

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2606	Habicht, Tim	AMSC Marl-Hüls	00:38.00		00:37.70	2	01:17.70	30
2	1610	de Padova, Noah	Hagener AC 05	00:37.91	2	00:38.76		01:18.67	27
3	1712	Körnig, Justin	RC Haltern	00:39.97		00:39.29		01:19.26	24
4	2515	Albers, Tobias	AMSC Lüdinghausen	00:40.44		00:39.89		01:20.33	22
5	507	Wenzel, Noah	MSC Beckum	00:41.05		00:40.07		01:21.12	20
6	1817	Hovestadt, Joel	MSC Harsewinkel	00:42.81		00:40.83		01:23.64	18
7	1006	Saar, Lukas	AMC Burbach	00:40.41	2	00:41.67		01:24.08	16
8	2608	Mönig, Nikolas	AMSC Marl-Hüls	00:41.61		00:41.36	2	01:24.97	14
9	4634	Hellweg, Luca	AMC Hamm	00:42.22	2	00:40.99		01:25.21	13
10	606	Koch, Tanja	AMC Wittgenstein Bad Berlebr	00:43.48		00:42.45		01:25.93	12
11	2813	Morbach, Joschua	MSF Netphen	00:41.05	2	00:40.88	2	01:25.93	11
12	2816	Fick, Markus	MSF Netphen	00:42.99		00:43.08		01:26.07	10
13	1423	Gross, Julian	MSV Dulmania	00:42.02		00:42.31	2	01:26.33	9
14	4119	Molano, Lara	MSC Westerkappeln	00:41.51		00:40.99	4	01:26.50	8
15	4314	Klappert, Nico	AC Hohenseelbachkopf	00:42.29	2	00:42.22		01:26.51	7
16	910	Löhr, Tim Niklas	Briloner AC	00:42.96		00:41.66	2	01:26.62	6
17	3812	Winterberg, Leon	AMC Waltrop	00:44.25		00:43.67		01:27.92	5
18	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:43.92		00:44.28		01:28.20	4
19	2214	Rokach, Jan	AMC Ibbenbüren	00:44.03		00:43.25	2	01:29.28	3
20	4403	Enthof, Annika	MSC Bergstadt Rütten	00:43.85		00:44.03	2	01:29.88	2
21	1611	Klein, Tilo	Hagener AC 05	00:45.32		00:45.22		01:30.54	1
22	8706	Finke, Alexander	AMC Schwelm	00:40.78	4	00:40.15	6	01:30.93	1
23	3411	Springob, Jan-Philipp	Olper AC	00:43.72	4	00:42.05	2	01:31.77	1
24	2533	Krück, Rene	AMSC Lüdinghausen	00:44.68	4	00:43.68		01:32.36	1
25	1813	Block, Jan-Nicklas	MSC Harsewinkel	00:41.50	2	00:48.26	2	01:33.76	1
26	8712	Höhne, Nick	AMC Schwelm	00:43.62	10	00:40.23		01:33.85	1
27	1929	Störmer, Janette	MSC Heeren-Werve	00:46.04	4	00:43.58	2	01:35.62	1
28	3102	Sauer, Nils	MSC Oenetal	00:47.08		00:44.91	4	01:35.99	1
29	1236	Wiese, Niklas	MSF Cobbenrode	00:45.96	6	00:43.02	2	01:36.98	1
30	3814	Petruschinski, Marvin	AMC Waltrop	00:44.34	6	00:45.07	2	01:37.41	1
31	2517	Stobbe, Pierre Andre	AMSC Lüdinghausen	00:44.80		00:50.65	14	01:49.45	1

