

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1		00:30:47	253	Kosgei, James Kiplagat		Int. AC Rureifel	1978	1	M30	03:04,7
2		00:31:27	1001	Sule, Pius		Hagen	1990	1	MJugA	03:08,7
3		00:31:54	1152	Ocklenburg, Marc-André		Ayyo Team e.V.	1985	1	MHK	03:11,4
4		00:34:03	1150	Yilmaz, Muharrem	TÜR	Ayyo Team Essen	1971	1	M35	03:24,3
5		00:34:35	462	Arnold, Tolger		Hertener Jungs	1980	2	MHK	03:27,5
6		00:35:10	454	Muskulus, Thomas		Ohne	1982	3	MHK	03:31,0
7		00:35:19	320	Tüshaus, Thomas		ART Düsseldorf	1967	1	M40	03:31,9
8		00:35:26	1057	Kröll, Maximilian		LAV Oberhausen	1989	2	MJugA	03:32,6
9		00:35:29	865	Kott, Georg		LC Rapid Dortmund	1961	1	M45	03:32,9
10		00:35:33	613	Ihe, Michele Maurice		Gerscheder SV	1991	1	MJugB	03:33,3
11		00:35:37	1056	Vössing, Stefan		LAV Oberhausen	1991	2	MJugB	03:33,7
12		00:35:47	877	Wagner, Rüdiger		LAV Oberhausen	1970	2	M35	03:34,7
13		00:36:16	794	Bergmann, Björn		Nordtriathleten	1964	2	M40	03:37,6
1	W	00:36:50	1000	Williams, Fabiola		Hagen	1984	1	WHK	03:41,0
14		00:36:52	313	van Dongen, Werner		Ohne	1959	2	M45	03:41,2
15		00:37:01	1012	Leimbach, Lutz		ASV Duisburg	1960	3	M45	03:42,1
16		00:37:09	1142	Niklass, Kai		TRC Essen '84	1986	4	MHK	03:42,9
17		00:37:18	307	Schneider, Daniel		TVK 1870 Essen	1984	5	MHK	03:43,8
18		00:37:31	921	Hoverath, Christian		Triminators TV Voerde	1983	6	MHK	03:45,1
19		00:37:32	902	Gendolla, Valentin		TV Holthausen	1984	7	MHK	03:45,2
20		00:37:32	917	Jungblut, Martin		Dorsten	1975	2	M30	03:45,2
21		00:37:43	1083	Gördes, Markus		TB Osterfeld	1972	3	M35	03:46,3
22		00:38:00	935	Fröhlich, Marc		Nordtriathleten	1974	3	M30	03:48,0
23		00:38:18	996	Krause, Jürgen		Tusem Essen	1959	4	M45	03:49,8
24		00:38:30	981	Hermesen, Christoph		Oberhausen	1967	3	M40	03:51,0
25		00:38:34	363	Seidel, Gerald		TVK 1877 Essen	1964	4	M40	03:51,4
26		00:38:57	329	Leipold, Ralf		Nord Triatlehten	1959	5	M45	03:53,7
2	W	00:39:05	1119	Cramer, Luciene		Laufladen Endspurt Paderbo	1972	1	W35	03:54,5
27		00:39:10	1058	Anuschewski, Frank		LAV Oberhausen	1962	6	M45	03:55,0
28		00:39:12	736	Pollack, Ulrich		Team Erdinger	1954	1	M50	03:55,2
29		00:39:24	1114	Strack, Sascha		Marathon Dinslaken	1976	4	M30	03:56,4
3	W	00:39:29	628	Krämer, Sabrina		LC Duisburg	1981	2	WHK	03:56,9
30		00:39:33	614	Knoth, Günter		Gerscheder SV	1957	2	M50	03:57,3
31		00:39:39	806	Görtz, Andreas		Mülheim	1973	4	M35	03:57,9
32		00:39:59	925	Rörtgen, Matthias		Bottrop	1981	8	MHK	03:59,9
