

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1817	Hovestadt, Joel	MSC Harsewinkel	00:39.28		00:39.99		01:19.27	30
2	1611	Klein, Tilo	Hagener AC 05	00:39.47		00:40.41		01:19.88	27
3	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:40.92		00:40.46		01:21.38	24
4	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:40.66		00:40.75		01:21.41	22
5	1636	Lenz, Phillip	Hagener AC 05	00:41.39		00:41.01		01:22.40	20
6	1423	Gross, Julian	MSV Dulmania	00:41.39		00:41.57		01:22.96	18
7	606	Koch, Tanja	AMC Wittgenstein Bad Berlebu	00:40.64		00:40.99	2	01:23.63	16
8	2116	Jürgensmeyer, Devin	MSC Herten	00:42.25		00:42.82		01:25.07	14
9	2208	Krutsch, Nadja	AMC Ibbenbüren	00:43.91		00:42.54		01:26.45	13
10	3411	Springob, Jan-Philipp	Olper AC	00:40.86	2	00:42.02	2	01:26.88	12
11	1813	Block, Jan-Nicklas	MSC Harsewinkel	00:43.70		00:43.23		01:26.93	11
12	2539	Lippelt, Nils	AMSC Lüdinghausen	00:43.96		00:43.41		01:27.37	10
13	4811	Kopp, Dominik	MSC Soester Börde	00:44.32		00:43.07		01:27.39	9
14	3008	Grundkötter, Tobias	AC Oelde	00:43.30	2	00:42.57		01:27.87	8
15	1820	Strotmann, Jonas	MSC Harsewinkel	00:44.77		00:42.14	2	01:28.91	7
16	4418	Schnitger, Marvin	MSC Bergstadt Rüthen	00:41.36	2	00:41.84	4	01:29.20	6
17	407	Schulte, Dominik	MSC Lennetal-Bamenohl	00:44.19	2	00:43.41		01:29.60	5
18	610	Fuchs, Nico	AMC Wittgenstein Bad Berlebu	00:44.39	2	00:43.58		01:29.97	4
19	3812	Winterberg, Leon	AMC Waltrop	00:42.68	2	00:43.44	2	01:30.12	3
20	4207	Hübinger, Daniel	MSC Helle	00:44.68	2	00:44.24		01:30.92	2
21	1822	Schlie, Phil	MSC Harsewinkel	00:42.36	2	00:42.97	4	01:31.33	1
22	3127	Blaschke, Justin	MSC Oenetal	00:43.30		00:44.18	4	01:31.48	1
23	2601	Kownatka, Lennard	AMSC Marl-Hüls	00:42.68	4	00:43.46	2	01:32.14	1
24	3924	Niemeyer, Paul	AC Warendorf	00:43.63	2	00:43.05	4	01:32.68	1
25	1004	Lamma, Marvin	AMC Burbach	00:44.46		00:47.69	2	01:34.15	1
26	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:47.71		00:49.12		01:36.83	1
27	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:49.13		00:46.55	2	01:37.68	1
28	3012	Ilgen, Justin	AC Oelde	00:47.08		00:49.05	2	01:38.13	1
29	3522	Birlenbach, Nico	MSC Schmallenberg	00:43.95	2	00:44.10	10	01:40.05	1
30	2607	Franke, Luca	AMSC Marl-Hüls	00:54.74	14	00:46.58		01:55.32	1

