

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80

Länge: 5km - Zeitläufe

| Rang | StNr  | Name                 | Jg   | Nat | Verein                                 | Netto | Leistung | Diff   |
|------|-------|----------------------|------|-----|--|-------|----------|--------|
| 1    | 1     | Dahlke Jonathan      | 1995 | GER | TSV Bayer 04 Leverkusen                | 14:39 | 14:39    |        |
| 1    | 2150  | Thorwirth Maximilian | 1995 | GER | SFD 75 Düsseldorf-Süd e.V.             | 14:38 | 14:39    |        |
| 3    | 719   | Wilde Nicolas        | 1999 | GER | Turnerbund Hamburg Eilbeck             | 14:59 | 15:00    | + 0:21 |
| 3    | 815   | Abele Marius         | 2000 | GER | SSC Hanau-Rodenbach                    | 14:59 | 15:00    | + 0:21 |
| 5    | 756   | Gering Julian        | 2002 | GER | LG Vogtland                            | 15:00 | 15:01    | + 0:22 |
| 5    | 1404  | Walter Maximilian    | 1996 | GER | engelhorn sports team - TV Schriesheim | 15:00 | 15:01    | + 0:22 |
| 7    | 1395  | Van de Putte Cedric  | 1990 | GER | The Yellow Armada                      | 15:10 | 15:11    | + 0:32 |
| 8    | 20653 | Riechers Nicolai     | 1993 | GER | Braunschweiger Laufclub                | 15:18 | 15:19    | + 0:40 |
| 9    | 109   | Lauchner Stefan      | 1999 | GER | LG Stadtwerke München                  | 15:25 | 15:26    | + 0:47 |
| 9    | 967   | Stockhausen Malte    | 1998 | GER | LAZ Rhede                              | 15:24 | 15:26    | + 0:47 |
| 9    | 1201  | Jenne Fabian         | 1990 | GER | SG Wenden                              | 15:25 | 15:26    | + 0:47 |
| 9    | 1400  | Teugels Lenn         | 2001 | GER |  | 15:25 | 15:26    | + 0:47 |
| 9    | 1721  | Zehfeld Lennart      | 2005 | GER | LC Rehlingen                           | 15:25 | 15:26    | + 0:47 |
| 14   | 1815  | Van Puyvelde Vinnie  | 1994 | GER | The Yellow Armada                      | 15:28 | 15:29    | + 0:50 |
| 15   | 1119  | Gunkel Leif          | 1996 | GER | SC Fretter                             | 15:34 | 15:35    | + 0:56 |
| 15   | 1772  | Teame Ahferom        | 1999 | GER | LG Sieg                                | 15:34 | 15:35    | + 0:56 |
| 15   | 20658 | Marx Jonas           | 1993 | GER | Braunschweiger Laufclub                | 15:35 | 15:35    | + 0:56 |
| 18   | 330   | Rauw Francis         | 1992 | GER | LAC Eupen                              | 15:35 | 15:36    | + 0:57 |
| 19   | 985   | Kaumanns Jan         | 1994 | GER | LSF Münster                            | 15:40 | 15:41    | + 1:02 |
| 19   | 20656 | Danelak Pierre       | 1987 | GER | Braunschweiger Laufclub                | 15:40 | 15:41    | + 1:02 |
| 21   | 20654 | Menzel René          | 1992 | GER | Braunschweiger Laufclub                | 15:43 | 15:43    | + 1:04 |
| 22   | 653   | Rieck Eliah          | 2004 | GER | LAZ Rhein-Sieg                         | 15:44 | 15:45    | + 1:06 |
| 23   | 1555  | Fabianowski Dominik  | 1989 | GER | TV Refrath                             | 15:44 | 15:46    | + 1:07 |
| 23   | 1557  | Dahl Simon           | 1987 | GER | TV Refrath                             | 15:45 | 15:46    | + 1:07 |
| 25   | 851   | Hiller Christian     | 1988 | GER | Turnerbund Hamburg Eilbeck             | 15:46 | 15:47    | + 1:08 |
| 25   | 1391  | Sprehe Sören         | 1997 | GER | SC Melle 03                            | 15:45 | 15:47    | + 1:08 |
| 27   | 992   | Schönfeldt Yannick   | 1999 | GER | LC Paderborn                           | 15:46 | 15:48    | + 1:09 |
| 27   | 1732  | Bock Alexander       | 1992 | GER | LC Rehlingen                           | 15:47 | 15:48    | + 1:09 |
| 29   | 1137  | Siemer Erik          | 2000 | GER | LG Osnabrück                           | 15:53 | 15:55    | + 1:16 |
| 30   | 20657 | Leschowsky Jannik    | 1996 | GER | Braunschweiger Laufclub                | 15:58 | 16:01    | + 1:22 |
| 31   | 987   | Peters Erik          | 1992 | GER | LC Paderborn                           | 16:01 | 16:03    | + 1:24 |
| 32   | 2094  | Dethier Julien       | 1992 | GER | Jogging-Plus/Saucony                   | 16:03 | 16:04    | + 1:25 |
| 33   | 838   | Harder Tom           | 1997 | GER | SV Brackwede                           | 16:14 | 16:15    | + 1:36 |
| 34   | 639   | Goerlich Manuel      | 1984 | GER | LSF Münster                            | 16:14 | 16:16    | + 1:37 |
| 35   | 1734  | Schon Fabian         | 1999 | GER | LC Rehlingen                           | 16:14 | 16:17    | + 1:38 |
| 36   | 1368  | Gardeweg Lukas       | 2003 | GER | TuS Köln rrh.                          | 16:16 | 16:18    | + 1:39 |
| 37   | 933   | Wolff Felix          | 1998 | GER | LC Rapid Dortmund                      | 16:17 | 16:19    | + 1:40 |
| 38   | 723   | Land Jonas           | 2002 | GER | LAZ Rhein-Sieg                         | 16:19 | 16:23    | + 1:44 |
| 38   | 1387  | Rehmeier Marco       | 1993 | GER | SV Brackwede                           | 16:22 | 16:23    | + 1:44 |
| 40   | 1632  | Ritte Stefan         | 1992 | GER | LAZ Rhede                              | 16:26 | 16:27    | + 1:48 |
| 40   | 7918  | Sudowe David         | 1989 | GER | Team Essen 99                          | 16:25 | 16:27    | + 1:48 |
| 42   | 126   | Themann Tabea        | 1992 | GER | Turnerbund Hamburg Eilbeck             | 16:27 | 16:28    | + 1:49 |
| 42   | 389   | Löhr Alexander       | 1975 | GER | TV Eiche Bad Honnef                    | 16:24 | 16:28    | + 1:49 |
| 42   | 592   | van Riesen Thierry   | 1990 | GER | LG Rhein-Wied                          | 16:26 | 16:28    | + 1:49 |
| 42   | 724   | Ortmann Frederik     | 1992 | GER | LAZ Rhein-Sieg                         | 16:23 | 16:28    | + 1:49 |
| 42   | 818   | Braukhoff Luis       | 2002 | GER | SSC Hanau-Rodenbach                    | 16:27 | 16:28    | + 1:49 |
| 42   | 1036  | Oelschläger Tim      | 2002 | GER | LC Rapid Dortmund                      | 16:25 | 16:28    | + 1:49 |
| 48   | 58    | Gol Leonard          | 1991 | GER |  | 16:27 | 16:29    | + 1:50 |
| 48   | 1763  | Mey Markus           | 1971 | GER | Milers Colonia 2020                    | 16:28 | 16:29    | + 1:50 |
| 50   | 20655 | Bruns Thomas         | 1978 | GER | Braunschweiger Laufclub                | 16:28 | 16:30    | + 1:51 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr  | Name               | Jg   | Nat | Verein                            | Netto | Leistung | Diff   |
