

ZfS-Münster-City-Run 5. Juli 2015

10 km

Männer

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Total.	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
1	374	El Hachimi Abdelhadi		0:29:50	M40	1	0:29:48	- 05:55 05:52 12:07 00:00 00:00	20,13 km/h
2	1	Gebretnsae Tsegay	Eritrea	0:29:53	MHK	1	0:29:51	- 05:53 05:54 06:02 06:04 05:56	20,10 km/h
3	313	Tchendo Malaba	active Sportshop	0:32:38	M30	1	0:32:36	- 06:28 06:34 06:31 06:34 06:27	18,40 km/h
4	871	Schönherr David	LSF Münster	0:33:12	MHK	2	0:33:11	- 13:04 06:46 06:44 00:00 00:00	18,08 km/h
5	373	Ciambra Daniele	Aletica Legerra Abbiategra	0:33:19	M30	2	0:33:17	- 06:28 06:35 06:46 06:44 06:42	18,02 km/h
6	422	Petzka Henning	LSF Münster	0:34:15	M30	3	0:34:13	- 06:43 06:47 06:58 06:55 06:48	17,53 km/h
7	96	Rinne Yannick	LSF Münster	0:34:27	MHK	3	0:34:25	- 06:42 06:50 07:00 07:00 06:52	17,43 km/h
8	801	Pott Andreas	SV Teuto Riesenbeck	0:34:45	MHK	4	0:34:43	- 06:44 06:54 07:03 07:04 06:57	17,28 km/h
9	865	Kott Georg	LC Rapid Dortmund	0:35:47	M50	1	0:35:45	- 07:07 07:10 07:10 07:13 07:04	16,78 km/h
10	386	Barwinski Jonas	LG Ahlen	0:35:51	MU20	1	0:35:50	- 06:49 07:05 07:19 07:19 07:16	16,74 km/h
11	278	Krößmann Dominik		0:35:56	MHK	5	0:35:54	- 07:02 07:10 07:18 07:25 06:58	16,71 km/h
12	133	Marquardt Christof	BSG Sparkasse Münsterl	0:36:08	M45	1	0:36:06	- 07:01 07:09 07:12 07:21 07:21	16,62 km/h
13	394	Balachowski Adam	LG Burg Wiedenbrück	0:36:12	M40	2	0:36:10	- 06:42 07:10 07:21 07:24 07:30	16,59 km/h
14	861	Schulsen Sebastian	TuS Germania Horstmar	0:36:19	MHK	6	0:36:16	- 07:04 07:14 07:19 07:32 07:06	16,54 km/h
15	190	Langenbach Stefan	Team- Klinikum- Nürnberg	0:36:25	M40	3	0:36:25	- 07:01 07:08 07:19 07:29 07:27	16,47 km/h
16	161	Isensee Gunnar	Wolfenbütteler THV	0:36:32	MHK	7	0:36:30	- 07:03 07:09 07:16 07:29 07:30	16,44 km/h
17	387	Desale Amanuel	LG Ahlen	0:37:35	MHK	8	0:37:35	- 07:01 07:13 07:36 07:48 07:55	15,96 km/h
18	181	Bardtke Thomas	BSG LVM Versicherung	0:37:35	M45	2	0:37:31	- 07:27 07:28 07:32 07:31 07:32	15,99 km/h
19	126	Erlei Ben	Lauffüchse Münster	0:37:46	MHK	9	0:37:43	- 07:31 07:43 07:40 07:26 07:21	15,90 km/h
20	14	Hankemeier Michčl		0:38:20	M30	4	0:38:17	- 07:12 07:33 07:50 08:03 07:39	15,67 km/h
21	423	Prott Michael	Warburger SV 1884	0:38:23	M35	1	0:38:21	- 07:28 07:41 07:43 07:47 07:40	15,65 km/h
22	204	Daut Fabian		0:38:39	MHK	10	0:38:32	- 07:29 07:26 07:51 07:59 07:45	15,57 km/h
23	63	Nottebohm Michael	Marathon-Club Menden	0:38:49	M35	2	0:38:45	- 07:26 07:42 07:48 07:54 07:52	15,48 km/h
24	103	Blöß Jan	Lauffüchse Münster	0:38:59	MHK	11	0:38:56	- 07:31 07:43 07:40 08:20 07:40	15,41 km/h
25	395	Freisfeld Thorsten	TSV Handorf 1926/64 e.V	0:39:12	M40	4	0:39:08	- 07:53 07:44 07:47 07:52 07:50	15,33 km/h
26	53	Tobias Rasper	ACTIVE Sportshop Osnab	0:39:22	MHK	12	0:39:20	- 07:03 08:08 07:59 08:36 07:32	15,25 km/h
27	80	Brinker Klaus	LSF Münster	0:39:27	M40	5	0:39:24	- 07:51 07:58 07:56 07:59 07:38	15,23 km/h
28	183	Fillep Gunnar		0:39:43	M35	3	0:39:37	- 07:36 07:37 07:55 08:01 08:24	15,14 km/h
29	288	Haverkamp Andre	LG Ems Warendorf	0:39:52	MHK	13	0:39:49	- 07:31 07:44 08:01 08:19 08:12	15,06 km/h
30	71	Severin David	TriFinish Münster	0:40:01	MU20	2	0:39:56	- 07:59 08:04 08:04 07:57 07:51	15,02 km/h
31	21	Trumpp Henning	BSG AGRAVIS Raiffeisen	0:40:01	M50	2	0:39:49	- 07:47 07:56 08:04 08:12 07:48	15,06 km/h
32	879	Kasprik Michael	LSF-Münster	0:40:11	M35	4	0:40:07	- 07:54 07:57 08:05 08:10 07:58	14,95 km/h
33	134	Dempe Matthias	Lauf Team Unna	0:40:13	M45	3	0:40:08	- 07:48 07:52 08:02 08:18 08:06	14,95 km/h
33	150	Hackmann Armin		0:40:13	M30	5	0:39:57	- 08:00 08:02 08:04 08:02 07:48	15,01 km/h
35	105	Westermann Tobias	LSF Münster	0:40:30	M35	5	0:40:26	- 07:59 08:08 08:06 08:17 07:54	14,84 km/h
36	130	Schmiing Reinhard	LSF Münster	0:40:34	M45	4	0:40:30	- 07:54 07:52 08:08 08:20 08:14	14,81 km/h
37	167	Korte Jens		0:40:40	M45	5	0:40:26	- 07:56 08:02 08:08 08:08 08:10	14,83 km/h
38	174	Koch Mathias	LSF Münster	0:40:41	M35	6	0:40:36	- 08:02 08:02 08:07 08:17 08:05	14,78 km/h
39	883	Scheel Michael-Silvan	LSF Münster	0:40:42	M45	6	0:40:38	- 08:08 08:06 08:11 08:15 07:56	14,76 km/h
40	322	Brundieck Jens	Traumtypen #Staffelmara	0:41:03	MHK	14	0:40:56	- 07:58 08:08 08:22 08:27 08:01	14,65 km/h
41	36	Schmidt Marvin	SG Rote Erde Beckum	0:41:06	MU18	1	0:41:00	- 08:02 08:13 08:19 08:25 08:00	14,63 km/h
42	406	Anstrup Henrik	LG Emsdetten	0:41:12	M45	7	0:41:09	- 07:56 08:11 08:24 08:30 08:07	14,58 km/h
43	495	Kemper Marius	Welling	0:41:12	MHK	15	0:41:07	- 08:01 08:06 08:25 08:23 08:11	14,59 km/h
44	413	Roller Helmut	SG-Sandernich	0:41:16	M60	1	0:41:10	- 07:56 08:09 08:18 08:25 08:19	14,57 km/h
45	193	Vortkamp Markus		0:41:19	M45	8	0:41:15	- 07:55 08:11 08:19 08:27 08:22	14,54 km/h
