

Pl	Stnr	Name	Zeit	1(101)	2(123)	3(122)	4(121)	5(120)	6(119)	7(118)	8(111)	9(117)	10(124)	11(115)	Z
WK27110 Anfänger (68) 3.1 km 11 P															
1	67	Max Wallasch SV Menden e. V.	38:00	0:39	6:49	9:47	11:17	13:56	19:20	25:52	29:37	34:21	36:40	37:26	38:00
2	61	Julian Gebhardt SV Menden e. V.	40:34	1:04	10:19	12:52	14:18	18:32	23:36	31:25	35:26	37:40	39:32	40:05	40:34
3		Tom Schneider TV Büschergrund eV 1957	41:50	1:04	9:15	2:33	1:26	4:14	5:04	7:49	4:01	2:14	1:52	0:33	0:29
4		Jan Schneider TV Büschergrund eV 1957	41:51	1:14	8:20	12:14	14:28	18:41	24:07	28:50	34:15	37:28	40:26	41:15	41:50
5		Axel Schneider TV Büschergrund eV 1957	41:52	1:14	7:06	3:54	2:14	4:13	5:26	4:43	5:25	3:13	2:58	0:49	0:35
6	62	Lukas Görlner SV Menden e. V.	46:46	1:15	8:21	12:19	14:33	18:49	24:06	28:43	34:13	37:27	40:34	41:19	41:51
7	101	Christa Franke OLG-Siegerland	55:38	1:15	7:06	3:58	2:14	4:16	5:17	4:37	5:30	3:14	3:07	0:45	0:32
8	68	Klaus Giebeler TSG Adler Dielfen e.V.	59:05	1:18	8:18	12:20	14:33	18:44	24:06	28:38	34:17	37:22	40:20	41:13	41:52
9	71	Frank Sperber WOLF Haltern	1:00:21	1:18	7:00	4:02	2:13	4:11	5:22	4:32	5:39	3:05	2:58	0:53	0:39
10	6	Janina Osterkamp Oberodenthaler SC 1977	1:00:54	0:28	15:56	18:50	20:28	24:34	29:37	37:34	41:28	43:43	45:33	46:06	46:46
11	79	Familie Lutter TV Schiefbahn 1899	1:01:03	1:07	13:18	19:06	22:21	26:54	34:23	39:43	45:44	49:19	53:11	54:21	55:38
12	89	Silvia Kempin Oberodenthaler SC 1977	1:01:31	1:07	12:11	5:48	3:15	4:33	7:29	5:20	6:01	3:35	3:52	1:10	1:17
13		Lauri Henrich OLG-Siegerland	1:01:41	0:45	9:32	15:57	24:25	28:17	37:23	43:56	49:10	53:35	57:11	58:17	59:05
14	84	Familie Wolf TV Schiefbahn 1899	1:02:58	0:45	8:47	6:25	8:28	3:52	9:06	6:33	5:14	4:25	3:36	1:06	0:48
15	64	MaximilianMerlin Peters/Schle SV Menden e. V.	1:10:30	0:44	10:49	16:39	20:20	24:59	32:40	39:19	50:44	54:33	57:42	59:33	1:00:21
16		Lenni Henrich OLG-Siegerland	1:13:34	0:56	13:13	4:32	2:46	3:12	8:13	5:39	7:39	3:45	8:56	0:48	1:15
17		Gruppe 4 SC Halen	1:17:14	1:11	12:41	17:52	20:56	27:08	35:14	41:27	47:02	50:05	59:17	1:00:21	1:01:03
18		Maria Vvedenskaia TV Büschergrund eV 1957	1:19:05	1:10	12:22	17:47	21:00	25:37	36:00	43:42	51:06	54:50	58:48	1:00:05	1:01:31
19	59	Tatjana Kismarton TB Bösperde 1896	1:21:17	1:10	11:12	5:25	3:13	4:37	10:23	7:42	7:24	3:44	3:58	1:17	1:26
20	58	Astrid Kemper TB Bösperde 1896	1:21:19	1:08	9:12	14:33	18:13	22:55	30:28	38:09	47:19	53:20	58:15	59:50	1:01:41
21		Natalia Guskova TV Büschergrund eV 1957	1:21:27	1:08	8:04	5:21	3:40	4:42	7:33	7:41	9:10	6:01	4:55	1:35	1:51
22	78	Familie Loth TV Schiefbahn 1899	1:22:27	1:06	14:26	18:53	21:41	26:26	33:36	39:40	48:53	52:08	1:01:26	1:02:21	1:02:58
23		Luisa Richter SV Menden e. V.	1:33:19	1:06	13:20	4:27	2:48	4:45	7:10	6:04	9:13	3:15	9:18	0:55	0:37
