

Männer

| Platz | Startnr. | Name | JG | Verein/*Ort | AK | AK-Pl | Pos | 5 km | Endzeit | Brutto | km/h |
|-------|----------|-------------------------|----|-----------------------------|-----|-------|-----|---------|---------|---------|-------|
| 1 | 1732 | Reidlinger, Markus | 77 | LAC Marlekin Miestelbach | M30 | 1 | 1 | 0:18:00 | 0:36:41 | 0:36:42 | 16,35 |
| 2 | 1531 | Hilgers, Uwe | 68 | AS Neukirchen-Vluyn | M40 | 1 | 3 | 0:20:50 | 0:42:26 | 0:42:29 | 14,14 |
| 3 | 1452 | Fritsche, Christian | 79 | *München | M30 | 2 | 4 | 0:20:50 | 0:43:20 | 0:43:21 | 13,84 |
| 4 | 1671 | König, Gerd | 64 | LAG Krefeld-Linn | M45 | 1 | 5 | 0:20:50 | 0:43:26 | 0:43:27 | 13,81 |
| 5 | 1543 | Turnwald, Daniel | 84 | FC Loui | MHK | 1 | 6 | 0:20:55 | 0:43:40 | 0:43:42 | 13,74 |
| 6 | 1594 | Scherff, Tobias | 85 | *Nienburg | MHK | 2 | 7 | 0:20:58 | 0:43:52 | 0:43:53 | 13,67 |
| 7 | 1722 | Heesen, Ralf | 67 | *Kempen | M40 | 2 | 8 | 0:21:24 | 0:43:56 | 0:43:57 | 13,66 |
| 8 | 1630 | Ferling, Sigg | 64 | Prinzengarde Kempen 197 | M45 | 2 | 9 | 0:21:25 | 0:44:10 | 0:44:14 | 13,58 |
| 9 | 1522 | Dallmann, Niclas | 97 | *Kempen | MHK | 3 | 10 | 0:22:24 | 0:44:30 | 0:44:41 | 13,48 |
| 10 | 1737 | Barreim de Sousa, Yogoe | 92 | Arrivo Alemandrio | MHK | 4 | 11 | 0:22:59 | 0:44:34 | 0:44:41 | 13,46 |
| 11 | 1742 | Berghäll, Helge | 62 | Grüne Handschume Biel | M45 | 3 | 12 | 0:21:46 | 0:45:05 | 0:45:08 | 13,31 |
| 12 | 1627 | Schoer, Bernd | 75 | Willicher Turnverein 1892 € | M35 | 1 | 13 | 0:23:18 | 0:46:49 | 0:47:10 | 12,81 |
| 13 | 1656 | Ortmann, Olaf | 71 | BSG Beerdigungsinstitut V | M35 | 2 | 14 | 0:23:06 | 0:47:00 | 0:47:02 | 12,76 |
| 14 | 1628 | Chmielewski, Michael | 60 | *Grefrath | M50 | 1 | 15 | 0:23:37 | 0:47:01 | 0:47:09 | 12,76 |
| 15 | 1622 | Gellißen, Karl-Heinz | 55 | marathonteam-online | M55 | 1 | 16 | 0:23:15 | 0:47:20 | 0:47:28 | 12,67 |
| 16 | 1665 | Wambach, Jörg | 84 | Team MAXMO | MHK | 5 | 17 | 0:23:37 | 0:47:33 | 0:47:35 | 12,62 |
| 17 | 1493 | Koeters, Stefan | 76 | DJK VfL Tönisberg e.V. | M30 | 3 | 18 | 0:22:30 | 0:47:42 | 0:47:48 | 12,58 |
| 18 | 1573 | Burtschell, Ralph | 61 | Team Burtschell | M45 | 4 | 19 | 0:23:54 | 0:47:54 | 0:48:14 | 12,52 |
| 19 | 1544 | Klingenberg, Michael | 82 | FC Loui | MHK | 6 | 20 | 0:23:39 | 0:47:58 | 0:47:59 | 12,50 |
| 20 | 1672 | Meiners, Josef | 63 | Eichental Runners | M45 | 5 | 21 | 0:23:24 | 0:48:05 | 0:48:11 | 12,47 |
| 21 | 1514 | Rössler, Magnus | 94 | *Troisdorf | MHK | 7 | 22 | 0:23:47 | 0:48:10 | 0:48:10 | 12,46 |
| 22 | 1576 | Nieken, Michael | 63 | *Krefeld | M45 | 6 | 23 | 0:24:33 | 0:48:33 | 0:48:56 | 12,36 |
| 23 | 1527 | Noack, Ingo | 79 | *Erkelenz | M30 | 4 | 24 | 0:24:38 | 0:48:46 | 0:48:58 | 12,30 |
| 24 | 1538 | Peeters, Gerd | 67 | TSG (Turnerschaft Grefra | M40 | 3 | 25 | 0:24:38 | 0:48:47 | 0:48:54 | 12,30 |
| 25 | 1469 | Kroppen, Oliver | 73 | *Kempen | M35 | 3 | 26 | 0:23:44 | 0:49:01 | 0:49:06 | 12,24 |
| 26 | 1768 | Schuchert, Herr Dieter | 63 | Kendelläufer | M45 | 7 | 27 | 0:24:27 | 0:49:11 | 0:49:23 | 12,20 |
| 27 | 1535 | Beckmann, Lui | 56 | AS Neukirchen-Vluyn | M50 | 2 | 28 | 0:23:58 | 0:49:14 | 0:49:23 | 12,19 |
| 28 | 1556 | Stieler, Uwe | 56 | SV Orsoy e.V. | M50 | 3 | 30 | 0:23:15 | 0:49:34 | 0:49:36 | 12,10 |
| 29 | 1744 | Schneider, Oliver | 72 | *Krefeld | M35 | 4 | 31 | 0:24:44 | 0:49:49 | 0:49:59 | 12,04 |
