



west Citylauf 2004 über 10 KM

Sonntag, 11. Juli 2004

west ENERGIE und VERKEHR

TEAMSOFT-SPORTZEIT.DE

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:30:15.6	988	Matui, Amos		Athletes For Athletes	1978	1	MHK	03:01,5	00:00:00
2		00:30:15.9	990	Kemboi, Joel Kipli		Athletes For Athletes	1983	2	MHK	03:01,5	00:00:00
3		00:30:52.0	991	Schulz, Stephan		LG 47 Viersen	1966	1	M35	03:05,2	00:00:37
4		00:32:24.1	998	Cheboi, Nicholas		Athletes For Athletes	1988	1	MJugB	03:14,4	00:02:09
5		00:33:00.2	846	Dossow, Uwe		Erkelenz	1966	2	M35	03:18,0	00:02:45
6		00:33:50.7	278	Losch, Stefan		TUSEM Essen	1968	3	M35	03:23,0	00:03:35
7		00:34:15.0	711	Berger, Sascha		SC 1920 Myhl	1979	3	MHK	03:25,5	00:04:00
8		00:35:42.2	993	Laermann, Ralf		VSV Grenzland Wegbe	1958	1	M45	03:34,2	00:05:27
9		00:36:06.2	314	Brauner, Dirk		TUSEM Essen	1969	4	M35	03:36,6	00:05:51
10		00:36:11.5	855	Heinrichs, Hubert		VSV Grenzland Wegbe	1956	2	M45	03:37,1	00:05:56
11		00:36:38.2	223	Mayer, Reinhard		LG Stolberg	1961	1	M40	03:39,8	00:06:23
12		00:37:01.2	450	Vielhaber, Burkar		CNE Team-Essen 99	1965	5	M35	03:42,1	00:06:46
1	W	00:37:04.4	987	Kurgat, Lydia		Athletes for Athletes	1976	1	WHK	03:42,4	00:00:00
13		00:37:27.4	320	Bläsen, Ralf		TSV Vicht	1965	6	M35	03:44,7	00:07:12
14		00:37:34.5	68	Ortlepp, Dita		LT Les Fleurs de Mal	1970	1	M30	03:45,4	00:07:19
15		00:37:38.3	887	Barten, Bernd		SC Muhl Leichtathletik	1954	1	M50	03:45,8	00:07:23
16		00:37:55.4	321	Winzen, Norbert		Erkelenz	1964	2	M40	03:47,5	00:07:40
17		00:37:58.1	984	Schnettler, Ferdin		SG Wenden	1951	2	M50	03:47,8	00:07:43
18		00:38:03.7	58	Zillgens, Tobias		PannasALM / Millich	1988	2	MJugB	03:48,3	00:07:48
19		00:38:50.3	989	Emonds, Mario		Vorwärts Hammerscho	1969	7	M35	03:53,0	00:08:35
20		00:39:14.9	875	Alhäuser, Jochen		SC Myhl LA	1967	8	M35	03:55,4	00:08:59
21		00:39:27.9	246	Henning, Jürgen		SC 1920 Myhl	1955	3	M45	03:56,7	00:09:12
22		00:39:42.0	78	Hagmanns, Helmu		Selfkant	1965	9	M35	03:58,2	00:09:27
23		00:39:45.6	677	von der Stück, In		Erkelenz	1960	3	M40	03:58,5	00:09:30
24		00:39:50.6	168	Brocker, Stefan		LT MG-Volksgarten	1967	10	M35	03:59,0	00:09:35
25		00:40:08.1	715	Waldan, Marius		TV Erkelenz	1981	4	MHK	04:00,8	00:09:53
26		00:40:17.1	445	Mauch, Kuno		TSV Kaldenkirchen	1968	11	M35	04:01,7	00:10:02
27		00:40:32.6	983	Caputa, Ken		Geilenkirchen	1959	4	M45	04:03,2	00:10:17
28		00:40:33.9	918	Taschowsky, Jörg		Erkelenz	1966	12	M35	04:03,3	00:10:18
2	W	00:40:49.6	453	Hellenbrand, Lilo		DJK Gillrath 1911	1956	1	W45	04:04,9	00:03:45
29		00:40:57.2	724	Hermanns, Thom		Han Kook Erkelenz	1978	5	MHK	04:05,7	00:10:42
30		00:40:59.8	4	Schröders, Norbe		VSV Grenzland Wegbe	1966	13	M35	04:05,9	00:10:44
31		00:41:04.9	51	Prell, Jörg		PannasALM / Millich	1963	4	M40	04:06,4	00:10:49
32		00:41:06.7	162	Ophüls, Axel		TV Schwanenberg	1961	5	M40	04:06,6	00:10:51
33		00:41:10.7	323	Lange, Bodo		SV Beeckerwerth	1941	1	M60	04:07,0	00:10:55
34		00:41:16.3	452	Küppers, Herbert		DJK Gillrath 1911	1968	14	M35	04:07,6	00:11:01
35		00:41:36.1	942	Kempel, Daniel		Hückelhoven	1984	6	MHK	04:09,6	00:11:21
36		00:41:38.1	144	Poerner, Manfred		AOK Rheinland GS Erk	1948	1	M55	04:09,8	00:11:23
