



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1		00:09:31	1143	Meyer, Manuel		TV Wattenscheid 01	1981	1	MHK	02:58,4
2		00:11:17	976	Königs, Raimund		SC Myhl LA	1958	1	M50	03:31,5
3		00:11:24	1157	Funke, Tobias		TV Erkelenz	1988	2	MHK	03:33,7
4		00:11:27	2437	Heikamp, Matthias		ASV Dojo Mönchengladbach	1981	3	MHK	03:34,6
5		00:11:38	286	Donner, Daniel		OSC Waldniel	1989	1	MJugA	03:38,1
6		00:11:43	545	Honold, Peter		SC Myhl LA	1954	2	M50	03:39,6
7		00:11:50	239	Günther, Peter		VfR Unterbruch LG	1960	1	M45	03:41,8
8		00:12:10	599	Sironic, Christopher		Neuss	1962	2	M45	03:48,1
9		00:12:29	774	Papanastasiou, Athanasi		Heinsberg	1972	1	M35	03:54,0
10		00:12:33	596	Weckwarth, Peter		Solingen	1960	3	M45	03:55,3
11		00:12:37	784	Reitinger, Stephan		SC Myhl LA	1966	1	M40	03:56,5
12		00:13:05	1094	Fox, Paul		OSC Waldniel	1969	2	M35	04:05,3
13		00:13:14	124	Weber, Horst		FC Rheinland	1965	2	M40	04:08,1
1	W	00:13:19	233	Coenen, Helen	NED	AVON - Heerlen	1997	1	WSchC	04:09,6
14		00:13:27	1086	Tahmaz, Keren		Erkelenz	1997	1	MSchC	04:12,1
15		00:13:30	1899	Masjosthusmann, Gerd		Granterath	1962	4	M45	04:13,1
16		00:13:33	109	Blunden, Hubert		SV Rot-Weiß Schlafhorst	1965	3	M40	04:14,0
18		00:13:34	1121	Stanley, Paul		OSC Waldniel	1960	5	M45	04:14,3
17		00:13:34	165	Sojka, Patrick		Heinsberg	1991	1	MJugB	04:14,3
19		00:13:50	1114	Blumenfeld, Frank		LTD Köln-Dellbrück	1967	4	M40	04:19,3
20		00:13:51	686	Liebau, Peer		ohne	1956	3	M50	04:19,6
21		00:14:00	1131	Gillessen, Gottfried		DJK Gillrath 1911	1957	4	M50	04:22,5
22		00:14:11	1137	Settels, Walter		SC Myhl LA	1952	1	M55	04:25,9
2	W	00:14:13	291	Schönbrodt, Sarah		OSC Waldniel	1992	1	WJugB	04:26,5
23		00:14:21	936	Rahn, Holger		Ohne	1975	1	M30	04:29,0
24		00:14:22	682	Hermanns, Ing. Bernd		Erkelenz	1973	3	M35	04:29,3
3	W	00:14:26	1150	Rinne, Ida		Finnland	1991	2	WJugB	04:30,6
25		00:14:45	986	Hallen, Harald		EVV	1966	5	M40	04:36,5
26		00:14:49	413	Le, Tin		FS Mönchengaldbach	1990	2	MJugA	04:37,8
4	W	00:14:51	1151	Hermanns, Ruth		Aachen	1984	1	WHK	04:38,4
27		00:14:59	566	Gollatz, Pascal		Erkelenz	1992	2	MJugB	04:40,9
5	W	00:15:02	282	Schäben-Buscher, Inge		OSC Waldniel	1976	1	W30	04:41,8
6	W	00:15:04	2299	Frenken, Lara-Jane		Ohne	1999	1	WSchD	04:42,5
28		00:15:06	2174	Engels, Marco		SC Pulheim	1966	6	M40	04:43,1
7	W	00:15:07	576	Lönes, Ruth		LAZ Mönchengladbach	1962	1	W45	04:43,4
