

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
1	LOHSE Christoph		478	1 M40M	00:16:19.22	00:16:19.22	1	00:05:18.77	4	00:05:32.50	1	00:05:27.95	1	Querfeldrein Laufladen
2	SCHIPPERS Dr. Justin		391	1 HKM	00:16:27.80	00:16:27.80	2	00:05:18.47	2	00:05:33.97	3	00:05:35.36	2	Junge Union Kreisverband Heinsberg
3	VERSTRAETE Olivier		586	2 HKM	00:16:55.26	00:16:55.26	3	00:05:34.85	7	00:05:33.36	2	00:05:47.05	5	St. Elisabeth Krankenhaus Geilenkirchen
4	JESINGHAUS Marvin		273	3 HKM	00:17:09.72	00:17:09.72	4	00:05:18.51	3	00:05:54.48	7	00:05:56.73	7	Hazet
5	THIELMAN Louis		581	4 HKM	00:17:10.01	00:17:10.01	5	00:05:37.49	8	00:05:52.44	5	00:05:40.08	3	St. Elisabeth Krankenhaus Geilenkirchen
6	RANKER Markus		568	1 M35M	00:17:12.88	00:17:12.88	6	00:05:21.42	5	00:05:53.99	6	00:05:57.47	8	St. Elisabeth Krankenhaus Geilenkirchen
7	PETERS Simon		565	5 HKM	00:18:02.21	00:18:02.21	7	00:05:30.46	6	00:05:59.29	8	00:06:32.46	18	St. Elisabeth Krankenhaus Geilenkirchen
8	FRENKEN Meik Leonhard		719	6 HKM	00:18:03.24	00:18:03.24	8	00:06:01.62	11	00:06:05.08	9	00:05:56.54	6	Tholen Gebäudetechnik
9	FANEGER Luca		438	1 M30M	00:18:20.89	00:18:20.89	9	00:06:51.49	42	00:05:46.92	4	00:05:42.48	4	lekker Energie
10	HILGERS Manuel		591	2 M30M	00:18:34.79	00:18:34.79	10	00:06:01.72	13	00:06:11.04	11	00:06:22.03	11	Stadt Heinsberg
11	ESSER Stefan		475	1 M45M	00:18:49.16	00:18:49.16	11	00:06:03.43	15	00:06:23.16	14	00:06:22.57	12	Querfeldrein Laufladen
12	STEFFENS Bastian		309	2 M35M	00:18:49.64	00:18:49.64	12	00:05:57.65	10	00:06:27.30	19	00:06:24.69	15	Hermann-Josef-Stiftung
13	BEITEN André		589	3 M30M	00:18:57.38	00:18:57.38	13	00:06:01.67	12	00:06:22.66	13	00:06:33.05	19	Stadt Heinsberg
14	HUPKE Rainer		477	1 M55M	00:19:00.67	00:19:00.67	14	00:06:18.03	21	00:06:29.68	20	00:06:12.96	10	Querfeldrein Laufladen
15	SCHLEBUSCH Noah		647	7 HKM	00:19:02.56	00:19:02.56	15	00:05:53.31	9	00:06:25.70	16	00:06:43.55	25	Team GK
16	THEVISSSEN Alexander		637	8 HKM	00:19:11.19	00:19:11.19	16	00:06:20.55	24	00:06:18.96	12	00:06:31.68	17	Team Dr. Thevissen
17	WILMS Niklas		317	9 HKM	00:19:19.71	00:19:19.71	17	00:06:56.32	47	00:06:10.59	10	00:06:12.80	9	HSEQ PRO
18	HEUTER Udo		624	2 M55M	00:19:21.71	00:19:21.71	18	00:06:16.00	18	00:06:31.64	21	00:06:34.07	20	Team Café bagett
19	BREMSER Mark		204	10 HKM	00:19:23.03	00:19:23.03	19	00:06:21.16	25	00:06:27.27	18	00:06:34.60	21	CDD x WORM
20	COX Thomas		450	3 M35M	00:19:23.07	00:19:23.07	20	00:06:06.11	16	00:06:31.81	23	00:06:45.15	26	Metallbau Jansen
21	BERTLEFF Marcus		461	11 HKM	00:19:27.74	00:19:27.74	21	00:06:17.25	20	00:06:33.26	24	00:06:37.23	23	MHWirth GmbH
22	SCHNEIDER Christof		223	3 M55M	00:19:53.85	00:19:53.85	22	00:06:23.94	26	00:06:35.02	26	00:06:54.89	34	CSB-System SE
23	LECHNER Karl-Heinz		592	4 M55M	00:19:54.08	00:19:54.08	23	00:06:08.62	17	00:06:48.75	38	00:06:56.71	36	Stadt Heinsberg
24	FRENKEN Daniel		765	12 HKM	00:19:54.17	00:19:54.17	24	00:06:35.36	33	00:06:36.64	28	00:06:42.17	24	Veolia Industriepark Deutschland GmbH
25	KRAUS Dirk		554	2 M40M	00:19:56.27	00:19:56.27	25	00:06:20.49	23	00:06:46.78	37	00:06:49.00	31	St. Elisabeth Krankenhaus Geilenkirchen
26	NABUNSKIJ Roman		372	13 HKM	00:19:57.18	00:19:57.18	26	00:06:16.20	19	00:06:35.25	27	00:07:05.73	49	Jacobs Gruppe
27	SADIKI Soulaymane	MOR	659	14 HKM	00:19:59.49	00:19:59.49	27	00:06:31.67	30	00:06:38.88	31	00:06:48.94	30	Team sera
28	BECKERS Mirko		630	15 HKM	00:20:04.83	00:20:04.83	28	00:07:01.96	52	00:06:31.70	22	00:06:31.17	16	Team Dr. Thevissen
29	LANGER Stefan		768	1 M60M	00:20:08.51	00:20:08.51	29	00:06:36.41	34	00:06:38.42	30	00:06:53.68	33	Veolia Industriepark Deutschland GmbH
30	SCHREIBER Stefan		235	4 M30M	00:20:13.26	00:20:13.26	30	00:06:55.25	46	00:06:54.66	41	00:06:23.35	13	Die Zahnärzte an der alten Molkerei
31	WINKENS Hauke		641	1 U20M	00:20:17.23	00:20:17.23	31	00:06:46.28	40	00:06:41.13	33	00:06:49.82	32	Team Dr. Thevissen
32	ZIETEN Daniel		481	5 M55M	00:20:22.47	00:20:22.47	32	00:06:18.20	22	00:06:46.11	35	00:07:18.16	63	Querfeldrein Laufladen
33	SCHMITZ Guido		595	3 M40M	00:20:37.59	00:20:37.59	33	00:06:27.35	28	00:07:06.78	56	00:07:03.46	46	Stadt Heinsberg
34	SCHADDICK Alexander		533	4 M40M	00:20:37.76	00:20:37.76	34	00:07:26.03	74	00:06:24.35	15	00:06:47.38	28	Schumacher Grundstücksverwaltung
35	FRENKEN Christian		413	4 M35M	00:20:38.87	00:20:38.87	35	00:06:38.50	36	00:07:01.93	49	00:06:58.44	40	Kreis Heinsberg
36	SCHUHWIRTH Martin		466	5 M30M	00:20:47.40	00:20:47.40	36	00:06:38.35	35	00:06:56.91	44	00:07:12.14	55	MHWirth GmbH
37	DAHLMANS Tobias		436	5 M35M	00:20:47.90	00:20:47.90	37	00:07:37.55	94	00:06:33.84	25	00:06:36.51	22	lekker Energie
38	JUNG Christoph		274	1 M50M	00:20:52.30	00:20:52.30	38	00:06:41.60	37	00:07:02.96	51	00:07:07.74	52	Hazet
39	KUSCHNIR Jonas		667	6 M30M	00:20:53.56	00:20:53.56	39	00:06:56.63	48	00:06:56.07	42	00:07:00.86	44	TEAM S-GARD - UNITED FOR SAFETY
40	BÖNNEN Jonas		716	16 HKM	00:20:54.50	00:20:54.50	40	00:07:20.87	68	00:06:46.31	36	00:06:47.32	27	Tholen Gebäudetechnik
41	VOß Bernd		689	6 M35M	00:20:56.28	00:20:56.28	41	00:06:27.28	27	00:07:09.27	62	00:07:19.73	65	Team Teijin
42	HENNES Stefan		260	2 M45M	00:20:56.67	00:20:56.67	42	00:07:31.04	80	00:06:38.22	29	00:06:47.41	29	Groob Elektro GmbH .Co. KG

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
43	KÜSTERS Björn		232	5 M40M	00:20:58.32	00:20:58.32	43	00:06:41.62	38	00:07:03.81	53	00:07:12.89	57	Die Zahnärzte an der alten Molkerei
44	GEISER Nils		344	17 HKM	00:21:00.85	00:21:00.85	44	00:07:23.57	72	00:06:39.92	32	00:06:57.36	38	Integrationswerk
45	HIERLING Luca		228	18 HKM	00:21:04.52	00:21:04.52	45	00:07:10.81	61	00:06:49.78	39	00:07:03.93	48	Derichs GmbH Verfahrenstechnik
46	PRANGE Alexander		769	6 M40M	00:21:05.89	00:21:05.89	46	00:06:42.86	39	00:06:56.24	43	00:07:26.79	76	Veolia Industriepark Deutschland GmbH
47	PETERS Herbert		459	6 M55M	00:21:09.99	00:21:09.99	47	00:06:52.34	45	00:06:57.53	45	00:07:20.12	66	Metallbau Jansen
48	GERHARDS Timo		776	7 M30M	00:21:11.01	00:21:11.01	48	00:06:34.95	32	00:07:15.51	68	00:07:20.55	67	Volksbank Heinsberg eG
49	VONHASSELT Thomas		688	8 M30M	00:21:11.04	00:21:11.04	49	00:06:49.66	41	00:07:06.47	54	00:07:14.91	59	Team Teijin
50	CLEVEN Johannes		631	9 M30M	00:21:13.70	00:21:13.70	50	00:07:17.51	65	00:07:00.67	47	00:06:55.52	35	Team Dr. Thevissen
51	KEITA Alhassane		726	19 HKM	00:21:20.85	00:21:20.85	51	00:06:02.65	14	00:07:42.03	110	00:07:36.17	90	Tholen Gebäudetechnik
52	WOYKOS René		739	7 M40M	00:21:25.27	00:21:25.27	52	00:06:31.93	31	00:07:25.60	78	00:07:27.74	77	TLI GmbH
53	KÜSTERS Michael		777	3 M45M	00:21:28.45	00:21:28.45	53	00:07:15.97	64	00:07:08.83	61	00:07:03.65	47	Volksbank Heinsberg eG
54	SUDHUES Ulrich		580	2 M60M	00:21:33.17	00:21:33.17	54	00:06:58.53	50	00:07:20.35	76	00:07:14.29	58	St. Elisabeth Krankenhaus Geilenkirchen
55	REINERS Christoph		668	20 HKM	00:21:34.27	00:21:34.27	55	00:06:57.40	49	00:07:06.91	57	00:07:29.96	80	TEAM S-GARD - UNITED FOR SAFETY
56	RAK Rafal		708	21 HKM	00:21:35.75	00:21:35.75	56	00:07:34.78	90	00:07:00.99	48	00:06:59.98	42	Teamgeist Frauenrath
57	HUGHES Mitchell	UNI	1336	10 M30M	00:21:38.03	00:21:38.03	57	00:07:27.86	76	00:06:57.78	46	00:07:12.39	56	keine Angabe
58	CARON Malte		394	1 U16M	00:21:38.67	00:21:38.67	58	00:07:46.11	107	00:06:45.19	34	00:07:07.37	51	JVA Heinsberg
59	OTTEN Lukas		603	22 HKM	00:21:39.08	00:21:39.08	59	00:07:37.18	93	00:07:03.55	52	00:06:58.35	39	Stadt Wassenberg
60	BUSCH Philipp		108	23 HKM	00:21:43.52	00:21:43.52	60	00:07:36.56	92	00:07:06.67	55	00:07:00.29	43	Team Stadt Übach-Palenberg
61	SADOVSKIJ Vladimir		198	8 M40M	00:21:44.37	00:21:44.37	61	00:07:37.61	95	00:07:07.09	58	00:06:59.67	41	Caritas Heinsberg
62	HÜBNER Tobias		721	11 M30M	00:21:48.98	00:21:48.98	62	00:07:43.31	102	00:06:50.63	40	00:07:15.04	60	Tholen Gebäudetechnik
63	KWADE Nathalie		645	1 W40F	00:21:56.59	00:21:56.59	63	00:06:51.55	43	00:07:30.27	87	00:07:34.77	88	Team GK
64	DOHMEN Maximilian		437	24 HKM	00:21:58.72	00:21:58.72	64	00:07:27.31	75	00:07:15.51	67	00:07:15.90	61	lekker Energie
65	AUSTIN Tom		356	12 M30M	00:22:00.28	00:22:00.28	65	00:06:27.81	29	00:07:41.40	108	00:07:51.07	115	Jacobs Gruppe
66	SCHAIKSCHANATOW Juri		277	9 M40M	00:22:02.51	00:22:02.51	66	00:07:07.94	56	00:07:07.49	59	00:07:47.08	109	Hazet
67	THEVISSSEN Johannes		635	25 HKM	00:22:04.12	00:22:04.12	67	00:07:20.97	70	00:07:08.05	60	00:07:35.10	89	Team Dr. Thevissen
68	STARKOU Stilgan		576	26 HKM	00:22:05.26	00:22:05.26	68	00:07:08.10	57	00:07:33.78	95	00:07:23.38	72	St. Elisabeth Krankenhaus Geilenkirchen
69	KREMERS Verena		484	1 W30F	00:22:05.87	00:22:05.87	69	00:07:56.71	123	00:07:02.68	50	00:07:06.48	50	Rechtsanwalt Jürgen Frese - Fachanwalt für
70	BRODERMANNS Marcel		393	10 M40M	00:22:11.83	00:22:11.83	70	00:07:05.29	55	00:07:17.65	72	00:07:48.89	112	JVA Heinsberg
71	VERHAELLEN Bastian		316	13 M30M	00:22:12.53	00:22:12.53	71	00:07:31.52	82	00:07:16.73	69	00:07:24.28	73	HSEQ PRO
72	MARZIAN Holger		210	2 M50M	00:22:12.66	00:22:12.66	72	00:07:12.09	62	00:07:26.61	81	00:07:33.96	87	CDD x WORM
73	STEGERS Manuel		577	7 M35M	00:22:14.13	00:22:14.13	73	00:07:33.34	85	00:07:18.06	73	00:07:22.73	71	St. Elisabeth Krankenhaus Geilenkirchen
74	GOßEN Sascha		679	11 M40M	00:22:15.07	00:22:15.07	74	00:07:08.75	59	00:07:33.33	93	00:07:32.99	84	Team Teijin
75	LIND Thomas		180	27 HKM	00:22:16.50	00:22:16.50	75	00:07:21.23	71	00:07:26.57	79	00:07:28.70	79	BSG StädteRegion Aachen
76	DITTERS Ines		303	1 W50F	00:22:17.50	00:22:17.50	76	00:07:20.53	67	00:07:30.95	89	00:07:26.02	74	Hermann-Josef-Stiftung
77	STRAUBE Martyna		579	2 W30F	00:22:18.09	00:22:18.09	77	00:07:01.92	51	00:07:32.01	92	00:07:44.16	102	St. Elisabeth Krankenhaus Geilenkirchen
78	BELLER Friedrich		357	12 M40M	00:22:19.64	00:22:19.64	78	00:07:47.85	109	00:07:15.48	66	00:07:16.31	62	Jacobs Gruppe
79	PIETERS Justin		460	28 HKM	00:22:21.72	00:22:21.72	79	00:05:15.88	1	00:06:26.56	17	00:10:39.28	449	Metallbau Jansen
80	BREUNING David		434	8 M35M	00:22:21.74	00:22:21.74	80	00:07:53.66	118	00:07:09.58	63	00:07:18.50	64	lekker Energie
81	HERFS Leif		397	4 M45M	00:22:23.83	00:22:23.83	81	00:07:30.07	77	00:07:27.27	82	00:07:26.49	75	JVA Heinsberg
82	MAAßEN Gianluca		674	29 HKM	00:22:26.25	00:22:26.25	82	00:07:25.96	73	00:07:17.05	70	00:07:43.24	101	Team Stadt Übach-Palenberg
83	SCHMITZ René		338	5 M45M	00:22:32.05	00:22:32.05	83	00:07:55.55	121	00:07:15.19	64	00:07:21.31	68	INperfektion GmbH
84	ILIOPOULOS Vladimiro		328	14 M30M	00:22:32.07	00:22:32.07	84	00:07:55.38	120	00:07:15.36	65	00:07:21.33	69	INperfektion GmbH