| 30 | 1504 | Gores, Thomas | 65 | *Mönchengladbach | M45 | 8 | 32 | 0:24:56 | 0:49:52 | 0:50:07 | 12,03 |
| 31 | 1495 | Herrmann, Dr. Ludger | 64 | *Kempen | M45 | 9 | 33 | 0:24:46 | 0:49:56 | 0:50:08 | 12,02 |
| 32 | 1729 | Scherzer, Frank | 57 | *Kempen | M50 | 4 | 34 | 0:24:33 | 0:49:56 | 0:50:00 | 12,01 |
| 33 | 1485 | wunden, herr harald | 68 | *krefeld | M40 | 4 | 35 | 0:24:46 | 0:50:05 | 0:50:14 | 11,98 |
| 34 | 1606 | Tijssen, Ramon | 68 | Praxis Tijssen-Barbier, Vie | M40 | 5 | 36 | 0:24:26 | 0:50:15 | 0:50:35 | 11,94 |
| 35 | 1588 | Grönheit, Frank | 59 | CSV Marathon | M50 | 5 | 37 | 0:24:46 | 0:50:17 | 0:50:27 | 11,93 |
| 36 | 1550 | Dames, Uwe | 62 | *Grefrath | M45 | 10 | 38 | 0:24:38 | 0:50:23 | 0:50:28 | 11,90 |
| 37 | 1581 | Weyers, Michael | 75 | *Tönisvorst | M35 | 5 | 40 | 0:25:37 | 0:50:30 | 0:50:36 | 11,88 |
| 38 | 1529 | Kleeberg, Stefan | 68 | KTV | M40 | 6 | 42 | 0:24:33 | 0:50:34 | 0:50:45 | 11,86 |
| 39 | 1648 | Schaffrath, Jürgen | 62 | marathonteam-online | M45 | 11 | 43 | 0:25:20 | 0:50:42 | 0:50:50 | 11,83 |
| 40 | 1491 | Faust, Paul | 64 | slow runners Bedburg | M45 | 12 | 45 | 0:25:17 | 0:50:47 | 0:50:53 | 11,81 |
| 41 | 1601 | Köppern, Norbert | 54 | E.I.L.E. | M55 | 2 | 46 | 0:25:04 | 0:50:53 | 0:50:57 | 11,79 |
| 42 | 1478 | Dammers, Herr Hermann | 59 | Moerser TV | M50 | 6 | 47 | 0:25:50 | 0:50:59 | 0:51:26 | 11,77 |
| 43 | 1592 | Lobotzki, Uwe | 72 | *Krefeld | M35 | 6 | 48 | 0:24:58 | 0:51:13 | 0:51:23 | 11,71 |
| 44 | 1578 | Simons, Horst | 49 | *Grefrath | M60 | 1 | 49 | 0:25:11 | 0:51:21 | 0:51:22 | 11,68 |
| 45 | 1717 | Adolph, Guido | 71 | FC Hüserheide | M35 | 7 | 50 | 0:25:21 | 0:51:24 | 0:51:36 | 11,67 |
| 46 | 1623 | Berger, Manfred | 58 | TSV-Weeze | M50 | 7 | 51 | 0:25:22 | 0:51:26 | 0:51:32 | 11,66 |
| 47 | 1571 | Maasackers, Martin | 79 | Run_ Running-Team | M30 | 5 | 53 | 0:25:55 | 0:51:47 | 0:52:10 | 11,59 |
| 48 | 1718 | Spallek, Marco | 78 | *Düsseldorf | M30 | 6 | 54 | 0:26:08 | 0:51:48 | 0:52:06 | 11,58 |
| 49 | 1612 | Theißen, Herr Ralf | 64 | *Mönchengladbach | M45 | 13 | 55 | 0:25:24 | 0:51:49 | 0:51:59 | 11,58 |
| 50 | 1564 | Remmert, Frederic | 80 | *Viernsen | M30 | 7 | 56 | 0:25:35 | 0:51:51 | 0:51:58 | 11,57 |
| 51 | 1539 | Schneider, Thomas | 71 | *Kempen | M35 | 8 | 57 | 0:24:53 | 0:51:52 | 0:51:53 | 11,57 |
| 52 | 1610 | Rey, Manfred | 68 | Laufvorbereitung KTV 201 | M40 | 7 | 58 | 0:25:11 | 0:51:52 | 0:52:03 | 11,56 |
| 53 | 1541 | Grimm, Stephan | 71 | *Kempen | M35 | 9 | 60 | 0:25:18 | 0:52:08 | 0:52:21 | 11,51 |
| 54 | 1614 | Haefs, Roland | 73 | *Krefeld | M35 | 10 | 61 | 0:26:24 | 0:52:09 | 0:52:23 | 11,50 |
| 55 | 1455 | Peter, Ronald | 60 | HLG 98 Wuppertal | M50 | 8 | 62 | 0:26:05 | 0:52:12 | 0:52:22 | 11,49 |
| 56 | 1605 | Berns, Alexander | 71 | Hobbyläufer | M35 | 11 | 64 | 0:25:00 | 0:52:18 | 0:52:31 | 11,47 |
| 57 | 1595 | Lennartz, Hans Willi | 59 | *Brüggen | M50 | 9 | 65 | 0:25:23 | 0:52:22 | 0:52:27 | 11,46 |
| 58 | 1647 | Krüger, Thorsten | 67 | St. Hubert | M40 | 8 | 67 | 0:25:15 | 0:52:32 | 0:52:39 | 11,42 |

Männer

| Platz | Startnr. | Name | JG | Verein/*Ort | AK | AK-Pl | Pos | 5 km | Endzeit | Brutto | km/h |
|-------|----------|--------------------------|----|---------------------------|-----|-------|-----|---------|---------|---------|-------|
