

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1637	Anders, Jan	Hagener AC 05	00:39.71		00:39.26		01:18.97	30
2	527	Dirkschnieder, Jan	MSC Beckum	00:41.67		00:40.79		01:22.46	27
3	1822	Schlie, Phil	MSC Harsewinkel	00:41.56		00:42.35		01:23.91	24
4	2607	Franke, Luca	AMSC Marl-Hüls	00:40.93		00:41.08	2	01:24.01	22
5	1602	Ungefroren, Kai	Hagener AC 05	00:40.69	2	00:40.42	2	01:25.11	20
6	1415	Joksch, Maik	MSV Dulmania	00:43.51		00:41.71		01:25.22	18
7	2902	Engel, Paul	AMC Obernau	00:42.84		00:42.60		01:25.44	16
8	4814	Daners, Jan	MSC Soester Börde	00:42.68		00:43.30		01:25.98	14
9	536	Maul, Maik	MSC Beckum	00:43.37		00:44.65		01:28.02	13
10	4013	Boss, Leon	MSF Warstein	00:44.25	2	00:42.52		01:28.77	12
11	1010	Kölsch, Tom	AMC Burbach	00:43.70		00:43.19	2	01:28.89	11
12	3811	Lubjuhn, Dominic	AMC Waltrop	00:45.54		00:44.64		01:30.18	10
13	501	Ruddigkeit, Lars	MSC Beckum	00:43.61	2	00:44.93		01:30.54	9
14	3503	Schmidt, Kevin	MSC Schmallenberg	00:45.49		00:45.20		01:30.69	8
15	2508	Nettelbusch, Jan Leon	AMSC Lüdinghausen	00:45.78		00:45.36		01:31.14	7
16	2523	Kurz, Florian	AMSC Lüdinghausen	00:43.53		00:44.33	4	01:31.86	6
17	1408	Haala, Marten Finn	MSV Dulmania	00:44.82	4	00:42.98	2	01:33.80	5
18	1711	Korte, Kevin	RC Haltern	00:47.88		00:46.91		01:34.79	4
19	1713	Uphues, Finn	RC Haltern	00:43.00		00:47.94	4	01:34.94	3
20	4412	Pankewitz, Thore	MSC Bergstadt Rüthen	00:42.80	10	00:44.19		01:36.99	2
21	610	Fuchs, Nico	AMC Wittgenstein Bad Berlebu	00:42.70	2	00:42.87	10	01:37.57	1
22	3809	Wollscheid, Jonas	AMC Waltrop	00:43.57	14	00:42.82		01:40.39	1
23	4304	Schmal, Tim	AC Hohenseelbachskopf	00:44.92	12	00:41.57	2	01:40.49	1
24	3923	Kletke, Finn Bennett	AC Warendorf	00:44.61	10	00:45.07	2	01:41.68	1
25	3010	Grundkötter, Lara	AC Oelde	00:48.75		00:47.75	6	01:42.50	1
26	2903	Glowick, Mats	AMC Obernau	00:44.95	2	00:43.80	40	02:10.75	1
27	609	Schaller, Marek	AMC Wittgenstein Bad Berlebu	00:41.44		00:50.92	52	02:24.36	1
28	4308	Grunewald, Max	AC Hohenseelbachskopf	00:43.41	30	00:43.36	40	02:36.77	1

