

Ergebnis Jahrgang 2004

| Pl  | Nr  | Name        | Vorname | Jahrg | Verein              | Netto    | Brutto   | Pl AK | AK     |
|-----|-----|-------------|---------|-------|---------------------|----------|----------|-------|--------|
| 33  | 201 | Nhanombe    | Leonel  | 2004  | LV Oelde            | 00:19:13 | 00:19:17 | 2     | MJ U14 |
| 38  | 455 | Boeck       | Noah    | 2004  | LG Olympia Dortmund | 00:19:30 | 00:19:30 | 3     | MJ U14 |
| 44  | 296 | Heitmüller  | Fabio   | 2004  | SC Eintracht Hamm   | 00:19:55 | 00:19:56 | 5     | MJ U14 |
| 55  | 92  | Hoberg      | Felix   | 2004  | VfL Engelskirchen   | 00:20:44 | 00:20:47 | 8     | MJ U14 |
| 79  | 348 | Böttcher    | Tobias  | 2004  | Kanu-Ring Hamm      | 00:23:07 | 00:23:15 | 13    | MJ U14 |
| 85  | 344 | Osterhoff   | Pepe    | 2004  | Kanu-Ring Hamm      | 00:23:14 | 00:23:21 | 15    | MJ U14 |
| 100 | 307 | Willingmann | Fynn    | 2004  | SC Eintracht Hamm   | 00:23:57 | 00:24:02 | 17    | MJ U14 |
| 113 | 304 | Rüther      | Marius  | 2004  | OSC 01 Hamm         | 00:25:32 | 00:25:41 | 19    | MJ U14 |
| 118 | 347 | Damberg     | Til     | 2004  | Kanu-Ring Hamm      | 00:26:00 | 00:26:11 | 20    | MJ U14 |

Ergebnis MU14

| Pl  | Nr  | Name        | Vorname    | Jahrg | Verein                  | Netto    | Brutto   | Pl AK | AK     |
|-----|-----|-------------|------------|-------|-------------------------|----------|----------|-------|--------|
| 32  | 427 | Kläß        | Maximilian | 2003  | ASV Duisburg            | 00:19:09 | 00:19:12 | 1     | MJ U14 |
| 33  | 201 | Nhanombe    | Leonel     | 2004  | LV Oelde                | 00:19:13 | 00:19:17 | 2     | MJ U14 |
| 38  | 455 | Boeck       | Noah       | 2004  | LG Olympia Dortmund     | 00:19:30 | 00:19:30 | 3     | MJ U14 |
| 41  | 200 | Schwab      | Lucas      | 2003  | LV Oelde                | 00:19:37 | 00:19:40 | 4     | MJ U14 |
| 44  | 296 | Heitmüller  | Fabio      | 2004  | SC Eintracht Hamm       | 00:19:55 | 00:19:56 | 5     | MJ U14 |
| 47  | 171 | Schäfer     | Patrick    | 2003  | Marathon-Club Menden    | 00:20:05 | 00:20:08 | 6     | MJ U14 |
| 54  | 422 | Franke      | Henning    | 2003  | Marathon-Club Menden    | 00:20:43 | 00:20:49 | 7     | MJ U14 |
| 55  | 92  | Hoberg      | Felix      | 2004  | VfL Engelskirchen       | 00:20:44 | 00:20:47 | 8     | MJ U14 |
| 59  | 298 | Gottbehüt   | Niklas     | 2003  | SC Eintracht Hamm       | 00:21:17 | 00:21:22 | 9     | MJ U14 |
| 61  | 461 | Albert      | Henning    | 2003  | LTV Lippstadt Triathlon | 00:21:27 | 00:21:31 | 10    | MJ U14 |
| 63  | 349 | Sönnecken   | Nico       | 2003  | Kanu-Ring Hamm          | 00:21:51 | 00:21:51 | 11    | MJ U14 |
| 77  | 421 | Glunz       | Luca       | 2003  | JSG Arminia ISSV Hamm   | 00:23:01 | 00:23:06 | 12    | MJ U14 |
| 79  | 348 | Böttcher    | Tobias     | 2004  | Kanu-Ring Hamm          | 00:23:07 | 00:23:15 | 13    | MJ U14 |
| 83  | 468 | Kreienfeld  | Levi       | 2003  | Hammer SpVG             | 00:23:12 | 00:23:22 | 14    | MJ U14 |
| 85  | 344 | Osterhoff   | Pepe       | 2004  | Kanu-Ring Hamm          | 00:23:14 | 00:23:21 | 15    | MJ U14 |
| 98  | 350 | Aßhoff      | Ben        | 2003  | Kanu-Ring Hamm          | 00:23:54 | 00:23:58 | 16    | MJ U14 |
| 100 | 307 | Willingmann | Fynn       | 2004  | SC Eintracht Hamm       | 00:23:57 | 00:24:02 | 17    | MJ U14 |
| 102 | 477 | Tönnies     | Ilja       | 2005  | DJK Grün-Weiß Werl      | 00:24:04 | 00:24:12 | 18    | MJ U14 |
| 113 | 304 | Rüther      | Marius     | 2004  | OSC 01 Hamm             | 00:25:32 | 00:25:41 | 19    | MJ U14 |
| 118 | 347 | Damberg     | Til        | 2004  | Kanu-Ring Hamm          | 00:26:00 | 00:26:11 | 20    | MJ U14 |
| 126 | 372 | Pawlawsky   | Jonas      | 2003  | Kanu-Ring Hamm          | 00:26:37 | 00:26:48 | 21    | MJ U14 |
| 145 | 430 | Henning     | Justin     | 2003  | TV Werne 03             | 00:29:08 | 00:29:18 | 22    | MJ U14 |
| 147 | 374 | Goebel      | Johannes   | 2007  | Kanu-Ring Hamm          | 00:30:00 | 00:30:14 | 23    | MJ U14 |
| 153 | 370 | Heimann     | Jan        | 2005  | Kanu-Ring Hamm          | 00:31:36 | 00:31:47 | 24    | MJ U14 |