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
85	PETIT Joffrey	FRA	755	9 M35M	00:22:35.96	00:22:35.96	85	00:07:03.03	54	00:07:30.56	88	00:08:02.37	135	Trotec GmbH
86	LUGE Melina		750	1 HKF	00:22:39.98	00:22:39.98	86	00:08:05.62	135	00:07:37.24	99	00:06:57.12	37	Trotec GmbH
87	BÜTOW Chris		388	15 M30M	00:22:41.76	00:22:41.76	87	00:07:08.52	58	00:07:34.22	96	00:07:59.02	129	Junge Union Kreisverband Heinsberg
88	LAUMEN Bert		778	1 M65M	00:22:43.49	00:22:43.49	88	00:07:30.37	78	00:07:26.58	80	00:07:46.54	106	Volksbank Heinsberg eG
89	WIRTZ Volker		648	7 M55M	00:22:45.70	00:22:45.70	89	00:06:51.59	44	00:07:44.45	118	00:08:09.66	149	Team GK
90	HAHN Dimitri		680	10 M35M	00:22:47.45	00:22:47.45	90	00:07:01.98	53	00:07:40.63	107	00:08:04.84	144	Team Teijin
91	BEUG Alexander		217	13 M40M	00:22:51.61	00:22:51.61	91	00:08:01.00	129	00:07:22.14	77	00:07:28.47	78	CSB-System SE
92	SCHÄFER Ben		1321	3 M50M	00:22:56.98	00:22:56.98	92	00:08:30.32	180	00:07:17.24	71	00:07:09.42	53	Intersport Schäfer
93	WEIST Larissa		596	3 W30F	00:23:02.02	00:23:02.02	93	00:07:33.30	84	00:07:41.50	109	00:07:47.22	110	Stadt Heinsberg
94	COLVARD Craig	UNI	278	4 M50M	00:23:03.30	00:23:03.30	94	00:08:58.89	253	00:07:40.43	106	00:06:23.98	14	HBI Europe GmbH
95	LAUMEN Daniel		457	6 M45M	00:23:04.23	00:23:04.23	95	00:07:48.96	110	00:07:44.38	117	00:07:30.89	82	Metallbau Jansen
96	KRAUSE Thomas		444	30 HKM	00:23:07.34	00:23:07.34	96	00:08:46.01	216	00:07:19.45	74	00:07:01.88	45	lekker Energie
97	RITTICH Paul		315	31 HKM	00:23:09.76	00:23:09.76	97	00:07:38.65	98	00:07:37.46	100	00:07:53.65	122	HSEQ PRO
98	ESSER Kristina		474	2 W40F	00:23:10.70	00:23:10.70	98	00:07:37.68	96	00:07:43.14	113	00:07:49.88	114	Querfeldrein Lauffladen
99	JÜTTEN Heinz		722	5 M50M	00:23:17.10	00:23:17.10	99	00:08:34.59	196	00:07:19.99	75	00:07:22.52	70	Tholen Gebäudetechnik
100	BERNERS Jenny		285	4 W30F	00:23:17.53	00:23:17.53	100	00:07:58.17	124	00:07:42.32	111	00:07:37.04	92	HEINRICHS GRUPPE
101	WURMBACH Max		642	32 HKM	00:23:18.55	00:23:18.55	101	00:07:20.93	69	00:07:46.53	120	00:08:11.09	153	Team Dr. Thevissen
102	HALL Tim		319	6 M50M	00:23:20.42	00:23:20.42	102	00:07:53.61	117	00:07:40.11	105	00:07:46.70	107	Huddel_Brassel
103	EHLIG Michael		227	14 M40M	00:23:22.97	00:23:22.97	103	00:07:45.50	106	00:07:58.01	138	00:07:39.46	96	Derichs GmbH Verfahrenstechnik
104	STEPPELER Julian		578	16 M30M	00:23:25.17	00:23:25.17	104	00:08:02.54	132	00:07:52.10	130	00:07:30.53	81	St. Elisabeth Krankenhaus Geilenkirchen
105	WORM Florian		215	33 HKM	00:23:25.70	00:23:25.70	105	00:07:32.84	83	00:07:48.26	121	00:08:04.60	140	CDD x WORM
106	ENGLER Leo		363	15 M40M	00:23:29.14	00:23:29.14	106	00:07:45.15	105	00:07:48.49	122	00:07:55.50	124	Jacobs Gruppe
107	KRINGS Robert		666	3 M60M	00:23:29.68	00:23:29.68	107	00:07:42.70	101	00:07:55.20	133	00:07:51.78	118	TEAM S-GARD - UNITED FOR SAFETY
108	SIEBEN Carl		759	34 HKM	00:23:31.45	00:23:31.45	108	00:07:49.42	113	00:07:42.82	112	00:07:59.21	130	Trotec GmbH
109	SCHMITZ Kai		783	35 HKM	00:23:33.45	00:23:33.45	109	00:08:51.60	229	00:07:31.88	91	00:07:09.97	54	Wave Personal Training
110	BAHR Jörn		154	17 M30M	00:23:38.51	00:23:38.51	110	00:08:18.17	155	00:07:38.88	102	00:07:41.46	98	Bauunternehmung F. Schroeders
111	FORTH Christopher		156	36 HKM	00:23:38.63	00:23:38.63	111	00:08:18.96	158	00:07:38.21	101	00:07:41.46	99	Bauunternehmung F. Schroeders
112	RANDERATH Felix		709	37 HKM	00:23:39.96	00:23:39.96	112	00:08:33.14	191	00:07:29.52	85	00:07:37.30	93	Teamgeist Frauenrath
113	JANSEN Daniel		398	11 M35M	00:23:41.17	00:23:41.17	113	00:07:49.01	112	00:08:00.51	141	00:07:51.65	117	JVA Heinsberg
114	HANSEN Jan		345	18 M30M	00:23:43.71	00:23:43.71	114	00:07:35.34	91	00:07:49.95	124	00:08:18.42	167	Integrationswerk
115	GNAUCK David		1332	12 M35M	00:23:46.34	00:23:46.34	115	00:08:21.15	163	00:07:29.69	86	00:07:55.50	125	keine Angabe
116	JANSEN Simon		455	7 M45M	00:23:47.53	00:23:47.53	116	00:08:05.78	136	00:08:09.76	156	00:07:31.99	83	Metallbau Jansen
117	GELLISSEN Lena		600	5 W30F	00:23:49.35	00:23:49.35	117	00:08:31.35	184	00:07:38.97	103	00:07:39.03	95	Stadt Wassenberg
118	JANSEN Philipp		454	16 M40M	00:23:52.58	00:23:52.58	118	00:07:59.71	127	00:08:08.29	153	00:07:44.58	104	Metallbau Jansen
119	HEYNEN Bernd		766	38 HKM	00:23:53.05	00:23:53.05	119	00:07:54.67	119	00:07:57.43	136	00:08:00.95	133	Veolia Industriepark Deutschland GmbH
120	NIELSEN Jonas		626	2 U16M	00:23:53.40	00:23:53.40	120	00:08:11.30	143	00:07:50.24	126	00:07:51.86	119	Team Café bagett
121	ABOU LEBDI Noah		403	3 U16M	00:23:53.41	00:23:53.41	121	00:08:11.14	142	00:07:50.30	128	00:07:51.97	120	Kinderarztpraxis mit Herz
122	NEHME Wissam		332	13 M35M	00:23:57.29	00:23:57.29	122	00:08:44.23	213	00:07:40.01	104	00:07:33.05	85	INperfektion GmbH
123	KÜPPERS Luca		157	39 HKM	00:23:58.15	00:23:58.15	123	00:08:19.19	159	00:07:49.91	123	00:07:49.05	113	Bauunternehmung F. Schroeders
124	DAKKOUN Mohamed		790	17 M40M	00:23:59.14	00:23:59.14	124	00:07:49.49	114	00:08:05.04	145	00:08:04.61	141	Wirtz Baumarkt HS
125	DROZDOV Boris		512	40 HKM	00:24:00.04	00:24:00.04	125	00:08:01.59	130	00:07:50.11	125	00:08:08.34	147	RoA Rongen Architekten
126	RATHGEBER Stefan		657	7 M50M	00:24:00.22	00:24:00.22	126	00:07:47.42	108	00:08:11.17	159	00:08:01.63	134	Team sera

