5	20	5 km Walking	00:47:43,5
31	1648	w	GER	Buttke, Helga		W65	1	19	5 km Walking	00:47:42,6
26	1664		GER	Döding, Horst	VfL Gladbeck F...	M65	1	11	5 km Walking	00:47:09,1
37	1654	w	GER	Döding, Wilma	VfL Gladbeck F...	W65	2	25	5 km Walking	00:52:16,3
1	1665	w	GER	Ehrbar, Silke	TSG Reken	W40	1	1	5 km Walking	00:35:48,8
21	1678	w	GER	Frey, Gudrun		W50	4	12	5 km Walking	00:46:04,2
23	1696	w	GER	Harbord, Elke	Cranger Finisher	W50	6	14	5 km Walking	00:46:40,0
15	1726		GER	Harbord, Michael	Cranger Finisher	M50	3	8	5 km Walking	00:41:53,2
9	1748		GER	Heil, Udo	VfL Gladbeck F...	M70	1	6	5 km Walking	00:39:49,0
22	1749	w	GER	Heinen, Britta	HLG 98 Wuppertal	W50	5	13	5 km Walking	00:46:14,9
40	1756	w	GER	Hoffmann, Sandra	VfL Gladbeck 19...	W35	3	28	5 km Walking	00:52:18,0
25	1758		GER	Inhoff, Heinz	VfL Gladbeck ...	M70	3	10	5 km Walking	00:47:08,3
29	1766	w	GER	Inhoff, Sandra	VfL Gladbeck ...	W40	4	18	5 km Walking	00:47:13,6
39	1768	w	GER	Jäger, Christiane	VfL Gladbeck ...	W50	9	27	5 km Walking	00:52:17,9
19	1774		GER	Kappesser, Harald	Lauftreff Sterkra...	M70	2	9	5 km Walking	00:43:16,1
33	2422	w	GER	Kaucitzki, Britta	VfL Gelsenkirchen	W35	2	21	5 km Walking	00:52:12,3
36	1776	w	GER	Kiedrowski, Andrea	VfL Gladbeck ...	W45	1	24	5 km Walking	00:52:15,5
18	1778	w	GER	Klatt-Seipelt, Baerbel	VfL Gladbeck 19...	W60	1	10	5 km Walking	00:42:42,9
27	1779	w	GER	Koch, Melanie	Stern-Apotheke...	W40	3	16	5 km Walking	00:47:12,1
24	1780	w	GER	Kucharsky, Karin	VfL Gladbeck F...	W40	2	15	5 km Walking	00:47:08,0
4	2345		GER	Kursmierz, H. Jürgen	Breitensportverein	M60	1	2	5 km Walking	00:36:45,4
3	2340	w	GER	Kusmierz, Martina	Breitensportvere...	W50	1	2	5 km Walking	00:36:44,0
14	1783	w	GER	Lorenz, Sabine	Grün-Weiss-...	W50	2	7	5 km Walking	00:41:31,2
16	1786	w	GER	Margowski, Silke		W35	1	8	5 km Walking	00:42:41,9
7	1787	w	GER	Mensing, Nathalie	VfL Gladbeck F...	W	1	3	5 km Walking	00:38:15,4
30	1790		GER	Mühlenrock, Dieter	VfL Gladbeck ...	M55	3	12	5 km Walking	00:47:14,3
6	1791		GER	Opalka, Klaus	VfL Gladbeck F...	M55	2	4	5 km Walking	00:38:15,2
10	1793	w	GER	Opalka, Monika	VfL Gladbeck F...	W55	1	4	5 km Walking	00:39:49,2
8	1794		GER	Peter, Ronald	HLG 98 Wuppertal	M50	1	5	5 km Walking	00:38:51,0
28	1796	w	GER	Pottyka, Angelika	VfL Gladbeck 19...	W55	4	17	5 km Walking	00:47:13,1
13	1799	w	GER	Sanwald, Angelika	Fun Walker C&A	W55	3	6	5 km Walking	00:40:21,6
2	1800		GER	Schattke, Markus	Breitensportvere...	M40	1	1	5 km Walking	00:35:48,8
34	2270	w	GER	Stemmer, Theodora		W55	5	22	5 km Walking	00:52:12,5
38	1806	w	GER	van de Sandt, Ilona	VfL Gladbeck 19...	W50	8	26	5 km Walking	00:52:17,3
17	1808	w	GER	Wirths, Katrin		W30	1	9	5 km Walking	00:42:42,0
11	1810		GER	Witkiewicz, Klaus		M50	2	7	5 km Walking	00:39:57,8
5	1811		GER	Zurawski, Peter	VfL Gladbeck F...	M55	1	3	5 km Walking	00:36:46,0

188	3021		GER	Ademes, Jochen		M40	23	165	HM	02:00:44,2
13	3026		GER	Altmüller, Markus Elias	FC Schalke 04	M	1	13	HM	01:26:47,2
72	3033		GER	Appel, Frank	TTF Falken Krefeld	M45	12	70	HM	01:38:18,5
180	3042		GER	Armbrust, Detlef	Halbe Lunge Do...	M45	40	162	HM	01:58:11,4
117	3054	w	GER	Arnold, Katrin	LC Duisburg	W35	1	7	HM	01:44:16,3
96	3073		GER	Arnold, Rüdiger	LT Bittermark D...	M60	2	92	HM	01:41:59,2
153	3076		GER	Atteln, Björn		M35	21	143	HM	01:51:37,9
144	3084		GER	Bahrenberg, Daniel	Kalter Eigen	M35	19	135	HM	01:48:57,6
28	3905		GER	Ballmann, Kai	DJK Kleinenbroich	M	3	28	HM	01:30:39,7
158	3907		GER	Baranski, Marcel		M35	22	148	HM	01:52:52,7
26	3125		GER	Baudach, Heiko	Osterather TV	M40	6	26	HM	01:30:29,1
48	3126		GER	Berg, Jörg		M50	7	48	HM	01:34:57,2
193	3128		GER	Berger, Ralph	VfL Gladbeck 19...	M40	24	169	HM	02:02:30,9
112	3918		GER	Bertleff, Dirk		M35	14	106	HM	01:43:23,9
231	3917		GER	Betka, Andreas	Fun Runner Gla...	M50	25	193	HM	02:15:50,4
5	3129		GER	Beyer, Florian	ERGO sports	M30	3	5	HM	01:23:20,6
42	3131		GER	Biehl, Karl	LT Prosper-Haniel	M50	4	42	HM	01:34:24,3
159	3130	w	GER	Biehl, Regina	LT Prosper Well...	W50	2	11	HM	01:52:53,3
226	3132		GER	Blasey, Jürgen		M45	47	190	HM	02:12:50,2
162	3137	w	GER	Boonekamp, Sabine	Puls 200 e.V.	W40	3	12	HM	01:53:18,9
