

# 14. ZFS Münster-City-Run 2022

## Ergebnisliste MW 10 km

Platz	(AK-PI)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
10 km												
Männlich												
1.	(1)	333	Ezamzami, Abida	M30		05:49	05:56	05:58	06:03	05:54	0:29:37	0:29:39
2.	(1)	338	Sansar, Elias	M40	TUS Eintracht Bielefeld	06:29	06:39	06:34	06:28	06:22	0:32:29	0:32:30
3.	(1)	233	Schill, Alexander	M20	LSF Münster	06:26	06:36	06:40	06:34	06:19	0:32:32	0:32:33
4.	(2)	235	Kruse, Manuel	M30	Running Crew Münster	06:25	06:36	06:40	06:34	06:29	0:32:40	0:32:42
5.	(2)	259	Weßling, Mattia	M20	SSF Bonn Triathlon	06:27	06:42	06:39	06:41	06:29	0:32:54	0:32:56
6.	(3)	262	Heerdt, Luca	M20	TriFinish Münster	06:26	06:36	06:40	06:43	06:49	0:33:10	0:33:12
7.	(3)	282	Scheller, Markus	M30	Dopazi Running Team	06:43	06:43	06:46	06:48	06:34	0:33:30	0:33:32
8.	(1)	334	Mansouri, Mohammed	M35		06:26	06:49	06:53	06:54	06:47	0:33:46	0:33:47
9.	(4)	248	Land, Jonas	M20	LAZ Puma Rhein-Sieg	06:25	06:36	06:54	07:12	06:59	0:34:04	0:34:05
10.	(4)	330	Schafflick, David	M30	Running Crew Münster	06:56	07:04	07:02	07:09	07:00	0:35:07	0:35:09
11.	(5)	172	Thies, Philip	M30		07:04	07:10	07:07	07:05	06:46	0:35:08	0:35:12
12.	(2)	62	Goerlich, Manuel	M35	LSF Münster	06:46	07:05	07:10	07:21	06:59	0:35:17	0:35:19
13.	(6)	53	Hobusch, Jan	M30	Laufteam Kassel	06:50	07:07	07:12	07:14	07:07	0:35:26	0:35:29
14.	(3)	340	Spitmann, Thomas	M35	Running Crew Münster	07:13	07:08	07:08	07:12	07:07	0:35:44	0:35:46
15.	(5)	284	Lanfer, Julian	M20	Running Crew Münster	07:16	07:16	07:21	07:23	07:19	0:36:30	0:36:33
16.	(6)	153	Solbach, Joscha	M20	Wienburgpark parkrun Münster	07:20	07:21	07:25	07:26	07:06	0:36:31	0:36:37
17.	(7)	37	Hand, Sören	M30	LSF Münster	07:18	07:20	07:22	07:29	07:22	0:36:45	0:36:49
18.	(4)	127	Wermers, Marco	M35		07:20	07:20	07:26	07:32	07:18	0:36:48	0:36:53
19.	(2)	257	Machauer, Marcel	M40	LSF Münster	07:25	07:30	07:25	07:22	07:18	0:36:54	0:36:58
20.	(1)	263	Peters, Jens	M45	LSF Münster	07:17	07:26	07:26	07:33	07:20	0:36:58	0:37:01
21.	(3)	64	Hankemeier, Michèl	M40	LSF Münster	07:24	07:27	07:16	07:27	07:29	0:36:57	0:37:01
22.	(4)	61	Schmitz, Armin	M40	Running Crew Münster	07:14	07:19	07:36	07:38	07:24	0:37:06	0:37:09
23.	(8)	33	Rosenow, Philipp	M30	LSF Münster	07:03	07:26	07:32	07:39	07:33	0:37:07	0:37:11
24.	(5)	254	Westphal, Matthias	M35	Running Crew Münster	07:23	07:29	07:29	07:28	07:26	0:37:06	0:37:12
25.	(1)	268	Reinmuth, Anton	MU18	LG Brillux	07:24	07:33	07:24	07:30	07:30	0:37:16	0:37:19
26.	(7)	171	Brundieck, Jens	M20	Running Crew Münster	07:19	07:21	07:30	07:38	07:36	0:37:19	0:37:22
27.	(9)	234	Czuppon, Peter	M30		07:44	07:36	07:37	07:36	07:23	0:37:50	0:37:55
28.	(8)	65	Nolte, Johannes	M20	Running Crew Münster	07:21	07:30	07:28	07:47	07:58	0:37:59	0:38:03
29.	(5)	266	Fischer, Sebastian	M40	TV Friesen Telgte	07:28	07:41	07:40	07:47	07:34	0:38:05	0:38:08
30.	(9)	231	Hier, Marcel	M20	LSF Münster	07:23	07:38	07:47	07:49	07:40	0:38:11	0:38:15
31.	(10)	204	Schüßler, Dominik	M30	Ski-Club Willingen	07:51	07:45	07:41	07:55	07:28	0:38:30	0:38:38
32.	(10)	228	Greiff, Johannes	M20		07:42	07:41	07:49	08:00	07:44	0:38:50	0:38:54