24		Josephine Hatting SV Menden e. V.	1:33:21	0:47	15:16	22:18	25:52	31:12	40:08	52:05	1:01:16	1:05:14	1:08:53	1:09:45	1:10:30
24		Maya Ahlers SV Menden e. V.	1:33:21	0:47	14:29	7:02	3:34	5:20	8:56	11:57	9:11	3:58	3:39	0:52	0:45
26		Lilly Okulla SV Menden e. V.	1:33:22	1:20	16:11	24:37	28:33	35:02	44:16	51:01	1:00:40	1:04:46	1:09:52	1:11:25	1:13:34
27	69	Maria Gierlach WOLF Haltern	1:33:27	1:20	14:51	8:26	3:56	6:29	9:14	6:45	9:39	4:06	5:06	1:33	2:09
28		Martina Christ TV Schiefbahn 1899	1:35:24	1:08	13:12	25:35	30:51	37:38	48:25	57:45	1:07:16	1:11:27	1:15:13	1:16:23	1:17:14
29		Gruppe 1 SC Halen	1:35:47	1:08	12:04	12:23	5:16	6:47	10:47	9:20	9:31	4:11	3:46	1:10	0:51
30	30	Gruppe 2 Freier SV von 1898 Dortmund	1:39:41	1:00	16:19	23:16	30:08	36:06	47:47	56:21	1:08:04	1:12:53	1:16:46	1:17:59	1:19:05
31	80	Jan Nideggen TV Schiefbahn 1899	1:40:17	1:00	15:19	6:57	6:52	5:58	11:41	8:34	11:43	4:49	3:53	1:13	1:06
32	52	Marlis Eickmeier TSV Bentrop-Loßbruch	1:40:34	1:11	23:34	30:51	37:50	42:40	52:20	1:00:22	1:09:49	1:14:22	1:18:38	1:19:51	1:21:17
33	51	Karin Eickmeier TSV Bentrop-Loßbruch	1:40:39	1:11	22:23	7:17	6:59	4:50	9:40	8:02	9:27	4:33	4:16	1:13	1:26
34	55	Heike Machon TSV Bentrop-Loßbruch	1:40:46	1:14	23:14	30:58	37:56	42:40	52:21	1:00:25	1:09:42	1:14:31	1:18:36	1:19:53	1:21:19
35	54	Gisela Golücke TSV Bentrop-Loßbruch	1:40:48	1:14	22:00	7:44	6:58	4:44	9:41	8:04	9:17	4:49	4:05	1:17	1:26
36	56	Gabi Preukschat TSV Bentrop-Loßbruch	1:41:25	1:51	18:52	25:38	32:28	38:27	50:03	59:07	1:10:23	1:15:31	1:19:06	1:20:26	1:21:27
37	53	Wolfgang Fischer TSV Bentrop-Loßbruch	1:41:26	1:51	17:01	6:46	6:50	5:59	11:36	9:04	11:16	5:08	3:35	1:20	1:01
38	57	Ingeborg Schilling TSV Bentrop-Loßbruch	1:41:32	0:56	23:31	31:54	34:41	39:05	48:24	1:04:15	1:11:45	1:17:03	1:20:33	1:21:42	1:22:27
39	3	Lena Jessen Oberodenthaler SC 1977	1:45:43	0:56	22:35	8:23	2:47	4:24	9:19	15:51	7:30	5:18	3:30	1:09	0:45
40	4	Lisa Jessen Oberodenthaler SC 1977	1:45:44	1:13	13:55	27:14	31:30	41:23	51:54	1:08:21	1:18:23	1:23:59	1:30:30	1:31:46	1:33:19
41		Thomas Mertens TV Fredeburg	1:52:25	1:13	12:42	13:19	4:16	9:53	10:31	16:27	10:02	5:36	6:31	1:16	1:33
42	60	Julian/Felix Esselun/Peters/Hz SV Menden e. V.	1:54:41	1:16	13:57	27:17	31:13	41:27	52:09	1:08:09	1:18:14	1:24:02	1:30:19	1:31:37	1:33:21
43	2	Sophie Hilgert Oberodenthaler SC 1977	1:55:37	1:16	12:41	13:20	3:56	10:14	10:42	16:00	10:05	5:48	6:17	1:18	1:44
44	35	Gruppe 3 Freier SV von 1898 Dortmund	2:03:07	1:18	13:33	27:23	31:20	41:24	51:59	1:08:09	1:18:10	1:23:52	1:30:15	1:31:43	1:33:21
45	86	Ann-Kristin Hintzen TuS 1900 Wegberg	2:06:28	1:18	12:15	13:50	3:57	10:04	10:35	16:10	10:01	5:42	6:23	1:28	1:38

PI	Stnr	Name	Zeit	(Forts.)												
