

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1		00:31:35	2482	Kosgei, Matthew		Int. Team Rureifel	1986	1	MHK	03:09,5
2		00:31:39	2472	Rutto, Emanuel		Int. Team Rureifel	1982	2	MHK	03:09,9
3		00:33:37	727	Austin-Kerl, Jürgen	NED	JFC HQ Brunssum	1970	1	M35	03:21,7
4		00:35:11	1036	Dossow, Uwe		SC Myhl LA	1966	1	M40	03:31,1
5		00:35:20	1200	Giesen, Boris		VfR Unterbruch LG	1977	1	M30	03:32,0
6		00:35:33	32	Müller, Andreas		VfR Unterbruch LG	1974	2	M30	03:33,3
7		00:35:58	1190	Duncker, Tobi		Düsseldorf	1971	2	M35	03:35,8
8		00:36:22	1122	Kirchner, Reiner		OSC Waldniel	1984	3	MHK	03:38,2
9		00:36:41	726	Musick, Matthias		PSV Grün Weiss Kassel	1981	4	MHK	03:40,1
10		00:37:24	770	Brocker, Stefan		OSC Waldniel	1967	2	M40	03:44,4
11		00:38:23	272	Benders, Lothar		Mönchengladbacher LG	1956	1	M50	03:50,3
1	W	00:39:36	52	Sonntag, Alanah		Cincinnati OHIO	1990	1	WJugA	03:57,6
12		00:39:39	1167	Barten, Bernd		SC Myhl LA	1954	2	M50	03:57,9
13		00:40:09	7	Hansen, Thorsten		Bundeswehr	1974	3	M30	04:00,9
14		00:40:34	1195	Hesselmann, Bernd		Erkelenz	1969	3	M35	04:03,4
15		00:40:40	311	Frings, Reiner		SC Myhl LA	1960	1	M45	04:04,0
16		00:40:53	2455	Ossowski, Christoph		SC Myhl LA	1967	3	M40	04:05,3
17		00:41:05	574	Hoersch, Heiner		AS Neukirchen-Vluyn	1966	4	M40	04:06,5
18		00:41:20	313	Hennig, Jürgen		SC Myhl LA	1955	3	M50	04:08,0
19		00:41:24	541	Dahl, Ulf	NOR	Gangelt - Birgden	1961	2	M45	04:08,4
20		00:41:28	1196	Bauer, Christoph		Pulheimer SC	1959	3	M45	04:08,8
21		00:41:30	974	Königs, Raimund		SC Myhl LA	1958	4	M50	04:09,0
22		00:41:37	1170	Cousin, André		Ratheim	1980	5	MHK	04:09,7
23		00:41:39	975	Schopen, Marcus		VfR Granterath	1992	1	MJugB	04:09,9
24		00:42:02	1186	Kirsch, Alfred		VfR Unterbruch LG	1960	4	M45	04:12,2
25		00:42:18	1178	Schoengen, Peter		Heinsberg	1965	5	M40	04:13,8
26		00:42:22	240	Günther, Peter		VfR Unterbruch LG	1960	5	M45	04:14,2
27		00:42:47	9	Staiger, Jürgen		Hetzerath	1965	6	M40	04:16,7
28		00:42:54	318	Emonds, Mario		Vorwärts Hammerschorsch	1969	4	M35	04:17,4
29		00:42:59	1156	Kozak, Guido		TV Ratheim	1979	6	MHK	04:17,9
30		00:43:01	772	Wolters, Hubert		TSF Bracht	1959	6	M45	04:18,1
31		00:43:10	2542	Gems, Jochen		Wegberg	1990	1	MJugA	04:19,0
32		00:43:14	1194	Hagemann, Udo		ohne	1970	5	M35	04:19,4
33		00:43:27	255	Bläsing, Norbert		Niederkrüchten	1962	7	M45	04:20,7
34		00:43:46	105	Büngener, Achim		LLG 80 Nordpark Köln	1971	6	M35	04:22,6
2	W	00:43:49	592	Brunen, Burkhard		Hückelhoven	1969	1	W35	04:22,9
