

36. Rhein-Ruhr-Marathon Duisburg

02. Juni 2019

Ergebnisliste Damen/Herren

Offene NRW-Meisterschaften Halbmarathon Männer/ Frauen/ Senioren
INOFFIZIELLES ERGEBNIS

12:02:44
05.06.2019

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Ergebnisse Herren / Results Men

| Platz | No. | Name,Vorname | JG | NAT | Club/*City | AK-Pl. | AK | Netto | Brutto | Km/h | M/km |
|-------|------|----------------------|------|-----|----------------------------|--------|-----|---------|----------------|-------|------|
| 1 | 3003 | Deiß, Bernhard | 1992 | GER | Recklinghäuser LC | 1. | MH | 1:15:26 | 1:15:28 | 16,78 | 3:34 |
| 2 | 3004 | Kruck, Karsten | 1978 | GER | ASV Duisburg | 1. | M40 | 1:18:36 | 1:18:38 | 16,11 | 3:43 |
| 3 | 4161 | Tertünte, Björn | 1973 | GER | Ayyo Team Essen | 1. | M45 | 1:20:59 | 1:21:02 | 15,63 | 3:50 |
| 4 | 4387 | Risko, Sebastian | 1991 | GER | Mönchengladbacher LG | 2. | MH | 1:21:57 | 1:21:59 | 15,45 | 3:53 |
| 5 | 4258 | Riepe, Thorsten | 1983 | GER | TSF Bracht | 1. | M35 | 1:21:55 | 1:22:00 | 15,45 | 3:52 |
| 6 | 4143 | Jung, Daniel | 1993 | GER | Dürener TV 1847 | 3. | MH | 1:22:28 | 1:22:30 | 15,35 | 3:54 |
| 7 | 4395 | Houben, Thomas | 1977 | GER | DJK Jung Siegfried Herzoge | 2. | M40 | 1:22:28 | 1:22:31 | 15,35 | 3:54 |
| 8 | 4200 | Neuß, Frederic | 1986 | GER | TSVE 1890 Bielefeld | 1. | M30 | 1:23:01 | 1:23:05 | 15,25 | 3:56 |
| 9 | 4422 | Prang, Thomas | 1974 | GER | TG NEUSS von 1848 e.V. | 2. | M45 | 1:24:06 | 1:24:09 | 15,05 | 3:59 |
| 10 | 4418 | Marquardt, Christof | 1968 | GER | LG Deiringsen | 1. | M50 | 1:24:33 | 1:24:36 | 14,97 | 4:00 |
| 11 | 4410 | Schneider, Philipp | 1997 | GER | LG Deiringsen | 4. | MH | 1:24:38 | 1:24:40 | 14,96 | 4:00 |
| 12 | 3783 | Losch, Stefan | 1968 | GER | TUSEM Essen | 2. | M50 | 1:25:07 | 1:25:10 | 14,87 | 4:02 |
| 13 | 4386 | Claesges, Michael | 1964 | GER | Team-Essen 1999 e.V. | 1. | M55 | 1:25:51 | 1:25:53 | 14,75 | 4:04 |
| 14 | 4224 | Böhning, Christian | 1985 | GER | SSF Bonn | 2. | M30 | 1:26:44 | 1:26:47 | 14,60 | 4:06 |
| 15 | 3691 | Lange, Erik | 2000 | GER | ASV Duisburg | 5. | MH | 1:27:07 | 1:27:09 | 14,53 | 4:07 |
| 16 | 4393 | Schultes, Manfred | 1970 | GER | DJK Jung Siegfried Herzoge | 3. | M45 | 1:27:15 | 1:27:19 | 14,51 | 4:08 |
| 17 | 4396 | Bruhns, Dr. Arnd | 1969 | GER | LC Solbad Ravensberg | 3. | M50 | 1:27:25 | 1:27:29 | 14,48 | 4:08 |
| 18 | 3790 | Schäfer, Andre | 1973 | GER | SG Monheim | 4. | M45 | 1:27:31 | 1:27:38 | 14,47 | 4:08 |
| 19 | 3071 | Wasem, Sascha | 1983 | GER | ASV Duisburg | 2. | M35 | 1:27:49 | 1:27:51 | 14,42 | 4:09 |
| 20 | 3897 | Neuhausen, Jürgen | 1963 | GER | Recklinghäuser LC | 2. | M55 | 1:29:02 | 1:29:06 | 14,22 | 4:13 |
| 21 | 4403 | Müller, Tobias | 1995 | GER | DJK Kleinenbroich | 6. | MH | 1:29:24 | 1:29:27 | 14,16 | 4:14 |
| 22 | 4221 | Amonait, Matthias | 1987 | GER | Recklinghäuser LC | 3. | M30 | 1:30:15 | 1:30:19 | 14,03 | 4:16 |
| 23 | 3033 | Orlowski, Bernd | 1957 | GER | LV Oelde | 1. | M60 | 1:33:19 | 1:33:23 | 13,57 | 4:25 |
| 24 | 4291 | Stripper, Uli | 1959 | GER | LV Oelde | 2. | M60 | 1:33:38 | 1:33:43 | 13,52 | 4:26 |
| 25 | 4194 | Reimering, Klaus | 1965 | GER | TSVE 1890 Bielefeld | 4. | M50 | 1:34:12 | 1:34:16 | 13,44 | 4:27 |
| 26 | 4394 | Krüger, Andreas | 1967 | GER | TSVE 1890 Bielefeld | 5. | M50 | 1:34:06 | 1:34:16 | 13,45 | 4:27 |
| 27 | 4205 | Pribyl, Holger | 1973 | GER | Rumelner TV | 5. | M45 | 1:34:16 | 1:34:24 | 13,43 | 4:28 |
| 28 | 4242 | Grünebaum, Manfred | 1957 | GER | LV Oelde | 3. | M60 | 1:34:41 | 1:34:46 | 13,37 | 4:29 |
| 29 | 3780 | Godde, Martin | 1964 | GER | Recklinghäuser LC | 3. | M55 | 1:34:50 | 1:34:59 | 13,35 | 4:29 |
| 30 | 4037 | Schönlau, Dirk | 1968 | GER | TSV Viktoria Mülheim | 6. | M50 | 1:35:01 | 1:35:07 | 13,32 | 4:30 |
| 31 | 4148 | Leszinski, Dr. Frank | 1963 | GER | SUS Schalke 96 | 4. | M55 | 1:35:19 | 1:35:22 | 13,28 | 4:31 |
| 32 | 3915 | Tahiri, Kadri | 1967 | GER | USC Bochum | 7. | M50 | 1:35:26 | 1:35:36 | 13,27 | 4:31 |
| 33 | 3163 | Pfeiffer, Dirk | 1961 | GER | ASV Duisburg | 5. | M55 | 1:36:33 | 1:36:42 | 13,11 | 4:34 |
| 34 | 3913 | Gresch, Rolf | 1964 | GER | USC Bochum | 6. | M55 | 1:36:33 | 1:36:47 | 13,11 | 4:34 |
| 35 | 4196 | Michalka, Ralph | 1969 | GER | SFD 75 Düsseldorf-Süd | 8. | M50 | 1:36:49 | 1:36:58 | 13,08 | 4:35 |
| 36 | 3851 | Scheele, Michael | 1976 | GER | TUSEM Essen | 3. | M40 | 1:37:13 | 1:37:20 | 13,02 | 4:36 |
| 37 | 3712 | Kels, Martin | 1980 | GER | TUSEM Essen | 3. | M35 | 1:37:44 | 1:37:53 | 12,95 | 4:37 |
| 38 | 3248 | Piecha, Andreas | 1961 | GER | Marathon Dinslaken | 7. | M55 | 1:37:51 | 1:38:00 | 12,94 | 4:38 |

