

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1712	Körnig, Justin	RC Haltern	00:37.30	2	00:37.34		01:16.64	30
2	2606	Habicht, Tim	AMSC Marl-Hüls	00:38.20		00:39.15		01:17.35	27
3	507	Wenzel, Noah	MSC Beckum	00:39.67		00:38.52		01:18.19	24
4	1610	de Padova, Noah	Hagener AC 05	00:38.95	2	00:38.33		01:19.28	22
5	8706	Finke, Alexander	AMC Schwelm	00:39.10		00:40.38		01:19.48	20
6	2515	Albers, Tobias	AMSC Lüdinghausen	00:39.96		00:40.33		01:20.29	18
7	2608	Mönig, Nikolas	AMSC Marl-Hüls	00:40.08	2	00:39.59		01:21.67	16
8	4119	Molano, Lara	MSC Westerkappeln	00:40.42		00:40.56	2	01:22.98	14
9	4634	Hellweg, Luca	AMC Hamm	00:42.15		00:41.12		01:23.27	13
10	4314	Klappert, Nico	AC Hohenseelbachskopf	00:41.97	2	00:40.69		01:24.66	12
11	2214	Rokach, Jan	AMC Ibbenbüren	00:41.70		00:41.45	2	01:25.15	11
12	910	Löhr, Tim Niklas	Briloner AC	00:40.17	2	00:39.73	4	01:25.90	10
13	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:43.79		00:42.74		01:26.53	9
14	1006	Saar, Lukas	AMC Burbach	00:39.19	8	00:39.79		01:26.98	8
15	1423	Gross, Julian	MSV Dulmania	00:44.20		00:43.07		01:27.27	7
16	606	Koch, Tanja	AMC Wittgenstein Bad Berlebu	00:43.55	2	00:42.35		01:27.90	6
17	1813	Block, Jan-Nicklas	MSC Harsewinkel	00:39.86	2	00:40.43	6	01:28.29	5
18	1929	Störmer, Janette	MSC Heeren-Werve	00:42.24	2	00:42.69	2	01:28.93	4
19	1817	Hovestadt, Joel	MSC Harsewinkel	00:40.73	4	00:42.60	2	01:29.33	3
20	2816	Fick, Markus	MSF Netphen	00:43.44	2	00:44.25		01:29.69	2
21	3814	Petruschinski, Marvin	AMC Waltrop	00:43.58	4	00:43.01		01:30.59	1
22	3812	Winterberg, Leon	AMC Waltrop	00:43.63	4	00:43.36		01:30.99	1
23	3411	Springob, Jan-Philipp	Olper AC	00:46.18	2	00:43.51		01:31.69	1
24	2533	Krück, Rene	AMSC Lüdinghausen	00:43.46	4	00:44.86		01:32.32	1
25	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:44.60	2	00:44.49	2	01:33.09	1
26	2517	Stobbe, Pierre Andre	AMSC Lüdinghausen	00:46.41	2	00:44.60	2	01:35.01	1
27	1236	Wiese, Niklas	MSF Cobbenrode	00:43.68	2	00:42.60	8	01:36.28	1
28	1611	Klein, Tilo	Hagener AC 05	00:49.70		00:47.74		01:37.44	1
29	3102	Sauer, Nils	MSC Oenetal	00:45.75	2	00:48.54	2	01:38.29	1
30	8712	Höhne, Nick	AMC Schwelm	00:58.04	36	00:39.64		02:13.68	1

