

35. Zonser Nachtlauf - TEAMSOFT-Sportzeit

Ergebnisse 5 km, 23.09.2011

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Platz	St.-Nr.	m/w	Name	Verein	Jg.	AK	AK-Pl.	m/w-Pl.	Ges.
1	1419	m	Temmler, Björn	Moerser TV	1978	M30	1	1	00:17:30.1
2	630	m	Müller, Tobias	SMC Sports	1981	M30	2	2	00:17:51.6
3	1096	m	Borgund, Magne	SMC Sports	1982	MHK	1	3	00:18:01.0
4	1418	m	Lojak, Thomas		1993	MJugA	1	4	00:18:02.1
5	1250	m	Holländer, Jonas	Dormagen	1995	MJugB	1	5	00:18:03.6
6	1421	m	Drenkrad, Stephan	FSD	1978	M30	3	6	00:18:18.7
7	993	m	Marten, Franz	FC Straberg	1986	MHK	2	7	00:18:37.3
8	659	m	Haack, Matthias	SG Zons	1965	M45	1	8	00:18:47.3
9	1033	m	Sekulla, Raimund	TECTRION GmbH	1958	M50	1	9	00:18:52.8
10	977	m	Gronewoldt, Hermann	AVG Feuerläufer	1979	M30	4	10	00:19:01.7
11	897	m	Alotto, Salvatore	Köln	1971	M40	1	11	00:19:08.9
12	1351	m	Margraf, Günter	SSC Hanau Rodenba...	1977	M30	5	12	00:19:30.5
13	1433	m	Ertural, Altan	DJK Rheinkraft Ne...	1968	M40	2	13	00:19:33.7
14	1097	m	Lehr, Bjarne	TSV Bayer 04 Leve...	1998	MJugB	2	14	00:19:39.7
15	9004	m	Jungwirth, Rudi	Moerser TV	1965	M45	2	15	00:20:12.1
16	1412	m	Kuppler, Joachim	FC Straberg	1966	M45	3	16	00:20:22.5
17	712	m	Baasch, Peter	RRC Merzen	1945	M65	1	17	00:20:48.0
18	1471	m	Hülfenhaus, Martin		1965	M45	4	18	00:20:49.4
19	454	m	Gerstenberg, Frank	LAV Bayer Dormage...	1963	M45	5	19	00:20:55.1
20	1404	m	Steinborn, Philipp	FC Zons	2003	MJugB	3	20	00:21:19.1
21	1500	m	Someno, Shinobo	OTV	1959	M50	2	21	00:21:23.0
22	1480	m	Gross, Jörg	Theo Neuss	1969	M40	3	22	00:21:34.8
23	506	m	Schröder, Norbert	TK Grevenbroich	1963	M45	6	23	00:21:35.1
24	813	m	Hanisch, Jörg	Team Novopress	1975	M35	1	24	00:21:40.0
25	1394	m	Prabucki, Gerhard	Dormagen	1960	M50	3	25	00:21:44.4
26	1422	m	Schröder, Andy		1972	M35	2	26	00:21:46.1
27	1226	m	Gronemeyer, Hans Hermann	LC Wuppertal	1948	M60	1	27	00:21:55.1
28	945	m	Strippel, Florian	TSV Hochdahl	2000	MJugB	4	28	00:21:59.7
29	868	w	Gernoth, Madita	LAV Bayer Uerding...	1999	WJugB	1	1	00:22:19.1
30	814	m	Reichel, Volker	Team Novopress	1978	M30	6	29	00:22:22.2
31	1064	m	Rehaag, Dirk	Köln	1964	M45	7	30	00:22:25.1
32	893	m	Ritter, Noel	FC Zons	2000	MJugB	5	31	00:22:29.4
33	817	m	Löher, Ulrich	Team Novopress	1955	M55	1	32	00:22:30.5
34	1395	w	Wilke, Belinda	Dormagen	1960	W50	1	2	00:22:35.4
35	1432	m	Ertural, Nick Lucas	Sappeur-Corps Neu...	1993	MJugA	2	33	00:22:38.0
36	642	w	Hartmann, Britta	TSV Weiss-Köln	1966	W45	1	3	00:22:39.3
37	1470	m	Hülfenhaus, Valentin	LG Hilden	1999	MJugB	6	34	00:22:42.9
38	617	m	Kiourtsoglou, Dr. Konstan...	Düsseldorf	1961	M50	4	35	00:22:44.5
39	502	m	Krins, Nikolas	LAV Bayer Uerding...	2000	MJugB	7	36	00:22:46.5