Zeitnahme: G. Ullmann
Auswertung: B. Treek

Schnellster Lauf: 00:39.26
(Anders, Jan - 1 / 1637)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berlebu	00:39.94		00:40.06		01:20.00	30
2	525	Hellweg, Luca	MSC Beckum	00:40.60		00:41.32		01:21.92	27
3	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:41.82		00:40.71		01:22.53	24
4	1712	Körnig, Jastin	RC Haltern	00:40.81		00:39.79	2	01:22.60	22
5	4119	Molano, Lara	MSC Westerkappeln	00:42.50		00:40.69		01:23.19	20
6	1610	de Padova, Noah	Hagener AC 05	00:43.30	2	00:39.44		01:24.74	18
7	3941	Hovestadt, Joel	AC Warendorf	00:46.88		00:39.67		01:26.55	16
8	2517	Stobbe, Pierre Andre	AMSC Lüdinghausen	00:43.72		00:41.61	2	01:27.33	14
9	2539	Lippelt, Nils	AMSC Lüdinghausen	00:44.49		00:41.08	2	01:27.57	13
10	1423	Gross, Julian	MSV Dulmania	00:45.55		00:42.30		01:27.85	12
11	4421	Block, Niklas-Geronimo	MSC Bergstadt Rüthen	00:48.26		00:40.17		01:28.43	11
12	3411	Springob, Jan-Philipp	Olper AC	00:48.24	2	00:38.94		01:29.18	10
13	2116	Jürgensmeyer, Devin	MSC Herten	00:49.21		00:40.38		01:29.59	9
14	4314	Klappert, Nico	AC Hohenseelbachskopf	00:49.11		00:41.10		01:30.21	8
15	8712	Höhne, Nick	AMC Schwelm	00:43.92	10	00:38.05		01:31.97	7
16	1611	Klein, Tilo	Hagener AC 05	00:50.47		00:40.07	2	01:32.54	6
17	1612	Ok, Ilkan-Emre	Hagener AC 05	00:51.44		00:41.16		01:32.60	5
18	2606	Habicht, Tim	AMSC Marl-Hüls	00:51.22		00:40.03	2	01:33.25	4
19	3102	Sauer, Nils	MSC Oenetal	00:47.63		00:42.56	4	01:34.19	3
20	1006	Saar, Lukas	AMC Burbach	00:50.80	2	00:39.48	2	01:34.28	2
21	2533	Krück, Rene	AMSC Lüdinghausen	00:49.14	4	00:40.50	2	01:35.64	1
22	3605	Kallweit, Mika	OC Siegerland-Nord	00:52.91		00:42.76		01:35.67	1
23	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:49.82	2	00:42.80	2	01:36.62	1
24	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:42.69	12	00:43.20		01:37.89	1
25	3008	Grundkötter, Tobias	AC Oelde	00:53.22	2	00:41.35	4	01:40.57	1
26	2813	Morbach, Joschua	MSF Netphen	00:50.44	6	00:40.32	6	01:42.76	1
27	3107	Schüttler, Niclas	MSC Oenetal	00:56.13	6	00:41.11		01:43.24	1
28	3924	Niemeyer, Paul	AC Warendorf	00:54.36	6	00:42.33	8	01:50.69	1
29	1636	Lenz, Phillip	Hagener AC 05	00:46.59	24	00:40.08	10	02:00.67	1

Zeitnahme: G. Ullmann
Auswertung: B. Treek

Schnellster Lauf: 00:38.05
(Höhne, Nick - 15 / 8712)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:39.17		00:38.43		01:17.60	30
2	2111	Stanski, Luca	MSC Herten	00:38.86		00:38.78		01:17.64	27
3	2126	Grün, Max	MSC Herten	00:38.96		00:38.90		01:17.86	24
4	4508	Dumke, Timo	MSC Süd Sauerland	00:39.28		00:38.77		01:18.05	22
5	2808	Müller, Leon	MSF Netphen	00:38.37		00:40.96		01:19.33	20
6	533	Schmidt, Marvin	MSC Beckum	00:38.65		00:39.26	2	01:19.91	18
7	3908	Wiedemann, Milan	AC Warendorf	00:38.72	4	00:38.60		01:21.32	16
8	4511	Peuser, Shareen	MSC Süd Sauerland	00:39.21		00:40.60	2	01:21.81	14
9	4502	Laux, Fabian	MSC Süd Sauerland	00:39.48		00:41.10	2	01:22.58	13
10	3901	Litsch, Jan-Luca	AC Warendorf	00:43.37	2	00:37.24		01:22.61	12
11	1411	Brinkmann, Maurice	MSV Dulmania	00:39.33		00:44.49		01:23.82	11
12	4822	Rielmann, Nico	MSC Soester Börde	00:40.14		00:45.27		01:25.41	10
13	505	Epp, Daniel	MSC Beckum	00:40.14		00:42.22	4	01:26.36	9
14	820	Kühl, Kelvin	MSC Bork	00:38.80		00:48.18		01:26.98	8
15	1816	Schlie, Marvin	MSC Harsewinkel	00:39.57		00:43.71	4	01:27.28	7
16	2127	Kucmierczek, Pascal	MSC Herten	00:39.78		00:48.33		01:28.11	6
17	1311	Thünemann, Marius	SFG Dorsten	00:39.20		00:48.98		01:28.18	5
18	1401	Brandt, Leon	MSV Dulmania	00:39.17		00:49.20		01:28.37	4
19	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:39.08		00:49.32		01:28.40	3
20	2014	Brummel, Marius	MFC Auf dem Schnee Herdecke	00:39.76		00:49.04		01:28.80	2
21	4817	Daners, Nils	MSC Soester Börde	00:38.88		00:48.48	2	01:29.36	1
22	901	Gross, Jan	Briloner AC	00:39.94	2	00:47.81		01:29.75	1
23	1452	Haschmann, Lars	MSV Dulmania	00:40.64		00:50.52		01:31.16	1
24	2806	Piontek, Silas-Andreas	MSF Netphen	00:38.41	10	00:41.73	2	01:32.14	1
25	903	Günther, Jannik	Briloner AC	00:40.15	4	00:48.80		01:32.95	1
26	3123	Bischopink, Alexander	MSC Oenetal	00:39.72	2	00:48.40	6	01:36.12	1
27	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:40.79		00:50.17	6	01:36.96	1
28	316	Piel, Yannik	AC Ascheberg	00:40.15		00:49.26	10	01:39.41	1
29	3802	Feist, Sandro	AMC Waltrop	00:39.47	2	00:53.38	10	01:44.85	1

