

Hauptlauf 10.000m

Männer

| Platz | Startnr | Name | Verein*/Ort | Ges.Brutto | AK-Pl | AK | Rundenzeiten |
|-------|---------|----------------------------|--------------------------------|------------|-------|-----|---------------------------------------|
| 1 | 47 | Kappelhoff Uwe | SUS Stadtlohn Triathlon | 0:34:08 | 1 | M30 | 0:08:30 * 0:08:31 * 0:08:44 * 0:08:21 |
| 2 | 1015 | Steinmetz Roland | USC-Bochum | 0:34:15 | 2 | M30 | 0:08:30 * 0:08:31 * 0:08:45 * 0:08:28 |
| 3 | 1011 | Bibow Tim | SuS Stadtlohn | 0:34:27 | 1 | M20 | 0:08:30 * 0:08:31 * 0:08:44 * 0:08:40 |
| 4 | 1004 | Hunke Christian | Ten Club Coesfeld | 0:36:59 | 1 | M35 | 0:08:48 * 0:09:17 * 0:09:28 * 0:09:24 |
| 5 | 3 | Kreimer André | Bocholt | 0:38:18 | 1 | M40 | 0:09:01 * 0:09:47 * 0:09:48 * 0:09:40 |
| 6 | 48 | Hinske Berthold | SuS Stadtlohn Triathlon | 0:39:21 | 2 | M40 | 0:09:35 * 0:09:58 * 0:10:01 * 0:09:45 |
| 7 | 19 | Derbort Holger | VFL Ahaus | 0:39:31 | 2 | M35 | 0:08:52 * 0:10:04 * 0:10:26 * 0:10:07 |
| 8 | 20 | Temming Patrick | AVA | 0:39:38 | 3 | M40 | 0:09:17 * 0:09:56 * 0:10:13 * 0:10:11 |
| 9 | 34 | Wolters Andreas | Stadtlohn | 0:39:51 | 3 | M30 | 0:09:28 * 0:10:10 * 0:10:12 * 0:10:00 |
| 10 | 6 | Stuth Dieter | Haltern am See | 0:40:09 | 1 | M50 | 0:09:28 * 0:10:07 * 0:10:15 * 0:10:18 |
| 11 | 1006 | Thentie Michael | LG Coesfeld | 0:40:34 | 4 | M40 | 0:09:24 * 0:10:15 * 0:10:26 * 0:10:27 |
| 12 | 50 | Nienhaus Frank | Verm-Nienhaus | 0:40:52 | 4 | M30 | 0:09:48 * 0:10:16 * 0:10:28 * 0:10:18 |
| 13 | 1009 | Becker Ulrich | | 0:41:19 | 5 | M40 | 0:09:49 * 0:10:21 * 0:10:35 * 0:10:33 |
| 14 | 36 | Franke Philipp | SuS Legden | 0:41:28 | 1 | MJB | 0:09:46 * 0:10:37 * 0:10:46 * 0:10:18 |
| 15 | 37 | Haverkock Norbert | SuS Legden | 0:41:28 | 1 | M45 | 0:09:46 * 0:10:37 * 0:10:44 * 0:10:20 |
| 16 | 1000 | Schramm Klaus | LT-Lette | 0:41:44 | 2 | M50 | 0:09:51 * 0:10:34 * 0:10:44 * 0:10:33 |
| 17 | 7 | Mensing Ulrich | Blau-Weiß Ramsdorf | 0:41:51 | 2 | M20 | 0:09:31 * 0:10:37 * 0:11:00 * 0:10:41 |
| 18 | 1 | Lütticke Frank | Adler Weseke Radsport | 0:41:57 | 3 | M35 | 0:09:54 * 0:10:38 * 0:10:44 * 0:10:40 |
| 19 | 60 | Leifkes Daniel | Vreden | 0:42:32 | 3 | M20 | 0:09:09 * 0:10:53 * 0:11:05 * 0:11:24 |
| 20 | 59 | Terbrack Manfred | SC Südlohn | 0:42:49 | 2 | M45 | 0:09:56 * 0:10:59 * 0:11:06 * 0:10:46 |
| 21 | 51 | Schlattmann Wienand | TSV Raesfeld | 0:43:05 | 3 | M45 | 0:10:20 * 0:10:54 * 0:10:57 * 0:10:52 |
| 22 | 1005 | Tino Jonas | Ten Club Coesfeld | 0:43:16 | 6 | M40 | 0:09:57 * 0:10:58 * 0:11:06 * 0:11:14 |
| 23 | 31 | Nießing Jörg | LG Burlo | 0:43:20 | 7 | M40 | 0:10:17 * 0:10:55 * 0:11:04 * 0:11:02 |
| 24 | 52 | Stockbrink Heinz | Laufteam Gescher | 0:43:24 | 4 | M45 | 0:10:07 * 0:10:56 * 0:11:12 * 0:11:08 |
| 25 | 1012 | Kössler Jürgen | | 0:44:19 | 8 | M40 | 0:10:09 * 0:11:12 * 0:11:28 * 0:11:29 |
| 26 | 4 | Terhürne Manuel | Stadtlohn | 0:44:21 | 4 | M20 | 0:10:19 * 0:11:05 * 0:11:36 * 0:11:19 |
| 27 | 2 | Wittke Jörg | Stadtlohn | 0:44:32 | 5 | M30 | 0:10:21 * 0:11:18 * 0:11:27 * 0:11:25 |
| 28 | 11 | Weise Stephan | Tecis FDL AG | 0:44:48 | 6 | M30 | 0:10:37 * 0:11:17 * 0:11:30 * 0:11:23 |
