

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4814	Daners, Jan	MSC Soester Börde	00:40.56		00:40.67		01:21.23	30
2	3950	Peichel, Niklas	AC Warendorf	00:40.59		00:40.81		01:21.40	27
3	609	Schaller, Marek	AMC Wittgenstein Bad Berlebu	00:40.59		00:40.88		01:21.47	24
4	1713	Uphues, Finn	RC Haltern	00:40.82		00:41.09		01:21.91	22
5	1616	Karamitsios, Lukas	Hagener AC 05	00:41.53		00:41.05		01:22.58	20
6	3907	Spänle, Oskar	AC Warendorf	00:41.02		00:41.69		01:22.71	18
7	602	Adler, Torben	AMC Wittgenstein Bad Berlebu	00:42.38		00:41.86		01:24.24	16
8	3109	Frey, Maximilian	MSC Oenetal	00:41.98	2	00:41.52		01:25.50	14
9	2523	Kurz, Florian	AMSC Lüdinghausen	00:42.36	2	00:41.39		01:25.75	13
10	1916	Joksch, Maik	MSC Heeren-Werve	00:43.35		00:42.45		01:25.80	12
11	1606	de Padova, Davide	Hagener AC 05	00:42.31	2	00:41.66		01:25.97	11
12	2105	Godde, Tom	MSC Herten	00:44.02		00:43.33		01:27.35	10
13	4412	Pankewitz, Thore	MSC Bergstadt Rütthen	00:44.04		00:43.47		01:27.51	9
14	2129	Grabon, Leon Noell	MSC Herten	00:42.85	2	00:42.96		01:27.81	8
15	4711	Bolzenius, Max	MSC Oeventrop	00:42.49		00:43.37	2	01:27.86	7
16	1817	Bolte, Jannek	MSC Harsewinkel	00:43.72		00:42.62	2	01:28.34	6
17	536	Maul, Maik	MSC Beckum	00:41.75		00:42.68	4	01:28.43	5
18	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:43.09		00:43.95	2	01:29.04	4
19	4308	Grunewald, Max	AC Hohenseelbachskopf	00:41.53	2	00:42.47	4	01:30.00	3
20	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:43.85	2	00:44.54		01:30.39	2
21	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:44.98		00:43.49	2	01:30.47	1
22	1008	Murali, Geethan	AMC Burbach	00:45.34	2	00:43.72		01:31.06	1
23	3947	Aulke, Sven-Ole	AC Warendorf	00:44.73	4	00:42.77		01:31.50	1
24	4204	Hübinger, Benjamin	MSC Helle	00:45.91		00:45.71		01:31.62	1
25	2614	Funk, Lara-Stephanie	AMSC Marl-Hüls	00:43.82		00:43.96	4	01:31.78	1
26	4104	Illmann, Paul	MSC Westerkappeln	00:45.27		00:46.62		01:31.89	1
27	2130	Wallmann, Jan-Luca	MSC Herten	00:45.35		00:46.69		01:32.04	1
28	1821	Oubina-Hens, Elias	MSC Harsewinkel	00:44.42	2	00:43.78	2	01:32.20	1
29	3010	Grundkötter, Lara	AC Oelde	00:44.13	4	00:44.40		01:32.53	1
30	4919	Pieper, Andre	Kiersper RC	00:43.51	4	00:46.86	8	01:42.37	1