46	269	Harmon Jeff		0:41:21	MHK	16	0:41:14	- 07:58 08:05 08:21 08:19 08:29	14,55 km/h
47	175	Träger André	Marathon Ibbenbüren	0:41:22	M45	9	0:41:19	- 08:04 08:14 08:17 08:28 08:15	14,52 km/h
48	27	Pezeschgi Sirus	LSF Münster	0:41:23	M50	3	0:41:19	- 07:57 08:13 08:23 08:33 08:11	14,52 km/h
49	397	Boschmann Artur		0:41:27	M40	6	0:41:22	- 08:04 08:12 08:20 08:25 08:18	14,50 km/h
50	275	Kahmann Jens	BSG Newzella	0:41:37	M35	7	0:41:28	- 07:49 08:08 08:25 08:34 08:30	14,46 km/h
51	807	John Philipp	1. TriClub Paderborn	0:41:44	MHK	17	0:41:38	- 07:54 08:11 08:22 08:42 08:28	14,41 km/h
52	136	Fischer Dr. Arne	LSF Münster	0:41:46	M45	10	0:41:42	- 07:57 08:12 08:23 08:31 08:38	14,39 km/h
53	112	Graff Stéphane	LSF-Unna-2000	0:41:59	M35	8	0:41:55	- 08:00 08:22 08:38 08:32 08:21	14,31 km/h
54	364	Brüseke Andreas	TV Hohne	0:42:11	M45	11	0:42:06	- 08:03 08:22 08:34 08:37 08:28	14,25 km/h
55	186	Gerlach Jonas		0:42:25	MHK	18	0:42:05	- 08:13 08:10 08:28 08:44 08:28	14,25 km/h
56	393	Speerschneider Daniel		0:42:29	MHK	19	0:42:23	- 08:18 08:30 08:38 08:38 08:18	14,15 km/h
57	303	Riggers Jens	HSP Laufteam	0:42:36	M40	7	0:42:28	- 08:11 08:25 08:28 08:44 08:39	14,13 km/h

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
58	818	Griehl Stefan		0:42:38	MHK	20	0:42:17	- 08:19 08:28 08:34 08:42 08:12	14,19 km/h
59	7	Cox Daniel		0:42:48	MHK	21	0:42:38	- 08:15 08:24 08:40 08:44 08:34	14,07 km/h
60	100	Anatol Schmiedek		0:42:50	MHK	22	0:42:44	- 07:28 08:19 08:45 09:05 09:05	14,04 km/h
61	351	SANCHEZ VICTOR	Universität Münster	0:42:51	M45	12	0:42:45	- 08:47 08:34 08:48 08:38 07:57	14,03 km/h
62	856	Stoffels Kai	LSF Münster	0:42:54	M30	6	0:42:44	- 08:12 08:32 08:47 08:43 08:28	14,04 km/h
63	868	Eibner Reno	Radebenl-Lindenau	0:42:55	M50	4	0:42:52	- 07:53 08:25 08:57 09:00 08:35	14,00 km/h
64	256	Kuhl Tobias		0:42:58	MHK	23	0:42:51	- 08:06 08:39 08:49 08:37 08:37	14,00 km/h
65	814	Reiberg Christoph	SG DJK Dyckburg	0:43:00	MHK	24	0:42:34	- 08:58 08:30 08:29 08:27 08:08	14,09 km/h
66	34	Lueken Aloys	BV Garrel	0:43:19	M40	8	0:43:12	- 08:18 08:37 08:49 08:53 08:34	13,89 km/h
67	283	Bowkunnyj Andreas		0:43:19	MHK	25	0:43:06	- 08:37 08:34 08:44 08:41 08:27	13,92 km/h
68	143	Kaiser Ulrich	LSF Münster	0:43:36	M55	1	0:43:29	- 08:41 08:49 08:40 08:42 08:34	13,80 km/h
69	294	Hemesath Jürgen	LG Emsdetten	0:43:42	M40	9	0:43:38	- 08:17 08:39 08:53 08:57 08:51	13,75 km/h
70	164	Kramer Nils	VfR Voxtrup	0:43:51	M35	9	0:43:47	- 08:25 08:51 09:04 08:58 08:27	13,70 km/h
71	295	Hecking Michael	SuS Stadtlohn	0:43:51	M45	13	0:43:40	- 08:35 08:47 08:50 08:49 08:36	13,74 km/h
72	362	Sander Til	WWU	0:43:53	MHK	26	0:43:29	- 09:11 08:30 17:24 00:00 00:00	13,79 km/h
73	498	Dreifer Stefan	Bumern Läufer	0:43:55	M35	10	0:43:42	- 08:34 08:38 08:50 08:55 08:42	13,73 km/h
74	316	Renka Thorsten		0:43:57	M40	10	0:43:46	- 08:18 08:42 08:55 09:01 08:49	13,71 km/h
75	859	Westphal Matthias		0:43:58	MHK	27	0:43:49	- 08:00 08:15 08:49 09:23 09:22	13,69 km/h
76	187	Gonzalez Martin Jose		0:44:05	M40	11	0:43:56	- 08:07 08:33 08:57 09:04 09:12	13,66 km/h
77	214	Schwieger Johannes		0:44:10	MHK	28	0:44:04	- 08:39 08:48 08:50 08:53 08:52	13,61 km/h
78	123	Busch Harald	SC Altenrheine	0:44:13	M50	5	0:44:08	- 08:19 08:49 08:59 09:01 08:58	13,59 km/h
79	44	Flothkötter Fritz		0:44:16	MHK	29	0:43:56	- 08:51 08:48 08:59 08:53 08:22	13,65 km/h
80	91	Löckemann Markus	LG Emsdetten	0:44:16	M40	12	0:44:13	- 08:06 08:50 09:03 09:07 09:05	13,57 km/h
81	337	Roos Philipp		0:44:24	MHK	30	0:44:02	- 08:39 08:57 09:00 08:54 08:31	13,62 km/h
82	238	Kus Rasim		0:44:27	MHK	31	0:44:14	- 09:03 08:57 08:46 08:56 08:30	13,56 km/h
83	31	Buer Andreas	BSG LVM Versicherung	0:44:30	M45	14	0:44:04	- 08:48 08:43 08:45 08:54 08:52	13,61 km/h
84	248	Westenberg Hauke		0:44:41	M35	11	0:44:29	- 09:03 08:53 08:50 09:03 08:38	13,49 km/h
85	86	Mahle Eckart	ISC Münster	0:44:45	M40	13	0:44:41	- 08:18 08:50 09:10 09:17 09:04	13,43 km/h
86	239	Deinken Reinhard	AGRAVIS BSG	0:44:59	M40	14	0:44:47	- 08:55 08:31 08:54 09:11 09:14	13,40 km/h
87	51	Stratmann Jörg		0:45:02	M45	15	0:44:52	- 08:40 08:55 09:05 09:16 08:54	13,37 km/h
88	192	Treese Dirk		0:45:06	M45	16	0:44:44	- 08:55 08:53 08:54 09:07 08:54	13,41 km/h
89	144	Voscort Johannes		0:45:10	MHK	32	0:44:51	- 08:55 09:00 09:05 09:06 08:43	13,38 km/h
90	345	Volmer Martin	TuS 48 Ehringhausen	0:45:12	M40	15	0:44:56	- 08:34 08:50 09:01 09:17 09:12	13,35 km/h
91	285	Fischbach Andreas		0:45:18	MHK	33	0:45:00	- 08:45 08:47 08:51 09:18 09:17	13,33 km/h
92	884	Kühnen Johannes	TSV Weeze	0:45:23	M55	2	0:45:18	- 09:00 09:08 09:11 09:08 08:49	13,25 km/h
93	872	Heptner Jürgen	A+B Versmold	0:45:30	M50	6	0:45:24	- 08:45 09:01 09:07 09:16 09:12	13,21 km/h
94	862	Frisch Wolfgang	GW Westkirchen	0:45:30	M	0	0:45:24	- 08:41 08:52 09:11 09:23 09:15	13,21 km/h