Zeitnahme: R. Geyer
Auswertung: B. Treek

Schnellster Lauf: 00:37.34
(Körnig, Justin - 1 / 1712)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:35.23		00:34.83		01:10.06	30
2	2126	Grün, Max	MSC Herten	00:35.47		00:35.51		01:10.98	27
3	1323	Rotterdam, Eneas	SFG Dorsten	00:35.79		00:35.60		01:11.39	24
4	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:35.63		00:35.79		01:11.42	22
5	2129	Kleingries, Tom	MSC Herten	00:35.51		00:35.95		01:11.46	20
6	1907	Ernst, Martin	MSC Heeren-Werve	00:35.73		00:36.01		01:11.74	18
7	627	Werner, Kevin	AMC Wittgenstein Bad Berlebu	00:36.80		00:35.44		01:12.24	16
8	533	Schmidt, Marvin	MSC Beckum	00:35.31	2	00:35.45		01:12.76	14
9	4508	Dumke, Timo	MSC Süd Sauerland	00:35.48	2	00:35.64		01:13.12	13
10	4502	Laux, Fabian	MSC Süd Sauerland	00:36.22		00:37.14		01:13.36	12
11	3901	Litsch, Jan-Luca	AC Warendorf	00:34.38	4	00:35.08		01:13.46	11
12	4307	Völke, Leon	AC Hohenseelbachskopf	00:37.00		00:36.65		01:13.65	10
13	1816	Schlie, Marvin	MSC Harsewinkel	00:37.25		00:36.82		01:14.07	9
14	1445	Tüns, Eileen	MSV Dulmania	00:37.03		00:37.18		01:14.21	8
15	1838	Strotmann, Leonie	MSC Harsewinkel	00:37.72		00:37.00		01:14.72	7
16	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:37.80		00:37.48		01:15.28	6
17	3117	Janssen, Kevin	MSC Oenetal	00:37.52		00:38.01		01:15.53	5
18	1452	Haschmann, Lars	MSV Dulmania	00:37.51		00:38.30		01:15.81	4
19	3908	Wiedemann, Milan	AC Warendorf	00:37.57	2	00:36.61		01:16.18	3
20	1311	Thünemann, Marius	SFG Dorsten	00:36.23	2	00:36.01	2	01:16.24	2
21	316	Piel, Yannik	AC Ascheberg	00:37.18	2	00:37.36		01:16.54	1
22	4822	Rielmann, Nico	MSC Soester Börde	00:36.88		00:37.77	2	01:16.65	1
23	4430	Pionke, Marvin	MSC Bergstadt Rüthen	00:39.04	2	00:37.14		01:18.18	1
24	2527	Lippelt, Niklas	AMSC Lüdinghausen	00:36.59	6	00:37.03		01:19.62	1
25	903	Günther, Jannik	Briloner AC	00:38.57	2	00:37.09	2	01:19.66	1
26	1614	Fik, Lucas	Hagener AC 05	00:37.97	2	00:38.27	2	01:20.24	1
27	3123	Bischopink, Alexander	MSC Oenetal	00:35.93	2	00:35.47	8	01:21.40	1
28	2012	Pudysz, Justin	MFC Auf dem Schnee Herdecl	00:39.44	2	00:39.20	2	01:22.64	1
29	2014	Brummel, Marius	MFC Auf dem Schnee Herdecl	00:39.94	2	00:39.00	2	01:22.94	1
30	2808	Müller, Leon	MSF Netphen	00:35.52	8	00:35.69	4	01:23.21	1

Zeitnahme: R. Geyer
Auswertung: B. Treek

Schnellster Lauf: 00:34.83
(Peuser, Shareen - 1 / 4511)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:33.63		00:33.79		01:07.42	30
2	605	Fuchs, Maik	AMC Wittgenstein Bad Berlebu	00:34.22		00:34.31		01:08.53	27
3	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:34.71		00:34.01		01:08.72	24
4	3939	Fiedler, Miguel	AC Warendorf	00:34.51		00:34.64		01:09.15	22
5	3903	Petermann, Niclas	AC Warendorf	00:34.63		00:34.57		01:09.20	20
6	1830	Hovestadt, Justin	MSC Harsewinkel	00:34.70		00:34.75		01:09.45	18
7	1819	Buxel, Leon	MSC Harsewinkel	00:35.56		00:34.40		01:09.96	16
8	1601	Barthelmann, Kevin	Hagener AC 05	00:35.07		00:35.03		01:10.10	14
9	3904	Wiedemann, Hagen	AC Warendorf	00:35.34		00:34.93		01:10.27	13
10	4507	Marques, Julio	MSC Süd Sauerland	00:35.01		00:35.71		01:10.72	12
11	1032	Schon, Rouven	AMC Burbach	00:35.68		00:35.10		01:10.78	11
12	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:35.79		00:35.00		01:10.79	10
13	1603	Brandenburg, Marcel	Hagener AC 05	00:34.76		00:34.16	2	01:10.92	9
14	923	Müntjes, Leon Lukas	Briloner AC	00:36.00		00:35.22		01:11.22	8
15	1026	Thanabalasingam, Janujan	AMC Burbach	00:35.89		00:35.57		01:11.46	7
16	3917	Kry, Niklas Peter	AC Warendorf	00:34.75		00:34.94	2	01:11.69	6
17	2609	Czubazek, Oliver	AMSC Marl-Hüls	00:36.05		00:36.03		01:12.08	5
18	1312	Thünemann, Tobias	SFG Dorsten	00:35.63		00:36.46		01:12.09	4
19	4506	Marques, Fabio	MSC Süd Sauerland	00:35.28		00:35.13	2	01:12.41	3
20	3805	Braune, Devin	AMC Waltrop	00:36.86		00:35.56		01:12.42	2
21	3004	Gerling, Adrian	AC Oelde	00:36.28		00:36.20		01:12.48	1
22	3807	Dechert, Lukas	AMC Waltrop	00:36.28	2	00:35.26		01:13.54	1
23	1332	Kouloukourgiotis, Ioanis	SFG Dorsten	00:36.57		00:35.12	2	01:13.69	1
24	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:36.55		00:37.32		01:13.87	1
25	1302	Droste, Anna Lena	SFG Dorsten	00:36.39		00:36.15	2	01:14.54	1
26	3905	Gronhorst, Luca	AC Warendorf	00:35.38	2	00:35.48	2	01:14.86	1
27	1446	Tüns, Mirko	MSV Dulmania	00:35.03	2	00:34.96	4	01:15.99	1
28	4101	Bange, Janick	MSC Westerkappeln	00:36.83	2	00:35.16	2	01:15.99	1
29	3804	Block, Tobias	AMC Waltrop	00:37.11	2	00:37.50		01:16.61	1
30	1703	Gerdes, Leon	RC Haltern	00:36.87	2	00:36.40	2	01:17.27	1
31	3613	Wagener, Marco	OC Siegerland-Nord	00:35.02	8	00:34.38	2	01:19.40	1

