

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	700	Cheriyot Abraham	Brooks Running Team	0:30:01	M30	1	0:30:02	06:01 05:55 05:52 06:01 06:10	19,98 km/h
2	123	El Hachimi Abdelhadi		0:30:41	M35	1	0:30:42	06:01 05:57 06:03 06:18 06:20	19,55 km/h
3	205	Hamann Jan Simon	USC Bochum	0:31:30	MHK	1	0:31:31	06:14 06:20 06:18 06:20 06:16	19,04 km/h
4	530	Schwiegelshohn Fynn	LGO Dortm. Brooks Runn	0:31:46	MHK	2	0:31:48	06:14 06:21 06:25 06:25 06:19	18,88 km/h
5	815	Markowski Matti		0:31:56	MHK	3	0:31:57	06:15 06:20 06:26 06:25 06:27	18,79 km/h
6	230	Hille Pascal		0:32:13	MHK	4	0:32:14	06:14 06:24 06:30 06:32 06:31	18,62 km/h
7	28	Ruhe Michael		0:32:27	MHK	5	0:32:29	06:14 06:21 06:30 06:40 06:41	18,48 km/h
8	451	Reintjes Jeroen	Running Team Achterhoek	0:32:47	MHK	6	0:32:47	06:16 06:22 06:33 06:45 06:49	18,30 km/h
9	76	Bücker Michel	LGO Dortm. Brooks Runn	0:32:51	MHK	7	0:32:53	06:22 06:33 06:36 06:44 06:35	18,26 km/h
10	533	Serke Sven	Lauffreunde Bönen	0:33:26	M35	2	0:33:26	06:18 06:36 06:42 06:50 06:57	17,95 km/h
11	59	Böhringer Henrick	LGO Dortm. Brooks Runn	0:33:32	MHK	8	0:33:33	06:16 06:38 06:49 07:00 06:46	17,89 km/h
12	182	Goltsch Tillmann	LGO Dortm. Brooks Runn	0:33:37	M30	2	0:33:39	06:35 06:44 06:47 06:46 06:43	17,85 km/h
13	413	Neuhaus Christof	LGO Dortm. Brooks Runn	0:33:43	MHK	9	0:33:45	06:14 06:23 06:40 06:48 07:36	17,79 km/h
14	865	Wiese Stefan	HSP Münster Laufteam	0:33:49	MHK	10	0:33:51	06:27 06:41 06:51 06:54 06:54	17,74 km/h
15	785	Mehring Daniel	Nordenia Tri Finish Münt	0:33:54	MHK	11	0:33:56	06:24 06:45 06:54 07:01 06:48	17,70 km/h
16	243	Hollop Dominik	LGO Dortm. Brooks Runn	0:34:13	MHK	12	0:34:13	06:16 06:43 07:06 07:11 06:54	17,53 km/h
17	262	Johnstone Nikki		0:34:12	MHK	13	0:34:14	06:18 06:53 07:01 07:05 06:54	17,54 km/h
18	53	Giese Yannik	LG Olympia Dortmund	0:34:16	MU18	1	0:34:19	06:37 06:53 06:57 07:00 06:48	17,50 km/h
19	235	Höhler Knut	LGO Dortm. Brooks Runn	0:34:45	MHK	14	0:34:45	06:18 06:54 07:06 07:15 07:10	17,26 km/h
20	775	Beckmann Philipp	*Steinfurt	0:34:45	MHK	15	0:34:47	06:34 06:46 06:55 07:08 07:20	17,26 km/h
21	790	Berlin Marius		0:34:46	M30	3	0:34:48	06:53 07:04 06:58 06:58 06:49	17,26 km/h
22	377	Marquardt Christof	BSG Sparkasse Münsterl	0:34:49	M40	1	0:34:51	06:41 06:55 07:00 07:05 07:06	17,23 km/h
23	742	Rinne Yannick	ESV Münster	0:34:58	MHK	16	0:34:59	06:47 07:01 07:05 07:09 06:54	17,16 km/h
24	839	Kott Georg	LC Rapid Dortmund	0:35:01	M50	1	0:35:03	06:50 06:59 07:06 07:09 06:57	17,13 km/h
25	765	Voß Tim	TV Unna	0:35:01	MHK	17	0:35:03	06:52 07:06 07:03 07:07 06:51	17,13 km/h
26	272	Kamp Mathias	LG Olympia Dortmund	0:35:02	M40	2	0:35:04	06:48 07:00 07:06 07:08 06:58	17,12 km/h
27	786	Quent Simon	Marathon-Club-Menden	0:35:04	MHK	18	0:35:06	06:23 06:48 07:33 07:12 07:05	17,11 km/h
28	148	Fischer Sebastian	TV Friesen Telgte	0:35:15	M30	4	0:35:16	06:51 07:03 07:07 07:08 07:04	17,02 km/h
29	869	Osmon Ibrahim	LSF Münster	0:35:22	MU20	1	0:35:24	06:34 06:55 07:08 07:24 07:19	16,96 km/h
30	853	Blöß Jan		0:35:40	MHK	19	0:35:43	06:51 07:12 07:14 07:20 07:01	16,82 km/h
31	257	Isensee Gunnar	Wolfenbütteler THV	0:35:38	MHK	20	0:35:48	06:50 07:12 07:13 07:18 07:03	16,83 km/h
32	859	Kulke David	LSF Münster	0:36:04	MHK	21	0:36:07	06:31 07:01 07:19 07:31 07:39	16,64 km/h
33	821	Aufmkolk Hendrik	LSF Münster	0:36:14	MHK	22	0:36:15	06:58 07:15 07:19 07:24 07:16	16,56 km/h
34	70	Brinkmann Klaus		0:36:13	MHK	23	0:36:17	06:54 07:16 07:29 07:28 07:05	16,56 km/h
35	26	Auerswald Steffen	LG Ems Warendorf	0:36:20	M45	1	0:36:23	06:54 07:06 07:22 07:30 07:26	16,51 km/h
36	99	Dasch Thomas	TSV Schloß Neuhaus	0:36:27	MHK	24	0:36:29	07:12 07:14 07:20 07:22 07:17	16,46 km/h
37	296	Kochhäuser Paul	LGO Dortm. Brooks Runn	0:36:27	MU20	2	0:36:30	06:39 07:07 07:20 07:43 07:36	16,45 km/h
38	253	Hug Marcel	Mountain Hardwear	0:36:34	M30	5	0:36:36	06:54 07:12 07:28 07:34 07:24	16,41 km/h
39	168	Gems Christian	Brooks Run Happy Team	0:36:41	MHK	25	0:36:47	06:52 07:18 07:27 07:36 07:27	16,35 km/h
40	803	Seggewiß Jens	Runners Club Münster	0:36:42	MHK	26	0:36:47	06:53 07:11 07:30 07:31 07:34	16,35 km/h
41	782	Steinkamp Robert	GW Westkirchen	0:36:42	M35	3	0:36:50	07:03 07:16 07:25 07:32 07:24	16,34 km/h
42	312	Kosakowski Daniel	TuS Germania Horstmar	0:36:56	M35	4	0:36:59	06:52 07:20 07:35 07:42 07:25	16,24 km/h
43	502	Schneider Matti	FH Runners Berlin	0:36:57	MHK	27	0:37:04	07:16 07:31 07:26 07:27 07:15	16,23 km/h
44	366	Lünenborg Jurek	Lünenborgrunners	0:37:08	MHK	28	0:37:12	07:05 07:22 07:41 07:48 07:10	16,15 km/h
45	198	Haase Roland	TSG Harsewinkel	0:37:09	M40	3	0:37:12	07:03 07:22 07:31 07:40 07:31	16,15 km/h
46	397	Moeller David	LSF Münster	0:37:13	M30	6	0:37:15	06:54 07:30 07:33 07:42 07:32	16,12 km/h
47	792	Gump John	Tri Team Witten	0:37:18	M35	5	0:37:20	06:56 07:25 07:37 07:41 07:38	16,08 km/h
48	367	Luengo Wiewel Daniel		0:37:25	M35	6	0:37:27	07:07 07:26 07:36 07:36 07:38	16,03 km/h
49	694	Tüns Michael	LSF Werne	0:37:32	M50	2	0:37:34	07:07 07:26 07:36 07:35 07:45	15,98 km/h
50	254	Hußmann Bert	LG Ems Warendorf	0:37:33	M40	4	0:37:36	06:57 07:27 07:36 07:45 07:45	15,98 km/h
51	552	Straub Leon	LGO Dortm. Brooks Runn	0:37:39	MU18	2	0:37:43	06:48 07:32 07:58 07:56 07:24	15,93 km/h
52	104	Derbort Holger	VfL Ahaus	0:37:39	M40	5	0:37:44	07:05 07:32 07:45 07:48 07:27	15,93 km/h
53	756	Kleine Vorholt Theo	Run for Their Lives	0:37:40	M40	6	0:37:46	07:23 07:37 07:34 07:37 07:28	15,93 km/h
54	206	Hanke Ingo	Lauffreunde Bönen 1985 e	0:37:46	M35	7	0:37:50	07:13 07:30 07:35 07:45 07:41	15,89 km/h
55	744	Wall Sven Ole	Runners Point Osnabr	0:37:54	MHK	29	0:37:56	06:53 07:27 07:48 08:01 07:42	15,83 km/h
56	677	Freisfeld Thorsten	TSV Handorf	0:37:58	M40	7	0:38:05	07:26 07:34 07:38 07:43 07:36	15,80 km/h
57	295	Koch Thomas	RUNNERS POINT	0:38:02	M30	7	0:38:07	07:15 07:23 07:37 07:56 07:49	15,77 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
58	881	Kleff Philipp	Viva con Agna	0:38:10	MHK	30	0:38:12 -	06:54 07:20 07:48 08:06 08:00	15,72 km/h
59	844	Pugge Daniel	Tus Germania Horstmar	0:38:31	MHK	31	0:38:34 -	07:32 07:46 07:49 07:53 07:29	15,58 km/h
60	322	Kreigs Manuel	Tri Finish Münster	0:38:25	M30	8	0:38:34 -	07:28 07:29 07:40 08:00 07:45	15,62 km/h
61	708	Diederich Alexander		0:38:29	M30	9	0:38:37 -	07:27 07:38 07:45 07:50 07:48	15,59 km/h
62	507	Schröder Christian	LSF Münster	0:38:36	M40	8	0:38:39 -	07:19 07:38 07:42 07:55 08:01	15,54 km/h
63	389	Meyer Thorsten		0:38:35	M30	10	0:38:46 -	07:40 07:28 07:47 07:55 07:43	15,55 km/h
64	522	Schulze Ralf	LSF Münster	0:38:45	M35	8	0:38:51 -	07:26 07:42 07:54 07:57 07:44	15,48 km/h
65	535	Sievers Thomas	TriFinish Münster	0:38:45	M40	9	0:38:51 -	07:47 07:44 07:48 07:51 07:34	15,48 km/h
66	460	Risiko Sebastian	Team ERDINGER Alkoho	0:38:50	MHK	32	0:38:53 -	07:07 07:36 07:59 08:07 07:59	15,45 km/h
67	362	Ludwig Michael	Spiridon Haltern	0:38:53	M45	2	0:38:57 -	07:35 07:44 07:48 07:55 07:49	15,43 km/h
68	305	Kösters Andreas	HSP Münster Laufteam	0:38:56	M30	11	0:39:02 -	07:32 07:46 07:57 07:54 07:45	15,41 km/h
69	78	Bünz Jonas	TriFinish Münster	0:38:55	MHK	33	0:39:07 -	07:19 07:40 07:58 07:59 07:57	15,42 km/h
70	132	Everding Krishna		0:38:59	MU20	3	0:39:10 -	07:23 07:38 08:01 08:02 07:53	15,39 km/h
71	350	Leweling Jürgen	LG Burg Wiedenbrück	0:39:06	M45	3	0:39:10 -	07:11 07:51 08:02 08:04 07:56	15,34 km/h
72	185	Gottwald Dieter	SV Teuto Riesenbeck	0:39:07	M50	3	0:39:15 -	07:55 07:50 07:53 07:50 07:37	15,34 km/h
73	287	Kleine-Tebbe Holger	LSF Münster	0:39:18	M35	9	0:39:21 -	07:48 07:53 08:01 07:54 07:41	15,26 km/h
74	629	Wiebringhaus Philipp		0:39:29	MHK	34	0:39:35 -	07:36 07:56 08:01 08:04 07:50	15,19 km/h
75	486	Schlenkhoff Moritz	LSF Münster	0:39:37	MHK	35	0:39:40 -	07:29 07:52 08:02 08:14 07:59	15,14 km/h
76	891	Kienecker Bodo	LSF Münster	0:39:37	M45	4	0:39:42 -	07:38 07:54 07:59 08:09 07:55	15,14 km/h
77	282	Klappert Andreas	TV Büschergrund	0:39:39	M40	10	0:39:42 -	07:37 07:52 08:00 08:08 08:01	15,13 km/h
78	142	Fels Sven		0:39:41	MHK	36	0:39:45 -	07:39 08:01 08:18 08:05 07:37	15,12 km/h
79	117	Düking Jürgen		0:39:42	M40	11	0:39:46 -	07:32 07:51 08:07 08:07 08:03	15,11 km/h
80	518	Schulte Thorsten	Soester Tri Team	0:39:43	M35	10	0:39:46 -	07:33 07:45 08:16 08:17 07:50	15,10 km/h
81	458	Richter Sascha	TriS.Ri Trial Shows	0:39:21	MHK	37	0:39:49 -	08:06 07:46 07:47 07:54 07:47	15,24 km/h
82	864	Matrose Arne	Tri Finish Münster	0:39:47	MHK	38	0:39:54 -	07:54 08:03 08:01 07:57 07:49	15,08 km/h
83	725	Burges Andres	TuS Oberbrügge	0:39:48	MHK	39	0:39:55 -	07:33 07:53 08:00 08:09 08:11	15,07 km/h
84	259	Janke Tim	Sportics	0:39:17	MHK	40	0:39:56 -	07:55 07:47 07:54 08:03 07:37	15,27 km/h
85	586	Urbanowski Frank		0:39:52	M40	12	0:39:56 -	08:00 07:56 08:03 08:04 07:47	15,05 km/h
86	565	Tarrach Marc	Skiclub Gevelsberg	0:39:53	M30	12	0:39:58 -	07:51 08:01 07:58 08:02 07:59	15,04 km/h
87	31	Bardtke Thomas	LVM Versicherung	0:39:53	M45	5	0:40:02 -	07:49 07:55 07:58 08:06 08:03	15,04 km/h
88	180	Glöckner Manuel	Fc Münster 05	0:39:57	MHK	41	0:40:02 -	07:14 07:47 08:10 08:33 08:12	15,02 km/h
89	274	Kasprik Michael	Lsf Münster	0:40:06	M35	11	0:40:08 -	07:18 07:51 08:10 08:32 08:14	14,96 km/h
90	584	Trumpf Henning	BSG AGRAVIS	0:39:46	M45	6	0:40:09 -	07:55 07:49 08:01 08:17 07:43	15,08 km/h
