

Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	779	Sansar Elias	LG Lage-Detmold	0:31:51	M30	1	0:31:53	06:24 06:28 06:26 06:22 06:09	18,83 km/h
2	752	Serke Sven	Lauffreunde Bönen	0:33:51	M30	2	0:33:53	06:29 06:44 06:58 06:57 06:41	17,72 km/h
3	416	Schnieders Steffen	LSF Münster	0:33:53	M30	3	0:33:55	06:36 06:42 06:54 06:57 06:43	17,70 km/h
4	358	Poch Mike	TSG GutsMuths Quedlinb	0:33:55	M40	1	0:33:57	06:25 06:47 06:58 06:57 06:45	17,68 km/h
5	88	Domnick Christoph	LC Nordhorn	0:34:35	MHK	1	0:34:36	06:45 06:55 06:53 06:57 07:03	17,35 km/h
6	763	Vierschilling Robin	ESV Münster	0:35:21	MHK	2	0:35:23	06:59 07:11 07:08 07:15 06:46	16,97 km/h
7	146	Gottheil Ralf	Laufteam Sundermann	0:35:25	MHK	3	0:35:26	06:49 07:04 07:11 07:18 07:01	16,94 km/h
8	762	Scheffer Marc	ESV Münster	0:35:30	MHK	4	0:35:32	06:59 07:11 07:08 07:15 06:55	16,90 km/h
9	750	Kott Georg	LC Rapid Dortmund	0:35:40	M45	1	0:35:42	06:55 07:07 07:15 07:16 07:05	16,82 km/h
10	33	Beetz Michael	Pascal-Gymnasium 11	0:35:47	MJA	1	0:35:49	07:09 07:08 07:11 07:14 07:04	16,76 km/h
11	777	Sprave Wilhelm	ESV Münster	0:36:09	MHK	5	0:36:11	07:00 07:10 07:09 07:22 07:26	16,60 km/h
12	662	Volmer Mario	LC Rapid Dortmund	0:36:20	M40	2	0:36:22	06:54 07:08 07:20 07:30 07:27	16,51 km/h
13	21	Aufmkolk Hendrik	LSF Münster	0:36:55	MHK	6	0:36:57	07:06 07:25 07:29 07:34 07:19	16,25 km/h
14	409	Schmidt Jörn	ESV Münster	0:37:01	MHK	7	0:37:05	06:56 07:13 07:24 07:39 07:47	16,20 km/h
15	245	Kramer Matthias	Laufteam Sundermann	0:37:04	M35	1	0:37:06	07:02 07:18 07:30 07:40 07:33	16,18 km/h
16	316	Mitschker Sebastian	W+F Münster	0:37:13	M30	4	0:37:17	06:54 07:19 07:34 07:46 07:37	16,12 km/h
17	509	Wessel Florian	Laufteam Sundermann	0:37:20	MHK	8	0:37:30	07:28 07:22 07:25 07:34 07:29	16,07 km/h
18	452	Steffen Uwe	SF Ennepetal	0:37:40	M40	3	0:37:43	07:12 07:31 07:39 07:45 07:30	15,92 km/h
19	307	Meyer Thorsten	Doppel T	0:37:42	MHK	9	0:37:49	07:20 07:23 07:39 07:44 07:35	15,91 km/h
20	399	Scheel Michael-Silvan	LSF Münster	0:37:52	M40	4	0:37:55	07:11 07:39 07:44 07:53 07:24	15,84 km/h
21	397	Heckmann Sascha	SV Brackwede	0:37:54	M35	2	0:37:57	07:18 07:22 07:39 07:48 07:45	15,83 km/h
22	20	Auerswald Steffen	LG Ems Warendorf	0:38:01	M40	5	0:38:05	07:12 07:32 07:39 07:51 07:46	15,78 km/h
23	171	Heithorn Andreas	Münster	0:38:01	M45	2	0:38:04	07:01 07:42 07:50 07:52 07:35	15,78 km/h
24	735	Wiese Stefan	Hochschulsport Münster	0:38:09	MHK	10	0:38:12	07:22 07:27 07:36 08:00 07:41	15,73 km/h
25	173	Helff Martin	LG Hamm	0:38:14	M45	3	0:38:17	07:18 07:32 07:48 07:55 07:39	15,69 km/h
26	162	Hampel Marco	LSF Münster	0:38:21	M35	3	0:38:23	07:00 07:28 08:05 07:54 07:52	15,64 km/h
27	243	Kosakowski Daniel	TuS Germ. Horstmar	0:38:43	M35	4	0:38:46	07:19 07:39 07:59 08:03 07:42	15,49 km/h
28	83	Deifuß Holger	FC Nordkirchen	0:38:46	M40	6	0:38:50	07:36 07:39 07:49 07:56 07:43	15,48 km/h
29	448	Stadthaus Holger	Laufteam Sundermann	0:38:54	M35	5	0:39:01	07:34 07:39 07:45 08:00 07:54	15,42 km/h
30	177	Henrique Antonio	LSF Münster	0:39:01	M50	1	0:39:02	07:24 07:45 07:57 07:59 07:54	15,38 km/h
31	247	Krause Sascha	BSG Einheit Halle-Neusta	0:39:02	M35	6	0:39:09	07:34 07:30 07:41 08:02 08:13	15,37 km/h
32	780	Kuhlmann John	W+F Münster	0:39:07	MHK	11	0:39:12	07:19 07:33 07:50 08:08 08:16	15,33 km/h
33	718	Zumdick Reinhard	LSF Münster	0:39:21	M45	4	0:39:24	07:27 07:50 07:59 08:05 07:59	15,25 km/h
34	263	Laukötter Marco		0:39:21	M40	7	0:39:27	07:25 07:49 07:59 08:05 08:01	15,24 km/h
35	140	Geitel Christoph	ARC zu Münster	0:39:27	M40	8	0:39:31	07:36 07:54 08:00 08:05 07:51	15,21 km/h
36	19	Aswerus Ralf	LT Bittermark	0:39:28	M55	1	0:39:32	07:37 07:54 07:58 08:05 07:52	15,20 km/h
37	219	Kanne Martin	Lsf Münster	0:39:30	M40	9	0:39:33	07:22 07:51 08:03 08:09 08:03	15,19 km/h
38	601	Machuner Marcel	Brooks Running	0:39:33	MHK	12	0:39:37	07:36 07:53 08:08 08:07 07:47	15,17 km/h
39	109	Faßbender Dominik	LSF Münster	0:39:42	M30	5	0:39:46	07:48 08:05 08:00 08:00 07:47	15,11 km/h
40	743	Schröder Reinhard	LSF Münster	0:39:43	M55	2	0:39:46	07:35 07:57 08:04 08:09 07:56	15,10 km/h
41	703	Tüns Michael	LSF Werne	0:39:45	M45	5	0:39:47	07:20 07:44 08:03 08:22 08:14	15,09 km/h
42	95	Eberhard Michael		0:39:56	M50	2	0:40:03	07:37 08:03 08:14 08:12 07:48	15,02 km/h
43	60	Brinker Klaus		0:40:13	M35	7	0:40:18	07:43 08:06 08:06 08:13 08:02	14,92 km/h
44	276	Linnemann Jonas	Maschinenbau Uni Paderb	0:40:21	MHK	13	0:40:24	07:19 07:53 08:15 08:24 08:28	14,87 km/h
45	488	Volpert Joachim	Laufteam Sundermann	0:40:26	M40	10	0:40:31	07:35 07:40 08:03 08:33 08:33	14,84 km/h
46	344	Othmer Andreas		0:40:27	M35	8	0:40:33	07:57 07:59 08:11 08:14 08:04	14,83 km/h
47	82	Damwerth Matthias	ISC Münster	0:40:31	M40	11	0:40:37	07:43 08:02 08:10 08:18 08:18	14,80 km/h
48	198	Ilgemann Carsten	LSF Münster	0:40:32	M40	12	0:40:36	07:49 08:05 08:04 08:23 08:08	14,80 km/h
49	25	Bales Stefan	LSF Münster	0:40:42	M45	6	0:40:47	07:36 08:04 08:20 08:23 08:18	14,74 km/h
50	22	Austrup Henrik	LG Emsdetten	0:40:52	M40	13	0:40:56	07:53 08:06 08:18 08:28 08:05	14,68 km/h
51	786	Wiese Reinhold	Marathon Soest	0:40:53	M45	7	0:40:57	08:06 08:12 08:16 08:15 08:01	14,68 km/h
52	149	Grond Josef	Marathon Steinfurt	0:40:54	M55	3	0:40:56	07:42 08:10 08:16 08:18 08:25	14,67 km/h
53	379	Richter Sascha	Team TriSRi	0:41:20	MHK	14	0:41:28	07:35 07:58 08:28 08:50 08:28	14,51 km/h
54	476	Többen Michael	BSG Sparkasse Münsterl	0:41:23	M45	8	0:41:26	07:31 08:02 08:29 08:44 08:35	14,50 km/h
55	470	Theil Michael	Team Erdinger alkoholfrei	0:41:26	M40	14	0:41:31	08:06 08:12 08:16 08:15 08:36	14,48 km/h
56	306	Meyer Stephan	LSF Münster	0:41:30	M40	15	0:41:44	08:23 08:14 08:13 08:22 08:16	14,45 km/h
57	701	Abke Reinhard	Laufteam Sundermann	0:41:32	M40	16	0:41:56	08:16 08:14 08:20 08:31 08:10	14,44 km/h

4. Juli 2010  
10 km



Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
58	706	Brüseke Andreas	TV Hohne	0:41:33	M40	17	0:41:42 - 07:48	08:13 08:25 08:35 08:31	14,44 km/h
59	89	Dr. Fischer Arne	LSF Münster	0:41:35	M40	18	0:41:38 - 07:40	08:06 08:23 08:39 08:46	14,43 km/h
60	29	Becker Sven		0:41:36	MHK	15	0:41:42 - 07:52	08:14 08:22 08:39 08:28	14,42 km/h
61	675	Wilmer Daniel	RSC Stadtlohn	0:41:40	M30	6	0:41:49 - 08:05	08:14 08:25 08:35 08:20	14,40 km/h
62	442	Sobbe Andreas	SV Davaria Davensberg	0:41:40	MJB	1	0:41:51 - 08:34	08:39 08:26 08:16 07:44	14,40 km/h
63	716	Fischer Matthias	*Münster	0:41:46	M35	9	0:41:55 - 08:06	08:16 08:26 08:33 08:23	14,36 km/h
64	131	Friedrich Thorsten	Feuerwehr Werne	0:41:59	M35	10	0:42:04 - 08:02	08:22 08:37 08:42 08:15	14,29 km/h
65	64	Buddendick Rainer	ESV Münster	0:42:01	M30	7	0:42:04 - 07:59	08:11 08:30 08:56 08:22	14,28 km/h
66	280	Lüken Aloys	BV Garrel	0:42:07	M35	11	0:42:31 - 08:15	08:21 08:38 08:47 08:05	14,24 km/h
67	765	Müller Jan	*Münster	0:42:14	MHK	16	0:42:26 - 07:32	08:13 08:37 09:07 08:43	14,21 km/h
