

**5km Straßenlauf, WK U12, M U23, MJ U18, WJ U20, MJ U20, WJ U18, MK U12, W U23, M, W, M30, M35, W30, W40, W45, W50, W55, M60, M65, W60, W65, M75, W75**

Länge: 5km - Zeitläufe

| Rang | StNr | Name                  | Jg   | Nat | Verein                          | Leistung | Diff    |
|------|------|-----------------------|------|-----|---------------------------------|----------|---------|
| 1    | 650  | Nowicki-Koth Jakob    | 2001 | GER | Düsseldorf Athletics            | 15:52    |         |
| 2    | 617  | Stoltze Thilo         | 2003 | GER | Tus Köln rrh                    | 16:18    | + 0:26  |
| 3    | 758  | Jesinghaus Marvin     | 1998 | GER | TV Refrath                      | 17:30    | + 1:38  |
| 4    | 3128 | Eisermann Peter       | 1972 | GER | Tusem Essen                     | 18:12    | + 2:20  |
| 5    | 776  | Gajus Manu            | 1991 | GER | Fortuna Düsseldorf              | 18:27    | + 2:35  |
| 6    | 508  | Ebner Samuel          | 1984 | GER | Tus Köln rrh                    | 18:32    | + 2:40  |
| 7    | 649  | Moser Denise          | 2000 | GER | Düsseldorf Athletics            | 19:00    | + 3:08  |
| 8    | 622  | Siekierka Mikolaj     | 1998 | GER | SFD 75 Düsseldorf               | 19:38    | + 3:46  |
| 8    | 626  | Murmann Simon         | 2008 | GER | SFD 75 Düsseldorf               | 19:38    | + 3:46  |
| 8    | 681  | Hennes Römer Paul     | 2009 | GER | Tus Köln rrh                    | 19:38    | + 3:46  |
| 11   | 616  | Ling Kuo Pei          | 1997 | GER | Tus Köln rrh                    | 19:45    | + 3:53  |
| 12   | 630  | Ziob Julian           | 1989 | GER | SFD 75 Düsseldorf               | 20:14    | + 4:22  |
| 13   | 618  | Romagnoli Gaetano     | 2009 | GER | Tus Köln rrh                    | 20:22    | + 4:30  |
| 14   | 237  | Lutsyshena Halyna     | 1985 | GER | Judo-Sport-Verein<br>Düsseldorf | 20:48    | + 4:56  |
| 15   | 3047 | Schoo Luis            | 2014 | GER | TSV Bayer Dormagen              | 20:58    | + 5:06  |
| 16   | 624  | Unterfeld Torben      | 1998 | GER | SFD 75 Düsseldorf               | 21:05    | + 5:13  |
| 17   | 3174 | Paulussen Michael     | 1966 | GER | LG Amelin-Linnich               | 21:48    | + 5:56  |
| 18   | 401  | Mertens Corinna       | 1970 | GER | LG Wuppertal                    | 21:52    | + 6:00  |
| 19   | 685  | Götzen-Börke Gabriele | 1965 | GER | Homberger TV                    | 22:21    | + 6:29  |
| 20   | 774  | Mansen Wolfgang       | 1966 | GER | SG Langenfeld                   | 22:23    | + 6:31  |
| 21   | 3846 | Zenkner Tobias        | 1992 | GER | RWO Endurance Team              | 22:34    | + 6:42  |
| 22   | 623  | Kraaß Merjema         | 2007 | GER | SFD 75 Düsseldorf               | 22:41    | + 6:49  |
| 22   | 782  | Paula Jülich Emelie   | 2005 | GER | Tus Köln rrh                    | 22:41    | + 6:49  |
| 24   | 827  | Paß Isabell           | 1997 | GER | Freie Schwimmer Düsseldorf      | 23:35    | + 7:43  |
| 25   | 558  | Gassner Mario         | 2006 | GER | SFD75                           | 23:47    | + 7:55  |
| 26   | 812  | Dec Franciszek        | 1957 | GER | Ayyo Team Essen                 | 23:56    | + 8:04  |
| 27   | 3072 | Boewe Nicole          | 1980 | GER | TV Obernauach                   | 24:43    | + 8:51  |
| 28   | 699  | Maleckova Eva         | 1991 | GER | Lauftreff Wersten               | 25:47    | + 9:55  |
| 29   | 540  | Schürmann Malin       | 2009 | GER | TC Sterkrade Oberhausen         | 25:55    | + 10:03 |
| 30   | 694  | Vanselow Nicolas      | 1983 | GER | BSC Hilden                      | 25:57    | + 10:05 |
| 31   | 3178 | Brandt Helge          | 1973 | GER | Schloß-Gymnasium Benrath        | 26:28    | + 10:36 |
| 32   | 713  | Hitzmann Dieter       | 1957 | GER | VT Kempen                       | 26:47    | + 10:55 |
| 33   | 643  | Zange Gabi            | 1960 | GER | LLG 80 Nordpark Köln e.V.       | 26:58    | + 11:06 |
| 34   | 3142 | Bernhardt Joachim     | 1948 | GER | Post SV Düsseldorf              | 26:59    | + 11:07 |
| 35   | 729  | Scharbatke Veronika   | 1950 | GER | LC Wuppertal                    | 27:12    | + 11:20 |
| 36   | 3969 | Wagner Jannick        | 2005 | GER | SC Germania Stromberg           | 28:40    | + 12:48 |
| 37   | 696  | Findeisen Daniela     | 1979 | GER | SV Rosellen                     | 28:54    | + 13:02 |
| 38   | 683  | Kern Sabrina          | 1980 | GER | Homberger TV                    | 28:58    | + 13:06 |
| 39   | 640  | Scharbert Bernd       | 1949 | GER | Solinger LC                     | 29:14    | + 13:22 |
| 40   | 644  | Krenzel Joachim       | 1963 | GER | LLG 80 Nordpark Köln e.V.       | 30:07    | + 14:15 |
| 41   | 687  | Breidenbach Ilka      | 1967 | GER | Homberger TV                    | 31:46    | + 15:54 |
| 42   | 642  | Mannheim Michael      | 1946 | GER | LLG 80 Nordpark Köln e.V.       | 32:47    | + 16:55 |
| 43   | 3063 | Kolaberdin Jana       | 2015 | GER | RSV Neuss                       | 32:57    | + 17:05 |
| 44   | 3070 | Kolaberdin Stanislav  | 1988 | GER | TG Neuss                        | 32:58    | + 17:06 |
| 45   | 645  | Krenzel Sibylle       | 1971 | GER | LLG 80 Nordpark Köln e.V.       | 33:06    | + 17:14 |
| 46   | 688  | Horz Sabine           | 1965 | GER | Homberger TV                    | 34:30    | + 18:38 |
| 47   | 686  | Kinzel Rosemarie      | 1955 | GER | Homberger TV                    | 40:12    | + 24:20 |
| 48   | 689  | Jähne Christa         | 1960 | GER | Homberger TV                    | 40:13    | + 24:21 |
| 49   | 684  | Miller Nicole         | 1967 | GER | Homberger TV                    | 51:28    | + 35:36 |