|------|-------|--------------------|------|-----|-----------------------------------|-------|----------|--------|
| 51   | 848   | Went Dominik       | 1996 | GER | SV Brackwede                      | 16:40 | 16:42    | + 2:03 |
| 52   | 1029  | Kiraz Ümmü         | 1982 | GER | Ayyo Team Essen                   | 16:43 | 16:43    | + 2:04 |
| 52   | 1910  | Breuer Dennis      | 1990 | GER | ASV Duisburg                      | 16:42 | 16:43    | + 2:04 |
| 54   | 1211  | Gerth Jan          | 2004 | GER | Post-Sportverein Trier            | 16:42 | 16:44    | + 2:05 |
| 55   | 1215  | Quint Simon        | 2004 | GER | Post-Sportverein Trier            | 16:43 | 16:45    | + 2:06 |
| 56   | 1038  | Schumacher Martin  | 1988 | GER | Bunert - Der Kölner<br>Laufladen  | 16:43 | 16:46    | + 2:07 |
| 56   | 2325  | Fuchs Maxim        | 1988 | GER | LG Passau                         | 16:43 | 16:46    | + 2:07 |
| 58   | 564   | Fuchs Lisa         | 1991 | GER | LG Passau                         | 16:44 | 16:47    | + 2:08 |
| 58   | 1928  | Gronewold Lars     | 1977 | GER | Milers Colonia 2020               | 16:43 | 16:47    | + 2:08 |
| 60   | 1000  | Lembach Phil       | 1996 | GER | LG Rhein-Wied                     | 16:50 | 16:51    | + 2:12 |
| 61   | 305   | Schramm Michael    | 1980 | GER | ASV Duisburg                      | 16:50 | 16:52    | + 2:13 |
| 61   | 657   | Vernikov Sonja     | 2001 | GER | LAZ Rhein-Sieg                    | 16:51 | 16:52    | + 2:13 |
| 61   | 1043  | Paquet Amaury      | 1991 | GER | Seraing Athlétisme                | 16:52 | 16:52    | + 2:13 |
| 61   | 20650 | Kirchner Torben    | 1987 | GER | SC Myhl Leichtathletik            | 16:48 | 16:52    | + 2:13 |
| 65   | 994   | Nikulla Jan        | 1998 | GER | LC Paderborn                      | 16:50 | 16:53    | + 2:14 |
| 65   | 1346  | Nahen Kiara        | 2002 | GER | LC Paderborn                      | 16:51 | 16:53    | + 2:14 |
| 67   | 1917  | Giesen Jakob       | 1997 | GER | Aachener TG                       | 16:50 | 16:54    | + 2:15 |
| 68   | 1832  | Kremser Fabian     | 1997 | GER | LT DSHS Köln                      | 16:52 | 16:55    | + 2:16 |
| 68   | 2324  | Dale Robbie        | 1990 | GER | LG BSN                            | 16:50 | 16:55    | + 2:16 |
| 70   | 837   | Bertholomé Arthur  | 1998 | GER |                                   | 16:55 | 16:56    | + 2:17 |
| 70   | 1370  | Kaufmann Niklas    | 2002 | GER | TuS Köln rrh.                     | 16:53 | 16:56    | + 2:17 |
| 72   | 1214  | Adam Philipp       | 2005 | GER | Post-Sportverein Trier            | 16:56 | 16:58    | + 2:19 |
| 72   | 1983  | Celik Murat        | 1983 | GER | Ayyo Team Essen                   | 16:57 | 16:58    | + 2:19 |
| 74   | 722   | Marcks Kai         | 1986 | GER | LAZ Rhein-Sieg                    | 16:56 | 16:59    | + 2:20 |
| 74   | 20648 | Schnorr Stefan     | 1985 | GER | Aachener TG                       | 16:58 | 16:59    | + 2:20 |
| 76   | 1316  | Wrede Linda        | 1993 | GER | TSV Bayer 04 Leverkusen           | 16:59 | 17:01    | + 2:22 |
| 76   | 1844  | Teubner Daniel     | 1984 | GER | Köln läuft!                       | 16:58 | 17:01    | + 2:22 |
| 78   | 1186  | Dr. Hoos Johannes  | 1989 | GER | DSV 04                            | 16:57 | 17:02    | + 2:23 |
| 78   | 1406  | Lefevere Siegert   | 1995 | GER | The Yellow Armada                 | 16:58 | 17:02    | + 2:23 |
| 78   | 1872  | Lu Kai             | 1987 | GER |                                   | 16:58 | 17:02    | + 2:23 |
| 78   | 2144  | Lang Daniel        | 1981 | GER | Sauerlandrunner                   | 16:59 | 17:02    | + 2:23 |
| 78   | 3425  | Coenning Corinna   | 1991 | GER | TSV Glems run2gether              | 17:00 | 17:02    | + 2:23 |
| 83   | 217   | Pelzer Martin      | 1988 | GER | Aachener TG                       | 17:00 | 17:03    | + 2:24 |
| 84   | 306   | Halbach Patrick    | 1993 | GER | PSV Grün-Weiß Kassel              | 17:01 | 17:04    | + 2:25 |
| 84   | 349   | Michaelis Fabian   | 1994 | GER |                                   | 16:59 | 17:04    | + 2:25 |
| 84   | 1798  | Goßmann Alexander  | 1985 | GER | SFD 75 Düsseldorf-Süd<br>e.V.     | 17:00 | 17:04    | + 2:25 |
| 84   | 1921  | Königs Jan         | 1999 | GER |                                   | 17:01 | 17:04    | + 2:25 |
| 88   | 1203  | Pulte Julian       | 1998 | GER | SG Wenden                         | 17:06 | 17:09    | + 2:30 |
| 89   | 1735  | Jakob Frederik     | 1996 | GER | LC Rehlingen                      | 17:08 | 17:12    | + 2:33 |
| 90   | 1044  | Rüdel Lennart      | 1996 | GER | LLG Hunsrück                      | 17:09 | 17:13    | + 2:34 |
| 90   | 1924  | Weiner Pascal      | 1993 | GER | Dextro Energy Sport Team          | 17:11 | 17:13    | + 2:34 |
| 92   | 1121  | Wilhelms Andre     | 1990 | GER | LT Schweich                       | 17:11 | 17:16    | + 2:37 |
| 92   | 1556  | Oubaha Idriss      | 1988 | GER | TV Refrath                        | 17:14 | 17:16    | + 2:37 |
| 94   | 661   | Müller Matthias    | 1973 | GER | LSG Saarbrücken-<br>Sulzbachtal   | 17:21 | 17:23    | + 2:44 |
| 94   | 1039  | Zehnder Jürgen     | 1974 | GER | TSV Pfungstadt                    | 17:21 | 17:23    | + 2:44 |
| 94   | 1890  | Langerbein Lars    | 2000 | GER | LC Rapid Dortmund                 | 17:19 | 17:23    | + 2:44 |
| 97   | 456   | Esselborn Tobias   | 1990 | GER | Lauf-Club Euskirchen              | 17:20 | 17:24    | + 2:45 |
| 97   | 863   | Moser Tania        | 1990 | GER | Spiridon Frankfurt                | 17:22 | 17:24    | + 2:45 |
| 97   | 1123  | Anton Sascha       | 1980 | GER | LSG Saarbrücken-<br>Sulzbachtal   | 17:21 | 17:24    | + 2:45 |
| 100  | 191   | Schüßler Dominik   | 1991 | GER | LSF Münster/Ski-Club<br>Willingen | 17:21 | 17:25    | + 2:46 |
| 100  | 440   | Blumentrath Daniel | 1976 | GER | BRC                               | 17:18 | 17:25    | + 2:46 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr  | Name                      | Jg   | Nat | Verein                    | Netto | Leistung | Diff   |
|------|-------|---------------------------|------|-----|---------------------------|-------|----------|--------|
| 100  | 635   | Baist Franziska           | 1991 | GER | SGK Bad Homburg           | 17:22 | 17:25    | + 2:46 |