| 59 | 1636 | van der Bloemen, Hans-Pe | 55 | Prinzengarde Kempen 197 | M55 | 3 | 68 | 0:25:38 | 0:52:37 | 0:52:40 | 11,40 |
| 60 | 1558 | Müller, Stefan | 60 | *Bonn | M50 | 10 | 69 | 0:26:08 | 0:52:41 | 0:53:48 | 11,39 |
| 61 | 1632 | Funken, Georg | 66 | Prinzengarde Kempen 197 | M40 | 9 | 73 | 0:25:38 | 0:52:43 | 0:52:46 | 11,38 |
| 62 | 1537 | Erkens, Theodor | 46 | *Grefrath | M60 | 2 | 74 | 0:25:50 | 0:52:44 | 0:52:50 | 11,38 |
| 63 | 1653 | Kohlhase, Stefan | 75 | OSC Waldniel | M35 | 12 | 76 | 0:24:48 | 0:52:48 | 0:52:49 | 11,36 |
| 64 | 1515 | Buchmin, Walter | 58 | *Tönisvorst | M50 | 11 | 77 | 0:26:54 | 0:52:50 | 0:53:02 | 11,36 |
| 65 | 1600 | Reuther, Ludger | 76 | *Tönisvorst | M30 | 8 | 78 | 0:27:05 | 0:52:54 | 0:53:13 | 11,34 |
| 66 | 1482 | Droß, Klaus | 79 | *Kempen | M30 | 9 | 79 | 0:26:19 | 0:53:03 | 0:53:07 | 11,31 |
| 67 | 1492 | Becker, Georg | 64 | slow runners Bedburg | M45 | 14 | 80 | 0:26:10 | 0:53:06 | 0:53:11 | 11,30 |
| 68 | 1465 | Stenhorst, Sebastian | 86 | *Düsseldorf | MHK | 8 | 81 | 0:26:15 | 0:53:11 | 0:53:28 | 11,28 |
| 69 | 1464 | Siepen, Thomas | 65 | *Neuss | M45 | 15 | 82 | 0:26:14 | 0:53:15 | 0:53:32 | 11,27 |
| 70 | 1569 | Hahn, Günter | 65 | TUS Lahde/Quetzen | M45 | 16 | 83 | 0:25:49 | 0:53:28 | 0:53:30 | 11,22 |
| 71 | 1460 | Lettko, Frank | 69 | *Kempen | M40 | 10 | 86 | 0:25:50 | 0:53:39 | 0:53:46 | 11,18 |
| 72 | 1549 | boruszewski, hr wilfried | 54 | BSG König Brauerei Lauf | M55 | 4 | 87 | 0:26:13 | 0:53:44 | 0:54:03 | 11,16 |
| 73 | 1604 | Berndzen, Herr Walter | 52 | *Mönchengladbach | M55 | 5 | 89 | 0:25:51 | 0:54:05 | 0:54:16 | 11,09 |
| 74 | 1596 | Hülbusch, Lukas | 71 | *Krefeld | M35 | 13 | 90 | 0:26:23 | 0:54:06 | 0:54:12 | 11,09 |
| 75 | 1655 | Schüren, Christoph | 62 | *Krefeld | M45 | 17 | 91 | 0:26:27 | 0:54:07 | 0:54:30 | 11,09 |
| 76 | 1659 | Wietheger, Matthias | 65 | *Krefeld | M45 | 18 | 93 | 0:25:19 | 0:54:10 | 0:54:20 | 11,07 |
| 77 | 1631 | van Stiphout, Karl | 53 | Prinzengarde Kempen 197 | M55 | 6 | 94 | 0:26:06 | 0:54:13 | 0:54:16 | 11,06 |
| 78 | 1470 | Wolf, Helmuth | 51 | Kendelläufer | M55 | 7 | 95 | 0:26:00 | 0:54:27 | 0:54:39 | 11,02 |
| 79 | 1727 | Rasokat, Wilfried | 51 | *Oberhausen | M55 | 8 | 96 | 0:26:01 | 0:54:28 | 0:54:32 | 11,01 |
| 80 | 1660 | Ludes, Helmut | 63 | TUS Königsdorf | M45 | 19 | 97 | 0:25:50 | 0:54:37 | 0:54:42 | 10,99 |
| 81 | 1826 | Syperek, Andreas | 78 | *Kempen | M30 | 10 | 98 | 0:26:41 | 0:54:42 | 0:55:00 | 10,97 |
| 82 | 1758 | Reichenbecher, Wolfram | 65 | FTV | M45 | 20 | 99 | 0:28:06 | 0:54:45 | 0:55:08 | 10,96 |
| 83 | 1476 | Pricken, Marcel | 78 | *Krefeld | M30 | 11 | 100 | 0:27:00 | 0:54:47 | 0:55:16 | 10,95 |
| 84 | 1500 | Janser, Ingo | 78 | Team Erdinger Alkoholfrei | M30 | 12 | 101 | 0:27:14 | 0:54:47 | 0:55:09 | 10,95 |
| 85 | 1461 | Pricken, Markus | 71 | *Wachtendonk | M35 | 14 | 102 | 0:27:00 | 0:54:48 | 0:55:17 | 10,95 |
| 86 | 1626 | Bergs, Marco | 80 | *Kempen | M30 | 13 | 104 | 0:26:00 | 0:54:49 | 0:55:06 | 10,94 |
| 87 | 1520 | Schaefer, Thomas | 63 | Kath.Kindergarten Vorst | M45 | 21 | 107 | 0:26:56 | 0:55:08 | 0:55:20 | 10,88 |
| 88 | 1743 | Mülleneisen, Sven | 73 | *Kempen | M35 | 15 | 108 | 0:26:08 | 0:55:14 | 0:55:19 | 10,86 |
| 89 | 1567 | Thomas, Dr. Stephan | 53 | *Krefeld | M55 | 9 | 109 | 0:27:20 | 0:55:15 | 0:55:23 | 10,86 |
