

## 10km Volks- und Straßenlauf

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## Ergebnisse Männer

Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
1	2	Ocklenburg, Marc-André	85	DEU	Ayyo Team Essen e.V.	MHK	1	0:31:38	0:04:54	0:06:42	0:06:44	0:06:42	0:06:38
2	208	Fomin, Alexey	86	DEU	Active Sport Shop Hamm	MHK	2	0:32:59	0:05:03	0:06:57	0:07:02	0:07:03	0:06:56
3	277	Quent, Simon	90	DEU	Marathon-Club Menden	MHK	3	0:33:06	0:05:05	0:06:57	0:07:01	0:07:02	0:07:03
4	153	Farhat, Malik	96	DEU	LG Hamm-Kamen-Holzwicked	U18	1	0:33:29	0:05:06	0:07:03	0:07:04	0:07:15	0:07:03
5	129	Hebenbrock, Marvin	97	DEU	LG Dorsten	U18	2	0:34:38	0:05:17	0:07:22	0:07:27	0:07:25	0:07:09
6	117	Gems, Christian	88	DEU	LSF Münster	MHK	4	0:34:44	0:05:33	0:07:18	0:07:22	0:07:20	0:07:14
7	221	Linnemann, Jonas	90	DEU	LC Paderborn	MHK	5	0:34:51	0:05:32	0:07:17	0:07:21	0:07:23	0:07:20
8	159	Gottwald, Timo	94	DEU	SV Teuto Riesenbeck	U20	1	0:35:17	0:05:31	0:07:21	0:07:23	0:07:30	0:07:33
9	258	Hagemeyer, Achim	68	DEU	ATSV Espelkamp	M45	1	0:35:36	0:05:37	0:07:26	0:07:32	0:07:36	0:07:27
10	154	Orban, Mikael	96	DEU	LG Hamm-Kamen-Holzwicked	U18	3	0:35:42	0:05:31	0:07:21	0:07:36	0:07:43	0:07:33
11	294	Willeke, Jakob	98	DEU	LC Paderborn	U18	4	0:35:48	0:05:40	0:07:37	0:07:36	0:07:31	0:07:27
12	190	Löher, Andre	91	DEU	TriFun Hennesee	MHK	6	0:35:57	0:05:34	0:07:30	0:07:37	0:07:41	0:07:37
13	278	Tille, Patrick	83	DEU	Ahlen	M30	1	0:35:59	0:05:33	0:07:32	0:07:38	0:07:42	0:07:36
14	15	Marquardt, Christof	68	DEU	BSG Sparkasse MSLO / LV Oe	M45	2	0:35:59	0:05:36	0:07:29	0:07:34	0:07:43	0:07:39
15	303	Hein, Philipp	91	DEU	Mondi Tri Finish Münster	MHK	7	0:36:13	0:05:42	0:07:38	0:07:35	0:07:41	0:07:39
16	261	Schulte, Stephan	65	DEU	LG Hamm	M45	3	0:36:14	0:05:32	0:07:22	0:07:40	0:07:51	0:07:52
17	1	Barwinski, Jonas	97	DEU	LG Ahlen	U18	5	0:36:28	0:05:37	0:07:31	0:07:43	0:07:49	0:07:49
18	169	Löwe, Michael	72	DEU	LT Bittermark Dortmund	M40	1	0:36:29	0:05:40	0:07:46	0:07:51	0:07:49	0:07:25
19	162	Teicher, Jürgen	69	DEU	LSF Werne	M40	2	0:36:32	0:05:33	0:07:37	0:07:48	0:07:51	0:07:46
20	210	Rudnik, Marvin	98	DEU	Marathon-Club Menden	U18	6	0:36:36	0:05:54	0:07:48	0:07:46	0:07:40	0:07:31
21	189	Jürgens, Markus	87	DEU	LG Emsdetten	MHK	8	0:36:40	0:05:43	0:07:42	0:07:44	0:07:50	0:07:43
22	9	Küpper, Daniel	93	DEU	DELTA Laufftreff Ahlen	MHK	9	0:37:03	0:05:44	0:07:48	0:07:56	0:07:58	0:07:40
23	61	Häßler, Peter	69	DEU	LV Oelde	M40	3	0:37:35	0:05:40	0:07:51	0:08:00	0:08:04	0:08:01
24	182	Ritzmann, Sami	98	DEU	ASV-Iserlohn	U18	7	0:37:43	0:05:55	0:08:06	0:07:55	0:07:57	0:07:52
25	237	Baierl, Stefan	74	DEU	SpVgg Dolberg	M35	1	0:37:44	0:05:55	0:08:06	0:07:57	0:07:56	0:07:52
26	21	Hoppe, Bernd	67	DEU	LV Oelde	M45	4	0:37:51	0:05:44	0:07:55	0:08:06	0:08:09	0:07:59
27	76	Kaderka, Kevin	80	DEU	LG Ahlen	M30	2	0:38:00	0:05:42	0:07:52	0:08:06	0:08:13	0:08:09
28	73	Schröder, Sebastian	81	DEU	SpVgg Dolberg	M30	3	0:38:16	0:05:55	0:08:06	0:08:05	0:08:11	0:08:01
29	194	Gorsek, Daniel	94	DEU	Marathon-Club Menden	U20	2	0:38:19	0:05:55	0:08:06	0:08:07	0:08:15	0:07:58
30	191	Strotmeier, Florian	86	DEU	Amtsgericht Ahlen (a. D.)	MHK	10	0:38:36	0:05:57	0:08:05	0:08:09	0:08:23	0:08:04
31	297	Schulte-Bories, Markus	95	DEU	WSV Tri-Team Warendorf	U20	3	0:38:38	0:05:59	0:08:02	0:08:09	0:08:21	0:08:09
32	231	Seemann, Thorsten	74	DEU	Non-Stop-Ultra	M35	2	0:38:39	0:05:57	0:08:10	0:08:13	0:08:14	0:08:06
33	41	Weste, Michael	77	DEU	*Senden	M35	3	0:38:44	0:06:07	0:08:11	0:08:09	0:08:13	0:08:06
34	130	Gandoy Bürger, Moritz	96	DEU	LG Dorsten	U18	8	0:38:53	0:05:45	0:08:01	0:08:14	0:08:32	0:08:23
35	174	Nordhoff, Alex	89	DEU	Quantec-Indeland	MHK	11	0:39:03	0:05:27	0:07:58	0:08:22	0:08:53	0:08:25