232	3138	w	GER	Börger, Annegret	TV Walsum-Ald...	W55	3	39	HM	02:16:59,4
63	3140		GER	Bork, Thorsten	Team ERDING...	M45	11	62	HM	01:37:11,9
233	3141		GER	Bos, Wolfgang		M45	48	194	HM	02:21:23,0
215	3142		GER	Bösche, Roland		M40	28	185	HM	02:08:51,8
211	3946		GER	Bresser-Barnebeck, Peter	Fun Runner Gla...	M55	12	182	HM	02:07:30,5
31	3144		GER	Brückmann, Christian		M	4	31	HM	01:31:22,9
10	3145		GER	Brune, Gilbert		M40	2	10	HM	01:25:31,0
61	3146		GER	Brune, Rudolf		M50	9	60	HM	01:36:55,2
151	3951		GER	Bultmann, Jan-Philipp		M	11	141	HM	01:50:35,5
155	3896		GER	Buscemi, Dino		M45	37	145	HM	01:52:13,6
81	3148		GER	Buschfort, Friedhelm	Team XR1	M45	16	78	HM	01:39:36,1
70	3149		GER	Bussmann, Markus	LT Bittermark D...	M50	11	68	HM	01:37:47,7
236	3150	w	GER	Claesges, Jill	LT Gruiten-Nea...	W40	7	41	HM	02:44:32,0
6	3955		GER	Claesges, Michael	Dropsa Sports Club	M45	2	6	HM	01:23:49,3
33	3151		GER	Czernik, Johann		M55	2	33	HM	01:31:27,3
102	3152		GER	Dahlhaus, Holger		M40	17	97	HM	01:42:45,0
200	3895		GER	Dähmlow, Andreas	Eintracht Frankfu...	M45	43	175	HM	02:04:02,0
97	3154	w	GER	Dannowski, Eileen Marie	SV Bono	W30	1	5	HM	01:42:03,8
110	3156		GER	de Lama, Manuel		M30	19	104	HM	01:43:20,2
89	3915		GER	Denhard, Jörn		M	6	85	HM	01:41:01,5
111	3158		GER	Didowacz, Reinhard	VfL Gladbeck 19...	M65	1	105	HM	01:43:21,9
105	3928		GER	Diedrich, Patrick		M	8	100	HM	01:42:46,7
35	3160		GER	Diekmann, Bernd	Lauffreunde HA...	M40	9	35	HM	01:31:48,9
38	3161		GER	Dietzgen, Holger	Family-Runners	M45	8	38	HM	01:32:26,0
137	3162		GER	Dombrowsky, Detlef	VfL Gladbeck F...	M50	20	128	HM	01:47:33,5
205	3163		GER	Dombrowsky, Sascha		M	13	178	HM	02:05:22,6

60	3164		GER	Donath, Christian		M30	14	59	HM	01:36:52,7
9	3165		GER	Dorn, Christian		M30	4	9	HM	01:25:15,7
152	3167		GER	Drewes, Bernhard	Adler-Langlauf B...	M60	3	142	HM	01:51:06,7
217	3170	w	GER	Dreyer, Astrid		W45	7	31	HM	02:09:40,4
194	3171		GER	Drolc, Berni	VfL Gladbeck F...	M60	4	170	HM	02:02:37,1
128	3174		GER	Düssel, Boris	TGÜ Gelsenki...	M	9	119	HM	01:45:47,9
222	3175	w	GER	Echterling, Anna	VfL Gladbeck F...	W	7	35	HM	02:10:48,4
214	3176		GER	Eichler, Christopher		M40	27	184	HM	02:08:51,0
76	3177		GER	Est, Stephan		M45	14	73	HM	01:39:07,8
196	3179		GER	Eul, Martin		M40	25	172	HM	02:03:08,2
19	3180		GER	Feldmann, Daniel	LG Theater Essen	M30	6	19	HM	01:28:11,8
192	3954		GER	Förster, Hans Dieter	TVE Lauffreund...	M70	3	168	HM	02:02:08,1
25	3182		GER	Franze, Daniel	Hamminkerner SV	M35	3	25	HM	01:30:26,1
39	3908		GER	Fröhlich, Marc	Nordtriathleten	M35	4	39	HM	01:32:32,3
43	3927		GER	Gaida, Norbert		M40	11	43	HM	01:34:27,8
176	3184		GER	Garmatsch, Ralf	Sparda Bank West	M45	39	159	HM	01:57:03,1
71	3185		GER	Gasik, Christof		M40	14	69	HM	01:37:57,4
134	3902		GER	Gaspers, Klaus	DJK Kleinenbroich	M45	33	125	HM	01:46:38,0
27	3945		GER	Gaudschun, Alfred	Tus 09 Erkensc...	M55	1	27	HM	01:30:36,3
167	3186		GER	Gehrke, Wolfgang	Dortmund	M55	8	153	HM	01:55:11,2
218	3188	w	GER	Gerigk, Ulla		W40	6	32	HM	02:10:08,1
230	3189	w	GER	Gerlach, Sabira		W45	9	38	HM	02:15:49,6
148	3923		GER	Glatki, Jochen		M35	20	138	HM	01:49:54,9
212	3193	w	GER	Göppert, Sandra	TV Walsum-Ald...	W40	5	30	HM	02:08:24,4
40	3194		GER	Gostomski, Dirk	LT Witten Stockum	M40	10	40	HM	01:33:24,3
120	3195		GER	Gottschalk, Bernd	TVK 1877 Essen	M45	29	113	HM	01:44:28,0
156	3196		GER	Grabowski, Christian	TV Einigkeit Gl...	M40	19	146	HM	01:52:35,6
90	3197		GER	Grabowski, Robert	Vodafone runners	M40	16	86	HM	01:41:14,4
219	3199	w	GER	Grewer, Stephanie	VfL Gladbeck F...	W	6	33	HM	02:10:46,9
74	3216		GER	Groß, Miggi	TV Saarwelling...	M45	13	71	HM	01:38:32,8
178	3948	w	GER	Guenther, Sarah		W	4	18	HM	01:57:25,4
87	3222		GER	Günther, Klaus		M50	14	83	HM	01:40:37,8
149	3228		GER	Halfmeier, Thomas	TVE 1884 Lauff...	M45	35	139	HM	01:50:08,9
20	3230		GER	Hartung, Ricardo		M30	7	20	HM	01:28:43,9
131	3234		GER	Heid, Harald	LG Theater Essen	M50	18	122	HM	01:45:59,2
127	3957		GER	Helmer, Lars		M45	30	118	HM	01:45:44,9
133	3262		GER	Hermann, Dirk	VfL Gladbeck 19...	M45	32	124	HM	01:46:29,2
228	3259		GER	Hermann, Linus		MJ U18	1	191	HM	02:13:01,8
171	3250		GER	Hermann, Michael	Schalke 04	M45	38	157	HM	01:56:06,3