33		00:40:04	753	Hauffe, Chris		Team Polizei Oberhausen	1970	5	M35	04:00,4
34		00:40:20	361	Beckmann, Ulrich		LG Menden	1966	5	M40	04:02,0
35		00:40:26	992	Witteborn, Holger		TVK 1877 Essen	1964	6	M40	04:02,6
36		00:40:31	1171	Schulz, Markus		BSG- Springorum Bochum	1975	5	M30	04:03,1
37		00:40:32	291	Koslowski, Kai		LC Wuppertal	1969	6	M35	04:03,2
38		00:40:38	1199	Kettlewell, Peter		Club Unattached	1951	1	M55	04:03,8
39		00:40:45	941	Kuhns, Peter		Northeim	1985	9	MHK	04:04,5
40		00:40:49	890	Kalweit, Siegfried		TSV Viktoria Mülheim	1942	1	M65	04:04,9
41		00:41:14	871	Mallmann, Marcus		FC Stoppenberg LT	1971	7	M35	04:07,4
42		00:41:15	1158	Melchin, Alfred		USC Bochum	1947	1	M60	04:07,5
43		00:41:25	744	Oteng-Appiah, Thomas		Oberhausen	1988	10	MHK	04:08,5
44		00:41:36	1085	Freches, David		Beckspistols-Ratingen	1988	11	MHK	04:09,6
45		00:41:37	605	Lorig, Sven		LAZ Puma Troisdorf	1971	8	M35	04:09,7
46		00:41:38	1091	Haesters, Danny		VFL Bergheide Sterkrade	1981	12	MHK	04:09,8
47		00:41:40	1123	Hümb's, Wolfgang		LC Duisburg	1953	2	M55	04:10,0
48		00:41:55	344	Skowasch, Henryk		RWE Starlight Team Essen	1968	7	M40	04:11,5
49		00:41:59	362	Duking, Frank		Atletico 73	1947	2	M60	04:11,9
50		00:42:03	1109	Burr, Ehrenfried		DJK VFR Saarn	1945	3	M60	04:12,3
51		00:42:20	849	Baumgart, Frank		Pingpank.de	1951	3	M55	04:14,0
52		00:42:37	789	Dieterich, Daniel		Oberhausen	1986	13	MHK	04:15,7
53		00:42:41	19	Veilchner, Uwe		Mülheim	1958	3	M50	04:16,1
54		00:42:42	810	Trebes, Karl		Gerscheder SV Essen	1954	4	M50	04:16,2
55		00:42:44	1127	Olejniczak, Stefan		VDO Dortmund	1954	5	M50	04:16,4

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
56		00:42:47	366	Kuhlmann, Norbert		Sterkrade Nord	1968	8	M40	04:16,7
57		00:43:03	931	Fastner, Christian		Oberhausen	1968	9	M40	04:18,3
58		00:43:23	1125	Verfürth, Peter G.		TuS Hamborn Neumühl	1954	6	M50	04:20,3
59		00:43:28	266	van den Boom, Arnd		LC Glück auf Hochfeld	1977	6	M30	04:20,8
60		00:43:33	894	Vogel, Michael		Oberhausen	1963	7	M45	04:21,3
61		00:43:35	887	Stöckert, Uwe		LAV Oberhausen	1958	7	M50	04:21,5
62		00:43:35	364	Tiefenbach, Lars		Ohne	1968	10	M40	04:21,5
63		00:43:37	93	Röthling, Axel		Duisburg	1958	8	M50	04:21,7
64		00:43:42	850	Kappesser, Harald		BKV Oberhausen	1942	2	M65	04:22,2
65		00:43:45	83	Röthling, Rolf		Ohne	1964	11	M40	04:22,5
66		00:43:50	1131	Hruschka, Constantin		Flotte Lotte	1969	9	M35	04:23,0
67		00:43:53	710	Beecker, Werner		LC Wuppertal	1932	1	M75	04:23,3
