

Zehn Kilometer 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	23	Dietz, Thorben	89	DEU	LG Dorsten	MHK	1	0:31:14	0:04:51	0:06:33	0:06:37	0:06:37	0:06:38
2	9	Ocklenburg, Marc-André	85	DEU	Ayyo Team e.V.	MHK	2	0:32:17	0:04:51	0:06:46	0:06:52	0:06:53	0:06:58
3	138	Koch, Fritz	91	DEU	LSF Münster	MHK	3	0:32:46	0:04:52	0:06:53	0:07:06	0:07:04	0:06:53
4	24	Kaldewei, Philipp	81	DEU	LV Oelde	M30	1	0:32:47	0:05:07	0:06:55	0:06:55	0:06:57	0:06:55
5	2	Beulertz, Andreas	86	DEU	LG Hamm	MHK	4	0:33:15	0:05:07	0:06:55	0:07:02	0:07:10	0:07:02
6	259	Dirksmeier, Patrick	84	DEU	LSF Münster	MHK	5	0:33:22	0:05:07	0:06:55	0:07:03	0:07:10	0:07:08
7	120	Schröder, Alexander	90	DEU	LG Kreis Lübbecke	MHK	6	0:33:31	0:05:15	0:06:57	0:07:05	0:07:06	0:07:10
8	20	Kalhoff, Julian	87	DEU	ESV Münster	MHK	7	0:34:20	0:05:07	0:06:58	0:07:19	0:07:28	0:07:29
9	22	Zens, Lucas	92	DEU	*Dorsten	MHK	8	0:34:47	0:05:08	0:07:04	0:07:33	0:07:45	0:07:19
10	21	Knode, Felix	92	DEU	Marathon-Club Menden	MHK	9	0:36:00	0:05:20	0:07:36	0:07:40	0:07:44	0:07:41
11	263	Aufmkolk, Hendrik	84	DEU	LSF Münster	MHK	10	0:36:02	0:05:34	0:07:28	0:07:42	0:07:43	0:07:37
12	230	Haas, Peter	70	DEU	LGO Dortmund	M40	1	0:36:20	0:05:37	0:07:41	0:07:38	0:07:48	0:07:38
13	140	Marquardt, Christof	68	DEU	BSG Sparkasse MSLO / LV Oe	M40	2	0:36:24	0:05:31	0:07:32	0:07:42	0:07:52	0:07:49
14	155	Quent, Fabian	90	DEU	Marathon-Club Menden	MHK	11	0:36:34	0:05:30	0:07:44	0:07:46	0:07:48	0:07:48
15	260	Kuhlmann, John	81	DEU	LSF Münster	M30	2	0:36:37	0:05:35	0:07:33	0:07:47	0:07:52	0:07:51
16	177	Brinkmann, Thorsten	72	DEU	Ski-Club Beckum	M40	3	0:36:54	0:05:40	0:07:40	0:07:47	0:07:56	0:07:53
17	262	Bodach, Christian	79	DEU	Tri-Geckos Dortmund	M30	3	0:37:06	0:05:41	0:07:38	0:07:50	0:08:00	0:07:59
18	145	Goecke, Lars	96	DEU	TuS Hemmerde	U18	1	0:37:12	0:05:35	0:07:54	0:08:00	0:07:59	0:07:47
19	194	Wannagat, Lukas	88	DEU	RTC Frechen 80	MHK	12	0:37:16	0:05:46	0:07:48	0:07:56	0:07:59	0:07:49
20	182	Glowacki, Dennis	88	DEU	Spvg Rinsdorf	MHK	13	0:37:20	0:06:04	0:07:48	0:08:03	0:07:51	0:07:36
21	71	Häßler, Peter	69	DEU	LV Oelde	M40	4	0:37:24	0:05:45	0:07:51	0:07:58	0:08:00	0:07:53
22	247	Lehmköster, Torsten	73	DEU	SCE Hamm	M35	1	0:37:25	0:05:43	0:07:49	0:07:57	0:07:59	0:07:59
23	156	Schroeder, Janosch	94	DEU	Marathon-Club Menden	U20	1	0:37:31	0:05:30	0:07:40	0:08:13	0:08:05	0:08:06
24	180	Tille, Patrick	83	DEU	Runningteam Ahlen	MHK	14	0:37:59	0:05:48	0:08:03	0:08:03	0:08:06	0:08:00
25	77	Baierl, Stefan	74	DEU	SpVgg Dolberg	M35	2	0:38:35	0:06:05	0:08:05	0:08:11	0:08:15	0:08:01
26	231	van der Velde, Markus	65	DEU	LSF Münster	M45	1	0:38:38	0:06:11	0:08:07	0:08:08	0:08:12	0:08:03
27	220	Auerswald, Steffen	67	DEU	LG EMS Warendorf	M45	2	0:38:41	0:05:52	0:08:03	0:08:15	0:08:18	0:08:14
28	161	Stripper, Uli	59	DEU	LV Oelde	M50	1	0:38:42	0:06:05	0:08:05	0:08:11	0:08:15	0:08:09
