

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	Karsten	Irene	Warstade	03:20:39	01:05:10	00:51:42	01:04:33	01:10:56	03:20:39
6	Miesterfeld	Burkhard	Warstade	03:11:21	01:06:50	00:52:09		01:12:22	03:11:21
7	Buck	Erna	Warstade	03:06:24	00:52:20		01:10:18	01:03:46	03:06:24
8	Müller	Gerald	Warstade	03:05:37	01:00:20	00:54:13	01:11:04	00:50:57	03:05:37
9	Buhr	Benjamin	Ofenerfeld	02:55:38	01:02:27	00:52:40	00:02:31	01:00:31	02:55:38
10	Schrey	Hans-Albert	Würselen-Haal	02:51:56	01:02:09		01:06:45	00:43:02	02:51:56
11	Wilms	Hans	Bremen	02:47:31		00:31:15	01:08:40	01:07:36	02:47:31
12	Brennecke	Nico	Wriezen	02:46:35	01:16:50	01:07:10	00:22:35	00:21:22	02:46:35
13	Wichmann	Uwe	Ofenerfeld	02:45:26	00:45:20	00:51:28	00:37:20	01:08:38	02:45:26
14	Große	Lars	Wriezen	02:42:08	00:42:29	01:00:15	00:24:20	00:59:24	02:42:08
15	Nellessen	Victor	Würselen-Haal	02:41:10	00:46:56		00:51:39	01:02:35	02:41:10
16	Weber	Elke	Warstade	02:40:08	00:51:30	00:48:48	00:11:30	00:59:50	02:40:08
17	Helm	Lutz	Ofenerfeld	02:39:56	00:49:59	00:36:42	00:32:30	01:13:15	02:39:56
18	Strauch	Stefan	Warstade	02:38:38	00:52:53	00:39:10		01:06:35	02:38:38
19	Geringhoff	Rudi	Neuengamme	02:38:31	01:11:54	00:48:30		00:38:07	02:38:31
20	Opitz	Rüdiger	Bremen	02:38:20	00:40:20	00:53:43	00:50:05	00:54:32	02:38:20
21	Wittmann	Bernd	Großschwarzenlohe	02:38:19	01:15:00	00:47:31	00:35:48		02:38:19
22	Reimer	Marion	Warstade	02:37:01	00:59:45	00:34:41	00:27:41	01:02:35	02:37:01
23	Hilpert	Rene	Köln	02:36:11		00:55:07	00:48:00	00:53:04	02:36:11
24	Söhl	Helga	Warstade	02:35:22	00:48:20	00:36:50	01:00:25	00:46:37	02:35:22
25	Quildies	Egon	Großschwarzenlohe	02:33:48	00:41:35	00:47:10	00:48:16	00:58:22	02:33:48
26	Schulz	Käte	Warstade	02:32:36		00:40:10	00:48:41	01:03:45	02:32:36
27	Meßthaler	Georg	Großschwarzenlohe	02:32:35	00:29:54	00:50:33	01:12:08		02:32:35
28	Buck	Robert	Warstade	02:32:30	00:49:25		00:31:35	01:11:30	02:32:30
29	Barthelmann	Gertrud	Jesserndorf	02:32:01	01:02:00	00:29:51	00:45:17	00:44:44	02:32:01
30	Knubben	Willi	Würselen-Haal	02:31:39	00:52:55	00:38:50	00:52:30	00:46:14	02:31:39
31	Hampel	Uli	Arnsberg-Voßwinkel	02:30:42	00:59:42		00:52:00	00:39:00	02:30:42
32	Verhoeven	Franz	Wriezen-Haal	02:29:19	00:43:10	00:51:56	00:54:13	00:05:06	02:29:19
33	Müller	Silvia	Warstade	02:28:41	00:53:52	00:36:21	00:32:12	00:58:28	02:28:41
34	Holtusen	Jürgen	Ofenerfeld	02:28:21	00:34:55	01:04:49	00:35:02	00:48:30	02:28:21
