

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3901	Litsch, Jan-Luca	AC Warendorf	00:36.79		00:36.65	2	01:15.44	45,0
2	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:38.28		00:37.96		01:16.24	40,5
3	4514	Assmann, Michael	MSC Süd Sauerland	00:37.46		00:37.19	2	01:16.65	36,0
4	2126	Grün, Max	MSC Herten	00:37.36	2	00:38.50		01:17.86	33,0
5	2129	Kleingries, Tom	MSC Herten	00:36.75	2	00:37.25	2	01:18.00	30,0
6	627	Werner, Kevin	AMC Wittgenstein Bad Berleb	00:38.14		00:38.48	2	01:18.62	27,0
7	1323	Rotterdam, Eneas	SFG Dorsten	00:39.49		00:38.66	2	01:20.15	24,0
8	4311	Balzer, Alexander	AC Hohenseelbachkopf	00:39.05	2	00:39.46		01:20.51	21,0
9	914	Kurek, Leon	Briloner AC	00:38.46	2	00:38.09	2	01:20.55	19,5
10	2812	Völke, Leon	MSF Netphen	00:40.70		00:40.67		01:21.37	18,0
11	4702	Sölken, Christian	MSC Oeventrop	00:39.68		00:40.06	2	01:21.74	16,5
12	1452	Haschmann, Lars	MSV Dulmania	00:39.92	2	00:40.06		01:21.98	15,0
13	4427	Rielmann, Nico	MSC Bergstadt Rüthen	00:39.66	4	00:38.39		01:22.05	13,5
14	2808	Müller, Leon	MSF Netphen	00:37.15	6	00:37.29	2	01:22.44	12,0
15	4511	Peuser, Shareen	MSC Süd Sauerland	00:39.62	2	00:39.40	4	01:25.02	10,5
16	2012	Pudysz, Justin	MFC Auf dem Schnee Herdec	00:42.26		00:42.34	2	01:26.60	9,0
17	4502	Laux, Fabian	MSC Süd Sauerland	00:42.16		00:40.79	4	01:26.95	7,5
18	1610	Ellinghaus, Elias	Hagener AC 05	00:43.82		00:43.35		01:27.17	6,0
19	1301	Brodhage, Noel	SFG Dorsten	00:43.84		00:43.54		01:27.38	4,5
20	1445	Tüns, Eileen	MSV Dulmania	00:40.67	6	00:40.87		01:27.54	3,0
21	1450	Laubrock, Melina	MSV Dulmania	00:40.07	2	00:39.70	6	01:27.77	1,5
22	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:43.98		00:42.32	2	01:28.30	1,5
23	316	Piel, Yannik	AC Ascheberg	00:42.33	2	00:40.35	4	01:28.68	1,5
24	612	Krämer, Stefanie	AMC Wittgenstein Bad Berleb	00:37.02		00:40.36	12	01:29.38	1,5
25	2529	Thünemann, Marius	AMSC Lüdinghausen	00:42.13	4	00:43.12	2	01:31.25	1,5
26	4508	Dumke, Timo	MSC Süd Sauerland	00:36.71	2	00:38.65	14	01:31.36	1,5
27	1907	Ernst, Martin	MSC Heeren-Werve	00:38.80	10	00:40.68	2	01:31.48	1,5
28	1614	Alba, Sandro	Hagener AC 05	00:45.00	2	00:44.68	2	01:33.68	1,5
29	533	Schmidt, Marvin	MSC Beckum	00:39.04	2	00:46.14	10	01:37.18	1,5
30	1832	Urban, Daniel	MSC Harsewinkel	00:39.56	12	00:39.17	14	01:44.73	1,5