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
127	VALDES Marco		785	41 HKM	00:24:02.26	00:24:02.26	127	00:08:54.61	235	00:07:28.76	83	00:07:38.89	94	Wave Personal Training
128	EVANGELOU Irini		270	2 HKF	00:24:02.87	00:24:02.87	128	00:07:33.66	86	00:08:14.57	161	00:08:14.64	158	Hazet
129	BEERETZ Lisa		671	3 HKF	00:24:04.71	00:24:04.71	129	00:08:34.83	198	00:07:56.57	135	00:07:33.31	86	Team Stadt Übach-Palenberg
130	BACKHAUS Eva		136	1 U18F	00:24:06.96	00:24:06.96	130	00:08:03.30	133	00:07:53.61	131	00:08:10.05	152	Apfelteam
131	BALTES Ron		1330	1 U14M	00:24:08.59	00:24:08.59	131	00:08:53.07	230	00:07:28.80	84	00:07:46.72	108	Team Niessen GmbH
132	HENSEN Wiebke		1333	4 HKF	00:24:09.57	00:24:09.57	132	00:08:50.75	228	00:07:34.34	97	00:07:44.48	103	Wave Personal Traininf
133	ALNAJJAR Ahmed		324	14 M35M	00:24:10.75	00:24:10.75	133	00:08:16.84	152	00:08:02.48	142	00:07:51.43	116	INperfektion GmbH
134	GÜNTER Leon		746	42 HKM	00:24:10.79	00:24:10.79	134	00:07:39.67	99	00:08:06.39	146	00:08:24.73	179	Trotec GmbH
135	LONGOLIUS Ive		458	8 M55M	00:24:11.01	00:24:11.01	135	00:08:00.00	128	00:08:07.90	151	00:08:03.11	137	Metallbau Jansen
136	NIEGEL Marc		686	18 M40M	00:24:14.35	00:24:14.35	136	00:07:31.47	81	00:08:15.87	162	00:08:27.01	184	Team Teijin
137	SILMANI Ilias		392	43 HKM	00:24:18.00	00:24:18.00	137	00:08:15.60	148	00:08:19.38	164	00:07:43.02	100	Junge Union Kreisverband Heinsberg
138	JÄGER Maria		164	1 W35F	00:24:24.47	00:24:24.47	138	00:08:48.84	222	00:07:55.27	134	00:07:40.36	97	BSG Krankenhaus Heinsberg
139	HOHNEN Dirk		261	8 M45M	00:24:27.65	00:24:27.65	139	00:08:25.46	169	00:07:43.55	114	00:08:18.64	168	Groob Elektro GmbH .Co. KG
140	NELIßEN Jan		728	19 M30M	00:24:30.31	00:24:30.31	140	00:08:16.39	150	00:07:45.95	119	00:08:27.97	186	Tholen Gebäudetechnik
141	VALDES Lukas		784	44 HKM	00:24:30.71	00:24:30.71	141	00:08:54.93	236	00:07:31.32	90	00:08:04.46	139	Wave Personal Training
142	CREMER Sophie		411	6 W30F	00:24:33.59	00:24:33.59	142	00:08:25.08	168	00:08:10.46	157	00:07:58.05	127	Kreis Heinsberg
143	WALTERS Frank		531	8 M50M	00:24:34.39	00:24:34.39	143	00:07:19.49	66	00:08:17.23	163	00:08:57.67	263	SCHLUN
144	JANSEN Michel		452	1 U18M	00:24:36.12	00:24:36.12	144	00:08:25.92	171	00:08:00.24	140	00:08:09.96	151	Metallbau Jansen
145	SCHÄFER Svenja		1325	3 W40F	00:24:36.73	00:24:36.73	145	00:08:43.78	212	00:07:53.99	132	00:07:58.96	128	Intersport Schäfer
146	HENDRIX Marvin		365	45 HKM	00:24:37.66	00:24:37.66	146	00:08:20.91	162	00:07:44.21	116	00:08:32.54	201	Jacobs Gruppe
147	SCHEFFLER Kai		730	15 M35M	00:24:40.59	00:24:40.59	147	00:08:47.59	220	00:07:57.64	137	00:07:55.36	123	Tholen Gebäudetechnik
148	PAVEL Peter		374	16 M35M	00:24:43.67	00:24:43.67	148	00:08:30.66	181	00:07:51.29	129	00:08:21.72	176	Jacobs Gruppe
149	PAQUET Thomas		564	20 M30M	00:24:45.73	00:24:45.73	149	00:08:18.08	154	00:08:23.21	173	00:08:04.44	138	St. Elisabeth Krankenhaus Geilenkirchen
150	LIPHARDT Verena		420	4 W40F	00:24:46.87	00:24:46.87	150	00:08:43.54	211	00:08:26.61	180	00:07:36.72	91	Kreis Heinsberg
151	ABOU LEBDI Khaled		401	9 M55M	00:24:51.31	00:24:51.31	151	00:08:18.22	156	00:08:08.26	152	00:08:24.83	180	Kinderarztpraxis mit Herz
152	JÜTTEN Maximilian		367	2 U20M	00:24:51.78	00:24:51.78	152	00:08:23.50	165	00:07:58.11	139	00:08:30.17	193	Jacobs Gruppe
153	FRANZ Michael		696	21 M30M	00:24:51.79	00:24:51.79	153	00:07:33.66	87	00:08:07.21	147	00:09:10.92	282	Teamgeist Frauenrath
154	ROHMEN Maximilian		213	46 HKM	00:24:54.40	00:24:54.40	154	00:07:44.93	104	00:08:20.15	165	00:08:49.32	245	CDD x WORM
155	REINDERS Thomas		570	9 M50M	00:24:54.50	00:24:54.50	155	00:09:15.41	294	00:07:34.37	98	00:08:04.72	143	St. Elisabeth Krankenhaus Geilenkirchen
156	FRESE Nils		483	4 U16M	00:24:55.44	00:24:55.44	156	00:08:53.37	233	00:07:33.50	94	00:08:28.57	188	Rechtsanwalt Jürgen Frese - Fachanwalt für
157	PAULZEN Markus		196	19 M40M	00:24:56.04	00:24:56.04	157	00:08:57.79	250	00:07:50.24	127	00:08:08.01	146	Caritas Heinsberg
158	WINANDS Lucia		640	5 HKF	00:24:56.73	00:24:56.73	158	00:08:20.09	161	00:08:23.51	174	00:08:13.13	157	Team Dr. Thevissen
159	OJERA Bradley		243	47 HKM	00:24:57.29	00:24:57.29	159	00:09:07.75	272	00:08:04.15	143	00:07:45.39	105	ene't
160	KLOSE Patrick		443	17 M35M	00:24:58.50	00:24:58.50	160	00:08:14.18	147	00:08:24.66	175	00:08:19.66	172	lekker Energie
161	ENGELMANN Nils		362	48 HKM	00:24:58.63	00:24:58.63	161	00:08:40.98	208	00:08:07.72	149	00:08:09.93	150	Jacobs Gruppe
162	EBELING Tanja		257	1 W45F	00:25:06.34	00:25:06.34	162	00:08:25.59	170	00:08:21.77	169	00:08:18.98	169	Groob Elektro GmbH .Co. KG
163	EVERS Daniel		258	20 M40M	00:25:06.57	00:25:06.57	163	00:08:26.66	172	00:08:20.89	167	00:08:19.02	170	Groob Elektro GmbH .Co. KG
164	FRIEDEMANN René		279	10 M50M	00:25:07.05	00:25:07.05	164	00:09:02.80	264	00:08:04.56	144	00:07:59.69	131	HBI Europe GmbH
165	KLEIN Daniel		293	10 M55M	00:25:09.21	00:25:09.21	165	00:07:58.27	125	00:07:43.80	115	00:09:27.14	322	HEINRICHS GRUPPE
166	HABOR Heinz		175	1 M70M	00:25:11.67	00:25:11.67	166	00:08:08.70	141	00:08:29.97	186	00:08:33.00	204	BSG Kreissparkasse Heinsberg
167	BECKER Udo		608	22 M30M	00:25:13.74	00:25:13.74	167	00:08:08.15	140	00:08:48.88	248	00:08:16.71	165	Tanzschule Ars Vivendi
168	SCHULZ Alexandra		140	6 HKF	00:25:14.61	00:25:14.61	168	00:08:40.04	206	00:08:24.94	176	00:08:09.63	148	Apfelteam

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
169	HERMANN Oliver		502	23 M30M	00:25:16.10	00:25:16.10	169	00:08:07.32	139	00:08:29.92	185	00:08:38.86	220	RIETER
170	MARK Robin		506	24 M30M	00:25:16.53	00:25:16.53	170	00:08:07.03	138	00:08:30.17	188	00:08:39.33	221	RIETER
171	BELLER Jan		358	2 U18M	00:25:17.24	00:25:17.24	171	00:08:47.13	218	00:08:41.77	224	00:07:48.34	111	Jacobs Gruppe
172	PELSTER Fabian		507	49 HKM	00:25:17.93	00:25:17.93	172	00:08:07.01	137	00:08:30.23	189	00:08:40.69	228	RIETER
173	KRANZ Marius		767	50 HKM	00:25:19.39	00:25:19.39	173	00:08:34.14	195	00:08:33.69	199	00:08:11.56	154	Veolia Industriepark Deutschland GmbH
174	CICHY Dirk		764	11 M50M	00:25:19.51	00:25:19.51	174	00:08:34.02	193	00:08:33.91	200	00:08:11.58	155	Veolia Industriepark Deutschland GmbH
175	MINKENBERG Peter		139	25 M30M	00:25:19.75	00:25:19.75	175	00:09:08.81	275	00:08:11.08	158	00:07:59.86	132	Apfelteam
176	BEYERS Ralf		617	11 M55M	00:25:20.52	00:25:20.52	176	00:08:17.11	153	00:08:30.60	190	00:08:32.81	203	Team Café bagett
177	KRICHEL Nico		276	26 M30M	00:25:22.68	00:25:22.68	177	00:07:48.97	111	00:08:38.76	214	00:08:54.95	256	Hazet
178	RÖCKRATH Jan		514	51 HKM	00:25:23.16	00:25:23.16	178	00:08:29.50	179	00:08:25.28	177	00:08:28.38	187	RoA Rongen Architekten
179	CÜPPERS Marcel		672	52 HKM	00:25:24.26	00:25:24.26	179	00:08:34.67	197	00:08:09.01	155	00:08:40.58	227	Team Stadt Übach-Palenberg
180	BÖRSTLER Jakob		387	3 U18M	00:25:25.99	00:25:25.99	180	00:07:34.49	89	00:08:39.95	219	00:09:11.55	286	Junge Union Kreisverband Heinsberg
181	AUSTIN Glenda		798	7 HKF	00:25:28.60	00:25:28.60	181	00:07:56.35	122	00:08:37.86	212	00:08:54.39	255	keine Angabe
182	HÜNNEMEYER Andre		463	21 M40M	00:25:33.22	00:25:33.22	182	00:08:35.73	199	00:08:45.50	238	00:08:11.99	156	MHWirth GmbH
183	ATES Alpay		355	53 HKM	00:25:34.12	00:25:34.12	183	00:07:58.34	126	00:08:20.77	166	00:09:15.01	292	Jacobs Gruppe
184	KOHS Frederike		418	8 HKF	00:25:34.69	00:25:34.69	184	00:08:56.82	247	00:08:33.23	196	00:08:04.64	142	Kreis Heinsberg
185	DIOGO Bruno	POR	678	9 M45M	00:25:35.18	00:25:35.18	185	00:08:59.41	256	00:08:33.16	195	00:08:02.61	136	Team Teijin
186	FOURBERG Thomas		695	18 M35M	00:25:36.48	00:25:36.48	186	00:07:09.01	60	00:09:23.45	325	00:09:04.02	273	Teamgeist Frauenrath
187	KAMES Patrick		281	10 M45M	00:25:36.67	00:25:36.67	187	00:08:59.68	258	00:08:07.69	148	00:08:29.30	190	HBI Europe GmbH
188	MARZIAN Manuela		211	2 W50F	00:25:38.49	00:25:38.49	188	00:08:13.30	144	00:08:40.89	222	00:08:44.30	233	CDD x WORM
189	ETZEL Willi		536	2 M65M	00:25:38.54	00:25:38.54	189	00:08:27.67	174	00:08:22.98	172	00:08:47.89	239	SLC Ameln
190	DE CASTRO Nicole	POR	651	5 W40F	00:25:39.52	00:25:39.52	190	00:07:43.36	103	00:08:48.18	245	00:09:07.98	279	Team sera
191	WELLING Bastian		614	22 M40M	00:25:43.04	00:25:43.04	191	00:08:28.73	176	00:08:37.06	211	00:08:37.25	216	Tanzschule Ars Vivendi
192	QUINTANA-SCHMIDT Paul		566	27 M30M	00:25:43.25	00:25:43.25	192	00:08:31.94	188	00:08:22.54	170	00:08:48.77	242	St. Elisabeth Krankenhaus Geilenkirchen
193	IX Tina		681	7 W30F	00:25:44.43	00:25:44.43	193	00:08:48.89	223	00:08:34.99	204	00:08:20.55	174	Team Teijin
194	MEITZEL Yannis		561	54 HKM	00:25:45.26	00:25:45.26	194	00:08:31.44	185	00:08:22.79	171	00:08:51.03	250	St. Elisabeth Krankenhaus Geilenkirchen
195	VERLIOS Konstantinos		110	4 M60M	00:25:45.31	00:25:45.31	195	00:07:49.54	115	00:09:20.52	317	00:08:35.25	214	Team Teijin
196	HAUCH Benjamin		782	23 M40M	00:25:47.00	00:25:47.00	196	00:08:53.15	232	00:08:07.90	150	00:08:45.95	236	Wave Personal Training
197	THEVISSSEN Peter		636	12 M55M	00:25:48.30	00:25:48.30	197	00:08:18.65	157	00:08:32.34	192	00:08:57.31	261	Team Dr. Thevissen
198	KACZMAREK Chris		553	24 M40M	00:25:48.74	00:25:48.74	198	00:08:28.46	175	00:08:38.77	215	00:08:41.51	229	St. Elisabeth Krankenhaus Geilenkirchen
199	SCHILKE Elena		796	9 HKF	00:25:49.27	00:25:49.27	199	00:08:46.89	217	00:08:37.05	210	00:08:25.33	182	Zahnlabor Moers
200	KREMER Claudia		992	1 W55F	00:25:49.30	00:25:49.30	200	00:08:30.91	182	00:08:43.31	229	00:08:35.08	212	Heinsberger Zeitung
201	KREMER Gerd		993	5 M60M	00:25:49.88	00:25:49.88	201	00:08:31.13	183	00:08:42.68	227	00:08:36.07	215	Heinsberger Zeitung
202	THELEN Thomas		301	13 M55M	00:25:50.24	00:25:50.24	202	00:08:24.38	167	00:08:45.47	237	00:08:40.39	224	Heinsberger Zeitung
203	FRENKEN Alexandra		440	10 HKF	00:25:50.60	00:25:50.60	203	00:07:30.75	79	00:08:34.27	203	00:09:45.58	362	lekker Energie
204	RUZICKA Jessica		572	2 W45F	00:25:51.85	00:25:51.85	204	00:08:26.99	173	00:08:39.10	217	00:08:45.76	235	St. Elisabeth Krankenhaus Geilenkirchen
205	HERMANN Kevin		673	28 M30M	00:25:52.59	00:25:52.59	205	00:08:38.65	205	00:08:33.42	198	00:08:40.52	225	Team Stadt Übach-Palenberg
206	KRINGS Martin		559	19 M35M	00:25:54.28	00:25:54.28	206	00:08:58.19	251	00:08:32.00	191	00:08:24.09	178	St. Elisabeth Krankenhaus Geilenkirchen
207	RÜTTEN Stefan		687	12 M50M	00:25:54.48	00:25:54.48	207	00:08:59.39	255	00:08:33.41	197	00:08:21.68	175	Team Teijin
208	KÖNIG Christian		770	13 M50M	00:25:54.59	00:25:54.59	208	00:08:59.62	257	00:08:25.73	179	00:08:29.24	189	verKabelt
209	DEHEN Frank		744	14 M50M	00:25:54.97	00:25:54.97	209	00:09:08.19	274	00:08:29.84	184	00:08:16.94	166	Trotec GmbH
210	AL GHOUL Anas		537	25 M40M	00:25:56.74	00:25:56.74	210	00:08:58.22	252	00:08:32.40	193	00:08:26.12	183	St. Elisabeth Krankenhaus Geilenkirchen