29	183	Küpper, Daniel	93	DEU	Delta Lauftreff Ahlen	U20	2	0:38:44	0:05:49	0:08:13	0:08:18	0:08:17	0:08:09
30	195	Höner, Roger	63	DEU	LV Oelde	M45	3	0:38:48	0:06:06	0:08:12	0:08:14	0:08:12	0:08:06
31	227	Golsek, Daniel	94	DEU	Marathon-Club Menden	U20	3	0:38:53	0:05:58	0:08:20	0:08:16	0:08:16	0:08:05
32	223	Schlüter, Christof	65	DEU	TSVE 1890 Bielefeld	M45	4	0:38:57	0:06:08	0:08:12	0:08:16	0:08:12	0:08:11
33	25	Grünebaum, Manfred	57	DEU	LV Oelde	M55	1	0:38:57	0:06:06	0:08:11	0:08:15	0:08:17	0:08:11
34	238	Buntenkötter, Achim	68	DEU	LV Oelde	M40	5	0:38:57	0:06:07	0:08:11	0:08:14	0:08:17	0:08:10
35	209	Meier, Jörg	64	DEU	FC Nordkirchen	M45	5	0:39:31	0:06:05	0:08:12	0:08:18	0:08:26	0:08:31
36	46	Kothe, Wolfgang	63	DEU	SpVgg Dolberg	M45	6	0:39:38	0:06:06	0:08:20	0:08:22	0:08:28	0:08:25
37	123	Grünebaum, Axel	89	DEU	LV Oelde	MHK	15	0:40:20	0:06:38	0:08:49	0:08:36	0:08:25	0:07:53
38	207	Kemper, Andreas	60	DEU	LV Oelde	M50	2	0:40:24	0:06:15	0:08:30	0:08:39	0:08:36	0:08:26
39	254	Stratmeier, Florian	86	DEU	WSU Tri-Team Warendorf	MHK	16	0:40:28	0:06:11	0:08:16	0:08:32	0:08:48	0:08:43
40	111	Theil, Michael	66	DEU	LG Deiringsen / Team Erdinger	M45	7	0:40:31	0:06:17	0:08:27	0:08:39	0:08:36	0:08:33
41	52	Schulze, Ralf	76	DEU	LSF Münster	M35	3	0:40:32	0:06:13	0:08:17	0:08:34	0:08:49	0:08:41
42	43	Friedrich, Thorsten	72	DEU	TV Werne 03	M40	6	0:40:33	0:06:16	0:08:27	0:08:39	0:08:38	0:08:35
43	110	Beckervordersandfort, Hendrik	80	DEU	LG Nova 05	M30	4	0:40:36	0:06:05	0:08:14	0:08:38	0:09:02	0:08:38
44	42	Mäder, Peter	56	DEU	USC Bochum	M55	2	0:40:41	0:06:16	0:08:29	0:08:39	0:08:39	0:08:40
45	199	Schmehl, Klaus		DEU	LG Hamm			0:40:53	0:06:07	0:08:17	0:08:45	0:08:52	0:08:53
46	104	Kiene, Andreas	69	DEU	LG Hamm	M40	7	0:41:11	0:06:29	0:08:39	0:08:42	0:08:47	0:08:36
47	201	Holtsträter, Ingo	67	DEU	TuS Uentrop	M45	8	0:41:20	0:06:25	0:08:40	0:08:45	0:08:47	0:08:45
48	31	Gosda, Ralf	62	DEU	LG Ahlen	M50	3	0:41:24	0:06:36	0:08:32	0:08:45	0:08:46	0:08:47
49	157	Apprecht, Christian	98	DEU	Marathon-Club Menden	U18	2	0:41:29	0:05:58	0:08:20	0:09:09	0:09:16	0:08:47
50	219	Urbanowski, Frank	68	DEU	Gelsenkirchen	M40	8	0:41:30	0:06:33	0:08:47	0:08:52	0:08:48	0:08:32

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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
51	73	Böhle, Dirk	61	DEU	TV Werne 03	M50	4	0:41:30	0:06:16	0:08:36	0:08:51	0:08:54	0:08:54
52	136	Griesbaum, Norbert	56	DEU	LT Brechten Dortmund	M55	3	0:41:37	0:06:23	0:08:41	0:08:48	0:08:52	0:08:54
53	269	Holtkötter, Michael	56	DEU	LSF Münster	M55	4	0:41:40	0:06:21	0:08:38	0:08:54	0:08:56	0:08:53
54	40	Fischer, Dr. Arne	68	DEU	LSF Münster	M40	9	0:41:49	0:06:23	0:08:39	0:08:54	0:08:57	0:08:59
55	261	Richter, Hendrik	75	DEU	Müde-Beine-Beckum	M35	4	0:41:51	0:06:19	0:08:28	0:09:02	0:09:01	0:09:03