40	1147	m	Mock, Samuel	LAV Bayer Dormage...	2002	MJugB	8	37	00:22:55.5

41	828	m	Kopp, Tobias	Düsseldorf	1986	MHK	3	38	00:22:58.4
42	1051	w	Voss, Lina	Bärenbande	2000	WJugB	2	4	00:22:59.0
43	729	m	Güsgen, Oliver	Dormagen	2001	MJugB	9	39	00:23:03.5
44	1474	m	Kreß, Lothar	ASC Rosellen/Neus...	1958	M50	5	40	00:23:04.9
45	1162	w	Kramer, Kathrin	Rommerskirchen	1984	WHK	1	5	00:23:06.1
46	9001	m	Goffart, Ralf		1965	M45	8	41	00:23:07.6
47	1372	m	Großer, Leo	Triteam Merzbach	1952	M55	2	42	00:23:23.6
48	1146	m	Mock, Justus Jonas	NGK	1999	MJugB	10	43	00:23:31.6
49	744	m	Bodewig, Markus	TSV Norf	1978	M30	7	44	00:23:38.3
50	1457	m	Perlitz, Thore	Hydro-Rheinwerk-R...	1963	M45	9	45	00:23:44.4
51	1401	m	Fiegert, Jonte		1999	MJugB	11	46	00:23:54.6
52	1286	m	Ilbertz, Henning	Köln	2000	MJugB	12	47	00:23:54.7
53	652	m	Ruhm, Tobias	SG Zons	2000	MJugB	13	48	00:23:56.2
54	1116	m	Bendermacher, Detlef	Erfstadt	1968	M40	4	49	00:23:57.4
55	1287	m	Ilbertz, Andre	Köln	1968	M40	5	50	00:24:01.5
56	651	m	Ruhm, Felix	FC Zons	2000	MJugB	14	51	00:24:03.6
57	1366	m	Gieling, Benedikt	TSV Bayer Dormage...	2000	MJugB	15	52	00:24:11.2
58	780	m	Godyla, Vincent	Dormagen	2001	MJugB	16	53	00:24:11.6
59	820	m	Grigull, Reinhard	Team Novopress	1955	M55	3	54	00:24:15.6
60	1367	w	Eicker, Barbara	Tri Club Wupperta...	1966	W45	2	6	00:24:21.4
61	654	m	Glymph, Jeremy	FC Zons	2000	MJugB	17	55	00:24:26.2
62	1492	m	Kaminsky, Martin	FC Zons	2000	MJugB	18	56	00:24:31.4
63	561	m	Disteldorf, Stephan	Altstadtwache-Zon...	1965	M45	10	57	00:24:35.6
64	819	m	Kühne, Ingo	Team Novopress	1953	M55	4	58	00:24:43.0
65	308	m	Küster, Willi	Korschenbroich	1959	M50	6	59	00:24:44.3
66	1491	m	Nadenau, Terrence	Northville	1964	M45	11	60	00:24:46.2
67	567	w	Schulze, Katrin	Hilden	1986	WHK	2	7	00:24:46.6
68	841	w	Nellessen, Kathrin	SG Neukirchen-Hül...	1996	WJugB	3	8	00:24:47.4
69	175	m	Wegmann, Oliver	Dormagen	1970	M40	6	61	00:24:52.4
70	580	m	Harnapp, Stefan	Dormagen	1968	M40	7	62	00:24:56.5
71	896	m	Bey, Jürgen	Köln	1967	M40	8	63	00:24:56.6
72	1072	m	Marquardt, Holger	SSV Delrath	1964	M45	12	64	00:24:57.9
73	1073	m	Marquardt, Michael	SSV Delrath	1997	MJugB	19	65	00:24:58.5
74	921	m	Hünseler, Holger	Hückelhoven	1971	M40	9	66	00:24:59.1
75	1493	m	Kaminsky, Stefan		1970	M40	10	67	00:24:59.9
76	1077	m	Biesold, Leon	SSV Delrath	1997	MJugB	20	68	00:25:01.9
77	635	m	Härtel, Nils	Köln	1979	M30	8	69	00:25:03.9
78	1300	m	Küttelwesch, Marc	Rommerskirchen	1985	MHK	4	70	00:25:03.9
79	1490	w	Nadenau, Linda	Northville	1963	W45	3	9	00:25:04.6
80	4	w	Hoff, Stefanie	Team Raphaelshaus	1997	WJugB	4	10	00:25:05.1