91	813	Arnsberg Ulrich	W+F Münster	0:39:53	M45	7	0:40:14 -	08:02 07:56 08:02 07:56 07:55	15,04 km/h
92	886	Baumann Karl-Heinz	*Gevelsberg	0:40:07	M45	8	0:40:16 -	07:46 07:58 08:05 08:14 08:03	14,95 km/h
93	143	Fender Frederic		0:40:12	MHK	42	0:40:17 -	07:14 07:55 08:15 08:32 08:14	14,92 km/h
94	646	Winking Ralf	Tri Team Steinfurt	0:40:25	M40	13	0:40:29 -	07:51 08:08 08:09 08:15 08:00	14,84 km/h
95	851	Schulz Gregor	Tim's Freund	0:40:31	M30	13	0:40:34 -	07:51 08:02 08:13 08:17 08:05	14,81 km/h
96	208	Harbodt Philip	Stoppenberg Leichtathle	0:40:35	MHK	43	0:40:37 -	07:50 08:10 08:09 08:17 08:06	14,78 km/h
97	284	Klein Holger	:Anlauf Siegen	0:40:37	M40	14	0:40:43 -	07:41 08:05 08:16 08:25 08:08	14,77 km/h
98	403	Mühlencord Malte	TV Friesen Telgte	0:40:37	M35	12	0:40:46 -	07:44 07:57 08:19 08:21 08:14	14,77 km/h
99	264	Jüdiges Andreas	Tri Finish Münster	0:40:40	MHK	44	0:40:46 -	07:44 08:01 08:16 08:23 08:14	14,75 km/h
100	191	Grond Josef	Marathon Steinfurt	0:40:44	M55	1	0:40:47 -	07:57 08:05 08:10 08:16 08:14	14,73 km/h
101	345	Laukötter Marco		0:40:47	M40	15	0:40:49 -	07:28 07:58 08:16 08:31 08:33	14,71 km/h
102	184	Gossling Reinhard		0:40:44	M40	16	0:40:50 -	07:47 08:10 08:15 08:17 08:14	14,72 km/h
103	715	Leifkes Daniel	GW Luenten	0:40:32	M30	14	0:40:55 -	07:17 07:55 08:22 08:34 08:22	14,80 km/h
104	48	Berger Tino		0:40:43	M30	15	0:40:56 -	07:45 08:01 08:12 08:20 08:23	14,73 km/h
105	852	Kazmeier Tim	Runners point	0:40:49	M30	16	0:41:09 -	08:01 08:07 08:12 08:21 08:06	14,70 km/h
106	495	Schlusen Sebastian	TuS Germania Horstmar	0:41:02	MHK	45	0:41:10 -	07:36 07:58 08:20 08:32 08:35	14,62 km/h
107	618	Weissner Martin	W+F Münster	0:41:00	M35	13	0:41:11 -	08:00 08:02 08:26 08:24 08:06	14,63 km/h
108	146	Fikus Ewald	LSF Münster	0:41:04	M45	9	0:41:13 -	08:14 08:29 08:20 07:59 07:59	14,61 km/h
109	887	Effkemann Jens	Team Oase Gescher	0:40:10	MHK	46	0:41:16 -	08:23 07:50 08:01 08:09 07:45	14,93 km/h
110	783	Uphoff Marc	GW Westkirchen	0:41:19	M35	14	0:41:19 -	07:46 08:11 08:29 08:39 08:12	14,52 km/h
111	190	Griesbaum Norbert	LT Brechten Dortmund	0:41:20	M55	2	0:41:21 -	07:47 08:16 08:22 08:30 08:22	14,52 km/h
112	778	Öing Thomas	Sportbeat.de	0:41:23	M45	10	0:41:27 -	07:50 08:12 08:29 08:30 08:19	14,50 km/h
113	836	Voigt Jens	SV Teuto Riesenbeck	0:41:22	M45	11	0:41:31 -	07:53 08:02 08:22 08:34 08:29	14,50 km/h
114	763	Müller Volker	LC Diabü Eschenburg	0:41:22	M40	17	0:41:36 -	07:55 08:15 08:23 08:29 08:19	14,50 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
115	336	Lachmann Jan		0:41:32	M30	17	0:41:37 -	07:43 08:15 08:42 08:42 08:09	14,44 km/h
116	661	Sasse Joachim	TuS St. Arnold	0:41:31	M40	18	0:41:37 -	08:05 08:13 08:21 08:26 08:24	14,45 km/h
117	485	Scherlitz Mirko	Road Runners Ahlen	0:41:33	M35	15	0:41:39 -	07:49 08:08 08:20 08:41 08:33	14,44 km/h
118	819	Raatz Christian	Soester Tri Team	0:41:37	M30	18	0:41:41 -	07:57 08:13 08:32 08:31 08:23	14,41 km/h
119	868	Fischer Dr. Arne	*Münster	0:41:39	M40	19	0:41:42 -	07:48 08:13 08:30 08:35 08:31	14,40 km/h
120	96	Damwerth Matthias	LVM BSG	0:41:37	M45	12	0:41:44 -	07:56 08:09 08:24 08:34 08:32	14,41 km/h
121	857	Mohnkern Tobias	Lauffreunde Bönen	0:41:39	M35	16	0:41:49 -	08:23 08:24 08:20 08:22 08:08	14,41 km/h
122	46	Bensch Waldemar	ETuS Rheine	0:41:43	M35	17	0:41:49 -	07:40 07:56 08:39 08:49 08:37	14,38 km/h
123	704	Peter Christian	TV Rheinau	0:41:37	M35	18	0:41:50 -	08:13 08:11 08:26 08:27 08:18	14,41 km/h
124	577	Tillack Hans	LG Emsdetten	0:41:42	M50	4	0:41:52 -	07:58 08:15 08:26 08:29 08:31	14,39 km/h
125	548	Stobbe Jörn		0:41:44	M30	19	0:41:52 -	07:45 08:16 08:42 08:36 08:24	14,38 km/h
126	247	Honemann Torsten	Lsf Münster	0:41:49	M35	19	0:41:53 -	07:44 08:05 08:24 08:50 08:43	14,35 km/h
127	452	Reisloh Philipp		0:41:49	MHK	47	0:41:57 -	07:40 08:15 08:39 08:47 08:26	14,35 km/h
128	493	Schlüter Jean Mitja		0:41:53	MHK	48	0:42:00 -	07:34 08:13 08:29 08:42 08:53	14,32 km/h
129	95	Damme Robert	GW Nottuln	0:41:56	M55	3	0:42:01 -	08:00 08:11 08:22 08:49 08:31	14,31 km/h
130	245	Holtrichter-Rößmann Thorste		0:41:43	MHK	49	0:42:02 -	08:02 08:12 08:28 08:36 08:23	14,38 km/h
131	529	Schweizer Peter	Fokus Selm	0:41:49	M50	5	0:42:04 -	08:20 08:15 08:19 08:28 08:25	14,34 km/h
132	573	Thomas Christoph	LT Bittermark Dortmund	0:41:59	MHK	50	0:42:05 -	07:58 08:10 08:32 08:46 08:30	14,29 km/h
133	616	weißenbach matthias	:anlauf siegen	0:41:55	M45	13	0:42:06 -	07:55 08:26 08:32 08:40 08:20	14,31 km/h
134	596	Viggiano Michele	1 (GE/NL) Corps	0:41:47	M40	20	0:42:09 -	08:12 08:18 08:23 08:28 08:24	14,36 km/h
135	265	Jürgens Stephan	VfL Bochum 1848	0:41:47	M30	20	0:42:11 -	08:18 08:11 08:21 08:30 08:25	14,35 km/h
136	431	pick klaus	Lauf Team Unna	0:42:14	M45	14	0:42:19 -	08:08 08:27 08:31 08:39 08:28	14,20 km/h
137	561	Sundermann Friedhelm	Laufschule Dortmund	0:42:15	M55	4	0:42:20 -	08:00 08:31 08:37 08:39 08:27	14,20 km/h
138	188	Griehl Stefan	H. Gautzsch	0:42:10	MHK	51	0:42:21 -	07:42 08:00 08:23 08:50 09:13	14,23 km/h
139	794	Budde Klaus	SV Hellern	0:42:18	M50	6	0:42:22 -	07:37 08:17 08:46 08:52 08:45	14,18 km/h
140	331	Kuhne Markus	Fokus Selm	0:42:12	M50	7	0:42:26 -	08:15 08:16 08:25 08:36 08:37	14,22 km/h
141	408	Nagelski Patrick	Spiridon Haltern	0:42:18	M35	20	0:42:30 -	08:10 08:26 08:38 08:38 08:25	14,18 km/h
142	74	Brune Rudolf		0:42:32	M50	8	0:42:40 -	08:16 08:29 08:34 08:40 08:31	14,10 km/h
143	496	Schmaltz-Dosdahl Dr. Domi		0:42:35	M35	21	0:42:41 -	07:45 07:59 08:31 09:08 09:11	14,09 km/h
144	15	Ahring Udo	Landstreicher	0:42:35	M50	9	0:42:42 -	08:06 08:29 08:37 08:47 08:34	14,09 km/h
145	749	Milden Siegfried	LSF Münster	0:42:38	M45	15	0:42:46 -	08:26 08:30 08:36 08:41 08:23	14,07 km/h
146	880	Verhoeven Tim		0:42:31	MHK	52	0:42:50 -	08:35 08:34 08:26 08:33 08:21	14,11 km/h
147	155	Foß Jürgen	Animal Liberation Racing T	0:42:40	M45	16	0:42:52 -	08:09 08:28 08:35 08:46 08:40	14,06 km/h
148	359	Löckemann Markus	LG-Emsdetten	0:42:36	M40	21	0:42:52 -	07:53 08:28 08:42 08:48 08:44	14,08 km/h
149	877	Westermann Tobias		0:42:47	M35	22	0:42:57 -	08:22 08:28 08:35 08:49 08:32	14,02 km/h
150	511	Schröder Thomas	Gnoiener SV	0:42:54	MHK	53	0:43:03 -	08:13 08:33 08:39 08:45 08:43	13,98 km/h
151	670	Simon Benedikt	HSP Münster Laufteam	0:42:59	MHK	54	0:43:04 -	08:08 08:41 09:06 08:44 08:18	13,96 km/h
152	798	Gosen Günter	Olympia Uelsen	0:42:27	M40	22	0:43:05 -	08:24 08:27 08:29 08:43 08:23	14,13 km/h
153	438	Pranckus Egidijus	SCB Berlin (CrossteamBerl	0:43:03	M30	21	0:43:07 -	07:56 08:35 08:55 08:56 08:39	13,94 km/h
154	635	Wierbrügge Carsten	BSG Westfalen AG	0:42:49	M40	23	0:43:11 -	08:24 08:23 08:37 08:46 08:37	14,01 km/h
155	321	Kreher Patrick		0:43:08	M30	22	0:43:14 -	08:07 08:40 08:50 09:00 08:29	13,91 km/h
156	77	Bühn Klaus	LSF-Münster	0:43:07	M50	10	0:43:18 -	08:33 08:38 08:46 08:38 08:32	13,91 km/h
157	277	Kemmerling Patrick		0:43:14	MHK	55	0:43:20 -	08:06 08:42 08:52 08:51 08:41	13,88 km/h
158	528	Schwarte Christian	LG Emsdetten	0:43:01	M45	17	0:43:21 -	08:15 08:27 08:42 08:53 08:42	13,95 km/h
159	211	Hegemann Ansgar	Ascheberg	0:43:05	M35	23	0:43:22 -	08:20 08:27 08:44 08:51 08:40	13,93 km/h
160	417	Niehues Manuel	DLRG Nordkirchen	0:42:41	MHK	56	0:43:24 -	08:19 08:30 08:36 08:36 08:39	14,05 km/h
161	342	Lang Jörg		0:42:54	M40	24	0:43:26 -	08:25 08:33 08:35 08:44 08:36	13,98 km/h
162	27	Austermann Oliver		0:42:52	MHK	57	0:43:29 -	08:55 08:45 08:40 08:27 08:04	13,99 km/h
163	294	Koch Mathias	LSF Münster	0:43:29	M35	24	0:43:36 -	08:34 08:38 08:45 08:50 08:40	13,80 km/h
164	16	Alhäuser Jochen	LC Duisburg	0:43:31	M45	18	0:43:36 -	08:07 08:39 08:50 08:57 08:56	13,79 km/h
165	315	Kramer Sebastian		0:43:31	M35	25	0:43:37 -	07:43 08:19 08:58 09:28 09:02	13,78 km/h
166	479	Sbrzesny Thorsten		0:43:27	M30	23	0:43:39 -	08:38 08:41 08:38 08:44 08:43	13,80 km/h
167	695	Orzegowski Marco		0:43:05	MHK	58	0:43:43 -	08:38 08:40 08:42 08:40 08:23	13,92 km/h
168	770	Grosse Peter		0:43:15	M40	25	0:43:52 -	08:39 08:39 08:44 08:49 08:23	13,87 km/h
169	309	Korfmacher Patrick		0:43:31	MHK	59	0:43:53 -	08:16 08:21 08:48 09:05 08:59	13,78 km/h
170	576	Till Michael	BSG Westfalen AG	0:43:31	M45	19	0:43:55 -	08:40 08:43 08:38 08:56 08:32	13,79 km/h
171	761	Bernal Niklas	Trifinish Münster	0:43:47	MHK	60	0:43:58 -	08:26 08:45 08:53 08:54 08:47	13,70 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
172	779	Langeleh Dirk	1.Tri-Club Padaborn	0:43:54	M45	20	0:43:59 - 08:28 08:19 08:41 09:04 09:20	13,66 km/h	
173	382	Meerkamp Marc		0:43:18	MHK	61	0:44:00 - 08:20 08:48 08:37 08:54 08:36	13,85 km/h	
174	823	Rose Norbert	Laufteam Sundermann	0:43:41	M45	21	0:44:00 - 08:48 08:50 08:46 08:45 08:30	13,73 km/h	
175	158	Frewer Sebastian		0:43:17	MHK	62	0:44:01 - 08:44 08:22 08:38 08:54 08:36	13,86 km/h	
176	609	Warode Steffen	VFL Sassenberg	0:43:37	MU20	4	0:44:01 - 08:22 08:19 08:50 09:07 08:57	13,76 km/h	
177	885	Stegemann Manfred	*Münster	0:43:58	M45	22	0:44:05 - 08:09 08:36 08:54 09:08 09:08	13,65 km/h	
178	883	Fuchs Olaf	Spvg Gaste-Hasbergen	0:43:01	M40	26	0:44:07 - 08:18 08:25 08:50 09:01 08:24	13,95 km/h	
179	363	Lübbert Oliver	TriFinish Münster	0:43:34	M45	23	0:44:08 - 08:45 08:55 08:49 08:48 08:15	13,77 km/h	
180	12	Ahland Joachim	FoKus Selm	0:43:48	M45	24	0:44:12 - 08:52 08:49 08:49 08:46 08:30	13,70 km/h	