36	59	Peck, Thomas	88	DEU	Marathon Soest	MHK	12	0:39:16	0:06:04	0:08:13	0:08:20	0:08:24	0:08:17
37	275	Lehmköster, Torsten	73	DEU	HSC Hamm	M40	4	0:39:19	0:05:37	0:07:37	0:07:46	0:09:58	0:08:23
38	267	Roop, Thomas	86	DEU	Aktive Hamm	MHK	13	0:39:19	0:05:40	0:07:57	0:08:34	0:08:48	0:08:22
39	160	Gottwald, Dieter	62	DEU	SV Teuto Riesenbeck	M50	1	0:39:31	0:06:06	0:08:17	0:08:23	0:08:25	0:08:22
40	31	Portela, Luis	61	DEU	LG Oelde/Wadersloh	M50	2	0:39:32	0:06:05	0:08:25	0:08:26	0:08:23	0:08:16
41	240	Lembken, Johannes	95	DEU	SpVgg Dolberg	U20	4	0:39:33	0:06:11	0:08:21	0:08:24	0:08:25	0:08:15
42	242	Grünebaum, Manfred	57	DEU	LV Oelde	M55	1	0:39:34	0:06:07	0:08:15	0:08:23	0:08:23	0:08:29
43	13	Öztekin, Ali	63	DEU	Ayyo Team Essen e.V.	M50	3	0:39:36	0:06:13	0:08:15	0:08:20	0:08:23	0:08:27
44	225	Vergewall, Jannis	98	DEU	Hamm	U18	9	0:39:39	0:06:11	0:08:27	0:08:30	0:08:27	0:08:06
45	181	Schulze, Ralf	76	DEU	LSF Münster	M35	4	0:39:40	0:06:06	0:08:15	0:08:25	0:08:29	0:08:27
46	121	Billermann, Markus	67	DEU	SV Herbern	M45	5	0:39:43	0:06:29	0:08:23	0:08:18	0:08:23	0:08:13
47	271	Bretthauer, Matthias	67	DEU	LG Haarstrang	M45	6	0:39:48	0:06:06	0:08:25	0:08:28	0:08:28	0:08:22
48	286	Holtkötter, Michael	56	DEU	LSF Münster	M55	2	0:40:01	0:06:05	0:08:18	0:08:28	0:08:36	0:08:35
49	178	Hollmann, Ralf	67	DEU	DELTA Laufftreff Ahlen	M45	7	0:40:03	0:06:12	0:08:18	0:08:27	0:08:31	0:08:36
50	69	Lepper, Stefan	83	DEU	TV Flerke	M30	4	0:40:06	0:06:03	0:08:16	0:08:30	0:08:42	0:08:37

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
51	245	Kigmas, Dimitrios	71	DEU	SV Brackwede	M40	5	<b>0:40:20</b>	0:06:24	0:08:19	0:08:22	0:08:26	0:08:50
52	244	Beckvordersandfort, Hendrik	80	DEU	LG Nova 05	M30	5	<b>0:40:43</b>	0:06:33	0:08:27	0:08:36	0:08:41	0:08:28
53	96	Holtsträter, Ingo	67	DEU	TuS Uentrop	M45	8	<b>0:40:47</b>	0:06:29	0:08:30	0:08:37	0:08:41	0:08:32
54	100	Siegmund, Benjamin	76	DEU	Team-Mix-Up	M35	5	<b>0:40:47</b>	0:06:27	0:08:32	0:08:37	0:08:40	0:08:33
55	104	Fischer, Dr. Arne	68	DEU	LSF Münster	M45	9	<b>0:40:58</b>	0:06:07	0:08:26	0:08:47	0:08:54	0:08:46
56	243	Schulte, Heinz-Jürgen	58	DEU	LV Oelde	M55	3	<b>0:41:11</b>	0:06:29	0:08:34	0:08:41	0:08:41	0:08:48
57	20	Gosda, Ralf	62	DEU	LG Ahlen	M50	4	<b>0:41:44</b>	0:06:41	0:08:47	0:08:47	0:08:46	0:08:44
58	172	Giere, Alfred	60	DEU	LG Oelde/Wadersloh	M50	5	<b>0:41:54</b>	0:06:47	0:08:45	0:08:45	0:08:51	0:08:49
59	165	Goerke, Andreas	65	DEU	Laufschule Janson Detmold	M45	10	<b>0:41:59</b>	0:06:28	0:08:53	0:08:52	0:09:02	0:08:47
60	284	Niemietz, Stefan	82	DEU	Marathon-Club Menden	M30	6	<b>0:42:05</b>	0:07:03	0:08:47	0:08:44	0:08:55	0:08:37
61	68	Flötto, Aaron	98	DEU	LG Ahlen	U18	10	<b>0:42:11</b>	0:06:29	0:08:45	0:09:00	0:08:57	0:09:02
62	216	Rother, Thilo	96	DEU	LG Hamm-Kamen-Holzwicked	U18	11	<b>0:42:18</b>	0:06:19	0:08:58	0:09:06	0:09:06	0:08:51
63	218	Finnemann, Werner	71	DEU	SV DIESTEDDE	M40	6	<b>0:42:22</b>	0:06:47	0:08:45	0:08:47	0:09:06	0:08:58
64	105	Kordes, Karsten	80	DEU	Road Runners Ahlen	M30	7	<b>0:42:36</b>	0:06:11	0:08:54	0:09:03	0:09:17	0:09:14
65	232	Wecke, Axel	65	DEU	LSV Werne	M45	11	<b>0:42:51</b>	0:06:51	0:08:57	0:08:59	0:09:05	0:09:00
66	217	Bittner, Bernhard	58	DEU	LV Oelde	M55	4	<b>0:42:52</b>	0:06:31	0:08:58	0:09:05	0:09:12	0:09:08
67	203	Redemeyer, Bernd	67	DEU	LG Ahlen	M45	12	<b>0:42:57</b>	0:06:20	0:08:58	0:09:08	0:09:19	0:09:15
68	290	Rothfeld, Werner	59	DEU	LG Oelde/Wadersloh	M50	6	<b>0:43:02</b>	0:06:55	0:08:52	0:08:57	0:09:09	0:09:11
69	298	Borgmann, Mirco	73	DEU		M40	7	<b>0:43:10</b>	0:06:41	0:09:04	0:09:08	0:09:07	0:09:11
70	177	Niggemann, Jost	67	DEU	LG Hamm-Kamen-Holzwicked	M45	13	<b>0:43:24</b>	0:07:06	0:09:03	0:09:00	0:09:04	0:09:13