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Platz	(AK-PI)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
33.	(11)	150	Sievers, Tim	M20	W+F Münster	07:26	07:40	07:46	08:09	08:09	0:39:04	0:39:08
34.	(6)	81	Lütke Jochmaring, Lars	M40		07:39	07:43	07:54	07:58	07:56	0:38:59	0:39:08
35.	(1)	176	Marks, Matthias	M50	TUS Deuz	07:22	07:33	07:58	08:16	08:11	0:39:17	0:39:19
36.	(2)	122	Mai, Roland	M50	LSF Münster	07:51	07:52	08:00	07:59	07:46	0:39:20	0:39:26
37.	(6)	144	Schlarmann, Jan	M35	Running Crew Münster	08:01	08:03	07:57	08:02	07:40	0:39:35	0:39:41
38.	(2)	302	Görge, Tobias	M45	LSF Münster	07:54	07:56	08:03	08:06	07:46	0:39:38	0:39:44
39.	(12)	226	Teipel, Christian	M20	LSF Münster	07:49	07:53	08:01	08:10	08:07	0:39:54	0:39:58
40.	(13)	311	Piasecki, Sebastian	M20	WWU	07:37	07:45	07:54	07:59	08:46	0:39:53	0:40:00
41.	(14)	108	Kintrup, Tim	M20		07:53	07:59	08:06	08:10	07:58	0:39:55	0:40:03
42.	(3)	107	Bergerfurth, Jörg	M50		07:37	07:58	08:04	08:15	08:13	0:40:02	0:40:05
43.	(7)	222	Arlinghaus, Thomas	M40	LSF Münster	07:51	07:52	08:05	08:12	08:11	0:40:03	0:40:09
44.	(11)	190	Reinecke, Steffen	M30	Running Crew Münster	08:02	08:02	08:02	08:12	07:57	0:40:08	0:40:14
45.	(7)	189	Stolz, Dirk	M35	TriFinish Münster	07:27	07:58	08:13	08:25	08:14	0:40:11	0:40:14
46.	(15)	328	Lehmann, Jerik	M20	LG Ems Warendorf	07:48	08:06	08:17	08:28	08:08	0:40:37	0:40:44
47.	(12)	110	Ganz, Justus	M30	Running Crew Münster	08:02	08:08	08:14	08:22	08:00	0:40:40	0:40:45
48.	(8)	77	Palme, Alexander	M35		07:42	07:59	08:24	08:30	08:13	0:40:37	0:40:47
49.	(16)	237	Gerber, Lysander-Arpad	M20	SG Suderwich	07:27	08:01	08:17	08:38	08:43	0:40:58	0:41:03
50.	(13)	54	Horster, Lutz	M30	Running Crew Münster	08:22	08:12	08:17	08:26	07:56	0:41:02	0:41:11
51.	(4)	67	Löckemann, Markus	M50	LG Emsdetten	08:03	08:11	08:24	08:26	08:19	0:41:09	0:41:21
52.	(14)	224	Chrobak, Simon	M30	TriFinish Münster	07:54	08:14	08:22	08:27	08:28	0:41:17	0:41:22
53.	(5)	253	Marquardt, Christof	M50	BSG Sparkasse Münsterland Ost	08:05	08:21	08:30	08:34	08:32	0:41:58	0:42:00
54.	(15)	306	Meerkamp, Dustin	M30	Stadtwerke Münster	08:25	08:40	08:38	08:45	08:12	0:42:26	0:42:38
55.	(3)	179	Ulber, Philipp	M45	evolutiq. Learn. Collaborate. Grow.	07:53	08:15	08:35	08:50	09:10	0:42:36	0:42:42
56.	(16)	198	Buller, Daniel	M30		07:59	08:34	08:43	08:48	08:41	0:42:38	0:42:43
57.	(8)	136	Eißing, Thomas	M40	TriFinish Münster	08:14	08:20	08:39	08:48	08:45	0:42:38	0:42:45
58.	(6)	203	Lüken, Aloys	M50	BV Garrel	08:26	08:26	08:36	08:40	08:40	0:42:37	0:42:45
59.	(9)	300	Reiberg, Christoph	M35	SG DJK Dykcberg	08:17	08:16	08:41	08:49	08:49	0:42:39	0:42:50
60.	(17)	52	Cozza, Lorenzo	M30	TriFinish Münster	07:54	08:14	08:52	09:02	08:56	0:42:50	0:42:56
61.	(17)	241	Sproll, Thorsten	M20	LSF Münster	07:57	08:26	08:47	08:59	08:51	0:42:52	0:42:58
62.	(1)	295	Geitel, Christoph	M55	ARC zu Münster	08:24	08:26	08:42	08:50	08:45	0:42:59	0:43:05
63.	(18)	217	Jansen, Merlyn	M20		08:42	08:38	08:39	08:38	08:30	0:43:00	0:43:05
64.	(19)	196	Krey, Lasse	M20	Laufkollektiv Wasserstraße	08:35	08:32	08:53	08:54	08:38	0:43:17	0:43:30
65.	(20)	163	Kind, Luis	M20		08:31	08:46	08:53	08:52	08:37	0:43:29	0:43:38
66.	(1)	95	Wiemann, Georg	MU16	Amigos Schmigos	08:27	08:39	08:53	08:50	08:53	0:43:33	0:43:41
67.	(2)	94	Krempel, Ulrich	M55	Amigos Schmigos	08:27	08:40	08:52	08:58	08:46	0:43:32	0:43:41
68.	(7)	115	Pruijt, David	M50	AV 1923	08:41	08:39	08:49	09:03	08:49	0:43:48	0:43:58

