

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
1	STUHL DREYER Laura		417	1 W30F	00:45:27	00:45:27	36	00:45:22	36	00:10:25	27	00:11:20	38	00:11:38	39	00:11:47	47	keine Angabe
2	KETZER Ina		318	1 W50F	00:46:12	00:46:12	41	00:46:09	42	00:10:58	41	00:11:32	43	00:11:44	43	00:11:41	41	Iserlohner Triathlon Team
3	VILLWOCK Meike		438	1 W40F	00:46:16	00:46:16	43	00:46:11	43	00:11:02	44	00:11:42	49	00:11:44	44	00:11:33	39	Goethe läuft
4	TANK Regina		421	1 W55F	00:47:13	00:47:13	51	00:47:10	52	00:11:04	49	00:11:38	47	00:12:01	53	00:12:11	64	Dortmund
5	HONCHARENKO Anna		312	1 HKF	00:48:59	00:48:59	69	00:48:39	67	00:12:04	85	00:12:49	95	00:12:23	68	00:11:28	37	Houghton
6	FITZEK Nicola		281	2 W50F	00:49:09	00:49:09	72	00:49:03	72	00:11:38	67	00:12:29	81	00:12:32	72	00:12:15	71	LT Wischlingen Dortmund
7	TÄNZER Ulrike		430	2 W55F	00:49:26	00:49:26	77	00:49:18	77	00:11:35	64	00:12:28	80	00:12:36	76	00:12:31	83	Viermärker Dortmund
8	LÜKE Anna		562	1 W35F	00:50:32	00:50:32	86	00:50:28	87	00:11:47	73	00:12:26	78	00:13:03	90	00:13:00	91	MCM
9	THOMALLA Annika		541	2 W35F	00:50:55	00:50:55	88	00:50:48	89	00:11:48	75	00:12:36	91	00:13:02	88	00:13:12	103	keine Angabe
10	WEIß Lavinia		448	2 HKF	00:50:57	00:50:57	89	00:50:45	88	00:12:27	99	00:12:32	85	00:12:57	87	00:12:45	85	Kölner Triathlon Team 01
11	FOLKERS Monika		570	1 W45F	00:51:01	00:51:01	90	00:50:53	90	00:12:13	92	00:12:30	82	00:12:57	86	00:13:02	94	TVG Kaiserau
12	TRUPPAT Nadine		428	3 W35F	00:51:20	00:51:20	91	00:51:17	93	00:12:01	83	00:12:41	92	00:13:16	98	00:13:08	99	Running Turtles
13	SCHMITZ Susanne		346	2 W45F	00:51:21	00:51:21	93	00:51:12	92	00:12:08	88	00:12:53	97	00:13:06	92	00:12:59	89	Pace Pack Runners
14	KÖHE Katja		565	2 W40F	00:51:31	00:51:31	95	00:51:26	95	00:12:00	81	00:12:53	98	00:13:11	95	00:13:09	101	Viermärker Dortmund
15	HEIMES Carina		306	3 HKF	00:52:11	00:52:11	98	00:51:59	98	00:12:27	100	00:12:54	99	00:13:24	103	00:13:05	97	keine Angabe
16	KALUZNY Jasmin		316	3 W40F	00:52:55	00:52:55	104	00:52:44	105	00:12:15	93	00:13:13	108	00:13:27	106	00:13:43	120	keine Angabe
17	STUTE Patricia	AUS	418	2 W30F	00:53:02	00:53:02	105	00:52:51	106	00:12:24	98	00:13:09	107	00:13:33	112	00:13:41	119	keine Angabe
18	RACK Jasmin		377	4 W35F	00:53:06	00:53:06	107	00:52:52	107	00:12:41	105	00:13:19	111	00:13:28	109	00:13:22	107	keine Angabe
19	TAN Ulrike		419	4 HKF	00:54:01	00:54:01	113	00:53:36	111	00:14:12	161	00:13:06	104	00:13:22	102	00:13:05	96	keine Angabe
20	SCHÄFER Meike		404	5 HKF	00:54:03	00:54:03	115	00:53:43	112	00:13:24	132	00:13:22	114	00:13:37	114	00:13:29	111	keine Angabe
21	MITZKUS Nicole		349	4 W40F	00:54:08	00:54:08	117	00:53:53	117	00:13:23	130	00:14:34	169	00:13:10	94	00:12:45	86	Phoenix Runners
22	KOST Laura		324	6 HKF	00:54:30	00:54:30	120	00:54:18	120	00:14:10	158	00:13:27	118	00:13:31	111	00:13:04	95	keine Angabe
23	VON WERNE Friederike		440	5 W35F	00:54:33	00:54:33	121	00:54:19	122	00:12:44	107	00:13:45	128	00:13:57	129	00:13:46	122	Physiotherapie Guntermann
24	FRÖHLING Eva		579	6 W35F	00:54:57	00:54:57	126	00:54:51	125	00:13:16	122	00:13:26	117	00:13:57	132	00:13:58	130	ITT Iserlohn Triathlon
25	BRINKHOFF Astrid		258	3 W45F	00:55:20	00:55:20	129	00:55:04	129	00:13:31	137	00:13:47	131	00:13:57	131	00:13:45	121	LT Wischlingen Dortmund
26	WILLMANN Silvia		453	3 W50F	00:55:57	00:55:57	133	00:55:43	133	00:12:45	109	00:14:06	143	00:14:47	161	00:14:00	132	Puls 190-effektiv trainieren
27	MEISTER Heike		347	3 W55F	00:56:12	00:56:12	135	00:56:08	138	00:13:14	119	00:14:03	138	00:14:20	139	00:14:18	149	keine Angabe
28	GERKE Melissa		294	7 HKF	00:56:16	00:56:16	136	00:55:55	136	00:13:55	153	00:13:44	127	00:13:59	134	00:14:17	148	RW Westönnen
29	GERKE Katrin		293	8 HKF	00:56:16	00:56:16	137	00:55:55	135	00:13:55	154	00:13:44	126	00:13:59	135	00:14:17	147	RW Westönnen
30	BEISKE Anita		248	4 W45F	00:56:31	00:56:31	138	00:56:21	140	00:13:14	120	00:14:03	139	00:14:20	140	00:14:35	160	freaky girlfriends
31	SALOMO Ingrid		389	4 W50F	00:57:12	00:57:12	145	00:56:54	146	00:13:08	118	00:13:45	129	00:14:35	150	00:15:22	187	Team Klimbim
32	VAZQUEZ Sabine		434	5 W45F	00:57:12	00:57:12	146	00:56:49	143	00:14:12	160	00:14:12	145	00:14:23	141	00:14:06	137	Ausdauerschule by bunert
