

Volksbank Cup 2024

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-----------------------|------------------------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1104 | Katharina Walter | Beutlingrunners | W35 | W | 00:43:55 | 25 | 00:43:55 | 25 | 00:43:31 | 24 | | | 3 | 74 | 02:11:21 |
| 2 | 1248 | Christina Nüßing | WSU | W30 | W | 00:44:10 | 24 | 00:44:58 | 24 | 00:42:49 | 25 | | | 3 | 73 | 02:11:57 |
| 3 | 1243 | Eva Wunderlich | WSU Warendorf | W45 | W | 00:48:49 | 23 | 00:46:27 | 22 | 00:50:15 | 20 | | | 3 | 65 | 02:25:31 |
| 4 | 1197 | Francesca Brinkmann | Telgte | W30 | W | 00:51:52 | 20 | 00:51:06 | 18 | 00:49:35 | 22 | | | 3 | 60 | 02:32:33 |
| 5 | 1232 | Alexandra Frohne | Warendorfer SU | W45 | W | 00:52:07 | 18 | 00:49:41 | 20 | 00:50:15 | 21 | | | 3 | 59 | 02:32:03 |
| 6 | 1124 | Dorothea Brahm-Tobies | Havixbeck | W55 | W | 00:52:53 | 17 | 00:51:07 | 17 | 00:49:33 | 23 | | | 3 | 57 | 02:33:33 |
| 7 | 1164 | Silke Wassing | Ostbevern | W35 | W | 00:55:19 | 13 | 00:54:37 | 14 | 00:53:01 | 17 | | | 3 | 44 | 02:42:57 |
| 8 | 1170 | Leonie Harjans | Rennschweine Greffen | W35 | W | 00:56:02 | 9 | 00:52:39 | 16 | 00:51:39 | 18 | | | 3 | 43 | 02:40:20 |
| 9 | 1273 | Christiane Postert | Las Vegans | W50 | W | 00:51:32 | 21 | 00:49:31 | 21 | 00:00:00 | 0 | | | 2 | 42 | 01:41:03 |
| 10 | 1162 | Hanna Silge | Ostbevern | W30 | W | 00:50:52 | 22 | 00:00:00 | 0 | 00:51:37 | 19 | | | 2 | 41 | 01:42:29 |
| 11 | 1121 | Samantha Braunisch | Freckenhorst | W35 | W | 00:55:00 | 14 | 00:54:47 | 13 | 00:54:57 | 12 | | | 3 | 39 | 02:44:44 |
| 12 | 1252 | Maike Sendfeld | WSU | W40 | W | 00:52:07 | 19 | 00:50:13 | 19 | 00:00:00 | 0 | | | 2 | 38 | 01:42:20 |
| 13 | 1247 | Anne Heibing | PV Triathlon TG Witten | W70 | W | 00:56:01 | 10 | 00:55:06 | 12 | 00:53:41 | 15 | | | 3 | 37 | 02:44:48 |
| 14 | 1250 | Maria Beckmann | LSF Münster | W45 | W | 00:55:37 | 11 | 00:56:02 | 9 | 00:54:17 | 14 | | | 3 | 34 | 02:45:56 |
| 15 | 1140 | Claudia Sisenop | LG Oelde/Wadersloh | W40 | W | 00:53:09 | 16 | 00:00:00 | 0 | 00:53:28 | 16 | | | 2 | 32 | 01:46:37 |
| 16 | 1239 | Bianca Stein | WSU | W35 | W | 00:54:37 | 15 | 00:53:04 | 15 | 00:00:00 | 0 | | | 2 | 30 | 01:47:41 |
| 17 | 1278 | Linda Schulte | ROT-Weiß Alverskirchen | W40 | W | 00:55:35 | 12 | 00:55:21 | 11 | 00:00:00 | 0 | | | 2 | 23 | 01:50:56 |
| 18 | 1178 | Katja Metzner | Running Sisters | W35 | W | 01:00:02 | 3 | 00:57:09 | 8 | 00:56:21 | 9 | | | 3 | 20 | 02:53:32 |
| 19 | 1249 | Anna Jesper | | W40 | W | 00:59:26 | 7 | 00:58:45 | 4 | 00:56:54 | 7 | | | 3 | 18 | 02:55:05 |
| 20 | 1185 | Stefanie John | SV Ems | W50 | W | 00:57:38 | 8 | 00:55:52 | 10 | 00:00:00 | 0 | | | 2 | 18 | 01:53:30 |
| 21 | 1177 | Jana Sachs | Running Sisters | W40 | W | 01:46:54 | 0 | 00:57:09 | 7 | 00:56:21 | 10 | | | 3 | 17 | 03:40:24 |
| 22 | 1235 | Sabrina Grüter | Warendorfer SU | W40 | W | 01:06:31 | 0 | 00:58:32 | 5 | 00:55:44 | 11 | | | 3 | 16 | 03:00:47 |
| 23 | 1143 | Sylvia Herzog | LG Oelde/Wadersloh | W50 | W | 00:59:52 | 4 | 00:58:23 | 6 | 00:00:00 | 0 | | | 2 | 10 | 01:58:15 |
| 24 | 1234 | Gisela Röttger | Warendorfer SU | W50 | W | 00:59:33 | 6 | 00:58:59 | 3 | 00:00:00 | 0 | | | 2 | 9 | 01:58:32 |
| 25 | 1280 | Judith Mönig | SV Ems Westbevern | W45 | W | 00:00:00 | 0 | 01:01:08 | 0 | 00:56:53 | 8 | | | 2 | 8 | 01:58:01 |
| 26 | 1184 | Kim Kummer | SV Arminia Appelhülsen | W30 | W | 01:00:02 | 2 | 01:00:40 | 0 | 00:58:26 | 5 | | | 3 | 7 | 02:59:08 |
| 27 | 1186 | Nicole Dirksen | SV Werder Bremen | W40 | W | 01:01:44 | 0 | 01:01:11 | 0 | 00:58:09 | 6 | | | 3 | 6 | 03:01:04 |
| 28 | 1225 | Lena Unland | Warendorf | W | W | 00:59:46 | 5 | 01:00:34 | 0 | 00:00:00 | 0 | | | 2 | 5 | 02:00:20 |
| 29 | 1118 | Elke Vissing | Freckenhorst | W50 | W | 00:00:00 | 0 | 01:03:32 | 0 | 00:59:27 | 3 | | | 2 | 3 | 02:02:59 |
| 30 | 1209 | Rebekka Hitt | TV Friesen Telgte | WJ U20 | W | 01:03:48 | 0 | 00:59:27 | 2 | 01:03:06 | 0 | | | 3 | 2 | 03:06:21 |
| 31 | 1245 | Sabine Juhasz | WSU Warendorf | W60 | W | 00:00:00 | 0 | 01:00:28 | 1 | 00:59:34 | 1 | | | 2 | 2 | 02:00:02 |
| 32 | 1191 | Irena Meiwes | Team Vosso | W30 | W | 00:00:00 | 0 | 01:01:12 | 0 | 00:59:28 | 2 | | | 2 | 2 | 02:00:40 |
| 33 | 1218 | Birgit Stukenbrock | TV Friesen Telgte | W50 | W | 01:01:39 | 1 | 00:00:00 | 0 | 01:01:50 | 0 | | | 2 | 1 | 02:03:29 |
| 34 | 1105 | Sabine Niemeyer | BSV Brochterbeck | W50 | W | 01:03:27 | 0 | 01:01:42 | 0 | 01:00:50 | 0 | | | 3 | 0 | 03:05:59 |
| 35 | 1215 | Christiane Gerkmann | TV Friesen Telgte | W40 | W | 01:03:43 | 0 | 01:03:58 | 0 | 01:00:03 | 0 | | | 3 | 0 | 03:07:44 |

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|----|------|--------------------|---------------------------|--------|---|----------|---|----------|----|----------|----|--|--|---|----|----------|
| 36 | 1120 | Claudia Döpker | Freckenhorst | W40 | W | 01:04:22 | 0 | 01:04:09 | 0 | 01:02:08 | 0 | | | 3 | 0 | 03:10:39 |
| 37 | 1109 | Britta Lehmann | DJK Milte | W60 | W | 01:09:56 | 0 | 01:06:42 | 0 | 01:01:30 | 0 | | | 3 | 0 | 03:18:08 |
| 38 | 1161 | Ines Bohlen | Ostbevern | W40 | W | 01:07:43 | 0 | 01:06:31 | 0 | 01:05:12 | 0 | | | 3 | 0 | 03:19:26 |
| 39 | 1276 | Sandra Walkenfort | TV Friesen Telgte | W45 | W | 01:11:00 | 0 | 01:11:05 | 0 | 01:07:39 | 0 | | | 3 | 0 | 03:29:44 |
| 40 | 1228 | Ute Weismüller | Warendorf | W55 | W | 01:16:38 | 0 | 01:15:19 | 0 | 01:13:24 | 0 | | | 3 | 0 | 03:45:21 |
| 41 | 1144 | Angelika Syska | LSF Münster | W65 | W | 01:21:33 | 0 | 01:23:10 | 0 | 01:14:48 | 0 | | | 3 | 0 | 03:59:31 |
| 42 | 1166 | Sarah Nitsch | Ostbevern | W40 | W | 01:01:40 | 0 | 00:00:00 | 0 | 00:59:55 | 0 | | | 2 | 0 | 02:01:35 |
| 43 | 1190 | Alina Meiwes | Team Vosso | W30 | W | 01:03:13 | 0 | 01:01:23 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:04:36 |
