



Gesamtergebnisliste

| AK | Ges | MW | Stnr. | Name | Jahrg. | Genus | Verein | Zeit |
|--------|------|-----|-------|----------------------|--------|-------|-----------------------------|------------|
| 10 km | | | | | | | | |
| WJU18 | | | | | | | | |
| 1. | 63. | 9. | 194 | Gerke, Pia | 1998 | w | LG Oelde / Wadersloh | 0:54:43,60 |
| 2. | 85. | 19. | 181 | Bröker, Lisa | 1999 | w | SK Winterberg | 1:00:27,20 |
| Frauen | | | | | | | | |
| 1. | 78. | 16. | 208 | Schwellerberg, Ivon | 1993 | w | SK Winterberg | 0:57:42,60 |
| 2. | 84. | 18. | 150 | Becker, Carina | 1992 | w | Siepmann-Werke | 1:00:05,20 |
| 3. | 87. | 21. | 177 | Ahle, Ann-Kristin | 1993 | w | SC Züschen | 1:01:18,20 |
| W30 | | | | | | | | |
| 1. | 44. | 4. | 188 | Kappe, Yvonne | 1982 | w | | 0:50:43,30 |
| 2. | 90. | 23. | 134 | Bücker, Karin | 1981 | w | | 1:01:50,00 |
| W35 | | | | | | | | |
| 1. | 12. | 2. | 148 | Wolf, Elke | 1977 | w | SSC Scharmede | 0:43:36,20 |
| 2. | 14. | 3. | 120 | Ricke, Sandra | 1978 | w | TSV1978/09 Korbach | 0:43:55,40 |
| 3. | 83. | 17. | 101 | Glaschke, Sabine | 1978 | w | Sport Rotter | 0:58:15,50 |
| W40 | | | | | | | | |
| 1. | 7. | 1. | 149 | Cramer, Luciene | 1972 | w | Laufladen Endspurt | 0:41:52,80 |
| 2. | 89. | 22. | 204 | Budde-Mäkinen, Hanna | 1973 | w | Uelder Laufftreff | 1:01:39,00 |
| W45 | | | | | | | | |
| 1. | 53. | 5. | 160 | Bizjak, Katja | 1968 | w | LG Senk- / Spreizfuß | 0:51:30,70 |
| 2. | 61. | 7. | 163 | Wandmacher, Dorothee | 1968 | w | LT Olsberg | 0:53:16,90 |
| 3. | 70. | 11. | 136 | Schürmann, Elke | 1970 | w | | 0:56:01,80 |
| 4. | 72. | 13. | 112 | Klein, Michaela | 1967 | w | LT Laufmasche Schmallenberg | 0:56:42,10 |
| 5. | 74. | 14. | 216 | Grage, Ulrike | 1970 | w | | 0:57:05,80 |
| 6. | 86. | 20. | 202 | Müller, Karin | 1968 | w | Uelder Laufftreff | 1:00:32,20 |
| 7. | 94. | 24. | 135 | Dönnecke, Karen | 1966 | w | | 1:03:31,20 |
| 8. | 100. | 26. | 203 | Riechmann, Iris | 1969 | w | UelderLaufftreff II | 1:06:21,50 |
| W50 | | | | | | | | |
| 1. | 54. | 6. | 158 | Kerk, Ruith | 1963 | w | SV Dickenberg | 0:51:37,00 |
| 2. | 62. | 8. | 161 | Elüstü, Filiz | 1963 | w | Warburger Sportverein 1884 | 0:54:08,30 |
| 3. | 103. | 27. | 107 | Graumann, Petra | 1964 | w | Rennschnecken Iserlohn | 1:10:26,80 |
| W55 | | | | | | | | |
| 1. | 71. | 12. | 195 | Heupel, Andrea | 1960 | w | VEGA Sprinter Hennesee | 0:56:03,10 |
| 2. | 75. | 15. | 170 | Gnacke, Elke | 1959 | w | Tri Fun Hennesee | 0:57:13,10 |
| 3. | 99. | 25. | 162 | Fromme, Ulrike | 1958 | w | | 1:04:20,40 |
| W60 | | | | | | | | |
| 1. | 69. | 10. | 173 | Menke, Karin | 1951 | w | TUS 31 Elleringhausen | 0:55:58,70 |
| W65 | | | | | | | | |
| 1. | 105. | 28. | 201 | Lichte, Helga | 1946 | w | SV Deifeld | 1:10:37,70 |
| MJU18 | | | | | | | | |
| 1. | 67. | 58. | 207 | Haack, Paul | 1998 | m | | 0:55:48,60 |

