

30. Volkslauf Rund um den Allwetterzoo Münster - 21. April 2013

Gesamtergebnisliste - 10 km Volkslauf

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | |
|-----|-----|----|-----|--------------------------|-----------------------------|------|-----|-------------|
| 414 | 1. | | 1. | Koch, Fritz | LSF Münster | 1991 | 1. | MHK 34:21 |
| 449 | 2. | | 2. | Schulte-Zurhausen, Roman | Ausdauerschule by Bunert | 1984 | 2. | MHK 34:45 |
| 233 | 3. | | 3. | Fasel, Tim | LSF Münster | 1991 | 3. | MHK 34:53 |
| 257 | 4. | | 4. | Hug, Marc | Mountain Hardwear | 1980 | 1. | M30 36:49 |
| 243 | 5. | | 5. | Glowacki, Denni | SpVg Rinsdorf | 1988 | 4. | MHK 37:15 |
| 738 | 6. | | 6. | Schulze, Ralf | LSF Münster | 1976 | 1. | M35 38:09 |
| 402 | 7. | | 7. | Antonio, Balbino | LSF Münster | 1970 | 1. | M40 38:16 |
| 445 | 8. | | 8. | Schlenkhoff, Moritz | LSF Münster | 1985 | 5. | MHK 38:32 |
| 268 | 9. | | 9. | Kosakowski, Daniel | TuS Germania Horstmar | 1973 | 2. | M40 38:48 |
| 217 | 10. | | 10. | Bureck, Marc | | 1990 | 6. | MHK 39:08 |
| 244 | 11. | | 11. | Görlich, Reiner | TV Hohne | 1972 | 3. | M40 39:27 |
| 344 | 12. | | 12. | Bardtke, Thomas | BSG LVM-Versicherung | 1967 | 1. | M45 39:27 |
| 387 | 13. | | 13. | Vogt, Sven | Hundefreunde Lengerich e.V. | 1976 | 2. | M35 39:29 |
| 284 | 14. | | 14. | Meyer, Stephan | LSF Münster | 1970 | 4. | M40 39:41 |
| 293 | 15. | | 15. | Pezeschgi, Sirius | LSF Münster | 1962 | 1. | M50 39:46 |
| 403 | 16. | | 16. | Holtkötter, Michael | LSF Münster | 1956 | 1. | M55 39:52 |
| 437 | 17. | | 17. | Tatschke, Nico | Siefel e.V. | 1978 | 3. | M35 40:27 |
| 206 | 18. | | 18. | Bathe, Steven | Bathe Unna | 1986 | 7. | MHK 40:35 |
| 953 | 19. | 1. | | Schwefer, Ira | LSF Münster | 1970 | 1. | W40 40:55 |
| 952 | 20. | | 19. | Frauhe, Ralf | LSF Münster | 1966 | 2. | M45 40:56 |
| 428 | 21. | | 20. | Linnenbaum, Peter | LG Emsdetten | 1980 | 2. | M30 41:33 |
| 296 | 22. | 2. | | Postert, Christiane | LG Ems Warendorf | 1974 | 1. | W35 41:41 |
| 433 | 23. | 3. | | Hauertmann, Katharina | LSF Münster | 1976 | 2. | W35 41:54 |
| 356 | 24. | | 21. | Chrobak, Simon | Team ERDINGER Alkoholfrei | 1989 | 8. | MHK 41:55 |
| 269 | 25. | | 22. | Kozjan, Bogdan | Revival24.de | 1973 | 5. | M40 42:27 |
| 416 | 26. | | 23. | Remke, Tobias | WSU-Tri-Team Warendorf | 1972 | 6. | M40 42:29 |
| 360 | 27. | | 24. | Kortmann, Markus | Team ERDINGER Alkoholfrei | 1980 | 3. | M30 42:29 |
| 430 | 28. | | 25. | Priess, Michael | Houston | 1970 | 7. | M40 42:31 |
| 441 | 29. | | 26. | Matenar, Stefan | Fokus Selm | 1979 | 4. | M30 42:37 |
| 821 | 30. | | 27. | Schwenke, Carsten | FoKuS Selm | 1970 | 8. | M40 42:37 |
| 384 | 31. | 4. | | Kussmann, Karen | | 1985 | 1. | WHK 42:41 |