33	WEDLICH Inga		446	9 HKF	00:57:29	00:57:29	147	00:57:20	147	00:13:19	123	00:14:16	147	00:14:39	152	00:14:55	173	keine Angabe
34	SERAPHIN Siiri		411	5 W50F	00:57:46	00:57:46	149	00:57:27	149	00:13:54	147	00:14:25	158	00:14:56	169	00:14:14	146	Hüttenhospital
35	SCHWERIN Silke		403	5 W40F	00:57:46	00:57:46	150	00:57:27	148	00:13:54	149	00:14:25	159	00:14:56	168	00:14:13	144	Hüttenhospital
36	DIDSCHUNEIT Anna		271	10 HKF	00:57:49	00:57:49	153	00:57:41	153	00:14:26	172	00:14:23	156	00:14:33	148	00:14:10	141	keine Angabe
37	HERZ Ruth		310	6 W40F	00:57:57	00:57:57	154	00:57:47	154	00:13:44	141	00:14:26	160	00:14:46	159	00:14:41	162	keine Angabe
38	BECKEDAHL Marystela		246	6 W50F	00:58:15	00:58:15	155	00:58:05	156	00:14:02	157	00:14:05	141	00:14:44	156	00:15:02	175	keine Angabe
39	LASKE Manja		335	11 HKF	00:58:16	00:58:16	156	00:57:54	155	00:13:51	144	00:14:24	157	00:14:47	163	00:14:54	172	eASTCOASTWESTCOAST
40	HENKIES Marion		535	7 W50F	00:58:26	00:58:26	158	00:58:08	158	00:14:11	159	00:14:26	162	00:14:41	155	00:14:50	169	keine Angabe
41	STAHLSCHMIDT Nina		515	7 W35F	00:58:27	00:58:27	159	00:58:14	159	00:14:19	165	00:14:22	154	00:14:39	153	00:14:49	167	Turboschnecken Luedenscheid
42	KLINGNER Annika		319	3 W30F	00:58:31	00:58:31	160	00:58:15	163	00:14:40	189	00:14:18	149	00:14:31	146	00:14:44	165	keine Angabe
43	KRAMER Anke		326	6 W45F	00:58:32	00:58:32	161	00:58:20	165	00:13:55	151	00:14:20	152	00:14:45	157	00:15:13	180	Sportkinder e.V.
44	HUSEMANN Bianca		313	7 W45F	00:58:37	00:58:37	164	00:58:16	164	00:15:19	207	00:14:27	165	00:14:28	144	00:14:05	134	Lauffieber Dortmund
45	TIETZ Coletta		536	8 W50F	00:58:55	00:58:55	168	00:58:38	169	00:14:20	166	00:14:27	164	00:14:56	170	00:14:51	170	Holzwickeder Sport Club e.V.
46	TRAPP Gabi		427	4 W30F	00:59:38	00:59:38	177	00:59:21	176	00:14:37	186	00:14:55	183	00:15:14	180	00:14:30	153	keine Angabe
47	TURMANN Silke		429	8 W45F	00:59:55	00:59:55	183	00:59:33	181	00:14:27	179	00:14:38	173	00:15:07	177	00:15:22	188	Lauffreff Schü 68
48	URSTIC Mirta		510	7 W40F	01:00:24	01:00:24	186	00:59:59	186	00:15:33	208	00:14:51	178	00:15:00	173	00:14:42	163	keine Angabe
49	BRAUN-NOTT Angelika		257	1 W65F	01:00:58	01:00:58	189	01:00:50	190	00:14:15	163	00:15:04	189	00:15:37	191	00:15:38	194	Lauffreff Hohenlimburg

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
50	VAN DER ZEE Sieta	THE	433	4 W55F	01:01:03	01:01:03	191	01:00:54	193	00:14:26	175	00:15:17	198	00:15:42	192	00:15:20	185	Team Klimbim
51	BOOS Jane		252	8 W40F	01:01:07	01:01:07	192	01:00:51	191	00:15:02	200	00:15:06	191	00:15:20	183	00:15:16	182	keine Angabe
52	VON ENGELBRECHTEN Corneli		439	9 W40F	01:01:08	01:01:08	194	01:00:51	192	00:14:25	171	00:15:17	197	00:15:31	188	00:15:36	193	Ruhrläufer
53	HISCHER Kerstin		555	9 W45F	01:01:49	01:01:49	195	01:01:34	195	00:15:02	199	00:15:04	190	00:15:33	190	00:15:49	201	keine Angabe
54	PECH Steffi		364	12 HKF	01:02:00	01:02:00	196	01:01:48	198	00:14:01	156	00:15:18	199	00:16:02	198	00:16:18	206	Hämatomies
55	MÜLLER Ute		545	5 W55F	01:02:01	01:02:01	197	01:01:46	196	00:14:58	197	00:15:16	195	00:15:42	194	00:15:43	198	keine Angabe
56	BRKIC Nicole		260	10 W40F	01:02:13	01:02:13	199	01:01:48	199	00:15:18	206	00:14:58	186	00:16:02	199	00:15:30	190	keine Angabe
57	MARTINEZ JIMENEZ Kristin Carr		468	8 W35F	01:02:14	01:02:14	200	01:02:06	200	00:13:56	155	00:15:25	200	00:16:10	204	00:16:20	208	keine Angabe
58	DR EICHENAUER Ulrike		578	9 W50F	01:02:27	01:02:27	201	01:02:11	201	00:14:55	196	00:15:35	203	00:15:46	195	00:15:48	200	keine Angabe
59	BOSCH Sandra		254	10 W45F	01:04:08	01:04:08	205	01:03:58	206	00:15:40	210	00:15:41	204	00:16:04	202	00:16:24	211	keine Angabe
60	FÜRSTENAU Stephanie		288	11 W45F	01:04:19	01:04:19	206	01:03:56	205	00:13:56	205	00:15:47	214	00:16:13	214	00:16:19	208	Ausdauerschule by bunert
61	TEPEL Irina		423	10 W50F	01:04:27	01:04:27	207	01:04:12	207	00:16:11	220	00:15:53	209	00:15:42	193	00:16:20	207	LT Wischlingen Dortmund
62	REIBERG Margit		380	11 W40F	01:04:36	01:04:36	208	01:04:16	208	00:15:37	209	00:16:03	211	00:16:13	205	00:16:22	210	Puls 190-effektiv trainieren
63	GROTE Carolin		297	13 HKF	01:04:37	01:04:37	210	01:04:23	211	00:14:27	180	00:15:42	206	00:17:16	220	00:16:56	218	Sportkinder e.V.