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
211	EYSSEN Nico		497	55 HKM	00:25:58.38	00:25:58.38	211	00:08:01.96	131	00:08:43.18	228	00:09:13.24	291	RIETER
212	VUJAKLIJA Britta		425	3 W50F	00:26:00.89	00:26:00.89	212	00:08:43.35	210	00:08:27.09	181	00:08:50.45	246	Kreis Heinsberg
213	RICHTER Björn		376	26 M40M	00:26:02.11	00:26:02.11	213	00:08:45.45	215	00:08:46.83	243	00:08:29.83	191	Jacobs Gruppe
214	LEHMANN Bianca		794	4 W50F	00:26:03.24	00:26:03.24	214	00:08:13.62	145	00:08:42.63	226	00:09:06.99	278	Zahnlabor Moers
215	CÜRTEN Max		361	29 M30M	00:26:03.79	00:26:03.79	215	00:09:27.52	316	00:08:08.87	154	00:08:27.40	185	Jacobs Gruppe
216	BARCELLOS Roberto		251	27 M40M	00:26:06.14	00:26:06.14	216	00:09:26.11	310	00:08:32.89	194	00:08:07.14	145	Groob Elektro GmbH _Co. KG
217	ELBERS Justin		269	56 HKM	00:26:08.46	00:26:08.46	217	00:07:13.53	63	00:08:59.86	275	00:09:55.07	384	Hazet
218	SCHMITZ Michael		337	11 M45M	00:26:10.42	00:26:10.42	218	00:09:14.06	289	00:08:35.98	208	00:08:20.38	173	INperfektion GmbH
219	DOHMEN Jürgen		520	28 M40M	00:26:10.63	00:26:10.63	219	00:09:01.69	261	00:08:38.87	216	00:08:30.07	192	SCHLUN
220	NYHSEN Niklas		527	57 HKM	00:26:10.70	00:26:10.70	220	00:09:10.63	277	00:08:11.38	160	00:08:48.69	241	SCHLUN
221	CHAPIRO Jaroslav		218	15 M50M	00:26:12.36	00:26:12.36	221	00:09:44.29	352	00:08:35.95	207	00:07:52.12	121	CSB-System SE
222	KRUMP David		470	29 M40M	00:26:16.78	00:26:16.78	222	00:08:40.42	207	00:08:36.25	209	00:09:00.11	265	Pflegedienst Kuijpers
223	RITTERBEX Ralf		153	16 M50M	00:26:19.59	00:26:19.59	223	00:08:15.79	149	00:09:14.81	307	00:08:48.99	243	AWO im Kreis Heinsberg - Einfach viel bew
224	COENEN Justin-Juel		743	58 HKM	00:26:22.30	00:26:22.30	224	00:09:41.84	340	00:08:25.30	178	00:08:15.16	160	Trotec GmbH
225	HUNKE Christiane		300	5 W50F	00:26:22.97	00:26:22.97	225	00:09:20.81	301	00:08:45.78	241	00:08:16.38	164	Heinsberger Zeitung
226	LENZ Nico		219	59 HKM	00:26:23.25	00:26:23.25	226	00:08:50.29	226	00:08:30.17	187	00:09:02.79	271	CSB-System SE
227	SCHATSCHNEIDER Wadim		379	12 M45M	00:26:23.50	00:26:23.50	227	00:08:29.37	177	00:08:34.05	201	00:09:20.08	302	Jacobs Gruppe
228	GEISLER Jonas		414	60 HKM	00:26:23.92	00:26:23.92	228	00:08:13.80	146	00:08:59.55	272	00:09:10.57	281	Kreis Heinsberg
229	KYEK Mike		526	13 M45M	00:26:26.44	00:26:26.44	229	00:09:01.83	262	00:08:59.59	273	00:08:25.02	181	SCHLUN
230	HOLT Ute		503	6 W50F	00:26:28.00	00:26:28.00	230	00:08:56.02	241	00:08:41.20	223	00:08:50.78	248	RIETER
231	ZANDER Marion		202	7 W50F	00:26:28.05	00:26:28.05	231	00:09:32.30	326	00:08:20.91	168	00:08:34.84	211	Caritas Heinsberg
232	BREICKMANN Tim		717	20 M35M	00:26:29.01	00:26:29.01	232	00:09:03.01	266	00:08:45.63	239	00:08:40.37	223	Tholen Gebäudetechnik
233	GRANSCH Niklas		720	61 HKM	00:26:29.12	00:26:29.12	233	00:09:02.90	265	00:08:45.68	240	00:08:40.54	226	Tholen Gebäudetechnik
234	ISRAEL Friedel		208	14 M45M	00:26:29.44	00:26:29.44	234	00:08:55.13	239	00:08:49.02	249	00:08:45.29	234	CDD x WORM
235	SCHÜRMANN Norman		731	21 M35M	00:26:31.37	00:26:31.37	235	00:09:01.31	260	00:08:43.53	230	00:08:46.53	237	Tholen Gebäudetechnik
236	WELLING Jessica		615	2 W35F	00:26:34.37	00:26:34.37	236	00:08:34.12	194	00:08:51.15	252	00:09:09.10	280	Tanzschule Ars Vivendi
237	PILS Karl-Wilhelm		528	6 M60M	00:26:36.17	00:26:36.17	237	00:09:07.79	273	00:08:46.00	242	00:08:42.38	231	SCHLUN
238	KRIEGER Jörg		556	30 M40M	00:26:36.86	00:26:36.86	238	00:08:48.38	221	00:08:48.15	244	00:09:00.33	266	St. Elisabeth Krankenhaus Geilenkirchen
239	PAULUS Isabelle		195	8 W30F	00:26:37.51	00:26:37.51	239	00:09:32.50	328	00:08:29.76	183	00:08:35.25	213	Caritas Heinsberg
240	WIJNANDS Pascal		734	30 M30M	00:26:37.72	00:26:37.72	240	00:09:02.24	263	00:08:44.45	231	00:08:51.03	251	Tholen Gebäudetechnik
241	FRESE Nadine		482	3 W45F	00:26:38.56	00:26:38.56	241	00:09:20.95	302	00:08:35.09	206	00:08:42.52	232	Rechtsanwalt Jürgen Frese - Fachanwalt für
242	MOUTON Patrick		371	22 M35M	00:26:38.60	00:26:38.60	242	00:09:44.47	353	00:08:35.01	205	00:08:19.12	171	Jacobs Gruppe
243	PLÜCKEN Sven		375	17 M50M	00:26:39.22	00:26:39.22	243	00:09:12.23	282	00:08:48.82	246	00:08:38.17	218	Jacobs Gruppe
244	CARON Claus		312	15 M45M	00:26:41.23	00:26:41.23	244	00:09:15.91	295	00:08:29.67	182	00:08:55.65	257	HSEQ PRO
245	KARAKUS Resul		682	31 M40M	00:26:45.97	00:26:45.97	245	00:08:05.41	134	00:08:40.67	221	00:09:59.89	393	Team Teijin
246	BESCHONER Kerstin		183	6 W40F	00:26:50.99	00:26:50.99	246	00:09:16.70	297	00:08:45.23	234	00:08:49.06	244	Caritas Heinsberg
247	AUGUSTAT Sven		282	23 M35M	00:26:51.41	00:26:51.41	247	00:09:37.92	332	00:08:34.06	202	00:08:39.43	222	HEINRICHS GRUPPE
248	HEINRICHS Til		291	62 HKM	00:26:51.75	00:26:51.75	248	00:09:22.26	303	00:08:57.91	269	00:08:31.58	195	HEINRICHS GRUPPE
249	BALTES Thomas		1329	16 M45M	00:26:52.01	00:26:52.01	249	00:08:53.12	231	00:08:52.19	257	00:09:06.70	277	Team Niessen GmbH
250	SCHNUR David		382	63 HKM	00:26:55.87	00:26:55.87	250	00:08:47.29	219	00:09:05.73	287	00:09:02.85	272	Jacobs Gruppe
251	WEINACHT Johannes		384	24 M35M	00:26:58.28	00:26:58.28	251	00:08:29.37	178	00:09:00.94	279	00:09:27.97	328	Jacobs Gruppe
252	CARON-BRACK Miriam		395	4 W45F	00:27:00.60	00:27:00.60	252	00:09:11.61	280	00:08:53.15	260	00:08:55.84	258	JVA Heinsberg

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
253	PREUSS Babette		1334	11 HKF	00:27:01.40	00:27:01.40	253	00:09:28.07	317	00:08:41.83	225	00:08:51.50	252	Stadt Heinsberg
254	MOHN Björn		513	18 M50M	00:27:02.96	00:27:02.96	254	00:09:24.03	307	00:09:16.48	309	00:08:22.45	177	RoA Rongen Architekten
255	REUTER Katharina		221	7 W40F	00:27:05.42	00:27:05.42	255	00:09:47.17	365	00:08:40.41	220	00:08:37.84	217	CSB-System SE
256	DAHLMANN Annika		435	12 HKF	00:27:06.64	00:27:06.64	256	00:09:44.83	356	00:08:39.78	218	00:08:42.03	230	lekker Energie
257	GENZE Andre		745	25 M35M	00:27:07.12	00:27:07.12	257	00:09:43.69	349	00:08:53.06	259	00:08:30.37	194	Trotec GmbH
258	FIEGEN Frank		412	14 M55M	00:27:11.57	00:27:11.57	258	00:09:54.04	381	00:08:45.08	233	00:08:32.45	200	Kreis Heinsberg
259	WOLTER Susanne		427	2 W55F	00:27:11.70	00:27:11.70	259	00:09:54.01	380	00:08:45.25	235	00:08:32.44	199	Kreis Heinsberg
260	VOSSEN Arndt		424	19 M50M	00:27:11.93	00:27:11.93	260	00:09:54.24	382	00:08:44.93	232	00:08:32.76	202	Kreis Heinsberg
261	DAMM Stephan		287	32 M40M	00:27:12.03	00:27:12.03	261	00:10:15.54	428	00:08:59.98	276	00:07:56.51	126	HEINRICHS GRUPPE
262	LIND Mirko		209	33 M40M	00:27:12.68	00:27:12.68	262	00:08:49.75	224	00:09:17.06	310	00:09:05.87	276	CDD x WORM
263	WORM Max		216	31 M30M	00:27:14.03	00:27:14.03	263	00:09:37.70	331	00:09:21.52	321	00:08:14.81	159	CDD x WORM
264	CLAßEN Max		532	26 M35M	00:27:15.30	00:27:15.30	264	00:09:46.78	362	00:08:54.36	262	00:08:34.16	209	Schumacher Grundstücksverwaltung
265	SCHUMACHER Dirk		534	32 M30M	00:27:15.38	00:27:15.38	265	00:09:46.91	364	00:08:54.36	263	00:08:34.11	208	Schumacher Grundstücksverwaltung
266	SCHIFFER Julia		306	13 HKF	00:27:20.09	00:27:20.09	266	00:08:56.40	244	00:09:26.46	331	00:08:57.23	260	Hermann-Josef-Stiftung
267	SCHMIDT Andreas		381	34 M40M	00:27:23.91	00:27:23.91	267	00:08:56.49	245	00:09:02.80	281	00:09:24.62	313	Jacobs Gruppe
268	KUZNIK Christian		771	17 M45M	00:27:31.93	00:27:31.93	268	00:09:57.77	397	00:09:00.19	277	00:08:33.97	207	verKabelt
269	FEITER Björn		313	27 M35M	00:27:33.02	00:27:33.02	269	00:08:57.58	249	00:09:09.38	292	00:09:26.06	318	HSEQ PRO
270	LEHNEN Carola		772	3 W35F	00:27:33.09	00:27:33.09	270	00:09:57.84	398	00:09:00.69	278	00:08:34.56	210	verKabelt
271	JENNISSEN Ingo		314	35 M40M	00:27:33.13	00:27:33.13	271	00:08:57.54	248	00:09:09.88	294	00:09:25.71	316	HSEQ PRO
272	ROGERS Natascha		321	8 W40F	00:27:33.56	00:27:33.56	272	00:09:12.66	283	00:09:04.48	283	00:09:16.42	295	Huddel Brassel
273	DICKMEIS Thomas		318	36 M40M	00:27:33.58	00:27:33.58	273	00:09:11.88	281	00:09:05.39	286	00:09:16.31	294	Huddel Brassel
274	PALLASCH Christoph		333	28 M35M	00:27:33.74	00:27:33.74	274	00:09:13.94	288	00:08:38.19	213	00:09:41.61	353	INperfektion GmbH
275	MÜNTER Nils		562	29 M35M	00:27:34.00	00:27:34.00	275	00:10:27.25	447	00:08:51.35	254	00:08:15.40	161	St. Elisabeth Krankenhaus Geilenkirchen
276	MORETON Kathrin		320	4 W35F	00:27:34.05	00:27:34.05	276	00:09:13.07	287	00:09:04.02	282	00:09:16.96	296	Huddel Brassel
277	HAAKEN Oliver		499	64 HKM	00:27:36.24	00:27:36.24	277	00:09:17.26	298	00:08:57.96	270	00:09:21.02	304	RIETER
278	WIEDEBACH Achim		530	30 M35M	00:27:39.67	00:27:39.67	278	00:09:40.32	337	00:08:58.09	271	00:09:01.26	267	SCHLUN
279	GÖRTIS Thomas		522	15 M55M	00:27:39.72	00:27:39.72	279	00:09:41.55	339	00:08:56.83	268	00:09:01.34	268	SCHLUN
280	BÄHR Sabrina		433	9 W40F	00:27:40.00	00:27:40.00	280	00:09:03.61	267	00:09:13.18	301	00:09:23.21	310	lekker Energie
281	MEIRANKE Dieter		220	16 M55M	00:27:40.73	00:27:40.73	281	00:10:07.81	409	00:08:59.60	274	00:08:33.32	205	CSB-System SE
282	QUASIM Samaan		795	33 M30M	00:27:40.97	00:27:40.97	282	00:09:58.01	399	00:08:55.83	264	00:08:47.13	238	Zahnlabor Moers
283	LUCAS Tom		485	65 HKM	00:27:41.65	00:27:41.65	283	00:08:19.87	160	00:09:36.22	351	00:09:45.56	361	Rechtsanwalt Jürgen Frese - Fachanwalt für
284	SCHMITZ Claudia		517	5 W45F	00:27:42.55	00:27:42.55	284	00:09:23.38	305	00:09:17.29	312	00:09:01.88	270	RoA Rongen Architekten
285	DERIKS Denise		343	5 W35F	00:27:45.51	00:27:45.51	285	00:08:56.30	243	00:09:13.23	302	00:09:35.98	344	Integrationswerk
286	BAYAR Aleyna		406	14 HKF	00:27:49.57	00:27:49.57	286	00:08:56.76	246	00:09:15.21	308	00:09:37.60	348	Kreis Heinsberg
287	PFEIFER Inna		132	10 W40F	00:27:49.81	00:27:49.81	287	00:09:31.04	324	00:08:52.63	258	00:09:26.14	319	Ambulante Reha Geilenkirchen
288	EINMAHL Nils		775	66 HKM	00:27:50.41	00:27:50.41	288	00:08:22.37	164	00:09:48.99	377	00:09:39.05	350	Volksbank Heinsberg eG
289	HARLACHER Michaela		547	11 W40F	00:27:50.66	00:27:50.66	289	00:10:27.44	448	00:08:51.26	253	00:08:31.96	196	St. Elisabeth Krankenhaus Geilenkirchen
290	JÖRIS Florian		489	34 M30M	00:27:51.27	00:27:51.27	290	00:10:41.33	467	00:08:54.32	261	00:08:15.62	162	Rettdienst im Kreis Heinsberg
291	WILDE Marina		495	6 W35F	00:27:51.30	00:27:51.30	291	00:10:43.71	474	00:08:51.97	256	00:08:15.62	163	Rettdienst im Kreis Heinsberg
292	SIMOES Rafael	POR	760	67 HKM	00:27:51.61	00:27:51.61	292	00:07:33.75	88	00:10:05.44	409	00:10:12.42	403	Trotec GmbH
293	FISCHER Uwe		735	17 M55M	00:27:53.78	00:27:53.78	293	00:08:31.52	186	00:09:38.86	362	00:09:43.40	355	TLI GmbH
294	TICHONENKO Nadine-Mitja		583	15 HKF	00:27:54.33	00:27:54.33	294	00:09:26.38	312	00:09:09.87	293	00:09:18.08	298	St. Elisabeth Krankenhaus Geilenkirchen

