

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		02:41:31.3	1191	Pierron	Oliver	BEL	Olne / 4 Cimes	1974	1	MHK	04:45,1	00:00:00,0
2		02:42:58.2	1	Peters	Helmut		Sportteam Peters	1966	1	M35	03:49,6	00:01:26,9
3		02:45:47.4	697	Mingers	Vico	NED	VIPP Heerlen	1964	2	M35	03:51,7	00:04:16,1
4		02:47:49.1	471	Lohbreyer	Martin		DJK Armada Würsele	1970	1	M30	03:55,7	00:06:17,8
5		02:54:48.0	1373	Reuel	Michael		DJK Armada Würsele	1958	1	M40	03:58,6	00:13:16,7
6		02:55:31.4	1240	Refflinghaus	Hans-Walter		TV Witzhelden	1959	2	M40	04:08,5	00:14:00,1
7		02:58:01.3	33	Wiemer	Jürgen		SV Birkenhard	1958	3	M40	04:09,5	00:16:30,0
8		02:58:50.6	1333	Feller	Robert		LTF Marpingen	1962	4	M40	04:13,1	00:17:19,3
9		03:03:50.0	1095	Poque	Wolfgang		LG Mützenich	1962	5	M40	04:14,2	00:22:18,7
10		03:04:38.3	1205	Irrgang	Stefan		TV Huchem-Stammel	1967	3	M35	04:21,4	00:23:07,0
11		03:05:38.3	849	Pester	Andreas		Marathon Dinslaken	1975	2	MHK	04:22,5	00:24:07,0
12		03:07:13.7	30	Hermes	Georg		LG Gummersbach	1962	6	M40	04:23,9	00:25:42,4
13		03:08:01.9	1314	Waberzeck	Gerd		LG Plauritida Kall	1967	4	M35	04:26,2	00:26:30,6
14		03:08:12.9	1364	Nogara	Federico	BEL	LA Michetta Milano	1957	1	M45	04:27,3	00:26:41,6
15		03:08:35.5	916	Gerard	Philip	BEL	Swin	1958	7	M40	04:27,6	00:27:04,2
16		03:08:51.7	978	Bläsen	Ralf		LG Airsnake Team	1965	5	M35	04:28,1	00:27:20,4
17		03:09:01.4	470	Giesen	Hartmut		TV Roetgen	1967	6	M35	04:28,5	00:27:30,1
18		03:09:48.5	1271	Schröder	Ulfert		LC Euskirchen	1965	7	M35	04:28,7	00:28:17,2
19		03:09:50.4	973	Nowak	Oskar		Mönchengladbach	1958	8	M40	04:29,8	00:28:19,1
20		03:10:34.0	842	Cremers	Rene		Alsdorf	1975	3	MHK	04:29,9	00:29:02,7
21		03:10:38.4	343	Fink	Ralf		Stolberg	1967	8	M35	04:31,9	00:29:07,1
22		03:10:45.9	906	Müller	Dr. Bernd		LAV Bad Godesberg	1952	1	M50	04:31,0	00:29:14,6
23		03:10:53.8	1103	van de Pol	Marcel	NED	STB Brunssummerhei	1968	2	M30	04:31,2	00:29:22,5
24		03:11:22.0	301	Wolf	Jürgen		Ausfallschritt Trier	1957	2	M45	04:31,4	00:29:50,7
25		03:12:21.5	694	Knops	Rainer		Aachen	1961	9	M40	04:32,1	00:30:50,2
26		03:12:44.2	559	Kandakji	Mohammad		Mönchengladbacher L	1968	3	M30	04:33,5	00:31:12,9
27		03:12:50.4	1275	Herne	Manfred		Viersener TV 1848	1963	9	M35	04:34,0	00:31:19,1
28		03:13:04.5	172	Denzel	Karl-Heinz		LC Aalener Spion	1960	10	M40	04:34,2	00:31:33,2
29		03:13:10.3	534	Bücheler	Bernd		Mönchengladbacher L	1969	4	M30	04:34,5	00:31:39,0
30		03:13:41.8	801	Scholten	Amo		LF Brohltal	1962	11	M40	04:34,6	00:32:10,5
31		03:13:58.1	913	Kehrbusch	Gerd		Athletik Waldniel	1967	10	M35	04:35,4	00:32:26,8
32		03:14:38.0	657	Krupp	Herbert		SV Blau-Gelb Dernau	1957	3	M45	04:35,8	00:33:06,7
33		03:14:45.9	871	Zacharias	Paul	LUX	S-Cape	1960	12	M40	04:36,7	00:33:14,6
34		03:14:49.1	1213	Kleinfeld	Rainer		DJK Elmar Kohlschei	1954	4	M45	04:36,9	00:33:17,8
35		03:14:53.8	1279	Laven	Lothar		Zoll SV Aachen	1956	5	M45	04:37,0	00:33:22,5
36		03:15:08.2	1187	Martin	Luc	BEL	Olne / 4 Cimes	1958	13	M40	04:37,1	00:33:36,9
37		03:15:11.2	466	Reinartz	Wilfried		LG Mützenich	1959	14	M40	04:37,4	00:33:39,9
38		03:15:11.6	700	Jansen	Guido		LG Mützenich	1963	11	M35	04:37,5	00:33:40,3
39		03:15:35.2	431	Luginger	Manfred		Polizei Landshut	1946	1	M55	04:37,5	00:34:03,9
40		03:15:43.5	943	Karad	Martin		TV Witzhelden	1976	4	MHK	04:38,1	00:34:12,2
41		03:15:50.3	404	Borsch	Gerd		Athletik Waldniel	1951	2	M50	04:38,3	00:34:19,0
42		03:15:57.9	1291	Diercks	Emiel	BEL	Herenthout	1956	6	M45	04:38,4	00:34:26,6
43		03:16:12.2	1368	Vermeer	Joes	NED	Achil '87	1958	15	M40	04:38,6	00:34:40,9
44		03:16:14.6	268	Lämmlein	Franz		LLG St. Augustin	1952	3	M50	04:39,9	00:34:43,3
45		03:16:26.2	917	Pauken	Ralf		SV Bergwacht Rohren	1967	12	M35	04:39,0	00:34:54,9
46		03:16:29.7	997	Einerhand	Peter		Aachen	1956	7	M45	04:39,3	00:34:58,4
47		03:16:41.0	1303	van Nueten	Cis	BEL	Avosselaar	1958	16	M40	04:39,3	00:35:09,7
48		03:16:45.0	469	Uedelhoven	Stefan		SV 47 Mutscheid	1963	13	M35	04:39,6	00:35:13,7
49		03:17:16.4	1038	Hensgens	Bernd		LT Alsdorf-Ost	1950	4	M50	04:39,7	00:35:45,1
50		03:17:18.2	1146	Fussbahn	Thomas		LT Lintorf	1963	14	M35	04:40,5	00:35:46,9
51		03:17:28.4	173	Denzel	Dietmar		Tri Post Trier	1956	8	M45	04:40,5	00:35:57,1
52		03:17:58.9	429	Farin	Winfried		Neuss	1952	5	M50	04:40,7	00:36:27,6
53		03:18:10.8	1102	de Bie	Fons	NED	CB -Runners	1963	15	M35	04:41,5	00:36:39,5
54		03:18:30.0	1006	Tertoov	Peter	BEL	Rekkem	1964	16	M35	04:41,7	00:36:58,7
55		03:18:55.2	751	Menzel	Benjamin		DJK Armada Würsele	1980	5	MHK	04:42,2	00:37:23,9
56		03:18:58.5	438	Babies	Carsten		Bad Münder	1959	17	M40	04:42,8	00:37:27,2
57		03:19:01.0	628	Muijrrers	Pierre	NED	STB Landgraaf	1948	6	M50	04:42,9	00:37:29,7
58		03:19:26.2	791	Willems	Winfried		DLC Aachen	1957	9	M45	04:43,9	00:37:54,9

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
59		03:19:58.5	1046	Kock	Theo	NED	AV Limburg	1945	2	M55	04:43,5	00:38:27,2
60		03:19:59.3	509	Küpper	Lukas		LT Beverau	1965	17	M35	04:44,3	00:38:28,0
61		03:20:21.0	701	Völl	Günter		LG Mützenich	1953	10	M45	04:44,3	00:38:49,7
1	W	03:20:31.7	1166	Möller	Antje		ASV Duisburg	1969	1	W30	04:44,8	00:00:00,0
62		03:21:00.5	990	Pickhardt	Jochen		LG Wipperfürth	1950	7	M50	04:45,1	00:39:29,2
63		03:21:19.9	1355	van Zantvoort	Wil	NED	Av Weert	1945	3	M55	04:45,8	00:39:48,6
2	W	03:21:30.2	1248	Pressler	Sabine		DJK Armada Würsele	1972	2	W30	04:46,2	00:00:58,5
64		03:21:31.8	1108	Rödel	Heinz		DJK Armada Würsele	1952	8	M50	04:46,5	00:40:00,5
65		03:21:36.5	598	Kamrad	Achim		Moerser TV	1950	9	M50	04:46,5	00:40:05,2
66		03:21:50.2	78	Boehme	Marc		LC Duisburg	1965	18	M35	04:46,6	00:40:18,9
67		03:21:54.9	1250	Patommel	Jens		Viersener TV 1848	1977	6	MHK	04:47,0	00:40:23,6
68		03:21:55.4	1273	Querdel	Christoph		Viersener TV 1848	1975	7	MHK	04:47,0	00:40:24,1
69		03:22:00.6	1194	de Vos	Willy	BEL	Olne / 4 Cimes	1952	10	M50	04:47,1	00:40:29,3
70		03:22:02.1	402	Reimann	Rolf		GSV Geldern	1972	5	M30	04:47,2	00:40:30,8
71		03:22:08.6	613	Hungermann	Thorsten		Marathon Steinfurt	1976	8	MHK	04:47,2	00:40:37,3
72		03:22:28.4	1152	Rother	Jürgen		Tus Eintracht Bielefel	1956	11	M45	04:47,4	00:40:57,1
73		03:22:54.3	487	Andrick	Guido		TURA Remscheid Sü	1972	6	M30	04:47,9	00:41:23,0
74		03:23:07.1	97	Mettelem	Dieter		Waldfeucht	1956	12	M45	04:48,5	00:41:35,8
75		03:23:22.1	99	Anger	Chris		Bunert Running	1970	7	M30	04:48,8	00:41:50,8
76		03:23:34.3	1078	Tielo	Stephan		LC Aixtreme Aachen	1969	8	M30	04:49,1	00:42:03,0
77		03:23:41.4	1018	Esser	Stefan		LG Gummersbach	1969	9	M30	04:49,4	00:42:10,1
78		03:23:41.7	1017	Rocholz	Frank		LG Gummersbach	1965	19	M35	04:49,6	00:42:10,4
3	W	03:23:54.4	840	Wiora	Anne-Christ		TV Huchem-Stammel	1968	3	W30	04:49,6	00:03:22,7
79		03:23:54.7	1067	Kuehn	Heiko		PSV Halle	1965	20	M35	04:49,9	00:42:23,4
80		03:23:55.2	1122	Scharrenberg	Ulrich		TSV Hochdahl	1948	11	M50	04:49,9	00:42:23,9
81		03:24:07.6	1376	Müller	Willi		SSC Hohe Acht	1947	4	M55	04:49,9	00:42:36,3
82		03:24:38.9	1334	Heitzer	Eric		SSF Bonn	1965	21	M35	04:50,2	00:43:07,6
83		03:25:09.1	667	van Dal	Fré	NED	Achill 87	1958	18	M40	04:51,9	00:43:37,8
84		03:25:46.4	400	Groß-Alt	Werner		DJK Raspo Aachen-	1956	13	M45	04:51,7	00:44:15,1
85		03:25:55.0	1139	Vuik	Jan	NED	AV Gouda	1961	19	M40	04:52,5	00:44:23,7
4	W	03:25:57.7	698	Wassenberg	Beate		VIPP Heerlen	1977	1	WHK	04:52,8	00:05:26,0
5	W	03:26:04.5	799	Welt	Silke		LLT Wallernhausen	1966	1	W35	04:52,8	00:05:32,8
86		03:26:11.2	826	Weber	Burkhard		ETG 47 Wuppertal	1964	22	M35	04:53,0	00:44:39,9
87		03:26:17.1	223	Seeger	Andreas		Marathon Mülheim	1965	23	M35	04:53,1	00:44:45,8
88		03:26:34.1	914	Kallenborn	Richard		Lebach	1948	12	M50	04:53,3	00:45:02,8
89		03:26:52.0	975	Andres	Udo		TV Roetgen	1968	10	M30	04:53,7	00:45:20,7
90		03:26:53.5	1076	Karsch	Jochen		LG Mützenich	1977	9	MHK	04:54,1	00:45:22,2
91		03:26:58.2	309	Geiss	Volker		Wuppertal	1960	20	M40	04:54,1	00:45:26,9
92		03:27:00.8	1160	Zurkuhl	Michael		LT Alsdorf-Ost	1958	21	M40	04:54,3	00:45:29,5
93		03:27:01.7	129	Hardy	Helmut		LT Beverau	1961	22	M40	04:54,3	00:45:30,4
94		03:27:05.1	371	Dischinger	Frank		Aachen	1959	23	M40	04:54,3	00:45:33,8
95		03:27:06.3	695	Bastek	Hermann		TV Roetgen	1951	13	M50	04:54,4	00:45:35,0
96		03:27:08.7	372	Vornholt	Thomas		Aachen	1979	10	MHK	04:54,4	00:45:37,4
97		03:27:17.0	306	Czienera	Rolf		LC Duisburg	1952	14	M50	04:54,5	00:45:45,7
6	W	03:27:22.0	931	Braun	Marion		SV Germania Eicherse	1957	1	W45	04:54,7	00:06:50,3
98		03:27:22.6	443	Braun	Wolfgang		LG Mützenich	1954	14	M45	04:54,8	00:45:51,3
99		03:27:24.3	187	Seiler	Samuel		Wuppertal	1969	11	M30	04:54,8	00:45:53,0
100		03:27:31.4	191	Aven	Michael	USA	Mainzer Chaoten	1960	24	M40	04:54,9	00:46:00,1
101		03:27:34.3	823	Gebauer	Andreas		LLG St. Augustin	1970	12	M30	04:55,0	00:46:03,0
102		03:27:38.4	602	Wimmer	Christian		SV Bedburg-Hau	1970	13	M30	04:55,1	00:46:07,1
103		03:27:46.4	1263	Claassen	Manfred		Dauerlauf Team Köln	1940	1	M60	04:55,2	00:46:15,1
104		03:27:50.8	665	Peeters	Peter	NED	Achill 87	1958	25	M40	04:55,4	00:46:19,5
105		03:27:55.3	1149	Baum	Jürgen		TS Frechen	1949	15	M50	04:55,5	00:46:24,0
106		03:27:59.4	659	Schulz	Stephan		LG 1947 Viersen	1966	24	M35	04:55,6	00:46:28,1
107		03:28:06.4	629	Gerards	Herman	NED	STB Landgraaf	1957	15	M45	04:55,7	00:46:35,1
108		03:28:25.9	418	Kolodzev	Rainer		LG Alpen	1958	26	M40	04:55,9	00:46:54,6
109		03:28:32.2	784	Stark	Michael		Trittau	1970	14	M30	04:56,3	00:47:00,9
110		03:28:38.0	1147	Zwerschke	Klaus Peter		Köln	1961	27	M40	04:56,5	00:47:06,7

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
111		03:28:46.1	579	Reuter	Gusty	LUX	Moutfort	1949	16	M50	04:56,6	00:47:14,8
112		03:28:52.2	1050	Sipers	Henk	NED	AV Limburg	1955	16	M45	04:56,8	00:47:20,9
113		03:28:58.6	1197	Mathus	Francois	BEL	Olne / 4 Cimes	1965	25	M35	04:57,0	00:47:27,3
114		03:29:14.5	1206	Palm	Markus		Köln	1968	15	M30	04:57,1	00:47:43,2
115		03:29:20.2	1249	Palma Sanchez	Francisco	ESP	Sevilla	1967	26	M35	04:57,5	00:47:48,9
116		03:29:37.3	793	Calles	Walter		DLC Aachen	1955	17	M45	04:57,6	00:48:06,0
117		03:29:41.7	626	Weisshaupt	Rolf		TSH/FSHT	1959	28	M40	04:58,0	00:48:10,4
118		03:29:43.7	742	Lorenz	Michael		TV Huchem-Stammel	1958	29	M40	04:58,1	00:48:12,4
119		03:29:44.1	1269	Beier	Uwe		Marathon Mülheim	1954	18	M45	04:58,2	00:48:12,8
120		03:29:45.4	977	Fieber	Andreas		SV Germania Eichersc	1957	19	M45	04:58,2	00:48:14,1
121		03:29:50.9	531	Mathar	Joachim		SV Bergwacht Rohren	1969	16	M30	04:58,2	00:48:19,6
122		03:29:53.9	1045	de Wilde	Marc	BEL	Hevillers	1968	17	M30	04:58,3	00:48:22,6
123		03:29:54.4	1336	Riedel	Roland		DJK Adler 07 Bottro	1963	27	M35	04:58,4	00:48:23,1
124		03:30:00.9	1176	Michollek	Wolfgang		GSV Porz	1960	30	M40	04:58,4	00:48:29,6
125		03:30:02.5	1236	Friedrichs	Ralf		LT Dünnwalder TV	1967	28	M35	04:58,6	00:48:31,2
126		03:30:13.0	280	Peschtrich	Martin		Laufspass SW Sende	1963	29	M35	04:58,6	00:48:41,7
127		03:30:24.3	457	Roder	Edgar		TV Konzen	1957	20	M45	04:58,9	00:48:53,0
128		03:30:27.2	150	Jösch	Stefan		TV Rübenbach	1971	18	M30	04:59,1	00:48:55,9
129		03:30:39.0	1115	Demevere	Guido	BEL	Beselare	1954	21	M45	04:59,2	00:49:07,7
130		03:30:58.6	769	Huck	Henning		DJK Armada Würsele	1967	30	M35	04:59,5	00:49:27,3
131		03:31:02.8	331	Baudek	Gerald		Passtschon 98	1966	31	M35	04:60,9	00:49:31,5
132		03:31:03.3	984	Schlösser	Wolfgang		Europa-Läufer	1961	31	M40	05:00,0	00:49:32,0
133		03:31:04.0	489	Delhez	Christophe	BEL	Bilstain	1973	11	MHK	05:00,1	00:49:32,7
134		03:31:08.4	230	Katholnig	Edi		Köln	1967	32	M35	05:00,1	00:49:37,1
7	W	03:31:16.0	937	Jacobs	Sabine		SV Germania Eichersc	1964	2	W35	05:00,2	00:10:44,3
135		03:31:16.8	929	Offermann	Micha		SV Germania Eichersc	1972	19	M30	05:00,4	00:49:45,5
136		03:31:24.5	1052	Pfeifer	Jo	NED	AV Limburg	1947	5	M55	05:00,4	00:49:53,2
137		03:31:26.9	1157	Ahlrichs	Frank		Remscheid	1961	32	M40	05:00,6	00:49:55,6
138		03:31:34.4	1297	Buntenbroich	Albert		GSV Porz	1958	33	M40	05:00,6	00:50:03,1
139		03:31:43.7	960	Blüher	Klaus		LT SV Westum	1950	17	M50	05:00,8	00:50:12,4
140		03:31:53.7	814	Friedl	Mike		Yesilköy-Istanbul	1951	18	M50	05:01,0	00:50:22,4
141		03:31:54.3	1174	Kneisel	Christof		Trier	1968	20	M30	05:01,2	00:50:23,0
142		03:32:08.0	171	Teßmer	Manfred		SG Holzheim	1950	19	M50	05:01,3	00:50:36,7
143		03:32:16.8	1007	Cortleven	Willem	BEL	Riemst	1948	20	M50	05:01,6	00:50:45,5
144		03:32:37.5	1091	Rüger	Dietrich		VSG Alsdorf	1952	21	M50	05:01,8	00:51:06,2
145		03:32:57.7	777	Suchopar	Klaus		Recklinghausen	1966	33	M35	05:02,3	00:51:26,4
146		03:33:02.9	298	Jimmink	Ron	NED	Loopgroep PK	1972	21	M30	05:02,8	00:51:31,6
147		03:33:08.6	956	Engels	Paul		LLG Kevelaer	1951	22	M50	05:02,9	00:51:37,3
148		03:33:31.3	874	Fahrenbruch	Jens		SV Blau-Gelb Dernau	1974	12	MHK	05:03,0	00:52:00,0
149		03:33:32.7	177	Schneiders	Stefan		SV Lohhof	1959	34	M40	05:03,6	00:52:01,4
150		03:33:45.7	291	Ploss	Achim		SLC Solingen	1960	35	M40	05:03,6	00:52:14,4
151		03:33:50.0	1014	Jarosch	Otto		TuS Wegberg	1955	22	M45	05:03,9	00:52:18,7
152		03:33:55.2	373	Oprée	Christoph		DJK Elmar Kohlschei	1966	34	M35	05:04,0	00:52:23,9
153		03:33:58.9	774	Kohlmev	Till		Auslaufmodelle Eifel	1958	36	M40	05:04,1	00:52:27,6
154		03:34:00.6	1003	Schuffels	Peter		Athletik Waldniel	1964	35	M35	05:04,2	00:52:29,3
8	W	03:34:01.4	932	Schwan	Claudia		SV Germania Eichersc	1966	3	W35	05:04,3	00:13:29,7
155		03:34:02.4	928	Schroiff	Stefan		SV Germania Eichersc	1973	13	MHK	05:04,3	00:52:31,1
156		03:34:19.2	500	Isbrecht	Ulrich		LG Hamm	1962	37	M40	05:04,3	00:52:47,9
157		03:34:19.6	367	Schneider	Jörg		Aachen	1977	14	MHK	05:04,7	00:52:48,3
158		03:34:21.0	498	Theissen	Herbert		Biologische Station	1959	38	M40	05:04,7	00:52:49,7
159		03:34:26.6	276	Lenz	Wolfgang		MC Bad Neuenahr A	1950	23	M50	05:04,7	00:52:55,3
160		03:34:27.9	1294	Greven	Jürgen		Germania 07 Dürwiss	1963	36	M35	05:04,9	00:52:56,6
161		03:34:30.8	249	Freund	Andreas		Emmerich	1960	39	M40	05:04,9	00:52:59,5
162		03:34:35.8	60	Leow	Michael		Mainz	1955	23	M45	05:05,0	00:53:04,5
163		03:34:39.5	484	Pretorius	Dirk		Marathon-Team Don	1969	22	M30	05:05,1	00:53:08,2
164		03:34:40.4	925	Baumgartner	Thomas	AUT	Salzburg	1965	37	M35	05:05,2	00:53:09,1
165		03:34:43.0	1221	Bonn	Heinrich		ABC Köln	1949	24	M50	05:05,2	00:53:11,7
166		03:34:49.1	1318	Joustra	Rob	NED	NSL	1965	38	M35	05:05,3	00:53:17,8