68	347	Pawellek Karsten		0:42:15	MHK	17	0:42:20 - 07:50	08:21 08:38 08:50 08:33	14,20 km/h
69	133	Frisch Martin		0:42:17	M45	9	0:42:21 - 07:41	08:12 08:55 08:59 08:27	14,19 km/h
70	227	Keller Tillmann		0:42:30	MHK	18	0:42:48 - 08:02	08:18 08:47 08:53 08:28	14,12 km/h
71	129	Frewer Sebastian		0:42:33	MHK	19	0:42:49 - 08:20	08:22 08:42 08:42 08:25	14,10 km/h
72	351	Peuser Detlef	CC Milazzo	0:42:34	M45	10	0:42:40 - 07:57	08:22 08:39 08:43 08:51	14,09 km/h
73	485	Viggiano Michele	1 (GE/NL) Corps	0:42:36	M45	11	0:42:51 - 08:43	08:28 08:25 08:25 08:33	14,08 km/h
74	719	Heusel Johann	Tri Finish Münster	0:42:36	MJA	2	0:42:57 - 08:13	08:29 08:46 08:45 08:22	14,08 km/h
75	319	Möllers Peter	DJK Dyckburg Münster	0:42:37	M45	12	0:42:45 - 08:20	08:25 08:32 08:44 08:34	14,08 km/h
76	392	Rudolph Eugen	SUS Neuenkirchen	0:42:56	M40	19	0:43:17 - 08:19	08:17 08:35 08:59 08:43	13,97 km/h
77	520	Zahlmann Tobias		0:43:02	M35	12	0:43:16 - 08:16	08:28 08:38 08:53 08:46	13,94 km/h
78	281	Luengo Wiewel Daniel		0:43:03	M35	13	0:43:13 - 08:11	08:31 08:40 08:48 08:51	13,93 km/h
79	112	Fels Sven	DJK-VFL Billerbeck	0:43:07	MHK	20	0:43:23 - 08:37	08:46 08:49 08:41 08:12	13,92 km/h
80	704	Reimann Hans	LSF Münster	0:43:17	M55	4	0:43:19 - 07:58	08:31 08:53 09:02 08:50	13,86 km/h
81	56	Bratz Thorsten	LSF Münster	0:43:21	MHK	21	0:43:26 - 07:54	08:23 09:03 08:53 09:07	13,84 km/h
82	266	Lecou Christos		0:43:22	M30	8	0:43:29 - 07:51	08:30 08:59 09:14 08:46	13,83 km/h
83	721	Fey Tilman	*Münster	0:43:23	M45	13	0:43:37 - 08:53	08:51 08:50 08:38 08:10	13,83 km/h
84	350	Peters Dirk		0:43:27	M45	14	0:43:31 - 07:50	08:48 08:59 09:01 08:46	13,81 km/h
85	70	Cawley Mike	Münster Cardinals	0:43:28	MHK	22	0:43:40 - 07:58	08:32 08:50 09:06 09:01	13,80 km/h
86	444	Sokat Roland	Greven	0:43:34	M45	15	0:43:53 - 08:30	08:37 08:43 08:56 08:46	13,77 km/h
87	776	Westermann Tobias	TTW	0:43:35	M30	9	0:43:49 - 08:27	08:35 08:45 09:01 08:46	13,76 km/h
88	116	Fliß Hermann	DJK GW Nottuln	0:43:44	M45	16	0:43:48 - 07:50	09:12 09:04 09:03 08:34	13,72 km/h
89	318	Möller Christian		0:43:45	M30	10	0:43:52 - 08:36	08:39 08:45 08:55 08:48	13,71 km/h
90	720	Stegemann Manfred	*Münster	0:43:45	M45	17	0:43:55 - 08:25	08:35 08:50 09:00 08:54	13,71 km/h
91	298	Matthias Mike	SV Teuto Riesenbeck	0:43:50	M35	14	0:43:56 - 08:22	08:46 08:54 08:58 08:48	13,69 km/h
92	284	Lütke Schute Siegfried	Tus Hilstrup	0:43:52	M50	3	0:44:01 - 08:28	08:41 08:53 09:03 08:45	13,67 km/h
93	188	Holtkamp Dennis		0:43:53	MHK	23	0:44:16 - 08:24	08:39 08:42 08:59 09:07	13,67 km/h
94	292	Löckemann Markus	LG-Emsdetten	0:43:53	M35	15	0:44:16 - 08:07	08:25 08:53 09:13 09:13	13,67 km/h
95	154	Grube Marco	SV Davaria Davensberg	0:43:54	MJB	2	0:44:04 - 08:37	08:47 08:54 09:01 08:33	13,66 km/h
96	676	Holtrichter-Rößmann Thorste	*Münster	0:43:58	MHK	24	0:44:12 - 08:11	08:30 08:51 09:19 09:04	13,65 km/h
97	672	Hueske Christian	Shanghai Krauts	0:43:59	MHK	25	0:44:05 - 08:21	08:30 08:50 09:19 08:57	13,64 km/h
98	492	Vrecko Dennis		0:43:59	M30	11	0:44:09 - 08:45	08:50 08:48 08:47 08:47	13,64 km/h
99	31	Becks Michael	TV Friesen Telgte	0:44:00	M40	20	0:44:06 - 07:58	08:34 09:17 09:20 08:50	13,63 km/h
100	740	Schwarte Christian	LG Emsdetten	0:44:01	M40	21	0:44:13 - 08:29	08:41 08:56 09:03 08:51	13,63 km/h
101	98	Eickholt Lukas	SV Davaria Davensberg	0:44:05	MJB	3	0:44:15 - 08:37	08:47 08:55 09:01 08:44	13,61 km/h
102	702	Mühlencord Malte	Laufteam Sundermann	0:44:07	M30	12	0:44:32 - 08:15	08:32 09:02 09:14 09:03	13,60 km/h
103	723	Kienecker Bodo	*Münster	0:44:08	M45	18	0:44:27 - 08:40	08:41 08:55 09:02 08:48	13,59 km/h
104	737	Borgman Daniel	*Iserlohn	0:44:11	MHK	26	0:44:18 - 08:35	08:52 09:00 09:00 08:41	13,58 km/h
105	93	Dr. Prieß Karl-Heinz	LSF Münster	0:44:11	M55	5	0:44:17 - 08:31	08:50 09:00 09:05 08:44	13,57 km/h
106	759	Kemper Christoph	NRW.Bank	0:44:12	MHK	27	0:44:54 - 08:51	08:42 08:45 08:57 08:55	13,57 km/h
107	142	Gergs Ulrich	RVM 1882	0:44:15	M40	22	0:44:24 - 08:02	08:35 09:12 09:14 09:10	13,56 km/h
108	770	Tessnow Holger	Waldfreibad Hörste	0:44:17	M40	23	0:44:27 - 08:31	08:38 08:45 09:07 09:14	13,55 km/h
109	345	Overesch Michael	Marathon Steinfurt	0:44:17	M40	24	0:44:38 - 09:02	08:52 08:53 08:55 08:34	13,55 km/h
110	400	Scheid Franz	Team-Nordenia	0:44:23	M40	25	0:44:27 - 08:20	08:49 09:05 09:11 08:55	13,52 km/h
111	414	Schneider Matti	1. FC Union Berlin	0:44:24	MHK	28	0:45:05 - 08:37	08:51 08:56 09:04 08:53	13,51 km/h
112	439	Simon Markus	Lauftreff Otiibotti	0:44:26	M35	16	0:44:33 - 08:26	08:55 09:00 09:09 08:53	13,50 km/h
113	97	Ehling Klaus	LSF Münster	0:44:29	M45	19	0:44:37 - 08:43	08:49 08:55 09:01 08:58	13,48 km/h
114	267	Lehmann-Kalhoff Norbert	TSG Dülmen	0:44:33	M50	4	0:44:42 - 08:18	08:48 09:01 09:13 09:11	13,47 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
115	517	Wolking Clemens	LSF Münster	0:44:41	M45	20	0:44:56	08:35 08:49 09:02 09:09 09:04	13,42 km/h
116	426	Schubert Thomas	LST Westfälische Nachri	0:44:47	M50	5	0:44:54	08:03 08:49 09:12 09:25 09:15	13,40 km/h
117	356	PIKE WAYNE	STADTWERKE MUENST	0:44:49	M35	17	0:45:03	08:59 08:50 09:03 08:58 08:57	13,39 km/h
118	265	Lechtermann Ulrich	SV Rinkerode	0:44:52	M45	21	0:45:07	08:38 08:48 09:03 09:15 09:06	13,37 km/h
119	224	Keeren Joerg	TuS Hiltrup	0:44:53	M45	22	0:44:59	08:42 09:00 09:03 09:06 09:00	13,37 km/h
120	745	Arnsberg Ulrich	W+F Münster	0:44:54	M45	23	0:45:37	08:57 08:43 09:03 09:10 09:00	13,36 km/h
121	121	Föller Ludger	SG DJK Dyckburg Münst	0:44:56	M50	6	0:45:03	08:12 08:42 09:08 09:26 09:25	13,35 km/h
122	237	Koch Mathias	LSF Münster	0:44:57	M30	13	0:45:06	08:31 08:59 09:12 09:17 08:56	13,34 km/h
123	775	Sontopski Andreas	LSF Münster	0:44:59	M40	26	0:45:09	08:30 08:58 09:13 09:17 09:00	13,34 km/h
124	471	Schulze Thorsten	LSF Münster	0:45:00	M40	27	0:45:08	08:37 08:59 09:13 09:18 08:50	13,33 km/h
125	512	Wierbrügge Carsten	BSG Westfalen AG	0:45:02	M35	18	0:45:29	08:35 08:50 09:04 09:15 09:15	13,32 km/h
126	332	Niehues Volker	TUS Gildehaus	0:45:10	MHK	29	0:45:27	08:45 08:52 09:01 09:25 09:05	13,28 km/h
127	472	Thran Hans-Jürgen	Spiridon Haltern	0:45:14	M60	1	0:45:24	08:39 08:47 09:14 09:22 09:11	13,26 km/h
128	28	Bayerl Roland	Rochus-Runners Telgte	0:45:15	M35	19	0:45:24	08:26 08:57 09:15 09:24 09:11	13,26 km/h
129	156	Grukke Thorsten	BSG Westfalen AG	0:45:20	MHK	30	0:45:45	08:39 08:58 09:13 09:25 09:03	13,23 km/h
130	523	Zubrängel Arno	Laufteam Sundermann	0:45:22	M50	7	0:45:53	09:10 09:04 09:04 08:57 09:05	13,22 km/h
131	734	Milden Sigfried	LSF Münster	0:45:23	M40	28	0:45:32	08:37 08:53 09:16 09:23 09:12	13,22 km/h
132	525	zur Mühlen Peter	RS im Kreuzviertel 7a (Elt	0:45:24	M45	24	0:45:42	08:29 09:04 09:06 09:25 09:19	13,21 km/h
133	45	Betz Volker	Rochus-Runners Telgte	0:45:28	MJB	4	0:45:39	08:48 09:04 09:19 09:30 08:44	13,20 km/h
134	340	Oelgemöller Jürgen	Tus Saxonia Münster	0:45:33	M40	29	0:46:02	09:02 09:03 09:10 09:18 08:59	13,17 km/h
