

KM	Straße	Kreuzung	schnellster Marathonläufer	langsamster Marathonläufer	schnellste Staffel	langsamste Staffel	Uhrzeit Marathon (Start: 09:30 Uhr) schnellster Läufer	Uhrzeit Marathon (Start: 09:30 Uhr) langsamster Läufer	Uhrzeit Staffelblock 1 (Start: 10:15 Uhr) schnellste Staffel	Uhrzeit Staffelblock 1 (Start: 10:15 Uhr) langsamste Staffel	Uhrzeit Staffelblock 2 (Start: 10:45 Uhr) schnellste Staffel	Uhrzeit Staffelblock 2 (Start: 10:45 Uhr) langsamste Staffel
Start	Joseph-Beuys-Ufer	Ehrenhof	00:03:00	00:08:12	00:03:25	00:07:50	09:30	09:30	10:15	10:15	10:45	10:45
1	Cecilienallee		00:03:00	00:08:12	00:03:25	00:07:50	09:33:00		10:18:25	10:22:50	10:48:25	10:52:50
2	Rotterdammer Straße		00:06:00	00:16:24	00:06:50	00:15:40	09:36:00		10:21:50	10:30:40	10:51:50	11:00:40
3	Rotterdammer Straße	Erich- Hoepfner- Straße	00:09:00	00:24:36	00:10:15	00:23:30	09:39:00		10:25:15	10:38:30	10:55:15	11:08:30
4	Stockumer Kirchstr.		00:12:00	00:32:48	00:13:40	00:31:20	09:42:00		10:28:40	10:46:20	10:58:40	11:16:20
5	Kaiserswether Str.		00:15:00	00:41:00	00:17:05	00:39:10	09:45:00	10:11:00	10:32:05	10:54:10	11:02:05	11:24:10
6	Cecilienallee		00:18:00	00:49:12	00:20:30	00:47:00	09:48:00		10:35:30	11:02:00	11:05:30	11:32:00
7	Cecilienallee		00:21:00	00:57:24	00:23:55	00:54:50	09:51:00		10:38:55	11:09:50	11:08:55	11:39:50
8	Roßstraße (im gegenverkehr)		00:24:00	01:05:36	00:27:20	01:02:40	09:54:00		10:42:20	11:17:40	11:12:20	11:47:40
9	Tannenstraße		00:27:00	01:13:48	00:30:45	01:10:30	09:57:00		10:45:45	11:25:30	11:15:45	11:55:30
10	Ulmenstraße		00:30:00	01:22:00	00:34:10	01:18:20	10:00:00	10:52:00	10:49:10	11:33:20	11:19:10	12:03:20
11	Kleberstraße (im Gegenverkehr)		00:33:00	01:30:12	00:37:35	01:26:10	10:03:00		10:52:35	11:41:10	11:22:35	12:11:10
11,2	Wechselzone 1		00:33:36	01:31:50	00:38:16	01:27:44	10:06:00	11:01:50	10:53:16	11:42:44	11:23:16	12:12:44
12	Kaiserstraße (normale Fahrtrichtung)		00:36:00	01:38:24	00:41:00	01:34:00	10:09:00		10:56:00	11:49:00	11:26:00	12:19:00
13	Hofgartenrampe	Oberkassler Brücke	00:39:00	01:46:36	00:44:25	01:41:50	10:12:00		10:59:25	11:56:50	11:29:25	12:26:50
14	Luegallee		00:42:00	01:54:48	00:47:50	01:49:40	10:15:00		11:02:50	12:04:40	11:32:50	12:34:40
15	Hansaallee (Rechte Seite)		00:45:00	02:03:00	00:51:15	01:57:30	10:18:00	11:33:00	11:06:15	12:12:30	11:36:15	12:42:30
16	Fritz-Vomfelde-Straße (Rechte Seite)		00:48:00	02:11:12	00:54:40	02:05:20	10:21:00		11:09:40	12:20:20	11:39:40	12:50:20
