

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1637	Anders, Jan	Hagener AC 05	00:46.83		00:48.25		01:35.08	30
2	610	Fuchs, Nico	AMC Wittgenstein Bad Berlebu	00:49.78		00:50.49		01:40.27	27
3	4304	Schmal, Tim	AC Hohenseelbachskopf	00:50.05		00:50.46		01:40.51	24
4	527	Dirkschnieder, Jan	MSC Beckum	00:50.20		00:49.13	2	01:41.33	22
5	4412	Pankewitz, Thore	MSC Bergstadt Rütthen	00:51.30		00:50.55		01:41.85	20
6	4013	Boss, Leon	MSF Warstein	00:51.07		00:51.34		01:42.41	18
7	3809	Wollscheid, Jonas	AMC Waltrop	00:51.46		00:51.58		01:43.04	16
8	1415	Joksch, Maik	MSV Dulmania	00:50.50		00:53.37		01:43.87	14
9	1713	Uphues, Finn	RC Haltern	00:50.14	2	00:50.38	2	01:44.52	13
10	1602	Ungefroren, Kai	Hagener AC 05	00:48.35	4	00:50.21	2	01:44.56	12
11	4814	Daners, Jan	MSC Soester Börde	00:52.50		00:52.15		01:44.65	11
12	2607	Franke, Luca	AMSC Marl-Hüls	00:52.52		00:52.62		01:45.14	10
13	2810	Huhn, Alexander	MSF Netphen	00:52.87		00:54.07		01:46.94	9
14	1711	Korte, Kevin	RC Haltern	00:52.32		00:55.47		01:47.79	8
15	4308	Grunewald, Max	AC Hohenseelbachskopf	00:51.28	2	00:54.81		01:48.09	7
16	1822	Schlie, Phil	MSC Harsewinkel	00:48.26		00:56.48	4	01:48.74	6
17	1408	Haala, Marten Finn	MSV Dulmania	00:53.26		00:53.75	2	01:49.01	5
18	2902	Engel, Paul	AMC Obernau	00:54.81		00:54.51		01:49.32	4
19	3010	Grundkötter, Lara	AC Oelde	00:52.37		00:53.49	4	01:49.86	3
20	609	Schaller, Marek	AMC Wittgenstein Bad Berlebu	00:59.52	2	00:48.66		01:50.18	2
21	536	Maul, Maik	MSC Beckum	00:52.79	2	00:53.47	2	01:50.26	1
22	3503	Schmidt, Kevin	MSC Schmallenberg	00:53.29	2	00:55.51		01:50.80	1
23	501	Ruddigkeit, Lars	MSC Beckum	00:55.50	2	00:54.13		01:51.63	1
24	2903	Glowick, Mats	AMC Obernau	00:54.86	2	00:54.78		01:51.64	1
25	2523	Kurz, Florian	AMSC Lüdinghausen	00:52.15	6	00:53.74		01:51.89	1
26	3811	Lubjuhn, Dominic	AMC Waltrop	00:56.86		00:55.24		01:52.10	1
27	3923	Kletke, Finn Bennett	AC Warendorf	00:59.81		00:52.34		01:52.15	1
28	611	Koch, David	AMC Wittgenstein Bad Berlebu	00:56.13		00:57.50		01:53.63	1
29	1010	Kölsch, Tom	AMC Burbach	00:54.44		00:53.79	6	01:54.23	1
30	2508	Nettelbusch, Jan Leon	AMSC Lüdinghausen	00:53.79	6	00:55.65		01:55.44	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:46.83  
(Anders, Jan - 1 / 1637)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1712	Körnig, Jastin	RC Haltern	00:47.14		00:45.79		01:32.93	30
2	1610	de Padova, Noah	Hagener AC 05	00:47.08		00:45.88		01:32.96	27
3	2116	Jürgensmeyer, Devin	MSC Herten	00:46.95		00:46.78		01:33.73	24
4	3941	Hovestadt, Joel	AC Warendorf	00:48.82		00:45.37		01:34.19	22
5	1611	Klein, Tilo	Hagener AC 05	00:47.02		00:47.26		01:34.28	20
6	1006	Saar, Lukas	AMC Burbach	00:47.45		00:47.08		01:34.53	18
7	4421	Block, Niklas-Geronimo	MSC Bergstadt Rüthen	00:47.55		00:47.04		01:34.59	16
8	2813	Morbach, Joschua	MSF Netphen	00:47.38		00:45.23	2	01:34.61	14