| 44 | 1220 | Bettina Worch | TV Friesen Telgte | W50 | W | 01:04:29 | 0 | 01:01:23 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:05:52 |
| 45 | 1183 | Katrin Trautmann | Stützpunkt Steuerberatung | W45 | W | 01:06:51 | 0 | 00:00:00 | 0 | 01:04:38 | 0 | | | 2 | 0 | 02:11:29 |
| 46 | 1233 | Anke Terörde | Warendorfer SU | W50 | W | 01:09:55 | 0 | 01:06:42 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:16:37 |
| 47 | 1156 | Barbara Hack | Münster | W50 | W | 00:00:00 | 0 | 01:05:38 | 0 | 01:13:32 | 0 | | | 2 | 0 | 02:19:10 |
| 48 | 1263 | Petra Helfenbein | SF Ennepetal | W50 | W | 00:00:00 | 0 | 01:12:39 | 0 | 01:09:29 | 0 | | | 2 | 0 | 02:22:08 |
| 49 | 1270 | Dilia Klos | | W60 | W | 00:00:00 | 0 | 01:13:00 | 0 | 01:11:50 | 0 | | | 2 | 0 | 02:24:50 |
| 50 | 1238 | Daniela Wieck | WSU | W55 | W | 01:16:39 | 0 | 01:12:41 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:29:20 |
| 51 | 1122 | Sonja Knorr | Grend-Runner | W45 | W | 01:20:35 | 0 | 00:00:00 | 0 | 01:14:07 | 0 | | | 2 | 0 | 02:34:42 |
| 52 | 1130 | Marlene Wietkamp | Lauftreff BSV Ostbevern | W40 | W | 01:17:00 | 0 | 01:18:04 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:35:04 |
| 53 | 1163 | Alina Gausmann | Ostbevern | W30 | W | 01:16:59 | 0 | 01:18:05 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:35:04 |
| 54 | 1265 | Katharina Hartmann | | W30 | W | 00:00:00 | 0 | 00:45:36 | 23 | 00:00:00 | 0 | | | 1 | 23 | 00:45:36 |
| 55 | 1211 | Eva Weißendorff | TV Friesen Telgte | WJ U18 | W | 00:00:00 | 0 | 00:00:00 | 0 | 00:54:51 | 13 | | | 1 | 13 | 00:54:51 |
| 56 | 1155 | Denise Tschirner | Münster | W45 | W | 00:00:00 | 0 | 00:00:00 | 0 | 00:59:20 | 4 | | | 1 | 4 | 00:59:20 |
| 57 | 1119 | Kirsten Amsbeck | Freckenhorst | W50 | W | 00:00:00 | 0 | 01:08:53 | 0 | 00:00:00 | 0 | | | 1 | 0 | 01:08:53 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|----------------------|--------------------------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1241 | Sascha Thiel | WSU Tri-Team Warendorf | M30 | M | 00:35:25 | 25 | 00:37:45 | 23 | 00:35:50 | 24 | | | 3 | 72 | 01:49:00 |
| 2 | 1136 | Dirk Hansmeier | LG Burg Wiedenbrück | M40 | M | 00:37:10 | 24 | 00:36:49 | 24 | 00:36:25 | 23 | | | 3 | 71 | 01:50:24 |
| 3 | 1137 | Markus Elbracht | LG Burg Wiedenbrück | M30 | M | 00:38:40 | 23 | 00:38:05 | 22 | 00:37:53 | 21 | | | 3 | 66 | 01:54:38 |
| 4 | 1261 | Michael Sanders | | M35 | M | 00:39:20 | 22 | 00:38:51 | 21 | 00:38:37 | 20 | | | 3 | 63 | 01:56:48 |
| 5 | 1106 | Markus Reckermann | BSV Ostbevern | M40 | M | 00:39:29 | 21 | 00:39:47 | 20 | 00:37:48 | 22 | | | 3 | 63 | 01:57:04 |
| 6 | 1275 | Christian Lübeck | Lauffreunde Gremmendorf | M45 | M | 00:40:07 | 20 | 00:41:09 | 12 | 00:39:27 | 18 | | | 3 | 50 | 02:00:43 |
| 7 | 1168 | Alex Wetzler | Post SV Gütersloh | M35 | M | 00:40:48 | 17 | 00:40:17 | 19 | 00:40:40 | 14 | | | 3 | 50 | 02:01:45 |
| 8 | 1300 | Jonas Barwinski | Fit2Run Beckum | M | M | 00:00:00 | 0 | 00:36:03 | 25 | 00:34:53 | 25 | | | 2 | 50 | 01:10:56 |
| 9 | 1206 | Thorsten Ranger | TV Friesen Telgte | M45 | M | 00:41:51 | 12 | 00:40:36 | 18 | 00:38:47 | 19 | | | 3 | 49 | 02:01:14 |
| 10 | 1236 | Peter Sendfeld | Warendorfer SU | M45 | M | 00:40:58 | 16 | 00:40:45 | 16 | 00:39:47 | 16 | | | 3 | 48 | 02:01:30 |
| 11 | 1150 | Martin Trame | LV Oelde | M60 | M | 00:41:46 | 13 | 00:41:02 | 13 | 00:40:39 | 15 | | | 3 | 41 | 02:03:27 |
| 12 | 1117 | Mike Behrend | Erdinger Active Team | M50 | M | 00:41:12 | 15 | 00:42:04 | 8 | 00:41:00 | 13 | | | 3 | 36 | 02:04:16 |
| 13 | 1269 | Patrick Elbracht | LG Burg | M30 | M | 00:00:00 | 0 | 00:40:57 | 15 | 00:39:36 | 17 | | | 2 | 32 | 01:20:33 |
| 14 | 1138 | Alex Krauße | LG Burg Wiedenbrück | M40 | M | 00:40:22 | 18 | 00:41:31 | 11 | 00:00:00 | 0 | | | 2 | 29 | 01:21:53 |
| 15 | 1274 | Dirk Cordes | | M50 | M | 00:00:00 | 0 | 00:41:02 | 14 | 00:41:11 | 12 | | | 2 | 26 | 01:22:13 |
| 16 | 1158 | Todt G. Willingmann | Lauffreunde Bönen 1985 e | M55 | M | 00:43:20 | 9 | 00:42:34 | 7 | 00:42:05 | 9 | | | 3 | 25 | 02:07:59 |
| 17 | 1229 | Norbert Zumdieck | Warendorfer SU | M55 | M | 00:43:09 | 11 | 00:43:17 | 6 | 00:42:33 | 8 | | | 3 | 25 | 02:08:59 |
| 18 | 1135 | Tobias Witte | LG Ahlen | M | M | 00:43:48 | 8 | 00:43:45 | 5 | 00:41:40 | 11 | | | 3 | 24 | 02:09:13 |
| 19 | 1151 | Jens Conrad | LV Oelde | M45 | M | 00:41:18 | 14 | 00:41:42 | 9 | 00:00:00 | 0 | | | 2 | 23 | 01:23:00 |
| 20 | 1204 | Christoph Grothaus | TV Friesen Telgte | M40 | M | 00:48:35 | 0 | 00:41:41 | 10 | 00:41:57 | 10 | | | 3 | 20 | 02:12:13 |
| 21 | 1147 | Helmut Karwinkel | LV Oelde | M55 | M | 00:40:17 | 19 | 00:52:44 | 0 | 00:00:00 | 0 | | | 2 | 19 | 01:33:01 |
| 22 | 1113 | Jan Rönick | Drensteinfurt | MJ U18 | M | 00:47:40 | 0 | 00:40:42 | 17 | 00:00:00 | 0 | | | 2 | 17 | 01:28:22 |
| 23 | 1152 | Danny Gramsch | LV Oelde | M30 | M | 00:44:47 | 3 | 00:44:06 | 1 | 00:42:52 | 7 | | | 3 | 11 | 02:11:45 |
| 24 | 1149 | Uli Stripper | LV Oelde | M65 | M | 00:44:37 | 6 | 00:44:58 | 0 | 00:43:56 | 5 | | | 3 | 11 | 02:13:31 |
| 25 | 1230 | Thomas Ehl | Warendorfer SU | M55 | M | 00:44:42 | 5 | 00:43:47 | 4 | 00:00:00 | 0 | | | 2 | 9 | 01:28:29 |
| 26 | 1251 | Martin König | TV Friesen Telgte | M60 | M | 00:44:10 | 7 | 00:44:03 | 2 | 00:00:00 | 0 | | | 2 | 9 | 01:28:13 |
| 27 | 1256 | Andreas Niermann | TV Friesen Telgte | M55 | M | 00:00:00 | 0 | 00:44:57 | 0 | 00:43:46 | 6 | | | 2 | 6 | 01:28:43 |
| 28 | 1133 | Ludger Hovest | Lauftreff Ostbevern | M60 | M | 00:44:45 | 4 | 00:44:45 | 0 | 00:00:00 | 0 | | | 2 | 4 | 01:29:30 |
| 29 | 1148 | Christian Schimpf | LV Oelde | M65 | M | 00:00:00 | 0 | 00:45:41 | 0 | 00:44:30 | 4 | | | 2 | 4 | 01:30:11 |
| 30 | 1115 | Mika Sechelmann | Einen | MJ U18 | M | 00:47:36 | 0 | 00:43:55 | 3 | 00:45:45 | 0 | | | 3 | 3 | 02:17:16 |