17	Lütticher Straße		00:51:00	02:19:24	00:58:05	02:13:10	10:24:00		11:13:05	12:28:10	11:43:05	12:58:10
18	Kaiser-Friedrich-Ring		00:54:00	02:27:36	01:01:30	02:21:00	10:27:00		11:16:30	12:36:00	11:46:30	13:06:00
19	Kaiser-Friedrich-Ring	San-Remo-Straße	00:57:00	02:35:48	01:04:55	02:28:50	10:30:00		11:19:55	12:43:50	11:49:55	13:13:50
20	Düsseldorfer Straße		01:00:00	02:44:00	01:08:20	02:36:40	10:33:00	12:14:00	11:23:20	12:51:40	11:53:20	13:21:40
21	Belsenstraße		01:03:00	02:52:12	01:11:45	02:44:30	10:36:00		11:26:45	12:59:30	11:56:45	13:29:30
21,0975	Halbmarathon		01:03:18	02:53:00	01:12:05	02:45:16	10:39:00		11:27:05	13:00:16	11:57:05	13:30:16
22	Luegallee		01:06:00	03:00:24	01:15:10	02:52:20	10:42:00		11:30:10	13:07:20	12:00:10	13:37:20
23	Hofgartenrampe		01:09:00	03:08:36	01:18:35	03:00:10	10:45:00		11:33:35	13:15:10	12:03:35	13:45:10
24	Benrather Straße (im Gegenverkehr)		01:12:00	03:16:48	01:22:00	03:08:00	10:48:00		11:37:00	13:23:00	12:07:00	13:53:00
24,4	Wechselzone 2		01:13:12	03:20:05	01:23:22	03:11:08	10:51:00	12:50:05	11:38:22	13:26:08	12:08:22	13:56:08
25	H.-Heine-Allee		01:15:00	03:25:00	01:25:25	03:15:50	10:54:00	12:55:00	11:40:25	13:30:50	12:10:25	14:00:50
26	Prinz-Georg-Str.		01:18:00	03:33:12	01:28:50	03:23:40	10:57:00		11:43:50	13:38:40	12:13:50	14:08:40
27	Eulerstraße (im Gegenverkehr)		01:21:00	03:41:24	01:32:15	03:31:30	11:00:00		11:47:15	13:46:30	12:17:15	14:16:30
28	Grunerstr.		01:24:00	03:49:36	01:35:40	03:39:20	11:03:00		11:50:40	13:54:20	12:20:40	14:24:20
29	Graf-Recke-Straße		01:27:00	03:57:48	01:39:05	03:47:10	11:06:00		11:54:05	14:02:10	12:24:05	14:32:10
30	Schumannstraße		01:30:00	04:06:00	01:42:30	03:55:00	11:09:00	13:36:00	11:57:30	14:10:00	12:27:30	14:40:00
31	Rethelstraße		01:33:00	04:14:12	01:45:55	04:02:50	11:12:00		12:00:55	14:17:50	12:30:55	14:47:50
32	Am Wehrhahn(rechte Seite)		01:36:00	04:22:24	01:49:20	04:10:40	11:15:00		12:04:20	14:25:40	12:34:20	14:55:40
33	Wechselzone 3		01:39:00	04:30:36	01:52:45	04:18:30	11:18:00	14:00:36	12:07:45	14:33:30	12:37:45	15:03:30
33	Jacobistraße		01:39:00	04:30:36	01:52:45	04:18:30	11:21:00		12:07:45	14:33:30	12:37:45	15:03:30
34	Steinstraße		01:42:00	04:38:48	01:56:10	04:26:20	11:24:00		12:11:10	14:41:20	12:41:10	15:11:20
35	Herzogstraße		01:45:00	04:47:00	01:59:35	04:34:10	11:27:00	14:17:00	12:14:35	14:49:10	12:44:35	15:19:10