| 90 | 1664 | Bals, Gregor | 66 | TEAM-MAXMO | M40 | 11 | 110 | 0:26:25 | 0:55:15 | 0:55:17 | 10,86 |
| 91 | 1666 | Hunecke, Otto | 48 | Team Maxmo | M60 | 3 | 111 | 0:26:25 | 0:55:19 | 0:55:21 | 10,84 |
| 92 | 1745 | Berg, Carsten | 82 | *Kempen | MHK | 9 | 112 | 0:26:52 | 0:55:23 | 0:55:27 | 10,83 |
| 93 | 1812 | Thiesen, Daniel | 78 | *Kempen | M30 | 14 | 113 | 0:26:52 | 0:55:29 | 0:55:33 | 10,81 |
| 94 | 1615 | Osterath, Michael | 75 | *Krefeld | M35 | 16 | 114 | 0:26:49 | 0:55:33 | 0:55:47 | 10,80 |
| 95 | 1668 | Amurazis, Grigoris | 80 | *Kamp-Lintfort | M30 | 15 | 115 | 0:25:49 | 0:55:36 | 0:55:41 | 10,79 |
| 96 | 1536 | Seegers, Matthias | 78 | *Krefeld | M30 | 16 | 116 | 0:27:42 | 0:55:38 | 0:55:51 | 10,78 |
| 97 | 1652 | Schraven, Friedhelm | 55 | DJK-TUS St. Hubert Tenn | M55 | 10 | 117 | 0:27:23 | 0:55:40 | 0:56:00 | 10,78 |
| 98 | 1563 | Hoffmann, Jörg | 79 | *Kempen | M30 | 17 | 118 | 0:26:14 | 0:55:51 | 0:56:05 | 10,74 |
| 99 | 1513 | Höfgen, Wilfried | 53 | Justizvollzugsschule NRW | M55 | 11 | 119 | 0:26:06 | 0:55:53 | 0:56:02 | 10,74 |
| 100 | 1741 | Urbach, Jan | 87 | *Essen | MHK | 10 | 120 | 0:28:26 | 0:55:56 | 0:56:12 | 10,73 |
| 101 | 1456 | Sommer, Bernd | 69 | MIB | M40 | 12 | 121 | 0:28:34 | 0:56:14 | 0:56:41 | 10,67 |
| 102 | 1488 | Milch, Markus | 73 | MIB | M35 | 17 | 122 | 0:28:34 | 0:56:14 | 0:56:42 | 10,67 |
| 103 | 1651 | Tichonenko, Andreas | 66 | *Kempen | M40 | 13 | 123 | 0:27:02 | 0:56:29 | 0:56:38 | 10,62 |
| 104 | 1559 | Noffz, Wilfried | 55 | *Tönisvorst | M55 | 12 | 124 | 0:27:21 | 0:56:34 | 0:56:41 | 10,60 |
| 105 | 1524 | Schäfer, Rainer | 62 | Prinzengarde Kempen 197 | M45 | 22 | 126 | 0:25:40 | 0:56:50 | 0:56:52 | 10,55 |
| 106 | 1509 | Hoenmans-Leurs, Rainer | 71 | *Kempen | M35 | 18 | 127 | 0:26:39 | 0:56:56 | 0:56:57 | 10,54 |
| 107 | 1876 | Bleidießel, Marco | 76 | *Übach-Palenberg | M30 | 18 | 128 | 0:28:29 | 0:57:00 | 0:57:29 | 10,52 |
| 108 | 1532 | Schlubat, Tobias | 76 | JC-Kempen | M30 | 19 | 130 | 0:28:41 | 0:57:07 | 0:57:32 | 10,50 |
| 109 | 1591 | Holtmanns, Manfred | 64 | team Holtmanns | M45 | 23 | 131 | 0:28:40 | 0:57:08 | 0:57:27 | 10,50 |
| 110 | 1598 | Vohwinkel, Werner | 60 | Team Malermeister Vohwi | M50 | 12 | 132 | 0:28:40 | 0:57:08 | 0:57:27 | 10,50 |
| 111 | 1490 | Wesemann, Daniel | 83 | G.P.C german paintball cr | MHK | 11 | 133 | 0:27:31 | 0:57:14 | 0:57:31 | 10,48 |
| 112 | 1473 | Ackermann, Ulrich | 64 | *Düsseldorf | M45 | 24 | 134 | 0:28:15 | 0:57:19 | 0:57:30 | 10,47 |
| 113 | 1481 | Jüchter, Birger | 72 | Team Erdinger Alkoholfrei | M35 | 19 | 135 | 0:28:15 | 0:57:19 | 0:57:30 | 10,47 |
| 114 | 1611 | Gerrards, Ralf | 65 | LT MG-Hardt | M45 | 25 | 136 | 0:27:47 | 0:57:22 | 0:57:48 | 10,46 |
| 115 | 1542 | Lainka, Markus | 75 | *Bottrop | M35 | 20 | 137 | 0:28:56 | 0:57:30 | 0:57:56 | 10,43 |
| 116 | 1670 | Höges, Hans- Werner | 60 | VTV Viersen | M50 | 13 | 138 | 0:27:25 | 0:57:32 | 0:57:47 | 10,43 |

Männer

| Platz | Startnr. | Name | JG | Verein/*Ort | AK | AK-Pl | Pos | 5 km | Endzeit | Brutto | km/h |
|-------|----------|--------------------------|----|-----------------------------|-----|-------|-----|---------|---------|---------|-------|
| 117 | 1597 | Koßmann, Klaus | 60 | marathonteam-online | M50 | 14 | 140 | 0:28:56 | 0:57:40 | 0:57:55 | 10,40 |
| 118 | 1728 | Hütten, Berthold | 65 | *Oberhausen | M45 | 26 | 142 | 0:28:20 | 0:57:45 | 0:57:52 | 10,39 |
