

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|-----------------|---|-------------|-------|
| Andreas | Sprott | Running Team Grafenberg | 1 | 1 |
| Nikki | Johnstone | LAZ Puma Rhein-Sieg / ASICS-FrontRunner | 2 | 1 |
| Katharina | Wehr | Laufsport Bunert Duisburg & Moers | 3 | 1 |
| Jan | Neuens | ASV Duisburg | 4 | 1 |
| Dennis | Breuer | Laufsport Bunert Duisburg & Moers | 5 | 1 |
| Ralf | Aalbers | | 6 | 1 |
| Sabine | Abbing | | 7 | 2 |
| Kamal | Abdellatif | Vodafone | 8 | 2 |
| Klaus | Abel | LC Duisburg | 9 | 1 |
| Florian | Abraham | Vodafone | 10 | 1 |
| Jan | Abraham | Team Erdinger Alkoholfrei | 11 | 1 |
| Johann | Abramowski | | 12 | 1 |
| Thomas | Abs | | 13 | 1 |
| Robert | Achatz | Vodafone | 14 | 1 |
| Andrea | Adam | Angerland LT Lintorf | 15 | 1 |
| André | Adler | TC 69 | 16 | 1 |
| Atossa | Afsharnejad | | 17 | 2 |
| Vaishali | Aggarwal | | 18 | 2 |
| Maria | Agudo | | 19 | 1 |
| Marcel | Ahaus | | 20 | 1 |
| Sibylle | Ahaus | | 21 | 1 |
| Ludger | Ahle | | 22 | 1 |
| Christian | Ahn | | 23 | 2 |
| Nicola | Ajjane | | 24 | 2 |
| Sultan | Akin | | 25 | 1 |
| Salma | Alami | | 26 | 2 |
| Marion | Al-Bayati | LC Nettetal | 27 | 2 |
| Heike | Albert | | 28 | 2 |
| Jörg | Albrecht | Moerser TV 1850 | 29 | 1 |
| Martin | Albrecht | | 30 | 1 |
| Gaby | Alex | | 31 | 1 |
| Benedikt | Allkemper | | 32 | 2 |
| Antonio Paulo | Almeida | Vodafone | 33 | 1 |
| Agostinho | Almeida Da Silv | Herr | 34 | 2 |
| Joél | Althammer | | 35 | 1 |
| Linda | Amalou | Ausdauerchule by bunert | 36 | 1 |
| Pablo | Amaya | | 37 | 1 |
| Eric | Ambaum | ASV Duisburg | 38 | 1 |
| Konrad | Ambroziewicz | | 39 | 1 |
| Samira | Amin | | 40 | 2 |
| Nadjib | Amir | | 41 | 2 |
| Nicole | Amir | | 42 | 2 |
| Jenny | Ammerschuber | Borbecker Raketen Essen | 43 | 1 |
| Fared | Amraue | | 44 | 2 |
| Eva | Anders | New Balance | 45 | 1 |
| Christian | Angerhausen | | 46 | 1 |
| Jyothi | Ankam | International Ruhr Run Club | 47 | 1 |
| THEODOROS | ANTONIOU | ORTOVOUNI KALAMPAKAS | 48 | 1 |
| Sascha | Antvogel | | 49 | 2 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|----------------------|----------------------------|--------------------|--------------|
| Patrick | Appe | 1974 | 50 | 1 |
| Juan Pablo | Aragon | Atlanta Track Club | 51 | 1 |
| Yvonne | Arbeck | | 52 | 2 |
| Felix | Arenz | | 53 | 1 |
| Thorsten | Arkenau | Fitness Cottage Mettmann | 54 | 1 |
| Johannes | Arndt | HSP Münster | 55 | 1 |
| Katja | Arndt | | 56 | 2 |
| Philipp | Arnold | | 57 | 1 |
| Inan | Arslan | | 58 | 1 |
| Nuray | Arslan | Bewegungswelten | 59 | 1 |
| Martina | Aschmies | | 60 | 2 |
| Xavier | Audouze | | 61 | 1 |
| Alexander | Aufmuth | TGV Duisburg 08 | 62 | 2 |
| Florian Toni | Aufmuth | A&F Runner | 63 | 1 |
| Matthias | Aufurth | | 64 | 1 |
| Kevin | Augustin | | 65 | 2 |
| Frederik | Aulich | Anchor Running Crew | 66 | 1 |
| Önder | Avsar | | 67 | 2 |
| Matthieu | Baader | Vodafone | 68 | 1 |
| Christian | Baartz | Tel International BV | 69 | 1 |
| Andreas | Bachmann | Team Erdinger Alkoholfrei | 70 | 1 |
| Susanne | Backes | OSC | 71 | 2 |
| Michael | Badura | Go for Gold | 72 | 1 |
| Valeska | Bäumer | | 73 | 1 |
| Nathalie | Bahn | Paracelsus-Klinik Golzheim | 74 | 2 |
| Fabian | Baier | | 75 | 1 |
| Andreas | Ballof | Bonner RG | 76 | 1 |
| Nicole | Ballsieper-Tillmanns | | 77 | 2 |
| Kerstin | Balshüsemann | | 78 | 2 |
| Marcel-Hendrik | Baltz | | 79 | 1 |
| Charlotte | Balzer | | 80 | 2 |
| Dagmar | Bange | TSV Dieringhausen | 81 | 2 |
| Holger | Bantin | Ausdauerschule by bunert | 82 | 1 |
| Sobair | Barak | | 83 | 1 |
| Agnes | Baranyai | | 84 | 1 |
| Pino | Barbera | Team Erdinger Alkoholfrei | 85 | 1 |
| René | Barion | Team Erdinger Alkoholfrei | 86 | 2 |
| Willi | Baron | | 87 | 1 |
| Felix | Barra | Anchor Running Crew | 88 | 2 |
| Andreas | Bartel | | 89 | 1 |
| Holger | Bartelds | Sprungzwei | 90 | 2 |
| Nicole | Bartelds | Sprungzwei | 91 | 2 |
| Manuel | Bartels | PlantFueled Fitness | 92 | 1 |
| Jochen | Bartling | Running Team Grafenberg | 93 | 1 |
| Rabea | Bartnik | | 94 | 2 |
| Benedict | Bartsch | | 95 | 1 |
| Jochen | Bartz | | 96 | 1 |
| Martin | Basler | | 97 | 2 |
| Angela | Batri | | 98 | 1 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|--------------|-------------------------------------|-------------|-------|
| Jasmin | Bauer | TV Niederscheld | 99 | 2 |
| Patrick | Bauer | LT Alt Erkrath | 100 | 2 |
| Sascha | Bauermann | Running Team Grafenberg | 101 | 1 |
| Marcus | Bauermeister | | 102 | 2 |
| Sarah | Baum | | 103 | 1 |
| Christoph | Baumbach | | 104 | 2 |
| Bernd | Baurmann | DJK Elmar Kohlscheid | 105 | 1 |
| Katharina | Baurmann | | 106 | 1 |
| Achim | Bausdorf | TV Witzhelden | 107 | 2 |
| Jaden | Becher | | 108 | 2 |
| Franziska | Becker | | 109 | 2 |
| Heike | Becker | | 110 | 1 |
| Hilmar | Becker | | 111 | 2 |
| Johanna | Becker | | 112 | 2 |
| Markus | Becker | | 113 | 2 |
| Sven-Moritz | Becker | | 114 | 2 |
| Sandra | Beckers | | 115 | 1 |
| Dominik | Beckmann | LC Duisburg | 116 | 1 |
| Martin | Beckmann | BSG König-Brauerei | 117 | 1 |
| Ralf | Beckmanns | LT Krefeld-Oppum | 118 | 1 |
| Mirco | Beel | | 119 | 2 |
| Holger | Begemann | ARCD - Anchor Running Crew Duisburg | 120 | 1 |
| Melanie | Begemann | - | 121 | 2 |
| Markus | Behlau | | 122 | 1 |
| Ute | Behling | | 123 | 1 |
| Michaela | Behr | | 124 | 2 |
| Anika | Behrendt | | 125 | 2 |
| Jens | Behrendt | | 126 | 1 |
| Maik | Behrendt | RTV Staubwolke | 127 | 2 |
| Karin | Behrens | | 128 | 2 |
| Rebekka | Behrning | | 129 | 2 |
| Benjamin | Beis | Novatec Sports Team | 130 | 2 |
| Isa | Bektik | | 131 | 1 |
| Semi | Belahouane | LC Duisburg | 132 | 1 |
| Inga | Bellwinkel | Sinalco Running Crew | 133 | 1 |
| Agnes | Benardeau | | 134 | 2 |
| Arthur | Bendig | Vodafone | 135 | 1 |
| Janine | Benecke | Club: Running Crew Wittlaer | 136 | 2 |
| Anja | Bennemann | VHS im FoKuS Selm | 137 | 2 |
| Jule | Benninghoff | | 138 | 2 |
| Uwe | Bensch | LC Duisburg | 139 | 2 |
| Franziska | Benson | | 140 | 2 |
| Gerrit | Benson | | 141 | 2 |
| Tino | Benter | ETUS Wedau | 142 | 1 |
| Thomas | Bentrup | Ski Klub Düsseldorf | 143 | 1 |
| Oliver | Bentz | | 144 | 2 |
| Martin | Berekoven | Triathlon Team Ratingen 08 | 145 | 1 |
| Frank | Bergbauer | | 146 | 1 |
| Christoph | Berger | | 147 | 1 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|-------------|-----------------------------------|-------------|-------|
| Claudia | Berger | Team Otto | 148 | 1 |
| Friedhelm | Berger | Beimer Team | 149 | 1 |
| Sascha | Berger | Projekt 850 | 150 | 1 |
| Florina | Bergers | | 151 | 2 |
| Maren | Berghoff | | 152 | 1 |
| Dieter | Bergmann | LT Alt-Erkrath | 153 | 2 |
| Michael | Bergmann | | 154 | 1 |
| Sophie | Bergner | | 155 | 2 |
| Dennis | Bernard | | 156 | 1 |
| Ralf | Berndgen | Team Erdinger Alkoholfrei | 157 | 2 |
| Jenna | Bersau | | 158 | 2 |
| Vanessa | Bersch | Laufsport Bunert Duisburg & Moers | 159 | 2 |
| Bernd | Berse | Spiridon Haltern | 160 | 1 |
| Maike | Berse | Spiridon Haltern | 161 | 1 |
| Andre | Bertram | | 162 | 2 |
| Claudia | Bertram | | 163 | 2 |
| Markus | Bertram | | 164 | 1 |
| Jamila | Besken | | 165 | 1 |
| Kai | Besken | | 166 | 1 |
| Claire | Besnoin | | 167 | 2 |
| Jörg | Bewerunge | | 168 | 1 |
| Alexander | Biber | | 169 | 1 |
| Alexander | Bickel | | 170 | 1 |
| Lutz | Biele | | 171 | 1 |
| Holger | Bierhoff | Epigenetics of Aging | 172 | 1 |
| Christian | Biermann | | 173 | 2 |
| Doreen | Biermann | | 174 | 2 |
| Rainer | Bierschbach | Turnerbund Osterfeld 1911 e.V. | 175 | 1 |
| Anika | Bilsdorfer | | 176 | 2 |
| Arabella | Bilsing | | 177 | 2 |
| Jürgen | Binias | WIR_BEI_HKM | 178 | 2 |
| Carina | Binkowski | Frau | 179 | 2 |
| Stefan | Binkowski | GSG Duisburg | 180 | 1 |
| Judith | Bisanz | | 181 | 2 |
| Michael | Bisanz | | 182 | 2 |
| Andreas | Bisges | | 183 | 2 |
| Sebastian | Blachnik | | 184 | 1 |
| Cordula | Blässe | Oberhausener TV | 185 | 2 |
| Detlef | Blässe | Sprungzwei | 186 | 2 |
| Ralf | Blasitzke | Anchor Running Crew Duisburg | 187 | 2 |
| Franziska | Blennemann | GID Running | 188 | 2 |
| Katharina | Bliefert | | 189 | 2 |
| Friedhelm | Bliesner | DSV 98 Triathlon | 190 | 2 |
| Melanie | Bliessen | | 191 | 2 |
| Ansgar | Bloch | | 192 | 1 |
| Christian | Blockhaus | | 193 | 1 |
| Petra | Bloser | SC Bayer Uerdingen Karate | 194 | 2 |
| Kersten | Bluma | VHS im FoKuS Selm | 195 | 2 |
| Ute | Blumenberg | LC Duisburg | 196 | 2 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|---------------|--|-------------|-------|
| Philipp | Blumenstein | | 197 | 1 |
| Laura | Bochinski | | 198 | 2 |
| Rainer | Bock | | 199 | 1 |
| Jonathan Luca | Bodenstein | | 200 | 1 |
| Klaus | Bodien | Sonntagsläufer | 201 | 2 |
| Marius | Böcker | GID Running | 202 | 1 |
| Sonja | Boeckhorst | LC Duisburg | 203 | 2 |
| Simon | Bödecker | | 204 | 1 |
| Michael | Böhle | | 205 | 2 |
| Fabian | Böhlefeld | | 206 | 2 |
| Torsten | Böhlke | | 207 | 1 |
| Claudia | Böhm | | 208 | 2 |
| Michaela | Böhm | Sportgemeinschaft Flughafen Düsseldorf | 209 | 2 |
| Marc | Boehme | Bergisch Gladbach | 210 | 1 |
| Ralph | Boehme | Nowy Styl Group | 211 | 1 |
| Thomas | Böhme | Düsenjets | 212 | 2 |
| Ingo | Böhmer | | 213 | 1 |
| Jaqueline | Böhmer | | 214 | 1 |
| Ulrike | Böhmer | | 215 | 2 |
| Jan | Böing | | 216 | 1 |
| Jonas | Böing-Meißing | Schiedsrichter Kreis 11 | 217 | 1 |
| Christian | Böker | LG 1947 Viersen | 218 | 1 |
| Claus | Boelen-Theile | | 219 | 2 |
| Andreas | Böllertz | | 220 | 2 |
| Felix | Böllhoff | | 221 | 1 |
| Bettina | Boer | Hühnerstall Crew | 222 | 2 |
| Lars | Böringschulte | | 223 | 1 |
| Felix | Börner | | 224 | 1 |
| Maren | Börstdamm | Team Herbert | 225 | 1 |
| Hendrik | Böttcher | | 226 | 2 |
| Oliver | Böttcher | | 227 | 1 |
| Alexander | Bogner | | 228 | 1 |
| Laura | Bohmke | | 229 | 1 |
| Sven | Bohnsack | Osterather TV | 230 | 2 |
| Patrick | Boland | | 231 | 2 |
| Jörg | Boldt | WIR_BEI_HKM | 232 | 2 |
| Wolfgang | Boldt | TV Uftort-Eick | 233 | 1 |
| Werner | Bolender | TV Jahn Hiesfeld | 234 | 2 |
| Dirk | Bolle | | 235 | 2 |
| Heinz Gerd | Bolz | Wickrather Laufftreff | 236 | 2 |
| André | Boneß | | 237 | 1 |
| Patrick | Bongardt | ABB Betriebssport e.V. | 238 | 1 |
| Stefan | Bons | BSG Sparkasse Krefeld | 239 | 1 |
| Attje | Boom | MPM Hengelo | 240 | 1 |
| Natalia | Boonk | | 241 | 1 |
| Sebastian | Boras | | 242 | 1 |
| Alexander | Borchert | | 243 | 1 |
| Sarah | Borgloh | gotorun | 244 | 1 |
| Svenja | Borgmann | | 245 | 2 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|--------------|----------------------------|-------------|-------|
| Philipp | Born | | 246 | 2 |
| Ingo | Bornemann | | 247 | 2 |
| Thomas | Boshüsen | | 248 | 1 |
| Emma | Bosma | | 249 | 2 |
| Gerd | Bosma | | 250 | 2 |
| Davide | Bossini | | 251 | 1 |
| Cédric | Bourgeois | | 252 | 1 |
| Yann | Bourgeois | | 253 | 1 |
| Sebastian | Bourne | Paperless Runners | 254 | 1 |
| Matthias | Boutros | | 255 | 2 |
| Stephan | Brachmann | | 256 | 2 |
| Thomas | Brahm | | 257 | 1 |
| Uwe | Brambrink | | 258 | 1 |
| Andreas | Brand | TG Neuss | 259 | 1 |
| Bastian | Brand | FF1414 | 260 | 1 |
| Kathrin | Brand | FF1414 | 261 | 1 |
| Axel | Brandl | TV Jahn Hiesfeld | 262 | 2 |
| Jörg | Brandt | | 263 | 2 |
| Stephanie | Brandt | | 264 | 2 |
| Wolfgang | Brandt | LT Düsseldorf-Süd | 265 | 1 |
| Ariane | Brathe | Spiridon Haltern | 266 | 2 |
| Melanie | Brauel | | 267 | 1 |
| Christian | Braun | Running Team Grafenberg | 268 | 1 |
| Dorothee | Braun | Laufschule Düsseldorf | 269 | 2 |
| Friedhem | Braun | | 270 | 2 |
| Georg | Braun | Laufschule Düsseldorf | 271 | 1 |
| Jörn | Braun | | 272 | 1 |
| Jonathan | Braun | | 273 | 2 |
| Michel | Braun | | 274 | 1 |
| Swetlana | Braun | | 275 | 2 |
| Karin | Braune | Vodafone | 276 | 1 |
| Javier | Bravo | Vodafone | 277 | 1 |
| Niall | Brazil | | 278 | 2 |
| Arnd | Brechmann | BSG Sparkasse Essen | 279 | 2 |
| Daniel | Breitbarth | | 280 | 2 |
| Wolfgang | Breitenbach | Rahmer Marathon Gang | 281 | 2 |
| Adrian | Brenk | | 282 | 2 |
| Martin | Breuer | Paracelsus-Klinik Golzheim | 283 | 2 |
| Sebastian | Breuer | | 284 | 1 |
| Stefanie | Brezicha | | 285 | 2 |
| Iris | Brieger | | 286 | 2 |
| Jens | Brinkhaus | LC Nordhorn | 287 | 1 |
| Katharina | Brinkschulte | | 288 | 1 |
| Olaf | Brock | | 289 | 1 |
| Claudia | Brockhoff | LC Duisburg | 290 | 2 |
| Uwe | Brockhoff | LC Duisburg | 291 | 2 |
| Ute | Brockhaus | | 292 | 2 |
| Henrik | Brockmann | Vodafone | 293 | 2 |
| Peter | Brockof | Moerser TV | 294 | 1 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|--------------------------|--------------------|--------------|
| Peter | Brockof | AS Neukirchen-Vluyn | 295 | 1 |
| Marco | Brodel | | 296 | 2 |
| Ramilja | Brömstrup | TB Osnabrück | 297 | 1 |
| Kristof | Broll | | 298 | 1 |
| Uli | Bromenne | | 299 | 1 |
| Carolin | Bromkamp | | 300 | 1 |
| Jens | Brongkoll | | 301 | 2 |
| Matthew | Brookfield | | 302 | 1 |
| Christina | Brosch | | 303 | 2 |
| Barbara | Brouwers | | 304 | 1 |
| Thomas | Brouwers | | 305 | 1 |
| Nora | Bruckhoff | | 306 | 1 |
| Marco | Bruckschen | OSC 04 Rheinhausen | 307 | 2 |
| Till | Brunecker | | 308 | 1 |
| Matthias | Brux | | 309 | 2 |
| Holger | Brzezinski | Münstermaifeld | 310 | 2 |
| Rafael | Brzezinski | MILA ERFTSTADT | 311 | 1 |
| Björn | Buchholz | | 312 | 2 |
| Eva | Buchkremer | Weseler TV Triathlon | 313 | 2 |
| Günter | Buchloh | Marathon Mülheim | 314 | 1 |
| Jan | Buchner | | 315 | 2 |
| Jörn | Büchel | Manchester United | 316 | 1 |
| Michaela | Büchel | | 317 | 1 |
| Udo | Büchel | Sambaflitzer | 318 | 1 |
| Nicole | Bück | | 319 | 2 |
| Holger | Bühl | | 320 | 1 |
| Edwin | Bühler | | 321 | 1 |
| Marion | Bürgers | TV Orken | 322 | 1 |
| Jan | Büscher | TRC Essen | 323 | 2 |
| Peter | Bützer | | 324 | 1 |
| Michael | Buil | Provinzial Rheinland | 325 | 1 |
| Kazim | Bukhari | | 326 | 2 |
| Sebastian | Bunde | | 327 | 2 |
| Uwe | Bung | | 328 | 1 |
| Damian | Bungart | | 329 | 2 |
| Udo | Bungart | AS Neukirchen - Vluyn | 330 | 1 |
| Kerstin | Buran | TV Niederscheld | 331 | 1 |
| Thorsten | Burgardt | | 332 | 2 |
| Daniel | Burger | | 333 | 2 |
| Arndt | Burghof | Sex, Drugs und Dauerlauf | 334 | 1 |
| Anke | Burka | | 335 | 1 |
| Thomas | Burmann | Vodafone | 336 | 1 |
| Christian | Busch | | 337 | 1 |
| Markus | Busch | Angerland LT Lintorf | 338 | 1 |
| Marc | Buschkamp | | 339 | 2 |
| Michael | Butgereit | Tus Breitscheid | 340 | 2 |
| Mohsin | Butt | ERGO Group AG | 341 | 2 |
| Verena | Buxkämper | | 342 | 1 |
| Carsten | Calmund | | 343 | 1 |

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|------------|--------------|------------------------------|-------------|-------|
| Melanie | Calmund | | 344 | 2 |
| Pascal | Calmund | | 345 | 2 |
| Katrin | Cames | | 346 | 2 |
| Gisela | Camminady | | 347 | 2 |
| Giulia | Canossi | | 348 | 2 |
| Nowak | Carsten | Weseler TV Triathlon | 349 | 1 |
| Roth | Carsten | | 350 | 1 |
| Anne | Carter | Bunert Laufschule Düsseldorf | 351 | 1 |
| Chris | Carter | Vodafone | 352 | 1 |
| Björn | Caspers | | 353 | 1 |
| Elvira | Catikkas | | 354 | 1 |
| Murat | Celik | Ayyo Team Essen | 355 | 1 |
| Veli | Celik | Vodafone | 356 | 1 |
| Thomas | Ceyrowsky | | 357 | 1 |
| Martin | Chaumet | Anchor Running Crew | 358 | 1 |
| Bixia | Chen | Ausdauer Schule by bunert | 359 | 1 |
| Lidia | Chernomordik | | 360 | 2 |
| Kyrill | Chilevych | | 361 | 1 |
| Ralf | Chilian | | 362 | 2 |
| Sergio | Chio | | 363 | 1 |
| Magdalena | Chroboczek | | 364 | 1 |
| Franziska | Chrobok | | 365 | 1 |
| Lukas | Chwiedacz | | 366 | 1 |
| Benjamin | Chylka | Team Erdinger | 367 | 2 |
| Lukas | Cimino | | 368 | 2 |
| Lothar | Claaßen | SV Nordwacht Keeken | 369 | 2 |
| Horst | Clabbers | Running Team Grafenberg | 370 | 1 |
| Michael | Claesges | Bunert Hilden | 371 | 1 |
| Andrew | Clarke | | 372 | 2 |
| Adam | Clasen | | 373 | 1 |
| Britta | Clasen | | 374 | 2 |
| Annika | Claus | | 375 | 1 |
| Beate | Claus | | 376 | 2 |
| Scarlett | Clausen | | 377 | 2 |
| Tim | Clausen | | 378 | 2 |
| Lasse | Cleusters | Allround Triathlon Kleve | 379 | 1 |
| Brett | Cline | | 380 | 1 |
| Friederike | Coenen | | 381 | 1 |
| Dennis | Coling | | 382 | 2 |
| Simone | Collin | | 383 | 1 |
| Carsten | Cordes | | 384 | 1 |
| Francesco | Cornale | | 385 | 2 |
| Annette | Cosack | | 386 | 1 |
| Thomas | Coß | | 387 | 1 |
| Detlev | Cox | Fc Bayern München | 388 | 2 |
| Leander | Creusen | | 389 | 1 |
| Uwe | Crombach | | 390 | 1 |