## Halbmarathon, MJ U18, M, W, M30, M35, M40, M45, W40, M50, M55, M60, M65, W60

05.04.2025 / 10:00

Länge: 21,098km - Zeitläufe

| Rang | StNr | Name                    | Jg   | Nat | Verein                                      | Leistung | Diff      |
|------|------|-------------------------|------|-----|---------------------------------------------|----------|-----------|
| 1    | 552  | Schmidinger Hendrik     | 1994 | GER | BNOCs Mannheim                              | 1:15:53  |           |
| 2    | 716  | Amaya Pablo             | 1983 | GER | TSV Hochdahl                                | 1:29:37  | + 13:44   |
| 3    | 3702 | Wozny Simon             | 2008 | GER | SUS Bertlich                                | 1:30:32  | + 14:39   |
| 4    | 513  | Wasem Sascha            | 1983 | GER | ASV Duisburg                                | 1:31:17  | + 15:24   |
| 5    | 503  | Baena Idefonso          | 1983 | GER | DLC Aachen                                  | 1:32:02  | + 16:09   |
| 6    | 663  | Nießen Marc             | 1987 | GER | (Simmerath)                                 | 1:32:40  | + 16:47   |
| 7    | 3849 | Kurzawiak Marcel        | 1996 | GER | BRIDGERUNNERS<br>Düsseldorf                 | 1:35:05  | + 19:12   |
| 8    | 425  | Freitag Laurine         | 2000 | GER | LGV Marathon Giessen /<br>ASICS FrontRunner | 1:35:09  | + 19:16   |
| 9    | 761  | Arei Pietros            | 1969 | GER | LG Wuppertal                                | 1:35:25  | + 19:32   |
| 10   | 568  | Kleinau Moritz          | 2002 | GER | Freie Schwimmer Düsseldorf                  | 1:36:16  | + 20:23   |
| 11   | 3759 | Görlich Elena           | 1996 | GER | TV Refrath                                  | 1:38:13  | + 22:20   |
| 12   | 723  | Hauck Matthias          | 1980 | GER | TV Refrath                                  | 1:39:14  | + 23:21   |
| 13   | 831  | Lübke Oliver            | 1966 | GER | LG Wuppertal                                | 1:40:49  | + 24:56   |
| 14   | 519  | Boeck Pablo             | 1992 | GER | RheinRunners                                | 1:41:11  | + 25:18   |
| 15   | 252  | Salmon Heiko            | 1966 | GER | TUS Mechernich 1897                         | 1:41:36  | + 25:43   |
| 16   | 567  | Kleinau Jens            | 1961 | GER | Freie Schwimmer Düsseldorf                  | 1:44:37  | + 28:44   |
| 17   | 272  | Kral Oliver             | 1991 | GER | AS Neukirchen-Vluyn                         | 1:45:31  | + 29:38   |
| 18   | 3950 | Reuling Hans-Peter      | 1970 | GER | TSV Neuenstadt                              | 1:45:54  | + 30:01   |
| 19   | 4014 | Mengs Peter             | 1968 | GER | LT Wischlingen                              | 1:46:59  | + 31:06   |
| 20   | 4045 | Albers Lars             | 2002 | GER | Haaner TV Volleyball                        | 1:58:43  | + 42:50   |
| 21   | 3876 | Rötter Lena             | 2001 | GER | Swift Atletiek                              | 2:05:19  | + 49:26   |
| 22   | 234  | Lorenz Martina          | 1963 | GER | Friedrichstädter Turnverein<br>Düsseldorf   | 2:06:37  | + 50:44   |
| 23   | 3834 | Adam Dorothee           | 1964 | GER | Lauftreff Alt-Erkrath                       | 2:07:34  | + 51:41   |
| 24   | 4061 | Gilles Gereon           | 1980 | GER | TV Engers                                   | 2:07:50  | + 51:57   |
| 25   | 651  | Tiede Kristin           | 1982 | GER | Lauffreunde Hadi Wesel                      | 2:09:09  | + 53:16   |
| 26   | 3994 | Althoff Markus          | 1967 | GER | RWO Endurance Team                          | 2:09:36  | + 53:43   |
| 27   | 3993 | Dietrich-Althoff Sabine | 1965 | GER | RWO Endurance Team                          | 2:09:37  | + 53:44   |
| 28   | 690  | Boos Edgar              | 1958 | GER | Homberger TV                                | 2:12:36  | + 56:43   |
| 29   | 3986 | Borin Peter             | 1972 | GER | RWO Endurance Team                          | 2:17:17  | + 1:01:24 |