95	83	Hackeneß Markus	BSG Berufsfeuerwehr Mü	0:45:33	M50	7	0:45:29	- 08:59 09:10 09:13 09:11 08:54	13,19 km/h
96	878	Schmidke Lars	Run 4 Fun Greven	0:45:34	M35	12	0:45:28	- 08:16 08:40 09:28 09:31 09:31	13,20 km/h
97	324	Pohl Tim Oliver		0:45:38	M35	13	0:45:24	- 09:05 09:14 09:11 09:10 08:42	13,21 km/h
98	170	Niehues Torsten	ETG Recklinghausen	0:45:40	MHK	34	0:45:21	- 08:22 08:51 09:17 09:25 09:24	13,23 km/h
99	352	Eichendorff Daniel	Schwarz Weiss Münster	0:45:47	M35	14	0:45:30	- 08:54 08:49 09:12 09:14 09:19	13,19 km/h
100	854	Molitor Jan		0:45:57	M35	15	0:45:49	- 08:36 08:55 09:20 09:23 09:33	13,09 km/h
101	249	Friedag Peter		0:46:02	M30	7	0:45:50	- 08:59 09:05 09:14 09:25 09:05	13,09 km/h
102	82	Kobs Michael		0:46:07	M35	16	0:45:57	- 08:55 09:02 09:15 09:29 09:14	13,06 km/h
103	803	Jüng Oliver		0:46:10	M40	16	0:45:47	- 08:56 09:01 09:14 09:22 09:13	13,10 km/h
104	110	Fels Hubert	Billerbecker Läufer	0:46:15	M50	8	0:46:07	- 08:58 09:11 09:20 09:24 09:11	13,01 km/h
105	339	Grauer Arne		0:46:19	MHK	35	0:45:51	- 09:02 09:09 09:20 09:33 08:45	13,08 km/h
106	78	Feder Uwe	Münster	0:46:19	M50	9	0:45:57	- 09:11 09:01 09:06 09:22 09:16	13,05 km/h
107	338	Minnich Aljoscha	HSP Münster	0:46:27	MHK	36	0:45:59	- 08:59 09:03 09:28 09:28 08:59	13,05 km/h
108	312	Pöttker Martin	LSF Münster	0:46:28	M45	17	0:46:20	- 08:51 09:09 09:25 09:31 09:23	12,95 km/h
109	810	Hagedorn Michael		0:46:30	M30	8	0:46:05	- 08:51 09:01 09:15 09:31 09:25	13,02 km/h
110	68	Kuhlmann Volker	Team Erdinger alkoholfrei	0:46:31	M40	17	0:46:19	- 09:13 09:18 09:19 09:24 09:03	12,95 km/h
111	287	Wolff Markus	SC Altenrheine	0:46:38	M40	18	0:46:31	- 09:19 09:18 09:18 09:25 09:09	12,90 km/h
112	492	Eping Andreas		0:46:48	M30	9	0:46:33	- 08:49 09:02 09:41 09:53 09:06	12,89 km/h
113	166	Till Michael	BSG Westfalen AG	0:46:50	M50	10	0:46:29	- 09:32 09:09 09:20 09:21 09:06	12,90 km/h
114	806	Borghorst Jan		0:46:51	M35	17	0:46:21	- 09:11 08:57 09:07 09:35 09:29	12,94 km/h

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115	815	Biesenbaum Thomas		0:46:53	M50	11	0:46:41	- 09:04 09:06 09:19 09:38 09:32	12,85 km/h
116	863	Wiening Axel	LG Emsdetten	0:46:57	M50	12	0:46:46	- 09:24 09:22 09:28 09:22 09:07	12,83 km/h
117	111	Hörmeyer Carsten	Bergziegen Altenberge	0:47:01	M40	19	0:46:52	- 08:39 09:08 09:27 09:46 09:50	12,80 km/h
118	145	Küstermann Thomas		0:47:06	M35	18	0:46:37	- 09:02 09:02 09:22 09:46 09:23	12,87 km/h
119	173	Bormann Philipp		0:47:15	M35	19	0:47:00	- 08:56 09:31 09:31 09:34 09:26	12,76 km/h
120	201	Havers Kai-Simon	LSF Münster	0:47:16	M35	20	0:47:01	- 08:50 09:08 09:26 09:51 09:43	12,76 km/h
121	396	Hemke Wolfgang		0:47:19	M35	21	0:47:09	- 08:54 09:25 09:42 09:36 09:30	12,72 km/h
122	866	Olejaniczak Stefan	Continental Dortmund	0:47:28	M60	2	0:47:20	- 08:50 09:12 09:18 09:40 10:18	12,67 km/h
123	77	Hentschel Adrian	AGRAVIS BSG	0:47:30	M30	10	0:47:16	- 09:08 09:36 09:28 09:36 09:26	12,69 km/h
124	869	Erpenbeck Alex	BSV Ostbevern	0:47:31	M30	11	0:47:19	- 08:59 09:12 09:20 09:44 10:02	12,68 km/h
125	416	Popovic Robert		0:47:34	M40	20	0:47:15	- 08:48 09:04 09:35 10:09 09:36	12,70 km/h
126	42	Gronover Stefan	AGRAVIS BSG	0:47:35	M45	18	0:47:22	- 08:59 09:23 09:36 09:47 09:34	12,67 km/h
127	29	Hoveling Tiger	LSF Münster	0:47:36	M65	1	0:47:29	- 09:03 09:24 09:39 09:47 09:34	12,63 km/h
128	420	Caupalla Martin		0:47:47	M30	12	0:47:25	- 09:43 09:33 09:27 09:33 09:08	12,65 km/h
129	49	Lehr Thomas	Marathon Steinfurt	0:47:49	M50	13	0:47:41	- 09:16 09:33 09:42 09:40 09:28	12,58 km/h
130	493	Halsbenning Stefan		0:47:51	M30	13	0:47:46	- 09:31 09:43 09:37 09:31 09:23	12,56 km/h
131	332	Klein Florian		0:47:53	MHK	37	0:47:30	- 09:23 09:26 09:36 09:45 09:18	12,63 km/h
132	804	Lübbering Frank	SC-Nienberge	0:47:54	M50	14	0:47:33	- 09:42 09:46 09:30 09:27 09:07	12,62 km/h
133	122	Nierhoff Kai		0:47:55	M35	22	0:47:44	- 09:28 09:30 09:34 09:36 09:34	12,57 km/h
134	107	Krautwig Kai	#Wersepins	0:48:04	MHK	38	0:47:48	- 10:00 09:42 09:29 09:25 09:10	12,55 km/h
135	142	Gradert Kai		0:48:05	M30	14	0:47:33	- 09:20 09:19 09:28 09:43 09:42	12,62 km/h
136	404	Schrader Stefan	SF Loxten	0:48:05	M45	19	0:47:59	- 08:57 09:32 09:55 10:03 09:30	12,50 km/h
137	210	Engelbert Marco		0:48:13	M30	15	0:48:09	- 08:48 09:21 09:46 09:58 10:14	12,46 km/h
138	159	Hahn Stefan	LSF Münster	0:48:23	M50	15	0:47:57	- 09:55 09:45 09:24 09:35 09:17	12,51 km/h
139	47	Scherlatzik Dirk	AGRAVIS BSG	0:48:25	M45	20	0:48:12	- 09:28 09:43 09:32 09:45 09:43	12,45 km/h
140	359	Fritz Ulrich	Hagener TC Blau-Gold	0:48:33	M55	3	0:48:26	- 09:31 09:59 09:45 09:40 09:29	12,39 km/h
141	165	Ochs Dr. Guntram	LSF Münster	0:48:34	M50	16	0:48:24	- 09:52 09:44 09:29 09:40 09:37	12,40 km/h
