

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
1	LOHSE Christoph		1712	1 M30M	00:34:07.22	00:34:07.22	1	00:34:05.86	1	00:17:03.29	1	00:17:03.93	1	BUNERT RUNNING TEAM MÖNCHEM
2	STEVENS Andre		1710	2 M30M	00:36:44.65	00:36:44.65	2	00:36:43.05	2	00:18:10.86	2	00:18:33.79	2	Mönchengladbacher LG
3	MARTINEZ DE PAZ Jorge	SPA	1434	1 HKMM	00:37:50.64	00:37:50.64	3	00:37:49.24	3	00:18:29.53	3	00:19:21.11	3	Unabhängig
4	KOTTMEIER Oliver		1166	2 HKMM	00:40:14.55	00:40:14.55	4	00:40:11.94	4	00:19:29.80	4	00:20:44.75	5	Hans-JonasGesamtchule 6c
5	ORTEGA Angel	SPA	1462	1 M45M	00:40:38.48	00:40:38.48	5	00:40:35.31	5	00:19:58.72	7	00:20:39.76	4	Vellisca Team
6	MILLER Patrick Michel		1442	3 M30M	00:40:55.87	00:40:55.87	6	00:40:54.64	6	00:19:58.46	5	00:20:57.41	7	keine Angabe
7	ZINGSEM Christian		1568	4 M30M	00:41:08.26	00:41:08.26	7	00:41:04.50	7	00:20:22.88	10	00:20:45.38	6	keine Angabe
8	SCHWARZAT Bastian		1784	3 HKMM	00:41:11.94	00:41:11.94	8	00:41:09.57	8	00:19:58.50	6	00:21:13.44	8	RDM Family_Friends
9	ZIMMERMANN Björn		1567	1 M35M	00:41:35.93	00:41:35.93	9	00:41:33.20	9	00:20:17.20	9	00:21:18.73	9	AXA Finanz Service GmbH
10	VILLUENDAS Albert		1684	4 HKMM	00:42:07.62	00:42:07.62	10	00:42:00.38	10	00:20:08.14	8	00:21:59.48	16	Mönchengladbach
11	HEUSER Sven		1367	2 M35M	00:42:20.93	00:42:20.93	11	00:42:16.51	11	00:20:41.27	12	00:21:39.66	12	keine Angabe
12	WIRSING Regina		1157	1 HKWF	00:42:40.83	00:42:40.83	12	00:42:35.57	12	00:21:05.91	16	00:21:34.92	10	Gymnasium Rheindahlen Leh
13	HEILIG Christian		1360	1 M40M	00:42:44.80	00:42:44.80	13	00:42:42.98	13	00:21:03.08	15	00:21:41.72	13	keine Angabe
14	STELZL Tom		1205	5 HKMM	00:43:08.61	00:43:08.61	14	00:43:06.65	15	00:21:16.97	18	00:21:51.64	14	Berufskolleg Rheydt Mülfort
15	BEERENS Jan		1266	5 M30M	00:43:24.22	00:43:24.22	15	00:42:55.55	14	00:20:46.18	13	00:22:38.04	20	SC Waldniel
16	BOHL Philipp		1276	6 HKMM	00:43:29.51	00:43:29.51	16	00:43:20.49	16	00:21:37.01	23	00:21:52.50	15	RDM and friends
17	SCHNEIDER Jan		1190	1 U18M	00:43:31.46	00:43:31.46	17	00:43:24.49	18	00:21:07.96	17	00:22:23.50	18	Math.-Nat.Gymnasium 10
18	VILLARROEL Borja	SPA	1540	6 M30M	00:43:32.32	00:43:32.32	18	00:43:24.01	17	00:21:55.31	27	00:21:37.01	11	Athletic de Bilbao
19	BREMER Christian		1283	7 HKMM	00:44:13.64	00:44:13.64	19	00:44:09.77	19	00:21:33.20	21	00:22:40.44	21	FysioFrings-Team
20	DEMIREZEN Mert		1717	1 U20M	00:44:18.70	00:44:18.70	20	00:44:16.39	21	00:20:48.34	14	00:23:30.36	40	Fussball Giesenkirchen U19
21	ZACHOWSKI Noah		1192	2 U18M	00:44:19.10	00:44:19.10	21	00:44:11.74	20	00:21:36.38	22	00:22:42.72	22	Math.-Nat.Gymnasium 10
22	OTTEN Peter		1695	2 M45M	00:44:29.89	00:44:29.89	22	00:44:27.07	23	00:21:37.04	24	00:22:52.85	26	Mönchengladbach
23	GAUSEBECK Jonas		1334	7 M30M	00:44:30.51	00:44:30.51	23	00:44:17.20	22	00:22:03.49	29	00:22:27.02	19	keine Angabe
24	HOFFMANN Marcel		1676	8 M30M	00:44:37.51	00:44:37.51	24	00:44:29.34	24	00:21:37.90	25	00:22:59.61	28	Mönchengladbach
25	STENAU Felix		1524	9 M30M	00:44:42.00	00:44:42.00	25	00:44:39.01	25	00:22:20.46	33	00:22:21.54	17	Running Risk
26	SPIZA Hans-Christian		1520	10 M30M	00:44:53.78	00:44:53.78	26	00:44:48.97	26	00:21:30.59	20	00:23:23.19	36	keine Angabe
27	DANIEL Andrew		1690	3 M35M	00:45:01.95	00:45:01.95	27	00:44:56.82	27	00:22:16.29	30	00:22:45.66	23	keine Angabe
28	SISAY Asaph		1194	1 U16M	00:45:17.01	00:45:17.01	28	00:45:14.24	31	00:20:40.47	11	00:24:36.54	60	Math.-Nat.Gymnasium 9a
29	SEGBERS Mats		1178	1 KAKM	00:45:20.96	00:45:20.96	29	00:45:12.55	30	00:21:57.02	28	00:23:23.94	37	HUMA 9a
30	LINDSCHAU Moritz		1424	11 M30M	00:45:25.29	00:45:25.29	30	00:45:00.61	29	00:22:27.19	35	00:22:58.10	27	ARI-Team
31	MACIECZYK Mieszko		1093	3 U18M	00:45:26.12	00:45:26.12	31	00:45:23.32	33	00:21:47.41	26	00:23:38.71	43	Gesamtschule Volksgarten 10b
32	BEERENS Thomas		1267	12 M30M	00:45:26.74	00:45:26.74	32	00:44:59.02	28	00:22:18.55	32	00:23:08.19	31	SC Waldniel
33	KLEIN Stephan		1703	13 M30M	00:45:32.37	00:45:32.37	33	00:45:15.49	32	00:22:27.92	36	00:23:04.45	30	Team Jim Bob
34	MENOYO Zuriñe	SPA	1436	1 W45F	00:45:38.88	00:45:38.88	34	00:45:36.99	34	00:22:23.34	34	00:23:15.54	34	Athletic Club de Bilbao
35	BROKAMP Daniela		1674	1 W30F	00:46:02.12	00:46:02.12	35	00:45:58.53	35	00:22:28.57	37	00:23:33.55	42	MG
36	RASCHKE Marcus		1478	14 M30M	00:46:14.03	00:46:14.03	36	00:46:06.24	36	00:23:02.11	40	00:23:11.92	33	keine Angabe
37	LÜTKENHAUS Peter		1430	2 M40M	00:46:31.21	00:46:31.21	37	00:46:27.48	38	00:22:35.35	38	00:23:55.86	47	Flederigel Kleinenbroich
38	MILDE Christoph		1441	15 M30M	00:46:36.97	00:46:36.97	38	00:46:22.19	37	00:23:04.07	41	00:23:32.90	41	Schiedsrichtervereinigung Düsseldorf
39	KARACIC Karlo		1035	2 U16M	00:47:00.30	00:47:00.30	39	00:46:57.64	39	00:21:18.56	19	00:25:41.74	101	BMS 7d
40	SCHMIDT Bernd		1499	3 M40M	00:47:08.91	00:47:08.91	40	00:46:58.29	40	00:24:21.45	64	00:22:47.46	25	keine Angabe
41	HENN Ciaran	IRE	1365	1 M55M	00:47:17.24	00:47:17.24	41	00:47:04.09	41	00:23:36.48	46	00:23:40.76	45	keine
42	TEPLER Andre		1786	8 HKMM	00:47:36.68	00:47:36.68	42	00:47:29.38	42	00:24:19.43	63	00:23:17.25	35	keine Angabe

