

Westzipfellauf 08/03/09 Tuddern (D) 10 Km

| Rang | G | Platz | Zeit | Name | St.-Nr | NAT | Verein | Jahr | PAK | AK | Min/KM |
|------|---|-------|----------|----------------------|--------|-----------|--------------------------|------|-----|-----|---------|
| 1 | | 1 | 00:32:01 | Austin-Kerl, Jürgen | 762 | PSV | GW Kassel | 1970 | 1 | M35 | 03:12,1 |
| 2 | | 2 | 00:32:06 | van der Zalm, Frans | 607 | NED | LG De Grenslauwers Weert | 1962 | 1 | M45 | 03:12,6 |
| 3 | | 3 | 00:33:53 | Billen, Raymond | 791 | BEL | | 1963 | 2 | M45 | 03:23,3 |
| 4 | | 4 | 00:33:56 | Wynen, Ron | 702 | NED | Ohne | 1970 | 2 | M35 | 03:23,6 |
| 5 | | 5 | 00:34:08 | Pepels, Will | 780 | NED | Caesar Beek | 1958 | 1 | M50 | 03:24,8 |
| 6 | | 6 | 00:34:30 | Schumann, Timo | 777 | DSC | Oldenburg | 1988 | 1 | MHK | 03:27,0 |
| 7 | | 7 | 00:34:39 | Kragten, Tim | 784 | AV | Caesar | 1989 | 2 | MHK | 03:27,9 |
| 8 | | 8 | 00:36:42 | Krist, Jos | 796 | NED | STB Landgraaf | 1959 | 2 | M50 | 03:40,2 |
| 9 | | 9 | 00:36:53 | Raskin, Lode | 540 | BEL | Runners Kortessem | 1969 | 1 | M40 | 03:41,3 |
| 10 | W | 1 | 00:38:10 | Golsteyn, Maud | 645 | NED | Ron For Run | 1980 | 1 | WHK | 03:49,0 |
| 11 | | 10 | 00:38:15 | Hayen, Boy | 512 | NED | AVON Heerlen | 1982 | 3 | MHK | 03:49,5 |
| 12 | W | 2 | 00:38:19 | Panhuysen, Mechthild | 712 | NED | Ron For Run | 1979 | 1 | W30 | 03:49,9 |
| 13 | | 11 | 00:38:27 | Klijnen, Marco | 701 | NED | Sittard | 1965 | 2 | M40 | 03:50,7 |
| 14 | | 12 | 00:38:32 | Klxnen, Ron | 642 | NED | Loopgroep Lanaken | 1965 | 3 | M40 | 03:51,2 |
| 15 | | 13 | 00:38:38 | Ruwette, Maurice | 722 | NED | Achilles-Top | 1971 | 3 | M35 | 03:51,8 |
| 16 | | 14 | 00:39:05 | van der Have, Peter | 595 | BEL | AVT Maaseik | 1959 | 3 | M50 | 03:54,5 |
| 17 | | 15 | 00:39:06 | Bemelmans, Max | 744 | NED | Geleen | 1982 | 4 | MHK | 03:54,6 |
| 18 | | 16 | 00:39:08 | De Boer, Hans | 605 | NED | | 1989 | 5 | MHK | 03:54,8 |
| 19 | W | 3 | 00:39:18 | Jacobs, Ellts | 717 | NED | STB | 1984 | 2 | WHK | 03:55,8 |
| 20 | | 17 | 00:39:35 | Vleeshouwers, Sjaak | 785 | NED | Gulik Runners Wedcar | 1956 | 4 | M50 | 03:57,5 |
| 21 | | 18 | 00:39:43 | van Son, Quirien | 732 | NED | AV STB | 1975 | 1 | M30 | 03:58,3 |
| 22 | | 19 | 00:39:49 | Gijzen, Gerard | 618 | NED | TVS Urmond | 1961 | 3 | M45 | 03:58,9 |
| 23 | W | 4 | 00:40:06 | Ruijters, Evelien | 710 | NED | Atletiek Maastricht | 1985 | 3 | WHK | 04:00,6 |
| 24 | | 20 | 00:40:11 | Müllejans, Manfred | 711 | BSG | Dalli | 1949 | 1 | M60 | 04:01,1 |
| 25 | | 21 | 00:40:14 | Thönnissen, Robert | 522 | VfR | Unterbruch LG | 1975 | 2 | M30 | 04:01,4 |
| 26 | | 22 | 00:40:37 | Aartz, Rudy | 795 | NED | Atletiek Maastricht | 1972 | 4 | M35 | 04:03,7 |
| 27 | | 23 | 00:40:55 | Lemmens, Michel | 792 | NED | Voerendaal | 1971 | 5 | M35 | 04:05,5 |
| 28 | | 24 | 00:41:01 | Cuijpers, Hans | 764 | Heerlen | | 1964 | 4 | M45 | 04:06,1 |
| 29 | | 25 | 00:41:06 | van Herk, Jhon | 793 | NED | Ohne | 1966 | 4 | M40 | 04:06,6 |
| 30 | | 26 | 00:41:25 | Herben, Tonny | 532 | NED | Atletiek Maastricht | 1965 | 5 | M40 | 04:08,5 |
| 31 | | 27 | 00:41:30 | Kalisz, Mitchel | 653 | NED | Health City | 1989 | 6 | MHK | 04:09,0 |
| 32 | | 28 | 00:41:46 | Drion, Daniel | 526 | BEL | Hasselt | 1975 | 3 | M30 | 04:10,6 |
| 33 | | 29 | 00:42:03 | Casen, James | 772 | Schinveld | | 1964 | 5 | M45 | 04:12,3 |