141	407	Burisch Steve		0:48:34	M30	16	0:48:23	- 09:51 09:44 09:27 09:40 09:39	12,40 km/h
143	809	Balsat Björn	Marathon Soest	0:48:37	M30	17	0:48:27	- 09:08 09:29 10:02 10:14 09:33	12,38 km/h
144	329	Dieckerhoff Stefan	VfR Voxtrup	0:48:39	M40	21	0:48:30	- 09:13 09:39 09:51 09:55 09:51	12,37 km/h
145	293	Herholl Richard	Boca Seniors HGW	0:48:47	MHK	39	0:48:18	- 09:47 09:25 09:37 09:45 09:42	12,42 km/h
146	151	Schilling Gregor	Bergziegen Altenberge	0:48:58	M45	21	0:48:51	- 09:23 09:47 09:56 10:10 09:33	12,28 km/h
147	377	Lenfort Tom	Realschule im Kreuzviertel	0:48:59	MU16	1	0:48:53	- 09:05 09:37 10:03 10:15 09:50	12,27 km/h
148	408	Höing Udo	Gescher	0:49:01	M40	22	0:48:52	- 08:31 09:54 10:06 10:14 10:06	12,28 km/h
149	153	Mümken Udo		0:49:20	M35	23	0:48:54	- 09:59 09:52 09:49 09:50 09:23	12,27 km/h
150	2	Schröder Lars	BSG Selectric	0:49:29	M55	4	0:49:23	- 09:36 09:52 09:49 10:04 09:59	12,15 km/h
150	56	Rott Thomas		0:49:29	M30	18	0:48:59	- 08:51 09:09 09:16 11:17 10:24	12,25 km/h
152	353	Büring Jan		0:49:30	M35	24	0:48:59	- 09:56 09:09 09:49 10:04 10:00	12,25 km/h
153	341	Kötter Dirk		0:49:32	M45	22	0:49:27	- 09:04 09:48 10:08 10:18 10:07	12,13 km/h
154	255	Saueressig Jann		0:49:36	M45	23	0:49:12	- 09:40 09:45 10:01 09:58 09:47	12,19 km/h
155	348	Buttjer Jens	Fourmove Architektur + En	0:49:38	M30	19	0:49:16	- 10:07 09:56 09:45 09:46 09:39	12,18 km/h
156	259	Gallmeister Wolfgang	Werse-Läufer Münster	0:49:41	M55	5	0:49:23	- 09:36 09:50 09:58 10:00 09:56	12,15 km/h
157	318	Hesse Felix		0:49:42	MHK	40	0:49:37	- 08:59 09:53 10:22 10:22 10:00	12,09 km/h
158	882	Möllers Peter	DJK Dyckburg Münster	0:49:48	M50	17	0:49:22	- 10:01 09:49 09:47 09:57 09:46	12,15 km/h
159	369	Migiel Ramon		0:49:51	MHK	41	0:49:37	- 09:29 09:48 09:58 10:16 10:04	12,09 km/h
160	23	Eßmann Martin	MSC Münster	0:49:56	M55	6	0:49:31	- 09:39 09:48 09:54 10:04 10:04	12,11 km/h
161	499	Dahlhaus Winfried		0:49:56	M55	7	0:49:34	- 10:04 09:50 09:53 10:01 09:45	12,10 km/h
162	327	Ahrens Sven	Blau-Weiss Aasee	0:49:57	M45	24	0:49:47	- 10:09 10:03 09:59 10:03 09:31	12,05 km/h
163	37	Mario Rump		0:49:57	M40	23	0:49:41	- 09:26 09:45 09:59 10:21 10:09	12,08 km/h
164	414	Schlingemann Rudi		0:49:58	M50	18	0:49:41	- 09:34 09:54 10:02 10:16 09:53	12,07 km/h
165	279	appels Peter	LF Hadis Wesel	0:49:58	M55	8	0:49:48	- 10:09 10:03 09:59 10:03 09:32	12,05 km/h
166	135	Kleinert Matthias	Lauftreff Lüdinghausen	0:50:10	M40	24	0:49:50	- 09:22 09:43 10:05 10:29 10:10	12,04 km/h
167	30	Terbrack Gerd	LSF Münster	0:50:13	M50	19	0:49:49	- 09:38 09:46 10:02 10:16 10:04	12,04 km/h
168	232	Fitting Maximilian		0:50:17	MHK	42	0:49:51	- 10:08 09:44 09:57 10:07 09:54	12,03 km/h
169	875	Merck Walter		0:50:22	M50	20	0:49:51	- 10:34 10:18 09:55 09:49 09:13	12,03 km/h
170	17	Buil Michael	Provinzial Rheinland	0:50:23	M55	9	0:50:14	- 09:25 10:02 10:11 10:22 10:13	11,94 km/h
171	857	Kuhn Hans-Dieter		0:50:23	M60	3	0:49:54	- 09:54 09:57 10:01 10:07 09:54	12,02 km/h

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10 km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
172	389	Tewes Timo		0:50:25	MHK	43	0:50:07	- 09:46 09:46 10:07 10:17 10:09	11,97 km/h
173	70	Epping Martin	1 FC Gievenbeck	0:50:26	M50	21	0:50:14	- 09:17 09:49 10:11 10:40 10:16	11,94 km/h
174	154	Engel Niels	SG Dynamo Weisswasser	0:50:32	MHK	44	0:50:06	- 09:37 09:49 10:00 10:21 10:17	11,97 km/h
175	141	Rösner Christian		0:50:36	MHK	45	0:50:15	- 09:23 09:47 10:14 10:32 10:15	11,94 km/h
176	50	Sackmann Thomas	AGRAVIS BSG	0:50:44	M50	22	0:50:33	- 09:57 10:06 10:09 10:16 10:01	11,87 km/h
177	335	Stichert Jörg		0:51:02	M45	25	0:50:34	- 09:37 09:52 10:10 10:31 10:22	11,86 km/h
178	343	Lambers Dietmar	TSG Harsewinkel	0:51:12	M45	26	0:50:59	- 10:01 09:41 10:05 10:35 10:33	11,77 km/h
179	224	Piest Michael		0:51:13	M30	20	0:50:38	- 10:06 10:16 10:16 10:26 09:31	11,85 km/h
180	489	Bäumer Thomas	TUJA	0:51:36	M50	23	0:51:13	- 10:23 10:18 10:12 10:12 10:07	11,71 km/h
181	182	Schweck Bernd		0:51:51	MHK	46	0:51:34	- 10:27 10:11 10:05 10:17 10:32	11,63 km/h
182	496	Sandmann Manfred	Running-Soccer-Store	0:52:12	M55	10	0:52:05	- 09:53 10:27 10:31 10:39 10:33	11,52 km/h
183	46	Milk Andreas		0:52:13	M45	27	0:51:38	- 10:51 10:17 10:09 10:04 10:15	11,62 km/h
184	272	Roosmann Stefan		0:52:14	M30	21	0:51:59	- 10:09 10:08 10:23 10:43 10:35	11,54 km/h
185	333	van Rooije Jan	BSG Fiducia & GAD IT A	0:52:16	M35	25	0:51:47	- 09:20 10:06 11:00 10:42 10:38	11,59 km/h
186	354	Lenkenhoff Mike		0:52:23	M30	22	0:51:47	- 10:33 10:12 10:25 10:33 10:02	11,59 km/h
187	196	Hövelberend Harald	TV 05 Neubeckum	0:52:27	M40	25	0:52:00	- 10:11 10:11 10:30 10:44 10:23	11,53 km/h
188	320	Mutze Sebastian		0:52:36	MHK	47	0:52:18	- 11:00 10:36 10:16 10:11 10:14	11,47 km/h
189	410	Held Simon	TLM Tauchsportclub MS	0:52:36	M35	26	0:52:32	- 09:29 10:21 10:34 10:46 11:21	11,42 km/h
