

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4439	Sossna, Lennard	MSC Bergstadt Rüthen	00:52.71		00:55.57	4	01:52.28	30
2	618	Adler, Tim	AMC Wittgenstein Bad Berlebu	00:55.32		01:00.75	2	01:58.07	27
3	803	Jüngling, Kai	MSC Bork	00:54.99		01:02.44	2	01:59.43	24
4	1807	Fußner, Maximilian	MSC Harsewinkel	01:02.21		00:57.85		02:00.06	22
5	4506	Hein, Maddox	MSC Süd Sauerland	00:57.27		01:00.97	2	02:00.24	20
6	3910	Spänle, Mathilda	AC Warendorf	00:54.59	4	01:01.57	2	02:02.16	18
7	1604	Klein, Malon	Hagener AC 05	00:59.69		01:02.15	2	02:03.84	16
8	2018	Heinz, Maico	MFC Auf dem Schnee Herdeck	00:57.37	2	01:04.64		02:04.01	14
9	4201	Köhler, Robin	MSC Helle	00:59.75	2	01:05.70		02:07.45	13
10	3706	Kunze, Mathis	MSC Oberruhr Velmede	00:58.38	6	01:01.91	2	02:08.29	12
11	3003	Prangemeier, Tom	AC Oelde	00:58.49	4	00:59.94	6	02:08.43	11
12	620	Funk, Fabian	AMC Wittgenstein Bad Berlebu	00:54.87	6	01:03.66	4	02:08.53	10
13	4613	Harder, Daven	AMC Hamm	00:59.14	6	01:01.77	2	02:08.91	9
14	4103	Bornemann, Erik	MSC Westerkappeln	00:59.48		01:03.63	6	02:09.11	8
15	3955	Böse, Rene	AC Warendorf	00:56.18	6	01:00.70	8	02:10.88	7
16	4808	Boss, Tilo	MSC Soester Börde	00:56.75	10	00:59.28	6	02:12.03	6
17	4005	Vankerkom, Tom	MSF Warstein	00:57.74	2	01:05.56	8	02:13.30	5
18	907	Rust, Sebastian	Briloner AC	01:00.50	2	01:07.95	6	02:16.45	4
19	1710	Joppich, Nico	RC Haltern	00:59.44	14	01:03.28		02:16.72	3
20	3922	Krain, Elias	AC Warendorf	01:00.78	14	00:59.91	10	02:24.69	2
21	3513	Albers, Dominik	MSC Schmallenberg	01:02.88	2	01:15.02	6	02:25.90	1
22	2119	Quade, Luis	MSC Herten	01:00.69	10	01:13.34	2	02:26.03	1
23	608	Walter, Florian	AMC Wittgenstein Bad Berlebu	00:59.81	32	01:01.29	6	02:39.10	1
24	2801	Jagic, David	MSF Netphen	01:09.87	16	01:10.23	4	02:40.10	1
25	3953	Distler, Mika	AC Warendorf	01:03.28	10	01:05.33	23	02:41.61	1
26	4707	Frielinghaus, Felix	MSC Oeventrop	01:07.64	10	01:24.14	10	02:51.78	1
27	4701	Frielinghaus, Julian	MSC Oeventrop	01:02.25	20	01:30.80	6	02:59.05	1