81	844	m	Dömmecke, Andreas	Köln	1963	M45	13	71	00:25:22.9
82	596	m	Döhmen, Heiner	Korschenbroich	1960	M50	7	72	00:25:27.4
83	829	m	Kopp, Andre	Düsseldorf	1983	MHK	5	73	00:25:37.3
84	476	m	Hülsmann, Jan	SG Zons	1997	MJugB	21	74	00:25:40.5
85	1402	w	Fiegert, Lilo		2001	WJugB	5	11	00:25:52.4

86	387	m	Samusch, Rene	Dormagen	1973	M35	3	75	00:25:52.6
87	73	m	Kohnen, Hubert	Erkelenz	1960	M50	8	76	00:25:55.7
88	684	m	Tafelmeier, Manuel	Dormagen	1999	MJugB	22	77	00:26:04.6
89	7	m	Winkler, Lennart	Team Raphaelshaus	1999	MJugB	23	78	00:26:05.7
90	894	w	Rothkopf, Alexandra	LG Monheim Baumbe...	1998	WJugB	6	12	00:26:14.5
91	1350	m	Götzen, Bernd	Fortuna Treu	1959	M50	9	79	00:26:19.0
92	1349	m	Ronschke, Hubert	Fortuna Düsseldor...	1962	M45	14	80	00:26:19.6
93	1448	m	Dönder, Ekrem	Fortuna Treu	1963	M45	15	81	00:26:19.9
94	1123	w	Wagner, Chiara	Dormagen	1996	WJugB	7	13	00:26:22.1
95	1079	m	Aßmann, Jan	SSV Delrath	1997	MJugB	24	82	00:26:22.6
96	450	m	Brinkmann, Jonas	LT Krefeld-Oppum	1993	MJugA	3	83	00:26:26.4
97	490	w	Arentz, Lena	Team Tambourcorps	1998	WJugB	8	14	00:26:26.6
98	1369	m	Wagner, Georg		1968	M40	11	84	00:26:26.6
99	405	w	Brück, Chiara	Pulheim	1997	WJugB	9	15	00:26:27.0
100	1403	w	Klabunde, Anna-Maria		2001	WJugB	10	16	00:26:28.9
101	887	m	Weber, Jan Philipp	Dormagen	1999	MJugB	25	85	00:26:34.1
102	879	w	Dommermuth, Jill	Helen-Keller Grup...	1995	WJugB	11	17	00:26:43.6
103	877	w	Borzechowski, Janina	Helen-Keller Grup...	1996	WJugB	12	18	00:26:44.1
104	1141	m	Smalley, Shawn	Dusseldorf	1966	M45	16	86	00:26:46.1
105	1122	m	Maier, Duane	Dusseldorf	1974	M35	4	87	00:26:49.5
106	749	w	Schulte, Karina	SMC Sports	1980	W30	1	19	00:26:49.6
107	1258	m	Ring, Lukas	Ringsidingsi	2003	MJugB	26	88	00:26:53.4
108	821	m	Eggenkämper, Frank	Team Novopress	1968	M40	12	89	00:26:55.5
109	901	m	Ecce, Marco	Pulheim	1997	MJugB	27	90	00:26:57.5
110	880	w	Heinisch, Carina	Helen-Keller Grup...	1999	WJugB	13	20	00:26:58.1
111	882	w	Peters, Lena	Helen-Keller Grup...	1985	WHK	3	21	00:26:58.5
112	851	w	Just, Lisa	Haaner TV	1998	WJugB	14	22	00:26:59.1
113	1439	m	Hüllmann, Philipp		1999	MJugB	28	91	00:26:59.9
114	900	m	Ilbertz, Tim	Köln	1997	MJugB	29	92	00:27:14.1
115	907	w	Nowotny, Leonie	TSV Dormagen	1997	WJugB	15	23	00:27:14.5
116	848	m	Lohkamp, Christian	SG Holzheim	1975	M35	5	93	00:27:18.6
117	895	m	Kuttner, Siegfried	Köln	1959	M50	10	94	00:27:30.2
118	1158	m	Hilden, Maximilian	Dormagen	1992	MJugA	4	95	00:27:34.4
119	1159	m	Hilden, Florian	Dormagen	1992	MJugA	5	96	00:27:34.6
120	1032	m	Rauf, Zdzislaw	TECTRION GmbH	1960	M50	11	97	00:27:34.9
121	1044	w	Kramer, Theresa	Wuppertal	1988	WHK	4	24	00:27:43.4