Zeitnahme: Herr Ullmann

Auswertung: Zeitnahmeteam MSC Heeren Werve

Schnellster Lauf: 00:36.79

(Litsch, Jan-Luca - 1 / 3901)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	605	Fuchs, Maik	AMC Wittgenstein Bad Berleb	00:36.35		00:35.83		01:12.18	45,0
2	3805	Braune, Devin	AMC Waltrop	00:36.64		00:36.25		01:12.89	40,5
3	619	Schaller, Manuel	AMC Wittgenstein Bad Berleb	00:36.33		00:36.90		01:13.23	36,0
4	908	Kry, Niklas Peter	Briloner AC	00:36.24		00:37.04		01:13.28	33,0
5	601	Biegler, Jens	AMC Wittgenstein Bad Berleb	00:36.79		00:36.81		01:13.60	30,0
6	1032	Schon, Rouven	AMC Burbach	00:36.91		00:37.17		01:14.08	27,0
7	3903	Petermann, Niclas	AC Warendorf	00:36.05	2	00:36.23		01:14.28	24,0
8	418	Rademacher, Tobias	MSC Lennetal-Bamenoehl	00:36.47		00:36.11	2	01:14.58	21,0
9	1607	Czubaszek, Oliver	Hagener AC 05	00:37.09		00:38.00		01:15.09	19,5
10	1601	Barthelmann, Kevin	Hagener AC 05	00:36.98	2	00:36.28		01:15.26	18,0
11	2806	Marques, Fabio	MSF Netphen	00:35.78	4	00:35.49		01:15.27	16,5
12	819	Helmbrecht, Marvin	MSC Bork	00:38.41		00:36.93		01:15.34	15,0
13	3819	Kleimann, Kay	AMC Waltrop	00:36.85		00:36.81	2	01:15.66	13,5
14	1703	Gerdes, Leon	RC Haltern	00:37.48		00:38.27		01:15.75	12,0
15	4101	Bange, Janick	MSC Westerkappeln	00:37.51		00:38.29		01:15.80	10,5
16	911	Maschinski, Marius	Briloner AC	00:37.23		00:36.66	2	01:15.89	9,0
17	1302	Droste, Anna Lena	SFG Dorsten	00:37.06	2	00:36.93		01:15.99	7,5
18	3615	Opfer, Andre	OC Siegerland-Nord	00:36.96	2	00:38.17		01:17.13	6,0
19	1026	Thanabalasingam, Janujan	AMC Burbach	00:37.52	2	00:37.94		01:17.46	4,5
20	1603	Brandenburg, Marcel	Hagener AC 05	00:37.87	2	00:38.23		01:18.10	3,0
21	2530	Thünemann, Tobias	AMSC Lüdinghausen	00:38.09	2	00:38.06		01:18.15	1,5
22	3004	Gerling, Adrian	AC Oelde	00:37.72		00:36.72	4	01:18.44	1,5
23	1830	Hovestadt, Justin	MSC Harsewinkel	00:36.39	2	00:36.24	4	01:18.63	1,5
24	2132	Gerner, Nick	MSC Herten	00:36.69	4	00:37.00	2	01:19.69	1,5
25	3807	Dechert, Lukas	AMC Waltrop	00:37.61	2	00:37.40	4	01:21.01	1,5
26	3804	Block, Tobias	AMC Waltrop	00:36.42		00:44.91	2	01:23.33	1,5
27	1446	Tüns, Mirko	MSV Dulmania	00:37.70		00:40.22	6	01:23.92	1,5
28	1018	Puche, Jan	AMC Burbach	00:38.34	10	00:35.46	12	01:35.80	1,5
29	3613	Wagener, Marco	OC Siegerland-Nord	00:42.64	30	00:35.48		01:48.12	1,5

Zeitnahme: Herr Ullmann
 Auswertung: Zeitnahmeteam MSC Heeren Werve

Schnellster Lauf: 00:35.48
 (Wagener, Marco - 29 / 3613)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2809	Schäffer, Julian	MSF Netphen	00:34.77		00:34.87		01:09.64	45,0
2	2118	Schiwy, Maurice	MSC Herten	00:35.18		00:34.71		01:09.89	40,5
3	3910	Petermann, Stephen	AC Warendorf	00:35.25		00:34.99		01:10.24	36,0
4	1604	Brandenburg, Pascal	Hagener AC 05	00:35.44		00:35.28		01:10.72	33,0
5	4015	Luig, Simon	MSF Warstein	00:35.37		00:35.90		01:11.27	30,0
6	3839	Riethmann, Tim	AMC Waltrop	00:35.84		00:35.47		01:11.31	27,0
7	1017	Oerter, Tim	AMC Burbach	00:36.01		00:35.86		01:11.87	24,0
8	2102	Cerovsek, Maurice	MSC Herten	00:36.01		00:36.03		01:12.04	21,0
9	1623	Mejri, Ali	Hagener AC 05	00:35.78		00:36.34		01:12.12	19,5
10	907	Kaiser, Caroline	Briloner AC	00:36.30		00:35.86		01:12.16	18,0
11	3906	Mannefeld, Kevin	AC Warendorf	00:36.26		00:35.92		01:12.18	16,5
12	2006	Müller, Lucas	MFC Auf dem Schnee Herdec	00:36.45		00:35.97		01:12.42	15,0
13	2802	Giesler, Jonas	MSF Netphen	00:35.64	2	00:34.85		01:12.49	13,5
14	2216	Odenbach, Kim-Louis	AMC Ibbenbüren	00:36.90		00:35.62		01:12.52	12,0
15	4114	Windoffer, Fabian	MSC Westerkappeln	00:36.73		00:36.12		01:12.85	10,5
16	1011	Klein, Marius	AMC Burbach	00:35.53		00:35.98	2	01:13.51	9,0
17	1814	Urban, Marcel	MSC Harsewinkel	00:37.18		00:36.43		01:13.61	7,5
18	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berleb	00:37.51		00:36.46		01:13.97	6,0
19	906	Kaiser, Lars	Briloner AC	00:37.32		00:36.70		01:14.02	4,5
20	2107	Kugel, Manuel	MSC Herten	00:35.73	2	00:36.38		01:14.11	3,0
21	3612	Kolb, Fabian	OC Siegerland-Nord	00:36.30		00:35.95	2	01:14.25	1,5
22	3403	Battaglia, David	Olper AC	00:37.38		00:37.04		01:14.42	1,5
23	2515	Kroll, Richard	AMSC Lüdinghausen	00:35.75	2	00:34.76	2	01:14.51	1,5
24	3114	Hoffmann, René	MSC Oenetal	00:37.36		00:37.37		01:14.73	1,5
25	904	Gorny, Thilo	Briloner AC	00:36.29	2	00:36.56		01:14.85	1,5
26	913	Wienand, Peter	Briloner AC	00:36.48	4	00:34.83		01:15.31	1,5
27	2610	Franke, Dominik	AMSC Marl-Hüls	00:35.75		00:35.88	4	01:15.63	1,5
28	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:37.57		00:38.39		01:15.96	1,5
29	3529	Leidorf, Fabian	MSC Schmallenberg	00:37.56		00:36.75	2	01:16.31	1,5
30	1620	Kalthaus, Felix	Hagener AC 05	00:36.25	2	00:36.67	2	01:16.92	1,5