37		00:41:43.8	582	Busch, Christof		VfR Unterbruch	1969	15	M35	04:10,3	00:11:28
38		00:41:46.5	797	Platzbücker, Norb		Erkelenz	1959	5	M45	04:10,6	00:11:31
39		00:41:48.8	583	Kirsch, Alfred		VfR Unterbruch	1960	6	M40	04:10,8	00:11:33
40		00:41:53.6	335	Bick, Joachim		Heinsberg	1960	7	M40	04:11,3	00:11:38
41		00:41:57.6	919	Gerbig, Uli		Erkelenz	1958	6	M45	04:11,7	00:11:42
42		00:41:59.0	868	Koenigs, Gottfried		VSV Grenzland Wegbe	1959	7	M45	04:11,9	00:11:44
43		00:41:59.9	266	Gisbertz, Wilfried		LT Keyenberg	1963	8	M40	04:11,9	00:11:44
44		00:42:10.3	899	Bergert, Wolfgang		LT Schwanenberg	1943	2	M60	04:13,0	00:11:55
45		00:42:10.7	904	Fensky, Michael		FKC Lekketäsch	1968	16	M35	04:13,0	00:11:55
46		00:42:14.2	981	Hödel, Ulrich		ASV Süchteln	1960	9	M40	04:13,4	00:11:59
47		00:42:15.3	701	Muhm, Christian		Erkelenz	1968	17	M35	04:13,5	00:12:00
48		00:42:18.1	475	Lebrecht, Burghar		SC 1920 Myhl	1951	3	M50	04:13,8	00:12:03
49		00:42:20.9	941	Wolff, Dieter		Hückelhoven	1969	18	M35	04:14,0	00:12:05
50		00:42:21.0	885	Cousin, Andre		Hückelhoven	1980	7	MHK	04:14,1	00:12:06
51		00:42:34.1	89	Ossowski, Christo		Wassenberg	1967	19	M35	04:15,4	00:12:19
52		00:42:37.1	950	Bongartz, Otmar		Erkelenz	1952	4	M50	04:15,7	00:12:22
53		00:42:40.8	980	Znagers, Roland		ASV Süchteln	1958	8	M45	04:16,0	00:12:25
54		00:42:42.5	6	Müller, Andreas		Unterbruch	1974	2	M30	04:16,2	00:12:27
55		00:42:47.2	94	Michels, Armin		LG Keyenberg	1960	10	M40	04:16,7	00:12:32
56		00:42:49.3	267	Mohrhenn, Kurt		LT Keyenberg	1956	9	M45	04:16,9	00:12:34

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
57		00:42:52.0	891	Reuter, Werner		VT Kampen	1940	3	M60	04:17,2	00:12:37
58		00:42:55.3	322	Pios, Carsten		SV Beeckerwerth	1962	11	M40	04:17,5	00:12:40
3	W	00:42:55.3	827	Bredt, Tanja		Erkelenz	1973	1	W30	04:17,5	00:05:51
59		00:42:55.8	836	Frenken, Detlev		Hückelhoven	1975	8	MHK	04:17,5	00:12:40
60		00:43:03.1	111	Kammerknecht, R		Hückelhoven	1964	12	M40	04:18,3	00:12:48
61		00:43:08.0	862	Koch, Johannes		Erkelenz	1957	10	M45	04:18,8	00:12:53
62		00:43:15.3	49	Blank, Michael		Dachau	1975	9	MHK	04:19,5	00:13:00
63		00:43:17.2	240	Hoersch, Heiner		AS Neukirchen-Vluyn	1966	20	M35	04:19,7	00:13:02
64		00:43:25.1	922	Jansen, Heinz Pet		Hückelhoven	1968	21	M35	04:20,5	00:13:10
65		00:43:28.0	283	Schieren, Markus		Heinsberg	1973	3	M30	04:20,8	00:13:13
66		00:43:29.2	255	Mohrhenn, Sebast		LT Keyenberg	1985	1	MJugA	04:20,9	00:13:14
67		00:43:33.0	354	Wagner, Johanne		SC 1920 Myhl	1950	5	M50	04:21,3	00:13:18
68		00:43:38.1	933	Vierschgens, Fran		SC Wegberg	1986	2	MJugA	04:21,8	00:13:23
69		00:43:44.0	947	Beer, Markus		Mönchengladbach	1974	4	M30	04:22,4	00:13:29
70		00:43:46.3	219	Neumann, Hubert		Hückelhoven	1952	6	M50	04:22,6	00:13:31
71		00:43:47.2	296	Nierhaus, Matthia		Erkelenz	1966	22	M35	04:22,7	00:13:32
72		00:43:51.3	982	Kreiss, Björn		Köln	1966	23	M35	04:23,1	00:13:36
73		00:43:51.6	258	Reimer, Bojo		LT Keyenberg	1956	11	M45	04:23,1	00:13:36
74		00:43:55.2	931	Seidenberg, Rene		Unglaublich Motiviert	1978	10	MHK	04:23,5	00:13:40
75		00:44:08.4	72	Goertz, Pascal		Gerahopper	1977	11	MHK	04:24,8	00:13:53
76		00:44:10.2	994	Bieger, Jörg		LT MG Volksgarten	1961	13	M40	04:25,0	00:13:55
