

ZfS-Münster-City-Run 5. Juli 2015

10 km

Männer

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit |
|----------|-----|--------------|-------------|---------|----|--------|------------|
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Altersklasse Männer M30

| | | | | | | | |
|----|-----|----------------------|-----------------------------|---------|-----|-----|---------|
| 1 | 313 | Tchendo Malaba | active Sportshop | 0:32:36 | M30 | 3 | 0:32:38 |
| 2 | 373 | Ciambra Daniele | Atletica Legerra Abbiategri | 0:33:17 | M30 | 5 | 0:33:19 |
| 3 | 422 | Petzka Henning | LSF Münster | 0:34:13 | M30 | 6 | 0:34:15 |
| 4 | 14 | Hankemeier Michčl | | 0:38:17 | M30 | 20 | 0:38:20 |
| 5 | 150 | Hackmann Armin | | 0:39:57 | M30 | 33 | 0:40:13 |
| 6 | 856 | Stoffels Kai | LSF Münster | 0:42:44 | M30 | 62 | 0:42:54 |
| 7 | 249 | Friedag Peter | | 0:45:50 | M30 | 101 | 0:46:02 |
| 8 | 810 | Hagedorn Michael | | 0:46:05 | M30 | 109 | 0:46:30 |
| 9 | 492 | Eping Andreas | | 0:46:33 | M30 | 112 | 0:46:48 |
| 10 | 77 | Hentschel Adrian | AGRAVIS BSG | 0:47:16 | M30 | 123 | 0:47:30 |
| 11 | 869 | Erpenbeck Alex | BSV Ostbeverr | 0:47:19 | M30 | 124 | 0:47:31 |
| 12 | 420 | Caupalla Martin | | 0:47:25 | M30 | 128 | 0:47:47 |
| 13 | 493 | Halsbenning Stefan | | 0:47:46 | M30 | 130 | 0:47:51 |
| 14 | 142 | Gradert Kai | | 0:47:33 | M30 | 135 | 0:48:05 |
| 15 | 210 | Engelbert Marco | | 0:48:09 | M30 | 137 | 0:48:13 |
| 16 | 407 | Burisch Steve | | 0:48:23 | M30 | 141 | 0:48:34 |
| 17 | 809 | Balsat Björn | Marathon Soest | 0:48:27 | M30 | 143 | 0:48:37 |
| 18 | 56 | Rott Thomas | | 0:48:59 | M30 | 150 | 0:49:29 |
| 19 | 348 | Buttjer Jens | Fourmove Architektur + E | 0:49:16 | M30 | 155 | 0:49:38 |
| 20 | 224 | Piest Michael | | 0:50:38 | M30 | 179 | 0:51:13 |
| 21 | 272 | Roosmann Stefan | | 0:51:59 | M30 | 184 | 0:52:14 |
| 22 | 354 | Lenkenhoff Mike | | 0:51:47 | M30 | 186 | 0:52:23 |
| 23 | 205 | Aufdemkamp Sebastian | | 0:52:18 | M30 | 194 | 0:52:47 |
| 24 | 113 | Vollmer Andreas | Hilfe für Vadim | 0:53:20 | M30 | 200 | 0:53:29 |
| 25 | 421 | Emmerich Maximilian | | 0:54:08 | M30 | 213 | 0:54:31 |
| 26 | 419 | Schütz Lars | | 0:54:26 | M30 | 215 | 0:54:48 |
| 27 | 155 | Scamandro Manuel | Angelmodde - Italia | 0:54:43 | M30 | 220 | 0:55:16 |
| 28 | 363 | Frederik Hermsen | | 0:55:37 | M30 | 227 | 0:55:46 |
| 29 | 234 | Bastian Koch | Sälker IT Solutions | 0:55:19 | M30 | 229 | 0:55:52 |
| 30 | 400 | Terleille Sebastian | | 0:57:14 | M30 | 245 | 0:57:45 |
| 31 | 346 | Böwing Manuel | Fourmove Architektur + E | 0:58:37 | M30 | 251 | 0:58:59 |
| 32 | 58 | Hahn Donatus | Ghostrunners KjG Münste | 1:01:09 | M30 | 259 | 1:01:29 |
| 33 | 384 | Maaß Henrika | | 1:03:06 | M30 | 264 | 1:03:36 |
| 34 | 90 | Pichler Thorsten | | 1:06:57 | M30 | 279 | 1:07:37 |