| Carina | Cullmann | Los Cullmannos | 391 | 2 |
| Michael | Cullmann | Los Cullmannos | 392 | 2 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|----------------|---|-------------|-------|
| Thomas | Czaja | | 393 | 1 |
| Janine | Czarnik | RTG | 394 | 1 |
| Andreas | Czermin | Running Team Grafenberg | 395 | 1 |
| Jill | Czichon | | 396 | 2 |
| Berenike | Czwikla | | 397 | 2 |
| Adi | Dagan | | 398 | 1 |
| Philipp | Dahmen | TSV Viktoria 1898 Mülheim an der Ruhr e. V. | 399 | 1 |
| Yosef | Dalbah | | 400 | 2 |
| Kai | d'Alquen | Triathlon Team Düsseldorf | 401 | 1 |
| Stefan | Damal | | 402 | 2 |
| Franziska | Danielowski | | 403 | 2 |
| Andreas | Danino | | 404 | 1 |
| Nino | D'Astolfo | | 405 | 2 |
| Urs | Daubner | | 406 | 2 |
| Oliver | Daute | B23 | 407 | 2 |
| Birgit | Davidis | VHS im FoKuS Selm | 408 | 2 |
| Sabine | Dawschan | | 409 | 2 |
| Yousef | Dawwas | Vodafone | 410 | 2 |
| niels | de bruijn | Novatec Sportsteam | 411 | 1 |
| Stephan | de Clerque | Bussard Club 69 e.V. | 412 | 2 |
| Stephi | de la Torre | LC Duisburg | 413 | 2 |
| Noëmi | de Sainte Fare | | 414 | 1 |
| Christian | Debecker | | 415 | 1 |
| Nanni | Deblitz | | 416 | 2 |
| Davide | Decembrino | | 417 | 1 |
| Peter | Degener | Marathon Mülheim | 418 | 1 |
| Philipp | Deimann | | 419 | 1 |
| Jennifer | Dell | | 420 | 2 |
| Anna-Maria | Demes | | 421 | 2 |
| Haydar | Demircan | 1973 | 422 | 1 |
| Andrea | Denizer | Adler-Langlauf Bottrop | 423 | 1 |
| David | Denker | | 424 | 1 |
| Lars | Deppe | "Garantie abgelaufen" | 425 | 1 |
| Lion | Derbitz | Team Erdinger Alkoholfrei | 426 | 1 |
| Sascha | Dermanowicz | | 427 | 2 |
| Thorsten | Detzner | | 428 | 2 |
| Laura | Deussen | | 429 | 2 |
| Dominik | Deutscher | Team Magenta | 430 | 1 |
| Markus | Dewender | Kinder brauchen uns (KBU) e. V. | 431 | 2 |
| Dieter | Dewies | marathonteam-online | 432 | 2 |
| Claudio | Di Padova | | 433 | 2 |
| Geronimo | Diaz | | 434 | 1 |
| Thomas | Dick | BSG Commerzbank Ruhrgebiet | 435 | 2 |
| Volker | Dick | | 436 | 1 |
| Thomas | Dickmann | | 437 | 1 |
| Anke | Dieckmann | | 438 | 2 |
| Cedric | Dieckmann | | 439 | 2 |
| Thomas | Diekamp | | 440 | 2 |
| Bernd | Diekmann | Bunert Wesel | 441 | 1 |

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| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|----------------|--------------------------|-------------|-------|
| Jens | Diemer | LC Duisburg | 442 | 2 |
| Nadine | Dierksen | 1960 | 443 | 1 |
| Christel | Dietle-Marx | Angerland LT Lintorf | 444 | 2 |
| Christoph | Dietrich | Blueliner Duisburg | 445 | 1 |
| Eckhardt | Dietrich | Ratingen | 446 | 1 |
| Janna | Dietrich | | 447 | 1 |
| Neal | Dietrich | Herr | 448 | 2 |
| Uwe | Diex | | 449 | 2 |
| Dario | Differt | | 450 | 1 |
| Katrin | Dilger | | 451 | 1 |
| Hannah | Dimpker | | 452 | 2 |
| Peter | Ditthardt | TV Niederscheid | 453 | 1 |
| Rabea | Dittmar | | 454 | 1 |
| Tobias | Dittmer | | 455 | 2 |
| Andreas | Dix | | 456 | 2 |
| Klara | Döbbelin-Südfe | VHS im FoKuS Selm | 457 | 2 |
| Christoph | Döpke | Ausdauerschule by bunert | 458 | 1 |
| Anne | Döpken | | 459 | 2 |
| Merle | Döpken | | 460 | 2 |
| Joachim | Döring | TC Wegberg | 461 | 1 |
| Andreas | Doerpinghaus | LIA | 462 | 1 |
| Andreas | Doerpinghaus | LIA | 463 | 1 |
| Rainer | Doerrie | | 464 | 1 |
| Christian | Dolif | Wittlaer Runners | 465 | 1 |
| Mone | Domhöver | | 466 | 2 |
| Laurent | Donnay | | 467 | 2 |
| Yvonne | Dorant | | 468 | 2 |
| Benjamin | Dorn | | 469 | 1 |
| Maike | Dornemann | | 470 | 1 |
| Manuel | Dornemann | | 471 | 1 |
| Sebastian | Dornfeld | | 472 | 1 |
| Anna-Lena | Dorst | | 473 | 2 |
| Silke | Doss | | 474 | 1 |
| Metin | Dovek | | 475 | 2 |
| Anne | Draeseke | | 476 | 2 |
| Sascha | Draszba | | 477 | 1 |
| Sebastian | Drath | | 478 | 2 |
| Carmen | Dreisen | | 479 | 2 |
| Leonie | Dreiser | | 480 | 2 |
| Martin | Dreisewerd | | 481 | 2 |
| Daniel | Dreißig | | 482 | 1 |
| Christoph | Dresen | | 483 | 2 |
| Kerstin | Dreßen | | 484 | 2 |
| Jannis | Drewello | | 485 | 2 |
| Bernhard | Drewes | Adler-Langlauf Bottrop | 486 | 1 |
| Anna | Drieling | | 487 | 1 |
| Lukas | Droege | Vodafone | 488 | 1 |
| Clemens | Drubel | gute-beine.de | 489 | 1 |
| Markus | Drymalla | | 490 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|---------------------------------|--------------------|--------------|
| Bjoern | Dubray | | 491 | 1 |
| Svenja | Duchcik | | 492 | 1 |
| Heinrich | Dück | PACE PACK RUNNERS | 493 | 1 |
| Sven | Dückerhoff | Unterrath | 494 | 1 |
| Maximilian | Dühnen | Hochschulsport Uni Münster | 495 | 1 |
| Andreas | Düren | | 496 | 1 |
| Caglayan | Düzgün | | 497 | 1 |
| Mark | Dufhues | Running Team Grafenberg | 498 | 1 |
| Michael | Dugandzic | NK Croatia Essen | 499 | 1 |
| Björn | Duggen | | 500 | 2 |
| oliver | duhr | | 501 | 1 |
| René | Dumoulin | | 502 | 2 |
| Pia | Duve | | 503 | 2 |
| Andreas | Dworaczek | | 504 | 1 |
| Toni | Ebbighausen | | 505 | 1 |
| Oliver | Ebenhöh | | 506 | 1 |
| Henning | Ebke | Vodafone | 507 | 2 |
| Fabian | Edwin | | 508 | 1 |
| Stefan | Egerland | Sparschritt Wattenscheid | 509 | 2 |
| Laura | Eggers | | 510 | 1 |
| Jan | Ehlers | Sinalco Running Crew | 511 | 1 |
| Daniel | Eichhorn | TuS 08 Lintorf | 512 | 1 |
| Johannes | Eichstädt | TSG Benrath | 513 | 1 |
| Bjoern | Eicker | Team Erdinger Alkoholfrei | 514 | 1 |
| Sigrid | Eicker | GSV Geldern e.V. | 515 | 2 |
| Denise | Eickhoff | | 516 | 2 |
| Guido | Eickvonder | LC Duisburg | 517 | 1 |
| Katrin | Eidmann | SCB Horrem | 518 | 2 |
| Marc | Eikenberg | Moerser TV | 519 | 1 |
| Volker | Eilers | | 520 | 2 |
| Isabel | Eisele | | 521 | 2 |
| Nora | Eisenberg | | 522 | 1 |
| Michael | Elbers | | 523 | 2 |
| Tina | Elbers | | 524 | 2 |
| Yannik | Elbers | | 525 | 2 |
| Simon | Elkenhans | Ayyo-Team Essen | 526 | 1 |
| Jürgen | Ellwart | | 527 | 2 |
| Sven | Elvert | Duisburger SV 98 Triathlon Team | 528 | 1 |
| Sarah | Elyas | | 529 | 2 |
| Laura | Emaas | | 530 | 2 |
| Fabian | Emmerich | | 531 | 1 |
| Jörg | Emmerich | emmiland | 532 | 2 |
| Roland | Emmrich | | 533 | 1 |
| Stefanie | Endlein | | 534 | 2 |
| Julia | Endres | | 535 | 1 |
| Dietmar | Endress | | 536 | 2 |
| Dorthe | Engbers | | 537 | 2 |
| Florian | Engel | | 538 | 1 |
| Marion | Engel | KölnTriathlon e.V | 539 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|------------------------------|--------------------|--------------|
| Thorsten | Engel | | 540 | 1 |
| Lisa | Engeln | | 541 | 1 |
| Lutz | Engelsing | Samstagsmänner Bad Godesberg | 542 | 2 |
| Kevin | Engler | OTV Endurance Team | 543 | 2 |
| Jörg | Engstler | Spiridon Frankfurt e.V. | 544 | 1 |
| Heike | Enkemeier | Big Tree Runners | 545 | 1 |
| Julian | Enß | | 546 | 2 |
| Fabian | Enste | SV Schermbeck | 547 | 1 |
| Judith | Entrup | | 548 | 2 |
| Marcus | Erben | Kevelaerer SV Muddies | 549 | 1 |
| Lars | Erdmann | ERGO sports Düsseldorf | 550 | 1 |
| Martin | Erdmann | | 551 | 2 |
| Simone | Erfmann | | 552 | 1 |
| Rainer | Erhardt | PLT Wulfen-Barkenbergr | 553 | 1 |
| Lars | Erichsen | | 554 | 1 |
| Katrin | Erning | | 555 | 2 |
| Jennifer | Ernst | | 556 | 2 |
| Matthias | Ernst | | 557 | 2 |
| Christoph | Escher | Angerland LT | 558 | 1 |
| Eva | Esser | Running Team Grafenberg | 559 | 2 |
| Marcel | Esser | | 560 | 2 |
| Oliver A. | Eßer | Team ERDINGER Alkoholfrei | 561 | 1 |
| Maike | Esterhaus | | 562 | 2 |
| Nina | Etscheidt | | 563 | 2 |
| Uli | Etzel | | 564 | 1 |
| Markus | Euwens | | 565 | 1 |
| Frank | Everts | | 566 | 2 |
| Denis | Ewert | | 567 | 1 |
| Michael | Ex | | 568 | 2 |
| Melanie | Eysoldt | Running Team Grafenberg | 569 | 1 |
| Stefan | Faderl | | 570 | 1 |
| Sven | Falinski | | 571 | 1 |
| Markus | Falk | Laufhelden Krefeld | 572 | 1 |
| Shih-yin | Fan | | 573 | 2 |
| Janina | Fandel | | 574 | 2 |
| Meike | Farber | SV Haldern | 575 | 1 |
| Miriam | Fastabend | | 576 | 2 |
| Katrin | Fauseweh | 1980 | 577 | 2 |
| Christian | Faust | Sportfreunde Wittlaer | 578 | 1 |
| Carolin | Feikes | | 579 | 2 |
| Micha | Felber | | 580 | 2 |
| Tim | Feldkamp | | 581 | 2 |
| Jan | Feldtkeller | | 582 | 2 |
| André | Felis | | 583 | 1 |
| Maike | Fellhölter | | 584 | 1 |
| Tim | Felsmann | Herr | 585 | 1 |
| Björn | Felten | Otto's Team | 586 | 1 |
| Pascal | Fenner | GID Running | 587 | 1 |
| Claudia | Ferfers | Lauffreunde Niers | 588 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|-----------------------------------|--------------------|--------------|
| Norbert | Ferfers | Lauffreunde Niers | 589 | 2 |
| Marcus | Ferger | BSG Hilden-Ratingen-Velbert | 590 | 2 |
| Christian | Ferri | Breetlook-Runners | 591 | 1 |
| Andre | Fiedler | | 592 | 1 |
| Anne-Kathrin | Fiedler | | 593 | 2 |
| Christian | Filusch | | 594 | 2 |
| Beate | Findl | UltraSports | 595 | 2 |
| Klaus | Fingerhut | Club Sperl Hennef | 596 | 2 |
| Daniel | Fink | | 597 | 1 |
| Markus | Finken | | 598 | 1 |
| marius | fiolka | | 599 | 2 |
| Berit | Fischbach | | 600 | 2 |
| Dirk | Fischbach | | 601 | 2 |
| Malte | Fischedick | W+F Münster | 602 | 1 |
| Ulrich | Fischell | LC Duisburg | 603 | 1 |
| Aljosh | Fischer | | 604 | 2 |
| André | Fischer | Eintracht Emmerich | 605 | 1 |
| Andreas | Fischer | OSC 04 Rheinhausen Leichtathletik | 606 | 1 |
| Eva | Fischer | | 607 | 1 |
| Charlotte | Fischer-Simon | | 608 | 2 |
| Dorothee | Fitzon | | 609 | 2 |
| Klaus | Flammang | | 610 | 1 |
| Alexander | Fleischer | Vodafone | 611 | 1 |
| Jörg | Fleischmann | | 612 | 1 |
| Stephanie | Flintrop | Weseler TV Triathlon | 613 | 2 |
| Anne | Flintz | | 614 | 1 |
| Ann | Flock | | 615 | 2 |
| Martina | Flohberg | Lauffreunde HADI Wesel | 616 | 2 |
| Bastian | Flohr | | 617 | 1 |
| Sonja | Flohr | Adler-Langlauf Bottrop | 618 | 1 |
| Melanie | Floryszczak | | 619 | 2 |
| Meike | Flosbach | | 620 | 2 |
| Wiebke | Fock | | 621 | 1 |
| Jürgen | Föhr | | 622 | 2 |
| Miriam | Förg | | 623 | 1 |
| Andreas | Foest | Vodafone | 624 | 1 |
| Diego | Fort | LG Moenchengladbach | 625 | 1 |
| James | Fox | | 626 | 2 |
| Therese | Fox | | 627 | 1 |
| Alexander | Frank | | 628 | 2 |
| Edgar | Franke | SC Bayer 05 Uerdingen | 629 | 1 |
| Götz | Franke | | 630 | 1 |
| Marcus | Franke | SG Stern | 631 | 1 |
| Siegrid | Franke | LC Solingen | 632 | 2 |
| Ingo | Franz | | 633 | 1 |
| Katrin | Franzlübbbers | TV13 Büren | 634 | 2 |
| Melanie | Franzus | Rennschnecken 2000 e.V. | 635 | 1 |
| Elia | Freddi | Laufftreff Alt-Erkrath e.V. | 636 | 1 |
| Anne | Frenk | SV Benediktushof | 637 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|--------------|----------------|---------------------------------|-------------|-------|
| Dietmar | Frenken | ERKelenz | 638 | 1 |
| Carina | Frentzen | | 639 | 1 |
| Utta | Frenzer | - | 640 | 2 |
| Robert | Freudenthal | | 641 | 1 |
| Jürgen | Freund | Running Team Grafenberg | 642 | 1 |
| Fiona | Frevel | | 643 | 2 |
| Bastian | Fricke | Novatec Sports Team | 644 | 2 |
| Maura | Friedeler | | 645 | 2 |
| Daniela | Friedrich | | 646 | 2 |
| Frank | Friedrich | Laufsport Bunert Moers/Duisburg | 647 | 1 |
| Manni | Friedrichs | ART Düsseldorf | 648 | 1 |
| Udo | Friedrichs | | 649 | 1 |
| Silke | Friemauth | | 650 | 2 |
| Svenja | Fries | TV Freudenberg | 651 | 2 |
| Petra | Friese | Marathon Dinslaken | 652 | 2 |
| volker | friese | LT Wischlingen | 653 | 2 |
| Mitja | Friesen | Mars | 654 | 1 |
| Sven | Frings | | 655 | 1 |
| Franz | Fritsch | LG Alpen | 656 | 1 |
| Jörg Michael | Fritsch | AS Neukirchen-Vluyn | 657 | 1 |
| Arthur | Fritz | | 658 | 1 |
| Sebastian | Fritzemeier | Asphaltfräsen | 659 | 2 |
| Frank | Fritzsche | Sonntagsläufer | 660 | 2 |
| Gideon | Fröber | | 661 | 1 |
| Steffen | Fröhlilch | Team Erdinger Alkoholfrei | 662 | 2 |
| David | Fromme | | 663 | 1 |
| Jacqueline | Froning | Running Team Grafenberg | 664 | 2 |
| Rene | Froning | RMDS | 665 | 2 |
| Florian | Fuchs | running ga(n)g | 666 | 1 |
| Michael | Fuchs | | 667 | 1 |
| Petra | Fuchs | | 668 | 2 |
| Michael | Fuchß | „Team 110“ | 669 | 1 |
| Patrick | Füser | | 670 | 2 |
| Christian | Fuhrmeister | | 671 | 2 |
| Lutz | Fuisting | | 672 | 2 |
| Tobias | Funk | | 673 | 2 |
| Lisa | Gabriel | | 674 | 2 |
| Mirjam | Gadow | Mars | 675 | 1 |
| Kira | Gährken | Ausdauerschule by bunert | 676 | 1 |
| Michael | Gährken | VHS im FoKuS Selm | 677 | 1 |
| Manuel | Gajus | Team Otremba | 678 | 1 |
| Beatriz | Galindo Rodrig | Vodafone | 679 | 2 |
| Jens | Gall | Angerland LT Lintorf | 680 | 1 |
| Karola | Galla | | 681 | 2 |
| Artem | Galwas | | 682 | 1 |
| Stefan | Gansen | | 683 | 1 |
| Thomas | Gantenberg | | 684 | 1 |
| Frank | Gappa | | 685 | 1 |
| Svenja | Garbers | | 686 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|-----------------|--------------------------------------|-------------|-------|
| Alicia | Garcia | | 687 | 1 |
| Giles | Gardam | | 688 | 1 |
| Natasa | Gardijan | | 689 | 2 |
| Ralf | Garmatsch | BSG Sparda Bank West / Cool Runnings | 690 | 1 |
| Djahan | Gassner | Erdinger Alkoholfrei | 691 | 1 |
| Meike | Gassner | SFD 75 | 692 | 1 |
| Immo | Gatzweiler | | 693 | 1 |
| Christoph | Gebel | DUC Duisburg | 694 | 2 |
| Fabian | Gebhardt | ASV Duisburg | 695 | 1 |
| Manuela | Gecks | 1989 | 696 | 2 |
| Silke | Gedig-Küpper | LC Duisburg | 697 | 1 |
| Michaela | GEhms | | 698 | 2 |
| Michael | Geiling | LT Krefeld Oppum | 699 | 1 |
| Christiane | Geiselhart | | 700 | 2 |
| Andy | Geisler | | 701 | 1 |
| Bastian | Geisler | | 702 | 1 |
| Maren | Geismann | Running Team Grafenberg | 703 | 2 |
| Robert | Geissler | | 704 | 2 |
| Christina | Geißler | | 705 | 2 |
| Marvin | Geißler | | 706 | 2 |
| Pascal | Geißler | | 707 | 1 |
| Henrike | Gellermann | | 708 | 2 |
| Christian | Gellert | | 709 | 2 |
| Anke | Gellert-Helpens | I.S.A.R. Germany | 710 | 2 |
| Willi | Geng | marathonteam-online | 711 | 1 |
| Christian | Gengenbach | | 712 | 2 |
| Marco | Gensch | | 713 | 1 |
| Vivian | Gerads | | 714 | 2 |
| Carsten | Gérard | | 715 | 1 |
| Evgeny | Gerasimovich | | 716 | 1 |
| Marzena | Gerdom | | 717 | 2 |
| Thomas | Gerdom | | 718 | 2 |
| Sebastian | Gerhards | | 719 | 1 |
| Torsten | Gerhards | | 720 | 2 |
| Andrea | Gerino | | 721 | 2 |
| Arndt | Gerlach | Lauffreunde HADI Wesel | 722 | 1 |
| Marco | Gerlach | Radbuddies Rhein Ruhr | 723 | 1 |
| Markus | Gerlach | | 724 | 2 |
| Tim | Gerpheide | SV 08/29 Friedrichsfeld | 725 | 1 |
| Andreas | Gerrath | LG Wipperfürth | 726 | 1 |
| Jürgen | Gertzen | Team Cycle Life | 727 | 2 |
| Felix | Gerwers | Herr | 728 | 1 |
| Kerstin | Gesing | | 729 | 2 |
| Michael | Gesser | Ausdauerschule by bunert | 730 | 1 |
| Heike | Gestmann-Schr | Ausdauerschule by bunert | 731 | 2 |
| Sascha | Geurtz | | 732 | 1 |
| Soumen | Ghosh | | 733 | 2 |
| Kaspar | Gierke | | 734 | 1 |
| Sören | Giesecke | | 735 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|-------------|---------------------------|-------------|-------|
| Marcus | Giesenfeld | | 736 | 2 |
| Stephan | Gille | | 737 | 2 |
| Silke | Gilljam | Team Otto | 738 | 1 |
| Harald | Gitzen | | 739 | 2 |
| Andreas | Glahn | | 740 | 1 |
| Florian | Glahn | | 741 | 1 |
| Herbert | Glahn | | 742 | 2 |
| Philipp | Glanz | Herrenrunde Sittardsberg | 743 | 1 |
| Micha | Glaserapp | HTV Homberg | 744 | 2 |
| Simone | Gleumes | | 745 | 1 |
| Stephan | Gleumes | Vodafone | 746 | 1 |
| Sabrina | Glich | | 747 | 2 |
| Wolf | Glockner | GSG-Partner | 748 | 1 |
| Peter | Glöckner | | 749 | 2 |
| Matthias | Glomb | | 750 | 2 |
| Mascha | Gloy | LC Duisburg | 751 | 2 |
| Emanuela | Gnegel | | 752 | 2 |
| Jan | Gnegel | | 753 | 2 |
| Rosemarie | Godek | | 754 | 1 |
| Marius | Goebel | | 755 | 1 |
| Carina | Göbel | Helios Iron Team | 756 | 1 |
| Karsten | Göbel | Helios Iron Team | 757 | 1 |
| Simone | Goebels | Roadrunner | 758 | 1 |
| Benjamin | Göbelshagen | | 759 | 1 |
| Beate | Göge | | 760 | 2 |
| Eva | Göge | | 761 | 2 |
| Klaus | Göge | | 762 | 2 |
| Marina | Göke | VHS im FoKuS Selm | 763 | 2 |
| Michael | Göke | VHS im FoKuS Selm | 764 | 2 |
| Christoph | Göller | BSV Friesen/Spielbank BLN | 765 | 1 |
| Anna | Gördes | | 766 | 1 |
| Thomas | Görke | Lauftreff Uhlenhorst | 767 | 2 |
| Christel | Götte | Marathon Mülheim | 768 | 1 |
| Andrea | Göttel | | 769 | 2 |
| Alexandra | Götz | | 770 | 1 |
| Stefan | Götz | | 771 | 2 |
| Carina | Götzen | | 772 | 2 |
| Michael | Götzen | | 773 | 1 |
| Christina | Götz-Thünen | | 774 | 1 |
| Kah Peng | Goh | | 775 | 2 |
| Simon | Goldau | | 776 | 1 |
| Hermann | Goletz | TUS Alstaden 1887/97 | 777 | 2 |