| 346 | 32. | | 28. | Dumschat-Hötte, Oliver | BSG LVM-Versicherung | 1970 | 9. | M40 42:48 |
| 240 | 33. | | 29. | Gerling, Hendrik | BSG Westfalen AG | 1977 | 4. | M35 42:50 |
| 393 | 34. | | 30. | Lütke-Schute, Siegfried | TuS Hilstrup | 1959 | 2. | M50 42:51 |
| 278 | 35. | | 31. | Lüdke, Frank | Tri Finish Münster | 1969 | 10. | M40 43:02 |
| 419 | 36. | | 32. | Borghoff, Fabian | Kein Mensch ist illegal | 1982 | 5. | M30 43:29 |
| 947 | 37. | | 33. | Weßner, Markus | Ratingen | 1962 | 3. | M50 43:30 |
| 439 | 38. | | 34. | Olschewski, Thomas | Münster | 1971 | 11. | M40 43:42 |
| 474 | 39. | | 35. | Gosheger, Sven | Drensteinfurt | 1994 | 1. | MJU20 44:05 |
| 969 | 40. | 5. | | Kortmann, Sonja | LG Ems WAF/Everswinkel | 1993 | 2. | WHK 44:06 |
| 353 | 41. | | 36. | Niemann, Ulrich | BSG LVM-Versicherung | 1966 | 3. | M45 44:20 |
| 448 | 42. | | 37. | Kröger, Ansgar | Tri Finish Münster | 1964 | 4. | M45 44:21 |
| 396 | 43. | | 38. | Albers, Michael | LSF Münster | 1959 | 4. | M50 44:38 |
| 392 | 44. | | 39. | Bartels, Ulrich | TuS Hilstrup | 1951 | 1. | M60 44:44 |
| 408 | 45. | | 40. | Keeren, Jörg | LSF Münster | 1964 | 5. | M45 44:51 |
| 329 | 46. | | 41. | Verhoeven, Wolfgang | Tri Finish Münster | 1950 | 2. | M60 45:00 |
| 444 | 47. | | 42. | Scholtz, Marcus | Kings of Creams | 1982 | 6. | M30 45:02 |
| 282 | 48. | 6. | | Mennemeyer, Nadine | PHYSIOeffekt Paderborn | 1975 | 3. | W35 45:12 |
| 267 | 49. | | 43. | Köhnlein, Christian | | 1984 | 9. | MHK 45:20 |
| 326 | 50. | | 44. | Tegethoff, Frank | PHYSIOeffekt Paderborn | 1973 | 12. | M40 45:24 |
| 301 | 51. | | 45. | Rücker, Jan | | 1984 | 10. | MHK 45:27 |
| 389 | 52. | 7. | | Weißensel, Hillu | TuS Deuz | 1964 | 1. | W45 45:38 |
| 310 | 53. | | 46. | Schuberth, Oliver | | 1983 | 7. | M30 45:53 |
| 280 | 54. | | 47. | Maikötter, Sven | | 1991 | 11. | MHK 45:58 |
| 298 | 55. | | 48. | Quattrocchi, Fulvio | LSF Münster | 1950 | 3. | M60 46:18 |
| 345 | 56. | | 49. | Buer, Andreas | BSG LVM-Versicherung | 1966 | 6. | M45 46:28 |
| 370 | 57. | 8. | | Schneider, Isabelle | TuS Deuz | 1988 | 3. | WHK 46:30 |
| 209 | 58. | | 50. | Besting, Ulrich | Aids-Hilfe Münster e.V. | 1958 | 2. | M55 46:33 |
| 350 | 59. | | 51. | Lanwehr, Uwe | BSG LVM-Versicherung | 1963 | 5. | M50 46:38 |
| 314 | 60. | | 52. | Schwienheer, Dirk | LSF Münster | 1969 | 13. | M40 46:38 |
| 460 | 61. | | 53. | Romary, Mirco | Münster | 1977 | 5. | M35 46:44 |
| 425 | 62. | 9. | | Devletli, Senem | Münster | 1982 | 1. | W30 46:45 |
| 275 | 63. | | 54. | Lemkau, Gerrit | | 1971 | 14. | M40 46:45 |
| 455 | 64. | | 55. | Kalender, Peter | Münster | 1984 | 12. | MHK 46:47 |
| 383 | 65. | | 56. | Hesper, Fabian | Aids-Hilfe Münster e.V. | 1989 | 13. | MHK 46:58 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | |
|-----|------|-----|------|-----------------------|---------------------------|------|----------|-------|
| 262 | 66. | | 57. | Kleiner, Axel | LG Emsdetten | 1958 | 3. M55 | 47:01 |
| 476 | 67. | | 58. | Schleicher, Thomas | Münster | 1964 | 7. M45 | 47:16 |
| 394 | 68. | | 59. | Zeidler, Thomas | TuS Hilstrup | 1965 | 8. M45 | 47:22 |
| 377 | 69. | | 60. | Stens, Marcus | | 1968 | 9. M45 | 47:23 |
| 235 | 70. | | 61. | Förster, Eric | buch.de | 1981 | 8. M30 | 47:26 |
| 429 | 71. | | 62. | Lopes Gomes, Julio | LSF Münster | 1965 | 10. M45 | 47:29 |
| 431 | 72. | 10. | | Kies, Mechtild | LG Emsdetten | 1953 | 1. W60 | 47:36 |
| 456 | 73. | | 63. | Verlage, Thomas | Runners Club Münster | 1965 | 11. M45 | 47:38 |
| 335 | 74. | 11. | | Weimar, Sonja | Aids-Hilfe Münster e.V. | 1973 | 2. W40 | 47:42 |
| 406 | 75. | | 64. | Kaiser, Ulrich | LSF Münster | 1959 | 6. M50 | 47:42 |
| 218 | 76. | | 65. | Casburn, Steven | | 1983 | 9. M30 | 47:43 |
| 294 | 77. | | 66. | Pham, Cuong | | 1988 | 14. MHK | 47:44 |
| 250 | 78. | | 67. | Hehl, Julian | | 1987 | 15. MHK | 47:49 |
| 469 | 79. | | 68. | Vogel, Frank | Münster | 1963 | 7. M50 | 47:53 |
| 306 | 80. | | 69. | Scherlitz, Marcel | | 1989 | 16. MHK | 48:01 |
| 359 | 81. | | 70. | Jung-Wüller, Theodor | Team ERDINGER Alkoholfrei | 1964 | 12. M45 | 48:08 |
| 475 | 82. | | 71. | Klaiber, Wolfgang | Laufteam Sundermann | 1969 | 15. M40 | 48:15 |
| 348 | 83. | | 72. | Gövert, Lars | BSG LVM-Versicherung | 1970 | 16. M40 | 48:16 |
| 211 | 84. | | 73. | Borgmann, Ludger | Marathon Steinfurt | 1962 | 8. M50 | 48:16 |
| 272 | 85. | | 74. | Lampen, Michael | | 1957 | 4. M55 | 48:16 |
| 253 | 86. | | 75. | Hofmann, Lutz | Team FedCon | 1981 | 10. M30 | 48:18 |
| 453 | 87. | 12. | | Gones, Rosa | LSF Münster | 1967 | 2. W45 | 48:28 |
| 407 | 88. | | 76. | Schendel, Dieter | LG Rheine-Elte | 1943 | 1. M70 | 48:34 |
| 374 | 89. | | 77. | Tönnies, Jörg | Dorsten | 1974 | 6. M35 | 48:35 |
| 424 | 90. | | 78. | Backs, Jens | Münster | 1990 | 17. MHK | 48:39 |
| 238 | 91. | | 79. | Gallmeister, Wolfgang | Werse-Läufer-Münster | 1960 | 9. M50 | 48:51 |
| 230 | 92. | | 80. | Eißing, Thomas | | 1980 | 11. M30 | 48:56 |
| 421 | 93. | | 81. | Wiebke, Lars | Riesei-Blitze Werdohl | 1974 | 7. M35 | 49:02 |
| 207 | 94. | | 82. | Baumeister, Christian | Sons of Eastfield | 1982 | 12. M30 | 49:04 |
| 316 | 95. | | 83. | Söltzer, Florian | | 1988 | 18. MHK | 49:06 |
| 270 | 96. | | 84. | Kusch, Wolfgang | | 1962 | 10. M50 | 49:11 |
| 438 | 97. | | 85. | Berse, Bernd | ATV Haltern | 1962 | 11. M50 | 49:13 |
| 459 | 98. | | 86. | Mergelkamp, Johannes | Nottuln | 1995 | 2. MJU20 | 49:15 |
| 447 | 99. | 13. | | Dirksen, Uta | Münster | 1965 | 3. W45 | 49:22 |
| 285 | 100. | | 87. | Milk, Andreas | | 1966 | 13. M45 | 49:23 |
