

Herren Gesamt

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE (3 aus 4) |
|-------|-------------------------|-------------------------------|------|-------|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|------------------------|
| 1 | Barwinski, Jonas | LG Ahlen | 1997 | M20 | 117 | 34:18 | 25 | 35:13 | 25 | 0:35:47 | 25 | 35:06 | 25 | 75 |
| 2 | Kaldewei, Philipp | LV Oelde | 1981 | M35 | 159 | 34:22 | 24 | 36:05 | 24 | | 0 | 35:52 | 24 | 72 |
| 3 | Thiel, Sascha | Warendorfer SU Abt. Schwimmen | 1992 | M20 | 112 | 35:47 | 23 | 36:51 | 22 | 0:36:34 | 24 | 36:09 | 23 | 70 |
| 4 | Worm, Max | LV Oelde | 1997 | M20 | 168 | 36:20 | 22 | 36:31 | 23 | 0:37:03 | 23 | 36:19 | 22 | 68 |
| 5 | Hunke, Merlin | W+F Münster | 2000 | MJU20 | 81 | | 0 | 37:57 | 21 | 0:38:06 | 22 | 38:14 | 21 | 64 |
| 6 | Marks, Matthias | LG Hamm | 1968 | M50 | 181 | 38:53 | 20 | 38:42 | 20 | 0:38:27 | 21 | | 0 | 61 |
| 7 | Brodka, Jens | LV Oelde | 1979 | M35 | 151 | 38:40 | 21 | 38:51 | 19 | 0:39:56 | 18 | 38:24 | 20 | 60 |
| 8 | Hoppe, Bernd | LV Oelde | 1967 | M50 | 157 | 38:54 | 19 | | 0 | 0:39:35 | 19 | 39:54 | 18 | 56 |
| 9 | Trumpf, Henning | | 1965 | M50 | 199 | 39:50 | 16 | 39:07 | 18 | 0:39:31 | 20 | 40:24 | 17 | 55 |
| 10 | Kahl, Stefan | Rotation Wolbeck | 1981 | M35 | 202 | 39:31 | 17 | 39:26 | 17 | | 0 | 38:37 | 19 | 53 |
| 11 | Stechbart, Viktor | LV Oelde | 1978 | M40 | 164 | 39:16 | 18 | 39:36 | 16 | | 0 | 40:25 | 16 | 50 |
| 12 | Wendker, Thomas | BSV Ostbevern | 1967 | M50 | 189 | 40:08 | 12 | 40:10 | 12 | 0:40:29 | 16 | | 0 | 40 |
| 13 | Neuhaus, Sven | LV Oelde | 1981 | M35 | 162 | 39:52 | 15 | 40:25 | 11 | | 0 | 41:17 | 13 | 39 |
| 14 | Stolz, Dirk | SC Altenrheine | 1987 | M30 | 20 | 39:58 | 13 | 39:49 | 15 | | 0 | 41:20 | 11 | 39 |
| 15 | Teunissen, Tobias | | 1985 | M30 | 220 | 40:53 | 9 | 40:09 | 13 | 0:40:27 | 17 | | 0 | 39 |
| 16 | Leopold, Kevin | Ochtrup | 1991 | M20 | 51 | 40:37 | 11 | 40:40 | 10 | 0:41:53 | 9 | 40:25 | 16 | 37 |
| 17 | Schmiing, Reinhard | LSF Münster | 1968 | M50 | 47 | 39:54 | 14 | 40:50 | 8 | 0:41:44 | 11 | | 0 | 33 |
| 18 | Stripper, Uli | LV Oelde | 1959 | M55 | 165 | 40:57 | 8 | 41:06 | 6 | 0:41:50 | 10 | 41:17 | 13 | 31 |
| 19 | Pabst, Christoph | Team Thermomix | 1983 | M35 | 142 | 41:00 | 7 | 40:04 | 14 | 0:41:58 | 8 | 43:14 | 1 | 29 |
| 20 | Niermann, Andreas | TV Friesen Telgte | 1969 | M45 | 11 | 42:04 | 4 | 53:39 | 0 | 0:41:08 | 15 | 41:56 | 9 | 28 |
| 21 | Arnsberg, Ulrich | TUS Hilstrup | 1965 | M50 | 109 | | 0 | 41:15 | 5 | 0:41:36 | 13 | 42:24 | 4 | 22 |
| 22 | Baum, Stefan | LV Oelde | 1993 | M20 | 150 | | 0 | 40:46 | 9 | 0:41:41 | 12 | 44:31 | 0 | 21 |
| 23 | Stratmann, Christian | Warendorf | 1978 | M40 | 186 | 40:51 | 10 | 40:55 | 7 | 0:42:59 | 4 | | 0 | 21 |
| 24 | Thiele, Dennis | LV Oelde | 1978 | M40 | 167 | 41:07 | 6 | 41:55 | 1 | 0:42:07 | 7 | 42:17 | 7 | 20 |
| 25 | Möller, Christian | Run4fun Greven e.V. | 1976 | M40 | 123 | 42:35 | 0 | 41:54 | 2 | 0:42:12 | 6 | 41:26 | 10 | 18 |
| 26 | Teichmann, Marc | TuS Saxonia Münster | 1985 | M30 | 22 | 44:38 | 0 | 41:30 | 4 | 0:41:28 | 14 | 43:59 | 0 | 18 |
| 27 | Orlowski, Bernd | LV Oelde | 1957 | M60 | 16 | | 0 | 42:54 | 0 | 0:46:39 | 0 | 40:32 | 14 | 14 |
| 28 | Wirth zur Osten, Frank | FSG Warendorf | 1969 | M45 | 88 | 42:06 | 3 | 43:05 | 0 | 0:44:13 | 1 | 41:58 | 8 | 12 |
| 29 | Grünebaum, Manfred | LV Oelde | 1957 | M60 | 66 | 41:55 | 5 | 42:41 | 0 | 0:42:43 | 5 | 43:16 | 0 | 10 |
| 30 | Borgmann, Mirco | TV Friesen Telgte | 1973 | M45 | 8 | | 0 | 41:49 | 3 | 0:44:43 | 0 | 42:24 | 5 | 8 |