Zeitnahme: Herr Ullmann

Auswertung: Zeitnahmeteam MSC Heeren Werve

Schnellster Lauf: 00:34.71

(Schiwy, Maurice - 2 / 2118)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	519	Link, Robin	MSC Beckum	00:34.58		00:34.55		01:09.13	45,0
2	409	Krämer, Christopher	MSC Lennetal-Bamenoehl	00:34.48		00:34.69		01:09.17	40,5
3	3916	Gorny, Franziska	AC Warendorf	00:34.97		00:34.65		01:09.62	36,0
4	1616	Hasenpusch, Kirsten	Hagener AC 05	00:35.00		00:35.16		01:10.16	33,0
5	3921	Petermann, Daniel	AC Warendorf	00:35.13		00:35.17		01:10.30	30,0
6	3605	Hahn, Julien	OC Siegerland-Nord	00:35.44		00:34.97		01:10.41	27,0
7	1419	Gövert, Felicia	MSV Dulmania	00:35.25		00:35.24		01:10.49	24,0
8	4108	Lange, Marc	MSC Westerkappeln	00:35.75		00:35.48		01:11.23	21,0
9	1028	Weber, Felix	AMC Burbach	00:35.91		00:35.35		01:11.26	19,5
10	3609	Tiebe, Oliver	OC Siegerland-Nord	00:35.11	2	00:34.18		01:11.29	18,0
11	611	Krämer, Kevin	AMC Wittgenstein Bad Berleb	00:35.94		00:35.41		01:11.35	16,5
12	2104	Händly, Saskia	MSC Herten	00:35.71		00:35.64		01:11.35	15,0
13	1625	Pohlmann, Linda	Hagener AC 05	00:35.64		00:35.78		01:11.42	13,5
14	1440	Reuver, Christopher	MSV Dulmania	00:35.98		00:35.52		01:11.50	12,0
15	620	Schmitt, Jan	AMC Wittgenstein Bad Berleb	00:35.70		00:35.84		01:11.54	10,5
16	4712	Marenbach, Kai	MSC Oeventrop	00:34.77	2	00:34.95		01:11.72	9,0
17	1318	Thünenkötter, Kevin	SFG Dorsten	00:35.04	2	00:34.79		01:11.83	7,5
18	421	Schneidersmann, Peter	MSC Lennetal-Bamenoehl	00:34.81		00:35.18	2	01:11.99	6,0
19	4708	Pöttgen, Niklas	MSC Oeventrop	00:35.02	2	00:35.15		01:12.17	4,5
20	1810	Osterheider, Jana	MSC Harsewinkel	00:36.46		00:35.77		01:12.23	3,0
21	1608	Diedrich, Florian	Hagener AC 05	00:35.40	2	00:35.36		01:12.76	1,5
22	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:35.56	2	00:35.39		01:12.95	1,5
23	2918	Thomas, Michelle	AMC Obernau	00:35.46	2	00:35.55		01:13.01	1,5
24	1624	Pohlmann, Florian	Hagener AC 05	00:35.89	2	00:35.69		01:13.58	1,5
25	2103	Ferdinand, Pascal	MSC Herten	00:35.96	2	00:36.08		01:14.04	1,5
26	4709	Steimel, Patrick	MSC Oeventrop	00:35.63	2	00:34.42	2	01:14.05	1,5
27	513	Heinrich, Dominik	MSC Beckum	00:36.11	2	00:35.89	2	01:16.00	1,5
28	4510	Peuser, Sina	MSC Süd Sauerland	00:34.88	8	00:34.41		01:17.29	1,5
29	4104	Freese, Steffen	MSC Westerkappeln	00:35.24	8	00:34.92		01:18.16	1,5
30	3003	Gerkmann, Jan	AC Oelde	00:34.49	2	00:34.28	18	01:28.77	1,5