53	3264		GER	Herrmann, Markus		M30	11	53	HM	01:35:37,1
184	3276	w	GER	Heuer, Heike	Tri Team Hagen	W45	4	20	HM	01:59:17,1
49	3283		GER	Holstein, Dirk	LGO Bochum	M45	9	49	HM	01:34:58,2
88	3297		GER	Hüser, Torsten	Lauffreunde HA...	M35	11	84	HM	01:40:56,1
213	3299		GER	Jeromin, Jens	Jogmap Ruhr	M35	28	183	HM	02:08:30,1
1	3302		GER	Jonen, Christian	1. FC Köln	M30	1	1	HM	01:15:36,6
100	3303		GER	Kajüter, Burkhard		M45	20	95	HM	01:42:33,3

183	3306	w	GER	Kalde, Birgit		W45	3	19	HM	01:59:05,5
140	3342		GER	Kalnik, Stefan	TVE Lauffreund...	M	10	131	HM	01:48:26,0
80	3344		GER	Kalweit, Siegfried	TSV Viktoria M...	M70	1	77	HM	01:39:34,2
16	3345		GER	Kania-Klinger, Mario	FC ST.PAULI ...	M40	4	16	HM	01:27:40,0
45	3943		GER	Kazmeier, Tim	SpVGG Erkens...	M35	5	45	HM	01:34:46,8
113	3347		GER	Kieslers, Dirk		M45	26	107	HM	01:43:26,6
82	3348		GER	Kilian, Harald	VHS Wesel	M50	12	79	HM	01:39:54,8
47	3349		GER	Kleineborgmann, Ron		M35	6	47	HM	01:34:56,1
62	3350		GER	Kleinert, Christof		M40	12	61	HM	01:37:08,1
210	3351		GER	Klimt, Karsten		M30	22	181	HM	02:07:09,2
93	3911		GER	Klingen, Thomas		M30	18	89	HM	01:41:44,8
150	3353		GER	Klüber, Klaus		M45	36	140	HM	01:50:23,5
51	3354		GER	Kodjayan, Patrick	Hofacker-Runne...	M35	7	51	HM	01:35:33,0
204	3931	w	GER	Koehl, Ute		W45	5	27	HM	02:05:07,6
141	3355		GER	Kortz, Volker	Rot Weiß Obe...	M50	21	132	HM	01:48:38,2
78	3356		GER	Kowalczyk, Frank		M40	15	75	HM	01:39:20,9
37	3357		GER	Kowalski, Sascha	DJK SG Tacken...	M30	9	37	HM	01:31:57,0
181	3358		GER	Krallmann, Frank	BSG Sparkasse...	M45	41	163	HM	01:58:36,0
101	3360		GER	Kuhlmann, Norbert	Spvgg Sterkrad...	M45	21	96	HM	01:42:40,2
41	3361		GER	Kühnel, Andreas	TVK 1877 Essen	M50	3	41	HM	01:33:34,4
163	3362	w	GER	Kühnel-Maus, Cornelia	TVK 1877 Essen	W55	2	13	HM	01:53:21,3
143	3363		GER	Kunigo, Hayato	FC Schalke 04	M35	18	134	HM	01:48:54,9
116	3365		GER	Lange, Bodo	SV Beeckerwerth	M70	2	110	HM	01:43:52,5
83	3366	w	GER	Lange, Ulrike		W45	1	4	HM	01:39:55,1
235	3367	w	GER	Lewicki, Alexandra	Team Magic	W30	6	40	HM	02:34:42,2
46	3914		GER	Liebchen, Peter	Werdener TB	M50	6	46	HM	01:34:54,5
161	3368		GER	Liebich-Eisele, Georg		M50	22	150	HM	01:53:02,8
98	3369		GER	Liska, Frank	Mölmsche Jungs	M35	12	93	HM	01:42:11,5
59	3925		GER	Lutat, Andreas	IFGA	M30	13	58	HM	01:36:51,0
172	3370	w	GER	Maaßen, Nicole		W35	2	15	HM	01:56:54,4
168	3952		GER	Mahling, Andreas	AFT Berlin	M55	9	154	HM	01:55:17,8
50	3372		GER	Matura, Richard	LT Recklinghausen	M45	10	50	HM	01:35:25,9
165	3373		GER	Max, Michael		M50	23	152	HM	01:54:17,7
52	3375		GER	Meier, Jens Oliver	Hofacker-Runne...	M30	10	52	HM	01:35:33,3
157	3374		GER	Meier, Michael		M40	20	147	HM	01:52:48,4
3	3376		GER	Mentzen, Jörg	Ayyoteam Essen...	M30	2	3	HM	01:19:53,4
106	3377		GER	Menue, Dirk		M45	23	101	HM	01:42:48,6
55	3898		GER	Meyer, Paul		M50	8	55	HM	01:35:57,9
23	3378		GER	Micklitz, Matthias		M30	8	23	HM	01:29:54,8
132	3380		GER	Mohn, Carsten		M45	31	123	HM	01:46:05,0
73	3381	w	GER	Möse, Kristin	HSP Münster	W	1	3	HM	01:38:32,4
154	3383		GER	Mrosek, Stefan		M	12	144	HM	01:51:43,6
234	3956		GER	Mues, Andreas	LT Haumannpla...	M45	49	195	HM	02:24:34,7
12	3384		GER	Müller, Achim	Sv Gladbeck 13 Tri	M40	3	12	HM	01:26:28,7
179	3949		GER	Müller, Peter	SV Gladbeck 13	M50	24	161	HM	01:57:57,6
166	3385	w	GER	Nau, Katja	Recklinghäuse...	W	3	14	HM	01:54:57,6

201	3386	w	GER	Neubauer, Karin		W	5	26	HM	02:04:07,4
195	3387		GER	Neumann, Thomas	VfL Gladbeck F...	M45	42	171	HM	02:02:37,6
160	3388		GER	Nickel, Lothar		M55	7	149	HM	01:52:54,1
136	3936		GER	Oppermann, Guido	Laufftreff Haum...	M50	19	127	HM	01:47:10,7
142	3391		GER	Orlowski, Bernd	PSV Essen	M55	6	133	HM	01:48:52,5
77	3393		GER	Ortberg, Andreas		M45	15	74	HM	01:39:14,2
223	3394	w	GER	Ortmann, Monika	VfL Gladbeck F...	W50	3	36	HM	02:11:16,7
145	3396		GER	Pacino, Juliano	LG Theater Essen	MJ U20	1	136	HM	01:49:48,9
121	3398		GER	Parthe, Manfred	SV Benediktushof	M55	5	114	HM	01:44:42,5
58	3399	w	GER	Parthe, Maria	SV Benediktushof	W55	1	1	HM	01:36:21,0
15	3400		GER	Pawellek, Karsten	LGO Bochum	M30	5	15	HM	01:27:13,0
18	3944		GER	Peterka, Andreas	Renntiere	M45	4	18	HM	01:28:00,8
