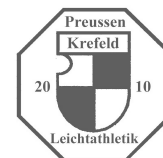


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| W | 196 | 00:30:28 | 386 Hendricks, Daniela | ohne Verein | 1980 | 6 | W35 | 00:13:01 |
| | 197 | 00:30:30 | 385 Kupke, Jürgen | ohne Verein | 1972 | 19 | M45 | 00:13:03 |
| W | 198 | 00:30:31 | 306 Friesel, Lucia | TSV Meerbusch | 1970 | 6 | W45 | 00:13:04 |
| | 199 | 00:30:33 | 159 Körber, Nicolas | Deutsche Bahn Werk Krefel | 1989 | 15 | HKM | 00:13:06 |
| W | 200 | 00:30:39 | 262 Schiffer, Astrid | Rumelner TV | 1968 | 5 | W50 | 00:13:12 |
| W | 201 | 00:30:46 | 359 Röder, Carina | ohne Verein | 1993 | 13 | HKW | 00:13:19 |
| | 202 | 00:30:48 | 124 Pena Auguero, Michele | AssistenZ GbR | 1984 | 23 | M30 | 00:13:21 |
| W | 203 | 00:30:50 | 382 Schubert, Katharina | ohne Verein | 1987 | 6 | W30 | 00:13:23 |
| W | 204 | 00:30:52 | 435 Öztamur, Susanne | Siempelkamp | 1968 | 6 | W50 | 00:13:25 |
| | 205 | 00:30:54 | 155 Schulz, Karsten | Deutsche Bahn Werk Krefel | 1984 | 24 | M30 | 00:13:27 |
| W | 206 | 00:30:55 | 371 Walter, Corinna | ohne Verein | 1978 | 8 | W40 | 00:13:28 |
| | 207 | 00:30:57 | 372 Hendricks, Thorsten | ohne Verein | 1974 | 11 | M40 | 00:13:30 |
| | 208 | 00:30:59 | 648 Muckert, Thomas | TSV Meerbusch | 1963 | 12 | M55 | 00:13:32 |

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|--------------|-------------|---------------|-----------------------|-------------------------------|-------------|------------|-----------|---------------|
| 209 | 00:31:00 | 150 | Krajnc, Patrick | Deutsche Bahn Werk Krefel | 1988 | 25 | M30 | 00:13:33 |
| W 210 | 00:31:02 | 656 | Reichert, Katrin | Grotenburg-Schule | 1980 | 7 | W35 | 00:13:35 |
| 211 | 00:31:04 | 657 | Reichert, Tobias | Grotenburg-Schule | 1977 | 12 | M40 | 00:13:37 |
| W 212 | 00:31:06 | 233 | Schroers, Lisa | Justiz Krefeld | 1995 | 14 | HKW | 00:13:39 |
| W 213 | 00:31:09 | 626 | Mertens, Birgit | ohne Verein | 1963 | 4 | W55 | 00:13:42 |
| W 214 | 00:31:10 | 379 | Müller, Marina | ohne Verein | 1990 | 15 | HKW | 00:13:43 |
| 215 | 00:31:11 | 203 | Krpan, Martin | Elterninitiative Sonnenland e | 1977 | 13 | M40 | 00:13:44 |
| 216 | 00:31:13 | 261 | Oedinger, Hans Gert | Rumelner TV | 1950 | 1 | M65 | 00:13:46 |
| W 217 | 00:31:15 | 92 | Grabert, Effi | Kita Sonnenland | 1986 | 7 | W30 | 00:13:48 |
| W 218 | 00:31:18 | 134 | Koelbl, Claudia | Cargill Deutschland GmbH | 1995 | 16 | HKW | 00:13:51 |
| W 219 | 00:31:19 | 331 | Klütsch, Maren | Volksbank Krefeld eG | 1966 | 7 | W50 | 00:13:52 |
| W 220 | 00:31:21 | 263 | Scheuer, Silke | Rupert Neudeck Gesamtsch | 1975 | 9 | W40 | 00:13:54 |
| W 221 | 00:31:23 | 381 | Vogt, Andrea | ohne Verein | 1973 | 7 | W45 | 00:13:56 |
| W 222 | 00:31:26 | 83 | Inderfurth, Patrizia | ohne Verein | 1972 | 8 | W45 | 00:13:59 |
| W 223 | 00:31:27 | 260 | Schenke, Christiane | RTV 1900 | 1968 | 8 | W50 | 00:14:00 |
| W 224 | 00:31:29 | 238 | Thomer, Friederike | Kindergarten Pfiffikus | 1973 | 9 | W45 | 00:14:02 |
| 225 | 00:31:41 | 187 | Hövelmanns, Georg | Deutsche Bahn Werk Krefel | 1960 | 13 | M55 | 00:14:14 |