56	47	Koch, Klaus	65	DEU	LG Ahlen / SC Relax	M45	9	0:42:17	0:06:27	0:08:57	0:09:02	0:09:04	0:08:50
57	206	Schulter, Heinz-Jürgen	58	DEU	LV Oelde	M50	5	0:42:20	0:06:38	0:08:50	0:08:55	0:09:00	0:08:58
58	158	Langerbein, Bernhard	67	DEU	Tri As Hamm	M45	10	0:42:24	0:06:40	0:08:47	0:08:57	0:09:05	0:08:58
59	60	Lange, Johannes	98	DEU	Ahlener SG Fußball	U18	3	0:42:30	0:06:33	0:08:49	0:09:03	0:09:14	0:08:53
60	58	Redemeyer, Bernd	67	DEU	*Ahlen	M45	11	0:42:36	0:06:34	0:08:49	0:09:02	0:09:07	0:09:06
61	39	Link, Stefan	87	DEU	ASC Ahlen	MHK	17	0:42:40	0:06:17	0:08:41	0:09:03	0:09:19	0:09:22
62	78	Lembken, Johannes	95	DEU	SpVgg Dolberg	U18	4	0:42:40	0:06:30	0:08:43	0:09:04	0:09:17	0:09:08
63	191	Wiegard, Klaus	57	DEU	Ahlen Schlüsseldienst	M55	5	0:42:49	0:06:39	0:09:07	0:09:07	0:09:03	0:08:55
64	87	Freitag, Joachim	68	DEU	BSG Sparkasse Münsterland O	M40	10	0:42:51	0:06:49	0:09:01	0:09:07	0:09:05	0:08:50
65	250	Scheel, Michael	68	DEU	LSF Münster	M40	11	0:42:52	0:07:00	0:09:07	0:09:04	0:09:05	0:08:38
66	202	Kneuper, Simon	91	DEU	*Ahlen	MHK	18	0:42:52	0:07:10	0:08:58	0:09:03	0:09:05	0:08:38
67	98	Kahl, Stefan	81	DEU	Rotation Wolbeck	M30	5	0:42:53	0:06:21	0:08:44	0:09:21	0:09:32	0:08:58
68	117	Willingmann, Todt G.	65	DEU	Night-Runners Hamm	M45	12	0:43:15	0:06:50	0:08:57	0:09:05	0:09:11	0:09:13
69	113	Scherlitz, Mirko	76	DEU	Road Runners Ahlen	M35	5	0:43:49	0:07:00	0:09:08	0:09:16	0:09:12	0:09:15
70	92	Fiedler, Peter	66	DEU	LG Ahlen	M45	13	0:44:24	0:07:05	0:09:12	0:09:20	0:09:32	0:09:16
71	132	Ernst, Michael	63	DEU	Tri Finish Münster	M45	14	0:44:48	0:06:39	0:09:07	0:09:29	0:09:43	0:09:52
72	212	Brehe, Matthias	86	DEU	SpVgg Dolberg	MHK	19	0:44:51	0:07:12	0:09:14	0:09:16	0:09:39	0:09:31
73	84	May, Detlev	74	DEU	Ahlen	M35	6	0:44:54	0:06:49	0:09:27	0:09:31	0:09:34	0:09:35
74	72	Scharfenstein, Sven	71	DEU	*Beckum	M40	12	0:44:55	0:06:43	0:09:09	0:09:28	0:09:43	0:09:54
75	243	Baltrusch, Torsten	66	DEU	LC Solbad Ravensberg	M45	15	0:45:08	0:07:18	0:09:08	0:09:29	0:09:42	0:09:32
76	64	Huneke, Frank	67	DEU	SpVgg Dolberg	M45	16	0:45:22	0:07:13	0:09:22	0:09:42	0:09:39	0:09:29
77	264	Münstermann, Marcos	74	DEU	Lauffreunde Bönen	M35	7	0:45:23	0:06:43	0:09:07	0:09:55	0:09:53	0:09:47
78	172	Cremer, Marvin	95	DEU	DJK Vorwärts 19 Ahlen A-Jug	U18	5	0:45:35	0:06:27	0:09:11	0:09:24	0:10:21	0:10:15
79	93	Koch, Ralf	65	DEU	TV Werne 03	M45	17	0:45:36	0:07:28	0:09:34	0:09:36	0:09:34	0:09:27
80	29	Pollmeier, Juergen	67	DEU	LG Ahlen	M45	18	0:45:41	0:07:20	0:09:26	0:09:38	0:09:42	0:09:37
81	62	Droste, Norbert	62	DEU	SpVgg Dolberg	M50	6	0:45:44	0:07:12	0:09:22	0:09:43	0:09:42	0:09:46
82	142	Quattrocchi, Dr. Fulvio	50	DEU	Vicky4ever	M60	1	0:45:47	0:07:06	0:09:22	0:09:41	0:09:52	0:09:48
83	165	Sauer, Uli	53	DEU	LT Witten-Stockum	M55	6	0:45:49	0:07:01	0:09:17	0:09:44	0:09:56	0:09:54