| Janine | Goletz | Team Erdinger Alkoholfrei | 778 | 1 |
| Monika | Goletz | Team Erdinger Alkoholfrei | 779 | 2 |
| Nelli | Golzer | | 780 | 2 |
| Alfonso | Gomez | Vodafone | 781 | 1 |
| Carlos | Gomez | | 782 | 2 |
| Michael | Gonnermann | LC Duisburg | 783 | 2 |
| Andrea | Gonsior | Borbecker Raketen Essen | 784 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|--------------------|-------------------------------|-------------|-------|
| AM | Gonzalez | | 785 | 1 |
| Melanie | Gonzalez Rodriguez | | 786 | 2 |
| Eddie | Goodwin | Herr | 787 | 1 |
| Jean-Pierre | Gorniak | RAN-TEAM | 788 | 2 |
| Bernd | Goronska | BSG König Brauerei | 789 | 2 |
| Demian | Gorr | | 790 | 1 |
| Roman | Gotowicz | | 791 | 1 |
| Michael | Gottschall | Herr | 792 | 2 |
| Hannah | Gottschewsky | | 793 | 1 |
| Peter | Grabacz | | 794 | 1 |
| Gregor | Grabinski | Grabi | 795 | 1 |
| Rainer | Grabner | | 796 | 2 |
| Barbara | Grabowicz | | 797 | 2 |
| Robert | Grabowski | SV Gladbeck 13 | 798 | 1 |
| Ksenia | Graczyk | | 799 | 1 |
| Gunther | Graebel | 100 Marathon Club Deutschland | 800 | 1 |
| Daniel | Graetsch | Running Team Grafenberg | 801 | 1 |
| Dirk | Grafen | Nur der S04 | 802 | 1 |
| Waldemar | Grahl | | 803 | 2 |
| Norbert | Grams | Run for fun | 804 | 2 |
| Irmtrud | Grasmann | | 805 | 2 |
| Sebastian | Grasse | | 806 | 2 |
| Jürgen | Graumann | Rennschnecken Iserlohn | 807 | 2 |
| Petra | Graumann | Rennschnecken Iserlohn | 808 | 2 |
| Claudia | Grawley | Bunert Duisburg | 809 | 1 |
| Michael | Grawley | Bunert Duisburg | 810 | 1 |
| Sandra | Grawley | | 811 | 2 |
| Mathieu | Greber | DW Sport plus e.V. | 812 | 1 |
| Jonas | Gregorius | | 813 | 1 |
| Michele | Grella | | 814 | 2 |
| Uli | Grenzer | | 815 | 1 |
| Heike | Greven | | 816 | 2 |
| Michael | Greven | LSG MGB Ratingen | 817 | 1 |
| Mariia | Griesar | | 818 | 2 |
| Gisela | Grimpe | | 819 | 2 |
| Dennis | Grindel | | 820 | 1 |
| Rüdiger | Gröber | | 821 | 2 |
| Katja | Groene | | 822 | 1 |
| Tim | Grohmann | | 823 | 1 |
| Markus | Grollich | Team Otto | 824 | 1 |
| Sascha | Gros | | 825 | 1 |
| Dirk | Grospitz | Angerland LT Lintorf | 826 | 1 |
| Michaela | Groß | FC Concordia Haaren e .V. | 827 | 2 |
| Judith | Große-Sudhues | Lauf geht's Dortmund | 828 | 2 |
| Thomas | Grossjohann | | 829 | 1 |
| Irene | Großklaus | | 830 | 2 |
| Torsten | Großpietsch | | 831 | 1 |
| Niklas | Grothe | | 832 | 2 |
| Peer | Grothe | | 833 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|-----------------------|---------------------------|-------------|-------|
| Jan | Grothkopf | | 834 | 1 |
| Robin | Grothkopf | Run Fleet Hamburg | 835 | 1 |
| Bernd | Grotholt | | 836 | 1 |
| Volker | Grube | Viactiv Krankenkasse | 837 | 1 |
| Mechthild | Grubing | LC Duisburg | 838 | 2 |
| Marc | Grünhagen | Team Erdinger Alkoholfrei | 839 | 2 |
| Heike | Grüter-Nolte | | 840 | 1 |
| Thomas | Grumke | | 841 | 1 |
| Andreas | Grunert | | 842 | 1 |
| Manfred | Grzibek | | 843 | 1 |
| Charlotte | Guddat | 1998 | 844 | 2 |
| Philippe | GUEGAN | | 845 | 2 |
| Sina | Gühmann | | 846 | 2 |
| ISMAIL | GÜL | | 847 | 2 |
| Alexander | Gülich | Ausdauerschule by bunert | 848 | 1 |
| Catherine | Guellier-van der Voet | | 849 | 2 |
| Julia | Güllmann | | 850 | 2 |
| Nils | Güllmann | | 851 | 2 |
| Felix | Günther | | 852 | 1 |
| Timur | Gürkan | | 853 | 1 |
| Jeannette | Guglielmi | Vodafone | 854 | 2 |
| Christian | Gunia | | 855 | 1 |
| Dieter | Gustorf | TSV Meerbusch | 856 | 1 |
| Niklas | Gustrau | | 857 | 2 |
| Christiane | Haack | | 858 | 2 |
| Jürgen | Haack | Running Team Grafenberg | 859 | 1 |
| Rainer | Haack | Lauftreff uhlenhorst | 860 | 1 |
| Daniel | Haardt | | 861 | 1 |
| Nadine | Haardt | | 862 | 2 |
| Werner | Haardt | GSG Duisburg | 863 | 2 |
| Lea | Haas | | 864 | 1 |
| Patricia | Haase | TV Angermund | 865 | 1 |
| Thomas | Haase | | 866 | 2 |
| Thomas | Haberbosch | | 867 | 2 |
| Melanie | Habrych | | 868 | 2 |
| Ilka | Hache | Fahrzeugbau Robert | 869 | 1 |
| Christin | Hack | NEW BALANCE | 870 | 2 |
| Michel | Hacken | | 871 | 1 |
| Niklas | Hackler | | 872 | 2 |
| Inga | Häfker | | 873 | 1 |
| Julia | Häsler | Anchor Running Crew | 874 | 1 |
| Andre | Häusling | | 875 | 1 |
| Anna | Hafner | | 876 | 2 |
| Juri | Hafner | | 877 | 2 |
| Hendrik | Hagedorn | | 878 | 2 |
| Dieter | Hagemann | SC Hörstel | 879 | 1 |
| Udo | Hagemann | TV Witzhelden | 880 | 1 |
| Andreas | Hagen | Running Team Grafenberg | 881 | 2 |
| Peter | Hagenow | | 882 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|--------------|------------------------------|-------------|-------|
| Aiyanna | Hahnen | Anchor Running Crew Duisburg | 883 | 1 |
| Gisela | Hake | | 884 | 2 |
| Thomas | Hake | | 885 | 1 |
| Mark | Hakim | | 886 | 1 |
| Catherine | Hallam | | 887 | 2 |
| Ellen | Hamacher | | 888 | 2 |
| Jamil | Hamdan | Team Otreмба | 889 | 1 |
| Hans-Jörg | Hammerschmid | Herr | 890 | 2 |
| Andreas | Hampel | ASV Duisburg | 891 | 2 |
| Christina | Hampel | | 892 | 2 |
| Uwe | Hannig | | 893 | 1 |
| Hendrik | Hansen | | 894 | 1 |
| Rodger | Hansen | Vodafone | 895 | 2 |
| Marc | Hansmeier | | 896 | 1 |
| Stephan | Happel | Herr | 897 | 1 |
| Wunden | Harald | sv neptun 1897ev | 898 | 2 |
| Silke | Hardt | | 899 | 2 |
| Ulrike | Hardt | | 900 | 2 |
| Andreas | Hark | Vodafone | 901 | 1 |
| Hendrik | Harmuth | | 902 | 2 |
| Michael | Harnish | | 903 | 2 |
| Melanie | Hartdegen | Vodafone | 904 | 2 |
| Annett | Hartje | | 905 | 1 |
| Achim | Hartmann | Adler-Langlauf Bottrop | 906 | 1 |
| Dieter | Hartmann | Fortuna Marienloh | 907 | 1 |
| Ellen | Hartmann | Adler-Langlauf Bottrop | 908 | 2 |
| Max | Hartmann | | 909 | 1 |
| Sandra | Hartmann | Bunert Running Team Dortmund | 910 | 1 |
| Viktoria | Hartmann | | 911 | 1 |
| Holger | Hartwig | Wittlaer Runners | 912 | 1 |
| Oliver | Harzheim | Vodafone | 913 | 1 |
| Silke | Haschberger | Bunert Kleve | 914 | 1 |
| Matthias | Haselbach | 1971 | 915 | 1 |
| Sebastian | Hasenclever | Pace Pack Runners | 916 | 1 |
| Christian | Hasiewicz | | 917 | 2 |
| Verena | Hasiewicz | | 918 | 2 |
| Marius | Hasselbach | | 919 | 1 |
| Jana | Hasselbusch | Mars | 920 | 1 |
| Carola | Hauff | Isi Runner | 921 | 2 |
| Rainer | Haugg | | 922 | 2 |
| Robert | Hauke | | 923 | 2 |
| Marcel | Hausburg | ASV Duisburg | 924 | 1 |
| Martina | Hausburg | Asv Duisburg | 925 | 2 |
| Kalle | Hauschild | Fight for your wine | 926 | 1 |
| Manuela | Hausendorf | Oberhausener TV | 927 | 2 |
| Mark | Haverkamp | Selbstläufer | 928 | 1 |
| Mustafa | Hayik | | 929 | 2 |
| Therese | Hebel | | 930 | 2 |
| Kornelius | Heck | | 931 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|---------------------------------|--------------------|--------------|
| Marvin | Heck | Team Otremba | 932 | 1 |
| Robin | Heedfeld | | 933 | 1 |
| Sandra | Hegemann | | 934 | 1 |
| Karsten | Heiartz | Köln | 935 | 1 |
| Alma | Heidari | | 936 | 2 |
| Annalena | Heide | | 937 | 2 |
| Sandro | Heide | Die Hybridbären | 938 | 1 |
| Frank | Heidenreich | LC Duisburg | 939 | 2 |
| Günter | Heidenreich | | 940 | 2 |
| Lijuan | Heidenreich | | 941 | 2 |
| Judith | Heider | | 942 | 2 |
| Klaus | Heimanns | Herr | 943 | 1 |
| Thomas | Hein | interevent | 944 | 2 |
| Angela | Heine | | 945 | 2 |
| Christian | Heine | | 946 | 2 |
| Dirk | Heine | Vodafone | 947 | 1 |
| Melanie | Heinemann | | 948 | 2 |
| Jörg | Heinke | OSC 04 Rheinhusen | 949 | 2 |
| Thomas | Heinle | | 950 | 1 |
| Sonja | Heinlein | | 951 | 2 |
| Jens | Heinrich | Team Otto | 952 | 1 |
| Hannah | Heinrichs | | 953 | 1 |
| Silvia | Heiny | | 954 | 2 |
| Sara | Heise | | 955 | 1 |
| Matthias | Heitbrink | | 956 | 1 |
| Mathis | Heite | Ausdauerschule by bunert | 957 | 1 |
| Stefan | Heitzig | | 958 | 1 |
| Ann-Kristin | Held | bunert Duisburg | 959 | 1 |
| Daniel | Held | Triathlon Team Ratingen 08 | 960 | 1 |
| Thomas | Held | | 961 | 1 |
| Caroline | Heller | | 962 | 2 |
| Jürgen | Hellermann | Lauffreunde Knieweh Niederrhein | 963 | 1 |
| Lukas | Helm | Rührer United | 964 | 1 |
| Anna-Maria | Helmer | | 965 | 2 |
| Gabriele | Helmer | | 966 | 2 |
| Gabriele | Helmer | | 967 | 2 |
| Melanie | Helmert | | 968 | 1 |
| Markus | Hemmerling | | 969 | 1 |
| Christian | Henke | | 970 | 1 |
| Christian | Henke | Bunert Wesel | 971 | 1 |
| Gabi | Henkes | | 972 | 2 |
| Stephan | Henn | | 973 | 1 |
| Christoph | Hennig | | 974 | 2 |
| Kirsten | Henniger | Solinger LC | 975 | 1 |
| Mark | Henning | | 976 | 1 |
| Marco | Hensel | | 977 | 1 |
| Janine | Henseler | LC Duisburg | 978 | 2 |
| Jennifer | Hentschel | | 979 | 2 |
| Yvonne | Herbel | | 980 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|--------------|--------------|---------------------------|-------------|-------|
| Henrik | Herberg | Herr | 981 | 2 |
| Armin | Herbertz | | 982 | 2 |
| Caroline | Herbertz | | 983 | 2 |
| Jörg | Hering | Tuspo Huckingen 1898 e.V. | 984 | 2 |
| Andrea | Hermann | Running Team Grafenberg | 985 | 2 |
| Martina | Herriger | | 986 | 2 |
| Raphael | Hertlein | | 987 | 1 |
| Felix | Herzog | | 988 | 2 |
| Lena | Herzog | | 989 | 2 |
| Moritz | Herzog-Stamm | 1991 | 990 | 2 |
| Gina | Heselhaus | | 991 | 1 |
| Sabrina | Hespeling | Marathon Ibbenbüren | 992 | 1 |
| David | Hess | de Vogels | 993 | 2 |
| Sonja | Hess | TV Jahn Hiesfeld | 994 | 2 |
| Tobias | Hesse | | 995 | 1 |
| Meike | Heßelmann | | 996 | 2 |
| Christian | Heunemann | | 997 | 1 |
| Hannah | Heuser | | 998 | 2 |
| Oliver | Heuser | | 999 | 1 |
| Katja | Hey | Team Erdinger Alkoholfrei | 1000 | 2 |
| Tina | Heyer | | 1001 | 2 |
| Kathrin | Heyll | | 1002 | 2 |
| Uwe | Heyll | | 1003 | 2 |
| Christian | Hilberger | | 1004 | 2 |
| Steffen | Hilbert | | 1005 | 1 |
| Sandra | Hilbrecht | ohne | 1006 | 2 |
| Peter | Hild | | 1007 | 1 |
| Paulina | Hildebrandt | | 1008 | 2 |
| André | Hildmann | | 1009 | 1 |
| Michael | Hilgers | | 1010 | 1 |
| Barbara | Hilgert | LG Alpen | 1011 | 2 |
| Conny | Hillebrand | | 1012 | 2 |
| Anna | Hilmer | | 1013 | 1 |
| Christian | Hilmer | | 1014 | 1 |
| Laura | Hinz | | 1015 | 1 |
| Noel | Hinz | Tierheim Dorsten | 1016 | 1 |
| Stefanie | Hinzer | Adler Langlauf Bottrop | 1017 | 2 |
| Thomas Yukio | Hirose | | 1018 | 2 |
| Fabian | Hirz | | 1019 | 2 |
| Tatjana | Hoberg | | 1020 | 2 |
| Jan | Hobusch | | 1021 | 1 |
| Maria | Hochheuser | | 1022 | 2 |
| Reinhold | Höffken | LG Sparkasse Trier | 1023 | 2 |
| Willi | Höffken | | 1024 | 1 |
| Merle | Höflich | | 1025 | 1 |
| Julia | Höger-Pelzer | Breetlook Runners | 1026 | 2 |
| Elke | Höhne | | 1027 | 2 |
| Inga | Höllén | | 1028 | 2 |
| Marcus | Hölz | ASV Duisburg | 1029 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|---------------|---------------------------|-------------|-------|
| Nane | Hölzle | | 1030 | 2 |
| Daniel | Hoenicke | | 1031 | 2 |
| Heiko | Hoemanns | Freunde der Pilsette | 1032 | 1 |
| Klaus | Hörmeyer | | 1033 | 2 |
| Caro | Hoetgen | TriCologne e.V. | 1034 | 2 |
| Michael | Hövel | | 1035 | 1 |
| Ingo | Hoeveler | | 1036 | 2 |
| Matthias | Hof | | 1037 | 1 |
| Philipp | Hoff | | 1038 | 1 |
| Reinhold | Hoffbauer | | 1039 | 1 |
| Britta | Hoffmann | Vodafone | 1040 | 1 |
| Heiko | Hoffmann | | 1041 | 1 |
| Marcus | Hoffmann | | 1042 | 2 |
| Michael | Hoffmann | WIR_BEI_HKM | 1043 | 1 |
| Angelika | Hoffmann-Mey | TV Jahn Hiesfeld | 1044 | 2 |
| Anja | Hoffrichter | Angerland LT Lintorf | 1045 | 2 |
| Hanna | Hofstetter | | 1046 | 1 |
| Marcel | Hoika | | 1047 | 2 |
| Yoernson | Hojan | | 1048 | 1 |
| Sascha | Holl | - Auswählen - | 1049 | 2 |
| Kevin | Hollenders | | 1050 | 2 |
| Linus | Holler | | 1051 | 1 |
| Sergej | Hollmann | Herr | 1052 | 1 |
| Hermann | Holst | | 1053 | 1 |
| Leonie | Holtkamp | | 1054 | 1 |
| Andreas | Holzhöfer | BSG Sanofi | 1055 | 2 |
| Joachim | Holzschneider | | 1056 | 2 |
| Claudia | Hommers | LC Duisburg | 1057 | 1 |
| Katrin | Honka | | 1058 | 2 |
| Arnold | Hoppe | Team Erdinger Alkoholfrei | 1059 | 1 |
| Viktor | Horch | M35 | 1060 | 1 |
| Johanna | Hornemann | | 1061 | 1 |
| Katja | Hornickel | Hühnerstall Crew | 1062 | 2 |
| Angelika | Horning-Hohl | Huckinger Marathonis | 1063 | 2 |
| Ulla | Hornscheidt | Adler-Langlauf Bottrop | 1064 | 1 |
| Britta | Hornung | | 1065 | 1 |
| Stefan | Horsch | Ocr Crew Duisburg | 1066 | 1 |
| Michael | Hosang | Crossfit am Rhein | 1067 | 1 |
| Johannes | Hothneier | | 1068 | 2 |
| Werner | Hoven | ROSE Tri Team | 1069 | 2 |
| Petr | Hozak | | 1070 | 1 |
| Marcel | Hruby | | 1071 | 2 |
| Christian | Huber | | 1072 | 1 |
| Gina | Huber | | 1073 | 1 |
| Claudia | Hucht | Ausdauerschule by bunert | 1074 | 2 |
| Sylke | Hübener | Ludwigsfelde | 1075 | 1 |
| Nikola | Hueber | Laufftreff Wickrath | 1076 | 2 |
| Renate | Hülse | LG Mauerweg Berlin e.V. | 1077 | 2 |
| Marina | Hüppop | | 1078 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|---------------|--------------------------------|-------------|-------|
| Christoph | Hüsing | | 1079 | 2 |
| Mark | Hütt | | 1080 | 1 |
| Dennis | Hütten | Ausdauerschule by bunert | 1081 | 2 |
| Katharina | Hug | | 1082 | 2 |
| Reiner | Huhle | ABB Betriebssport e.V. | 1083 | 1 |
| Otto | Hunecke | Team Otto | 1084 | 1 |
| Robert | Hunger | | 1085 | 1 |
| Sandra | Huppertz | | 1086 | 1 |
| Guido | Hurtz | | 1087 | 2 |
| Jutta | Hurtz | | 1088 | 2 |
| Georg | Husemann | TV Refrath | 1089 | 1 |
| Felix | Husmann | | 1090 | 1 |
| Stefan | Hußmann | Djk Hoisten | 1091 | 1 |
| Petra | Huth | LC Duisburg | 1092 | 2 |
| Thorsten | Huth | LC Duisburg | 1093 | 2 |
| Laura | Huthmann | | 1094 | 1 |
| Mathias | Huttmann | | 1095 | 1 |
| Detlef | Huwald | VFL Wedau | 1096 | 2 |
| Frank | Idaszek | ABB Betriebssport e.V. | 1097 | 1 |
| Ayako | Iijima | | 1098 | 1 |
| Haruno | Ikeda-Sprotte | 1964 | 1099 | 2 |
| Yannik | Illenseer | SGZ 04 e.V. | 1100 | 1 |
| Nina | Imbusch | | 1101 | 2 |
| Sebastian | Imbusch | | 1102 | 2 |
| Silvia | Immen | Casa Ciclista | 1103 | 1 |
| Marion | Indenbirken | | 1104 | 1 |
| Lukas Arnas | Indicianskis | Bataver Lauftreff Emmerich | 1105 | 1 |
| Andrea | Ingenbleek | | 1106 | 2 |
| Johannes | Ingenbleek | SV Viktoria Goch | 1107 | 1 |
| Sesili | Ioseliani | | 1108 | 2 |
| Daniel | Ipach | | 1109 | 2 |
| Nadeem | Iqbal | Pace Pack Runners | 1110 | 2 |
| Oliver | Ising | | 1111 | 2 |
| Aishwarya | Iyer-Bierhoff | | 1112 | 2 |
| Larissa | Jabali | Turnhalle | 1113 | 1 |
| Angela | Jablonka | WIR_BEI_HKM | 1114 | 2 |
| Heiko | Jacob | | 1115 | 2 |
| Mike | Jacobi | | 1116 | 1 |
| Tim | Jacobs | | 1117 | 2 |
| Celine | Jacobsen | | 1118 | 2 |
| Jochen | Jacoby | Team Himmelgeister Brückenlauf | 1119 | 1 |
| Dennis | Jächel | | 1120 | 1 |
| Markus | Jächel | | 1121 | 1 |
| Sylvia | Jächel | | 1122 | 2 |
| Jonathan | Jaeger | | 1123 | 1 |
| Philipp | Jaeger | | 1124 | 1 |
| Christian | Jäger | | 1125 | 1 |
| Torsten | Jähnke | Vereinslos | 1126 | 1 |
| Kerstin | Jährling | | 1127 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|-----------|------------------------------|-------------|-------|
| Jennifer | Jagemann | Tri-Team TV Schiefbahn | 1128 | 2 |
| Johannes | Jagemann | Tri-Team TV Schiefbahn | 1129 | 1 |
| Zeljko | Jagodid | | 1130 | 2 |
| Angelika | Jakobs | | 1131 | 2 |
| Marina | Jakobs | | 1132 | 2 |
| Carina | Jakof | | 1133 | 1 |
| Florian | Jakof | | 1134 | 1 |
| Lira | Janbolot | | 1135 | 1 |
| Thomas | Janka | | 1136 | 2 |
| Hans-Jörg | Janko | Bunert Running Team | 1137 | 1 |
| Michael | Jannes | "Garantie abgelaufen" | 1138 | 1 |
| Dirk | Jansen | | 1139 | 1 |
| Dorothea | Jansen | TC Kray 1892 e.V. | 1140 | 2 |
| Janine | Jansen | Running Team Grafenberg | 1141 | 1 |
| Julia | Jansen | | 1142 | 2 |
| Julian | Jansen | | 1143 | 1 |
| Marc | Jansen | Bayer 04 Leverkusen | 1144 | 1 |
| Sabine | Jansen | DJK Preußen 1911 Bochum | 1145 | 2 |
| Sven | Jansen | FFC Duisburg e.V. | 1146 | 1 |
| Ulrike | Jansen | | 1147 | 2 |
| Andre | Janssen | TRI-TEAM TV SCHIEFBahn | 1148 | 1 |
| Jasmin | Janßen | | 1149 | 1 |
| Oscar | Janßen | WIR_BEI_HKM | 1150 | 1 |
| Philipp | Janßen | | 1151 | 1 |
| Stefan | Janßen | | 1152 | 1 |
| Stefan | Janz | | 1153 | 1 |
| Christian | Janzen | | 1154 | 1 |
| Steffen | Jaschke | | 1155 | 1 |
| Katharina | Jaworek | LG Dorsten | 1156 | 1 |
| Sebastian | Jeising | | 1157 | 1 |
| Gebriel-David | Jeng | Team Otremba | 1158 | 1 |
| Dominik | Jeremies | | 1159 | 1 |
| Michael | Jeroch | | 1160 | 1 |
| Christian | Jeske | Lauffreunde Hadi Wesel | 1161 | 1 |
| Sandra | Jeske | Lauffreunde Hadi Wesel | 1162 | 1 |
| Kristian | Jevtic | LC Duisburg | 1163 | 1 |
| Fabian | Jockisch | Vodafone | 1164 | 1 |
