

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	612	Krämer, Stefanie	AMC Wittgenstein Bad Berlet	00:42.66		00:43.35		01:26.01	30
2	2126	Grün, Max	MSC Herten	00:43.14		00:42.89		01:26.03	27
3	3901	Litsch, Jan-Luca	AC Warendorf	00:43.29		00:43.27		01:26.56	24
4	2808	Müller, Leon	MSF Netphen	00:44.15		00:43.35		01:27.50	22
5	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:43.69		00:44.17		01:27.86	20
6	914	Kurek, Leon	Briloner AC	00:42.38	2	00:43.63	2	01:30.01	18
7	1907	Ernst, Martin	MSC Heeren-Werve	00:46.81		00:45.75		01:32.56	16
8	4427	Rielmann, Nico	MSC Bergstadt Rüthen	00:45.67	2	00:44.92		01:32.59	14
9	2129	Kleingries, Tom	MSC Herten	00:42.87	4	00:43.77	2	01:32.64	13
10	1323	Rotterdam, Eneas	SFG Dorsten	00:44.70		00:44.41	4	01:33.11	12
11	4702	Sölken, Christian	MSC Oeventrop	00:47.89		00:45.24		01:33.13	11
12	533	Schmidt, Marvin	MSC Beckum	00:45.76	2	00:43.65	2	01:33.41	10
13	4511	Peuser, Shareen	MSC Süd Sauerland	00:45.68	4	00:43.95		01:33.63	9
14	1452	Haschmann, Lars	MSV Dulmania	00:48.33	2	00:44.99		01:35.32	8
15	2812	Völke, Leon	MSF Netphen	00:46.51		00:45.06	4	01:35.57	7
16	1450	Laubrock, Melina	MSV Dulmania	00:47.55	2	00:46.62		01:36.17	6
17	4514	Assmann, Michael	MSC Süd Sauerland	00:42.18	2	00:43.21	10	01:37.39	5
18	4508	Dumke, Timo	MSC Süd Sauerland	00:47.75	4	00:44.23	2	01:37.98	4
19	4502	Laux, Fabian	MSC Süd Sauerland	00:48.00	2	00:49.86		01:39.86	3
20	4311	Balzer, Alexander	AC Hohenseelbachkopf	00:44.92	4	00:43.20	8	01:40.12	2
21	316	Piel, Yannik	AC Ascheberg	00:47.78	4	00:46.88	2	01:40.66	1
22	1832	Urban, Daniel	MSC Harsewinkel	00:43.15	12	00:43.73	2	01:40.88	1
23	429	Bamberg, Damian	MSC Lennetal-Bamenoehl	00:50.96		00:50.48		01:41.44	1
24	627	Werner, Kevin	AMC Wittgenstein Bad Berlet	00:45.02	10	00:49.26		01:44.28	1
25	2529	Thünemann, Marius	AMSC Lüdinghausen	00:47.56	2	00:55.53	4	01:49.09	1
26	1610	Ellinghaus, Elias	Hagener AC 05	00:51.79	4	00:49.13	8	01:52.92	1
27	1445	Tüns, Eileen	MSV Dulmania	00:56.57	4	00:45.56	8	01:54.13	1
28	1614	Alba, Sandro	Hagener AC 05	01:05.38	10	00:48.17	2	02:05.55	1
29	1301	Brodhage, Noel	SFG Dorsten	01:00.64	6	00:50.12	24	02:20.76	1