Zeitnahme: Marko Spänle  
Auswertung: Berthold Treek

Schnellster Lauf: 00:40.56  
(Daners, Jan - 1 / 4814)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1611	Klein, Tilo	Hagener AC 05	00:38.36		00:38.42		01:16.78	30
2	1637	Anders, Jan	Hagener AC 05	00:38.58		00:38.71		01:17.29	27
3	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:39.77		00:39.66		01:19.43	24
4	1602	Ungefroren, Kai	Hagener AC 05	00:40.83		00:39.37		01:20.20	22
5	3941	Hovestadt, Joel	AC Warendorf	00:39.97		00:40.38		01:20.35	20
6	1636	Weber, Phillip	Hagener AC 05	00:39.99		00:40.40		01:20.39	18
7	4304	Schmal, Tim	AC Hohenseelbachskopf	00:39.43	2	00:39.00		01:20.43	16
8	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:39.45	2	00:39.23		01:20.68	14
9	2116	Jürgensmeyer, Devin	MSC Herten	00:40.57		00:40.13		01:20.70	13
10	1813	Block, Jan-Niklas	MSC Harsewinkel	00:40.47		00:40.39		01:20.86	12
11	3008	Grundkötter, Tobias	AC Oelde	00:40.43		00:40.57		01:21.00	11
12	1822	Schlie, Phil	MSC Harsewinkel	00:39.16	2	00:39.94		01:21.10	10
13	3948	Strotmann, Jonas	AC Warendorf	00:39.61		00:39.78	2	01:21.39	9
14	2208	Krutsch, Nadja	AMC Ibbenbüren	00:40.69		00:40.72		01:21.41	8
15	4418	Schnitger, Marvin	MSC Bergstadt Rüthen	00:40.81		00:40.93		01:21.74	7
16	3012	Ilgen, Justin	AC Oelde	00:41.16		00:40.67		01:21.83	6
17	3503	Schmidt, Kevin	MSC Schmallenberg	00:41.83		00:41.96		01:23.79	5
18	3924	Niemeyer, Paul	AC Warendorf	00:40.14	2	00:40.05	2	01:24.19	4
19	4013	Boss, Leon	MSF Warstein	00:41.44	2	00:41.21		01:24.65	3
20	1711	Korte, Kevin	RC Haltern	00:42.56		00:42.59		01:25.15	2
21	1010	Kölsch, Tom	AMC Burbach	00:41.61		00:39.75	4	01:25.36	1
22	4408	Kontzen, Marius	MSC Bergstadt Rüthen	00:40.94	2	00:41.45	2	01:26.39	1
23	1013	Berg, Maximilian	AMC Burbach	00:40.91	2	00:40.02	4	01:26.93	1
24	2902	Engel, Paul	AMC Oberrau	00:41.88	4	00:42.27		01:28.15	1
25	2539	Lippelt, Nils	AMSC Lüdinghausen	00:40.48	8	00:39.69		01:28.17	1
26	3411	Springob, Jan-Philipp	Olper AC	00:39.00		00:39.58	10	01:28.58	1
27	527	Dirkschnieder, Jan	MSC Beckum	00:40.31	10	00:38.72	2	01:31.03	1
28	3127	Blaschke, Justin	MSC Oenetal	00:40.35		00:48.14	12	01:40.49	1

Zeitnahme: Marko Spänle  
Auswertung: Berthold Treek

Schnellster Lauf: 00:38.36  
(Klein, Tilo - 1 / 1611)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3908	Wiedemann, Milan	AC Warendorf	00:37.86		00:37.68		01:15.54	30
2	4511	Peuser, Shareen	MSC Süd Sauerland	00:38.62		00:38.16		01:16.78	27
3	1610	de Padova, Noah	Hagener AC 05	00:38.43		00:38.37		01:16.80	24
4	4817	Daners, Nils	MSC Soester Börde	00:38.74		00:38.54		01:17.28	22
5	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:38.95		00:38.51		01:17.46	20
6	8712	Höhne, Nick	AMC Schwelm	00:38.87		00:38.93		01:17.80	18
7	901	Gross, Jan	Briloner AC	00:39.02		00:39.03		01:18.05	16
8	1712	Körnig, Jastin	RC Haltern	00:39.31		00:38.92		01:18.23	14
9	1613	Seeland, Arne Luca	Hagener AC 05	00:39.73		00:38.67		01:18.40	13
10	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:39.39		00:39.09		01:18.48	12
11	1612	Ok, Ilkan-Emre	Hagener AC 05	00:38.85		00:39.67		01:18.52	11
12	3123	Bischopink, Alexander	MSC Oenetal	00:38.64		00:38.10	2	01:18.74	10
13	3929	Hahnfeld, Leon	AC Warendorf	00:39.41		00:39.39		01:18.80	9
14	1006	Saar, Lukas	AMC Burbach	00:39.60		00:39.32		01:18.92	8
15	1816	Schlie, Marvin	MSC Harsewinkel	00:39.70		00:39.41		01:19.11	7
16	4502	Laux, Fabian	MSC Süd Sauerland	00:39.84		00:39.37		01:19.21	6
17	4119	Molano, Lara	MSC Westerkappeln	00:39.87		00:39.47		01:19.34	5
18	4421	Block, Niklas-Geronimo	MSC Bergstadt Rüthen	00:40.76		00:39.27		01:20.03	4
19	3605	Kallweit, Mika	OC Siegerland-Nord	00:40.13		00:40.20		01:20.33	3
20	525	Hellweg, Luca	MSC Beckum	00:39.22	2	00:39.15		01:20.37	2
21	533	Schmidt, Marvin	MSC Beckum	00:38.53	2	00:38.45	2	01:20.98	1
22	1811	Juncker, René	MSC Harsewinkel	00:39.49		00:40.36	2	01:21.85	1
23	426	Brandt, Johan	MSC Lennetal-Bamenoht	00:38.57		00:38.16	6	01:22.73	1
24	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berlebu	00:41.02	4	00:38.07		01:23.09	1
25	504	Klingbeil, Max	MSC Beckum	00:39.31		00:40.25	4	01:23.56	1
26	3949	Strotmann, Leonie	AC Warendorf	00:39.88	2	00:40.11	2	01:23.99	1
27	1617	Karamitsios, Evangelos	Hagener AC 05	00:39.52	8	00:37.90		01:25.42	1
28	1001	Eckhard, Lorenz	AMC Burbach	00:40.55		00:40.06	6	01:26.61	1
29	2103	Habicht, Tim	MSC Herten	00:40.16	8	00:39.40		01:27.56	1
30	1818	Schicketanz, Ole	MSC Harsewinkel	00:42.31		00:42.08	4	01:28.39	1