SPLIT TIMES

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
43	KASPRZYCA Tobias		1394	9 HKMM	00:47:44.74	00:47:44.74	43	00:47:44.74	43	00:24:58.17	88	00:22:46.57	24	keine Angabe
44	WIESNER Bernd		1156	10 HKMM	00:48:02.45	00:48:02.45	44	00:48:02.45	46	00:23:25.32	45	00:24:37.13	61	Gymnasium Rheindahlen Leh
45	SCHNEIDER Gregor		1504	16 M30M	00:48:03.47	00:48:03.47	45	00:47:57.45	45	00:24:18.59	62	00:23:44.88	46	Freeletics Mönchengladbach
46	BALZ Markus		1262	17 M30M	00:48:05.66	00:48:05.66	46	00:47:46.29	44	00:25:01.97	91	00:23:03.69	29	keine Angabe
47	BLÜMEL Sven		1275	3 M45M	00:48:22.46	00:48:22.46	47	00:48:10.72	47	00:23:08.27	43	00:25:14.19	77	keine Angabe
48	DAHLMANN Oliver		1070	1 U14M	00:48:23.68	00:48:23.68	48	00:48:19.81	51	00:22:37.22	39	00:25:46.46	105	Gesamtschule Hardt 7,2
49	RHEYDT Dirk		1482	4 M40M	00:48:34.24	00:48:34.24	49	00:48:16.28	49	00:23:46.42	47	00:24:47.82	67	ADFC Mönchengladbach
50	NIEHUS Jannik		1456	11 HKMM	00:48:36.83	00:48:36.83	50	00:48:13.87	48	00:24:22.07	65	00:24:14.76	52	Santander Consumer Bank AG
51	WAGNER Viktor		1544	5 M40M	00:48:37.08	00:48:37.08	51	00:48:28.45	52	00:24:14.48	59	00:24:22.60	53	Team Otto
52	SCHÖPGENS Richard		1090	2 U20M	00:48:39.96	00:48:39.96	52	00:48:33.19	54	00:24:34.09	75	00:24:05.87	50	Gesamtschule Hardt Q1
53	BAUERMANN Sascha		1264	4 M35M	00:48:51.01	00:48:51.01	53	00:48:39.11	57	00:24:39.69	76	00:24:11.32	51	kein Verein
54	LEUKER Christoph		1422	4 M45M	00:48:51.07	00:48:51.07	54	00:48:33.72	55	00:24:06.81	53	00:24:44.26	64	keine Angabe
55	BROCKER Daniel		1286	5 M35M	00:48:51.64	00:48:51.64	55	00:48:17.50	50	00:24:53.01	84	00:23:58.63	49	keine Angabe
56	EVELEIGH Hendrik		1315	12 HKMM	00:48:58.48	00:48:58.48	56	00:48:50.51	60	00:22:17.68	31	00:26:40.80	130	keine Angabe
57	TABARA CENADOR Adrian	SAI	1525	13 HKMM	00:49:01.14	00:49:01.14	57	00:48:52.43	61	00:23:51.62	49	00:25:09.52	74	Santander Austria
58	LOHMAR Marc		1427	18 M30M	00:49:01.32	00:49:01.32	58	00:48:49.14	59	00:25:51.02	120	00:23:10.30	32	Wir bringen Qualität zum Laufen !
59	WILDENBERG Klaus		1555	5 M45M	00:49:01.43	00:49:01.43	59	00:48:29.04	53	00:24:23.95	67	00:24:37.48	62	AUNDE Achter_Ebels
60	ARETZ Peter		1257	1 M50M	00:49:01.63	00:49:01.63	60	00:48:35.04	56	00:24:15.20	60	00:24:46.43	66	Flat Land Runners - LT Marathon Kors
61	HOCHMUTH Maximilian		1370	14 HKMM	00:49:07.20	00:49:07.20	61	00:48:45.91	58	00:24:42.09	79	00:24:25.11	54	keine Angabe
62	ABELS Heinz-Willi		1679	19 M30M	00:49:08.79	00:49:08.79	62	00:49:03.69	63	00:24:16.15	61	00:24:52.64	68	MG LT-Volksgarten
63	RENETT Anna		1781	2 HKWF	00:49:09.10	00:49:09.10	63	00:49:06.52	65	00:23:59.37	50	00:25:09.73	75	keine Angabe
64	MISCHKER Markus		1443	6 M35M	00:49:17.28	00:49:17.28	64	00:49:04.70	64	00:25:50.83	119	00:23:26.45	38	Tri Team FS Düsseldorf
65	BITTNER Janina		1274	2 W30F	00:49:19.49	00:49:19.49	65	00:49:07.96	66	00:25:51.06	121	00:23:28.43	39	Wir bringen Qualität zum Laufen !
66	GUMBINGER Jens		1347	7 M35M	00:49:24.47	00:49:24.47	66	00:48:55.42	62	00:24:49.07	83	00:24:35.40	58	Laufjunkies
67	BÖWER Andreas		1675	6 M40M	00:49:28.14	00:49:28.14	67	00:49:19.05	68	00:24:56.79	86	00:24:31.35	55	MG
68	KRAUSE Andreas		1406	8 M35M	00:49:33.71	00:49:33.71	68	00:49:09.60	67	00:24:27.15	72	00:25:06.56	73	ARI-Team
69	BACHMANN Daniel		1688	9 M35M	00:49:39.37	00:49:39.37	69	00:49:39.37	70	00:24:24.97	71	00:25:14.40	78	MG
70	PESKES Peter		1468	7 M40M	00:49:44.58	00:49:44.58	70	00:49:40.54	71	00:24:13.05	58	00:25:31.53	95	Laufteam SMS Meer
71	WAGNER Alexander		1006	3 U20M	00:49:49.46	00:49:49.46	71	00:49:47.08	72	00:24:23.87	66	00:25:25.59	88	Berufskolleg Rheydt-Mülfort WV GU2
72	STELZL Tom		1004	15 HKMM	00:49:49.84	00:49:49.84	72	00:49:47.52	74	00:24:24.28	68	00:25:25.56	87	Berufskolleg Rheydt-Mülfort WV EU6
73	ACAR Dennis		1002	16 HKMM	00:49:49.86	00:49:49.86	73	00:49:47.55	75	00:24:24.30	69	00:25:25.56	86	Berufskolleg Rheydt-Mülfort WV EU6
74	MUIKA Erion		1011	4 U18M	00:49:49.99	00:49:49.99	74	00:49:47.67	76	00:24:24.35	70	00:25:25.64	89	Berufskolleg Rheydt-Mülfort WV HHU
75	KLEINEIDAM Katharina		1771	3 HKWF	00:49:51.19	00:49:51.19	75	00:49:49.20	77	00:25:14.92	102	00:24:36.27	59	keine Angabe
76	ROSSO Rene		1677	8 M40M	00:49:54.73	00:49:54.73	76	00:49:50.15	79	00:24:07.92	55	00:25:46.81	106	MG
77	WEIGT Maximilian		1039	3 U16M	00:49:55.15	00:49:55.15	77	00:49:35.34	69	00:24:06.03	52	00:25:49.12	108	BMS 8a
78	ROGG Thomas		1488	17 HKMM	00:49:56.77	00:49:56.77	78	00:49:47.19	73	00:24:41.20	78	00:25:15.57	79	keine Angabe
79	PUTZ Susanne		1476	4 HKWF	00:49:58.21	00:49:58.21	79	00:49:49.36	78	00:25:05.40	95	00:24:52.81	69	AGES
80	TURUSKAN Tolga		1110	5 U18M	00:50:07.23	00:50:07.23	80	00:50:04.09	82	00:24:56.30	85	00:25:10.93	76	Geschwister-Scholl-Realschule 10a
81	HILLER Lisa		1149	1 U14F	00:50:08.27	00:50:08.27	81	00:50:03.01	81	00:25:35.21	112	00:24:33.06	57	Gymnasium Rheindahlen 7c
82	KAEDING Felix		1082	4 U16M	00:50:23.00	00:50:23.00	82	00:50:19.92	86	00:24:09.17	56	00:26:13.83	113	Gesamtschule Hardt 9,3
83	SCHLOSSMANN Thomas		1498	20 M30M	00:50:27.30	00:50:27.30	83	00:50:08.73	83	00:25:03.27	93	00:25:24.03	84	NCBS
84	KRÜGER Stephan		1018	10 M35M	00:50:27.33	00:50:27.33	84	00:50:27.33	88	00:24:57.76	87	00:25:29.57	92	Berufskolleg Rheydt-Mülfort WV L

Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
85	VOLF Artur	1001	18 HKMM	00:50:27.60	00:50:27.60	85	00:50:16.19	84	00:24:58.20	89	00:25:29.40	91	Berufskolleg Rheydt-Mülfort WV E05
86	HOCHHAUSEN Volker	1369	2 M50M	00:50:34.42	00:50:34.42	86	00:50:19.53	85	00:25:12.62	101	00:25:21.80	82	keine Angabe
87	SCHROERS Julian	1171	5 U16M	00:50:35.18	00:50:35.18	87	00:50:00.26	80	00:26:54.63	170	00:23:40.55	44	Hugo-Junkers-Gymnasium 8b
88	EBERT Lennart	1129	2 U14M	00:50:39.08	00:50:39.08	88	00:50:23.92	87	00:24:39.94	77	00:25:59.14	110	Gymnasium Am Geroweier 7d
89	PETERS Fabio	1125	1 U12M	00:50:43.68	00:50:43.68	89	00:50:43.68	93	00:23:49.27	48	00:26:54.41	137	Geroweier
90	MITROU Ioannis	1444	21 M30M	00:50:50.60	00:50:50.60	90	00:50:31.14	90	00:25:01.87	90	00:25:48.73	107	Mitarbeiter Santander Consumer Bank
91	GLAUBITZ Sebastian	1340	9 M40M	00:50:50.66	00:50:50.66	91	00:50:45.39	94	00:24:07.39	54	00:26:43.27	132	keine Angabe
92	SPERLING Marcus	1518	11 M35M	00:50:51.99	00:50:51.99	92	00:50:29.79	89	00:25:11.38	100	00:25:40.61	100	ohne
93	ENGELS Daniel	1311	19 HKMM	00:50:55.23	00:50:55.23	93	00:50:34.35	92	00:26:08.97	132	00:24:46.26	65	keine Angabe
94	HENSEN Lukas	1766	20 HKMM	00:51:00.30	00:51:00.30	94	00:50:49.73	95	00:26:27.99	145	00:24:32.31	56	keine Angabe
95	HASELIER André	1354	12 M35M	00:51:02.69	00:51:02.69	95	00:50:32.17	91	00:25:42.86	116	00:25:19.83	81	keine Angabe
96	SCHILLINGS Frank	1197	10 M40M	00:51:02.88	00:51:02.88	96	00:50:54.45	96	00:24:46.36	82	00:26:16.52	114	Math.-Nat.Gymnasium Leh
97	MEYER Michael	1775	21 HKMM	00:51:05.83	00:51:05.83	97	00:51:03.24	98	00:23:07.08	42	00:27:58.75	179	keine Angabe
98	LAUFEN Simon	1087	4 U20M	00:51:19.61	00:51:19.61	98	00:51:15.44	102	00:24:11.27	57	00:27:08.34	150	Gesamtschule Hardt Q1
99	HEMMERDE Timo	1364	22 HKMM	00:51:20.65	00:51:20.65	99	00:50:58.22	97	00:25:03.36	94	00:26:17.29	116	Risk Controlling
100	THEWES Marc	1529	22 M30M	00:51:21.64	00:51:21.64	100	00:51:05.74	100	00:25:31.88	108	00:25:49.76	109	Team Hecking
101	OSTEN David	1463	11 M40M	00:51:24.79	00:51:24.79	101	00:51:04.09	99	00:25:56.57	125	00:25:28.22	90	TV Korschenbroich
102	ERLINGHÄUSER Christian	1312	23 M30M	00:51:27.01	00:51:27.01	102	00:51:07.92	101	00:25:49.52	118	00:25:37.49	99	NCBS
103	HABENBACHER Andreas	1349	24 M30M	00:51:31.90	00:51:31.90	103	00:51:26.95	107	00:24:27.76	73	00:27:04.14	147	Running Team Grafenberg
104	BACH Alexander	1259	6 M45M	00:51:32.14	00:51:32.14	104	00:51:22.76	105	00:24:45.82	81	00:26:46.32	134	woodel
105	HOFFMANN Sascha	1371	7 M45M	00:51:36.10	00:51:36.10	105	00:51:31.19	109	00:25:02.43	92	00:26:33.67	124	LT MG-Volksgarten
106	SCHUMANN Sascha	1202	13 M35M	00:51:36.71	00:51:36.71	106	00:51:36.71	111	00:26:37.66	154	00:24:59.05	70	Geschwister-Scholl-Realschule
107	ENGLER Jeremias	1758	23 HKMM	00:51:37.04	00:51:37.04	107	00:51:20.24	103	00:25:09.89	99	00:26:27.15	119	keine Angabe
108	HECKENDORF Niko	1114	6 U16M	00:51:37.10	00:51:37.10	108	00:51:29.71	108	00:26:37.55	153	00:24:59.55	71	Geschwister-Scholl-Realschule 8c
109	FLEISCHACKER Chris	1759	24 HKMM	00:51:37.22	00:51:37.22	109	00:51:20.46	104	00:25:09.50	98	00:26:27.72	120	Fortuna Mönchengladbach
110	ROSADA Giovanni	1111	2 U12M	00:51:41.50	00:51:41.50	110	00:51:40.07	114	00:24:00.02	51	00:27:41.48	168	Geschwister-Scholl-Realschule 5a
111	SCHULZ Stefan	1108	25 M30M	00:51:41.77	00:51:41.77	111	00:51:33.83	110	00:25:08.71	97	00:26:33.06	123	Geschwister-Scholl-Realschule
112	SCHNURR Marcel	1507	26 M30M	00:51:43.91	00:51:43.91	112	00:51:38.45	113	00:24:31.98	74	00:27:11.93	153	Freeletics Mönchengladbach
113	BAUM Niklas	1708	25 HKMM	00:51:45.34	00:51:45.34	113	00:51:24.42	106	00:25:28.79	105	00:26:16.55	115	Mönchengladbach
114	HEMMERS Philipp	1706	26 HKMM	00:51:50.72	00:51:50.72	114	00:51:50.72	117	00:26:05.22	128	00:25:45.50	104	keine Angabe
115	SAYIN Hakan	1201	6 U18M	00:52:02.39	00:52:02.39	115	00:51:54.08	119	00:26:38.03	155	00:25:24.36	85	Geschwister-Scholl-Realschule
116	KOCH Fee	1689	1 W35F	00:52:02.63	00:52:02.63	116	00:51:57.16	120	00:25:34.53	111	00:26:28.10	121	keine Angabe
117	SCHULTE Anne	1080	1 U16F	00:52:03.08	00:52:03.08	117	00:51:37.91	112	00:26:31.66	150	00:25:31.42	94	Gesamtschule Hardt 8,1
118	HOITZ Sascha	1373	12 M40M	00:52:10.42	00:52:10.42	118	00:52:00.72	121	00:26:39.40	157	00:25:31.02	93	Blau Weiss Wickrathhahn
119	KRUMM Henry	1065	3 U14M	00:52:14.05	00:52:14.05	119	00:51:44.64	115	00:27:31.72	195	00:24:42.33	63	Gesamtschule Hardt 6,1
120	MAGGI Fabrizio	1698	13 M40M	00:52:16.21	00:52:16.21	120	00:52:10.99	124	00:24:44.44	80	00:27:31.77	162	Mönchengladbach
121	PELTZER Hanna	1061	2 U14F	00:52:16.53	00:52:16.53	121	00:51:49.76	116	00:27:11.38	189	00:25:05.15	72	Gesamtschule Hardt 5,4
122	WASSONG Julian	1081	7 U16M	00:52:17.30	00:52:17.30	122	00:51:51.51	118	00:26:44.64	162	00:25:32.66	96	Gesamtschule Hardt 8,1
123	THOMAS Detlef	1530	8 M45M	00:52:17.66	00:52:17.66	123	00:52:08.25	123	00:26:55.04	172	00:25:22.62	83	keine Angabe
124	HECKER Calvin	1789	5 U20M	00:52:25.49	00:52:25.49	124	00:52:21.21	129	00:23:23.53	44	00:29:01.96	228	Hans-JonasGesamtchule 11a
125	BERGER Gabriel	1271	27 HKMM	00:52:27.61	00:52:27.61	125	00:52:06.64	122	00:26:05.02	127	00:26:22.59	117	RDM Family_Friends
126	SCHÜREN Jörg	1511	3 M50M	00:52:29.39	00:52:29.39	126	00:52:13.07	125	00:25:30.53	107	00:26:58.86	142	keine Angabe