35		00:43:53	1199	Klocke, Frank		TSF Bracht	1962	8	M45	04:23,3
3	W	00:44:00	293	Bommers, Silke		OSC Waldniel	1974	1	W30	04:24,0
36		00:44:08	1099	Frenken, Detlef		ohne	1972	7	M35	04:24,8
37		00:44:13	1098	Dewes, Peter		Hückelhoven	1967	7	M40	04:25,3
4	W	00:44:27	1140	Feltens, Meike		Grottenrath	1965	1	W40	04:26,7
38		00:44:40	183	Stoffels, Michael		SFC Erkelenz	1963	9	M45	04:28,0
39		00:44:45	229	Schaaf, Thomas		Baesweiler	1986	7	MHK	04:28,5
40		00:44:47	1012	Rüttgens, Bernd		Erkelenz	1969	8	M35	04:28,7
41		00:44:47	1198	Mohrenn, Sebastian		TV 1860 Erkelenz	1985	8	MHK	04:28,7
42		00:45:01	201	Alhäuser, Jochen		LC Duisburg	1967	8	M40	04:30,1
43		00:45:05	1155	Gisbertz, Wilfried		Erkelenz	1963	10	M45	04:30,5
44		00:45:15	82	Gilles, Gereon		VfR Unterbruch LG	1980	9	MHK	04:31,5
45		00:45:26	144	Volkmer, Andreas		Schwalmtal	1963	11	M45	04:32,6
46		00:45:38	988	Juwig, Frank		Polizei Düsseldorf	1965	9	M40	04:33,8
47		00:45:44	170	Schwidder, Harald		VfR Unterbruch LG	1964	10	M40	04:34,4
48		00:45:47	771	Scholz, Klaus		TSF Bracht	1959	12	M45	04:34,7
49		00:46:14	614	Kanditt, Stephan		Korschenbroich	1973	9	M35	04:37,4
50		00:46:20	605	Pörner, Manfred		AOK Rheinland-Hamburg	1948	1	M60	04:38,0
51		00:46:24	602	Bick, Joachim		Heinsberg	1960	13	M45	04:38,4
53		00:46:50	1188	Coenen, Ralf		LG Ameln-Linnich	1965	11	M40	04:41,0
52		00:46:50	681	Schmitz, Bert		TTC Rödingen-Höllen	1962	14	M45	04:41,0
54		00:46:54	416	Fiedler, Ringo		FS Mönchengaldbach	1977	4	M30	04:41,4



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
55		00:46:55	3	Luenskens, Dr. Stephan		Team Erkelenz	1965	12	M40	04:41,5
56		00:46:56	1182	Wieckiewicz, Adrian		Geilenkirchen	1983	10	MHK	04:41,6
57		00:46:57	763	Sieben, Sven		Mönchengladbach-Wickrath	1972	10	M35	04:41,7
58		00:46:58	368	Eickels, Fabian		SC Hummeln im Arsch	1986	11	MHK	04:41,8
59		00:46:58	2103	Windeln, Gerd		VfR Unterbruch LG	1964	13	M40	04:41,8
60		00:46:59	1159	Bergert, Wolfgang		LT Schwanenberg	1943	1	M65	04:41,9
61		00:47:02	1169	Kreis, Manfred		SG 26 NVV-AG Mönchengla	1958	5	M50	04:42,2
62		00:47:03	583	Gottschalk, Sascha		Hetzerath	1976	5	M30	04:42,3
63		00:47:20	171	Kähler, Volker		Erkelenz	1968	14	M40	04:44,0
64		00:47:20	263	Jansen, Dirk		Erkelenz	1965	15	M40	04:44,0
65		00:47:21	48	Rasmussen, Einar		SV Willich Tri-Team	1964	16	M40	04:44,1
66		00:47:25	572	Busch, Christof		VfR Unterbruch LG	1969	11	M35	04:44,5
67		00:47:28	2399	Oppenauer, Franz-Josef		Mönchengladbach 5er Trup	1963	15	M45	04:44,8