Zeitnahme: Klaus Andree
Auswertung: Berthold Treek

Schnellster Lauf: 00:52.71
(Sossna, Lennard - 1 / 4439)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1616	Karamitsios, Lukas	Hagener AC 05	00:46.60		00:46.16		01:32.76	30
2	1012	Huber, Valentin	AMC Burbach	00:46.61		00:46.92		01:33.53	27
3	2105	Godde, Tom	MSC Herten	00:46.76		00:47.53		01:34.29	24
4	2129	Eisert, Noel	MSC Herten	00:47.88		00:47.75		01:35.63	22
5	2010	Tschasche, Rico	MFC Auf dem Schnee Herdecke	00:47.59		00:47.01	2	01:36.60	20
6	4426	Schnitger, Nico	MSC Bergstadt Rthen	00:47.96		00:47.52	2	01:37.48	18
7	4515	Ncker, Tobias	MSC Sd Sauerland	00:47.92	2	00:47.79		01:37.71	16
8	3109	Frey, Maximilian	MSC Oenetal	00:47.81	2	00:48.44		01:38.25	14
9	3907	Spnle, Oskar	AC Warendorf	00:44.92	2	00:45.90	6	01:38.82	13
10	3950	Peichl, Niklas	AC Warendorf	00:46.91		00:50.12	2	01:39.03	12
11	1817	Bolte, Jannek	MSC Harsewinkel	00:46.24	2	00:48.84	2	01:39.08	11
12	4912	De Padova, Davide	Kiersper RC	00:51.56	2	00:46.51		01:40.07	10
13	4204	Hbinger, Benjamin	MSC Helle	00:49.62		00:49.37	2	01:40.99	9
14	4503	Lauer, Merle Kathleen	MSC Sd Sauerland	00:47.82	4	00:47.89	2	01:41.71	8
15	2015	Tschasche, Mick	MFC Auf dem Schnee Herdecke	00:47.96	6	00:47.85		01:41.81	7
16	3916	Optenhvel, Nick	AC Warendorf	00:47.79	6	00:49.18		01:42.97	6
17	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:50.24	4	00:49.79		01:44.03	5
18	4711	Bolzenius, Max	MSC Oeventrop	00:47.44	6	00:47.02	4	01:44.46	4
19	4814	Daners, Jan	MSC Soester Brde	00:46.98	4	00:47.50	8	01:46.48	3
20	3951	Ellebracht, Jeniel Mauris	AC Warendorf	00:52.33	2	00:49.89	4	01:48.22	2
21	1713	Uphues, Finn	RC Haltern	00:52.54		00:44.35	12	01:48.89	1
22	1805	Laumann, Nico	MSC Harsewinkel	00:44.94	2	00:47.03	16	01:49.97	1
23	737	Kleine, Maxime	MSC Ruhr-Blitz Bochum	00:51.87		00:47.46	12	01:51.33	1
24	1821	Oubina-Hens, Elias	MSC Harsewinkel	00:48.09	18	00:47.47	2	01:55.56	1
25	915	Laudien, Kai	Briloner AC	00:50.07	12	00:53.41	2	01:57.48	1
26	1909	Kurz, Florian	MSC Heeren-Werve	00:51.41	4	00:52.48	10	01:57.89	1
27	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:51.94	4	01:02.01	6	02:03.95	1
28	1008	Murali, Geethan	AMC Burbach	01:13.27	36	00:49.46		02:38.73	1
29	1407	Joksch, Maik	MSV Dulmania	00:22.28	96	01:59.59		03:57.87	1

Zeitnahme: Klaus Andree
Auswertung: Berthold Treek

Schnellster Lauf: 00:46.16
(Karamitsios, Lukas - 1 / 1616)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3127	Blaschke, Justin	MSC Oenetal	00:38.70		00:38.50		01:17.20	30
2	2116	Jürgensmeyer, Devin	MSC Herten	00:37.52		00:38.10	2	01:17.62	27
3	1813	Block, Jan-Nicklas	MSC Harsewinkel	00:39.76		00:37.96		01:17.72	24
4	1637	Anders, Jan	Hagener AC 05	00:39.05		00:39.67		01:18.72	22
5	4408	Kontzen, Marius	MSC Bergstadt Rüthen	00:40.64		00:38.76		01:19.40	20
6	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:39.11	2	00:38.42		01:19.53	18
7	3008	Grundkötter, Tobias	AC Oelde	00:38.21	2	00:37.32	2	01:19.53	16
8	1611	Klein, Tilo	Hagener AC 05	00:39.29	2	00:38.79		01:20.08	14
9	4403	Enthof, Annika	MSC Bergstadt Rüthen	00:38.33		00:38.04	4	01:20.37	13
10	1013	Berg, Maximilian	AMC Burbach	00:39.24		00:38.30	4	01:21.54	12
11	1011	Schmal, Tim	AMC Burbach	00:40.95	2	00:38.87		01:21.82	11
12	610	Fuchs, Nico	AMC Wittgenstein Bad Berlebu	00:40.96	2	00:39.72		01:22.68	10
13	4304	Engel, Paul	AC Hohenseelbachskopf	00:40.26	4	00:39.02		01:23.28	9
14	4207	Hübinger, Daniel	MSC Helle	00:40.28		00:39.30	4	01:23.58	8
15	3503	Schmidt, Kevin	MSC Schmallenberg	00:41.85	2	00:40.21		01:24.06	7
16	4418	Schnitger, Marvin	MSC Bergstadt Rüthen	00:38.63		00:39.56	6	01:24.19	6
17	1822	Schlie, Phil	MSC Harsewinkel	00:38.24	4	00:38.01	4	01:24.25	5
18	3918	Optenhövel, Alina	AC Warendorf	00:39.57	2	00:39.06	4	01:24.63	4
19	606	Koch, Tanja	AMC Wittgenstein Bad Berlebu	00:41.29		00:37.77	6	01:25.06	3
20	1423	Gross, Julian	MSV Dulmania	00:42.04	4	00:39.03		01:25.07	2
21	4813	Boss, Leon	MSC Soester Börde	00:44.73	4	00:40.30		01:29.03	1
22	3948	Strotmann, Jonas	AC Warendorf	00:40.17	4	00:39.10	6	01:29.27	1
23	410	Voß, Nico	MSC Lennetal-Bamenoehl	00:40.48		00:38.23	12	01:30.71	1
24	1636	Weber, Phillip	Hagener AC 05	00:40.88	6	00:40.15	4	01:31.03	1
25	1608	Sechtin, Tim	Hagener AC 05	00:43.41	2	00:39.96	6	01:31.37	1
26	1009	Lasota, Julian	AMC Burbach	00:43.78	8	00:39.94		01:31.72	1
27	3012	Ilgen, Justin	AC Oelde	00:40.85	10	00:38.89	4	01:33.74	1
28	3018	Rüße, Louis	AC Oelde	00:41.31	8	00:40.86	4	01:34.17	1