SPLIT TIMES

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
127	SIEBEN Mario		1513	9 M45M	00:52:33.66	00:52:33.66	127	00:52:19.39	128	00:26:58.18	178	00:25:35.48	97	keine Angabe
128	KLEINHOLZ David		1112	4 U14M	00:52:44.19	00:52:44.19	128	00:52:37.19	132	00:25:59.19	126	00:26:45.00	133	Geschwister-Scholl-Realschule 7c
129	SCHUMANN Jan		1195	8 U16M	00:52:48.03	00:52:48.03	129	00:52:31.37	131	00:27:31.84	197	00:25:16.19	80	Math.-Nat.Gymnasium 9b
130	KREMER Roger		1409	14 M40M	00:52:50.78	00:52:50.78	130	00:52:25.04	130	00:26:09.69	133	00:26:41.09	131	ohne Verein
131	KEYSERS Denise		1770	3 W30F	00:52:52.17	00:52:52.17	131	00:52:17.86	127	00:26:52.89	168	00:25:59.28	111	keine Angabe
132	SCHLICHTING Mara		1154	5 HKWF	00:52:52.19	00:52:52.19	132	00:52:46.62	134	00:25:35.37	113	00:27:16.82	157	Gymnasium Rheindahlen Leh
133	KRETSCHMER Marcus		1411	15 M40M	00:52:54.32	00:52:54.32	133	00:52:37.76	133	00:27:09.72	188	00:25:44.60	103	keine Angabe
134	FISCHER Philipp		1062	5 U14M	00:52:56.30	00:52:56.30	134	00:52:16.93	126	00:28:59.83	262	00:23:56.47	48	Gesamtschule Hardt 6,1
135	BLOEMER Sascha		1705	16 M40M	00:53:01.07	00:53:01.07	135	00:52:56.84	140	00:25:36.96	115	00:27:24.11	160	Düsseldorf
136	PAULS Aline		1466	2 W35F	00:53:01.32	00:53:01.32	136	00:52:56.76	139	00:25:36.90	114	00:27:24.42	161	Mitarbeiterin Santander Consumer Ban
137	BROß Thorsten		1287	17 M40M	00:53:04.96	00:53:04.96	137	00:52:55.16	138	00:26:38.08	156	00:26:26.88	118	Wir bringen Qualität zum Laufen !
138	BIENEFELD Stefan		1273	4 M50M	00:53:09.56	00:53:09.56	138	00:52:57.30	141	00:26:30.70	149	00:26:38.86	129	keine Angabe
139	OELERS Philip		1078	6 U14M	00:53:13.82	00:53:13.82	139	00:53:07.95	145	00:26:13.37	136	00:27:00.45	145	Gesamtschule Hardt 7,4
140	EICKER Florian		1307	28 HKMM	00:53:14.19	00:53:14.19	140	00:52:53.55	136	00:25:56.55	124	00:27:17.64	158	keine Angabe
141	MÜHLING Janine		1451	4 W30F	00:53:15.08	00:53:15.08	141	00:53:12.33	148	00:25:33.71	109	00:27:41.37	167	Isban
142	KLÜTSCH Michael		1671	10 M45M	00:53:15.33	00:53:15.33	142	00:52:53.65	137	00:27:31.58	194	00:25:43.75	102	Mönchengladbach
143	WEINS Andreas		1551	14 M35M	00:53:19.49	00:53:19.49	143	00:53:03.50	142	00:25:06.98	96	00:28:12.51	190	Team Hecking
144	PÖTSCH André		1477	15 M35M	00:53:24.73	00:53:24.73	144	00:53:07.11	144	00:26:27.06	143	00:26:57.67	140	keine Angabe
145	ELY Ulrich		1310	1 M65M	00:53:25.44	00:53:25.44	145	00:52:48.24	135	00:26:28.90	146	00:26:56.54	138	Privat
146	FAHL Thomas		1316	11 M45M	00:53:28.59	00:53:28.59	146	00:53:17.62	149	00:26:35.08	152	00:26:53.51	136	keine Angabe
147	MARKMANN Holger		1711	29 HKMM	00:53:30.64	00:53:30.64	147	00:53:17.77	150	00:26:16.02	139	00:27:14.62	156	Schmitzhöhe
148	BONGARTZ André		1669	27 M30M	00:53:33.62	00:53:33.62	148	00:53:04.65	143	00:26:33.50	151	00:27:00.12	144	Sulthaus im Stilwerk
149	IHLO Wolfgang		1374	5 M50M	00:53:33.87	00:53:33.87	149	00:53:22.55	152	00:26:56.91	175	00:26:36.96	127	keine Angabe
150	ISBARN Dirk		1378	18 M40M	00:53:33.95	00:53:33.95	150	00:53:09.20	147	00:26:45.81	164	00:26:48.14	135	keine Angabe
151	SAJED Angar		1490	30 HKMM	00:53:34.85	00:53:34.85	151	00:53:09.00	146	00:25:51.24	122	00:27:43.61	169	keine Angabe
152	LANGE Nadja		1700	5 W30F	00:53:48.57	00:53:48.57	152	00:53:32.61	153	00:25:54.67	123	00:27:53.90	177	keine Angabe
153	SMETZ Patrick		1515	31 HKMM	00:53:49.72	00:53:49.72	153	00:53:21.60	151	00:26:39.73	158	00:27:09.99	152	keine Angabe
154	MUNIAK Kazimierz		1448	28 M30M	00:53:54.23	00:53:54.23	154	00:53:44.69	155	00:25:47.83	117	00:28:06.40	185	keine Angabe
155	DAHMEN Ronja		1297	6 HKWF	00:53:56.95	00:53:56.95	155	00:53:50.51	159	00:26:16.19	140	00:27:40.76	166	keine Angabe
156	FIMMERS Klaus		1320	2 M55M	00:54:01.60	00:54:01.60	156	00:53:44.01	154	00:26:49.65	167	00:27:11.95	155	Lauftreff Bellerühle
157	BROUWERS Lukas		1752	32 HKMM	00:54:02.79	00:54:02.79	157	00:53:45.22	156	00:26:10.67	134	00:27:52.12	175	keine Angabe
158	PESCH Stefan		1467	16 M35M	00:54:03.65	00:54:03.65	158	00:53:49.90	158	00:28:28.06	237	00:25:35.59	98	keine Angabe
159	SCHENKEL Sven		1495	33 HKMM	00:54:06.56	00:54:06.56	159	00:53:47.96	157	00:26:54.62	169	00:27:11.94	154	keine Angabe
160	HEISTERS Henrik		1765	6 U20M	00:54:06.89	00:54:06.89	160	00:54:06.89	164	00:26:13.89	137	00:27:53.00	176	keine Angabe
161	FRIEDRICHS Andreas		1327	19 M40M	00:54:10.09	00:54:10.09	161	00:53:58.58	162	00:27:34.74	198	00:26:35.35	125	keine Angabe
162	SEMROCH Mario		1512	20 M40M	00:54:10.16	00:54:10.16	162	00:53:58.56	161	00:27:34.76	199	00:26:35.40	126	keine Angabe
163	GAAK Eugen		1330	29 M30M	00:54:10.78	00:54:10.78	163	00:53:51.91	160	00:27:04.59	181	00:27:06.19	148	keine Angabe
164	POSCHEN Norbert		1089	1 M60M	00:54:12.86	00:54:12.86	164	00:54:01.64	163	00:27:35.06	200	00:26:37.80	128	Gesamtschule Hardt Q1
165	KUHLEN Julia		1413	1 U18F	00:54:21.75	00:54:21.75	165	00:54:16.60	166	00:26:30.29	148	00:27:51.46	174	keine Angabe
166	STAPPER Finn		1025	7 U14M	00:54:23.42	00:54:23.42	166	00:54:20.31	169	00:26:45.22	163	00:27:38.20	164	BMS 5a
167	GONZALEZ CRIADO Javier	SPA	1342	30 M30M	00:54:30.86	00:54:30.86	167	00:54:26.67	170	00:25:28.07	104	00:29:02.79	229	Athletic Club de Bilbao
168	WEHNER Meike		1547	6 W30F	00:54:32.12	00:54:32.12	168	00:54:11.26	165	00:27:31.14	193	00:27:00.98	146	keine Angabe