135	111	Fels Hubert	DJK-VFL Billerbeck	0:45:35	M50	8	0:45:52	08:52 08:56 09:12 09:22 09:11	13,16 km/h
136	473	Till Michael	BSG Westfalen AG	0:45:36	M45	25	0:46:03	08:38 08:48 09:14 09:33 09:22	13,15 km/h
137	246	Kramer Sebastian		0:45:37	M35	20	0:46:10	08:53 08:31 09:15 09:38 09:18	13,15 km/h
138	496	Watermann Björn	SG Deutsche Bank Münst	0:45:38	M30	14	0:46:00	08:40 09:00 09:16 09:22 09:18	13,15 km/h
139	212	Jungmann Roman		0:45:48	M40	30	0:46:03	08:28 08:45 09:13 09:40 09:41	13,10 km/h
140	185	Holle Detlef	Laufteam Sundermann	0:45:51	M45	26	0:46:07	09:06 09:08 09:08 09:21 09:05	13,08 km/h
140	47	Bleek Ralf	Laufteam Sundermann	0:45:51	M45	26	0:46:04	08:50 09:09 09:25 09:23 09:02	13,08 km/h
142	200	Ipsen Reinhard	LST Westfälische Nachri	0:46:02	M40	31	0:46:09	08:12 08:55 09:25 09:53 09:36	13,03 km/h
143	398	Sbrzesny Thorsten	Doppel T	0:46:03	M30	15	0:46:10	08:40 09:03 09:14 09:32 09:31	13,03 km/h
144	272	Lilienbecker Stefan	Laufteam Sundermann	0:46:03	M40	32	0:46:12	08:43 09:11 09:19 09:26 09:22	13,03 km/h
145	432	Schurna Thomas		0:46:04	M45	28	0:46:14	08:30 09:05 09:35 09:36 09:16	13,02 km/h
146	454	Stens Marcus		0:46:07	M40	33	0:46:14	08:47 09:20 09:35 09:21 09:01	13,01 km/h
147	521	Ziese Bernd		0:46:09	M45	29	0:46:20	09:12 09:16 09:20 09:22 08:57	13,00 km/h
148	118	Floer Stefan	LSF Greven	0:46:16	M35	21	0:46:35	09:02 09:08 09:11 09:32 09:20	12,97 km/h
149	674	Lindner Hans Jürgen	*Münster	0:46:17	M45	30	0:46:26	08:19 08:50 09:18 09:47 10:02	12,96 km/h
150	761	Bresler Guido	Marathon Steinfurt	0:46:18	M40	34	0:46:23	08:30 08:59 09:24 09:37 09:46	12,96 km/h
151	214	Kalisch Jörg		0:46:22	M40	35	0:46:30	08:18 08:51 09:29 10:02 09:41	12,94 km/h
152	788	Ilgermann Guido	*Münster	0:46:24	M45	31	0:46:48	09:08 09:30 09:35 09:20 08:49	12,93 km/h
153	343	Osterkamp Andreas		0:46:29	MHK	31	0:47:01	09:00 09:04 09:19 09:34 09:30	12,91 km/h
154	407	Schmidt Christian		0:46:30	M35	22	0:46:41	08:34 08:58 09:38 10:07 09:11	12,90 km/h
155	110	Feldhaus Mathias J.	GW Lünten	0:46:32	M30	16	0:46:44	08:33 09:07 09:40 10:01 09:09	12,89 km/h
156	106	Espenkott Gregor		0:46:33	M45	32	0:46:39	08:41 08:53 09:14 09:37 10:06	12,89 km/h
157	166	Hauke Gernot	LSF	0:46:36	M35	23	0:46:54	08:54 09:08 09:34 09:35 09:23	12,87 km/h
158	104	Epping Steffen		0:46:44	MHK	32	0:47:01	08:43 09:07 09:23 09:49 09:39	12,84 km/h
159	78	Cramer Philipp	Professur für Öffentl. Rech	0:46:48	MHK	33	0:47:28	09:21 09:18 09:20 09:26 09:21	12,82 km/h
160	435	Seegers Holger		0:46:50	M40	36	0:46:50	09:54 08:58 09:12 09:30 09:14	12,81 km/h
161	189	Holzauer Björn	K.D.St.V. Winfridia Bresla	0:46:50	MHK	34	0:47:18	09:04 09:09 09:15 09:38 09:41	12,81 km/h
162	158	Hahn Donatus	Laufteam Sundermann	0:46:51	MHK	35	0:47:10	08:48 09:05 09:43 09:50 09:23	12,80 km/h
163	32	Beer Michael	LST Westfälische Nachri	0:46:53	M55	6	0:46:59	08:35 09:24 09:41 09:45 09:26	12,80 km/h
164	167	Hausmann Malte	Knossos.de	0:46:53	MHK	36	0:47:16	08:38 09:06 09:36 09:58 09:34	12,79 km/h
165	411	Schmieszek Oliver	Berufskolleg Gladbeck	0:46:54	M30	17	0:47:36	09:48 10:11 08:58 09:00 08:54	12,79 km/h
166	518	Wudd Tom	RS im Kreuzviertel ÜMI	0:46:54	MHK	37	0:47:18	08:52 09:25 09:45 09:38 09:12	12,79 km/h
167	303	Mentemeier Sebastian		0:46:57	MHK	38	0:47:38	09:15 09:13 09:28 09:42 09:17	12,78 km/h
168	413	Schnaubelt Dominik	SV Blau Weiß Aasee Mün	0:46:58	MHK	39	0:47:31	08:53 08:41 09:54 10:10 09:17	12,77 km/h
169	226	Keggenhoff Dirk	LSF Münster	0:47:04	M35	24	0:47:17	09:11 09:27 09:44 09:38 09:02	12,74 km/h
170	424	Schröten Johannes		0:47:05	MJB	5	0:47:15	09:11 09:33 09:42 09:37 09:00	12,74 km/h
171	679	Fuchs Jurek	TV Hahne	0:47:06	M35	25	0:47:14	08:46 09:14 09:46 09:47 09:32	12,74 km/h

4. Juli 2010  
10 km



Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
172	59	Brinker Hans-Dieter	RT Osnabrück	0:47:08	M50	9	0:47:16	08:34 09:03 09:47 09:49 09:53	12,73 km/h
173	428	Schürmann Hendrik	SG Deutsche Bank Münt	0:47:09	M30	18	0:47:31	09:35 09:45 09:20 09:30 08:57	12,72 km/h
174	450	Stankovic Thomas		0:47:10	M30	19	0:47:17	08:36 09:11 09:46 10:11 09:24	12,72 km/h
175	194	Hüllsiek Hanno	Concunia GmbH	0:47:13	MHK	40	0:47:32	09:09 09:23 09:43 09:38 09:18	12,70 km/h
176	150	Gross Stephan		0:47:14	M35	26	0:47:18	08:46 08:59 09:36 09:43 10:08	12,70 km/h
177	360	Pöttker Martin	LSF Münster	0:47:15	M40	37	0:47:23	08:48 09:28 09:56 09:50 09:10	12,70 km/h
178	12	Ahring Marc	Landstreicher	0:47:15	MHK	41	0:47:26	08:21 09:30 09:45 09:53 09:43	12,70 km/h
179	692	Ahring Sven	Landstreicher	0:47:15	MHK	42	0:47:26	08:22 09:30 09:45 09:53 09:44	12,69 km/h
180	63	Brüggemann Josef	SG-Lüdinghausen	0:47:19	M60	2	0:47:24	09:09 09:25 09:39 09:41 09:22	12,68 km/h
181	733	Frisch Wolfgang	GW Westkirchen	0:47:28	M40	38	0:48:01	09:06 08:59 09:25 09:53 10:04	12,64 km/h
182	758	Klocke Matthias	NRW.Bank	0:47:31	MHK	43	0:48:12	08:52 09:05 09:33 09:53 10:06	12,63 km/h
183	285	Lukassen Peter	BSG Westfalen AG	0:47:33	M40	39	0:47:59	08:48 09:02 09:37 10:11 09:54	12,62 km/h
184	707	Solder Michael	TSV Handorf	0:47:47	M40	40	0:48:09	09:10 09:32 09:42 09:50 09:31	12,55 km/h
185	192	Horn Rainer		0:47:48	M40	41	0:48:34	09:34 09:32 09:40 09:42 09:19	12,55 km/h
186	725	Abdelkader Magdi	*Münster	0:47:53	M45	33	0:48:25	09:20 09:24 09:45 09:44 09:38	12,53 km/h
187	493	Vulf Simon	Lauffreunde Bönen	0:47:59	M60	3	0:48:10	09:11 09:38 09:46 09:48 09:35	12,50 km/h
188	289	Baumeister Marco	GW Lünten	0:48:01	M30	20	0:48:14	09:06 09:24 09:45 10:02 09:43	12,49 km/h
189	684	Bischof Ulf	*Münster	0:48:06	M40	42	0:48:39	09:20 09:31 09:45 09:51 09:37	12,47 km/h
190	495	waning peter	TV Vreden	0:48:07	M50	10	0:48:18	08:45 09:18 10:20 09:40 10:01	12,47 km/h
191	179	Herstelle Philipp		0:48:08	MHK	44	0:48:36	09:16 09:40 09:47 10:06 09:17	12,46 km/h
192	222	Kasprik Michael	Laufteam Sundermann	0:48:10	M30	21	0:48:12	08:37 09:34 10:02 10:08 09:47	12,46 km/h
193	136	Früchel Bernd	TuS Hiltrup	0:48:10	M45	34	0:48:18	08:58 09:24 09:46 10:02 09:58	12,46 km/h
194	130	Friedrich Martin	Feuerwehr Werne	0:48:10	M45	35	0:48:15	09:12 09:45 09:54 09:52 09:26	12,45 km/h
195	505	Wendt Carsten	RS im Kreuzviertel 8b (El	0:48:14	M45	36	0:48:22	08:53 09:35 09:51 10:08 09:45	12,44 km/h
196	469	Thaler Stefan		0:48:16	M40	43	0:48:30	09:08 09:36 09:45 09:53 09:52	12,43 km/h
197	0	unbekannt DZ5B01S		0:48:22	MHK	45	0:48:22	09:01 09:35 09:50 10:08 09:46	12,40 km/h
198	782	Holtgrave Peter	*Münster	0:48:28	M35	27	0:48:53	09:03 09:28 09:48 10:01 10:06	12,38 km/h
199	402	Scherlatzik Dirk	BSG AGRAVIS	0:48:29	M40	44	0:48:57	09:30 09:27 09:41 09:54 09:54	12,37 km/h
200	726	Junker Rüdiger	FI-Sport	0:48:33	M40	45	0:49:03	09:23 09:31 09:41 10:04 09:53	12,36 km/h
201	710	Stallbörger Reinhard	SV Teuto Riesenbeck	0:48:34	M50	11	0:49:09	09:31 09:34 09:32 09:57 09:58	12,35 km/h
202	87	Dirks Hendrik		0:48:35	MHK	46	0:49:15	10:03 09:48 09:39 09:37 09:27	12,35 km/h
203	688	Stockey Wolfgang	*Münster	0:48:37	M45	37	0:49:04	09:35 09:42 09:45 09:51 09:41	12,34 km/h