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|---------------|-----|-----|-------|----------------------|--------|-------|---------------------------|------------|
| MJU20 | | | | | | | | |
| 1. | 2. | 2. | 200 | Herrmann, Tobias | 1996 | m | LG Warstein-Rüthen | 0:37:52,50 |
| Männer | | | | | | | | |
| 1. | 3. | 3. | 116 | Löher, Andre | 1991 | m | Tri Fun Hennesee | 0:38:05,80 |
| 2. | 10. | 9. | 175 | Bischke, Christian | 1986 | m | LAC Veltins Hochsauerland | 0:43:05,70 |
| 3. | 19. | 16. | 143 | Ludwig, Simon | 1987 | m | | 0:45:59,00 |
| 4. | 22. | 19. | 154 | Tillmanns, Christoph | 1993 | m | TSV Rüthen | 0:47:11,20 |
| 5. | 33. | 30. | 102 | Meile, Konstatin | 1989 | m | | 0:48:19,70 |
| 6. | 48. | 44. | 137 | Schneideler, Thomas | 1987 | m | Lauffreunde FKK | 0:51:05,80 |
| 7. | 49. | 45. | 141 | Schäfer, Matthias | 1986 | m | | 0:51:06,70 |
| 8. | 51. | 47. | 139 | Wiegelmann, Benjamin | 1986 | m | Lauffreunde FKK | 0:51:13,50 |
| M30 | | | | | | | | |
| 1. | 4. | 4. | 152 | Scholz, Achim | 1982 | m | Siepmann-Werke | 0:41:09,80 |
| 2. | 16. | 13. | 184 | Steinhausen, Mario | 1983 | m | Egger / SC Züschen | 0:44:18,70 |
| 3. | 29. | 26. | 179 | Peis, Marcel | 1984 | m | SC Züschen | 0:48:09,40 |
| 4. | 39. | 36. | 153 | Miller, Kevin | 1983 | m | Siepmann-Werke | 0:49:23,10 |
| 5. | 45. | 41. | 172 | Lenze, Daniel | 1982 | m | | 0:50:54,80 |
| 6. | 52. | 48. | 113 | Hagedorn, Stephan | 1982 | m | BSG LOK Neheim | 0:51:14,80 |
| 7. | 57. | 51. | 146 | Siebers, Nils | 1981 | m | | 0:52:27,40 |
| 8. | 66. | 57. | 210 | Becker, Benedikt | 1983 | m | TSV Rüthen | 0:55:39,60 |
| M35 | | | | | | | | |
| 1. | 6. | 6. | 199 | Cabello, Oliver | 1978 | m | Tri Cops Warstein | 0:41:44,40 |
| 2. | 17. | 14. | 196 | Behrendt, Tobias | 1978 | m | Team Laufmix.de | 0:45:32,00 |
| 3. | 24. | 21. | 220 | Höing, Christoph | 1979 | m | FC Germania Nehden | 0:47:31,00 |
| 4. | 28. | 25. | 118 | Hagedorn, Markus | 1979 | m | TuS 06 Anröchte | 0:47:49,90 |
| 5. | 30. | 27. | 108 | Plate, Christian | 1978 | m | | 0:48:11,10 |
| 6. | 34. | 31. | 100 | Glaschke, Benjamin | 1976 | m | Sport Rotter | 0:48:21,00 |
| 7. | 35. | 32. | 178 | Schramm, Kai | 1976 | m | SC Züschen | 0:48:21,60 |
| 8. | 93. | 70. | 155 | Pauli, Christian | 1977 | m | | 1:02:11,50 |
| M40 | | | | | | | | |
| 1. | 1. | 1. | 166 | Pöppel, Swen | 1974 | m | SK Wunderhausen | 0:35:10,70 |
| 2. | 11. | 10. | 197 | Kramer, Stefan | 1974 | m | SC Fretter | 0:43:16,30 |
| 3. | 15. | 12. | 218 | Herting, Jörg | 1971 | m | Tri Cops Warstein | 0:44:02,70 |
| 4. | 20. | 17. | 182 | Bröker, Timo | 1973 | m | LT Winterberg | 0:46:39,40 |
| 5. | 37. | 34. | 151 | Castiglione, Robert | 1972 | m | Siepmann-Werke | 0:48:48,50 |
| 6. | 42. | 39. | 129 | Kooke, Jochen | 1975 | m | | 0:50:29,80 |
| 7. | 43. | 40. | 114 | Borgmeier, Frank | 1972 | m | FC Mönninghausen | 0:50:38,90 |
| 8. | 58. | 52. | 103 | Köhler, Markus | 1971 | m | | 0:52:31,10 |
| 9. | 88. | 67. | 205 | Budde, Stefan | 1973 | m | Uelder Laufftreff | 1:01:38,60 |
| 10. | 92. | 69. | 147 | Mertens, Dirk | 1971 | m | | 1:02:10,70 |
| M45 | | | | | | | | |
| 1. | 5. | 5. | 171 | Hilger, Stefan | 1967 | m | Tri Fun Hennesee | 0:41:18,00 |
| 2. | 18. | 15. | 180 | Borgmann, Andre | 1969 | m | LTV Lippstadt | 0:45:38,50 |
| 3. | 32. | 29. | 119 | Perpeet, Markus | 1969 | m | | 0:48:17,20 |
| 4. | 38. | 35. | 186 | Moritz, Dietmar | 1969 | m | TV 1888 Warstein | 0:49:14,40 |
| 5. | 46. | 42. | 109 | Schulte, Markus | 1967 | m | Marathon Soest | 0:50:59,50 |
| 6. | 50. | 46. | 174 | Büttner, Udo | 1970 | m | LAC Veltins Hochsauerland | 0:51:07,10 |
| 7. | 59. | 53. | 191 | Baumgärtner, Michael | 1970 | m | SV Brenken | 0:52:56,40 |

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| 8. | 64. | 55. | 144 | Blambeck, Gregor | 1968 | m | Grauguss-Express | 0:54:44,00 |
| 9. | 73. | 60. | 214 | Lynen, Matthias | 1970 | m | | 0:56:42,60 |
| 10. | 76. | 61. | 115 | Schäfer, Konrad | 1968 | m | | 0:57:35,90 |
| 11. | 79. | 63. | 185 | Hanfland, Andreas | 1967 | m | TuS "31" Elleringhausen | 0:57:43,70 |
| 12. | 80. | 64. | 198 | Danzebrink, Dieter | 1966 | m | | 0:58:01,40 |
| 13. | 81. | 65. | 159 | Hanemann, Detlef | 1966 | m | | 0:58:03,50 |
| 14. | 82. | 66. | 128 | Schmüser, Michael | 1969 | m | | 0:58:07,50 |

M50

| | | | | | | | | |
|-----|------|-----|-----|-------------------------|------|---|---------------------------|------------|
| 1. | 8. | 7. | 213 | Schneider, Björn | 1965 | m | Skiclub Olpe | 0:41:59,50 |
| 2. | 9. | 8. | 165 | Rörig, Andreas | 1963 | m | LAC Veltins Hochsauerland | 0:42:12,10 |
| 3. | 23. | 20. | 127 | Tochtermann, Klaus | 1964 | m | | 0:47:19,60 |
| 4. | 26. | 23. | 122 | Labach, Volker | 1962 | m | Las mal Sport Rotter run | 0:47:35,90 |
| 5. | 31. | 28. | 193 | Löwen, Robert | 1961 | m | | 0:48:14,20 |
| 6. | 40. | 37. | 209 | Nickeleit-Risse, Ulrich | 1963 | m | Energeticum Lippstadt | 0:49:31,90 |
| 7. | 47. | 43. | 212 | Litz, Heribert | 1965 | m | | 0:51:01,20 |
| 8. | 55. | 49. | 168 | Merner, Frank | 1963 | m | PSV Brilon | 0:51:40,70 |
| 9. | 56. | 50. | 219 | Bornemann, Horst | 1964 | m | Tri Fun Hennesee | 0:51:59,80 |
| 10. | 65. | 56. | 206 | Haack, Carsten | 1964 | m | | 0:55:36,70 |
| 11. | 97. | 73. | 190 | Schulenberg, Wolfgang | 1963 | m | SuS Oestereiden | 1:04:00,70 |
| 12. | 104. | 77. | 125 | Weith, Alexander | 1965 | m | | 1:10:27,80 |

M55

| | | | | | | | | |
|----|------|-----|-----|-----------------------|------|---|-----------------------------|------------|
| 1. | 13. | 11. | 192 | Kleine, Johannes | 1960 | m | SV Brenken | 0:43:53,70 |
| 2. | 27. | 24. | 124 | Fuchs, Volker | 1958 | m | TC Kray 1892 e.V. | 0:47:44,00 |
| 3. | 36. | 33. | 183 | Liesen, Hubert | 1956 | m | TSV Bigge - Olsberg | 0:48:42,70 |
| 4. | 41. | 38. | 111 | Aufderheide, Michael | 1958 | m | LT Laufmasche Schmallerberg | 0:50:06,70 |
| 5. | 60. | 54. | 176 | Schulte, Gerhard | 1956 | m | LAC Veltins Hochsauerland | 0:53:02,30 |
| 6. | 91. | 68. | 211 | Schwarte, Franz-Josef | 1959 | m | SUS 1920 Störmede | 1:02:01,60 |
| 7. | 95. | 71. | 167 | Weber, Franz-Josef | 1957 | m | Lauftreff Höingen | 1:03:55,00 |
| 8. | 101. | 75. | 215 | Steins, Hubert | 1958 | m | Lauftreff Elsen-Wewer | 1:07:23,20 |
| 9. | 102. | 76. | 105 | Schulz, Rene | 1959 | m | Rennschnecken Iserlohn | 1:10:25,70 |