Zeitnahme: Klaus Andree
Auswertung: Berthold Treek

Schnellster Lauf: 00:37.52
(Jürgensmeyer, Devin - 2 / 2116)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1712	Körnig, Jastin	RC Haltern	00:36.48		00:35.87		01:12.35	30
2	4425	Enthof, Jan	MSC Bergstadt Rüthen	00:35.60	2	00:34.82		01:12.42	27
3	3034	Schmidt, Marvin	AC Oelde	00:36.65		00:35.88		01:12.53	24
4	1613	Seeland, Arne Luca	Hagener AC 05	00:37.04		00:36.73		01:13.77	22
5	3605	Kallweit, Mika	OC Siegerland-Nord	00:37.94		00:36.35		01:14.29	20
6	3908	Wiedemann, Milan	AC Warendorf	00:36.82	2	00:35.80		01:14.62	18
7	4913	De Padova, Noah	Kiersper RC	00:37.75		00:37.07		01:14.82	16
8	4816	Fink, Kevin	MSC Soester Börde	00:37.23		00:37.97		01:15.20	14
9	3031	Hellweg, Luca	AC Oelde	00:37.45		00:37.97		01:15.42	13
10	901	Gross, Jan	Briloner AC	00:36.29		00:37.27	2	01:15.56	12
11	1001	Eckhard, Lorenz	AMC Burbach	00:37.45		00:36.63	2	01:16.08	11
12	4920	Schwarzkopf, Rudolf	Kiersper RC	00:37.38	2	00:36.82		01:16.20	10
13	4511	Peuser, Shareen	MSC Süd Sauerland	00:38.01		00:36.86	2	01:16.87	9
14	1709	Pfeiffer, Maurice Gerrit	RC Haltern	00:37.32		00:37.63	2	01:16.95	8
15	3501	Koch, Michael	MSC Schmallenberg	00:35.89	2	00:37.18	2	01:17.07	7
16	4817	Daners, Nils	MSC Soester Börde	00:35.98	4	00:35.40	2	01:17.38	6
17	3123	Bischopink, Alexander	MSC Oenetal	00:36.28		00:37.85	4	01:18.13	5
18	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berlebu	00:37.66	2	00:37.03	2	01:18.69	4
19	1612	Ok, Ilkan-Emre	Hagener AC 05	00:36.39	6	00:36.83		01:19.22	3
20	1638	Rommel, Stefan	Hagener AC 05	00:37.15		00:37.85	6	01:21.00	2
21	1816	Schlie, Marvin	MSC Harsewinkel	00:37.80	2	00:35.85	6	01:21.65	1
22	909	van Dijk, Yannick-Bastiaan	Briloner AC	00:36.25		00:38.11	8	01:22.36	1
23	3033	Klingbeil, Max	AC Oelde	00:37.48		00:37.66	8	01:23.14	1
24	3930	Erlekamp, Nick	AC Warendorf	00:37.50	2	00:40.23	4	01:23.73	1
25	2525	Weustenhagen, Marius	AMSC Lüdinghausen	00:37.68	6	00:38.15	2	01:23.83	1
26	1965	Lagoda, Phillipp	MSC Heeren-Werve	00:36.37	8	00:36.32	8	01:28.69	1
27	3929	Hahnfeld, Leon	AC Warendorf	00:36.65	6	00:36.52	10	01:29.17	1
28	1617	Karamitsios, Evangelos	Hagener AC 05	00:37.66	2	00:39.88	10	01:29.54	1
29	1811	Juncker, René	MSC Harsewinkel	00:36.04	28	01:59.59		03:03.63	1