Zeitnahme: G.Ullmann
Auswertung: B.Treek

Schnellster Lauf: 00:39.28
(Hovestadt, Joel - 1 / 1817)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1610	de Padova, Noah	Hagener AC 05	00:38.99		00:40.69	2	01:21.68	30
2	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:43.99		00:38.02		01:22.01	27
3	3908	Wiedemann, Milan	AC Warendorf	00:38.71		00:41.40	2	01:22.11	24
4	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:40.92		00:41.75		01:22.67	22
5	1712	Körnig, Jastin	RC Haltern	00:44.97		00:38.48		01:23.45	20
6	4502	Laux, Fabian	MSC Süd Sauerland	00:39.12	2	00:40.41	2	01:23.53	18
7	2606	Habicht, Tim	AMSC Marl-Hüls	00:39.91		00:43.73		01:23.64	16
8	4511	Peuser, Shareen	MSC Süd Sauerland	00:46.69		00:38.35		01:25.04	14
9	8706	Finke, Alexander	AMC Schwelm	00:39.66		00:45.46		01:25.12	13
10	860	Witthuser, Robin	MSC Bork	00:39.74		00:45.54		01:25.28	12
11	533	Schmidt, Marvin	MSC Beckum	00:41.27	2	00:38.48	4	01:25.75	11
12	901	Gross, Jan	Briloner AC	00:46.65		00:39.18		01:25.83	10
13	1816	Schlie, Marvin	MSC Harsewinkel	00:45.32		00:38.69	2	01:26.01	9
14	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:41.21	4	00:40.88		01:26.09	8
15	1612	Ok, Ilkan	Hagener AC 05	00:39.02	2	00:43.95	2	01:26.97	7
16	525	Hellweg, Luca	MSC Beckum	00:39.04	2	00:46.05		01:27.09	6
17	1455	Kordula, Pawel	MSV Dulmania	00:41.35		00:45.84		01:27.19	5
18	3123	Bischopink, Alexander	MSC Oenetal	00:39.04	4	00:44.38		01:27.42	4
19	1613	Seeland, Arne Luca	Hagener AC 05	00:40.37		00:47.51		01:27.88	3
20	1614	Fik, Lucas	Hagener AC 05	00:39.05	6	00:39.04	4	01:28.09	2
21	2805	Kleiner, Jan Robin	MSF Netphen	00:41.29		00:47.90		01:29.19	1
22	1006	Saar, Lukas	AMC Burbach	00:40.40		00:49.16		01:29.56	1
23	4817	Daners, Nils	MSC Soester Börde	00:40.50		00:48.28	2	01:30.78	1
24	303	Weustenhagen, Marius	AC Ascheberg	00:42.00	2	00:49.61		01:33.61	1
25	2533	Krück, Rene	AMSC Lüdinghausen	00:41.91		00:50.32	2	01:34.23	1
26	2203	Jobst, Dario	AMC Ibbenbüren	00:42.76	2	00:52.05		01:36.81	1
27	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:39.34	6	00:47.80	4	01:37.14	1
28	1838	Strotmann, Leonie	MSC Harsewinkel	00:46.10	10	00:40.85	2	01:38.95	1
29	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:39.44	2	00:45.59	12	01:39.03	1
30	902	Becker, Leon	Briloner AC	00:43.28		00:54.40	2	01:39.68	1
31	1314	Gläser, Corinna	SFG Dorsten	00:42.83		01:06.08	14	02:02.91	1

Zeitnahme: G.Ullmann
Auswertung: B.Treek

Schnellster Lauf: 00:38.02
(Enthof, Jan - 2 / 4425)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:37.75		00:37.03		01:14.78	30
2	3901	Litsch, Jan-Luca	AC Warendorf	00:38.13		00:37.03		01:15.16	27
3	1809	Fiedler, Miguel	MSC Harsewinkel	00:37.34		00:38.05		01:15.39	24
4	2609	Czubaszek, Oliver	AMSC Marl-Hüls	00:38.23		00:37.96		01:16.19	22
5	1830	Hovestadt, Justin	MSC Harsewinkel	00:38.25		00:38.01		01:16.26	20
6	2808	Müller, Leon	MSF Netphen	00:38.43		00:37.93		01:16.36	18
7	3805	Braune, Devin	AMC Waltrop	00:38.65		00:37.97		01:16.62	16
8	2126	Grün, Max	MSC Herten	00:38.85		00:38.31		01:17.16	14
9	1603	Brandenburg, Marcel	Hagener AC 05	00:37.42		00:38.11	2	01:17.53	13
10	4508	Dumke, Timo	MSC Süd Sauerland	00:39.36		00:38.26		01:17.62	12
11	627	Werner, Kevin	AMC Wittgenstein Bad Berlebu	00:39.97		00:37.98		01:17.95	11
12	2524	Wolff, Alexander	AMSC Lüdinghausen	00:40.30		00:37.85		01:18.15	10
13	1907	Ernst, Martin	MSC Heeren-Werve	00:40.32		00:37.85		01:18.17	9
14	1032	Schon, Rouven	AMC Burbach	00:39.10		00:37.88	2	01:18.98	8
15	1311	Thünemann, Marius	SFG Dorsten	00:39.63		00:39.43		01:19.06	7
16	4507	Marques, Julio	MSC Süd Sauerland	00:38.08	2	00:37.07	2	01:19.15	6
17	1026	Thanabalasingam, Janujan	AMC Burbach	00:38.64	2	00:38.60		01:19.24	5
18	4802	Henke, Tim	MSC Soester Börde	00:40.50		00:38.75		01:19.25	4
19	3938	Melches, Tobias	AC Warendorf	00:40.11		00:39.17		01:19.28	3
20	2922	Heupel, Franziska	AMC Obernau	00:39.68		00:39.62		01:19.30	2
21	3942	Rennemeier, Lars	AC Warendorf	00:40.49		00:39.32		01:19.81	1
22	4101	Bange, Janick	MSC Westerkappeln	00:39.71		00:38.18	2	01:19.89	1
23	4822	Rielmann, Nico	MSC Soester Börde	00:41.38		00:38.82		01:20.20	1
24	2014	Brummel, Marius	MFC Auf dem Schnee Herdecke	00:41.29		00:39.07		01:20.36	1
25	3122	Pott, Niklas	MSC Oenetal	00:41.37		00:39.26		01:20.63	1
26	3410	Schneider, Tim	Olper AC	00:40.86	2	00:38.78		01:21.64	1
27	1819	Buxel, Leon	MSC Harsewinkel	00:40.27	2	00:39.57		01:21.84	1
28	1627	Schäfer, Marvin	Hagener AC 05	00:41.27	2	00:40.15		01:23.42	1
29	1332	Kouloukourgiotis, Ioannis	SFG Dorsten	00:38.79	4	00:37.45	4	01:24.24	1