68		00:47:30	73	Wünsche, Frank		VfR Unterbruch LG	1959	16	M45	04:45,0
69		00:47:31	76	Storms, Michael		VfR Unterbruch LG	1971	12	M35	04:45,1
70		00:47:32	591	Böker, Christian		LG 47 Viersen	1971	13	M35	04:45,2
71		00:47:32	790	Creemers, Markus		Polizei Heinsberg	1965	17	M40	04:45,2
5	W	00:47:35	1187	Bachmann, Sarah		TV Schwanenberg	1977	2	W30	04:45,5
72		00:47:50	409	Breyer, Karsten		SV Rot-Weiß Schlafhorst	1974	6	M30	04:47,0
73		00:47:50	1172	Kaumanns, Friedrich		Spvgg. Kirch-Grottenherten	1961	17	M45	04:47,0
74		00:47:54	1307	Hansen, Heiner		Gymnasium Rheindahlen	1958	6	M50	04:47,4
75		00:48:22	590	Burgess, Geoffrey	GBR	Schwalmtal	1955	7	M50	04:50,2
76		00:48:25	690	Windeln, Franz-Willi		Heinsberg	1962	18	M45	04:50,5
77		00:48:27	192	Lale-Lopez, Jorge	ESP	Holzweiler	1972	14	M35	04:50,7
78		00:48:30	2456	Leven, Kalle		RP Marathonteam Erkelenz	1963	19	M45	04:51,0
79		00:48:31	1011	Hanitzsch, Patrick		SV Venrath	1985	12	MHK	04:51,1
80		00:48:37	1113	Blumenfeld, Frank		LTD Köln-Dellbrück	1967	18	M40	04:51,7
81		00:48:39	38	Heckers, Michael		RP Marathonteam Erkelenz	1974	7	M30	04:51,9
82		00:48:44	578	Hackenholt, Josef		Erkelenz	1961	20	M45	04:52,4
83		00:48:55	2178	Wildenberg, Armin		Wiesen	1961	21	M45	04:53,5
84		00:48:55	951	Gellißen, Karl-Heinz		RP Marathonteam Erkelenz	1955	8	M50	04:53,5
6	W	00:48:56	2321	Gerhard, Petra		SV Willich Tri-Team	1968	2	W40	04:53,6
85		00:48:58	2146	Schmitz, Werner		Blau-Weiß Niederkrüchten	1953	1	M55	04:53,8
86		00:48:58	536	Lamberti, Dr. Michael		Geilenkirchen	1962	22	M45	04:53,8
87		00:49:13	4	Grasmehr, Frank		Team Erkelenz	1968	19	M40	04:55,3
88		00:49:18	106	Horacek, Dieter		Mönchengladbach	1964	20	M40	04:55,8
7	W	00:49:23	180	Kauertz, Beate		Team ISI	1953	1	W55	04:56,3
89		00:49:26	1191	Haak, Holger		Pirate Tri Team	1968	21	M40	04:56,6
90		00:49:32	2144	Keiner, Robin		Wegberg	1991	2	MJugB	04:57,2
91		00:49:34	2424	Görtz, Friedhelm		BSG KSK Heinsberg	1955	9	M50	04:57,4
92		00:49:45	158	Heutz, Dennis		Gerderath	1981	13	MHK	04:58,5
93		00:49:47	273	Steffens, Heinz-Josef		SFC Erkelenz	1953	2	M55	04:58,7
94		00:49:48	2380	Bräuer, Ralf		TSVE Bielefeld	1967	22	M40	04:58,8
95		00:49:49	1185	Pott, Reiner		RP Marathonteam	1955	10	M50	04:58,9
96		00:49:51	244	Vollmer, Emil		SFC Erkelenz	1956	11	M50	04:59,1
8	W	00:49:52	202	Erdweg, Anita		Ski-Club Erkelenz	1954	1	W50	04:59,2
97		00:49:53	254	Wagner, Johannes		SC Myhl LA	1950	3	M55	04:59,3
98		00:50:01	6	Schmitz-Kröll, Daniel		Übach-Palenberg	1980	14	MHK	05:00,1