64	WÜSTEWALD Nina		458	14 HKF	01:04:44	01:04:44	211	01:04:22	209	00:16:33	226	00:15:54	210	00:15:55	197	00:15:59	202	keine Angabe
65	SIMON Bianca		413	12 W40F	01:04:57	01:04:57	212	01:04:36	212	00:15:44	211	00:16:15	216	00:16:32	211	00:16:05	204	TAS Mülheim GmbH
66	SCHMITZ Daniela		398	12 W45F	01:05:05	01:05:05	213	01:04:47	213	00:15:56	215	00:16:09	212	00:16:22	209	00:16:16	205	keine Angabe
67	HAUSER Nicole		304	13 W45F	01:05:20	01:05:20	215	01:05:00	215	00:15:45	212	00:16:14	215	00:16:33	212	00:16:27	212	TAS Mülheim GmbH
68	WAGNER Melanie		443	13 W40F	01:05:24	01:05:24	216	01:05:05	216	00:16:15	221	00:15:52	207	00:16:24	210	00:16:32	213	keine Angabe
69	MANDEL Bärbel		340	1 W75F	01:05:55	01:05:55	217	01:05:51	217	00:15:46	213	00:16:13	213	00:16:40	214	00:16:52	216	TUS Scharmhorst
70	LANFER Fiona	UNI	333	14 W45F	01:07:00	01:07:00	218	01:06:40	218	00:16:04	216	00:16:27	218	00:17:06	219	00:17:03	220	keine Angabe
71	FRINGS Aleksandra		285	9 W35F	01:07:31	01:07:31	219	01:07:22	219	00:14:44	192	00:17:05	225	00:17:49	228	00:17:31	222	keine Angabe
72	AßMANN Heidrun		241	10 W35F	01:07:57	01:07:57	220	01:07:35	221	00:17:05	231	00:16:36	220	00:16:57	217	00:16:55	217	keine Angabe
73	PFINGSTEN Jennifer		368	11 W35F	01:07:58	01:07:58	221	01:07:33	220	00:16:08	219	00:16:30	219	00:17:02	218	00:17:55	231	keine Angabe
74	KÄMPFER Karin		332	11 W50F	01:08:24	01:08:24	222	01:08:03	222	00:16:07	218	00:16:53	222	00:17:18	222	00:17:46	224	Lauffieber Dortmund
75	HARTUNG Julia		303	15 HKF	01:08:53	01:08:53	224	01:08:32	224	00:16:35	227	00:16:39	221	00:17:27	223	00:17:48	226	keine Angabe
76	RUHL Kathi		386	16 HKF	01:09:47	01:09:47	225	01:09:37	225	00:16:26	225	00:17:02	223	00:17:54	230	00:18:02	232	Vater-Tochter
77	VERTHUN Inga		362	5 W30F	01:10:47	01:10:47	227	01:10:29	227	00:17:21	237	00:17:18	227	00:17:37	226	00:18:05	234	keine Angabe
78	PFEIFFER Sabine		367	12 W35F	01:10:48	01:10:48	228	01:10:29	228	00:17:21	236	00:17:17	226	00:17:37	227	00:18:06	235	keine Angabe
79	VETTERLEIN Rita		436	12 W50F	01:10:57	01:10:57	229	01:10:40	230	00:17:01	228	00:17:42	235	00:18:00	233	00:17:52	230	keine Angabe
80	FRERICK Katrin		283	14 W40F	01:10:58	01:10:58	230	01:10:40	229	00:17:01	229	00:17:42	234	00:17:59	232	00:17:52	229	keine Angabe
81	FRITZ Daniela		504	15 W40F	01:11:06	01:11:06	231	01:10:45	231	00:17:48	243	00:17:20	228	00:17:56	231	00:17:40	223	keine Angabe
82	DONAT Sandra		273	13 W35F	01:11:10	01:11:10	232	01:11:03	233	00:16:21	223	00:17:38	232	00:17:35	225	00:19:13	238	keine Angabe
83	GARCIA NAVAS Silke		289	13 W50F	01:11:10	01:11:10	233	01:11:02	232	00:16:20	222	00:17:38	233	00:17:35	224	00:19:13	239	keine Angabe
84	AST Julia		238	14 W35F	01:11:24	01:11:24	234	01:11:04	234	00:17:06	232	00:17:49	238	00:18:22	236	00:17:48	225	keine Angabe
85	MEES Alice		345	15 W45F	01:11:34	01:11:34	236	01:11:13	237	00:17:44	242	00:17:30	230	00:18:11	234	00:17:49	227	Lauffieber Dortmund
86	BOUWERS Sonja		255	16 W40F	01:11:36	01:11:36	237	01:11:10	236	00:17:49	244	00:17:49	237	00:18:29	237	00:17:08	221	keine Angabe
87	ADAMEK Stefanie		236	15 W35F	01:12:31	01:12:31	239	01:12:08	239	00:17:26	238	00:17:37	231	00:18:31	238	00:18:34	236	keine Angabe
88	KNOCH Martina		321	16 W45F	01:14:58	01:14:58	241	01:14:35	241	00:17:44	241	00:18:40	241	00:19:05	241	00:19:03	237	Lauffieber Dortmund
89	MECCANICO Lorraine		344	17 HKF	01:15:09	01:15:09	242	01:14:56	242	00:17:11	234	00:19:20	244	00:18:56	239	00:19:23	241	keine Angabe
90	PESCH Maren		365	18 HKF	01:15:17	01:15:17	243	01:15:04	243	00:17:13	235	00:19:18	243	00:19:09	242	00:19:14	240	keine Angabe
91	FEINDT Pheldra		469	16 W35F	01:16:00	01:16:00	244	01:15:53	244	00:17:40	240	00:18:56	242	00:19:37	243	00:19:25	242	keine Angabe
DSQ	WESSELS Lisa		449	- W30F	-	-	-	-	-	00:02:07	-	-	-	-	-	-	-	Ruhrläufer Schwerte

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
1	NEUHAUS Christof		359	1 M30M	00:34:25	00:34:25	1	00:34:24	1	00:08:04	1	00:08:35	1	00:08:44	1	00:08:50	1	bunert Running Team Dortmund
2	DALE Robbie		268	1 HKM	00:36:57	00:36:57	2	00:36:54	2	00:08:46	2	00:09:01	2	00:09:27	3	00:09:30	3	Kölnener Triathlon Team 01