181	896	Scheel Michael	LSF Münster	0:44:05	M40	27	0:44:13 - 08:34 08:39 08:49 09:02 09:00	13,61 km/h	
182	605	Voß Stefan		0:43:55	M30	24	0:44:18 - 08:50 09:04 08:38 08:38 08:43	13,66 km/h	
183	549	Stockel Tobias	HSP Münster	0:43:54	MHK	63	0:44:20 - 08:24 08:41 08:49 09:07 08:52	13,67 km/h	
184	585	Urban Kai	TSV Hagen 1860	0:44:14	M45	25	0:44:23 - 08:36 08:48 08:57 09:02 08:49	13,56 km/h	
185	192	Große Liesner Robert	Kisaki Karate Do Münster e	0:43:50	M35	26	0:44:25 - 08:39 08:35 08:47 08:56 08:52	13,68 km/h	
186	370	Lukassen Peter	BSG Westfalen AG	0:44:08	M40	28	0:44:30 - 08:42 08:43 08:48 08:58 08:55	13,60 km/h	
187	674	Tieks Gerard	*Bunde	0:43:49	M30	25	0:44:31 - 08:58 08:41 08:53 08:45 08:32	13,69 km/h	
188	364	Lüken Aloys	BV Garrel	0:44:25	M40	29	0:44:33 - 08:21 08:41 09:07 09:16 08:58	13,51 km/h	
189	470	Rott Thomas		0:43:49	M30	26	0:44:35 - 09:08 08:52 08:33 08:45 08:29	13,69 km/h	
190	55	Bleleck Ralf		0:44:27	M50	11	0:44:35 - 08:34 08:51 09:03 09:12 08:45	13,50 km/h	
191	545	Stein Ulrich	LC Rapid Dortmund	0:44:29	M60	1	0:44:36 - 08:43 08:52 08:58 09:05 08:49	13,49 km/h	
192	140	Fels Hubert		0:44:02	M50	12	0:44:36 - 08:39 08:45 08:49 09:00 08:46	13,62 km/h	
193	29	Baggeroer Christian	FC St. Pauli Triathlon	0:44:17	M40	30	0:44:36 - 08:42 08:52 08:55 08:58 08:49	13,55 km/h	
194	212	Heidbreder Manfred	TSVE 1890 Bielefeld	0:44:11	M55	5	0:44:39 - 08:41 08:49 08:53 08:58 08:49	13,58 km/h	
195	405	Münsterkötter Kai	Lauftreff Nottuln	0:44:26	MU18	3	0:44:39 - 08:51 08:40 08:53 09:06 08:54	13,50 km/h	
196	441	Quattrocchi Fulvio	Vicky4ever	0:44:27	M60	2	0:44:41 - 08:40 08:54 08:58 09:02 08:51	13,49 km/h	
197	850	Milling Heiko	*Münster	0:44:29	M45	26	0:44:46 - 08:25 08:50 09:02 09:14 08:57	13,48 km/h	
198	420	Ochs Guntram	LSF Münster	0:44:33	M45	27	0:44:46 - 08:37 08:49 08:55 09:07 09:04	13,47 km/h	
199	774	Werp Peter	Tri Finish Münster	0:44:42	M40	31	0:44:52 - 08:27 08:51 09:04 09:15 09:03	13,42 km/h	
200	398	Möller Christian		0:44:44	M35	27	0:44:52 - 08:49 08:56 09:02 09:08 08:47	13,41 km/h	
201	152	Floer Stefan		0:44:41	M40	32	0:44:53 - 08:12 08:39 09:12 09:30 09:05	13,43 km/h	
202	604	von Hayn Andreas		0:43:49	M40	33	0:44:54 - 08:53 08:46 08:44 08:48 08:36	13,69 km/h	
203	69	Breulmann Ansgar	Laufsportteam WN	0:44:17	M40	34	0:44:58 - 08:27 08:34 08:51 09:01 09:22	13,55 km/h	
204	32	Bartusiak Stanislaw	LSF Münster	0:44:56	M60	3	0:45:01 - 08:44 08:59 09:04 09:11 08:56	13,35 km/h	
205	72	Brodka Jens	Delta Lauftreff	0:44:48	M30	27	0:45:02 - 08:26 08:51 09:01 09:13 09:16	13,39 km/h	
206	730	Winkler Roland		0:44:26	MHK	64	0:45:10 - 08:45 08:46 08:58 09:01 08:54	13,50 km/h	
207	499	Schmidt Christian		0:44:54	M40	35	0:45:10 - 08:39 08:54 09:02 09:15 09:02	13,36 km/h	
208	590	Vehling Jürgen		0:44:55	M40	36	0:45:15 - 08:44 08:56 09:13 09:13 08:47	13,35 km/h	
209	508	Schröder Jörg		0:45:05	M30	28	0:45:19 - 08:32 08:58 09:12 09:17 09:04	13,31 km/h	
210	401	Moser Lars		0:45:01	M40	37	0:45:19 - 08:48 08:59 09:06 09:10 08:56	13,32 km/h	
211	87	Clauss Axel	DEK Hagen	0:45:06	M50	13	0:45:20 - 08:49 09:02 09:04 09:13 08:57	13,30 km/h	
212	636	Wierlemann Klaus		0:44:47	M45	28	0:45:21 - 08:35 08:41 09:04 09:18 09:06	13,39 km/h	
213	229	Hilke Friedel	LG WeKu Essen	0:45:06	M55	6	0:45:22 - 08:38 08:53 09:04 09:15 09:14	13,30 km/h	
214	251	Huber Ronny		0:44:54	M35	28	0:45:25 - 08:53 08:47 09:06 09:08 08:59	13,36 km/h	
215	297	Kock Kai-Uwe	LSF Münster	0:45:27	M50	14	0:45:33 - 09:07 09:11 09:08 09:12 08:47	13,20 km/h	
216	343	Lange Theo	LSF Münster	0:45:22	M60	4	0:45:34 - 08:52 08:57 09:09 09:15 09:08	13,22 km/h	
217	344	Langwald Thomas	TSG Valbert 1894	0:45:08	M50	15	0:45:34 - 08:44 08:53 09:06 09:15 09:08	13,29 km/h	
218	313	Kozjan Bogdan	Revival24.de	0:45:25	M35	29	0:45:35 - 09:02 09:14 09:16 09:07 08:45	13,21 km/h	
219	746	Lütke Christian	ERGO PRO	0:45:18	M30	29	0:45:35 - 08:16 08:30 09:16 09:44 09:30	13,25 km/h	
220	292	Kobs Michael		0:44:54	M30	30	0:45:39 - 09:05 09:07 08:59 09:00 08:41	13,36 km/h	
221	442	Quezada Akamitl		0:45:13	MHK	65	0:45:42 - 08:31 09:15 09:16 09:27 08:42	13,26 km/h	
222	860	Triebes Uwe	Stockmeyer Team	0:45:17	M40	38	0:45:43 - 09:16 09:01 08:57 08:58 09:04	13,25 km/h	
223	335	Kwiatkowski Wilfried	ETuS Rheine	0:45:31	M45	29	0:45:45 - 08:41 09:07 09:16 09:17 09:09	13,18 km/h	
224	593	Verhoeven Wolfgang	Tri Finish Münster	0:45:14	M60	5	0:45:47 - 08:56 09:03 09:04 09:09 09:01	13,26 km/h	
225	804	Nixdorf Dirk	SG Saderwich	0:45:18	M45	30	0:45:47 - 08:55 09:03 09:12 09:09 08:56	13,24 km/h	
226	665	Cavaco Miguel	*Münster	0:45:35	M30	31	0:45:49 - 08:53 09:02 09:08 09:20 09:11	13,16 km/h	
227	160	Fröhner Andreas		0:45:34	M30	32	0:45:49 - 08:23 09:00 09:17 09:29 09:24	13,16 km/h	
227	664	Cavaco Jose Antonio	*Münster	0:45:36	M35	30	0:45:49 - 08:53 09:03 09:07 09:19 09:12	13,16 km/h	

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
229	19	Ambree Oliver		0:45:22	M35	31	0:45:50	09:05 09:06 09:05 09:12 08:52	13,22 km/h
230	632	Wielers Benno	saracus consulting GmbH	0:45:38	M40	39	0:45:57	08:48 08:55 09:20 09:24 09:09	13,15 km/h
231	807	Korella Dr. Dirk	*Münster	0:45:21	M50	16	0:45:58	09:05 08:54 09:02 09:14 09:05	13,23 km/h
232	174	Gerling Jochen	Laufsportteam WN	0:45:47	MHK	66	0:45:58	08:42 09:05 09:16 09:27 09:15	13,10 km/h
233	135	Fache Pierre		0:45:27	MHK	67	0:45:59	09:01 08:55 09:11 09:15 09:03	13,20 km/h
234	597	Vlasceanu Dragos	Laufsportteam WN	0:45:19	MHK	68	0:46:00	08:31 08:57 09:13 09:30 09:05	13,24 km/h
235	758	Dahlmann Martin	LSF Münster	0:45:45	M50	17	0:46:01	08:54 09:05 09:12 09:15 09:17	13,11 km/h
236	892	Frisch Wolfgang	GW Westkirchen	0:46:02	M40	40	0:46:02	09:08 08:51 09:12 09:25 09:23	13,03 km/h
237	810	Cordero Markus	Kotenbeis	0:45:14	M35	32	0:46:03	08:48 08:49 09:11 09:14 09:10	13,26 km/h
238	217	Henry Paul	Brooks Run Happy Team	0:45:32	M40	41	0:46:04	09:07 09:18 09:17 09:20 08:28	13,18 km/h
239	374	Mann Klaus		0:45:30	M50	18	0:46:07	08:54 09:03 09:07 09:21 09:04	13,18 km/h
240	540	Spincke Martin	Running gag	0:45:48	MHK	69	0:46:08	08:47 09:05 09:14 09:32 09:08	13,10 km/h
241	436	Pöttker Martin	LSF Münster	0:45:59	M45	31	0:46:10	08:43 09:11 09:21 09:31 09:11	13,05 km/h
242	780	Höfelar Arved	TUS Dollendorf	0:45:44	MU20	5	0:46:11	09:16 09:02 09:18 09:19 08:46	13,12 km/h
243	873	Meyer Christian		0:46:03	M	0	0:46:14	08:33 09:12 09:27 09:46 09:03	13,03 km/h
244	201	Hänscheid Jörg	Brooks Run Happy Team	0:45:39	M30	33	0:46:15	08:48 08:44 09:06 09:28 09:30	13,14 km/h
245	631	Wiele Andi	Marktkauf Wiele BSG Bar	0:46:11	M35	33	0:46:22	08:42 09:02 09:16 09:40 09:29	12,99 km/h
246	42	Beer Michael	Laufsportteam WN	0:46:15	M60	6	0:46:22	08:47 09:17 09:30 09:23 09:15	12,97 km/h
247	81	Buil Michael	Provinzial Rheinland	0:46:16	M50	19	0:46:25	08:40 09:11 09:23 09:35 09:24	12,97 km/h
248	224	Hettmann Jens	Lärmserver GmbH	0:45:55	M30	34	0:46:28	08:50 08:56 09:31 09:36 09:00	13,06 km/h
249	330	Kuhlmann Marc	Arrrjen + Sisterpower	0:46:15	M30	35	0:46:30	09:00 08:52 09:17 09:32 09:32	12,97 km/h
250	242	Holle Jörg	Lärmserver GmbH	0:46:03	M35	34	0:46:36	08:50 08:59 09:28 09:38 09:06	13,03 km/h
251	210	Havers Kai-Simon	LSF Münster	0:45:57	M30	36	0:46:36	08:46 09:21 09:15 09:20 09:13	13,05 km/h
252	817	Gossling Dominik	Marathon Steinfurt	0:46:25	M35	35	0:46:38	08:58 09:08 09:26 09:30 09:21	12,92 km/h
253	122	Eisert Lukas	Brooks Run Happy Team	0:45:41	MHK	70	0:46:41	09:37 09:16 09:13 09:15 08:19	13,13 km/h
254	754	Preuhsner Sefan		0:45:54	M40	42	0:46:42	09:02 08:57 09:09 09:18 09:26	13,07 km/h
255	13	Ahlers Michael	BSG Westfalen AG	0:46:19	M50	20	0:46:42	09:13 09:04 09:11 09:16 09:33	12,95 km/h
256	472	Sado Uwe	FOKUS Selm	0:46:19	M45	32	0:46:42	09:11 09:19 09:22 09:14 09:11	12,95 km/h
257	567	Thering Michael	Runners Club Münster	0:46:19	M30	37	0:46:43	09:02 09:11 09:27 09:31 09:07	12,95 km/h
258	94	Dahlhaus Winfried	SCN Nienberge	0:46:30	M50	21	0:46:45	09:16 09:21 09:24 09:20 09:06	12,90 km/h
258	811	Luebbering Frank	SC Nienberge	0:46:29	M45	33	0:46:45	09:16 09:21 09:24 09:20 09:06	12,90 km/h
260	261	Jeyakanthan Gowrisankar	Brooks Run Happy Team	0:45:47	MHK	71	0:46:46	09:36 09:16 09:13 09:14 08:26	13,10 km/h
261	759	Kaiser Ulrich	LSF Münster	0:46:11	M50	22	0:46:48	08:52 09:14 09:27 09:33 09:03	12,99 km/h
262	71	Brockmann Torsten	Münster	0:46:35	M35	36	0:46:49	08:41 09:07 09:22 09:41 09:42	12,88 km/h
262	692	Lindner Hans Jürgen		0:46:35	M45	34	0:46:49	08:31 08:49 09:11 09:53 10:09	12,88 km/h
264	65	Brandhofe Kai		0:46:31	M35	37	0:46:50	08:54 09:11 09:32 09:43 09:09	12,89 km/h
265	509	Schröder Lars	BSG Selectric	0:46:46	M50	23	0:46:54	09:03 09:18 09:25 09:28 09:30	12,83 km/h
266	340	Lamprecht Jan		0:46:39	M30	38	0:46:58	08:57 09:04 09:19 09:31 09:47	12,86 km/h
267	603	Volmer Martin	TuS 48 Ehringhausen	0:46:35	M35	38	0:46:59	08:49 09:04 09:21 09:41 09:37	12,88 km/h
268	227	Hilbrandt Jonas	Realschule im Kreuzviertel	0:46:09	MU14	1	0:47:02	09:27 09:06 09:33 09:00 09:00	13,00 km/h
269	843	Lüdemann Bernd	BSV Osthoven	0:46:24	M55	7	0:47:02	09:01 09:03 09:26 09:32 09:21	12,93 km/h
270	711	Tillmann Henning		0:46:50	M30	39	0:47:07	08:59 09:12 09:29 09:42 09:26	12,81 km/h
271	580	Totzauer Mark		0:46:58	MHK	72	0:47:10	09:07 09:04 09:24 09:50 09:30	12,77 km/h