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69.	(10)	288	Fuhrmann, Johannes	M35		08:57	08:52	08:57	08:53	08:46	0:44:11	0:44:23
70.	(9)	293	Schön, Gerrit	M40		08:43	08:48	08:55	09:07	08:56	0:44:15	0:44:26
71.	(10)	270	Boczek, Paul	M40	Tri Ducks Dorsten	08:25	08:54	09:07	09:14	08:53	0:44:22	0:44:31
72.	(18)	213	Kräuter, Nils	M30	BSG LVM Versicherung	09:00	08:56	09:00	09:02	08:44	0:44:31	0:44:40
73.	(3)	164	Poletto, Michael	M55		08:44	08:50	08:57	09:12	09:04	0:44:35	0:44:45
74.	(1)	309	Heptner, Jürgen	M60	LiVe-Lauftreff in Versmold	08:32	08:58	08:59	09:14	09:06	0:44:43	0:44:47
75.	(4)	216	Willingmann, Todt G.	M55	Lauffreunde Bönen 1985 e.V.	08:29	08:38	08:52	09:13	09:37	0:44:40	0:44:48
76.	(8)	307	Bosse, Reiner	M50	BSG Stadtwerke Münster	08:30	08:51	09:08	09:25	09:08	0:44:51	0:44:59
77.	(21)	287	Wloch, Lucas	M20		09:24	09:02	09:01	08:56	08:37	0:44:42	0:45:00
78.	(11)	312	Hoffrogge, Michael	M35	SW Varenrode	08:53	08:42	08:53	09:14	09:23	0:44:47	0:45:03
79.	(2)	167	Glasbrenner, Bernhard	M60		09:17	09:06	09:00	08:56	08:48	0:44:52	0:45:05
80.	(12)	250	Sauset, Philipp	M35	Running Crew Münster	09:26	09:01	09:01	08:57	08:45	0:44:50	0:45:07
81.	(5)	40	Loddenkötter, Stefan	M55	Wienburgpark parkrun Münster	09:11	08:51	09:02	09:03	09:05	0:44:57	0:45:10
82.	(4)	71	Westermann, Tobias	M45	LSF Münster	08:35	08:46	09:11	09:30	09:12	0:45:07	0:45:13
83.	(22)	313	Post, Yorick	M20		09:12	08:51	09:02	09:06	09:09	0:45:03	0:45:17
84.	(23)	128	Blum, Ismael	M20	SV Rinkerode	08:45	08:55	09:05	09:21	09:15	0:45:09	0:45:20
85.	(1)	146	Dördelmann, Uwe	M65	LV Oelde	08:56	08:59	09:10	09:14	09:07	0:45:16	0:45:23
86.	(11)	39	Zeus, Heiko	M40		08:56	08:52	09:06	09:20	09:18	0:45:14	0:45:30
87.	(24)	252	Kortbus, Marino	M20	Playground GmbH	08:51	09:11	09:14	09:13	09:12	0:45:36	0:45:40
88.	(12)	245	Guzy, Arkadius	M40		09:05	09:08	09:14	09:13	09:06	0:45:33	0:45:45
89.	(19)	238	Reichert, Jan	M30	#TeamMünster	08:30	08:59	10:11	09:10	09:06	0:45:44	0:45:53
90.	(20)	160	Mussenbrock, Jonas	M30	Wienburgpark parkrun Münster	08:37	08:49	09:25	09:37	09:37	0:45:49	0:46:02
91.	(5)	28	Kozjan, Bogdan	M45	Run4Jesus	09:13	09:11	09:04	09:07	09:30	0:45:52	0:46:03
92.	(21)	70	Severin, Florian	M30	LSF Münster	09:05	09:10	09:20	09:29	09:04	0:45:49	0:46:06
93.	(9)	244	Heuer, Jürgen	M50	LG Emsdetten	08:44	09:05	09:18	09:32	09:38	0:46:04	0:46:16
94.	(22)	298	Schröder, Philipp	M30		09:28	09:16	09:17	09:11	09:07	0:46:05	0:46:16
95.	(25)	100	Kus, Rasim	M20		09:41	09:06	09:13	09:11	09:09	0:46:10	0:46:19
96.	(26)	214	Tätweiler, Moritz	M20	HSP Münster Triathlon	09:25	09:28	09:23	09:12	08:54	0:46:08	0:46:19
97.	(6)	227	Kontowicz, Rafał	M45	Myslowicki Klub Biegacza No.1	09:14	09:08	09:14	09:26	09:19	0:46:05	0:46:20
98.	(27)	344	Witkowski, Till	M20		08:52	08:51	09:32	09:50	09:33	0:46:14	0:46:35
99.	(28)	149	Kräuter, Malte	M20		09:01	08:56	09:18	09:41	09:42	0:46:26	0:46:36
100.	(23)	170	Herwegen, Michael	M30		08:51	09:13	09:24	09:38	09:34	0:46:27	0:46:37
101.	(13)	51	Spitzer, Daniel	M40	turborunners.com	09:04	09:04	09:16	09:43	09:35	0:46:30	0:46:41
102.	(14)	151	Keller, Mark	M40		08:59	09:04	09:16	09:47	09:47	0:46:41	0:46:52
103.	(3)	205	Belke, Hermann-Josef	M60	LAC Veltins Hochsauerland	09:22	09:20	09:30	09:27	09:22	0:46:47	0:46:59
104.	(15)	301	Garske, Nils	M40		09:29	09:16	09:20	09:38	09:28	0:46:56	0:47:08

