

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 3 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|-----|-----|-----|------------------------|-------------------------------|------|---------|---------|-------|
| 456 | 1. | | 1. | Hilger, Christoph | | 1985 | 1.M30 | 9:44 | 9:45 |
| 493 | 2. | | 2. | Martin, Marcel | | 1987 | 1.M20 | 10:15 | 10:16 |
| 347 | 3. | | 3. | Kassebeer, Jens | LSF Münster | 2000 | 1.MJU18 | 10:24 | 10:24 |
| 204 | 4. | | 4. | Bischof, Markus | Tri Finish Münster | 1968 | 1.M45 | 10:24 | 10:26 |
| 334 | 5. | | 5. | Feder, Jannik | LSF Münster / W+F Münster | 1999 | 2.MJU18 | 10:38 | 10:38 |
| 413 | 6. | | 6. | Kasprik, Michael | LSF Münster | 1976 | 1.M40 | 10:43 | 10:43 |
| 232 | 7. | | 7. | Kuhlmann, Julian | TuS Eintracht Minden | 1992 | 2.M20 | 10:45 | 10:45 |
| 464 | 8. | | 8. | enseling, michael | Tri Finish Münster | 1964 | 1.M50 | 10:50 | 10:51 |
| 372 | 9. | | 9. | Lemkau, Gerrit | LSF Münster | 1971 | 2.M45 | 11:02 | 11:03 |
| 314 | 10. | | 10. | Abdirahman, Idris | Lüdinghausen | 1999 | 3.MJU18 | 11:42 | 11:48 |
| 422 | 11. | | 11. | Danwerth, Philipp | Naise Running | 1995 | 3.M20 | 11:54 | 11:55 |
| 430 | 12. | | 12. | Uphoff, Manuel | | 1988 | 4.M20 | 11:56 | 11:57 |
| 352 | 13. | | 13. | Hirsch, Maximilian | Velbert | 1989 | 5.M20 | 11:46 | 11:58 |
| 197 | 14. | | 14. | Kozjan, Bogdan | Münster | 1973 | 2.M40 | 11:56 | 11:58 |
| 421 | 15. | | 15. | Kaiser, Ulrich | LSF Münster | 1959 | 1.M55 | 12:01 | 12:02 |
| 169 | 16. | | 16. | Brüggershemke, Michael | LSF Münster | 1965 | 2.M50 | 12:13 | 12:19 |
| 127 | 17. | | 17. | Päßler, Timo | | 1983 | 2.M30 | 12:17 | 12:19 |
| 266 | 18. | | 18. | Eilerts, Nikolas | Naise Running | 1995 | 6.M20 | 12:28 | 12:28 |
| 310 | 19. | | 19. | Beyene, Biniam | Lüdinghausen | 1999 | 4.MJU18 | 12:25 | 12:31 |
| 442 | 20. | | 20. | Mehrfeld, Daniel | Laufen rund um Münster | 1981 | 1.M35 | 12:43 | 12:44 |
| 304 | 21. | | 21. | kalisch, jörg | | 1968 | 3.M45 | 12:43 | 12:45 |
| 382 | 22. | | 22. | Rehkämper, Jan | | 1989 | 7.M20 | 12:59 | 13:13 |
| 249 | 23. | | 23. | Panick, Martin | | 1970 | 4.M45 | 13:02 | 13:37 |
| 140 | 24. | 1. | | Hülbusch, Luisa | LSF Münster | 2001 | 1.WJU16 | 13:39 | 13:40 |
| 392 | 25. | | 24. | Fillies, Jona | Münster | 2000 | 5.MJU18 | 13:26 | 13:49 |
| 434 | 26. | 2. | | Dalbert, Adriana | | 1979 | 1.W35 | 13:44 | 13:49 |
| 470 | 27. | | 25. | Cordes, Anton | | 2004 | 1.MJU14 | 13:56 | 14:03 |
| 359 | 28. | 3. | | Wrobel, Lia | | 2006 | 1.WKU12 | 14:00 | 14:04 |
| 378 | 29. | | 26. | EiBing, Jasper | | 2003 | 2.MJU14 | 13:58 | 14:08 |
| 168 | 30. | | 27. | Benning, Felix | | 2005 | 1.MKU12 | 14:12 | 14:17 |
| 317 | 31. | 4. | | Garmann, Jette | Münster | 2007 | 1.WKU10 | 14:15 | 14:18 |
| 1794 | 32. | 5. | | Poppensieker, Tanja | TSVE 1890 Bielefeld | 1970 | 1.W45 | 14:16 | 14:18 |
| 123 | 33. | | 28. | Willmann, Jan-Dirk | Wtc 75 Werne / 2.Herren / Wer | 1998 | 1.MJU20 | 14:15 | 14:18 |
| 498 | 34. | 6. | | Quante, Sophia Marie | | 1997 | 1.WJU20 | 14:08 | 14:19 |
| 488 | 35. | | 29. | Moss, Ralf | Lauftreff Druffel | 1966 | 3.M50 | 14:15 | 14:20 |
| 131 | 36. | 7. | | Jänisch, Juliane | | 1982 | 1.W30 | 14:12 | 14:20 |
| 444 | 37. | | 30. | Milk, Andreas | Lauf Team Unna | 1966 | 4.M50 | 14:21 | 14:28 |
| 402 | 38. | | 31. | Zimmermann, Stefan | Forever faster | 1963 | 5.M50 | 14:25 | 14:31 |
| 1666 | 39. | | 32. | Schardt, Michael | TG Münster | 1954 | 1.M60 | 14:34 | 14:37 |
| 389 | 40. | 8. | | Feige, Anke | | 1968 | 2.W45 | 14:10 | 14:38 |
| 391 | 41. | | 33. | Schmidt, Leon | Münster | 2001 | 1.MJU16 | 14:15 | 14:41 |
| 403 | 42. | | 34. | Zimmermann, Sebastian | | 1989 | 8.M20 | 14:45 | 14:51 |
| 194 | 43. | | 35. | Schinz, Florian | HEINZ Training | 1977 | 2.M35 | 14:42 | 14:51 |
| 111 | 44. | | 36. | Idelmann, Nils | | 2002 | 2.MJU16 | 14:40 | 14:53 |
| 360 | 45. | 9. | | Wrobel, Anni | | 2009 | 1.WKU8 | 14:50 | 14:55 |
| 136 | 46. | | 37. | Molitor, Stefan | | 1971 | 5.M45 | 14:55 | 14:58 |
| 307 | 47. | 10. | | Schwarze, Katharina | Rennende Rosinen | 1989 | 1.W20 | 14:44 | 14:59 |
| 1102 | 48. | | 38. | Stamatowitsch, Michael | Hilden | 1969 | 6.M45 | 14:47 | 15:00 |
| 143 | 49. | | 39. | Witt, Manfred | Münster | 1959 | 2.M55 | 14:48 | 15:01 |
| 351 | 50. | | 40. | Schmidt, Florentin | Münster | 1988 | 9.M20 | 14:49 | 15:01 |
| 151 | 51. | | 41. | Eichenauer, Felix | | 2002 | 3.MJU16 | 15:00 | 15:03 |
| 115 | 52. | 11. | | Kunstleben, Marlis | ASV-Senden | 1969 | 3.W45 | 15:09 | 15:09 |
| 440 | 53. | | 42. | Kubitz, Peter | BSG LVM Versicherung | 1954 | 2.M60 | 15:11 | 15:15 |
| 174 | 54. | | 43. | Möller, Lasse | | 2007 | 1.MKU10 | 15:04 | 15:16 |
| 173 | 55. | | 44. | Möller, Jens | | 1975 | 3.M40 | 15:04 | 15:17 |
| 460 | 56. | 12. | | Volks, Anna | Amelsbüren | 2005 | 2.WKU12 | 15:20 | 15:23 |
| 462 | 57. | 13. | | Volks, Pia | Amelsbüren | 2005 | 3.WKU12 | 15:20 | 15:23 |
| 393 | 58. | 14. | | Hussmann, Melina | Everswinkel | 1997 | 2.WJU20 | 15:05 | 15:28 |
| 1798 | 59. | 15. | | Picheca Romero, Olaya | Münster | 2005 | 4.WKU12 | 15:27 | 15:29 |
| 332 | 60. | 16. | | Hlacer, Anja | Lauftreff Recklinghausen | 1969 | 4.W45 | 15:23 | 15:30 |
| 329 | 61. | 17. | | PirkI, Andrea | Lauftreff Recklinghausen | 1967 | 5.W45 | 15:23 | 15:30 |
| 401 | 62. | 18. | | Völker, Kerstin | | 1989 | 2.W20 | 15:25 | 15:31 |
| 200 | 63. | | 45. | Peuser, Lorenzo | BSG LVM Versicherung | 2005 | 2.MKU12 | 15:33 | 15:34 |
| 153 | 64. | 19. | | Rieke, Manuela-Maria | HSP Münster Rückwärtslaufen | 1991 | 3.W20 | 15:20 | 15:34 |
| 318 | 65. | | 46. | Garmann, Felix | Münster | 2005 | 3.MKU12 | 15:42 | 15:45 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|-----|-----------------------|---------------------------|------|---------|---------|-------|
| 199 | 66. | 20. | | Consolo, Angela | BSG LVM Versicherung | 1971 | 6.W45 | 15:51 | 15:51 |
| 124 | 67. | | 47. | Althues, Julian | Billerbeck | 2002 | 4.MJU16 | 15:37 | 15:51 |
| 191 | 68. | 21. | | Suppe, Katharina | | 1985 | 2.W30 | 15:42 | 15:52 |
| 290 | 69. | | 48. | Röling, Nicolas | | 1982 | 3.M30 | 15:29 | 15:54 |
| 279 | 70. | 22. | | Birmes, Franziska | | 1991 | 4.W20 | 15:55 | 15:58 |
| 221 | 71. | 23. | | Knull, Simone | HEINZtraining | 1976 | 1.W40 | 15:52 | 16:00 |
| 479 | 72. | | 49. | Schade, Jonas | | 2009 | 1.MKU8 | 15:53 | 16:01 |
| 481 | 73. | | 50. | Schade, Maik | | 1977 | 3.M35 | 15:53 | 16:01 |