Zeitnahme: G. Ullmann
Auswertung: B. Treek

Schnellster Lauf: 00:37.24
(Litsch, Jan-Luca - 10 / 3901)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:37.14		00:37.34		01:14.48	30
2	4506	Marques, Fabio	MSC Süd Sauerland	00:37.37		00:37.23		01:14.60	27
3	3940	Hovestadt, Justin	AC Warendorf	00:37.40		00:37.93		01:15.33	24
4	3805	Braune, Devin	AMC Waltrop	00:37.75		00:37.76		01:15.51	22
5	4507	Marques, Julio	MSC Süd Sauerland	00:37.46		00:38.15		01:15.61	20
6	3611	Neuhaus, Ann-Christine	OC Siegerland-Nord	00:37.37		00:38.43		01:15.80	18
7	3004	Gerling, Adrian	AC Oelde	00:37.78		00:38.27		01:16.05	16
8	1603	Brandenburg, Marcel	Hagener AC 05	00:38.36		00:37.95		01:16.31	14
9	3903	Petermann, Niclas	AC Warendorf	00:37.02	2	00:37.32		01:16.34	13
10	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:38.11		00:38.47		01:16.58	12
11	1819	Fiedler, Miguel	MSC Harsewinkel	00:38.28		00:38.49		01:16.77	11
12	1026	Thanabalasingam, Janujan	AMC Burbach	00:37.39	2	00:37.63		01:17.02	10
13	418	Rademacher, Tobias	MSC Lennetal-Bamenoht	00:38.77		00:38.81		01:17.58	9
14	3905	Gronhorst, Luca	AC Warendorf	00:38.81		00:38.81		01:17.62	8
15	2524	Wolff, Alexander	AMSC Lüdinghausen	00:37.69		00:38.09	2	01:17.78	7
16	1435	Nolte, Henrik	MSV Dulmania	00:37.84	2	00:38.21		01:18.05	6
17	1627	Schäfer, Marvin	Hagener AC 05	00:39.84		00:38.78		01:18.62	5
18	4807	Henkel, Hendrik	MSC Soester Börde	00:38.66	2	00:38.37		01:19.03	4
19	4509	Laux, Carolin	MSC Süd Sauerland	00:38.67	2	00:38.39		01:19.06	3
20	3122	Pott, Niklas	MSC Oenetal	00:39.17	2	00:38.30		01:19.47	2
21	3938	Melches, Tobias	AC Warendorf	00:39.56		00:37.98	2	01:19.54	1
22	2609	Czubaszek jun., Oliver	AMSC Marl-Hüls	00:39.08		00:38.56	2	01:19.64	1
23	3804	Block, Tobias	AMC Waltrop	00:39.59	2	00:38.86		01:20.45	1
24	605	Fuchs, Maik	AMC Wittgenstein Bad Berlebu	00:38.43	4	00:38.67		01:21.10	1
25	3904	Wiedemann, Hagen	AC Warendorf	00:38.24	2	00:37.47	4	01:21.71	1
26	8708	Kalthoff, Sebastian	AMC Schwelm	00:38.01	4	00:38.15	2	01:22.16	1
27	2114	Kleinmann, Kay	MSC Herten	00:38.65	4	00:38.98	4	01:25.63	1
28	8704	Höhne, Nils	AMC Schwelm	00:38.08	2	00:41.00	8	01:29.08	1
29	1809	Buxel, Leon	MSC Harsewinkel	00:39.10	6	00:44.36	2	01:31.46	1
30	3807	Dechert, Lukas	AMC Waltrop	00:39.28	2	00:38.08	14	01:33.36	1