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05.06.2019

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Ergebnisse Herren / Results Men

| Platz | No. | Name,Vorname | JG | NAT | Club/*City | AK-Pl. | AK | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------------|------|-----|-----------------------------|--------|-----|---------|----------------|-------|------|
| 39 | 4414 | Schaffrath, Ralf | 1966 | GER | DJK Jung Siegfried Herzoge | 6. | M45 | 1:38:18 | 1:38:22 | 12,88 | 4:39 |
| 40 | 4277 | Becker, Tobias | 1971 | GER | Lauf-Club Euskirchen | 7. | M45 | 1:40:48 | 1:41:02 | 12,56 | 4:46 |
| 41 | 3453 | Spoer, Dr. Christian | 1973 | GER | SG Neukirchen- Hülchrath | 8. | M45 | 1:40:59 | 1:41:13 | 12,54 | 4:47 |
| 42 | 3772 | Degener, Peter | 1952 | GER | Marathon Mülheim | 1. | M65 | 1:40:49 | 1:41:13 | 12,56 | 4:46 |
| 43 | 3966 | Lenz, Joachim | 1960 | GER | USC Bochum | 8. | M55 | 1:40:59 | 1:41:14 | 12,54 | 4:47 |
| 44 | 4295 | Roller, Helmut | 1955 | GER | SG Suderwich | 4. | M60 | 1:41:17 | 1:41:22 | 12,50 | 4:48 |
| 45 | 3833 | Aritonovic, Jovica | 1978 | GER | ASV Duisburg | 4. | M40 | 1:41:20 | 1:41:26 | 12,49 | 4:48 |
| 46 | 3394 | Schürmann, Jörg | 1967 | GER | LAZ Iserlohn | 9. | M50 | 1:41:46 | 1:41:58 | 12,44 | 4:49 |
| 47 | 4290 | Dördelmann, Uwe | 1956 | GER | LV Oelde | 5. | M60 | 1:41:53 | 1:41:59 | 12,43 | 4:49 |
| 48 | 4310 | Graeber, Jürgen | 1947 | GER | SuS Oberaden | 1. | M70 | 1:45:21 | 1:45:38 | 12,02 | 4:59 |
| 49 | 4286 | Schulte, Heinz-Jürgen | 1958 | GER | LV Oelde | 6. | M60 | 1:45:51 | 1:45:57 | 11,96 | 5:01 |
| 50 | 4237 | Bittner, Bernhard | 1958 | GER | LV Oelde | 7. | M60 | 1:46:10 | 1:46:15 | 11,93 | 5:01 |
| 51 | 4229 | Pugliese, Michele | 1949 | GER | LC Rapid Dortmund | 2. | M70 | 1:46:37 | 1:46:48 | 11,87 | 5:03 |
| 52 | 3262 | Bongen, Ralf | 1982 | GER | SV Germania Dürwiß | 4. | M35 | 1:47:04 | 1:47:28 | 11,82 | 5:04 |
| 53 | 3974 | Linsmann, Kai | 1978 | GER | Lauf-Club Euskirchen | 5. | M40 | 1:48:15 | 1:48:42 | 11,70 | 5:07 |
| 54 | 3062 | Schülke, Frank | 1963 | GER | LT Bittermark Dortmund e.V. | 9. | M55 | 1:48:10 | 1:48:44 | 11,70 | 5:07 |
| 55 | 4479 | Chrobok, Reiner | 1958 | GER | TGH Wetter | 8. | M60 | 1:49:05 | 1:49:09 | 11,61 | 5:10 |
| 56 | 3396 | Pohle, Stefan | 1972 | GER | ASV Duisburg | 9. | M45 | 1:50:02 | 1:50:33 | 11,51 | 5:12 |
| 57 | 4261 | Steffen, Marcel | 1972 | GER | TSV Viktoria Mülheim | 10. | M45 | 1:50:21 | 1:50:47 | 11,47 | 5:13 |
| 58 | 3348 | Gebauer, Bernd | 1965 | GER | LG Olympia Dortmund | 10. | M50 | 1:50:37 | 1:50:51 | 11,44 | 5:14 |
| 59 | 3899 | Köhler, Dieter | 1968 | GER | TSV Viktoria Mülheim | 11. | M50 | 1:50:43 | 1:50:51 | 11,43 | 5:14 |
| 60 | 3264 | Bongen, Gerd | 1975 | GER | SV Germania Dürwiß | 6. | M40 | 1:51:52 | 1:52:14 | 11,32 | 5:18 |
| 61 | 4309 | Stöcker, Werner | 1939 | GER | LG Wittgenstein | 1. | M80 | 1:52:51 | 1:53:21 | 11,22 | 5:20 |
| 62 | 3389 | Grävenstein, Lutz | 1969 | GER | TuS 08 Lintorf | 12. | M50 | 1:53:09 | 1:53:24 | 11,19 | 5:21 |
| 63 | 3291 | Hampel, Ingo | 1971 | GER | LAZ Iserlohn | 11. | M45 | 1:53:58 | 1:54:11 | 11,11 | 5:24 |
| 64 | 4329 | Fischer-Behnen, Achim | 1956 | GER | LG Hamm | 9. | M60 | 1:54:17 | 1:54:23 | 11,08 | 5:24 |
| 65 | 3274 | Schittko, Günter | 1959 | GER | Marathon Dinslaken | 10. | M60 | 1:53:30 | 1:54:24 | 11,15 | 5:22 |
| 66 | 4351 | Knoth, Günter | 1957 | GER | TUSEM Essen | 11. | M60 | 1:56:49 | 1:57:48 | 10,84 | 5:32 |
| 67 | 4449 | Beyer, Axel | 1972 | GER | Marathon Dinslaken | 12. | M45 | 1:57:17 | 1:58:11 | 10,79 | 5:33 |
| 68 | 4356 | Scholl, Markus | 1977 | GER | ASV Duisburg | 7. | M40 | 1:57:46 | 1:58:22 | 10,75 | 5:34 |
| 69 | 4092 | Henning, Rainer | 1961 | GER | Rumelner TV | 10. | M55 | 1:58:47 | 1:59:04 | 10,66 | 5:37 |
| 70 | 3030 | Markowsky, Günter | 1952 | GER | Rumelner TV | 2. | M65 | 1:58:44 | 1:59:11 | 10,66 | 5:37 |
| 71 | 4231 | Buteweg, Helmut | 1947 | GER | STV Hünxe | 3. | M70 | 1:59:13 | 1:59:49 | 10,62 | 5:39 |
| 72 | 4045 | Maczkiewicz, Arnold | 1955 | GER | Lauf-Club Euskirchen | 12. | M60 | 2:00:32 | 2:01:19 | 10,50 | 5:42 |
| 73 | 3441 | Kalweit, Siegfried | 1942 | GER | TSV Viktoria Mülheim | 1. | M75 | 2:02:45 | 2:03:41 | 10,31 | 5:49 |
| 74 | 4137 | Chialo, Jerome | 1969 | TAN | TC Kray 1892 e.V | 13. | M50 | 2:04:58 | 2:06:34 | 10,13 | 5:55 |
| 75 | 4257 | Diemer, Jens | 1977 | GER | LC Duisburg | 8. | M40 | 2:05:58 | 2:08:48 | 10,05 | 5:58 |
| 76 | 4149 | Kruse, Hansgeorg | 1948 | GER | Marathon-Club Menden | 4. | M70 | 2:08:25 | 2:09:16 | 9,86 | 6:05 |

