

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1	W	1	00:17:38	Vernikov, Sonja	1300		Alemannia Aachen	2001	1	WJ U18	03:31,6
2		1	00:17:51	Vernikov, Wiktor	1299		Alemannia Aachen	2002	1	MJ U18	03:34,2
3		2	00:18:41	Wilmes, Heiko	1342		TV Refrath	1969	1	M45	03:44,2
4		3	00:19:00	Reisinger, Stefan	1254			1970	2	M45	03:48,0
5		4	00:19:12	Jungblut, Martin	1196		OTV Endurance Team	1975	1	M40	03:50,4
6		5	00:19:26	Zücker, Jan	1191		Dortmund	1991	1	M	03:53,2
7		6	00:19:33	Vernikov, Johni	1298		Alemannia Aachen	1999	1	MJ U20	03:54,6
8		7	00:19:34	Spreng, Sören	1284		Team eXtreme	1986	1	M30	03:54,8
9		8	00:19:34	Yoshizawa, Yoichi	1316		Team Treeyo	1977	2	M40	03:54,8
10		9	00:19:36	Bohle, Felix	1131		Viermärker Dortmund	1982	1	M35	03:55,2
11		10	00:19:36	Müller, Arne	1236		Viermärker Dortmund	1996	2	M	03:55,2
12	W	2	00:20:43	Uhlendorf, Kim	1333		ASV Köln	1997	1	W	04:08,6
13		11	00:20:55	Brandt, Helge	1328		Bunert Duisburg	1973	3	M45	04:11,0
14		12	00:21:03	Munu, Frank	1238		SGS C1	2004	1	MJ U16	04:12,6
15	W	3	00:21:07	Ludwig, Sabine	1336		Spiridon Haltern	1967	1	W50	04:13,4
16		13	00:21:16	Urbanowski, Frank	1338			1968	1	M50	04:15,2
17		14	00:21:28	Fazlija, Beslind	1158		SGS C1	2004	2	MJ U16	04:17,6
18		15	00:21:32	Alberti, Thomas	1107		TSG Kirchhellen	1970	4	M45	04:18,4
19		16	00:21:38	Jarosch, Stefan	1193			1978	3	M40	04:19,6
20		17	00:21:39	Huskotte, Jörg	1188		Viermärker Dortmund	1963	1	M55	04:19,8
21		18	00:21:51	Marach, Semir	1226		ELE Sport	1975	4	M40	04:22,2
22		19	00:21:53	Jans, Paul	1327		TLV Germania Überruhr	1959	2	M55	04:22,6
23		20	00:21:59	Kelzenberg, Kevin	1202			1997	3	M	04:23,8
24		21	00:22:02	Kletke, Claudio	1206		BSG Vogelsang	1969	5	M45	04:24,4
25		22	00:22:13	Finken, Ralph	1159		nordic walk 4 fun mönchen	1961	3	M55	04:26,6
26	W	4	00:22:15	Wiechers, Franka	1312		LG Stadtwerke Hilden	2004	1	WJ U16	04:27,0
27		23	00:22:17	Beneke, Willi	1335		ASV Duisburg	1974	5	M40	04:27,4
28		24	00:22:19	Woszeck, Detlef	1315		BSG Vogelsang	1958	1	M60	04:27,8
29	W	5	00:22:45	Koseter, Gabriele	1334		Spiridon Haltern	1974	1	W40	04:33,0
30		25	00:22:48	Krinke, Reinhard	1330		TV Borken	1953	1	M65	04:33,6
31		26	00:22:48	Beloshapkin, Alexander	1126		SGS C1	2004	3	MJ U16	04:33,6
32		27	00:22:49	Schulokat, Tom	1275		SGS C1	2004	4	MJ U16	04:33,8
33		28	00:22:49	Clement, Leon	1140		SGS C1	2004	5	MJ U16	04:33,8
34	W	6	00:22:53	Yoshizawa, Hisako	1317		Team Treeyo	1975	2	W40	04:34,6
35		29	00:22:56	gertlowski, christian	1168			1994	4	M	04:35,2
36	W	7	00:22:56	Reisinger, Luise	1255			2006	1	WJ U14	04:35,2
37		30	00:23:00	Neuber, Lars	1239			1996	5	M	04:36,0
38	W	8	00:23:02	Trees, Rieko	1294		Team Treeyo	1977	3	W40	04:36,4
39		31	00:23:02	Perenz, Danny	1244		SGS C1	2004	6	MJ U16	04:36,4
40	W	9	00:23:04	Fraas, Melanie	1163		LC Adler Bottrop	1975	4	W40	04:36,8
41		32	00:23:05	Koglin, Werner	1332		Viermärker Dortmund	1947	1	M70	04:37,0
42		33	00:23:13	Stojceski, Gogo	1354			1976	6	M40	04:38,6
43		34	00:23:15	Woidy, Kersten	1339		FC Deutsche Post	1967	2	M50	04:39,0
44		35	00:23:17	Kurek, Christian	1214		BIFF	1978	7	M40	04:39,4
45		36	00:23:32	Hajjat, Massoud	1178		SGS C1	2004	7	MJ U16	04:42,4
46		37	00:23:38	Thran, Hans-Jürgen	1293		Spiridon Haltern	1946	2	M70	04:43,6
47		38	00:23:49	Pospiech, Klaus	1248		TLV Germania Überruhr	1959	4	M55	04:45,8
48	W	10	00:23:51	Ott, Gabi	1240		Recklinghäuser LC	1967	2	W50	04:46,2
49		39	00:23:55	Ingendorff, Andreas	1355			1986	2	M30	04:47,0
50		40	00:23:58	Lenze, David	1222		SGS C1	2004	8	MJ U16	04:47,6
51		41	00:24:02	Seidler, Sascha	1341		Deutsche Post	1975	8	M40	04:48,4
52		42	00:24:05	Pfefferkorn, Felix	1350		TV Gladbeck	2005	1	MJ U14	04:49,0
53		43	00:24:06	Prediger, André	1331		SV Gladbeck 13	1976	9	M40	04:49,2
54		44	00:24:10	Weindt, Stefan	1306		Laufkumpel	1971	6	M45	04:50,0
55		45	00:24:10	Knümann, René	1210		TVE Einigkeit Lauffreunde	1990	6	M	04:50,0
56	W	11	00:24:17	Groth, Janine	1347		Laufjunkies	1980	1	W35	04:51,4

