# 10 km Wertung

## Hochstift-Cup 2009

| Platz | Cup-Nr | Teilnahmen | Klasse | AK Pl. | Jahrgang | Name | Vorname | Verein | Ges. Pkt. | ø Pkt. Lauf | Jahreswechsellauf Brakel | | Sälzerlauf Salzkotten | | Hardehausener Parklauf | | Leiberger Volkslauf | | BELTE RUN 'N' ROLL Delbrück | | Residenz-Abendlauf Schloß Neuhaus | | Int. Abendlauf Bentfeld | | Pfingstläufe Kollerbeck | | Eggelauf des BC Meerhof | | Marienloher Volkslauf | | Bürener Volkslauf | | Vinsebecker Volkslauf | | Bad Driburger Brunnenlauf | | E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg | | 25. Salzkottener Hederauenlauf | | Altenaulauf Borchen | | Westenholzer Abendlauf | | Katharinenlauf Delbrück | | Wildschütz-Klostermann-Lauf | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | 11 km | Strecke | 10 km | Strecke | 11,2 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 14 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 15 km | Strecke |
| | | | | | | | | | | | 00:53:49 | R Zeit | 00:44:56 | R Zeit | 00:52:03 | R Zeit | 00:47:08 | R Zeit | 00:44:56 | R Zeit | 00:45:39 | R Zeit | 00:45:26 | R Zeit | 00:47:27 | R Zeit | 00:47:16 | R Zeit | 00:45:11 | R Zeit | 01:05:40 | R Zeit | 00:47:05 | R Zeit | 00:50:34 | R Zeit | 00:45:09 | R Zeit | 00:43:33 | R Zeit | 00:44:16 | R Zeit | 00:45:11 | R Zeit | 00:44:59 | R Zeit | 01:09:36 | R Zeit |
| | | | | | | | | | | | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. |
| 47 | 1 | 9 | M 60 | 1 | 1947 | Badorrek | Manfred | SV Kollerbeck | 17030,3 | 2128,8 | 53:39,0 | 2009,1 | 0:44:34 | 2022 | 00:00:00 | 0 | 00:46:01 | 2067 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:03:00 | 2114,3 | 00:44:25 | 2160 | 00:45:33 | 2301 | 0:42:47 | 2142 | 00:42:01 | 2092 | 00:00:00 | 0 | 0:42:59 | 2132 | 00:00:00 | 0 | 00:00:00 | 0 |
| 53 | 2 | 11 | M 50 | 6 | 1955 | Koralewicz | Jürgen | SV RW Bentfeld | 16610,6 | 2076,3 | 51:59,0 | 2100 | 0:43:07 | 2109 | 0:50:17 | 2094,6 | 00:45:16 | 2112 | 0:44:56 | 2000 | 0:44:39 | 2060 | 00:00:00 | 0 | 00:48:55 | 1912 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:41 | 2024 | 00:00:00 | 0 | 0:44:40 | 2029 | 00:00:00 | 0 | 0:43:54,0 | 2022 | 0:43:49 | 2082 | 00:00:00 | 0 | 00:00:00 | 0 |
| 27 | 3 | 8 | M 20 | 4 | 1987 | Möring | Christoph | SV RW Bentfeld | 18395,5 | 2299,4 | 48:47,0 | 2274,5 | 0:40:46 | 2250 | 00:00:00 | 0 | 00:42:06 | 2302 | 0:38:58 | 2358 | 00:00:00 | 0 | 0:38:44 | 2402 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:39:54 | 2219 | 00:00:00 | 0 | 0:40:10 | 2301 | 0:40:10 | 2289 | 00:00:00 | 0 |
| 35 | 4 | 16 | M 50 | 4 | 1958 | Meyer - Ilse | Herbert | SV RW Bentfeld | 17523,0 | 2190,4 | 50:28,0 | 2182,7 | 0:41:36 | 2200 | 0:46:58 | 2272,3 | 00:43:40 | 2208 | 0:41:47 | 2189 | 0:42:52 | 2167 | 0:42:46 | 2160 | 00:47:03 | 2024 | 00:45:02 | 2134 | 00:43:34 | 2097 | 01:03:15 | 2103,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:45 | 2144 | 00:42:06 | 2087 | 00:00:00 | 0 | 0:43:06 | 2125 | 0:42:53 | 2126 | 01:07:56 | 2066,7 |
| 70 | 5 | 19 | M 70 | 1 | 1938 | Steen | Hans-Albert | LC Paderborn | 15893,4 | 1986,7 | 58:23,0 | 1750,9 | 0:44:54 | 2002 | 0:51:48 | 2013,4 | 00:46:54 | 2014 | 0:46:56 | 1880 | 0:47:03 | 1916 | 0:46:52 | 1914 | 00:48:52 | 1915 | 00:48:44 | 1912 | 00:49:24 | 1747 | 01:07:39 | 1915 | 00:47:05 | 2000 | 00:50:44 | 1990 | 0:45:10 | 1999 | 00:46:04 | 1849 | 0:47:30,0 | 1806 | 0:45:52 | 1959 | 0:46:50 | 1889 | 01:14:49 | 1791,3 |
| 40 | 6 | 19 | M 55 | 2 | 1951 | Drechsler | Hans | LF Benteler Paderborn | 17254,7 | 2156,8 | 58:56,0 | 1720,9 | 0:43:33 | 2083 | 0:48:16 | 2202,7 | 00:44:02 | 2186 | 0:46:18 | 1918 | 0:44:29 | 2070 | 0:44:44 | 2042 | 00:49:36 | 1871 | 00:44:34 | 2162 | 00:44:18 | 2053 | 01:03:16 | 2102,9 | 00:45:11 | 2114 | 00:47:49 | 2165 | 0:43:04 | 2125 | 00:41:35 | 2118 | 0:42:29,0 | 2107 | 0:42:09 | 2182 | 0:43:17 | 2102 | 01:07:20 | 2090,7 |
| 54 | 7 | 8 | W 20 | 1 | 1980 | Düweke | Judith | Non-Stop-Ultra Brakel | 16568,5 | 2071,1 | 49:51,0 | 2216,4 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:08 | 2091 | 0:42:58 | 2148 | 00:47:37 | 1990 | 00:44:11 | 2185 | 00:43:38 | 2093 | 01:03:24 | 2097,1 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:15:54 | 1748 |
| 72 | 8 | 19 | M 45 | 15 | 1961 | Zunker | Wilfried | SSV Delbrück | 15691,0 | 1961,4 | 55:16,0 | 1920,9 | 0:46:23 | 1913 | 0:54:24 | 1874,1 | 00:49:15 | 1873 | 0:46:37 | 1899 | 0:46:55 | 1924 | 0:45:52 | 1974 | 00:52:04 | 1723 | 00:48:23 | 1933 | 00:46:29 | 1922 | 01:09:58 | 1815,7 | 00:49:39 | 1846 | 00:50:13 | 2021 | 0:46:34 | 1915 | 00:44:27 | 1946 | 0:45:48,0 | 1908 | 0:44:57 | 2014 | 0:45:42 | 1957 | 01:12:37 | 1879,3 |
| 59 | 9 | 8 | M 55 | 3 | 1954 | Düweke | Willi | Non-Stop-Ultra Brakel | 16383,4 | 2047,9 | 52:34,0 | 2068,2 | 0:00:00 | 0 | 0:50:41 | 2073,2 | 00:47:52 | 1956 | 00:00:00 | 0 | 0:44:44 | 2055 | 0:44:16 | 2070 | 00:47:27 | 2000 | 00:44:43 | 2153 | 00:45:03 | 2008 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 113 | 10 | 15 | M 40 | 21 | 1965 | Beckmann | Giselher | GÜMI | 11977,3 | 1497,2 | 1:01:56,0 | 1557,3 | 0:56:50 | 1286 | 1:03:50 | 1368,8 | 00:56:13 | 1455 | 0:52:29 | 1547 | 0:54:41 | 1458 | 0:55:15 | 1411 | 00:00:00 | 0 | 00:00:00 | 0 | 00:53:52 | 1479 | 00:00:00 | 0 | 00:56:56 | 1409 | 00:59:56 | 1438 | 0:58:57 | 1172 | 00:51:23 | 1530 | 0:53:25,0 | 1451 | 0:53:31 | 1500 | 0:57:06 | 1273 | 00:00:00 | 0 |
| 3 | 11 | 18 | M 30 | 1 | 1976 | Fiedler | Christian | vereinslos | 21038,0 | 2629,8 | 43:15,0 | 2576,4 | 0:35:20 | 2576 | 00:00:00 | 0 | 00:37:25 | 2583 | 0:35:43 | 2553 | 0:35:45 | 2594 | 0:35:46 | 2580 | 00:38:15 | 2552 | 00:36:19 | 2657 | 00:36:44 | 2507 | 00:52:26 | 2567,1 | 00:36:51 | 2614 | 00:38:01 | 2753 | 0:35:01 | 2608 | 00:34:34 | 2539 | 0:35:21,0 | 2535 | 0:34:41 | 2630 | 0:35:00 | 2599 | 00:56:14 | 2534,7 |
| 28 | 12 | 14 | M 45 | 6 | 1961 | von Hagen | Wolfgang | LG Decor Metall | 18384,5 | 2298,1 | 49:10,0 | 2253,6 | 0:40:19 | 2277 | 0:44:49 | 2387,5 | 00:41:54 | 2314 | 0:40:58 | 2238 | 0:41:12 | 2267 | 0:40:26 | 2300 | 00:44:16 | 2191 | 00:00:00 | 0 | 00:41:24 | 2227 | 00:00:00 | 0 | 00:42:36 | 2269 | 00:00:00 | 0 | 0:40:51 | 2258 | 00:39:32 | 2241 | 00:00:00 | 0 | 0:39:59 | 2312 | 00:00:00 | 0 | 01:05:11 | 2176,7 |
| 61 | 13 | 10 | M 40 | 11 | 1965 | Eckers | Wolfgang | Team S & N | 16357,1 | 2044,6 | 00:55:35 | 1903,6 | 0:45:30 | 1966 | 0:52:13 | 1991,1 | 00:45:50 | 2078 | 0:43:58 | 2058 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:47:02 | 2014 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:32 | 2033 | 00:48:46 | 2108 | 0:44:28 | 2041 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:08:45 | 2034 |
| 127 | 14 | 8 | M 50 | 19 | 1957 | Hentze | Klaus | LT Marienloh | 10180,0 | 1272,5 | 1:09:11,0 | 1161,8 | 0:55:29 | 1367 | 1:02:21 | 1448,2 | 00:00:00 | 0 | 0:56:24 | 1312 | 0:56:47 | 1332 | 00:00:00 | 0 | 01:03:45 | 1022 | 00:58:09 | 1347 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:04:04 | 1190 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 5 | 15 | 8 | M 40 | 2 | 1967 | Amstutz | Michael | Non-Stop-Ultra Brakel | 20656,4 | 2582,1 | 00:40:38 | 2719,1 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:35:27 | 2599 | 00:37:43 | 2584 | 00:00:00 | 0 | 00:36:28 | 2523 | 00:00:00 | 0 | 00:36:57 | 2608 | 00:00:00 | 0 | 0:35:33 | 2576 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:36:27 | 2512 | 00:56:13 | 2535,3 |
| 91 | 16 | 8 | M 45 | 18 | 1961 | Baaske | Hartwig | LT Marienloh | 14065,4 | 1758,2 | 57:44,0 | 1786,4 | 0:00:00 | 0 | 00:00:00 | 0 | 00:50:50 | 1778 | 0:52:31 | 1545 | 0:50:02 | 1737 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:07 | 1818 | 00:52:44 | 1870 | 0:48:46 | 1783 | 00:00:00 | 0 | 00:00:00 | 0 | 0:49:23 | 1748 | 00:00:00 | 0 | 00:00:00 | 0 |
