

Sieger Männer Gesamteinlauf

Platz	StNr	Vorname	Name	Jahr	Verein	Zeit
1. MGW	626	Holger	Ahrenberg	1979	Aixtreme	00:17:47
2. MGW	91	Hartmut	Kitterer	1979		00:17:51
3. MGW	189	Marc	Pschebizin	1979	PST Trier	00:17:59
4. MGW	869	Jörg	Achten	1979	DJK Armada Würselen	00:18:10
5. MGW	355	Holger	Spiegel	1979	DLC Aachen	00:18:14
6. MGW	502	Dietmar	Lürken	1979	DJK Elmar Kohlscheid	00:18:30
7. MGW	785	Oliver	Poeschl	1979		00:18:53
8. MGW	503	Christof	Bonni	1979	DJK Elmar Kohlscheid	00:19:01
9. MGW	288	Jörg	Brune	1979		00:19:11
10. MGW	952	Hartmut	Sander	1979		00:19:13
11. MGW	765	Ralf	Last	1979		00:19:29
12. MGW	782	Stephane	Sotton	1979	ATG Aachen	00:19:32
13. MGW	825	Ilias	Abdul	1979		00:19:36
14. MGW	984	Detlef	Peikert	1979	Aixtreme	00:19:40
15. MGW	56	Tom	Heuer	1979	Die Heizdüsen	00:19:41
16. MGW	496	Michael	Paulussen	1979	SLC Ameln	00:19:47
17. MGW	374	Ingo	Lischewski	1979	ATG Aachen	00:19:49
18. MGW	264	Volker	Lerch	1979	DJK Elmar Kohlscheid	00:19:54
19. MGW	953	Tillmann	Breitling	1979	Die Oberlöter	00:19:58
20. MGW	160	Peter	Günther	1979	LAV Hückelhoven	00:20:01

Sieger Frauen Gesamteinlauf

Platz	StNr	Vorname	Name	Jahr	Verein	Zeit
1. FGW	748	Svetlana	Waack	1979		00:20:42
2. FGW	155	Irene	Havertz-Röhlich	1979	Dürener TV	00:21:04
3. FGW	661	Tanja	Pesch	1979	ATG Aachen	00:21:13
4. FGW	69	Iris	Kleine	1979		00:21:45
5. FGW	153	Judith	Rixen	1979	Dürener TV	00:21:50
6. FGW	554	Brigitte	Krings	1979	Aixtreme	00:21:59
7. FGW	970	Angela	Müller	1979		00:22:20
8. FGW	730	Beate	Grimm	1979	DLC Aachen	00:22:41
9. FGW	190	Silvia	Vaupel	1979	PST Trier	00:22:49
10. FGW	663	Juliana	Josef	1979	Herzsportgruppe	00:24:30
11. FGW	175	Judith	Schwarz	1979		00:24:31
12. FGW	1134	Stefanie	Gundlach	1979		00:24:35
13. FGW	635	Farane	Farokzad	1979	Aixtreme	00:24:39
14. FGW	676	Claudia	Wisser	1979	Team WOF	00:24:43
15. FGW	552	Britta	Ganswindt	1979		00:24:53
16. FGW	413	Nadine	Bock	1979	IKV	00:25:29
17. FGW	906	Enken	van Hauen	1979	Aixtreme	00:25:37
18. FGW	1152	Natascha	Bäbler	1979		00:26:14
19. FGW	752	Harriet	Dannemann	1979	Fina	00:26:15
20. FGW	665	Anke	Schremmer	1979		00:26:43

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
1	626	Ahrenberg	Holger	1979		Aixtreme		1	MHK	03:12,0	00:17:47
2	91	Kitterer	Hartmut	1979				2	MHK	03:12,7	00:17:51
3	189	Pschebizin	Marc	1979		PST Trier		3	MHK	03:14,2	00:17:59
4	869	Achten	Jörg	1979		DJK Armada Würselen		4	MHK	03:16,2	00:18:10
5	355	Spiegel	Holger	1979		DLC Aachen		5	MHK	03:16,9	00:18:14
6	502	Lürken	Dietmar	1979		DJK Elmar Kohlscheid		6	MHK	03:19,8	00:18:30
7	785	Poeschl	Oliver	1979				7	MHK	03:23,9	00:18:53
8	503	Bonni	Christof	1979		DJK Elmar Kohlscheid		8	MHK	03:25,4	00:19:01
9	288	Brune	Jörg	1979				9	MHK	03:27,2	00:19:11
10	952	Sander	Hartmut	1979				10	MHK	03:27,5	00:19:13
11	765	Last	Ralf	1979				11	MHK	03:30,4	00:19:29
12	782	Sotton	Stephane	1979		ATG Aachen		12	MHK	03:31,9	00:19:32
13	825	Abdul	Ilias	1979				13	MHK	03:31,7	00:19:36
14	984	Peikert	Detlef	1979		Aixtreme		14	MHK	03:32,4	00:19:40
15	56	Heuer	Tom	1979		Die Heizdüsen		15	MHK	03:32,6	00:19:41
16	496	Paulussen	Michael	1979		SLC Ameln		16	MHK	03:33,6	00:19:47
17	374	Lischewski	Ingo	1979		ATG Aachen		17	MHK	03:34,0	00:19:49
18	264	Lerch	Volker	1979		DJK Elmar Kohlscheid		18	MHK	03:34,9	00:19:54
19	953	Breitling	Tillmann	1979		Die Oberlöter		19	MHK	03:35,6	00:19:58
20	160	Günther	Peter	1979		LAV Hückelhoven		20	MHK	03:36,2	00:20:01
21	933	Wimmer	Christian	1979		Aixtreme		21	MHK	03:37,1	00:20:06
22	868	Jansen	Dirk	1979		DJK Elmar Kohlscheid		22	MHK	03:37,2	00:20:07
23	1176	Patommel	Jens	1979		Viersener TV 1848		23	MHK	03:37,6	00:20:09
24	66	Schütte	Gerrit	1979				24	MHK	03:38,1	00:20:12
25	186	Becker	Oliver	1979				25	MHK	03:38,7	00:20:15
26	58	Querdel	Christoph	1979		Die Oberlöter		26	MHK	03:38,9	00:20:16
27	527	Schunk	Stefan	1979		Team OC		27	MHK	03:39,0	00:20:17
28	71	Lundszen	Dietmar	1979		DJK Elmar Kohlscheid		28	MHK	03:39,6	00:20:20
29	556	Mikolajew	Richard	1979				29	MHK	03:40,9	00:20:22
30	35	Koschmieder	Felix	1979		Die Oberlöter		30	MHK	03:40,1	00:20:23
31	465	Leber	Markus	1979				31	MHK	03:40,5	00:20:25
32	174	Herné	Manfred	1979		Aixtreme		32	MHK	03:40,7	00:20:26
33	184	Fischernich	Albert	1979		Aixtreme		33	MHK	03:40,8	00:20:27
34	1178	Wolf	Hubert	1979		TV Huchem-Stammeln		34	MHK	03:41,2	00:20:29
35	16	Kroll	Andreas	1979		Die Oberlöter		35	MHK	03:41,4	00:20:30
36	749	Waack	Hans	1979				36	MHK	03:41,7	00:20:32
37	931	Daniel	Thomas	1979				37	MHK	03:42,3	00:20:35
38	829	Blumbach	Michael	1979		Die Oberlöter		38	MHK	03:42,6	00:20:37
39	596	Walter	Wigbert	1979				39	MHK	03:42,8	00:20:38
40	164	Kerkmann	Christian	1979		Aixtreme		40	MHK	03:43,0	00:20:39
41	154	Schneider	Ingo	1979		Dürener TV		41	MHK	03:43,4	00:20:41
42	748	Waack	Svetlana	1979			W	1	WHK	03:43,5	00:20:42
43	770	Thele	Marc	1979		Aixtreme		42	MHK	03:43,9	00:20:44
44	130	Günster	Andreas	1979		DLC Aachen		43	MHK	03:44,3	00:20:46
45	227	Eysel	Peter	1979		RWTH Maulwürfe		44	MHK	03:44,8	00:20:49
46	31	Schobert	Hannes	1979				45	MHK	03:45,2	00:20:51
47	1272	Müller	Klaus	1979		KryptoKom		46	MHK	03:45,3	00:20:52
48	155	Havertz-Röhlic	Irene	1979		Dürener TV	W	2	WHK	03:47,5	00:21:04
49	598	Konter	Stefan	1979		Aixtreme		47	MHK	03:48,0	00:21:07
50	661	Pesch	Tanja	1979		ATG Aachen	W	3	WHK	03:49,1	00:21:13
51	914	Verspay	Peter	1979				48	MHK	03:49,7	00:21:16
52	179	Pitz	Roger	1979		LAC Eupen		49	MHK	03:49,8	00:21:17
53	838	Werner	Stefan	1979		Wiking		50	MHK	03:50,2	00:21:19
54	616	Westmeier	Dirk	1979		DJK SG Unterrath 12/24		51	MHK	03:50,4	00:21:20
55	630	Kemper	Lars	1979		Die Oberlöter		52	MHK	03:50,4	00:21:20
56	65	Dischinger	Frank	1979		Aixtreme		53	MHK	03:50,6	00:21:21
57	957	Nelsen	Norbert	1979				54	MHK	03:50,9	00:21:23
58	493	Paetkau	Vitali	1979		Warmduscher AC		55	MHK	03:51,1	00:21:24

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
59	504	Schramm	Norbert	1979		DJK Elmar Kohlscheid			MHK	03:51,5	00:21:26
60	701	Batista Castro	Rodrigo A.	1979		Herzsportgruppe			MHK	03:51,6	00:21:27
61	391	Nießen	Günter	1979					MHK	03:52,0	00:21:29
62	265	Farely	Bernard	1979		BRIGHTON & HOVE A.C.			MHK	03:52,4	00:21:31
63	1300	Djahed	Massiy	1974					MHK	03:52,4	00:21:31
64	988	Asselhofen	Norbert	1979		Zugvogel Aachen			MHK	03:52,7	00:21:33
65	44	Braun	Wolfgang	1979		Die Oberlöter			MHK	03:52,9	00:21:34
66	424	Laufs	Carsten	1979		IKV			MHK	03:53,3	00:21:36
67	473	Roessner	Ruediger	1979		Aquafitness			MHK	03:53,4	00:21:37
68	905	Schumann	Wolfgang	1979					MHK	03:53,6	00:21:38
69	1293	Frackiewicz	Pawel	1979		ACM Co.			MHK	03:54,0	00:21:40
70	519	Hagens	Ralf	1979		Runner Shop			MHK	03:54,2	00:21:41
71	1290	Machowsky	Andre	1979		Fina			MHK	03:54,3	00:21:42
72	438	Tesche	Markus	1979		IKV			MHK	03:54,5	00:21:43
73	767	Schmidt	Peter	1979		Biker			MHK	03:54,7	00:21:44
74	69	Kleine	Iris	1979			W	4	WHK	03:54,9	00:21:45
75	396	Knodel	Oliver	1979		BC-Boyz			MHK	03:55,1	00:21:46
76	1048	Heise	Ulrich	1979					MHK	03:55,1	00:21:46
77	746	Wirtz	Guido	1979		Dürener TV			MHK	03:55,4	00:21:48
78	153	Rixen	Judith	1979		Dürener TV	W	5	WHK	03:55,8	00:21:50
79	43	Rehrmann	Torsten	1979		DLC Aachen			MHK	03:56,0	00:21:51
80	1097	Gsell	Achim	1979		KryptoKom			MHK	03:56,1	00:21:52
81	662	Servas	Peter	1979		ATG Aachen			MHK	03:56,5	00:21:54
82	487	Goblet	Norbert	1979					MHK	03:56,7	00:21:55
83	725	Nientimp	Christian	1979		KaWo1			MHK	03:57,0	00:21:57
84	1072	Kresse	Matthias	1979		Aixtreme			MHK	03:57,2	00:21:58
85	99	Grotowsky	Ingo	1979					MHK	03:57,2	00:21:58
86	293	Moll	Harald	1979					MHK	03:57,4	00:21:59
87	554	Krings	Brigitte	1979		Aixtreme	W	6	WHK	03:57,4	00:21:59
88	1295	Münstermann	Simon	1979					MHK	03:57,6	00:22:00
89	1052	Hoffmann	Frank	1979					MHK	03:57,8	00:22:01
90	736	Mühlhausen	Wolfgang	1979		Alemannia Aachen			MHK	03:58,9	00:22:02
91	1208	Schulz	Jörg	1979		Rheno-Borussia			MHK	03:58,9	00:22:02
92	1264	Taha	Anwer	1979		KaWo1			MHK	03:58,1	00:22:03
93	159	Ertmer	Marcel	1979		Endstation			MHK	03:58,1	00:22:03
94	535	Oßwald	Gerd	1979		Team OC			MHK	03:58,5	00:22:05
95	1255	Gülden	Christoph	1979		Fina			MHK	03:58,5	00:22:05
96	1189	Stephan	Bruno	1979					MHK	03:58,7	00:22:06
97	192	Moock	Hubert	1979					MHK	03:58,8	00:22:07
98	123	Hörnemann	Hendrik	1979					MHK	03:59,2	00:22:09
99	569	Hamm	Ulrich	1979		Germania 07 Dürwiss			MHK	03:59,2	00:22:09
100	1124	Berlemann	Lars	1979					MHK	03:59,4	00:22:10
101	7	Wendlandt	Kai	1979					MHK	03:59,4	00:22:10
102	70	Felder	Jörg	1979		Aixtreme			MHK	03:59,6	00:22:11
103	653	Sieprath	Peter	1979					MHK	03:59,7	00:22:12
104	531	Peiffer	Thomas	1979		Team OC			MHK	03:59,9	00:22:13
105	278	Gierschner	Arno	1979		Die Oberlöter			MHK	03:59,9	00:22:13
106	629	Schwartz	Guido	1979		DLC Aachen			MHK	04:00,1	00:22:14
107	13	Kippenberg	Tobias	1979		Die Oberlöter			MHK	04:00,1	00:22:14
108	1247	Halbach	Till	1979					MHK	04:00,3	00:22:15
109	908	Raab	Friedhelm	1979		DLC Aachen			MHK	04:00,3	00:22:15
110	924	Kemper	Andreas	1979		ZOF			MHK	04:00,5	00:22:16
111	863	Gülpen	Rainer	1979		Aixtreme			MHK	04:00,6	00:22:17
112	920	Drießen	Günter	1979					MHK	04:00,8	00:22:18
113	970	Müller	Angela	1979			W	7	WHK	04:01,2	00:22:20
114	1027	Münstermann	Sebastian	1979					MHK	04:01,4	00:22:21
115	60	Ewert	Andreas	1979					MHK	04:01,5	00:22:22
116	299	Pelsleusden	Christoph	1979		Die Heizdüsen			MHK	04:01,9	00:22:24