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| Altersklasse Männer M35 | | | | | | | |
| 1 | 423 | Protz Michael | Warburger SV 1884 | 0:38:21 | M35 | 21 | 0:38:23 |
| 2 | 63 | Nottebohm Michael | Marathon-Club Menden | 0:38:45 | M35 | 23 | 0:38:49 |
| 3 | 183 | Fillep Gunnar | | 0:39:37 | M35 | 28 | 0:39:43 |
| 4 | 879 | Kasprik Michael | LSF-Münster | 0:40:07 | M35 | 32 | 0:40:11 |
| 5 | 105 | Westermann Tobias | LSF Münster | 0:40:26 | M35 | 35 | 0:40:30 |
| 6 | 174 | Koch Mathias | LSF Münster | 0:40:36 | M35 | 38 | 0:40:41 |
| 7 | 275 | Kahmann Jens | BSG Newzella | 0:41:28 | M35 | 50 | 0:41:37 |
| 8 | 112 | Graff Stéphane | LSF-Unna-2000 | 0:41:55 | M35 | 53 | 0:41:59 |
| 9 | 164 | Kramer Nils | VfR Voxtrup | 0:43:47 | M35 | 70 | 0:43:51 |
| 10 | 498 | Dreifer Stefan | Bumern Läufer | 0:43:42 | M35 | 73 | 0:43:55 |
| 11 | 248 | Westenberg Hauke | | 0:44:29 | M35 | 84 | 0:44:41 |
| 12 | 878 | Schmidke Lars | Run 4 Fun Greven | 0:45:28 | M35 | 96 | 0:45:34 |
| 13 | 324 | Pohl Tim Oliver | | 0:45:24 | M35 | 97 | 0:45:38 |
| 14 | 352 | Eichendorff Daniel | Schwarz Weiss Münster | 0:45:30 | M35 | 99 | 0:45:47 |
| 15 | 854 | Molitor Jan | | 0:45:49 | M35 | 100 | 0:45:57 |
| 16 | 82 | Kobs Michael | | 0:45:57 | M35 | 102 | 0:46:07 |
| 17 | 806 | Borghorst Jan | | 0:46:21 | M35 | 114 | 0:46:51 |
| 18 | 145 | Küstermann Thomas | | 0:46:37 | M35 | 118 | 0:47:06 |
| 19 | 173 | Bormann Philipp | | 0:47:00 | M35 | 119 | 0:47:15 |
| 20 | 201 | Havers Kai-Simon | LSF Münster | 0:47:01 | M35 | 120 | 0:47:16 |
| 21 | 396 | Hemke Wolfgang | | 0:47:09 | M35 | 121 | 0:47:19 |
| 22 | 122 | Nierhoff Kai | | 0:47:44 | M35 | 133 | 0:47:55 |
| 23 | 153 | Mümken Udo | | 0:48:54 | M35 | 149 | 0:49:20 |
| 24 | 353 | Büring Jan | | 0:48:59 | M35 | 152 | 0:49:30 |
| 25 | 333 | van Rooije Jan | BSG Fiducia & GAD IT A | 0:51:47 | M35 | 185 | 0:52:16 |
| 26 | 410 | Held Simon | TLM Tauchsportclub MS | 0:52:32 | M35 | 189 | 0:52:36 |
| 27 | 228 | Fröhlich Sören | | 0:53:21 | M35 | 201 | 0:53:30 |
| 28 | 233 | Hoffknecht Martin | | 0:54:45 | M35 | 221 | 0:55:18 |
| 29 | 813 | Klagge Sven | | 0:55:42 | M35 | 233 | 0:56:05 |
| 30 | 350 | Plischke Thomas | Schwarz Weiss Münster | 0:55:58 | M35 | 235 | 0:56:15 |
| 31 | 388 | Biermann Marc | | 0:56:15 | M35 | 241 | 0:56:51 |
| 32 | 399 | Erdbrügge André | | 0:58:02 | M35 | 250 | 0:58:34 |
| 33 | 411 | effner Madine | LSF-Münster | 1:03:36 | M35 | 266 | 1:04:09 |
| 34 | 390 | Danisch Dennis | | 1:03:31 | M35 | 267 | 1:04:11 |
| 35 | 149 | Kerstiens Stephan | | 1:06:21 | M35 | 277 | 1:06:40 |

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Altersklasse Männer M40

| | | | | | | | |
|----|-----|--------------------------|---------------------------|---------|-----|-----|---------|
| 1 | 374 | El Hachimi Abdelhadi | | 0:29:48 | M40 | 1 | 0:29:50 |
| 2 | 394 | Balachowski Adam | LG Burg Wiedenbrück | 0:36:10 | M40 | 13 | 0:36:12 |
| 3 | 190 | Langenbach Stefan | Team- Klinikum- Nürnber | 0:36:25 | M40 | 15 | 0:36:25 |
| 4 | 395 | Freisfeld Thorsten | TSV Handorf 1926/64 e.V | 0:39:08 | M40 | 25 | 0:39:12 |
| 5 | 80 | Brinker Klaus | LSF Münster | 0:39:24 | M40 | 27 | 0:39:27 |
| 6 | 397 | Boschmann Artur | | 0:41:22 | M40 | 49 | 0:41:27 |
| 7 | 303 | Riggers Jens | HSP Laufteam | 0:42:28 | M40 | 57 | 0:42:36 |
| 8 | 34 | Lueken Aloys | BV Garrel | 0:43:12 | M40 | 66 | 0:43:19 |
| 9 | 294 | Hemesath Jürgen | LG Emsdetten | 0:43:38 | M40 | 69 | 0:43:42 |
| 10 | 316 | Renka Thorsten | | 0:43:46 | M40 | 74 | 0:43:57 |
| 11 | 187 | Gonzalez Martin Jose | | 0:43:56 | M40 | 76 | 0:44:05 |
| 12 | 91 | Löckemann Markus | LG Emsdetten | 0:44:13 | M40 | 80 | 0:44:16 |
| 13 | 86 | Mahle Eckart | ISC Münster | 0:44:41 | M40 | 85 | 0:44:45 |
| 14 | 239 | Deinken Reinhard | AGRAVIS BSG | 0:44:47 | M40 | 86 | 0:44:59 |
| 15 | 345 | Volmer Martin | TuS 48 Ehringhausen | 0:44:56 | M40 | 90 | 0:45:12 |
| 16 | 803 | Jüng Oliver | | 0:45:47 | M40 | 103 | 0:46:10 |
| 17 | 68 | Kuhlmann Volker | Team Erdinger alkoholfrei | 0:46:19 | M40 | 110 | 0:46:31 |
| 18 | 287 | Wolff Markus | SC Altenrheine | 0:46:31 | M40 | 111 | 0:46:38 |
| 19 | 111 | Hörmeyer Carsten | Bergziegen Altenberge | 0:46:52 | M40 | 117 | 0:47:01 |
| 20 | 416 | Popovic Robert | | 0:47:15 | M40 | 125 | 0:47:34 |
| 21 | 329 | Dieckerhoff Stefan | VfR Voxtrup | 0:48:30 | M40 | 144 | 0:48:39 |
| 22 | 408 | Höing Udo | Gescher | 0:48:52 | M40 | 148 | 0:49:01 |
| 23 | 37 | Mario Rump | | 0:49:41 | M40 | 163 | 0:49:57 |
| 24 | 135 | Kleinert Matthias | Lauftreff Lüdinghausen | 0:49:50 | M40 | 166 | 0:50:10 |
| 25 | 196 | Hövelberend Harald | TV 05 Neubeckum | 0:52:00 | M40 | 187 | 0:52:27 |
| 26 | 185 | Kipp Stefan | | 0:53:01 | M40 | 199 | 0:53:26 |
| 27 | 156 | Spey Martin | Pinolino Kinderträume | 0:54:08 | M40 | 209 | 0:54:13 |
| 28 | 347 | Schulte-Mesum Lars | Fourmove Architektur + E | 0:55:33 | M40 | 230 | 0:55:54 |
| 29 | 412 | Sander Max | www.handball-backstage. | 0:55:43 | M40 | 234 | 0:56:06 |
| 30 | 26 | Landau Guido | | 0:57:04 | M40 | 243 | 0:57:37 |
| 31 | 24 | Kompa Markus | | 0:57:36 | M40 | 248 | 0:58:11 |
| 32 | 43 | Schienze Thorsten | | 0:58:03 | M40 | 249 | 0:58:30 |
| 33 | 84 | Feldmeier André | | 0:59:23 | M40 | 255 | 0:59:43 |
| 34 | 252 | Fischer de Brabander Jen | | 1:22:59 | M40 | 281 | 1:23:31 |