M60

| | | | | | | | | |
|----|-----|-----|-----|------------------------|------|---|---------------------|------------|
| 1. | 21. | 18. | 164 | Teutenberg, Wolfgang | 1954 | m | TSV Bigge - Olsberg | 0:47:06,80 |
| 2. | 25. | 22. | 157 | Plener, Andreas | 1955 | m | TV Jahn Willingen | 0:47:33,60 |
| 3. | 77. | 62. | 117 | Hagedorn, Klaus Walter | 1951 | m | FSG Arnsberg | 0:57:40,40 |
| 4. | 98. | 74. | 169 | Leisse, Edmund | 1954 | m | PSV Brilon | 1:04:04,30 |

M65

| | | | | | | | | |
|----|-----|-----|-----|---------------------|------|---|--------------------------|------------|
| 1. | 68. | 59. | 187 | Steinrücken, Ulrich | 1947 | m | TuS Germania Bruchhausen | 0:55:53,00 |
|----|-----|-----|-----|---------------------|------|---|--------------------------|------------|

M70

| | | | | | | | | |
|----|-----|-----|-----|--------------------|------|---|-----------------|------------|
| 1. | 96. | 72. | 189 | Witthaut, Bernhard | 1943 | m | SuS Oestereiden | 1:03:58,60 |
|----|-----|-----|-----|--------------------|------|---|-----------------|------------|

M75

| | | | | | | | | |
|----|------|-----|-----|-------------|------|---|------------|------------|
| 1. | 106. | 78. | 217 | Welsh, John | 1936 | m | LT Olsberg | 1:35:25,70 |
|----|------|-----|-----|-------------|------|---|------------|------------|

10 km Walking

W50

| | | | | | | | | |
|----|----|----|-----|----------------|------|---|------------|------------|
| 1. | 4. | 1. | 283 | Winkler, Heidi | 1962 | w | TSV Rüthen | 1:42:32,34 |
| 2. | 8. | 5. | 276 | Michno, Andrea | 1961 | w | | 1:44:11,53 |

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| W55 | | | | | | | | |
| 1. | 6. | 3. | 279 | Henneböhl-Klemm, | 1958 | w | TSV Rüthen | 1:44:08,12 |
| 2. | 7. | 4. | 280 | Skoropinska, Elisabeth | 1958 | w | TSV Rüthen | 1:44:10,84 |
| 1. | 5. | 2. | 281 | Franke, Alice | | w | TSV Rüthen | 1:42:33,40 |
| M55 | | | | | | | | |
| 1. | 2. | 2. | 278 | Klemm, Rudolf | 1958 | m | TSV Rüthen | 1:34:25,09 |
| 2. | 3. | 3. | 277 | Skoropinski, Bogdan | 1958 | m | TSV | 1:34:26,18 |
| M60 | | | | | | | | |
| 1. | 1. | 1. | 275 | Graumann, Jürgen | 1953 | m | Rennschnecken Iserlohn | 1:28:47,78 |
| Halbmarathon | | | | | | | | |
| W35 | | | | | | | | |
| 1. | 44. | 3. | 888 | Hollensteiner, Katja | 1976 | w | LC93 Bad salzuflen | 1:52:28,80 |
| W40 | | | | | | | | |
| 1. | 34. | 2. | 929 | Bärenfänger, Anja | 1973 | w | PSV Brilon | 1:47:07,00 |
| 2. | 51. | 4. | 897 | Liebel, Anke | 1972 | w | DJK Preussen 1911 Bochum | 1:55:15,00 |
| W45 | | | | | | | | |
| 1. | 53. | 5. | 920 | Schulte-Eversum, | 1969 | w | SV Aktiv Bad Westernkotten | 1:55:44,10 |
| 2. | 54. | 6. | 887 | Kappen, Gela | 1967 | w | LTV Lippstadt | 1:57:40,80 |
| 3. | 57. | 7. | 926 | Singer, Karin | 1966 | w | FSG Rüthen | 2:02:41,00 |
| W50 | | | | | | | | |
| 1. | 12. | 1. | 901 | Koepe, Ulrike | 1964 | w | LT Elsen - Wewer | 1:35:59,70 |
| 2. | 58. | 8. | 903 | Greiff, Renate | 1961 | w | DUV | 2:03:06,70 |
| 3. | 73. | 14. | 891 | Oosting, Hilly | 1961 | w | GAVAS Anloo | 2:27:16,70 |
| W55 | | | | | | | | |
| 1. | 60. | 9. | 890 | Dale, Hanne | 1958 | w | LG Warstein-Rüthen | 2:03:41,70 |
| 2. | 61. | 10. | 874 | Hoorn, Elly | 1960 | w | Hunzerunners | 2:06:42,30 |
| 3. | 72. | 13. | 876 | Biermann, Ann | 1956 | w | Hunzerunners | 2:27:16,20 |
| W60 | | | | | | | | |
| 1. | 62. | 11. | 925 | Kaiser, Mona | 1953 | w | SCC Scharmede | 2:06:52,20 |
| W65 | | | | | | | | |
| 1. | 66. | 12. | 938 | Hilkenbach, Christa | 1947 | w | | 2:16:56,10 |
| Männer | | | | | | | | |
| 1. | 71. | 59. | 905 | Vom Frelde, Patrick | 1989 | m | | 2:26:09,70 |
| M30 | | | | | | | | |
| 1. | 1. | 1. | 880 | Kolter, Matthias | 1984 | m | Rehasportverein HSK | 1:17:46,50 |
| 2. | 25. | 24. | 915 | Preckel, Markus | 1984 | m | | 1:44:40,30 |
| 3. | 27. | 26. | 968 | Willer, Viktor | 1984 | m | | 1:44:56,50 |
| 4. | 41. | 39. | 935 | Cramer, Stefan | 1985 | m | | 1:51:22,90 |
| 5. | 42. | 40. | 940 | Fechner, Stefan | 1985 | m | | 1:51:23,20 |
| 6. | 46. | 43. | 875 | Vargas, Estuardo | 1982 | m | | 1:54:02,70 |
| 7. | 59. | 51. | 898 | Gritzan, Dennis | 1985 | m | | 2:03:14,90 |

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| 8. | 67. | 55. | 946 | Sebesta, Rafael | 1982 | m | | 2:18:39,50 |
| 9. | 68. | 56. | 947 | Schiebel, Bastian | 1983 | m | | 2:18:40,00 |