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
117	458	Schulte	Stephan	1979		ISEA		110	MHK	04:02,1	00:22:25
118	828	Halim	Hay	1979				111	MHK	04:02,3	00:22:26
119	585	Völl	Günter	1979		Die Oberlötter		112	MHK	04:02,6	00:22:28
120	1133	Brall	Sven	1979		Flying Navigators		113	MHK	04:02,6	00:22:28
121	642	Robinson	Kirk	1979		Die Oberlötter		114	MHK	04:02,8	00:22:29
122	433	Schluter	Markus	1979		IKV		115	MHK	04:02,8	00:22:29
123	861	Vornholt	Thomas	1979		Team WOF		116	MHK	04:03,0	00:22:30
124	1273	Vandenbergh	Stephan	1979		KryptoKom		117	MHK	04:03,2	00:22:31
125	670	Klinkenberg	Frank	1979		Team WOF		118	MHK	04:03,3	00:22:32
126	856	Mohren	Herald	1979		Team WOF		119	MHK	04:03,3	00:22:32
127	541	Schulz	Heiko	1979		Die Oberlötter		120	MHK	04:03,5	00:22:33
128	464	Rosewicz	Mark	1979		ISEA		121	MHK	04:03,5	00:22:33
129	1089	Weber	Jost	1979		Die Heizdüsen		122	MHK	04:03,7	00:22:34
130	26	Berner	Andre	1979		EASY		123	MHK	04:03,9	00:22:35
131	384	Dembowiak	Marian	1979		Herzsportgruppe		124	MHK	04:03,9	00:22:35
132	478	Blaesen	Ralf	1979				125	MHK	04:04,1	00:22:36
133	304	Vogt	Daniel	1979				126	MHK	04:04,2	00:22:37
134	214	Buchenau	Klaus	1979				127	MHK	04:04,2	00:22:37
135	1248	Stolle	Georg	1979				128	MHK	04:04,4	00:22:38
136	633	Quiram	Guido	1979				129	MHK	04:04,6	00:22:39
137	445	Rhode	Raju	1979		IKV		130	MHK	04:04,6	00:22:39
138	61	Stobrawe	Markus	1979				131	MHK	04:04,8	00:22:40
139	389	Stein	Edgar	1979				132	MHK	04:04,8	00:22:40
140	730	Grimm	Beate	1979		DLC Aachen	W	8	WHK	04:05,0	00:22:41
141	960	Rüter	Arnd	1979		Die Heizdüsen		133	MHK	04:05,1	00:22:42
142	999	Vischer	Andreas	1979		Die Oberlötter		134	MHK	04:05,3	00:22:43
143	1127	Bayer	Arne	1979		RWTH Maulwürfe		135	MHK	04:05,7	00:22:45
144	111	Essers	Ralph	1979				136	MHK	04:05,9	00:22:46
145	428	Preis	Alexander	1979		IKV		137	MHK	04:06,0	00:22:47
146	1259	Walentowski	Stephan	1979				138	MHK	04:06,2	00:22:48
147	190	Vaupel	Silvia	1979		PST Trier	W	9	WHK	04:06,4	00:22:49
148	247	Schumacher	Wolfgang	1979		DJK Armada Würselen		139	MHK	04:06,6	00:22:50
149	980	Winkler	Guido	1979				140	MHK	04:06,8	00:22:51
150	903	Schmude	Kai	1979				141	MHK	04:07,1	00:22:53
151	641	Klößner	Sven	1979		Die Oberlötter		142	MHK	04:07,1	00:22:53
152	1021	Neuenhahn	Martin	1979				143	MHK	04:07,3	00:22:54
153	551	Fietz	Michael	1979		Die Heizdüsen		144	MHK	04:07,5	00:22:55
154	392	Walther	Boris	1979		Die Oberlötter		145	MHK	04:07,7	00:22:56
155	694	Willekin	Guido	1979		Team WOF		146	MHK	04:08,0	00:22:58
156	879	Weißmann	Gerd	1979				147	MHK	04:08,6	00:23:01
157	1256	Pester	Andreas	1979				148	MHK	04:08,7	00:23:02
158	1123	Paus	Arnd	1979		Aixtreme		149	MHK	04:09,1	00:23:04
159	276	Wynands	Wolfgang	1979		Alemannia Aachen		150	MHK	04:09,3	00:23:05
160	42	Bauch	Diether	1979				151	MHK	04:09,6	00:23:07
161	1108	Weikopf	Tino	1979				152	MHK	04:09,8	00:23:08
162	249	Kulesa	Bernd	1979				153	MHK	04:10,2	00:23:10
163	361	Maas	Urs	1979		TKV Oberforstbach		154	MHK	04:10,4	00:23:11
164	97	Schäfer	Ben	1979				155	MHK	04:10,5	00:23:12
165	380	Schneider	Dirk	1979				156	MHK	04:10,7	00:23:13
166	501	Frohn	Claas	1979		Herzsportgruppe		157	MHK	04:10,9	00:23:14
167	315	Hüpen	Stephan	1979				158	MHK	04:11,1	00:23:15
168	461	Schönhardt	Andreas	1979		ISEA		159	MHK	04:11,3	00:23:16
169	761	Schmitz	Alwin	1979				160	MHK	04:11,4	00:23:17
170	399	Havenith	Wasa	1979		Aixtreme		161	MHK	04:11,4	00:23:17
171	244	Meier	Karsten	1979		Die Oberlötter		162	MHK	04:11,6	00:23:18
172	898	Stöhr	Peter	1979				163	MHK	04:11,8	00:23:19
173	862	Irsfeld	Jörg	1979		Team WOF		164	MHK	04:12,0	00:23:20
174	599	Tielo	Stephan	1979		Aixtreme		165	MHK	04:12,0	00:23:20

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175	254	Nielsen	Sönke	1979				166	MHK	04:12,2	00:23:21
176	331	Oellers	Dieter	1979		KaWo1		167	MHK	04:12,2	00:23:21
177	514	Breuer	Eckart	1979				168	MHK	04:12,3	00:23:22
178	1267	Kaldenbach	Manfred	1979				169	MHK	04:12,5	00:23:23
179	987	Kruhöffner	Wolfram	1979		IKKM		170	MHK	04:12,7	00:23:24
180	789	Mohnfeld	Alexander	1979				171	MHK	04:12,7	00:23:24
181	1096	Schleicher	Christian	1979		KryptoKom		172	MHK	04:12,9	00:23:25
182	703	Schönert	Martin	1979				173	MHK	04:12,9	00:23:25
183	170	Reifgens	Manfred	1979		LG Ameln-Linnich		174	MHK	04:13,1	00:23:26
184	235	Schmidt	Georg	1979		DLC Aachen		175	MHK	04:13,2	00:23:27
185	178	Spykers	Manfred	1979		TV Roetgen		176	MHK	04:13,2	00:23:27
186	292	Palermo	Vito	1979				177	MHK	04:13,4	00:23:28
187	485	Suntrop	Klaus	1979		Die Oberlötter		178	MHK	04:13,6	00:23:29
188	338	Girnstein	Werner	1979		Die Oberlötter		179	MHK	04:14,1	00:23:32
189	538	Henning	Ingomar	1979		KaWo1		180	MHK	04:14,3	00:23:33
190	1102	Dietz	Thomas	1979				181	MHK	04:14,5	00:23:34
191	543	Rütten	Klemens	1979				182	MHK	04:14,7	00:23:35
192	406	Herms	Oliver	1979		Rudergruppe		183	MHK	04:14,9	00:23:36
193	1294	Hartmann	Martin	1979				184	MHK	04:15,2	00:23:38
194	883	Dörfler	Peter	1979		Die Oberlötter		185	MHK	04:15,4	00:23:39
195	477	Brandenburger	Jens	1979				186	MHK	04:15,6	00:23:40
196	463	Götting	Gunther	1979		ISEA		187	MHK	04:15,8	00:23:41
197	312	Konter	Karsten	1979				188	MHK	04:16,1	00:23:43
198	529	Thiebes	Christoph	1979		Team OC		189	MHK	04:16,3	00:23:44
199	507	Macharia	Eric	1979		Die Oberlötter		190	MHK	04:16,5	00:23:45
200	177	Soiron	Andreas	1979		Alemannia Aachen		191	MHK	04:16,7	00:23:46
201	452	Baum	Franziskus	1979				192	MHK	04:16,7	00:23:46
202	1215	Seidl	Ingold	1979				193	MHK	04:16,8	00:23:47
203	408	Reudenbach	Jochen	1979		Rudergruppe		194	MHK	04:17,0	00:23:48
204	830	Poetschke	Stephan	1979		Die Oberlötter		195	MHK	04:17,2	00:23:49
205	266	Metzelder	Sebastian	1979				196	MHK	04:17,2	00:23:49
206	592	Sack	Dominic	1979		Warmduscher AC		197	MHK	04:17,4	00:23:50
207	1201	Dylla	Simon	1979		Wiking		198	MHK	04:17,4	00:23:50
208	206	Zedler	Thomas	1979		IMB		199	MHK	04:17,6	00:23:51
209	567	Bündgens	Franz	1979		Germania 07 Dürwiss		200	MHK	04:17,7	00:23:52
210	218	Minnich	Daniel	1979		Die Oberlötter		201	MHK	04:17,7	00:23:52
211	219	Fröhling	Christian	1979		Die Oberlötter		202	MHK	04:17,9	00:23:53
212	1025	Schoßmann	Alexander	1979		Aixtreme		203	MHK	04:17,9	00:23:53
213	1236	Lappe	Udo	1979				204	MHK	04:18,1	00:23:54
214	435	Schulz	Jörn	1979		IKV		205	MHK	04:18,1	00:23:54
215	489	Lienemann	Holger	1979				206	MHK	04:18,3	00:23:55
216	1044	Eckert	Sebastian	1979				207	MHK	04:18,3	00:23:55
217	426	Lindner	Falk	1979		IKV		208	MHK	04:18,6	00:23:57
218	699	Reuter	Rudi	1979		Team WOF		209	MHK	04:18,8	00:23:58
219	117	Immich	Philipp	1979		Die Oberlötter		210	MHK	04:19,0	00:23:59
220	302	Karad	Martin	1979		Die Oberlötter		211	MHK	04:19,2	00:24:00
221	757	Jagusch	Thomas	1979				212	MHK	04:19,5	00:24:02
222	534	Jenniches	Boris	1979		Team OC		213	MHK	04:19,7	00:24:03
223	826	Halberschmidt	Martin	1979		DSA		214	MHK	04:19,9	00:24:04
224	859	van Rey	Jörn	1979		Team WOF		215	MHK	04:20,1	00:24:05
225	985	Schwedmann	Tobias	1979				216	MHK	04:20,4	00:24:07
226	1234	Tlatlik	Harald	1979		Die Oberlötter		217	MHK	04:20,6	00:24:08
227	403	Lördemann	Dirk	1979		Rudergruppe		218	MHK	04:21,0	00:24:10
228	850	Ragoß	Christian	1979				219	MHK	04:21,2	00:24:11
229	872	Trautmann	Andreas	1979				220	MHK	04:21,2	00:24:11
230	1209	Himmes	Roman	1979		Rheno-Borussia		221	MHK	04:21,3	00:24:12
231	143	Herzog	Jochen	1979				222	MHK	04:21,3	00:24:12
232	1055	Litauer	Stefan	1979				223	MHK	04:21,5	00:24:13

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
233	747	Peter	Uwe	1979				224	MHK	04:21,7	00:24:14
234	548	Michel	Jochen	1979		Erythropoietin 99		225	MHK	04:22,1	00:24:16
235	205	Girmscheid	Michael	1979		IMB		226	MHK	04:22,1	00:24:16
236	128	Kamp	Steffen	1979				227	MHK	04:22,2	00:24:17
237	133	Krüger	Patrick	1979		Alle Sieben		228	MHK	04:22,2	00:24:17
238	451	Wegner	Martin	1979				229	MHK	04:22,4	00:24:18
239	787	Kehmer	Christoph	1979				230	MHK	04:22,4	00:24:18
240	512	Keimer	Markus	1979				231	MHK	04:22,6	00:24:19
241	724	Finocchiaro	Thomas	1979				232	MHK	04:22,8	00:24:20
242	474	Poergye	Imre	1979				233	MHK	04:23,0	00:24:21
243	294	Mekombi	Fourier	1979				234	MHK	04:23,0	00:24:21
244	587	Mischke	Karl	1979		Herzsportgruppe		235	MHK	04:23,1	00:24:22
245	124	Rehbein	Markus	1979				236	MHK	04:23,1	00:24:22
246	434	Schmalen	Luck	1979		IKV		237	MHK	04:23,3	00:24:23
247	1260	Kippels	Martin	1979		Herzsportgruppe		238	MHK	04:23,3	00:24:23
248	33	Kerk	Christian	1979				239	MHK	04:23,5	00:24:24
249	981	Schmitz	Kai	1979				240	MHK	04:23,7	00:24:25
250	766	Schoth	Axel	1979				241	MHK	04:23,7	00:24:25
251	578	Suermann	Harald	1979		Germania 07 Dürwiss		242	MHK	04:23,9	00:24:26
252	1106	Stier	Benoit	1979				243	MHK	04:23,9	00:24:26
253	734	Tacke	Sebastian	1979		Alle Sieben		244	MHK	04:24,0	00:24:27
254	395	Buhl	Dieter	1979		BC-Boyz		245	MHK	04:24,0	00:24:27
255	36	Lubsczyk	Adalbert Jos	1979				246	MHK	04:24,2	00:24:28
256	800	Strych	Marc	1979		Rheno-Borussia		247	MHK	04:24,4	00:24:29
257	499	Liu	Hai Feng	1979				248	MHK	04:24,4	00:24:29
258	663	Josef	Juliana	1979		Herzsportgruppe	W	10	WHK	04:24,6	00:24:30
259	651	Lintzen	Bernd	1979				249	MHK	04:24,6	00:24:30
260	175	Schwarz	Judith	1979			W	11	WHK	04:24,8	00:24:31
261	542	Diefenbach	Nikolaus	1979				250	MHK	04:25,1	00:24:33
262	257	Handt	Stefan	1979		Patho		251	MHK	04:25,3	00:24:34
263	1134	Gundlach	Stefanie	1979			W	12	WHK	04:25,5	00:24:35
264	1279	Rosenbaum	Alfons	1979				252	MHK	04:25,5	00:24:35
265	921	Boye	Michael	1979		Die Heizdüsen		253	MHK	04:25,8	00:24:37
266	5	Mies	Peter	1979				254	MHK	04:25,8	00:24:37
267	207	Beutel	Rüdiger	1979		IMB		255	MHK	04:26,0	00:24:38
268	635	Farokzad	Farane	1979		Aixtreme	W	13	WHK	04:26,2	00:24:39
269	783	Loop	Matthais	1979				256	MHK	04:26,2	00:24:39
270	1170	Hoppermanns	Jannis	1979		Team H.O.B.		257	MHK	04:26,2	00:24:39
271	376	Lengersdorf	David	1979				258	MHK	04:26,4	00:24:40
272	676	Wisser	Claudia	1979		Team WOF	W	14	WHK	04:26,9	00:24:43
273	1	Kujath	Steffen	1979		Stiivi-Team		259	MHK	04:26,9	00:24:43
274	112	Buchholz	Adam	1979				260	MHK	04:27,1	00:24:44
275	654	Paschmann	Hans	1979				261	MHK	04:27,3	00:24:45
276	573	Moik	Georg	1979		Germania 07 Dürwiss		262	MHK	04:27,5	00:24:46
277	52	Alt	Mirko	1979				263	MHK	04:27,5	00:24:46
278	98	Kestermann	Thorsten	1979				264	MHK	04:27,6	00:24:47
279	449	Daldrup	Michael	1979		Holgers		265	MHK	04:27,6	00:24:47
280	760	Kauerauf	Armin	1979				266	MHK	04:28,0	00:24:49
281	1289	Janßen	Lars	1979				267	MHK	04:28,0	00:24:49
282	582	Wolters	Christian	1979				268	MHK	04:28,2	00:24:50
283	1099	Heinen	Ansgar	1979		KryptoKom		269	MHK	04:28,4	00:24:51
284	667	Kruchen	Stefan	1979		Team WOF		270	MHK	04:28,5	00:24:52
285	552	Ganswindt	Britta	1979			W	15	WHK	04:28,7	00:24:53
286	795	Bruns	Georg	1979				271	MHK	04:28,7	00:24:53
287	127	Kirbach	Christian	1979				274	MHK	04:28,9	00:24:54
288	440	Wehr	Hendrik	1979		IKV		272	MHK	04:28,9	00:24:54
289	17	Klüsserat	Ulrich	1979				273	MHK	04:28,9	00:24:54
290	46	Lamberty	Frank	1979				275	MHK	04:29,1	00:24:55