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
167		03:34:52.0	1186	Gerardy	René	BEL	Olne / 4 Cimes	1953	24	M45	05:05,4	00:53:20,7
168		03:35:01.7	817	Monsey	Chris	GBR	Haarlem	1962	40	M40	05:05,5	00:53:30,4
169		03:35:02.9	194	Bengel	Heinz		TV Rügenbach	1944	6	M55	05:05,7	00:53:31,6
170		03:35:10.5	839	Deceuninck	Peter	NED	STB Landgraaf	1965	39	M35	05:05,7	00:53:39,2
171		03:35:11.2	1299	Hausmann	H.-Theo		SG Neukirchen-Hülch	1950	25	M50	05:05,9	00:53:39,9
172		03:35:16.9	1233	Böcker	Claus Dieter		ASV Wesseling	1964	40	M35	05:06,9	00:53:45,6
173		03:35:28.0	1326	Wolf	Berthold		TV Roetgen	1954	25	M45	05:06,1	00:53:56,7
174		03:35:34.5	399	Listl	Bernhard		Aachen	1955	26	M45	05:06,3	00:54:03,2
175		03:35:45.9	396	Winter	Stefan		SC Komet Steckenbor	1965	41	M35	05:06,5	00:54:14,6
176		03:35:49.1	691	Weber	Hermann Jos		TV Bergisch Neukirc	1954	27	M45	05:06,7	00:54:17,8
177		03:35:49.6	905	Schmidt	Ludger		Aachen	1969	23	M30	05:06,8	00:54:18,3
178		03:35:56.7	594	Beckers	Jan	NED	Achilles-Top Kerkrad	1949	26	M50	05:06,8	00:54:25,4
179		03:35:58.7	768	Ziemons	Ralph		Aachen	1950	27	M50	05:07,0	00:54:27,4
180		03:36:05.9	1309	Weber	Burkhard		DJK Frankenberg Aa	1951	28	M50	05:07,0	00:54:34,6
181		03:36:06.4	382	Fechter	Peter		DJK Frankenberg Aa	1971	24	M30	05:07,2	00:54:35,1
9	W	03:36:07.1	603	Knops	Petra	GP	Vaals NL	1959	1	W40	05:07,2	00:15:35,4
182		03:36:07.6	653	Botterweck	Henrik		Aachen	1968	25	M30	05:07,3	00:54:36,3
183		03:36:10.3	966	Richter	Wolfgang		DJK Wißmannsdorf	1968	26	M30	05:07,3	00:54:39,0
184		03:36:20.9	1380	Dor	Patrick	BEL	Antilob	1953	28	M45	05:07,3	00:54:49,6
185		03:36:32.0	707	Tschirch	Jörg		Hamburg	1982	15	MHK	05:07,6	00:55:00,7
186		03:36:32.7	447	Riske	Jürgen		SV Blau-Gelb Dernau	1956	29	M45	05:07,9	00:55:01,4
187		03:36:46.6	1219	Hauprich	Markus		Bad Münstereifel	1975	16	MHK	05:07,9	00:55:15,3
188		03:36:49.4	467	Czaja	Peter		LG Wipperfürth	1954	30	M45	05:08,2	00:55:18,1
189		03:36:51.7	947	DaSilva	Carlos		TV Witzhelden	1974	17	MHK	05:08,3	00:55:20,4
190		03:36:57.9	955	Stollenwerk	Peter		TuS Schmidt	1977	18	MHK	05:08,3	00:55:26,6
191		03:37:06.5	761	Pelzer	Herbert		Nörvenich	1956	31	M45	05:08,4	00:55:35,2
192		03:37:12.2	803	Heinz	Dieter		Aachen	1957	32	M45	05:08,7	00:55:40,9
193		03:37:16.9	907	Landwehr	Matthias		Unirenner Bielefeld	1970	27	M30	05:08,8	00:55:45,6
194		03:37:18.2	327	Kaub	Jan Mauriz		Düsseldorf	1974	19	MHK	05:08,9	00:55:46,9
195		03:37:21.6	242	Ricken	Frank		SV Bayer Wuppertal	1959	41	M40	05:09,9	00:55:50,3
196		03:37:22.1	287	Patommel	Rüdiger		Viersen	1956	33	M45	05:09,0	00:55:50,8
197		03:37:42.0	870	Conrady	Claude	LUX	S-Cape	1957	34	M45	05:09,0	00:56:10,7
198		03:37:47.3	1002	Lappe	Udo		Roetgen	1958	42	M40	05:09,5	00:56:16,0
199		03:37:47.9	675	Sylvester	Dieter		LAV Alfeld	1956	35	M45	05:09,6	00:56:16,6
200		03:37:48.6	62	Brunnmeier	Wofram		Family Team Fit 4 R	1953	36	M45	05:09,6	00:56:17,3
201		03:37:49.4	244	Schneider	Armin		Bornheim	1964	42	M35	05:09,7	00:56:18,1
202		03:37:52.0	14	Bakker	Ron	NED	Just Run	1956	37	M45	05:09,7	00:56:20,7
203		03:37:56.2	526	Bick	Thomas		Team Voreifel	1958	43	M40	05:09,7	00:56:24,9
204		03:37:58.8	1057	Passiatore	Carmelo	ITA	Atl. Avis Macerata	1940	2	M60	05:09,8	00:56:27,5
205		03:38:16.6	669	Abrahams	Toon	NED	Achill 87	1959	44	M40	05:09,9	00:56:45,3
206		03:38:24.6	1013	von der Stein	Christoph		Aachen	1965	43	M35	05:10,3	00:56:53,3
207		03:38:47.2	950	Sindorf	Heinz		TV Rommerskirchen	1942	3	M60	05:10,5	00:57:15,9
208		03:38:53.7	1354	Plum	Jürgen		JSV Baesweiler	1963	44	M35	05:11,1	00:57:22,4
209		03:38:59.8	357	Cremer	Holger		AV Hermes Utrecht	1967	45	M35	05:11,2	00:57:28,5
210		03:39:02.3	433	Reinecke	Jörg		TG Neuss	1953	38	M45	05:11,3	00:57:31,0
211		03:39:08.3	1343	Boldt	Wolfgang		TV 08 Lohmar	1959	45	M40	05:11,4	00:57:37,0
212		03:39:21.0	619	Koch	Wolfgang	LUX	Mersch	1947	7	M55	05:11,6	00:57:49,7
213		03:39:41.2	740	Shimahara	Hideki		DLC Aachen	1975	20	MHK	05:11,9	00:58:09,9
214		03:39:44.7	828	Hecker	Michael		LG Ameln-Linnich	1972	28	M30	05:12,3	00:58:13,4
215		03:39:46.4	201	Garze	Friedhelm		LC Wuppertal	1948	29	M50	05:12,4	00:58:15,1
216		03:39:51.1	775	Grün	Gregor		DJK Mülheim	1959	46	M40	05:12,5	00:58:19,8
217		03:39:53.1	1362	Bischoff	Rolf		DJK Elmar Kohlschei	1940	4	M60	05:12,6	00:58:21,8
218		03:40:07.7	324	Lange	Bodo		SV Beeckerwerth	1941	5	M60	05:12,6	00:58:36,4
219		03:40:19.8	1195	Binot	Jean-Louis	BEL	Olne / 4 Cimes	1964	46	M35	05:13,9	00:58:48,5
220		03:40:22.3	1029	Marx	Hubert		Oldies Kerpen	1951	30	M50	05:13,2	00:58:51,0
221		03:40:25.0	824	Poliski	Ralf		SG Holzheim	1961	47	M40	05:13,3	00:58:53,7
222		03:40:26.9	877	Wolfs	Wim	NED	Achilles-Top Kerkrad	1951	31	M50	05:13,4	00:58:55,6
10	W	03:40:35.3	716	van Za	Marlon	NED	AV Pijnenburg	1964	4	W35	05:13,4	00:20:03,6

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
223		03:40:35.9	718	van Za	Ge	NED	AV Pijnenburg	1941	6	M60	05:13,6	00:59:04,6
224		03:40:42.0	1189	Bouffieux	Alain	BEL	Olne / 4 Cimes	1955	39	M45	05:13,6	00:59:10,7
11	W	03:40:44.6	1332	Feller	Andrea		LTF Marpingen	1971	4	W30	05:13,8	00:20:12,9
225		03:40:51.1	897	Dunkel	Klaus		Forst-Sport RLP	1958	48	M40	05:13,8	00:59:19,8
12	W	03:41:00.8	766	Stader	Claudia		Langenfeld	1970	5	W30	05:14,0	00:20:29,1
226		03:41:02.2	474	Schneider	Uwe		Schorndorf	1959	49	M40	05:14,2	00:59:30,9
227		03:41:03.2	1094	Gillessen	Kurt		LG Mützenich	1955	40	M45	05:14,3	00:59:31,9
228		03:41:04.3	1261	Verbunt	Albert	NED	STB Landgraaf	1947	8	M55	05:14,3	00:59:33,0
229		03:41:05.1	1330	Machida	Katzhiko		Köln	1979	21	MHK	05:14,3	00:59:33,8
230		03:41:11.7	1184	Witt	Bruno		Spiridon Hochwald	1953	41	M45	05:14,3	00:59:40,4
231		03:41:19.2	59	Grimmel	Uwe		SPT Hilden Landweh	1966	47	M35	05:14,5	00:59:47,9
232		03:41:27.4	262	Nofftz	Klaus		Neukirchener TV	1957	42	M45	05:14,7	00:59:56,1
233		03:41:35.9	1345	Last	Ralf		DJK Elmar Kohlschei	1962	50	M40	05:14,8	01:00:04,6
234		03:41:47.1	1280	Edwards	Gregory	BEL	Brüssel	1959	51	M40	05:15,0	01:00:15,8
235		03:41:50.4	965	Göbel	Erwin		DJK Wißmannsdorf	1958	52	M40	05:15,3	01:00:19,1
236		03:41:53.4	251	Stückerjürgen	Karl-Heinz		Laufspass SW Sende	1961	53	M40	05:15,4	01:00:22,1
237		03:41:54.1	1129	Brücher	Peter Dirk		Köln	1958	54	M40	05:15,5	01:00:22,8
238		03:42:00.8	430	Plein	Winfried		LT Bruch	1956	43	M45	05:15,5	01:00:29,5
239		03:42:02.3	838	Maczkiewicz	Arnold		LC Euskirchen	1955	44	M45	05:15,6	01:00:31,0
240		03:42:17.7	1192	Kenler	Philippe	BEL	Olne / 4 Cimes	1958	55	M40	05:15,7	01:00:46,4
241		03:42:18.3	184	Schmadalla	Thomas		SchwerkrankeKinder	1962	56	M40	05:16,0	01:00:47,0
242		03:42:27.9	528	Bodes	Theo		Remagen	1959	57	M40	05:16,1	01:00:56,6
243		03:42:31.6	553	Blum	Robert		Neuwied-Engers	1959	58	M40	05:16,3	01:01:00,3
244		03:42:35.8	105	Fuchs	Axel Wolfga		Gazelle Pforzheim	1956	45	M45	05:16,4	01:01:04,5
245		03:42:42.9	1367	Flehmig	Dr. Thomas		LT Lintorf	1954	46	M45	05:16,5	01:01:11,6
13	W	03:42:43.5	1270	Beier	Heike		LAV Oberhausen	1959	2	W40	05:16,6	00:22:11,8
246		03:42:44.1	605	Lenz	Klaus		LG Pronsfeld-Lüneba	1952	32	M50	05:16,6	01:01:12,8
247		03:42:44.7	577	Heinen	Frank		LG Pronsfeld-Lüneba	1968	29	M30	05:16,7	01:01:13,4
14	W	03:42:46.3	1106	Brünnet	Susanne		Trier	1964	5	W35	05:16,7	00:22:14,6
248		03:43:03.6	706	Engel	Jörg		Friedberg	1973	22	MHK	05:16,7	01:01:32,3
249		03:43:04.4	45	Majewskv	Heinz		DJK Elmar Kohlschei	1967	48	M35	05:17,1	01:01:33,1
15	W	03:43:18.5	971	Lockhorn	Maria		LF Emsland	1954	2	W45	05:17,1	00:22:46,8
250		03:43:26.4	949	Grefrath	Norman		Marathon Mülheim	1963	49	M35	05:17,5	01:01:55,1
251		03:43:28.0	859	Jahnke	Jürgen		GSV Geldern	1959	59	M40	05:17,7	01:01:56,7
252		03:43:29.5	954	Walden	Udo		TG Neuss	1955	47	M45	05:17,7	01:01:58,2
16	W	03:43:48.6	643	Guttenberger	Josi		Wellcome	1961	3	W40	05:17,7	00:23:16,9
253		03:43:48.9	644	Guttenberger	Johann		Wellcome	1960	60	M40	05:18,2	01:02:17,6
254		03:43:50.3	724	Pronk	Henk	NED	AV Pijnenburg	1949	33	M50	05:18,2	01:02:19,0
255		03:43:51.0	456	Karbig	Georg		Zülpich	1966	50	M35	05:18,2	01:02:19,7
256		03:43:52.7	231	Mies	Bernd		Gelb-Weis-Nemmenic	1967	51	M35	05:18,3	01:02:21,4
257		03:43:54.7	1055	Lemmens	Alain	BEL	WAC	1962	61	M40	05:18,3	01:02:23,4
258		03:43:56.9	1070	Zeiger	Tobias		LC Vettweiss	1972	30	M30	05:18,3	01:02:25,6
259		03:43:58.2	416	Strathoff	Jürgen		LG Habbeskamp	1958	62	M40	05:18,4	01:02:26,9
260		03:43:59.0	899	Bollen	Harry	NED	Laufteam Unna	1955	48	M45	05:18,4	01:02:27,7
261		03:44:06.2	170	van der Plas	Maarten	NED	NSL	1965	52	M35	05:18,4	01:02:34,9
262		03:44:20.3	243	Thienel	Frank		Viva Vegan Moitzfeld	1962	63	M40	05:18,6	01:02:49,0
263		03:44:28.6	568	Weiss	Johannes		TURA Brügggen	1957	49	M45	05:19,9	01:02:57,3
264		03:44:30.0	898	Korte	Dieter		LSF Münster	1947	9	M55	05:19,1	01:02:58,7
265		03:44:31.4	131	Rohn	Karsten		Viersen	1969	31	M30	05:19,2	01:03:00,1
266		03:44:33.4	987	Seul	Wolfgang		LT SV Westum	1947	10	M55	05:19,2	01:03:02,1
267		03:44:35.6	922	Aretz	Manfred		LAV Bad Godesberg	1947	11	M55	05:19,3	01:03:04,3
268		03:44:37.3	339	Lenzen	Dieter		TSV Kesternich	1949	34	M50	05:19,3	01:03:06,0
17	W	03:44:41.2	1064	Sussner	Inge		ASV Veitsbronn	1943	1	W55	05:19,3	00:24:09,5
269		03:44:57.3	1292	Jeurissen	Arno	NED	Peelrunners	1957	50	M45	05:19,4	01:03:26,0
270		03:45:03.7	246	Lakämper	Franz		Laufspass SW Sende	1964	53	M35	05:19,8	01:03:32,4
271		03:45:04.5	22	Rüther	Udo		Wuppertal	1960	64	M40	05:20,0	01:03:33,2
272		03:45:23.7	763	Schneider	Norbert		LT Lintorf	1942	7	M60	05:20,0	01:03:52,4
273		03:45:27.6	359	Selle	Ralf		SC Oberlahn	1970	32	M30	05:20,4	01:03:56,3