WK27110 Anfänger (68)			3.1 km	11 P	1(101)	2(123)	3(122)	4(121)	5(120)	6(119)	7(118)	8(111)	9(117)	10(124)	11(115)	Z
46	85	Sophia Bennecke TuS 1900 Wegberg	2:06:29	1:17 1:17	29:31 28:14	36:35 7:04	47:02 10:27	54:38 7:36	1:08:45 14:07	1:21:24 12:39	1:30:54 9:30	1:41:11 10:17	2:02:03 20:52	2:04:15 2:12	2:06:29 2:14	
47	87	Sophie Rose TuS 1900 Wegberg	2:06:32	1:16 1:16	29:44 28:28	36:55 7:11	47:02 10:07	54:46 7:44	1:08:45 13:59	1:21:16 12:31	1:30:52 9:36	1:41:09 10:17	2:01:55 20:46	2:04:14 2:19	2:06:32 2:18	
48	88	Edith Schmiedicke TuS 1900 Wegberg	2:06:45	1:32 1:32	29:53 28:21	37:06 7:13	47:14 10:08	54:53 7:39	1:08:57 14:04	1:21:28 12:31	1:31:13 9:45	1:41:36 10:23	2:02:46 21:10	2:04:43 2:15	2:06:45 2:02	
49		Gruppe 2 SC Halen	2:08:07	1:44 1:44	46:24 44:40	58:36 12:12	1:01:12 2:36	1:07:35 6:23	1:21:03 13:28	1:29:43 8:40	1:40:39 10:56	1:47:14 6:35	2:04:47 17:33	2:06:07 1:20	2:08:07 2:00	
50	15	Gruppe 2 Dortmunder TG v.1873	2:10:08	1:17 1:17	1:06:36 1:05:19	1:12:08 5:32	1:17:05 4:57	1:21:55 4:50	1:39:32 17:37	1:49:00 9:28	1:56:26 7:26	2:01:27 5:01	2:07:50 6:23	2:09:20 1:30	2:10:08 0:48	
51	20	Gruppe 3 Dortmunder TG v.1873	2:10:41	0:53 0:53	32:57 32:04	52:12 19:15	55:03 2:51	1:03:05 8:02	1:22:33 19:28	1:44:34 22:01	1:58:20 13:46	2:02:32 4:12	2:08:30 5:58	2:09:20 0:50	2:10:41 1:21	
52	45	Gruppe 5 Freier SV von 1898 Dortmund	2:14:02	1:15 1:15	55:56 54:41	1:03:59 8:03	1:13:13 9:14	1:22:13 9:00	1:35:32 13:19	1:51:25 15:53	2:01:11 9:46	2:05:51 4:40	2:11:22 5:31	2:12:38 1:16	2:14:02 1:24	
53	17	3 Gruppe Dortmunder TG v.1873	2:18:33	1:54 1:54	1:06:26 1:04:32	1:18:35 12:09	1:23:29 4:54	1:28:54 5:25	1:47:40 18:46	1:55:25 7:45	2:05:25 10:00	2:10:22 4:57	2:15:51 5:29	2:16:54 1:03	2:18:33 1:39	
54	13	Gruppe 1 Dortmunder TG v.1873	2:21:17	2:02 2:02	1:17:38 1:15:36	1:24:37 6:59	1:31:25 6:48	1:37:07 5:42	1:48:52 11:45	1:57:20 8:28	2:07:19 9:59	2:12:40 5:21	2:18:07 5:27	2:19:29 1:22	2:21:17 1:48	
55		Gruppe 5 SC Halen	2:28:29	1:14 1:14	27:17 26:03	33:09 5:52	36:10 3:01	41:42 5:32	1:08:24 26:42	1:16:38 8:14	2:06:33 49:55	2:16:04 9:31	2:24:45 8:41	2:26:12 1:27	2:28:29 2:17	
