

St.-Nr.	Name	Vorname	M/W	Jahr	AK	Verein	Strecke	Zeit	Pl-ges.	Pl-AK	Min/Km	ZeitDiff
1647	Menzen	Jörg		1979	MHK	FC Stoppenberg LT	5 KM	00:16:42	1	1	03:20,4	00:00:00
1567	Hahn	Bernd		1973	M30	Köln	5 KM	00:16:48	2	1	03:21,6	00:00:06
1653	Witzke	Oliver		1974	M30	LG Wuppertal	5 KM	00:19:08	3	2	03:49,6	00:02:26
1638	Preuß	Alexander		1974	M30	VfL Engelskirchen	5 KM	00:19:08	4	3	03:49,6	00:02:26
1519	Kasperek	Wilfried		1963	M40	PUR Running Team	5 KM	00:19:23	5	1	03:52,6	00:02:41
1646	Gaschler	Joachim		1979	MHK	Dormagen	5 KM	00:19:32	6	2	03:54,4	00:02:50
1675	Di Dio Inanc	Gaetano		1967	M40	Düsseldorf	5 KM	00:19:56	7	2	03:59,2	00:03:14
1524	Gasper	Stephan		1990	MJugB	Rommerskirchen	5 KM	00:20:15	8	1	04:03,0	00:03:33
1651	Rudlof	Jörg		1963	M40	LG Euskirchen	5 KM	00:20:43	9	3	04:08,6	00:04:02
1582	Krüger	Fabio		1993	MSchA	Dormagen	5 KM	00:20:48	10	1	04:09,6	00:04:07
1555	Schnitzler	Wilfried		1958	M45	TTC Dormagen 1955	5 KM	00:20:56	11	1	04:11,2	00:04:14
1534	Buscher	Markus		1984	MHK	Krefeld	5 KM	00:20:58	12	3	04:11,6	00:04:17
951	Jansen	Günther		1956	M50	FC Straberg	5 KM	00:21:31	13	1	04:18,2	00:04:50
1665	Jansen	Oliver		1987	MHK	FC Straberg	5 KM	00:21:40	14	4	04:20,0	00:04:58
1678	Someno	Shinobu		1959	M45	International Runners	5 KM	00:21:44	15	2	04:20,8	00:05:03
1623	Müller	Carolin	W	1990	WJugB	LC Wuppertal	5 KM	00:22:10	1	1	04:26,0	00:00:00
1526	Strack	Rene		1973	M30	TEAM Niederrhein	5 KM	00:22:37	16	4	04:31,4	00:05:55
1598	Pawlowsky	Cornelius		1996	MSchC	Schwarz-Weiß 06 Düsseldorf	5 KM	00:22:48	17	1	04:33,6	00:06:06
1661	Wenke	Nils		1996	MSchC	FC Zons	5 KM	00:22:56	18	2	04:35,2	00:06:15
1568	Pawlowsky	Jannis		1997	MSchC	Schwarz-Weiß 06 Düsseldorf	5 KM	00:23:01	19	3	04:36,2	00:06:19
1530	Schlüter	Christian		1991	MJugB	LT Dönberg	5 KM	00:23:04	20	2	04:36,8	00:06:23
1596	Ellersiek	Rabea	W	1996	WSchC	TB Hassels	5 KM	00:23:05	2	1	04:37,0	00:00:56
1621	Teubner	Sandra	W	1980	WHK	TG Neuss	5 KM	00:23:15	3	1	04:39,0	00:01:05
1571	Eicker	Barbara	W	1966	W40	RC Musketier Wuppertal	5 KM	00:23:25	4	1	04:41,0	00:01:15
1504	Hinzmann	Peter		1983	MHK	FF Köln Löschgruppe Fühlingen	5 KM	00:23:41	21	5	04:44,2	00:06:59
1535	Lietzmann	Dieter		1946	M60	Krefeld	5 KM	00:23:44	22	1	04:44,8	00:07:02
1595	Stenzel	Thomas		1963	M40	Runing Gag	5 KM	00:23:45	23	4	04:45,0	00:07:03
1536	Fischer	Andy		1976	M30	LSS MAU	5 KM	00:23:47	24	5	04:45,4	00:07:05
1606	Leibeling	Sarah	W	1993	WSchA	ISV-RL	5 KM	00:24:15	5	1	04:51,0	00:02:05
1574	Spill	Tanja	W	1995	WSchB	TSV Bayer Dormagen	5 KM	00:24:20	6	1	04:52,0	00:02:10
