

Hauptlauf 10.000m

Männer

Platz	Startnr	Name	Verein/*Ort	Ges.Brutto	AK-Pl	AK	Nettozeit - Rundenzeiten
1	1241	Patrick Dirksmeier	LSF Münster	0:32:40	1	M20	0:32:39 * 07:50 * 08:09 * 08:19 * 08:21
2	1190	Ralf Gottheil	Sparkasse Westmünsterland	0:34:54	1	M30	0:34:52 * 08:34 * 08:45 * 08:45 * 08:48
3	1271	Sven Röhling	Rekey	0:37:25	2	M30	0:37:23 * 09:07 * 09:27 * 09:26 * 09:24
4	1184	Fabian Bußkönning	LAZ Rhede	0:38:55	1	MJug	0:38:54 * 09:17 * 09:51 * 10:06 * 09:40
5	1199	Michael Hork	LT Union Wessum	0:39:05	1	M35	0:39:03 * 09:40 * 09:51 * 09:51 * 09:42
6	1255	Hubert Gehling	Stadtlohn	0:39:13	1	M45	0:39:10 * 09:39 * 09:49 * 09:49 * 09:55
7	1195	David Florenz Helmes	Emmerich am Rhein	0:39:44	2	M20	0:39:43 * 09:27 * 10:02 * 10:08 * 10:06
8	1198	Patrick Holtkamp	SuS Stadtlohn	0:40:30	3	M20	0:40:26 * 09:32 * 10:06 * 10:22 * 10:28
9	1251	Marian Kandora	ASV Iserlohn	0:40:40	1	M60	0:40:39 * 09:48 * 10:06 * 10:16 * 10:29
10	1279	Thomas Durdoth	TV Vreden	0:40:55	2	M45	0:40:53 * 10:12 * 10:14 * 10:19 * 10:09
11	1257	Niklas Schley	SUS Stadtlohn	0:41:56	2	MJug	0:41:53 * 09:56 * 10:26 * 10:55 * 10:37
12	1179	Georg Aholt	SV Blau-Weiß Dingden	0:42:01	1	M40	0:41:59 * 10:21 * 10:41 * 10:35 * 10:22
13	1204	Stefan Luters	Stadtlohn	0:42:21	4	M20	0:42:17 * 10:31 * 10:34 * 10:48 * 10:27
14	1191	Robert Große Liesner	TUS Hiltrup	0:42:50	2	M40	0:42:48 * 10:14 * 10:38 * 10:58 * 10:58
15	1194	Michael Hecking	SuS Stadtlohn	0:43:30	3	M45	0:43:26 * 10:23 * 10:54 * 11:14 * 10:57
16	1220	Thomas Tenbusch	Stadtlohn	0:43:36	2	M35	0:43:29 * 10:18 * 10:53 * 11:13 * 11:10
17	1266	Enrico Meier		0:43:52	3	M35	0:43:47 * 10:40 * 11:00 * 11:09 * 11:02
18	1286	Jens Heisterkamp		0:43:58	3	MJug	0:43:56 * 10:21 * 10:49 * 11:25 * 11:22
19	1288	Ludger Niehaus		0:44:27	4	M45	0:44:24 * 10:47 * 11:10 * 11:14 * 11:14
20	1256	Egbert Grosse Ahlert	SV Gescher 08	0:44:38	5	M45	0:44:34 * 11:04 * 11:18 * 11:15 * 11:00
21	1211	Thomas Renger	Berkelstrandsportsprinter	0:44:38	6	M45	0:44:35 * 10:57 * 11:14 * 11:24 * 11:02
22	1215	Andreas Schaul	Berner-Bikes.com	0:44:42	7	M45	0:44:38 * 11:05 * 11:17 * 11:14 * 11:04
23	1200	Dirk Lanze	Borussia 67	0:44:44	8	M45	0:44:41 * 10:57 * 11:15 * 11:24 * 11:08
24	1226	Ingmar Wenzel	Sparkasse Westmünsterland	0:44:54	4	M35	0:44:49 * 11:21 * 11:12 * 11:07 * 11:13
25	1214	Jürgen Rotthues	Stadtlohn	0:45:00	3	M40	0:44:57 * 10:49 * 11:03 * 11:27 * 11:39
26	1259	Werner Nießing		0:45:04	1	M65	0:45:02 * 10:53 * 11:18 * 11:24 * 11:28