| 31 | 1214 | Timo Gerkmann | TV Friesen Telgte | M40 | M | 00:46:29 | 0 | 00:46:49 | 0 | 00:44:50 | 3 | | | 3 | 3 | 02:18:08 |
| 32 | 1175 | Christian Möller | Run4Fun Greven e.V. | M45 | M | 00:45:12 | 2 | 00:45:44 | 0 | 00:49:25 | 0 | | | 3 | 2 | 02:20:21 |
| 33 | 1266 | Uli Weißen | Warendorfer SU | M45 | M | 00:48:30 | 0 | 00:47:01 | 0 | 00:45:08 | 2 | | | 3 | 2 | 02:20:39 |
| 34 | 1224 | Carsten Osterwinter | VIActiv.de | M45 | M | 00:45:35 | 1 | 00:47:18 | 0 | 00:47:51 | 0 | | | 3 | 1 | 02:20:44 |
| 35 | 1181 | Andreas Helfenbein | SF Ennepetal | M60 | M | 00:00:00 | 0 | 00:45:42 | 0 | 00:45:23 | 1 | | | 2 | 1 | 01:31:05 |
| 36 | 1268 | Rainer Beckers | LG Burg Wiedenbrück | M60 | M | 00:48:27 | 0 | 00:45:36 | 0 | 00:45:29 | 0 | | | 3 | 0 | 02:19:32 |
| 37 | 1171 | Detlef Becker | Rennschweine Greffen | M55 | M | 00:48:13 | 0 | 00:47:52 | 0 | 00:45:49 | 0 | | | 3 | 0 | 02:21:54 |
| 38 | 1264 | Frank Hörstmann | VFL Sassenberg | M35 | M | 00:50:37 | 0 | 00:46:59 | 0 | 00:45:50 | 0 | | | 3 | 0 | 02:23:26 |
| 39 | 1201 | Robert Große Liesner | TuS Hilstrup | M50 | M | 00:48:44 | 0 | 00:46:57 | 0 | 00:48:19 | 0 | | | 3 | 0 | 02:24:00 |
| 40 | 1253 | Matthias Kahle | Bever Elektronik | M55 | M | 00:49:19 | 0 | 00:48:12 | 0 | 00:47:42 | 0 | | | 3 | 0 | 02:25:13 |

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|----|------|------------------------|-------------------------|--------|---|----------|---|----------|---|----------|---|--|--|---|---|----------|
| 41 | 1213 | Alexander Mischke | TV Friesen Telgte | M40 | M | 00:49:16 | 0 | 00:47:43 | 0 | 00:48:18 | 0 | | | 3 | 0 | 02:25:17 |
| 42 | 1142 | Eckhard Rump | LG Oelde/Wadersloh | M60 | M | 00:49:41 | 0 | 00:48:58 | 0 | 00:47:11 | 0 | | | 3 | 0 | 02:25:50 |
| 43 | 1100 | Thomas von Majewsky | Lauftreff Ostbevern | M45 | M | 00:49:32 | 0 | 00:49:04 | 0 | 00:47:56 | 0 | | | 3 | 0 | 02:26:32 |
| 44 | 1246 | Ralf Buse | WSU Warendorf | M55 | M | 00:49:50 | 0 | 00:49:29 | 0 | 00:48:00 | 0 | | | 3 | 0 | 02:27:19 |
| 45 | 1219 | Jörg Ueffing | TV Friesen Telgte | M50 | M | 00:53:26 | 0 | 00:48:06 | 0 | 00:46:50 | 0 | | | 3 | 0 | 02:28:22 |
| 46 | 1196 | Werner Rothfeld | LG Oelde/Wadersloh | M65 | M | 00:50:00 | 0 | 00:49:57 | 0 | 00:49:39 | 0 | | | 3 | 0 | 02:29:36 |
| 47 | 1153 | Christian Welp | Marathon Ibbenbüren | M30 | M | 00:52:24 | 0 | 00:48:24 | 0 | 00:48:52 | 0 | | | 3 | 0 | 02:29:40 |
| 48 | 1227 | Florian Strotmeier | Warendorf | M35 | M | 00:56:00 | 0 | 00:49:38 | 0 | 00:47:12 | 0 | | | 3 | 0 | 02:32:50 |
| 49 | 1160 | Melvin Beverburg | Ostbevern | MJ U23 | M | 00:53:26 | 0 | 00:51:30 | 0 | 00:49:28 | 0 | | | 3 | 0 | 02:34:24 |
| 50 | 1159 | Jens Frohne | Nomad | M40 | M | 00:55:36 | 0 | 00:53:31 | 0 | 00:50:15 | 0 | | | 3 | 0 | 02:39:22 |
| 51 | 1203 | Thomas Lambrecht | TV Friesen Telgte | M60 | M | 00:53:26 | 0 | 00:54:09 | 0 | 00:51:59 | 0 | | | 3 | 0 | 02:39:34 |
| 52 | 1112 | Peter Stewing | DJK Vorwärts Ahlen | M55 | M | 00:54:00 | 0 | 00:53:10 | 0 | 00:53:59 | 0 | | | 3 | 0 | 02:41:09 |
| 53 | 1226 | Mario Hagenhoff | Warendorf | M50 | M | 00:53:57 | 0 | 00:54:46 | 0 | 00:54:41 | 0 | | | 3 | 0 | 02:43:24 |
| 54 | 1189 | Thorbojern Schwarzwald | Team FRIWO | M35 | M | 00:58:22 | 0 | 00:54:02 | 0 | 00:54:40 | 0 | | | 3 | 0 | 02:47:04 |
| 55 | 1267 | Peter Kubitz | TSV St. Peter-Ording | M70 | M | 00:57:01 | 0 | 00:55:45 | 0 | 00:55:41 | 0 | | | 3 | 0 | 02:48:27 |
| 56 | 1169 | Jan Thiäner | power & pace. | M35 | M | 00:58:45 | 0 | 00:55:45 | 0 | 00:54:21 | 0 | | | 3 | 0 | 02:48:51 |
| 57 | 1192 | Hubertus Wiewel | Team Vosso | M60 | M | 00:57:28 | 0 | 00:55:33 | 0 | 00:58:21 | 0 | | | 3 | 0 | 02:51:22 |
| 58 | 1244 | Armin Döpmeier | WSU Warendorf | M60 | M | 00:58:50 | 0 | 00:57:15 | 0 | 00:56:38 | 0 | | | 3 | 0 | 02:52:43 |
| 59 | 1281 | Tino Romanenko | TSV St. Peter-Ording | M30 | M | 00:57:01 | 0 | 00:59:27 | 0 | 00:57:23 | 0 | | | 3 | 0 | 02:53:51 |
| 60 | 1231 | Ewald Wiesmann | Warendorfer SU | M55 | M | 01:00:52 | 0 | 00:58:22 | 0 | 00:55:58 | 0 | | | 3 | 0 | 02:55:12 |
| 61 | 1208 | Martin Hitt | TV Friesen Telgte | M55 | M | 01:02:44 | 0 | 00:57:52 | 0 | 00:55:44 | 0 | | | 3 | 0 | 02:56:20 |
| 62 | 1260 | Stefan Leicht | | M35 | M | 01:00:55 | 0 | 00:59:20 | 0 | 00:56:34 | 0 | | | 3 | 0 | 02:56:49 |
| 63 | 1173 | Andreas Hartmann | Run4fun Greven | M55 | M | 01:08:42 | 0 | 01:05:47 | 0 | 01:04:35 | 0 | | | 3 | 0 | 03:19:04 |
| 64 | 1123 | Dirk Stückmann | Greven | M40 | M | 00:46:26 | 0 | 00:45:20 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:31:46 |
| 65 | 1107 | Lambert Jünck | BSV Ostbevern | M40 | M | 00:00:00 | 0 | 00:45:45 | 0 | 00:46:23 | 0 | | | 2 | 0 | 01:32:08 |
| 66 | 1254 | Dominik Sandmann | | M30 | M | 00:47:10 | 0 | 00:46:30 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:33:40 |
| 67 | 1271 | Jonas Augustin | Run4fun Greven | M35 | M | 00:47:11 | 0 | 00:46:37 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:33:48 |
| 68 | 1212 | Werner Schange | TV Friesen Telgte | M50 | M | 00:00:00 | 0 | 00:48:54 | 0 | 00:46:51 | 0 | | | 2 | 0 | 01:35:45 |
| 69 | 1116 | Daniel Kimmina | Ems Westbevern | M40 | M | 00:48:37 | 0 | 00:00:00 | 0 | 00:47:34 | 0 | | | 2 | 0 | 01:36:11 |
| 70 | 1167 | Jonas Mussenbrock | parkrun Wienburgpark Mü | M30 | M | 00:49:26 | 0 | 00:00:00 | 0 | 00:48:07 | 0 | | | 2 | 0 | 01:37:33 |
| 71 | 1198 | Tim Gerkmann | Telgte | M35 | M | 00:00:00 | 0 | 00:50:27 | 0 | 00:47:19 | 0 | | | 2 | 0 | 01:37:46 |
| 72 | 1207 | Johannes Bußmann | TV Friesen Telgte | M70 | M | 00:00:00 | 0 | 00:50:19 | 0 | 00:49:00 | 0 | | | 2 | 0 | 01:39:19 |
| 73 | 1180 | Jens Evermann | SC Müssingen | M40 | M | 00:50:06 | 0 | 00:00:00 | 0 | 00:51:12 | 0 | | | 2 | 0 | 01:41:18 |
| 74 | 1114 | Thomas Frankewitsch | Einen | M35 | M | 00:49:10 | 0 | 00:52:42 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:41:52 |