| 23 | 17 | 11 | M 20 | 3 | 1988 | Hauer | Patrick | DJK St. Laurentius Warburg | 18599,5 | 2324,9 | 00:46:34 | 2395,5 | 0:38:56 | 2360 | 0:45:59 | 2325 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:19 | 2307 | 00:44:26 | 2181 | 00:40:17 | 2419 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:00 | 2245 | 00:45:39 | 2295 | 0:40:56 | 2253 | 00:39:57 | 2216 | 0:41:58,0 | 2138 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 56 | 18 | 13 | M 60 | 2 | 1949 | Scholz | Hermann | DJK St. Laurentius Warburg | 16554,1 | 2069,3 | 52:00,0 | 2099,1 | 0:00:00 | 0 | 0:51:07 | 2050 | 00:45:19 | 2109 | 00:00:00 | 0 | 0:45:26 | 2013 | 00:00:00 | 0 | 00:49:44 | 1863 | 00:45:22 | 2114 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:24 | 2041 | 00:47:52 | 2162 | 0:45:43 | 1966 | 00:44:19 | 1954 | 0:45:38,0 | 1918 | 00:00:00 | 0 | 0:45:39 | 1960 | 01:11:28 | 1925,3 |
| 166 | 19 | 1 | m Jgd A | 5 | 1990 | Dueker-Amelunxen | Julien | vereinslos | 2142,7 | 2142,7 | 51:12,0 | 2142,7 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 1 | 20 | 9 | M 35 | 1 | 1970 | Nahen | Matthias | TV Jahn Bad Driburg | 21390,2 | 2673,8 | 00:39:40 | 2771,8 | 0:33:26 | 2690 | 00:00:00 | 0 | 00:34:04 | 2784 | 00:00:00 | 0 | 0:34:31 | 2668 | 00:00:00 | 0 | 00:37:15 | 2612 | 00:35:45 | 2691 | 00:34:53 | 2618 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:35:13,0 | 2543 | 00:00:00 | 0 | 00:00:00 | 0 | 00:55:43 | 2555,3 |
| 94 | 21 | 13 | W 35 | 1 | 1973 | Nahen | Stefanie | TV Jahn Bad Driburg | 13914,1 | 1739,3 | 59:51,0 | 1670,9 | 0:49:20 | 1736 | 0:55:11 | 1832,1 | 00:51:31 | 1737 | 00:00:00 | 0 | 0:50:32 | 1707 | 0:51:45 | 1621 | 00:55:05 | 1542 | 00:50:20 | 1816 | 00:50:37 | 1674 | 01:13:59 | 1643,6 | 00:00:00 | 0 | 00:54:53 | 1741 | 0:51:22 | 1627 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:19:50 | 1590,7 |
| 9 | 22 | 12 | M 30 | 2 | 1975 | Riesel | Tobias | TuS Vinsebeck | 19704,0 | 2463,0 | 00:46:02 | 2424,5 | 0:37:10 | 2466 | 00:00:00 | 0 | 00:39:34 | 2454 | 0:37:35 | 2441 | 0:37:49 | 2470 | 0:37:26 | 2480 | 00:00:00 | 0 | 00:00:00 | 0 | 00:37:56 | 2435 | 00:55:55 | 2417,9 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:11 | 2358 | 00:36:10 | 2443 | 0:36:41,0 | 2455 | 0:36:56 | 2495 | 00:00:00 | 0 | 00:00:00 | 0 |
| 11 | 23 | 11 | M 35 | 3 | 1972 | Hansmann | Frank | LG Bauerkamp Warburg | 19333,6 | 2416,7 | 00:46:11 | 2416,4 | 0:38:03 | 2413 | 0:42:36 | 2506,3 | 00:40:52 | 2376 | 0:38:28 | 2388 | 00:00:00 | 0 | 0:39:08 | 2378 | 00:41:09 | 2378 | 00:39:18 | 2478 | 00:00:00 | 0 | 00:58:12 | 2320 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:18 | 2351 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:20 | 2339 | 00:00:00 | 0 |
| 21 | 24 | 10 | M 45 | 4 | 1964 | Bettermann | Rainer | LG Bauerkamp Warburg | 18606,4 | 2325,8 | 48:22,0 | 2297,3 | 0:00:00 | 0 | 0:45:23 | 2357,1 | 00:00:00 | 0 | 0:39:51 | 2305 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:40:59 | 2377 | 00:40:09 | 2302 | 00:59:44 | 2254,3 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:59 | 2310 | 00:38:50 | 2283 | 00:00:00 | 0 | 0:39:46 | 2325 | 0:39:26 | 2333 | 00:00:00 | 0 |
| 95 | 25 | 9 | M 35 | 8 | 1970 | Krian | Thorsten | TV Jahn Bad Driburg | 13830,9 | 1728,9 | 1:00:13,0 | 1650,9 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:34 | 1692 | 00:54:20 | 1587 | 00:49:46 | 1850 | 00:00:00 | 0 | 01:15:35 | 1575 | 00:51:12 | 1753 | 00:00:00 | 0 | 0:48:34 | 1795 | 00:00:00 | 0 | 0:48:40,0 | 1736 | 00:00:00 | 0 | 0:48:52 | 1767 | 00:00:00 | 0 |
| 105 | 26 | 8 | M 20 | 7 | 1984 | Strese | Sergius | LG Bauerkamp Warburg | 13056,7 | 1632,1 | 1:06:03,0 | 1332,7 | 0:00:00 | 0 | 00:00:00 | 0 | 00:52:16 | 1692 | 0:47:41 | 1835 | 00:00:00 | 0 | 0:46:19 | 1947 | 00:53:27 | 1640 | 00:48:06 | 1950 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:47 | 1532 | 01:31:24 | 1128 |
| 46 | 27 | 8 | M 40 | 7 | 1968 | Böhmer | Gregor | TSV Schloß Neuhaus | 17118,2 | 2139,8 | 51:06,0 | 2148,2 | 0:40:56 | 2240 | 00:00:00 | 0 | 00:42:52 | 2256 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:43 | 2044 | 00:44:09 | 2187 | 00:43:19 | 2112 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:42:45 | 2048 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:36 | 2083 | 00:00:00 | 0 |
| 65 | 28 | 10 | W 40 | 2 | 1967 | Erkeling | Dagmar | Non-Stop-Ultra Brakel | 16248,9 | 2031,1 | 53:48,0 | 2000,9 | 0:44:44 | 2012 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:02 | 1994 | 00:00:00 | 0 | 0:44:20 | 2066 | 00:48:03 | 1964 | 00:00:00 | 0 | 00:44:28 | 2043 | 00:00:00 | 0 | 00:46:38 | 2027 | 00:00:00 | 0 | 0:44:26 | 2043 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:08 | 2063 | 0:46:47 | 1892 | 00:00:00 | 0 |
| 30 | 29 | 14 | M 50 | 3 | 1958 | Richters | Reinhard | VfL Lichtenau | 18179,4 | 2272,4 | 50:07,0 | 2201,8 | 0:41:18 | 2218 | 0:46:21 | 2305,4 | 00:42:59 | 2249 | 00:00:00 | 0 | 0:42:50 | 2169 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:55 | 2076 | 01:02:32 | 2134,3 | 00:00:00 | 0 | 00:44:10 | 2384 | 0:41:03 | 2246 | 00:39:49 | 2224 | 0:41:16,0 | 2180 | 0:40:01 | 2310 | 0:40:56 | 2243 | 01:05:18 | 2172 |
| 60 | 30 | 8 | M 45 | 14 | 1964 | Winzig | Andre | SV Höxter | 16364,4 | 2045,5 | 50:46,0 | 2166,4 | 0:43:49 | 2067 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:28 | 1968 | 00:00:00 | 0 | 0:45:46 | 1980 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:52 | 2013 | 00:00:00 | 0 | 0:44:15 | 2054 | 00:00:00 | 0 | 0:43:50,0 | 2026 | 0:43:41 | 2090 | 00:00:00 | 0 | 00:00:00 | 0 |
| 129 | 31 | 7 | M 70 | 2 | 1937 | Waldhoff | Josef | TV 1892 Steinheim | 9696,4 | 1385,2 | 1:04:31,0 | 1416,4 | 0:55:07 | 1389 | 00:00:00 | 0 | 00:58:41 | 1307 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:56:31 | 1434 | 00:59:53 | 1441 | 0:55:09 | 1400 | 00:55:04 | 1309 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 79 | 32 | 9 | M 35 | 6 | 1973 | Held | Christoph | TuS 1913 Hembsen | 15218,4 | 1902,3 | 55:54,0 | 1886,4 | 0:45:36 | 1960 | 0:52:59 | 1950 | 00:00:00 | 0 | 0:46:47 | 1889 | 0:47:27 | 1892 | 00:00:00 | 0 | 00:59:44 | 1263 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:28 | 1797 | 00:52:18 | 1896 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:03 | 1948 | 00:00:00 | 0 | 00:00:00 | 0 |
| 97 | 33 | 10 | W 45 | 1 | 1960 | Müller | Inge | TuS 1913 Hembsen | 13759,5 | 1719,9 | 59:02,0 | 1715,5 | 0:48:28 | 1788 | 0:58:26 | 1658 | 00:00:00 | 0 | 0:48:24 | 1792 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:53:15 | 1516 | 00:00:00 | 0 | 00:53:00 | 1645 | 00:55:42 | 1692 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:49:51 | 1720 | 0:49:10 | 1749 | 01:21:15 | 1534 |
| 14 | 34 | 11 | M 45 | 1 | 1964 | Müller | Rainer | TuS 1913 Hembsen | 19064,5 | 2383,1 | 49:54,0 | 2213,6 | 0:38:37 | 2379 | 0:43:44 | 2445,5 | 00:00:00 | 0 | 0:39:02 | 2354 | 0:39:29 | 2370 | 00:00:00 | 0 | 00:41:43 | 2344 | 00:00:00 | 0 | 00:39:35 | 2336 | 00:00:00 | 0 | 00:40:29 | 2396 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:24 | 2407 | 0:38:50 | 2369 | 01:21:14 | 1534,7 |
| 87 | 35 | 11 | M 40 | 16 | 1965 | Reske | Stefan | TV Jahn Bad Driburg | 14161,4 | 1770,2 | 57:59,0 | 1772,7 | 0:50:35 | 1661 | 0:55:25 | 1819,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:49:43 | 1756 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:13:24 | 1668,6 | 00:50:00 | 1825 | 00:00:00 | 0 | 0:48:36 | 1793 | 00:48:00 | 1733 | 0:48:09,0 | 1767 | 00:00:00 | 0 | 0:50:04 | 1695 | 01:20:49 | 1551,3 |
| 20 | 36 | 9 | M 40 | 5 | 1969 | Wiegran | Andreas | RW Alhausen | 18641,1 | 2330,1 | 47:34,0 | 2340,9 | 0:39:49 | 2307 | 0:45:05 | 2373,2 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:51 | 2288 | 00:00:00 | 0 | 00:42:33 | 2294 | 00:00:00 | 0 | 00:41:07 | 2244 | 00:00:00 | 0 | 00:00:00 | 0 | 00:42:51 | 2463 | 0:40:07 | 2302 | 00:00:00 | 0 | 0:39:43,0 | 2273 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 92 | 37 | 12 | W 55 | 1 | 1952 | Müller | Ursula | Non-Stop-Ultra Brakel | 14046,5 | 1755,8 | 1:00:28,0 | 1637,3 | 0:49:29 | 1727 | 0:56:10 | 1779,5 | 00:51:44 | 1724 | 0:49:38 | 1718 | 00:00:00 | 0 | 00:00:00 | 0 | 00:53:59 | 1608 | 00:51:02 | 1774 | 00:00:00 | 0 | 01:14:16 | 1631,4 | 00:51:05 | 1760 | 00:00:00 | 0 | 0:48:43 | 1786 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:48:41 | 1778 | 01:18:11 | 1656,7 |