36	Kronprinzenstraße		01:48:00	04:55:12	02:03:00	04:42:00	11:30:00		12:18:00	14:57:00	12:48:00	15:27:00
37	Glabbacherstraße		01:51:00	05:03:24	02:06:25	04:49:50	11:33:00		12:21:25	15:04:50	12:51:25	15:34:50
38	Hammerstraße		01:54:00	05:11:36	02:09:50	04:57:40	11:36:00		12:24:50	15:12:40	12:54:50	15:42:40

39	Neusser Straße	Hubertusstraße	01:57:00	05:19:48	02:13:15	05:05:30	11:39:00		12:28:15	15:20:30	12:58:15	15:50:30
40	Königsallee		02:00:00	05:28:00	02:16:40	05:13:20	11:42:00	14:58:00	12:31:40	15:28:20	13:01:40	15:58:20
41	Graf-Adolf-Platz		02:03:00	05:36:12	02:20:05	05:21:10	11:45:00		12:35:05	15:36:10	13:05:05	16:06:10
42	Rheinwerft	Rheinuferpromenade	02:06:00	05:44:24	02:23:30	05:29:00	11:48:00		12:38:30	15:44:00	13:08:30	16:14:00
42,195	Ziel		02:06:35	05:46:00	02:24:10	05:30:32	11:51:00	15:16:00	12:39:10	15:45:32	13:09:10	16:15:32

KM	Straße	Kreuzung	schnellster Halbmarathonläufer	langsamster Halbmarathonläufer	Uhrzeit Halbmarathon (Start: 08:15 Uhr) schnellster Läufer	Uhrzeit Halbmarathon (Start: 08:15 Uhr) langsamster Läufer
Start	Joseph-Beuys-Ufer	Ehrenhof	00:03:05	00:08:10	08:15	08:15
1	Fischer Straße		00:03:05	00:08:10	08:18:05	08:23:10
2	Maximilian-Weyhe-Allee	rechte Seite (Laufrichtung)	00:06:10	00:16:20	08:21:10	08:31:20
3	Kasernenstraße		00:09:15	00:24:30	08:24:15	08:39:30
4	Maximilian-Weyhe-Allee	rechte Seite (Laufrichtung)	00:12:20	00:32:40	08:27:20	08:47:40
5	Prinz-Gerog-Straße	Benedikt-Schmittmann-Straße	00:15:25	00:40:50	08:30:25	08:55:50
6	Jülicher Straße		00:18:30	00:49:00	08:33:30	09:04:00
7	Bremstraße	Höhe Eisstadion	00:21:35	00:57:10	08:36:35	09:12:10
8	Graf-Recke-Straße		00:24:40	01:05:20	08:39:40	09:20:20
9	Lindemannstraße	Schumannstraße	00:27:45	01:13:30	08:42:45	09:28:30
10	Rethelstraße		00:30:50	01:21:40	08:45:50	09:36:40
11	Adlerstraße		00:33:55	01:29:50	08:48:55	09:44:50
12	Jacobistraße	Am Wehrhahn	00:37:00	01:38:00	08:52:00	09:53:00
13	Berliner Allee	vor SSK	00:40:05	01:46:10	08:55:05	10:01:10
14	Herzogstraße		00:43:10	01:54:20	08:58:10	10:09:20
15	Fürstenwall	Kronprinzenstraße	00:46:15	02:02:30	09:01:15	10:17:30
16	Gladbacher Straße	Ahnenweg	00:49:20	02:10:40	09:04:20	10:25:40
17	Hammer Straße		00:52:25	02:18:50	09:07:25	10:33:50
18	Neusser Straße	Horionplatz	00:55:30	02:27:00	09:10:30	10:42:00
19	Königsallee		00:58:35	02:35:10	09:13:35	10:50:10
20	Haroldstraße		01:01:40	02:43:20	09:16:40	10:58:20
21	Untere Rheinuferpromenade		01:04:45	02:51:30	09:19:45	11:06:30