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Altersklasse Männer M45

| | | | | | | | |
|----|-----|-----------------------|--------------------------|---------|-----|-----|---------|
| 1 | 133 | Marquardt Christof | BSG Sparkasse Münster | 0:36:06 | M45 | 12 | 0:36:08 |
| 2 | 181 | Bardtke Thomas | BSG LVM Versicherung | 0:37:31 | M45 | 18 | 0:37:35 |
| 3 | 134 | Dempe Matthias | Lauf Team Unna | 0:40:08 | M45 | 33 | 0:40:13 |
| 4 | 130 | Schmiing Reinhard | LSF Münster | 0:40:30 | M45 | 36 | 0:40:34 |
| 5 | 167 | Korte Jens | | 0:40:26 | M45 | 37 | 0:40:40 |
| 6 | 883 | Scheel Michael-Silvan | LSF Münster | 0:40:38 | M45 | 39 | 0:40:42 |
| 7 | 406 | Anstrup Henrik | LG Emsdetten | 0:41:09 | M45 | 42 | 0:41:12 |
| 8 | 193 | Vortkamp Markus | | 0:41:15 | M45 | 45 | 0:41:19 |
| 9 | 175 | Träger André | Marathon Ibbenbüren | 0:41:19 | M45 | 47 | 0:41:22 |
| 10 | 136 | Fischer Dr. Arne | LSF Münster | 0:41:42 | M45 | 52 | 0:41:46 |
| 11 | 364 | Brüseke Andreas | TV Hohne | 0:42:06 | M45 | 54 | 0:42:11 |
| 12 | 351 | SANCHEZ VICTOR | Universität Münster | 0:42:45 | M45 | 61 | 0:42:51 |
| 13 | 295 | Hecking Michael | SuS Stadtlohn | 0:43:40 | M45 | 71 | 0:43:51 |
| 14 | 31 | Buer Andreas | BSG LVM Versicherung | 0:44:04 | M45 | 83 | 0:44:30 |
| 15 | 51 | Stratmann Jörg | | 0:44:52 | M45 | 87 | 0:45:02 |
| 16 | 192 | Treese Dirk | | 0:44:44 | M45 | 88 | 0:45:06 |
| 17 | 312 | Pöttker Martin | LSF Münster | 0:46:20 | M45 | 108 | 0:46:28 |
| 18 | 42 | Gronover Stefan | AGRAVIS BSG | 0:47:22 | M45 | 126 | 0:47:35 |
| 19 | 404 | Schrader Stefan | SF Loxten | 0:47:59 | M45 | 136 | 0:48:05 |
| 20 | 47 | Scherlatzik Dirk | AGRAVIS BSG | 0:48:12 | M45 | 139 | 0:48:25 |
| 21 | 151 | Schilling Gregor | Bergziegen Altenberge | 0:48:51 | M45 | 146 | 0:48:58 |
| 22 | 341 | Kötter Dirk | | 0:49:27 | M45 | 153 | 0:49:32 |
| 23 | 255 | Saueressig Jann | | 0:49:12 | M45 | 154 | 0:49:36 |
| 24 | 327 | Ahrens Sven | Blau-Weiss Aasee | 0:49:47 | M45 | 162 | 0:49:57 |
| 25 | 335 | Stichert Jörg | | 0:50:34 | M45 | 177 | 0:51:02 |
| 26 | 343 | Lambers Dietmar | TSG Harsewinkel | 0:50:59 | M45 | 178 | 0:51:12 |
| 27 | 46 | Milk Andreas | | 0:51:38 | M45 | 183 | 0:52:13 |
| 28 | 877 | Wecker Guido | LSF Münster | 0:52:26 | M45 | 191 | 0:52:40 |
| 29 | 88 | Lepach Frank | Laufen in NRW | 0:52:27 | M45 | 192 | 0:52:43 |
| 30 | 820 | Brüggemann Andreas | | 0:52:19 | M45 | 193 | 0:52:46 |
| 31 | 138 | Schräder Ludger | | 0:53:00 | M45 | 198 | 0:53:25 |
| 32 | 819 | Ilgner Uwe | | 0:53:08 | M45 | 203 | 0:53:38 |
| 33 | 19 | Schmidt Burkhard | SF Oesede | 0:54:10 | M45 | 210 | 0:54:26 |
| 34 | 821 | Oester Thomas | *Münster | 0:54:07 | M45 | 211 | 0:54:30 |
| 35 | 60 | Schemmer Jürgen | | 0:54:21 | M45 | 212 | 0:54:30 |
| 36 | 162 | Stanke Claus | Pflegebüro Bahrenberg | 0:54:10 | M45 | 214 | 0:54:35 |
| 37 | 28 | Mühlenkamp Bernd | Bergziegen Altenberge | 0:55:21 | M45 | 225 | 0:55:30 |
| 38 | 194 | Rietmann Bernhard | AGRAVIS BSG | 0:56:21 | M45 | 239 | 0:56:36 |
| 39 | 356 | Ascheberg Volker | Lauftreff Greven aktuell | 0:57:38 | M45 | 246 | 0:58:04 |
| 40 | 392 | Bertram Holger | | 0:58:31 | M45 | 252 | 0:59:09 |
| 41 | 157 | Stadelmann Guido | | 1:04:04 | M45 | 268 | 1:04:24 |
| 42 | 379 | Rawers Thomas | Realschule im Kreuzviert | 1:05:13 | M45 | 273 | 1:05:51 |
| 43 | 32 | Dütschke Marc André | | 1:07:08 | M45 | 278 | 1:07:29 |