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
169	BAHR Philipp		1260	34 HKMM	00:54:36.96	00:54:36.96	169	00:54:17.03	168	00:25:24.00	103	00:29:12.96	233	keine Angabe
170	KELLY Luke		1683	9 U16M	00:54:42.43	00:54:42.43	170	00:54:40.73	174	00:25:34.07	110	00:29:08.36	230	keine Angabe
171	WEIDENBACH Marcel		1549	17 M35M	00:54:44.82	00:54:44.82	171	00:54:29.46	171	00:26:42.71	161	00:28:02.11	181	Team Hecking
172	COENEN Olaf		1685	12 M45M	00:54:46.37	00:54:46.37	172	00:54:16.79	167	00:27:48.88	209	00:26:57.49	139	Mönchengladbach
173	ELSEN Moritz		1016	31 M30M	00:54:58.66	00:54:58.66	173	00:54:48.03	176	00:26:08.08	130	00:28:50.58	218	Berufskolleg Rheydt-Mülfort WV L
174	SVETLANOVIC Aleksandar		1005	35 HKMM	00:54:59.37	00:54:59.37	174	00:54:48.46	177	00:26:08.21	131	00:28:51.16	220	Berufskolleg Rheydt-Mülfort WV EU6
175	KUNZE Martin		1414	13 M45M	00:55:00.30	00:55:00.30	175	00:54:49.87	178	00:26:57.08	176	00:28:03.22	183	keine Angabe
176	LIEBERS Michael		1423	32 M30M	00:55:05.02	00:55:05.02	176	00:54:40.31	173	00:28:05.44	221	00:26:59.58	143	Geoban statt Eisenbahn
177	JANSEN-WINKELN Dr. Anno		1382	6 M50M	00:55:06.92	00:55:06.92	177	00:54:38.54	172	00:28:34.03	241	00:26:32.89	122	keine Angabe
178	SCHIFFERS Sonja		1496	3 W35F	00:55:11.27	00:55:11.27	178	00:54:59.15	181	00:28:12.76	225	00:26:58.51	141	keine Angabe
179	THOMSEN Katharina		1531	7 HKWF	00:55:13.94	00:55:13.94	179	00:54:50.34	179	00:26:41.67	159	00:28:32.27	205	Allez CBPI
180	SCHROERS Frederik		1066	8 U14M	00:55:16.24	00:55:16.24	180	00:54:46.59	175	00:27:31.74	196	00:27:44.50	170	Gesamtschule Hardt 6,1
181	LEOPOLD Anna		1774	8 HKWF	00:55:16.84	00:55:16.84	181	00:55:10.34	184	00:26:59.69	179	00:28:17.15	192	Freeletics Mönchengladbach
182	IMMEN Silvia		1375	1 W40F	00:55:17.77	00:55:17.77	182	00:54:50.73	180	00:27:37.10	203	00:27:40.67	165	keine Angabe
183	FALKENROTH Peter		1107	3 M55M	00:55:18.62	00:55:18.62	183	00:55:13.85	186	00:26:27.81	144	00:28:50.81	219	Geschwister-Scholl-Realschule
184	WEIß Hans-Joachim		1554	2 M60M	00:55:25.01	00:55:25.01	184	00:55:12.15	185	00:26:57.81	177	00:28:27.20	203	keine Angabe
185	GAULS Hartmut		1333	21 M40M	00:55:28.71	00:55:28.71	185	00:55:14.57	187	00:27:19.05	191	00:28:09.66	188	keine Angabe
186	TILCH Karsten		1533	36 HKMM	00:55:29.66	00:55:29.66	186	00:55:09.15	183	00:29:20.12	274	00:26:09.54	112	keine Angabe
187	WENDEL Sascha		1701	33 M30M	00:55:32.80	00:55:32.80	187	00:55:14.71	188	00:27:04.60	182	00:28:28.20	204	Haan
188	KREMERS Jeremias		1410	34 M30M	00:55:36.33	00:55:36.33	188	00:55:07.83	182	00:27:01.72	180	00:28:34.61	207	keine Angabe
189	HOHENSTATT Mario		1372	35 M30M	00:55:39.37	00:55:39.37	189	00:55:17.84	190	00:26:55.01	171	00:28:44.36	213	Fortuna Düsseldorf Triathlon
190	S Alex		1048	7 U18M	00:55:42.99	00:55:42.99	190	00:55:16.36	189	00:28:35.06	244	00:27:07.93	149	BMS 9c
191	KASNER Adrian		1045	10 U16M	00:55:44.15	00:55:44.15	191	00:55:17.87	191	00:28:34.94	243	00:27:09.21	151	BMS 9c
192	JANSEN Jürgen		1381	7 M50M	00:55:46.58	00:55:46.58	192	00:55:36.36	192	00:27:23.08	192	00:28:23.50	201	Niersläufer
193	HAUSMANN Rolf		1355	8 M50M	00:55:55.56	00:55:55.56	193	00:55:37.83	193	00:28:18.82	228	00:27:36.74	163	keine Angabe
194	DAVIDOVIC Joel		1754	8 U18M	00:55:59.57	00:55:59.57	194	00:55:59.57	204	00:27:38.19	205	00:28:21.38	198	keine Angabe
195	WINGERATH Tom		1788	9 U14M	00:56:00.24	00:56:00.24	195	00:55:58.51	202	00:27:37.51	204	00:28:22.73	200	keine Angabe
196	SHELLHAMMER Oliver		1494	22 M40M	00:56:00.53	00:56:00.53	196	00:55:44.54	194	00:26:07.76	129	00:29:52.77	262	Team Hecking
197	JAKOBS Jana		1193	2 U16F	00:56:01.42	00:56:01.42	197	00:55:52.43	199	00:27:36.20	201	00:28:25.22	202	Math.-Nat.Gymnasium 8b
198	MORENO SANCHEZ Jorge	SPA	1447	36 M30M	00:56:01.77	00:56:01.77	198	00:55:59.45	203	00:26:25.96	142	00:29:35.81	248	Isban
199	BUTTGEREIT Sebastian		1289	37 M30M	00:56:03.75	00:56:03.75	199	00:55:45.36	196	00:27:53.13	211	00:28:10.62	189	Spvgg Hainstadt
200	TERHAAG Andreas		1526	14 M45M	00:56:04.70	00:56:04.70	200	00:55:50.78	197	00:27:18.86	190	00:28:45.84	214	Team FDP Mönchengladbach
201	HALAMODA Rafael		1350	37 HKMM	00:56:07.85	00:56:07.85	201	00:55:44.65	195	00:27:49.67	210	00:28:18.18	194	keine Angabe
202	MAREN Parvizi		1019	2 W45F	00:56:10.98	00:56:10.98	202	00:55:55.40	200	00:27:36.69	202	00:28:34.29	206	Berufskolleg Rheydt-Mülfort WV L
203	STEFFEN Volker		1521	9 M50M	00:56:14.43	00:56:14.43	203	00:55:51.09	198	00:27:56.44	214	00:28:17.99	193	keine Angabe
204	LANGNER Jörg		1419	15 M45M	00:56:16.05	00:56:16.05	204	00:56:00.65	205	00:28:13.35	226	00:28:02.70	182	Running GAG
205	LAMERTZ Jan		1074	10 U14M	00:56:30.86	00:56:30.86	205	00:56:26.64	211	00:26:55.21	173	00:29:35.65	247	Gesamtschule Hardt 7,3
206	KEYMEL Thomas		1399	16 M45M	00:56:33.19	00:56:33.19	206	00:56:08.61	206	00:28:35.93	245	00:27:57.26	178	Allez CBPI
207	BIEGER Annette		1678	2 W40F	00:56:35.98	00:56:35.98	207	00:56:35.98	215	00:28:00.55	218	00:28:35.43	208	LT MG-Volksgarten
208	HERMGES Leon		1115	11 U16M	00:56:38.24	00:56:38.24	208	00:56:29.10	214	00:26:13.33	135	00:30:24.91	282	Geschwister-Scholl-Realschule 8c
209	BERCHE Thomas		1270	10 M50M	00:56:39.49	00:56:39.49	209	00:56:09.75	207	00:27:09.64	187	00:29:29.85	242	keine Angabe
210	KREIS Manfred		1408	4 M55M	00:56:40.38	00:56:40.38	210	00:55:55.96	201	00:28:03.77	220	00:28:36.61	209	keine Angabe