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
57		46	00:24:20	Schmitz, Marlon	1083			1988	3	M30	04:52,0
58	W	12	00:24:25	Buttler, Nicole	1138		SV Gladbeck 13 e.V	1981	2	W35	04:53,0
59	W	13	00:24:31	Raßmann, Susanne	1337		LC Adler Bottrop	1973	1	W45	04:54,2
60	W	14	00:24:31	Buttler, Hannah	1137		SV Gladbeck 13 e.V	2006	2	WJ U14	04:54,2
61	W	15	00:24:32	Pieczkowski, Britta	1247		VfL Gladbeck 1921 e.V.	1975	5	W40	04:54,4
62		47	00:24:40	Krause, Frederik	1212		Krause Family	2006	2	MJ U14	04:56,0
63		48	00:24:51	Pfefferkorn, Emil	1351		TV Gladbeck	2006	3	MJ U14	04:58,2
64		49	00:24:54	Werthmann, Michael	1309		Team Werthmann	1965	3	M50	04:58,8
65	W	16	00:25:06	Althans, Jeanette Christin	1115		Ayyo Team Essen e.V.	1986	1	W30	05:01,2
66		50	00:25:06	Damm, Corvin	1142		SV Zweckel	2006	4	MJ U14	05:01,2
67	W	17	00:25:08	Pospiech, Christine	1249		TLV Germania Überruhr	1965	3	W50	05:01,6
68		51	00:25:10	Bayram, Seywan	1123		SGS C1	2004	9	MJ U16	05:02,0
69	W	18	00:25:11	Dudzik, Yvonne	1146			1986	2	W30	05:02,2
70		52	00:25:14	Lee, Cheolhee	1219		SGS C1	2004	10	MJ U16	05:02,8
71	W	19	00:25:21	Stütgens, Anja	1090			1996	2	W	05:04,2
72		53	00:25:30	Mandler, Matthias	1225		BIFF	1979	2	M35	05:06,0
73	W	20	00:25:44	Bzdega, Celina	1139		VfL Gladbeck 1921 e.V.- Le	2005	3	WJ U14	05:08,8
74		54	00:25:44	Albrecht, Marius	1114		VfL Gladbeck 1921 e.V.- Le	2005	5	MJ U14	05:08,8
75		55	00:25:52	Zocher, Stefan	1322			1979	3	M35	05:10,4
76		56	00:25:52	Huttny, Tim	1190		ELE Sport	1986	4	M30	05:10,4
77		57	00:25:59	Damm, Jens	1143			1974	10	M40	05:11,8
78		58	00:25:59	Müller, Rainer	1329			1954	2	M60	05:11,8
79		59	00:26:06	Krause, Markus	1213		Krause Family	1970	7	M45	05:13,2
80		60	00:26:09	Ehrlich, Marco	1148			1990	7	M	05:13,8
81	W	21	00:26:09	Schulla, Ann-Kathrin	1274			1993	3	W	05:13,8
82		61	00:26:09	Rademacher, Timo	1251		SGS C1	2004	11	MJ U16	05:13,8
83		62	00:26:09	Hochhaus, Norbert	1346			1953	2	M65	05:13,8
84		63	00:26:14	Keuter, Tim	1204		SGS C1	2004	12	MJ U16	05:14,8
85		64	00:26:17	Mulamba, Jonathan	1235		SGS C1	2004	13	MJ U16	05:15,4
86		65	00:26:17	Ruhrlander, Kai	1259			1979	4	M35	05:15,4
87		66	00:26:22	Klinger, Rudi	1208		Dudelsack	1962	5	M55	05:16,4
88		67	00:26:23	Ufermann, Tom	1297		SGS C1	2004	14	MJ U16	05:16,6
89	W	22	00:26:23	Pfefferkorn, Paula	1349		TV Gladbeck	1973	2	W45	05:16,6
90		68	00:26:24	Glahn, Philipp	1169		SGS C1	2004	15	MJ U16	05:16,8
91	W	23	00:26:24	Zimmermann, Jenni	1319		Kinderhaus Lumiland	1981	3	W35	05:16,8
92	W	24	00:26:26	Tennler, Nadja	1289		ATV 1886	1968	4	W50	05:17,2
93		69	00:26:32	Semerci, Malik	1280		SGS C1	2004	16	MJ U16	05:18,4
94	W	25	00:26:44	Weinberg, Johanna	1305		BIFF	1979	4	W35	05:20,8
95	W	26	00:26:45	Klinger, Andrea	1207		Dudelsack	1968	5	W50	05:21,0
96		70	00:26:48	Puffer, Kay	1250			1973	8	M45	05:21,6
97	W	27	00:27:00	Faust, Kathrin	1156		Kinderhaus Lumiland	1986	3	W30	05:24,0
98		71	00:27:11	Baumert, Christian	1122		ELE Sport	1974	11	M40	05:26,2
99	W	28	00:27:11	Helleckes, Katrin	1183		VfL Gladbeck - Fun Runner	1976	6	W40	05:26,2
100		72	00:27:16	Vittinghoff, Mario	1304			1976	12	M40	05:27,2
101	W	29	00:27:23	Maas, Dr. Antje	1241		Recklinghäuser LC	1966	6	W50	05:28,6
102		73	00:27:28	Wick, Fritz	1311		NiersRunners Wachtendonk	1949	3	M65	05:29,6
103	W	30	00:27:30	Kaluzny, Manuela	1197			1968	7	W50	05:30,0
104	W	31	00:27:30	Bader, Ramona	1117		Sparkasse Gladbeck	1993	4	W	05:30,0
105	W	32	00:27:31	Menzel, Meret	1229		VfL Gladbeck 1921 e.V.- Le	2005	4	WJ U14	05:30,2
106		74	00:27:32	Rietz, Meiko	1356			1977	13	M40	05:30,4
107		75	00:27:37	Schories, Uwe	1269			1966	4	M50	05:31,4
108		76	00:27:40	Huttny, Dieter	1189		ELE Sport	1961	6	M55	05:32,0
109	W	33	00:27:47	Grollmann, Laura	1175			1994	5	W	05:33,4
110		77	00:27:49	Tank, Dieter	1287		Dortmund	1955	3	M60	05:33,8
111	W	34	00:27:53	Laarmann, Carina	1215			1990	6	W	05:34,6
112		78	00:27:57	Katt, Guido-Martin	1201		Spanische Pfoten	1972	9	M45	05:35,4

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

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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
113	W	35	00:28:13	Pabst, Petra	1242			1973	3	W45	05:38,6
114	W	36	00:28:15	Albers, Nicole	1106			1982	5	W35	05:39,0
115		79	00:28:25	Jansen, Tristan	1192		SonjaTristanSonjaBjörn	1986	5	M30	05:41,0
116		80	00:28:27	Berrini, Alessio	1128		SGS C1	2004	17	MJ U16	05:41,4
117		81	00:28:28	Goldbeck, Lars	1170		SGS C1	2004	18	MJ U16	05:41,6
118		82	00:28:32	Seifert, Peter	1278		TVK 1877 Essen	1943	1	M75	05:42,4
119	W	37	00:28:34	Lehnert, Annika	1220		Jack Russell Notfelle	1980	6	W35	05:42,8
120	W	38	00:28:41	Mijnders, Bianca	1231		Viermärker Dortmund	1978	7	W40	05:44,2
121		83	00:28:44	Schal, Manfred	1264		Heimatverein	1946	3	M70	05:44,8
122	W	39	00:28:44	Schal, Anita	1263		Heimatverein	1947	1	W70	05:44,8
123	W	40	00:29:00	Wilde, Britta	1313		Frau	1975	8	W40	05:48,0
124		84	00:29:06	Ofiera, Roman	1326		Fun Runner Gladbeck	1961	7	M55	05:49,2
125	W	41	00:29:12	Fischer, Nadja	1162			1999	1	WJ U20	05:50,4
126		85	00:29:23	Zitzmann, René	1256		Dortmund	1980	5	M35	05:52,6
127	W	42	00:29:23	Nosing, Kerstin	1203		Dortmund	1971	4	W45	05:52,6
128		86	00:29:36	Veldhuis, Gert	1353			1962	8	M55	05:55,2
129		87	00:29:41	Friedrich, Dominic	1164			1991	8	M	05:56,2
130		88	00:29:41	Gentile, Raffaele	1167		Monte San Gladbeck	1951	4	M65	05:56,2
131	W	43	00:30:02	Müller, Miriam	1237		VfL Gladbeck 1921 e.V.- Le	1996	7	W	06:00,4
132		89	00:30:12	Acimovic, Meik	1100		Team hinterher	1975	14	M40	06:02,4
133		90	00:30:15	Thiel, Theodor	1291		SV Zweckel	2006	6	MJ U14	06:03,0
134		91	00:30:16	Wilkes, Michael	1314		Die Schleicher	1983	6	M35	06:03,2
135		92	00:30:20	Twiehaus, Sven	1295		SV Zweckel	1978	15	M40	06:04,0
136		93	00:30:21	Twiehaus, Fabrice	1296		SV Zweckel	2006	7	MJ U14	06:04,2
137	W	44	00:30:21	Vester, Charlotte	1302			2005	5	WJ U14	06:04,2
138		94	00:30:26	Tennler, Dirk	1290		ATV 1886	1966	5	M50	06:05,2
139		95	00:30:28	Damann, Lasse	1141		Viermärker Dortmund	1979	7	M35	06:05,6
140	W	45	00:30:39	Lay, Corinna	1218		Team hinterher	1985	4	W30	06:07,8
141		96	00:30:46	Mruck, Marcel	1234			1990	9	M	06:09,2
142	W	46	00:31:04	Lenga, Alexandra	1221		Dortmund	1990	8	W	06:12,8
143	W	47	00:31:11	Saarni, Anna	1261		Kinderhaus Lumiland	1978	9	W40	06:14,2
144		97	00:31:14	Zocher, Arthur	1321			1951	5	M65	06:14,8
145	W	48	00:31:35	Bönig, Monika	1340			1970	5	W45	06:19,0
146	W	49	00:31:42	Hahnen, Janina	1177			1988	5	W30	06:20,4
147	W	50	00:31:49	Henrich, Verena	1185		Adler-Langlauf Bottrop	1979	7	W35	06:21,8
148	W	51	00:31:52	Schueltingkemper, Magda	1272		Team Schuelti	1984	6	W30	06:22,4
149		98	00:32:00	Albers, Frank	1105			1976	16	M40	06:24,0
150		99	00:32:36	Schröer, Rainer	1271			1954	4	M60	06:31,2
151		100	00:32:41	Fioklou-Toulan, Elvis	1161		SGS C1	2004	19	MJ U16	06:32,2
152	W	52	00:32:45	Kläne, Verena	1205		Viermärker Dortmund	1990	9	W	06:33,0
153	W	53	00:32:46	Schwering, Christina	1277		Viermärker Dortmund	1985	7	W30	06:33,2
154	W	54	00:32:46	Jundel, Vanessa	1194		Viermärker Dortmund	1985	8	W30	06:33,2
155		101	00:32:48	Langanke, Paul Benjamin	1217		VfL Gladbeck 1921 e.V.	2000	2	MJ U20	06:33,6
156	W	55	00:32:54	Brand, Claudia	1134		Viermärker Dortmund	1971	6	W45	06:34,8
157	W	56	00:33:30	Westermann, Christiane	1310		BSG Vogelsang	1966	8	W50	06:42,0
158	W	57	00:33:35	Dunato, Laila	1147			1973	7	W45	06:43,0
159	W	58	00:33:52	Das, Vera Elisabeth	1144		Die Schleicher	1990	10	W	06:46,4
160	W	59	00:33:55	Göring-Wilkes, Katrin	1173		Die Schleicher	1984	9	W30	06:47,0
161	W	60	00:34:03	Höfer, Céline	1187			1970	8	W45	06:48,6
162	W	61	00:34:09	Heil, Sarah	1182			1988	10	W30	06:49,8
163		102	00:34:09	Heil, Ralf	1181			1959	9	M55	06:49,8
164	W	62	00:34:11	Bröker, Nancy	1135			1976	10	W40	06:50,2
165		103	00:34:22	Zahn, Wolfgang	1099		Viermärker Dortmund	1947	4	M70	06:52,4
166		104	00:34:29	Sowa, Thomas	1282			1994	10	M	06:53,8
167	W	63	00:34:30	Marquardt, Nadine	1228			1980	8	W35	06:54,0
168	W	64	00:34:54	Sieweke, Christina	1281			1989	11	W	06:58,8