| 75 | 1242 | Franz-Josef Strotmeier | WSU Tri-Team Warendorf | M65 | M | 00:51:45 | 0 | 00:50:46 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:42:31 |
| 76 | 1131 | Markus Florian | Lauftreff Feldmarksee | M45 | M | 00:55:41 | 0 | 00:00:00 | 0 | 00:48:12 | 0 | | | 2 | 0 | 01:43:53 |
| 77 | 1255 | Martin Sigmund | | M35 | M | 00:00:00 | 0 | 00:52:51 | 0 | 00:52:38 | 0 | | | 2 | 0 | 01:45:29 |
| 78 | 1194 | Norbert Schober | Telgte | M55 | M | 00:00:00 | 0 | 00:54:29 | 0 | 00:51:16 | 0 | | | 2 | 0 | 01:45:45 |
| 79 | 1257 | Heinz-Jürgen Schulte | LV Oelde | M65 | M | 00:53:34 | 0 | 00:00:00 | 0 | 00:52:34 | 0 | | | 2 | 0 | 01:46:08 |
| 80 | 1165 | Manuel Wassing | Ostbevern | M40 | M | 00:54:51 | 0 | 00:00:00 | 0 | 00:52:26 | 0 | | | 2 | 0 | 01:47:17 |
| 81 | 1139 | Achim Fischer-Behnen | LG Hamm | M65 | M | 00:00:00 | 0 | 00:53:51 | 0 | 00:53:31 | 0 | | | 2 | 0 | 01:47:22 |
| 82 | 1195 | Lukas Börger | Telgte | MJ U23 | M | 00:53:26 | 0 | 00:54:01 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:47:27 |

| | | | | | | | | | | | | | | | | |
|-----|------|--------------------|----------------------------|-----|---|----------|----|----------|---|----------|---|--|--|---|----|----------|
| 83 | 1210 | Paul We?endorff | TV Friesen Telgte | M50 | M | 00:54:12 | 0 | 00:00:00 | 0 | 00:55:00 | 0 | | | 2 | 0 | 01:49:12 |
| 84 | 1127 | Stefan Eikel | Kugelrund | M45 | M | 00:54:57 | 0 | 00:55:07 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:50:04 |
| 85 | 1279 | Carsten Sommer | DJK Rot Weiß Alverskirchen | M35 | M | 00:55:35 | 0 | 00:55:21 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:50:56 |
| 86 | 1101 | Jörg Neumann | / | M45 | M | 00:56:36 | 0 | 00:54:29 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:51:05 |
| 87 | 1132 | Peter Schürenkamp | Lauftreff Feldmarksee | M45 | M | 00:56:50 | 0 | 00:54:52 | 0 | 00:00:00 | 0 | | | 2 | 0 | 01:51:42 |
| 88 | 1272 | Reinhard Haverkamp | BSV Ostbevern | M60 | M | 00:00:00 | 0 | 00:58:35 | 0 | 00:55:51 | 0 | | | 2 | 0 | 01:54:26 |
| 89 | 1141 | Josef Schnitker | LG Oelde/Wadersloh | M65 | M | 00:57:38 | 0 | 00:00:00 | 0 | 00:57:25 | 0 | | | 2 | 0 | 01:55:03 |
| 90 | 1134 | Bernd Lüdemann | Lauftreff Ostbevern | M65 | M | 00:00:00 | 0 | 00:54:45 | 0 | 01:00:49 | 0 | | | 2 | 0 | 01:55:34 |
| 91 | 1103 | Klaus Künne | Alverskirchen | M55 | M | 00:00:00 | 0 | 00:58:44 | 0 | 00:57:01 | 0 | | | 2 | 0 | 01:55:45 |
| 92 | 1157 | Andreas Rehme | Münster | M50 | M | 01:01:01 | 0 | 00:59:05 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:00:06 |
| 93 | 1221 | Martin Langner | TV Friesen Telgte | M65 | M | 01:00:32 | 0 | 00:59:55 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:00:27 |
| 94 | 1216 | Wilfried Förster | TV Friesen Telgte | M70 | M | 01:01:42 | 0 | 00:59:57 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:01:39 |
| 95 | 1111 | Albert Münstermann | DJK RW Alverskirchen | M60 | M | 01:05:02 | 0 | 01:04:13 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:09:15 |
| 96 | 1125 | Thomas Kleideiter | Kugelrund | M50 | M | 01:05:01 | 0 | 01:05:05 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:10:06 |
| 97 | 1237 | Volker Haselhorst | WSU | M60 | M | 01:09:56 | 0 | 01:06:42 | 0 | 00:00:00 | 0 | | | 2 | 0 | 02:16:38 |
| 98 | 1259 | Christian Machner | TV Georgsmarienhütte | M45 | M | 00:43:13 | 10 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 10 | 00:43:13 |
| 99 | 1182 | Dirk Clasberg | Ski-Club Beckum | M45 | M | 00:00:00 | 0 | 00:45:22 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:45:22 |
| 100 | 1179 | Jonas Bußmann | SC Hoetmar | M35 | M | 00:47:09 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:47:09 |
| 101 | 1277 | Roman Semar | Warendorfer SU | M45 | M | 00:00:00 | 0 | 00:49:36 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:49:36 |
| 102 | 1205 | Manfred Ottensmann | TV Friesen Telgte | M65 | M | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:35 | 0 | | | 1 | 0 | 00:50:35 |
| 103 | 1193 | Thomas Hепен | Team Vossko | M40 | M | 00:00:00 | 0 | 00:52:22 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:52:22 |
| 104 | 1262 | Christian Schmidt | Freckenhorst | M50 | M | 00:00:00 | 0 | 00:57:20 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:57:20 |
| 105 | 1188 | Dirk Van Almsick | Team FRIWO | M40 | M | 00:58:22 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:58:22 |
| 106 | 1174 | Lothar Merk | Run4Fun Greven e. V. | M55 | M | 00:00:00 | 0 | 00:58:44 | 0 | 00:00:00 | 0 | | | 1 | 0 | 00:58:44 |
| 107 | 1217 | Jürgen Komuth | TV Friesen Telgte | M55 | M | 00:00:00 | 0 | 00:00:00 | 0 | 01:00:02 | 0 | | | 1 | 0 | 01:00:02 |
| 108 | 1146 | Fulvio Quattrocchi | LSF VEGAN | M70 | M | 00:00:00 | 0 | 01:01:00 | 0 | 00:00:00 | 0 | | | 1 | 0 | 01:01:00 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-------------|-----------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1225 | Lena Unland | Warendorf | W | W | 00:59:46 | 25 | 01:00:34 | 25 | 00:00:00 | 0 | | | 2 | 50 | 02:00:20 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-----------------|-------------------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1211 | Eva Weißendorff | TV Friesen Telgte | WJ U18 | W | 00:00:00 | 0 | 00:00:00 | 0 | 00:54:51 | 25 | | | 1 | 25 | 00:54:51 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------|-------------------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1209 | Rebekka Hitt | TV Friesen Telgte | WJ U20 | W | 01:03:48 | 25 | 00:59:27 | 25 | 01:03:06 | 25 | | | 3 | 75 | 03:06:21 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|---------------------|------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1248 | Christina Nüßing | WSU | W30 | W | 00:44:10 | 25 | 00:44:58 | 25 | 00:42:49 | 25 | | | 3 | 75 | 02:11:57 |
| 2 | 1197 | Francesca Brinkmann | Telgte | W30 | W | 00:51:52 | 23 | 00:51:06 | 23 | 00:49:35 | 24 | | | 3 | 70 | 02:32:33 |