122	198	m	Heinemann, Jan	LT Alt-Erkrath	1968	M40	13	98	00:27:43.6
123	1045	w	Illing, Anna	Rommerskirchen	1988	WHK	5	25	00:27:44.0
124	1080	m	Aßmann, Jonas	SSV Delrath	1997	MJugB	30	99	00:27:44.6
125	1075	m	Kiel, Jan-Philipp	SSV Delrath	1997	MJugB	31	100	00:27:44.6
126	1081	m	Wimmer, Niklas	SSV Delrath	1997	MJugB	32	101	00:27:45.5
127	1227	m	Scharbatke, Kurt	LC Wuppertal	1950	M60	2	102	00:27:45.6
128	1475	m	Artlich, Gregor	SC Hitdorf	2001	MJugB	33	103	00:27:48.2
129	366	w	Gamerschlag, Gisela	Lauftreff Vynen	1956	W55	1	26	00:27:53.9
130	1034	m	Raiola, Ferdinando	TECTRION GmbH	1959	M50	12	104	00:27:59.1

131	1308	m	Werner, Tobias	Köln	1982	MHK	6	105	00:27:59.7
132	1479	w	Plücker, Marie	SG Uons-Team TC Z...	2003	WJugB	16	27	00:28:03.5
133	593	w	Döhmen, Mady	Korschenbroich	1963	W45	4	28	00:28:07.5
134	1071	w	Haack, Michaela	SG Zons	1972	W35	1	29	00:28:11.1
135	698	w	Plücker, Heike	Team Tambourcorps...	1971	W40	1	30	00:28:13.0
136	491	w	Arentz, Ute	Team Tambourcorps	1969	W40	2	31	00:28:13.9
137	1352	w	Breuer, Celina		1999	WJugB	17	32	00:28:23.9
138	979	w	Lützenrath, Tanja	Dormagen	1965	W45	5	33	00:28:23.9
139	475	m	Hülsmann, Ingo	SG Zons	1958	M50	13	106	00:28:38.1
140	1320	w	Lopes, Angela	TG Neuss	1970	W40	3	34	00:28:42.5
141	730	w	Kosztolanyi, Rita	Dormagen	1970	W40	4	35	00:28:44.0
142	1037	m	Schmitz, Peter	TECTRION GmbH	1960	M50	14	107	00:28:44.4
143	1036	m	Beck, Hans-Jürgen	TECTRION GmbH	1954	M55	5	108	00:28:45.6
144	892	w	Bures, Daria	LG Monheim Baumbe...	2000	WJugB	18	36	00:28:49.2
145	1496	m	Bröder, Nils	SG Worringen	2002	MJugB	34	109	00:28:49.6
146	1495	m	Kleinschnittger, Christop...	Fc Zons	2003	MJugB	35	110	00:28:50.0
147	852	m	Neuer, Jochen	Düsseldorf	1971	M40	14	111	00:28:50.1
148	737	w	Undorf, Christiane	TSV Norf	1974	W35	2	37	00:28:55.4
149	1368	m	Eicker, Joachim	Tri Club Wupperta...	1957	M50	15	112	00:28:55.9
150	1425	m	Szalinski, Tim	BV Weckhoven	1986	MHK	7	113	00:28:57.5
151	1424	w	Schütz, Monika	BV Weckhoven	1966	W45	6	38	00:28:57.6
152	1478	w	Artlich, Roswitha		1963	W45	7	39	00:28:59.2
153	1411	m	Weber, Laurenz	Fc Zons	2002	MJugB	36	114	00:29:00.7
154	472	w	Loogen, Verena	Dormagen	1972	W35	3	40	00:29:02.8
155	1223	m	Keller, Ulrich	Dormagen	1967	M40	15	115	00:29:13.6
156	1265	w	Deußen, Anja	Rhein-Kreis Neuss	1967	W40	5	41	00:29:15.4
157	1406	m	Klein, Stephan	LT Düsseldorf Süd	1961	M50	16	116	00:29:22.9
158	862	w	Heß, Renate	LT Düsseldorf-Süd	1940	W70	1	42	00:29:23.1
159	1035	m	Salmen, Hans-Dieter	TECTRION GmbH	1963	M45	17	117	00:29:25.3
160	1038	m	Schoofs, Günther	TECTRION GmbH	1961	M50	17	118	00:29:25.4
161	922	w	Reichert, Daniela	Dormagen	1971	W40	6	43	00:29:26.9