| 159 | 38 | 2 | M 45 | 24 | 1962 | Sentler | Werner | TV Jahn Bad Driburg | 3638,4 | 1819,2 | 56:49,0 | 1836,4 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:23 | 1802 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 169 | 39 | 1 | M 40 | 26 | 1966 | Altmiks | Frank | SV Kollerbeck | 1951,8 | 1951,8 | 54:42,0 | 1951,8 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 68 | 40 | 8 | M 50 | 8 | 1956 | Wittor | Rainer | TV Jahn Bad Driburg | 16070,5 | 2008,8 | 53:49,0 | 2000 | 0:00:00 | 0 | 0:50:50 | 2065,2 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:53 | 1898 | 01:06:23 | 1969,3 | 00:46:22 | 2043 | 00:48:41 | 2113 | 00:00:00 | 0 | 00:43:51 | 1982 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:59 | 2000 | 00:00:00 | 0 |
| 154 | 41 | 2 | M 40 | 22 | 1965 | Meichelbeck | Christian | TV Jahn Bad Driburg | 4044,0 | 2022,0 | 56:23,0 | 1860 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:42:07 | 2184 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 38 | 42 | 12 | M 40 | 6 | 1967 | Van Hoof | Frank | vereinslos | 17298,0 | 2162,3 | 52:17,0 | 2083,6 | 0:00:00 | 0 | 00:00:00 | 0 | 00:43:18 | 2230 | 00:00:00 | 0 | 0:44:36 | 2063 | 00:00:00 | 0 | 00:45:58 | 2089 | 00:43:32 | 2224 | 00:43:18 | 2113 | 01:02:45 | 2125 | 00:43:55 | 2190 | 00:00:00 | 0 | 0:43:44 | 2085 | 00:00:00 | 0 | 0:42:43,0 | 2093 | 0:42:05 | 2186 | 0:42:42 | 2137 | 00:00:00 | 0 |
| 174 | 43 | 1 | M 50 | 24 | 1957 | Ulrich | Werner | SV Holzhausen | 1144,5 | 1144,5 | 1:09:30,0 | 1144,5 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 132 | 44 | 4 | m Jgd A | 3 | 1990 | Blume | Jens | TuS 1913 Hembsen | 8249,0 | 2062,3 | 00:56:34 | 1850 | 0:43:18 | 2098 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:46 | 2130 | 0:42:48 | 2171 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 171 | 45 | 1 | M 45 | 27 | 1960 | Sentler | Franz-Josef | Non-Stop-Ultra Brakel | 1721,8 | 1721,8 | 58:55,0 | 1721,8 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 108 | 46 | 8 | M 50 | 17 | 1956 | Marten | Christian | LF Benteler Paderborn | 12714,0 | 1589,3 | 1:02:15,0 | 1540 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:53:04 | 1555 | 0:52:31 | 1575 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:25 | 1566 | 00:00:00 | 0 | 00:53:27 | 1618 | 00:54:56 | 1738 | 0:52:18 | 1571 | 00:51:02 | 1551 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 140 | 47 | 3 | m Jgd A | 4 | 1991 | Niederprüm | Sascha | SV Kollerbeck | 6735,5 | 2245,2 | 00:49:30 | 2235,5 | 0:40:49 | 2247 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:21 | 2253 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 144 | 48 | 3 | M 55 | 6 | 1954 | Richards | Rupert | vereinslos | 5881,6 | 1960,5 | 53:23,0 | 2023,6 | 0:00:00 | 0 | 00:00:00 | 0 | 00:48:46 | 1902 | 00:00:00 | 0 | 0:46:23 | 1956 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 158 | 49 | 2 | W 20 | 2 | 1983 | Rheker | Lisa | SV Kollerbeck | 3651,4 | 1825,7 | 1:03:36,0 | 1466,4 | 0:41:51 | 2185 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 153 | 50 | 2 | M 55 | 7 | 1953 | Rheker | Heinrich | SV Kollerbeck | 4120,2 | 2060,1 | 51:50,0 | 2108,2 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:53 | 2012 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 137 | 51 | 3 | M 30 | 11 | 1977 | Waltemode | Björn | SV Kollerbeck | 6981,5 | 2327,2 | 00:49:30 | 2235,5 | 0:38:41 | 2375 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:44:23 | 2371 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 18 | 52 | 16 | m Jgd B | 1 | 1993 | Schroth | Eike | Non-Stop-Ultra Brakel | 18836,3 | 2354,5 | 55:15,0 | 1921,8 | 0:40:13 | 2283 | 00:00:00 | 0 | 00:45:26 | 2102 | 0:41:00 | 2236 | 0:39:46 | 2353 | 0:42:55 | 2151 | 00:43:16 | 2251 | 00:43:30 | 2226 | 00:00:00 | 0 | 01:13:51 | 1649,3 | 00:00:00 | 0 | 00:43:38 | 2416 | 0:42:00 | 2189 | 00:40:52 | 2161 | 0:37:52,0 | 2384 | 0:37:31 | 2460 | 0:38:53 | 2366 | 01:01:31 | 2323,3 |
| 43 | 53 | 11 | M 30 | 6 | 1975 | Thonemann | Markus | LG Bauerkamp Warburg | 17222,0 | 2152,8 | 55:30,0 | 1908,2 | 0:45:07 | 1989 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:28 | 2088 | 00:00:00 | 0 | 00:00:00 | 0 | 00:47:43 | 1984 | 00:43:46 | 2210 | 00:43:40 | 2091 | 00:00:00 | 0 | 00:00:00 | 0 | 00:45:41 | 2293 | 0:42:38 | 2151 | 00:42:36 | 2057 | 00:00:00 | 0 | 0:42:02 | 2189 | 0:42:36 | 2143 | 00:00:00 | 0 |
| 17 | 54 | 16 | M 45 | 3 | 1963 | Mügge | Andreas | TV Jahn Bad Driburg | 18843,9 | 2355,5 | 47:46,0 | 2330 | 0:39:52 | 2304 | 0:45:58 | 2325,9 | 00:41:22 | 2346 | 0:41:01 | 2235 | 0:41:02 | 2277 | 00:00:00 | 0 | 00:42:32 | 2295 | 00:41:29 | 2347 | 00:40:48 | 2263 | 00:00:00 | 0 | 00:41:23 | 2342 | 00:43:01 | 2453 | 0:39:11 | 2358 | 00:38:49 | 2284 | 00:00:00 | 0 | 0:39:29 | 2342 | 00:40:21 | 2278 | 01:03:37 | 2239,3 |
| 7 | 55 | 14 | M 20 | 2 | 1981 | Laukötter | Tobias | SuS Westenholz | 19802,9 | 2475,4 | 00:00:00 | 0 | 0:37:57 | 2419 | 0:42:42 | 2500,9 | 00:38:19 | 2529 | 00:00:00 | 0 | 0:38:30 | 2429 | 0:38:24 | 2422 | 00:00:00 | 0 | 00:43:38 | 2218 | 00:39:32 | 2339 | 00:55:54 | 2418,6 | 00:00:00 | 0 | 00:40:40 | 2594 | 0:37:35 | 2454 | 00:37:35 | 2358 | 0:37:15,0 | 2421 | 00:00:00 | 0 | 0:37:26 | 2453 | 01:00:26 | 2366,7 |
| 119 | 56 | 9 | W 45 | 5 | 1964 | Kraemer | Claudia | LT Marienloh | 11213,8 | 1401,7 | 1:10:58,0 | 1064,5 | 0:55:29 | 1367 | 1:05:42 | 1268,8 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:32 | 1347 | 00:00:00 | 0 | 00:00:00 | 0 | 00:57:54 | 1362 | 00:55:09 | 1402 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:54:31 | 1438 | 00:51:01 | 1552 | 00:00:00 | 0 | 00:00:00 | 0 | 0:53:42 | 1477 | 00:00:00 | 0 |
| 125 | 57 | 11 | M 45 | 21 | 1963 | Beine | Matthias | LT Marienloh | 10386,8 | 1298,3 | 1:11:00,0 | 1062,7 | 1:00:13 | 1083 | 1:07:06 | 1193,8 | 01:03:04 | 1044 | 00:00:00 | 0 | 1:00:27 | 1112 | 00:00:00 | 0 | 00:00:00 | 0 | 00:58:40 | 1316 | 00:58:26 | 1205 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:57:23 | 1266 | 00:53:29 | 1404 | 0:53:16,0 | 1460 | 00:00:00 | 0 | 0:54:29 | 1430 | 00:00:00 | 0 |
| 120 | 58 | 8 | W 40 | 4 | 1968 | Hindahl | Lydia | Non-Stop-Ultra Brakel | 11142,4 | 1392,8 | 1:06:22,0 | 1315,5 | 0:00:00 | 0 | 1:03:28 | 1388,4 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:41 | 1578 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:54:40 | 1431 | 01:19:15 | 1417,9 | 00:55:32 | 1493 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:57:11 | 1268 | 01:28:20 | 1250,7 |
| 172 | 59 | 1 | M 50 | 22 | 1957 | Krawinkel | Charly | SV Holzhausen | 1588,2 | 1588,2 | 1:01:22,0 | 1588,2 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 12 | 60 | 9 | M 30 | 3 | 1977 | Böddeker | Markus | TV Jahn Bad Driburg | 19331,6 | 2416,5 | 00:46:47 | 2383,6 | 0:39:44 | 2312 | 00:00:00 | 0 | 00:41:01 | 2367 | 0:38:50 | 2366 | 0:37:49 | 2470 | 00:00:00 | 0 | 00:41:46 | 2341 | 00:00:00 | 0 | 00:37:56 | 2435 | 00:00:00 | 0 | 00:40:25 | 2400 | 00:41:05 | 2569 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 143 | 61 | 3 | M 20 | 9 | 1988 | Ter Horst | David | Non-Stop-Ultra Brakel | 6043,0 | 2014,3 | 55:35,0 | 1903,6 | 0:44:14 | 2042 | 0:50:14 | 2097,3 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 76 | 62 | 14 | m Jgd B | 5 | 1996 | Higgins | Breandan | BSV Fürstenberg | 15491,0 | 1936,4 | 00:00:00 | 0 | 0:48:53 | 1763 | 0:57:33 | 1705,4 | 00:51:12 | 1756 | 0:48:07 | 1809 | 0:49:29 | 1770 | 0:50:07 | 1719 | 00:00:00 | 0 | 00:48:36 | 1920 | 00:46:04 | 1947 | 00:00:00 | 0 | 00:47:38 | 1967 | 00:00:00 | 0 | 0:47:58 | 1831 | 00:43:46 | 1987 | 0:43:45,0 | 2031 | 0:46:36 | 1915 | 0:46:46 | 1893 | 00:00:00 | 0 |
| 110 | 63 | 13 | M 40 | 20 | 1967 | Petri | Matthias | Salzkotten | 12536,0 | 1567,0 | 00:00:00 | 0 | 0:58:53 | 1163 | 00:00:00 | 0 | 00:58:24 | 1324 | 0:53:14 | 1502 | 0:53:23 | 1536 | 0:52:01 | 1605 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:54 | 1537 | 01:18:47 | 1437,9 | 00:54:21 | 1564 | 00:57:14 | 1600 | 00:00:00 | 0 | 00:51:19 | 1534 | 0:51:41,0 | 1555 | 0:52:06 | 1585 | 0:52:25 | 1554 | 00:00:00 | 0 |
| 82 | 64 | 11 | W 30 | 1 | 1979 | Bielefeld | Karina | LT Elsen-Wewer | 15038,6 | 1879,8 | 00:00:00 | 0 | 0:45:48 | 1948 | 0:52:27 | 1978,6 | 00:48:17 | 1931 | 0:46:57 | 1879 | 00:00:00 | 0 | 0:48:42 | 1804 | 00:00:00 | 0 | 00:50:02 | 1834 | 00:00:00 | 0 | 01:15:04 | 1597,1 | 00:50:15 | 1810 | 00:53:00 | 1854 | 0:49:30 | 1739 | 00:00:00 | 0 | 00:00:00 | 0 | 0:48:51 | 1780 | 00:00:00 | 0 | 00:00:00 | 0 |