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| Altersklasse Männer M50 | | | | | | | |
| 1 | 865 | Kott Georg | LC Rapid Dortmund | 0:35:45 | M50 | 9 | 0:35:47 |
| 2 | 21 | Trumpp Henning | BSG AGRAVIS Raiffeisen | 0:39:49 | M50 | 31 | 0:40:01 |
| 3 | 27 | Pezeschgi Sirius | LSF Münster | 0:41:19 | M50 | 48 | 0:41:23 |
| 4 | 868 | Eibner Reno | Radebenl-Lindenau | 0:42:52 | M50 | 63 | 0:42:55 |
| 5 | 123 | Busch Harald | SC Altenrheine | 0:44:08 | M50 | 78 | 0:44:13 |
| 6 | 872 | Heptner Jürgen | A+B Versmold | 0:45:24 | M50 | 93 | 0:45:30 |
| 7 | 83 | Hackeneß Markus | BSG Berufsfeuerwehr Mü | 0:45:29 | M50 | 95 | 0:45:33 |
| 8 | 110 | Fels Hubert | Billerbecker Läufer | 0:46:07 | M50 | 104 | 0:46:15 |
| 9 | 78 | Feder Uwe | Münster | 0:45:57 | M50 | 106 | 0:46:19 |
| 10 | 166 | Till Michael | BSG Westfalen AG | 0:46:29 | M50 | 113 | 0:46:50 |
| 11 | 815 | Biesenbaum Thomas | | 0:46:41 | M50 | 115 | 0:46:53 |
| 12 | 863 | Wiening Axel | LG Emsdetten | 0:46:46 | M50 | 116 | 0:46:57 |
| 13 | 49 | Lehr Thomas | Marathon Steinfurt | 0:47:41 | M50 | 129 | 0:47:49 |
| 14 | 804 | Lübbering Frank | SC-Nienberge | 0:47:33 | M50 | 132 | 0:47:54 |
| 15 | 159 | Hahn Stefan | LSF Münster | 0:47:57 | M50 | 138 | 0:48:23 |
| 16 | 165 | Ochs Dr. Guntram | LSF Münster | 0:48:24 | M50 | 141 | 0:48:34 |
| 17 | 882 | Möllers Peter | DJK Dyckburg Münster | 0:49:22 | M50 | 158 | 0:49:48 |
| 18 | 414 | Schlingemann Rudi | | 0:49:41 | M50 | 164 | 0:49:58 |
| 19 | 30 | Terbrack Gerd | LSF Münster | 0:49:49 | M50 | 167 | 0:50:13 |
| 20 | 875 | Merck Walter | | 0:49:51 | M50 | 169 | 0:50:22 |
| 21 | 70 | Epping Martin | 1 FC Gievenbeck | 0:50:14 | M50 | 173 | 0:50:26 |
| 22 | 50 | Sackmann Thomas | AGRAVIS BSG | 0:50:33 | M50 | 176 | 0:50:44 |
| 23 | 489 | Bäumer Thomas | TUJA | 0:51:13 | M50 | 180 | 0:51:36 |
| 24 | 92 | Meyer Wolfgang | | 0:52:59 | M50 | 195 | 0:53:05 |
| 25 | 129 | Varga Georg | GartenRaum Nordwalde | 0:54:29 | M50 | 216 | 0:54:58 |
| 26 | 67 | karmann Jürgen | Wsu | 0:57:53 | M50 | 247 | 0:58:10 |
| 27 | 380 | Sumowski Klaus | Realschule im Kreuzviert | 1:00:48 | M50 | 258 | 1:01:27 |

Altersklasse Männer M55

| | | | | | | | |
|----|-----|----------------------|---------------------------|---------|-----|-----|---------|
| 1 | 143 | Kaiser Ulrich | LSF Münster | 0:43:29 | M55 | 68 | 0:43:36 |
| 2 | 884 | Kühnen Johannes | TSV Weeze | 0:45:18 | M55 | 92 | 0:45:23 |
| 3 | 359 | Fritz Ulrich | Hagener TC Blau-Gold | 0:48:26 | M55 | 140 | 0:48:33 |
| 4 | 2 | Schröder Lars | BSG Selectric | 0:49:23 | M55 | 150 | 0:49:29 |
| 5 | 259 | Gallmeister Wolfgang | Werse-Läufer Münster | 0:49:23 | M55 | 156 | 0:49:41 |
| 6 | 23 | Eßmann Martin | MSC Münster | 0:49:31 | M55 | 160 | 0:49:56 |
| 7 | 499 | Dahlhaus Winfried | | 0:49:34 | M55 | 161 | 0:49:56 |
| 8 | 279 | appels Peter | LF Hadis Wesel | 0:49:48 | M55 | 165 | 0:49:58 |
| 9 | 17 | Buil Michael | Provinzial Rheinland | 0:50:14 | M55 | 170 | 0:50:23 |
| 10 | 496 | Sandmann Manfred | Running-Soccer-Store | 0:52:05 | M55 | 182 | 0:52:12 |
| 11 | 72 | Neumann Bertram | BSG Laufen GAD | 0:52:24 | M55 | 190 | 0:52:37 |
| 12 | 147 | Hesper Bernhard | Billerbecker Läufer | 0:53:39 | M55 | 205 | 0:53:48 |
| 13 | 873 | Meyendriesch Andreas | Meerwiesel | 0:53:33 | M55 | 208 | 0:54:01 |
| 14 | 880 | Reichelt Andreas | 1. (GE/NL) Corps | 0:55:01 | M55 | 222 | 0:55:19 |
| 15 | 405 | Koch Jochen | | 0:55:22 | M55 | 226 | 0:55:39 |
| 16 | 76 | Schwartze Martin | | 0:55:33 | M55 | 228 | 0:55:50 |
| 17 | 81 | Mutze Volker | | 0:55:46 | M55 | 232 | 0:56:04 |
| 18 | 120 | Werner Schreck | | 1:02:45 | M55 | 261 | 1:03:03 |
| 19 | 308 | Mutze Frank | | 1:04:41 | M55 | 269 | 1:04:57 |
| 20 | 18 | Mikus Michael | Adolph-Kolping-Berufskoll | 1:04:38 | M55 | 270 | 1:05:11 |
| 21 | 85 | Troche Daniel | | 1:06:09 | M55 | 276 | 1:06:40 |