204	216	Kampert Martin	1 (GE/NL) Corps	0:48:40	M45	38	0:48:54	09:06 09:36 10:03 10:01 09:53	12,33 km/h
205	315	Milling Heiko	Laufteam Sundermann	0:48:41	M40	46	0:48:49	08:51 09:36 09:59 10:11 10:02	12,32 km/h
206	708	Voelkner Heinrich	*Münster	0:48:42	M35	28	0:49:12	08:58 09:06 09:36 10:15 10:45	12,32 km/h
207	157	Grundmann Dennis		0:48:43	M30	22	0:49:20	08:58 09:06 09:55 10:18 10:24	12,31 km/h
208	673	Vogelsang Nicholas	*Krefeld	0:48:44	MJB	6	0:49:00	09:20 10:07 09:23 10:14 09:38	12,31 km/h
209	781	Bertram Reinhard	*Münster	0:48:45	MHK	47	0:49:07	09:39 09:43 09:47 09:53 09:41	12,30 km/h
210	61	Brockmann Torsten		0:48:46	M30	23	0:49:07	09:10 09:28 09:41 10:04 10:21	12,30 km/h
211	677	Lopes Gomes Julio	*Münster	0:48:52	M45	39	0:48:56	08:40 09:26 10:26 10:14 10:05	12,28 km/h
212	372	Reicks Andreas	DJK Germania Mauritz	0:48:58	MHK	48	0:49:21	09:47 09:47 10:00 09:49 09:34	12,25 km/h
213	451	Jahn Stefan		0:48:58	M40	47	0:49:33	09:12 09:07 09:42 10:19 10:35	12,25 km/h
214	163	Hampel Mario	Laufteam Sundermann	0:49:02	M35	29	0:49:07	08:38 09:34 10:02 10:24 10:22	12,23 km/h
215	207	Jevric Dragan		0:49:04	M40	48	0:49:40	09:14 09:39 09:56 10:07 10:07	12,23 km/h
216	312	Stücker Michael		0:49:05	M35	30	0:49:16	09:18 09:37 09:54 10:06 10:09	12,22 km/h
217	250	Kröger Nils		0:49:06	MHK	49	0:49:35	10:21 10:09 09:58 09:43 08:53	12,22 km/h
218	727	Kuhn Hans-Dieter	*Münster	0:49:07	M55	7	0:49:26	08:33 09:15 10:03 10:50 10:25	12,21 km/h
219	778	Thyen Thomas	*Münster	0:49:08	M35	31	0:49:36	09:48 09:50 09:58 09:56 09:34	12,21 km/h
220	691	Höirg Udo	*Krefeld	0:49:11	MHK	50	0:49:18	08:26 09:49 10:12 10:35 10:07	12,20 km/h
221	686	Köhler Tim	*Münster	0:49:18	MHK	51	0:49:36	09:25 09:16 09:33 10:24 10:38	12,17 km/h
222	665	Zumkley Jörg	mock&more advertising	0:49:19	MHK	52	0:50:09	09:42 10:01 10:03 10:04 09:27	12,17 km/h
223	497	Webersberger Oliver		0:49:29	MHK	53	0:49:58	10:21 10:09 09:58 09:43 09:16	12,13 km/h
224	123	Freese Daniel	Rochus-Runners Telgte	0:49:31	M30	24	0:50:10	10:03 09:57 09:58 09:54 09:37	12,12 km/h
225	288	Mann Klaus	DJK-VFL Billerbeck	0:49:32	M45	40	0:49:50	09:53 10:11 10:05 10:04 09:18	12,11 km/h
226	705	Cavaco Jose-Antonio	LSF Münster	0:49:33	M35	32	0:49:37	08:56 09:31 09:53 10:37 10:34	12,11 km/h
227	784	Schlingemann Rudi	*Nottuln	0:49:33	M45	41	0:49:56	09:07 09:37 10:02 10:27 10:19	12,11 km/h
228	220	Kappel Joerg	SK Castrop-Rauxel	0:49:34	M40	49	0:50:30	10:15 10:07 10:01 09:57 09:12	12,10 km/h



Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
229	771	L'Autellier Jérôme	Laufteam Campingplatz M	0:49:34	M40	50	0:49:52 -	09:00 09:31 09:57 10:25 10:39	12,10 km/h
230	168	Havers Kai-Simon	LSF Münster	0:49:36	M30	25	0:50:05 -	09:42 09:48 10:05 10:02 09:56	12,10 km/h
231	680	Gantenfort Johannes	*Altenberge	0:49:37	M45	42	0:49:43 -	09:09 09:42 10:06 10:27 10:10	12,09 km/h
232	58	Breuker Michael	Laufteam Sundermann	0:49:41	MHK	54	0:50:08 -	09:37 09:45 10:03 10:10 10:05	12,07 km/h
233	387	Roske Adrian	RS im Kreuzviertel 9b	0:49:42	MJB	7	0:49:54 -	08:32 08:57 09:55 10:54 11:22	12,07 km/h
234	199	Ince Süreyya	Laufteam Sundermann	0:49:42	M35	33	0:49:46 -	09:06 09:44 10:03 10:27 10:20	12,07 km/h
235	787	Franke Frank	TV Hohne	0:49:46	M30	26	0:49:53 -	08:14 09:40 10:30 10:12 11:08	12,06 km/h
236	434	Schwiehner Dirk	LSF Münster	0:49:47	M40	51	0:50:35 -	09:28 09:59 09:58 10:17 10:02	12,05 km/h
237	660	Molitor Jan	*Münster	0:49:48	M30	27	0:50:00 -	09:03 09:40 10:06 10:27 10:30	12,04 km/h
238	330	Neumann Bertram	BSG Laufen GAD	0:50:10	M50	12	0:50:33 -	09:29 10:00 10:13 10:26 10:00	11,96 km/h
239	310	Krieger Michael	TuS Ascheberg	0:50:11	M45	43	0:50:49 -	09:17 09:47 10:08 10:27 10:30	11,96 km/h
240	508	Wesche Michael		0:50:13	M40	52	0:50:50 -	09:34 10:00 10:14 10:18 10:05	11,95 km/h
241	107	Evers Stefan		0:50:16	MHK	55	0:51:01 -	10:39 10:36 09:55 09:37 09:28	11,93 km/h
242	297	Mathewson Ian	LC Solbad Ravensberg	0:50:18	M50	13	0:50:30 -	09:20 09:46 10:10 10:37 10:24	11,93 km/h
242	125	Frenke Marcel	SV Davaria Davensberg	0:50:18	MJB	8	0:50:28 -	08:37 08:58 10:23 11:39 10:39	11,93 km/h
244	91	Dr. Peters Werner	ESV Münster	0:50:27	M50	14	0:50:39 -	09:40 09:50 10:10 10:35 10:10	11,89 km/h
245	96	Effelsberg Dave		0:50:27	M35	34	0:50:39 -	09:41 09:50 10:10 10:35 10:10	11,89 km/h
246	57	Brauner Patrick		0:50:30	M30	28	0:51:23 -	10:17 09:54 10:06 10:00 10:12	11,88 km/h
247	681	Rietbrock Andree	*Tecklenburg	0:50:31	M35	35	0:51:08 -	10:03 10:15 10:28 10:23 09:19	11,88 km/h
248	240	Kock Philipp	Sparta Münster	0:50:31	MJB	9	0:50:48 -	10:32 09:52 09:34 10:14 10:17	11,88 km/h
249	81	Damme Robert	GW Nottuln	0:50:34	M55	8	0:50:58 -	10:21 09:08 08:16 08:15 14:32	11,86 km/h
250	516	Winges Hans-Georg	BSG Westfalen AG	0:50:36	M40	53	0:51:04 -	09:36 09:49 10:10 10:33 10:26	11,85 km/h
251	260	Laqueur Andreas	Laufteam Sundermann	0:50:38	M55	9	0:51:19 -	10:10 10:11 10:09 10:03 10:03	11,85 km/h
252	384	Rohloff Dieter	LSF Münster	0:50:39	M60	4	0:50:57 -	09:09 09:45 10:17 10:37 10:50	11,84 km/h
253	99	Eiffler Ralf	Laufteam Sundermann	0:50:40	M40	54	0:51:12 -	10:15 10:14 10:05 10:13 09:51	11,84 km/h
254	117	Fliß Ludger	LSF Münster	0:50:45	M50	15	0:50:52 -	08:51 09:50 10:38 10:47 10:38	11,82 km/h
255	503	Welker Christian	LST Westfälische Nachri	0:50:49	M45	44	0:51:05 -	09:55 09:55 10:25 10:35 09:56	11,81 km/h
256	481	Venker Paul	LG Emsdetten	0:51:03	M60	5	0:51:10 -	09:55 09:53 10:13 10:31 10:29	11,75 km/h
257	193	Huber Ronny		0:51:05	M30	29	0:51:44 -	10:11 10:11 10:11 10:20 10:09	11,75 km/h
258	507	Wesche Heiner		0:51:07	M45	45	0:51:45 -	09:35 10:03 10:26 10:37 10:25	11,74 km/h
259	320	Möllers Ralf	Laufteam Sundermann	0:51:15	M45	46	0:51:57 -	10:12 10:02 10:14 10:28 10:17	11,71 km/h
260	355	Piesche Jörg	Laufteam Sundermann	0:51:16	M40	55	0:51:54 -	10:02 10:28 10:31 10:23 09:50	11,70 km/h
261	341	Oertker Dirk	Warendorfer SU	0:51:18	MHK	56	0:52:03 -	10:42 10:25 10:16 10:24 09:29	11,69 km/h
262	527	Herrmann Egbert	*Münster	0:51:25	M50	16	0:51:37 -	09:54 10:05 10:15 10:32 10:37	11,67 km/h
263	447	Spilker Jürgen	Laufteam Sundermann	0:51:25	M50	17	0:51:51 -	09:45 10:09 10:22 10:35 10:32	11,67 km/h
264	256	Land Tobias	HSP Münster Laufteam	0:51:26	MHK	57	0:52:11 -	10:45 10:16 10:29 10:19 09:36	11,66 km/h
265	352	Pflügler Christian	1 (GE/NL) Corps	0:51:27	M40	56	0:51:42 -	09:19 09:57 10:40 10:37 10:52	11,66 km/h
266	766	Oberschelp Christof	Marathon Steinfurt	0:51:30	MJA	3	0:51:52 -	10:12 10:19 10:25 10:28 10:04	11,65 km/h
267	712	Eggelsmann Uwe	BSG SK MLO	0:51:35	M40	57	0:52:18 -	10:03 09:49 10:09 10:25 11:07	11,63 km/h
268	404	Schlueter Ulrich	SV Teuto Riesenbeck	0:51:41	M55	10	0:52:32 -	10:15 09:51 10:17 10:34 10:43	11,61 km/h
269	422	Schröder Lars	BSG Selectric	0:51:43	M50	18	0:51:57 -	10:17 10:20 10:20 10:28 10:17	11,60 km/h
270	365	Quattrocchi Fulvio	Rochus-Runners Telgte	0:51:46	M60	6	0:51:56 -	09:01 09:46 10:52 11:17 10:49	11,59 km/h