99		00:50:05	374	Laufs, Gerd Josef		Geilenkirchen	1961	23	M45	05:00,5
100		00:50:10	373	Fellmin, Sven		TV 1860 Erkelenz	1986	15	MHK	05:01,0
101		00:50:22	1125	von Scheißler, Bernhard		Haus Hühlihoven	1968	23	M40	05:02,2
9	W	00:50:23	743	Austin, Melanie	NED	JFC HQ Brunssum	1972	2	W35	05:02,3
102		00:50:28	199	Moll, Johannes		Viersener TV	1962	24	M45	05:02,8
103		00:50:29	1175	Niehsen, Heinz-Theo		Athletik Waldniel	1954	12	M50	05:02,9
104		00:50:32	277	Kohlhase, Stefan		OSC Waldniel	1975	8	M30	05:03,2
105		00:50:38	261	Reimer, Boyo	SEN	LT Keyenberg	1956	13	M50	05:03,8
106		00:50:39	1168	Piepel, Reinhard		SFC Erkelenz	1953	4	M55	05:03,9
107		00:50:42	62	Poque, Dirk		Erkelenz	1973	15	M35	05:04,2



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
10	W	00:50:42	125	Weber, Dr. Ruth		FC Rheinland	1965	3	W40	05:04,2
108		00:50:43	123	Weber, Horst		FC Rheinland	1965	24	M40	05:04,3
109		00:50:45	1109	Kempf, Markus		ohne	1968	25	M40	05:04,5
110		00:50:47	222	Dahlmanns, Arno		Rhen. Immendorf	1969	16	M35	05:04,7
11	W	00:50:47	314	Landmesser, Beate		Schwandenberg	1963	1	W45	05:04,7
111		00:50:49	1160	Reinartz, Wilfried		Wegberg	1965	26	M40	05:04,9
112		00:50:56	411	Baran, Alan		FS Mönchengaldbach	1987	16	MHK	05:05,6
113		00:50:58	111	Russell, Eddie	GBR	Birgelen	1961	25	M45	05:05,8
12	W	00:51:09	1184	Noethlings, Ilse		BSG KSK Heinsberg	1950	2	W55	05:06,9
114		00:51:09	1126	Bläsen, Michael		VfR Granterath	1980	17	MHK	05:06,9
115		00:51:16	601	Burczyk, Maik		Wassenberg	1973	17	M35	05:07,6
116		00:51:28	1107	May, Peter		Erkelenz	1968	27	M40	05:08,8
13	W	00:51:31	1174	Holzappel, Diana		Erkelenz	1962	2	W45	05:09,1
117		00:51:40	1142	Kauhl, Ingo		Der Letzte Angriff	1970	18	M35	05:10,0
118		00:51:45	8	Wego, Ralf		Katzem	1967	28	M40	05:10,5
119		00:51:49	1193	Bär, Roland		TV 1860 Erkelenz	1983	18	MHK	05:10,9
120		00:51:52	102	Koßmann, Klaus		Mönchengladbach	1960	26	M45	05:11,2
121		00:51:54	550	Dicke, Christian		budo-club-erkelenz	1958	14	M50	05:11,4
122		00:51:57	87	Balogh, René		Erkelenz-Kuckum	1983	19	MHK	05:11,7
123		00:52:01	680	Schiwietz, Christopher		Viktoria Wegberg	1983	20	MHK	05:12,1
124		00:52:02	1189	Bruecher, Udo		TV Beckrath	1963	27	M45	05:12,2
125		00:52:06	568	Warmers, Michael		Erkelenz	1968	29	M40	05:12,6
126		00:52:12	264	Deckenhoff, Guido		Erkelenz	1972	19	M35	05:13,2
127		00:52:12	2193	Buerger, Olaf		BSG KSK Heinsberg	1968	30	M40	05:13,2
128		00:52:19	27	Stutz, Reinhard		Salzkotten	1964	31	M40	05:13,9
129		00:52:19	1171	Ricki, Andreas		ohne	1972	20	M35	05:13,9