M35

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|-------------------------|------------|
| 1. | 3. | 3. | 900 | Wolf, Andrej | 1976 | m | SSC Scharmede | 1:28:51,50 |
| 2. | 8. | 8. | 948 | Schöneköp, Tobias | 1980 | m | Stacklief-Speed /Tus 31 | 1:33:15,90 |
| 3. | 11. | 11. | 892 | Menning, Thorsten | 1978 | m | DJK Mellrich | 1:35:45,90 |
| 4. | 74. | 60. | 883 | Althaus, Martin | 1976 | m | | 2:31:31,40 |

M40

| | | | | | | | | |
|-----|-----|-----|-----|----------------------|------|---|---------------------------|------------|
| 1. | 2. | 2. | 907 | Hansmann, Frank | 1972 | m | Warburg SV 1884 | 1:27:02,90 |
| 2. | 5. | 5. | 918 | Mach, Pierre von | 1974 | m | PSV Brilon | 1:30:20,20 |
| 3. | 6. | 6. | 949 | Gerstengarbe, Oliver | 1971 | m | TUS 31 Elleringhausen | 1:32:25,60 |
| 4. | 10. | 10. | 912 | Weinberger, Igor | 1975 | m | | 1:34:14,90 |
| 5. | 16. | 15. | 942 | Christian, Wolfgang | 1972 | m | Team Erdinger Alkoholfrei | 1:38:11,90 |
| 6. | 20. | 19. | 931 | Aust, Daniel | 1975 | m | Feuerwehr Kallenhardt | 1:41:37,30 |
| 7. | 24. | 23. | 913 | Eidens, Andre | 1975 | m | TSV Saalhausen | 1:43:53,70 |
| 8. | 30. | 29. | 953 | Spitzers, Steffen | 1973 | m | | 1:45:28,70 |
| 9. | 33. | 32. | 932 | Kühler, Thomas | 1972 | m | TUS 31 Elleringhausen | 1:46:20,40 |
| 10. | 70. | 58. | 924 | Lücking, Dirk | 1975 | m | | 2:26:08,20 |

M45

| | | | | | | | | |
|----|-----|-----|-----|-----------------------|------|---|----------------------------|------------|
| 1. | 7. | 7. | 914 | Epe, Michael | 1970 | m | SC Fretter | 1:32:52,30 |
| 2. | 13. | 12. | 927 | Singer, Bernd | 1966 | m | SC Halblech | 1:36:00,20 |
| 3. | 19. | 18. | 872 | Schwingenheuer, | 1968 | m | Team wsabg.de | 1:40:34,30 |
| 4. | 23. | 22. | 921 | Schulte-Eversum, Dirk | 1969 | m | SV Aktiv Bad Westernkotten | 1:42:01,00 |
| 5. | 28. | 27. | 950 | Bardehle, Lutz | 1966 | m | VFB Salzkotten | 1:45:12,60 |
| 6. | 39. | 37. | 941 | Richter, Andreas | 1968 | m | | 1:49:35,30 |
| 7. | 45. | 42. | 871 | Seeger, Burghard | 1966 | m | LGO Bochum | 1:52:47,30 |
| 8. | 49. | 46. | 928 | Pachnicke, Andreas | 1969 | m | LG Oelde / Wadersloh | 1:54:46,70 |

M50

| | | | | | | | | |
|-----|-----|-----|-----|------------------------|------|---|---------------------------|------------|
| 1. | 9. | 9. | 881 | Bettermann, Reiner | 1964 | m | Warburg SV 1884 | 1:33:37,50 |
| 2. | 14. | 13. | 930 | Weber, Dieter | 1962 | m | PSV Brilon | 1:36:06,20 |
| 3. | 15. | 14. | 873 | Hendel, Andreas | 1963 | m | | 1:37:55,10 |
| 4. | 17. | 16. | 878 | Schwarberg, Jürgen | 1965 | m | Stadtwerke Sundern | 1:39:00,10 |
| 5. | 18. | 17. | 936 | Wohlmeiner, Stephan | 1964 | m | Tri Cops Warstein | 1:39:17,30 |
| 6. | 21. | 20. | 870 | Lehmkühler, Stefan | 1965 | m | Tri-Geckos Dortmund | 1:41:43,10 |
| 7. | 26. | 25. | 879 | Donner, Franz-Thomas | 1965 | m | LTV Lippstadt Triathlon | 1:44:53,80 |
| 8. | 29. | 28. | 933 | Buschke, Siegfried | 1962 | m | | 1:45:12,80 |
| 9. | 31. | 30. | 937 | Liersch, Andreas | 1963 | m | LAC Veltins Hochsauerland | 1:45:45,30 |
| 10. | 35. | 33. | 923 | Holstein, Dirk | 1964 | m | LGO Bochum | 1:47:49,90 |
| 11. | 36. | 34. | 895 | Scheitza, Falko | 1961 | m | DJK Preussen 1911 Bochum | 1:48:08,50 |
| 12. | 37. | 35. | 934 | Fiebich, Uwe | 1963 | m | Tus Westheim | 1:48:36,90 |
| 13. | 38. | 36. | 943 | Albers, Frank | 1963 | m | Laufftreff Rüthen | 1:48:45,70 |
| 14. | 43. | 41. | 919 | Beckers, Rainer | 1963 | m | | 1:52:00,20 |
| 15. | 48. | 45. | 877 | Viertler, Ludger | 1965 | m | LG Oelde / Wadersloh | 1:54:46,30 |
| 16. | 52. | 48. | 889 | Knappstein, Klaus | 1961 | m | | 1:55:27,00 |
| 17. | 55. | 49. | 906 | Berghoff, Uli | 1962 | m | SSVM e.V. | 1:57:43,30 |
| 18. | 64. | 53. | 945 | Biermann, Dietmar | 1965 | m | | 2:13:42,20 |
| 19. | 65. | 54. | 952 | Stekelenburg, Cornelis | 1962 | m | Hesborn | 2:14:04,20 |

M55

| | | | | | | | | |
|----|-----|-----|-----|---------------------|------|---|-------------------------|------------|
| 1. | 22. | 21. | 884 | Menzhausen, Michael | 1956 | m | Sportfreunde Sennestadt | 1:41:47,60 |
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|----|-----|-----|-------|-----------------------|--------|-------|------------------------|------------|
| 2. | 32. | 31. | 885 | Von Heydebrand, Klaus | 1957 | m | FC Remblinghausen | 1:45:50,30 |
| 3. | 40. | 38. | 916 | Heupel, Rudolf | 1960 | m | VEGA Sprinter Hennesee | 1:50:20,80 |
| 4. | 47. | 44. | 904 | Windau, Norbert | 1956 | m | LG Burg Wiedenbrück | 1:54:03,50 |