| Barbara | Jöge | Die Vier Lustigen Fünf | 1165 | 2 |
| Michael | Jöge | Die Vier Lustigen Fünf | 1166 | 2 |
| Tobias | Joeres | | 1167 | 1 |
| Hermann | Jörg | | 1168 | 2 |
| Luca | Johann | | 1169 | 1 |
| Marion | John | Ambitionierte Hobbylaufusche | 1170 | 1 |
| Stefanie | Jokiel | | 1171 | 2 |
| Andreas | Jonak | Spaßvögel | 1172 | 1 |
| Nerys | Jones | | 1173 | 2 |
| Elisabeth | Jongmanns | | 1174 | 1 |
| Jan | Joormann | | 1175 | 1 |
| Anja | Jordan | OSC 04 Rheinhausen | 1176 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------------|-----------------|----------------------------|--------------------|--------------|
| Julian | Jordan | OSC 04 Rheinhausen | 1177 | 1 |
| Sandra | Jost | Ritzelritter Duisburg e.V. | 1178 | 2 |
| Stefanie | Jost | | 1179 | 2 |
| Maik | Josten | LC Duisburg | 1180 | 1 |
| Sandra | Juchnewski | | 1181 | 1 |
| Tim | Juelicher | Team Quokka | 1182 | 1 |
| Bernd | Jünemann | | 1183 | 2 |
| Markus | Jüngst | Lauftreff Sterkrade Nord | 1184 | 1 |
| Jens | Jürriens | | 1185 | 2 |
| Mischa | Jütte | | 1186 | 1 |
| Monique | Juncker | | 1187 | 2 |
| Andreas | Jung | | 1188 | 1 |
| Philipp | Jung | Styrumer TV | 1189 | 1 |
| Martin | Jungblut | OTV Endurance Team | 1190 | 1 |
| Daniela | Jungnickl | marathonteam-online | 1191 | 2 |
| Guido | Jungwirth | | 1192 | 2 |
| Katrin | Junkers | Piraten WG | 1193 | 2 |
| Michael | Kaack | ASV Duisburg | 1194 | 1 |
| Peter | Kämereit | | 1195 | 1 |
| Claudia | Kästner | | 1196 | 2 |
| Simone | Kahlert | | 1197 | 2 |
| Axel | Kairies | | 1198 | 1 |
| Britta | Kaiser | | 1199 | 1 |
| Daniel-Sebastian | Kaiser | | 1200 | 1 |
| Nina | Kaiser | | 1201 | 1 |
| Helen | Kalcevic | | 1202 | 2 |
| Bianca | Kaledat | | 1203 | 2 |
| Stefanie | Kalkkuhl | | 1204 | 2 |
| Tim | Kallies | | 1205 | 2 |
| Arne | Kallweit | Uni Düsseldorf | 1206 | 1 |
| Andreas | Kalthaus | Ausdauer Schule by bunert | 1207 | 1 |
| Andreas | Kalthoff | Signal-Iduna | 1208 | 2 |
| Jennifer | Kalthoff | | 1209 | 1 |
| Raphaela | Kalthoff | Frau | 1210 | 2 |
| Anna | Kamienski | Sprungzwei | 1211 | 1 |
| Katarzyna | Kaminska | Bunert Running Team | 1212 | 1 |
| Dennis | Kaminski | | 1213 | 1 |
| Nina | Kamischke | | 1214 | 2 |
| Christian | Kammann | | 1215 | 1 |
| Heike | Kammermann | TSV Rüthen | 1216 | 2 |
| Monika | Kamp | Angerland LT Lintorf | 1217 | 2 |
| Michael | Kamphausen | | 1218 | 1 |
| Jörg | Kampmann | | 1219 | 1 |
| Raphael | Kampmeier | | 1220 | 2 |
| Dennis | Kancer | | 1221 | 2 |
| David | Kandelhardt | | 1222 | 1 |
| Asami | Kanematsu | | 1223 | 2 |
| Billie | Kantor | | 1224 | 2 |
| Sebastian | Kapica | | 1225 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|-------------|---------------------------|-------------|-------|
| Kai | Kappner | | 1226 | 2 |
| Nico | Karius | | 1227 | 1 |
| Sven | Karrasch | | 1228 | 1 |
| Erhan | Karsli | | 1229 | 2 |
| Lena | Kasajanow | | 1230 | 2 |
| Mohammad | Kasem | | 1231 | 2 |
| Alex | Kasenda | | 1232 | 1 |
| Nino | Kaske | | 1233 | 1 |
| Saskia | Kasten | | 1234 | 1 |
| Lukas | Kaster | | 1235 | 1 |
| Michael | Kastner | Spotlight Theater Erkrath | 1236 | 1 |
| Janine | Kathmann | | 1237 | 2 |
| Sören | Kauer | | 1238 | 1 |
| Berit | Kauffeldt | | 1239 | 2 |
| Saskia | Kaufhold | | 1240 | 2 |
| Lars | Kaufmann | | 1241 | 1 |
| Nils | Kaulen | | 1242 | 1 |
| Silvia | Kauschka | Borbecker Raketen Essen | 1243 | 1 |
| Ahmet | Kaymaz | DAL 83 | 1244 | 2 |
| Sandra | Kaymer | | 1245 | 2 |
| Marion | Kayouf | | 1246 | 2 |
| Eva | Kaziur | Tri-Team TV Schiefbahn | 1247 | 1 |
| Claas | Kehlenbeck | Mars | 1248 | 1 |
| Jonas | Keil | Taifun Luta Livre | 1249 | 1 |
| Volker | Keim | Laufschule Düsseldorf | 1250 | 1 |
| Christian | Keitzl | TSC Mettmann | 1251 | 2 |
| Matthijs | Keizer | AV Scopias | 1252 | 1 |
| Dörthe | Kelch | | 1253 | 1 |
| Matthias | Kellermann | | 1254 | 2 |
| Marc | Kemper | | 1255 | 2 |
| Dirk | Kemperdick | ASC Duisburg | 1256 | 1 |
| Jörg | Kempfert | Tierheim Dosrten | 1257 | 1 |
| Meike | Kempkens | | 1258 | 1 |
| Ralf | Kempkens | KSV Kevelaer | 1259 | 1 |
| Jan-William | Kempkes | | 1260 | 2 |
| Kieron | Kennedy | | 1261 | 1 |
| Marcus | Kennedy | CR Runners | 1262 | 1 |
| Maureen | Kennel | | 1263 | 2 |
| Melanie | Kensbock | | 1264 | 2 |
| Peter | Kensbock | | 1265 | 2 |
| Dennis | Kerkenbusch | VfL Bergheide | 1266 | 1 |
| Werner | Kerkenbusch | VfL Bergheide | 1267 | 2 |
| Karsten | Kerstein | Pace Pack Runners | 1268 | 2 |
| Elisabeth | Kersten | | 1269 | 1 |
| Natalie | Kessens | | 1270 | 2 |
| Patrick | Kessens | | 1271 | 2 |
| Sebastian | Kessens | LG SLS 17 | 1272 | 1 |
| Michael | Kessler | | 1273 | 1 |
| Rüdiger | Kestler | Vodafone | 1274 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|---------------|--|-------------|-------|
| Dennis | Kethers | Halden Hogs Moers | 1275 | 1 |
| Michael | Kettler | | 1276 | 1 |
| Katharina | Kettrup | | 1277 | 1 |
| Marcus | Keuck | | 1278 | 2 |
| Anna | keuter | | 1279 | 1 |
| Kristina | Keymel | | 1280 | 2 |
| Katrin | Kiebel | | 1281 | 2 |
| Roland | Kiebel | | 1282 | 1 |
| Markus | Kiehn | | 1283 | 1 |
| Dennis | Kiesel | LC Duisburg | 1284 | 2 |
| Katharina | Kiesewalter | | 1285 | 1 |
| Nico | Kiessling | | 1286 | 1 |
| Julia | Kießling | | 1287 | 2 |
| Barbara | Kijewski | | 1288 | 2 |
| Benedikt | Kilian | | 1289 | 2 |
| Harald | Kilian | VHS Wesel | 1290 | 1 |
| Derya | Kilic | Frau | 1291 | 1 |
| Hyerin | Kim | | 1292 | 1 |
| Hyunsoo | Kim | | 1293 | 1 |
| Yves | Kindt | | 1294 | 1 |
| Thomas | Kipper | Ausdauerschule by Bunert | 1295 | 1 |
| Jörg | Kirch | | 1296 | 1 |
| Jan | Kirchhoff | | 1297 | 1 |
| Juliane | Kirchmann | | 1298 | 1 |
| Jana | Kirschbaum | | 1299 | 1 |
| Gaby | Kirschenhofer | Isi Runner | 1300 | 2 |
| Jan-Philipp | Kitzig | | 1301 | 1 |
| Oktay | Kivanc | | 1302 | 1 |
| Cagri | Kizak | | 1303 | 2 |
| Christian | Kläsener | Triathlon Team Ratingen | 1304 | 1 |
| Jörn | Klaessen | | 1305 | 1 |
| Frank | Klahr | TV Niederscheld | 1306 | 1 |
| Marco | Klan | | 1307 | 1 |
| Ralf | Klasen | Skiclub Arlberg | 1308 | 1 |
| Nadine | Kleber | | 1309 | 2 |
| Nikos | Kleeberg | | 1310 | 1 |
| Dietmar | Kleiböhmer | RC Endspurt Herford/ Team Erdinger Alkohol | 1311 | 1 |
| Joerg | Kleimann | MX Multisport | 1312 | 1 |
| Ingrid | Klein | Ausdauerschule by bunert | 1313 | 2 |
| denise | klein | | 1314 | 1 |
| Carsten | Klein-Bösing | SV Schermbeck LA | 1315 | 1 |
| Maximilian | Kleinefeldt | Duisburger SV 1898 | 1316 | 2 |
| Andreas | Kleinert | TSG Ratingen e. V. | 1317 | 2 |
| Udo | Kleinkoenen | | 1318 | 2 |
| Martin | Kleinschnitz | | 1319 | 1 |
| Ralf | Klement | RAN-TEAM | 1320 | 2 |
| Renate | Klesse | BSV ThyssenKrupp Stahl | 1321 | 2 |
| Annette | Klick | | 1322 | 2 |
| Bernd | Kliebe | | 1323 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|-----------------|---------------------------|-------------|-------|
| Lars | Klimek | Pin Kingz | 1324 | 1 |
| Wolfgang | Klimt | Team Erdinger Alkoholfrei | 1325 | 2 |
| Linda | Klinger | | 1326 | 2 |
| Joschka | Klinghammer | Die Hybridbären | 1327 | 1 |
| Janne | Klisch | | 1328 | 1 |
| Kerry | Klomfas | | 1329 | 2 |
| Jasmin | Klose | SV Neptun 1897 e.V. | 1330 | 2 |
| Christopher | Kloß | Bunert Wesel | 1331 | 1 |
| Kevin | Klostereit | | 1332 | 1 |
| Nicole | Klotz | ASV Köln | 1333 | 2 |
| Stefan | Klotz | ASV Köln | 1334 | 1 |
| Sven | Klotz | | 1335 | 1 |
| Marcel | Kluge | | 1336 | 2 |
| Nina | Kluge | | 1337 | 2 |
| Ingmar | Klusmann | Triathlon Team Düsseldorf | 1338 | 1 |
| Andreas | Kluth | Bella und Victoria | 1339 | 1 |
| Antje | Kluth | Bella und Victoria | 1340 | 2 |
| Karsten | Knecht | Erdinger Alkoholfrei | 1341 | 1 |
| Petra | Knecht | Team Erdinger Alkoholfrei | 1342 | 2 |
| Astrid | Kniely | | 1343 | 1 |
| Thorsten | Knies | OSC | 1344 | 1 |
| Marco | Kniest | | 1345 | 1 |
| Dietmar | Knipp | | 1346 | 2 |
| Monika | Knipp | | 1347 | 2 |
| Markus | Knoor | Erst Laufen dann Saufen | 1348 | 2 |
| Diana | Knopp | | 1349 | 1 |
| Christopher | Knuf | | 1350 | 1 |
| Ryo | Koba | | 1351 | 2 |
| Lea | Kobbe | | 1352 | 2 |
| Marian | Kobbe | | 1353 | 2 |
| Guido | kobbe | 1967 | 1354 | 2 |
| Murielle | Kobecke-Martini | TURNGEMEINDE NEUSS | 1355 | 2 |
| Isabella | Kobienia | | 1356 | 2 |
| Normann | Kobsa | | 1357 | 2 |
| Axel | Kocar | | 1358 | 2 |
| Christoph | Koch | | 1359 | 1 |
| Heiko | Koch | LC Duisburg | 1360 | 1 |
| Kathrin | Koch | | 1361 | 1 |
| Marc | Koch | | 1362 | 1 |
| Seline | Koch | Rot Weiß Köln | 1363 | 1 |
| Simone | Koch | | 1364 | 1 |
| Torsten | Koch | Fc Hansa Rostock | 1365 | 1 |
| Michael | Kock | WIR_BEI_HKM | 1366 | 1 |
| Patrick | Kodjayan | Team Erdinger Alkoholfrei | 1367 | 1 |
| Malte | Kögler | ITSM GmbH | 1368 | 1 |
| Florian | Köhler | Vodafone | 1369 | 2 |
| Lutz | Köhler | Essener Jungs | 1370 | 2 |
| Markus | Köhler | Los Carboneros | 1371 | 1 |
| Nicole | Köhler | TG Neuss | 1372 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|--------------|---------------------------|-------------|-------|
| Timo | Köhler | 1975 | 1373 | 2 |
| Rainer | Köhnen | | 1374 | 1 |
| Dietmar | Köllen | SCB Horrem | 1375 | 2 |
| Casper | Koelma | MPM Hengelo | 1376 | 1 |
| Holger | Kölzer | Ausdauerschule by bunert | 1377 | 1 |
| Andreas | Koeman | | 1378 | 2 |
| Christiane | König | | 1379 | 1 |
| Marijke | König | Team Erdiger Alkoholfrei | 1380 | 1 |
| Ulrike | König | VHS im FoKuS Selm | 1381 | 1 |
| Claudia | Königs | Frau | 1382 | 1 |
| Björn | Köpenick | | 1383 | 2 |
| Nele | Köpnick | | 1384 | 1 |
| Ricarda | Koeppel | | 1385 | 2 |
| Heiko | Körl | | 1386 | 2 |
| Isabo | Köstens | | 1387 | 1 |
| Hendrik | Köster | | 1388 | 1 |
| Lukas | Köther | OTV Endurance Team | 1389 | 1 |
| Philipp | Kötter | | 1390 | 1 |
| Marcus | Kohl | | 1391 | 1 |
| Silke | Kohlbrenner | Oberhausener TV | 1392 | 2 |
| Dirk | Kohlen | HOKA Boys | 1393 | 1 |
| Katrin | Kohler | | 1394 | 1 |
| Sascha | Kohnen | | 1395 | 2 |
| Milos | Kolaric | Lauffieber Dortmund | 1396 | 1 |
| Ulrich | Kolenbrander | | 1397 | 1 |
| Nadine | Koll | | 1398 | 1 |
| Rafal | Kolodziej | | 1399 | 2 |
| Sebastian | Kommer | | 1400 | 2 |
| Anika | Konczak | | 1401 | 2 |
| Mark | Konrad | | 1402 | 1 |
| Vera | Konrad | LG Mauerweg Berlin e.V. | 1403 | 1 |
| Ronald | Kontek | Turnbeutelvergesser | 1404 | 1 |
| Nina | Koopmann | Ayyo Team Essen | 1405 | 1 |
| Oliver | Kopp | | 1406 | 1 |
| Andre | Koppers | Team Erdinger alkoholfrei | 1407 | 2 |
| Marika | Korber | korbirunners (Privat) | 1408 | 2 |
| Anke | Korgel | Bunert Running Team | 1409 | 1 |
| Djahanrad | Korloo | | 1410 | 1 |
| Leonie | Kornek | | 1411 | 2 |
| Sven | Kornek | | 1412 | 2 |
| Christoph | Korte | | 1413 | 1 |
| Kathrin | Kortenbach | | 1414 | 1 |
| Janine | Kosel | | 1415 | 1 |
| Thomas | Kosmann | | 1416 | 2 |
| Jürgen | Kossack | Sprungzwei | 1417 | 2 |
| Marcel | Koßmann | | 1418 | 2 |
| Katharina | Kostas | | 1419 | 2 |
| Martin | Koths | - | 1420 | 1 |
| André | Kowalek | Nur der VfL! | 1421 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|-----------------|-----------------------------------|-------------|-------|
| Matthias | Kowalski | | 1422 | 1 |
| Norman | Kraatz | TuS Breitscheid 1972/89 e.V. | 1423 | 2 |
| Dennis | Kraemer | | 1424 | 1 |
| Michael | Krämer | | 1425 | 2 |
| Nicolas | Kraft | | 1426 | 2 |
| Petra | Krahlisch | | 1427 | 2 |
| Oliver | Kral | Sinalco Running Crew | 1428 | 1 |
| Petra | Krallmann-Brüll | ASV Duisburg | 1429 | 1 |
| Tom | Kramer | | 1430 | 1 |
| Mia | Krammer | TTD | 1431 | 2 |
| Jule | Krannich | VHS im FoKuS Selm | 1432 | 2 |
| Sebastian | Kratz | | 1433 | 1 |
| Simone | Kratz | DJK VfL Billerbeck | 1434 | 1 |
| Tatjana | Kraus | | 1435 | 2 |
| Andreas | Krause | | 1436 | 1 |
| Christiane | Krause | | 1437 | 2 |
| Joachim | Krause | Pacer / Team Erdinger Alkoholfrei | 1438 | 2 |
| Markus | Krause | | 1439 | 1 |
| Sarah | Krause | Runners Of Ruhrpott | 1440 | 2 |
| Roland | Krawietz | 1988 | 1441 | 2 |
| Egbert | Kreklau | | 1442 | 1 |
| Sabine | Kremer | | 1443 | 1 |
| Sebastian | Kremer | | 1444 | 1 |
| Stefan | Kremer | | 1445 | 2 |
| Marcus | Kremers | | 1446 | 1 |
| Dieter | Kremhoff | Oberhausener tv | 1447 | 2 |
| Matthias | Kremkus | | 1448 | 1 |
| Susanne | Kremp | Vodafone | 1449 | 2 |
| Petra | Krenzlin | | 1450 | 2 |
| Marc | Kretschmer | the running club krefeld | 1451 | 1 |
| Rolf-Dieter | Kretzer | -TV Ufort-Eick | 1452 | 2 |
| Rolf-Dieter | Kretzer | TV Ufort-Eick | 1453 | 2 |
| Volker | Kreuzenbeck | Ausdauerschule by Bunert | 1454 | 2 |
| Maximiliane | Kreuzer | | 1455 | 2 |
| Marcel | Krieger | Running Team Grafenberg | 1456 | 1 |
| Tim | Krigar | LG Hansa Pils n.e.V. | 1457 | 1 |
| Vero | Kring | | 1458 | 2 |
| Marcel | Krischak | Laufschule Niederrhein | 1459 | 1 |
| Arno | Krisp | Bummelbob | 1460 | 2 |
| Marija | Krizanovic | | 1461 | 1 |
| Marc | Krobok | | 1462 | 1 |
| Birte | Kröger | | 1463 | 2 |
| Monika | Kroll | | 1464 | 2 |
| Dirk | Kromberg | | 1465 | 2 |
| Oliver | Kroppen | GOBooster | 1466 | 1 |
| Mirta | Krstic | | 1467 | 2 |
| Katharina | Krüger | | 1468 | 2 |
| Robert | Krüll | | 1469 | 1 |
| Tobias | Krüsmann | | 1470 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|----------------|--------------------------------|-------------|-------|
| Barbara Maria | Krüss | - | 1471 | 1 |
| Karin | Krumwiede | | 1472 | 1 |
| Roman | Kruse | | 1473 | 1 |
| Carola | Kryschi | | 1474 | 2 |
| Maximilian | Kryschi | | 1475 | 1 |
| Edyta | Krysciak | | 1476 | 2 |
| Rafael | Krysciak | Vodafone | 1477 | 2 |
| Mareika | Ksionzek-van K | Fuchsmunter | 1478 | 2 |
| Corinna | Kubin | | 1479 | 1 |
| Stefanie | Kubitza | | 1480 | 2 |
| Daniel | Kuchler | de vogels | 1481 | 2 |
| Thomas | Kuckelt | LaufWELPen | 1482 | 2 |
| Benjamin | Küchler | | 1483 | 2 |
| Gabriele | Kühl | | 1484 | 2 |
| Christina | Kühn | SV Budberg | 1485 | 1 |
| Niklas | Kühn | | 1486 | 2 |
| Stefanie | Kühnast | TSV Weeze | 1487 | 1 |
| Kirsten | Kühne | | 1488 | 2 |
| Bernd | Kühneweg | Herr | 1489 | 1 |
| Friedhelm | Küpper | Lauftreff Xanten | 1490 | 2 |
| Petra | Küpper | LSG Eschweiler | 1491 | 1 |
| Thomas | Küpper | Duisburger Ruderverein | 1492 | 1 |
| Clemens | Küppers | | 1493 | 1 |
| Jessica | Küppers | | 1494 | 2 |
| Christian | Kürpick | SG Paderborn | 1495 | 1 |
| Dominik | Kürpick | TuRa Elsen | 1496 | 1 |
| Dietmar | Küsterameling | Breetlook Runners | 1497 | 1 |
| Thomas | Küsters | 1968 | 1498 | 2 |
| Julia | Küting | | 1499 | 1 |
| Claas | Kuhfuß | Team Erdinger Alkoholfrei | 1500 | 1 |
| Torsten | Kulen | Road Runner | 1501 | 2 |
| Alexandra | Kumbrink | Allround Triathlon Team Kleve | 1502 | 1 |
| Johannes | Kunz | | 1503 | 2 |
| Anne | Kunze | Lauffreunde HADI Wesel | 1504 | 1 |
| Oliver | Kunze | Lauffreunde Pigage | 1505 | 1 |
| Olli | Kunze | Lauffreunde Unterbach | 1506 | 1 |
| Dagmar | Kupka | Vodafone | 1507 | 2 |
| Alexander | Kurmaz | | 1508 | 1 |
| Thomas | Kurz | Anchor Running Crew Duisburg | 1509 | 1 |
| Malte | Kuss | | 1510 | 1 |
| Mark | Kusters | Lauftreff Alt-Erkrath | 1511 | 2 |
| Stefan | Kux | Team Himmelgeister Brückenlauf | 1512 | 1 |
| Kim | Lachmann | Cycling Club Düsseldorf e.V. | 1513 | 1 |
| Kim | Lachmann | | 1514 | 1 |
| GEORGES | LAHR | | 1515 | 1 |
| Karina | Lahser | | 1516 | 1 |
| Yann | Lahser | | 1517 | 1 |
| Stefan | Lambert | | 1518 | 2 |
| Andreana | Lamerichs | | 1519 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|------------------------------|--------------------|--------------|
| Rüdiger | Lamm | | 1520 | 2 |
| Maarten | Lammens | | 1521 | 1 |
| Thomas | Lammert | Vodafone | 1522 | 1 |
| David | Lammertz | SD Laufiebe | 1523 | 1 |
| Matthias | Lamping | SV Werder Bremen | 1524 | 1 |
| Stefan | Lampl | | 1525 | 2 |
| Andrea | Lang | Angerland LT Lintorf | 1526 | 2 |
| Christian | Lang | Big Tree Runners | 1527 | 1 |
| Frank | Lang | Angerland LT Lintorf | 1528 | 2 |
| Ludger | Lang | SV Gladbeck 13 | 1529 | 1 |
| Heiko | Langer | | 1530 | 2 |
| Kathrin | Langewellpott | | 1531 | 2 |
| matthias | langner | | 1532 | 1 |
| Lars | Lanzke | | 1533 | 2 |
| Antje | Laqua | | 1534 | 2 |
| MARKUS | Laqua | | 1535 | 2 |
| Al-Aaron | Lat | | 1536 | 2 |
| André | Latour | | 1537 | 2 |
| Costantino | Lattarulo | | 1538 | 1 |
| Dirk | Laus | LC Duisburg | 1539 | 1 |
| Simone | Lausberg | | 1540 | 2 |
| Daniela | Lautenbach | | 1541 | 2 |
| Marlies | Lauten-Dresen | LC Duisburg | 1542 | 2 |
| Andrew | Lawrey | | 1543 | 1 |
| Anna | Lay | | 1544 | 2 |
| André | Lechtenberg | | 1545 | 2 |
| Sebastian | Lederbogen | | 1546 | 2 |