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Ergebnisse Herren / Results Men

| Platz | No. | Name,Vorname | JG | NAT | Club/*City | AK-Pl. | AK | Netto | Brutto | Km/h | M/km |
|-------|------|------------------------|------|-----|-----------------------------|--------|-----|---------|----------------|------|------|
| 77 | 3784 | Spoden, Migo | 1959 | GER | LC Duisburg | 13. | M60 | 2:08:32 | 2:10:14 | 9,85 | 6:05 |
| 78 | 4234 | Drechsler, Hans-Jürgen | 1961 | GER | LT Bittermark Dortmund e.V. | 11. | M55 | 2:09:42 | 2:11:16 | 9,76 | 6:08 |
| 79 | 3758 | Pickartz, Jürgen | 1959 | GER | LC Duisburg | 14. | M60 | 2:11:03 | 2:12:10 | 9,66 | 6:12 |
| 80 | 4072 | Brauer, Jürgen | 1959 | GER | Rumelner TV | 15. | M60 | 2:13:08 | 2:13:35 | 9,51 | 6:18 |
| 81 | 3914 | Romanczyk, Joachim | 1952 | GER | USC Bochum | 3. | M65 | 2:13:03 | 2:13:37 | 9,51 | 6:18 |
| 82 | 3713 | Venker, Paul | 1947 | GER | LG Emsdetten | 5. | M70 | 2:12:25 | 2:13:44 | 9,56 | 6:16 |
| 83 | 3189 | Wermes, Ralf | 1958 | GER | Marathon Dinslaken | 16. | M60 | 2:20:18 | 2:22:11 | 9,02 | 6:38 |
| 84 | 4152 | Geurts, Hans-Peter | 1949 | GER | TSV Weeze | 6. | M70 | 2:25:02 | 2:25:58 | 8,73 | 6:52 |
| 85 | 4431 | Brune, Dr. Karl-Heinz | 1947 | GER | LSF Münster | 7. | M70 | 2:25:02 | 2:27:04 | 8,73 | 6:52 |
| 86 | 3046 | Fröde, Volker | 1945 | GER | TSV Viktoria Mülheim | 8. | M70 | 2:28:49 | 2:29:29 | 8,51 | 7:03 |
| 87 | 4419 | Benninghoff, Helmut | 1949 | GER | VfL Bergheide | 9. | M70 | 2:29:25 | 2:30:48 | 8,47 | 7:04 |
| 88 | 4326 | Kerkenbusch, Werner | 1947 | GER | VfL Bergheide | 10. | M70 | 2:29:25 | 2:30:48 | 8,47 | 7:04 |
| 89 | 3526 | Voegelin, Christoph | 1961 | GER | LLG Kevelaer | 12. | M55 | 2:30:03 | 2:31:59 | 8,44 | 7:06 |
| 90 | 4353 | Schmiedeskamp, Bernt | 1954 | GER | TSVE 1890 Bielefeld | 4. | M65 | 4:24:04 | 4:24:10 | 4,79 | 2:30 |

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Ergebnisse Damen / Results Damen