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
274		03:45:29.0	426	Roeser	Bruno		TRT Power Aegidien	1954	51	M45	05:20,5	01:03:57,7
18	W	03:45:38.4	275	Paetz	Andrea		MC Bad Neuenahr A	1967	6	W35	05:20,6	00:25:06,7
275		03:45:45.2	1268	Hilsenbeck	Johannes		DJK Dedenborn	1972	33	M30	05:20,8	01:04:13,9
276		03:45:47.5	495	Steckel	Manfred		LT Uni Köln	1955	52	M45	05:21,0	01:04:16,2
277		03:45:49.0	1148	Roels	Teau-Claude	BEL	Oostende	1960	65	M40	05:21,0	01:04:17,7
278		03:45:50.1	575	Schuppe	Thomas Elm		Köln	1965	54	M35	05:21,1	01:04:18,8
279		03:46:01.4	714	Klein	Oliver		Hürth	1966	55	M35	05:21,1	01:04:30,1
280		03:46:01.7	609	Michels	Harry		Köln	1965	56	M35	05:21,3	01:04:30,4
281		03:46:12.7	282	Doods	Stephan		SC Südlohn 28	1961	66	M40	05:21,3	01:04:41,4
282		03:46:13.7	288	Schneiders	Ralf		LF Hadi Wesel	1967	57	M35	05:21,6	01:04:42,4
283		03:46:21.7	876	Hönig	Adalbert		Bedburg	1942	8	M60	05:21,6	01:04:50,4
284		03:46:24.3	31	Stürmer	Markus		Fischbach	1973	23	MHK	05:21,8	01:04:53,0
285		03:46:27.1	169	Buitenhek	André	NED	NSL	1965	58	M35	05:21,9	01:04:55,8
286		03:46:29.0	887	Goffart	Theo		FC Viktoria Huppenb	1955	53	M45	05:22,0	01:04:57,7
287		03:46:34.7	1360	van Osischat	Paul		Achilles-Top Kerkrad	1966	59	M35	05:22,0	01:05:03,4
288		03:46:36.1	1028	Jacobs	Ulrich		MC Bad Neuenahr A	1954	54	M45	05:22,1	01:05:04,8
289		03:46:42.0	308	Wilke	Ulrich		Bochum	1963	60	M35	05:22,2	01:05:10,7
290		03:46:47.3	1163	Wolf	Thomas		Ruppertsberg	1961	67	M40	05:22,3	01:05:16,0
291		03:47:02.3	650	Croé	Johannes		Blankenheim-Reetz	1968	34	M30	05:22,4	01:05:31,0
292		03:47:03.8	910	Czock	Jürgen		SV Bergweiler	1960	68	M40	05:22,8	01:05:32,5
293		03:47:04.6	1086	Risch	Joachim		Köln	1955	55	M45	05:22,8	01:05:33,3
294		03:47:15.0	860	Gerlach	Rainer		LT Beverau	1959	69	M40	05:22,8	01:05:43,7
19	W	03:47:18.0	424	Cremer	Katrin		Aachen	1970	6	W30	05:23,1	00:26:46,3
295		03:47:19.4	972	Berns	Rene		Frechen	1969	35	M30	05:23,2	01:05:48,1
20	W	03:47:19.9	1264	Krott	Anja		TV Roetgen	1962	4	W40	05:23,2	00:26:48,2
296		03:47:20.9	1265	Krott	Alfred		TV Roetgen	1961	70	M40	05:23,2	01:05:49,6
297		03:47:24.3	545	Schad	Thomas		TURA Remscheid Sü	1963	61	M35	05:23,2	01:05:53,0
298		03:47:25.6	434	Sehnke	Peter		TURA Remscheid Sü	1968	36	M30	05:23,3	01:05:54,3
299		03:47:26.6	360	Roth	Andreas		TSG Oberbrechen	1966	62	M35	05:23,3	01:05:55,3
300		03:47:27.6	901	Niedergesäss	Frank		LC Duisburg	1960	71	M40	05:23,4	01:05:56,3
301		03:47:33.3	1324	Kempinski	Roger	NED	Bemelen	1972	37	M30	05:23,4	01:06:02,0
302		03:47:40.4	1341	Jensen	Oke		LT ASV Kemperdick	1960	72	M40	05:23,5	01:06:09,1
303		03:47:41.9	523	Mueller	Norbert		Köln	1964	63	M35	05:23,7	01:06:10,6
304		03:47:57.3	259	Sentis	Leo		VSV Grenzland Wegb	1936	1	M65	05:23,7	01:06:26,0
305		03:47:59.2	1245	Kämmerling	Dr. Michael		TSV Wachtendonk-W	1958	73	M40	05:24,1	01:06:27,9
306		03:48:04.7	645	Winslow	Marc		Aachen	1979	24	MHK	05:24,1	01:06:33,4
307		03:48:15.9	1024	Busch	Bernd Rüdig		Langerwehe	1941	9	M60	05:24,3	01:06:44,6
308		03:48:16.4	1381	Möres	Frank		Pulheim	1974	25	MHK	05:24,5	01:06:45,1
21	W	03:48:20.3	1266	Jansen	Jolanda	NED	SV Friesland	1978	2	WHK	05:24,5	00:27:48,6
309		03:48:25.9	996	Fernhomberg	Burkhard		Ückerather Plattföös	1956	56	M45	05:24,6	01:06:54,6
310		03:48:27.2	346	Hartmann	Lars		SC Oberlahn	1977	26	MHK	05:24,8	01:06:55,9
311		03:48:28.5	776	Meiss	Alexander		SuS Stadtlohn	1976	27	MHK	05:24,8	01:06:57,2
22	W	03:48:31.2	935	Offermann	Petra		SV Germania Eicherse	1959	5	W40	05:24,8	00:27:59,5
312		03:48:34.8	951	Kretschmann	Ernest		Rommerskirchen	1953	57	M45	05:24,9	01:07:03,5
23	W	03:48:41.0	1193	Counson	Veronique	BEL	Olne / 4 Cimes	1962	6	W40	05:25,0	00:28:09,3
313		03:48:45.9	41	Lempert	Oliver		TuS 08 Rheinberg	1970	38	M30	05:25,1	01:07:14,6
314		03:48:49.1	1171	Franken	Rainer		Herzogenrath	1964	64	M35	05:25,2	01:07:17,8
315		03:48:56.0	567	Dahms	Lothar		Alfterer SC	1947	12	M55	05:25,3	01:07:24,7
316		03:48:58.8	493	Brennert	Kurt		Dormagen	1945	13	M55	05:25,5	01:07:27,5
317		03:49:03.5	299	Jimmink	Dirk	NED	Loopgroep PK	1950	35	M50	05:25,5	01:07:32,2
24	W	03:49:05.0	641	Görner	Astrid		Mönchengladbacher L	1978	3	WHK	05:25,7	00:28:33,3
25	W	03:49:05.4	558	Schulte-Wefers	Uta		Mönchengladbacher L	1974	4	WHK	05:25,7	00:28:33,7
318		03:49:06.5	881	Jansen	Robert		Mönchengladbacher L	1961	74	M40	05:25,7	01:07:35,2
319		03:49:12.4	502	Weuthen	Johannes		LT MG-Volksgarten	1954	58	M45	05:25,7	01:07:41,1
320		03:49:16.4	804	Foemer	Ludwig		Zülpich	1966	65	M35	05:25,9	01:07:45,1
321		03:49:27.7	112	Pohl	Martin		Solingen	1972	39	M30	05:26,0	01:07:56,4
322		03:49:31.9	1073	Roth	Dr. Edwin		TV Refrath	1953	59	M45	05:26,2	01:08:00,6
323		03:49:33.4	1260	Minn	Norbert		TV 08 Neunkirchen	1962	75	M40	05:26,3	01:08:02,1

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
324		03:49:35.5	890	Grigo	Helge		TV Konzen	1963	66	M35	05:26,4	01:08:04,2
325		03:49:37.0	832	Hüsken	Norbert		DJK Adler 07 Bottro	1952	36	M50	05:26,4	01:08:05,7
326		03:49:42.8	448	Kelter	Bernd		SV Blau-Gelb Dernau	1958	76	M40	05:26,5	01:08:11,5
327		03:50:04.8	825	Margraff	Manfred		LG Pronsfeld-Lüneba	1968	40	M30	05:26,6	01:08:33,5
328		03:50:05.4	21	Schöngen	Dr. Peter		Heinsberg	1965	67	M35	05:27,1	01:08:34,1
329		03:50:05.9	358	Wagner	Kuno		TV Niederbrechen	1964	68	M35	05:27,1	01:08:34,6
330		03:50:13.4	759	Soeters	Frits	NED	EAC de Sperwers	1949	37	M50	05:27,1	01:08:42,1
331		03:50:14.1	998	Conrad	Michael		TRI Jägersburg	1967	69	M35	05:27,3	01:08:42,8
332		03:50:15.0	1020	Niemann	Andreas		LG Gummersbach	1964	70	M35	05:27,3	01:08:43,7
333		03:50:15.8	1143	König	Detlev	NED	AV Gouda	1950	38	M50	05:27,4	01:08:44,5
334		03:50:18.9	108	Schruff	Wolfgang		TV Roetgen	1968	41	M30	05:27,4	01:08:47,6
335		03:50:19.8	731	Emontsbotz	Jürgen		LT Mythos Stolberg	1966	71	M35	05:27,4	01:08:48,5
336		03:50:20.9	329	Knauf	Albert		LG Mützenich	1964	72	M35	05:27,5	01:08:49,6
337		03:50:28.2	847	Clausing	Andreas		LSF Münster	1960	77	M40	05:27,5	01:08:56,9
338		03:50:31.9	1232	van Kerkhoven	Eric	BEL	Olne / 4 Cimes	1968	42	M30	05:27,7	01:09:00,6
339		03:50:32.6	422	Jaas	Lee		CA Dudelange	1952	39	M50	05:27,7	01:09:01,3
340		03:50:34.0	1165	Schiffer	Karl		Dormagen	1953	60	M45	05:27,8	01:09:02,7
341		03:50:34.9	755	Küppers	Herbert		DJK Gillrath 1911	1968	43	M30	05:27,8	01:09:03,6
342		03:50:37.2	166	van den Berg	Kees	NED	NSL	1955	61	M45	05:27,8	01:09:05,9
343		03:50:44.9	680	Schmitz	Karl Albert		Euskirchen	1955	62	M45	05:27,9	01:09:13,6
344		03:50:48.8	1151	Stalitz	Amo		DJK Elmar Kohlschei	1964	73	M35	05:28,0	01:09:17,5
345		03:50:58.4	477	Schiffer	Klaus		Unstabiler Straßenran	1962	78	M40	05:28,1	01:09:27,1
346		03:50:58.9	481	Reisinger	Hartwig		Unstabiler Straßenran	1960	79	M40	05:28,4	01:09:27,6
347		03:50:59.6	480	Blesken	Michael		Unstabiler Straßenran	1957	63	M45	05:28,4	01:09:28,3
348		03:51:00.3	214	Kant	Walther		BSG Stadt Köln	1962	80	M40	05:28,4	01:09:29,0
349		03:51:02.5	1312	Vogt	Hans-Peter		LKD Düsseldorf	1956	64	M45	05:28,4	01:09:31,2
350		03:51:12.0	668	Sande Vande	Jack	NED	Achill 87	1950	40	M50	05:28,5	01:09:40,7
351		03:51:14.1	1190	Pierron	Roland	BEL	Olne / 4 Cimes	1946	14	M55	05:28,7	01:09:42,8
352		03:51:21.7	912	Mahmoudi	Mahmoud		Wuppertal	1957	65	M45	05:28,8	01:09:50,4
353		03:51:22.2	1131	Dederichs	Frank		SV Bergwacht Rohren	1981	28	MHK	05:29,9	01:09:50,9
354		03:51:23.3	1001	Voß	Peter		Aschelohrer Gipfelsür	1968	44	M30	05:29,9	01:09:52,0
355		03:51:31.6	1077	Schüller	Udo		Düren	1963	74	M35	05:29,0	01:10:00,3
356		03:51:37.9	946	Kumherr	Uwe		TV Witzhelden	1961	81	M40	05:29,2	01:10:06,6
357		03:51:49.6	1047	Punt	Kees	NED	AV Limburg	1956	66	M45	05:29,3	01:10:18,3
358		03:51:50.4	238	Meyer	Dieter		Laufpass SW Sende	1958	82	M40	05:29,6	01:10:19,1
359		03:51:57.0	88	Kirschsieper	Lothar		TURA Remscheid Sü	1948	41	M50	05:29,6	01:10:25,7
360		03:52:03.5	1177	Schoenen	Jürgen		Germania 07 Dürwiss	1962	83	M40	05:29,8	01:10:32,2
361		03:52:08.9	1156	Wilfert	Jürgen		Stolberg	1963	75	M35	05:29,9	01:10:37,6
362		03:52:09.8	1074	Becker	Rainer		Haltern am See	1963	76	M35	05:30,0	01:10:38,5
363		03:52:13.6	235	Schmielewski	Jens		Köln	1967	77	M35	05:30,1	01:10:42,3
364		03:52:15.3	174	Reiner	Detlev		Dauerrenner.de	1968	45	M30	05:30,2	01:10:44,0
365		03:52:15.9	107	Fergon	Zbigniew		Duisburg	1964	78	M35	05:30,2	01:10:44,6
366		03:52:17.4	1347	Heykers	Henk	NED	AVON Heerlen	1960	84	M40	05:30,2	01:10:46,1
367		03:52:22.2	671	de Bruijn	Jurriaan A.	NED	Veteranen Nederland	1940	10	M60	05:30,2	01:10:50,9
368		03:52:26.0	1099	Erkens	Hub	NED	STB Brunsummerhei	1950	42	M50	05:30,4	01:10:54,7
369		03:52:26.6	869	Petsching	Werner		Lauftiere Thier	1964	79	M35	05:30,5	01:10:55,3
370		03:52:27.5	658	Richter	Stefan		Daun	1965	80	M35	05:30,5	01:10:56,2
371		03:52:30.2	1000	Eßer	Toni		BSG Endemol	1966	81	M35	05:30,5	01:10:58,9
372		03:52:32.1	640	Keller	Kai Peter		Visteon Wülfrath	1966	82	M35	05:30,6	01:11:00,8
373		03:52:32.9	1144	Rosler	Alois		Falkenauel	1953	67	M45	05:30,6	01:11:01,6
374		03:52:44.4	417	Kempken	Steffen		TV Düren	1964	83	M35	05:30,6	01:11:13,1
375		03:52:45.8	421	Wolff	Frank		WF Siegperle	1961	85	M40	05:30,9	01:11:14,5
376		03:52:51.4	888	Hoff	Helmut		TV Konzen	1956	68	M45	05:30,9	01:11:20,1
377		03:52:52.0	782	Bönnner	Manfred		LC Wuppertal	1949	43	M50	05:31,1	01:11:20,7
378		03:52:53.2	756	Wendland	Tilo		SV Schermbeck	1963	84	M35	05:31,1	01:11:21,9
379		03:53:03.3	125	Pink	Günter		LC Völklingen	1953	69	M45	05:31,1	01:11:32,0
26	W	03:53:08.7	140	Schönfeld	Dagmar		Lufithansa SV HH	1968	7	W30	05:31,3	00:32:37,0
380		03:53:11.7	753	Stubbe	Hans-Joachi		VfB Hannover	1955	70	M45	05:31,5	01:11:40,4

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
381		03:53:14.9	26	Brendel	Jörg		Als Lank	1960	86	M40	05:31,5	01:11:43,6
382		03:53:15.5	337	Thieme	Joachim		BPW Bergische Achs	1958	87	M40	05:31,6	01:11:44,2
383		03:53:21.7	70	Hanke	Peter		MTV Schladen	1946	15	M55	05:31,6	01:11:50,4
27	W	03:53:22.1	265	Trippe	Hiltrud		SV 47 Mutscheid	1957	3	W45	05:31,8	00:32:50,4
384		03:53:22.6	263	Dederichs	Hans-Josef		SV 47 Mutscheid	1940	11	M60	05:31,8	01:11:51,3
385		03:53:23.0	207	Kurth	Frank		SV 47 Mutscheid	1964	85	M35	05:31,8	01:11:51,7
386		03:53:23.4	294	Schmitz	Walter		SV 47 Mutscheid	1964	86	M35	05:31,8	01:11:52,1
387		03:53:31.3	81	Scheeff	Günter		SG Stern Stuttgart	1952	44	M50	05:31,8	01:12:00,0
388		03:53:35.5	8	Arens	Norbert		Köln	1963	87	M35	05:32,0	01:12:04,2
389		03:53:40.8	926	Kaulard	Herbert		SV Germania Eichersc	1951	45	M50	05:32,1	01:12:09,5
390		03:53:41.3	1172	Breitkopf	Jörg		Aachen	1961	88	M40	05:32,2	01:12:10,0
391		03:53:41.6	848	Förster	Michael		SV Germania Eichersc	1975	29	MHK	05:32,2	01:12:10,3
392		03:53:42.3	930	Schütt	Bernd		SV Germania Eichersc	1959	89	M40	05:32,2	01:12:11,0
393		03:53:45.8	681	Fuß	Dieter		Kreuzau	1970	46	M30	05:32,3	01:12:14,5
394		03:53:46.5	226	Levermann	Werner		Foto Team	1949	46	M50	05:32,3	01:12:15,2
395		03:53:54.0	1119	Krebs	Hans-Joachi		Hansa Simmerath	1947	16	M55	05:32,4	01:12:22,7
396		03:53:58.6	183	Fröhlich	Mike		Düsseldorf	1974	30	MHK	05:32,5	01:12:27,3
397		03:53:59.3	182	Jaspers	Jürgen		Kleve	1968	47	M30	05:32,6	01:12:28,0
398		03:54:08.0	967	Walther	Wolfgang		SC Komet Steckenbor	1956	71	M45	05:32,7	01:12:36,7
28	W	03:54:11.2	1133	Linnartz	Biei		Germania 07 Dürwiss	1961	7	W40	05:32,9	00:33:39,5
399		03:54:11.5	1134	Kaever	Stefan		Germania 07 Dürwiss	1966	88	M35	05:33,0	01:12:40,2
400		03:54:12.3	841	Wiora	Cord Johann		TV Huchem-Stammel	1968	48	M30	05:33,0	01:12:41,0
401		03:54:13.4	454	Dolfus	Winfried		Jülich	1950	47	M50	05:33,0	01:12:42,1
402		03:54:14.0	375	Schulz	Wolfgang		Overath	1968	49	M30	05:33,0	01:12:42,7
403		03:54:15.8	72	Hartung-Hauke	Hans-Jürgen		Goch	1944	17	M55	05:33,0	01:12:44,5
404		03:54:16.8	1004	Roder	Gerd		LG Mützenich	1955	72	M45	05:33,0	01:12:45,5
405		03:54:34.3	383	Heitz	Sven		Rosa Pullis	1977	31	MHK	05:33,1	01:13:03,0
406		03:54:35.5	354	Heynen	Thomas		LC Aixtreme Aachen	1962	90	M40	05:33,5	01:13:04,2
407		03:54:39.8	845	Altendorf	Oskar		TV Refrath	1951	48	M50	05:33,5	01:13:08,5
408		03:54:43.7	885	Laese	Christian		LK Düsseldorf	1951	49	M50	05:33,6	01:13:12,4
409		03:54:46.3	519	Laakmann	Theo		TuS 08 Rheinberg	1935	2	M65	05:33,7	01:13:15,0
410		03:54:47.0	1110	Darlinghoff	Heinz		LG Eifel-Runners	1952	50	M50	05:33,8	01:13:15,7
411		03:54:52.1	712	Bode	Matthias		Hergenrath	1966	89	M35	05:33,8	01:13:20,8
412		03:54:52.7	1123	Oelers	Heinrich		DJK Armada Würsele	1955	73	M45	05:34,9	01:13:21,4
413		03:54:53.3	662	Wotzlaw	Mathias		ASV Köln	1963	90	M35	05:34,9	01:13:22,0
414		03:54:54.3	386	Breidenbach	Holger		TV 08 Neunkirchen	1960	91	M40	05:34,9	01:13:23,0
415		03:54:54.7	295	Putz	Harry		TV 08 Neunkirchen	1959	92	M40	05:34,0	01:13:23,4
416		03:54:56.8	1063	Binding	Carsten		Meckenheim	1978	32	MHK	05:34,0	01:13:25,5
417		03:54:58.5	1125	Thiele	Holger		Solingen	1959	93	M40	05:34,0	01:13:27,2
29	W	03:55:07.5	806	Dabrowski	Elisabeth		DLC Aachen	1954	4	W45	05:34,1	00:34:35,8
418		03:55:08.3	676	Nicklaus	Ulrich		KLB 2000	1956	74	M45	05:34,3	01:13:37,0
419		03:55:10.9	405	Szakowski	Wolfgang		LF Nideggen	1963	91	M35	05:34,3	01:13:39,6
420		03:55:15.6	872	de Faber	Peter	NED	LC Euskirchen	1964	92	M35	05:34,3	01:13:44,3
421		03:55:18.8	787	Feilen	Heinz		Alsdorf	1962	94	M40	05:34,5	01:13:47,5
422		03:55:20.9	554	Zumann	Michael		Staubwolke Dormage	1967	93	M35	05:34,5	01:13:49,6
423		03:55:25.9	1204	Lev	Helmut		Homberger TV	1946	18	M55	05:34,6	01:13:54,6
424		03:55:26.7	395	Wev	Heiner		Brüggen	1957	75	M45	05:34,7	01:13:55,4
425		03:55:46.5	588	Bäcker	Ralf		TURA Remscheid Sü	1982	33	MHK	05:34,7	01:14:15,2
426		03:55:46.8	1080	Fiedler	Bernd		BSG Delphi Draka	1954	76	M45	05:35,2	01:14:15,5
427		03:55:48.9	522	Tunnat	Gerd		Warmisdorfer SV	1969	50	M30	05:35,2	01:14:17,6
428		03:55:52.5	369	Mulder	Thomas		LT DJK Kalkar	1967	94	M35	05:35,3	01:14:21,2
429		03:56:07.8	1284	Berners	Paul		Dharma Kallmuth	1945	19	M55	05:35,3	01:14:36,5
430		03:56:08.6	686	Dieckhoff	Ulrich		Bergisch-Gladbach	1952	51	M50	05:35,7	01:14:37,3
431		03:56:09.1	300	Ritz	Herbert		Int.Frisbee Run	1968	51	M30	05:35,7	01:14:37,8
432		03:56:09.5	633	Gülpen	Ralf		Int. Frisbee Run	1968	52	M30	05:35,7	01:14:38,2
433		03:56:09.9	873	Schwickert	Harald		Übach-Palenberg	1958	95	M40	05:35,7	01:14:38,6
434		03:56:10.3	1089	Wagner	Leo		LT Baar	1958	96	M40	05:35,7	01:14:39,0
435		03:56:17.3	1358	Gramer	Rüdiger		LC Euskirchen	1963	95	M35	05:35,8	01:14:46,0