	7	Selma Pfäßmann Oberodenthaler SC 1977	Fehlst	1:09 1:09	16:42 15:33	23:00 6:18	27:47 4:47	32:46 4:59	41:24 8:38	49:09 7:45	58:39 9:30	1:03:04 4:25	----	1:06:00 2:56	1:06:40 0:40	
	8	Heidi Wierner Oberodenthaler SC 1977	Fehlst	1:13 1:13	16:44 15:31	22:59 6:15	27:50 4:51	32:49 4:59	41:27 8:38	49:08 7:41	58:43 9:35	1:03:07 4:24	----	1:06:06 2:59	1:06:45 0:39	
	9	Edeltraut Engl TuS Bönen 01 e. V.	Fehlst	1:53 1:53	29:16 27:23	50:53 21:37	1:16:04 25:11	1:24:53 8:49	1:42:22 17:29	1:51:31 9:09	2:15:55 24:24	2:21:06 5:11	----	2:27:22 6:16	2:29:14 1:52	
	10	Fritz Koch TuS Bönen 01 e. V.	Fehlst	1:54 1:54	29:16 27:22	50:53 21:37	1:16:04 25:11	1:24:52 8:48	1:42:22 17:30	1:51:26 9:04	2:15:54 24:28	2:21:05 5:11	----	2:27:21 6:16	2:29:09 1:48	
	11	Ingeborg Langer TuS Bönen 01 e. V.	Fehlst	1:50 1:50	28:58 27:08	51:08 22:10	1:16:33 25:25	1:24:51 8:18	1:41:29 16:38	1:52:08 10:39	2:15:53 23:45	2:20:53 5:00	----	2:27:15 6:22	2:29:10 1:55	
	12	Adolf Langer TuS Bönen 01 e. V.	Fehlst	1:48 1:48	29:14 27:26	51:07 21:53	1:16:31 25:24	1:24:50 8:19	1:41:28 16:38	1:52:08 10:40	2:15:53 23:45	2:20:52 4:59	----	2:27:16 6:24	2:29:12 1:56	
	28	Gruppe 1 Freier SV von 1898 Dortmund	Fehlst	1:20 1:20	24:11 22:51	46:56 22:45	1:13:21 26:25	1:17:09 3:48	1:27:55 10:46	1:35:36 7:41	1:43:11 7:35	----	2:01:23 18:12	2:02:05 0:42	2:02:37 0:32	1:49:45 *115
				1:49:54 *115												
	43	Gruppe 4 Freier SV von 1898 Dortmund	Fehlst	0:44 0:44	20:06 19:22	39:17 19:11	1:09:10 29:53	1:13:02 3:52	1:23:56 10:54	1:31:35 7:39	1:39:10 7:35	----	1:57:22 18:12	1:58:07 0:45	1:58:42 0:35	1:45:45 *115
	70	Frederik Osterburg WOLF Haltern	Fehlst	0:44 0:44	11:40 10:56	16:01 4:21	20:40 4:39	24:32 3:52	34:27 9:55	40:48 6:21	48:25 7:37	51:02 2:37	----	56:22 5:20	57:04 0:42	
		Karsten Langer TuS Bönen 01 e. V.	Fehlst	1:46 1:46	29:16 27:30	51:13 21:57	1:16:38 25:25	1:24:57 8:19	1:41:34 16:37	1:52:13 10:39	2:15:58 23:45	2:20:58 5:00	----	2:27:19 6:21	2:29:14 1:55	
		Gruppe 3 SC Halen	Fehlst	1:24 1:24	1:39:58 1:38:34	----	----	----	----	----	----	----	----	----	----	56:05 *116
	11111	Alexander Kottschlag ohne Verein	Fehlst	1:25 1:25	56:30 55:05	1:04:55 8:25	1:10:13 5:18	1:19:13 9:00	1:37:44 18:31	1:53:28 15:44	----	----	----	----	----	
