

Rang	Nachname	Vorname	Mannschaft	TOP 3 (h:m:s)	DM 2013	DM 2014	DM 2015	DM 2016	TOP 3 (h:m:s)2
1	Schäfer	Uli	Arnsberg-Voßwinkel	04:04:05	01:25:25	01:22:30	01:16:10	00:28:09	04:04:05
2	Berschneider	Heinrich	Großschwarzenlohe	03:51:59	01:28:25	01:14:58	01:08:36	00:00:59	03:51:59
3	Nestler	Nils	Wriezen	03:51:55	01:45:06	01:15:43	00:05:26	00:51:06	03:51:55
4	Brennecke	Nico	Wriezen	03:48:56	01:24:56	01:16:50	01:07:10	00:22:35	03:48:56
5	Geringhoff	Rudi	Neuengamme	03:33:54	01:33:30	01:11:54	00:48:30		03:33:54
6	Nowak	Rainer	Großschwarzenlohe	03:21:22	00:20:50	01:18:09	01:12:18	00:50:55	03:21:22
7	Karsten	Irene	Warstade	03:17:43	01:08:00	01:05:10	00:51:42	01:04:33	03:17:43
8	Meßthaler	Georg	Großschwarzenlohe	03:09:45	01:07:04	00:29:54	00:50:33	01:12:08	03:09:45
9	Schrey	Hans-Albert	Würselen-Haal	03:09:33	01:00:39	01:02:09		01:06:45	03:09:33
10	Müller	Gerald	Warstade	03:05:37		01:00:20	00:54:13	01:11:04	03:05:37
11	Buck	Erna	Warstade	02:54:53	00:52:15	00:52:20		01:10:18	02:54:53
12	Brennecke	Eckhard	Wriezen	02:43:23	01:12:10		00:39:09	00:52:04	02:43:23
13	Hampel	Uli	Arnsberg-Voßwinkel	02:43:18	00:51:36	00:59:42		00:52:00	02:43:18
14	Söhl	Helga	Westersode	02:43:10	00:54:25	00:48:20	00:36:50	01:00:25	02:43:10
15	Kowald	Annegret	Neuengamme	02:42:51	01:05:52	00:36:58	01:00:01	00:32:12	02:42:51
16	Giese	Andreas	Arnsberg-Voßwinkel	02:42:33	01:01:50	00:49:22	00:51:21		02:42:33
17	Miesterfeld	Burkhard	Wriezen	02:39:59	00:41:00	01:06:50	00:52:09		02:39:59
18	Knubben	Willi	Würselen-Haal	02:39:14	00:53:49	00:52:55	00:38:50	00:52:30	02:39:14
19	Wittmann	Bernd	Großschwarzenlohe	02:38:19	00:01:45	01:15:00	00:47:31	00:35:48	02:38:19
20	Strauch	Stefan	Westersode	02:31:33	00:59:30	00:52:53	00:39:10		02:31:33
21	Verhoeven	Franz	Würselen-Haal	02:30:47	00:44:38	00:43:10	00:51:56	00:54:13	02:30:47
22	Peltzer	Wolfgang	Würselen-Haal	02:29:51	01:04:03	00:53:30	00:32:18	00:09:46	02:29:51
23	Barthelmann	Gertrud	Jesserndorf	02:29:37	00:42:20	01:02:00	00:29:51	00:45:17	02:29:37
24	Helm	Lutz	Ofenerfeld	02:27:41	01:01:00	00:49:59	00:36:42	00:32:30	02:27:41
25	Opitz	Rüdiger	Bremen	02:24:08	00:40:20	00:53:43	00:50:05		02:24:08
26	Reithinger	Bernd	Großschwarzenlohe	02:24:00	00:58:21	00:32:00	00:38:52	00:46:47	02:24:00
27	Köhler	Wilfried	Arnsberg-Voßwinkel	02:21:48			01:06:56	01:14:52	02:21:48
28	Barthelmann	Walter	Jesserndorf	02:21:32	00:43:25	00:47:33	00:50:34	00:30:18	02:21:32
29	Nellessen	Victor	Würselen-Haal	02:18:11	00:39:36	00:46:56		00:51:39	02:18:11
30	Buck	Robert	Warstade	02:17:37	00:56:37	00:49:25		00:31:35	02:17:37