1538	Eckerth	Carsten		1987	MHK	TTC Dormagen 1955	5 KM	00:24:27	25	6	04:53,4	00:07:45
1591	Rohde	Nils		1998	MSchD	FC Zons	5 KM	00:24:29	26	1	04:53,8	00:07:47
1594	Slickers	Werner		1970	M35	SG Worringen	5 KM	00:24:36	27	1	04:55,2	00:07:54
1545	Hiemer	Heinz		1954	M50	LT MG-Volksgarten	5 KM	00:24:42	28	2	04:56,4	00:08:00
1561	Kather	Thimo		1993	MSchA	Grevenbroich	5 KM	00:24:50	29	2	04:58,0	00:08:08
1662	Hülsmann	Jan		1997	MSchC	SG Zons	5 KM	00:25:04	30	4	05:00,8	00:08:22
1516	Furch	Doris	W	1957	W50	TuS Bösinghoven	5 KM	00:25:16	7	1	05:03,2	00:03:07
1563	Schmitz	Peter Michael		1946	M60	LG FSUe Düsseldorf	5 KM	00:25:22	31	2	05:04,4	00:08:40
1533	Küster	Willi		1959	M45	Korschenbroich	5 KM	00:25:27	32	3	05:05,4	00:08:45
1612	Mesmer	Otto		1952	M55	Laufteam Rhein-Kreis Neuss	5 KM	00:25:31	33	1	05:06,2	00:08:49

1592	Rohde	Erwin		1962	M45	FC Delhoven	5 KM	00:25:33	34	4	05:06,6	00:08:51
1515	Gorzny	Marion	W	1964	W40	LSS MAU	5 KM	00:25:40	8	2	05:08,0	00:03:30
1663	Fresen	Alexander		1994	MSchB	Dormagen	5 KM	00:25:42	35	1	05:08,4	00:09:00
1686	Schröer	Daniel		1995	MSchB	SG Zons	5 KM	00:25:45	36	2	05:09,0	00:09:03
1679	Freund	Emily	W	1953	W50	TG Neuss	5 KM	00:25:45	9	2	05:09,0	00:03:36
1641	Dopjans	Tim		1995	MSchB	SG Zons	5 KM	00:25:46	37	3	05:09,2	00:09:04
1570	Eicker	Joachim		1957	M50	RC Musketier Wuppertal	5 KM	00:25:51	38	3	05:10,2	00:09:09
1620	Grobe-Einsler	Ursula	W	1959	W45	TG Neuss	5 KM	00:25:55	10	1	05:11,0	00:03:46
1597	Ellersiek	Michaela	W	1965	W40	TB Hassels	5 KM	00:26:20	11	3	05:16,0	00:04:10
1617	Zeh	Peter		1961	M45	Bergheim	5 KM	00:26:25	39	5	05:17,0	00:09:43
1558	Kux	Anna Kristina	W	1988	WJugA	BVW Badminton	5 KM	00:26:33	12	1	05:18,6	00:04:24
1539	Odelga	Benjamin		1983	MHK	TTC Dormagen 1955	5 KM	00:26:36	40	7	05:19,2	00:09:55
1522	Vogeley	Daniel		1994	MSchB	Dormagen	5 KM	00:26:41	41	4	05:20,2	00:09:60
1668	Ropertz	Hans-Dieter		1953	M50	FC Straberg	5 KM	00:26:42	42	4	05:20,4	00:10:00
1610	Willms	Matthias		1986	MHK	Laufteam Rhein-Kreis Neuss	5 KM	00:26:47	43	8	05:21,4	00:10:05
1622	Moritz	Werner		1941	M65	SG Neukirchen-Hülchrath	5 KM	00:26:54	44	1	05:22,8	00:10:12
1517	Schlieper	Anna Maria	W	1996	WSchC	Dormagen	5 KM	00:27:03	13	2	05:24,6	00:04:53
1667	Unger	Martina	W	1962	W45	FC Straberg	5 KM	00:27:04	14	2	05:24,8	00:04:55
1666	Göbert	Gernot		1966	M40	FC Straberg	5 KM	00:27:04	45	5	05:24,8	00:10:23
1634	Wehr	Hans-Jürgen		1962	M45	LC Wuppertal	5 KM	00:27:06	46	6	05:25,2	00:10:24
1557	Gräter	Kurt		1948	M55	Blackfoot Cologne	5 KM	00:27:15	47	2	05:27,0	00:10:33