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
291	967	Hillebrand	Martin	1979		Herzsportgruppe		276	MHK	04:29,1	00:24:55
292	738	Brezing	Alexander	1979				277	MHK	04:29,3	00:24:56
293	90	Meinhard	Dirk	1979		Team M		278	MHK	04:29,4	00:24:57
294	971	Hartgen	Stefan	1979		Warmduscher AC		279	MHK	04:29,4	00:24:57
295	1143	Harmeling	Frank	1979				280	MHK	04:29,6	00:24:58
296	1014	Miro	Miro	1979				281	MHK	04:29,6	00:24:58
297	1029	Velten	Frank	1979		DJK Elmar Kohlscheid		282	MHK	04:29,8	00:24:59
298	411	Finnah	Guido	1979		IKV		283	MHK	04:29,8	00:24:59
299	1185	Keßeler	Ron	1979		Die Oberlöter		284	MHK	04:30,0	00:25:00
300	1084	Schröder	Markus	1979		Dorfesel		285	MHK	04:30,0	00:25:00
301	822	Nettelbeck	Christian	1979		AHC		286	MHK	04:30,2	00:25:01
302	976	Schröter	Ben	1979		Dorfesel		287	MHK	04:30,3	00:25:02
303	1210	Richter	Thomas	1979		Rheno-Borussia		288	MHK	04:30,3	00:25:02
304	547	Büngener	Ingo	1979				289	MHK	04:30,5	00:25:03
305	669	Vogt	Bernd	1979		Team WOF		290	MHK	04:30,5	00:25:03
306	443	Ziegmann	Christian	1979		IKV		291	MHK	04:30,7	00:25:04
307	1060	Wendt	Olaf	1979		Schwarz-Rot Aachen		292	MHK	04:30,7	00:25:04
308	1137	Pöttgens	Michael	1979				293	MHK	04:30,9	00:25:05
309	53	Bregulla	Georg	1979				294	MHK	04:31,1	00:25:06
310	877	Meyer	Hendrik	1979				295	MHK	04:31,2	00:25:07
311	809	Zensen	Markus	1979		IND Grasswhoppers		296	MHK	04:31,2	00:25:07
312	779	Schild	Burkhard	1979		Die Oberlöter		297	MHK	04:31,4	00:25:08
313	628	Köller	Thomas	1979				298	MHK	04:31,4	00:25:08
314	675	Saldsieder	Dirk	1979		Team WOF		299	MHK	04:31,6	00:25:09
315	345	Boerger	Marcus	1979		ZOF		300	MHK	04:31,8	00:25:10
316	447	Mitterer	Thomas	1979				301	MHK	04:32,0	00:25:11
317	1038	Brüning	Olaf	1979				302	MHK	04:32,0	00:25:11
318	776	Westrich	Daniel	1979		Aixtreme		303	MHK	04:32,1	00:25:12
319	494	Hülsbusch	Markus	1979		Primo Piano		304	MHK	04:32,1	00:25:12
320	912	Schmidt	Andreas	1979		Die Oberlöter		305	MHK	04:32,3	00:25:13
321	140	Koenen-Schmä	Martin	1979		bonding		306	MHK	04:32,5	00:25:14
322	781	Narr	Claus	1979				307	MHK	04:32,7	00:25:15
323	671	Schütz	Thorsten	1979		Team WOF		308	MHK	04:32,7	00:25:15
324	197	Karbach	Thorsten	1979				309	MHK	04:32,9	00:25:16
325	116	Mannigel	Martin	1979		Die Oberlöter		310	MHK	04:33,0	00:25:17
326	601	Bülles	Martin	1979				311	MHK	04:33,2	00:25:18
327	118	Deichmann	Jan	1979		Die Oberlöter		312	MHK	04:33,2	00:25:18
328	722	Zielke	Sebastian	1979		Philips Speech Processing		313	MHK	04:33,4	00:25:19
329	125	Graeber	Matthias	1979		Die Oberlöter		314	MHK	04:33,4	00:25:19
330	887	Hecken	Marcus	1979				315	MHK	04:33,6	00:25:20
331	1131	Schnelke	Christian	1979		Herzsportgruppe		316	MHK	04:33,8	00:25:21
332	281	Schneider	Gerd	1979				317	MHK	04:33,8	00:25:21
333	185	Loeber	Jochem	1979		Team M		318	MHK	04:34,9	00:25:22
334	283	Muellenbach	Ralf	1979		Pontstrasse		319	MHK	04:34,1	00:25:23
335	114	Plum	Simon	1979		Lous R.		320	MHK	04:34,1	00:25:23
336	1229	Schoeler	Georg	1979				321	MHK	04:34,3	00:25:24
337	803	Paschek	Michael	1979		IND Grasswhoppers		322	MHK	04:34,5	00:25:25
338	709	Helbing	Marc	1979		Philips Speech Processing		323	MHK	04:34,5	00:25:25
339	886	Sardemann	Christoph	1979		Herzsportgruppe		324	MHK	04:34,7	00:25:26
340	851	Griesche	Guido	1979		Team WOF		325	MHK	04:34,7	00:25:26
341	6	Hase	Martin	1979				326	MHK	04:34,8	00:25:27
342	848	Samorski	Markus	1979				327	MHK	04:34,8	00:25:27
343	328	Ahlersmeyer	Lars	1979				328	MHK	04:35,0	00:25:28
344	413	Bock	Nadine	1979		IKV	W	16	WHK	04:35,2	00:25:29
345	1163	Winkler	Lothar	1979		Herzschriftmacher Aachen		329	MHK	04:35,4	00:25:30
346	295	Becker	Markus	1979				330	MHK	04:35,4	00:25:30
347	1292	Holthausen	Dirk	1979		Die Oberlöter		331	MHK	04:35,6	00:25:31
348	373	Petri	Felix	1979		LC92 Bad Salzuflen		332	MHK	04:35,6	00:25:31

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
349	927	Vogt	Harald	1979		LG Stolberg		333	MHK	04:35,7	00:25:32
350	1270	Hengefeld	Gregor	1979				334	MHK	04:35,9	00:25:33
351	955	Gitschel	Christoph	1979		AHC		335	MHK	04:35,9	00:25:33
352	491	Trännapp	Thomas	1979		Dez. 6.0		336	MHK	04:36,1	00:25:34
353	881	Bühner	Andreas	1979				337	MHK	04:36,1	00:25:34
354	320	Schönfeld	Philip	1979				338	MHK	04:36,3	00:25:35
355	900	Gierenz	Volker	1979		EECS		339	MHK	04:36,5	00:25:36
356	1167	Grau	Philipp	1979				340	MHK	04:36,5	00:25:36
357	906	van Hauen	Enken	1979		Aixtreme	W	17	WHK	04:36,6	00:25:37
358	314	Schmidt	Benjamin	1979				341	MHK	04:36,8	00:25:38
359	791	Franke	Michael	1979				342	MHK	04:36,8	00:25:38
360	545	Leber	Gerhard	1979				343	MHK	04:37,0	00:25:39
361	420	Knops	Martin	1979		IKV		344	MHK	04:37,0	00:25:39
362	717	Printz	Markus	1979		Philips Speech Processing		345	MHK	04:37,2	00:25:40
363	844	Schmidt	Frank	1979				346	MHK	04:37,2	00:25:40
364	696	Graf	Jens	1979		Team WOF		347	MHK	04:37,5	00:25:42
365	360	Farges	Eric	1979				348	MHK	04:37,5	00:25:42
366	1286	Spohr	Andreas	1979		Die Oberlöter		349	MHK	04:37,7	00:25:43
367	359	Otto	Carsten	1979				350	MHK	04:37,7	00:25:43
368	995	Freidling	Arnold	1979				352	MHK	04:37,9	00:25:44
369	387	Gatzen	Markus	1979		Team M		353	MHK	04:37,9	00:25:44
370	537	Job	Andreas	1979		Team OC		351	MHK	04:37,9	00:25:44
371	909	Schumacher	Thomas	1979				354	MHK	04:38,1	00:25:45
372	698	Slavinoga	Markus	1979		Team WOF		355	MHK	04:38,1	00:25:45
373	918	Dietrich	Björn	1979				356	MHK	04:38,3	00:25:46
374	59	Budde	Andreas	1979				357	MHK	04:38,4	00:25:47
375	1112	Schleicher	Ansgar	1979		13		358	MHK	04:38,4	00:25:47
376	1147	Boudewins	Tim	1979				359	MHK	04:38,6	00:25:48
377	1053	Viscido	Toni	1979				360	MHK	04:38,6	00:25:48
378	1282	Blaesig	Boris	1979				361	MHK	04:38,8	00:25:49
379	1198	Funk	Bruno	1979				362	MHK	04:39,0	00:25:50
380	1110	Simon	David	1979				363	MHK	04:39,0	00:25:50
381	390	Schmitz	Thomas	1979				364	MHK	04:39,2	00:25:51
382	965	Mayer	Reinhard	1979		LG Stolberg		365	MHK	04:39,3	00:25:52
383	55	Hox	Thomas	1979				366	MHK	04:39,3	00:25:52
384	1006	Blume	Holger	1979		EECS		367	MHK	04:39,5	00:25:53
385	57	Butenweg	Christian	1979		Die Oberlöter		368	MHK	04:39,5	00:25:53
386	381	Söller	Markus	1979				369	MHK	04:39,7	00:25:54
387	182	Weckes	Patrick	1979				370	MHK	04:39,9	00:25:55
388	166	Jouaffre	Denis	1979				371	MHK	04:39,9	00:25:55
389	811	Bruckhaus	Christoph	1979		DLC Aachen		372	MHK	04:40,1	00:25:56
390	768	Zieth	Jörg	1979		Biker		373	MHK	04:40,2	00:25:57
391	1183	Pruski	Olaf	1979				374	MHK	04:40,2	00:25:57
392	954	Wickinghoff	Claus	1979		Rudergruppe		375	MHK	04:40,4	00:25:58
393	584	Von Wirth	Timo	1979				376	MHK	04:40,4	00:25:58
394	558	Kehler	Holger	1979		Aixtreme		377	MHK	04:40,6	00:25:59
395	808	Schwalbach	Peter	1979		IND Grasswhoppers		378	MHK	04:40,8	00:26:00
396	1258	Jakobi	Hubertus	1979		Die Oberlöter		379	MHK	04:40,8	00:26:00
397	277	Berg	Thomas	1979		Alemannia Aachen		380	MHK	04:41,0	00:26:01
398	1262	Jüchter	Ansgar	1979		Die Oberlöter		381	MHK	04:41,1	00:26:02
399	1069	Gattinger	Achim	1979				382	MHK	04:41,3	00:26:03
400	753	Dockter	Sebastian	1979		IMB		383	MHK	04:41,3	00:26:03
401	1104	Messerschmidt	Colin	1979		Herzsportgruppe		384	MHK	04:41,5	00:26:04
402	32	Wolff	Lars	1979				385	MHK	04:41,7	00:26:05
403	364	Kaiser	Ulf	1979				386	MHK	04:41,7	00:26:05
404	109	Giebels	Bernd	1979		RWTH Maulwürfe		387	MHK	04:41,9	00:26:06
405	860	Klaubmann	Stephan	1979		Team WOF		388	MHK	04:41,9	00:26:06
406	221	Müller	Holger	1979		Die Holgers		389	MHK	04:42,0	00:26:07

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
407	704	Stadler	Chris	1979				390	MHK	04:42,0	00:26:07
408	1023	Pfaff	Michael	1979		Die Oberlötter		391	MHK	04:42,2	00:26:08
409	878	Ewald	Jens	1979		Die Heizdüsen		392	MHK	04:42,2	00:26:08
410	296	Jüchter	Henning	1979				393	MHK	04:42,4	00:26:09
411	453	Hammes	Peter	1979		Die Oberlötter		394	MHK	04:42,6	00:26:10
412	831	Benmimoun	Ahmed	1979				395	MHK	04:42,6	00:26:10
413	865	Schäfer	Dominic	1979				396	MHK	04:42,8	00:26:11
414	948	Heinze	Dirk	1979				397	MHK	04:42,8	00:26:11
415	1168	Schilberg	Daniel	1979				398	MHK	04:43,9	00:26:12
416	1263	Fink	Björn	1979				399	MHK	04:43,9	00:26:12
417	940	Hartwig	Hans-Joachi	1979				400	MHK	04:43,1	00:26:13
418	1152	Bäßler	Natascha	1979			W	18	WHK	04:43,3	00:26:14
419	656	Traue	Roy	1979		SRT		401	MHK	04:43,5	00:26:15
420	752	Dannemann	Harriet	1979		Fina	W	19	WHK	04:43,5	00:26:15
421	1140	Heinrich	Torsten	1979				402	MHK	04:43,7	00:26:16
422	1177	Disaro	Roberto	1979				403	MHK	04:43,7	00:26:16
423	22	Trocha	Thomas	1979				404	MHK	04:43,8	00:26:17
424	316	Helvani	Adib	1979				405	MHK	04:44,0	00:26:18
425	150	Cheung	Yun-Bon	1979		Die Oberlötter		406	MHK	04:44,2	00:26:19
426	691	El-Meligy	Yanis	1979		Team WOF		407	MHK	04:44,2	00:26:19
427	20	Kuck	Thomas	1979				408	MHK	04:44,4	00:26:20
428	890	Brender	Mark	1979				409	MHK	04:44,4	00:26:20
429	973	Bickenbach	Johannes	1979				410	MHK	04:44,6	00:26:21
430	928	Klemm	Gero	1979		LG Stolberg		411	MHK	04:44,9	00:26:23
431	600	Weller	Albrecht	1979				412	MHK	04:44,9	00:26:23
432	565	Scharr	Daniel	1979		Die Oberlötter		413	MHK	04:45,1	00:26:24
433	169	Ormanns	Bernhard	1979		DJK Gillrath		414	MHK	04:45,3	00:26:25
434	466	Burchardi	Thomas	1979		Losser-Berg		415	MHK	04:45,3	00:26:25
435	619	Debets	Dennis	1979		Weiß Geiß		416	MHK	04:45,5	00:26:26
436	904	Dell'Aquila	Vito	1979				417	MHK	04:45,5	00:26:26
437	597	Krämer	Stefan	1979				418	MHK	04:45,6	00:26:27
438	1045	Brautlecht	Peter	1979				419	MHK	04:45,8	00:26:28
439	1135	Dessloch	Christian	1979				420	MHK	04:45,8	00:26:28
440	366	Hülden	Frank	1979				421	MHK	04:46,0	00:26:29
441	577	Schroeder	Karl	1979		Germania 07 Dürwiss		422	MHK	04:46,0	00:26:29
442	121	Steffens	Peter	1979		Die Oberlötter		423	MHK	04:46,2	00:26:30
443	92	Wiegert	Jens	1979				424	MHK	04:46,4	00:26:31
444	255	von Fisenne	Herbert	1979				425	MHK	04:46,4	00:26:31
445	750	Nähring	Jörg	1979				426	MHK	04:46,5	00:26:32
446	407	Preiser	Wolfgang	1979		Rudergruppe		427	MHK	04:46,7	00:26:33
447	777	Bartholomy	Dirk	1979				428	MHK	04:46,9	00:26:34
448	18	Wall	Markus	1979				429	MHK	04:46,9	00:26:34
449	222	Hambergers	Holger	1979		Die Holgers		430	MHK	04:47,1	00:26:35
450	365	Dohle	Daniel	1979				431	MHK	04:47,3	00:26:36
451	1078	Cüppers	Volker	1979				432	MHK	04:47,3	00:26:36
452	268	Simon	Frank	1979		IRT Running Team		433	MHK	04:47,4	00:26:37
453	246	Book	Mario	1979				434	MHK	04:47,6	00:26:38
454	797	Reclaire	Marc	1979		Rheno-Borussia		435	MHK	04:47,8	00:26:39
455	732	Malowski	Christof	1979				436	MHK	04:47,8	00:26:39
456	1146	Ciruelos	Santiago	1979		Anorganics		437	MHK	04:48,0	00:26:40
457	38	Heinrichs	Leon	1979				438	MHK	04:48,0	00:26:40
458	835	Deckers	Rob	1979				439	MHK	04:48,3	00:26:42
459	762	Heinen	Wolfgang	1979				440	MHK	04:48,3	00:26:42
460	469	Kahlen	Klemens	1979		ISEA		441	MHK	04:48,3	00:26:42
461	964	Lüdeke	Thobias	1979		Die Oberlötter		442	MHK	04:48,5	00:26:43
462	665	Schremmer	Anke	1979			W	20	WHK	04:48,5	00:26:43
463	756	Schloßer	Axel	1979		IRT Running Team		443	MHK	04:48,7	00:26:44
464	196	Stein	Josef	1979				444	MHK	04:48,7	00:26:44

