



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
1	W	01:06:03	491	Schröder, Edda		Dorsten	1968	1	W35	06:36,3
1		01:11:12	1138	Dürrfeld, Helmut		Angerland LT Lintorf	1942	1	M65	07:07,2
2	W	01:13:37	757	Schwalm, Anne		Angerland LT Lintorf	1946	1	W60	07:21,7
2		01:14:09	136	Rothhausen, Michael		LT Kemperdick	1957	1	M50	07:24,9
3	W	01:15:02	1701	Bleudiesel, Christa		LT Gruiten-Neandertal	1957	1	W50	07:30,2
4	W	01:15:06	1182	Deden, Marianne		LT Gruiten-Neandertal	1958	1	W45	07:30,6
3		01:15:41	1217	Ochs, Eckhard		LT Gruiten-Neandertal	1949	1	M55	07:34,1
5	W	01:15:42	1200	Kirsch, Maggie		LT Gruiten-Neandertal	1956	2	W50	07:34,2
4		01:15:42	1092	Gumbel, Bernhard		LT Düsseldorf-Süd	1945	1	M60	07:34,2
5		01:16:23	554	Arndt, Hans-Günther		TV Hösel 1901	1956	2	M50	07:38,3
6	W	01:16:36	841	Schnitger, Christa		Mülheim a.d. Ruhr	1949	1	W55	07:39,6
6		01:16:42	922	Grieger, Karl-Heinz		TV Witzhelden	1941	2	M65	07:40,2
7		01:16:53	1058	Innig, Volker		LT Düsseldorf-Süd	1969	1	M35	07:41,3
7	W	01:17:28	1700	Kalinofski, Gabriele		LT Gruiten-Neandertal	1958	2	W45	07:44,8
8		01:17:31	1207	Lipfert, Wolfgang		LT Gruiten-Neandertal	1943	2	M60	07:45,1
9		01:17:53	567	Herrmann, Klaus		NW Union Köln	1957	3	M50	07:47,3
8	W	01:18:18	1250	van Ekeris, Elena		Hildener AT	1941	1	W65	07:49,8
9	W	01:19:35	892	Konz, Rosmarie		Mülheim a.d. Ruhr	1949	2	W55	07:57,5
10	W	01:19:36	1333	Hille, Margarete		Mettmann-Sport	1950	3	W55	07:57,6
11	W	01:19:48	1322	Schauer, Gabriele		Gruppe Hunneshagen	1957	3	W50	07:58,8
12	W	01:19:49	1323	Kaste, Andrea		Gruppe Hunneshagen	1969	2	W35	07:58,9
10		01:19:57	1147	Greven, Detlef		Juttas Nordic Walking Schul	1960	1	M45	07:59,7
13	W	01:19:59	1095	Schwebe, Sylvia		LT Alt-Erkrath	1960	3	W45	07:59,9
14	W	01:19:59	1094	Schmitz, Sonja		LT Alt-Erkrath	1960	4	W45	07:59,9
15	W	01:20:02	9526	Karbe, Gudrun		Juttas Nordic Walking Schul	1970	3	W35	08:00,2
11		01:20:03	1093	Kümpel, Willi		LT Alt-Erkrath	1940	3	M65	08:00,3
12		01:20:22	1651	Graack, Carsten		Erkrath	1965	1	M40	08:02,2
16	W	01:20:49	19	Torrau, Martina		LT/WT Schöllerhof	1956	4	W50	08:04,9
17	W	01:20:50	1265	Neugebauer, Karin		LT/WT Schöllerhof	1959	5	W45	08:05,0
13		01:20:55	921	Römer, Herbert		TV Witzhelden	1955	4	M50	08:05,5
18	W	01:21:00	636	Boden, Claudia		News M Langenberg	1966	1	W40	08:06,0
14		01:21:06	920	Singer, Matthias		TV Witzhelden	1952	2	M55	08:06,6
19	W	01:21:14	789	Nowak, Petra		DSD Düsseldorf	1967	2	W40	08:07,4
15		01:21:24	1667	Mohr, Norbert		Düren	1958	2	M45	08:08,4
20	W	01:21:26	916	Rössling, Gudrun		TV Witzhelden	1941	2	W65	08:08,6
21	W	01:21:37	1191	Goldbach-Gecke, Heike		LT Gruiten-Neandertal	1961	6	W45	08:09,7
22	W	01:21:38	1248	Henne, Hildegard		Hildener AT	1936	1	W70	08:09,8
23	W	01:22:17	9520	Debre', Annelie		Tönisvorst	1959	7	W45	08:13,7
24	W	01:22:25	13	Lenninghausen, Anne		LT/WT Schöllerhof	1957	5	W50	08:14,5
25	W	01:22:48	846	Wittern, Andrea		DSD Düsseldorf	1963	3	W40	08:16,8
26	W	01:22:54	56	Aßmann, Petra		Düsseldorf	1963	4	W40	08:17,4