31	Otwiaska	Oliver	Bremen	02:17:27		00:49:14	00:53:05	00:35:08	02:17:27
32	Quildies	Egon	Großschwarzenlohe	02:17:01	00:24:23	00:41:35	00:47:10	00:48:16	02:17:01
33	Eggemann	Kurt	Köln	02:15:20	00:48:55		00:45:08	00:41:17	02:15:20
34	Holthusen	Jürgen	Ofenerfeld	02:14:46		00:34:55	01:04:49	00:35:02	02:14:46
35	Wichmann	Uwe	Ofenerfeld	02:14:08		00:45:20	00:51:28	00:37:20	02:14:08
36	Grünke	Ralf	Ofenerfeld	02:12:09	01:03:05	00:34:59	00:34:05		02:12:09
37	Schulz	Käte	Warstade	02:10:11	00:41:20		00:40:10	00:48:41	02:10:11
38	Müller	Burkhard	Brühl	02:09:22	01:10:45	00:58:37			02:09:22
39	Tkachenko	Fjodor	Arnsberg-Voßwinkel	02:08:49	00:49:30	00:38:53	00:40:26	00:33:51	02:08:49
40	Bayer	Jürgen	Großschwarzenlohe	02:08:34	00:51:01	00:44:18	00:33:15		02:08:34
41	Große	Lars	Wriezen	02:07:04	00:23:09	00:42:29	01:00:15	00:24:20	02:07:04
42	Arneke	Thorsten	Bremen	02:06:31		00:48:31	00:39:16	00:38:44	02:06:31
43	Beckmann	Marita	Westersode	02:05:23	00:53:11	00:30:50	00:41:22		02:05:23
44	Heiduk	Udo	Ofenerfeld	02:05:17	00:55:55	00:40:15	00:23:46	00:29:07	02:05:17
45	Angermann	Thomas	Jesserndorf	02:03:56	00:44:35	00:37:15	00:42:06		02:03:56
46	Driessen	Ute	Würselen-Haal	02:03:01	00:48:03	00:38:58	00:36:00	00:18:31	02:03:01
47	Müller	Silvia	Warstade	02:02:25		00:53:52	00:36:21	00:32:12	02:02:25
48	Reimer	Marion	Westersode	02:02:07	00:22:10	00:59:45	00:34:41	00:27:41	02:02:07
49	Mocha	Helga	Würselen-Haal	02:01:33	00:43:38	00:42:30	00:32:32	00:35:25	02:01:33
50	Krott	Silvia	Würselen-Haal	02:01:14	00:34:24	00:53:00	00:33:50		02:01:14
51	Schnelle	Klaus-Peter	Westersode	01:59:55	00:53:00	00:36:54	00:02:21	00:30:01	01:59:55
52	Schmitz	Harald	Brühl	01:59:55	01:05:21	00:54:34			01:59:55
53	Schmucker	Oliver	Arnsberg-Voßwinkel	01:59:38	00:40:38	00:39:10		00:39:50	01:59:38
54	Schreiber	Andreas	Arnsberg-Voßwinkel	01:59:30	00:48:50	00:48:04	00:22:36		01:59:30
55	Buhr	Benjamin	Ofenerfeld	01:57:38		01:02:27	00:52:40	00:02:31	01:57:38
56	Kowald	Günter	Neuengamme	01:56:49	00:58:00	00:58:49			01:56:49
57	Lurz	Kilian	Jesserndorf	01:55:13	00:35:27	00:55:53	00:23:53		01:55:13
58	Prümm	Betty	Würselen-Haal	01:55:02	00:33:48	00:41:20	00:18:16	00:39:54	01:55:02
59	Vasilic	Alex	Köln	01:54:19	00:45:53		00:39:21	00:29:05	01:54:19
60	Scheel	Ute	Neuengamme	01:52:47	00:34:55	00:41:25		00:36:27	01:52:47
61	Bonus	Jupp	Ungerath	01:51:50	00:31:57	00:40:25	00:33:45	00:37:40	01:51:50
62	Weber	Elke	Warstade	01:51:48		00:51:30	00:48:48	00:11:30	01:51:48
63	Debray	Tobias	Würselen-Haal	01:50:35	00:30:28	00:51:59		00:28:08	01:50:35
64	Ankenbrand	Günter	Jesserndorf	01:48:52	00:31:41	00:38:37	00:38:34	00:24:15	01:48:52