271	606	Seeger Marc	*Münster	0:51:51	MHK	58	0:52:18 -	09:38 09:38 10:28 10:58 11:08	11,57 km/h
272	373	Reinermann Markus	RS im Kreuzviertel 7d (Elt	0:51:53	M40	58	0:52:12 -	09:31 09:58 10:20 10:49 11:13	11,56 km/h
273	395	Sackmann Thomas	BSG AGRAVIS	0:51:53	M45	47	0:52:20 -	09:48 10:25 10:40 10:36 10:22	11,56 km/h
274	75	Cosack Justin	RS im Kreuzviertel 8d	0:51:56	MSA	1	0:52:20 -	11:00 10:39 10:23 10:07 09:45	11,55 km/h
275	268	Lensing Sebastian	BSG Westfalen AG	0:51:57	MHK	59	0:52:24 -	09:43 10:10 10:30 11:06 10:25	11,55 km/h
276	223	Kayser Thomas	Aaseeschnecken Münster	0:52:00	M40	59	0:52:34 -	10:04 10:02 10:21 10:51 10:41	11,54 km/h
277	783	Klaiber Wolfgang	Laufteam Sundermann	0:52:04	M40	60	0:52:26 -	10:00 10:17 10:41 10:29 10:35	11,52 km/h
278	132	Frieg Thomas	Vorwärts Holtbeck	0:52:04	M45	48	0:52:26 -	10:03 10:17 10:38 10:30 10:34	11,52 km/h
279	385	Rose Norbert	Laufteam Sundermann	0:52:05	M40	61	0:52:29 -	10:17 10:19 10:17 10:42 10:28	11,52 km/h
280	689	Rose Lasse	Laufteam Sundermann	0:52:05	MSA	2	0:52:29 -	10:17 10:18 10:17 10:43 10:27	11,52 km/h
281	477	Trost Christian	Concunia GmbH	0:52:07	M30	30	0:52:27 -	09:49 10:22 10:34 10:41 10:39	11,51 km/h
282	205	Jaster Berthold		0:52:07	M45	49	0:52:54 -	11:31 10:14 09:59 10:10 10:11	11,51 km/h
283	80	Czogiel Nicolai	BSG Westfalen AG	0:52:07	MHK	60	0:52:34 -	09:50 10:07 10:27 10:50 10:50	11,51 km/h
284	69	Bussmann Daniel	GS Hohenholte	0:52:07	M30	31	0:52:58 -	10:39 10:24 10:24 10:27 10:11	11,51 km/h
285	211	Jürgens Andreas	Concunia GmbH	0:52:08	M40	62	0:52:27 -	09:50 10:22 10:34 10:41 10:39	11,51 km/h

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
286	602	Kredtke Markus	Brooks Running	0:52:10	M30	32	0:52:35	10:06 10:23 10:49 10:41 10:09	11,50 km/h
287	383	Röttgerding Martin		0:52:14	MHK	61	0:52:47	09:52 10:33 10:41 10:45 10:21	11,48 km/h
288	204	Janssen Alexander	BSG AGRAVIS	0:52:14	M35	36	0:52:43	10:14 10:08 10:25 10:37 10:48	11,48 km/h
289	605	Gruben Matthäus	Unisport Bielefeld	0:52:16	MHK	62	0:53:12	10:19 10:48 10:30 10:40 09:57	11,48 km/h
290	261	Laubrock Thomas	TuS Altenberge	0:52:22	M35	37	0:53:08	10:44 10:34 10:08 10:17 10:38	11,45 km/h
290	369	Reichelt Andreas	1 (GE/NL) Corps	0:52:22	M50	19	0:52:37	09:49 10:31 10:39 10:36 10:45	11,45 km/h
292	325	Mück-Lichtenfeld Christian		0:52:23	M40	63	0:52:58	10:10 10:19 10:25 10:46 10:42	11,45 km/h
293	334	Nientiedt Klaus	DJK Dyckburg	0:52:30	M50	20	0:53:01	10:13 10:10 10:28 10:41 10:56	11,43 km/h
294	229	Kenter Sebastian	HSP Münster Laufteam	0:52:33	MHK	63	0:53:17	10:42 10:18 10:35 10:51 10:06	11,41 km/h
295	494	Walla Pascal	RS im Kreuzviertel 8d	0:52:37	MSA	3	0:53:01	10:59 10:38 10:24 10:10 10:23	11,40 km/h
296	324	Mucksch Norbert	Hochschulsport Münster	0:52:38	M50	21	0:53:01	10:10 10:33 10:36 10:48 10:29	11,40 km/h
297	690	Bußmann Guido	*Beckum	0:52:40	MHK	64	0:53:01	10:13 10:31 11:01 10:54 09:59	11,39 km/h
298	346	Pacholski Jannis	BSG Westfalen AG	0:52:47	M40	64	0:53:17	10:35 10:47 10:26 10:43 10:14	11,37 km/h
299	239	Kock Kai-Uwe	LSF Münster	0:52:50	M45	50	0:53:06	10:32 10:27 10:21 10:51 10:37	11,36 km/h
300	139	Gehring Udo	Laufteam Sundermann	0:53:00	M40	65	0:53:40	10:07 10:19 10:37 11:02 10:52	11,32 km/h
301	462	Strotmann Thomas	Laufteam Sundermann	0:53:00	M45	51	0:53:32	10:55 10:46 10:26 10:36 10:16	11,32 km/h
302	37	Bensmann Frank		0:53:03	M35	38	0:53:19	10:15 10:33 10:40 10:50 10:43	11,31 km/h
303	143	Geuer Manfred	Crazy Runners	0:53:03	M55	11	0:53:19	10:16 10:34 10:39 10:51 10:42	11,31 km/h
304	767	Stark Ingo	BSG Berufsfeuerwehr Mü	0:53:12	MHK	65	0:53:42	09:10 09:20 09:32 09:42 15:26	11,28 km/h
305	685	Zdrosewski Horst	*Münster	0:53:12	M65	1	0:54:07	10:36 10:36 10:38 10:49 10:31	11,28 km/h
306	161	Halsbenning Stefan		0:53:14	MHK	66	0:53:52	10:52 10:34 10:34 10:39 10:33	11,27 km/h
307	24	Bajonczak Sascha	RunKeepers	0:53:17	M30	33	0:53:54	10:57 13:08 14:16 00:00 00:00	11,26 km/h
308	755	Dekker Frank	*Sendenhorst	0:53:18	M45	52	0:53:53	09:38 10:10 11:02 11:02 11:24	11,26 km/h
309	693	Weckendorf Jörg	*Münster	0:53:23	M35	39	0:54:03	09:56 10:33 10:49 11:01 11:03	11,24 km/h
310	599	Möhrke Philipp	*Münster	0:53:28	MHK	67	0:54:00	10:01 10:22 10:45 11:00 11:18	11,22 km/h
311	487	Vogt Guido	RS im Kreuzviertel 5a (Elt	0:53:33	M40	66	0:54:01	10:17 10:30 10:48 11:11 10:46	11,20 km/h
312	669	Reichelt Heinrich	LT Handorf	0:53:34	M60	7	0:54:06	10:38 10:23 10:41 10:51 10:59	11,20 km/h
313	746	Muckelmann Peter	*Münster	0:53:34	M55	12	0:54:02	10:16 10:30 10:48 11:11 10:47	11,20 km/h
314	682	Haack Paul	*Schwerte	0:53:44	MSA	4	0:53:59	10:45 11:11 11:11 10:35 09:59	11,16 km/h
315	491	voss Christian		0:53:45	M30	34	0:54:05	10:34 10:33 10:54 11:07 10:35	11,16 km/h
316	511	Wielers Benno		0:53:48	M35	40	0:54:32	11:18 11:06 10:45 10:16 10:23	11,15 km/h
317	249	Krieger Ingo		0:53:50	MHK	68	0:54:33	10:29 10:35 10:56 11:10 10:37	11,14 km/h
318	664	Meibelk Helmut	*Greven	0:53:51	M60	8	0:54:04	10:16 10:36 10:58 11:09 10:49	11,14 km/h
319	235	Knuth Uwe	Laufteam Sundermann	0:53:53	M45	53	0:54:12	10:18 10:46 10:58 11:07 10:43	11,13 km/h
320	137	Gawlick Stefan	KBS Ruhrpott	0:53:54	M30	35	0:54:48	10:53 10:49 10:50 10:52 10:28	11,13 km/h
321	742	Haack Carsten	*Schwerte	0:53:56	M45	54	0:54:10	10:45 11:11 11:12 10:35 10:11	11,12 km/h
322	408	Schmidt Frank	Spvgg Nachrodt	0:54:01	M40	67	0:54:40	10:31 10:29 10:50 10:59 11:10	11,11 km/h
323	687	Bealting Franz-Josef	TC Manta Steinfurt	0:54:04	M45	55	0:54:47	10:06 10:28 10:53 11:18 11:18	11,09 km/h
324	309	Meyer Winfried	LST Westfälische Nachri	0:54:06	M50	22	0:54:21	10:16 10:55 10:57 11:05 10:51	11,09 km/h
325	747	Mentrup Dirk	*Münster	0:54:08	M40	68	0:54:41	10:53 11:01 10:58 10:46 10:28	11,08 km/h
326	354	Piegza Sebastian		0:54:17	M30	36	0:55:12	10:53 11:00 11:09 11:04 10:08	11,05 km/h
327	479	Varga Georg	Active Runner	0:54:18	M45	56	0:54:44	10:20 10:38 11:07 11:05 11:05	11,05 km/h
328	504	Weller Mario	Campingplatz Münster	0:54:26	M35	41	0:55:11	10:12 10:08 11:11 11:13 11:42	11,02 km/h
329	661	Riddermann Reinhold	*Lüdinghausen	0:54:28	M45	57	0:55:12	10:33 10:54 10:49 11:01 11:09	11,01 km/h
330	244	Kräußlich René	LST Westfälische Nachri	0:54:30	M35	42	0:54:44	09:31 10:31 11:13 11:40 11:34	11,01 km/h
331	218	Kania Christian		0:54:31	M40	69	0:55:27	10:28 11:01 11:15 11:15 10:30	11,00 km/h
332	236	Koch Jochen		0:54:32	M50	23	0:55:05	10:07 10:20 10:44 13:10 10:10	11,00 km/h
333	231	Kiefer Christian		0:54:34	M40	70	0:55:22	10:39 10:36 10:58 11:11 11:08	10,99 km/h
334	151	Groß Michael	BSV Ostbevern	0:54:36	M35	43	0:55:20	11:17 11:12 11:13 10:32 10:18	10,99 km/h
335	519	Zahlmann Marc	LST Westfälische Nachri	0:54:42	M35	44	0:55:23	11:23 11:03 10:59 10:57 10:18	10,97 km/h
336	607	Barenecker Jörg	*Telgte	0:54:44	M45	58	0:55:30	10:29 10:39 11:14 11:25 10:56	10,96 km/h
337	378	Reß Michael		0:54:47	M55	13	0:55:05	09:45 11:00 11:22 11:31 11:08	10,95 km/h