| 226 | 00:31:47 | 280 | Hackstein, Jan | Städt. Jugendeinrichtungen | 1998 | 7 | JUNM | 00:14:20 |
| W 227 | 00:31:59 | 112 | Simon, Martina | Albert-Schweitzer-Schule | 1959 | 5 | W55 | 00:14:32 |
| 228 | 00:32:06 | 278 | Vogt, Karl | Städt. Jugendeinrichtungen | 1957 | 4 | M60 | 00:14:39 |
| W 229 | 00:32:16 | 239 | Höffner, Yvonne | Deutscher Kinderschutzbund | 1979 | 8 | W35 | 00:14:49 |
| 230 | 00:32:17 | 369 | Bocatus, Thorsten | ohne Verein | 1989 | 16 | HKM | 00:14:50 |
| W 231 | 00:32:22 | 421 | Franzen, Laura | Siempelkamp | 1992 | 17 | HKW | 00:14:55 |
| W 232 | 00:32:25 | 426 | Schillings, Meike | Siempelkamp | 1983 | 9 | W35 | 00:14:58 |
| W 233 | 00:32:26 | 162 | Ehren, Viviane | Deutsche Bahn Werk Krefel | 1990 | 18 | HKW | 00:14:59 |
| 234 | 00:32:28 | 164 | Do, Tiep-Viet | Deutsche Bahn Werk Krefel | 1984 | 26 | M30 | 00:15:01 |
| 235 | 00:32:31 | 368 | Blum, Manfred | ohne Verein | 1943 | 1 | M75 | 00:15:04 |
| 236 | 00:32:33 | 130 | Kluge, Markus | Cargill Deutschland GmbH | 1973 | 20 | M45 | 00:15:06 |
| W 237 | 00:32:42 | 390 | Schott, Julia | ohne Verein | 1997 | 4 | JUN | 00:15:15 |
| 238 | 00:32:44 | 246 | Schott, Martin | LC Duisburg | 1964 | 17 | M50 | 00:15:17 |
| 239 | 00:32:46 | 324 | Hellmann, Thomas | Volksbank Krefeld eG | 1966 | 18 | M50 | 00:15:19 |
| 240 | 00:33:02 | 228 | Mantzavinos, Lukas | JJK GmbH | 2003 | 25 | JMB | 00:15:35 |
| 241 | 00:33:04 | 405 | Palazzi, Damiano | Siempelkamp | 1974 | 14 | M40 | 00:15:37 |
| 242 | 00:33:06 | 161 | Ehren, Thomas | Deutsche Bahn Werk Krefel | 1990 | 17 | HKM | 00:15:39 |
| 243 | 00:33:12 | 211 | Ilic, Patrick | Elterninitiative Sonnenland e | 1981 | 21 | M35 | 00:15:45 |
| 244 | 00:33:14 | 103 | Hoffmann, Thomas | Albert-Schweitzer-Schule | 1955 | 5 | M60 | 00:15:47 |
| W 245 | 00:33:26 | 315 | Dönni, Nicole | Volksbank Krefeld eG | 1964 | 9 | W50 | 00:15:59 |
| 246 | 00:33:31 | 362 | Mikoteit, Tim | ohne Verein | 2007 | 26 | JMB | 00:16:04 |
| W 247 | 00:33:33 | 172 | Kosche, Sonja | Deutsche Bahn Werk Krefel | 1977 | 10 | W40 | 00:16:06 |
| 248 | 00:33:40 | 90 | Larisch, Finn | Laufftreff Wedau | 2009 | 27 | JMB | 00:16:13 |
| W 249 | 00:33:43 | 111 | Wiethoff, Katrin | Albert-Schweitzer-Schule | 1969 | 10 | W45 | 00:16:16 |
| 250 | 00:33:45 | 88 | Larisch, Roman | Laufftreff Wedau | 1970 | 21 | M45 | 00:16:18 |
| W 251 | 00:33:48 | 191 | Haslach, Jessica | Deutsche Bahn Werk Krefel | 1988 | 8 | W30 | 00:16:21 |
| 252 | 00:33:51 | 363 | Mikoteit, Jakob | ohne Verein | 2007 | 28 | JMB | 00:16:24 |
| W 253 | 00:33:54 | 358 | Maaßen, Katrin | ohne Verein | 1978 | 11 | W40 | 00:16:27 |
| W 254 | 00:34:06 | 213 | Secander, Karoline | Elterninitiative Sonnenland e | 1992 | 19 | HKW | 00:16:39 |
| 255 | 00:34:15 | 267 | Michael Adrian, Milcu | Selbstständig | 1990 | 18 | HKM | 00:16:48 |
| 256 | 00:34:17 | 185 | Schilinsky, Lucas | Deutsche Bahn Werk Krefel | 2010 | 29 | JMB | 00:16:50 |
| 257 | 00:34:18 | 184 | Schilinsky, Simon | Deutsche Bahn Werk Krefel | 1984 | 27 | M30 | 00:16:51 |