Zeitnahme: Herr Ullmann

Auswertung: Zeitnahmeteam MSC Heeren Werve

Schnellster Lauf: 00:34.18

(Tiebe, Oliver - 10 / 3609)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3929	Gehrmann, Nico	AC Warendorf	00:34.00		00:34.19		01:08.19	45,0
2	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berleb	00:34.75		00:34.83		01:09.58	40,5
3	1617	Hasenpusch, Carina	Hagener AC 05	00:34.94		00:34.85		01:09.79	36,0
4	2618	Langkafel, Kevin	AMSC Marl-Hüls	00:34.92		00:34.94		01:09.86	33,0
5	3608	Busch, Moritz	OC Siegerland-Nord	00:34.87		00:35.08		01:09.95	30,0
6	1438	Pantleon, Matthias	MSV Dulmania	00:35.32		00:34.72		01:10.04	27,0
7	1306	Englert, Daniel	SFG Dorsten	00:35.02		00:35.13		01:10.15	24,0
8	2105	Händly, Vanessa	MSC Herten	00:35.45		00:34.88		01:10.33	21,0
9	3414	Schrage, Marvin	Olper AC	00:35.43		00:35.08		01:10.51	19,5
10	2114	Pima, Niko	MSC Herten	00:35.34		00:35.18		01:10.52	18,0
11	2813	Völke-Pfeifer, Colin	MSF Netphen	00:35.59		00:34.95		01:10.54	16,5
12	1630	Wolinda, Nick	Hagener AC 05	00:35.22		00:35.33		01:10.55	15,0
13	1447	Ullmann, Timo	MSV Dulmania	00:34.58		00:34.14	2	01:10.72	13,5
14	3502	Zuncke, René	MSC Schmallenberg	00:35.29		00:35.56		01:10.85	12,0
15	4504	Koperwas, Sören	MSC Süd Sauerland	00:35.70		00:35.29		01:10.99	10,5
16	4105	Gans, Marcel	MSC Westerkappeln	00:35.69		00:35.36		01:11.05	9,0
17	3505	Grell, Matthias	MSC Schmallenberg	00:36.12		00:34.99		01:11.11	7,5
18	1313	Heinrich, Dennis	SFG Dorsten	00:35.68		00:35.90		01:11.58	6,0
19	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berleb	00:34.83	2	00:35.01		01:11.84	4,5
20	1311	Fliß, Heike	SFG Dorsten	00:35.79		00:36.18		01:11.97	3,0
21	910	Kry, Anna Kristina	Briloner AC	00:35.18	2	00:35.15		01:12.33	1,5
22	2920	Zillinger, Dominik	AMC Obernau	00:35.82	2	00:35.17		01:12.99	1,5
23	3602	Kolb, Sebastian	OC Siegerland-Nord	00:36.28		00:35.16	2	01:13.44	1,5
24	3924	Willi, Patrick	AC Warendorf	00:34.55	4	00:34.95		01:13.50	1,5
25	1430	Lux, David	MSV Dulmania	00:35.10		00:35.52	4	01:14.62	1,5
26	3930	Otmar, Alexander	AC Warendorf	00:35.79	2	00:34.87	2	01:14.66	1,5
27	2005	Lull, Christopher	MFC Auf dem Schnee Herdec	00:35.44	2	00:35.32	2	01:14.76	1,5
28	1711	Teuchler, Markus	RC Haltern	00:36.19		00:35.72	4	01:15.91	1,5
29	3023	Niewöhner, Dennis	AC Oelde	00:35.57	2	00:34.39	4	01:15.96	1,5
30	3923	Manefeld, David	AC Warendorf	00:35.30		00:37.83	20	01:33.13	1,5

Zeitnahme: Herr Ullmann

Auswertung: Zeitnahmeteam MSC Heeren Werve

Schnellster Lauf: 00:34.00

(Gehrmann, Nico - 1 / 3929)