		Julian Kottschlag ohne Verein	Fehlst	1:17 1:17	56:36 55:19	1:04:56 8:20	1:09:54 4:58	1:19:13 9:19	1:37:56 18:43	1:53:04 15:08	----	----	----	----	----	1:15:19 *106

WK27111 Fortgeschrit (40)			4.9 km	15 P	1(116)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(114)	11(110)	12(111)	13(112)	14(113)
1	108	Nicklas Glowka TSC Eintracht Dortmund	49:17	1:21 1:21	8:58 7:37	10:02 1:04	10:44 0:42	15:10 4:26	22:48 7:38	25:48 3:00	27:09 3:00	27:09 1:21	30:12 3:03	34:24 4:12	35:54 1:30	42:14 6:20	46:30 4:16	47:44 1:14
2	104	Stefan Berse WOLF Haltern	54:55	0:59 0:59	7:43 6:44	8:53 1:10	9:32 0:39	14:46 5:14	28:13 13:27	31:25 3:12	34:28 3:03	37:10 2:42	41:01 3:51	42:09 1:08	47:58 5:49	52:32 4:34	53:39 1:07	
3		Wolfgang Fuchs TSG Helberhausen	55:36	2:06 2:06	8:42 6:36	9:56 1:14	10:36 0:40	14:15 3:39	23:08 8:53	26:26 3:18	33:03 6:37	36:32 3:29	40:01 3:29	42:24 2:23	48:46 6:22	53:00 4:14	54:08 1:08	
4		Volker Moll TV Büschergrund eV 1957	59:27	1:11 1:11	8:44 7:33	10:02 1:18	10:52 0:50	15:00 4:08	25:51 10:51	28:52 3:01	30:05 1:13	34:17 4:12	38:46 4:29	41:03 2:17	49:54 8:51	56:41 6:47	57:45 1:04	
5	103	Michael Zwicke DJK Alder 07 Bottrop	59:40	5:38 5:38	14:03 8:25	15:22 1:19	16:07 0:45	20:07 4:00	30:33 10:26	33:21 2:48	34:38 1:17	38:24 3:46	42:43 4:19	44:21 1:38	51:34 7:13	55:48 4:14	57:53 2:05	
6	90	Tatjana Kempin Oberodenthaler SC 1977	1:00:19	1:54 1:54	10:17 8:23	12:06 1:49	12:55 0:49	17:59 5:04	27:46 9:47	32:51 5:05	34:05 1:14	37:11 3:06	41:54 4:43	43:41 1:47	51:07 7:26	57:03 5:56	58:50 1:47	
7	105	Peter Gierlach WOLF Haltern	1:02:08	1:48 1:48	10:34 8:46	12:07 1:33	12:56 0:49	17:12 4:16	27:19 10:07	31:09 3:50	33:36 2:27	37:41 4:05	42:36 4:55	44:23 1:47	52:41 8:18	58:22 5:41	1:00:20 1:58	
8	107	Anna Gierlach WOLF Haltern	1:03:18	1:25 1:25	9:49 8:24	11:48 1:59	12:33 0:45	17:14 4:41	26:37 9:23	30:21 3:44	33:34 3:13	38:04 4:30	44:33 6:29	46:50 2:17	54:29 7:39	59:53 5:24	1:01:32 1:39	
9		Arne Fuchs TSG Helberhausen	1:04:59	3:22 3:22	11:15 7:53	12:49 1:34	13:38 0:49	17:45 4:07	26:18 8:33	30:34 4:16	33:01 2:27	37:01 4:00	47:05 10:04	49:27 2:22	56:24 6:57	1:01:54 5:30	1:03:14 1:20	

PI	Stnr	Name	Zeit													
WK27111 Fortgeschrit (40)			4.9 km 15 P		(Forts.)											