68		00:43:59	1200	Hoy, Angus		Club Unattached	1964	12	M40	04:23,9
69		00:44:01	616	Schilling, Jürgen		Sterkrade- Nord	1961	8	M45	04:24,1
70		00:44:02	809	Wilke, K.-Günter		Oberhausen	1961	9	M45	04:24,2
71		00:44:02	760	Bruns, Björn		Essen	1978	7	M30	04:24,2
72		00:44:38	750	Gerhards, Michael		Rheinfire Fans	1970	10	M35	04:27,8
73		00:44:40	175	Krämer, Pierre		Ohne	1972	11	M35	04:28,0
74		00:44:45	812	Piek, Christopher		Oberhausen	1984	14	MHK	04:28,5
75		00:45:10	883	Honold, Marcus		Weißer Afrikaner	1973	12	M35	04:31,0
76		00:45:16	251	Wessel, Bernd		Bullenkloster	1963	10	M45	04:31,6
77		00:45:30	14	Randolt, Edgar		Oberhausen	1956	9	M50	04:33,0
78		00:45:36	1086	Tönneßen, Thorsten		Essen	1972	13	M35	04:33,6
4	W	00:45:38	1166	Bruns, Klaudia		Borbecker Raketen	1961	1	W45	04:33,8
79		00:45:44	1185	Stefanski, Rolf		SV Langendreer 04	1947	4	M60	04:34,4
80		00:45:48	92	Brandt, Manfred		Oberhausen	1954	10	M50	04:34,8
81		00:45:52	1194	Remiorz, Piotr		Dortmund	1969	14	M35	04:35,2
82		00:45:55	1095	Scheuer, Jochen		VFL Bergheide Sterkrade	1954	11	M50	04:35,5
83		00:46:05	916	Hüsken, Martin		Adler-Langlauf Bottrop	1973	15	M35	04:36,5
5	W	00:46:11	976	von Schwedler, Sophie		Verden	1972	2	W35	04:37,1
84		00:46:30	324	Blesius, Janik		Blues Brothers	1997	3	MJugB	04:39,0
85		00:46:33	1023	Schanze, Moritz		Beckspistols-Ratingen	1991	4	MJugB	04:39,3
86		00:46:34	1024	Schanze, Wolfgang		Beckspistols-Ratingen	1961	11	M45	04:39,4
6	W	00:46:34	325	Kesper, Sarah		Ohne	1984	3	WHK	04:39,4
87		00:46:39	168	Kilicarslau, Fikret		Ayyo-Team-Essen	1961	12	M45	04:39,9
7	W	00:46:40	979	Weier, Katrin		Hase&Igel Schmachtdorf	1964	1	W40	04:40,0
88		00:46:54	1122	Teigelkamp, Michael		FC Sportlereck Bottrop	1966	13	M40	04:41,4
89		00:46:56	817	Ackermann, Ulrich		Düsseldorf	1964	14	M40	04:41,6
90		00:46:57	919	Fileccia, Marco		Oberhausen	1963	13	M45	04:41,7
8	W	00:46:57	1182	Zechel, Katharina		Oberhausen	1975	1	W30	04:41,7
91		00:47:10	343	Nowosadtko, Tim-Marco		Ohne	1986	15	MHK	04:43,0
92		00:47:13	1181	Richter, Frank		Oberhausen	1966	15	M40	04:43,3
93		00:47:13	893	Rau, Rüdiger		Moers	1961	14	M45	04:43,3
94		00:47:29	749	Berg, Andreas		Team ERDINGER Alkoholfrei	1968	16	M40	04:44,9
95		00:47:32	1126	Fotschki, Walter		TVA Dortmund-Wickede	1938	1	M70	04:45,2
96		00:47:33	11	Kaczmarek, Hans		Oberhausen	1963	15	M45	04:45,3
97		00:47:35	1022	Wehren, Stephan		FC Sportlereck Bottrop	1976	8	M30	04:45,5
98		00:47:45	834	Hannemann, Sven		Essen	1975	9	M30	04:46,5
