

# Ergebnisliste



Meerbusch läuft!

Bunert-Sommerlauf -10 km-, 9. Juli 2005

Platz	Zeit	St.Nr.	Name	Verein	Jahr	PAK	AK	Min/KM	Z-Diff	
1	00:33:55	924	Müller, Marc	LAZ Mönchengladba	1984	1	HKM	03:24	00:00:00	
2	00:35:02	2	Alex, Steffen	TS Lichtenfels	1978	2	HKM	03:30	00:01:07	
3	00:36:20	19	Bexiga, José	Athletik Waldniel	1968	1	M35	03:38	00:02:25	
4	00:37:04	930	Schuffels, Peter	Athletik Waldniel	1964	1	M40	03:42	00:03:09	
5	00:37:33	887	Claesges, Michael	TSV Hochdahl	1964	2	M40	03:45	00:03:38	
6	00:37:42	905	Cattelaens, Gerd	LG Rhein-Erft	1954	1	M50	03:46	00:03:47	
7	00:37:45	908	Kin, Robert	KTSV Preussen Kref	1971	1	M30	03:46	00:03:50	
8	00:38:09	956	Epping, Matthias	SC Bayer Triathlon	1986	1	JMA	03:49	00:04:14	
9	00:38:13	191	Ramp, Andreas	LG Lanklaeufer.de	1963	3	M40	03:49	00:04:18	
10	00:38:26	911	Yildiz, Nedim	SC Bayer 05 Uerding	1968	2	M35	03:51	00:04:31	
11	00:38:30	917	Glahn, Lutz	SLTM Krefeld 94	1967	3	M35	03:51	00:04:35	
12	00:38:34	128	Krystek, Raphael	Krefeld	1982	3	HKM	03:51	00:04:39	
13	00:38:35	879	My Abdellah, Ait el Ferr	ohne Verein	1961	4	M40	03:52	00:04:40	
14	00:38:52	923	Müller, Burkhard	Tura Brüggem	1954	2	M50	03:53	00:04:57	
15	00:39:18	265	Troldner, Karsten	Alfterer SC	1965	5	M40	03:56	00:05:23	
16	00:39:25	220	Scholz, Thomas	Athletik Waldniel	1970	4	M35	03:57	00:05:30	
17	00:39:34	190	Pokorny, Ralph	Dortmund	1962	6	M40	03:57	00:05:39	
18	00:39:48	7	Auerbach, Christian	PSB24 Berlin	1965	7	M40	03:59	00:05:53	
19	00:39:50	886	Fiumicello, Luigi	LT Kemperdick	1959	1	M45	03:59	00:05:55	
20	00:39:52	114	Karstens, Uwe	TUS Roßbach	1960	2	M45	03:59	00:05:57	
21	00:39:59	893	Laleike, Marius	International Runners	1969	5	M35	04:00	00:06:04	
22	00:40:04	158	Mathé, Karl-Heinz	SG Neukirchen-Hülch	1965	8	M40	04:00	00:06:09	
23	00:40:08	45	Ebel, Thomas	Meerbusch	1971	2	M30	04:01	00:06:13	
24	00:40:25	238	Steingrobe, Udo	Krefeld	1952	3	M50	04:03	00:06:30	
25	00:40:51	941	van Dongen, Franz	TSV Weeze	1954	4	M50	04:05	00:06:56	
26	00:41:02	266	Tsugawa, Kazuhiko	LT Kemperdick	1946	1	M55	04:06	00:07:07	
27	00:41:06	491	Brieden, Wolfgang	VT Kempen	1957	3	M45	04:07	00:07:11	
W	28	00:41:10	267	Tüshaus, Marion	ART Düsseldorf	1967	1	W35	04:07	00:07:15
29	00:41:11	920	Wouters, Johannes	ohne Verein	1960	4	M45	04:07	00:07:16	
30	00:41:25	76	Groß, Roland	SC Bayer 05 Uerding	1965	9	M40	04:08	00:07:30	
31	00:41:28	937	Van Weegen, Björn	TSV Weeze	1982	4	HKM	04:09	00:07:33	
32	00:41:32	262	Tiggelkamp, Ferdinand	SG Neukirchen-Hülch	1948	2	M55	04:09	00:07:37	