| 328 | 74. | 24. | | Germann, Christiane | Rennende Rosinen | 1968 | 7.W45 | 15:37 | 16:02 |
| 273 | 75. | | 51. | Brockmeyer, Bernd | | 1993 | 10.M20 | 16:07 | 16:07 |
| 461 | 76. | 25. | | Volks, Merit | Amelsbüren | 2004 | 1.WJU14 | 16:09 | 16:11 |
| 319 | 77. | | 52. | Brune, Karl-Heinz | Münster | 1947 | 1.M65 | 16:15 | 16:17 |
| 500 | 78. | 26. | | Lohmann, Johanna | | 2005 | 5.WKU12 | 16:24 | 16:26 |
| 1665 | 79. | 27. | | Jungkamp, Nele | | 2005 | 6.WKU12 | 16:24 | 16:26 |
| 426 | 80. | | 53. | Zech, Stephan | | 1978 | 4.M35 | 16:24 | 16:29 |
| 371 | 81. | 28. | | Deinet, Uta | BSG Laufen - Fiducia&GAD | 1967 | 8.W45 | 16:09 | 16:31 |
| 453 | 82. | 29. | | Lackner, Daniela | Lünen | 1983 | 3.W30 | 16:21 | 16:35 |
| 305 | 83. | 30. | | Wolff, Dagmar | Renntiere Marl | 1961 | 1.W55 | 16:29 | 16:39 |
| 437 | 84. | | 54. | Soszynski, Timo | BSG LVM Versicherung | 1980 | 5.M35 | 16:15 | 16:41 |
| 450 | 85. | 31. | | Karmann, Daniela | Lecker Essen und fietsen! | 1987 | 5.W20 | 16:40 | 16:51 |
| 451 | 86. | 32. | | Wiesmann, Claudia | Lecker Essen und fietsen! | 1976 | 2.W40 | 16:40 | 16:51 |
| 262 | 87. | 33. | | Hupka, Cornelia | Wasser + Freizeit Münster | 1967 | 9.W45 | 16:45 | 16:51 |
| 364 | 88. | 34. | | Steens, Maja | Münster | 2006 | 7.WKU12 | 16:47 | 16:52 |
| 108 | 89. | 35. | | Pott, Jule | | 2009 | 2.WKU8 | 16:36 | 16:52 |
| 337 | 90. | | 55. | Strieter, Michael | | 2006 | 4.MKU12 | 16:39 | 16:54 |
| 107 | 91. | | 56. | Molitor, Niels | TV Werne | 2002 | 5.MJU16 | 16:55 | 16:58 |
| 449 | 92. | 36. | | Schlüppmann, Vera | | 1964 | 1.W50 | 16:31 | 16:59 |
| 1799 | 93. | 37. | | Romero Delgado, Mari | Münster | 1969 | 10.W45 | 16:57 | 16:59 |
| 411 | 94. | | 57. | Scamandro, Manuel | Angelmodde - Italia | 1981 | 6.M35 | 16:23 | 16:59 |
| 428 | 95. | | 58. | Bauer, Hartmut | Warendorf | 1943 | 1.M70 | 17:01 | 17:03 |
| 1800 | 96. | 38. | | Klüppel, Conni | Feelfit Werne | 1969 | 11.W45 | 16:55 | 17:04 |
| 485 | 97. | | 59. | Rölver, Stefan | Lauftreff Hohenholte | 1971 | 7.M45 | 16:35 | 17:05 |
| 427 | 98. | | 60. | Wenning, Niklas | | 2002 | 6.MJU16 | 17:06 | 17:09 |
| 465 | 99. | 39. | | Eswers, thea | | ? | 1.W | 16:50 | 17:10 |
| 374 | 100. | 40. | | Brosig, Carolin | Münster | 1979 | 2.W35 | 16:47 | 17:11 |
| 278 | 101. | 41. | | Wewers, Eva | | 1987 | 6.W20 | 17:08 | 17:12 |
| 365 | 102. | | 61. | Steens, Ole | | 2008 | 2.MKU10 | 17:12 | 17:17 |
| 448 | 103. | 42. | | Meurer, Sarah | | 2007 | 2.WKU10 | 17:09 | 17:20 |
| 445 | 104. | 43. | | Meurer, Ulrike | | 1972 | 3.W40 | 17:09 | 17:20 |
| 478 | 105. | 44. | | Schild, Anna-Lena | Active Laufteam Münster | 1993 | 7.W20 | 17:03 | 17:21 |
| 425 | 106. | 45. | | Appelbaum, Laura | | 1995 | 8.W20 | 17:17 | 17:22 |
| 226 | 107. | | 62. | Lattek, Matthias | | 1981 | 7.M35 | 16:47 | 17:25 |
| 395 | 108. | 46. | | POLOCZEK, ASTRID | Münster | 1959 | 2.W55 | 17:19 | 17:27 |
| 312 | 109. | 47. | | Althelmig, Magdalena | Rennende Rosinen | 1990 | 9.W20 | 17:12 | 17:27 |
| 179 | 110. | 48. | | Mende, Angelika | M&M Münster | 1958 | 3.W55 | 17:06 | 17:33 |
| 230 | 111. | | 63. | Kuhlmann, Jörn | TuS Eintracht Minden | 2003 | 3.MJU14 | 17:17 | 17:35 |
| 280 | 112. | 49. | | Brunow, Conny | | 1987 | 10.W20 | 17:32 | 17:36 |
| 272 | 113. | | 64. | Altesellmeier, Nik | | 2009 | 2.MKU8 | 17:38 | 17:41 |
| 181 | 114. | | 65. | Ströse, Detlef | Fc 26 Erkenschwick | 1968 | 8.M45 | 17:08 | 17:43 |
| 185 | 115. | | 66. | Schmidt, Justin | | 2005 | 5.MKU12 | 17:31 | 17:44 |
| 466 | 116. | 50. | | Kempin, Laura | | 2006 | 8.WKU12 | 17:41 | 17:51 |
| 468 | 117. | 51. | | Kempin, Miriam | | 1976 | 4.W40 | 17:42 | 17:52 |
| 303 | 118. | 52. | | czech, christiane | | 1964 | 2.W50 | 17:48 | 17:58 |
| 192 | 119. | 53. | | Dahlems, Sabrina | Münster | 1986 | 4.W30 | 17:28 | 17:58 |
| 193 | 120. | | 67. | Arends, Jörg | Münster | 1983 | 4.M30 | 17:28 | 17:58 |
| 394 | 121. | 54. | | Stolz, Julia | | 1996 | 11.W20 | 17:38 | 18:02 |
| 231 | 122. | 55. | | Kuhlmann, Gesa | TuS Eintracht Minden | 1994 | 12.W20 | 17:44 | 18:02 |
| 1795 | 123. | 56. | | Rahn, Leonie-Fabiene | | 2005 | 9.WKU12 | 18:00 | 18:03 |
| 271 | 124. | | 68. | Altesellmeier, Jano | | 2005 | 6.MKU12 | 18:04 | 18:06 |
| 308 | 125. | 57. | | Althelmig, Rita | Rennende Rosinen | 1955 | 1.W60 | 17:54 | 18:09 |
| 306 | 126. | 58. | | Althelmig, Anna Maria | Rennende Rosinen | 1987 | 13.W20 | 17:55 | 18:10 |
| 240 | 127. | 59. | | Wedemeyer, Lotta | Laufsportgruppe Wede | 2002 | 2.WJU16 | 17:43 | 18:10 |
| 128 | 128. | 60. | | Ahlers, Maren | Münster | 1995 | 14.W20 | 17:41 | 18:10 |
| 206 | 129. | 61. | | Müller, Janet | | 1972 | 5.W40 | 17:43 | 18:12 |
| 208 | 130. | | 69. | Pudlatz, Ingo | | 1969 | 9.M45 | 17:48 | 18:12 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|------|------|-----|---------------------------|----------------------|------|----------|---------|-------|
| 241 | 131. | | 70. | Wedemeyer, Karsten | Laufsportgruppe Wede | 1969 | 10.M45 | 17:47 | 18:13 |
| 400 | 132. | 62. | | Schröder, Isabell | Nottuln | 1982 | 5.W30 | 18:15 | 18:18 |
| 494 | 133. | 63. | | Willenbrock, Saskia | | 1992 | 15.W20 | 18:10 | 18:23 |
| 436 | 134. | 64. | | Weile, Anja | BSG LVM Versicherung | 1970 | 12.W45 | 17:59 | 18:25 |
| 166 | 135. | 65. | | Rattay, Maria | | 1959 | 4.W55 | 18:17 | 18:29 |
| 407 | 136. | 66. | | Prochnow, Yvonne | Haltern am See | 1968 | 13.W45 | 18:18 | 18:31 |
| 214 | 137. | 67. | | Foltis, Heike | | 1970 | 14.W45 | 18:20 | 18:31 |
| 245 | 138. | | 71. | Schwarzer, Ralf | RRC Münster e. V. | 1968 | 11.M45 | 18:23 | 18:32 |
| 336 | 139. | | 72. | Kotes, Christian | HEINZ training | 1980 | 8.M35 | 18:24 | 18:33 |
| 216 | 140. | | 73. | Hohlbein, Christian | | 1983 | 5.M30 | 17:59 | 18:33 |
| 217 | 141. | 68. | | Spichalski, Verena | | 1988 | 16.W20 | 17:59 | 18:33 |
| 139 | 142. | 69. | | Arens, Helen | | 2006 | 10.WKU12 | 18:35 | 18:36 |
| 235 | 143. | 70. | | Schmidt, Kaya | Gremmendorf | 2006 | 11.WKU12 | 18:34 | 18:36 |
| 338 | 144. | | 74. | Strieter, Kristian | | 2009 | 3.MKU8 | 18:21 | 18:36 |
| 412 | 145. | 71. | | Wiedau-Gottwald, Angelika | TUS Altenberge | 1961 | 5.W55 | 18:27 | 18:39 |
| 471 | 146. | | 75. | Cordes, Constantin | | 2008 | 3.MKU10 | 18:31 | 18:40 |
| 446 | 147. | 72. | | Meurer, Anna | | 2007 | 3.WKU10 | 18:29 | 18:40 |
| 497 | 148. | 73. | | Baackmann, Lisa | | 1995 | 17.W20 | 18:14 | 18:42 |
| 467 | 149. | | 76. | Kempin, Lukas | | 2008 | 4.MKU10 | 18:34 | 18:42 |