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| Pl | Nr  | Name        | Vorname    | Jahrg | Verein                    | Netto    | Brutto   | Pl AK | AK     |
|----|-----|-------------|------------|-------|---------------------------|----------|----------|-------|--------|
| 1  | 276 | Farhat      | Malik      | 1996  | LG Hamm Kamen Holzwickede | 00:16:02 | 00:16:04 | 1     | M      |
| 2  | 462 | Erdmann     | Clemens    | 2001  | TSVE 1890 Bielefeld       | 00:16:08 | 00:16:09 | 1     | MJ U16 |
| 3  | 402 | Lukas       | Justin     | 1997  | SCE Eintracht Hamm        | 00:16:23 | 00:16:26 | 1     | MJ U20 |
| 4  | 445 | Feist       | Maximilian | 1999  | LG Hamm Kamen Holzwickede | 00:16:31 | 00:16:31 | 1     | MJ U18 |
| 5  | 450 | Grothe      | Lennart    | 2001  | USC Bochum                | 00:16:38 | 00:16:38 | 2     | MJ U16 |
| 6  | 444 | Feist       | Constantin | 1999  | LG Hamm Kamen Holzwickede | 00:16:51 | 00:16:51 | 2     | MJ U18 |
| 7  | 429 | Lennardt    | Max        | 1989  | LG Olympia Dortmund       | 00:17:05 | 00:17:06 | 2     | M      |
| 8  | 291 | Schultz     | Paul       | 2001  | SC Eintracht Hamm         | 00:17:08 | 00:17:12 | 3     | MJ U16 |
| 9  | 404 | Hönig       | Carsten    | 1992  | LG Hamm Kamen Holzwickede | 00:17:15 | 00:17:17 | 3     | M      |
| 10 | 436 | Vogt        | Nikolas    | 2000  | LC Rapid Dortmund         | 00:17:19 | 00:17:20 | 3     | MJ U18 |
| 11 | 271 | Orban       | Mikael     | 1996  | LG Hamm Kamen Holzwickede | 00:17:24 | 00:17:26 | 4     | M      |
| 12 | 35  | Stürznickel | Julian     | 1993  | ProEnzym Tri Team Hamburg | 00:17:29 | 00:17:29 | 5     | M      |
| 13 | 292 | Langerbein  | Lars       | 2000  | SC Eintracht Hamm         | 00:17:31 | 00:17:32 | 4     | MJ U18 |
| 14 | 97  | Thiemann    | Maurice    | 1998  | SV Herbern                | 00:17:46 | 00:17:50 | 2     | MJ U20 |
| 15 | 251 | Six         | Daniel     | 1998  | LAZ Iserlohn              | 00:17:47 | 00:17:47 | 3     | MJ U20 |
| 16 | 252 | Brune       | Rene       | 1982  | LAZ Iserlohn              | 00:17:55 | 00:17:56 | 1     | M30    |
| 17 | 452 | Haas        | Peter      | 1970  | LG Olympia Dortmund       | 00:18:00 | 00:18:00 | 1     | M45    |
| 18 | 286 | Marks       | Matthias   | 1968  | LG Hamm Kamen Holzwickede | 00:18:09 | 00:18:11 | 2     | M45    |
| 19 | 273 | Kreienfeld  | Jona       | 2001  | LG Hamm                   | 00:18:09 | 00:18:12 | 4     | MJ U16 |
| 20 | 285 | Hochkeppel  | Adrian     | 1991  | LG Hamm Kamen Holzwickede | 00:18:14 | 00:18:17 | 6     | M      |
| 21 | 265 | Siepmann    | Stefan     | 1974  | LG Hamm Kamen Holzwickede | 00:18:19 | 00:18:22 | 1     | M40    |
| 22 | 466 | Lehmköster  | Torsten    | 1973  | Hamm                      | 00:18:24 | 00:18:28 | 2     | M40    |
| 23 | 293 | Kayser      | Robin      | 2000  | SC Eintracht Hamm         | 00:18:29 | 00:18:34 | 5     | MJ U18 |
| 24 | 467 | Baierl      | Stefan     | 1974  | SpVgg Dolberg             | 00:18:34 | 00:18:38 | 3     | M40    |
| 25 | 172 | Schäfer     | Yannick    | 2000  | Marathon-Club Menden      | 00:18:35 | 00:18:38 | 6     | MJ U18 |
| 26 | 272 | Assmann     | Magnus     | 2002  | LG Hamm                   | 00:18:39 | 00:18:42 | 5     | MJ U16 |
| 27 | 495 | Sinner      | Manuel     | 1989  | Lauffreunde Bönen         | 00:18:46 | 00:18:51 | 7     | M      |
| 28 | 204 | Baxheinrich | Steffen    | 1999  | LV Oelde                  | 00:18:51 | 00:18:54 | 7     | MJ U18 |
| 29 | 98  | Basner      | Bjarne     | 2000  | USC Bochum                | 00:19:05 | 00:19:08 | 8     | MJ U18 |
| 30 | 268 | Heinlein    | Levin      | 2001  | LG Hamm                   | 00:19:06 | 00:19:10 | 6     | MJ U16 |
| 31 | 202 | Wickern     | Nils       | 2002  | LV Oelde                  | 00:19:08 | 00:19:11 | 7     | MJ U16 |
| 32 | 427 | Kläß        | Maximilian | 2003  | ASV Duisburg              | 00:19:09 | 00:19:12 | 1     | MJ U14 |
| 33 | 201 | Nhanombe    | Leonel     | 2004  | LV Oelde                  | 00:19:13 | 00:19:17 | 2     | MJ U14 |
| 34 | 433 | Lefering    | Florian    | 1999  | TV Werne 03               | 00:19:13 | 00:19:20 | 9     | MJ U18 |
| 35 | 502 | Rabe        | Tim        | 1988  | LC Paderborn              | 00:19:23 | 00:19:27 | 8     | M      |
| 36 | 454 | Raible      | Wolfgang   | 1963  | Running Team Schwoba      | 00:19:24 | 00:19:29 | 1     | M50    |
| 37 | 447 | Knepper     | Lukas      | 1997  | LV Oelde                  | 00:19:29 | 00:19:34 | 4     | MJ U20 |
| 38 | 455 | Boeck       | Noah       | 2004  | LG Olympia Dortmund       | 00:19:30 | 00:19:30 | 3     | MJ U14 |
| 39 | 283 | Kiene       | Andreas    | 1969  | LG Hamm Kamen Holzwickede | 00:19:31 | 00:19:35 | 3     | M45    |
| 40 | 295 | Langerbein  | Lennard    | 1998  | SC Eintracht Hamm         | 00:19:36 | 00:19:39 | 5     | MJ U20 |
| 41 | 200 | Schwab      | Lucas      | 2003  | LV Oelde                  | 00:19:37 | 00:19:40 | 4     | MJ U14 |
| 42 | 227 | Willingmann | Todt G.    | 1965  | Lauffreunde Bönen         | 00:19:38 | 00:19:42 | 2     | M50    |
| 43 | 266 | Derksen     | Alexander  | 1986  | LG Hamm Kamen Holzwickede | 00:19:46 | 00:19:50 | 2     | M30    |
| 44 | 296 | Heitmüller  | Fabio      | 2004  | SC Eintracht Hamm         | 00:19:55 | 00:19:56 | 5     | MJ U14 |
| 45 | 431 | Grosse      | Manuel     | 1981  | TST Dortmund              | 00:19:56 | 00:20:00 | 1     | M35    |
| 46 | 287 | Heilemikael | Merih      | 1999  | LG Hamm Kamen Holzwickede | 00:20:03 | 00:20:09 | 10    | MJ U18 |
| 47 | 171 | Schäfer     | Patrick    | 2003  | Marathon-Club Menden      | 00:20:05 | 00:20:08 | 6     | MJ U14 |
| 48 | 160 | Schäfer     | Andre      | 1976  | LippeRunners Werne 0-42   | 00:20:14 | 00:20:20 | 4     | M40    |
| 49 | 449 | Thiele      | Dennis     | 1978  | LV Oelde                  | 00:20:17 | 00:20:22 | 2     | M35    |
| 50 | 142 | Zuleger     | Luca       | 2001  | DJK Grün-Weiß Werl        | 00:20:24 | 00:20:28 | 8     | MJ U16 |
| 51 | 407 | Kamps       | Luca       | 2002  | LG Deiringsen             | 00:20:25 | 00:20:30 | 9     | MJ U16 |
| 52 | 99  | Mosler      | Julian     | 1989  |                           | 00:20:35 | 00:20:42 | 9     | M      |
| 53 | 294 | Schürer     | Niclas     | 1999  | SC Eintracht Hamm         | 00:20:41 | 00:20:46 | 11    | MJ U18 |
| 54 | 422 | Franke      | Henning    | 2003  | Marathon-Club Menden      | 00:20:43 | 00:20:49 | 7     | MJ U14 |
| 55 | 92  | Hoberg      | Felix      | 2004  | VfL Engelskirchen         | 00:20:44 | 00:20:47 | 8     | MJ U14 |