Zeitnahme: G.Ullmann
Auswertung: B.Treek

Schnellster Lauf: 00:37.03
(Biegler, Jens - 1 / 601)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:37.26		00:36.60		01:13.86	30
2	3906	Mannefeld, Kevin	AC Warendorf	00:37.65		00:37.46		01:15.11	27
3	3040	Krebs, Jonas	AC Oelde	00:38.04		00:37.32		01:15.36	24
4	3904	Wiedemann, Hagen	AC Warendorf	00:38.61		00:37.09		01:15.70	22
5	605	Fuchs, Maik	AMC Wittgenstein Bad Berlebu	00:37.12		00:37.08	2	01:16.20	20
6	2107	Kugel, Manuel	MSC Herten	00:38.97		00:37.42		01:16.39	18
7	2610	Franke, Dominik	AMSC Marl-Hüls	00:37.37	2	00:37.14		01:16.51	16
8	1720	Fischer, Maurice	RC Haltern	00:38.86		00:37.96		01:16.82	14
9	3903	Petermann, Niclas	AC Warendorf	00:37.48		00:37.68	2	01:17.16	13
10	1629	Schrade, Julia	Hagener AC 05	00:37.93	2	00:37.28		01:17.21	12
11	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebu	00:39.25		00:38.01		01:17.26	11
12	2114	Kleinmann, Kay	MSC Herten	00:38.21	2	00:37.11		01:17.32	10
13	3125	Andrzejewski, Lars	MSC Oenetal	00:40.87		00:37.77		01:18.64	9
14	2613	Müller, Philipp	AMSC Marl-Hüls	00:41.45		00:38.23		01:19.68	8
15	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:39.20	2	00:38.48		01:19.68	7
16	3804	Block, Tobias	AMC Waltrop	00:38.97		00:39.08	2	01:20.05	6
17	3004	Gerling, Adrian	AC Oelde	00:38.70		00:37.36	4	01:20.06	5
18	4506	Marques, Fabio	MSC Süd Sauerland	00:38.41		00:38.08	4	01:20.49	4
19	3613	Wagener, Marco	OC Siegerland-Nord	00:37.90	6	00:37.56		01:21.46	3
20	1808	Singer, Maxim	MSC Harsewinkel	00:38.20	2	00:37.68	4	01:21.88	2
21	1435	Nolte, Henrik	MSV Dulmania	00:38.89	2	00:37.94	4	01:22.83	1
22	3421	Siscaro, Giuseppe	Olper AC	00:43.91		00:37.47	2	01:23.38	1
23	3807	Dechert, Lukas	AMC Waltrop	00:44.09		00:37.23	4	01:25.32	1
24	819	Helmbrecht, Marvin	MSC Bork	00:46.34	2	00:38.10		01:26.44	1
25	3905	Gronhorst, Luca	AC Warendorf	00:44.34	2	00:38.57	2	01:26.91	1
26	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:45.55	2	00:37.76	2	01:27.31	1
27	2122	Eller, Tim	MSC Herten	00:42.43	6	00:39.10		01:27.53	1
28	4102	Bollmann, Jonas	MSC Westerkappeln	00:46.91	2	00:38.15	2	01:29.06	1
29	1220	Stoll, Robin	MSF Cobbenrode	00:46.39	10	00:38.35	2	01:36.74	1
30	1312	Thünemann, Tobias	SFG Dorsten	00:45.79	10	00:37.83	10	01:43.62	1