| 151 | 65 | 2 | M 30 | 14 | 1975 | Schölzel | Daniel | VfB Salzkotten | 4220,5 | 2110,2 | 00:00:00 | 0 | 0:43:00 | 2116 | 0:50:06 | 2104,5 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 149 | 66 | 3 | M 35 | 10 | 1971 | Panzer | Wolfgang | Gymnasium Antonianum Geseke | 5433,4 | 1811,1 | 00:00:00 | 0 | 0:48:57 | 1759 | 0:52:44 | 1963,4 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:28 | 1711 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 150 | 67 | 2 | M 50 | 21 | 1955 | Arndt | Georg | Delbrück | 4378,0 | 2189,0 | 00:00:00 | 0 | 0:43:15 | 2101 | 00:00:00 | 0 | 00:42:31 | 2277 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 67 | 68 | 13 | M 55 | 4 | 1950 | Grüner | Adalbert | Non-Stop-Ultra Brakel | 16085,0 | 2010,6 | 00:00:00 | 0 | 0:43:41 | 2075 | 0:52:03 | 2000 | 00:00:00 | 0 | 0:44:06 | 2050 | 0:44:35 | 2064 | 00:00:00 | 0 | 00:50:34 | 1813 | 00:00:00 | 0 | 00:46:11 | 1940 | 01:10:15 | 1803,6 | 00:50:25 | 1800 | 00:50:07 | 2027 | 00:00:00 | 0 | 00:43:49 | 1984 | 00:00:00 | 0 | 0:48:02 | 1829 | 0:45:54 | 1945 | 01:18:36 | 1640 |
| 138 | 69 | 8 | M 75 | 1 | 1934 | Neumann | Dieter | VfB Salzkotten | 6975,5 | 871,9 | 00:00:00 | 0 | 1:02:12 | 964 | 1:12:21 | 912,5 | 01:06:17 | 851 | 1:01:16 | 1020 | 1:00:59 | 1080 | 00:00:00 | 0 | 00:00:00 | 0 | 01:06:14 | 862 | 01:07:24 | 667 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 1:08:00 | 619 | 00:00:00 | 0 |
| 10 | 70 | 13 | M 55 | 1 | 1953 | Kandora | Marian | ASV Iserlohn | 19638,3 | 2454,8 | 00:00:00 | 0 | 0:38:15 | 2401 | 0:42:55 | 2489,3 | 00:38:35 | 2513 | 0:37:39 | 2437 | 0:38:38 | 2421 | 0:38:21 | 2425 | 00:00:00 | 0 | 00:00:00 | 0 | 00:38:28 | 2403 | 00:56:03 | 2412,1 | 00:38:49 | 2496 | 00:00:00 | 0 | 00:00:00 | 0 | 00:37:10 | 2383 | 0:37:08,0 | 2428 | 0:38:02 | 2429 | 0:38:22 | 2397 | 00:00:00 | 0 |
| 93 | 71 | 14 | M 60 | 5 | 1947 | Vogt | Hans-Georg | LS Altenbeken | 13987,0 | 1748,4 | 00:00:00 | 0 | 0:49:25 | 1731 | 0:58:03 | 1678,6 | 00:54:00 | 1588 | 0:50:14 | 1682 | 0:49:47 | 1752 | 0:49:50 | 1736 | 00:53:41 | 1626 | 00:00:00 | 0 | 00:50:39 | 1672 | 00:00:00 | 0 | 00:50:39 | 1786 | 00:55:17 | 1717 | 0:49:33 | 1736 | 00:48:52 | 1681 | 00:00:00 | 0 | 0:49:01 | 1770 | 0:49:00 | 1759 | 00:00:00 | 0 |
| 16 | 72 | 10 | M 45 | 2 | 1961 | Quest | Hubert | Non-Stop-Ultra Brakel | 18850,8 | 2356,4 | 00:00:00 | 0 | 0:41:04 | 2232 | 0:45:14 | 2365,2 | 00:00:00 | 0 | 0:39:28 | 2328 | 0:40:12 | 2327 | 00:00:00 | 0 | 00:41:56 | 2331 | 00:00:00 | 0 | 00:39:53 | 2318 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:12 | 2442 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:28 | 2403 | 0:39:23 | 2336 | 01:01:38 | 2318,7 |
| 42 | 73 | 9 | m Jgd A | 2 | 1990 | Linnemann | Jonas | Zündappfreunde Westheim | 17233,4 | 2154,2 | 00:00:00 | 0 | 0:40:52 | 2244 | 0:46:09 | 2316,1 | 00:42:37 | 2271 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:25 | 2106 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:57 | 2012 | 00:42:24 | 2069 | 0:41:49,0 | 2147 | 00:00:00 | 0 | 0:44:24 | 2035 | 01:08:28 | 2045,3 |
| 62 | 74 | 14 | M 40 | 12 | 1969 | Vogt | Thomas | Bad Lippspringe | 16356,0 | 2044,5 | 00:00:00 | 0 | 0:46:08 | 1928 | 0:50:48 | 2067 | 00:47:08 | 2000 | 0:44:49 | 2007 | 0:45:13 | 2026 | 0:44:58 | 2028 | 00:00:00 | 0 | 00:45:35 | 2101 | 00:44:59 | 2012 | 00:00:00 | 0 | 00:46:18 | 2047 | 00:00:00 | 0 | 0:45:05 | 2004 | 00:43:33 | 2000 | 0:43:56,0 | 2020 | 0:44:16 | 2055 | 0:44:58 | 2001 | 00:00:00 | 0 |
| 48 | 75 | 9 | M 40 | 8 | 1967 | Siewers | Uwe | Goat-08 | 17019,6 | 2127,4 | 00:00:00 | 0 | 0:44:27 | 2029 | 0:48:43 | 2178,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:32 | 2067 | 0:43:40 | 2106 | 00:00:00 | 0 | 00:44:10 | 2186 | 00:43:29 | 2102 | 00:00:00 | 0 | 00:43:27 | 2218 | 00:00:00 | 0 | 0:42:56 | 2133 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:09:36 | 2000 |
| 44 | 76 | 13 | M 45 | 11 | 1963 | Pollmeier | Michael | Laufspaß SW Sende | 17199,0 | 2149,9 | 00:00:00 | 0 | 0:44:56 | 2000 | 00:00:00 | 0 | 00:45:45 | 2083 | 0:41:45 | 2191 | 0:43:12 | 2147 | 0:42:51 | 2155 | 00:44:48 | 2159 | 00:00:00 | 0 | 00:43:08 | 2123 | 01:03:36 | 2088,6 | 00:44:17 | 2168 | 00:00:00 | 0 | 0:42:48 | 2141 | 00:00:00 | 0 | 0:42:21,0 | 2115 | 0:49:26 | 1745 | 0:44:02 | 2057 | 00:00:00 | 0 |
| 45 | 77 | 11 | M 45 | 12 | 1964 | Lakämper | Franz | Laufspaß SW Sende | 17147,0 | 2143,4 | 00:00:00 | 0 | 0:42:28 | 2148 | 00:00:00 | 0 | 00:43:50 | 2198 | 0:42:50 | 2126 | 0:43:25 | 2134 | 0:43:48 | 2098 | 00:45:41 | 2106 | 00:43:54 | 2202 | 00:42:57 | 2134 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:37,0 | 2099 | 0:49:52 | 1719 | 00:00:00 | 0 | 01:09:11 | 2016,7 |
| 32 | 78 | 11 | M 45 | 7 | 1963 | Peschtrich | Martin | Laufspaß SW Sende | 18056,0 | 2257,0 | 00:00:00 | 0 | 0:41:05 | 2231 | 00:00:00 | 0 | 00:41:39 | 2329 | 0:40:44 | 2252 | 0:41:16 | 2263 | 0:40:38 | 2288 | 00:43:26 | 2241 | 00:00:00 | 0 | 00:41:32 | 2219 | 00:00:00 | 0 | 00:43:49 | 2196 | 00:46:41 | 2233 | 0:41:58 | 2191 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:51 | 1960 | 00:00:00 | 0 | 00:00:00 | 0 |
| 152 | 79 | 2 | M 20 | 13 | 1988 | Seipolt | Matthias | 1. Paderborner Schwimmverein | 4136,0 | 2068,0 | 00:00:00 | 0 | 0:44:19 | 2037 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:00 | 2099 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 80 | 80 | 13 | W 50 | 1 | 1958 | Rump | Beate | VfB Salzkotten | 15175,2 | 1896,9 | 00:00:00 | 0 | 0:47:15 | 1861 | 0:53:57 | 1898,2 | 00:48:15 | 1933 | 0:47:25 | 1851 | 0:47:25 | 1894 | 0:46:43 | 1923 | 00:00:00 | 0 | 00:00:00 | 0 | 00:48:09 | 1822 | 01:13:05 | 1682,1 | 00:00:00 | 0 | 00:52:08 | 1906 | 0:48:24 | 1805 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:42 | 1909 | 0:48:19 | 1800 | 01:18:21 | 1650 |
| 122 | 81 | 9 | M 45 | 20 | 1961 | Osterhold | Andreas | TSV 1850 Korbach 09 | 11057,0 | 1382,1 | 00:00:00 | 0 | 0:54:19 | 1437 | 00:00:00 | 0 | 00:00:00 | 0 | 0:59:21 | 1135 | 0:53:11 | 1548 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:00:06 | 1428 | 0:58:18 | 1211 | 00:53:45 | 1388 | 0:56:02,0 | 1294 | 0:53:51 | 1480 | 0:57:08 | 1271 | 00:00:00 | 0 |
| 111 | 82 | 8 | W 35 | 2 | 1974 | Drüke | Alexandra | LT Marienloh | 12248,5 | 1531,1 | 00:00:00 | 0 | 0:54:18 | 1438 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:01 | 1575 | 00:00:00 | 0 | 0:53:15 | 1531 | 00:00:00 | 0 | 00:00:00 | 0 | 00:51:12 | 1639 | 01:18:20 | 1457,1 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:21 | 1472 | 0:49:17,0 | 1699 | 00:00:00 | 0 | 00:00:00 | 0 | 01:23:40 | 1437,3 |
| 126 | 83 | 9 | W 70 | 1 | 1939 | Strunz | Elisabeth | VfB Salzkotten | 10332,0 | 1291,5 | 00:00:00 | 0 | 0:55:08 | 1388 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:54:51 | 1448 | 00:00:00 | 0 | 00:00:00 | 0 | 00:58:29 | 1327 | 01:12:40 | 351 | 00:00:00 | 0 | 01:01:13 | 1152 | 01:02:18 | 1296 | 0:58:19 | 1210 | 00:00:00 | 0 | 0:57:21,0 | 1215 | 0:56:55 | 1296 | 00:00:00 | 0 | 00:00:00 | 0 |
| 83 | 84 | 10 | M 50 | 11 | 1956 | Meyer | Uwe | LC Paderborn | 14806,0 | 1850,8 | 00:00:00 | 0 | 0:47:30 | 1846 | 00:00:00 | 0 | 00:49:49 | 1839 | 0:46:55 | 1881 | 0:47:38 | 1881 | 0:47:18 | 1888 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:49 | 1660 | 00:47:19 | 1774 | 0:47:21,0 | 1815 | 0:47:09 | 1882 | 0:48:59 | 1760 | 00:00:00 | 0 |
| 121 | 85 | 12 | M 45 | 19 | 1961 | Bidardel | Chahriar | Bad Lippspringe | 11099,0 | 1387,4 | 00:00:00 | 0 | 0:55:47 | 1349 | 1:06:24 | 1231,3 | 00:00:00 | 0 | 0:55:19 | 1377 | 0:56:35 | 1344 | 00:00:00 | 0 | 01:01:44 | 1143 | 00:57:46 | 1370 | 00:55:41 | 1370 | 00:00:00 | 0 | 00:00:00 | 0 | 01:03:37 | 1217 | 00:00:00 | 0 | 00:55:16 | 1297 | 0:56:01,0 | 1295 | 0:52:56 | 1535 | 0:54:02 | 1457 | 00:00:00 | 0 |
| 173 | 86 | 1 | M 50 | 23 | 1957 | Haase | Willibald | Schachklub Delbrück | 1291,0 | 1291,0 | 00:00:00 | 0 | 0:56:45 | 1291 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 33 | 87 | 13 | M 30 | 5 | 1979 | Temming | Benedikt | LG Bauerkamp Warburg | 17958,5 | 2244,8 | 00:00:00 | 0 | 0:42:50 | 2126 | 0:48:24 | 2195,5 | 00:43:44 | 2204 | 0:41:55 | 2181 | 0:42:49 | 2170 | 0:42:04 | 2202 | 00:45:55 | 2092 | 00:43:00 | 2256 | 00:41:09 | 2242 | 01:01:20 | 2185,7 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:39:18 | 2255 | 00:00:00 | 0 | 0:39:47 | 2324 | 0:40:19 | 2280 | 00:00:00 | 0 |