162	1373	w	Lürkens, Beata		1965	W45	8	44	00:29:29.7
163	778	w	Fechner, Thea	Leverkusen	1963	W45	9	45	00:29:32.6
164	646	w	Hutchens, Dr. Betsy	Dusseldorf	1964	W45	10	46	00:29:35.0
165	1255	m	Ring, Rudi	Ringsidingsi	1966	M45	18	119	00:29:40.6
166	904	w	Dziggel, Simone	Dormagen	1963	W45	11	47	00:29:41.5
167	1221	w	Hohagen, Melina	Kürten	1986	WHK	6	48	00:29:41.6
168	1263	w	Hohn, Diana	Kürten	1987	WHK	7	49	00:29:44.3
169	1312	m	Schmidt, Rüdiger	Leverkusen	1968	M40	16	120	00:29:47.3
170	1409	w	Freund, Angeliq	SG Worringen	1990	WHK	8	50	00:29:48.6
171	9028	w	Voss, Lara	Bärenbande	2004	WJugB	19	51	00:29:54.1
172	9021	m	Voss, Udo	Bärenbande	1973	M35	9	168	00:29:54.8
173	697	m	Reiterer, Christian	Dormagen	1968	M40	28	169	00:29:55.1
174	1415	m	Schleicher, Marcus	BV Weckhoven	1966	M45	26	170	00:29:55.8
175	189	w	Tönisen, Martina	Kleve-Rindern	1977	W30	7	122	00:29:56.9

176	740	w	Hannen, Nikole	TSV Norf	1971	W40	26	123	00:29:59.1
177	187	m	Tönisen, Wolfgang	Kleve-Rindern	1953	M55	14	171	00:29:59.1
178	1310	w	Michaelis, Petra	Leverkusen	1965	W45	24	124	00:30:02.1
179	863	m	Wendland, Jürgen	Dormagen	1965	M45	27	172	00:30:07.3
180	864	w	Wendland, Katharina	Dormagen	1973	W35	11	125	00:30:09.9
181	1353	w	Breuer, Sandra	Dormagen	1973	W35	12	126	00:30:13.1
182	1400	w	Schmidt, Eva	Dormagen	1969	W40	27	127	00:30:15.0
183	1294	w	Jansen, Marie-Luise	SG Worringen	1964	W45	25	128	00:30:20.0
184	826	w	Schmitz, Kirsten	Lauftreff Vynen	1968	W40	7	52	00:30:20.9
185	1423	m	Schröder, Joshua		1997	MJugB	37	121	00:30:25.8
186	657	w	Hartmann, Sabine	SG Zons	1969	W40	8	53	00:30:26.5
187	1050	m	Heinen, Alexander	SG Zons	2001	MJugB	38	122	00:30:26.6
188	878	w	Kosmall, Michele	Helen-Keller Grup...	1997	WJugB	20	54	00:30:27.6
189	437	w	Beduhn, Hanna Maria	Baptisten-Kirche	2001	WJugB	21	55	00:30:27.8
190	1142	w	Hille, Ulrike	Dormagen	1957	W50	2	56	00:30:27.9
191	262	w	Mohr, Bettina	Looping Team Dorm...	1971	W40	9	57	00:30:28.3
192	364	w	Schernus, Irmhild	Lauftreff Vynen	1960	W50	3	58	00:30:28.9
193	551	m	Esser, Rüdiger	Schicht C	1968	M40	17	123	00:30:29.0
194	876	w	Silja, Zehm	Helen-Keller Grup...	1997	WJugB	22	59	00:30:29.3
195	548	m	Steinmeier, Tobias	Schicht C	1974	M35	6	124	00:30:29.4
196	549	m	Szczepanski, Gabriel	Schicht C	1981	M30	9	125	00:30:33.1
197	883	w	Leidner, Jennifer	Helen-Keller Grup...	1989	WHK	9	60	00:30:38.6
198	881	w	Tappert, Michelle	Helen-Keller Grup...	1998	WJugB	23	61	00:30:38.9
199	1410	m	Giese, Claus-Dieter	Dormagen	1950	M60	3	126	00:30:39.5
200	838	m	Zimmermann, Michael	Dormagen	1992	MJugA	6	127	00:30:42.4
201	550	m	Breuer, Paul	Schicht C	1965	M45	19	128	00:30:52.3