Zeitnahme: Marko Spänle  
Auswertung: Berthold Treek

Schnellster Lauf: 00:37.68  
(Wiedemann, Milan - 1 / 3908)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3410	Schneider, Tim	Olper AC	00:37.87		00:37.00		01:14.87	30
2	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:38.03		00:37.12		01:15.15	27
3	2111	Stanski, Luca	MSC Herten	00:37.59		00:37.79		01:15.38	24
4	3901	Litsch, Jan-Luca	AC Warendorf	00:37.77		00:37.78		01:15.55	22
5	1603	Brandenburg, Marcel	Hagener AC 05	00:38.04		00:37.77		01:15.81	20
6	1026	Thanabalasingam, Janujan	AMC Burbach	00:38.31		00:37.65		01:15.96	18
7	4508	Dumke, Timo	MSC Süd Sauerland	00:38.17		00:37.91		01:16.08	16
8	3935	Hartmann, Nils	AC Warendorf	00:38.49		00:38.27		01:16.76	14
9	3045	Zabel, Jan	AC Oelde	00:38.85		00:38.01		01:16.86	13
10	3938	Melches, Tobias	AC Warendorf	00:38.57		00:38.39		01:16.96	12
11	3940	Hovestadt, Justin	AC Warendorf	00:37.85	2	00:37.23		01:17.08	11
12	4507	Marques, Julio	MSC Süd Sauerland	00:38.42		00:38.70		01:17.12	10
13	2535	Graf, Patrick	AMSC Lüdinghausen	00:38.67		00:38.55		01:17.22	9
14	1012	Müller, Leon	AMC Burbach	00:38.89		00:38.39		01:17.28	8
15	4802	Henke, Tim	MSC Soester Börde	00:38.78		00:38.61		01:17.39	7
16	526	Dulisch, Niklas	MSC Beckum	00:39.22		00:38.30		01:17.52	6
17	2117	Schmidt, Niklas	MSC Herten	00:38.88		00:38.68		01:17.56	5
18	1819	Buxel, Leon	MSC Harsewinkel	00:39.02		00:38.81		01:17.83	4
19	505	Epp, Daniel	MSC Beckum	00:38.87		00:39.14		01:18.01	3
20	4822	Rielmann, Nico	MSC Soester Börde	00:38.99		00:39.02		01:18.01	2
21	903	Günther, Jannik	Briloner AC	00:38.79		00:38.27	2	01:19.06	1
22	2922	Heupel, Franziska	AMC Obernau	00:38.06	2	00:37.95	2	01:20.01	1
23	8707	Kalthoff, Julian	AMC Schwelm	00:39.44		00:38.63	2	01:20.07	1
24	2604	Rode, Sven	AMSC Marl-Hüls	00:39.61	2	00:39.46		01:21.07	1
25	3122	Pott, Niklas	MSC Oenetal	00:39.09	4	00:38.19		01:21.28	1
26	2014	Brummel, Marius	MFC Auf dem Schnee Herdecl	00:38.45	4	00:38.94		01:21.39	1
27	5117	Thünnemann, Marius	Cobra Racing Team	00:39.41	6	00:38.84		01:24.25	1
28	1824	Jochmann, Kevin	MSC Harsewinkel	00:39.90	16	00:38.62	2	01:36.52	1