Zeitnahme: R. Geyer
Auswertung: B. Treek

Schnellster Lauf: 00:33.63
(Schaller, Manuel - 1 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2118	Schiwy, Maurice	MSC Herten	00:34.04		00:33.56		01:07.60	30
2	4805	Luig, Simon	MSC Soester Börde	00:33.55		00:34.12		01:07.67	27
3	1604	Brandenburg, Pascal	Hagener AC 05	00:34.29		00:34.64		01:08.93	24
4	1811	Richter, Alexander	MSC Harsewinkel	00:34.80		00:34.44		01:09.24	22
5	2809	Schäffer, Julian	MSF Netphen	00:34.56		00:34.75		01:09.31	20
6	4504	Hanisch, Julian	MSC Süd Sauerland	00:34.83		00:34.55		01:09.38	18
7	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebu	00:34.71		00:34.91		01:09.62	16
8	4728	Kaiser, Caroline	MSC Oeventrop	00:34.63		00:35.40		01:10.03	14
9	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:35.04		00:35.06		01:10.10	13
10	3902	Gorny, Thilo	AC Warendorf	00:35.18		00:35.18		01:10.36	12
11	4601	Kornfeld, Philipp	AMC Hamm	00:35.14		00:35.36		01:10.50	11
12	3421	Siscaro, Giuseppe	Olper AC	00:35.36		00:35.19		01:10.55	10
13	3910	Petermann, Stephen	AC Warendorf	00:34.33	2	00:34.47		01:10.80	9
14	3040	Krebs, Jonas	AC Oelde	00:35.70		00:35.14		01:10.84	8
15	2107	Kugel, Manuel	MSC Herten	00:35.54		00:35.31		01:10.85	7
16	3906	Mannefeld, Kevin	AC Warendorf	00:34.51		00:34.41	2	01:10.92	6
17	3114	Hoffmann, René	MSC Oenetal	00:35.37		00:35.68		01:11.05	5
18	1307	Englert, Timo	SFG Dorsten	00:34.61		00:36.59		01:11.20	4
19	4727	Kaiser, Lars	MSC Oeventrop	00:36.10		00:35.44		01:11.54	3
20	2102	Cerovsek, Maurice	MSC Herten	00:35.48	2	00:34.63		01:12.11	2
21	2006	Müller, Lucas	MFC Auf dem Schnee Herdecl	00:34.42	2	00:34.20	2	01:12.62	1
22	1802	Buxel, Marlon	MSC Harsewinkel	00:35.96		00:36.69		01:12.65	1
23	1623	Mejri, Ali	Hagener AC 05	00:34.57	2	00:34.28	2	01:12.85	1
24	1011	Klein, Marius	AMC Burbach	00:35.28	4	00:35.14		01:14.42	1
25	2610	Franke, Dominik	AMSC Marl-Hüls	00:31.38	12	00:33.59		01:16.97	1
26	4102	Bollmann, Jonas	MSC Westerkappeln	00:35.19		00:36.06	6	01:17.25	1
27	3403	Battaglia, David	Olper AC	00:34.64	4	00:34.91	4	01:17.55	1
28	1839	Winnemöller, Marcel	MSC Harsewinkel	00:40.02	2	00:35.65		01:17.67	1
29	312	Kownatzki, Jan	AC Ascheberg	00:36.49		00:35.34	6	01:17.83	1
30	4114	Windoffer, Fabian	MSC Westerkappeln	00:35.14	10	00:33.85	4	01:22.99	1