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
169	W	65	00:34:56	Tenberg, Tanja	1093			1975	11	W40	06:59,2
170	W	66	00:34:57	Vester, Christiane	1301			1967	9	W50	06:59,4
171		105	00:35:10	Kampmann, Dirk	1199		Viermärker Dortmund	1965	6	M50	07:02,0
172	W	67	00:35:20	Seifert, Diana	1279		Viermärker Dortmund	1990	12	W	07:04,0
173	W	68	00:35:20	Schakau, Vera	1262		Viermärker Dortmund	1983	9	W35	07:04,0
174		106	00:35:26	Wiedmann, Ralf	1352			1967	7	M50	07:05,2
175		107	00:35:28	Karls, Andreas	1200		VfL Gladbeck 1921 e.V.	1966	8	M50	07:05,6
176	W	69	00:35:29	Paluska, Martina	1243			1963	1	W55	07:05,8
177	W	70	00:35:32	Wellpoth, Fiona	1325		VfL Gladbeck	2002	2	WJ U18	07:06,4
178		108	00:35:41	Stowasser, Andre	1286		BSG Vogelsang	1965	9	M50	07:08,2
179	W	71	00:36:03	Hengst, Sonja	1184		SonjaTristanSonjaBjörn	1985	11	W30	07:12,6
180	W	72	00:36:15	Kolb, Uljana	1211			1992	13	W	07:15,0
181		109	00:36:22	Leven, Sascha	1223			1998	11	M	07:16,4
182	W	73	00:36:31	Marach, Simone	1227			1981	10	W35	07:18,2
183	W	74	00:36:40	Schulte, Marina	1276		Kinderhaus Lumiland	1997	14	W	07:20,0
184	W	75	00:36:41	Zabel, Emely	1318			2006	6	WJ U14	07:20,2
185	W	76	00:38:17	Schulik, Christine	1273		kein	1988	12	W30	07:39,4
186	W	77	00:38:17	Evseev, Tatjana	1155			1991	15	W	07:39,4
187		110	00:38:21	Heise, Volker	1324			1965	10	M50	07:40,2
188		111	00:39:46	Thimm, Björn	1292		SonjaTristanSonjaBjörn	1987	6	M30	07:57,2
189	W	78	00:40:05	Buschulte, Elke	1136		BSG Vogelsang	1967	10	W50	08:01,0
190		112	00:40:36	Bode, Helmut	1130		TV Jahn Hiesfeld	1949	6	M65	08:07,2
191	W	79	00:40:45	Eller, Yvonne	1149		Kinderhaus Lumiland	1982	11	W35	08:09,0
192	W	80	00:40:45	Halter, LeAnne	1179		Kinderhaus Lumiland	1983	12	W35	08:09,0
193	W	81	00:40:46	Mertens, Sarah	1230		Kinderhaus Lumiland	1989	16	W	08:09,2
194	W	82	00:40:46	Gomoluch, Eva	1172		Kinderhaus Lumiland	1984	13	W30	08:09,2
195	W	83	00:41:25	Klöpzig, Marina	1209			1958	1	W60	08:17,0
196	W	84	00:46:19	Rommewinkel, Charlotte	1258		Ausdauerschule by Bunert	1986	14	W30	09:15,8
197	W	85	00:46:20	Schmechel, Christiane	1265		Ausdauerschule bei bunert	1968	11	W50	09:16,0
198		113	00:48:13	Range, Falk	1253		Team hinterher	1975	17	M40	09:38,6

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	Min/KM
1	W	00:39:10	1056	Finken, Melanie		nordic walk 4 fun mönchengladbach	1969	07:50,0
1		00:39:48	1098	Wiegand, Peter			1953	07:57,6
2	W	00:39:55	1348	Kümmel, Meike		BSG Spk GE	1962	07:59,0
3	W	00:42:03	1094	Werthmann, Sabine		Team Werthmann	1965	08:24,6
4	W	00:43:48	1072	Nick, Regina		Frauen Union Gladbeck	1965	08:45,6
5	W	00:44:05	1097	Werthmann, Lisa		Team Werthmann	1994	08:49,0
6	W	00:44:17	1089	Kaiser, Stephanie		Exit Hair	1979	08:51,4
2		00:44:48	1063	Hagemann, Carsten		VfL Gladbeck - Fun Runner	1971	08:57,6
7	W	00:44:48	1062	Hagemann, Anja		VfL Gladbeck - Fun Runner	1978	08:57,6
8	W	00:44:49	1061	Golomb, Heike			1958	08:57,8
9	W	00:44:50	1077	Nölle, Ulrike		Exit Hair	1958	08:58,0
10	W	00:45:11	1067	Kuscha, Sandra			1974	09:02,2
11	W	00:45:14	1057	Frericks Bösch, Brigitte		Stadtsportverband	1958	09:02,8
12	W	00:45:15	1055	Bader, Martina		TVE Lauffreunden Gladbeck	1966	09:03,0
13	W	00:45:15	1053	Bader, Monika		TVE Lauffreunde Gladbeck	1946	09:03,0
14	W	00:45:52	1088	Siwiec, Joanna			1975	09:10,4
15	W	00:47:14	1059	Gentile, Gianina		Monte San Gladbeck	1985	09:26,8
16	W	00:47:15	1058	Gentile, Karin		Monte San Gladbeck	1957	09:27,0
17	W	00:47:27	1071	Langer, Daniela			1981	09:29,4
18	W	00:47:27	1086	Senger, Anke			1973	09:29,4
19	W	00:48:51	1070	Kuscha, Franziska			2005	09:46,2
20	W	00:50:12	1066	Koch, Melanie		AS Neukirchen-Vluyn	1973	10:02,4
21	W	00:52:40	1084	Schulz, Angelika			1961	10:32,0
22	W	00:52:40	1079	Para, Liane		TVE Lauffreunde Gladbeck	1966	10:32,0
3		00:52:40	1085	Schulz, Uwe			1961	10:32,0
4		00:52:42	1080	Para, Ralf		TVE Lauffreunde Gladbeck	1965	10:32,4