338	282	Lüningschrör Dietmar	LG Burg Wiedenbrück	0:54:54	M45	59	0:55:35	10:46 10:39 11:07 11:14 11:07	10,93 km/h
339	698	Berkemeyer Tim	Pascal Gymnasium	0:55:04	MJB	10	0:55:46	11:30 11:38 11:21 10:44 09:48	10,89 km/h
340	326	Müller Jan	MSTV Stennis	0:55:07	MHK	69	0:55:40	11:18 12:25 12:44 09:10 09:28	10,88 km/h
341	100	Elling Marco	LST Westfälische Nachri	0:55:13	M30	37	0:55:26	09:45 10:33 11:25 11:58 11:31	10,86 km/h
342	666	Voss Ulrich	*Sendenhorst	0:55:15	M35	45	0:56:04	11:09 11:18 11:24 10:49 10:34	10,86 km/h

Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
343	51	Böttcher Markus		0:55:25	M30	38	0:55:45	10:34 10:38 11:09 11:29 11:32	10,83 km/h
344	364	Preisinger Thomas	AWD	0:55:33	M45	60	0:55:47	09:53 10:51 11:21 11:43 11:43	10,80 km/h
345	338	Ochs Dr. Guntram		0:55:38	M45	61	0:55:59	09:56 10:08 10:28 13:53 11:11	10,78 km/h
346	18	Arning Klaus	Dülmen Lläuft	0:55:41	M55	14	0:56:19	10:43 11:06 11:12 11:17 11:22	10,77 km/h
347	506	Werner Gerhard	medisport dortmund	0:55:43	M60	9	0:56:30	10:48 10:54 11:10 11:22 11:28	10,77 km/h
348	530	Koßmeier Felix	Provincial Versicherung	0:55:45	MHK	70	0:56:33	10:38 10:36 11:10 00:00 00:00	10,76 km/h
349	529	Puke Frank	Provincial Versicherung	0:55:45	M55	15	0:56:32	10:38 10:36 11:09 11:44 11:36	10,76 km/h
350	329	Neuhaus Markus	Laufwunder Hiltrup	0:56:01	M45	62	0:56:36	11:23 11:02 11:15 11:17 11:02	10,71 km/h
351	501	Weiß Oliver		0:56:12	M45	63	0:57:00	10:57 10:55 11:10 11:33 11:35	10,67 km/h
352	322	Moser Lars		0:56:13	M40	71	0:57:03	10:33 11:14 11:38 11:43 11:04	10,67 km/h
353	700	Cedric Kolter		0:56:14	M30	39	0:57:06	11:14 10:53 11:18 11:41 11:06	10,67 km/h
354	52	Bonna Marc	RS im Kreuzviertel 9c	0:56:28	MJB	11	0:56:55	10:32 10:39 12:40 11:22 11:13	10,62 km/h
355	401	Schemmer Jürgen		0:56:29	M40	72	0:57:09	10:24 10:57 11:30 11:49 11:48	10,62 km/h
356	423	Schröer Marcel	RS im Kreuzviertel 9d	0:57:15	MJB	12	0:57:33	09:45 15:22 17:03 00:00 00:00	10,48 km/h
357	252	Küppers Christian		0:57:15	M35	46	0:57:59	11:33 11:55 11:30 11:27 10:48	10,48 km/h
358	406	Schmidt Achim	BSV Roxel	0:57:25	M55	16	0:57:51	10:05 10:54 11:53 12:21 12:11	10,45 km/h
359	361	Pohlmann Josef	SG DJK Dyckburg Münt	0:57:39	M60	10	0:58:10	11:14 11:28 11:39 11:39 11:37	10,41 km/h
360	186	Hollstein Klaus		0:57:42	M40	73	0:58:06	10:58 11:08 11:42 12:04 11:48	10,40 km/h
361	764	Lüken Guido	Lauffreunde Emsland	0:57:50	M35	47	0:57:50	10:55 11:20 11:45 12:04 11:43	10,37 km/h
362	183	HÖLKER OLIVER		0:58:03	M40	74	0:58:37	11:01 11:04 11:36 12:05 12:15	10,34 km/h
363	102	Engelhard Sven	Post SV GT	0:58:11	M40	75	0:58:28	10:37 11:05 11:57 12:23 12:08	10,31 km/h
364	405	Schlüter Martin		0:58:14	M50	24	0:59:03	11:29 11:19 11:39 11:48 11:57	10,30 km/h
365	159	Hahn Günter		0:58:19	M55	17	0:59:10	10:58 11:57 11:59 12:00 11:23	10,29 km/h
366	311	Meikel Michael	Weizenbierfreunde Gremm	0:58:23	M50	25	0:59:12	10:55 11:18 11:55 12:22 11:51	10,28 km/h
367	683	Püttmann Jürgen	*Unna	0:58:35	M50	26	0:59:15	11:14 11:53 12:01 12:10 11:16	10,24 km/h
368	295	Matheke Marco	TV Hohne	0:58:43	MJA	4	0:59:29	11:36 12:01 12:00 11:56 11:08	10,22 km/h
369	304	Merse Heinz	LSF Münster	0:58:53	M50	27	0:59:20	11:18 12:04 12:19 11:42 11:27	10,19 km/h
370	438	Siebers Norbert		0:58:57	M40	76	0:59:12	10:33 11:53 12:29 12:21 11:40	10,18 km/h
371	73	Mahler Christoph	TSG-Münster	0:59:04	M60	11	0:59:33	11:11 11:22 11:56 12:27 12:06	10,16 km/h
372	275	Lindhauer Hubert		0:59:09	M55	18	0:59:56	11:25 11:38 11:57 12:11 11:56	10,14 km/h
373	53	Borchmann Günter	Post SV Gütersloh	0:59:12	M55	19	0:59:28	10:52 11:56 12:24 12:14 11:45	10,13 km/h
374	271	Liewald Reinhard	BSG Arbeitsagentur MS	0:59:24	M55	20	1:00:13	11:33 11:54 12:20 12:08 11:47	10,10 km/h
375	328	Müntes Ulrich	Laufteam Sundermann	0:59:31	M50	28	0:59:44	11:36 11:57 11:58 12:01 11:56	10,08 km/h
376	68	Buschkamp Reinhard		0:59:31	M50	29	1:00:22	11:15 11:45 12:00 12:16 12:12	10,08 km/h
377	600	Seyfried Ernst	ASU Sanden	0:59:36	M70	1	1:00:09	10:52 11:16 11:52 12:31 13:04	10,07 km/h
378	695	Schulze Lutz	*Münster	0:59:44	M45	64	1:00:09	10:55 11:29 12:25 12:40 12:13	10,04 km/h
379	1632	Arnemann Georg	*Ahlen	0:59:58	M35	48	1:00:14	10:56 11:32 12:04 13:09 12:16	10,00 km/h
380	724	Hagemann Horst	SP MSLO	1:00:03	M60	12	1:00:51	11:35 11:49 12:03 12:28 12:06	9,99 km/h
381	418	Schößler Martin		1:00:08	M40	77	1:00:21	10:57 11:21 12:11 12:47 12:51	9,98 km/h
382	412	Schmitte Frank	SV Adler Münster	1:00:14	M45	65	1:00:36	11:16 11:50 12:12 12:27 12:27	9,96 km/h
383	34	Beisenkroll Günther	LST Westfälische Nachri	1:00:18	M55	21	1:00:59	11:31 11:39 12:15 12:37 12:14	9,95 km/h
384	127	Freund Jörg		1:00:27	M45	66	1:01:14	12:09 12:03 12:12 12:08 11:53	9,92 km/h
385	717	Jansen Manfred	*Münster	1:00:31	M45	67	1:01:02	11:39 11:58 12:00 12:34 12:18	9,91 km/h
386	278	Lotze Leonhard	Laufteam Sundermann	1:00:36	M55	22	1:00:48	11:12 11:40 12:14 12:38 12:49	9,90 km/h
387	532	Möllers Marwin	Hittof Gymnasium	1:00:40	MSA	5	1:01:22	11:18 11:23 12:42 13:28 11:47	9,89 km/h
388	531	Müllers Günter	Segelfluggruppe Münster	1:00:42	M50	30	1:01:25	11:18 11:23 12:42 13:28 11:49	9,88 km/h
389	663	Tschuschke Paul	*Münster	1:00:45	M40	78	1:01:20	12:23 12:57 13:33 10:50 10:59	9,88 km/h
390	667	Hilgemann Lukas	For Fair Education	1:01:05	MHK	71	1:01:16	10:36 11:39 12:57 13:24 12:28	9,82 km/h
391	327	Müllmann Joscha	RS im Kreuzviertel 9b	1:01:21	MJB	13	1:01:47	10:33 10:39 13:11 12:43 14:13	9,78 km/h
392	502	Weitkamp Bernd	RS im Kreuzviertel 8b (Elt	1:01:50	M45	68	1:02:29	10:53 12:03 12:50 13:03 13:00	9,70 km/h
393	342	Ortlepp Mathias	RS im Kreuzviertel 8c	1:01:51	MSA	6	1:02:17	11:25 11:35 12:27 13:43 12:40	9,70 km/h
394	668	Prokofyev Sergey	*Münster	1:02:02	M55	23	1:02:48	11:22 11:57 12:38 12:57 13:06	9,67 km/h
395	748	Grube Frank	TuS Hiltrup	1:02:20	M40	79	1:03:10	11:26 11:58 12:44 13:02 13:08	9,62 km/h
396	739	Blechmann Björn	*Greven	1:02:37	M30	40	1:02:55	09:03 09:23 09:44 25:35 08:50	9,58 km/h
397	460	Strehl Christian		1:03:01	M50	31	1:03:27	11:38 12:48 12:57 13:00 12:37	9,52 km/h
398	510	Wichmann Stefan	RS im Kreuzviertel 5b (Elt	1:03:25	M50	32	1:03:55	11:40 12:22 12:44 13:11 13:27	9,46 km/h
399	314	Mikus Michael	Adolph-Kolping-Berufskoll	1:04:06	M50	33	1:04:53	11:32 12:21 13:19 13:42 13:12	9,36 km/h



Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Pl	Bruttozeit	Rundenzeiten	Geschwindigkeit
400	757	Kuper Klaus	*Belm	1:04:22	M70	2	1:05:14 -	12:50 12:39 12:48 13:06 12:56	9,32 km/h
401	528	Fischer Klaus	SV Cospeda	1:04:43	M65	2	1:05:23 -	12:07 12:44 13:12 13:29 13:09	9,27 km/h
402	366	Rahms Michael		1:06:28	M40	80	1:07:02 -	11:34 12:19 13:35 14:17 14:40	9,03 km/h
403	441	Skubschewski Ralf	Laufsport Senden	1:06:28	M40	81	1:07:02 -	11:35 12:19 13:35 14:17 14:40	9,03 km/h
404	1232	Hundertmark Ben	RS im Kreuzviertel 10c	1:07:31	MJB	14	1:08:14 -	12:53 13:19 13:50 13:44 13:44	8,89 km/h