202	1494	m	Kleinschnittger, Benedikt	FC Zons	2000	MJugB	39	129	00:31:00.8
203	927	w	Konrad, Ute	Zons	1971	W40	10	62	00:31:05.6
204	926	w	Konrad, Liv Angret	SG Zons	2002	WJugB	24	63	00:31:05.9
205	739	w	Etzelsdorfer, Nina	TSV Norf	1981	W30	2	64	00:31:09.6
206	427	w	Lehmann, Rebecca	Mülheim	1999	WJugB	25	65	00:31:12.6
207	53	w	Schaffrath, Sandra	Dormagen	1978	W30	3	66	00:31:15.5
208	1428	w	Willerscheid, Brigitte	TV Flittard	1943	W65	1	67	00:31:16.0
209	1365	w	Ruhm, Susanne	SG Zons	1968	W40	11	68	00:31:17.6
210	429	w	Voigt-Lehmann, Petra	Mülheim	1965	W45	12	70	00:31:18.2
211	627	w	Jones, Sandra	Grevenbroich	1971	W40	12	69	00:31:18.2
212	853	w	Ludemann, Pia	Elsdorf	2000	WJugB	26	71	00:31:21.8
213	855	m	Ludemann, Ingo	Elsdorf	1971	M40	18	130	00:31:22.1
214	866	w	Conti-Mica, Sarah	abc 123	1983	WHK	10	72	00:31:23.3
215	1256	w	Ring, Anja	Ringsidingsi	1968	W40	13	73	00:31:26.5
216	581	w	Ingram, Esther	Dormagen	1970	W40	14	74	00:31:27.5
217	1011	w	Tafelmeier, Angelika	FC Straberg	1966	W45	13	75	00:31:29.9
218	126	m	Imhof, Dirk	Düsseldorf	1977	M30	10	131	00:31:30.4
219	125	m	Selhorst, Marco	Neuss	1973	M35	7	132	00:31:30.7
220	1257	m	Ring, Marius	Ringsidingsi	1995	MJugB	40	133	00:31:30.8

221	1070	m	Kobeissi, Khodor	Moerser TV	1955	M55	6	134	00:31:30.9
222	1124	w	Smalley, Cathy	Dusseldorf	1965	W45	14	76	00:31:33.6
223	1090	m	Jansen, Frank	Die PlattfüÙe	1966	M45	20	135	00:31:35.4
224	662	m	Geißler, Christof	Köln	1963	M45	21	136	00:31:37.1
225	1092	m	Siemers, Jürgen	Die PlattfüÙe	1960	M50	18	137	00:31:40.0
226	1074	m	Kiel, Harald	SSV Delrath	1958	M50	19	138	00:31:40.4
227	443	m	Högener, Lukas	DJK	1999	MJugB	41	139	00:31:41.4
228	312	w	Bürgel, Bettina	Solingen	1965	W45	15	77	00:31:43.4
229	438	m	Beduhn, Dirk	Baptisten-Kirche	1974	M35	8	140	00:31:44.8
230	917	w	Weichel, Jessica	Dormagen	1974	W35	4	78	00:31:45.0
231	685	w	Zimmermannn, Julia	Frechen	1991	WHK	11	79	00:31:48.7
232	1275	w	Wunderlich, Simone	Bonn	1982	WHK	12	80	00:31:50.9
233	1277	m	Nitzsche, Mario	Köln	1981	M30	11	141	00:31:51.4
234	815	m	Bungter, Martin	Team Novopress	1964	M45	22	142	00:31:52.4
235	1482	w	Brünger, Ulrike		1969	W40	15	81	00:31:57.2
236	1481	w	Brünger, Nele		2001	WJugB	27	82	00:31:58.6
237	199	m	Heinemann, Nils	LT Alt-Erkrath	2000	MJugB	42	143	00:31:58.7
238	906	w	Berger, Kerstin	FC Straberg	1976	W35	5	83	00:32:00.4
239	451	w	Nguyen, Thanh Ha Minh	LT Krefeld-Oppum	1991	WHK	13	84	00:32:02.7
240	1184	m	Degenhardt, Holger	Dormagen	1968	M40	19	144	00:32:04.0
241	428	w	Lehmann, Annalena	Mülheim	1996	WJugB	28	85	00:32:09.9
242	430	m	Lehmann, Jörg	Mülheim	1964	M45	23	145	00:32:09.9
243	535	m	Kather, Theo	Rennschnecken	1966	M45	24	146	00:32:16.4