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
436		03:56:17.6	1026	Lexen	Peter		SV Bergwacht Rohren	1978	34	MHK	05:36,9	01:14:46,3
437		03:56:21.9	792	Reibold	Matthias		DLC Aachen	1960	97	M40	05:36,9	01:14:50,6
438		03:56:24.1	1100	Leis	Andreas		TV Konzen	1980	35	MHK	05:36,0	01:14:52,8
439		03:56:24.5	1101	Werker	Christian		TV Konzen	1982	36	MHK	05:36,1	01:14:53,2
440		03:56:24.9	891	Schreiber	Heinz		TV Konzen	1965	96	M35	05:36,1	01:14:53,6
441		03:56:38.8	1321	Lorenz	Klaus		LT Meckenheim	1954	77	M45	05:36,1	01:15:07,5
442		03:56:39.5	670	Marsé	Jules	NED	Achill 87	1957	78	M45	05:36,4	01:15:08,2
443		03:56:40.4	342	Thiele	Frank		Aachen	1971	53	M30	05:36,5	01:15:09,1
444		03:56:45.4	1258	Turksma	Siebe	NED	GAC	1953	79	M45	05:36,5	01:15:14,1
445		03:56:46.0	1104	Goedegebuure	Robert	NED	Selkant	1960	98	M40	05:36,6	01:15:14,7
446		03:56:51.1	715	Becker	Ralf		LT Waldalgesheim	1964	97	M35	05:36,6	01:15:19,8
447		03:56:53.4	334	Graf	Jürgen		DLC Aachen	1969	54	M30	05:36,7	01:15:22,1
448		03:57:08.3	562	Fischedick	Manfred		Fischis Club	1964	98	M35	05:36,8	01:15:37,0
449		03:57:08.9	224	Unterhansberg	Holger		Marathon Müllheim	1963	99	M35	05:37,1	01:15:37,6
450		03:57:12.7	351	Strigl	Wilhelm		Bilthoven	1965	100	M35	05:37,1	01:15:41,4
30	W	03:57:16.7	440	Baumann	Annett		Bad Vilbel	1969	8	W30	05:37,2	00:36:45,0
451		03:57:20.9	197	Stoldt	Reiner		TG Neuss	1949	52	M50	05:37,3	01:15:49,6
452		03:57:40.4	1162	Stolte	Wolfgang		LT Kemperdick	1957	80	M45	05:37,4	01:16:09,1
453		03:57:42.6	989	Köller	Roland		BSG Allianz Köln	1956	81	M45	05:37,9	01:16:11,3
454		03:57:44.4	1277	Kamps	Roland		Viersener TV 1848	1955	82	M45	05:38,0	01:16:13,1
455		03:57:45.2	734	Kühl	Udo		LT Mythos Stolberg	1965	101	M35	05:38,0	01:16:13,9
456		03:57:45.9	1211	Schlüter	Gabriel		Wiesbaden	1949	53	M50	05:38,0	01:16:14,6
457		03:57:49.7	1238	Schneiders	Helmut		Mönchengladbach	1963	102	M35	05:38,0	01:16:18,4
458		03:57:59.3	1346	Wintgens	Jürgen		TV Rheindahlen	1958	99	M40	05:38,1	01:16:28,0
459		03:57:59.6	911	Anders	Jens		SSV Bonn	1965	103	M35	05:38,4	01:16:28,3
460		03:58:02.3	179	Pfeifer	Berndt		Cologne Road Crew	1953	83	M45	05:38,4	01:16:31,0
461		03:58:02.8	219	Meinen	Jens		BSG Stadt Köln	1954	84	M45	05:38,4	01:16:31,5
462		03:58:03.2	211	Glasmacher	Herbert		BSG Stadt Köln	1954	85	M45	05:38,4	01:16:31,9
463		03:58:03.7	18	Schacht	Frank		Hattingen	1966	104	M35	05:38,4	01:16:32,4
464		03:58:05.3	1015	Löhndorf	Hans-Georg		Alfterer SC	1957	86	M45	05:38,4	01:16:34,0
465		03:58:06.5	758	Klein	Henning		Düsseldorf	1973	37	MHK	05:38,5	01:16:35,2
466		03:58:07.3	118	Classen	Reimund		TuS Herta Hetzerath	1964	105	M35	05:38,5	01:16:36,0
467		03:58:08.1	406	Schueppen	Walter		Böblingen	1946	20	M55	05:38,5	01:16:36,8
468		03:58:30.1	818	Fischer	Helmuth		AS Neukirchen Vluyn	1946	21	M55	05:38,6	01:16:58,8
469		03:58:31.0	1135	Klinkenberg	Frank		DLC Aachen	1946	22	M55	05:39,1	01:16:59,7
470		03:58:32.2	811	Weidenhaupt	Cornelius		Jüllich	1959	100	M40	05:39,1	01:17:00,9
471		03:58:34.1	959	Ludwig	Manfred		DJK Kleinenbroich	1940	12	M60	05:39,1	01:17:02,8
472		03:58:36.8	356	Wirtz	Manfred		HF Kerpen	1952	54	M50	05:39,2	01:17:05,5
473		03:58:38.6	1124	Severt	Thomas		LT TuS Mondorf	1966	106	M35	05:39,2	01:17:07,3
31	W	03:58:39.9	979	Mischo	Miriam		DLC Aachen	1967	7	W35	05:39,3	00:38:08,2
474		03:58:40.7	770	Behbehani	Ramin	IRN	LC Aixtreme Aachen	1967	107	M35	05:39,3	01:17:09,4
475		03:58:41.9	940	Freigeber	Jürgen		TV Witzhelden	1955	87	M45	05:39,3	01:17:10,6
32	W	03:58:43.9	1210	Schlatter	Elvira		Aumühle	1966	8	W35	05:39,4	00:38:12,2
476		03:58:46.5	1182	Griesche	Guido		World Of Fitness	1959	101	M40	05:39,4	01:17:15,2
477		03:58:54.1	1118	Weiß	Ansgar		Leverkusen	1966	108	M35	05:39,5	01:17:22,8
478		03:58:54.9	1032	Reininghaus	Volker		TV 08 Neunkirchen	1960	102	M40	05:39,7	01:17:23,6
479		03:58:55.6	556	Kirschstein	Michael		LT Sponheimer	1962	103	M40	05:39,7	01:17:24,3
480		03:59:02.2	557	Resch	Alfred		LT Sponheimer	1968	55	M30	05:39,7	01:17:30,9
481		03:59:02.7	958	Böhm	Siegfried		LC Kalltal	1945	23	M55	05:39,8	01:17:31,4
33	W	03:59:05.7	1251	Peters	Eliane		Germania 07 Dürwiss	1961	8	W40	05:39,8	00:38:34,0
482		03:59:08.2	900	Breuer	Markus		LG Airsnake Team	1976	38	MHK	05:39,9	01:17:36,9
483		03:59:09.0	853	Szalai	Michael		BSG Stadtwerke Duis	1965	109	M35	05:40,0	01:17:37,7
484		03:59:09.7	250	Busch	Achim		Siegburg	1965	110	M35	05:40,0	01:17:38,4
485		03:59:10.3	1088	Neitzel	Gunnar		TV Arnsberg	1965	111	M35	05:40,0	01:17:39,0
486		03:59:20.5	1272	Thomas	Norbert		TG Camberg	1950	55	M50	05:40,0	01:17:49,2
487		03:59:23.7	1188	Deflandre	Jean-Marie	BEL	Olne / 4 Cimes	1963	112	M35	05:40,3	01:17:52,4
488		03:59:27.3	862	Hesse	Detlef		DJK Raspo Aachen-	1958	104	M40	05:40,3	01:17:56,0
489		03:59:28.3	589	Raskin	Richard		Eschweiler SG	1963	113	M35	05:40,4	01:17:57,0

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
490		03:59:29.2	1087	Janzen	Harthmuth		BPW Bergische Achs	1950	56	M50	05:40,5	01:17:57,9
491		03:59:31.5	333	Kröcher	Markus		LT Poller Wiesen	1968	56	M30	05:40,5	01:18:00,2
492		03:59:33.2	852	Schulte	Franz-Josef		Remscheid	1955	88	M45	05:40,5	01:18:01,9
493		03:59:34.6	919	Harenberg	Henk	NED	ASV Eibergen	1963	114	M35	05:40,6	01:18:03,3
494		03:59:38.5	1113	Kleinhuber	Markus		Rursee Marathon	1966	115	M35	05:40,6	01:18:07,2
495		03:59:39.0	488	Tewes	Ferdinand		Dortmund	1952	57	M50	05:40,7	01:18:07,7
496		03:59:45.1	844	Vilvo	Stefan		TV Huchem-Stammel	1968	57	M30	05:40,7	01:18:13,8
497		03:59:45.5	208	Niessen	Ralf		Aachen	1960	105	M40	05:40,9	01:18:14,2
498		03:59:51.6	1019	Flader	Christian		LG Gummersbach	1963	116	M35	05:40,9	01:18:20,3
499		03:59:53.2	530	Horl	Andreas		Life Style	1974	39	MHK	05:41,0	01:18:21,9
500		03:59:56.5	728	Blang	Karl-Josef		LT Schweich	1951	58	M50	05:41,1	01:18:25,2
501		04:00:13.4	392	Lemaire	Willy	BEL	Ieper	1947	24	M55	05:41,1	01:18:42,1
34	W	04:00:14.2	923	Ehses	Edith		LT Troisdorf	1959	9	W40	05:41,5	00:39:42,5
502		04:00:16.3	20	Küpper	Michael		Düsseldorf	1965	117	M35	05:41,6	01:18:45,0
503		04:00:20.1	414	Wiesen	Detlef		JSV 09 Baesweiler	1965	118	M35	05:41,6	01:18:48,8
504		04:00:21.9	69	Birke	Volker		BTC Herne	1965	119	M35	05:41,7	01:18:50,6
505		04:00:26.1	573	Kresse	Matthias		Aachen	1972	58	M30	05:41,7	01:18:54,8
506		04:00:30.3	1107	Jansen	Werner		TV Höfen	1958	106	M40	05:41,8	01:18:59,0
507		04:00:34.9	55	Bielefeld	Frank		Berlin	1964	120	M35	05:42,9	01:19:03,6
508		04:00:53.3	754	Berg	Volker		Knick Fööss Köln	1949	59	M50	05:42,0	01:19:22,0
509		04:00:54.6	497	Luczak	Jochen		Greenpeace	1950	60	M50	05:42,5	01:19:23,3
35	W	04:00:56.1	504	van Zuetphen	Beatrix	BEL	Welkenradt	1957	5	W45	05:42,5	00:40:24,4
510		04:00:58.2	536	Oleff	Walter		LC Spiridon Rureifel	1953	89	M45	05:42,5	01:19:26,9
36	W	04:01:05.3	1241	Refflinghaus	Renate		TV Witzhelden	1959	10	W40	05:42,6	00:40:33,6
511		04:01:12.4	32	Sell	Holger		Latz-Lahn-Aar-Dietz	1959	107	M40	05:42,8	01:19:41,1
512		04:01:13.1	915	Bühn	Hans		DJK Elmar Kohlschei	1971	59	M30	05:43,9	01:19:41,8
37	W	04:01:16.3	1178	Peeters	Diane	BEL	Maasmechelen	1960	11	W40	05:43,0	00:40:44,6
513		04:01:17.5	1175	Gielen	Jos	BEL	Maasmechelen	1957	90	M45	05:43,0	01:19:46,2
514		04:01:18.0	1282	Bedelier	Donné	NED	STB Landgraaf	1976	40	MHK	05:43,0	01:19:46,7
515		04:01:19.0	384	Sonntag	Heinz-Dieter		Köln	1958	108	M40	05:43,1	01:19:47,7
516		04:01:19.8	363	Maschke	Walter		SC Villip	1952	61	M50	05:43,1	01:19:48,5
517		04:01:29.8	427	Schmitz	Ingo		DJK Dedenborn	1965	121	M35	05:43,1	01:19:58,5
518		04:01:32.0	1231	Kerp	Jürgen		Erfstadt	1970	60	M30	05:43,3	01:20:00,7
38	W	04:01:35.7	503	Schumacher	Marion		TV Arnoldsweiler	1969	9	W30	05:43,4	00:41:04,0
519		04:01:36.6	1085	Bohlem	Dirk		TV Arnoldsweiler	1969	61	M30	05:43,5	01:20:05,3
520		04:01:41.4	1121	Rösner	Karl-Ernst		TSV Hochdahl	1938	13	M60	05:43,5	01:20:10,1
521		04:01:44.7	407	Hüsken	Martin		DJK Adler 07 Bottro	1973	41	MHK	05:43,6	01:20:13,4
522		04:01:46.6	525	Christoffel	Claus-Peter		Koblenz	1959	109	M40	05:43,7	01:20:15,3
523		04:01:48.5	1082	Schwenske	Torsten		Bochum	1970	62	M30	05:43,7	01:20:17,2
524		04:01:54.1	192	Rudolph	Dr. Artur		LT AUF UND DAV	1956	91	M45	05:43,8	01:20:22,8
525		04:02:10.1	138	Hauschild	Hans		SC Drestedt	1950	62	M50	05:44,9	01:20:38,8
526		04:02:19.1	1356	Nikoleizig	Christoph		LG Heimerzheim	1964	122	M35	05:44,3	01:20:47,8
527		04:02:21.5	1259	Michaux	Manfred		World Of Fitness	1958	110	M40	05:44,5	01:20:50,2
528		04:02:29.4	455	Paffenholz	Claudio		LG Heimerzheim	1976	42	MHK	05:44,6	01:20:58,1
529		04:02:44.8	1109	Els	Jürgen		Simmerath	1965	123	M35	05:44,8	01:21:13,5
530		04:02:49.0	1293	Song	Hyeong Seo	KOR	Keimyung Uni	1962	111	M40	05:45,1	01:21:17,7
531		04:02:53.0	991	Römer	Gerald		Unstabiler Straßenran	1967	124	M35	05:45,2	01:21:21,7
532		04:02:54.2	618	Dreiner	Thomas		Bonn	1960	112	M40	05:45,3	01:21:22,9
533		04:02:57.1	86	Zulauf	Klaus Norm		Aachen	1971	63	M30	05:45,3	01:21:25,8
534		04:02:59.6	313	Stolz	Peter		LT Bruch	1959	113	M40	05:45,4	01:21:28,3
535		04:03:01.1	92	Kraan	Arnolo	NED	AV 40 Delft	1963	125	M35	05:45,5	01:21:29,8
39	W	04:03:20.5	451	Dase	Margarete		SG Zons	1951	1	W50	05:45,5	00:42:48,8
536		04:03:21.1	196	Tomaschewski	Ulrich		LT Grailsheim	1954	92	M45	05:46,0	01:21:49,8
537		04:03:22.0	167	Duievenvorde	Huub	NED	NSL	1955	93	M45	05:46,0	01:21:50,7
40	W	04:03:22.6	44	Nork	Franziska		Düren	1965	9	W35	05:46,0	00:42:50,9
41	W	04:03:23.7	1196	Cornil	Claudine	BEL	Olne / 4 Cimes	1950	2	W50	05:46,0	00:42:52,0
42	W	04:03:30.2	152	Biolv	Birgitt		RTB Remscheid	1956	6	W45	05:46,0	00:42:58,5
538		04:03:31.4	151	Biolv	Matthias		RTB Remscheid	1956	94	M45	05:46,2	01:22:00,1

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
539		04:03:32.1	442	Splittgerber	Reinhard		Solingen	1954	95	M45	05:46,2	01:22:00,8
540		04:03:57.1	587	Schumacher	Gerd		TV Arnoldsweiler	1966	126	M35	05:46,2	01:22:25,8
541		04:04:01.7	711	Dohmen	Hans-Bert		Ferdy's Gym	1959	114	M40	05:46,8	01:22:30,4
43	W	04:04:03.2	450	Jansen	Elke		LG Mützenich	1967	10	W35	05:47,9	00:43:31,5
44	W	04:04:21.0	468	Reinartz	Vera		LAC Eupen	1958	12	W40	05:47,0	00:43:49,3
542		04:04:21.5	1306	Jablonski	Andreas		LLG Laufsport Kevel	1962	115	M40	05:47,4	01:22:50,2
543		04:04:22.1	465	Christmann	Hans		LAC Eupen	1944	25	M55	05:47,4	01:22:50,8
544		04:04:23.1	1365	Meininger	Ulrich		M+H Rennsteigteam	1960	116	M40	05:47,4	01:22:51,8
545		04:04:23.5	233	Knipping	Michael		Hückeswagen	1971	64	M30	05:47,5	01:22:52,2
546		04:04:24.2	3	Mees	Walter		Viersen	1949	63	M50	05:47,5	01:22:52,9
547		04:04:27.5	355	Woicke	Wolf-Dietric		Athletik Waldniel	1941	14	M60	05:47,5	01:22:56,2
548		04:04:35.2	880	Kraus	Roger		TV Roetgen	1975	43	MHK	05:47,6	01:23:03,9
549		04:04:35.8	193	Hermann	Hans-Josef		Koblenz	1946	26	M55	05:47,7	01:23:04,5
550		04:04:36.5	1310	Jonas	Jörg		Vitalis Düren	1962	117	M40	05:47,7	01:23:05,2
45	W	04:04:37.4	710	Dumont	Gerry	NED	LAAC-Twente Olden	1963	11	W35	05:47,8	00:44:05,7
551		04:04:38.7	29	Bantel	Michael		Köln	1969	65	M30	05:47,8	01:23:07,4
552		04:04:39.5	459	Eisenbeerg	Bernd		LC Airsnake-Team	1964	127	M35	05:47,8	01:23:08,2
553		04:04:44.9	156	Burkhard	Wolfgang		Norderstedt	1943	27	M55	05:47,8	01:23:13,6
554		04:04:49.0	475	Klein	Hans-Rainer		LG Gummersbach	1957	96	M45	05:48,0	01:23:17,7
555		04:04:56.6	732	Kluck	Fred		LT Mythos Stolberg	1971	66	M30	05:48,1	01:23:25,3
556		04:05:03.5	124	Reitz	Jürgen		Ford Köln	1969	67	M30	05:48,2	01:23:32,2
557		04:05:13.4	865	Jansen	Joachim		Neuss	1963	128	M35	05:48,4	01:23:42,1
558		04:05:17.6	1035	Welter	Rudi		LG Pronsfeld-Lüneba	1955	97	M45	05:48,6	01:23:46,3
559		04:05:28.1	148	Marholz	Michael		Jülich	1963	129	M35	05:48,7	01:23:56,8
560		04:05:28.6	149	Beck	Werner		Köln	1954	98	M45	05:49,0	01:23:57,3
561		04:05:31.5	1075	Siebertz	Jens		SV Germania Eichersc	1977	44	MHK	05:49,0	01:24:00,2
562		04:05:34.3	292	Adams	Amd		Gangelt	1965	130	M35	05:49,1	01:24:03,0
563		04:05:37.9	1126	Fleischmann	Horst		Usinger TSG	1939	15	M60	05:49,1	01:24:06,6
564		04:05:42.2	1290	Schmuser	Michael		Lengries	1971	68	M30	05:49,2	01:24:10,9
565		04:05:45.5	1287	Doose	Holger		AMTV Hamburg	1953	99	M45	05:49,3	01:24:14,2
566		04:05:54.0	326	Eidens	Georg		Kalkar	1961	118	M40	05:49,4	01:24:22,7
567		04:05:55.0	43	Nork	Norman		Düren	1964	131	M35	05:49,6	01:24:23,7
568		04:06:01.6	1366	Hambach	Dirk		TV Obermaubach	1966	132	M35	05:49,6	01:24:30,3
569		04:06:02.0	1168	Welsch	Gunter		Lauwara	1952	64	M50	05:49,8	01:24:30,7
570		04:06:02.7	1079	Knepper	Michael		Marathon Mülheim	1963	133	M35	05:49,8	01:24:31,4
571		04:06:03.5	273	Haupt	Michael		Hamburg	1945	28	M55	05:49,8	01:24:32,2
572		04:06:15.1	145	Schröder	Kurt		DJK Gillrath 1911	1959	119	M40	05:49,8	01:24:43,8
573		04:06:19.8	278	Müller-Zeder	Ralph		TV Runkel	1960	120	M40	05:50,1	01:24:48,5
574		04:06:30.2	1230	Wateler	Ulrich		Athletik Waldniel	1944	29	M55	05:50,2	01:24:58,9
575		04:06:33.7	843	Vilvo	Konrad		TV Huchem-Stammel	1938	16	M60	05:50,5	01:25:02,4
46	W	04:06:41.8	347	Poplien	Madeleine		SC Oberlahn	1975	5	WHK	05:50,5	00:46:10,1
576		04:06:43.1	1153	Müller	Günter		Marathon Dreamteam	1955	100	M45	05:50,7	01:25:11,8
577		04:06:48.9	1141	de Wild	Jan	NED	AV Gouda	1956	101	M45	05:50,8	01:25:17,6
578		04:06:50.8	1059	Dellapiana	Fausto	ITA	Tesseran	1951	65	M50	05:50,9	01:25:19,5
579		04:06:52.4	113	Kluge	Jörg		Tolbiac Löf	1965	134	M35	05:51,9	01:25:21,1
580		04:06:56.8	999	Kannenwischer	Michael		SG Neukirchen-Hülch	1964	135	M35	05:51,0	01:25:25,5
581		04:06:58.1	705	Rroth	Holger		TSG Oberbrechen	1979	45	MHK	05:51,1	01:25:26,8
582		04:06:59.3	1319	Röder	Hermann		LG Ludwigschorgast	1944	30	M55	05:51,1	01:25:28,0
583		04:07:06.1	834	Kleist	Harald		Feuerwehr Wollershei	1958	121	M40	05:51,2	01:25:34,8
584		04:07:08.7	476	Münzer	Axel		Auslaufmodelle Eifel	1953	102	M45	05:51,3	01:25:37,4
585		04:07:10.0	746	Koenen	Reymond		Auslaufmodelle Eifel	1964	136	M35	05:51,4	01:25:38,7
586		04:07:10.7	1023	Maubach	Leonhard		DJK Dedenborn	1960	122	M40	05:51,4	01:25:39,4
587		04:07:14.2	1114	de Kerpel	Alain	BEL	Spv	1959	123	M40	05:51,4	01:25:42,9
588		04:07:15.8	76	Wisocki	Dirk		LT Buga Düsseldorf	1966	137	M35	05:51,5	01:25:44,5
589		04:07:20.2	1212	Brenner	Rainer		Dahlem	1952	66	M50	05:51,5	01:25:48,9
47	W	04:07:20.9	789	Röwer	Dr. Tanja		DLC Aachen	1968	10	W30	05:51,7	00:46:49,2
590		04:07:23.6	1311	Winkhold-Gallin	Werner		Run 4 Fun Köln	1953	103	M45	05:51,7	01:25:52,3
48	W	04:07:24.2	1072	Roth	Monika		TV Refrath	1958	13	W40	05:51,7	00:46:52,5

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
591		04:07:25.0	864	van den Broeck	Tom	BEL	Schoten	1965	138	M35	05:51,7	01:25:53,7
592		04:07:26.4	918	Dorobeck	Burkhard		LT Lintorf	1961	124	M40	05:51,8	01:25:55,1
593		04:07:29.2	895	Dorobeck	Martin		DMT Düsseldorf	1970	69	M30	05:51,8	01:25:57,9
594		04:07:29.9	666	de Brouwer	Cocky	NED	Achill 87	1967	139	M35	05:51,9	01:25:58,6
595		04:07:32.9	593	Rolko	Manfred		Inden/Altdorf	1962	125	M40	05:51,9	01:26:01,6
596		04:07:48.3	1202	König	Werner		GSV Porz	1937	3	M65	05:52,9	01:26:17,0
597		04:07:58.2	552	Müller	Peter		IGL Viernheim	1956	104	M45	05:52,3	01:26:26,9
598		04:08:03.6	115	Baum	Rolf		1. FC Köln	1959	126	M40	05:52,6	01:26:32,3
599		04:08:04.3	620	Spendowski	Mario		Köln	1962	127	M40	05:52,7	01:26:33,0
600		04:08:09.0	293	Schwieren	Ingo		LT Beverau	1972	70	M30	05:52,7	01:26:37,7
601		04:08:14.0	846	Bielstein	Arnold		BSG Arbeitsamt Köl	1944	31	M55	05:52,8	01:26:42,7
602		04:08:22.0	247	Lanzrath	Hans-Günth		Rheinbach	1963	140	M35	05:53,9	01:26:50,7
603		04:08:27.8	272	Weibel	Andreas		Jelly Bears Berlin	1962	128	M40	05:53,1	01:26:56,5
604		04:08:33.0	1071	Hausmann	Volker		LT TuS Mondorf	1962	129	M40	05:53,2	01:27:01,7
605		04:08:38.9	388	Schwartz	Rolf		LG Mützenich	1952	67	M50	05:53,4	01:27:07,6
606		04:08:44.7	892	Rambadt	Michael		TV Konzen	1977	46	MHK	05:53,5	01:27:13,4
607		04:08:45.4	1225	Altland	Alexander		Köln	1965	141	M35	05:53,6	01:27:14,1
608		04:08:51.5	496	Terlouw	Cor	NED	Loopseruice Nederlan	1963	142	M35	05:53,7	01:27:20,2
609		04:08:52.2	391	Roosen	Stephan		Baesweiler	1970	71	M30	05:53,8	01:27:20,9
49	W	04:08:57.0	336	Thieme	Ulrike		Wellcome Sportcenter	1960	14	W40	05:53,8	00:48:25,3
50	W	04:09:04.9	202	Fischer	Jutta		ETSV Lauda	1963	12	W35	05:54,9	00:48:33,2
610		04:09:05.2	203	Fischer	Oliver		ETSV Lauda	1959	130	M40	05:54,1	01:27:33,9
611		04:09:05.7	1200	Podzus	Horst		Bergisch Gladbach	1961	131	M40	05:54,1	01:27:34,4
51	W	04:09:06.6	1278	Kaesmacher	Irmgard		Viersener TV 1848	1943	2	W55	05:54,1	00:48:34,9
612		04:09:09.8	227	Levermann	Hermann		Foto Team	1944	32	M55	05:54,2	01:27:38,5
613		04:09:20.6	1229	Janssens	Jef	BEL	AVOS	1951	68	M50	05:54,2	01:27:49,3
52	W	04:09:28.4	661	van Eimern	Elisabeth		Köln	1957	7	W45	05:54,5	00:48:56,7
53	W	04:09:38.0	957	Neu	Gerda		VFB Alemannia Pfalz	1961	15	W40	05:54,7	00:49:06,3
614		04:09:39.3	945	Leismann	Manfred		TV Witzhelden	1947	33	M55	05:55,9	01:28:08,0
615		04:09:39.9	815	van Deursen	Theo	NED	H.A.C. Helmond	1954	105	M45	05:55,9	01:28:08,6
616		04:09:42.4	323	Zöller	Manfred		SV Beeckerwerth	1952	69	M50	05:55,9	01:28:11,1
617		04:09:49.0	330	Haller	Dominik		Steyr	1973	47	MHK	05:55,0	01:28:17,7
618		04:09:56.9	744	Kroll	Hartmut		TSG Sprockhövel	1945	34	M55	05:55,2	01:28:25,6
619		04:10:02.9	11	Nuijts	Hans	NED	Veteranen Nederland	1959	132	M40	05:55,3	01:28:31,6
620		04:10:03.2	16	Proost	Jos	NED	Just Run	1957	106	M45	05:55,5	01:28:31,9
621		04:10:03.9	634	Schroeder	Karl		Germania 07 Dürwiss	1959	133	M40	05:55,5	01:28:32,6
622		04:10:09.8	241	Betzholz	Ralf		GKSC Hürth	1961	134	M40	05:55,5	01:28:38,5
623		04:10:24.9	693	Reperich	Bernhard		Alfterer SC	1953	107	M45	05:55,7	01:28:53,6
624		04:10:27.7	1066	Lenhart	Johannes		DLC Aachen	1976	48	MHK	05:56,0	01:28:56,4
625		04:10:28.0	1173	Wuttke	Wolfgang		TV Bitburg	1975	49	MHK	05:56,1	01:28:56,7
626		04:10:28.8	153	Schulte	Hans-Peter		TV Konzen	1959	135	M40	05:56,1	01:28:57,5
627		04:10:35.0	985	Dittrich	Klaus		DLC Aachen	1949	70	M50	05:56,1	01:29:03,7
628		04:10:37.2	1012	Lengsfeld	Helmuth		TG Rote Erde Schwel	1939	17	M60	05:56,3	01:29:05,9
629		04:10:41.4	902	Paul	Wilfried		TV Rommerskirchen	1948	71	M50	05:56,3	01:29:10,1
630		04:10:42.6	66	Kuegler	Ernst-Benno		Terry Fox WHV	1955	108	M45	05:56,4	01:29:11,3
631		04:10:43.0	102	Palma	Manfred		Terry Fox WHV	1960	136	M40	05:56,4	01:29:11,7
632		04:10:49.0	322	Buchholz	Horst		SV Beeckerwerth	1954	109	M45	05:56,5	01:29:17,7
633		04:10:55.4	652	Derichs	Norbert		VMC	1965	143	M35	05:56,6	01:29:24,1
634		04:10:57.9	727	Wagner	Rainer		LT Schweich	1963	144	M35	05:56,7	01:29:26,6
635		04:11:00.6	432	Preisler	Horst		LAV Hamburg-Nord	1935	4	M65	05:56,8	01:29:29,3
636		04:11:16.9	428	Waßmann	Konrad		LLG St. Augustin	1955	110	M45	05:56,9	01:29:45,6
54	W	04:11:23.9	933	Knein	Angelika		SV Germania Eicherse	1958	16	W40	05:57,2	00:50:52,2
637		04:11:46.1	684	Steffens	Ralf		Monschau	1970	72	M30	05:57,4	01:30:14,8
638		04:11:46.8	232	Blanke	Alfons		Warstein	1957	111	M45	05:58,0	01:30:15,5
639		04:11:52.3	709	Schneider	Friedhelm		SG Neukirchen-Hülch	1964	145	M35	05:58,0	01:30:21,0
640		04:11:59.6	1353	Maassen	Paul		Athletik Waldniel	1943	35	M55	05:58,1	01:30:28,3
641		04:12:01.1	116	Rixgens	Thomas		VFL Engelskirchen	1969	73	M30	05:58,3	01:30:29,8
642		04:12:02.1	816	Adriaans	Peter	NED	H.A.C. Helmond	1950	72	M50	05:58,3	01:30:30,8

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
55	W	04:12:05.0	353	Ebert	Ursula		Aachen	1951	3	W50	05:58,3	00:51:33,3
643		04:12:12.1	1320	Krimmel	Walter		LGO Euskirchen	1952	73	M50	05:58,4	01:30:40,8
644		04:12:28.0	348	Hübner	Ralf		Duisburg	1963	146	M35	05:58,6	01:30:56,7
645		04:12:33.7	254	Betz	Boris		Bad Salzschlirf	1980	50	MHK	05:59,9	01:31:02,4
646		04:12:36.2	255	Betz	Georg		Bad Salzschlirf	1951	74	M50	05:59,1	01:31:04,9
647		04:12:38.7	1215	Theile	Manfred		LG Mützenich	1968	74	M30	05:59,1	01:31:07,4
648		04:12:39.8	165	van den Berg	Jan	NED	NSL	1950	75	M50	05:59,2	01:31:08,5
56	W	04:12:40.8	23	Kellert	Gisela		Köln	1950	4	W50	05:59,2	00:52:09,1
57	W	04:12:48.1	1081	Albrecht	Christiane		Aachen	1963	13	W35	05:59,2	00:52:16,4
58	W	04:12:48.5	341	Klein	Petra		Aachen	1963	14	W35	05:59,4	00:52:16,8
649		04:12:49.6	1371	Brucherseifer	Martin		SC Diernberg	1959	137	M40	05:59,4	01:31:18,3
650		04:12:53.8	615	Werner	Gregor		LT Monschau	1961	138	M40	05:59,4	01:31:22,5
651		04:12:56.1	783	Yildirim	Mahsar		Leine Turboschnecke	1956	112	M45	05:59,5	01:31:24,8
652		04:13:00.3	802	Küssner	Martin		BSG REWE Köln	1965	147	M35	05:59,6	01:31:29,0
653		04:13:01.9	412	Winkler	Rüdiger		BSG REWE Köln	1952	76	M50	05:59,7	01:31:30,6
654		04:13:05.8	1011	Kucks	Heiner		Aachen	1951	77	M50	05:59,7	01:31:34,5
655		04:13:10.1	472	Vorstädt	Norbert		Stolberg	1953	113	M45	05:59,8	01:31:38,8
656		04:13:19.3	607	Schroeder	Josef		SV Blau-Gelb Dernau	1946	36	M55	05:60,9	01:31:48,0
59	W	04:13:19.9	819	Gonzales	Liane		Germania 07 Dürwiss	1982	6	WHK	06:00,2	00:52:48,2
60	W	04:13:20.9	878	Close	Dominique	BEL	R T Sprimont	1959	17	W40	06:00,2	00:52:49,2
657		04:13:23.1	121	Segger	Jörg		Gierath	1955	114	M45	06:00,2	01:31:51,8
658		04:13:27.7	1027	Rocholz	Udo		LG Gummersbach	1939	18	M60	06:00,3	01:31:56,4
659		04:13:32.7	830	Wolter	Norbert		Herzogenrath	1957	115	M45	06:00,3	01:32:01,4
660		04:13:33.3	592	Rolko	Dirk		Inden/Altdorf	1972	75	M30	06:00,5	01:32:02,0
61	W	04:13:33.9	563	Gillert	Ima		KSB Rhein-Sieg	1954	8	W45	06:00,5	00:53:02,2
661		04:13:35.0	642	Janssen	Thomas		BSG SPK Krefeld	1968	76	M30	06:00,5	01:32:03,7
662		04:13:41.4	398	Klock	Marc		Jülich	1964	148	M35	06:00,5	01:32:10,1
663		04:13:45.6	708	van der Tol	Peter	NED	LAAC-Twente Olden	1954	116	M45	06:00,7	01:32:14,3
664		04:13:53.1	1257	Thoma	Erwin		SV Bergwacht Rohren	1954	117	M45	06:00,8	01:32:21,8
665		04:14:02.1	625	Wenda	Herbert		TuS Neu. Duisburg	1948	78	M50	06:01,0	01:32:30,8
666		04:14:03.0	160	Müller	Ralf Bruno		Köln	1965	149	M35	06:01,2	01:32:31,7
667		04:14:05.0	1145	Rentel	Thorsten		Vluyn	1963	150	M35	06:01,2	01:32:33,7
668		04:14:07.0	1296	Schmitz	Werner		Athletik Waldniel	1953	118	M45	06:01,2	01:32:35,7
669		04:14:12.7	570	Schmitt	Heinz		SV Steinach	1947	37	M55	06:01,3	01:32:41,4
670		04:14:16.8	829	Rüther	Friedrich		LT Bad Breisig	1936	5	M65	06:01,4	01:32:45,5
62	W	04:14:26.3	968	Heuel	Rita		LG Mützenich	1942	1	W60	06:01,5	00:53:54,6
671		04:14:32.0	1116	Heinrichs	Volker		LC Wuppertal	1944	38	M55	06:01,7	01:33:00,7
63	W	04:14:33.3	377	Kraft	Sandra		Aachen	1973	7	WHK	06:01,9	00:54:01,6
672		04:14:33.9	376	Breuer	Thomas		Aachen	1973	51	MHK	06:01,9	01:33:02,6
64	W	04:14:43.3	281	Vorholt	Karina		BSG Stadt Köln	1948	5	W50	06:01,9	00:54:11,6
673		04:14:45.1	586	Schnitzler	Klaus		Düsseldorf	1961	139	M40	06:02,1	01:33:13,8
674		04:15:12.2	419	Cramer	Dietmar		LT Dünnwalder TV	1964	151	M35	06:02,2	01:33:40,9
675		04:15:19.3	764	Speich	Mike		Bonn	1968	77	M30	06:02,8	01:33:48,0
676		04:15:20.2	390	Lux	Michael		Aachen	1964	152	M35	06:03,0	01:33:48,9
677		04:15:21.5	1218	Schneider	Frank		WL-Bad Berka	1960	140	M40	06:03,0	01:33:50,2
65	W	04:15:22.4	590	Raskin	Dorothee		Solberger SV	1964	15	W35	06:03,0	00:54:50,7
678		04:15:30.5	104	Kallenbach	Marco		DI-DO-SA-Lage	1969	78	M30	06:03,1	01:33:59,2
679		04:15:33.3	168	Jeliese	Hans	NED	NSL	1965	153	M35	06:03,3	01:34:02,0
680		04:15:33.9	253	Henrich	Michael		Brühl	1952	79	M50	06:03,3	01:34:02,6
681		04:15:47.8	175	Mann	Günter		Neukirchener TV	1938	19	M60	06:03,3	01:34:16,5
682		04:15:48.8	462	Brendel	Peter		Jülich	1965	154	M35	06:03,7	01:34:17,5
683		04:15:49.2	1217	Hendriks	Remy	NED	AVON Heerlen	1950	80	M50	06:03,7	01:34:17,9
684		04:15:52.9	909	Rasch	Christoph		Vorwärts C'Berg	1958	141	M40	06:03,7	01:34:21,6
685		04:15:55.6	1255	Spykers	Manfred		TV Roetgen	1962	142	M40	06:03,8	01:34:24,3
686		04:16:06.5	1098	Wank	Michael		Hennef	1969	79	M30	06:03,9	01:34:35,2
687		04:16:14.9	858	Schepers	Ronald		SV Beeckerwerth	1955	119	M45	06:04,1	01:34:43,6
688		04:16:15.2	494	Wölwer	Peter		LC Duisburg	1964	155	M35	06:04,3	01:34:43,9
689		04:16:19.6	866	Honing	Gijs	NED	Veteranen Nederland	1945	39	M55	06:04,3	01:34:48,3