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
465	1114	Tiessen	Achim	1979				445	MHK	04:48,9	00:26:45
466	1024	Fritz	Christian	1979				446	MHK	04:49,1	00:26:46
467	991	Vanlommel	Dieter	1979				447	MHK	04:49,1	00:26:46
468	475	Sonntag	Lars	1979		Die Oberlötter		448	MHK	04:49,2	00:26:47
469	637	Bestmann	Johanna	1979		ATG Aachen	W	21	WHK	04:49,2	00:26:47
470	590	Spittka	Julian	1979		Warmduscher AC		449	MHK	04:49,4	00:26:48
471	429	Prolluis	Sven	1979		IKV		450	MHK	04:49,6	00:26:49
472	1165	Prost	Klaus	1979				451	MHK	04:49,8	00:26:50
473	864	Olbertz	Martin	1979				452	MHK	04:49,8	00:26:50
474	486	Schulz	Uwe	1979				453	MHK	04:50,0	00:26:51
475	1119	Schaffrath	Daniel	1979				454	MHK	04:50,0	00:26:51
476	1004	Osterloh	Patrik	1979		EECS		455	MHK	04:50,0	00:26:51
477	949	Madest	Jörg	1979				456	MHK	04:50,1	00:26:52
478	488	Gottschalk	Lothar	1979				457	MHK	04:50,3	00:26:53
479	773	Dern	Andreas	1979		Bull-Power		458	MHK	04:50,5	00:26:54
480	89	Eggen	Peter	1979		Bull-Power		459	MHK	04:50,7	00:26:55
481	224	Bonka	Hans	1979				460	MHK	04:50,7	00:26:55
482	520	Böhme	Achim	1979		Team OC		461	MHK	04:50,9	00:26:56
483	1082	Winkler	Matthias	1979				462	MHK	04:51,0	00:26:57
484	242	Börstler	Fritjof	1979				463	MHK	04:51,2	00:26:58
485	1066	Wollgarten	Andreas	1979				464	MHK	04:51,2	00:26:58
486	522	Hachtel	Jochen	1979		Team OC		465	MHK	04:51,4	00:26:59
487	681	Herrmann	Michael	1979		Team WOF		466	MHK	04:51,4	00:26:59
488	1227	Nellen	Dirk	1979				467	MHK	04:51,4	00:26:59
489	1213	Theile	Horst	1979		IGL Aachen		468	MHK	04:51,6	00:27:00
490	521	Wessels	Michael	1979		Team OC		469	MHK	04:51,6	00:27:00
491	1130	Fink	Berhard	1979				470	MHK	04:51,8	00:27:01
492	1238	Kuppe	Daniel	1979				471	MHK	04:52,9	00:27:02
493	1046	Löhring	Jens	1979		Die Oberlötter		472	MHK	04:52,9	00:27:02
494	729	Kaya	Berra	1979				473	MHK	04:52,1	00:27:03
495	958	Gercke	Martin	1979				474	MHK	04:52,1	00:27:03
496	810	Krueger	Hauke	1979		IND Grasswhoppers		475	MHK	04:52,3	00:27:04
497	799	Schlickmann	Marcel	1979		Rheno-Borussia		476	MHK	04:52,5	00:27:05
498	806	Werner	Marc	1979		IND Grasswhoppers		477	MHK	04:52,5	00:27:05
499	692	Imbert	Roland	1979		Team WOF		478	MHK	04:52,7	00:27:06
500	1050	Dargel	Robin	1979				479	MHK	04:52,7	00:27:06
501	1016	Doderer	Maximilian	1979				480	MHK	04:53,0	00:27:08
502	377	Zeiler	Daniel	1979				481	MHK	04:53,0	00:27:08
503	490	Klee	Ralph	1979				482	MHK	04:53,2	00:27:09
504	383	Perkuhn	Michael	1979		Fina		483	MHK	04:53,2	00:27:09
505	88	Kleinfeld	Rainer	1979		Fina		484	MHK	04:53,4	00:27:10
506	385	Frings	Markus	1979		Team M		485	MHK	04:53,4	00:27:10
507	363	Klein	Uwe	1979				486	MHK	04:53,6	00:27:11
508	1086	Hegermann	Ralf	1979		Hamburger Nachteulen		487	MHK	04:53,6	00:27:11
509	136	Seppelt	Michael	1979		Die Oberlötter		488	MHK	04:53,9	00:27:13
510	1093	Kriegel	Christoph	1979				489	MHK	04:53,9	00:27:13
511	1155	Knocke	Christof	1979				490	MHK	04:53,9	00:27:13
512	804	Adrat	Marc	1979		IND Grasswhoppers		491	MHK	04:54,1	00:27:14
513	719	Schlichte	Reinhard	1979		Philips Speech Processing		492	MHK	04:54,3	00:27:15
514	327	Pastor	Andres	1979				493	MHK	04:54,3	00:27:15
515	165	Kettler	Michael	1979				494	MHK	04:54,5	00:27:16
516	1220	Pongratic	Valentin	1979				495	MHK	04:54,5	00:27:16
517	1026	Herzog	Christoph	1979				496	MHK	04:54,6	00:27:17
518	982	Schnitzler	Knut	1979				497	MHK	04:54,8	00:27:18
519	1132	Straß	Gernot	1979		Die Oberlötter		498	MHK	04:54,8	00:27:18
520	1174	Leichter	Tobias	1979				499	MHK	04:54,8	00:27:18
521	1173	Payandeh	Peter	1979				500	MHK	04:55,2	00:27:20
522	282	Schult	Andreas	1979		Pontstrasse		501	MHK	04:55,2	00:27:20

Ergebnisliste

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
523	885	Rosenbauer	Christiane	1979		Herzsportgruppe	W	22	WHK	04:55,4	00:27:21
524	631	Neubauer	Harald	1979				502	MHK	04:55,4	00:27:21
525	84	Asbir	Souliman	1979				504	MHK	04:55,7	00:27:23
526	1090	Zentner	Irmela	1979			W	23	WHK	04:55,7	00:27:23
527	81	Dluhosch	Oliver	1979				503	MHK	04:55,7	00:27:23
528	1230	Hennecke	Frank	1979				505	MHK	04:55,9	00:27:24
529	1211	Reeh	Thomas	1979		Rheno-Borussia		506	MHK	04:56,1	00:27:25
530	1240	Krott	Sylvia	1979			W	24	WHK	04:56,1	00:27:25
531	212	Ziemer	Wido	1979		KaWo1		507	MHK	04:56,1	00:27:25
532	544	Schwartzmann	Stefan	1979				508	MHK	04:56,3	00:27:26
533	1142	Schleicher	Boris	1979				509	MHK	04:56,3	00:27:26
534	659	Ibs von Seht	Malte	1979				510	MHK	04:56,4	00:27:27
535	871	Oetzel	Stefan	1979				511	MHK	04:56,4	00:27:27
536	972	Zantis	Oliver	1979				512	MHK	04:56,6	00:27:28
537	1277	Shin	Jong-Won	1979				513	MHK	04:56,8	00:27:29
538	660	Fehling	Jürgen	1979		Fina		514	MHK	04:56,8	00:27:29
539	763	Hermann	Robert	1979				515	MHK	04:57,0	00:27:30
540	78	Piossek	Marc	1979				516	MHK	04:57,0	00:27:30
541	769	Bäcker	Jörg	1979		Primo piano		517	MHK	04:57,2	00:27:31
542	846	Ludwig	Holger	1979				518	MHK	04:57,2	00:27:31
543	855	Reutsch	Ralf	1979		Team WOF		519	MHK	04:57,3	00:27:32
544	540	Grewe	Markus	1979		Alle Sieben		520	MHK	04:57,5	00:27:33
545	382	Haas	Patrick	1979				521	MHK	04:57,5	00:27:33
546	47	Feste	Sebastian	1979				522	MHK	04:57,7	00:27:34
547	45	Werner	Wolf	1979				523	MHK	04:57,7	00:27:34
548	978	Engelhardt	Dyrk	1979				524	MHK	04:57,9	00:27:35
549	492	Lamby	Daniel	1979				525	MHK	04:58,1	00:27:36
550	1103	Endrikat	Klaus	1979		mailbox-B		526	MHK	04:58,1	00:27:36
551	1197	Ramakers	Stefan	1979				527	MHK	04:58,2	00:27:37
552	419	Heinz	Robert	1979		IKV		528	MHK	04:58,2	00:27:37
553	1007	Gemmeke	Thomas	1979		EECS		529	MHK	04:58,6	00:27:39
554	274	Riss	Michael	1979		Team M		531	MHK	04:58,8	00:27:40
555	28	Piatkowiak	Michael	1979				532	MHK	04:58,8	00:27:40
556	1013	Feldkämper	Hendrik	1979		EECS		530	MHK	04:58,8	00:27:40
557	530	Kramps	Laurenz	1979		Team OC		533	MHK	04:59,0	00:27:41
558	1041	Schumacher	Matthias	1979		Die Oberlötter		534	MHK	04:59,0	00:27:41
559	30	Springob	Nils	1979				535	MHK	04:59,1	00:27:42
560	1144	Ludwig	Marc	1979		Die Oberlötter		536	MHK	04:59,1	00:27:42
561	1161	Lücken	Hermann	1979				537	MHK	04:59,3	00:27:43
562	742	Albrecht	Dominik	1979				538	MHK	04:59,3	00:27:43
563	181	Schropp	Andreas	1979				539	MHK	04:59,5	00:27:44
564	603	Rosenkranz	Josef	1979		FH Team Aachen		540	MHK	04:59,5	00:27:44
565	735	Porzsoit	Alexander	1979		Alle Sieben		541	MHK	04:59,7	00:27:45
566	644	Luft	Axel	1979				542	MHK	04:59,9	00:27:46
567	1091	Bey	Ralf	1979		Meta		543	MHK	05:00,0	00:27:47
568	131	Kind	Jaakob	1979		Aixtreme		544	MHK	05:00,0	00:27:47
569	1280	Hoffmann	Ulrich	1979		FH Team Aachen		545	MHK	05:00,2	00:27:48
570	832	Kind	Melanie	1979		ZOF	W	25	WHK	05:00,2	00:27:48
571	593	Sürgers	Markus	1979		Warmduscher AC		546	MHK	05:00,4	00:27:49
572	1284	Karges	Ralph	1979				547	MHK	05:00,6	00:27:50
573	1190	Scheeren	Gido	1979				548	MHK	05:00,6	00:27:50
574	397	Reul	Jan	1979				549	MHK	05:00,8	00:27:51
575	929	Sturm	Christian	1979				550	MHK	05:01,9	00:27:52
576	303	van Helden	Christian	1979				551	MHK	05:01,9	00:27:52
577	511	Fink	Christian	1979				552	MHK	05:01,1	00:27:53
578	963	Houben	Georg	1979		ZOF		553	MHK	05:01,1	00:27:53
579	94	Widynski	Thomas	1979				554	MHK	05:01,3	00:27:54
580	1120	Sonanini	Christoph	1979		Die Oberlötter		555	MHK	05:01,5	00:27:55

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
581	1111	Giesen	Lars	1979		Biologie 1		556	MHK	05:01,5	00:27:55
582	298	Brand	Hein	1979		Herzsportgruppe		557	MHK	05:01,7	00:27:56
583	1136	Groß	Sven	1979		Flying Navigators		558	MHK	05:01,8	00:27:57
584	213	Albers	Christoph	1979				559	MHK	05:01,8	00:27:57
585	643	Hadaschik	Niels	1979				560	MHK	05:02,0	00:27:58
586	839	Blumenkamp	Markus	1979		Wiking		561	MHK	05:02,2	00:27:59
587	956	Kuhlmann	Karsten	1979				562	MHK	05:02,2	00:27:59
588	695	Lynen	Ralf	1979		Team WOF		563	MHK	05:02,2	00:27:59
589	571	Lürken	Hildegard	1979		Germania 07 Dürwiss	W	26	WHK	05:02,4	00:28:00
590	25	Donat	Frank	1979		EASY		564	MHK	05:02,6	00:28:01
591	1212	Choi	Young-Jin	1979		Rheno-Borussia		565	MHK	05:02,7	00:28:02
592	1077	Winandy	Stefan	1979				566	MHK	05:02,7	00:28:02
593	1214	Hüttemann	Michael	1979		IGL Aachen		567	MHK	05:03,9	00:28:03
594	41	Jüttner	Wolfgang	1979		LG Bawinkel/Clusorth-Bramh		568	MHK	05:03,1	00:28:04
595	208	Nöldgen	Markus	1979		IMB		569	MHK	05:03,3	00:28:05
596	1065	Engfeld	Thomas	1979				570	MHK	05:03,3	00:28:05
597	497	Töpker	Norbert	1979				571	MHK	05:03,5	00:28:06
598	989	Gielkens	Leo	1979				572	MHK	05:03,5	00:28:06
599	156	Heßberger	Dirk	1979				573	MHK	05:03,8	00:28:08
600	1054	Germann	Marco	1979				574	MHK	05:03,8	00:28:08
601	100	Schütz	Markus	1979				575	MHK	05:04,0	00:28:09
602	624	Hennig	Karsten	1979		Die Oberlöter		576	MHK	05:04,2	00:28:10
603	901	Rodrigues	Felipe	1979				577	MHK	05:04,2	00:28:10
604	510	Schnitzler	Peter	1979				578	MHK	05:04,4	00:28:11
605	149	Hirtz	Udo	1979				579	MHK	05:04,4	00:28:11
606	241	Hauser	Jens	1979				580	MHK	05:04,5	00:28:12
607	550	Vorloeper	Juergen	1979				581	MHK	05:04,9	00:28:14
608	457	Voss	Ingo	1979		ISEA		582	MHK	05:04,9	00:28:14
609	210	Mitzon	Christen	1979		TV Roetgen	W	27	WHK	05:04,9	00:28:14
610	1219	Greiner	Darja	1979			W	28	WHK	05:05,1	00:28:15
611	311	Lensdorf	Sven	1979		Pont Pascha		583	MHK	05:05,1	00:28:15
612	1251	Kroppen	Nicole	1979		Herzsportgruppe	W	29	WHK	05:05,3	00:28:16
613	686	Duffy	Der	1979		Team WOF		584	MHK	05:05,4	00:28:17
614	260	Fleischer	Aarne	1979		Patho		586	MHK	05:05,6	00:28:18
615	579	Wick	Rainer	1979		Germania 07 Dürwiss		587	MHK	05:05,6	00:28:18
616	297	Hoffmann	Wolf-Martin	1979				585	MHK	05:05,6	00:28:18
617	745	de Byl	Ludger	1979				588	MHK	05:05,8	00:28:19
618	1283	Goebels	Klaus	1979				589	MHK	05:06,0	00:28:20
619	882	Lindner	Birgit	1979		Die Oberlöter	W	30	WHK	05:06,0	00:28:20
620	132	Spennes	Ralf	1979				590	MHK	05:06,0	00:28:20
621	1088	Müller	Sven	1979		Hitnet		591	MHK	05:06,2	00:28:21
622	1122	Freitag	Michael	1979				592	MHK	05:06,3	00:28:22
623	926	Leppig	Björn	1979				593	MHK	05:06,3	00:28:22
624	237	Geerkens	Thomas	1979		Herzsportgruppe		594	MHK	05:06,5	00:28:23
625	937	Brenmöhl	Andreas	1979				595	MHK	05:06,5	00:28:23
626	220	Surya Atmadja	Heru Eka	1979				596	MHK	05:06,7	00:28:24
627	4	Miluczky	Attila	1979		Fat4Slim		597	MHK	05:06,9	00:28:25
628	1149	Hammann-Klos	Anne	1979		Baströckchen AC	W	31	WHK	05:06,9	00:28:25
629	455	Fiedler	Jens	1979		ISEA		598	MHK	05:07,1	00:28:26
630	1249	Lensing	Marcel	1979				599	MHK	05:07,2	00:28:27
631	505	Aelmanns	Arnd	1979				600	MHK	05:07,2	00:28:27
632	1164	Hoss	Christof	1979				601	MHK	05:07,4	00:28:28
633	1250	Tomczak	Josef	1979				602	MHK	05:07,6	00:28:29
634	1087	Müller	Martin	1979				603	MHK	05:07,6	00:28:29
635	576	Pesch	Helmut	1979		Germania 07 Dürwiss		604	MHK	05:07,8	00:28:30
636	1298	Dietrich	Horst	1979				605	MHK	05:08,0	00:28:31
637	895	Fark	Thomas	1979		Hitnet		606	MHK	05:08,0	00:28:31
638	450	Seiderer	Daniel	1979				607	MHK	05:08,1	00:28:32