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105.	(24)	274	Rabitsch, Jan	M30	Fc Nordkirchen	08:43	08:56	09:36	09:48	10:06	0:46:56	0:47:08
106.	(25)	55	Zimmer, Moritz	M30	Marathon Dinslaken	08:59	09:04	09:32	09:52	09:44	0:46:59	0:47:09
107.	(10)	85	Csury, Andreas	M50	Laufsportfreunde Csury	09:30	09:25	09:24	09:29	09:24	0:46:51	0:47:10
108.	(29)	335	Wess, Stefan	M20		09:02	09:22	09:38	09:45	09:28	0:47:06	0:47:15
109.	(26)	114	Erbeck, Daniel	M30	Wienburgpark parkrun Münster	08:58	09:16	09:36	09:53	09:41	0:47:09	0:47:23
110.	(16)	21	Eilers, Tristan	M40	Borussia Münster	09:12	09:11	09:45	09:48	09:32	0:47:10	0:47:26
111.	(7)	130	Gadomski, Bodo	M45	Geschwister-Scholl-Realschule Kinderhaus	09:31	09:25	09:34	09:33	09:31	0:47:15	0:47:30
112.	(8)	188	Rottmann, Michael	M45	Original Bootcamp Münster	10:08	09:36	09:28	09:22	09:00	0:47:12	0:47:32
113.	(2)	175	Effing, Lasse	MU18		09:28	09:18	09:44	09:50	09:19	0:47:28	0:47:37
114.	(27)	255	Meiners, Nils	M30	BV Garrel	09:18	09:22	09:33	09:58	09:34	0:47:34	0:47:42
115.	(1)	202	Pavlovic, Anto	M70		09:25	09:34	09:40	09:36	09:29	0:47:34	0:47:42
116.	(2)	43	Pugliese, Michele	M70	LC Rapid 2000 Dortmund	09:19	09:39	09:38	09:39	09:31	0:47:36	0:47:44
117.	(17)	220	Fraune, Ingo	M40		09:35	09:37	09:43	09:44	09:24	0:47:44	0:48:01
118.	(11)	116	Robecke, Ulrich	M50	1. Tri-Team Gütersloh GTV	09:25	09:44	09:45	09:44	09:41	0:48:04	0:48:17
119.	(4)	337	Kaiser, Uli	M60	LSF Münster	09:26	09:29	09:41	10:00	10:00	0:48:19	0:48:34
120.	(9)	297	Wentrup, Benedikt	M45	FC St Pauli Triathlon	09:10	09:30	09:49	10:00	10:07	0:48:23	0:48:35
121.	(30)	75	Thürigen, Josia	M20	LSF Münster	08:50	09:43	10:05	10:03	10:08	0:48:41	0:48:46
122.	(1)	230	Fuhrmann, Lars	MU20	TG Neuss von 1848	08:51	09:13	09:49	10:26	10:34	0:48:40	0:48:52
123.	(10)	126	Arif, Metin	M45		09:16	09:40	10:03	10:02	09:53	0:48:44	0:48:52
124.	(31)	319	Habersack, Marco	M20		09:35	09:32	09:47	10:23	09:38	0:48:38	0:48:53
125.	(2)	47	Karrmann, Lasse	MU20		09:40	09:34	10:04	09:59	09:57	0:48:57	0:49:12
126.	(32)	292	Knutzen, Kim Ove	M20	TSV Hürup	09:42	09:56	09:57	10:00	09:40	0:49:00	0:49:13
127.	(2)	201	Fedortschuk, Artjom	MU16		09:28	09:44	10:14	10:33	09:26	0:49:12	0:49:22
128.	(28)	286	Horch, Janis	M30		09:59	09:36	09:54	10:17	09:53	0:49:15	0:49:36
129.	(12)	212	Kaldewei, Georg	M50	BSG LVM Versicherung	09:47	09:31	09:47	10:12	10:26	0:49:25	0:49:40
130.	(5)	315	Dahlhaus, Winfried	M60	Sambucaläufer	10:19	09:50	09:50	09:54	09:55	0:49:26	0:49:45
131.	(13)	269	Lehmann, Kolja	M35	HAFEN KIOSK	08:57	09:48	10:12	10:28	10:24	0:49:43	0:49:47
132.	(18)	29	Mohrig, Jochen	M40	Wienburgpark parkrun Münster	10:15	09:57	09:55	09:53	09:52	0:49:36	0:49:51
133.	(14)	232	Erpenbeck, Alex	M35	Running Crew Münster	09:44	09:56	10:02	10:08	10:07	0:49:42	0:49:55
134.	(15)	183	Immel, Alexander	M35		09:43	09:40	10:04	10:17	10:17	0:49:40	0:49:59
135.	(13)	102	Breulmann, Andreas	M50	LG Rheine-Elte	09:47	09:57	10:14	10:22	09:57	0:50:03	0:50:14
136.	(3)	101	Breulmann, Justus	MU20	LUG	09:47	09:57	10:14	10:22	09:57	0:50:03	0:50:14
137.	(14)	280	Krapp, Michael	M50	Speckbrettverein Sentruper Höhe	10:15	09:40	09:53	10:12	10:24	0:49:56	0:50:22
138.	(2)	304	Roller, Helmut	M65	SG Suderwich	09:54	10:02	10:11	10:26	10:06	0:50:27	0:50:37
139.	(33)	320	Cardoso, José	M20		09:27	09:54	10:05	10:47	10:26	0:50:24	0:50:37
140.	(29)	318	Behrends, Timo	M30	TB Burgsteinfurt	10:06	10:11	10:22	10:15	09:47	0:50:20	0:50:39