| 103  | 2322  | Martin Frederik           | 1980 | GER | Milers Colonia 2020       | 17:24 | 17:26    | + 2:47 |
| 104  | 90    | Vieten Benedikt           | 1990 | GER |                           | 17:24 | 17:27    | + 2:48 |
| 105  | 1577  | Ritter Johannes           | 1965 | GER | TV Refrath                | 17:25 | 17:29    | + 2:50 |
| 106  | 1947  | Brzezinski Rafael         | 1986 | GER | LG Donatus Erftstadt      | 17:28 | 17:33    | + 2:54 |
| 107  | 714   | Grysko Michael            | 1987 | GER | LG Wuppertal              | 17:31 | 17:34    | + 2:55 |
| 108  | 1546  | Schulze-Bergkamen Ulrich  | 2000 | GER | TV Refrath                | 17:31 | 17:35    | + 2:56 |
| 108  | 1568  | Schneider Marc            | 1978 | GER | TV Refrath                | 17:30 | 17:35    | + 2:56 |
| 108  | 1571  | Kalmes Oliver             | 1972 | GER | TV Refrath                | 17:30 | 17:35    | + 2:56 |
| 111  | 103   | Kaatz Christian           | 1993 | GER |                           | 17:29 | 17:37    | + 2:58 |
| 111  | 444   | Yilmaz Muharrem           | 1971 | GER | Ayyo Team Essen           | 17:36 | 17:37    | + 2:58 |
| 113  | 1003  | Große Dirk                | 1990 | GER | Marathon-Club Menden      | 17:37 | 17:38    | + 2:59 |
| 114  | 1006  | Schäperklaus Sarah        | 2000 | GER | Marathon-Club Menden      | 17:38 | 17:39    | + 3:00 |
| 114  | 1369  | Schlenkrich Burkhard      | 1993 | GER | TuS Köln rrh.             | 17:34 | 17:39    | + 3:00 |
| 116  | 773   | Böhning Christian         | 1985 | GER | SSF Bonn                  | 17:34 | 17:40    | + 3:01 |
| 117  | 2095  | van Bellen Michiel        | 1990 | GER | Triathlon Team Düsseldorf | 17:39 | 17:41    | + 3:02 |
| 118  | 1002  | Johannes Serio Maximilian | 2001 | GER | Marathon-Club Menden      | 17:43 | 17:45    | + 3:06 |
| 119  | 1669  | Hahn Susanne              | 1978 | GER | Meckenheimer Sportverein  | 17:44 | 17:46    | + 3:07 |
| 120  | 658   | Siebert Nele              | 2001 | GER | LAZ Rhein-Sieg            | 17:45 | 17:49    | + 3:10 |
| 120  | 854   | Schimanski Maximilian     | 1989 | GER | BRIDGERUNNERS Düsseldorf  | 17:41 | 17:49    | + 3:10 |
| 120  | 1027  | Leibfried Isabel          | 1991 | GER | TSG 1845 Heilbronn        | 17:47 | 17:49    | + 3:10 |
| 120  | 1191  | Hankemeier Michèl         | 1982 | GER | LSF Münster               | 17:45 | 17:49    | + 3:10 |
| 124  | 122   | Hagedorn Dean             | 1992 | GER | PACEPACKRUNNERS           | 17:43 | 17:50    | + 3:11 |
| 124  | 1552  | Kopezki Yannik            | 1994 | GER | TV Refrath                | 17:45 | 17:50    | + 3:11 |
| 124  | 1941  | Flader Moritz             | 1991 | GER | LG Gummersbach            | 17:45 | 17:50    | + 3:11 |
| 127  | 805   | Cesbron Lavau Louis       | 1993 | GER | Run Squad CGN             | 17:48 | 17:56    | + 3:17 |
| 127  | 1196  | Graw Torsten              | 1991 | GER | LAZ Rhein-Sieg            | 17:53 | 17:56    | + 3:17 |
| 127  | 1920  | Müller Marvin             | 1991 | GER | WSV Schermbeck            | 17:52 | 17:56    | + 3:17 |
| 127  | 2025  | Romo Liz                  | 1996 | GER | The Yellow Armada         | 17:51 | 17:56    | + 3:17 |
| 131  | 80    | Tegler Katja              | 1996 | GER | Running Crew Münster      | 17:53 | 17:57    | + 3:18 |
| 132  | 1001  | Camminady Thomas          | 1989 | GER | Marathon-Club Menden      | 17:53 | 17:58    | + 3:19 |
| 132  | 1550  | Kratz Tobias              | 1995 | GER | TV Refrath                | 17:54 | 17:58    | + 3:19 |
| 134  | 20659 | Döhler Martin             | 1979 | GER | Milers Colonia            | 17:57 | 17:59    | + 3:20 |
| 135  | 703   | Schneider Norbert         | 1968 | GER | Milers Colonia 2020       | 18:00 | 18:00    | + 3:21 |
| 136  | 37    | Müller Lena               | 1998 | GER | TG Melbach                | 17:54 | 18:01    | + 3:22 |
| 136  | 413   | Sprott Andreas            | 1989 | GER | Ayyo Team Essen           | 17:55 | 18:01    | + 3:22 |
| 136  | 1122  | Börner Annika             | 1989 | GER | Ayyo Team Essen           | 17:56 | 18:01    | + 3:22 |
| 139  | 38    | Cerna Verena              | 1981 | GER | SSV Ulm 1846              | 17:59 | 18:02    | + 3:23 |
| 139  | 1561  | von der Assen Niklas      | 1984 | GER | TV Refrath                | 17:59 | 18:02    | + 3:23 |
| 141  | 132   | Fruhmann Andreas          | 1979 | GER | Towerrunning Germany      | 17:59 | 18:04    | + 3:25 |
| 141  | 422   | Trems Torsten             | 1977 | GER | Milers Colonia 2020       | 17:58 | 18:04    | + 3:25 |
| 143  | 2288  | Hildebrand Berno          | 1988 | GER | SSF Bonn                  | 18:02 | 18:06    | + 3:27 |
| 144  | 388   | Wiesen Christoph          | 1983 | GER | SSF Bonn                  | 18:02 | 18:08    | + 3:29 |
| 144  | 961   | Blaise Sohnius Adele      | 1985 | GER | LAZ Rhein-Sieg            | 18:01 | 18:08    | + 3:29 |
| 146  | 20    | Jandt Detlef              | 1967 | GER | PV Triathlon TG Witten    | 18:08 | 18:11    | + 3:32 |
| 147  | 341   | Henning Mark              | 1992 | GER | BRIDGERUNNERS Düsseldorf  | 18:05 | 18:12    | + 3:33 |
| 147  | 1882  | Mutiria Robbie            | 1982 | GER |                           | 18:04 | 18:12    | + 3:33 |
| 149  | 381   | Höfener Johannes          | 1985 | GER | Run in Drublic            | 18:06 | 18:15    | + 3:36 |
| 149  | 705   | Rennecke Franziska        | 1999 | GER | Team beVegt.de            | 18:05 | 18:15    | + 3:36 |
| 151  | 979   | Götzfried Philipp         | 1991 | GER | MKF Running               | 18:16 | 18:20    | + 3:41 |
| 152  | 74    | Book Henrik               | 1996 | GER | TuS Borgloh               | 18:08 | 18:21    | + 3:42 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name                  | Jg   | Nat | Verein                                       | Netto | Leistung | Diff   |
|------|------|-----------------------|------|-----|--|-------|----------|--------|
| 152  | 621  | Tempelhagen Hanna     | 1981 | GER | SCC Berlin                                   | 18:17 | 18:21    | + 3:42 |
| 152  | 1736 | Welker Katharina      | 2000 | GER | LC Rehlingen                                 | 18:18 | 18:21    | + 3:42 |
| 155  | 17   | Eisfeld Maurice       | 1970 | GER |  | 18:12 | 18:22    | + 3:43 |