33	00:41:38	253	Terheggen Jun., Peter	Bayer 05 Uerdingen	1963	10	M40	04:10	00:07:43	
34	00:41:44	218	Schneider, Friedhelm	SG Neukirchen-Hülch	1964	11	M40	04:10	00:07:49	
W	35	00:41:45	61	Gensior, Dr. Berenike	KKK-Krefeld	1957	1	W45	04:10	00:07:50
36	00:41:47	912	Gyzas, Siegfried	SV Bayer 08	1956	5	M45	04:11	00:07:52	
37	00:41:52	56	Friemel, Martin	SV Willich 1965	1966	6	M35	04:11	00:07:57	
38	00:42:01	287	Wimmers, Klaus	Krefeld	1958	6	M45	04:12	00:08:06	
39	00:42:02	109	Jenssen, Peer	CHTC Krefeld	1953	5	M50	04:12	00:08:07	
40	00:42:08	995	König, Gerd	Krefeld-Linn	1964	12	M40	04:13	00:08:13	
41	00:42:15	457	Hellermann, Jürgen	Kniezuch Niederrhein	1972	3	M30	04:13	00:08:20	
42	00:42:19	133	Kürten, Thomas	ART Düsseldorf	1973	4	M30	04:14	00:08:24	
43	00:42:22	151	Lustig, Michael	Marathon Dinslaken	1958	7	M45	04:14	00:08:27	
W	44	00:42:22	212	Schmidt, Juliane	LG Kaarst	1964	1	W40	04:14	00:08:27
45	00:42:23	216	Schmitz, Stefan	LG FSUe Düsseldorf	1974	5	M30	04:14	00:08:28	

<b>Platz</b>	<b>Zeit</b>	<b>St.Nr.</b>	<b>Name</b>	<b>Verein</b>	<b>Jahr</b>	<b>PAK</b>	<b>AK</b>	<b>Min/KM</b>	<b>Z-Diff</b>
	46	00:42:26	926 Pellen, Ferdi	LN Nütterden	1945	1	M60	04:15	00:08:31
	47	00:42:55	111 Juchem, Kim	LG FSUe Düsseldorf	1973	6	M30	04:18	00:09:00
	48	00:43:00	938 Van Dongen, Christian	TSV Weeze	1983	5	HKM	04:18	00:09:05
	49	00:43:02	65 Gerdom, Rainer	Düsseldorf	1956	8	M45	04:18	00:09:07
	50	00:43:06	904 Gerards, Nils	VFS-Büttgen	1974	7	M30	04:19	00:09:11
	51	00:43:07	936 Kühnen, Johannes-Wilh	ohne Verein	1959	9	M45	04:19	00:09:12
W	52	00:43:10	119 Keuten, Manuela	Marathon Dinslaken	1961	2	W40	04:19	00:09:15
	53	00:43:11	5 Appel, Frank	Krefeld	1966	7	M35	04:19	00:09:16
	54	00:43:13	895 Kato, Hiroyuki	International Runners	1962	13	M40	04:19	00:09:18
	55	00:43:20	916 Thiel, Werner	TUS Oedt	1958	10	M45	04:20	00:09:25
	56	00:43:23	357 Breuer, Benjamin	KTSV Preussen Kref	1984	6	HKM	04:20	00:09:28
	57	00:43:27	892 Wisocki, Dirk	LG Buga Düsseldorf	1966	8	M35	04:21	00:09:32
	58	00:43:46	947 Verleger, Arnd	BSG CC-Bank	1962	14	M40	04:23	00:09:51
	59	00:43:48	955 Philipsen, Leobert	ohne Verein	1948	3	M55	04:23	00:09:53
	60	00:43:56	66 Gocht, Mathias	Krefeld	1952	6	M50	04:24	00:10:01
W	61	00:43:57	251 Takada, Natsuko	Osterath	1961	3	W40	04:24	00:10:02
	62	00:44:05	913 Stammen, Wilhelm	ohne Verein	1955	7	M50	04:24	00:10:10
	63	00:44:09	108 Janßen, Philipp	Meerbusch-Büderich	1972	8	M30	04:25	00:10:14
	64	00:44:21	22 Bloeck, Denny	Timeout Roadrunner	1978	7	HKM	04:26	00:10:26