65	Rixen	Lothar	Bremen	01:47:54	00:33:13	00:38:58	00:35:43		01:47:54
66	Valtin	Heribert	Jesserndorf	01:46:55	00:31:25	00:30:00	00:45:30		01:46:55
67	Goetschkes	Dieter	Ungerath	01:46:42	00:59:40	00:47:02			01:46:42
68	Heilemann	Björn	Ofenerfeld	01:43:16	00:55:10	00:48:06			01:43:16
69	Hilpert	Rene	Köln	01:43:07			00:55:07	00:48:00	01:43:07
70	Wolff	Jochen	Arnsberg-Voßwinkel	01:42:59	00:52:01	00:50:58			01:42:59
71	Huppmann	Michaela	Jesserndorf	01:42:11	00:51:01	00:51:10			01:42:11
72	Hauschulte	Ingo	Arnsberg-Voßwinkel	01:42:04	00:42:20	00:59:44			01:42:04
73	Wilms	Hans	Bremen	01:39:55			00:31:15	01:08:40	01:39:55
74	Schmietenknop	Mathias	Ofenerfeld	01:38:59		00:34:45	01:03:52	00:00:22	01:38:59
75	Kossmann	Reinhard	Köln	01:38:16			00:40:08	00:58:08	01:38:16
76	Wischnewski	Ben	Ungerath	01:37:56	00:37:52	00:36:55	00:23:09		01:37:56
77	Angermann	Jaqueline	Jesserndorf	01:37:22	00:27:20	00:34:01	00:36:01		01:37:22
78	Fleischer	Fred	Wriezen	01:37:03	00:32:53	00:33:20		00:30:50	01:37:03
79	Schmitz	Thorsten	Würselen-Haal	01:34:59	00:48:53	00:46:06			01:34:59
80	Sonnwald	Martin	Bremen	01:34:19			00:29:44	01:04:35	01:34:19
81	Oreskovic	Rudolf	Großschwarzenlohe	01:32:27	01:00:20	00:32:07			01:32:27
82	Borstelmann	Heiner	Neuengamme	01:31:05	00:34:53	00:28:18	00:22:34	00:27:54	01:31:05
83	Klar	Peter	Würselen-Haal	01:30:20	00:47:34	00:20:01	00:22:45	00:18:09	01:30:20
84	Tropartz	Irmgard	Würselen-Haal	01:30:10	00:34:00	00:33:40	00:22:30		01:30:10
85	Hampel	Rita	Arnsberg-Voßwinkel	01:29:29	00:51:58	00:37:31			01:29:29
86	Engel	Jürgen	Neuengamme	01:29:20		00:32:33	00:31:50	00:24:57	01:29:20
87	Markgraf	Werner	Würselen-Haal	01:28:55			00:21:25	01:07:30	01:28:55
88	Grader	Uwe	Jesserndorf	01:27:28	00:50:15	00:37:13			01:27:28
89	Vog	Hans-Jürgen	Köln	01:26:01	00:55:31		00:30:30		01:26:01
90	Rudra	Robin	Berlin	01:25:42	00:37:31	00:48:11			01:25:42
91	Schreiber	Helmut	Arnsberg-Voßwinkel	01:25:21	00:52:01	00:33:20			01:25:21
92	Schmook	Ewald	Westersode	01:23:40	00:51:40	00:32:00			01:23:40
93	Garmhausen	Werner	Bremen	01:23:15			00:43:00	00:40:15	01:23:15
94	Mock	Carmen	Jesserndorf	01:21:14	00:38:52	00:42:22			01:21:14
95	Lampe-Winkelma	Helmut	Bremen	01:20:11			00:50:21	00:29:50	01:20:11
96	Perera	Shantis	Köln	01:17:02		00:43:15	00:33:47		01:17:02
97	Stark	Völker	Neuengamme	01:15:22		01:07:15	00:08:07		01:15:22
98	Grünke	Jan	Ofenerfeld	01:15:06	00:37:50	00:37:16			01:15:06
99	Schorlepp	Harald	Westersode	01:15:00		00:40:33	00:34:27		01:15:00
100	Rosenbaum	Alfons	Köln	01:13:05	00:40:58		00:32:07		01:13:05