8	W	00:15:09	759	Feuster, Danielle		ASC Rosellen	1994	1	WSchA	04:44,0
29		00:15:10	584	Fischer, Alfred		Wassenberg	1959	6	M45	04:44,3
30		00:15:12	2123	Benders, Marcus		Erkelenz	1973	4	M35	04:45,0
9	W	00:15:13	928	Mielke, Amy		Gymnasium Rheindahlen	1993	2	WSchA	04:45,3
31		00:15:20	182	BAUER, UDO		Erkelenz	1961	7	M45	04:47,5
32		00:15:21	1830	Dohlen, Moritz		Ohne	1994	1	MSchA	04:47,8
33		00:15:32	1022	Jansen, Michael		Erkelenz	1962	8	M45	04:51,2
34		00:15:35	414	Bel, Christian		FS Mönchengaldbach	1988	4	MHK	04:52,1
35		00:15:35	1073	Lüttke, Wolfgang		Ratheim	1966	7	M40	04:52,1
36		00:15:36	2137	Cremer, Ralf		Ohne	1968	8	M40	04:52,5
37		00:15:38	687	Sieben, Harald		ohne	1965	9	M40	04:53,1
10	W	00:15:44	780	Reitinger, Christina		SC Myhl LA	1999	2	WSchD	04:55,0
38		00:15:46	729	Nickessen, Maximilian		VfR Unterbruch LG	1995	1	MSchB	04:55,6
39		00:15:53	250	Calz, Markus		Erkelenz	1974	2	M30	04:57,8
11	W	00:15:54	1161	Mülders, Ursula		LAZ Mönchengladbach	1959	2	W45	04:58,1
40		00:15:55	95	Goebels, Lambert		Erkelenz	1950	2	M55	04:58,4
41		00:15:58	243	Wahl, Karl-Heinz		Erkelenz	1963	9	M45	04:59,3
42		00:15:59	585	Lönes, Karl		LAZ Mönchengladbach	1961	10	M45	04:59,6
12	W	00:16:00	241	Knoor, Katharina		Erkelenz	1966	1	W40	05:00,0
43		00:16:05	1179	Dahlmanns, Horst		Feuerwehr Selfkant	1969	5	M35	05:01,5
44		00:16:08	768	Steingießer, Simon		Junge Union Erkelenz	1984	5	MHK	05:02,5
45		00:16:08	1177	Schoengen, Damian		LG Oberbruch-Dremmen	1999	1	MSchD	05:02,5
46		00:16:08	2420	Muckel, Stephan		Junge Union Erkelenz	1980	6	MHK	05:02,5



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
47		00:16:10	597	Müllers, Jan		Erkelenz	1993	2	MSchA	05:03,1
13	W	00:16:13	2443	Holt, Ute		ETV Erkelenz	1973	1	W35	05:04,0
14	W	00:16:15	945	Habrainski, Alicia		Erkelenz	1996	1	WSchB	05:04,6
48		00:16:15	160	Mehl, Jürgen		TV Hochneukirch	1961	11	M45	05:04,6
15	W	00:16:19	1087	Tholen, Rebecca		Erkelenz	1983	2	WHK	05:05,9
49		00:16:22	44	Dömmecke, Andreas		Köln	1963	12	M45	05:06,8
50		00:16:24	110	Köhnen, Konni		SV Rot-Weiß Schlafhorst	1958	5	M50	05:07,5
51		00:16:29	778	Sieber, Joachim		VfR Unterbruch LG	1952	3	M55	05:09,0
52		00:16:33	2414	Altmann, Marwin		Junge Union Erkelenz	1984	7	MHK	05:10,3
53		00:16:38	2138	Boege, Marc		Ohne	1997	2	MSchC	05:11,8
16	W	00:16:53	1152	Krüger, Monika		Keyenberg	1988	3	WHK	05:16,5
17	W	00:16:54	554	Miazek, Annette		Wegberg	1966	2	W40	05:16,8