3	KAMP Mathias		317	1 M50M	00:37:52	00:37:52	3	00:37:50	3	00:09:22	5	00:09:25	3	00:09:26	2	00:09:27	2	LT Bittermark Dortmund
4	NIESSNER Jannick		360	2 HKM	00:38:43	00:38:43	4	00:38:42	4	00:09:19	3	00:09:35	4	00:09:45	4	00:09:50	5	Hartman Triathlon Team TVG Kaiserau
5	RÖDDER Tim		387	3 HKM	00:39:31	00:39:31	5	00:39:28	5	00:09:34	8	00:09:54	5	00:10:04	6	00:09:46	4	Viemärker Dortmund
6	CAM Sefai		546	1 M45M	00:39:51	00:39:51	6	00:39:48	6	00:09:39	11	00:10:06	7	00:10:01	5	00:09:53	6	ZONGuldAKSPOR Herne
7	DR. FISCHER Jens		467	2 M50M	00:40:10	00:40:10	7	00:40:08	7	00:09:36	9	00:09:58	6	00:10:10	8	00:10:11	10	Trinitas
8	STOLECKI Stephan		548	3 M50M	00:40:23	00:40:23	8	00:40:18	8	00:09:43	15	00:10:07	8	00:10:09	7	00:10:08	9	LC Rapid Dortmund
9	FENNER Pascal		582	4 HKM	00:40:38	00:40:38	9	00:40:31	9	00:09:52	17	00:10:11	12	00:10:22	11	00:10:01	7	GD-Running
10	SHI Jingxie		574	1 M55M	00:40:50	00:40:50	10	00:40:46	10	00:09:54	18	00:10:16	13	00:10:21	10	00:10:07	8	LGO Bochum
11	HMIÉLOSZ Sven		583	5 HKM	00:40:51	00:40:51	11	00:40:49	12	00:09:23	6	00:10:20	14	00:10:29	14	00:10:20	12	BBW Volmarstein
12	BELLER Roman		576	1 M35M	00:40:55	00:40:55	12	00:40:49	11	00:09:58	19	00:10:10	11	00:10:23	12	00:10:12	11	LC Rapid Dortmund
13	NAUMANN Rainer		356	4 M50M	00:40:59	00:40:59	13	00:40:55	13	00:09:40	12	00:10:08	10	00:10:25	13	00:10:30	16	LT Bittermark Dortmund
14	TEBEL Tim		422	6 HKM	00:41:25	00:41:25	14	00:41:22	14	00:09:20	4	00:10:07	9	00:10:55	17	00:10:46	20	TVG Kaiserau
15	GROTHAUS Julian		298	7 HKM	00:41:51	00:41:51	15	00:41:47	16	00:09:29	7	00:10:39	20	00:10:46	16	00:10:42	17	Tri Geckos Dortmund
16	WORTMANN Sven		457	8 HKM	00:41:51	00:41:51	16	00:41:39	15	00:10:30	30	00:10:24	16	00:10:21	9	00:10:26	13	keine Angabe
17	BÖCKENHOLT Nils		262	2 M30M	00:42:02	00:42:02	17	00:41:58	17	00:09:43	14	00:10:42	21	00:10:58	20	00:10:27	14	Siena Garden
18	PUCHTINGER Stefan		374	2 M45M	00:42:06	00:42:06	18	00:42:02	18	00:09:42	13	00:10:31	17	00:11:09	27	00:10:29	15	bunert Running Team Dortmund
19	HOCKAMP Gregor		311	2 M35M	00:42:13	00:42:13	19	00:42:10	19	00:09:46	16	00:10:35	18	00:10:56	19	00:10:43	18	bunert Running Team Dortmund
20	VOEWKER Sergej		551	3 M45M	00:42:40	00:42:40	20	00:42:38	20	00:09:38	10	00:10:50	25	00:10:58	21	00:10:57	23	keine Angabe
21	REDWANZ Markus		573	4 M45M	00:42:49	00:42:49	21	00:42:42	21	00:10:38	33	00:10:24	15	00:10:40	15	00:10:50	21	Weekend Runners
22	HESSE Fabian		414	1 M40M	00:42:52	00:42:52	22	00:42:45	22	00:10:07	20	00:10:47	23	00:11:00	22	00:10:44	19	Lauffieber Dortmund
23	WIECZOREK Claus		575	5 M50M	00:43:07	00:43:07	23	00:43:03	23	00:10:21	23	00:10:44	22	00:10:56	18	00:10:53	22	Viemärker Dortmund
24	KRATZ Sebastian		327	3 M35M	00:43:48	00:43:48	24	00:43:40	24	00:10:19	22	00:10:49	24	00:11:11	28	00:11:14	28	keine Angabe
25	SCHERWATH Sandro		393	2 M40M	00:43:51	00:43:51	25	00:43:44	25	00:10:22	24	00:10:37	19	00:11:07	25	00:11:30	38	keine Angabe
26	STRUß Dirk		416	6 M50M	00:43:53	00:43:53	26	00:43:46	26	00:10:37	32	00:10:57	27	00:11:02	23	00:11:03	25	keine Angabe
27	NIGL Helge		361	5 M45M	00:44:02	00:44:02	27	00:43:57	27	00:10:15	21	00:11:04	29	00:11:09	26	00:11:18	32	ConPoint
28	SABLINSKI Arne		466	4 M35M	00:44:19	00:44:19	28	00:44:14	28	00:10:24	25	00:11:09	32	00:11:23	30	00:11:08	26	keine Angabe
29	BESTE Michael		249	3 M40M	00:44:31	00:44:31	29	00:44:31	31	00:10:59	42	00:11:11	33	00:11:07	24	00:11:01	24	LC Rapid Dortmund 2000
30	KALANDAROV Manuchekhr		559	1 U18M	00:44:32	00:44:32	30	00:44:24	29	00:10:39	34	00:10:57	26	00:11:30	33	00:11:12	27	LA Lunas
31	BARTENSTEIN Philipp		242	3 M30M	00:44:36	00:44:36	31	00:44:25	30	00:10:45	36	00:11:01	28	00:11:23	31	00:11:14	29	Pace Pack Runners
32	SCHRADER Thomas		521	2 M55M	00:44:38	00:44:38	32	00:44:32	32	00:10:30	29	00:11:08	31	00:11:29	32	00:11:15	30	LT Bittermark Dortmund
33	RENKA Thorsten		381	6 M45M	00:44:58	00:44:58	33	00:44:55	34	00:10:25	26	00:11:19	37	00:11:35	37	00:11:25	36	Pace Pack Runners
34	GEBAUER Bernd		291	7 M50M	00:44:59	00:44:59	34	00:44:52	33	00:10:52	38	00:11:16	35	00:11:20	29	00:11:18	33	Miebach GmbH