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
639	409	Klar	Rainer	1979		Rudergruppe		608	MHK	05:08,1	00:28:32
640	1148	Fröhlich	Andreas	1979				609	MHK	05:08,3	00:28:33
641	93	Effenkammer	Dirk	1979		Warmduscher AC		610	MHK	05:08,5	00:28:34
642	19	Auyeung	Ch. Kevin	1979				611	MHK	05:08,5	00:28:34
643	402	Bauer	Sascha	1979				612	MHK	05:08,5	00:28:34
644	187	Selinger	Viktor	1979				613	MHK	05:08,7	00:28:35
645	430	Putthummer	Sven	1979		IKV		614	MHK	05:08,7	00:28:35
646	570	Kohlen	Helene	1979		Germania 07 Dürwiss	W	32	WHK	05:08,9	00:28:36
647	634	Arndt	Brigitte	1979		Aixtreme	W	33	WHK	05:09,0	00:28:37
648	925	Taoufik	Salaheddine	1979				615	MHK	05:09,0	00:28:37
649	334	Michels	Ralf	1979				616	MHK	05:09,2	00:28:38
650	108	Straaten	Andreas	1979		RWTH Maulwürfe		617	MHK	05:09,4	00:28:39
651	353	Kuhn	Daniel	1979				618	MHK	05:09,6	00:28:40
652	357	Krause	Alina	1979			W	34	WHK	05:09,8	00:28:41
653	370	Grebing	Gerhard	1979				619	MHK	05:09,8	00:28:41
654	568	Faßbender	Hubert	1979		Germania 07 Dürwiss		620	MHK	05:10,9	00:28:42
655	1232	Göttling	Sascha	1979				621	MHK	05:10,9	00:28:42
656	362	Heising	Bernhard	1979				622	MHK	05:10,1	00:28:43
657	79	Kick	Angela	1979			W	35	WHK	05:10,3	00:28:44
658	259	Günther	Kalle	1979		Patho		623	MHK	05:10,3	00:28:44
659	532	Bräse	Stefan	1979		Team OC		624	MHK	05:10,5	00:28:45
660	727	Michaux	Manfred	1979				625	MHK	05:10,7	00:28:46
661	655	Rösing	Jürgen	1979				626	MHK	05:10,7	00:28:46
662	50	Steiner	Felix	1979				627	MHK	05:11,0	00:28:48
663	367	Tworeck	Jürgen	1979				628	MHK	05:11,0	00:28:48
664	720	Schwering	Antje	1979		Philips Speech Processing	W	36	WHK	05:11,2	00:28:49
665	1157	Gerst	Ulrich	1979				629	MHK	05:11,2	00:28:49
666	858	Kamp	Michael	1979		Team WOF		630	MHK	05:11,4	00:28:50
667	1059	Mang	Thomas	1979				631	MHK	05:11,6	00:28:51
668	702	Wagner	Thomas	1979		Die Oberlötter		632	MHK	05:11,7	00:28:52
669	275	Kaldenbach	Rolf	1979				633	MHK	05:11,7	00:28:52
670	110	Bodewig	Tobias	1979				634	MHK	05:12,1	00:28:54
671	134	Zauner	Jörn	1979		Alle Sieben		635	MHK	05:12,3	00:28:55
672	990	Ruetz	Sabine	1979			W	37	WHK	05:12,3	00:28:55
673	581	Thoenis	Torsten	1979				636	MHK	05:12,5	00:28:56
674	1000	Frenschek	Winfried	1979				637	MHK	05:12,5	00:28:56
675	51	Uhde	Kerstin	1979			W	38	WHK	05:12,6	00:28:57
676	621	Witte	Martin	1979		Weiß Geiß		638	MHK	05:12,6	00:28:57
677	1216	Engbert	Uli	1979				639	MHK	05:12,8	00:28:58
678	368	Küsters	Walter	1979				640	MHK	05:12,8	00:28:58
679	741	Traina	Valerio	1979				641	MHK	05:13,0	00:28:59
680	614	Reder	Christoph	1979		Warmduscher AC		642	MHK	05:13,0	00:28:59
681	1278	Schmidla	Georg	1979				643	MHK	05:13,2	00:29:00
682	672	Dussa	Jens	1979		Team WOF		644	MHK	05:13,4	00:29:01
683	1221	van Kann	Thomas	1979		Rheno-Borussia		645	MHK	05:13,4	00:29:01
684	250	Jaekel	Uwe	1979				646	MHK	05:13,5	00:29:02
685	456	Schwarzer	Ulrich	1979		ISEA		647	MHK	05:13,5	00:29:02
686	12	Schwarze	Marco	1979		Die Oberlötter		648	MHK	05:13,7	00:29:03
687	229	Hammernick	Friedel	1979		TV Huchem-Stammeln		649	MHK	05:13,9	00:29:04
688	712	Kruger	Sander	1979		Philips Speech Processing		650	MHK	05:13,9	00:29:04
689	1202	Fuchs	Frank	1979		Rheno-Borussia		651	MHK	05:14,1	00:29:05
690	780	Kettemis	Ralf	1979		Die Oberlötter		652	MHK	05:14,1	00:29:05
691	1275	Spohr	Stefan	1979		Die Oberlötter		653	MHK	05:14,3	00:29:06
692	801	Kraff	Torsten	1979		IND Grasswhoppers		654	MHK	05:14,4	00:29:07
693	386	Schultheis	Frank	1979				655	MHK	05:14,6	00:29:08
694	500	Müller	Roland	1979		IND Grasswhoppers		656	MHK	05:14,8	00:29:09
695	539	Heiß	Alexander	1979				657	MHK	05:15,2	00:29:11
696	215	Berg	Alexander	1979				658	MHK	05:15,2	00:29:11

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
697	632	Wicke	Sabine	1979		Aixtreme	W	39	WHK	05:15,3	00:29:12
698	650	Heckert	Ernst	1979		Erythropoietin 99		659	MHK	05:15,3	00:29:12
699	267	Hücker	Jan	1979		IRT Running Team		660	MHK	05:15,5	00:29:13
700	286	Reckord	Ute	1979			W	40	WHK	05:15,5	00:29:13
701	425	Lewerich	Burkhard	1979		IKV		661	MHK	05:15,7	00:29:14
702	910	Mandelartz	Johannes	1979				662	MHK	05:15,7	00:29:14
703	1030	Heisterüber	Nik	1979				663	MHK	05:15,9	00:29:15
704	802	Schnuis	Torsten	1979		IND Grasswhoppers		664	MHK	05:16,1	00:29:16
705	524	Dinter	Christian	1979		Team OC		665	MHK	05:16,2	00:29:17
706	40	Leitner	Arnd	1979				667	MHK	05:16,4	00:29:18
707	1063	Kulder	Wiebke	1979			W	41	WHK	05:16,4	00:29:18
708	946	Warnecke	Andreas	1979				666	MHK	05:16,4	00:29:18
709	414	Franz	Andreas	1979		IKV		668	MHK	05:16,6	00:29:19
710	680	Siebert	Helmut	1979		Team WOF		669	MHK	05:16,6	00:29:19
711	845	Lucas	Mario	1979				670	MHK	05:16,8	00:29:20
712	37	Moeck	Ewa	1979			W	42	WHK	05:17,0	00:29:21
713	993	Rehborn	Susanne	1979			W	43	WHK	05:17,1	00:29:22
714	555	Janke	Christof	1979				671	MHK	05:17,1	00:29:22
715	144	Jung	Sandra	1979			W	44	WHK	05:17,3	00:29:23
716	1181	Elsen	Anja	1979		Studentenwerk	W	45	WHK	05:17,3	00:29:23
717	1033	Conrad	Sonja	1979		Flying Navigators	W	46	WHK	05:17,7	00:29:25
718	80	Pellenz	Stefan	1979				672	MHK	05:17,7	00:29:25
719	230	Dienstbach	Anne	1979			W	47	WHK	05:17,9	00:29:26
720	441	Werths	Uwe	1979		IKV		673	MHK	05:18,2	00:29:28
721	977	Bannholzer	Björn	1979				674	MHK	05:18,2	00:29:28
722	1116	Baur	Tillmann	1979				675	MHK	05:18,4	00:29:29
723	1239	Klose	Markus	1979				676	MHK	05:18,4	00:29:29
724	323	Beckmann	Isabel	1979		Die Oberlötter	W	48	WHK	05:18,6	00:29:30
725	462	Klomps	Kevin	1979		ISEA		677	MHK	05:18,8	00:29:31
726	479	Heykamp	Markus	1979		Die Oberlötter		678	MHK	05:19,9	00:29:32
727	994	Vandenbroek	Peter	1979				679	MHK	05:19,9	00:29:32
728	27	Stoletzki	Till	1979		EASY		680	MHK	05:19,1	00:29:33
729	347	Wermers	Holger	1979		Reiff 1		681	MHK	05:19,3	00:29:34
730	1233	Schmitz	Tom	1979				682	MHK	05:19,3	00:29:34
731	1171	Kessen	Veit	1979		H.O.B.		683	MHK	05:19,5	00:29:35
732	145	Vossen	Johannes	1979				684	MHK	05:19,5	00:29:35
733	481	Schmirgel	Heiko	1979		Die Oberlötter		685	MHK	05:19,7	00:29:36
734	476	Von den Driesc	Ute	1979		Aixtreme	W	49	WHK	05:19,7	00:29:36
735	73	Weitz	Robert	1979		Fina		686	MHK	05:19,8	00:29:37
736	798	Bohnenberger	Ray	1979		Rheno-Borussia		687	MHK	05:19,8	00:29:37
737	1291	Kleine	Achim	1979		Die Oberlötter		688	MHK	05:20,0	00:29:38
738	805	Tchamdjou	Alain	1979		IND Grasswhoppers		689	MHK	05:20,0	00:29:38
739	945	Zorn	Rene	1979				690	MHK	05:20,2	00:29:39
740	151	Fox	Christian	1979		Die Oberlötter		691	MHK	05:20,2	00:29:39
741	1002	Weiss	Oliver	1979		EECS		692	MHK	05:20,4	00:29:40
742	378	Normann	Matthias	1979				693	MHK	05:20,6	00:29:41
743	1235	Pijpers	Ton	1979				695	MHK	05:20,7	00:29:42
744	693	Mürkens	Bert	1979		Team WOF		696	MHK	05:20,7	00:29:42
745	962	Reger	Dirk	1979				694	MHK	05:20,7	00:29:42
746	516	Schmidt	Reiner	1979				697	MHK	05:21,9	00:29:43
747	533	Nühning	Anja	1979		Team OC	W	50	WHK	05:21,9	00:29:43
748	104	Steude	Martin	1979		Running Gag		698	MHK	05:21,1	00:29:44
749	843	Boesch	Peter	1979		Ich		699	MHK	05:21,1	00:29:44
750	1095	Faltmann	Klaus	1979		KryptoKom		700	MHK	05:21,3	00:29:45
751	775	Gäer	Andreas	1979				701	MHK	05:21,5	00:29:46
752	1022	Köpp	Christian	1979				702	MHK	05:21,5	00:29:46
753	668	Weidemann	Thorsten	1979		Team WOF		703	MHK	05:21,6	00:29:47
754	975	Stork	Marcel	1979		IGL Aachen		704	MHK	05:21,6	00:29:47

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
755	82	Streckbein	Sebastian	1979				705	MHK	05:21,8	00:29:48
756	1166	Kleine-Wiskott	Jan	1979				706	MHK	05:21,8	00:29:48
757	525	Gerhards	Frank	1979		Team OC		707	MHK	05:22,0	00:29:49
758	560	Sacher	Stefanie	1979		Herzsportgruppe	W	51	WHK	05:22,0	00:29:49
759	1257	Nöggerath	Andre	1979		Die Oberlöter		708	MHK	05:22,2	00:29:50
760	561	Wallach	Andrea	1979		Herzsportgruppe	W	52	WHK	05:22,2	00:29:50
761	947	Frohn	Michael	1979				709	MHK	05:22,4	00:29:51
762	24	Kneifel	Andreas	1979				710	MHK	05:22,5	00:29:52
763	930	Herbrand	Robert	1979		Herzsportgruppe		711	MHK	05:22,5	00:29:52
764	562	Fischer	Thomas	1979		Herzsportgruppe		712	MHK	05:22,7	00:29:53
765	23	Schmidder	Patrick	1979				713	MHK	05:22,7	00:29:53
766	575	Nepomuck	Bernd	1979		Germania 07 Dürwiss		714	MHK	05:22,9	00:29:54
767	625	Kugler	Rainer	1979				715	MHK	05:23,1	00:29:55
768	723	Metschke	Oliver	1979		Philips Speech Processing		716	MHK	05:23,1	00:29:55
769	896	Degen	Christoph	1979		Hitnet		717	MHK	05:23,3	00:29:56
770	226	Nauhauser	Franz	1979				718	MHK	05:23,3	00:29:56
771	854	Kölling	Anne	1979		Team WOF	W	53	WHK	05:23,4	00:29:57
772	559	Motter	Michael	1979		Herzsportgruppe		719	MHK	05:23,4	00:29:57
773	1228	Steffen	Martin	1979				720	MHK	05:23,6	00:29:58
774	677	Wolter	Norbert	1979		Team WOF		721	MHK	05:23,6	00:29:58
775	685	Konjack	Asta	1979		Team WOF	W	54	WHK	05:23,6	00:29:58
776	563	WEIß	Hartmut	1979				722	MHK	05:24,0	00:30:00
777	1297	Siebert	Jochen	1979				723	MHK	05:24,0	00:30:00
778	880	Spiritus	Katrin	1979			W	55	WHK	05:24,2	00:30:01
779	950	Krzikalla	Norbert	1979				724	MHK	05:24,2	00:30:01
780	938	Vach	Andreas	1979				725	MHK	05:24,3	00:30:02
781	1109	Vach	Michael	1979				726	MHK	05:24,3	00:30:02
782	1092	Wolters	Peter	1979				727	MHK	05:24,5	00:30:03
783	1288	Arndt	Oliver	1979				728	MHK	05:24,5	00:30:03
784	549	Jenayeh	Imad	1979		IRT Running Team		729	MHK	05:24,7	00:30:04
785	674	Rüttgers	Doro	1979		Team WOF	W	56	WHK	05:24,9	00:30:05
786	683	Robscheid	Remco	1979		Team WOF		730	MHK	05:24,9	00:30:05
787	1237	Ellerhold	Sabine	1979			W	57	WHK	05:25,1	00:30:06
788	444	Berthold	Joe	1979		IKV		731	MHK	05:25,2	00:30:07
789	9	Besgen	Dorothea	1979			W	58	WHK	05:25,2	00:30:07
790	1070	Golz	Thomas	1979				732	MHK	05:25,4	00:30:08
791	495	Wienand	Frank	1979		IRT Running Team		733	MHK	05:25,4	00:30:08
792	715	Mulder	John	1979		Philips Speech Processing		734	MHK	05:25,6	00:30:09
793	1274	Jägersberg	Bianca	1979			W	59	WHK	05:25,6	00:30:09
794	113	Winkler	Thomas	1979		Lous R.		735	MHK	05:25,8	00:30:10
795	115	Schu	Florian	1979		Die Oberlöter		736	MHK	05:26,0	00:30:11
796	518	Schwillo	Reinhard	1979		Die Oberlöter		737	MHK	05:26,1	00:30:12
797	853	Grün	Gaby	1979		Team WOF	W	60	WHK	05:26,1	00:30:12
798	657	Wisniowski	Jacek	1979		Die Oberlöter		738	MHK	05:26,3	00:30:13
799	72	Rake	Timmy	1979		Fina		739	MHK	05:26,5	00:30:14
800	771	Podolak	Michael	1979		Angels		740	MHK	05:26,7	00:30:15
801	172	Holschuh	Roland	1979		Fina		741	MHK	05:26,9	00:30:16
802	1113	Rüdiger	Lars	1979				742	MHK	05:27,0	00:30:17
803	75	Wellmann	Till	1979		Fina		743	MHK	05:27,0	00:30:17
804	1051	Van der Lee	Max	1979		Aixtreme		744	MHK	05:27,2	00:30:18
805	813	Krickel	Rainer	1979				745	MHK	05:27,4	00:30:19
806	867	Lausberg	Walter	1979				746	MHK	05:27,4	00:30:19
807	638	van de Sand	Andreas	1979		IKV		747	MHK	05:27,6	00:30:20
808	480	Schmirgel	Volker	1979		Die Oberlöter		748	MHK	05:27,6	00:30:20
809	705	Allwicher	Klaus	1979		Philips Speech Processing		749	MHK	05:28,9	00:30:22
810	1241	Nordhoff	Ole	1979				750	MHK	05:28,9	00:30:22
811	251	Koechert	Clemens	1979		Endstation		751	MHK	05:28,1	00:30:23
812	272	Pala	Christoph	1979		Team M		752	MHK	05:28,1	00:30:23