# 14. ZFS Münster-City-Run 2022

## Ergebnisliste MW 10 km

Platz	(AK-PI)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
141.	(30)	215	Niehoff, Thorsten	M30		10:19	10:02	10:16	10:20	09:47	0:50:21	0:50:42
142.	(6)	223	Eißmann, Martin	M60	MSC Münster	10:29	10:08	10:07	10:05	09:58	0:50:24	0:50:45
143.	(1)	124	Graeber, Jürgen	M75	SuS Oberaden	10:16	10:06	10:08	10:11	10:08	0:50:34	0:50:47
144.	(31)	141	Averkamp, Hendrik	M30		10:19	10:00	10:15	10:10	10:07	0:50:24	0:50:49
145.	(34)	192	Stählker, Simon	M20	Laufkollektiv Wasserstraße	10:45	10:12	09:58	10:10	09:53	0:50:29	0:50:54
146.	(32)	207	Ellenbürger, Marius	M30	BSG LVM Versicherung	10:01	09:44	10:14	10:39	10:43	0:51:03	0:51:19
147.	(11)	72	Nierhoff, Kai	M45		10:25	10:12	10:16	10:26	10:26	0:51:22	0:51:43
148.	(33)	310	Berghaus, Simon	M30		10:14	10:02	10:22	10:35	10:40	0:51:36	0:51:51
149.	(12)	96	Stumme, Leander	M45	Laufftreff Hohenholte	09:34	10:03	10:51	10:54	10:35	0:51:40	0:51:54
150.	(16)	339	Friedrichs, Björn	M35		09:20	10:02	10:28	11:13	10:59	0:51:50	0:52:00
151.	(6)	261	Dzionsko, Christoph	M55	Laufftreff Hohenholte	10:33	10:27	10:20	10:28	10:16	0:51:45	0:52:02
152.	(35)	218	Reinhardt, Peter	M20		10:46	10:20	10:42	10:25	09:52	0:51:45	0:52:03
153.	(15)	258	Korte, Frank	M50	BSV Ostbevern	10:10	10:08	10:27	10:42	10:48	0:51:53	0:52:13
154.	(34)	194	Strotmann, Jan	M30	Laufkollektiv Wasserstraße	10:27	10:03	10:22	10:53	10:40	0:51:58	0:52:23
155.	(16)	174	Effing, Dirk	M50		09:57	10:20	10:32	10:50	10:51	0:52:18	0:52:27
156.	(3)	326	Sandmann, Manfred	M65	TSG Dülmen	10:12	10:38	10:38	10:48	10:36	0:52:44	0:52:49
157.	(17)	159	Kogge, Thomas	M50	TriFinish Münster	10:32	10:36	10:37	10:36	10:32	0:52:39	0:52:51
158.	(36)	343	Hartel, Johannes	M20	#TeamMünster	11:08	10:26	10:24	10:43	10:18	0:52:35	0:52:58
159.	(7)	45	Schmidt, Matthias	M55		10:51	10:29	10:32	10:42	10:27	0:52:35	0:52:58
160.	(35)	50	Czeppel, Dominik	M30		10:50	10:30	10:31	10:42	10:27	0:52:36	0:52:59
161.	(37)	195	Voß, Julian	M20	Laufkollektiv Wasserstraße	10:08	09:57	10:24	11:48	10:57	0:52:47	0:53:12
162.	(19)	23	Stritzke, Marco	M40		09:39	10:11	10:39	11:12	11:34	0:52:56	0:53:12
163.	(38)	162	Schönicke, Tom	M20	vereinslos	10:04	10:27	10:40	10:50	11:14	0:53:04	0:53:14
164.	(13)	260	Stach, Theo	M45	Laufftreff Oelde	10:26	10:44	10:59	11:05	10:12	0:53:06	0:53:24
165.	(7)	69	Baune, Jürgen	M60	TuS Altenberge	10:27	10:42	10:50	10:58	10:44	0:53:21	0:53:39
166.	(17)	42	Noack, Oliver	M35		10:31	10:36	10:54	11:00	10:42	0:53:20	0:53:41
167.	(39)	184	Velke, Jan	M20		10:39	10:58	11:01	11:01	10:21	0:53:43	0:53:58
168.	(36)	44	Juchim, Jonas	M30		10:32	10:45	11:11	11:06	10:40	0:53:50	0:54:12
169.	(4)	46	Otte, Hans-Dieter	M65	Running Crew Münster	11:12	11:09	10:59	10:58	10:49	0:54:43	0:55:05
170.	(18)	30	Kaulmann, Ralf	M50		10:59	10:49	11:06	11:17	10:58	0:54:46	0:55:07
171.	(8)	322	Lindner, Hans Jürgen	M55		10:02	10:22	10:58	11:40	12:07	0:54:49	0:55:07
172.	(40)	200	Schulz, Alexander	M20		09:42	10:53	11:43	11:54	11:12	0:55:12	0:55:22
173.	(5)	289	Baberschke, Rolf	M65	LG Emsdetten	10:41	10:57	11:14	11:18	11:16	0:55:09	0:55:23
174.	(6)	277	Eiersbrock, Josef	M65	LSF Münster	10:57	10:52	11:05	11:23	11:32	0:55:25	0:55:45
175.	(41)	342	Amen, Justus	M20		11:09	11:08	11:09	11:39	10:55	0:55:44	0:55:58
176.	(19)	276	Hendricks, Claus Peter	M50	LSF Münster	10:14	09:52	10:00	14:40	11:27	0:55:54	0:56:10