9	606	Koch, Tanja	AMC Wittgenstein Bad Berlebu	00:47.54		00:47.18		01:34.72	13
10	2606	Habicht, Tim	AMSC Marl-Hüls	00:48.37		00:46.57		01:34.94	12
11	3411	Springob, Jan-Philipp	Olper AC	00:48.79		00:46.60		01:35.39	11
12	1612	Ok, Ilkan-Emre	Hagener AC 05	00:48.85		00:47.15		01:36.00	10
13	4119	Molano, Lara	MSC Westerkappeln	00:48.72		00:47.61		01:36.33	9
14	3008	Grundkötter, Tobias	AC Oelde	00:48.65		00:47.88		01:36.53	8
15	2533	Krück, Rene	AMSC Lüdinghausen	00:48.39	2	00:46.25		01:36.64	7
16	3924	Niemeyer, Paul	AC Warendorf	00:48.75		00:48.21		01:36.96	6
17	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:48.02		00:46.95	2	01:36.97	5
18	2539	Lippelt, Nils	AMSC Lüdinghausen	00:48.74	2	00:47.62		01:38.36	4
19	525	Hellweg, Luca	MSC Beckum	00:47.32		00:47.28	4	01:38.60	3
20	3605	Kallweit, Mika	OC Siegerland-Nord	00:49.26		00:49.52		01:38.78	2
21	3102	Sauer, Nils	MSC Oenetal	00:49.67		00:49.92		01:39.59	1
22	1636	Lenz, Phillip	Hagener AC 05	00:49.58	2	00:48.38		01:39.96	1
23	8712	Höhne, Nick	AMC Schwelm	00:46.81	6	00:45.88	2	01:40.69	1
24	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:51.73		00:49.01		01:40.74	1
25	1423	Gross, Julian	MSV Dulmania	00:51.83		00:49.69		01:41.52	1
26	3107	Schüttler, Niclas	MSC Oenetal	00:50.33		00:51.60	4	01:45.93	1
27	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:55.82		00:52.80		01:48.62	1
28	4314	Klappert, Nico	AC Hohenseelbachskopf	00:48.43	14	00:48.80		01:51.23	1
29	2517	Stobbe, Pierre Andre	AMSC Lüdinghausen	00:59.76		00:52.78	2	01:54.54	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:45.37  
(Hovestadt, Joel - 4 / 3941)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3901	Litsch, Jan-Luca	AC Warendorf	00:42.29		00:41.87		01:24.16	30
2	2126	Grün, Max	MSC Herten	00:43.49		00:42.05		01:25.54	27
3	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:42.84		00:42.92		01:25.76	24
4	4508	Dumke, Timo	MSC Süd Sauerland	00:42.78		00:43.06		01:25.84	22
5	533	Schmidt, Marvin	MSC Beckum	00:43.14		00:43.32		01:26.46	20
6	1411	Brinkmann, Maurice	MSV Dulmania	00:44.48		00:42.82		01:27.30	18
7	2111	Stanski, Luca	MSC Herten	00:43.48		00:43.96		01:27.44	16
8	505	Epp, Daniel	MSC Beckum	00:43.92		00:43.78		01:27.70	14
9	3908	Wiedemann, Milan	AC Warendorf	00:44.13		00:41.85	2	01:27.98	13
10	4502	Laux, Fabian	MSC Süd Sauerland	00:44.44		00:43.62		01:28.06	12
11	820	Kühl, Kelvin	MSC Bork	00:44.63		00:43.55		01:28.18	11
12	1816	Schlie, Marvin	MSC Harsewinkel	00:44.82		00:43.38		01:28.20	10
13	901	Gross, Jan	Briloner AC	00:44.92		00:44.08		01:29.00	9
14	4511	Peuser, Shareen	MSC Süd Sauerland	00:44.75	2	00:42.42		01:29.17	8
15	2808	Müller, Leon	MSF Netphen	00:44.13	2	00:43.07		01:29.20	7
16	903	Günther, Jannik	Briloner AC	00:45.15		00:44.65		01:29.80	6
17	1401	Brandt, Leon	MSV Dulmania	00:44.13		00:43.80	2	01:29.93	5
18	1452	Haschmann, Lars	MSV Dulmania	00:45.61		00:44.45		01:30.06	4