| 119 | 1498 | Ruth, Michael | 69 | *Kempen | M40 | 14 | 144 | 0:29:08 | 0:58:01 | 0:58:25 | 10,34 |
| 120 | 1553 | Rau, hr Roland | 59 | Bad Berleburg | M50 | 15 | 145 | 0:28:34 | 0:58:11 | 0:58:31 | 10,31 |
| 121 | 1496 | Hensel, Florian | 92 | da simma dabei | MHK | 12 | 146 | 0:27:22 | 0:58:12 | 0:58:26 | 10,31 |
| 122 | 1534 | Fendel, Michael | 80 | *Krefeld | M30 | 20 | 147 | 0:28:21 | 0:58:14 | 0:58:28 | 10,30 |
| 123 | 1838 | Marek, Herr Jan | 47 | Marathon Team Kempen | M60 | 4 | 148 | 0:27:34 | 0:58:15 | 0:58:21 | 10,30 |
| 124 | 1817 | Theißen, Kim | 68 | *Mönchengladbach | M40 | 15 | 151 | 0:29:08 | 0:58:28 | 0:58:32 | 10,26 |
| 125 | 1525 | Ellers, Heiko | 65 | *Tönisvorst | M45 | 27 | 152 | 0:28:13 | 0:58:32 | 0:58:44 | 10,25 |
| 126 | 1583 | Saborowski, Rainer | 44 | RSG | M65 | 1 | 154 | 0:28:49 | 0:58:35 | 0:58:50 | 10,24 |
| 127 | 1725 | Hartmann, Ingo | 65 | *Tönisvorst | M45 | 28 | 155 | 0:28:52 | 0:58:44 | 0:58:57 | 10,22 |
| 128 | 1657 | Hüßkes, Karl-Heinz | 50 | *Niederkrüchten-Elmpt | M60 | 5 | 156 | 0:28:06 | 0:58:52 | 0:59:14 | 10,19 |
| 129 | 1530 | Simon, Jürgen | 63 | *Kempen | M45 | 29 | 158 | 0:29:11 | 0:58:58 | 0:59:13 | 10,17 |
| 130 | 1472 | Drescher, Rasmus | 76 | *Kempen | M30 | 21 | 159 | 0:29:32 | 0:59:01 | 0:59:01 | 10,17 |
| 131 | 1736 | Dorsch, Wolfgang | 68 | Arriva Alemania | M40 | 16 | 160 | 0:27:23 | 0:59:04 | 0:59:08 | 10,16 |
| 132 | 1673 | Lenk, Michael | 60 | | M50 | 16 | 161 | 0:28:25 | 0:59:27 | 0:59:54 | 10,09 |
| 133 | 1502 | Janser, Thorsten | 74 | inawinnawanndoesmecyo | M35 | 21 | 162 | 0:28:19 | 0:59:29 | 0:59:50 | 10,09 |
| 134 | 1516 | Sandvoß, Thomas | 57 | Rennsteigverein e.V. | M50 | 17 | 163 | 0:28:37 | 0:59:30 | 0:59:43 | 10,08 |
| 135 | 1566 | Jeschka, Daniel | 76 | *Bottrop | M30 | 22 | 165 | 0:29:43 | 0:59:35 | 1:00:01 | 10,07 |
| 136 | 1483 | Glesmann, Kai-Peter | 65 | *Kempen | M45 | 30 | 166 | 0:30:14 | 0:59:37 | 0:59:45 | 10,06 |
| 137 | 1621 | Püschel, Benjamin | 82 | *Kempen | MHK | 13 | 167 | 0:30:16 | 0:59:38 | 0:59:57 | 10,06 |
| 138 | 1750 | Lischke, Fabian | 79 | *Kempen | M30 | 23 | 168 | 0:30:14 | 0:59:38 | 0:59:57 | 10,06 |
| 139 | 1511 | Möller, Rüdiger | 59 | *Willich | M50 | 18 | 169 | 0:30:11 | 0:59:44 | 1:00:03 | 10,04 |
| 140 | 1584 | Saborowski, Roman | 78 | *Willich | M30 | 24 | 170 | 0:29:48 | 0:59:47 | 1:00:11 | 10,04 |
| 141 | 1748 | Lücker, Sebastian | 81 | *Tönisvorst | MHK | 14 | 171 | 0:29:03 | 0:59:55 | 1:00:02 | 10,01 |
| 142 | 1603 | Tielens, Tonni | 81 | Freetime-Action | MHK | 15 | 173 | 0:29:43 | 1:00:00 | 1:00:24 | 10,00 |
| 143 | 1512 | Frösch, Michael | 61 | Justitvollzugsschule NRW | M45 | 31 | 174 | 0:29:20 | 1:00:07 | 1:00:16 | 9,98 |
| 144 | 1554 | Ludwig, Andre | 74 | *Oberhausen | M35 | 22 | 175 | 0:28:19 | 1:00:08 | 1:00:16 | 9,98 |
| 145 | 1471 | Amberg, Richard | 73 | *Kempen | M35 | 23 | 176 | 0:29:17 | 1:00:30 | 1:00:51 | 9,92 |
| 146 | 1634 | Schmidt, Axel | 68 | Prinzengarde Kempen 197 | M40 | 17 | 179 | 0:29:14 | 1:00:52 | 1:01:10 | 9,86 |
| 147 | 1764 | Pöll, Norbert | 60 | Feuerwehr St. Hubert | M50 | 19 | 180 | 0:27:54 | 1:00:55 | 1:00:59 | 9,85 |
| 148 | 1599 | Devolder, Marc | 84 | Team Malermeister Vohwi | MHK | 16 | 181 | 0:29:08 | 1:01:00 | 1:01:18 | 9,84 |
| 149 | 1575 | Roosen, Markus | 75 | *Kempen | M35 | 24 | 182 | 0:30:52 | 1:01:05 | 1:01:21 | 9,82 |