272	54	Blazajak Matthias	Brooks Run Happy Team	0:46:46	M40	43	0:47:18	08:55 09:09 09:27 09:34 09:38	12,83 km/h
273	63	Botha Gerhard		0:46:58	M45	35	0:47:23	09:27 09:35 09:32 09:23 08:59	12,78 km/h
274	768	Lütke Schelhowe Hermann	DJK Dyckburg	0:46:46	M60	7	0:47:25	08:45 09:11 09:27 09:43 09:39	12,83 km/h
275	418	Nierhoff Kai		0:47:06	M35	39	0:47:27	09:14 09:18 09:30 09:33 09:28	12,74 km/h
276	301	Koehnlein Christian		0:46:44	MHK	73	0:47:32	09:05 09:12 09:33 09:46 09:06	12,84 km/h
277	619	Wenker Philipp		0:46:55	MHK	74	0:47:32	08:58 09:04 09:24 09:45 09:43	12,79 km/h
278	702	Logemann Johannes		0:47:29	MHK	75	0:47:37	08:49 09:18 09:41 10:02 09:36	12,63 km/h
279	446	Radstaak Jens	Tri Finish Münster	0:46:58	M35	40	0:47:39	09:15 09:18 09:30 09:32 09:21	12,78 km/h
280	525	Schumacher Konrad		0:47:03	MHK	76	0:47:44	09:06 09:29 09:44 09:45 08:57	12,75 km/h
280	165	Gährken Michael	FOKUS Selm	0:47:34	M40	44	0:47:44	09:00 09:26 09:40 09:50 09:38	12,61 km/h
282	854	Altmann Gerhard		0:47:34	M40	45	0:47:49	08:32 08:57 09:29 10:10 10:25	12,61 km/h
283	781	Lopes Gomes Julio	Portugal	0:47:38	M45	36	0:47:51	09:05 09:18 09:39 09:54 09:40	12,59 km/h
284	594	Victor Holger	GW Gelmer	0:47:39	M40	46	0:47:53	09:05 09:33 09:45 09:43 09:31	12,59 km/h
285	196	Gutowski Thomas		0:47:45	M45	37	0:47:54	09:29 09:43 09:41 09:46 09:05	12,56 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
286	24	Ashölter Niklaas	Realschule im Kreuzviertel	0:47:42	MU18	4	0:47:57 -	09:00 09:19 09:34 09:56 09:51	12,58 km/h
287	215	Heise Mirko	Laage	0:47:49	MHK	77	0:47:58 -	09:03 09:10 09:35 10:02 09:57	12,55 km/h
287	203	Hahn Sven		0:47:39	M35	41	0:47:58 -	09:06 09:25 09:40 09:42 09:43	12,59 km/h
289	762	Epping Martin		0:47:49	M45	38	0:47:58 -	09:00 09:28 09:44 09:56 09:40	12,55 km/h
290	575	Thran Hans-Jürgen	Spiridon Haltern	0:47:35	M65	1	0:47:59 -	09:18 09:23 09:37 09:41 09:34	12,61 km/h
291	789	Lechtermann Ulrich	SV Rinkerode 1912	0:47:38	M45	39	0:48:00 -	09:11 09:19 09:26 09:40 10:00	12,60 km/h
292	526	Schumacher Marcus	TuS Hiltrup	0:47:42	M40	47	0:48:02 -	09:13 09:25 09:40 09:44 09:38	12,58 km/h
293	79	Büring Jan		0:47:18	M30	40	0:48:04 -	09:06 09:18 09:38 09:44 09:30	12,68 km/h
294	21	Arends Florian	saracus consulting GmbH	0:47:50	MHK	78	0:48:05 -	08:42 09:43 10:01 09:56 09:25	12,54 km/h
295	686	Spaedtke Ryk	DJK Eintracht Hiltrup	0:47:01	MHK	79	0:48:07 -	09:29 08:52 09:25 09:36 09:38	12,76 km/h
296	92	Czuppla Martin	H. Gautzsch	0:48:00	MHK	80	0:48:11 -	09:45 09:53 09:36 09:40 09:04	12,50 km/h
297	138	Feldhaus Mathias J.	Lünten	0:47:16	M35	42	0:48:17 -	09:24 09:25 09:31 09:38 09:16	12,69 km/h
298	444	Raclaf Alexander		0:47:27	M30	41	0:48:18 -	09:35 09:21 09:37 09:33 09:20	12,64 km/h
299	878	Hovestadt Paulus	TuS Altenberge 09	0:48:02	M45	40	0:48:19 -	09:25 09:21 09:33 09:58 09:44	12,49 km/h
300	642	Wilken Marian		0:47:48	MHK	81	0:48:20 -	09:28 09:27 09:36 09:50 09:25	12,55 km/h
301	391	Michel Jens		0:48:11	M30	42	0:48:20 -	09:03 09:22 09:39 09:57 10:09	12,45 km/h
302	893	Bell Olive	1. FC Schmidteinander Ven	0:48:14	M35	43	0:48:24 -	09:12 09:39 09:44 09:47 09:50	12,44 km/h
303	544	Stein Soren	Team Erdinger Alkoholfrei	0:48:16	M30	43	0:48:24 -	09:00 09:57 09:53 09:51 09:33	12,43 km/h
304	679	Schlingemann Rudi	*Münster	0:48:05	M45	41	0:48:26 -	08:51 09:22 09:45 09:58 10:06	12,48 km/h
305	410	Naumann Robert	H. Gautzsch	0:47:59	MHK	82	0:48:28 -	09:15 09:29 09:43 09:48 09:42	12,50 km/h
306	743	Täger Jan		0:47:44	MHK	83	0:48:34 -	09:31 09:31 09:40 09:41 09:19	12,57 km/h
307	169	Gems Tobias	SC Bayer 05 Uerdingen	0:48:09	MHK	84	0:48:36 -	09:05 09:19 09:43 09:58 10:02	12,46 km/h
308	166	Geier Stefan	TuS Germania Hackenbr	0:48:01	M35	44	0:48:37 -	10:02 09:32 09:31 09:33 09:21	12,49 km/h
309	554	Stritzel Steffen		0:47:34	M35	45	0:48:39 -	09:25 09:21 09:42 09:52 09:12	12,61 km/h
309	630	Wiegel Markus		0:48:14	M35	45	0:48:39 -	08:57 09:21 09:56 10:06 09:53	12,44 km/h
311	379	Matuschek David		0:48:27	MHK	85	0:48:40 -	08:44 09:37 10:07 10:11 09:46	12,38 km/h
312	539	Spey Martin		0:48:32	M40	48	0:48:42 -	08:43 09:22 10:07 10:23 09:56	12,36 km/h
313	483	Schardt Michael	Schwarz-Weiß Oldenburg	0:48:32	M55	8	0:48:46 -	09:16 09:26 09:41 10:05 10:02	12,36 km/h
314	90	Cramer Aljoscha		0:48:08	MHK	86	0:48:48 -	09:12 09:19 09:46 10:00 09:49	12,46 km/h
315	100	Decker Christian		0:48:09	MHK	87	0:48:49 -	09:12 09:20 09:47 09:59 09:50	12,46 km/h
316	572	Thimm Henning		0:48:09	MHK	88	0:48:49 -	09:12 09:19 09:47 10:00 09:48	12,46 km/h
317	112	Dirksen Sven	H. Gautzsch	0:48:21	M40	49	0:48:49 -	09:45 09:41 09:53 09:42 09:18	12,41 km/h
318	741	Plieth Berthold	TuS Klinkkamp	0:48:21	M50	24	0:48:58 -	09:43 09:39 09:39 09:46 09:32	12,41 km/h
319	516	Schütz Lars	H. Gautzsch	0:48:30	M30	44	0:48:59 -	09:38 09:37 09:46 09:53 09:34	12,37 km/h
320	712	Berger Konstantin		0:48:28	M35	47	0:49:01 -	08:57 09:17 09:53 10:11 10:08	12,38 km/h
321	553	Strelow Eckhard		0:47:57	M40	50	0:49:03 -	09:23 09:24 09:39 09:55 09:35	12,51 km/h
322	592	Venker Paul	LG Emsdetten	0:48:49	M65	2	0:49:06 -	09:38 09:23 09:39 10:41 09:26	12,29 km/h
323	718	Punsmann Christian	Team Lopus	0:48:33	MU18	5	0:49:10 -	09:43 09:30 09:44 09:55 09:39	12,36 km/h
324	757	Weiper Karl-Heinz	Run-For-Their-Lives	0:48:38	M55	9	0:49:12 -	09:22 09:33 09:52 09:58 09:50	12,34 km/h
325	163	Fuchs Matthias		0:48:22	M30	45	0:49:12 -	09:04 09:11 09:44 10:15 10:06	12,40 km/h
326	512	Schröer Alfred	SV Burgsteinfurt	0:48:52	M45	42	0:49:13 -	09:00 09:45 09:57 09:58 10:10	12,28 km/h
327	558	Stüdemann Dirk	SG Hagen	0:48:55	M45	43	0:49:17 -	09:19 09:44 09:54 10:02 09:53	12,26 km/h
328	225	Hettrich Daniel		0:48:25	MHK	89	0:49:18 -	09:43 09:49 10:02 09:44 09:05	12,39 km/h
329	423	Osterkamp Andreas		0:48:12	MHK	90	0:49:18 -	10:02 09:33 09:25 09:36 09:34	12,45 km/h
330	347	Leimbach Peter	LSF Münster	0:48:36	M55	10	0:49:19 -	09:31 09:38 09:44 09:58 09:44	12,34 km/h
331	766	Früchel Bernd	TuS Hiltrup	0:48:48	M50	25	0:49:20 -	09:11 09:32 09:50 10:09 10:04	12,29 km/h
332	30	Baidoo Nana Kwesi Afriyie		0:49:00	M30	46	0:49:21 -	09:39 09:49 09:59 10:10 09:22	12,24 km/h
333	890	Kasischke Ulf	Lauffreunde Bönen	0:49:03	M70	1	0:49:26 -	09:55 09:59 10:02 09:50 09:16	12,23 km/h
334	655	Zieseniß Sven	Brooks Run Happy Team	0:48:48	M30	47	0:49:27 -	09:41 09:44 09:54 09:55 09:32	12,29 km/h
335	506	Schrewe Franz Bernhard	Theater-mitallensinnen	0:49:15	M55	11	0:49:30 -	09:17 09:35 09:56 10:10 10:15	12,18 km/h
336	537	Sowa Philipp		0:49:11	MHK	91	0:49:31 -	09:17 09:39 10:05 10:12 09:57	12,20 km/h
337	838	Weller Mario	Laufteam Campingpl.Müns	0:48:50	M35	48	0:49:32 -	09:34 09:39 09:46 09:51 09:59	12,28 km/h
338	707	Schmitz Ralf		0:48:41	M40	51	0:49:32 -	10:21 09:36 09:36 09:52 09:14	12,32 km/h
339	723	Stieneker Uwe		0:49:12	M40	52	0:49:34 -	09:30 09:42 09:54 10:08 09:56	12,19 km/h
340	149	Flack Jens	Für Kilian und Aurelia	0:48:36	M35	49	0:49:37 -	10:57 09:48 09:10 09:53 08:45	12,34 km/h
341	701	Schoeps Jannik		0:49:29	MHK	92	0:49:38 -	08:10 09:27 10:19 10:52 10:40	12,12 km/h
342	178	Giesen Heinz	Brooks Run Happy Team	0:49:03	M40	53	0:49:42 -	09:05 09:30 10:00 10:16 10:10	12,23 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
343	357	Loddenkötter Stefan	H. Gautzsch	0:49:15	M45	44	0:49:43 -	09:21 09:36 09:53 10:20 10:03	12,18 km/h
344	837	Molitor Jan		0:49:24	M35	50	0:49:45 -	09:18 09:35 09:53 10:07 10:30	12,14 km/h
345	534	Siegmund Benjamin	Mix-Up	0:48:52	M35	51	0:49:45 -	09:32 09:38 09:54 09:58 09:48	12,27 km/h
346	320	Kredtke Markus	Brooks Run Happy Team	0:49:14	M35	52	0:49:45 -	09:53 09:54 09:58 09:54 09:32	12,19 km/h
347	252	Hüwe Marco		0:48:42	M30	48	0:49:46 -	09:25 09:32 09:55 10:02 09:46	12,32 km/h
348	334	Kutschenko Stephan		0:49:08	MHK	93	0:49:49 -	09:02 09:30 09:54 10:51 09:49	12,21 km/h
349	699	Helmos Frank		0:49:03	M45	45	0:49:51 -	09:37 09:47 09:52 10:00 09:45	12,23 km/h
350	866	Wesche Michael		0:49:34	M40	54	0:49:53 -	09:30 09:50 10:06 10:16 09:49	12,10 km/h
351	83	Busse Gerrit		0:49:06	MHK	94	0:49:55 -	09:59 09:46 09:44 09:44 09:52	12,22 km/h
352	396	Möcklinghoff Heiko		0:49:39	M45	46	0:49:57 -	09:31 09:51 10:07 10:15 09:53	12,08 km/h
353	219	Herholz Richard	Boca Seniors HGW	0:49:42	MHK	95	0:49:58 -	09:25 09:50 10:14 10:14 09:57	12,07 km/h
354	709	Vrbaneč Marko	HNK Adria	0:49:43	MHK	96	0:49:58 -	09:25 09:50 10:14 10:13 09:58	12,07 km/h
355	515	Schürmann Hendrik	SG Deutsche Bank Münt	0:49:11	M35	53	0:50:01 -	09:26 09:24 09:45 10:00 10:35	12,20 km/h
356	500	Schmidt-Wilcke Daniel	HSP Münster Laufteam	0:49:50	M40	55	0:50:02 -	08:38 09:30 10:40 11:13 09:46	12,04 km/h
357	103	Dekker Frank		0:49:50	M45	47	0:50:10 -	09:17 09:51 10:14 10:16 10:09	12,04 km/h
358	721	Lohmann Nico	Team Lopus	0:49:35	MU20	6	0:50:12 -	09:44 09:39 10:20 10:12 09:38	12,10 km/h
359	173	Gerlach Ralph	Brooks Run Happy Team	0:49:11	M45	48	0:50:12 -	09:50 09:47 09:47 09:55 09:50	12,20 km/h
360	60	Böker Markus	Nottuln	0:50:12	M35	54	0:50:16 -	09:01 09:59 10:26 10:46 09:58	11,95 km/h
361	471	Rump Mario		0:49:34	M35	55	0:50:16 -	09:07 09:36 10:05 10:24 10:21	12,10 km/h
362	365	Lüker Sebastian	Hochschulsport Münster	0:49:50	MHK	97	0:50:18 -	09:03 09:55 10:25 10:30 09:56	12,04 km/h
363	44	Beilmann Sascha		0:49:42	MHK	98	0:50:19 -	10:28 10:09 09:50 09:48 09:26	12,07 km/h
364	722	Bergmann Thomas		0:50:09	M35	56	0:50:21 -	09:17 10:08 10:23 10:27 09:52	11,96 km/h
365	121	Effelsberg Dave		0:49:34	M35	57	0:50:24 -	10:08 10:08 10:10 09:56 09:10	12,10 km/h
366	570	Thien Christian	HSP Münster Laufteam	0:49:55	M30	49	0:50:25 -	09:54 09:55 10:00 10:00 10:04	12,02 km/h
367	466	Romo-Parra Hector		0:49:54	M40	56	0:50:27 -	10:36 10:12 10:08 09:41 09:16	12,02 km/h
368	34	Baumeister Christian	Sons of Eastfield	0:49:49	M30	50	0:50:29 -	10:05 09:56 10:07 10:13 09:25	12,04 km/h
369	125	Erber Dietmar	Brillux GmbH	0:49:29	M45	49	0:50:35 -	09:52 09:45 09:55 10:04 09:51	12,12 km/h
370	260	Jaster Berthold		0:49:29	M45	50	0:50:35 -	10:06 09:35 09:43 09:48 10:14	12,12 km/h
371	228	Hilbrandt Nils	Realschule im Kreuzviertel	0:49:43	MU14	2	0:50:37 -	09:27 09:06 10:01 10:48 10:19	12,06 km/h
372	369	Lukaschek Peter		0:49:51	MHK	99	0:50:42 -	10:07 10:08 10:10 09:56 09:27	12,03 km/h
373	614	Wecker Guido	LSF Münster	0:50:28	M40	57	0:50:43 -	09:27 10:00 10:23 10:21 10:15	11,89 km/h
374	271	Kamp Christoph		0:50:11	M35	58	0:50:47 -	10:01 09:36 10:09 10:30 09:53	11,95 km/h
375	56	Blick-Weber Matthias		0:49:51	M40	58	0:50:48 -	10:13 09:54 09:55 10:05 09:43	12,03 km/h
376	651	Yazgi Gökhan	buch.de	0:50:04	M35	59	0:50:56 -	08:59 09:26 10:13 10:58 10:26	11,98 km/h
377	256	Ilgner Uwe	H. Gautzsch	0:49:58	M40	59	0:50:57 -	09:52 09:48 10:02 10:09 10:05	12,01 km/h
378	156	Franek Franz	Laufsportteam WN	0:50:47	M60	8	0:51:00 -	09:34 10:03 10:17 10:32 10:19	11,81 km/h
379	421	Oester Thomas	H. Gautzsch	0:50:51	M45	51	0:51:03 -	09:28 10:13 10:35 10:37 09:56	11,80 km/h
380	564	Tappe Daniel	buch.de	0:50:14	M30	51	0:51:07 -	10:33 10:13 10:11 10:00 09:15	11,94 km/h
381	102	Deiters Maximilian	H. Gautzsch	0:50:39	MHK	100	0:51:08 -	09:46 10:13 10:27 10:34 09:38	11,84 km/h
382	760	Rommel Markus	*Siegen	0:51:03	M45	52	0:51:12 -	09:41 09:59 10:14 10:43 10:24	11,75 km/h
383	105	Derbort Thorsten		0:50:31	M30	52	0:51:13 -	09:46 10:19 10:08 10:16 10:00	11,88 km/h
384	432	Piegza Sebastian		0:50:59	M30	53	0:51:15 -	09:28 09:56 10:20 10:46 10:27	11,77 km/h
385	150	Fliß Hermann	LSF Münster	0:50:55	M50	26	0:51:20 -	08:49 09:21 10:27 13:41 08:36	11,78 km/h
386	612	Weber Frank	A-Block	0:51:01	M40	60	0:51:22 -	09:52 10:07 10:17 10:26 10:17	11,76 km/h
387	61	Bogdan Kai	H. Gautzsch	0:50:56	M35	60	0:51:24 -	09:39 09:51 10:18 10:42 10:24	11,78 km/h
388	318	Krautwig Kai		0:50:48	MHK	101	0:51:25 -	10:28 10:25 10:02 10:11 09:40	11,81 km/h
389	641	Wilde Volker	TSVE 1890 Bielefeld	0:50:46	M50	27	0:51:26 -	10:24 09:55 10:13 10:21 09:52	11,82 km/h
390	498	Schmeing W	FreiBier04	0:50:52	M55	12	0:51:27 -	09:46 10:07 10:30 10:39 09:48	11,79 km/h
391	697	Gebauer Markus	*Münster	0:50:31	M30	54	0:51:30 -	10:41 09:51 09:51 10:05 10:01	11,88 km/h
392	0	Neumann Dennis	VHS im FoKuS	0:51:34	MHK	102	0:51:34 -	10:41 10:06 10:12 10:26 10:08	11,63 km/h
393	317	Kraus Clemens	BS Münster	0:50:47	M45	53	0:51:38 -	09:59 10:00 10:17 10:16 10:13	11,81 km/h
394	213	Heidrich Peter	LG Schwerte	0:51:40	M60	9	0:51:40 -	09:19 09:49 10:23 11:01 11:05	11,61 km/h
395	879	Pflügler Christian	GK-Lauf-Münster	0:50:48	M45	54	0:51:43 -	10:09 09:35 10:20 10:21 10:21	11,81 km/h
396	600	Vogel Günter	HTMfactory	0:51:11	M45	55	0:51:54 -	10:00 10:15 10:16 10:21 10:17	11,72 km/h
397	728	Eusterwiemann Steffen	WWO Münster	0:51:46	MHK	103	0:51:59 -	08:44 09:35 10:10 11:06 12:11	11,59 km/h
398	542	Srowig Kai	privat	0:51:27	M30	55	0:52:00 -	10:12 10:16 10:28 10:24 10:06	11,66 km/h
399	732	Tarabek Tobias		0:51:49	M35	61	0:52:00 -	09:20 10:35 10:48 10:41 10:24	11,58 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
400	275	Kayser Thomas	Aaseeschnecken Münster	0:51:31	M40	61	0:52:01	10:21 10:25 10:15 10:14 10:13	11,64 km/h
401	390	Meyer Winfried	Laufsportteam WN	0:51:52	M50	28	0:52:03	09:52 10:17 10:37 10:42 10:22	11,56 km/h
402	424	Osterkamp Stefan		0:50:58	MHK	104	0:52:05	10:03 09:47 10:07 10:38 10:20	11,77 km/h
403	153	Förster Eric	buch.de	0:51:13	M30	56	0:52:06	09:47 09:42 10:23 10:53 10:25	11,71 km/h
404	747	Harke Wilfried	TV Werne 03	0:51:09	M55	13	0:52:08	10:03 10:09 10:16 10:25 10:15	11,73 km/h
405	745	Philips Josef	SC DJK Everswinkel	0:51:22	M60	10	0:52:09	09:57 10:03 10:18 10:29 10:33	11,68 km/h
406	867	Wesche Heiner		0:51:57	M45	56	0:52:16	09:30 09:51 10:40 11:09 10:45	11,55 km/h
407	478	Sautmann Stefan	Brooks Run Happy Team	0:51:27	M35	62	0:52:25	10:24 10:27 10:23 10:34 09:38	11,66 km/h
408	689	Heying Marc	*Münster	0:51:25	MHK	105	0:52:27	10:33 10:13 10:09 10:21 10:07	11,67 km/h
409	894	Ranneberg Stefan	Active Runner Münster	0:51:45	M40	62	0:52:32	10:47 10:46 10:33 10:03 09:34	11,59 km/h
410	388	Merse Heinz	LSF Münster	0:52:15	M50	29	0:52:32	09:52 10:26 10:34 10:39 10:43	11,48 km/h
411	33	Bauer Andreas		0:51:30	MHK	106	0:52:33	10:29 10:36 10:47 10:14 09:24	11,65 km/h
412	645	Winkelkötter Norbert		0:51:43	M45	57	0:52:48	08:48 10:00 10:45 11:06 11:03	11,60 km/h
413	897	Reichelt Andreas	I. D/NL Korps	0:52:09	M55	14	0:52:50	10:29 10:28 10:34 10:28 10:09	11,50 km/h
414	820	Schlake Reinhard		0:52:04	M45	58	0:52:52	10:25 10:10 10:17 10:34 10:37	11,52 km/h
415	214	Heinrich Stefan		0:51:51	M35	63	0:52:52	10:57 10:03 10:09 10:27 10:13	11,57 km/h
416	202	Hahn Günter	LSF Münster	0:52:27	M55	15	0:52:53	10:45 10:26 10:30 10:25 10:20	11,44 km/h
417	244	Holthenrich Rainer		0:51:59	M40	63	0:52:56	10:10 09:19 09:52 11:18 11:18	11,54 km/h
418	710	Gürel Denis		0:52:45	M35	64	0:53:01	09:17 10:02 11:27 11:12 10:45	11,37 km/h
419	776	Auert Jörn		0:52:44	M30	57	0:53:02	10:07 10:35 10:36 10:45 10:39	11,38 km/h
420	68	Bremshey Michael	Laufschule Dortmund	0:52:27	M45	59	0:53:03	10:27 10:39 10:35 10:34 10:11	11,44 km/h
421	801	Gottwald Timo	SV Teuto Riesenbeck	0:52:46	MU20	7	0:53:09	09:55 10:25 10:49 10:52 10:43	11,37 km/h
422	151	Fliß Ludger	LSF Münster	0:52:04	M55	16	0:53:09	10:33 10:15 10:25 10:24 10:25	11,52 km/h
423	285	Klein Karsten	DJK SC Nienberge	0:52:55	M45	60	0:53:12	09:12 12:22 10:48 10:37 09:53	11,34 km/h
424	97	Danberg Martin		0:52:12	M50	30	0:53:14	10:16 10:42 10:43 10:39 09:51	11,49 km/h
425	737	Rischbieter Nikolaus		0:53:05	MU18	6	0:53:15	08:47 09:03 10:42 12:17 12:14	11,30 km/h
426	862	Jütting Dieter	TSV Handorf	0:52:33	M65	3	0:53:16	10:25 10:28 10:32 10:37 10:30	11,41 km/h
427	314	Kräußlich René	Laufsportteam WN	0:53:08	M40	64	0:53:19	09:39 10:24 10:49 11:07 11:06	11,29 km/h
428	787	Terjung Claas	TSG Duelsen	0:52:54	M50	31	0:53:20	10:13 10:05 10:33 10:52 11:09	11,34 km/h
429	690	Weber Jakob		0:53:02	MU16	1	0:53:26	09:30 10:01 10:56 11:06 11:28	11,31 km/h
430	181	Goldberg Udo		0:53:14	M50	32	0:53:31	09:48 10:21 10:44 11:08 11:11	11,27 km/h
431	204	Halsbenning Stefan	TuS Hiltrup	0:52:41	MHK	107	0:53:36	11:27 10:43 10:30 10:22 09:38	11,39 km/h
432	875	Seppendorf Felix		0:52:41	MHK	108	0:53:36	11:27 10:42 10:30 10:22 09:38	11,39 km/h
433	341	Land Tobias		0:52:55	MHK	109	0:53:39	10:53 10:22 10:43 10:56 09:59	11,34 km/h
434	748	Baffa Martin	Night Runners Hamm	0:53:04	M45	61	0:53:39	10:37 10:33 10:28 10:37 10:47	11,31 km/h
435	840	Solder Michael	BSG Antiquariat Solder	0:53:40	M40	65	0:53:40	10:36 10:22 10:38 10:59 11:02	11,18 km/h
436	559	Suermann Alexander		0:52:51	M35	65	0:53:41	10:16 10:18 10:34 10:54 10:47	11,35 km/h
437	134	Fabri Markus	AS Neukirchen-Vluyn	0:52:54	M45	62	0:53:41	11:00 10:45 10:37 10:29 10:03	11,34 km/h
438	288	Klix Johannes		0:53:33	MHK	110	0:53:44	09:26 10:31 10:57 11:13 11:25	11,20 km/h
439	729	Krämer Max		0:53:11	MU20	8	0:53:47	09:33 10:31 10:55 11:16 10:54	11,28 km/h
440	871	Hölker Johannes	TuS Altenberge 09	0:52:57	M50	33	0:53:50	10:07 10:18 10:35 10:52 11:02	11,33 km/h
441	625	Weßling André		0:52:56	MHK	111	0:53:56	11:12 11:09 10:48 10:39 09:05	11,33 km/h
442	422	oliver R. froning oliver		0:53:17	M45	63	0:53:59	10:29 10:41 10:46 10:45 10:33	11,26 km/h
443	373	Makowski Mirko		0:54:01	M30	58	0:54:17	10:13 10:55 10:58 10:58 10:56	11,11 km/h
444	861	Ploch Bronislaw	Stockmeyer Team	0:53:50	M50	34	0:54:17	10:22 10:39 10:48 11:17 10:43	11,14 km/h
445	589	Varga Georg		0:53:34	M45	64	0:54:23	10:17 10:44 10:56 10:55 10:40	11,20 km/h
446	130	Everding Bastian		0:53:23	MHK	112	0:54:27	10:37 10:31 11:18 11:36 09:18	11,24 km/h
447	326	Krummnacker Christoph	DOLAGR	0:53:36	M30	59	0:54:29	10:28 10:39 10:52 11:08 10:27	11,19 km/h
448	750	Ahle Ele	*Waltrop	0:54:03	M50	35	0:54:39	09:56 10:36 11:02 11:11 11:17	11,10 km/h
449	484	Schemmer Jürgen		0:54:08	M45	65	0:54:39	10:25 11:00 10:57 11:07 10:36	11,08 km/h
450	193	Großmann Jörg	Warendorfer SU	0:53:50	M55	17	0:54:43	10:13 10:14 10:47 11:20 11:14	11,14 km/h
451	727	Engel Niels	Graswurzeltornados	0:53:45	MHK	113	0:54:46	10:24 10:22 10:39 11:06 11:12	11,16 km/h
452	858	Paulus Dr. Wolfgang	*Münster	0:54:24	M60	11	0:54:50	10:05 10:50 11:06 11:15 11:06	11,03 km/h
453	299	Köbbing Michael	H. Gautzsch	0:54:05	M40	66	0:54:58	10:39 10:37 10:47 11:08 10:52	11,09 km/h
454	611	Watermann Björn	SG Deutsche Bank Münt	0:54:23	M35	66	0:55:14	10:43 10:25 10:43 11:18 11:13	11,03 km/h
455	876	Schinz Florian		0:54:24	M35	67	0:55:15	10:43 10:24 10:43 11:19 11:13	11,03 km/h
456	490	Schlueter Ulrich	SV Teuto Riesenbeck	0:54:12	M60	12	0:55:16	11:26 10:48 10:40 10:41 10:35	11,07 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
457	772	Muddemann Veit		0:54:34	M50	36	0:55:19 - 10:01	10:26 11:09 11:22 11:33	11,00 km/h
458	735	Erbe Matthias		0:54:58	M35	68	0:55:19 - 11:33	11:18 11:09 10:37 10:19	10,91 km/h
459	266	Jugel Carsten	SG Sendenhorst	0:55:04	M30	60	0:55:20 - 09:37	10:53 11:10 11:34 11:49	10,89 km/h
460	409	Naumann Mathias	H. Gautzsch	0:54:57	M55	18	0:55:27 - 10:34	10:41 10:56 11:20 11:23	10,92 km/h
461	349	Leufgen Jonas	Realschule im Kreuzviertel	0:54:34	MU18	7	0:55:31 - 10:05	10:06 10:51 11:32 11:58	10,99 km/h
462	845	Roth Klaus	:anlauf Siegen	0:55:22	M65	4	0:55:37 - 10:35	11:00 11:12 11:28 11:04	10,84 km/h
463	311	Korves Thomas		0:54:49	M50	37	0:55:37 - 10:10	10:33 11:00 11:31 11:34	10,94 km/h
464	676	Stau Gerrit	TLGDL Mesum	0:54:36	M35	69	0:55:42 - 11:12	10:50 10:54 10:56 10:43	10,99 km/h
465	395	Möbus Juri		0:54:57	MHK	114	0:55:43 - 11:17	11:20 11:21 10:54 10:03	10,92 km/h
466	307	Kolter Cedric	Personal best 2012	0:54:49	M30	61	0:55:48 - 11:01	10:54 11:00 11:07 10:46	10,94 km/h
467	734	Weiß Jörg		0:54:58	M40	67	0:55:48 - 11:00	10:44 10:57 11:12 11:02	10,92 km/h
468	849	Beltermann Wolfgang	Physio Deltermann	0:55:08	M50	38	0:55:53 - 11:02	10:51 11:03 11:19 10:51	10,88 km/h
469	769	Zimmermann Holger	*Münster	0:55:04	M40	68	0:55:57 - 10:57	11:04 11:09 11:09 10:43	10,90 km/h
470	514	Schröer Michael	TuS Haltern	0:55:32	M35	70	0:56:05 - 10:28	10:57 11:19 11:23 11:22	10,80 km/h
471	863	Kreienbaum Bernhard	LSF Münster	0:55:23	M70	2	0:56:06 - 10:40	11:07 11:18 11:24 10:52	10,83 km/h
472	560	Sumowski Klaus	Realschule im Kreuzviertel	0:55:22	M45	66	0:56:18 - 11:16	11:09 11:33 10:58 10:25	10,84 km/h
473	75	Bücker Heinz	LSF Münster	0:55:25	M65	5	0:56:28 - 11:00	10:41 10:56 11:15 11:31	10,83 km/h
474	622	Werner Gerhard	medisport Dortmund	0:55:37	M65	6	0:56:34 - 10:46	10:47 11:03 11:34 11:26	10,79 km/h
475	574	Thomas Jörg	Stadtwerke Münster	0:55:48	M45	67	0:56:35 - 10:59	10:57 11:11 11:20 11:19	10,75 km/h
476	448	Raschke Simon	K.D.St.V. Winfridia-Bresla	0:55:41	MHK	115	0:56:36 - 11:22	11:07 11:17 11:25 10:28	10,77 km/h
477	797	Klümpfer Hans	*Drensteinfurt	0:56:04	M60	13	0:56:42 - 10:37	11:03 11:22 11:34 11:26	10,70 km/h
478	599	Vogedes Rolf	ETuS Rheine	0:55:53	M55	19	0:56:43 - 10:58	11:05 11:19 11:27 11:03	10,74 km/h
479	319	Krawinkel Martin	Gelb-Schwarz Hohenholte	0:56:06	M40	69	0:56:45 - 11:01	10:54 11:08 11:26 11:35	10,70 km/h
480	239	Höwische Thorsten	Brillux GmbH	0:55:40	M35	71	0:56:47 - 11:12	11:12 11:27 11:23 10:24	10,78 km/h
481	675	Behnen Roland	TLGDL Mesum	0:55:42	M35	72	0:56:47 - 11:11	10:55 11:16 11:13 11:05	10,77 km/h
482	332	Kussel Malte		0:56:56	M30	62	0:57:07 - 09:27	10:31 11:22 12:16 13:18	10,54 km/h
483	898	Trost Christian	*Münster	0:56:20	M30	63	0:57:08 - 11:28	11:32 11:12 11:40 10:25	10,65 km/h
484	276	Keller Sven		0:56:21	MHK	116	0:57:12 - 11:01	11:24 11:30 11:26 10:59	10,65 km/h
485	11	Adam Volker		0:56:31	M45	68	0:57:17 - 11:10	11:24 11:23 11:25 11:08	10,61 km/h
486	703	Heimann Björn		0:57:05	MHK	117	0:57:22 - 10:08	11:04 11:57 12:07 11:47	10,51 km/h
487	841	Hambrock Joachim		0:56:32	M45	69	0:57:22 - 11:29	11:40 11:32 11:17 10:33	10,61 km/h
488	414	Neumann Bertram	BSG Laufen GAD	0:56:52	M50	39	0:57:23 - 10:51	11:18 11:33 11:34 11:34	10,55 km/h
489	610	Warode Udo	VFL Sassenberg	0:57:02	M45	70	0:57:28 - 10:33	11:14 11:45 12:04 11:24	10,52 km/h
490	58	Böhm Marc		0:56:58	M40	70	0:57:37 - 11:18	11:15 11:02 11:55 11:27	10,53 km/h
491	325	Krimphove Thorsten		0:57:00	M35	73	0:57:40 - 11:13	11:19 11:40 11:39 11:07	10,53 km/h
492	796	Voet Gerald	BSG Nordhorner KKH	0:57:00	M50	40	0:57:46 - 10:49	11:29 11:50 11:42 11:08	10,52 km/h
493	400	Morgenthum Ulrich		0:56:55	M65	7	0:57:51 - 11:46	11:24 11:15 11:15 11:14	10,54 km/h
494	713	dirksen Konrad		0:57:26	MU14	3	0:57:53 - 10:00	11:40 12:02 12:20 11:22	10,45 km/h
495	714	Dirksen Thomas		0:57:26	M45	71	0:57:53 - 10:00	11:41 12:02 12:20 11:22	10,44 km/h
496	673	Stanke Claus	Pflegebüro Bahrenberg	0:56:53	M45	72	0:57:54 - 11:13	11:17 11:28 11:38 11:14	10,55 km/h
497	683	Eckardt Jörg	*Münster	0:57:18	M55	20	0:58:05 - 11:25	11:28 11:39 11:29 11:16	10,47 km/h
498	52	Beunink Andreas		0:57:02	M45	73	0:58:07 - 11:15	11:21 11:16 11:25 11:43	10,52 km/h
499	488	Schlieckmann Helmut	Marathon Steinfurt	0:57:33	M55	21	0:58:18 - 10:48	11:03 11:26 12:02 12:12	10,42 km/h
500	51	Bernhardt Daniel	Brooks Run Happy Team	0:57:23	M35	74	0:58:24 - 10:59	11:40 11:51 11:40 11:12	10,45 km/h
501	771	Hörmann Manfred	L.S.F. Münster e.V.	0:58:25	M70	3	0:58:34 - 11:18	11:28 11:45 11:54 11:59	10,27 km/h
502	682	Hüttermann Patrick	*Münster	0:57:49	M40	71	0:58:43 - 11:07	11:09 11:41 11:56 11:55	10,38 km/h
503	784	Holkenbrink Alois	FC Deutsche Post	0:58:08	M55	22	0:58:48 - 11:34	11:34 11:41 11:40 11:37	10,32 km/h
504	795	Gosen-Voet Fenna	Vorwärts Nordhorn	0:58:10	M50	41	0:58:57 - 10:52	11:36 12:07 11:58 11:35	10,31 km/h
505	338	Lammers Dominik		0:58:35	MHK	118	0:59:04 - 11:26	11:43 11:50 11:51 11:44	10,24 km/h
506	752	Beisenkroll Günter	Laufsportteam WN	0:58:24	M55	23	0:59:05 - 11:35	11:35 11:47 11:50 11:34	10,27 km/h
507	895	Bartel Alexander	*Osnabrück	0:58:04	M35	75	0:59:05 - 10:54	11:12 11:48 12:08 11:59	10,33 km/h
508	842	Kracht Jörg	*Telgte	0:59:21	M45	74	1:00:11 - 11:28	11:41 11:47 12:18 12:05	10,11 km/h
509	286	Kleindiek Hans-Werner	H. Gautzsch	0:59:21	M65	8	1:00:13 - 11:51	11:59 11:49 11:56 11:45	10,11 km/h
510	856	Schaefer Thorsten	Sportbeat.de	0:59:35	M40	72	1:00:21 - 10:40	10:46 11:08 12:13 14:46	10,07 km/h
511	691	Schwarz Klaus		0:59:32	M55	24	1:00:27 - 11:47	12:00 11:49 11:58 11:56	10,08 km/h
512	551	Strathoff Dirk	Laufschule Dortmund	0:59:36	M50	42	1:00:28 - 11:33	11:34 11:48 12:22 12:18	10,07 km/h
513	281	Kipp Stefan		0:59:43	M35	76	1:00:38 - 11:45	11:59 12:20 12:21 11:16	10,05 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
514	571	Thiering Marcel	H. Gautzsch	0:59:40	M35	77	1:00:42 -	11:02 11:20 11:58 12:39 12:38	10,06 km/h
515	541	Springer Felix	Rotaract Club Münster	1:00:12	MHK	119	1:01:10 -	11:29 11:11 12:10 12:41 12:39	9,97 km/h
516	352	Liewald Reinhard	BSG Arbeitsagentur Müns	1:00:31	M55	25	1:01:16 -	11:48 12:12 12:11 12:25 11:54	9,91 km/h
517	846	Hölker Oliver		1:00:26	M45	75	1:01:30 -	11:17 11:14 11:57 12:47 13:09	9,93 km/h
518	706	Winter Frank		1:00:33	M45	76	1:01:31 -	11:49 12:12 12:17 12:16 11:57	9,91 km/h
519	659	Brauer Bernd	*Münster	1:00:54	M40	73	1:01:34 -	11:14 11:39 12:21 12:44 12:55	9,85 km/h
520	588	van Schelve Thorsten	Brooks Run Happy Team	1:00:57	M40	74	1:01:38 -	11:05 12:15 12:25 12:40 12:30	9,84 km/h
521	394	Minns steven		1:00:51	M50	43	1:01:47 -	10:52 11:37 12:18 12:55 13:07	9,86 km/h
522	633	Wiemann Paul		1:01:27	M60	14	1:02:01 -	11:38 11:48 12:25 12:54 12:40	9,76 km/h
523	806	Keussen Marius	Dogrunners Europe	1:01:00	M55	26	1:02:02 -	12:06 11:57 12:03 12:20 12:32	9,83 km/h
524	18	Altrogge Reinhard	K.D.St.V. Winfridia-Bresla	1:01:17	MHK	120	1:02:12 -	10:41 11:30 12:28 13:23 13:13	9,79 km/h
525	346	Laukötter Sebastian		1:02:01	M30	64	1:02:55 -	11:36 12:19 12:53 12:56 12:15	9,67 km/h
526	246	Holtrichter-Rößmann Volker	Freiwillige Feuerwehr Wulf	1:01:51	MHK	121	1:02:55 -	11:30 12:04 12:24 12:48 13:03	9,70 km/h
527	154	Fortströer Lars		1:02:01	M35	78	1:02:55 -	11:37 12:19 12:53 12:55 12:15	9,67 km/h
528	581	Troche Daniel		1:02:43	M50	44	1:03:13 -	11:56 12:27 12:46 12:51 12:42	9,56 km/h
529	477	Sauer Erik	Brooks Run Happy Team	1:02:17	M30	65	1:03:17 -	10:42 12:45 12:49 13:01 12:57	9,63 km/h
530	249	Horstmann Goswin	H. Gautzsch	1:02:48	M60	15	1:03:19 -	12:00 12:19 12:51 12:47 12:49	9,55 km/h
531	157	Fraune Stephan	H. Gautzsch	1:03:20	M35	79	1:04:23 -	11:36 12:17 12:53 13:29 13:03	9,47 km/h
532	698	Meyer Guido		1:03:32	M40	75	1:04:31 -	11:24 12:02 12:44 13:26 13:55	9,44 km/h
533	283	Klappert Benjamin	:anlauf Siegen	1:04:34	MHK	122	1:04:56 -	11:07 13:03 13:43 13:47 12:52	9,29 km/h
534	809	Evers Jochen	SUS Neuenkirchen	1:04:00	M40	76	1:04:56 -	12:20 12:49 12:59 13:14 12:36	9,37 km/h
535	429	Pentrup Marius	K.D.St.V. Winfridia-Bresla	1:04:03	MHK	123	1:04:57 -	11:22 11:07 14:11 14:07 13:13	9,37 km/h
536	489	Schlierkamp Lars		1:04:46	MHK	124	1:05:01 -	11:19 13:29 13:19 13:44 12:54	9,26 km/h
537	372	Mahler, Christoph	TSG -Münster	1:04:07	M65	9	1:05:11 -	12:05 12:38 12:57 13:20 13:05	9,36 km/h
538	685	Kaldewei André	Westf. Vorhelm	1:07:17	MHK	125	1:08:16 -	12:05 13:02 13:20 14:01 14:48	8,92 km/h
539	220	Herkenhoff Stefan		1:09:01	M30	66	1:09:48 -	11:48 13:14 14:10 15:07 14:40	8,69 km/h
540	799	Kahle Andre	TuS Altenberge 09	1:10:01	M45	77	1:10:40 -	12:20 13:58 14:46 14:47 14:08	8,57 km/h
541	425	Otto Harald		1:11:12	M50	45	1:12:09 -	12:39 14:21 14:36 14:50 14:44	8,43 km/h
542	39	Beckmann Hermann	LuLaLü Lüdinghausen	1:16:41	M65	10	1:17:15 -	14:38 15:25 15:40 15:36 15:20	7,82 km/h

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	368	Lüring Sandra	LG Ratio Münster	0:35:23	WHK	1	0:35:25	06:53 07:04 07:04 07:12 07:08	16,96 km/h
2	595	Viebahn Christl	LAZ Puma Rhein-Sieg	0:35:42	W35	1	0:35:45	06:55 07:02 07:10 07:20 07:14	16,80 km/h
3	238	Feil Friederike	LG Olympia Dortmund	0:37:02	WHK	2	0:37:04	07:15 07:28 07:27 07:35 07:16	16,20 km/h
4	510	Schröder Miriam	LSF Münster	0:37:52	W35	2	0:37:56	07:18 07:38 07:41 07:45 07:28	15,84 km/h
5	327	Kümpers Julia	ESV Münster	0:38:53	WHK	3	0:38:59	07:39 07:52 07:49 07:53 07:39	15,43 km/h
6	733	Schüler Nina		0:39:53	W30	1	0:39:58	07:44 07:53 08:02 08:04 08:07	15,04 km/h
7	463	Rössler Vanessa	LGO Dortmund. Brooks Runn	0:40:00	W30	2	0:40:04	07:39 07:55 08:10 08:12 08:01	15,00 km/h
8	226	Hiegemann Anna	FC Stoppenberg LT	0:40:34	WU20	1	0:40:37	07:49 08:10 08:09 08:17 08:06	14,79 km/h
9	888	Vergin Stefanie	Post SV Gütersloh	0:40:35	W35	3	0:40:44	07:54 08:03 08:06 08:13 08:18	14,78 km/h
10	136	Fanslau Ute	HSP Leichtathletik Münste	0:41:29	WHK	4	0:41:37	08:00 08:15 08:22 08:28 08:22	14,46 km/h
11	437	Postert Christiane	LG Ems Warendorf	0:41:40	W35	4	0:41:52	08:20 08:20 08:21 08:26 08:11	14,40 km/h
12	626	Weßling Jutta	Tri Run Ibbenbüren	0:41:45	W30	3	0:41:55	08:26 08:24 08:18 08:21 08:14	14,37 km/h
13	80	Buil Melina	Kleve	0:42:50	WU20	2	0:42:59	08:34 08:46 08:41 08:35 08:12	14,01 km/h
14	412	Neugebauer Kai-Louise	SCB Berlin (CrossteamBerl	0:43:03	WHK	5	0:43:07	07:56 08:35 08:55 08:56 08:38	13,94 km/h
15	233	Höfelers Freya	HSP Münster Laufteam	0:42:43	WHK	6	0:43:10	08:23 08:40 08:33 08:42 08:24	14,04 km/h
16	428	Pender Mercedes	SCE Hamm	0:42:55	WU20	3	0:43:19	08:15 08:33 08:46 08:42 08:37	13,98 km/h
17	392	Michels Stephanie	Run? by Runners Point Mü	0:44:05	WHK	7	0:44:13	08:33 08:38 08:45 09:07 09:00	13,61 km/h
18	384	Meiser Corinna	LSF Münster	0:44:20	W35	5	0:44:26	08:34 08:39 08:49 09:09 09:07	13,53 km/h
19	399	Möse Kristin	HSP Münster Laufteam	0:44:09	WHK	8	0:44:37	08:30 08:42 08:56 09:05 08:55	13,59 km/h
20	848	Rotthauwe Juliana	LSF Münster	0:44:36	W30	4	0:44:43	08:34 08:40 08:56 09:11 09:13	13,45 km/h
21	376	Marpe-Hörsting Sabine	Spiridon Haltern	0:44:42	W45	1	0:44:47	08:42 08:56 09:00 09:07 08:55	13,42 km/h
22	473	Sager Sarah	LGO Dortmund. Brooks Runn	0:44:43	WU18	1	0:44:47	08:37 08:53 09:00 09:17 08:55	13,41 km/h
23	195	Gütting Vanessa	LGO Dortmund. Brooks Runn	0:44:43	WU18	2	0:44:47	08:37 08:52 09:00 09:17 08:55	13,42 km/h
24	402	Moß Daniela	saracus consulting GmbH	0:44:51	W40	1	0:45:06	08:38 08:55 09:02 09:11 09:02	13,37 km/h
25	504	Schöler Anja	Fokus Selm	0:44:47	W40	2	0:45:09	09:02 08:54 08:59 09:00 08:51	13,40 km/h
26	505	Schönefeld Eva	LSF Münster	0:44:59	W40	3	0:45:17	08:27 08:58 09:03 09:19 09:11	13,34 km/h
27	481	Schäfer Isabell	Tc Rinkerode	0:45:21	WHK	9	0:45:30	08:24 09:01 09:19 09:24 09:10	13,23 km/h
28	255	Hußmann claudia	LG Ems Warendorf	0:45:33	W40	4	0:45:39	08:42 09:03 09:10 09:23 09:13	13,17 km/h
29	855	Werp Angelika	Tri Finish Münster	0:45:32	W40	5	0:45:43	08:41 09:02 09:20 09:13 09:13	13,18 km/h
30	323	Krell-Witte Delia	LSF Münster	0:45:44	W50	1	0:46:02	08:48 09:12 09:19 09:20 09:04	13,12 km/h
31	536	Sodies Ira		0:45:49	WHK	10	0:46:16	09:06 09:05 09:13 09:12 09:10	13,09 km/h
32	187	Gregg Sophia		0:46:18	WHK	11	0:46:40	09:44 09:12 09:12 09:06 09:03	12,96 km/h
33	354	Lindau Kathleen	WSV Oberhof	0:46:37	WHK	12	0:46:46	08:42 09:20 09:33 09:39 09:22	12,87 km/h
34	25	Aßmann Grit	Brooks Run Happy Team	0:46:21	WHK	13	0:46:55	09:21 09:27 09:18 09:09 09:05	12,94 km/h
35	671	Suers Claudia	TSG Dülmen	0:46:55	WHK	14	0:47:02	08:39 09:18 09:40 09:46 09:30	12,79 km/h
36	278	Kemper Karolin		0:46:57	W30	5	0:47:10	09:00 09:06 09:12 09:47 09:51	12,78 km/h
37	383	Meinburg Anna	Laufsportteam WN	0:46:58	WHK	15	0:47:11	09:07 09:04 09:24 09:50 09:31	12,77 km/h
38	137	Feikus Anna	HSP Laufteam Münster	0:46:44	WHK	16	0:47:11	08:48 09:09 09:26 09:41 09:38	12,84 km/h
39	884	Hoggenbrock Rike	*Telgte	0:47:00	WHK	17	0:47:24	09:13 09:20 09:27 09:29 09:30	12,77 km/h
40	447	Radstaak Martina	Tri Finish Münster	0:46:57	WHK	18	0:47:39	09:14 09:18 09:30 09:32 09:21	12,78 km/h
41	624	Wessendorf Nora	RV Wadelheim	0:47:26	WHK	19	0:47:45	09:02 09:16 09:35 09:44 09:48	12,65 km/h
42	234	Höfling Imke	TriFinish Münster	0:47:15	W40	6	0:47:48	09:13 09:24 09:36 09:38 09:23	12,69 km/h
43	218	Hentschel Claudia		0:47:18	W30	6	0:48:04	09:07 09:18 09:38 09:44 09:29	12,68 km/h
44	300	Köhne Helga	H. Gautzsch	0:47:43	W50	2	0:48:13	09:18 09:25 09:43 09:48 09:28	12,57 km/h
45	872	Ricklin Nicole		0:47:57	WHK	20	0:48:16	09:03 09:26 09:46 09:52 09:48	12,51 km/h
46	874	Essing Nicole		0:48:15	W35	6	0:48:30	09:09 09:32 09:48 09:55 09:48	12,43 km/h
47	607	Walter Christine	WSG 81 Königs Wusterh	0:48:27	W50	3	0:48:34	09:09 09:31 09:51 09:53 10:01	12,38 km/h
48	333	Kussmann Karen		0:48:11	WHK	21	0:48:37	09:12 09:41 09:49 09:57 09:29	12,45 km/h
49	248	Hoppe Stephanie	Run? by Runners Point Mü	0:48:23	WHK	22	0:48:42	08:55 09:35 10:03 10:16 09:33	12,40 km/h
50	882	Sporkmann Karin	SV Teuto Riesenbeck	0:48:32	W40	7	0:48:45	09:02 09:40 10:02 10:01 09:44	12,36 km/h
51	615	Weimar Sonja	AndroGym	0:48:18	W35	7	0:48:47	08:47 09:33 09:59 10:06 09:52	12,42 km/h
52	814	Jürgens Ulla	LG Emsdetten	0:48:52	W50	4	0:49:07	09:22 09:40 09:54 10:08 09:46	12,28 km/h
53	23	Artz Annette	HSP Münster Laufteam	0:48:22	WHK	23	0:49:07	09:27 09:35 09:44 09:52 09:43	12,40 km/h
54	513	Schröer Charlotte	SV Burgsteinfurt	0:48:52	WU16	1	0:49:13	09:00 09:45 09:57 09:57 10:10	12,28 km/h
55	231	Hillen Helga	LSF Münster	0:49:08	W30	7	0:49:25	09:37 09:49 09:51 09:58 09:51	12,21 km/h
56	128	Eule-Mau Nadin	Brooks Run Happy Team	0:48:48	W30	8	0:49:27	09:42 09:44 09:54 09:55 09:32	12,29 km/h
57	57	Bödefeld Corinna		0:49:09	WHK	24	0:49:31	09:37 09:49 09:58 10:10 09:33	12,20 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
58	640	Wigger Birgit	Uni Münster	0:49:07	WHK	25	0:49:34	09:44 09:50 09:53 09:55 09:44	12,21 km/h
59	705	Babel Shakti Ananda	LG Ratio/SC Preußen Mün	0:49:12	WHK	26	0:49:51	09:38 09:46 09:53 10:00 09:53	12,19 km/h
60	889	Nathaus Birgit	*Münster	0:49:38	W45	2	0:49:52	09:29 09:52 09:59 10:10 10:06	12,09 km/h
61	608	Warnecke Vera		0:49:25	WHK	27	0:49:54	09:11 09:44 10:02 10:13 10:13	12,14 km/h
62	818	Decker Maria		0:49:52	W40	8	0:50:05	09:01 09:36 10:30 10:29 10:14	12,03 km/h
63	406	Münsterkötter Stefanie	Lauftreff Nottuln	0:49:54	W40	9	0:50:27	09:46 09:51 10:04 10:08 10:04	12,02 km/h
64	666	Kleine Vorholt Pia	Run-For-Their-Lives	0:49:50	WU18	3	0:50:29	09:58 10:06 10:10 10:14 09:19	12,04 km/h
65	386	Menke Kristina		0:50:25	WHK	28	0:50:50	09:26 09:39 10:21 10:32 10:25	11,90 km/h
66	371	Lupfer Johanna		0:50:36	W40	10	0:50:59	09:40 10:02 10:20 10:26 10:06	11,86 km/h
67	755	Sühling Lydia	*Münster	0:50:35	W45	3	0:51:00	10:01 09:59 10:10 10:17 10:05	11,86 km/h
68	348	Leuer Ulla	LSF Münster	0:50:20	W45	4	0:51:03	09:46 09:56 10:09 10:14 10:13	11,92 km/h
69	35	Baumeister Marion		0:50:30	W30	9	0:51:11	10:04 09:59 10:10 10:14 10:01	11,88 km/h
70	360	Loeser Kerstin	LSF Münster	0:51:03	W50	5	0:51:17	09:36 10:12 10:25 10:26 10:22	11,75 km/h
71	267	Jungkamp Kirsten	BSG Sparkasse Münsterl	0:51:15	W35	8	0:51:22	09:25 10:12 10:28 10:40 10:29	11,70 km/h
72	501	Schmieder Lara		0:51:03	WHK	29	0:51:33	10:34 10:23 10:14 10:07 09:43	11,75 km/h
73	639	Wiesmann Birgit	Fokus Selm	0:51:03	W35	9	0:51:34	10:10 10:06 10:12 10:27 10:07	11,75 km/h
74	684	Müller Carola	LC Diabu Eschenburg	0:51:14	W40	11	0:51:41	09:46 10:07 10:31 10:40 10:09	11,71 km/h
75	304	Kösterke Anja		0:51:11	W40	12	0:51:42	09:43 10:07 10:19 10:29 10:31	11,72 km/h
76	378	Marthaler Adele	Rotaract Club Münster	0:51:01	WHK	30	0:51:43	10:04 10:21 10:22 10:23 09:49	11,76 km/h
77	141	Fels Lisa	LG Coesfeld	0:51:12	W45	5	0:51:46	09:44 10:13 10:27 10:29 10:17	11,72 km/h
78	385	Erth Christin		0:51:28	WHK	31	0:51:46	09:20 09:51 10:27 10:53 10:55	11,66 km/h
79	209	Haverkamp Nadine	SG Deutsche Bank Münst	0:50:56	W30	10	0:51:47	09:47 10:05 10:12 10:18 10:33	11,78 km/h
80	270	Kaltenbacher Nicole	SG Suderwich	0:51:29	WHK	32	0:52:04	10:03 10:24 10:27 10:35 09:59	11,65 km/h
81	788	Terjung Christiane	TSG Duellen	0:51:44	W50	6	0:52:11	10:01 10:13 10:29 10:32 10:29	11,59 km/h
82	240	Hoffmann Isabel		0:51:38	WHK	33	0:52:16	10:04 10:23 10:23 10:32 10:13	11,62 km/h
83	688	Göhler Johanna	*Münster	0:51:28	WHK	34	0:52:29	10:33 10:14 10:08 10:22 10:09	11,66 km/h
84	426	Pankewicz Eva	SG Suderwich	0:51:54	WHK	35	0:52:30	09:41 10:29 10:46 10:45 10:12	11,56 km/h
85	353	Limburg Karina		0:52:01	WHK	36	0:52:30	09:41 10:03 10:38 10:50 10:48	11,53 km/h
86	791	Averdung Nadine	SV Teute-Riesenbeck	0:52:03	W35	10	0:52:53	10:18 10:28 10:30 10:25 10:20	11,53 km/h
87	337	Lammerding Ines	H. Gautzsch	0:52:43	W40	13	0:52:53	10:15 10:27 10:43 10:44 10:31	11,38 km/h
88	487	Schlichting Mara		0:52:09	WHK	37	0:52:55	10:33 10:19 10:20 10:39 10:16	11,50 km/h
89	468	Rose Anica	Tri Finish Münster	0:52:38	W30	11	0:53:02	10:12 10:24 10:42 10:44 10:35	11,40 km/h
90	569	Thieme Britta		0:52:27	WHK	38	0:53:05	10:31 10:43 10:39 10:37 09:56	11,44 km/h
91	800	Gottwald Sonja		0:52:45	W45	6	0:53:09	09:55 10:25 10:49 10:52 10:43	11,37 km/h
92	88	Coesfeld Christina	K.D.St.V. Winfridia-Bresla	0:52:39	WU20	4	0:53:33	10:21 10:25 10:29 10:40 10:42	11,39 km/h
93	521	Schulz Claudia		0:53:00	W30	12	0:53:34	11:00 10:34 10:44 10:32 10:08	11,32 km/h
94	171	Gerdau Inga		0:53:09	WHK	39	0:53:37	10:06 10:35 10:49 10:55 10:43	11,29 km/h
95	731	Saphörster Mara	DJK Dychburg	0:53:11	WU18	4	0:53:47	09:33 10:31 10:55 11:16 10:54	11,28 km/h
96	726	Seifert Katrin		0:53:40	W35	11	0:54:07	10:22 10:36 10:58 10:59 10:43	11,18 km/h
97	170	Gepp Brigitte		0:53:54	WHK	40	0:54:29	10:29 10:25 10:48 11:05 11:05	11,13 km/h
98	653	Zerbst Caroline	Rotaract Club Münster	0:53:47	WHK	41	0:54:45	11:25 10:49 10:42 10:26 10:22	11,15 km/h
99	617	Weißkirchen Anna		0:53:59	WHK	42	0:55:02	10:30 10:36 10:51 11:02 10:58	11,11 km/h
100	808	Meinel Denise	WSU Tri-Team	0:54:21	W35	12	0:55:10	10:56 10:47 10:52 10:57 10:47	11,04 km/h
101	591	Venker Margret	LG Emsdetten	0:54:42	W65	1	0:55:12	10:36 10:56 10:59 11:11 10:58	10,97 km/h
102	145	Fiedler Dagmara		0:55:07	W30	13	0:55:20	09:40 10:53 11:10 11:34 11:48	10,89 km/h
103	381	Maushagen Claudia	Laufsportteam WN	0:55:39	WHK	43	0:55:39	10:40 10:59 11:16 11:27 11:14	10,78 km/h
104	73	Brodowsky Sylvia	TSG Sprockhövel	0:55:18	W60	1	0:55:43	10:34 11:01 11:09 11:19 11:13	10,85 km/h
105	115	Dräger Silke	Laufschule Dortmund	0:55:01	W35	13	0:55:52	11:05 11:07 11:06 10:59 10:42	10,90 km/h
106	693	Bergmann Anja		0:55:04	W30	14	0:55:57	10:57 11:04 11:09 11:09 10:43	10,90 km/h
107	291	Knüpp Katharina		0:55:54	WHK	44	0:56:15	11:03 11:11 11:21 11:18 10:58	10,73 km/h
108	351	Lichte Kristina		0:55:58	WHK	45	0:56:19	11:04 11:11 11:22 11:19 11:01	10,72 km/h
109	587	Urmelt Marion	LSF Münster	0:56:12	W40	14	0:56:38	10:58 11:05 11:19 11:24 11:24	10,68 km/h
110	17	Almering Christiane	Brooks Run Happy Team	0:56:02	W35	14	0:56:42	11:06 10:37 11:17 11:34 11:25	10,71 km/h
111	724	Krüger Anna-Lena		0:56:40	WHK	46	0:56:58	10:31 11:08 11:41 12:25 10:53	10,59 km/h
112	870	Niesing Birgit	LSF Münster	0:56:17	W45	7	0:57:01	10:53 10:59 11:20 11:38 11:25	10,66 km/h
113	387	Merckens Luise		0:56:47	WHK	47	0:57:08	10:58 11:25 11:31 11:39 11:12	10,57 km/h
114	449	Regel Andrea		0:56:47	WHK	48	0:57:12	10:43 11:01 11:45 11:47 11:30	10,56 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
115	555	Strohbücker Kristina		0:56:49	WHK	49	0:57:13 -	10:43 11:01 11:45 11:47 11:31	10,56 km/h
116	316	Kranz Ellen		0:56:30	WHK	50	0:57:21 -	11:01 11:23 11:30 11:26 11:08	10,62 km/h
117	416	Neumann Kathrin	Lauftreff Nottuln	0:56:52	W45	8	0:57:23 -	10:51 11:18 11:33 11:34 11:34	10,55 km/h
118	467	Ronzo Anne	Run? by Runners Point Mü	0:56:38	WHK	51	0:57:25 -	10:20 10:35 11:17 11:36 12:49	10,59 km/h
119	736	Teifelkamp Stefania		0:57:06	W30	15	0:57:26 -	11:12 11:20 11:30 11:44 11:17	10,51 km/h
120	764	Brinkmann Julia	*Münster	0:56:41	W35	15	0:57:26 -	11:09 11:15 11:22 11:31 11:23	10,58 km/h
121	183	Gosen Carmen		0:56:59	WHK	52	0:57:46 -	10:49 11:28 11:51 11:42 11:07	10,53 km/h
122	131	Everding Begga		0:57:06	W50	7	0:57:47 -	10:10 10:46 11:34 12:09 12:26	10,51 km/h
123	720	Kummer Kim		0:57:32	WHK	53	0:57:50 -	10:31 11:08 11:41 12:25 11:45	10,43 km/h
124	497	Schmedding Verena		0:57:41	WHK	54	0:57:58 -	11:13 11:15 11:37 11:45 11:50	10,40 km/h
125	455	Reschke Nicole		0:57:41	WHK	55	0:57:59 -	11:14 11:24 11:56 11:48 11:18	10,40 km/h
126	435	Poesentrup Martina	Run? by Runners Point Mü	0:57:15	W45	9	0:58:02 -	10:38 11:17 11:36 11:47 11:56	10,48 km/h
127	678	Herbelt Carmen	*Münster	0:58:00	W30	16	0:58:21 -	10:50 11:20 11:41 12:00 12:06	10,34 km/h
128	520	Schulz Claudia	BSG Westfalen AG	0:58:04	W40	15	0:58:28 -	10:38 11:27 11:56 12:02 11:59	10,33 km/h
129	681	Hüttermann Claudia	*Münster	0:57:51	W35	16	0:58:43 -	11:08 11:07 11:45 11:55 11:54	10,37 km/h
130	303	Körner Yvonne	saracus consulting GmbH	0:58:23	W35	17	0:58:49 -	10:58 11:18 11:56 12:05 12:04	10,28 km/h
131	582	Troppmann Britta	Brooks Run Happy Team	0:58:06	W30	17	0:58:50 -	12:03 11:51 11:31 11:43 10:57	10,33 km/h
131	457	Reuter Karin	Brooks Run Happy Team	0:58:06	WHK	56	0:58:50 -	12:03 11:51 11:31 11:42 10:57	10,33 km/h
133	161	Frönd Jennifer	Realschule im Kreuzviertel	0:58:28	WU18	5	0:58:54 -	11:04 11:38 11:42 12:29 11:33	10,26 km/h
134	566	Temme Andrea	Realschule im Kreuzviertel	0:58:07	W50	8	0:58:54 -	10:49 11:06 11:47 12:20 12:03	10,32 km/h
135	113	Döring Mandy	Runners Point	0:57:56	W35	18	0:58:56 -	11:24 11:37 11:43 11:43 11:27	10,35 km/h
136	84	Carius Stephanie		0:58:35	WHK	57	0:59:04 -	11:26 11:42 11:50 11:51 11:43	10,24 km/h
137	430	Peters Juliane		0:58:04	W35	19	0:59:05 -	10:54 11:12 11:48 12:09 11:59	10,33 km/h
138	177	Giese Katrin	Run Happy :)	0:58:07	W30	18	0:59:06 -	11:33 11:40 11:36 11:51 11:25	10,32 km/h
139	557	Struck Jana		0:58:21	WHK	58	0:59:10 -	11:01 11:17 11:54 12:08 11:59	10,28 km/h
140	355	Lindemann Martina	Laufschule Dortmund	0:58:37	W30	19	0:59:12 -	11:48 11:37 11:51 11:48 11:30	10,24 km/h
141	440	Pristaff Kristina	Mrs.Sporty Rostock	0:58:35	W35	20	0:59:35 -	11:35 11:43 11:40 11:48 11:46	10,24 km/h
142	207	Hans Elke	Laufschule Dortmund	0:59:03	W45	10	0:59:55 -	11:34 11:45 11:55 12:03 11:45	10,16 km/h
143	216	Hemkemeyer Sandra	Brooks Run Happy Team	0:59:13	WHK	59	0:59:57 -	12:04 11:51 11:31 11:43 12:03	10,13 km/h
144	601	Vogel Kirsten		0:59:04	W30	20	1:00:01 -	11:10 11:30 11:57 12:17 12:09	10,16 km/h
145	144	Fender Valerie	RV Appelhülsen	0:59:45	WHK	60	1:00:21 -	11:44 11:54 11:51 12:12 12:02	10,04 km/h
146	89	Coprian Inga		0:59:49	W30	21	1:00:23 -	11:30 11:46 12:06 12:25 12:01	10,03 km/h
147	133	Eversmann Diana		0:59:29	WHK	61	1:00:26 -	11:30 11:42 11:57 12:10 12:08	10,09 km/h
148	38	Becker Ulla		0:59:54	W65	2	1:00:27 -	11:31 11:46 12:05 12:25 12:05	10,01 km/h
149	293	Koch Claudia	Laufschule Dortmund	0:59:36	W45	11	1:00:28 -	11:33 11:33 11:48 12:23 12:17	10,06 km/h
150	719	Lambaradt Luise	LSF Unna	0:59:43	W30	22	1:00:38 -	11:46 11:59 12:20 12:21 11:15	10,05 km/h
151	43	Behrens Sinja		1:00:24	WHK	62	1:00:41 -	11:13 11:25 12:36 13:31 11:37	9,93 km/h
152	562	Sundermann Petra	Laufschule Dortmund	1:00:13	W55	1	1:00:48 -	11:47 11:38 12:10 12:34 12:03	9,96 km/h
153	717	Neumann Brigitte		0:59:56	W50	9	1:00:52 -	11:40 12:07 12:07 12:13 11:48	10,01 km/h
154	816	Haase Stefanie	TSV Ladbergen	1:00:17	WHK	63	1:01:09 -	11:47 11:43 12:16 12:26 12:03	9,95 km/h
155	628	Wichmann Gerhild	L u G Rheine	1:01:18	W55	2	1:01:18 -	01:03 11:24 11:57 12:04 24:48	9,79 km/h
156	159	Frisch Carmen		1:00:22	W30	23	1:01:22 -	11:36 11:50 12:26 12:39 11:49	9,94 km/h
157	621	Weppelmann Andrea		1:00:28	WHK	64	1:01:28 -	11:19 11:41 12:06 12:32 12:47	9,92 km/h
158	847	Reilly Marion		1:00:27	W45	12	1:01:30 -	11:18 11:14 11:57 12:47 13:09	9,93 km/h
159	648	Winter Michaela		1:00:33	W30	24	1:01:30 -	11:49 12:13 12:17 12:16 11:57	9,91 km/h
160	660	Ksienzyk Sabine	*Münster	1:00:36	W50	10	1:01:34 -	11:50 12:06 12:09 12:21 12:07	9,90 km/h
161	434	Pöcheim Antje Katrin	RunnersClub Münster	1:01:24	W40	16	1:01:43 -	10:28 11:34 12:26 13:04 13:50	9,77 km/h
162	67	Braun Eileen		1:01:19	WHK	65	1:01:44 -	10:44 11:19 12:31 13:25 13:17	9,78 km/h
163	47	Berg Margret	H. Gautzsch	1:01:20	W45	13	1:01:51 -	12:01 12:19 12:50 12:11 11:57	9,78 km/h
164	793	Thiel Daniela	Tri Team Witten	1:01:07	W40	17	1:01:58 -	11:46 12:02 12:19 12:21 12:36	9,82 km/h
165	805	Keussen Angie	Dogrunners Europe	1:01:00	W50	11	1:02:02 -	12:07 11:57 12:03 12:20 12:31	9,83 km/h
166	668	Lingenhoff Nicole	*Münster	1:01:33	W30	25	1:02:21 -	11:14 12:06 12:38 12:53 12:39	9,75 km/h
167	669	Große Uphoff Dagmar	*Münster	1:01:48	W30	26	1:02:36 -	11:22 12:00 12:45 13:00 12:39	9,71 km/h
168	66	Brasch Silke		1:02:10	W45	14	1:02:49 -	11:50 12:08 12:44 13:00 12:26	9,65 km/h
169	290	Kloppenborg Simone		1:02:21	W40	18	1:03:09 -	11:38 12:18 12:56 13:01 12:26	9,62 km/h
170	162	Frönd Pia	Realschule im Kreuzviertel	1:03:08	WU16	2	1:03:34 -	11:04 12:09 13:30 13:28 12:55	9,50 km/h
171	546	Stern Ella	Realschule im Kreuzviertel	1:03:08	WU20	5	1:03:35 -	11:04 12:09 13:30 13:28 12:55	9,50 km/h



Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-Pl	Bruttozeit	Rundenzeiten	Geschwindigkeit
172	358	Löbke Andrea	Laufsportteam WN	1:03:26	W40	19	1:04:07	11:35 11:51 12:54 13:27 13:37	9,46 km/h
173	62	Borgmann Christiane	Brooks Run Happy Team	1:03:52	W35	21	1:04:28	11:13 16:14 12:05 12:16 12:02	9,39 km/h
174	658	Preisling Anja	I.Dev/N LD Korps	1:03:43	W45	15	1:04:38	12:06 12:46 12:55 13:07 12:48	9,41 km/h
175	465	Rohmann Anette		1:03:52	W40	20	1:04:41	11:59 12:38 12:57 13:18 12:58	9,39 km/h
176	419	Nussbaum Katrin-Stefanie	Deutsche PTBS-Selbsthi	1:04:45	W35	22	1:05:01	11:18 13:29 13:19 13:43 12:54	9,26 km/h
177	538	Spatz Gaby	LSF Münster	1:04:18	W45	16	1:05:15	12:13 11:57 12:30 13:47 13:49	9,33 km/h
178	517	Schulte Monika		1:04:50	W45	17	1:05:24	12:15 12:32 13:01 13:20 13:39	9,25 km/h
179	124	Elferich Judith		1:04:50	W35	23	1:05:24	12:14 12:32 13:01 13:20 13:39	9,25 km/h
180	127	Espeloer Miriam	Laufschule Dortmund	1:04:49	WHK	66	1:05:41	11:54 12:59 13:27 13:20 13:06	9,26 km/h
181	116	Dreyer Anna-Sophie		1:04:59	WHK	67	1:05:48	11:47 12:33 13:20 14:00 13:18	9,23 km/h
182	273	Kampschulte Carina		1:07:09	WHK	68	1:07:34	11:55 13:20 13:53 14:11 13:48	8,93 km/h
183	491	Schlüter Caroline	H. Gautzsch	1:07:42	WHK	69	1:07:53	11:55 13:40 14:04 14:19 13:43	8,86 km/h
184	476	Sanchez Victoria	Brooks Run Happy Team	1:08:13	WHK	70	1:08:58	12:39 13:42 14:09 14:16 13:26	8,79 km/h
185	129	Euler Cristine	Rotaract Club Münster	1:08:21	WHK	71	1:09:19	12:39 13:32 13:59 14:08 14:01	8,78 km/h
186	627	Wezstein Sabine	Laufschule Dortmund	1:11:12	W40	21	1:12:09	12:39 14:21 14:36 14:50 14:44	8,43 km/h
187	194	Günther Inga	Realschule im Kreuzviertel	1:12:19	WU16	3	1:12:47	11:57 15:41 14:46 15:19 14:34	8,30 km/h
188	767	Schwarzkopf Annette	LSF Münster	1:16:08	W50	12	1:17:16	14:04 17:00 14:04 15:36 15:22	7,88 km/h