| Platz | No. | Name,Vorname | JG | NAT | Club/*City | AK-Pl. | AK | Netto | Brutto | Km/h | M/km |
|-------|------|-------------------------|------|-----|-----------------------------|--------|-----|---------|----------------|-------|------|
| 1 | 7753 | Rannacher, Michelle | 1994 | GER | DJK Gütersloh | 1. | WH | 1:22:54 | 1:22:56 | 15,27 | 3:55 |
| 2 | 7005 | Gkorla, Dioni | 1997 | GER | LAZ Puma Rhein-Sieg | 2. | WH | 1:24:39 | 1:24:41 | 14,96 | 4:00 |
| 3 | 7635 | Rosenberg, Sophia | 1996 | GER | USC Bochum | 3. | WH | 1:26:20 | 1:26:24 | 14,66 | 4:05 |
| 4 | 7002 | Wehr, Katharina | 1996 | GER | TV Wanheimerort 1880 | 4. | WH | 1:27:48 | 1:27:51 | 14,42 | 4:09 |
| 5 | 7730 | Hacker, Judith | 1994 | GER | SG Wenden | 5. | WH | 1:28:09 | 1:28:11 | 14,36 | 4:10 |
| 6 | 7729 | Clemens, Sandra | 1989 | GER | SG Wenden | 1. | W30 | 1:30:26 | 1:30:31 | 14,00 | 4:17 |
| 7 | 7007 | Günther, Marlen | 1983 | GER | LAZ Puma Rhein-Sieg | 1. | W35 | 1:30:48 | 1:30:52 | 13,94 | 4:18 |
| 8 | 7677 | Lins, Janine | 1994 | GER | USC Bochum | 6. | WH | 1:31:15 | 1:31:21 | 13,87 | 4:19 |
| 9 | 7739 | Henneken, Claudia Maria | 1985 | GER | DauerLaufVerein - Köln | 2. | W30 | 1:32:01 | 1:32:08 | 13,76 | 4:21 |
| 10 | 7008 | Stöcker, Kathrin | 1967 | GER | LAZ Puma Rhein-Sieg | 1. | W50 | 1:32:27 | 1:32:31 | 13,69 | 4:22 |
| 11 | 7703 | Limberg, Stefanie | 1983 | GER | LC Solbad Ravensberg | 2. | W35 | 1:34:00 | 1:34:11 | 13,47 | 4:27 |
| 12 | 7678 | Gösmann, Sinthuya | 1988 | GER | USC Bochum | 3. | W30 | 1:34:32 | 1:34:42 | 13,39 | 4:28 |
| 13 | 7663 | Sicking, Stefanie | 1977 | GER | TSG Reken | 1. | W40 | 1:36:07 | 1:36:19 | 13,17 | 4:33 |
| 14 | 7009 | Gaspercic, Martina | 1966 | GER | ASV Duisburg | 2. | W50 | 1:36:14 | 1:36:23 | 13,15 | 4:33 |
| 15 | 7648 | Just, Gladys | 1974 | GER | TuS 08 Lintorf | 1. | W45 | 1:36:40 | 1:36:53 | 13,10 | 4:34 |
| 16 | 7755 | Noya Crespo, Silvia | 1979 | GER | DJK Gütersloh | 2. | W40 | 1:36:42 | 1:36:54 | 13,09 | 4:34 |
| 17 | 7380 | Honemann, Sarah | 1981 | GER | LSF Münster | 3. | W35 | 1:38:09 | 1:38:18 | 12,90 | 4:39 |
| 18 | 7449 | Schimanski, Martina | 1969 | GER | TSV Viktoria Mülheim | 3. | W50 | 1:38:29 | 1:38:36 | 12,86 | 4:40 |
| 19 | 7638 | Schlüter, Julia | 1986 | GER | USC Bochum | 4. | W30 | 1:38:28 | 1:38:39 | 12,86 | 4:39 |
| 20 | 7490 | Schmidt, Sandra | 1986 | GER | LT Bittermark Dortmund e.V. | 5. | W30 | 1:39:21 | 1:39:30 | 12,74 | 4:42 |
| 21 | 7207 | Sikora, Beate | 1976 | GER | ASV Duisburg | 3. | W40 | 1:39:21 | 1:39:32 | 12,74 | 4:42 |
| 22 | 7126 | Hettkamp, Saskia | 1997 | GER | LC Adler Bottrop | 7. | WH | 1:39:20 | 1:39:35 | 12,75 | 4:42 |
| 23 | 7698 | Engels, Sabine | 1968 | GER | LC Solbad Ravensberg | 4. | W50 | 1:40:40 | 1:40:52 | 12,58 | 4:46 |
| 24 | 7652 | Michalka, Silvia | 1967 | GER | SFD 75 Düsseldorf-Süd | 5. | W50 | 1:41:04 | 1:41:16 | 12,53 | 4:47 |
| 25 | 7003 | Buil, Melina | 1994 | GER | LSF Münster | 8. | WH | 1:41:20 | 1:41:26 | 12,49 | 4:48 |
| 26 | 7777 | Medgyesi, Nora | 1992 | HUN | Aachener TG | 9. | WH | 1:46:06 | 1:46:18 | 11,93 | 5:01 |
| 27 | 7531 | Krämer-Wolf, Petra | 1974 | GER | Lauf-Club Euskirchen | 2. | W45 | 1:49:25 | 1:49:52 | 11,57 | 5:11 |
| 28 | 7681 | Beyer, Janin | 1973 | GER | Marathon Dinslaken | 3. | W45 | 1:50:21 | 1:50:48 | 11,47 | 5:13 |
| 29 | 7733 | Schnurr, Olga | 1989 | GER | Lauf-Club Euskirchen | 6. | W30 | 1:51:10 | 1:51:36 | 11,39 | 5:16 |
| 30 | 7780 | Kels, Petra | 1962 | GER | TSV Viktoria Mülheim | 1. | W55 | 1:51:18 | 1:51:48 | 11,38 | 5:16 |
| 31 | 7782 | Kalweit, Heike | 1968 | GER | TSV Viktoria Mülheim | 6. | W50 | 1:53:42 | 1:54:13 | 11,13 | 5:23 |
| 32 | 7754 | Rannacher, Ulrike | 1966 | GER | DJK Gütersloh | 7. | W50 | 1:54:05 | 1:54:29 | 11,10 | 5:24 |
| 33 | 7489 | Blatzheim, Cordula | 1966 | GER | Lauf-Club Euskirchen | 8. | W50 | 1:53:51 | 1:54:38 | 11,12 | 5:23 |
| 34 | 7640 | Schölwer, Isabelle | 1992 | GER | Essener LV | 10. | WH | 1:55:04 | 1:55:37 | 11,00 | 5:27 |
| 35 | 7525 | Bielarz, Bianca | 1968 | GER | Lauf-Club Euskirchen | 9. | W50 | 1:56:16 | 1:57:04 | 10,89 | 5:30 |
| 36 | 7757 | Friedrichs, Sandra | 1967 | GER | DJK Gütersloh | 10. | W50 | 1:57:03 | 1:57:26 | 10,82 | 5:32 |
| 37 | 7527 | Thelen, Beate | 1962 | GER | Alfterer SC | 2. | W55 | 1:57:18 | 1:58:04 | 10,79 | 5:33 |
| 38 | 7476 | Tiefenbach, Andrea | 1966 | GER | LC Adler Bottrop | 11. | W50 | 1:57:40 | 1:58:20 | 10,76 | 5:34 |

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| Platz | No. | Name, Vorname | JG | NAT | Club/*City | AK-Pl. | AK | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------------|------|-----|-----------------------------|--------|-----|---------|----------------|-------|------|
| 39 | 7736 | Niehaus, Anja | 1968 | GER | TSVE 1890 Bielefeld | 12. | W50 | 1:59:26 | 2:00:04 | 10,60 | 5:39 |
| 40 | 7718 | Götte, Christel | 1962 | GER | Marathon Mülheim | 3. | W55 | 2:00:28 | 2:01:52 | 10,51 | 5:42 |
| 41 | 7503 | Schürig, Michaela | 1974 | GER | Lauf-Club Euskirchen | 4. | W45 | 2:03:26 | 2:04:14 | 10,26 | 5:51 |
| 42 | 7484 | Markhoff, Karin | 1959 | GER | TSV Viktoria Mülheim | 1. | W60 | 2:12:02 | 2:12:34 | 9,59 | 6:15 |
| 43 | 7105 | Frösler, Brigitte | 1958 | GER | Marathon Dinslaken | 2. | W60 | 2:17:23 | 2:18:51 | 9,21 | 6:30 |
| 44 | 7598 | Kempen, Nele | 1997 | GER | DJK ElmarKohlscheid | 11. | WH | 2:17:57 | 2:19:58 | 9,18 | 6:32 |
| 45 | 7474 | Browder, Nina | 1963 | GER | LG Alpen | 4. | W55 | 2:18:59 | 2:20:41 | 9,11 | 6:35 |
| 46 | 7458 | Otten, Inge | 1955 | GER | LG Alpen | 3. | W60 | 2:20:26 | 2:22:08 | 9,02 | 6:39 |
| 47 | 7292 | Olejniczak, Saskia | 1983 | GER | LC Rapid Dortmund | 4. | W35 | 2:21:02 | 2:23:04 | 8,98 | 6:41 |
| 48 | 7231 | Ingenhaag, Andrea | 1968 | GER | NiersRunners Wachtendonk | 13. | W50 | 2:21:44 | 2:23:49 | 8,93 | 6:43 |
| 49 | 7775 | Sprink, Karin | 1967 | GER | LT Stoppenberg | 14. | W50 | 2:22:20 | 2:24:01 | 8,89 | 6:44 |
| 50 | 7762 | Heidenreich, Katrin | 1992 | GER | TV Wanheimerort 1880 | 12. | WH | 2:22:46 | 2:24:30 | 8,87 | 6:45 |
| 51 | 7400 | Gramstat, Susanne | 1971 | GER | TSV Viktoria Mülheim | 5. | W45 | 2:23:20 | 2:24:51 | 8,83 | 6:47 |
| 52 | 7049 | Neubauer, Melanie | 1975 | GER | SC Bayer 05 Uerdingen | 4. | W40 | 2:25:33 | 2:27:47 | 8,70 | 6:53 |
| 53 | 7415 | Wagner, Sabine | 1967 | GER | Lauf-Club Euskirchen | 15. | W50 | 2:37:20 | 2:39:06 | 8,05 | 7:27 |
| 54 | 7440 | Klein, Nicole | 1967 | GER | SV Langendreer 04 | 16. | W50 | 2:42:32 | 2:44:06 | 7,79 | 7:42 |
| 55 | 7122 | Martin-Kobecke, Murielle | 1951 | FRA | TG Neuss | 1. | W65 | 2:47:26 | 2:47:31 | 7,56 | 7:56 |
| 56 | 7585 | Moik, Birgit | 1954 | GER | LT Bittermark Dortmund e.V. | 2. | W65 | 3:03:41 | 3:06:09 | 6,89 | 8:42 |