Zeitnahme: U. Bartsch  
Auswertung: B. Treek

Schnellster Lauf: 00:38.00  
(Habicht, Tim - 1 / 2606)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2126	Grün, Max	MSC Herten	00:35.43		00:36.19		01:11.62	30
2	3123	Bischopink, Alexander	MSC Oenetal	00:36.19		00:36.02		01:12.21	27
3	4822	Rielmann, Nico	MSC Soester Börde	00:36.12		00:36.11		01:12.23	24
4	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:36.16		00:36.35		01:12.51	22
5	2808	Müller, Leon	MSF Netphen	00:36.28		00:36.26		01:12.54	20
6	533	Schmidt, Marvin	MSC Beckum	00:36.15		00:36.55		01:12.70	18
7	3901	Litsch, Jan-Luca	AC Warendorf	00:35.39		00:35.64	2	01:13.03	16
8	4511	Peuser, Shareen	MSC Süd Sauerland	00:37.20		00:36.07		01:13.27	14
9	2129	Kleingries, Tom	MSC Herten	00:36.87		00:36.55		01:13.42	13
10	1323	Rotterdam, Eneas	SFG Dorsten	00:36.42		00:37.52		01:13.94	12
11	1816	Schlie, Marvin	MSC Harsewinkel	00:36.15		00:35.91	2	01:14.06	11
12	1452	Haschmann, Lars	MSV Dulmania	00:38.55		00:36.21		01:14.76	10
13	903	Günther, Jannik	Briloner AC	00:38.14		00:37.27		01:15.41	9
14	2012	Pudysz, Justin	MFC Auf dem Schnee Herdecke	00:36.96	2	00:36.66		01:15.62	8
15	4307	Völke, Leon	AC Hohenseelbachkopf	00:37.05	2	00:36.92		01:15.97	7
16	4502	Laux, Fabian	MSC Süd Sauerland	00:38.03		00:37.94		01:15.97	6
17	1311	Thünemann, Marius	SFG Dorsten	00:37.05		00:37.29	2	01:16.34	5
18	627	Werner, Kevin	AMC Wittgenstein Bad Berlebu	00:37.69		00:36.75	2	01:16.44	4
19	2527	Lippelt, Niklas	AMSC Lüdinghausen	00:38.90		00:38.92		01:17.82	3
20	1838	Strotmann, Leonie	MSC Harsewinkel	00:37.23		00:37.03	4	01:18.26	2
21	4508	Dumke, Timo	MSC Süd Sauerland	00:37.10	4	00:35.51	2	01:18.61	1
22	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:38.54		00:38.63	2	01:19.17	1
23	1614	Fik, Lucas	Hagener AC 05	00:37.57	2	00:37.63	2	01:19.20	1
24	2014	Brummel, Marius	MFC Auf dem Schnee Herdecke	00:40.41		00:39.10		01:19.51	1
25	3908	Wiedemann, Milan	AC Warendorf	00:37.65	6	00:36.40		01:20.05	1
26	1907	Ernst, Martin	MSC Heeren-Werve	00:37.73	4	00:38.41		01:20.14	1
27	4430	Pionke, Marvin	MSC Bergstadt Rüthen	00:38.14	2	00:37.58	4	01:21.72	1
28	3117	Janssen, Kevin	MSC Oenetal	00:38.79	2	00:39.37	4	01:24.16	1
29	1445	Tüns, Eileen	MSV Dulmania	00:39.02	2	00:39.30	6	01:26.32	1
30	316	Piel, Yannik	AC Ascheberg	00:37.70	10	00:37.95	4	01:29.65	1

Zeitnahme: U. Bartsch  
Auswertung: B. Treek

Schnellster Lauf: 00:35.39  
(Litsch, Jan-Luca - 7 / 3901)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1830	Hovestadt, Justin	MSC Harsewinkel	00:34.69		00:34.36		01:09.05	30
2	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:34.72		00:34.64		01:09.36	27
3	605	Fuchs, Maik	AMC Wittgenstein Bad Berlebu	00:34.95		00:34.49		01:09.44	24
4	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:35.11		00:35.08		01:10.19	22
5	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:35.51		00:35.31		01:10.82	20
6	3917	Kry, Niklas Peter	AC Warendorf	00:35.44		00:35.38		01:10.82	18
7	3903	Petermann, Niclas	AC Warendorf	00:35.56		00:35.33		01:10.89	16
8	1819	Buxel, Leon	MSC Harsewinkel	00:35.66		00:35.53		01:11.19	14
9	4506	Marques, Fabio	MSC Süd Sauerland	00:36.11		00:35.25		01:11.36	13
10	1601	Barthelmann, Kevin	Hagener AC 05	00:36.03		00:35.39		01:11.42	12
11	3904	Wiedemann, Hagen	AC Warendorf	00:36.28		00:35.40		01:11.68	11
12	3613	Wagener, Marco	OC Siegerland-Nord	00:35.89		00:35.81		01:11.70	10
13	3805	Braune, Devin	AMC Waltrop	00:36.16		00:35.85		01:12.01	9
14	4507	Marques, Julio	MSC Süd Sauerland	00:36.21		00:36.47		01:12.68	8
15	3939	Fiedler, Miguel	AC Warendorf	00:35.46		00:35.37	2	01:12.83	7
16	1446	Tüns, Mirko	MSV Dulmania	00:35.43		00:35.42	2	01:12.85	6
17	1603	Brandenburg, Marcel	Hagener AC 05	00:35.50	2	00:35.51		01:13.01	5
18	2609	Czubazek, Oliver	AMSC Marl-Hüls	00:36.54		00:36.48		01:13.02	4
19	923	Müntjes, Leon Lukas	Briloner AC	00:35.81		00:35.22	2	01:13.03	3
20	3004	Gerling, Adrian	AC Oelde	00:36.00		00:35.41	2	01:13.41	2
21	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:36.77		00:36.70		01:13.47	1
22	1302	Droste, Anna Lena	SFG Dorsten	00:37.16		00:36.51		01:13.67	1
23	1703	Gerdes, Leon	RC Haltern	00:37.05		00:36.65		01:13.70	1
24	3905	Gronhorst, Luca	AC Warendorf	00:37.32		00:37.07		01:14.39	1
25	1332	Kouloukourgiotis, Ioanis	SFG Dorsten	00:36.67		00:36.04	2	01:14.71	1
26	1032	Schon, Rouven	AMC Burbach	00:35.35	2	00:35.81	2	01:15.16	1
27	1312	Thünemann, Tobias	SFG Dorsten	00:37.22		00:38.10	2	01:17.32	1
28	1026	Thanabalasingam, Janujan	AMC Burbach	00:35.99	8	00:35.67		01:19.66	1
29	3804	Block, Tobias	AMC Waltrop	00:38.05		00:38.21	4	01:20.26	1
30	3807	Dechert, Lukas	AMC Waltrop	00:37.62	2	00:37.06	8	01:24.68	1
31	4101	Bange, Janick	MSC Westerkappeln	00:35.95	8	00:35.30	8	01:27.25	1