	65	00:44:22	275 Walendy, Andreas	Hilden	1982	8	HKM	04:26	00:10:27
	66	00:44:23	898 Mc Laughlin, Rouven	Scotland Runners	1973	9	M30	04:26	00:10:28
	67	00:44:24	899 Osterkamp, Markus	Scotland Runners	1968	9	M35	04:26	00:10:29
W	68	00:44:32	30 Breuer, Monika	Athletik Waldniel	1972	1	W30	04:27	00:10:37
	69	00:44:37	380 Mangold, Ralf	LC Wuppertal	1967	10	M35	04:28	00:10:42
	70	00:44:58	897 Jacobs, Norbert	SK Stern Düsseldorf	1964	15	M40	04:30	00:11:03
	71	00:45:00	349 Wolff, Christian	ohne Verein	1973	10	M30	04:30	00:11:05
	72	00:45:00	399 Hemmen, Max	CSV Marathon Krefel	1995	1	JMB	04:30	00:11:05
	73	00:45:00	896 Hitzmann, Dieter	VT Kempen	1957	11	M45	04:30	00:11:05
W	74	00:45:02	146 Leunk, Susanne	A.V.Cialfo	1981	1	HKW	04:30	00:11:07
	75	00:45:03	989 Müller, Stefan	DJK VFL Forstwald	1962	16	M40	04:30	00:11:08
	76	00:45:06	910 Tuchscher, Rainer	Breitscheid	1952	8	M50	04:31	00:11:11
	77	00:45:09	944 Urbanke, Andreas	ohne Verein	1956	12	M45	04:31	00:11:14
	78	00:45:13	38 Burre, Dominik	TuS 64 Bösinghoven	1986	2	JMA	04:31	00:11:18
	79	00:45:15	211 Schlössel, Ralf	LG Haan-Hilden	1950	4	M55	04:32	00:11:20
	80	00:45:17	150 Littfin, Thomas	LT Krefeld-Oppum	1965	17	M40	04:32	00:11:22
	81	00:45:35	422 Boguth, Hans-Peter	ohne Verein	1968	11	M35	04:33	00:11:40
	82	00:45:36	883 Damm, Carsten	TG Neuss	1975	11	M30	04:34	00:11:41
	83	00:45:37	903 Mrasek, Rolf	Athletik Waldniel	1956	13	M45	04:34	00:11:42
	84	00:45:40	455 Hellermann, Hans-Jürge	Kniezuch Niederrhein	1963	18	M40	04:34	00:11:45
	85	00:45:47	358 Lentjes, Christoph	KTSV Preussen Kref	1983	9	HKM	04:35	00:11:52
W	86	00:45:52	64 Gerdom, Diana	Düsseldorf	1977	2	HKW	04:35	00:11:57
	87	00:45:53	6 Arndt, Wolfgang	Tönisvorst	1965	19	M40	04:35	00:11:58
	88	00:45:58	919 Boldtendahl, Manfred	KTSV Preussen Kref	1958	14	M45	04:36	00:12:03
W	89	00:45:59	915 Thiel, Silvia	TUS Oedt	1960	2	W45	04:36	00:12:04
	90	00:46:02	368 Volz, Michael	ohne Verein	1965	20	M40	04:36	00:12:07
	91	00:46:04	479 Mohr, Frank	Meerbusch	1978	10	HKM	04:36	00:12:09
	92	00:46:12	214 Schmidt, Sebastian	SV Nordhausen	1982	11	HKM	04:37	00:12:17
	93	00:46:23	927 Rustemeier, Jens	NE-WS 89.4	1970	12	M35	04:38	00:12:28
	94	00:46:24	888 Maciejczyk, Zbigniew	Clahsen Transport	1955	9	M50	04:38	00:12:29
	95	00:46:30	921 Verfürth, Theo	L.N. Nütterden	1939	1	M65	04:39	00:12:35
	96	00:46:34	254 Terheggen Sen., Peter	Bayer 05 Uerdingen	1940	2	M65	04:39	00:12:39

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	97	00:46:37	929 Hammes, Dirk	SG Neukirchen-Hülch	1965	21	M40	04:40	00:12:42