77		00:44:10.3	930	Schillings, Frank		Gymnasium Hückelho	1973	5	M30	04:25,0	00:13:55
78		00:44:18.1	27	Staiger, Jürgen		Hetzerath	1965	24	M35	04:25,8	00:14:03
79		00:44:19.8	952	Schmitz, Werner		Blau-Weiss- Niederkrü	1953	7	M50	04:25,9	00:14:04
80		00:44:20.5	203	Meiers, Bernd		Erkelenz	1986	3	MJugA	04:26,0	00:14:05
81		00:44:22.3	257	Piepel, Reinhard		LT Keyenberg	1953	8	M50	04:26,2	00:14:07
82		00:44:24.2	929	Straßburg, Jens		SC Myhl LA	1983	12	MHK	04:26,4	00:14:09
83		00:44:25.3	499	Härtel, Norman		Immerath	1977	13	MHK	04:26,5	00:14:10
4	W	00:44:32.8	343	Löwer, Gisela		Hückelhoven	1957	2	W45	04:27,2	00:07:28
5	W	00:44:35.7	686	Eickels, Simone		Mode Box Erkelenz	1984	2	WHK	04:27,5	00:07:31
84		00:44:37.6	728	Dohmen-Funke, C		TV Erkelenz	1954	9	M50	04:27,7	00:14:22
85		00:44:41.5	340	Heller, Peter		Mönchengladbach	1956	12	M45	04:28,1	00:14:26
86		00:44:42.1	934	Correnz, Hubert		Wegberg	1967	25	M35	04:28,2	00:14:27
87		00:44:42.7	64	Hallaschka, Marc		LT Isola	1971	6	M30	04:28,2	00:14:27
88		00:44:44.9	951	Lieban, Peer		Hückelhoven	1956	13	M45	04:28,4	00:14:29
89		00:44:46.3	435	Reichert, Heinz		VSV Grenzland Wegbe	1944	4	M60	04:28,6	00:14:31
90		00:44:50.5	959	Klothen, Willi		Heinsberg	1967	26	M35	04:29,0	00:14:35
91		00:44:52.1	914	Tomalla, Heiko		Hückelhoven	1972	7	M30	04:29,2	00:14:37
92		00:44:53.2	689	Schrimpf, Joe		Franziskusschule Klass	1995	3	MJugB	04:29,3	00:14:38
93		00:44:55.0	432	Goertz, Friedhelm		BSG KSK Heinsberg	1955	14	M45	04:29,5	00:14:40
94		00:44:55.0	926	Seidel, Stephan		Gymnasium Hückelho	1986	4	MJugA	04:29,5	00:14:40
95		00:44:55.5	434	Schwartz, Fredi		BSG KSK Heinsberg	1950	10	M50	04:29,5	00:14:40
96		00:45:06.7	570	Peltzer, Stephan		Doveren	1980	14	MHK	04:30,6	00:14:51
97		00:45:09.4	866	Kempa, Heinrich		Erkelenz	1971	8	M30	04:30,9	00:14:54
98		00:45:11.2	485	Knorr, Marco		Zenrath	1976	15	MHK	04:31,1	00:14:56
99		00:45:11.9	992	Niehse, Heinz-Th		Athletik Waldniel	1954	11	M50	04:31,1	00:14:56
100		00:45:18.1	194	Schaum, Peter		Wassenberg	1962	14	M40	04:31,8	00:15:03
101		00:45:27.3	148	Mc Laughlin, Rouv		Scotland Runners	1973	9	M30	04:32,7	00:15:12
102		00:45:27.5	54	Groob, Michael		Mönchengladbach	1963	15	M40	04:32,7	00:15:12
103		00:45:31.1	66	Abels, Harald		Mönchengladbacher L	1951	12	M50	04:33,1	00:15:16
104		00:45:31.6	893	Jansen, Willi		Gangelt	1955	15	M45	04:33,1	00:15:16
105		00:45:37.9	898	Hasselkamp, Elm		Kaarst	1963	16	M40	04:33,7	00:15:22
106		00:45:43.1	903	Horacek, Dieter		Mönchengladbach	1964	17	M40	04:34,3	00:15:28
107		00:45:44.5	945	Burgess, Geoffrey		Wegberg	1955	16	M45	04:34,4	00:15:29
6	W	00:45:45.3	318	Berghaus, Bärbel		Solinger LC	1940	1	W60	04:34,5	00:08:41
108		00:45:48.2	86	Gerads, Guido		Wegberg	1969	27	M35	04:34,8	00:15:33
109		00:45:48.3	36	Zieten, Daniel		Erkelenz	1969	28	M35	04:34,8	00:15:33
110		00:45:50.4	580	Kirsch, Friedbert		VfR Unterbruch	1970	10	M30	04:35,0	00:15:35

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
111		00:45:59.1	581	Winkens, Karsten		VFR Unterbruch	1970	11	M30	04:35,9	00:15:44
112		00:46:00.9	736	Neidig, Herbert		DJK Gillrath 1911	1953	13	M50	04:36,0	00:15:45
113		00:46:02.3	380	Pfitzner, Klaus		KG Roathmer Wenk	1988	4	MJugB	04:36,2	00:15:47