Altersklasse Männer M60

| | | | | | | | |
|---|-----|-------------------|----------------------|---------|-----|-----|---------|
| 1 | 413 | Roller Helmut | SG-Sandernich | 0:41:10 | M60 | 44 | 0:41:16 |
| 2 | 866 | Olejanczak Stefan | Continental Dortmund | 0:47:20 | M60 | 122 | 0:47:28 |
| 3 | 857 | Kuhn Hans-Dieter | | 0:49:54 | M60 | 171 | 0:50:23 |
| 4 | 314 | Eckardt Jörg | | 0:53:09 | M60 | 202 | 0:53:34 |
| 5 | 8 | Becker Heinrich | | 0:55:11 | M60 | 223 | 0:55:22 |
| 6 | 281 | Hahn Günter | LSF Münster | 0:54:59 | M60 | 224 | 0:55:23 |
| 7 | 811 | Reß Michael | dsr - Westfalen | 0:55:42 | M60 | 231 | 0:56:00 |
| 8 | 858 | Brämer Jürgen | *Münster | 0:58:54 | M60 | 253 | 0:59:19 |

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| Altersklasse Männer M65 | | | | | | | |
| 1 | 29 | Hoveling Tiger | LSF Münster | 0:47:29 | M65 | 127 | 0:47:36 |
| 2 | 231 | Radzanowski Werner | | 0:54:53 | M65 | 217 | 0:54:59 |
| 3 | 89 | Wick Fritz | NiersRunners Wachtendor | 0:54:55 | M65 | 218 | 0:55:01 |
| 4 | 38 | Mehlich Klaus | | 0:54:55 | M65 | 219 | 0:55:10 |
| 5 | 54 | Bücker Heinz | LSF Münster | 0:56:47 | M65 | 242 | 0:57:01 |
| 6 | 12 | Franek Franz | Laufsportteam WN | 0:57:28 | M65 | 244 | 0:57:40 |
| 7 | 816 | Emmerich Norbert | | 0:59:40 | M65 | 256 | 1:00:04 |
| 8 | 298 | Geittner Karl-Heinz | | 1:01:28 | M65 | 260 | 1:01:39 |
| 9 | 418 | Kleindiek Hans-Werner | | 1:02:48 | M65 | 262 | 1:03:18 |
| 10 | 424 | Hagemann Horst | Sparkasse | 1:02:46 | M65 | 263 | 1:03:23 |
| 11 | 202 | Kreimer Bernd | | 1:03:19 | M65 | 265 | 1:03:53 |
| Altersklasse Männer M70 | | | | | | | |
| 1 | 860 | Kreienbaum Bernhard | LSF Münster | 0:56:14 | M70 | 240 | 0:56:36 |
| 2 | 855 | Kipp Udo | Boxverein Soest | 1:22:03 | M70 | 280 | 1:22:40 |