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
813	203	Schmidt	Markus	1979		IMB		753	MHK	05:28,3	00:30:24
814	85	Gäütier	Oliver	1979				754	MHK	05:28,3	00:30:24
815	1217	Bratschke	Christian	1979				755	MHK	05:28,5	00:30:25
816	1222	Laubhold	Karin	1979			W	61	WHK	05:28,7	00:30:26
817	21	Koester	Michael	1979				756	MHK	05:28,7	00:30:26
818	322	Wagner	Thomas	1979		Die Oberlötter		757	MHK	05:28,8	00:30:27
819	891	Kirchhoff	Astrid	1979			W	62	WHK	05:28,8	00:30:27
820	611	Rasche-Schür	Berna	1979		Warmduscher AC	W	63	WHK	05:29,0	00:30:28
821	135	Hilgers	Christoph	1979				758	MHK	05:29,0	00:30:28
822	468	Kabinski	Thorsten	1979		Losser-Berg		759	MHK	05:29,2	00:30:29
823	649	Tischler	Stefan	1979		Erythropoietin 99		760	MHK	05:29,4	00:30:30
824	460	Bauer	Stefan	1979		ISEA		761	MHK	05:29,4	00:30:30
825	814	Cool	Bernd	1979				762	MHK	05:29,7	00:30:32
826	606	Müller-Courté	Roger	1979		Warmduscher AC		763	MHK	05:29,7	00:30:32
827	29	Lutz	Peter	1979				764	MHK	05:30,9	00:30:33
828	620	Telle	Aulis	1979		Weiß Geiß		765	MHK	05:30,9	00:30:33
829	168	Lütkenhaus	Armin	1979				766	MHK	05:30,9	00:30:33
830	195	Bastgen	Anne	1979			W	64	WHK	05:30,1	00:30:34
831	68	Jung	Ludwig	1979				767	MHK	05:30,1	00:30:34
832	147	Grabski	Gregor	1979				768	MHK	05:30,3	00:30:35
833	1005	Schulze	Uwe	1979		EECS		769	MHK	05:30,3	00:30:35
834	324	Bossler	Thomas	1979		Die Oberlötter		770	MHK	05:30,5	00:30:36
835	263	Hilger-Evershei	Kristina	1979		Patho	W	65	WHK	05:30,5	00:30:36
836	1224	Hellwig	Ingo	1979				771	MHK	05:30,6	00:30:37
837	258	Hilger	Oliver	1979		Patho		772	MHK	05:30,8	00:30:38
838	1057	Haase	Olaf	1979		INFORM		773	MHK	05:30,8	00:30:38
839	627	Reckers	Stephan	1979				774	MHK	05:31,0	00:30:39
840	199	Schultz	Daniel	1979				775	MHK	05:31,2	00:30:40
841	198	Fricker	Ingo	1979				776	MHK	05:31,4	00:30:41
842	76	Dockhorn	Frank	1979				777	MHK	05:31,4	00:30:41
843	778	Gudo	Marcus	1979		Die Oberlötter		778	MHK	05:31,5	00:30:42
844	728	Pütz	Astrid	1979			W	66	WHK	05:31,5	00:30:42
845	482	Kuck	Wolfgang	1979				779	MHK	05:31,7	00:30:43
846	737	Ohme	Frauke	1979			W	67	WHK	05:31,9	00:30:44
847	86	Wolken	Bernd	1979		Angels		780	MHK	05:32,1	00:30:45
848	754	Lenzen	Rainhard	1979				781	MHK	05:32,1	00:30:45
849	105	Tessmer	Sylvia	1979		Running Gag	W	68	WHK	05:32,3	00:30:46
850	688	Kalinski	Christine	1979		Team WOF	W	69	WHK	05:32,3	00:30:46
851	245	Wagner	Roland	1979				782	MHK	05:32,4	00:30:47
852	388	Gusinde	Frank	1979				783	MHK	05:32,4	00:30:47
853	553	Uellendall	Claus	1979				784	MHK	05:32,6	00:30:48
854	849	Alberts	Jochen	1979				785	MHK	05:32,6	00:30:48
855	106	Bach	Sascha	1979		Running Gag		786	MHK	05:32,8	00:30:49
856	1199	Henshen	Thomas	1979				787	MHK	05:32,8	00:30:49
857	1075	Bollmann	Christian	1979		Die Oberlötter		788	MHK	05:32,8	00:30:49
858	200	Wieder	Philipp	1979				789	MHK	05:33,2	00:30:51
859	983	Eiden	Heike	1979			W	70	WHK	05:33,2	00:30:51
860	613	Gehrke	Volker	1979		Warmduscher AC		790	MHK	05:33,3	00:30:52
861	759	Dahlhoff	Achim	1979				791	MHK	05:33,3	00:30:52
862	836	Reiter	Jürgen	1979				792	MHK	05:33,5	00:30:53
863	287	Dahlmann	Corinna	1979			W	71	WHK	05:33,5	00:30:53
864	1269	Bröseler	Frank	1979				793	MHK	05:33,7	00:30:54
865	437	Sevenich	Günther	1979		IKV		794	MHK	05:33,9	00:30:55
866	1094	Pohlmann	Norbert	1979		KryptoKom		795	MHK	05:33,9	00:30:55
867	191	Vaupel	Martina	1979		PST Trier	W	72	WHK	05:34,1	00:30:56
868	1128	Johnigk	Carsten	1979				796	MHK	05:34,1	00:30:56
869	943	Kraus	Thomas	1979				797	MHK	05:34,1	00:30:56
870	817	Strotzky	Astrid	1979			W	73	WHK	05:34,2	00:30:57

L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
871	919	Zimmermann	Dirk	1979				798	MHK	05:34,2	00:30:57
872	358	Dahmen	Christof	1979				799	MHK	05:34,4	00:30:58
873	1115	Hanquist	Matthias	1979				800	MHK	05:34,4	00:30:58
874	866	Kahl	Christian	1979				801	MHK	05:34,6	00:30:59
875	944	Janser	Silke	1979			W	74	WHK	05:34,6	00:30:59
876	1105	Schnitzler	Carina	1979		Aixtreme	W	75	WHK	05:34,8	00:31:00
877	902	Roberge	Dominique	1979				802	MHK	05:34,8	00:31:00
878	932	Brücken	Julia	1979		Aixtreme	W	76	WHK	05:35,0	00:31:01
879	1246	Montvay	Andras	1979				803	MHK	05:35,1	00:31:02
880	1196	Schöllner	Markus	1979				804	MHK	05:35,3	00:31:03
881	1145	Gehlen	Johann	1979				805	MHK	05:35,3	00:31:03
882	233	Clingen	Günter	1979		OSC Waldniel		806	MHK	05:35,5	00:31:04
883	137	Saretzki	Jörg	1979		bonding		807	MHK	05:35,9	00:31:06
884	8	Bergemann	Jens	1979				808	MHK	05:35,9	00:31:06
885	827	Schmitz	Elke	1979			W	77	WHK	05:36,2	00:31:08
886	546	Wood	Erich	1979				809	MHK	05:36,4	00:31:09
887	961	Schmitz	Daniela	1979		Philips Speech Processing	W	78	WHK	05:36,4	00:31:09
888	796	Ngin	Sagorn	1979				810	MHK	05:36,6	00:31:10
889	951	Mühl	Dirk	1979				811	MHK	05:36,6	00:31:10
890	448	Rettig	Mario	1979				812	MHK	05:36,8	00:31:11
891	332	Butz	Christiane	1979		Die Oberlöter	W	79	WHK	05:36,8	00:31:11
892	344	Ebler	Stefan	1979				813	MHK	05:37,9	00:31:12
893	313	Callahan	Christiana	1979			W	80	WHK	05:37,1	00:31:13
894	1175	Jung	Ingo	1979				814	MHK	05:37,1	00:31:13
895	870	Geuß	Sebastian	1979				815	MHK	05:37,3	00:31:14
896	171	Peiper	Christian	1979		Petras Fanclub		816	MHK	05:37,5	00:31:15
897	467	Ziermann	Oliver	1979		Looser-Berg		817	MHK	05:37,5	00:31:15
898	1117	Geesmann	Ernst	1979				818	MHK	05:37,7	00:31:16
899	1162	Michel	Thomas	1979				819	MHK	05:37,7	00:31:16
900	379	Günnewig	Jochen	1979		IRT Running Team		820	MHK	05:37,8	00:31:17
901	83	Renze	Peter	1979				821	MHK	05:37,8	00:31:17
902	942	Dietz	Florian	1979		IRT Running Team		822	MHK	05:38,0	00:31:18
903	574	Mürkens	Dieter	1979		Germania 07 Dürwiss		823	MHK	05:38,0	00:31:18
904	572	Maletz	Fritz	1979		Germania 07 Dürwiss		824	MHK	05:38,2	00:31:19
905	1299	Groß-Hardt	Edwin	1979				825	MHK	05:38,2	00:31:19
906	998	Scharf	Henning	1979				826	MHK	05:38,4	00:31:20
907	394	Zimmermann	Tobias	1979		SV Breinig		827	MHK	05:38,4	00:31:20
908	101	Dreihöfer	Christian	1979		Running Gag		828	MHK	05:38,6	00:31:21
909	309	Nitsche	Hartmut	1979		Die Oberlöter		829	MHK	05:38,7	00:31:22
910	666	Willems	Kurt	1979				830	MHK	05:39,9	00:31:23
911	306	Mandachescu	Bogdan	1979		Die Oberlöter		831	MHK	05:39,9	00:31:23
912	34	Rein	Stephan	1979				832	MHK	05:39,1	00:31:24
913	591	Kreisz	Angelika	1979		Warmduscher AC	W	81	WHK	05:39,5	00:31:26
914	536	Papadopoulos	Michael	1979		Team OC		833	MHK	05:39,6	00:31:27
915	180	Decker	Ewald	1979				834	MHK	05:39,6	00:31:27
916	1067	Wollgarten	Eberhard	1979				835	MHK	05:39,6	00:31:27
917	310	Wenzel	Gereon	1979		IMB		836	MHK	05:39,8	00:31:28
918	256	Büttner	Reinhard	1979		Patho		837	MHK	05:40,2	00:31:30
919	1009	Fiedler	Frank	1979		EECS		838	MHK	05:40,2	00:31:30
920	193	Jennessen	Hermann	1979				839	MHK	05:40,4	00:31:31
921	690	Dieball	Detlef	1979		Team WOF		840	MHK	05:40,4	00:31:31
922	107	Schneider	Reinhard	1979				841	MHK	05:40,5	00:31:32
923	289	Wolf	Michael	1979				842	MHK	05:40,5	00:31:32
924	48	Kochs	Heinz	1979				843	MHK	05:40,7	00:31:33
925	270	Schiffler	Roland	1979				844	MHK	05:40,7	00:31:33
926	49	Kochs	Johannes	1979				845	MHK	05:40,9	00:31:34
927	348	Jackowski	Jens	1979		Reiff 1		846	MHK	05:41,1	00:31:35
928	271	Steven	Arne	1979				847	MHK	05:41,3	00:31:36

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
929	319	Kessler	Renate	1979			W	82	WHK	05:41,3	00:31:36
930	689	Steins	Jan	1979		Team WOF		848	MHK	05:41,6	00:31:38
931	873	Meessen	Doris	1979			W	83	WHK	05:41,6	00:31:38
932	1296	Klippel	Alexander	1979		Die Oberlötter		849	MHK	05:41,8	00:31:39
933	815	Kaeutgen	Winfried	1979				850	MHK	05:42,0	00:31:40
934	442	Zell	Harald	1979		IKV		851	MHK	05:42,2	00:31:41
935	231	Driessen	Petra	1979			W	84	WHK	05:42,2	00:31:41
936	232	Tiete	Andreas	1979				852	MHK	05:42,3	00:31:42
937	1071	Dierke	Herbert	1979				853	MHK	05:42,5	00:31:43
938	1243	Schauerte	Maren	1979		Die Oberlötter	W	85	WHK	05:42,5	00:31:43
939	1225	Lutterbach	Ralf	1979				854	MHK	05:42,7	00:31:44
940	157	Heßberger	Ruth	1979			W	86	WHK	05:42,9	00:31:45
941	158	Ehlert	Walter	1979				855	MHK	05:42,9	00:31:45
942	238	Strüber	Henning	1979		Erythropoietin 99		856	MHK	05:43,1	00:31:46
943	167	Streckbein	Roland	1979				857	MHK	05:43,1	00:31:46
944	888	Sommer	Ulrike	1979			W	87	WHK	05:43,1	00:31:46
945	103	Böhnke	Jörg	1979		Running Gag		858	MHK	05:43,2	00:31:47
946	1118	Stölting	Birgit	1979			W	88	WHK	05:43,4	00:31:48
947	325	Dzionsko	Mathias	1979				859	MHK	05:43,4	00:31:48
948	743	Schulze	Tino	1979		Erythropoietin 99		860	MHK	05:43,6	00:31:49
949	405	Thissen	Gabi	1979		Rudergruppe	W	89	WHK	05:43,8	00:31:50
950	62	Lorbach	Ingo	1979				861	MHK	05:43,8	00:31:50
951	1121	Eisenberg	Till	1979				862	MHK	05:44,0	00:31:51
952	243	Dahle	Torsten	1979				863	MHK	05:44,0	00:31:51
953	1223	Thevis	Wilhelm	1979				864	MHK	05:44,1	00:31:52
954	228	Hammernick	Emmy	1979		TV Huchem-Stammeln	W	90	WHK	05:44,1	00:31:52
955	1184	Poetsch	Jan	1979				865	MHK	05:44,3	00:31:53
956	916	Riddering	Ralf	1979		DSA Aachen		866	MHK	05:44,3	00:31:53
957	595	Boss	Peter	1979				867	MHK	05:44,5	00:31:54
958	1191	Horst	Ute	1979		Die Oberlötter	W	91	WHK	05:44,7	00:31:55
959	710	Hermanns	Thomas	1979		Philips Speech Processing		868	MHK	05:44,9	00:31:56
960	102	Wallmeier	Dirk	1979		Running Gag		869	MHK	05:45,0	00:31:57
961	840	Walter	Manfred	1979		Wiking		870	MHK	05:45,0	00:31:57
962	432	Schlacht	Juri	1979		IKV		871	MHK	05:45,2	00:31:58
963	812	Graue	Nicole	1979			W	92	WHK	05:45,4	00:31:59
964	1125	Rodemann	Ralf	1979		Die Oberlötter		872	MHK	05:45,4	00:31:59
965	439	Weber	Andreas	1979		IKV		873	MHK	05:45,6	00:32:00
966	404	Bäumer	Annette	1979		Rudergruppe	W	93	WHK	05:45,8	00:32:01
967	876	Dittrich	Gordon	1979				874	MHK	05:45,8	00:32:01
968	1159	Erlach	Alexandra	1979			W	94	WHK	05:46,9	00:32:02
969	612	Eifler	Martin	1979		Warmduscher AC		875	MHK	05:46,1	00:32:03
970	679	Cahar	Murat	1979		Team WOF		876	MHK	05:46,3	00:32:04
971	974	Stanjek	Klaus	1979				877	MHK	05:46,3	00:32:04
972	1287	Carl	Tanja	1979		Die Oberlötter	W	95	WHK	05:46,5	00:32:05
973	645	Huterer	Andreas	1979				878	MHK	05:46,5	00:32:05
974	894	Stegemann	Lars	1979				879	MHK	05:46,7	00:32:06
975	301	Nüsser	Jürgen	1979				880	MHK	05:46,7	00:32:06
976	589	Deberding	Ulrich	1979		Warmduscher AC		881	MHK	05:46,8	00:32:07
977	1062	Coenen	Norbert	1979		DSA		882	MHK	05:47,0	00:32:08
978	1205	Werner	Christian	1979		Rheno-Borussia		883	MHK	05:47,2	00:32:09
979	1107	Güler	Arif	1979				884	MHK	05:47,4	00:32:10
980	751	Elf	Katrin	1979		Fina	W	96	WHK	05:47,6	00:32:11
981	1031	Bartusseck	Sabine	1979				885	MHK	05:47,7	00:32:12
982	915	Moll	Petra	1979			W	97	WHK	05:47,7	00:32:12
983	997	Fendler	Stephanie	1979			W	98	WHK	05:48,9	00:32:13
984	652	Kirchner	Anja	1979		Herzsportgruppe	W	99	WHK	05:48,9	00:32:13
985	884	Gerdas	Stephan	1979		Herzsportgruppe		886	MHK	05:48,1	00:32:14
986	1058	Haase	Thomas	1979		INFORM		887	MHK	05:48,3	00:32:15