M60

| | | | | | | | | |
|----|-----|-----|-----|-----------------|------|---|------------------------|------------|
| 1. | 4. | 4. | 922 | Wolff, Ulrich | 1954 | m | PSV Brilon | 1:30:04,20 |
| 2. | 50. | 47. | 893 | Dannenberg, Wim | 1954 | m | Hunzerunners | 1:54:57,50 |
| 3. | 63. | 52. | 917 | Hofmann, Rainer | 1954 | m | VEGA Sprinter Hennesee | 2:08:13,20 |
| 4. | 75. | 61. | 902 | Rönnau, Wilhelm | 1954 | m | Wir schaffen's 42 | 3:08:23,00 |

M65

| | | | | | | | | |
|----|-----|-----|-----|------------------|------|---|--|------------|
| 1. | 69. | 57. | 939 | Dörenkamp, Anton | 1950 | m | | 2:20:46,50 |
|----|-----|-----|-----|------------------|------|---|--|------------|

| | | | | | | | | |
|----|-----|-----|-----|----------------|--|---|---------------------|------------|
| 1. | 56. | 50. | 944 | Ballay, Thomas | | m | Lauffeuer Paderborn | 1:57:46,50 |
|----|-----|-----|-----|----------------|--|---|---------------------|------------|

Jedermann 4.300 m

W10

| | | | | | | | | |
|----|-----|-----|-----|-------------------------|------|---|------------|------------|
| 1. | 23. | 4. | 786 | Stallmeister, Franziska | 2005 | w | TSV Rüthen | 0:22:54,70 |
| 2. | 40. | 14. | 772 | Sprissler, Greta | 2005 | w | | 0:27:34,80 |

W13

| | | | | | | | | |
|----|-----|----|-----|--------------|------|---|------------|------------|
| 1. | 22. | 3. | 759 | Hötte, Maren | 2002 | w | TSV Rüthen | 0:22:47,40 |
|----|-----|----|-----|--------------|------|---|------------|------------|

W14

| | | | | | | | | |
|----|-----|----|-----|----------------|------|---|-----------------|------------|
| 1. | 32. | 8. | 781 | Rossa, Kirsten | 2001 | w | SuS Oestereiden | 0:25:28,90 |
|----|-----|----|-----|----------------|------|---|-----------------|------------|

W15

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|-----------------|------------|
| 1. | 5. | 2. | 793 | Berghoff-Mertens, | 2000 | w | | 0:19:04,10 |
| 2. | 33. | 9. | 791 | Richter, Jasmin | 2000 | w | SuS Oestereiden | 0:25:32,80 |
| 3. | 34. | 10. | 792 | Witthaut, Sarah | 2000 | w | SuS Oestereiden | 0:25:33,10 |

W35

| | | | | | | | | |
|----|-----|-----|-----|------------------|------|---|------------------|------------|
| 1. | 4. | 1. | 797 | Wolf, Elke | 1977 | w | SSC Scharmede | 0:18:55,80 |
| 2. | 44. | 17. | 757 | Bittner, Bettina | 1979 | w | LT Elsen - Wewer | 0:29:22,80 |

W40

| | | | | | | | | |
|----|-----|-----|-----|-----------------|------|---|-----------|------------|
| 1. | 28. | 5. | 779 | Kunau, Jennifer | 1974 | w | Lippstadt | 0:23:26,30 |
| 2. | 37. | 12. | 795 | Witthaut, Doris | 1971 | w | | 0:25:35,50 |

W45

| | | | | | | | | |
|----|-----|-----|-----|-------------------------|------|---|------------------|------------|
| 1. | 31. | 7. | 787 | Stallmeister, Alexandra | 1969 | w | Energie Meiste | 0:24:48,40 |
| 2. | 36. | 11. | 790 | Mehn, Anja | 1970 | w | SuS Oestereiden | 0:25:35,20 |
| 3. | 38. | 13. | 761 | Kaden, Ulrike | 1970 | w | GW Benninghausen | 0:26:00,00 |

W50

| | | | | | | | | |
|----|-----|-----|-----|----------------------|------|---|-----------|------------|
| 1. | 41. | 15. | 771 | Sprissler, Margareta | 1964 | w | | 0:28:15,80 |
| 2. | 43. | 16. | 768 | Schön, Astrid | 1961 | w | Paderborn | 0:28:21,10 |

W60

| | | | | | | | | |
|----|-----|----|-----|------------------|------|---|------------------|------------|
| 1. | 30. | 6. | 766 | Simon, Franziska | 1953 | w | Blau-Weiß Verlar | 0:24:36,90 |
|----|-----|----|-----|------------------|------|---|------------------|------------|

M4

| | | | | | | | | |
|----|-----|-----|-----|-----------------|------|---|--|------------|
| 1. | 39. | 26. | 774 | Sprissler, Miro | 2011 | m | | 0:27:34,00 |
|----|-----|-----|-----|-----------------|------|---|--|------------|

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| M9 | | | | | | | | |
| 1. | 25. | 21. | 763 | Saal, Adrian | 2006 | m | | 0:22:56,20 |
| M11 | | | | | | | | |
| 1. | 8. | 6. | 780 | Lex, Oskar | 2004 | m | TSV Rüthen | 0:19:44,70 |
| 2. | 9. | 7. | 783 | Brauns, Lukas | 2004 | m | | 0:20:06,00 |
| 3. | 11. | 9. | 784 | Streeck, Timo | 2004 | m | Kinderlaufftreff Vlotho | 0:20:19,40 |
| M12 | | | | | | | | |
| 1. | 15. | 13. | 782 | Stallmeister, Lasse | 2003 | m | TSV Rüthen | 0:20:53,30 |
| M13 | | | | | | | | |
| 1. | 10. | 8. | 796 | Menzel, Leon | 2002 | m | LG Warstein-Rüthen | 0:20:08,40 |
| 2. | 14. | 12. | 765 | Schröder, Jonas | 2002 | m | LG Warstein-Rüthen | 0:20:35,80 |
| 3. | 16. | 14. | 755 | Perpeet, Leon | 2002 | m | TSV Rüthen | 0:21:06,30 |
| M14 | | | | | | | | |
| 1. | 17. | 15. | 776 | Sachse, Marc | 2001 | m | LG Warstein-Rüthen | 0:21:11,70 |
| 2. | 26. | 22. | 752 | Risse, Johannes | 2001 | m | Tennisclub Anröchte | 0:22:56,80 |
| M15 | | | | | | | | |
| 1. | 20. | 18. | 760 | Hötte, Frederik | 2000 | m | LG Warstein-Rüthen | 0:22:20,10 |
| MJU18 | | | | | | | | |
| 1. | 1. | 1. | 770 | Schönefeldt, Yannick | 1999 | m | Marathon Soest | 0:17:01,30 |
| 2. | 6. | 4. | 753 | Kerwer, Enrico | 1999 | m | LG Warstein-Rüthen | 0:19:04,10 |
| 3. | 12. | 10. | 769 | Fuchs, Stefan | 1998 | m | TSV Rüthen | 0:20:20,70 |
| 4. | 35. | 25. | 794 | Hoffmann, Alexa | 1998 | m | | 0:25:33,40 |
| MJU20 | | | | | | | | |
| 1. | 21. | 19. | 789 | Storp, Manuel | 1997 | m | TSV Rüthen | 0:22:28,90 |
| Männer | | | | | | | | |
| 1. | 3. | 3. | 775 | Grawe, Andre | 1988 | m | LG Warstein-Rüthen | 0:18:01,80 |
| M30 | | | | | | | | |
| 1. | 24. | 20. | 762 | Saal, Patrick | 1984 | m | | 0:22:55,80 |
| M35 | | | | | | | | |
| 1. | 7. | 5. | 767 | Menning, Thorsten | 1978 | m | DJK Benninghausen | 0:19:30,30 |
| M45 | | | | | | | | |
| 1. | 2. | 2. | 764 | Wegener, Peter | 1967 | m | LAC Veltins Hochsauerland | 0:17:39,80 |
| M55 | | | | | | | | |
| 1. | 18. | 16. | 756 | Heise, Manfred | 1957 | m | TUS 31 Elleringhausen | 0:21:34,90 |
| 2. | 42. | 27. | 773 | Tisch, Wolfgang | 1959 | m | | 0:28:16,20 |
| M60 | | | | | | | | |
| 1. | 13. | 11. | 777 | Erke, Reinhard | 1951 | m | LF Benteler Paderborn | 0:20:32,30 |
| 2. | 29. | 24. | 785 | Papenhoff, Bruno | 1955 | m | Kinderlaufftreff Vlotho | 0:24:20,30 |
| M65 | | | | | | | | |
| 1. | 19. | 17. | 788 | Heimes, Dirk | 1949 | m | Ski-Club Fretter | 0:21:38,10 |
| 2. | 27. | 23. | 758 | Bock, Gerd | 1948 | m | | 0:23:22,40 |