190	72	Neumann Bertram	BSG Laufen GAD	0:52:37	M55	11	0:52:24	- 09:57 10:17 10:42 10:55 10:31	11,45 km/h
191	877	Wecker Guido	LSF Münster	0:52:40	M45	28	0:52:26	- 10:20 10:19 10:28 10:40 10:37	11,44 km/h
192	88	Lepach Frank	Laufen in NRW	0:52:43	M45	29	0:52:27	- 10:46 10:44 10:33 10:25 09:57	11,44 km/h
193	820	Brüggemann Andreas		0:52:46	M45	30	0:52:19	- 10:13 10:36 10:42 10:37 10:10	11,47 km/h
194	205	Aufdemkamp Sebastian		0:52:47	M30	23	0:52:18	- 10:23 10:25 10:26 10:34 10:28	11,47 km/h
195	92	Meyer Wolfgang		0:53:05	M50	24	0:52:59	- 10:18 10:26 10:39 10:46 10:48	11,32 km/h
196	368	Wulfinghoff David		0:53:06	MHK	48	0:52:31	- 10:34 10:12 10:26 10:42 10:36	11,42 km/h
197	378	Pieck Bente	Realschule im Kreuzviertel	0:53:19	MU16	2	0:53:04	- 10:02 10:10 10:29 11:09 11:10	11,31 km/h
198	138	Schräder Ludger		0:53:25	M45	31	0:53:00	- 10:03 10:42 10:56 10:43 10:34	11,32 km/h
199	185	Kipp Stefan		0:53:26	M40	26	0:53:01	- 10:03 10:41 10:55 10:43 10:36	11,32 km/h
200	113	Vollmer Andreas	Hilfe für Vadim	0:53:29	M30	24	0:53:20	- 10:08 10:43 10:40 10:52 10:55	11,25 km/h
201	228	Fröhlich Sören		0:53:30	M35	27	0:53:21	- 10:40 10:53 10:53 10:37 10:16	11,25 km/h
202	314	Eckardt Jörg		0:53:34	M60	4	0:53:09	- 10:49 10:41 10:36 10:37 10:24	11,29 km/h
203	819	Ilgner Uwe		0:53:38	M45	32	0:53:08	- 10:42 10:41 10:36 10:37 10:29	11,29 km/h
204	284	Grothues David		0:53:45	MHK	49	0:53:25	- 10:31 10:38 10:53 10:53 10:29	11,23 km/h
205	147	Hesper Bernhard	Billerbecker Läufer	0:53:48	M55	12	0:53:39	- 09:56 10:38 10:52 11:07 11:04	11,18 km/h
206	398	Ramsas Valdas		0:53:56	MHK	50	0:53:53	- 08:41 10:39 11:21 11:40 11:30	11,13 km/h
207	331	Meyer Dennis	VFL Kloster Oesede	0:53:58	MHK	51	0:53:42	- 10:03 10:39 11:24 11:07 10:27	11,17 km/h
208	873	Meyendriesch Andreas	Meerwiesel	0:54:01	M55	13	0:53:33	- 10:44 10:45 10:44 10:42 10:36	11,20 km/h
209	156	Spey Martin	Pinolino Kinderträume	0:54:13	M40	27	0:54:08	- 09:07 10:31 11:22 11:47 11:20	11,08 km/h
210	19	Schmidt Burkhard	SF Oesede	0:54:26	M45	33	0:54:10	- 10:03 10:39 11:24 11:07 10:55	11,08 km/h
211	821	Oester Thomas	*Münster	0:54:30	M45	34	0:54:07	- 10:55 10:57 10:52 11:01 10:20	11,08 km/h
212	60	Schemmer Jürgen		0:54:30	M45	35	0:54:21	- 10:31 10:54 11:07 11:06 10:41	11,04 km/h
213	421	Emmerich Maximilian		0:54:31	M30	25	0:54:08	- 12:00 11:16 10:52 10:27 09:31	11,08 km/h
214	162	Stanke Claus	Pflegebüro Bahrenberg	0:54:35	M45	36	0:54:10	- 11:16 10:39 10:37 10:46 10:50	11,07 km/h
215	419	Schütz Lars		0:54:48	M30	26	0:54:26	- 10:40 09:52 10:29 11:30 11:53	11,02 km/h
216	129	Varga Georg	GartenRaum Nordwalde	0:54:58	M50	25	0:54:29	- 10:58 10:51 10:51 11:01 10:45	11,01 km/h
217	231	Radzanowski Werner		0:54:59	M65	2	0:54:53	- 10:23 10:46 11:09 11:21 11:12	10,93 km/h
218	89	Wick Fritz	NiersRunners Wachtendon	0:55:01	M65	3	0:54:55	- 10:26 10:59 11:09 11:27 10:52	10,92 km/h
219	38	Mehlich Klaus		0:55:10	M65	4	0:54:55	- 10:37 10:50 11:10 11:11 11:05	10,92 km/h
220	155	Scamandro Manuel	Angelmodde - Italia	0:55:16	M30	27	0:54:43	- 11:23 11:11 10:49 10:52 10:26	10,96 km/h
221	233	Hoffknecht Martin		0:55:18	M35	28	0:54:45	- 10:58 10:52 10:58 11:06 10:50	10,96 km/h
222	880	Reichelt Andreas	1. (GE/NL) Corps	0:55:19	M55	14	0:55:01	- 10:33 10:54 11:06 11:11 11:15	10,90 km/h
223	8	Becker Heinrich		0:55:22	M60	5	0:55:11	- 10:39 10:52 11:02 11:17 11:19	10,87 km/h
224	281	Hahn Günter	LSF Münster	0:55:23	M60	6	0:54:59	- 10:55 10:59 11:00 11:08 10:56	10,91 km/h
225	28	Mühlenkamp Bernd	Bergziegen Altenberge	0:55:30	M45	37	0:55:21	- 10:20 10:58 11:22 11:26 11:13	10,84 km/h
226	405	Koch Jochen		0:55:39	M55	15	0:55:22	- 10:53 11:09 11:18 11:16 10:44	10,84 km/h
227	363	Frederik Hermsen		0:55:46	M30	28	0:55:37	- 10:09 10:47 11:28 11:26 11:45	10,79 km/h
228	76	Schwartze Martin		0:55:50	M55	16	0:55:33	- 10:27 10:50 11:00 11:24 11:50	10,80 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
229	234	Bastian Koch	Sälker IT Solutions	0:55:52	M30	29	0:55:19	- 10:42 10:48 11:01 11:21 11:25	10,85 km/h
230	347	Schulte-Mesum Lars	Fourmove Architektur + En	0:55:54	M40	28	0:55:33	- 11:36 11:06 10:48 10:40 11:22	10,80 km/h
231	811	Reß Michael	dsr - Westfalen	0:56:00	M60	7	0:55:42	- 10:46 11:04 11:22 11:22 11:06	10,77 km/h
232	81	Mutze Volker		0:56:04	M55	17	0:55:46	- 11:05 11:03 11:08 11:15 11:13	10,76 km/h
233	813	Klagge Sven		0:56:05	M35	29	0:55:42	- 11:30 11:42 10:31 10:52 11:07	10,77 km/h
234	412	Sander Max	www.handball-backstage.c	0:56:06	M40	29	0:55:43	- 11:30 11:19 10:54 10:51 11:07	10,77 km/h
235	350	Plischke Thomas	Schwarz Weiss Münster	0:56:15	M35	30	0:55:58	- 10:10 10:51 11:27 11:45 11:42	10,72 km/h
236	292	Schätzlein Peter		0:56:26	MHK	52	0:55:51	- 11:21 11:09 11:08 11:12 10:59	10,74 km/h