| 31 | Solisch, Volker | | 1961 | M55 | 172 | | 0 | 51:19 | 0 | 0:52:35 | 0 | 42:18 | 6 | 6 |
| 32 | Helfenbein, Andreas | SF Ennepetal | 1961 | M55 | 107 | 42:11 | 2 | 42:05 | 0 | 0:44:24 | 0 | 42:37 | 2 | 4 |
| 33 | Zumdieck, Norbert | LG Ems Warendorf | 1966 | M50 | 120 | 43:31 | 0 | 43:30 | 0 | | 0 | 42:27 | 3 | 3 |
| 34 | Kahle, Matthias | Team Friwo energy | 1965 | M50 | 79 | 43:57 | 0 | 43:42 | 0 | 0:43:56 | 3 | | 0 | 3 |
| 35 | Lid, Rainer | LSF Münster | 1952 | M65 | 41 | 43:46 | 0 | 42:07 | 0 | 0:44:03 | 2 | 43:27 | 0 | 2 |
| 36 | Ranger, Thorsten | TV Friesen Telgte | 1976 | M40 | 176 | 42:33 | 1 | 43:04 | 0 | | 0 | 46:22 | 0 | 1 |
| | Albers, Frank | die hüpfenden Waden | 1973 | M45 | 76 | 1:04:40 | 0 | 1:08:25 | 0 | 1:08:02 | 0 | 1:07:00 | 0 | 0 |
| | Kemper, Siegfried | LC Solbad Ravensberg | 1954 | M60 | 174 | 58:34 | 0 | 57:33 | 0 | 0:58:56 | 0 | 1:09:51 | 0 | 0 |
| | Freitag, Joachim | BSG Sparkasse Münsterland Ost | 1968 | M50 | 59 | 45:07 | 0 | 45:24 | 0 | 0:46:27 | 0 | 43:17 | 0 | 0 |
| | Wolf, Nils | Kölle-Telgte-Alaaf | 1973 | M45 | 210 | 44:06 | 0 | 44:40 | 0 | | 0 | 43:22 | 0 | 0 |
| | Zenker, Sebastian | LV Oelde | 1983 | M35 | 169 | 44:17 | 0 | 42:49 | 0 | 0:44:39 | 0 | 43:34 | 0 | 0 |
| | Vox, Ole | SV Kettenkamp | 2002 | MJU18 | 19 | 44:29 | 0 | 42:00 | 0 | 0:47:52 | 0 | 43:34 | 0 | 0 |
| | Strotmeier, Franz Josef | WSU Tri-Team Warendorf | 1958 | M60 | 175 | 51:11 | 0 | 52:00 | 0 | 0:49:36 | 0 | 43:35 | 0 | 0 |
| | Gerkmann, Tim | Münster | 1985 | M30 | 50 | 44:17 | 0 | 44:35 | 0 | 0:45:57 | 0 | 43:38 | 0 | 0 |
| | Kemper, Andreas | LV Oelde | 1960 | M55 | 160 | 43:32 | 0 | 44:12 | 0 | 0:44:35 | 0 | 44:11 | 0 | 0 |
| | Hovest, Ludger | Lauftreff Ostbevern | 1962 | M55 | 103 | 44:21 | 0 | 43:11 | 0 | | 0 | 44:15 | 0 | 0 |
| | Komischke, Michael | Run4fun Greven e.V. | 1973 | M45 | 122 | 44:25 | 0 | 44:38 | 0 | | 0 | 44:44 | 0 | 0 |
| | Toepper, Georg | | 1959 | M55 | 184 | 44:02 | 0 | 44:33 | 0 | 0:45:27 | 0 | 45:06 | 0 | 0 |
| | Hoerster, Johannes | Münster | 1964 | M50 | 149 | 47:42 | 0 | 47:18 | 0 | 0:46:54 | 0 | 46:11 | 0 | 0 |
| | Averhoff, Dieter | RSG Warendorf-Freckenhorst | 1963 | M55 | 2 | 45:34 | 0 | 46:49 | 0 | 0:47:28 | 0 | 46:11 | 0 | 0 |
| | Fischer-Behnen, Achim | LG Hamm | 1956 | M60 | 83 | | 0 | 46:05 | 0 | 0:48:21 | 0 | 46:16 | 0 | 0 |
| | Rammert, Oliver | LV Oelde | 1999 | MJU20 | 170 | 46:39 | 0 | 46:01 | 0 | | 0 | 46:21 | 0 | 0 |
| | Neuhaus, Walter | PC Telgte | 1965 | M50 | 206 | 45:13 | 0 | 45:49 | 0 | | 0 | 46:28 | 0 | 0 |
| | Grund, Richard | LV Oelde | 1965 | M50 | 154 | 45:53 | 0 | | 0 | 0:47:35 | 0 | 46:46 | 0 | 0 |
| | Jansen, Karsten | Run4fun Greven e.V. | 1983 | M35 | 128 | | 0 | 44:42 | 0 | 0:44:45 | 0 | 47:23 | 0 | 0 |
| | Von Majewsky, Thomas | Ostbevern | 1979 | M35 | 141 | 46:39 | 0 | 47:00 | 0 | 0:47:28 | 0 | 47:41 | 0 | 0 |
| | Grieb, Jürgen | Sendenhorst | 1955 | M60 | 115 | 47:04 | 0 | 47:23 | 0 | 0:48:05 | 0 | 47:56 | 0 | 0 |
| | Stuke, Kevin David | Bielefeld | 1991 | M20 | 68 | 48:32 | 0 | | 0 | 0:48:36 | 0 | 47:58 | 0 | 0 |
| | Korte, Frank | BSV Ostbevern | 1969 | M45 | 204 | 47:57 | 0 | 47:00 | 0 | | 0 | 48:42 | 0 | 0 |
| | Verenkotte, Stephan | Ostbevern | 1989 | M20 | 180 | 50:00 | 0 | | 0 | 0:51:39 | 0 | 48:56 | 0 | 0 |
| | Merk, Lothar | Run4fun Greven e.V. | 1968 | M50 | 133 | 48:40 | 0 | 47:56 | 0 | 0:50:22 | 0 | 48:58 | 0 | 0 |
| | Hitt, Martin | TV Friesen Telgte | 1965 | M50 | 144 | 48:50 | 0 | 47:30 | 0 | | 0 | 49:20 | 0 | 0 |