99		00:47:49	465	Jägen, Peter		Ohne	1950	4	M55	04:46,9
100		00:47:50	1094	Rieforth, Bernd		VFL Bergheide Sterkrade	1960	16	M45	04:47,0
101		00:48:05	745	Mestriner, Heinz		Oberhausen	1953	5	M55	04:48,5
9	W	00:48:10	824	Spors, Michaela		Oberhausen	1969	3	W35	04:49,0
102		00:48:13	309	Schuler, Peter		FDP Oberhausen	1978	10	M30	04:49,3
103		00:48:31	984	Nüse, Siegfried		TUS-HAMBORN -NEUMÜHL	1946	5	M60	04:51,1
104		00:48:44	165	Kilicarslau, Ali		Ayyo-Team-Essen	1989	3	MJugA	04:52,4
105		00:48:46	859	Kraus, Christian		WaveRunners 2008	1981	16	MHK	04:52,6
106		00:48:47	1155	Köring, Georg		Borbecker Raketen	1961	17	M45	04:52,7
107		00:48:50	858	Schelske, Thorsten		WaveRunners 2008	1981	17	MHK	04:53,0

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
10	W	00:48:54	848	Harnafi, Irene		Bungard Versicherungen	1953	1	W55	04:53,4
108		00:48:56	1116	Matzat, Andre		Sterkrade 72	1960	18	M45	04:53,6
109		00:48:57	629	Roth, Thomas		Essen	1965	17	M40	04:53,7
110		00:48:58	1021	Wehren, Frank		FC Sportlereck Bottrop	1970	16	M35	04:53,8
111		00:48:59	1020	Kiesow, Benjamin		FC Sportlereck Bottrop	1985	18	MHK	04:53,9
112		00:49:01	1143	Petersen, Steffen		Bocholter WSV 1920	1980	19	MHK	04:54,1
113		00:49:07	1037	Poß, Robert		LAV Oberhausen	1985	20	MHK	04:54,7
11	W	00:49:08	1074	Engel, Annika		LAV Oberhausen	1985	4	WHK	04:54,8
114		00:49:09	833	Naunheim, Sebastian		Mülheim an der Ruhr	1985	21	MHK	04:54,9
12	W	00:49:17	937	Wagner, Gaby		Oberhausen	1969	4	W35	04:55,7
115		00:49:20	1015	Markowski, Arkadius		Dinslaken	1979	22	MHK	04:56,0
116		00:49:21	1190	Wenda, Herbert		Duisburg	1948	6	M60	04:56,1
117		00:49:23	1172	Waffner, Volker		DJK Adler Frintrop	1966	18	M40	04:56,3
118		00:49:24	1136	Bomholt, Georg		ASV-Duisbrug	1968	19	M40	04:56,4
13	W	00:49:26	878	Katzorke, Mareike		OTV 1873	1976	2	W30	04:56,6
119		00:49:30	765	Schranz, Jörg		Borbecker Raketen	1965	20	M40	04:57,0
120		00:49:34	111	Hof, Helmut		Ohne	1949	6	M55	04:57,4
121		00:49:51	1129	Melzer, Volker		Bochum	1981	23	MHK	04:59,1
122		00:49:59	1016	Cibulsky, Willi		Adler-Langlauf Bottrop	1970	17	M35	04:59,9
123		00:50:03	873	Zimmermann, Ing. Ada		Mülheim	1971	18	M35	05:00,3
14	W	00:50:18	1151	Hensel, Simone		Styrumer TV	1976	3	W30	05:01,8
124		00:50:33	1014	Wagner, Björn		Oberhausen	1975	11	M30	05:03,3
125		00:50:36	620	Kempmann, Markus			1978	12	M30	05:03,6
126		00:50:39	113	Nebel, Peter		Ohne	1959	19	M45	05:03,9
127		00:50:44	936	Marx, Werner		Oberhausen	1964	21	M40	05:04,4
