

Ergebnisliste MW 7 Meilen

MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
Weiblich											
1.	00:48:59	495	Flora Feuring	W	1.	WJ		TG Neuss	00:48:58	1.	4:20
2.	00:49:15	157	Jana Reiter	W	1.	WJ		Mettmann Sport	00:49:00	2.	4:22
3.	00:50:16	560	Christin Wilken	W	1.	W30		ayyo	00:50:14	3.	4:27
4.	00:50:58	561	Claudia Schmitz	W	1.	W50		LAZ Mönchengladbach	00:50:54	4.	4:31
5.	00:51:25	453	Beate Faus	W	1.	W45		Djk Löwe Hambach	00:51:20	5.	4:33
6.	00:51:34	380	Carola Rentergent	W	1.	W55		TV Refrath	00:51:31	6.	4:34
7.	00:51:39	511	Heike Kellendonk	W	2.	W45		TG Neuss	00:51:32	7.	4:35
8.	00:54:28	435	Silke Tiemesmann	W	1.	W35		LLG 80 Nordpark Köln e.V.	00:54:23	8.	4:50
9.	00:54:34	513	Ellen Klein	W	2.	WJ		TG Neuss	00:54:32	9.	4:50
10.	00:54:48	494	Belinda Wilke	W	1.	W60		TG Neuss	00:54:46	10.	4:51
11.	00:56:26	257	Hannah Janßen	W	2.	WJ		Vohwinkeler STV	00:56:14	11.	5:00
12.	00:57:08	378	Iwona Prenger	W	3.	W45		Rennschnecken 2000	00:56:51	12.	5:04
13.	00:57:40	138	Annica Makosch	W	1.	W			00:57:20	13.	5:07
14.	00:58:46	2	Ilonka Fischer	W	2.	W55		Pulheimer SC	00:58:36	14.	5:12
15.	00:58:51	408	Ezo Güven	W	1.	W40		TSV Bayer Dormagen	00:58:46	16.	5:13
16.	00:59:04	510	Birgit Herrmann	W	2.	W60		TG Neuss	00:58:54	17.	5:14
17.	00:59:07	142	Monika Brinkmann	W	3.	W55		LT Krefeld-Oppum	00:58:46	15.	5:14
18.	00:59:17	459	Simone Spill	W	4.	W55		SG Zons	00:59:10	19.	5:15
19.	00:59:30	127	Tatjana Rüber	W	2.	W35		Stadt Dormagen	00:59:20	20.	5:16
20.	00:59:40	458	Daniela Raab	W	4.	W45		LC Weilerswist	00:59:23	21.	5:17
21.	00:59:43	316	Sabrina Davey	W	2.	W40		SCB Horrem	00:59:08	18.	5:18
22.	00:59:48	583	Claudia Cepok	W	2.	W			00:59:29	22.	5:18
23.	01:00:22	538	Sarah Vogel	W	3.	W35		SV Gladbeck 13	01:00:13	23.	5:21
24.	01:00:46	92	Stephany Hahne	W	5.	W55			01:00:18	24.	5:23
25.	01:00:50	530	Stephanie Räse	W	4.	W35			01:00:41	25.	5:24
26.	01:01:01	589	Silke Brix	W	3.	W40			01:00:53	28.	5:24
27.	01:01:16	570	Nicole Elle-Hüren	W	5.	W45		TSV Solingen 1877 e.V. Triathlon	01:01:08	31.	5:26
28.	01:01:19	238	Jennifer Leutgeb	W	5.	W35			01:00:45	27.	5:26
29.	01:01:25	77	Antje Achilles	W	4.	W40		FTV Düsseldorf	01:01:01	29.	5:27
30.	01:01:25	373	Catharina Uhlendahl	W	2.	W50		TUSEM Essen	01:01:03	30.	5:27
31.	01:01:30	124	Anke Seifert	W	2.	W30			01:00:45	26.	5:27
32.	01:02:02	125	Vanessa Bobela	W	5.	W40		Stadt Dormagen	01:01:53	33.	5:30
33.	01:02:16	156	Claudia Reiter	W	3.	W50		TuS Deuz	01:01:48	32.	5:31
34.	01:02:20	409	Aline Kasek	W	3.	W30		RTB Remscheid	01:02:00	34.	5:31
35.	01:02:36	406	Inka Klotmann	W	6.	W40			01:02:27	35.	5:33
36.	01:02:59	368	Ute Hilden	W	4.	W50			01:02:56	36.	5:35
37.	01:03:36	320	Sabrina Paciello	W	7.	W40		FTV Düsseldorf	01:03:10	37.	5:38
38.	01:03:41	444	Jacqueline Goebbels	W	8.	W40		We run this Cologne	01:03:27	40.	5:39
39.	01:03:46	487	Manuela Decker	W	9.	W40			01:03:17	39.	5:39
40.	01:03:52	153	Kirsten Horn	W	10.	W40			01:03:12	38.	5:40
41.	01:03:55	486	Irene Bendhiba	W	1.	W65		SG Bockenberg	01:03:46	42.	5:40
42.	01:04:09	475	Claudia Schielke	W	6.	W45			01:03:31	41.	5:41
43.	01:04:28	351	Janine Kilian	W	6.	W35			01:04:09	44.	5:43
44.	01:04:31	6	Petra Holbein	W	6.	W55		Pulheimer SC	01:04:04	43.	5:43
45.	01:04:35	262	Birte Voelkel	W	7.	W35		Das schaffen wir locker DSWL	01:04:20	45.	5:43
46.	01:04:35	263	Nadja Saiz	W	4.	W30		Das schaffen wir locker DSWL	01:04:20	46.	5:43
47.	01:04:58	523	You Young Yang	W	5.	W30			01:04:34	47.	5:45
48.	01:05:13	170	Nadine Schnarbach	W	11.	W40			01:04:40	48.	5:47
49.	01:05:29	10	Andrea Hark	W	3.	W60		Pulheimer SC	01:05:02	50.	5:48
50.	01:05:29	7	Melanie Jendrzewski	W	8.	W35		Pulheimer SC	01:04:59	49.	5:48
51.	01:05:52	287	Annika Pieperjohanns	W	6.	W30		Pulheimer Sport Club	01:05:24	51.	5:50
52.	01:05:52	9	Anke Wendlandt	W	5.	W50		Pulheimer SC	01:05:25	52.	5:50
53.	01:06:00	294	Clarissa Robben	W	9.	W35			01:05:46	53.	5:51
54.	01:06:21	122	Hannah Clemens	W	7.	W30		Fuchs & Hase	01:05:51	54.	5:53
55.	01:06:54	466	Dani Starck	W	7.	W45		LLG Sankt Augustin	01:06:42	56.	5:56
56.	01:07:04	493	Kerstin Kehrbach	W	12.	W40			01:06:42	55.	5:57
57.	01:07:33	40	Gisela Vorstermanns	W	4.	W60		Lauftreff Kempen	01:06:56	57.	5:59
58.	01:07:49	539	Barbara Schuchmann	W	1.	W70		IAC Düren	01:07:29	58.	6:01
59.	01:08:02	360	Brigitte Seidl	W	2.	W65			01:07:34	59.	6:02