114		00:46:09.8	224	Heulmanns, Bern		SFC Erkelenz	1969	29	M35	04:36,9	00:15:54
7	W	00:46:09.8	252	Erdwig, Anita		LT Keyenberg	1954	1	W50	04:36,9	00:09:05
115		00:46:09.8	935	Heggen, Heinz		LT Keyenberg	1947	2	M55	04:36,9	00:15:54
116		00:46:17.1	29	Fritzmann, Willi		Hückelhoven	1961	18	M40	04:37,7	00:16:02
117		00:46:19.1	79	Sieben, Sven		Mönchengladbar	1972	12	M30	04:37,9	00:16:04
118		00:46:23.9	970	Kossin, Siegfried		Köln	1954	14	M50	04:38,3	00:16:08
119		00:46:30.0	774	Steinborn, Uwe		Optik Steinborn	1961	19	M40	04:39,0	00:16:15
120		00:46:33.7	46	Rütten, Stefan		TV Ratheim	1973	13	M30	04:39,3	00:16:18
121		00:46:39.1	67	Esser, Heinz		Erkelenz	1962	20	M40	04:39,9	00:16:24
122		00:46:43.8	932	Vierschgens, Jürg		SC Wegberg	1961	21	M40	04:40,3	00:16:28
123		00:46:46.3	975	Gruben, Anton		Germania Kirchberg	1955	17	M45	04:40,6	00:16:31
124		00:46:47.1	305	Elber, Dirk		Übach-Palenberg	1968	30	M35	04:40,7	00:16:32
125		00:46:48.5	451	Laufs, Gerd Josef		Geilenkirchen	1961	22	M40	04:40,8	00:16:33
126		00:46:51.1	52	Gumpel, Guido		Erkelenz	1961	23	M40	04:41,1	00:16:36
127		00:46:54.2	1	Ligacz, Klaus		Erkelenz	1969	31	M35	04:41,4	00:16:39
128		00:46:54.2	280	Grasmehr, Frank		Erkelenz	1968	32	M35	04:41,4	00:16:39
129		00:46:59.9	973	Hermanns, Sebas		Team WOF	1978	16	MHK	04:41,9	00:16:44
8	W	00:47:00.2	222	Mayer, Marlene		LG Stolberg	1962	1	W40	04:42,0	00:09:56
130		00:47:08.5	979	Hummen, Heinz-P		Wassenberg	1960	24	M40	04:42,8	00:16:53
131		00:47:20.5	53	Steinmann, Micha		PannasALM Millich	1969	33	M35	04:44,0	00:17:05
9	W	00:47:31.6	306	Fluck, Kerstin		BSG WestLB	1979	3	WHK	04:45,1	00:10:27
132		00:47:32.4	858	Rich, Andreas		Hückelhoven	1972	14	M30	04:45,2	00:17:17
133		00:47:34.8	916	Hamacher, Tobias		Realschule Gangelt	1984	17	MHK	04:45,4	00:17:19
134		00:47:38.7	873	Horn, Ingo		Hückelhoven	1990	5	MJugB	04:45,8	00:17:23
135		00:47:43.8	227	Metz, Udo		Erkelenz	1968	34	M35	04:46,3	00:17:28
136		00:47:44.3	103	Winkler, Mike		Pulheim	1971	15	M30	04:46,4	00:17:29
137		00:47:46.6	861	Müller, Peter		Erkelenz	1960	25	M40	04:46,6	00:17:31
138		00:47:48.2	428	Füg, Patriz		TV Erkelenz	1989	6	MJugB	04:46,8	00:17:33
139		00:47:50.7	250	Böning, Christian		Erkelenz	1964	26	M40	04:47,0	00:17:35
140		00:47:53.7	228	Zaunick, Edgar		Weißkollm	1978	18	MHK	04:47,3	00:17:38
141		00:47:57.3	271	Zielke, Dominik		Erkelenz Rollis	1993	7	MJugB	04:47,7	00:17:42
142		00:47:58.3	760	Alkordi, Khalli		Erkelenz	1977	19	MHK	04:47,8	00:17:43
143		00:48:23.6	189	Peter, Ronald		HLG 98 Wuppertal	1960	27	M40	04:50,3	00:18:08
144		00:48:00.5	146	Schroeter, Helmut		AOK Rheinland GS Erk	1969	35	M35	04:48,0	00:17:45
145		00:48:15.5	920	Neuland, Ralf		Dormagen	1969	36	M35	04:49,5	00:18:00
146		00:48:22.4	444	Jonas, Frank		Titz	1970	16	M30	04:50,2	00:18:07
147		00:48:28.8	87	Venrath, Rudi		Linnich	1964	28	M40	04:50,8	00:18:13
148		00:48:29.5	867	John, Robert		Langenfeld	1969	37	M35	04:50,9	00:18:14
149		00:48:31.0	446	Theriault, Yves	KAN	Gillrath	1964	29	M40	04:51,1	00:18:16
150		00:48:32.9	482	Peschen, Michael		Erkelenz	1968	38	M35	04:51,2	00:18:17
151		00:48:38.4	943	Geradts, Ralf		Team Jürgen	1969	39	M35	04:51,8	00:18:23