| 395 | 101. | | 88. | Wellerdieck, Johann | ASV Senden | 1954 | 5. M55 | 49:34 |
| 451 | 102. | 14. | | Rudde, Carina | Ahaus | 1983 | 2. W30 | 49:41 |
| 452 | 103. | | 89. | Buttjer, Jens | Münster | 1981 | 13. M30 | 49:42 |
| 365 | 104. | 15. | | Wasserfuhr, Barbara | Team ERDINGER Alkoholfrei | 1962 | 1. W50 | 49:45 |
| 485 | 105. | | 90. | Schlingemann, Rudi | Senden | 1963 | 12. M50 | 49:49 |
| 226 | 106. | | 91. | Döinghaus, Markus | DJK Boke1 | 1977 | 8. M35 | 49:54 |
| 412 | 107. | 16. | | Teutemacher, Lena | Greven | 1990 | 4. WHK | 50:05 |
| 364 | 108. | | 92. | Teutemacher, Tobias | Team ERDINGER Alkoholfrei | 1962 | 13. M50 | 50:06 |
| 910 | 109. | | 93. | Bales, Stefan | LSF Münster | 1965 | 14. M45 | 50:07 |
| 971 | 110. | 17. | | Koch, Heike | LSF Münster | 1962 | 2. W50 | 50:09 |
| 481 | 111. | | 94. | Dünkelmann, Olivier | Münster | 1965 | 15. M45 | 50:12 |
| 454 | 112. | | 95. | Zolda, Alexander | Münster | 1985 | 19. MHK | 50:27 |
| 390 | 113. | | 96. | Wietel, Bernhard | | 1961 | 14. M50 | 50:28 |
| 385 | 114. | | 97. | Sagert, Christian | Aids-Hilfe Münster e.V. | 1988 | 20. MHK | 50:33 |
| 388 | 115. | | 98. | Weißensel, Alexander | TuS Deuz | 1958 | 6. M55 | 50:36 |
| 401 | 116. | | 99. | Harke, Wilfried | TV Werne 03 | 1954 | 7. M55 | 50:47 |
| 304 | 117. | 18. | | Schäfer, Denise | SC Altenrheine | 1980 | 3. W30 | 50:55 |
| 292 | 118. | | 100. | Neumann, Bertram | BSG Laufen GAD | 1959 | 15. M50 | 51:10 |
| 245 | 119. | 19. | | Grathwohl, Kirsten | TG Holzwickede Lauftreff | 1983 | 4. W30 | 51:11 |
| 363 | 120. | 20. | | Pie, Maria | Team ERDINGER Alkoholfrei | 1990 | 5. WHK | 51:15 |
| 227 | 121. | | 101. | Eckstein, Erik | | 1974 | 9. M35 | 51:25 |
| 479 | 122. | | 102. | Potthoff, Jürgen | Münster | 1962 | 16. M50 | 51:32 |
| 328 | 123. | | 103. | Varga, Georg | Nordwalde | 1965 | 16. M45 | 51:39 |
| 381 | 124. | | 104. | Dogan, Erkan | SG Telgte | 1982 | 14. M30 | 51:49 |
| 373 | 125. | 21. | | Rietenberg, Sylvia | | 1965 | 4. W45 | 51:53 |
| 297 | 126. | 22. | | Probst, Mirjam | | 1978 | 4. W35 | 51:56 |
| 375 | 127. | | 105. | Möcklinghoff, Heiko | | 1967 | 17. M45 | 51:59 |
| 343 | 128. | 23. | | Zuka, Isa | | 1980 | 5. W30 | 52:03 |
| 252 | 129. | 24. | | Hoffmann, Isabel | | 1985 | 6. WHK | 52:09 |
| 246 | 130. | 25. | | Gravermann, Kerstin | | 1989 | 7. WHK | 52:19 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | |
|------------|-------------|------------|-------------|----------------------------|----------------------------|-------------|-----------------|--------------|
| 468 | 131. | | 106. | Vehring, Karl-Heinz | Lauffreunde Emsland | 1962 | 17. M50 | 52:20 |
| 202 | 132. | 26. | | Apel, Janina | | 1989 | 8. WHK | 52:23 |