60.	01:08:03	437	Anne Kruse	W	5.	W60		LLG 80 Nordpark Köln e.V.	01:07:40	61.	6:02
61.	01:08:03	440	Elisa Werner	W	8.	W45		LLG 80 Nordpark Köln e.V.	01:07:40	60.	6:02
62.	01:08:22	579	Annette Guntermann	W	7.	W55		Pulheimer SC	01:07:53	63.	6:04
63.	01:08:22	3	Nicole Mörtl	W	6.	W50		Pulheimer SC	01:07:53	62.	6:04
64.	01:08:44	392	Doreen Scheer	W	10.	W35		VR Bank eG	01:07:59	64.	6:06

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MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
65.	01:08:48	448	Julia Weisenhaus	W	7.	W50		LC Weilerswist	01:08:15	65.	6:06
66.	01:09:02	159	Iris Stuffertz	W	8.	W55		TSV Dieringhausen	01:08:30	67.	6:07
67.	01:09:03	390	Hafize Salli	W	9.	W45		VR Bank eG	01:08:18	66.	6:07
68.	01:09:08	429	Susanne Kumpernaß	W	13.	W40		Berufskolleg Neuss Weingartstraße -	01:08:57	70.	6:08
69.	01:09:14	64	Ricarda Dreßler	W	14.	W40			01:08:33	68.	6:08
70.	01:09:19	314	Elke Mühlegger-Leers	W	8.	W50		SCB Horrem	01:08:44	69.	6:09
71.	01:09:34	340	Christina Misch	W	3.	W			01:09:02	71.	6:10
72.	01:09:35	369	Christiane Hegenberg	W	9.	W55			01:09:13	73.	6:10
73.	01:09:39	548	Nicole Zemmin	W	10.	W45		#kommandofischfrikadelle	01:09:03	72.	6:10
74.	01:09:43	319	Annika Eßling	W	8.	W30		FTV Düsseldorf	01:09:17	74.	6:11
75.	01:10:01	410	Lydia Kasek	W	10.	W55		RTB Remscheid	01:09:34	76.	6:12
76.	01:10:02	396	Anna-Katharina	W	9.	W30			01:09:38	77.	6:12
77.	01:10:04	12	Catrin Rickmers	W	15.	W40		Lauftreff Willich / Team Mimi	01:09:24	75.	6:13
78.	01:10:09	439	Rosi Fetten	W	3.	W65		LLG 80 Nordpark Köln e.V.	01:09:47	78.	6:13
79.	01:10:37	505	Kathrin Wunderlich	W	10.	W30		LG Gummersbach	01:10:18	79.	6:16
80.	01:10:54	529	Sonja Behrens	W	11.	W35		Laufstall Weilburg	01:10:18	80.	6:17
81.	01:11:06	282	Lioba Stemmler	W	11.	W30		Rokis Rennpferde	01:10:34	82.	6:18
82.	01:11:06	280	Jessica Stanior	W	12.	W35		Rokis Rennpferde	01:10:34	83.	6:18
83.	01:11:06	447	Susanne Heinen	W	9.	W50		LC Weilerswist	01:10:32	81.	6:18
84.	01:11:06	281	Kirsten Heinz	W	13.	W35		Rokis Rennpferde	01:10:35	85.	6:18
85.	01:11:06	283	Paschen Lucie	W	12.	W30		Rokis Rennpferde	01:10:35	84.	6:18
86.	01:11:31	269	Susanne Tieke	W	10.	W50		LT MG-Volksgarten	01:11:09	86.	6:20
87.	01:11:34	270	Silke Köhler	W	11.	W45		LT MG-Volksgarten	01:11:12	87.	6:21
88.	01:11:41	551	Angelica Bongiovanni	W	16.	W40			01:11:20	89.	6:21
89.	01:11:54	578	Silke Dunkel	W	11.	W50			01:11:14	88.	6:22
90.	01:11:58	285	Stephanie Stüsgen	W	13.	W30			01:11:29	90.	6:23
91.	01:12:05	137	Hanna Lerp	W	14.	W35			01:11:39	91.	6:23
92.	01:12:05	17	Sarah Lehmann	W	15.	W35			01:11:40	92.	6:23
93.	01:12:23	65	Katrin Eidmann	W	17.	W40			01:11:47	93.	6:25
94.	01:12:23	66	Kristin Klees	W	18.	W40			01:11:48	94.	6:25
95.	01:12:44	502	Susanne Wahl	W	12.	W50		rosa Socke	01:12:13	95.	6:27
96.	01:12:44	472	Karin Christoffel	W	11.	W55		rosa Socke	01:12:14	96.	6:27
97.	01:13:08	185	Lea Kuhn	W	4.	W			01:12:35	98.	6:29
98.	01:13:08	327	Sabine Weber	W	13.	W50		Stadt Dormagen	01:12:25	97.	6:29
99.	01:13:08	177	Kristina Schmidt	W	5.	W			01:12:35	99.	6:29
100.	01:13:13	36	Silvia Usiayo	W	14.	W50			01:12:52	103.	6:29
101.	01:13:20	25	Ruth Schmitz	W	12.	W55			01:12:40	100.	6:30
102.	01:13:40	266	Andrea Stricker	W	15.	W50		Kap Ellen	01:12:49	102.	6:32
103.	01:13:51	62	Kerstin Knez	W	16.	W35			01:12:59	104.	6:33
104.	01:13:53	304	Monika Kather	W	16.	W50			01:13:47	107.	6:33
105.	01:14:09	260	Michaela Oezdes	W	17.	W50		Kap Ellen	01:13:18	105.	6:34
106.	01:14:20	131	Elvira Sakiri	W	17.	W35			01:14:13	109.	6:35
107.	01:14:23	89	Anna Fischer	W	18.	W35		Lauf Team Unna	01:13:43	106.	6:36
108.	01:14:28	571	Annerose Arendt	W	13.	W55			01:14:00	108.	6:36
109.	01:15:01	169	Melanie Boll	W	14.	W30		Stadt Dormagen	01:14:22	110.	6:39
110.	01:15:15	112	Sandra Lühr	W	19.	W40			01:14:27	111.	6:40
111.	01:15:22	441	Verena Hajek	W	2.	W70		LLG 80 Nordpark Köln e.V.	01:15:02	113.	6:41
112.	01:15:33	575	Ingrid Büttner	W	6.	W60		TuS Quettingen	01:14:47	112.	6:42
113.	01:15:49	250	Daniela Singendonk	W	6.	W			01:15:10	114.	6:43
114.	01:18:04	299	Sabine Schukalla	W	15.	W30			01:17:40	117.	6:55
115.	01:18:16	345	Yvonne Tschuschke	W	12.	W45			01:17:33	115.	6:56
116.	01:18:16	346	Sonja Baur	W	4.	W65		Lauftreff TB Hassels	01:17:33	116.	6:56
117.	01:19:42	56	Anna Gierszewski	W	13.	W45		Rennschnecken	01:18:57	118.	7:04
118.	01:19:49	588	Maren Weber	W	7.	W			01:19:07	119.	7:05