| Lioba | Legge | | 1547 | 2 |
| Chiara | Lehmann | | 1548 | 2 |
| Tanita | Lehmann | | 1549 | 2 |
| Tatiana | Lehmann | | 1550 | 2 |
| Claudia | Lehmkuhl | LT Xanten | 1551 | 2 |
| Lara | Lehmkuhl | Anchor Running Crew Duisburg | 1552 | 1 |
| Chris | Leiendecker | | 1553 | 1 |
| Eva | Leinkenjost | | 1554 | 2 |
| Marion | Lemken | | 1555 | 2 |
| Kerstin | Lenders | TC Kray 1892 e. V. | 1556 | 1 |
| Heike | Lener | | 1557 | 2 |
| Peter | Lennackers | | 1558 | 1 |
| Christiane | Lennartz | | 1559 | 2 |
| Felix | Lennemann | Running Team Grafenberg | 1560 | 1 |
| Guido | Lenz | | 1561 | 2 |
| Rita | Lenz | | 1562 | 1 |
| Tatjana | Lenz | | 1563 | 2 |
| Frank | Lenzen | | 1564 | 1 |
| Gina | Lenzing | Spotlight Theater Erkrath | 1565 | 1 |
| Sandra | Lenzner | Ausdauerschule by bunert | 1566 | 2 |
| Veronica | Leon | | 1567 | 2 |
| Martin | Lepping | | 1568 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|-----------------|-------------------------------------|-------------|-------|
| Michaela | Lepping | | 1569 | 1 |
| Svenja | Lessing | | 1570 | 2 |
| Vanda | Lestari | | 1571 | 2 |
| Judith | Leuppi | | 1572 | 2 |
| Bernd | Levenig | | 1573 | 2 |
| Thomas | Levenig | | 1574 | 2 |
| Kerstin | Leverenz | | 1575 | 2 |
| Gundula | Levering | | 1576 | 2 |
| Achim | Leyendecker | | 1577 | 1 |
| Bing | Liang | | 1578 | 1 |
| Rudolf | Liebal | Bladerunner | 1579 | 2 |
| Thomas | Liebehenz | | 1580 | 1 |
| Michael | Liebenthal | | 1581 | 2 |
| Frank | Liebert | | 1582 | 1 |
| Magnus | Lieske | WIR_BEI_HKM | 1583 | 1 |
| Florian | Lietz | | 1584 | 2 |
| Kalle | Lindemann | VHS im FoKuS Selm | 1585 | 2 |
| Peter | Linden | | 1586 | 1 |
| Sebastian | Linder | | 1587 | 1 |
| Uwe | Linder | SWK Laufwerk | 1588 | 2 |
| Oliver | Lindner | | 1589 | 2 |
| Stefan | Lindner | | 1590 | 1 |
| Tobias | Lindner | | 1591 | 1 |
| Norbert | Link | | 1592 | 1 |
| Thomas | Linke | | 1593 | 1 |
| Eva | Linster | Bunert Duisburg/ Moers | 1594 | 1 |
| Thomas | Lintjens | | 1595 | 1 |
| Stephan | Lipinski | | 1596 | 2 |
| Christoph | Lippa | | 1597 | 2 |
| Pascal | Lips | Deine Bande powered by Druckwerk-RR | 1598 | 1 |
| Karl-Heinz | Liß | BSV ThyssenKrupp Stahl | 1599 | 1 |
| Roger | Lisson | LC Duisburg | 1600 | 1 |
| Judith | Litzenburger | Viva con agua | 1601 | 1 |
| Björn | Lizak | FS Rheinkamp | 1602 | 1 |
| Daniel | Ljubica | | 1603 | 2 |
| Biagio | Lobascio | | 1604 | 2 |
| Sascha | Lobe | | 1605 | 2 |
| Muhammad Haid | Lodhi | | 1606 | 2 |
| Guido | Löbbert | | 1607 | 2 |
| Birgit | Löhr | | 1608 | 2 |
| Patrick | Löhr | TUS DEUZ | 1609 | 1 |
| Tanja | Löhr | Sex, Drucks und Dauerlauf | 1610 | 2 |
| Ralph | Lössner | TuS 08 Lintorf | 1611 | 1 |
| Silke | Lössner | | 1612 | 1 |
| Maik | Löwen | Herr | 1613 | 2 |
| Sebastian | Loh | Supporters Club Schalke 04 | 1614 | 1 |
| Jens | Lohölter | BSG Iglo Reken | 1615 | 2 |
| Katja | Lommetz | Speedy KaLo | 1616 | 2 |
| Andrea | Lonny-Swidorski | | 1617 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|--------------|---|-------------|-------|
| Eva | Loock | VHS im FoKuS Selm | 1618 | 2 |
| Dirk | Looschelders | Ausdauer Schule by bunert | 1619 | 1 |
| Miriam | Lopatenko | | 1620 | 1 |
| Angela | Lopes | Cordewener Orthopädienschuhtechnik Neus | 1621 | 2 |
| Yannick | Lorch | | 1622 | 1 |
| Julia | Lorenz | Winter Ingenieure GmbH | 1623 | 2 |
| Martina | Lorenz | 1963 | 1624 | 2 |
| Thorsten | Lorenzen | | 1625 | 2 |
| Loic | Lorin | | 1626 | 1 |
| Michael | Lorkowski | Die blauen Bengel | 1627 | 2 |
| Andre | Losemann | | 1628 | 1 |
| Sandra | loserreit | sv neptun 1897ev | 1629 | 2 |
| sandra | loserreit | sv neptun 1897ev | 1630 | 2 |
| Sot | Lou | OTV Endurance Team | 1631 | 1 |
| Igor | Lubimov | | 1632 | 2 |
| Jürgen | Lubitz | Team Erdinger Alkoholfrei | 1633 | 1 |
| Kerstin | Lubkoll | Phoenix Runners | 1634 | 1 |
| Manfredi | Luca | | 1635 | 2 |
| Rolf | Ludwig | valtech | 1636 | 1 |
| Franz | Lücke | | 1637 | 2 |
| Michael | Lückertz | Hinsbecker | 1638 | 1 |
| Jörn | Lueg-Althoff | | 1639 | 1 |
| Kyra | Lueg-Althoff | running4charity | 1640 | 2 |
| Renata | Lüling | | 1641 | 1 |
| Lothar | Lünendonk | Team Crazyluenis Korschenbroich | 1642 | 1 |
| Patrick | Lünendonk | Team Crazyluenis Korschenbroich | 1643 | 1 |
| Marco | Luensmann | | 1644 | 2 |
| Werner | Luetkemeier | RP Düsseldorf | 1645 | 1 |
| Christian | Lüttmann | Running GAnG | 1646 | 1 |
| Frank | Lumma | | 1647 | 2 |
| Manuel | Luneau | | 1648 | 2 |
| Jon | Lusic | | 1649 | 2 |
| Birgit | Luther | | 1650 | 2 |
| Patrick | Luther | | 1651 | 1 |
| Felix | Luyven | | 1652 | 1 |
| Baraka Phenias | Lwakatare | | 1653 | 1 |
| Andreas | Lyding | | 1654 | 2 |
| Boris | Lyubenov | | 1655 | 2 |
| Enno | Maas | | 1656 | 1 |
| Martin | Maasackers | | 1657 | 1 |
| Vita | Mache | | 1658 | 1 |
| Julia | Mädge | | 1659 | 1 |
| Franziska | Mädler | LG Marathonina | 1660 | 2 |
| Andreas | Männel | TV Ratingen | 1661 | 2 |
| Katrin | Maesse | Atlanta Track Club | 1662 | 1 |
| Annett | Magnus | | 1663 | 1 |
| Erik | Mahler | | 1664 | 2 |
| Daniel | Mahlow | | 1665 | 2 |
| Kim Thanh | Mai | Vodafone | 1666 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|------------------------------|--------------------|--------------|
| Holger | Maiwald | LT Rennhamster | 1667 | 1 |
| Daniel | Maiworm | | 1668 | 2 |
| Tanja | Maiworm | | 1669 | 2 |
| Thomas | Maletz | New Balance | 1670 | 1 |
| Johanna | Malkemper | | 1671 | 1 |
| Martina | Malorny | Lichtscheid Runner Wuppertal | 1672 | 2 |
| Munir | Mamuti | DJK Wanheimerort | 1673 | 1 |
| Franziska | Manhart | | 1674 | 2 |
| Stephanie | Mannaße | | 1675 | 1 |
| Thilo | Mannaße | Team Erdinger alkoholfrei | 1676 | 1 |
| Jonas | Mannhaupt | Herr | 1677 | 1 |
| Susanne | Manns | B23 | 1678 | 2 |
| Roland | Mans | | 1679 | 1 |
| Jork | Manske | | 1680 | 1 |
| Dennis | Manzke | | 1681 | 1 |
| Thomas | Maring | Running Team Grafenberg | 1682 | 1 |
| Jan | Mariniak | | 1683 | 2 |
| Michael | Markowitz | | 1684 | 1 |
| Sabine | Maron | TSV WEEZE | 1685 | 2 |
| Sandra | Marotta | | 1686 | 2 |
| Maurice | Marquis | | 1687 | 1 |
| Melanie | Marten | VHS im FoKuS Selm | 1688 | 2 |
| Johannes | Martin | | 1689 | 2 |
| Dirk | Martinat | PV Triathlon Witten e.V. | 1690 | 2 |
| Jutta | Masalme | Team Cycle Life | 1691 | 2 |
| Jacqueline | Masuhr | | 1692 | 2 |
| Ulrike | Masuhr | | 1693 | 2 |
| Anna Lena | Mathar | | 1694 | 2 |
| Lea | Mathar | Hochschulsport Uni Münster | 1695 | 1 |
| Marcus | Mathia | | 1696 | 1 |
| Frank | Matschull | Vodafone | 1697 | 1 |
| Uwe | Matteoschat | | 1698 | 2 |
| Gaby | Mau-Klees | LG Rennhemd Wuppertal | 1699 | 1 |
| Torsten | Mauss | Sensemam 1000 | 1700 | 1 |
| Christoph | Mayer | | 1701 | 1 |
| Daniel | Mayer | | 1702 | 1 |
| Maximilian | Mecke | | 1703 | 1 |
| Kai | Meckenstock | | 1704 | 1 |
| Marius | Meder | | 1705 | 1 |
| Daisy | Meekes | | 1706 | 1 |
| Jana | Mehl | TSG Leihgestern | 1707 | 1 |
| Joachim | Mehner | | 1708 | 1 |
| Tobias | Mehrer | | 1709 | 2 |
| Julian | Meichsner | | 1710 | 1 |
| Philip | Meier | | 1711 | 2 |
| Diana | Meike | | 1712 | 2 |
| Daniel | Meiners | | 1713 | 1 |
| Josef | Meiners | Eichental Runners | 1714 | 1 |
| Melanie | Meinert | | 1715 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------------|-----------------|-------------------------|--------------------|--------------|
| Peter | Meisel | Sfd 75 düsseldorf | 1716 | 1 |
| Fabian | Meister | | 1717 | 2 |
| Zikrija | Mejric | | 1718 | 1 |
| Stefan | Melcher | Stauder Runners Essen | 1719 | 1 |
| Maximilian | Meldau | SV Ramlingen | 1720 | 1 |
| Johannes | Melters | | 1721 | 2 |
| René | Menes | | 1722 | 1 |
| Ronald | Mengler | D'haus | 1723 | 1 |
| Hannah | Menk | | 1724 | 1 |
| Klaus | Menke | AS Neukirchen-Vluyn | 1725 | 2 |
| Marcel | Menke | | 1726 | 1 |
| Mirjam | Menke | AS Neukirchen-Vluyn | 1727 | 2 |
| Anke | Menk-Hegemann | | 1728 | 1 |
| Sebastian | Menne | Borbecker Raketen Essen | 1729 | 1 |
| Hans-Günter | Menner | | 1730 | 2 |
| Simone | Menz | | 1731 | 1 |
| Daniel | Menzel | | 1732 | 1 |
| Christina | meretzki | | 1733 | 2 |
| Katja | Mergen | | 1734 | 2 |
| Nabiel | Meri | | 1735 | 1 |
| Felix | Merkord | | 1736 | 1 |
| Johannes Michael | Mertens | Derendorfer Jonges | 1737 | 1 |
| Michael | Mertens | Laufftreff Tura | 1738 | 1 |
| Michael | Mertens | | 1739 | 2 |
| Michael | Mertens | | 1740 | 1 |
| Patrick | Mertens | Laufen gegen Leiden | 1741 | 2 |
| Tilo | Mertens | WRK Duisburg | 1742 | 2 |
| Tore | Mertens | | 1743 | 1 |
| Eva | Mertes | | 1744 | 1 |
| Thomas | Merz | | 1745 | 2 |
| Astrid | Messer | | 1746 | 1 |
| Mara | Messer | | 1747 | 1 |
| Marie-Christine | Meßmer | | 1748 | 2 |
| Melanie | Metternich | | 1749 | 1 |
| Patrizia | Metzger | Metzger Rennt | 1750 | 1 |
| Sven | Metzgeroth | | 1751 | 2 |
| Jens-Thomas | Metzner | | 1752 | 1 |
| Eva-Maria | Meurs | | 1753 | 2 |
| Sebastian | Meurs | Herr | 1754 | 2 |
| Manni | Meybohm | Lauffreunde HADI Wesel | 1755 | 1 |
| Astrid | Meyer | | 1756 | 2 |
| Frank | Meyer | | 1757 | 1 |
| Melanie | Meyer | | 1758 | 2 |
| Samuel | Meyer | Saufen und Laufen | 1759 | 2 |
| Thomas | Meyer | TuS Germania Hersel | 1760 | 2 |
| Mechtild | Meyer-Kluge | | 1761 | 2 |
| Alexander | Michaelis | | 1762 | 2 |
| Jannis | Michalek | Herr | 1763 | 2 |
| Regina | Michelbach | | 1764 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------------|-----------------|--------------------------|--------------------|--------------|
| Markus | Michelet | Herr | 1765 | 2 |
| Holger | Miekley | | 1766 | 2 |
| Thomas | Mielke | | 1767 | 1 |
| Celina | Mierzwa | | 1768 | 1 |
| Arfilion | Mihola | | 1769 | 1 |
| Alexandra | Mikrikow | | 1770 | 2 |
| Roland | Miksche | | 1771 | 2 |
| Philipp | Milewski | | 1772 | 2 |
| Mario | Minerva | SuMa Running | 1773 | 1 |
| Frank-Norbert | Mischke | AS Neukirchen-Vluyn | 1774 | 1 |
| Xenia | Mischok | | 1775 | 2 |
| Caroline | Misrahi | Ruhr Run Club | 1776 | 2 |
| Andreas | Mittelstädt | | 1777 | 2 |
| Joseph | Mockels | | 1778 | 1 |
| Melina | Möchel | | 1779 | 2 |
| Uwe | Möchel | Angerland LT Lintorf | 1780 | 1 |
| Elisabeth Simone | Mödl | | 1781 | 1 |
| Christina | Möhring | | 1782 | 2 |
| Christine | Mölle | | 1783 | 2 |
| Tobias | Mölle | | 1784 | 1 |
| Dieter | Möllenbur | | 1785 | 2 |
| Sylvia | Möllenbur | | 1786 | 2 |
| Sascha | Möller | | 1787 | 1 |
| Sven | Möller | TSV Eller 04 | 1788 | 1 |
| Tina | Möller | Angerland LT Lintorf | 1789 | 2 |
| Isabell | Möllers | | 1790 | 2 |
| Max | Mörsfelder | | 1791 | 1 |
| Denise | Mohr | | 1792 | 1 |
| Dora | Mohr | Ausdauerschule by Bunert | 1793 | 1 |
| Kai | Moldenhauer | OeMF Running | 1794 | 1 |
| Burkhard | Mollen | | 1795 | 1 |
| Andreas | Mondry | | 1796 | 1 |
| Thomas | Mones | | 1797 | 1 |
| Martino | Monti | 1982 | 1798 | 1 |
| David | Mossakowski | | 1799 | 1 |
| Jana | Mostert | Osterather TV | 1800 | 2 |
| Jan-André | Motzek | | 1801 | 1 |
| Michael | Mroß | Fight for your wine | 1802 | 1 |
| Silvia | Mrotzek | | 1803 | 1 |
| Simone | Mrotzek | | 1804 | 1 |
| Heike | Mück | Dextro Energy Sportteam | 1805 | 1 |
| Patrick | Mühle | ETuS Wedau | 1806 | 1 |
| Laura | Mühling | | 1807 | 2 |
| Felix | Mühlke | | 1808 | 1 |
| Dagmar | Mueller | | 1809 | 2 |
| Miriam | Mueller | | 1810 | 2 |
| Alina | Müller | | 1811 | 2 |
| Caroline | Müller | TV Niederscheld | 1812 | 2 |
| Christof | Müller | Angerland LT Lintorf | 1813 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|---------------|--------------------|----------------------------------|-------------|-------|
| Markus | Müller | | 1814 | 1 |
| Markus | Müller | | 1815 | 1 |
| Melanie | Müller | | 1816 | 2 |
| Rajko | Müller | | 1817 | 2 |
| Silke | Müller | | 1818 | 2 |
| Thomas | Müthing | OTV Endurance Team | 1819 | 1 |
| Mario | Muhren | ASV Duisburg | 1820 | 1 |
| Rolf | Multhauf | | 1821 | 1 |
| Moritz Niklas | Mumbeck | | 1822 | 2 |
| Jürgen | Musche | Marathon Dinslaken | 1823 | 1 |
| Tobias | Mußbach | | 1824 | 2 |
| Mark | Nachtigäller | | 1825 | 2 |
| Maria | Nacken | | 1826 | 1 |
| Claus | Nagler | | 1827 | 1 |
| Günther | Nahbein | Badminton Verein Leverkusen e.V. | 1828 | 1 |
| MICHIO | NAKAMURA | Hashiri-tai | 1829 | 1 |
| Lavanya | Nanthapalan-Mühlke | | 1830 | 1 |
| Michelle | Narloch | | 1831 | 2 |
| Niklas | Nau | | 1832 | 2 |
| Hans-Georg | Nauroth | | 1833 | 2 |
| Tobias | Nauroth | | 1834 | 2 |
| Kevin | Nebe | | 1835 | 1 |
| Annika | Nebel | | 1836 | 2 |
| Steffen | Neefe | | 1837 | 2 |
| Maik | Nehls | | 1838 | 1 |
| Patric | Nehrenst | | 1839 | 1 |
| Eva | Nellessen | | 1840 | 2 |
| Antje | Neu | | 1841 | 2 |
| Katja | Neubauer | Pillepalle | 1842 | 1 |
| Rafael | Neubert | BSG Sparkasse Duisburg | 1843 | 2 |
| Egbert | Neugebauer | Monday Mad Men | 1844 | 2 |
| Jens | Neugebauer | ASV Duisburg | 1845 | 1 |
| Thomas | Neuhäuser | | 1846 | 1 |
| Friedrich | Neuhaus | | 1847 | 1 |
| Jörg | Neuheuser | Triathlon Mülheim | 1848 | 1 |
| Klaus | Neuhoff | NiersRunners Wachtendonk | 1849 | 1 |
| Marcel | Neuhold | AS Neukirchen-Vluyn | 1850 | 1 |
| Birgit | Neumann | ausdauerschule by bunert | 1851 | 1 |
| Guido | Neumann | LG 1947 Viersen e.V. | 1852 | 1 |
| Jessica | Neumann | VHS im FoKuS Selm | 1853 | 1 |
| Mark | Neumann | | 1854 | 2 |
| Michael | Neumann | | 1855 | 1 |
| Sabrina | Neumann | | 1856 | 2 |
| Sandra | Neumann | | 1857 | 2 |
| Klaus | Neven | BSG Commerzbank Rhein-Ruhr | 1858 | 2 |
| Judith | Nguyen | WIR_BEI_HKM | 1859 | 1 |
| Stefan | Nguyen | | 1860 | 1 |
| Justus | Nibbenhagen | Lauftreff | 1861 | 1 |
| Linus | Nibbenhagen | Lauftreff Lüdinghausen | 1862 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|----------------------|---------------------------------|-------------|-------|
| Magnus | Nibbenhagen | Laufftreff Lüdinghausen | 1863 | 1 |
| Volker | Nickel | Herr | 1864 | 1 |
| Stefan | Nickels | | 1865 | 2 |
| Jan | Niedenführ | Strammtischer SV | 1866 | 1 |
| Johanna | Niederau | | 1867 | 2 |
| Frank | Niedergesaess | LC Duisburg | 1868 | 1 |
| Anja | Niederste-Hollenberg | | 1869 | 1 |
| Ralf | Niedzwiedz | VfB Homberg | 1870 | 2 |
| Sandra | Niedzwiedz | Sportjugend Duisburg | 1871 | 2 |
| Gerd | Niehus | TVK Korschenbroich | 1872 | 1 |
| Jens | Niekamp | | 1873 | 1 |
| Hammer Michael | Nienhaus | Team Erdinger Alkoholfrei | 1874 | 1 |
| Christopher | Nieß | VHS im FoKuS Selm | 1875 | 1 |
| Jessica | Nieß | VHS im FoKuS Selm | 1876 | 1 |
| Tobias | Nießén | | 1877 | 1 |
| Judith | Nießing | | 1878 | 2 |
| Andre | Nieswand | MO-DUI GIGANTEN | 1879 | 1 |
| Markus | Niewerde | | 1880 | 1 |
| SHIGEKI | NISHIMURA | | 1881 | 1 |
| Lars | Nitsch | Tri Team Nettetal | 1882 | 1 |
| Nicol | Nitschke | Laufschule Düsseldorf by bunert | 1883 | 2 |
| Edyta | Niziolek | Aktion Canchanabury | 1884 | 1 |
| Natalie | Noack | | 1885 | 2 |
| Horst | Nobel | | 1886 | 1 |
| Christoph | Nohr | | 1887 | 1 |
| Judith | Nolden | | 1888 | 1 |
| Kathrin | Nolte | | 1889 | 2 |
| Bilal | Noori | | 1890 | 1 |
| Delal | Noori | | 1891 | 2 |
| Hendrik | Norbisrath | | 1892 | 1 |
| Hans-Jürgen | Nover | | 1893 | 1 |
| Renate | Novotny | Marathonteam Online | 1894 | 2 |
| David | Nowak | | 1895 | 1 |
| Ingo | Nowak | | 1896 | 1 |
| Maria | Nowak | ERGO Sports | 1897 | 1 |
| Melissa | Nowak | Ausdauerchule by bunert | 1898 | 2 |
| Nicole | Nowak | | 1899 | 2 |
| Paula | Nowodworski | | 1900 | 1 |
| Patrice | Ntivyihabwa | | 1901 | 1 |
| Stefanie | Nüchtern-Baumhoff | | 1902 | 1 |
| Andreas | Nücke | Skat Frei! | 1903 | 2 |
| René | Nürnbergger | | 1904 | 1 |
| Silke | Nürrenberg-Philipp | | 1905 | 1 |
| Ludger | Nüsse-Maas | | 1906 | 1 |
| Pares | Nuri | | 1907 | 1 |
| Malte | Nußberger | | 1908 | 2 |
| Michael | Nyenhaus | | 1909 | 1 |
| Charlotte | Oberröhrmann | | 1910 | 2 |
| Melanie | Ochs | | 1911 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|------------------|----------------------------------|-------------|-------|
| David | OConnell | 1963 | 1912 | 1 |
| Gerta | Oden | Oden Sports Club | 1913 | 1 |
| Tobias | Oden | Oden Sports Club | 1914 | 1 |
| Jacques | Odenius | Team ERDINGER Alkoholfrei | 1915 | 1 |
| Oliver | Odenthal | | 1916 | 1 |
| Matthias | Oebel | | 1917 | 1 |
| Mirko | Oedinger | Viactiv | 1918 | 1 |
| Stefan | Oehl | VHS im FoKuS Selm | 1919 | 2 |
| Ulrich | Oehlen | | 1920 | 1 |
| Heiko | Oelgemöller | Running Team Grafenberg | 1921 | 1 |
| Simon | Oelmann | Team Erdiger Alkoholfrei | 1922 | 1 |
| Klaus | Oelschläger | Mitsubishi Electric Running Team | 1923 | 1 |
| Susanne | Oestreich | Team Camerone e.V. | 1924 | 2 |