			1(116) 15(115)	2(102) Z	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(114)	11(110)	12(111)	13(112)	14(113)
10		Achim Glowka TSC Eintracht Dortmund	1:12:33 1:57 1:11:43 1:15	12:31 10:34 1:12:33 0:50	14:19 1:48	15:13 0:54	20:05 4:52	36:25 16:20	40:21 3:56	41:38 1:17	46:59 5:21	51:48 4:49	54:30 2:42	1:03:14 8:44	1:08:48 5:34	1:10:28 1:40
11	96	Maik Zeisberg TuS Bega 1909 e.V.	1:13:42 4:05 1:13:12 1:07	14:48 10:43 1:13:42 0:30	18:21 3:33	19:07 0:46 *101	23:03 3:56	32:33 9:30	34:54 2:21	36:19 1:25	50:28 14:09	57:16 6:48	58:28 1:12	1:05:30 7:02	1:10:55 5:25	1:12:05 1:10
12	106	Julia Gierlach WOLF Haltern	1:13:55 3:22 1:12:58 1:04	14:25 11:03 1:13:55 0:57	16:06 1:41	17:03 0:57 *101	21:53 4:50	32:35 10:42	36:40 4:05	40:17 3:37	45:27 5:10	53:10 7:43	54:46 1:36	1:02:41 7:55	1:10:19 7:38	1:11:54 1:35
13		Johanna Renker TSC Eintracht Dortmund	1:14:11 2:22 1:13:36 1:16	12:17 9:55 1:14:11 0:35	14:11 1:54	15:15 1:04	21:17 6:02	38:42 17:25	42:27 3:45	43:47 1:20	49:12 5:25	54:24 5:12	57:13 2:49	1:05:00 7:47	1:10:47 5:47	1:12:20 1:33
14	93	Tim Fasse TuS Bega 1909 e.V.	1:17:42 2:24 1:17:15 1:13	12:26 10:02 1:17:42 0:27	13:23 0:57	14:07 0:44 0:52 *101	19:01 4:54 32:06 *120	33:45 14:44	40:39 6:54	50:20 9:41	55:24 5:04	1:01:19 5:55	1:02:24 1:05	1:09:29 7:05	1:14:53 5:24	1:16:02 1:09
15		Nasdezda Zakharova TV Büschergrund eV 1957	1:18:44 2:41 1:17:52 1:20	12:43 10:02 1:18:44 0:52	15:56 3:13	17:04 1:08	22:33 5:29	34:15 11:42	39:58 5:43	41:36 1:38	46:50 5:14	55:27 8:37	59:01 3:34	1:07:47 8:46	1:14:21 6:34	1:16:32 2:11
16	102	Gerrit Krause TSV Bayer Wuppertal	1:20:20 2:15 1:19:32 1:31	10:36 8:21 1:20:20 0:48	12:26 1:50	13:15 0:49	17:41 4:26	34:51 17:10	38:45 3:54	40:04 1:19	44:25 4:21	1:00:52 16:27	1:02:31 1:39	1:11:33 9:02	1:16:25 4:52	1:18:01 1:36
17		Henning Käppele TV Büschergrund eV 1957	1:21:04 8:40 8:40 1:20:17	17:10 8:30 1:21:04 0:47	19:21 2:11	20:13 0:52	24:33 4:20	38:29 13:56	43:13 4:44	48:55 5:42	53:22 4:27	1:00:16 6:54	1:02:21 2:05	1:11:06 8:45	1:17:55 6:49	1:19:14 1:19
18		Walter Gieseler TuS Fellinghausern	1:22:10 1:31 1:21:28 1:27	11:29 9:58 1:22:10 0:42	16:27 4:58	17:23 0:56	21:57 4:34	31:50 9:53	35:31 3:41	37:05 1:34	41:41 4:36	46:27 4:46	58:13 11:46	1:10:34 12:21	1:18:06 7:32	1:20:01 1:55
19		Mathias Vieten TV Büschergrund eV 1957	1:24:45 4:14 1:24:01 1:18	13:23 9:09 1:24:45 0:44	15:00 1:37	16:17 1:17 50:49 *110	21:10 4:53 50:49 *110	32:46 11:36 52:33 *123	38:23 5:37	39:50 1:27	44:40 4:50	1:01:02 16:22	1:04:37 3:35	1:13:46 9:09	1:20:51 7:05	1:22:43 1:52
20	100	Almut Kammholz Köln OL-Team	1:29:10 7:42 7:42 1:28:28	18:46 11:04 1:29:10 0:42	21:06 2:20	22:11 1:05	27:49 5:38	37:37 9:48	42:43 5:06	47:41 4:58	52:48 5:07	1:03:55 11:07	1:06:58 3:03	1:14:34 7:36	1:24:58 10:24	1:27:25 2:27