| 496 | 150. | 74. | | Finger, Annika | | 1995 | 18.W20 | 18:14 | 18:42 |
| 480 | 151. | 75. | | Schade, Silke | | 1979 | 3.W35 | 18:35 | 18:44 |
| 482 | 152. | | 77. | Schade, Silas | | 2008 | 5.MKU10 | 18:36 | 18:44 |
| 408 | 153. | | 78. | Volkmer, David | Münster | 2007 | 6.MKU10 | 18:31 | 18:45 |
| 356 | 154. | | 79. | Volkmer, Ben | Roxel | 2008 | 7.MKU10 | 18:32 | 18:46 |
| 341 | 155. | 76. | | Kleine-Katthöfer, Anne | | 1993 | 19.W20 | 18:36 | 18:48 |
| 435 | 156. | 77. | | Cordes, Theresa | | 2011 | 3.WKU8 | 18:48 | 18:48 |
| 472 | 157. | 78. | | Cordes, Anke | | 1974 | 6.W40 | 18:40 | 18:49 |
| 281 | 158. | | 80. | Kores, Franz | Renntiere | 1954 | 3.M60 | 18:27 | 18:50 |
| 486 | 159. | 79. | | Barkam, Mathilda | | 2006 | 12.WKU12 | 18:42 | 18:51 |
| 487 | 160. | 80. | | Barkam, Almuth | | 1973 | 7.W40 | 18:41 | 18:51 |
| 454 | 161. | | 81. | Grohs, Moritz | | 2005 | 7.MKU12 | 18:49 | 18:52 |
| 414 | 162. | 81. | | Trobbiani, Claudia | Angelmodde - Italia | 1980 | 4.W35 | 18:17 | 18:52 |
| 367 | 163. | 82. | | Winnemöller, Smilla | Münster | 2006 | 13.WKU12 | 18:48 | 18:54 |
| 293 | 164. | 83. | | Schön, Valerie | Münster | 1983 | 6.W30 | 18:16 | 18:54 |
| 321 | 165. | | 82. | von Gostomski, Jaro | | 2007 | 8.MKU10 | 18:31 | 18:55 |
| 370 | 166. | 84. | | Slump, Ramona | | 1973 | 8.W40 | 18:47 | 18:57 |
| 292 | 167. | 85. | | Hoffmann, Anna | Münster | 1982 | 7.W30 | 18:18 | 18:57 |
| 368 | 168. | 86. | | Winnemöller, Finja | | 2008 | 4.WKU10 | 18:51 | 18:57 |
| 441 | 169. | 87. | | Bäcker-Kintrup, Nicole | BSG LVM Versicherung | 1971 | 15.W45 | 18:42 | 19:03 |
| 167 | 170. | | 83. | Bäcker-Kintrup, Christian | | 1968 | 12.M45 | 18:42 | 19:03 |
| 373 | 171. | 88. | | Kurth, Cordula | Münster | 1979 | 5.W35 | 18:46 | 19:03 |
| 150 | 172. | 89. | | Baum, Sigrid | LSF Münster | 1968 | 16.W45 | 18:53 | 19:05 |
| 254 | 173. | | 84. | Koch, Karl-Heinz | Marathon Steinfurt | 1946 | 2.M70 | 18:57 | 19:13 |
| 397 | 174. | | 85. | Leupold, Christian | | 1977 | 9.M35 | 18:33 | 19:14 |
| 149 | 175. | 90. | | Jödicke, Petra | | 1967 | 17.W45 | 19:19 | 19:20 |
| 469 | 176. | 91. | | Burghoff, Christina | | 1982 | 8.W30 | 19:05 | 19:25 |
| 229 | 177. | 92. | | Dreßler, Sabine | Lauftreff Hohenholte | 1967 | 18.W45 | 18:57 | 19:27 |
| 376 | 178. | 93. | | Assmann, Birgit | TuS Hilstrup | 1977 | 6.W35 | 19:10 | 19:28 |
| 346 | 179. | 94. | | Jürgens, Almut | SUN Münster | 1954 | 2.W60 | 19:24 | 19:36 |
| 342 | 180. | 95. | | Kohn, Ewa | Münster | 1978 | 7.W35 | 19:24 | 19:36 |
| 259 | 181. | 96. | | Bußmann, Kathrin | Bootcamp Münster | 1988 | 20.W20 | 19:20 | 19:39 |
| 258 | 182. | 97. | | Bußmann, Eva | Bootcamp | 1986 | 9.W30 | 19:21 | 19:39 |
| 432 | 183. | 98. | | Norra, Andrea | | 1986 | 10.W30 | 19:25 | 19:41 |
| 175 | 184. | | 86. | Krebs, Andreas | Oer-Erkenschwick | 1966 | 6.M50 | 19:09 | 19:43 |
| 242 | 185. | 99. | | Wegjan, Birgit | | 1977 | 8.W35 | 19:29 | 19:47 |
| 161 | 186. | 100. | | Mende, Brigitte | | 1957 | 6.W55 | 19:37 | 19:51 |
| 339 | 187. | 101. | | Bente, Stefanie | | 1990 | 21.W20 | 19:48 | 19:52 |
| 294 | 188. | 102. | | Laumeier, Nadja | | 1973 | 9.W40 | 19:49 | 19:55 |
| 244 | 189. | 103. | | Bülhoff, Beate | Horstmar | 1972 | 10.W40 | 19:45 | 20:02 |
| 491 | 190. | 104. | | Assiobo, Ethel | Wolbeck | 2004 | 2.WJU14 | 19:57 | 20:03 |
| 155 | 191. | 105. | | Wesche, Angela | | 1970 | 19.W45 | 19:53 | 20:06 |
| 102 | 192. | 106. | | Dierks, Heike | | 1970 | 20.W45 | 19:53 | 20:06 |
| 379 | 193. | 107. | | Knauff, Angela | | 1969 | 21.W45 | 19:29 | 20:06 |
| 447 | 194. | 108. | | Dahl, Alisa | Hilstrup | 2005 | 14.WKU12 | 20:00 | 20:06 |
| 223 | 195. | 109. | | Scherr, Johanna | Lauftreff Hohenholte | 1978 | 9.W35 | 19:36 | 20:07 |

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|------|------|------|-----|--------------------------|-------------------------------|------|----------|---------|-------|
| 366 | 196. | 110. | | Schrödter, Katrin | | 1979 | 10.W35 | 19:42 | 20:10 |
| 210 | 197. | | 87. | Frischgesell, Felix | Münster | 2009 | 4.MKU8 | 19:44 | 20:11 |
| 211 | 198. | 111. | | Frischgesell, Nicole | Münster | 1976 | 11.W40 | 19:44 | 20:11 |
| 474 | 199. | | 88. | Funk, Dennis | | 1987 | 11.M20 | 20:13 | 20:13 |
| 409 | 200. | 112. | | Dalbert, Sophie | Münster | 2002 | 3.WJU16 | 20:08 | 20:14 |
| 1326 | 201. | 113. | | Weiser, Sabine | | 1966 | 3.W50 | 19:56 | 20:19 |
| 180 | 202. | 114. | | Dellwig, Katja | FoKuS Selm | 1980 | 11.W35 | 19:57 | 20:19 |
| 260 | 203. | 115. | | Schelderhoff, Lea | Marienschule Münster | 2004 | 3.WJU14 | 19:48 | 20:20 |
| 313 | 204. | | 89. | Schatz, Thorsten | | 1983 | 6.M30 | 20:01 | 20:25 |
| 176 | 205. | 116. | | Krebs, Andrea | Oer-Erkenschwick | 1963 | 4.W50 | 19:52 | 20:29 |
| 398 | 206. | 117. | | Döring, Tamika | USC Münster | 2004 | 4.WJU14 | 19:55 | 20:30 |
| 399 | 207. | 118. | | Weinert, Merret | USC Münster | 2003 | 5.WJU14 | 19:55 | 20:30 |
| 132 | 208. | 119. | | Kahlhofer, Martina | Münster | 1963 | 5.W50 | 20:23 | 20:37 |
| 195 | 209. | 120. | | hardt, Heike | Nottulner Laufftreff | 1967 | 22.W45 | 20:11 | 20:38 |
| 141 | 210. | | 90. | Trampczynska, Ferdinand | LSF Münster | 1950 | 2.M65 | 20:24 | 20:41 |
| 270 | 211. | 121. | | Altesellmeier, Simone | | 1977 | 12.W35 | 20:19 | 20:41 |
| 283 | 212. | 122. | | Gehres, Sophia | SchWestfalia Kinderhaus | 2000 | 1.WJU18 | 20:33 | 20:52 |
| 286 | 213. | 123. | | Brinkmann, Louisa | Westfalia Kinderhaus | 1994 | 22.W20 | 20:33 | 20:52 |
| 284 | 214. | 124. | | Richter, Nora | | 1994 | 23.W20 | 20:31 | 20:52 |
| 340 | 215. | 125. | | Käsling, Lisa | Westfalia Kinderhaus | 1996 | 24.W20 | 20:33 | 20:53 |
| 289 | 216. | 126. | | Rensing, Mona | Sc Westfalia Kinderhaus | 1995 | 25.W20 | 20:34 | 20:53 |
| 276 | 217. | 127. | | Koenen, Nele | Westfalia Kinderhaus | 1995 | 26.W20 | 20:34 | 20:53 |
| 274 | 218. | 128. | | Greiwing, Luisa | SC Westfalia Kinderhaus | 1994 | 27.W20 | 20:35 | 20:54 |
| 344 | 219. | 129. | | Fegeler, Lena Marie | Münster | 1999 | 2.WJU18 | 20:35 | 20:54 |
| 165 | 220. | 130. | | Rattay, Marie Charlott | | 1995 | 28.W20 | 20:42 | 20:54 |
| 275 | 221. | | 91. | Karsten, Markus | Westfalia Kinderhaus | 1971 | 13.M45 | 20:34 | 20:55 |
| 190 | 222. | 131. | | Scheiper, Andrea | Münster | 1964 | 6.W50 | 20:39 | 20:56 |
| 135 | 223. | 132. | | Molitor, Anke | SV Herbern | 1972 | 12.W40 | 20:52 | 21:00 |