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Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
211	WEUTHEN Harald	1714	5 M55M	00:56:43.42	00:56:43.42	211	00:56:11.65	208	00:29:20.75	276	00:27:22.67	159	keine Angabe
212	VORSPOHL Jens	1542	38 M30M	00:56:46.65	00:56:46.65	212	00:56:27.57	213	00:27:05.00	183	00:29:41.65	249	keine Angabe
213	KRACHT Sascha	1404	38 HKMM	00:56:50.18	00:56:50.18	213	00:56:17.18	209	00:28:28.75	238	00:28:21.43	199	keine Angabe
214	LE Khang	1159	7 U20M	00:56:53.24	00:56:53.24	214	00:56:49.70	222	00:26:55.98	174	00:29:57.26	266	Gymnasium Rheindahlen Q1
215	LANGNER Bent	1181	2 kAKM	00:56:53.78	00:56:53.78	215	00:56:38.29	216	00:28:13.38	227	00:28:40.40	212	HUMA Q1
216	REF Vitaly	1012	39 HKMM	00:56:54.85	00:56:54.85	216	00:56:44.93	218	00:27:38.81	206	00:29:16.04	234	Berufskolleg Rheydt-Mülfort WV HHU
217	FISCHELMANN Kathrynn	1672	1 W50F	00:56:55.01	00:56:55.01	217	00:56:22.37	210	00:28:36.09	246	00:28:18.92	197	LT MG-Volksgarten
218	ELY Stefan	1309	3 M60M	00:56:56.92	00:56:56.92	218	00:56:39.60	217	00:27:55.52	212	00:29:01.40	227	keine Angabe
219	WINGERATH Markus	1557	17 M45M	00:57:00.00	00:57:00.00	219	00:56:26.71	212	00:28:41.51	252	00:28:18.49	195	AUNDE Achter_Ebels
220	SCHUH Michael	1510	39 M30M	00:57:00.42	00:57:00.42	220	00:56:45.56	219	00:28:44.38	255	00:28:16.04	191	keine Angabe
221	LAMOTKE Nadine	1418	4 W35F	00:57:02.61	00:57:02.61	221	00:56:48.74	220	00:28:08.95	222	00:28:53.66	222	keine Angabe
222	TILGNER Dominik	1702	40 HKMM	00:57:09.56	00:57:09.56	222	00:56:49.27	221	00:26:17.50	141	00:30:52.06	299	Viersen
223	WEINGARTZ Markus	1550	18 M45M	00:57:12.80	00:57:12.80	223	00:57:00.72	223	00:28:20.97	231	00:28:51.83	221	Verein für Hundesport Mönchengladbach
224	DE GRAAT Albrecht	1299	11 M50M	00:57:22.23	00:57:22.23	224	00:57:13.26	227	00:27:57.83	215	00:29:24.40	238	Running Team Grafenberg
225	REBIG Michael	1479	12 M50M	00:57:24.16	00:57:24.16	225	00:57:16.72	230	00:27:08.19	186	00:30:15.97	277	Rebig-Rheydt
226	WEIß Andreas	1553	40 M30M	00:57:29.33	00:57:29.33	226	00:57:16.33	229	00:27:41.13	207	00:29:48.20	256	keine Angabe
227	YUEN Karmen	1566	7 W30F	00:57:38.30	00:57:38.30	227	00:57:18.76	231	00:28:51.52	258	00:28:46.78	215	NCBS
228	VAN HELDEN Petra	1536	3 W45F	00:57:38.33	00:57:38.33	228	00:57:03.32	224	00:29:29.06	285	00:28:09.27	187	- ohne -
229	KÜHN Maren	1054	2 U18F	00:57:38.94	00:57:38.94	229	00:57:15.82	228	00:28:44.21	254	00:28:54.73	223	FMG EF
230	HELLENBRAND Hans-Jürgen	1362	6 M55M	00:57:39.84	00:57:39.84	230	00:57:09.36	226	00:29:02.28	264	00:28:37.56	211	keine Angabe
231	ESSER Brigitte	1313	2 W50F	00:57:39.90	00:57:39.90	231	00:57:09.08	225	00:29:54.88	308	00:27:45.02	171	keine Angabe
232	KERN Oliver	1398	18 M35M	00:57:45.54	00:57:45.54	232	00:57:20.52	232	00:28:11.79	224	00:29:33.75	243	kein Verein
233	ALEX-SCHRAMMEN Catrin	1253	4 W45F	00:57:47.25	00:57:47.25	233	00:57:28.55	234	00:29:45.66	304	00:28:01.59	180	keine Angabe
234	PEßLIES Maximilian	1471	41 HKMM	00:57:52.29	00:57:52.29	234	00:57:30.23	235	00:26:42.67	160	00:31:09.62	306	keine Angabe
235	THEVES Anna	1528	9 HKWF	00:57:53.09	00:57:53.09	235	00:57:25.84	233	00:29:05.97	270	00:28:47.12	216	keine Angabe
236	PFEIFFER Stephan	1472	19 M35M	00:57:53.21	00:57:53.21	236	00:57:38.13	237	00:29:34.59	290	00:28:18.62	196	keine Angabe
237	KOUTROULIS Georgios	1046	12 U16M	00:57:54.42	00:57:54.42	237	00:57:45.75	240	00:26:48.98	166	00:31:05.44	305	BMS 9c
238	HEIDRICH Yannick	1764	42 HKMM	00:57:59.61	00:57:59.61	238	00:57:52.90	244	00:27:05.07	184	00:30:54.54	304	keine Angabe
239	SCHNEIDER Inga	1505	8 W30F	00:57:59.66	00:57:59.66	239	00:57:53.27	245	00:28:39.86	251	00:29:19.80	236	Freeletics Mönchengladbach
240	WINDECK Oliver	1083	9 U18M	00:57:59.78	00:57:59.78	240	00:57:56.16	246	00:26:29.24	147	00:31:30.54	312	Gesamtschule Hardt 9,3
241	NIEMANN Markus	1457	13 M50M	00:58:01.30	00:58:01.30	241	00:57:48.35	241	00:28:48.91	257	00:29:12.39	232	Aquaworld Tritteam
242	PANNEN Raphael	1465	23 M40M	00:58:06.86	00:58:06.86	242	00:57:43.78	239	00:28:25.20	232	00:29:41.66	250	Zweigstelle Recklinghausen
243	RICHTER Kerstin	1483	3 W40F	00:58:07.64	00:58:07.64	243	00:57:35.03	236	00:28:48.87	256	00:29:18.77	235	keine Angabe
244	NIEHUS Hans-Gerd	1455	7 M55M	00:58:10.10	00:58:10.10	244	00:57:38.47	238	00:29:33.47	288	00:28:36.63	210	Sportfreunde Neersbroich
245	WAGNER Katharina	1543	10 HKWF	00:58:17.83	00:58:17.83	245	00:58:04.84	251	00:28:32.32	240	00:29:45.51	253	Mitarbeiter der Santander Consumer B
246	KÜPPERS Frank	1416	14 M50M	00:58:18.33	00:58:18.33	246	00:58:04.04	247	00:28:26.26	234	00:29:52.07	260	keine Angabe
247	MENGES Doreen	1435	5 W35F	00:58:18.38	00:58:18.38	247	00:58:04.69	249	00:28:26.22	233	00:29:52.16	261	keine Angabe
248	MEYER-THAMER Isabelle	1776	1 U20F	00:58:23.06	00:58:23.06	248	00:57:50.88	242	00:29:35.23	293	00:28:47.83	217	keine Angabe
249	SCHROERS Stefan	1715	19 M45M	00:58:27.96	00:58:27.96	249	00:57:52.60	243	00:29:28.52	284	00:28:59.44	225	keine Angabe
250	SCHIPPERS Aileen	1713	3 W50F	00:58:29.27	00:58:29.27	250	00:58:04.19	248	00:28:54.57	259	00:29:34.70	244	MG
251	VERBEET Frank	1537	20 M35M	00:58:30.89	00:58:30.89	251	00:58:08.15	252	00:28:37.42	250	00:29:53.47	264	Zweigstellen
252	MASHUR Kai	1709	21 M35M	00:58:32.22	00:58:32.22	252	00:58:16.44	258	00:29:34.41	289	00:28:57.81	224	SG Stern

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
253	KURTSIEFER Lennart		1037	13 U16M	00:58:32.33	00:58:32.33	253	00:58:12.29	256	00:26:46.31	165	00:31:46.02	323	BMS 8a
254	BOOS Thorsten		1279	20 M45M	00:58:32.55	00:58:32.55	254	00:58:11.82	255	00:30:43.81	339	00:27:48.74	172	Mitarbeiter Santander Consumer Bank
255	FIEDLER Claudia		1319	9 W30F	00:58:33.81	00:58:33.81	255	00:58:13.99	257	00:30:43.87	340	00:27:49.94	173	Mini Branches
256	CHLOUBOVA Lenka	CZE	1296	6 W35F	00:58:34.25	00:58:34.25	256	00:58:20.44	259	00:28:42.82	253	00:29:51.43	258	keine Angabe
257	LAZAROWITZ Marvin		1185	14 U16M	00:58:37.02	00:58:37.02	257	00:58:21.15	260	00:28:00.21	216	00:30:36.81	290	KHS Neuwerk 7a
258	WYEN Achim		1563	15 M50M	00:58:37.44	00:58:37.44	258	00:58:08.96	253	00:29:36.39	297	00:29:01.05	226	Team FDP Mönchengladbach
259	DUMKE Jonas		1757	10 U18M	00:58:38.97	00:58:38.97	259	00:58:04.81	250	00:30:35.51	337	00:28:03.46	184	ATV Biesel
260	SCHILLBERG Michael		1497	8 U20M	00:58:39.97	00:58:39.97	260	00:58:32.59	263	00:27:46.18	208	00:30:53.79	301	Rautenstolz 2014
261	LIEUTENANT Samuel		1131	15 U16M	00:58:42.22	00:58:42.22	261	00:58:35.48	264	00:28:56.91	260	00:29:45.31	252	Gymnasium Am Geroweier 7d
262	SPANIER Norbert		1516	24 M40M	00:58:43.75	00:58:43.75	262	00:58:09.85	254	00:30:35.58	338	00:28:08.17	186	keine Angabe
263	BERTHOLD Armin		1272	8 M55M	00:58:45.95	00:58:45.95	263	00:58:22.69	261	00:29:18.78	273	00:29:27.17	240	keine Angabe
264	SAN JOSÉ Luis		1132	11 U14M	00:58:48.78	00:58:48.78	264	00:58:41.29	270	00:28:57.22	261	00:29:51.56	259	Gymnasium Am Geroweier 7d
265	FOERAT Frank		1323	21 M45M	00:58:49.91	00:58:49.91	265	00:58:35.97	265	00:29:05.92	269	00:29:43.99	251	keine Angabe
266	COENEN Berit		1687	10 W30F	00:58:50.26	00:58:50.26	266	00:58:29.79	262	00:29:24.69	281	00:29:25.57	239	Mönchengladbach
267	BÜTTNER Rainer		1292	16 M50M	00:58:53.24	00:58:53.24	267	00:58:40.76	268	00:28:29.46	239	00:30:23.78	280	keine Angabe
268	NAUEN Carolin		1453	11 W30F	00:58:56.69	00:58:56.69	268	00:58:39.87	267	00:29:21.05	277	00:29:35.64	246	keine Angabe
269	WALENDY Anna		1545	12 W30F	00:58:56.73	00:58:56.73	269	00:58:39.56	266	00:29:21.14	278	00:29:35.59	245	keine Angabe
270	REDLICH Kathrin		1196	7 W35F	00:59:08.77	00:59:08.77	270	00:59:00.20	272	00:29:05.07	268	00:30:03.70	270	Math.-Nat.Gymnasium Leh
271	HARDT Frederik		1353	43 HKMM	00:59:17.09	00:59:17.09	271	00:58:41.09	269	00:29:56.73	309	00:29:20.36	237	keine Angabe
272	SCHOENEN Frank		1508	44 HKMM	00:59:18.40	00:59:18.40	272	00:58:44.36	271	00:29:04.86	267	00:30:13.54	276	keine Angabe
273	SIMON Krisztiwa		1692	11 HKWF	00:59:21.43	00:59:21.43	273	00:59:18.45	278	00:29:35.49	294	00:29:45.94	254	Isban
274	SARITAC Serdar		1492	25 M40M	00:59:27.67	00:59:27.67	274	00:59:10.08	274	00:29:18.24	272	00:30:09.43	275	FF-Flinke Füße
275	SARACINO Patrizia		1491	8 W35F	00:59:31.94	00:59:31.94	275	00:59:03.87	273	00:29:38.50	298	00:29:53.44	263	Santander Bank
276	KERKOW Sven		1396	22 M45M	00:59:42.70	00:59:42.70	276	00:59:32.72	285	00:28:10.29	223	00:31:32.41	315	Blau Weiss Wickrathhahn
277	LINGNER Markus		1425	41 M30M	00:59:45.74	00:59:45.74	277	00:59:11.72	275	00:29:58.94	313	00:29:46.80	255	keine Angabe
278	LAMPKA Udo		1184	16 U16M	00:59:46.30	00:59:46.30	278	00:59:30.44	284	00:28:00.31	217	00:31:45.99	322	KHS Neuwerk 7a
279	GLEISBERG Peter		1341	26 M40M	00:59:46.79	00:59:46.79	279	00:59:28.74	281	00:29:44.48	303	00:30:02.31	268	keine Angabe
280	MARTIN Alexander		1433	22 M35M	00:59:47.17	00:59:47.17	280	00:59:47.17	293	00:28:18.88	229	00:31:28.29	310	Team Hecking
281	FEHLBERG Dietmar		1318	17 M50M	00:59:48.84	00:59:48.84	281	00:59:12.49	276	00:29:00.48	263	00:30:48.36	295	keine Angabe
282	MAAßEN Johannes		1432	9 M55M	00:59:49.96	00:59:49.96	282	00:59:36.86	289	00:29:24.95	282	00:30:25.01	283	Aquaworld Tritteam
283	GAAL Ben		1067	12 U14M	00:59:52.62	00:59:52.62	283	00:59:27.85	280	00:29:03.90	266	00:30:48.72	296	Gesamtschule Hardt 6,2
284	GAAL Bas	THE	1331	27 M40M	00:59:52.99	00:59:52.99	284	00:59:27.79	279	00:29:03.79	265	00:30:49.20	297	keine Angabe
285	BARTSCHT Manuel		1263	18 M50M	00:59:54.53	00:59:54.53	285	00:59:17.58	277	00:29:51.89	306	00:30:02.64	269	Privat
286	ZOWISLO Robin		1049	17 U16M	00:59:55.45	00:59:55.45	286	00:59:28.98	282	00:28:34.10	242	00:31:21.35	308	BMS 9c
287	ROMANY Christian		1183	13 U14M	00:59:56.15	00:59:56.15	287	00:59:41.63	292	00:27:07.00	185	00:32:49.15	345	KHS Neuwerk 6b
288	DE GRAAT Luisa		1300	5 W45F	00:59:57.03	00:59:57.03	288	00:59:47.75	295	00:29:21.75	279	00:30:35.28	289	Running Team Grafenberg
289	BÖKEN Axel		1291	23 M45M	01:00:03.27	01:00:03.27	289	00:59:29.18	283	00:29:25.94	283	00:30:37.33	291	keine Angabe
290	GÜNTHER Frederick		1761	45 HKMM	01:00:05.36	01:00:05.36	290	00:59:38.77	291	00:28:18.95	230	00:31:46.41	324	keine Angabe
291	GUTSCHE Alexander		1760	46 HKMM	01:00:07.49	01:00:07.49	291	00:59:37.41	290	00:29:59.32	314	00:30:08.17	273	CDU läuft immer
292	SCHMITZ Simon		1502	47 HKMM	01:00:07.53	01:00:07.53	292	00:59:36.49	287	00:29:59.59	316	00:30:07.94	271	CDU läuft immer
293	REINERS Hans Wilhelm		1480	4 M60M	01:00:07.75	01:00:07.75	293	01:00:08.00	300	00:29:59.78	317	00:30:07.97	272	CDU läuft immer
294	DOHMEN Sven		1756	48 HKMM	01:00:07.81	01:00:07.81	294	00:59:35.10	286	00:30:09.34	324	00:29:58.47	267	CDU läuft immer