| 29 | 1017 | Böyer Gerd | VFL Ahaus | 0:44:49 | 3 | M50 | 0:10:43 * 0:11:10 * 0:11:24 * 0:11:30 |
| 30 | 53 | Terschluse Jörg | FC Oeding | 0:44:52 | 9 | M40 | 0:11:09 * 0:11:31 * 0:11:16 * 0:10:55 |
| 31 | 26 | Wollschläger Thomas | Gescher-Hochmoor | 0:45:20 | 10 | M40 | 0:11:07 * 0:11:34 * 0:11:28 * 0:11:09 |
| 32 | 57 | Barnscheidt Karl-Heinz | SV Lembeck | 0:45:23 | 1 | M55 | 0:10:46 * 0:11:29 * 0:11:34 * 0:11:33 |
| 33 | 1002 | Böcker Karl-Heinz | Vfl Ahaus | 0:45:50 | 11 | M40 | 0:10:36 * 0:11:35 * 0:11:54 * 0:11:43 |
| 34 | 1013 | Heufekes Thomas | TV Vreden | 0:46:04 | 12 | M40 | 0:11:18 * 0:11:38 * 0:11:39 * 0:11:27 |
| 35 | 10 | Büscher Volker | Stadtlohn | 0:46:41 | 7 | M30 | 0:10:43 * 0:11:32 * 0:12:03 * 0:12:22 |
| 36 | 28 | Gehling Jürgen | Stadtlohn | 0:47:04 | 4 | M35 | 0:10:43 * 0:11:50 * 0:12:12 * 0:12:17 |
| 37 | 30 | Große Leusbrock Josef | LT Gescher | 0:47:35 | 4 | M50 | 0:11:19 * 0:11:56 * 0:12:14 * 0:12:05 |
| 38 | 45 | Gorny Moritz | TSV Raesfeld | 0:47:37 | 2 | MJB | 0:11:06 * 0:11:54 * 0:12:24 * 0:12:13 |
| 39 | 55 | Lanze Dirk | Borussia 67 | 0:48:01 | 13 | M40 | 0:11:32 * 0:12:11 * 0:12:20 * 0:11:57 |
| 40 | 1010 | Hahn Boris | | 0:48:25 | 5 | M35 | 0:11:16 * 0:11:55 * 0:12:23 * 0:12:50 |
| 41 | 1007 | Overbec Günter | DJK-Lowick | 0:49:14 | 1 | M60 | 0:11:38 * 0:12:32 * 0:12:34 * 0:12:29 |
| 42 | 22 | Große Liesner Robert | Kisaki Karate Do Münster e. V. | 0:49:14 | 6 | M35 | 0:11:10 * 0:12:12 * 0:13:00 * 0:12:51 |
| 43 | 41 | Büning Engelbert | SuS Stadtlohn 19/20 e.V. | 0:49:15 | 14 | M40 | 0:11:43 * 0:12:14 * 0:12:42 * 0:12:35 |
| 44 | 23 | Roth Thomas | Stadtlohn | 0:49:16 | 15 | M40 | 0:11:34 * 0:12:19 * 0:12:42 * 0:12:40 |
| 45 | 1003 | Motzet Hubert | LG Rosendahl | 0:49:49 | 16 | M40 | 0:11:43 * 0:12:39 * 0:12:56 * 0:12:30 |
| 46 | 49 | Schmöckel Ulrich | run4fun Greven | 0:50:03 | 7 | M35 | 0:12:09 * 0:12:37 * 0:12:51 * 0:12:24 |
| 47 | 1016 | Over Gerd | TV Meppen | 0:50:40 | 2 | M55 | 0:11:32 * 0:12:59 * 0:13:11 * 0:12:56 |
| 48 | 43 | Schmitz Wilfried | | 0:50:41 | 8 | M35 | 0:12:09 * 0:12:56 * 0:12:49 * 0:12:46 |
| 49 | 14 | Hintemann Frank | Laufteam Gescher | 0:50:55 | 8 | M30 | 0:11:38 * 0:12:52 * 0:13:19 * 0:13:04 |
| 50 | 21 | Flutgraf Frank Josef Peter | Düsseldorf | 0:51:23 | 9 | M35 | 0:11:42 * 0:12:46 * 0:13:37 * 0:13:17 |
| 51 | 12 | Beckmann Georg | Düsseldorf | 0:51:23 | 9 | M30 | 0:11:42 * 0:12:46 * 0:13:37 * 0:13:17 |
| 52 | 58 | Tekampe Heinz | DJK-Lowick | 0:51:43 | 3 | M55 | 0:11:41 * 0:12:44 * 0:13:27 * 0:13:51 |
| 53 | 1001 | Bergrath Klaus | Hohne | 0:51:56 | 5 | M45 | 0:12:39 * 0:13:06 * 0:13:10 * 0:12:59 |
| 54 | 63 | Terrahe Jonas | Stadtlohn | 0:54:15 | 10 | M35 | 0:11:41 * 0:13:56 * 0:14:12 * 0:14:24 |
| 55 | 29 | Gehling Thomas | SC Südlohn 28 | 0:54:23 | 11 | M35 | 0:12:08 * 0:13:36 * 0:14:17 * 0:14:21 |
| 56 | 16 | Stödtke Werner | Laufftreff Stödtke | 0:55:43 | 17 | M40 | 0:13:16 * 0:14:00 * 0:14:14 * 0:14:12 |
| 57 | 46 | Holz Helmut | *Ahaus | 0:57:03 | 4 | M55 | 0:13:42 * 0:14:13 * 0:14:25 * 0:14:40 |
| 58 | 42 | Wortmann Klemens | | 0:34:16 | 18 | M40 | 0:11:24 * 0:11:18 * 0:11:33 * 0:00:00 |
| 59 | 18 | Becker Jürgen | FC Oeding | 0:24:12 | 19 | M40 | 0:11:41 * 0:12:30 * 0:00:00 * 0:00:00 |