Herren Gesamt

| | | | | | | | | | | | | | |
|--|-----------------------|-------------------------|------|-------|-----|---------|---|---------|---|---------|-------|---|---|
| | Ottensmann, Manfred | PC Telgte | 1959 | M55 | 1 | 48:43 | 0 | 49:35 | 0 | 0 | 49:26 | 0 | 0 |
| | Zeidler, Thomas | Tus-Hiltrup | 1965 | M50 | 23 | | 0 | 45:07 | 0 | 0:46:00 | 49:29 | 0 | 0 |
| | Richter, Wilfried | | 1972 | M45 | 217 | 49:29 | 0 | 50:55 | 0 | 0 | 49:41 | 0 | 0 |
| | Giesa, Rolf | BSG LVM | 1964 | M50 | 200 | | 0 | 48:37 | 0 | 0:49:52 | 50:06 | 0 | 0 |
| | Schmitz, Stefan | Ohne Verein | 1969 | M45 | 9 | 50:38 | 0 | 53:54 | 0 | 0 | 50:30 | 0 | 0 |
| | Rüschhoff, Thomas | | 1973 | M45 | 215 | 51:10 | 0 | 56:59 | 0 | 0 | 50:38 | 0 | 0 |
| | Strotmeier, Florian | Warendorf | 1986 | M30 | 145 | 48:59 | 0 | 48:40 | 0 | 0:49:36 | 50:41 | 0 | 0 |
| | Köckemann, Tobias | BSV Ostbevern | 1981 | M35 | 24 | 52:09 | 0 | 50:33 | 0 | 0 | 50:47 | 0 | 0 |
| | Rüberg, Björn | Telgte | 1975 | M40 | 58 | 48:38 | 0 | 49:20 | 0 | 0:52:17 | 50:50 | 0 | 0 |
| | Pöiking, Ludger | Run4fun Greven e.V. | 1965 | M50 | 130 | 51:22 | 0 | 50:44 | 0 | 0:51:44 | 51:11 | 0 | 0 |
| | Löher, Andreas | Run4fun Greven e.V. | 1965 | M50 | 124 | 49:37 | 0 | 48:37 | 0 | 0:49:56 | 51:12 | 0 | 0 |
| | Lemke, Frank | Telgte | 1966 | M50 | 54 | 53:22 | 0 | 55:25 | 0 | 0:57:51 | 51:59 | 0 | 0 |
| | Merse, Heinz | LSF Münster | 1959 | M55 | 25 | 52:26 | 0 | 52:26 | 0 | 0:55:17 | 52:06 | 0 | 0 |
| | Niehues, Leon | FSG Warendorf | 2003 | MJU16 | 96 | 52:20 | 0 | 54:34 | 0 | 0:53:01 | 52:14 | 0 | 0 |
| | Niemeyer, Nils | TV Lengerich | 2000 | MJU20 | 140 | 48:35 | 0 | 45:22 | 0 | 0:48:00 | 52:19 | 0 | 0 |
| | de Jong, Thomas | Sassenberg | 1960 | M55 | 194 | | 0 | 50:54 | 0 | 0:52:16 | 52:29 | 0 | 0 |
| | Bollen, Wim | Telgte | 1958 | M60 | 78 | 51:26 | 0 | 52:26 | 0 | 0:55:50 | 52:40 | 0 | 0 |
| | Niehues, Stefan | FSG Warendorf | 1974 | M40 | 97 | 49:39 | 0 | 49:41 | 0 | 0:50:02 | 52:45 | 0 | 0 |
| | Oelgemöller, Dieter | PC Telgte | 1964 | M50 | 213 | 48:43 | 0 | 46:59 | 0 | 0 | 52:48 | 0 | 0 |
| | Kliche, Wolfgang | Run4fun Greven e.V. | 1966 | M50 | 121 | 53:50 | 0 | 54:55 | 0 | 1:02:29 | 53:40 | 0 | 0 |
| | Rulle, Thomas | Active Laufteam Münster | 1968 | M50 | 10 | 54:20 | 0 | 54:25 | 0 | 0 | 54:38 | 0 | 0 |
| | Harbert, Norbert | Team VOSSKO | 1962 | M55 | 101 | 52:19 | 0 | 50:51 | 0 | 0 | 54:45 | 0 | 0 |
| | Hartmann, Andreas | Run4fun Greven e.V. | 1966 | M50 | 129 | 56:35 | 0 | 54:14 | 0 | 0:55:02 | 55:05 | 0 | 0 |
| | Haselhorst, Volker | WSU | 1963 | M55 | 193 | 56:05 | 0 | 56:42 | 0 | 0:57:10 | 55:28 | 0 | 0 |
| | Düppe, Armin | LG Ems Warendorf | 1960 | M55 | 56 | 55:24 | 0 | 56:42 | 0 | 0 | 55:28 | 0 | 0 |
| | Pöpper, Josef | die hüpfenden Waden | 1951 | M65 | 74 | 1:00:03 | 0 | 1:08:25 | 0 | 1:00:39 | 56:42 | 0 | 0 |
| | Kahnt, Hilmar | TV Friesen Telgte | 1965 | M50 | 139 | 55:04 | 0 | 55:10 | 0 | 0 | 57:12 | 0 | 0 |
| | Möllers, Günter | Segelfluggruppe Münster | 1957 | M60 | 5 | 1:05:29 | 0 | 1:02:22 | 0 | 1:04:02 | 57:20 | 0 | 0 |
| | Vanheiden, Ralf | Run4fun Greven e.V. | 1970 | M45 | 126 | | 0 | 55:26 | 0 | 0:55:06 | 57:24 | 0 | 0 |
| | Goschke, Michael | LSF Münster | 1970 | M45 | 32 | | 0 | 53:06 | 0 | 0:54:30 | 58:31 | 0 | 0 |
| | Kreienbaum, Bernhard | LSF Münster | 1942 | M75 | 209 | 1:00:45 | 0 | 1:04:14 | 0 | 0 | 58:37 | 0 | 0 |
| | Kanter, Peter | LSF Münster | 1948 | M70 | 34 | 1:01:09 | 0 | 58:50 | 0 | 1:02:03 | 59:44 | 0 | 0 |
| | Billep, Mario | keiner | 1973 | M45 | 17 | | 0 | 45:35 | 0 | 0:46:06 | | 0 | 0 |
| | Huesker, Bernd | LSF Münster | 1949 | M65 | 187 | 45:36 | 0 | 45:50 | 0 | 0:46:18 | | 0 | 0 |
| | Schwerbrock, Dirk | Run4fun Greven e.V. | 1963 | M55 | 127 | 46:47 | 0 | 46:56 | 0 | 0:46:43 | | 0 | 0 |
| | Krebs, Ralf | TV Friesen Telgte | 1975 | M40 | 119 | 47:00 | 0 | 47:23 | 0 | 0:47:45 | | 0 | 0 |
| | Welp, Christian | Ostbevern | 1993 | M20 | 108 | 50:19 | 0 | 1:03:06 | 0 | 0:48:03 | | 0 | 0 |
| | Schürholt, Benjamin | Telgte | 1981 | M35 | 113 | 48:37 | 0 | 47:47 | 0 | 0:48:29 | | 0 | 0 |
| | Gerkmann, Timo | TV Friesen Telgte | 1980 | M35 | 60 | 46:16 | 0 | 46:54 | 0 | 0:49:18 | | 0 | 0 |
| | Büngener, Robert | TV Friesen Telgte | 1975 | M40 | 147 | 47:39 | 0 | 48:41 | 0 | 0:49:20 | | 0 | 0 |
| | Schulte, Heinz-Jürgen | LV Oelde | 1958 | M60 | 191 | 47:03 | 0 | 49:09 | 0 | 0:49:33 | | 0 | 0 |
| | Funk, Thorsten | Oelde | 1989 | M20 | 69 | 49:00 | 0 | 49:17 | 0 | 0:49:57 | | 0 | 0 |
| | Hoveling, Tiger | LSF Münster | 1947 | M70 | 182 | 49:50 | 0 | 49:53 | 0 | 0:50:28 | | 0 | 0 |
| | Weil, Florian | SBG | 1982 | M35 | 82 | 49:24 | 0 | 50:29 | 0 | 0:51:12 | | 0 | 0 |
| | Wiewel, Hubertus | Team VOSSKO | 1964 | M50 | 98 | 50:37 | 0 | 52:28 | 0 | 0:51:38 | | 0 | 0 |
| | Dermitzel, Helmut | SC Münster 08 | 1970 | M45 | 137 | 49:30 | 0 | 55:00 | 0 | 0:52:25 | | 0 | 0 |
| | Kersting, Markus | FSG Warendorf | 1980 | M35 | 90 | 49:23 | 0 | 49:30 | 0 | 0:53:01 | | 0 | 0 |
| | Mischke, Alexander | TV Friesen Telgte | 1984 | M30 | 201 | 49:03 | 0 | 50:58 | 0 | 0:53:14 | | 0 | 0 |
| | Reinhard, Arno | Team Friw energy | 1966 | M50 | 80 | 50:31 | 0 | 51:06 | 0 | 0:53:30 | | 0 | 0 |
| | Neuen, Herbert | Lauftreff Isselhorst | 1952 | M65 | 4 | 54:02 | 0 | 52:23 | 0 | 0:54:23 | | 0 | 0 |
| | Stanitzok, Paul | die hüpfenden Waden | 1961 | M55 | 110 | 1:02:10 | 0 | 1:08:25 | 0 | 1:00:39 | | 0 | 0 |
| | Heitkötter, Winfried | BSV Ostbevern | 1957 | M60 | 179 | 1:00:00 | 0 | 58:37 | 0 | 1:02:41 | | 0 | 0 |
| | Koch, Rolf | TUS Hiltrup | 1944 | M70 | 3 | 1:06:52 | 0 | 1:08:13 | 0 | 1:08:54 | | 0 | 0 |