# 14. ZFS Münster-City-Run 2022

## Ergebnisliste MW 10 km

Platz	(AK-Pl)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
177.	(9)	325	Bone, Hans-Georg	M55	LSF Münster	10:45	11:01	11:23	11:39	11:25	0:55:52	0:56:10
178.	(37)	191	Fier, Andi	M30	Laufkollektiv Wasserstraße	11:46	11:23	11:16	11:24	10:34	0:55:57	0:56:22
179.	(38)	156	Krey, Sven	M30		12:22	11:02	11:03	11:23	10:34	0:56:04	0:56:22
180.	(20)	240	Lewentz, Frank	M50		10:15	10:38	10:56	11:44	12:52	0:56:09	0:56:24
181.	(14)	113	Eckstein, Erik	M45	BSG Westfalen	11:22	11:17	11:19	11:21	11:13	0:56:09	0:56:30
182.	(18)	105	Scherr, Robert	M35	Warendorf	11:08	11:02	11:14	11:42	11:38	0:56:21	0:56:42
183.	(10)	279	Müller, Lutz	M55	W+F Münster	11:08	11:23	11:32	11:35	11:12	0:56:34	0:56:48
184.	(42)	193	Bierbaum, Nico	M20	Laufkollektiv Wasserstraße	11:46	11:23	11:16	11:25	11:00	0:56:23	0:56:48
185.	(43)	197	Siering, Nils	M20	Laufkollektiv Wasserstraße	11:45	11:24	11:17	11:24	11:04	0:56:28	0:56:53
186.	(21)	265	Saueressig, Jann	M50		11:39	11:33	11:13	11:15	11:18	0:56:36	0:56:57
187.	(20)	305	Kiedrowski, Christoph	M40		11:07	11:27	11:32	12:03	11:11	0:57:00	0:57:17
188.	(22)	329	Blick-Weber, Matthias	M50		10:35	10:47	11:25	12:10	12:34	0:57:05	0:57:28
189.	(39)	332	Leicht, Stefan	M30		10:04	11:06	11:48	12:18	12:30	0:57:33	0:57:45
190.	(7)	98	Hahn, Günter	M65	LSF Münster	11:47	11:27	11:32	11:50	11:28	0:57:40	0:58:02
191.	(8)	275	Peter, Ronald	M60	HLG 98 Wuppertal	12:02	11:31	11:33	11:35	11:24	0:57:36	0:58:02
192.	(2)	331	Zdrojewski, Horst	M75		12:13	11:39	11:48	11:51	11:34	0:58:42	0:59:02
193.	(21)	303	Kemper, Marcus	M40		11:09	11:18	12:08	12:26	12:22	0:58:58	0:59:20
194.	(19)	89	Hunold, Alexander	M35	Partysan Pressschlag	09:50	10:33	11:53	13:10	14:02	0:59:12	0:59:26
195.	(3)	68	Thran, Hans-Jürgen	M75	Spiridon Haltern	11:46	11:58	11:53	12:23	11:37	0:59:18	0:59:35
196.	(23)	186	Fischer, Stephan	M50		11:32	11:26	11:55	12:30	12:20	0:59:18	0:59:41
197.	(40)	137	Sommer, Johannes	M30		12:00	11:54	11:57	12:07	11:47	0:59:20	0:59:44
198.	(8)	317	Eckardt, Jörg	M65		11:33	11:48	12:04	12:21	12:02	0:59:29	0:59:46
199.	(41)	251	Wilberg, Tim	M30	vereinslos	11:34	11:47	12:21	12:31	11:39	0:59:26	0:59:50
200.	(24)	76	Sommer, Andreas	M50	TuS Germania Horstmar	11:11	11:17	11:44	12:24	13:20	0:59:29	0:59:53
201.	(11)	56	Schemmer, Jürgen	M55		12:20	12:11	12:29	12:37	12:09	1:01:25	1:01:44
202.	(25)	166	Thomas, Frank	M50	LC Wuppertal	12:00	12:13	12:34	12:48	12:43	1:01:57	1:02:16
203.	(20)	243	Wieczorek, Robert	M35		11:52	12:10	12:47	12:50	13:06	1:02:15	1:02:42
204.	(26)	323	Gross, Stephan	M50		11:32	11:40	12:41	14:13	12:52	1:02:40	1:02:56
205.	(9)	296	Over, Gerhard	M65	Lauffreunde Emsland	11:57	12:33	12:45	13:17	13:49	1:04:13	1:04:20
206.	(10)	278	Reichelt, Andreas	M65	Firmengruppe Brück	12:21	12:27	12:59	13:22	13:34	1:04:23	1:04:42
207.	(12)	27	Madeja, Michael	M55		11:41	12:19	13:17	13:48	13:50	1:04:32	1:04:52
208.	(22)	97	Herrera Pérez, Tarsis	M40		11:57	12:02	12:32	14:29	14:20	1:04:51	1:05:18
209.	(3)	158	Delicat, Erwin	M70	TSV Bassum	12:19	12:49	13:21	13:34	13:44	1:05:34	1:05:45
210.	(4)	34	Kreimer, Bernd	M70		12:56	13:17	13:51	13:50	13:07	1:06:34	1:06:59
211.	(15)	247	Campos, Manuel	M45	Laufftreff Hohenholte	08:19	08:31	09:10	11:43	29:37	1:07:08	1:07:18