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
690		04:16:29.0	921	Tangnaz	Jürgen		Wittlich	1951	81	M50	06:04,4	01:34:57,7
691		04:16:37.1	1363	van Beers	Jan	NED	Moergesbel	1950	82	M50	06:04,7	01:35:05,8
692		04:16:38.1	1359	van Beers	Ger	NED	Beek	1947	40	M55	06:04,9	01:35:06,8
66	W	04:16:41.9	762	Schreiber	Josi		LG Mützenich	1966	16	W35	06:04,9	00:56:10,2
67	W	04:16:51.3	924	Meisenberg	Brigitte		TV Obermaubach	1946	3	W55	06:05,9	00:56:19,6
693		04:16:52.9	606	Stoletzki	Till		Aachen	1972	80	M30	06:05,2	01:35:21,6
68	W	04:17:07.7	690	Biergans	Ingeborg		TV Birkesdorf	1951	6	W50	06:05,2	00:56:36,0
69	W	04:17:08.4	631	Hammerl	Andrea		LT Siebengebirge	1957	9	W45	06:05,6	00:56:36,7
70	W	04:17:11.1	936	Ruhl	Karin		SV Germania Eichersc	1975	8	WHK	06:05,6	00:56:39,4
694		04:17:15.7	1112	Kloos	Josef		LG Kammerwald	1937	6	M65	06:05,7	01:35:44,4
695		04:17:22.2	785	Timmermans	Jos	NED	Veteranen Nederland	1947	41	M55	06:05,8	01:35:50,9
696		04:17:24.2	908	Gadatsch	Martin		SV Bayer Wuppertal	1958	143	M40	06:05,9	01:35:52,9
697		04:17:24.8	677	Pfeiffer	Heinz		Merzenich	1953	120	M45	06:06,0	01:35:53,5
71	W	04:17:26.2	269	Seidel	Grit		Jelly Bears Berlin	1970	11	W30	06:06,0	00:56:54,5
698		04:17:29.1	551	Abramink	Jürgen		Passtschon 98	1956	121	M45	06:06,0	01:35:57,8
699		04:17:30.1	229	Langner	Frank		Musikfreunde EV	1961	144	M40	06:06,1	01:35:58,8
700		04:17:31.1	54	Lintzen	Bernd		Gazelle Aachen	1974	52	MHK	06:06,1	01:35:59,8
701		04:17:38.1	87	Senkel	Falko		Niedernhausen	1967	156	M35	06:06,1	01:36:06,8
702		04:17:45.8	248	Kaluza	Josef		Inden	1963	157	M35	06:06,3	01:36:14,5
703		04:17:47.7	1016	Butter	Cor	NED	Veteranen Nederland	1945	42	M55	06:06,5	01:36:16,4
704		04:17:51.7	185	Zimmermann	Uli		Aachen	1965	158	M35	06:06,5	01:36:20,4
705		04:18:00.0	189	Friedla	Edward		Aachen	1960	145	M40	06:06,6	01:36:28,7
706		04:18:06.8	389	Bartels	Manfred		Bernauer Lauffreunde	1940	20	M60	06:06,8	01:36:35,5
72	W	04:18:07.3	649	Albach	Marion		LT Siebengebirge	1965	17	W35	06:07,0	00:57:35,6
707		04:18:20.6	463	Venedev	Christoph		Titz-Ameln	1962	146	M40	06:07,0	01:36:49,3
708		04:18:25.1	403	Reumkens	WIM	NED	SV Limburgia	1962	147	M40	06:07,3	01:36:53,8
709		04:18:25.8	370	Janssen	Ronald	NED	SV Limburgia	1965	159	M35	06:07,4	01:36:54,5
710		04:18:26.3	721	Korthekaas	Leo	NED	AV Pijnenburg	1952	83	M50	06:07,4	01:36:55,0
711		04:18:26.7	719	Ruepert	Ton	NED	AV Pijnenburg	1947	43	M55	06:07,4	01:36:55,4
712		04:18:33.0	1281	Eckardt	Wolfgang		Baesweiler	1969	81	M30	06:07,4	01:37:01,7
713		04:18:33.7	962	Oepen	Rainer		TV Arnoldswweiler	1968	82	M30	06:07,6	01:37:02,4
714		04:18:34.7	126	Siebers	Dieter		Aachen	1955	122	M45	06:07,6	01:37:03,4
73	W	04:18:43.1	200	Hellmich	Vera		LC Wuppertal	1959	18	W40	06:07,6	00:58:11,4
715		04:18:45.8	1021	Kaiser	Georg		VT 1859 Kempen	1950	84	M50	06:07,8	01:37:14,5
74	W	04:18:48.0	623	von der Putten	Marieke	NED	Leiden	1976	9	WHK	06:07,9	00:58:16,3
716		04:18:48.5	622	van der Putten	Joop	NED	Nieuw Vennepe	1949	85	M50	06:08,0	01:37:17,2
717		04:18:49.2	574	von Contzen	Bernd		Mönchengladbach	1966	160	M35	06:08,0	01:37:17,9
718		04:19:01.4	218	Schmidt	Hans-Jochen		JSV 09 Baesweiler	1936	7	M65	06:08,0	01:37:30,1
719		04:19:04.8	316	Zietlow	Hans-Uwe		Prost Henninger	1946	44	M55	06:08,3	01:37:33,5
720		04:19:07.4	483	Ohmes	Ramon		Korschenbroich	1965	161	M35	06:08,3	01:37:36,1
721		04:19:09.2	944	Dorweiler	Heinz-Dieter		TV Witzhelden	1943	45	M55	06:08,4	01:37:37,9
722		04:19:16.4	85	Buss	Dietmar		Einigkeit Dornap	1968	83	M30	06:08,5	01:37:45,1
723		04:19:19.4	1083	Fickler	Michael		Die Renntiere	1970	84	M30	06:08,6	01:37:48,1
724		04:19:19.7	1084	Hensel	Claus		Die Renntiere	1963	162	M35	06:08,7	01:37:48,4
75	W	04:19:37.6	1317	Bertram	Maria		LT Alsdorf-Ost	1946	4	W55	06:08,7	00:59:05,9
725		04:19:48.4	240	Peters	Hermann-Jo		TV Merz	1959	148	M40	06:09,1	01:38:17,1
726		04:19:57.8	94	Weihofen	Markus		Rheinberg	1967	163	M35	06:09,4	01:38:26,5
76	W	04:19:59.0	93	Weihofen	Sabine		Rheinberg	1967	18	W35	06:09,6	00:59:27,3
727		04:20:00.7	52	Köhnen	Dirk		TV Birkesdorf	1969	85	M30	06:09,6	01:38:29,4
77	W	04:20:01.0	51	Köhnen	Monika		TV Birkesdorf	1971	12	W30	06:09,7	00:59:29,3
78	W	04:20:01.5	6	Rodies	Ulla		LC Duisburg	1955	10	W45	06:09,7	00:59:29,8
728		04:20:02.2	683	Uerlings	Willi		Plattfuss Aachen	1945	46	M55	06:09,7	01:38:30,9
729		04:20:12.3	1060	Ancora	Vito Piero	ITA	Propatria Mi	1953	123	M45	06:09,7	01:38:41,0
79	W	04:20:13.3	938	Braun	Rebecca		SV Germania Eichersc	1975	10	WHK	06:10,9	00:59:41,6
730		04:20:31.6	837	Sint	Gerard	NED	Spark	1944	47	M55	06:10,0	01:39:00,3
731		04:20:38.2	986	Reifgens	Manfred		LG Ameln-Linnich	1948	86	M50	06:10,4	01:39:06,9
732		04:20:41.7	1203	Klinker	Harald		Achim`s Laufftreff	1958	149	M40	06:10,6	01:39:10,4
733		04:20:44.3	482	Bonka	Dr. Hans		Aachen	1935	8	M65	06:10,6	01:39:13,0

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
80	W	04:20:53.3	685	Roder	Helga		FC Imgenbroich	1965	19	W35	06:10,7	01:00:21,6
734		04:21:00.3	147	van Rompay	Filip	BEL	Bree	1965	164	M35	06:10,9	01:39:29,0
735		04:21:08.5	1185	Buis	Hans	NED	De Ryp	1951	87	M50	06:11,1	01:39:37,2
81	W	04:21:20.4	57	Grünheid	Dorothee		Wuppertal	1956	11	W45	06:11,3	01:00:48,7
736		04:21:21.0	1322	Müller	Harald		Remscheid	1951	88	M50	06:11,6	01:39:49,7
737		04:21:31.9	17	Herzoff	Peter		Jüchen	1955	124	M45	06:11,6	01:40:00,6
82	W	04:21:35.0	1254	Krämer	Elisabeth		Alfterer SC	1960	19	W40	06:11,8	01:01:03,3
738		04:21:36.7	781	Muschkiet	Peter		LC Wuppertal	1964	165	M35	06:11,9	01:40:05,4
739		04:21:49.7	1252	Peters	Stavros		Germania 07 Dürwiss	1961	150	M40	06:12,9	01:40:18,4
740		04:22:04.4	850	Schäfer	Michael		Trier	1965	166	M35	06:12,2	01:40:33,1
741		04:22:10.3	1302	Müller	Olaf		Übach-Palenberg	1970	86	M30	06:12,6	01:40:39,0
742		04:22:12.7	458	Holzweiler	Rainer		LC Airsnake-Team	1964	167	M35	06:12,7	01:40:41,4
743		04:22:13.3	460	Hilt	Ralf		LC Airsnake-Team	1974	53	MHK	06:12,8	01:40:42,0
744		04:22:18.4	452	Asshoff	Heinz		Kanu-Ring Hamm	1936	9	M65	06:12,8	01:40:47,1
745		04:22:21.4	103	Becker	Reinhard		Aachen	1961	151	M40	06:13,9	01:40:50,1
746		04:22:37.2	411	Schüler	Norbert		BSG REWE Köln	1950	89	M50	06:13,0	01:41:05,9
747		04:22:42.5	942	Hevers	Thomas		TV Witzhelden	1963	168	M35	06:13,4	01:41:11,2
748		04:22:53.5	34	Giesen	Thomas		VSV Grenzland Wegb	1935	10	M65	06:13,5	01:41:22,2
749		04:22:54.7	1214	Kirch	Marcel		SV Bergwacht Rohren	1978	54	MHK	06:13,8	01:41:23,4
750		04:22:58.2	198	Gradisar	Robert		AS Neukirchen Vluyn	1951	90	M50	06:13,8	01:41:26,9
751		04:22:58.5	199	Leppkes	Fritz		AS Neukirchen Vluyn	1945	48	M55	06:13,9	01:41:27,2
83	W	04:23:06.6	1348	Amthor	Dagmar		TV Huchem-Stammel	1959	20	W40	06:13,9	01:02:34,9
752		04:23:07.2	1198	Esser	Wilfried		TV Huchem-Stammel	1950	91	M50	06:14,1	01:41:35,9
753		04:23:07.9	861	Rissmann	Bernd		Pulheim	1940	21	M60	06:14,1	01:41:36,6
754		04:23:09.1	1096	Bläser	Ralpf		Eschweiler	1965	169	M35	06:14,1	01:41:37,8
755		04:23:15.1	210	Svoboda	Peter		Alsdorf	1958	152	M40	06:14,1	01:41:43,8
84	W	04:23:18.9	315	Enenkel	Kirsten		Ludwigshafen	1960	21	W40	06:14,3	01:02:47,2
756		04:23:20.4	314	Enenkel	Frank		Ludwigshafen	1960	153	M40	06:14,4	01:41:49,1
85	W	04:23:21.8	855	Lindenberg	Regina		LG Gummersbach	1964	20	W35	06:14,4	01:02:50,1
86	W	04:23:22.1	856	Müller	Ute		LG Gummersbach	1961	22	W40	06:14,4	01:02:50,4
757		04:23:23.1	188	Schultz	Erich		TG Neuss	1961	154	M40	06:14,4	01:41:51,8
758		04:23:23.6	632	Höller	Bernd		Neuss	1956	125	M45	06:14,5	01:41:52,3
759		04:23:24.4	733	Haas	Jürgen		LT Mythos Stolberg	1958	155	M40	06:14,5	01:41:53,1
760		04:23:36.4	1220	Kirfel	Volker			1970	87	M30	06:14,5	01:42:05,1
761		04:23:36.9	437	Jung	Hermann		Telekom Post SV Köl	1958	156	M40	06:14,8	01:42:05,6
87	W	04:23:42.5	37	Menz	Britta		TUSEM Essen	1973	11	WHK	06:14,8	01:03:10,8
762		04:23:43.8	36	Tews	Andreas		TUSEM Essen	1972	88	M30	06:15,9	01:42:12,5
763		04:23:45.6	1069	Tews	Karl-Heinz		LLG St. Augustin	1950	92	M50	06:15,9	01:42:14,3
764		04:23:49.6	1323	Seidel	Matthias		TV Roetgen	1963	170	M35	06:15,0	01:42:18,3
765		04:23:50.4	1283	Bedelier	Hein	NED	STB Landgraaf	1948	93	M50	06:15,1	01:42:19,1
766		04:23:53.5	1201	Flume	Karl-Heinz		Viermaerker Dortmun	1947	49	M55	06:15,1	01:42:22,2
767		04:23:57.1	647	Seipelt	Günther		Köln	1960	157	M40	06:15,2	01:42:25,8
768		04:24:05.3	1308	Urbach	Helmut		GSV Porz	1942	22	M60	06:15,3	01:42:34,0
88	W	04:24:06.0	884	Wilhelms	Petra		TV Groß-Umstadt	1965	21	W35	06:15,5	01:03:34,3
769		04:24:07.4	409	Zachow	Hartmut		DJK Adler 07 Bottro	1957	126	M45	06:15,5	01:42:36,1
770		04:24:10.6	1361	Becker	Martin		BSV Bergheim	1960	158	M40	06:15,5	01:42:39,3
771		04:24:11.3	1224	Klinkenberg	Wilfried		Germania 07 Dürwiss	1951	94	M50	06:15,6	01:42:40,0
772		04:24:12.2	256	Golla	Roland		Krefeld	1979	55	MHK	06:15,6	01:42:40,9
773		04:24:14.8	1161	Tenhaef	Heinz-Gerd		TSV Köln-Weiss	1960	159	M40	06:15,6	01:42:43,5
774		04:24:26.8	49	Polzius	Frank		Stolberg	1965	171	M35	06:15,7	01:42:55,5
775		04:24:29.8	612	Treffler	Wilfried		SV Blau-Gelb Dernau	1937	11	M65	06:16,0	01:42:58,5
776		04:24:38.9	485	Perchtold	Rene		Ford Köln	1966	172	M35	06:16,0	01:43:07,6
777		04:24:58.6	1049	Pinxt	Serve	NED	AV Limburg	1955	127	M45	06:16,3	01:43:27,3
778		04:25:00.6	310	Cox	Mark	GBR	AS Neukirchen Vluyn	1964	173	M35	06:16,7	01:43:29,3
779		04:25:01.3	1327	Ackermann	Detlev		Laufen-In-Köln.de	1970	89	M30	06:16,8	01:43:30,0
780		04:25:06.0	542	Thieme	Jochen		TURA Remscheid Sü	1957	128	M45	06:16,8	01:43:34,7
781		04:25:06.9	532	Otto	Christof		100 Marathon Club	1964	174	M35	06:16,9	01:43:35,6
89	W	04:25:08.3	790	Klinkenberg	Ingrid		DLC Aachen	1951	7	W50	06:16,9	01:04:36,6

