

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:17:50	Voigt-Krämer, Dirk	289		Die 5 von der Sperre	1968	1	M40	03:34,0
2		2	00:18:04	Keienburg, Jens	712		LAV Oberhausen	1982	1	M30	03:36,8
3		3	00:19:01	Ballweg, Jörg	288		Die 5 von der Sperre	1970	2	M40	03:48,2
4		4	00:19:27	Rütten, Stefan	446		Haaner TV - Top Team	1993	1	MJ U20	03:53,4
5		5	00:19:37	Grob, Jochen	287		Die 5 von der Sperre	1953	1	M55	03:55,4
6		6	00:19:54	Werner, Dr. Ing. Matthias	391		HAT Artistik	1969	3	M40	03:58,8
7		7	00:20:02	Koubaa, Mohammed	767		LG Stadtwerke Hilden	1991	1	M	04:00,4
8		8	00:20:03	Sagasser, Gerhard	290		Die 5 von der Sperre	1966	1	M45	04:00,6
9		9	00:20:08	Willms, Marcel	795		SF Kalstert	1973	1	M35	04:01,6
10		10	00:20:31	Rensmann, Nico	442		Haaner TV - Top Team	1996	1	MJ U18	04:06,2
11		11	00:20:46	Jäschke, Jakob	271		LG Stadtwerke Hilden	1997	1	MJ U16	04:09,2
12		12	00:20:57	Weinitschke, Jarne	800		DJK Holzbüttgen	2003	1	MK U10	04:11,4
13		13	00:21:10	Westphal, Sascha	443		Haaner TV - Top Team	1988	2	M	04:14,0
14		14	00:21:17	Hilse, Niklas	93		LG Stadtwerke Hilden	2001	1	MK U12	04:15,4
15		15	00:21:21	Hilse, Dr. Thomas	94		LG Stadtwerke Hilden	1965	2	M45	04:16,2
16		16	00:21:22	Kaspar, Boris	445		Haaner TV - Top Team	1964	3	M45	04:16,4
17		17	00:21:30	Monedero, José	220	ESP	Düsseldorf	1969	4	M40	04:18,0
18		18	00:21:34	Wiechers, Georg	272		Hildener AT	1969	5	M40	04:18,8
19		19	00:21:38	Weinitschke, Ralf	798		DJK Holzbüttgen	1969	6	M40	04:19,6
20		20	00:21:39	Hülfenhaus, Valentin	118		LG Stadtwerke Hilden	1999	1	MJ U14	04:19,8
21		21	00:22:07	Leibmann, Simon	721		LG Stadtwerke Hilden	2001	2	MK U12	04:25,4
22	W	1	00:22:17	Bexkens, Svenja	97	NED	LG Stadtwerke Hilden	1997	1	WJ U16	04:27,4
23		22	00:22:19	Schürmann, Thomas	753		Hilden	1963	4	M45	04:27,8
24		23	00:22:24	Scharbert, Bernd	286		Die 5 von der Sperre	1949	1	M60	04:28,8
25		24	00:22:28	Hajredini, Rexhep	318		Team Stadtwerke Hilden	1986	3	M	04:29,6
26	W	2	00:22:31	Hauck, Kristin	744		Haaner TV - Newcomer	1975	1	W35	04:30,2
27		25	00:22:31	Schlottmann, Robert	559		VfB 03 Hilden U 15	1998	2	MJ U16	04:30,2
28		26	00:22:44	Kokemohr, Luca	449		Haaner TV - Manpower	2001	3	MK U12	04:32,8
29		27	00:22:58	Steffens, Dominik	181		Solinger LC	2001	4	MK U12	04:35,6
30		28	00:23:00	Steffens, Uwe	180		Solinger LC	1967	5	M45	04:36,0
31		29	00:23:07	Rocker, Matthias	450		Haaner TV - Manpower	1988	4	M	04:37,4