## 10km Straßenlauf, M, W, M35, W35, M40, M45, W40, W45, M50, M55, W50, W55, M65, W65

05.04.2025 / 10:00

Länge: 10km - Zeitläufe

| Rang | StNr | Name                | Jg   | Nat | Verein                     | Leistung | Diff    |
|------|------|---------------------|------|-----|----------------------------|----------|---------|
| 1    | 629  | Goßmann Alexander   | 1985 | GER | SFD 75 Düsseldorf          | 36:46    |         |
| 2    | 535  | Wulbrand Hanno      | 1982 | GER | TuS 08 Lintorf             | 37:45    | + 0:59  |
| 3    | 465  | Schröder Markus     | 1974 | GER | Lauftreff Alt-Erkrath      | 40:03    | + 3:17  |
| 4    | 621  | Päffgen Anne        | 1972 | GER | TV Refrath                 | 41:32    | + 4:46  |
| 5    | 631  | Palmowski Sebastian | 1988 | GER | SFD 75 Düsseldorf          | 43:55    | + 7:09  |
| 6    | 3947 | Rosendahl Jose      | 1999 | GER | Leichlinger TV             | 44:35    | + 7:49  |
| 7    | 455  | Schott David        | 1967 | GER | Solinger LC                | 44:46    | + 8:00  |
| 8    | 527  | Meier Stefanie      | 1988 | GER | LG Wuppertal               | 45:57    | + 9:11  |
| 9    | 461  | Zinndorf Bernhard   | 1974 | GER | Running Team Grafenberg    | 46:28    | + 9:42  |
| 10   | 486  | Krauth Raphael      | 1980 | GER | Freie Schwimmer Düsseldorf | 47:07    | + 10:21 |
| 11   | 762  | Heisig Markus       | 1960 | GER | TV Refrath                 | 47:15    | + 10:29 |
| 12   | 316  | Jantos Marek        | 1986 | GER | Marathon BB Team Slovakia  | 47:53    | + 11:07 |
| 12   | 579  | Bobach Finn         | 1998 | GER | Running Club Solingen      | 47:53    | + 11:07 |
| 14   | 404  | Hegewald Katrin     | 1988 | GER | RWO Endurance Team         | 48:28    | + 11:42 |
| 15   | 410  | Feldhaus Christian  | 1959 | GER | LLG 80 Nordpark Köln e.V.  | 51:05    | + 14:19 |
| 16   | 591  | Siebert Karolin     | 1996 | GER | ASC Düsseldorf             | 51:42    | + 14:56 |
| 17   | 285  | Bader Christiane    | 1970 | GER | TSV Bayer 04 Leverkusen    | 51:47    | + 15:01 |
| 18   | 440  | Bodewein Marlena    | 1997 | GER | Kanu Club Hilden           | 53:25    | + 16:39 |
| 19   | 692  | Stula Rosel         | 1958 | GER | Pulheimer SC               | 55:29    | + 18:43 |
| 20   | 646  | Werner Elisa        | 1976 | GER | LLG 80 Nordpark Köln e.V.  | 57:43    | + 20:57 |
| 21   | 504  | Burcu Sandik        | 1982 | GER | DLC Aachen                 | 1:00:36  | + 23:50 |