| Neriman | Özdemir-Reimholz | | 1925 | 2 |
| Sonja | Özgüc | | 1926 | 2 |
| Heiner | Offenbacher | | 1927 | 1 |
| Katherine | Ogurtsova | Quarteera e.V. | 1928 | 2 |
| Corinna | Ohlig | Team Otto | 1929 | 2 |
| Estefania | Olivares Lagos | Vodafone | 1930 | 2 |
| Xavier | Olivella Rigol | Vodafone | 1931 | 1 |
| Frank | Olstedt | | 1932 | 1 |
| Zana | Omeragic | | 1933 | 2 |
| Julian | Oppers | | 1934 | 1 |
| Emily | Oraha | | 1935 | 2 |
| Galina | Orlova | TEAM ELG | 1936 | 1 |
| Marion | Orlowski | VHS im FoKuS Selm | 1937 | 1 |
| Leonardo | Ortega | Herr | 1938 | 1 |
| Clemens | Orths | | 1939 | 2 |
| Dariusz | Osowski | Checkmat Cologne | 1940 | 1 |
| Roland | Oster | | 1941 | 1 |
| Claudia | Ostermann | | 1942 | 2 |
| Daniel | Osthorst | | 1943 | 2 |
| Lisanne | Ostländer | | 1944 | 2 |
| Carsten | Ostwald | DSV 98 | 1945 | 1 |
| Jacqueline | Othman | | 1946 | 1 |
| Daniel | Otremba | Team Otremba | 1947 | 1 |
| Inge | Otten | Lg Alpen | 1948 | 2 |
| Alexander | Otto | | 1949 | 1 |
| Andrew | Otto | | 1950 | 2 |
| Marita | Otto | | 1951 | 2 |
| Arnd | Overbeck | Rhein-Donau-Giganten | 1952 | 1 |
| Patrick | Overhage | Team Fratzos | 1953 | 1 |
| Thomas | Oversteeg | Morning Runners | 1954 | 1 |
| Nicolas | Oxen | | 1955 | 1 |
| Michael | Oyda | | 1956 | 2 |
| Uwe | Paals | Spitze Kegel | 1957 | 1 |
| Petra | Paasen | Die blauen Bengel | 1958 | 2 |
| Dominique | Päper | | 1959 | 1 |
| Stefan | Pahl | WIR_BEI_HKM | 1960 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|---------------------------|-------------|-------|
| Lars | Palmowski | | 1961 | 1 |
| Massimiliano | Palumbo | | 1962 | 1 |
| Timo | Panke | | 1963 | 2 |
| Britta | Papke | | 1964 | 2 |
| Sandra | Pappel | | 1965 | 1 |
| Sophie | Parkin | | 1966 | 2 |
| Manfred | Parthe | SV Benediktushof | 1967 | 1 |
| Maria | Parthe | SV Benediktushof | 1968 | 1 |
| Sonja | Paßmann | VHS im FoKuS Selm | 1969 | 2 |
| Volker | Paßmann | VHS im FoKuS Selm | 1970 | 2 |
| Matthias | Patzelt | | 1971 | 1 |
| Markus | Pauels | KSV Kevelaer | 1972 | 1 |
| Hartmut | Pauli | ABB Betriebssport e.V. | 1973 | 1 |
| Jürgen | Paur | Team Erdinger Alkoholfrei | 1974 | 1 |
| Theo | Pauthonier | | 1975 | 1 |
| Markus | Pawletta | | 1976 | 2 |
| Michael | Pawletta | | 1977 | 2 |
| Jennifer | Pawlowski | | 1978 | 2 |
| Birgit | Paysen | 1969 | 1979 | 2 |
| Thomas | Pazurek | | 1980 | 2 |
| Nico | Pehla | VfL Repelen | 1981 | 1 |
| Mike | Peikert | | 1982 | 1 |
| Henning | Pelz | | 1983 | 1 |
| Janina | Pelz | | 1984 | 2 |
| Niels | Pelz | | 1985 | 1 |
| Tanja | Pelzer | LC Duisburg | 1986 | 2 |
| Momo | Pensel | | 1987 | 2 |
| Daniel | Perbix | AS Neukirchen-Vluyn | 1988 | 1 |
| Andréia | Pereira-Foerste | LC Duisburg | 1989 | 2 |
| Joseph Patrick | Pericone III | | 1990 | 1 |
| Mathilde | Pesa | | 1991 | 2 |
| Frank | Pesch | Dülkener SV 06 | 1992 | 1 |
| Kevin | Petak | | 1993 | 1 |
| Alexander | Peter | | 1994 | 1 |
| Dennis | Peters | BSG Krohne e.V. | 1995 | 1 |
| Michael | Peters | | 1996 | 2 |
| Sandra | Peters | TSV Meerbusch | 1997 | 1 |
| Silvia | Peters | | 1998 | 1 |
| Luca | Petit | | 1999 | 2 |
| Sabine | Pfab | | 2000 | 2 |
| Annette | Pfaffenhöfer | Breetlook-Runners | 2001 | 1 |
| Michael | Pfeffer | Hoka Boys | 2002 | 1 |
| Michael | Pfeffer | | 2003 | 2 |
| Jörg | Pfefferle | | 2004 | 2 |
| Julius | Pfetzer | | 2005 | 1 |
| Yvonne | Phillips-Howard | von der Fecht LLP | 2006 | 2 |
| Dörte | Pichier | Running Team Grafenberg | 2007 | 1 |
| Andreas | Piechotta | | 2008 | 2 |
| Markus | Piechotta | | 2009 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|--------------|---------------------------|-------------|-------|
| Britta | Piekarski | | 2010 | 2 |
| Carsten | Piekarski | | 2011 | 2 |
| Sebastian | Piel | | 2012 | 1 |
| Marcus | Pielka | Lauffreunde HADI Wesel | 2013 | 1 |
| Franziska | Pieper | | 2014 | 2 |
| Jutta | Pieper | | 2015 | 2 |
| Maximilian | Pieper | | 2016 | 1 |
| Maximilian | Pieper | | 2017 | 2 |
| Stephan | Pieper | Ausdauerschule by bunert | 2018 | 1 |
| Martha | Pietruschka | | 2019 | 2 |
| Peter | Pietruschka | | 2020 | 1 |
| Ronald | Pietsch | die developer | 2021 | 2 |
| Christof | Pietzka | | 2022 | 2 |
| Hannes | Piffko | | 2023 | 1 |
| Andreas | Pikull | | 2024 | 2 |
| Kai | Pilgermann | | 2025 | 1 |
| Petra | Pilske | | 2026 | 1 |
| Thorsten | Pilz | LSG MGB Ratingen | 2027 | 1 |
| Alexander | Pinekenstein | | 2028 | 1 |
| Stefan | Pingsten | Pingsten Renners | 2029 | 1 |
| Yuliya | Pits | | 2030 | 1 |
| Miriam | Pittet | | 2031 | 1 |
| Julia | Plänker | | 2032 | 2 |
| Ingo | Plaschke | NRZ | 2033 | 2 |
| Lisa | Plate | von der Fecht LLP | 2034 | 2 |
| Aleksandra | Platen | | 2035 | 2 |
| Anna | Plattner | Tri Club Wuppertal | 2036 | 1 |
| Andreas | Plebuch | #PleeRunning | 2037 | 1 |
| Maik | Pleitz | | 2038 | 2 |
| Ilja | Plenne | | 2039 | 1 |
| Carsten | Plitt | laufen gegen leiden e.V. | 2040 | 1 |
| Claudia | Plümel | | 2041 | 2 |
| Tanja | Poeschke | | 2042 | 2 |
| Frank | Pöss | SV Orsoy | 2043 | 2 |
| Holger | Pöss | BSG König Brauerei | 2044 | 2 |
| Thomas | Pöter | | 2045 | 2 |
| Sabine | Pötsch | | 2046 | 1 |
| Thomas | Poetschki | LC Duisburg | 2047 | 1 |
| Mareike | Poggenburg | | 2048 | 1 |
| Yvonne | Pohlhaus | | 2049 | 2 |
| Stefan | Polgart | PACE | 2050 | 2 |
| Manfred | Poloczek | Duisport | 2051 | 1 |
| Denise | Polzien | | 2052 | 2 |
| Ovidiu | Popa | | 2053 | 2 |
| MARTA | POPIOLOWSKA | 1992 | 2054 | 1 |
| Christine | Pospiech | Tusem Essen | 2055 | 1 |
| Klaus | Pospiech | Tusem Essen | 2056 | 1 |
| Tim | Pottbäcker | | 2057 | 2 |
| Thomas | Preidßdorf | Team Erdinger Alkoholfrei | 2058 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------------|--------------|---------------------------------|-------------|-------|
| Andreas | Prenzel | | 2059 | 2 |
| Iwona | Prenger | | 2060 | 1 |
| Jörg | Presch | | 2061 | 2 |
| Meike | Presch | | 2062 | 2 |
| Christian | Presser | TuS Breitscheid | 2063 | 1 |
| Patricia | Preuß | | 2064 | 2 |
| Christian | Preußner | TRC Essen 84 | 2065 | 1 |
| Kerstin | Priebe | | 2066 | 1 |
| Bernhard | Prinz | | 2067 | 2 |
| Franziska | Prinz | | 2068 | 2 |
| Thorsten | Probst | | 2069 | 1 |
| Alex | Proehl | | 2070 | 1 |
| Lea | Pronk | | 2071 | 2 |
| Julian | Prüfer | | 2072 | 1 |
| Anke | Prumbaum | | 2073 | 1 |
| Rainer | Ptassek | Sporting Mülheim | 2074 | 1 |
| Michel | Pütter | Running Team Grafenberg | 2075 | 1 |
| Michael | Pütz | | 2076 | 2 |
| Karla | Puncak | Quakenbrücker SC 99 | 2077 | 1 |
| Stephan | Punjabi | TC Menden | 2078 | 1 |
| Stanislaw | Pyclik | Stalowa Wola- Metallbau Pfitzer | 2079 | 1 |
| Nadine | Quaas | | 2080 | 1 |
| Daniel | Quabeck | | 2081 | 2 |
| Eva | Quadt | Spiridon Haltern | 2082 | 2 |
| Markus | Quantius | | 2083 | 2 |
| Udo | Quattelbaum | | 2084 | 2 |
| Siro | Quijano | ASC Rosellen | 2085 | 1 |
| Verena | Quiskamp | | 2086 | 1 |
| Nico | Raab | SuS Rayen | 2087 | 1 |
| Jens | Raade | | 2088 | 1 |
| Ireneus | Raba | Nowy Styl Group | 2089 | 1 |
| Kathrin | Raback | | 2090 | 2 |
| Gerald | Rabeneck | LC Duisburg | 2091 | 1 |
| Frank | Rachowiak | Raketenamt Düsseldorf | 2092 | 1 |
| Heinz | Radomski | LC Duisburg | 2093 | 2 |
| Andreas | Ragg | | 2094 | 1 |
| Paul | Raijmakers | | 2095 | 1 |
| Eugen | Rail | | 2096 | 2 |
| Aleksandar | Rakic | | 2097 | 2 |
| M. | Ramb | - | 2098 | 1 |
| Christian | Ramthor | | 2099 | 1 |
| Joao | Raposo | | 2100 | 1 |
| Corinna | Raschegewski | | 2101 | 2 |
| Markus | Raschegewski | | 2102 | 1 |
| Klaus | Rathmann | TSV Ensinggen | 2103 | 1 |
| Alexander | Ratzko | VIACTIV Krankenkasse | 2104 | 2 |
| Rüdiger | Rau | | 2105 | 1 |
| Anu | Raubacher | | 2106 | 2 |
| Jean-Christophe | Rauch | | 2107 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|----------------|---|-------------|-------|
| Sibylle | Rauch | | 2108 | 2 |
| Noah | Read | Tri Team Tv Schiefbahn | 2109 | 1 |
| Philipp | Rebmann | | 2110 | 1 |
| Jutta | Recker | VHS im FoKuS Selm | 2111 | 2 |
| Winfried | Recker | VHS im FoKuS Selm | 2112 | 1 |
| Kerstin | Redzinski | | 2113 | 1 |
| Harald | Rehberg | | 2114 | 1 |
| Michaela | Reichenberger | | 2115 | 2 |
| Max | Reicherd | | 2116 | 2 |
| Mathis | Reichert | | 2117 | 1 |
| Robert | Reiff | | 2118 | 1 |
| Volker | Reiff | | 2119 | 2 |
| Katharina | Reimann | Crossfit Gladbeck | 2120 | 2 |
| christian | reimann | | 2121 | 1 |
| Simone | Reimertz | Lauftreff Alt-Erkrath | 2122 | 2 |
| Klement | Reinartz | Herr | 2123 | 2 |
| Michael | Reiner | Vodafone | 2124 | 2 |
| olaf | reinhardt | | 2125 | 2 |
| Charlotte | Reinke | | 2126 | 2 |
| Katja | Reintges | | 2127 | 2 |
| Bettina | Reitsam | | 2128 | 2 |
| Wolfgang | Reitsam | | 2129 | 2 |
| Hauke | Rejdak | | 2130 | 1 |
| Corinna | Remberg | | 2131 | 1 |
| Anja | Repping | | 2132 | 2 |
| Markus | Repping | | 2133 | 2 |
| Reinhard | Reppmann | Aktion Canchanabury MT Wir laufen für AID | 2134 | 1 |
| Janine | Rethmeier | | 2135 | 1 |
| Thorsten | Rettig | | 2136 | 1 |
| Olaf | Reus | | 2137 | 1 |
| Peter | Reuter | AC Benrad | 2138 | 1 |
| Thierry | Reynolds | Team Otremba | 2139 | 1 |
| Diekamp | Ricarda | | 2140 | 2 |
| Ulrike | Richardt-Hagen | SC Hörstel | 2141 | 2 |
| Kay | Richrath | Vodafone | 2142 | 1 |
| Andrea | Richter | VHS im FoKuS Selm | 2143 | 1 |
| Daniel | Richter | | 2144 | 1 |
| Jessica | Richter | | 2145 | 2 |
| Mike | Richter | | 2146 | 2 |
| Patrick | Richter | SV dülken | 2147 | 1 |
| Udo | Richter | SuS Schalke 96 | 2148 | 1 |
| Volker | Richter | VHS im FoKuS Selm | 2149 | 2 |
| Stefanie | Richts | | 2150 | 2 |
| Verena | Ricken | | 2151 | 2 |
| Kristin | Riechert | | 2152 | 2 |
| Christina | Riedel | | 2153 | 1 |
| Maximilian | Riedl | | 2154 | 1 |
| Thomas | Riegel | SV Viktoria Winnekendonk | 2155 | 1 |
| Sebastian | Riehm | | 2156 | 2 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|----------------------------|--------------------|--------------|
| Karoline | Riener | | 2157 | 2 |
| Thorsten | Riepe | Depotrunners Bracht | 2158 | 1 |
| Nathalie | Ries | | 2159 | 2 |
| Thomas | Rietschel | Fast-Foot & Slow-Beer | 2160 | 1 |
| Alexander | Rifert | | 2161 | 2 |
| Maximilian | Rilling | | 2162 | 1 |
| Melanie | Ringel | | 2163 | 2 |
| Sabine | Rings | | 2164 | 1 |
| Hansjörg | Rink | SC Bayer 05 Uerdingen | 2165 | 1 |
| Oliver | Rinke | | 2166 | 1 |
| Alexandra | Rinne | | 2167 | 1 |
| Ida | Riße | | 2168 | 2 |
| Dirk | Rissel | LC Duisburg | 2169 | 1 |
| Michael | Ritthoff | | 2170 | 1 |
| Daniel | Ritzerfeld | | 2171 | 2 |
| Charlotte | Rizza | | 2172 | 2 |
| Michael | Rizza | | 2173 | 2 |
| Celine | Robel | | 2174 | 2 |
| Frederik | Robert | Fahrzeugbau Robert | 2175 | 1 |
| Adam | Robinson | | 2176 | 1 |
| Caroline | Rochet | | 2177 | 2 |
| Christian | Rode | | 2178 | 2 |
| Johanna | Rodheudt | | 2179 | 2 |
| Daniel | Röchert | | 2180 | 2 |
| Andre | Röder | | 2181 | 1 |
| Florian | Röhl | | 2182 | 2 |
| Rainhold | Röhlen | | 2183 | 2 |
| Detlef | Rösch | | 2184 | 2 |
| Soeren | Roesges | | 2185 | 1 |
| Eva | Rösler | | 2186 | 2 |
| Lucas | Rösler | | 2187 | 1 |
| Andrea | Rösner | | 2188 | 2 |
| Rosi | Roest | Kervenheimer Jung | 2189 | 1 |
| Caroline | Rötger | | 2190 | 2 |
| Ingrid | Rogge | Herr | 2191 | 2 |
| Thorsten | Rohn | | 2192 | 2 |
| Vanessa | Rohn | | 2193 | 1 |
| Patrick | Rohne | Un Fug Pandas | 2194 | 1 |
| Bea | Rohr | | 2195 | 2 |
| Swantje | Rohr | Pulchra-Amphora e.V. Neuss | 2196 | 2 |
| Marco | Rohrmann | | 2197 | 1 |
| Markus | Rohwedder | VFL Forstwald | 2198 | 1 |
| Stephan | Rollow | | 2199 | 1 |
| Dennis | Rombey | Team Erdinger Alkoholfrei | 2200 | 1 |
| Nina | Rombey | Gipfelkurs | 2201 | 1 |
| Marco | Ronsdorf | TRICE | 2202 | 1 |
| Maxim | Root | Hot runners Ratingen | 2203 | 1 |
| Christof | Rose | | 2204 | 2 |
| Henrik | Rose | | 2205 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|--------------|--|-------------|-------|
| Wolfgang | Rosellen | | 2206 | 1 |
| Natascha | Rosenauer | Fit in Haan | 2207 | 2 |
| Lea | Rosenberg | DREAMBIG Sports Club | 2208 | 1 |
| Beate | Rosenberger | | 2209 | 2 |
| marina | Rosentreter | | 2210 | 2 |
| Kevin | Roß | Torpedos Essen | 2211 | 2 |
| Margret | Roß | Lauftreff.Xanten | 2212 | 2 |
| Jörg | Roßkamp | | 2213 | 2 |
| Marc | Roßmüller | | 2214 | 1 |
| Björn | Rost | | 2215 | 1 |
| Lisa | Rotenberg | | 2216 | 1 |
| Arik | Roth | Emder LG | 2217 | 1 |
| Carsten | Roth | Team Erdinger Alkoholeinfrei / Bunert Neus | 2218 | 1 |
| Robin | Roth | Running Team Grafenberg | 2219 | 1 |
| Ina | Rothe | TPSK 1925 e.V. Triathlon | 2220 | 2 |
| Julia | Rothstein | | 2221 | 2 |
| Gerhard | Rott | TUS Breitscheid | 2222 | 2 |
| Sabine | Rottmann | | 2223 | 1 |
| Sabine | Ruberg | Lauftreff R(h)einknaller | 2224 | 2 |
| Martin | Rudde | Sprungzwei | 2225 | 1 |
| Uwe | Rudolph | CTS | 2226 | 2 |
| Romy | Rübesam | | 2227 | 2 |
| Debbie | Rübsteck | marathonteam-online | 2228 | 2 |
| Hans-Josef | Rübsteck | marathonteam-online | 2229 | 1 |
| Nico | Rübsteck | marathonteam-online | 2230 | 1 |
| Felipe | Rueda Seidel | | 2231 | 1 |
| Magdalene | Rühle | | 2232 | 2 |
| Andy | Ruethemann | | 2233 | 2 |
| Sandra | Rütten | | 2234 | 2 |
| Benjamin | Rüttgers | | 2235 | 2 |
| Conny | Ruhl | Henkel Sport Team | 2236 | 2 |
| Marcus | Ruhmann | IRunners | 2237 | 1 |
| Dirk | Ruiss | | 2238 | 2 |
| Carsten | Rumbler | | 2239 | 1 |
| Elmar | Rump | VHS im FoKuS Selm | 2240 | 1 |
| Lea | Rumpel | | 2241 | 1 |
| Jörn | Rusch | | 2242 | 2 |
| Salvatore | Russo | OTV Endurance Team | 2243 | 1 |
| Ricarda | Rustige | | 2244 | 2 |
| Birgit | Ruthmann | AS Neukirchen-Vluyn | 2245 | 2 |
| Jens | Ruthmann | AS Neukirchen-Vluyn | 2246 | 1 |
| Viviane | Rutten | | 2247 | 1 |
| Birgit | Rychlik | LT Metzkausen | 2248 | 2 |
| Sylvia | Rydsy | LC Duisburg | 2249 | 2 |
| Johanna | Rzaha | DJK VfL Billerbeck | 2250 | 1 |
| Thomas | Rzesnik | Lokomotive Grunewald | 2251 | 1 |
| Volker | Saar | Team Erdinger Alkoholfrei | 2252 | 1 |
| Julien | Sachse | | 2253 | 1 |
| Otmar | Sachsse | | 2254 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|-----------------|------------------------------------|-------------|-------|
| Oliver | Sacoph | | 2255 | 2 |
| Julia | Saes | | 2256 | 1 |
| Heino | Sahling | Werdener Turnerbund | 2257 | 1 |
| Edip | Saliba | | 2258 | 1 |
| Astrid | Saltmann | Team Saltomann | 2259 | 2 |
| Daniel | Saltmann | Team Saltomann | 2260 | 2 |
| Daniel | Sánchez Garrido | | 2261 | 1 |
| Petra | Sander | | 2262 | 1 |
| Steffen | Sander | SV Blau-Weiß Bochum von 1896 e. V. | 2263 | 1 |
| Thomas | Sanders | | 2264 | 1 |
| Rüdiger | Sandführer | DJK Buchholz | 2265 | 2 |
| Carlos | Sandoval | | 2266 | 1 |
| Nadine | Sandoval | | 2267 | 2 |
| Soeren | Sappok | RTV Staubwolke | 2268 | 2 |
| Christian | Saris | | 2269 | 2 |
| Torsten | Sauder | -- Kein Titel -- | 2270 | 2 |
| Phillip | Sauer | | 2271 | 1 |
| Lucas | Sauerborn | OTV Endurance Team | 2272 | 1 |
| Roger | Schaack | | 2273 | 1 |
| Alexander | Schaary | OSC 04 Rheinhausen | 2274 | 1 |
| Ernst | Schaary | OSC 04 Rheinhausen | 2275 | 2 |
| Arnd | Schade | Sportfreunde Wittlaer | 2276 | 1 |
| Lutz | Schaefer | | 2277 | 1 |
| Heike | Schäfer | Frau | 2278 | 2 |
| Irina | Schäfer | | 2279 | 2 |
| Janis | Schäfer | Eisenbahnfreunde Siegen | 2280 | 1 |
| Kai | Schäfer | | 2281 | 1 |
| Lea | Schaele | | 2282 | 2 |
| Peter | Schaepe | | 2283 | 1 |
| Thomas | Schaffrath | | 2284 | 1 |
| Hubertus | Schanze | | 2285 | 2 |
| Jana | Schanze | | 2286 | 2 |
| Jan-Moritz | Schanze | | 2287 | 1 |
| Wolfgang | Schanze | | 2288 | 1 |
| John | Scharer | Angerland LT Lintorf | 2289 | 2 |
| Christian | Schau | | 2290 | 2 |
| Jan | Schedler | | 2291 | 1 |
| Julian | Scheele | | 2292 | 2 |
| Marco | Scheibe | TV-Schiefbahn | 2293 | 1 |
| Marion | Scheil-Jansen | BSG Stadtwerke Duisburg | 2294 | 2 |
| Niklas | Scheipers | | 2295 | 1 |
| Georg | Schellhorn | | 2296 | 2 |
| Haemi | Schemuth | CrossFit Essen | 2297 | 2 |
| Julian | Scherer | | 2298 | 1 |
| Anja | Scherwaß | LT Düsseldorf-Süd | 2299 | 2 |
| Marcus | Scheuerlein | | 2300 | 1 |
| Philipp | Scheuermann | Mars | 2301 | 1 |
| Tim | Scheuvers | WIR_BEI_HKM | 2302 | 1 |
| Pia | Schickel | Tri-Team Nettetal | 2303 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|--------------|---------------------------------|-------------|-------|
| Bettina | Schieder | AS Neukirchen- Vluyn | 2304 | 2 |
| Sina | Schielke | | 2305 | 2 |
| Nina | Schiemann | LG Alpen | 2306 | 2 |
| Marcus | Schiffel | | 2307 | 1 |
| Rebecca | Schiffer | | 2308 | 2 |
| Sandra | Schiffer | | 2309 | 2 |