29	3402		GER	Peuser, Uwe	SC Bayer 05 Ue...	M50	2	29	HM	01:30:55,4
109	3941		GER	Pfannkuche, Olaf		M45	25	103	HM	01:42:58,9
208	3406		GER	Piepel, Herbert	SV Gladbeck 13	M70	4	179	HM	02:06:10,4
122	3409	w	GER	Polan, Christina		W	2	8	HM	01:44:43,2
44	3410		GER	Prange, Ulrich	LT Recklinghausen	M50	5	44	HM	01:34:31,6
177	3411		GER	Prediger, André	BSG Sparkasse...	M35	24	160	HM	01:57:10,2
32	3412		GER	Priester, Marco	SuS Bertlich	M40	8	32	HM	01:31:24,7
229	3413		GER	Pulger, Dirk	Team Erdinger ...	M40	29	192	HM	02:14:26,5
86	3417		GER	Reichenbecher, Wolfram	Fischelner TV 1905	M45	18	82	HM	01:40:02,0
56	3424		GER	Reichling, Marc		M35	8	56	HM	01:36:14,0
207	3909	w	GER	Ristau, Claudia		W45	6	29	HM	02:05:38,8
185	3430	w	GER	Robert, Sylvana	TVE Lauffreund...	W30	2	21	HM	01:59:17,8
68	3900		GER	Roeske, Thomas		M	5	66	HM	01:37:25,1
36	3436		GER	Rohkämper, Hans-Jürgen	SC Neuenstein	M45	7	36	HM	01:31:55,1
206	3440	w	GER	Ronczek, Christina		W30	4	28	HM	02:05:23,6
4	3448		GER	Saadani, Abdellah	LSF Münster	M45	1	4	HM	01:21:39,2
221	3453		GER	Schaefer, Jens		M35	29	187	HM	02:10:47,8
125	3454		GER	Scharfenberg, Siegfried	VfL Gladbeck F...	M50	16	116	HM	01:45:04,0
95	3899		GER	Scheitza, Falko	LGO Bochum	M50	15	91	HM	01:41:55,0
225	3455		GER	Schill, Christoph	Team Erdinger ...	M45	46	189	HM	02:12:25,5
65	3461		GER	Schilling-Frenk, Tiemo	BSG Sparkasse...	M40	13	64	HM	01:37:19,4
92	3463		GER	Schlebusch, Simon	Lauffreunde HA...	M	7	88	HM	01:41:36,4
139	3466		GER	Schlutius, Reinhard	VfL Bergheide	M65	4	130	HM	01:48:22,8
191	3947		GER	Schneider, Thorsten		M30	21	167	HM	02:02:04,9
69	3472	w	GER	Schöler, Anja	Fokus Selm	W40	1	2	HM	01:37:28,0
147	3473		GER	Schomburg, Andreas	LT Hindemith Do...	M45	34	137	HM	01:49:52,5
135	3475		GER	Schrader, Willi	LG Theater Essen	M65	2	126	HM	01:46:55,8
30	3476		GER	Schreiweis, Karsten		M40	7	30	HM	01:31:04,6
84	3477		GER	Schuchert, Frank	Puls 200 e.V.	M45	17	80	HM	01:39:59,3
119	3479		GER	Schulz, Michael	FC Gladbeck	M45	28	112	HM	01:44:20,5
103	3480		GER	Schumacher, Dietmar	SF Klein Reken	M45	22	98	HM	01:42:45,1
187	3481	w	GER	Schumann, Johanna	Skinfit Krefeld	W35	5	23	HM	01:59:58,9
115	3483		GER	Schütte, Tino	DJK Preussen ...	M30	20	109	HM	01:43:34,5
2	3484		GER	Schwenke, Carsten	Tri Team Selm	M40	1	2	HM	01:17:14,6



216	3486		GER	Schwentorat, Oliver	TVE Lauffreund...	M45	44	186	HM	02:09:09,0
199	3490	w	GER	Schwinge, Erika		W60	1	25	HM	02:03:34,0
224	3492		GER	Seck, Stefan	LT Bittermark D...	M45	45	188	HM	02:11:37,6
182	3493		GER	Simon, Kenneth	SV Budberg	M35	25	164	HM	01:58:42,4
173	3494	w	GER	Spangemacher, Gaby	Team XR1	W40	4	16	HM	01:56:57,8
209	3495		GER	Spitzer, Jürgen	Frührentner	M55	11	180	HM	02:06:37,7
130	3496		GER	Springer, Hans-Dieter	TGÜ Gelsenki...	M50	17	120	HM	01:45:48,4
169	3497		GER	Staats, Uli	Fluktuation 8	M40	21	155	HM	01:55:58,4
54	3942		GER	Stadie, Rene	FC St. Pauli Mar...	M30	12	54	HM	01:35:48,5
198	3498		GER	Stauder, Timo	BSG Sparkasse...	M35	27	174	HM	02:03:31,2
220	3499	w	GER	Stecklenberg, Linda	VfL Gladbeck 19...	W30	5	34	HM	02:10:47,3
94	3539		GER	Stienen, Johannes		M55	4	90	HM	01:41:51,0
186	3571	w	GER	Stier, Jana	SpVg. Schonne...	W35	4	22	HM	01:59:58,8
146	3579	w	GER	Strauß, Petra	Ski-Club Gladbeck	W45	2	10	HM	01:49:50,4
108	3591		GER	Szeszny, Andreas		M45	24	102	HM	01:42:51,7
203	3601		GER	Tank, Dieter	Dortmund	M55	10	177	HM	02:04:22,6
107	3612	w	GER	Tank, Regina	Dortmund	W50	1	6	HM	01:42:48,9
75	3592		GER	Tank, Stefan	Freibeuter	M30	16	72	HM	01:39:05,4
99	3613		GER	Teigelkamp, Guido	Adler-Langlauf B...	M45	19	94	HM	01:42:25,4
114	3626		GER	Teigelkamp, Stefan	Adler-Langlauf B...	M40	18	108	HM	01:43:30,2
8	3901		GER	Thapa, Atul	DJK Kleinenbroich	M45	3	8	HM	01:25:09,4
14	3937		GER	Thoms, Heiko	LT Bittermark D...	M35	2	14	HM	01:26:47,8
164	3634		GER	Thülig, Bernhard	VfL Bergheide ...	M75	1	151	HM	01:53:56,9
202	3638		GER	Tlatlik, Markus	Team Erdinger ...	M40	26	176	HM	02:04:08,6
17	3656		GER	Töller, Mike Stefan	LG Alpen	M40	5	17	HM	01:28:00,4
118	3926		GER	Tschierske, Torsten	Sprotgemeinscha...	M45	27	111	HM	01:44:16,4
22	3935		GER	Urbanowski, Frank	LT Heisse Sohle	M45	6	22	HM	01:29:23,0