Zeitnahme: Uli Bartsch
Auswertung: Berthold Treek

Schnellster Lauf: 00:42.66
(Krämer, Stefanie - 1 / 612)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1830	Hovestadt, Justin	MSC Harsewinkel	00:41.29		00:41.84	2	01:25.13	30
2	911	Maschinski, Marius	Briloner AC	00:43.61		00:42.85		01:26.46	27
3	3613	Wagener, Marco	OC Siegerland-Nord	00:42.52	2	00:42.83		01:27.35	24
4	1819	Buxel, Leon	MSC Harsewinkel	00:42.07	2	00:41.80	2	01:27.87	22
5	3004	Gerling, Adrian	AC Oelde	00:44.30		00:43.65		01:27.95	20
6	1446	Tüns, Mirko	MSV Dulmania	00:44.39		00:43.90		01:28.29	18
7	2132	Gerner, Nick	MSC Herten	00:43.64		00:43.01	2	01:28.65	16
8	605	Fuchs, Maik	AMC Wittgenstein Bad Berlek	00:42.34		00:46.39		01:28.73	14
9	418	Rademacher, Tobias	MSC Lennetal-Bamenoehl	00:42.25		00:46.59		01:28.84	13
10	4101	Bange, Janick	MSC Westerkappeln	00:42.26		00:46.74		01:29.00	12
11	3804	Block, Tobias	AMC Waltrop	00:42.70	2	00:44.48		01:29.18	11
12	1603	Brandenburg, Marcel	Hagener AC 05	00:45.15		00:44.04		01:29.19	10
13	1018	Puche, Jan	AMC Burbach	00:41.77	2	00:45.71		01:29.48	9
14	601	Biegler, Jens	AMC Wittgenstein Bad Berlek	00:42.50		00:47.28		01:29.78	8
15	2806	Marques, Fabio	MSF Netphen	00:42.43	2	00:45.45		01:29.88	7
16	3805	Braune, Devin	AMC Waltrop	00:42.00		00:48.35		01:30.35	6
17	3903	Petermann, Niclas	AC Warendorf	00:42.30		00:48.61		01:30.91	5
18	908	Kry, Niklas Peter	Briloner AC	00:42.15		00:47.43	2	01:31.58	4
19	3807	Dechert, Lukas	AMC Waltrop	00:43.67		00:48.27		01:31.94	3
20	3819	Kleimann, Kay	AMC Waltrop	00:44.64		00:47.86		01:32.50	2
21	819	Helmbrecht, Marvin	MSC Bork	00:45.55		00:45.14	2	01:32.69	1
22	1601	Barthelmann, Kevin	Hagener AC 05	00:41.99	4	00:47.64		01:33.63	1
23	1026	Thanabalasingam, Janujan	AMC Burbach	00:43.10	2	00:42.90	6	01:34.00	1
24	1607	Czubaszek, Oliver	Hagener AC 05	00:45.03		00:47.60	2	01:34.63	1
25	1703	Gerdes, Leon	RC Haltern	00:44.40		00:45.36	6	01:35.76	1
26	1032	Schon, Rouven	AMC Burbach	00:42.62	4	00:47.61	2	01:36.23	1
27	619	Schaller, Manuel	AMC Wittgenstein Bad Berlek	00:42.50	8	00:46.27		01:36.77	1
28	1302	Droste, Anna Lena	SFG Dorsten	00:45.08	2	00:49.49	2	01:38.57	1
29	2530	Thünemann, Tobias	AMSC Lüdinghausen	00:44.09	6	00:44.76	4	01:38.85	1
30	3615	Opfer, Andre	OC Siegerland-Nord	00:45.29	12	00:44.90	2	01:44.19	1