71	11	Wiegard, Klaus	57	DEU	Ahlener Schlüsseldienst	M55	5	<b>0:43:26</b>	0:06:43	0:09:07	0:09:11	0:09:21	0:09:06
72	74	Willingmann, Todt G.	65	DEU	Night Runners Hamm	M45	14	<b>0:43:41</b>	0:07:03	0:09:07	0:09:11	0:09:13	0:09:09
73	136	Norbert, Droste	62	DEU	SpVgg Dolberg	M50	7	<b>0:43:41</b>	0:07:03	0:09:08	0:09:10	0:09:13	0:09:09
74	32	Beier, Hubertus	65	DEU	1.FC Tönninghäuschen e.V	M45	15	<b>0:43:41</b>	0:07:08	0:09:14	0:09:10	0:09:11	0:09:00
75	251	Münstermann, Marcus	74	DEU	Lauffreunde Bönen	M35	6	<b>0:43:44</b>	0:07:05	0:09:07	0:09:10	0:09:17	0:09:07
76	6	Kraus, Jürgen	56	DEU	ASC Ahlen	M55	6	<b>0:43:54</b>	0:06:54	0:08:57	0:09:17	0:09:26	0:09:21
77	19	Langerbein, Bernhard	67	DEU	SCE Hamm Hessen	M45	16	<b>0:44:08</b>	0:07:41	0:09:04	0:09:15	0:09:05	0:09:06
78	132	Pollmeier, Juergen	67	DEU	LG Ahlen	M45	17	<b>0:44:11</b>	0:06:45	0:09:12	0:09:22	0:09:23	0:09:30
79	239	Stromberg, Sebastian	78	DEU	Werbeflecki	M35	7	<b>0:44:21</b>	0:07:12	0:09:13	0:09:24	0:09:24	0:09:09
80	86	Erdmann, Berni	55	DEU	LV Oelde	M55	7	<b>0:44:34</b>	0:07:06	0:09:21	0:09:21	0:09:31	0:09:16
81	211	Koch, Klaus	65	DEU	SC Relax /LG Ahlen	M45	18	<b>0:44:42</b>	0:07:04	0:09:16	0:09:29	0:09:35	0:09:19
82	116	Scherlitz, Mirko	76	DEU	Road Runners Ahlen	M35	8	<b>0:44:54</b>	0:06:43	0:08:56	0:09:40	0:10:08	0:09:28
83	106	May, Detlev	74	DEU	Ahlen	M35	9	<b>0:45:02</b>	0:07:09	0:09:46	0:09:40	0:09:27	0:09:03
84	72	Bergert, Henry	85	DEU	*Düsseldorf	MHK	14	<b>0:45:03</b>	0:06:43	0:09:09	0:09:41	0:09:46	0:09:46
85	256	Huerkamp, Jörg	67	DEU	*Ahlen	M45	19	<b>0:45:04</b>	0:07:01	0:09:21	0:09:26	0:09:35	0:09:43
86	91	Deimann, Stefan	69	DEU	Lauffreunde Bönen	M40	8	<b>0:45:11</b>	0:07:06	0:09:07	0:09:35	0:09:49	0:09:36
87	207	Irmer, Wolfgang	77	DEU	LFH	M35	10	<b>0:45:11</b>	0:06:51	0:09:04	0:09:34	0:09:56	0:09:49
88	147	Zohren, Yannick	90	DEU	RSV Düren	MHK	15	<b>0:45:14</b>	0:07:12	0:09:16	0:09:30	0:09:55	0:09:23
89	140	Schmidt, Marvin	99	DEU	SG Rote Erde Beckum	U18	12	<b>0:45:17</b>	0:06:57	0:09:19	0:09:29	0:09:49	0:09:46
90	252	Huneke, Frank	67	DEU	SpVgg Dolberg	M45	20	<b>0:45:24</b>	0:07:05	0:09:23	0:09:39	0:09:49	0:09:30
91	214	Münnich, Dominik	84	DEU	Schlittenhunde	MHK	16	<b>0:45:43</b>	0:07:12	0:09:40	0:09:38	0:09:52	0:09:23
92	213	Hillier, David	85	DEU	Schlittenhunde	MHK	17	<b>0:45:43</b>	0:07:13	0:09:39	0:09:39	0:09:53	0:09:22
93	55	Bell, Oliver	74	DEU	LV Oelde	M35	11	<b>0:45:44</b>	0:06:53	0:09:18	0:09:38	0:10:02	0:09:55
94	288	Stahl, Hendrik	83	DEU	SV Herbern	M30	8	<b>0:45:52</b>	0:07:15	0:09:35	0:10:00	0:09:43	0:09:21
95	163	Walther, Wilhelm	59	DEU	TuS Uentrop	M50	8	<b>0:45:53</b>	0:07:11	0:09:31	0:09:42	0:09:47	0:09:44
96	125	Kasbera, Michael	90	DEU	TuS Freckenhorst	MHK	18	<b>0:45:55</b>	0:08:20	0:09:51	0:09:56	0:09:05	0:08:45
97	205	Quattrocchi, Fulvio	50	DEU	LSF Münster	M60	1	<b>0:45:59</b>	0:07:17	0:09:39	0:09:49	0:09:42	0:09:34
98	248	Magera, Andreas	83	DEU		M30	9	<b>0:45:59</b>	0:07:29	0:09:22	0:09:33	0:09:47	0:09:50
99	219	Scharfenstein, Sven	71	DEU	*Beckum	M40	9	<b>0:46:11</b>	0:06:38	0:09:24	0:09:49	0:10:06	0:10:16
100	300	Kaiser, Björn	71	DEU	Marathon Soest	M40	10	<b>0:46:18</b>	0:07:10	0:09:31	0:09:41	0:09:49	0:10:09

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
101	97	Franzmann, Uwe	64	DEU	TuS Uentrop	M45	21	<b>0:46:29</b>	0:07:15	0:09:37	0:09:47	0:09:58	0:09:54
102	279	Graeber, Jürgen	47	DEU	DJK Sparta Langenhagen	M65	1	<b>0:46:34</b>	0:07:19	0:09:30	0:09:33	0:10:04	0:10:11
103	269	Szczygielski, Paul	77	DEU	Fortuna Walstedde	M35	12	<b>0:46:35</b>	0:06:52	0:09:39	0:10:00	0:10:15	0:09:51
104	66	Meißner, Sven	81	DEU	Bundeswehr	M30	10	<b>0:46:36</b>	0:07:11	0:09:33	0:10:01	0:10:07	0:09:46