67	3682		GER	van den Dolder, Ralf		M50	10	67	HM	01:37:25,1
237	3704	w	GER	Venneker, Vanessa		W	8	42	HM	02:51:28,0
66	3705		GER	Vogler, Kai	LC Julian	M35	10	65	HM	01:37:22,8
124	3939	w	GER	Vogt, Anna		W40	2	9	HM	01:44:50,9
21	3919		GER	Voigt, Jens	SV Tendo Riese...	M45	5	21	HM	01:29:09,1
174	3710	w	GER	von Krosigk, Christina	TSG Kirchhellen	W35	3	17	HM	01:57:02,6
175	3716		GER	von Krosigk, Gebhard	TSG Kirchhellen	M35	23	158	HM	01:57:02,9
189	3894		GER	Vos, Andreas		M35	26	166	HM	02:00:57,4
197	3916		GER	Weber, Horst	LC Duisburg	M60	5	173	HM	02:03:17,1
11	3732		GER	Weckwarth, Peter		M50	1	11	HM	01:25:42,9
57	3739		GER	Wedemeyer, Christian		M35	9	57	HM	01:36:19,1
126	3745		GER	Wehren, Stephan	Adler-Langlauf B...	M35	16	117	HM	01:45:38,4
85	3749		GER	Wessel, Bernd	www.bewes63.de	M50	13	81	HM	01:40:00,7
104	3751		GER	Wiegel, Markus	Team Erdinger ...	M35	13	99	HM	01:42:46,2
91	3933		GER	Willen, Martin		M55	3	87	HM	01:41:23,0
123	3753		GER	Wischnewski, Stephan		M35	15	115	HM	01:44:45,2
34	3760		GER	Witteler, Norbert	LT Rhein Herne...	M60	1	34	HM	01:31:43,4
7	3761		GER	Wolf, Dirk	LT Bittermark D...	M35	1	7	HM	01:24:29,6
170	3769		GER	Zachcial, Andreas	Fluktuation 8	M40	22	156	HM	01:55:58,8

227	3793	w	GER	Zachow, Doris	TEAM ERDING...	W45	8	37	HM	02:12:51,2
129	3807		GER	Zielinski, Mario		M35	17	121	HM	01:45:48,4
24	3930		GER	Zielske, Jan-Philipp		M	2	24	HM	01:30:21,5
64	3808		GER	Zipfel, Stefan	SV Gladbeck 13	M30	15	63	HM	01:37:14,7
79	3940		GER	Zöllner, Marcel	LT Bittermark D...	M30	17	76	HM	01:39:28,6
190	3924	w	GER	Zotova, Liliya		W30	3	24	HM	02:01:35,9
138	3910		GER	Zuddas, Giuseppe		M65	3	129	HM	01:48:19,6
18	4101		GER	Alberti, Fabian	TSG Kirchhellen	MK U10	2	12	1.5 km Schüler	00:06:34,1
11	4102	w	GER	Berger, Anne	VfL Gladbeck 19...	WJ U16	1	3	1.5 km Schüler	00:06:13,9
10	4103		GER	Bischoff, Kim Jochen	DJK Adler 07 Bo...	MK U12	2	8	1.5 km Schüler	00:06:10,1
9	4104	w	GER	Braun, Sarah	VfL Gladbeck 19...	WK U12	2	2	1.5 km Schüler	00:06:02,7
24	4138		GER	Brück, Niklas	DAK	MJ U16	4	15	1.5 km Schüler	00:07:03,2
20	4105	w	GER	Brune, Lavinia	DJK Adler 07 Bo...	WJ U14	2	7	1.5 km Schüler	00:06:44,0
25	4108		GER	Brylak, Jens		MK U12	6	16	1.5 km Schüler	00:07:03,9
16	4109		GER	Brylak, Lars		MK U12	4	10	1.5 km Schüler	00:06:28,8
21	4106	w	GER	Brylak, Lena		WJ U14	3	8	1.5 km Schüler	00:06:44,9
22	4110	w	GER	Ehrbar, Ronja	TSG Reken	WK U10	2	9	1.5 km Schüler	00:06:51,5
27	4111		GER	Eul, Nico	VfL Gladbeck 19...	MK U10	5	18	1.5 km Schüler	00:07:15,0
5	4100		GER	Gerdowski, Julien	DAK	MJ U16	3	5	1.5 km Schüler	00:05:45,3
4	4112		GER	Herzog, Jonas	DJK Adler 07 Bo...	MJ U14	1	4	1.5 km Schüler	00:05:28,5
6	4113		GER	Herzog, Noah	DJK Adler 07 Bo...	MK U10	1	6	1.5 km Schüler	00:05:53,5
2	4137		GER	Jesinghaus, Marvin	DAK	MJ U16	2	2	1.5 km Schüler	00:05:24,6
23	4116		GER	Kodjayan, Carlos	Hofacker-Runne...	MK U10	3	14	1.5 km Schüler	00:06:52,8
13	4118		GER	Kodjayan, Luis	Hofacker-Runne...	MK U12	3	9	1.5 km Schüler	00:06:24,3
28	4119	w	GER	Kolligs, Lilian	TSG Kirchhellen	WK U10	3	10	1.5 km Schüler	00:07:24,3
1	4120		GER	Molzahn, Marius	TV Ratingen	MJ U16	1	1	1.5 km Schüler	00:05:20,3
12	4136	w	GER	Muschalla, Rebecca	ASV Duisburg	WK U12	3	4	1.5 km Schüler	00:06:16,4
26	4121		GER	Neumann, Justin	DJK Adler 07 Bo...	MK U10	4	17	1.5 km Schüler	00:07:04,0
15	4124	w	GER	Orlowski, Sophie	FC Schalke 04	WJ U14	1	6	1.5 km Schüler	00:06:26,5
8	4125		GER	Peuser, Matthias	Rumelner TV 1900	MJ U14	2	7	1.5 km Schüler	00:05:55,1
19	4126		GER	Rapien, Jan Luca	VfL Gladbeck 19...	MK U12	5	13	1.5 km Schüler	00:06:43,1
14	4127	w	GER	Rapien, Sina	VfL Gladbeck 19...	WK U10	1	5	1.5 km Schüler	00:06:26,0
3	4129		GER	Roßkothen, Jan	DJK Adler 07 Bo...	MK U12	1	3	1.5 km Schüler	00:05:26,6
29	4130	w	GER	Schulzky, Lara	SV Gladbeck 13	WK U10	4	11	1.5 km Schüler	00:09:22,3
7	4135	w	GER	Ströning, Ann-Christin	TSVE 1890 Biele...	WK U12	1	1	1.5 km Schüler	00:05:54,1
17	4134		GER	Stucki, Tim		MJ U14	3	11	1.5 km Schüler	00:06:30,7
38	4201		GER	Arroyo, Fernando		M30	4	36	10 km	00:42:18,6
78	4204	w	GER	Balschuweit, Dorothee	SuS Bertlich	W	2	6	10 km	00:47:41,0
