

Rang	Nachname	Vorname	Mannschaft	TOP 3 (h:m:s)	Beste Regio der letzten zwei Jahre	DM 2013	DM 2014	DM 2015	DM 2016	WTC 2013	WM 2014	WTC 2015	EM 2016	TOP 3 (h:m:s)2
1	Schäfer	Uli	Arnsberg-Voßwinkel	05:22:01	01:47:35	01:25:25	01:22:30	01:16:10	00:28:09	01:47:03	01:22:30	01:47:23	01:35:30	05:22:01
2	Nestler	Nils	Wriezen	04:37:41	01:36:52	01:45:06	01:15:43	00:05:26	00:51:06		01:15:43			04:37:41
3	Brennecke	Nico	Wriezen	04:31:56	01:50:10	01:24:56	01:16:50	01:07:10	00:22:35					04:31:56
4	Berschneider	Heinrich	Großschwarzenlohe	04:10:58	01:17:35	01:28:25	01:14:58	01:08:36	00:00:59		01:14:58	01:24:58	00:59:51	04:10:58
5	Nowak	Rainer	Großschwarzenlohe	04:04:48	01:02:44	00:20:50	01:18:09	01:12:18	00:50:55	01:17:35	01:18:09	01:12:36	01:28:30	04:04:48
6	Köhler	Wilfried	Arnsberg-Voßwinkel	04:01:42	01:19:21			01:06:56	01:14:52			01:27:29	01:04:37	04:01:42
7	Geringhoff	Rudi	Neuengamme	03:57:18	00:48:30	01:33:30	01:11:54	00:48:30			01:11:54			03:57:18
8	Reithinger	Bernd	Großschwarzenlohe	03:29:00	00:37:51	00:58:21	00:32:00	00:38:52	00:46:47		00:32:00	01:43:52		03:29:00
9	Wittmann	Bernd	Großschwarzenlohe	03:29:00	00:59:00	00:01:45	01:15:00	00:47:31	00:35:48		01:15:00			03:29:00
10	Peltzer	Wolfgang	Würselen-Haal	03:26:28	01:04:24	01:04:03	00:53:30	00:32:18	00:09:46	01:18:01	00:53:30	00:48:09	00:47:10	03:26:28
11	Knubben	Willi	Würselen-Haal	03:24:26	01:18:47	00:53:49	00:52:55	00:38:50	00:52:30		00:52:55		01:11:50	03:24:26
12	Müller	Gerald	Warstade	03:22:28	01:11:04		01:00:20	00:54:13	01:11:04					03:22:28
13	Meßthaler	Georg	Großschwarzenlohe	03:19:08	00:59:56	01:07:04	00:29:54	00:50:33	01:12:08		00:29:54			03:19:08
14	Karsten	Irene	Warstade	03:18:20	01:04:33	01:08:00	01:05:10	00:51:42	01:04:33		01:05:10			03:18:20
15	Müller	Burkhard	Brühl	03:15:43	01:06:21	01:10:45	00:58:37				00:58:37			03:15:43
16	Buck	Erna	Warstade	03:12:56	01:10:18	00:52:15	00:52:20		01:10:18					03:12:56
17	Buhr	Benjamin	Ofenerfeld	03:11:27	00:52:40		01:02:27	00:52:40	00:02:31		01:02:27	01:06:33		03:11:27
18	Schrey	Hans-Albert	Würselen-Haal	03:11:03	00:58:29	01:00:39	01:02:09		01:06:45	00:46:39	01:02:09			03:11:03
19	Hampel	Ulf	Arnsberg-Voßwinkel	03:09:13	01:04:06	00:51:36	00:59:42		00:52:00		00:59:42		01:05:25	03:09:13
20	Nellessen	Victor	Würselen-Haal	03:08:43	00:20:57	00:39:36	00:46:56		00:51:39	01:12:39	00:46:56	01:04:25		03:08:43
21	Verhoeven	Franz	Würselen-Haal	03:07:10	01:03:51	00:44:38	00:43:10	00:51:56	00:54:13	01:09:06	00:43:10		00:01:17	03:07:10
22	Kowald	Annegret	Neuengamme	03:05:54	01:00:01	01:05:52	00:36:58	01:00:01	00:32:12					03:05:54
23	Schmitz	Harald	Brühl	03:03:14	01:03:19	01:05:21	00:54:34				00:54:34			03:03:14
24	Miesterfeld	Burkhard	Wriezen	03:00:26	01:01:27	00:41:00	01:06:50	00:52:09						03:00:26
25	Goetschkes	Dieter	Ungerath	02:56:42	01:10:00	00:59:40	00:47:02				00:47:02			02:56:42