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	01:18:48	Schröer, Ludger	230		LG Deiringsen	1969	1	M45	03:44,0
2		2	01:23:17	Wieduwildt, Nils	299		SV 13 Gladbeck	2000	1	MJ U20	03:56,8
3		3	01:24:01	Beyer, Florian	45		Döllken	1980	1	M35	03:58,9
4		4	01:24:25	Hanke, Ingo	105		Lauffreunde Bönen	1974	1	M40	04:00,0
5		5	01:24:43	Feldhaus, Norbert	84		LCA Rhede	1964	1	M50	04:00,9
6		6	01:25:17	Piffko, Hannes	193			1984	1	M30	04:02,5
7		7	01:25:20	Kortmann, André	144		Ingpuls Running	1981	2	M35	04:02,6
8		8	01:26:02	Brune, Gilbert	54			1971	2	M45	04:04,6
9		9	01:26:43	Tuttman, Ludger	278			1969	3	M45	04:06,5
10		10	01:28:20	Steingens, Marvin	255		TVE Lauffreunde Gladbeck	1994	1	M	04:11,1
11		11	01:28:37	Böcker, Tobias	47		FoKuS Selm	1987	2	M30	04:12,9
12		12	01:28:38	Hehse, Dirk	109		PDK	1982	3	M35	04:12,0
13		13	01:28:39	Nieß, Christopher	177		FoKuS Selm	1985	3	M30	04:12,0
14		14	01:28:39	Schwenke, Carsten	72		FoKuS Selm	1970	4	M45	04:12,0
15		15	01:28:56	Ludwig, Michael	156		Spiridon Haltern	1964	2	M50	04:12,8
16		16	01:29:08	Kluger, Dominik	137			1995	2	M	04:13,4
17		17	01:31:22	Wazna, Holger	295		Rumelner TV	1973	5	M45	04:19,8
18		18	01:31:29	Pfankuche, Wolfgang	192			1966	3	M50	04:20,1
19		19	01:32:26	Horn, Matthias	118		DJK-VfR Saarn	1981	4	M35	04:22,8
20		20	01:32:37	Dausner, Fabian	71			1993	3	M	04:23,3
21		21	01:33:04	Priester, Marco	200		SuS Bertlich	1969	6	M45	04:24,6
22	W	1	01:33:37	Zimmermann, Annika	314		TuS 09 Erckenschwick	1996	1	W	04:26,2
23		22	01:34:04	Lobitz, Pascal	153			2000	2	MJ U20	04:27,4
24		23	01:34:33	Dier, Andre	73			1981	5	M35	04:28,8
25		24	01:34:39	Dorobeck, Burkhard	340			1961	1	M55	04:29,1
26	W	2	01:35:53	Möse, Kristin	167		LSF Münster	1990	2	W	04:32,6
27		25	01:35:55	Löbbecke, Henning	152		TLC	1977	2	M40	04:32,7
28		26	01:36:03	Grabowski, Marc	96		Döllken	1985	4	M30	04:33,1
29		27	01:36:09	van Rijswijk, Erik	285	NLD		1981	6	M35	04:33,4
30		28	01:36:39	Kranz, Sebastian	145		Gesamtschule Buer-Mitte	1979	7	M35	04:34,8
31		29	01:37:19	Herrmann, Markus	115		VfL Gladbeck - Fun Runner	1979	8	M35	04:36,7
32		30	01:37:45	Ertel, Matthias	82		SG-Suderwich	1990	4	M	04:37,9
33	W	3	01:38:16	Schön, Sabine	227		SV Gladbeck 13 e.V	1974	1	W40	04:39,4
34		31	01:38:20	Grabowski, Christian	97		TVE Lauffreunde Gladbeck	1973	7	M45	04:39,6
35		32	01:38:24	Schmitz, Peter	226		Erler-Sportgemeinschaft	1959	2	M55	04:39,8
36		33	01:38:46	Est, Stephan	83			1967	4	M50	04:40,8
37		34	01:39:08	Pugliese, Michele	201		LC Rapid Dortmund	1949	1	M65	04:41,8
38	W	4	01:39:15	Zuddas, Birgit	317		SV Gladbeck 13 e.V	1970	1	W45	04:42,2
39		35	01:39:21	Atteln, Björn	38		Erler-Sportgemeinschaft	1976	3	M40	04:42,5
40		36	01:39:33	Büser, Michael	59			1989	5	M	04:43,0
41		37	01:39:37	Goretzki, Thomas	95			1982	9	M35	04:43,2
42		38	01:41:06	Markmann, Michael	157		FoKuS Selm	1969	8	M45	04:47,4
43		39	01:41:12	Klick, Michael	322		SuS Bertlich	1969	9	M45	04:47,7
44		40	01:41:19	Wiesmann, Karl	305		FoKuS Selm	1962	3	M55	04:48,1
45		41	01:41:35	Rost, Tobias	218		Ausdauerschule by bunert	1976	4	M40	04:48,8
46		42	01:41:49	Vöck, Dominik	292			1983	10	M35	04:49,5
47		43	01:41:52	Trost, Maik	275		TC Heide Fuhlenbrock	1986	5	M30	04:49,6
48		44	01:41:56	Niewierra, Tobias	178		BV Rentfort	1987	6	M30	04:49,8
49		45	01:42:05	Einck, Guido	80			1979	11	M35	04:50,2
50		46	01:42:06	Oppermann, Kim	184			1990	6	M	04:50,3
51		47	01:42:08	Lassotta, Mario	146		Auf Kohle geboren	1983	12	M35	04:50,4
52	W	5	01:42:08	Parthe, Maria	190		SV Benediktushof	1958	1	W60	04:50,4
53		48	01:42:23	Gährken, Michael	90		FoKuS Selm	1971	10	M45	04:51,1
54		49	01:42:27	Buschfort, Friedhelm	57		Team XR1	1964	5	M50	04:51,3
55		50	01:42:43	Parthe, Manfred	191		SV Benediktushof	1957	1	M60	04:52,0
56	W	6	01:43:25	Tank, Regina	264		Dortmund	1959	1	W55	04:54,0

