



Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Aver.	Runde 1	Platz	Runde 2	Platz	Verein
1	BRIEDEN Martin	n°320	1 -M	00:33:26.55	17.94	00:16:31.92	1	00:16:54.63	1	Berufsfeuerwehr Krefeld
2	STOLZ Florian	n°187	2 -M	00:33:26.65	17.94	00:16:31.96	2	00:16:54.69	2	[10] HELIOS Mitarbeiter
3	BISANTI Robi	n°160	3 -M	00:37:44.69	15.90	00:18:38.26	3	00:19:06.43	3	[40] Dextro Energy Team
4	WITECZEK Marcel	n°159	4 -M	00:40:11.83	14.93	00:18:56.20	4	00:21:15.63	8	[47] AOK
5	DE MEO Francesco	n°219	5 -M	00:40:55.37	14.66	00:19:54.10	5	00:21:01.27	7	HIT Helios
6	RUDLOFF Karsten	n°238	6 -M	00:41:28.87	14.46	00:20:46.84	7	00:20:42.03	6	HIT Helios
7	DA SILVA Paulo	n°005	7 -M	00:41:39.13	14.41	00:20:19.42	6	00:21:19.71	10	[40] Dextro Energy Team
8	ROMANKIEWICZ Andreas	n°162	8 -M	00:42:35.53	14.09	00:20:49.15	9	00:21:46.38	14	[40] Dextro Energy Team
9	HAHNE Henric	n°161	9 -M	00:42:43.80	14.04	00:20:49.97	10	00:21:53.83	16	[40] Dextro Energy Team
10	KÖLKER Manuel	n°024	10 -M	00:43:01.37	13.95	00:22:59.68	20	00:20:01.69	4	[47] FC Traar Schneekoppe
11	FRIEDRICH Martin	n°179	11 -M	00:43:05.43	13.92	00:21:24.25	11	00:21:41.18	12	[40] HELIOS Klinikum Krefeld
12	PÖRNER Manfred	n°157	12 -M	00:43:32.09	13.78	00:22:16.04	12	00:21:16.05	9	[47] AOK
13	CRUSE Niklas	n°217	13 -M	00:43:50.13	13.69	00:22:20.82	13	00:21:29.31	11	HIT Helios
14	DUZAAR Richard	n°190	14 -M	00:43:51.82	13.68	00:20:47.92	8	00:23:03.90	23	[47] LT Krefeld-Oppum
15	NIEHUES Tim	n°231	15 -M	00:44:01.13	13.63	00:23:45.93	24	00:20:15.20	5	HIT Helios
16	BÖLZLE Achim	n°309	16 -M	00:44:17.89	13.54	00:22:25.10	17	00:21:52.79	15	[47] Non Licensed
17	REIPEN Gerhard	n°234	17 -M	00:44:45.04	13.41	00:22:23.46	15	00:22:21.58	18	HIT Helios Iron Team
1	SCHULER Deborah	n°163	1 -F	00:44:47.96	13.39	00:22:24.18	16	00:22:23.78	19	[40] Dextro Energy Team
18	DÖRBECKER Ralf	n°173	18 -M	00:44:57.63	13.35	00:22:23.08	14	00:22:34.55	22	[47] HELIOS Iron Team
19	GRÖNHEIT Frank	n°180	19 -M	00:45:03.94	13.31	00:22:30.14	19	00:22:33.80	21	[47] HELIOS Klinikum Krefeld
20	KÖKLER Christian	n°326	20 -M	00:45:37.68	13.15	00:23:13.09	22	00:22:24.59	20	[47] AOK
21	NIGGEMANN Oliver	n°232	21 -M	00:45:39.08	13.14	00:22:28.81	18	00:23:10.27	24	HIT Helios
22	SCHIPPMANN Thomas	n°169	22 -M	00:45:40.55	13.14	00:23:26.91	23	00:22:13.64	17	[40] HELIOS Anästhesie
23	SKONIECKI Michael	n°197	23 -M	00:45:42.67	13.13	00:23:57.76	25	00:21:44.91	13	[47] SWK - Saubere Flotte läuft
2	KNOBLAUCH Bettina	n°319	2 -F	00:46:55.28	12.79	00:23:09.72	21	00:23:45.56	26	[47] HELIOS Kliniken
24	GUTMANN Holger	n°220	24 -M	00:47:41.34	12.58	00:24:17.05	27	00:23:24.29	25	HIT Helios
25	MIELECH Adam	n°191	25 -M	00:47:52.67	12.53	00:24:04.17	26	00:23:48.50	27	[47] PFLEGE optimal