| 155  | 483  | Gerbeaux Emmanuelle   | 1991 | GER | Hannover 96                                  | 18:17 | 18:22    | + 3:43 |
| 155  | 796  | Kaufmann Benjamin     | 2004 | GER |  | 18:14 | 18:22    | + 3:43 |
| 155  | 1839 | Lasczyk Lucas         | 1990 | GER | Run Squad CGN                                | 18:13 | 18:22    | + 3:43 |
| 159  | 1399 | Ley Jürgen            | 1971 | GER | Generali Lions                               | 18:20 | 18:23    | + 3:44 |
| 160  | 860  | Neukirchen Felix      | 1997 | GER | LC Rapid Dortmund                            | 18:20 | 18:25    | + 3:46 |
| 160  | 1833 | Kuo Pei-Ling          | 1997 | GER | LT DSHS Köln                                 | 18:20 | 18:25    | + 3:46 |
| 162  | 1965 | Maschmeyer Sebastian  | 1978 | GER | SC Herringhausen                             | 18:23 | 18:26    | + 3:47 |
| 163  | 2041 | Eble Christian        | 1988 | GER | ASV Duisburg                                 | 18:24 | 18:27    | + 3:48 |
| 164  | 1407 | Nolte Benedikt        | 1978 | GER | Bunert - Der Kölner<br>Laufladen             | 18:22 | 18:28    | + 3:49 |
| 164  | 1866 | Krempchen Markus      | 1972 | GER | Athletic Perl                                | 18:25 | 18:28    | + 3:49 |
| 166  | 760  | Breitkreutz Stephanie | 1995 | GER | ASV Duisburg                                 | 18:27 | 18:30    | + 3:51 |
| 167  | 243  | Balduhn Caroline      | 1995 | GER | Turnerbund Hamburg<br>Eilbeck                | 18:27 | 18:32    | + 3:53 |
| 167  | 410  | Raming Jan            | 1983 | GER | Turnerbund Hamburg<br>Eilbeck                | 18:26 | 18:32    | + 3:53 |
| 169  | 1409 | D'Haen Stefanie       | 1979 | GER | The Yellow Armada                            | 18:28 | 18:33    | + 3:54 |
| 169  | 1893 | Voigt Maik            | 1981 | GER | TuS 82 Opladen                               | 18:27 | 18:33    | + 3:54 |
| 169  | 2033 | Krämer Alexandra      | 1990 | GER | LC Rapid Dortmund                            | 18:25 | 18:33    | + 3:54 |
| 172  | 2005 | Ehrentraut Lukas      | 1994 | GER | ASV Duisburg                                 | 18:25 | 18:35    | + 3:56 |
| 173  | 2291 | Blauth Christian      | 1976 | GER | Milers Colonia 2020                          | 18:32 | 18:36    | + 3:57 |
| 174  | 589  | Schneider Thomas      | 1969 | GER | LG RWE Power                                 | 18:32 | 18:38    | + 3:59 |
| 175  | 271  | von der Stein Tim     | 1996 | GER |  | 18:34 | 18:39    | + 4:00 |
| 176  | 804  | Steinebel Sergej      | 1985 | GER | ACTIVE Sportshop<br>Osnabrück                | 18:28 | 18:41    | + 4:02 |
| 176  | 1367 | Jucken Lars           | 1972 | GER | TuS Köln rrh.                                | 18:34 | 18:41    | + 4:02 |
| 178  | 699  | Huhn Sebastian        | 1989 | GER | LG eXa Leipzig e.V.                          | 18:35 | 18:43    | + 4:04 |
| 178  | 1559 | Eberhardt Jakob       | 1985 | GER | TV Refrath                                   | 18:38 | 18:43    | + 4:04 |
| 180  | 1843 | Fender Frederic       | 1985 | GER | ECB Running Section                          | 18:36 | 18:44    | + 4:05 |
| 181  | 820  | Klenner Felix         | 1998 | GER | find me on strava                            | 18:44 | 18:51    | + 4:12 |
| 182  | 1758 | Sevgin Evrim          | 1999 | GER | TV Refrath                                   | 18:46 | 18:52    | + 4:13 |
| 183  | 57   | Fromme Christian      | 1978 | GER | TSV Bayer 04 Leverkusen                      | 18:50 | 18:53    | + 4:14 |
| 183  | 472  | Körbs Joe             | 1968 | GER | LT Ennert / Bunert - Der<br>Kölner Laufladen | 18:47 | 18:53    | + 4:14 |
| 183  | 870  | Fachbach Anja         | 1987 | GER | Sauerland Team                               | 18:49 | 18:53    | + 4:14 |
| 186  | 1589 | Osselaer Elien        | 1996 | GER | The Yellow Armada                            | 18:49 | 18:54    | + 4:15 |
| 186  | 2308 | Bücheler Bernd        | 1969 | GER | LG Mönchengladbach                           | 18:51 | 18:54    | + 4:15 |
| 188  | 202  | Ostrominski Markus    | 1977 | GER | LAZ Rhein-Sieg                               | 18:49 | 18:55    | + 4:16 |
| 188  | 438  | Altenhofen Daniel     | 1986 | GER | BRC  | 18:47 | 18:55    | + 4:16 |
| 188  | 8888 | Foustanas Georg       | 1988 | GER | SSF Bonn                                     | 18:49 | 18:55    | + 4:16 |
| 191  | 864  | Hasch Jonas           | 1988 | GER | tri.P.Coaching                               | 18:49 | 18:57    | + 4:18 |
| 192  | 279  | Broszeit Janik        | 1994 | GER | LC Rapid Dortmund                            | 18:51 | 18:58    | + 4:19 |
| 192  | 771  | Mithöfer Marcel       | 1997 | GER | Erdinger Active Team                         | 18:51 | 18:58    | + 4:19 |
| 192  | 2228 | Kler Joe              | 1992 | GER |  | 18:47 | 18:58    | + 4:19 |
| 195  | 545  | Dörschel Christl      | 1976 | GER | SG Wenden                                    | 18:56 | 18:59    | + 4:20 |
| 196  | 1047 | Linder Melanie        | 1975 | GER | Düsseldorf                                   | 18:58 | 19:01    | + 4:22 |
| 197  | 62   | Ziech Daniel          | 1988 | GER |  | 18:51 | 19:02    | + 4:23 |
| 197  | 1573 | Wilmes Heiko          | 1969 | GER | TV Refrath                                   | 18:58 | 19:02    | + 4:23 |
| 199  | 187  | Eckert Georg          | 1983 | GER | SV Brackwede - TSV<br>Oerlinghausen          | 18:56 | 19:03    | + 4:24 |
| 199  | 1008 | Sevenich Jörg         | 1984 | GER | Milers Colonia 2020                          | 18:59 | 19:03    | + 4:24 |
| 199  | 1747 | Mahler Jonathan       | 1987 | GER | Aachener TG                                  | 18:57 | 19:03    | + 4:24 |
| 202  | 1569 | Richers Simon         | 1976 | GER | TV Refrath                                   | 18:59 | 19:04    | + 4:25 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr  | Name                        | Jg   | Nat | Verein                             | Netto | Leistung | Diff   |
|------|-------|-----------------------------|------|-----|------------------------------------|-------|----------|--------|
| 203  | 379   | Strittmatter Stefan         | 1985 | GER |                                    | 18:56 | 19:05    | + 4:26 |
| 204  | 88    | Busch Florian               | 1994 | GER | BRIDGERUNNERS<br>Düsseldorf        | 18:57 | 19:07    | + 4:28 |
| 205  | 152   | Baum Gregor                 | 1993 | GER | Triathlon-Werkstatt Bonn           | 19:01 | 19:09    | + 4:30 |