119.	01:19:59	215	Judith Bisanz	W	14.	W45			01:19:11	120.	7:05
120.	01:20:22	205	Sabine Brauer	W	18.	W50			01:19:34	121.	7:08
121.	01:20:44	338	Andrea Teß	W	15.	W45			01:20:05	122.	7:09
122.	01:21:27	222	Steffi Volpers	W	19.	W35		Laufinstructor2019	01:20:34	123.	7:13
123.	01:21:27	220	Saskia Bellem	W	20.	W40		Laufinstructor2019	01:20:34	124.	7:13
124.	01:21:27	221	Bärbel Tauscher	W	19.	W50		Laufinstructor2019	01:20:34	125.	7:13
125.	01:21:28	33	Grit Wilke	W	21.	W40			01:20:35	126.	7:13
126.	01:21:52	271	Andrea Bartelt	W	7.	W60			01:21:00	127.	7:16
127.	01:21:58	102	Britta Hallek	W	20.	W50		Running Ladys	01:21:06	128.	7:16
128.	01:22:02	181	Maike Grammeth	W	16.	W45			01:21:10	129.	7:16
129.	01:22:31	53	Sabine Becherer	W	14.	W55		run2gether Austria	01:21:48	130.	7:19
130.	01:23:42	563	Heike Strübbe	W	15.	W55		DAV, Sektion Köln	01:23:02	131.	7:25

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MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
131.	01:23:53	55	Astrid Gottschaldt	W	22.	W40		Rennschnecken	01:23:09	132.	7:26
132.	01:24:50	30	Katrin Huson	W	23.	W40		Burgläufer:innen Kempen	01:24:13	133.	7:31
133.	01:24:51	379	Moni Dreyers	W	21.	W50		Burgläufer:innen Kempen	01:24:13	134.	7:31
134.	01:25:08	490	Silke Geilenberg	W	17.	W45			01:24:35	135.	7:33
135.	01:25:49	50	Andrea Schliek	W	18.	W45			01:25:11	136.	7:37
136.	01:25:50	49	Tanja Mirgel	W	24.	W40			01:25:12	137.	7:37
137.	01:27:01	27	Cora Kohlstedt	W	25.	W40		Fun Vor Run	01:26:20	138.	7:43
138.	01:28:58	361	Christina Behrens	W	19.	W45		Stadt Dormagen	01:28:14	139.	7:53
139.	01:29:22	22	Sandra Tyralla	W	8.	W		HHU Running Heads	01:29:02	140.	7:55
140.	01:29:34	136	Silke Wegner	W	16.	W55		keinen	01:12:48	101.	7:57

Männlich

1.	00:38:16	509	Guesch Hagos	M	1.	M40		TG Neuss	00:38:16	1.	3:23
2.	00:40:12	456	Richard Wilke	M	1.	M30		Aachener TG	00:40:12	2.	3:34
3.	00:41:19	483	Philipp Hein	M	2.	M30		SFD75 Düsseldorf	00:41:18	3.	3:40
4.	00:42:00	512	Matthias Rück	M	2.	M40		TG Neuss	00:41:59	4.	3:43
5.	00:43:02	235	Marco Rinaldo	M	3.	M30			00:43:00	5.	3:49
6.	00:43:04	559	Maik Voigt	M	3.	M40		TuS 82 Opladen	00:43:02	6.	3:49
7.	00:43:20	146	Christian Neitzel	M	4.	M30		VdS Nievenheim	00:43:19	7.	3:50
8.	00:44:20	148	Tim Dziggel	M	5.	M30			00:44:18	8.	3:56
9.	00:44:25	449	Frezgi Habte	M	1.	M35		LC Weilerswist	00:44:22	9.	3:56
10.	00:44:29	95	Michael Köberich	M	1.	M50		SMS group Steel Team	00:44:28	10.	3:56
11.	00:44:42	94	Andreas Schmidtke	M	2.	M35			00:44:41	11.	3:58
12.	00:45:06	242	Axel Schmitz	M	1.	M45		GIPFELKURS	00:45:03	12.	4:00
13.	00:45:26	457	Jan Siebertz	M	4.	M40			00:45:22	13.	4:01
14.	00:46:20	383	Pascal Geller	M	3.	M35		INEOS	00:46:15	14.	4:06
15.	00:46:20	376	Andreas Joswig	M	1.	M55		Schwelmer Jungs	00:46:18	15.	4:06
16.	00:46:49	477	Max Gansen	M	1.	M			00:46:41	16.	4:09
17.	00:47:06	375	Frank Engelbracht	M	2.	M55		Schwelmer Jungs	00:47:02	17.	4:10
18.	00:47:27	207	Andreas Barbei	M	5.	M40		evd energieverorgung dormagen	00:47:15	18.	4:12
19.	00:47:30	516	Markus Zellner	M	2.	M45		Depotrunners Bracht	00:47:27	19.	4:12
20.	00:47:55	498	Robert Blinken	M	2.	M50		TG Neuss	00:47:53	20.	4:15
21.	00:48:00	484	Julian Ziob	M	6.	M30		SFD75 Düsseldorf	00:47:58	21.	4:15
22.	00:48:18	463	Oliver Conradi	M	3.	M45			00:48:14	22.	4:17
23.	00:48:44	134	Thor Wanzek	M	4.	M45		Trollmusic Running Team	00:48:40	24.	4:19
24.	00:48:51	275	Arne Ulbrich	M	4.	M35			00:48:37	23.	4:20
25.	00:48:53	492	Mark Geilenberg	M	5.	M45		Hildener AT Triathlon	00:48:47	25.	4:20
26.	00:49:04	546	Volker Kortmann	M	3.	M50		TuS 08 Lintorf	00:49:01	26.	4:21
27.	00:49:09	564	Michael Ritterbach	M	5.	M35			00:49:03	27.	4:21
28.	00:49:10	226	Moritz Lieven	M	1.	MJ		TK Grevenbroich	00:49:05	28.	4:21
29.	00:49:14	121	Jakob Faßbender	M	1.	MJ			00:49:10	29.	4:22
30.	00:49:28	419	Jürgen Cziommer	M	6.	M45		FC Straberg	00:49:20	30.	4:23
31.	00:49:32	19	Uwe Zimmermann	M	6.	M40		LT Rennhamster Düsseldorf	00:49:31	32.	4:23
32.	00:49:33	198	Tim Rosenberger	M	7.	M40			00:49:29	31.	4:23
33.	00:49:50	567	Jürgen Klingen	M	4.	M50		OSC Waldniel	00:49:46	33.	4:25
34.	00:50:20	532	Thomas Busch	M	5.	M50		Kyoto Running Club	00:50:11	34.	4:28
35.	00:50:21	489	Michael Junghänel	M	7.	M45		LC Duisburg	00:50:20	36.	4:28
36.	00:50:23	496	Daniel Braun	M	6.	M35		TG Neuss	00:50:16	35.	4:28
