

### 3. Juli 2011 10 km



### Männer

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
1	2	Ammouta Younes	LG Eintracht Frankfurt	0:30:06	M30	1	0:30:07 - 05:49 06:02 06:08 06:13 05:52	19,92 km/h
2	657	Hamann Jan Simon	USC Bochum	0:31:14	MHK	1	0:31:15 - 06:11 06:15 06:23 06:19 06:03	19,21 km/h
3	79	Fomin Alexey	Activ Sport Shop Hamm	0:32:19	MHK	2	0:32:19 - 06:12 06:29 06:39 06:45 06:12	18,56 km/h
4	688	Fabianowski Dominik	LAZ Puma Troisdorf/Sie	0:32:37	MHK	3	0:32:37 - 06:11 06:40 06:44 06:39 06:22	18,39 km/h
5	571	Riou Daniel	CCPUL	0:34:02	MHK	4	0:34:06 - 06:40 06:47 07:01 07:04 06:29	17,63 km/h
6	450	Lindner Benjamin	Brooks Running Team	0:34:05	MHK	5	0:34:06 - 06:31 06:57 07:11 06:59 06:26	17,60 km/h
7	91	Goltsch Tillmann	LG Olympia Dortmund	0:34:18	M30	2	0:34:20 - 06:52 06:53 06:56 06:56 06:39	17,49 km/h
8	351	Blumentritt Sebastian	Gesundheitliche Prävent	0:34:29	M30	3	0:34:31 - 06:40 06:55 07:03 07:01 06:47	17,40 km/h
9	742	Obman Ibrahim	LSF Münster	0:34:29	MJB	1	0:34:30 - 06:43 06:54 07:03 07:00 06:47	17,39 km/h
10	655	Schefer Marc	ESV Münster	0:34:42	MHK	6	0:34:44 - 06:43 06:54 07:05 07:13 06:46	17,29 km/h
11	620	Blömker Ingo		0:35:12	MHK	7	0:35:18 - 07:41 09:13 09:23 00:00 00:00	17,04 km/h
12	623	Koch Fritz	LSF Münster	0:35:14	MHK	8	0:35:16 - 06:48 07:05 07:10 07:20 06:49	17,03 km/h
13	0	unbekannt DK2G7WB		0:35:17	MHK	9	0:35:19 - 06:48 06:58 07:11 07:25 06:53	17,00 km/h
14	3001	Fischer Sebastian	TV Friesen Teglte	0:35:37	MHK	10	0:35:38 - 07:06 07:12 07:12 07:12 06:54	16,84 km/h
15	242	Rosa Reina Jose	*Barcelona	0:35:46	M35	1	0:35:48 - 06:47 07:07 07:24 07:26 07:01	16,77 km/h
16	444	Kulke David Christian	HSP Münster Laufteam	0:35:55	MHK	11	0:36:01 - 07:02 07:13 07:19 07:26 06:53	16,70 km/h
17	288	Torben Heck	Marathon-Club Menden	0:35:58	MHK	12	0:36:00 - 06:50 07:20 07:22 07:29 06:56	16,68 km/h
18	39	Bröcker Benjamin	Laufteam Sundermann	0:36:09	MHK	13	0:36:10 - 06:50 07:16 07:26 07:30 07:06	16,60 km/h
19	991	Schulte-Zurhausen Roman	DJK Adler-Langlauf-Bottr	0:36:11	MHK	14	0:36:12 - 06:50 07:21 07:29 07:28 07:00	16,58 km/h
20	94	Grunwald Börn	Blau-Weiss Hollage	0:36:12	M40	1	0:36:13 - 06:56 07:17 07:22 07:28 07:08	16,57 km/h
21	653	Kamp Jörg	TV METtingen	0:36:19	M40	2	0:36:20 - 07:08 07:16 07:22 07:26 07:05	16,52 km/h
22	95	Haase Jens	LG Ems Warendorf	0:36:24	MHK	15	0:36:28 - 07:07 07:16 07:23 07:29 07:08	16,48 km/h
23	114	Hug Marc	Mountain Hardwear	0:36:45	M30	4	0:36:48 - 06:52 07:19 07:31 07:40 07:21	16,33 km/h
24	564	Tüns Michael	LSF Werne	0:36:46	M45	1	0:36:48 - 07:09 07:23 07:30 07:35 07:06	16,32 km/h
25	127	Kamp Mathias	LG Olympia Dortmund	0:36:48	M40	3	0:36:49 - 07:10 07:24 07:30 07:33 07:08	16,30 km/h
26	671	Kintrup Sebastian	W+F Münster	0:36:48	M30	5	0:36:52 - 07:02 07:19 07:30 07:37 07:19	16,30 km/h
27	737	Wessel Florian	Laufteam Sundemann	0:36:50	MHK	16	0:36:55 - 07:19 07:16 07:28 07:34 07:11	16,28 km/h
28	994	Heithorn Andreas	Laufteam Sundermann	0:36:54	M50	1	0:36:56 - 07:06 07:30 07:33 07:36 07:07	16,25 km/h
29	118	Isensee Gunnar	Wolfenbütteler THV	0:36:54	MHK	17	0:37:01 - 07:00 07:19 07:36 07:45 07:13	16,25 km/h
30	126	Kaminski Damian	SFD 75 Düsseldorf	0:36:57	MHK	18	0:36:58 - 07:20 07:21 07:28 07:37 07:09	16,24 km/h
31	122	Jürgens Markus	LG Emsdetten	0:37:07	MHK	19	0:37:09 - 06:56 07:27 07:44 07:50 07:09	16,16 km/h
32	604	Kreckmann Markus	BSG Laufen GAD	0:37:09	M30	6	0:37:10 - 07:07 07:43 07:45 07:32 07:02	16,14 km/h
33	19	Auerswald Steffen	LG Ems Warendorf	0:37:16	M40	4	0:37:20 - 07:10 07:24 07:38 07:45 07:17	16,09 km/h
34	430	Kestermann Herbert	LG Emsdetten	0:37:32	M45	2	0:37:36 - 07:23 07:36 07:32 07:36 07:23	15,98 km/h
35	239	Röthemeyer Marvin	HSP Münster Laufteam	0:37:49	MHK	20	0:37:55 - 07:07 07:33 07:55 07:52 07:19	15,87 km/h
36	3004	Polarczyk Benedikt	Münster	0:37:50	MHK	21	0:37:55 - 07:07 07:32 07:45 07:48 07:36	15,85 km/h
37	115	Hußmann Bert	DJK Everswinkel	0:38:07	M40	5	0:38:12 - 07:31 07:42 07:41 07:51 07:20	15,74 km/h
38	129	Karneth André	LSF Münster	0:38:11	M40	6	0:38:15 - 07:20 07:37 07:48 07:49 07:35	15,71 km/h
39	104	Helff Martin	LG Hamm	0:38:12	M45	3	0:38:17 - 07:27 07:35 07:49 07:52 07:27	15,71 km/h
40	400	Henrique Antonio	LSF Münster	0:38:32	M50	2	0:38:32 - 07:34 07:46 07:51 07:55 07:25	15,57 km/h
41	608	Freisfeld Thorsten	TSV Handorf	0:38:37	M40	7	0:38:40 - 07:32 07:44 07:52 07:57 07:30	15,53 km/h
42	2196	Schmehl Klaus	LG Hamm	0:38:37	M45	4	0:38:43 - 07:28 07:42 07:54 07:56 07:35	15,53 km/h
43	634	Fälker Johannes		0:38:38	MHK	22	0:38:40 - 06:55 07:41 07:56 08:21 07:43	15,53 km/h
44	647	Müller Gerold	Tri Finish Münster	0:38:39	M50	3	0:38:41 - 07:33 07:47 07:50 07:54 07:33	15,52 km/h
45	100	Hanke Ingo	Lauffreunde Bönen	0:38:40	M35	2	0:38:42 - 07:33 07:51 07:46 07:57 07:31	15,52 km/h
46	457	Meyer Thorsten	*Münster	0:38:50	M30	7	0:38:59 - 07:22 07:35 07:58 08:05 07:49	15,44 km/h
47	152	Kosche Reiner	SUS Oberaden	0:39:04	M45	5	0:39:11 - 07:39 07:50 08:02 08:02 07:29	15,35 km/h
48	4005	Brinker Klaus	LSF Münster	0:39:05	M35	3	0:39:08 - 07:42 07:51 08:02 08:07 07:20	15,35 km/h
49	66	Elsbach Cedric	*Siegen	0:39:08	MHK	23	0:39:13 - 07:27 07:47 08:00 08:16 07:36	15,33 km/h
50	529	Thomschke Patrick	Brooks feat. RUN	0:39:08	M35	4	0:39:12 - 07:07 07:34 08:05 09:06 07:15	15,33 km/h
51	181	Luengo Wiewel Daniel	*Münster	0:39:10	M35	5	0:39:14 - 07:36 07:52 07:59 08:01 07:39	15,32 km/h
52	491	Riediger Matthias	*Lünen	0:39:17	MHK	24	0:39:19 - 07:37 07:52 08:00 08:04 07:41	15,27 km/h
53	260	Schröder Christian	LSF Münster	0:39:20	M35	6	0:39:24 - 07:41 07:56 08:04 08:07 07:29	15,25 km/h
54	423	Kanne Martin	LSF Münster	0:39:24	M45	6	0:39:27 - 07:32 07:51 08:02 08:10 07:48	15,23 km/h
55	446	Laukötter Marco	*Münster	0:39:27	M40	8	0:39:30 - 07:29 07:47 08:09 08:09 07:50	15,21 km/h
56	232	Rauh Dominik	TriSpeed Marienfeld	0:39:30	M35	7	0:39:34 - 07:22 08:01 08:19 08:07 07:38	15,19 km/h
57	259	Schneider Matti	FH Runners Berlin	0:39:31	MHK	25	0:39:47 - 07:45 08:04 08:07 08:02 07:31	15,18 km/h

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
58	85	Frisch Martin	Schule des Lebens	0:39:31	M45	7	0:39:43 - 07:42 08:03 08:04 08:04 07:36	15,18 km/h
59	46	Clausing Andreas	LSF Münster	0:39:35	M50	4	0:39:41 - 07:42 07:55 08:03 08:09 07:44	15,15 km/h
60	366	Darimont Sebastian	DSC Oldenburg	0:39:45	MHK	26	0:39:52 - 07:23 07:55 08:21 08:22 07:42	15,09 km/h
61	200	Munk Martin	Lauffreunde Bönen	0:39:48	M40	9	0:39:51 - 07:43 08:03 08:09 08:11 07:39	15,07 km/h
62	237	Reina Lopez Antonio	*Münster	0:39:49	M35	8	0:39:52 - 07:44 08:09 08:09 08:05 07:41	15,06 km/h
63	534	Trumpp Henning	BSG AGRAVIS	0:39:50	M45	8	0:40:31 - 08:01 08:03 08:12 08:08 07:25	15,06 km/h
64	49	Damwerth Matthias	ISC Münster	0:39:53	M45	9	0:39:55 - 07:40 08:00 08:11 08:12 07:47	15,04 km/h
65	133	Keller Tillmann	*Münster	0:39:53	MHK	27	0:40:30 - 07:56 07:59 08:11 08:08 07:38	15,04 km/h
66	390	Grimm Kai	*Münster	0:39:56	MHK	28	0:40:14 - 07:43 08:05 08:12 08:16 07:38	15,02 km/h
67	3006	Düking Jürgen	Laufteam Sundermann	0:39:57	M40	10	0:40:01 - 07:39 08:02 08:10 08:15 07:50	15,01 km/h
68	214	Pezeschgi Sirus	LSF Münster	0:40:03	M45	10	0:40:10 - 07:36 08:10 08:10 08:15 07:50	14,98 km/h
69	492	Rogmann Sascha	*Uedemerbruch	0:40:03	M35	9	0:40:07 - 07:14 08:02 08:31 08:20 07:55	14,98 km/h
70	743	Bales Stefan	LSF Münster	0:40:06	M45	11	0:40:12 - 07:46 08:12 08:18 08:15 07:34	14,96 km/h
71	540	VIGGIANO Michele	1 (GE/NL) Corps	0:40:07	M40	11	0:40:19 - 07:44 08:02 08:07 08:14 07:58	14,95 km/h
72	350	Blömker Martin	*Steinfurt	0:40:09	MHK	29	0:40:15 - 07:18 08:04 08:31 08:28 07:46	14,94 km/h
73	506	Schröder Thomas	Gnoiener SV	0:40:13	MHK	30	0:40:18 - 07:46 08:12 08:14 08:16 07:43	14,91 km/h
74	75	Fender Frederic	*Nottuln	0:40:15	MHK	31	0:40:25 - 07:37 07:52 08:11 08:26 08:06	14,91 km/h
75	13	Ahring Udo	Landstreicher	0:40:15	M50	5	0:40:23 - 07:44 08:03 08:14 08:17 07:53	14,90 km/h
76	628	Freitag Stephan	Gelmer	0:40:24	MHK	32	0:40:27 - 07:49 08:18 08:23 08:23 07:29	14,85 km/h
77	74	Fels Sven	*Billerbeck	0:40:27	MHK	33	0:40:36 - 07:47 08:29 08:26 08:17 07:25	14,83 km/h
78	213	Othmer Andreas	*Münster	0:40:34	M35	10	0:40:52 - 08:13 08:02 08:09 08:12 07:56	14,79 km/h
79	0	unbekannt DT2H29Y		0:40:39	MHK	34	0:40:46 - 07:31 07:57 08:30 08:46 07:53	14,76 km/h
80	76	Fischer Christian	TV Beckum	0:40:41	M35	11	0:40:44 - 07:48 08:12 08:14 08:25 08:00	14,75 km/h
81	685	Zufacher Johannes	Alemannia Aachen	0:40:48	M30	8	0:40:54 - 07:38 08:14 08:33 08:22 07:58	14,71 km/h
82	51	Decker Burkhard	Spirit-Sport Hildesheim	0:40:50	M35	12	0:41:05 - 08:05 08:14 08:22 08:24 07:43	14,69 km/h