35	Otwaska	Oliver	Bremen	02:27:31	00:49:14	00:53:05	00:35:08	00:45:12	02:27:31
36	Arneke	Thorsten	Bremen	02:27:08	00:48:31	00:39:16	00:38:44	00:59:21	02:27:08
37	Barthelmann	Walter	Jesserndorf	02:26:22	00:47:33	00:50:34	00:30:18	00:48:15	02:26:22
38	Sonnwald	Martin	Bremen	02:26:20		00:29:44	01:04:35	00:52:01	02:26:20
39	Brennecke	Eckhard	Wriezen	02:26:11		00:39:09	00:52:04	00:54:58	02:26:11
40	Peltzer	Wolfgang	Würselen-Haal	02:25:51	00:53:30	00:32:18	00:09:46	01:00:03	02:25:51
41	Garmhausen	Werner	Bremen	02:19:40		00:43:00	00:40:15	00:56:25	02:19:40
42	Schmietenknop	Mathias	Ofenerfeld	02:19:25	00:34:45	01:03:52	00:00:22	00:40:48	02:19:25
43	Eggemann	Kurt	Köln	02:19:05		00:45:08	00:41:17	00:52:40	02:19:05
44	Rixen	Lothar	Bremen	02:16:41	00:38:58	00:35:43		01:02:00	02:16:41
45	Ankenbrand	Günter	Jesserndorf	02:15:17	00:38:37	00:38:34	00:24:15	00:58:06	02:15:17
46	Krott	Silvia	Würselen-Haal	02:14:16	00:53:00	00:33:50		00:47:26	02:14:16
47	Nestler	Nils	Wriezen	02:12:15	01:15:43	00:05:26	00:51:06		02:12:15
48	Prümm	Betty	Würselen-Haal	02:09:44	00:41:20	00:18:16	00:39:54	00:48:30	02:09:44
49	Kowald	Annegret	Neuengamme	02:09:11	00:36:58	01:00:01	00:32:12	00:29:17	02:09:11
50	Markgraf	Hans-Werner	Würselen-Haal	02:08:17		00:21:25	01:07:30	00:39:22	02:08:17
51	Bonus	Jupp	Ungerath	02:04:15	00:40:25	00:33:45	00:37:40	00:46:10	02:04:15
52	Grünke	Ralf	Ofenerfeld	02:03:47	00:34:59	00:34:05		00:54:43	02:03:47
53	Engel	Jürgen	Neuengamme	02:03:02	00:32:33	00:31:50	00:24:57	00:58:39	02:03:02
54	Bayer	Jürgen	Großschwarzenlohe	02:02:43	00:44:18	00:33:15		00:45:10	02:02:43
55	Schorlepp	Harald	Warstade	02:02:04	00:40:33	00:34:27	00:35:40	00:45:51	02:02:04
56	Lampe-Winkelma	Helmut	Bremen	02:01:09		00:50:21	00:29:50	00:40:58	02:01:09
57	Driessen	Ute	Würselen-Haal	01:58:18	00:38:58	00:36:00	00:18:31	00:43:20	01:58:18
58	Mocha	Helga	Würselen-Haal	01:58:00	00:42:30	00:32:32	00:35:25	00:40:05	01:58:00
59	Reithinger	Bernd	Großschwarzenlohe	01:57:39	00:32:00	00:38:52	00:46:47		01:57:39
60	Tkachenko	Fjodor	Arnsberg-Voßwinkel	01:56:47	00:38:53	00:40:26	00:33:51	00:37:28	01:56:47
61	de Ries	Albert	Ofenerfeld	01:54:05			00:53:32	01:00:33	01:54:05
62	Thomsen	Nils	Berlin	01:51:43	00:37:05	00:30:01		00:44:37	01:51:43
63	Tropartz	Irmgard	Würselen-Haal	01:48:13	00:33:40	00:22:30		00:52:03	01:48:13
64	Kramer	Elko	Bremen	01:47:11			00:39:08	01:08:03	01:47:11
65	Meyer	Peter	Bremen	01:45:30		00:49:50		00:55:40	01:45:30
66	Giese	Andreas	Arnsberg-Voßwinkel	01:40:43	00:49:22	00:51:21			01:40:43