	98	00:46:41	122 Kölzer, Ulrich	TRlandertaler Mettm	1951	10	M50	04:40	00:12:46
	99	00:46:43	263 Töpfer, Klaus	Blau-Weiss Niederkrü	1957	15	M45	04:40	00:12:48
	100	00:46:52	140 Leenen, Klaus	NiersRunners Wacht	1954	11	M50	04:41	00:12:57
	101	00:46:52	161 Meiners, Josef	Eichental Runners	1963	22	M40	04:41	00:12:57
	102	00:46:54	200 Rzeznicki, Michael	LBN Duisburg	1970	13	M35	04:41	00:12:59
W	103	00:47:12	413 Schmidt, Beate	Osterather TV	1964	4	W40	04:43	00:13:17
	104	00:47:13	98 Horn, Detlef	SVUA Krefeld	1954	12	M50	04:43	00:13:18
	105	00:47:15	9 Babinsky, Markus	Krefeld	1972	12	M30	04:43	00:13:20
	106	00:47:23	447 Hofmann, Michael	TuS 64 Bösinghoven	1963	23	M40	04:44	00:13:28
	107	00:47:24	900 Hoever, Thomas	ohne Verein	1965	24	M40	04:44	00:13:29
	108	00:47:25	931 Klasen, Udo	Athletik Waldniel	1942	2	M60	04:45	00:13:30
	109	00:47:32	890 Wischniewski, Markus	ohne Verein	1970	14	M35	04:45	00:13:37
	110	00:47:36	880 Hayashi, Shinichi	ohne Verein	1964	25	M40	04:46	00:13:41
	111	00:47:37	62 Gensior, Dr. Matthias	OTC Krefeld	1955	13	M50	04:46	00:13:42
	112	00:47:40	125 Kosak, Juregen	Düsseldorf	1955	14	M50	04:46	00:13:45
W	113	00:47:40	23 Blondin, Juliane	SC Bayer 05 Uerding	1959	3	W45	04:46	00:13:45
	114	00:47:41	147 Lickes, Heinz-Theo	SC Bayer 05 Uerding	1956	16	M45	04:46	00:13:46
	115	00:47:46	934 Woicke, Dieter	Athletik Waldniel	1941	3	M60	04:47	00:13:51
	116	00:47:47	188 Pohlmann, Dieter	LT Düsseldorf-Süd	1957	17	M45	04:47	00:13:52
	117	00:48:02	228 Schwenke, Gerhard	Essen	1950	5	M55	04:48	00:14:07
W	118	00:48:09	155 Markhoff, Karin	TSV Viktoria Mülheim	1959	4	W45	04:49	00:14:14
	119	00:48:23	169 Nellessen, Andreas	SG Neukirchen-Hülch	1963	26	M40	04:50	00:14:28
	120	00:48:25	293 Müller, Rüdiger	Marathon Mülheim	1939	3	M65	04:51	00:14:30
	121	00:48:28	145 Leunk, Evert	A.V.Cialfo	1957	18	M45	04:51	00:14:33
	122	00:48:33	173 Sunderland, Nicholas	FMW Harriers	1989	2	JMB	04:51	00:14:38
	123	00:48:36	884 Piech, Hans	ohne Verein	1952	15	M50	04:52	00:14:41
	124	00:48:39	918 Eickermann, Thomas	ohne Verein	1964	27	M40	04:52	00:14:44
	125	00:48:43	186 Plöhn, Ralf	Polizei SV Düsseldorf	1958	19	M45	04:52	00:14:48
W	126	00:48:44	928 Schröter, Dagmar	Athletik Waldniel	1964	5	W40	04:52	00:14:49
	127	00:48:49	202 Sander, Björn	Essen	1974	13	M30	04:53	00:14:54
	128	00:48:50	89 Hellenbrock, Lutz	Krefeld	1963	28	M40	04:53	00:14:55
	129	00:48:55	395 Windemuth, Lothar	LT Rennhamster	1956	20	M45	04:53	00:15:00