35	PHILIPP Michael		564	5 M35M	00:45:20	00:45:20	35	00:45:16	35	00:10:42	35	00:11:29	41	00:11:31	34	00:11:24	35	Ruhrläufer Schwerte
36	SOKOLOWSKI Jacek		557	7 M45M	00:45:40	00:45:40	37	00:45:35	37	00:10:29	28	00:11:04	30	00:11:33	36	00:12:19	73	LA Lunas
37	DIALLO Amadou		558	2 U18M	00:45:44	00:45:44	38	00:45:38	39	00:10:55	40	00:11:16	36	00:11:39	41	00:11:36	40	LA Lunas
38	BURKARD Christoph		464	3 M55M	00:45:47	00:45:47	39	00:45:41	40	00:11:14	57	00:11:29	40	00:11:31	35	00:11:19	34	KCL Bochum
39	BAUERMANN Sascha		243	4 M40M	00:45:49	00:45:49	40	00:45:36	38	00:10:54	39	00:11:13	34	00:11:38	40	00:11:46	43	Running Team Grafenberg
40	WOLFF Karsten		471	8 M50M	00:46:14	00:46:14	42	00:46:08	41	00:11:04	51	00:11:27	39	00:11:41	42	00:11:46	45	keine Angabe
41	MARTINEZ LOPEZ Alfredo		477	5 M40M	00:46:18	00:46:18	44	00:46:14	44	00:10:36	31	00:11:33	44	00:11:52	46	00:12:00	54	keine Angabe
42	KOZIANKA Thomas		537	6 M40M	00:46:27	00:46:27	45	00:46:16	45	00:11:05	52	00:11:33	45	00:11:50	45	00:11:45	42	SC Bayer 05 Uerdingen
43	WAGNER Andreas		442	4 M30M	00:46:28	00:46:28	46	00:46:17	46	00:11:03	47	00:11:30	42	00:11:55	49	00:11:46	46	Marathon Soest
44	PAVLOVIC Anton		571	1 M65M	00:46:38	00:46:38	47	00:46:35	48	00:11:03	48	00:11:40	48	00:11:53	47	00:11:49	48	Fokus Selm
45	STARINK Mike		556	7 M40M	00:46:41	00:46:41	48	00:46:31	47	00:10:48	37	00:11:34	46	00:12:03	54	00:12:00	53	keine Angabe
46	RICHTER Marc		382	6 M35M	00:46:47	00:46:47	49	00:46:40	49	00:11:44	71	00:11:53	55	00:11:36	38	00:11:17	31	LT Bittermark Dortmund
47	SCHMIDT Carsten		396	9 HKM	00:47:08	00:47:08	50	00:47:06	50	00:11:20	59	00:11:52	54	00:11:57	50	00:11:46	44	Pace Pack Runners
48	OLEJNICZAK Stefan		577	1 M60M	00:47:14	00:47:14	52	00:47:08	51	00:11:15	58	00:11:51	53	00:12:00	51	00:11:52	50	Dortmund
49	KAI Gottschalk		315	8 M40M	00:47:25	00:47:25	53	00:47:21	53	00:11:09	55	00:11:47	51	00:12:11	60	00:12:02	55	Fußpilz e.V.

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
50	JUNDEL Sven		580	5 M30M	00:47:37	00:47:37	54	00:47:27	54	00:11:02	46	00:11:42	50	00:12:25	69	00:12:11	63	GBS United
51	MAZUREK Jürgen		552	2 M65M	00:47:48	00:47:48	55	00:47:46	56	00:11:02	45	00:12:07	63	00:12:10	59	00:12:13	66	TUS Scharnhorst
52	RATHJE Erik		567	10 HKM	00:47:58	00:47:58	56	00:47:45	55	00:11:45	72	00:11:48	52	00:12:07	56	00:12:02	56	Tri Geckos Dortmund
53	WEBER Dirk		445	8 M45M	00:48:06	00:48:06	57	00:48:02	58	00:11:12	56	00:11:54	56	00:12:19	62	00:12:22	76	TTV DJK Herten/Disteln 1997 e.V.
54	KLOTZ Volker		320	9 M40M	00:48:10	00:48:10	58	00:47:59	57	00:11:27	60	00:12:11	67	00:12:23	67	00:11:51	49	keine Angabe
55	SEICHE Frank		407	9 M45M	00:48:17	00:48:17	59	00:48:11	60	00:11:42	70	00:12:06	61	00:12:20	64	00:11:53	51	LT Bittermark Dortmund
56	CHERUBIN-TEINERT Michael		264	10 M45M	00:48:24	00:48:24	60	00:48:11	61	00:11:50	76	00:12:19	72	00:12:04	55	00:11:54	52	Schule am Marsbruch
57	MERCHEL Robin		530	11 HKM	00:48:25	00:48:25	61	00:48:12	62	00:11:06	53	00:11:59	57	00:12:53	82	00:12:14	70	TLV-Rünthe
58	KRAUSE Michael		328	6 M30M	00:48:26	00:48:26	62	00:48:07	59	00:11:40	69	00:12:04	58	00:12:20	63	00:12:08	60	keine Angabe
59	MAERVOET Markus		549	10 M40M	00:48:30	00:48:30	63	00:48:19	63	00:12:00	82	00:12:07	62	00:12:01	52	00:12:07	58	Central Laufteam
60	DIETRICH Frank		272	9 M50M	00:48:39	00:48:39	64	00:48:24	64	00:12:17	97	00:12:05	59	00:11:55	48	00:12:05	57	Ruderklub Westfalen Herdecke
61	HANKEL Peter		572	4 M55M	00:48:42	00:48:42	65	00:48:27	65	00:11:51	77	00:12:09	65	00:12:09	58	00:12:14	68	keine Angabe
62	KLITZKA Michael		542	7 M30M	00:48:50	00:48:50	66	00:48:27	66	00:12:06	86	00:12:09	64	00:12:12	61	00:12:08	59	Huckschlag
63	TROMPETER Michael		568	11 M40M	00:48:54	00:48:54	67	00:48:47	68	00:11:36	66	00:12:10	66	00:12:23	66	00:12:28	81	keine Angabe
64	MANKIEWICZ Thomas		341	12 M40M	00:48:59	00:48:59	68	00:48:47	69	00:11:33	62	00:12:23	74	00:12:30	70	00:12:17	72	PV-Triathlon Witten
65	FOMBA Souleymane		560	3 U18M	00:49:03	00:49:03	70	00:48:54	71	00:11:04	50	00:12:15	68	00:13:05	91	00:12:25	79	LA Lunas
