



| Platz | G | Zeit | St.-Nr | Name | NAT | Verein | Jahr | Min/KM |
|-------|---|----------|--------|-----------------------|-----|--------------------------|------|---------|
| 1 | | 00:16:13 | 850 | Haltermann, Patrick | | LAZ Rhede | 1986 | 03:14,6 |
| 2 | | 00:16:25 | 790 | Harbering, Johannes | | Bocholter WSV | 1981 | 03:17,0 |
| 3 | | 00:16:36 | 809 | Janitzki, Alexander | | Bocholter WSV | 1973 | 03:19,2 |
| 4 | | 00:16:41 | 1020 | Aymanns, Theo | | VFB Alemannia Pfalzdorf | 1966 | 03:20,2 |
| 5 | | 00:16:50 | 4565 | Fleige, Holger | | Coesfeld | 1967 | 03:22,0 |
| 6 | | 00:16:51 | 1017 | Schmeincck, Andreas | | Bocholt | 1961 | 03:22,2 |
| 7 | | 00:17:03 | 4585 | Bolwerk, Victor | NED | Veteranen Nederland | 1964 | 03:24,6 |
| 8 | | 00:17:08 | 366 | Büssing, Marcel | | TuB Bocholt | 1979 | 03:25,6 |
| 9 | | 00:17:10 | 4532 | Withag, Ronald | | AV Argo | 1973 | 03:26,0 |
| 10 | | 00:17:13 | 840 | Möllers, Thomas | | LG Coesfeld | 1966 | 03:26,6 |
| 11 | | 00:17:36 | 1026 | Schäfer, Florian | | VfL Merkur Kleve | 1989 | 03:31,2 |
| 12 | | 00:17:38 | 4539 | Vels, Manfred | | Argo | 1971 | 03:31,6 |
| 13 | | 00:17:40 | 4560 | Jacodi, Michael | | TSV Viktoria Mülheim | 1964 | 03:32,0 |
| 14 | | 00:17:48 | 905 | Börgers, Erik | | SV Haldern | 1990 | 03:33,6 |
| 15 | | 00:17:54 | 738 | Kreimer, André | | Bocholt | 1966 | 03:34,8 |
| 16 | | 00:18:12 | 4249 | Weevers, Geert | | AVA 70 | 1960 | 03:38,4 |
| 17 | | 00:18:22 | 4147 | Geiger, Klaus-Michael | | LC Duisburg | 1954 | 03:40,4 |
| 18 | | 00:18:22 | 904 | Nagel-Stüwe, Thomas | | TSG Dülmen | 1963 | 03:40,4 |
| 19 | | 00:18:31 | 4566 | Schwaag, Martin | | Billerbeck | 1960 | 03:42,2 |
| 20 | | 00:18:35 | 4571 | Grutters, Bob | NED | AVA '70 Aalten | 1967 | 03:43,0 |
| 21 | | 00:18:49 | 819 | Schneiders, Ralf | | Lauffreunde HADI Wesel | 1967 | 03:45,8 |
| 22 | | 00:18:52 | 896 | Droste, Karsten | | Tus Sythen | 1968 | 03:46,4 |
| 23 | | 00:19:01 | 4536 | Nas, Hans | NED | Zedam | 1969 | 03:48,2 |
| 24 | | 00:19:14 | 4236 | Kistemann, Horst | | TuS Haffen-Mehr | 1965 | 03:50,8 |
| 25 | | 00:19:23 | 4124 | Bregulla, Jörg | | LAZ Rhede | 1987 | 03:52,6 |
| 26 | | 00:19:28 | 4559 | Kieslich, Marcus | | TuS Sythen 1923 | 1983 | 03:53,6 |
| 27 | | 00:19:32 | 852 | Welz, Harald | | Lauffreunde HADI Wesel | 1960 | 03:54,4 |
| 28 | | 00:19:36 | 883 | Lensing, Christian | | Bocholter WSV | 1966 | 03:55,2 |
| 29 | | 00:19:48 | 4246 | Franke, Ron | | Lauffreunde HADI Wesel | 1964 | 03:57,6 |
| 30 | | 00:19:52 | 4092 | Jansen, Simon | | bocholt | 1984 | 03:58,4 |
| 31 | | 00:19:56 | 877 | Smeulders, Johan | | Lichtenvoorde | 1959 | 03:59,2 |
| 32 | | 00:19:57 | 4553 | Peters, Friedhelm | | Wissel Deichläufer | 1952 | 03:59,4 |
| 33 | | 00:20:01 | 4561 | Woolschot, Dinand | NED | AV Argo | 1970 | 04:00,2 |
| 34 | | 00:20:05 | 4234 | Hoogen, Jochen | | SV Viktoria Winnekendonk | 1958 | 04:01,0 |
| 35 | | 00:20:05 | 4527 | Lammers, Jeroen | | | 1970 | 04:01,0 |
| 36 | | 00:20:07 | 4534 | Bouwman, Frank | NED | Enschede | 1969 | 04:01,4 |
| 1 | W | 00:20:08 | 4233 | Hendricks, Maria | | SV Viktoria Winnekendonk | 1964 | 04:01,6 |
| 37 | | 00:20:08 | 4533 | Te Lintelo, Roy | NED | Enschede | 1970 | 04:01,6 |
| 38 | | 00:20:16 | 4288 | van Weegen, Björn | | TSV Weeze | 1986 | 04:03,2 |
| 39 | | 00:20:20 | 4140 | Hemmelberg, Udo | | Bocholt | 1968 | 04:04,0 |
| 40 | | 00:20:20 | 4209 | Schwing, Markus | | DJK 97 Bocholt | 1969 | 04:04,0 |
| 41 | | 00:20:22 | 736 | Haane, Stefan | | Bocholter WSV | 1978 | 04:04,4 |
| 42 | | 00:20:37 | 4126 | Breul, Martin | | TV Rhede | 1986 | 04:07,4 |
| 2 | W | 00:20:42 | 4568 | Bido, Jutta | | LAV Oberhausen | 1961 | 04:08,4 |
| 43 | | 00:20:44 | 929 | Werner, Florian | | Isselburg | 1986 | 04:08,8 |
| 3 | W | 00:20:48 | 4520 | Buschmann, Janine | | VfL Merkur Kleve | 1985 | 04:09,6 |
| 44 | | 00:20:53 | 878 | Roeloffzen, Frank | | Post in Bocholt | 1967 | 04:10,6 |
| 45 | | 00:20:58 | 820 | Lach, Matthias | | Lauffreunde HADI Wesel | 1989 | 04:11,6 |
| 46 | | 00:21:01 | 4522 | Wilger, Markus | | Raesfeld | 1973 | 04:12,2 |
| 4 | W | 00:21:02 | 4122 | Schaten, Jana | | LAZ Rhede | 1988 | 04:12,4 |
| 5 | W | 00:21:08 | 776 | Steenkamp, Lena | | Bocholter WSV | 1983 | 04:13,6 |
| 47 | | 00:21:08 | 895 | Bürecke, Udo | | Kleve | 1965 | 04:13,6 |
| 48 | | 00:21:10 | 849 | Lepping, Christian | | Borken | 1979 | 04:14,0 |
| 49 | | 00:21:13 | 4281 | Haferkamp, Peter | | Bocholt | 1963 | 04:14,6 |
| 50 | | 00:21:13 | 735 | Busch, Thomas | | Bocholter WSV | 1978 | 04:14,6 |
| 51 | | 00:21:17 | 4091 | Geisler, Michael | | Coesfeld | 1961 | 04:15,4 |
| 52 | | 00:21:22 | 4165 | Wöhle, Ludger | | Bokeltsen Sixpack | 1964 | 04:16,4 |
| 53 | | 00:21:28 | 4177 | Slabosz, Michael | | Lebenshilfe | 1970 | 04:17,6 |



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|-------|---|----------|--------|-------------------------|-----|-------------------------------|------|---------|
| 54 | | 00:21:29 | 870 | Berthelsen, Ingo | | Kleve | 1987 | 04:17,8 |
| 55 | | 00:21:30 | 4131 | Stroick, Stefan | | Borken | 1994 | 04:18,0 |
| 6 | W | 00:21:31 | 4237 | Krämer, Sabrina | | LC Duisburg | 1981 | 04:18,2 |
| 56 | | 00:21:41 | 4562 | Woolschot, Henk | NED | AV Argo | 1963 | 04:20,2 |
| 57 | | 00:21:49 | 4584 | Schwermer, Peter | | Cool Runners Gescher | 1961 | 04:21,8 |
| 58 | | 00:21:50 | 4125 | Tebrügge, Simon | | FC Grün-Weiß Lankern | 1986 | 04:22,0 |
| 59 | | 00:21:50 | 4086 | Papenberg, Dominik | | The Rocking Sportis | 1988 | 04:22,0 |
| 60 | | 00:21:52 | 4529 | Jansen, Manfred | | Tub Mussum | 1988 | 04:22,4 |
| 61 | | 00:21:52 | 4144 | Werseck-Denker, Michael | | BSG Sparkasse Essen | 1966 | 04:22,4 |
| 62 | | 00:22:01 | 4563 | Karrenberg, Holger | | FTV Düsseldorf | 1970 | 04:24,2 |
| 63 | | 00:22:18 | 841 | Peukert, Rajko | | Rhede | 1970 | 04:27,6 |
| 64 | | 00:22:21 | 885 | Flaswinkel, Rene | | DJK Sportfreunde 97 Bocholt | 1991 | 04:28,2 |
| 65 | | 00:22:30 | 4210 | Hunhoff, Ernst | | DJK 97 Bocholt | 1954 | 04:30,0 |
| 66 | | 00:22:33 | 4134 | Stroick, Berthold | | Borken | 1964 | 04:30,6 |
| 67 | | 00:22:34 | 863 | Oexemann, Ralf | | Wuppertal | 1958 | 04:30,8 |
| 68 | | 00:22:35 | 4523 | Deutmeyer, Stefan | | Bocholt | 1967 | 04:31,0 |
| 7 | W | 00:22:36 | 4519 | Zalewski, Monika | | VFL Merkur Kleve | 1979 | 04:31,2 |
| 69 | | 00:22:38 | 949 | Bröker, David | | Kardinal-Diepenbrock-Stiftung | 1989 | 04:31,6 |
| 70 | | 00:22:39 | 833 | Nienhaus, Christoph | | DJK SV Lowick | 1980 | 04:31,8 |
| 71 | | 00:22:43 | 762 | Horrig, Volker | | LC Duisburg | 1959 | 04:32,6 |
| 72 | | 00:22:47 | 4240 | Scholten, Robert | | SV Viktoria Winnekendonk | 1964 | 04:33,4 |
| 73 | | 00:22:49 | 2950 | Scheller, Melvin | | Mariengymnasium | 1994 | 04:33,8 |
| 8 | W | 00:22:51 | 4243 | Schünemann, Christiane | | LC Duisburg | 1968 | 04:34,2 |
| 9 | W | 00:22:57 | 781 | Rühl, Julia | | TV Goch | 1977 | 04:35,4 |
| 74 | | 00:23:00 | 251 | Schücker, Justin | | Rhede | 1993 | 04:36,0 |
| 75 | | 00:23:02 | 788 | Eiting, Janek | | Bocholt | 1994 | 04:36,4 |
| 76 | | 00:23:06 | 981 | Schwagmeier, Ingo | | JU Bocholt | 1975 | 04:37,2 |
| 10 | W | 00:23:10 | 914 | Meyer-Brzinzky, Tanja | | Isselburg-Anholt | 1973 | 04:38,0 |
| 77 | | 00:23:16 | 874 | Knipscheer, Eric | | Athletico Gendringen | 1966 | 04:39,2 |
| 78 | | 00:23:17 | 789 | Eiting, Helgo | | Bocholt | 1968 | 04:39,4 |
| 79 | | 00:23:19 | 797 | Hebing, Jörg | | Bocholt | 1968 | 04:39,8 |
| 80 | | 00:23:24 | 249 | Kaczikowski, Kai | | Messdiener Hl. Kreuz | 1969 | 04:40,8 |
| 81 | | 00:23:26 | 4244 | Schüring, Norbert | | TuB Bocholt | 1962 | 04:41,2 |
| 82 | | 00:23:27 | 4593 | Kempkes, Michael | | Westfalia Anholt | 1971 | 04:41,4 |
| 83 | | 00:23:31 | 2 | Killisch, Uwe | | Sportfreunde Wesel | 1964 | 04:42,2 |
| 11 | W | 00:23:34 | 111 | Liroth-Siebelt, Simone | | RV Rhede | 1970 | 04:42,8 |
| 12 | W | 00:23:43 | 4535 | Mulder, Anja | NED | Enschede | 1971 | 04:44,6 |
| 84 | | 00:23:44 | 4179 | Rodermond, Klaus | | Lebenshilfe | 1965 | 04:44,8 |
| 85 | | 00:23:46 | 4049 | Kleine-Finke, Josef | | BARMER Lauftreff | 1955 | 04:45,2 |
| 86 | | 00:23:50 | 928 | Seidel, Niklas | | Red Bulls Bocholt | 1991 | 04:46,0 |
| 87 | | 00:23:54 | 4151 | Hübers, Yannic | | DJK 97 Bocholt FI Jugend | 1997 | 04:46,8 |
| 88 | | 00:23:58 | 4138 | Bollwerk, Maik | | Bocholt | 1975 | 04:47,6 |
| 89 | | 00:24:01 | 826 | Gabriel, Georg | | Lauffreunde HADI Wesel | 1975 | 04:48,2 |
| 90 | | 00:24:02 | 4294 | Harks, Matthias | | Bocholt | 1976 | 04:48,4 |
| 91 | | 00:24:03 | 4206 | Schwing, Andreas | | DJK 97 Bocholt | 1965 | 04:48,6 |
| 92 | | 00:24:04 | 859 | Hüpsel, Stefan | | ohne | 1982 | 04:48,8 |
| 93 | | 00:24:05 | 971 | Majert, Torsten | | Bocholt | 1979 | 04:49,0 |
| 94 | | 00:24:06 | 982 | Werner, Martin | | JU Bocholt | 1987 | 04:49,2 |
| 95 | | 00:24:07 | 4157 | Ziegler, Marius | | Dinslaken | 1987 | 04:49,4 |
| 13 | W | 00:24:07 | 4579 | Külkens, Stephanie | | Kevelaer SV 1890 | 1985 | 04:49,4 |
| 96 | | 00:24:09 | 4040 | Langer, Marco | | Zurich Versicherung | 1978 | 04:49,8 |
| 97 | | 00:24:10 | 4530 | Jansen, Andreas | | Tub Mussum | 1961 | 04:50,0 |
| 98 | | 00:24:10 | 772 | Sackers, Marc | | Bocholt | 1995 | 04:50,0 |
| 14 | W | 00:24:10 | 752 | Heynk, Bettina | | Bocholt | 1975 | 04:50,0 |
| 99 | | 00:24:12 | 4556 | Agenendt, Michael | | | 1974 | 04:50,4 |
| 100 | | 00:24:15 | 4254 | Döing, Marcel | | Spaleck Oberflächentechnik | 1987 | 04:51,0 |
| 101 | | 00:24:16 | 4113 | Lippe, Thomas | | TuB Bocholt | 1966 | 04:51,2 |
| 15 | W | 00:24:17 | 4188 | Oostendorp, Anna-Maria | | Lebenshilfe | 1984 | 04:51,4 |



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|-------|---|----------|--------|-----------------------------|-----|-----------------------------------|------|---------|
| 102 | | 00:24:21 | 856 | Möllenbeck, Hans | | Bocholt | 1963 | 04:52,2 |
| 103 | | 00:24:22 | 4564 | Gildhuis, Rainer | | Coesfeld | 1943 | 04:52,4 |
| 16 | W | 00:24:24 | 812 | Evers, Christina | | Bocholt | 1982 | 04:52,8 |
| 17 | W | 00:24:30 | 765 | Elfers, Susanne | | Architekturbüro Leson | 1967 | 04:54,0 |
| 104 | | 00:24:33 | 3997 | Tepaße, Maurice | | Bocholt | 1991 | 04:54,6 |
| 105 | | 00:24:34 | 4012 | Welling, Dave | | Bocholt | 1990 | 04:54,8 |
| 18 | W | 00:24:34 | 829 | Kern, Regine | | Bocholter WSV | 1967 | 04:54,8 |
| 106 | | 00:24:35 | 1025 | Wenning, Andreas | | Bocholt | 1956 | 04:55,0 |
| 107 | | 00:24:35 | 4517 | Uffink, Johannes | | Rhede | 1987 | 04:55,0 |
| 19 | W | 00:24:36 | 4256 | Jansen, Petra | | Spaleck Oberflächentechnik | 1968 | 04:55,2 |
| 20 | W | 00:24:37 | 4544 | Kelwing-Groschinski, Barbar | | TSV Raesfeld | 1960 | 04:55,4 |
| 108 | | 00:24:42 | 4118 | Gottschling, Hardy | | Bocholt | 1974 | 04:56,4 |
| 109 | | 00:24:44 | 845 | Kathage, Stefan | | Gesundheitsclub | 1983 | 04:56,8 |
| 110 | | 00:24:44 | 1029 | Weiß, Harry | | Coesfeld | 1952 | 04:56,8 |
| 111 | | 00:24:51 | 2462 | Furtmann, Alexander | | KAPU | 1987 | 04:58,2 |
| 112 | | 00:24:54 | 745 | Hogenkamp, Martin | | Bocholt | 1961 | 04:58,8 |
| 113 | | 00:24:54 | 4159 | Vygen, Jan | | BSG Volksbank Dinslaken | 1974 | 04:58,8 |
| 114 | | 00:24:55 | 4550 | Unland, Hans-Jörg | | Bocholt | 1963 | 04:59,0 |
| 115 | | 00:24:56 | 4218 | Cirjak, Robert | | Bocholt | 1969 | 04:59,2 |
| 21 | W | 00:24:56 | 4257 | Tekolf, Kerstin | | Spaleck Oberflächentechnik | 1971 | 04:59,2 |
| 116 | | 00:24:57 | 818 | Langfeld, Hartwig | | Bocholt | 1980 | 04:59,4 |
| 117 | | 00:24:57 | 891 | Tenbusch, Markus | | Hamminkeln | 1984 | 04:59,4 |
| 118 | | 00:24:57 | 4187 | Schürmann, Michael | | Lebenshilfe | 1984 | 04:59,4 |
| 119 | | 00:24:59 | 773 | Sackers, Klaus | | Bocholt | 1959 | 04:59,8 |
| 120 | | 00:25:00 | 4216 | Übbing, Hans Bernd | | DJK 97 Bocholt | 1955 | 05:00,0 |
| 22 | W | 00:25:04 | 4526 | te Winkel, Ellen | | Atletico 73 | 1969 | 05:00,8 |
| 121 | | 00:25:05 | 4227 | Breitkopf, W. | | Bocholt | 1940 | 05:01,0 |
| 122 | | 00:25:06 | 4200 | Burian, Roland | | DJK 97 Bocholt | 1957 | 05:01,2 |
| 123 | | 00:25:13 | 13 | Theismann, Arndt | | Voerde | 1968 | 05:02,6 |
| 124 | | 00:25:14 | 4182 | Beckedahl, Ralf | | Lebenshilfe | 1975 | 05:02,8 |
| 125 | | 00:25:16 | 1201 | Barking, Dennis | | Albert-Schweitzer-Realschule Boch | 1991 | 05:03,2 |
| 126 | | 00:25:16 | 816 | Schröder, Rolf | | Skate Team Goch Kleve | 1964 | 05:03,2 |
| 127 | | 00:25:17 | 4574 | Vastall, Andreas | | Rhede | 1975 | 05:03,4 |
| 128 | | 00:25:19 | 1016 | Elfering, Jörg | | Bocholt | 1962 | 05:03,8 |
| 129 | | 00:25:20 | 889 | Kaisler, Stefan | | Lost Shoes | 1965 | 05:04,0 |
| 23 | W | 00:25:20 | 846 | van der Linde, Lisa | | Bocholt | 1994 | 05:04,0 |
| 24 | W | 00:25:21 | 1003 | Musiol, Anna | | DJK SV Lowick | 1993 | 05:04,2 |
| 130 | | 00:25:22 | 943 | Rybarczyk, Christian | | Rees | 1977 | 05:04,4 |
| 131 | | 00:25:23 | 4150 | Hübers, Andre | | DJK 97 Bocholt | 1970 | 05:04,6 |
| 132 | | 00:25:25 | 912 | Leiting, Jonas | | Rhede | 1996 | 05:05,0 |
| 133 | | 00:25:25 | 834 | Bußkamp, Michael | | bowling stones | 1977 | 05:05,0 |
| 134 | | 00:25:25 | 4298 | Ritter, Eberhard | | Bocholt | 1956 | 05:05,0 |
| 135 | | 00:25:29 | 4195 | Geukes, Andreas | | DJK 97 Bocholt | 1964 | 05:05,8 |
| 136 | | 00:25:30 | 4152 | Hochrat, Fabian | | DJK 97 Bocholt FI Jugend | 1997 | 05:06,0 |
| 137 | | 00:25:31 | 924 | Schlüter, Dirk | | Isselburg Werth | 1985 | 05:06,2 |
| 138 | | 00:25:31 | 4048 | Tiffe, Christian | | BARMER Lauftreff | 1978 | 05:06,2 |
| 139 | | 00:25:33 | 911 | Kemper, Jürgen | | Bocholt | 1959 | 05:06,6 |
| 25 | W | 00:25:36 | 4577 | Derksen, Christa | | TSV Weeze | 1955 | 05:07,2 |
| 140 | | 00:25:36 | 4516 | Drees, Sebastian | | Rhede | 1985 | 05:07,2 |
| 26 | W | 00:25:37 | 757 | Nahberger, Simona | | TV Goch | 1963 | 05:07,4 |
| 27 | W | 00:25:37 | 562 | Demming, Maria | | Kindergarten St. Ludger | 1951 | 05:07,4 |
| 141 | | 00:25:37 | 756 | Hilgenpahl, Roland | | TV Goch | 1957 | 05:07,4 |
| 28 | W | 00:25:38 | 4289 | Vogel, Judith | | Watt Extra | 1979 | 05:07,6 |
| 142 | | 00:25:38 | 4521 | Tebroke, Detlef | | Bocholt | 1966 | 05:07,6 |
| 143 | | 00:25:40 | 4133 | Gudel, Jürgen | | SixPack | 1960 | 05:08,0 |
| 144 | | 00:25:41 | 4211 | Schürbüscher, Markus | | DJK 97 Bocholt | 1976 | 05:08,2 |
| 145 | | 00:25:42 | 811 | Schlüter, Daniel | | Bocholt | 1978 | 05:08,4 |
| 146 | | 00:25:43 | 950 | Bröker, Hendrik | | Kardinal-Diepenbrock-Stiftung | 1992 | 05:08,6 |



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|-------|---|----------|--------|-----------------------|-----|------------------------------------|------|---------|
| 147 | | 00:25:46 | 4171 | Hillen, Denis | | Lebenshilfe | 1986 | 05:09,2 |
| 148 | | 00:25:47 | 4255 | Kamperschroer, Jan | | Spaleck Oberflächentechnik | 1988 | 05:09,4 |
| 29 | W | 00:25:47 | 932 | Proskura, Johanna | | Bocholt | 1977 | 05:09,4 |
| 30 | W | 00:25:48 | 1011 | Keller, Lina | | DJK SV Lowick | 1995 | 05:09,6 |
| 149 | | 00:25:49 | 791 | Wollberg, Klaus | | Rhede | 1964 | 05:09,8 |
| 150 | | 00:25:51 | 739 | Giesbers, Steffen | | Isselburg | 1995 | 05:10,2 |
| 151 | | 00:25:51 | 836 | Ruenhorst, Tobias | | bowling stones | 1975 | 05:10,2 |
| 152 | | 00:25:52 | 4198 | Jansen, Werner | | DJK 97 Bocholt | 1950 | 05:10,4 |
| 153 | | 00:25:52 | 458 | Hoffs, Hendrik | | Foxland | 1982 | 05:10,4 |
| 154 | | 00:25:53 | 459 | Robert-F., Grundmann | | Foxland | 1981 | 05:10,6 |
| 155 | | 00:25:53 | 4253 | Keiten-Schmitz, Alwin | | Spaleck Oberflächentechnik | 1966 | 05:10,6 |
| 156 | | 00:25:54 | 4042 | Wagner, Olaf | | Zurich Versicherung | 1963 | 05:10,8 |
| 157 | | 00:25:57 | 4572 | Grutters, Nan | NED | Dinxperlo | 1991 | 05:11,4 |
| 158 | | 00:25:57 | 740 | Giesbers, Thomas | | Isselburg | 1969 | 05:11,4 |
| 159 | | 00:25:58 | 909 | Heßling, Johannes | | Bocholt | 1964 | 05:11,6 |
| 160 | | 00:25:58 | 910 | Lütfrink, Karsten | | Bocholt | 1964 | 05:11,6 |
| 31 | W | 00:26:02 | 787 | Franz, Angelika | | Bocholt | 1987 | 05:12,4 |
| 161 | | 00:26:02 | 4212 | Sämisch, Martin | | DJK 97 Bocholt | 1963 | 05:12,4 |
| 162 | | 00:26:02 | 786 | Steentjes, Simon | | BWV | 1987 | 05:12,4 |
| 163 | | 00:26:03 | 4543 | Allroggen, Philipp | | Bocholt | 1992 | 05:12,6 |
| 164 | | 00:26:07 | 4201 | Barking, Roland | | DJK 97 Bocholt | 1965 | 05:13,4 |
| 165 | | 00:26:13 | 4524 | Tünste, Andre | | Raesfeld | 1973 | 05:14,6 |
| 166 | | 00:26:13 | 4581 | Roggenkamp, Kai | | Rhede | 1986 | 05:14,6 |
| 32 | W | 00:26:14 | 4583 | Wemmer, Katja | | Bocholt | 1988 | 05:14,8 |
| 167 | | 00:26:14 | 4582 | Wemmer, Friedrich | | Rhede | 1952 | 05:14,8 |
| 168 | | 00:26:17 | 822 | Sievers, Andreas | | Westfalia Gemen | 1962 | 05:15,4 |
| 169 | | 00:26:18 | 1957 | Weiter, Tim | | Euregio-Gymnasium | 1993 | 05:15,6 |
| 170 | | 00:26:18 | 3476 | Haffke, Jan-Niklas | | St. Georgsgymnasium | 1995 | 05:15,6 |
| 171 | | 00:26:20 | 916 | Peine, Ralf | | Bocholt | 1965 | 05:16,0 |
| 33 | W | 00:26:20 | 979 | Leson, Pia | | JU Bocholt | 1985 | 05:16,0 |
| 172 | | 00:26:23 | 868 | Haffke, Josef | | Bocholt | 1966 | 05:16,6 |
| 34 | W | 00:26:24 | 848 | Wedding, Julia | | Borken | 1984 | 05:16,8 |
| 174 | | 00:26:24 | 972 | Bruns, Franz-Josef | | DJK 97 Sportfreunde | 1957 | 05:16,8 |
| 173 | | 00:26:24 | 4569 | Bruns, Frank | | Bocholt | 1969 | 05:16,8 |
| 175 | | 00:26:25 | 4591 | Kosthorst, Timo | | Bocholt | 1986 | 05:17,0 |
| 176 | | 00:26:27 | 4145 | Finke, Daniel | | The Rocking Sportis | 1980 | 05:17,4 |
| 177 | | 00:26:27 | 734 | Hobusch, Stephan | | 1. KC Treffnix 1992 | 1971 | 05:17,4 |
| 178 | | 00:26:31 | 4259 | Geuting, Mathieu | | Spaleck Oberflächentechnik | 1973 | 05:18,2 |
| 179 | | 00:26:34 | 4531 | Scholten, Peter | | BWV | 1958 | 05:18,8 |
| 180 | | 00:26:34 | 926 | Üffing, Christoph | | Bocholt | 1961 | 05:18,8 |
| 181 | | 00:26:35 | 4043 | Oeing, Jonas | | Zurich Versicherung | 1994 | 05:19,0 |
| 182 | | 00:26:38 | 741 | Nehls, Reinhard | | Bocholter Automobil- und Kart-Cluk | 1951 | 05:19,6 |
| 183 | | 00:26:39 | 4551 | Mithöfer, Achim | | Wesel | 1966 | 05:19,8 |
| 184 | | 00:26:39 | 4128 | Kempkes, Joachim | | Bocholt | 1971 | 05:19,8 |
| 35 | W | 00:26:39 | 4087 | Krämer, Kathrin | | Bocholt | 1979 | 05:19,8 |
| 185 | | 00:26:40 | 913 | Leiting, Norbert | | Rhede | 1966 | 05:20,0 |
| 36 | W | 00:26:42 | 4219 | Cirjak, Gina | | Bocholt | 1969 | 05:20,4 |
| 186 | | 00:26:44 | 827 | Elting, Matthias | | Bocholt | 1990 | 05:20,8 |
| 187 | | 00:26:46 | 761 | Bürger, Jens | | Darkbrokers GbR | 1973 | 05:21,2 |
| 37 | W | 00:26:48 | 4546 | Voegele, Renate | | Nürnberg | 1969 | 05:21,6 |
| 38 | W | 00:26:48 | 4299 | Schlüter, Jutta | | Borken | 1972 | 05:21,6 |
| 39 | W | 00:26:48 | 4286 | Thissen, Helga | | TSV Weeze | 1952 | 05:21,6 |
| 188 | | 00:26:52 | 4160 | Pehlke, Martin | | BSG Volksbank Dinslaken | 1976 | 05:22,4 |
| 189 | | 00:26:54 | 4130 | Stroick, Heiner | | Borken | 1991 | 05:22,8 |
| 190 | | 00:27:05 | 894 | Hoffboll, Matthias | | Rhede | 1965 | 05:25,0 |
| 191 | | 00:27:06 | 748 | Erfmann, Peter | | Bocholt | 1979 | 05:25,2 |
| 192 | | 00:27:07 | 4557 | Schmidt, Jochen | | Bocholt | 1977 | 05:25,4 |
| 40 | W | 00:27:07 | 4224 | Bohne, Esther | | TV Bocholt | 1958 | 05:25,4 |



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|-------|---|----------|--------|----------------------------|-----|--------------------------|------|---------|
| 193 | | 00:27:08 | 4538 | Volmering, Heribert | | DJK Lowick | 1959 | 05:25,6 |
| 41 | W | 00:27:08 | 4554 | Vornholt, Anja | | Bocholt | 1983 | 05:25,6 |
| 194 | | 00:27:09 | 857 | Groß-Hardt, Alfons | | Bocholt | 1967 | 05:25,8 |
| 42 | W | 00:27:09 | 4132 | Stroick, Bärbel | | Borken | 1965 | 05:25,8 |
| 43 | W | 00:27:09 | 4238 | Kurbjuhn, Liesel | | Bocholter WSV | 1959 | 05:25,8 |
| 195 | | 00:27:09 | 3413 | Reinders, Ingo | | Bocholt | 1975 | 05:25,8 |
| 196 | | 00:27:11 | 899 | Hegering, Klaus | | Bocholt | 1971 | 05:26,2 |
| 44 | W | 00:27:13 | 4030 | Berger, Kerstin | | Zurich Versicherung | 1973 | 05:26,6 |
| 197 | | 00:27:17 | 975 | Ziegler, Thomas | | Bocholt | 1974 | 05:27,4 |
| 198 | | 00:27:19 | 4181 | Hidding, Hubert | | Lebenshilfe | 1972 | 05:27,8 |
| 45 | W | 00:27:19 | 2036 | Hoppe, Ina | | Euregio-Gymnasium | 1987 | 05:27,8 |
| 199 | | 00:27:19 | 4135 | Melchert, Jan | | Bocholt | 1983 | 05:27,8 |
| 201 | | 00:27:21 | 4229 | Degeling, Martin | | Ghostbusters | 1983 | 05:28,2 |
| 200 | | 00:27:21 | 4231 | Gybas, Daniel | | Bocholt | 1983 | 05:28,2 |
| 202 | | 00:27:25 | 4215 | Münkten, Dirk | | DJK 97 Bocholt | 1968 | 05:29,0 |
| 46 | W | 00:27:26 | 839 | Böing, Ann-Sophie | | Bocholt | 1984 | 05:29,2 |
| 203 | | 00:27:34 | 860 | Arndt, Sebastian | | RTGW | 1985 | 05:30,8 |
| 204 | | 00:27:34 | 4139 | Polenz, Heinz-Gerd | | Dinslaken | 1957 | 05:30,8 |
| 47 | W | 00:27:35 | 4180 | Schmidberger-Visser, Julia | | Lebenshilfe | 1963 | 05:31,0 |
| 205 | | 00:27:35 | 4176 | Landers, Holger | | Lebenshilfe | 1976 | 05:31,0 |
| 206 | | 00:27:36 | 4174 | Kremers, Jens | | Lebenshilfe | 1981 | 05:31,2 |
| 207 | | 00:27:37 | 4185 | Heister, Alwin | | Lebenshilfe | 1962 | 05:31,4 |
| 48 | W | 00:27:39 | 4295 | Willing, Elisabeth | | DJK Liedern | 1966 | 05:31,8 |
| 208 | | 00:27:42 | 4545 | Möllenbeck, Peter | | Nürnberg | 1966 | 05:32,4 |
| 49 | W | 00:27:43 | 4056 | Speicher, Stefanie | | Zurich Versicherung | 1980 | 05:32,6 |
| 209 | | 00:27:44 | 4541 | Bölting, Georg | | Pfadfinder Kreuz | 1967 | 05:32,8 |
| 50 | W | 00:27:46 | 830 | Egelwisse, Julia | | Bocholt | 1985 | 05:33,2 |
| 51 | W | 00:27:46 | 4175 | Chiriaco, Patricia | | Lebenshilfe | 1980 | 05:33,2 |
| 52 | W | 00:27:49 | 847 | Bovenkerk, Carina | | Bocholt | 1984 | 05:33,8 |
| 210 | | 00:27:51 | 4033 | Hustede, Martin | | Zurich Versicherung | 1958 | 05:34,2 |
| 211 | | 00:27:55 | 930 | Böing-Messing, Nils | | Bocholt | 1985 | 05:35,0 |
| 53 | W | 00:27:56 | 779 | Borgers, Marie | | St.-Josef-Haus Dingden | 1972 | 05:35,2 |
| 212 | | 00:27:58 | 755 | Linvers, Dirk | | Bocholt | 1963 | 05:35,6 |
| 213 | | 00:28:02 | 835 | Hellmann, Christian | | bowling stones | 1976 | 05:36,4 |
| 214 | | 00:28:05 | 983 | Wulf, Christian | | JU Bocholt | 1990 | 05:37,0 |
| 54 | W | 00:28:07 | 978 | Dyhringer, Katja | | JU Bocholt | 1982 | 05:37,4 |
| 215 | | 00:28:08 | 946 | Wüpping, Heinz-Dieter | | Team BKK Gesundheit | 1969 | 05:37,6 |
| 216 | | 00:28:09 | 940 | Neumann, Wolfgang | | Wesel | 1954 | 05:37,8 |
| 217 | | 00:28:13 | 4573 | Haket, Ton | NED | Achten | 1954 | 05:38,6 |
| 55 | W | 00:28:14 | 973 | Wanka, Andrea | | Voerde | 1968 | 05:38,8 |
| 218 | | 00:28:15 | 931 | Vogel, Werner | | WattExtra | 1946 | 05:39,0 |
| 219 | | 00:28:17 | 759 | Koller, Marcel | | Bocholt | 1985 | 05:39,4 |
| 56 | W | 00:28:17 | 1021 | Verwayen, Renate | | VFB Alemannia Pfalzdorf | 1965 | 05:39,4 |
| 57 | W | 00:28:19 | 4190 | Arens, Ruth | | Kalkar | 1966 | 05:39,8 |
| 58 | W | 00:28:21 | 4162 | Kaufmann-Quentin, Eva | | Bocholt | 1955 | 05:40,2 |
| 220 | | 00:28:21 | 4570 | Benning, Matthias | | Bocholt | 1967 | 05:40,2 |
| 221 | | 00:28:21 | 4204 | Hovestädt, Frank | | DJK 97 Bocholt | 1963 | 05:40,2 |
| 222 | | 00:28:22 | 4089 | Heise, Oliver | | BSG Volksbank Dinslaken | 1974 | 05:40,4 |
| 59 | W | 00:28:24 | 976 | Meschede, Cornelia | | Volksbank Bocholt | 1965 | 05:40,8 |
| 60 | W | 00:28:24 | 948 | Holzmann, Manuela | | Team BKK Gesundheit | 1963 | 05:40,8 |
| 61 | W | 00:28:24 | 801 | Schlütter, Melanie | | Münster | 1983 | 05:40,8 |
| 223 | | 00:28:28 | 796 | Frieg, Andreas | | Bocholt | 1962 | 05:41,6 |
| 224 | | 00:28:32 | 763 | Leson, Joachim | | Architekturbüro Leson | 1958 | 05:42,4 |
| 225 | | 00:28:35 | 4090 | Grütter, Andreas | | Issum | 1969 | 05:43,0 |
| 62 | W | 00:28:35 | 4088 | Beyers, Mirjam | | Issum | 1976 | 05:43,0 |
| 226 | | 00:28:37 | 4154 | Tolkamp, Maximilian | | DJK 97 Bocholt FI Jugend | 1997 | 05:43,4 |
| 63 | W | 00:28:42 | 902 | Bergmann, Klaudia | | Werne | 1958 | 05:44,4 |
| 64 | W | 00:28:51 | 785 | Möllers-Langert, Monika | | Bocholt | 1964 | 05:46,2 |



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|-------|---|----------|--------|--------------------------|-----|-------------------------------|------|---------|
| 227 | | 00:28:55 | 872 | Larsson, Kurt | | Bocholt | 1952 | 05:47,0 |
| 228 | | 00:28:56 | 927 | Seidel, Willi | | Red Bulls Bocholt | 1961 | 05:47,2 |
| 229 | | 00:28:57 | 4034 | Ziesing, Diethelm | | Zurich Versicherung | 1962 | 05:47,4 |
| 65 | W | 00:28:58 | 925 | Borchers, Karin | | Borken | 1980 | 05:47,6 |
| 66 | W | 00:28:58 | 1002 | Niemarkt, Alina | | DJK SV Lowick | 1993 | 05:47,6 |
| 67 | W | 00:28:58 | 1008 | Goldschmidtboing, Jasmin | | DJK SV Lowick | 1993 | 05:47,6 |
| 230 | | 00:28:59 | 817 | Schmitz, Hans-Dieter | | Bocholt | 1966 | 05:47,8 |
| 68 | W | 00:28:59 | 4515 | Schwung, Britta | | Bocholt | 1981 | 05:47,8 |
| 69 | W | 00:28:59 | 900 | Chrost, Anne | | Bocholt | 1984 | 05:47,8 |
| 70 | W | 00:29:04 | 4296 | Willing, Isabelle | | DJK Liedern | 1996 | 05:48,8 |
| 231 | | 00:29:09 | 803 | Abels-Vehns, Frank | | Club ohne Namen | 1973 | 05:49,8 |
| 71 | W | 00:29:09 | 865 | Oexemann, Melanie | | Wuppertal | 1987 | 05:49,8 |
| 72 | W | 00:29:13 | 992 | van der Linde, Christel | | St. Agnes Hospital | 1966 | 05:50,6 |
| 73 | W | 00:29:13 | 988 | Hülksen, Dorothee | | St. Agnes Hospital | 1966 | 05:50,6 |
| 74 | W | 00:29:16 | 952 | Vogel, Bärbel | | Kardinal-Diepenbrock-Stiftung | 1952 | 05:51,2 |
| 232 | | 00:29:18 | 4525 | Wittland, Henning | | Pfadfinder St. Norbert | 1981 | 05:51,6 |
| 233 | | 00:29:21 | 777 | Kuhne, Tim | | Bocholt | 1989 | 05:52,2 |
| 234 | | 00:29:23 | 892 | van Wahsen, Tobias | | Pfadfinder St. Norbert | 1981 | 05:52,6 |
| 75 | W | 00:29:26 | 1015 | Gnaß, Michaela | | Bocholt | 1969 | 05:53,2 |
| 76 | W | 00:29:26 | 915 | Terörde, Marika | | Puls Fitness Rhede | 1968 | 05:53,2 |
| 77 | W | 00:29:26 | 861 | Betting, Stefanie | | Puls Fitness Rhede | 1968 | 05:53,2 |
| 78 | W | 00:29:28 | 784 | Terhorst, Andrea | | Hamminkeln | 1965 | 05:53,6 |
| 79 | W | 00:29:28 | 842 | Nieland, Heike | | Bocholt | 1968 | 05:53,6 |
| 80 | W | 00:29:32 | 750 | Bruns, Daniela | | Bocholt | 1963 | 05:54,4 |
| 235 | | 00:29:41 | 1014 | Pschenny, Stephan | | Bocholt | 1957 | 05:56,2 |
| 236 | | 00:29:42 | 1023 | Eiting, Aloys | | Stadtsparkasse Bocholt | 1945 | 05:56,4 |
| 237 | | 00:29:46 | 4148 | Frohne, Mirco | | Issum | 1971 | 05:57,2 |
| 238 | | 00:29:47 | 4567 | Krüger, Dr. Martin | | Rhede | 1962 | 05:57,4 |
| 81 | W | 00:29:47 | 939 | Göbeler, Birgit | | Wesel | 1959 | 05:57,4 |
| 82 | W | 00:29:48 | 1009 | Hoven, Jasmin | | DJK SV Lowick | 1994 | 05:57,6 |
| 239 | | 00:29:49 | 4196 | Sieksmeier, Peter | | DJK 97 Bocholt | 1961 | 05:57,8 |
| 240 | | 00:29:53 | 4580 | Wulke, Johannes | | Tokio Bordell | 1983 | 05:58,6 |
| 241 | | 00:29:53 | 951 | Brasat, Philipp | | Kardinal-Diepenbrock-Stiftung | 1986 | 05:58,6 |
| 83 | W | 00:29:55 | 4047 | Kase, Maja | | BARMER Lauftreff | 1978 | 05:59,0 |
| 84 | W | 00:29:56 | 4046 | Heiming, Hildegard | | BARMER Lauftreff | 1967 | 05:59,2 |
| 85 | W | 00:29:56 | 4166 | Behrendt, Petra | | Stadtbus Bocholt | 1973 | 05:59,2 |
| 242 | | 00:29:56 | 4169 | Vadoc, Karoly | | Stadtbus Bocholt | 1963 | 05:59,2 |
| 243 | | 00:29:58 | 4552 | Steger, Jörg | | Hamminkeln | 1967 | 05:59,6 |
| 86 | W | 00:29:58 | 908 | Sackers, Angelika | | Bocholt | 1961 | 05:59,6 |
| 244 | | 00:29:59 | 4258 | Geukes, Frank | | Spaleck Oberflächentechnik | 1988 | 05:59,8 |
| 245 | | 00:30:01 | 947 | Bohnes, Olaf | | Team BKK Gesundheit | 1970 | 06:00,2 |
| 246 | | 00:30:04 | 4051 | Thimm, Gerd | | BARMER Lauftreff | 1962 | 06:00,8 |
| 87 | W | 00:30:05 | 1010 | Drommelschmidt, Lynn | | DJK SV Lowick | 1994 | 06:01,0 |
| 247 | | 00:30:06 | 4549 | Likuski, Jörg | | VHS Fitness Kurs Wesel | 1962 | 06:01,2 |
| 88 | W | 00:30:08 | 941 | Wemmers, Monika | | Wesel | 1953 | 06:01,6 |
| 248 | | 00:30:12 | 844 | Ihling, Stefan | | DJK Lowick | 1968 | 06:02,4 |
| 89 | W | 00:30:12 | 1001 | Niessing, Tanja | | DJK SV Lowick | 1993 | 06:02,4 |
| 90 | W | 00:30:12 | 1012 | Elting, Barbara | | DJK SV Lowick | 1971 | 06:02,4 |
| 249 | | 00:30:13 | 923 | Wittland, Jürgen | | Bocholt | 1980 | 06:02,6 |
| 250 | | 00:30:14 | 4202 | Hövestädt, Michael | | DJK 97 Bocholt | 1958 | 06:02,8 |
| 251 | | 00:30:16 | 984 | Vering, Florian | | JU Bocholt | 1987 | 06:03,2 |
| 252 | | 00:30:18 | 4241 | Raschig, Juergen | | Bocholt | 1964 | 06:03,6 |
| 91 | W | 00:30:18 | 880 | Daute, Petra | | SV Bedburg-Hau | 1974 | 06:03,6 |
| 92 | W | 00:30:19 | 881 | Nienhuys, Kthrin | | SV Bedburg-Hau | 1986 | 06:03,8 |
| 253 | | 00:30:25 | 4111 | Blumentrath, Ernst | | TC BW Bocholt | 1939 | 06:05,0 |
| 254 | | 00:30:29 | 813 | Emmrich, Henning | | Bocholt | 1971 | 06:05,8 |
| 93 | W | 00:30:30 | 4156 | Friese, Katrin | | BSG Volksbank Dinslaken | 1982 | 06:06,0 |
| 94 | W | 00:30:30 | 4149 | Bockting, Agnes | | Bocholt | 1962 | 06:06,0 |



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|-------|---|----------|--------|-----------------------------|-----|--------------------------|------|---------|
| 95 | W | 00:30:32 | 806 | Fokkers, Hetty | | Bocholt | 1968 | 06:06,4 |
| 96 | W | 00:30:39 | 768 | Lueg, Simone | | Rhede | 1969 | 06:07,8 |
| 97 | W | 00:30:39 | 4062 | Harmeling, Nicole | | DJK SV Lowick | 1992 | 06:07,8 |
| 255 | | 00:30:42 | 793 | Bongartz, Stefan | | Aa-See Runners | 1964 | 06:08,4 |
| 256 | | 00:30:42 | 805 | Uebbing, Christoph | | Bocholt | 1965 | 06:08,4 |
| 257 | | 00:30:42 | 792 | Warnat, Rolf-Peter | | Bocholter WSV | 1953 | 06:08,4 |
| 258 | | 00:30:43 | 4039 | Wurzler, Oliver | | Zurich Versicherung | 1968 | 06:08,6 |
| 98 | W | 00:30:45 | 814 | Emmrich, Stefanie | | Bocholt | 1973 | 06:09,0 |
| 99 | W | 00:30:46 | 747 | Heiermann, Karin | | Blasorchester Praest | 1978 | 06:09,2 |
| 100 | W | 00:30:46 | 4082 | Telahr, Nicole | | Party Team Sölden | 1969 | 06:09,2 |
| 259 | | 00:30:51 | 751 | Jöster, Thomas | | Bocholt | 1966 | 06:10,2 |
| 260 | | 00:30:57 | 4191 | Gödden, Kevin | | Bocholt | 1991 | 06:11,4 |
| 261 | | 00:30:57 | 4192 | Wolsing, Frank | | Rhede | 1969 | 06:11,4 |
| 262 | | 00:31:00 | 882 | Stockhausen, Malte | | Die Backfieldrunners | 1998 | 06:12,0 |
| 101 | W | 00:31:00 | 901 | Bergmann, Katja | | Werne | 1985 | 06:12,0 |
| 263 | | 00:31:00 | 936 | Stockhausen, Andreas | | Die Bachfieldrunners | 1969 | 06:12,0 |
| 102 | W | 00:31:01 | 1005 | Wienand, Anna | | DJK SV Lowick | 1993 | 06:12,2 |
| 103 | W | 00:31:01 | 991 | Böhm-Janzen, Marion | | St. Agnes Hospital | 1966 | 06:12,2 |
| 104 | W | 00:31:02 | 4189 | Sieberg, Nicole | | Bocholt | 1978 | 06:12,4 |
| 105 | W | 00:31:02 | 4194 | Schulz, Manuela | | Bocholt | 1976 | 06:12,4 |
| 106 | W | 00:31:03 | 884 | Wüpping, Judith | | Essen | 1982 | 06:12,6 |
| 107 | W | 00:31:08 | 4155 | Schmitt, Sandra | | Bocholt | 1990 | 06:13,6 |
| 264 | | 00:31:08 | 4153 | Schmitt, Hendrik | | DJK 97 Bocholt FI Jugend | 1997 | 06:13,6 |
| 108 | W | 00:31:12 | 4158 | Kalwak, Julia | | BSG Voksbank Dinslaken | 1985 | 06:14,4 |
| 265 | | 00:31:13 | 4276 | Dienberg, Andreas | | ohne | 1962 | 06:14,6 |
| 109 | W | 00:31:16 | 4528 | te Winkel, Inge | | | 1972 | 06:15,2 |
| 110 | W | 00:31:20 | 4225 | Boytinck, Daniela | | SUBWAY | 1982 | 06:16,0 |
| 266 | | 00:31:29 | 4183 | Großholdermann, Manuel | | Lebenshilfe | 1986 | 06:17,8 |
| 267 | | 00:31:29 | 4208 | Meis, Günther | | DJK 97 Bocholt | 1951 | 06:17,8 |
| 268 | | 00:31:31 | 4235 | Kamphausen, Stefan | | TuB Bocholt | 1962 | 06:18,2 |
| 269 | | 00:31:35 | 4186 | VAillant, Michael | | Lebenshilfe | 1977 | 06:19,0 |
| 270 | | 00:31:37 | 4129 | Benten, Klaus | | Rhede | 1957 | 06:19,4 |
| 271 | | 00:31:37 | 4008 | Burggraf, Detlef | | | 1959 | 06:19,4 |
| 111 | W | 00:31:42 | 922 | Krasenbrink, Hedwig | | Bocholt | 1985 | 06:20,4 |
| 112 | W | 00:31:43 | 4287 | Berger, Angela | | TSV Weeze | 1962 | 06:20,6 |
| 113 | W | 00:31:44 | 4031 | Tebroke, Judith | | Zurich Versicherung | 1966 | 06:20,8 |
| 114 | W | 00:31:48 | 1022 | Görkes-Lage, Astrid | | Rhede | 1974 | 06:21,6 |
| 272 | | 00:32:02 | 749 | Daniel, Klaus | | Bocholt | 1954 | 06:24,4 |
| 273 | | 00:32:03 | 753 | Nebelo, Stefan | | FAMATRO | 1967 | 06:24,6 |
| 115 | W | 00:32:05 | 935 | King, Julia | | Oberhausen | 1982 | 06:25,0 |
| 116 | W | 00:32:08 | 4104 | Weische, Jana | | Rhede | 1979 | 06:25,6 |
| 117 | W | 00:32:20 | 4228 | Bungert, Judith | | bocholt | 1980 | 06:28,0 |
| 118 | W | 00:32:20 | 4222 | Benning, Stefanie | | Bocholt | 1980 | 06:28,0 |
| 119 | W | 00:32:32 | 744 | Eimers, Daniela | | Hamminkeln | 1984 | 06:30,4 |
| 274 | | 00:32:35 | 794 | van Alst, Joachim | | Emmerich | 1960 | 06:31,0 |
| 120 | W | 00:32:35 | 795 | Reckwitz, Nanni | | Emmerich | 1965 | 06:31,0 |
| 121 | W | 00:32:39 | 907 | Brueninghoff, Gaby | | FC Viktoria Heiden | 1960 | 06:31,8 |
| 122 | W | 00:32:40 | 1013 | Hoven, Elisabeth | | DJK SV Lowick | 1969 | 06:32,0 |
| 123 | W | 00:32:41 | 1027 | Rottstegge, Silvia | | Isselburg | 1972 | 06:32,2 |
| 124 | W | 00:32:41 | 4119 | Burbaum, Britta | | Bocholt | 1972 | 06:32,2 |
| 125 | W | 00:32:43 | 871 | Bradatsch, Sabrina | | Bocholt | 1982 | 06:32,6 |
| 126 | W | 00:32:43 | 743 | Niebur, Jule | | Bocholter WSV | 1996 | 06:32,6 |
| 127 | W | 00:32:43 | 742 | Lensing, Marie | | Bocholter WSV | 1997 | 06:32,6 |
| 128 | W | 00:32:43 | 837 | Wieland, Nicole | | Bocholt | 1974 | 06:32,6 |
| 129 | W | 00:32:51 | 807 | Thiessing, Maya | | Bocholt | 1972 | 06:34,2 |
| 130 | W | 00:32:54 | 4036 | Jakoveljevic, Kristin-Maria | | Zurich Versicherung | 1992 | 06:34,8 |
| 131 | W | 00:33:00 | 4037 | Böing, Friederike | | Zurich Versicherung | 1992 | 06:36,0 |
| 275 | | 00:33:12 | 974 | Delsing, Manfred | | Bocholt | 1941 | 06:38,4 |



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| 276 | | 00:33:23 | 887 | Bothe, Erwin | | BKK Gesundheit | 1930 | 06:40,6 |
| 132 | W | 00:33:25 | 990 | Hüning, Annika | | St. Agnes Hospital | 1989 | 06:41,0 |
| 133 | W | 00:33:32 | 769 | Patzelt, Bianca | | Bocholt | 1978 | 06:42,4 |
| 277 | | 00:33:33 | 4547 | Dahlhoff, Christian | | Coesfeld | 1972 | 06:42,6 |
| 134 | W | 00:33:33 | 4123 | Wolters, Sabine | | Rees | 1971 | 06:42,6 |
| 135 | W | 00:33:39 | 770 | Elsemann, Gertrudis | | Bocholt | 1954 | 06:43,8 |
| 136 | W | 00:33:47 | 1007 | Unland, Nadine | | DJK SV Lowick | 1993 | 06:45,4 |
| 137 | W | 00:33:48 | 782 | Maas, Nicole | | Wesel | 1979 | 06:45,6 |
| 138 | W | 00:33:48 | 4230 | Döing, Margret | | just for fun | 1960 | 06:45,6 |
| 278 | | 00:33:52 | 4285 | Zimmermann, Edgar | | Bocholt | 1962 | 06:46,4 |
| 139 | W | 00:34:00 | 989 | Vorfeld, Anke | | St. Agnes Hospital | 1967 | 06:48,0 |
| 140 | W | 00:34:01 | 766 | Stewering, Vera | | Architekturbüro Leson | 1977 | 06:48,2 |
| 141 | W | 00:34:06 | 4143 | Denker, Brisca | | Bocholt | 1976 | 06:49,2 |
| 279 | | 00:34:06 | 4142 | Denker, Jochen | | Bocholt | 1969 | 06:49,2 |
| 142 | W | 00:34:08 | 879 | Lach, Vera | | Lauffreunde HADI Wesel | 1989 | 06:49,6 |
| 143 | W | 00:34:16 | 4035 | Wüstnienhaus, Bärbel | | Zurich Versicherung | 1966 | 06:51,2 |
| 144 | W | 00:34:17 | 764 | Leson, Elisabeth | | Architekturbüro Leson | 1956 | 06:51,4 |
| 280 | | 00:34:20 | 980 | de Roy, Philipp | | JU Bocholt | 1983 | 06:52,0 |
| 281 | | 00:34:21 | 985 | Visser, Benjamin | | JU Bocholt | 1983 | 06:52,2 |
| 145 | W | 00:34:21 | 994 | Evers, Monika | | St. Agnes Hospital | 1958 | 06:52,2 |
| 146 | W | 00:34:25 | 4245 | Theling, Elisabeth | | SV Krechting | 1965 | 06:53,0 |
| 147 | W | 00:34:42 | 4100 | Kampshoff, Maria | | Bocholt | 1952 | 06:56,4 |
| 282 | | 00:35:03 | 4220 | Christodoulou, Chris | | V5W IL5 Canada | 1935 | 07:00,6 |
| 148 | W | 00:35:12 | 1006 | Ihling, Sara | | DJK SV Lowick | 1995 | 07:02,4 |
| 283 | | 00:35:33 | 758 | Kwapp, Hubert | | LT SuS Kalkar | 1952 | 07:06,6 |
| 149 | W | 00:35:47 | 4136 | Hövelmann, Marion | | Emmerich am Rhein | 1977 | 07:09,4 |
| 150 | W | 00:35:55 | 996 | Schmeink, Agnes | | St. Agnes Hospital | 1953 | 07:11,0 |
| 284 | | 00:36:46 | 4041 | Henninger, Stefan | | Zurich Versicherung | 1974 | 07:21,2 |
| 151 | W | 00:36:47 | 4038 | Bergholz, Karen | | Zurich Versicherung | 1971 | 07:21,4 |
| 285 | | 00:37:17 | 944 | Schmidt, Markus | | Team BKK Gesundheit | 1972 | 07:27,4 |
| 286 | | 00:37:30 | 919 | Möllenbeck, Tom Mattis | | TuB Bocholt | 1998 | 07:30,0 |
| 152 | W | 00:37:30 | 920 | Möllenbeck, Ute | | Ratingen | 1960 | 07:30,0 |
| 153 | W | 00:37:30 | 921 | Terodde, Elisabeth | | Ratingen | 1958 | 07:30,0 |