Zeitnahme: Uli Bartsch
 Auswertung: Berthold Treek

Schnellster Lauf: 00:41.29
 (Hovestadt, Justin - 1 / 1830)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2809	Schäffer, Julian	MSF Netphen	00:37.83		00:37.20		01:15.03	30
2	2802	Giesler, Jonas	MSF Netphen	00:37.78		00:37.25		01:15.03	27
3	2118	Schiwy, Maurice	MSC Herten	00:37.92		00:37.43		01:15.35	24
4	4015	Luig, Simon	MSF Warstein	00:38.04		00:37.64		01:15.68	22
5	1604	Brandenburg, Pascal	Hagener AC 05	00:38.49		00:37.49		01:15.98	20
6	3910	Petermann, Stephen	AC Warendorf	00:38.37		00:37.79		01:16.16	18
7	2006	Müller, Lucas	MFC Auf dem Schnee Herdecke	00:39.25		00:37.79		01:17.04	16
8	4114	Windoffer, Fabian	MSC Westerkappeln	00:38.86		00:38.37		01:17.23	14
9	1017	Oerter, Tim	AMC Burbach	00:39.05		00:38.24		01:17.29	13
10	1011	Klein, Marius	AMC Burbach	00:38.14	2	00:37.39		01:17.53	12
11	913	Wienand, Peter	Briloner AC	00:39.19		00:38.55		01:17.74	11
12	2102	Cerovsek, Maurice	MSC Herten	00:39.30		00:38.52		01:17.82	10
13	1814	Urban, Marcel	MSC Harsewinkel	00:39.13		00:36.72	2	01:17.85	9
14	3839	Riethmann, Tim	AMC Waltrop	00:39.59		00:38.45		01:18.04	8
15	1623	Mejri, Ali	Hagener AC 05	00:38.43	2	00:37.86		01:18.29	7
16	3906	Mannefeld, Kevin	AC Warendorf	00:37.81	2	00:36.59	2	01:18.40	6
17	2610	Franke, Dominik	AMSC Marl-Hüls	00:38.79		00:38.00	2	01:18.79	5
18	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebrunn	00:38.91		00:38.81	2	01:19.72	4
19	2515	Kroll, Richard	AMSC Lüdinghausen	00:39.96	2	00:37.95		01:19.91	3
20	1620	Kalthaus, Felix	Hagener AC 05	00:41.68		00:38.35		01:20.03	2
21	907	Kaiser, Caroline	Briloner AC	00:38.62	2	00:38.05	2	01:20.67	1
22	3529	Leidorf, Fabian	MSC Schmallenberg	00:41.69		00:39.74		01:21.43	1
23	2216	Odenbach, Kim-Louis	AMC Ibbenbüren	00:39.31		00:38.43	4	01:21.74	1
24	2107	Kugel, Manuel	MSC Herten	00:40.00	4	00:38.28		01:22.28	1
25	906	Kaiser, Lars	Briloner AC	00:41.03	2	00:39.43		01:22.46	1
26	3403	Battaglia, David	Olper AC	00:41.14		00:39.75	2	01:22.89	1
27	904	Gorny, Thilo	Briloner AC	00:40.78	4	00:38.71	2	01:25.49	1
28	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:41.13	4	00:40.45		01:25.58	1
29	3114	Hoffmann, René	MSC Oenetal	00:41.78		00:43.97	2	01:27.75	1
30	3612	Kolb, Fabian	OC Siegerland-Nord	00:40.52		00:49.24	28	01:57.76	1

Zeitnahme: Uli Bartsch
Auswertung: Berthold Treek

Schnellster Lauf: 00:37.20
(Schäffer, Julian - 1 / 2809)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3916	Gorny, Franziska	AC Warendorf	00:36.94		00:36.99		01:13.93	30
2	1616	Hasenpusch, Kirsten	Hagener AC 05	00:37.10		00:37.02		01:14.12	27
3	409	Krämer, Christopher	MSC Lennetal-Bamenoehl	00:37.14		00:37.46		01:14.60	24
4	3921	Petermann, Daniel	AC Warendorf	00:37.48		00:37.22		01:14.70	22
5	3605	Hahn, Julien	OC Siegerland-Nord	00:37.38		00:37.59		01:14.97	20
6	1419	Gövert, Felicia	MSV Dulmania	00:37.67		00:37.45		01:15.12	18
7	519	Link, Robin	MSC Beckum	00:37.53		00:37.61		01:15.14	16
8	4712	Marenbach, Kai	MSC Oeventrop	00:37.96		00:37.27		01:15.23	14
9	3609	Tiebe, Oliver	OC Siegerland-Nord	00:36.96		00:38.31		01:15.27	13
10	1028	Weber, Felix	AMC Burbach	00:37.70		00:37.62		01:15.32	12
11	4510	Peuser, Sina	MSC Süd Sauerland	00:37.59		00:37.78		01:15.37	11
12	3003	Gerkmann, Jan	AC Oelde	00:38.29		00:37.17		01:15.46	10
13	1608	Diedrich, Florian	Hagener AC 05	00:38.00		00:37.79		01:15.79	9
14	421	Schneidersmann, Peter	MSC Lennetal-Bamenoehl	00:37.50		00:38.34		01:15.84	8
15	4108	Lange, Marc	MSC Westerkappeln	00:38.29		00:37.58		01:15.87	7
16	2104	Händly, Saskia	MSC Herten	00:37.88		00:38.39		01:16.27	6
17	1318	Thünenkötter, Kevin	SFG Dorsten	00:38.04		00:38.23		01:16.27	5
18	611	Krämer, Kevin	AMC Wittgenstein Bad Berlet	00:37.84		00:38.57		01:16.41	4
19	1624	Pohlmann, Florian	Hagener AC 05	00:38.29		00:38.37		01:16.66	3
20	1440	Reuver, Christopher	MSV Dulmania	00:37.34		00:39.33		01:16.67	2
21	4104	Freese, Steffen	MSC Westerkappeln	00:37.09		00:37.67	2	01:16.76	1
22	4709	Steimel, Patrick	MSC Oeventrop	00:37.59		00:37.56	2	01:17.15	1
23	620	Schmitt, Jan	AMC Wittgenstein Bad Berlet	00:38.37		00:39.02		01:17.39	1
24	4708	Pöttgen, Niklas	MSC Oeventrop	00:38.12	2	00:37.40		01:17.52	1
25	1810	Osterheider, Jana	MSC Harsewinkel	00:39.53		00:38.03		01:17.56	1
26	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:39.07		00:38.64		01:17.71	1
27	2918	Thomas, Michelle	AMC Obernau	00:38.63	2	00:37.59		01:18.22	1
28	513	Heinrich, Dominik	MSC Beckum	00:38.65	2	00:37.77		01:18.42	1
29	2103	Ferdinand, Pascal	MSC Herten	00:38.41	2	00:38.38		01:18.79	1
30	1625	Pohlmann, Linda	Hagener AC 05	00:38.21	2	00:38.88		01:19.09	1