Zeitnahme: G. Ullmann
Auswertung: B. Treek

Schnellster Lauf: 00:37.14
(Schaller, Manuel - 1 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2118	Schiwy, Maurice	MSC Herten	00:37.00		00:36.96		01:13.96	30
2	1623	Mejri, Ali	Hagener AC 05	00:37.11		00:37.25		01:14.36	27
3	1720	Fischer, Maurice	RC Haltern	00:37.57		00:36.96		01:14.53	24
4	3040	Krebs, Jonas	AC Oelde	00:37.35		00:37.23		01:14.58	22
5	3939	Link, Robin	AC Warendorf	00:37.59		00:37.38		01:14.97	20
6	3609	Tiebe, Oliver	OC Siegerland-Nord	00:38.35		00:37.72		01:16.07	18
7	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:37.18		00:36.92	2	01:16.10	16
8	1604	Brandenburg, Pascal	Hagener AC 05	00:37.10	2	00:37.20		01:16.30	14
9	3906	Mannefeld, Kevin	AC Warendorf	00:38.27		00:38.08		01:16.35	13
10	3910	Petermann, Stephen	AC Warendorf	00:38.18		00:38.47		01:16.65	12
11	2809	Schäffer, Julian	MSF Netphen	00:37.51	2	00:37.38		01:16.89	11
12	1624	Pohlmann, Florian	Hagener AC 05	00:39.26		00:37.90		01:17.16	10
13	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:39.27		00:38.38		01:17.65	9
14	1708	Overhoff, Tjarko	RC Haltern	00:39.36		00:38.37		01:17.73	8
15	2006	Müller, Lucas	MFC Auf dem Schnee Herdecke	00:37.69		00:38.23	2	01:17.92	7
16	3125	Andrzejewski, Lars	MSC Oenetal	00:37.93		00:37.99	2	01:17.92	6
17	3421	Siscaro, Giuseppe	Olper AC	00:37.39		00:36.87	4	01:18.26	5
18	1927	Trohl, Julia Vanessa	MSC Heeren-Werve	00:40.87		00:39.27		01:20.14	4
19	3114	Hoffmann, René	MSC Oenetal	00:41.21		00:39.16		01:20.37	3
20	312	Kownatzki, Jan	AC Ascheberg	00:39.54	2	00:38.95		01:20.49	2
21	4504	Hanisch, Julian	MSC Süd Sauerland	00:44.10		00:36.78		01:20.88	1
22	4114	Windoffer, Fabian	MSC Westerkappeln	00:39.34	4	00:37.74		01:21.08	1
23	1027	Thanabalasingam, Sinthuja	AMC Burbach	00:41.31	4	00:37.21		01:22.52	1
24	3919	Herrmann, Marco	AC Warendorf	00:45.02		00:38.61		01:23.63	1
25	3902	Gorny, Thilo	AC Warendorf	00:43.22		00:39.22	2	01:24.44	1
26	4102	Bollmann, Jonas	MSC Westerkappeln	00:44.98		00:37.92	2	01:24.90	1
27	2122	Eller, Tim	MSC Herten	00:47.02		00:38.21		01:25.23	1
28	2104	Händly, Saskia	MSC Herten	00:46.78	2	00:38.31		01:27.09	1
29	4805	Luig, Simon	MSC Soester Börde	00:44.33	10	00:38.03	12	01:44.36	1
30	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berlebr	00:39.12		00:38.51	30	01:47.63	1