83	635	Simon Elmar		0:40:51	M40	12	0:41:10 - 08:02 08:16 08:22 08:20 07:50	14,69 km/h
84	112	Höwer Peter	Tri Finish Münster	0:40:55	M50	6	0:40:59 - 07:48 08:18 08:20 08:27 08:00	14,66 km/h
85	180	Lüken Aloys	BV Garrel	0:40:57	M35	13	0:41:01 - 07:52 08:12 08:28 08:31 07:52	14,65 km/h
86	130	Kasprik Michael	Laufteam Sundermann	0:40:58	M35	14	0:40:59 - 07:33 08:11 08:29 08:34 08:09	14,64 km/h
87	281	Strathaus Wolfgang	Laufteam Sundermann	0:41:09	M50	7	0:41:11 - 07:50 08:15 08:20 08:29 08:11	14,58 km/h
88	22	Austrup Henrik	LG Emsdetten	0:41:19	M40	13	0:41:24 - 07:54 08:11 08:29 08:38 08:04	14,52 km/h
89	420	Kämper Marcel	Brooks feat. RUN	0:41:25	MHK	35	0:41:31 - 07:21 08:23 09:01 08:44 07:53	14,49 km/h
90	732	Boschmann Artur	GWS Münster	0:41:31	M35	15	0:41:36 - 07:49 08:25 08:36 08:32 08:07	14,45 km/h
91	67	Emmerich Jan	*Unna	0:41:32	MHK	36	0:42:00 - 08:32 08:27 08:31 08:21 07:40	14,44 km/h
92	198	Mühlencord Malte	Laufteam Sundermann	0:41:41	M35	16	0:42:03 - 08:17 08:18 08:25 08:33 08:06	14,39 km/h
93	679	Schlenkhoff Moritz	LSF Münster	0:41:46	MHK	37	0:41:59 - 08:11 08:32 08:35 08:35 07:50	14,37 km/h
94	194	Mohnkern Tobias	Lauffreunde Bönen	0:41:48	M30	9	0:41:53 - 08:19 08:25 08:30 08:33 07:59	14,35 km/h
95	330	Alkämper Claus	*Dortmund	0:41:52	M40	14	0:42:08 - 08:07 08:25 08:30 08:34 08:14	14,33 km/h
96	190	Meyer Stephan	LSF Münster	0:41:58	M40	15	0:42:04 - 07:45 08:03 08:32 08:57 08:38	14,30 km/h
97	990	Huesker Bernd	LSF Münster	0:42:04	M60	1	0:42:07 - 08:22 08:33 08:33 08:29 08:06	14,26 km/h
98	691	Kosakowski Rolf	*Horstmar	0:42:08	M40	16	0:42:19 - 08:00 08:34 08:41 08:44 08:07	14,24 km/h
99	468	Neuhaus Markus	RS im Kreuzviertel Eltern	0:42:12	M40	17	0:42:24 - 08:18 08:28 08:38 08:44 08:03	14,22 km/h
100	15	Albers Michael	LSF Münster	0:42:18	M50	8	0:42:26 - 08:18 08:31 08:40 08:43 08:04	14,18 km/h
101	145	Koch Mathias	LSF Münster	0:42:19	M30	10	0:42:25 - 08:17 08:34 08:38 08:45 08:03	14,18 km/h
102	312	Welp Rainer	TWE Group	0:42:19	M35	17	0:42:36 - 08:06 08:27 08:38 08:48 08:19	14,17 km/h
103	1000	Fey Tilman	*Münster	0:42:20	M45	12	0:42:52 - 08:51 08:41 08:33 08:27 07:45	14,17 km/h
104	2198	Bäumer Heinrich	TV Vreden	0:42:21	M50	9	0:42:29 - 08:36 08:31 08:33 08:35 08:04	14,16 km/h
105	270	Schwarte Christian	LG Emsdetten	0:42:22	M45	13	0:42:43 - 08:27 08:24 08:33 08:40 08:16	14,16 km/h
106	247	Sbrzesny Thorsten	*Münster	0:42:23	M30	11	0:42:33 - 08:25 08:31 08:35 08:36 08:14	14,15 km/h
107	606	Kleine-Tebbe Holger	LSF Münster	0:42:25	M35	18	0:42:38 - 08:27 08:45 08:35 08:36 08:00	14,14 km/h
108	175	Löckemann Markus	LG Emsdetten	0:42:33	M35	19	0:42:48 - 07:57 08:33 08:43 08:47 08:31	14,10 km/h
109	188	Mentemeier Sebastian	*Münster	0:42:35	MHK	38	0:42:52 - 08:35 08:36 08:36 08:43 08:04	14,09 km/h
110	389	Griehl Stefan	H. Gautzsch	0:42:41	MHK	39	0:43:17 - 08:45 08:37 08:38 08:50 07:48	14,05 km/h
111	284	Tessnow Holger	Waldfreibad Hörste e.V.	0:42:43	M40	18	0:42:51 - 08:27 08:31 08:36 08:42 08:25	14,04 km/h
112	216	Pick Klaus	Lauf Team Unna	0:42:45	M45	14	0:42:49 - 08:03 08:29 08:51 08:55 08:26	14,03 km/h
113	182	Lütke Schute Siegfried	Tus Hiltrup	0:42:50	M50	10	0:43:02 - 08:19 08:38 08:44 08:45 08:22	14,01 km/h
114	522	Stürznickel Julian	VFL Sassenberg	0:42:53	MJA	1	0:43:17 - 08:44 08:55 08:55 08:32 07:45	13,99 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
115	633	Leßmann Andre		0:42:58	MHK	40	0:43:07 - 08:27 08:29 08:53 08:50 08:18	13,96 km/h
116	530	Toporowski Daniel	*Münster	0:42:59	M30	12	0:43:21 - 08:40 08:39 08:41 08:47 08:10	13,96 km/h
117	125	Kadell Christian	TuS St. Arnold	0:43:01	M35	20	0:43:19 - 08:49 08:39 08:42 08:50 07:58	13,95 km/h
118	326	Zimmer Peter	LSF Münster	0:43:01	M50	11	0:43:14 - 08:20 08:34 08:48 08:52 08:26	13,95 km/h
119	616	Carvalho Junior	Realschule im Kreuzviertel	0:43:04	MJB	2	0:43:05 - 06:57 08:49 09:12 09:39 08:25	13,93 km/h
120	123	Jung Michael	VGS Möhneseesee	0:43:05	M30	13	0:43:09 - 07:52 08:33 08:57 09:05 08:37	13,92 km/h
121	663	Buchholz Volker	ESV Münster	0:43:07	M45	15	0:43:18 - 08:23 08:39 08:50 08:56 08:16	13,92 km/h
122	0	unbekannt DY171X7		0:43:13	MHK	41	0:43:30 - 08:32 08:39 08:53 08:54 08:13	13,88 km/h
123	297	Victor Holger	GW Gelmer	0:43:17	M40	19	0:43:41 - 08:35 08:42 08:42 08:46 08:30	13,86 km/h
124	735	Niehörster Nils	RAAD	0:43:18	M40	20	0:44:19 - 08:43 08:47 08:40 08:48 08:17	13,86 km/h
125	271	Seegers Holger	*Münster	0:43:22	M40	21	0:43:38 - 08:51 08:41 08:36 08:50 08:22	13,84 km/h
126	229	Prein Carsten	*Münster	0:43:28	M40	22	0:43:44 - 08:34 08:42 08:55 08:50 08:24	13,80 km/h
127	252	Schlesiger Ralf	SV Arminia Appelhülsen	0:43:32	MHK	42	0:43:51 - 08:37 08:44 08:49 08:58 08:22	13,78 km/h
128	508	Schulte Christoph	*Dortmund	0:43:36	MHK	43	0:44:19 - 09:09 08:37 08:42 08:56 08:10	13,76 km/h
129	193	Möller Christian	*Greven	0:43:38	M35	21	0:44:02 - 08:48 08:47 08:44 08:48 08:27	13,75 km/h
130	352	Boll Eike	RS im Kreuzviertel Lauftr	0:43:38	MHK	44	0:44:14 - 09:03 08:42 08:41 08:51 08:18	13,75 km/h
131	668	Kuhn Hans-Dieter	*Münster	0:43:39	M60	2	0:43:51 - 08:35 08:39 08:56 09:00 08:27	13,74 km/h
132	469	Niehues Volker	TUS Gildehaus	0:43:43	MHK	45	0:44:03 - 08:32 08:34 08:55 09:17 08:23	13,72 km/h
133	24	Bardtke Thomas	LVM	0:43:44	M40	23	0:44:44 - 08:46 08:38 08:47 08:58 08:34	13,72 km/h
134	287	Till Michael	BSG Westfalen AG	0:43:44	M45	16	0:44:16 - 08:59 08:43 08:48 09:00 08:13	13,72 km/h
135	4006	Bühn Klaus	LSF Münster	0:43:46	MHK	46	0:43:54 - 08:17 08:35 09:03 09:10 08:39	13,71 km/h
136	646	Espenkt Gregor		0:43:48	M45	17	0:44:11 - 08:46 08:34 08:45 08:57 08:44	13,69 km/h
137	11	Ahlers Michael	BSG Westfalen AG	0:43:49	M50	12	0:44:19 - 09:00 08:43 09:04 08:58 08:02	13,69 km/h
137	154	Kramer Sebastian	*Münster	0:43:49	M35	22	0:43:56 - 08:03 08:38 09:08 09:13 08:45	13,69 km/h
139	687	Trautwein Jan	FH Bielefeld	0:43:53	MHK	47	0:43:55 - 07:28 08:34 09:14 09:39 08:56	13,67 km/h
140	612	Holdschlag Julius	*Münster	0:43:55	MHK	48	0:44:10 - 08:20 08:41 09:05 09:15 08:32	13,66 km/h
141	183	Lukassen Peter	BSG Westfalen AG	0:43:56	M40	24	0:44:27 - 09:00 08:43 08:47 09:00 08:24	13,65 km/h
142	513	Skrotzki Tim	*Dortmund	0:44:01	MSA	1	0:44:43 - 08:50 08:41 08:48 09:02 08:38	13,63 km/h
143	322	Wolking Clemens	LSF Münster	0:44:02	M45	18	0:44:06 - 08:27 08:47 08:57 09:07 08:43	13,62 km/h
144	277	Stegemann Manfred	*Münster	0:44:03	M45	19	0:44:17 - 08:33 08:43 08:58 09:04 08:44	13,62 km/h
145	264	Schubert Thomas	LT Westfälische Nachricht	0:44:04	M50	13	0:44:17 - 08:12 08:49 09:07 09:16 08:38	13,61 km/h
146	0	unbekannt DY6CM6X		0:44:06	MHK	49	0:44:11 - 08:37 08:49 08:56 09:03 08:38	13,60 km/h
147	589	Wiegard Klaus	Schlüsseldienst	0:44:06	M50	14	0:44:15 - 08:43 08:45 08:57 09:08 08:30	13,60 km/h
148	141	Klesse Norbert	*Dortmund	0:44:07	M55	1	0:44:45 - 08:49 08:54 08:54 08:53 08:34	13,60 km/h
149	258	Schnaubelt Dominik	SV BW Aasee Münster	0:44:09	MHK	50	0:44:16 - 08:03 08:47 09:29 09:15 08:33	13,59 km/h
150	189	Mertens Josef	*Münster	0:44:09	M45	20	0:44:19 - 08:29 08:45 09:02 09:10 08:41	13,59 km/h
151	140	Klaiber Wolfgang	Laufteam Sundermann	0:44:09	M40	25	0:44:15 - 08:42 08:48 09:01 09:06 08:31	13,59 km/h
152	360	Cosack Justin	RS im Kreuzviertel 9d	0:44:09	MSA	2	0:44:11 - 08:19 09:04 09:14 09:31 07:58	13,59 km/h
153	282	Suwelack Karsten	VLG Greven 86	0:44:12	M40	26	0:44:22 - 08:45 08:52 08:53 09:01 08:40	13,57 km/h
154	53	Dikici Okan	*Steinfurt	0:44:16	M30	14	0:45:18 - 08:39 08:48 09:05 09:04 08:38	13,55 km/h
155	225	Pöttker Martin	LSF Münster	0:44:17	M40	27	0:44:32 - 08:51 08:59 08:57 09:01 08:28	13,55 km/h
156	369	Dittmar Peter	Roter Stern Schwamm	0:44:18	MHK	51	0:45:04 - 08:36 08:54 09:03 09:13 08:29	13,54 km/h
157	600	Heinz Christian	Marathon Ibbenbüren	0:44:20	M50	15	0:44:34 - 08:52 08:49 08:54 09:10 08:34	13,53 km/h
158	268	Schulze Thorsten	LSF Münster	0:44:23	M40	28	0:44:29 - 08:48 08:56 09:11 09:01 08:26	13,51 km/h
159	0	unbekannt DY5WGFR		0:44:29	MHK	52	0:44:45 - 08:32 08:39 09:06 09:19 08:50	13,49 km/h
160	339	Averbeck Henrick	H. Gautzsch	0:44:29	MHK	53	0:45:06 - 08:46 08:44 09:02 09:03 08:53	13,48 km/h
161	749	Hauptvogel Dieter	LT Bittermark Dortmund	0:44:29	M65	1	0:44:33 - 08:47 08:58 09:07 09:07 08:27	13,48 km/h
162	3000	Clasing Thomas	Marathon Soest	0:44:37	M50	16	0:44:40 - 08:30 08:54 09:12 09:10 08:49	13,45 km/h
163	664	Hajek Andreas	Bienes Lauftreff	0:44:37	M50	17	0:44:49 - 08:35 08:58 09:10 09:16 08:36	13,45 km/h
164	445	Lang Jörg	*Münster	0:44:38	M35	23	0:45:10 - 09:52 09:14 08:44 08:36 08:10	13,44 km/h