128		00:50:47	756	Lindemann, Daniel		Essen	1975	13	M30	05:04,7
15	W	00:50:47	913	Piechatzek, Gabriele		Marathon-DUO-Duisburg	1954	1	W50	05:04,7
16	W	00:50:48	600	Oesselke, Julia		Rheda-Wiedenbrück	1990	1	WJugA	05:04,8
129		00:50:50	895	Walter, Helmut		Oberhausen	1959	20	M45	05:05,0
17	W	00:50:52	994	Fischer, Jessica		USC Bochum	1980	5	WHK	05:05,2
130		00:50:53	1196	Huetter, Thomas		Oberhausen	1964	22	M40	05:05,3
131		00:51:13	1008	Fleckner, Tobias		VSSC Oberhausen	1978	14	M30	05:07,3
18	W	00:51:19	771	Darwesh, Dr. Shireen		Mülheim	1980	6	WHK	05:07,9
132		00:51:21	997	Michalopoulos, Georg		Oberhausen	1967	23	M40	05:08,1
133		00:51:23	717	Arens, Frank		Bottrop	1969	19	M35	05:08,3
134		00:51:24	1134	Schmalt, Peter		Ruhrrunner	1964	24	M40	05:08,4
135		00:51:27	796	Korell, Reiner		TKD Center Oberhausen e.V	1967	25	M40	05:08,7
19	W	00:51:27	493	Rusche, Monika		LG Mülheim	1957	2	W50	05:08,7
136		00:51:29	816	Peter, Ronald		HLG 98 Wuppertal	1960	21	M45	05:08,9
137		00:51:35	930	Gnoß, Udo		RSV Klosterhardt	1956	12	M50	05:09,5
138		00:51:37	798	Griesau, Kai		TKD Center Oberhausen e.V	1975	15	M30	05:09,7
139		00:51:46	912	Piechatzek, Edmund		Marathon-DUO-Duisburg	1955	13	M50	05:10,6
20	W	00:51:50	37	Santos, Florinda		Oberhausen	1948	1	W60	05:11,0
140		00:51:59	763	Vorm Walde, Michael		Essen	1973	20	M35	05:11,9
141		00:52:03	839	Meller, Jens		Bochum	1965	26	M40	05:12,3
142		00:52:08	1170	Janzen, Heinz		Lauffreunde HADI Wesel	1954	14	M50	05:12,8
143		00:52:14	802	Janssen, Uwe		Oberhausen	1961	22	M45	05:13,4
144		00:52:16	610	Windelschmidt, Tobias		Oberhausen	1967	27	M40	05:13,6
21	W	00:52:24	1177	Meinhard, Evelyn		Flotte Lotte	1960	2	W45	05:14,4
145		00:52:25	792	Theis, Stephan		VOHWINKLER STV	1970	21	M35	05:14,5
146		00:52:26	874	Schneider, Matthias		VOHWINKLER STV	1993	5	MJugB	05:14,6
147		00:52:30	880	Lodemann, Marco		Bocholt	1973	22	M35	05:15,0
148		00:52:38	761	Genter, Oliver		Essen	1972	23	M35	05:15,8
22	W	00:52:41	1011	Stolle, Birgit		TUSEM ESSEN	1959	3	W45	05:16,1
23	W	00:52:55	922	Auth, Christina		Dorsten	1991	1	WJugB	05:17,5
149		00:52:59	323	Doussis, Marc		Fitnessboxx Bottrop	1989	4	MJugA	05:17,9
150		00:53:02	815	Tritt, Erich		Oberhausen	1948	7	M60	05:18,2
151		00:53:03	1180	Loos, Andreas		Flotte Lotte	1963	23	M45	05:18,3

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
24	W	00:53:06	923	Auth, Katharina		Dorsten	1985	7	WHK	05:18,6
25	W	00:53:11	1178	Kessler, Sandra		Flotte Lotte	1972	5	W35	05:19,1