152		00:48:43.7	835	Bohnen, Stefan		Hückelhoven	1982	20	MHK	04:52,3	00:18:28
153		00:48:43.8	12	Zimmermann, Be		Heinsberg	1964	30	M40	04:52,3	00:18:28
154		00:48:45.6	371	Ringering, Richar		Wegberg	1963	31	M40	04:52,5	00:18:30
10	W	00:48:49.9	433	Noethlings, Ilse		BSG KSK Heinsberg	1950	2	W50	04:52,9	00:11:45
155		00:48:51.8	303	Lücker, Frank		KG Roathmer Wenk	1988	8	MJugB	04:53,1	00:18:36
11	W	00:48:56.6	928	Straßburg, Brigitt		SC Myhl LA	1958	3	W45	04:53,6	00:11:52
156		00:48:59.0	73	Grünter, Frank		Erkelenz	1967	40	M35	04:53,9	00:18:44
157		00:49:12.0	909	Dickert, Heinz		ETV Erkelenz	1942	5	M60	04:55,2	00:18:57
158		00:49:13.3	883	Wink, Torsten		Erkelenz	1964	32	M40	04:55,3	00:18:58
159		00:49:15.1	218	Osterkamp, Mark		Scotland Runners	1968	41	M35	04:55,5	00:19:00
160		00:49:16.4	954	Weber, Juergen		TuS Jahn Hilfarth	1956	18	M45	04:55,6	00:19:01
161		00:49:19.3	908	Sentis, Leo		VSV Grenzland Wegbe	1936	1	M65	04:55,9	00:19:04
162		00:49:24.6	456	Pape, Matthias		Essen	1956	19	M45	04:56,4	00:19:09
163		00:49:28.7	26	Kämpken, Oliver		BSG Volksbank Erkele	1977	21	MHK	04:56,8	00:19:13

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
164		00:49:29.8	334	Paul, Heinrich		Erkelenz	1936	2	M65	04:56,9	00:19:14
12	W	00:49:41.4	882	Barten, Monika		SC Myhl LA	1960	2	W40	04:58,1	00:12:37
165		00:49:42.8	212	Schröter, Ralph		Niederzier	1963	33	M40	04:58,2	00:19:27
166		00:49:55.6	147	Heinen, Frank		Wegberg	1969	42	M35	04:59,5	00:19:40
167		00:49:55.8	268	Hartmann, Frank		Wegberg	1972	17	M30	04:59,5	00:19:40
168		00:49:57.9	61	Schatz, Thomas		Unterbruch	1971	18	M30	04:59,7	00:19:42
169		00:50:00.7	972	Vonderbauk, Math		Team WOF Jülich	1968	43	M35	05:00,0	00:19:45
170		00:50:03.6	458	Ruetten, Konrad		Heinsberg	1962	34	M40	05:00,3	00:19:48
171		00:50:04.0	18	Görtz, Rene		Hückelhoven	1979	22	MHK	05:00,4	00:19:49
172		00:50:05.6	969	Reiner, Marcel		Schule Dahleener Straß	1987	9	MJugB	05:00,5	00:19:50
173		00:50:13.2	164	Röttger, Arndt		Köln	1977	23	MHK	05:01,3	00:19:58
174		00:50:16.9	881	Manecke, Mathias		TV Schwanenberg	1963	35	M40	05:01,6	00:20:01
175		00:50:18.4	921	Thoenissen, Robe		TV Hückelhoven	1975	24	MHK	05:01,8	00:20:03
176		00:50:21.2	93	Fegers, Alfred		West BSG	1947	3	M55	05:02,1	00:20:06
177		00:50:29.8	729	Matz, Jürgen		Erkelenz	1964	36	M40	05:02,9	00:20:14
178		00:50:45.6	239	Beckers, Ralf-Diet		DJK Wassenberg	1962	37	M40	05:04,5	00:20:30
179		00:50:45.7	427	Vieten, Christian		TV Erkelenz	1991	10	MJugB	05:04,5	00:20:30
180		00:50:48.3	725	Thissen, Hermann		Wassenberg	1962	38	M40	05:04,8	00:20:33
181		00:50:50.1	944	Wimmers, Juerge		Team Jürgen	1966	44	M35	05:05,0	00:20:35
182		00:50:52.7	242	Leinders, Günter		Waldfecht	1965	45	M35	05:05,2	00:20:37
183		00:50:54.9	413	Gottschalk, Sasch		Hetzerath	1976	25	MHK	05:05,4	00:20:39
184		00:51:01.9	130	Mc Laughlin, Andr	GBR	Scotland Runners	1949	4	M55	05:06,1	00:20:46
185		00:51:04.4	671	Schröder, Gerhar		Wegberg	1957	20	M45	05:06,4	00:20:49
186		00:51:06.2	697	Munker, Andreas		Erkelenz	1968	46	M35	05:06,6	00:20:51
187		00:51:10.1	141	Herfs, Thomas		AOK Rheinland GS Erk	1972	19	M30	05:07,0	00:20:55
13	W	00:51:12.3	295	Balssing, Regina		Running TV Bedburg	1974	2	W30	05:07,2	00:14:08