| 160 | 88 | 2 | M 20 | 14 | 1982 | Becker | André | Warburg | 3320,0 | 1660,0 | 00:00:00 | 0 | 0:51:41 | 1595 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:51:51 | 1725 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 74 | 89 | 11 | M 50 | 9 | 1955 | Dören | Hans-Josef | SV 21 Büren | 15543,2 | 1942,9 | 00:00:00 | 0 | 0:46:47 | 1889 | 0:53:38 | 1915,2 | 00:49:01 | 1887 | 00:00:00 | 0 | 0:47:35 | 1884 | 0:46:18 | 1948 | 00:00:00 | 0 | 00:47:31 | 1985 | 00:46:40 | 1911 | 00:00:00 | 0 | 00:47:54 | 1951 | 00:00:00 | 0 | 0:45:44 | 1965 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:32 | 1979 | 00:00:00 | 0 | 01:13:51 | 1830 |
| 86 | 90 | 9 | M 45 | 17 | 1960 | Radke | Martin | TV Jahn Bad Driburg | 14427,0 | 1803,4 | 00:00:00 | 0 | 1:00:11 | 1085 | 00:00:00 | 0 | 00:50:17 | 1811 | 00:00:00 | 0 | 0:48:21 | 1838 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:47:45 | 1846 | 00:00:00 | 0 | 00:58:18 | 1327 | 00:50:34 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:40,0 | 1856 | 0:45:58 | 1953 | 00:00:00 | 0 | 01:14:42 | 1796 |
| 128 | 91 | 9 | W 60 | 1 | 1949 | Radke | Katharina | TV Jahn Bad Driburg | 10092,1 | 1261,5 | 00:00:00 | 0 | 1:00:10 | 1086 | 1:06:32 | 1224,1 | 00:59:54 | 1234 | 00:00:00 | 0 | 0:59:46 | 1153 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:58:26 | 1205 | 00:00:00 | 0 | 00:58:17 | 1328 | 01:01:39 | 1335 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:47,0 | 1249 | 0:55:47 | 1364 | 00:00:00 | 0 | 00:00:00 | 0 |
| 109 | 92 | 8 | W 45 | 3 | 1964 | Brade | Gisela | GÜMI | 12582,0 | 1572,8 | 00:00:00 | 0 | 0:53:30 | 1486 | 00:00:00 | 0 | 00:56:23 | 1445 | 00:00:00 | 0 | 00:00:00 | 0 | 0:53:10 | 1536 | 00:00:00 | 0 | 00:54:51 | 1545 | 00:51:59 | 1592 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:12 | 1577 | 00:00:00 | 0 | 0:47:31,0 | 1805 | 00:00:00 | 0 | 0:51:43 | 1596 | 00:00:00 | 0 |
| 77 | 93 | 8 | M 40 | 14 | 1965 | Brade | Günter | GÜMI | 15333,4 | 1916,7 | 00:00:00 | 0 | 0:47:15 | 1861 | 0:53:59 | 1896,4 | 00:48:05 | 1943 | 0:47:21 | 1855 | 00:00:00 | 0 | 0:46:49 | 1917 | 00:00:00 | 0 | 00:47:05 | 2011 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:36 | 1789 | 00:49:33 | 2061 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 136 | 94 | 3 | M 20 | 8 | 1983 | Hobliz | Sebastian | TuS 1913 Hembsen | 7149,0 | 2383,0 | 00:00:00 | 0 | 0:38:09 | 2407 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:39:16 | 2355 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:32 | 2387 | 00:00:00 | 0 |
| 52 | 95 | 8 | M 50 | 5 | 1958 | Meyer | Dieter | Laufspaß SW Sende | 16684,0 | 2085,5 | 00:00:00 | 0 | 0:43:20 | 2096 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:19 | 2097 | 0:43:53 | 2106 | 0:43:15 | 2131 | 00:45:40 | 2107 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:09 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:32 | 2099 | 0:44:11 | 2048 | 00:00:00 | 0 |
| 107 | 96 | 8 | W 50 | 2 | 1957 | Menne | Christiane | RW Alhausen | 12774,0 | 1596,8 | 00:00:00 | 0 | 0:50:54 | 1642 | 00:00:00 | 0 | 00:54:12 | 1576 | 00:00:00 | 0 | 00:00:00 | 0 | 0:51:45 | 1621 | 00:57:03 | 1424 | 00:00:00 | 0 | 00:52:02 | 1589 | 00:00:00 | 0 | 00:53:32 | 1613 | 00:56:27 | 1647 | 0:50:47 | 1662 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 75 | 97 | 8 | M 65 | 1 | 1944 | Gross | Ricco | TV Jahn Bad Driburg | 15528,0 | 1941,0 | 00:00:00 | 0 | 0:46:06 | 1930 | 00:00:00 | 0 | 00:48:00 | 1948 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:26 | 2000 | 00:50:45 | 1802 | 00:00:00 | 0 | 00:45:28 | 1983 | 00:00:00 | 0 | 00:48:24 | 1921 | 00:51:40 | 1934 | 0:44:59 | 2010 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 8 | 98 | 8 | M 40 | 3 | 1965 | Epping | Hubert | TC BW Delbrück | 19755,0 | 2469,4 | 00:00:00 | 0 | 0:37:01 | 2475 | 00:00:00 | 0 | 00:37:50 | 2558 | 00:00:00 | 0 | 0:38:22 | 2437 | 0:37:21 | 2485 | 00:00:00 | 0 | 00:00:00 | 0 | 00:38:26 | 2405 | 00:00:00 | 0 | 00:00:00 | 0 | 00:41:04 | 2570 | 00:00:00 | 0 | 00:00:00 | 0 | 0:37:44,0 | 2392 | 00:00:00 | 0 | 0:37:46 | 2433 | 00:00:00 | 0 |
| 163 | 99 | 2 | M 60 | 9 | 1946 | Streitbürger | Willi | TV Jahn Bad Driburg | 2326,6 | 1163,3 | 00:00:00 | 0 | 0:58:51 | 1165 | 1:07:42 | 1161,6 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 88 | 100 | 8 | M 40 | 17 | 1967 | Kersting | Kalle | KäsköSäh PB-Delbrück | 14136,0 | 1767,0 | 00:00:00 | 0 | 0:49:00 | 1756 | 00:00:00 | 0 | 00:00:00 | 0 | 0:47:45 | 1831 | 0:50:04 | 1735 | 0:49:07 | 1779 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:50 | 1661 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:47:49 | 1744 | 00:00:00 | 0 | 0:48:17 | 1814 | 0:48:03 | 1816 | 00:00:00 | 0 |
| 167 | 101 | 1 | M 55 | 9 | 1954 | Baumhögger | Karl-Heinz | SC Borchen | 2080,0 | 2080,0 | 00:00:00 | 0 | 0:43:36 | 2080 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 123 | 102 | 8 | W 55 | 2 | 1954 | Doths | Anne | Lippstadt | 10738,0 | 1342,3 | 00:00:00 | 0 | 0:55:12 | 1384 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:53 | 1313 | 00:00:00 | 0 | 00:00:00 | 0 | 00:56:16 | 1335 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:29 | 1320 | 00:55:00 | 1313 | 0:55:15,0 | 1341 | 0:54:47 | 1424 | 0:56:31 | 1308 | 00:00:00 | 0 |
| 22 | 103 | 9 | M 45 | 5 | 1960 | Müller | Josef | TuS 1913 Hembsen | 18605,5 | 2325,7 | 00:00:00 | 0 | 0:39:32 | 2324 | 0:43:53 | 2437,5 | 00:00:00 | 0 | 0:39:38 | 2318 | 0:40:43 | 2296 | 00:00:00 | 0 | 00:43:23 | 2244 | 00:00:00 | 0 | 00:40:33 | 2278 | 00:00:00 | 0 | 00:41:53 | 2312 | 00:43:58 | 2396 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:59 | 2240 | 00:00:00 | 0 |
| 124 | 104 | 10 | W 50 | 3 | 1959 | Voß | Beate | MTR Steinheim | 10448,7 | 1306,1 | 00:00:00 | 0 | 0:58:05 | 1211 | 1:04:36 | 1327,7 | 00:00:00 | 0 | 00:00:00 | 0 | 0:59:25 | 1174 | 0:56:58 | 1308 | 01:00:47 | 1200 | 00:56:28 | 1448 | 00:00:00 | 0 | 01:27:14 | 1075,7 | 00:57:23 | 1382 | 01:02:23 | 1291 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:15,0 | 1281 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 90 | 105 | 11 | M 50 | 12 | 1957 | Voß | Reinhard | MTR Steinheim | 14072,8 | 1759,1 | 00:00:00 | 0 | 0:50:50 | 1646 | 0:56:50 | 1743,8 | 00:50:46 | 1782 | 00:00:00 | 0 | 0:50:01 | 1738 | 0:50:20 | 1706 | 00:52:39 | 1688 | 00:50:07 | 1829 | 00:00:00 | 0 | 01:13:12 | 1677,1 | 00:50:51 | 1774 | 00:53:55 | 1799 | 00:00:00 | 0 | 00:00:00 | 0 | 0:49:15,0 | 1701 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 148 | 106 | 3 | M 20 | 12 | 1980 | Jäger | Daniel | jagger.info | 5741,3 | 1913,8 | 00:00:00 | 0 | 0:45:25 | 1971 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:32 | 2001 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:15:22 | 1769,3 |
| 112 | 107 | 11 | W 40 | 3 | 1966 | Niewels | Anne | BC 23 Meerhof | 12100,9 | 1512,6 | 00:00:00 | 0 | 0:57:28 | 1248 | 1:00:17 | 1558,9 | 00:55:38 | 1490 | 0:52:51 | 1525 | 0:53:43 | 1516 | 0:53:16 | 1530 | 00:00:00 | 0 | 00:53:19 | 1637 | 00:54:42 | 1429 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:53:41 | 1392 | 00:00:00 | 0 | 0:54:56 | 1415 | 0:54:51 | 1408 | 00:00:00 | 0 |
| 81 | 108 | 8 | M 50 | 10 | 1958 | Glahn | Josef | VfL Lichtenau | 15174,0 | 1896,8 | 00:00:00 | 0 | 0:46:58 | 1878 | 00:00:00 | 0 | 00:48:47 | 1901 | 00:00:00 | 0 | 0:48:35 | 1824 | 0:46:39 | 1927 | 00:00:00 | 0 | 00:47:16 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:05 | 1909 | 00:00:00 | 0 | 00:46:40 | 1813 | 00:00:00 | 0 | 0:46:29 | 1922 | 00:00:00 | 0 | 00:00:00 | 0 |
| 118 | 109 | 12 | W 35 | 3 | 1970 | Kuhn | Annette | BC 23 Meerhof | 11267,0 | 1408,4 | 00:00:00 | 0 | 0:57:29 | 1247 | 00:00:00 | 0 | 00:57:55 | 1353 | 0:55:43 | 1353 | 0:58:02 | 1257 | 0:55:42 | 1384 | 00:00:00 | 0 | 00:56:00 | 1476 | 00:54:48 | 1423 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:57:06 | 1283 | 00:53:44 | 1389 | 0:56:57,0 | 1239 | 0:53:57 | 1474 | 0:54:44 | 1415 | 00:00:00 | 0 |