37.	00:50:35	508	Klaus Müller	M	6.	M50		Opladen on Tour	00:50:32	38.	4:29
38.	00:50:35	258	Finn Schneider	M	2.	M		Vohwinkeler STV	00:50:24	37.	4:29
39.	00:50:45	500	Oliver Odenthal	M	7.	M50		TG Neuss	00:50:41	39.	4:30
40.	00:50:48	34	Thorsten Erpenbach	M	3.	M55		TSV Bayer Dormagen Tri	00:50:42	40.	4:30
41.	00:51:05	359	Manfred Kohnen	M	8.	M50		Skiclub Troisdorf-Sieglar	00:50:56	41.	4:32
42.	00:51:06	460	Matthias Wohak	M	4.	M55		TSV Bayer Dormagen Triathlon	00:51:03	43.	4:32
43.	00:51:09	291	Volker Kupke	M	5.	M55			00:51:01	42.	4:32
44.	00:51:13	140	Kai Pelzer	M	8.	M40			00:51:11	46.	4:32
45.	00:51:13	99	Michael Roy	M	3.	M			00:51:09	45.	4:32
46.	00:51:16	467	Ralf Gerkum	M	9.	M50		LLG Sankt Augustin	00:51:08	44.	4:33
47.	00:51:20	302	Jochen Hahnen	M	9.	M40		Stadt Dormagen	00:51:12	47.	4:33
48.	00:51:21	545	Laurent Titzl	M	10.	M40			00:51:13	48.	4:33
49.	00:51:22	366	Jörg Hilden	M	10.	M50			00:51:20	51.	4:33
50.	00:51:24	80	Dario Eich	M	7.	M35		Klar Schiff	00:51:20	49.	4:33
51.	00:51:25	549	Udo Lang	M	6.	M55		Funlaufen	00:51:20	50.	4:33
52.	00:51:37	540	Erwin Schuchmann	M	1.	M60		IAC Düren	00:51:32	52.	4:34
53.	00:51:41	473	Julian Jansen	M	7.	M30			00:51:35	53.	4:35
54.	00:51:47	569	Andreas Hüren	M	11.	M50		TSV Solingen 1877 e.V. Triathlon	00:51:38	54.	4:35

Ergebnisliste MW 7 Meilen

MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
55.	00:51:50	464	Michael Böcker	M	8.	M45			00:51:47	55.	4:35
56.	00:52:18	482	Raik Eckstein	M	9.	M45	Helot		00:52:02	56.	4:38
57.	00:52:23	480	Felix Backhaus	M	8.	M30			00:52:07	57.	4:38
58.	00:52:24	417	Andreas Mertens	M	10.	M45	FC Straberg		00:52:15	58.	4:39
59.	00:52:32	313	Hans-Ulrich Pietzsch	M	7.	M55			00:52:26	59.	4:39
60.	00:52:38	145	Sören Schäfer	M	11.	M40	TG Neuss		00:52:36	61.	4:40
61.	00:52:40	15	Peter Reudenbach	M	8.	M55	LT Rösrather Str.		00:52:27	60.	4:40
62.	00:52:44	577	Fynn Kruse	M	8.	M35	Krusefire		00:52:40	62.	4:40
63.	00:52:52	485	Niklas König	M	9.	M35	SFD75 Düsseldorf		00:52:50	63.	4:41
64.	00:52:58	298	Oliver Meves	M	12.	M50	Borussia Mönchengladbach		00:52:51	64.	4:42
65.	00:53:02	514	Uwe Bonin	M	1.	M65	TG Neuss		00:52:54	65.	4:42
66.	00:53:16	386	Janosch Gebhardt	M	4.	M	Tectrion GmbH		00:53:13	67.	4:43
67.	00:53:21	96	Christian Mehl	M	10.	M35			00:53:17	68.	4:44
68.	00:53:35	436	Sascha König	M	11.	M45	LLG 80 Nordpark Köln e.V.		00:53:28	71.	4:45
69.	00:53:42	241	Markus Kiefler	M	9.	M30			00:53:25	70.	4:46
70.	00:53:55	231	Frederic Brozy	M	11.	M35			00:53:18	69.	4:47
71.	00:54:04	330	Niki Lüdtke	M	12.	M40	Flotte Boschte Neukirchen		00:53:51	73.	4:47
72.	00:54:21	430	Michael Flaskamp	M	13.	M40	Berufskolleg Neuss Weingartstraße -		00:54:11	74.	4:49
73.	00:54:21	431	David Heile	M	12.	M45	Berufskolleg Neuss Weingartstraße -		00:54:16	75.	4:49
74.	00:54:26	365	Finn Ross	M	2.	MJ	KTT01		00:53:46	72.	4:49
75.	00:54:36	576	Franciszek Dec	M	2.	M65	F.Dec Blechisolierung Essen M60+		00:54:32	76.	4:50
76.	00:54:43	541	Ralf Neuland	M	13.	M50			00:54:34	77.	4:51
77.	00:54:48	200	Didier Torres	M	9.	M55	Fuffi Crew		00:54:40	80.	4:51
78.	00:54:53	462	Thomas Börger	M	12.	M35			00:54:50	82.	4:52
79.	00:54:55	236	Patrick Boldt	M	10.	M30			00:54:41	81.	4:52
80.	00:54:58	399	Bernd Borowski	M	10.	M55	Lauftreff Krefeld-Oppum		00:54:37	78.	4:52
81.	00:55:02	465	Klaudius Angres	M	11.	M55	Alles aus Liebe		00:54:54	84.	4:53
82.	00:55:02	362	Jonathan Limbeck	M	11.	M30	INEOS Köln		00:54:39	79.	4:53
83.	00:55:17	147	Manfred Neitzel	M	2.	M60	VdS Nievenheim		00:55:11	86.	4:54
84.	00:55:20	290	Christoph Haßler	M	14.	M40	Vereinigte Chemiedienstleister		00:54:56	85.	4:54
85.	00:55:25	558	Patrick Dennis	M	12.	M30			00:54:53	83.	4:55
86.	00:55:41	358	Timo Stricker	M	13.	M30			00:55:25	87.	4:56
87.	00:55:44	499	Andreas Vobis	M	12.	M55	TG Neuss		00:55:37	88.	4:56
88.	00:55:49	232	Jan Weyermann	M	5.	M			00:53:07	66.	4:57
89.	00:55:49	160	Oliver Kaluza	M	14.	M30	SG Zons		00:55:46	91.	4:57
90.	00:55:58	412	Michael Stäblein	M	3.	M60	RTB Marathonteam		00:55:50	92.	4:58
91.	00:55:59	76	Uwe Ernst	M	14.	M50	Blitz Unterbach		00:55:42	90.	4:58
92.	00:56:00	141	Markus Brinkmann	M	13.	M55	LT Krefeld-Oppum		00:55:38	89.	4:58
93.	00:56:01	587	Christian Block	M	15.	M40			00:55:54	94.	4:58
94.	00:56:07	519	Roman Schieback	M	13.	M45	Depotrunners Bracht		00:55:50	93.	4:58