66	TITTMANN Gerd		426	10 M50M	00:49:08	00:49:08	71	00:49:04	73	00:11:31	61	00:12:28	79	00:12:34	73	00:12:23	77	LT Wischlingen Dortmund
67	SCHENZER Marvin		540	12 HKM	00:49:18	00:49:18	73	00:48:52	70	00:12:36	103	00:12:06	60	00:12:08	57	00:12:13	67	Bad Kingdom
68	MÜHLHANS Tobias		354	7 M35M	00:49:20	00:49:20	74	00:49:11	75	00:11:57	78	00:12:16	70	00:12:36	77	00:12:14	69	keine Angabe
69	MÜHLHANS Timo		353	13 M40M	00:49:20	00:49:20	75	00:49:12	76	00:11:57	79	00:12:16	69	00:12:36	78	00:12:13	65	keine Angabe
70	KREUL Reiner		329	11 M50M	00:49:23	00:49:23	76	00:49:09	74	00:12:11	91	00:12:26	76	00:12:20	65	00:12:11	61	Puls 190-effektiv trainieren
71	CHRISTIANSEN Karl		465	8 M35M	00:49:27	00:49:27	78	00:49:21	79	00:11:09	54	00:12:35	89	00:13:14	96	00:12:11	62	keine Angabe
72	KOZIANKA Ulrich		538	9 M35M	00:49:29	00:49:29	79	00:49:19	78	00:11:33	63	00:12:23	75	00:12:47	80	00:12:30	82	keine Angabe
73	LECHTENFELD Tim		336	10 M35M	00:49:43	00:49:43	80	00:49:32	80	00:11:35	65	00:12:34	88	00:12:53	81	00:12:23	78	keine Angabe
74	BRANDT Heiko		256	11 M35M	00:49:49	00:49:49	81	00:49:36	81	00:12:16	95	00:12:20	73	00:12:36	75	00:12:21	74	LC Rapid Dortmund
75	JUSTKE Matthes		314	5 M55M	00:49:50	00:49:50	82	00:49:38	82	00:12:16	94	00:12:19	71	00:12:36	74	00:12:22	75	LT Wischlingen Dortmund
76	PFALZ Ulrich		366	2 M60M	00:49:51	00:49:51	83	00:49:39	83	00:11:57	80	00:12:32	84	00:12:39	79	00:12:26	80	PV_TRIATLON WITTEN
77	FLUEGEL Bernd		544	12 M50M	00:50:19	00:50:19	84	00:50:17	85	00:11:38	68	00:12:33	87	00:12:57	85	00:12:54	87	TUS Scharnhorst
78	KEIL Patrick		484	12 M35M	00:50:20	00:50:20	85	00:50:14	84	00:11:48	74	00:12:26	77	00:12:55	83	00:12:55	88	keine Angabe
79	BOOS Olli		253	11 M45M	00:50:34	00:50:34	87	00:50:24	86	00:12:08	89	00:12:36	90	00:12:32	71	00:13:01	93	keine Angabe
80	HANNEMANN Ron		569	13 HKM	00:51:20	00:51:20	92	00:51:10	91	00:12:16	96	00:12:33	86	00:13:17	99	00:12:59	90	Non-Stop-Ultra
81	POUGIN Patrick		371	14 M40M	00:51:27	00:51:27	94	00:51:22	94	00:11:01	43	00:12:49	94	00:13:44	119	00:13:32	113	keine Angabe
82	SCHROEDER Kai		400	8 M30M	00:51:51	00:51:51	96	00:51:27	96	00:12:46	111	00:12:42	93	00:13:03	89	00:13:01	92	keine Angabe
83	GLOBERT Patrick		295	9 M30M	00:52:02	00:52:02	97	00:51:48	97	00:12:59	116	00:13:03	103	00:13:08	93	00:12:33	84	keine Angabe
84	BAUMEISTER Dirk		244	13 M50M	00:52:31	00:52:31	99	00:52:11	99	00:12:47	112	00:12:49	96	00:13:20	100	00:13:19	106	Miebach GmbH
85	THEIS Thorsten		424	15 M40M	00:52:33	00:52:33	100	00:52:28	102	00:12:08	87	00:12:32	83	00:13:41	118	00:13:56	129	Puls 190-effektiv trainieren
86	CHRISTIAN Torsten		265	14 M50M	00:52:44	00:52:44	101	00:52:21	100	00:12:32	102	00:13:19	110	00:13:27	105	00:13:10	102	Ausdauerschule by bunert
87	SCHOLZ Marcel		399	13 M35M	00:52:47	00:52:47	102	00:52:26	101	00:12:04	84	00:13:00	101	00:13:41	117	00:13:37	115	Houghton Runners
88	GERBERSMANN Ralf		292	14 M35M	00:52:49	00:52:49	103	00:52:31	103	00:12:56	115	00:13:02	102	00:13:27	107	00:13:06	98	LT Sümmer 15
89	VILLWOCK Daniel		437	16 M40M	00:53:04	00:53:04	106	00:52:41	104	00:12:43	106	00:13:07	105	00:13:15	97	00:13:39	117	Goethe läuft
90	WALTER Florian		444	14 HKM	00:53:20	00:53:20	108	00:53:05	108	00:12:52	113	00:12:57	100	00:13:51	122	00:13:23	108	Team Erdinger Alkoholfrei
91	STEINBRENNER Igor		543	15 M35M	00:53:33	00:53:33	109	00:53:13	110	00:12:28	101	00:13:19	112	00:13:55	127	00:13:39	116	Matecra GmbH
92	RADZANOWSKI Thomas		379	15 M50M	00:53:36	00:53:36	110	00:53:12	109	00:13:39	139	00:13:07	106	00:13:21	101	00:13:12	104	LT Brechten
93	ERNST Wilfried		277	6 M55M	00:53:56	00:53:56	111	00:53:52	116	00:13:22	128	00:13:30	119	00:13:29	110	00:13:16	105	keine Angabe
94	DICKES Michael		270	12 M45M	00:54:00	00:54:00	112	00:53:45	114	00:13:21	126	00:13:17	109	00:13:27	104	00:13:36	114	Ballettschule Müller
95	WESSEL Bernd		566	7 M55M	00:54:03	00:54:03	114	00:53:46	115	00:13:54	148	00:13:48	133	00:12:55	84	00:13:09	100	Tri Geckos Dortmund
96	URBAN Danny		432	10 M30M	00:54:04	00:54:04	116	00:53:43	113	00:13:23	131	00:13:22	115	00:13:37	115	00:13:29	112	keine Angabe