152		00:53:24	265	Wolters, Wilhelm		LAV Oberhausen	1939	3	M65	05:20,4
26	W	00:53:46	1065	Marx, Nadine		LAV Oberhausen	1999	2	WJugB	05:22,6
27	W	00:53:50	618	Erdmann, Gerti		Viermärker Dortmund	1945	2	W60	05:23,0
153		00:53:52	1130	Stumm, Dirk		Oberhausen	1967	28	M40	05:23,2
154		00:53:56	606	Werth, Frank		Oberhausen	1963	24	M45	05:23,6
155		00:54:05	801	Rall, Dr. Ing. Hüseyin		Oberhausen	1958	15	M50	05:24,5
156		00:54:20	726	Rößing, Robin		Oberhausen	1992	6	MJugB	05:26,0
157		00:54:23	758	Cappell, Sebastian		Essen	1980	24	MHK	05:26,3
158		00:54:40	1019	Schötten, Werner		TUS-HAMBORN-NEUMÜHL	1945	8	M60	05:28,0
28	W	00:54:43	795	Schneider, Sandra		TKD Center Oberhausen e.V	1977	4	W30	05:28,3
159		00:54:48	987	Mattäus, Stefan		Voerde	1978	16	M30	05:28,8
160		00:54:48	1092	Hinz, Egon		VFL Bergheide Sterkrade	1941	4	M65	05:28,8
161		00:54:56	980	Witt, Hansi		Bottrop	1955	16	M50	05:29,6
29	W	00:55:02	333	Kerkmann, Kathrin		Ohne	1989	2	WJugA	05:30,2
162		00:55:02	907	Eckl, Matthias		Oberhausen	1991	7	MJugB	05:30,2
30	W	00:55:12	1179	Brühl, Carina		Flotte Lotte	1983	8	WHK	05:31,2
163		00:55:25	119	Konopka, Carsten		Ohne	1973	24	M35	05:32,5
164		00:55:30	1009	Meister, Martin		CVJM Oberhausen	1954	17	M50	05:33,0
165		00:55:37	909	Knizik, Andreas		Oberhausen	1966	29	M40	05:33,7
166		00:55:38	1146	Rautzenberg, Christoph		Hamminkeln	1987	25	MHK	05:33,8
167		00:55:52	1160	Bocianiak, Daniel		Hamminkeln	1979	26	MHK	05:35,2
168		00:55:53	814	Türpe, Sebastian		Oberhausen	1989	5	MJugA	05:35,3
31	W	00:56:07	767	Schulz, Manuela		Oberhausen	1976	5	W30	05:36,7
32	W	00:56:08	1097	Weißenfels, Monika		VFL Bergheide Sterkrade	1959	4	W45	05:36,8
169		00:56:17	870	Altmüller, Thomas		Oberhausen	1965	30	M40	05:37,7
170		00:56:39	911	Hüttemann, Wilfried		Oberhausen	1967	31	M40	05:39,9
171		00:56:40	1139	Gewehr, Andre		Oberhausen	1970	25	M35	05:40,0
33	W	00:56:57	938	Wagner, Megan Tabea		LAV Oberhausen	1994	3	WJugB	05:41,7
172		00:56:58	886	Flieger, Jörg		LT Wanne-Nord	1973	26	M35	05:41,8
34	W	00:57:10	1183	Trepper, Tanja		Oberhausen	1972	6	W35	05:43,0
173		00:57:11	1197	Wolf, Horst		Team Xopct	1951	7	M55	05:43,1
174		00:57:26	1148	Berentsen, Martin		Oberhausen	1966	32	M40	05:44,6
175		00:57:41	888	Tepaß, Marcel		Oberhausen	1989	6	MJugA	05:46,1
176		00:57:41	889	Buchmann, Jan		Oberhausen	1988	27	MHK	05:46,1
177		00:57:48	929	Hoffmann, Harald		Essen	1964	33	M40	05:46,8
35	W	00:57:50	36	Thissen, Helga		TSV Weeze	1952	2	W55	05:47,0