Zeitnahme: G.Ullmann
Auswertung: B.Treek

Schnellster Lauf: 00:36.60
(Schaller, Manuel - 1 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4504	Hanisch, Julian	MSC Süd Sauerland	00:36.68		00:36.20		01:12.88	30
2	1616	Hasenpusch, Kirsten	Hagener AC 05	00:36.85		00:36.25		01:13.10	27
3	2118	Schiwy, Maurice	MSC Herten	00:36.64		00:36.66		01:13.30	24
4	1810	Link, Robin	MSC Harsewinkel	00:36.71		00:36.92		01:13.63	22
5	1604	Brandenburg, Pascal	Hagener AC 05	00:36.99		00:36.77		01:13.76	20
6	2007	Philipp, Jan	MFC Auf dem Schnee Herdecke	00:36.69		00:37.14		01:13.83	18
7	410	Koperwas, Wiebke	MSC Lennetal-Bamenohl	00:37.15		00:36.78		01:13.93	16
8	1623	Mejri, Ali	Hagener AC 05	00:37.18		00:36.92		01:14.10	14
9	1608	Diedrich, Florian	Hagener AC 05	00:36.94		00:37.22		01:14.16	13
10	4510	Peuser, Sina	MSC Süd Sauerland	00:37.12		00:37.18		01:14.30	12
11	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:37.13		00:37.32		01:14.45	11
12	3916	Gorny, Franziska	AC Warendorf	00:37.39		00:37.09		01:14.48	10
13	3609	Tiebe, Oliver	OC Siegerland-Nord	00:37.22		00:37.55		01:14.77	9
14	513	Heinrich, Dominik	MSC Beckum	00:37.55		00:37.27		01:14.82	8
15	3003	Gerkmann, Jan	AC Oelde	00:37.11	2	00:36.45		01:15.56	7
16	4114	Windoffer, Fabian	MSC Westerkappeln	00:37.81		00:37.77		01:15.58	6
17	1708	Overhoff, Tjarko	RC Haltern	00:37.69		00:38.08		01:15.77	5
18	3921	Petermann, Daniel	AC Warendorf	00:37.21		00:36.58	2	01:15.79	4
19	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:37.21		00:36.88	2	01:16.09	3
20	3910	Petermann, Stephen	AC Warendorf	00:37.37		00:36.82	2	01:16.19	2
21	2010	Werner, Alexander	MFC Auf dem Schnee Herdecke	00:38.47		00:37.93		01:16.40	1
22	2809	Schäffer, Julian	MSF Netphen	00:37.47		00:36.98	2	01:16.45	1
23	620	Schmitt, Jan	AMC Wittgenstein Bad Berlebur	00:37.23		00:37.25	2	01:16.48	1
24	1027	Thanabalasingam, Sinthuja	AMC Burbach	00:38.77		00:38.38		01:17.15	1
25	4805	Luig, Simon	MSC Soester Börde	00:36.52	2	00:36.66	2	01:17.18	1
26	3902	Gorny, Thilo	AC Warendorf	00:38.38	2	00:37.40		01:17.78	1
27	3919	Hermann, Marco	AC Warendorf	00:37.98		00:37.92	2	01:17.90	1
28	708	Weverink, Marco	MSC Ruhr-Blitz Bochum	00:38.24		00:37.67	2	01:17.91	1
29	2006	Müller, Lucas	MFC Auf dem Schnee Herdecke	00:36.80	2	00:36.14	4	01:18.94	1
30	3605	Hahn, Julien	OC Siegerland-Nord	00:37.00	2	00:36.48	4	01:19.48	1
31	1811	Richter, Alexander	MSC Harsewinkel	00:38.07		00:37.72	4	01:19.79	1