19	429	Bamberg, Damian	MSC Lennetal-Bameno hl	00:45.34		00:44.82		01:30.16	3
20	4817	Daners, Nils	MSC Soester Börde	00:45.69		00:44.74		01:30.43	2
21	1311	Thünemann, Marius	SFG Dorsten	00:46.13		00:44.53		01:30.66	1
22	2806	Piontek, Silas-Andreas	MSF Netphen	00:43.83		00:43.37	4	01:31.20	1
23	316	Piel, Yannik	AC Ascheberg	00:46.92		00:44.88		01:31.80	1
24	4822	Rielmann, Nico	MSC Soester Börde	00:44.89	4	00:44.33		01:33.22	1
25	2014	Brummel, Marius	MFC Auf dem Schnee Herdecl	00:45.45	2	00:45.92		01:33.37	1
26	1614	Fik, Lucas	Hagener AC 05	00:45.85		00:45.75	2	01:33.60	1
27	2127	Kucmierczek, Pascal	MSC Herten	00:46.00		00:44.98	6	01:36.98	1
28	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:45.08		00:42.19	10	01:37.27	1
29	3123	Bischopink, Alexander	MSC Oenetal	00:44.52	10	00:44.64		01:39.16	1
30	3802	Feist, Sandro	AMC Waltrop	00:56.38	10	00:43.66		01:50.04	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:41.87  
(Litsch, Jan-Luca - 1 / 3901)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:41.83		00:42.35		01:24.18	30
2	3940	Hovestadt, Justin	AC Warendorf	00:42.45		00:42.29		01:24.74	27
3	3904	Wiedemann, Hagen	AC Warendorf	00:42.89		00:41.99		01:24.88	24
4	4506	Marques, Fabio	MSC Süd Sauerland	00:42.71		00:42.26		01:24.97	22
5	1819	Fiedler, Miguel	MSC Harsewinkel	00:43.11		00:42.11		01:25.22	20
6	3903	Petermann, Niclas	AC Warendorf	00:42.54		00:42.71		01:25.25	18
7	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:42.76		00:42.93		01:25.69	16
8	1435	Nolte, Henrik	MSV Dulmania	00:42.72		00:43.07		01:25.79	14
9	3611	Neuhaus, Ann-Christine	OC Siegerland-Nord	00:42.46		00:43.38		01:25.84	13
10	1603	Brandenburg, Marcel	Hagener AC 05	00:42.63		00:43.29		01:25.92	12
11	605	Fuchs, Maik	AMC Wittgenstein Bad Berlebu	00:41.77	2	00:42.26		01:26.03	11
12	1026	Thanabalasingam, Janujan	AMC Burbach	00:42.31		00:42.19	2	01:26.50	10
13	3004	Gerling, Adrian	AC Oelde	00:42.02	2	00:42.57		01:26.59	9
14	4807	Henkel, Hendrik	MSC Soester Börde	00:43.27		00:43.32		01:26.59	8
15	4509	Laux, Carolin	MSC Süd Sauerland	00:43.32		00:43.30		01:26.62	7
16	3905	Gronhorst, Luca	AC Warendorf	00:42.31	2	00:42.56		01:26.87	6
17	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:43.53		00:43.39		01:26.92	5
18	4507	Marques, Julio	MSC Süd Sauerland	00:42.48		00:42.52	2	01:27.00	4
19	3122	Pott, Niklas	MSC Oenetal	00:43.77		00:43.57		01:27.34	3
20	3807	Dechert, Lukas	AMC Waltrop	00:43.66		00:43.69		01:27.35	2
21	8704	Höhne, Nils	AMC Schwelm	00:41.61	4	00:41.75		01:27.36	1
22	3938	Melches, Tobias	AC Warendorf	00:43.97		00:43.46		01:27.43	1
23	3804	Block, Tobias	AMC Waltrop	00:44.07		00:43.62		01:27.69	1
24	2524	Wolff, Alexander	AMSC Lüdinghausen	00:44.38		00:43.43		01:27.81	1
25	2114	Kleinmann, Kay	MSC Herten	00:43.47		00:42.37	2	01:27.84	1
26	3805	Braune, Devin	AMC Waltrop	00:42.85	2	00:42.33	2	01:29.18	1