138	4419	w	GER	Bannasch, Ingrid	TV Gladbeck	W50	1	15	10 km	00:56:19,3
22	4205		GER	Baumann, Karl-Heinz		M45	3	20	10 km	00:40:41,8
13	4434		GER	Behlau, Christian		M40	2	12	10 km	00:38:51,3
49	4438		GER	Benker, Wolfgang		M50	5	46	10 km	00:44:44,4
165	4207	w	GER	Beuermann, Korinna	ENTEN POWER	W35	9	26	10 km	00:59:40,0
160	4208		GER	Biegel, Dirk	Lauftiger	M45	17	136	10 km	00:58:59,5
109	4209		GER	Binder, Oliver		M	18	97	10 km	00:51:20,0
110	4211		GER	Birnbach, Frank	B&R Automation	M40	9	98	10 km	00:51:43,4

114	4393		GER	Bösche, Roland		M40	10	102	10 km	00:52:23,9
23	4405		GER	Braun, Felix		MJ U20	2	21	10 km	00:40:42,5
125	4214	w	GER	Bremer, Melanie	running4charity	W30	3	13	10 km	00:54:26,5
135	4217		GER	Brückner, Thomas		M40	14	122	10 km	00:56:04,1
61	4411		GER	Brucks, Ingo	Lauftreff Sterkra...	M35	9	58	10 km	00:46:11,5
139	4220		GER	Bücher, Gerhard	erler-sportgeme...	M60	1	124	10 km	00:56:26,2
32	4221		GER	Bücher, Marco	Erlersportgeme...	M35	5	30	10 km	00:42:01,0
66	4222		GER	Butterweck, Ulf	TRC Essen 84	M35	11	63	10 km	00:46:20,4
21	4426		GER	Caner, Osman	Ayyo Tiem	M45	2	19	10 km	00:40:24,0
77	4223		GER	Carstensen, André	SV Lembeck	M45	10	72	10 km	00:47:36,3
136	4226	w	GER	Czech, Marie		W	4	14	10 km	00:56:07,0
132	4229		GER	DeGroat, David		M45	16	119	10 km	00:55:38,4
69	4394		GER	Depel, Jens	VFL Grafenwald	M35	12	66	10 km	00:46:38,9
117	4230		GER	Domian, Markus		M40	11	105	10 km	00:52:41,9
24	4231		GER	Dreimann, Stefan	Adler-Langlauf B...	M40	5	22	10 km	00:40:45,3
88	4429		GER	Eckstein, Andreas	Erlersportgeme...	M50	9	81	10 km	00:48:21,2
128	4232		GER	Enkhardt, David	Stoppelhopser	M45	13	115	10 km	00:54:36,1
17	4402		GER	Firlus, Thorsten	Twitterlauftreff	M40	3	15	10 km	00:39:39,3
166	4233		GER	Förster, Udo	ENTEN POWER	M45	19	140	10 km	00:59:40,3
189	4234		GER	Gai, Axel	David Ziaja Stiftung	M	30	152	10 km	01:32:48,2
188	4235		GER	Gai, Robin	David Ziaja Stiftung	M	29	151	10 km	01:32:48,2
170	4302		GER	Gaida, Norbert		M40	17	142	10 km	01:01:20,7
141	4237		GER	Geitz, Dennis		M	23	126	10 km	00:56:35,2
37	4238		GER	Gertlowski, Joachim	BTC Herne	M55	4	35	10 km	00:42:18,3
54	4239		GER	Gertz, Hubert	Adler-Langlauf B...	M55	7	51	10 km	00:45:33,7
44	4240	w	GER	Gevers-Lohkamp, Petra	Adler-Langlauf B...	W45	1	3	10 km	00:43:44,7
29	4242		GER	Gietmann, Lukas Leander	TSV Weeze 191...	MJ U18	1	27	10 km	00:41:41,5
58	4241		GER	Gietmann, Michael	TSV Weeze 191...	M45	7	55	10 km	00:45:54,6
41	4243		GER	Gniffke, Michael	Herner Triathlon...	M40	6	39	10 km	00:43:07,7
182	4245	w	GER	Göke-Fritsch, Christine		W50	3	35	10 km	01:05:22,5
144	4246		GER	Goßens, Michael		M	24	129	10 km	00:57:13,6
94	4399		GER	Gralki, Otto	SuS Bertlich	M70	3	84	10 km	00:48:47,8
31	4247		GER	Griesbaum, Norbert	LT Brechten Do...	M55	3	29	10 km	00:41:51,6
124	4395		GER	Guder, Christoph	ZOK	M35	23	112	10 km	00:54:17,1
28	4248		BUL	Gueorguiev, Spas	Ophorst Runners	M35	4	26	10 km	00:41:24,9
123	4249		GER	Gutt, Maurice	LG WeKu Essen	MJ U18	2	111	10 km	00:54:08,6
187	4251	w	GER	Hagemann, Anja	VfL Gladbeck F...	W35	10	37	10 km	01:11:19,9
149	4250	w	GER	Hanschmann, Jessica	SG Suderwich	W35	4	19	10 km	00:57:39,1
99	4252	w	GER	Heitkötter, Sabine	Maschinen :-)	W	3	11	10 km	00:49:12,7
73	4253		GER	Hellwig, Christian	Maschinen	M35	14	70	10 km	00:47:17,9
96	4396		GER	Hennig, Joachim	LAC-Veltins-Ho...	M50	11	86	10 km	00:48:51,9
185	4255		GER	Hennig, Tim	Firma NORRES...	M	28	150	10 km	01:07:31,7
7	4256		GER	Herberg, Rainer	ASV Duisburg	M	3	6	10 km	00:36:11,3
83	4257		GER	Hilke, Friedel	LG WeKu Essen	M55	9	77	10 km	00:48:10,0
180	4391		GER	Hoffmann, Holger		M40	19	147	10 km	01:04:50,2
30	4421		GER	Hoppe, Arnold	Ayyo Team Ess...	M50	3	28	10 km	00:41:45,1

140	4258		GER	Humke, Dirk	VfL Gladbeck 19...	M40	15	125	10 km	00:56:34,2
64	4400		GER	Hüther, Lothar	BGS Springoru...	M45	8	61	10 km	00:46:16,3
93	4259		GER	Jamrozy, Gregor		M40	8	83	10 km	00:48:45,0
100	4260		GER	Jopp, Marian		M35	20	89	10 km	00:49:33,0
11	4261		GER	Jungblut, Martin		M35	2	10	10 km	00:37:50,9
52	4264		GER	Kapka, Andreas	PV Triathlon Witten	M55	6	49	10 km	00:45:10,2
164	4265		GER	Katharge, Hubert		M45	18	139	10 km	00:59:12,3