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|------|---|-------|----------|--------------------------|--------|---------------------|--------------------|------|-----|---------|---------|
| 34 | | 30 | 00:42:14 | Op t Broek, Ralf | 614 | NED | Stein | 1977 | | 4 M30 | 04:13,4 |
| 35 | | 31 | 00:42:20 | Maass, André | 719 | DJK | Elmar Kohlscheid | 1967 | | 6 M40 | 04:14,0 |
| 36 | | 32 | 00:42:26 | Dols, Ronald | 770 | Ohne | | 1962 | | 6 M45 | 04:14,6 |
| 37 | | 33 | 00:42:39 | Dirckx, Jean-Pierre | 789 | NED | Ohne | 1960 | | 7 M45 | 04:15,9 |
| 38 | W | 5 | 00:42:40 | Bloemen, Christa | 788 | MACD | Dilsen | 1965 | | 1 W40 | 04:16,0 |
| 39 | | 34 | 00:43:02 | Smulders, Rob | 748 | NED | STB | 1967 | | 7 M40 | 04:18,2 |
| 40 | | 35 | 00:43:58 | Sagel, Ed | 782 | Maasrunners | | 1961 | | 8 M45 | 04:23,8 |
| 41 | | 36 | 00:44:00 | Kauben, Niklas | 746 | Gangelt | | 1991 | | 1 MJugA | 04:24,0 |
| 42 | W | 6 | 00:44:02 | Arets, Linda | 598 | NED | AV Unitas Sittard | 1974 | | 1 W35 | 04:24,2 |
| 43 | | 37 | 00:44:04 | van de Laarschot, Albert | 781 | Unitas | | 1962 | | 9 M45 | 04:24,4 |
| 44 | | 38 | 00:44:06 | Lee, Black | 515 | Gangelt | | 1965 | | 8 M40 | 04:24,6 |
| 45 | | 39 | 00:44:06 | Machiels, Eric | 733 | Geleen | | 1963 | | 10 M45 | 04:24,6 |
| 46 | | 40 | 00:44:07 | Gerighausen, Martin | 558 | VfR | Tüddern C-Jugend | 1995 | | 1 MSchA | 04:24,7 |
| 47 | | 41 | 00:44:11 | Simons, Frank | 610 | BEL | AVT Neeroeteren | 1966 | | 9 M40 | 04:25,1 |
| 48 | | 42 | 00:44:20 | De Boer, Anton | 604 | NED | | 1989 | | 7 MHK | 04:26,0 |
| 49 | | 43 | 00:45:09 | Grequire, Rolf | 742 | NED | Sittard | 1962 | | 11 M45 | 04:30,9 |
| 50 | | 44 | 00:45:24 | Windeln, Franz-Willi | 546 | Heinsberg | | 1962 | | 12 M45 | 04:32,4 |
| 51 | | 45 | 00:45:28 | Caputa, Kenneth | 615 | WADU | Geilenkirchen | 1959 | | 5 M50 | 04:32,8 |
| 52 | | 46 | 00:45:43 | Olbertz, Martin | 500 | Alemania | Aachen | 1966 | | 10 M40 | 04:34,3 |
| 53 | | 47 | 00:45:48 | Wieckiewicz, Adrian | 535 | Pohlen | Dach Geilenkirchen | 1983 | | 8 MHK | 04:34,8 |
| 54 | | 48 | 00:45:52 | Derix, Henk | 734 | NED | Hoop | 1947 | | 2 M60 | 04:35,2 |
| 55 | | 49 | 00:46:19 | Vandeweyer, Nico | 771 | Atla | | 1959 | | 6 M50 | 04:37,9 |
| 56 | | 50 | 00:46:31 | Bender, Sebastian | 564 | VfR | A-Tüddern | 1991 | | 2 MJugA | 04:39,1 |
| 57 | | 51 | 00:46:40 | Hameleers, Han | 536 | Selfkant-Süsterseel | | 1961 | | 13 M45 | 04:40,0 |
| 58 | | 52 | 00:46:54 | Smeets, Ronald | 325 | NED | STB Brunssum | 1968 | | 11 M40 | 04:41,4 |
| 59 | | 53 | 00:46:58 | Schürgers, Albert | 752 | Ohne | | 1961 | | 14 M45 | 04:41,8 |
| 60 | | 54 | 00:47:14 | Machiels, Frank | 799 | Unitas | | 1958 | | 7 M50 | 04:43,4 |
| 61 | | 55 | 00:47:24 | Muijrs, Pierre | 708 | NED | STB Landgraaf | 1940 | | 1 M65 | 04:44,4 |
| 62 | | 56 | 00:47:25 | Verbund, Albert | 707 | NED | STB Landgraaf | 1947 | | 3 M60 | 04:44,5 |
| 63 | | 57 | 00:47:31 | Walther, Simon | 787 | Aachen | | 1984 | | 9 MHK | 04:45,1 |
| 64 | | 58 | 00:47:47 | Bauer, Udo | 590 | Erkelenz | | 1961 | | 15 M45 | 04:46,7 |
| 65 | | 59 | 00:47:48 | Lentzen, Georg | 779 | Tüddern | | 1969 | | 12 M40 | 04:46,8 |
| 66 | W | 7 | 00:47:50 | Herben, Henriette | 531 | NED | Atletik Maastricht | 1974 | | 2 W35 | 04:47,0 |

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|------|---|-------|----------|----------------------|--------|------------------|-------------------|------|-----|-------|---------|