16		01:23:09	900	Barras, Horst		Velbert	1960	3	M45	08:18,9
27	W	01:23:18	1225	Rüppel, Angelika		LT Gruiten-Neandertal	1962	8	W45	08:19,8
28	W	01:23:31	1289	Krambrich, Petra		Wuppertal	1963	5	W40	08:21,1
29	W	01:23:33	1276	Jacobs, Antje		Wuppertal	1963	6	W40	08:21,3
30	W	01:23:33	1291	Sewerin, Uschi		Wuppertal	1950	4	W55	08:21,3
31	W	01:23:42	1665	Zantis, Monika		Lauftreff Mohr	1949	5	W55	08:22,2
32	W	01:23:42	1666	Mohr, Dorit		Düren	1959	9	W45	08:22,2
33	W	01:23:49	20	Ley, Juliane		LT/WT Schöllerhof	1957	6	W50	08:22,9
34	W	01:23:56	15	Schluck, Elfriede		LT/WT Schöllerhof	1934	2	W70	08:23,6
35	W	01:24:02	899	Espey, Elke		Velbert	1965	7	W40	08:24,2
36	W	01:24:16	917	Weißhaupt, Ulrike		TV Witzhelden	1956	7	W50	08:25,6
37	W	01:24:18	918	Thieme-Madsen, Gerlind		TV Witzhelden	1960	10	W45	08:25,8
38	W	01:24:20	956	Thieme, Andrea		TV Witzhelden	1956	8	W50	08:26,0
39	W	01:24:27	17	Finger, Elke		LT/WT Schöllerhof	1960	11	W45	08:26,7
40	W	01:24:28	16	Hansen, Elke		LT/WT Schöllerhof	1942	3	W65	08:26,8
17		01:24:57	424	Kernchen, Andreas		YETI - Walkers	1965	2	M40	08:29,7
41	W	01:25:15	1249	Kannwischer, Elisabeth		Hildener AT	1941	4	W65	08:31,5



Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM
18		01:25:50	611	Biesenbach, Roger		LTD Köln-Dellbrück	1952	3	M55	08:35,0
42	W	01:25:52	369	Riedel, Marianne		ME Sport	1949	6	W55	08:35,2
19		01:26:21	1247	Henne, Manfred		Hildener AT	1935	1	M70	08:38,1
43	W	01:26:57	374	Wingen, Dr. Ute		MSV Turnen	1956	9	W50	08:41,7
44	W	01:26:58	306	Heitkamp, Sissi		TuS Homberg	1955	10	W50	08:41,8
20		01:28:24	1373	Müller, Walter		LC Wuppertal	1934	2	M70	08:50,4
21		01:28:44	337	Hosse, Andreas		Düsseldorf	1956	5	M50	08:52,4
45	W	01:28:49	513	Wiesen, Ilse		Erkrath	1950	7	W55	08:52,9
22		01:30:22	9521	Klar-Hill, Michael		Köln	1967	3	M40	09:02,2
23		01:30:29	649	Pidpillik, Peter		Essen	1944	3	M60	09:02,9
24		01:30:31	650	Schiernbeck, Walter		Essen	1941	4	M65	09:03,1
46	W	01:30:31	651	Knoche, Angelika		Essen	1962	12	W45	09:03,1
47	W	01:30:37	666	Leifeld, Jutta		Juttas Nordic Walking Schul	1949	8	W55	09:03,7
48	W	01:30:38	662	Greven, Christiane		Juttas Nordic Walking Schul	1964	8	W40	09:03,8
49	W	01:30:38	1235	Schultze, Petra		LT Gruiten-Neandertal	1961	13	W45	09:03,8
50	W	01:31:35	1263	Geisler, Christel		LT/WT Schöllerhof	1939	5	W65	09:09,5
51	W	01:31:45	339	Pelzer-Bohr, Ulla		Düsseldorf	1954	11	W50	09:10,5
52	W	01:31:46	335	Hoppe, Heidrun		Düsseldorf	1945	2	W60	09:10,6
53	W	01:31:46	492	Grüner, Edith		ME Sport	1951	9	W55	09:10,6
54	W	01:31:49	433	Asbeck, Ursula		BSG DRV Rheinland	1955	12	W50	09:10,9
55	W	01:31:51	432	Lippert-Oelze, Andrea		BSG DRV Rheinland	1968	4	W35	09:11,1
25		01:32:15	422	Rettig, Wilfried H.M.		NW-Treff SiWi	1936	3	M70	09:13,5
56	W	01:32:15	421	Rettig, Sigrid		NW-Treff SiWi	1953	13	W50	09:13,5
26		01:35:32	406	Kurzhöfer, Ing. Udo		Mönchengladbach	1956	6	M50	09:33,2
27		01:35:32	219	Henrich, Dieter		Düsseldorf	1940	5	M65	09:33,2