| 78 | 110 | 8 | M 30 | 9 | 1975 | Altewulf | Stefan | Fischteiche 2000 | 15254,0 | 1906,8 | 00:00:00 | 0 | 0:46:01 | 1935 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:54 | 1925 | 00:00:00 | 0 | 00:00:00 | 0 | 00:48:57 | 1899 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:07 | 1907 | 0:47:25 | 1864 | 00:46:17 | 1836 | 0:45:35,0 | 1921 | 0:45:44 | 1967 | 00:00:00 | 0 | 00:00:00 | 0 |
| 157 | 111 | 2 | M 40 | 23 | 1965 | Rovers | Daniel | SV AktivBad Westernkotten | 3855,0 | 1927,5 | 00:00:00 | 0 | 0:47:22 | 1854 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:38 | 2001 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 13 | 112 | 10 | M 35 | 4 | 1973 | Ernst | Christian | SC Borchen | 19095,0 | 2386,9 | 00:00:00 | 0 | 0:39:02 | 2354 | 00:00:00 | 0 | 00:39:11 | 2477 | 0:38:15 | 2401 | 0:38:47 | 2412 | 0:38:25 | 2421 | 00:41:38 | 2349 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:38:11 | 2322 | 00:00:00 | 0 | 0:39:38 | 2333 | 0:39:11 | 2348 | 01:01:52 | 2309,3 |

# 10 km Wertung

## Hochstift-Cup 2009

| Platz | Cup-Nr | Teilnahmen | Klasse | AK Pl. | Jahrgang | Name | Vorname | Verein | Ges. Pkt. | ø Pkt. Lauf | Jahreswechsellauf Brakel | | Sälzerlauf Salzkotten | | Hardehausener Parklauf | | Leiberger Volkslauf | | BELTE RUN 'N' ROLL Delbrück | | Residenz-Abendlauf Schloß Neuhaus | | Int. Abendlauf Bentfeld | | Pfingstläufe Kollerbeck | | Eggelauf des BC Meerhof | | Marienloher Volkslauf | | Bürener Volkslauf | | Vinsebecker Volkslauf | | Bad Driburger Brunnenlauf | | E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg | | 25. Salzkottener Hederauenlauf | | Altenaulauf Borchen | | Westenholzer Abendlauf | | Katharinenlauf Delbrück | | Wildschütz-Klostermann-Lauf | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | 11 km | Strecke | 10 km | Strecke | 11,2 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 14 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 10 km | Strecke | 15 km | Strecke |
| | | | | | | | | | | | 00:53:49 | R Zeit | 00:44:56 | R Zeit | 00:52:03 | R Zeit | 00:47:08 | R Zeit | 00:44:56 | R Zeit | 00:45:39 | R Zeit | 00:45:26 | R Zeit | 00:47:27 | R Zeit | 00:47:16 | R Zeit | 00:45:11 | R Zeit | 01:05:40 | R Zeit | 00:47:05 | R Zeit | 00:50:34 | R Zeit | 00:45:09 | R Zeit | 00:43:33 | R Zeit | 00:44:16 | R Zeit | 00:45:11 | R Zeit | 00:44:59 | R Zeit | 01:09:36 | R Zeit |
| | | | | | | | | | | | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. |
| 168 | 113 | 1 | M 40 | 25 | 1967 | Pink | Arno | SV AktivBad Westernkotten | 1952,0 | 1952,0 | 00:00:00 | 0 | 0:45:44 | 1952 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 161 | 114 | 2 | M 45 | 25 | 1960 | Schwabe | Matthias | SSV Delbrück | 3227,0 | 1613,5 | 00:00:00 | 0 | 0:50:46 | 1650 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:02 | 1577 | 00:00:00 | 0 |
| 135 | 115 | 6 | M 65 | 2 | 1944 | Marks | Hubert | SV RW Bentfeld | 7318,0 | 1219,7 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:57:54 | 1354 | 0:56:05 | 1331 | 0:56:50 | 1329 | 0:57:20 | 1286 | 00:00:00 | 0 | 01:02:18 | 1098 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 1:02:59 | 920 | 00:00:00 | 0 |
| 50 | 116 | 8 | M 30 | 7 | 1977 | Ahlheid | Sven | Paderborn | 16720,3 | 2090,0 | 00:00:00 | 0 | 0:42:10 | 2166 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:26 | 2060 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:08:57 | 1859,3 | 00:00:00 | 0 | 00:49:01 | 2093 | 00:00:00 | 0 | 00:40:44 | 2169 | 00:00:00 | 0 | 0:41:41 | 2210 | 0:42:24 | 2155 | 01:09:24 | 2008 |
| 15 | 117 | 8 | M 50 | 1 | 1959 | Uth | Thomas | TSV Schloß Neuhaus | 18918,0 | 2364,8 | 00:00:00 | 0 | 0:38:05 | 2411 | 0:43:30 | 2458 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:17 | 2382 | 0:39:46 | 2340 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:28 | 2341 | 00:38:10 | 2323 | 0:38:59,0 | 2317 | 00:00:00 | 0 | 0:39:13 | 2346 | 00:00:00 | 0 |
| 131 | 118 | 8 | W 35 | 4 | 1971 | Becker | Karin | SV RW Bentfeld | 9215,6 | 1151,9 | 00:00:00 | 0 | 0:58:25 | 1191 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:36 | 1300 | 00:00:00 | 0 | 0:58:45 | 1201 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:29:58 | 958,57 | 00:00:00 | 0 | 01:05:03 | 1131 | 1:03:55 | 874 | 00:00:00 | 0 | 00:00:00 | 0 | 0:58:16 | 1215 | 0:55:54 | 1345 | 00:00:00 | 0 |
| 6 | 119 | 9 | M 35 | 2 | 1972 | Götze | Frank | Paderborn | 20542,0 | 2567,8 | 00:00:00 | 0 | 0:35:11 | 2585 | 00:00:00 | 0 | 00:36:05 | 2663 | 00:00:00 | 0 | 0:36:07 | 2572 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:37:42 | 2449 | 00:52:57 | 2545 | 00:00:00 | 0 | 00:39:38 | 2656 | 0:37:16 | 2473 | 00:00:00 | 0 | 00:00:00 | 0 | 0:36:03 | 2548 | 0:36:39 | 2500 | 00:00:00 | 0 |
| 170 | 120 | 1 | M 45 | 26 | 1962 | Röttger | Dieter | Bad Driburg | 1923,0 | 1923,0 | 00:00:00 | 0 | 0:46:13 | 1923 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 117 | 121 | 11 | M 60 | 8 | 1945 | Wenzel | Friedhelm | VfJ Helmern | 11287,1 | 1410,9 | 00:00:00 | 0 | 0:55:03 | 1393 | 1:01:33 | 1491,1 | 00:56:41 | 1427 | 00:00:00 | 0 | 0:55:50 | 1389 | 00:00:00 | 0 | 00:00:00 | 0 | 00:57:08 | 1408 | 00:57:13 | 1278 | 01:23:26 | 1238,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:56:43 | 1306 | 00:54:05 | 1368 | 00:00:00 | 0 | 0:54:42 | 1429 | 0:55:17 | 1382 | 00:00:00 | 0 |
| 24 | 122 | 10 | M 50 | 2 | 1957 | Vollmer | Heinz | 1. Tri-Club Paderborn | 18512,7 | 2314,1 | 00:00:00 | 0 | 0:39:05 | 2351 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:29 | 2267 | 0:45:39 | 2000 | 0:43:02 | 2144 | 00:00:00 | 0 | 00:46:05 | 2071 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:45 | 2324 | 00:38:18 | 2315 | 0:39:04,0 | 2312 | 00:00:00 | 0 | 0:38:34 | 2385 | 00:59:14 | 2414,7 |
| 104 | 123 | 9 | M 60 | 6 | 1947 | Leifeld | Johannes | VfL Lichtenau | 13069,7 | 1633,7 | 00:00:00 | 0 | 0:53:59 | 1457 | 1:00:15 | 1560,7 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:10 | 1609 | 0:51:01 | 1665 | 00:00:00 | 0 | 00:53:38 | 1618 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:55:41 | 1693 | 0:50:36 | 1673 | 00:50:59 | 1554 | 0:49:19,0 | 1697 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 142 | 124 | 4 | M 45 | 23 | 1963 | Petri | Johannes | VfL Lichtenau | 6421,1 | 1605,3 | 00:00:00 | 0 | 0:52:37 | 1539 | 0:59:13 | 1616,1 | 00:52:22 | 1686 | 00:00:00 | 0 | 0:52:39 | 1580 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 29 | 125 | 8 | m Jgd B | 2 | 1992 | Hönig | Carsten | Gymnasium Antonianum Geseke | 18304,0 | 2288,0 | 00:00:00 | 0 | 0:38:38 | 2378 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:03 | 2353 | 0:38:41 | 2418 | 00:00:00 | 0 | 00:43:34 | 2233 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:36 | 2093 | 00:39:34 | 2239 | 00:00:00 | 0 | 0:39:30 | 2341 | 0:40:50 | 2249 | 00:00:00 | 0 |
| 26 | 126 | 8 | m Jgd A | 1 | 1990 | Kruse | Thomas | Gymnasium Antonianum Geseke | 18415,7 | 2302,0 | 00:00:00 | 0 | 0:42:33 | 2143 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:40 | 2376 | 0:40:02 | 2337 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:40:04 | 2307 | 00:59:56 | 2245,7 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:38:23 | 2310 | 00:00:00 | 0 | 0:38:54 | 2377 | 0:39:39 | 2320 | 00:00:00 | 0 |
| 115 | 127 | 9 | M 50 | 18 | 1957 | Vorspohl | Hubert | BSV Fürstenberg | 11781,4 | 1472,7 | 00:00:00 | 0 | 0:53:38 | 1478 | 1:00:49 | 1530,4 | 00:00:00 | 0 | 0:53:19 | 1497 | 0:54:12 | 1487 | 0:54:17 | 1469 | 00:00:00 | 0 | 00:54:19 | 1577 | 00:54:12 | 1459 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 1:02:06 | 983 | 00:00:00 | 0 | 00:00:00 | 0 | 0:57:07 | 1284 | 00:00:00 | 0 | 00:00:00 | 0 |
| 2 | 128 | 12 | M 20 | 1 | 1980 | Heints | Vladislav | Non-Stop-Ultra Brakel | 21071,6 | 2634,0 | 00:00:00 | 0 | 0:35:23 | 2573 | 0:39:33 | 2669,6 | 00:00:00 | 0 | 0:35:13 | 2583 | 0:35:20 | 2619 | 0:35:39 | 2587 | 00:00:00 | 0 | 00:36:32 | 2644 | 00:36:55 | 2496 | 00:52:39 | 2557,9 | 00:36:29 | 2636 | 00:37:54 | 2760 | 0:35:46 | 2563 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:57:29 | 2484,7 |
| 49 | 129 | 8 | M 45 | 13 | 1960 | Leichter | Peter | BSV Fürstenberg | 16730,0 | 2091,3 | 00:00:00 | 0 | 0:43:03 | 2113 | 00:00:00 | 0 | 00:44:36 | 2152 | 0:43:30 | 2086 | 00:00:00 | 0 | 0:44:38 | 2048 | 00:00:00 | 0 | 00:45:15 | 2121 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:12 | 2057 | 00:42:47 | 2046 | 00:00:00 | 0 | 0:43:24 | 2107 | 00:00:00 | 0 | 00:00:00 | 0 |