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|-----------------|-----|-----|-------|---------------------|--------|-------|----------------------------------|------------|
| M80 | | | | | | | | |
| 1. | 45. | 28. | 778 | Neumann, Dieter | 1934 | m | VFB Salzkotten | 0:34:01,30 |
| Marathon | | | | | | | | |
| W30 | | | | | | | | |
| 1. | 27. | 3. | 11 | Tiersch, Krissy | 1985 | w | Team wsabg.de | 4:07:01,64 |
| W40 | | | | | | | | |
| 1. | 35. | 4. | 23 | Rohr, Anja | 1971 | w | | 4:30:29,06 |
| W45 | | | | | | | | |
| 1. | 7. | 1. | 8 | Hundrieser, Sabine | 1967 | w | | 3:29:39,12 |
| 2. | 39. | 5. | 42 | Tenberg, Dung | 1967 | w | Marathon Soest | 4:36:07,19 |
| W55 | | | | | | | | |
| 1. | 9. | 2. | 30 | Tank, Regina | 1959 | w | | 3:37:31,25 |
| W60 | | | | | | | | |
| 1. | 40. | 6. | 41 | Schäfers, Anette | 1954 | w | LT Elsen - Wewer | 4:37:00,01 |
| W65 | | | | | | | | |
| 1. | 43. | 7. | 6 | Ahlemeyer, Anne | 1949 | w | LT Elsen - Wewer | 4:41:21,75 |
| Männer | | | | | | | | |
| 1. | 1. | 1. | 57 | Bizjak, Daniel | 1989 | m | LG Senk- / Spreizfuß | 2:50:26,13 |
| 2. | 24. | 22. | 4 | Rösner, Christian | 1986 | m | | 4:02:46,91 |
| M30 | | | | | | | | |
| 1. | 5. | 5. | 10 | Goretzky, Martin | 1984 | m | TuS Velmede Bestwig | 3:22:42,38 |
| M35 | | | | | | | | |
| 1. | 14. | 12. | 22 | Kogel, Marc | 1980 | m | Wir schaffen´s 42 | 3:49:30,82 |
| 2. | 15. | 13. | 17 | Stellmacher, Mirko | 1980 | m | TEAM LVM Hagenhoff | 3:49:31,68 |
| M40 | | | | | | | | |
| 1. | 52. | 45. | 29 | Grundmann, Andreas | 1973 | m | SwissLife Sportclub München e.V. | 5:13:01,33 |
| M45 | | | | | | | | |
| 1. | 2. | 2. | 51 | Prochaska, Jan | 1966 | m | LG Nord Berlin Ultrateam | 3:07:47,80 |
| 2. | 3. | 3. | 58 | Bizjak, Roman | 1966 | m | LG Senk- / Spreizfuß | 3:10:17,16 |
| 3. | 4. | 4. | 36 | Mahlo, Thomas | 1966 | m | | 3:21:17,85 |
| 4. | 16. | 14. | 55 | Wahl, Thomas | 1968 | m | Taem Egger Brion | 3:49:34,55 |
| 5. | 23. | 21. | 39 | Querfurt, Matthias | 1967 | m | DJK Preussen Bochum | 4:02:06,13 |
| 6. | 26. | 24. | 14 | Gürcan, Aydincioglu | 1966 | m | Sporttouristen | 4:06:25,46 |
| 7. | 30. | 27. | 2 | Zipplies, Günter | 1970 | m | Soest | 4:15:27,24 |
| 8. | 32. | 29. | 66 | Krause, Joachim | 1966 | m | Team Erdinger Alkoholfrei | 4:21:37,04 |
| 9. | 37. | 33. | 38 | Kliche, Udo | 1968 | m | Laufen-in-Lüdo.de | 4:32:03,76 |
| 10. | 41. | 35. | 25 | Janus, Andreas | 1966 | m | Hammerkeller SV | 4:38:20,07 |
| 11. | 45. | 38. | 48 | Böckmann, Carsten | 1970 | m | LC Duisburg | 4:44:24,01 |
| 12. | 49. | 42. | 61 | Kuschel, Tom | 1970 | m | Die Sauerland Brüder | 4:50:39,08 |
| M50 | | | | | | | | |
| 1. | 19. | 17. | 20 | Krott, Christoph | 1961 | m | SV Viktoria Goch | 3:54:19,50 |
| 2. | 28. | 25. | 31 | Heider, Rolf | 1963 | m | GaleriaKaufhof Köln | 4:07:02,21 |

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| 3. | 29. | 26. | 47 | Figer, Ulrich | 1964 | m | | 4:09:59,38 |
| 4. | 31. | 28. | 19 | Kerk, Thomas | 1962 | m | SV Dickenberg | 4:20:24,12 |
| 5. | 36. | 32. | 56 | Störmer, Manfred | 1965 | m | | 4:31:37,75 |
| 6. | 38. | 34. | 24 | Fischer, Michael | 1962 | m | DUV Ürdingen | 4:34:37,39 |
| 7. | 48. | 41. | 52 | Wibberg, Henry | 1961 | m | Die Sauerland Brüders | 4:50:38,46 |