Hauptlauf 10.000m**Frauen**

| Platz | Startnr | Name | Verein/*Ort | Ges.Brutto | AK-Pl | AK | Rundenzeiten |
|-------|---------|------------------------|-------------------|------------|-------|-----|---------------------------------------|
| 1 | 64 | Lange Peggy | TuS Sythen | 0:37:51 | 1 | W35 | 0:08:59 * 0:09:26 * 0:09:44 * 0:09:40 |
| 2 | 1014 | Thiel Barbara | USC Bochum | 0:41:11 | 1 | W40 | 0:09:49 * 0:10:22 * 0:10:32 * 0:10:26 |
| 3 | 35 | Große Leusbrock Julia | LT Gescher | 0:44:42 | 1 | W20 | 0:10:26 * 0:11:14 * 0:11:30 * 0:11:31 |
| 4 | 25 | Kornath Christine | Gescher-Hochmoor | 0:46:03 | 2 | W35 | 0:11:24 * 0:09:28 * 0:12:38 * 0:12:31 |
| 5 | 56 | Börger Annette | Gescher | 0:47:45 | 1 | W45 | 0:11:18 * 0:12:01 * 0:12:18 * 0:12:07 |
| 6 | 66 | Frenker-Hackfort Lydia | | 0:48:25 | 2 | W20 | 0:11:18 * 0:12:00 * 0:12:18 * 0:12:47 |
| 7 | 1008 | Ratering Gisela | TV Vreden | 0:52:32 | 1 | W50 | 0:12:47 * 0:13:29 * 0:13:19 * 0:12:56 |
| 8 | 39 | Wiesmann Ingrid | | 0:53:27 | 3 | W35 | 0:12:44 * 0:13:31 * 0:13:30 * 0:13:41 |
| 9 | 65 | Wielens Dorothee | Vreden | 0:55:41 | 3 | W20 | 0:13:08 * 0:14:04 * 0:14:14 * 0:14:13 |
| 10 | 1018 | Schepp Ursula | Laufteam Gescher | 0:55:42 | 2 | W50 | 0:13:14 * 0:14:05 * 0:14:11 * 0:14:11 |
| 11 | 15 | Stödtke Claudia | Lauftreff Stödtke | 0:55:43 | 2 | W40 | 0:13:16 * 0:14:00 * 0:14:14 * 0:14:12 |