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Altersklasse AK M30

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|---------------------|---------|----------------|-------|------|
| 1. | 4200 | Neuß, Frederic | 1986 | DEU | TSVE 1890 Bielefeld | 1:23:01 | 1:23:05 | 15,25 | 3:56 |
| 2. | 4224 | Böhning, Christian | 1985 | DEU | SSF Bonn | 1:26:44 | 1:26:47 | 14,60 | 4:06 |
| 3. | 4221 | Amoneit, Matthias | 1987 | DEU | Recklinghäuser LC | 1:30:15 | 1:30:19 | 14,03 | 4:16 |

Altersklasse AK M35

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------|------|-----|--------------------|---------|----------------|-------|------|
| 1. | 4258 | Riepe, Thorsten | 1983 | DEU | TSF Bracht | 1:21:55 | 1:22:00 | 15,45 | 3:52 |
| 2. | 3071 | Wasem, Sascha | 1983 | DEU | ASV Duisburg | 1:27:49 | 1:27:51 | 14,42 | 4:09 |
| 3. | 3712 | Kels, Martin | 1980 | DEU | TUSEM Essen | 1:37:44 | 1:37:53 | 12,95 | 4:37 |
| 4. | 3262 | Bongen, Ralf | 1982 | DEU | SV Germania Dürwiß | 1:47:04 | 1:47:28 | 11,82 | 5:04 |

Altersklasse AK M40

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|------------------------------|---------|----------------|-------|------|
| 1. | 3004 | Kruck, Karsten | 1978 | DEU | ASV Duisburg | 1:18:36 | 1:18:38 | 16,11 | 3:43 |
| 2. | 4395 | Houben, Thomas | 1977 | DEU | DJK Jung Siegfried Herzogenr | 1:22:28 | 1:22:31 | 15,35 | 3:54 |
| 3. | 3851 | Scheele, Michael | 1976 | DEU | TUSEM Essen | 1:37:13 | 1:37:20 | 13,02 | 4:36 |
| 4. | 3833 | Aritonovic, Jovica | 1978 | DEU | ASV Duisburg | 1:41:20 | 1:41:26 | 12,49 | 4:48 |
| 5. | 3974 | Linsmann, Kai | 1978 | DEU | Lauf-Club Euskirchen | 1:48:15 | 1:48:42 | 11,70 | 5:07 |
| 6. | 3264 | Bongen, Gerd | 1975 | DEU | SV Germania Dürwiß | 1:51:52 | 1:52:14 | 11,32 | 5:18 |
| 7. | 4084 | Schons, Paul | 1978 | DEU | LT Haspa Marathon Hamburg | 1:52:44 | 1:53:29 | 11,23 | 5:20 |
| 8. | 4356 | Scholl, Markus | 1977 | DEU | ASV Duisburg | 1:57:46 | 1:58:22 | 10,75 | 5:34 |
| 9. | 4257 | Diemer, Jens | 1977 | DEU | LC Duisburg | 2:05:58 | 2:08:48 | 10,05 | 5:58 |

Altersklasse AK M45

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|----------------------|------|-----|------------------------------|---------|----------------|-------|------|
| 1. | 4057 | Friedrich, Uwe | 1972 | DEU | Chemnitzer PSV | 1:17:56 | 1:17:59 | 16,24 | 3:41 |
| 2. | 4161 | Tertünte, Björn | 1973 | DEU | Ayyo Team Essen | 1:20:59 | 1:21:02 | 15,63 | 3:50 |
| 3. | 4422 | Prang, Thomas | 1974 | DEU | TG NEUSS von 1848 e.V. | 1:24:06 | 1:24:09 | 15,05 | 3:59 |
| 4. | 4393 | Schultes, Manfred | 1970 | DEU | DJK Jung Siegfried Herzogenr | 1:27:15 | 1:27:19 | 14,51 | 4:08 |
| 5. | 3790 | Schäfer, Andre | 1973 | DEU | SG Monheim | 1:27:31 | 1:27:38 | 14,47 | 4:08 |
| 6. | 4205 | Pribyl, Holger | 1973 | DEU | Rumelner TV | 1:34:16 | 1:34:24 | 13,43 | 4:28 |
| 7. | 4414 | Schaffrath, Ralf | 1966 | DEU | DJK Jung Siegfried Herzogenr | 1:38:18 | 1:38:22 | 12,88 | 4:39 |
| 8. | 4277 | Becker, Tobias | 1971 | DEU | Lauf-Club Euskirchen | 1:40:48 | 1:41:02 | 12,56 | 4:46 |
| 9. | 3453 | Spoer, Dr. Christian | 1973 | DEU | SG Neukirchen- Hülchrath | 1:40:59 | 1:41:13 | 12,54 | 4:47 |
| 10. | 3396 | Pohle, Stefan | 1972 | DEU | ASV Duisburg | 1:50:02 | 1:50:33 | 11,51 | 5:12 |
| 11. | 4261 | Steffen, Marcel | 1972 | DEU | TSV Viktoria Mülheim | 1:50:21 | 1:50:47 | 11,47 | 5:13 |
| 12. | 3291 | Hampel, Ingo | 1971 | DEU | LAZ Iserlohn | 1:53:58 | 1:54:11 | 11,11 | 5:24 |
| 13. | 4449 | Beyer, Axel | 1972 | DEU | Marathon Dinslaken | 1:57:17 | 1:58:11 | 10,79 | 5:33 |