| 301 | 224. | 133. | | Wewelkamp, Johanna | Telgte | 2007 | 5.WKU10 | 20:42 | 21:02 |
| 228 | 225. | 134. | | Bystron, Michaela | Laufftreff Hohenholte | 1966 | 7.W50 | 20:37 | 21:07 |
| 250 | 226. | 135. | | Wallmeyer, Ulla | Laufftreff Hohenholte | 1964 | 8.W50 | 20:38 | 21:08 |
| 148 | 227. | 136. | | Deters, Samantha | Mariengymnasium Münster | 2004 | 6.WJU14 | 20:37 | 21:10 |
| 299 | 228. | 137. | | Wewelkamp, Daniela | Telgte | 1976 | 13.W40 | 20:50 | 21:10 |
| 331 | 229. | 138. | | Bentfeld, Birgit | | 1975 | 14.W40 | 21:07 | 21:14 |
| 396 | 230. | 139. | | Leupold-Ueschner, Janina | | 1982 | 11.W30 | 20:34 | 21:14 |
| 126 | 231. | 140. | | Ahlers, Kerstin | Münster | 1968 | 23.W45 | 20:45 | 21:14 |
| 323 | 232. | 141. | | von Gostomski, Katja | | 1966 | 9.W50 | 20:52 | 21:16 |
| 324 | 233. | 142. | | von Gostomski, Lynn | | 2003 | 7.WJU14 | 20:51 | 21:16 |
| 1796 | 234. | | 92. | Böhm, Alex | | 1985 | 7.M30 | 21:13 | 21:19 |
| 1797 | 235. | 143. | | Höltken, Ramona | | 1986 | 12.W30 | 21:14 | 21:19 |
| 315 | 236. | | 93. | Schwarze, Philip | | 1992 | 12.M20 | 20:58 | 21:23 |
| 423 | 237. | | 94. | Menßen, Reiner | Tauchclub Münster | 1958 | 3.M55 | 21:01 | 21:23 |
| 362 | 238. | | 95. | Holtmann, Christian | Laerer Ren(n)tiere | 1987 | 13.M20 | 21:28 | 21:28 |
| 363 | 239. | 144. | | Holtmann, Stephanie | Laerer Ren(n)tiere | 1988 | 29.W20 | 21:00 | 21:28 |
| 361 | 240. | 145. | | Jeske, Dominique | Laerer Ren(n)tiere | 1989 | 30.W20 | 20:59 | 21:29 |
| 142 | 241. | 146. | | Trampczynska, Sandra | | 1973 | 15.W40 | 21:23 | 21:38 |
| 1386 | 242. | 147. | | Best, Franziska | | 1984 | 13.W30 | 21:14 | 21:41 |
| 237 | 243. | 148. | | Zenker, Susanne | Greven | 1977 | 13.W35 | 21:10 | 21:42 |
| 236 | 244. | 149. | | Schönefeld, Eva | LSF Münster | 1968 | 24.W45 | 21:10 | 21:42 |
| 1377 | 245. | 150. | | Best, Nicola | | 1980 | 14.W35 | 21:15 | 21:42 |
| 158 | 246. | 151. | | Csury, Hanna | Lauffreunde Csury | 2003 | 8.WJU14 | 21:17 | 21:50 |
| 348 | 247. | 152. | | Ott, Tanja | | 1986 | 14.W30 | 21:32 | 21:52 |
| 196 | 248. | 153. | | Smyra, Claudia | Münster | 1971 | 25.W45 | 21:33 | 21:54 |
| 114 | 249. | 154. | | Kroepsch, Linda | | 2006 | 15.WKU12 | 21:29 | 21:55 |
| 2308 | 250. | | 96. | Kroepsch, Olaf | | 1962 | 7.M50 | 21:28 | 21:55 |
| 106 | 251. | 155. | | Roderig, Anna | Arminia Appelhülsen / Laufend | 2007 | 6.WKU10 | 21:32 | 22:04 |
| 184 | 252. | | 97. | Zoranski, Lukas | | 2007 | 9.MKU10 | 22:00 | 22:13 |
| 311 | 253. | | 98. | Böyng, Matthias | | 1971 | 14.M45 | 21:49 | 22:14 |
| 209 | 254. | 156. | | Messing, Ursula | Lauffit Nottuln-Appelhülsen | 1957 | 7.W55 | 21:44 | 22:15 |
| 171 | 255. | 157. | | Röwer, Svenja | | 1977 | 15.W35 | 22:09 | 22:16 |
| 170 | 256. | 158. | | Bartisch, Gritt | Grillen & Chillen e.v | 1971 | 26.W45 | 21:53 | 22:22 |
| 110 | 257. | 159. | | Hülshager, Sandra | Dülmen | 1977 | 16.W35 | 22:33 | 22:40 |
| 227 | 258. | 160. | | Hettgen, Christine | | 1984 | 15.W30 | 22:05 | 22:42 |
| 350 | 259. | 161. | | Loheim, Milla | | 2010 | 4.WKU8 | 22:18 | 22:43 |
| 300 | 260. | | 99. | Wewelkamp, Hannes | | 2011 | 5.MKU8 | 22:23 | 22:44 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 3 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|------|------|------|-----------------------|-------------------------------|------|----------|---------|-------|
| 302 | 261. | | 100. | Wewelkamp, Rainer | Telgte | 1972 | 4.M40 | 22:24 | 22:46 |
| 475 | 262. | 162. | | Kempin, Sarah | | 2010 | 5.WKU8 | 22:59 | 23:09 |
| 325 | 263. | | 101. | Loheim, Mika | Münster | 2005 | 8.MKU12 | 22:43 | 23:09 |
| 452 | 264. | | 102. | Kempin, Sven | | 1967 | 15.M45 | 22:59 | 23:09 |
| 326 | 265. | 163. | | Loheim, Stephanie | Münster | 1972 | 16.W40 | 22:44 | 23:09 |
| 349 | 266. | 164. | | Loheim, Greta | Münster | 2010 | 6.WKU8 | 22:44 | 23:09 |
| 239 | 267. | 165. | | Held, Natascha | | 1979 | 17.W35 | 22:58 | 23:17 |
| 253 | 268. | 166. | | Thomas, Gisela | Marathon Steinfurt | 1954 | 3.W60 | 23:13 | 23:31 |
| 125 | 269. | 167. | | Gehling, Sylvia | Marathon Steinfurt | 1969 | 27.W45 | 23:25 | 23:44 |
| 205 | 270. | 168. | | Braun, Dagmar | FC Oer-Erkenschwick | 1962 | 10.W50 | 23:08 | 23:45 |
| 121 | 271. | 169. | | Wißemann, Tamina | | 1988 | 31.W20 | 23:44 | 23:50 |
| 218 | 272. | | 103. | Krawinkel, Luca | TG Münster | 2008 | 10.MKU10 | 23:21 | 23:54 |
| 219 | 273. | 170. | | Krawinkel, Christiane | Laufen rund um Münster | 1971 | 28.W45 | 23:29 | 24:03 |
| 183 | 274. | 171. | | Schmidt, Susen | | 1980 | 18.W35 | 24:24 | 24:38 |
| 207 | 275. | 172. | | Neumann, Janina | | 1992 | 32.W20 | 24:11 | 24:39 |
| 105 | 276. | | 104. | Wichmann, Michael | SV Arminia Appelhülsen | 1967 | 16.M45 | 24:12 | 24:43 |
| 322 | 277. | | 105. | von Gostomski, Helmut | | 1939 | 1.M75 | 24:28 | 24:51 |
| 156 | 278. | 173. | | Csury, Eva-Maria | Lauffreunde Csury | 1971 | 29.W45 | 25:24 | 25:59 |
| 144 | 279. | 174. | | Ploog, Simone | Münster | 1964 | 11.W50 | 26:11 | 26:37 |
| 160 | 280. | 175. | | Csury, Charlotte | Lauffreunde Csury | 2001 | 4.WJU16 | 26:24 | 26:57 |
| 187 | 281. | 176. | | Schmidt, Martina | Münster | 1961 | 8.W55 | 26:50 | 27:07 |
| 309 | 282. | | 106. | Schwarze, Jürgen | | 1962 | 8.M50 | 30:07 | 30:32 |
| 261 | 283. | 177. | | Hardtke, Susanne | | 1970 | 30.W45 | 31:24 | 32:05 |
| 499 | 284. | 178. | | Klos, Lena | | 1997 | 3.WJU20 | 31:56 | 32:35 |
| 117 | 285. | 179. | | Papenberg, Anna | Laufen rund um Münster - Face | 1985 | 16.W30 | 32:38 | 33:14 |
| 118 | 286. | | 107. | Papenberg, Hannes | Laufen rund um Münster - Face | 1983 | 8.M30 | 32:39 | 33:15 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|-----|-----|-----|-----------------------|--------------------------------|------|---------|---------|-------|
| 1662 | 1. | | 1. | Schönherr, David | Active-Laufshop Team | 1989 | 1.M20 | 16:06 | 16:06 |
| 1646 | 2. | | 2. | Schücker, Sascha | Weicon Tri Finish Münster | 1985 | 1.M30 | 16:36 | 16:37 |
| 1272 | 3. | | 3. | Schwier, Tom | | 1994 | 2.M20 | 17:24 | 17:25 |
| 1571 | 4. | | 4. | Nagel, Silvio | 1. TTC Münster | 1983 | 2.M30 | 17:57 | 17:57 |
| 1164 | 5. | | 5. | Emrich, Andra | | 1982 | 3.M30 | 18:05 | 18:07 |
| 1198 | 6. | | 6. | Brinker, Klaus | LSF Münster | 1975 | 1.M40 | 18:19 | 18:19 |
| 1448 | 7. | | 7. | Ross, Holger | LSF Münster | 1971 | 1.M45 | 18:18 | 18:21 |
| 1046 | 8. | | 8. | Brundieck, Jens | Teigte | 1994 | 3.M20 | 18:26 | 18:27 |