Zeitnahme: Marko Spänle  
Auswertung: Berthold Treek

Schnellster Lauf: 00:37.00  
(Schneider, Tim - 1 / 3410)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3904	Wiedemann, Hagen	AC Warendorf	00:37.68		00:37.30		01:14.98	30
2	3906	Mannefeld, Kevin	AC Warendorf	00:37.85		00:37.35		01:15.20	27
3	3903	Petermann, Niclas	AC Warendorf	00:37.68		00:37.74		01:15.42	24
4	619	Schaller, Manuel	AMC Wittgenstein Bad Berlebu	00:37.98		00:37.51		01:15.49	22
5	1604	Brandenburg, Pascal	Hagener AC 05	00:37.75		00:37.84		01:15.59	20
6	3902	Gorny, Thilo	AC Warendorf	00:37.73		00:38.03		01:15.76	18
7	3004	Gerling, Adrian	AC Oelde	00:38.14		00:37.70		01:15.84	16
8	3421	Siscaro, Giuseppe	Olper AC	00:38.05		00:37.80		01:15.85	14
9	2006	Müller, Lucas	MFC Auf dem Schnee Herdecke	00:38.29		00:38.19		01:16.48	13
10	4805	Luig, Simon	MSC Soester Börde	00:37.34	2	00:37.47		01:16.81	12
11	3125	Andrzejewski, Lars	MSC Oenetal	00:37.57		00:37.72	2	01:17.29	11
12	853	Stricker, Matthias	MSC Bork	00:38.71		00:38.78		01:17.49	10
13	3804	Block, Tobias	AMC Waltrop	00:38.76		00:38.79		01:17.55	9
14	8708	Kalthoff, Sebastian	AMC Schwelm	00:38.31		00:39.40		01:17.71	8
15	1623	Mejri, Ali	Hagener AC 05	00:37.95		00:37.79	2	01:17.74	7
16	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:37.96		00:37.82	2	01:17.78	6
17	3114	Hoffmann, René	MSC Oenetal	00:38.03	2	00:37.78		01:17.81	5
18	2107	Kugel, Manuel	MSC Herten	00:38.32	2	00:37.68		01:18.00	4
19	819	Helmbrecht, Marvin	MSC Bork	00:39.27		00:38.80		01:18.07	3
20	3910	Petermann, Stephen	AC Warendorf	00:38.13	2	00:38.09		01:18.22	2
21	1720	Fischer, Maurice	RC Haltern	00:38.17	2	00:38.12		01:18.29	1
22	1622	Mejri, Dalila	Hagener AC 05	00:39.87		00:38.95		01:18.82	1
23	1629	Schrade, Julia	Hagener AC 05	00:38.81		00:38.48	2	01:19.29	1
24	3905	Gronhorst, Luca	AC Warendorf	00:37.72		00:38.59	4	01:20.31	1
25	4114	Windoffer, Fabian	MSC Westerkappeln	00:38.53	2	00:37.94	2	01:20.47	1
26	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:37.98		00:37.51	8	01:23.49	1
27	3708	McBride, Jan	MSC Oberruhr Velmede	00:39.41		00:38.83	6	01:24.24	1

Zeitnahme: Marko Spänle  
Auswertung: Berthold Treek

Schnellster Lauf: 00:37.30  
(Wiedemann, Hagen - 1 / 3904)

