

Hauptlauf 10.000m

Männer

Platz	Startnr	Name	Verein/*Ort	Ges.Brutto	AK-Pl	AK	Rundenzeiten
1	183	Borychowski Mariusz		0:32:33	1	M35	0:08:04 * 0:08:17 * 0:08:08 * 0:08:02
2	32	Gottheil Ralf	LG Coesfeld	0:33:02	1	M20	0:08:05 * 0:08:17 * 0:08:18 * 0:08:20
3	44	Bergner Sven	PV Triathlon Witten	0:33:36	2	M20	0:08:04 * 0:08:18 * 0:08:34 * 0:08:40
4	9	Penno Winni	SSG Königswinter	0:34:19	1	M40	0:08:14 * 0:08:40 * 0:08:42 * 0:08:42
5	49	Kemper Thomas	Team Sportstudio Götde	0:34:39	3	M20	0:08:14 * 0:08:38 * 0:08:47 * 0:08:58
6	6	Terhürne Manuel	Stadtlohn	0:37:23	1	M30	0:08:44 * 0:09:33 * 0:09:36 * 0:09:28
7	13	Mensing Ulrich	Blau-Weiß Ramsdorf	0:40:08	4	M20	0:09:44 * 0:10:08 * 0:10:16 * 0:09:58
8	185	Böckers Reinhard	VfL-Ahaus	0:41:26	1	M45	0:10:08 * 0:10:21 * 0:10:22 * 0:10:33
9	42	Rotthues Jürgen	SUS Stadtlohn	0:42:08	2	M40	0:10:27 * 0:10:34 * 0:10:36 * 0:10:30
10	23	Maus Stefan	Schermbeck	0:43:27	2	M45	0:10:38 * 0:10:51 * 0:11:02 * 0:10:54
11	41	Hork Markus	LT Union Wessum	0:43:37	2	M30	0:11:00 * 0:10:54 * 0:11:08 * 0:10:33
12	27	Feldhaus Mathias J.	GW Lünten	0:43:37	3	M30	0:11:01 * 0:10:55 * 0:11:08 * 0:10:31
13	25	Holdschlag Bernd	Lauffreff Nordvelen	0:43:49	1	M50	0:10:54 * 0:11:02 * 0:11:08 * 0:10:45
14	48	Sievers Kevin	Fiat Terhast	0:43:53	1	MJA	0:11:03 * 0:11:17 * 0:11:14 * 0:10:18
15	35	Pesenacker Udo	FC Ottenstein Lauffreff	0:44:01	2	M35	0:11:00 * 0:10:55 * 0:11:08 * 0:10:57
16	22	Große Liesner Robert	Kisaki Münster e. V.	0:44:01	3	M35	0:10:21 * 0:11:04 * 0:11:16 * 0:11:18
17	46	Hork Michael	LT Union Wessum	0:44:04	4	M30	0:11:00 * 0:10:55 * 0:11:07 * 0:11:00
18	181	Peters Karl		0:44:24	1	M55	0:10:40 * 0:11:05 * 0:11:24 * 0:11:14
19	2	Seggwiß Jens	G.-Hochmoor	0:44:31	2	MJA	0:11:33 * 0:10:53 * 0:10:55 * 0:11:07
20	186	Siegmand Daniel		0:44:31	5	M20	0:11:04 * 0:11:16 * 0:11:18 * 0:10:51
21	17	Endries Ansgar	Stadtlohn	0:44:42	3	M45	0:11:03 * 0:11:17 * 0:11:23 * 0:10:58
22	182	Kleinschmitter Ludger	DJK Coesfeld Goxel	0:44:45	4	M35	0:10:40 * 0:11:05 * 0:11:49 * 0:11:10
23	36	Vogt Dennis	SC Südlohn 28	0:45:47	5	M35	0:10:11 * 0:11:08 * 0:12:12 * 0:12:16
24	12	Szeglat Kevin	DLRG Stadtlohn	0:45:58	6	M20	0:11:04 * 0:11:36 * 0:11:50 * 0:11:26
25	45	unbekannt DK4E9W4		0:46:07	7	M20	0:11:01 * 0:11:39 * 0:11:46 * 0:11:39
26	34	Link Johannes	VfL Ahaus	0:46:08	3	M40	0:11:02 * 0:11:39 * 0:11:46 * 0:11:40
27	37	Wies Stefan		0:46:11	4	M40	0:11:02 * 0:11:39 * 0:11:46 * 0:11:42
28	33	Barnscheidt Karl-Heinz	SV-Lembeck	0:46:12	1	M60	0:11:23 * 0:11:39 * 0:11:44 * 0:11:25
29	39	Zeineddine Hussein		0:46:26	6	M35	0:11:29 * 0:11:39 * 0:11:40 * 0:11:36
30	50	Hoing Udo		0:46:33	7	M35	0:10:50 * 0:11:54 * 0:12:07 * 0:11:41
31	1	Gehling Thomas	SC Südlohn	0:46:40	5	M40	0:11:02 * 0:11:39 * 0:11:53 * 0:12:05
32	21	Dornbusch Frank	SuS stadtlohn	0:46:46	6	M40	0:11:34 * 0:11:31 * 0:11:41 * 0:11:59
33	47	Woltering Heinz	VfL Ahaus	0:47:24	1	M70	0:11:42 * 0:11:49 * 0:11:53 * 0:11:58
34	15	Hake Wolfgang	DLRG	0:48:49	4	M45	0:11:37 * 0:12:19 * 0:12:33 * 0:12:18
35	184	Overbeck Günter	SV Biemenhorst	0:48:56	2	M60	0:12:00 * 0:12:21 * 0:12:20 * 0:12:13
36	40	Ernsting Dettlef	FC Schlake 04	0:48:59	7	M40	0:11:54 * 0:12:19 * 0:12:39 * 0:12:06
37	28	Wissen Jürgen	SuS Stadtlohn	0:49:07	5	M45	0:11:32 * 0:11:53 * 0:12:38 * 0:13:02
38	10	Dickmann Volker	Wesel	0:49:30	8	M40	0:12:33 * 0:12:28 * 0:12:25 * 0:12:02
39	20	Rosnowski Adrian	Stadtlohn	0:49:58	8	M20	0:12:10 * 0:12:49 * 0:12:39 * 0:12:19
40	38	Üpping Erwin		0:50:29	1	M65	0:12:16 * 0:12:42 * 0:12:43 * 0:12:46
41	29	Schlütter Hermann	TV Rhede	0:53:01	2	M70	0:12:45 * 0:13:09 * 0:13:29 * 0:13:37

Hauptlauf 10.000m**Frauen**

Platz	Startnr	Name	Verein/*Ort	Ges.Brutto	AK-Pl	AK	Rundenzeiten
1	3	Florien Wilma	TV Gescher	0:45:19	1	W30	0:10:47 * 0:11:13 * 0:11:37 * 0:11:41
2	43	Tenhumberg Andrea	Laufteam Gescher	0:46:43	1	W40	0:11:26 * 0:11:44 * 0:11:47 * 0:11:45
3	7	Wiesmann Ingrid	Warendorf	0:49:32	1	W35	0:12:02 * 0:12:26 * 0:12:34 * 0:12:29