130		00:52:24	2390	Sester, Ralf		Werbegemeinschaft Hückel	1958	15	M50	05:14,4
131		00:52:25	2391	Frenken, Dietmar		SC Myhl LA	1965	32	M40	05:14,5
14	W	00:52:26	84	Frenken, Nicole		ohne	1977	3	W30	05:14,6
132		00:52:28	1136	Theissen, Alexander		Erkelenz	1974	9	M30	05:14,8
133		00:52:36	606	Ewald, Wolfgang		AOK Rheinland-Hamburg	1960	28	M45	05:15,6
134		00:52:38	709	Hinz, Hans-Werner		LT Keyenberg	1960	29	M45	05:15,8
135		00:52:38	1154	Landeago, Andreas		Geilenkirchen	1976	10	M30	05:15,8
136		00:52:41	717	Bartel, Franz-Josef		Venrath	1967	33	M40	05:16,1
137		00:52:48	21	Scholz, Joachim		Erkelenz	1968	34	M40	05:16,8
138		00:53:01	1146	Benn, Volker		Erkelenz	1963	30	M45	05:18,1
139		00:53:04	766	Goldsmits, Jac	NED	Vlodrop	1949	5	M55	05:18,4
140		00:53:07	573	Laschet, Simon		Mönchengladbach	1988	21	MHK	05:18,7
141		00:53:09	1192	Nowack, Michael		SVBS Prrussen	1951	6	M55	05:18,9
142		00:53:20	2164	Goertz, Hubert		ohne	1966	35	M40	05:20,0
143		00:53:21	166	Göbels, Hans		CSV Marathon Krefeld	1938	1	M70	05:20,1
15	W	00:53:27	112	Schumacher, Heike		Erkelenz	1970	3	W35	05:20,7
144		00:53:29	789	Klothen, Wilfried		Aphoven	1967	36	M40	05:20,9
145		00:53:30	231	Thomas, Müller		Leichlingen	1979	22	MHK	05:21,0
146		00:53:35	773	Papanastasiou, Athanasi		Heinsberg	1972	21	M35	05:21,5
16	W	00:53:35	1165	Barten, Monika		SC Myhl LA	1960	3	W45	05:21,5
147		00:53:37	14	Scheufens, Bert		Übach-Palenberg	1978	11	M30	05:21,7
148		00:53:45	417	Lausberg, Leo		FS Mönchengaldbach	1948	2	M60	05:22,5
149		00:53:52	122	Peschen, Ralf		Übach-Palenberg	1969	22	M35	05:23,2
150		00:54:03	552	Altmann, Marwin		Junge Union Erkelenz	1984	23	MHK	05:24,3
151		00:54:09	132	Thomas, Peter		SV Golkath	1964	37	M40	05:24,9
152		00:54:13	1176	Koertge, Gottfried		Aldenhoven	1957	16	M50	05:25,3
153		00:54:15	118	Thönnissen, Dr. Ludwig		Erkelenz	1970	23	M35	05:25,5
154		00:54:28	99	Straube, Michael		Erkelenz	1968	38	M40	05:26,8
17	W	00:54:30	189	Müller, Ines		RP Marathonteam Erkelenz	1958	2	W50	05:27,0
18	W	00:54:31	1151	Hermanns, Ruth		Aachen	1984	1	WHK	05:27,1
155		00:54:35	712	Thelen, Dennis		Inden-Altendorf	1988	24	MHK	05:27,5
19	W	00:54:35	47	Rasmussen, Nicole		SV Willich Tri-Team	1972	4	W35	05:27,5



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
156		00:54:38	375	Deptalla, Simon		Stolberg	1988	25	MHK	05:27,8
20	W	00:54:42	29	Engelke, Simone		Wegberg	1966	4	W40	05:28,2
21	W	00:54:48	1027	Jacobs, Judith		Erkelenz	1984	2	WHK	05:28,8