| 206  | 114   | Jaschinski Tobias           | 1981 | GER | LG Wuppertal                       | 19:03 | 19:10    | + 4:31 |
| 207  | 1432  | Fritz Thomas                | 1975 | GER | LSG Wind Immobilien                | 19:11 | 19:16    | + 4:37 |
| 207  | 1911  | Schneider Thomas            | 1962 | GER | SSG Königswinter                   | 19:09 | 19:16    | + 4:37 |
| 209  | 54    | Schneider Silke             | 1976 | GER | TV Refrath                         | 19:14 | 19:17    | + 4:38 |
| 209  | 652   | Schneider Celine            | 2004 | GER | LAZ Rhein-Sieg                     | 19:13 | 19:17    | + 4:38 |
| 209  | 1782  | Schleper Tobias             | 1984 | GER |                                    | 19:08 | 19:17    | + 4:38 |
| 209  | 2043  | Zwegers Sander              | 1975 | GER | Laufen gegen Leiden e.V.           | 19:07 | 19:17    | + 4:38 |
| 213  | 123   | Wionzeck Lukas              | 1990 | GER |                                    | 19:08 | 19:18    | + 4:39 |
| 213  | 772   | Memouna Kerp Lisa           | 1992 | GER | SSF Bonn                           | 19:12 | 19:18    | + 4:39 |
| 213  | 1567  | Diederichs Gunnar           | 1979 | GER | TV Refrath                         | 19:11 | 19:18    | + 4:39 |
| 216  | 490   | Willimzig André             | 1985 | GER | ACTIVE Sportshop<br>Osnabrück      | 19:05 | 19:19    | + 4:40 |
| 216  | 642   | Klein Uwe                   | 1972 | GER | LG Rhein-Wied                      | 19:17 | 19:19    | + 4:40 |
| 218  | 1401  | Kranen Hermann              | 1986 | GER |                                    | 19:09 | 19:20    | + 4:41 |
| 218  | 1780  | Ast Dominik                 | 1993 | GER | Fort Runners Köln                  | 19:15 | 19:20    | + 4:41 |
| 220  | 977   | Schulze Nicole              | 1987 | GER | SCC Berlin                         | 19:13 | 19:21    | + 4:42 |
| 220  | 978   | Schulze Thorben             | 1976 | GER | SCC Berlin                         | 19:14 | 19:21    | + 4:42 |
| 220  | 1998  | Seerden Sarah               | 2000 | GER | LT DSHS Köln                       | 19:13 | 19:21    | + 4:42 |
| 223  | 212   | Fischer Florian             | 1977 | GER |                                    | 19:13 | 19:22    | + 4:43 |
| 224  | 1108  | Sommer Daniel               | 1974 | GER |                                    | 19:12 | 19:23    | + 4:44 |
| 225  | 1880  | Matzerath Torsten           | 1985 | GER | TV Huchem-Stammeln                 | 19:16 | 19:24    | + 4:45 |
| 226  | 1845  | Traum David                 | 1999 | GER | Team beVegt.de                     | 19:16 | 19:25    | + 4:46 |
| 227  | 701   | van Amerongen<br>Maximilian | 1995 | GER |                                    | 19:21 | 19:26    | + 4:47 |
| 228  | 215   | Böttcher Zaido              | 1976 | GER | LAZ Rhein-Sieg                     | 19:21 | 19:27    | + 4:48 |
| 229  | 1820  | Schmalenbach Stefan         | 1971 | GER | SG Wenden                          | 19:19 | 19:28    | + 4:49 |
| 230  | 616   | Betschinski Axel            | 1979 | GER |                                    | 19:17 | 19:29    | + 4:50 |
| 231  | 1182  | Dalquen Fips                | 2008 | GER | SSG Königswinter                   | 19:25 | 19:30    | + 4:51 |
| 232  | 20660 | Kowalski Matthias           | 1992 | GER | Laufsport Bunert Duisburg<br>Moers | 19:22 | 19:32    | + 4:53 |
| 233  | 812   | Jakobi Hermann              | 1992 | GER | SSF Bonn Triathlon                 | 19:28 | 19:33    | + 4:54 |
| 233  | 982   | Bauer Michelle              | 1989 | GER | LT Schweich                        | 19:25 | 19:33    | + 4:54 |
| 233  | 1937  | Popp Daniel                 | 1985 | GER | LG Donatus Erftstadt               | 19:25 | 19:33    | + 4:54 |
| 236  | 337   | Schmidtke Andreas           | 1987 | GER |                                    | 19:22 | 19:34    | + 4:55 |
| 236  | 1410  | Potthoff Stefan             | 1976 | GER |                                    | 19:24 | 19:34    | + 4:55 |
| 236  | 2112  | Meyer Carolin               | 1995 | GER | Kölner-Triathlon-Team 01           | 19:25 | 19:34    | + 4:55 |
| 239  | 1489  | Brüwer Lena                 | 1995 | GER | ACTIVE Sportshop<br>Osnabrück      | 19:24 | 19:37    | + 4:58 |
| 239  | 1580  | Pütz Dieter                 | 1961 | GER | TV Refrath                         | 19:30 | 19:37    | + 4:58 |
| 241  | 497   | Moldenhauer Dirk            | 1983 | GER | ACTIVE Sportshop<br>Osnabrück      | 19:26 | 19:40    | + 5:01 |
| 241  | 1390  | Hofer Christian             | 1982 | GER | LT Schweich                        | 19:33 | 19:40    | + 5:01 |
| 243  | 963   | Günther Marlen              | 1983 | GER | LAZ Rhein-Sieg                     | 19:36 | 19:43    | + 5:04 |
| 244  | 40    | Belke Luisa                 | 1989 | GER | Paulalaeuft                        | 19:35 | 19:44    | + 5:05 |
| 245  | 1187  | Engel Dirk                  | 1970 | GER | LT Schweich                        | 19:42 | 19:47    | + 5:08 |
| 246  | 112   | Kramer Patrick              | 1994 | GER |                                    | 19:38 | 19:49    | + 5:10 |
| 247  | 1761  | Timme Volker                | 1969 | GER | LG Gummersbach                     | 19:43 | 19:51    | + 5:12 |
| 248  | 334   | Gümmer Frank                | 1979 | GER | Monheim runs 2023                  | 19:42 | 19:53    | + 5:14 |
| 248  | 1007  | Wiemer Nils                 | 1978 | GER | LT Ennert                          | 19:44 | 19:53    | + 5:14 |
| 250  | 86    | Twelmeyer Thomas            | 1984 | GER |                                    | 19:47 | 19:54    | + 5:15 |
| 250  | 2805  | Vallet Antoine              | 1980 | GER |                                    | 19:43 | 19:54    | + 5:15 |
| 252  | 1978  | Ottes Martina               | 1978 | GER | TSV Tutzing                        | 19:46 | 19:56    | + 5:17 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr  | Name                  | Jg   | Nat | Verein                                  | Netto | Leistung | Diff   |
|------|-------|-----------------------|------|-----|---|-------|----------|--------|
| 252  | 2295  | Mosattat Baraa        | 1988 | GER | Athletic Perl                           | 19:52 | 19:56    | + 5:17 |
| 254  | 1533  | Riethausen Carola     | 1998 | GER | TV Refrath                              | 19:48 | 19:57    | + 5:18 |
| 255  | 32    | Hormanns Jan          | 1994 | GER |   | 19:51 | 19:58    | + 5:19 |
| 256  | 465   | Haaser Matthias       | 1966 | GER | TV Witzhelden                           | 19:55 | 19:59    | + 5:20 |
| 257  | 470   | Koch Reinhard         | 1964 | GER | LG Wuppertal                            | 19:51 | 20:00    | + 5:21 |
| 258  | 962   | Zur Nieden Henning    | 1972 | GER | LAZ Rhein-Sieg                          | 19:54 | 20:01    | + 5:22 |
| 259  | 47    | Müller Klaus          | 1970 | GER | Opladen on Tour                         | 19:54 | 20:02    | + 5:23 |
| 259  | 370   | Nienhaus Hans         | 1989 | GER | BRIDGERUNNERS<br>Düsseldorf             | 19:51 | 20:02    | + 5:23 |
| 259  | 371   | Scott Daniel          | 1993 | GER | BRIDGERUNNERS<br>Düsseldorf             | 19:51 | 20:02    | + 5:23 |
| 262  | 1831  | Schumacher Nils       | 1993 | GER | BRIDGERUNNERS<br>Düsseldorf             | 19:52 | 20:03    | + 5:24 |
| 263  | 110   | Schumacher Holger     | 1993 | GER | BRIDGERUNNERS<br>Düsseldorf             | 19:54 | 20:04    | + 5:25 |
| 263  | 553   | Schmal Paulo          | 1993 | GER | BRIDGERUNNERS<br>Düsseldorf             | 19:53 | 20:04    | + 5:25 |
| 263  | 677   | Frank Teresa          | 1993 | GER | LT Schweich                             | 19:56 | 20:04    | + 5:25 |
| 266  | 1828  | Pauls Christoph       | 1980 | GER | SV Hellas Siegburg                      | 19:53 | 20:06    | + 5:27 |
| 267  | 2243  | König Andre           | 1980 | GER |   | 19:58 | 20:07    | + 5:28 |
| 268  | 560   | Schmelter Christian   | 1980 | GER | Running Towers                          | 20:16 | 20:16    | + 5:37 |
| 268  | 2209  | Köhns Thomas          | 1969 | GER | SSF Bonn Triathlon                      | 20:11 | 20:16    | + 5:37 |
| 268  | 2297  | Hepper Daniel         | 1982 | GER |   | 20:02 | 20:16    | + 5:37 |
| 271  | 146   | Lück Marcel           | 1977 | GER | Monheim runs 2023                       | 20:14 | 20:17    | + 5:38 |
| 271  | 206   | Ruland Quirin         | 1999 | GER | ART                                     | 20:16 | 20:17    | + 5:38 |
| 271  | 1402  | Neuber Marcel         | 1993 | GER | Engineering & Technology                | 20:15 | 20:17    | + 5:38 |
| 271  | 1993  | Jonietz Andreas       | 1962 | GER | LANXESS Roadrunners                     | 20:16 | 20:17    | + 5:38 |
| 275  | 1984  | Raapke Julius         | 1984 | GER |   | 20:07 | 20:18    | + 5:39 |
| 276  | 2036  | Krüger Olaf           | 1969 | GER | SGE Ergste - Tripple<br>Hippos          | 20:13 | 20:19    | + 5:40 |
| 277  | 1005  | Harnischmacher Katrin | 1997 | GER | Marathon-Club Menden                    | 20:11 | 20:20    | + 5:41 |
| 278  | 425   | Bosbach Arne          | 1978 | GER | RTHC Bayer Leverkusen<br>Ruderabteilung | 20:10 | 20:21    | + 5:42 |
| 278  | 697   | Kayi Ilker            | 1975 | GER | Ayyo Team Essen                         | 20:15 | 20:21    | + 5:42 |
| 280  | 1855  | Florian Dennig        | 1981 | GER | LT Stoppenberg                          | 20:10 | 20:22    | + 5:43 |
| 281  | 1004  | Hölscher Vivien       | 1995 | GER | Marathon-Club Menden                    | 20:15 | 20:24    | + 5:45 |
| 282  | 154   | Safferling Markus     | 1970 | GER | Monheim runs 2023                       | 20:24 | 20:25    | + 5:46 |
| 283  | 2123  | Rheinfelder Frank     | 1970 | GER | Aachener TG                             | 20:20 | 20:26    | + 5:47 |
| 284  | 24    | Preißing Philip       | 1985 | GER |   | 20:16 | 20:27    | + 5:48 |
| 284  | 2307  | Piechocki Michael     | 1973 | GER | 471Racecrew                             | 20:21 | 20:27    | + 5:48 |
| 286  | 716   | Möller Arne           | 1973 | GER |   | 20:24 | 20:29    | + 5:50 |
| 287  | 1966  | Fryns Henry           | 1976 | GER | LAC Eupen                               | 20:24 | 20:33    | + 5:54 |
| 288  | 41    | Arendt Alexandra      | 1986 | GER | Run Squad CGN/ TV<br>Bedburg            | 20:26 | 20:34    | + 5:55 |
| 289  | 1205  | Bungert Mario         | 1978 | GER | SG Wenden                               | 20:31 | 20:36    | + 5:57 |
| 290  | 1856  | Seffers Henning       | 1979 | GER | LG Oerlinghausen                        | 20:31 | 20:37    | + 5:58 |
| 291  | 20663 | Steffny Dominik       | 1980 | GER | spiridon fc                             | 20:35 | 20:38    | + 5:59 |
| 292  | 698   | Schlarmann Jan        | 1987 | GER | Running Crew Münster                    | 20:28 | 20:39    | + 6:00 |
| 293  | 549   | Heckmann Simon        | 1989 | GER | Mach3 Köln e.V                          | 20:28 | 20:40    | + 6:01 |
| 294  | 491   | Geerkens Christian    | 1983 | GER | Monheim runs 2023                       | 20:32 | 20:44    | + 6:05 |
| 295  | 1124  | Bay Charlotte         | 1992 | GER | Triathlon Team Eupen                    | 20:40 | 20:47    | + 6:08 |
| 295  | 1590  | Jungblut Martin       | 1975 | GER |   | 20:38 | 20:47    | + 6:08 |
| 295  | 2004  | Schmatz Raphael       | 1987 | GER |   | 20:32 | 20:47    | + 6:08 |
| 298  | 153   | Zentner Markus        | 1982 | GER | ASV Köln Triathlon                      | 20:39 | 20:48    | + 6:09 |
| 299  | 168   | Ruts Tom              | 1986 | GER | Monheim runs 2023                       | 20:49 | 20:50    | + 6:11 |
| 299  | 1858  | Tödtmann Knut         | 1962 | GER |   | 20:44 | 20:50    | + 6:11 |
| 299  | 1942  | Dambon Martin         | 1981 | GER | Run for Anna                            | 20:50 | 20:50    | + 6:11 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name                    | Jg   | Nat | Verein                                     | Netto | Leistung | Diff   |
|------|------|-------------------------|------|-----|--|-------|----------|--------|
| 302  | 81   | Ganske Alexander        | 1968 | GER | Moerser TV                                 | 20:44 | 20:51    | + 6:12 |
| 302  | 640  | Laukötter Eva           | 1981 | GER | Milers Colonia 2020                        | 20:43 | 20:51    | + 6:12 |
| 302  | 1795 | Orths Nicola            | 1995 | GER | SFD 75 Düsseldorf-Süd<br>e.V.              | 20:42 | 20:51    | + 6:12 |
| 305  | 471  | Orlowski Bernd          | 1957 | GER | USC Bochum                                 | 20:43 | 20:52    | + 6:13 |
| 305  | 488  | Stammel Helmut          | 1962 | GER |  | 20:49 | 20:52    | + 6:13 |
| 305  | 548  | Koch Moritz             | 1992 | GER |  | 20:42 | 20:52    | + 6:13 |
| 305  | 2029 | Wozny Simon             | 2008 | GER | SUS Bertlich                               | 20:51 | 20:52    | + 6:13 |
| 305  | 2032 | Floß Doreen             | 1979 | GER | TG Neuss                                   | 20:43 | 20:52    | + 6:13 |
| 310  | 393  | Hild Simon              | 1988 | GER |  | 20:40 | 20:53    | + 6:14 |
| 310  | 1542 | Türk Cornelia           | 1966 | GER | TV Refrath                                 | 20:45 | 20:53    | + 6:14 |
| 312  | 700  | Schmitz Christoph       | 1976 | GER | Aachener TG                                | 20:42 | 20:54    | + 6:15 |
| 312  | 802  | Sander Guido            | 1973 | GER | LAZ Rhein-Sieg                             | 20:47 | 20:54    | + 6:15 |
| 314  | 630  | Pimentel Da Silva Robin | 1989 | GER |  | 20:51 | 20:56    | + 6:17 |
| 315  | 1769 | Käs Saskia              | 1993 | GER |  | 20:44 | 20:57    | + 6:18 |
| 316  | 205  | Brunsch Marcel          | 1990 | GER |  | 20:47 | 21:00    | + 6:21 |
| 316  | 319  | Löll Markus             | 1974 | GER | AS Neukirchen-Vluyn                        | 20:51 | 21:00    | + 6:21 |
| 318  | 1900 | Siegel Christoph        | 1977 | GER | Siegel Triathlon Team                      | 21:01 | 21:02    | + 6:23 |
| 319  | 70   | Zimmermann Uwe          | 1981 | GER | LT Rennhamster<br>Düsseldorf               | 20:51 | 21:03    | + 6:24 |
| 320  | 875  | Pfitzmann Maike         | 1999 | GER | BRIDGERUNNERS<br>Düsseldorf                | 20:56 | 21:05    | + 6:26 |
| 320  | 1189 | Mangrich Jürgen         | 1968 | GER | LT Schweich                                | 20:56 | 21:05    | + 6:26 |
| 320  | 1341 | Op de Laak Peter        | 1967 | GER | TSV Solingen Triathlon /<br>Sauerland Team | 20:52 | 21:05    | + 6:26 |
| 320  | 2027 | Tahiri Kadri            | 1967 | GER | USC Bochum                                 | 21:00 | 21:05    | + 6:26 |
| 324  | 774  | Neuhausen Jürgen        | 1963 | GER | Recklinghäuser LC                          | 21:02 | 21:09    | + 6:30 |
| 325  | 121  | Kontio Anja             | 1977 | GER | SSF Bonn Triathlon                         | 21:06 | 21:16    | + 6:37 |
| 326  | 82   | Kloos Manuel            | 1982 | GER |  | 21:06 | 21:20    | + 6:41 |
| 326  | 694  | Piske Christina         | 1989 | GER | Running Crew Münster                       | 21:06 | 21:20    | + 6:41 |
| 326  | 1194 | Brors Stefan            | 1971 | GER |  | 21:09 | 21:20    | + 6:41 |
| 329  | 1940 | Hövelborn Holger        | 1974 | GER |  | 21:10 | 21:21    | + 6:42 |
| 330  | 129  | Lange Torsten           | 1980 | GER | LG Donatus Erftstadt                       | 21:08 | 21:22    | + 6:43 |
| 330  | 522  | Brandenburger Kirsten   | 1971 | GER | Sauerlandteam                              | 21:21 | 21:22    | + 6:43 |
| 332  | 565  | Bergmann Werner         | 1972 | GER |  | 21:13 | 21:23    | + 6:44 |
| 333  | 655  | Lorig Sven              | 1971 | GER | LAZ Rhein-Sieg                             | 21:13 | 21:24    | + 6:45 |
| 333  | 807  | Camuz Ilker             | 1984 | GER | Pallas Versicherung AG                     | 21:12 | 21:24    | + 6:45 |
| 335  | 325  | van Aken Margarete      | 1994 | GER |  | 21:21 | 21:25    | + 6:46 |
| 336  | 729  | Weiß Lavinia            | 1992 | GER | SC Oberursel                               | 21:19 | 21:31    | + 6:52 |
| 336  | 821  | Kural Ayhan             | 1974 | GER | TSV 1863 Herdecke                          | 21:20 | 21:31    | + 6:52 |
| 338  | 1918 | Schimanski Martina      | 1969 | GER | TSV Viktoria Mülheim                       | 21:37 | 21:37    | + 6:58 |
| 339  | 1641 | Ritterbach Michael      | 1986 | GER |  | 21:35 | 21:38    | + 6:59 |
| 340  | 960  | Möller Claudio          | 1996 | GER |  | 21:35 | 21:39    | + 7:00 |
| 341  | 316  | van Cruchten Arjan      | 1993 | GER |  | 21:33 | 21:40    | + 7:01 |
| 341  | 1986 | Just Sebastian          | 1986 | GER |  | 21:28 | 21:40    | + 7:01 |
| 343  | 2316 | Baten Holger            | 1974 | GER | Triathlon Team Düsseldorf                  | 21:31 | 21:42    | + 7:03 |
| 344  | 846  | Bauer Christian         | 1973 | GER |  | 21:34 | 21:44    | + 7:05 |
| 345  | 747  | Peter Magdalena         | 1981 | GER | Monheim runs 2023                          | 21:46 | 21:49    | + 7:10 |
| 345  | 1342 | Kukulies Karsten        | 1983 | GER | NVR OK                                     | 21:34 | 21:49    | + 7:10 |
| 347  | 229  | Roth Sören              | 1983 | GER |  | 21:35 | 21:50    | + 7:11 |
| 348  | 869  | Gay Alexis              | 1997 | GER |  | 21:49 | 21:51    | + 7:12 |
| 349  | 1967 | Zakrzewski Pawel        | 1986 | GER |  | 21:52 | 21:53    | + 7:14 |
| 350  | 1737 | Dietrich Jörg           | 1954 | GER | LC Rehlingen                               | 21:46 | 21:57    | + 7:18 |
| 350  | 1836 | Seel Claudia            | 1972 | GER | LC Rehlingen                               | 21:47 | 21:57    | + 7:18 |
| 352  | 956  | Tietz Victoria          | 1990 | GER | BRIDGERUNNERS<br>Düsseldorf                | 21:46 | 21:58    | + 7:19 |

5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr  | Name                 | Jg   | Nat | Verein                                      | Netto | Leistung | Diff   |
|------|-------|----------------------|------|-----|---|-------|----------|--------|
| 352  | 1470  | Rübsteck Nicolas     | 1991 | GER | BRIDGERUNNERS<br>Düsseldorf                 | 21:46 | 21:58    | + 7:19 |
| 354  | 95    | Hahn Willy           | 1996 | GER | Decathlon Lauftreff Berlin-<br>Schöneeweide | 21:46 | 22:00    | + 7:21 |
| 354  | 800   | Faber Daniel         | 1985 | GER | Monheim runs 2023                           | 21:55 | 22:00    | + 7:21 |
| 356  | 464   | Scharf Alexander     | 1979 | GER | Engineering & Technology                    | 21:59 | 22:04    | + 7:25 |
| 356  | 779   | Vetter Heidrun       | 1961 | GER | LAV Stadtwerke Tübingen                     | 22:02 | 22:04    | + 7:25 |
| 356  | 1565  | Peukert Erik         | 1980 | GER | TV Refrath                                  | 22:02 | 22:04    | + 7:25 |
| 356  | 2267  | Hahn Ken             | 1967 | GER |   | 21:59 | 22:04    | + 7:25 |
| 360  | 578   | Bauer Maurice        | 1994 | GER |   | 21:56 | 22:06    | + 7:27 |
| 361  | 862   | Lehnard Gerrit       | 1996 | GER |   | 22:03 | 22:07    | + 7:28 |
| 362  | 375   | Joussen Thomas       | 1991 | GER |   | 21:58 | 22:09    | + 7:30 |