87	4266		GER	Kaufhold, Christian		M35	18	80	10 km	00:48:12,8
156	4267		GER	Kehrer, David		M30	15	133	10 km	00:58:36,5
175	4269		GER	Kersting, Maurice		M30	16	144	10 km	01:03:46,1
81	4442		GER	Klaas, Philipp	Erler Sportgeme...	M35	16	75	10 km	00:48:07,4
112	4270		GER	Kleis, Sven		M30	10	100	10 km	00:51:47,1
157	4271		GER	Knubben, Rainer		M55	12	134	10 km	00:58:44,6
181	4273	w	GER	Kochanek, Stefanie		W	7	34	10 km	01:04:55,5
118	4274		GER	Kolligs, Carsten	TSG Kirchhellen	M40	12	106	10 km	00:52:45,5
174	4276	w	GER	Korsten, Steffi		W	6	31	10 km	01:03:45,4
19	4414		GER	Kösters, Andreas	HSP Münster...	M30	2	17	10 km	00:39:56,2
68	4277		GER	Kufrej, Bartosz	PV Witten	M	15	65	10 km	00:46:28,6
48	4417		GER	Kulisiewicz, Karl	RP Essen	M	10	45	10 km	00:44:27,7
57	4444		GER	Kunze, Tobias		M	13	54	10 km	00:45:53,6
119	4278		GER	Küpper, Gustav	LF SSV Herten	M55	11	107	10 km	00:52:56,6
12	4279		GER	Lachmann, Detlev	SC Westfalia 04...	M55	2	11	10 km	00:38:45,1
42	4281		GER	Lasch, Martin	BV Langendreer 07	M	8	40	10 km	00:43:12,6
143	4441		GER	Lenk, Michael		M50	15	128	10 km	00:56:49,9
63	4282		GER	Leopold, André	Tri-Team Castrop	M	14	60	10 km	00:46:15,5
72	4283		GER	Leschinski, Günter	LT Moers 06	M70	2	69	10 km	00:47:10,8
111	4284		GER	Liebig, Christian	Schnullerbacke n...	M35	22	99	10 km	00:51:45,6
98	4420		GER	Linde, Rainer		M30	8	88	10 km	00:49:03,7
183	4285		GER	Lindner, Thomas	Pink Panthers	M45	22	148	10 km	01:05:39,5
126	4288		GER	Littwitz, Christoph		M30	13	113	10 km	00:54:26,8
107	4287		GER	Littwitz, Florian		M	17	95	10 km	00:50:48,9
173	4272	w	GER	Littwitz, Maria		W30	4	30	10 km	01:03:02,2
171	4409	w	GER	Loessner, Silke	TuS 08 Lintorf	W40	1	29	10 km	01:01:43,1
67	4290		GER	Lohse, Sebastian		M30	6	64	10 km	00:46:22,3
8	4293		GER	Losch, Stefan	TUSEM Essen	M45	1	7	10 km	00:36:21,4
172	4408		GER	Lössner, Ralph		M40	18	143	10 km	01:01:43,3
159	4295	w	GER	Maas, Hanna		W35	8	24	10 km	00:58:51,4
60	4296		GER	Marach, Semir		M35	8	57	10 km	00:46:08,1
121	4428		GER	Marpe, Stefan	Erler Sportgeme...	M40	13	109	10 km	00:53:31,3
90	4298	w	GER	Marth, Tanja	LT Bittermark D...	W35	3	8	10 km	00:48:25,8
116	4300		GER	Mehrhoff, Christian	VfL Gladbeck 19...	M45	12	104	10 km	00:52:41,8
75	4423	w	GER	Meier, Christina		W35	2	5	10 km	00:47:29,7
113	4422		GER	Meier, Michael	Blau Weiß Bo...	M30	11	101	10 km	00:52:18,2
158	4301		GER	Meis, Benjamin		M	25	135	10 km	00:58:51,3
33	4303		GER	Meyer, Marcel	Borussia Dortmund	M30	3	31	10 km	00:42:02,9
25	4304		GER	Mollen, Burkhard	Firma NORRES...	M45	4	23	10 km	00:40:48,2

89	4305		GER	Möllmann, Martin		M35	19	82	10 km	00:48:22,6
179	4390	w	GER	Monning, Melanie		W40	2	33	10 km	01:04:49,8
104	4416	w	GER	Nagel, Alexandra		W30	2	12	10 km	00:50:28,9
186	4440	w	GER	Nickholz, Susanne		W45	5	36	10 km	01:11:07,6
169	4389	w	GER	Niedzwiedzki, Birgit		W45	4	28	10 km	01:01:18,9
105	4415		GER	Nobbe, Felix		M30	9	93	10 km	00:50:29,4
177	4309		GER	Nowak, Jürgen		M45	21	145	10 km	01:04:33,9
153	4430	w	GER	Oztan, Semra		W35	5	21	10 km	00:58:18,8
15	4439		GER	Öztekin, Ali	Ayyo Team Ess...	M50	2	13	10 km	00:39:23,6
163	4311		GER	Pälchen, Harald		M50	16	138	10 km	00:59:11,3
5	4412		GER	Paulitschme, Wilfried	ASICS Fronrunner	M55	1	4	10 km	00:35:49,6
55	4313		GER	Percic, Stefan	ESC Preussen ...	M50	7	52	10 km	00:45:37,5
106	4397		GER	Persicke, Armin		M50	12	94	10 km	00:50:43,9
59	4314		GER	Petter, Stefan	Tri-Team-Castrop	M30	5	56	10 km	00:46:04,0
154	4319	w	GER	Pieczkowski, Britta	VfL Gladbeck 19...	W35	6	22	10 km	00:58:20,3
35	4320		GER	Pilgrim, Kevin	TUSEM Essen	M	6	33	10 km	00:42:16,0
101	4424		GER	Ploeger, Karl Heinz	DJK Adler 07 Bo...	M45	11	90	10 km	00:49:38,8
56	4425		GER	Plöger, Johannes	DJK Adler 07 Bo...	MJ U16	1	53	10 km	00:45:41,4
84	4321		GER	Pospiech, Klaus	Werdener TB	M50	8	78	10 km	00:48:10,9
80	4433		GER	Potoevin, Andre	Tri Ducks Dorsten	M40	7	74	10 km	00:48:02,6
74	4413	w	GER	Preuß, Marianne	BSG Springoru...	W55	1	4	10 km	00:47:22,3
122	4323		GER	Przybylak, Christoph		M	20	110	10 km	00:53:33,7
20	4324		GER	Ratberg, Thorsten	Herner Triathlon...	M40	4	18	10 km	00:40:22,5
36	4325		GER	Rave, Julius		M	7	34	10 km	00:42:17,9
120	4327		GER	Rinke, Thomas		M30	12	108	10 km	00:53:04,0