105	185	Mause, Michael	67	DEU	Fun Runner TVG 1877 Hamm	M45	22	<b>0:46:53</b>	0:07:36	0:09:49	0:09:53	0:10:05	0:09:32
106	179	Hülsen, Andreas	64	DEU	Bergschnecken Beckum	M45	23	<b>0:46:56</b>	0:07:05	0:09:41	0:09:58	0:10:09	0:10:06
107	39	Vielhaber, Ralf	61	DEU	Triathlon TEAM TG Witten	M50	9	<b>0:47:10</b>	0:07:40	0:09:54	0:09:54	0:10:03	0:09:42
108	166	Unkhoff, Jan	89	DEU	*Fröndenberg	MHK	19	<b>0:47:12</b>	0:07:31	0:09:59	0:10:02	0:10:03	0:09:39
109	4	Wulf, Markus	72	DEU	*Ahlen	M40	11	<b>0:47:13</b>	0:07:41	0:09:55	0:09:59	0:09:54	0:09:47
110	98	Reger, Thomas	63	DEU	DELTA Lauftreff Ahlen	M50	10	<b>0:47:25</b>	0:07:21	0:09:48	0:10:03	0:10:21	0:09:54
111	209	Schardt, Michael	54	DEU	LSF Münster	M55	8	<b>0:47:28</b>	0:07:39	0:09:52	0:09:55	0:09:59	0:10:05
112	268	Kneer, Christoph	85	DEU	Dortmunder Jungs	MHK	20	<b>0:47:30</b>	0:08:41	0:09:58	0:09:47	0:09:40	0:09:27
113	250	Sulejmani, Zenel	58	DEU		M55	9	<b>0:47:39</b>	0:08:06	0:10:07	0:09:56	0:09:56	0:09:36
114	42	Müller, Olaf	65	DEU	DELTA Lauftreff Ahlen	M45	24	<b>0:47:51</b>	0:07:19	0:10:00	0:09:59	0:10:19	0:10:15
114	84	StornoMüller, Olaf	65	DEU	DELTA Lauftreff Ahlen	M45	24	<b>0:47:51</b>	0:07:19	0:10:00	0:09:59	0:10:19	0:10:15
116	238	Hartmann, Jan	80	DEU		M30	11	<b>0:47:53</b>	0:07:40	0:10:14	0:10:17	0:09:57	0:09:46
117	113	Kühr, Heiner	66	DEU	*Porta Westfalica	M45	26	<b>0:47:55</b>	0:07:41	0:10:08	0:10:03	0:10:04	0:10:01
118	67	Bieker, Alfred	52	DEU	LG Deiringsen	M60	2	<b>0:48:02</b>	0:07:35	0:09:57	0:10:05	0:10:15	0:10:12
119	139	Brüggenkötter, Michael	67	DEU	Westfalia Roadrunners	M45	27	<b>0:48:02</b>	0:07:48	0:10:07	0:10:06	0:10:11	0:09:52
120	22	Kläsener, Ralf	68	DEU	ASC Ahlen	M45	28	<b>0:48:10</b>	0:07:26	0:10:00	0:10:10	0:10:07	0:10:29
121	63	Baltes, Carsten	71	DEU	Lauftreff Nottuln	M40	12	<b>0:48:13</b>	0:08:12	0:10:07	0:10:02	0:10:07	0:09:47
122	126	Stutenbäumer, Stefan	59	DEU	*Beckum	M50	11	<b>0:48:13</b>	0:08:12	0:10:05	0:10:04	0:10:06	0:09:47
123	151	Drath, Rüdiger	56	DEU	DELTA Lauftreff Ahlen	M55	10	<b>0:48:21</b>	0:07:29	0:10:01	0:10:11	0:10:25	0:10:17
124	202	Brehe, Matthias	86	DEU	SpVgg Dolberg	MHK	21	<b>0:48:23</b>	0:07:10	0:10:12	0:10:11	0:10:31	0:10:21
125	40	Canoglu, Mikail	78	DEU	*Ahlen	M35	13	<b>0:48:26</b>	0:07:12	0:10:12	0:10:46	0:10:13	0:10:06
126	299	Szponik, Franz-Josef	40	DEU	LC Rapid Dortmund	M70	1	<b>0:48:39</b>	0:07:19	0:10:06	0:10:18	0:10:28	0:10:30
127	38	Idaszek, Frank	76	DEU	*Hilden	M35	14	<b>0:48:43</b>	0:07:29	0:10:06	0:10:36	0:10:38	0:09:56
128	295	Dietrich, Reiner	65	DEU	Vorhelm	M45	29	<b>0:48:57</b>	0:07:27	0:10:10	0:10:33	0:10:36	0:10:12
129	44	Möller, Kai	74	DEU	*Ahlen	M35	15	<b>0:49:07</b>	0:08:20	0:10:22	0:10:17	0:10:22	0:09:47
130	10	Schomacher, Hermann	51	DEU	LG Ahlen	M60	3	<b>0:49:10</b>	0:07:37	0:10:21	0:10:25	0:10:25	0:10:23
131	199	Rahr, Mirco	86	DEU	*Ahlen/Vorhelm	MHK	22	<b>0:49:12</b>	0:08:21	0:09:51	0:09:55	0:10:33	0:10:34
132	85	Fechner, Guido	71	DEU	Winkelmann Laufgruppe	M40	13	<b>0:49:16</b>	0:07:43	0:10:21	0:10:16	0:10:33	0:10:26
133	234	John, Hans-Henning	55	DEU	WSV Tri-Team	M55	11	<b>0:49:16</b>	0:07:42	0:09:54	0:10:21	0:10:35	0:10:46
134	168	Korzonnek, Jörg	65	DEU	RC Endspurt Herford	M45	30	<b>0:49:17</b>	0:07:45	0:10:19	0:10:27	0:10:31	0:10:17
135	259	Hagedorn, Michael	85	DEU		MHK	23	<b>0:49:24</b>	0:07:52	0:10:13	0:10:23	0:10:31	0:10:26
136	87	Schröer, Martin	65	DEU	Tri-As Hamm	M45	31	<b>0:49:27</b>	0:07:42	0:10:10	0:10:18	0:10:43	0:10:35
137	220	Färber, Benedikt	95	DEU	*Ahlen	U20	5	<b>0:49:31</b>	0:08:25	0:10:32	0:10:36	0:10:39	0:09:21
138	115	Ostermann, Dr. Lothar	58	DEU	Ruderclub Hamm	M55	12	<b>0:49:34</b>	0:07:46	0:09:55	0:10:11	0:10:21	0:11:23