Zeitnahme: Uli Bartsch
 Auswertung: Berthold Treek

Schnellster Lauf: 00:36.94
 (Gorny, Franziska - 1 / 3916)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3929	Gehrmann, Nico	AC Warendorf	00:36.60		00:36.58		01:13.18	30
2	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berlet	00:36.83		00:36.59		01:13.42	27
3	1447	Ullmann, Timo	MSV Dulmania	00:36.94		00:36.68		01:13.62	24
4	3923	Manefeld, David	AC Warendorf	00:36.63		00:37.01		01:13.64	22
5	4504	Koperwas, Sören	MSC Süd Sauerland	00:37.04		00:36.88		01:13.92	20
6	3608	Busch, Moritz	OC Siegerland-Nord	00:37.04		00:36.94		01:13.98	18
7	2813	Völke-Pfeifer, Colin	MSF Netphen	00:37.01		00:37.04		01:14.05	16
8	910	Kry, Anna Kristina	Briloner AC	00:36.98		00:37.50		01:14.48	14
9	3023	Niewöhner, Dennis	AC Oelde	00:37.22		00:37.35		01:14.57	13
10	3924	Willi, Patrick	AC Warendorf	00:37.48		00:37.18		01:14.66	12
11	3502	Zuncke, René	MSC Schmalleberg	00:37.67		00:37.04		01:14.71	11
12	1438	Pantleon, Matthias	MSV Dulmania	00:37.52		00:37.22		01:14.74	10
13	2005	Lull, Christopher	MFC Auf dem Schnee Herdeck	00:37.52		00:37.27		01:14.79	9
14	3414	Schrage, Marvin	Olper AC	00:37.63		00:37.29		01:14.92	8
15	3930	Otmar, Alexander	AC Warendorf	00:37.95		00:37.20		01:15.15	7
16	2618	Langkafel, Kevin	AMSC Marl-Hüls	00:37.34		00:37.88		01:15.22	6
17	1313	Heinrich, Dennis	SFG Dorsten	00:37.42		00:37.85		01:15.27	5
18	3602	Kolb, Sebastian	OC Siegerland-Nord	00:38.06		00:37.75		01:15.81	4
19	2105	Händly, Vanessa	MSC Herten	00:37.00	2	00:36.83		01:15.83	3
20	2920	Zillinger, Dominik	AMC Obernau	00:38.49		00:37.46		01:15.95	2
21	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berlet	00:37.00	2	00:37.07		01:16.07	1
22	1306	Englert, Daniel	SFG Dorsten	00:38.51		00:37.60		01:16.11	1
23	1430	Lux, David	MSV Dulmania	00:38.36		00:37.81		01:16.17	1
24	4105	Gans, Marcel	MSC Westerkappeln	00:37.55		00:36.94	2	01:16.49	1
25	1711	Teuchtler, Markus	RC Haltern	00:37.38	2	00:37.30		01:16.68	1
26	1617	Hasenpusch, Carina	Hagener AC 05	00:38.14	2	00:36.61		01:16.75	1
27	3505	Grell, Matthias	MSC Schmalleberg	00:38.88		00:37.99		01:16.87	1
28	1311	Fliß, Heike	SFG Dorsten	00:39.39		00:38.12		01:17.51	1
29	2114	Pima, Niko	MSC Herten	00:38.10	2	00:38.11		01:18.21	1
30	1630	Wolinda, Nick	Hagener AC 05	00:49.08		00:37.21	4	01:30.29	1