168	4330	w	GER	Roolant, Iris		W45	3	27	10 km	01:00:52,2
86	4435	w	GER	Rosendahl, Agnes		W30	1	7	10 km	00:48:12,0
85	4436		GER	Rosendahl, Michael		M30	7	79	10 km	00:48:12,0
91	4200	w	GER	Rückmann, Anja	Fun Runner Gla...	W45	2	9	10 km	00:48:27,9
14	4335	w	GER	Salzwedel, Sophia	HSP Münster...	W	1	2	10 km	00:38:57,4
134	4336		GER	Sandach, Armin	VfB GW Mülheim	M50	14	121	10 km	00:55:55,6
6	4337		GER	Sänger, Jörg	Marathon Dinsl...	M50	1	5	10 km	00:36:04,4
167	4339		GER	Schaffran, Heinz		M45	20	141	10 km	01:00:34,6
145	4398	w	GER	Schal, Anita	TVE Lauffreund...	W65	1	16	10 km	00:57:25,7
184	4341		GER	Schanz, Heinz-Dieter	Vfl Grafenwald	M60	4	149	10 km	01:06:25,2
92	4403	w	GER	Scharbatke, Veronika	LC Wuppertal	W60	1	10	10 km	00:48:35,8
155	4432	w	GER	Scheele, Jutta	Borbecker Rake...	W35	7	23	10 km	00:58:24,3
26	4342		GER	Scheele, Michael	TUSEM Essen	M35	3	24	10 km	00:40:56,3
71	4343		GER	Scheier, Jörg		M35	13	68	10 km	00:46:45,4
133	4344		GER	Scheier, Werner		M65	1	120	10 km	00:55:53,0
161	4350		GER	Schmidt, Enrico	Die Seitenstecher	M	26	137	10 km	00:59:01,9
147	4349		GER	Schmidt, Joachim	Firma NORRES...	M40	16	130	10 km	00:57:33,4
82	4347		GER	Schmidt, Kristian	Arminia Klosterh...	M35	17	76	10 km	00:48:08,1
162	4345	w	GER	Schmidt, Sarah-Lena	LC Duisburg	W	5	25	10 km	00:59:06,9
39	4353		GER	Schmitz, Peter	Erler-Sportgeme...	M50	4	37	10 km	00:42:31,3
43	4355		GER	Schneider, Peter		M45	5	41	10 km	00:43:39,1

95	4443		GER	Schomburg, Michael	Erler Sportgeme...	M50	10	85	10 km	00:48:48,8
130	4357		GER	Schreiter, Thomas	(Essen)	M45	14	117	10 km	00:55:25,1
148	4358	w	GER	Schroth, Cornelia	SG Suderwich	W55	2	18	10 km	00:57:38,7
150	4359		GER	Schroth, Kurt	SG Suderwich	M60	2	131	10 km	00:57:39,6
142	4360		GER	Schulz, Christian	SG Preußen G...	M30	14	127	10 km	00:56:36,7
34	4361		GER	Schumann, Sven	RP Essen	M35	6	32	10 km	00:42:04,5
65	4407		GER	Seidel, Juergen	SSK Gladbeck	M55	8	62	10 km	00:46:19,7
27	4362		GER	Siepmann, Moritz	VV Humann Essen	M	5	25	10 km	00:41:00,5
137	4363		GER	Skodda, Michael		M	22	123	10 km	00:56:10,9
178	4392		GER	Sobizack, Lorenz		M	27	146	10 km	01:04:49,2
51	4365		GER	Spahn, Stefan		M	12	48	10 km	00:45:04,5
146	4366	w	GER	Steimann, Dana		WJ U20	1	17	10 km	00:57:30,9
10	4404		GER	Steinmann, Jörg	Tus Essen	M35	1	9	10 km	00:37:41,8
3	4367		GER	Stelmaszyk, Patrick	USC Bochum	M	2	3	10 km	00:35:33,5
176	4368	w	GER	Stockmann, Franziska		WJ U20	2	32	10 km	01:04:13,6
115	4369		GER	Strzalla, Robert	Die Seitenstecher	M	19	103	10 km	00:52:39,8
70	4427		GER	Szponik, Franz-Josef	LC Rapid Dort...	M70	1	67	10 km	00:46:40,8
151	4431		GER	Thiele-Salih, Volker		M60	3	132	10 km	00:57:55,1
2	4370		GER	Tietz, Robin	TUSEM Essen	M	1	2	10 km	00:35:08,0
53	4371		GER	Tschirner, Frank	LF SSV Herten	M50	6	50	10 km	00:45:25,1
76	4372		GER	Uhländer, Christoph		M45	9	71	10 km	00:47:33,4
45	4418		GER	Urban, Marco	RP Essen	M	9	42	10 km	00:43:57,7
127	4374		GER	Uyar, Serhat		M	21	114	10 km	00:54:34,9
46	4375		GER	Verfürth, Christian		M45	6	43	10 km	00:44:00,9
47	4376		GER	Verheyen, Ulf	TC Buer	M35	7	44	10 km	00:44:18,3
4	4437	w	GER	Viebahn, Christl	LAZ Puma Rhei...	W35	1	1	10 km	00:35:36,8
129	4377		GER	Vierhaus, Detlev	team-4haus	M50	13	116	10 km	00:54:56,0
97	4406		GER	Viermans, Udo	Team 4haus	M55	10	87	10 km	00:49:02,8
108	4410		GER	von Scherenberg, Carl		M35	21	96	10 km	00:50:49,6
16	4378		GER	von Spiczak, Jochen	HSP Münster...	M30	1	14	10 km	00:39:26,0
79	4379		GER	Wand, Thorsten		M35	15	73	10 km	00:47:59,8
18	4445		GER	Webelsiep, Jan		M	4	16	10 km	00:39:53,4
9	4381		GER	Wenzel, Martin		MJ U20	1	8	10 km	00:37:04,0
40	4382		GER	Winkelhake, Heiner	LDT Bochum	M55	5	38	10 km	00:42:55,4
152	4385	w	GER	Wittenbrink, Barbara		W50	2	20	10 km	00:58:16,3
50	4383		GER	Wittenbrink, Christian		M	11	47	10 km	00:44:53,5
102	4384		GER	Wittenbrink, Michael		MJ U20	3	91	10 km	00:50:02,0
103	4386		GER	Wittpahl, Christian		M	16	92	10 km	00:50:11,5
131	4387		GER	Yildizhan, Seref	ALPEREN REISEN	M45	15	118	10 km	00:55:34,2
1	4388		GER	Yilmaz, Muharrem	Ayyoteam Essen...	M40	1	1	10 km	00:34:19,1
62	4401		GER	Zeller, Sebastian		M35	10	59	10 km	00:46:13,7