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Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
295	ROEMER Benedikt	1487	23 M35M	01:00:07.81	01:00:07.81	295	00:59:36.84	288	00:29:59.49	315	00:30:08.32	274	keine Angabe
296	HEISTERBACH Tom	1716	42 M30M	01:00:10.08	01:00:10.08	296	00:59:50.69	296	00:29:39.49	299	00:30:30.59	286	-
297	LAUMEN Efi	1420	1 W55F	01:00:10.29	01:00:10.29	297	00:59:51.01	297	00:29:39.58	300	00:30:30.71	287	marathonteam-online.de
298	BOOS Henriette	1278	4 W40F	01:00:13.33	01:00:13.33	298	00:59:52.76	299	00:30:44.28	341	00:29:29.05	241	keine Angabe
299	ZIRPINS Hans	1570	10 M55M	01:00:16.89	01:00:16.89	299	00:59:51.21	298	00:29:31.96	287	00:30:44.93	292	kein verein
300	HELLENBRAND Janine	1363	13 W30F	01:00:17.42	01:00:17.42	300	00:59:47.44	294	00:29:29.55	286	00:30:47.87	294	keine Angabe
301	BÄHREN Simon	1290	24 M35M	01:00:27.93	01:00:27.93	301	01:00:16.83	305	00:29:57.60	311	00:30:30.33	285	keine Angabe
302	BREUER Andrea	1284	5 W40F	01:00:34.70	01:00:34.70	302	01:00:18.36	306	00:29:40.17	301	00:30:54.53	302	Lauftreff Wickrath
303	ESTERS Angelika	1314	1 W60F	01:00:34.96	01:00:34.96	303	01:00:18.48	307	00:29:40.42	302	00:30:54.54	303	Lauftreff Wickrath
304	WINNIKES Dirk	1559	24 M45M	01:00:40.83	01:00:40.83	304	01:00:11.59	301	00:31:31.59	357	00:29:09.24	231	keine Angabe
305	GOTTSCHLICH Nadine	1343	12 HKWF	01:00:45.97	01:00:45.97	305	01:00:19.88	308	00:30:15.19	329	00:30:30.78	288	FysioFrings-Team
306	PUTTIN Manuel	1160	9 U20M	01:00:47.96	01:00:47.96	306	01:00:44.60	312	00:25:29.73	106	00:35:18.23	381	Gymnasium Rheindahlen Q1
307	KRONWALD Klaus	1412	43 M30M	01:00:48.25	01:00:48.25	307	01:00:15.77	302	00:29:58.92	312	00:30:49.33	298	Running Risk
308	BOLAND Saskia	1277	9 W35F	01:00:49.12	01:00:49.12	308	01:00:16.32	303	00:30:31.61	335	00:30:17.51	278	Running Risk
309	DALINGHAUS Jasmin	1056	14 W30F	01:00:49.19	01:00:49.19	309	01:00:23.37	309	00:30:02.90	321	00:30:46.29	293	Gesamtschule Hardt 10
310	LOUWEN Uta	1704	6 W40F	01:00:50.39	01:00:50.39	310	01:00:16.76	304	00:30:31.88	336	00:30:18.51	279	Kempen
311	GILLIßEN Bernarda	1338	7 W40F	01:00:52.98	01:00:52.98	311	01:00:36.11	310	00:30:00.12	318	00:30:52.86	300	FF - Flinke Füße
312	BENTHAUS Lara	1269	13 HKWF	01:00:55.10	01:00:55.10	312	01:00:36.16	311	00:30:27.36	332	00:30:27.74	284	keine Angabe
313	SIMON Lukas	1091	10 U20M	01:01:02.88	01:01:02.88	313	01:00:55.87	315	00:28:01.15	219	00:33:01.73	349	Gesamtschule Hardt Q1
314	TERKATZ Gregor	1527	19 M50M	01:01:12.61	01:01:12.61	314	01:00:54.62	313	00:29:22.90	280	00:31:49.71	325	keine Angabe
315	SAJED Jasmin	1697	14 HKWF	01:01:24.90	01:01:24.90	315	01:01:01.18	317	00:29:34.97	292	00:31:49.93	326	Mönchengladbach
316	KITSCHEN Lena	1400	15 HKWF	01:01:27.10	01:01:27.10	316	01:00:59.04	316	00:31:03.23	350	00:30:23.87	281	keine Angabe
317	WARNKE Lilian	1787	16 HKWF	01:01:27.99	01:01:27.99	317	01:01:01.34	318	00:30:11.32	326	00:31:16.67	307	RDM Family_Friends
318	ADELHÜTTE Frank	1252	11 M55M	01:01:30.03	01:01:30.03	318	01:00:54.96	314	00:29:57.52	310	00:31:32.51	316	keine Angabe
319	FRITZSCHE Christian	1328	44 M30M	01:01:31.89	01:01:31.89	319	01:01:08.50	319	00:31:35.13	362	00:29:56.76	265	Mitarbeiter der Santander Consumer B
320	STOPS Oliver	1059	14 U14M	01:01:37.81	01:01:37.81	320	01:01:27.98	323	00:28:26.63	236	00:33:11.18	351	Gesamtschule Hardt 5,2
321	FLEIG Nelson	1322	45 M30M	01:01:42.36	01:01:42.36	321	01:01:22.25	321	00:30:05.46	323	00:31:36.90	318	NCBS
322	STRATHMANN Tim	1060	15 U14M	01:01:43.02	01:01:43.02	322	01:01:33.89	326	00:28:26.51	235	00:33:16.51	355	Gesamtschule Hardt 5,2
323	BREUER Marcus	1285	28 M40M	01:01:46.06	01:01:46.06	323	01:01:11.89	320	00:30:09.71	325	00:31:36.35	317	keine Angabe
324	HÖNGES Lukas	1094	16 U14M	01:01:53.05	01:01:53.05	324	01:01:47.85	329	00:26:14.39	138	00:35:38.66	385	Gesamtschule Volksgarten 6c
325	KOHLN Christian	1401	46 M30M	01:01:58.49	01:01:58.49	325	01:01:34.35	327	00:29:20.34	275	00:32:38.15	339	Geoban statt Eisenbahn
326	GRUNWALD Andreas	1344	25 M45M	01:01:59.41	01:01:59.41	326	01:01:31.99	324	00:30:15.00	328	00:31:44.41	319	keine Angabe
327	GRUNWALD Ute	1345	8 W40F	01:02:00.07	01:02:00.07	327	01:01:32.51	325	00:30:15.40	330	00:31:44.67	320	keine Angabe
328	BEHNKE Roy	1680	47 M30M	01:02:00.60	01:02:00.60	328	01:01:22.67	322	00:30:01.99	320	00:31:58.61	327	-
329	JAKOBS Angelika	1380	9 W40F	01:02:08.23	01:02:08.23	329	01:01:55.04	330	00:29:48.84	305	00:32:19.39	332	keine Angabe
330	SMAILUS Kerstin	1514	10 W35F	01:02:16.74	01:02:16.74	330	01:01:43.55	328	00:30:00.59	319	00:32:16.15	331	Running Risk
331	RAUSCH Wilfried	1699	20 M50M	01:02:30.68	01:02:30.68	331	01:02:05.50	331	00:29:54.74	307	00:32:35.94	338	keine Angabe
332	MOLL Nadine	1445	17 HKWF	01:02:36.76	01:02:36.76	332	01:02:30.31	333	00:29:08.46	271	00:33:28.30	356	Freeletics Mönchengladbach
333	SCHMITZ Thimo	1503	26 M45M	01:02:37.37	01:02:37.37	333	01:02:07.14	332	00:31:09.76	351	00:31:27.61	309	keine Angabe
334	WARZITZ Lukasz	1163	11 U20M	01:02:49.47	01:02:49.47	334	01:02:46.21	338	00:29:36.08	296	00:33:13.39	354	Hans-JonasGesamtchule 12
335	WARNKE Mirja	1546	15 W30F	01:02:58.79	01:02:58.79	335	01:02:32.40	334	00:30:30.17	334	00:32:28.62	334	RDM Family_Friends
336	GEIßINGER Jan Josef	1693	25 M35M	01:02:59.08	01:02:59.08	336	01:02:33.15	335	00:30:29.89	333	00:32:29.19	337	RDM Family_Friends