M55

| | | | | | | | | |
|-----|-----|-----|----|-------------------------|------|---|--------------------------|------------|
| 1. | 6. | 6. | 9 | Böckmann, Manfred | 1956 | m | | 3:27:55,01 |
| 2. | 11. | 9. | 27 | Löhner, Burkhard | 1959 | m | | 3:41:22,48 |
| 3. | 12. | 10. | 37 | Blome, Uwe | 1957 | m | Grautiere | 3:43:06,98 |
| 4. | 17. | 15. | 53 | Becker, Johannes | 1957 | m | LG Warstein-Rüthen | 3:52:06,53 |
| 5. | 18. | 16. | 50 | Masermann, Dietmar | 1959 | m | Kölle | 3:52:14,77 |
| 6. | 20. | 18. | 18 | Ritter, Roland | 1960 | m | TuS Uentrop | 4:01:16,41 |
| 7. | 22. | 20. | 45 | Packowski, Dirk | 1959 | m | Marathon Soest | 4:02:01,60 |
| 8. | 33. | 30. | 63 | Becker, Mattin | 1960 | m | Troisdorfer LG M.U.T | 4:23:42,07 |
| 9. | 34. | 31. | 5 | Bremer, Andreas | 1956 | m | Triathlon-TEAM TG Witten | 4:27:31,32 |
| 10. | 42. | 36. | 16 | Kleinmann | 1960 | m | Speedkrüten Kalkar | 4:41:09,79 |
| 11. | 46. | 39. | 62 | Raschkowski, Karl-Heinz | 1957 | m | TSV Rüthen | 4:46:11,23 |
| 12. | 50. | 43. | 43 | Binias, Jürgen | 1958 | m | LC Duisburg | 5:00:29,84 |
| 13. | 51. | 44. | 44 | Klauke, Helmut | 1958 | m | TV Flerke | 5:10:21,68 |
| 14. | 53. | 46. | 15 | Laig, Uwe | 1957 | m | TV Hohne | 5:13:11,30 |

M60

| | | | | | | | | |
|----|-----|-----|----|---------------------|------|---|----------------------|------------|
| 1. | 13. | 11. | 60 | Eickmann, Friedhelm | 1952 | m | LTV Lippstadt | 3:46:20,75 |
| 2. | 21. | 19. | 40 | Kleffner, Werner | 1954 | m | LT Elsen - Wewer | 4:01:26,83 |
| 3. | 25. | 23. | 21 | Dierks, Eberhard | 1951 | m | | 4:06:24,87 |
| 4. | 44. | 37. | 7 | Preetz, Udo | 1951 | m | LT Projekt 2010 | 4:43:33,42 |
| 5. | 47. | 40. | 12 | Grondke, Rolli | 1955 | m | Die Sauerland Brüder | 4:50:37,77 |

M65

| | | | | | | | | |
|----|-----|----|----|------------------|------|---|-------------|------------|
| 1. | 8. | 7. | 28 | Brinkmann, Ernst | 1950 | m | TSV Rüthen | 3:36:26,75 |
| 2. | 10. | 8. | 49 | Klick, Michael | 1949 | m | SuS Berlich | 3:40:40,80 |

Marathon Staffel

M45

| | | | | | | | | |
|----|----|----|----|--------------------|------|---|------------|------------|
| 1. | 2. | 2. | 59 | Stahlberg / Köller | 1968 | m | TSV Rüthen | 3:40:59,51 |
|----|----|----|----|--------------------|------|---|------------|------------|

M50

| | | | | | | | | |
|----|----|----|----|-----------------------|------|---|-----------------------|------------|
| 1. | 1. | 1. | 54 | Salewski / Teutenberg | 1964 | m | Das Generationen Team | 3:16:00,39 |
|----|----|----|----|-----------------------|------|---|-----------------------|------------|

Schüler(innen) 1.500 m

W10

| | | | | | | | | |
|----|-----|-----|-----|----------------|------|---|------------|------------|
| 1. | 22. | 14. | 308 | Lattarulo, Mia | 2005 | w | TSV Rüthen | 0:07:43,30 |
|----|-----|-----|-----|----------------|------|---|------------|------------|

W11

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|--------------------|------------|
| 1. | 12. | 6. | 407 | Jäger, Lea | 2004 | w | | 0:06:25,90 |
| 2. | 13. | 7. | 418 | Kellerhoff, Neele | 2004 | w | LG Warstein-Rüthen | 0:06:27,50 |
| 3. | 16. | 9. | 422 | Rossa, Ida | 2004 | w | SuS Oestereiden | 0:06:30,80 |
| 4. | 19. | 11. | 402 | Domes, Clara | 2004 | w | TSV Rüthen | 0:06:56,20 |
| 5. | 20. | 12. | 406 | Henze, Lena | 2004 | w | TSV Rüthen | 0:06:58,80 |
| 6. | 21. | 13. | 404 | Dahlhoff, Anna | 2004 | w | LG Warstein-Rüthen | 0:07:13,00 |
| 7. | 25. | 16. | 412 | Heidel, Johanna | 2004 | w | SuS Oestereiden | 0:08:31,50 |
| 8. | 26. | 17. | 410 | Reiter, Julia | 2004 | w | | 0:09:13,50 |