| 3 | 1184 | Kim Kummer | SV Arminia Appelhülsen | W30 | W | 01:00:02 | 22 | 01:00:40 | 22 | 00:58:26 | 22 | | | 3 | 66 | 02:59:08 |
| 4 | 1162 | Hanna Silge | Ostbevern | W30 | W | 00:50:52 | 24 | 00:00:00 | 0 | 00:51:37 | 23 | | | 2 | 47 | 01:42:29 |
| 5 | 1191 | Irena Meiwes | Team Vossko | W30 | W | 00:00:00 | 0 | 01:01:12 | 21 | 00:59:28 | 21 | | | 2 | 42 | 02:00:40 |
| 6 | 1190 | Alina Meiwes | Team Vossko | W30 | W | 01:03:13 | 21 | 01:01:23 | 20 | 00:00:00 | 0 | | | 2 | 41 | 02:04:36 |
| 7 | 1163 | Alina Gausmann | Ostbevern | W30 | W | 01:16:59 | 20 | 01:18:05 | 19 | 00:00:00 | 0 | | | 2 | 39 | 02:35:04 |
| 8 | 1265 | Katharina Hartmann | | W30 | W | 00:00:00 | 0 | 00:45:36 | 24 | 00:00:00 | 0 | | | 1 | 24 | 00:45:36 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------------|----------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1104 | Katharina Walter | Beutlingrunners | W35 | W | 00:43:55 | 25 | 00:43:55 | 25 | 00:43:31 | 25 | | | 3 | 75 | 02:11:21 |
| 2 | 1170 | Leonie Harjans | Rennschweine Greffen | W35 | W | 00:56:02 | 21 | 00:52:39 | 24 | 00:51:39 | 24 | | | 3 | 69 | 02:40:20 |
| 3 | 1164 | Silke Wassing | Ostbevern | W35 | W | 00:55:19 | 22 | 00:54:37 | 22 | 00:53:01 | 23 | | | 3 | 67 | 02:42:57 |
| 4 | 1121 | Samantha Braunisch | Freckenhorst | W35 | W | 00:55:00 | 23 | 00:54:47 | 21 | 00:54:57 | 22 | | | 3 | 66 | 02:44:44 |
| 5 | 1178 | Katja Metzner | Running Sisters | W35 | W | 01:00:02 | 20 | 00:57:09 | 20 | 00:56:21 | 21 | | | 3 | 61 | 02:53:32 |
| 6 | 1239 | Bianca Stein | WSU | W35 | W | 00:54:37 | 24 | 00:53:04 | 23 | 00:00:00 | 0 | | | 2 | 47 | 01:47:41 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|---------------------|-------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1249 | Anna Jesper | | W40 | W | 00:59:26 | 22 | 00:58:45 | 21 | 00:56:54 | 22 | | | 3 | 65 | 02:55:05 |
| 2 | 1235 | Sabrina Grüter | Warendorfer SU | W40 | W | 01:06:31 | 17 | 00:58:32 | 22 | 00:55:44 | 24 | | | 3 | 63 | 03:00:47 |
| 3 | 1186 | Nicole Dirksen | SV Werder Bremen | W40 | W | 01:01:44 | 20 | 01:01:11 | 20 | 00:58:09 | 21 | | | 3 | 61 | 03:01:04 |
| 4 | 1177 | Jana Sachs | Running Sisters | W40 | W | 01:46:54 | 14 | 00:57:09 | 23 | 00:56:21 | 23 | | | 3 | 60 | 03:40:24 |
| 5 | 1215 | Christiane Gerkmann | TV Friesen Telgte | W40 | W | 01:03:43 | 19 | 01:03:58 | 19 | 01:00:03 | 19 | | | 3 | 57 | 03:07:44 |
| 6 | 1120 | Claudia Döpker | Freckenhorst | W40 | W | 01:04:22 | 18 | 01:04:09 | 18 | 01:02:08 | 18 | | | 3 | 54 | 03:10:39 |
| 7 | 1161 | Ines Bohlen | Ostbevern | W40 | W | 01:07:43 | 16 | 01:06:31 | 17 | 01:05:12 | 17 | | | 3 | 50 | 03:19:26 |
| 8 | 1252 | Maike Sendfeld | WSU | W40 | W | 00:52:07 | 25 | 00:50:13 | 25 | 00:00:00 | 0 | | | 2 | 50 | 01:42:20 |
| 9 | 1140 | Claudia Sisenop | LG Oelde/Wadersloh | W40 | W | 00:53:09 | 24 | 00:00:00 | 0 | 00:53:28 | 25 | | | 2 | 49 | 01:46:37 |
| 10 | 1278 | Linda Schulte | ROT-Weiß Alverskirchen | W40 | W | 00:55:35 | 23 | 00:55:21 | 24 | 00:00:00 | 0 | | | 2 | 47 | 01:50:56 |
| 11 | 1166 | Sarah Nitsch | Ostbevern | W40 | W | 01:01:40 | 21 | 00:00:00 | 0 | 00:59:55 | 20 | | | 2 | 41 | 02:01:35 |
| 12 | 1130 | Marlene Wietkamp | Lauftreff BSV Ostbevern | W40 | W | 01:17:00 | 15 | 01:18:04 | 16 | 00:00:00 | 0 | | | 2 | 31 | 02:35:04 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-------------------|---------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1243 | Eva Wunderlich | WSU Warendorf | W45 | W | 00:48:49 | 25 | 00:46:27 | 25 | 00:50:15 | 24 | | | 3 | 74 | 02:25:31 |
| 2 | 1232 | Alexandra Frohne | Warendorfer SU | W45 | W | 00:52:07 | 24 | 00:49:41 | 24 | 00:50:15 | 25 | | | 3 | 73 | 02:32:03 |
| 3 | 1250 | Maria Beckmann | LSF Münster | W45 | W | 00:55:37 | 23 | 00:56:02 | 23 | 00:54:17 | 23 | | | 3 | 69 | 02:45:56 |
| 4 | 1276 | Sandra Walkenfort | TV Friesen Telgte | W45 | W | 01:11:00 | 21 | 01:11:05 | 21 | 01:07:39 | 19 | | | 3 | 61 | 03:29:44 |
| 5 | 1280 | Judith Mönig | SV Ems Westbevern | W45 | W | 00:00:00 | 0 | 01:01:08 | 22 | 00:56:53 | 22 | | | 2 | 44 | 01:58:01 |
| 6 | 1183 | Katrin Trautmann | Stützpunkt Steuerberatung | W45 | W | 01:06:51 | 22 | 00:00:00 | 0 | 01:04:38 | 20 | | | 2 | 42 | 02:11:29 |
| 7 | 1122 | Sonja Knorr | Grend-Runner | W45 | W | 01:20:35 | 20 | 00:00:00 | 0 | 01:14:07 | 18 | | | 2 | 38 | 02:34:42 |
| 8 | 1155 | Denise Tschirner | Münster | W45 | W | 00:00:00 | 0 | 00:00:00 | 0 | 00:59:20 | 21 | | | 1 | 21 | 00:59:20 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------------|--------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1105 | Sabine Niemeyer | BSV Brochterbeck | W50 | W | 01:03:27 | 20 | 01:01:42 | 20 | 01:00:50 | 24 | | | 3 | 64 | 03:05:59 |
| 2 | 1273 | Christiane Postert | Las Vegans | W50 | W | 00:51:32 | 25 | 00:49:31 | 25 | 00:00:00 | 0 | | | 2 | 50 | 01:41:03 |
| 3 | 1185 | Stefanie John | SV Ems | W50 | W | 00:57:38 | 24 | 00:55:52 | 24 | 00:00:00 | 0 | | | 2 | 48 | 01:53:30 |
| 4 | 1143 | Sylvia Herzog | LG Oelde/Wadersloh | W50 | W | 00:59:52 | 22 | 00:58:23 | 23 | 00:00:00 | 0 | | | 2 | 45 | 01:58:15 |
| 5 | 1234 | Gisela Röttger | Warendorfer SU | W50 | W | 00:59:33 | 23 | 00:58:59 | 22 | 00:00:00 | 0 | | | 2 | 45 | 01:58:32 |
| 6 | 1118 | Elke Vissing | Freckenhorst | W50 | W | 00:00:00 | 0 | 01:03:32 | 19 | 00:59:27 | 25 | | | 2 | 44 | 02:02:59 |
| 7 | 1218 | Birgit Stukenbrock | TV Friesen Telgte | W50 | W | 01:01:39 | 21 | 00:00:00 | 0 | 01:01:50 | 23 | | | 2 | 44 | 02:03:29 |
| 8 | 1220 | Bettina Worch | TV Friesen Telgte | W50 | W | 01:04:29 | 19 | 01:01:23 | 21 | 00:00:00 | 0 | | | 2 | 40 | 02:05:52 |
| 9 | 1156 | Barbara Hack | Münster | W50 | W | 00:00:00 | 0 | 01:05:38 | 18 | 01:13:32 | 21 | | | 2 | 39 | 02:19:10 |
| 10 | 1263 | Petra Helfenbein | SF Ennepetal | W50 | W | 00:00:00 | 0 | 01:12:39 | 15 | 01:09:29 | 22 | | | 2 | 37 | 02:22:08 |