SPLIT TIMES

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
337	WINNIKES Andrea		1558	6 W45F	01:03:04.91	01:03:04.91	337	01:02:36.24	336	00:31:32.94	358	00:31:31.97	314	Lauffreund Wickrath
338	KARIUS Oliver		1392	29 M40M	01:03:09.80	01:03:09.80	338	01:02:58.17	339	00:31:01.08	347	00:32:08.72	328	keine Angabe
339	NEUENHAUS Julia		1151	3 U16F	01:03:09.87	01:03:09.87	339	01:03:03.68	341	00:28:36.65	247	00:34:33.22	370	Gymnasium Rheindahlen 9b
340	GÜTH Ingo		1348	21 M50M	01:03:10.86	01:03:10.86	340	01:02:43.27	337	00:31:01.16	348	00:32:09.70	329	Sportfreunde Neuwerk
341	LENZKES Anna Lena		1198	4 U16F	01:03:14.65	01:03:14.65	341	01:03:03.38	340	00:30:03.20	322	00:33:11.45	353	Gymnasium am Geroweiher
342	RADTKE Niils		1153	48 M30M	01:03:24.29	01:03:24.29	342	01:03:17.85	346	00:28:36.69	248	00:34:47.60	375	Gymnasium Rheindahlen Leh
343	SAßMANNSHAUS Hayato		1782	17 U14M	01:03:33.22	01:03:33.22	343	01:03:06.89	344	00:30:52.28	342	00:32:40.94	340	Gymnasium an der Gartenstraße
344	GUTT Regina		1139	2 W55F	01:03:34.72	01:03:34.72	344	01:03:17.61	345	00:31:21.23	354	00:32:13.49	330	Gymnasium Am Geroweiher Leh
345	VAQUÉ Luis		1145	18 U16M	01:03:41.95	01:03:41.95	345	01:03:04.96	342	00:30:54.81	345	00:32:47.14	343	Gymnasium Odenkirchen 8b
346	BEND Mervin		1144	19 U16M	01:03:42.14	01:03:42.14	346	01:03:05.21	343	00:30:54.88	346	00:32:47.26	344	Gymnasium Odenkirchen 8b
347	JANSEN Henri		1072	18 U14M	01:04:04.76	01:04:04.76	347	01:03:32.50	347	00:32:34.32	380	00:31:30.44	311	Gesamtschule Hardt 7,3
348	KRUCK Simon		1085	11 U18M	01:04:04.98	01:04:04.98	348	01:03:32.55	348	00:32:34.05	379	00:31:30.93	313	Gesamtschule Hardt EF
349	HANSEN Ruth		1352	7 W45F	01:04:19.97	01:04:19.97	349	01:03:53.28	350	00:31:50.90	365	00:32:29.07	336	LT MG-Volksgarten
350	VITZ Gabriele		1541	4 W50F	01:04:20.09	01:04:20.09	350	01:03:49.39	349	00:31:51.12	366	00:32:28.97	335	keine Angabe
351	KURDAL Linda		1686	11 W35F	01:04:43.35	01:04:43.35	351	01:04:26.07	351	00:30:16.34	331	00:34:27.01	368	keine Angabe
352	MENZEL Malee		1010	18 HKWF	01:04:57.85	01:04:57.85	352	01:04:49.67	355	00:30:11.88	327	00:34:45.97	374	Berufskolleg Rheydt-Mülfort WV HHU
353	HORRATH Isabel		1691	19 HKWF	01:05:05.52	01:05:05.52	353	01:05:02.80	359	00:29:35.71	295	00:35:29.81	383	Isban
354	RIPPEN Sven		1485	26 M35M	01:05:13.78	01:05:13.78	354	01:04:48.57	354	00:32:29.00	375	00:32:44.78	342	keine Angabe
355	KEßELAER Fabio		1064	19 U14M	01:05:15.07	01:05:15.07	355	01:04:45.64	352	00:27:55.79	213	00:37:19.28	414	Gesamtschule Hardt 6,1
356	MUSIALOWSKI Jan		1077	20 U14M	01:05:17.51	01:05:17.51	356	01:05:11.93	363	00:30:54.42	344	00:34:23.09	364	Gesamtschule Hardt 7,4
357	HEISTERS Thomas		1361	22 M50M	01:05:17.72	01:05:17.72	357	01:04:53.26	356	00:32:20.00	374	00:32:57.72	348	keine Angabe
358	PIETSCH-JAWOREK Silke		1473	5 W50F	01:05:18.57	01:05:18.57	358	01:04:53.57	357	00:32:29.05	376	00:32:49.52	346	keine Angabe
359	ZIRPIN Elke		1569	3 W55F	01:05:22.96	01:05:22.96	359	01:04:46.96	353	00:32:31.42	378	00:32:51.54	347	kein verein
360	WEISS Sibille		1552	10 W40F	01:05:26.05	01:05:26.05	360	01:05:10.52	362	00:33:00.73	387	00:32:25.32	333	Borussia Mönchengladbach
361	UPHOFF Stephanie		1670	16 W30F	01:05:26.66	01:05:26.66	361	01:05:03.86	360	00:32:15.48	372	00:33:11.18	352	MG
362	KANTHAK VASQUEZ Jenny		1389	8 W45F	01:05:27.69	01:05:27.69	362	01:05:20.55	365	00:28:37.33	249	00:36:50.36	408	kanthak vasquez
363	HÜREN Markus		1767	49 HKMM	01:05:29.13	01:05:29.13	363	01:04:56.27	358	00:31:20.59	353	00:34:08.54	360	keine Angabe
364	BODENBRENNER Viktoria		1034	3 U14F	01:05:34.83	01:05:34.83	364	01:05:06.46	361	00:32:51.35	384	00:32:43.48	341	BMS 7d
365	ADAMS Adriana		1251	9 W45F	01:05:42.94	01:05:42.94	365	01:05:18.44	364	00:32:10.20	370	00:33:32.74	357	keine Angabe
366	KETHEESWARAN Kajan		1101	20 U16M	01:05:52.26	01:05:52.26	366	01:05:32.60	366	00:29:34.76	291	00:36:17.50	400	Gesamtschule Volksgarten 9d
367	REIPEN Torben		1780	12 U20M	01:06:01.95	01:06:01.95	367	01:05:55.25	371	00:31:28.11	356	00:34:33.84	371	keine Angabe
368	EL-HELOULI Yassin		1206	3 U12M	01:06:10.82	01:06:10.82	368	01:05:39.81	367	00:36:22.39	428	00:29:48.43	257	Gymnasium am Geroweiher
369	YAMAMOTO Chisato	JAP	1565	6 W50F	01:06:14.93	01:06:14.93	369	01:05:48.61	370	00:30:52.34	343	00:35:22.59	382	keine Angabe
370	HILDEMANN Tamino		1063	21 U14M	01:06:15.61	01:06:15.61	370	01:05:45.83	368	00:33:08.17	389	00:33:07.44	350	Gesamtschule Hardt 6,1
371	KÖPP Simone		1415	11 W40F	01:06:19.13	01:06:19.13	371	01:05:47.82	369	00:32:09.30	369	00:34:09.83	361	keine Angabe
372	REIPEN Maren		1481	20 HKWF	01:06:25.56	01:06:25.56	372	01:06:19.15	374	00:31:28.07	355	00:34:57.49	377	keine Angabe
373	LAUSEN Sven		1707	50 HKMM	01:06:34.98	01:06:34.98	373	01:05:59.52	372	00:31:19.44	352	00:35:15.54	379	keine Angabe
374	YALCIN Faruk		1564	49 M30M	01:06:44.23	01:06:44.23	374	01:06:24.14	375	00:32:05.01	367	00:34:39.22	372	NCBS
375	STEINS Lisa		1523	21 HKWF	01:06:44.67	01:06:44.67	375	01:06:17.12	373	00:31:01.17	349	00:35:43.50	387	Tus Jahn Mönchengladbach
376	HANISCH Michelle		1762	22 HKWF	01:06:58.47	01:06:58.47	376	01:06:25.08	376	00:32:14.95	371	00:34:43.52	373	keine Angabe
377	LENßEN Christopher		1773	51 HKMM	01:07:02.77	01:07:02.77	377	01:06:39.52	377	00:32:37.89	381	00:34:24.88	366	keine Angabe
378	SCHMITZ Maike		1501	23 HKWF	01:07:04.30	01:07:04.30	378	01:06:43.97	378	00:31:50.68	364	00:35:13.62	378	keine Angabe

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
379	HEISTERS Lena		1042	5 U16F	01:07:17.92	01:07:17.92	379	01:06:54.53	380	00:31:33.68	359	00:35:44.24	390	BMS 8b
380	PETUKHOVA Ekaterina	RUS	1470	24 HKWF	01:07:21.23	01:07:21.23	380	01:07:11.06	382	00:31:36.67	363	00:35:44.56	391	RDM Family_Friends
381	HANNEMANN Jörg		1351	27 M45M	01:07:22.24	01:07:22.24	381	01:07:08.61	381	00:32:29.85	377	00:34:52.39	376	Aquaworld Tritteam
382	HEIDRICH Frank		1359	28 M45M	01:07:29.87	01:07:29.87	382	01:06:52.18	379	00:33:00.37	385	00:34:29.50	369	keine Angabe
383	BRUCKSCH Kevin		1696	12 U18M	01:07:41.05	01:07:41.05	383	01:07:18.89	384	00:33:24.70	393	00:34:16.35	362	keine Angabe
384	HERBERGS Josef		1366	2 M65M	01:07:50.36	01:07:50.36	384	01:07:27.48	385	00:34:03.42	399	00:33:46.94	358	keine Angabe
385	FRANKEN Raimund		1325	23 M50M	01:07:54.40	01:07:54.40	385	01:07:16.02	383	00:36:08.65	422	00:31:45.75	321	keine Angabe
386	JEDTKE Iris		1384	4 W55F	01:07:56.96	01:07:56.96	386	01:07:28.45	386	00:32:38.74	382	00:35:18.22	380	Laufftreff Wickrath
387	TAIRI Antigon		1191	3 U18F	01:08:09.33	01:08:09.33	387	01:08:00.17	387	00:32:17.10	373	00:35:52.23	394	Math.-Nat.Gymnasium 10
388	LUDWIGS Katharina		1429	25 HKWF	01:08:23.62	01:08:23.62	388	01:08:11.19	388	00:32:42.11	383	00:35:41.51	386	Wir bringen Qualität zum Laufen !
389	WEILAGE Justin		1026	22 U14M	01:08:26.22	01:08:26.22	389	01:08:22.41	389	00:34:01.63	397	00:34:24.59	365	BMS 5a
390	DAI-WIEGEL Tina		1298	10 W45F	01:09:08.29	01:09:08.29	390	01:08:36.01	390	00:33:07.70	388	00:36:00.59	396	Running Risk
391	O'HARE Andrew		1461	30 M40M	01:09:08.77	01:09:08.77	391	01:08:56.68	392	00:33:18.08	392	00:35:50.69	393	keine Angabe
392	WIERZ Martin		1668	12 M55M	01:09:17.88	01:09:17.88	392	01:08:46.45	391	00:34:51.04	406	00:34:26.84	367	CDU läuft immer
393	SPELTERS Niklas		1785	23 U14M	01:09:39.24	01:09:39.24	393	01:09:08.79	393	00:35:43.09	413	00:33:56.15	359	keine Angabe
394	SCHLÖBER Tobias		1128	24 U14M	01:09:52.05	01:09:52.05	394	01:09:50.60	395	00:33:17.44	391	00:36:34.61	404	Gymnasium Am Geroweier 7c
395	HELWIG Justin-Jan		1126	25 U14M	01:09:56.84	01:09:56.84	395	01:09:41.91	394	00:33:00.59	386	00:36:56.25	409	Gymnasium Am Geroweier 7b
396	KANTHAK VASQUEZ Linus		1768	26 U14M	01:10:01.66	01:10:01.66	396	01:09:55.01	396	00:34:18.12	402	00:35:43.54	388	kanthak vasquez
397	DR. KURTSIEFER Lutz		1682	13 M55M	01:10:16.78	01:10:16.78	397	01:09:58.70	399	00:33:45.42	395	00:36:31.36	403	MG
398	DR. KURTSIEFER Dorothee		1681	11 W45F	01:10:16.80	01:10:16.80	398	01:09:58.20	397	00:33:45.52	396	00:36:31.28	402	MG
399	KANTHAK Marinus		1388	29 M45M	01:10:21.73	01:10:21.73	399	01:10:15.15	402	00:34:17.93	401	00:36:03.80	397	kanthak vasquez
400	DIEDERICHS Marvin		1755	13 U18M	01:10:30.43	01:10:30.43	400	01:09:58.32	398	00:32:08.70	368	00:38:21.73	417	keine Angabe
401	BRAUN Oliver		1051	27 U14M	01:10:35.89	01:10:35.89	401	01:10:12.14	400	00:31:34.12	360	00:39:01.77	423	FMG 7a
402	KÄMMERLING Fynn		1052	21 U16M	01:10:36.21	01:10:36.21	402	01:10:12.93	401	00:31:34.22	361	00:39:01.99	424	FMG 7a
403	LITUN Oleg		1182	3 KAKM	01:10:52.25	01:10:52.25	403	01:10:16.81	403	00:35:08.21	407	00:35:44.04	389	HUMA Q1
404	MERKELBAG Rudolf		1437	14 M55M	01:11:03.56	01:11:03.56	404	01:10:27.27	404	00:34:48.68	405	00:36:14.88	399	German Doctors
405	MICHELS Melanie		1440	26 HKWF	01:11:06.38	01:11:06.38	405	01:10:30.30	405	00:35:34.18	410	00:35:32.20	384	keine Angabe
406	ERSOY Bilal		1179	4 KAKM	01:11:06.76	01:11:06.76	406	01:10:31.99	406	00:35:08.37	408	00:35:58.39	395	HUMA Q1
407	HABLI Kerim		1187	14 U18M	01:11:48.57	01:11:48.57	407	01:11:32.92	408	00:36:01.04	420	00:35:47.53	392	KHS Neuwerk 9b
408	BUSCHHÜTER Marion		1288	12 W40F	01:12:00.81	01:12:00.81	408	01:11:23.97	407	00:35:34.34	411	00:36:26.47	401	keine Angabe
409	COENEN Leah		1753	4 U18F	01:12:11.17	01:12:11.17	409	01:11:37.61	409	00:33:41.20	394	00:38:29.97	419	keine Angabe
410	TOTTEN Pascal		1105	15 U18M	01:12:26.59	01:12:26.59	410	01:12:07.33	412	00:38:06.51	437	00:34:20.08	363	Gesamtschule Volksgarten 9d
411	STRUCKMANN Marvin		1120	4 U12M	01:12:29.70	01:12:29.70	411	01:11:58.92	410	00:36:22.91	429	00:36:06.79	398	Gymnasium Am Geroweier 5b
412	SPELTERS Claudia		1517	7 W50F	01:12:29.78	01:12:29.78	412	01:11:59.49	411	00:35:43.59	414	00:36:46.19	405	Lauffreunde Niers
413	IMMEN Yasmin		1376	27 HKWF	01:13:08.87	01:13:08.87	413	01:12:39.44	413	00:36:22.37	427	00:36:46.50	406	keine Angabe
414	MÖSGEN Lisa		1450	28 HKWF	01:13:08.97	01:13:08.97	414	01:12:39.44	414	00:36:22.23	426	00:36:46.74	407	keine Angabe
415	REINERS Mareen		1779	29 HKWF	01:13:19.04	01:13:19.04	415	01:12:49.95	415	00:35:59.46	419	00:37:19.58	415	keine Angabe
416	FRENKEN Alena		1189	5 U18F	01:13:45.96	01:13:45.96	416	01:13:18.01	416	00:36:48.15	433	00:36:57.81	410	Math.-Nat.Gymnasium 10
417	CLAßEN Michelle		1188	6 U18F	01:13:46.45	01:13:46.45	417	01:13:18.85	417	00:36:48.09	432	00:36:58.36	411	Math.-Nat.Gymnasium 10
418	JOSCHKO Thomas		1387	52 HKMM	01:13:47.51	01:13:47.51	418	01:13:24.03	418	00:36:30.70	430	00:37:16.81	413	Allez CBP!
419	MEINHARDT Veronica		1127	6 U16F	01:13:51.48	01:13:51.48	419	01:13:36.06	420	00:34:21.35	403	00:39:30.13	428	Gymnasium Am Geroweier 7b
420	FRIEDRICH Swen		1326	50 M30M	01:13:56.03	01:13:56.03	420	01:13:33.77	419	00:36:41.30	431	00:37:14.73	412	Zweigstelle Solingen