| 31 | 130 | 11 | M 20 | 5 | 1989 | Mueller | Jan | Gymnasium Antonianum Geseke | 18175,0 | 2271,9 | 00:00:00 | 0 | 0:40:52 | 2244 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:01 | 2295 | 0:40:58 | 2281 | 00:00:00 | 0 | 00:43:53 | 2214 | 00:00:00 | 0 | 00:39:46 | 2325 | 01:01:44 | 2168,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:05 | 2184 | 00:38:51 | 2282 | 0:40:01,0 | 2255 | 0:40:32 | 2279 | 0:41:46 | 2193 | 00:00:00 | 0 |
| 116 | 131 | 9 | W 45 | 4 | 1963 | Carniel | Dorothee | LT Marienloh | 11558,0 | 1444,8 | 00:00:00 | 0 | 0:59:20 | 1136 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:55:18 | 1421 | 00:00:00 | 0 | 00:00:00 | 0 | 00:58:26 | 1330 | 00:00:00 | 0 | 00:00:00 | 0 | 00:59:15 | 1270 | 01:01:05 | 1369 | 0:54:32 | 1437 | 00:00:00 | 0 | 0:51:59,0 | 1537 | 0:51:58 | 1593 | 0:51:38 | 1601 | 00:00:00 | 0 |
| 98 | 132 | 10 | M 50 | 13 | 1955 | Kicinski | Heinz-Günter | LT Marienloh | 13618,3 | 1702,3 | 00:00:00 | 0 | 0:50:07 | 1689 | 0:55:40 | 1806,3 | 00:00:00 | 0 | 0:51:34 | 1602 | 0:52:16 | 1603 | 0:53:03 | 1543 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:55:03 | 1731 | 0:50:28 | 1681 | 00:00:00 | 0 | 0:49:12,0 | 1704 | 0:50:31 | 1680 | 0:49:35 | 1724 | 00:00:00 | 0 |
| 57 | 133 | 7 | M 40 | 9 | 1966 | Stein | Dietmar | 1. Tri-Club Paderborn | 16478,0 | 2354,0 | 00:00:00 | 0 | 0:37:55 | 2421 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:23 | 2393 | 0:39:37 | 2362 | 0:39:07 | 2379 | 00:00:00 | 0 | 00:00:00 | 0 | 00:42:51 | 2140 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:38:15 | 2414 | 00:37:24 | 2369 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 100 | 134 | 10 | W 45 | 2 | 1961 | Kicinski | Erika | LT Marienloh | 13161,5 | 1645,2 | 00:00:00 | 0 | 0:51:25 | 1611 | 0:57:06 | 1729,5 | 00:00:00 | 0 | 0:50:56 | 1640 | 0:53:47 | 1512 | 0:53:14 | 1532 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:56:23 | 1651 | 0:51:42 | 1607 | 00:00:00 | 0 | 0:50:39,0 | 1617 | 0:50:44 | 1667 | 0:51:00 | 1639 | 00:00:00 | 0 |
| 133 | 135 | 4 | M 35 | 9 | 1970 | Asmuth | Guido | Team Gröpper | 7875,0 | 1968,8 | 00:00:00 | 0 | 0:45:04 | 1992 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:54 | 1897 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:08,0 | 2008 | 00:00:00 | 0 | 0:45:21 | 1978 | 00:00:00 | 0 |
| 69 | 136 | 8 | m Jgd B | 4 | 1992 | Hirt | Markus | Gymnasium Antonianum Geseke | 15939,0 | 1992,4 | 00:00:00 | 0 | 0:44:39 | 2017 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:24 | 2032 | 0:49:05 | 1794 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:47:32 | 1859 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:48:05 | 1824 | 00:42:09 | 2084 | 00:00:00 | 0 | 0:42:22 | 2169 | 0:42:19 | 2160 | 00:00:00 | 0 |
| 164 | 137 | 1 | M 40 | 24 | 1968 | Magiera | Joachim | TriCity Paderborn | 2266,0 | 2266,0 | 00:00:00 | 0 | 0:40:30 | 2266 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 36 | 138 | 10 | W 40 | 1 | 1965 | Lappe | Mechthild | VfB Salzkotten | 17418,0 | 2177,3 | 00:00:00 | 0 | 0:42:34 | 2142 | 00:00:00 | 0 | 00:43:27 | 2221 | 0:41:53 | 2183 | 0:42:02 | 2217 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:11 | 2120 | 01:04:31 | 2049,3 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:41:34 | 2119 | 00:00:00 | 0 | 0:42:01 | 2190 | 0:41:13 | 2226 | 01:06:38 | 2118,7 |
| 84 | 139 | 8 | M 55 | 5 | 1952 | Menne | Friedrich | TV 1875 Paderborn | 14631,0 | 1828,9 | 00:00:00 | 0 | 0:47:49 | 1827 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:19 | 1720 | 0:48:15 | 1831 | 00:00:00 | 0 | 00:49:25 | 1871 | 00:49:18 | 1753 | 00:00:00 | 0 | 00:00:00 | 0 | 00:51:20 | 1954 | 0:47:42 | 1847 | 00:46:25 | 1828 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 85 | 140 | 8 | M 40 | 15 | 1968 | Rüsing | Manfred | TTC Boke | 14563,0 | 1820,4 | 00:00:00 | 0 | 0:49:03 | 1753 | 00:00:00 | 0 | 00:48:34 | 1914 | 00:00:00 | 0 | 0:48:32 | 1827 | 0:48:08 | 1838 | 00:00:00 | 0 | 00:00:00 | 0 | 00:48:44 | 1787 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:26 | 1683 | 00:46:01 | 1852 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:30 | 1909 | 00:00:00 | 0 |
| 139 | 141 | 3 | M 30 | 12 | 1977 | Striewe | Frank | TuS Egge Schwaney | 6819,0 | 2273,0 | 00:00:00 | 0 | 0:41:26 | 2210 | 0:46:36 | 2292 | 00:41:51 | 2317 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 64 | 142 | 8 | m Jgd B | 3 | 1993 | Linneweber | Simon | Gymnasium Antonianum Geseke | 16292,1 | 2036,5 | 00:00:00 | 0 | 0:44:28 | 2028 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:42 | 2134 | 0:43:44 | 2115 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:23 | 2108 | 01:07:36 | 1917,1 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:37 | 1912 | 00:43:02 | 2031 | 0:43:29,0 | 2047 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 41 | 143 | 9 | M 45 | 10 | 1962 | Lottig | Wilfried | SC Borchen | 17246,0 | 2155,8 | 00:00:00 | 0 | 0:42:49 | 2127 | 00:00:00 | 0 | 00:44:22 | 2166 | 0:41:28 | 2208 | 0:42:37 | 2182 | 0:42:42 | 2164 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:44 | 2087 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:32 | 2157 | 00:00:00 | 0 | 00:00:00 | 0 | 0:42:36 | 2155 | 0:43:52 | 2067 | 00:00:00 | 0 |
| 4 | 144 | 12 | M 40 | 1 | 1967 | Freitag | Wolfgang | SuS Westenholz | 20818,0 | 2602,3 | 00:00:00 | 0 | 0:34:37 | 2619 | 00:00:00 | 0 | 00:36:19 | 2649 | 0:35:30 | 2566 | 0:35:39 | 2600 | 0:35:54 | 2572 | 00:00:00 | 0 | 00:37:11 | 2605 | 00:00:00 | 0 | 00:52:44 | 2554,3 | 00:00:00 | 0 | 00:00:00 | 0 | 0:35:02 | 2607 | 00:34:44 | 2529 | 00:00:00 | 0 | 0:35:13 | 2598 | 0:35:31 | 2568 | 00:56:40 | 2517,3 |
| 114 | 145 | 8 | M 60 | 7 | 1949 | Rothmann | Christoph | SC Borchen | 11851,8 | 1481,5 | 00:00:00 | 0 | 0:54:24 | 1432 | 0:59:20 | 1609,8 | 00:00:00 | 0 | 0:54:56 | 1400 | 0:54:15 | 1484 | 0:54:32 | 1454 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:53:58 | 1471 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:32 | 1559 | 0:54:17 | 1442 | 00:00:00 | 0 |
| 134 | 146 | 5 | M 30 | 10 | 1975 | Sohm | Henning | Team ERDINGER Alkoholfrei | 7705,1 | 1541,0 | 00:00:00 | 0 | 0:54:54 | 1402 | 1:07:19 | 1182,1 | 00:00:00 | 0 | 0:50:51 | 1645 | 00:00:00 | 0 | 0:50:15 | 1711 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:49:06 | 1765 | 00:00:00 | 0 | 00:00:00 | 0 |
| 102 | 147 | 6 | M 20 | 6 | 1980 | Kurtlucan | Abdulla | SuS Westenholz | 13118,7 | 2186,4 | 00:00:00 | 0 | 0:38:55 | 2361 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:27 | 2359 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:40:24 | 2285 | 00:00:00 | 0 | 0:39:39,0 | 2277 | 00:00:00 | 0 | 0:38:35 | 2384 | 01:23:17 | 1452,7 |
| 63 | 148 | 8 | M 40 | 13 | 1967 | Schulte | Markus | Marathon Soest e. V. | 16305,4 | 2038,2 | 00:00:00 | 0 | 0:42:53 | 2123 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:05 | 2051 | 00:00:00 | 0 | 0:43:47 | 2099 | 00:00:00 | 0 | 00:00:00 | 0 | 00:45:11 | 2000 | 01:06:41 | 1956,4 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:22 | 1987 | 00:00:00 | 0 | 0:44:03,0 | 2013 | 0:43:55 | 2076 | 00:00:00 | 0 | 00:00:00 | 0 |