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	NationStNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
295	RABEN Alexander	567	68 HKM	00:27:54.38	00:27:54.38	295	00:09:26.88	313	00:09:09.26	290	00:09:18.24	300	St. Elisabeth Krankenhaus Geilenkirchen
296	BRÜGGEMANN Maren	539	16 HKF	00:27:54.47	00:27:54.47	296	00:09:27.04	314	00:09:09.34	291	00:09:18.09	299	St. Elisabeth Krankenhaus Geilenkirchen
297	KAUT Annabell	524	17 HKF	00:27:56.29	00:27:56.29	297	00:08:38.59	204	00:09:50.05	381	00:09:27.65	326	SCHLUN
298	SCHROEDERS Anna	160	7 W35F	00:27:56.57	00:27:56.57	298	00:08:56.16	242	00:09:37.16	354	00:09:23.25	311	Bauunternehmung F. Schroeders
299	KONOPLEV Jurij	464	18 M45M	00:27:56.64	00:27:56.64	299	00:08:35.81	200	00:09:21.06	318	00:09:59.77	392	MHWirth GmbH
300	TENDIES Morris	791	35 M30M	00:27:57.78	00:27:57.78	300	00:08:50.71	227	00:09:19.86	316	00:09:47.21	367	Wirtz Baumarkt HS
301	KAATZ Mike	724	31 M35M	00:27:57.89	00:27:57.89	301	00:09:55.97	391	00:08:50.42	251	00:09:11.50	285	Tholen Gebäudetechnik
302	BAUR-MUHAMEDAGIC Alina	715	9 W30F	00:27:58.18	00:27:58.18	302	00:09:56.21	392	00:08:50.40	250	00:09:11.57	287	Tholen Gebäudetechnik
303	BONGARD Vera	664	3 W55F	00:27:59.10	00:27:59.10	303	00:09:27.06	315	00:09:26.60	332	00:09:05.44	275	TEAM S-GARD - UNITED FOR SAFETY
304	VIRNICH Alina	141	10 W30F	00:28:00.21	00:28:00.21	304	00:09:46.04	359	00:09:23.32	324	00:08:50.85	249	Apfelteam
305	VAN TERWINGEN Luca Jan	341	36 M30M	00:28:00.28	00:28:00.28	305	00:09:14.68	290	00:08:48.86	247	00:09:56.74	386	INperfektion GmbH
306	WEINBERG Anne	134	12 W40F	00:28:01.40	00:28:01.40	306	00:09:10.38	276	00:09:11.71	297	00:09:39.31	352	Ambulante Reha Geilenkirchen
307	RAUSCHEN Markus	757	37 M40M	00:28:01.43	00:28:01.43	307	00:08:36.74	201	00:09:30.14	344	00:09:54.55	381	Trotec GmbH
308	SCHMITZ Dirk	159	32 M35M	00:28:02.11	00:28:02.11	308	00:08:55.96	240	00:09:37.28	355	00:09:28.87	332	Bauunternehmung F. Schroeders
309	BAADJOU Chantal	1323	11 W30F	00:28:02.36	00:28:02.36	309	00:09:45.13	357	00:09:05.86	288	00:09:11.37	284	Intersport Schäfer
310	HANRATH Norman	601	33 M35M	00:28:02.97	00:28:02.97	310	00:09:00.22	259	00:09:06.94	289	00:09:55.81	385	Stadt Wassenberg
311	GIERLINGS Simon	653	34 M35M	00:28:03.80	00:28:03.80	311	00:09:29.54	321	00:09:14.57	306	00:09:19.69	301	Team sera
312	ALISANOVIC Maksut	354	69 HKM	00:28:05.44	00:28:05.44	312	00:09:41.23	338	00:08:56.59	267	00:09:27.62	325	Jacobs Gruppe
313	SCHMIDT Jan	236	19 M45M	00:28:07.58	00:28:07.58	313	00:10:24.87	444	00:08:45.30	236	00:08:57.41	262	DRP Randerath_Partner
314	GOERTZ Ben	415	70 HKM	00:28:12.31	00:28:12.31	314	00:08:16.44	151	00:09:30.84	346	00:10:25.03	429	Kreis Heinsberg
315	SOW Hady	248	71 HKM	00:28:12.94	00:28:12.94	315	00:08:37.23	202	00:09:49.97	380	00:09:45.74	363	Franziskusheim gGmbH
316	SCHMITZ Tamara	789	8 W35F	00:28:18.78	00:28:18.78	316	00:09:56.79	395	00:09:10.39	295	00:09:11.60	288	Wegweiser
317	DEMIROVIC Resad	254	20 M45M	00:28:21.59	00:28:21.59	317	00:09:31.11	325	00:09:18.24	314	00:09:32.24	338	Groob Elektro GmbH_Co. KG
318	REINCKENS Ralph	179	20 M50M	00:28:22.38	00:28:22.38	318	00:08:32.83	189	00:09:44.77	369	00:10:04.78	396	BSG Kreissparkasse Heinsberg
319	AYAZ Yasin	181	12 W30F	00:28:24.34	00:28:24.34	319	00:09:57.37	396	00:09:11.18	296	00:09:15.79	293	Caritas Heinsberg
320	SCHNITTKER Birte	200	8 W50F	00:28:24.88	00:28:24.88	320	00:10:16.92	432	00:09:02.56	280	00:09:05.40	274	Caritas Heinsberg
321	DAHLMANNS Heinz-Josef	676	18 M55M	00:28:28.16	00:28:28.16	321	00:09:30.44	323	00:09:28.98	340	00:09:28.74	330	Team Teijin
322	DAHLMANNS Noah	677	72 HKM	00:28:28.45	00:28:28.45	322	00:09:30.23	322	00:09:29.32	342	00:09:28.90	333	Team Teijin
323	RADEMACHER Ralf	491	19 M55M	00:28:29.73	00:28:29.73	323	00:10:43.97	476	00:08:51.85	255	00:08:53.91	254	Rettenungsdienst im Kreis Heinsberg
324	STARK Renato	340	73 HKM	00:28:29.96	00:28:29.96	324	00:08:49.81	225	00:10:12.78	431	00:09:27.37	324	INperfektion GmbH
325	ZIMMERMANN Christopher	472	37 M30M	00:28:32.39	00:28:32.39	325	00:10:49.46	493	00:09:04.63	284	00:08:38.30	219	Pflegedienst Kuijpers
326	BÖCKER Luca	161	74 HKM	00:28:37.55	00:28:37.55	326	00:09:43.18	347	00:09:28.39	338	00:09:25.98	317	BSG Krankenhaus Heinsberg
327	WELTER Olaf	426	21 M50M	00:28:39.07	00:28:39.07	327	00:09:44.69	355	00:09:17.25	311	00:09:37.13	346	Kreis Heinsberg
328	HOLZ Manuel	241	75 HKM	00:28:39.59	00:28:39.59	328	00:10:14.37	423	00:09:36.59	352	00:08:48.63	240	ene't
329	SCHULZE Eva	308	18 HKF	00:28:40.35	00:28:40.35	329	00:09:05.34	269	00:09:48.58	376	00:09:46.43	366	Hermann-Josef-Stiftung
330	RUPKA-DAVID Monika	613	9 W35F	00:28:40.98	00:28:40.98	330	00:10:13.16	421	00:09:55.74	388	00:08:32.08	197	Tanzschule Ars Vivendi
331	THÖNNIHMSEN Yvonne	582	13 W40F	00:28:41.38	00:28:41.38	331	00:09:55.73	389	00:09:21.52	320	00:09:24.13	312	St. Elisabeth Krankenhaus Geilenkirchen
332	KAMPS Markus	263	38 M40M	00:28:42.32	00:28:42.32	332	00:09:51.91	376	00:09:27.48	336	00:09:22.93	309	Groob Elektro GmbH_Co. KG
333	HABBINGA Jann	304	21 M45M	00:28:43.29	00:28:43.29	333	00:09:42.98	345	00:09:33.63	347	00:09:26.68	321	Hermann-Josef-Stiftung
334	MELOTYK Christoph	490	35 M35M	00:28:47.57	00:28:47.57	334	00:10:42.74	469	00:09:14.27	305	00:08:50.56	247	Rettenungsdienst im Kreis Heinsberg
335	ESSER Oliver	488	76 HKM	00:28:47.58	00:28:47.58	335	00:10:42.15	468	00:09:12.72	298	00:08:52.71	253	Rettenungsdienst im Kreis Heinsberg
336	SCHÖSSER Sebastian	792	38 M30M	00:28:48.25	00:28:48.25	336	00:09:47.88	367	00:09:12.88	299	00:09:47.49	368	Wirtz Haussysteme

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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SPORTS TIMING TECHNOLOGIES



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
337	DAMERAU Kim		597	13 W30F	00:28:48.33	00:28:48.33	337	00:09:47.63	366	00:09:13.06	300	00:09:47.64	370	Stadt Wassenberg
338	KNEISLE Sarah		749	19 HKF	00:28:49.42	00:28:49.42	338	00:09:07.75	271	00:09:57.73	390	00:09:43.94	356	Trotec GmbH
339	LANKES Moritz		331	77 HKM	00:28:50.17	00:28:50.17	339	00:09:46.91	363	00:09:13.32	303	00:09:49.94	373	INperfektion GmbH
340	FIETKAU Claudia		545	10 W35F	00:28:50.30	00:28:50.30	340	00:10:26.35	445	00:09:22.46	322	00:09:01.49	269	St. Elisabeth Krankenhaus Geilenkirchen
341	GREIN Ilka		150	14 W40F	00:28:50.99	00:28:50.99	341	00:09:44.58	354	00:09:30.66	345	00:09:35.75	343	AWO im Kreis Heinsberg - Einfach viel bew
342	WITEK Michael		588	22 M50M	00:28:51.06	00:28:51.06	342	00:09:15.40	293	00:09:18.23	313	00:10:17.43	413	St. Elisabeth Krankenhaus Geilenkirchen
343	ESSERS Janine		186	14 W30F	00:28:52.89	00:28:52.89	343	00:11:00.98	523	00:09:18.24	315	00:08:33.67	206	Caritas Heinsberg
344	RUFFEN Carolin		509	20 HKF	00:28:53.02	00:28:53.02	344	00:09:12.75	285	00:09:26.17	330	00:10:14.10	407	RIETER
345	QUADE Nicole		295	15 W40F	00:28:53.59	00:28:53.59	345	00:09:43.77	350	00:09:28.19	337	00:09:41.63	354	HEINRICHS GRUPPE
346	BUSCH Guido		142	23 M50M	00:28:55.02	00:28:55.02	346	00:10:30.79	452	00:09:26.00	328	00:08:58.23	264	Apm
347	FLORACK Kristin		632	15 W30F	00:28:55.41	00:28:55.41	347	00:09:42.57	344	00:09:37.65	356	00:09:35.19	342	Team Dr. Thevissen
348	DECHÊNE Ralph		644	20 M55M	00:28:55.43	00:28:55.43	348	00:10:33.12	457	00:09:25.44	327	00:08:56.87	259	Team GK
349	BACKHAUS Rosi		135	6 W45F	00:28:56.71	00:28:56.71	349	00:09:46.34	361	00:09:44.88	370	00:09:25.49	315	Apfelteam
350	STUMM Franz-Josef		661	7 M60M	00:29:01.84	00:29:01.84	350	00:10:23.99	441	00:09:25.35	326	00:09:12.50	290	Team sera
351	EICHE Ralf		468	24 M50M	00:29:05.82	00:29:05.82	351	00:09:43.16	346	00:09:13.81	304	00:10:08.85	399	Pflegedienst Kuijpers
352	FREIJDENHOVEN-RIEMER Rei		430	1 W60F	00:29:07.31	00:29:07.31	352	00:10:00.43	401	00:09:21.08	319	00:09:45.80	364	Lebenshilfe Heinsberg e.V.
353	URBAN Jens		214	36 M35M	00:29:08.44	00:29:08.44	353	00:08:59.00	254	00:09:50.44	383	00:10:19.00	418	CDD x WORM
354	RONGEN Camilla		515	16 W30F	00:29:09.71	00:29:09.71	354	00:09:23.57	306	00:09:34.50	348	00:10:11.64	400	RoA Rongen Architekten
355	BALTUS Thomas		006	21 M55M	00:29:09.81	00:29:09.81	355	00:08:55.01	238	00:10:01.26	399	00:10:13.54	405	BSG Krankenhaus Heinsberg
356	RITZERFELD Davina		571	21 HKF	00:29:12.65	00:29:12.65	356	00:10:06.23	407	00:09:35.76	350	00:09:30.66	336	St. Elisabeth Krankenhaus Geilenkirchen
357	BEYERS Sabine		1320	9 W50F	00:29:13.13	00:29:13.13	357	00:09:56.49	393	00:09:47.88	375	00:09:28.76	331	Stadt Wassenberg
358	WÄHLEN Maurice		780	78 HKM	00:29:14.46	00:29:14.46	358	00:08:33.20	192	00:10:14.41	435	00:10:26.85	431	Volksbank Heinsberg eG
359	DERIX Damian		255	39 M40M	00:29:14.47	00:29:14.47	359	00:09:25.16	308	00:09:41.05	364	00:10:08.26	398	Groob Elektro GmbH _Co. KG
360	UTECHT Anette		351	16 W40F	00:29:15.86	00:29:15.86	360	00:10:19.29	434	00:09:30.10	343	00:09:26.47	320	Integrationswerk
361	BUSCH Lisa		486	17 W30F	00:29:17.33	00:29:17.33	361	00:10:43.72	475	00:09:04.96	285	00:09:28.65	329	Rettdienst im Kreis Heinsberg
362	REICHMANN Daniel		422	37 M35M	00:29:17.84	00:29:17.84	362	00:09:12.72	284	00:10:06.91	414	00:09:58.21	390	Kreis Heinsberg
363	BENGEFORTH Jens		409	25 M50M	00:29:17.90	00:29:17.90	363	00:09:50.57	373	00:09:49.90	379	00:09:37.43	347	Kreis Heinsberg
364	MEISER Sarina		147	11 W35F	00:29:21.45	00:29:21.45	364	00:10:32.46	455	00:09:26.72	334	00:09:22.27	306	Apm
365	HOUBEN Christina		144	18 W30F	00:29:21.52	00:29:21.52	365	00:10:32.52	456	00:09:26.71	333	00:09:22.29	307	Apm
366	ANDERMAHR Sandra		429	10 W50F	00:29:22.28	00:29:22.28	366	00:10:36.84	461	00:09:22.96	323	00:09:22.48	308	Lebenshilfe Heinsberg e.V.
367	BECKERS Matthias		538	40 M40M	00:29:22.68	00:29:22.68	367	00:10:14.21	422	00:09:29.21	341	00:09:39.26	351	St. Elisabeth Krankenhaus Geilenkirchen
368	KRINGS Claudia		558	7 W45F	00:29:22.76	00:29:22.76	368	00:10:12.44	418	00:09:26.10	329	00:09:44.22	357	St. Elisabeth Krankenhaus Geilenkirchen
369	HERMANN Steffi		548	12 W35F	00:29:23.18	00:29:23.18	369	00:09:55.94	390	00:09:42.74	366	00:09:44.50	358	St. Elisabeth Krankenhaus Geilenkirchen
370	MARSIDIS Janna		685	22 HKF	00:29:28.82	00:29:28.82	370	00:09:14.96	292	00:09:58.46	393	00:10:15.40	411	Team Teijin
371	ROSCHER Jonatan		675	79 HKM	00:29:29.16	00:29:29.16	371	00:08:38.48	203	00:10:27.65	460	00:10:23.03	425	Team Stadt Übach-Palenberg
372	THELEN Anke		172	8 W45F	00:29:30.54	00:29:30.54	372	00:08:54.96	237	00:10:17.85	442	00:10:17.73	414	BSG Krankenhaus Heinsberg
373	LABITAN Andre		370	80 HKM	00:29:31.26	00:29:31.26	373	00:08:41.06	209	00:09:41.46	365	00:11:08.74	486	Jacobs Gruppe
374	ROMES Heiko		378	38 M35M	00:29:32.22	00:29:32.22	374	00:09:51.96	377	00:10:04.15	405	00:09:36.11	345	Jacobs Gruppe
375	RADEMACHER Alina		431	23 HKF	00:29:32.29	00:29:32.29	375	00:10:37.02	462	00:09:27.35	335	00:09:27.92	327	Lebenshilfe Heinsberg e.V.
376	SIMONS Alexander		247	81 HKM	00:29:33.11	00:29:33.11	376	00:10:11.34	415	00:09:36.76	353	00:09:45.01	360	Franziskusheim gGmbH
377	TOMAK Kristina		249	19 W30F	00:29:33.37	00:29:33.37	377	00:10:11.70	416	00:09:42.96	367	00:09:38.71	349	Franziskusheim gGmbH
378	JADZYK Viktoria		551	24 HKF	00:29:38.02	00:29:38.02	378	00:10:15.01	425	00:09:38.24	360	00:09:44.77	359	St. Elisabeth Krankenhaus Geilenkirchen