Damen Gesamt

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERSW. | GESAMTPUNKTE (3 aus 4) |
|-------|-------------------------|-------------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|----------------|------------------------|
| 1 | Günnewig, Ines | LV Oelde | 1974 | W40 | 155 | 43:11 | 25 | | 0 | 43:45 | 25 | 43:17 | 25 | 75 |
| 2 | Gaszek, Eva-Maria | LSF Münster | 1966 | W50 | 42 | 45:16 | 24 | 44:52 | 25 | 44:23 | 24 | 45:29 | 23 | 73 |
| 3 | Austermann, Tanja | Ohne | 1973 | W45 | 63 | 46:23 | 23 | 46:50 | 24 | 46:42 | 22 | 46:39 | 22 | 69 |
| 4 | Feyerabend, Maria | LSF Münster | 1954 | W60 | 183 | 47:04 | 22 | 47:16 | 23 | 47:51 | 20 | 48:22 | 20 | 65 |
| 5 | Schäfer, Daniela | Kölle-Telgte-Alaaf | 1977 | W40 | 64 | 47:07 | 21 | | 0 | 47:38 | 21 | 46:47 | 21 | 63 |
| 6 | Sprenger, Silvia | LSF Münster | 1984 | W30 | 46 | | 0 | 55:17 | 15 | 45:02 | 23 | 43:22 | 24 | 62 |
| 7 | Radusch, Vanessa | LSF Münster | 1982 | W35 | 190 | 47:20 | 20 | 48:30 | 22 | | 0 | 48:53 | 19 | 61 |
| 8 | Thiele, Daniela | LV Oelde | 1980 | W35 | 208 | 49:34 | 19 | | 0 | 48:24 | 19 | 49:43 | 18 | 56 |
| 9 | Ratering-Slüter, Bärbel | LSF Münster | 1963 | W55 | 26 | | 0 | 51:35 | 19 | 49:31 | 18 | 49:55 | 17 | 54 |
| 10 | Gerke, Pia | LV Oelde | 1998 | W20 | 153 | | 0 | 48:40 | 21 | 50:12 | 17 | 51:06 | 16 | 54 |
| 11 | Kies, Mechtild | LG-Emsdetten | 1953 | W65 | 192 | 50:23 | 18 | 50:49 | 20 | 50:46 | 16 | 51:14 | 15 | 54 |
| 12 | Rammert, Uschi | LV Oelde | 1968 | W50 | 163 | | 0 | 52:19 | 18 | 52:30 | 14 | 51:20 | 14 | 46 |
| 13 | Hartmann, Daniela | LV Oelde | 1970 | W45 | 156 | 51:12 | 17 | 52:36 | 16 | 52:33 | 13 | | 0 | 46 |
| 14 | Stein, Bianca | Müssingen | 1988 | W30 | 45 | 51:56 | 15 | 55:17 | 15 | 52:17 | 15 | 53:36 | 12 | 45 |
| 15 | Heuer, Barbara | LSF Münster | 1963 | W55 | 36 | 53:04 | 14 | 52:32 | 17 | | 0 | 52:12 | 13 | 44 |
| 16 | Feuersträter, Lara | VFL Sassenberg | 1997 | W20 | 198 | 51:25 | 16 | 55:50 | 14 | 53:17 | 12 | 57:42 | 2 | 42 |
| 17 | Sachs, Jana | Running Sisters | 1982 | W35 | 135 | 54:36 | 13 | 56:06 | 13 | 55:52 | 10 | 55:14 | 10 | 36 |
| 18 | Metzner, Katja | Running Sisters | 1986 | W30 | 136 | 54:36 | 13 | 56:07 | 12 | 55:52 | 9 | 55:14 | 10 | 35 |
| 19 | Stechbart, Larissa | LV Oelde | 1978 | W40 | 216 | 55:05 | 12 | | 0 | 55:34 | 11 | 55:14 | 10 | 33 |
| 20 | Haves, Uta | LSF Münster | 1966 | W50 | 37 | 56:04 | 9 | 57:43 | 11 | 56:29 | 7 | 54:47 | 11 | 31 |
| 21 | Lüken, Heike | LSF Münster | 1970 | W45 | 44 | 55:31 | 10 | 58:05 | 10 | 56:32 | 6 | | 0 | 26 |
| 22 | Penning, Sinah | | 1986 | W30 | 205 | 55:24 | 11 | | 0 | 56:42 | 5 | 55:28 | 7 | 23 |
| 23 | Strachalla, Elke | LSF Münster | 1972 | W45 | 39 | 56:17 | 8 | 58:29 | 9 | 57:02 | 3 | 55:55 | 6 | 23 |
| 24 | Dießel, Lucia | LSF Münster | 1956 | W60 | 48 | 56:18 | 7 | | 0 | 57:13 | 2 | 56:17 | 5 | 14 |
| 25 | Dirksen, Nicole | Everswinkel | 1983 | W35 | 67 | 56:27 | 6 | | 0 | 56:02 | 8 | 58:33 | 0 | 14 |
| 26 | Fennenkötter, Ellen | LSF Münster | 1982 | W35 | 40 | 59:19 | 2 | | 0 | 56:49 | 4 | 56:40 | 4 | 10 |
| 27 | Harbert, Gaby | BSV Ostbevern | 1967 | W50 | 178 | 59:51 | 0 | 1:00:32 | 7 | 1:04:07 | 0 | 57:18 | 3 | 10 |
| 28 | Pöcheim, Antje Katrin | LSF Münster | 1971 | W45 | 27 | 57:51 | 5 | 1:02:31 | 2 | 58:16 | 1 | 57:51 | 1 | 8 |
| 29 | Grieb, Doris | Sendenhorst | 1957 | W60 | 116 | | 0 | 59:35 | 8 | 1:00:03 | 0 | 1:00:31 | 0 | 8 |
| 30 | Große-Kleimann, Silke | die hüpfenden Waden | 1974 | W40 | 73 | 1:02:10 | 0 | 1:00:39 | 6 | | 0 | 59:37 | 0 | 6 |
| 31 | Bödding, Anne | die hüpfenden Waden | 1982 | W35 | 72 | 1:02:12 | 0 | 1:00:40 | 5 | | 0 | 59:38 | 0 | 5 |
| 32 | Feuersträter, Daniela | RSF Sassenberg | 1970 | W45 | 197 | 57:53 | 4 | 1:07:36 | 0 | 1:06:52 | 0 | 1:07:13 | 0 | 4 |
| 33 | Wiewel, Claudia | Team VOSSKO | 1992 | W20 | 99 | 59:09 | 3 | 1:02:32 | 1 | 1:02:58 | 0 | | 0 | 4 |
| 34 | Hüwe, Doris | Team Stockmeyer | 1970 | W45 | 196 | 1:00:00 | 0 | 1:01:56 | 4 | 58:25 | 0 | 1:02:21 | 0 | 4 |
| 35 | Solisch, Bettina | Telgte | 1967 | W50 | 173 | | 0 | 1:02:18 | 3 | 1:02:27 | 0 | 1:02:41 | 0 | 3 |
| 36 | Streich, Nadine | | 1978 | W40 | 188 | 59:26 | 1 | 1:03:21 | 0 | 58:28 | 0 | | 0 | 1 |
| | Schmies, Irmgard | BSG Fiducia & GAD IT AG | 1954 | W60 | 7 | 1:05:29 | 0 | 1:04:03 | 0 | 1:02:21 | 0 | 1:03:32 | 0 | 0 |
| | Styler, Anita | Laufsport Senden | 1959 | W55 | 62 | 1:05:33 | 0 | | 0 | 1:05:28 | 0 | 1:04:01 | 0 | 0 |
| | Manthei, Stephanie | Tus Hilstrup | 1961 | W55 | 21 | 1:02:59 | 0 | 1:03:43 | 0 | 1:06:33 | 0 | 1:04:08 | 0 | 0 |
| | Lenfert, Lena | Ochtrup | 1992 | W20 | 53 | 1:02:13 | 0 | 1:03:30 | 0 | | 0 | 1:04:56 | 0 | 0 |
| | Glösker, Ulla | TEAM Stockmeyer | 1962 | W55 | 195 | 1:04:13 | 0 | | 0 | 1:04:48 | 0 | 1:05:34 | 0 | 0 |
| | Coco, Tamara | die hüpfenden Waden | 1972 | W45 | 71 | 1:10:55 | 0 | | 0 | 1:08:25 | 0 | 1:07:04 | 0 | 0 |
| | Ostkotte, Vanessa | Ochtrup | 1992 | W20 | 52 | | 0 | 1:03:33 | 0 | 1:02:05 | 0 | 1:08:05 | 0 | 0 |
| | Ruppert, Karin | FSG Warendorf | 1964 | W50 | 86 | | 0 | 1:18:57 | 0 | 1:14:18 | 0 | 1:16:48 | 0 | 0 |
| | Pielock, Aline | - | 1977 | W40 | 146 | 1:26:49 | 0 | 1:24:40 | 0 | 1:17:30 | 0 | 1:22:49 | 0 | 0 |
| | Meures, Christina | Run4fun-Greven e.V. | 1991 | W20 | 55 | 1:01:52 | 0 | 1:03:13 | 0 | | 0 | 59:06 | 0 | 0 |
| | Stratmann, Hildegard | FSG Warendorf | 1970 | W45 | 89 | 1:07:34 | 0 | | 0 | 1:08:02 | 0 | | 0 | 0 |

Herren MJU16

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|---------------|---------------|------|-------|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Niehues, Leon | FSG Warendorf | 2003 | MJU16 | 96 | 52:20 | 25 | 54:34 | 25 | 0:53:01 | 25 | 52:14 | 25 | 75 |

Herren MJU18

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|--------------|---------------|------|-------|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Vox, Ole | SV Kettenkamp | 2002 | MJU18 | 19 | 44:29 | 25 | 42:00 | 25 | 0:47:52 | 25 | 43:34 | 25 | 75 |

Herren MJU20

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|-----------------|--------------|------|-------|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Hunke, Merlin | W+F Münster | 2000 | MJU20 | 81 | | 0 | 37:57 | 25 | 0:38:06 | 25 | 38:14 | 25 | 75 |
| 2 | Rammert, Oliver | LV Oelde | 1999 | MJU20 | 170 | 46:39 | 25 | 46:01 | 23 | | 0 | 46:21 | 24 | 72 |
| 3 | Niemeyer, Nils | TV Lengerich | 2000 | MJU20 | 140 | 48:35 | 24 | 45:22 | 24 | 0:48:00 | 24 | 52:19 | 23 | 72 |