95.	00:56:11	249	Rolf Müller	M	15.	M50	Soimii Sibiu		00:55:59	95.	4:59
96.	00:56:17	438	Heijo Fetten	M	1.	M70	LLG 80 Nordpark Köln e.V.		00:56:11	97.	4:59
97.	00:56:18	536	Stefan Podlech	M	13.	M35	LTUe		00:56:13	98.	4:59
98.	00:56:25	411	Heinrich Kasek	M	4.	M60	RTB Remscheid		00:56:17	99.	5:00
99.	00:56:31	535	Michael Schulz	M	16.	M40	LTUe		00:56:26	100.	5:00
100.	00:56:38	573	Daniel Güsgen	M	3.	MJ	Norbert-Gymnasium-Knechtsteden		00:56:29	101.	5:01
101.	00:56:43	416	Detlef Clemens	M	3.	M65	FC Straberg		00:56:33	102.	5:02
102.	00:56:43	562	Martin Sturm	M	14.	M55	Rhein Erft Runner		00:56:39	103.	5:02
103.	00:56:47	133	Jens Schiefelbein	M	14.	M35			00:56:45	104.	5:02
104.	00:57:00	246	Milko Mikosch	M	16.	M50			00:56:09	96.	5:03
105.	00:57:00	580	Fabian Zasada	M	4.	MJ	Norbert-Gymnasium-Knechtsteden		00:56:51	106.	5:03
106.	00:57:03	397	Ralf Krause	M	17.	M50	Fortuna Düsseldorf Triathlon		00:56:51	107.	5:03
107.	00:57:04	469	Norbert Trzaska	M	15.	M55			00:56:50	105.	5:03
108.	00:57:08	332	Michael Gierse	M	14.	M45	Flotte Boschte Neukirchen		00:56:56	108.	5:04
109.	00:57:15	211	Andreas Bloser	M	15.	M45	Scheibenschützen Nievenheim-Ückerath		00:57:09	113.	5:04
110.	00:57:15	227	Daniel Klink	M	17.	M40			00:56:57	109.	5:04
111.	00:57:16	42	Hendrik Putsch	M	18.	M40			00:57:07	111.	5:05
112.	00:57:20	394	Markus Driesch	M	16.	M55	Team Kobolt		00:57:09	112.	5:05
113.	00:57:23	423	Stefan Pesch	M	16.	M45	Flat Land Runners - LT Marathon		00:57:07	110.	5:05
114.	00:57:26	303	Rainer Schiffer	M	18.	M50			00:57:12	114.	5:05
115.	00:57:31	370	Sven Jungbluth	M	19.	M50	FORTUNA DÜSSELDORF		00:57:20	115.	5:06
116.	00:57:32	374	Falko Fiechtl	M	19.	M40			00:57:23	116.	5:06
117.	00:57:45	305	Theo Kather	M	17.	M55			00:57:38	118.	5:07
118.	00:57:56	454	Siegfried Huntscha	M	5.	M60	T#SoloNdk		00:57:41	119.	5:08
119.	00:57:57	93	Sebastian Lendowski	M	17.	M45			00:57:47	121.	5:08
120.	00:58:01	418	Stephan Scharfenberg	M	20.	M40	FC Straberg		00:57:55	124.	5:08

Ergebnisliste MW 7 Meilen

MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
121.	00:58:01	537	Jean-Pierre Vaccaro	M	15.	M35			00:57:54	123.	5:08
122.	00:58:09	421	Marco Meister	M	6.	M		Team Physiotherapie Euler	00:57:49	122.	5:09
123.	00:58:09	356	Lars Schwellinger	M	21.	M40		Kanutouren Rheinland	00:57:44	120.	5:09
124.	00:58:19	114	Veysel Demirkiran	M	22.	M40		TJ Dormagen	00:58:08	126.	5:10
125.	00:58:22	67	Klaus Weckbach	M	23.	M40			00:57:38	117.	5:10
126.	00:58:37	279	David Lemper	M	15.	M30		INEOS Köln	00:58:22	127.	5:12
127.	00:58:42	199	Erwin Rosenberger	M	4.	M65			00:58:33	131.	5:12
128.	00:58:46	206	Klaus Telges	M	18.	M55		evd energieverorgung dormagen	00:58:30	128.	5:12
129.	00:58:52	277	Leo Kirschbaum	M	2.	MJ			00:58:05	125.	5:13
130.	00:58:52	553	Pascal Bauer	M	20.	M50		Ohligser Heiderunners	00:58:30	129.	5:13
131.	00:58:53	354	Tobias Bock	M	24.	M40		Kanutouren Rheinland	00:58:37	132.	5:13
132.	00:58:56	186	Michael Hollstein	M	16.	M35		Malvenrunner	00:58:31	130.	5:13
133.	00:58:59	317	Josef Münzer	M	19.	M55		Team Meckhofen	00:58:52	135.	5:14
134.	00:59:05	355	Björn Blochwitz	M	25.	M40		Kanutouren Rheinland	00:58:49	133.	5:14
135.	00:59:05	353	Boris Neuholz	M	18.	M45		Kanutouren Rheinland	00:58:50	134.	5:14
136.	00:59:09	470	Andreas Pohl	M	19.	M45		TG Neuss	00:58:58	138.	5:14
137.	00:59:11	422	Stefan Schnock	M	26.	M40		Flat Land Runners - LT Marathon	00:58:55	136.	5:15
138.	00:59:11	424	Jan Mertens	M	27.	M40		Flat Land Runners - LT Marathon	00:58:55	137.	5:15
139.	00:59:12	16	Thomas Ley	M	20.	M55		LT Rösrather Str.	00:58:59	139.	5:15
140.	00:59:19	381	Jacques Odenius	M	17.	M35			00:59:14	142.	5:15
141.	00:59:26	585	Jürgen Zwick	M	21.	M55		TSV Bayer Dormagen Handball	00:59:09	141.	5:16
142.	00:59:30	584	Niclas Schumann	M	18.	M35			00:59:07	140.	5:16
143.	00:59:34	491	Wolfgang Dingel	M	2.	M70			00:59:22	144.	5:17
144.	00:59:40	524	Rene Kramer	M	28.	M40		LC Weilerswist	00:59:30	145.	5:17
145.	00:59:40	525	Johannes Busch	M	19.	M35		LC Weilerswist	00:59:31	147.	5:17
146.	00:59:41	452	Michael Schattschneider	M	29.	M40		LC Weilerswist	00:59:30	146.	5:17
147.	00:59:47	267	Patrick Trapp	M	20.	M35			00:59:21	143.	5:18
148.	00:59:59	293	Frank Everts	M	6.	M60		Uedesheim Runners	00:59:47	151.	5:19
149.	01:00:01	201	Mark Oliver Messing	M	21.	M50			00:59:53	153.	5:19