97	FÖRSTER Sebastian		287	15 HKM	00:54:13	00:54:13	118	00:53:58	118	00:12:45	110	00:13:20	113	00:13:58	133	00:13:51	126	LT Wischlingen Dortmund
98	ZIEBARTH Detlef		459	3 M65M	00:54:23	00:54:23	119	00:54:18	119	00:13:07	117	00:13:42	123	00:13:51	120	00:13:26	110	ohne



Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
99	SCHÖNEBORN Lars		405	16 HKM	00:54:42	00:54:42	122	00:54:19	121	00:13:22	129	00:13:43	125	00:13:57	130	00:13:25	109	keine Angabe
100	WOBST Patrick		455	11 M30M	00:54:47	00:54:47	123	00:54:25	123	00:13:15	121	00:13:23	116	00:13:53	125	00:13:59	131	eASTCOASTWESTCOAST
101	MEISTER Ralf		348	16 M50M	00:54:48	00:54:48	124	00:54:44	124	00:12:39	104	00:14:05	140	00:13:56	128	00:13:50	125	keine Angabe
102	GRÜNE Martin		300	8 M55M	00:54:57	00:54:57	125	00:54:51	126	00:12:09	90	00:13:34	121	00:14:14	137	00:14:38	161	Viermärker Dortmund
103	FLEISCHER Stephan		282	12 M30M	00:55:10	00:55:10	127	00:54:52	127	00:13:51	145	00:13:43	124	00:13:40	116	00:13:40	118	Team Klimbim
104	MUETZE Klaus		351	13 M45M	00:55:12	00:55:12	128	00:54:57	128	00:13:19	125	00:13:30	120	00:13:51	121	00:14:07	138	keine Angabe
105	BECKER-FRENTRUP Ingo		247	14 M45M	00:55:39	00:55:39	130	00:55:20	130	00:13:40	140	00:13:48	132	00:14:03	136	00:13:48	123	keine Angabe
106	URBANIAK Hans		563	17 M50M	00:55:44	00:55:44	131	00:55:27	132	00:13:55	152	00:13:49	134	00:13:52	123	00:13:50	124	Endorphinjunkies Dortmund
107	BEUTLER Patrick		250	13 M30M	00:55:47	00:55:47	132	00:55:25	131	00:14:20	167	00:13:41	122	00:13:28	108	00:13:54	127	keine Angabe
108	GAWLICZEK Patrick		290	17 HKM	00:56:07	00:56:07	134	00:55:55	134	00:12:45	108	00:14:22	153	00:14:38	151	00:14:03	133	Appledash
109	HEIMANN Christopher		305	16 M35M	00:56:32	00:56:32	139	00:56:03	137	00:14:35	184	00:13:49	135	00:13:52	124	00:13:55	128	keine Angabe
110	SCHMIDT Sebastian		397	14 M30M	00:56:38	00:56:38	140	00:56:15	139	00:14:42	191	00:13:46	130	00:13:36	113	00:14:13	143	Avantgarde FSB
111	KONING Christopher		322	17 M35M	00:56:50	00:56:50	141	00:56:28	141	00:14:30	182	00:13:56	136	00:13:54	126	00:14:10	139	Team Nolan 2017
112	QUANTE Stefan		376	18 M35M	00:56:51	00:56:51	142	00:56:34	142	00:13:47	143	00:13:59	137	00:14:15	138	00:14:31	155	keine Angabe
113	ALBRECHT Uwe		237	3 M60M	00:57:05	00:57:05	143	00:56:50	144	00:13:21	127	00:14:16	148	00:14:34	149	00:14:34	158	LT Wischlingen Dortmund
114	RACK Marcel		378	15 M45M	00:57:08	00:57:08	144	00:56:53	145	00:13:30	136	00:14:12	144	00:14:45	158	00:14:21	151	keine Angabe
115	SELLENY Dirk		409	16 M45M	00:57:45	00:57:45	148	00:57:28	150	00:14:19	164	00:14:19	151	00:14:40	154	00:14:11	142	Team Klimbim
116	DELBOS Claudius		269	19 M35M	00:57:47	00:57:47	151	00:57:28	151	00:13:54	146	00:14:26	161	00:14:56	167	00:14:14	145	Hüttenhospital
117	STÖTZEL Christian		245	18 HKM	00:57:48	00:57:48	152	00:57:39	152	00:14:26	174	00:14:23	155	00:14:32	147	00:14:10	140	keine Angabe
118	ZIMMERMANN Frederik		461	20 M35M	00:58:24	00:58:24	157	00:58:07	157	00:14:40	190	00:14:19	150	00:14:30	145	00:14:42	164	LT Bittermark Dortmund
119	GRODD Burkhard		296	4 M60M	00:58:37	00:58:37	162	00:58:14	162	00:15:18	204	00:14:28	166	00:14:27	142	00:14:05	135	Lauffieber Dortmund
120	SEEGER Burkhard		406	18 M50M	00:58:37	00:58:37	163	00:58:14	160	00:15:18	205	00:14:28	167	00:14:27	143	00:14:05	136	Lauffieber Dortmund
121	SCHEDLER Christoph		391	15 M30M	00:58:40	00:58:40	165	00:58:14	161	00:14:34	183	00:14:36	172	00:14:52	166	00:14:20	150	keine Angabe
122	LINDEMANN Uwe		547	19 M50M	00:58:43	00:58:43	166	00:58:30	166	00:14:25	170	00:14:06	142	00:14:47	162	00:15:02	176	TUS Scharnhorst
123	HEIN Stefan		307	21 M35M	00:58:50	00:58:50	167	00:58:33	167	00:13:47	142	00:14:42	175	00:15:32	189	00:14:35	159	keine Angabe
124	WEGHOFFER Felix		447	22 M35M	00:58:56	00:58:56	169	00:58:36	168	00:14:27	177	00:14:13	146	00:14:46	160	00:15:08	178	Miebach GmbH
125	BERGMANN Jörg		325	17 M40M	00:58:57	00:58:57	170	00:58:42	170	00:13:25	133	00:14:33	168	00:15:01	174	00:15:39	195	Puls 190-effektiv trainieren
126	NEUHAUS Bastian		358	23 M35M	00:59:07	00:59:07	171	00:58:50	171	00:13:19	124	00:14:35	170	00:15:31	186	00:15:19	183	Ruhrläufer Schwerte