405	464	Sumowski Klaus	RS im Kreuzviertel 7c (Leh)	1:07:37	M45	69	1:08:14 -	13:17 13:20 13:29 13:44 13:44	8,87 km/h
406	134	Frisch Maximilian	RS im Kreuzviertel 10a	1:09:16	MJB	15	1:09:59 -	12:53 13:19 14:42 15:08 13:12	8,66 km/h
407	714	Mühlbauer Bernhard	Ski-Club Furth	1:09:24	M45	70	1:10:17 -	12:38 13:32 14:19 14:42 14:11	8,64 km/h
408	10	Ackermann Olivier	Pascal-Gymnasium 10e3	1:09:45	MJB	16	1:10:27 -	11:30 11:40 15:39 16:51 14:04	8,60 km/h
409	709	Hemmelgarn Martin	Tri Finish Münster	1:10:31	M50	34	1:11:12 -	13:20 13:38 14:18 15:00 14:13	8,51 km/h
410	773	Mertens Hans	Es geht auch besser	1:14:39	M60	13	1:15:31 -	13:15 14:08 14:43 16:15 16:16	8,04 km/h
411	0	Bruder Bodo	LSF Münster	1:15:32	M70	3	1:15:32 -	14:07 14:09 14:41 16:15 16:16	7,94 km/h



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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	241	Koech Rebbby	Kenia (Brooks)	0:35:30	WHK	1	0:35:33 - 06:45	07:07 07:10 07:18 07:08	16,90 km/h
2	457	Stöcker Nina	LG Ratio Münster	0:36:30	WJA	1	0:36:32 - 07:01	07:18 07:25 07:24 07:20	16,43 km/h
3	259	Lange-Austrup Peggy	Sus Olfen	0:36:41	W35	1	0:36:42 - 06:59	07:14 07:27 07:29 07:30	16,36 km/h
4	283	Lüring Sandra	ESV Münster	0:37:42	WHK	2	0:37:45 - 07:18	07:28 07:39 07:43 07:32	15,91 km/h
5	169	Heckmann Kirsten	SV Brackwede	0:37:52	W30	1	0:37:56 - 07:17	07:22 07:39 07:48 07:44	15,84 km/h
6	427	Schüler Nina	ESV Münster	0:38:17	W30	2	0:38:17 - 07:24	07:33 07:40 07:53 07:45	15,67 km/h
7	174	Hempelmann Jana	LSF Münster	0:38:21	W30	3	0:38:24 - 07:19	07:30 07:44 07:54 07:53	15,64 km/h
8	459	Straeten Frederike	LG Ratio Münster	0:38:48	WJA	2	0:38:51 - 07:19	07:39 07:55 08:02 07:52	15,46 km/h
9	232	Kionka Melanie	LG Hamm	0:39:57	WHK	3	0:40:01 - 07:51	08:02 08:00 08:07 07:55	15,01 km/h
10	339	Oeldemann Marina	HSP Münster Laufteam	0:40:34	WHK	4	0:40:39 - 07:52	08:07 08:11 08:12 08:11	14,78 km/h
11	152	Großkopff Isabelle Anna		0:40:54	WJA	3	0:40:58 - 07:36	08:00 08:17 08:33 08:26	14,67 km/h
12	483	Vergin Stefanie	Post SV Gütersloh	0:41:47	W35	2	0:41:52 - 08:00	08:21 08:27 08:33 08:24	14,36 km/h
13	375	Rellensmann Johanna	LSF Münster	0:42:05	WHK	5	0:42:09 - 08:03	08:22 08:37 08:42 08:20	14,26 km/h
14	729	Juchem Julia	*Bonn	0:42:34	W35	3	0:42:46 - 08:22	08:24 08:34 08:41 08:31	14,10 km/h
15	114	Fischer Sabine		0:43:35	WHK	6	0:43:48 - 08:38	08:40 08:50 08:48 08:38	13,76 km/h
16	176	Henke Gudrun		0:44:53	W35	4	0:45:08 - 08:41	08:51 09:05 09:10 09:05	13,36 km/h
17	744	Meyer Joanna	Tri Team Münster	0:45:30	WHK	7	0:45:40 - 08:45	08:51 09:15 09:30 09:07	13,18 km/h
18	386	Rose Petra	Laufteam Sundermann	0:45:40	W40	1	0:46:04 - 08:50	09:12 09:17 09:20 09:00	13,13 km/h
19	230	kern mirjam		0:45:44	W45	1	0:45:56 - 09:00	09:01 09:11 09:15 09:15	13,12 km/h
20	732	Kortmann Sonja	LG Ems Warendorf	0:46:00	WJB	1	0:46:33 - 08:59	09:08 09:14 09:20 09:19	13,04 km/h
21	363	Postert Christiane	Rochus-Runners Telgte	0:46:23	W35	5	0:46:23 - 08:59	09:04 09:19 09:31 09:28	12,94 km/h
22	749	Kümpers Julia	ESV Münster	0:46:43	WJA	4	0:46:52 - 09:02	09:16 09:35 09:32 09:17	12,84 km/h
23	15	Ania Smolka		0:47:18	WHK	8	0:47:36 - 09:25	09:17 09:33 09:37 09:25	12,68 km/h
24	751	Rolf Britta	TriFinish Münster	0:47:24	W30	4	0:47:29 - 08:47	09:19 09:43 09:48 09:45	12,66 km/h
25	353	Pickhardt Nadine	Triathlon Team Witten	0:47:35	WHK	9	0:47:45 - 09:39	09:36 09:29 09:30 09:20	12,61 km/h
26	390	Rotthauwe Juliana	LSF Münster	0:47:36	W30	5	0:47:46 - 09:13	09:20 09:41 09:46 09:34	12,60 km/h
27	417	Schoene Maja	RS im Kreuzviertel 9d	0:48:10	WSA	1	0:48:38 - 11:00	11:35 13:22 00:00 00:00	12,45 km/h
28	248	Krell-Witte Delia	LSF Münster	0:48:11	W50	1	0:48:18 - 08:55	09:32 09:51 10:02 09:50	12,45 km/h
29	202	Jaeger Tanja		0:48:11	W35	6	0:48:25 - 09:08	09:36 09:45 09:53 09:48	12,45 km/h
30	23	Bäcker Lilli	RS im Kreuzviertel 9b	0:48:12	WJB	2	0:48:37 - 11:03	11:36 12:33 00:00 00:00	12,45 km/h
31	210	Jücker-Deifuß Christine	FC Nordkirchen	0:48:27	W40	2	0:48:33 - 09:19	09:37 09:47 09:50 09:52	12,38 km/h
32	498	Wegmann Nadine	Isf	0:48:33	WHK	10	0:48:43 - 09:38	09:36 09:28 09:37 10:11	12,36 km/h
33	273	Lindau Kathleen	WSV Oberhof	0:48:51	WHK	11	0:49:00 - 09:00	09:29 09:56 10:10 10:13	12,28 km/h
34	337	Nöcker Manuela		0:49:18	W35	7	0:49:47 - 09:18	09:36 10:02 10:17 10:03	12,17 km/h
35	120	Florien Wilma	Münster	0:49:20	W30	6	0:49:31 - 09:07	09:43 10:02 10:15 10:11	12,16 km/h
36	670	Martini Wiebke	*Münster	0:49:34	W30	7	0:50:01 - 10:14	09:58 09:58 09:54 09:29	12,10 km/h
37	203	Jankiewicz Ines	Marathon Steinfurt	0:49:35	W30	8	0:49:55 - 09:24	09:59 10:06 10:11 09:53	12,10 km/h
38	38	Berkemeyer Ariane		0:49:36	WHK	12	0:49:53 - 09:29	09:47 09:58 10:16 10:05	12,09 km/h
39	514	Wiesmann Ingrid		0:49:51	W35	8	0:50:06 - 09:28	09:47 10:03 10:16 10:16	12,03 km/h
40	113	Fieseler Wiebke		0:50:02	WHK	13	0:50:19 - 10:05	10:03 10:10 10:00 09:43	11,99 km/h
41	296	Mathewson Fiona	Gymnasium Heepen (Bi	0:50:09	WSA	2	0:50:19 - 09:22	09:40 10:03 10:29 10:33	11,96 km/h
42	153	Großmann Maike		0:50:09	WHK	14	0:50:21 - 09:21	09:55 10:22 10:39 09:50	11,96 km/h
43	299	Matzke Juliane	BSG AGRAVIS	0:50:16	WHK	15	0:50:44 - 09:36	09:49 10:07 10:23 10:19	11,94 km/h
44	382	Rösner Diana	LSF	0:50:20	WHK	16	0:50:30 - 09:14	09:45 10:51 10:16 10:12	11,92 km/h
45	242	König Ute	LSF Münster	0:50:42	W45	2	0:50:59 - 10:24	10:01 10:02 10:04 10:10	11,83 km/h
46	376	Rennekamp Nadine	SV Teuto Riesenbeck	0:50:47	W35	9	0:51:22 - 09:39	10:10 10:18 10:28 10:10	11,81 km/h
47	393	Rudolph-Meier Marietheres	SC-Altenrheine	0:50:56	W40	3	0:51:16 - 09:56	10:08 10:19 10:29 10:03	11,78 km/h
48	190	Hombberger Natalie		0:51:00	W40	4	0:51:50 - 10:14	10:09 10:19 10:27 09:49	11,76 km/h
49	228	Kelling Elisabeth	auszeitflitzer	0:51:10	W40	5	0:51:15 - 09:28	10:10 10:38 10:32 10:21	11,72 km/h
50	254	Lamberts Eva		0:51:18	WHK	17	0:52:03 - 10:42	10:26 10:16 10:23 09:30	11,69 km/h
51	711	Schulze Palstring Stefanie	Marathon Steinfurt	0:51:31	WHK	18	0:51:53 - 10:13	10:19 10:25 10:28 10:04	11,65 km/h
52	270	Leuer Ulla	Laufteam Sundermann	0:51:53	W45	3	0:52:13 - 09:47	10:06 10:33 10:47 10:38	11,56 km/h
53	381	Röhling Brigitta	Laufteam Sundermann	0:51:54	W40	6	0:52:14 - 09:47	10:06 10:34 10:47 10:38	11,56 km/h
54	478	Uhlenbrock Sabrina		0:51:59	WHK	19	0:52:24 - 10:26	10:22 10:30 10:35 10:04	11,54 km/h
55	181	Heuer Barbara	LSF	0:52:02	W45	4	0:52:31 - 10:19	10:12 10:20 10:35 10:35	11,53 km/h
56	756	Leufke Christel	*Nottuln	0:52:17	WHK	20	0:52:39 - 09:35	10:38 10:39 10:36 10:47	11,48 km/h
57	182	Hirsch Janina		0:52:18	WHK	21	0:53:15 - 10:20	10:47 10:30 10:39 10:00	11,47 km/h

4. Juli 2010  
10 km



Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PI	Bruttozeit	Rundenzeiten	Geschwindigkeit
58	697	Ott Rebecca	*Münster	0:52:33	WHK	22	0:53:05	10:01 10:22 10:45 11:00 10:23	11,41 km/h
59	255	Lammers Bianca	HSP Münster Laufteam	0:52:34	WHK	23	0:53:19	10:39 10:37 10:25 10:42 10:10	11,41 km/h