1607	Leibeling	Ralf		1959	M45	ISV-RL	5 KM	00:27:17	48	7	05:27,4	00:10:35
1548	Gerecke	Marvin		1990	MJugB	Lauftreff Lahme Socke	5 KM	00:27:29	49	3	05:29,8	00:10:48
1547	Gerecke	Maureen	W	1994	WSchB	SV Glehn	5 KM	00:27:30	15	2	05:30,0	00:05:20
1525	Gasper	Christian		1991	MJugB	Rommerskirchen	5 KM	00:27:35	50	4	05:31,0	00:10:53
1550	Körber	Paul		1998	MSchD	Düsseldorf	5 KM	00:27:53	51	2	05:34,6	00:11:12
1521	Schwedt	Herbert		1934	M70	SV Willich	5 KM	00:27:55	52	1	05:35,0	00:11:13
1546	Rosenkranz	Sandra	W	1968	W35	Bergheim	5 KM	00:27:56	16	1	05:35,2	00:05:47
1603	Hauptvogel	Bernd		1965	M40	TuS Opladen	5 KM	00:28:00	53	6	05:36,0	00:11:18
1652	Heß	Renate	W	1940	W65	LT Düsseldorf Süd	5 KM	00:28:03	17	1	05:36,6	00:05:54
1631	Wehr	Nadine	W	1997	WSchC	LC Wuppertal	5 KM	00:28:21	18	3	05:40,2	00:06:12
1616	Schauten	Regina	W	1960	W45	Laufteam Rhein-Kreis Neuss	5 KM	00:28:25	19	3	05:41,0	00:06:15
1604	Hauptvogel	Iris	W	1965	W40	TuS Opladen	5 KM	00:28:33	20	4	05:42,6	00:06:24
1664	Tinzmann	Doris	W	1967	W40	LT Volksgarten	5 KM	00:28:44	21	5	05:44,8	00:06:34
1669	Rath	Walter		1950	M55	FC Straberg	5 KM	00:28:45	54	3	05:45,0	00:12:03
1609	Pongs	Dagmar	W	1963	W40	Laufteam Rhein-Kreis Neuss	5 KM	00:28:46	22	6	05:45,2	00:06:37
1624	Waltenberger	Tina	W	1979	WHK	Grevenbroich	5 KM	00:28:50	23	2	05:46,0	00:06:40
1671	Pancherz	Karin	W	1981	WHK	FC Stoppenberg LT	5 KM	00:28:50	24	3	05:46,0	00:06:41
1632	Wehr	Sarah	W	1996	WSchC	LC Wuppertal	5 KM	00:29:19	25	4	05:51,8	00:07:10
1613	Gerhards	Ulrike	W	1962	W45	Laufteam Rhein-Kreis Neuss	5 KM	00:29:21	26	4	05:52,2	00:07:11
1676	Ziegler	Julian		1999	MSchD	Marathon Finanz AG	5 KM	00:29:24	55	3	05:52,8	00:12:43

1633	Wehr	Johanna	W	1969	W35	LC Wuppertal	5 KM	00:29:25	27	2	05:53,0	00:07:15
1677	Ziegler	Michael		1964	M40	Marathon Finanz AG	5 KM	00:29:26	56	7	05:53,2	00:12:44
1602	Schulte	Moritz-Connor		1997	MSchC	Burscheid	5 KM	00:29:34	57	5	05:54,8	00:12:53
1532	Schlüter	Laura	W	1996	WSchC	LT Dönberg	5 KM	00:30:01	28	5	06:00,2	00:07:51
1670	Reetz	Katja	W	1991	WJugB	Hattingen	5 KM	00:30:01	29	2	06:00,2	00:07:52
1586	Schierhorn	Tilo		1980	MHK	Feuerwehr Neuss-Holzheim	5 KM	00:30:05	58	9	06:01,0	00:13:23
1510	Urbatsch	Prof. Dr. Peter		1944	M60	Mülheim an der Ruhr	5 KM	00:30:06	59	3	06:01,2	00:13:24
1583	Bank	Ludger		1987	MHK	Feuerwehr Neuss-Holzheim	5 KM	00:30:11	60	10	06:02,2	00:13:29
1618	Zeh	Martina	W	1968	W35	Bergheim	5 KM	00:30:11	30	3	06:02,2	00:08:02
1697	Albrecht	Florian		1990	MJugB	Zons	5 KM	00:30:15	61	5	06:03,0	00:13:33