Zeitnahme: G. Ullmann
Auswertung: B. Treek

Schnellster Lauf: 00:36.78
(Hanisch, Julian - 21 / 4504)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Herten	91 Schiwy, Maurice (30) Stanski, Luca (27) Grün, Max (24) Jürgensmeyer, Devin (9) Kleinmann, Kay (1)	81	30
2	Hagener AC 05	109 Anders, Jan (30) Mejri, Ali (27) Ungefroren, Kai (20) de Padova, Noah (18) Brandenburg, Marcel (14)	77	27
3	MSC Beckum	94 Dirkschnieder, Jan (27) Hellweg, Luca (27) Schmidt, Marvin (18) Maul, Maik (13) Epp, Daniel (9)	72	24
4	MSC Süd Sauerland	84 Marques, Fabio (27) Dumke, Timo (22) Marques, Julio (20) Peuser, Shareen (14) Hanisch, Julian (1)	69	22
5	AC Warendorf	73 Hovestadt, Justin (24) Link, Robin (20) Wiedemann, Milan (16) Litsch, Jan-Luca (12) Wiedemann, Hagen (1)	60	20
6	OC Siegerland-Nord	61 Neuhaus, Alexander (24) Neuhaus, Ann-Christine (18) Tiebe, Oliver (18) Kallweit, Mika (1) , (0)	60	18
7	RC Haltern	61 Fischer, Maurice (24) König, Jastin (22) Overhoff, Tjarko (8) Korte, Kevin (4) Uphues, Finn (3)	54	16
8	AMC Wittgenstein Bad Berleburg	45 Schaller, Manuel (30) Biegler, Jens (12) Fuchs, Nico (1) Schaller, Marek (1) Fuchs, Maik (1)	43	14
9	MSC Bergstadt Rüthen	44 Enthof, Jan (30) Block, Niklas-Geronimo (11) Pankewitz, Thore (2) Enthof, Annika (1) , (0)	43	13
10	MSC Harsewinkel	43 Schlie, Phil (24) Fiedler, Miguel (11) Schlie, Marvin (7) Buxel, Leon (1) , (0)	42	12
11	AC Oelde	39 Krebs, Jonas (22) Gerling, Adrian (16) Grundkötter, Tobias (1) , (0) , (0)	39	11
12	MSV Dulmania	40 Joksch, Maik (18) Brinkmann, Maurice (11) Nolte, Henrik (6) Brandt, Leon (4) Haschmann, Lars (1)	35	10
13	AMSC Lüdinghausen	42 Stobbe, Pierre Andre (14) Lippelt, Nils (13) Nettelbusch, Jan Leon (7) Wolff, Alexander (7) Krück, Rene (1)	34	9
14	MSF Netphen	33 Müller, Leon (20) Schäffer, Julian (11) Morbach, Joschua (1) Piontek, Silas-Andreas (1) , (0)	32	8
15	MSC Soester Börde	30 Daners, Jan (14) Rielmann, Nico (10) Henkel, Hendrik (4) Daners, Nils (1) Luig, Simon (1)	28	7
16	AMSC Marl-Hüls	27 Franke, Luca (22) Habicht, Tim (4) Czubaszek jun., Oliver (1) , (0) , (0)	27	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	MSC Oberruhr Velmede	25 Hötte, Tobias (16) Mc Bride, Jan (9) , (0) , (0) , (0)	25	5
18	AMC Waltrop	26 Braune, Devin (22) Wollscheid, Jonas (1) Feist, Sandro (1) Block, Tobias (1) Dechert, Lukas (1)	24	4
19	AMC Burbach	24 Kölsch, Tom (11) Thanabalasingam, Janujan (10) Saar, Lukas (2) Thanabalasingam, Sinthujan (1) , (0)	23	3
20	MSC Westerkappeln	22 Molano, Lara (20) Windoffer, Fabian (1) Bollmann, Jonas (1) , (0) , (0)	22	2
21	AMC Obernau	17 Engel, Paul (16) Glowick, Mats (1) , (0) , (0) , (0)	17	1
22	Olper AC	15 Springob, Jan-Philipp (10) Siscaro, Giuseppe (5) , (0) , (0) , (0)	15	1
23	MSC Oenetal	15 Andrzejewski, Lars (6) Sauer, Nils (3) Hoffmann, René (3) Pott, Niklas (2) Bischopink, Alexander (1)	12	1
24	MSF Warstein	12 Boss, Leon (12) , (0) , (0) , (0) , (0)	12	1
25	AC Hohenseelbachskopf	10 Klappert, Nico (8) Schmal, Tim (1) Grunewald, Max (1) , (0) , (0)	10	1
26	MFC Auf dem Schnee Herdecke	9 Müller, Lucas (7) Brummel, Marius (2) , (0) , (0) , (0)	9	1
27	AMC Schwelm	9 Höhne, Nick (7) Kalthoff, Sebastian (1) Höhne, Nils (1) , (0) , (0)	9	1
28	MSC Schmallenberg	8 Schmidt, Kevin (8) , (0) , (0) , (0) , (0)	8	1
29	MSC Bork	8 Kühl, Kelvin (8) , (0) , (0) , (0) , (0)	8	1
30	MSC Heeren-Werve	4 Trohl, Julia Vanessa (4) , (0) , (0) , (0) , (0)	4	1
31	AC Ascheberg	3 Kownatzki, Jan (2) Piel, Yannik (1) , (0) , (0) , (0)	3	1
32	Briloner AC	2 Gross, Jan (1) Günther, Jannik (1) , (0) , (0) , (0)	2	1