26	BECKER Christian	n°178	26 -M	00:49:09.55	12.21	00:24:22.14	28	00:24:47.41	31	[47] HELIOS Klinikum Krefeld
27	SINGER Hans Walter	n°240	27 -M	00:49:18.42	12.17	00:25:19.65	31	00:23:58.77	28	HIT Helios
28	SCHLICKE Götz	n°199	28 -M	00:50:28.26	11.89	00:25:29.26	34	00:24:59.00	34	[47] Sparkasse Krefeld
29	HORMES Detlev	n°208	29 -M	00:50:52.67	11.79	00:25:17.27	30	00:25:35.40	37	[47] Non Licensed
30	VON SYDOW Sven	n°192	30 -M	00:50:58.41	11.77	00:26:07.63	38	00:24:50.78	32	[40] Polizei Krefeld
31	KLEINER Roland	n°170	31 -M	00:51:15.69	11.70	00:26:37.22	41	00:24:38.47	30	[47] HELIOS Hüls
3	WERNKEN Kerstin	n°177	3 -F	00:51:27.18	11.66	00:25:54.95	35	00:25:32.23	36	[47] HELIOS Klinikum
32	KNOLL Alexander	n°222	32 -M	00:51:32.47	11.64	00:26:37.75	42	00:24:54.72	33	HIT Helios
4	GREUEL Daniela	n°205	4 -F	00:51:48.04	11.58	00:25:28.44	33	00:26:19.60	41	[47] Non Licensed
33	SPEUCH Bruno	n°215	33 -M	00:51:48.07	11.58	00:25:28.42	32	00:26:19.65	42	[47] Non Licensed
34	STANGE Jens	n°203	34 -M	00:51:56.82	11.55	00:27:48.46	49	00:24:08.36	29	[47] UL TTC
35	RIMROTH Volker	n°168	35 -M	00:52:14.59	11.48	00:26:19.30	39	00:25:55.29	40	[47] HELIOS
5	BAUERMEISTER Gaby	n°334	5 -F	00:52:21.06	11.46	00:25:56.05	36	00:26:25.01	43	FC Traar Schneekoppe
36	BAUERMEISTER Timo	n°333	36 -M	00:52:21.45	11.46	00:25:56.07	37	00:26:25.38	44	FC Traar Schneekoppe
37	LEITZ Heiko	n°202	37 -M	00:53:17.88	11.26	00:27:48.83	50	00:25:29.05	35	[47] UL TTC
38	KLINKHAMMER Bastian	n°335	38 -M	00:53:35.72	11.20	00:27:46.26	46	00:25:49.46	38	HELIOS Klinikum Krefeld
39	SCHIPPMANN Viktor	n°344	39 -M	00:53:36.25	11.19	00:27:46.43	47	00:25:49.82	39	HELIOS





Platz	Nachname - Vorname	Nation StNr.	Platz AK	Zeit	Aver.	Runde 1	Platz	Runde 2	Platz	Verein
40	KÖPPL Thomas	n°321	40 -M	00:53:41.46	11.18	00:25:09.35	29	00:28:32.11	62	HELIOS Klinikum Krefeld
41	KLEE Rüdiger	n°166	41 -M	00:53:55.57	11.13	00:26:24.19	40	00:27:31.38	49	[41] HELIOS
42	ENDERES Dietmar	n°198	42 -M	00:54:19.46	11.04	00:27:51.07	51	00:26:28.39	46	[47] Site1
43	GÖRING Uwe	n°195	43 -M	00:54:46.41	10.95	00:27:47.27	48	00:26:59.14	48	[47] SWK - Saubere Flotte läuft
44	OPDENPLATZ Dirk	n°167	44 -M	00:54:49.37	10.94	00:28:23.17	55	00:26:26.20	45	[41] HELIOS
45	FRANKE Andreas	n°152	45 -M	00:55:12.56	10.87	00:26:43.48	43	00:28:29.08	60	[47] AOK
6	RAKER Karin	n°214	6 -F	00:55:25.44	10.83	00:28:29.79	57	00:26:55.65	47	[47] Non Licensed
46	WÖHRL Markus	n°204	46 -M	00:55:50.59	10.74	00:27:52.48	52	00:27:58.11	53	[47] Welle Niederrhein
7	SAATHOFF Birgit	n°339	7 -F	00:55:51.03	10.74	00:27:37.62	45	00:28:13.41	56	Non Licensed
47	KINSCHER Andreas	n°181	47 -M	00:56:05.81	10.70	00:27:03.95	44	00:29:01.86	63	[47] HELIOS Klinikum Krefeld