22	W	00:54:52	185	Vogel, Andrea		Running-Academy.de	1966	5	W40	05:29,2
157		00:54:55	63	Meyer, Ulf		Wegberg-Arsbeck	1974	12	M30	05:29,5
23	W	00:54:58	86	Malkan, Anika		Wegberg-Wildenrath	1986	3	WHK	05:29,8
24	W	00:55:06	246	Intorp, Annette		Athletik Waldniel	1950	3	W55	05:30,6
25	W	00:55:18	107	Kipar, Ines		SV Willich Tri Team	1975	4	W30	05:31,8
158		00:55:24	579	Janik, Matthias		Erkelenz	1970	24	M35	05:32,4
159		00:55:25	857	Betz, Michael		Granterath	1959	31	M45	05:32,5
160		00:55:29	258	Stevens, Hans		GSV Geldern	1956	17	M50	05:32,9
26	W	00:55:37	950	Steinwartz, Hille		ohne	1962	4	W45	05:33,7
27	W	00:55:39	2167	Schwieger, Brigitte		LT Keyenberg	1960	5	W45	05:33,9
28	W	00:55:40	101	Pesch, Inge		Mönchengladbach	1965	6	W40	05:34,0
161		00:55:44	776	Windeln, Marco		VfR Unterbruch LG	1997	3	MJugB	05:34,4
162		00:55:45	785	Hendriksen, Ernst		Viersener TV	1934	2	M70	05:34,5
163		00:56:05	1145	Coenen, Wilfried		LT Keyenberg	1954	18	M50	05:36,5
29	W	00:56:06	58	Henßen-Esser, Roswitha		RP Marathonteam Erkelenz	1955	3	W50	05:36,6
30	W	00:56:16	315	Müller, Martina		Hückelhoven	1989	2	WJugA	05:37,6
164		00:56:16	1173	van Kampen, Heinz		LT Alsdorf-Ost	1950	7	M55	05:37,6
165		00:56:30	2139	Konrath, Paul		Relax Sport Linnich	1948	3	M60	05:39,0
166		00:56:31	2333	Geisler, Robert		Wegberg	1964	39	M40	05:39,1
31	W	00:57:21	1149	Hermanns, Barbara		RP Marathonteam Erkelenz	1957	4	W50	05:44,1
167		00:57:37	24	Klein, Roger		Krefeld	1961	32	M45	05:45,7
168		00:57:46	692	Keiner, Stefan		Team Erdinger Alkoholfrei	1964	40	M40	05:46,6
32	W	00:57:57	2291	Wackerzapp, Silvia		BSG KSK Heinsberg	1964	7	W40	05:47,7
33	W	00:57:57	728	Meyer, Dr. Catharine Ta		Trier	1978	5	W30	05:47,7
169		00:58:19	934	Schmidt-Dobrowolny, Je		ohne	1983	26	MHK	05:49,9
34	W	00:58:30	116	Meyer, Monique		Arsbeck	1986	4	WHK	05:51,0
170		00:58:35	256	Thelen, Jürgen		Hückelhoven	1960	33	M45	05:51,5
171		00:58:44	553	Schmidt, Axel		budo-club-erkelenz	1964	41	M40	05:52,4
35	W	00:59:00	113	Mertsch, Anke		Birgelen	1969	5	W35	05:54,0
36	W	00:59:05	737	Kirsch, Alexandra		VfR Unterbruch LG	1978	6	W30	05:54,5
172		00:59:22	30	Wachtmeister, Ralf		Wegberg	1968	42	M40	05:56,2
37	W	00:59:37	104	Pulm, Stefanie		Erkelenz	1979	5	WHK	05:57,7
173		00:59:40	1115	Zitz, Carsten		Wassenberg	1966	43	M40	05:58,0
174		00:59:58	141	Hollmann, Christoph		Viersen	1959	34	M45	05:59,8
175		01:00:06	238	Zimmermann, Paul		LT Keyenberg	1958	19	M50	06:00,6
38	W	01:00:19	571	Bachmann-Wilms, Annal		Erkelenz	1977	7	W30	06:01,9