	130	00:48:58	105 Jansen, Franz Josef	Krefeld	1970	15	M35	04:54	00:15:03
W	131	00:49:00	92 Hoeveler, Claudia	SC Bayer 05 Uerding	1964	6	W40	04:54	00:15:05
	132	00:49:17	258 Thomas, Ingo	Krefeld	1966	16	M35	04:56	00:15:22
	133	00:49:19	891 Menzen, Peter	ohne Verein	1958	21	M45	04:56	00:15:24
W	134	00:49:26	34 Brügggen, Sabine	LT Brügggen	1983	3	HKW	04:57	00:15:31
	135	00:49:30	184 Pfeiffer, Werner	TuS 64 Bösinghoven	1959	22	M45	04:57	00:15:35
	136	00:49:31	341 Warsch, Helmut	ohne Verein	1950	6	M55	04:57	00:15:36
	137	00:49:45	47 Esser, Jürgen	Meerbusch	1963	29	M40	04:58	00:15:50
	138	00:49:52	20 Bialdyga, Michael	TuS 64 Bösinghoven	1965	30	M40	04:59	00:15:57
	139	00:49:54	393 Krupp, Norbert	ohne Verein	1955	16	M50	04:59	00:15:59
W	140	00:49:55	392 Krupp, Rita	ohne Verein	1958	5	W45	05:00	00:16:00
	141	00:50:02	276 Walper, Andreas	Janssen Runners	1959	23	M45	05:00	00:16:07
	142	00:50:07	241 Stenull, Dr. Olaf	Angermund	1969	17	M35	05:01	00:16:12
	143	00:50:21	881 Mone, Marco	OTV-Meerbusch	1996	3	JMB	05:02	00:16:26
	144	00:50:28	181 Nowack, Michael	SVBS Preussen	1951	17	M50	05:03	00:16:33
W	145	00:50:32	261 Tiggelkamp, Elisabeth	SG Neukirchen-Hülch	1950	1	W55	05:03	00:16:37
	146	00:50:34	337 Dicke, Ingo	Die Kinder von Buller	1970	18	M35	05:03	00:16:39
	147	00:50:55	96 Hohmann, Andreas	Osterath	1964	31	M40	05:06	00:17:00

<b>Platz</b>	<b>Zeit</b>	<b>St.Nr.</b>	<b>Name</b>	<b>Verein</b>	<b>Jahr</b>	<b>PAK</b>	<b>AK</b>	<b>Min/KM</b>	<b>Z-Diff</b>
W 148	00:50:56	213	Schmidt, Nadin	TuS 64 Bösinghoven	1977	4	HKW	05:06	00:17:01
W 149	00:51:10	203	Sangs, Ina	Meerbusch	1964	7	W40	05:07	00:17:15
W 150	00:51:14	242	Stenull, Maike	Angermund	1969	2	W35	05:07	00:17:19
151	00:51:19	988	Gredig, Dieter	DJK VFL Forstwald	1967	19	M35	05:08	00:17:24
152	00:51:22	154	Margraff, Jörg Michael	TV Blecher 1904 e.V.	1968	20	M35	05:08	00:17:27
153	00:51:22	446	Neuroth, Hans Peter	ohne Verein	1962	32	M40	05:08	00:17:27
154	00:51:30	343	Zimmerer, Xaver	ohne Verein	1957	24	M45	05:09	00:17:35
W 155	00:51:31	117	Kelka, Monika	TuS 64 Bösinghoven	1962	8	W40	05:09	00:17:36
156	00:51:33	192	Reimer, Hans-Jürgen	TuS 64 Bösinghoven	1940	4	M65	05:09	00:17:38
W 157	00:51:35	481	Leitsch, Birgit	LBN Duisburg	1958	6	W45	05:10	00:17:40
158	00:51:49	901	Everlien, Manfred	ohne Verein	1958	25	M45	05:11	00:17:54
159	00:51:52	182	Panknin, Markus	Willich	1970	21	M35	05:11	00:17:57
160	00:51:53	882	Becks, Rolf	ohne Verein	1945	4	M60	05:11	00:17:58