188		00:51:13.0	204	Kroppach, Markus		Hückelhoven	1970	20	M30	05:07,3	00:20:58
189		00:51:19.0	897	Rütten, Paul		Erkelenz	1936	3	M65	05:07,9	00:21:04
190		00:51:19.4	911	Schlebusch, Step		Heinsberg	1959	21	M45	05:07,9	00:21:04
14	W	00:51:28.0	872	Vieten, Uschi		Erkelenz	1960	3	W40	05:08,8	00:14:24
15	W	00:51:41.7	355	Schukahl, Petra		SC 1920 Myhl	1959	4	W45	05:10,1	00:14:37
191		00:51:42.1	298	Stenger, Markus		KG Roathmer Wenk	1982	26	MHK	05:10,2	00:21:27
192		00:51:48.8	248	Braun, Gernot		Erkelenz	1947	5	M55	05:10,8	00:21:33
193		00:51:50.0	923	Bohlmann, Carste		Montessori Schule Kre	1992	11	MJugB	05:11,0	00:21:35
194		00:51:52.5	38	Schommertz, Ralf		Hückelhoven-Millich	1973	21	M30	05:11,2	00:21:37
16	W	00:51:52.5	431	Paulsen, Evelyn		BSG KSK Heinsberg	1977	4	WHK	05:11,2	00:14:48
195		00:51:56.3	960	Welters, Klaus		Mönchengladbach	1964	39	M40	05:11,6	00:21:41
196		00:52:01.1	25	Kugland, Ing. Ing		Erkelenz	1963	40	M40	05:12,1	00:21:46
197		00:52:05.7	966	Lausberg, Leo		Schule Dahleener Straß	1948	6	M55	05:12,5	00:21:50
198		00:52:06.1	967	Nürnberg, Udo		Schule Dahleener Straß	1948	7	M55	05:12,6	00:21:51
199		00:52:14.3	968	Baran, Aland		Schule Dahleener Straß	1987	12	MJugB	05:13,4	00:21:59
200		00:52:26.7	698	Viethen, Friedhel		Erkelenz	1958	22	M45	05:14,6	00:22:11
201		00:52:39.1	555	Müller, Toni		Lövenich	1982	27	MHK	05:15,9	00:22:24
202		00:52:39.6	213	Balli, Sven		Erkelenz	1977	28	MHK	05:15,9	00:22:24
203		00:52:39.7	282	Douven, Thomas		Waldenrath	1976	29	MHK	05:15,9	00:22:24
204		00:52:49.3	284	Bartel, Franz-Jose		LT Venrath	1967	47	M35	05:16,9	00:22:34
205		00:52:55.7	801	Kuzinna, Thomas		Linnich	1960	41	M40	05:17,5	00:22:40
206		00:52:58.5	150	Rohbe, Wolfgang		Heinsberg	1957	23	M45	05:17,8	00:22:43
207		00:53:10.1	719	Koormann, Wilfried		Erkelenz	1967	48	M35	05:19,0	00:22:55
17	W	00:53:11.2	938	Jacobs, Judith		Erkelenz	1984	5	WHK	05:19,1	00:16:07
18	W	00:53:21.8	151	Houben, Nicole		Heinsberg	1971	3	W30	05:20,1	00:16:17
19	W	00:53:34.0	880	Frick, Susanne		Niederkrüchten	1966	1	W35	05:21,4	00:16:30
208		00:54:03.1	940	Hartmann, Paul		Heinsberg	1942	6	M60	05:24,3	00:23:48
209		00:54:03.9	5	Küppers, Stefan		Übach-Palenberg	1969	49	M35	05:24,3	00:23:48
20	W	00:54:10.4	896	Eber, Irmgard		TV Schwanenberg	1958	5	W45	05:25,0	00:17:06
210		00:54:15.2	309	Kosbow, Michael		Aachen	1973	22	M30	05:25,5	00:24:00
21	W	00:54:30.5	664	Steinwartz, Hille		Erkelenz	1962	4	W40	05:27,0	00:17:26
211		00:54:35.1	48	Hesse, Stefan		SG Aachen	1970	23	M30	05:27,5	00:24:20



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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
212		00:54:44.0	901	Manjurka, Artur		Aachen	1976	30	MHK	05:28,4	00:24:29
213		00:54:52.5	33	Leinesser, Bernd		Jüchen-Hochneukirch	1966	50	M35	05:29,2	00:24:37
22	W	00:54:56.3	754	Steinborn, Petra		Optik Steinborn	1967	2	W35	05:29,6	00:17:52
214		00:55:04.9	57	Zillgens, Christop		PannasALM / Millich	1981	31	MHK	05:30,4	00:24:49
215		00:55:18.8	874	Bürger, Wolfgang		Hückelhoven	1963	42	M40	05:31,8	00:25:03
216		00:55:20.0	472	Vochsen, Jochen		Erkelenz	1963	43	M40	05:32,0	00:25:05
217		00:55:25.1	459	Schuran, Herman		Jülich	1958	24	M45	05:32,5	00:25:10
