



Platz	Nachname - Vorname	Nation StNr.	Ja	Platz AK	Zeit	Aver.	Verein
1	SCHULER Deborah	n°163	80	1 -F	00:44:47.96	13.39	[40] Dextro Energy Team
2	KNOBLAUCH Bettina	n°319	64	2 -F	00:46:55.28	12.79	[47] HELIOS Kliniken
3	WERNKEN Kerstin	n°177	77	3 -F	00:51:27.18	11.66	[47] HELIOS Klinikum
4	GREUEL Daniela	n°205		4 -F	00:51:48.04	11.58	[47] Non Licensed
5	BAUERMEISTER Gaby	n°334		5 -F	00:52:21.06	11.46	FC Traar Schneekoppe
6	RAKER Karin	n°214	76	6 -F	00:55:25.44	10.83	[47] Non Licensed
7	SAATHOFF Birgit	n°339		7 -F	00:55:51.03	10.74	Non Licensed
8	STEPHAN Stefanie	n°184		8 -F	00:58:10.77	10.31	[45] HELIOS Klinikum Krefeld Bildungs
9	BUCHHOLZ Vera	n°186		9 -F	00:58:10.96	10.31	[47] HELIOS Mitarbeiter
10	BOMANN Katja	n°072		10 -F	00:58:42.08	10.22	HELIOS
11	PAPEN Eva	n°172	66	11 -F	00:59:55.30	10.01	[47] HELIOS Hüls
12	KRAHN Susanne	n°182	67	12 -F	00:59:58.53	10.00	[47] HELIOS Klinikum Krefeld
13	SIRON Mirosława	n°158		13 -F	01:00:28.70	9.92	[47] AOK
14	HOFFMANN Eveline	n°206		14 -F	01:00:42.59	9.88	[40] Non Licensed
15	JEDE Birgit	n°201	64	15 -F	01:00:47.49	9.87	[47] UL TTC
16	HOFFMANN Ilka	n°207		16 -F	01:00:55.33	9.85	[40] Non Licensed
17	REYER Susanne	n°236		17 -F	01:04:44.76	9.27	HIT Helios Iron Team
18	WARKENTIN Stephanie	n°185		18 -F	01:09:36.33	8.62	[41] HELIOS Klinikum Krefeld Röntgen
19	PLOSCHKE Heike	n°175	62	19 -F	01:10:27.70	8.52	[47] HELIOS Klinik Hüls





Platz	Nachname - Vorname	Nation StNr.	Ja	Platz AK	Zeit	Aver.	Verein
1	BRIEDEN Martin	n°320		1 -M	00:33:26.55	17.94	Berufsfeuerwehr Krefeld
2	STOLZ Florian	n°187		2 -M	00:33:26.65	17.94	[10] HELIOS Mitarbeiter
3	BISANTI Robi	n°160	72	3 -M	00:37:44.69	15.90	[40] Dextro Energy Team
4	WITECZEK Marcel	n°159		4 -M	00:40:11.83	14.93	[47] AOK
5	DE MEO Francesco	n°219		5 -M	00:40:55.37	14.66	HIT Helios
6	RUDLOFF Karsten	n°238		6 -M	00:41:28.87	14.46	HIT Helios
7	DA SILVA Paulo	n°005	74	7 -M	00:41:39.13	14.41	[40] Dextro Energy Team
8	ROMANKIEWICZ Andreas	n°162	66	8 -M	00:42:35.53	14.09	[40] Dextro Energy Team
9	HAHNE Henric	n°161	69	9 -M	00:42:43.80	14.04	[40] Dextro Energy Team
10	KÖLKER Manuel	n°024	79	10 -M	00:43:01.37	13.95	[47] FC Traar Schneekoppe
11	FRIEDRICH Martin	n°179	69	11 -M	00:43:05.43	13.92	[40] HELIOS Klinikum Krefeld
12	PÖRNER Manfred	n°157		12 -M	00:43:32.09	13.78	[47] AOK
13	CRUSE Niklas	n°217		13 -M	00:43:50.13	13.69	HIT Helios
14	DUZAAR Richard	n°190	60	14 -M	00:43:51.82	13.68	[47] LT Krefeld-Oppum
15	NIEHUES Tim	n°231		15 -M	00:44:01.13	13.63	HIT Helios
16	BÖLZLE Achim	n°309	68	16 -M	00:44:17.89	13.54	[47] Non Licensed
17	REIPEN Gerhard	n°234		17 -M	00:44:45.04	13.41	HIT Helios Iron Team
18	DÖRBECKER Ralf	n°173	63	18 -M	00:44:57.63	13.35	[47] HELIOS Iron Team
19	GRÖNHEIT Frank	n°180		19 -M	00:45:03.94	13.31	[47] HELIOS Klinikum Krefeld
20	KÖKLER Christian	n°326		20 -M	00:45:37.68	13.15	[47] AOK