150.	01:00:04	428	Carsten Schweinar	M	22.	M50		Berufskolleg Neuss Weingartstraße -	00:59:43	149.	5:19
151.	01:00:04	108	Wilfried Schnitzler	M	7.	M60		Stadt Dormagen	00:59:47	150.	5:19
152.	01:00:05	565	Michael Scheffler	M	5.	M65		SG Holzheim	00:59:55	154.	5:19
153.	01:00:05	321	Angelo Paciello	M	20.	M45			00:59:40	148.	5:20
154.	01:00:16	352	Dennis Horrazim	M	21.	M35		Kanutouren Rheinland	00:59:51	152.	5:20
155.	01:00:19	71	Dennis Rottmann	M	30.	M40		es war mal Straberg	01:00:02	155.	5:21
156.	01:00:25	100	Jochen Goldberg	M	21.	M45		SMS group Steel Team	01:00:07	156.	5:21
157.	01:00:43	88	Hubert Ilbertz	M	8.	M60		Arnoldsweiler TV	01:00:41	161.	5:23
158.	01:00:46	398	Robert Schreiber	M	7.	M			01:00:36	159.	5:23
159.	01:01:02	531	Ralf Kothén	M	9.	M60		Schorch Veteranen	01:00:27	158.	5:25
160.	01:01:02	533	Markus Pesch	M	23.	M50		Schorch Veteranen	01:00:27	157.	5:25
161.	01:01:19	4	Sebastian Garde	M	22.	M45			01:01:08	163.	5:26
162.	01:01:20	212	Tristan Löwe	M	8.	M			01:00:37	160.	5:26
163.	01:01:24	556	Hubert Arendt	M	22.	M55		Alle Schotten dicht	01:01:16	164.	5:27
164.	01:01:28	239	Tobias Ruhle	M	31.	M40			01:00:54	162.	5:27
165.	01:01:44	45	Thomas Wingerath	M	23.	M55			01:01:30	166.	5:28
166.	01:01:46	168	Daniel Zenck-Duerselen	M	9.	M		Stadt Dormagen	01:01:25	165.	5:28
167.	01:01:56	349	Maximilian Dicken	M	5.	MJ		Norbert-Gymnasium Knechtsteden	01:01:44	168.	5:29
168.	01:01:56	329	Stephan Greiner	M	23.	M45		Flotte Boschte Neukirchen	01:01:45	169.	5:29
169.	01:01:58	194	Niclas Zimmer	M	10.	M			01:01:38	167.	5:30
170.	01:01:59	402	Sven Mika	M	24.	M50		Rad Mika	01:01:55	171.	5:30
171.	01:02:16	158	Jens Reiter	M	24.	M55		ADFC Mettmann	01:01:48	170.	5:31
172.	01:02:18	420	Tobias Klimek	M	11.	M		Team Physiotherapie Euler	01:01:59	172.	5:31
173.	01:02:24	23	Benjamin Weismüller	M	16.	M30		HHU Running Heads	01:02:06	173.	5:32
174.	01:02:26	413	Kay Funk	M	25.	M50		Köln läuft	01:02:13	175.	5:32
175.	01:02:26	405	Manfred Brandenburg	M	25.	M55		Gourmetläufer	01:02:12	174.	5:32
176.	01:02:31	218	Arthur Rothkegel	M	22.	M35			01:02:14	176.	5:32
177.	01:02:46	58	Dirk Esser	M	26.	M50			01:02:31	178.	5:34
178.	01:02:47	476	Carsten Lenz	M	32.	M40			01:02:41	182.	5:34
179.	01:02:56	506	Fabian Krampe	M	23.	M35		LG Gummersbach	01:02:41	181.	5:35
180.	01:03:04	547	Horst Podzus	M	10.	M60			01:02:52	184.	5:35
181.	01:03:12	193	Julian Czech	M	17.	M30			01:02:39	180.	5:36
182.	01:03:13	391	Oliver Hirschfelder	M	24.	M45		VR Bank eG	01:02:29	177.	5:36
183.	01:03:14	504	Friedrich Stenger	M	11.	M60			01:02:51	183.	5:36
184.	01:03:25	244	Markus Haas	M	27.	M50		Die Laufburschen	01:03:19	187.	5:37
185.	01:03:28	333	Ralph Beddies	M	25.	M45			01:02:34	179.	5:38
186.	01:03:33	70	Arkadius Schymik	M	33.	M40		Die populäre Front	01:03:26	191.	5:38

Ergebnisliste MW 7 Meilen

MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
187.	01:03:37	72	Robert Kottner	M	26.	M45		Blade Knights Solingen	01:03:22	188.	5:38
188.	01:03:41	432	Gerd Holz	M	28.	M50		Altra RED Team	01:03:27	192.	5:39
189.	01:03:50	255	Uwe Gaebel	M	26.	M55			01:03:37	193.	5:39
190.	01:03:53	210	Arnold Palzer	M	12.	M60		LT TB Hassels	01:03:10	185.	5:40
191.	01:03:54	240	Michael Singendonk	M	12.	M			01:03:15	186.	5:40
192.	01:03:55	479	Marc Stoppel	M	27.	M45			01:03:25	190.	5:40
193.	01:03:55	478	Thomas Jansen	M	34.	M40			01:03:25	189.	5:40
194.	01:04:08	296	Abdellah Mahli	M	27.	M55			01:03:38	194.	5:41
195.	01:04:18	155	Ruben Kandasamy	M	28.	M55		TSV Dieringhausen	01:03:44	195.	5:42
196.	01:04:19	322	Bernd Braun	M	29.	M55		SG Herrenweg	01:04:02	197.	5:42
197.	01:04:21	522	Theo Bücken	M	6.	M65		Westfälische Orientierungslaufreunde	01:04:19	202.	5:42
198.	01:04:28	350	Hubertus Degen	M	28.	M45			01:04:09	198.	5:43
199.	01:04:28	328	Ralf Weber	M	30.	M55		City Runners 2009	01:04:00	196.	5:43
200.	01:04:33	367	Alexander Otterbach	M	29.	M50			01:04:15	200.	5:43
201.	01:04:46	152	Stefan Kaufmann	M	29.	M45			01:04:17	201.	5:44
202.	01:04:48	474	Uwe Schielke	M	30.	M50			01:04:11	199.	5:45
203.	01:04:49	395	Reinier Martens	M	18.	M30			01:04:24	203.	5:45
204.	01:05:05	468	Andreas Jenter	M	31.	M50			01:04:52	205.	5:46
205.	01:05:10	91	Ralf Vißers	M	32.	M50		Vodafone Runners	01:04:42	204.	5:47
206.	01:05:20	188	Frank Engel	M	35.	M40		Malvenrunner	01:04:55	206.	5:47
207.	01:05:30	68	Bao Klinkner	M	30.	M45		Blade Knights Solingen	01:05:14	208.	5:48