| 67 | W | 8 | 00:47:59 | Rusman, Wilma | 639 | NED | AV Unitas Sittard | 1958 | 1 | W50 | 04:47,9 |
| 68 | | 60 | 00:48:07 | Vogels, Henk | 726 | NED | Sittard | 1959 | 8 | M50 | 04:48,7 |
| 69 | | 61 | 00:48:10 | Dols, Horst | 513 | AV | Unitas Sittard | 1994 | 2 | MSchA | 04:49,0 |
| 70 | | 62 | 00:48:21 | von Cleef, Christoph | 553 | VfR | A-Jugend Tüddern | 1992 | 1 | MJugB | 04:50,1 |
| 71 | | 63 | 00:48:22 | Plum, Andre | 582 | Heinsberg | -Karken | 1993 | 2 | MJugB | 04:50,2 |
| 72 | | 64 | 00:48:23 | Schraudy, Jan | 579 | DJK | Gillrath | 1971 | 6 | M35 | 04:50,3 |
| 73 | W | 9 | 00:48:32 | Simon, Angela | 716 | Wadu | Geilenkirchen | 1960 | 1 | W45 | 04:51,2 |
| 74 | | 65 | 00:48:35 | Gutsch, Heinz | 593 | Baesweiler | | 1953 | 1 | M55 | 04:51,5 |
| 75 | | 66 | 00:48:50 | Ernst, Martin | 521 | Lauffreunde | Volksbank Erft | 1959 | 9 | M50 | 04:53,0 |
| 76 | | 67 | 00:48:55 | Laufs, Gerd-Josef | 2 | Geilenkirchen | | 1961 | 16 | M45 | 04:53,5 |
| 77 | | 68 | 00:49:00 | Jumpertz, Udo | 250 | Baesweiler | LT | 1961 | 17 | M45 | 04:54,0 |
| 78 | | 69 | 00:49:01 | Windeln, Lars | 544 | VfR | Unterbruch LG | 1996 | 1 | MSchB | 04:54,1 |
| 79 | | 70 | 00:49:02 | Bulte, Harry | 766 | Atla | | 1968 | 13 | M40 | 04:54,2 |
| 80 | W | 10 | 00:49:12 | Boink, Saskia | 776 | Unitas | | 1978 | 2 | W30 | 04:55,2 |
| 81 | | 71 | 00:49:15 | Philippen, Marek | 555 | VfR | Tüddern C-Jugend | 1995 | 3 | MSchA | 04:55,5 |
| 82 | | 72 | 00:49:22 | van Meijel, Henk | 667 | NED | Health City | 1965 | 14 | M40 | 04:56,2 |
| 83 | | 73 | 00:49:35 | Biedenbach, Stefan | 591 | Laufftreff | -Baesweiler | 1969 | 15 | M40 | 04:57,5 |
| 84 | | 74 | 00:49:45 | Jansen, Stefan | 608 | Triathlon | Waldfeucht | 1964 | 18 | M45 | 04:58,5 |
| 85 | | 75 | 00:49:48 | Fiegen, Frank | 507 | VfR | Unterbruch LG | 1969 | 16 | M40 | 04:58,8 |
| 86 | | 76 | 00:50:00 | Reiners, Arno | 541 | Selfkant | -Höngen | 1966 | 17 | M40 | 05:00,0 |
| 87 | | 77 | 00:50:05 | Eisen, Christoph | 798 | Selfkant | | 1984 | 10 | MHK | 05:00,5 |
| 88 | W | 11 | 00:50:07 | Mengler, Sonja | 741 | Triathlon | Waldfeucht | 1980 | 4 | WHK | 05:00,7 |
| 89 | | 78 | 00:50:11 | Wickessen, Max | 786 | Heinsberg | | 1995 | 4 | MSchA | 05:01,1 |
| 90 | | 79 | 00:50:12 | Dahlmanns, Mario | 646 | Selfkant | | 1987 | 11 | MHK | 05:01,2 |
| 91 | | 80 | 00:50:20 | Sommer, Frank | 518 | Triathlonfreunde | Waldfeuch | 1963 | 19 | M45 | 05:02,0 |
| 92 | | 81 | 00:50:21 | Frenken, Markus | 569 | Gangelt | | 1968 | 18 | M40 | 05:02,1 |
| 93 | | 82 | 00:50:22 | Spauwen, Han | 723 | NED | Health City | 1947 | 4 | M60 | 05:02,2 |
| 94 | W | 12 | 00:50:23 | Sommer-Sonntag, Elke | 517 | Triathlonfreunde | Waldfeuch | 1966 | 2 | W40 | 05:02,3 |
| 95 | | 83 | 00:50:24 | Romanns, Ralf | 749 | Gangelt | | 1966 | 19 | M40 | 05:02,4 |
| 96 | W | 13 | 00:50:42 | Basten, Angela | 549 | Triathlon | Waldfeucht | 1964 | 2 | W45 | 05:04,2 |
| 97 | | 84 | 00:50:43 | Schroeder, Michael | 713 | Gangelt | | 1982 | 12 | MHK | 05:04,3 |
| 98 | | 85 | 00:50:44 | Iwijnands, Pascal | 745 | VfR | Tüddern | 1994 | 5 | MSchA | 05:04,4 |
| 99 | | 86 | 00:50:54 | Limburg, Jan | 616 | Heinsberg | -Karken | 1990 | 3 | MJugA | 05:05,4 |

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|------|---|-------|----------|-----------------------|--------|-------------------|--------------------------|------|-----|-------|---------|
| 100 | W | 14 | 00:51:06 | Dimter, Sandra | 580 | DJK | Gillrath | 1978 | 3 | W30 | 05:06,6 |
| 101 | W | 15 | 00:51:08 | Holl, Tina | 577 | Sittard | | 1960 | 3 | W45 | 05:06,8 |
| 102 | W | 16 | 00:51:09 | Weber, Ruth | 578 | FC | Rheinland | 1965 | 3 | W40 | 05:06,9 |
| 103 | | 87 | 00:51:10 | Kempf, Markus | 609 | Rheinland-Alsdorf | | 1968 | 20 | M40 | 05:07,0 |
| 104 | | 88 | 00:51:14 | Wynands, Ben | 790 | Tüddern | | 1964 | 20 | M45 | 05:07,4 |
| 105 | | 89 | 00:51:15 | Kaußen, Jannik | 747 | Gangelt | | 1993 | 3 | MJugB | 05:07,5 |
| 106 | | 90 | 00:51:15 | Wojtkowiak, Juliusz | 729 | | | 1948 | 5 | M60 | 05:07,5 |
| 107 | W | 17 | 00:51:22 | Jenczewski, Marina | 718 | Haaren | | 1977 | 4 | W30 | 05:08,2 |
| 108 | | 91 | 00:51:23 | Schulz, David | 585 | Grothenrath | | 1987 | 13 | MHK | 05:08,3 |
| 109 | | 92 | 00:51:48 | Beyers, Cedric | 625 | FC | Wanderlust Süsterseel | 1996 | 2 | MSchB | 05:10,8 |
| 110 | | 93 | 00:52:12 | Peschen, Ralf | 523 | Übach-Palenberg | | 1969 | 21 | M40 | 05:13,2 |
| 111 | | 94 | 00:52:21 | Stevens, John | 640 | NED | Oirsbeek | 1969 | 22 | M40 | 05:14,1 |
| 112 | | 95 | 00:52:23 | Bündgens, Valentin | 551 | Alemania | Aachen | 1947 | 6 | M60 | 05:14,3 |
| 113 | W | 18 | 00:52:25 | Scherrers, Anne | 548 | Heinsberg | | 1964 | 4 | W45 | 05:14,5 |
| 114 | W | 19 | 00:52:28 | Robertz, Nora | 724 | Selfkant | | 1982 | 5 | WHK | 05:14,8 |
| 115 | | 96 | 00:52:33 | Klus, Aloys | 706 | NED | STAP Brunssum | 1957 | 10 | M50 | 05:15,3 |
| 116 | | 97 | 00:52:38 | Janßen, Ralf | 567 | Gangelt | | 1969 | 23 | M40 | 05:15,8 |
| 117 | | 98 | 00:52:39 | Meures, Peter | 533 | VfR | Tüddern | 1971 | 7 | M35 | 05:15,9 |
| 118 | W | 20 | 00:53:04 | Misera, Natalie | 721 | Selfkant | | 1967 | 4 | W40 | 05:18,4 |
| 119 | | 99 | 00:53:07 | Houben, Chris | 560 | VfR | Tüddern C-Jugend | 1995 | 6 | MSchA | 05:18,7 |
| 120 | | 100 | 00:53:08 | Djajadisastra, Hendra | 613 | VfR | Tüddern | 1994 | 7 | MSchA | 05:18,8 |
| 121 | | 101 | 00:53:08 | Neukirchen, Robin | 557 | VfR | Tüddern C-Jugend | 1995 | 8 | MSchA | 05:18,8 |
| 122 | | 102 | 00:53:09 | Mengler, Carsten | 740 | Waldfeucht | | 1979 | 5 | M30 | 05:18,9 |
| 123 | | 103 | 00:53:12 | Beyers, Ralf | 581 | Immobilien | Beckers | 1968 | 24 | M40 | 05:19,2 |
| 124 | W | 21 | 00:53:16 | Classen, Richarda | 709 | Europa-Läufer | | 1962 | 5 | W45 | 05:19,6 |
| 125 | | 104 | 00:53:16 | Perscheid, Johannes | 650 | Bocket | | 1957 | 11 | M50 | 05:19,6 |
| 126 | | 105 | 00:53:26 | Wolvekamp, Martin | 756 | NED | Fontys Fit | 1975 | 6 | M30 | 05:20,6 |
| 127 | | 106 | 00:53:32 | Hensgens, Frans | 725 | NED | Health City | 1948 | 7 | M60 | 05:21,2 |
| 128 | | 107 | 00:53:33 | Philippen, Ernst | 568 | Gangelt | | 1970 | 8 | M35 | 05:21,3 |
| 129 | W | 22 | 00:53:35 | van Gils, Irma | 606 | NED | LG De Grenslauwers Weert | 1963 | 6 | W45 | 05:21,5 |
| 130 | | 108 | 00:53:36 | Beckers, Guido | 703 | Gangelt | | 1970 | 9 | M35 | 05:21,6 |
| 131 | | 109 | 00:53:41 | Kehmer, Christoph | 506 | FC | Eintracht Birgden | 1971 | 10 | M35 | 05:22,1 |
| 132 | | 110 | 00:53:44 | Meures, Sander | 736 | NED | Tüddern | 1998 | 1 | MSchC | 05:22,4 |

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|------|---|-------|----------|----------------------|--------|--------------------------|---------------|------|-----|-------|---------|
| 133 | | 111 | 00:53:45 | Janssen, Wilfried | 778 | DJK | Gillrath 1911 | 1957 | 12 | M50 | 05:22,5 |
| 134 | | 112 | 00:53:47 | Dohmen, Nico | 552 | Selfkant-Hillensberg | | 1995 | 9 | MSchA | 05:22,7 |
| 135 | W | 23 | 00:53:52 | Engelke, Simone | 571 | Erkelenz | | 1966 | 5 | W40 | 05:23,2 |
| 136 | W | 24 | 00:54:04 | Nijst, Marie Jeanne | 705 | Atla Lanaken | | 1956 | 2 | W50 | 05:24,4 |
| 137 | | 113 | 00:54:05 | Glaeser, Thomas | 524 | Korschenbroich | | 1971 | 11 | M35 | 05:24,5 |
| 138 | | 114 | 00:54:40 | Kranz, Thomas | 542 | Selfkant-Süsterseel | | 1961 | 21 | M45 | 05:28,0 |
| 139 | | 115 | 00:54:43 | Wachtmeister, Ralf | 572 | Erkelenz | | 1968 | 25 | M40 | 05:28,3 |
| 140 | | 116 | 00:54:57 | Wittgens, Ullrich | 586 | Erkelenz | | 1962 | 22 | M45 | 05:29,7 |
| 141 | | 117 | 00:55:04 | Franzen, Michael | 589 | Gangelt | | 1964 | 23 | M45 | 05:30,4 |
| 142 | | 118 | 00:55:05 | Beckers, Bernhard | 735 | Gangelt | | 1971 | 12 | M35 | 05:30,5 |
| 143 | | 119 | 00:55:07 | Wählen, Norbert | 592 | VfR Tüddern | | 1964 | 24 | M45 | 05:30,7 |
| 144 | | 120 | 00:55:16 | Loreck, Armin | 508 | Sportgemeinschaft 1926 N | | 1963 | 25 | M45 | 05:31,6 |
| 145 | W | 25 | 00:55:19 | Olbertz, Judith | 501 | DJL Forster Linde | | 1966 | 6 | W40 | 05:31,9 |
| 146 | | 121 | 00:55:42 | Koning, Hans | 783 | Sabic Runners | | 1962 | 26 | M45 | 05:34,2 |
| 147 | | 122 | 00:55:45 | Windeln, Lukas | 543 | Grün-Weiß Karken | | 2000 | 1 | MSchD | 05:34,5 |
| 148 | | 123 | 00:55:46 | Knarren, Gerd | 763 | Ohne | | 1970 | 13 | M35 | 05:34,6 |
| 149 | | 124 | 00:55:46 | Geratz, Arnd | 566 | Gangelt | | 1971 | 14 | M35 | 05:34,6 |
| 150 | | 125 | 00:56:07 | Dahlmanns, Gerd | 758 | Gangelt | | 1969 | 26 | M40 | 05:36,7 |
| 151 | W | 26 | 00:56:16 | Aelbers, Els | 644 | Atla Lanaken | | 1968 | 7 | W40 | 05:37,6 |
| 152 | | 126 | 00:56:22 | Wilke, Dietmar | 516 | Gangelt | | 1959 | 13 | M50 | 05:38,2 |
| 153 | | 127 | 00:56:23 | von Cleef, Philipp | 554 | VfR A-Jugend Tüddern | | 1992 | 4 | MJugB | 05:38,3 |
| 154 | | 128 | 00:56:26 | Djajadisastra, Osman | 612 | VfR Tüddern | | 1963 | 27 | M45 | 05:38,6 |
| 155 | | 129 | 00:56:32 | Henkens, Tim | 597 | VfR Tüddern | | 1997 | 3 | MSchB | 05:39,2 |
| 156 | | 130 | 00:56:45 | Weerts, Henk | 525 | NED AV Unitas Sittard | | 1957 | 14 | M50 | 05:40,5 |
| 157 | | 131 | 00:56:56 | Ostlender, Gerd | 714 | Baesweiler LT | | 1958 | 15 | M50 | 05:41,6 |
| 158 | W | 27 | 00:57:23 | Nijenkamp, Thea | 529 | NED Unitas Sittard | | 1962 | 7 | W45 | 05:44,3 |
| 159 | W | 28 | 00:57:27 | Jumpertz, Karoline | 111 | Baesweiler LT | | 1962 | 8 | W45 | 05:44,7 |
| 160 | | 132 | 00:57:48 | Rons, Jordi | 794 | TV Stein | | 1974 | 15 | M35 | 05:46,8 |
| 161 | | 133 | 00:57:51 | Dessi, René | 774 | Waldfeucht | | 1970 | 16 | M35 | 05:47,1 |
| 162 | | 134 | 00:57:59 | Coobs, Frank | 570 | DJK Gillrath | | 1968 | 27 | M40 | 05:47,9 |
| 163 | | 135 | 00:58:01 | Beyers, Marcell | 565 | SEH Selfkant | | 1978 | 7 | M30 | 05:48,1 |
| 164 | | 136 | 00:58:10 | Josephs, Wolfgang | 402 | Selfkant-Tüddern | | 1949 | 8 | M60 | 05:49,0 |
| 165 | | 137 | 00:58:11 | Bransch, Elmar | 773 | Gangelt | | 1971 | 17 | M35 | 05:49,1 |

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|------|---|-------|----------|-----------------------|--------|-----|----------------------------|------|-----|-------|---------|
| 166 | | 138 | 00:58:18 | Bönnen, Robert | 704 | | Gangelt | 1969 | 28 | M40 | 05:49,8 |
| 167 | | 139 | 00:58:26 | Djadisastra, Dayan | 611 | | VfR Tüddern | 1996 | 4 | MSchB | 05:50,6 |
| 168 | W | 29 | 00:58:43 | Braun, Birgit | 599 | | Baesweiler | 1964 | 9 | W45 | 05:52,3 |
| 169 | | 140 | 00:59:04 | Schubert, Jan-Niklas | 629 | | FC Wanderlust Süsterseel | 1996 | 5 | MSchB | 05:54,4 |
| 170 | | 141 | 00:59:07 | Schubert, Frank | 637 | | FC Wanderlust Süsterseel | 1974 | 18 | M35 | 05:54,7 |
| 171 | | 142 | 00:59:13 | Lersch, Robin | 619 | | FC Wanderlust Süsterseel | 1998 | 2 | MSchC | 05:55,3 |
| 172 | | 143 | 00:59:13 | Geilen, Mark | 624 | | FC Wanderlust Süsterseel | 1997 | 6 | MSchB | 05:55,3 |
| 173 | | 144 | 00:59:18 | Braun, Reinhold | 600 | | Stolberg-Zweifall | 1958 | 16 | M50 | 05:55,8 |
| 174 | W | 30 | 00:59:20 | Windeln, Iris | 545 | | VfR Unterbruch LG | 1968 | 8 | W40 | 05:56,0 |
| 175 | | 145 | 00:59:22 | Rademacher, Paul | 559 | | Breberen | 1962 | 28 | M45 | 05:56,2 |
| 176 | W | 31 | 00:59:37 | Kirsch, Alexandra | 601 | | | 1978 | 5 | W30 | 05:57,7 |
| 177 | W | 32 | 00:59:45 | Lehnen, Gaby | 527 | | Heinsberg | 1956 | 3 | W50 | 05:58,5 |
| 178 | W | 33 | 00:59:45 | Ostlender, Erika | 715 | | Baesweiler LT | 1962 | 10 | W45 | 05:58,5 |
| 179 | | 146 | 01:00:02 | Roelen, Ulrich | 743 | | Bedburg | 1963 | 29 | M45 | 06:00,2 |
| 180 | | 147 | 01:00:20 | Meures, Jos | 737 | | NED VfR Tüddern | 1966 | 29 | M40 | 06:02,0 |
| 181 | W | 34 | 01:00:29 | Kleinjons, Rosie | 648 | | NED AV Unitas | 1958 | 4 | W50 | 06:02,9 |
| 182 | | 148 | 01:00:50 | Neiß, Bernd | 561 | | C+S Fliesenwelt Heinsberg | 1967 | 30 | M40 | 06:05,0 |
| 183 | | 149 | 01:01:05 | Wolf, Reinhard | 750 | | LT Mythos Stolberg | 1941 | 2 | M65 | 06:06,5 |
| 184 | | 150 | 01:01:05 | Saemen, Bernd | 751 | | Gangelt | 1958 | 17 | M50 | 06:06,5 |
| 185 | W | 35 | 01:01:15 | Goisteyn, Nelly | 651 | | NED Nieuwstadt | 1951 | 1 | W55 | 06:07,5 |
| 186 | | 151 | 01:01:31 | Dahlmanns, Josef | 547 | | | 1965 | 31 | M40 | 06:09,1 |
| 187 | | 152 | 01:01:32 | Schröders, Hans Peter | 727 | | Waldfeucht | 1956 | 18 | M50 | 06:09,2 |
| 188 | | 153 | 01:01:54 | Elands, Chris | 649 | | Unitas | 1947 | 9 | M60 | 06:11,4 |
| 189 | W | 36 | 01:01:56 | Schroeders, Gerda | 728 | | Waldfeucht | 1957 | 5 | W50 | 06:11,6 |
| 190 | | 154 | 01:02:23 | Dyrks, Mike | 631 | | FC Wanderlust Süsterseel | 1996 | 7 | MSchB | 06:14,3 |
| 191 | | 155 | 01:02:23 | Richter, Ton | 775 | | Gulirunners | 1948 | 10 | M60 | 06:14,3 |
| 192 | W | 37 | 01:02:31 | Petrow, Angela | 647 | | Triathlonfreude Waldfeucht | 1966 | 9 | W40 | 06:15,1 |
| 193 | | 156 | 01:02:37 | Schulz, Burkhard | 583 | | Immendorf | 1959 | 19 | M50 | 06:15,7 |
| 194 | | 157 | 01:02:53 | Winthagen, Gerry | 755 | | Tierpark Alsdorf | 1962 | 30 | M45 | 06:17,3 |
| 195 | | 158 | 01:03:30 | Göppinger, Karl | 765 | | Tierpark Alsdorf | 1963 | 31 | M45 | 06:21,0 |
| 196 | W | 38 | 01:03:49 | Radlinger, Martina | 587 | | Waldfeucht-Haaren | 1972 | 3 | W35 | 06:22,9 |
| 197 | W | 39 | 01:03:50 | Pappers, Sabine | 588 | | Waldfeucht-Haaren | 1966 | 10 | W40 | 06:23,0 |
| 198 | | 159 | 01:04:16 | Gielen, Frank | 730 | | Sittard | 1968 | 32 | M40 | 06:25,6 |

Westzipfellauf 08/03/09 Tuddern (D) 10 Km

| Rang | G | Platz | Zeit | Name | St.-Nr | NAT | Verein | Jahr | PAK | AK | Min/KM |