244	536	w	Fühser, Christiane	Rennschnecken	1978	W30	4	86	00:32:17.0
245	316	m	Husemann, Georg	Köln	1968	M40	20	147	00:32:18.0
246	633	m	Wipperfürth, Kai	Rommerskirchen	1970	M40	21	148	00:32:26.4
247	891	w	Feiser, Silke	Rommerskirchen	1983	WHK	14	87	00:32:27.2
248	1434	m	Meyer, Oliver	Dormagen	1970	M40	22	149	00:32:33.5
249	1285	m	Wiegand, Frank	ProNation	1952	M55	7	150	00:32:35.4
250	947	m	Lemmer, Dieter	Köln	1968	M40	23	151	00:32:37.3
251	1456	m	Bollmann, Ulrich	Hydro-Rheinwerk-R...	1952	M55	8	152	00:32:46.7
252	1458	m	Zinn, Volkmar	Hydro-Rheinwerk-R...	1952	M55	9	153	00:32:47.7
253	1438	m	Schucht, Kai		1997	MJugB	43	154	00:32:48.9
254	592	w	Fischer, Angela	Korschenbroich	1958	W50	4	88	00:33:02.7
255	1405	w	Fiegert, Susanne		1970	W40	16	89	00:33:17.0
256	1246	w	Christen, Mara Anne	SG Zons	2002	WJugB	29	90	00:33:20.9
257	1012	w	Bonaventura, Anja	FC Straberg	1965	W45	16	92	00:33:21.0
258	1010	w	Hilgers, Martina	FC Straberg	1976	W35	6	91	00:33:21.0
259	1245	w	Christen, Karin	Dormagen	1967	W40	17	93	00:33:22.0
260	1093	w	Siemers, Britta	Die PlattfüÙe	1965	W45	17	94	00:33:26.7
261	1091	w	Jansen, Sabine	Die PlattfüÙe	1967	W40	18	95	00:33:27.2
262	1477	w	Vélv, Annsophie	SC Hitdorf	1999	WJugB	30	96	00:33:28.1
263	885	w	Lüdtke, Heidi	Grevenbroich	1946	W65	2	97	00:33:32.5
264	1476	w	Artlich, Charlotte	SC Hitdorf	1998	WJugB	31	98	00:33:35.8
265	55	w	Mehlmann, Marion	Dormagen	1970	W40	19	99	00:33:37.9

266	1095	w	Martin Alonso, Esther	Köln	1964	W45	18	100	00:33:39.9
267	1440	m	Winter, Horst	SG Worringen	1953	M55	10	155	00:33:40.4
268	1098	w	Rosamowitz, Annette	Köln	1962	W45	19	101	00:33:40.7
269	1117	w	Piras, Adalgisa	Erfstadt	1974	W35	7	102	00:33:41.9
270	1452	w	Lobin, Sigrid	Dormagen	1952	W55	2	103	00:33:42.8
271	704	m	Mehlmann, Volker	Dormagen	1956	M55	11	156	00:33:45.2
272	865	w	Leuffen, Petra	abc 123	1963	W45	20	104	00:34:01.2
273	1288	w	Trapp, Julia	Krefeld	1969	W40	20	105	00:34:03.2
274	1483	m	Misere, Klaus Walter	TSV Dieringhausen	1953	M55	12	157	00:34:05.8
275	579	m	Krause, Dirk	Dormagen	1968	M40	24	158	00:34:06.2
276	442	m	Högener, Thomas	DJK	1998	MJugB	44	159	00:34:06.4
277	368	w	Nielen, Susanne	Lauftreff Vynen	1969	W40	21	106	00:34:10.3
278	1417	w	Tönisen, Katrin		1981	W30	5	107	00:34:11.3
279	1370	w	Jaenicke, Sylvia		1973	W35	8	108	00:34:15.3
280	1420	w	Klabünde, Sabine		1967	W40	22	109	00:34:21.2
281	204	w	Fallaschek, Anne	Willich	1970	W40	23	110	00:34:39.0
282	206	w	Alma-Wentzek, Esmahan	Jüchen	1972	W35	9	111	00:34:39.2
283	205	m	Kupke, Volker	Willich	1967	M40	25	160	00:34:39.2
284	756	m	Jaich, Robert	LT Dönberg	1967	M40	26	161	00:35:00.8