54		00:17:00	567	Gollatz, Holger		Erkelenz	1969	6	M35	05:18,7
55		00:17:04	1044	Kluttig, Alex		Wassenberg	1997	3	MSchC	05:20,0
18	W	00:17:05	1162	Vieten, Ursula		Ratheim	1960	3	W45	05:20,3
56		00:17:05	275	Blaeser, Mathis		TV 1860 Erkelenz	1998	4	MSchC	05:20,3
57		00:17:07	178	Kohlen, Dirk		Erkelenz-Schwanenberg	1977	3	M30	05:20,9
58		00:17:08	418	Nürnberg, Udo		FS Mönchengaldbach	1948	1	M60	05:21,2
59		00:17:16	1163	Bürger, Wolfgang		Ratheim	1963	13	M45	05:23,7
60		00:17:20	2392	Knabben, Mike		Mönchengladbach 5er Trup	1990	3	MJUGA	05:25,0
61		00:17:35	419	Sieven, Manfred		FS Mönchengaldbach	1976	4	M30	05:29,6
62		00:17:37	1147	Winkler, Manfred		Heinsberg	1956	6	M50	05:30,3
19	W	00:17:39	1060	Frenken, Diana		Hückelhoven	1974	2	W30	05:30,9
63		00:17:41	2286	Lorenz, Gunter		LT Volksgarten MG	1950	4	M55	05:31,5
64		00:17:42	1138	Reichert, Heinz		Wegberg	1988	8	MHK	05:31,8
20	W	00:17:49	1096	Gaidzik, Cynthia		TV 1860 Erkelenz	1990	1	WJUGA	05:34,0
65		00:17:49	408	Mohrhenn, Sebastian		TV 1860 Erkelenz	1985	9	MHK	05:34,0
21	W	00:17:51	1141	Dömmecke, Monika		Köln	1963	4	W45	05:34,6
22	W	00:17:56	1144	Coenen, Elke		VHS Heinsberg	1956	1	W50	05:36,2
66		00:17:58	164	Niessen, Christian		Erkelenz	1974	5	M30	05:36,8
23	W	00:18:00	396	Busch, Mandy		DJK Wassenberg	1995	2	WSchB	05:37,5
67		00:18:02	412	Jurk, Ivan		FS Mönchengaldbach	1989	4	MJUGA	05:38,1
68		00:18:05	423	Böhme, Rene		FS Mönchengaldbach	1986	10	MHK	05:39,0
24	W	00:18:06	169	Mehl, Birgit		TV Hochneukirch	1966	3	W40	05:39,3
69		00:18:12	42	Kunze, Néstor	ARG	Erkelenz	1964	10	M40	05:41,2
25	W	00:18:12	758	Feuster, Jil		Grevenbroich	1996	3	WSchB	05:41,2
26	W	00:18:23	143	Görtz, Laura		Hetzerath	1989	2	WJUGA	05:44,6
27	W	00:18:25	979	Lennartz, Nicole		ASV Rurtal Erkelenz	1964	4	W40	05:45,3
28	W	00:18:28	1074	Lüttke, Sandra		Ratheim	1976	3	W30	05:46,2
29	W	00:18:30	221	Langebartels, Ruth		Erkelenz	1964	5	W40	05:46,8
70		00:18:41	703	Helpenstein, Christian		VB Erkelenz	1980	11	MHK	05:50,3
71		00:18:42	34	Reiners, Heinz Josef		Erkelenz	1959	14	M45	05:50,6
72		00:18:51	543	Jansen, Christian		Schiedsrichter Heinsberg	1986	12	MHK	05:53,4
73		00:18:55	184	Neuroth, Helmut		Running-Academy.de	1956	7	M50	05:54,6
74		00:18:55	1139	Vehling, Hans		Mönchengladbach	1945	2	M60	05:54,6
75		00:18:57	1006	Busch, Justin		Unterbruch	1997	5	MSchC	05:55,3