| 271 | 133. | 27. | | Lammers, Marissa | LSF Münster | 1996 | 1. WJU18 | 52:27 |
| 347 | 134. | 28. | | Faber, Martina | BSG LVM-Versicherung | 1967 | 5. W45 | 52:29 |
| 223 | 135. | 29. | | Dibos, Miriam | | 1993 | 9. WHK | 52:33 |
| 352 | 136. | 30. | | Woltering, Kristin | BSG LVM-Versicherung | 1985 | 10. WHK | 52:34 |
| 465 | 137. | | 107. | Segnitz, Dirk | Münster | 1979 | 15. M30 | 52:39 |
| 480 | 138. | | 108. | Reppien, Stefan | Münster | 1968 | 18. M45 | 52:42 |
| 337 | 139. | | 109. | Wiethölter, Peter | | 1970 | 17. M40 | 52:44 |
| 203 | 140. | | 110. | Arends, Florian | saracus consulting GmbH | 1988 | 21. MHK | 52:45 |
| 264 | 141. | 31. | | Knaebel, Sandra | | 1984 | 11. WHK | 52:46 |
| 398 | 142. | | 111. | Woltering, Michael | | 1969 | 18. M40 | 52:47 |
| 483 | 143. | | 112. | Gerkmann, Max | Aidshilfe | 1949 | 4. M60 | 52:48 |
| 435 | 144. | | 113. | Wesche, Michael | Münster | 1968 | 19. M45 | 53:09 |
| 261 | 145. | | 114. | Kenter, Bernd | Spiridon Haltern e.V. | 1969 | 19. M40 | 53:14 |
| 277 | 146. | | 115. | Loos, Achim | | 1992 | 22. MHK | 53:23 |
| 457 | 147. | | 116. | Bertram, Reinhard | Münster | 1963 | 18. M50 | 53:25 |
| 410 | 148. | | 117. | Kleinemeier, Klaus | Greven | 1954 | 8. M55 | 53:29 |
| 256 | 149. | | 118. | Hümer, Kalle | TV Jahn Borgholzhausen | 1956 | 9. M55 | 53:57 |
| 415 | 150. | | 119. | Altmann, Bernd | Münster | 1965 | 20. M45 | 53:57 |
| 446 | 151. | | 120. | Dirksen, Konrad | Münster | 1999 | 1. MJU16 | 54:02 |
| 427 | 152. | | 121. | Nau, Peter | DJK Grün Weiss Werl | 1940 | 2. M70 | 54:10 |
| 307 | 153. | 32. | | Schilling, Diana | LSF Münster | 1964 | 6. W45 | 54:11 |
| 279 | 154. | 33. | | Loos, Anne | | 1990 | 12. WHK | 54:12 |
| 434 | 155. | | 122. | Wesche, Heiner | Münster | 1964 | 21. M45 | 54:25 |
| 463 | 156. | | 123. | Hölthenrich, Rainer | Münster | 1971 | 20. M40 | 54:26 |
| 351 | 157. | 34. | | Leifhelm, Astrid | BSG LVM-Versicherung | 1968 | 7. W45 | 54:30 |
| 422 | 158. | | 124. | Wecker, Guido | LSF Münster | 1968 | 22. M45 | 54:30 |
| 397 | 159. | | 125. | Heints, Valerian | Elite | 1978 | 10. M35 | 54:37 |
| 355 | 160. | 35. | | Krause, Martina | Team ERDINGER Alkoholfrei | 1967 | 8. W45 | 54:38 |
| 361 | 161. | | 126. | Krause, Joachim | Team ERDINGER Alkoholfrei | 1966 | 23. M45 | 54:38 |
| 484 | 162. | 36. | | Krüger, Beate | Münster | 1961 | 3. W50 | 54:41 |
| 450 | 163. | | 127. | Kamender, Jakob | Münster | 1975 | 11. M35 | 54:45 |
| 251 | 164. | | 128. | Hempleman, Jochen | | 1980 | 16. M30 | 54:48 |
| 315 | 165. | 37. | | Sietmann, Beate | Aids-Hilfe Münster e.V. | 1966 | 9. W45 | 54:50 |
| 482 | 166. | | 129. | Költer, Cedric | Gütersloh | 1980 | 17. M30 | 55:12 |
| 934 | 167. | 38. | | Lohscheller, Maria | Münster | 1958 | 1. W55 | 55:22 |