Platz	Ortsclub	Starter	gewertet	Punkte
1	<b>AMC Wittgenstein Bad Berleburg</b>	90 Biegler, Jens (27) Schaller, Marek (24) Schaller, Manuel (22) Adler, Torben (16) Kuhmichel, Lea-Marie (1)	73	30
2	<b>AC Warendorf</b>	86 Mannefeld, Kevin (27) Petermann, Niclas (24) Litsch, Jan-Luca (22) Hovestadt, Justin (11) Petermann, Stephen (2)	73	27
3	<b>Hagener AC 05</b>	98 Anders, Jan (27) de Padova, Noah (24) Karamitsios, Lukas (20) Brandenburg, Pascal (20) Mejri, Ali (7)	71	24
4	<b>MSC Soester Börde</b>	73 Daners, Jan (30) Daners, Nils (22) Luig, Simon (12) Henke, Tim (7) Rielmann, Nico (2)	64	22
5	<b>MSC Bergstadt Rüthen</b>	61 Enthof, Annika (24) Enthof, Jan (20) Pankewitz, Thore (9) Schnitger, Marvin (7) Kontzen, Marius (1)	53	20
6	<b>MSC Süd Sauerland</b>	60 Peuser, Shareen (27) Dumke, Timo (16) Marques, Julio (10) Laux, Fabian (6) Lauer, Merle Kathleen (1)	53	18
7	<b>MSC Herten</b>	52 Stanski, Luca (24) Jürgensmeyer, Devin (13) Godde, Tom (10) Kugel, Manuel (4) Habicht, Tim (1)	47	16
8	<b>Olper AC</b>	45 Schneider, Tim (30) Siscaro, Giuseppe (14) Springob, Jan-Philipp (1) , (0) , (0)	45	14
9	<b>AC Oelde</b>	47 Gerling, Adrian (16) Zabel, Jan (13) Grundkötter, Tobias (11) Ilgen, Justin (6) Grundkötter, Lara (1)	40	13
10	<b>RC Haltern</b>	39 Uphues, Finn (22) Körnig, Jastin (14) Korte, Kevin (2) Fischer, Maurice (1) , (0)	38	12
11	<b>MSC Oenetal</b>	41 Frey, Maximilian (14) Andrzejewski, Lars (11) Bischopink, Alexander (10) Hoffmann, René (5) Blaschke, Justin (1)	35	11
12	<b>MSC Harsewinkel</b>	39 Block, Jan-Niklas (12) Schlie, Phil (10) Schlie, Marvin (7) Bolte, Jannek (6) Buxel, Leon (4)	29	10
13	<b>AMC Burbach</b>	29 Thanabalasingam, Janujan (18) Saar, Lukas (8) Murali, Geethan (1) Kölsch, Tom (1) Eckhard, Lorenz (1)	27	9
14	<b>AMC Schwelm</b>	27 Höhne, Nick (18) Kalthoff, Sebastian (8) Kalthoff, Julian (1) , (0) , (0)	27	8
15	<b>AMSC Lüdinghausen</b>	23 Kurz, Florian (13) Graf, Patrick (9) Lippelt, Nils (1) , (0) , (0)	23	7
16	<b>MSC Oberruhr Velmede</b>	23 Smorra, Gina-Maria (12) Hötte, Tobias (6) Siewers, Kimi (4) McBride, Jan (1) , (0)	22	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	AC Hohenseelbachkopf	19 Schmal, Tim (16) Grunewald, Max (3) , (0) , (0) , (0)	19	5
18	Briloner AC	17 Gross, Jan (16) Günther, Jannik (1) , (0) , (0) , (0)	17	4
19	MFC Auf dem Schnee Herdecke	14 Müller, Lucas (13) Brummel, Marius (1) , (0) , (0) , (0)	14	3
20	MSC Bork	13 Stricker, Matthias (10) Helmbrecht, Marvin (3) , (0) , (0) , (0)	13	2
21	MSC Beckum	11 Maul, Maik (5) Epp, Daniel (3) Dirkschnieder, Jan (1) Schmidt, Marvin (1) Klingbeil, Max (1)	9	1
22	MSC Oeventrop	7 Bolzenius, Max (7) , (0) , (0) , (0) , (0)	7	1
23	MSC Westerkappeln	7 Molano, Lara (5) Illmann, Paul (1) Windoffer, Fabian (1) , (0) , (0)	7	1
24	MSC Schmallenberg	5 Schmidt, Kevin (5) , (0) , (0) , (0) , (0)	5	1
25	MSF Warstein	3 Boss, Leon (3) , (0) , (0) , (0) , (0)	3	1
26	MSC Lennetal-Bamenohl	2 Brandt, Johan (1) Rademacher, Tobias (1) , (0) , (0) , (0)	2	1
27	AMC Obernau	2 Engel, Paul (1) Heupel, Franziska (1) , (0) , (0) , (0)	2	1
28	AMSC Marl-Hüls	2 Funk, Lara-Stephanie (1) Rode, Sven (1) , (0) , (0) , (0)	2	1
29	MSC Helle	1 Hübinger, Benjamin (1) , (0) , (0) , (0) , (0)	1	1