Zeitnahme: U. Bartsch  
Auswertung: B. Treek

Schnellster Lauf: 00:34.36  
(Hovestadt, Justin - 1 / 1830)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2118	Schiwy, Maurice	MSC Herten	00:34.41		00:34.32		01:08.73	30
2	2809	Schäffer, Julian	MSF Netphen	00:34.98		00:34.48		01:09.46	27
3	2610	Franke, Dominik	AMSC Marl-Hüls	00:34.65		00:34.94		01:09.59	24
4	4805	Luig, Simon	MSC Soester Börde	00:34.75		00:34.98		01:09.73	22
5	1604	Brandenburg, Pascal	Hagener AC 05	00:34.96		00:34.98		01:09.94	20
6	3910	Petermann, Stephen	AC Warendorf	00:34.91		00:35.24		01:10.15	18
7	4504	Hanisch, Julian	MSC Süd Sauerland	00:35.43		00:34.90		01:10.33	16
8	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:35.89		00:35.12		01:11.01	14
9	3906	Mannefeld, Kevin	AC Warendorf	00:35.84		00:35.28		01:11.12	13
10	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebr	00:35.78		00:35.39		01:11.17	12
11	4114	Windoffer, Fabian	MSC Westerkappeln	00:36.00		00:35.23		01:11.23	11
12	3421	Siscaro, Giuseppe	Olper AC	00:35.79		00:35.83		01:11.62	10
13	3403	Battaglia, David	Olper AC	00:35.75		00:36.02		01:11.77	9
14	2006	Müller, Lucas	MFC Auf dem Schnee Herdeck	00:34.82		00:35.01	2	01:11.83	8
15	3902	Gorny, Thilo	AC Warendorf	00:35.85		00:35.98		01:11.83	7
16	1811	Richter, Alexander	MSC Harsewinkel	00:34.83		00:35.03	2	01:11.86	6
17	1623	Mejri, Ali	Hagener AC 05	00:35.10	2	00:34.84		01:11.94	5
18	4728	Kaiser, Caroline	MSC Oeventrop	00:36.23		00:35.71		01:11.94	4
19	3040	Krebs, Jonas	AC Oelde	00:35.34		00:35.75	2	01:13.09	3
20	4601	Kornfeld, Philipp	AMC Hamm	00:35.88		00:35.53	2	01:13.41	2
21	1802	Buxel, Marlon	MSC Harsewinkel	00:36.53	2	00:36.39		01:14.92	1
22	3114	Hoffmann, René	MSC Oenetal	00:36.69		00:36.24	2	01:14.93	1
23	1011	Klein, Marius	AMC Burbach	00:35.82	2	00:35.16	2	01:14.98	1
24	1307	Englert, Timo	SFG Dorsten	00:35.97	2	00:37.21		01:15.18	1
25	1839	Winnemöller, Marcel	MSC Harsewinkel	00:35.96		00:36.17	4	01:16.13	1
26	4727	Kaiser, Lars	MSC Oeventrop	00:36.60	2	00:36.03	2	01:16.63	1
27	4102	Bollmann, Jonas	MSC Westerkappeln	00:36.20		00:36.47	8	01:20.67	1
28	2107	Kugel, Manuel	MSC Herten	00:36.80		00:36.64	18	01:31.44	1