| 1211 | 9. | | 9. | Staudinger, Quentin | Wasser + Freizeit Münster | 2001 | 1.MJU16 | 18:29 | 18:29 |
| 1669 | 10. | 1. | | Salzweddel, Sophia | | 1987 | 1.W20 | 18:32 | 18:33 |
| 1475 | 11. | | 10. | Rattay, Jan | | 1991 | 4.M20 | 18:40 | 18:41 |
| 1359 | 12. | | 11. | Reina Lopez, Antonio | Münster | 1974 | 2.M40 | 18:51 | 18:51 |
| 1241 | 13. | | 12. | Franke, Ralf | LSF Münster | 1966 | 1.M50 | 18:50 | 18:52 |
| 1158 | 14. | | 13. | Brouwer, Mike | LSF Münster | 1978 | 1.M35 | 18:52 | 18:53 |
| 1393 | 15. | | 14. | Fricke, Thomas | LSF Münster | 1967 | 2.M45 | 19:12 | 19:14 |
| 1305 | 16. | | 15. | Westermann, Tobias | | 1977 | 2.M35 | 19:39 | 19:40 |
| 1347 | 17. | | 16. | Schubert, Marvin | | 1994 | 5.M20 | 19:37 | 19:42 |
| 1244 | 18. | | 17. | Ilgmann, Carsten | LSF Münster | 1970 | 3.M45 | 19:56 | 19:58 |
| 1263 | 19. | | 18. | Becks, Michael | Tri Finish Münster | 1970 | 4.M45 | 20:01 | 20:02 |
| 1425 | 20. | | 19. | Witte, Lino | SpVgg Arzt IV | 1990 | 6.M20 | 20:05 | 20:06 |
| 1173 | 21. | | 20. | Girke, Stefan | | 1986 | 4.M30 | 20:08 | 20:15 |
| 1422 | 22. | | 21. | Schneider, Kristian | SpVgg Arzt IV | 1989 | 7.M20 | 20:18 | 20:19 |
| 1014 | 23. | 2. | | Fels, Anika | LG Coesfeld | 1995 | 2.W20 | 20:28 | 20:33 |
| 1441 | 24. | | 22. | Verwohlt, Hans-Georg | ASV Ellewick | 1962 | 2.M50 | 20:38 | 20:39 |
| 1470 | 25. | | 23. | Pläster, Adriano | | 2002 | 2.MJU16 | 20:38 | 20:41 |
| 1182 | 26. | | 24. | Weuthen, Jens | | 1988 | 8.M20 | 20:34 | 20:45 |
| 1238 | 27. | 3. | | Schwefer, Ira | LSF Münster | 1970 | 1.W45 | 20:48 | 20:50 |
| 1664 | 28. | | 25. | Reimann, Hansi | Active-Laufshop Team | 1953 | 1.M60 | 20:50 | 20:52 |
| 1516 | 29. | 4. | | Körner, Carolin | HSP Münster Laufteam | 1989 | 3.W20 | 20:49 | 20:55 |
| 1174 | 30. | 5. | | Artz, Annette | HSP Münster Laufteam | 1987 | 4.W20 | 20:52 | 20:58 |
| 1007 | 31. | | 26. | Schröder, Philipp | Münster | 1988 | 9.M20 | 21:10 | 21:11 |
| 1275 | 32. | | 27. | Deters, Lars | Tri Finish Münster | 1974 | 3.M40 | 21:19 | 21:20 |
| 1514 | 33. | | 28. | Sterthaus, Jens | | 1985 | 5.M30 | 21:21 | 21:23 |
| 1140 | 34. | 6. | | Luke, Marie | Laufftreff Hohenholte | 1999 | 1.WJU18 | 21:19 | 21:24 |
| 1057 | 35. | | 29. | Rüdebusch, Ralf | | 1969 | 5.M45 | 21:23 | 21:25 |
| 1043 | 36. | 7. | | Rüdebusch, Petra | LSF Münster | 1968 | 2.W45 | 21:24 | 21:26 |
| 1594 | 37. | | 30. | Wehner, Arne | BSG LVM Versicherung | 1994 | 10.M20 | 21:30 | 21:32 |
| 1496 | 38. | | 31. | Wolking, Clemens | LSF Münster | 1962 | 3.M50 | 21:37 | 21:40 |
| 1632 | 39. | | 32. | Beuermann, Krystof | BSG LVM Versicherung | 1983 | 6.M30 | 21:25 | 21:51 |
| 1505 | 40. | | 33. | Bakker, Steven | Münster | 1986 | 7.M30 | 21:43 | 21:52 |
| 1361 | 41. | | 34. | Kahl, Stefan | Rotation Wolbeck | 1981 | 3.M35 | 21:51 | 21:55 |
| 1648 | 42. | 8. | | Detle, Kathrin | Tri Finish Münster | 1987 | 5.W20 | 21:52 | 21:55 |
| 1365 | 43. | 9. | | Chudaske, Birthe | ICA Kvänarp | 1990 | 6.W20 | 21:54 | 21:57 |
| 1647 | 44. | | 35. | Lübbert, Oliver | Tri Finish | 1964 | 4.M50 | 22:08 | 22:11 |
| 1203 | 45. | | 36. | Hupka, Robert | Wasser + Freizeit Münster | 1989 | 11.M20 | 22:18 | 22:22 |
| 1150 | 46. | 10. | | Stockey, Marie | Wasser + Freizeit Münster | 1998 | 1.WJU20 | 22:24 | 22:29 |
| 1120 | 47. | | 37. | Hüsken, Daniel | Original Bootcamp Rheine | 1976 | 4.M40 | 22:23 | 22:36 |
| 1082 | 48. | | 38. | Pöttker, Martin | LSF Münster | 1967 | 6.M45 | 22:33 | 22:37 |
| 1563 | 49. | | 39. | Kleinert, Matthias | Laufftreff Lüdinghausen / runn | 1974 | 5.M40 | 22:39 | 22:49 |
| 1515 | 50. | | 40. | Kwiatkowski, Wilfried | Autonomes Laufkombinat Münste | 1965 | 5.M50 | 22:48 | 22:51 |
| 1389 | 51. | | 41. | Koch, Jochen | | 1958 | 1.M55 | 22:42 | 22:57 |
| 1333 | 52. | | 42. | Dreinemann, Niclas | Münster | 1997 | 1.MJU20 | 22:57 | 23:10 |
| 1085 | 53. | | 43. | Reisch, Marcel | Laer | 2004 | 1.MJU14 | 23:00 | 23:14 |
| 1156 | 54. | | 44. | Siepmann, Martin | | 1986 | 8.M30 | 23:13 | 23:16 |
| 1423 | 55. | | 45. | Ellermann, Christian | SpVgg Arzt IV | 1989 | 12.M20 | 23:07 | 23:19 |
| 1486 | 56. | | 46. | Berlage, Simon | LT Wettringen | 1990 | 13.M20 | 23:09 | 23:20 |
| 1503 | 57. | 11. | | Stemick, Judith | Münster | 1987 | 7.W20 | 23:16 | 23:26 |
| 1455 | 58. | | 47. | Cosack, Thomas | Tus Saxonia | 1964 | 6.M50 | 23:20 | 23:28 |
| 1484 | 59. | 12. | | Dobrova, Violeta | | 1981 | 1.W35 | 23:38 | 23:41 |
| 1320 | 60. | | 48. | Horster, Lutz | Münster | 1988 | 14.M20 | 23:03 | 23:42 |
| 1418 | 61. | 13. | | Averdung, Nadine | Münster | 1975 | 1.W40 | 23:35 | 23:50 |
| 1324 | 62. | | 49. | Brinkmann, Thomas | Krötenwanderung Drensteinfurt | 1966 | 7.M50 | 23:52 | 23:57 |
| 1620 | 63. | | 50. | Giesa, Rolf | BSG LVM Versicherung | 1964 | 8.M50 | 23:47 | 23:58 |
| 1129 | 64. | 14. | | Baumkötter, Wibke | BSG Sparkasse Münsterland Ost | 1971 | 3.W45 | 23:54 | 23:59 |
| 1591 | 65. | | 51. | Wunderlich, Frank | BSG LVM Versicherung | 1964 | 9.M50 | 23:48 | 24:02 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|-----|--------------------------|-------------------------------|------|---------|---------|-------|
| 1188 | 66. | 15. | | Hausen, Josephine | | 1989 | 8.W20 | 23:54 | 24:05 |
| 1472 | 67. | | 52. | Schmidt, Christian | Team Erdinger-Alkoholhofrei | 1971 | 7.M45 | 24:00 | 24:09 |
| 1580 | 68. | 16. | | Smits, Judith | Münster | 1989 | 9.W20 | 24:01 | 24:10 |
| 1421 | 69. | | 53. | Broecker, Philipp | SpVgg Arzt IV | 1989 | 15.M20 | 23:59 | 24:11 |
| 1608 | 70. | | 54. | Lüke, Carsten | BSG LVM Versicherung | 1992 | 16.M20 | 24:00 | 24:11 |
| 1626 | 71. | | 55. | Ehmke, Patrick | BSG LVM Versicherung | 1991 | 17.M20 | 24:03 | 24:14 |
| 1039 | 72. | | 56. | Heise, Wolfgang | | 1967 | 8.M45 | 24:02 | 24:14 |
| 1295 | 73. | | 57. | Kötter, Ralf | Old Sparky | 1983 | 9.M30 | 24:04 | 24:16 |
| 1186 | 74. | | 58. | Hagemann, Josef | FC Nordkirchen | 1952 | 2.M60 | 24:17 | 24:20 |
| 1547 | 75. | 17. | | Tula, Maria Renata | | 1952 | 1.W60 | 24:21 | 24:26 |
| 1420 | 76. | | 59. | Csury, Andreas | Lauffreunde Csury | 1971 | 9.M45 | 24:16 | 24:27 |
| 1436 | 77. | | 60. | Breuers, Marvin | ASV Ellewick | 1993 | 18.M20 | 24:28 | 24:35 |
| 1192 | 78. | 18. | | Bertels, Mecky | LSF Münster | 1967 | 4.W45 | 24:37 | 24:41 |
| 1206 | 79. | 19. | | Althues, Simone | Billerbeck | 1973 | 2.W40 | 24:37 | 24:41 |
| 1430 | 80. | 20. | | Becking, Theresa | ASV Ellewick | 1990 | 10.W20 | 24:36 | 24:43 |