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|     |     |              |           |      |                           |          |          |    |        |
|-----|-----|--------------|-----------|------|---------------------------|----------|----------|----|--------|
| 56  | 434 | Grosse       | Benjamin  | 1978 | Dortmund                  | 00:20:46 | 00:20:50 | 3  | M35    |
| 57  | 490 | Holtsträter  | Ingo      | 1967 | TuS Uentrop               | 00:21:10 | 00:21:15 | 4  | M45    |
| 58  | 473 | Korman       | Fuseuni   | 1989 | LippeRunners Werne        | 00:21:10 | 00:21:18 | 10 | M      |
| 59  | 298 | Gottbehüt    | Niklas    | 2003 | SC Eintracht Hamm         | 00:21:17 | 00:21:22 | 9  | MJ U14 |
| 60  | 470 | Sip          | Claudio   | 2001 | DJK Grün-Weiß Werl        | 00:21:17 | 00:21:24 | 10 | MJ U16 |
| 61  | 461 | Albert       | Henning   | 2003 | LTV Lippstadt Triathlon   | 00:21:27 | 00:21:31 | 10 | MJ U14 |
| 62  | 163 | Sander       | Dietmar   | 1964 | LippeRunners Werne 042    | 00:21:30 | 00:21:34 | 3  | M50    |
| 63  | 349 | Sönnecken    | Nico      | 2003 | Kanu-Ring Hamm            | 00:21:51 | 00:21:51 | 11 | MJ U14 |
| 64  | 497 | Koch         | Ralf      | 1965 | TV Werne 03               | 00:21:58 | 00:22:04 | 4  | M50    |
| 65  | 237 | Münstermann  | Marcus    | 1974 | Lauffreunde Bönen         | 00:22:00 | 00:22:05 | 5  | M40    |
| 66  | 397 | Stührenberg  | Robin     | 1996 | TSV Pelkum                | 00:22:08 | 00:22:22 | 11 | M      |
| 67  | 260 | Barenbrock   | Michael   | 1963 | LG Hamm Kamen Holzwickede | 00:22:10 | 00:22:16 | 5  | M50    |
| 68  | 484 | Skubschewski | Ralf      | 1970 | Laufsport Senden          | 00:22:18 | 00:22:24 | 5  | M45    |
| 69  | 464 | Amberger     | Andreas   | 1965 | Lauf Team Unna            | 00:22:24 | 00:22:30 | 6  | M50    |
| 70  | 159 | Schmidt      | Ingo      | 1969 | LippeRunners Werne 0-42   | 00:22:30 | 00:22:35 | 6  | M45    |
| 71  | 457 | Legge        | Marc      | 1977 | Olfen                     | 00:22:43 | 00:22:48 | 4  | M35    |
| 72  | 366 | Jezella      | Heinrich  | 1964 | Kanu-Ring Hamm            | 00:22:47 | 00:22:56 | 7  | M50    |
| 73  | 199 | Weinekötter  | Max       | 2002 | LV Oelde                  | 00:22:48 | 00:22:52 | 11 | MJ U16 |
| 74  | 493 | Nachtigall   | Viktor    | 1969 | HSG 08                    | 00:22:49 | 00:22:55 | 7  | M45    |
| 75  | 198 | Bökamp       | Jonas     | 2002 | LV Oelde                  | 00:22:50 | 00:22:56 | 12 | MJ U16 |
| 76  | 373 | Tadday       | Linus     | 2002 | Kanu-Ring Hamm            | 00:22:57 | 00:23:08 | 13 | MJ U16 |
| 77  | 421 | Glunz        | Luca      | 2003 | JSG Arminia ISSV Hamm     | 00:23:01 | 00:23:06 | 12 | MJ U14 |
| 78  | 232 | Klein        | Michael   | 1965 | Lauffreunde Bönen         | 00:23:04 | 00:23:11 | 8  | M50    |
| 79  | 348 | Böttcher     | Tobias    | 2004 | Kanu-Ring Hamm            | 00:23:07 | 00:23:15 | 13 | MJ U14 |
| 80  | 406 | Borrmann     | Norbert   | 1960 | LG Deiringsen             | 00:23:09 | 00:23:19 | 1  | M55    |
| 81  | 129 | Thielmann    | Tobias    | 1984 | Lauf Team Unna            | 00:23:11 | 00:23:17 | 3  | M30    |
| 82  | 506 | Johannpeter  | Thomas    | 1964 | Team Aktivita             | 00:23:12 | 00:23:20 | 9  | M50    |
| 83  | 468 | Kreienfeld   | Levi      | 2003 | Hammer SpVG               | 00:23:12 | 00:23:22 | 14 | MJ U14 |
| 84  | 471 | Langerbein   | Bernhard  | 1967 | Tri-As Hamm               | 00:23:13 | 00:23:22 | 8  | M45    |
| 85  | 344 | Osterhoff    | Pepe      | 2004 | Kanu-Ring Hamm            | 00:23:14 | 00:23:21 | 15 | MJ U14 |
| 86  | 234 | Donkiewicz   | Carsten   | 1966 | Lauffreunde Bönen         | 00:23:15 | 00:23:22 | 10 | M50    |
| 87  | 465 | Kreienfeld   | Jörn      | 1971 | VfK Nordbögge             | 00:23:15 | 00:23:25 | 9  | M45    |
| 88  | 126 | Noori        | Sabawoon  | 1999 |                           | 00:23:20 | 00:23:24 | 12 | MJ U18 |
| 89  | 64  | Eggert       | Ulrich    | 1963 | SC SuSfdF Hamm            | 00:23:26 | 00:23:36 | 11 | M50    |
| 90  | 376 | Bußmann      | Jörg      | 1974 | Kanu-Ring Hamm            | 00:23:26 | 00:23:37 | 6  | M40    |
| 91  | 148 | Schlüchter   | Magnus    | 1970 | LippeRunners Werne 0-42   | 00:23:27 | 00:23:32 | 10 | M45    |
| 92  | 432 | Budde        | Joschua   | 2000 | TV Werne 03               | 00:23:28 | 00:23:35 | 13 | MJ U18 |
| 93  | 415 | Lau          | Stephan   | 1963 | Marathon-Club Menden      | 00:23:32 | 00:23:37 | 12 | M50    |
| 94  | 492 | Niggemeier   | Sebastian | 1984 |                           | 00:23:40 | 00:23:46 | 4  | M30    |
| 95  | 288 | Cremer       | Torsten   | 1970 | LG Hamm Kamen Holzwickede | 00:23:41 | 00:23:48 | 11 | M45    |
| 96  | 289 | Lenniger     | Stefan    | 1967 | LG Hamm Kamen Holzwickede | 00:23:41 | 00:23:48 | 12 | M45    |
| 97  | 438 | Sommer       | Andre     | 1967 | Marathon-Club Menden      | 00:23:54 | 00:23:59 | 13 | M45    |
| 98  | 350 | Aßhoff       | Ben       | 2003 | Kanu-Ring Hamm            | 00:23:54 | 00:23:58 | 16 | MJ U14 |
| 99  | 166 | Eufinger     | Ralf      | 1960 | Marathon-Club Menden      | 00:23:55 | 00:24:00 | 2  | M55    |
| 100 | 307 | Willingmann  | Fynn      | 2004 | SC Eintracht Hamm         | 00:23:57 | 00:24:02 | 17 | MJ U14 |
| 101 | 503 | Hähnel       | Heinz     | 1953 | Tri As Hamm               | 00:23:58 | 00:24:04 | 1  | M60    |
| 102 | 477 | Tönnies      | Ilja      | 2005 | DJK Grün-Weiß Werl        | 00:24:04 | 00:24:12 | 18 | MJ U14 |
| 103 | 488 | Brown        | Lee       | 1999 | Hamm                      | 00:24:05 | 00:24:15 | 14 | MJ U18 |
| 104 | 229 | Flechsigg    | Philip    | 1990 | Lauffreunde Bönen         | 00:24:08 | 00:24:15 | 12 | M      |
| 105 | 118 | Kötter       | Gregor    | 1960 | Kötter Speedteam          | 00:24:19 | 00:24:32 | 3  | M55    |
| 106 | 215 | Herzog       | Moritz    | 1998 |                           | 00:24:31 | 00:24:40 | 6  | MJ U20 |
| 107 | 401 | Porzeng      | Detlev    | 1951 | LG Hamm Kamen Holzwickede | 00:24:31 | 00:24:38 | 1  | M65    |
| 108 | 475 | Elsner       | Gerhard   | 1955 | LippeRunner Werne         | 00:24:34 | 00:24:43 | 2  | M60    |
| 109 | 474 | Grimm        | Timo      | 1976 | Lauffreunde Bönen         | 00:24:44 | 00:24:50 | 7  | M40    |
| 110 | 469 | Wulf         | Timo      | 2001 | DJK Werl                  | 00:24:57 | 00:25:04 | 14 | MJ U16 |
| 111 | 267 | Rogalski     | Andreas   | 1987 | LG Hamm Kamen Holzwickede | 00:25:00 | 00:25:08 | 13 | M      |

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|     |     |              |              |      |                           |          |          |    |        |
|-----|-----|--------------|--------------|------|---------------------------|----------|----------|----|--------|
| 112 | 182 | Prokosch     | Torolv Joach | 1947 | LSF Münster               | 00:25:02 | 00:25:06 | 2  | M65    |
| 113 | 304 | Rüther       | Marius       | 2004 | OSC 01 Hamm               | 00:25:32 | 00:25:41 | 19 | MJ U14 |
| 114 | 305 | Rüther       | Carsten      | 1972 | LG Hamm Kamen Holzwickede | 00:25:33 | 00:25:42 | 8  | M40    |
| 115 | 149 | Münzer       | Thomas       | 1980 | LippeRunners Werne 0-42   | 00:25:46 | 00:25:54 | 5  | M35    |
| 116 | 136 | Szponik      | Franz-Josef  | 1940 | LC Rapid Dortmund         | 00:25:57 | 00:26:03 | 1  | M75    |
| 117 | 463 | Grand        | Johannes     | 1987 | Nordwald                  | 00:25:57 | 00:26:05 | 14 | M      |
| 118 | 347 | Damberg      | Til          | 2004 | Kanu-Ring Hamm            | 00:26:00 | 00:26:11 | 20 | MJ U14 |
| 119 | 213 | Pliquett     | Moritz       | 2000 |                           | 00:26:13 | 00:26:22 | 15 | MJ U18 |
| 120 | 478 | Stüwe        | Stefan       | 1975 | LippeRunners Werne 0-42   | 00:26:14 | 00:26:23 | 9  | M40    |
| 121 | 501 | Gottbehüt    | Uwe          | 1964 | SCE Eintracht Hamm        | 00:26:19 | 00:26:30 | 13 | M50    |
| 122 | 256 | Grümme       | Florian      | 2001 | DJK Grün-Weiß Werl        | 00:26:21 | 00:26:27 | 15 | MJ U16 |
| 123 | 481 | Voss         | Marius       | 1968 | Lauffreunde Bönen         | 00:26:21 | 00:26:27 | 14 | M45    |
| 124 | 8   | Böhler       | Martin       | 1963 |                           | 00:26:21 | 00:26:33 | 14 | M50    |
| 125 | 41  | Hoppe        | Hans-Bernd   | 1963 | LG Zollern Soest          | 00:26:35 | 00:26:45 | 15 | M50    |
| 126 | 372 | Pawlowsky    | Jonas        | 2003 | Kanu-Ring Hamm            | 00:26:37 | 00:26:48 | 21 | MJ U14 |
| 127 | 217 | Eralp        | Okan-Ali     | 1999 |                           | 00:26:53 | 00:26:57 | 16 | MJ U18 |
| 128 | 482 | Look         | Helmut       | 1959 | TV Flerke                 | 00:26:57 | 00:27:07 | 4  | M55    |
| 129 | 440 | Reiss        | Oliver       | 1966 | Hamm                      | 00:27:00 | 00:27:20 | 16 | M50    |
| 130 | 155 | Kreyenbaum   | Bernhard     | 1968 | LippeRunners Werne 0-42   | 00:27:06 | 00:27:14 | 15 | M45    |
| 131 | 117 | Kleeberg     | Bernd        | 1961 | Kötter Speedteam          | 00:27:24 | 00:27:36 | 5  | M55    |
| 132 | 162 | Müller       | Martin       | 1986 | LippeRunners Werne 0-42   | 00:27:26 | 00:27:35 | 5  | M30    |
| 133 | 219 | Angrick      | Steven       | 1999 |                           | 00:27:43 | 00:27:46 | 17 | MJ U18 |
| 134 | 231 | Nather       | Meinolf      | 1964 | Lauffreunde Bönen         | 00:27:46 | 00:28:01 | 17 | M50    |
| 135 | 485 | Möhlmann     | Ralf         | 1972 | LV Oelde                  | 00:27:48 | 00:28:02 | 10 | M40    |
| 136 | 220 | Heiselmeier  | Roland       | 1965 |                           | 00:28:04 | 00:28:10 | 18 | M50    |
| 137 | 43  | Jürgenliemke | Benjamin     | 1997 |                           | 00:28:05 | 00:28:16 | 7  | MJ U20 |
| 138 | 248 | Beckers      | Olaf         | 1949 | Betriebssport Bertelsmann | 00:28:11 | 00:28:19 | 3  | M65    |
| 139 | 164 | Nachtwey     | Thomas       | 1968 | LippeRunners Werne 0-42   | 00:28:27 | 00:28:34 | 16 | M45    |
| 140 | 375 | Aßhoff       | Frank        | 1970 | Kanu-Ring Hamm            | 00:28:38 | 00:28:49 | 17 | M45    |
| 141 | 72  | Michel       | Wolfgang     | 1955 | LC Bad Arolsen            | 00:28:46 | 00:28:50 | 3  | M60    |
| 142 | 123 | Gebhardt     | Cedric       | 1985 |                           | 00:28:52 | 00:29:04 | 6  | M30    |
| 143 | 132 | Jeurissen    | Peter        | 1961 |                           | 00:29:02 | 00:29:11 | 6  | M55    |
| 144 | 428 | Vierhaus     | Detlev       | 1959 | Team Ahaus                | 00:29:05 | 00:29:20 | 7  | M55    |
| 145 | 430 | Henning      | Justin       | 2003 | TV Werne 03               | 00:29:08 | 00:29:18 | 22 | MJ U14 |
| 146 | 508 | Weidemann    | Christian    | 1998 | Hamm                      | 00:29:21 | 00:29:31 | 8  | MJ U20 |
| 147 | 374 | Goebel       | Johannes     | 2007 | Kanu-Ring Hamm            | 00:30:00 | 00:30:14 | 23 | MJ U14 |
| 148 | 489 | Wülker       | Gerhard      | 1953 | TUS Iserlohn              | 00:30:13 | 00:30:19 | 4  | M60    |
| 149 | 101 | EWald        | Dirk         | 1972 |                           | 00:30:55 | 00:31:11 | 11 | M40    |
| 150 | 290 | Schenzer     | Dieter       | 1948 | LG Deiringsen             | 00:31:05 | 00:31:15 | 4  | M65    |
| 151 | 168 | Müller       | Tim          | 1988 | Marathon-Club Menden      | 00:31:16 | 00:31:21 | 15 | M      |
| 152 | 446 | Munsch       | Bernhard     | 1949 |                           | 00:31:22 | 00:31:34 | 5  | M65    |
| 153 | 370 | Heimann      | Jan          | 2005 | Kanu-Ring Hamm            | 00:31:36 | 00:31:47 | 24 | MJ U14 |
| 154 | 491 | Holtsträter  | Dirk         | 1962 | TuS Uentrop               | 00:31:57 | 00:32:09 | 19 | M50    |
| 155 | 228 | Flehsig      | Jürgen       | 1955 | Lauffreunde Bönen         | 00:32:43 | 00:32:55 | 5  | M60    |
| 156 | 395 | Janke        | Ralf         | 1965 | TSV Pelkum                | 00:33:13 | 00:33:26 | 20 | M50    |
| 157 | 139 | Schubert     | Marc         | 1975 |                           | 00:33:51 | 00:34:07 | 12 | M40    |
| 158 | 216 | Giles        | Michael      | 1999 |                           | 00:34:55 | 00:34:59 | 18 | MJ U18 |
| 159 | 498 | Weber        | Franz-Josef  | 1957 | Lauftreff Höingen         | 00:34:57 | 00:35:05 | 8  | M55    |
| 160 | 223 | Nau          | Peter        | 1940 | DJK Grün-Weiß Werl        | 00:35:08 | 00:35:23 | 2  | M75    |
| 161 | 323 | Kimmit       | Julian       | 2000 | Galilei Gymnasium         | 00:35:10 | 00:35:27 | 19 | MJ U18 |
| 162 | 326 | Reich        | Dennis       | 1998 | Galilei Gymnasium         | 00:35:14 | 00:35:31 | 9  | MJ U20 |
| 163 | 333 | Bornefeld    | Sven         | 1982 |                           | 00:36:14 | 00:36:27 | 7  | M30    |
| 164 | 403 | Heinisch     | Tobias       | 1983 | Hamm                      | 00:36:50 | 00:37:11 | 8  | M30    |
| 165 | 322 | Franz        | Joshua       | 2000 | Galilei Gymnasium         | 00:37:01 | 00:37:19 | 20 | MJ U18 |
| 166 | 328 | Ufermann     | Dennis       | 1999 | Galilei Gymnasium         | 00:37:52 | 00:38:09 | 21 | MJ U18 |
| 167 | 331 | Arens        | Michael      | 1968 | Galilei Gymnasium         | 00:37:52 | 00:38:09 | 18 | M45    |