139	171	Horn-Angsmann, Holger	69	DEU	ASC Ahlen	M40	14	<b>0:49:36</b>	0:07:49	0:10:25	0:10:34	0:10:35	0:10:14
140	108	Spiekermann, Peter	62	DEU	DELTA Lauftreff Ahlen	M50	12	<b>0:49:39</b>	0:07:26	0:10:01	0:10:40	0:10:54	0:10:40
141	124	Hälker, Arthur	63	DEU	TuS Freckenhorst	M50	13	<b>0:49:41</b>	0:08:20	0:09:54	0:10:19	0:10:19	0:10:51
142	23	Vierhaus, Udo	56	DEU	Team 4haus	M55	13	<b>0:49:44</b>	0:07:19	0:10:32	0:10:37	0:10:38	0:10:40
143	144	Kirschke, Thomas	64	DEU	SC Ahlen	M45	32	<b>0:49:45</b>	0:07:35	0:10:06	0:10:09	0:10:24	0:11:34
144	26	Dobczanski, Ralf	61	DEU	Ahlener SG	M50	14	<b>0:49:47</b>	0:07:58	0:10:24	0:10:32	0:10:32	0:10:23
145	149	Rohden, Jannis	99	DEU	Satori Ahlen	U18	13	<b>0:49:49</b>	0:08:01	0:10:15	0:10:26	0:10:21	0:10:49
146	27	Schmillenkamp, Dieter	38	DEU	LV Oelde	M75	1	<b>0:49:56</b>	0:07:39	0:10:26	0:10:30	0:10:46	0:10:37
147	148	Rohden, Volker	64	DEU	ASC Ahlen	M45	33	<b>0:49:57</b>	0:08:02	0:10:15	0:10:27	0:10:23	0:10:51
148	25	Biehs, Steffen	90	DEU	Tri-Geckos Dortmund	MHK	24	<b>0:49:57</b>	0:08:06	0:10:24	0:10:29	0:10:34	0:10:25
149	90	Dekker, Frank	63	DEU	RT Münster	M50	15	<b>0:49:58</b>	0:07:27	0:10:20	0:10:44	0:10:47	0:10:41
150	99	Klösener, Sven	80	DEU	LG Ahlen	M30	12	<b>0:50:10</b>	0:07:58	0:10:25	0:10:32	0:10:44	0:10:33

## 10km Volks- und Straßenlauf

## Ergebnisse Männer

Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
151	51	Nölle, Alexander	88	DEU	Winkelmann Laufgruppe	MHK	25	<b>0:50:22</b>	0:08:05	0:10:12	0:10:25	0:10:48	0:10:53
152	281	Schnitker, Josef	56	DEU	LG Oelde/Wadersloh	M55	14	<b>0:50:44</b>	0:08:10	0:10:44	0:10:42	0:10:34	0:10:35
153	212	Gosda, Bent	95	DEU	LG Ahlen	U20	6	<b>0:50:45</b>	0:08:25	0:10:32	0:10:36	0:10:39	0:10:34
154	34	Koutsky-Noreikat, Kai	80	DEU	LG Pipsi	M30	13	<b>0:51:07</b>	0:08:05	0:10:38	0:10:46	0:10:52	0:10:47
155	222	Brill, Ingo	68	DEU	TV Flerke	M45	34	<b>0:51:45</b>	0:08:04	0:10:40	0:11:05	0:11:08	0:10:51
156	103	Messing, Josef	43	DEU	LG Hamm-Kamen-Holzwicked	M70	2	<b>0:51:57</b>	0:08:05	0:10:36	0:10:58	0:11:04	0:11:16
157	204	Gövert, Thorsten	70	DEU	LG Oelde/Wadersloh	M40	15	<b>0:51:59</b>	0:08:13	0:10:55	0:11:02	0:11:02	0:10:48
158	82	Brinkmann, Ralf	74	DEU	*Ahlen	M35	16	<b>0:52:08</b>	0:08:31	0:10:42	0:10:55	0:10:59	0:11:03
159	33	Richter, Ralf	64	DEU	*Ahlen	M45	35	<b>0:52:09</b>	0:08:08	0:10:37	0:11:03	0:11:11	0:11:12
160	56	August, Detlef	63	DEU	balance Cosmetic Ahlen	M50	16	<b>0:52:31</b>	0:07:28	0:10:46	0:11:31	0:11:37	0:11:11
161	48	Feldhaus, Michael	74	DEU	Winkelmann Laufgruppe	M35	17	<b>0:52:32</b>	0:07:40	0:10:55	0:11:12	0:11:25	0:11:22
162	111	Starp, Klaus	66	DEU	DELTA Lauftreff Ahlen	M45	36	<b>0:52:53</b>	0:08:42	0:11:05	0:11:11	0:11:10	0:10:47
163	282	Mandera, Guido	69	DEU	LG Oelde/Wadersloh	M40	16	<b>0:53:05</b>	0:08:24	0:10:55	0:11:06	0:11:18	0:11:24
164	263	Schweer, Jörg	64	DEU	LG Konstanz	M45	37	<b>0:53:12</b>	0:08:03	0:10:53	0:11:30	0:11:17	0:11:30
165	283	Kras, Cedric	95	DEU	DJK Vorwärts Ahlen	U20	7	<b>0:53:23</b>	0:08:27	0:10:53	0:11:11	0:11:32	0:11:23
166	223	Buller, Gerd	46	DEU	Gymn.St. Michael Ahlen	M65	2	<b>0:53:31</b>	0:08:13	0:10:56	0:11:23	0:11:33	0:11:28
167	235	Neef, Torsten	72	DEU	Schlittenhunde	M40	17	<b>0:53:38</b>	0:08:07	0:11:08	0:11:31	0:11:52	0:11:03
168	176	Michelis, Konrad	48	DEU	SUS Enniger	M65	3	<b>0:53:41</b>	0:08:19	0:11:00	0:11:17	0:11:36	0:11:32
169	110	Holtsträter, Dirk	62	DEU	TuS Uentrop	M50	17	<b>0:54:00</b>	0:08:26	0:11:09	0:11:12	0:11:22	0:11:52
170	229	Ziese, Bernd	63	DEU	*Münster	M50	18	<b>0:54:06</b>	0:08:58	0:11:26	0:11:19	0:11:40	0:10:44
171	274	Evens, Hajo	47	DEU	LG Oelde/Wadersloh	M65	4	<b>0:54:28</b>	0:08:38	0:11:25	0:11:30	0:11:30	0:11:27