Zeitnahme: U. Bartsch  
Auswertung: B. Treek

Schnellster Lauf: 00:34.32  
(Schiwy, Maurice - 1 / 2118)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	519	Link, Robin	MSC Beckum	00:34.67		00:34.55		01:09.22	30
2	4510	Peuser, Sina	MSC Süd Sauerland	00:34.81		00:34.61		01:09.42	27
3	4104	Freese, Steffen	MSC Westerkappeln	00:34.89		00:34.60		01:09.49	24
4	3916	Gorny, Franziska	AC Warendorf	00:35.10		00:34.42		01:09.52	22
5	3605	Hahn, Julien	OC Siegerland-Nord	00:34.75		00:34.77		01:09.52	20
6	421	Schneidersmann, Peter	MSC Lennetal-Bamenoehl	00:34.72		00:34.89		01:09.61	18
7	409	Krämer, Christopher	MSC Lennetal-Bamenoehl	00:34.81		00:34.85		01:09.66	16
8	1616	Hasenpusch, Kirsten	Hagener AC 05	00:34.82		00:34.95		01:09.77	14
9	620	Schmitt, Jan	AMC Wittgenstein Bad Berlebu	00:35.12		00:34.71		01:09.83	13
10	3921	Petermann, Daniel	AC Warendorf	00:35.37		00:34.48		01:09.85	12
11	1318	Thünenkötter, Kevin	SFG Dorsten	00:35.11		00:34.88		01:09.99	11
12	1608	Diedrich, Florian	Hagener AC 05	00:35.38		00:34.68		01:10.06	10
13	1815	van de Mortel, Ivan	MSC Harsewinkel	00:35.23		00:35.05		01:10.28	9
14	2007	Philipp, Jan	MFC Auf dem Schnee Herdecke	00:35.37		00:35.08		01:10.45	8
15	2105	Händly, Vanessa	MSC Herten	00:35.29		00:35.42		01:10.71	7
16	3609	Tiebe, Oliver	OC Siegerland-Nord	00:35.61		00:35.26		01:10.87	6
17	2618	Langkafel, Kevin	AMSC Marl-Hüls	00:35.52		00:35.43		01:10.95	5
18	708	Wevering, Marko	MSC Ruhr-Blitz Bochum	00:36.06		00:34.90		01:10.96	4
19	3923	Mannefeld, David	AC Warendorf	00:34.71		00:34.57	2	01:11.28	3
20	3603	Opfer, Sabrina	OC Siegerland-Nord	00:35.54		00:36.01		01:11.55	2
21	2104	Händly, Saskia	MSC Herten	00:36.00		00:35.77		01:11.77	1
22	513	Heinrich, Dominik	MSC Beckum	00:36.17		00:35.62		01:11.79	1
23	603	Dammüller, Kevin	AMC Wittgenstein Bad Berlebu	00:35.06	2	00:35.12		01:12.18	1
24	4708	Pöttgen, Niklas	MSC Oeventrop	00:34.60	2	00:34.23	2	01:12.83	1
25	2121	Marenbach, Kai	MSC Herten	00:34.84		00:34.99	4	01:13.83	1
26	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:35.64	2	00:35.11	2	01:14.75	1
27	3006	Gorisch, Tim	AC Oelde	00:34.61	6	00:34.96		01:15.57	1
28	1927	Trohl, Julia Vanessa	MSC Heeren-Werve	00:37.78	2	00:37.60		01:17.38	1
29	2113	Franken, Dominik	MSC Herten	00:36.15	6	00:35.38		01:17.53	1
30	4115	Windoffer, Steffen	MSC Westerkappeln	00:36.40		00:45.71	8	01:30.11	1