32		30	00:23:29	Hülfenhaus, Rafael	119		LG Stadtwerke Hilden	2001	5	MK U12	04:41,8
33		31	00:23:32	Rommerskirchen, Marvin	174		Mettmann	2002	6	MK U12	04:42,4
34		32	00:23:55	Steinhagen, Gerrit	344		Hilden	1972	7	M40	04:47,0
35		33	00:23:56	Seemann, Sebastian	319		Team Stadtwerke Hilden	1985	5	M	04:47,2
36		34	00:24:03	Schmitz, Guido	279		Langenfeld	1966	6	M45	04:48,6
37		35	00:24:03	Schmitz, Christopher	280		Langenfeld	1999	2	MJ U14	04:48,6
38		36	00:24:05	Walter, Robert	72		Run Stars	1999	3	MJ U14	04:49,0
39		37	00:24:08	Rosenfeld, Felix	70		Run Stars	2002	7	MK U12	04:49,6
40		38	00:24:08	Rippen, Finn	69		Run Stars	2002	8	MK U12	04:49,6
41		39	00:24:11	Lueg, Christoph	307		Mülheim	1959	1	M50	04:50,2
42		40	00:24:12	Schmidt, Michael	306		Sportmühle Hilden	1958	2	M50	04:50,4
43		41	00:24:15	Aschenbroich, Jürgen	26		3M Hilden ATM	1984	6	M	04:51,0
44		42	00:24:20	Lindic, Tim	25		3M Hilden ATM	1991	7	M	04:52,0
45		43	00:24:22	Schauf, Michael	444		Haaner TV - Top Team	1997	3	MJ U16	04:52,4
46		44	00:24:26	Dimisic, Matthias	783		Solingen	1983	8	M	04:53,2
47		45	00:24:29	Thoens, Nikolaus	199		FC St.Pauli	1964	7	M45	04:53,8
48		46	00:24:33	Ostertag, Karl	451		Haaner TV - Manpower	1959	3	M50	04:54,6
49		47	00:24:47	Rogall, Lucas	323		Hilden	1997	4	MJ U16	04:57,4
50		48	00:24:52	Evert, Karsten	77		Fortuna Beejing	1969	8	M40	04:58,4
51		49	00:24:54	Meier-Etienne, Enrik	124		Wuppertal	2001	9	MK U12	04:58,8
52	W	3	00:24:58	Riemer, Karin	774		Kuddelmuddel	1967	1	W45	04:59,6
53		50	00:24:59	Schwake, Klaus	158		go for it !	1968	9	M40	04:59,8
54		51	00:25:02	Heß, Justus	781		Hilden	2000	4	MJ U14	05:00,4
55	W	4	00:25:03	Sörgel, Ulrike	64		5 vor 8!	1969	1	W40	05:00,6
56	W	5	00:25:06	Rippen, Simone	53		5 vor 8!	1969	2	W40	05:01,2

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
57	W	6	00:25:08	Ebert, Jana	305		Düsseldorf	1987	1	W	05:01,6
58	W	7	00:25:08	Rosenfeld, Astrid	63		5 vor 8!	1969	3	W40	05:01,6
59		52	00:25:10	Dehne, Stephan	24		3M Hilden ATM	1977	2	M35	05:02,0
60		53	00:25:11	Meister, Stefan	23		3M Hilden ATM	1967	8	M45	05:02,2
61	W	8	00:25:14	Struck, Ines	65		5 vor 8!	1968	4	W40	05:02,8
62	W	9	00:25:17	Von Roda, Michael	66		5 vor 8!	1969	5	W40	05:03,4
63		54	00:25:22	Hedrich, Oliver	166		Hilden	1968	10	M40	05:04,4
64		55	00:25:23	Kürten, Jens	163		Hilden	1969	11	M40	05:04,6
65		56	00:25:31	Jeuck, Till-Simon	42		SpVg Hilden 05/06	2002	10	MK U12	05:06,2