172	3	Rump, Nils	64	DEU	LG Bad Sassendorf	M45	38	<b>0:54:34</b>	0:08:26	0:11:10	0:11:35	0:11:51	0:11:33
173	109	Beier, Thomas	63	DEU	*Ahlen	M50	19	<b>0:54:37</b>	0:08:31	0:11:25	0:11:37	0:11:51	0:11:16
174	188	Hähnel, Heinz	53	DEU	Tri-As Hamm	M60	4	<b>0:54:43</b>	0:08:52	0:11:33	0:11:32	0:11:46	0:11:02
175	180	Plew, Michael	61	DEU	*Ahlen	M50	20	<b>0:54:52</b>	0:08:56	0:11:27	0:11:22	0:11:39	0:11:30
176	146	Schreiber, Marvin	95	DEU	Tri-As Hamm	U20	8	<b>0:54:53</b>	0:08:53	0:11:32	0:11:34	0:11:45	0:11:10
177	270	Schumacher, Frank	83	DEU	Dortmunder Jungs	M30	14	<b>0:54:53</b>	0:08:41	0:11:17	0:11:34	0:11:51	0:11:32
178	145	Aschwer, Dr. Hermann	47	DEU	Tri-As Hamm	M65	5	<b>0:55:11</b>	0:08:54	0:11:32	0:11:34	0:11:46	0:11:28
179	253	Baffa, Martin	63	DEU	Night Runners Hamm	M50	21	<b>0:55:47</b>	0:08:51	0:11:33	0:11:35	0:11:48	0:12:02
180	249	Hüchter, Gerd	63	DEU	SpVgg Dolberg	M50	22	<b>0:55:54</b>	0:08:48	0:11:30	0:11:40	0:12:00	0:11:59
181	89	Sommer, Berthold	65	DEU	Lauffreunde Bönen	M45	39	<b>0:56:16</b>	0:08:40	0:11:44	0:11:53	0:12:02	0:11:59
182	101	Kaldewei, Christoph	48	DEU	LG Ahlen	M65	6	<b>0:56:21</b>	0:08:20	0:11:06	0:11:43	0:12:17	0:12:57
183	241	Wiecek, Rolf	61	DEU	TuS Germania Lohausenholz	M50	23	<b>0:56:23</b>	0:08:22	0:11:15	0:11:53	0:12:13	0:12:42
184	127	Nordhaus, Arno	69	DEU	*Beckum	M40	18	<b>0:56:29</b>	0:09:23	0:11:45	0:11:45	0:12:02	0:11:37
185	262	Petrick, Fabian	95	DEU	ASG	U20	9	<b>0:57:52</b>	0:07:12	0:11:44	0:11:30	0:13:18	0:14:10
186	54	Kordzumdieke, Carsten	80	DEU	*Ahlen	M30	15	<b>0:58:19</b>	0:09:04	0:11:55	0:12:35	0:12:46	0:12:00
187	65	Manzey, Andreas	67	DEU	*Beckum	M45	40	<b>0:58:22</b>	0:09:18	0:11:54	0:12:21	0:12:45	0:12:07
188	60	Knipping, Björn	80	DEU	Road Runners Ahlen	M30	16	<b>0:58:50</b>	0:09:09	0:12:12	0:12:26	0:12:34	0:12:31
189	37	Strasser, Thomas	63	DEU	*Münster	M50	24	<b>0:59:30</b>	0:09:31	0:12:12	0:12:25	0:12:39	0:12:45
190	285	Weber, Franz-Josef	57	DEU	Lauftreff ENSE	M55	15	<b>0:59:37</b>	0:08:56	0:12:15	0:12:50	0:13:01	0:12:38
191	276	Hahn, Alexander	97	DEU	Aces Ahlen-Hamm	U18	14	<b>1:00:28</b>	0:09:39	0:12:07	0:13:06	0:12:50	0:12:48
192	306	Lüken, Guido	75	DEU	Lauffreunde Emsland	M35	18	<b>1:01:05</b>	0:09:09	0:12:48	0:13:16	0:13:41	0:12:15
193	233	Gonsior, Andre	79	DEU	ASC Ahlen	M30	17	<b>1:02:14</b>	0:09:05	0:12:20	0:12:51	0:13:26	0:14:33
194	64	Albrecht, Willi	71	DEU	*Ahlen	M40	19	<b>1:04:02</b>	0:09:43	0:13:04	0:13:16	0:13:45	0:14:16
195	58	Wilk, Thomas	64	DEU	*Beckum	M45	41	<b>1:06:14</b>	0:09:36	0:14:45	0:13:32	0:14:12	0:14:10
196	273	Schlüter, Stefan	96	DEU	Aces Ahlen-Hamm	U18	15	<b>1:06:39</b>	0:09:39	0:13:35	0:15:16	0:14:29	0:13:41
197	50	Lux, Volker	59	DEU	Winkelmann Laufgruppe	M50	25	<b>1:06:58</b>	0:10:05	0:13:13	0:13:52	0:14:19	0:15:31



## 10km Volks- und Straßenlauf

## Ergebnisse Frauen

Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
1	17	Rellensmann, Johanna	90	DEU	LSF Münster	WHK	1	<b>0:36:25</b>	0:05:42	0:07:43	0:07:45	0:07:43	0:07:33
2	230	Krull, Annika	88	DEU	TV Beckum	WHK	2	<b>0:36:35</b>	0:05:39	0:07:34	0:07:45	0:07:50	0:07:49
3	14	Straeten, Frederike Anne	92	DEU	LG Ratio Münster	WHK	3	<b>0:38:17</b>	0:05:52	0:07:59	0:08:04	0:08:14	0:08:10
4	152	Grewatta, Patricia	86	DEU	LG Hamm-Kamen-Holzwicked	WHK	4	<b>0:39:18</b>	0:06:06	0:08:12	0:08:23	0:08:27	0:08:12
5	18	Dickob, Isabel	93	DEU	SV Brackwede	WHK	5	<b>0:39:21</b>	0:06:14	0:08:23	0:08:23	0:08:16	0:08:07
6	120	Hauck, Carolin	89	DEU	LSF Münster	WHK	6	<b>0:40:01</b>	0:06:05	0:08:18	0:08:29	0:08:37	0:08:34
7	206	Postert, Christiane	74	DEU	LG Ems Warendorf	W35	1	<b>0:41:11</b>	0:06:31	0:08:34	0:08:40	0:08:43	0:08:45