Zeitnahme: Klaus Andree
Auswertung: Berthold Treek

Schnellster Lauf: 00:34.82
(Enthof, Jan - 2 / 4425)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3903	Petermann, Niclas	AC Warendorf	00:34.04		00:33.58		01:07.62	30
2	3002	Litsch, Jan-Luca	AC Oelde	00:34.86		00:34.49		01:09.35	27
3	2111	Stanski, Luca	MSC Herten	00:34.22	2	00:33.22		01:09.44	24
4	2014	Brummel, Marius	MFC Auf dem Schnee Herdecke	00:35.16		00:34.86		01:10.02	22
5	4316	Puche, Jan	AC Hohenseelbachskopf	00:35.69		00:34.70		01:10.39	20
6	4508	Dumke, Timo	MSC Süd Sauerland	00:35.86		00:34.67		01:10.53	18
7	2922	Heupel, Franziska	AMC Obernau	00:36.03		00:34.86		01:10.89	16
8	4504	Neuhaus, Ann-Christin	MSC Süd Sauerland	00:36.03		00:35.08		01:11.11	14
9	1627	Schäfer, Marvin	Hagener AC 05	00:36.24		00:34.90		01:11.14	13
10	1603	Brandenburg, Marcel	Hagener AC 05	00:34.70	2	00:34.51		01:11.21	12
11	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:35.29	2	00:34.29		01:11.58	11
12	903	Günther, Jannik	Briloner AC	00:35.24	2	00:34.71		01:11.95	10
13	601	Biegler, Jens	AMC Wittgenstein Bad Berlebu	00:34.69	2	00:33.78	2	01:12.47	9
14	1622	Mejri, Dalila	Hagener AC 05	00:37.04		00:35.67		01:12.71	8
15	2541	Piel, Yannik	AMSC Lüdinghausen	00:35.89	2	00:34.49	2	01:14.38	7
16	4704	Wirth, Kevin	MSC Oeventrop	00:35.56	4	00:33.87	2	01:15.43	6
17	3004	Gerling, Adrian	AC Oelde	00:34.87	6	00:33.58	2	01:16.45	5
18	2106	Braune, Devin	MSC Herten	00:36.87	6	00:34.52		01:17.39	4
19	4907	Müller, Stefan	Kiersper RC	00:36.16	6	00:35.43		01:17.59	3
20	2102	Block, Tobias	MSC Herten	00:36.54	6	00:35.77		01:18.31	2
21	2535	Graf, Patrick	AMSC Lüdinghausen	00:36.25	6	00:34.39	2	01:18.64	1
22	3045	Zabel, Jan	AC Oelde	00:35.84	10	00:34.12	2	01:21.96	1
23	3005	Hovestadt, Justin	AC Oelde	00:34.54	4	00:33.43	10	01:21.97	1
24	4416	Hillebrand, Nicolas Zdenko	MSC Bergstadt Rüthen	00:37.75	2	00:34.11	12	01:25.86	1
25	715	Lasnig, Timo	MSC Ruhr-Blitz Bochum	00:37.02		00:43.32	8	01:28.34	1
26	4901	Billhardt, Dennis	Kiersper RC	00:37.02	12	00:34.59	10	01:33.61	1