39	W	01:00:20	570	Klesz, Christiane		CSV Marathon Krefeld	1963	6	W45	06:02,0
176		01:00:32	2385	Aster, Daniel		Www.relaxsport.de	1980	27	MHK	06:03,2
177		01:00:34	1058	Peters, Michael		Erkelenz	1971	25	M35	06:03,4
178		01:00:40	2165	Küppers, Hermann		ohne	1961	35	M45	06:04,0
40	W	01:01:10	89	Hagenkötter, Ann-Cathri	NED	CA Brunssum	1985	6	WHK	06:07,0
179		01:01:10	88	Hartung, Uwe	NED	NATO	1960	36	M45	06:07,0
180		01:01:17	167	Hoffmann, Werner		TTF Falken Krefeld	1957	20	M50	06:07,7
41	W	01:01:37	2	Lenzen, Anja		Wegberg	1985	7	WHK	06:09,7
42	W	01:01:52	22	Dohlen, Hannah		Geilenkirchen-Immendorf	1998	1	WJugB	06:11,2
43	W	01:01:52	23	Grates, Miriam		Erkelenz-Venrath	1987	8	WHK	06:11,2
181		01:02:11	679	Schiwietz, Andreas		TuS Wegberg	1953	8	M55	06:13,1
182		01:02:16	1053	Meyer zu Alfenschildesc		Erkelenz	1966	44	M40	06:13,6
44	W	01:03:02	1164	Lehnen, Gaby		Heinsberg	1956	5	W50	06:18,2
45	W	01:03:10	1166	Riwkens, Manuela		Keyenberger LT	1960	7	W45	06:19,0
46	W	01:03:26	117	Siou, Alexandra		Würselen	1986	9	WHK	06:20,6
47	W	01:04:08	2145	Ivens-Weber, Margret		Geilenkirchen	1968	8	W40	06:24,8
48	W	01:04:10	557	Schmidt, Lara		budo-club-erkelenz	1996	2	WJugB	06:25,0
49	W	01:04:11	556	Schmidt, Ute		budo-club-erkelenz	1966	9	W40	06:25,1
50	W	01:04:18	61	Müschen-Bollig, Michael		Übach-Palenberg	1973	6	W35	06:25,8



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
51	W	01:04:19	1181	Otto, Petra		ohne	1965	10	W40	06:25,9
183		01:04:22	200	Moulen, Karl		TV 1924 Schwanenberg	1962	37	M45	06:26,2
52	W	01:05:04	154	Peterseim, Nadine		Titz-Jackerath	1983	10	WHK	06:30,4
184		01:05:04	153	Müller, Toni		Lövenich	1982	28	MHK	06:30,4
53	W	01:07:43	421	Körfer, Anja		FS Mönchengaldbach	1968	11	W40	06:46,3
185		01:08:04	607	Herfs, Thomas		AOK Rheinland-Hamburg	1972	26	M35	06:48,4
186		01:08:05	608	Herfs, Florian		AOK Rheinland-Hamburg	1999	4	MJugB	06:48,5
187		01:08:13	1111	Detzner, Kurt		Carl Zeiss Süd Jena	1959	38	M45	06:49,3
188		01:08:33	33	Shepherd, Brian	GBR	Heinsberg	1959	39	M45	06:51,3
54	W	01:08:51	762	Sieben, Gaby		Mönchengladbach-Wickrath	1974	8	W30	06:53,1
55	W	01:09:09	1133	Deußen, Edith		SG 1926 NVV-AG	1953	4	W55	06:54,9
189		01:09:09	1132	Kesternich, Manfred		SG 1926 NVV-AG	1955	21	M50	06:54,9
56	W	01:11.11	59	Hillebrand, Erika		Meerbusch	1955	6	W50	07:07,1
190		01:12:43	237	Müller, Lothar		LT Keyenberg	1938	3	M70	07:16,3
191		01:13:14	260	Heinen, Severin		Erkelenz	1950	9	M55	07:19,4
192		01:13:29	1183	Paulus, Michael		DJK Gillrath 1911	1934	4	M70	07:20,9