



Platz	Nachname - Vorname	Nation StNr.	Jg.	Platz AK	Zeit	Schnitt	Verein
1	KIONKA Melanie	n°965	89	1 WHKF	00:18:27.46	16.25	Non Licensed
2	VIELHABER Felicitas	n°929	82	2 WHKF	00:18:42.98	16.03	[45] TUSEM Essen
3	DOYSCHER-LUTZ Uta	n°858	68	1 W40F	00:19:40.82	15.24	LT Bittermark Dortm
4	HAFENMEYER Isabel	n°869	91	3 WHKF	00:19:49.62	15.13	LG Schwerte
5	VIEBAHN Christl	n°928	76	1 W35F	00:20:42.02	14.49	[51] LAZ Puma Tro
6	SPRUNG Katrin	n°959	91	4 WHKF	00:20:50.97	14.39	LC Rapid Dortmund
7	SINDERHAUF Patricia	n°921	75	2 W35F	00:21:16.00	14.11	[58] TSV Rönsahl
8	HÖHER Carolin	n°884	88	5 WHKF	00:21:44.81	13.80	[58] D.S.T.V. Aloha
9	GUTSCHE-KRÜGER Steffi	n°867	70	2 W40F	00:22:00.14	13.63	[58] SGE Ergste - T
10	SCHULZ Christina	n°917	93	1 JwAF	00:22:35.86	13.28	LG Schwerte
11	HAFENMEYER Mayte	n°870	91	6 WHKF	00:22:37.37	13.26	LG Schwerte
12	SCHWIETALE Sabrina	n°919	92	2 JwAF	00:22:42.08	13.22	LG Schwerte
13	STÜWE Claudia	n°961	61	1 W50F	00:23:16.54	12.89	LT Bittermark
14	SCHULZE-VELMEDE Andrea	n°918	63	1 W45F	00:23:24.14	12.82	[44] LT-Bittermark
15	HAGEMANN Mareike	n°873	87	7 WHKF	00:25:09.88	11.92	Galopprennstall We
16	HARTL Johanna	n°876	95	1 JwBF	00:25:24.43	11.81	[59] TuS Bönen 01
17	DEMUTH Michaela	n°857	67	3 W40F	00:26:21.56	11.38	[58] Non Licensed
18	DAMS Laura	n°855	91	8 WHKF	00:26:41.95	11.24	Galopprennstall We
19	KEGALJ Silvana	n°889	62	2 W45F	00:27:56.80	10.73	[58] LT-Bittermark
20	HINKAMP Veronika	n°880	67	4 W40F	00:28:02.59	10.70	[44] Marienkranken
21	KRANCIOCH-SCHÜTT Manuela	n°895	71	5 W40F	00:28:03.26	10.69	Marienkrankenhaus
22	SCHAEFER Melanie	n°955	71	6 W40F	00:28:18.40	10.60	Non Licensed
23	ERSCHING Rosalie	n°860	66	3 W45F	00:28:25.50	10.55	[58] SGE Ergste
24	MÜLLER Anja	n°903	67	7 W40F	00:28:56.02	10.37	[44] Aplerbecker-Si
25	HINZE Claudia	n°882	71	8 W40F	00:28:56.30	10.37	[44] Aplerbecker-Si
26	TSCHIRBS Stéphanie	n°925	68	9 W40F	00:29:14.17	10.26	Non Licensed
27	JANZ Tanja	n°886	70	10 W40F	00:29:28.36	10.18	[58] Non Licensed
28	TURNER Natascha	n°926	91	9 WHKF	00:31:02.12	9.67	HSG Schwerte-We
29	LINDNER Juliane	n°898	80	1 W30F	00:32:02.46	9.36	HSG Schwerte-We
30	SCHMERBECK Sandra	n°915	74	3 W35F	00:33:23.67	8.98	ASV Iserlohn





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1	DAUDI Joseph		n°937	86	1 MHKM	00:15:28.41	19.39	Tauzania