| Annika | Schiffmann | | 2310 | 2 |
| Carl | Schilgen | | 2311 | 2 |
| Sebastian | Schill | Duisburger SV 98 Triathlon Team | 2312 | 1 |
| Dirk | Schilling | | 2313 | 1 |
| Uwe | Schilling | | 2314 | 2 |
| Philipp | Schimanowski | | 2315 | 1 |
| Martin | Schims | WIR_BEI_HKM | 2316 | 1 |
| Rene | Schindler | | 2317 | 1 |
| Thomas | Schindler | Albert Schweitzer Stiftung | 2318 | 1 |
| Hagen | Schink | TuS 08 Lintorf e.V. | 2319 | 2 |
| Norbert | Schippers | | 2320 | 2 |
| Sascha | Schirmacher | mika:lauft | 2321 | 1 |
| Monika | Schleberger | | 2322 | 2 |
| Petra | Schlecht | | 2323 | 2 |
| Dennis | Schlehuber | OTV Endurance Team | 2324 | 1 |
| Anni | Schlesinger | | 2325 | 1 |
| Marc | Schlette | LC Duisburg | 2326 | 2 |
| Soren | Schlichting | | 2327 | 1 |
| Michael | Schliephake | | 2328 | 1 |
| Birgit | Schlottmann | Marathon Mulheim | 2329 | 2 |
| Daniela | Schlottmann | Sprungzwei | 2330 | 2 |
| Christian | Schluess | WIR_BEI_HKM | 2331 | 2 |
| Kati | Schluter | Laufen gegen Leiden e.V. | 2332 | 1 |
| Olaf | Schmadtke | VHS im FoKuS Selm | 2333 | 2 |
| Markus | Schmeel | Anchor Running Crew | 2334 | 2 |
| Stephan | Schmeil | | 2335 | 2 |
| Julian | Schmelter | | 2336 | 2 |
| Rudiger | Schmelzer | | 2337 | 2 |
| Guido | Schmelzing | | 2338 | 1 |
| Alexander | Schmidt | | 2339 | 1 |
| Dominik | Schmidt | | 2340 | 2 |
| Frank | Schmidt | Freischar 1608 Latum | 2341 | 2 |
| Heike | Schmidt | 1. Tri-Club Paderborn | 2342 | 1 |
| Karsten | Schmidt | | 2343 | 1 |
| Matthias | Schmidt | | 2344 | 2 |
| Ralf | Schmidt | Ausdauerschule by bunert | 2345 | 1 |
| Silvio | Schmidt | | 2346 | 1 |
| Stephan | Schmidt | | 2347 | 2 |
| Tobias | Schmidt | | 2348 | 1 |
| Wolfgang | Schmidt | Moerser TV | 2349 | 1 |
| uli | schmidt | | 2350 | 2 |
| Bjorn | Schmitt | | 2351 | 1 |
| Dirk | Schmitt | HSV | 2352 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|---------------|----------------------------|-------------|-------|
| Yvonne | Schmitt | | 2353 | 2 |
| Claudia | Schmitz | TEAM OTTO | 2354 | 1 |
| Fabian | Schmitz | | 2355 | 1 |
| Jan | Schmitz | | 2356 | 1 |
| Natalie | Schmitz | | 2357 | 1 |
| Noemi | Schmitz | | 2358 | 1 |
| Norbert | Schmitz | Angerland LT Lintorf | 2359 | 2 |
| Peter | Schmitz | | 2360 | 2 |
| Petra | Schmitz | Angerland LT Lintorf | 2361 | 2 |
| Roland | Schmitz | Triathlon Team Düsseldorf | 2362 | 1 |
| Stefanie | Schmitz | SD-Laufliebe | 2363 | 1 |
| Thomas | Schmitz | | 2364 | 2 |
| Jasmin | Schmücker | ASV Duisburg | 2365 | 1 |
| Mira | Schmunkamp | | 2366 | 1 |
| Alexander | Schnarr | | 2367 | 1 |
| Patrick | Schnass | | 2368 | 2 |
| Anna | Schnatz | New Balance | 2369 | 2 |
| tim | schnebbe | | 2370 | 2 |
| Frank | Schneider | Herr | 2371 | 2 |
| Jasmin | Schneider | ELKA Automation | 2372 | 1 |
| Jörg | Schneider | Ritzelritter Duisburg e.V. | 2373 | 2 |
| Karina | Schneider | | 2374 | 2 |
| Luis | Schneider | 2000 | 2375 | 2 |
| Marcel | Schneider | ELKA Automation | 2376 | 1 |
| Markus | Schneider | Vodafone | 2377 | 1 |
| Maximilian | Schneider | | 2378 | 2 |
| Patrick | Schneider | | 2379 | 1 |
| Reiner | Schneider | | 2380 | 1 |
| Reiner | Schneider | | 2381 | 1 |
| Sebastian | Schneider | WIR_BEI_HKM | 2382 | 1 |
| Simon | Schneider | | 2383 | 1 |
| Sven | Schneider | VHS im FoKuS Selm | 2384 | 1 |
| Thomas | Schneider | LALGG Caternberg | 2385 | 1 |
| Thorsten | Schneider | | 2386 | 1 |
| Aline | Schneider-Mac | LC Duisburg | 2387 | 1 |
| Joscha | Schneiders | | 2388 | 2 |
| Dirk | Schnell | Running Team Grafenberg | 2389 | 1 |
| Sebastian | Schnelle | | 2390 | 2 |
| Lars | Schnetter | | 2391 | 1 |
| Marion | Schniedermann | | 2392 | 2 |
| David | Schoch | | 2393 | 1 |
| Anja | Schöler | VHS im FoKuS Selm | 2394 | 1 |
| Sandra | Schön | Team Erdinger Alkoholfrei | 2395 | 1 |
| Mariana | Schöner | | 2396 | 2 |
| Nicole | Schönhütte | Lauf geht's Dortmund | 2397 | 2 |
| Ludger | Schoenmackers | Vt 1859 Kempen | 2398 | 2 |
| Bernd | Schoer | Willicher Turnverein | 2399 | 2 |
| Markus | Scholl | ASV Duisburg | 2400 | 1 |
| Kerstin | Scholten | | 2401 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|----------------|--------------------------------------|-------------|-------|
| Ute | Scholten | OSC | 2402 | 2 |
| Dirk | Scholten-Akoun | | 2403 | 2 |
| Joachim | Scholtheis | Mars | 2404 | 1 |
| Nadja | Scholtyssek | | 2405 | 1 |
| Aline | Scholz | LC Duisburg | 2406 | 1 |
| Katrin | Scholz | | 2407 | 2 |
| Markus | Scholz | | 2408 | 1 |
| Ralf | Schorn | | 2409 | 2 |
| Annette | Schott | LC Duisburg | 2410 | 2 |
| Martin | Schott | LC Duisburg | 2411 | 2 |
| Thomas | Schrader | LT Blittermark | 2412 | 1 |
| Ingolf | Schramm | Rhein-Donau-Giganten | 2413 | 2 |
| Michael | Schramm | ASV Duisburg | 2414 | 1 |
| Leonard | Schraven | | 2415 | 1 |
| Miriam | Schraven | Anchor Running Crew Duisburg | 2416 | 1 |
| Silke | Schraven | | 2417 | 1 |
| Alexandra | Schreck | | 2418 | 1 |
| Christian | Schreck | | 2419 | 1 |
| Marius | Schreckenber | | 2420 | 2 |
| Bernd | Schreiber | Bremshundestaffel Moers | 2421 | 1 |
| Frank | Schreiber | | 2422 | 1 |
| Rüdiger | Schreiter | | 2423 | 1 |
| Joachim | Schröder | | 2424 | 2 |
| Andreas | Schröer | LC Duisburg | 2425 | 1 |
| Ute | Schröfel | 1974 | 2426 | 2 |
| Ralf | Schroers | Tri Team Nettetal | 2427 | 1 |
| Sylvia | Schrörs | | 2428 | 2 |
| Carolin | Schröter | König Pilsener Betriebssportgruppe | 2429 | 2 |
| Manuela | Schröter | Die Stolperer | 2430 | 1 |
| Timo | Schübel | WIR_BEI_HKM | 2431 | 1 |
| Louisa | Schückens | | 2432 | 2 |
| Justus | Schünemann | | 2433 | 1 |
| Thomas | Schünke | Sport AG | 2434 | 2 |
| Karsten | Schürk | PV-Triathlon Witten | 2435 | 2 |
| Petra | Schürkens | marathonteam-online.de | 2436 | 2 |
| Gabriele | Schürmann | Homberger Turnverein von 1878 e. V. | 2437 | 2 |
| Peter | Schürmann | | 2438 | 1 |
| Nadine | Schütz | | 2439 | 2 |
| Anne | Schuler | Triathlon TEAM TG Witten | 2440 | 1 |
| Johannes | Schulte | Anrede wählen | 2441 | 1 |
| Gero | Schultes | | 2442 | 1 |
| Christian | Schulz | | 2443 | 1 |
| Claudia | Schulz | VHS im FoKuS Selm | 2444 | 2 |
| Daniel | Schulz | Evangelische Stadtmission Düsseldorf | 2445 | 1 |
| Klaus | Schulz | | 2446 | 2 |
| Pierre | Schulz | | 2447 | 2 |
| Andreas | Schulze | Breetlook Runners | 2448 | 1 |
| Anett | Schulze | Breetlook Runners | 2449 | 2 |
| Carmen | Schulze | | 2450 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|-----------------------------|-------------|-------|
| Dirk | Schulze | | 2451 | 2 |
| Lukas | Schulze | Breetlook Runners | 2452 | 1 |
| Melanie | Schulze | | 2453 | 2 |
| Axel | Schulze Scholle | | 2454 | 1 |
| Ulrich | Schulze-Bergka | Pace Pack Runners | 2455 | 1 |
| Harald | Schulzendorff | | 2456 | 1 |
| Alexander | Schulze-Schwer | RMDS | 2457 | 2 |
| Agnes | Schumacher | | 2458 | 1 |
| Dorothee | Schumacher | | 2459 | 2 |
| Isabell | Schumacher | | 2460 | 2 |
| Kilian | Schumacher | | 2461 | 1 |
| Patrick | Schumacher | SG Holzheim | 2462 | 1 |
| Patrick | Schumacher | | 2463 | 2 |
| Joachim | Schumann | Marathon Mülheim | 2464 | 1 |
| Stephan | Schunter | | 2465 | 1 |
| Anja | Schwab | Team Otto | 2466 | 2 |
| Lorenz | Schwab | | 2467 | 1 |
| Sebastian | Schwärzl | | 2468 | 1 |
| Lisa | Schwampe | | 2469 | 1 |
| Sabine | Schwaneberg | | 2470 | 2 |
| Marcus | Schwarz | | 2471 | 2 |
| Jean-Marie | Schweer | | 2472 | 1 |
| Stefan | Schwegmann | | 2473 | 2 |
| Peter | Schweizer | VHS im FoKuS Selm | 2474 | 1 |
| Silja | Schwencke | Rumelner TV | 2475 | 1 |
| Carsten | Schwenke | VHS im FoKuS Selm | 2476 | 1 |
| Peter | Schwerdt | Help-me-Karlsson, Dinslaken | 2477 | 1 |
| Tobias | Schwetz | | 2478 | 1 |
| Detlev | Schwieder | | 2479 | 1 |
| Rafael | Schwieters | | 2480 | 1 |
| Catherine | Scott | | 2481 | 2 |
| Alexander | Sczech | | 2482 | 1 |
| Andreas | Seegers | TG Neuss | 2483 | 1 |
| Marc-Alexander | Seegers | Die KinderHerz Läufer | 2484 | 1 |
| Sven | Seehofer | SuS Rayen | 2485 | 1 |
| Sonia | Seeliger | | 2486 | 2 |
| Anja | Seelmann-Wirtz | | 2487 | 2 |
| Volker | Seeske | Team Erdinger Alkoholfrei | 2488 | 2 |
| Frank | Sehnbruch | - | 2489 | 1 |
| Sandra | Seibel-Kremkus | | 2490 | 2 |
| Alexander | Seidel | HHU Running Heads | 2491 | 1 |
| Anja | Seidel | MACH3 Köln e.V. | 2492 | 1 |
| Heike | Seidel | | 2493 | 1 |
| Kathrin | Seifert | | 2494 | 2 |
| Beate | Seifert-Preuß | Solinger LC | 2495 | 2 |
| Enrico | Seipp | | 2496 | 1 |
| Silke | Seipp | | 2497 | 2 |
| Christoph | Selbach | TV Niederscheld | 2498 | 1 |
| Josephine | Selz | | 2499 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|----------------------------------|-------------|-------|
| Michael | Semmler | Running Team Grafenberg | 2500 | 1 |
| Alexander | Senner | | 2501 | 1 |
| Andreas | Seuthe | | 2502 | 1 |
| Maria | Seyfferth | | 2503 | 1 |
| Joseph | Sheridan | | 2504 | 1 |
| Marcus | Sickert | | 2505 | 1 |
| Markus | Siebenmorgen | | 2506 | 1 |
| Dirk | Siebert | Sprungzwei | 2507 | 1 |
| Florian | Siebertz | | 2508 | 2 |
| Christian | Siebigtheroth | | 2509 | 1 |
| René | Siegler | | 2510 | 2 |
| Patrick | Siegmund | | 2511 | 1 |
| Thorsten | Siemann | | 2512 | 2 |
| Stephan | Siemes | Werder Bremen | 2513 | 1 |
| Peter | Siemons | SG Langenfeld | 2514 | 1 |
| Onnen | Siems | | 2515 | 1 |
| Nicole | Siepmann | Frau | 2516 | 2 |
| Stephan | Siepmann | Paracelsus-Klinik Golzheim | 2517 | 1 |
| Michael | Siethoff | Rennschnecken Iserlohn | 2518 | 1 |
| Ulrich | Sigel | | 2519 | 1 |
| Bianca | Sikora | Tri-Team TV Schiefbahn | 2520 | 1 |
| Lukas | Sikora | Tri-Team TV Schiefbahn | 2521 | 1 |
| Andreas | Silbersdorf | | 2522 | 2 |
| Maria Madalena | Silva Santos Wi | Herr | 2523 | 2 |
| Daniel | Siman | | 2524 | 2 |
| Gülcin | Simon | | 2525 | 2 |
| Janos | Simon | | 2526 | 1 |
| Joachim | Simon | | 2527 | 1 |
| Christoph | Simonis | BSG Wirtschaftsbetriebe Duisburg | 2528 | 1 |
| Jonas | Simonsen | | 2529 | 1 |
| Martin | Sinning | | 2530 | 2 |
| Sebastian | Sinnwell | | 2531 | 1 |
| Birgitta | Sitterz | Breetlook Runners | 2532 | 2 |
| Martin | Skiba | Anchor Running Crew Duisburg | 2533 | 1 |
| Matthias Jan | Skoczykloda | | 2534 | 2 |
| Olaf | Skopp | Aktion Canchanabury | 2535 | 1 |
| Klaus | Skrzeba | | 2536 | 2 |
| Antje | Skupina | | 2537 | 2 |
| Henrik | Sluka | PACE PACK RUNNERS | 2538 | 2 |
| Michael | Slusarek | | 2539 | 1 |
| Daniel | Smith | | 2540 | 1 |
| Slawomir | Smolinski | | 2541 | 2 |
| Dawid | Sniegucki | | 2542 | 2 |
| Rafael | Sobczyk | | 2543 | 1 |
| Michael | Socher | LC Duisburg | 2544 | 2 |
| Alexander | Sodl | | 2545 | 2 |
| Fabian | Sohmann | | 2546 | 2 |
| Stephan | Solf | | 2547 | 2 |
| Stephan | Sommer | | 2548 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|--|--------------------|--------------|
| Veit | Sommerschuh | Vodafone | 2549 | 1 |
| Björn | Sonnenschein | | 2550 | 1 |
| Lothar | Sonntag | VHS im FoKuS Selm | 2551 | 2 |
| Santiago | Soria Ricárdez | TV Orken | 2552 | 1 |
| Peter | Sosna | | 2553 | 1 |
| Silke | Später | | 2554 | 2 |
| Sven | Spanka | | 2555 | 1 |
| Darko | Spehar | | 2556 | 1 |
| Annette | Spelger | | 2557 | 2 |
| Tim | Sperling | | 2558 | 1 |
| Marc | Spickernagel | | 2559 | 2 |
| Jacqueline | Spieß | | 2560 | 2 |
| Oli | Spilker | | 2561 | 1 |
| Wolfgang | Spingies | Laufftreff Binzen | 2562 | 2 |
| Florian | Spohr | Die 4 Winde | 2563 | 1 |
| Maren | Spohr | Die 4 Winde | 2564 | 1 |
| Kai | Sprenger | Vodafone | 2565 | 1 |
| Simon Nicolas | Staats | Perfekte Dinner Runde | 2566 | 2 |
| Timo | Stachelhaus | LC Duisburg | 2567 | 2 |
| Susanne | Stacker | | 2568 | 2 |
| Ronja | Stadler | | 2569 | 2 |
| Matthias | Stadtman | Die dicken Berthas | 2570 | 1 |
| Stefan | Stäbler | TV Frisch Auf Lennep e.V. | 2571 | 1 |
| Sebastian | Stahl | | 2572 | 1 |
| Kim | Stahlberg | | 2573 | 2 |
| Georg | Stalman | Sportgemeinschaft Flughafen Düsseldorf | 2574 | 2 |
| Marta | Stanczyk | 1980 | 2575 | 2 |
| Sabine | Stang | SWK Laufwerk | 2576 | 2 |
| Victoria | Starosta | | 2577 | 1 |
| Dieter | Staudt | | 2578 | 1 |
| Emilija | Stefanov | | 2579 | 1 |
| Greta | Steffan | | 2580 | 2 |
| Kurt | Steidl | TV Ufort-Eick | 2581 | 1 |
| Karl-Heinz | Stein | | 2582 | 1 |
| Ralf | Stein | | 2583 | 1 |
| Julian | Steinbichler | Running Team Grafenberg | 2584 | 1 |
| Kathrin | Steiner | | 2585 | 2 |
| Frank | Steinheimer | Eintracht Frankfurt Triathlon | 2586 | 1 |
| Sven | Steiniger | | 2587 | 1 |
| Silja | Steinkamp | | 2588 | 1 |
| Jeannette | Steinmann | JMS | 2589 | 2 |
| Sebastian | Steinmann | JMS | 2590 | 2 |
| Michael | Steinmetz | | 2591 | 2 |
| Ann-Sophie | Steinweiß | | 2592 | 1 |
| Katharina | Steinwerth | | 2593 | 2 |
| Bettina | Stemmer | TV Olpe | 2594 | 2 |
| Matthias | Stemmer | | 2595 | 1 |
| Jörg | Stenz | | 2596 | 1 |
| Corinna | Stephan | | 2597 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-------------|----------------|------------------------------|-------------|-------|
| Peter | Stetter | Lichtscheid Runner Wuppertal | 2598 | 2 |
| Andreas | Stedner | | 2599 | 2 |
| Benjamin | Stille | Steelrunners | 2600 | 1 |
| Martin | Stiller | | 2601 | 1 |
| Ulrike | Stimberg | | 2602 | 2 |
| Alice | Stöckmann | | 2603 | 2 |
| Kerstin | Störmer | | 2604 | 2 |
| Christopher | Stolarski | | 2605 | 2 |
| Daniel | Stollenwerk | Selbstläufer | 2606 | 1 |
| Christian | Stolpmann | | 2607 | 1 |
| Stephan | Stolpmann | Pace Pack Runners | 2608 | 1 |
| Christian | Stolte | | 2609 | 2 |
| Henrik | Storck | | 2610 | 2 |
| Nicola | Storck | | 2611 | 2 |
| André | Storm | | 2612 | 2 |
| Christian | Storms | | 2613 | 1 |
| Elisa | Stotz | | 2614 | 2 |
| Daniel | Straatman | | 2615 | 2 |
| Eva | Straatman | | 2616 | 2 |
| Sven | Strache | DSV Duisburg | 2617 | 1 |
| André | Stränger | Anchor Running Crew Duisburg | 2618 | 1 |
| Claudia | Strätz | | 2619 | 2 |
| Amadea | Strahlenbach | | 2620 | 1 |
| Hannelore | Strahler-Bergm | Weseler TV Triathlon | 2621 | 2 |
| Sabine | Strathausen | Ausdauerschule by bunert | 2622 | 2 |
| Leona | Straube | | 2623 | 2 |
| Joachim | Strauch | | 2624 | 1 |
| Petra | Strauß | | 2625 | 2 |
| Tatjana | Strecker | | 2626 | 2 |
| Alina | Strehl | | 2627 | 2 |
| Volker | Strehle | bunert's after work runner | 2628 | 2 |
| Marvin | Streu | | 2629 | 2 |
| Michael | Ströcker | | 2630 | 2 |
| Daniel | Strohschein | | 2631 | 2 |
| Stefan | Stroick | W+F Münster | 2632 | 1 |
| Lukas | Strotmann | | 2633 | 1 |
| Martin | Strotmann | | 2634 | 1 |
| Lukas | Strungat | Herr | 2635 | 2 |
| Dietmar | Struttmann | LC Duisburg | 2636 | 1 |
| Michael | Stubbe | Vodafone | 2637 | 1 |
| Thomas | Stübner | | 2638 | 2 |
| Diana | Stührenberg | 1971 | 2639 | 1 |
| Michael | Stührenberg | | 2640 | 1 |
| Oliver | Stümpges | | 2641 | 2 |
| Wolfgang | Stürmer | Mareen-Racing | 2642 | 1 |
| Henning | Sturmeit | | 2643 | 1 |
| Sandra | Suceska | | 2644 | 2 |
| Michael | Süllwold | Vodafone | 2645 | 1 |
| Ralf | Sürtenich | Vodafone | 2646 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|------------|---------------------------|-------------|-------|
| Kevin | Süsselbeck | LC Duisburg | 2647 | 1 |
| Clara | Süßmilch | | 2648 | 2 |
| Stefan | Suhr | | 2649 | 2 |
| Oliver | Suhre | | 2650 | 1 |
| Robert | Sujatta | | 2651 | 2 |
| Nicolas | Sulzer | | 2652 | 1 |
| Shiho | Suzuki | | 2653 | 2 |
| Christoph | Sweeren | | 2654 | 1 |
| Eugen | Swiatczak | LC Duisburg | 2655 | 2 |
| Sandra | Swiderski | | 2656 | 1 |
| Alexandra | Swierczek | | 2657 | 2 |
| Róbert | Szarvas | | 2658 | 1 |
| Melanie | Sziegoleit | | 2659 | 2 |
| Hannalore | Taal | 1994 | 2660 | 1 |
| Ramazan | Tandogan | | 2661 | 2 |
| Katja | Tappesser | Laufgruppe Deiringsen | 2662 | 1 |
| Myriam | Tausch | AS Neukirchen-Vluyn | 2663 | 2 |
| Tim | te Baay | LT Bienen | 2664 | 1 |
| Norbert | te Deuits | TSV Weeze 1910/19 | 2665 | 1 |
| Jörn | te Kloeze | | 2666 | 1 |
| Simon | Teeuwen | | 2667 | 2 |
| Anja | Tegatz | LC Duisburg | 2668 | 2 |
| Max | Teichner | MTC Partners | 2669 | 1 |
| Markus | Tenfelde | | 2670 | 2 |
| Nadja | Tennler | Ausdauerschule by bunert | 2671 | 2 |
| Dennis | Tepel | Team Erdinger Alkoholfrei | 2672 | 1 |
| Alex | ter Haar | | 2673 | 1 |
| Jürgen | Termer | | 2674 | 1 |
| Niklas | Terporten | | 2675 | 2 |
| Meike | Terzis | Running Team Grafenberg | 2676 | 1 |
| Peter | Teutenberg | TSV Rüthen | 2677 | 2 |
| Anika | Thelen | | 2678 | 2 |
| Christian | Thelen | 1. FC VDKR | 2679 | 2 |
| Helmut | Thelen | German Police & Fire e.V. | 2680 | 2 |
| Ivonne | Thesing | Kevelaerer SV Muddies | 2681 | 2 |
| Florian | Thewes | | 2682 | 2 |