84	246	Rieping, Ingo	69	GER	Beckum	M40	13	0:45:52	0:07:01	0:09:30	0:09:47	0:10:00	0:09:37
85	256	Reher, Norbert	66	DEU	SCDJK Everswinkel	M45	19	0:45:55	0:07:25	0:09:22	0:09:38	0:09:43	0:09:49
86	59	Beier, Hubertus	65	DEU	1.FC Tönnishäuschen e.V	M45	20	0:46:08	0:07:10	0:09:28	0:09:43	0:10:15	0:09:34
87	232	Hilje, Michael	57	DEU	TuS Uentrop	M55	7	0:46:11	0:07:25	0:09:43	0:09:37	0:09:47	0:09:41
88	153	Graeber, Jürgen	47	DEU	DJK Sparta Langenhagen	M65	1	0:46:11	0:07:26	0:09:38	0:09:42	0:09:49	0:09:39
89	228	Wolf, Leon	94	DEU	Marathon-Club Menden	U20	4	0:46:19	0:07:14	0:09:28	0:09:38	0:09:59	0:10:02
90	61	Deimann, Stefan	69	DEU	Lauffreunde Bönen	M40	14	0:46:21	0:06:51	0:09:38	0:10:01	0:10:01	0:09:51
91	193	Wulf, Markus	72	DEU	*Ahlen	M40	15	0:46:35	0:07:27	0:09:37	0:09:43	0:09:54	0:09:55
92	255	Schmidt, Christian	72	DEU		M40	16	0:46:57	0:07:18	0:09:46	0:10:03	0:10:02	0:09:49
93	122	Hülsen, Andreas	64	DEU	bergschnecken Beckum	M45	21	0:46:57	0:07:17	0:09:49	0:09:55	0:10:05	0:09:53
94	56	Feindert, Philipp	86	DEU	TV Wattenscheid 01	MHK	20	0:47:03	0:06:41	0:09:17	0:10:34	0:10:03	0:10:29
95	33	Schlüter, Marco	83	DEU	Polizei Kreis Warendorf	MHK	21	0:47:06	0:07:45	0:10:04	0:09:49	0:09:55	0:09:35
96	74	Sonntag, Jonah	98	DEU	DJK Vorwärts Tischtennis	U18	6	0:47:08	0:07:14	0:09:42	0:09:51	0:10:20	0:10:03
97	75	Reger, Thomas	63	DEU	Delta Laufftreff Ahlen	M45	22	0:47:23	0:07:22	0:09:48	0:10:06	0:10:13	0:09:56
98	35	Müller, Olaf	65	DEU	Delta Laufftreff Ahlen	M45	23	0:47:24	0:07:05	0:09:48	0:10:09	0:10:13	0:10:11
99	257	Hußmann, Bert	69	DEU	SC DJK Everswinkel	M40	17	0:47:50	0:07:23	0:09:34	0:10:26	0:10:18	0:10:11
100	258	Philips, Josef	50	DEU	LG EMS Warendorf	M60	2	0:47:50	0:07:25	0:09:51	0:10:09	0:10:17	0:10:10

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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
101	149	Friedrich, Martin	63	DEU	TV Werne 03	M45	24	0:47:55	0:07:31	0:10:02	0:10:09	0:10:05	0:10:10
102	65	Reiners, Ralf	65	DEU	SpVgg Dolberg	M45	25	0:47:56	0:07:30	0:09:44	0:10:02	0:10:21	0:10:21
103	265	Korzonnek, Jörg	65	DEU	RC Endspurt Herford	M45	26	0:47:57	0:08:40	0:10:24	0:09:54	0:09:44	0:09:17
104	26	Kläsener, Ralf	68	DEU	LG Ahlen	M40	18	0:48:06	0:07:37	0:10:12	0:10:12	0:10:07	0:09:59
105	96	Pachura, Frank	63	DEU	Laufen-in-Dortmund.de	M45	27	0:48:14	0:07:29	0:09:52	0:10:10	0:10:32	0:10:14
106	135	Skomroch, Uwe	54	DEU	Fortuna Walstedde	M55	8	0:48:15	0:07:11	0:09:52	0:10:21	0:10:31	0:10:23
107	213	Engler, Tom	96	DEU	RSF Ahlen	U18	7	0:48:16	0:07:19	0:09:47	0:10:20	0:10:54	0:09:58
108	45	Dobczanski, Ralf	61	DEU	Ahlener SG	M50	7	0:48:25	0:07:24	0:10:04	0:10:27	0:10:24	0:10:07
109	94	Pumpe, Andreas	85	DEU	*Münster	MHK	22	0:48:43	0:08:08	0:10:43	0:10:32	0:10:11	0:09:11
110	252	Hahne, Volker	69	DEU	TV Beckum	M40	19	0:48:54	0:07:26	0:10:06	0:10:21	0:10:35	0:10:28