27	1228	Stefan Wielers	... die nach dem Weg fragen	0:45:24	3	M30	0:45:10 * 11:38 * 11:08 * 11:16 * 11:20
28	1272	Hussein Zeinedinne		0:45:30	4	M40	0:45:28 * 10:43 * 11:23 * 11:45 * 11:38
29	1206	Stefan Maus	Scherbeck	0:45:48	9	M45	0:45:44 * 11:24 * 11:26 * 11:27 * 11:29
30	1209	Kevin Püschel	Hesepers Rennschnecken	0:46:23	5	M20	0:46:20 * 10:46 * 11:04 * 12:23 * 12:09
31	1280	Martin Epping	1. FC Gievenbeck	0:46:38	10	M45	0:46:32 * 11:32 * 11:41 * 11:41 * 11:42
32	1208	Herbert Mess	Germania Asbeck	0:46:40	5	M40	0:46:35 * 11:17 * 11:24 * 12:00 * 11:57
33	1207	Guido Menkehorst	*Stadtlohn	0:46:46	4	M30	0:46:41 * 11:23 * 11:54 * 11:55 * 11:32
34	1262	Thomas Heufekes	LT Vreden	0:46:46	11	M45	0:46:43 * 11:39 * 11:44 * 11:42 * 11:40
35	1285	Thomas Wollschläger		0:46:53	12	M45	0:46:46 * 12:08 * 11:49 * 11:45 * 11:09
36	1201	Bernhard Laukötter	Germania Asbeck	0:47:24	13	M45	0:47:12 * 11:45 * 11:31 * 11:56 * 12:11
37	1287	Karl Peters	RK Westmünsterland	0:47:27	2	M60	0:47:26 * 11:37 * 11:54 * 12:04 * 11:51
38	1282	Udo Höing		0:47:45	6	M40	0:47:42 * 11:01 * 12:17 * 12:15 * 12:10
39	1267	Dirik Hallekamp	VFL Ahaus	0:48:37	7	M40	0:48:29 * 11:56 * 12:27 * 12:25 * 11:47
40	1225	Paul Venker	LG Emsdetten	0:49:01	2	M65	0:48:55 * 12:33 * 12:19 * 12:16 * 11:51
41	1188	Ulrich Früchting	Sparkasse Westmünsterland	0:49:15	14	M45	0:49:10 * 12:11 * 12:27 * 12:28 * 12:08
42	1258	Matthias Huning		0:50:29	5	M30	0:50:25 * 11:56 * 12:27 * 12:57 * 13:08
43	1283	Frank Pornbusch	SUS Stadtlohn	0:50:37	15	M45	0:50:35 * 12:30 * 12:28 * 12:45 * 12:52
44	1247	Andre Heming	Stadtlohn	0:50:43	6	M20	0:50:34 * 12:29 * 12:55 * 12:52 * 12:25
45	1203	Andreas Lorenz	RST Vreden	0:51:26	16	M45	0:51:17 * 12:29 * 12:55 * 13:01 * 12:59
46	1269	Antonius Möllers		0:51:38	1	M50	0:51:30 * 12:40 * 12:49 * 13:03 * 13:04
47	1189	Thomas Gehling	SUS Stadtlohn	0:51:47	8	M40	0:51:40 * 12:52 * 12:48 * 13:03 * 13:03
48	1253	Matthias Vonk	SUS Stadtlohn	0:54:01	17	M45	0:53:54 * 13:41 * 13:49 * 13:29 * 13:01
49	1217	Marco Schley	Südlohn	0:54:17	7	M20	0:54:08 * 14:03 * 13:52 * 13:21 * 13:00
50	1229	Jürgen Wilma	Vreden	0:54:49	18	M45	0:54:40 * 13:36 * 13:59 * 13:40 * 13:32
51	1193	Jürgen Hartog	Südlohn	0:56:06	19	M45	0:55:59 * 14:03 * 14:11 * 14:14 * 13:37
52	1260	Werner Röskenbleck		0:56:56	1	M75	0:56:48 * 13:34 * 14:05 * 14:31 * 14:44
53	1227	Jürgen Wewers	Gescher	0:57:55	9	M40	0:57:47 * 14:04 * 14:20 * 14:42 * 14:49
54	1252	Klaus Roterring		1:04:58	5	M35	1:04:53 * 14:33 * 16:20 * 16:49 * 17:14