208.	01:05:32	400	Reinhard Gierling	M	31.	M55			01:05:07	207.	5:49
209.	01:05:34	526	Christian Rulle	M	24.	M35			01:05:16	209.	5:49
210.	01:05:44	335	Marcel Schäfer	M	36.	M40		Lauffreunde Zons Mettmann	01:05:18	210.	5:50
211.	01:05:45	334	Michael Körner	M	31.	M45		Lauffreunde Zons Mettmann	01:05:18	212.	5:50
212.	01:05:45	336	Thomas Behrens	M	25.	M35		Lauffreunde Zons Mettmann	01:05:18	211.	5:50
213.	01:05:47	98	Thomas Nerzak	M	32.	M55		SMS group Steel Team	01:05:28	213.	5:50
214.	01:05:58	104	Daniel Hobrack	M	13.	M			01:05:28	214.	5:51
215.	01:06:04	97	Daniel Hagenau	M	26.	M35			01:05:57	221.	5:51
216.	01:06:09	128	Matthias Szarvasy	M	14.	M			01:05:40	217.	5:52
217.	01:06:10	272	Dieter Schlaefke	M	3.	M70		Adler Langlauf Bottrop	01:05:55	220.	5:52
218.	01:06:18	182	Abdelghani Makhloufi	M	32.	M45			01:05:32	215.	5:53
219.	01:06:18	393	Alessandro Petri	M	19.	M30		VR Bank eG	01:05:43	218.	5:53
220.	01:06:22	123	Marius Clemens	M	27.	M35		Fuchs & Hase	01:05:51	219.	5:53
221.	01:06:22	183	Sascha Fuchs	M	33.	M45			01:05:36	216.	5:53
222.	01:06:30	289	Björn Höper	M	28.	M35		Vereinigte Chemiedienstleister	01:06:06	223.	5:54
223.	01:06:34	401	Jürgen Michels	M	33.	M50			01:06:20	225.	5:54
224.	01:06:49	225	Mario Rosso	M	13.	M60			01:06:04	222.	5:55
225.	01:06:51	315	Christian Leers	M	34.	M50		SCB Horrem	01:06:16	224.	5:55
226.	01:06:51	111	Artur Mausbach	M	33.	M55			01:06:39	228.	5:56
227.	01:06:57	347	Hendrik Huppertz	M	29.	M35			01:06:33	226.	5:56
228.	01:07:00	73	Gregor Thomas	M	14.	M60		Blade Knights Solingen	01:06:45	232.	5:56
229.	01:07:02	568	Roland Blublitz	M	35.	M50			01:06:35	227.	5:56
230.	01:07:06	197	Bernhard Piotrowski-Bölt	M	36.	M50		Ich freu mich drauf	01:06:42	229.	5:57
231.	01:07:07	348	Tom Heinzelmann	M	37.	M40			01:06:43	230.	5:57
232.	01:07:11	326	Rappi Rapita	M	34.	M55		Mönchengladbacher LG	01:06:45	231.	5:57
233.	01:07:15	455	Werner Günther	M	4.	M70			01:06:55	233.	5:58
234.	01:07:33	113	Detlef Ballas	M	15.	M60		HSV Dormagen Süd	01:07:21	239.	5:59
235.	01:07:33	39	Peter Vorstermanns	M	16.	M60		Lauftreff Kempen	01:06:56	234.	5:59
236.	01:07:38	566	Willi Kirchhoff	M	37.	M50		Alle Schotten dicht	01:07:12	235.	6:00
237.	01:07:40	288	Jürgen Cremer	M	17.	M60		FC Deutsche Post	01:07:13	236.	6:00
238.	01:07:59	107	Stephan Peifer	M	38.	M50		Stadt Dormagen	01:07:17	238.	6:02
239.	01:08:03	11	Stefan Kluth	M	34.	M45			01:07:14	237.	6:02
240.	01:08:20	120	Hasan Basri Benek	M	18.	M60		OPA'S RUNNING	01:07:31	240.	6:03
241.	01:08:20	301	Nicolas Wittig	M	35.	M45		TSV Bayer Dormagen Triathlon	01:07:41	241.	6:03
242.	01:08:26	151	Michael Schmiedel	M	19.	M60			01:08:04	245.	6:04
243.	01:08:27	38	Axel Röhrkasten	M	7.	M65			01:08:09	246.	6:04
244.	01:08:28	425	Günther Wexel	M	8.	M65		LT TB Hassels	01:07:46	242.	6:04
245.	01:08:30	586	Wilhelm Hörz	M	38.	M40			01:07:59	244.	6:04
246.	01:08:30	581	Darius Kubica	M	36.	M45			01:07:58	243.	6:04
247.	01:08:42	443	Walter Becker	M	1.	M75		LLG 80 Nordpark Köln e.V.	01:08:18	248.	6:05
248.	01:08:44	247	Jörg Herden	M	35.	M55			01:08:31	251.	6:06
249.	01:08:55	154	Frank Müller	M	36.	M55		TSV Dieringhausen	01:08:21	249.	6:07
250.	01:08:57	377	Mats Bäcker	M	6.	MJ		Norbert-Gymnasium Knechtsteden	01:08:18	247.	6:07
251.	01:08:58	446	Rüdiger Tontsch	M	20.	M60		LC Weilerswist	01:08:24	250.	6:07
252.	01:09:34	341	Christian Misch	M	39.	M50			01:09:02	252.	6:10

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MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
253.	01:09:36	433	Michael Mannheim	M	2.	M75	LLG 80 Nordpark Köln e.V.	01:09:13	254.	6:10	
254.	01:09:39	550	Michael Bolte	M	39.	M40	Absolute Run - Laufladen Bonn	01:09:03	253.	6:10	
255.	01:09:55	51	Benjamin Lehnen	M	30.	M35		01:09:20	256.	6:12	
256.	01:10:06	276	Peter Kirschbaum	M	40.	M50		01:09:19	255.	6:13	
257.	01:10:18	325	Hartwig Habermann	M	37.	M45	h2	01:10:04	261.	6:14	
258.	01:10:18	582	Sükür Polat	M	40.	M40		01:09:37	257.	6:14	
259.	01:10:25	344	Michael Wittmann	M	37.	M55	TB Hassels	01:09:42	258.	6:14	
260.	01:10:27	173	Tobias Zihn	M	38.	M45		01:09:54	260.	6:15	
261.	01:10:29	501	Adam Krzykowski	M	15.	M		01:09:46	259.	6:15	
262.	01:10:37	364	Georg Hardt	M	38.	M55	LG Gummersbach	01:10:18	263.	6:16	
263.	01:10:54	528	Olaf Behrens	M	41.	M50	Laufstall Weilburg	01:10:18	262.	6:17	