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
57		51	01:43:27	Damisch, Thomas	70		LG Ultralauf	1965	6	M50	04:54,1
58		52	01:43:35	Krey, Jörg	319		Fokus Selm	1970	11	M45	04:54,5
59		53	01:44:11	Möller, Bernhard	166		FoKuS Selm	1961	4	M55	04:56,2
60		54	01:44:21	Trapp, Patrick	273			1983	13	M35	04:56,7
61	W	7	01:44:51	Wiesmann, Elisabeth	304		FoKuS Selm	1964	1	W50	04:58,1
62		55	01:44:56	Büchler, Andreas	56		Sonntagsläufer Kempen	1969	12	M45	04:58,3
63		56	01:45:41	Gudd, Andreas	99		LT Staudertrinker	1970	13	M45	05:00,5
64		57	01:45:41	Fuchs, Marco	89		LT Die Staudertrinker	1973	14	M45	05:00,5
65		58	01:47:01	Kalnik, Stefan	122		TVE Lauffreunde Gladbeck	1988	7	M30	05:04,3
66		59	01:47:53	Pinsele, Jörg	195			1964	7	M50	05:06,7
67	W	8	01:49:29	Schulz, Rita	243		SC Bottrop	1958	2	W60	05:11,3
68	W	9	01:49:30	Töller, Kerstin	271		LG Alpen	1979	1	W35	05:11,3
69		60	01:49:44	Wesolowski, Joerg	298			1962	5	M55	05:12,0
70		61	01:50:12	Stancel, Marcel	251			1988	8	M30	05:13,3
71		62	01:50:52	Borecki, Sebastian	49			1985	9	M30	05:15,2
72	W	10	01:51:02	Mansith, Daniela	336		Tri-Team TV Schiefbahn	1973	2	W45	05:15,7
73		63	01:51:33	Dombrowsky, Detlef	77		VfL Gladbeck - Fun Runner	1959	6	M55	05:17,2
74		64	01:51:33	Dopmeier, Daniel	79			1983	14	M35	05:17,2
75		65	01:51:42	Switon, Rainer	258		VfL Gladbeck - Fun Runner	1964	8	M50	05:17,6
76		66	01:51:52	Max, Michael	159			1960	7	M55	05:18,1
77		67	01:51:58	Ullrich, Günter	281			1959	8	M55	05:18,3
78		68	01:52:11	Schröder, Fabian	228			1986	10	M30	05:19,0
79		69	01:52:11	Haaks, Phillip	102			1992	7	M	05:19,0
80		70	01:52:28	Wilde, Frank	307			1973	15	M45	05:19,8
81		71	01:53:37	Gollan, Stefan	94			1987	11	M30	05:23,0
82		72	01:53:39	Storch, Rajko	256		Samtkragen Runnings	1975	5	M40	05:23,1
83	W	11	01:55:09	Lerch, Dörthe	151		Auf Kohle geboren	1971	3	W45	05:27,4
84	W	12	01:55:19	Orlowski, Marion	185		FoKuS Selm	1976	2	W40	05:27,9
85		73	01:55:26	Richter, Volker	213		FoKuS Selm	1974	6	M40	05:28,2
86		74	01:55:27	Recker, Winfried	204		FoKuS Selm	1963	9	M55	05:28,2
87	W	13	01:56:47	Junkermann, Melanie	121			1977	3	W40	05:32,0
88		75	01:56:59	Klinkenbuß, Egon	136		RAG Zentrale Grubenwehr	1961	10	M55	05:32,6
89		76	01:57:37	Werner, Oliver	296			1966	9	M50	05:34,4
90	W	14	01:58:09	Claus, Annika	63			1978	4	W40	05:36,9
91		77	01:58:27	Geiling, Moritz	93			1993	8	M	05:36,8
92		78	01:58:34	Schulz, Michael	245			1965	10	M50	05:37,1
93		79	01:58:45	König, Florian	143			1972	16	M45	05:37,6
94	W	15	01:58:54	Kirsten, Annika	126		VfL Gladbeck 1921 e.V.	2000	1	WJ U20	05:38,1
95		80	01:58:55	Günther, Christoph	100		VfL Gladbeck 1921 e.V.	1986	12	M30	05:38,1
96		81	01:59:26	Oestreich, Jens	181			1985	13	M30	05:39,6
97		82	01:59:37	Schuhmacher, Johannes	233		Team Bondex	1985	14	M30	05:40,1
98	W	16	01:59:56	Okninski, Anna	30	POL		1983	2	W35	05:41,0
99		83	02:00:04	Kalk, Knut	325		TG Solingen-Burg	1968	11	M50	05:41,4
100	W	17	02:00:13	Brauns, Elisabeth	53		Laufftreff Sterkrade- Nord	1965	2	W50	05:41,8
101	W	18	02:00:31	Coßmann, Dorothee	67			1967	3	W50	05:42,7
102		84	02:00:43	Laszczyk, Ralf	147		Zentrale Grubenwehr	1962	11	M55	05:43,2
103		85	02:01:21	Moser, Michael	168		TVE Einigkeit	1967	12	M50	05:45,0
104		86	02:01:39	Torkuhl, André	334			1955	2	M60	05:45,9
105		87	02:01:52	Garasinski, Michael	91			1979	15	M35	05:46,5
106	W	19	02:01:52	Möller, Sylvia	164		FoKuS Selm	1965	4	W50	05:46,5
107	W	20	02:01:55	König, Ulrike	140		FoKuS Selm	1974	5	W40	05:46,6
108		88	02:02:09	Schulteis, Thomas	238			1975	7	M40	05:47,3
109	W	21	02:02:09	Pilling-Wilke, Susan	194		Marathon Mülheim	1952	1	W65	05:47,3
110		89	02:02:23	Bos, Michael	50		City Runners Brauck	1959	12	M55	05:48,0
111	W	22	02:02:32	Nieß, Jessica	175		FoKuS Selm	1987	1	W30	05:48,4
112		90	02:03:33	Strzalla, Robert	257		Die Seitenstecher	1984	15	M30	05:51,3

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

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
113	W	23	02:03:35	Richter, Andrea	216		FoKuS Selm	1976	6	W40	05:51,4
114		91	02:03:35	Schweizer, Peter	250		FoKuS Selm	1959	13	M55	05:51,4
115		92	02:03:54	Sagewka, Christoph	222			1987	16	M30	05:52,3
116	W	24	02:03:57	Postert, Sabine	199		BTC-Herne	1982	3	W35	05:52,4
117		93	02:03:57	Jakobus, Klaus	120		VfL Gladbeck - Fun Runner	1966	13	M50	05:52,4
118	W	25	02:03:57	Richter, Stefanie	215		Team Erdinger Alkoholfrei	1980	4	W35	05:52,4
119		94	02:03:58	Dommen, Wilhelm	78		TVE Lauffreunde Gladbeck	1968	14	M50	05:52,5
120		95	02:04:24	Akeme, Kaiso-Lukas	33			1990	9	M	05:53,7
121		96	02:05:22	Diex, Uwe	74			1960	14	M55	05:56,4
122	W	26	02:05:47	Fritsch, Rita	88			1965	5	W50	05:57,6
123		97	02:05:58	Freundlieb, Werner	86		FoKuS Selm	1956	3	M60	05:58,1
124	W	27	02:06:23	Herde, Nina	111			1976	7	W40	05:59,3
125	W	28	02:06:42	Löderbusch, Heike	155			1970	4	W45	06:00,2
126	W	29	02:07:36	Neumann, Jessica	169		FoKuS Selm	1986	2	W30	06:02,8
127		98	02:08:02	Drewitz, Piet	321			1948	1	M70	06:04,0
128		99	02:08:30	Beckmann, Wilhelm	41			1994	10	M	06:05,4
129		100	02:08:48	Recker, Jutta	203		FoKuS Selm	1965	15	M50	06:06,2
130	W	30	02:09:20	Herrmann, Sabrina	116			1993	3	W	06:07,7
131		101	02:09:37	Zemke, Udo	310		LG Alpen	1948	2	M70	06:08,5
132	W	31	02:10:06	Döbbelin-Südfeld, Klara	75		FoKuS Selm	1963	2	W55	06:09,9
133	W	32	02:11:01	Otten, Inge	186		LG Alpen	1955	3	W60	06:12,5
134		102	02:11:39	Romeo, Salvatore	217	ITA	A,S,Modena, R,C Italy	1959	15	M55	06:14,3
135	W	33	02:13:24	Leon, Veronica	150	ECU		1986	3	W30	06:19,3
136	W	34	02:13:28	Zuddas, Daniela	315		Lust zu laufen	1971	5	W45	06:19,5
137	W	35	02:13:32	Reichert, Maike Johanna	207			1994	4	W	06:19,7
138		103	02:13:32	Beckmann, Justus	42			1996	11	M	06:19,7
139		104	02:15:14	Berndt, Danny	44			1988	17	M30	06:24,5
140		105	02:15:25	Tiemann, Andreas	266			1969	17	M45	06:25,0
141	W	36	02:15:56	Sprink, Karin	331		LT Stoppenberg	1967	6	W50	06:26,5
142		106	02:16:02	Beger, Detlef	43		TV-Lauffreunde Gladbeck	1964	16	M50	06:26,8
143	W	37	02:16:16	Hilgert, Barbara	117		LG Alpen	1957	4	W60	06:27,4
144		107	02:16:17	Unterberg, Reiner	284		LG Alpen	1956	4	M60	06:27,5
145		108	02:17:04	Hauke, Robert	107			1979	16	M35	06:29,7
146	W	38	02:20:26	Beckers, Sandra	40			1980	5	W35	06:39,3
147		109	02:22:33	Klein, Hans-Jürgen	129		Team Erdinger Alkoholfrei	1953	2	M65	06:45,3
148		110	02:22:52	Schürmann, Jonas	246			2001	1	MJ U18	06:46,2
149		111	02:25:07	Pankratz, Robert	187			1997	12	M	06:52,6
150	W	39	02:25:15	Reinhardt, Sabine	211			1964	7	W50	06:53,0
151		112	02:27:41	Bauer, Michael	39			1972	18	M45	06:59,9
152	W	40	02:29:57	Szrubarz, Jessica	263			1993	5	W	07:06,3
153	W	41	02:29:57	Tkocz, Angeliq	268			1989	6	W	07:06,3
154	W	42	02:36:18	Neunerdt, Sonja	171			1991	7	W	07:24,4
155		113	02:36:55	Seck, Stefan	342		LT Bittermark Dortmund	1968	17	M50	07:26,2
156	W	43	02:51:15	Zilla, Christiane	311		SV 13 Gladbeck	1956	5	W60	08:06,9
157	W	44	02:51:15	Cirkel, Jutta	62			1969	6	W45	08:06,9