26	Kowald	Günter	Neuengamme	02:55:38	00:00:00	00:58:00	00:58:49				00:58:49			02:55:38
27	Söhl	Helga	Westersode	02:55:15	01:00:25	00:54:25	00:48:20	00:36:50	01:00:25					02:55:15
28	Giese	Andreas	Arnsberg-Voßwinkel	02:54:11	01:01:00	01:01:50	00:49:22	00:51:21			00:49:22	00:39:55		02:54:11
29	Eggemann	Kurt	Köln	02:52:00	00:58:50	00:48:55	00:45:08	00:41:17		01:03:40			00:49:30	02:52:00
30	Brennecke	Eckhard	Wriezen	02:51:51	00:47:37	01:12:10	00:39:09	00:52:04						02:51:51
31	Debray	Tobias	Würselen-Haal	02:51:17	01:07:19	00:30:28	00:51:59		00:28:08		00:51:59			02:51:17
32	Lurz	Kilian	Jesserndorf	02:51:11	00:59:25	00:35:27	00:55:53	00:23:53			00:55:53			02:51:11
33	Milczynski	Horst	Köln	02:50:23	01:49:20	01:01:03								02:50:23
34	Wilms	Hans	Bremen	02:48:35	01:08:40			00:31:15	01:08:40					02:48:35
35	Krott	Silvia	Würselen-Haal	02:47:24	01:07:14	00:34:24	00:53:00	00:33:50				00:47:10	00:45:41	02:47:24
36	Tkachenko	Fjodor	Arnsberg-Voßwinkel	02:46:11	00:48:09	00:49:30	00:38:53	00:40:26	00:33:51	01:08:32	00:38:53			02:46:11
37	Holthusen	Jürgen	Ofenerfeld	02:44:40	01:04:49		00:34:55	01:04:49	00:35:02					02:44:40
38	Schmietenknop	Mathias	Ofenerfeld	02:42:29	01:03:52		00:34:45	01:03:52	00:00:22					02:42:29
39	Hauschulte	Ingo	Arnsberg-Voßwinkel	02:41:48	00:00:00	00:42:20	00:59:44				00:59:44			02:41:48
40	Huppmann	Michaela	Jesserndorf	02:41:47	00:59:36	00:51:01	00:51:10							02:41:47
41	Helm	Lutz	Ofenerfeld	02:40:58	00:36:42	01:01:00	00:49:59	00:36:42	00:32:30		00:49:59	00:38:17		02:40:58
42	Große	Lars	Wriezen	02:40:00	00:57:16	00:23:09	00:42:29	01:00:15	00:24:20					02:40:00
43	Quiladies	Egon	Großschwarzenlohe	02:39:16	00:55:23	00:24:23	00:41:35	00:47:10	00:48:16		00:41:35	00:55:37	00:02:29	02:39:16
44	Sonnwald	Martin	Bremen	02:38:54	01:04:35		00:29:44	01:04:35						02:38:54
45	Opitz	Rüdiger	Bremen	02:37:31	00:53:43		00:40:20	00:53:43	00:50:05		00:40:20			02:37:31
46	Vasilic	Alex	Köln	02:37:26	01:12:12	00:45:53	00:39:21	00:29:05						02:37:26
47	Wolff	Jochen	Arnsberg-Voßwinkel	02:37:16	00:54:17	00:52:01	00:50:58				00:50:58			02:37:16
48	Kossmann	Reinhard	Köln	02:36:39	00:58:23			00:40:08	00:58:08					02:36:39
49	Otwiaska	Oliver	Bremen	02:35:24	00:53:05		00:49:14	00:53:05	00:35:08		00:49:14			02:35:24
50	Heiduk	Udo	Ofenerfeld	02:34:22	00:29:07	00:55:55	00:40:15	00:23:46	00:29:07		00:40:15	00:58:12		02:34:22
51	Schmitz	Thorsten	Würselen-Haal	02:33:34	00:58:35	00:48:53	00:46:06				00:46:06			02:33:34
52	Strauch	Stefan	Westersode	02:31:33	00:39:10	00:59:30	00:52:53	00:39:10						02:31:33
53	Heilemann	Björn	Ofenerfeld	02:31:22	00:00:00	00:55:10	00:48:06				00:48:06			02:31:22
54	Klingen	Juppi	Ungerath	02:29:54	01:03:30		00:43:12				00:43:12			02:29:54
55	Barthelmann	Gertrud	Jesserndorf	02:29:37	00:00:00	00:42:20	01:02:00	00:29:51	00:45:17					02:29:37