237	179	Kastner Alexander		0:56:27	MHK	53	0:55:52	- 11:22 11:09 11:09 11:11 11:00	10,74 km/h
238	235	Lanwer Tobias		0:56:28	MHK	54	0:55:49	- 11:19 11:00 10:59 11:10 11:18	10,75 km/h
239	194	Rietmann Bernhard	AGRAVIS BSG	0:56:36	M45	38	0:56:21	- 11:42 10:57 11:12 11:19 11:09	10,65 km/h
240	860	Kreienbaum Bernhard	LSF Münster	0:56:36	M70	1	0:56:14	- 11:09 11:15 11:19 11:23 11:06	10,67 km/h
241	388	Biermann Marc		0:56:51	M35	31	0:56:15	- 10:56 11:23 11:30 11:29 10:56	10,66 km/h
242	54	Bücker Heinz	LSF Münster	0:57:01	M65	5	0:56:47	- 10:53 11:16 11:27 11:43 11:27	10,57 km/h
243	26	Landau Guido		0:57:37	M40	30	0:57:04	- 11:29 11:22 11:13 11:26 11:31	10,51 km/h
244	12	Franek Franz	Laufsportteam WN	0:57:40	M65	6	0:57:28	- 10:57 11:20 11:47 11:52 11:30	10,44 km/h
245	400	Terleille Sebastian		0:57:45	M30	30	0:57:14	- 11:49 11:48 11:34 11:27 10:33	10,48 km/h
246	356	Ascheberg Volker	Lauftreff Greven aktuell	0:58:04	M45	39	0:57:38	- 11:27 11:26 11:36 11:48 11:19	10,41 km/h
247	67	karmann Jürgen	Wsu	0:58:10	M50	26	0:57:53	- 10:50 11:17 11:39 11:59 12:06	10,36 km/h
248	24	Kompa Markus		0:58:11	M40	31	0:57:36	- 11:48 11:48 11:35 11:42 10:41	10,42 km/h
249	43	Schienze Thorsten		0:58:30	M40	32	0:58:03	- 11:10 11:17 11:41 11:57 11:56	10,33 km/h
250	399	Erdbrügge André		0:58:34	M35	32	0:58:02	- 11:48 11:48 11:35 11:42 11:07	10,34 km/h
251	346	Böwing Manuel	Fourmove Architektur + En	0:58:59	M30	31	0:58:37	- 11:35 11:33 11:40 11:59 11:48	10,23 km/h
252	392	Bertram Holger		0:59:09	M45	40	0:58:31	- 11:29 11:35 11:45 12:10 11:30	10,25 km/h
253	858	Brämer Jürgen	*Münster	0:59:19	M60	8	0:58:54	- 11:08 11:38 12:03 12:10 11:53	10,19 km/h
254	874	Kampmeier Josef		0:59:37	MHK	55	0:59:26	- 10:45 11:44 12:15 12:35 12:05	10,09 km/h
255	84	Feldmeier André		0:59:43	M40	33	0:59:23	- 11:43 11:43 12:02 12:03 11:50	10,10 km/h
256	816	Emmerich Norbert		1:00:04	M65	7	0:59:40	- 12:02 11:46 11:46 11:54 12:10	10,05 km/h
257	250	Klein Dominik	KjG Ghost Runners Müntst	1:01:26	MHK	56	1:01:05	- 11:52 12:02 12:23 12:49 11:57	9,82 km/h
258	380	Sumowski Klaus	Realschule im Kreuzviertel	1:01:27	M50	27	1:00:48	- 12:45 13:08 13:14 11:03 10:37	9,87 km/h
259	58	Hahn Donatus	Ghostrunners KjG Münster	1:01:29	M30	32	1:01:09	- 11:53 12:02 12:23 12:49 12:00	9,81 km/h
260	298	Geittner Karl-Heinz		1:01:39	M65	8	1:01:28	- 12:01 12:20 12:32 12:29 12:04	9,76 km/h
261	120	Werner Schweck		1:03:03	M55	18	1:02:45	- 10:27 10:26 10:13 10:23 21:14	9,56 km/h
262	418	Kleindiek Hans-Werner		1:03:18	M65	9	1:02:48	- 12:37 12:17 12:19 12:32 13:01	9,55 km/h
263	424	Hagemann Horst	Sparkasse	1:03:23	M65	10	1:02:46	- 12:11 12:24 12:38 12:53 12:38	9,56 km/h
264	384	Maaß Henrika		1:03:36	M30	33	1:03:06	- 12:36 12:39 12:47 12:58 12:04	9,51 km/h
265	202	Kreimer Bernd		1:03:53	M65	11	1:03:19	- 12:11 12:40 13:07 13:00 12:20	9,47 km/h
266	411	effner Madine	LSF-Münster	1:04:09	M35	33	1:03:36	- 12:46 12:30 12:44 12:58 12:36	9,43 km/h
267	390	Danisch Dennis		1:04:11	M35	34	1:03:31	- 12:27 12:30 12:47 13:01 12:44	9,45 km/h
268	157	Stadelmann Guido		1:04:24	M45	41	1:04:04	- 12:51 13:18 12:53 12:38 12:22	9,37 km/h
269	308	Mutze Frank		1:04:57	M55	19	1:04:41	- 11:33 12:57 13:21 13:34 13:14	9,27 km/h
270	18	Mikus Michael	Adolph-Kolping-Berufskoll	1:05:11	M55	20	1:04:38	- 12:08 12:41 13:04 13:31 13:11	9,28 km/h
271	370	Bucks Sebastian		1:05:37	MHK	57	1:04:58	- 11:46 12:10 13:47 13:38 13:35	9,23 km/h
272	382	Rawers Yannek	Realschule im Kreuzviertel	1:05:50	MU18	2	1:05:11	- 12:45 13:08 13:14 12:49 13:13	9,20 km/h
273	379	Rawers Thomas	Realschule im Kreuzviertel	1:05:51	M45	42	1:05:13	- 12:46 13:08 13:13 12:49 13:15	9,20 km/h
274	9	Grond Johannes		1:05:54	MHK	58	1:05:21	- 11:32 11:59 12:49 13:38 15:20	9,18 km/h
275	311	Felix Roß		1:06:17	MHK	59	1:05:49	- 12:41 12:47 13:05 13:43 13:31	9,12 km/h
276	85	Troche Daniel		1:06:40	M55	21	1:06:09	- 12:47 13:11 13:25 13:29 13:15	9,07 km/h
277	149	Kerstiens Stephan		1:06:40	M35	35	1:06:21	- 13:02 13:16 13:18 13:31 13:12	9,04 km/h
278	32	Dütschke Marc André		1:07:29	M45	43	1:07:08	- 12:51 13:18 13:08 13:48 14:01	8,94 km/h
279	90	Pichler Thorsten		1:07:37	M30	34	1:06:57	- 13:17 13:27 13:34 13:35 13:01	8,96 km/h
280	855	Kipp Udo	Boxverein Soest	1:22:40	M70	2	1:22:03	- 13:30 15:39 17:40 18:13 16:59	7,31 km/h
281	252	Fischer de Brabander Jens		1:23:31	M40	34	1:22:59	- 14:22 16:09 17:21 17:44 17:21	7,23 km/h

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Total.	Nr.	Name Vorname	Verein/**Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
1	867	Rellensmann Johanna	LSF Münster	0:36:01	WHK	1	0:35:58	- 07:02 07:09 07:12 07:16 07:17	16,68 km/h
2	4	Dörschel Christl	SG Wenden	0:37:17	W35	1	0:37:15	- 07:11 07:23 07:35 07:35 07:30	16,10 km/h
3	197	Buil Melina	SV Sonsbeck	0:39:18	WHK	2	0:39:16	- 07:17 07:38 07:57 08:13 08:08	15,28 km/h