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
782		04:25:09.2	863	Dommermuth	Adi		Running Team Bad E	1945	50	M55	06:17,0	01:43:37,9
783		04:25:10.5	517	Lammel	Georg		TV Refrath	1963	175	M35	06:17,0	01:43:39,2
784		04:25:30.9	1155	Jäckel	Heinz		LG Ahzweiler	1947	51	M55	06:17,0	01:43:59,6
785		04:25:32.4	521	Schendel	Thorsten		TuS Brietlingen	1963	176	M35	06:17,5	01:44:01,1
786		04:25:32.9	380	Lehmann	Frank		SG Stern	1961	160	M40	06:17,5	01:44:01,6
90	W	04:25:38.1	1307	Urbach	Ingeborg		GSV Porz	1953	12	W45	06:17,5	01:05:06,4
787		04:25:49.1	340	List	Martin		Köln	1942	23	M60	06:17,7	01:44:17,8
91	W	04:25:49.6	385	Fili	Conny		Köln	1954	13	W45	06:18,9	01:05:17,9
788		04:25:53.3	258	Kuhnle	Wolfgang		Bodensee	1960	161	M40	06:18,9	01:44:22,0
789		04:25:55.5	692	Riege	Jörg		TV Konzen	1966	177	M35	06:18,0	01:44:24,2
790		04:25:58.1	9	Klein	Hermann		LT Mythos Stolberg	1966	178	M35	06:18,1	01:44:26,8
791		04:26:00.0	368	Bäumer	Stefan		Duisburg	1976	56	MHK	06:18,1	01:44:28,7
792		04:26:01.7	425	Rudnick	Achim		SG Düren 99	1958	162	M40	06:18,2	01:44:30,4
92	W	04:26:05.9	1244	Endrulat	Ulrike		LT Paffrath	1962	23	W40	06:18,2	01:05:34,2
793		04:26:06.9	1246	Knura	Erich		Köln	1948	95	M50	06:18,3	01:44:35,6
794		04:26:08.2	325	Gudenkauf	Alwin		SV Beeckerwerth	1950	96	M50	06:18,3	01:44:36,9
795		04:26:11.3	927	Offermann	Harry		SV Germania Eichersc	1964	179	M35	06:18,4	01:44:40,0
796		04:26:15.7	875	Merx	Harald		Stolberg	1960	163	M40	06:18,5	01:44:44,4
797		04:26:26.9	527	Bruderhofer	Andreas		Bodolz	1968	90	M30	06:18,5	01:44:55,6
798		04:26:31.5	1253	Dotd	Thomas		DJK Münsterbusch	1966	180	M35	06:18,8	01:45:00,2
799		04:26:32.2	1242	Brosch	Herbert		TV Witzhelden	1936	12	M65	06:19,9	01:45:00,9
93	W	04:26:34.2	79	Pinheiro	Paula		LC Duisburg	1965	22	W35	06:19,0	01:06:02,5
800		04:26:44.0	868	Protze	Andreas		Laufriere Thier	1964	181	M35	06:19,0	01:45:12,7
801		04:26:45.9	879	Unruh	Georg		DJK Novesia Neuss	1962	164	M40	06:19,2	01:45:14,6
802		04:26:46.7	304	Fischer	Michael		Uerdingen	1962	165	M40	06:19,3	01:45:15,4
803		04:26:48.5	703	Olbrisch	Wolfgang		Datteln	1962	166	M40	06:19,3	01:45:17,2
804		04:26:56.4	1234	Schober	Manfred		LT Meckenheim	1938	24	M60	06:19,3	01:45:25,1
805		04:27:03.9	302	Arens	Dieter		RSV Running-Team	1961	167	M40	06:19,5	01:45:32,6
94	W	04:27:09.2	56	Browder	Nina		LG Alpen	1963	23	W35	06:19,7	01:06:37,5
806		04:27:09.9	352	Mandelartz	Johannes		Germania 07 Dürwiss	1961	168	M40	06:19,8	01:45:38,6
807		04:27:12.6	190	Kleine	Hermann		Aachen	1952	97	M50	06:19,8	01:45:41,3
808		04:27:16.9	1369	Deenen	Wim	NED	Achil '87	1934	13	M65	06:19,9	01:45:45,6
809		04:27:24.9	1031	Tzscheuschler	Andreas		Bergheim	1960	169	M40	06:20,0	01:45:53,6
810		04:27:27.2	132	Prang	Dr. Lothar		LLG St. Augustin	1946	52	M55	06:20,2	01:45:55,9
811		04:27:28.3	584	Hambach	Hans-Jürgen		LT Metzkausen	1950	98	M50	06:20,3	01:45:57,0
812		04:27:42.2	725	Christmann	Erich		LT Schweich	1947	53	M55	06:20,3	01:46:10,9
95	W	04:27:42.8	1357	Christmann	Katharina		LT Schweich	1950	8	W50	06:20,6	01:07:11,1
813		04:27:43.4	1043	Waucampt	Reggie	BEL	Limal	1951	99	M50	06:20,6	01:46:12,1
96	W	04:27:44.1	1044	van Nieuwenhov	Martine	BEL	Antilob	1959	24	W40	06:20,6	01:07:12,4
814		04:27:44.9	726	Grundheber	Heinz		LT Schweich	1962	170	M40	06:20,7	01:46:13,6
97	W	04:27:46.3	91	Fuhrmann	Kerstin		Essen	1970	13	W30	06:20,7	01:07:14,6
815		04:27:59.7	637	Blasberg	Ulrich		Oldenburg	1955	129	M45	06:20,7	01:46:28,4
816		04:28:18.2	297	Bentzin	Jens-Peter		Monschau	1963	182	M35	06:21,0	01:46:46,9
817		04:28:18.9	217	Kilian	Dr. Thomas		Aachen	1964	183	M35	06:21,5	01:46:47,6
818		04:28:21.7	1340	Kirberich	Peter		Viersen	1954	130	M45	06:21,5	01:46:50,4
98	W	04:28:29.8	920	Tangnaz	Gabriele		Wittlich	1953	14	W45	06:21,5	01:07:58,1
99	W	04:28:38.4	186	Alter	Helga		IGL Viernheim	1945	5	W55	06:21,7	01:08:06,7
100	W	04:28:56.4	120	Mandel	Bärbel		LT Bittermark	1942	2	W60	06:22,9	01:08:24,7
819		04:28:57.3	1243	Fröhlen	Hans Günter		TV Witzhelden	1938	25	M60	06:22,4	01:47:26,0
101	W	04:29:01.1	674	Hirschmann	Marie-Antoi	FRA	LT Bittermark	1950	9	W50	06:22,4	01:08:29,4
820		04:29:02.1	813	van de Beek	Carrie	NED	H.A.C. Helmond	1953	131	M45	06:22,5	01:47:30,8
821		04:29:06.8	717	Kleihekoort	Hans	NED	AV Pijnenburg	1939	26	M60	06:22,5	01:47:35,5
822		04:29:08.5	361	Pouralikhan	Farid		Kriftel	1971	91	M30	06:22,6	01:47:37,2
102	W	04:29:21.6	1180	Link	Claudia		ESV Gremberghoven	1963	24	W35	06:22,6	01:08:49,9
823		04:29:25.3	760	Cromm	Rolf		TV Herkenrath	1936	14	M65	06:23,0	01:47:54,0
824		04:29:36.0	1325	Rommel	Holger		Plattfuss Aachen	1958	171	M40	06:23,1	01:48:04,7
103	W	04:29:39.2	807	Spellerberg-Rog	Dr. Simone		DLC Aachen	1961	25	W40	06:23,3	01:09:07,5
825		04:29:50.1	1142	Albers	Kees	NED	AV Gouda	1951	100	M50	06:23,4	01:48:18,8

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
826		04:29:52.5	948	Kirsten	Martin		TV Witzhelden	1952	101	M50	06:23,6	01:48:21,2
827		04:30:02.1	68	Dornberg	Jürgen		BTC Herne	1961	172	M40	06:23,7	01:48:30,8
828		04:30:24.7	415	Rehers	Dr. Hans We		Osnabrücker SC	1947	54	M55	06:24,9	01:48:53,4
829		04:30:29.9	805	Schotman	Oscar	NED	Just Run	1961	173	M40	06:24,5	01:48:58,6
830		04:30:37.7	305	Wieneke	Peter		100 Marathon Club	1946	55	M55	06:24,6	01:49:06,4
831		04:30:44.0	882	Vohsen	Thomas		Mönchengladbacher L	1961	174	M40	06:24,8	01:49:12,7
832		04:31:03.0	524	Roscher	Jürgen		DUV Köln	1940	27	M60	06:25,9	01:49:31,7
104	W	04:31:07.8	1239	Parker	Sabina		Alfterer SC	1954	15	W45	06:25,4	01:10:36,1
833		04:31:15.4	58	Dohmen	Lothar		Jülich	1952	102	M50	06:25,5	01:49:44,1
834		04:31:17.3	696	Woerle	Georg		TV 1848 Kaufbeuren	1941	28	M60	06:25,7	01:49:46,0
835		04:31:30.7	1374	Hulsmann	Pier		ADD	1945	56	M55	06:25,7	01:49:59,4
836		04:31:33.9	505	Kühn	Jörg	BEL	Knick Fööss Köln	1951	103	M50	06:26,0	01:50:02,6
105	W	04:31:34.6	737	Pudelleck	Sabine		LT Mythos Stolberg	1965	25	W35	06:26,1	01:11:02,9
106	W	04:31:35.3	627	Bix	Dagmar		Bonn	1974	12	WHK	06:26,1	01:11:03,6
837		04:31:51.9	992	van der Hoek	Jan		SV Friesland	1951	104	M50	06:26,1	01:50:20,6
107	W	04:32:10.4	827	Replinger	Hildegard		Wittlicher TV	1949	10	W50	06:26,5	01:11:38,7
108	W	04:32:16.9	423	Rebscher	Waltraud		PSV	1960	26	W40	06:27,0	01:11:45,2
838		04:32:27.4	798	Schneider	Friedrich		TV Oberbantenberg	1947	57	M55	06:27,1	01:50:56,1
839		04:32:56.2	40	Menzen	Peter		LT Buga Düsseldorf	1958	175	M40	06:27,4	01:51:24,9
109	W	04:32:57.8	720	Kortheikaas	Miriam	NED	AV Pijnenburg	1955	16	W45	06:28,1	01:12:26,1
840		04:32:59.2	982	de Jong	Bert	NED	Hague Road Runners	1953	132	M45	06:28,1	01:51:27,9
841		04:33:00.0	65	Brunnmeier	Pierre		Family Team Fit 4 R	1983	1	MJugA	06:28,1	01:51:28,7
110	W	04:33:01.8	436	Wilting	Helga		LT DJK Kalkar	1954	17	W45	06:28,1	01:12:30,1
842		04:33:02.2	1199	Hogekamp	Karl-Heinz		LT Kalkar	1942	29	M60	06:28,2	01:51:30,9
843		04:33:07.4	408	Voegelin	Christoph		DJK Adler 07 Bottro	1961	176	M40	06:28,2	01:51:36,1
111	W	04:33:22.8	209	Schuffels	Monika		GSV Geldern	1953	18	W45	06:28,3	01:12:51,1
844		04:33:29.1	332	Scholz	Uli		Kerpen	1947	58	M55	06:28,7	01:51:57,8
845		04:33:31.5	651	Kuesters	Walter		Leka-Team	1960	177	M40	06:28,8	01:52:00,2
846		04:33:37.4	453	Asshoff	Kav			1966	184	M35	06:28,9	01:52:06,1
847		04:33:38.5	473	Karl	Hans		Winterbach	1947	59	M55	06:29,0	01:52:07,2
112	W	04:33:39.0	974	Gitz	Heike		Mönchengladbach	1958	27	W40	06:29,0	01:13:07,3
848		04:33:41.1	499	Berthold	Klaus		LC Euskirchen	1959	178	M40	06:29,1	01:52:09,8
849		04:33:41.9	565	Voßemer	Berthold		VFL Kommern	1950	105	M50	06:29,1	01:52:10,6
850		04:33:43.3	581	Hoffmann	Jürgen		Hardert	1958	179	M40	06:29,1	01:52:12,0
851		04:33:45.9	206	Latz	Norbert		JSV 09 Baesweiler	1957	133	M45	06:29,2	01:52:14,6
113	W	04:33:46.3	537	Arz	Claudia		JSV 09 Baesweiler	1969	14	W30	06:29,2	01:13:14,6
852		04:33:47.1	538	Bergs	Heinz-Willi		JSV 09 Baesweiler	1954	134	M45	06:29,2	01:52:15,8
853		04:33:48.5	312	Bock	Wolfgang		Lokomotive Bonn	1967	185	M35	06:29,3	01:52:17,2
114	W	04:34:00.3	464	Heer	Marianne		TV Bedburg	1950	11	W50	06:29,3	01:13:28,6
115	W	04:34:08.9	794	Brauers	Lydia		DLC Aachen	1965	26	W35	06:29,6	01:13:37,2
116	W	04:34:29.6	941	Wiechert	Bärbel		TV Witzhelden	1969	15	W30	06:29,8	01:13:57,9
854		04:34:32.0	1349	Rübel	Harald		Moers	1956	135	M45	06:30,3	01:53:00,7
117	W	04:34:50.2	311	Lanzrath	Margret		TuS 05 Arloff-Kirspe	1957	19	W45	06:30,3	01:14:18,5
118	W	04:34:51.9	1117	Umbach	Inge		Ellscheid	1953	20	W45	06:30,8	01:14:20,2
855		04:34:52.8	788	Weiss	Martin		Wuppertal	1958	180	M40	06:30,8	01:53:21,5
856		04:34:53.6	64	Brunnmeier	Michael		Family Team Fit 4 R	1985	1	MJugB	06:30,8	01:53:22,3
857		04:34:55.1	73	Nienaber	Thomas		Polizei Bonn Wache	1960	181	M40	06:30,8	01:53:23,8
858		04:34:56.1	216	Urban	Harald		Düren	1967	186	M35	06:30,9	01:53:24,8
859		04:34:59.2	1372	Messatis	Kosta		KSV	1965	187	M35	06:30,9	01:53:27,9
860		04:35:12.0	215	Esch	Franz-Peter		Eichhorn Biker	1965	188	M35	06:31,0	01:53:40,7
861		04:35:15.6	544	Lihs	Siegfried		TURA Remscheid Sü	1960	182	M40	06:31,3	01:53:44,3
862		04:35:16.2	546	Kakies	Siegfried		TURA Remscheid Sü	1954	136	M45	06:31,3	01:53:44,9
863		04:35:18.9	722	van de Pol	Evert		AV Pijnenburg	1943	60	M55	06:31,4	01:53:47,6
864		04:35:25.2	1286	Zasche	Matthias		Dharma Kallmuth	1964	189	M35	06:31,4	01:53:53,9
865		04:35:33.6	1009	Hartig	Andreas		DLC Aachen	1968	92	M30	06:31,6	01:54:02,3
119	W	04:35:36.4	704	Sillich	Renate		DJK Eintracht Essen	1963	27	W35	06:31,8	01:15:04,7
866		04:35:37.1	1008	Stevrer	Dr. Ekkehar		Eschweiler	1950	106	M50	06:31,8	01:54:05,8
867		04:35:37.8	883	Sperling	Wolfgang		BSG Arbeitsamt Köl	1949	107	M50	06:31,9	01:54:06,5

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
868		04:35:46.3	122	Broisch	Jürgen		Mönchengladbach	1961	183	M40	06:31,9	01:54:15,0
869		04:35:47.3	435	Leuther	Johann		LG Pronsfeld-Lüneba	1949	108	M50	06:32,1	01:54:16,0
870		04:35:50.8	461	Bolder	Manfred		LC Airsnake-Team	1964	190	M35	06:32,1	01:54:19,5
871		04:35:51.8	896	Ofiera	Roman		VfL Gladbeck	1961	184	M40	06:32,2	01:54:20,5
872		04:36:00.8	564	Löhr	Stefan		LT Buschhoven	1970	93	M30	06:32,2	01:54:29,5
873		04:36:02.8	1316	Wisnia	Uwe		TV Attendorn	1958	185	M40	06:32,4	01:54:31,5
120	W	04:36:03.9	624	Wisnia	Dagmar		TV Attendorn	1959	28	W40	06:32,5	01:15:32,2
874		04:36:18.2	444	Polte	Heinz-Dieter		Herzogenrath	1947	61	M55	06:32,5	01:54:46,9
121	W	04:36:32.2	1150	Klapperich	Rita		LT Meckenheim	1940	3	W60	06:32,8	01:16:00,5
875		04:36:36.1	267	Eufinger	Patrick		Aachen	1973	57	MHK	06:33,2	01:55:04,8
876		04:36:41.8	1164	Pütz	Dieter		BSG FA Düren	1959	186	M40	06:33,3	01:55:10,5
877		04:37:04.1	752	Burckardt	Frank		Mülheim	1970	94	M30	06:33,4	01:55:32,8
878		04:37:21.0	1136	Schmaelzger	Norbert		Dortmund	1952	109	M50	06:34,9	01:55:49,7
879		04:37:47.7	512	Wiesbaum	Dr. Ralph		Euskirchen	1958	187	M40	06:34,3	01:56:16,4
122	W	04:37:48.4	1300	Gericke	Ursula		LT Gruiten Neandert	1947	6	W55	06:35,9	01:17:16,7
880		04:38:03.8	401	Kottmann	Dietmar		Aachen	1955	137	M45	06:35,0	01:56:32,5
881		04:38:07.5	809	Lievre	Albert		Budoring Hückelhove	1966	191	M35	06:35,3	01:56:36,2
882		04:38:08.2	810	Ermler	Klaus		Budoring Hückelhove	1951	110	M50	06:35,4	01:56:36,9
883		04:38:08.8	953	Menke	Heinz-Josef		DJK Gillrath 1911	1938	30	M60	06:35,4	01:56:37,5
123	W	04:38:10.8	510	Neitzel	Sabine		Aachen	1963	28	W35	06:35,4	01:17:39,1
884		04:38:11.4	134	Krekeler	Franz-Georg		FC Stahle 30	1958	188	M40	06:35,5	01:56:40,1
885		04:38:12.0	1315	Algeri	Roberto	ITA	Pol. Corassori Moden	1961	189	M40	06:35,5	01:56:40,7
124	W	04:38:14.8	270	Waindok	Christine		LT Waldnid	1959	29	W40	06:35,5	01:17:43,1
886		04:38:31.6	1111	Nelli	Eduardo		Gelsenkirchen	1943	62	M55	06:35,6	01:57:00,3
125	W	04:38:43.6	1042	Jäkel	Dagmar		TSV 08 Grävenwiesb	1950	12	W50	06:36,0	01:18:11,9
887		04:38:46.1	479	Schmiemann	Hans		Unstabiler Straßenran	1957	138	M45	06:36,3	01:57:14,8
888		04:38:57.2	748	Kurth	Wolfgang		Achim's Lauftreff	1954	139	M45	06:36,3	01:57:25,9
889		04:39:03.4	582	Isenhardt	Torsten		Rosa Pullis	1975	58	MHK	06:36,6	01:57:32,1
126	W	04:39:10.0	689	Jonas	Elisabeth		TuS 05 Arloff-Kirspe	1956	21	W45	06:36,8	01:18:38,3
890		04:39:10.6	1228	Langendorff	Peter		TuS 05 Arloff-Kirspe	1941	31	M60	06:36,9	01:57:39,3
891		04:39:19.6	1036	König	Thomas		LT Mertesdorf	1966	192	M35	06:36,9	01:57:48,3
892		04:39:21.7	1288	van der Ven	Jo	NED	AVON Heerlen	1949	111	M50	06:37,1	01:57:50,4
893		04:39:49.2	796	Tuchlinski	Dirk		DLC Aachen	1961	190	M40	06:37,2	01:58:17,9
894		04:39:51.5	362	Raasch	Detlef		Roetgen	1962	191	M40	06:37,8	01:58:20,2
895		04:39:55.0	12	van Brummen	Wim	NED	Veteranen Nederland	1949	112	M50	06:37,9	01:58:23,7
896		04:39:58.8	1181	Becherer	Guenter		Neuss	1956	140	M45	06:38,0	01:58:27,5
897		04:39:59.3	264	Nellessen	Andreas		SG Neukirchen-Hülch	1963	193	M35	06:38,1	01:58:28,0
898		04:40:00.3	1222	Beliger	Amos		Rommerskirchen	1962	192	M40	06:38,1	01:58:29,0
899		04:40:03.3	646	Schildmeyer	Carsten		Düren	1961	193	M40	06:38,1	01:58:32,0
900		04:40:06.8	1051	Mütze	Willem	NED	AV Limburg	1956	141	M45	06:38,2	01:58:35,5
901		04:40:17.5	506	Wörsdörfer	Stefan		TV Refrath	1961	194	M40	06:38,2	01:58:46,2
902		04:40:26.4	1127	Thiel	Erwin		Burbach	1954	142	M45	06:38,5	01:58:55,1
903		04:40:40.8	1053	Lipsch	Hubert	NED	CBS Runners	1956	143	M45	06:38,7	01:59:09,5
904		04:40:53.1	296	Wehage	Kurt		Köln	1948	113	M50	06:39,0	01:59:21,8
905		04:40:58.8	71	Kelz	Bert		Absolut-Grundbesitz	1956	144	M45	06:39,4	01:59:27,5
127	W	04:41:05.0	654	Bürger	Angela		BSG Stadt Köln	1949	13	W50	06:39,5	01:20:33,3
128	W	04:41:06.6	886	Hemmer	Edith	LUX	Club LT Hespa	1961	30	W40	06:39,6	01:20:34,9
129	W	04:41:19.9	239	Reimann	Anne		Laufspass SW Sende	1956	22	W45	06:39,7	01:20:48,2
906		04:41:20.6	228	Füchtenschniede	Christian		Laufspass SW Sende	1962	195	M40	06:40,0	01:59:49,3
907		04:41:25.7	520	Schendel	Carsten		TuS Brietlingen	1959	196	M40	06:40,0	01:59:54,4
908		04:41:40.3	1048	Rinia	Pierre	NED	AV Limburg	1954	145	M45	06:40,1	02:00:09,0
909		04:41:41.0	164	Nawrath	Bernd		Wesseling	1965	194	M35	06:40,5	02:00:09,7
910		04:41:46.8	682	Junker	Gerd		TSV Wallenhorst	1956	146	M45	06:40,5	02:00:15,5
130	W	04:41:51.0	820	Kohlen	Helene		Germania 07 Dürwiss	1955	23	W45	06:40,6	01:21:19,3
911		04:42:07.3	1352	Handel	Heinz		Saaler Mühle	1944	63	M55	06:40,7	02:00:36,0
912		04:42:14.7	492	Nellen	Heiner		TuS Mondorf	1963	195	M35	06:41,1	02:00:43,4
913		04:42:23.8	24	Kellert	Karl-Heinz		Köln	1950	114	M50	06:41,3	02:00:52,5
914		04:42:27.5	583	de Vries	Jelle	NED	TuS Dom-Esch	1944	64	M55	06:41,5	02:00:56,2