| 1314 | 81. | | 61. | Reitsam, Wolfgang | BE FIT DORSTEN | 1961 | 2.M55 | 24:39 | 24:45 |
| 1177 | 82. | 21. | | Beate, Naujeck-Peters | LSF Münster | 1964 | 1.W50 | 24:43 | 24:48 |
| 1335 | 83. | | 62. | Aldenkirchs, Mika | Münster | 2006 | 1.MKU12 | 24:48 | 24:52 |
| 1337 | 84. | | 63. | Rohde, Andreas | Münster | 1966 | 10.M50 | 24:48 | 24:52 |
| 1281 | 85. | | 64. | Mende, Jonathan | Münster | 1988 | 19.M20 | 24:22 | 24:54 |
| 1440 | 86. | | 65. | Willuweit, Andreas | Drensteinfurt | 1965 | 11.M50 | 24:40 | 24:56 |
| 1453 | 87. | 22. | | COSACK, MEIKE | | 1964 | 2.W50 | 24:56 | 25:04 |
| 1510 | 88. | 23. | | Frey, Nina | | 1993 | 11.W20 | 24:46 | 25:04 |
| 1096 | 89. | | 66. | Große-Osterholt, Markus | | 1973 | 6.M40 | 24:30 | 25:15 |
| 2396 | 90. | | 67. | Schmidtke, Lars | Run4Fun Greven e.v. | 1980 | 4.M35 | 25:15 | 25:17 |
| 1380 | 91. | | 68. | Kochmann, Ingo | Greven | 1980 | 5.M35 | 25:15 | 25:18 |
| 1597 | 92. | | 69. | Schön, Marv | BSG LVM Versicherung | 1989 | 20.M20 | 24:53 | 25:20 |
| 1556 | 93. | 24. | | Klein, Birte | | 1989 | 12.W20 | 25:05 | 25:23 |
| 1438 | 94. | | 70. | Stephanblome, Klaus | Marathon Steinfurt | 1964 | 12.M50 | 25:08 | 25:27 |
| 1035 | 95. | 25. | | Vosskötter, Margrit | Laufgruppe FC09 Schüttoorf | 1961 | 1.W55 | 25:23 | 25:27 |
| 1464 | 96. | 26. | | Funke, Barbara | RE | 1966 | 3.W50 | 25:11 | 25:28 |
| 1606 | 97. | 27. | | Nürnberg, Sandra | BSG LVM Versicherung | 1975 | 3.W40 | 24:40 | 25:28 |
| 1612 | 98. | | 71. | König, Benjamin | BSG LVM Versicherung | 1987 | 21.M20 | 25:22 | 25:35 |
| 1481 | 99. | | 72. | Rottmann, Michael | Original Bootcamp | 1977 | 6.M35 | 25:01 | 25:35 |
| 268 | 100. | 28. | | Geise, Svenja | Münster | 1994 | 13.W20 | 25:20 | 25:38 |
| 1086 | 101. | 29. | | Paskert-Hartmann, Sandra | | 1973 | 4.W40 | 25:34 | 25:40 |
| 1663 | 102. | | 73. | Böcker, Rainer | Active-Laufshop Team | 1965 | 13.M50 | 25:22 | 25:44 |
| 1055 | 103. | 30. | | Urmelt, Marion | LSF Münster | 1970 | 5.W45 | 25:39 | 25:45 |
| 1235 | 104. | 31. | | Walker, Emer | | 1986 | 1.W30 | 25:09 | 25:46 |
| 1081 | 105. | 32. | | Wessels, Heike | | 1969 | 6.W45 | 25:41 | 25:47 |
| 1073 | 106. | 33. | | Cwojdzinski, Martina | LSF Münster | 1979 | 2.W35 | 25:35 | 25:51 |
| 1330 | 107. | | 74. | de Vaal, Andre | Krötenwanderung Drensteinfurt | 1978 | 7.M35 | 25:44 | 26:00 |
| 1006 | 108. | 34. | | Fels, Lisa | Billerbecker Läufer | 1964 | 4.W50 | 25:56 | 26:08 |
| 1075 | 109. | 35. | | Karrmann, Dani | 1.FC Gievenbeck | 1974 | 5.W40 | 25:47 | 26:09 |
| 1602 | 110. | | 75. | Rohlmann, Martin | BSG LVM Versicherung | 1959 | 3.M55 | 25:53 | 26:19 |
| 1284 | 111. | 36. | | Neuhaus, Annika | Team Neuhaus | 2003 | 1.WJU14 | 26:06 | 26:21 |
| 1166 | 112. | | 76. | Richter, Markus | Havixbeck | 1969 | 10.M45 | 26:07 | 26:22 |
| 1162 | 113. | 37. | | Richter, Silke | Havixbeck | 1972 | 6.W40 | 26:08 | 26:22 |
| 1286 | 114. | | 77. | Neuhaus, Ralf | Team Neuhaus | 1970 | 11.M45 | 26:09 | 26:23 |
| 1328 | 115. | | 78. | Hoffmann, Christoph | Original Bootcamp | 1980 | 8.M35 | 25:46 | 26:25 |
| 1240 | 116. | | 79. | Schemmer, Jürgen | | 1967 | 12.M45 | 26:20 | 26:32 |
| 1233 | 117. | 38. | | Wrona, Elgin | | 1965 | 5.W50 | 26:10 | 26:33 |
| 1413 | 118. | | 80. | Wesche, Heiner | | 1964 | 14.M50 | 26:16 | 26:34 |
| 1048 | 119. | | 81. | Kümmel, Holger | Team Heitbrock | 1965 | 15.M50 | 26:28 | 26:41 |
| 1581 | 120. | 39. | | Lotte, Lisa | Münster | 1987 | 14.W20 | 26:21 | 26:43 |
| 1297 | 121. | 40. | | Kuhlmann, Marie | Laufsport Senden | 1998 | 2.WJU20 | 26:37 | 26:43 |
| 1506 | 122. | | 82. | Bartisch, Klaus | Grillen @ Chillen e.v | 1965 | 16.M50 | 26:37 | 26:51 |
| 1318 | 123. | 41. | | Tenkhoff, Leona | Tante Sonja | 1999 | 2.WJU18 | 26:46 | 26:54 |
| 1426 | 124. | | 83. | Rothkegel, Lukas | | 1991 | 22.M20 | 26:36 | 26:56 |
| 1353 | 125. | | 84. | Welscheit, Martin | Krötenwanderung Drensteinfurt | 1965 | 17.M50 | 26:41 | 26:57 |
| 1552 | 126. | | 85. | Heming, Rolf | Krötenwanderung Drensteinfurt | 1968 | 13.M45 | 26:41 | 26:57 |
| 1267 | 127. | | 86. | Siewert, Martin | mönigundpartner | 1984 | 10.M30 | 25:53 | 26:59 |
| 1521 | 128. | 42. | | rüther, silke | | 1966 | 6.W50 | 27:06 | 27:15 |
| 1522 | 129. | 43. | | Steinbach, Annette | | 1967 | 7.W45 | 27:08 | 27:17 |
| 1409 | 130. | 44. | | Berse, Maike | Spiridon Haltern | 1974 | 7.W40 | 26:56 | 27:18 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|------|------------------------|-------------------------|------|---------|---------|-------|
| 1144 | 131. | | 87. | Jan, Luke | Lauftreff Hohenholte | 1997 | 2.MJU20 | 26:41 | 27:18 |
| 1141 | 132. | | 88. | Luke, Thomas | Lauftreff Hohenholte | 1968 | 14.M45 | 26:42 | 27:19 |
| 1351 | 133. | 45. | | Anders, Linda | | 1987 | 15.W20 | 26:37 | 27:20 |
| 1352 | 134. | | 89. | Anders, Florian | | 1983 | 11.M30 | 26:41 | 27:23 |
| 1079 | 135. | | 90. | Woltering, Heinz | LSF Münster | 1965 | 18.M50 | 27:11 | 27:26 |
| 1381 | 136. | 46. | | Hellenkamp, Astrid | Spiridon Haltern am See | 1966 | 7.W50 | 27:32 | 27:32 |
| 1551 | 137. | 47. | | Uekötter, Lisa | | 1993 | 16.W20 | 27:21 | 27:39 |
| 1311 | 138. | 48. | | Rachner, Nadja | | 1986 | 2.W30 | 27:29 | 27:43 |
| 1220 | 139. | 49. | | Sundermann, Marion | Schönox | 1976 | 8.W40 | 27:26 | 27:46 |
| 1394 | 140. | 50. | | Christen, Franka | MLKS Schule Marl | 1973 | 9.W40 | 27:31 | 27:48 |
| 1226 | 141. | | 91. | Hildmann, Marko | TVE Greven Triathlon | 1961 | 4.M55 | 27:38 | 27:50 |
| 1437 | 142. | | 92. | Mende, Dirk-Ulrich | | 1957 | 5.M55 | 27:20 | 27:51 |
| 1358 | 143. | | 93. | Manß, Thorsten | | 1968 | 15.M45 | 27:22 | 27:51 |
| 1414 | 144. | 51. | | Ross, Karin | ASV Ellewick | 1972 | 10.W40 | 27:48 | 27:55 |
| 1415 | 145. | | 94. | Ross, Heiko | ASV Ellewick | 1970 | 16.M45 | 27:48 | 27:55 |
| 1424 | 146. | 52. | | Bruckeder, Andrea | SV Waldhausen | 1989 | 17.W20 | 27:37 | 27:57 |
| 1219 | 147. | 53. | | Mörker, Marie | Münster | 2003 | 2.WJU14 | 27:39 | 27:58 |
| 1221 | 148. | 54. | | Markmann, Svenja | | 2002 | 1.WJU16 | 27:39 | 27:58 |
| 1157 | 149. | 55. | | Idelmann, Barbara | Lauftreff Hohenholte | 1961 | 2.W55 | 27:24 | 28:00 |
| 1467 | 150. | 56. | | Gier, Alexandra | | 1984 | 3.W30 | 27:45 | 28:05 |
| 1322 | 151. | 57. | | Schmidt, Franziska | Tri Finish Münster | 1991 | 18.W20 | 27:48 | 28:06 |
| 1458 | 152. | 58. | | Thiemann, Amrei | RE | 1971 | 8.W45 | 27:50 | 28:08 |
| 1223 | 153. | 59. | | Wenning, Edna | TVE Greven Triathlon | 1973 | 11.W40 | 27:59 | 28:11 |