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1	W	1	00:05:42	Wiechers, Lenja	1046		LG Stadtwerke Hilden	2007	1	WK U12	03:48,0
2	W	2	00:05:45	Schäfer, Sina	1035		SV Gladbeck 13 e.V	2008	2	WK U12	03:50,0
3	W	3	00:05:54	Deicke, Nike	1006		Kölner Tennis und Hockey	2007	3	WK U12	03:56,0
4		1	00:06:05	Westhoff, David	1357		Recklinghäuser LC	2007	1	MK U12	04:03,3
5		2	00:06:12	Reisinger, Theo	1026			2011	1	MK U08	04:08,0
6		3	00:06:16	Reisinger, Anton	1029			2009	1	MK U10	04:10,6
7	W	4	00:06:25	Müller, Cassandra	1021		LGO Dortmund/TSC Eintrac	2009	1	WK U10	04:16,6
8	W	5	00:06:33	Buttler, Juliana	1005		SV Gladbeck 13 e.V	2009	2	WK U10	04:22,0
9		4	00:06:33	Kleinhüchelkoten, Felix	1011			2009	2	MK U10	04:22,0
10		5	00:06:35	Yoshizawa, Kaito	1049		Team Treeyo	2008	2	MK U12	04:23,3
11		6	00:06:36	Lux, Aron	1016		SV Westerholt 14/19	2008	3	MK U12	04:24,0
12	W	6	00:06:38	Nebich, Leonie	1022		LAV Oberhausen	2009	3	WK U10	04:25,3
13		7	00:06:40	Bzdega, Linus	1343		VfL Gladbeck	2008	4	MK U12	04:26,6
14	W	7	00:06:41	Reindl, Alva	1025		SV Fortuna Schmölln	2010	4	WK U10	04:27,3
15		8	00:06:44	Wilde, Jan	1048			2009	3	MK U10	04:29,3
16		9	00:06:47	Skonecka, Lars	1040			2010	4	MK U10	04:31,3
17		10	00:06:53	Ruhrlander, Paul	1031			2008	5	MK U12	04:35,3
18		11	00:06:54	Ronczek, Jonas	1362		VfL Gladbeck	2009	5	MK U10	04:36,0
19		12	00:07:12	Banaszak, Joel	1001		VfL Gladbeck 1921 e.V.	2007	6	MK U12	04:48,0
20	W	8	00:07:15	Hildebrandt, Smilla	1359			2007	4	WK U12	04:50,0
21	W	9	00:07:32	Hildebrandt, Maxi	1358		TV Gladbeck	2010	5	WK U10	05:01,3
22	W	10	00:07:32	Schäfer, Luna	1034		SV Gladbeck 13 e.V	2012	1	WK U08	05:01,3
23		13	00:07:34	Yoshizawa, Kento	1050		Team Treeyo	2012	2	MK U08	05:02,6
24	W	11	00:07:34	Maksumic, Amilia	1017		VfL Gladbeck 1921 e.V.- Le	2009	6	WK U10	05:02,6
25	W	12	00:07:36	Banken, Nele	1002		TSG Kirchhellen	2012	2	WK U08	05:04,0
26	W	13	00:07:39	Tenberg, Rahel Fiona	1042		VfL Gladbeck 1921 e.V.- Le	2010	7	WK U10	05:06,0
27		14	00:07:45	Reindl, August-Friedrich	1023		SV Fortuna Schmölln	2012	3	MK U08	05:10,0
28	W	14	00:07:50	Ulbrich-Gebauer, Lisa	1361			2008	5	WK U12	05:13,3
29	W	15	00:07:54	Ruhrlander, Lilli	1033			2010	8	WK U10	05:16,0
30	W	16	00:07:57	Löbbecke, Lotta	1015		TLC	2009	9	WK U10	05:18,0
31	W	17	00:07:57	Kurek, Amelie	1014		BIFF	2010	10	WK U10	05:18,0
32	W	18	00:07:59	Mandler, Lotte	1020		BIFF	2010	11	WK U10	05:19,3
33		15	00:07:59	Ulbrich-Gebauer, Max	1360			2008	7	MK U12	05:19,3
34	W	19	00:08:05	Wilde, Hannah	1047			2010	12	WK U10	05:23,3
35		16	00:08:13	Weidner, Ferdinand Jakob	1344		VfL Gladbeck	2012	4	MK U08	05:28,6
36	W	20	00:08:24	Sommer, Neele Maria	1041		VfL Gladbeck 1921 e.V.- Le	2011	3	WK U08	05:36,0
37	W	21	00:08:34	Kleinhüchelkoten, Pia	1007			2011	4	WK U08	05:42,6
38	W	22	00:08:48	Trees, Amy	1043		Team Treeyo	2010	13	WK U10	05:52,0
39	W	23	00:08:56	Schueltingkemper, Marika	1039		Team Schuelti	2011	5	WK U08	05:57,3