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10 km

Männer

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit |
|--------------------------------|-----|-----------------------|------------------------|---------|-----|--------|------------|
| Altersklasse Männer MHK | | | | | | | |
| 1 | 1 | Gebretnsae Tsegay | Eritrea | 0:29:51 | MHK | 2 | 0:29:53 |
| 2 | 871 | Schönherr David | LSF Münster | 0:33:11 | MHK | 4 | 0:33:12 |
| 3 | 96 | Rinne Yannick | LSF Münster | 0:34:25 | MHK | 7 | 0:34:27 |
| 4 | 801 | Pott Andreas | SV Teuto Riesenbeck | 0:34:43 | MHK | 8 | 0:34:45 |
| 5 | 278 | Krüßmann Dominik | | 0:35:54 | MHK | 11 | 0:35:56 |
| 6 | 861 | Schulsen Sebastian | TuS Germania Horstmar | 0:36:16 | MHK | 14 | 0:36:19 |
| 7 | 161 | Isensee Gunnar | Wolfenbütteler THV | 0:36:30 | MHK | 16 | 0:36:32 |
| 8 | 387 | Desale Amanuel | LG Ahlen | 0:37:35 | MHK | 17 | 0:37:35 |
| 9 | 126 | Erlei Ben | Lauffüchse Münster | 0:37:43 | MHK | 19 | 0:37:46 |
| 10 | 204 | Daut Fabian | | 0:38:32 | MHK | 22 | 0:38:39 |
| 11 | 103 | Blöß Jan | Lauffüchse Münster | 0:38:56 | MHK | 24 | 0:38:59 |
| 12 | 53 | Tobias Rasper | ACTIVE Sportshop Osna | 0:39:20 | MHK | 26 | 0:39:22 |
| 13 | 288 | Haverkamp Andre | LG Ems Warendorf | 0:39:49 | MHK | 29 | 0:39:52 |
| 14 | 322 | Brundieck Jens | Traumtypen #Staffelmar | 0:40:56 | MHK | 40 | 0:41:03 |
| 15 | 495 | Kemper Marius | Welling | 0:41:07 | MHK | 43 | 0:41:12 |
| 16 | 269 | Harmon Jeff | | 0:41:14 | MHK | 46 | 0:41:21 |
| 17 | 807 | John Philipp | 1. TriClub Paderborn | 0:41:38 | MHK | 51 | 0:41:44 |
| 18 | 186 | Gerlach Jonas | | 0:42:05 | MHK | 55 | 0:42:25 |
| 19 | 393 | Speerschneider Daniel | | 0:42:23 | MHK | 56 | 0:42:29 |
| 20 | 818 | Griehl Stefan | | 0:42:17 | MHK | 58 | 0:42:38 |
| 21 | 7 | Cox Daniel | | 0:42:38 | MHK | 59 | 0:42:48 |
| 22 | 100 | Anatol Schmiedek | | 0:42:44 | MHK | 60 | 0:42:50 |
| 23 | 256 | Kuhl Tobias | | 0:42:51 | MHK | 64 | 0:42:58 |
| 24 | 814 | Reiberg Christoph | SG DJK Dyckburg | 0:42:34 | MHK | 65 | 0:43:00 |
| 25 | 283 | Bowkunnyj Andreas | | 0:43:06 | MHK | 67 | 0:43:19 |
| 26 | 362 | Sander Til | WWU | 0:43:29 | MHK | 72 | 0:43:53 |
| 27 | 859 | Westphal Matthias | | 0:43:49 | MHK | 75 | 0:43:58 |
| 28 | 214 | Schwieger Johannes | | 0:44:04 | MHK | 77 | 0:44:10 |
| 29 | 44 | Flothkötter Fritz | | 0:43:56 | MHK | 79 | 0:44:16 |
| 30 | 337 | Roos Philipp | | 0:44:02 | MHK | 81 | 0:44:24 |
| 31 | 238 | Kus Rasim | | 0:44:14 | MHK | 82 | 0:44:27 |
| 32 | 144 | Voscort Johannes | | 0:44:51 | MHK | 89 | 0:45:10 |
| 33 | 285 | Fischbach Andreas | | 0:45:00 | MHK | 91 | 0:45:18 |
| 34 | 170 | Niehues Torsten | ETG Recklinghausen | 0:45:21 | MHK | 98 | 0:45:40 |
| 35 | 339 | Grauer Arne | | 0:45:51 | MHK | 105 | 0:46:19 |
| 36 | 338 | Minnich Aljoscha | HSP Münster | 0:45:59 | MHK | 107 | 0:46:27 |
| 37 | 332 | Klein Florian | | 0:47:30 | MHK | 131 | 0:47:53 |
| 38 | 107 | Krautwig Kai | #Wersepins | 0:47:48 | MHK | 134 | 0:48:04 |
| 39 | 293 | Herholz Richard | Boca Seniors HGW | 0:48:18 | MHK | 145 | 0:48:47 |
| 40 | 318 | Hesse Felix | | 0:49:37 | MHK | 157 | 0:49:42 |
| 41 | 369 | Migiel Ramon | | 0:49:37 | MHK | 159 | 0:49:51 |
| 42 | 232 | Fitting Maximilian | | 0:49:51 | MHK | 168 | 0:50:17 |
| 43 | 389 | Tewes Timo | | 0:50:07 | MHK | 172 | 0:50:25 |
| 44 | 154 | Engel Niels | SG Dynamo Weisswasse | 0:50:06 | MHK | 174 | 0:50:32 |
| 45 | 141 | Rösner Christian | | 0:50:15 | MHK | 175 | 0:50:36 |
| 46 | 182 | Schweck Bernd | | 0:51:34 | MHK | 181 | 0:51:51 |
| 47 | 320 | Mutze Sebastian | | 0:52:18 | MHK | 188 | 0:52:36 |
| 48 | 368 | Wulfinghoff David | | 0:52:31 | MHK | 196 | 0:53:06 |
| 49 | 284 | Grothues David | | 0:53:25 | MHK | 204 | 0:53:45 |
| 50 | 398 | Ramsas Valdas | | 0:53:53 | MHK | 206 | 0:53:56 |
| 51 | 331 | Meyer Dennis | VFL Kloster Oesede | 0:53:42 | MHK | 207 | 0:53:58 |
| 52 | 292 | Schätzlein Peter | | 0:55:51 | MHK | 236 | 0:56:26 |
| 53 | 179 | Kastner Alexander | | 0:55:52 | MHK | 237 | 0:56:27 |
| 54 | 235 | Lanwer Tobias | | 0:55:49 | MHK | 238 | 0:56:28 |
| 55 | 874 | Kampmeier Josef | | 0:59:26 | MHK | 254 | 0:59:37 |
| 56 | 250 | Klein Dominik | KjG Ghost Runners Müns | 1:01:05 | MHK | 257 | 1:01:26 |
| 57 | 370 | Bucks Sebastian | | 1:04:58 | MHK | 271 | 1:05:37 |
| 58 | 9 | Grond Johannes | | 1:05:21 | MHK | 274 | 1:05:54 |
| 59 | 311 | Felix Roß | | 1:05:49 | MHK | 275 | 1:06:17 |

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10 km

Männer

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit |
|---------------------------------|-----|-----------------|--------------------------|---------|------|--------|------------|
| Altersklasse Männer MU16 | | | | | | | |
| 1 | 377 | Lenfort Tom | Realschule im Kreuzviert | 0:48:53 | MU16 | 147 | 0:48:59 |
| 2 | 378 | Pieck Bente | Realschule im Kreuzviert | 0:53:04 | MU16 | 197 | 0:53:19 |
| Altersklasse Männer MU18 | | | | | | | |
| 1 | 36 | Schmidt Marvin | SG Rote Erde Beckum | 0:41:00 | MU18 | 41 | 0:41:06 |
| 2 | 382 | Rawers Yannek | Realschule im Kreuzviert | 1:05:11 | MU18 | 272 | 1:05:50 |
| Altersklasse Männer MU20 | | | | | | | |
| 1 | 386 | Barwinski Jonas | LG Ahlen | 0:35:50 | MU20 | 10 | 0:35:51 |
| 2 | 71 | Severin David | TriFinish Münster | 0:39:56 | MU20 | 30 | 0:40:01 |