Herren M20

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|---------------------|-------------------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Barwinski, Jonas | LG Ahlen | 1997 | M20 | 117 | 34:18 | 25 | 35:13 | 25 | 0:35:47 | 25 | | 0 | 75 |
| 2 | Thiel, Sascha | Warendorfer SU Abt. Schwimmen | 1992 | M20 | 112 | 35:47 | 24 | 36:51 | 23 | 0:36:34 | 24 | 36:09 | 25 | 73 |
| 3 | Worm, Max | LV Oelde | 1997 | M20 | 168 | 36:20 | 23 | 36:31 | 24 | 0:37:03 | 23 | 36:19 | 24 | 71 |
| 4 | Leopold, Kevin | Ochtrup | 1991 | M20 | 51 | 40:37 | 22 | 40:40 | 22 | 0:41:53 | 21 | 40:25 | 23 | 67 |
| 5 | Baum, Stefan | LV Oelde | 1993 | M20 | 150 | | 0 | 40:46 | 21 | 0:41:41 | 22 | 44:31 | 22 | 65 |
| 6 | Stuke, Kevin David | Bielefeld | 1991 | M20 | 68 | 48:32 | 21 | | 0 | 0:48:36 | 19 | 47:58 | 21 | 61 |
| 7 | Funk, Thorsten | Oelde | 1989 | M20 | 69 | 49:00 | 20 | 49:17 | 20 | 0:49:57 | 18 | | 0 | 58 |
| 8 | Welp, Christian | Ostbevern | 1993 | M20 | 108 | 50:19 | 18 | 1:03:06 | 19 | 0:48:03 | 20 | | 0 | 57 |
| 9 | Verenkotte, Stephan | Ostbevern | 1989 | M20 | 180 | 50:00 | 19 | | 0 | 0:51:39 | 17 | 48:56 | 20 | 56 |

Damen W20

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS. | GESAMTPUNKTE |
|-------|--------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|---------------|--------------|
| 1 | Gerke, Pia | LV Oelde | 1998 | W20 | 153 | | 0 | 48:40 | 25 | 50:12 | 25 | 51:06 | 25 | 75 |
| 2 | Feuersträter, Lara | VFL Sassenberg | 1997 | W20 | 198 | 51:25 | 25 | 55:50 | 24 | 53:17 | 24 | 57:42 | 24 | 73 |
| 3 | Wiewel, Claudia | Team VOSSKO | 1992 | W20 | 99 | 59:09 | 24 | 1:02:32 | 23 | 1:02:58 | 22 | | 0 | 69 |
| 4 | Meures, Christina | Run4fun-Greven e.V. | 1991 | W20 | 55 | 1:01:52 | 23 | 1:03:13 | 22 | | 0 | 59:06 | 23 | 68 |
| 5 | Lenfert, Lena | Ochtrup | 1992 | W20 | 53 | 1:02:13 | 22 | 1:03:30 | 21 | | 0 | 1:04:56 | 22 | 65 |
| 6 | Ostkotte, Vanessa | Ochtrup | 1992 | W20 | 52 | | 0 | 1:03:33 | 20 | 1:02:05 | 23 | 1:08:05 | 21 | 64 |

Herren M30

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|---------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Teunissen, Tobias | | 1985 | M30 | 220 | 40:53 | 25 | 40:09 | 25 | 0:40:27 | 25 | | 0 | 75 |
| 2 | Teichmann, Marc | TuS Saxonia Münster | 1985 | M30 | 22 | 44:38 | 23 | 41:30 | 24 | 0:41:28 | 24 | 41:20 | 25 | 73 |
| 3 | Gerkmann, Tim | Münster | 1985 | M30 | 50 | 44:17 | 24 | 44:35 | 23 | 0:45:57 | 23 | 43:38 | 24 | 71 |
| 4 | Strotmeier, Florian | Warendorf | 1986 | M30 | 145 | 48:59 | 22 | 48:40 | 22 | 0:49:36 | 22 | 50:41 | 23 | 67 |
| 5 | Mischke, Alexander | TV Friesen Telgte | 1984 | M30 | 201 | 49:03 | 21 | 50:58 | 21 | 0:53:14 | 21 | | 0 | 63 |

Damen W30

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS.W. | GESAMTPUNKTE | |
|-------|------------------|-----------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|-----------------|--------------|----|
| 1 | Sprenger, Silvia | LSF Münster | 1984 | W30 | | 46 | | 0 | 55:17 | 25 | 45:02 | 25 | 43:22 | 25 | 75 |
| 2 | Stein, Bianca | Müssingen | 1988 | W30 | | 45 | 51:56 | 25 | 55:17 | 25 | 52:17 | 24 | 53:36 | 24 | 74 |
| 3 | Metzner, Katja | Running Sisters | 1986 | W30 | | 136 | 54:36 | 24 | 56:07 | 24 | 55:52 | 23 | 55:14 | 23 | 71 |
| 4 | Penning, Sinah | | 1986 | W30 | | 205 | 55:24 | 23 | | 0 | 56:42 | 22 | 55:28 | 22 | 67 |

Herren M35

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE | |
|-------|----------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|----|
| 1 | Kaldewei, Philipp | LV Oelde | 1981 | M35 | 159 | 34:22 | 25 | 36:05 | 25 | | | 0 | 35:52 | 25 | 75 |
| 2 | Brodka, Jens | LV Oelde | 1979 | M35 | 151 | 38:40 | 24 | 38:51 | 24 | 0:39:56 | | 25 | 38:24 | 24 | 73 |
| 3 | Kahl, Stefan | Rotation Wolbeck | 1981 | M35 | 202 | 39:31 | 23 | 39:26 | 23 | | | 0 | 38:37 | 23 | 69 |
| 4 | Pabst, Christoph | Team Thermomix | 1983 | M35 | 142 | 41:00 | 21 | 40:04 | 22 | 0:41:58 | | 24 | 43:14 | 21 | 67 |
| 5 | Neuhaus, Sven | LV Oelde | 1981 | M35 | 162 | 39:52 | 22 | 40:25 | 21 | | | 0 | 41:17 | 22 | 65 |
| 6 | Zenker, Sebastian | LV Oelde | 1983 | M35 | 169 | 44:17 | 20 | 42:49 | 20 | 0:44:39 | | 23 | 43:34 | 20 | 63 |
| 7 | Jansen, Karsten | Run4fun Greven e.V. | 1983 | M35 | 128 | | 0 | 44:42 | 19 | 0:44:45 | | 22 | 47:23 | 19 | 60 |
| 8 | Von Majewsky, Thomas | Ostbevern | 1979 | M35 | 141 | 46:39 | 18 | 47:00 | 17 | 0:47:28 | | 21 | 47:41 | 18 | 57 |
| 9 | Gerkmann, Timo | TV Friesen Telgte | 1980 | M35 | 60 | 46:16 | 19 | 46:54 | 18 | 0:49:18 | | 19 | | 0 | 56 |
| 10 | Schürholt, Benjamin | Telgte | 1981 | M35 | 113 | 48:37 | 17 | 47:47 | 16 | 0:48:29 | | 20 | | 0 | 53 |
| 11 | Kersting, Markus | FSG Warendorf | 1980 | M35 | 90 | 49:23 | 16 | 49:30 | 15 | 0:53:01 | | 17 | | 0 | 48 |
| 12 | Weil, Florian | SBG | 1982 | M35 | 82 | 49:24 | 15 | 50:29 | 14 | 0:51:12 | | 18 | | 0 | 47 |
| 13 | Köckemann, Tobias | BSV Ostbevern | 1981 | M35 | 24 | 52:09 | 14 | 50:33 | 13 | | | 0 | 49:29 | 17 | 44 |

Damen W35

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS. | GESAMTPUNKTE |
|-------|---------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|---------------|--------------|
| 1 | Radusch, Vanessa | LSF Münster | 1982 | W35 | 190 | 47:20 | 25 | 48:30 | 25 | | 0 | 48:53 | 25 | 75 |
| 2 | Thiele, Daniela | LV Oelde | 1980 | W35 | 208 | 49:34 | 24 | | 0 | 48:24 | 25 | 49:43 | 24 | 73 |
| 3 | Sachs, Jana | Running Sisters | 1982 | W35 | 135 | 54:36 | 23 | 56:06 | 24 | 55:52 | 24 | 55:14 | 23 | 71 |
| 4 | Dirksen, Nicole | Everswinkel | 1983 | W35 | 67 | 56:27 | 22 | | 0 | 56:02 | 23 | 58:33 | 21 | 66 |
| 5 | Fennenkötter, Ellen | LSF Münster | 1982 | W35 | 40 | 59:19 | 21 | | 0 | 56:49 | 22 | 56:40 | 22 | 65 |
| 6 | Bödding, Anne | die hüpfenden Waden | 1982 | W35 | 72 | 1:02:12 | 20 | 1:00:40 | 23 | | 0 | 59:38 | 20 | 63 |