21	91	Lothar Kempin Oberodenthaler SC 1977	1:32:21 3:20 3:20 1:31:38	12:54 9:34 1:32:21 0:43	15:45 2:51	17:02 1:17	22:23 5:21	34:27 12:04	39:29 5:02	51:51 12:22	59:17 7:26	1:05:45 6:28	1:09:17 3:32	1:22:13 12:56	----- 8:07	1:30:20 8:07
22		Mathias Münker TV Allenbach	1:32:30 4:06 1:31:45 1:18	13:13 9:07 1:32:30 0:45	17:01 3:48	18:24 1:23	23:55 5:31	42:35 18:40	46:10 3:35	54:34 8:24	1:01:49 7:15	1:06:42 4:53	1:08:27 1:45	1:20:18 11:51	1:29:23 9:05	1:30:27 1:04
23		Barbara Glowka TSC Eintracht Dortmund	1:33:56 2:57 2:57 1:32:55	17:27 14:30 1:33:56 1:01	19:54 2:27	21:35 1:41	29:54 8:19	44:38 14:44	49:30 4:52	51:48 2:18	57:58 6:10	1:05:30 7:32	1:08:49 3:19	1:19:33 10:44	1:29:19 9:46	1:31:21 2:02
24	10000	Joachim Menn TV Allenbach	1:35:44 4:39 4:39 1:35:07	16:16 11:37 1:35:44 0:37	18:19 2:03	19:34 1:15	24:49 5:15	38:17 13:28	42:13 3:56	43:48 1:35	52:08 8:20	58:19 6:11	1:01:23 3:04	1:20:16 18:53	1:32:14 11:58	1:34:00 1:46
25	94	Fabian Kuhlemann TuS Bega 1909 e.V.	2:06:03 3:26 3:26 2:05:03	13:45 10:19 2:06:03 1:00	15:16 1:31	16:07 0:51	20:59 4:52	35:45 14:46	42:41 6:56	52:34 9:53	57:27 4:53	1:03:34 6:07	1:04:42 1:08	1:15:13 10:31	1:58:56 43:43	2:03:09 4:13
26		Karl-Heinz Mols Hansa Simmerath	2:06:37 3:35 3:35 2:05:41	19:52 16:17 2:06:37 0:56	22:07 2:15	23:29 1:22	32:08 8:39	52:30 20:22	1:11:22 18:52	1:13:28 2:06	1:22:48 9:20	1:32:47 9:59	1:36:33 3:46	1:48:42 12:09	1:59:56 11:14	2:04:10 4:14
27	74	Swidbert Hürten TSG Helene Essen e. V.	2:07:22 2:27 2:27 2:06:15	34:08 31:41 2:07:22 1:07	35:49 1:41	37:56 2:07	43:47 5:51	59:05 15:18	1:08:15 9:10	1:10:38 2:23	1:28:34 17:56	1:36:31 7:57	1:38:32 2:01	1:50:03 11:31	2:01:35 11:32	2:04:09 2:34
28	92	Kathrin Wiatersek Oberodenthaler SC 1977	2:08:05 19:58 19:58 2:07:24	30:57 10:59 2:08:05 0:41	36:06 5:09	37:07 1:01	42:00 4:53	1:00:02 18:02	1:04:12 4:10	1:15:29 11:17	1:23:25 7:56	1:30:02 6:37	1:46:28 16:26	1:55:45 9:17	2:04:26 8:41	2:06:03 1:37
29		Jürgen Ditsche TuS Fellinghausern	2:10:07 2:50 2:50 2:09:09	21:53 19:03 2:10:07 0:58	23:51 1:58	25:21 1:30 *110	34:09 8:48	53:07 18:58	1:00:34 7:27	1:02:59 2:25	1:15:00 12:01	1:37:10 22:10	1:40:24 3:14	1:52:49 12:25	2:03:06 10:17	2:07:37 4:31
30		Annette Ditsche TuS Fellinghausern	2:10:08 3:02 3:02 2:09:23	21:58 18:56 2:10:08 0:45	24:10 2:12	25:42 1:32 *110	34:08 8:26	53:23 19:15	1:01:02 7:39	1:03:16 2:14	1:16:01 12:45	1:38:24 22:23	1:40:35 2:11	1:52:58 12:23	2:03:06 10:08	2:07:27 4:21
31	99	Petra Wiezorek TV Kreuztal 1888 e.V.	2:10:10 2:43 2:43 2:08:52	22:12 19:29 2:10:10 1:18	24:08 1:56	25:33 1:25 *110	34:09 8:36	53:11 19:02	1:00:50 7:39	1:03:08 2:18	1:16:08 13:00	1:37:28 21:20	1:40:27 2:59	1:52:50 12:23	2:03:17 10:27	2:07:10 3:53