Zeitnahme: G.Ullmann
Auswertung: B.Treek

Schnellster Lauf: 00:36.20
(Hanisch, Julian - 1 / 4504)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	97 Biegler, Jens (30) Schaller, Manuel (30) Fuchs, Maik (20) Koch, Tanja (16) Schmitt, Jan (1)	80	30
2	MSC Harsewinkel	105 Hovestadt, Joel (30) Fiedler, Miguel (24) Link, Robin (22) Hovestadt, Justin (20) Schlie, Marvin (9)	76	27
3	Hagener AC 05	99 Klein, Tilo (27) Hasenpusch, Kirsten (27) Lenz, Phillip (20) Brandenburg, Marcel (13) Schrade, Julia (12)	74	24
4	MSC Herten	71 Schiwy, Maurice (24) Kugel, Manuel (18) Jürgensmeyer, Devin (14) Grün, Max (14) Eller, Tim (1)	56	22
5	MSC Bergstadt Rüthen	55 Enthof, Jan (27) Enthof, Annika (22) Schnitger, Marvin (6) , (0) , (0)	55	20
6	AMSC Marl-Hüls	63 Czubaszek, Oliver (22) Habicht, Tim (16) Franke, Dominik (16) Müller, Philipp (8) Kownatka, Lennard (1)	54	18
7	AC Warendorf	56 Mannefeld, Kevin (27) Petermann, Niclas (13) Gorny, Franziska (10) Petermann, Daniel (4) Petermann, Stephen (2)	50	16
8	MSC Süd Sauerland	54 Laux, Fabian (18) Peuser, Shareen (14) Peuser, Sina (12) Marques, Julio (6) Marques, Fabio (4)	44	14
9	AC Oelde	45 Krebs, Jonas (24) Grundkötter, Tobias (8) Gerkmann, Jan (7) Gerling, Adrian (5) Ilgen, Justin (1)	39	13
10	OC Siegerland-Nord	37 Neuhaus, Alexander (24) Tiebe, Oliver (9) Wagener, Marco (3) Hahn, Julien (1) , (0)	36	12
11	MSC Oberruhr Velmede	34 Smorra, Gina-Maria (22) Hötte, Tobias (11) Mc Bride, Jan (1) , (0) , (0)	34	11
12	MSC Lennetal-Bamenohl	35 Koperwas, Wiebke (16) Bamberg, Damian (8) Rademacher, Tobias (7) Schneidersmann, Peter (3) Brandt, Johan (1)	31	10
13	AMC Waltrop	26 Braune, Devin (16) Block, Tobias (6) Winterberg, Leon (3) Dechert, Lukas (1) , (0)	25	9
14	MSC Beckum	25 Schmidt, Marvin (11) Heinrich, Dominik (8) Hellweg, Luca (6) , (0) , (0)	25	8
15	MSV Dulmania	24 Gross, Julian (18) Kordula, Pawel (5) Nolte, Henrik (1) , (0) , (0)	24	7
16	AMSC Lüdinghausen	21 Lippelt, Nils (10) Wolff, Alexander (10) Krück, Rene (1) , (0) , (0)	21	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	MFC Auf dem Schnee Herdecke	21 Philipp, Jan (18) Brummel, Marius (1) Werner, Alexander (1) Müller, Lucas (1) , (0)	20	5
18	MSF Netphen	20 Müller, Leon (18) Kleiner, Jan Robin (1) Schäffer, Julian (1) , (0) , (0)	20	4
19	AMC Burbach	16 Schon, Rouven (8) Thanabalasingam, Janujan (5) Lamma, Marvin (1) Saar, Lukas (1) Thanabalasingam, Sinthujan (1)	14	3
20	MSC Oenetal	15 Andrzejewski, Lars (9) Bischopink, Alexander (4) Blaschke, Justin (1) Pott, Niklas (1) , (0)	14	2
21	Olper AC	14 Springob, Jan-Philipp (12) Schneider, Tim (1) Siscaro, Giuseppe (1)	14	1
22	AMC Ibbenbüren	14 Krutsch, Nadja (13) Jobst, Dario (1) , (0) , (0) , (0)	14	1
23	MSC Bork	13 Witthuser, Robin (12) Helmbrecht, Marvin (1) , (0) , (0) , (0)	13	1
24	Briloner AC	11 Gross, Jan (10) Becker, Leon (1) , (0) , (0) , (0)	11	1
25	MSC Westerkappeln	8 Windoffer, Fabian (6) Bange, Janick (1) Bollmann, Jonas (1) , (0) , (0)	8	1
26	AC Ascheberg	1 Weustenhagen, Marius (1) , (0) , (0) , (0) , (0)	1	1