# 14. ZFS Münster-City-Run 2022

## Ergebnisliste MW 10 km

Platz	(AK-PI)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
Weiblich												
1.	(1)	256	Gerdes, Christina	W20	SCC Berlin	07:05	07:10	07:07	07:06	06:59	0:35:21	0:35:24
2.	(2)	299	Schulze Kalthoff, Kerstin	W20	LG Brillux Münster	07:24	07:32	07:25	07:26	07:08	0:36:50	0:36:53
3.	(1)	120	Kappenberg, Jana	W40	LSF Münster	07:24	07:31	07:25	07:25	07:10	0:36:51	0:36:54
4.	(3)	87	Tegler, Katja	W20	Running Crew Münster	07:24	07:32	07:24	07:27	07:15	0:36:56	0:36:59
5.	(1)	314	Haarmann, Kerstin	W30	USC Bochum	07:29	07:35	07:37	07:44	07:30	0:37:50	0:37:54
6.	(4)	142	Breitkreutz, Stephanie	W20	ASV Duisburg	07:29	07:35	07:41	07:49	07:37	0:38:06	0:38:10
7.	(5)	140	Schäperklaus, Sarah	W20	LAC Veltins Hochsauerland / TV Neheim	07:25	07:39	07:46	07:46	07:41	0:38:12	0:38:14
8.	(6)	229	Ohm, Vanessa	W20	SV Brackwede	07:43	07:37	07:40	07:55	07:47	0:38:37	0:38:40
9.	(2)	225	Wienstroth, Ilka	W40	TSVE 1890 Bielefeld	07:53	07:47	07:50	07:50	07:43	0:38:56	0:39:00
10.	(7)	155	Backsmann, Sarah	W20	VfL Lingen	07:53	07:59	08:10	08:17	08:02	0:40:14	0:40:19
11.	(2)	187	Kleinwächter, Wiebke	W30	Running Crew Münster	08:02	08:03	08:09	08:20	08:15	0:40:41	0:40:46
12.	(8)	273	Schmalbrock, Judith	W20	Running Crew Münster	08:02	08:09	08:15	08:26	08:16	0:41:00	0:41:06
13.	(1)	165	Schmidt, Sandra	W35		08:01	08:09	08:14	08:22	08:26	0:40:59	0:41:09
14.	(1)	267	Schmidt, Raija	W45	LSF Münster	07:59	08:10	08:24	08:27	08:27	0:41:21	0:41:25
15.	(2)	20	Zafar, Sabrina	W35	Running Crew Münster	08:26	08:49	08:53	08:53	08:26	0:43:19	0:43:25
16.	(9)	38	Schneckenberger, Luise	W20	Running Crew Münster	08:26	08:50	08:52	08:53	08:47	0:43:40	0:43:47
17.	(10)	173	Thoma, Katharina	W20	HSP Schwimmen Münster	08:14	08:36	08:59	09:05	09:09	0:43:55	0:44:01
18.	(11)	281	Breitkopf, Frieda	W20		08:41	08:41	08:51	08:59	08:56	0:43:55	0:44:04
19.	(2)	246	Campos, Judite	W45	Laufftreff Hohenholte	08:41	08:41	08:55	09:05	09:17	0:44:27	0:44:37
20.	(12)	321	Hoveling, Marie	W20		09:16	09:11	09:01	09:28	09:03	0:45:37	0:45:57
21.	(13)	90	Albers, Amelie	W20	LSF Münster	09:03	09:21	09:35	09:42	09:45	0:47:17	0:47:24
22.	(3)	285	Dikeoulia, Elsa Elena	W30		09:43	09:43	09:42	09:35	09:21	0:47:55	0:48:02
23.	(3)	106	Hasewinkel, Anna Lena	W40		09:49	09:28	09:40	09:43	09:32	0:47:54	0:48:09
24.	(14)	236	Hegener, Paula	W20	HSP Münster Triathlon	10:32	09:53	09:49	09:41	09:28	0:49:01	0:49:20
25.	(1)	169	Barth, Julia	WU18		09:20	09:53	10:14	10:19	09:54	0:49:30	0:49:38
26.	(15)	60	Hagemann, Ricarda	W20		09:37	09:44	10:08	10:13	10:08	0:49:35	0:49:48
27.	(3)	290	Rossano-Rivero, Sue	W35	LSF	09:20	09:38	09:45	10:39	10:31	0:49:45	0:49:52
28.	(16)	181	Thalheim, Daniela	W20		09:44	09:40	10:04	10:18	10:16	0:49:41	0:49:59
29.	(4)	125	Kleineheinrich, Constanze	W30		09:25	10:22	10:07	10:10	10:06	0:50:01	0:50:07
30.	(5)	118	Wichtrup, Annika	W30		10:14	10:03	10:04	10:02	10:00	0:50:03	0:50:23
31.	(17)	219	Oster, Leonie	W20		10:15	09:40	10:03	10:32	10:07	0:50:18	0:50:35
32.	(18)	283	Menkhoff, Clara	W20		10:15	10:06	10:15	10:20	09:45	0:50:20	0:50:40
33.	(4)	294	Novak, Maria Beatrice	W40		09:37	09:54	10:15	10:32	10:28	0:50:29	0:50:43
34.	(6)	26	Platt, Tammela	W30	Wienburgpark parkrun Münster	10:21	10:23	10:19	10:26	09:35	0:50:48	0:51:02