2	PFEIFFER Hendrik		n°908	93	1 JmAM	00:15:59.83	18.75	[46] LAZ Rhede
3	HEINER Jörg		n°950	73	1 M35M	00:16:02.67	18.70	SG Wenden
4	VOLMER Mario		n°947	68	1 M40M	00:17:42.39	16.94	LC Rapid Dortmund
5	WITTSTOCK Albrecht		n°946	84	2 MHKM	00:17:48.97	16.84	Triathlon Team Wit
6	KRÜGER Olaf		n°897	69	2 M40M	00:17:53.69	16.76	[58] SGE Ergste - T
7	HAFENMEYER Steffen		n°871	91	3 MHKM	00:18:08.21	16.54	LG Schwerte
8	LÜDKE Carsten		n°956	83	4 MHKM	00:18:33.21	16.17	Lauf Team Unna
9	KOPRUCH Jürgen		n°892	67	3 M40M	00:18:41.12	16.06	[58] Schwerte
10	GATLEY Kevin		n°865	89	5 MHKM	00:19:06.32	15.70	Galopprennstall We
11	RODRIGUEZ Antonio	SPA	n°910	70	4 M40M	00:19:15.61	15.58	[59] LC Rapid Dortr
12	WERNING Pascal		n°932	82	6 MHKM	00:19:49.05	15.14	Galopprennstall We
13	DÖDING Jörg		n°859	62	1 M45M	00:20:03.19	14.96	[58] SG Eintracht E
14	BARRAL Simon		n°939	95	1 JmBM	00:20:07.05	14.91	Non Licensed
15	PEKAROVIC Adam		n°906	85	7 MHKM	00:20:12.02	14.85	Galopprennstall We
16	SIEGEMUND Robin		n°920	95	2 JmBM	00:20:13.18	14.84	[58] Schwerter Box
17	LUTZ Joachim		n°899	56	1 M55M	00:20:20.27	14.75	[58] ruhrpower-stad
18	NOLL Ingo		n°958	68	5 M40M	00:20:49.27	14.41	SV Annen
19	HÖVELMANN Tim		n°960	84	8 MHKM	00:20:51.32	14.38	LC Rapid Dortmund
20	LÜDDECKE Dennis		n°900	87	9 MHKM	00:20:59.79	14.29	Non Licensed
21	HEZER Ertunz		n°878	92	2 JmAM	00:21:05.20	14.23	[58] Schwerter Box
22	NÄRDEMANN Wolfgang		n°935	62	2 M45M	00:21:16.85	14.10	Schwerte
23	KROHN Rainer		n°964	59	1 M50M	00:21:29.06	13.96	LG Dortmund
24	KRÜSEMANN-STÜWE Johannes		n°962	57	2 M50M	00:21:29.78	13.96	LT Bittermark
25	KOVALOV Michael		n°893	86	10 MHKM	00:21:38.77	13.86	Marienkrankenhau
26	GERTZ Marcel		n°942	94	3 JmBM	00:21:39.49	13.85	Eintrachtschule Sch
27	FRAI Christian		n°954	60	3 M50M	00:21:59.28	13.64	Non Licensed
28	SCHMERBECK René		n°914	75	2 M35M	00:22:09.16	13.54	ASV Iserlohn
29	BANSEN Dennis		n°851	90	11 MHKM	00:22:16.97	13.46	[58] Feuerwehr Wa
30	MALEK Tobias		n°901	93	3 JmAM	00:22:23.60	13.40	Non Licensed
31	OTTE Uwe		n°905	64	3 M45M	00:22:33.76	13.30	[44] Tripple Hippos
32	ALKAN Rene		n°941	93	4 JmAM	00:22:35.11	13.28	Eintrachtschule Sch
33	ZELDIN Leonid	RUS	n°934	91	12 MHKM	00:22:36.20	13.27	[44] Gymnasium an
34	SCHNEIDER Max		n°938	96	1 M30M	00:22:36.86	13.27	Non Licensed