8	215	Michels, Stephanie	85	DEU	LSF Münster	WHK	7	<b>0:41:46</b>	0:06:20	0:08:48	0:08:57	0:09:01	0:08:42
9	170	Wigger, Ulrike	80	DEU	LV Oelde	W30	1	<b>0:42:14</b>	0:06:41	0:08:55	0:09:00	0:08:56	0:08:44
10	305	Vergin, Stefanie	74	DEU	Post SV Gütersloh	W35	2	<b>0:42:23</b>	0:06:22	0:08:47	0:09:01	0:09:07	0:09:08
11	287	Holtkötter, Anne	58	DEU	LSF Münster	W55	1	<b>0:43:22</b>	0:06:50	0:08:57	0:09:05	0:09:18	0:09:14
12	156	Günnewig, Ines	74	DEU	LV Oelde	W35	3	<b>0:43:25</b>	0:06:44	0:09:09	0:09:10	0:09:17	0:09:06
13	301	Sandkühler - Daniel, Dorothee	65	DEU	LV Oelde	W45	1	<b>0:43:28</b>	0:06:51	0:09:03	0:09:16	0:09:12	0:09:09
14	247	Meiser, Dr. Corinna	73	DEU	LSF Münster	W40	1	<b>0:43:31</b>	0:06:51	0:08:58	0:09:06	0:09:18	0:09:21
15	71	Gebhardt, Henrike	91	DEU	LG Ahlen	WHK	8	<b>0:44:02</b>	0:06:42	0:08:57	0:09:19	0:09:41	0:09:26
16	197	Harnischmacher, Katrin	97	DEU	Marathon-Club Menden	U18	1	<b>0:44:20</b>	0:06:33	0:09:14	0:09:25	0:09:38	0:09:31
17	155	Kock, Hannah	96	DEU	LG Hamm-Kamen-Holzwicked	U18	2	<b>0:44:29</b>	0:06:31	0:09:16	0:09:30	0:09:43	0:09:30
18	137	Breer, Felicitas	96	DEU	LG Ahlen	U18	3	<b>0:44:36</b>	0:07:05	0:09:18	0:09:26	0:09:31	0:09:18
19	7	Kraus, Gudrun	58	DEU	ASC Ahlen	W55	2	<b>0:45:41</b>	0:07:09	0:09:34	0:09:40	0:09:44	0:09:36
20	173	Oldenburger, Hilla	65	DEU	DELTA Lauftreff Ahlen	W45	2	<b>0:46:41</b>	0:07:21	0:09:41	0:09:51	0:09:57	0:09:52
21	260	Gendries, Stella	66	DEU		W45	3	<b>0:47:01</b>	0:07:22	0:09:52	0:09:53	0:09:59	0:09:57
22	246	Schütz, Katrin	90	DEU	Marathon-Club Menden	WHK	9	<b>0:47:15</b>	0:07:32	0:09:58	0:10:03	0:10:03	0:09:41
23	134	Knaup, Andreas	69	DEU	*Ahlen	W40	2	<b>0:47:43</b>	0:07:21	0:09:56	0:10:07	0:10:15	0:10:07
24	236	Radusch, Vanessa	82	DEU	LSF Münster	W30	2	<b>0:47:58</b>	0:07:23	0:10:03	0:10:09	0:10:16	0:10:09
25	75	Hammelmann, Stefanie	85	DEU	Vorhelm	WHK	10	<b>0:48:07</b>	0:07:30	0:10:09	0:10:09	0:10:09	0:10:11
26	257	Dieksmeier, Silke	81	DEU	LG Ahlen	W30	3	<b>0:48:22</b>	0:07:40	0:10:14	0:10:17	0:10:08	0:10:05
27	16	Seifulime, Larissa	67	DEU	Kaldewei	W45	4	<b>0:48:40</b>	0:07:08	0:10:09	0:10:21	0:10:28	0:10:35
28	198	Harnischmacher, Marie	98	DEU	Marathon-Club Menden	U18	4	<b>0:48:55</b>	0:06:49	0:09:55	0:10:29	0:11:07	0:10:37
29	187	Nolte, Petra	72	DEU	TuS Uentrop	W40	3	<b>0:48:58</b>	0:07:51	0:10:15	0:10:20	0:10:24	0:10:10
30	70	Hämmerling, Susanne	78	DEU	Road Runners Ahlen	W35	4	<b>0:49:03</b>	0:08:07	0:10:21	0:10:19	0:10:15	0:10:03
31	264	Adolphs, Sabine	69	DEU	TuS Uentrop	W40	4	<b>0:49:15</b>	0:07:59	0:10:17	0:10:23	0:10:18	0:10:19
32	138	Breer, Ricarda	98	DEU	LG Ahlen	U18	5	<b>0:49:46</b>	0:07:39	0:10:25	0:10:42	0:10:46	0:10:16
33	201	Brehe, Marita	57	DEU	SpVgg Dolberg	W55	3	<b>0:50:15</b>	0:08:01	0:10:29	0:10:36	0:10:38	0:10:33
34	227	Wildoer, Kristin	85	DEU	Stadt->Ahlen	WHK	11	<b>0:50:30</b>	0:08:03	0:10:36	0:10:50	0:10:41	0:10:20
35	123	Siemon, Katja	66	DEU	*Hamm	W45	5	<b>0:50:32</b>	0:07:43	0:10:26	0:10:43	0:10:50	0:10:52
36	164	Kreutzberger, Marianne	57	DEU	TuS Uentrop	W55	4	<b>0:51:47</b>	0:08:07	0:10:57	0:11:01	0:11:04	0:10:40
37	114	Wächter, Sonja	76	DEU	*Olsberg	W35	5	<b>0:51:47</b>	0:08:10	0:10:54	0:11:02	0:11:00	0:10:44
38	141	Otte, Anna	89	DEU	*Münster	WHK	12	<b>0:51:48</b>	0:08:14	0:10:52	0:10:59	0:11:00	0:10:44
39	226	Vertgewall, Britta	66	DEU	Hamm Aktivita	W45	6	<b>0:52:05</b>	0:08:05	0:10:54	0:10:59	0:11:11	0:10:58
40	88	Jaunich, Sabine	66	DEU	*Ahlen	W45	7	<b>0:52:34</b>	0:08:21	0:10:59	0:11:07	0:11:14	0:10:55
41	57	Ossenkemper, Kirsten	77	DEU	*Ahlen	W35	6	<b>0:52:34</b>	0:07:40	0:11:00	0:11:22	0:11:39	0:10:55
42	143	Lange, Andrea	67	DEU	Ahlener RS	W45	8	<b>0:52:42</b>	0:07:55	0:10:58	0:11:06	0:11:21	0:11:24