161	00:51:55	132	Kumetz, Thomas	TuS 64 Bösinghoven	1968	22	M35	05:11	00:18:00
162	00:52:12	24	Blum, Manfred	Krefeld	1943	5	M60	05:13	00:18:17
W 163	00:52:21	86	Heimhardt, Ingrid	TG Voerde	1945	1	W60	05:14	00:18:26
W 164	00:52:32	942	Hergenhan, Monica	Freie Schwimmer Dü	1971	2	W30	05:15	00:18:37
165	00:52:32	943	Kuklik, Poter	ohne Verein	1967	23	M35	05:15	00:18:37
166	00:52:48	90	Henscher, Wilfried	Meerbusch	1955	18	M50	05:17	00:18:53
W 167	00:52:49	179	Nowack, Christa	SVBS Preussen	1952	1	W50	05:17	00:18:54
W 168	00:52:55	42	Czech, Christiane	LT Düsseldorf-Süd	1964	9	W40	05:17	00:19:00
169	00:52:56	345	Birkhölzer, Stephan	ohne Verein	1971	14	M30	05:18	00:19:01
170	00:53:07	499	Schmitz, Peter	LG FSUe Düsseldorf	1946	7	M55	05:19	00:19:12
171	00:53:08	222	Schrader, Anselm	Willich	1961	33	M40	05:19	00:19:13
W 172	00:53:15	940	Pelzer, Iris	ohne Verein	1969	3	W35	05:20	00:19:20
173	00:53:15	939	Ramirez, Markus	ohne Verein	1965	34	M40	05:20	00:19:20
174	00:53:20	198	Rudolph, Bernd	Meerbusch	1965	35	M40	05:20	00:19:25
175	00:53:23	126	Kreifelts, Heinz	ASV Lank	1941	6	M60	05:20	00:19:28
176	00:53:26	469	Scheuss, Waldemar	TG 1881 Düsseldorf	1940	5	M65	05:21	00:19:31
W 177	00:53:31	129	Kuhn, Irmgard	Krefeld	1940	1	W65	05:21	00:19:36
178	00:53:54	925	Voss, Reinhard	ohne Verein	1942	7	M60	05:23	00:19:59
179	00:53:57	70	Graefenstedt, Michael	KC Grevenbroich	1958	26	M45	05:24	00:20:02
180	00:54:01	279	Weidemann, Gerd	Neuss	1953	19	M50	05:24	00:20:06
W 181	00:54:01	187	Pohlmann, Angelika	LT Düsseldorf-Süd	1955	2	W50	05:24	00:20:06
182	00:54:18	81	Hanschel, Dieter	TuS 64 Bösinghoven	1936	6	M65	05:26	00:20:23
183	00:55:00	964	Naasner, Werner	ohne Verein	1940	7	M65	05:30	00:21:05
184	00:55:01	945	Parolin, Werner	ohne Verein	1951	20	M50	05:30	00:21:06
185	00:55:11	443	Schulze Pals, Ludger	Osterath	1964	36	M40	05:31	00:21:16
186	00:55:21	292	Schaak, Roger	ohne Verein	1960	27	M45	05:32	00:21:26
W 187	00:55:34	290	Seubert, Christiane	Laufen in Witten	1958	7	W45	05:33	00:21:39
W 188	00:55:51	986	Wüsten, Tanja	DJK VFL Forstwald	1989	1	JWB	05:35	00:21:56
W 189	00:56:04	470	Fuhr, Inge	TG 1881 Düsseldorf	1932	1	W70	05:36	00:22:09
W 190	00:56:19	217	Schneider, Bernadette	SG Neukirchen-Hülch	1963	10	W40	05:38	00:22:24
191	00:56:39	215	Schmitz, Hans-Dieter	TuS 64 Bösinghoven	1953	21	M50	05:40	00:22:44
W 192	00:57:15	224	Schrader, Martina	Willich	1962	11	W40	05:44	00:23:20
W 193	00:57:28	130	Kuhn, Maria	RV 1912 Uerdingen	1951	3	W50	05:45	00:23:33
194	00:57:28	131	Kuhn, Josef	RV 1912 Uerdingen	1935	1	M70	05:45	00:23:33