1629	Schultze-Schlutius	Lars		1998	MSchD	Tönisvorst	5 KM	00:30:23	62	4	06:04,6	00:13:41
1628	Schultze-Schlutius	Petra	W	1968	W35	Tönisvorst	5 KM	00:30:25	31	4	06:05,0	00:08:16
1657	Vomlen	Nils		1995	MSchB	TSV Bayer Dormagen	5 KM	00:30:29	63	5	06:05,8	00:13:47
1593	Rohde	Marion	W	1964	W40	Dormagen	5 KM	00:30:32	32	7	06:06,4	00:08:22
1645	Werth	Wolfgang		1941	M65	Wermelskirchen	5 KM	00:30:36	64	2	06:07,2	00:13:54
1630	Schörmann	Norbert		1927	M80	SG Neukirchen-Hülchrath	5 KM	00:30:46	65	1	06:09,2	00:14:04
1577	Schmitz	Stefanie	W	1974	W30	Grevenbroich	5 KM	00:30:54	33	1	06:10,8	00:08:44
1611	Albrecht	Tobias		1982	MHK	Laufteam Rhein-Kreis Neuss	5 KM	00:31:04	66	11	06:12,8	00:14:22
1580	Oertel	Sabine	W	1963	W40	Grevenbroich	5 KM	00:31:06	34	8	06:13,2	00:08:56
1680	Albrecht	Fred-Reiner		1962	M45	SG Zons	5 KM	00:31:07	67	8	06:13,4	00:14:25
1573	Hille	Harald		1960	M45	Nüsser Sprösslinge	5 KM	00:31:30	68	9	06:18,0	00:14:48
1579	Vogt	Rita	W	1954	W50	Grevenbroich	5 KM	00:31:32	35	3	06:18,4	00:09:23
1576	Werth	Sigrid	W	1947	W60	Wermelskirchen	5 KM	00:31:44	36	1	06:20,8	00:09:35
1566	Rehmenklau	Kathrin	W	1976	W30	FSUe Düsseldorf	5 KM	00:31:56	37	2	06:23,2	00:09:46
1649	Rehmenklau	Thomas		1972	M35	LG FSUE	5 KM	00:31:56	69	2	06:23,2	00:15:14
1660	Scholz	Peter		1967	M40	Dormagen	5 KM	00:31:57	70	8	06:23,4	00:15:15
1559	Emmerich	Ramona	W	1954	W50	ESV Gremberghoven	5 KM	00:32:02	38	4	06:24,4	00:09:53
1672	Drathen	Heidi	W	1947	W60	TC Bayer Dormagen	5 KM	00:32:12	39	2	06:26,4	00:10:03
1614	Bongartz	Andrea	W	1969	W35	Laufteam Rhein-Kreis Neuss	5 KM	00:32:14	40	5	06:26,8	00:10:04
1505	Knebel	Jens		1972	M35	FF Köln Löschgruppe Fühlingen	5 KM	00:32:19	71	3	06:27,8	00:15:37
1506	Köhnlein	René		1971	M35	FF Köln Löschgruppe Fühlingen	5 KM	00:32:20	72	4	06:28,0	00:15:38
1615	Borgs	Ellen	W	1966	W40	Laufteam Rhein-Kreis Neuss	5 KM	00:32:21	41	9	06:28,2	00:10:12
1608	Meuter	Stephanie	W	1963	W40	Laufteam Rhein-Kreis Neuss	5 KM	00:32:22	42	10	06:28,4	00:10:12
1588	Lohwasser	Petra	W	1970	W35	Dormagen	5 KM	00:32:26	43	6	06:29,2	00:10:17
1560	Paschke	Birgitt	W	1967	W40	ESV Gremberghoven	5 KM	00:32:27	44	11	06:29,4	00:10:18
1605	Orth	Anna-Katharina	W	1994	WSchB	TuS Opladen	5 KM	00:32:44	45	3	06:32,8	00:10:35
1551	Muckert	Thomas		1963	M40	TuS Bösinghoven	5 KM	00:32:51	73	9	06:34,2	00:16:09
1639	Rosbach	Thomas		1954	M50	KIJU Wuppertal	5 KM	00:32:54	74	5	06:34,8	00:16:12
1656	Weber	Maren	W	1997	WSchC	Dormagen	5 KM	00:33:02	46	6	06:36,4	00:10:53
1650	Garbe	Karin	W	1966	W40	SG Zons	5 KM	00:33:06	47	12	06:37,2	00:10:57