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
987	188	Maier	Ulrike	1979			W	100	WHK	05:48,3	00:32:15
988	472	Kever	Thorsten	1979		Die Oberlötter		888	MHK	05:48,5	00:32:16
989	586	Bieber	Carina	1979		Fina	W	101	WHK	05:48,5	00:32:16
990	471	Bilke	Thomas	1979		Die Oberlötter		889	MHK	05:48,6	00:32:17
991	733	Elbers	Christoph	1979		IKV		890	MHK	05:48,6	00:32:17
992	966	Gülpen	Markus	1979		Telekom		891	MHK	05:48,8	00:32:18
993	1266	Peter	Frank	1979				892	MHK	05:49,0	00:32:19
994	148	Souvignier	Bernd	1979				893	MHK	05:49,0	00:32:19
995	913	Bulut	Hakan	1979				894	MHK	05:49,2	00:32:20
996	1047	Heywood	Graene	1979				895	MHK	05:49,4	00:32:21
997	279	Heitmann	Marion	1979		Die Heizdüsen	W	102	WHK	05:49,5	00:32:22
998	509	Hagen	Detlef	1979				896	MHK	05:49,5	00:32:22
999	64	Seibert	Julia-Christi	1979			W	103	WHK	05:49,7	00:32:23
1000	837	Göbels	Dorothee	1979			W	104	WHK	05:49,7	00:32:23
1001	842	Lehrich Kastne	Jörg	1979		Wiking		897	MHK	05:49,9	00:32:24
1002	120	Ratschow	Lars	1979		Die Oberlötter		898	MHK	05:50,1	00:32:25
1003	1138	Hasenkamp	Birgit	1979			W	105	WHK	05:50,1	00:32:25
1004	176	Theisen	Silke	1979			W	106	WHK	05:50,3	00:32:26
1005	1204	Kaesberg	Stefan	1979		Rheno-Borussia		899	MHK	05:50,3	00:32:26
1006	1064	Krasenbrink	Jan Bernd	1979				900	MHK	05:50,8	00:32:29
1007	604	Klameth	Elmar	1979		FH Team Aachen		901	MHK	05:50,8	00:32:29
1008	716	Ockel	Jörg	1979		Philips Speech Processing		902	MHK	05:51,0	00:32:30
1009	986	Walther	Sonja	1979			W	107	WHK	05:51,0	00:32:30
1010	682	Schmäh	Susanne	1979		Team WOF	W	108	WHK	05:51,2	00:32:31
1011	1153	Willenberg	Heike	1979			W	109	WHK	05:51,3	00:32:32
1012	658	Mannefeld	Martina	1979			W	110	WHK	05:51,5	00:32:33
1013	687	Wynpron	Carsten	1979		Team WOF		903	MHK	05:51,7	00:32:34
1014	269	Gasparyan	Georgi	1979		Die Oberlötter		904	MHK	05:51,7	00:32:34
1015	372	Hötte	Hans-Dieter	1979		Dez. 6.0		905	MHK	05:51,9	00:32:35
1016	146	Hartleb	Ulrike	1979				906	MHK	05:52,1	00:32:36
1017	1252	Kieslinger	Werner	1979		Die Oberlötter		907	MHK	05:52,1	00:32:36
1018	225	Dömer	Josef	1979		KaWo1		908	MHK	05:52,2	00:32:37
1019	979	Görgen	Sara	1979			W	111	WHK	05:52,2	00:32:37
1020	369	Kölker	Doris	1979			W	112	WHK	05:52,4	00:32:38
1021	415	Grambow	Andreas	1979		IKV		909	MHK	05:52,4	00:32:38
1022	483	Waldorf	Thomas	1979				910	MHK	05:52,6	00:32:39
1023	794	Kuckertz	Martina	1979			W	113	WHK	05:52,8	00:32:40
1024	959	Weiß	Oliver	1979				911	MHK	05:52,8	00:32:40
1025	1126	Beckmann	Karin	1979			W	114	WHK	05:53,0	00:32:41
1026	349	Hrabowski	Susanne	1979		Stolpersteine	W	115	WHK	05:53,0	00:32:41
1027	209	Wimmer	Norbert	1979		BSG VEGLER		912	MHK	05:53,1	00:32:42
1028	138	Cremer	Daniela	1979		bonding	W	116	WHK	05:53,5	00:32:44
1029	1042	Bartusseck	Irene	1979		Herzsportgruppe	W	117	WHK	05:53,5	00:32:44
1030	139	Koch	David	1979		bonding		913	MHK	05:53,7	00:32:45
1031	421	Kraus	Christina	1979		IKV	W	118	WHK	05:53,9	00:32:46
1032	375	Gröper	Esther	1979			W	119	WHK	05:53,9	00:32:46
1033	1226	Birker	Astrid	1979			W	120	WHK	05:54,0	00:32:47
1034	609	Zink	Eckhard	1979		Warmduscher AC		914	MHK	05:54,0	00:32:47
1035	707	Dincer	Goekhan	1979		Philips Speech Processing		915	MHK	05:54,2	00:32:48
1036	422	Krusche	Annette	1979		IKV	W	121	WHK	05:54,2	00:32:48
1037	744	Theben	Janine	1979			W	122	WHK	05:54,4	00:32:49
1038	317	Wirth	Friedel	1979		Alemannia Aachen		916	MHK	05:54,4	00:32:49
1039	393	Decker	Renate	1979		SV Breinig	W	123	WHK	05:54,6	00:32:50
1040	1061	Maassen	Patrick	1979				917	MHK	05:54,8	00:32:51
1041	793	Becker	Michaela	1979			W	124	WHK	05:55,9	00:32:52
1042	1253	Hakim	Mark	1979				918	MHK	05:55,9	00:32:52
1043	617	Völl	Silvia	1979		Weiß Geiß	W	125	WHK	05:55,3	00:32:54
1044	1254	Rotenberg	Lisa	1979			W	126	WHK	05:55,5	00:32:55

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
1045	622	Poschen	Thomas	1979		Weiß Geiß		919	MHK	05:55,5	00:32:55
1046	678	Schümmer	Michael	1979		Team WOF		920	MHK	05:55,7	00:32:56
1047	240	Voß	Anke	1979			W	127	WHK	05:55,8	00:32:57
1048	610	Vogler	Stefan	1979		Warmduscher AC		921	MHK	05:55,8	00:32:57
1049	824	Wollgarten	Jochen	1979		DSA		922	MHK	05:55,8	00:32:57
1050	528	Köbberling	Johannes	1979		Team OC		923	MHK	05:56,0	00:32:58
1051	217	Trogus-Liegma	Regina	1979			W	128	WHK	05:56,0	00:32:58
1052	1207	Felger	Bodo	1979		Rheno-Borussia		924	MHK	05:56,2	00:32:59
1053	216	Liegmann	Sven	1979				925	MHK	05:56,2	00:32:59
1054	936	Simons	Norbert	1979				926	MHK	05:56,4	00:33:00
1055	515	Domanska	Jowita	1979			W	129	WHK	05:56,6	00:33:01
1056	833	Radenz	Ulf	1979		Die Oberlötter		927	MHK	05:56,6	00:33:01
1057	819	Martin	Sven Oliver	1979				928	MHK	05:56,7	00:33:02
1058	1074	Bichmann	Stephan	1979		Die Oberlötter		929	MHK	05:56,7	00:33:02
1059	352	Müllejons	Bärbel	1979		Stolpersteine	W	130	WHK	05:57,9	00:33:03
1060	1076	Paffen	Harald	1979				930	MHK	05:57,1	00:33:04
1061	1268	Franke	Jörg	1979				931	MHK	05:57,1	00:33:04
1062	1180	Wolf	Ursula	1979		TV Huchem-Stammeln	W	131	WHK	05:57,3	00:33:05
1063	10	Janhsen	Marlies	1979			W	132	WHK	05:57,3	00:33:05
1064	941	Schneider	Falk	1979		IRT Running Team		932	MHK	05:57,5	00:33:06
1065	1154	Meßmer	Ulrike	1979			W	133	WHK	05:57,5	00:33:06
1066	335	Beenbar	Jean	1979		Pohl		933	MHK	05:57,8	00:33:08
1067	427	Pfannschmidt	Oliver	1979		IKV		934	MHK	05:57,8	00:33:08
1068	15	Kelz	Olaf	1979		Die Oberlötter		935	MHK	05:57,8	00:33:08
1069	911	Schulze Uphoff	Christoph	1979		Die Oberlötter		936	MHK	05:58,0	00:33:09
1070	14	Becker	Daniel	1979		Die Oberlötter		937	MHK	05:58,0	00:33:09
1071	718	Renn	Thomas	1979		Philips Speech Processing		938	MHK	05:58,2	00:33:10
1072	508	Winkel	Reik	1979		RWTH Maulwürfe		939	MHK	05:58,2	00:33:10
1073	194	Meiners	Christian	1979		DSA Aachen		940	MHK	05:58,4	00:33:11
1074	1276	Panzer	Manfred	1979		Die Oberlötter		941	MHK	05:58,7	00:33:13
1075	506	Fischer	Alexander	1979				942	MHK	05:58,7	00:33:13
1076	841	Evermann	Uli	1979		Wiking		943	MHK	05:58,9	00:33:14
1077	291	Hammerschmi	Jörg	1979				944	MHK	05:58,9	00:33:14
1078	821	Kwiatkowski	Jan	1979				945	MHK	05:58,9	00:33:14
1079	63	Seibert	Wolfgang	1979				946	MHK	05:59,1	00:33:15
1080	1194	Clemens	Thorsten	1979				947	MHK	05:59,3	00:33:16
1081	351	Steens	Ulla	1979		Stolpersteine	W	134	WHK	05:59,4	00:33:17
1082	992	Schmitt	Martin	1979				948	MHK	05:59,6	00:33:18
1083	204	Heitkamp	S.	1979		IMB		949	MHK	05:59,6	00:33:18
1084	968	Jarosch	Birgit	1979			W	135	WHK	05:59,8	00:33:19
1085	899	Heselhaus	Thomas	1979		EECS		950	MHK	06:00,0	00:33:20
1086	969	Claßen	Steffi	1979			W	136	WHK	06:00,2	00:33:21
1087	161	Imkamp	Bernadette	1979		Warmduscher AC	W	137	WHK	06:00,3	00:33:22
1088	786	Loeber	Katharina	1979		Team M	W	138	WHK	06:00,3	00:33:22
1089	141	Schulze	Rebecca	1979			W	139	WHK	06:00,7	00:33:24
1090	252	Vanderheiden	Vera	1979			W	140	WHK	06:00,7	00:33:24
1091	253	Laukamp	Elke	1979			W	141	WHK	06:00,9	00:33:25
1092	1040	Plum	Georg	1979				951	MHK	06:01,1	00:33:26
1093	162	Imkamp	Dietrich	1979		Warmduscher AC		952	MHK	06:01,2	00:33:27
1094	39	Carnotte	Germaine	1979			W	142	WHK	06:01,4	00:33:28
1095	11	Irmer	Alexandra	1979			W	143	WHK	06:01,6	00:33:29
1096	307	Slowig	Ulrike	1979			W	144	WHK	06:01,6	00:33:29
1097	423	Kügler	Maren	1979		IKV	W	145	WHK	06:01,8	00:33:30
1098	401	Krug	Susanne	1979			W	146	WHK	06:02,1	00:33:32
1099	1187	Kadri	Susanne	1979			W	147	WHK	06:02,3	00:33:33
1100	1231	Huebsch	Marc	1979				953	MHK	06:02,3	00:33:33
1101	454	Hommelsheim	Ersnt	1979				954	MHK	06:02,5	00:33:34
1102	1169	Ritt	Martin	1979		IRT Running Team		955	MHK	06:02,7	00:33:35