## Gesamtergebnis

| Pl | Nr  | Name        | Vorname    | Jahrg | Verein                      | Netto    | Brutto   | Pl AK | AK     |
|----|-----|-------------|------------|-------|-----------------------------|----------|----------|-------|--------|
| 1  | 276 | Farhat      | Malik      | 1996  | LG Hamm Kamen Holzwickede   | 00:16:02 | 00:16:04 | 1     | M      |
| 2  | 462 | Erdmann     | Clemens    | 2001  | TSVE 1890 Bielefeld         | 00:16:08 | 00:16:09 | 1     | MJ U16 |
| 3  | 402 | Lukas       | Justin     | 1997  | SCE Eintracht Hamm          | 00:16:23 | 00:16:26 | 1     | MJ U20 |
| 4  | 445 | Feist       | Maximilian | 1999  | LG Hamm Kamen Holzwickede   | 00:16:31 | 00:16:31 | 1     | MJ U18 |
| 5  | 450 | Grothe      | Lennart    | 2001  | USC Bochum                  | 00:16:38 | 00:16:38 | 2     | MJ U16 |
| 6  | 444 | Feist       | Constantin | 1999  | LG Hamm Kamen Holzwickede   | 00:16:51 | 00:16:51 | 2     | MJ U18 |
| 7  | 429 | Lennardt    | Max        | 1989  | LG Olympia Dortmund         | 00:17:05 | 00:17:06 | 2     | M      |
| 8  | 291 | Schultz     | Paul       | 2001  | SC Eintracht Hamm           | 00:17:08 | 00:17:12 | 3     | MJ U16 |
| 9  | 404 | Hönig       | Carsten    | 1992  | LG Hamm Kamen Holzwickede   | 00:17:15 | 00:17:17 | 3     | M      |
| 10 | 436 | Vogt        | Nikolas    | 2000  | LC Rapid Dortmund           | 00:17:19 | 00:17:20 | 3     | MJ U18 |
| 11 | 271 | Orban       | Mikael     | 1996  | LG Hamm Kamen Holzwickede   | 00:17:24 | 00:17:26 | 4     | M      |
| 12 | 35  | Stürznickel | Julian     | 1993  | ProEnzym Tri Team Hamburg   | 00:17:29 | 00:17:29 | 5     | M      |
| 13 | 292 | Langerbein  | Lars       | 2000  | SC Eintracht Hamm           | 00:17:31 | 00:17:32 | 4     | MJ U18 |
| 14 | 97  | Thiemann    | Maurice    | 1998  | SV Herbern                  | 00:17:46 | 00:17:50 | 2     | MJ U20 |
| 15 | 251 | Six         | Daniel     | 1998  | LAZ Iserlohn                | 00:17:47 | 00:17:47 | 3     | MJ U20 |
| 16 | 252 | Brune       | Rene       | 1982  | LAZ Iserlohn                | 00:17:55 | 00:17:56 | 1     | M30    |
| 17 | 452 | Haas        | Peter      | 1970  | LG Olympia Dortmund         | 00:18:00 | 00:18:00 | 1     | M45    |
| 18 | 286 | Marks       | Matthias   | 1968  | LG Hamm Kamen Holzwickede   | 00:18:09 | 00:18:11 | 2     | M45    |
| 19 | 273 | Kreienfeld  | Jona       | 2001  | LG Hamm                     | 00:18:09 | 00:18:12 | 4     | MJ U16 |
| 20 | 285 | Hochkeppel  | Adrian     | 1991  | LG Hamm Kamen Holzwickede   | 00:18:14 | 00:18:17 | 6     | M      |
| 21 | 105 | Vortmeier   | Anneke     | 2002  | ASV Duisburg                | 00:18:15 | 00:18:18 | 1     | WJ U16 |
| 22 | 265 | Siepmann    | Stefan     | 1974  | LG Hamm Kamen Holzwickede   | 00:18:19 | 00:18:22 | 1     | M40    |
| 23 | 466 | Lehmköster  | Torsten    | 1973  | Hamm                        | 00:18:24 | 00:18:28 | 2     | M40    |
| 24 | 293 | Kayser      | Robin      | 2000  | SC Eintracht Hamm           | 00:18:29 | 00:18:34 | 5     | MJ U18 |
| 25 | 467 | Baierl      | Stefan     | 1974  | SpVgg Dolberg               | 00:18:34 | 00:18:38 | 3     | M40    |
| 26 | 172 | Schäfer     | Yannick    | 2000  | Marathon-Club Menden        | 00:18:35 | 00:18:38 | 6     | MJ U18 |
| 27 | 272 | Assmann     | Magnus     | 2002  | LG Hamm                     | 00:18:39 | 00:18:42 | 5     | MJ U16 |
| 28 | 495 | Sinner      | Manuel     | 1989  | Lauffreunde Bönen           | 00:18:46 | 00:18:51 | 7     | M      |
| 29 | 204 | Baxheinrich | Steffen    | 1999  | LV Oelde                    | 00:18:51 | 00:18:54 | 7     | MJ U18 |
| 30 | 98  | Basner      | Bjarne     | 2000  | USC Bochum                  | 00:19:05 | 00:19:08 | 8     | MJ U18 |
| 31 | 113 | Bokel       | Malin      | 2001  | LC Paderborn                | 00:19:05 | 00:19:09 | 2     | WJ U16 |
| 32 | 268 | Heinlein    | Levin      | 2001  | LG Hamm                     | 00:19:06 | 00:19:10 | 6     | MJ U16 |
| 33 | 419 | Nahen       | Kiara      | 2002  | TV Jahn Bad Driburg         | 00:19:07 | 00:19:10 | 3     | WJ U16 |
| 34 | 202 | Wickern     | Nils       | 2002  | LV Oelde                    | 00:19:08 | 00:19:11 | 7     | MJ U16 |
| 35 | 427 | Kläß        | Maximilian | 2003  | ASV Duisburg                | 00:19:09 | 00:19:12 | 1     | MJ U14 |
| 36 | 279 | Kiene       | Lara       | 1999  | LG Hamm Kamen Holzwickede   | 00:19:12 | 00:19:15 | 1     | WJ U18 |
| 37 | 201 | Nhanombe    | Leonel     | 2004  | LV Oelde                    | 00:19:13 | 00:19:17 | 2     | MJ U14 |
| 38 | 433 | Lefering    | Florian    | 1999  | TV Werne 03                 | 00:19:13 | 00:19:20 | 9     | MJ U18 |
| 39 | 502 | Rabe        | Tim        | 1988  | LC Paderborn                | 00:19:23 | 00:19:27 | 8     | M      |
| 40 | 454 | Raible      | Wolfgang   | 1963  | Running Team Schwoba        | 00:19:24 | 00:19:29 | 1     | M50    |
| 41 | 447 | Knepper     | Lukas      | 1997  | LV Oelde                    | 00:19:29 | 00:19:34 | 4     | MJ U20 |
| 42 | 455 | Boeck       | Noah       | 2004  | LG Olympia Dortmund         | 00:19:30 | 00:19:30 | 3     | MJ U14 |
| 43 | 283 | Kiene       | Andreas    | 1969  | LG Hamm Kamen Holzwickede   | 00:19:31 | 00:19:35 | 3     | M45    |
| 44 | 93  | Geitz       | Angelina   | 2001  | TSV Kirchlinde              | 00:19:33 | 00:19:33 | 4     | WJ U16 |
| 45 | 295 | Langerbein  | Lennard    | 1998  | SC Eintracht Hamm           | 00:19:36 | 00:19:39 | 5     | MJ U20 |
| 46 | 200 | Schwab      | Lucas      | 2003  | LV Oelde                    | 00:19:37 | 00:19:40 | 4     | MJ U14 |
| 47 | 227 | Willingmann | Todt G.    | 1965  | Lauffreunde Bönen           | 00:19:38 | 00:19:42 | 2     | M50    |
| 48 | 266 | Derksen     | Alexander  | 1986  | LG Hamm Kamen Holzwickede   | 00:19:46 | 00:19:50 | 2     | M30    |
| 49 | 167 | Kessler     | Katharina  | 1987  | Marathon-Club Menden        | 00:19:48 | 00:19:51 | 1     | W      |
| 50 | 296 | Heitmüller  | Fabio      | 2004  | SC Eintracht Hamm           | 00:19:55 | 00:19:56 | 5     | MJ U14 |
| 51 | 431 | Grosse      | Manuel     | 1981  | TST Dortmund                | 00:19:56 | 00:20:00 | 1     | M35    |
| 52 | 287 | Heilemikael | Merih      | 1999  | LG Hamm Kamen Holzwickede   | 00:20:03 | 00:20:09 | 10    | MJ U18 |
| 53 | 7   | Walter      | Katrin     | 1980  | Lauffreunde Bönen 1985 e.V. | 00:20:04 | 00:20:04 | 1     | W35    |
| 54 | 171 | Schäfer     | Patrick    | 2003  | Marathon-Club Menden        | 00:20:05 | 00:20:08 | 6     | MJ U14 |