218		00:55:27.6	915	Trautmann, Diete		TV Erkelenz	1964	44	M40	05:32,7	00:25:12
23	W	00:55:33.5	917	Schneider, Käthe		Wassenberg	1959	6	W45	05:33,3	00:18:29
24	W	00:55:35.4	23	Cüppers, Brigitte		Wassenberg	1965	3	W35	05:33,5	00:18:31
219		00:55:38.5	704	Vieten, Michael		Erkelenz	1962	45	M40	05:33,8	00:25:23
220		00:55:44.2	841	Drame, Stephan		Mülheim	1975	32	MHK	05:34,4	00:25:29
221		00:55:44.4	30	Bollig, Klaus		Bergheim	1964	46	M40	05:34,4	00:25:29
222		00:55:45.8	311	Brandebusemeyer		Erkelenz	1957	25	M45	05:34,5	00:25:30
223		00:55:47.2	839	Urbach, Detlef		Erkelenz	1966	51	M35	05:34,7	00:25:32
224		00:56:01.7	907	Bieber, Christian		Willich	1968	52	M35	05:36,1	00:25:46
225		00:56:08.9	55	Heuser, Dino		measX LT	1973	24	M30	05:36,8	00:25:53
25	W	00:56:09.7	214	Kittner, Svenja		TV Erkelenz	1991	1	WJugB	05:36,9	00:19:05
226		00:56:10.4	971	Aster, Daniel		Team WOF	1980	33	MHK	05:37,0	00:25:55
227		00:56:19.4	892	Scholtes, Maries		Realschule Gangelt	1984	34	MHK	05:37,9	00:26:04
228		00:56:26.1	20	Rütten, Hans		Erkelenz	1963	47	M40	05:38,6	00:26:11
229		00:56:27.5	19	Krimp, Heinz		Hückelhoven	1957	26	M45	05:38,7	00:26:12
26	W	00:56:28.4	977	Hillebrand, Erika		Jüchen	1955	7	W45	05:38,8	00:19:24
27	W	00:56:38.5	299	Benn, Tina		Erkelenz	1967	4	W35	05:39,8	00:19:34
230		00:56:39.4	113	Benn, Volker		Erkelenz	1963	48	M40	05:39,9	00:26:24
28	W	00:56:44.7	152	Leutner, Nina		Wassenberg	1983	6	WHK	05:40,4	00:19:40
231		00:56:54.3	281	Douven, Mario		Waldenrath	1972	25	M30	05:41,4	00:26:39
232		00:56:58.3	775	Jansen, Michael		Erkelenz	1962	49	M40	05:41,8	00:26:43
233		00:57:08.4	165	Schmitz, Heinz Pe		Köln	1968	53	M35	05:42,8	00:26:53
234		00:57:24.4	50	Strauch, Peter		Hückelhoven	1957	27	M45	05:44,4	00:27:09
235		00:57:31.0	221	Wilms, Friedel		TV Schwanenberg	1963	50	M40	05:45,1	00:27:16
236		00:57:38.5	31	Ohlig, Hubert		Bergheim	1960	51	M40	05:45,8	00:27:23
29	W	00:57:39.1	139	Beulen, Petra		AOK Rheinland GS Erk	1970	4	W30	05:45,9	00:20:35
237		00:57:39.6	437	Weyers, Wolfgang		TTC-Baal	1965	54	M35	05:45,9	00:27:24
30	W	00:57:39.6	860	Weyers, Beate		Gerderath	1966	5	W35	05:45,9	00:20:35
31	W	00:57:42.8	958	Frenken, Sylvia		SC Myhl LA	1966	6	W35	05:46,2	00:20:38
238		00:57:43.0	957	Frenken, Dietmar		SC Myhl LA	1965	55	M35	05:46,3	00:27:28
239		00:57:47.2	140	Cleef, Josef		AOK Rheinland GS Erk	1966	56	M35	05:46,7	00:27:32
32	W	00:57:51.4	845	Schoppmann, Ulli		Erkelenz	1960	5	W40	05:47,1	00:20:47
240		00:57:59.7	313	Beckmannshagen		Erkelenz	1957	28	M45	05:47,9	00:27:44
241		00:58:14.7	285	Kittner, Jens		Erkelenz	1963	52	M40	05:49,4	00:27:59
33	W	00:58:18.2	829	Müllers, Dagmar		Hückelhoven	1959	8	W45	05:49,8	00:21:14
242		00:58:33.2	440	Nüster, Ralf		Ralf-Moni-Privatverein	1972	26	M30	05:51,3	00:28:18
243		00:58:37.4	143	Korb, Christoph		AOK Rheinland GS Erk	1972	27	M30	05:51,7	00:28:22
244		00:58:37.6	145	Schmitz, Peter		AOK Rheinland GS Erk	1981	35	MHK	05:51,7	00:28:22
34	W	00:58:42.7	447	Michaelis, Ute		SSF Bonn	1959	9	W45	05:52,2	00:21:38
245		00:58:44.2	69	Ruhrmann, Thom		Erkelenz	1965	57	M35	05:52,4	00:28:29
246		00:58:48.5	906	Zimmermann-Ra		Hückelhoven	1966	58	M35	05:52,8	00:28:33
35	W	00:58:56.9	217	Meyers, Andrea		Erkelenz	1963	6	W40	05:53,6	00:21:52