111	100	Bieker, Alfred	52	DEU	LG Deiringsen	M60	3	0:48:57	0:07:08	0:10:14	0:10:33	0:10:33	0:10:29
112	205	Schmitz, Rudolf	57	DEU		M55	9	0:49:03	0:08:08	0:10:19	0:10:24	0:10:16	0:09:57
113	28	Schomacher, Hermann	51	DEU	LG Ahlen	M60	4	0:49:06	0:07:31	0:10:12	0:10:21	0:10:30	0:10:34
114	186	Flory, Michael	63	DEU	Lauffreunde Bönen	M45	28	0:49:27	0:08:16	0:10:28	0:10:22	0:10:26	0:09:57
115	106	Kirschke, Jens	98	DEU	LG Ahlen	U18	8	0:49:33	0:07:53	0:10:17	0:10:35	0:10:38	0:10:11
116	226	Gorsek, Tim	98	DEU	Marathon-Club Menden	U18	9	0:49:35	0:07:26	0:10:07	0:10:21	0:10:37	0:11:06
117	137	Kirschke, Thomas	64	DEU	SC Ahlen	M45	29	0:49:37	0:07:54	0:10:17	0:10:35	0:10:38	0:10:15
118	121	Tripp, Jochen	75	DEU	Ahlen	M35	8	0:49:39	0:07:31	0:10:24	0:10:38	0:10:42	0:10:27
119	143	Remke, Axel	67	DEU	*Ennigerloh	M45	30	0:50:21	0:08:19	0:10:37	0:10:28	0:10:25	0:10:34
120	38	Vielhaber, Ralf	61	DEU	Triathlon TEAM TG Witten	M50	8	0:50:26	0:08:19	0:10:40	0:10:31	0:10:40	0:10:19
121	184	Küpper, Marius	90	DEU	Delta Lauftreff Ahlen	MHK	23	0:50:38	0:07:56	0:10:35	0:10:47	0:10:47	0:10:35
122	126	Kipry, Volker	67	DEU	TV Flerke	M45	31	0:50:46	0:08:00	0:10:38	0:10:51	0:11:04	0:10:16
123	242	Winopall, Tobias	82	DEU	Team Vollgas	M30	6	0:50:51	0:08:51	0:11:17	0:10:07	0:11:07	0:09:31
124	82	Raguse, Dirk	76	DEU	*Essen	M35	9	0:51:20	0:08:15	0:10:59	0:11:16	0:11:24	0:09:28
125	166	Brill, Ingo	68	DEU	TV Flerke	M40	20	0:51:25	0:08:00	0:10:38	0:10:51	0:11:04	0:10:55
126	236	Stutenbäumer, Stefan	59	DEU	**Dortmund	M50	9	0:51:26	0:08:12	0:10:39	0:10:48	0:10:57	0:10:51
127	229	Ostkamp, Hubert	72	DEU	TuS Westfalia Vorhelm	M40	21	0:51:32	0:08:18	0:10:49	0:10:53	0:10:56	0:10:38
128	245	Winopall, Thorsten	90	DEU	Team Vollgas	MHK	24	0:51:51	0:08:51	0:11:17	0:10:11	0:11:03	0:10:31
129	54	Ziese, Bernd	63	DEU	*Münster	M45	32	0:51:52	0:08:44	0:10:57	0:10:52	0:10:55	0:10:25
130	192	Paassen, Karel	57	DEU	Marathon-Club Menden	M55	10	0:51:52	0:08:25	0:10:54	0:10:51	0:10:55	0:10:50
131	200	Holtsträter, Dirk	62	DEU	TuS Uentrop	M50	10	0:51:59	0:08:14	0:10:33	0:10:57	0:11:08	0:11:09
132	237	Peitz, Manfred	59	DEU	**Beckum	M50	11	0:52:05	0:08:15	0:10:23	0:10:46	0:11:14	0:11:29
133	114	Weber, Josef	55	DEU	Vorwärts Ahlen	M55	11	0:52:19	0:07:25	0:10:33	0:11:13	0:11:28	0:11:43
134	70	Schenkel, Horst	72	DEU	Strassen NRW	M40	22	0:52:22	0:07:35	0:10:54	0:11:28	0:11:36	0:10:50
135	187	Naber, Klemens	63	DEU	TV Werne 03	M45	33	0:52:31	0:08:16	0:10:55	0:10:57	0:11:12	0:11:13
136	30	Aschwer, Hermann	47	DEU	Tri As Hamm	M65	2	0:52:32	0:08:17	0:10:55	0:10:57	0:11:13	0:11:13
137	91	Dekker, Frank	63	DEU	Lahme Enten	M45	34	0:52:35	0:07:55	0:10:55	0:11:16	0:11:23	0:11:09
138	168	Sezek, Aykut	95	DEU	DJK Vorwärts 19 Ahlen A-Jug	U18	10	0:52:36	0:07:31	0:12:08	0:11:41	0:11:34	0:09:43
139	222	Kaldewei, Christoph	48	DEU	LG Ahlen	M60	5	0:53:12	0:08:03	0:10:48	0:11:09	0:11:34	0:11:40