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:34:05	Clauß, Paul	640		Sc DHfK Leipzig	1992	1	M	03:24,5
2		2	00:37:09	Martin, Marcel	938			1987	1	M30	03:42,9
3		3	00:37:49	Walz, Christian	905		Mufflonstall	1988	2	M30	03:46,9
4		4	00:37:52	Goeke, Martin	678		Ausdauerschule by bunert	1982	1	M35	03:47,2
5		5	00:39:26	Haase, Matthias	928		Pflanzlich... find ich gut	1971	1	M45	03:56,6
6		6	00:39:30	Röckers, Matthias	824			1985	3	M30	03:57,0
7		7	00:39:30	Haesters, Danny	688		VfL Bergheide	1981	2	M35	03:57,0
8		8	00:39:37	Kirchhof, Jürgen	927		Recklinghäuser LC	1966	1	M50	03:57,7
9		9	00:39:45	Exner, Pascal	659			1986	4	M30	03:58,5
10		10	00:40:06	Schönwald, Gerrit	850			1982	3	M35	04:00,6
11		11	00:40:19	Löll, Thorsten	762		Roadrunners Moers	1971	2	M45	04:01,9
12		12	00:40:50	Hüser, Dirk	708		Lg Theater Essen	1965	2	M50	04:05,0
13		13	00:40:54	Schweitzer, Claus	869		Team Stadt Essen	1966	3	M50	04:05,4
14		14	00:40:55	Jungblut, Martin	720		OTV Endurance Team	1975	1	M40	04:05,5
15		15	00:40:56	Pakmohr, Andreas	804		LG Wuppertal	1960	1	M55	04:05,6
16		16	00:41:43	Denzer, Marcel	646			1977	2	M40	04:10,3
17		17	00:43:04	Butterweck, Carsten	924			1971	3	M45	04:18,4
18		18	00:43:19	Maus, Stefan	774		Team Erdinger Alkoholfrei	1964	4	M50	04:19,9
19		19	00:43:31	Kemmesies, Rainer	931		Team Arezen	1961	2	M55	04:21,1
20	W	1	00:43:37	Jöster, Hannah	715			1995	1	W	04:21,7
21		20	00:43:53	Treese, Dirk	898		PSV Recklinghausen	1969	4	M45	04:23,3
22		21	00:44:20	Tank, Stefan	896		Freibeuter	1979	4	M35	04:26,0
23		22	00:44:33	Möllmann, Martin	782		PACE PACK RUNNERS	1976	3	M40	04:27,3
24		23	00:45:49	Detmers, Hendrik	648			1984	5	M30	04:34,9
25		24	00:46:04	Schueltingkemper, Michae	865		Team Schuelti	1974	4	M40	04:36,4
26		25	00:46:06	Wellpoth, Jan	911		VfL Gladbeck 1921 e.V.- Le	2005	1	MJ U14	04:36,6
27		26	00:46:09	Schwentker, Thomas	870		ELE Sport	1966	5	M50	04:36,9
28		27	00:46:16	Schmidt, Wolfgang	846		Aktiv Nienhausen	1960	3	M55	04:37,6
29		28	00:46:17	Wellpoth, Andreas	918		Fun Runner VfL Gladbeck	1970	5	M45	04:37,7
30		29	00:46:23	Dankert, Sven	643		ELE Sport	1980	5	M35	04:38,3
31		30	00:46:41	Kabitzke, Roland	723		DER KLEINE BERGMANN	1980	6	M35	04:40,1
32		31	00:46:45	Adlerhorst, Markus	602		VfL Gladbeck 1921 e.V.	1981	7	M35	04:40,5
33		32	00:46:58	Springer, Karsten	881		SG HSH Nordbank e.V.	1969	6	M45	04:41,8
34		33	00:47:16	Schmitz, Maurice	848		ELE Sport	1980	8	M35	04:43,6
35	W	2	00:47:20	Ronczeck, Christina	827		VfL Gladbeck - Fun Runner	1983	1	W35	04:44,0
36		34	00:47:22	Avermann, Sven	605			1986	6	M30	04:44,2
37	W	3	00:47:26	Polan, Christina	940			1988	1	W30	04:44,6
38		35	00:47:26	Finder, Dennis	667			1981	9	M35	04:44,6
39		36	00:47:36	Streib, Manuel	889			1985	7	M30	04:45,6
40		37	00:47:48	Gadzia, Waldemar	671			1972	7	M45	04:46,8
41	W	4	00:47:50	Stegemann, Pia	888		TV Einigkeit Lauffreunde Gl	1998	2	W	04:47,0
42		38	00:48:02	Baumeister, Manfred	609		SV Schermbeck Leichtathle	1962	4	M55	04:48,2
43	W	5	00:48:07	Korte, Anja	742			1978	1	W40	04:48,7
44		39	00:48:09	Kunigo, Hayato	752		FC Schalke 04	1978	5	M40	04:48,9
45		40	00:48:10	Wegner, Manuel	906		LT Wischlingen Dortmund	1983	10	M35	04:49,0
46		41	00:48:10	Klein, Leonard	921			2006	2	MJ U14	04:49,0
47		42	00:48:12	Klein, Andreas	922		Haltern am See	1966	6	M50	04:49,2
48		43	00:48:32	Löbber, Sven	761			1987	8	M30	04:51,2
49		44	00:48:33	Kipar, Finn	734		SuS Bertlich 1945 e.V.	2005	3	MJ U14	04:51,3
50		45	00:48:35	Ronczeck, Stefan	828			1972	8	M45	04:51,5
51		46	00:48:39	Kipar, Mirco	733		SV Gladbeck 13 e.V	1972	9	M45	04:51,9
52		47	00:48:42	Krämer, Michael	744		Roadrunner	1959	5	M55	04:52,2
53		48	00:49:24	Segers, Roland	875		SuS Bertlich 1945	1964	7	M50	04:56,4
54	W	6	00:49:28	Schumacher, Sarah	933		TVE Lauffreunde Gladbeck	1988	2	W30	04:56,8
55		49	00:49:35	Oberholz, Thomas	802		LG Theater Essen	1961	6	M55	04:57,5
56		50	00:49:38	Schnitt, Thomas	849		SV Zweckel	1969	10	M45	04:57,8