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| W12 | | | | | | | | |
| 1. | 11. | 5. | 421 | Göke, Anna | 2003 | w | TSV Rüthen | 0:06:19,50 |
| 2. | 15. | 8. | 414 | Jaeger, Julia | 2003 | w | LG Warstein-Rüthen | 0:06:30,20 |
| 3. | 18. | 10. | 427 | Struchholz, Sophie | 2003 | w | TSV Rüthen | 0:06:51,30 |
| 4. | 24. | 15. | 403 | Wenge, Marie | 2003 | w | | 0:08:16,70 |
| W13 | | | | | | | | |
| 1. | 1. | 1. | 411 | Mehn, Ruby | 2002 | w | TSV Rüthen | 0:05:22,00 |
| 2. | 3. | 2. | 417 | Matern, Katharina | 2002 | w | LG Warstein-Rüthen | 0:05:52,90 |
| 3. | 4. | 3. | 415 | Walter, Marie | 2002 | w | TSV Rüthen | 0:06:00,60 |
| 4. | 9. | 4. | 413 | Mangels, Shania | 2002 | w | TSV Rüthen | 0:06:18,00 |
| M11 | | | | | | | | |
| 1. | 2. | 1. | 423 | Lex, Oskar | 2004 | m | TSV Rüthen | 0:05:34,90 |
| 2. | 5. | 2. | 420 | Brauns, Lukas | 2004 | m | Kinderlaufftreff Vlotho | 0:06:03,70 |
| 3. | 6. | 3. | 419 | Streeck, Timo | 2004 | m | Kinderlaufftreff Vlotho | 0:06:08,20 |
| 4. | 7. | 4. | 405 | Matern, Sebastian | 2004 | m | LG Warstein-Rüthen | 0:06:13,30 |
| 5. | 8. | 5. | 408 | Stork, Benno | 2004 | m | | 0:06:17,50 |
| 6. | 14. | 7. | 426 | Clasen, Raphael | 2004 | m | TSV Rüthen | 0:06:29,60 |
| 7. | 17. | 8. | 424 | Budde, Moritz | 2004 | m | TSV Rüthen | 0:06:51,00 |
| M12 | | | | | | | | |
| 1. | 10. | 6. | 425 | Köhne-Volland, Fritz | 2003 | m | TSV Rüthen | 0:06:19,00 |
| M13 | | | | | | | | |
| 1. | 23. | 9. | 428 | Neumann, Nick | 2002 | m | TuS Anröchte | 0:08:07,10 |
| Schüler(innen) 660m | | | | | | | | |
| W4 | | | | | | | | |
| 1. | 44. | 18. | 334 | Cramer, Lea | 2011 | w | TSV Rüthen | 0:05:08,30 |
| W5 | | | | | | | | |
| 1. | 36. | 13. | 350 | Vielhaber, Mona | 2010 | w | TV Calle | 0:03:40,40 |
| 2. | 43. | 17. | 335 | Alferink, Maya | 2010 | w | | 0:04:38,60 |
| W6 | | | | | | | | |
| 1. | 29. | 9. | 337 | Herting, Mia | 2009 | w | TV Warstein | 0:03:06,40 |
| 2. | 38. | 14. | 300 | Stemmer, Mia | 2009 | w | TSV Rüthen | 0:03:47,10 |
| 3. | 40. | 16. | 306 | Sossna, Hannah | 2009 | w | | 0:04:00,20 |
| W7 | | | | | | | | |
| 1. | 9. | 3. | 326 | Mehn, Lara | 2008 | w | LG Warstein-Rüthen | 0:02:31,80 |
| 2. | 39. | 15. | 321 | Berghoff-Mertens, Lea | 2008 | w | LG Warstein-Rüthen | 0:03:53,20 |
| W8 | | | | | | | | |
| 1. | 7. | 1. | 313 | Helle, Katharina | 2007 | w | | 0:02:29,10 |
| 2. | 11. | 4. | 333 | Pree, Michelle | 2007 | w | | 0:02:32,50 |
| 3. | 18. | 6. | 322 | Erbuth, Kaja | 2007 | w | TSV Rüthen | 0:02:39,30 |
| 4. | 25. | 8. | 336 | Herting, Hannah | 2007 | w | TV Warstein | 0:02:54,10 |
| 5. | 33. | 10. | 339 | Meyer, Clara | 2007 | w | | 0:03:27,50 |
| 6. | 34. | 11. | 314 | Kleine, Ricarda | 2007 | w | LG Warstein-Rüthen | 0:03:35,70 |
| 7. | 35. | 12. | 316 | Heine, Clara | 2007 | w | LG Warstein-Rüthen | 0:03:39,00 |

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| W10 | | | | | | | | |
| 1. | 8. | 2. | 305 | Kutova, Polina | 2005 | w | LG Warstein-Rüthen | 0:02:29,30 |
| 2. | 16. | 5. | 307 | Voß, Julia | 2005 | w | LG Warstein-Rüthen | 0:02:37,80 |
| 3. | 24. | 7. | 304 | Thavarasah, Mithuna | 2005 | w | LG Warstein-Rüthen | 0:02:53,10 |
| M6 | | | | | | | | |
| 1. | 10. | 7. | 338 | Mehn, Eike | 2009 | m | | 0:02:31,90 |
| 2. | 28. | 20. | 340 | Zimmermann, Max | 2009 | m | LG Deiringsen | 0:03:03,20 |
| 3. | 31. | 22. | 318 | Wagner, Felix | 2009 | m | TSV Rüthen | 0:03:13,00 |
| 4. | 32. | 23. | 329 | Hager, Vincent | 2009 | m | LG Warstein-Rüthen | 0:03:21,40 |
| 5. | 37. | 24. | 330 | Grotenhermen, Arno | 2009 | m | | 0:03:41,20 |
| 6. | 41. | 25. | 331 | Buckenthien, Fiete | 2009 | m | | 0:04:16,30 |
| 7. | 42. | 26. | 328 | Kloer, Jonas | 2009 | m | | 0:04:26,50 |
| M7 | | | | | | | | |
| 1. | 20. | 14. | 302 | Authmann, Jonas | 2008 | m | LG Warstein-Rüthen | 0:02:43,00 |
| M8 | | | | | | | | |
| 1. | 19. | 13. | 317 | Dahlhoff, Lukas | 2007 | m | LG Warstein-Rüthen | 0:02:41,30 |
| 2. | 21. | 15. | 323 | Reiter, Jonas | 2007 | m | LG Warstein-Rüthen | 0:02:48,10 |
| 3. | 22. | 16. | 309 | Henze, Tim | 2007 | m | TSV Rüthen | 0:02:50,90 |
| 4. | 23. | 17. | 319 | Rieger, Eric | 2007 | m | TSV Rüthen | 0:02:52,30 |
| 5. | 26. | 18. | 315 | Modes, Kilian | 2007 | m | LG Warstein-Rüthen | 0:02:56,30 |
| 6. | 30. | 21. | 332 | Lödige, Max | 2007 | m | LG Warstein-Rüthen | 0:03:12,50 |
| M9 | | | | | | | | |
| 1. | 2. | 2. | 327 | Mehn, Lukas | 2006 | m | LG Warstein-Rüthen | 0:02:17,50 |
| 2. | 4. | 4. | 324 | Clasen, Friedrich | 2006 | m | | 0:02:23,60 |
| 3. | 5. | 5. | 312 | Dynoswki, Frank | 2006 | m | | 0:02:24,00 |
| 4. | 12. | 8. | 301 | Franken, Nils | 2006 | m | DJK Werl | 0:02:33,20 |
| 5. | 14. | 10. | 348 | Heidel, Josef | 2006 | m | SuS Oestereiden | 0:02:35,90 |
| 6. | 15. | 11. | 311 | Wiegelmann-Marx, Jonas | 2006 | m | LG Warstein-Rüthen | 0:02:36,90 |
| 7. | 17. | 12. | 325 | Spitzer, Max | 2006 | m | | 0:02:38,20 |
| 8. | 27. | 19. | 341 | Jaeger, Simon | 2006 | m | TSV Rüthen | 0:02:58,80 |
| M10 | | | | | | | | |
| 1. | 1. | 1. | 320 | Dürhammer, Julien | 2005 | m | LG Warstein-Rüthen | 0:02:15,40 |
| 2. | 3. | 3. | 303 | Authmann, Simon | 2005 | m | LG Warstein-Rüthen | 0:02:22,70 |
| 3. | 6. | 6. | 349 | Radin, Mico Joel | 2005 | m | | 0:02:27,90 |
| 4. | 13. | 9. | 310 | Löwigt, Nico | 2005 | m | LG Warstein-Rüthen | 0:02:35,50 |

Anzahl: 359