140	181	Adam, Volker	66	DEU	*Ahlen	M45	35	0:53:18	0:08:42	0:11:10	0:11:03	0:11:17	0:11:08
141	203	Kuhn, Thorsten	78	DEU		M30	7	0:53:33	0:08:21	0:11:00	0:11:22	0:11:20	0:11:32
142	129	Klösener, Sven	80	DEU	LG Ahlen	M30	8	0:53:37	0:08:50	0:11:24	0:11:34	0:11:20	0:10:30
143	188	Hellmann, Michael	70	DEU	LG Ahlen	M40	23	0:53:41	0:08:05	0:10:57	0:11:28	0:11:42	0:11:31
144	80	Schmillenkamp, Dieter	38	DEU	LV Oelde	M70	1	0:53:54	0:08:06	0:11:12	0:11:19	0:11:38	0:11:41
145	204	Friedrich, Frank	69	DEU	Timehunter Ahlen	M40	24	0:53:54	0:08:21	0:11:02	0:11:20	0:11:26	0:11:47
146	124	Hölscher, Thomas	67	DEU	*Gütersloh	M45	36	0:54:03	0:08:11	0:11:01	0:11:22	0:12:16	0:11:15
147	170	Yavuz, Furkan	95	DEU	DJK Vorwärts 19 Ahlen A-Jug	U18	11	0:54:49	0:07:32	0:12:08	0:11:39	0:11:35	0:11:56
148	131	Beier, Thomas	63	DEU	*Ahlen	M45	37	0:55:38	0:08:34	0:11:33	0:11:45	0:12:17	0:11:32
149	273	Maaske, Kurt		DEU				0:56:01	0:08:49	0:11:44	0:11:50	0:11:57	0:11:44
150	221	Sommer, Berthold	65	DEU	Lauffreunde Bönen	M45	38	0:56:08	0:08:37	0:11:37	0:11:51	0:12:07	0:11:57

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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
151	214	Wentingmann, Thomas	81	DEU	Los Castores Cascarrabias	M30	9	0:56:10	0:08:20	0:11:30	0:12:01	0:12:15	0:12:06
152	216	Klare, Moritz	78	DEU	Los Castores Cascarrabias	M30	10	0:56:10	0:08:21	0:11:30	0:12:01	0:12:15	0:12:05
153	272	Lüken, Guido	75	DEU	Lauffreunde Emsland	M35	10	0:56:17	0:08:30	0:11:31	0:11:46	0:12:00	0:12:32
154	211	Baffa, Martin	63	DEU	Night-Runners Hamm	M45	39	0:56:40	0:08:44	0:11:33	0:11:53	0:12:08	0:12:23
155	133	Koch, Frank	67	DEU	Reha-Klinik Wiesengrund	M45	40	0:57:02	0:08:17	0:11:24	0:12:27	0:12:34	0:12:22
156	179	August, Detlef	63	DEU	*Ahlen	M45	41	0:57:08	0:09:00	0:11:58	0:12:08	0:12:13	0:11:50
157	240	Westhues, Tobias	89	DEU	Team Vollgas	MHK	25	0:57:35	0:08:54	0:11:55	0:12:18	0:12:31	0:11:58
158	239	Zent, Ronald	63	DEU	Ahlener SG	M45	42	0:57:37	0:09:03	0:11:54	0:12:08	0:12:33	0:12:00
159	169	Barrey, Daniel	95	DEU	DJK Vorwärts 19 Ahlen A-Jug	U18	12	0:58:24	0:08:13	0:11:26	0:12:56	0:13:40	0:12:11
160	171	Keskin, Hasan	96	DEU	DJK Vorwärts 19 Ahlen A-Jug	U18	13	0:58:44	0:08:18	0:11:51	0:12:54	0:13:43	0:11:59
161	55	Feindert, Helmut	62	DEU	*Herten	M50	12	0:59:49	0:09:08	0:12:09	0:12:18	0:12:56	0:13:20
162	37	Deppe, André	69	DEU	Ahlener SG	M40	25	1:01:41	0:09:07	0:12:55	0:13:02	0:13:34	0:13:05
163	189	Albrecht, Wilhelm	71	DEU	*Ahlen	M40	26	1:01:41	0:09:11	0:12:20	0:12:57	0:13:20	0:13:55

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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
1	11	Lüring, Sandra	88	DEU	LG Ratio Münster	WHK	1	0:36:01	0:05:30	0:07:34	0:07:41	0:07:43	0:07:35
2	16	Großkopf, Isabelle	91	DEU	LG Ratio Münster	WHK	2	0:39:36	0:06:10	0:08:16	0:08:23	0:08:30	0:08:19