W 195	00:57:31	991	Krummscheid-Gredig, P	DJK VFL Forstwald	1968	4	W35	05:45	00:23:36
196	00:57:32	885	Schäfer, Claudia	ohne Verein	1972	15	M30	05:45	00:23:37
197	00:57:32	948	Kempkes, Johannes	TSV Weeze	1952	22	M50	05:45	00:23:37
W 198	00:57:38	124	Kosak, Angelika	Düsseldorf	1955	4	W50	05:46	00:23:43

<b>Platz</b>	<b>Zeit</b>	<b>St.Nr.</b>	<b>Name</b>	<b>Verein</b>	<b>Jahr</b>	<b>PAK</b>	<b>AK</b>	<b>Min/KM</b>	<b>Z-Diff</b>
199	00:57:46	982	Dierkes, Hajo	DJK VFL Forstwald	1943	8	M60	05:47	00:23:51
200	00:57:58	291	Seubert, Martin	Laufen in Witten	1951	23	M50	05:48	00:24:03
201	00:58:05	210	Scheich, Herbert	DJK VFL Willich	1941	9	M60	05:49	00:24:10
202	00:58:05	91	Hodes, Edo	TuS 64 Bösinghoven	1944	10	M60	05:49	00:24:10
203	00:58:06	99	Hüsges, Peter	SV Willich 1965	1940	8	M65	05:49	00:24:11
204	00:58:56	245	Sunderland, Keith	FMW Harriers	1958	28	M45	05:54	00:25:01
205	00:58:57	52	Forsen, Ernst	Meerbusch	1943	11	M60	05:54	00:25:02
W 206	00:59:06	113	Kanuma-Kölzer, Kazuko	TRlandertaler Mettm	1955	5	W50	05:55	00:25:11
207	00:59:24	957	Rudolf, Georg	TuS 64 Bösinghoven	1949	8	M55	05:56	00:25:29
W 208	00:59:24	10	Becker, Mary	Timeout Roadrunner	1952	6	W50	05:56	00:25:29
W 209	00:59:34	321	Friemelt, Jana	TuS 64 Bösinghoven	1956	8	W45	05:57	00:25:39
210	00:59:56	55	Friedel, Benno	Meerbusch	1957	29	M45	06:00	00:26:01
211	01:00:19	914	Becker, Herbert	ohne Verein	1943	12	M60	06:02	00:26:24
212	01:00:19	18	Berndt, Wilfried	CSV Marathon Krefel	1949	9	M55	06:02	00:26:24
213	01:00:23	346	Thiel, Konrad	ohne Verein	1932	2	M70	06:02	00:26:28
W 214	01:01:06	340	Warsch, Gabriele	ohne Verein	1955	7	W50	06:07	00:27:11
215	01:01:34	121	Kohl, Christof	FFW MB-Strümp	1964	37	M40	06:09	00:27:39
216	01:01:51	894	Bachmann, Fritz	TSV Jahn 05 Oberka	1937	9	M65	06:11	00:27:56
W 217	01:02:10	946	Hillebrand, Erika	ohne Verein	1955	8	W50	06:13	00:28:15
W 218	01:02:11	209	Scheich, Elisabeth	TuS 64 Bösinghoven	1950	2	W55	06:13	00:28:16
219	01:02:24	50	Fehmers, Franz-Josef	TuS 64 Bösinghoven	1954	24	M50	06:14	00:28:29
W 220	01:03:42	922	Richter, Angela Yvette	ohne Verein	1960	9	W45	06:22	00:29:47
W 221	01:03:58	932	Dettmers, Ulrike	ohne Verein	1960	10	W45	06:24	00:30:03
W 222	01:05:19	144	Leunk, Anne	A.V.Cialfo	1958	11	W45	06:32	00:31:24
W 223	01:07:52	949	Hoppe, Andrea	ohne Verein	1988	2	JWB	06:47	00:33:57
W 224	01:08:24	935	Boeren, Brigitte	Athletik Waldniel	1944	2	W60	06:50	00:34:29
W 225	01:10:48	909	Keulert, Regina	ohne Verein	1961	12	W40	07:05	00:36:53