Zeitnahme: U. Bartsch  
Auswertung: B. Treek

Schnellster Lauf: 00:34.42  
(Gorny, Franziska - 4 / 3916)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Herten	81 Grün, Max (30) Schiwy, Maurice (30) Kleingries, Tom (13) Händly, Vanessa (7) Marenbach, Kai (1)	73	30
2	AMSC Mari-Hüls	77 Habicht, Tim (30) Franke, Dominik (24) Mönig, Nikolas (14) Langkafel, Kevin (5) Czubazek, Oliver (4)	68	27
3	MSC Beckum	69 Link, Robin (30) Wenzel, Noah (20) Schmidt, Marvin (18) Heinrich, Dominik (1) , (0)	68	24
4	AMC Wittgenstein Bad Berleburg	78 Schaller, Manuel (27) Biegler, Jens (22) Schmitt, Jan (13) Rahrbach, Nico Jannis (12) Werner, Kevin (4)	62	22
5	MSC Harsewinkel	69 Hovestadt, Justin (30) Hovestadt, Joel (18) Buxel, Leon (14) Richter, Alexander (6) Block, Jan-Nicklas (1)	62	20
6	Hagener AC 05	78 de Padova, Noah (27) Brandenburg, Pascal (20) Hasenpusch, Kirsten (14) Barthelmann, Kevin (12) Brandenburg, Marcel (5)	61	18
7	MSF Netphen	68 Schäffer, Julian (27) Müller, Leon (20) Morbach, Joschua (11) Fick, Markus (10) , (0)	58	16
8	MSC Süd Sauerland	71 Peuser, Sina (27) Hanisch, Julian (16) Peuser, Shareen (14) Marques, Fabio (13) Dumke, Timo (1)	57	14
9	AC Warendorf	79 Gorny, Franziska (22) Petermann, Stephen (18) Litsch, Jan-Luca (16) Petermann, Niclas (16) Fiedler, Miguel (7)	56	13
10	MSC Lennetal-Bamenohl	54 Rademacher, Tobias (20) Schneidersmann, Peter (18) Krämer, Christopher (16) , (0) , (0)	54	12
11	MSC Soester Börde	46 Rielmann, Nico (24) Luig, Simon (22) , (0) , (0) , (0)	46	11
12	MSC Westerkappeln	45 Freese, Steffen (24) Windoffer, Fabian (11) Molano, Lara (8) Bollmann, Jonas (1) Windoffer, Steffen (1)	43	10
13	OC Siegerland-Nord	33 Hahn, Julien (20) Tiebe, Oliver (6) Neuhaus, Alexander (4) Opfer, Sabrina (2) Neuhaus, Ann-Christin (1)	30	9
14	MSC Oenetal	30 Bischopink, Alexander (27) Sauer, Nils (1) Janssen, Kevin (1) Hoffmann, René (1) , (0)	29	8
15	SFG Dorsten	30 Rotterdam, Eneas (12) Thünenkötter, Kevin (11) Thünemann, Marius (5) Droste, Anna Lena (1) Thünemann, Tobias (1)	28	7
16	AMSC Lüdinghausen	27 Albers, Tobias (22) Lippelt, Niklas (3) Krück, Rene (1) Stobbe, Pierre Andre (1) , (0)	26	6

Platz	Ortsclub		Starter	gewertet	Punkte
17	MSV Dulmania	26	Haschmann, Lars (10) Gross, Julian (9) Tüns, Mirko (6) Tüns, Eileen (1) , (0)	25	5
18	MSC Bergstadt Rüthen	25	Enthof, Jan (22) Enthof, Annika (2) Pionke, Marvin (1) , (0) , (0)	25	4
19	RC Haltern	25	König, Justin (24) Gerdes, Leon (1) , (0) , (0) , (0)	25	3
20	MFC Auf dem Schnee Herdecke	25	Pudysz, Justin (8) Müller, Lucas (8) Philipp, Jan (8) Brummel, Marius (1) , (0)	24	2
21	Olper AC	20	Siscaro, Giuseppe (10) Battaglia, David (9) Springob, Jan-Philipp (1) , (0) , (0)	20	1
22	AMC Burbach	19	Saar, Lukas (16) Schon, Rouven (1) Thanabalasingam, Janujan (1) Klein, Marius (1) , (0)	18	1
23	Briloner AC	18	Günther, Jannik (9) Löhr, Tim Niklas (6) Müntjes, Leon Lukas (3) , (0) , (0)	18	1
24	AMC Waltrop	17	Braune, Devin (9) Winterberg, Leon (5) Petruschinski, Marvin (1) Block, Tobias (1) Dechert, Lukas (1)	15	1
25	MSC Oberruhr Velmede	15	Hötte, Tobias (14) Smorra, Gina-Maria (1) , (0) , (0) , (0)	15	1
26	AC Hohenseelbachkopf	14	Klappert, Nico (7) Völke, Leon (7) , (0) , (0) , (0)	14	1
27	MSC Heeren-Werve	3	Störmer, Janette (1) Ernst, Martin (1) Trohl, Julia Vanessa (1) , (0) , (0)	3	1
28	AC Ascheberg	1	Piel, Yannik (1) , (0) , (0) , (0) , (0)	1	1