SPLIT TIMES

Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Brutto	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Verein
421	LIEBENS Leon	2446	28 U14M	01:14:01.44	01:14:01.44	421	01:13:42.01	422	00:34:42.12	404	00:39:19.32	426	Geschwister-Scholl-Realschule 6c
422	GENNES Peggy	1057	17 W30F	01:14:04.62	01:14:04.62	422	01:13:38.84	421	00:35:46.33	415	00:38:18.29	416	Gesamtschule Hardt 10
423	SPIEß Yannick	1075	29 U14M	01:14:43.15	01:14:43.15	423	01:14:38.58	424	00:34:11.11	400	00:40:32.04	432	Gesamtschule Hardt 7,3
424	NOATHNICK Petra	1459	12 W45F	01:14:52.26	01:14:52.26	424	01:14:17.68	423	00:35:20.78	409	00:39:31.48	429	keine Angabe
425	MÜNSTER Robin	1088	13 U20M	01:14:56.96	01:14:56.96	425	01:14:52.30	428	00:36:05.08	421	00:38:51.88	422	Gesamtschule Hardt Q1
426	MAIORANO Ida-Katharina	1103	7 U16F	01:15:03.86	01:15:03.86	426	01:14:42.78	425	00:36:12.33	424	00:38:51.53	420	Gesamtschule Volksgarten 9d
427	SCHMITT Noah	1104	22 U16M	01:15:03.99	01:15:03.99	427	01:14:42.88	426	00:36:12.44	425	00:38:51.55	421	Gesamtschule Volksgarten 9d
428	ANDLER Karin	1254	13 W45F	01:15:21.60	01:15:21.60	428	01:14:43.29	427	00:36:08.97	423	00:39:12.63	425	keine Angabe
429	HECK Maximilian	1133	16 U18M	01:16:04.23	01:16:04.23	429	01:15:46.68	430	00:35:55.57	418	00:40:08.66	430	Gymnasium Am Geroweier 9b
430	FAKESCH Ana-Teresa	1317	30 HKWF	01:16:07.78	01:16:07.78	430	01:15:42.97	429	00:37:37.83	436	00:38:29.95	418	Allez CBP!
431	LEMM Bastian	1421	51 M30M	01:16:20.97	01:16:20.97	431	01:15:55.87	431	00:35:49.69	417	00:40:31.28	431	keine Angabe
432	SCHMIDT Jan	1024	5 U12M	01:16:46.12	01:16:46.12	432	01:16:42.82	432	00:34:01.95	398	00:42:44.17	437	BMS 5a
433	REINHARDT Alexander	1079	23 U16M	01:18:01.99	01:18:01.99	433	01:17:36.22	433	00:35:46.52	416	00:42:15.47	435	Gesamtschule Hardt 8,1
434	DRUVINA Diana	1304	18 W30F	01:18:02.16	01:18:02.16	434	01:17:45.60	434	00:36:57.64	434	00:41:04.52	433	Team Hecking
435	KUSICA Maria	1772	19 W30F	01:19:20.66	01:19:20.66	435	01:18:55.22	435	00:39:54.16	442	00:39:26.50	427	keine Angabe
436	DIGIACOMO Luca	1021	6 U12M	01:19:40.73	01:19:40.73	436	01:19:37.65	436	00:35:37.87	412	00:44:02.86	439	BMS 5a
437	WITTIG Verena	1561	31 HKWF	01:20:15.04	01:20:15.04	437	01:19:46.10	437	00:38:17.72	438	00:41:57.32	434	keine Angabe
438	CRIENS Iris	1667	14 W45F	01:20:16.27	01:20:16.27	438	01:20:06.51	438	00:37:36.35	435	00:42:39.92	436	MG
439	HECKING VON HAGEN Yvonne	1357	12 W35F	01:22:18.21	01:22:18.21	439	01:22:01.86	439	00:38:35.09	440	00:43:43.12	438	Team Hecking
440	EL BYAD Redouan	1130	30 U14M	01:23:47.67	01:23:47.67	440	01:23:46.68	440	00:33:17.06	390	00:50:30.61	449	Gymnasium Am Geroweier 7d
441	HILGENHÖNER Linn	1204	2 U20F	01:24:23.51	01:24:23.51	441	01:23:53.36	441	00:38:19.12	439	00:46:04.39	440	keine Angabe
442	CHONG Tim	1097	24 U16M	01:28:39.73	01:28:39.73	442	01:28:25.03	442	00:40:27.50	444	00:48:12.23	441	Gesamtschule Volksgarten 8d
443	SIVAPALAN Vinothan	1100	25 U16M	01:28:43.04	01:28:43.04	443	01:28:28.83	443	00:40:27.45	443	00:48:15.59	442	Gesamtschule Volksgarten 8d
444	JEEVARATNAM Lajeeth	1098	26 U16M	01:28:43.84	01:28:43.84	444	01:28:29.57	444	00:40:27.55	445	00:48:16.29	443	Gesamtschule Volksgarten 8d
445	THÖNNEßEN David	1694	53 HKMM	01:29:29.21	01:29:29.21	445	01:28:51.19	445	00:39:30.00	441	00:49:59.21	448	keine Angabe
446	REXHEPI Adelina	1116	8 U16F	01:30:13.27	01:30:13.27	446	01:30:05.53	447	00:41:46.91	447	00:48:26.36	445	Geschwister-Scholl-Realschule 8c
447	SOPHIA Ibnouquossai	1117	9 U16F	01:30:13.71	01:30:13.71	447	01:30:05.82	448	00:41:46.79	446	00:48:26.92	446	Geschwister-Scholl-Realschule 8c
448	LIEBENS Laura	1102	7 U18F	01:30:13.75	01:30:13.75	448	01:29:53.50	446	00:41:52.63	448	00:48:21.12	444	Gesamtschule Volksgarten 9d
449	SPICHARTZ Till	1519	27 M35M	01:32:43.79	01:32:43.79	449	01:32:19.48	449	00:44:01.42	449	00:48:42.37	447	Allez CBP!
DSQ	KFEILATI Malek	1123	0 U14M	01:00:47.28	01:00:47.28	-	01:00:27.95	-	00:26:31.34	-	00:34:15.94	-	Gymnasium Am Geroweier 6b
DSQ	ÖZTÜRK Mirhat	1124	0 U14F	01:00:59.79	01:00:59.79	-	01:00:40.67	-	00:26:41.13	-	00:34:18.66	-	Gymnasium Am Geroweier 6b
DSQ	WORTMANN Nele	1032	0 U14F	01:12:27.33	01:12:27.33	-	01:12:05.41	-	00:38:09.61	-	00:34:17.72	-	BMS 6d
DSQ	SALBREITER Emma	1030	0 U14F	01:12:30.31	01:12:30.31	-	01:12:08.30	-	00:38:09.73	-	00:34:20.58	-	BMS 6d
DNF	TOTZER Sebastian	1534	0 M30M	00:23:14.80		-		-	00:23:14.80	-		-	keine Angabe
DNF	KARLSSON Sara	1393	0 HKWF	00:24:13.03		-		-	00:24:13.03	-		-	keine Angabe
DNF	PETERS Andy	1469	0 M40M	00:28:34.64		-		-	00:28:34.64	-		-	keine Angabe
DNF	KARATEPE Büreyde	1391	0 M35M	00:31:39.65		-		-	00:31:39.65	-		-	Mini Branches
DNF	FISCHER Tessa	1321	0 W45F	00:32:58.14		-		-	00:32:58.14	-		-	keine Angabe
DNF	URGANCI Cem	1790	0 U20M	00:34:01.47		-		-	00:34:01.47	-		-	Berufskolleg Rheydt Mülfort
DNF	VOßBECK Anna	1135	0 U16F	00:34:03.61		-		-	00:34:03.61	-		-	Gymnasium Am Geroweier 9b
DNF	NERGIZ Sehriban	1134	0 U18F	00:34:03.81		-		-	00:34:03.81	-		-	Gymnasium Am Geroweier 9b
DNF	HOFFMANN Katrin	1673	0 W30F	00:51:08.68		-		-	00:51:08.68	-		-	Mönchengladbach