35	KAMMER Norbert		n°951	62	4 M45M	00:22:43.69	13.20	LG Mülheim an der
36	APOSTEL Armin		n°945	87	13 MHKM	00:22:50.85	13.13	Marienkrankenhau
37	BRUNNERT Andreas		n°854	67	6 M40M	00:23:01.19	13.03	[58] Non Licensed
38	HAARKÖTTER Frank		n°952	61	4 M50M	00:23:28.41	12.78	SV Siemens Mülhe
39	KUSCH Daniel		n°940	76	3 M35M	00:23:33.41	12.74	Team Globus Reise
40	ROUS Eberhard		n°911	61	5 M50M	00:23:55.10	12.54	[58] Schwerte
41	GRIMME Stephan		n°866	84	14 MHKM	00:24:19.44	12.33	[58] Feuerwehr Wa
42	HAHN Tobias		n°874	73	4 M35M	00:24:38.45	12.17	[44] LGO Dortmund
43	STREBEL Bernd		n°923	65	5 M45M	00:25:23.22	11.82	[44] Familie Strebel
44	HINKAMP Christian		n°879	70	7 M40M	00:25:28.43	11.78	[44] Aplerbecker-Si
45	KLIPSCH Ralf		n°891	63	6 M45M	00:25:34.68	11.73	[44] Aplerbecker-Si
46	VIERHAUS Detlev		n°930	59	6 M50M	00:26:09.33	11.47	[44] team-4haus
47	MAASKE Kurt		n°963	39	1 M70M	00:26:09.34	11.47	Non Licensed
48	FOHLER Sandro		n°861	95	4 JmBM	00:26:09.85	11.47	Non Licensed
49	SCHRADER Björn		n°916	85	15 MHKM	00:26:31.28	11.31	[58] Non Licensed
50	GANSKE Sven		n°864	89	16 MHKM	00:27:03.57	11.09	[58] Feuerwehr Wa
51	VAN KLEV Christopher		n°927	87	17 MHKM	00:27:03.99	11.08	Marienkrankenhau
52	MOHN Markus		n°902	72	5 M35M	00:27:10.45	11.04	[58] Non Licensed
53	MÜLLER Martin		n°904	67	8 M40M	00:27:43.40	10.82	[44] Aplerbecker-Si
54	HINZE Helmo		n°883	59	7 M50M	00:27:44.44	10.81	[44] Aplerbecker-Si
55	THIEM Christian		n°924	90	18 MHKM	00:27:56.26	10.74	[58] Feuerwehr Wa
56	HAAKE Torsten		n°957	70	9 M40M	00:28:18.87	10.60	Soester Tri Team
57	BALTRUSCH Lothar		n°944	62	7 M45M	00:28:27.64	10.54	BP Moderation
58	HÜSER Christian		n°936	69	10 M40M	00:28:36.07	10.49	TuS Bönen 01
59	DEIMEL Christian		n°856	82	19 MHKM	00:28:44.48	10.44	[58] Feuerwehr Wa
60	HAEDKE Ralf		n°868	62	8 M45M	00:28:54.94	10.37	[58] Freizeitjogger
61	JÜRGENS Ralf		n°888	62	9 M45M	00:28:57.40	10.36	[58] Freizeitjogger





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62	VAN ELSLANDE Justus	n°948	98	1 fLauM	00:30:07.47	9.96	Non Licensed
63	SCHENKER Holger	n°912	71	11 M40M	00:30:08.72	9.95	[59] /
64	MEINECKE Adalbert	n°953	32	1 M75M	00:32:28.81	9.24	TUS Breckerfeld
65	WITTIG Harald	n°933	56	2 M55M	00:33:32.75	8.94	Non Licensed
66	HANNE Stefan	n°875	70	12 M40M	00:35:54.39	8.36	[58] Feuerwehr Wa