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Altersklasse AK M50

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|---------------------|------|-----|-----------------------|---------|----------------|-------|------|
| 1. | 4418 | Marquardt, Christof | 1968 | DEU | LG Deiringsen | 1:24:33 | 1:24:36 | 14,97 | 4:00 |
| 2. | 3783 | Losch, Stefan | 1968 | DEU | TUSEM Essen | 1:25:07 | 1:25:10 | 14,87 | 4:02 |
| 3. | 4396 | Bruhns, Dr. Arnd | 1969 | DEU | LC Solbad Ravensberg | 1:27:25 | 1:27:29 | 14,48 | 4:08 |
| 4. | 4194 | Reimering, Klaus | 1965 | DEU | TSVE 1890 Bielefeld | 1:34:12 | 1:34:16 | 13,44 | 4:27 |
| 5. | 4394 | Krüger, Andreas | 1967 | DEU | TSVE 1890 Bielefeld | 1:34:06 | 1:34:16 | 13,45 | 4:27 |
| 6. | 4037 | Schönlau, Dirk | 1968 | DEU | TSV Viktoria Mülheim | 1:35:01 | 1:35:07 | 13,32 | 4:30 |
| 7. | 3915 | Tahiri, Kadri | 1967 | DEU | USC Bochum | 1:35:26 | 1:35:36 | 13,27 | 4:31 |
| 8. | 4196 | Michalka, Ralph | 1969 | DEU | SFD 75 Düsseldorf-Süd | 1:36:49 | 1:36:58 | 13,08 | 4:35 |
| 9. | 3394 | Schürmann, Jörg | 1967 | DEU | LAZ Iserlohn | 1:41:46 | 1:41:58 | 12,44 | 4:49 |
| 10. | 3348 | Gebauer, Bernd | 1965 | DEU | LG Olympia Dortmund | 1:50:37 | 1:50:51 | 11,44 | 5:14 |
| 11. | 3899 | Köhler, Dieter | 1968 | DEU | TSV Viktoria Mülheim | 1:50:43 | 1:50:51 | 11,43 | 5:14 |
| 12. | 3389 | Grävenstein, Lutz | 1969 | DEU | TuS 08 Lintorf | 1:53:09 | 1:53:24 | 11,19 | 5:21 |
| 13. | 4137 | Chialo, Jerome | 1969 | TZA | TC Kray 1892 e.V | 2:04:58 | 2:06:34 | 10,13 | 5:55 |

Altersklasse AK M55

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|------------------------|------|-----|-----------------------------|---------|----------------|-------|------|
| 1. | 4386 | Claesges, Michael | 1964 | DEU | Team-Essen 1999 e.V. | 1:25:51 | 1:25:53 | 14,75 | 4:04 |
| 2. | 3897 | Neuhausen, Jürgen | 1963 | DEU | Recklinghäuser LC | 1:29:02 | 1:29:06 | 14,22 | 4:13 |
| 3. | 3780 | Godde, Martin | 1964 | DEU | Recklinghäuser LC | 1:34:50 | 1:34:59 | 13,35 | 4:29 |
| 4. | 4148 | Leszinski, Dr. Frank | 1963 | DEU | SUS Schalke 96 | 1:35:19 | 1:35:22 | 13,28 | 4:31 |
| 5. | 3163 | Pfeiffer, Dirk | 1961 | DEU | ASV Duisburg | 1:36:33 | 1:36:42 | 13,11 | 4:34 |
| 6. | 3913 | Gresch, Rolf | 1964 | DEU | USC Bochum | 1:36:33 | 1:36:47 | 13,11 | 4:34 |
| 7. | 3248 | Piecha, Andreas | 1961 | DEU | Marathon Dinslaken | 1:37:51 | 1:38:00 | 12,94 | 4:38 |
| 8. | 3966 | Lenz, Joachim | 1960 | DEU | USC Bochum | 1:40:59 | 1:41:14 | 12,54 | 4:47 |
| 9. | 3062 | Schülke, Frank | 1963 | DEU | LT Bittermark Dortmund e.V. | 1:48:10 | 1:48:44 | 11,70 | 5:07 |
| 10. | 4092 | Henning, Rainer | 1961 | DEU | Rumelner TV | 1:58:47 | 1:59:04 | 10,66 | 5:37 |
| 11. | 4234 | Drechsler, Hans-Jürgen | 1961 | DEU | LT Bittermark Dortmund e.V. | 2:09:42 | 2:11:16 | 9,76 | 6:08 |
| 12. | 3526 | Voegelin, Christoph | 1961 | DEU | LLG Kevelaer | 2:30:03 | 2:31:59 | 8,44 | 7:06 |

Altersklasse AK M60

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 3033 | Orlowski, Bernd | 1957 | DEU | LV Oelde | 1:33:19 | 1:33:23 | 13,57 | 4:25 |
| 2. | 4291 | Stripper, Uli | 1959 | DEU | LV Oelde | 1:33:38 | 1:33:43 | 13,52 | 4:26 |
| 3. | 4242 | Grünebaum, Manfred | 1957 | DEU | LV Oelde | 1:34:41 | 1:34:46 | 13,37 | 4:29 |
| 4. | 4295 | Roller, Helmut | 1955 | DEU | SG Suderwich | 1:41:17 | 1:41:22 | 12,50 | 4:48 |
| 5. | 4290 | Dördelmann, Uwe | 1956 | DEU | LV Oelde | 1:41:53 | 1:41:59 | 12,43 | 4:49 |
| 6. | 4286 | Schulte, Heinz-Jürgen | 1958 | DEU | LV Oelde | 1:45:51 | 1:45:57 | 11,96 | 5:01 |
| 7. | 4237 | Bittner, Bernhard | 1958 | DEU | LV Oelde | 1:46:10 | 1:46:15 | 11,93 | 5:01 |
| 8. | 4479 | Chrobok, Reiner | 1958 | DEU | TGH Wetter | 1:49:05 | 1:49:09 | 11,61 | 5:10 |
| 9. | 4329 | Fischer-Behnen, Achim | 1956 | DEU | LG Hamm | 1:54:17 | 1:54:23 | 11,08 | 5:24 |
| 10. | 3274 | Schittko, Günter | 1959 | DEU | Marathon Dinslaken | 1:53:30 | 1:54:24 | 11,15 | 5:22 |
| 11. | 4351 | Knoth, Günter | 1957 | DEU | TUSEM Essen | 1:56:49 | 1:57:48 | 10,84 | 5:32 |
| 12. | 4045 | Maczkiewicz, Arnold | 1955 | DEU | Lauf-Club Euskirchen | 2:00:32 | 2:01:19 | 10,50 | 5:42 |
| 13. | 3784 | Spoden, Migo | 1959 | DEU | LC Duisburg | 2:08:32 | 2:10:14 | 9,85 | 6:05 |
| 14. | 3758 | Pickartz, Jürgen | 1959 | DEU | LC Duisburg | 2:11:03 | 2:12:10 | 9,66 | 6:12 |
| 15. | 4072 | Brauer, Jürgen | 1959 | DEU | Rumelner TV | 2:13:08 | 2:13:35 | 9,51 | 6:18 |
| 16. | 3189 | Wermes, Ralf | 1958 | DEU | Marathon Dinslaken | 2:20:18 | 2:22:11 | 9,02 | 6:38 |

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Altersklasse AK M65

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|----------------------|------|-----|---------------------|---------|----------------|-------|------|
| 1. | 3772 | Degener, Peter | 1952 | DEU | Marathon Mülheim | 1:40:49 | 1:41:13 | 12,56 | 4:46 |
| 2. | 3030 | Markowsky, Günter | 1952 | DEU | Rumelner TV | 1:58:44 | 1:59:11 | 10,66 | 5:37 |
| 3. | 3914 | Romanczyk, Joachim | 1952 | DEU | USC Bochum | 2:13:03 | 2:13:37 | 9,51 | 6:18 |
| 4. | 4353 | Schmiedeskamp, Bernt | 1954 | DEU | TSVE 1890 Bielefeld | 4:24:04 | 4:24:10 | 4,79 | 2:30 |