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|     |     |              |           |      |                           |          |          |    |        |
|-----|-----|--------------|-----------|------|---------------------------|----------|----------|----|--------|
| 55  | 435 | Vogt         | Pia       | 2003 | LG Olympia Dortmund       | 00:20:11 | 00:20:12 | 1  | WJ U14 |
| 56  | 437 | Vogt         | Sonja     | 1975 | LC Rapid Dortmund         | 00:20:11 | 00:20:12 | 1  | W40    |
| 57  | 160 | Schäfer      | Andre     | 1976 | LippeRunners Werne 0-42   | 00:20:14 | 00:20:20 | 4  | M40    |
| 58  | 449 | Thiele       | Dennis    | 1978 | LV Oelde                  | 00:20:17 | 00:20:22 | 2  | M35    |
| 59  | 142 | Zuleger      | Luca      | 2001 | DJK Grün-Weiß Werl        | 00:20:24 | 00:20:28 | 8  | MJ U16 |
| 60  | 407 | Kamps        | Luca      | 2002 | LG Deiringsen             | 00:20:25 | 00:20:30 | 9  | MJ U16 |
| 61  | 99  | Mosler       | Julian    | 1989 |                           | 00:20:35 | 00:20:42 | 9  | M      |
| 62  | 294 | Schürer      | Niclas    | 1999 | SC Eintracht Hamm         | 00:20:41 | 00:20:46 | 11 | MJ U18 |
| 63  | 422 | Franke       | Henning   | 2003 | Marathon-Club Menden      | 00:20:43 | 00:20:49 | 7  | MJ U14 |
| 64  | 92  | Hoberg       | Felix     | 2004 | VfL Engelskirchen         | 00:20:44 | 00:20:47 | 8  | MJ U14 |
| 65  | 434 | Grosse       | Benjamin  | 1978 | Dortmund                  | 00:20:46 | 00:20:50 | 3  | M35    |
| 66  | 426 | Muschalla    | Rebecca   | 2002 | ASV Duisburg              | 00:20:59 | 00:21:03 | 5  | WJ U16 |
| 67  | 486 | Günnewig     | Ines      | 1974 | LV Oelde                  | 00:20:59 | 00:21:05 | 2  | W40    |
| 68  | 300 | Kufazvinei   | Matifadza | 1996 | SC Eintracht Hamm         | 00:21:08 | 00:21:11 | 2  | W      |
| 69  | 112 | Esken        | Charlotte | 2003 | LC Paderborn              | 00:21:09 | 00:21:12 | 2  | WJ U14 |
| 70  | 490 | Holtsträter  | Ingo      | 1967 | TuS Uentrop               | 00:21:10 | 00:21:15 | 4  | M45    |
| 71  | 473 | Korman       | Fuseuni   | 1989 | LippeRunners Werne        | 00:21:10 | 00:21:18 | 10 | M      |
| 72  | 277 | Hinz         | Emily     | 2000 | LG Hamm Kamen Holzwickede | 00:21:17 | 00:21:20 | 2  | WJ U18 |
| 73  | 298 | Gottbehüt    | Niklas    | 2003 | SC Eintracht Hamm         | 00:21:17 | 00:21:22 | 9  | MJ U14 |
| 74  | 470 | Sip          | Claudio   | 2001 | DJK Grün-Weiß Werl        | 00:21:17 | 00:21:24 | 10 | MJ U16 |
| 75  | 170 | Friese       | Nike      | 2003 | Marathon-Club Menden      | 00:21:18 | 00:21:22 | 3  | WJ U14 |
| 76  | 177 | Hagelschuer  | Anka      | 2000 | LAZ Soest                 | 00:21:22 | 00:21:25 | 3  | WJ U18 |
| 77  | 194 | Krefeld      | Lucy      | 2003 | LV Oelde                  | 00:21:27 | 00:21:31 | 4  | WJ U14 |
| 78  | 461 | Albert       | Henning   | 2003 | LTV Lippstadt Triathlon   | 00:21:27 | 00:21:31 | 10 | MJ U14 |
| 79  | 297 | Lempa        | Leonie    | 2003 | SC Eintracht Hamm         | 00:21:29 | 00:21:32 | 5  | WJ U14 |
| 80  | 163 | Sander       | Dietmar   | 1964 | LippeRunners Werne 042    | 00:21:30 | 00:21:34 | 3  | M50    |
| 81  | 193 | Thiele       | Larissa   | 2004 | LV Oelde                  | 00:21:31 | 00:21:36 | 6  | WJ U14 |
| 82  | 453 | Haas         | Kardina   | 2004 | LG Olympia Dortmund       | 00:21:34 | 00:21:37 | 7  | WJ U14 |
| 83  | 456 | Schroeder    | Kira      | 2004 | LG Olympia Dortmund       | 00:21:36 | 00:21:37 | 8  | WJ U14 |
| 84  | 349 | Sönnecken    | Nico      | 2003 | Kanu-Ring Hamm            | 00:21:51 | 00:21:51 | 11 | MJ U14 |
| 85  | 335 | Fink         | Caroline  | 2004 | Kanu-Ring Hamm            | 00:21:51 | 00:21:52 | 9  | WJ U14 |
| 86  | 497 | Koch         | Ralf      | 1965 | TV Werne 03               | 00:21:58 | 00:22:04 | 4  | M50    |
| 87  | 237 | Münstermann  | Marcus    | 1974 | Lauffreunde Bönen         | 00:22:00 | 00:22:05 | 5  | M40    |
| 88  | 397 | Stührenberg  | Robin     | 1996 | TSV Pelkum                | 00:22:08 | 00:22:22 | 11 | M      |
| 89  | 260 | Barenbrock   | Michael   | 1963 | LG Hamm Kamen Holzwickede | 00:22:10 | 00:22:16 | 5  | M50    |
| 90  | 255 | Brinkmann    | Pia       | 1998 | DJK Grün-Weiß Werl        | 00:22:12 | 00:22:18 | 1  | WJ U20 |
| 91  | 484 | Skubschewski | Ralf      | 1970 | Laufsport Senden          | 00:22:18 | 00:22:24 | 5  | M45    |
| 92  | 197 | Schalkamp    | Sarah     | 1994 | LV Oelde                  | 00:22:22 | 00:22:26 | 3  | W      |
| 93  | 192 | Jadzinski    | Juline    | 2004 | LV Oelde                  | 00:22:22 | 00:22:26 | 10 | WJ U14 |
| 94  | 464 | Amberger     | Andreas   | 1965 | Lauf Team Unna            | 00:22:24 | 00:22:30 | 6  | M50    |
| 95  | 418 | Nahen        | Alina     | 2000 | TV Jahn Bad Driburg       | 00:22:30 | 00:22:34 | 4  | WJ U18 |
| 96  | 159 | Schmidt      | Ingo      | 1969 | LippeRunners Werne 0-42   | 00:22:30 | 00:22:35 | 6  | M45    |
| 97  | 457 | Legge        | Marc      | 1977 | Olfen                     | 00:22:43 | 00:22:48 | 4  | M35    |
| 98  | 366 | Jezella      | Heinrich  | 1964 | Kanu-Ring Hamm            | 00:22:47 | 00:22:56 | 7  | M50    |
| 99  | 199 | Weinekötter  | Max       | 2002 | LV Oelde                  | 00:22:48 | 00:22:52 | 11 | MJ U16 |
| 100 | 493 | Nachtigall   | Viktor    | 1969 | HSG 08                    | 00:22:49 | 00:22:55 | 7  | M45    |
| 101 | 198 | Bökamp       | Jonas     | 2002 | LV Oelde                  | 00:22:50 | 00:22:56 | 12 | MJ U16 |
| 102 | 373 | Tadday       | Linus     | 2002 | Kanu-Ring Hamm            | 00:22:57 | 00:23:08 | 13 | MJ U16 |
| 103 | 421 | Glunz        | Luca      | 2003 | JSG Arminia ISSV Hamm     | 00:23:01 | 00:23:06 | 12 | MJ U14 |
| 104 | 232 | Klein        | Michael   | 1965 | Lauffreunde Bönen         | 00:23:04 | 00:23:11 | 8  | M50    |
| 105 | 348 | Böttcher     | Tobias    | 2004 | Kanu-Ring Hamm            | 00:23:07 | 00:23:15 | 13 | MJ U14 |
| 106 | 448 | Braukmann    | Klara     | 2002 | LAC Veltins Hochsauerland | 00:23:07 | 00:23:10 | 6  | WJ U16 |
| 107 | 406 | Borrmann     | Norbert   | 1960 | LG Deiringsen             | 00:23:09 | 00:23:19 | 1  | M55    |
| 108 | 129 | Thielmann    | Tobias    | 1984 | Lauf Team Unna            | 00:23:11 | 00:23:17 | 3  | M30    |
| 109 | 506 | Johannpeter  | Thomas    | 1964 | Team Aktivita             | 00:23:12 | 00:23:20 | 9  | M50    |