Herren M40

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE | |
|-------|----------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|----|
| 1 | Stechbart, Viktor | LV Oelde | 1978 | M40 | 164 | 39:16 | 25 | 39:36 | 25 | | | 0 | 40:25 | 25 | 75 |
| 2 | Stratmann, Christian | Warendorf | 1978 | M40 | 186 | 40:51 | 24 | 40:55 | 24 | 0:42:59 | | 23 | | 0 | 71 |
| 3 | Thiele, Dennis | LV Oelde | 1978 | M40 | 167 | 41:07 | 23 | 41:55 | 22 | 0:42:07 | | 25 | 42:17 | 23 | 71 |
| 4 | Möller, Christian | Run4fun Greven e.V. | 1976 | M40 | 123 | 42:35 | 21 | 41:54 | 23 | 0:42:12 | | 24 | 41:26 | 24 | 71 |
| 5 | Ranger, Thorsten | TV Friesen Telgte | 1976 | M40 | 176 | 42:33 | 22 | 43:04 | 21 | | | 0 | 46:22 | 22 | 65 |
| 6 | Krebs, Ralf | TV Friesen Telgte | 1975 | M40 | 119 | 47:00 | 20 | 47:23 | 20 | 0:47:45 | | 22 | | 0 | 62 |
| 7 | Büngener, Robert | TV Friesen Telgte | 1975 | M40 | 147 | 47:39 | 19 | 48:41 | 19 | 0:49:20 | | 21 | | 0 | 59 |
| 8 | Rüberg, Björn | Telgte | 1975 | M40 | 58 | 48:38 | 18 | 49:20 | 18 | 0:52:17 | | 19 | 50:50 | 21 | 58 |
| 9 | Niehues, Stefan | FSG Warendorf | 1974 | M40 | 97 | 49:39 | 17 | 49:41 | 17 | 0:50:02 | | 20 | 52:45 | 20 | 57 |

Damen W40

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS. | GESAMTPUNKTE |
|-------|-----------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|---------------|--------------|
| 1 | Günnewig, Ines | LV Oelde | 1974 | W40 | 155 | 43:11 | 25 | | 0 | 43:45 | 25 | 43:17 | 25 | 75 |
| 2 | Schäfer, Daniela | Kölle-Telgte-Alaaf | 1977 | W40 | 64 | 47:07 | 24 | | 0 | 47:38 | 24 | 46:47 | 24 | 72 |
| 3 | Stechbart, Larissa | LV Oelde | 1978 | W40 | 216 | 55:05 | 23 | | 0 | 55:34 | 23 | 55:14 | 23 | 69 |
| 4 | Streich, Nadine | | 1978 | W40 | 188 | 59:26 | 22 | 1:03:21 | 24 | 58:28 | 22 | | 0 | 68 |
| 5 | Große-Kleimann, Silke | die hüpfenden Waden | 1974 | W40 | 73 | 1:02:10 | 21 | 1:00:39 | 25 | | 0 | 59:37 | 22 | 68 |
| 6 | Pielock, Aline | - | 1977 | W40 | 146 | 1:26:49 | 20 | 1:24:40 | 23 | 1:17:30 | 21 | 1:22:49 | 21 | 65 |

Herren M45

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|------------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Niermann, Andreas | TV Friesen Telgte | 1969 | M45 | 11 | 42:04 | 25 | 53:39 | 18 | 0:41:08 | 25 | 41:56 | 25 | 75 |
| 2 | Wirth zur Osten, Frank | FSG Warendorf | 1969 | M45 | 88 | 42:06 | 24 | 43:05 | 24 | 0:44:13 | 24 | 41:58 | 24 | 72 |
| 3 | Borgmann, Mirco | TV Friesen Telgte | 1973 | M45 | 8 | | 0 | 41:49 | 25 | 0:44:43 | 23 | 42:24 | 23 | 71 |
| 4 | Wolf, Nils | Kölle-Telgte-Alaaf | 1973 | M45 | 210 | 44:06 | 23 | 44:40 | 22 | | 0 | 43:22 | 22 | 67 |
| 5 | Komischke, Michael | Run4fun Greven e.V. | 1973 | M45 | 122 | 44:25 | 22 | 44:38 | 23 | | 0 | 44:44 | 21 | 66 |
| 6 | Korte, Frank | BSV Ostbevern | 1969 | M45 | 204 | 47:57 | 21 | 47:00 | 21 | | 0 | 48:42 | 20 | 62 |
| 7 | Richter, Wilfried | | 1972 | M45 | 217 | 49:29 | 20 | 50:55 | 20 | | 0 | 49:41 | 19 | 59 |
| 8 | Dermitzel, Helmut | SC Münster 08 | 1970 | M45 | 137 | 49:30 | 19 | 55:00 | 16 | 0:52:25 | 22 | | 0 | 57 |
| 9 | Goschke, Michael | LSF Münster | 1970 | M45 | 32 | | 0 | 53:06 | 19 | 0:54:30 | 21 | 58:31 | 15 | 55 |
| 10 | Schmitz, Stefan | Ohne Verein | 1969 | M45 | 9 | 50:38 | 18 | 53:54 | 17 | | 0 | 50:30 | 18 | 53 |
| 11 | Vanheiden, Ralf | Run4fun Greven e.V. | 1970 | M45 | 126 | | 0 | 55:26 | 15 | 0:55:06 | 20 | 57:24 | 16 | 51 |
| 12 | Rüschhoff, Thomas | | 1973 | M45 | 215 | 51:10 | 17 | 56:59 | 14 | | 0 | 50:38 | 17 | 48 |
| 13 | Albers, Frank | die hüpfenden Waden | 1973 | M45 | 76 | 1:04:40 | 16 | 1:08:25 | 13 | 1:08:02 | 19 | 1:07:00 | 12 | 48 |

Damen W45

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS. | GESAMTPUNKTE |
|-------|-----------------------|---------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|---------------|--------------|
| 1 | Austermann, Tanja | Ohne | 1973 | W45 | 63 | 46:23 | 25 | 46:50 | 25 | 46:42 | 25 | 46:39 | 25 | 75 |
| 2 | Hartmann, Daniela | LV Oelde | 1970 | W45 | 156 | 51:12 | 24 | 52:36 | 24 | 52:33 | 24 | | 0 | 72 |
| 3 | Lüken, Heike | LSF Münster | 1970 | W45 | 44 | 55:31 | 23 | 58:05 | 23 | 56:32 | 23 | | 0 | 69 |
| 4 | Strachalla, Elke | LSF Münster | 1972 | W45 | 39 | 56:17 | 22 | 58:29 | 22 | 57:02 | 22 | 55:55 | 24 | 68 |
| 5 | Pöcheim, Antje Katrin | LSF Münster | 1971 | W45 | 27 | 57:51 | 21 | 1:02:31 | 20 | 58:16 | 21 | 57:51 | 23 | 65 |
| 6 | Hüwe, Doris | Team Stockmeyer | 1970 | W45 | 196 | 1:00:00 | 19 | 1:01:56 | 21 | 58:25 | 20 | 1:02:21 | 22 | 63 |
| 7 | Feuersträter, Daniela | RSF Sassenberg | 1970 | W45 | 197 | 57:53 | 20 | 1:07:36 | 19 | 1:06:52 | 19 | 1:07:13 | 20 | 59 |
| 8 | Coco, Tamara | die hüpfenden Waden | 1972 | W45 | 71 | 1:10:55 | 17 | | 0 | 1:08:25 | 17 | 1:07:04 | 21 | 55 |
| 9 | Stratmann, Hildegard | FSG Warendorf | 1970 | W45 | 89 | 1:07:34 | 18 | 1:11:30 | 18 | 1:08:02 | 18 | | 0 | 54 |