66		57	00:25:32	Köster, Peter	321		Team Stadtwerke Hilden	1967	9	M45	05:06,4
67	W	10	00:25:36	Grundmann, Julia	189		5 Vor 8!	1974	2	W35	05:07,2
68		58	00:25:41	Philipp, Dr. Wolfgang	919		Düsseldorf	1954	2	M55	05:08,2
69	W	11	00:25:48	Wouters, Lisa	187	SWE	Kuddelmuddel	1969	6	W40	05:09,6
70		59	00:25:54	Hallmann, Jan	294		SpVg Hilden 05/06	2001	11	MK U12	05:10,8
71		60	00:26:01	Cordes, Philipp	68		Run Stars	2001	12	MK U12	05:12,2
72		61	00:26:01	Armknicht, Karsten	399			1970	12	M40	05:12,2
73		62	00:26:04	Walter, Diethelm	62		5 vor 8!	1964	10	M45	05:12,8
74		63	00:26:06	Krug, Andreas	122		Solingen	1968	13	M40	05:13,2
75		64	00:26:10	von Roda, Lars-Mattis	71		Run Stars	2002	13	MK U12	05:14,0
76	W	12	00:26:11	Ruland, Sonja	782		Düsseldorf	1974	3	W35	05:14,2
77		65	00:26:23	Van Der Porten, Kai	303		Hilden	1969	14	M40	05:16,6
78	W	13	00:26:29	Suzuki, Kaoru	715	JAP	Düsseldorf	1973	4	W35	05:17,8
79		66	00:26:35	Mechelke, Patrick	27		3M Hilden ATM	1971	15	M40	05:19,0
80		67	00:26:35	Jäger, Peter	460		Haaner TV - Newcomer	2003	2	MK U10	05:19,0
81		68	00:26:41	Hauck, Christopher	448		Haaner TV - Manpower	2001	14	MK U12	05:20,2
82		69	00:26:41	Hauck, Michael	740			1970	16	M40	05:20,2
83	W	14	00:26:47	Pohlmann, Viviane	195		LG Stadtwerke Hilden	2000	1	WJ U14	05:21,4
84	W	15	00:26:47	Schmitz, Lisa	137		LG Stadtwerke Hilden	2000	2	WJ U14	05:21,4
85		70	00:26:49	Gruebl, Dietmar	274		LT Düsseldorf-Süd	1951	2	M60	05:21,8
86		71	00:26:54	Voigt, Jan	906		Kuddelmuddel	2001	15	MK U12	05:22,8
87	W	16	00:26:59	Siebert, Carolin	456		Haaner TV - Familie Sieber	2003	1	WK U10	05:23,8
88	W	17	00:27:01	Osterfag, Lioba	907		Kuddelmuddel	2001	1	WK U12	05:24,2
89		72	00:27:05	Reinhard, Marc	283		Hilden	1971	17	M40	05:25,0
90	W	18	00:27:06	Hiekmann, Ulla	51		5 vor 8!	1968	7	W40	05:25,2
91	W	19	00:27:08	Ostertag, Almut	908		Kuddelmuddel	2005	2	WK U10	05:25,6
92		73	00:27:15	Giesler, Daniel	320		Team Stadtwerke Hilden	1960	4	M50	05:27,0
93	W	20	00:27:18	Westerteiger, Silke	67		5 vor 8!	1967	2	W45	05:27,6
94	W	21	00:27:21	Voigt, Antje	458		Haaner TV - Newcomer	1967	3	W45	05:28,2
95	W	22	00:27:29	Kowalewski, Jennifer	556		Hildener AT Triathlon	2000	3	WJ U14	05:29,8
96	W	23	00:27:53	Ostertag, Martha	459		Haaner TV - Newcomer	1972	8	W40	05:34,6
97	W	24	00:28:01	Reinhard, Mitra	284		Hilden	1972	9	W40	05:36,2
98	W	25	00:28:02	Steinhagen, Susanne	345		HAT	1971	10	W40	05:36,4
99		74	00:28:17	Grundmann, Ralf	190		5 Vor 8!	1966	11	M45	05:39,4