Altersklasse AK M70

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 4310 | Graeber, Jürgen | 1947 | DEU | SuS Oberaden | 1:45:21 | 1:45:38 | 12,02 | 4:59 |
| 2. | 4229 | Pugliese, Michele | 1949 | DEU | LC Rapid Dortmund | 1:46:37 | 1:46:48 | 11,87 | 5:03 |
| 3. | 4231 | Buteweg, Helmut | 1947 | DEU | STV Hünxe | 1:59:13 | 1:59:49 | 10,62 | 5:39 |
| 4. | 4149 | Kruse, Hansgeorg | 1948 | DEU | Marathon-Club Menden | 2:08:25 | 2:09:16 | 9,86 | 6:05 |
| 5. | 3713 | Venker, Paul | 1947 | DEU | LG Emsdetten | 2:12:25 | 2:13:44 | 9,56 | 6:16 |
| 6. | 4152 | Geurts, Hans-Peter | 1949 | DEU | TSV Weeze | 2:25:02 | 2:25:58 | 8,73 | 6:52 |
| 7. | 4431 | Brune, Dr. Karl-Heinz | 1947 | DEU | LSF Münster | 2:25:02 | 2:27:04 | 8,73 | 6:52 |
| 8. | 3046 | Fröde, Volker | 1945 | DEU | TSV Viktoria Mülheim | 2:28:49 | 2:29:29 | 8,51 | 7:03 |
| 9. | 4419 | Benninghoff, Helmut | 1949 | DEU | VfL Bergheide | 2:29:25 | 2:30:48 | 8,47 | 7:04 |
| 10. | 4326 | Kerkenbusch, Werner | 1947 | DEU | VfL Bergheide | 2:29:25 | 2:30:48 | 8,47 | 7:04 |

Altersklasse AK M75

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 3441 | Kalweit, Siegfried | 1942 | DEU | TSV Viktoria Mülheim | 2:02:45 | 2:03:41 | 10,31 | 5:49 |

Altersklasse AK M80

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------|------|-----|-----------------|---------|----------------|-------|------|
| 1. | 4309 | Stöcker, Werner | 1939 | DEU | LG Wittgenstein | 1:52:51 | 1:53:21 | 11,22 | 5:20 |

Altersklasse AK M

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 3003 | Deiß, Bernhard | 1992 | DEU | Recklinghäuser LC | 1:15:26 | 1:15:28 | 16,78 | 3:34 |
| 2. | 4387 | Risiko, Sebastian | 1991 | DEU | Mönchengladbacher LG | 1:21:57 | 1:21:59 | 15,45 | 3:53 |
| 3. | 4143 | Jung, Daniel | 1993 | DEU | Dürener TV 1847 | 1:22:28 | 1:22:30 | 15,35 | 3:54 |
| 4. | 4410 | Schneider, Philipp | 1997 | DEU | LG Deiringsen | 1:24:38 | 1:24:40 | 14,96 | 4:00 |
| 5. | 3691 | Lange, Erik | 2000 | DEU | ASV Duisburg | 1:27:07 | 1:27:09 | 14,53 | 4:07 |
| 6. | 4403 | Müller, Tobias | 1995 | DEU | DJK Kleinenbroich | 1:29:24 | 1:29:27 | 14,16 | 4:14 |

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Altersklasse AK W30

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|-------------------------|------|-----|-----------------------------|---------|----------------|-------|------|
| 1. | 7729 | Clemens, Sandra | 1989 | DEU | SG Wenden | 1:30:26 | 1:30:31 | 14,00 | 4:17 |
| 2. | 7739 | Henneken, Claudia Maria | 1985 | DEU | DauerLaufVerein - Köln | 1:32:01 | 1:32:08 | 13,76 | 4:21 |
| 3. | 7678 | Gösmann, Sinthuya | 1988 | DEU | USC Bochum | 1:34:32 | 1:34:42 | 13,39 | 4:28 |
| 4. | 7638 | Schlüter, Julia | 1986 | DEU | USC Bochum | 1:38:28 | 1:38:39 | 12,86 | 4:39 |
| 5. | 7490 | Schmidt, Sandra | 1986 | DEU | LT Bittermark Dortmund e.V. | 1:39:21 | 1:39:30 | 12,74 | 4:42 |
| 6. | 7733 | Schnurr, Olga | 1989 | DEU | Lauf-Club Euskirchen | 1:51:10 | 1:51:36 | 11,39 | 5:16 |

Altersklasse AK W35

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 7007 | Günther, Marlen | 1983 | DEU | LAZ Puma Rhein-Sieg | 1:30:48 | 1:30:52 | 13,94 | 4:18 |
| 2. | 7703 | Limberg, Stefanie | 1983 | DEU | LC Solbad Ravensberg | 1:34:00 | 1:34:11 | 13,47 | 4:27 |
| 3. | 7380 | Honemann, Sarah | 1981 | DEU | LSF Münster | 1:38:09 | 1:38:18 | 12,90 | 4:39 |
| 4. | 7292 | Olejniczak, Saskia | 1983 | DEU | LC Rapid Dortmund | 2:21:02 | 2:23:04 | 8,98 | 6:41 |

Altersklasse AK W40

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|---------------------|------|-----|-----------------------|---------|----------------|-------|------|
| 1. | 7663 | Sicking, Stefanie | 1977 | DEU | TSG Reken | 1:36:07 | 1:36:19 | 13,17 | 4:33 |
| 2. | 7755 | Noya Crespo, Silvia | 1979 | DEU | DJK Gütersloh | 1:36:42 | 1:36:54 | 13,09 | 4:34 |
| 3. | 7207 | Sikora, Beate | 1976 | DEU | ASV Duisburg | 1:39:21 | 1:39:32 | 12,74 | 4:42 |
| 4. | 7049 | Neubauer, Melanie | 1975 | DEU | SC Bayer 05 Uerdingen | 2:25:33 | 2:27:47 | 8,70 | 6:53 |

Altersklasse AK W45

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 7648 | Just, Gladys | 1974 | DEU | TuS 08 Lintorf | 1:36:40 | 1:36:53 | 13,10 | 4:34 |
| 2. | 7531 | Krämer-Wolf, Petra | 1974 | DEU | Lauf-Club Euskirchen | 1:49:25 | 1:49:52 | 11,57 | 5:11 |
| 3. | 7681 | Beyer, Janin | 1973 | DEU | Marathon Dinslaken | 1:50:21 | 1:50:48 | 11,47 | 5:13 |
| 4. | 7503 | Schürig, Michaela | 1974 | DEU | Lauf-Club Euskirchen | 2:03:26 | 2:04:14 | 10,26 | 5:51 |
| 5. | 7400 | Gramstat, Susanne | 1971 | DEU | TSV Viktoria Mülheim | 2:23:20 | 2:24:51 | 8,83 | 6:47 |