Herren M50

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|---------------------|-------------------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Marks, Matthias | LG Hamm | 1968 | M50 | 181 | 38:53 | 25 | 38:42 | 25 | 0:38:27 | 25 | | 0 | 75 |
| 3 | Hoppe, Bernd | LV Oelde | 1967 | M50 | 157 | 38:54 | 24 | | 0 | 0:39:35 | 23 | 39:54 | 25 | 72 |
| 2 | Trumpp, Henning | | 1965 | M50 | 199 | 39:50 | 23 | 39:07 | 24 | 0:39:31 | 24 | 40:24 | 24 | 72 |
| 4 | Wendker, Thomas | BSV Ostbevern | 1967 | M50 | 189 | 40:08 | 21 | 40:10 | 23 | 0:40:29 | 22 | | 0 | 66 |
| 5 | Arnsberg, Ulrich | TUS Hilstrup | 1965 | M50 | 109 | | 0 | 41:15 | 21 | 0:41:36 | 21 | 42:24 | 23 | 65 |
| 6 | Schmiing, Reinhard | LSF Münster | 1968 | M50 | 47 | 39:54 | 22 | 40:50 | 22 | 0:41:44 | 20 | | 0 | 64 |
| 7 | Zumdieck, Norbert | LG Ems Warendorf | 1966 | M50 | 120 | 43:31 | 20 | 43:30 | 20 | | 0 | 42:27 | 22 | 62 |
| 8 | Kahle, Matthias | Team Friwo energy | 1965 | M50 | 79 | 43:57 | 19 | 43:42 | 19 | 0:43:56 | 19 | | 0 | 57 |
| 9 | Freitag, Joachim | BSG Sparkasse Münsterland Ost | 1968 | M50 | 59 | 45:07 | 18 | 45:24 | 17 | 0:46:27 | 17 | 43:17 | 21 | 56 |
| 10 | Zeidler, Thomas | Tus-Hiltrup | 1965 | M50 | 23 | | 0 | 45:07 | 18 | 0:46:00 | 18 | 43:59 | 20 | 56 |
| 11 | Neuhaus, Walter | PC Telgte | 1965 | M50 | 206 | 45:13 | 17 | 45:49 | 16 | | 0 | 46:28 | 18 | 51 |
| 12 | Hoerster, Johannes | Münster | 1964 | M50 | 149 | 47:42 | 15 | 47:18 | 14 | 0:46:54 | 16 | 46:11 | 19 | 50 |
| 13 | Grund, Richard | LV Oelde | 1965 | M50 | 154 | 45:53 | 16 | | 0 | 0:47:35 | 15 | 46:46 | 17 | 48 |
| 14 | Merk, Lothar | Run4fun Greven e.V. | 1968 | M50 | 133 | 48:40 | 14 | 47:56 | 12 | 0:50:22 | 12 | 48:58 | 16 | 42 |
| 15 | Hitt, Martin | TV Friesen Telgte | 1965 | M50 | 144 | 48:50 | 12 | 47:30 | 13 | | 0 | 49:20 | 15 | 40 |
| 16 | Giesa, Rolf | BSG LVM | 1964 | M50 | 200 | | 0 | 48:37 | 10 | 0:49:52 | 14 | 50:06 | 14 | 38 |
| 17 | Oelgemöller, Dieter | PC Telgte | 1964 | M50 | 213 | 48:43 | 13 | 46:59 | 15 | | 0 | 52:48 | 9 | 37 |
| 18 | Löher, Andreas | Run4fun Greven e.V. | 1965 | M50 | 124 | 49:37 | 11 | 48:37 | 11 | 0:49:56 | 13 | 51:12 | 12 | 36 |
| 19 | Pöbking, Ludger | Run4fun Greven e.V. | 1965 | M50 | 130 | 51:22 | 8 | 50:44 | 9 | 0:51:44 | 10 | 51:11 | 13 | 32 |
| 20 | Reinhard, Arno | Team Friwo energy | 1966 | M50 | 80 | 50:31 | 10 | 51:06 | 8 | 0:53:30 | 9 | | 0 | 27 |
| 21 | Wiewel, Hubertus | Team VOSSKO | 1964 | M50 | 98 | 50:37 | 9 | 52:28 | 7 | 0:51:38 | 11 | | 0 | 27 |
| 22 | Lemke, Frank | Telgte | 1966 | M50 | 54 | 53:22 | 7 | 55:25 | 2 | 0:57:51 | 7 | 51:59 | 11 | 25 |
| 23 | Hartmann, Andreas | Run4fun Greven e.V. | 1966 | M50 | 129 | 56:35 | 3 | 54:14 | 6 | 0:55:02 | 8 | 55:05 | 6 | 20 |
| 24 | Kliche, Wolfgang | Run4fun Greven e.V. | 1966 | M50 | 121 | 53:50 | 6 | 54:55 | 4 | 1:02:29 | 5 | 53:40 | 8 | 19 |
| 25 | Wecker, Guido | LSF Münster | 1968 | M50 | 29 | | 0 | 56:05 | 1 | 0:59:42 | 6 | 52:06 | 10 | 17 |
| 26 | Rulle, Thomas | Active Laufteam Münster | 1968 | M50 | 10 | 54:20 | 5 | 54:25 | 5 | | 0 | 54:38 | 7 | 17 |
| 27 | Kahnt, Hilmar | TV Friesen Telgte | 1965 | M50 | 139 | 55:04 | 4 | 55:10 | 3 | | 0 | 57:12 | 5 | 12 |

Damen W50

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS. | GESAMTPUNKTE |
|-------|-------------------|---------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|---------------|--------------|
| 1 | Gaszek, Eva-Maria | LSF Münster | 1966 | W50 | 42 | 45:16 | 25 | 44:52 | 25 | 44:23 | 25 | 45:29 | 25 | 75 |
| 2 | Rammert, Uschi | LV Oelde | 1968 | W50 | 163 | | 0 | 52:19 | 24 | 52:30 | 24 | 51:20 | 24 | 72 |
| 3 | Haves, Uta | LSF Münster | 1966 | W50 | 37 | 56:04 | 24 | 57:43 | 23 | 56:29 | 23 | 54:47 | 23 | 70 |
| 4 | Harbert, Gaby | BSV Ostbevern | 1967 | W50 | 178 | 59:51 | 23 | 1:00:32 | 22 | 1:04:07 | 21 | 57:18 | 22 | 67 |
| 5 | Solisch, Bettina | Telgte | 1967 | W50 | 173 | | 0 | 1:02:18 | 21 | 1:02:27 | 22 | 1:02:41 | 21 | 64 |
| 6 | Ruppert, Karin | FSG Warendorf | 1964 | W50 | 86 | | 0 | 1:18:57 | 20 | 1:14:18 | 20 | 1:16:48 | 20 | 60 |

Herren M55

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|---------------------|----------------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Stripper, Uli | LV Oelde | 1959 | M55 | 165 | 40:57 | 25 | 41:06 | 25 | 0:41:50 | 25 | 41:17 | 25 | 75 |
| 2 | Helfenbein, Andreas | SF Ennepetal | 1961 | M55 | 107 | 42:11 | 24 | 42:05 | 24 | 0:44:24 | 24 | 42:37 | 23 | 72 |
| 3 | Kemper, Andreas | LV Oelde | 1960 | M55 | 160 | 43:32 | 23 | 44:12 | 22 | 0:44:35 | 23 | 44:11 | 22 | 68 |
| 4 | Hovest, Ludger | Lauftreff Ostbevern | 1962 | M55 | 103 | 44:21 | 21 | 43:11 | 23 | | 0 | 44:15 | 21 | 65 |
| 5 | Toepper, Georg | | 1959 | M55 | 184 | 44:02 | 22 | 44:33 | 21 | 0:45:27 | 22 | 45:06 | 20 | 65 |
| 6 | Averhoff, Dieter | RSG Warendorf-Freckenhorst | 1963 | M55 | 2 | 45:34 | 20 | 46:49 | 20 | 0:47:28 | 20 | 46:11 | 19 | 60 |
| 7 | Schwerbrock, Dirk | Run4fun Greven e.V. | 1963 | M55 | 127 | 46:47 | 19 | 46:56 | 19 | 0:46:43 | 21 | | 0 | 59 |
| 8 | Solisch, Volker | Telgte | 1961 | M55 | 172 | | 0 | 51:19 | 15 | 0:52:35 | 18 | 42:18 | 24 | 57 |
| 9 | Ottensmann, Manfred | PC Telgte | 1959 | M55 | 1 | 48:43 | 18 | 49:35 | 18 | | 0 | 49:26 | 18 | 54 |
| 10 | Merse, Heinz | LSF Münster | 1959 | M55 | 25 | 51:59 | 17 | 52:26 | 14 | 0:55:17 | 17 | 50:47 | 17 | 51 |
| 11 | de Jong, Thomas | Sassenberg | 1960 | M55 | 194 | | 0 | 50:54 | 16 | 0:52:16 | 19 | 52:29 | 16 | 51 |
| 12 | Harbert, Norbert | Team VOSSKO | 1962 | M55 | 101 | 52:19 | 16 | 50:51 | 17 | | 0 | 54:45 | 15 | 48 |
| 13 | Haselhorst, Volker | WSU | 1963 | M55 | 193 | 56:05 | 14 | 56:42 | 13 | 0:57:10 | 16 | 55:28 | 14 | 44 |
| 14 | Düpmeier, Armin | LG Ems Warendorf | 1960 | M55 | 56 | 55:24 | 15 | 56:42 | 13 | | 0 | 55:28 | 14 | 42 |
| 15 | Stanitzok, Paul | die hüpfenden Waden | 1961 | M55 | 110 | 1:02:10 | 13 | 1:08:25 | 11 | 1:00:39 | 15 | | 0 | 39 |