100		75	00:28:20	Hess, Lucius	780		Hilden	2005	3	MK U10	05:40,0
101		76	00:28:20	Hess, Martin	784		Hilden	1964	12	M45	05:40,0
102	W	26	00:28:34	Gerling, Gabriele	156		go for it !	1953	1	W55	05:42,8
103		77	00:28:45	Kappes, Christoph	160		go for it !	1995	2	MJ U18	05:45,0
104		78	00:28:45	Oberkirsch, Gerit	390		Langenfeld	2001	16	MK U12	05:45,0
105		79	00:28:46	Schnieber, Marco	159		go for it !	1997	5	MJ U16	05:45,2
106		80	00:29:22	Siebert, Axel	453		Haaner TV - Familie Sieber	1969	18	M40	05:52,4
107	W	27	00:29:28	Fürst, Aaliyah	765		Hildener AT	2003	3	WK U10	05:53,6
108		81	00:29:31	Heinz, Andreas	785			1954	3	M55	05:54,2
109		82	00:29:40	Warmuth, Nils	561		Haaner TV - Newcomer	2002	17	MK U12	05:56,0
110		83	00:29:48	Lissy, Reinhold	188		Velbert	1953	4	M55	05:57,6
111	W	28	00:29:50	Kokemohr, Luisa	457		Haaner TV - Familie Sieber	2004	4	WK U10	05:58,0
112	W	29	00:29:50	Küster, Yvonne	169		Velbert	1986	2	W	05:58,0



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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
113		84	00:30:08	Rimlinger, Philipp	33		Hilden	1984	9	M	06:01,6
114		85	00:30:12	Voigt, Volker	452		Haaner TV - Manpower	1967	13	M45	06:02,4
115	W	30	00:30:14	Siebert, Sarah	455		Haaner TV - Familie Sieber	2001	2	WK U12	06:02,8
116	W	31	00:30:19	Gülpen, Andrea	157		go for it !	1983	3	W	06:03,8
117	W	32	00:30:32	Kühnen, Silke	32		Hilden	1980	1	W30	06:06,4
118		86	00:30:40	Kuvert, Enis	779		SV Hilden Ost	1999	5	MJ U14	06:08,0
119	W	33	00:30:50	Krug, Bianca	120		Hilden	1973	5	W35	06:10,0
120	W	34	00:31:10	Cremer, Juliane	277		Hilden	1969	11	W40	06:14,0
121		87	00:31:10	Vatterott, Bodo	278		Hilden	1966	14	M45	06:14,0
122	W	35	00:31:30	Siebert, Astrid	454		Haaner TV - Familie Sieber	1972	12	W40	06:18,0
123		88	00:31:37	Jährling, Stefan	317		Team Stadtwerke Hilden	1992	10	M	06:19,4
124	W	36	00:32:33	Graf, Grace	387		LG Stadtwerke Hilden	1999	4	WJ U14	06:30,6
125	W	37	00:32:47	Lissy, Sarah	176		Velbert	1987	4	W	06:33,4
126		89	00:32:53	Dupke, Klaus	770		Hildener AT	1947	1	M65	06:34,6
127	W	38	00:33:12	Hartmann, Ellen	381		LG Stadtwerke Hilden	1999	5	WJ U14	06:38,4
128	W	39	00:33:17	Funk, Heike	383		LG Stadtwerke Hilden	1964	4	W45	06:39,4
129		90	00:33:45	Kuvert, Hakan	778		Solingen	1999	6	MJ U14	06:45,0
130	W	40	00:33:57	Neumann, Steffi	216		Hilden	1988	5	W	06:47,4
131		91	00:33:57	Eicker, Sven	217		Team ERDINGER Alkoholfr	1986	11	M	06:47,4