| 150 | 1521 | Linsel, Peter | 69 | JC-Kempen | M40 | 18 | 183 | 0:28:41 | 1:01:22 | 1:01:48 | 9,78 |
| 151 | 1649 | Rau, Marcel | 82 | *Kempen | MHK | 17 | 184 | 0:28:22 | 1:01:23 | 1:01:46 | 9,77 |
| 152 | 1565 | Voldenberg, Richard | 62 | *Kempen | M45 | 32 | 185 | 0:30:50 | 1:01:30 | 1:01:59 | 9,75 |
| 153 | 1639 | Herbst, Jockel | 56 | Prinzengarde Kempen 197 | M50 | 20 | 186 | 0:28:21 | 1:01:30 | 1:01:33 | 9,75 |
| 154 | 1501 | Hülsmann, Stephan | 67 | *Kempen | M40 | 19 | 189 | 0:28:01 | 1:01:36 | 1:01:55 | 9,74 |
| 155 | 1494 | Deimel, Jürgen | 57 | *Kempen | M50 | 21 | 190 | 0:29:11 | 1:01:42 | 1:01:57 | 9,72 |
| 156 | 1580 | Menke, Klaus | 52 | *Moers | M55 | 13 | 191 | 0:29:48 | 1:01:43 | 1:01:56 | 9,72 |
| 157 | 1638 | Lemmens, Thomas | 63 | Prinzengarde Kempen 197 | M45 | 33 | 193 | 0:28:20 | 1:01:46 | 1:01:49 | 9,71 |
| 158 | 1475 | Treske, Christian | 80 | *Düsseldorf | M30 | 25 | 197 | 0:28:40 | 1:01:51 | 1:02:02 | 9,70 |
| 159 | 1654 | Gather, Mario | 79 | *Kempen | M30 | 26 | 199 | 0:30:17 | 1:02:05 | 1:02:24 | 9,66 |
| 160 | 1608 | Mackes, Stefan | 88 | Praxis f. Physiotherapie Ti | MHK | 18 | 202 | 0:29:03 | 1:02:36 | 1:02:57 | 9,58 |
| 161 | 1453 | Anstoos, Carsten | 79 | *krefeld | M30 | 27 | 203 | 0:29:56 | 1:02:40 | 1:02:58 | 9,57 |
| 162 | 1484 | rainer, herr heckershoff | 42 | *krefeld | M65 | 2 | 204 | 0:31:33 | 1:02:45 | 1:02:54 | 9,56 |
| 163 | 1466 | Ludwizack, Harry | 54 | FC Deutsche Post AG | M55 | 14 | 206 | 0:32:20 | 1:02:54 | 1:03:16 | 9,54 |
| 164 | 1508 | Vogler, Martin | 55 | WZ-Team | M55 | 15 | 207 | 0:30:22 | 1:02:55 | 1:03:17 | 9,53 |
| 165 | 1669 | Vorstellen, Dirk | -1 | VTV Vierse | M | 0 | 208 | 0:29:49 | 1:03:10 | 1:03:24 | 9,50 |
| 166 | 1723 | Hillar, Jaroslaw | 64 | *Kempen | M45 | 34 | 210 | 0:29:28 | 1:03:47 | 1:04:15 | 9,40 |
| 167 | 1731 | Braun, Gunnar | 70 | *Kempen | M40 | 20 | 217 | 0:33:43 | 1:05:47 | 1:05:52 | 9,12 |
| 168 | 1646 | Hüser, Manfred | 64 | Turnerschaft Grefrath | M45 | 35 | 218 | 0:29:51 | 1:05:51 | 1:05:59 | 9,11 |
| 169 | 1570 | Reuter, Armin | 64 | *Kempen | M45 | 36 | 219 | 0:30:31 | 1:06:10 | 1:06:36 | 9,07 |
| 170 | 1730 | Sanders, Thomas | 65 | *Frechen | M45 | 37 | 220 | 0:29:54 | 1:07:14 | 1:07:15 | 8,92 |
| 171 | 1747 | Funken, Markus | 74 | Deutsches Rotes Kreuz G | M35 | 25 | 221 | 0:32:57 | 1:07:39 | 1:07:47 | 8,87 |
| 172 | 1746 | Peuthen, Wilfried | 60 | Prinzengarde Kempen | M50 | 22 | 223 | 0:32:04 | 1:07:56 | 1:08:10 | 8,83 |
| 173 | 1474 | Fasselt, Thomas | 73 | JC-Kempen | M35 | 26 | 224 | 0:31:41 | 1:08:03 | 1:08:28 | 8,82 |
| 174 | 1499 | Thijssen, Henk | 54 | *Kempen | M55 | 16 | 229 | 0:34:33 | 1:09:17 | 1:09:42 | 8,66 |



Altstadtlaf Kempen 2010

Ergebnisliste m/w - TUC Hauptlauf über 10.000m - Lauf B

6. Juni 2010

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Männer

| Platz | Startnr. | Name | JG | Verein/*Ort | AK | AK-Pl | Pos | 5 km | Endzeit | Brutto | km/h |
|-------|----------|------------------------|----|---------------------------|-----|-------|-----|---------|---------|---------|------|
| 175 | 1454 | Wittek, herr Manfred | 39 | *Kempen | M70 | 1 | 230 | 0:32:01 | 1:10:01 | 1:10:11 | 8,57 |
| 176 | 1486 | Brouwers, Herr Michael | 61 | *Duisburg | M45 | 38 | 231 | 0:35:06 | 1:10:37 | 1:11:06 | 8,49 |