Damen W55

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS.W. | GESAMTPUNKTE | |
|-------|-------------------------|------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|-----------------|--------------|----|
| 1 | Ratering-Slüter, Bärbel | LSF Münster | 1963 | W55 | | 26 | | 0 | 51:35 | 25 | 49:31 | 25 | 49:55 | 25 | 75 |
| 2 | Heuer, Barbara | LSF Münster | 1963 | W55 | | 36 | 53:04 | 25 | 52:32 | 24 | | 0 | 52:12 | 24 | 73 |
| 3 | Manthei, Stephanie | Tus Hiltrup | 1961 | W55 | | 21 | 1:02:59 | 24 | 1:03:43 | 23 | 1:06:33 | 22 | 1:04:08 | 22 | 69 |
| 4 | Styler, Anita | Laufsport Senden | 1959 | W55 | | 62 | 1:05:33 | 22 | | 0 | 1:05:28 | 23 | 1:04:01 | 23 | 68 |
| 5 | Glösker, Ulla | TEAM Stockmeyer | 1962 | W55 | | 195 | 1:04:13 | 23 | | 0 | 1:04:48 | 24 | 1:05:34 | 21 | 68 |

Herren M60

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|-------------------------|-------------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Grünebaum, Manfred | LV Oelde | 1957 | M60 | 66 | 41:55 | 25 | 42:41 | 25 | 0:42:43 | 25 | 43:16 | 24 | 75 |
| 2 | Orlowski, Bernd | LV Oelde | 1957 | M60 | 16 | | 0 | 42:54 | 24 | 0:46:39 | 24 | 40:32 | 25 | 73 |
| 3 | Grieb, Jürgen | Sendenhorst | 1955 | M60 | 115 | 47:04 | 23 | 47:23 | 22 | 0:48:05 | 23 | 47:56 | 21 | 68 |
| 4 | Fischer-Behnen, Achim | LG Hamm | 1956 | M60 | 83 | | 0 | 46:05 | 23 | 0:48:21 | 22 | 46:16 | 22 | 67 |
| 5 | Schulte, Heinz-Jürgen | LV Oelde | 1958 | M60 | 191 | 47:03 | 24 | 49:09 | 21 | 0:49:33 | 21 | | 0 | 66 |
| 6 | Strotmeier, Franz Josef | WSU Tri-Team Warendorf | 1958 | M60 | 175 | 51:11 | 22 | 52:00 | 20 | 0:49:36 | 20 | 43:35 | 23 | 65 |
| 7 | Bollen, Wim | Telgte | 1958 | M60 | 78 | 51:26 | 21 | 52:26 | 19 | 0:55:50 | 19 | 52:40 | 20 | 60 |
| 8 | Kemper, Siegfried | LC Solbad Ravensberg | 1954 | M60 | 174 | 58:34 | 20 | 57:33 | 18 | 0:58:56 | 18 | 1:09:51 | 18 | 56 |
| 9 | Heitkötter, Winfried | BSV Ostbevern | 1957 | M60 | 179 | 1:00:00 | 19 | 58:37 | 17 | 1:02:41 | 17 | | 0 | 53 |
| 10 | Möllers, Günter | Segelfluggruppe Münster | 1957 | M60 | 5 | 1:05:29 | 18 | 1:02:22 | 16 | 1:04:02 | 16 | 57:20 | 19 | 53 |

Damen W60

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS.W. | GESAMTPUNKTE |
|-------|-------------------|-------------------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|-----------------|--------------|
| 1 | Feyerabend, Maria | LSF Münster | 1954 | W60 | 183 | 47:04 | 25 | 47:16 | 25 | 47:51 | 25 | 48:22 | 25 | 75 |
| 2 | Dießel, Lucia | LSF Münster | 1956 | W60 | 48 | 56:18 | 24 | | 0 | 57:13 | 24 | 56:17 | 24 | 72 |
| 3 | Grieb, Doris | Sendenhorst | 1957 | W60 | 116 | | 0 | 59:35 | 24 | 1:00:03 | 23 | 1:00:31 | 23 | 70 |
| 4 | Schmies, Irmgard | BSG Fiducia & GAD IT AG | 1954 | W60 | 7 | 1:05:29 | 23 | 1:04:03 | 23 | 1:02:21 | 22 | 1:03:32 | 22 | 68 |

Herren M65

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|----------------|----------------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Lid, Rainer | LSF Münster | 1952 | M65 | 41 | 43:46 | 25 | 42:07 | 25 | 0:44:03 | 25 | 43:27 | 25 | 75 |
| 2 | Huesker, Bernd | LSF Münster | 1949 | M65 | 187 | 45:36 | 24 | 45:50 | 24 | 0:46:18 | 24 | | 0 | 72 |
| 3 | Neuen, Herbert | Lauftreff Isselhorst | 1952 | M65 | 4 | 54:02 | 23 | 52:23 | 23 | 0:54:23 | 23 | | 0 | 69 |
| 4 | Pöpper, Josef | die hüpfenden Waden | 1951 | M65 | 74 | 1:00:03 | 22 | 1:08:25 | 22 | 1:00:39 | 22 | 56:42 | 24 | 68 |

Damen W65

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT OSTB. | PUNKTE OSTB. | ZEIT EINEN | PUNKTE EINEN | ZEIT EVERSWINKEL | PUNKTE EVERS.W. | GESAMTPUNKTE |
|-------|----------------|--------------|------|-----|-----|-------------|---------------|------------|--------------|------------|--------------|------------------|-----------------|--------------|
| 1 | Kies, Mechtild | LG-Emsdetten | 1953 | W65 | 192 | 50:23 | 25 | 50:49 | 25 | 50:46 | 25 | 51:14 | 25 | 75 |

Herren M70

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE |
|-------|-----------------|-------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|
| 1 | Hoveling, Tiger | LSF Münster | 1947 | M70 | 182 | 49:50 | 25 | 49:53 | 25 | 0:50:28 | 25 | | 0 | 75 |
| 2 | Kanter, Peter | LSF Münster | 1948 | M70 | 34 | 1:01:09 | 24 | 58:50 | 24 | 1:02:03 | 24 | 59:44 | 25 | 73 |
| 3 | Koch, Rolf | TUS Hiltrup | 1944 | M70 | 3 | 1:06:52 | 23 | 1:08:13 | 23 | 1:08:54 | 23 | | 0 | 69 |

Herren M75

| PLATZ | NAME_VORNAME | VEREIN | JG | AK | SNR | ZEIT TELGTE | PUNKTE TELGTE | ZEIT EINEN | PUNKTE EINEN | ZEIT OSTBEVERN | PUNKTE OSTBEVERN | ZEIT EVERSWINKEL | PUNKTE EVERSWINKEL | GESAMTPUNKTE | |
|-------|----------------------|-------------|------|-----|-----|-------------|---------------|------------|--------------|----------------|------------------|------------------|--------------------|--------------|----|
| 1 | Kreienbaum, Bernhard | LSF Münster | 1942 | M75 | 209 | 1:00:45 | 25 | 1:04:14 | 25 | | | 0 | 58:37 | 25 | 75 |