| 155 | 149 | 3 | M 55 | 8 | 1954 | Risse | Helmut | EON Netz | 4026,0 | 1342,0 | 00:00:00 | 0 | 0:53:57 | 1459 | 00:00:00 | 0 | 00:58:25 | 1323 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:56:09 | 1244 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 37 | 150 | 8 | M 45 | 8 | 1964 | Sachwitz | Norbert | Paderborn | 17413,4 | 2176,7 | 00:00:00 | 0 | 0:41:39 | 2197 | 0:49:23 | 2142,9 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:43:41 | 2215 | 00:00:00 | 0 | 01:04:46 | 2038,6 | 00:43:12 | 2233 | 00:45:02 | 2332 | 0:42:10 | 2179 | 00:00:00 | 0 | 0:43:00,0 | 2076 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 130 | 151 | 6 | M 45 | 22 | 1961 | Loewe | Lothar | Skate Night Paderborn | 9498,0 | 1583,0 | 00:00:00 | 0 | 0:52:36 | 1540 | 00:00:00 | 0 | 00:54:45 | 1543 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:51:21 | 1755 | 00:54:37 | 1434 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:54 | 1535 | 00:48:42 | 1691 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 146 | 152 | 3 | M 20 | 11 | 1986 | Sinß | Sascha | Paderborn | 5798,0 | 1932,7 | 00:00:00 | 0 | 0:46:28 | 1908 | 00:00:00 | 0 | 00:48:08 | 1940 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:01 | 1950 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 19 | 153 | 8 | M 40 | 4 | 1967 | Kühlert | Elmar | LC Paderborn | 18663,2 | 2332,9 | 00:00:00 | 0 | 0:00:00 | 0 | 0:44:46 | 2390,2 | 00:40:00 | 2428 | 00:00:00 | 0 | 0:40:07 | 2332 | 0:39:44 | 2342 | 00:00:00 | 0 | 00:00:00 | 0 | 00:40:50 | 2261 | 00:00:00 | 0 | 00:40:55 | 2370 | 00:00:00 | 0 | 0:40:48 | 2261 | 00:38:54 | 2279 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 71 | 154 | 12 | M 60 | 4 | 1945 | Hüther | Karl Heinz | VfB Salzkotten | 15803,6 | 1975,4 | 00:00:00 | 0 | 0:00:00 | 0 | 0:51:55 | 2007,1 | 00:46:24 | 2044 | 0:45:33 | 1963 | 0:45:57 | 1982 | 0:45:57 | 1969 | 00:00:00 | 0 | 00:00:00 | 0 | 00:54:35 | 1436 | 01:08:05 | 1896,4 | 00:00:00 | 0 | 00:49:59 | 2035 | 0:46:54 | 1895 | 00:00:00 | 0 | 0:46:20,0 | 1876 | 00:00:00 | 0 | 0:46:32 | 1907 | 01:15:05 | 1780,7 |
| 51 | 155 | 9 | M 30 | 8 | 1976 | Kurze | Markus | Paderborn | 16711,9 | 2089,0 | 00:00:00 | 0 | 0:00:00 | 0 | 0:50:25 | 2087,5 | 00:44:38 | 2150 | 00:00:00 | 0 | 0:43:54 | 2105 | 00:00:00 | 0 | 00:00:00 | 0 | 00:45:32 | 2104 | 00:44:31 | 2040 | 01:04:56 | 2031,4 | 00:00:00 | 0 | 00:48:12 | 2142 | 0:44:17 | 2052 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:09:02 | 2022,7 |
| 96 | 156 | 8 | M 40 | 18 | 1968 | Kriener | Ludger | BC 23 Meerhof | 13787,5 | 1723,4 | 00:00:00 | 0 | 0:00:00 | 0 | 0:58:40 | 1645,5 | 00:00:00 | 0 | 0:50:00 | 1696 | 0:49:50 | 1749 | 0:50:08 | 1718 | 00:00:00 | 0 | 00:51:16 | 1760 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:50:30 | 1679 | 00:00:00 | 0 | 0:49:05,0 | 1711 | 0:48:02 | 1829 | 00:00:00 | 0 | 00:00:00 | 0 |
| 147 | 157 | 3 | M 50 | 20 | 1955 | Rossmanith | Matthias | SC Borchen | 5757,0 | 1919,0 | 00:00:00 | 0 | 0:00:00 | 0 | 0:51:07 | 2050 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:49:30 | 1877 | 00:00:00 | 0 | 00:48:01 | 1830 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 101 | 158 | 8 | M 50 | 15 | 1958 | Stratmann | Berthold | TuS Bad Wünnenberg | 13150,8 | 1643,8 | 00:00:00 | 0 | 0:00:00 | 0 | 0:57:32 | 1706,3 | 00:51:39 | 1729 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:49 | 1662 | 01:15:52 | 1562,9 | 00:00:00 | 0 | 00:55:33 | 1701 | 0:51:05 | 1644 | 00:49:40 | 1633 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 01:21:47 | 1512,7 |
| 34 | 159 | 9 | M 35 | 5 | 1970 | Flamme | Jörg | TuS Bad Wünnenberg | 17892,8 | 2236,6 | 00:00:00 | 0 | 0:00:00 | 0 | 0:49:50 | 2118,8 | 00:41:32 | 2336 | 0:40:02 | 2294 | 0:40:47 | 2292 | 0:39:44 | 2342 | 00:00:00 | 0 | 00:00:00 | 0 | 00:42:10 | 2181 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:41:11 | 2238 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:28 | 2091 | 01:08:18 | 2052 |
| 141 | 160 | 3 | M 30 | 13 | 1979 | Apel | Dominik | Paderborn Hustlers | 6462,9 | 2154,3 | 00:00:00 | 0 | 0:00:00 | 0 | 0:50:57 | 2058,9 | 00:00:00 | 0 | 0:41:22 | 2214 | 0:42:29 | 2190 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 66 | 161 | 9 | M 60 | 3 | 1946 | Bodach | Claus | SV Lüttringen | 16123,0 | 2015,4 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:47:41 | 1967 | 0:44:22 | 2034 | 00:00:00 | 0 | 0:44:34 | 2052 | 00:00:00 | 0 | 00:00:00 | 0 | 00:45:46 | 1965 | 01:08:20 | 1885,7 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:44:10 | 1963 | 0:44:16,0 | 2000 | 0:43:39 | 2092 | 0:44:09 | 2050 | 00:00:00 | 0 |
| 156 | 162 | 2 | M 30 | 15 | 1977 | Langhuber | Dirk | vereinslos | 3879,0 | 1939,5 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:47:12 | 1996 | 0:46:53 | 1883 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 89 | 163 | 9 | M 35 | 7 | 1973 | Zeisberg | Markus | TuS Bad Wünnenberg | 14078,7 | 1759,8 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:51:39 | 1729 | 0:49:14 | 1742 | 0:47:20 | 1899 | 0:49:09 | 1777 | 00:00:00 | 0 | 00:00:00 | 0 | 00:52:21 | 1570 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:54:04 | 1465 | 00:00:00 | 0 | 00:00:00 | 0 | 0:48:35 | 1796 | 0:47:46 | 1833 | 01:16:17 | 1732,7 |
| 106 | 164 | 11 | M 50 | 16 | 1959 | Esser | Dieter | Lauftreff Elsen-Wewer | 12952,0 | 1619,0 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:52:49 | 1527 | 0:53:09 | 1550 | 0:52:17 | 1589 | 00:00:00 | 0 | 00:52:53 | 1663 | 00:52:27 | 1564 | 00:00:00 | 0 | 00:00:00 | 0 | 00:56:42 | 1632 | 0:52:21 | 1568 | 00:49:41 | 1632 | 0:51:21,0 | 1575 | 0:50:37 | 1674 | 0:51:20 | 1619 | 00:00:00 | 0 |
| 58 | 165 | 8 | M 40 | 10 | 1966 | Rikus | Thomas | 1. TC Paderborn | 16427,0 | 2053,4 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:27 | 2029 | 00:00:00 | 0 | 0:43:10 | 2136 | 00:00:00 | 0 | 00:43:47 | 2209 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:49:19 | 2075 | 00:00:00 | 0 | 00:43:10 | 2023 | 0:43:07,0 | 2069 | 00:00:00 | 0 | 0:45:29 | 1970 | 01:11:42 | 1916 |
| 99 | 166 | 10 | M 50 | 14 | 1957 | Maack | Bodo | Koelsche Jonge | 13208,0 | 1651,0 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:51:11 | 1625 | 0:53:31 | 1528 | 0:51:02 | 1664 | 00:54:14 | 1593 | 00:52:37 | 1679 | 00:00:00 | 0 | 01:16:20 | 1542,9 | 00:52:55 | 1650 | 00:54:37 | 1757 | 0:51:12 | 1637 | 00:50:10 | 1603 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 73 | 167 | 8 | M 45 | 16 | 1960 | Frewer | Hans Jörg | SC Borchen | 15679,0 | 1959,9 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:20 | 1916 | 0:45:49 | 1990 | 00:00:00 | 0 | 00:48:56 | 1911 | 00:00:00 | 0 | 00:46:48 | 1903 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:03 | 2006 | 00:43:44 | 1989 | 00:00:00 | 0 | 0:45:11 | 2000 | 0:45:35 | 1964 | 00:00:00 | 0 |
| 103 | 168 | 8 | M 40 | 19 | 1968 | Blase | Josef | Team S & N | 13091,0 | 1636,4 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:53:11 | 1505 | 0:52:17 | 1602 | 0:50:13 | 1713 | 00:00:00 | 0 | 00:00:00 | 0 | 00:51:01 | 1650 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:49:07 | 1666 | 0:51:08,0 | 1588 | 0:50:23 | 1688 | 0:50:20 | 1679 | 00:00:00 | 0 |
| 145 | 169 | 3 | M 20 | 10 | 1986 | Backofen | Andre | vereinslos | 5867,0 | 1955,7 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:56 | 1940 | 00:00:00 | 0 | 0:45:01 | 2025 | 00:00:00 | 0 | 00:00:00 | 0 | 00:46:49 | 1902 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 39 | 170 | 10 | M 45 | 9 | 1960 | Baibara | Andreas | LC Paderborn | 17275,3 | 2159,4 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:46:03 | 1976 | 0:43:22 | 2124 | 00:00:00 | 0 | 00:43:51 | 2205 | 00:43:22 | 2109 | 01:03:14 | 2104,3 | 00:44:48 | 2137 | 00:46:36 | 2238 | 0:42:28 | 2161 | 00:00:00 | 0 | 00:00:00 | 0 | 0:41:54 | 2197 | 00:00:00 | 0 | 01:08:32 | 2042,7 |
| 165 | 171 | 1 | M 35 | 12 | 1970 | Fritschi | Frank | Currimus e.V. | 2223,0 | 2223,0 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:41:56 | 2223 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 55 | 172 | 10 | M 50 | 7 | 1959 | König | Thomas | LT Hochwald | 16567,0 | 2070,9 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:45:27 | 2012 | 0:43:38 | 2108 | 00:47:41 | 1986 | 00:44:31 | 2165 | 00:44:05 | 2066 | 01:05:40 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 0:43:35 | 2094 | 00:42:20 | 2073 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:10 | 2049 | 01:10:35 | 1960,7 |
| 25 | 173 | 9 | M 30 | 4 | 1978 | Fleckner | Matthias | vereinslos | 18483,0 | 2310,4 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:24 | 2375 | 0:41:41 | 2225 | 00:00:00 | 0 | 00:40:55 | 2381 | 00:00:00 | 0 | 01:03:32 | 2091,4 | 00:00:00 | 0 | 00:44:33 | 2361 | 00:00:00 | 0 | 00:39:13 | 2260 | 0:39:02,0 | 2314 | 0:39:47 | 2324 | 0:40:56 | 2243 | 00:00:00 | 0 |
| 162 | 174 | 1 | M 35 | 11 | 1971 | Giefers | Christoph | TuS 1913 Hembsen | 2338,0 | 2338,0 | 00:00:00 | 0 | 0:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:41:49 | 2338 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |