

Rang	Nachname	Vorname	Mannschaft	TOP 3 (h:m:s)	DM 2014	DM 2015	DM 2016	DM 2017	TOP 3 (h:m:s)2
1	Schäfer	Uli	Arnsberg-Voßwinkel	04:15:22	01:22:30	01:16:10	00:28:09	01:36:42	04:15:22
2	Nowak	Rainer	Großschwarzenlohe	04:02:45	01:18:09	01:12:18	00:50:55	01:32:18	04:02:45
3	Köhler	Wilfried	Arnsberg-Voßwinkel	03:33:19		01:06:56	01:14:52	01:11:31	03:33:19
4	Berschneider	Heinrich	Großschwarzenlohe	03:31:58	01:14:58	01:08:36	00:00:59	01:08:24	03:31:58
5	Miesterfeld	Burkhard	Wriezen	03:11:21	01:06:50	00:52:09		01:12:22	03:11:21
6	Müller	Gerald	Warstade	03:05:37	01:00:20	00:54:13	01:11:04	00:50:57	03:05:37
7	Buhr	Benjamin	Ofenerfeld	02:55:38	01:02:27	00:52:40	00:02:31	01:00:31	02:55:38
8	Schrey	Hans-Albert	Würselen-Haal	02:51:56	01:02:09		01:06:45	00:43:02	02:51:56
9	Wilms	Hans	Bremen	02:47:31		00:31:15	01:08:40	01:07:36	02:47:31
10	Brennecke	Nico	Wriezen	02:46:35	01:16:50	01:07:10	00:22:35	00:21:22	02:46:35
11	Wichmann	Uwe	Ofenerfeld	02:45:26	00:45:20	00:51:28	00:37:20	01:08:38	02:45:26
12	Große	Lars	Wriezen	02:42:08	00:42:29	01:00:15	00:24:20	00:59:24	02:42:08
13	Nellessen	Victor	Würselen-Haal	02:41:10	00:46:56		00:51:39	01:02:35	02:41:10
14	Helm	Lutz	Ofenerfeld	02:39:56	00:49:59	00:36:42	00:32:30	01:13:15	02:39:56
15	Strauch	Stefan	Warstade	02:38:38	00:52:53	00:39:10		01:06:35	02:38:38
16	Geringhoff	Rudi	Neuengamme	02:38:31	01:11:54	00:48:30		00:38:07	02:38:31
17	Opitz	Rüdiger	Bremen	02:38:20	00:40:20	00:53:43	00:50:05	00:54:32	02:38:20
18	Wittmann	Bernd	Großschwarzenlohe	02:38:19	01:15:00	00:47:31	00:35:48		02:38:19
19	Hilpert	Rene	Köln	02:36:11		00:55:07	00:48:00	00:53:04	02:36:11
20	Quildies	Egon	Großschwarzenlohe	02:33:48	00:41:35	00:47:10	00:48:16	00:58:22	02:33:48
21	Meßthaler	Georg	Großschwarzenlohe	02:32:35	00:29:54	00:50:33	01:12:08		02:32:35
22	Buck	Robert	Warstade	02:32:30	00:49:25		00:31:35	01:11:30	02:32:30
23	Knubben	Willi	Würselen-Haal	02:31:39	00:52:55	00:38:50	00:52:30	00:46:14	02:31:39
24	Hampel	Uli	Arnsberg-Voßwinkel	02:30:42	00:59:42		00:52:00	00:39:00	02:30:42
25	Verhoeven	Franz	Würselen-Haal	02:29:19	00:43:10	00:51:56	00:54:13	00:05:06	02:29:19
26	Holthusen	Jürgen	Ofenerfeld	02:28:21	00:34:55	01:04:49	00:35:02	00:48:30	02:28:21
27	Otwiaska	Oliver	Bremen	02:27:31	00:49:14	00:53:05	00:35:08	00:45:12	02:27:31
28	Arneke	Thorsten	Bremen	02:27:08	00:48:31	00:39:16	00:38:44	00:59:21	02:27:08
29	Barthelmann	Walter	Jesserndorf	02:26:22	00:47:33	00:50:34	00:30:18	00:48:15	02:26:22
30	Sonnwald	Martin	Bremen	02:26:20	00:29:44	01:04:35	00:52:01		02:26:20
31	Brennecke	Eckhard	Wriezen	02:26:11		00:39:09	00:52:04	00:54:58	02:26:11
32	Peltzer	Wolfgang	Würselen-Haal	02:25:51	00:53:30	00:32:18	00:09:46	01:00:03	02:25:51
33	Garmhausen	Werner	Bremen	02:19:40	00:43:00	00:40:15	00:56:25		02:19:40
34	Schmietenknop	Mathias	Ofenerfeld	02:19:25	00:34:45	01:03:52	00:00:22	00:40:48	02:19:25
35	Eggemann	Kurt	Köln	02:19:05		00:45:08	00:41:17	00:52:40	02:19:05
36	Rixen	Lothar	Bremen	02:16:41	00:38:58	00:35:43		01:02:00	02:16:41
37	Ankenbrand	Günter	Jesserndorf	02:15:17	00:38:37	00:38:34	00:24:15	00:58:06	02:15:17
38	Nestler	Nils	Wriezen	02:12:15	01:15:43	00:05:26	00:51:06		02:12:15
39	Markgraf	Hans-Werner	Würselen-Haal	02:08:17		00:21:25	01:07:30	00:39:22	02:08:17
40	Bonus	Jupp	Ungerath	02:04:15	00:40:25	00:33:45	00:37:40	00:46:10	02:04:15
41	Grünke	Ralf	Ofenerfeld	02:03:47	00:34:59	00:34:05		00:54:43	02:03:47
42	Engel	Jürgen	Neuengamme	02:03:02	00:32:33	00:31:50	00:24:57	00:58:39	02:03:02
43	Bayer	Jürgen	Großschwarzenlohe	02:02:43	00:44:18	00:33:15		00:45:10	02:02:43
44	Schorlepp	Harald	Warstade	02:02:04	00:40:33	00:34:27	00:35:40	00:45:51	02:02:04
45	Lampe-Winkelmar	Helmut	Bremen	02:01:09		00:50:21	00:29:50	00:40:58	02:01:09
46	Reithinger	Bernd	Großschwarzenlohe	01:57:39	00:32:00	00:38:52	00:46:47		01:57:39
47	Tkachenko	Fjodor	Arnsberg-Voßwinkel	01:56:47	00:38:53	00:40:26	00:33:51	00:37:28	01:56:47
48	de Ries	Albert	Ofenerfeld	01:54:05			00:53:32	01:00:33	01:54:05
49	Thomsen	Nils	Berlin	01:51:43	00:37:05	00:30:01		00:44:37	01:51:43
50	Kramer	Elko	Bremen	01:47:11			00:39:08	01:08:03	01:47:11
51	Meyer	Peter	Bremen	01:45:30		00:49:50		00:55:40	01:45:30
52	Giese	Andreas	Arnsberg-Voßwinkel	01:40:43	00:49:22	00:51:21			01:40:43
53	Fleischer	Fred	Wriezen	01:38:37	00:33:20		00:30:50	00:34:27	01:38:37
54	Kossmann	Reinhard	Köln	01:38:16		00:40:08	00:58:08		01:38:16
55	Heiduk	Udo	Ofenerfeld	01:37:44	00:40:15	00:23:46	00:29:07	00:28:22	01:37:44
56	von Kügelen	Dirk	Berlin	01:36:53		00:36:17		01:00:36	01:36:53
57	Scheel	Dirk	Neuengamme	01:36:28			00:58:30	00:37:58	01:36:28
58	Helbing	Steffen	Köln	01:36:19		00:34:30	00:28:38	00:33:11	01:36:19
59	Weck	Birger	Neuengamme	01:35:08		00:23:38	00:23:38	00:47:52	01:35:08
60	Rennoch	Marcel	Bremen	01:34:59		00:23:01	00:33:49	00:38:09	01:34:59
61	Schnelle	Klaus-Peter	Warstade	01:34:09	00:36:54	00:02:21	00:30:01	00:27:14	01:34:09
62	Korff	Wolfgang	Neuengamme	01:32:55		00:22:40	00:17:25	00:52:50	01:32:55
63	Witthöft	Karsten	Neuengamme	01:29:53			00:42:00	00:47:53	01:29:53
64	Stäbert	Jörg	Berlin	01:29:48		00:33:08		00:56:40	01:29:48
65	Heilemann	Björn	Ofenerfeld	01:29:47	00:48:06			00:41:41	01:29:47
66	Borstelmann	Heiner	Neuengamme	01:27:44	00:28:18	00:22:34	00:27:54	00:31:32	01:27:44
67	Grünke	Jan	Ofenerfeld	01:27:16	00:37:16			00:50:00	01:27:16
68	Ludanek	Klaus	Neuengamme	01:27:12		00:42:48		00:44:24	01:27:12
69	Ohligschlagher	Leon	Würselen-Haal	01:26:36			00:48:46	00:37:50	01:26:36
70	Jacobsen	Thorsten	Neuengamme	01:25:35		00:30:55	00:22:24	00:32:16	01:25:35
71	Debray	Tobias	Würselen-Haal	01:24:53	00:51:59		00:28:08	00:04:46	01:24:53
72	Rosenbaum	Alfons	Köln	01:21:06		00:32:07		00:48:59	01:21:06
73	Lurz	Kilian	Jesserndorf	01:19:46	00:55:53	00:23:53			01:19:46
74	Angermann	Thomas	Jesserndorf	01:19:21	00:37:15	00:42:06			01:19:21
75	Schmucker	Oliver	Arnsberg-Voßwinkel	01:19:00	00:39:10		00:39:50		01:19:00
76	Klar	Peter	Würselen-Haal	01:18:55	00:20:01	00:22:45	00:18:09	00:36:09	01:18:55
77	Stark	Volker	Neuengamme	01:17:32	01:07:15	00:08:07		00:02:10	01:17:32
78	Perera	Shantis	Köln	01:17:02	00:43:15	00:33:47			01:17:02
79	Valtin	Heribert	Jesserndorf	01:15:30	00:30:00	00:45:30			01:15:30
80	Knewitz	Andreas	Ofenerfeld	01:13:18		00:17:51	00:06:57	00:48:30	01:13:18
81	Schreiber	Andreas	Arnsberg-Voßwinkel	01:10:40	00:48:04	00:22:36			01:10:40