3	266	Michels, Stephanie	85	DEU	LSF Münster	WHK	3	0:41:40	0:06:22	0:08:37	0:08:54	0:08:57	0:08:53
4	83	Kussmann, Karen	85	DEU	*Münster	WHK	4	0:42:51	0:06:42	0:09:05	0:09:09	0:09:08	0:08:50
5	90	Hampel, Laura	99	DEU	LSF Münster	U18	1	0:42:51	0:07:00	0:09:07	0:09:04	0:09:05	0:08:37
6	127	Sandkühler - Daniel, Dorothee	65	DEU	LV Oelde	W45	1	0:42:56	0:06:49	0:09:02	0:09:07	0:09:02	0:08:58
7	268	Holtkötter, Anne	58	DEU	LSF Münster	W50	1	0:42:58	0:07:00	0:09:07	0:09:03	0:09:05	0:08:44
8	15	Kemper, Caroline	85	DEU	SpVgg Dolberg	WHK	5	0:43:12	0:06:36	0:08:55	0:09:11	0:09:17	0:09:15
9	146	Nachtwey, Claudia	67	DEU	TV Werne 03	W45	2	0:43:22	0:06:47	0:09:03	0:09:05	0:09:08	0:09:21
10	107	Günnigmann, Marina	88	DEU	SC Falke Saerbeck	WHK	6	0:43:47	0:07:00	0:09:08	0:09:08	0:09:15	0:09:18
11	17	Gebhardt, Henrike	91	DEU	*Ahlen	WHK	7	0:44:23	0:06:42	0:09:10	0:09:25	0:09:40	0:09:28
12	51	Schönefeld, Eva	68	DEU	LSF Münster	W40	1	0:44:24	0:06:50	0:09:14	0:09:19	0:09:31	0:09:33
13	141	Postert, Dr. Christiane	74	DEU	LG EMS Warendorf	W35	1	0:44:44	0:06:42	0:08:55	0:09:23	0:10:02	0:09:44
14	97	Fladda, Marion	84	DEU	Laufen-in-Dortmund.de	WHK	8	0:45:23	0:07:17	0:09:30	0:09:26	0:09:38	0:09:33
15	196	Schmiemann, Saskia	91	DEU	SV Teuto Riesenbeck	WHK	9	0:45:28	0:06:43	0:09:24	0:09:09	0:09:41	0:10:32
16	154	Paassen, Irene	95	DEU	Marathon-Club Menden	U18	2	0:45:36	0:07:14	0:09:28	0:09:37	0:09:40	0:09:40
17	53	Breer, Felicitas	96	DEU	LG Ahlen	U18	3	0:45:40	0:07:19	0:09:27	0:09:38	0:09:43	0:09:35
18	148	Leistner, Anja	80	DEU	TV Werne 03	W30	1	0:45:53	0:07:30	0:09:40	0:09:38	0:09:40	0:09:27
19	18	Hoffmeister, Dr. Meike	69	DEU	Tri As Hamm	W40	2	0:46:01	0:07:14	0:09:29	0:09:43	0:09:49	0:09:49
20	152	Isenberg, Celine	97	DEU	Marathon-Club Menden	U18	4	0:46:19	0:07:14	0:09:28	0:09:38	0:09:59	0:10:02
21	68	Pfannkuche, Melanie	74	DEU	SpVgg Dolberg	W35	2	0:46:38	0:07:29	0:09:42	0:09:44	0:09:51	0:09:54
22	125	Nolte, Petra	72	DEU	TuS Uentrop	W40	3	0:46:58	0:07:24	0:09:44	0:09:56	0:10:00	0:09:56
23	235	Kraus, Gudrun	58	DEU	LG Ahlen	W50	2	0:47:01	0:07:33	0:09:53	0:09:52	0:09:55	0:09:50
24	217	Rammert, Uschi	68	DEU	LV Oelde	W40	4	0:47:14	0:07:32	0:09:55	0:09:56	0:09:54	0:10:00
25	225	Jörke, Annika	85	DEU	LG Ahlen	WHK	10	0:47:45	0:07:34	0:09:52	0:10:00	0:10:11	0:10:09
26	159	Kell, Lisa	87	DEU	*Kleinmachnow	WHK	11	0:48:17	0:07:29	0:09:50	0:10:08	0:10:28	0:10:24
27	119	Oldenburger, Hildegard	65	DEU	Delta Lauftreff Ahlen	W45	3	0:48:40	0:07:32	0:10:15	0:10:15	0:10:24	0:10:17
28	253	Hahne, Ruth	73	DEU	TV Beckum	W35	3	0:48:54	0:07:33	0:10:04	0:10:19	0:10:32	0:10:28
29	99	Kahl, Jennifer	82	DEU	Runners Club Münster	W30	2	0:50:12	0:07:42	0:10:37	0:10:38	0:10:47	0:10:30
30	147	Kebbedies, Elisabeth	66	DEU	TV Werne 03	W45	4	0:50:18	0:08:10	0:10:31	0:10:31	0:10:33	0:10:35