21	NIGGEMANN Oliver	n°232		21 -M	00:45:39.08	13.14	HIT Helios
22	SCHIPPMANN Thomas	n°169	73	22 -M	00:45:40.55	13.14	[40] HELIOS Anästhesie
23	SKONIECKI Michael	n°197	78	23 -M	00:45:42.67	13.13	[47] SWK - Saubere Flotte läuft
24	GUTMANN Holger	n°220		24 -M	00:47:41.34	12.58	HIT Helios
25	MIELECH Adam	n°191	69	25 -M	00:47:52.67	12.53	[47] PFLEGE optimal
26	BECKER Christian	n°178	54	26 -M	00:49:09.55	12.21	[47] HELIOS Klinikum Krefeld
27	SINGER Hans Walter	n°240		27 -M	00:49:18.42	12.17	HIT Helios
28	SCHLICKER Götz	n°199	73	28 -M	00:50:28.26	11.89	[47] Sparkasse Krefeld
29	HORMES Detlev	n°208	63	29 -M	00:50:52.67	11.79	[47] Non Licensed
30	VON SYDOW Sven	n°192	77	30 -M	00:50:58.41	11.77	[40] Polizei Krefeld
31	KLEINER Roland	n°170	67	31 -M	00:51:15.69	11.70	[47] HELIOS Hüls
32	KNOLL Alexander	n°222		32 -M	00:51:32.47	11.64	HIT Helios
33	SPECHT Bruno	n°215	62	33 -M	00:51:48.07	11.58	[47] Non Licensed
34	STANGE Jens	n°203	75	34 -M	00:51:56.82	11.55	[47] UL TTC
35	RIMROTH Volker	n°168	73	35 -M	00:52:14.59	11.48	[47] HELIOS
36	BAUERMEISTER Timo	n°333		36 -M	00:52:21.45	11.46	FC Traar Schneekoppe
37	LEITZ Heiko	n°202	71	37 -M	00:53:17.88	11.26	[47] UL TTC
38	KLINKHAMMER Bastian	n°335		38 -M	00:53:35.72	11.20	HELIOS Klinikum Krefeld
39	SCHIPPMANN Viktor	n°344		39 -M	00:53:36.25	11.19	HELIOS
40	KÖPPL Thomas	n°321		40 -M	00:53:41.46	11.18	HELIOS Klinikum Krefeld
41	KLEE Rüdiger	n°166	68	41 -M	00:53:55.57	11.13	[41] HELIOS
42	ENDERES Dietmar	n°198	55	42 -M	00:54:19.46	11.04	[47] Site1
43	GÖRING Uwe	n°195	63	43 -M	00:54:46.41	10.95	[47] SWK - Saubere Flotte läuft
44	OPDENPLATZ Dirk	n°167	75	44 -M	00:54:49.37	10.94	[41] HELIOS
45	FRANKE Andreas	n°152		45 -M	00:55:12.56	10.87	[47] AOK
46	WÖHRL Markus	n°204	71	46 -M	00:55:50.59	10.74	[47] Welle Niederrhein
47	KINSCHER Andreas	n°181	84	47 -M	00:56:05.81	10.70	[47] HELIOS Klinikum Krefeld
48	KEMPER Ralf	n°165	70	48 -M	00:57:32.93	10.43	[47] HELIOS
49	ELFES Stefan	n°151		49 -M	00:57:58.65	10.35	[47] AOK
50	SCHMID Franz-Xaver	n°322		50 -M	00:58:02.00	10.34	HELIOS
51	SIEMES Viktor	n°323		51 -M	00:58:02.08	10.34	HELIOS
52	BERENDES Elmar	n°174	61	52 -M	00:58:02.44	10.34	[47] HELIOS Klinik
53	HOUBEN Bernd	n°209	68	53 -M	00:58:05.98	10.33	[47] Non Licensed
54	EVERLIEN Manfred	n°343		54 -M	00:58:22.91	10.28	HELIOS
55	NAZEMI Tobias	n°212	65	55 -M	00:58:49.34	10.20	[47] Non Licensed
56	DEBEN Sascha	n°200	74	56 -M	00:59:56.37	10.01	[47] UL TTC
57	MEERTZ Thomas	n°155		57 -M	01:00:12.93	9.96	[47] AOK
58	HAUBRICH Eckhard	n°221		58 -M	01:00:45.54	9.88	HIT Helios
59	REYER Martin	n°237		59 -M	01:04:44.86	9.27	HIT Helios Iron Team
60	MACKENSTEIN Thorsten	n°211	63	60 -M	01:10:27.89	8.51	[47] Non Licensed
61	PLOSCHKE Dirk	n°213	62	61 -M	01:10:28.30	8.51	[47] Non Licensed
62	KUHLEN Ralf	n°225		62 -M	01:12:34.99	8.27	HIT Helios Iron Team
63	NACHTWEY Florian	n°341		63 -M	01:12:35.01	8.27	HIT Helios Iron Team