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

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
57		51	00:49:52	Mees, Julian	775		Bundeswehr	1998	2	M	04:59,2
58		52	00:49:57	Bütow, Karsten	631			1980	11	M35	04:59,7
59		53	00:49:57	Reeh, Sigurd	925		TVE Lauffreunde Gladbeck	1966	8	M50	04:59,7
60		54	00:50:02	Lange, Wolfgang	753		SuS Bertlich	1967	9	M50	05:00,2
61	W	7	00:50:20	Rahe, Michaela	816		VfL Gladbeck - Fun Runner	1984	3	W30	05:02,0
62		55	00:50:25	Bonde, Ingo	620			1972	11	M45	05:02,5
63	W	8	00:50:29	Gaschnitz, Ingrid	673		Marl	1963	1	W55	05:02,9
64	W	9	00:51:01	Fellner-Rothert, Sylvie	664		Tri Ducks Dorsten	1969	1	W45	05:06,1
65		56	00:51:13	Blies, André	615			1974	6	M40	05:07,3
66		57	00:51:22	Rimkus, Klaus	821		SV13Glasbeck	1964	10	M50	05:08,2
67		58	00:51:27	Wollnitz, Norbert	917			1966	11	M50	05:08,7
68	W	10	00:51:33	Buttler, Nicole	636		SV Gladbeck 13 e.V	1981	2	W35	05:09,3
69		59	00:51:42	Kujath, Philipp	751			1989	3	M	05:10,2
70	W	11	00:52:09	Graudenz, Corinna	682			1988	4	W30	05:12,9
71		60	00:52:13	Gallego Lorenzo, Juan Ant	672		Döllken	1968	12	M50	05:13,3
72	W	12	00:52:19	Niermann, Sandra	791		LT Starlight Team Essen	1970	2	W45	05:13,9
73		61	00:52:29	Duesmann, Dierk	654			1965	13	M50	05:14,9
74		62	00:52:30	Müllenbeck, Norbert	786			1963	7	M55	05:15,0
75		63	00:52:45	Heid, Harald	697		LG Theater Essen	1959	8	M55	05:16,5
76		64	00:53:14	Grabowski, Robert	680		SV Gladbeck 13 e.V	1970	12	M45	05:19,4
77		65	00:53:18	Sendt, Andre	878			1983	12	M35	05:19,8
78		66	00:53:19	Weiler, Markus	907		Versensporn-Runners	1967	14	M50	05:19,9
79		67	00:53:19	Schrader, Willi	852		LG Theater Essen	1944	1	M70	05:19,9
80		68	00:53:21	Haske, Michael	692			1967	15	M50	05:20,1
81		69	00:53:25	Fahlbusch, Michael	661			1973	13	M45	05:20,5
82	W	13	00:53:38	Schulz, Sandra	866		Team Camerone e.V.	1977	2	W40	05:21,8
83		70	00:53:38	Förster, Udo	668		Team Camerone e.V.	1965	16	M50	05:21,8
84		71	00:53:48	Liebing, Olaf	756			1968	17	M50	05:22,8
85		72	00:53:53	Mindthoff, Uwe	781		VHS Fitness Wesel	1958	1	M60	05:23,3
86		73	00:53:58	Nölle, Stefan	886		Exit Hair	1985	9	M30	05:23,8
87		74	00:54:12	Tampier, Dirk	891			1970	14	M45	05:25,2
88		75	00:54:23	Humke, Dirk	706		VfL Gladbeck 1921 e.V.	1970	15	M45	05:26,3
89	W	14	00:54:23	Pieczkowski, Britta	807		VfL Gladbeck 1921 e.V.	1975	3	W40	05:26,3
90		76	00:54:58	Joachim, Marco	709			1974	7	M40	05:29,8
91	W	15	00:55:00	Feindt, Ulrike	662			1964	1	W50	05:30,0
92	W	16	00:55:03	Arnold-Klatt, Manuela	604		BTC Herne	1970	3	W45	05:30,3
93		77	00:55:11	Schmidt, Dennis	845			1988	10	M30	05:31,1
94		78	00:55:16	Schlopsnies, Benjamin	840			1980	13	M35	05:31,6
95	W	17	00:55:20	Weiler, Sabine	908		Versensporn-Runners	1971	4	W45	05:32,0
96	W	18	00:55:21	Ploeger, Vera	812		Versensporn-Runners	1966	2	W50	05:32,1
97		79	00:55:22	Kreutz, Lucas	745		Vogel & friends	1991	4	M	05:32,2
98		80	00:55:22	Vogel, Pascal	902		Vogel & friends	1992	5	M	05:32,2
99		81	00:55:31	Kieschnick, Robert	932			1964	18	M50	05:33,1
100		82	00:55:39	Meinert, Philipp	919			1967	19	M50	05:33,9
101	W	19	00:55:45	Jost, Stefanie	714			1970	5	W45	05:34,5
102		83	00:55:46	Neumann, Dennis	929			1982	14	M35	05:34,6
103	W	20	00:55:53	Daus, Andrea	645			1971	6	W45	05:35,3
104		84	00:56:01	Staubach, Rainer	885			1964	20	M50	05:36,1
105		85	00:56:11	Schoenberg, Sven	920		RuWA Essen-Dellwig	1977	8	M40	05:37,1
106		86	00:56:16	Radzanowski, Werner	814		SV Schermbeck Leichtathle	1949	1	M65	05:37,6
107		87	00:56:37	Ulbrich, Sebastian	871		ELE Sport	1984	11	M30	05:39,7
108		88	00:56:38	Petri, Simon	805			1996	6	M	05:39,8
109		89	00:56:55	Franz, Werner	670		Lauf lust-Team Gelsenkirche	1955	2	M60	05:41,5
110	W	21	00:57:14	Hallay, Dagmar	689			1966	3	W50	05:43,4
111		90	00:57:19	Griguhn, Reiner	687			1957	3	M60	05:43,9
112		91	00:57:23	Bürvenich, Heribert	625		TV Stoppenberg	1947	2	M70	05:44,3

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

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
113		92	00:58:01	Zdrojewki, Horst	926		TUS Hilstrup	1945	3	M70	05:48,1
114		93	00:58:04	Schäfer, Ralf	838		TCG Gelsenkirchen	1956	4	M60	05:48,4
115	W	22	00:58:09	Hülscher, Katharina	727		Exit Hair	1980	3	W35	05:48,9
116		94	00:58:26	Brylak, Berthold	624		Sparkasse Gladbeck	1963	9	M55	05:50,6
117	W	23	00:58:32	Nobbe, Dorothee	800			1971	7	W45	05:51,2
118		95	00:58:53	Schröder, Norbert	860		Im Binnefeld 36	1966	21	M50	05:53,3
119	W	24	00:58:53	Moratz, Silvia	784		Im Binnefeld 36	1971	8	W45	05:53,3
120		96	00:59:00	Kensy, Sebastian	731			1991	7	M	05:54,0
121		97	00:59:13	Ludwig, Rolf	763			1971	16	M45	05:55,3
122		98	00:59:44	Götze, Ronald	679		Lindgrün	1960	10	M55	05:58,4
123		99	01:00:28	Welters, Andre	913			1980	15	M35	06:02,8
124	W	25	01:00:30	Gezici, Hale-Schnecke	930		Pflanzlich... find ich gut	1978	4	W40	06:03,0
125		100	01:00:34	Mehlmann, Steffen	777		Laufboys Brauck-Horst	1992	8	M	06:03,4
126		101	01:00:35	Schäfer, David	835		TCG Gelsenkirchen	1986	12	M30	06:03,5
127		102	01:00:35	Mehlmann, Heiner	776		Laufboys Brauck-Horst	1983	16	M35	06:03,5
128		103	01:00:46	Martin, Olaf	768			1963	11	M55	06:04,6
129		104	01:00:49	Thiele-Salih, Volker	939		Team Markuskirche	1953	2	M65	06:04,9
130		105	01:00:53	Büser, Michael	629			1989	9	M	06:05,3
131	W	26	01:00:53	Büser, Laura	630			1992	3	W	06:05,3
132		106	01:01:05	Eichhorn, Rüdiger	656		Versensporn-Runners	1963	12	M55	06:06,5
133	W	27	01:01:08	Klopper, Tanja	737			1983	4	W35	06:06,8
134		107	01:01:10	Duckheim, Pascal	652		ELE Sport	1993	10	M	06:07,0
135	W	28	01:01:15	Kruse, Verena	747		ELE Sport	1994	4	W	06:07,5
136		108	01:01:19	Driever, Frank	651			1968	22	M50	06:07,9
137	W	29	01:01:32	Heimann, Kathrin	936		Schiedsrichter	1985	5	W30	06:09,2
138	W	30	01:03:28	Kuhlmann, Sandra	750			1968	4	W50	06:20,8
139	W	31	01:03:28	Dähmow, Britta	642			1970	9	W45	06:20,8
140	W	32	01:03:33	Poida, Silke	879		TC Rentfort	1970	10	W45	06:21,3
141		109	01:03:34	Jontzek, Michael	713		TC Rentfort	1967	23	M50	06:21,4
142	W	33	01:03:54	Malchrowicz, Luisa	765			1985	6	W30	06:23,4
143	W	34	01:04:11	Koslowski, Krista	743			1951	1	W65	06:25,1
144		110	01:04:33	König, Daniel	739			1994	11	M	06:27,3
145		111	01:04:59	Lemke, Richard	754		KSC Bottrop	1975	9	M40	06:29,9
146		112	01:05:02	Wessel, Christoph	915			1985	13	M30	06:30,2
147	W	35	01:05:24	Behrendt, Amelie	611			2002	1	WJ U18	06:32,4
148	W	36	01:05:28	Slaats-Interbieten, Tanja	880			1988	7	W30	06:32,8
149		113	01:05:37	Gerland, Marco	674			1966	24	M50	06:33,7
150	W	37	01:05:52	König, Katharina	741			1990	5	W	06:35,2
151		114	01:06:15	Häselhoff, Christian	691			1964	25	M50	06:37,5
152		115	01:06:21	Meis, Benjamin	778		Team Bierchen	1985	14	M30	06:38,1
153	W	38	01:06:21	Maas, Hanna	764		Team Bierchen	1976	5	W40	06:38,1
154	W	39	01:07:58	Brinks, Alana	621			1993	6	W	06:47,8
155		116	01:08:06	Primus, Jörg	813			1969	17	M45	06:48,6
156	W	40	01:08:08	Linke, Janine	759			1988	8	W30	06:48,8
157		117	01:08:26	Chung, Stefan	639		ELE Sport	1980	17	M35	06:50,6
158		118	01:09:14	Helpa, Dennis	934			1983	18	M35	06:55,4
159	W	41	01:10:59	Lemke, Natalie	755		KSC Bottrop	1977	6	W40	07:05,9
160	W	42	01:23:21	Tiedens, Silke	923			1967	5	W50	08:20,1