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
379	SCHMITT Anne		575	25 HKF	00:29:40.21	00:29:40.21	379	00:10:54.02	510	00:09:28.70	339	00:09:17.49	297	St. Elisabeth Krankenhaus Geilenkirchen
380	MALJAARS Rebecca		706	13 W35F	00:29:41.68	00:29:41.68	380	00:11:34.15	548	00:08:56.40	266	00:09:11.13	283	Teamgeist Frauenrath
381	KLEE Anna-Marie		701	20 W30F	00:29:41.92	00:29:41.92	381	00:11:33.87	547	00:08:56.38	265	00:09:11.67	289	Teamgeist Frauenrath
382	HAUSMANN Katharina		665	14 W35F	00:29:42.68	00:29:42.68	382	00:09:49.70	371	00:10:19.62	444	00:09:33.36	339	TEAM S-GARD - UNITED FOR SAFETY
383	DOBELEIT Klara		174	2 W60F	00:29:44.36	00:29:44.36	383	00:09:18.60	299	00:10:09.26	417	00:10:16.50	412	BSG Kreissparkasse Heinsberg
384	AKCAY Tacdin		740	39 M35M	00:29:44.64	00:29:44.64	384	00:09:05.89	270	00:10:50.26	485	00:09:48.49	371	Trotec GmbH
385	OPINSKI Uwe		729	22 M45M	00:29:48.17	00:29:48.17	385	00:10:06.29	408	00:10:07.43	415	00:09:34.45	341	Tholen Gebäudetechnik
386	DOHMEN Amelie		137	26 HKF	00:29:48.51	00:29:48.51	386	00:10:02.43	403	00:09:52.99	385	00:09:53.09	378	Apfelteam
387	JÜNGEL Annkathrin		441	15 W35F	00:29:48.77	00:29:48.77	387	00:10:48.79	491	00:09:38.06	358	00:09:21.92	305	lekker Energie
388	PAULUßEN Brigitte		334	11 W50F	00:29:49.47	00:29:49.47	388	00:09:54.63	383	00:09:51.48	384	00:10:03.36	395	INperfektion GmbH
389	MICHALSKI Marcel		212	40 M35M	00:29:49.69	00:29:49.69	389	00:09:03.82	268	00:10:09.69	419	00:10:36.18	443	CDD x WORM
390	BENGEFORTH Alexandra		408	12 W50F	00:29:50.19	00:29:50.19	390	00:09:50.51	372	00:10:02.77	404	00:09:56.91	387	Kreis Heinsberg
391	OFORI Hanna		593	16 W35F	00:29:50.70	00:29:50.70	391	00:09:34.79	329	00:10:12.95	432	00:10:02.96	394	Stadt Heinsberg
392	BETHGE Rita		184	13 W50F	00:29:57.45	00:29:57.45	392	00:10:24.63	442	00:09:46.74	373	00:09:46.08	365	Caritas Heinsberg
393	KNUR Mike		793	23 M45M	00:29:58.23	00:29:58.23	393	00:10:55.48	515	00:09:35.48	349	00:09:27.27	323	Zahnlabor Moers
394	FILLSACK Christian		259	41 M40M	00:29:58.61	00:29:58.61	394	00:11:16.46	533	00:10:09.81	420	00:08:32.34	198	Groob Elektro GmbH .Co. KG
395	MEYERS Andrea		193	3 W60F	00:30:03.88	00:30:03.88	395	00:10:24.78	443	00:09:47.51	374	00:09:51.59	375	Caritas Heinsberg
396	KAUHL Monika		442	17 W40F	00:30:03.94	00:30:03.94	396	00:10:48.85	492	00:09:45.94	372	00:09:29.15	334	lekker Energie
397	NUßBAUM Ann-Kristin		602	27 HKF	00:30:04.01	00:30:04.01	397	00:10:23.96	439	00:09:50.26	382	00:09:49.79	372	Stadt Wassenberg
398	VON NEGRI Alicia		604	21 W30F	00:30:05.49	00:30:05.49	398	00:10:23.97	440	00:09:49.84	378	00:09:51.68	376	Stadt Wassenberg
399	GRÖBKE Tanja		476	28 HKF	00:30:05.86	00:30:05.86	399	00:09:42.12	341	00:10:11.48	426	00:10:12.26	402	Querfeldrein Laufladen
400	ZIETEN Anika		480	29 HKF	00:30:05.98	00:30:05.98	400	00:09:42.33	343	00:10:11.74	429	00:10:11.91	401	Querfeldrein Laufladen
401	RÖMER René		737	42 M40M	00:30:06.73	00:30:06.73	401	00:08:31.57	187	00:10:06.30	412	00:11:28.86	497	TLI GmbH
402	NÖTHLINGS Ilse		176	1 W70F	00:30:08.15	00:30:08.15	402	00:10:11.86	417	00:10:05.18	408	00:09:51.11	374	BSG Kreissparkasse Heinsberg
403	SCHUMACHER Klaus		535	3 M65M	00:30:11.32	00:30:11.32	403	00:09:38.17	333	00:09:39.63	363	00:10:53.52	470	Schumacher Grundstücksverwaltung
404	NIEMANN Maren		446	30 HKF	00:30:11.81	00:30:11.81	404	00:09:38.22	334	00:10:01.12	398	00:10:32.47	435	lekker Energie
405	JACHE Kristina		177	17 W35F	00:30:12.72	00:30:12.72	405	00:09:26.26	311	00:10:22.32	450	00:10:24.14	427	BSG Kreissparkasse Heinsberg
406	TRAN Julia		302	22 W30F	00:30:13.52	00:30:13.52	406	00:09:20.69	300	00:09:57.88	391	00:10:54.95	473	Heinsberger Zeitung
407	TEODORESCU Robert		511	82 HKM	00:30:14.25	00:30:14.25	407	00:07:41.64	100	00:10:36.71	467	00:11:55.90	521	RIETER
408	JOPEN Nadine		230	18 W40F	00:30:15.31	00:30:15.31	408	00:09:47.99	368	00:10:05.14	407	00:10:22.18	424	Die Zahnärzte an der alten Molkerei
409	ROSE Eva		297	19 W40F	00:30:17.98	00:30:17.98	409	00:09:55.14	385	00:10:00.74	397	00:10:22.10	423	HEINRICHS GRUPPE
410	MISERA Natalie		168	4 W55F	00:30:18.98	00:30:18.98	410	00:10:46.46	482	00:09:58.73	395	00:09:33.79	340	BSG Krankenhaus Heinsberg
411	BAUMANNS Lena		203	31 HKF	00:30:21.89	00:30:21.89	411	00:09:38.38	335	00:10:09.64	418	00:10:33.87	437	CDD x WORM
412	DE ABREU Fausto		693	26 M50M	00:30:24.99	00:30:24.99	412	00:10:52.54	502	00:09:38.26	361	00:09:54.19	380	Teamgeist Frauenrath
413	FAßBENDER Karin		694	5 W55F	00:30:25.01	00:30:25.01	413	00:10:52.33	501	00:09:37.92	357	00:09:54.76	382	Teamgeist Frauenrath
414	GUSDAY Annalena		698	32 HKF	00:30:25.04	00:30:25.04	414	00:10:51.95	498	00:09:38.15	359	00:09:54.94	383	Teamgeist Frauenrath
415	WETZELS Michael		385	27 M50M	00:30:26.90	00:30:26.90	415	00:11:11.40	526	00:09:54.81	387	00:09:20.69	303	Jacobs Gruppe
416	OPINSKI Andrea		234	18 W35F	00:30:30.18	00:30:30.18	416	00:09:55.47	386	00:10:16.14	440	00:10:18.57	417	Die Zahnärzte an der alten Molkerei
417	BRUNKOVSKAJA Hannah		609	20 W40F	00:30:31.64	00:30:31.64	417	00:09:29.24	320	00:10:26.74	458	00:10:35.66	442	Tanzschule Ars Vivendi
418	JANSEN Hannah		453	1 U20F	00:30:32.05	00:30:32.05	418	00:08:44.44	214	00:11:01.38	496	00:10:46.23	460	Metallbau Jansen
419	WAMU Priscilla	BEL	173	33 HKF	00:30:33.05	00:30:33.05	419	00:10:12.99	420	00:10:04.79	406	00:10:15.27	410	BSG Krankenhaus Heinsberg
420	ABOU LEBDI Lina		402	2 U20F	00:30:34.94	00:30:34.94	420	00:09:55.63	388	00:10:17.32	441	00:10:21.99	422	Kinderarztpraxis mit Herz