| 399 | 168. | | 130. | Rombach, Niklas | | 1989 | 23. MHK | 55:28 |
| 349 | 169. | | 131. | Korves, Thomas | BSG LVM-Versicherung | 1959 | 19. M50 | 55:38 |
| 295 | 170. | 39. | | Pöcheim, Antje Katrin | LSF Münster | 1971 | 3. W40 | 55:39 |
| 354 | 171. | 40. | | Weygardt, Sabine | BSG LVM-Versicherung | 1959 | 4. W50 | 55:46 |
| 443 | 172. | 41. | | Ebberts, Laura | Münster | 1987 | 13. WHK | 56:02 |
| 442 | 173. | 42. | | Neuhaus, Friederike | Münster | 1987 | 14. WHK | 56:03 |
| 308 | 174. | | 132. | Schmidt, Thorsten | | 1975 | 12. M35 | 56:08 |
| 274 | 175. | | 133. | Langebröker, Jörg | LG Emsdetten | 1964 | 24. M45 | 56:13 |
| 214 | 176. | | 134. | Breidenbach, Thomas | | 1986 | 24. MHK | 56:24 |
| 847 | 177. | | 135. | Wentker, Andy | Münster | 1984 | 25. MHK | 56:25 |
| 281 | 178. | | 136. | Manke, Hans-Peter | Greven | 1946 | 1. M65 | 56:33 |
| 458 | 179. | 43. | | HAVes, Uta | TuS Hilstrup | 1966 | 10. W45 | 56:45 |
| 234 | 180. | | 137. | Fiedler, Rainer | N. V. | 1958 | 10. M55 | 56:58 |
| 322 | 181. | | 138. | Strompen, Alexander | | 1996 | 1. MJU18 | 57:11 |
| 472 | 182. | | 139. | König, Timo | Dülmen | 1983 | 18. M30 | 57:14 |
| 471 | 183. | 44. | | Mergelkamp, Beate | Münster | 1988 | 15. WHK | 57:14 |
| 241 | 184. | | 140. | Gibmeier, Ingo | SW Havixbeck | 1970 | 21. M40 | 57:16 |
| 334 | 185. | | 141. | Wassefuhr, Karl-Heinz | SSV Marienheide | 1951 | 5. M60 | 57:26 |
| 312 | 186. | | 142. | Schwabe, Wolfgang | | 1952 | 6. M60 | 57:27 |
| 440 | 187. | 45. | | Ringbeck, Anna | Münster | 1957 | 2. W55 | 57:32 |
| 418 | 188. | | 143. | Spiekermann, Martin | Freie Kanufahrer Marl | 1988 | 26. MHK | 57:39 |
| 420 | 189. | | 144. | Gövert, Sven | BSG Provinzial e.V. | 1973 | 22. M40 | 57:41 |
| 320 | 190. | 46. | | Steingröver, Nadine | | 1975 | 5. W35 | 58:00 |
| 239 | 191. | | 145. | Gallus, Christian | | 1974 | 13. M35 | 58:00 |
| 467 | 192. | | 146. | Feroa, Janosch | Münster | 1982 | 19. M30 | 58:01 |
| 215 | 193. | 47. | | Brettschneider, Beate | | 1968 | 11. W45 | 58:07 |
| 400 | 194. | | 147. | Schreiter, Thomas | Essen | 1966 | 25. M45 | 58:21 |
| 462 | 195. | 48. | | Eversmann, Diana | Münster | 1984 | 16. WHK | 58:40 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | |
|------------|-------------|------------|------|---------------------------|----------------------------|-------------|------------|----------------------|
| 220 | 196. | 49. | | Chudyka, Daria | | 1984 | 17. | WHK 58:43 |
| 200 | 197. | | 148. | Ortmeier, Günter | LG Emsdetten | 1940 | 3. | M70 58:48 |
| 199 | 198. | 50. | | Halsband, Petra | Münster | 1969 | 4. | W40 58:49 |
| 473 | 199. | | 149. | Rentler, Sebastian | Münster | 1987 | 27. | MHK 59:21 |
| 255 | 200. | 51. | | Hümer, Angelika | | 1958 | 3. | W55 59:43 |
