

## 07/03/10 Tüddern (D) Westzipfellauf 10 Km

PI	W	Tijd	Naam	St.-Nr	NAT	Verein	Geb.J	AK	Min/KM
1		1 00:32:56	Austin-Kerl, Jürgen	441	NED	Sportsfreund Running Tea	1970	1 M40	03:17,6
2		2 00:32:59	Billen, Raymond	421	BEL	C&C Running	1963	1 M45	03:17,9
3		3 00:33:03	Delait, Patrick	486	BEL	AV Caesar	1969	2 M40	03:18,3
4		4 00:34:44	Smeets, Rudi	388	BEL	Kinrooi	1962	2 M45	03:28,4
5		5 00:35:06	Bonnie, Christoph	558		DJK Elmar Kohlscheid	1970	3 M40	03:30,6
6		6 00:35:08	Pepels, Wic	454	NED	Caesar Beek	1958	1 M50	03:30,8
7		7 00:35:11	Ritterbeeks, Rick	493	NED	AV Caesar	1988	1 MHK	03:31,1
8		8 00:37:42	Huizinga, Koen	409	NED	Urmond	1987	2 MHK	03:46,2
9		9 00:37:54	Kroon, Dennis	404	NED	Maastricht	1981	3 MHK	03:47,4
10		10 00:38:00	Alum, Jürgen	508		Sc Muhl LA	1963	3 M45	03:48,0
11		11 00:38:10	Claesen, Kurt	387	BEL	Atla Lanaken	1969	4 M40	03:49,0
12		12 00:38:25	Kurz, Till Robin	305		Köln	1973	1 M35	03:50,5
13		13 00:38:39	Wohlfahrt, Jörg	313		SV 19 Straelen	1971	2 M35	03:51,9
14		14 00:38:43	Herben, Tonny	403	NED	Atletik Maastricht	1965	4 M45	03:52,3
15		15 00:38:43	Thapa, Atul	392		DJK Kleinenbroich	1968	5 M40	03:52,3
16		16 00:38:47	Cleven, Maurice	500	NED	Sittard	1975	3 M35	03:52,7
17		17 00:38:52	Limburg, Hermann-Josef	405		Triathlon Waldfeucht	1961	5 M45	03:53,2
18	W	1 00:38:57	Jacobs, Ellis	316	NED	STB Landgraaf	1984	1 WHK	03:53,7
19		18 00:39:14	Thönnissen, Robert	314		VfR Unterbruch LG	1975	4 M35	03:55,4
20		19 00:39:25	Broens, Rene	451		NED Gulikrunners	1955	1 M55	03:56,5
21		20 00:39:32	Bohnen, Jos	525		Susteren	1962	6 M45	03:57,2
22		21 00:39:32	Koch, Ralf	484		DJK JS Herzogenrath	1982	4 MHK	03:57,2
23		22 00:39:32	Brove, Norbert	531		Aachen	1969	6 M40	03:57,2
24		23 00:39:34	Ooyen van, Michael	311		SV 19 Straelen	1960	2 M50	03:57,4
25		24 00:39:52	Arentz, Oliver	536		Köln	1975	5 M35	03:59,2
26		25 00:40:06	Bemelmans, Max	543	BEL		1982	5 MHK	04:00,6
27		26 00:40:22	Soeters, Frank	553	NED	Laat En Zaat	1987	6 MHK	04:02,2
28		27 00:40:43	Girelli Consolaro, Alberto	544		DLC Aachen	1980	1 M30	04:04,3
29		28 00:40:54	Rainer, Detlev	538		Kel	1970	7 M40	04:05,4
30		29 00:41:22	Laumen, Richard	546		Heinsberg	1966	8 M40	04:08,2
31		30 00:41:31	de Bakker, A.	513	NED	Gulikrunner	1968	9 M40	04:09,1
32		31 00:41:37	Gijzen, Gerard	361	NED	TVS Porselen	1961	7 M45	04:09,7
33		32 00:41:55	Venhuizen, Rob-Jan	511	BEL	Unitas Sittard	1965	8 M45	04:11,5
34		33 00:42:10	Vleeshouwers, Sjaak	554	NED	Gulikrunner	1956	3 M50	04:13,0
35		34 00:42:10	van Herk, John	480	NED	Bingelrade	1990	7 MHK	04:13,0
36		35 00:42:12	Gerards, Herman	368	NED	STB Landgraaf	1957	4 M50	04:13,2
37		36 00:42:16	Landmeeters, Kurt	535	BEL	Genk	1976	2 M30	04:13,6
38		37 00:42:32	Windeln, Franz-Willi	373		Heinsberg	1962	9 M45	04:15,2
39		38 00:42:43	Weerts, Chris	462	NED	Unitas Sittard	1992	1 MJugA	04:16,3
40	W	2 00:42:44	Heinrichs, Sandra	477		DJK Elmar Kohlscheid	1973	1 W35	04:16,4
41		39 00:42:47	Moreau, Chris	340	BEL	C&C Running	1968	10 M40	04:16,7
42		40 00:42:53	Thiele, Jeff	509	NED	Stein	1952	2 M55	04:17,3
43		41 00:43:20	Walther, Simon	336		Aachen	1984	8 MHK	04:20,0
44		42 00:43:40	Derix, Jac	505		Triathlon Waldfeucht	1958	5 M50	04:22,0
45		43 00:43:41	Papanastasiou, Athanasio	457		Triathlon Waldfeucht	1972	6 M35	04:22,1
46		44 00:43:51	Kitenge, Albert	448		Aachen	1980	3 M30	04:23,1
47		45 00:43:53	Heitzer, Benno	447		Heinsberg	1961	10 M45	04:23,3
48		46 00:43:55	Klijnen, Marco	463	NED	Geleen	1965	11 M45	04:23,5
49		47 00:43:56	Maus, Hansjörg	964		VSE Biker	1961	12 M45	04:23,6
50		48 00:43:58	de Boer, Willy	510	NED	Elsloo	1957	6 M50	04:23,8
51		49 00:44:17	Elfering, Paul	529	NED	Medisport	1969	11 M40	04:25,7
52		50 00:44:29	Isaac, Dirk	496		Aachen	1969	12 M40	04:26,9
53		51 00:44:33	Spijkers, Jac	442	NED	Sittard	1963	13 M45	04:27,3

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Pl	W	Tijd	Naam	St.-Nr	NAT	Verein	Geb.J	AK	Min/KM
54		52 00:44:35	Griffioen, Gerjo	547	NED	Wehr	1962 14	M45	04:27,5
55		53 00:44:40	Wieckiewicz, Adrian	498		Geilenkirchen	1983 9	MHK	04:28,0
56		54 00:44:41	van Hout, Dimitri	528	NED	Sittard	1969 13	M40	04:28,1
57		55 00:44:47	van Eert, Michel	327	NED	AV Unitas	1978 4	M30	04:28,7
58		56 00:44:49	Roßkamp, Guido	365		VfR Unterbruch LG	1974 7	M35	04:28,9
59		57 00:44:54	Muijtjens, Joska	353		Sittard	1976 5	M30	04:29,4
60		58 00:45:01	Remans, Bert	560	BEL	Genk	1979 6	M30	04:30,1
61		59 00:45:05	Dols, Manuel	309		AV Unitas	1994 1	MJugB	04:30,5
62		60 00:45:11	Dewes, Peter	517		SC Wegberg	1967 14	M40	04:31,1
63		61 00:45:13	Vermeulen, Ton	356	NED	AV Unitas	1957 7	M50	04:31,3
64		62 00:45:35	Oenings, Walter	445		Kalkar	1953 3	M55	04:33,5
65	W	3 00:45:41	Brouwers, Carin	440	NED	Atla Lanaken	1964 1	W45	04:34,1
66		63 00:46:11	Lempers, Jorn	483	NED	Landgraaf	1987 10	MHK	04:37,1
67		64 00:46:26	Fiekers, Stafan	390		DJK Kleinenbroich	1980 7	M30	04:38,6
68	W	4 00:46:26	Limburg, Birgit	406		Triathlon Waldfeucht	1964 2	W45	04:38,6
69		65 00:46:49	Gaspers, Klaus	391		DJK Kleinenbroich	1966 15	M40	04:40,9
70		66 00:46:57	Smeets, Ronald	530	NED	NED STB Landgraaf	1968 16	M40	04:41,7
71		67 00:47:03	Gützkow, Rainer	385		LT MG-Volksgarten	1952 4	M55	04:42,3
72		68 00:47:07	Grett, Sascha	522		VfR Unterbruch LG	1977 8	M30	04:42,7
73		69 00:47:09	Meurer, Christoph	532		Aachen	1994 2	MJugB	04:42,9
74		70 00:47:12	Demeter, Norbert	315		Herzogenrath	1975 8	M35	04:43,2
75		71 00:47:45	Lueber, Jochem	504		Übach-Palenberg	1948 1	M60	04:46,5
76		72 00:47:54	Thelen, Mark	330		TC RW Geilenkirchen	1973 9	M35	04:47,4
77		73 00:48:00	Philippen, Marek	300		VfR Tüddern	1995 3	MJugB	04:48,0
78	W	5 00:48:01	Otten, Simone	443		DJK Elmar Kohlscheid	1969 1	W40	04:48,1
79		74 00:48:12	Jeurissen, Erik	366		maandagavondschravelee	1966 17	M40	04:49,2
80		75 00:48:22	Beckers, Jo	507	NED	Triathlon Waldfeucht	1961 15	M45	04:50,2
81		76 00:48:33	van Mout, Pat	455	NED	Sittard	1966 18	M40	04:51,3
82		77 00:48:43	Schürgers, Albert	400	NED	Grevenbicht	1961 16	M45	04:52,3
83		78 00:48:45	Dix, Jorg	450		Munsterblich Rennt	1965 17	M45	04:52,5
84		79 00:48:51	Davids, Stefan	492		Geilenkirchen	1970 19	M40	04:53,1
85		80 00:48:55	Heimricas, Uwe	475		Rrc Haaren	1970 20	M40	04:53,5
86		81 00:49:00	Windeln, Lars	374		VfR Unterbruch LG	1996 4	MJugB	04:54,0
87		82 00:49:05	Lauten, Dario	415		Running TV Bedburg	1998 5	MJugB	04:54,5
88		83 00:49:08	Perscheid, Johannes	444		Bocket	1957 8	M50	04:54,8
89		84 00:49:27	Beemelmans, Alexander	514		Geilenkirchen	1992 2	MJugA	04:56,7
90		85 00:49:29	Wunram, Karsten	449		Aachen	1977 9	M30	04:56,9
91		86 00:49:36	Voigt, Jürgen	410		Eisbären	1968 21	M40	04:57,6
92		87 00:49:41	Albee, Scott	407		Gangelt-Birgden	1979 10	M30	04:58,1
93		88 00:49:44	Bender, Michael	335		Gangelt	1971 10	M35	04:58,4
94		89 00:49:54	Bruckmans, Christoph	497		Dcc Aachen Triathlon	1966 22	M40	04:59,4
95	W	6 00:49:55	Jacobs, Lenie	542	NED	NED STB Landgraaf	1960 1	W50	04:59,5
96		90 00:49:55	Spauwen, Han	534	NED	Oirsbeek	1947 2	M60	04:59,5
97	W	7 00:49:57	Basten, Angela	352		Triathlon Waldfeucht	1964 3	W45	04:59,7
98		91 00:50:17	Dohlen, Bernd	412		Geilenkirchen-Immendorf	1957 9	M50	05:01,7
99		92 00:50:28	Gregory, David	561			1978 11	M30	05:02,8
100		93 00:50:29	Bomanns, Ralf	312		Gangelt	1966 23	M40	05:02,9
101		94 00:50:30	Steffen, Sascha	548		Hückelhoven	1972 11	M35	05:03,0
102		95 00:50:38	Gutschi, Heinz	521		TV 08 Baesweiler	1953 5	M55	05:03,8
103		96 00:50:44	Carmanns, Markus	552		Eschweiler	1965 18	M45	05:04,4
104	W	8 00:50:46	Mengler, Sonja	345		Triathlon Waldfeucht	1980 1	W30	05:04,6
105		97 00:50:55	von der Stück, Stefan	320		Heinsberg	1983 11	MHK	05:05,5
106		98 00:50:56	Küppers, Hans-Gerd	377		DJK Brachelen	1957 10	M50	05:05,6

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PI	W	Tijd	Naam	St.-Nr	NAT	Verein	Geb.J	AK	Min/KM
107		99 00:51:01	Lotz, Roger	564	NED	Geleen	1969 24	M40	05:06,1
108		100 00:51:04	Jarco, Volker	358		Hückelhoven	1983 12	MHK	05:06,4
109		101 00:51:09	Muijrsers, Pierre	367	NED	NED STB Landgraaf	1948 3	M60	05:06,9
110		102 00:51:13	Kempf, Markus	495		Übach-Palenberg	1968 25	M40	05:07,3
111		103 00:51:28	Mengler, Carsten	346		Triathlon Waldfeucht	1979 12	M30	05:08,8
112	W	9 00:51:31	Waucomonti-Smits, Marg	452	NED	Rv Kranenbroek	1964 4	W45	05:09,1
113		104 00:51:32	Stals, Leen	499	NED	Haelen	1965 19	M45	05:09,2
114		105 00:51:42	Klotchen, Willi	453		Heinsberg	1967 26	M40	05:10,2
115	W	10 00:51:45	v. der Eerden-Goosens, J	556	NED	Ron For Run	1977 2	W30	05:10,5
116		106 00:51:46	Gottwald, Marco	331		Concordia Merkstein	1976 13	M30	05:10,6
117		107 00:51:51	Beckers, Guido	515		Gangelt	1970 27	M40	05:11,1
118	W	11 00:51:53	Jenczewski, Marina	306		Waldfeucht-Haaren	1977 3	W30	05:11,3
119		108 00:51:53	Kühnapfel, Heribert	431			1953 6	M55	05:11,3
120		109 00:51:54	Steinhäuser, Berthold	465		VSV Grenzland Wegberg	1942 1	M65	05:11,4
121		110 00:52:09	Jansen, Franz Leo	446		Gangelt	1951 7	M55	05:12,9
122		111 00:52:09	Sentis, Frank	460		Hundesportfreunde Gangel	1965 20	M45	05:12,9
123		112 00:52:09	Wolf, Reinhard	439		Brander SV	1941 2	M65	05:12,9
124		113 00:52:23	Misera, Andreas	381		Selfkant-Hillensberg	1965 21	M45	05:14,3
125	W	12 00:52:26	van der Borg, Miep	501	NED	RVK Kranenbroek	1953 1	W55	05:14,6
126	W	13 00:52:27	Schell, Julia	359		Herzogenrath	1984 2	WHK	05:14,7
127		114 00:52:34	Geurts, Peter	334	NED	AV Unitas	1958 11	M50	05:15,4
128	W	14 00:52:36	Misera, Natalie	380		Selfkant-Hillensberg	1967 2	W40	05:15,6
129	W	15 00:53:01	Beemelmans, Andrea	481		GK Gillrath	1965 5	W45	05:18,1
130		115 00:53:31	Daul, Heinz	549		Hückelhoven	1970 28	M40	05:21,1
131		116 00:53:34	Hamachen, Dieter	485		Flying Tonnados Gangelt	1961 22	M45	05:21,4
132		117 00:53:48	Henkens, Tim	354		Selfkant-Tüddern	1997 6	MJugB	05:22,8
133		118 00:53:52	Peschen, Ralf	339		Übach-Palenberg	1969 29	M40	05:23,2
134		119 00:53:59	Frenken, Markus	369		Gangelt	1968 30	M40	05:23,9
135		120 00:53:59	Eßer, Richard	382		Gangelt	1965 23	M45	05:23,9
136		121 00:54:08	Wolvekamp, Martin	503	NED	Fontysfit	1975 12	M35	05:24,8
137	W	16 00:54:17	Albee, Jennifer	408		Gangelt-Birgden	1978 4	W30	05:25,7
138		122 00:54:20	Philippen, Ernst	326		Gangelt	1970 31	M40	05:26,0
139	W	17 00:54:34	de Bakker, Elke	512	NED	Gulikrunner	1967 3	W40	05:27,4
140		123 00:54:42	Spehl, Michael	456		Geilenkirchen	1992 3	MJugA	05:28,2
141		124 00:54:46	Koning, Hans	464		Sabic Runners	1962 24	M45	05:28,6
142		125 00:54:53	Rese, Michael	502		Korschenbroich	1959 12	M50	05:29,3
143		126 00:54:54	Beyers, Marcell	396		SEH	1978 14	M30	05:29,4
144		127 00:55:36	Bündgens, Valentin	422		TSV Alemannia Aachen	1947 4	M60	05:33,6
145		128 00:55:40	Bienert, Heinz Josef	533		Heinsberg	1953 8	M55	05:34,0
146	W	18 00:55:42	Goddezy, Elveza	557	NED	Sittard	1970 4	W40	05:34,2
147		129 00:55:52	Beyers, Ralf	395		Kleischötte Süsterseel	1968 32	M40	05:35,2
148		130 00:55:56	Kranken, Koen	550	NED	VfR Tüddern	1998 7	MJugB	05:35,6
149	W	19 00:55:57	Honold-Jansen, Sigrid	429			1955 2	W55	05:35,7
150		131 00:55:57	Neurers, Sander	551			1998 8	MJugB	05:35,7
151		132 00:55:57	Hansen, Bernd	428			1948 5	M60	05:35,7
152		133 00:56:09	Westemeyer, Lucas	357		Myhl	1993 9	MJugB	05:36,9
153	W	20 00:56:30	Derix, Nellie	423	NED	Triathlon Waldfeucht	1950 1	W60	05:39,0
154		134 00:56:40	van der Zander, Jan	466		VfR Tüddern	2000 10	MJugB	05:40,0
155	W	21 00:56:42	Lehnen, Gaby	555		Heinsberg	1956 2	W50	05:40,2
156	W	22 00:56:46	Rademacher, Rosemarie	458	NED	Gulikrunner	1962 6	W45	05:40,6
157	W	23 00:56:58	van der Zander, Julia	468		VfR Tüddern	1999 1	WJugB	05:41,8
158		135 00:56:58	Djajadisastra, Dr. Osman	413		VfR Tüddern	1962 25	M45	05:41,8
159		136 00:56:59	van der Zander, André	467		VfR Tüddern	1975 13	M35	05:41,9

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Pl	W	Tijd	Naam	St.-Nr	NAT	Verein	Geb.J	AK	Min/KM
160		137 00:57:23	Windeln, Lukas	375		Grün-Weiß-Karken	2000	11 MJugB	05:44,3
161	W	24 00:57:32	Kirsch, Alexandra	430		VfR Unterbruch LG	1978	5 W30	05:45,2
162	W	25 00:57:33	Beyers, Sabine	394		Kleischötte Süsterseel	1972	2 W35	05:45,3
163	W	26 00:57:38	Jansen, Kirsten	364		Erkelenz	1968	5 W40	05:45,8
164		138 00:57:39	Sieber, Joachim	397		VfR Unterbruch LG	1952	9 M55	05:45,9
165	W	27 00:57:47	De Bas, Peggy	376	NED	STB Landgraaf	1964	7 W45	05:46,7
166	W	28 00:58:09	Peschel, Raphaela	347		Heinsberg	1997	2 WJugB	05:48,9
167		139 00:58:14	Lentzen, Nils	379		VfR Tüddern E1-Jugend	1999	12 MJugB	05:49,4
168		140 00:58:15	Tellers, Marvin	349		Ju Jutzu Team Kihaku Dre	1988	13 MHK	05:49,5
169		141 00:58:18	Herfs, Thomas	469		Tüddern	1972	14 M35	05:49,8
170		142 00:58:18	Herfs, Florian	470		Tüddern	1999	13 MJugB	05:49,8
171		143 00:58:22	Weizen, Math	518	NED	Papenhoven	1962	26 M45	05:50,2
172	W	29 00:58:23	Peklidoy, Eleni	519		Haaselt	1959	3 W50	05:50,3
173	W	30 00:58:45	Schmitz, Maria	473		Waldfeucht	1965	8 W45	05:52,5
174	W	31 00:58:53	Isbrandt, Laura	545		DLC Aachen	1978	6 W30	05:53,3
175		144 00:59:04	Dahlmanns, Martin	487		Gangelt	2000	14 MJugB	05:54,4
176		145 00:59:04	Dahlmanns, Gerd	488		Gangelt	1968	33 M40	05:54,4
177	W	32 00:59:12	Welz, Anja	411		Eisbären	1971	3 W35	05:55,2
178		146 00:59:21	Rose, Harald	378		TV Ratheim	1955	10 M55	05:56,1
179		147 00:59:25	Bönnen, Robert	516		Gangelt	1969	34 M40	05:56,5
180		148 00:59:45	Strunk, Michael	324		Asphaltschleichen	1971	15 M35	05:58,5
181	W	33 00:59:50	Fiegen, Elli	476		Heinsberg	1967	6 W40	05:59,0
182		149 00:59:53	Herzmann, Udo	325		Asphaltschleichen	1967	35 M40	05:59,3
183		150 00:59:54	Oswald, Hans Joachim	474		Geilenkirchen	1965	27 M45	05:59,4
184	W	34 00:59:57	Jansen, Karin	506		Triathlon Waldfeucht	1966	7 W40	05:59,7
185	W	35 01:00:12	Cunningham, Gaby	393		DLRG	1966	8 W40	06:01,2
186	W	36 01:00:26	Hagenkötter, Ann-Cathrin	319	NED	MUKU+HASE	1985	3 WHK	06:02,6
187	W	37 01:00:44	Janssen, Verona	471	NED	Geleen	1970	9 W40	06:04,4
188	W	38 01:00:57	Jansen, Marleen	494		Süsterseel	1963	9 W45	06:05,7
189		151 01:01:06	Braun, Reinhold	371		The Running Brownies	1958	13 M50	06:06,6
190	W	39 01:01:07	Koch, Gülsen	559		Jüchen	1972	4 W35	06:06,7
191		152 01:01:36	Alicata, Andrea	489	NED	Nieuwstadt	1969	36 M40	06:09,6
192	W	40 01:01:37	Lowis, Maren	343		Selfkant-Tüddern	1998	3 WJugB	06:09,7
193		153 01:01:55	Thönissen, Jürgen	303		Gangelt-Birgden	1964	28 M45	06:11,5
194		154 01:02:02	Ferguson, Erin	426		Selfkant-Tüddern	1982	14 MHK	06:12,2
195	W	41 01:02:02	Torres, Zugiel	436		Selfkant-Schalbruch	1978	7 W30	06:12,2
196		155 01:02:04	Hartun, Uwe	317	NED	MUKU+HASE	1960	14 M50	06:12,4
197		156 01:02:06	Coobs, Frank	341		DJK Gillrath 1911	1968	37 M40	06:12,6
198	W	42 01:02:17	Grumert, Chantal	491		Vetterath	1990	4 WHK	06:13,7
199	W	43 01:02:17	Mohay, Katherine	490		Birden	1972	5 W35	06:13,7
200		157 01:02:46	Domingo, Brad	562		Huber	1969	38 M40	06:16,6
201		158 01:03:01	Bomanns, Karl	328		Gangelt	1962	29 M45	06:18,1
202	W	44 01:03:01	Bomanns, Maria	329		Gangelt	1996	4 WJugB	06:18,1
203		159 01:03:11	Lowis, Yannik	344		Selfkant-Tüddern	1998	15 MJugB	06:19,1
204		160 01:03:14	Lowis, Ulrich	342		Selfkant-Tüddern	1964	30 M45	06:19,4
205	W	45 01:04:07	Lange, Simone	478		Aachen	1985	5 WHK	06:24,7
206		161 01:04:34	Haupt, Hartmut	386		DJK Gillrath 1911	1942	3 M65	06:27,4
207	W	46 01:05:32	Schönhoff-Harrer, Christe	482		Süsterseel	1959	4 W50	06:33,2
208	W	47 01:05:32	Kremers, Christine	332		Heinsberg	1955	3 W55	06:33,2
209	W	48 01:06:37	Braun, Anja	370		Seniorenzentrum Breberen	1973	6 W35	06:39,7
210	W	49 01:06:50	Flecken, Esther	527		Aachen	1970	10 W40	06:41,0
211		162 01:06:52	Grief, Gerd	526		Aachen	1965	31 M45	06:41,2
212		163 01:07:00	Freyer, Jens	563		Selfkant	1989	15 MHK	06:42,0

## 07/03/10 Tüddern (D) Westzipfellauf 10 Km

PI	W	Tijd	Naam	St.-Nr	NAT	Verein	Geb.J	AK	Min/KM
213	W	50 01:07:58	Schröder, Monica	398		Selfkant	1972 7	W35	06:47,8
214	W	51 01:10:27	Reetz, Jennifer	523		Heinsberg	1995 5	WJugB	07:02,7
215		164 01:10:27	Reetz, Wilfried	524		Heinsberg	1961 32	M45	07:02,7
216	W	52 01:10:55	Heinrichs, Anna-Lena	383		Seniorenzentrum Breberen	1987 6	WHK	07:05,5
217	W	53 01:12:04	Peschel, Petra	348		Heinsberg	1958 5	W50	07:12,4
218		165 01:12:12	Klassen, Franz-Josef	459		Selfkant	1960 15	M50	07:13,2
219	W	54 01:14:02	Heinrichs, Karin	384		Seniorenzentrum Breberen	1965 10	W45	07:24,2
220	W	55 01:14:27	Braun, Daniela	360		Europaschule	1971 8	W35	07:26,7
221		166 01:20:28	Weikert, Dr. Georg	301		Hamich Runners	1955 11	M55	08:02,8