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L.-Nr	St.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit
1103	305	Rüttershoff	Tobias	1979				956	MHK	06:02,7	00:33:35
1104	917	Bartels	Andrea	1979			W	148	WHK	06:03,2	00:33:38
1105	183	Güzel	Orhan	1979				958	MHK	06:03,2	00:33:38
1106	875	Berger	Jan	1979				957	MHK	06:03,2	00:33:38
1107	1160	Radtke	Simone	1979			W	149	WHK	06:03,4	00:33:39
1108	818	Riechers	Regine	1979			W	150	WHK	06:03,4	00:33:39
1109	788	Bergholz	Wiebke	1979			W	151	WHK	06:03,6	00:33:40
1110	639	Beerlage	Nikola	1979		Alle Sieben	W	152	WHK	06:03,8	00:33:41
1111	333	Mohren	Ruth	1979		Die Oberlötter	W	153	WHK	06:03,8	00:33:41
1112	77	Crefeld	Sabine	1979			W	154	WHK	06:04,9	00:33:42
1113	726	Pütz	Liesel	1979			W	155	WHK	06:04,9	00:33:42
1114	640	Breuer	Thorsten	1979		Alle Sieben		959	MHK	06:04,1	00:33:43
1115	418	Harder	Hans	1979		IKV		960	MHK	06:04,3	00:33:44
1116	1195	Schmitz	Inga	1979			W	156	WHK	06:04,3	00:33:44
1117	1245	Eisenbach	Jana	1979			W	157	WHK	06:04,5	00:33:45
1118	1188	Hardt	Marcus	1979				961	MHK	06:04,7	00:33:46
1119	234	Meevissen	René	1979		Team Wupdich		962	MHK	06:04,8	00:33:47
1120	412	Engeland	Astrid	1979		IKV	W	158	WHK	06:05,0	00:33:48
1121	129	Benzmüller	Heike	1979				963	MHK	06:05,0	00:33:48
1122	713	Kühn	Stephan	1979		Philips Speech Processing		964	MHK	06:05,2	00:33:49
1123	594	Goerres	Martin	1979		Fat4Slim		965	MHK	06:05,4	00:33:50
1124	623	Baumgarten	André	1979		Weiß Geiß		966	MHK	06:05,4	00:33:50
1125	892	Hermanns	Heike	1979			W	159	WHK	06:05,7	00:33:52
1126	758	Ziegelmayr	Manfred	1979				967	MHK	06:05,7	00:33:52
1127	700	Berka	Heike	1979		Team WOF	W	160	WHK	06:06,9	00:33:53
1128	285	Ciceron	Bo	1979				968	MHK	06:06,1	00:33:54
1129	1083	Hoffmann	Andrea	1979			W	161	WHK	06:06,3	00:33:55
1130	343	Halim	Theodorus	1979				969	MHK	06:06,5	00:33:56
1131	470	Schulz	Siegfried	1979		Die Oberlötter		970	MHK	06:06,5	00:33:56
1132	1035	Nilson	Christina	1979		Flying Navigators	W	162	WHK	06:06,6	00:33:57
1133	731	Lesmeister	David	1979				971	MHK	06:06,6	00:33:57
1134	1129	Faymonville	Jochen	1979		Die Oberlötter		972	MHK	06:06,8	00:33:58
1135	1028	Pulham	Susan	1979			W	163	WHK	06:07,0	00:33:59
1136	248	Ringelmann	Tanja	1979			W	164	WHK	06:07,2	00:34:00
1137	326	Böttcher	Stefan Ansg	1979		Team Wupdich		973	MHK	06:07,2	00:34:00
1138	857	Mohren	Michaela	1979		Team WOF	W	165	WHK	06:07,4	00:34:01
1139	1244	Schiffers	Christoph	1979				974	MHK	06:07,4	00:34:01
1140	1261	Drechsler	Ruth	1979		Die Oberlötter	W	166	WHK	06:07,5	00:34:02
1141	201	Molter	Mathias	1979		IMB		975	MHK	06:07,5	00:34:02
1142	557	Stetter	Susanne	1979			W	167	WHK	06:07,7	00:34:03
1143	202	Döinghaus	Peter	1979		IMB		976	MHK	06:07,9	00:34:04
1144	897	Henning	Christiane	1979		EECS	W	168	WHK	06:07,9	00:34:04
1145	790	Heuss	Ruth	1979			W	169	WHK	06:08,1	00:34:05
1146	1011	Deloie	Bernd	1979		EECS		977	MHK	06:08,1	00:34:05
1147	1179	Wolf	Nicole	1979		TV Huchem-Stammeln	W	170	WHK	06:08,3	00:34:06
1148	1039	Thevis	Daniela	1979			W	171	WHK	06:08,6	00:34:08
1149	1012	Seidl	Christopher	1979		EECS		978	MHK	06:08,6	00:34:08
1150	922	Doktor	Sonja	1979		Die Oberlötter	W	172	WHK	06:08,8	00:34:09
1151	431	Ronnewinkel	Christoph	1979		IKV		979	MHK	06:08,8	00:34:09
1152	923	Howe	Edzart	1979		Die Oberlötter		980	MHK	06:09,0	00:34:10
1153	398	celik	Murat	1979				981	MHK	06:09,2	00:34:11
1154	356	Elvers	Britt	1979		DLC Aachen	W	173	WHK	06:09,2	00:34:11
1155	1056	Haase	Gabi	1979		INFORM	W	174	WHK	06:09,3	00:34:12
1156	211	Wynands	Gerlinde	1979			W	175	WHK	06:09,3	00:34:12
1157	774	Raffelsiefer	Petra	1979		DLC Aachen	W	176	WHK	06:09,5	00:34:13
1158	1008	Vogelbruch	Fabian	1979		EECS		982	MHK	06:09,7	00:34:14
1159	1156	Sperle	Maria	1979		Herzsportgruppe	W	177	WHK	06:09,9	00:34:15
1160	173	Weichbrodt	Katrin	1979		Team M	W	178	WHK	06:10,1	00:34:16

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L.-Nr	S.-Nr	Name	Vorname	Jahr	NAT	Verein	G	PG	AK	Min/KM	Zeit	
1161	764	Gremm	Thomas	1979					983	MHK	06:10,2	00:34:17
1162	262	Rabus	Karoline	1979		Patho	W		179	WHK	06:10,4	00:34:18
1163	1141	Goebbels	Doro	1979			W		180	WHK	06:10,4	00:34:18
1164	122	Heynen	Carsten	1979					984	MHK	06:10,6	00:34:19
1165	526	Herrmanns	Nina	1979		Team OC	W		181	WHK	06:11,0	00:34:21
1166	1192	Gerke	Marcus	1979					985	MHK	06:11,0	00:34:21
1167	1242	Frohn	Alexandra	1979			W		182	WHK	06:11,1	00:34:22
1168	618	Meissner	Melanie	1979		Weiß Geiß	W		183	WHK	06:11,1	00:34:22
1169	300	Odenthal	Jürgen	1979		Die Oberlöter			986	MHK	06:11,3	00:34:23
1170	1200	Niemeyer	Jürgen	1979					987	MHK	06:11,5	00:34:24
1171	223	Mennel	Astrid	1979			W		184	WHK	06:11,5	00:34:24
1172	583	Kositza	Nicole	1979		IRT Running Team	W		185	WHK	06:11,9	00:34:26
1173	446	Liu	Yongxin	1979					988	MHK	06:12,2	00:34:28
1174	513	Hoffmann	Belinda	1979			W		186	WHK	06:12,4	00:34:29
1175	1003	Stabilini	Luciana	1979		EECS	W		187	WHK	06:12,4	00:34:29
1176	1020	Noronha	Shanti	1979			W		188	WHK	06:12,8	00:34:31
1177	321	Windmüller	Jörg	1979					989	MHK	06:13,9	00:34:32
1178	1218	Brauweiler	Monika	1979			W		189	WHK	06:13,9	00:34:32
1179	330	Pastor	Andrea	1979			W		190	WHK	06:13,1	00:34:33
1180	1271	Willeken	Birgit	1979		KryptoKom	W		191	WHK	06:13,3	00:34:34
1181	1285	Klanke	Holger	1979					990	MHK	06:13,5	00:34:35
1182	1098	Logothetis	Michael	1979		KryptoKom			991	MHK	06:13,5	00:34:35
1183	697	Bellinghausen	Elisabeth	1979		Team WOF	W		192	WHK	06:13,7	00:34:36
1184	1100	Horn	Tina	1979		KryptoKom	W		193	WHK	06:13,7	00:34:36
1185	1019	Therstappen	Dorothee	1979			W		194	WHK	06:13,8	00:34:37
1186	588	Segers	Sascha	1979		Team M			992	MHK	06:14,2	00:34:39
1187	684	Müller	Britta	1979		Team WOF	W		195	WHK	06:14,4	00:34:40
1188	371	Jost	Folke	1979					993	MHK	06:14,6	00:34:41
1189	647	Saeger	Martin	1979		Beck's Street Boys			994	MHK	06:14,6	00:34:41
1190	648	Schön	Stefan	1979		Beck's Street Boys			995	MHK	06:14,7	00:34:42
1191	1015	Leal	Carlos	1979					996	MHK	06:15,9	00:34:43
1192	823	List	Susanne	1979			W		196	WHK	06:15,1	00:34:44
1193	336	Pohl	Claudia	1979		Pohl	W		197	WHK	06:15,5	00:34:46
1194	739	Flocke	Alexander	1979		Beck's Street Boys			997	MHK	06:15,6	00:34:47
1195	152	Sun	Joseph	1979		Die Oberlöter			998	MHK	06:15,8	00:34:48
1196	646	Gröning	Holger	1979		Beck's Street Boys			999	MHK	06:15,8	00:34:48
1197	87	Deutschländer	Oliver	1979		Angels			1000	MHK	06:16,0	00:34:49
1198	340	Eichel	Helga	1979		Pohl	W		198	WHK	06:16,0	00:34:49
1199	342	Kallscheuer	Uschi	1979		Pohl	W		199	WHK	06:16,4	00:34:51
1200	740	Wekerle	Martin	1979		Beck's Street Boys			1001	MHK	06:16,4	00:34:51
1201	889	Winkens	Ulla	1979			W		200	WHK	06:16,5	00:34:52
1202	1085	Sanders	Maike	1979		Dorfesel	W		201	WHK	06:16,7	00:34:53
1203	608	Priem	Roland	1979		Warmduscher AC			1002	MHK	06:16,9	00:34:54
1204	436	Stotzka	Christian	1979		IKV			1003	MHK	06:16,9	00:34:54
1205	893	Arens	Elli	1979			W		202	WHK	06:17,1	00:34:55
1206	784	Hildenbrand	Alexandra	1979			W		203	WHK	06:17,3	00:34:56
1207	1150	Lemke	Antje	1979			W		204	WHK	06:17,4	00:34:57
1208	498	Brauer	Rebekka	1979		Fina	W		205	WHK	06:17,6	00:34:58
1209	96	Portz	Kristen	1979					1004	MHK	06:18,0	00:35:00
1210	484	Erth	Andreas	1979					1005	MHK	06:18,2	00:35:01
1211	755	Mühlenhöver	Berthold	1979					1006	MHK	06:18,3	00:35:02
1212	400	Van der Lee	Felix	1979		Aixtreme			1007	MHK	06:18,7	00:35:04
1213	95	Portz	Michael	1979					1008	MHK	06:19,1	00:35:06
1214	714	Meyer	Manfred	1979		Philips Speech Processing			1009	MHK	06:19,2	00:35:07
1215	2	Sinivuori	Virve	1979		Stiivi-Team	W		206	WHK	06:19,6	00:35:09
1216	3	Weber	Ilka	1979		Stiivi-Team	W		207	WHK	06:19,8	00:35:10
1217	1068	Wollgarten	Gertrud	1979			W		208	WHK	06:20,1	00:35:12
1218	1265	Tischler	Bettina	1979		Südstrasse	W		209	WHK	06:20,3	00:35:13

<i>L.-Nr</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>Jahr</i>	<i>NAT</i>	<i>Verein</i>	<i>G</i>	<i>PG</i>	<i>AK</i>	<i>Min/KM</i>	<i>Zeit</i>
1219	1034	Jordan	Heidi	1979		Südstrasse	W	210	WHK	06:20,7	00:35:15
1220	1001	Bluethgen	Hans-Martin	1979		EECS		1010	MHK	06:20,9	00:35:16
1221	566	Conée	Claudia	1979		IRT Running Team	W	211	WHK	06:21,0	00:35:17
1222	1081	Gros	Daniela	1979		Herzsportgruppe	W	212	WHK	06:21,6	00:35:20
1223	1080	Arntz	Michael	1979		Herzsportgruppe		1011	MHK	06:21,8	00:35:21
1224	74	Freischem	Katharina	1979		Fina	W	213	WHK	06:22,9	00:35:22
1225	996	Hermanns	Ellen	1979		Team OC	W	214	WHK	06:22,3	00:35:24
1226	163	Röhm-Stein	Andreas	1979		Warmduscher AC		1012	MHK	06:23,0	00:35:28
1227	67	Feuerriegel	Uwe	1979				1013	MHK	06:24,9	00:35:33
1228	1049	Goeckel	Bettina	1979			W	215	WHK	06:24,1	00:35:34
1229	142	Hagemann	Michael	1979		IKV		1014	MHK	06:24,5	00:35:36
1230	1203	Munsch	Frank	1979		Rheno-Borussia		1015	MHK	06:24,6	00:35:37
1231	346	Voigt	Ingrid	1979			W	216	WHK	06:24,8	00:35:38
1232	236	Thews	Karola	1979			W	217	WHK	06:25,2	00:35:40
1233	337	Eiligmann	Gilda	1979		Pohl	W	218	WHK	06:25,2	00:35:40
1234	339	Eiligmann	Alfons	1979		Pohl		1016	MHK	06:25,4	00:35:41
1235	1079	Arntz	Petra	1979		Herzsportgruppe	W	219	WHK	06:25,5	00:35:42
1236	1172	Küpper	Heidi	1979			W	220	WHK	06:25,5	00:35:42
1237	602	Muccio	Edward	1979		Ferris-State Univ. U.S.A		1017	MHK	06:27,3	00:35:52
1238	934	Leder	Susanne	1979			W	221	WHK	06:28,6	00:35:59
1239	1158	Dahmen	Heike	1979			W	222	WHK	06:29,0	00:36:01
1240	935	Seeger	Thorsten	1979				1018	MHK	06:29,5	00:36:04
1241	308	Breiten	Ellen	1979			W	223	WHK	06:30,6	00:36:10
1242	284	Berzborn	Fabia	1979		Aixtreme	W	224	WHK	06:32,4	00:36:20
1243	329	Malzkorn	Elke	1979			W	225	WHK	06:32,7	00:36:22
1244	239	Glanz	Philipp	1979		Die Oberlöter		1019	MHK	06:35,1	00:36:35
1245	261	Cotarelo	Cristina	1979		Patho	W	226	WHK	06:35,6	00:36:38
1246	772	Peiper	Daniela	1979			W	227	WHK	06:37,2	00:36:47
1247	1151	Odenthal	Susanne	1979		Die Oberlöter	W	228	WHK	06:38,9	00:36:56
1248	607	Krobb	Claudia	1979		Warmduscher AC	W	229	WHK	06:39,4	00:36:59
1249	1193	Bündgens	Valentin	1979				1020	MHK	06:41,4	00:37:10
1250	834	Deckers	Marion	1979			W	230	WHK	06:42,1	00:37:14
1251	605	Wyes	Jutta	1979		Warmduscher AC	W	231	WHK	06:43,2	00:37:20
1252	273	Dewies	Barbara	1979		Team M	W	232	WHK	06:43,9	00:37:24
1253	664	Müllenmeister	Ute	1979			W	233	WHK	06:44,1	00:37:25
1254	564	Weiß	Iris	1979			W	234	WHK	06:44,3	00:37:26
1255	410	Krücken	Angelika	1979			W	235	WHK	06:44,6	00:37:28
1256	636	Gresch	Melanie	1979			W	236	WHK	06:51,3	00:38:05
1257	1186	Schaal	Ulrike	1979			W	237	WHK	06:51,5	00:38:06
1258	1032	Schober	Julia	1979			W	238	WHK	06:51,7	00:38:07
1259	54	Neudörfl	Anette	1979			W	239	WHK	06:52,0	00:38:09
1260	721	Sohnemann	Christel	1979		Philips Speech Processing	W	240	WHK	06:52,2	00:38:10
1261	711	Hirsch	Morna	1979		Philips Speech Processing	W	241	WHK	06:52,6	00:38:12
1262	673	Matthies	Renate	1979		Team WOF	W	242	WHK	06:52,7	00:38:13
1263	852	Vondenhoff	Marita	1979		Team WOF	W	243	WHK	06:52,9	00:38:14
1264	1036	Terstappen	Max	1979		DLC Aachen		1021	MHK	06:54,2	00:38:21
1265	1037	Terstappen	Thomas	1979		DLC Aachen		1022	MHK	06:54,7	00:38:24
1266	874	Arslan	Süleyman	1979		Maschis		1023	MHK	07:00,1	00:38:54
1267	816	Didolf	Renate	1979			W	244	WHK	07:01,9	00:39:04
1268	1043	Meine	Daniela	1979			W	245	WHK	07:04,3	00:39:17
1269	126	Chassefiere-Ha	Marion	1979			W	246	WHK	07:23,2	00:41:02
1270	615	Bayer	Birgit	1979		Warmduscher AC	W	247	WHK	08:06,2	00:45:01
1271	280	Scheyer	Iris	1979		Die Heizdüsen	W	248	WHK	08:16,4	00:45:58
1272	1206	Mühlhausen	Stephan	1979		Rheno-Borussia		1024	MHK	08:42,7	00:48:24