| W 258 | 00:34:27 | 377 | Geppert, Anne | ohne Verein | 1984 | 9 | W30 | 00:17:00 |
| 259 | 00:34:31 | 9995 | Herz, Paul | KTSV Preussen Krefeld 185 | 2005 | 2 | SMB | 00:17:04 |
| 260 | 00:34:32 | 361 | Mikoteit, Thomas | ohne Verein | 1964 | 19 | M50 | 00:17:05 |
| 261 | 00:34:33 | 179 | Reuter, Matthias | Deutsche Bahn Werk Krefel | 1991 | 19 | HKM | 00:17:06 |

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|--------------|-------------|---------------|-------------|------------------------|-------------------------------|------------|-----------|---------------|
| | 262 | 00:34:35 | 181 | Lechner, Jens | Deutsche Bahn Werk Krefel | 1990 | 20 HKM | 00:17:08 |
| | 263 | 00:34:51 | 322 | Hacker, Rainer | Volksbank Krefeld eG | 1961 | 14 M55 | 00:17:24 |
| W | 264 | 00:34:56 | 357 | Aßmann, Heidrun | ohne Verein | 1983 | 10 W35 | 00:17:29 |
| W | 265 | 00:35:00 | 380 | Wiencke, Susanne | ohne Verein | 1979 | 11 W35 | 00:17:33 |
| W | 266 | 00:35:16 | 314 | Diatsos, Claudia | Volksbank Krefeld eG | 1974 | 12 W40 | 00:17:49 |
| | 267 | 00:35:20 | 332 | Kopytko, Jan | Volksbank Krefeld eG | 1984 | 28 M30 | 00:17:53 |
| | 268 | 00:35:23 | 659 | Beckmann, Jörn | ohne Verein | 1971 | 22 M45 | 00:17:56 |
| W | 269 | 00:35:29 | 117 | Bender, Miriam | AssistenZ GbR | 1964 | 10 W50 | 00:18:02 |
| W | 270 | 00:35:40 | 86 | Lehmann, Viola | Deutscher Kinderschutzbund | 2005 | 4 JWB | 00:18:13 |
| W | 271 | 00:35:52 | 87 | Lehmann, Claudia | Deutscher Kinderschutzbund | 1976 | 13 W40 | 00:18:25 |
| W | 272 | 00:36:11 | 105 | Pape, Kerstin | Albert-Schweitzer-Schule | 1991 | 20 HKW | 00:18:44 |
| W | 273 | 00:36:15 | 422 | Pyjos, Malvina | Siempelkamp | 1976 | 14 W40 | 00:18:48 |
| W | 274 | 00:36:48 | 252 | Konrad, Chantal | Marianum Krefeld | 2002 | 5 JWB | 00:19:21 |
| W | 275 | 00:36:55 | 188 | Hövelmanns, Anke | Deutsche Bahn Werk Krefel | 1990 | 21 HKW | 00:19:28 |
| W | 276 | 00:37:10 | 290 | Späth, Sandra | Stadtverwaltung Krefeld | 1983 | 12 W35 | 00:19:43 |
| W | 277 | 00:37:12 | 220 | Siddiqi, Sara Vianne | Gymnasium Fabritianum | 2002 | 6 JWB | 00:19:45 |
| W | 278 | 00:37:32 | 347 | Schoeppe , Ilka | Volksbank Krefeld eG | 1981 | 13 W35 | 00:20:05 |
| W | 279 | 00:37:36 | 212 | Burow, Stephanie | Elterninitiative Sonnenland e | 1981 | 14 W35 | 00:20:09 |
| W | 280 | 00:37:37 | 205 | Hilgers, Natalie | Elterninitiative Sonnenland e | 1985 | 10 W30 | 00:20:10 |
| W | 281 | 00:37:42 | 89 | Larisch, Eva | Lauftreff Wedau | 1974 | 15 W40 | 00:20:15 |
| W | 282 | 00:38:05 | 102 | Grützmann, Julia | Albert-Schweitzer-Schule | 1990 | 22 HKW | 00:20:38 |
| | 283 | 00:38:15 | 199 | Hasler, Hermann | Deutsche Bahn Werk Krefel | 1947 | 1 M70 | 00:20:48 |
| W | 284 | 00:38:34 | 312 | Ciz, Monika | Volksbank Krefeld eG | 1986 | 11 W30 | 00:21:07 |
| | 285 | 00:38:37 | 156 | Viehrig, Michel | Deutsche Bahn Werk Krefel | 1985 | 29 M30 | 00:21:10 |
| W | 286 | 00:38:54 | 284 | Könen, Jaqueline | Städt. Jugendeinrichtungen | 1997 | 5 JUN | 00:21:27 |
| W | 287 | 00:39:12 | 994 | Kohler, Nadine | ohne Verein | 1982 | 15 W35 | 00:21:45 |
| | 288 | 00:39:19 | 79 | Hermanns, Horst | Deutsche Bahn Werk Krefel | 1952 | 2 M65 | 00:21:52 |
| W | 289 | 00:39:37 | 355 | Waschau, Carola | Volksbank Krefeld eG | 1980 | 16 W35 | 00:22:10 |
| W | 290 | 00:39:40 | 993 | Kempers, Britta | ohne Verein | 1971 | 11 W45 | 00:22:13 |
| W | 291 | 00:40:11 | 216 | Marticke, Marina | Elterninitiative Sonnenland e | 1985 | 12 W30 | 00:22:44 |
| W | 292 | 00:40:47 | 316 | Effner, Claudia | Volksbank Krefeld eG | 1973 | 12 W45 | 00:23:20 |
| W | 293 | 00:40:58 | 293 | Saul, Laura | Stadtverwaltung Krefeld | 1988 | 13 W30 | 00:23:31 |
| | 294 | 00:41:02 | 383 | Tullmin, Benjamin | ohne Verein | 1985 | 30 M30 | 00:23:35 |
| W | 295 | 00:41:04 | 288 | Ilouis, Stefanie | Stadtverwaltung Krefeld | 1984 | 14 W30 | 00:23:37 |
| W | 296 | 00:41:22 | 644 | Ouill, Tünde | Lauftreff Wedau | 1982 | 17 W35 | 00:23:55 |
| W | 297 | 00:41:28 | 122 | Engelen, Julia | AssistenZ GbR | 1985 | 15 W30 | 00:24:01 |
| W | 298 | 00:41:32 | 120 | Horn, Jennifer | AssistenZ GbR | 1990 | 23 HKW | 00:24:05 |
| W | 299 | 00:41:34 | 118 | Grewe, Bianca | AssistenZ GbR | 1984 | 16 W30 | 00:24:07 |
| W | 300 | 00:41:35 | 197 | Schmitz, Janine | Deutsche Bahn Werk Krefel | 1989 | 24 HKW | 00:24:08 |
| W | 301 | 00:41:45 | 289 | Schimmelpfennig, Claud | Stadtverwaltung Krefeld | 1976 | 16 W40 | 00:24:18 |
| | 302 | 00:41:46 | 253 | Tenhagen, Daniel | Marianum Krefeld | 2002 | 30 JMB | 00:24:19 |
| W | 303 | 00:41:50 | 281 | Chandran, Abira | Städt. Jugendeinrichtungen | 1994 | 25 HKW | 00:24:23 |
| W | 304 | 00:42:15 | 121 | Reynen, Claudia | AssistenZ GbR | 1989 | 26 HKW | 00:24:48 |
| W | 305 | 00:42:41 | 254 | Franz, Sandra | NS Dok Villa Merländer Kref | 1981 | 18 W35 | 00:25:14 |
| W | 306 | 00:43:00 | 208 | Motyl, Katarzyna | Elterninitiative Sonnenland e | 1984 | 17 W30 | 00:25:33 |
| | 307 | 00:43:12 | 152 | Henze, Christian | Deutsche Bahn Werk Krefel | 1982 | 22 M35 | 00:25:45 |
| W | 308 | 00:43:24 | 215 | von Bargaen, Nona | Elterninitiative Sonnenland e | 1994 | 27 HKW | 00:25:57 |
| W | 309 | 00:43:33 | 424 | Frisch , Katharina | Siempelkamp | 2003 | 7 JWB | 00:26:06 |
| | 310 | 00:43:36 | 423 | Frisch , Stefan | Siempelkamp | 1965 | 20 M50 | 00:26:09 |
| | 311 | 00:43:56 | 126 | Schulenburg, Lothar | AssistenZ GbR | 1954 | 6 M60 | 00:26:29 |
| W | 312 | 00:44:41 | 251 | Schetter, Bianca | Marianum Krefeld | 2002 | 8 JWB | 00:27:14 |
| W | 313 | 00:44:59 | 119 | Gerits, Petra | AssistenZ GbR | 1966 | 11 W50 | 00:27:32 |
| W | 314 | 00:45:29 | 304 | Rickmers, Catrin | Team Mimi | 1980 | 19 W35 | 00:28:02 |

| <i>Platz</i> | <i>Zeit</i> | <i>St.Nr.</i> | <i>Name</i> | <i>Verein</i> | <i>Jahr</i> | <i>PAK</i> | <i>AK</i> | <i>Z-Diff</i> |
|--------------|-------------|---------------|-----------------|---------------|-------------|------------|-----------|---------------|
| W 315 | 00:45:30 | 305 | Milch, Karoline | Team Mimi | 1984 | 18 | W30 | 00:28:03 |