48	KEMPER Ralf	n°165	48 -M	00:57:32.93	10.43	00:28:12.56	54	00:29:20.37	64	[47] HELIOS
49	ELFES Stefan	n°151	49 -M	00:57:58.65	10.35	00:28:34.31	59	00:29:24.34	65	[47] AOK
50	SCHMID Franz-Xaver	n°322	50 -M	00:58:02.00	10.34	00:30:28.17	68	00:27:33.83	51	HELIOS
51	SIEMES Viktor	n°323	51 -M	00:58:02.08	10.34	00:30:28.39	69	00:27:33.69	50	HELIOS
52	BERENDES Elmar	n°174	52 -M	00:58:02.44	10.34	00:30:03.60	66	00:27:58.84	54	[47] HELIOS Klinik
53	HOUBEN Bernd	n°209	53 -M	00:58:05.98	10.33	00:29:52.95	64	00:28:13.03	55	[47] Non Licensed
8	STEPHAN Stefanie	n°184	8 -F	00:58:10.77	10.31	00:29:44.22	62	00:28:26.55	59	[45] HELIOS Klinikum Krefeld Bildungszentrum
9	BUCHHOLZ Vera	n°186	9 -F	00:58:10.96	10.31	00:29:44.42	63	00:28:26.54	58	[47] HELIOS Mitarbeiter
54	EVERLIEN Manfred	n°343	54 -M	00:58:22.91	10.28	00:30:28.76	70	00:27:54.15	52	HELIOS
10	BOMANN Katja	n°072	10 -F	00:58:42.08	10.22	00:27:58.27	53	00:30:43.81	72	HELIOS
55	NAZEMI Tobias	n°212	55 -M	00:58:49.34	10.20	00:28:33.41	58	00:30:15.93	69	[47] Non Licensed
11	PAPEN Eva	n°172	11 -F	00:59:55.30	10.01	00:31:29.83	74	00:28:25.47	57	[47] HELIOS Hüls
56	DEBEN Sascha	n°200	56 -M	00:59:56.37	10.01	00:30:01.96	65	00:29:54.41	66	[47] UL TTC
12	KRAHN Susanne	n°182	12 -F	00:59:58.53	10.00	00:31:29.40	73	00:28:29.13	61	[47] HELIOS Klinikum Krefeld
57	MEERTZ Thomas	n°155	57 -M	01:00:12.93	9.96	00:29:42.40	60	00:30:30.53	71	[47] AOK
13	SIRON Mirosława	n°158	13 -F	01:00:28.70	9.92	00:29:42.72	61	00:30:45.98	73	[47] AOK
14	HOFFMANN Eveline	n°206	14 -F	01:00:42.59	9.88	00:30:44.47	71	00:29:58.12	67	[40] Non Licensed
58	HAUBRICH Eckhard	n°221	58 -M	01:00:45.54	9.88	00:28:28.18	56	00:32:17.36	74	HIT Helios
15	JEDE Birgit	n°201	15 -F	01:00:47.49	9.87	00:30:19.17	67	00:30:28.32	70	[47] UL TTC
16	HOFFMANN Ilka	n°207	16 -F	01:00:55.33	9.85	00:30:44.85	72	00:30:10.48	68	[40] Non Licensed
17	REYER Susanne	n°236	17 -F	01:04:44.76	9.27	00:32:14.68	76	00:32:30.08	75	HIT Helios Iron Team
59	REYER Martin	n°237	59 -M	01:04:44.86	9.27	00:32:14.60	75	00:32:30.26	76	HIT Helios Iron Team
18	WARKENTIN Stephanie	n°185	18 -F	01:09:36.33	8.62	00:34:20.09	77	00:35:16.24	77	[41] HELIOS Klinikum Krefeld Röntgenabteilung
19	PLOSCHKE Heike	n°175	19 -F	01:10:27.70	8.52	00:35:06.49	78	00:35:21.21	79	[47] HELIOS Klinik Hüls
60	MACKENSTEIN Thorsten	n°211	60 -M	01:10:27.89	8.51	00:35:07.38	80	00:35:20.51	78	[47] Non Licensed
61	PLOSCHKE Dirk	n°213	61 -M	01:10:28.30	8.51	00:35:06.77	79	00:35:21.53	80	[47] Non Licensed
62	KUHLEN Ralf	n°225	62 -M	01:12:34.99	8.27	00:36:40.32	82	00:35:54.67	81	HIT Helios Iron Team
63	NACHTWEY Florian	n°341	63 -M	01:12:35.01	8.27	00:36:40.21	81	00:35:54.80	82	HIT Helios Iron Team