4	870	Schönherr-Hölscher Birgit	PV-Tri Witten	0:40:20	W45	1	0:40:16	- 07:45 07:58 08:10 08:15 08:06	14,90 km/h
5	876	Kortmann Sonja	*Everswinkel	0:40:53	WHK	3	0:40:48	- 08:13 08:07 08:11 08:10 08:04	14,70 km/h
6	497	Nicolaus Jule	LSF Münster	0:41:56	WHK	4	0:41:51	- 08:03 08:15 08:24 08:36 08:30	14,34 km/h
7	13	Tingelhoff Eva	LSF Münster	0:43:23	WHK	5	0:43:18	- 08:17 08:37 08:53 08:57 08:32	13,85 km/h
8	139	Driesch Jessica	LSF Münster	0:43:25	WHK	6	0:43:14	- 08:12 08:35 08:55 08:56 08:34	13,88 km/h
9	178	Rotthauwe Juliana	LSF Münster	0:44:15	W35	2	0:44:08	- 08:25 08:44 08:52 09:07 08:58	13,59 km/h
10	87	Katrin Walter	Lauffreunde Bönen	0:44:23	W35	3	0:44:18	- 08:32 08:47 08:58 09:04 08:55	13,54 km/h
11	169	Postert Christiane	LG Ems Warendorf	0:45:37	W40	1	0:45:32	- 08:12 08:24 09:49 10:15 08:50	13,18 km/h
12	115	Klein Verena	SG Wenden	0:45:51	W30	1	0:45:44	- 09:12 09:04 09:00 09:16 09:10	13,12 km/h
13	376	Chudaske Rike	Realschule im Kreuzviertel	0:46:00	WU18	1	0:45:46	- 09:23 09:16 09:12 09:03 08:51	13,11 km/h
14	104	Matzke Juliane	AGRAVIS BSG	0:47:29	WHK	7	0:47:16	- 09:08 09:37 09:28 09:35 09:26	12,69 km/h
15	367	Jung Dana	GW Marathon Münster	0:48:03	W35	4	0:47:29	- 09:44 09:31 09:30 09:30 09:12	12,64 km/h
16	307	Grabitz Franziska		0:48:08	WHK	8	0:47:53	- 09:16 09:27 09:43 09:58 09:28	12,53 km/h
17	319	van Beers Leonie	HSP Laufgruppe	0:48:10	WHK	9	0:47:55	- 09:15 09:27 09:43 09:50 09:38	12,52 km/h
18	317	Seinen Mirte	Uni Münster	0:48:15	WHK	10	0:48:00	- 09:17 09:28 09:43 09:56 09:35	12,50 km/h
19	118	Lipsky Stefanie	THC Münster	0:48:23	W30	2	0:48:10	- 09:14 09:32 09:45 09:59 09:37	12,45 km/h
20	74	Hartleb Claudia		0:48:46	W30	3	0:48:26	- 09:06 09:08 09:35 10:04 10:31	12,38 km/h
20	302	Anne Cremer		0:48:46	WHK	11	0:48:30	- 10:09 09:53 09:58 09:31 08:57	12,37 km/h
22	262	Schudy Steffen		0:49:21	W30	4	0:48:57	- 09:12 09:40 10:06 10:15 09:43	12,25 km/h
23	349	Buttjer Carina	Fourmove Architektur + En	0:49:38	W30	5	0:49:16	- 10:07 09:56 09:46 09:46 09:38	12,18 km/h
24	805	Hillesheim Mona	HSP Münster	0:49:39	WHK	12	0:49:31	- 09:01 09:38 10:05 10:21 10:24	12,11 km/h
25	491	Veauthier Mascha	LSF Münster	0:49:48	WHK	13	0:49:08	- 10:20 09:52 09:51 09:44 09:18	12,21 km/h
26	802	Bertels Mecky	Laufftreff Notteln	0:49:50	W45	2	0:49:37	- 09:39 09:49 09:59 10:04 10:04	12,09 km/h
27	358	Witt Sarah	Hagener TC Blau-Gold	0:50:03	WHK	14	0:49:56	- 09:38 09:57 10:06 10:18 09:55	12,01 km/h
28	146	Mosler Wibke		0:50:17	WHK	15	0:50:00	- 10:09 09:53 10:01 10:06 09:50	12,00 km/h
29	323	Gellenbeck Katrin		0:50:27	WHK	16	0:50:17	- 10:12 10:07 09:49 10:04 10:04	11,93 km/h
30	22	Knop Katharina	LSF Münster	0:50:29	W30	6	0:50:04	- 10:07 09:59 10:03 10:06 09:47	11,98 km/h
31	253	Meyer Stephanie	SV Sigiltra Sögel	0:50:30	WHK	17	0:49:59	- 09:58 10:06 10:02 10:09 09:42	12,00 km/h
32	79	Alex Karolin		0:50:36	W30	7	0:50:10	- 10:06 09:59 10:04 10:07 09:52	11,96 km/h
33	184	Bludau Merit		0:51:10	W30	8	0:50:50	- 10:22 10:02 10:00 10:13 10:11	11,80 km/h
34	99	Büring Claudia		0:51:55	W35	5	0:51:25	- 10:05 09:58 10:06 10:31 10:43	11,67 km/h
35	403	Haenicke Ingrid		0:52:17	W50	1	0:51:45	- 09:52 10:07 10:24 10:42 10:39	11,59 km/h
36	101	Willebrand Johanna		0:52:32	WHK	18	0:52:09	- 10:29 10:30 10:31 10:26 10:11	11,50 km/h
37	94	Heuer Barbara	LSF Münster	0:52:40	W50	2	0:52:26	- 10:21 10:18 10:28 10:40 10:37	11,44 km/h
38	334	Niehoff Cordula		0:52:56	W50	3	0:52:43	- 10:29 10:29 10:28 10:40 10:36	11,38 km/h
39	321	Dierkes Sandra	TV05 Neubeckum	0:53:03	W35	6	0:52:36	- 10:10 10:24 10:39 10:47 10:34	11,40 km/h
40	20	Schulze Bisping Agnes	Billerbecker Läufer	0:53:48	W50	4	0:53:40	- 09:57 10:38 10:52 11:07 11:04	11,18 km/h
41	271	Szczepanski Katrin		0:54:06	WHK	19	0:53:33	- 11:17 10:38 10:28 10:39 10:29	11,20 km/h
42	221	Jelinek Jana		0:54:10	W35	7	0:54:01	- 10:21 11:34 11:42 11:32 08:50	11,10 km/h
43	258	Verfers Veronika		0:54:10	WHK	20	0:53:55	- 10:27 10:42 11:00 11:08 10:37	11,13 km/h
44	15	Wollschläger-Wahlbrink Jul		0:54:22	W35	8	0:53:50	- 11:11 10:45 10:44 10:44 10:25	11,14 km/h
45	264	Müller Bianka		0:54:32	W40	2	0:53:56	- 11:03 11:00 10:48 10:39 10:24	11,12 km/h
46	490	Bäumer Jouna		0:54:33	WHK	21	0:54:10	- 11:02 10:52 10:50 10:57 10:26	11,08 km/h
47	240	Döhnert Jil		0:54:42	W30	9	0:54:28	- 10:13 10:48 11:03 11:12 11:11	11,01 km/h
48	817	Lammerding Ines		0:54:47	W45	3	0:54:23	- 10:53 10:57 10:52 11:02 10:38	11,03 km/h
49	372	Maurer Annika		0:54:56	WU20	1	0:54:35	- 10:29 10:55 11:07 11:11 10:52	10,99 km/h
50	305	Fischer Fides		0:54:57	WHK	22	0:54:29	- 10:54 10:53 10:58 11:05 10:37	11,01 km/h
51	33	Meike Schockmann		0:55:00	WHK	23	0:54:39	- 10:22 10:44 11:03 11:12 11:16	10,98 km/h
52	812	Sewing Doris	Team Rochus	0:55:12	W35	9	0:54:37	- 11:15 10:57 10:52 10:47 10:45	10,98 km/h