127	BÜGE Gabriel		263	19 HKM	00:59:08	00:59:08	172	00:58:50	172	00:14:38	188	00:14:54	181	00:14:49	164	00:14:34	156	Team Klimbim
128	MOLLENHAUER Kevin		350	20 HKM	00:59:09	00:59:09	173	00:58:51	173	00:14:38	187	00:14:54	180	00:14:50	165	00:14:34	157	Team Klimbim
129	HENSLER Frank		309	17 M45M	00:59:13	00:59:13	174	00:58:57	174	00:14:23	168	00:14:45	177	00:14:56	171	00:14:49	168	BSG STEAG
130	BÖSE Thomas		581	18 M40M	00:59:31	00:59:31	175	00:59:23	177	00:13:36	138	00:14:52	179	00:15:51	196	00:14:51	171	One Man Show Essen
131	SEILER Wenzel		408	16 M30M	00:59:36	00:59:36	176	00:59:17	175	00:14:36	185	00:14:56	184	00:15:15	181	00:14:27	152	keine Angabe
132	NAWRATH Florian		357	24 M35M	00:59:44	00:59:44	178	00:59:30	179	00:14:12	162	00:14:39	174	00:15:19	182	00:15:13	181	keine Angabe
133	SCHWARZMANN Daniel		402	25 M35M	00:59:44	00:59:44	179	00:59:30	178	00:14:24	169	00:14:26	163	00:15:21	184	00:15:12	179	keine Angabe
134	ZUMBUSCH Dennis		462	18 M45M	00:59:47	00:59:47	180	00:59:32	180	00:13:30	135	00:14:44	176	00:15:22	185	00:15:48	199	keine Angabe
135	KRON Leon		330	4 U18M	00:59:49	00:59:49	181	00:59:46	185	00:13:55	150	00:15:14	193	00:14:57	172	00:15:26	189	Sportkinder e. V.
136	PAETSCH Stefan		363	20 M50M	00:59:54	00:59:54	182	00:59:33	182	00:14:28	181	00:14:36	171	00:15:09	179	00:15:21	186	Lauffreff Schü 68
137	ROSTEK Christof		383	9 M55M	00:59:57	00:59:57	184	00:59:37	183	00:14:58	198	00:15:02	187	00:15:09	178	00:14:30	154	keine Angabe
138	SCHLÜCKING Fabian		395	26 M35M	01:00:03	01:00:03	185	00:59:39	184	00:14:50	195	00:14:55	182	00:15:05	175	00:14:55	174	Avantgarde FSB
139	STODIECK Jörg		415	21 M50M	01:00:30	01:00:30	187	01:00:13	187	00:15:11	202	00:15:03	188	00:15:07	176	00:14:48	166	keine Angabe
140	KOMOREK Marco		561	5 U18M	01:00:55	01:00:55	188	01:00:47	189	00:13:30	134	00:15:26	201	00:16:40	213	00:15:05	177	LA Lunas
141	THIEL Marvin		425	21 HKM	01:00:59	01:00:59	190	01:00:47	188	00:14:26	173	00:15:16	196	00:15:31	187	00:15:19	184	Appledash
142	KORTE Hartmut		323	27 M35M	01:01:07	01:01:07	193	01:01:03	194	00:12:54	114	00:15:11	192	00:16:19	207	00:16:22	209	Running Turtles
143	BRKIC Josip		259	19 M40M	01:02:12	01:02:12	198	01:01:47	197	00:15:17	203	00:14:58	185	00:16:03	201	00:15:32	191	LT Bittermark Dortmund
144	ZIEHE Andre		460	22 M50M	01:02:29	01:02:29	202	01:02:16	202	00:14:46	194	00:15:31	202	00:16:07	203	00:15:43	197	Schule am Marsbruch
145	SALLERMANN Carsten		388	20 M40M	01:02:49	01:02:49	203	01:02:39	203	00:15:03	201	00:15:15	194	00:16:02	200	00:16:05	203	keine Angabe
146	FIEBACK Dirk		278	23 M50M	01:03:58	01:03:58	204	01:03:43	204	00:14:45	193	00:15:52	208	00:16:18	206	00:16:43	215	Puls 190-effektiv trainieren
147	SIEBERT Ramon		412	19 M45M	01:04:36	01:04:36	209	01:04:23	210	00:14:27	176	00:15:41	205	00:17:17	221	00:16:56	219	Sportkinder e.V.

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Netto	Platz	Runde 1	Platz	Runde 2	Platz	Runde 3	Platz	Runde 4	Platz	Verein
148	BUCHHOLZ Thorsten		261	28 M35M	01:05:10	01:05:10	214	01:04:51	214	00:16:05	217	00:16:16	217	00:16:54	216	00:15:32	192	Lauffreunde Bönen 1985 e.V.
149	GRÄFINGHOF Robert		299	10 M55M	01:08:47	01:08:47	223	01:08:20	223	00:17:28	239	00:17:25	229	00:16:49	215	00:16:43	214	Miebach GmbH
150	RUHL Cornelis		385	24 M50M	01:09:47	01:09:47	226	01:09:38	226	00:16:26	224	00:17:02	224	00:17:53	229	00:18:02	233	Vater-Tochter
151	AST Oliver		239	21 M40M	01:11:24	01:11:24	235	01:11:07	235	00:17:05	230	00:17:50	239	00:18:21	235	00:17:50	228	keine Angabe
152	FÄHNDRICH Moritz		286	1 U20M	01:11:53	01:11:53	238	01:11:51	238	00:14:27	178	00:17:47	236	00:19:46	244	00:19:40	244	Sportkinder e.V.
153	SCHEER Willi		392	1 M75M	01:14:31	01:14:31	240	01:14:12	240	00:17:10	233	00:18:22	240	00:18:59	240	00:19:37	243	LT Bittermark Dortmund
DSQ	WAGENER Thomas		441	0 M45M	00:03:45	00:03:45	-	00:03:45	-	-	-	-	-	-	-	-	-	Schule am Marsbruch
DNF	VERBOORD Mart	THE	435	0 M70M	01:01:04	01:01:04	-	01:00:47	-	00:24:09	-	00:24:42	-	00:11:55	-	-	-	Team Klimbim
DNF	SURMANN Michael		474	- M50M			-		-	00:12:25	-		-		-		-	keine Angabe