| 1410 | 154. | 60. | | Hermann, Andrea | Fit-Connection | 1969 | 9.W45 | 27:51 | 28:14 |
| 1378 | 155. | | 95. | Cwynar, Jacek | | 1987 | 23.M20 | 27:33 | 28:16 |
| 1379 | 156. | | 96. | Degner, Michael | | 1983 | 12.M30 | 27:34 | 28:17 |
| 1092 | 157. | 61. | | Janning, Nicole | Laer | 1978 | 3.W35 | 27:37 | 28:21 |
| 1091 | 158. | | 97. | Janning, Stefan | Laer | 1972 | 7.M40 | 27:36 | 28:21 |
| 1319 | 159. | | 98. | Tenkhoff, Jost | Tante Sonja | 2005 | 2.MKU12 | 28:23 | 28:31 |
| 1053 | 160. | 62. | | Mertens, Alexandra | | 1975 | 12.W40 | 28:09 | 28:40 |
| 1354 | 161. | | 99. | Deutschkämmer, Jürgen | Prinzessin Lea | 1974 | 8.M40 | 28:08 | 28:40 |
| 1271 | 162. | 63. | | Kahl, Jennifer | Münster | 1982 | 4.W30 | 28:10 | 28:40 |
| 1479 | 163. | 64. | | Meißner, Nicole | Renntiere | 1974 | 13.W40 | 28:04 | 28:44 |
| 1578 | 164. | | 100. | Becker, Dirk | | 1966 | 19.M50 | 28:25 | 28:47 |
| 1387 | 165. | | 101. | Volkmer, Frank | | 1979 | 9.M35 | 28:23 | 28:51 |
| 1623 | 166. | 65. | | Frenzel, Silke | BSG LVM Versicherung | 1987 | 19.W20 | 28:21 | 28:53 |
| 1334 | 167. | 66. | | Aldenkirchs, Simone | Münster | 1969 | 10.W45 | 28:48 | 28:54 |
| 1052 | 168. | 67. | | Bode, Hannah | | 2002 | 2.WJU16 | 28:28 | 28:59 |
| 1125 | 169. | | 102. | Oelerich, Thomas | Mondi Gronau | 1993 | 24.M20 | 28:38 | 28:59 |
| 1450 | 170. | | 103. | Reinkemeier, Stefan | | 1997 | 3.MJU20 | 28:43 | 29:00 |
| 1280 | 171. | | 104. | Kogge, Timo | | 2006 | 3.MKU12 | 28:42 | 29:01 |
| 1501 | 172. | | 105. | Witte, Christian | Greven | 1968 | 17.M45 | 28:42 | 29:02 |
| 1309 | 173. | | 106. | Steckelbach, Christoph | Greven | 1969 | 18.M45 | 28:41 | 29:03 |
| 1433 | 174. | 68. | | Rotterdam, Antje | | 1969 | 11.W45 | 28:41 | 29:04 |
| 1010 | 175. | 69. | | Lankhorst, Birgit | FC Schüttorf 09 | 1969 | 12.W45 | 28:58 | 29:07 |
| 1495 | 176. | 70. | | Lüken, Heike | | 1970 | 13.W45 | 28:54 | 29:10 |
| 1011 | 177. | 71. | | Deutschmann, Eva | Laufen rund um Münster | 1976 | 14.W40 | 28:49 | 29:11 |
| 1395 | 178. | | 107. | Husmann, Andreas | Laufen rund um Münster | 1987 | 25.M20 | 28:50 | 29:11 |
| 1279 | 179. | 72. | | Kogge, Alina | | 2000 | 3.WJU18 | 28:56 | 29:16 |
| 1471 | 180. | 73. | | Bading, Annika | | 1987 | 20.W20 | 28:54 | 29:16 |
| 1202 | 181. | 74. | | Höfener, Birgit | Lauftreff Hohenholte | 1966 | 8.W50 | 28:50 | 29:17 |
| 1110 | 182. | | 108. | Müller, Markus | Mondi Gronau | 1996 | 26.M20 | 28:57 | 29:18 |
| 1282 | 183. | | 109. | Kogge, Thomas | Tri Finish Münster | 1968 | 19.M45 | 28:59 | 29:18 |
| 1132 | 184. | | 110. | Buchta, Tobias | | 1978 | 10.M35 | 28:52 | 29:21 |
| 1127 | 185. | 75. | | Sapikowska, Bozena | Münster | 1983 | 5.W30 | 28:53 | 29:22 |
| 1317 | 186. | | 111. | Huber, Robert J. | Münster | 1977 | 11.M35 | 28:22 | 29:23 |
| 1019 | 187. | 76. | | Vieth, Judith | Run 4 Fun Greven | 1980 | 4.W35 | 29:07 | 29:23 |
| 1616 | 188. | | 112. | Högemann, Christian | BSG LVM Versicherung | 1985 | 13.M30 | 29:01 | 29:27 |
| 1636 | 189. | | 113. | Becker, Markus | BSG LVM Versicherung | 1986 | 14.M30 | 29:02 | 29:27 |
| 1290 | 190. | 77. | | Frahling, Jessica | | 1994 | 21.W20 | 28:55 | 29:28 |
| 1044 | 191. | 78. | | Bode, Judith | | 1970 | 14.W45 | 28:58 | 29:29 |
| 1133 | 192. | 79. | | Weber, Bettina | Arminia Appelhülsen | 1984 | 6.W30 | 28:48 | 29:30 |
| 1343 | 193. | | 114. | Hensel, Jakob | Tri Finish Münster | 1988 | 27.M20 | 29:14 | 29:33 |
| 1345 | 194. | 80. | | Vier, Gaby | | 1965 | 9.W50 | 29:09 | 29:34 |
| 1383 | 195. | 81. | | Kubiak, Alexa | | 1975 | 15.W40 | 28:53 | 29:35 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|----------------------------|---------------------------|------|---------|---------|-------|
| 1060 | 196. | 82. | | Wißemann, Birgit | | 1979 | 5.W35 | 29:25 | 29:36 |
| 1614 | 197. | 83. | | Iker, Jana | BSG LVM Versicherung | 1995 | 22.W20 | 29:36 | 29:36 |
| 1331 | 198. | 84. | | Aldenkirchs, Monika | | 1945 | 1.W70 | 29:34 | 29:40 |
| 1001 | 199. | 85. | | Anders, Karin | | 1958 | 3.W55 | 29:19 | 29:44 |
| 1609 | 200. | 86. | | Leuters, Franziska | BSG LVM Versicherung | 1993 | 23.W20 | 28:56 | 29:46 |
| 1601 | 201. | 87. | | Schirmbeck, Jenny | BSG LVM Versicherung | 1993 | 24.W20 | 28:56 | 29:47 |
| 1492 | 202. | 88. | | Esders, Greta | Lingen | 2002 | 3.WJU16 | 28:53 | 29:49 |
| 1056 | 203. | 89. | | Schwerdt, Martina | TEam Heitbrock | 1962 | 10.W50 | 29:39 | 29:52 |
| 1239 | 204. | 90. | | Beese, Lena | | 1986 | 7.W30 | 29:16 | 29:52 |
| 1417 | 205. | | 115. | Kasten, Martin | | 1984 | 15.M30 | 29:38 | 29:59 |
| 1619 | 206. | 91. | | Goerlich, Susanne | BSG LVM Versicherung | 1986 | 8.W30 | 29:32 | 30:01 |
| 1404 | 207. | | 116. | Golombek, Jörg | | 1960 | 6.M55 | 29:02 | 30:03 |
| 1154 | 208. | 92. | | Schumacher-Oellrich, Doris | | 1949 | 1.W65 | 29:52 | 30:19 |
| 1151 | 209. | 93. | | Dohmann, Angelika | | 1953 | 2.W60 | 29:53 | 30:19 |
| 1020 | 210. | 94. | | Lindtner, Beate | | 1972 | 16.W40 | 30:04 | 30:21 |
| 1341 | 211. | | 117. | Knirim, Ansgar | | 1968 | 20.M45 | 30:09 | 30:22 |
| 1447 | 212. | | 118. | lattekamp, Heribert | | 1946 | 1.M70 | 30:21 | 30:26 |
| 1029 | 213. | 95. | | Terlau, Judith | Team Heitbrock | 1981 | 6.W35 | 30:15 | 30:28 |
| 1598 | 214. | | 119. | Schmitz, Ludger | BSG LVM Versicherung | 1958 | 7.M55 | 30:00 | 30:29 |
| 1013 | 215. | 96. | | Panzer, Anette | FC Schüttorf 09 | 1952 | 3.W60 | 30:20 | 30:30 |
| 1273 | 216. | 97. | | Gönner, Carolin | | 1989 | 25.W20 | 30:00 | 30:33 |
| 1216 | 217. | 98. | | Mörker, Sigrid | | 1968 | 15.W45 | 30:01 | 30:35 |
| 1255 | 218. | 99. | | Simpkins, Andrea | Renntiere Marl | 1969 | 16.W45 | 29:54 | 30:35 |
| 1016 | 219. | 100. | | Kühs, Hannelore | Laufgruppe FC09 Schüttorf | 1949 | 2.W65 | 30:26 | 30:36 |
| 1118 | 220. | | 120. | Dietrich, Hannes | | 2004 | 2.MJU14 | 30:14 | 30:37 |
| 1077 | 221. | 101. | | Jacobs, Eva-Marie | LSF Münster | 1979 | 7.W35 | 30:23 | 30:39 |
| 1218 | 222. | 102. | | Becker, Sabrina | | 1979 | 8.W35 | 30:11 | 30:46 |
| 1032 | 223. | 103. | | Grünewald, Sophie | | 1989 | 26.W20 | 30:25 | 30:47 |
| 1224 | 224. | 104. | | Mulder-Seiger, Petra | LSF Münster | 1960 | 4.W55 | 30:07 | 30:48 |
| 1022 | 225. | | 121. | Benighaus, Thomas | LSF Münster | 1959 | 8.M55 | 30:07 | 30:48 |
| 1115 | 226. | 105. | | Lammers, Theresa | Original Bootcamp Rheine | 1988 | 27.W20 | 30:10 | 30:49 |