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10 km

Frauen

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit |
|--------------------------------|-----|---------------------------|--------------------------|---------|-----|--------|------------|
| Altersklasse Frauen W30 | | | | | | | |
| 1 | 115 | Klein Verena | SG Wenden | 0:45:44 | W30 | 12 | 0:45:51 |
| 2 | 118 | Lipsky Stefanie | THC Münster | 0:48:10 | W30 | 19 | 0:48:23 |
| 3 | 74 | Hartleb Claudia | | 0:48:26 | W30 | 20 | 0:48:46 |
| 4 | 262 | Schudy Steffen | | 0:48:57 | W30 | 22 | 0:49:21 |
| 5 | 349 | Buttjer Carina | Fourmove Architektur + E | 0:49:16 | W30 | 23 | 0:49:38 |
| 6 | 22 | Knop Katharina | LSF Münster | 0:50:04 | W30 | 30 | 0:50:29 |
| 7 | 79 | Alex Karolin | | 0:50:10 | W30 | 32 | 0:50:36 |
| 8 | 184 | Bludau Merit | | 0:50:50 | W30 | 33 | 0:51:10 |
| 9 | 240 | Döhnert Jil | | 0:54:28 | W30 | 47 | 0:54:42 |
| 10 | 383 | Molitor Carmen | | 0:55:13 | W30 | 57 | 0:55:40 |
| 11 | 266 | Fischer Maren | | 0:55:32 | W30 | 62 | 0:56:06 |
| 12 | 59 | Jänisch Juliane | | 0:56:14 | W30 | 68 | 0:56:51 |
| 13 | 220 | Knoke Kathrin | | 0:56:37 | W30 | 70 | 0:57:11 |
| 14 | 401 | Terleille Sabrina | | 0:58:03 | W30 | 77 | 0:58:34 |
| 15 | 381 | Wiechers Birte | Realschule im Kreuzviert | 1:01:35 | W30 | 88 | 1:02:11 |
| 16 | 385 | Krükel Jenny | | 1:03:08 | W30 | 91 | 1:03:37 |
| 17 | 304 | Brezina Andrea | | 1:05:41 | W30 | 97 | 1:06:17 |
| 18 | 213 | Lütke Volksbeck Yvonne | | 1:06:19 | W30 | 98 | 1:06:37 |
| 19 | 251 | Fischer de Brabander Flo | | 1:22:59 | W30 | 101 | 1:23:31 |
| Altersklasse Frauen W35 | | | | | | | |
| 1 | 4 | Dörschel Christl | SG Wenden | 0:37:15 | W35 | 2 | 0:37:17 |
| 2 | 178 | Rotthauwe Juliana | LSF Münster | 0:44:08 | W35 | 9 | 0:44:15 |
| 3 | 87 | Katrin Walter | Lauffreunde Bönen | 0:44:18 | W35 | 10 | 0:44:23 |
| 4 | 367 | Jung Dana | GW Marathon Münster | 0:47:29 | W35 | 15 | 0:48:03 |
| 5 | 99 | Büring Claudia | | 0:51:25 | W35 | 34 | 0:51:55 |
| 6 | 321 | Dierkes Sandra | TV05 Neubeckum | 0:52:36 | W35 | 39 | 0:53:03 |
| 7 | 221 | Jelinek Jana | | 0:54:01 | W35 | 42 | 0:54:10 |
| 8 | 15 | Wollschläger-Wahlbrink J | | 0:53:50 | W35 | 44 | 0:54:22 |
| 9 | 812 | Sewing Doris | Team Rochus | 0:54:37 | W35 | 52 | 0:55:12 |
| 10 | 342 | Claudia Trobbiani | Angelmodde - Italia | 0:54:40 | W35 | 53 | 0:55:13 |
| 11 | 222 | Middendorf Madlen | | 0:56:34 | W35 | 67 | 0:56:42 |
| 12 | 209 | Krech Margarete | | 1:03:20 | W35 | 92 | 1:03:38 |
| 13 | 391 | Danisch Teresa | | 1:03:31 | W35 | 93 | 1:04:11 |
| 14 | 325 | Reinhardt Kathrin | | 1:03:49 | W35 | 95 | 1:04:25 |
| Altersklasse Frauen W40 | | | | | | | |
| 1 | 169 | Postert Christiane | LG Ems Warendorf | 0:45:32 | W40 | 11 | 0:45:37 |
| 2 | 264 | Müller Bianka | | 0:53:56 | W40 | 45 | 0:54:32 |
| 3 | 274 | Banach Sandra | DIE Laufgruppe | 0:54:59 | W40 | 54 | 0:55:19 |
| 4 | 128 | Seggemann Sandra | | 0:57:52 | W40 | 75 | 0:58:28 |
| 5 | 206 | Liefke Tine | | 0:59:54 | W40 | 85 | 1:00:23 |
| Altersklasse Frauen W45 | | | | | | | |
| 1 | 870 | Schönherr-Hölscher Birgit | PV-Tri Witten | 0:40:16 | W45 | 4 | 0:40:20 |
| 2 | 802 | Bertels Mecky | Lauftreff Notteln | 0:49:37 | W45 | 26 | 0:49:50 |
| 3 | 817 | Lammerding Ines | | 0:54:23 | W45 | 48 | 0:54:47 |
| 4 | 355 | Lupfer Johanna | | 0:55:41 | W45 | 59 | 0:55:57 |
| 5 | 121 | Krause Maria | Marathon Steinfurt | 0:56:53 | W45 | 71 | 0:57:24 |
| 6 | 163 | Urmelt Marion | Laufen gegen Leiden e.V. | 0:58:44 | W45 | 79 | 0:59:11 |
| 7 | 106 | beate roth | LSF Münster | 0:59:21 | W45 | 83 | 0:59:48 |
| 8 | 402 | Reinhardt Susanne | | 1:02:54 | W45 | 90 | 1:03:32 |