67	König	Anke	Bremen	01:39:15		00:46:40	00:20:28	00:32:07	01:39:15
68	Fleischer	Fred	Wriezen	01:38:37	00:33:20		00:30:50	00:34:27	01:38:37
69	Kossmann	Reinhard	Köln	01:38:16		00:40:08	00:58:08		01:38:16
70	Heiduk	Udo	Ofenerfeld	01:37:44	00:40:15	00:23:46	00:29:07	00:28:22	01:37:44
71	von Kügelen	Dirk	Berlin	01:36:53		00:36:17		01:00:36	01:36:53
72	Scheel	Dirk	Neuengamme	01:36:28			00:58:30	00:37:58	01:36:28
73	Helbing	Steffen	Köln	01:36:19		00:34:30	00:28:38	00:33:11	01:36:19
74	Weck	Birger	Neuengamme	01:35:08		00:23:38	00:23:38	00:47:52	01:35:08
75	Rennoch	Marcel	Bremen	01:34:59		00:23:01	00:33:49	00:38:09	01:34:59
76	Schnelle	Klaus-Peter	Warstade	01:34:09	00:36:54	00:02:21	00:30:01	00:27:14	01:34:09
77	Korff	Wolfgang	Neuengamme	01:32:55		00:22:40	00:17:25	00:52:50	01:32:55
78	Witthöft	Karsten	Neuengamme	01:29:53			00:42:00	00:47:53	01:29:53
79	Stäbert	Jörg	Berlin	01:29:48		00:33:08		00:56:40	01:29:48
80	Heilemann	Björn	Ofenerfeld	01:29:47	00:48:06			00:41:41	01:29:47
81	Borstelmann	Heiner	Neuengamme	01:27:44	00:28:18	00:22:34	00:27:54	00:31:32	01:27:44
82	Grünke	Jan	Ofenerfeld	01:27:16	00:37:16			00:50:00	01:27:16
83	Ludanek	Klaus	Neuengamme	01:27:12		00:42:48		00:44:24	01:27:12
84	Ohligschlagher	Leon	Würselen-Haal	01:26:36			00:48:46	00:37:50	01:26:36
85	Jacobsen	Thorsten	Neuengamme	01:25:35		00:30:55	00:22:24	00:32:16	01:25:35
86	Debray	Tobias	Würselen-Haal	01:24:53	00:51:59		00:28:08	00:04:46	01:24:53
87	Engel	Anke	Neuengamme	01:23:59	00:29:21	00:28:11	00:02:50	00:26:27	01:23:59
88	Rosenbaum	Alfons	Köln	01:21:06		00:32:07		00:48:59	01:21:06
89	Lurz	Kilian	Jesserndorf	01:19:46	00:55:53	00:23:53			01:19:46
90	Angermann	Thomas	Jesserndorf	01:19:21	00:37:15	00:42:06			01:19:21
91	Schmucker	Oliver	Arnsberg-Voßwinkel	01:19:00	00:39:10		00:39:50		01:19:00
92	Klar	Peter	Würselen-Haal	01:18:55	00:20:01	00:22:45	00:18:09	00:36:09	01:18:55
93	Scheel	Ute	Neuengamme	01:17:52	00:41:25		00:36:27		01:17:52
94	Stark	Volker	Neuengamme	01:17:32	01:07:15	00:08:07		00:02:10	01:17:32
95	Perera	Shantis	Köln	01:17:02	00:43:15	00:33:47			01:17:02
96	Valtin	Heribert	Jesserndorf	01:15:30	00:30:00	00:45:30			01:15:30
97	Knewitz	Andreas	Ofenerfeld	01:13:18		00:17:51	00:06:57	00:48:30	01:13:18
98	Beckmann	Marita	Warstade	01:12:12	00:30:50	00:41:22			01:12:12
99	Hampel	Rita	Arnsberg-Voßwinkel	01:12:11	00:37:31			00:34:40	01:12:11
100	Schreiber	Andreas	Arnsberg-Voßwinkel	01:10:40	00:48:04	00:22:36			01:10:40