| 11 | 1233 | Anke Terörde | Warendorfer SU | W50 | W | 01:09:55 | 18 | 01:06:42 | 17 | 00:00:00 | 0 | | | 2 | 35 | 02:16:37 |
| 12 | 1119 | Kirsten Amsbeck | Freckenhorst | W50 | W | 00:00:00 | 0 | 01:08:53 | 16 | 00:00:00 | 0 | | | 1 | 16 | 01:08:53 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-----------------------|-----------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1124 | Dorothea Brahm-Tobies | Havixbeck | W55 | W | 00:52:53 | 25 | 00:51:07 | 25 | 00:49:33 | 25 | | | 3 | 75 | 02:33:33 |
| 2 | 1228 | Ute Weismüller | Warendorf | W55 | W | 01:16:38 | 24 | 01:15:19 | 23 | 01:13:24 | 24 | | | 3 | 71 | 03:45:21 |
| 3 | 1238 | Daniela Wieck | WSU | W55 | W | 01:16:39 | 23 | 01:12:41 | 24 | 00:00:00 | 0 | | | 2 | 47 | 02:29:20 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|----------------|---------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1109 | Britta Lehmann | DJK Milte | W60 | W | 01:09:56 | 25 | 01:06:42 | 24 | 01:01:30 | 24 | | | 3 | 73 | 03:18:08 |
| 2 | 1245 | Sabine Juhasz | WSU Warendorf | W60 | W | 00:00:00 | 0 | 01:00:28 | 25 | 00:59:34 | 25 | | | 2 | 50 | 02:00:02 |
| 3 | 1270 | Dilia Klos | | W60 | W | 00:00:00 | 0 | 01:13:00 | 23 | 01:11:50 | 23 | | | 2 | 46 | 02:24:50 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|----------------|-------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1144 | Angelika Syska | LSF Münster | W65 | W | 01:21:33 | 25 | 01:23:10 | 25 | 01:14:48 | 25 | | | 3 | 75 | 03:59:31 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------|------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1247 | Anne Heibing | PV Triathlon TG Witten | W70 | W | 00:56:01 | 25 | 00:55:06 | 25 | 00:53:41 | 25 | | | 3 | 75 | 02:44:48 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-----------------|----------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1135 | Tobias Witte | LG Ahlen | M | M | 00:43:48 | 25 | 00:43:45 | 24 | 00:41:40 | 24 | | | 3 | 73 | 02:09:13 |
| 2 | 1300 | Jonas Barwinski | Fit2Run Beckum | M | M | 00:00:00 | 0 | 00:36:03 | 25 | 00:34:53 | 25 | | | 2 | 50 | 01:10:56 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-----------------|---------------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1115 | Mika Sechelmann | Einen | MJ U18 | M | 00:47:36 | 25 | 00:43:55 | 24 | 00:45:45 | 25 | | | 3 | 74 | 02:17:16 |
| 2 | 1113 | Jan Rönick | Drensteinfurt | MJ U18 | M | 00:47:40 | 24 | 00:40:42 | 25 | 00:00:00 | 0 | | | 2 | 49 | 01:28:22 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|------------------|-----------|--------|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1160 | Melvin Beverburg | Ostbevern | MJ U23 | M | 00:53:26 | 24 | 00:51:30 | 25 | 00:49:28 | 25 | | | 3 | 74 | 02:34:24 |
| 2 | 1195 | Lukas Börger | Telgte | MJ U23 | M | 00:53:26 | 25 | 00:54:01 | 24 | 00:00:00 | 0 | | | 2 | 49 | 01:47:27 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|-------------------|-------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1241 | Sascha Thiel | WSU Tri-Team Warendorf | M30 | M | 00:35:25 | 25 | 00:37:45 | 25 | 00:35:50 | 25 | | | 3 | 75 | 01:49:00 |
| 2 | 1137 | Markus Elbracht | LG Burg Wiedenbrück | M30 | M | 00:38:40 | 24 | 00:38:05 | 24 | 00:37:53 | 24 | | | 3 | 72 | 01:54:38 |
| 3 | 1152 | Danny Gramsch | LV Oelde | M30 | M | 00:44:47 | 23 | 00:44:06 | 22 | 00:42:52 | 22 | | | 3 | 67 | 02:11:45 |
| 4 | 1153 | Christian Welp | Marathon Ibbenbüren | M30 | M | 00:52:24 | 20 | 00:48:24 | 20 | 00:48:52 | 20 | | | 3 | 60 | 02:29:40 |
| 5 | 1281 | Tino Romanenko | TSV St. Peter-Ording | M30 | M | 00:57:01 | 19 | 00:59:27 | 19 | 00:57:23 | 19 | | | 3 | 57 | 02:53:51 |
| 6 | 1269 | Patrick Elbracht | LG Burg | M30 | M | 00:00:00 | 0 | 00:40:57 | 23 | 00:39:36 | 23 | | | 2 | 46 | 01:20:33 |
| 7 | 1254 | Dominik Sandmann | | M30 | M | 00:47:10 | 22 | 00:46:30 | 21 | 00:00:00 | 0 | | | 2 | 43 | 01:33:40 |
| 8 | 1167 | Jonas Mussenbrock | parkrun Wienburgpark Mü | M30 | M | 00:49:26 | 21 | 00:00:00 | 0 | 00:48:07 | 21 | | | 2 | 42 | 01:37:33 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|------------------------|---------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1261 | Michael Sanders | | M35 | M | 00:39:20 | 25 | 00:38:51 | 25 | 00:38:37 | 25 | | | 3 | 75 | 01:56:48 |
| 2 | 1168 | Alex Wetzler | Post SV Gütersloh | M35 | M | 00:40:48 | 24 | 00:40:17 | 24 | 00:40:40 | 24 | | | 3 | 72 | 02:01:45 |
| 3 | 1264 | Frank Hörstmann | VFL Sassenberg | M35 | M | 00:50:37 | 20 | 00:46:59 | 22 | 00:45:50 | 23 | | | 3 | 65 | 02:23:26 |
| 4 | 1227 | Florian Strotmeier | Warendorf | M35 | M | 00:56:00 | 18 | 00:49:38 | 21 | 00:47:12 | 22 | | | 3 | 61 | 02:32:50 |
| 5 | 1189 | Thorbojern Schwarzwald | Team FRIWO | M35 | M | 00:58:22 | 17 | 00:54:02 | 17 | 00:54:40 | 18 | | | 3 | 52 | 02:47:04 |
| 6 | 1169 | Jan Thiäner | power & pace. | M35 | M | 00:58:45 | 16 | 00:55:45 | 15 | 00:54:21 | 19 | | | 3 | 50 | 02:48:51 |
| 7 | 1260 | Stefan Leicht | | M35 | M | 01:00:55 | 15 | 00:59:20 | 14 | 00:56:34 | 17 | | | 3 | 46 | 02:56:49 |
| 8 | 1271 | Jonas Augustin | Run4fun Greven | M35 | M | 00:47:11 | 22 | 00:46:37 | 23 | 00:00:00 | 0 | | | 1 | 45 | 01:33:48 |
| 9 | 1198 | Tim Gerkmann | Telgte | M35 | M | 00:00:00 | 0 | 00:50:27 | 20 | 00:47:19 | 21 | | | 2 | 41 | 01:37:46 |
| 10 | 1114 | Thomas Frankewitsch | Einen | M35 | M | 00:49:10 | 21 | 00:52:42 | 19 | 00:00:00 | 0 | | | 2 | 40 | 01:41:52 |
| 11 | 1255 | Martin Sigmund | | M35 | M | 00:00:00 | 0 | 00:52:51 | 18 | 00:52:38 | 20 | | | 2 | 38 | 01:45:29 |
| 12 | 1279 | Carsten Sommer | DJK Rot Weiß Alverskirche | M35 | M | 00:55:35 | 19 | 00:55:21 | 16 | 00:00:00 | 0 | | | 2 | 35 | 01:50:56 |