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
915		04:42:36.3	1375	Herben	Guy	NED	Looi	1945	65	M55	06:41,6	02:01:05,0
916		04:42:41.1	1132	Hellenthal	Klaus		Freilingen	1968	95	M30	06:41,8	02:01:09,8
131	W	04:42:42.3	142	Drechsel	Rita		SuS Bertlich	1953	24	W45	06:41,9	01:22:10,6
917		04:42:42.9	1061	Gilardi	Paolo	ITA	Pontenvovo	1949	115	M50	06:42,9	02:01:11,6
918		04:42:50.6	181	Strucks	Bernd		LAZ Wachtendonk	1969	96	M30	06:42,9	02:01:19,3
132	W	04:42:52.4	75	Rische	Kerstin			1962	31	W40	06:42,1	01:22:20,7
919		04:42:52.8	1339	Lebeau	Laurent	BEL	Anlon	1982	59	MHK	06:42,2	02:01:21,5
920		04:42:53.4	74	Lücke	Rene			1945	66	M55	06:42,2	02:01:22,1
921		04:43:06.9	162	Reunik	Reiner			1959	197	M40	06:42,2	02:01:35,6
922		04:43:14.8	604	Peter	Ronald		HLG 98 Wuppertal	1960	198	M40	06:42,5	02:01:43,5
923		04:43:19.6	1377	Hilger	Richard		DTV Düren	1948	116	M50	06:42,7	02:01:48,3
924		04:43:31.4	655	Bürger	Reiner		BSG Stadt Köln	1949	117	M50	06:42,8	02:02:00,1
925		04:44:00.4	136	Lenartz	Thomas		Düren	1964	196	M35	06:43,1	02:02:29,1
133	W	04:44:02.0	636	Achenbach	Karin		Oldenburg	1955	25	W45	06:43,8	01:23:30,3
134	W	04:44:04.0	1010	Stollenwerk	Vera		LG Mützenich	1968	16	W30	06:43,8	01:23:32,3
135	W	04:44:09.3	161	Schroeder	Karin			1951	14	W50	06:43,9	01:23:37,6
136	W	04:44:10.9	47	Richert	Regina		Bergheim	1962	32	W40	06:44,0	01:23:39,2
137	W	04:44:11.3	48	Becker	Claudia		Bergheim	1959	33	W40	06:44,0	01:23:39,6
926		04:44:25.9	970	Hufkens	Louis	BEL	Kasteellopers	1950	118	M50	06:44,1	02:02:54,6
927		04:44:26.8	154	Spitzer	Jürgen		SLC Solingen	1955	147	M45	06:44,4	02:02:55,5
928		04:44:38.6	988	Schoenmakers	Vincent	NED	DES Eersel	1939	32	M60	06:44,4	02:03:07,3
929		04:44:39.2	139	Sehl	Karl Eduard		Rommerskirchen	1956	148	M45	06:44,7	02:03:07,9
930		04:44:41.0	1097	Steinke	Gerhard		Köln	1942	33	M60	06:44,7	02:03:09,7
931		04:44:58.0	303	Schneider	Volker		Runners Point Team	1967	197	M35	06:44,8	02:03:26,7
138	W	04:44:58.8	566	Dahms	Christel		Alfterer SC	1948	15	W50	06:45,2	01:24:27,1
932		04:46:25.0	507	Engels	Heinz		TTCBW Greuenbroic	1953	149	M45	06:45,2	02:04:53,7
933		04:46:53.3	159	Breuer	Willi		Aachen	1958	199	M40	06:47,2	02:05:22,0
934		04:46:58.7	290	Glugla	Heinrich		LT TuS Iserlohn	1947	67	M55	06:47,9	02:05:27,4
935		04:47:11.3	220	Wienands	Guido		TV Obermaubach	1954	150	M45	06:48,0	02:05:40,0
139	W	04:47:21.0	393	Jung	Andrea		Essen	1965	29	W35	06:48,3	01:26:49,3
140	W	04:47:25.9	63	Brunnmeier	Marita		Family Team Fit 4 R	1958	34	W40	06:48,6	01:26:54,2
141	W	04:47:27.3	771	Besten-Langel	Heike		Bornheim	1959	35	W40	06:48,6	01:26:55,6
936		04:47:52.2	318	Worthmann	Gerhard		LTDJK Kalkar	1948	119	M50	06:48,7	02:06:20,9
937		04:47:59.6	397	Förster	Peter		Frechen	1947	68	M55	06:49,3	02:06:28,3
142	W	04:48:03.1	1351	Handel	Gisela		Saaler Mühle	1941	4	W60	06:49,5	01:27:31,4
143	W	04:48:03.5	1140	de Graaf	Ingrid	NED	Groningen	1952	16	W50	06:49,5	01:27:31,8
938		04:48:21.0	738	Mühlhausen	Wolfgang		LAG Garmisch-Parte	1958	200	M40	06:49,5	02:06:49,7
939		04:48:41.1	225	Hamacher	Hans-Winan		TV Obermaubach	1955	151	M45	06:50,0	02:07:09,8
940		04:49:34.8	5	Boeckel	Dieter		LC Duisburg	1949	120	M50	06:50,4	02:08:03,5
941		04:49:43.4	1022	Fetchenhauer	Detlef		Köln	1965	198	M35	06:51,7	02:08:12,1
144	W	04:49:51.8	601	Wolf-Ullisch	Dr. Christine		Bergisch-Gladbach	1949	17	W50	06:51,9	01:29:20,1
942		04:49:52.2	600	Ullisch	Dr. Bernd		Bergisch-Gladbach	1947	69	M55	06:52,1	02:08:20,9
943		04:49:53.1	660	Kern	Ralf		LG 1947 Viersen	1965	199	M35	06:52,1	02:08:21,8
145	W	04:50:05.9	614	Koczy	Brigitte		JGGO Hildesheim	1960	36	W40	06:52,2	01:29:34,2
944		04:50:25.2	1068	Au-Yeung	Kevin		Aachen	1976	60	MHK	06:52,4	02:08:53,9
945		04:50:52.9	130	Bohlmann	Jürgen		LT SC Bad Münders	1951	121	M50	06:52,9	02:09:21,6
946		04:50:58.0	257	Gronert	Marcel		Duisburg	1979	61	MHK	06:53,6	02:09:26,7
947		04:50:59.1	141	Esser	Dirk		Köln	1970	97	M30	06:53,7	02:09:27,8
948		04:50:59.9	1054	Hopman	Jos	NED	Veteranen Nederland	1939	34	M60	06:53,7	02:09:28,6
949		04:51:06.6	1005	Tolges	Volker		LTPI West Dortmun	1960	201	M40	06:53,7	02:09:35,3
950		04:51:43.0	513	Lettl	Gerhard		LT Traben-Trarbach	1958	202	M40	06:53,9	02:10:11,7
951		04:52:07.5	894	Knoch	Wilfried		1. FC Spich	1951	122	M50	06:54,8	02:10:36,2
952		04:52:32.4	831	Meinke	Wolfgang		Homberger TV	1960	203	M40	06:55,3	02:11:01,1
953		04:53:34.5	1170	Roggendorf	Winfried		ESV Gremberghoven	1960	204	M40	06:56,9	02:12:03,2
954		04:53:52.2	833	Storm	Winfried		Wielthaler LC	1943	70	M55	06:57,4	02:12:20,9
146	W	04:54:04.2	236	Cömert	Sakine		Helli	1963	30	W35	06:57,8	01:33:32,5
147	W	04:54:13.7	394	Wey	Eva		Brüggen	1960	37	W40	06:58,1	01:33:42,0
148	W	04:54:15.1	779	Thoenes	Gabriele		TURA Brüggen	1954	26	W45	06:58,3	01:33:43,4

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
955		04:54:26.6	608	Fedder	Rainer		Rösrath	1948	123	M50	06:58,4	02:12:55,3
956		04:55:17.4	939	Messel	Dietrich		TV Witzhelden	1942	35	M60	06:58,6	02:13:46,1
957		04:55:17.8	1289	Verlimden	Jef	BEL	Gierle-Lille	1952	124	M50	06:59,8	02:13:46,5
958		04:55:23.3	50	Kreis	Manfred		SG NVV Möchenglade	1958	205	M40	06:59,8	02:13:52,0
959		04:55:27.8	610	Runkel	Edwin		RSS Faid	1957	152	M45	07:00,0	02:13:56,5
960		04:55:52.9	114	Roos	Manfred		Frisch Auf	1942	36	M60	07:00,1	02:14:21,6
149	W	04:56:35.1	617	Biermann	Katrin		SC Drestedt	1958	38	W40	07:00,7	01:36:03,4
150	W	04:56:49.8	713	Teichert	Martina		Wilnsdorf	1961	39	W40	07:01,7	01:36:18,1
961		04:56:53.2	1037	Rall	Franz-Josef		Wittlicher TV	1953	153	M45	07:02,0	02:15:21,9
962		04:56:53.5	854	Klages	Martin		Hildesheim	1959	206	M40	07:02,1	02:15:22,2
963		04:57:19.6	678	Ilies	Olaf		Monheim	1960	207	M40	07:02,1	02:15:48,3
151	W	04:57:20.1	679	Ilies	Andrea		Monheim	1964	31	W35	07:02,7	01:36:48,4
152	W	04:58:01.8	176	van Nieuwenhof	Iris		Bocholtz	1964	32	W35	07:02,7	01:37:30,1
964		04:58:14.8	1313	Albert	Gerhard		TV Witzhelden	1930	1	M70	07:03,7	02:16:43,5
965		04:58:39.2	569	Beer	Dr. Helmut		Abebe Nürnberg	1946	71	M55	07:04,0	02:17:07,9
966		04:59:09.9	529	auf der Heiden	Friedrich		Bergheim	1959	208	M40	07:04,6	02:17:38,6
153	W	05:00:00.5	797	Kraft	Christine		DJK Wißmannsdorf	1964	33	W35	07:05,3	01:39:28,8
967		05:00:09.7	1331	von Gehlen	Rainer		Aachen	1946	72	M55	07:06,5	02:18:38,4
968		05:00:20.2	572	Kesten	Friedhelm		Harlekin Alsdorf	1948	125	M50	07:06,8	02:18:48,9
969		05:00:23.3	1298	Batzmühlen	Klaus		Uedesheimer Rennha	1942	37	M60	07:07,0	02:18:52,0
154	W	05:00:28.9	1295	Scharpenberg	Gabriele		ASC Rosellen/Neuss	1955	27	W45	07:07,1	01:39:57,2
970		05:00:54.2	981	Distelrath	Anselm		Aachen	1967	200	M35	07:07,2	02:19:22,9
971		05:01:00.9	38	Thinnes	Martin		Trierweiler	1965	201	M35	07:07,8	02:19:29,6
972		05:01:20.0	1370	Suberg	Ulrich		VFB Korschenbroich	1953	154	M45	07:08,0	02:19:48,7
973		05:01:25.5	307	Waning	Peter		TV Vreden	1958	209	M40	07:08,4	02:19:54,2
155	W	05:01:48.7	1350	Mansith	Daniela		DMT Düsseldorf	1973	13	WHK	07:08,6	01:41:17,0
974		05:02:19.4	260	Schröder	Stefan		St. Augustin	1961	210	M40	07:09,1	02:20:48,1
975		05:02:24.2	1159	Lange	Harald		Running Team Bad E	1955	155	M45	07:09,8	02:20:52,9
976		05:02:45.5	1105	Mattes	Franz-Dieter		FFW Wollersheim	1962	211	M40	07:10,0	02:21:14,2
156	W	05:03:54.0	599	Hoffmann	Petra		BSV Bergheim	1961	40	W40	07:10,5	01:43:22,3
977		05:03:54.3	836	John	Gerd		TURA Remscheid Sü	1941	38	M60	07:12,1	02:22:23,0
978		05:03:54.7	1328	Winklehner	Gottfried	BEL	Spimont	1942	39	M60	07:12,1	02:22:23,4
979		05:04:34.7	1335	Esser	Ame		LC Spiridon Rureifel	1946	73	M55	07:12,1	02:23:03,4
980		05:05:10.2	749	Mueller	Albrecht		Rheinstetten	1956	156	M45	07:13,0	02:23:38,9
981		05:06:17.9	1342	Spieser	Jean-Paul	FRA	CSL Neuf-Brisach	1963	202	M35	07:13,9	02:24:46,6
982		05:06:25.9	35	Schröder	Alexander		SG Düren 99	1974	62	MHK	07:15,5	02:24:54,6
983		05:06:44.1	800	Nüsgen	Wilhelm		Weilerswist	1947	74	M55	07:15,7	02:25:12,8
984		05:07:24.1	53	Thews	Thomas		Lüdenscheid	1966	203	M35	07:16,1	02:25:52,8
157	W	05:08:09.8	638	Dudler	Agnes		Bonn	1946	7	W55	07:17,1	01:47:38,1
158	W	05:08:57.0	1169	Roggendorf	Agnes		ESV Gremberghoven	1962	41	W40	07:18,1	01:48:25,3
985		05:09:05.2	1237	Herbst	Klaus		TV Hechtsheim	1954	157	M45	07:19,3	02:27:33,9
159	W	05:09:58.1	1120	Krieger	Ingeborg		TSV Hochdahl	1950	18	W50	07:19,5	01:49:26,4
986		05:10:15.6	1344	Kahler	Detlev		Jüchen	1958	212	M40	07:20,7	02:28:44,3
987		05:11:05.2	1183	Carl	Heinz		TuS Schmidt	1956	158	M45	07:21,1	02:29:33,9
160	W	05:11:14.7	133	Hauschild	Christa		SC Drestedt	1956	28	W45	07:22,3	01:50:43,0
988		05:11:57.8	28	Puetz	Peter		Köln	1931	2	M70	07:22,5	02:30:26,5
989		05:12:59.3	1256	Kelch	Alexander		Die Rennschweine	1959	213	M40	07:23,5	02:31:28,0
990		05:12:59.6	1226	Schwanitz	Hans-Wilhel		Die Rennschweine	1964	204	M35	07:25,0	02:31:28,3
991		05:13:10.1	630	Peters	Marco		LT DJK Kalkar	1966	205	M35	07:25,0	02:31:38,8
161	W	05:13:48.3	1285	Bebenbug-Weide	Annette		Dharma Kallmuth	1964	34	W35	07:25,3	01:53:16,6
992		05:15:04.9	491	Berndt	Bodo		Burscheid	1960	214	M40	07:26,2	02:33:33,6
993		05:16:03.8	245	Graumann	Sven		Geilenkirchen	1961	215	M40	07:28,0	02:34:32,5
994		05:16:20.7	750	Plückelmann	Willi		TuS Hamborn-Neum	1948	126	M50	07:29,4	02:34:49,4
995		05:16:34.8	1056	Togni	Giuseppe	ITA	ATL. Lumezzane.C.S	1926	1	M75	07:29,8	02:35:03,5
996		05:17:12.7	117	Kaliwoda	Harald		HK Gießen	1954	159	M45	07:30,1	02:35:41,4
162	W	05:17:20.5	1154	Müller	Evelyn		Marathon Dreamteam	1958	42	W40	07:31,0	01:56:48,8
997		05:21:08.2	741	Breiter	Bruno		BSG Schering-Bergka	1934	15	M65	07:31,2	02:39:36,9
998		05:21:08.5	1137	Plewka	Siegfried		LC Olympia Wiesbad	1958	216	M40	07:36,6	02:39:37,2

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
999		05:21:49.2	1223	Schmitz	Wilhelm		VSV Grenzland Wegb	1933	16	M65	07:36,6	02:40:17,9
1000		05:24:03.2	1030	Doellerer	Sebastian		Traunreut	1949	127	M50	07:37,6	02:42:31,9
163	W	05:24:15.9	283	Holz	Uschi		Duisburg	1965	35	W35	07:40,7	02:03:44,2
1001		05:26:40.9	1128	Reble	Bruno		GWR Düsseldorf	1950	128	M50	07:41,0	02:45:09,6
1002		05:27:01.5	178	Reisenberger	Frank		LC Duisburg	1965	206	M35	07:44,5	02:45:30,2
1003		05:27:07.3	1058	Boldrin	Adriano	ITA	Li 3 Mira	1952	129	M50	07:45,0	02:45:36,0
164	W	05:30:41.3	611	Liszewitz	Dagmar		Köln	1962	43	W40	07:45,1	02:10:09,6
165	W	05:31:10.6	773	Belling-Seib	Katharina		Emden	1953	29	W45	07:50,2	02:10:38,9
1004		05:31:20.5	772	Bärnthaler	Werner	AUT	Wuppertal	1941	40	M60	07:50,9	02:49:49,2
166	W	05:31:37.4	535	Tobian	Sylvia		Solingen	1962	44	W40	07:51,1	02:11:05,7
167	W	05:31:38.1	1338	Helmman	Nicole		Mülheim	1969	17	W30	07:51,5	02:11:06,4
1005		05:31:39.0	1337	Gdawietz	Gregor		Mülheim	1955	160	M45	07:51,5	02:50:07,7
1006		05:31:49.0	767	Weber	Thorsten		Rosa Pullis	1975	63	MHK	07:51,5	02:50:17,7
1007		05:32:55.7	445	Hahn	Bernd		MTV Itzehoe	1953	161	M45	07:51,8	02:51:24,4
168	W	05:34:02.9	1130	Rießschläger	Michaela		SV Ellscheid	1972	18	W30	07:53,3	02:13:31,2
1008		05:34:03.5	237	Weber	Peter		Eschweiler	1966	207	M35	07:55,9	02:52:32,2
169	W	05:34:22.4	137	Späth	Barbara		DI-DO-SA-Lage	1957	30	W45	07:55,0	02:13:50,7
1009		05:34:23.0	904	Schnurfeil	Achim		Simmerath	1967	208	M35	07:55,4	02:52:51,7
1010		05:42:46.9	851	Kretschmann	Markus		TC RW Olzheim	1973	64	MHK	07:55,4	03:01:15,6
1011		05:42:47.2	639	Grommes	Jochen		Mönchengladbach	1974	65	MHK	08:07,4	03:01:15,9
1012		05:43:31.5	1267	Zobel	Norbert		Frankfurt	1963	209	M35	08:07,4	03:02:00,2
1013		05:43:43.8	808	Tückmantel	Werner		Budoring Hückelhove	1952	130	M50	08:08,4	03:02:12,5
1014		05:51:33.4	317	Zieger	Wolfgang		NSF Berlin	1933	17	M65	08:08,7	03:10:02,1
170	W	05:52:26.6	320	Hirschfeld	Ingrid		LTDJK Kalkar	1951	19	W50	08:19,8	02:31:54,9
1015		05:53:45.2	1329	Claespeter	Michael	CH	Thun	1966	210	M35	08:21,1	03:12:13,9
1016		06:13:58.0	350	Tiedemann	Reiner		ASV Köln	1945	75	M55	08:23,0	03:32:26,7
171	W	06:13:58.1	349	Tiedemann	Brigitta		ASV Köln	1956	31	W45	08:51,7	02:53:26,4