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## Ergebnisliste MW 10 km

Platz	(AK-PI)	Startnr.	Name	AK	Verein	R1	R2	R3	R4	R5	Netto	Brutto
35.	(1)	157	Feyerabend, Maria	W65	LSF Münster	09:54	10:09	10:23	10:28	10:25	0:51:12	0:51:17
36.	(3)	239	Abbing, Sabine	W45		10:14	10:06	10:15	10:30	10:27	0:51:13	0:51:29
37.	(4)	48	Karrmann, Dani	W45		10:12	10:20	10:31	10:27	10:07	0:51:21	0:51:35
38.	(1)	123	Brahm-Tobies, Dorothea	W55		09:56	10:11	10:37	10:58	10:52	0:52:07	0:52:33
39.	(7)	111	Binder, Nikola	W30		10:44	10:27	10:34	10:35	10:21	0:52:16	0:52:39
40.	(19)	271	Schwiegershausen, Jeannie	W20	Running Crew Münster	10:03	10:20	10:33	10:55	10:53	0:52:28	0:52:41
41.	(4)	49	Schmitz-Moormann, Marie	W35		09:39	10:03	10:35	11:08	11:27	0:52:43	0:52:50
42.	(20)	132	Sebig, Lea-Sophie	W20		10:39	10:58	11:00	11:01	10:21	0:53:43	0:53:58
43.	(5)	103	Müller, Bianka	W45	Laufftreff Senden	10:54	10:48	10:49	10:50	10:43	0:53:37	0:54:03
44.	(8)	199	Cherniavska, Iryna	W30		09:55	11:06	11:26	11:20	11:18	0:54:59	0:55:03
45.	(2)	221	Krey, Hilde	W55	SC Altenrheine	11:19	10:54	10:51	11:00	11:08	0:54:52	0:55:11
46.	(21)	341	Cammenga, Neele	W20	HSP Münster	11:26	10:49	11:07	11:14	10:38	0:54:48	0:55:11
47.	(5)	316	Hänscheid, Vinah	W40		10:31	10:53	11:19	11:26	11:16	0:55:15	0:55:23
48.	(22)	327	Lehmann, Janne	W20	LG Ems Warendorf	10:34	10:38	12:05	11:58	10:56	0:55:47	0:56:09
49.	(23)	82	Betz, Hannah	W20	LSF Münster	10:24	11:03	11:41	11:53	11:35	0:56:26	0:56:34
50.	(24)	24	Sadowski, Isabel	W20		11:42	11:36	11:30	11:17	10:36	0:56:15	0:56:39
51.	(5)	35	Kortmann, Laura	W35		11:04	11:16	11:24	11:37	11:27	0:56:38	0:56:45
52.	(6)	36	Maas, Alana	W35		11:04	11:16	11:24	11:36	11:28	0:56:39	0:56:46
53.	(6)	168	Runge, Carolin	W40		10:29	11:35	11:52	12:21	12:04	0:58:10	0:58:18
54.	(7)	63	Brosig, Carolin	W40	LSF Münster	11:33	11:39	11:42	12:07	11:37	0:58:16	0:58:37
55.	(9)	264	Wilberg, Cornelia	W30	vereinslos	11:33	11:48	12:21	12:31	11:39	0:59:27	0:59:50
56.	(10)	291	Molitor, Moira	W30	LSF Münster	10:42	11:26	12:41	12:44	12:31	0:59:54	1:00:02
57.	(7)	208	Hano, Heike	W35	BSG LVM Versicherung	10:54	11:25	12:18	12:54	12:48	1:00:01	1:00:17
58.	(8)	152	Keller, Irina	W40		12:26	12:40	12:46	12:23	11:05	1:01:06	1:01:18
59.	(3)	25	Sadowski, Rosemarie	W55		12:21	12:15	12:24	12:35	11:52	1:01:00	1:01:25
60.	(25)	121	Laumann, Denise	W20		11:26	11:58	12:29	12:44	13:23	1:01:36	1:01:59
61.	(9)	22	Bergmann, Anne	W40	Concordia Albachten	12:49	13:18	13:39	13:50	13:35	1:06:49	1:07:09
62.	(4)	32	Neumann-Ganzs, Claudia	W55		16:39	16:43	16:26	15:56	14:53	1:20:10	1:20:35