| 13 | 1179 | Jonas Bußmann | SC Hoetmar | M35 | M | 00:47:09 | 23 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 23 | 00:47:09 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------------|---------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1136 | Dirk Hansmeier | LG Burg Wiedenbrück | M40 | M | 00:37:10 | 25 | 00:36:49 | 25 | 00:36:25 | 25 | | | 3 | 75 | 01:50:24 |
| 2 | 1106 | Markus Reckermann | BSV Ostbevern | M40 | M | 00:39:29 | 24 | 00:39:47 | 24 | 00:37:48 | 24 | | | 3 | 72 | 01:57:04 |
| 3 | 1204 | Christoph Grothaus | TV Friesen Telgte | M40 | M | 00:48:35 | 20 | 00:41:41 | 22 | 00:41:57 | 23 | | | 3 | 65 | 02:12:13 |
| 4 | 1214 | Timo Gerkmann | TV Friesen Telgte | M40 | M | 00:46:29 | 21 | 00:46:49 | 19 | 00:44:50 | 22 | | | 3 | 62 | 02:18:08 |
| 5 | 1213 | Alexander Mischke | TV Friesen Telgte | M40 | M | 00:49:16 | 18 | 00:47:43 | 18 | 00:48:18 | 19 | | | 3 | 55 | 02:25:17 |
| 6 | 1159 | Jens Frohne | Nomad | M40 | M | 00:55:36 | 16 | 00:53:31 | 16 | 00:50:15 | 18 | | | 3 | 50 | 02:39:22 |
| 7 | 1138 | Alex Krauße | LG Burg Wiedenbrück | M40 | M | 00:40:22 | 23 | 00:41:31 | 23 | 00:00:00 | 0 | | | 2 | 46 | 01:21:53 |
| 8 | 1123 | Dirk Stückmann | Greven | M40 | M | 00:46:26 | 22 | 00:45:20 | 21 | 00:00:00 | 0 | | | 2 | 43 | 01:31:46 |
| 9 | 1107 | Lambert Jünck | BSV Ostbevern | M40 | M | 00:00:00 | 0 | 00:45:45 | 20 | 00:46:23 | 21 | | | 2 | 41 | 01:32:08 |
| 10 | 1116 | Daniel Kimmina | Ems Westbevern | M40 | M | 00:48:37 | 19 | 00:00:00 | 0 | 00:47:34 | 20 | | | 2 | 39 | 01:36:11 |
| 11 | 1180 | Jens Evermann | SC Müssingen | M40 | M | 00:50:06 | 17 | 00:00:00 | 0 | 00:51:12 | 17 | | | 2 | 34 | 01:41:18 |
| 12 | 1165 | Manuel Wassing | Ostbevern | M40 | M | 00:54:51 | 16 | 00:00:00 | 0 | 00:52:26 | 16 | | | 2 | 32 | 01:47:17 |
| 12 | 1193 | Thomas Hempen | Team Vosso | M40 | M | 00:00:00 | 0 | 00:52:22 | 17 | 00:00:00 | 0 | | | 1 | 17 | 00:52:22 |
| 14 | 1188 | Dirk Van Almsick | Team FRIWO | M40 | M | 00:58:22 | 14 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 14 | 00:58:22 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|---------------------|-------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1275 | Christian Lübeck | Lauffreunde Gremmendorf | M45 | M | 00:40:07 | 25 | 00:41:09 | 23 | 00:39:27 | 24 | | | 3 | 72 | 02:00:43 |
| 2 | 1206 | Thorsten Ranger | TV Friesen Telgte | M45 | M | 00:41:51 | 22 | 00:40:36 | 25 | 00:38:47 | 25 | | | 3 | 72 | 02:01:14 |
| 3 | 1236 | Peter Sendfeld | Warendorfer SU | M45 | M | 00:40:58 | 24 | 00:40:45 | 24 | 00:39:47 | 23 | | | 3 | 71 | 02:01:30 |
| 4 | 1266 | Uli Weißen | Warendorfer SU | M45 | M | 00:48:30 | 18 | 00:47:01 | 19 | 00:45:08 | 22 | | | 1 | 59 | 02:20:39 |
| 5 | 1175 | Christian Möller | Run4Fun Greven e.V. | M45 | M | 00:45:12 | 20 | 00:45:44 | 20 | 00:49:25 | 18 | | | 3 | 58 | 02:20:21 |
| 6 | 1224 | Carsten Osterwinter | VIACTIV.de | M45 | M | 00:45:35 | 19 | 00:47:18 | 18 | 00:47:51 | 21 | | | 3 | 58 | 02:20:44 |
| 7 | 1100 | Thomas von Majewsky | Lauftreff Ostbevern | M45 | M | 00:49:32 | 17 | 00:49:04 | 17 | 00:47:56 | 20 | | | 3 | 54 | 02:26:32 |
| 8 | 1151 | Jens Conrad | LV Oelde | M45 | M | 00:41:18 | 23 | 00:41:42 | 22 | 00:00:00 | 0 | | | 2 | 45 | 01:23:00 |
| 9 | 1131 | Markus Florian | Lauftreff Feldmarksee | M45 | M | 00:55:41 | 15 | 00:00:00 | 0 | 00:48:12 | 19 | | | 2 | 34 | 01:43:53 |
| 10 | 1101 | Jörg Neumann | / | M45 | M | 00:56:36 | 14 | 00:54:29 | 15 | 00:00:00 | 0 | | | 2 | 29 | 01:51:05 |
| 11 | 1127 | Stefan Eikel | Kugelrund | M45 | M | 00:54:57 | 16 | 00:55:07 | 13 | 00:00:00 | 0 | | | 2 | 29 | 01:50:04 |
| 12 | 1132 | Peter Schürenkamp | Lauftreff Feldmarksee | M45 | M | 00:56:50 | 13 | 00:54:52 | 14 | 00:00:00 | 0 | | | 2 | 27 | 01:51:42 |
| 13 | 1259 | Christian Machner | TV Georgsmarienhütte | M45 | M | 00:43:13 | 21 | 00:00:00 | 0 | 00:00:00 | 0 | | | 1 | 21 | 00:43:13 |
| 14 | 1182 | Dirk Clasberg | Ski-Club Beckum | M45 | M | 00:00:00 | 0 | 00:45:22 | 21 | 00:00:00 | 0 | | | 1 | 21 | 00:45:22 |
| 15 | 1277 | Roman Semar | Warendorfer SU | M45 | M | 00:00:00 | 0 | 00:49:36 | 16 | 00:00:00 | 0 | | | 1 | 16 | 00:49:36 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|----------------------|----------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1117 | Mike Behrend | Erdinger Active Team | M50 | M | 00:41:12 | 25 | 00:42:04 | 24 | 00:41:00 | 25 | | | 3 | 74 | 02:04:16 |
| 2 | 1201 | Robert Große Liesner | TuS Hilstrup | M50 | M | 00:48:44 | 24 | 00:46:57 | 23 | 00:48:19 | 21 | | | 3 | 68 | 02:24:00 |
| 3 | 1219 | Jörg Ueffing | TV Friesen Telgte | M50 | M | 00:53:26 | 23 | 00:48:06 | 22 | 00:46:50 | 23 | | | 3 | 68 | 02:28:22 |
| 4 | 1226 | Mario Hagenhoff | Warendorf | M50 | M | 00:53:57 | 22 | 00:54:46 | 20 | 00:54:41 | 20 | | | 3 | 62 | 02:43:24 |
| 5 | 1274 | Dirk Cordes | | M50 | M | 00:00:00 | 0 | 00:41:02 | 25 | 00:41:11 | 24 | | | 2 | 49 | 01:22:13 |
| 6 | 1212 | Werner Schange | TV Friesen Telgte | M50 | M | 00:00:00 | 0 | 00:48:54 | 21 | 00:46:51 | 22 | | | 2 | 43 | 01:35:45 |
| 7 | 1210 | Paul We?endorff | TV Friesen Telgte | M50 | M | 00:54:12 | 21 | 00:00:00 | 0 | 00:55:00 | 19 | | | 2 | 40 | 01:49:12 |
| 8 | 1157 | Andreas Rehme | Münster | M50 | M | 01:01:01 | 20 | 00:59:05 | 18 | 00:00:00 | 0 | | | 2 | 38 | 02:00:06 |
| 9 | 1125 | Thomas Kleideiter | Kugelrund | M50 | M | 01:05:01 | 19 | 01:05:05 | 17 | 00:00:00 | 0 | | | 2 | 36 | 02:10:06 |
| 10 | 1262 | Christian Schmidt | Freckenhorst | M50 | M | 00:00:00 | 0 | 00:57:20 | 19 | 00:00:00 | 0 | | | 1 | 19 | 00:57:20 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|---------------------|--------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1158 | Todt G. Willingmann | Lauffreunde Bönen 1985 e | M55 | M | 00:43:20 | 23 | 00:42:34 | 25 | 00:42:05 | 25 | | | 3 | 73 | 02:07:59 |
| 2 | 1229 | Norbert Zumdieck | Warendorfer SU | M55 | M | 00:43:09 | 24 | 00:43:17 | 24 | 00:42:33 | 24 | | | 3 | 72 | 02:08:59 |