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Frauen

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| AK-Platz | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | Total. | Bruttozeit |
|---------------------------------|-----|-----------------------|--------------------------|---------|------|--------|------------|
| Altersklasse Frauen W50 | | | | | | | |
| 1 | 403 | Haenicke Ingrid | | 0:51:45 | W50 | 35 | 0:52:17 |
| 2 | 94 | Heuer Barbara | LSF Münster | 0:52:26 | W50 | 37 | 0:52:40 |
| 3 | 334 | Niehoff Cordula | | 0:52:43 | W50 | 38 | 0:52:56 |
| 4 | 20 | Schulze Bisping Agnes | Billerbecker Läufer | 0:53:40 | W50 | 40 | 0:53:48 |
| 5 | 191 | Neumann Kathrin | BSG Laufen GAD | 0:55:44 | W50 | 60 | 0:56:00 |
| 6 | 75 | Baltes Monika | Betriebsport Provinzial | 0:55:44 | W50 | 61 | 0:56:00 |
| 7 | 808 | Deistler Jutta | TuS Altenberge | 0:57:35 | W50 | 72 | 0:57:58 |
| 8 | 241 | Ute Döhnert | | 1:04:08 | W50 | 94 | 1:04:23 |
| Altersklasse Frauen W55 | | | | | | | |
| 1 | 864 | Wippert-Tepe Petra | BSV Ostbevern | 1:02:29 | W55 | 89 | 1:02:58 |
| Altersklasse Frauen W60 | | | | | | | |
| 1 | 93 | Schröder Marianne | | 1:06:09 | W60 | 99 | 1:06:40 |
| Altersklasse Frauen WHK | | | | | | | |
| 1 | 867 | Rellensmann Johanna | LSF Münster | 0:35:58 | WHK | 1 | 0:36:01 |
| 2 | 197 | Buil Melina | SV Sonsbeck | 0:39:16 | WHK | 3 | 0:39:18 |
| 3 | 876 | Kortmann Sonja | *Everswinkel | 0:40:48 | WHK | 5 | 0:40:53 |
| 4 | 497 | Nicolaus Jule | LSF Münster | 0:41:51 | WHK | 6 | 0:41:56 |
| 5 | 13 | Tingelhoff Eva | LSF Münster | 0:43:18 | WHK | 7 | 0:43:23 |
| 6 | 139 | Driesch Jessica | LSF Münster | 0:43:14 | WHK | 8 | 0:43:25 |
| 7 | 104 | Matzke Juliane | AGRAVIS BSG | 0:47:16 | WHK | 14 | 0:47:29 |
| 8 | 307 | Grabitz Franziska | | 0:47:53 | WHK | 16 | 0:48:08 |
| 9 | 319 | van Beers Leonie | HSP Laufgruppe | 0:47:55 | WHK | 17 | 0:48:10 |
| 10 | 317 | Seinen Mirte | Uni Münster | 0:48:00 | WHK | 18 | 0:48:15 |
| 11 | 302 | Anne Cremer | | 0:48:30 | WHK | 20 | 0:48:46 |
| 12 | 805 | Hillesheim Mona | HSP Münster | 0:49:31 | WHK | 24 | 0:49:39 |
| 13 | 491 | Veauthier Mascha | LSF Münster | 0:49:08 | WHK | 25 | 0:49:48 |
| 14 | 358 | Witt Sarah | Hagener TC Blau-Gold | 0:49:56 | WHK | 27 | 0:50:03 |
| 15 | 146 | Mosler Wibke | | 0:50:00 | WHK | 28 | 0:50:17 |
| 16 | 323 | Gellenbeck Katrin | | 0:50:17 | WHK | 29 | 0:50:27 |
| 17 | 253 | Meyer Stephanie | SV Sigiltra Sögel | 0:49:59 | WHK | 31 | 0:50:30 |
| 18 | 101 | Willebrand Johanna | | 0:52:09 | WHK | 36 | 0:52:32 |
| 19 | 271 | Szczepanski Katrin | | 0:53:33 | WHK | 41 | 0:54:06 |
| 20 | 258 | Verfers Veronika | | 0:53:55 | WHK | 43 | 0:54:10 |
| 21 | 490 | Bäumer Jouna | | 0:54:10 | WHK | 46 | 0:54:33 |
| 22 | 305 | Fischer Fides | | 0:54:29 | WHK | 50 | 0:54:57 |
| 23 | 33 | Meike Schockmann | | 0:54:39 | WHK | 51 | 0:55:00 |
| 24 | 207 | Bendel Sarah | | 0:54:58 | WHK | 55 | 0:55:27 |
| 25 | 277 | Barkling Verena | | 0:55:13 | WHK | 56 | 0:55:40 |
| 26 | 66 | Gärtner Theresa | | 0:55:30 | WHK | 58 | 0:55:50 |
| 27 | 35 | Stöppler Celina | AGRAVIS BSG | 0:56:02 | WHK | 63 | 0:56:12 |
| 28 | 291 | Watermeyer Johanna | | 0:55:52 | WHK | 64 | 0:56:27 |
| 29 | 132 | Oeding Juliane | | 0:55:51 | WHK | 65 | 0:56:30 |
| 30 | 366 | Birthe Chudaske | | 0:56:15 | WHK | 66 | 0:56:32 |
| 31 | 219 | Windgassen Anja | | 0:56:36 | WHK | 69 | 0:57:11 |
| 32 | 261 | Howe Sina | | 0:57:31 | WHK | 72 | 0:57:58 |
| 33 | 226 | Kramer Carina | | 0:57:58 | WHK | 74 | 0:58:07 |
| 34 | 52 | Höben Inga | | 0:58:05 | WHK | 76 | 0:58:33 |
| 35 | 365 | Griebel Ramona | | 0:58:20 | WHK | 78 | 0:58:48 |
| 36 | 409 | Trenkwopohl Kirsten | SC Hochmar | 0:58:48 | WHK | 80 | 0:59:13 |
| 37 | 119 | Kröger Birte | AGRAVIS BSG | 1:00:03 | WHK | 84 | 1:00:13 |
| 38 | 260 | Müller Christina | | 1:01:10 | WHK | 86 | 1:01:37 |
| 39 | 299 | Geittner Kira | | 1:01:27 | WHK | 87 | 1:01:39 |
| 40 | 315 | Winter Christin | | 1:03:49 | WHK | 95 | 1:04:25 |
| 41 | 340 | Köster Rabea | | 1:06:57 | WHK | 100 | 1:07:38 |
| Altersklasse Frauen WU18 | | | | | | | |
| 1 | 376 | Chudaske Rike | Realschule im Kreuzviert | 0:45:46 | WU18 | 13 | 0:46:00 |

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Frauen

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| AK-Platz | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | Total. | Bruttozeit |
|---------------------------------|------|----------------|-------------|---------|------|--------|------------|
| Altersklasse Frauen WU20 | | | | | | | |
| 1 | 372 | Maurer Annika | | 0:54:35 | WU20 | 49 | 0:54:56 |
| 2 | 276 | Müller Pauline | | 0:59:06 | WU20 | 81 | 0:59:14 |
| 3 | 1007 | Windau Lea | | 0:59:07 | WU20 | 82 | 0:59:14 |