53	342	Claudia Trobbiani	Angelmodde - Italia	0:55:13	W35	10	0:54:40	- 11:23 11:11 10:49 10:51 10:24	10,97 km/h
54	274	Banach Sandra	DIE Laufgruppe	0:55:19	W40	3	0:54:59	- 10:54 10:57 10:58 11:13 10:56	10,91 km/h
55	207	Bendel Sarah		0:55:27	WHK	24	0:54:58	- 11:06 10:48 11:02 11:03 10:57	10,92 km/h
56	277	Barkling Verena		0:55:40	WHK	25	0:55:13	- 10:51 10:59 11:07 11:14 11:01	10,86 km/h
57	383	Molitor Carmen		0:55:40	W30	10	0:55:13	- 10:51 10:58 11:07 11:14 11:01	10,86 km/h

ZfS-Münster-City-Run 5. Juli 2015

10 km

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-PIN	Nettozeit	Rundenzeiten	Geschwindigkeit
58	66	Gärtner Theresa		0:55:50	WHK	26	0:55:30	- 11:37 10:38 11:03 11:22 10:49	10,81 km/h
59	355	Lupfer Johanna		0:55:57	W45	4	0:55:41	- 10:47 11:02 11:26 11:24 11:01	10,77 km/h
60	191	Neumann Kathrin	BSG Laufen GAD	0:56:00	W50	5	0:55:44	- 11:15 11:05 11:10 11:14 10:59	10,76 km/h
61	75	Baltes Monika	Betriebsport Provinzial	0:56:00	W50	6	0:55:44	- 11:15 11:04 11:10 11:14 10:59	10,76 km/h
62	266	Fischer Maren		0:56:06	W30	11	0:55:32	- 11:17 11:31 11:11 11:00 10:32	10,80 km/h
63	35	Stöppler Celina	AGRAVIS BSG	0:56:12	WHK	27	0:56:02	- 10:49 11:27 11:38 11:34 10:32	10,71 km/h
64	291	Watermeyer Johanna		0:56:27	WHK	28	0:55:52	- 11:22 11:09 11:08 11:12 11:00	10,74 km/h
65	132	Oeding Juliane		0:56:30	WHK	29	0:55:51	- 11:19 11:00 10:59 11:11 11:20	10,74 km/h
66	366	Birthe Chudaske		0:56:32	WHK	30	0:56:15	- 10:00 10:30 12:24 11:49 11:31	10,67 km/h
67	222	Middendorf Madlen		0:56:42	W35	11	0:56:34	- 10:22 11:35 11:42 11:32 11:22	10,61 km/h
68	59	Jänisch Juliane		0:56:51	W30	12	0:56:14	- 10:55 11:23 11:30 11:29 10:56	10,67 km/h
69	219	Windgassen Anja		0:57:11	WHK	31	0:56:36	- 11:15 10:57 11:15 11:35 11:33	10,60 km/h
70	220	Knoke Kathrin		0:57:11	W30	13	0:56:37	- 11:15 10:57 11:15 11:35 11:33	10,60 km/h
71	121	Krause Maria	Marathon Steinfurt	0:57:24	W45	5	0:56:53	- 10:58 11:25 11:32 11:36 11:20	10,55 km/h
72	261	Howe Sina		0:57:58	WHK	32	0:57:31	- 11:27 11:29 12:05 12:01 10:28	10,43 km/h
72	808	Deistler Jutta	TuS Altenberge	0:57:58	W50	7	0:57:35	- 11:39 11:35 11:42 11:39 10:58	10,42 km/h
74	226	Kramer Carina		0:58:07	WHK	33	0:57:58	- 10:40 10:54 12:56 11:38 11:49	10,35 km/h
75	128	Seggemann Sandra		0:58:28	W40	4	0:57:52	- 11:47 11:48 11:35 11:42 10:58	10,37 km/h
76	52	Höben Inga		0:58:33	WHK	34	0:58:05	- 11:53 11:48 11:36 11:42 11:04	10,33 km/h
77	401	Terleille Sabrina		0:58:34	W30	14	0:58:03	- 11:48 11:48 11:36 11:42 11:07	10,34 km/h
78	365	Griebel Ramona		0:58:48	WHK	35	0:58:20	- 11:52 11:49 11:36 11:42 11:20	10,28 km/h
79	163	Urmelt Marion	Laufen gegen Leiden e.V.	0:59:11	W45	6	0:58:44	- 11:09 11:29 11:56 12:07 12:02	10,21 km/h
80	409	Trenkwohl Kirsten	SC Hochmar	0:59:13	WHK	36	0:58:48	- 10:42 11:17 12:10 12:22 12:15	10,20 km/h
81	276	Müller Pauline		0:59:14	WU20	2	0:59:06	- 11:52 11:38 12:16 11:47 11:31	10,15 km/h
82	1007	Windau Lea		0:59:14	WU20	3	0:59:07	- 11:53 11:38 12:16 11:47 11:32	10,15 km/h
83	106	beate roth	LSF Münster	0:59:48	W45	7	0:59:21	- 11:25 11:49 11:57 12:06 12:03	10,11 km/h
84	119	Kröger Birte	AGRAVIS BSG	1:00:13	WHK	37	1:00:03	- 11:27 11:16 12:50 12:23 12:05	9,99 km/h
85	206	Liefke Tine		1:00:23	W40	5	0:59:54	- 11:22 11:47 12:16 12:18 12:09	10,01 km/h
86	260	Müller Christina		1:01:37	WHK	38	1:01:10	- 11:27 11:29 12:06 12:42 13:24	9,81 km/h
87	299	Geittner Kira		1:01:39	WHK	39	1:01:27	- 12:00 12:19 12:33 12:29 12:04	9,76 km/h
88	381	Wiechers Birte	Realschule im Kreuzviertel	1:02:11	W30	15	1:01:35	- 12:00 12:06 12:21 12:32 12:33	9,74 km/h
89	864	Wipperm-Tepe Petra	BSV Ostbevern	1:02:58	W55	1	1:02:29	- 12:13 12:17 12:25 12:40 12:50	9,60 km/h
90	402	Reinhardt Susanne		1:03:32	W45	8	1:02:54	- 12:39 12:51 12:43 12:56 11:42	9,54 km/h
91	385	Krükel Jenny		1:03:37	W30	16	1:03:08	- 12:37 12:39 12:47 12:58 12:05	9,50 km/h
92	209	Krech Margarete		1:03:38	W35	12	1:03:20	- 12:43 12:33 12:48 12:57 12:16	9,47 km/h
93	391	Danisch Teresa		1:04:11	W35	13	1:03:31	- 12:27 12:30 12:47 13:01 12:44	9,45 km/h
94	241	Ute Döhnert		1:04:23	W50	8	1:04:08	- 12:30 12:51 12:47 13:02 12:56	9,35 km/h
95	315	Winter Christin		1:04:25	WHK	40	1:03:49	- 12:43 13:12 13:00 12:42 12:11	9,40 km/h
95	325	Reinhardt Kathrin		1:04:25	W35	14	1:03:49	- 12:43 13:12 13:00 12:42 12:11	9,40 km/h
97	304	Brezina Andrea		1:06:17	W30	17	1:05:41	- 12:43 13:12 13:06 13:18 13:20	9,13 km/h
98	213	Lütke Volksbeck Yvonne		1:06:37	W30	18	1:06:19	- 13:02 13:16 13:18 13:31 13:09	9,05 km/h
99	93	Schräder Marianne		1:06:40	W60	1	1:06:09	- 12:47 13:11 13:25 13:29 13:15	9,07 km/h
100	340	Köster Rabea		1:07:38	WHK	41	1:06:57	- 13:18 13:28 13:33 13:35 13:01	8,96 km/h
101	251	Fischer de Brabander Floor		1:23:31	W30	19	1:22:59	- 14:23 16:09 17:22 17:44 17:21	7,23 km/h