27	8708	Kalthoff, Sebastian	AMC Schwelm	00:42.65	2	00:42.53	2	01:29.18	1
28	2609	Czubaszek jun., Oliver	AMSC Marl-Hüls	00:42.66	2	00:42.56	2	01:29.22	1
29	1627	Schäfer, Marvin	Hagener AC 05	00:44.02		00:45.71		01:29.73	1
30	1809	Buxel, Leon	MSC Harsewinkel	00:43.72		00:44.71	2	01:30.43	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:41.75  
(Höhne, Nils - 21 / 8704)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3939	Link, Robin	AC Warendorf	00:41.47		00:41.71		01:23.18	30
2	1604	Brandenburg, Pascal	Hagener AC 05	00:41.80		00:41.73		01:23.53	27
3	3421	Siscaro, Giuseppe	Olper AC	00:42.26		00:41.97		01:24.23	24
4	1623	Mejri, Ali	Hagener AC 05	00:42.00		00:42.38		01:24.38	22
5	2809	Schäffer, Julian	MSF Netphen	00:42.17		00:42.30		01:24.47	20
6	2118	Schiwy, Maurice	MSC Herten	00:41.35	2	00:41.27		01:24.62	18
7	3910	Petermann, Stephen	AC Warendorf	00:42.42		00:42.58		01:25.00	16
8	3040	Krebs, Jonas	AC Oelde	00:43.08		00:42.23		01:25.31	14
9	1720	Fischer, Maurice	RC Haltern	00:42.81		00:42.50		01:25.31	13
10	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:41.70	2	00:41.64		01:25.34	12
11	3906	Mannefeld, Kevin	AC Warendorf	00:42.07	2	00:41.30		01:25.37	11
12	1708	Overhoff, Tjarko	RC Haltern	00:42.73		00:42.72		01:25.45	10
13	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebu	00:43.43		00:42.31		01:25.74	9
14	2104	Händly, Saskia	MSC Herten	00:42.61		00:43.25		01:25.86	8
15	2122	Eller, Tim	MSC Herten	00:43.05		00:43.32		01:26.37	7
16	3902	Gorny, Thilo	AC Warendorf	00:43.02		00:43.42		01:26.44	6
17	1027	Thanabalasingam, Sinthuja	AMC Burbach	00:42.29		00:42.55	2	01:26.84	5
18	3919	Herrmann, Marco	AC Warendorf	00:42.67		00:42.30	2	01:26.97	4
19	1927	Trohl, Julia Vanessa	MSC Heeren-Werve	00:43.77		00:43.39		01:27.16	3
20	4805	Luig, Simon	MSC Soester Börde	00:43.37		00:41.87	2	01:27.24	2
21	2006	Müller, Lucas	MFC Auf dem Schnee Herdecl	00:42.21		00:42.06	4	01:28.27	1
22	4114	Windoffer, Fabian	MSC Westerkappeln	00:43.21		00:43.07	2	01:28.28	1
23	4504	Hanisch, Julian	MSC Süd Sauerland	00:43.97	2	00:42.52		01:28.49	1
24	3114	Hoffmann, René	MSC Oenetal	00:43.33	2	00:43.53		01:28.86	1
25	312	Kownatzki, Jan	AC Ascheberg	00:42.66	4	00:43.05		01:29.71	1
26	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:43.61	2	00:43.93	2	01:31.54	1
27	4102	Bollmann, Jonas	MSC Westerkappeln	00:43.54	4	00:43.00	2	01:32.54	1
28	3125	Andrzejewski, Lars	MSC Oenetal	00:43.10		00:56.40	2	01:41.50	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:41.27  
(Schiwy, Maurice - 6 / 2118)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AC Warendorf	111 Litsch, Jan-Luca (30) Link, Robin (30) Hovestadt, Justin (27) Wiedemann, Milan (13) Mannefeld, Kevin (11)	87	30
2	Hagener AC 05	100 Anders, Jan (30) de Padova, Noah (27) Mejri, Ali (22) Klein, Tilo (20) Schäfer, Marvin (1)	79	27