|------|---|-------|----------|---------------------------|--------|--------------------------|--------|------|-----|-------|---------|
| 199 | W | 40 | 01:04:19 | Peschel, Raphaela | 652 | Heinsberg | | 1997 | 1 | WSchB | 06:25,9 |
| 200 | W | 41 | 01:04:24 | Kuipers, Britta | 528 | Heinsberg | | 1985 | 6 | WHK | 06:26,4 |
| 201 | W | 42 | 01:04:25 | Beckers, Cathrin | 505 | Selfkant | | 1990 | 1 | WJugA | 06:26,5 |
| 202 | W | 43 | 01:04:35 | Kremers, Christine | 530 | Heinsberg | | 1955 | 6 | W50 | 06:27,5 |
| 203 | | 160 | 01:04:53 | Arnhold, Till | 632 | FC Wanderlust Süsterseel | | 1996 | 8 | MSchB | 06:29,3 |
| 204 | | 161 | 01:04:53 | Arnhold, Thomas | 638 | FC Wanderlust Süsterseel | | 1974 | 19 | M35 | 06:29,3 |
| 205 | W | 44 | 01:05:08 | Jesch, Nora | 573 | Heinsberg-Porselen | | 1987 | 7 | WHK | 06:30,8 |
| 206 | | 162 | 01:05:45 | Misera, Julius | 626 | FC Wanderlust Süsterseel | | 1996 | 9 | MSchB | 06:34,5 |
| 207 | | 163 | 01:05:47 | Misera, Andreas | 636 | FC Wanderlust Süsterseel | | 1966 | 33 | M40 | 06:34,7 |
| 208 | W | 45 | 01:08:32 | Cohnen, Iris | 433 | Übach-palenberg | | 1966 | 11 | W40 | 06:51,2 |
| 209 | | 164 | 01:09:00 | Wynands, Hub | 399 | STB Landgraaf | | 1964 | 32 | M45 | 06:54,0 |
| 210 | W | 46 | 01:09:53 | Wilms, Marion | 768 | Mönchengladbach | | 1967 | 12 | W40 | 06:59,3 |
| 211 | | 165 | 01:09:57 | Brings, Herbert | 767 | Korschenbroich | | 1938 | 1 | M70 | 06:59,7 |
| 212 | | 166 | 01:10:00 | Berg, Peter | 769 | Neuss | | 1940 | 3 | M65 | 07:00,0 |
| 213 | | 167 | 01:10:40 | Radermacher, Heinz | 797 | VfR Tüddern | | 1956 | 20 | M50 | 07:04,0 |
| 214 | W | 47 | 01:10:45 | Jezyschek-Jöris, Sabine | 519 | Heinsberg | | 1961 | 11 | W45 | 07:04,5 |
| 215 | W | 48 | 01:12:42 | Schröder, Monica | 538 | Selfkant-Höngen | | 1972 | 4 | W35 | 07:16,2 |
| 216 | W | 49 | 01:12:42 | Jansen, Anja | 539 | Kerpen | | 1972 | 5 | W35 | 07:16,2 |
| 217 | W | 50 | 01:15:01 | Jacobs, Uschi | 509 | Badmintonclub Gangelt | | 1960 | 12 | W45 | 07:30,1 |
| 218 | W | 51 | 01:15:01 | Reichle, Beate | 720 | BC Gangelt | | 1971 | 6 | W35 | 07:30,1 |
| 219 | | 168 | 01:18:43 | Von Rotz, Pascal | 623 | FC Wanderlust Süsterseel | | 1997 | 10 | MSchB | 07:52,3 |
| 220 | | 169 | 01:18:46 | Jansen, Lukas | 621 | FC Wanderlust Süsterseel | | 1997 | 11 | MSchB | 07:52,6 |
| 221 | | 170 | 01:18:46 | Jansen, Lorenz | 620 | FC Wanderlust Süsterseel | | 1997 | 12 | MSchB | 07:52,6 |
| 222 | | 171 | 01:20:34 | Lynen, Jürgen | 438 | Selfkant | | 1969 | 34 | M40 | 08:03,4 |
| 223 | W | 52 | 01:20:35 | Janssen, Anita | 437 | NED Heerlen | | 1965 | 13 | W40 | 08:03,5 |
| 224 | W | 53 | 01:21:27 | Basten, Christa | 439 | Ohne | | 1962 | 13 | W45 | 08:08,7 |
| 225 | W | 54 | 01:21:27 | Philippen, Elke | 427 | Selfkant | | 1971 | 7 | W35 | 08:08,7 |
| 226 | W | 55 | 01:22:24 | Jeuken, Marika | 410 | Selfkant-Schalbruch | | 1953 | 2 | W55 | 08:14,4 |
| 227 | W | 56 | 01:22:25 | Winkens, Hanni | 430 | Wassenberg-Ophoven | | 1959 | 7 | W50 | 08:14,5 |
| 228 | W | 57 | 01:22:32 | Schoenhoff-Harrer, Christ | 434 | Susterseel | | 1959 | 8 | W50 | 08:15,2 |
| 229 | | 172 | 01:22:32 | Severins, Franz | 412 | Selfkant | | 1960 | 33 | M45 | 08:15,2 |
| 230 | | 173 | 01:22:34 | Somers, Joschua | 633 | FC Wanderlust Süsterseel | | 1996 | 13 | MSchB | 08:15,4 |
| 231 | | 174 | 01:24:39 | Schröder, Karl | 406 | Waldfeucht-Hontem | | 1958 | 21 | M50 | 08:27,9 |