Hauptlauf 10.000m

Frauen

Platz	Startnr	Name	Verein/*Ort	Ges.Brutto	AK-Pl	AK	Nettozeit - Rundenzeiten
1	1281	Julia Große Leusbrock		0:41:34	1	W20	0:41:32 * 10:19 * 10:25 * 10:25 * 10:25
2	1254	Petra Schiemann	ASV Münster	0:42:01	1	W55	0:41:59 * 10:20 * 10:27 * 10:33 * 10:39
3	1219	Andra Stallmeyer	Coesfeld	0:46:11	1	W45	0:46:07 * 11:36 * 11:39 * 11:36 * 11:19
4	1284	Christine Wollschläger		0:46:25	1	W40	0:46:18 * 11:50 * 11:33 * 11:37 * 11:24
5	1243	Julia Anna Potthoff		0:46:41	2	W20	0:46:36 * 11:46 * 11:37 * 11:41 * 11:35
6	1182	Wilma Brinkmann	TSVE Bielefeld	0:48:42	2	W45	0:48:38 * 11:56 * 12:13 * 12:14 * 12:17
7	1187	Wilma Florian	TV Gescher 1908 e.V.	0:49:03	1	W35	0:48:55 * 12:22 * 12:18 * 12:13 * 12:08
8	1197	Anja Hoffmann	... die nach dem Weg fragen	0:50:56	2	W35	0:50:42 * 12:38 * 12:44 * 12:52 * 12:40
9	1261	Marlies Hakvoort	LT Vreden	0:51:29	2	W40	0:51:27 * 12:17 * 12:58 * 13:03 * 13:10
10	1245	Anja Mensing	DJK Stadtlohn	0:51:53	3	W20	0:51:48 * 12:15 * 12:52 * 13:21 * 13:23
11	1205	Nicole Maaßen	Duisburg	0:54:09	3	W35	0:54:02 * 13:38 * 13:05 * 13:41 * 13:44
12	1246	Michaela Himmelberg		0:54:26	3	W40	0:54:18 * 13:39 * 13:53 * 13:32 * 13:21
13	1224	Margret Venker	LG Emsdetten	0:54:30	1	W65	0:54:22 * 13:53 * 13:39 * 13:33 * 13:24
14	1265	Imgrid Hildring		0:54:53	4	W35	0:54:47 * 13:35 * 13:59 * 13:38 * 13:40
15	1274	Barbara Verwohlt	TV Vreden	0:54:53	2	W55	0:54:46 * 13:36 * 13:58 * 13:38 * 13:39
16	1277	Anette Vennes	Lauftreff Vreden	0:54:53	3	W45	0:54:47 * 13:35 * 14:00 * 13:38 * 13:38
17	1216	Wilma Schiroki	TV Vreden	0:54:53	4	W40	0:54:48 * 13:36 * 13:59 * 13:39 * 13:39
18	1186	Moni Feldhaus	TV Vreden	0:54:53	5	W40	0:54:47 * 13:35 * 13:59 * 13:39 * 13:38
18	1263	Christel Effing		0:54:53	5	W40	0:54:47 * 13:36 * 13:59 * 13:39 * 13:39
20	1212	Birgitt Resing	TV Vreden	0:54:53	7	W40	0:54:47 * 13:36 * 13:59 * 13:39 * 13:38
21	1275	Renate Nienhaus	TV Vreden	0:54:53	3	W55	0:54:48 * 13:36 * 13:59 * 13:38 * 13:39
22	1278	Maria Kröger	TV Vreden	0:54:54	4	W45	0:54:47 * 13:36 * 13:59 * 13:38 * 13:40
23	1264	Ruth Uppgang		0:54:54	5	W45	0:54:47 * 13:36 * 13:59 * 13:39 * 13:39
24	1196	Nicole Hiller	Sparkasse Westmünsterland	0:54:54	4	W20	0:54:47 * 13:36 * 13:59 * 13:40 * 13:38
25	1276	Gisela Ratering	TV Vreden	0:54:54	4	W55	0:54:49 * 13:37 * 14:02 * 13:35 * 13:38
26	1185	Birgit Dirks	SuS Stadtlohn	0:55:27	8	W40	0:55:19 * 14:02 * 13:53 * 13:44 * 13:47
27	1210	Tanja Raiming	TV Vreden	0:57:08	1	W30	0:57:02 * 13:37 * 14:03 * 14:42 * 14:45
28	1183	Sandra Busche	Stadtlohn	0:58:00	5	W35	0:57:52 * 14:03 * 14:23 * 14:47 * 14:47
29	1213	Marion Röttger	SuS Stadtlohn	1:02:03	9	W40	1:01:54 * 14:41 * 15:30 * 16:08 * 15:42
30	1223	Silke Van der Kuil	Stadtlohn	1:02:31	10	W40	1:02:23 * 14:41 * 15:33 * 16:05 * 16:10