3	AMC Wittgenstein Bad Berleburg	86 Schaller, Manuel (30) Fuchs, Nico (27) Biegler, Jens (16) Fuchs, Maik (11) Schaller, Marek (2)	73	24
4	MSC Herten	86 Grün, Max (27) Jürgensmeyer, Devin (24) Schiwy, Maurice (18) Stanski, Luca (16) Kleinmann, Kay (1)	69	22
5	MSC Bergstadt Rütthen	61 Enthof, Jan (24) Pankewitz, Thore (20) Block, Niklas-Geronimo (16) Enthof, Annika (1) , (0)	60	20
6	RC Haltern	74 Körnig, Jastin (30) Uphues, Finn (13) Fischer, Maurice (13) Overhoff, Tjarko (10) Korte, Kevin (8)	56	18
7	MSC Beckum	60 Dirkschnieder, Jan (22) Schmidt, Marvin (20) Epp, Daniel (14) Hellweg, Luca (3) Maul, Maik (1)	56	16
8	MSC Süd Sauerland	57 Dumke, Timo (22) Marques, Fabio (22) Peuser, Shareen (8) Marques, Julio (4) Hanisch, Julian (1)	52	14
9	MSF Netphen	51 Schäffer, Julian (20) Morbach, Joshua (14) Huhn, Alexander (9) Müller, Leon (7) Piontek, Silas-Andreas (1)	43	13
10	MSC Harsewinkel	37 Fiedler, Miguel (20) Schlie, Marvin (10) Schlie, Phil (6) Buxel, Leon (1) , (0)	36	12
11	Olper AC	35 Siscaro, Giuseppe (24) Springob, Jan-Philipp (11) , (0) , (0) , (0)	35	11
12	AMC Burbach	34 Saar, Lukas (18) Thanabalasingam, Janujan (10) Thanabalasingam, Sinthujan (5) Kölsch, Tom (1) , (0)	33	10
13	AC Hohenseelbachskopf	32 Schmal, Tim (24) Grunewald, Max (7) Klappert, Nico (1) , (0) , (0)	32	9
14	AC Oelde	34 Krebs, Jonas (14) Gerling, Adrian (9) Grundkötter, Tobias (8) Grundkötter, Lara (3) , (0)	31	8
15	MSV Dulmania	29 Nolte, Henrik (14) Haala, Marten Finn (5) Brandt, Leon (5) Haschmann, Lars (4) Gross, Julian (1)	24	7
16	AMSC Marl-Hüls	23 Habicht, Tim (12) Franke, Luca (10) Czubaszek jun., Oliver (1) , (0) , (0)	23	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	MSC Soester Börde	24 Daners, Jan (11) Henkel, Hendrik (8) Daners, Nils (2) Luig, Simon (2) Rielmann, Nico (1)	21	5
18	OC Siegerland-Nord	20 Neuhaus, Ann-Christine (13) Neuhaus, Alexander (5) Kallweit, Mika (2) , (0) , (0)	20	4
19	AMC Waltrop	21 Wollscheid, Jonas (16) Dechert, Lukas (2) Feist, Sandro (1) Block, Tobias (1) Braune, Devin (1)	19	3
20	Briloner AC	15 Gross, Jan (9) Günther, Jannik (6) , (0) , (0) , (0)	15	2
21	AMSC Lüdinghausen	14 Krück, Rene (7) Lippelt, Nils (4) Kurz, Florian (1) Nettelbusch, Jan Leon (1) Wolf, Alexander (1)	12	1
22	MSC Westerkappeln	11 Molano, Lara (9) Windoffer, Fabian (1) Bollmann, Jonas (1) , (0) , (0)	11	1
23	MSC Bork	11 Kühl, Kelvin (11) , (0) , (0) , (0) , (0)	11	1
24	MSC Oenetal	7 Pott, Niklas (3) Schüttler, Niclas (1) Bischopink, Alexander (1) Hoffmann, René (1) Andrzejewski, Lars (1)	5	1
25	AMC Obernau	5 Engel, Paul (4) Glowick, Mats (1) , (0) , (0) , (0)	5	1
26	AMC Schwelm	3 Höhne, Nick (1) Höhne, Nils (1) Kalthoff, Sebastian (1) , (0) , (0)	3	1
27	MFC Auf dem Schnee Herdecke	2 Brummel, Marius (1) Müller, Lucas (1) , (0) , (0) , (0)	2	1
28	AC Ascheberg	2 Piel, Yannik (1) Kownatzki, Jan (1) , (0) , (0) , (0)	2	1
29	MSC Schmallenberg	1 Schmidt, Kevin (1) , (0) , (0) , (0) , (0)	1	1