Westzipfellauf 08/03/09 Tuddern (D) 10 Km

| Rang | G | Platz | Zeit | Name | St.-Nr | NAT | Verein | Jahr | PAK | AK | Min/KM |
|------|---|-------|----------|---------------------|--------|-----|----------------------------|------|-----|-------|---------|
| 232 | W | 58 | 01:24:58 | Hellebrandt, Margot | 409 | | Selfkant-Schalbruch | 1964 | 14 | W45 | 08:29,8 |
| 233 | W | 59 | 01:24:59 | Drees, Ursula | 431 | | Erkelenz | 1958 | 9 | W50 | 08:29,9 |
| 234 | | 175 | 01:25:58 | Dravec, Richard | 442 | | Ohne | 1989 | 14 | MHK | 08:35,8 |
| 235 | W | 60 | 01:26:09 | Laugs, Andrea | 417 | | St. Josef Altenheim Höngen | 1970 | 8 | W35 | 08:36,9 |
| 236 | W | 61 | 01:26:09 | Over, Sarah | 413 | | St. Josef Altenheim Höngen | 1981 | 8 | WHK | 08:36,9 |
| 237 | W | 62 | 01:26:10 | Hörter, Carmen | 418 | | St. Josef Altenheim Höngen | 1980 | 9 | WHK | 08:37,0 |
| 238 | W | 63 | 01:26:18 | Schröder, Ruth | 441 | | Waldfeucht | 1973 | 9 | W35 | 08:37,8 |
| 239 | | 176 | 01:26:45 | Köhler, Erich | 411 | | Selfkant | 1961 | 34 | M45 | 08:40,5 |
| 240 | W | 64 | 01:26:47 | Aretz, Mareike | 421 | | St. Josef Altenheim Höngen | 1959 | 10 | W50 | 08:40,7 |
| 241 | W | 65 | 01:26:49 | Schmidt, Annemarie | 435 | | WVV-AG | 1960 | 15 | W45 | 08:40,9 |
| 242 | W | 66 | 01:27:29 | Slippen, Kerstin | 422 | | St. Josef Altenheim Höngen | 1986 | 10 | WHK | 08:44,9 |
| 243 | W | 67 | 01:27:29 | Killen, Karin | 423 | | St. Josef Altenheim Höngen | 1964 | 16 | W45 | 08:44,9 |
| 244 | W | 68 | 01:27:30 | Tousser, Lotte | 432 | | St. Josef Altenheim Höngen | 1963 | 17 | W45 | 08:45,0 |
| 245 | | 177 | 01:27:34 | Ucin, Ramon | 628 | | FC Wanderlust Süsterseel | 1996 | 14 | MSchB | 08:45,4 |
| 246 | | 178 | 01:27:34 | Biermanns, Dennis | 627 | | FC Wanderlust Süsterseel | 1996 | 15 | MSchB | 08:45,4 |
| 247 | | 179 | 01:27:36 | Adams, Lukas | 630 | | FC Wanderlust Süsterseel | 1996 | 16 | MSchB | 08:45,6 |
| 248 | W | 69 | 01:28:10 | Schröder, Hildegard | 407 | | Waldfeucht-Hontem | 1958 | 11 | W50 | 08:49,0 |
| 249 | W | 70 | 01:28:36 | Dormeier, Dr. Silke | 400 | | Herzogenrath | 1977 | 6 | W30 | 08:51,6 |
| 250 | W | 71 | 01:28:36 | Berensfreise, Tosca | 428 | | Selfkant-Tüddern | 1976 | 7 | W30 | 08:51,6 |
| 251 | W | 72 | 01:28:38 | Dormeier, Ursula | 405 | | Köln | 1952 | 3 | W55 | 08:51,8 |
| 252 | W | 73 | 01:28:38 | de Sére, Lucie | 436 | | Ohne | 1964 | 18 | W45 | 08:51,8 |
| 253 | W | 74 | 01:29:09 | Peulen, Doris | 408 | | Waldfeucht | 1980 | 11 | WHK | 08:54,9 |
| 254 | | 180 | 01:29:18 | Buaban, Mo | 622 | | FC Wanderlust Süsterseel | 1997 | 17 | MSchB | 08:55,8 |
| 255 | | 181 | 01:29:18 | Jansen, Philipp | 635 | | FC Wanderlust Süsterseel | 1986 | 15 | MHK | 08:55,8 |
| 256 | W | 75 | 01:29:21 | Niehsen, Iris | 440 | | Waldfeucht | 1970 | 10 | W35 | 08:56,1 |
| 257 | W | 76 | 01:29:43 | Maassen, Lisette | 415 | | St. Josef Altenheim Höngen | 1978 | 8 | W30 | 08:58,3 |
| 258 | W | 77 | 01:29:44 | Meiers, Maria | 419 | | St. Josef Altenheim Höngen | 1963 | 19 | W45 | 08:58,4 |
| 259 | W | 78 | 01:29:44 | Simon, Inge | 426 | | St. Josef Altenheim Höngen | 1957 | 12 | W50 | 08:58,4 |
| 260 | | 182 | 01:29:45 | Meiers, Theo | 429 | | Gangelt | 1961 | 35 | M45 | 08:58,5 |
| 261 | W | 79 | 01:31:18 | Dragstra, Meike | 102 | | Gangelt | 1976 | 9 | W30 | 09:07,8 |
| 262 | | 183 | 01:36:48 | Elbert, Dirk | 283 | | Übach Palenberg | 1968 | 35 | M40 | 09:40,8 |