31	218	Hagenkötter-Börste, Andrea	71	DEU	TV Werne 03	W40	5	0:50:18	0:08:10	0:10:31	0:10:31	0:10:34	0:10:35
32	190	Wiegard, Sabrina	89	DEU	Ahlen Schlüsseldienst	WHK	12	0:50:37	0:07:56	0:10:35	0:10:47	0:10:47	0:10:34
33	208	Hoppe, Stephanie	85	DEU	LSF Münster	WHK	13	0:51:01	0:07:33	0:10:35	0:10:56	0:10:57	0:11:01
34	163	Struckholt, Sonja	92	DEU	*Dortmund	WHK	14	0:51:13	0:07:38	0:10:51	0:10:53	0:11:07	0:10:46
35	79	Halle, Julia	81	DEU	SpVgg Dolberg	W30	3	0:51:28	0:08:17	0:10:48	0:10:53	0:10:56	0:10:35
36	116	Kreutzberger, Marianne	57	DEU	TuS Uentrop	W55	1	0:51:42	0:08:05	0:10:48	0:10:52	0:10:59	0:11:00
37	85	Hammelmann, Stefanie	85	DEU	*Ahlen	WHK	15	0:51:44	0:08:12	0:10:50	0:10:57	0:10:57	0:10:49
38	224	Dieksmeier, Silke	81	DEU	LG Ahlen	W30	4	0:52:45	0:08:18	0:10:57	0:11:05	0:11:11	0:11:16
39	197	Haessler, Andrea	69	DEU	LV Oelde	W40	6	0:53:12	0:08:23	0:11:06	0:11:15	0:11:16	0:11:14
40	130	Lange, Andrea	67	DEU	Ahlener RS	W45	5	0:53:41	0:08:14	0:11:08	0:11:19	0:11:32	0:11:30
41	81	Jaunich, Sabine	66	DEU	*Ahlen	W45	6	0:54:45	0:08:21	0:11:19	0:11:48	0:11:48	0:11:29
42	241	Kötter, Eva	69	DEU	LC Solbad Ravensberg	W40	7	0:55:38	0:08:35	0:11:33	0:11:53	0:11:53	0:11:46
43	109	Maschelski, Elke	62	DEU	SpVgg Dolberg	W50	3	0:55:48	0:08:35	0:11:28	0:11:50	0:11:55	0:12:01
44	95	Kozler, Silvana	69	DEU	*Ahlen	W40	8	0:56:01	0:08:39	0:11:52	0:11:48	0:11:59	0:11:44
45	215	Schomacher, Nora	83	DEU	Los Castores Cascarrabias	WHK	16	0:56:10	0:08:33	0:11:28	0:11:51	0:12:15	0:12:05
46	105	Maaack, Loraine	97	DEU	LG Ahlen	U18	5	0:56:13	0:08:09	0:11:38	0:12:04	0:12:11	0:12:12
47	57	Albrecht-Sierleja, Astrid	57	DEU	*Ahlen	W55	2	0:57:00	0:08:17	0:11:55	0:12:05	0:12:11	0:12:34
48	234	Heinemann, Heike		DEU	TuS Uentrop			0:58:34	0:09:05	0:12:02	0:12:23	0:12:28	0:12:38
49	108	Salenski, Evelin	58	DEU	SpVgg Dolberg	W50	4	0:58:34	0:09:05	0:12:03	0:12:23	0:12:28	0:12:38
50	178	Ossenkemper, Kirsten	77	DEU	*Ahlen	W35	4	0:58:36	0:09:07	0:12:14	0:12:07	0:12:45	0:12:25

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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	160	Domhardt, Rowena	89	DEU		WHK	17	0:58:50	0:08:52	0:12:15	0:12:26	0:12:38	0:12:41
52	233	Hilje, Martina	64	DEU	TuS Uentrop	W45	7	0:59:09	0:09:04	0:12:11	0:12:18	0:13:16	0:12:21
53	251	Deutmeyer, Ingrid	68	DEU	TV Beckum	W40	9	0:59:23	0:09:09	0:12:10	0:12:37	0:12:50	0:12:40
54	270	Pötler, Jutta	78	DEU	Oelde	W30	5	1:00:35	0:09:10	0:12:10	0:12:50	0:13:23	0:13:03
55	271	Knubel, Annette	69	DEU	LV Oelde	W40	10	1:00:35	0:09:10	0:12:10	0:12:50	0:13:23	0:13:04
56	139	Grote, Irmgard	61	DEU	LG Oelde/Wadersloh	W50	5	1:00:49	0:09:14	0:12:44	0:12:51	0:13:02	0:13:00
57	210	Marquardt, Lisa	86	DEU		WHK	18	1:01:38	0:09:06	0:12:45	0:13:12	0:13:26	0:13:10
58	115	Groß, Carolin	91	DEU	*Ahlen	WHK	19	1:01:40	0:08:56	0:12:57	0:13:12	0:13:27	0:13:10