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Altersklasse AK W50

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|---------------------|------|-----|----------------------------|---------|----------------|-------|------|
| 1. | 7008 | Stöcker, Kathrin | 1967 | DEU | LAZ Puma Rhein-Sieg | 1:32:27 | 1:32:31 | 13,69 | 4:22 |
| 2. | 7009 | Gaspercic, Martina | 1966 | DEU | ASV Duisburg | 1:36:14 | 1:36:23 | 13,15 | 4:33 |
| 3. | 7449 | Schimanski, Martina | 1969 | DEU | TSV Viktoria Mülheim | 1:38:29 | 1:38:36 | 12,86 | 4:40 |
| 4. | 7698 | Engels, Sabine | 1968 | DEU | LC Solbad Ravensberg | 1:40:40 | 1:40:52 | 12,58 | 4:46 |
| 5. | 7652 | Michalka, Silvia | 1967 | DEU | SFD 75 Düsseldorf-Süd | 1:41:04 | 1:41:16 | 12,53 | 4:47 |
| 6. | 7782 | Kalweit, Heike | 1968 | DEU | TSV Viktoria Mülheim | 1:53:42 | 1:54:13 | 11,13 | 5:23 |
| 7. | 7754 | Rannacher, Ulrike | 1966 | DEU | DJK Gütersloh | 1:54:05 | 1:54:29 | 11,10 | 5:24 |
| 8. | 7489 | Blatzheim, Cordula | 1966 | DEU | Lauf-Club Euskirchen | 1:53:51 | 1:54:38 | 11,12 | 5:23 |
| 9. | 7525 | Bielarz, Bianca | 1968 | DEU | Lauf-Club Euskirchen | 1:56:16 | 1:57:04 | 10,89 | 5:30 |
| 10. | 7757 | Friedrichs, Sandra | 1967 | DEU | DJK Gütersloh | 1:57:03 | 1:57:26 | 10,82 | 5:32 |
| 11. | 7476 | Tiefenbach, Andrea | 1966 | DEU | LC Adler Bottrop | 1:57:40 | 1:58:20 | 10,76 | 5:34 |
| 12. | 7736 | Niehaus, Anja | 1968 | DEU | TSVE 1890 Bielefeld | 1:59:26 | 2:00:04 | 10,60 | 5:39 |
| 13. | 7231 | Ingenhaag, Andrea | 1968 | DEU | NiersRunners Wachtendonk 2 | 2:21:44 | 2:23:49 | 8,93 | 6:43 |
| 14. | 7775 | Sprink, Karin | 1967 | DEU | LT Stoppenberg | 2:22:20 | 2:24:01 | 8,89 | 6:44 |
| 15. | 7415 | Wagner, Sabine | 1967 | DEU | Lauf-Club Euskirchen | 2:37:20 | 2:39:06 | 8,05 | 7:27 |
| 16. | 7440 | Klein, Nicole | 1967 | DEU | SV Langendreer 04 | 2:42:32 | 2:44:06 | 7,79 | 7:42 |

Altersklasse AK W55

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|-----------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 7780 | Kels, Petra | 1962 | DEU | TSV Viktoria Mülheim | 1:51:18 | 1:51:48 | 11,38 | 5:16 |
| 2. | 7527 | Thelen, Beate | 1962 | DEU | Alfterer SC | 1:57:18 | 1:58:04 | 10,79 | 5:33 |
| 3. | 7718 | Götte, Christel | 1962 | DEU | Marathon Mülheim | 2:00:28 | 2:01:52 | 10,51 | 5:42 |
| 4. | 7474 | Browder, Nina | 1963 | DEU | LG Alpen | 2:18:59 | 2:20:41 | 9,11 | 6:35 |

Altersklasse AK W60

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|-------------------|------|-----|----------------------|---------|----------------|------|------|
| 1. | 7484 | Markhoff, Karin | 1959 | DEU | TSV Viktoria Mülheim | 2:12:02 | 2:12:34 | 9,59 | 6:15 |
| 2. | 7105 | Frösler, Brigitte | 1958 | DEU | Marathon Dinslaken | 2:17:23 | 2:18:51 | 9,21 | 6:30 |
| 3. | 7458 | Otten, Inge | 1955 | DEU | LG Alpen | 2:20:26 | 2:22:08 | 9,02 | 6:39 |

Altersklasse AK W65

| Platz | No. | Name, Vorname | JG | NAT | Club/*City | Netto | Brutto | Km/h | M/km |
|-------|------|--------------------------|------|-----|-----------------------------|---------|----------------|------|------|
| 1. | 7122 | Martin-Kobecke, Murielle | 1951 | FRA | TG Neuss | 2:47:26 | 2:47:31 | 7,56 | 7:56 |
| 2. | 7585 | Moik, Birgit | 1954 | DEU | LT Bittermark Dortmund e.V. | 3:03:41 | 3:06:09 | 6,89 | 8:42 |

36. Rhein-Ruhr-Marathon Duisburg

02. Juni 2019

Ergebnisliste Altersklassen Damen/Herren

Offene NRW-Meisterschaften Halbmarathon Männer/ Frauen/ Senioren
INOFFIZIELLES ERGEBNIS

09:06:51
 13.06.2019
 6/6

Altersklasse AK W

| Platz | No. | Name, Vorname | JG | NAT | Club/**City | Netto | Brutto | Km/h | M/km |
|-------|------|---------------------|------|-----|----------------------|---------|----------------|-------|------|
| 1. | 7753 | Rannacher, Michelle | 1994 | DEU | DJK Gütersloh | 1:22:54 | 1:22:56 | 15,27 | 3:55 |
| 2. | 7005 | Gkorla, Dioni | 1997 | DEU | LAZ Puma Rhein-Sieg | 1:24:39 | 1:24:41 | 14,96 | 4:00 |
| 3. | 7635 | Rosenberg, Sophia | 1996 | DEU | USC Bochum | 1:26:20 | 1:26:24 | 14,66 | 4:05 |
| 4. | 7002 | Wehr, Katharina | 1996 | DEU | TV Wanheimerort 1880 | 1:27:48 | 1:27:51 | 14,42 | 4:09 |
| 5. | 7730 | Hacker, Judith | 1994 | DEU | SG Wenden | 1:28:09 | 1:28:11 | 14,36 | 4:10 |
| 6. | 7677 | Lins, Janine | 1994 | DEU | USC Bochum | 1:31:15 | 1:31:21 | 13,87 | 4:19 |
| 7. | 7126 | Hettkamp, Saskia | 1997 | DEU | LC Adler Bottrop | 1:39:20 | 1:39:35 | 12,75 | 4:42 |
| 8. | 7003 | Buil, Melina | 1994 | DEU | LSF Münster | 1:41:20 | 1:41:26 | 12,49 | 4:48 |
| 9. | 7777 | Medgyesi, Nora | 1992 | HUN | Aachener TG | 1:46:06 | 1:46:18 | 11,93 | 5:01 |
| 10. | 7640 | Schölwer, Isabelle | 1992 | DEU | Essener LV | 1:55:04 | 1:55:37 | 11,00 | 5:27 |
| 11. | 7598 | Kempfen, Nele | 1997 | DEU | DJK ElmarKohlscheid | 2:17:57 | 2:19:58 | 9,18 | 6:32 |
| 12. | 7762 | Heidenreich, Katrin | 1992 | DEU | TV Wanheimerort 1880 | 2:22:46 | 2:24:30 | 8,87 | 6:45 |