Zeitnahme: R. Geyer
Auswertung: B. Treek

Schnellster Lauf: 00:33.55
(Luig, Simon - 2 / 4805)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	409	Krämer, Christopher	MSC Lenntal-Bamenohl	00:33.83		00:34.00		01:07.83	30
2	620	Schmitt, Jan	AMC Wittgenstein Bad Berlebu	00:34.04		00:33.85		01:07.89	27
3	3006	Gorisch, Tim	AC Oelde	00:34.19		00:33.74		01:07.93	24
4	421	Schneidersmann, Peter	MSC Lenntal-Bamenohl	00:34.21		00:33.73		01:07.94	22
5	3609	Tiebe, Oliver	OC Siegerland-Nord	00:34.26		00:33.80		01:08.06	20
6	4510	Peuser, Sina	MSC Süd Sauerland	00:34.22		00:33.84		01:08.06	18
7	519	Link, Robin	MSC Beckum	00:34.26		00:33.85		01:08.11	16
8	3605	Hahn, Julien	OC Siegerland-Nord	00:34.23		00:34.08		01:08.31	14
9	4708	Pöttgen, Niklas	MSC Oeventrop	00:34.71		00:33.71		01:08.42	13
10	1616	Hasenpusch, Kirsten	Hagener AC 05	00:34.46		00:34.02		01:08.48	12
11	3921	Petermann, Daniel	AC Warendorf	00:34.63		00:33.91		01:08.54	11
12	2105	Händly, Vanessa	MSC Herten	00:34.78		00:34.29		01:09.07	10
13	3603	Opfer, Sabrina	OC Siegerland-Nord	00:34.59		00:34.67		01:09.26	9
14	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:34.34		00:34.93		01:09.27	8
15	2618	Langkafel, Kevin	AMSC Marl-Hüls	00:34.77		00:34.56		01:09.33	7
16	2121	Marenbach, Kai	MSC Herten	00:34.80		00:34.64		01:09.44	6
17	513	Heinrich, Dominik	MSC Beckum	00:35.21		00:34.61		01:09.82	5
18	4104	Freese, Steffen	MSC Westerkappeln	00:34.31	2	00:33.62		01:09.93	4
19	1608	Diedrich, Florian	Hagener AC 05	00:34.07		00:34.01	2	01:10.08	3
20	3916	Gorny, Franziska	AC Warendorf	00:34.47		00:33.76	2	01:10.23	2
21	2104	Händly, Saskia	MSC Herten	00:35.96		00:34.72		01:10.68	1
22	708	Wevering, Marko	MSC Ruhr-Blitz Bochum	00:35.72		00:35.04		01:10.76	1
23	1927	Trohl, Julia Vanessa	MSC Heeren-Werve	00:35.68		00:35.19		01:10.87	1
24	2113	Franken, Dominik	MSC Herten	00:34.53		00:34.42	2	01:10.95	1
25	1318	Thünenkötter, Kevin	SFG Dorsten	00:35.03		00:34.22	2	01:11.25	1
26	1815	van de Mortel, Ivan	MSC Harsewinkel	00:35.31		00:34.84	2	01:12.15	1
27	603	Dammüller, Kevin	AMC Wittgenstein Bad Berlebu	00:34.23		00:33.99	4	01:12.22	1
28	4115	Windoffer, Steffen	MSC Westerkappeln	00:34.88		00:35.62	2	01:12.50	1
29	2007	Philipp, Jan	MFC Auf dem Schnee Herdecl	00:35.08	4	00:34.77		01:13.85	1
30	3923	Mannefeld, David	AC Warendorf	00:35.81	10	00:33.58	10	01:29.39	1