| 177 | 1724 | Cebula, Eric | 72 | Kath. Kirchengemeinde St. | M35 | 27 | 233 | 0:35:01 | 1:12:36 | 1:12:57 | 8,26 |
| 178 | 1643 | Zerres, Benjamin | 79 | *Krefeld | M30 | 28 | 235 | 0:36:18 | 1:19:37 | 1:19:41 | 7,54 |

Frauen

| Platz | Startnr. | Name | JG | Verein/*Ort | AK | AK-Pl | Pos | 5 km | Endzeit | Brutto | km/h |
|-------|----------|----------------------------|----|-----------------------------|-----|-------|-----|---------|---------|---------|-------|
| 1 | 1674 | Maack, Petra | 64 | TV Bayer Dormagen | W45 | 1 | 2 | 0:18:31 | 0:36:50 | 0:36:51 | 16,29 |
| 2 | 1507 | Platen, Sandra | 79 | *Viersen | W30 | 1 | 29 | 0:24:42 | 0:49:28 | 0:49:40 | 12,13 |
| 3 | 1602 | Köppern, Antje | 65 | E.I.L.E. | W45 | 2 | 39 | 0:25:00 | 0:50:29 | 0:50:31 | 11,88 |
| 4 | 1618 | Krüger, Katrin | 69 | Erich-Kästner-Realschule | W40 | 1 | 41 | 0:25:02 | 0:50:34 | 0:50:40 | 11,87 |
| 5 | 1644 | Dohmen, Ute | 71 | marathonteam-online | W35 | 1 | 44 | 0:25:20 | 0:50:43 | 0:50:50 | 11,83 |
| 6 | | Holz, Stephanie | 77 | VT | W30 | 2 | 52 | 0:26:09 | 0:51:43 | 0:52:01 | 11,60 |
| 7 | 1609 | Franken, Silvia | 72 | Praxis f. Physiotherapie Ti | W35 | 2 | 59 | 0:25:16 | 0:52:04 | 0:52:25 | 11,52 |
| 8 | 1613 | Haefs, Jutta | 72 | *Krefeld | W35 | 3 | 63 | 0:26:33 | 0:52:18 | 0:52:32 | 11,47 |
| 9 | 1617 | Friedrich, Kerstin | 72 | *Krefeld | W35 | 4 | 66 | 0:25:31 | 0:52:24 | 0:52:34 | 11,45 |
| 10 | 1557 | Thees, Rebecca | 78 | ASV Süchteln | W30 | 3 | 70 | 0:26:09 | 0:52:41 | 0:53:49 | 11,39 |
| 11 | 1533 | Thees, Babsi | 78 | *Köln | W30 | 4 | 71 | 0:26:09 | 0:52:42 | 0:53:48 | 11,38 |
| 12 | 1640 | Gorks, Karin | 57 | Prinzengarde Kempen 197 | W50 | 1 | 72 | 0:26:07 | 0:52:43 | 0:52:46 | 11,38 |
| 13 | 1561 | Brinkmann-Rabe, Beate | 69 | Turbo Turtles | W40 | 2 | 75 | 0:25:26 | 0:52:47 | 0:52:53 | 11,37 |
| 14 | 1572 | Mottlau, Christina | 81 | *Wachtendonk | WHK | 1 | 84 | 0:25:59 | 0:53:34 | 0:53:57 | 11,20 |
| 15 | 1619 | Frick, Silvia | 60 | marathonteam-online | W50 | 2 | 85 | 0:27:05 | 0:53:35 | 0:53:49 | 11,20 |
| 16 | 1721 | Tinsley, Sonja | 78 | *Honolulu Hawaii | W30 | 5 | 88 | 0:26:10 | 0:54:00 | 0:54:21 | 11,11 |
| 17 | 1625 | Nefen, Anja | 80 | *Mönchengladbach | W30 | 6 | 92 | 0:27:05 | 0:54:09 | 0:54:29 | 11,08 |
| 18 | 1577 | Henßen-Esser, Roswitha | 55 | marathonteam-online | W55 | 1 | 103 | 0:27:21 | 0:54:49 | 0:55:04 | 10,94 |
| 19 | 1645 | Steinhäuser, Ingrid | 61 | Marathonteam-online | W45 | 3 | 105 | 0:27:05 | 0:54:50 | 0:55:05 | 10,94 |
| 20 | 1739 | Mathiszik, Birgit | 62 | MN Runners | W45 | 4 | 106 | 0:27:23 | 0:55:03 | 0:55:20 | 10,90 |
| 21 | 1518 | Vögeding, Martina | 59 | TV Lobberich | W50 | 3 | 125 | 0:27:40 | 0:56:37 | 0:56:42 | 10,60 |
| 22 | 1769 | Küstners, Ruth | 75 | TSV Alemannia Aachen | W35 | 5 | 129 | 0:28:30 | 0:57:00 | 0:57:29 | 10,52 |
| 23 | 1585 | Verfürden, Gaby | 61 | Marathonteam-online | W45 | 5 | 139 | 0:28:55 | 0:57:38 | 0:57:55 | 10,41 |
| 24 | 1607 | Weinbach, Gabi | 69 | TV Schiefbahn | W40 | 3 | 141 | 0:28:55 | 0:57:41 | 0:57:56 | 10,40 |
| 25 | 1479 | Wieczorek, Frau Gertrud | 58 | Moerser TV | W50 | 4 | 143 | 0:27:27 | 0:57:50 | 0:58:18 | 10,37 |
| 26 | 1562 | Klenke, Margot | 49 | Marathonteam Kempen | W60 | 1 | 149 | 0:27:35 | 0:58:15 | 0:58:21 | 10,30 |
| 27 | 1635 | Kiel, Anita | 57 | Prinzengarde Kempen 197 | W50 | 5 | 150 | 0:27:50 | 0:58:28 | 0:58:32 | 10,26 |
| 28 | 1519 | Schaefer, Petra | 72 | Kath.Kindergarten Vorst | W35 | 6 | 153 | 0:28:14 | 0:58:32 | 0:58:44 | 10,25 |
| 29 | 1551 | nieten, Barbara | 69 | *kleve | W40 | 4 | 157 | 0:28:51 | 0:58:57 | 0:59:18 | 10,18 |
| 30 | 1517 | Sandvoß, Johanna | 85 | *Köln | WHK | 2 | 164 | 0:28:37 | 0:59:30 | 0:59:43 | 10,08 |
| 31 | 1749 | Hülser, Martina | 85 | *Tönisvorst | WHK | 3 | 172 | 0:29:03 | 0:59:56 | 1:00:03 | 10,01 |
| 32 | 1650 | Jahn, Daniela | 80 | *Kempen | W30 | 7 | 177 | 0:29:07 | 1:00:32 | 1:00:55 | 9,91 |
| 33 | 1582 | Kottal, Astrid | 70 | Willicher Turnverein 1892 € | W40 | 5 | 178 | 0:30:24 | 1:00:42 | 1:01:04 | 9,88 |
| 34 | 1459 | Neugebauer, Gudrun | 57 | Kendelläufer | W50 | 6 | 187 | 0:30:15 | 1:01:31 | 1:01:40 | 9,75 |
| 35 | 1545 | Grimm, Brigitte | 68 | TC Tönisvorst | W40 | 6 | 188 | 0:28:29 | 1:01:35 | 1:01:45 | 9,74 |
| 36 | 1574 | Roosen, Christine | 74 | *Kempen | W35 | 7 | 192 | 0:30:52 | 1:01:46 | 1:02:02 | 9,71 |
| 37 | 1641 | Stadler, Dagmar | 67 | Prinzengarde Kempen 197 | W40 | 7 | 195 | 0:30:13 | 1:01:47 | 1:02:04 | 9,71 |
| 37 | 1637 | Vorstermanns, Gisela | 61 | Prinzengarde Kempen 197 | W45 | 6 | 194 | 0:30:12 | 1:01:47 | 1:02:04 | 9,71 |
| 39 | 1503 | Arnold-Müller, Katrin | 74 | *Mülheim an der Ruhr | W35 | 8 | 196 | 0:30:02 | 1:01:48 | 1:01:52 | 9,71 |
| 40 | 1540 | Kruß, Martina | 61 | *Krefeld | W45 | 7 | 198 | 0:29:02 | 1:01:52 | 1:01:54 | 9,70 |
| 41 | 1451 | Frings, Simone | 82 | *Krefeld | WHK | 4 | 200 | 0:30:24 | 1:02:22 | 1:02:40 | 9,62 |
| 42 | 1546 | Grimm, Michele | 87 | TC Tönisvorst | WHK | 5 | 201 | 0:30:17 | 1:02:29 | 1:02:39 | 9,60 |
| 43 | 1468 | Gather-Ludwitzack, Petra | 54 | *Kevelaer | W55 | 2 | 205 | 0:32:19 | 1:02:54 | 1:03:16 | 9,54 |
| 44 | 1526 | Hahnen, Nadine | 83 | TSG (Turnerschaft Grefra | WHK | 6 | 209 | 0:29:22 | 1:03:23 | 1:03:30 | 9,47 |
| 45 | 1624 | Berger, Angela | 62 | TSV-Weeze | W45 | 8 | 211 | 0:31:36 | 1:03:52 | 1:03:59 | 9,39 |
| 46 | 1589 | Winz, Frau Gerda | 46 | Viersener TV | W60 | 2 | 212 | 0:32:00 | 1:04:26 | 1:04:52 | 9,31 |
| 47 | 1642 | Horsten-Schürmans, Anke | 82 | *Kempen | WHK | 7 | 213 | 0:32:16 | 1:05:18 | 1:05:36 | 9,19 |
| 48 | 1568 | Wickert, Christiane | 65 | *Krefeld | W45 | 9 | 214 | 0:34:05 | 1:05:26 | 1:05:41 | 9,17 |
| 49 | 1547 | Haßelmann, Susanne | 72 | *Kempen | W35 | 9 | 215 | 0:33:44 | 1:05:47 | 1:05:52 | 9,12 |
| 49 | 1548 | Tholen, Rebecca | 77 | *Kempen | W30 | 8 | 216 | 0:33:44 | 1:05:47 | 1:05:51 | 9,12 |
| 51 | 1661 | Holtshoppen, Marion | 56 | Viersener Tarnverein VTV | W50 | 7 | 222 | 0:32:09 | 1:07:40 | 1:08:06 | 8,87 |
| 52 | 1506 | Pioch, Astrid | 76 | *Kempen | W30 | 9 | 225 | 0:31:43 | 1:08:04 | 1:08:28 | 8,81 |
| 53 | 1552 | Sorg, Ute | 66 | *Kempen | W40 | 8 | 226 | 0:33:58 | 1:08:55 | 1:09:15 | 8,71 |
| 54 | 1586 | Kollers, Nina | 83 | *Straelen | WHK | 8 | 227 | 0:33:58 | 1:08:55 | 1:09:15 | 8,71 |
| 55 | 1579 | Herzog, Heike | 61 | *Duisburg | W45 | 10 | 228 | 0:34:34 | 1:09:17 | 1:09:42 | 8,66 |
| 56 | 1587 | George, Ann Cathrice | 85 | *Wetter | WHK | 9 | 232 | 0:34:57 | 1:12:08 | 1:12:35 | 8,32 |
| 57 | 1738 | Neumann, Ingrid | 81 | TSVE 1890 Bielefeld | WHK | 10 | 234 | 0:36:12 | 1:15:42 | 1:15:56 | 7,92 |
| 58 | 1487 | Seifert - Brouwers, Frau I | 61 | *Duisburg | W45 | 11 | 236 | 0:38:49 | 1:20:08 | 1:20:37 | 7,49 |