## Gesamtergebnis

|     |     |             |              |      |                           |          |          |    |        |
|-----|-----|-------------|--------------|------|---------------------------|----------|----------|----|--------|
| 110 | 468 | Kreienfeld  | Levi         | 2003 | Hammer SpVG               | 00:23:12 | 00:23:22 | 14 | MJ U14 |
| 111 | 471 | Langerbein  | Bernhard     | 1967 | Tri-As Hamm               | 00:23:13 | 00:23:22 | 8  | M45    |
| 112 | 344 | Osterhoff   | Pepe         | 2004 | Kanu-Ring Hamm            | 00:23:14 | 00:23:21 | 15 | MJ U14 |
| 113 | 234 | Donkiewicz  | Carsten      | 1966 | Lauffreunde Bönen         | 00:23:15 | 00:23:22 | 10 | M50    |
| 114 | 465 | Kreienfeld  | Jörn         | 1971 | VfK Nordbögge             | 00:23:15 | 00:23:25 | 9  | M45    |
| 115 | 301 | de Rooy     | Katja        | 1997 | SC Eintracht Hamm         | 00:23:19 | 00:23:23 | 2  | WJ U20 |
| 116 | 126 | Noori       | Sabawoon     | 1999 |                           | 00:23:20 | 00:23:24 | 12 | MJ U18 |
| 117 | 425 | Willeke     | Clara        | 2001 | LC Paderborn              | 00:23:21 | 00:23:24 | 7  | WJ U16 |
| 118 | 191 | Sindermann  | Pia          | 2004 | LV Oelde                  | 00:23:22 | 00:23:28 | 11 | WJ U14 |
| 119 | 416 | Dierkes     | Sandra       | 1977 | LV Oelde                  | 00:23:22 | 00:23:28 | 2  | W35    |
| 120 | 195 | Thiel       | Alina        | 2000 | LV Oelde                  | 00:23:23 | 00:23:29 | 5  | WJ U18 |
| 121 | 225 | Mashiter    | Conny        | 1958 | Lauf Team Unna            | 00:23:24 | 00:23:30 | 1  | W55    |
| 122 | 64  | Eggert      | Ulrich       | 1963 | SC SuSfdF Hamm            | 00:23:26 | 00:23:36 | 11 | M50    |
| 123 | 376 | Bußmann     | Jörg         | 1974 | Kanu-Ring Hamm            | 00:23:26 | 00:23:37 | 6  | M40    |
| 124 | 515 | Gerken      | Bettina      | 1967 | TLV Rünthe                | 00:23:26 | 00:23:32 | 1  | W45    |
| 125 | 148 | Schlüchter  | Magnus       | 1970 | LippeRunners Werne 0-42   | 00:23:27 | 00:23:32 | 10 | M45    |
| 126 | 158 | Nachtwey    | Claudia      | 1967 | LippeRunners Werne 0-42   | 00:23:27 | 00:23:31 | 2  | W45    |
| 127 | 432 | Budde       | Joschua      | 2000 | TV Werne 03               | 00:23:28 | 00:23:35 | 13 | MJ U18 |
| 128 | 415 | Lau         | Stephan      | 1963 | Marathon-Club Menden      | 00:23:32 | 00:23:37 | 12 | M50    |
| 129 | 492 | Niggemeier  | Sebastian    | 1984 |                           | 00:23:40 | 00:23:46 | 4  | M30    |
| 130 | 288 | Cremer      | Torsten      | 1970 | LG Hamm Kamen Holzwickede | 00:23:41 | 00:23:48 | 11 | M45    |
| 131 | 289 | Lenniger    | Stefan       | 1967 | LG Hamm Kamen Holzwickede | 00:23:41 | 00:23:48 | 12 | M45    |
| 132 | 212 | Kollenda    | Alissa       | 1991 |                           | 00:23:51 | 00:23:56 | 4  | W      |
| 133 | 438 | Sommer      | Andre        | 1967 | Marathon-Club Menden      | 00:23:54 | 00:23:59 | 13 | M45    |
| 134 | 350 | Aßhoff      | Ben          | 2003 | Kanu-Ring Hamm            | 00:23:54 | 00:23:58 | 16 | MJ U14 |
| 135 | 166 | Eufinger    | Ralf         | 1960 | Marathon-Club Menden      | 00:23:55 | 00:24:00 | 2  | M55    |
| 136 | 307 | Willingmann | Fynn         | 2004 | SC Eintracht Hamm         | 00:23:57 | 00:24:02 | 17 | MJ U14 |
| 137 | 503 | Hähnel      | Heinz        | 1953 | Tri As Hamm               | 00:23:58 | 00:24:04 | 1  | M60    |
| 138 | 477 | Tönnies     | Ilja         | 2005 | DJK Grün-Weiß Werl        | 00:24:04 | 00:24:12 | 18 | MJ U14 |
| 139 | 488 | Brown       | Lee          | 1999 | Hamm                      | 00:24:05 | 00:24:15 | 14 | MJ U18 |
| 140 | 229 | Flehsig     | Philip       | 1990 | Lauffreunde Bönen         | 00:24:08 | 00:24:15 | 12 | M      |
| 141 | 480 | Zander      | Katharina    | 1997 | LG Deiringsen             | 00:24:16 | 00:24:25 | 3  | WJ U20 |
| 142 | 505 | Laubrock    | Barbara      | 1958 | TuS Altenberge 09         | 00:24:19 | 00:24:27 | 2  | W55    |
| 143 | 118 | Kötter      | Gregor       | 1960 | Kötter Speedteam          | 00:24:19 | 00:24:32 | 3  | M55    |
| 144 | 215 | Herzog      | Moritz       | 1998 |                           | 00:24:31 | 00:24:40 | 6  | MJ U20 |
| 145 | 401 | Porzeng     | Detlev       | 1951 | LG Hamm Kamen Holzwickede | 00:24:31 | 00:24:38 | 1  | M65    |
| 146 | 475 | Elsner      | Gerhard      | 1955 | LippeRunner Werne         | 00:24:34 | 00:24:43 | 2  | M60    |
| 147 | 474 | Grimm       | Timo         | 1976 | Lauffreunde Bönen         | 00:24:44 | 00:24:50 | 7  | M40    |
| 148 | 169 | Simon       | Pauline      | 2003 | Marathon-Club Menden      | 00:24:52 | 00:24:57 | 12 | WJ U14 |
| 149 | 338 | Trojca      | Fiona        | 2004 | Kanu-Ring Hamm            | 00:24:57 | 00:25:01 | 13 | WJ U14 |
| 150 | 469 | Wulf        | Timo         | 2001 | DJK Werl                  | 00:24:57 | 00:25:04 | 14 | MJ U16 |
| 151 | 267 | Rogalski    | Andreas      | 1987 | LG Hamm Kamen Holzwickede | 00:25:00 | 00:25:08 | 13 | M      |
| 152 | 182 | Prokosch    | Torolv Joach | 1947 | LSF Münster               | 00:25:02 | 00:25:06 | 2  | M65    |
| 153 | 459 | Legge       | Louisa       | 2003 | SuS Olfen                 | 00:25:19 | 00:25:20 | 14 | WJ U14 |
| 154 | 336 | Köller      | Aylin        | 2004 | Kanu-Ring Hamm            | 00:25:29 | 00:25:34 | 15 | WJ U14 |
| 155 | 304 | Rüther      | Marius       | 2004 | OSC 01 Hamm               | 00:25:32 | 00:25:41 | 19 | MJ U14 |
| 156 | 305 | Rüther      | Carsten      | 1972 | LG Hamm Kamen Holzwickede | 00:25:33 | 00:25:42 | 8  | M40    |
| 157 | 479 | Greune      | Lea          | 2001 | LG Deiringsen             | 00:25:38 | 00:25:47 | 8  | WJ U16 |
| 158 | 149 | Münzer      | Thomas       | 1980 | LippeRunners Werne 0-42   | 00:25:46 | 00:25:54 | 5  | M35    |
| 159 | 340 | Heywinkel   | Lilly        | 2004 | Kanu-Ring Hamm            | 00:25:54 | 00:25:58 | 16 | WJ U14 |
| 160 | 136 | Szponik     | Franz-Josef  | 1940 | LC Rapid Dortmund         | 00:25:57 | 00:26:03 | 1  | M75    |
| 161 | 463 | Grand       | Johannes     | 1987 | Nordwald                  | 00:25:57 | 00:26:05 | 14 | M      |
| 162 | 347 | Damberg     | Til          | 2004 | Kanu-Ring Hamm            | 00:26:00 | 00:26:11 | 20 | MJ U14 |
| 163 | 213 | Pliquett    | Moritz       | 2000 |                           | 00:26:13 | 00:26:22 | 15 | MJ U18 |
| 164 | 478 | Stüwe       | Stefan       | 1975 | LippeRunners Werne 0-42   | 00:26:14 | 00:26:23 | 9  | M40    |