Zeitnahme: Klaus Andree
 Auswertung: Berthold Treek

Schnellster Lauf: 00:33.22
 (Stanski, Luca - 3 / 2111)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Herten	99 Jürgensmeyer, Devin (27) Godde, Tom (24) Stanski, Luca (24) Eisert, Noel (22) Block, Tobias (2)	75	30
2	MSC Bergstadt Rùthen	77 Sossna, Lennard (30) Enthof, Jan (27) Enthof, Annika (13) Schnitger, Marvin (6) Hillebrand, Nicolas Zdenko (1)	70	27
3	AC Warendorf	85 Petermann, Niclas (30) Spänle, Mathilda (18) Wiedemann, Milan (18) Spänle, Oskar (13) Optenhövel, Nick (6)	66	24
4	Hagener AC 05	79 Karamitsios, Lukas (30) Anders, Jan (22) Klein, Tilo (14) Brandenburg, Marcel (12) Karamitsios, Evangelos (1)	66	22
5	MSC Süd Sauerland	79 Hein, Maddox (20) Neuhaus, Alexander (18) Dumke, Timo (18) Neuhaus, Ann-Christin (14) Peuser, Shareen (9)	56	20
6	MFC Auf dem Schnee Herdecke	63 Brummel, Marius (22) Tschasche, Rico (20) Heinz, Maico (14) Tschasche, Mick (7) , (0)	56	18
7	AC Oelde	57 Schmidt, Marvin (24) Grundkötter, Tobias (16) Prangemeier, Tom (11) Gerling, Adrian (5) Hovestadt, Justin (1)	51	16
8	MSC Harsewinkel	52 Block, Jan-Nicklas (24) Fußner, Maximilian (22) Schlie, Phil (5) Schlie, Marvin (1) , (0)	51	14
9	AMC Burbach	62 Huber, Valentin (27) Berg, Maximilian (12) Schmal, Tim (11) Eckhard, Lorenz (11) Murali, Geethan (1)	50	13
10	MSC Oenetal	49 Blaschke, Justin (30) Frey, Maximilian (14) Bischopink, Alexander (5) , (0) , (0)	49	12
11	AMC Wittgenstein Bad Berleburg	59 Adler, Tim (27) Funk, Fabian (10) Fuchs, Nico (10) Biegler, Jens (9) Koch, Tanja (3)	47	11
12	RC Haltern	42 Körnig, Jastin (30) Pfeiffer, Maurice Gerrit (8) Joppich, Nico (3) Uphues, Finn (1)	41	10
13	Kiersper RC	40 De Padova, Noah (16) De Padova, Davide (10) Schwarzkopf, Rudolf (10) Müller, Stefan (3) Billhardt, Dennis (1)	36	9
14	MSC Helle	30 Köhler, Robin (13) Hübinger, Benjamin (9) Hübinger, Daniel (8) , (0) , (0)	30	8
15	MSC Soester Börde	30 Fink, Kevin (14) Boss, Tilo (6) Daners, Nils (6) Daners, Jan (3) Boss, Leon (1)	26	7
16	MSC Bork	24 Jüngling, Kai (24) , (0) , (0) , (0) , (0)	24	6

Platz	Ortsclub		Starter	gewertet	Punkte
17	OC Siegerland-Nord	20	Kallweit, Mika (20) , (0) , (0) , (0)	20	5
18	MSC Oberruhr Velmede	18	Kunze, Mathis (12) Siewers, Kimi (5) Bunte, Jonas (1) , (0) , (0)	18	4
19	MSC Schmallenberg	15	Schmidt, Kevin (7) Koch, Michael (7) Albers, Dominik (1) , (0) , (0)	15	3
20	MSC Lennetal-Bamenohl	12	Rademacher, Tobias (11) Voß, Nico (1) , (0) , (0) , (0)	12	2
21	MSC Oeventrop	12	Wirth, Kevin (6) Bolzenius, Max (4) Frielinghaus, Felix (1) Frielinghaus, Julian (1) , (0)	11	1
22	AMSC Lüdinghausen	9	Piel, Yannik (7) Weustenhagen, Marius (1) Graf, Patrick (1) , (0) , (0)	9	1
23	MSC Westerkappeln	8	Bornemann, Erik (8) , (0) , (0) , (0) , (0)	8	1
24	MSV Dulmania	3	Gross, Julian (2) Joksch, Maik (1) , (0) , (0) , (0)	3	1
25	MSC Heeren-Werve	2	Kurz, Florian (1) Lagoda, Philipp (1) , (0) , (0) , (0)	2	1
26	MSF Netphen	1	Jagic, David (1) , (0) , (0) , (0) , (0)	1	1