| 3 | 1171 | Detlef Becker | Renschweine Greffen | M55 | M | 00:48:13 | 21 | 00:47:52 | 21 | 00:45:49 | 22 | | | 3 | 64 | 02:21:54 |
| 4 | 1253 | Matthias Kahle | Bever Elektronik | M55 | M | 00:49:19 | 20 | 00:48:12 | 20 | 00:47:42 | 21 | | | 3 | 61 | 02:25:13 |
| 5 | 1246 | Ralf Buse | WSU Warendorf | M55 | M | 00:49:50 | 19 | 00:49:29 | 19 | 00:48:00 | 20 | | | 3 | 58 | 02:27:19 |
| 6 | 1112 | Peter Stewing | DJK Vorwärts Ahlen | M55 | M | 00:54:00 | 18 | 00:53:10 | 17 | 00:53:59 | 18 | | | 3 | 53 | 02:41:09 |
| 7 | 1208 | Martin Hitt | TV Friesen Telgte | M55 | M | 01:02:44 | 16 | 00:57:52 | 15 | 00:55:44 | 17 | | | 3 | 48 | 02:56:20 |
| 8 | 1231 | Ewald Wiesmann | Warendorfer SU | M55 | M | 01:00:52 | 17 | 00:58:22 | 14 | 00:55:58 | 16 | | | 3 | 47 | 02:55:12 |
| 9 | 1230 | Thomas Ehl | Warendorfer SU | M55 | M | 00:44:42 | 22 | 00:43:47 | 23 | 00:00:00 | 0 | | | 2 | 45 | 01:28:29 |
| 10 | 1256 | Andreas Niermann | TV Friesen Telgte | M55 | M | 00:00:00 | 0 | 00:44:57 | 22 | 00:43:46 | 23 | | | 2 | 45 | 01:28:43 |
| 11 | 1147 | Helmut Karwinkel | LV Oelde | M55 | M | 00:40:17 | 25 | 00:52:44 | 18 | 00:00:00 | 0 | | | 2 | 43 | 01:33:01 |
| 12 | 1173 | Andreas Hartmann | Run4fun Greven | M55 | M | 01:08:42 | 15 | 01:05:47 | 11 | 01:04:35 | 13 | | | 3 | 39 | 03:19:04 |
| 13 | 1194 | Norbert Schober | Telgte | M55 | M | 00:00:00 | 0 | 00:54:29 | 16 | 00:51:16 | 19 | | | 2 | 35 | 01:45:45 |
| 14 | 1103 | Klaus Künne | Alverskirchen | M55 | M | 00:00:00 | 0 | 00:58:44 | 13 | 00:57:01 | 15 | | | 2 | 28 | 01:55:45 |
| 15 | 1217 | Jürgen Komuth | TV Friesen Telgte | M55 | M | 00:00:00 | 0 | 00:00:00 | 0 | 01:00:02 | 14 | | | 1 | 14 | 01:00:02 |
| 16 | 1174 | Lothar Merk | Run4Fun Greven e. V. | M55 | M | 00:00:00 | 0 | 00:58:44 | 12 | 00:00:00 | 0 | | | 1 | 12 | 00:58:44 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------------|----------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1150 | Martin Trame | LV Oelde | M60 | M | 00:41:46 | 25 | 00:41:02 | 25 | 00:40:39 | 25 | | | 3 | 75 | 02:03:27 |
| 2 | 1268 | Rainer Beckers | LG Burg Wiedenbrück | M60 | M | 00:48:27 | 22 | 00:45:36 | 22 | 00:45:29 | 23 | | | 3 | 67 | 02:19:32 |
| 3 | 1142 | Eckhard Rump | LG Oelde/Wadersloh | M60 | M | 00:49:41 | 21 | 00:48:58 | 20 | 00:47:11 | 22 | | | 3 | 63 | 02:25:50 |
| 4 | 1203 | Thomas Lambrecht | TV Friesen Telgte | M60 | M | 00:53:26 | 20 | 00:54:09 | 19 | 00:51:59 | 21 | | | 3 | 60 | 02:39:34 |
| 5 | 1192 | Hubertus Wiewel | Team Vosso | M60 | M | 00:57:28 | 19 | 00:55:33 | 18 | 00:58:21 | 18 | | | 3 | 55 | 02:51:22 |
| 6 | 1244 | Armin Döpmeier | WSU Warendorf | M60 | M | 00:58:50 | 18 | 00:57:15 | 17 | 00:56:38 | 19 | | | 3 | 54 | 02:52:43 |
| 7 | 1251 | Martin König | TV Friesen Telgte | M60 | M | 00:44:10 | 24 | 00:44:03 | 24 | 00:00:00 | 0 | | | 2 | 48 | 01:28:13 |
| 8 | 1133 | Ludger Hovest | Lauftreff Ostbevern | M60 | M | 00:44:45 | 23 | 00:44:45 | 23 | 00:00:00 | 0 | | | 2 | 46 | 01:29:30 |
| 9 | 1181 | Andreas Helfenbein | SF Ennepetal | M60 | M | 00:00:00 | 0 | 00:45:42 | 21 | 00:45:23 | 24 | | | 2 | 45 | 01:31:05 |
| 10 | 1272 | Reinhard Haverkamp | BSV Ostbevern | M60 | M | 00:00:00 | 0 | 00:58:35 | 16 | 00:55:51 | 20 | | | 2 | 36 | 01:54:26 |
| 11 | 1111 | Albert Münstermann | DJK RW Alverskirchen | M60 | M | 01:05:02 | 17 | 01:04:13 | 15 | 00:00:00 | 0 | | | 2 | 32 | 02:09:15 |
| 12 | 1237 | Volker Haselhorst | WSU | M60 | M | 01:09:56 | 16 | 01:06:42 | 14 | 00:00:00 | 0 | | | 2 | 30 | 02:16:38 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|------------------------|------------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1149 | Uli Stripper | LV Oelde | M65 | M | 00:44:37 | 25 | 00:44:58 | 25 | 00:43:56 | 25 | | | 3 | 75 | 02:13:31 |
| 2 | 1196 | Werner Rothfeld | LG Oelde/Wadersloh | M65 | M | 00:50:00 | 24 | 00:49:57 | 23 | 00:49:39 | 23 | | | 3 | 70 | 02:29:36 |
| 3 | 1148 | Christian Schimpf | LV Oelde | M65 | M | 00:00:00 | 0 | 00:45:41 | 24 | 00:44:30 | 24 | | | 2 | 48 | 01:30:11 |
| 4 | 1141 | Josef Schnitker | LG Oelde/Wadersloh | M65 | M | 00:57:38 | 21 | 00:00:00 | 0 | 00:57:25 | 25 | | | 2 | 46 | 01:55:03 |
| 5 | 1242 | Franz-Josef Strotmeier | WSU Tri-Team Warendorf | M65 | M | 00:51:45 | 23 | 00:50:46 | 22 | 00:00:00 | 0 | | | 2 | 45 | 01:42:31 |
| 6 | 1134 | Bernd Lüdemann | Lauftreff Ostbevern | M65 | M | 00:00:00 | 0 | 00:54:45 | 20 | 01:00:49 | 24 | | | 2 | 44 | 01:55:34 |
| 7 | 1257 | Heinz-Jürgen Schulte | LV Oelde | M65 | M | 00:53:34 | 22 | 00:00:00 | 0 | 00:52:34 | 21 | | | 2 | 43 | 01:46:08 |
| 8 | 1139 | Achim Fischer-Behnen | LG Hamm | M65 | M | 00:00:00 | 0 | 00:53:51 | 21 | 00:53:31 | 20 | | | 2 | 41 | 01:47:22 |
| 9 | 1221 | Martin Langner | TV Friesen Telgte | M65 | M | 01:00:32 | 20 | 00:59:55 | 19 | 00:00:00 | 0 | | | 2 | 39 | 02:00:27 |
| 10 | 1205 | Manfred Ottensmann | TV Friesen Telgte | M65 | M | 00:00:00 | 0 | 00:00:00 | 0 | 00:50:35 | 22 | | | 1 | 22 | 00:50:35 |

| Platz | SNR | Name | Verein | AKL | M/W | Ostbevern | Punkte | Einen | Punkte | Telgte | Punkte | Everswink | Punkte | Läufe | Ges.Punkte | Ges.Zeit |
|-------|------|--------------------|----------------------|-----|-----|-----------|--------|----------|--------|----------|--------|-----------|--------|-------|------------|----------|
| 1 | 1267 | Peter Kubitz | TSV St. Peter-Ording | M70 | M | 00:57:01 | 25 | 00:55:45 | 24 | 00:55:41 | 24 | | | 3 | 73 | 02:48:27 |
| 2 | 1207 | Johannes Bußmann | TV Friesen Telgte | M70 | M | 00:00:00 | 0 | 00:50:19 | 25 | 00:49:00 | 25 | | | 2 | 50 | 01:39:19 |
| 3 | 1216 | Wilfried Förster | TV Friesen Telgte | M70 | M | 01:01:42 | 24 | 00:59:57 | 23 | 00:00:00 | 0 | | | 2 | 47 | 02:01:39 |
| 4 | 1146 | Fulvio Quattrocchi | LSF VEGAN | M70 | M | 00:00:00 | 0 | 01:01:00 | 22 | 00:00:00 | 0 | | | 1 | 22 | 01:01:00 |