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|     |     |              |            |      |                           |          |          |    |        |
|-----|-----|--------------|------------|------|---------------------------|----------|----------|----|--------|
| 165 | 439 | Guthmann     | Yvonne     | 1979 | Hamm                      | 00:26:16 | 00:26:35 | 3  | W35    |
| 166 | 100 | Golinski     | Danielle   | 1990 |                           | 00:26:16 | 00:26:24 | 5  | W      |
| 167 | 483 | Voss         | Julica     | 2003 | Lauffreunde Bönen         | 00:26:17 | 00:26:22 | 17 | WJ U14 |
| 168 | 501 | Gottbehüt    | Uwe        | 1964 | SCE Eintracht Hamm        | 00:26:19 | 00:26:30 | 13 | M50    |
| 169 | 256 | Grümme       | Florian    | 2001 | DJK Grün-Weiß Werl        | 00:26:21 | 00:26:27 | 15 | MJ U16 |
| 170 | 481 | Voss         | Marius     | 1968 | Lauffreunde Bönen         | 00:26:21 | 00:26:27 | 14 | M45    |
| 171 | 8   | Böhler       | Martin     | 1963 |                           | 00:26:21 | 00:26:33 | 14 | M50    |
| 172 | 494 | Unruh        | Simone     | 2000 | Hamm                      | 00:26:35 | 00:26:42 | 6  | WJ U18 |
| 173 | 41  | Hoppe        | Hans-Bernd | 1963 | LG Zollern Soest          | 00:26:35 | 00:26:45 | 15 | M50    |
| 174 | 345 | Middendorf   | Rosalie    | 2005 | Kanu-Ring Hamm            | 00:26:37 | 00:26:42 | 18 | WJ U14 |
| 175 | 372 | Pawlowsky    | Jonas      | 2003 | Kanu-Ring Hamm            | 00:26:37 | 00:26:48 | 21 | MJ U14 |
| 176 | 217 | Eralp        | Okan-Ali   | 1999 |                           | 00:26:53 | 00:26:57 | 16 | MJ U18 |
| 177 | 482 | Look         | Helmut     | 1959 | TV Flerke                 | 00:26:57 | 00:27:07 | 4  | M55    |
| 178 | 440 | Reiss        | Oliver     | 1966 | Hamm                      | 00:27:00 | 00:27:20 | 16 | M50    |
| 179 | 155 | Kreyenbaum   | Bernhard   | 1968 | LippeRunners Werne 0-42   | 00:27:06 | 00:27:14 | 15 | M45    |
| 180 | 117 | Kleeberg     | Bernd      | 1961 | Kötter Speedteam          | 00:27:24 | 00:27:36 | 5  | M55    |
| 181 | 162 | Müller       | Martin     | 1986 | LippeRunners Werne 0-42   | 00:27:26 | 00:27:35 | 5  | M30    |
| 182 | 219 | Angrick      | Steven     | 1999 |                           | 00:27:43 | 00:27:46 | 17 | MJ U18 |
| 183 | 231 | Nather       | Meinolf    | 1964 | Lauffreunde Bönen         | 00:27:46 | 00:28:01 | 17 | M50    |
| 184 | 485 | Möhlmann     | Ralf       | 1972 | LV Oelde                  | 00:27:48 | 00:28:02 | 10 | M40    |
| 185 | 146 | Pehle        | Sandra     | 1976 | LippeRunners Werne 0-42   | 00:27:49 | 00:27:56 | 3  | W40    |
| 186 | 161 | Leistner     | Anja       | 1980 | LippeRunners Werne 0-42   | 00:27:49 | 00:27:56 | 4  | W35    |
| 187 | 281 | Rother       | Anette     | 1956 | LG Hamm Kamen Holzwickede | 00:27:49 | 00:27:57 | 1  | W60    |
| 188 | 264 | König        | Rita       | 1962 | OSC 01 Hamm               | 00:27:52 | 00:28:04 | 1  | W50    |
| 189 | 282 | Weißenfels   | Melanie    | 1987 | Stadt Hamm                | 00:27:56 | 00:28:16 | 6  | W      |
| 190 | 147 | Boriß        | Stephanie  | 1984 | LippeRunners Werne 0-42   | 00:27:57 | 00:28:06 | 1  | W30    |
| 191 | 441 | Wefering     | Joy        | 1974 | Hamm                      | 00:27:58 | 00:28:17 | 4  | W40    |
| 192 | 220 | Heiselmeier  | Roland     | 1965 |                           | 00:28:04 | 00:28:10 | 18 | M50    |
| 193 | 43  | Jürgenliemke | Benjamin   | 1997 |                           | 00:28:05 | 00:28:16 | 7  | MJ U20 |
| 194 | 248 | Beckers      | Olaf       | 1949 | Betriebssport Bertelsmann | 00:28:11 | 00:28:19 | 3  | M65    |
| 195 | 496 | Koch         | Barbara    | 1966 | TV Werne 03               | 00:28:14 | 00:28:23 | 2  | W50    |
| 196 | 306 | Steghaus     | Lena       | 1988 | OSC 01 Hamm               | 00:28:16 | 00:28:33 | 7  | W      |
| 197 | 157 | Bekavac      | Sabine     | 1973 | LippeRunners Werne 0-42   | 00:28:25 | 00:28:34 | 5  | W40    |
| 198 | 152 | Reckmann     | Anja       | 1986 | LippeRunners Werne 0-42   | 00:28:26 | 00:28:33 | 2  | W30    |
| 199 | 156 | Pense        | Christiane | 1985 | LippeRunners Werne 0-42   | 00:28:26 | 00:28:34 | 3  | W30    |
| 200 | 164 | Nachtwey     | Thomas     | 1968 | LippeRunners Werne 0-42   | 00:28:27 | 00:28:34 | 16 | M45    |
| 201 | 451 | Raible       | Silvia     | 1968 | Running Team Schwoba      | 00:28:34 | 00:28:45 | 3  | W45    |
| 202 | 375 | Aßhoff       | Frank      | 1970 | Kanu-Ring Hamm            | 00:28:38 | 00:28:49 | 17 | M45    |
| 203 | 72  | Michel       | Wolfgang   | 1955 | LC Bad Arolsen            | 00:28:46 | 00:28:50 | 3  | M60    |
| 204 | 123 | Gebhardt     | Cedric     | 1985 |                           | 00:28:52 | 00:29:04 | 6  | M30    |
| 205 | 379 | Jeurissen    | Mira       | 2001 | Kanu-Ring Hamm            | 00:29:02 | 00:29:11 | 9  | WJ U16 |
| 206 | 132 | Jeurissen    | Peter      | 1961 |                           | 00:29:02 | 00:29:11 | 6  | M55    |
| 207 | 428 | Vierhaus     | Detlev     | 1959 | Team Ahaus                | 00:29:05 | 00:29:20 | 7  | M55    |
| 208 | 430 | Henning      | Justin     | 2003 | TV Werne 03               | 00:29:08 | 00:29:18 | 22 | MJ U14 |
| 209 | 352 | Jezella      | Sabine     | 1970 | Kanu-Ring Hamm            | 00:29:15 | 00:29:29 | 4  | W45    |
| 210 | 508 | Weidemann    | Christian  | 1998 | Hamm                      | 00:29:21 | 00:29:31 | 8  | MJ U20 |
| 211 | 380 | Wollersen    | Viktoria   | 2001 | Kanu-Ring Hamm            | 00:29:25 | 00:29:34 | 10 | WJ U16 |
| 212 | 504 | Bierwolf     | Monika     | 1954 | SV Rhynern                | 00:29:27 | 00:29:37 | 2  | W60    |
| 213 | 334 | Glomb        | Lena       | 2003 | Kanu-Ring Hamm            | 00:29:29 | 00:29:36 | 19 | WJ U14 |
| 214 | 391 | Pucher       | Ute        | 1963 | TSV Pelkum                | 00:29:30 | 00:29:44 | 3  | W50    |
| 215 | 392 | Janke        | Christine  | 1966 | TSV Pelkum                | 00:29:36 | 00:29:49 | 4  | W50    |
| 216 | 351 | Ribeiro      | Sandra     | 1981 | Kanu-Ring Hamm            | 00:29:38 | 00:29:45 | 5  | W35    |
| 217 | 214 | Weber        | Sabrina    | 1998 |                           | 00:29:38 | 00:29:47 | 4  | WJ U20 |
| 218 | 394 | Lills        | Peggy      | 1970 | TSV Pelkum                | 00:29:41 | 00:29:55 | 5  | W45    |
| 219 | 374 | Goebel       | Johannes   | 2007 | Kanu-Ring Hamm            | 00:30:00 | 00:30:14 | 23 | MJ U14 |