Pl	Stnr	Name	Zeit															
WK27111 Fortgeschrit (40)			4.9 km 15 P		<i>(Forts.)</i>													
			1(116)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(114)	11(110)	12(111)	13(112)	14(113)		
			15(115)	Z														
32	98	Reiner Wiezorek TV Kreuztal 1888 e.V.	2:10:14	2:44 2:09:06 1:50	22:15 19:31 1:08	24:10 1:55	25:39 1:29 *110	34:21 8:42	53:18 18:57	1:01:09 7:51	1:03:30 2:21	1:16:17 12:47	1:37:52 21:35	1:40:31 2:39	1:52:56 12:25	2:03:27 10:31	2:07:16 3:49	
33	109	Karl Drexhage OLG-Siegerland	2:23:53	3:25 3:25 2:22:42 2:16	29:39 26:14 2:23:53 1:11	33:19 3:40	35:20 2:01	43:30 8:10	1:03:47 20:17	1:11:49 8:02	1:15:59 4:10	1:25:54 9:55	1:40:33 14:39	1:49:15 8:42	2:05:30 16:15	2:16:27 10:57	2:20:26 3:59	
34		Werner Franz LT Wischlinghausen Dortmund	2:28:15	20:04 2:27:24 1:19	1:02:28 42:24 2:28:15 0:51	1:03:54 1:26	1:05:29 1:35	1:11:00 5:31	1:29:30 18:30	1:34:32 5:02	1:36:37 2:05	1:44:07 7:30	1:54:27 10:20	1:58:39 4:12	2:12:57 14:18	2:22:07 9:10	2:26:05 3:58	
35		Gerhard Zenker MTV Langenberg 1882	2:50:05	9:08 9:08 2:48:52	32:28 23:20 2:50:05	36:13 3:45	39:13 3:00	48:00 8:47	1:19:37 31:37	1:28:12 8:35	1:36:36 8:24	1:50:51 14:15	2:02:41 11:50	2:18:23 15:42	2:29:35 11:12	2:44:11 14:36	2:47:03 2:52	
36	97	Denis Zeisberg TuS Bega 1909 e.V.	3:02:32	1:49 2:54 3:01:00 1:34	1:13 21:38 3:02:32 1:32	23:49 2:11	25:33 1:44 *101	56:06 30:33	1:46:44 50:38	1:56:38 9:54	1:58:15 1:37	2:12:06 13:51	2:18:48 6:42	2:21:41 2:53	2:33:15 11:34	2:57:52 24:37	2:59:26 1:34	
37	73	Cornelia Chwalek TSG Helene Essen e. V.	3:59:11	3:29 3:29 3:55:02 2:36	26:22 22:53 3:59:11 4:09	28:47 2:25	30:36 1:49	47:36 17:00	2:02:52 1:15:16	2:11:17 8:25	2:21:47 10:30	2:37:21 15:34	3:07:12 29:51	3:09:36 2:24	3:28:31 18:55	3:47:33 19:02	3:52:26 4:53	
38	75	Gudrun Lohmeyer TSG Helene Essen e. V.	3:59:17	3:31 3:31 3:54:58 2:58	26:33 23:02 3:59:17 4:19	28:36 2:03	30:27 1:51 *110	48:06 17:39	2:02:53 1:14:47	2:11:03 8:10	2:21:30 10:27	2:37:03 15:33	3:06:57 29:54	3:09:20 2:23	3:28:33 19:13	3:47:43 19:10	3:52:00 4:17	
39	76	Ingrid Pecher TSG Helene Essen e. V.	3:59:33	3:22 3:22 3:55:03 2:49	26:16 22:54 3:59:33 4:30	28:41 2:25	30:44 2:03	47:45 17:01	2:03:03 1:15:18	2:11:15 8:12	2:21:39 10:24	2:37:32 15:53	3:07:05 29:33	3:09:27 2:22	3:28:38 19:11	3:47:29 18:51	3:52:14 4:45	
	95	Amadeus Trometer TuS Bega 1909 e.V.	Fehlst	----- 25:41 3:04:56 1:28	25:41 25:41 3:06:17 1:21	27:50 2:09	29:28 1:38 0:37 *101	1:00:12 30:44	1:50:42 50:30	2:00:32 9:50	2:02:12 1:40	2:16:17 14:05	2:22:52 6:35	2:25:33 2:41	2:37:17 11:44	3:01:49 24:32	3:03:28 1:39	