30	W	00:19:00	781	Reitinger, Monika		SC Myhl LA	1969	2	W35	05:56,2
31	W	00:19:05	718	Bartel, Heidi		Venrath	1971	3	W35	05:57,8
32	W	00:19:11	71	Reuter, Isabel		Erkelenz-Schwanenberg	1967	6	W40	05:59,6
76		00:19:12	72	Reuter, Achim		Erkelenz-Schwanenberg	1970	7	M35	06:00,0
33	W	00:19:20	397	Busch, Sandra		DJK Wassenberg	1971	4	W35	06:02,5
34	W	00:19:27	791	Houben, Gerda		Lindern	1966	7	W40	06:04,6
35	W	00:19:33	188	Last-Neuroth, Bettina		Running-Academy.de	1959	5	W45	06:06,5
77		00:19:38	1085	Dreßen, Niklas		Erkelenz	1996	2	MSchB	06:08,1
78		00:19:39	2398	Philippen, Michael		Mönchengladbach 5er Trup	1988	13	MHK	06:08,4
36	W	00:19:40	1153	Kurzidim, Irene		Erkelenz	1969	5	W35	06:08,7
37	W	00:19:42	1227	Weber, Ruth		FC Rheinland	1965	8	W40	06:09,3
79		00:19:42	1212	Weber, Patrick		FC Rheinland	1997	6	MSchC	06:09,3



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
38	W	00:19:48	398	Gingter, Annelie		DJK Wassenberg	1967	9	W40	06:11,2
39	W	00:20:06	537	Küppers, Beate		Wegberg	1969	6	W35	06:16,8
40	W	00:20:07	538	Twardowski, Kerstin		Wegberg	1966	10	W40	06:17,1
41	W	00:20:07	539	Dolenz, Susanne		Wegberg	1964	11	W40	06:17,1
80		00:20:16	2405	Kehren, Marcel		Mönchengladbach 5er Trup	1984	14	MHK	06:20,0
81		00:20:20	268	Blaeser, Jonah		Erkelenz	1997	7	MSchC	06:21,2
82		00:20:20	267	Blaeser, Achim		Wassenberg	1969	8	M35	06:21,2
42	W	00:20:22	1070	Aglan, Gabi		Hückelhoven	1969	7	W35	06:21,8
43	W	00:20:26	245	Mildebrath, Andrea		Übach-Palenberg	1965	12	W40	06:23,1
44	W	00:20:44	783	Christinsen, Jennifer		Geilenkirchen	1977	4	W30	06:28,7
45	W	00:21:07	1045	Lüttke, Hanna Lena		Ratheim	2000	3	WSchD	06:35,9
46	W	00:21:07	1069	Aglau, Nadia		Hückelhoven	2000	4	WSchD	06:35,9
83		00:21:08	1103	Perlick, Reinhard		Erkelenz	1960	15	M45	06:36,2
47	W	00:22:28	2409	Kehren-Plenker, Angelin		Mönchengladbach 5er Trup	1961	6	W45	07:01,2
48	W	00:23:41	265	Deckenhoff, Larissa		Erkelenz	1991	3	WJugB	07:24,0
49	W	00:23:41	740	Streckert, Ulrike		Wegberg	1965	13	W40	07:24,0
50	W	00:24:20	420	Dovermann, Sandra		FS Mönchengaldbach	1983	4	WHK	07:36,2
51	W	00:24:22	187	Wilhelm, Sabine		Running-Academy.de	1961	7	W45	07:36,8
52	W	00:24:49	198	Moll, Karin		Viersener TV	1961	8	W45	07:45,3
84		00:25:05	422	Sinnwell, Markus		FS Mönchengaldbach	1976	6	M30	07:50,3
53	W	00:25:21	159	Koch-beumers, Wilma		Erkelenz	1952	1	W55	07:55,3
54	W	00:27:46	1148	Winkler, Marion		Heinsberg	1969	8	W35	08:40,6