Zeitnahme: R. Geyer
Auswertung: B. Treek

Schnellster Lauf: 00:33.62
(Freese, Steffen - 18 / 4104)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Herten	93 Schiwy, Maurice (30) Grün, Max (27) Kleingries, Tom (20) Händly, Vanessa (10) Marenbach, Kai (6)	77	30
2	AMC Wittgenstein Bad Berleburg	87 Schaller, Manuel (30) Biegler, Jens (24) Werner, Kevin (16) Rahrbach, Nico Jannis (16) Dammüller, Kevin (1)	70	27
3	MSC Süd Sauerland	82 Peuser, Shareen (30) Hanisch, Julian (18) Peuser, Sina (18) Dumke, Timo (13) Marques, Fabio (3)	66	24
4	MSC Lennetal-Bamenohl	62 Krämer, Christopher (30) Schneidersmann, Peter (22) Rademacher, Tobias (10) , (0) , (0)	62	22
5	MSC Harsewinkel	68 Richter, Alexander (22) Hovestadt, Justin (18) Buxel, Leon (16) Schlie, Marvin (9) Hovestadt, Joel (3)	56	20
6	MSC Beckum	59 Wenzel, Noah (24) Link, Robin (16) Schmidt, Marvin (14) Heinrich, Dominik (5) , (0)	54	18
7	AC Warendorf	64 Fiedler, Miguel (22) Petermann, Niclas (20) Litsch, Jan-Luca (11) Petermann, Stephen (9) Gorny, Franziska (2)	53	16
8	AMSC Marl-Hüls	56 Habicht, Tim (27) Mönig, Nikolas (16) Langkafel, Kevin (7) Czubazek, Oliver (5) Franke, Dominik (1)	50	14
9	Hagener AC 05	49 Brandenburg, Pascal (24) Hasenpusch, Kirsten (12) Brandenburg, Marcel (9) Diedrich, Florian (3) Mejri, Ali (1)	45	13
10	OC Siegerland-Nord	45 Tiebe, Oliver (20) Hahn, Julien (14) Neuhaus, Alexander (9) Neuhaus, Ann-Christin (1) Wagener, Marco (1)	43	12
11	SFG Dorsten	32 Rotterdam, Eneas (24) Thünemann, Tobias (4) Thünemann, Marius (2) Droste, Anna Lena (1) Thünenkötter, Kevin (1)	30	11
12	MSC Oeventrop	30 Kaiser, Caroline (14) Pöttgen, Niklas (13) Kaiser, Lars (3) , (0) , (0)	30	10
13	MSC Soester Börde	28 Luig, Simon (27) Rielmann, Nico (1) , (0) , (0) , (0)	28	9
14	AMC Burbach	27 Schon, Rouven (11) Saar, Lukas (8) Thanabalasingam, Janujan (7) Klein, Marius (1) , (0)	26	8
15	MSC Bergstadt Rüthen	24 Enthof, Jan (22) Enthof, Annika (1) Pionke, Marvin (1) , (0) , (0)	24	7
16	MSC Heeren-Werve	23 Ernst, Martin (18) Störmer, Janette (4) Trohl, Julia Vanessa (1) , (0) , (0)	23	6

Platz	Ortsclub		Starter	gewertet	Punkte
17	MSF Netphen	23	Schäffer, Julian (20) Fick, Markus (2) Müller, Leon (1) , (0) , (0)	23	5
18	AC Hohenseelbachskopf	22	Klappert, Nico (12) Völke, Leon (10) , (0) , (0) , (0)	22	4
19	AMSC Lüdinghausen	21	Albers, Tobias (18) Krück, Rene (1) Stobbe, Pierre Andre (1) Lippelt, Niklas (1) , (0)	20	3
20	MSC Westerkappeln	21	Molano, Lara (14) Freese, Steffen (4) Bollmann, Jonas (1) Windoffer, Fabian (1) Windoffer, Steffen (1)	19	2
21	MSV Dulmania	20	Tüns, Eileen (8) Gross, Julian (7) Haschmann, Lars (4) Tüns, Mirko (1) , (0)	19	1
22	Briloner AC	19	Löhr, Tim Niklas (10) Müntjes, Leon Lukas (8) Günther, Jannik (1) , (0) , (0)	19	1
23	MSC Oberruhr Velmede	19	Hötte, Tobias (13) Smorra, Gina-Maria (6) , (0) , (0) , (0)	19	1
24	Olper AC	12	Siscaro, Giuseppe (10) Springob, Jan-Philipp (1) Battaglia, David (1) , (0) , (0)	12	1
25	MSC Oenetal	12	Janssen, Kevin (5) Hoffmann, René (5) Sauer, Nils (1) Bischopink, Alexander (1) , (0)	11	1
26	AMC Waltrop	6	Braune, Devin (2) Petuschinski, Marvin (1) Winterberg, Leon (1) Dechert, Lukas (1) Block, Tobias (1)	4	1
27	MFC Auf dem Schnee Herdecke	4	Pudysz, Justin (1) Brummel, Marius (1) Müller, Lucas (1) Philipp, Jan (1) , (0)	3	1
28	AC Ascheberg	2	Piel, Yannik (1) Kownatzki, Jan (1) , (0) , (0) , (0)	2	1