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing



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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
421	HEUTER Helena		623	9 W45F	00:30:35.89	00:30:35.89	421	00:09:14.90	291	00:10:50.82	487	00:10:30.17	433	Team Café bagett
422	JÖRISSEN Anne		262	19 W35F	00:30:37.47	00:30:37.47	422	00:10:53.28	505	00:10:14.20	434	00:09:29.99	335	Groob Elektro GmbH _Co. KG
423	BERGERHOFF Kerstin		253	4 W60F	00:30:38.21	00:30:38.21	423	00:10:53.33	506	00:10:14.15	433	00:09:30.73	337	Groob Elektro GmbH _Co. KG
424	DELGADO Y CLEMENTE Alina		619	2 U18F	00:30:39.87	00:30:39.87	424	00:10:08.74	411	00:10:06.70	413	00:10:24.43	428	Team Café bagett
425	SCHÜLLER Jonathan		1331	83 HKM	00:30:42.68	00:30:42.68	425	00:09:10.87	278	00:10:43.70	477	00:10:48.11	462	Team Niessen GmbH
426	HEIMANN Sonja		290	21 W40F	00:30:43.83	00:30:43.83	426	00:10:44.04	477	00:10:01.70	400	00:09:58.09	389	HEINRICHS GRUPPE
427	GOTTSCHALK Mark		449	22 M55M	00:30:44.31	00:30:44.31	427	00:10:47.69	488	00:09:58.00	392	00:09:58.62	391	MM Fliesendesign
428	ONDERA Piotr		178	41 M35M	00:30:44.63	00:30:44.63	428	00:09:16.19	296	00:10:21.69	449	00:11:06.75	484	BSG Kreissparkasse Heinsberg
429	WINANDS Christian		639	39 M30M	00:30:45.20	00:30:45.20	429	00:09:45.41	358	00:10:08.44	416	00:10:51.35	465	Team Dr. Thevissen
430	VON DER BURG Tim		529	84 HKM	00:30:45.27	00:30:45.27	430	00:10:47.21	485	00:10:10.55	422	00:09:47.51	369	SCHLUN
431	FRIEDEMANN Sandra		280	10 W45F	00:30:46.00	00:30:46.00	431	00:10:39.72	465	00:09:53.31	386	00:10:12.97	404	HBI Europe GmbH
432	NOVEN Mireille		305	11 W45F	00:30:46.40	00:30:46.40	432	00:09:43.60	348	00:10:23.06	451	00:10:39.74	450	Hermann-Josef-Stiftung
433	YILDIZLAR Yasin		690	40 M30M	00:30:49.17	00:30:49.17	433	00:09:42.26	342	00:10:26.15	456	00:10:40.76	454	Team Teijin
434	STIEVE Sonja		131	12 W45F	00:30:49.68	00:30:49.68	434	00:10:54.77	513	00:09:57.22	389	00:09:57.69	388	AG Heinsberg
435	KRÜCHTEN Guido		525	42 M35M	00:30:51.09	00:30:51.09	435	00:10:47.50	487	00:10:10.48	421	00:09:53.11	379	SCHLUN
436	BERENTSEN Uwe		519	23 M55M	00:30:51.12	00:30:51.12	436	00:10:47.43	486	00:10:10.77	423	00:09:52.92	377	SCHLUN
437	ADOMEIT Jolene		691	34 HKF	00:30:52.23	00:30:52.23	437	00:10:11.22	414	00:10:02.17	402	00:10:38.84	447	team zahn-heinsberg
438	KUNERT Philipp		692	28 M50M	00:30:52.51	00:30:52.51	438	00:10:11.11	413	00:10:02.36	403	00:10:39.04	448	team zahn-heinsberg
439	BUCHHOLZ Christian		286	43 M40M	00:30:54.95	00:30:54.95	439	00:11:13.79	527	00:10:15.90	439	00:09:25.26	314	HEINRICHS GRUPPE
440	WYNANDS Monika		518	14 W50F	00:30:55.72	00:30:55.72	440	00:09:49.44	369	00:10:21.52	447	00:10:44.76	457	RoA Rongen Architekten
441	QUIX Noah		169	4 U18M	00:30:55.87	00:30:55.87	441	00:07:38.00	97	00:10:43.81	478	00:12:34.06	533	BSG Krankenhaus Heinsberg
442	REINARTZ Sandra		569	15 W50F	00:30:56.27	00:30:56.27	442	00:09:55.55	387	00:10:14.56	436	00:10:46.16	459	St. Elisabeth Krankenhaus Geilenkirchen
443	THÖNNIßEN Mara		732	35 HKF	00:30:57.39	00:30:57.39	443	00:09:35.62	330	00:10:21.64	448	00:11:00.13	478	Tholen Gebäudetechnik
444	HENSEN Lukas		786	85 HKM	00:30:58.34	00:30:58.34	444	00:09:56.72	394	00:09:44.13	368	00:11:17.49	491	Wegweiser
445	PECKEL Janina		628	23 W30F	00:31:00.98	00:31:00.98	445	00:10:20.11	436	00:10:05.53	410	00:10:35.34	441	Team Café bagett
446	PETERS Katja		594	13 W45F	00:31:01.58	00:31:01.58	446	00:10:04.38	406	00:10:36.52	466	00:10:20.68	420	Stadt Heinsberg
447	VOGT Florian		713	41 M30M	00:31:01.96	00:31:01.96	447	00:10:29.78	450	00:10:12.02	430	00:10:20.16	419	Teamgeist Frauenrath
448	BÖHME Marie		663	36 HKF	00:31:02.27	00:31:02.27	448	00:09:49.51	370	00:10:19.92	445	00:10:52.84	468	TEAM S-GARD - UNITED FOR SAFETY
449	DEHARDE Maximilian		652	43 M35M	00:31:03.38	00:31:03.38	449	00:09:44.26	351	00:10:05.84	411	00:11:13.28	489	Team sera
450	EICKHOFF Nicole		612	22 W40F	00:31:05.86	00:31:05.86	450	00:10:17.28	433	00:10:24.59	454	00:10:23.99	426	Tanzschule Ars Vivendi
451	OKRASKA Michael		373	44 M35M	00:31:06.31	00:31:06.31	451	00:10:48.21	489	00:09:45.20	371	00:10:32.90	436	Jacobs Gruppe
452	MEJSTRIK Pascal		445	86 HKM	00:31:08.69	00:31:08.69	452	00:09:29.09	319	00:10:33.93	464	00:11:05.67	483	lekker Energie
453	BALLES Timur		325	45 M35M	00:31:10.74	00:31:10.74	453	00:09:22.90	304	00:10:15.67	438	00:11:32.17	501	INperfektion GmbH
454	FRÖHLICH Melanie		599	16 W50F	00:31:14.71	00:31:14.71	454	00:10:45.37	479	00:10:11.33	424	00:10:18.01	415	Stadt Wassenberg
455	FRAHM Sina		598	20 W35F	00:31:15.04	00:31:15.04	455	00:10:45.44	480	00:10:11.34	425	00:10:18.26	416	Stadt Wassenberg
456	ESTEVEES Diana		543	37 HKF	00:31:16.78	00:31:16.78	456	00:10:14.79	424	00:10:34.15	465	00:10:27.84	432	St. Elisabeth Krankenhaus Geilenkirchen
457	NZUGUEM Yves Junior		754	87 HKM	00:31:22.48	00:31:22.48	457	00:07:52.99	116	00:10:19.26	443	00:13:10.23	552	Trotec GmbH
458	SCHINKEL Evelyn		350	24 W30F	00:31:23.01	00:31:23.01	458	00:10:19.84	435	00:10:15.60	437	00:10:47.57	461	Integrationswerk
459	FEUZE Boris		462	44 M40M	00:31:23.03	00:31:23.03	459	00:09:10.93	279	00:10:41.33	474	00:11:30.77	500	MHWirth GmbH
460	HAHN Laura		163	25 W30F	00:31:25.21	00:31:25.21	460	00:10:46.65	483	00:09:58.71	394	00:10:39.85	451	BSG Krankenhaus Heinsberg
461	SCHLÖMER Melanie		199	23 W40F	00:31:26.66	00:31:26.66	461	00:10:26.46	446	00:10:00.56	396	00:10:59.64	476	Caritas Heinsberg
462	STOLZ Christina		801	21 W35F	00:31:28.57	00:31:28.57	462	00:10:54.62	512	00:10:20.09	446	00:10:13.86	406	keine Angabe

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing

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Platz	Nachname - Vorname	NationStNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
463	GOTTSCHALK Christian	655	3 U20M	00:31:28.90	00:31:28.90	463	00:10:02.54	404	00:11:00.41	495	00:10:25.95	430	Team sera
464	KNOBEN Lukas	166	88 HKM	00:31:29.70	00:31:29.70	464	00:10:08.51	410	00:10:26.42	457	00:10:54.77	472	BSG Krankenhaus Heinsberg
465	VON BÖHL Saskia	763	22 W35F	00:31:35.28	00:31:35.28	465	00:09:40.24	336	00:10:51.20	488	00:11:03.84	482	Trotec GmbH
466	BACKES Leon	741	89 HKM	00:31:36.36	00:31:36.36	466	00:10:03.84	405	00:10:48.56	482	00:10:43.96	456	Trotec GmbH
467	GUSTAV Baum	162	46 M35M	00:31:40.38	00:31:40.38	467	00:10:54.14	511	00:10:11.53	427	00:10:34.71	439	BSG Krankenhaus Heinsberg
468	QUIX Simone	170	23 W35F	00:31:40.56	00:31:40.56	468	00:10:54.00	509	00:10:11.61	428	00:10:34.95	440	BSG Krankenhaus Heinsberg
469	PILICH Magdalena	508	24 W35F	00:31:41.22	00:31:41.22	469	00:09:28.99	318	00:11:00.22	494	00:11:12.01	488	RIETER
470	PHLIPPEN Eric	756	90 HKM	00:31:43.03	00:31:43.03	470	00:10:15.71	429	00:10:41.19	473	00:10:46.13	458	Trotec GmbH
471	KAISER Linda	231	26 W30F	00:31:44.73	00:31:44.73	471	00:09:32.47	327	00:11:22.07	514	00:10:50.19	464	Die Zahnärzte an der alten Molkerei
472	LUPP Birgit	560	17 W50F	00:31:46.24	00:31:46.24	472	00:10:40.22	466	00:10:23.43	452	00:10:42.59	455	St. Elisabeth Krankenhaus Geilenkirchen
473	UMMELMANN Denise	773	27 W30F	00:31:46.89	00:31:46.89	473	00:10:43.10	470	00:10:27.03	459	00:10:36.76	444	verKabelt
474	HENSEN Norbert	501	8 M60M	00:31:46.98	00:31:46.98	474	00:10:56.79	518	00:10:28.99	461	00:10:21.20	421	RIETER
475	FOROUD Toomaj	439	47 M35M	00:31:50.83	00:31:50.83	475	00:11:14.80	528	00:10:02.11	401	00:10:33.92	438	lekker Energie
476	SCHEVER Phillip	758	91 HKM	00:31:53.56	00:31:53.56	476	00:09:46.31	360	00:11:26.89	519	00:10:40.36	452	Trotec GmbH
477	CORSTEN Rebekka	342	24 W40F	00:32:04.93	00:32:04.93	477	00:10:43.38	472	00:10:50.31	486	00:10:31.24	434	Integrationswerk
478	HÖSELBARTH Jörg	451	29 M50M	00:32:10.01	00:32:10.01	478	00:09:55.00	384	00:11:15.71	508	00:10:59.30	475	Metallbau Jansen
479	SCHMID Jacqueline	634	28 W30F	00:32:10.27	00:32:10.27	479	00:10:53.16	504	00:10:38.56	469	00:10:38.55	445	Team Dr. Thevissen
480	JANSEN Christina	633	25 W35F	00:32:12.11	00:32:12.11	480	00:10:52.88	503	00:10:38.64	470	00:10:40.59	453	Team Dr. Thevissen
481	WILMES Ramona	638	26 W35F	00:32:12.55	00:32:12.55	481	00:10:53.50	507	00:10:40.28	471	00:10:38.77	446	Team Dr. Thevissen
482	WELLENS Anne	404	27 W35F	00:32:13.62	00:32:13.62	482	00:11:16.17	532	00:10:43.24	475	00:10:14.21	408	Kinderarztpraxis mit Herz
483	ZITZ Maike	405	38 HKF	00:32:13.67	00:32:13.67	483	00:11:16.00	530	00:10:43.44	476	00:10:14.23	409	Kinderarztpraxis mit Herz
484	BÜXENSTEIN Marco	540	24 M45M	00:32:17.45	00:32:17.45	484	00:10:15.03	426	00:10:25.92	455	00:11:36.50	506	St. Elisabeth Krankenhaus Geilenkirchen
485	APWEILER Ruth	467	14 W45F	00:32:21.17	00:32:21.17	485	00:10:48.29	490	00:10:40.86	472	00:10:52.02	467	Pflegedienst Kuijpers
486	BRANDT Max	618	5 U18M	00:32:25.60	00:32:25.60	486	00:09:50.74	374	00:11:17.44	511	00:11:17.42	490	Team Café bagett
487	CREMERS DETEREN Jacky	205	28 W35F	00:32:28.65	00:32:28.65	487	00:08:24.19	166	00:11:25.65	518	00:12:38.81	536	CDD x WORM
488	UISS Leni	629	3 U18F	00:32:30.23	00:32:30.23	488	00:09:50.89	375	00:11:17.19	510	00:11:22.15	494	Team Café bagett
489	GNAUCK Simone	1335	29 W35F	00:32:30.42	00:32:30.42	489	00:10:50.85	494	00:10:46.36	480	00:10:53.21	469	keine Angabe
490	MEHLHASE Lea	310	39 HKF	00:32:43.37	00:32:43.37	490	00:10:52.05	500	00:10:59.65	492	00:10:51.67	466	Home Instead
491	DÖRR Yvonne	620	25 W40F	00:32:45.15	00:32:45.15	491	00:10:50.91	495	00:10:51.55	489	00:11:02.69	481	Team Café bagett
492	NORTHEMANN Heike	627	18 W50F	00:32:45.17	00:32:45.17	492	00:10:45.03	478	00:10:49.17	483	00:11:10.97	487	Team Café bagett
493	NEUMANN Sarah	311	26 W40F	00:32:49.53	00:32:49.53	493	00:10:52.03	499	00:10:59.67	493	00:10:57.83	474	Home Instead
494	MÖLLER Lea	194	40 HKF	00:32:49.60	00:32:49.60	494	00:11:00.21	521	00:10:29.61	463	00:11:19.78	492	Caritas Heinsberg
495	CLABEN Claudia	185	6 W55F	00:32:49.77	00:32:49.77	495	00:11:00.16	520	00:10:29.58	462	00:11:20.03	493	Caritas Heinsberg
496	GUERREIRO Dennis	364	48 M35M	00:32:51.59	00:32:51.59	496	00:10:30.28	451	00:10:52.41	490	00:11:28.90	498	Jacobs Gruppe
497	SCHAPER Malte	447	49 M35M	00:32:51.78	00:32:51.78	497	00:11:14.93	529	00:10:46.84	481	00:10:50.01	463	lekker Energie
498	MEISGEN Christiana	138	27 W40F	00:32:57.41	00:32:57.41	498	00:10:12.58	419	00:11:03.97	497	00:11:40.86	511	Apfelteam
499	ENGELMANN Wiebke	590	29 W30F	00:32:58.06	00:32:58.06	499	00:10:16.61	431	00:11:07.71	501	00:11:33.74	502	Stadt Heinsberg
500	VON KRÜCHTEN Joshua	244	92 HKM	00:33:11.76	00:33:11.76	500	00:10:55.94	517	00:11:15.99	509	00:10:59.83	477	ene't
501	WROBEL Siggj	267	4 M65M	00:33:15.58	00:33:15.58	501	00:10:46.39	481	00:11:06.48	500	00:11:22.71	495	Hamacher Raumdesign
502	VAN HALL Jule	201	41 HKF	00:33:18.16	00:33:18.16	502	00:10:31.43	453	00:10:49.20	484	00:11:57.53	522	Caritas Heinsberg
503	KRANZ Tabea	191	42 HKF	00:33:18.47	00:33:18.47	503	00:11:00.89	522	00:10:37.84	468	00:11:39.74	507	Caritas Heinsberg
504	NIEBERG Sophia	753	43 HKF	00:33:18.74	00:33:18.74	504	00:10:09.25	412	00:11:35.64	525	00:11:33.85	503	Trotec GmbH