36	W	00:57:55	933	Marx, Birgit		Oberhausen	1966	2	W40	05:47,5
178		00:58:23	860	Pfarr, Peter		Endorphin Junkie	1963	25	M45	05:50,3
179		00:58:34	1135	Tzscheppan, Wolfgang		Oberhausener TV	1951	8	M55	05:51,4
180		00:58:38	1007	Sommer, Stefan		Oberhausen	1988	28	MHK	05:51,8
37	W	00:58:40	884	Frings, Simone		Krefeld	1982	9	WHK	05:52,0
38	W	00:58:47	928	Lohfing, Viviane Kathari		Oberhausen	1982	10	WHK	05:52,7
39	W	00:59:51	16	Putz, Dorota		Oberhausen	1960	5	W45	05:59,1
40	W	00:59:57	735	Tkaczik, Sandra		FitnessBoxx Bottrop	1976	6	W30	05:59,7
181		00:59:57	739	Opiol, Thorsten		FitnessBoxx Bottrop	1968	34	M40	05:59,7
182		01:00:05	103	Marx, Kolja		Ohne	1986	29	MHK	06:00,5
183		01:00:08	759	Gahlmann, Niko		Essen	1981	30	MHK	06:00,8
184		01:00:10	102	Lüdtke, Mischa		Ohne	1955	18	M50	06:01,0
185		01:00:11	855	Gooßes, Wolfgang		FC St. Pauli 1910	1947	9	M60	06:01,1
41	W	01:00:18	8	Binkowska, Kerstin		Oberhausen	1981	11	WHK	06:01,8
186		01:00:31	780	Labrenz, Günther		Oberhausen	1952	9	M55	06:03,1
42	W	01:00:37	986	Joseph, Brigitte		Dinslaken	1969	7	W35	06:03,7
43	W	01:01:00	731	Dübbert, Anke		Duisburg	1963	6	W45	06:06,0
187		01:01:00	732	Kleinitz, Ralph		Duisburg	1960	26	M45	06:06,0
44	W	01:01:00	464	van Schwaamen, Felicia		Ohne	1990	3	WJugA	06:06,0
188		01:01:02	820	Marquardt, Ludger		MSV Duisburg LT	1960	27	M45	06:06,2

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
45	W	01:01:10	9	Königsmann, Francesca		Oberhausen	1963	7	W45	06:07,0
46	W	01:01:21	896	Berning, Christa		Oberhausen	1959	8	W45	06:08,1
47	W	01:01:21	1192	Wick, Brigitte		TUSEM Essen	1957	3	W50	06:08,1
48	W	01:01:31	1187	Teutloff, Rita		LC Duisburg	1961	9	W45	06:09,1
49	W	01:02:07	797	Korell, Evi		TKD Center Oberhausen e.V	1966	3	W40	06:12,7
189		01:02:13	764	Dümmel, Lars		Essen	1977	17	M30	06:13,3
50	W	01:02:24	836	Schyrba, Sofie		Mülheim an der Ruhr	1977	7	W30	06:14,4
51	W	01:02:24	837	Große-Boymann, Barbar		Mülheim	1972	8	W35	06:14,4
190		01:02:36	885	Anstoots, Carsten		Krefeld-Hüls	1979	31	MHK	06:15,6
191		01:03:03	821	Drehwald, Jürgen		TKD Center e.V. Oberhause	1959	28	M45	06:18,3
192		01:06:40	627	Weiß, Jan		Düsseldorf	1976	18	M30	06:40,0
52	W	01:08:08	875	Andrzejewski, Jasminka		Bottrop	1969	9	W35	06:48,8
193		01:08:17	734	Baumgart, Dirk		Oberhausen	1972	27	M35	06:49,7
53	W	01:08:17	733	Baumgart, Kathrin		Oberhausen	1972	10	W35	06:49,7
54	W	01:09:20	988	Sudeck, Melanie		Oberhausen	1978	8	W30	06:56,0
55	W	01:09:20	989	Gerhards, Nadine		Oberhausen	1978	9	W30	06:56,0