60	333	Niehüser Theresia		0:52:39	W45	5	0:53:29	10:01 10:02 10:34 11:03 10:57	11,39 km/h
61	144	Glöckner Gudrun	Laufteam Sundermann	0:52:47	W55	1	0:53:24	10:20 10:16 10:34 10:51 10:45	11,36 km/h
62	238	Koch Susanne		0:52:53	W30	9	0:53:07	08:57 09:41 10:48 11:57 11:29	11,34 km/h
63	754	vab Aek Fiona	*Münster	0:52:55	WHK	24	0:53:19	10:13 10:26 10:35 11:04 10:37	11,34 km/h
64	357	Poch Astrid	TSG GutsMuths Quedlinb	0:53:18	W40	7	0:53:34	10:05 10:26 10:48 10:59 10:57	11,26 km/h
65	741	Wieoers Silvia	Raad Research	0:53:41	W45	6	0:54:40	10:45 10:40 10:55 10:55 10:24	11,17 km/h
66	108	Falk Birgit	TV Friesen Telgte	0:54:20	W30	10	0:54:56	09:47 10:41 11:12 11:24 11:14	11,04 km/h
67	738	Lopes Gomes Rosa	*Münster	0:55:01	W40	8	0:55:04	10:32 10:37 11:09 11:19 11:22	10,91 km/h
68	696	Dransfeld Kira	Pascal-Gymnasium	0:55:37	WJB	3	0:56:19	11:30 11:40 11:20 10:45 10:21	10,79 km/h
69	201	Ischner-Vahrst Andrea	GW-Albersloh	0:56:06	W40	9	0:56:37	10:55 11:01 10:58 11:28 11:42	10,69 km/h
70	699	Borgmann Petra	*Münster	0:56:20	W40	10	0:56:57	10:51 11:16 11:11 11:27 11:33	10,65 km/h
71	293	Martin Beatrix	Rochus-Runners Telgte	0:56:21	W40	11	0:56:33	10:56 11:14 11:21 11:35 11:13	10,65 km/h
72	180	Heß- Engemann Pia		0:56:27	W45	7	0:57:01	10:42 11:00 11:22 11:41 11:40	10,63 km/h
73	279	Luchtenberg-Pacyna Petra	SF Ennepetal	0:56:33	W50	2	0:57:08	10:52 11:09 11:26 11:38 11:26	10,61 km/h
74	419	Scholand Ines	RS im Kreuzviertel ÜMI	0:57:11	WHK	25	0:57:37	10:57 10:51 11:26 12:00 11:55	10,49 km/h
75	124	Frehe Sabine		0:57:14	W40	12	0:57:19	10:18 11:08 11:44 11:58 12:03	10,48 km/h
76	480	Venker Margret	LG Emsdetten	0:57:14	W60	1	0:57:49	10:55 11:16 11:38 11:55 11:28	10,48 km/h
77	225	Keeren Susanne	Pro Vital Hilstrup	0:57:26	W40	13	0:58:01	11:10 11:22 11:34 11:36 11:41	10,45 km/h
78	233	Kleve Kathrin	Laufteam Sundermann	0:57:27	WHK	26	0:57:47	10:28 11:34 11:44 11:57 11:42	10,44 km/h
79	453	Steffen-Mester Petra	SF Ennepetal	0:57:31	W55	2	0:58:07	10:53 11:18 11:39 11:56 11:44	10,43 km/h
80	79	Czech Christiane		0:57:38	W45	8	0:57:56	11:06 11:30 11:47 11:48 11:25	10,41 km/h
81	467	Temming-Theisen Christi		0:57:42	W35	10	0:58:06	10:58 11:08 11:42 12:04 11:48	10,40 km/h
82	403	Schlechter Eva		0:57:50	WHK	27	0:58:08	10:27 11:15 12:07 12:20 11:39	10,37 km/h
83	291	Reilly Marion		0:58:02	W45	9	0:58:36	11:01 11:04 11:36 12:05 12:15	10,34 km/h
84	160	Halsband Petra	RS im Kreuzviertel 6b (Elt	0:58:12	W40	14	0:58:43	11:01 11:22 11:47 12:08 11:52	10,31 km/h
85	30	Beckmann Maria		0:58:26	W30	11	0:59:04	11:02 11:27 11:54 12:05 11:55	10,27 km/h
86	50	Börger Julia	SV Adler Weseke	0:58:28	W30	12	0:59:06	11:02 11:27 11:56 12:05 11:56	10,26 km/h
87	40	Bertmaring Maike		0:58:31	W30	13	0:59:19	11:33 11:58 11:55 11:54 11:09	10,25 km/h
88	429	Schulte-Renneberg Christia	RS im Kreuzviertel Münste	0:58:37	W45	10	0:58:46	11:01 11:39 11:53 12:07 11:55	10,24 km/h
89	768	Jungkamp Kirsten	BSG Sparkasse MSLO	0:58:39	W35	11	0:59:02	11:07 11:29 11:48 12:07 12:06	10,23 km/h
90	604	Scheid Eva	*Münster	0:59:24	W40	15	1:00:01	10:52 11:27 12:16 12:37 12:11	10,10 km/h
91	425	Schröten Jutta	Laufteam Sundermann	0:59:32	W45	11	0:59:45	11:36 11:57 11:58 12:03 11:55	10,08 km/h
92	77	Cosack Meike	RS im Kreuzviertel 8d (Elt	0:59:36	W45	12	1:00:05	11:16 11:33 12:02 12:07 12:36	10,07 km/h
93	184	Hoffmann Isabel		0:59:37	WHK	28	1:00:17	11:33 12:02 12:10 12:08 11:42	10,06 km/h
94	785	Wiese Marlies	Marathon Soest	0:59:41	W45	13	1:00:02	11:16 11:45 12:10 12:10 12:19	10,05 km/h
95	694	Engel Stephanie	*Münster	0:59:45	W35	12	1:00:10	10:55 11:30 12:24 12:40 12:13	10,04 km/h
96	331	Niehues Daniela	Radiergummiliga.de	0:59:45	W50	3	1:00:33	11:33 11:58 12:03 12:23 11:46	10,04 km/h
97	138	Gehra Claudia	Laufspass SW Sende	1:00:03	W45	14	1:00:53	11:35 11:52 12:06 12:23 12:06	9,99 km/h
98	277	Löbbe Andrea	LST Westfälische Nachri	1:00:04	W40	16	1:00:45	11:23 11:32 12:07 12:21 12:38	9,99 km/h
99	148	Grönwäller Claudia		1:00:10	WHK	29	1:00:59	11:59 12:07 12:35 11:40 11:47	9,97 km/h
100	359	Pöcheim Antje Katrin		1:00:16	W35	13	1:00:27	10:30 11:47 12:37 12:55 12:25	9,95 km/h
101	302	Schockmann Meike		1:00:32	WHK	30	1:00:52	11:30 12:06 12:18 12:30 12:06	9,91 km/h
102	54	Borgert Irina	Rochus-Runners Telgte	1:00:33	WHK	31	1:00:48	10:31 12:49 12:08 12:30 12:34	9,91 km/h
103	678	Kleru Svenja	*Münster	1:00:33	WHK	32	1:00:40	10:51 11:54 12:24 12:41 12:42	9,91 km/h
104	195	Hüppmeier Linda		1:00:49	WHK	33	1:01:34	11:26 12:02 12:18 12:47 12:15	9,86 km/h
105	65	Budnik Claudia		1:01:00	WHK	34	1:01:20	11:30 12:07 12:18 12:30 12:33	9,83 km/h
106	436	Sehrbrock Anna		1:01:05	WHK	35	1:01:50	11:26 12:02 12:12 12:44 12:39	9,82 km/h
107	46	Beuing Agnes	Rochus-Runners Telgte	1:01:42	W55	3	1:01:58	12:08 12:12 12:14 12:27 12:41	9,72 km/h
108	522	Zietz Sina		1:02:56	WHK	36	1:03:44	12:01 12:12 13:02 13:11 12:28	9,53 km/h
109	305	Mertens Jutta		1:02:56	W35	14	1:03:45	12:17 12:17 12:41 12:50 12:49	9,53 km/h
110	39	Berkemeyer Katrin		1:02:59	WHK	37	1:03:32	11:18 12:25 13:01 13:26 12:48	9,53 km/h
111	500	Weiling-Bäcker Mechthild	RS im Kreuzviertel 9b	1:03:05	W45	15	1:03:32	11:45 12:21 12:37 13:28 12:52	9,51 km/h
112	128	Freund Monika		1:03:16	W40	17	1:04:02	12:32 12:41 13:16 12:38 12:08	9,48 km/h
113	206	Jelen Katrin	RS im Kreuzviertel 5b (Elt	1:03:25	W40	18	1:03:55	11:39 12:23 12:44 13:10 13:27	9,46 km/h
114	197	Hupka Cornelia		1:03:25	W40	19	1:03:40	11:49 12:10 12:33 13:08 13:43	9,46 km/h



Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Pl	Bruttozeit	Rundenzeiten	Geschwindigkeit
115	172	Heitkemper Tina		1:04:11	WHK	38	1:04:56	11:34 12:28 13:15 13:38 13:15	9,35 km/h
116	72	Charmier Marion von	RS im Kreuzviertel 8b (Elt	1:04:45	W45	16	1:04:55	12:12 12:44 13:13 13:26 13:09	9,26 km/h
117	217	Kamrath Susanne		1:05:25	W35	15	1:06:10	12:32 12:42 13:22 13:25 13:23	9,17 km/h
118	722	Rohmann Anette	*Münster	1:05:33	W35	16	1:06:10	12:22 12:57 13:34 13:20 13:19	9,15 km/h
119	42	Bettels Ruth		1:05:56	W30	14	1:06:49	12:35 12:32 12:55 13:18 14:35	9,10 km/h
120	446	Spießl Bettina		1:06:06	W35	17	1:06:41	11:47 12:48 13:33 13:44 14:12	9,08 km/h
121	474	Timmer Stephanie		1:07:04	W30	15	1:07:53	13:02 12:38 13:30 14:13 13:39	8,94 km/h
122	482	Verfürth Amelie	BSG Westfalen AG	1:07:20	WHK	39	1:07:51	12:53 13:36 13:15 13:47 13:48	8,91 km/h
123	175	Hendricks Petra	RS im Kreuzviertel 8a (Leh	1:07:32	W40	20	1:08:09	13:18 13:21 13:29 13:44 13:38	8,88 km/h
124	713	Dahlmann Jutta	*Dorsten	1:09:24	W50	4	1:10:17	12:38 13:32 14:19 14:42 14:11	8,65 km/h
125	431	Schweinoch Lea	Pascal-Gymnasium 10e3	1:09:47	WJB	4	1:10:28	11:31 11:39 15:38 16:52 14:04	8,60 km/h
126	374	Reinhardt Julia		1:11:11	W30	16	1:12:00	13:17 14:07 14:29 15:06 14:10	8,43 km/h
127	44	Betz Kerstin	Rochus-Runners Telgte	1:11:41	W45	17	1:11:53	12:47 13:45 14:26 15:33 15:08	8,37 km/h
128	772	Mertens Monika	Besser geht's nicht	1:14:40	W60	2	1:15:32	13:15 14:08 14:43 16:15 16:16	8,04 km/h