| Daniel | Thiel | Tri-Team Nettetal | 2683 | 1 |
| Jasmin | Thiel | | 2684 | 1 |
| Phillip | Thiel | | 2685 | 2 |
| Marc | Thiele | RTV Ruhrort | 2686 | 2 |
| Stefan | Thiele | WIR_BEI_HKM | 2687 | 1 |
| Ilja | Thierbach | Hot Runners Ratingen | 2688 | 1 |
| Frank | Thimm | | 2689 | 1 |
| Raphael | Thissen | | 2690 | 2 |
| Sebastian | Thißen | | 2691 | 2 |
| Viviane | Thißen | | 2692 | 1 |
| Katharina | Thomas | | 2693 | 2 |
| Leonard | Thomas | | 2694 | 2 |
| Aaron | Thünemann | | 2695 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|---------------|------------------------------------|-------------|-------|
| Engelbert | Thulfaut | | 2696 | 1 |
| Christoph | Thull | | 2697 | 2 |
| Lisa | Thun | | 2698 | 1 |
| Thomas | Tiedemann | Entoto Runners | 2699 | 1 |
| Christian | Tillack | | 2700 | 1 |
| Frank | Tillmanns | LC Duisburg | 2701 | 1 |
| Silvia | Tillmanns | | 2702 | 1 |
| Haiko | Timm | Lauftreff Ulhenhorst | 2703 | 2 |
| Christian | Tintrop | SprungZwei | 2704 | 1 |
| Ivar | Tkacik | running ducks | 2705 | 2 |
| Christian | Tobias-Sutter | SportsAgents Düsseldorf | 2706 | 1 |
| Frank | Tobies | ohne | 2707 | 2 |
| Elisabeth | Török | | 2708 | 1 |
| Michael | Tolls | | 2709 | 1 |
| Dagmar | Tomaszowski | | 2710 | 2 |
| Andrey | Toporov | | 2711 | 2 |
| Simone | Toriedt | | 2712 | 2 |
| Frank | Tosch | fmt-running | 2713 | 1 |
| Alexander | Touloumtzidis | | 2714 | 2 |
| Caroline | Trachte | | 2715 | 2 |
| Carmen | Tranzfeld | IAC Düren | 2716 | 2 |
| Tanja | Traut | VHS im FoKuS Selm | 2717 | 2 |
| Marc | Trebeck | Triathlon Team Ratingen 08 | 2718 | 1 |
| Marco | Trecker | | 2719 | 1 |
| Kevin | Trelenberg | | 2720 | 2 |
| Theodoros | Tsachpinis | | 2721 | 1 |
| Ramona | Tüttmann | | 2722 | 1 |
| Martin | Tuinier | | 2723 | 2 |
| Matthias | Tull | gute-beine.de | 2724 | 1 |
| Angelina | Tummes | | 2725 | 2 |
| Ludger | Tuttmann | | 2726 | 1 |
| Stefan | Ubben | TC Kempen | 2727 | 1 |
| Andre | Uckert | | 2728 | 1 |
| Rajmund | Überfluss | | 2729 | 1 |
| Adriano | Uguccione | | 2730 | 1 |
| Janine | Uhlenbruck | | 2731 | 1 |
| Ricarda | Ulankiewicz | | 2732 | 1 |
| Björn | Ulfers | Sinalco Running Crew | 2733 | 1 |
| Thomas | Ullitzka | Schiedsrichter Kreis 11 | 2734 | 2 |
| Sebastian | Ullrich | | 2735 | 1 |
| Birgit | Ulrich | | 2736 | 2 |
| Eugen | Umansky | Vodafone | 2737 | 2 |
| Sven | Umlauf | | 2738 | 2 |
| Sophie | Unger | | 2739 | 1 |
| Reiner | Unterberg | | 2740 | 1 |
| Patric | Urbanek | | 2741 | 1 |
| Andreas | Urbaniak | Laufklub Berlin e.V. / Pankrunners | 2742 | 1 |
| Martina | Urbas | | 2743 | 1 |
| Melanie | Uzaldi | | 2744 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|--------------|------------------|-----------------------------------|-------------|-------|
| Carolin Anna | van Bebber | | 2745 | 2 |
| Dennis | van de Wetering | | 2746 | 1 |
| Christian | van den Boom | | 2747 | 1 |
| Fritz | van den Eynder | WSV de Wittsee | 2748 | 1 |
| Thomas | van den Heuvel | | 2749 | 1 |
| Anna | van den Hövel | Kevelaerer SV | 2750 | 1 |
| Jan | van der Koelen | | 2751 | 2 |
| Michael | van der Straeten | | 2752 | 1 |
| Florian | Van Dijck | 1988 | 2753 | 2 |
| Lena | van Dijck | Albarun | 2754 | 2 |
| Karina | Van Dijk | | 2755 | 2 |
| Alain | van Dijk | | 2756 | 1 |
| Michael | van Dinter | TV Orken | 2757 | 1 |
| Maja | van Els | | 2758 | 2 |
| Tanja | Van Elten | LTX Xanten | 2759 | 2 |
| Sandy | van Elten | LTX Xanten | 2760 | 2 |
| Jens | van Overbrüggen | | 2761 | 1 |
| Melissa | van Tol | | 2762 | 2 |
| Jule | van Treeck | Running Team Grafenberg | 2763 | 1 |
| Sascha | Vandenberg | | 2764 | 2 |
| Zsofia | Varga | | 2765 | 2 |
| Matthias | Vaupel | Green Mamba Running | 2766 | 1 |
| Sabine | Vazquez | | 2767 | 2 |
| Patricia | Vergara-Ruiz | | 2768 | 2 |
| Sachin | Verma | Vodafone | 2769 | 1 |
| Jan | Vermeulen | | 2770 | 1 |
| Sirke | Vermeulen | Lc Duisburg | 2771 | 2 |
| Ben | Vetter | | 2772 | 2 |
| Sanja | Vidovic | | 2773 | 2 |
| alicia | viehweg | | 2774 | 1 |
| Gaby | Vier | | 2775 | 2 |
| Anne | Vierbaum | sportyfourtrees | 2776 | 2 |
| Bärbel | Vierbaum | Sambaflitzer | 2777 | 2 |
| Hans-Günter | Vierbaum | Flying Legs | 2778 | 2 |
| Markus | Vierbaum | sportyfourtrees | 2779 | 2 |
| Sabrina | Viere | | 2780 | 2 |
| Frederik | Vieten | SilkRoad55 | 2781 | 1 |
| Michael | Vietze | | 2782 | 1 |
| Luis | Villalobos | | 2783 | 1 |
| Mads | Villumsen | | 2784 | 1 |
| Raphael | Viol | | 2785 | 1 |
| Emilia | Visan | LC Duisburg | 2786 | 2 |
| Christian | Visser | | 2787 | 1 |
| Christoph | Voegelin | LLG Kevelaer | 2788 | 2 |
| Inken | Vogel | Odakota Emmiländer | 2789 | 2 |
| Andre | Vogt | LC Duisburg | 2790 | 1 |
| Marcel | Vogt | | 2791 | 1 |
| Dennis | Vogtmann | Laufsport Bunert Duisburg / Moers | 2792 | 1 |
| Sebastian | Vogtmann | Schwarz Weiß 06 Düsseldorf | 2793 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|---------------|-------------------------------|-------------|-------|
| Stefanie | Voisin | | 2794 | 2 |
| Ann-Katrin | Voit | Die Keksathleten | 2795 | 2 |
| Tobias | Volgmann | | 2796 | 1 |
| Antonia | Volhard | | 2797 | 2 |
| Marina | Volkova | | 2798 | 1 |
| Jo Barbara | Volkwein | | 2799 | 2 |
| Jörg | Vollmar | | 2800 | 1 |
| Vanessa | Vollmar | | 2801 | 1 |
| Richard | von Baeyer | | 2802 | 1 |
| Marietta | von Baross | | 2803 | 2 |
| Thomas | von Baross | Spiridon Frankfurt | 2804 | 1 |
| Christian | von Borries | | 2805 | 1 |
| Andreas | von Brechan | | 2806 | 2 |
| Anton | von Carlowitz | | 2807 | 2 |
| Markus | von Dollen | | 2808 | 2 |
| Christian | von Halen | | 2809 | 2 |
| Markus | von Hoegen | | 2810 | 1 |
| Andree | von Holten | BSG Jahobi Hagen | 2811 | 1 |
| Friedrich | von Kries | ASCD | 2812 | 2 |
| Georg | von Marwick | | 2813 | 2 |
| Lorenz | von Zerboni | | 2814 | 1 |
| Wiebke | Vorloeper | | 2815 | 2 |
| Marc | Vormann | Sprungzwei | 2816 | 1 |
| Jörg | Vormbrock | | 2817 | 2 |
| Ludger | Vorrath | | 2818 | 1 |
| Jens | Vorspohl | | 2819 | 1 |
| Gisela | Vorstermanns | Prinzengarde Kempen | 2820 | 1 |
| Peter | Vorstermanns | Prinzengarde Kempen | 2821 | 1 |
| Dirk | Voss | Vodafone | 2822 | 1 |
| Benedikt | Voß | 1994 | 2823 | 1 |
| Holger | Voß | | 2824 | 1 |
| Anne | Vriesen | SV Benediktushof | 2825 | 1 |
| Laura | Wachsmann | | 2826 | 2 |
| Marco | Wachsmann | | 2827 | 1 |
| Robert | Wachsmann | | 2828 | 1 |
| Sarah | Wackrow | | 2829 | 2 |
| Bernd | Wadenpohl | Team WAPO | 2830 | 1 |
| Kristina | Wagener | | 2831 | 1 |
| Marion | Wagner | | 2832 | 2 |
| Sabine | Wagner | LT Alt-Erkrath | 2833 | 2 |
| Martin | Walde | | 2834 | 1 |
| Peter | Waldhoff | | 2835 | 2 |
| Diana | Waldorf | | 2836 | 1 |
| Yvonne | Wallach | | 2837 | 2 |
| Linda | Walter | | 2838 | 2 |
| Roman | Walter | Jahr | 2839 | 1 |
| Sebastian | Walter | Caliber 12 Running Team | 2840 | 1 |
| Sven | Walter | Caliber12 Energy Running Team | 2841 | 1 |
| Uso | Walter | | 2842 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------|----------------|-------------------------------|-------------|-------|
| Edgar | Walther | TV Uftort-Eick | 2843 | 1 |
| I-Hsien | Wang | | 2844 | 2 |
| Ulrich | Waning | | 2845 | 2 |
| Anne | Wanjek | Laufftreff uhlenhorst | 2846 | 1 |
| Jochen | Wans | | 2847 | 1 |
| Gregor | Wardas | Absoluttanzbar | 2848 | 2 |
| Sascha | Wasem | ASV Duisburg | 2849 | 1 |
| Daniel | Watermeyer | | 2850 | 1 |
| Markus | Watolla-Porath | | 2851 | 1 |
| Hanna | Wattendorff | HSP Münster | 2852 | 1 |
| Julia | Watzlawek | | 2853 | 1 |
| Martin | Waver | | 2854 | 2 |
| André | Weber | | 2855 | 2 |
| Andrea | Weber | | 2856 | 2 |
| Dietmar | Weber | Team Erdinger Alkoholfrei | 2857 | 2 |
| Dominic | Weber | Herr | 2858 | 2 |
| Frank | Weber | Running Team Grafenberg | 2859 | 1 |
| Katharina | Weber | VHS im FoKuS Selm | 2860 | 1 |
| Nina | Weber | RAN-TEAM | 2861 | 2 |
| Stefan | Weber | RAN-TEAM | 2862 | 2 |
| Ulrike | Weber | Cologne Running Crew | 2863 | 2 |
| Valerie | Weber | | 2864 | 1 |
| Jon | Webster | | 2865 | 2 |
| Fabian | Wedding | | 2866 | 1 |
| Roland | Wegele | valtech | 2867 | 1 |
| Simon | Wegmann | | 2868 | 1 |
| Andreas | Wehle | | 2869 | 1 |
| Stephan | Wehner | | 2870 | 1 |
| Matthias | Wehr | LC Duisburg | 2871 | 1 |
| Yvonne | Weidenhammer | | 2872 | 1 |
| Alexander | Weidenhaupt | | 2873 | 1 |
| Johanna | Weiers | | 2874 | 2 |
| Nina | Weigand | | 2875 | 2 |
| Klaus | Weiland | LC Duisburg | 2876 | 1 |
| Udo | Weiler | | 2877 | 2 |
| Thomas | Weiling | | 2878 | 1 |
| Maud | Weimer | Ski-Klub Düsseldorf 1906 e.V. | 2879 | 2 |
| Adam | Weiner | Erdinger Alkoholfrei | 2880 | 1 |
| Sven | Weinmann | Team Erdinger Alkoholfrei | 2881 | 1 |
| Norbert | Welfens | | 2882 | 2 |
| Jürgen | Welke | | 2883 | 1 |
| Marc | Weller | | 2884 | 1 |
| Lauren | Wells | | 2885 | 1 |
| Maike | Wels | | 2886 | 2 |
| Michael | Welsch | TV Niederscheld | 2887 | 1 |
| Jan | Wende | LC Duisburg | 2888 | 1 |
| Wolfgang | Wendholt | | 2889 | 2 |
| Tanja | Wendling | | 2890 | 2 |
| Markus | Wendrich | | 2891 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------|----------------|----------------------------------|-------------|-------|
| Alexander | Wensing | Eintracht Ahaus | 2892 | 2 |
| Birgit | Wermerskirchen | | 2893 | 2 |
| Birgül | Wernecke | | 2894 | 2 |
| Ramon | Werner | TSV-Nieukerk 95/10 e.V. | 2895 | 1 |
| Brigitte | Weske | | 2896 | 1 |
| Silvia | Wesolowski | | 2897 | 2 |
| Susanne | Wesselbaum | | 2898 | 2 |
| Angela | Weßels | Marathon Steinfurt | 2899 | 2 |
| Jasper | Westerhoff | | 2900 | 1 |
| Dirk | Westmeier | Fortuna Düsseldorf 1895 | 2901 | 1 |
| Kristina | Westrich | | 2902 | 2 |
| Ariane | Weyel | | 2903 | 2 |
| Michael | Weyel | | 2904 | 2 |
| Ralf | Weyerbrock | marathonteam-online.de | 2905 | 1 |
| Jan | Weyergang | | 2906 | 1 |
| Daniel | Weyers | ASV Süchteln | 2907 | 1 |
| Karolin | Weyers | | 2908 | 2 |
| Thomas | Weyler | | 2909 | 1 |
| Andreas | Weymann | | 2910 | 1 |
| Adam | Wiacek | | 2911 | 1 |
| Jacqueline | Wiacek | | 2912 | 1 |
| Christian | Wibbeke | | 2913 | 2 |
| Katja | Wibbeke | | 2914 | 1 |
| Sabine | Wicherek | Wir bei HKM | 2915 | 2 |
| Mandy | Wichmann | | 2916 | 1 |
| Ralf | Wickert | | 2917 | 2 |
| Yannic | Widulle | - | 2918 | 1 |
| Karin | Wiecek | Sprungzwei | 2919 | 1 |
| Gabi | Wiechern | DJK Preußen 1911 Bochum | 2920 | 2 |
| Manuela | Wiechert | #iamsport | 2921 | 2 |
| Moritz | Wiechmann | | 2922 | 2 |
| Annika | Wiegand | Phoenix Runners | 2923 | 1 |
| Dirk | Wiegand | | 2924 | 1 |
| Sven | Wiegand | | 2925 | 1 |
| Peter | Wiegmann | | 2926 | 1 |
| Benjamin | Wiehn | | 2927 | 1 |
| Frank | Wienandts | marathonteam-online | 2928 | 2 |
| Andreas | Wieneke | | 2929 | 2 |
| Ingo | Wieneke | SC Eintracht Oberursel 1957 e.V. | 2930 | 1 |
| Monika | Wieneke | | 2931 | 2 |
| Hartmut | Wienen | OTV Endurance Team | 2932 | 2 |
| Thomas | Wiengarn | | 2933 | 1 |
| Kristina | Wienkoop | Vodafone | 2934 | 2 |
| Birgit | Wiesmann | VHS im FoKuS Selm | 2935 | 2 |
| Elisabeth | Wiesmann | VHS im FoKuS Selm | 2936 | 1 |
| Karl | Wiesmann | VHS im FoKuS Selm | 2937 | 1 |
| Christian | Wietfeld | | 2938 | 1 |
| Britta | Wietholt | | 2939 | 2 |
| Klaus | Wietholt | Team Lembeck | 2940 | 1 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|-----------------|---------------|---------------------------|-------------|-------|
| Mieke | Wijnands | | 2941 | 1 |
| Michael | Wilczek | | 2942 | 1 |
| Simon | Wildenberg | | 2943 | 1 |
| Dorothea | Wilke | VHS im FoKuS Selm | 2944 | 2 |
| Lisa | Wilké | | 2945 | 2 |
| Julian | Will | | 2946 | 1 |
| Kevin | Will | | 2947 | 1 |
| Tobias | Wille | | 2948 | 2 |
| Kathrin | Willems | | 2949 | 1 |
| Mark | Wilmking | | 2950 | 2 |
| Carsten | Wilms | | 2951 | 2 |
| Gilberto | Wimar | Herr | 2952 | 1 |
| Joana | Wimar | Herr | 2953 | 1 |
| Michael | Wimar | Herr | 2954 | 2 |
| Christian | Windeck | Team Torpedo | 2955 | 1 |
| Christina | Wink | | 2956 | 1 |
| André | Winnen | Bunert Wesel | 2957 | 1 |
| Leah | Winnett | | 2958 | 1 |
| Jürgen | Wins | Laufftreff Xanten | 2959 | 2 |
| Andreas | Winter | Die Eiszapfen | 2960 | 1 |
| Oliver | Winter | | 2961 | 1 |
| Ulla | Winter | Laufschule Düsseldorf | 2962 | 1 |
| Thorsten | Winterberg | | 2963 | 1 |
| Patrick | Winterhoff | | 2964 | 2 |
| Tatjana | Wippenfeld | Team Erdinger Alkoholfrei | 2965 | 1 |
| Janina | Wirtz | | 2966 | 1 |
| Markus | Wischniewski | Team ERDINGER Alkoholfrei | 2967 | 1 |
| Ralf | Wismann | Triathlon Team Düsseldorf | 2968 | 1 |
| Alina | Wiswedel | | 2969 | 2 |
| Lars | Witkowski | BSG Stadtwerke Duisburg | 2970 | 1 |
| Guido | Witt | LG RWE Power | 2971 | 1 |
| Michael | Witt | | 2972 | 2 |
| Thomas | Witte | Running Team Grafenberg | 2973 | 1 |
| Annika | Wittke-Dresen | | 2974 | 2 |
| Sandra | Witzel | | 2975 | 2 |
| Volker | Witzel | | 2976 | 1 |
| Kathrin | Witzke | | 2977 | 1 |
| Jasmin | Woditzka | Hannover Runners | 2978 | 2 |
| Achim | Wölfel | | 2979 | 1 |
| Christin | Woelk | Ausdauerschule by bunert | 2980 | 1 |
| Martin | Wöllner | LT Dammsteg | 2981 | 2 |
| Andreas | Wohlthat | | 2982 | 1 |
| Stephan | Woitassek | | 2983 | 1 |
| Weronika Alicja | Wojtas | | 2984 | 2 |
| Nils | Wolf | | 2985 | 2 |
| Vanessa | Wolf | | 2986 | 2 |
| Michael | Wolfering | | 2987 | 1 |
| Hagen | Wolff | | 2988 | 1 |
| Petra | Wolff | Running Team Grafenberg | 2989 | 2 |

STARTWELLEN-EINTEILUNG

4. VIACTIV RHEIN CITY RUN

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|------------------|----------------|---------------------------|-------------|-------|
| Martin | Wolfram | | 2990 | 1 |
| Peter | Wolfram | Laufschule Düsseldorf | 2991 | 1 |
| Oliver | Wolfsdorff | | 2992 | 1 |
| Georg | Wollin | LT Metzkausen | 2993 | 2 |
| Michi | Wolski | Herr | 2994 | 2 |
| Katrin | Wolter | | 2995 | 1 |
| Oliver | Wonschik | | 2996 | 2 |
| Tim | Worschech | | 2997 | 1 |
| Eva | Wortmann | | 2998 | 1 |
| Marie-Christin | Woznitza | | 2999 | 2 |
| Roman | Woznitza | | 3000 | 1 |
| Pia | Wright | | 3001 | 2 |
| Will | Wright | | 3002 | 2 |
| Maurice Waldemar | Wrzask | Team ERDINGER Alkoholfrei | 3003 | 1 |
| Clemens | Wünsche | | 3004 | 2 |
| Anette | Würfel | Breetlook-Runners | 3005 | 2 |
| Christian | Wuesten | Team Erdinger alkoholfrei | 3006 | 1 |
| Anni | Wulf | | 3007 | 1 |
| Harald | Wunden | sv neptun 1897ev | 3008 | 2 |
| Tom | Wyen | Mars | 3009 | 1 |
| Norman | Wyrwoll | | 3010 | 2 |
| Baris | Yildirim | | 3011 | 1 |
| Sinan | Yildirim | WIR_BEI_HKM | 3012 | 2 |
| yanfei | yu | TVK | 3013 | 1 |
| Michael | Zachan | Solinger LC | 3014 | 2 |
| Frank | Zahn | ASV Duisburg | 3015 | 1 |
| Nadezhda | Zakharova | Club Fakel Moskau | 3016 | 2 |
| Claudia | Zamek | | 3017 | 1 |
| Louis | Zander | | 3018 | 2 |
| Leandra | Zanger | | 3019 | 2 |
| Louisa | Zanger | | 3020 | 2 |
| Sandra | Zedler | | 3021 | 2 |
| Katrin | Zehetgruber | | 3022 | 2 |
| Nina | Zehnpfennig | | 3023 | 2 |
| Holger | Zeitz | SC Patagonicus | 3024 | 1 |
| Ulrike | Zeitz-Kempkens | KSV Kevelaer | 3025 | 1 |
| Udo | Zemke | Lg Alpen | 3026 | 2 |
| Rainer | Zensen | | 3027 | 1 |
| Hans-Günther | Zeutzius | AS Neukirchen-Vluyn | 3028 | 1 |
| Jing | Zhang | | 3029 | 2 |
| Jörg | Zick | | 3030 | 2 |
| Sara | Zick | | 3031 | 2 |
| Tara | Zick | | 3032 | 2 |
| Arnd | Ziebell | | 3033 | 1 |
| Steffi | Ziehm | Runcademy Dortmund | 3034 | 1 |
| Andree | Ziemann | Running Team Grafenberg | 3035 | 1 |
| Daniel | Ziemann | | 3036 | 2 |
| Selima | Ziemann | | 3037 | 2 |
| Holger | Ziemek | Tövo Runners | 3038 | 1 |

STARTWELLEN-EINTEILUNG**4. VIACTIV RHEIN CITY RUN**

| VORNAME | NACHNAME | CLUB | STARTNUMMER | WELLE |
|----------------|-----------------|---------------------------|--------------------|--------------|
| Lars | Zienow | | 3039 | 1 |
| Ingo | Ziesel | | 3040 | 2 |
| Peter | Ziesenis | Team Erdinger Alkoholfrei | 3041 | 2 |
| Claudia | Zihla | | 3042 | 2 |
| Franzi | Zimmerer | | 3043 | 2 |
| Max | Zimmerer | | 3044 | 2 |
| Eric | Zimmermann | | 3045 | 2 |
| Kevin | Zimmermann | | 3046 | 1 |
| Uwe | Zimmermann | LT Rennhamster Düsseldorf | 3047 | 1 |
| Maurice | Zimmnau | | 3048 | 1 |
| Markus | Zindler | TSV Hochdahl | 3049 | 1 |
| Christian | Zohren | Mars | 3050 | 1 |
| Tara | Zohren | Mars | 3051 | 1 |
| Sven | Zonnenberg | LT Training by Neiß | 3052 | 1 |
| Patrick | Zube | | 3053 | 1 |
| Britta | Zupp | Ausdauerschule by Bunert | 3054 | 2 |
| Christian | Zupp | | 3055 | 1 |
| Jost | Zurborn | | 3056 | 1 |
| Renate | Zweerings | | 3057 | 2 |
| Laura Kim | Zweers | | 3058 | 2 |
| Danni | Zwiener | Kevelaerer SV Muddies | 3059 | 2 |