56	Weber	Elke	Warstade	02:29:06	00:48:48		00:51:30	00:48:48	00:11:30					02:29:06
57	Reithinger	Sascha	Großschwarzenlohe	02:28:44	01:02:18		00:43:13				00:43:13			02:28:44
58	Wichmann	Uwe	Ofenerfeld	02:28:16	00:51:28		00:45:20	00:51:28	00:37:20		00:45:20			02:28:16
59	Barthelmann	Walter	Jesserndorf	02:25:40	00:00:00	00:43:25	00:47:33	00:50:34	00:30:18		00:47:33			02:25:40
60	Schreiber	Andreas	Arnsberg-Voßwinkel	02:24:58	00:00:00	00:48:50	00:48:04	00:22:36			00:48:04			02:24:58
61	Hampel	Rita	Arnsberg-Voßwinkel	02:24:06	00:42:25	00:51:58	00:37:31				00:37:31	00:42:29	00:49:39	02:24:06
62	Bonus	Jupp	Ungerath	02:23:37	00:51:21	00:31:57	00:40:25	00:33:45	00:37:40	00:51:51	00:40:25			02:23:37
63	Meyer	Gerhard	Großschwarzenlohe	02:23:21	00:46:47	00:44:30	00:28:14				00:28:14	00:52:04		02:23:21
64	Stark	Volker	Neuengamme	02:22:37	00:08:07		01:07:15	00:08:07			01:07:15			02:22:37
65	Kühnlein	Maike	Großschwarzenlohe	02:22:18	00:41:30		00:50:24				00:50:24			02:22:18
66	Diez	Wolfgang	Köln	02:21:52	00:00:00		00:37:05			00:38:58	00:37:05	00:45:53	00:57:01	02:21:52
67	Grünke	Ralf	Ofenerfeld	02:20:59	00:34:05	01:03:05	00:34:59	00:34:05			00:34:59	00:42:55		02:20:59
68	Driessen	Ute	Würselen-Haal	02:20:25	00:53:24	00:48:03	00:38:58	00:36:00	00:18:31			00:34:49		02:20:25
69	Bayer	Jürgen	Großschwarzenlohe	02:19:37	00:37:45	00:51:01	00:44:18	00:33:15	00:21:20		00:44:18			02:19:37
70	Rosenbaum	Alfons	Köln	02:19:06	01:06:01	00:40:58		00:32:07						02:19:06
71	Schulz	Käte	Warstade	02:18:42	00:48:41	00:41:20		00:40:10	00:48:41					02:18:42
72	Mock	Carmen	Jesserndorf	02:18:02	00:56:48	00:38:52	00:42:22							02:18:02
73	Valtin	Heribert	Jesserndorf	02:17:48	01:00:53	00:31:25	00:30:00	00:45:30						02:17:48
74	Buck	Robert	Warstade	02:17:37	00:31:35	00:56:37	00:49:25		00:31:35					02:17:37
75	Hilpert	Rene	Köln	02:16:20	00:33:13		00:55:07	00:48:00				00:30:18		02:16:20
76	Arneke	Thorsten	Bremen	02:16:18	00:39:16		00:48:31	00:39:16	00:38:44		00:48:31			02:16:18
77	Beckmann	Marita	Westersode	02:15:55	00:41:22	00:53:11	00:30:50	00:41:22						02:15:55
78	Eggemann	Patricia	Köln	02:14:17	00:38:47					00:35:37		00:59:53		02:14:17
79	Rudra	Robin	Berlin	02:13:53	00:00:00	00:37:31	00:48:11				00:48:11			02:13:53
80	Bellefroid	Arndt	Würselen-Haal	02:13:33	00:51:07		00:41:13				00:41:13			02:13:33
81	Angermann	Thomas	Jesserndorf	02:11:34	00:44:53	00:44:35	00:37:15	00:42:06			00:37:15			02:11:34
82	Lampe-Winkelmar	Helmut	Bremen	02:10:32	00:50:21		00:50:21	00:29:50						02:10:32
83	Reimer	Marion	Westersode	02:09:07	00:34:41	00:22:10	00:59:45	00:34:41	00:27:41					02:09:07
84	Müller	Silvia	Warstade	02:06:34	00:36:21		00:53:52	00:36:21	00:32:12					02:06:34
85	Garmhausen	Werner	Bremen	02:06:15	00:43:00		00:43:00	00:40:15						02:06:15
86	Tropartz	Irmgard	Würselen-Haal	02:05:50	00:58:10	00:34:00	00:33:40	00:22:30						02:05:50