1540	Reinke	Sascha		1972	M35	TTC Dormagen 1955	5 KM	00:33:19	75	5	06:39,8	00:16:38

1556	Hoeveler	Ulla	W	1985	WHK	Neuss	5 KM	00:33:27	48	4	06:41,4	00:11:17
1523	Wächter	Ilona	W	1974	W30	Düsseldorf	5 KM	00:33:29	49	3	06:41,8	00:11:19
1655	Weber	Sabine	W	1968	W35	Dormagen	5 KM	00:33:29	50	7	06:41,8	00:11:20
1528	Gorzalnik	Nannette	W	1964	W40	LG RWE Power	5 KM	00:33:31	51	13	06:42,2	00:11:22
1520	Wünsche	Sabine	W	1965	W40	VfR Unterbruch LG	5 KM	00:33:32	52	14	06:42,4	00:11:23
1625	Peristeridis	Monika	W	1959	W45	Neuss	5 KM	00:33:40	53	5	06:44,0	00:11:31
1698	Rodenkirchen	Sabine	W	1964	W40	SG Zons	5 KM	00:33:42	54	15	06:44,4	00:11:32
1654	Bongart	Irmgard	W	1958	W45	SG Zons	5 KM	00:33:43	55	6	06:44,6	00:11:34
1648	Pütz	Willi		1936	M70	WDR Köln Aktiv	5 KM	00:33:47	76	2	06:45,4	00:17:06
1564	Offhaus	Karin	W	1951	W55	Korschenbroich	5 KM	00:34:01	56	1	06:48,2	00:11:51
1565	Hamacher	Birgit	W	1955	W50	LT MG-Volksgarten	5 KM	00:34:38	57	5	06:55,6	00:12:28
1572	Wohlbebe	Dieter		1956	M50	Nüsser Sprösslinge	5 KM	00:34:43	77	6	06:56,6	00:18:01
1590	Gläser	Christiane	W	1959	W45	Dormagen	5 KM	00:34:52	58	7	06:58,4	00:12:43
1589	Jost	Birgit	W	1970	W35	Dormagen	5 KM	00:34:58	59	8	06:59,6	00:12:49
1600	Lincke	Fred		1950	M55	Wermelskirchen	5 KM	00:35:01	78	4	07:00,2	00:18:19
1643	Seidel	Klaus		1946	M60	LT Düsseldorf Süd	5 KM	00:35:15	79	4	07:03,0	00:18:33
1642	Vokovic	Beatrix	W	1957	W50	LT Düsseldorf-Süd	5 KM	00:35:16	60	6	07:03,2	00:13:06
1601	Kessler	Ursula	W	1954	W50	Düsseldorf	5 KM	00:35:18	61	7	07:03,6	00:13:08
1659	Reznitschde	Beate	W	1965	W40	Wuppertal	5 KM	00:35:23	62	16	07:04,6	00:13:14
1658	Lamprecht	Peter		1941	M65	Haan	5 KM	00:35:30	80	3	07:06,0	00:18:48
1673	Arigoni	Karin	W	1970	W35	Düsseldorf	5 KM	00:35:34	63	9	07:06,8	00:13:24
1674	Gebauer	Joachim		1965	M40	Düsseldorf	5 KM	00:35:34	81	10	07:06,8	00:18:52
1508	Schulz	Daniel		1988	MJugA	FF Köln Löschgruppe Fühlingen	5 KM	00:35:54	82	1	07:10,8	00:19:12
1599	Kuckeland	Cornelia	W	1955	W50	Düsseldorf	5 KM	00:36:02	64	8	07:12,4	00:13:53
1581	Steffens	Claudia	W	1989	WJugA	Grevenbroich	5 KM	00:36:19	65	2	07:15,8	00:14:09
1578	Vogt	Meike	W	1982	WHK	Grevenbroich	5 KM	00:36:20	66	5	07:16,0	00:14:10
1636	Giertz	Christiane	W	1984	WHK	SV Horrem-Sindorf	5 KM	00:36:26	67	6	07:17,2	00:14:16
1529	Schlüter	Asta	W	1961	W45	LT Dönberg	5 KM	00:36:36	68	8	07:19,2	00:14:27
1509	Urbatsch	Gabriele	W	1953	W50	Mülheim an der Ruhr	5 KM	00:39:31	69	9	07:54,2	00:17:21
1503	Aragione	Stephanie	W	1978	WHK	FF Köln Löschgruppe Fühlingen	5 KM	00:39:59	70	7	07:59,8	00:17:50