43	28	Schomacher, Nora	83	DEU	Las Castores Cascarrabias	W30	4	<b>0:52:47</b>	0:08:50	0:11:16	0:11:15	0:10:56	0:10:33
44	312	Rustige, Anna-Maria	92	DEU		WHK	13	<b>0:53:00</b>	0:08:34	0:10:59	0:11:10	0:11:22	0:10:56
45	157	Osthoff-Lange, Mechthild	62	DEU	LG Hamm-Kamen-Holzwicked	W50	1	<b>0:53:26</b>	0:08:03	0:11:38	0:11:24	0:11:20	0:11:03
46	78	Nitsch, Evelyn	85	DEU	Köln für immer	WHK	14	<b>0:54:10</b>	0:08:36	0:11:19	0:11:26	0:11:41	0:11:11
47	289	Diederichs, Ulla	68	DEU	Lauftreff Dolberg	W45	9	<b>0:54:27</b>	0:08:55	0:11:25	0:11:36	0:11:43	0:10:49
48	80	Wernke, Philine	98	DEU	RSC Werne	U18	6	<b>0:54:42</b>	0:08:48	0:11:37	0:11:32	0:11:46	0:11:01
49	79	Beßmann-Wernke, Kirsten	64	DEU	RSC Werne	W45	10	<b>0:54:42</b>	0:08:52	0:11:32	0:11:28	0:11:46	0:11:06
50	224	Langerbein, Lisa	96	DEU	SCE Hamm Hessen	U18	7	<b>0:55:00</b>	0:08:26	0:11:31	0:11:27	0:11:47	0:11:51

## 10km Volks- und Straßenlauf

## Ergebnisse Frauen

Platz	St-Nr.	Name	JG	NAT	Verein*Ort	AK	AK-Pl.	Brutto	1. Runde	2. Runde	3. Runde	4. Runde	5. Runde
51	30	Albrecht-Sierleja, Astrid	57	DEU	*Ahlen	W55	5	<b>0:55:06</b>	0:08:21	0:11:33	0:11:39	0:11:51	0:11:45
52	175	Kozler, Silvana	69	DEU	*Ahlen	W40	5	<b>0:55:36</b>	0:08:42	0:11:19	0:11:39	0:12:00	0:11:58
53	133	Maschelski, Elke	62	DEU	SpVgg Dolberg	W50	2	<b>0:56:33</b>	0:08:37	0:11:40	0:11:53	0:12:08	0:12:17
54	167	Pirnke, Simone	80	DEU	*Nordkirchen	W30	5	<b>0:56:34</b>	0:09:03	0:11:45	0:12:00	0:11:49	0:12:00
55	304	Knubel, Annette	69	DEU	LV Oelde	W40	6	<b>0:56:39</b>	0:09:01	0:12:04	0:12:01	0:11:55	0:11:40
56	302	Eckhoff-Fisch, Kerstin	67	DEU	LG Oelde/Wadersloh	W45	11	<b>0:56:58</b>	0:08:54	0:12:05	0:12:04	0:12:01	0:11:57
57	266	Cabral, Christina	90	DEU	Schlittenhunde	WHK	15	<b>0:57:01</b>	0:09:03	0:11:50	0:11:51	0:12:19	0:12:00
58	158	Rother, Anette	56	DEU	LG Hamm-Kamen-Holzwicked	W55	6	<b>0:57:31</b>	0:08:49	0:11:56	0:12:11	0:12:17	0:12:20
59	184	Mense, Michele Christin	83	DEU	*Ahlen	W30	6	<b>0:58:19</b>	0:09:05	0:11:55	0:12:35	0:12:46	0:12:00
60	280	Grote, Irmgard	61	DEU	LG Oelde/Wadersloh	W50	3	<b>0:58:51</b>	0:09:03	0:12:11	0:12:27	0:12:43	0:12:29
61	293	Scheter, Lea	95	DEU	DELTA Laufftreff Ahlen	U20	1	<b>0:58:52</b>	0:09:38	0:12:35	0:12:00	0:12:31	0:12:10
61	292	General, Lena	95	DEU	DELTA Laufftreff Ahlen	U20	1	<b>0:58:52</b>	0:09:39	0:12:35	0:12:00	0:12:30	0:12:10
63	122	von Bülow, Ursula	58	DEU	TV Flerke	W55	7	<b>0:59:31</b>	0:09:52	0:12:21	0:12:33	0:12:23	0:12:25
64	291	Brychlec, Claudia	96	DEU	DELTA Laufftreff Ahlen	U18	8	<b>0:59:50</b>	0:09:39	0:12:36	0:12:40	0:12:45	0:12:13
65	49	Damaschke, Janine	84	DEU	Winkelmann Laufgruppe	WHK	16	<b>1:00:01</b>	0:09:37	0:12:36	0:12:41	0:12:48	0:12:22
66	296	Jablonski-Meermann, Irmgard	63	DEU	Schlittenhunde	W50	4	<b>1:00:01</b>	0:09:35	0:12:06	0:12:26	0:12:46	0:13:09
67	46	Nölle, Stefanie	85	DEU	Winkelmann Laufgruppe	WHK	17	<b>1:00:07</b>	0:09:37	0:12:36	0:12:41	0:12:48	0:12:28
68	135	Horsthemke, Ute	59	DEU	TuS Westfalia Vorhelm	W50	5	<b>1:01:04</b>	0:09:38	0:12:46	0:12:46	0:13:03	0:12:52
69	254	Hilje, Martina	64	DEU	TuS Uentrop	W45	12	<b>1:01:39</b>	0:09:35	0:12:58	0:12:59	0:13:09	0:13:00
70	81	Smeilus, Cornelia	59	DEU	*Drensteinfurt	W50	6	<b>1:03:24</b>	0:10:04	0:13:15	0:13:04	0:13:32	0:13:31
71	265	Homann, Sabrina	86	DEU	Schlittenhunde	WHK	18	<b>1:04:14</b>	0:09:31	0:14:02	0:13:28	0:12:46	0:14:29
72	62	Baltes, Monika	65	DEU	Laufftreff Nottuln	W45	13	<b>1:06:14</b>	0:09:36	0:14:52	0:13:26	0:14:11	0:14:10
73	52	Lehmann, Sonja	81	DEU	Winkelmann Laufgruppe	W30	7	<b>1:06:58</b>	0:10:11	0:13:07	0:13:53	0:14:18	0:15:31
74	161	Woytinka, Sandra	86	DEU	TV 05 Neubekum	WHK	19	<b>1:07:07</b>	0:10:16	0:14:00	0:13:54	0:14:20	0:14:38