Zeitnahme: Uli Bartsch
 Auswertung: Berthold Treek

Schnellster Lauf: 00:36.58
 (Gehrmann, Nico - 1 / 3929)

Platz	Ortsclub		Starter	gewertet	Punkte
1	AC Warendorf	107	Gorny, Franziska (30) Gehrmann, Nico (30) Litsch, Jan-Luca (24) Petermann, Stephen (18) Petermann, Niclas (5)	84	30
2	MSF Netphen	102	Schäffer, Julian (30) Giesler, Jonas (27) Müller, Leon (22) Völke-Pfeifer, Colin (16) Marques, Fabio (7)	79	27
3	AMC Wittgenstein Bad Berleburg	67	Krämer, Stefanie (30) Kaufmann, Dennis (27) Biegler, Jens (8) Schaller, Manuel (1) Schmitt, Jan (1)	65	24
4	MSC Herten	73	Grün, Max (27) Schiwy, Maurice (24) Kleingries, Tom (13) Händly, Saskia (6) Händly, Vanessa (3)	64	22
5	OC Siegerland-Nord	79	Wagener, Marco (24) Hahn, Julien (20) Busch, Moritz (18) Tiebe, Oliver (13) Kolb, Sebastian (4)	62	20
6	MSC Harsewinkel	63	Hovestadt, Justin (30) Buxel, Leon (22) Urban, Marcel (9) Urban, Daniel (1) Osterheider, Jana (1)	61	18
7	Hagener AC 05	56	Hasenpusch, Kirsten (27) Brandenburg, Pascal (20) Mejri, Ali (7) Barthelmann, Kevin (1) Hasenpusch, Carina (1)	54	16
8	MSV Dulmania	55	Ullmann, Timo (24) Gövert, Felicia (18) Pantleon, Matthias (10) Reuver, Christopher (2) Lux, David (1)	52	14
9	MSC Lennetal-Bamenohl	46	Krämer, Christopher (24) Rademacher, Tobias (13) Schneidersmann, Peter (8) Bamberg, Damian (1) , (0)	45	13
10	Briloner AC	48	Kurek, Leon (18) Kry, Anna Kristina (14) Wienand, Peter (11) Kry, Niklas Peter (4) Kaiser, Caroline (1)	43	12
11	AC Oelde	43	Gerling, Adrian (20) Niewöhner, Dennis (13) Gerkmann, Jan (10) , (0) , (0)	43	11
12	AMC Burbach	47	Oerter, Tim (13) Klein, Marius (12) Weber, Felix (12) Puche, Jan (9) Thanabalasingam, Janujan (1)	37	10
13	MSC Süd Sauerland	41	Koperwas, Sören (20) Peuser, Sina (11) Assmann, Michael (5) Dumke, Timo (4) Koperwas, Wiebke (1)	36	9
14	MSC Westerkappeln	35	Windoffer, Fabian (14) Bange, Janick (12) Lange, Marc (7) Freese, Steffen (1) Gans, Marcel (1)	33	8
15	MSC Oeventrop	27	Marenbach, Kai (14) Sölken, Christian (11) Steimel, Patrick (1) Pöttgen, Niklas (1)	26	7
16	AMC Waltrop	30	Block, Tobias (11) Riethmann, Tim (8) Braune, Devin (6) Dechert, Lukas (3) Kleimann, Kay (2)	25	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	SFG Dorsten	20 Rotterdam, Eneas (12) Thünenkötter, Kevin (5) Brodhage, Noel (1) Droste, Anna Lena (1) Englert, Daniel (1)	18	5
18	MSC Schmallenberg	13 Zuncke, René (11) Leidorf, Fabian (1) Grell, Matthias (1) , (0) , (0)	13	4
19	AMSC Mari-Hüls	11 Langkafel, Kevin (6) Franke, Dominik (5) , (0) , (0) , (0)	11	3
20	AMSC Lüdinghausen	5 Kroll, Richard (3) Thünemann, Marius (1) Thünemann, Tobias (1) , (0) , (0)	5	2
21	AC Hohenseelbachskopf	2 Balzer, Alexander (2) , (0) , (0) , (0) , (0)	2	1
22	RC Haltern	2 Gerdes, Leon (1) Teuchler, Markus (1) , (0) , (0) , (0)	2	1
23	MSC Bork	1 Helmbrecht, Marvin (1) , (0) , (0) , (0) , (0)	1	1