165	659	Sandmann Jörn	*Ennigerloh	0:44:42	M40	29	0:45:05 - 09:23 09:00 08:56 08:53 08:28	13,42 km/h
166	586	Dietrich Sven		0:44:42	M40	30	0:45:09 - 09:08 09:01 09:00 09:04 08:27	13,42 km/h
167	527	THIELE Michael	1 (GE/NL) Corps	0:44:43	M30	15	0:45:09 - 09:09 08:52 08:58 09:09 08:33	13,42 km/h
168	667	Fliss Hermann	LSF Münster	0:44:48	M50	18	0:44:53 - 08:10 08:58 09:07 09:16 09:14	13,39 km/h
169	619	McDonald Iain		0:44:52	M40	31	0:45:07 - 08:46 08:46 09:02 09:25 08:52	13,37 km/h
170	26	Bartusiak Stanislaw	LSF Münster	0:44:57	M60	3	0:45:10 - 08:59 09:12 09:13 09:09 08:23	13,34 km/h
171	561	zur Mühlen Peter	RS im Kreuzviertel 8a (Elt	0:44:58	M45	21	0:45:12 - 08:20 08:56 09:21 09:27 08:54	13,34 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
172	165	Lange Theo	LSF Münster	0:44:59	M60	4 0:45:11 -	08:53 09:10 09:12 09:13 08:29	13,34 km/h
173	658	Westbrock Frederik	KST	0:45:01	MHK	54 0:45:26 -	08:28 08:51 08:59 09:11 09:31	13,33 km/h
174	153	Kozjan Bogdan	*Münster	0:45:02	M35	24 0:45:29 -	09:03 09:09 09:10 09:09 08:29	13,32 km/h
174	677	Voelkner Heinrich	*Münster	0:45:02	M35	24 0:45:38 -	08:38 08:55 09:03 09:27 08:57	13,32 km/h
176	111	Höwedes Andreas	*Münster	0:45:06	M45	22 0:45:38 -	09:04 08:54 09:06 09:15 08:44	13,30 km/h
177	666	Noureddine Boulouh	ESV Münster	0:45:11	M30	16 0:45:11 -	06:53 07:38 08:04 07:21 15:12	13,28 km/h
178	185	Mann Klaus	*Billerbeck	0:45:12	M50	19 0:45:24 -	09:00 09:00 09:10 09:14 08:46	13,27 km/h
179	73	Fels Hubert	*Billerbeck	0:45:14	M50	20 0:45:27 -	08:58 09:07 09:09 09:14 08:44	13,26 km/h
180	325	Ziese Bernd	*Münster	0:45:14	M45	23 0:45:19 -	08:56 09:05 09:17 09:19 08:36	13,26 km/h
181	538	Valdes-Scott Hugh	*Münster	0:45:16	MHK	55 0:45:28 -	08:37 08:40 09:03 09:36 09:18	13,25 km/h
182	415	Janning Michael	*Münster	0:45:21	M45	24 0:45:40 -	08:53 08:59 09:10 09:18 08:58	13,23 km/h
183	279	Stephan Christian	*Münster	0:45:21	M30	17 0:45:28 -	08:25 09:11 09:23 09:25 08:54	13,23 km/h
184	50	Dankerl Jan	*Münster	0:45:22	MHK	56 0:46:15 -	09:16 09:21 09:16 09:07 08:21	13,22 km/h
185	202	Neudeck Torsten	*Münster	0:45:23	M45	25 0:45:42 -	09:13 09:01 08:56 09:15 08:56	13,22 km/h
186	348	Bleeck Ralf	Laufteam Sundermann	0:45:26	M45	26 0:45:37 -	08:46 09:07 09:14 09:26 08:51	13,21 km/h
187	626	Kalisch Jörg	*Münster	0:45:28	M40	32 0:45:39 -	08:48 09:04 09:17 09:25 08:53	13,19 km/h
188	210	Obst Sebastian	Active Osnabrück	0:45:31	MHK	57 0:45:37 -	08:17 09:10 09:30 09:25 09:06	13,18 km/h
189	624	Fuchs Olaf	*Hasbergen	0:45:35	M40	33 0:45:44 -	08:40 09:16 09:28 09:32 08:38	13,16 km/h
190	320	Winter Ralf	Laufteam Sundermann	0:45:44	M45	27 0:46:00 -	09:10 09:17 09:12 09:20 08:44	13,12 km/h
191	142	Kleuver Martin	LT Schöllerhof	0:45:45	MHK	58 0:45:56 -	08:48 09:07 09:22 09:28 08:58	13,11 km/h
192	989	Biesenbaum Thomas		0:45:46	M45	28 0:46:14 -	09:21 09:12 09:10 09:16 08:45	13,11 km/h
193	103	Heekeren Markus	*Münster	0:45:46	M40	34 0:46:29 -	09:10 09:12 09:16 09:14 08:52	13,11 km/h
194	452	Maaßen Christoph	*Münster	0:45:47	MHK	59 0:46:30 -	09:11 09:36 09:52 08:50 08:16	13,10 km/h
195	315	Wesche Michael	RS im Kreuzviertel	0:45:49	M40	35 0:45:53 -	08:39 09:12 09:27 09:28 09:00	13,09 km/h
196	0	Bergmann Jan		0:45:51	MHK	60 0:46:04 -	08:50 09:07 09:21 09:37 08:55	13,08 km/h
197	662	Dauwe Jurgen	Germania Horstmar	0:45:51	M40	36 0:46:05 -	09:17 09:22 09:25 09:08 08:37	13,08 km/h
198	532	Triebis Uwe	Stockmeyer Team	0:45:52	M40	37 0:46:25 -	09:36 09:06 09:07 09:14 08:47	13,08 km/h
199	490	RIEDER Frank	1 (GE/NL) Corps	0:45:55	M35	26 0:46:20 -	10:14 09:56 09:14 08:31 07:58	13,07 km/h
200	29	Berg Hans-Joachim	*Osnabrück	0:45:58	M50	21 0:46:15 -	09:07 09:10 09:18 09:23 08:58	13,05 km/h
201	70	Feig Matthias	Runners Point Lünen	0:45:58	M40	38 0:46:19 -	09:03 09:08 09:31 09:28 08:46	13,05 km/h
202	120	Jasper Magnus	*Münster	0:45:58	M45	29 0:46:41 -	09:22 09:25 09:18 09:13 08:38	13,05 km/h
203	521	Strotmann Thomas	Laufteam Sundermann	0:46:00	M45	30 0:46:40 -	09:28 09:17 09:19 09:18 08:38	13,04 km/h
204	92	Grimm Timo	Lauffreunde Bönen	0:46:06	M35	27 0:46:18 -	09:14 09:02 09:21 09:28 08:59	13,01 km/h
205	594	Osterhaus Stephan	*Hamm	0:46:07	M50	22 0:46:18 -	09:15 09:02 09:20 09:27 09:01	13,01 km/h
206	31	Bernt Sascha	Runners Point Lünen	0:46:10	MHK	61 0:46:30 -	09:01 09:12 09:31 09:35 08:49	13,00 km/h
207	47	Dahlhaus Winfried	*münster	0:46:14	M50	23 0:46:48 -	09:46 09:25 09:10 09:11 08:41	12,97 km/h
208	139	Klaes Heinz	*Sendenhorst	0:46:16	M55	2 0:46:54 -	09:10 09:06 09:20 09:30 09:08	12,97 km/h
209	684	Küstlers Hein	HSV-Fans Steinfurt	0:46:16	M55	3 0:46:37 -	08:55 09:12 09:24 09:34 09:09	12,96 km/h
210	105	Hellmann Dirk	*Münster	0:46:16	M40	39 0:46:41 -	09:16 09:15 09:21 09:28 08:54	12,96 km/h
211	640	Palus Manfred		0:46:17	M50	24 0:46:19 -	08:23 09:16 09:29 09:47 09:20	12,96 km/h
212	398	Havers Kai-Simon	LSF Münster	0:46:18	M30	18 0:46:52 -	09:17 09:25 09:20 09:18 08:56	12,96 km/h
213	642	Rosenbaum Stefan		0:46:22	M30	19 0:47:02 -	09:30 09:20 09:16 09:19 08:54	12,94 km/h
214	412	Ince Süreyya	Laufteam Sundermann	0:46:23	M35	28 0:46:33 -	08:58 09:12 09:28 09:35 09:09	12,93 km/h
215	27	Beer Michael	LT Westfälische Nachricht	0:46:24	M60	5 0:46:35 -	08:49 09:27 09:30 09:32 09:04	12,93 km/h
216	607	Barth Peter	*Gütersloh	0:46:25	M55	4 0:46:42 -	09:11 09:25 09:25 09:19 09:03	12,92 km/h
217	601	Mende Jonathan	Brooks Run	0:46:26	MHK	62 0:46:47 -	08:52 09:31 09:37 09:31 08:53	12,92 km/h
218	275	Solder Michael	BSG Antiquariat Solder	0:46:29	M40	40 0:46:46 -	09:10 09:14 09:23 09:32 09:07	12,91 km/h
219	107	Fels Anika	*Billerbeck	0:46:32	MJB	3 0:46:43 -	09:01 09:07 09:22 10:07 08:53	12,89 km/h
220	207	Nienhaus Paul	*Rheine	0:46:32	M40	41 0:46:51 -	09:09 09:17 09:25 09:39 09:01	12,89 km/h
221	363	Dabarca Boullosa Celso	Stockmeyer Team	0:46:33	M40	42 0:47:05 -	09:38 09:06 09:06 09:16 09:25	12,89 km/h
222	148	Könning Martin	SuS Stadtlohn	0:46:37	M35	29 0:47:23 -	09:39 09:25 09:33 09:17 08:41	12,87 km/h
223	385	Gieske Stefan	buch.de	0:46:41	MHK	63 0:46:51 -	08:31 09:24 09:46 09:59 09:00	12,85 km/h
223	650	Möllers Denis		0:46:41	MJA	2 0:47:04 -	08:37 09:03 09:23 10:09 09:27	12,85 km/h
225	269	Schumacher Marcus	TuS Hiltrup	0:46:42	M40	43 0:46:56 -	09:05 09:17 09:30 09:42 09:07	12,84 km/h
226	98	Hahne Volker	DAV Beckum	0:46:44	M40	44 0:47:00 -	08:54 09:13 09:29 09:43 09:23	12,84 km/h
227	557	Wostal Philip	*Sendenhorst	0:46:49	MJA	3 0:47:27 -	09:58 09:37 09:51 09:36 07:45	12,81 km/h
228	477	Peters Lars	RS im Kreuzviertel 9d	0:46:52	MJB	4 0:47:25 -	10:03 09:46 09:22 09:01 08:37	12,80 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
229	487	Rehbein Uwe	TuS Hilstrup	0:46:54	M45	31	0:47:42 - 09:17 09:12 09:32 09:40 09:11	12,79 km/h
230	631	Niehof Jonas	*Münster	0:46:54	MHK	64	0:47:03 - 08:33 09:06 09:34 10:14 09:25	12,79 km/h
231	4007	Abdelkader Magdi		0:46:56	M45	32	0:47:39 - 09:22 09:27 09:31 09:32 09:03	12,78 km/h
232	699	Groß Stephan	*Münster	0:46:59	M40	45	0:47:10 - 09:19 09:26 09:28 09:34 09:10	12,77 km/h
233	676	Cordero Markus	Kotenbeis	0:47:01	M35	30	0:47:53 - 12:27 08:47 08:41 08:47 08:16	12,76 km/h
234	240	Röttgerding Martin	HSP Münster Laufteam	0:47:01	M30	20	0:47:24 - 08:56 09:30 09:56 09:53 08:44	12,76 km/h
235	695	Laukötter Manfred	Tus Hilstrup	0:47:03	M65	2	0:47:08 - 09:13 09:29 09:40 09:41 08:59	12,75 km/h
236	645	Goßling Dominik	Marathon Steinfurt	0:47:04	M35	31	0:47:35 - 09:14 09:19 09:26 09:42 09:21	12,75 km/h
237	336	Ashölter Niklaas	RS im Kreuzviertel 8c	0:47:12	MSA	3	0:47:46 - 09:38 09:35 09:24 09:37 08:56	12,71 km/h
238	985	Cabaco Jose Antonio	*Münster	0:47:15	M35	32	0:47:28 - 09:20 09:30 09:41 09:43 08:59	12,70 km/h
239	124	Junker Rüdiger	fi-sport eV	0:47:16	M40	46	0:47:31 - 09:10 09:28 09:36 09:47 09:12	12,69 km/h
240	693	Gök Kelem		0:47:17	M30	21	0:47:30 - 09:45 09:58 09:40 09:20 08:33	12,69 km/h
241	45	Christ Peter	Laufteam Sundermann	0:47:19	M35	33	0:47:44 - 09:35 09:24 09:30 09:30 09:13	12,68 km/h
242	138	Kischel Heiko	LG Ems Warendorf	0:47:20	M40	47	0:47:33 - 08:38 09:12 09:44 10:01 09:43	12,67 km/h
242	641	Höing Udo	LT Gescher	0:47:20	M35	34	0:47:33 - 08:39 09:34 09:49 09:55 09:21	12,67 km/h
244	40	Brüggemann Josef	SG-Lüdinghausen	0:47:21	M60	6	0:47:50 - 09:16 09:31 09:37 09:41 09:13	12,67 km/h
245	265	Schuler Markus	LG Ems Warendorf	0:47:21	M35	35	0:47:33 - 08:39 09:12 09:43 10:02 09:43	12,67 km/h
246	3005	Schlingemann Rudolf		0:47:22	M45	33	0:47:48 - 09:13 09:24 09:34 09:46 09:22	12,67 km/h
247	670	Meyer Ulrich	Tri Finish Münster	0:47:23	M45	34	0:47:51 - 09:19 09:23 09:35 09:50 09:15	12,66 km/h
248	64	Eiffler Ralf	Laufteam Sundermann	0:47:24	M45	35	0:48:08 - 09:45 09:41 09:34 09:29 08:52	12,66 km/h
249	299	Vlasceanu Dragos	LT Westfälische Nachricht	0:47:24	MHK	65	0:47:38 - 08:51 09:33 09:49 09:56 09:14	12,65 km/h
250	464	Müllmann Joscha	RS im Kreuzviertel 10b	0:47:25	MJB	5	0:47:49 - 09:28 09:14 09:16 10:20 09:06	12,65 km/h
251	0	unbekannt DF8SSGH		0:47:27	MHK	66	0:47:29 - 09:07 09:38 09:42 09:48 09:10	12,64 km/h
252	440	Kreienmeier Martin	RS im Kreuzviertel 10c	0:47:27	MJB	6	0:48:01 - 09:46 09:43 09:38 09:32 08:47	12,64 km/h
253	256	Schmidt Christian	*Freckenhorst	0:47:27	M35	36	0:48:08 - 09:26 09:21 09:42 09:53 09:03	12,64 km/h
254	2053	Haeusler Felix	RS im Kreuzviertel 9d	0:47:27	MSA	4	0:48:01 - 09:46 09:44 09:37 09:32 08:47	12,64 km/h
255	384	Gehltonholt Timo	RS im Kreuzviertel 10c	0:47:28	MJB	7	0:48:02 - 09:46 09:43 09:38 09:31 08:48	12,64 km/h
256	231	Quattrocchi Fulvio	Rochus-Runners	0:47:34	M60	7	0:48:15 - 09:46 09:32 09:29 09:38 09:08	12,61 km/h
257	602	Zeh Stefan	*Hagen	0:47:40	M35	37	0:47:55 - 09:29 09:37 09:38 09:50 09:04	12,59 km/h
258	77	Fliß Ludger	LSF Münster	0:47:42	M50	25	0:48:45 - 09:37 09:33 09:46 09:39 09:05	12,58 km/h
259	14	Albers Jörg	*Münster	0:47:43	M40	48	0:48:13 - 09:31 09:24 09:35 10:02 09:09	12,57 km/h
260	305	Waning Peter	TV Vreden	0:47:45	M50	26	0:47:59 - 09:07 09:15 10:04 10:05 09:12	12,57 km/h
261	248	Schäfers Gottfried	LSF Münster	0:47:46	M70	1	0:47:52 - 09:36 09:36 09:35 09:43 09:14	12,56 km/h
262	993	Schmitz Jürgen	LSF Münster	0:47:46	M50	27	0:48:18 - 09:33 09:41 09:43 09:36 09:11	12,56 km/h
263	321	Wörhoff Rene	Tus Homberg	0:47:46	M40	49	0:48:09 - 09:48 09:40 09:34 09:33 09:09	12,56 km/h
264	147	Köhler Danny	*Münster	0:47:47	M40	50	0:48:05 - 09:42 09:51 09:45 09:36 08:50	12,55 km/h
265	643	Rossinelli Rocco		0:47:50	M30	22	0:48:12 - 09:07 09:11 09:34 10:02 09:54	12,54 km/h
266	591	Pierenkemper Marius	Internet GmbH	0:47:50	MHK	67	0:48:20 - 09:41 09:38 09:41 09:39 09:09	12,54 km/h
267	311	Weinreich Volker	*Bad Iburg	0:47:55	M35	38	0:48:26 - 09:48 09:54 09:53 09:39 08:38	12,52 km/h
268	597	Molitor Jan		0:47:58	M30	23	0:48:12 - 08:52 09:29 09:48 10:02 09:45	12,51 km/h
269	368	Dierkes Rüdiger	*Münster	0:47:58	MHK	68	0:48:41 - 09:12 09:36 09:52 09:59 09:17	12,51 km/h
270	283	Swierczek Jörg	*Haltern am See	0:47:58	M45	36	0:48:46 - 09:41 09:37 09:43 09:40 09:15	12,51 km/h
271	681	L'Autellier Jérôme	*Münster	0:47:58	M40	51	0:48:11 - 09:17 09:25 09:32 09:54 09:48	12,51 km/h
272	20	Auert Jörn	*Münster	0:47:58	M30	24	0:48:07 - 09:04 09:56 09:49 09:48 09:21	12,50 km/h
273	588	Borgmann Gerrit	*Münster	0:48:00	M40	52	0:48:31 - 09:29 09:44 09:43 09:58 09:05	12,50 km/h
274	32	Blazejak Matthias	BROOKS RUN HAPPY T	0:48:02	M40	53	0:48:50 - 09:24 09:34 09:45 09:46 09:31	12,49 km/h
275	219	Pihava Haluk	*Münster	0:48:04	M30	25	0:48:36 - 09:38 09:39 09:42 09:50 09:14	12,48 km/h
276	402	Hilbing Sebastian	saracus consulting GmbH	0:48:04	MHK	69	0:48:44 - 09:05 09:43 09:40 10:12 09:22	12,48 km/h
277	285	Tessnow Phil	RSV Hörste	0:48:09	MJB	8	0:48:20 - 09:10 09:33 09:46 10:14 09:24	12,46 km/h
278	539	Verenkotte Stephan	BSG AGRAVIS	0:48:10	MHK	70	0:48:49 - 09:48 09:46 09:52 09:53 08:50	12,45 km/h
279	495	Schäfer Kai	H. Gautzsch	0:48:11	M30	26	0:48:45 - 09:35 09:32 09:42 09:50 09:30	12,45 km/h
280	221	Plettendorff Thomas	Pascal-Gymnasium	0:48:20	M45	37	0:48:50 - 09:33 09:43 09:46 09:55 09:21	12,41 km/h
281	362	Cymek Tobias	*Essen	0:48:21	MHK	71	0:48:31 - 09:30 09:48 10:00 10:09 08:52	12,41 km/h
282	206	Niehoff Josef	*Münster	0:48:25	M45	38	0:48:35 - 09:16 09:43 09:52 09:56 09:36	12,39 km/h
283	0	unbekannt DY18TT3		0:48:31	MHK	72	0:48:40 - 09:40 09:43 09:46 09:51 09:28	12,37 km/h
284	4002	Dahlhaus Linus		0:48:32	MSA	5	0:49:06 - 09:22 09:21 09:56 10:03 09:48	12,36 km/h
285	301	Vollmari Wolfgang	*Münster	0:48:39	M50	28	0:49:06 - 09:51 09:39 09:40 09:54 09:32	12,33 km/h

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### Männer

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
286	0	Wißler Lothar	Tri Team Münster	0:48:40	MHK	73	0:49:05 - 09:44 09:45 09:46 09:57 09:26	12,33 km/h
287	113	Huesmann Christian	*Münster	0:48:41	M40	54	0:48:45 - 08:50 09:34 09:57 10:13 10:04	12,32 km/h
288	431	Keuth Robin	SV Neptun Herne 1923 e	0:48:41	MSA	6	0:49:16 - 10:02 10:00 09:55 09:41 09:01	12,32 km/h
289	592	Wensing Thomas	Internet GmbH	0:48:42	MHK	74	0:49:11 - 09:48 09:56 10:00 09:48 09:07	12,32 km/h
290	90	Goldberg Udo	LSF Münster	0:48:44	M50	29	0:49:17 - 09:32 09:41 09:45 09:59 09:45	12,31 km/h
291	170	Leugers Norbert	BSG T-Mobile	0:48:45	M35	39	0:49:15 - 09:25 09:29 09:54 10:07 09:48	12,30 km/h
291	448	Leufke Sascha	*Münster	0:48:45	MHK	75	0:49:13 - 08:34 09:39 10:06 10:25 09:59	12,30 km/h
293	367	Deiters Maximilian	H. Gautzsch	0:48:48	MHK	76	0:49:25 - 09:04 09:39 10:03 10:22 09:38	12,29 km/h
294	547	Wesener-Roth Michael	RS im Kreuzviertel 5b (Elt	0:48:48	M45	39	0:49:36 - 09:39 09:53 09:57 09:55 09:22	12,29 km/h
295	261	Schröder Lars	BSG Selectric	0:48:53	M50	30	0:49:25 - 09:41 09:45 09:51 09:55 09:38	12,27 km/h
296	585	Wehmeyer Klaus	*Münster	0:48:54	M40	55	0:49:06 - 09:02 09:44 10:06 10:13 09:47	12,27 km/h
297	442	Kubek Martin	*Münster	0:48:56	MHK	77	0:49:06 - 09:25 09:35 09:51 09:50 10:13	12,26 km/h
298	212	Oliver Bierhoff	Trifinish Münster	0:48:58	M35	40	0:49:11 - 09:17 09:40 10:02 10:31 09:26	12,25 km/h
299	443	Kues Jan-Bernd	*Münster	0:48:59	M30	27	0:49:40 - 09:34 09:35 09:52 10:11 09:46	12,25 km/h
300	89	Gök Enez	*Münster	0:49:04	M35	41	0:49:19 - 09:44 09:57 09:43 10:31 09:07	12,23 km/h
301	173	Loddenkötter Stefan	H. Gautzsch	0:49:04	M45	40	0:49:37 - 09:43 09:40 09:59 10:06 09:34	12,23 km/h
302	245	Sackmann Thomas	BSG AGRAVIS	0:49:07	M45	41	0:49:47 - 09:42 09:58 09:57 09:59 09:30	12,21 km/h
303	241	Rohde Lars	*Münster	0:49:08	MHK	78	0:49:39 - 09:45 09:55 10:10 10:00 09:15	12,21 km/h
304	456	Mersmann Gerd	*Sendenhorst-Albersloh	0:49:16	M45	42	0:49:49 - 09:45 09:58 09:54 10:03 09:34	12,18 km/h
305	171	Lienen Sebastian	Randstad Inhouse Runner	0:49:16	M30	28	0:49:36 - 10:15 10:14 09:45 09:52 09:08	12,17 km/h
306	952	Dork Hendrik		0:49:17	MHK	79	0:49:52 - 09:51 09:39 09:48 10:04 09:53	12,17 km/h
307	131	Kayser Thomas	Aasee-Schnecken Münste	0:49:18	M40	56	0:50:07 - 09:59 09:47 09:53 09:55 09:41	12,17 km/h
308	331	Altmann Harry	*Münster	0:49:19	MHK	80	0:49:55 - 10:00 10:12 09:51 10:00 09:14	12,17 km/h
309	587	Neteler Rudi		0:49:21	M40	57	0:49:52 - 09:29 09:46 10:11 10:14 09:39	12,16 km/h
310	395	Hartmann Andre	K.D.St.V. Winfridia-Bresla	0:49:23	MHK	81	0:49:51 - 09:20 10:18 10:18 10:19 09:06	12,15 km/h
311	44	Bussmann Daniel	GS Hohenholte	0:49:24	M30	29	0:50:19 - 10:13 10:05 10:04 09:48 09:12	12,15 km/h
312	84	Franz Werner	LT Wischlingen Dortmund	0:49:28	M60	8	0:49:39 - 09:52 10:04 10:06 10:11 09:13	12,13 km/h
313	391	Habeck Michael	*Münster	0:49:29	M35	42	0:49:55 - 09:51 09:45 10:13 10:24 09:14	12,12 km/h
314	309	Wehner Arne	LSF Münster	0:49:31	MJB	9	0:49:38 - 08:52 09:52 10:25 10:31 09:49	12,12 km/h
315	192	Möcklinghoff Heiko	*Münster	0:49:38	M40	58	0:49:42 - 09:17 09:52 10:12 10:19 09:56	12,09 km/h
316	484	Pristaff André	BROOKS RUN HAPPY T	0:49:39	M35	43	0:50:27 - 09:45 09:59 10:14 10:19 09:21	12,08 km/h
317	750	Schragen Andreas	W+F Münster	0:49:39	M40	59	0:50:00 - 09:47 09:56 10:08 10:30 09:17	12,08 km/h
318	314	Wesche Heiner	*Münster	0:49:40	M45	43	0:49:43 - 09:16 09:49 10:18 10:35 09:41	12,08 km/h
319	204	Neumann Bertram	BSG Laufen GAD	0:49:40	M50	31	0:50:06 - 09:42 09:55 10:08 10:17 09:36	12,08 km/h
320	71	Feigl Henning	Team Pirate	0:49:43	MHK	82	0:49:59 - 09:21 09:51 10:02 10:24 10:04	12,07 km/h
321	673	Wegmann Claus	TV Friesen Telgte	0:49:45	M45	44	0:50:02 - 10:10 10:00 10:04 10:03 09:26	12,06 km/h
322	293	Varga Georg	*Nordwalde	0:49:48	M45	45	0:50:25 - 10:09 10:08 10:07 09:56 09:25	12,05 km/h
323	109	Himmel Dirk	*Lüdinghausen	0:49:54	M45	46	0:50:23 - 09:40 10:07 10:10 10:14 09:41	12,02 km/h
324	500	Schlüter Tim	RS im Kreuzviertel 9d	0:49:54	MSA	7	0:50:21 - 09:08 09:41 09:57 10:22 10:44	12,02 km/h
325	380	Flues Christian	*Dortmund	0:49:54	MHK	83	0:50:35 - 09:43 09:57 10:09 10:22 09:42	12,02 km/h
326	308	Wecker Guido	LSF Münster	0:49:54	M40	60	0:50:26 - 09:24 09:55 10:12 10:28 09:53	12,02 km/h
327	514	Spey Martin	*Münster	0:49:56	M40	61	0:50:13 - 10:20 10:16 10:02 10:04 09:12	12,01 km/h
328	406	Hüllsiek Hanno	Concunia GmbH	0:49:59	MHK	84	0:50:53 - 10:19 10:05 10:11 09:49 09:33	12,00 km/h
329	3003	Schindler Nikolaus	TuS Altenberge 09	0:49:59	M50	32	0:50:24 - 09:38 09:51 10:04 10:18 10:07	12,00 km/h
330	559	Yazgi Gökhan	buch.de	0:50:03	M35	44	0:50:13 - 08:48 10:00 10:26 10:55 09:52	11,99 km/h
331	274	Soiron Kai	*Münster	0:50:04	M35	45	0:50:43 - 10:02 10:10 10:04 10:10 09:36	11,98 km/h
332	41	Buchholz Rüdiger	*Telgte	0:50:06	M50	33	0:50:49 - 09:51 09:59 10:06 10:16 09:51	11,97 km/h
333	10	Afhüppe Daniel	Laufteam Sundermann	0:50:08	M35	46	0:50:28 - 10:23 10:28 10:11 09:59 09:05	11,97 km/h
334	683	Gehltholt Christof	TuS Altenberge	0:50:12	M40	62	0:50:34 - 09:57 10:02 10:13 10:14 09:45	11,95 km/h
335	291	Udo Wiesemann	vvholzwickede	0:50:13	M50	34	0:50:35 - 09:50 10:01 10:16 10:18 09:46	11,94 km/h
336	438	Kredtke Markus	Brooks Sports	0:50:18	M35	47	0:50:47 - 09:09 09:37 10:12 10:44 10:34	11,93 km/h
337	439	Kreher Patrick	*Münster	0:50:19	MHK	85	0:50:58 - 10:04 10:26 10:08 10:04 09:35	11,92 km/h
338	629	Dekker Frank	*Sendenhorst	0:50:20	M45	47	0:50:41 - 09:32 09:56 10:23 10:33 09:55	11,92 km/h
339	648	Christmann Volker	Schnitzler	0:50:25	M30	30	0:50:37 - 09:00 09:52 10:10 11:04 10:17	11,90 km/h
340	987	Kerk Thomas	SV Dickenberg	0:50:25	M45	48	0:51:18 - 10:02 10:17 10:14 10:23 09:28	11,90 km/h
341	217	Piegza Sebastian	*Münster	0:50:25	M30	31	0:51:25 - 10:17 10:20 10:17 10:08 09:21	11,90 km/h
342	197	Mück-Lichtenfeld Christian	*Münster	0:50:30	M40	63	0:50:59 - 10:00 10:09 10:15 10:22 09:42	11,88 km/h

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
342	590	Stritzel Steffen	*Münster	0:50:30	M35	48 0:51:01 - 09:54	10:18 10:25 10:34 09:17	11,88 km/h
344	215	PFLÜGLER Christian	1 (GE/NL) Corps	0:50:31	M40	64 0:50:57 - 10:13	09:57 10:16 10:17 09:46	11,87 km/h
345	163	Lammerding Simon	The Phone House	0:50:32	M30	32 0:50:42 - 10:01	10:15 10:22 10:17 09:35	11,87 km/h
346	52	Dickner Frank	Montagsschluffen	0:50:33	M40	65 0:51:32 - 09:54	10:11 10:12 10:23 09:51	11,87 km/h
347	254	Schlüter Karl	*Münster	0:50:33	M45	49 0:51:04 - 10:29	10:16 10:16 10:22 09:08	11,87 km/h
348	116	Ilgner Uwe	H. Gautzsch	0:50:39	M40	66 0:51:37 - 10:05	10:10 10:12 10:17 09:53	11,84 km/h
349	364	Danberg Martin	*Bochum	0:50:40	M50	35 0:51:31 - 10:17	10:23 10:30 10:15 09:13	11,84 km/h
350	535	Uenning Jürgen	*Emsdetten	0:50:45	M40	67 0:51:22 - 10:24	10:17 10:25 10:18 09:19	11,82 km/h
351	223	Poddey Volker	*Essen	0:50:46	M30	33 0:51:27 - 09:55	10:20 10:29 10:29 09:30	11,82 km/h
352	222	Ploch Bruno	Stockmeyer Team	0:50:47	M50	36 0:51:20 - 10:05	10:18 10:23 10:20 09:39	11,81 km/h
353	489	Resesky Olaf	LT Westfälische Nachricht	0:50:53	M40	68 0:51:05 - 09:39	09:47 10:35 10:50 10:00	11,79 km/h
354	569	Henrichs Stefan	1.FC Saarbrücken	0:50:53	M45	50 0:51:17 - 09:54	10:14 10:20 10:23 10:01	11,79 km/h
355	388	Grawe Stefan	*Altenberge	0:50:59	MHK	86 0:51:31 - 10:06	10:25 10:27 10:24 09:35	11,77 km/h
356	199	Münter Ulrich	LSF Münster	0:51:00	M50	37 0:51:16 - 10:23	10:36 10:20 10:09 09:29	11,76 km/h
357	48	Daldrup Oliver	Berufsfeuerwehr Münster	0:51:10	M30	34 0:51:57 - 09:28	10:09 10:38 10:51 10:02	11,73 km/h
358	296	Venker Paul	LG Emsdetten	0:51:19	M60	9 0:52:02 - 09:53	09:57 11:16 10:22 09:49	11,69 km/h
359	741	Theis Felix	DJK Eintracht Hilstrup	0:51:20	MSA	8 0:51:59 - 09:06	09:59 11:08 11:46 09:19	11,69 km/h
360	2195	Oksas Ralf	*Lüdinghausen	0:51:20	M50	38 0:52:00 - 10:02	10:11 10:24 10:37 10:04	11,69 km/h
361	625	Wieberg Dirk	LG Emsdetten	0:51:25	M40	69 0:51:44 - 09:59	10:24 10:31 10:34 09:56	11,67 km/h
362	63	Ehrhardt Ralf	*Münster	0:51:28	M40	70 0:52:12 - 11:26	11:32 10:33 09:13 08:41	11,66 km/h
363	167	Lauvers Uwe	1 (GE/NL) Corps	0:51:33	M35	49 0:51:58 - 10:14	09:55 10:13 10:41 10:26	11,64 km/h
364	42	Budzinski Jörg	TuS Altenberge 09	0:51:34	M45	51 0:51:56 - 10:09	10:22 10:29 10:36 09:56	11,63 km/h
365	656	Berghof Ulrich	Bienes Laufftreff	0:51:38	M45	52 0:52:00 - 10:01	10:24 10:33 10:37 10:00	11,62 km/h
366	179	Babel Wolfgang	*Ostbevern	0:51:39	M55	5 0:51:58 - 10:12	10:31 10:27 10:25 10:03	11,61 km/h
367	436	Klötter Christopher	*Münster	0:51:45	MHK	87 0:52:11 - 10:16	10:29 10:36 10:33 09:49	11,59 km/h
368	191	Milk Andreas	*Kamen	0:51:49	M45	53 0:52:07 - 09:28	10:04 10:30 10:53 10:52	11,58 km/h
369	177	Loskant Klaus	Montagsschluffen	0:51:52	M45	54 0:52:50 - 09:55	10:14 10:42 10:57 10:02	11,57 km/h
370	505	Schreiner Lukas	RS im Kreuzviertel 9b	0:51:52	MJB	10 0:52:27 - 10:00	10:43 10:49 10:32 09:45	11,57 km/h
371	374	Erner Carsten	*Münster	0:51:56	M30	35 0:52:23 - 10:09	10:41 10:39 10:38 09:47	11,55 km/h
372	526	Theidel Michael	*Bochum	0:51:58	M30	36 0:52:42 - 10:15	10:26 10:33 10:33 10:10	11,54 km/h
373	4009	Frieges Holtbeck	Vorwärts Holtbeck	0:52:14	M45	55 0:52:38 - 10:13	10:26 10:29 10:50 10:14	11,49 km/h
374	584	Zdrojewski Horst	*Münster	0:52:16	M65	3 0:53:13 - 10:30	10:51 10:19 10:30 10:04	11,48 km/h
375	313	Werner Gerhard	medisport Dortmund	0:52:18	M60	10 0:53:07 - 10:31	10:22 10:28 10:37 10:16	11,47 km/h
376	566	Seifert Johann	*Osnabrück	0:52:19	MHK	88 0:53:12 - 10:14	10:18 10:42 10:59 10:04	11,47 km/h
377	128	Struchtrup Tim	1 (GE/NL) Corps	0:52:27	M40	71 0:52:53 - 10:14	10:41 10:23 10:43 10:24	11,44 km/h
378	338	Austermann Sven	*Münster	0:52:29	M35	50 0:52:49 - 10:14	10:14 10:28 10:54 10:36	11,43 km/h
379	997	Hartmann Michael	DJK Teutonia Waltrop LA	0:52:31	M45	56 0:53:32 - 10:15	10:33 10:52 10:49 10:00	11,42 km/h
380	146	Köbbing Michael	H. Gautzsch	0:52:33	M40	72 0:53:11 - 10:07	10:28 10:39 10:57 10:21	11,42 km/h
381	253	Schlueter Ulrich	Sv Teuto Riesenbeck	0:52:42	M55	6 0:53:37 - 11:31	10:30 10:19 10:23 09:56	11,39 km/h
382	475	Ohk Nils	*Ascheberg	0:52:45	MJA	4 0:53:18 - 09:03	10:32 11:29 11:32 10:07	11,37 km/h
383	17	Arning Klaus	Dülmen Lläuft	0:52:45	M55	7 0:52:59 - 10:20	10:37 10:40 10:53 10:14	11,37 km/h
384	401	Herrmann Egbert	*Münster	0:52:51	M50	39 0:53:11 - 10:20	10:37 10:44 10:49 10:20	11,35 km/h
385	630	Beulting Franz-Josef		0:52:51	M45	57 0:53:26 - 10:21	10:29 10:30 11:12 10:17	11,35 km/h
386	151	Korves Thomas	*Münster	0:52:57	M50	40 0:53:11 - 10:12	10:35 10:42 10:47 10:39	11,33 km/h
387	382	Gabriel Tobias	*Herne	0:52:57	MSA	9 0:53:39 - 10:21	11:00 10:54 10:51 09:50	11,33 km/h
388	69	Erwes Robert	klavier-roberterwes.de	0:53:01	MHK	89 0:53:21 - 09:36	09:56 10:38 11:43 11:06	11,32 km/h
389	516	Steetskamp Henrik	Run_ Münster	0:53:02	M30	37 0:53:11 - 10:25	10:44 10:54 10:51 10:06	11,31 km/h
390	493	Roske Adrian	RS im Kreuzviertel 10b	0:53:08	MJA	5 0:53:42 - 10:20	10:30 10:35 11:10 10:31	11,29 km/h
391	4001	Schlake Reinhard		0:53:10	M40	73 0:53:59 - 10:55	10:53 10:52 10:26 10:02	11,28 km/h
392	255	Schmidt Achim	BSV Roxel	0:53:14	M55	8 0:53:50 - 10:37	10:43 10:49 10:49 10:15	11,27 km/h
393	110	Hölker Oliver	*Münster	0:53:21	M40	74 0:53:57 - 10:55	10:34 10:33 10:48 10:29	11,24 km/h
394	660	Perschke Joachim	LG Hamm	0:53:28	M55	9 0:53:37 - 10:16	10:25 10:51 11:16 10:38	11,22 km/h
395	81	Franek Franz	LT Westfälische Nachricht	0:53:32	M60	11 0:53:52 - 10:20	10:35 10:55 11:06 10:33	11,21 km/h
396	525	Tarabek Tobias	*Münster	0:53:32	M30	38 0:53:49 - 10:21	10:24 10:54 11:06 10:45	11,20 km/h
397	434	Kischelewski Sven	*Dortmund	0:53:36	M35	51 0:53:56 - 10:15	10:40 10:53 10:59 10:47	11,19 km/h
398	636	Knipping Stefan	WWV	0:53:46	M50	41 0:54:38 - 11:28	10:46 10:47 10:43 09:59	11,16 km/h
399	234	Reichelt Andreas	1 (GE/NL) Corps	0:53:52	M50	42 0:54:18 - 10:31	10:53 11:05 11:01 10:20	11,14 km/h

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
400	2197	Guse Joachim	*Witten	0:53:53	M55	10 0:54:51	- 12:19 13:21 14:02 00:00 00:00	11,13 km/h
401	61	Düllmann Bernd	LSF Münster	0:53:54	M50	43 0:54:24	- 10:19 10:45 11:07 11:05 10:35	11,13 km/h
402	196	Mucksch Norbert	Laufteam Sundermann	0:54:03	M50	44 0:54:44	- 10:34 10:52 11:11 11:07 10:17	11,10 km/h
403	0	Zimmermeier Dirk		0:54:11	M40	75 0:54:46	- 10:06 10:34 11:07 11:44 10:38	11,07 km/h
404	355	Breer Ulrich	*Altenberge	0:54:16	M45	58 0:55:07	- 10:57 10:50 11:14 11:10 10:04	11,05 km/h
405	482	Potthast Thorsten	*Münster	0:54:16	M40	76 0:55:01	- 10:51 10:58 11:07 11:09 10:09	11,05 km/h
406	164	Lange Gerd	LA Spvgg Herten	0:54:21	M60	12 0:55:13	- 10:28 10:52 11:12 11:10 10:38	11,04 km/h
407	429	Kern Ulrich	*Münster	0:54:24	M55	11 0:54:42	- 11:50 11:35 11:01 10:29 09:27	11,03 km/h
408	233	Rautenberg Jens	LT Westfälische Nachricht	0:54:29	M30	39 0:54:46	- 11:29 11:47 11:38 10:07 09:25	11,01 km/h
409	80	Forsthövel Andreas	*Münster	0:54:32	M30	40 0:55:03	- 10:52 10:51 11:11 11:20 10:15	11,00 km/h
410	426	Kavermann Martin	RS im Kreuzviertel 6b (Eit	0:54:34	M50	45 0:55:12	- 11:00 10:56 10:58 11:13 10:24	10,99 km/h
411	696	Eggelsmann Uwe	BSG Sparkasse Münsterl	0:54:38	M45	59 0:55:24	- 11:11 11:06 11:01 11:09 10:08	10,98 km/h
412	576	Olesch-Rawers Thomas	I.Deutsch-Niederländ. Korp	0:54:49	M40	77 0:55:46	- 10:52 11:13 11:07 11:16 10:19	10,94 km/h
413	746	Paulus Dr. Wolfgang	Lauffreunde Senden	0:54:52	M60	13 0:55:11	- 10:29 11:02 11:13 11:26 10:40	10,93 km/h
414	201	Naumann Mathias	H. Gautzsch	0:54:56	M50	46 0:55:36	- 10:59 11:02 11:11 11:06 10:37	10,92 km/h
415	3002	Coerdts Ulrich	Norpath's Erben	0:54:59	M50	47 0:55:06	- 10:35 10:44 11:09 11:37 10:52	10,91 km/h
416	397	Haubner Fabian	*Münster	0:55:06	M30	41 0:55:20	- 10:45 11:15 11:11 11:20 10:33	10,89 km/h
417	370	Eckey Andreas	*Münster	0:55:11	M30	42 0:55:53	- 10:48 10:50 11:07 11:31 10:54	10,87 km/h
418	740	Frie Karl-Heinz	Volksläufer	0:55:13	M60	14 0:55:42	- 10:11 10:44 11:27 11:36 11:12	10,87 km/h
419	392	Hahn Günter	*Münster	0:55:14	M55	12 0:55:57	- 10:59 10:59 11:09 11:34 10:32	10,86 km/h
420	35	Brämer Daniel	*Münster	0:55:15	M30	43 0:56:01	- 11:07 10:58 11:08 11:09 10:52	10,86 km/h
421	568	Asmuth David	*Köln	0:55:17	MHK	90 0:56:08	- 11:01 11:19 11:41 11:12 10:02	10,85 km/h
422	501	Schlumbohm Felix	*Lüdinghausen	0:55:18	MJA	6 0:55:52	- 10:53 11:30 11:34 11:20 10:00	10,85 km/h
423	4003	Dahlhaus Markus		0:55:39	M45	60 0:56:15	- 10:58 11:04 11:17 11:27 10:50	10,78 km/h
424	172	Liewald Reinhard	BSG Arbeitsagentur Müns	0:55:51	M55	13 0:56:28	- 10:50 11:11 11:18 11:29 11:00	10,74 km/h
425	414	Jacobs Rolf-Peter	*Osnabrück	0:56:06	M35	52 0:56:55	- 10:53 11:05 11:21 11:28 11:17	10,69 km/h
426	203	Neuhaus Markus	Laufwunder Hilstrup	0:56:07	M45	61 0:57:01	- 11:28 11:14 11:18 11:28 10:38	10,69 km/h
427	166	Laubrock Thomas	TuS Altenberge 09	0:56:08	M35	53 0:56:57	- 10:53 11:02 11:11 11:30 11:31	10,69 km/h
428	543	Weidinger Florian	*Düsseldorf	0:56:09	MHK	91 0:56:40	- 11:10 11:19 11:40 11:29 10:28	10,68 km/h
429	595	Vieth Alexander	FC Nordkirchen	0:56:11	MJB	11 0:56:33	- 10:33 10:49 11:27 11:51 11:28	10,68 km/h
430	290	Trost Christian	Concunia GmbH	0:56:12	M30	44 0:57:06	- 11:02 11:23 11:17 11:26 11:02	10,68 km/h
430	121	Jürgens Andreas	Concunia GmbH	0:56:12	M40	78 0:57:06	- 11:02 11:22 11:17 11:26 11:02	10,68 km/h
432	996	Sagir Recep		0:56:15	M35	54 0:56:29	- 10:09 11:15 11:32 11:50 11:28	10,66 km/h
433	332	Altrogge Reinhard	K.D.St.V. Winfridia-Bresla	0:56:19	MHK	92 0:56:47	- 09:16 10:45 12:06 12:18 11:51	10,65 km/h
434	637	Düppeier Armin	WSU Warendorf	0:56:35	M50	48 0:57:01	- 11:19 11:33 11:33 11:44 10:25	10,60 km/h
435	396	Hassels Frederik	*Greven	0:56:36	MHK	93 0:57:24	- 11:00 10:54 11:30 11:43 11:27	10,60 km/h
436	372	Engel Niels	*Münster	0:56:37	MHK	94 0:57:25	- 11:00 10:54 11:30 11:43 11:28	10,60 km/h
437	155	Kröger Manfred	FC Muppets Verl-GT	0:56:38	M40	79 0:57:13	- 10:54 11:30 11:34 11:37 11:02	10,59 km/h
438	65	Elling Marco	LT Westfälische Nachricht	0:56:42	M35	55 0:57:09	- 10:25 11:18 11:47 11:51 11:19	10,58 km/h
439	672	Böhm Marc	*Münster	0:56:56	M40	80 0:57:37	- 11:23 11:15 11:31 11:41 11:05	10,54 km/h
440	132	Keggenhoff Dirk	LSF Münster	0:57:05	M40	81 0:57:54	- 11:39 11:33 11:25 11:31 10:55	10,51 km/h
441	556	Wortmann Ralf	RS im Kreuzviertel 9a (Eit	0:57:20	M50	49 0:58:15	- 11:28 11:24 11:33 11:48 11:05	10,46 km/h
442	504	Schößler Martin	Vyncolit n.v.	0:57:38	M40	82 0:58:05	- 11:11 11:23 11:42 11:58 11:23	10,41 km/h
443	280	Stephan Ludwig	*Münster	0:57:41	M45	62 0:58:22	- 10:47 11:29 11:44 12:03 11:36	10,40 km/h
444	226	Pohlmann Josef	SG DJK Dyckburg Münst	0:57:52	M60	15 0:58:18	- 11:09 11:28 11:40 11:45 11:49	10,37 km/h
445	28	Beisenkroll Günther	LT Westfälische Nachricht	0:58:03	M55	14 0:58:31	- 11:29 11:36 11:38 11:54 11:24	10,33 km/h
446	512	Schymocha Clemens	*Saerbeck	0:58:03	M35	56 0:58:32	- 10:14 11:16 12:16 12:34 11:42	10,33 km/h
447	531	Tran Kevin	RS im Kreuzviertel 10b	0:58:14	MJB	12 0:59:10	- 12:23 12:18 12:18 10:34 10:39	10,30 km/h
448	117	Indenbirken Uli	LT Westfälische Nachricht	0:58:19	M50	50 0:58:31	- 08:50 09:28 09:50 10:08 20:01	10,29 km/h
449	570	Henrichs Marcel	1.FC Saarbrücken	0:58:29	MSA	10 0:58:52	- 10:13 11:17 12:08 12:42 12:07	10,26 km/h
450	560	Zieseniß Sven	#Twitterlauffreff	0:58:30	M30	45 0:59:19	- 11:36 11:39 12:04 12:04 11:06	10,25 km/h
451	690	Hansmann Rolf		0:58:31	M40	83 0:59:18	- 12:02 11:41 11:40 11:50 11:16	10,25 km/h
452	550	Will Sebastian	#Twitterlauffreff	0:58:31	MHK	95 0:59:20	- 11:36 11:39 12:04 12:04 11:07	10,25 km/h
453	257	Schmitte Frank	LSF Münster	0:58:38	M45	63 0:59:28	- 11:27 11:53 11:53 12:02 11:21	10,23 km/h
454	36	Brämer Jürgen	*Münster	0:58:38	M60	16 0:59:23	- 11:07 11:28 12:02 12:07 11:53	10,23 km/h
455	617	Grüter Klaus	*Münster	0:58:42	M50	51 0:59:29	- 12:03 11:41 11:40 11:50 11:26	10,22 km/h
456	358	Bugdoll Carsten	*Herten	0:58:51	M30	46 0:59:41	- 12:17 11:53 11:49 11:46 11:03	10,19 km/h



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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
457	474	Nollmann Robin Finn	*Münster	0:58:56	MSA	11 0:59:43 -	12:20 12:38 12:25 11:26 10:06	10,18 km/h
458	651	De Rubeis Fabrizio		0:59:04	MHK	96 0:59:48 -	12:08 12:07 12:20 12:02 10:26	10,16 km/h
459	178	Lotze Leonhard	Laufteam Sundermann	0:59:10	M55	15 1:00:09 -	11:52 11:52 12:13 12:16 10:55	10,14 km/h
460	583	Pautenburg Jörg	*Greven	0:59:23	MHK	97 1:00:01 -	12:10 12:07 11:58 11:59 11:08	10,10 km/h
461	621	Pawlaczyk Rainer		0:59:38	M50	52 0:59:58 -	11:57 11:51 12:06 12:09 11:34	10,06 km/h
462	418	Jöst Christoph	RS im Kreuzviertel 5a (Elt	0:59:44	M40	84 1:00:37 -	12:17 11:59 12:05 11:55 11:26	10,04 km/h
463	419	Jöst Klaus	RS im Kreuzviertel 5a	0:59:45	M70	2 1:00:37 -	12:17 12:00 12:05 11:55 11:26	10,04 km/h
464	289	Troche Daniel	Aasee-Schnecken Münste	0:59:46	M50	53 1:00:37 -	11:39 11:44 12:06 12:23 11:52	10,04 km/h
465	235	Wilmsen Wolfgang	1 GE/NL Corps	0:59:53	M45	64 1:00:21 -	11:51 12:10 12:15 12:14 11:21	10,02 km/h
466	578	Lammers Dominik	*Münster	1:00:07	MHK	98 1:00:51 -	11:55 12:13 12:28 12:15 11:15	9,98 km/h
467	211	Oester Thomas	H. Gautzsch	1:00:14	M40	85 1:00:58 -	12:19 12:30 12:21 12:22 10:41	9,96 km/h
468	425	Kaspark Thomas	*Hamm	1:00:19	M30	47 1:00:49 -	11:58 12:16 12:14 12:12 11:38	9,95 km/h
469	227	Pohlmann Michael	H. Gautzsch	1:00:27	MHK	99 1:01:11 -	12:20 12:30 12:21 12:21 10:54	9,92 km/h
470	250	Schilling Benjamin	*Münster	1:00:33	MHK	100 1:01:25 -	12:25 12:19 12:17 12:25 11:06	9,91 km/h
471	669	Hörmann Manfred	L.S.F. Münster e.V.	1:00:49	M70	3 1:00:59 -	11:44 11:51 12:01 12:39 12:33	9,86 km/h
472	249	Scherlatzik Dirk	BSG AGRAVIS	1:00:50	M40	86 1:01:31 -	12:05 12:10 12:22 12:16 11:55	9,86 km/h
473	497	Scheper Leon	RS im Kreuzviertel 8d	1:00:55	MSA	12 1:02:53 -	12:45 12:22 12:56 13:14 09:36	9,85 km/h
474	582	Alsini Ashti	RS im Kreisviertel	1:01:12	MHK	101 1:01:14 -	09:50 12:36 12:39 13:21 12:44	9,80 km/h
475	605	Mencks Carlos	*Nottuln	1:02:05	M40	87 1:02:54 -	11:36 12:34 12:59 12:50 12:05	9,66 km/h
476	0	unbekannt HZ3GHT9		1:02:49	MHK	102 1:03:41 -	12:27 12:49 12:51 12:44 11:55	9,55 km/h
477	405	Hrincius Eike-Roman	*Münster	1:03:21	MHK	103 1:04:05 -	12:21 12:36 12:51 13:01 12:31	9,47 km/h
478	528	Thiering Marcel	H. Gautzsch	1:03:32	M30	48 1:04:31 -	12:05 12:33 12:52 13:30 12:32	9,44 km/h
479	466	Naumann Robert	H. Gautzsch	1:03:33	MHK	104 1:04:32 -	12:05 12:32 12:52 13:29 12:33	9,44 km/h
480	610	Pierenkemper Tom	*Münster	1:03:43	M65	4 1:04:25 -	12:01 12:30 12:47 13:13 13:10	9,42 km/h
481	341	Balbino Antonio	LSF Münster	1:03:57	M40	88 1:04:07 -	11:02 13:38 13:15 13:17 12:42	9,38 km/h
482	97	Hahne Edwin	*Unna	1:04:50	M45	65 1:05:40 -	12:02 12:54 13:23 13:36 12:52	9,25 km/h
483	353	Bonna Marc	RS im Kreuzviertel 10c	1:04:58	MJB	13 1:05:54 -	12:24 12:55 13:32 13:51 12:15	9,23 km/h
484	485	Rawers Lucas	RS im Kreuzviertel 8a	1:06:39	MSA	13 1:07:34 -	13:47 12:22 12:56 13:19 14:13	9,00 km/h
485	467	Neufeld-Nollmann Matthias	*Münster	1:06:44	M45	66 1:07:30 -	12:30 13:11 13:43 13:57 13:21	8,99 km/h
486	507	Schröer Marcel	RS im Kreuzviertel 10d	1:07:16	MJA	7 1:07:34 -	10:11 14:03 14:02 14:48 14:11	8,92 km/h
487	62	d\Aße Markus	*Recke	1:21:03	M40	89 1:21:49 -	14:43 16:11 16:35 17:01 16:31	7,40 km/h
488	399	Henke Stefan	*Melle	1:21:03	M30	49 1:21:50 -	14:43 16:11 16:34 17:01 16:32	7,40 km/h
489	437	König Richard	RS im Kreuzviertel 10b	1:21:45	MJB	14 1:22:42 -	14:12 17:27 17:33 16:49 15:42	7,34 km/h
490	523	Sumowski Klaus	RS im Kreuzviertel 5a (Leh1:	22:00	M45	67 1:22:56 -	14:13 17:27 17:34 16:48 15:56	7,32 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
1	136	Kionka Melanie	LG Hamm	0:37:04	WHK	1	0:37:05 - 07:30 07:33 07:32 07:31 06:56	16,18 km/h
2	581	Lange-Austrup Peggy	SUS Olfen	0:37:19	W35	1	0:37:21 - 07:28 07:34 07:32 07:25 07:18	16,07 km/h
3	298	Viebahn Christl	LAZ Puma Troisdorf	0:38:27	W35	2	0:38:29 - 07:39 07:35 07:47 07:53 07:32	15,60 km/h
4	995	Cramer Luciene	Laufladen Endspurt	0:39:02	W35	3	0:39:07 - 07:37 07:53 07:55 07:58 07:37	15,37 km/h
5	262	Schröder Miriam	LSF Münster	0:39:22	W30	1	0:39:28 - 07:40 07:56 08:03 08:08 07:33	15,24 km/h
6	238	Rösler Vanessa	LG Olympia Dortmund	0:39:23	W30	2	0:39:25 - 07:29 07:56 08:04 08:11 07:42	15,23 km/h
7	93	Grosskopff Isabelle	LG Ratio Muenster	0:40:56	WHK	2	0:41:02 - 07:50 08:24 08:30 08:26 07:45	14,66 km/h
8	158	Kümpers Julia	ESV Münster	0:40:57	WJA	1	0:41:03 - 07:55 08:24 08:27 08:26 07:42	14,65 km/h
9	144	Knothe Sabine	LSF Münster	0:42:19	WHK	3	0:42:24 - 08:08 08:34 08:44 08:52 07:59	14,18 km/h
10	458	Michels Stephanie	Brooks feat. RUN	0:43:12	WHK	4	0:43:18 - 08:16 08:41 08:59 08:58 08:16	13,89 km/h
11	184	Maneke Dorothee	LSF Münster	0:43:24	W30	3	0:43:30 - 08:26 08:42 08:51 08:55 08:28	13,82 km/h
12	228	Postert Christiane	*Münster	0:43:42	W35	4	0:44:06 - 08:52 08:54 08:50 08:45 08:18	13,73 km/h
13	16	Althoff Kirsten	fokus Selm	0:43:59	WHK	5	0:44:20 - 09:03 09:08 09:09 08:35 08:03	13,64 km/h
14	572	Salzwedel Sophia	HSP Münster	0:44:02	WHK	6	0:44:09 - 08:09 08:50 09:02 09:12 08:48	13,62 km/h
15	150	Kortmann Sonja	LG Ems Everswinkel	0:44:11	WJA	2	0:44:27 - 08:49 08:57 09:03 08:58 08:22	13,58 km/h
16	106	Henke Gudrun	Montagsschluffen	0:44:15	W40	1	0:44:26 - 08:43 08:52 08:53 09:05 08:41	13,55 km/h
17	135	kern mirjam	*Münster	0:44:17	W45	1	0:44:32 - 08:46 08:45 08:58 09:03 08:43	13,55 km/h
18	38	Brinker Gertie	Marathon Soest	0:44:31	W45	2	0:44:36 - 08:31 08:55 09:11 09:17 08:35	13,48 km/h
19	96	Hahn Donatus	Laufteam Sundermann	0:44:41	WHK	7	0:44:59 - 08:19 08:56 09:15 09:22 08:48	13,42 km/h
20	632	Willingmann Todt G.	Night Runner Hamm	0:44:42	W45	3	0:45:01 - 08:58 09:00 09:03 09:01 08:38	13,42 km/h
21	244	Rotthauwe Juliana	LSF Münster	0:44:48	W30	4	0:44:57 - 08:47 08:58 09:06 09:08 08:48	13,39 km/h
22	324	Zierock Ute	Marathon Soest	0:44:49	W45	4	0:44:55 - 08:52 09:06 09:05 09:08 08:37	13,38 km/h
23	694	Lischka Anne	WSU-Warendorf	0:45:10	W30	5	0:45:22 - 08:52 08:58 09:08 09:17 08:53	13,28 km/h
24	599	Doetsch Esther	DJK Adler Bottrop	0:45:12	WHK	8	0:45:29 - 08:55 09:11 09:09 09:15 08:41	13,27 km/h
25	575	Cendra Stephanie		0:45:25	W30	6	0:45:31 - 08:44 09:07 09:12 09:25 08:55	13,21 km/h
26	83	Franz Ute	Bunert Team Dortmund	0:45:40	W50	1	0:45:48 - 08:53 09:11 09:18 09:23 08:54	13,14 km/h
27	78	Florien Wilma	*Münster	0:45:44	W35	5	0:45:59 - 09:24 09:23 09:19 09:09 08:27	13,12 km/h
28	692	Großmann Maike		0:46:12	W30	7	0:46:40 - 09:10 09:10 09:23 09:37 08:49	12,99 km/h
29	554	Wittenstein Susanna	HSP Münster	0:46:41	WHK	9	0:46:49 - 09:08 09:29 09:34 09:37 08:52	12,85 km/h
30	698	Hußmann Claudia	LG Ems SCDJK Everswi	0:47:20	W40	2	0:47:36 - 09:15 09:31 09:39 09:42 09:11	12,67 km/h
31	87	Gabriel Angelika	*Herne	0:47:21	W40	3	0:47:41 - 09:18 09:28 09:32 09:39 09:22	12,67 km/h
32	137	Kirchner Walli	*Münster	0:47:35	W45	5	0:48:10 - 09:23 09:36 09:40 09:47 09:08	12,61 km/h
33	316	Westerburg Christine	*Münster	0:47:36	WHK	10	0:47:41 - 08:46 09:43 09:40 09:43 09:43	12,60 km/h
34	88	Gewehr Rebecca	Laufteam Sundermann	0:47:49	WHK	11	0:48:13 - 09:43 09:46 09:44 09:31 09:02	12,55 km/h
35	343	Beckstedde Judith	*Münster	0:48:04	W35	6	0:48:33 - 09:32 09:29 09:48 09:47 09:26	12,48 km/h
36	168	Lenzen Annette	TuS Altenberge 09	0:48:39	W40	4	0:48:46 - 09:26 09:33 09:38 10:28 09:32	12,33 km/h
37	33	Bleidißel Martina	Tri Finish Münster	0:48:40	WHK	12	0:49:04 - 09:46 09:44 09:46 09:57 09:25	12,32 km/h
38	999	Götz Claudia	BSG Sparkasse MSLO	0:48:56	W50	2	0:49:13 - 09:41 09:44 09:48 09:58 09:43	12,26 km/h
39	573	Allhoff Christina	*Münster	0:48:59	W35	7	0:49:19 - 09:37 09:51 10:02 10:09 09:18	12,25 km/h
40	674	Tewes Sabine	*Münster	0:49:23	W30	8	0:49:37 - 09:44 09:49 09:59 10:13 09:36	12,15 km/h
41	502	Schneider Isabelle	TuS Deuz	0:49:26	WHK	13	0:49:35 - 09:15 10:01 10:06 10:21 09:41	12,13 km/h
42	567	Bernig Nora		0:49:28	WHK	14	0:49:32 - 10:23 09:59 09:55 09:56 09:13	12,13 km/h
43	603	Ahlemann Christina	*Warendorf	0:49:31	WHK	15	0:49:38 - 09:19 09:36 10:50 10:24 09:20	12,12 km/h
44	992	Nathaus Birgit	LSF Münster	0:49:31	W45	6	0:50:03 - 09:46 09:56 10:02 10:04 09:41	12,12 km/h
45	503	Schönefeld Eva	*Münster	0:49:32	W40	5	0:49:51 - 09:35 09:51 09:59 10:14 09:51	12,11 km/h
46	82	Franke Charlotte	HSP Münster Laufteam	0:49:35	WHK	16	0:50:11 - 10:00 10:12 09:51 10:00 09:31	12,10 km/h
47	30	Berkemeyer Ariane	Kopernikus-Gymnsium Rh	0:49:37	WHK	17	0:50:14 - 09:50 09:58 10:05 10:07 09:34	12,09 km/h
48	558	WRIGHT Klara	1 (GE/NL) Corps	0:49:42	W40	6	0:50:10 - 10:00 10:08 09:55 10:06 09:30	12,07 km/h
49	43	Buss Anke	*Münster	0:49:45	W30	9	0:50:23 - 10:08 10:06 10:03 10:01 09:24	12,06 km/h
50	294	Veauthier Mascha	LSF Münster	0:49:54	WHK	18	0:50:39 - 09:48 09:56 10:07 10:35 09:26	12,02 km/h
51	317	Wiesmann Ingrid	*Münster	0:50:22	W35	8	0:51:05 - 09:45 09:58 10:14 10:26 09:58	11,91 km/h
52	455	Mersch Carolin	SV Lengerich-Handrup	0:50:25	WHK	19	0:51:03 - 10:47 10:19 10:09 09:55 09:13	11,90 km/h
53	4004	Küpper Susanne	DELTA-Studio Ahlen	0:50:27	W45	7	0:50:49 - 09:45 10:04 10:15 10:21 10:00	11,89 km/h
54	276	Stallmeyer Andra	*Coesfeld	0:50:27	W45	8	0:50:49 - 10:29 10:30 10:28 10:10 08:48	11,89 km/h
55	187	Martin-Rosin Sabine	Marathon Soest	0:50:46	W45	9	0:50:52 - 09:54 10:18 10:19 10:26 09:47	11,82 km/h
56	988	Kerk Ruth	SV Dickenberg	0:50:54	W45	10	0:51:45 - 10:02 10:16 10:22 10:26 09:46	11,79 km/h
57	375	Eva Nitsch	*Münster	0:50:57	WHK	20	0:51:29 - 10:07 10:25 10:27 10:25 09:32	11,77 km/h

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
58	371	Eckey Melanie	*Münster	0:50:58	W30	10 0:51:40 -	10:23 10:26 10:23 10:06 09:39	11,77 km/h
59	2200	Decker Maria	*Steinfurt	0:51:03	W40	7 0:51:38 -	10:35 10:14 10:13 10:10 09:50	11,75 km/h
60	169	Leuer Ulla	Laufteam Sundermann	0:51:13	W45	11 0:52:07 -	10:08 10:14 10:26 10:21 10:02	11,71 km/h
61	520	Strohn Lisa	*Münster	0:51:45	WHK	21 0:52:12 -	10:16 10:29 10:36 10:33 09:49	11,59 km/h
62	622	Lammers Melissa	LG Ratio	0:51:47	WSA	1 0:52:36 -	10:37 10:13 10:40 10:29 09:47	11,58 km/h
63	54	Distelhoff Kirsten	vvholzwickede	0:51:48	W40	8 0:52:12 -	10:22 10:26 10:27 10:35 09:56	11,58 km/h
64	639	Wieggers Silvia	RAAD-GW Gelmer	0:51:50	W45	12 0:52:47 -	10:37 10:29 10:23 10:28 09:51	11,58 km/h
65	286	Teutemacher Lena	FHF-Nordkirchen	0:51:50	WHK	22 0:52:14 -	10:02 10:22 10:33 10:37 10:14	11,57 km/h
66	359	Calluso Elisabeth	*Osnabrück	0:51:53	W40	9 0:52:03 -	10:08 10:30 10:32 10:35 10:06	11,56 km/h
67	638	Bockelmann Mandy		0:51:56	WHK	23 0:52:04 -	09:04 09:56 10:49 11:18 10:46	11,55 km/h
68	134	kelling Elisabeth	*Lüdinghausen	0:51:56	W40	10 0:52:25 -	09:35 10:21 10:47 10:51 10:21	11,55 km/h
69	0	Kreie Kerstin	SCV Raki	0:52:02	WHK	24 0:52:45 -	10:13 10:25 10:30 10:44 10:08	11,53 km/h
70	565	Wick Charlotte	*Münster	0:52:19	WHK	25 0:53:12 -	10:14 10:18 10:42 10:59 10:04	11,47 km/h
71	410	Hunkemöller Jana	*Düsseldorf	0:52:49	WHK	26 0:53:26 -	10:52 10:56 10:59 10:35 09:26	11,36 km/h
72	243	Rother Marion	LSF Münster	0:53:04	W65	1 0:53:51 -	10:05 10:36 10:50 10:58 10:33	11,30 km/h
73	23	Balkmann Anke	*Münster	0:53:08	W40	11 0:53:22 -	10:56 10:50 10:50 10:37 09:53	11,29 km/h
74	162	Lammerding Ines	H. Gautzsch	0:53:10	W40	12 0:53:43 -	10:28 10:32 10:53 10:52 10:23	11,28 km/h
75	68	Erwes Julia	*Dortmund	0:53:12	W30	11 0:53:34 -	10:55 10:42 10:51 10:43 10:00	11,28 km/h
76	224	Pöcheim Antje Katrin	*Everswinkel	0:53:17	W40	13 0:53:33 -	09:57 10:33 10:58 11:10 10:36	11,26 km/h
77	661	Perschke Gabriele	LG Hamm	0:53:19	W55	1 0:53:27 -	10:17 10:25 10:51 11:16 10:28	11,25 km/h
78	236	Reilly Marion	*Münster	0:53:23	W45	13 0:53:56 -	10:56 10:34 10:34 10:49 10:28	11,24 km/h
79	159	Kuhlmann Carola	LSF Münster	0:53:37	W50	3 0:54:11 -	10:28 10:36 10:54 11:01 10:37	11,19 km/h
80	421	Kalkhoff Petra	*Münster	0:53:56	W40	14 0:54:27 -	10:19 10:45 11:07 11:05 10:38	11,12 km/h
81	386	Göbgen Hanna	*Schleiden	0:54:19	WHK	27 0:54:56 -	10:26 10:53 11:07 11:12 10:39	11,05 km/h
82	682	Gehltholt Petra	TuS Altenberge	0:54:26	W40	15 0:54:48 -	10:14 10:38 11:11 11:26 10:56	11,02 km/h
83	427	Kavermann Martina	RS im Kreuzviertel 6b (Elt	0:54:34	W45	14 0:55:12 -	11:01 10:56 10:58 11:13 10:25	10,99 km/h
84	544	Weimar Sonja	*Münster	0:54:35	W35	9 0:54:56 -	10:23 10:40 10:57 11:17 11:16	10,99 km/h
85	337	Aumann Astrid	*Ostbevern	0:54:38	WJA	3 0:55:05 -	10:16 10:36 12:03 11:17 10:24	10,98 km/h