| 289 | 201. | 52. | | Müller, Bianka | | 1975 | 6. | W35 59:44 |
| 287 | 202. | | 150. | Mossakowski, Martin | | 1968 | 26. | M45 59:48 |
| 477 | 203. | | 151. | Fischer, Tobias | Münster | 1989 | 28. | MHK 59:56 |
| 478 | 204. | | 152. | Topp, Robert | Münster | 1993 | 29. | MHK 59:57 |
| 291 | 205. | 53. | | Muthers, Daniela | | 1982 | 6. | W30 1:00:15 |
| 464 | 206. | 54. | | Brinkmann, Dorothee | Emsdetten | 1983 | 7. | W30 1:00:18 |
| 340 | 207. | | 153. | Winnemöller, Simon | | 1981 | 20. | M30 1:00:41 |
| 461 | 208. | 55. | | Romary, Alexandra | Münster | 1970 | 5. | W40 1:00:44 |
| 436 | 209. | 56. | | Schiefelbein, Susanne | Siefel e.V. | 1980 | 8. | W30 1:00:45 |
| 323 | 210. | 57. | | Suhrbier, Karin | | 1980 | 9. | W30 1:00:53 |
| 391 | 211. | 58. | | Manthei, Stephanie | TuS Hilstrup | 1961 | 5. | W50 1:00:57 |
| 266 | 212. | | 154. | Köckemann, Tobias | | 1981 | 21. | M30 1:01:35 |
| 302 | 213. | 59. | | Ruffani, Nina | | 1983 | 10. | W30 1:01:37 |
| 258 | 214. | 60. | | Ikemann, Sandra | | 1978 | 7. | W35 1:01:42 |
| 221 | 215. | | 155. | Czarnetzki, Dirk | DUV | 1963 | 20. | M50 1:02:00 |
| 208 | 216. | 61. | | Bergner, Sonja Verena | | 1985 | 18. | WHK 1:02:17 |
| 237 | 217. | 62. | | Frömbing, Janna | | 1987 | 19. | WHK 1:02:18 |
| 470 | 218. | 63. | | Vehring, Charlotte | Lingen | 1994 | 1. | WJU20 1:02:35 |
| 378 | 219. | 64. | | Stens, Sabine | | 1972 | 6. | W40 1:02:53 |
| 247 | 220. | 65. | | Gumnior, Annika | | 1991 | 20. | WHK 1:02:59 |
| 260 | 221. | 66. | | Jenny, Nina | | 1979 | 11. | W30 1:03:04 |
| 382 | 222. | 67. | | Dorenbusch, Sonja | | 1977 | 8. | W35 1:03:16 |
| 249 | 223. | | 156. | Hahn, Günter | LSF Münster | 1955 | 11. | M55 1:03:16 |
| 204 | 224. | 68. | | Banach, Sandra | | 1971 | 7. | W40 1:03:24 |
| 372 | 225. | 69. | | Kittel, Sabine | | 1960 | 6. | W50 1:03:27 |
| 423 | 226. | | 157. | Scholl, Andreas | Berlin | 1959 | 21. | M50 1:03:48 |
| 327 | 227. | 70. | | Theis, Carolin | | 1992 | 21. | WHK 1:04:02 |
| 380 | 228. | | 158. | Hösker, Udo | | 1969 | 23. | M40 1:04:06 |
| 368 | 229. | 71. | | Hollmann, Alexandra | | 1970 | 8. | W40 1:04:06 |
| 311 | 230. | 72. | | Schürjohann, Dagmar | Langenberg | 1972 | 9. | W40 1:04:06 |
| 417 | 231. | | 159. | Döring, Thomas | Münster | 1963 | 22. | M50 1:04:31 |
| 213 | 232. | | 160. | Brandenburg, Torsten | | 1977 | 14. | M35 1:04:34 |
| 413 | 233. | 73. | | Leimkühler, Melanie | Coesfeld | 1981 | 12. | W30 1:05:55 |
| 405 | 234. | | 161. | Wetterau, Georg | LSF Münster | 1957 | 12. | M55 1:06:56 |
| 319 | 235. | 74. | | Starke, Marlene | | 1990 | 22. | WHK 1:07:32 |
| 426 | 236. | 75. | | Nau, Gertrud | DJK Grün Weiss Werl | 1948 | 1. | W65 1:11:37 |
| 379 | 237. | | 162. | Skiba, Gregor | | 1980 | 22. | M30 1:15:13 |