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing ■ www.maxx-timing.de





Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
505	KRAUTSCHICK Max-Ilian		152	4 U20M	00:33:24.52	00:33:24.52	505	00:11:51.87	553	00:10:24.58	453	00:11:08.07	485	AWO im Kreis Heinsberg - Einfach viel bew
506	BREMKES Tim		742	42 M30M	00:33:28.09	00:33:28.09	506	00:10:46.76	484	00:11:15.09	506	00:11:26.24	496	Trotec GmbH
507	VOGELS Jochen		712	50 M35M	00:33:29.04	00:33:29.04	507	00:11:21.00	541	00:12:02.01	531	00:10:06.03	397	Teamgeist Frauenrath
508	HÄNSGEN Marie-Therese		699	44 HKF	00:33:29.21	00:33:29.21	508	00:11:21.52	543	00:11:05.31	498	00:11:02.38	479	Teamgeist Frauenrath
509	LOWIS Vanessa		705	30 W30F	00:33:29.37	00:33:29.37	509	00:11:21.22	542	00:11:05.72	499	00:11:02.43	480	Teamgeist Frauenrath
510	MAROHN Matthew		656	93 HKM	00:33:31.22	00:33:31.22	510	00:09:12.80	286	00:12:29.79	541	00:11:48.63	515	Team sera
511	FÖRSTER Simone		718	15 W45F	00:33:32.09	00:33:32.09	511	00:10:23.30	438	00:11:23.43	515	00:11:45.36	513	Tholen Gebäudetechnik
512	KÖRFER Tanja		245	28 W40F	00:33:36.93	00:33:36.93	512	00:10:36.23	458	00:11:24.26	516	00:11:36.44	505	Franziskusheim gGmbH
513	WEIß Thomas		250	51 M35M	00:33:36.93	00:33:36.93	513	00:10:36.26	459	00:11:24.28	517	00:11:36.39	504	Franziskusheim gGmbH
514	RÖSCH Lilli		738	30 W35F	00:33:38.24	00:33:38.24	514	00:10:01.91	402	00:11:52.14	529	00:11:44.19	512	TLI GmbH
515	MARCINIAK Martin		751	45 M40M	00:33:42.21	00:33:42.21	515	00:10:20.53	437	00:11:21.49	513	00:12:00.19	524	Trotec GmbH
516	KOCH Vivien		347	45 HKF	00:33:49.57	00:33:49.57	516	00:10:43.40	473	00:11:14.35	504	00:11:51.82	518	Integrationswerk
517	RAPIC Viola		349	16 W45F	00:33:49.58	00:33:49.58	517	00:10:43.24	471	00:11:13.96	503	00:11:52.38	519	Integrationswerk
518	JÜRGENS Pascal		736	94 HKM	00:33:50.75	00:33:50.75	518	00:08:54.51	234	00:12:06.72	532	00:12:49.52	541	TLI GmbH
519	BEISEL Michelle		616	3 U20F	00:33:52.96	00:33:52.96	519	00:10:16.45	430	00:11:37.53	526	00:11:58.98	523	Team Café bagett
520	BREUER Tobias		239	95 HKM	00:34:04.42	00:34:04.42	520	00:10:55.72	516	00:11:15.61	507	00:11:53.09	520	ene't
521	VOßIEK Fabio		779	5 U20M	00:34:18.42	00:34:18.42	521	00:08:32.95	190	00:13:05.14	550	00:12:40.33	537	Volksbank Heinsberg eG
522	HEIß Silke		416	17 W45F	00:34:23.12	00:34:23.12	522	00:10:37.71	464	00:11:41.10	527	00:12:04.31	525	Kreis Heinsberg
523	FALATIK Franziska		1324	5 W60F	00:34:25.94	00:34:25.94	523	00:11:05.49	525	00:11:32.72	521	00:11:47.73	514	Intersport Schäfer
524	MARGERDT Jill		684	31 W30F	00:34:31.48	00:34:31.48	524	00:10:27.49	449	00:11:19.59	512	00:12:44.40	540	Team Teijin
525	HENSLING Phil		143	96 HKM	00:34:35.07	00:34:35.07	525	00:10:32.13	454	00:10:46.20	479	00:13:16.74	553	Apm
526	KAMPS Nadine		264	31 W35F	00:34:41.43	00:34:41.43	526	00:10:53.84	508	00:11:14.39	505	00:12:33.20	531	Groob Elektro GmbH .Co. KG
527	RÖGER Martin		229	52 M35M	00:34:47.63	00:34:47.63	527	00:11:18.28	536	00:10:56.83	491	00:12:32.52	530	Derichs GmbH Verfahrenstechnik
528	SCHUREN Jennifer		711	32 W35F	00:34:48.27	00:34:48.27	528	00:11:32.52	544	00:11:35.58	524	00:11:40.17	509	Teamgeist Frauenrath
529	RIEßELMANN Laura		710	32 W30F	00:34:48.47	00:34:48.47	529	00:11:33.11	546	00:11:35.27	522	00:11:40.09	508	Teamgeist Frauenrath
530	KÜPPERS Sarah		703	33 W30F	00:34:48.49	00:34:48.49	530	00:11:32.83	545	00:11:35.48	523	00:11:40.18	510	Teamgeist Frauenrath
531	ROMBEY-BOHNEN Kristin		335	33 W35F	00:35:03.43	00:35:03.43	531	00:11:02.44	524	00:11:45.99	528	00:12:15.00	528	INperfektion GmbH
532	DERWAHL Thorsten		327	25 M45M	00:35:03.69	00:35:03.69	532	00:11:17.00	535	00:11:31.74	520	00:12:14.95	527	INperfektion GmbH
533	JAF Jasmina		417	46 HKF	00:35:11.84	00:35:11.84	533	00:09:59.04	400	00:12:28.92	540	00:12:43.88	539	Kreis Heinsberg
534	STANIC Leon		761	6 U20M	00:35:11.86	00:35:11.86	534	00:09:25.17	309	00:12:16.86	534	00:13:29.83	557	Trotec GmbH
535	DIENHOF Lena		389	47 HKF	00:35:18.68	00:35:18.68	535	00:10:51.85	497	00:12:36.29	544	00:11:50.54	516	Junge Union Kreisverband Heinsberg
536	MURPHY William		390	97 HKM	00:35:18.72	00:35:18.72	536	00:10:51.31	496	00:12:36.56	545	00:11:50.85	517	Junge Union Kreisverband Heinsberg
537	SOESTERS Niklas		339	43 M30M	00:35:29.08	00:35:29.08	537	00:12:46.54	563	00:11:11.95	502	00:11:30.59	499	INperfektion GmbH
538	KAISER Sebastian		346	46 M40M	00:35:39.93	00:35:39.93	538	00:10:15.32	427	00:12:25.25	538	00:12:59.36	548	Integrationswerk
539	WELFERS Pia		494	34 W35F	00:35:57.03	00:35:57.03	539	00:11:47.38	552	00:11:55.31	530	00:12:14.34	526	Rettungsdienst im Kreis Heinsberg
540	VOGT Dajana		448	48 HKF	00:35:59.41	00:35:59.41	540	00:11:16.15	531	00:12:13.96	533	00:12:29.30	529	lekker Energie
541	DATSENKO Olga		611	35 W35F	00:36:02.69	00:36:02.69	541	00:11:58.78	555	00:13:09.62	553	00:10:54.29	471	Tanzschule Ars Vivendi
542	NIELSEN Anitta	DEN	625	19 W50F	00:36:24.01	00:36:24.01	542	00:11:19.40	538	00:12:30.05	542	00:12:34.56	534	Team Café bagett
543	MEYER Marcel		752	53 M35M	00:36:27.67	00:36:27.67	543	00:10:54.82	514	00:12:35.01	543	00:12:57.84	547	Trotec GmbH
544	BENNERT Joshua		284	98 HKM	00:37:11.61	00:37:11.61	544	00:09:53.47	379	00:12:45.52	548	00:14:32.62	562	HEINRICHS GRUPPE
545	HEUSER Tobias		289	99 HKM	00:37:12.36	00:37:12.36	545	00:09:52.83	378	00:12:46.29	549	00:14:33.24	563	HEINRICHS GRUPPE
546	NEHEN Dunja		479	18 W45F	00:37:25.53	00:37:25.53	546	00:12:10.56	557	00:12:23.11	537	00:12:51.86	542	Querfeldrein Laufladen

Legend:

-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results &amp; timing

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Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Verein
547	DA SILVA SANTOS Joao Paulo		473	100 HKM	00:37:25.61	00:37:25.61	547	00:12:10.44	556	00:12:23.08	536	00:12:52.09	543	Querfeldrein Laufladen
548	LÜBKE Thomas		505	24 M55M	00:37:38.69	00:37:38.69	548	00:12:13.15	561	00:12:22.57	535	00:13:02.97	549	RIETER
549	FRITSCH Michael		622	30 M50M	00:37:41.03	00:37:41.03	549	00:10:37.45	463	00:13:10.31	554	00:13:53.27	559	Team Café bagett
550	SCUSSEL Luciano		265	25 M55M	00:37:41.20	00:37:41.20	550	00:11:16.71	534	00:12:25.78	539	00:13:58.71	560	Groob Elektro GmbH .Co. KG
551	KYRIAKAKIS Pia		294	4 U20F	00:37:53.39	00:37:53.39	551	00:11:19.44	539	00:13:55.26	559	00:12:38.69	535	HEINRICHS GRUPPE
552	RICHTER Mirco		296	101 HKM	00:37:55.37	00:37:55.37	552	00:11:20.50	540	00:14:01.23	561	00:12:33.64	532	HEINRICHS GRUPPE
553	VON LELIWA Luca		298	102 HKM	00:37:55.41	00:37:55.41	553	00:11:19.18	537	00:13:55.67	560	00:12:40.56	538	HEINRICHS GRUPPE
554	HOLTBY Nicole		240	20 W50F	00:38:13.43	00:38:13.43	554	00:12:12.75	558	00:12:37.75	546	00:13:22.93	555	ene't
555	WYLEGALA Katharina		781	36 W35F	00:38:18.25	00:38:18.25	555	00:11:39.22	549	00:13:20.39	555	00:13:18.64	554	Volksbank Heinsberg eG
556	BABU Aleena		283	49 HKF	00:38:18.56	00:38:18.56	556	00:11:46.63	551	00:12:45.16	547	00:13:46.77	558	HEINRICHS GRUPPE
557	HENDRIKS Rick		292	103 HKM	00:38:18.94	00:38:18.94	557	00:11:57.98	554	00:13:23.90	557	00:12:57.06	545	HEINRICHS GRUPPE
558	CLABEN Kristina		774	29 W40F	00:38:23.59	00:38:23.59	558	00:11:39.27	550	00:13:20.52	556	00:13:23.80	556	Volksbank Heinsberg eG
559	CRUZ-FERNANDES Elisabete		541	30 W40F	00:38:25.72	00:38:25.72	559	00:12:12.82	559	00:13:05.59	551	00:13:07.31	551	St. Elisabeth Krankenhaus Geilenkirchen
560	FERNANDES Kerstin		544	7 W55F	00:38:26.10	00:38:26.10	560	00:12:12.83	560	00:13:06.01	552	00:13:07.26	550	St. Elisabeth Krankenhaus Geilenkirchen
561	WINKLER Dirk		432	44 M30M	00:38:41.55	00:38:41.55	561	00:10:36.51	460	00:15:08.18	564	00:12:56.86	544	Lebenshilfe Heinsberg e.V.
562	KRAUTSCHICK Marie-Christine		151	50 HKF	00:39:00.89	00:39:00.89	562	00:12:16.54	562	00:13:46.85	558	00:12:57.50	546	AWO im Kreis Heinsberg - Einfach viel bew
563	NGUYEN Hoang Nhan		563	45 M30M	00:39:04.35	00:39:04.35	563	00:10:57.44	519	00:14:01.62	562	00:14:05.29	561	St. Elisabeth Krankenhaus Geilenkirchen
564	KALOK Hans-Joachim		747	9 M60M	00:43:24.05	00:43:24.05	564	00:13:08.94	565	00:15:11.05	565	00:15:04.06	564	Trotec GmbH
565	LANGHANS Kevin		330	47 M40M	00:43:24.24	00:43:24.24	565	00:13:00.44	564	00:15:00.91	563	00:15:22.89	565	INperfektion GmbH
566	WIENECKE Andrea		299	19 W45F	00:45:26.99	00:45:26.99	566	00:14:40.17	566	00:15:20.61	566	00:15:26.21	566	HEINRICHS GRUPPE
DSQ	KRINGS Oliver		469	0 M45M	00:29:12.89	00:29:12.89	-	00:10:50.04	-	00:16:33.58	-	00:01:49.26	-	Pflegedienst Kuijpers
DSQ	VON BÖHL Mia		762	0 HKF	00:43:01.14	00:43:01.14	-	00:40:48.64	-	00:01:07.17	-	00:01:05.32	-	Trotec GmbH
DNF	ABOU LEBDI Elias		400	0 U20M	00:12:28.69		-	00:06:01.47	-	00:06:27.22	-		-	Kinderarztpraxis mit Herz
DNF	LIROUPIS Elena		167	0 U16F	00:15:07.27		-	00:07:15.60	-	00:07:51.67	-		-	BSG Krankenhaus Heinsberg
DNF	KLÖCKER Anne		145	0 W35F	00:22:59.20		-	00:11:05.04	-	00:11:54.16	-		-	Apm
DNF	LEHNEN Alicia		419	0 U20F	00:28:09.78		-	00:13:02.55	-	00:15:07.23	-		-	Kreis Heinsberg
DNF	PEITZ Martin		246	0 HKM	00:29:45.36		-	00:08:38.13	-	00:21:07.23	-		-	Franziskusheim gGmbH
DNF	EREN Türkü		621	0 HKF	00:41:12.55		-	00:10:31.00	-	00:30:41.55	-		-	Team Café bagett
DNF	BUERMANN Doris		610	0 W35F	00:12:00.48		-	00:12:00.48	-		-		-	Tanzschule Ars Vivendi
DNF	BECKER Renate		607	0 W65F	00:12:01.04		-	00:12:01.04	-		-		-	Tanzschule Ars Vivendi
DNF	ALDENHOVEN Ralf		323	0 M45M	00:15:15.35		-	00:15:15.35	-		-		-	INperfektion GmbH
DNF	LENZEN Frederik		704	0 HKM	00:32:28.63		-	00:32:28.63	-		-		-	Teamgeist Frauenrath
DNF	GREIN Nico		523	0 HKM	00:32:30.36		-	00:32:30.36	-		-		-	SCHLUN
DNF	ENGELEN Michael		521	0 M45M	00:32:30.37		-	00:32:30.37	-		-		-	SCHLUN
DNF	HERFS Jule		396	0 U18F	00:39:11.57		-	00:39:11.57	-		-		-	JVA Heinsberg
DNF	THIßEN Timo		399	0 HKM	00:39:14.09		-	00:39:14.09	-		-		-	JVA Heinsberg
DNF	WINDELEN Türkan		353	0 W45F	00:42:00.87		-	00:42:00.87	-		-		-	Integrationswerk
DNF	FISCHER Jessica		498	0 W35F	00:59:17.45		-	00:59:17.45	-		-		-	RIETER

Legend:  
-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

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