86	613	Pierenkemper Sarah	*Köln	0:54:46	W30	12 0:55:27 -	10:28 10:59 11:15 11:11 10:51	10,95 km/h
87	615	Bender Yvonne	LSF Münster	0:54:48	W50	4 0:55:07 -	10:48 10:52 11:05 11:13 10:49	10,95 km/h
88	680	Gomes Rosa	*Münster	0:54:51	W40	16 0:54:59 -	10:31 10:40 11:10 11:22 11:06	10,94 km/h
89	34	Boriss Karina	*Münster	0:54:54	WHK	28 0:55:31 -	10:53 10:55 11:00 11:20 10:44	10,93 km/h
90	609	Ruwe Melanie	*Münster	0:55:00	W30	13 0:55:30 -	11:11 10:59 11:12 11:00 10:37	10,91 km/h
91	251	Schlechter Eva	*Münster	0:55:00	WHK	29 0:55:31 -	10:59 10:55 11:01 11:20 10:44	10,91 km/h
92	387	Grande Hanna Lena	BSG AGRAVIS	0:55:07	WHK	30 0:55:47 -	11:39 11:06 11:09 10:55 10:16	10,89 km/h
93	731	Münch Marlene	Marathon Soest	0:55:13	W60	1 0:55:21 -	10:39 11:10 11:06 11:18 10:57	10,87 km/h
94	292	Urmelt Marion	LSF Münster	0:55:31	W40	17 0:56:18 -	10:42 11:00 11:21 11:34 10:53	10,81 km/h
95	307	Weber Tanja	*Münster	0:55:40	W30	14 0:56:24 -	11:26 11:32 11:14 11:06 10:19	10,78 km/h
96	156	Krüger Beate	Laufteam Sundermann	0:55:45	W50	5 0:56:36 -	10:56 10:57 11:14 11:23 11:12	10,76 km/h
97	509	Schulze Bisping Agnes	*Billerbeck	0:56:03	W45	15 0:56:15 -	10:26 11:06 11:17 11:47 11:25	10,70 km/h
98	295	Venker Margret	LG Emsdetten	0:56:05	W60	2 0:56:52 -	11:02 11:19 11:27 11:30 10:45	10,70 km/h
99	209	Nieße Meike	LG Atemlos	0:56:11	W30	15 0:56:56 -	10:52 11:11 11:23 11:44 11:00	10,68 km/h
100	499	Schlüter Claudia	*Münster	0:56:16	W35	10 0:56:47 -	09:45 11:27 11:45 12:19 10:58	10,66 km/h
101	361	Cosack Meike	RS im Kreuzviertel 9d (Elt	0:56:23	W45	16 0:56:30 -	10:55 11:19 11:35 11:33 10:59	10,64 km/h
102	471	Niesing Birgit	Laufteam Sundermann	0:56:28	W45	17 0:57:22 -	11:15 11:16 11:25 11:31 10:59	10,62 km/h
103	480	Pilgrim Inga	*Münster	0:56:38	WHK	31 0:57:14 -	11:04 11:19 11:39 11:36 10:58	10,59 km/h
104	574	Viorica Sarona	*Nienberge-Münster	0:56:42	WHK	32 0:56:49 -	09:56 11:14 11:46 12:11 11:33	10,58 km/h
105	393	Hahne Regina	Lauf Team Unna	0:57:04	W45	18 0:57:54 -	11:39 11:32 11:24 11:31 10:55	10,51 km/h
106	611	Ridinger Ramona	*Münster	0:57:06	WHK	33 0:57:21 -	10:45 11:25 11:45 11:51 11:18	10,51 km/h
107	394	Halsband Petra	RS im Kreuzviertel 7b (Elt	0:57:16	W40	18 0:58:05 -	11:36 11:31 11:28 11:37 11:02	10,48 km/h
108	546	Wesener-Röth Anne	RS im Kreuzviertel 5b (Elt	0:57:16	W40	19 0:58:05 -	11:36 11:31 11:28 11:37 11:02	10,48 km/h
109	998	Meinel Denise	WSU	0:57:19	W35	11 0:57:47 -	10:56 11:26 11:41 11:45 11:30	10,47 km/h
110	342	Baune Petra	RS im Kreuzviertel 5a (Elt	0:57:22	W35	12 0:58:02 -	10:44 11:11 11:39 11:55 11:52	10,46 km/h
111	18	Aspodin Ina	*Münster	0:57:26	W35	13 0:57:44 -	11:29 11:48 11:37 11:52 10:38	10,45 km/h
112	174	Löbbe Andrea	LT Westfälische Nachrich	0:58:00	W40	20 0:58:31 -	11:26 11:35 11:39 11:54 11:25	10,34 km/h
113	678	Pieper Ingrid	TV Friesen Telgte	0:58:03	W60	3 0:58:53 -	11:39 11:37 11:39 11:50 11:17	10,33 km/h
114	984	Geske Marietta	LSF Münster	0:58:06	W45	19 0:58:31 -	11:20 11:33 11:33 11:49 11:49	10,33 km/h

Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIBruttozeit	Rundenzeiten	Geschwindigkeit
115	376	Eversmann Diana	*Münster	0:58:17	WHK	34 0:59:03	- 11:54 11:52 11:42 11:47 11:00	10,29 km/h
116	618	Schanz Anne	*Münster	0:58:31	W40	21 0:59:18	- 12:02 11:41 11:40 11:50 11:16	10,25 km/h
117	649	Gunia Lilli		0:58:41	W30	16 0:58:53	- 10:15 11:53 12:32 12:10 11:49	10,22 km/h
118	86	Frisse Petra	*Havixbeck	0:58:47	W35	14 0:59:12	- 11:12 11:38 12:00 12:14 11:40	10,21 km/h
119	373	Engel Sarah	*Gelsenkirchen	0:58:51	WHK	35 0:59:41	- 12:17 11:53 11:49 11:47 11:03	10,19 km/h
120	407	Hülsmann Katharina	RS im Kreuzviertel 9b	0:58:59	WJB	1 0:59:10	- 10:50 11:28 12:46 12:12 11:41	10,17 km/h
121	272	Siebers Norbert	*Münster	0:59:03	W40	22 0:59:45	- 11:30 11:48 12:11 12:09 11:22	10,16 km/h
122	644	Borlinghaus Jannika		0:59:04	WHK	36 0:59:48	- 12:07 12:07 12:20 12:01 10:26	10,16 km/h
123	451	Lotze Carlotta	Laufteam Sundermann	0:59:06	WSA	2 1:00:05	- 11:52 11:52 12:14 12:16 10:51	10,15 km/h
124	354	Brandebusemeyer Stephan	*Münster	0:59:18	WHK	37 1:00:11	- 11:46 11:53 12:07 12:10 11:20	10,12 km/h
125	0	Koch	Wacker Mecklenbeck	0:59:30	W45	20 1:00:22	- 13:16 12:58 00:00 00:00 00:00	10,08 km/h
126	478	Pierenkemper Anna	*Düsseldorf	0:59:42	W30	17 1:00:24	- 11:45 12:04 12:10 12:12 11:31	10,05 km/h
127	318	Wilbrand Melanie	*Münster	0:59:44	W35	15 1:00:34	- 12:19 12:09 11:51 11:50 11:34	10,04 km/h
128	488	Reiser Claudia	*Münster	0:59:47	W50	6 1:00:03	- 10:41 11:35 12:14 12:47 12:28	10,04 km/h
129	417	Jelen Katrin	RS im Kreuzviertel 6b (Elt	0:59:51	W40	23 1:00:31	- 11:42 12:06 12:12 12:18 11:31	10,02 km/h
130	548	Wichmann Stefan	RS im Kreuzviertel 6b (Elt	0:59:51	W50	7 1:00:31	- 11:42 12:06 12:10 12:19 11:32	10,02 km/h
131	596	Hörbelt Carmen		0:59:55	WHK	38 1:00:13	- 11:04 11:53 12:14 12:33 12:10	10,01 km/h
132	263	Schröten Jutta	Laufteam Sundermann	1:00:00	W45	21 1:00:36	- 11:24 12:07 12:09 12:22 11:56	10,00 km/h
133	577	Carius Stephanie	*Münster	1:00:07	WHK	39 1:00:51	- 11:55 12:13 12:28 12:15 11:14	9,98 km/h
134	614	Wiesmann Encieh	*Münster	1:00:12	W45	22 1:00:45	- 11:51 11:47 12:09 12:23 12:00	9,97 km/h
135	365	Daniels Jana	RS im Kreuzviertel 5a	1:00:24	WHK	40 1:00:51	- 11:33 12:11 12:40 12:45 11:14	9,93 km/h
136	160	Kuhn Marion	BSG AGRAVIS	1:00:50	W40	24 1:01:29	- 12:06 12:10 12:22 12:16 11:54	9,86 km/h
137	465	Nadesan Regy	RS im Kreuzviertel Eltern	1:01:42	W30	18 1:01:53	- 09:29 11:50 12:45 14:15 13:21	9,72 km/h
138	654	Hengst Magdalene		1:01:47	WJA	4 1:02:13	- 12:01 12:35 12:58 12:28 11:43	9,71 km/h
139	518	Stern Ella	RS im Kreuzviertel 8b	1:01:54	WJB	2 1:01:55	- 10:12 14:17 12:23 13:12 11:47	9,69 km/h
140	403	Hövel Rebecca	*Düsseldorf	1:02:10	WHK	41 1:02:25	- 11:31 12:00 13:02 13:06 12:30	9,65 km/h
141	460	Moß Daniela	saracus consulting GmbH	1:02:28	W35	16 1:03:14	- 12:21 12:37 12:33 12:55 12:00	9,60 km/h
142	149	Körner Yvonne	saracus consulting GmbH	1:02:35	W35	17 1:03:21	- 12:22 12:37 12:33 12:55 12:06	9,58 km/h
143	675	Rohmann Anette	Kotenbeis	1:02:48	W35	18 1:03:41	- 12:26 12:50 12:51 12:35 12:04	9,55 km/h
144	345	Begalke Sonja	*Münster	1:02:51	W35	19 1:03:06	- 12:39 12:43 12:41 12:31 12:15	9,55 km/h
145	461	Mück Cornelia	*Darmstadt	1:02:59	W40	25 1:03:29	- 11:57 12:24 12:53 12:59 12:44	9,53 km/h
146	483	PREISING Anja	1 (GE/NL) Corps	1:03:00	W45	23 1:03:27	- 12:29 12:49 12:49 12:42 12:09	9,52 km/h
147	278	Steinkemper-Lange Brigitte	LA Spvgg Herten	1:03:03	W55	2 1:03:54	- 12:29 12:20 12:36 12:56 12:40	9,52 km/h
148	579	Pösentrup Martina	LSF Münster	1:03:17	W45	24 1:04:14	- 12:26 12:47 12:51 13:06 12:05	9,48 km/h
149	454	Merkens Gerlind	RS im Kreuzviertel 5a (Elt	1:03:18	W40	26 1:04:14	- 12:27 12:47 12:52 13:05 12:05	9,48 km/h
150	357	Britta Hammen	*Münster	1:03:20	W35	20 1:03:33	- 09:43 11:01 11:53 15:40 15:02	9,47 km/h
151	449	Liedmann Swantje	*Münster	1:03:21	WHK	42 1:04:05	- 12:21 12:36 12:50 13:01 12:30	9,47 km/h
152	411	lancea Carina	*Münster	1:03:56	WHK	43 1:04:06	- 11:02 13:39 13:15 13:16 12:43	9,38 km/h
153	273	Silke Lössner	*Duisburg	1:04:08	W40	27 1:05:01	- 12:20 12:27 12:49 13:23 13:08	9,35 km/h
154	472	Nina Kohl	*Münster	1:04:16	WHK	44 1:05:02	- 12:21 12:39 13:04 13:19 12:52	9,33 km/h
155	377	Falston Cornelia	*Münster	1:04:18	W35	21 1:04:47	- 12:22 12:48 13:20 13:07 12:39	9,33 km/h
156	340	Bäcker Lilli	RS im Kreuzviertel 10b	1:04:51	WJB	3 1:05:47	- 12:22 12:18 12:19 14:33 13:18	9,25 km/h
157	476	Petermann Fiona	RS im Kreuzviertel 10c	1:04:58	WJB	4 1:05:54	- 12:24 12:55 13:33 13:50 12:15	9,23 km/h
158	496	Scharpenberg Marion	*Münster	1:05:17	WHK	45 1:05:53	- 11:53 13:29 13:42 13:43 12:28	9,19 km/h
159	378	Fender Valerie	RV Appelhülsen	1:05:25	WHK	46 1:05:43	- 12:04 12:56 13:23 13:31 13:29	9,17 km/h
160	473	Nollmann Christina	*Münster	1:06:44	W45	25 1:07:30	- 12:30 13:11 13:43 13:57 13:21	8,99 km/h
161	555	Wortmann Lea	RS im Kreuzviertel 9a	1:06:44	WJB	5 1:06:46	- 10:24 14:09 13:36 14:03 14:30	8,99 km/h
162	319	Wilczek Eva	BSG Hilden	1:07:50	W65	2 1:08:27	- 13:30 13:50 13:46 13:45 12:57	8,84 km/h
163	335	Arens Petra	*Münster	1:09:24	W35	22 1:10:12	- 12:00 12:46 13:42 14:38 16:16	8,64 km/h
164	580	Potthoff Frieda	*Münster	1:10:20	WSA	3 1:11:19	- 13:17 13:56 14:42 14:51 13:32	8,53 km/h
165	381	Frönd Jennifer	RS im Kreuzviertel 10b	1:10:23	WJB	6 1:11:19	- 13:21 13:56 14:41 14:52 13:31	8,52 km/h
166	551	Willamowski Stefanie	*Münster	1:14:29	W30	19 1:15:22	- 14:23 15:12 15:35 15:49 13:29	8,05 km/h
167	545	Weniger Melanie	*Hasbergen	1:21:04	W35	23 1:21:50	- 14:44 16:11 16:34 17:02 16:31	7,40 km/h