264.	01:11:00	521	Hermann Haaser	M	3.	M75	RTB Remscheid	01:10:29	264.	6:18	
265.	01:11:09	442	Bernhard Gustav	M	39.	M55	LLG 80 Nordpark Köln e.V.	01:10:32	265.	6:18	
266.	01:11:34	534	Josef Vogt	M	5.	M70	TV Frisch Auf Lennep	01:10:53	267.	6:21	
267.	01:11:35	389	Erhan Karaca	M	39.	M45	VR Bank eG	01:10:52	266.	6:21	
268.	01:11:58	286	Marcus Levin	M	41.	M40		01:11:29	268.	6:23	
269.	01:12:06	110	Manfred Rey	M	42.	M50	Burgläufer Kempen	01:11:29	269.	6:23	
270.	01:12:16	171	Steffen Förster	M	40.	M45		01:11:43	270.	6:24	
271.	01:12:20	451	Andreas Wunder	M	21.	M60	TG Neuss	01:12:14	272.	6:25	
272.	01:12:44	471	Rolf Küppers	M	40.	M55	rosa Socke	01:12:13	271.	6:27	
273.	01:12:59	481	Oliver Hilden	M	43.	M50		01:12:46	279.	6:28	
274.	01:13:01	87	Christian Thelen	M	44.	M50	Fortuna Düsseldorf Triathlon	01:12:28	276.	6:28	
275.	01:13:08	371	Michael Krings	M	22.	M60	Lauftreff TB Hassels	01:12:24	274.	6:29	
276.	01:13:08	403	Andreas Ruzicka	M	41.	M55	Zonser Märchenviertel	01:12:22	273.	6:29	
277.	01:13:08	176	Tim Malzburg	M	16.	M		01:12:36	278.	6:29	
278.	01:13:08	178	Dennis Goll	M	20.	M30		01:12:36	277.	6:29	
279.	01:13:14	37	Axel Nolte	M	9.	M65		01:12:52	281.	6:29	
280.	01:13:15	13	Olaf Herling	M	23.	M60		01:12:26	275.	6:30	
281.	01:13:33	385	Mikhail Chadenkov	M	21.	M30	Tectrion GmbH	01:13:22	286.	6:31	
282.	01:13:40	59	Matthias Dribusch	M	31.	M35		01:13:20	285.	6:32	
283.	01:13:52	189	Mathias Schlecht	M	42.	M40	Malvenrunner	01:13:08	282.	6:33	
284.	01:14:00	230	Philipp Holtmann	M	17.	M	Stadt Dormagen	01:13:19	283.	6:34	
285.	01:14:01	229	Niklas Raddatz	M	22.	M30	Stadt Dormagen	01:13:19	284.	6:34	
286.	01:14:01	150	Volker Blank	M	41.	M45	Stadtbad- und Verkehrsgesellschaft	01:13:37	288.	6:34	
287.	01:14:16	54	Stefan Kröber	M	42.	M55	Lauftreff Willich	01:13:37	287.	6:35	
288.	01:14:32	184	Jürgen Gardemann	M	24.	M60	TV Germania Nordhemmern	01:14:01	289.	6:36	
289.	01:14:47	555	Gerhard Vorwerk	M	10.	M65		01:14:30	291.	6:38	
290.	01:14:49	407	Michael Betzel	M	43.	M55	Team Meckhofen	01:14:41	292.	6:38	
291.	01:15:08	78	Patrick Schmidt	M	43.	M40		01:14:55	293.	6:40	
292.	01:15:15	518	Oliver Schilling	M	44.	M40		01:14:27	290.	6:40	
293.	01:15:46	427	Oskar Rudolph	M	44.	M55	Berufskolleg Neuss Weingartstraße -	01:15:25	295.	6:43	
294.	01:16:08	256	Peter Janßen	M	45.	M55	Vohwinkeler STV	01:15:57	298.	6:45	
295.	01:16:28	180	Raffael Sorbilli	M	45.	M40	TSV Dieringhausen	01:15:54	297.	6:47	
296.	01:16:30	233	Uwe Weyermann	M	46.	M55		01:15:17	294.	6:47	
297.	01:16:31	115	Fabian Giuliani	M	18.	M		01:15:50	296.	6:47	
298.	01:16:33	372	Jürgen Wohlgermuth	M	25.	M60	LG Gummersbach	01:16:15	299.	6:47	
299.	01:17:03	190	Sergej Peters	M	32.	M35	Malvenrunner	01:16:18	300.	6:50	
300.	01:17:22	228	Jonas Ziethen	M	19.	M	Stadt Dormagen	01:16:40	301.	6:51	
301.	01:18:05	297	Lothar Kreß	M	26.	M60	SV 1930 Rosellen e. V.	01:17:41	302.	6:55	
302.	01:19:59	216	Michael Bisanz	M	45.	M50		01:19:12	303.	7:05	
303.	01:19:59	214	Christoph Srebny	M	46.	M50		01:19:12	304.	7:05	
304.	01:20:17	164	Klaus Walter Misere	M	11.	M65	TSV Dieringhausen	01:19:44	307.	7:07	
305.	01:20:20	557	Ronald Peter	M	27.	M60	HLG 98 Wuppertal	01:19:41	306.	7:07	
306.	01:20:26	204	Sven Brauer	M	47.	M55		01:19:38	305.	7:08	
307.	01:20:44	339	Andreas Pohler	M	42.	M45	VfL Engelskirchen	01:20:04	308.	7:09	
308.	01:21:27	223	Georg Smeets	M	47.	M50	Laufinstructor2019	01:20:34	310.	7:13	
309.	01:21:28	224	André Neumann	M	48.	M55	Laufinstructor2019	01:20:33	309.	7:13	
310.	01:21:28	32	Renè Biederbick	M	48.	M50		01:20:36	312.	7:13	
311.	01:21:29	35	Bernd Pollmann	M	49.	M55	Laufschnecken Köln e.V.	01:20:36	311.	7:13	
312.	01:23:22	278	Christoph Schade	M	23.	M30		01:22:31	313.	7:23	
313.	01:24:51	28	Andreas Kleeberg	M	43.	M45		01:24:15	314.	7:31	
314.	01:27:00	26	Jesko Kohlstedt	M	46.	M40	Fun for Run Witten	01:26:20	315.	7:43	
315.	01:27:12	259	Andreas Euler	M	49.	M50		01:26:21	316.	7:44	
316.	01:27:14	261	Michael Roettger	M	50.	M55	TSV TriTeam Radevormwald	01:26:24	317.	7:44	
317.	01:29:34	109	Stefan Krispien	M	51.	M55	die Universität von den freien Feldern	01:12:48	280.	7:57	
318.	01:34:29	8	Alexander Matt	M	47.	M40		01:33:35	318.	8:23	

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MWPI	Brutto	StNr	Name	m/w	AK	PI	AK	Verein	Netto	Netto-P	min/k
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