285	1173	m	Bochenek, Bernd	Leverkusen	1956	M55	13	162	00:35:01.4
286	1172	w	Müller-Prellwitz, Marion	Leverkusen	1966	W45	21	112	00:35:01.4
287	631	m	Gärtner, Ralf	Bergisch Gladbach	1968	M40	27	163	00:35:03.3
288	286	w	Duttke, Biggi	Dünnwalder TV 190...	1952	W55	3	113	00:35:04.4
289	33	w	Wanecek, Daniela	Pulheim	1979	W30	6	114	00:35:14.0
290	741	w	Vetter-Diez, Claudia	TSV Norf	1967	W40	24	115	00:35:14.1
291	742	w	Otten, Anke	TSV Norf	1972	W35	10	116	00:35:19.4
292	843	w	Adali, Ing. Bianca	Köln	1967	W40	25	117	00:35:23.5
293	1435	m	Conradt, Thomas	Staubwolke Refrat...	1966	M45	25	164	00:35:24.4
294	91	w	Hörter, Ute	Reichshof-Heide	1965	W45	22	118	00:35:25.9
295	661	w	Geißler, Annette	Köln	1966	W45	23	119	00:35:26.7
296	1497	m	Tilotta, Davide	FC Zons	2000	MJugB	45	165	00:36:12.2
297	1427	m	Pruschke, Erwin	DJK Roland West	1934	M75	1	166	00:36:25.2
298	1407	w	Benz, Luisa	SSG Altena	2003	WJugB	32	120	00:36:42.8
299	1442	m	Bay, Rainer	Dormagen	1943	M65	2	167	00:36:58.3
300	875	w	Tanya, Köppel	Helen-Keller Grup...	1995	WJugB	33	121	00:37:00.8
301	589	m	Lamar, Ulrich	Langenfeld	1961	M50	20	173	00:37:08.0
302	1356	w	Klumb, Jutta	Tectrion GmbH	1966	W45	26	129	00:37:09.4
303	1357	m	Klumb, Martin	Tectrion GmbH	1969	M40	29	174	00:37:10.3
304	1125	w	Klein, Monika	Lauftreff Kemperd...	1952	W55	4	130	00:37:11.0
305	588	w	Lamar, Sabine	Langenfeld	1963	W45	27	131	00:37:11.7
306	683	w	Ötting, Elfi	Lauftreff Kemperd...	1955	W55	5	132	00:37:12.7
307	9022	w	Dostal, Stefanie		1989	WHK	15	133	00:37:14.2
308	936	w	Pielen, Frederike	Dormagen	2003	WJugB	34	134	00:37:14.4
309	531	w	Brinkmann, Klara	LT Krefeld-Oppum	1999	WJugB	35	135	00:37:14.7
310	1186	m	Schoeneis, Thorsten	TSV Eller 04	1972	M35	10	175	00:37:22.0

311	1187	w	Reising, Simone	TSV Eller 04	1984	WHK	16	136	00:37:22.4
312	940	m	Pielen, Georg	Dormagen	1973	M35	11	176	00:37:23.3
313	60	w	Riek, Mareike	Dormagen	1994	WJugB	36	137	00:37:23.4
314	825	w	Remy, Kersten	Lauftreff Vynen	1957	W50	5	138	00:37:30.0
315	1484	m	Hörter, Martin	Tv Kleinwiedenest	1967	M40	30	177	00:38:20.5
316	621	m	Kölzer, Ulrich	LT Rennhamster	1951	M60	4	178	00:38:44.8
317	363	w	Koppers-Messing, Ute	Lauftreff Vynen	1966	W45	28	139	00:39:23.8
318	367	w	Hohenhorst, Sabrina	Lauftreff Vynen	1982	WHK	17	140	00:39:26.2
319	1379	w	Twelbeck, Claudia		1959	W50	6	141	00:40:06.3
320	399	w	Sühring, Bettina	Odenthal Blecher	1959	W50	7	142	00:40:17.7
321	674	w	Hildebrandt, Petra	TV Witzhelden	1959	W50	8	143	00:40:55.9
322	1154	m	Grave, Reinhard	TV Witzhelden	1951	M60	5	179	00:40:56.2
323	673	w	Mesel, Ursula	TV Witzhelden	1949	W60	1	144	00:40:59.1
324	362	w	Rheker, Brigitte	Lauftreff Vynen	1959	W50	9	145	00:41:12.0