36	W	00:58:57.5	409	Bröhl, Anne		Realschule Selfkant	1990	2	WJugB	05:53,7	00:21:53
247		00:59:03.7	974	Schmitz, Wilhelm		VSV Grenzland Wegbe	1933	1	M70	05:54,3	00:28:48
37	W	00:59:07.2	253	Coenen, Elke		LT Keyenberg	1956	10	W45	05:54,7	00:22:03
38	W	00:59:07.2	254	Mohrhenn, Gabi		LT Keyenberg	1954	3	W50	05:54,7	00:22:03
39	W	00:59:07.9	261	Schwieger, Brigitt		LT Keyenberg	1964	7	W40	05:54,7	00:22:03
248		00:59:08.6	262	Vollmer, Emil		LT Keyenberg	1956	29	M45	05:54,8	00:28:53
249		00:59:08.8	264	Zimmermann, Pa		LT Keyenberg	1958	30	M45	05:54,8	00:28:53
250		00:59:08.9	263	Wolthausen, Dirk		LT Keyenberg	1958	31	M45	05:54,8	00:28:53
251		00:59:09.4	259	Richter, Gerd		LT Keyenberg	1959	32	M45	05:54,9	00:28:54

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
252		00:59:10.1	251	Coenen, Wilfried		LT Keyenberg	1954	15	M50	05:55,0	00:28:55
40	W	00:59:20.9	408	Heinrichs, Katja		Realschule Selfkant	1989	3	WJugB	05:56,0	00:22:16
253		00:59:21.5	410	Hübner, Stefan		Realschule Selfkant	1968	59	M35	05:56,1	00:29:06
41	W	00:59:30.1	936	Ivens-Weber, Ma		Geilenkirchen	1968	7	W35	05:57,0	00:22:26
42	W	00:59:32.5	59	Senderek, Nicole		PannasALM / Millich	1970	5	W30	05:57,2	00:22:28
43	W	00:59:53.0	226	Michalowski, Astri		Erkelenz	1970	6	W30	05:59,3	00:22:49
44	W	00:59:53.6	913	Otto, Petra		Erkelenz	1965	8	W35	05:59,3	00:22:49
254		01:00:19.3	851	Rebing, Jens		Merzig	1979	36	MHK	06:01,9	00:30:04
255		01:00:48.7	465	Wimmers, Bernd		Wegberg	1964	53	M40	06:04,8	00:30:33
45	W	01:01:09.0	243	Leinders, Monika		Waldfecht	1967	9	W35	06:06,9	00:24:05
256		01:01:20.3	256	Müller, Lothar		LT Keyenberg	1938	4	M65	06:08,0	00:31:05
46	W	01:01:54.3	912	Schuhmacher, Ut		Erkelenz	1966	10	W35	06:11,4	00:24:50
257		01:01:59.7	834	Schwarberg, Tho		Geilenkirchen	1991	13	MJugB	06:11,9	00:31:44
258		01:02:00.6	976	Schwarberg, Andr		Westenergie	1961	54	M40	06:12,0	00:31:45
259		01:02:04.8	202	Meiers, Josef		Erkelenz	1956	33	M45	06:12,4	00:31:49
260		01:02:05.2	665	Schlicht, Axel		TV Erkelenz	1949	8	M55	06:12,5	00:31:50
47	W	01:02:06.6	761	Krahe, Brigitte		Erkelenz	1959	11	W45	06:12,6	00:25:02
261		01:02:06.8	56	Claßen, Reimund		TV Erkelenz	1964	55	M40	06:12,6	00:31:51
48	W	01:02:59.4	924	Rinkens, Manuela		LT Keyenberg	1960	8	W40	06:17,9	00:25:55
262		01:03:03.0	291	Godauski, Gerd		LT Erkelenz	1946	9	M55	06:18,3	00:32:48
49	W	01:03:41.0	463	Madaus, Birgit		Erkelenz	1964	9	W40	06:22,1	00:26:37
263		01:03:41.5	462	Madaus, Eberhard		Erkelenz	1958	34	M45	06:22,1	00:33:26
50	W	01:03:43.3	225	Zaunick, Franzisk		Weißkollm	1981	7	WHK	06:22,3	00:26:39
264		01:05:17.8	260	Schaffrath, Peter		LT Keyenberg	1955	35	M45	06:31,7	00:35:02
265		01:05:17.9	249	Abels, Alfons		LT Keyenberg	1946	10	M55	06:31,7	00:35:02
51	W	01:08:04.5	439	Guretzki, Monika		Ralf-Moni-Privatverein	1981	8	WHK	06:48,4	00:31:00
52	W	01:08:04.8	356	Davids, Ingrid		Birgden	1955	12	W45	06:48,4	00:31:00
53	W	01:08:04.9	894	Jansen, Hanne		Gangelt	1960	10	W40	06:48,4	00:31:00
266		01:10:56.6	160	Bocks, Franz		Erkelenz	1962	56	M40	07:05,6	00:40:41
54	W	01:10:56.7	230	Schmitz, Julia		Erkelenz	1981	9	WHK	07:05,6	00:33:52

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