| 363  | 291   | Fell Jonathan        | 1988 | GER | DZ BANK Runners                             | 22:06 | 22:10    | + 7:31 |
| 363  | 336   | Vidic Gaby           | 1980 | GER |   | 21:51 | 22:10    | + 7:31 |
| 365  | 1525  | Ehmke Andreas        | 1966 | GER | BSG Edscha Remscheid                        | 22:02 | 22:11    | + 7:32 |
| 366  | 1388  | Becciu Alessandro    | 1976 | GER |   | 22:15 | 22:16    | + 7:37 |
| 367  | 127   | Kornführer Franziska | 1986 | GER | www.vegan-gut-<br>beraten.de                | 22:16 | 22:18    | + 7:39 |
| 367  | 342   | Contreras Nicanor    | 1991 | GER | Monheim runs 2023                           | 22:08 | 22:18    | + 7:39 |
| 369  | 827   | Guéret Vincent       | 1970 | GER |   | 22:15 | 22:19    | + 7:40 |
| 370  | 1796  | Arnold Jasmin        | 1992 | GER | SFD 75 Düsseldorf-Süd<br>e.V.               | 22:21 | 22:22    | + 7:43 |
| 371  | 12    | Haag Christoph       | 1980 | GER |   | 22:10 | 22:23    | + 7:44 |
| 371  | 113   | Lenhart Anke         | 1976 | GER | LG Wuppertal                                | 22:17 | 22:23    | + 7:44 |
| 373  | 1977  | Bolle Markus         | 1977 | GER | LAZ Rhein-Sieg                              | 22:23 | 22:27    | + 7:48 |
| 374  | 119   | Kramer Yasmin        | 1991 | GER |   | 22:14 | 22:28    | + 7:49 |
| 375  | 841   | Zeppa Daniel         | 1966 | GER | TSV 1863 Herdecke                           | 22:21 | 22:32    | + 7:53 |
| 376  | 959   | Kloes Martin         | 1976 | GER | Anger Running Team                          | 22:34 | 22:36    | + 7:57 |
| 377  | 782   | Belke Hermann-Josef  | 1960 | GER | LAC Veltins<br>Hochsauerland                | 22:34 | 22:37    | + 7:58 |
| 378  | 1841  | Mäder Peter          | 1956 | GER | USC Bochum                                  | 22:37 | 22:38    | + 7:59 |
| 379  | 755   | Sander Frank         | 1968 | GER | EVL Lauftreff TV<br>Witzhelden              | 22:37 | 22:39    | + 8:00 |
| 380  | 2319  | Danzer Raphaela      | 1986 | GER | TuRa Süd                                    | 22:30 | 22:43    | + 8:04 |
| 381  | 145   | Froemngen Jill       | 1991 | GER | Monheim runs 2023                           | 22:38 | 22:44    | + 8:05 |
| 382  | 1925  | Blomenkamp Astrid    | 1983 | GER | TSV Bayer 04 Leverkusen                     | 22:37 | 22:45    | + 8:06 |
| 383  | 1677  | Schauch Bastian      | 1975 | GER | Rennschnecken 2000 e.V.                     | 22:41 | 22:47    | + 8:08 |
| 384  | 228   | Müller Benjamin      | 1985 | GER | Monheim runs 2023                           | 22:46 | 22:50    | + 8:11 |
| 385  | 312   | Fromme Alexander     | 1980 | GER | Triathlon Team Düsseldorf                   | 22:43 | 22:51    | + 8:12 |
| 385  | 20667 | Jenke Ute            | 1964 | GER | DJK Novesia Neuss                           | 22:46 | 22:51    | + 8:12 |
| 387  | 301   | Rücker Andreas       | 1981 | GER |   | 22:35 | 22:52    | + 8:13 |
| 388  | 562   | Nikelowski Norbert   | 1958 | GER | LSV Porz / Köln                             | 22:47 | 22:55    | + 8:16 |
| 389  | 2028  | Klick Michael        | 1969 | GER | SUS Bertlich                                | 22:55 | 22:56    | + 8:17 |
| 390  | 365   | Limberg Ingo         | 1968 | GER | Monheim runs 2023                           | 22:47 | 22:58    | + 8:19 |
| 390  | 468   | Pesch Tanja          | 1977 | GER | TUS Kreuzweingarten-<br>Rheder              | 22:56 | 22:58    | + 8:19 |
| 392  | 77    | Poppel Maximilian    | 1987 | GER |   | 22:46 | 22:59    | + 8:20 |
| 392  | 2250  | Lepique Matthias     | 1965 | GER |   | 22:47 | 22:59    | + 8:20 |
| 394  | 1197  | Dörre Dirk           | 1969 | GER | 149 Technologies                            | 22:58 | 23:01    | + 8:22 |
| 394  | 2210  | Steffens Achim       | 1964 | GER |   | 22:50 | 23:01    | + 8:22 |
| 396  | 845   | Kockel Thomas        | 1960 | GER | TUS Kreuzweingarten-<br>Rheder              | 23:01 | 23:02    | + 8:23 |
| 396  | 2290  | Zindler Markus       | 1969 | GER | TSV Hochdahl                                | 22:59 | 23:02    | + 8:23 |
| 398  | 1886  | Salden Tobias        | 1993 | GER |   | 22:56 | 23:07    | + 8:28 |
| 399  | 35    | Kellershohn Marc     | 1979 | GER | TV Refrath                                  | 23:08 | 23:12    | + 8:33 |
| 400  | 2315  | Marchet Monica       | 1977 | GER |   | 23:01 | 23:16    | + 8:37 |
| 401  | 2002  | Kraienhorst Jonas    | 1990 | GER | Run Squad CGN                               | 23:16 | 23:19    | + 8:40 |



5km Straßenlauf, MJ U20, MJ U18, MJ U16, WJ U18, WJ U16, WJ U20, M, W, M30, M35, W30, W35, M40, W45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, W70, M80 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name              | Jg   | Nat | Verein                      | Netto | Leistung     | Diff   |
|------|------|-------------------|------|-----|-----------------------------|-------|--------------|--------|
| 402  | 1563 | Görk Sebastian    | 1982 | GER | TV Refrath                  | 23:14 | <b>23:20</b> | + 8:41 |
| 402  | 1572 | Thierolf Hendrik  | 1970 | GER | TV Refrath                  | 23:15 | <b>23:20</b> | + 8:41 |
| 404  | 546  | Lutze Jürgen      | 1973 | GER | Triathlon-Team Indeland     | 23:11 | <b>23:21</b> | + 8:42 |
| 405  | 636  | Klinkert Roman    | 1965 | GER | SSF Bonn                    | 23:20 | <b>23:23</b> | + 8:44 |
| 406  | 292  | Pfeiffer Dirk     | 1961 | GER | ASV Duisburg                | 23:22 | <b>23:26</b> | + 8:47 |
| 407  | 1885 | Wehrstedt Markus  | 1968 | GER | USC Bochum                  | 23:25 | <b>23:27</b> | + 8:48 |
| 408  | 1157 | Eisermann Stephan | 1966 | GER | Team Erdinger Alkoholfrei   | 23:29 | <b>23:33</b> | + 8:54 |
| 408  | 1783 | Gresch Rolf       | 1964 | GER | USC Bochum                  | 23:30 | <b>23:33</b> | + 8:54 |
| 410  | 1158 | Schön Michael     | 1976 | GER |                             | 23:25 | <b>23:37</b> | + 8:58 |
| 410  | 1997 | Ungerath Laurenz  | 1993 | GER | BRIDGERUNNERS<br>Düsseldorf | 23:34 | <b>23:37</b> | + 8:58 |
| 412  | 754  | Klosa Thomas      | 1969 | GER |                             | 23:35 | <b>23:41</b> | + 9:02 |
| 413  | 222  | Müller Dominik    | 1994 | GER |                             | 23:42 | <b>23:51</b> | + 9:12 |
| 414  | 2317 | Ballweg Jörg      | 1970 | GER |                             | 23:52 | <b>23:54</b> | + 9:15 |