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|     |     |                |             |      |                           |          |          |    |        |
|-----|-----|----------------|-------------|------|---------------------------|----------|----------|----|--------|
| 220 | 472 | Moeller        | Astrid      | 1979 | Münster                   | 00:30:04 | 00:30:17 | 6  | W35    |
| 221 | 150 | Abdinghoff     | Heike       | 1968 | LippeRunners Werne 0-42   | 00:30:05 | 00:30:14 | 6  | W45    |
| 222 | 489 | Wülker         | Gerhard     | 1953 | TUS Iserlohn              | 00:30:13 | 00:30:19 | 4  | M60    |
| 223 | 476 | Hölscher       | Iris        | 1970 | LippeRunners Werne 0-42   | 00:30:14 | 00:30:22 | 7  | W45    |
| 224 | 235 | Donkiewicz     | Nadine      | 1995 | Lauffreunde Bönen         | 00:30:34 | 00:30:46 | 8  | W      |
| 225 | 42  | Jürgenliemke   | Iris        | 1967 |                           | 00:30:49 | 00:31:01 | 8  | W45    |
| 226 | 458 | Legge          | Diana       | 1983 | Olfen                     | 00:30:52 | 00:30:57 | 4  | W30    |
| 227 | 236 | Donkiewicz     | Julie       | 2001 | Lauffreunde Bönen         | 00:30:52 | 00:31:04 | 11 | WJ U16 |
| 228 | 101 | Ewald          | Dirk        | 1972 |                           | 00:30:55 | 00:31:11 | 11 | M40    |
| 229 | 290 | Schenzer       | Dieter      | 1948 | LG Deiringsen             | 00:31:05 | 00:31:15 | 4  | M65    |
| 230 | 81  | Franke         | Mara        | 2000 |                           | 00:31:14 | 00:31:23 | 7  | WJ U18 |
| 231 | 168 | Müller         | Tim         | 1988 | Marathon-Club Menden      | 00:31:16 | 00:31:21 | 15 | M      |
| 232 | 91  | Opalla         | Franziska   | 2000 |                           | 00:31:19 | 00:31:28 | 8  | WJ U18 |
| 233 | 443 | Becker         | Johanna     | 2001 | Lünen                     | 00:31:19 | 00:31:31 | 12 | WJ U16 |
| 234 | 446 | Munsch         | Bernhard    | 1949 |                           | 00:31:22 | 00:31:34 | 5  | M65    |
| 235 | 337 | Jezella        | Emilia      | 2004 | Kanu-Ring Hamm            | 00:31:24 | 00:31:33 | 20 | WJ U14 |
| 236 | 370 | Heimann        | Jan         | 2005 | Kanu-Ring Hamm            | 00:31:36 | 00:31:47 | 24 | MJ U14 |
| 237 | 378 | Bussmann       | Pia         | 2005 | Kanu-Ring Hamm            | 00:31:37 | 00:31:46 | 21 | WJ U14 |
| 238 | 507 | Renter         | Martina     | 1961 | Team Aktivita             | 00:31:38 | 00:31:56 | 3  | W55    |
| 239 | 491 | Holtsträter    | Dirk        | 1962 | TuS Uentrop               | 00:31:57 | 00:32:09 | 19 | M50    |
| 240 | 390 | Stührenberg    | Annette     | 1961 | TSV Pelkum                | 00:31:58 | 00:32:13 | 4  | W55    |
| 241 | 154 | Bergmann       | Antonia     | 1991 | LippeRunners Werne 0-42   | 00:32:05 | 00:32:18 | 9  | W      |
| 242 | 247 | Beckers        | Angelika    | 1954 | Betriebssport Bertelsmann | 00:32:06 | 00:32:14 | 3  | W60    |
| 243 | 83  | Gurda          | Ramona      | 1971 |                           | 00:32:10 | 00:32:22 | 9  | W45    |
| 244 | 377 | Dederichs      | Marlene     | 2005 | Kanu-Ring Hamm            | 00:32:12 | 00:32:21 | 22 | WJ U14 |
| 245 | 39  | Buschkamp      | Monika      | 1948 | Rote Speiche Heessen      | 00:32:20 | 00:32:30 | 1  | W65    |
| 246 | 37  | Warmer         | Linda       | 1991 | HSC 08 e.V.               | 00:32:40 | 00:33:00 | 10 | W      |
| 247 | 36  | Baur           | Barbara     | 1982 | HSC 08 e.V.               | 00:32:41 | 00:33:00 | 5  | W30    |
| 248 | 228 | Flehsig        | Jürgen      | 1955 | Lauffreunde Bönen         | 00:32:43 | 00:32:55 | 5  | M60    |
| 249 | 513 | Xü             | Li-Feng     | 1977 | Hamm                      | 00:33:01 | 00:33:13 | 7  | W35    |
| 250 | 393 | Göde           | Susanne     | 1970 | TSV Pelkum                | 00:33:11 | 00:33:26 | 10 | W45    |
| 251 | 395 | Janke          | Ralf        | 1965 | TSV Pelkum                | 00:33:13 | 00:33:26 | 20 | M50    |
| 252 | 109 | Scheunemann    | Susanne     | 1965 |                           | 00:33:27 | 00:33:40 | 5  | W50    |
| 253 | 110 | Leidgebel      | Julia       | 1995 |                           | 00:33:27 | 00:33:40 | 11 | W      |
| 254 | 61  | Hundehege      | Malin       | 1998 |                           | 00:33:30 | 00:33:41 | 5  | WJ U20 |
| 255 | 139 | Schubert       | Marc        | 1975 |                           | 00:33:51 | 00:34:07 | 12 | M40    |
| 256 | 71  | Krause         | Cordula     | 1967 | Dortmund-Wickede          | 00:34:10 | 00:34:25 | 11 | W45    |
| 257 | 216 | Giles          | Michael     | 1999 |                           | 00:34:55 | 00:34:59 | 18 | MJ U18 |
| 258 | 498 | Weber          | Franz-Josef | 1957 | Lauftreff Höingen         | 00:34:57 | 00:35:05 | 8  | M55    |
| 259 | 245 | Sigge-Hagedorn | Stefanie    | 1980 | DJK Mellrich              | 00:35:05 | 00:35:19 | 8  | W35    |
| 260 | 59  | Rüscher        | Lea         | 1998 |                           | 00:35:06 | 00:35:18 | 6  | WJ U20 |
| 261 | 60  | Schumacher     | Christine   | 1998 |                           | 00:35:06 | 00:35:17 | 7  | WJ U20 |
| 262 | 224 | Nau            | Gertrud     | 1948 | DJK Grün-Weiß Werl        | 00:35:07 | 00:35:23 | 2  | W65    |
| 263 | 223 | Nau            | Peter       | 1940 | DJK Grün-Weiß Werl        | 00:35:08 | 00:35:23 | 2  | M75    |
| 264 | 323 | Kimmit         | Julian      | 2000 | Galilei Gymnasium         | 00:35:10 | 00:35:27 | 19 | MJ U18 |
| 265 | 326 | Reich          | Dennis      | 1998 | Galilei Gymnasium         | 00:35:14 | 00:35:31 | 9  | MJ U20 |
| 266 | 68  | Hochwald       | Ricarda     | 1981 |                           | 00:35:17 | 00:35:28 | 9  | W35    |
| 267 | 89  | Langer         | Josy        | 1993 |                           | 00:35:38 | 00:35:48 | 12 | W      |
| 268 | 332 | Nonn           | Anna        | 1985 |                           | 00:36:14 | 00:36:26 | 6  | W30    |
| 269 | 333 | Bornefeld      | Sven        | 1982 |                           | 00:36:14 | 00:36:27 | 7  | M30    |
| 270 | 218 | Specht         | Jenny       | 1998 |                           | 00:36:19 | 00:36:25 | 8  | WJ U20 |
| 271 | 317 | Röhler         | Michaela    | 1983 | Stadt Hamm                | 00:36:50 | 00:37:10 | 7  | W30    |
| 272 | 403 | Heinisch       | Tobias      | 1983 | Hamm                      | 00:36:50 | 00:37:11 | 8  | M30    |
| 273 | 322 | Franz          | Joshua      | 2000 | Galilei Gymnasium         | 00:37:01 | 00:37:19 | 20 | MJ U18 |
| 274 | 327 | Sarac          | Beyza       | 1999 | Galilei Gymnasium         | 00:37:51 | 00:38:08 | 9  | WJ U18 |

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|     |     |          |         |      |                   |          |          |    |        |
|-----|-----|----------|---------|------|-------------------|----------|----------|----|--------|
| 275 | 328 | Ufermann | Dennis  | 1999 | Galilei Gymnasium | 00:37:52 | 00:38:09 | 21 | MJ U18 |
| 276 | 331 | Arens    | Michael | 1968 | Galilei Gymnasium | 00:37:52 | 00:38:09 | 18 | M45    |
| 277 | 509 | Schell   | Monika  | 1957 | Kamen             | 00:41:06 | 00:41:21 | 5  | W55    |
| 278 | 512 | Budjahn  | Andrea  | 1970 | Lünen             | 00:42:30 | 00:42:45 | 12 | W45    |
| 279 | 510 | Kruse    | Katja   | 1971 | Lünen             | 00:42:30 | 00:42:45 | 13 | W45    |