| 1196 | 227. | 106. | | Reeker, Marion | Original Bootcamp Rheine | 1976 | 17.W40 | 30:10 | 30:49 |
| 1629 | 228. | 107. | | Brömmelhaus, Lena | BSG LVM Versicherung | 1996 | 28.W20 | 30:22 | 30:54 |
| 1630 | 229. | 108. | | Brinkmann, Hanna | BSG LVM Versicherung | 1997 | 3.WJU20 | 30:23 | 30:54 |
| 1298 | 230. | 109. | | Mickholz, Eva | Lauftreff Hohenholte | 1966 | 11.W50 | 30:27 | 30:55 |
| 1108 | 231. | | 122. | Bosfeld, Ralf | Lauftreff Hohenholte | 1960 | 9.M55 | 30:28 | 30:56 |
| 1567 | 232. | 110. | | Brinkhaus, Marlies | TV Borghorst | 1962 | 12.W50 | 30:26 | 30:58 |
| 1128 | 233. | | 123. | Herwing, Andre | Mondi Gronau | 1995 | 28.M20 | 30:37 | 30:58 |
| 1285 | 234. | 111. | | Völk, Annette | Münster | 1981 | 9.W35 | 30:05 | 31:02 |
| 1214 | 235. | | 124. | Jamroszczyk, Simon Paul | Run4Fun Greven | 2004 | 3.MJU14 | 30:39 | 31:03 |
| 1213 | 236. | 112. | | Jamroszczyk, Jutta | Run4Fun Greven | 1967 | 17.W45 | 30:40 | 31:04 |
| 1131 | 237. | 113. | | Hoffmann, Isabel | | 1985 | 9.W30 | 30:16 | 31:07 |
| 1391 | 238. | 114. | | Lacroix, Kläre | Faul war gestern | 1992 | 29.W20 | 30:32 | 31:08 |
| 1390 | 239. | 115. | | Lacroix, Sophie | Faul war gestern | 1989 | 30.W20 | 30:33 | 31:08 |
| 1634 | 240. | 116. | | Berg, Britta | BSG LVM Versicherung | 1973 | 18.W40 | 30:39 | 31:09 |
| 1491 | 241. | 117. | | Becks, Petra | TV Friesen Telgte | 1973 | 19.W40 | 30:41 | 31:09 |
| 1037 | 242. | | 125. | Jülich, Andreas | | 1963 | 20.M50 | 30:35 | 31:12 |
| 1538 | 243. | | 126. | Uenning, Ole | | 2006 | 4.MKU12 | 30:58 | 31:25 |
| 1537 | 244. | | 127. | Uenning, Jürgen | Twe Tri Team | 1969 | 21.M45 | 31:00 | 31:26 |
| 1388 | 245. | 118. | | Volkmer, Simone | | 1980 | 10.W35 | 31:00 | 31:28 |
| 1483 | 246. | 119. | | Halmagi, Laura Bianca | | 1988 | 31.W20 | 31:28 | 31:30 |
| 1148 | 247. | 120. | | Clausen-Meiring, Ulrike | | 1960 | 5.W55 | 30:56 | 31:31 |
| 1227 | 248. | | 128. | Schräer, Hendrik | | 1974 | 9.M40 | 30:27 | 31:34 |
| 1101 | 249. | 121. | | Thesing, Sabine | | 1980 | 11.W35 | 30:55 | 31:40 |
| 1033 | 250. | 122. | | Blommel, Christine | | 1990 | 32.W20 | 31:19 | 31:42 |
| 1074 | 251. | 123. | | Möcklinghoff, Karin | Die Wanderdünen | 1963 | 13.W50 | 30:39 | 31:44 |
| 1325 | 252. | 124. | | Struzik, Sabrina | Tri Finish Münster | 1988 | 33.W20 | 31:28 | 31:47 |
| 1336 | 253. | | 129. | Sanhaji, Elias | | 2002 | 3.MJU16 | 30:43 | 31:48 |
| 1236 | 254. | | 130. | Beese, Nils | | 1984 | 16.M30 | 31:12 | 31:49 |
| 1360 | 255. | | 131. | Ploog, Marc | Münster | 1974 | 10.M40 | 31:33 | 31:50 |
| 1269 | 256. | 125. | | Rossow, Conny | Renntiere Marl | 1970 | 18.W45 | 31:14 | 31:54 |
| 1142 | 257. | 126. | | Derks, Michaela | Münster | 1974 | 20.W40 | 31:35 | 32:00 |
| 1143 | 258. | | 132. | Derks, Klaus | Münster | 1966 | 21.M50 | 31:36 | 32:00 |
| 1283 | 259. | 127. | | Neuhaus, Sandra | Team Neuhaus | 1973 | 21.W40 | 31:44 | 32:01 |
| 1287 | 260. | | 133. | Neuhaus, Florian | Team Neuhaus | 2006 | 5.MKU12 | 31:45 | 32:01 |

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Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|-------------------------|-------------------------|------|---------|---------|-------|
| 1294 | 261. | | 134. | Winkels, Harald | | 1958 | 10.M55 | 31:11 | 32:01 |
| 1117 | 262. | 128. | | Dreger, Sylvia | Lauftreff Hohenholte | 1968 | 19.W45 | 31:33 | 32:01 |
| 1511 | 263. | | 135. | DegeImann, Moritz | Drensteinfurt | 2005 | 6.MKU12 | 31:46 | 32:02 |
| 1525 | 264. | | 136. | Treske, Christian | | 1980 | 12.M35 | 31:05 | 32:04 |
| 1431 | 265. | 129. | | Becking, Pia | ASV Ellewick | 1994 | 34.W20 | 31:56 | 32:04 |
| 1432 | 266. | | 137. | Becking, Bernd | ASV Ellewick | 1958 | 11.M55 | 31:57 | 32:05 |
| 1643 | 267. | 130. | | Beckmann, Anna | AOK-Nordwest | 1992 | 35.W20 | 31:41 | 32:06 |
| 1204 | 268. | 131. | | Bruns, Elke | Münster | 1972 | 22.W40 | 31:37 | 32:07 |
| 1145 | 269. | 132. | | Kamphues, Judith | Lauftreff Hohenholte | 1974 | 23.W40 | 31:39 | 32:07 |
| 1034 | 270. | 133. | | Reers, Heike | Lauftreff Hohenholte | 1976 | 24.W40 | 31:39 | 32:08 |
| 1155 | 271. | | 138. | Schleß, Alexander | Lauftreff Hohenholte | 1953 | 3.M60 | 31:40 | 32:08 |
| 1642 | 272. | | 139. | Epping, Felix | AOK-Nordwest | 1991 | 29.M20 | 31:43 | 32:08 |
| 1040 | 273. | 134. | | Hitt, Rebekka | | 2006 | 1.WKU12 | 31:06 | 32:09 |
| 1076 | 274. | | 140. | Hitt, Martin | | 1965 | 22.M50 | 31:07 | 32:09 |
| 1062 | 275. | 135. | | Hitt, Iris | TV Friesen Telgte | 1979 | 12.W35 | 31:07 | 32:09 |
| 1536 | 276. | 136. | | Niehoff, Astrid | | 1972 | 25.W40 | 31:44 | 32:10 |
| 1289 | 277. | 137. | | Niermann, Reidun | Münster | 1989 | 36.W20 | 31:20 | 32:21 |
| 1350 | 278. | 138. | | Bergmann, Anne | Tauchsportclub Münster | 1981 | 13.W35 | 31:27 | 32:24 |
| 1568 | 279. | 139. | | Marquardt, Insa | TV Borghorst | 1962 | 14.W50 | 31:51 | 32:24 |
| 1615 | 280. | 140. | | Holtgrave, Nina | BSG LVM Versicherung | 1971 | 20.W45 | 31:55 | 32:25 |
| 1332 | 281. | 141. | | Sanhaji, Miriam | | 1999 | 4.WJU18 | 31:22 | 32:28 |
| 1582 | 282. | 142. | | Hüsken, Lisa | | 1997 | 4.WJU20 | 31:54 | 32:28 |
| 1153 | 283. | 143. | | Nienhaus, Esther | | 1982 | 10.W30 | 31:44 | 32:35 |
| 1061 | 284. | 144. | | Selent, Ulrike | Team Heitbrock | 1958 | 6.W55 | 32:24 | 32:38 |
| 1338 | 285. | 145. | | Greve, Christina | | 1986 | 11.W30 | 31:47 | 32:40 |
| 1205 | 286. | 146. | | Neumann, Judith | Lauftreff Nottuln | 1992 | 37.W20 | 31:48 | 32:40 |
| 1277 | 287. | | 141. | Müscher, Dirk | Münster | 1966 | 23.M50 | 32:27 | 32:40 |
| 1323 | 288. | 147. | | Pätzke, Aline | | 1990 | 38.W20 | 31:58 | 32:41 |
| 1209 | 289. | 148. | | Neumann, Kathrin | BSG Fiducia GAD | 1964 | 15.W50 | 31:47 | 32:41 |
| 1217 | 290. | 149. | | Kerkhoff, Laura | | 1990 | 39.W20 | 32:00 | 32:43 |
| 1326 | 291. | 150. | | Weiser, Sabine | | 1966 | 16.W50 | 32:17 | 32:49 |
| 1416 | 292. | 151. | | Kampert, Lisa | Münster | 1991 | 40.W20 | 31:54 | 32:54 |
| 1638 | 293. | 152. | | Mertl, Corinna | Laufen rund um Münster | 1971 | 21.W45 | 32:12 | 32:54 |
| 1288 | 294. | 153. | | Jäckel, Monique | SVA Appelhülsen | 1991 | 41.W20 | 32:12 | 32:54 |
| 1603 | 295. | 154. | | Ribbers, Laura | BSG LVM Versicherung | 1995 | 42.W20 | 32:43 | 32:57 |
| 1369 | 296. | 155. | | Tieben, Martina | Spiridon Haltern am See | 1970 | 22.W45 | 32:31 | 32:57 |
| 1093 | 297. | 156. | | Geitel, Barbara | ARC zu Münster | 1968 | 23.W45 | 32:10 | 33:00 |
| 1401 | 298. | 157. | | Garel, Linn | | 1987 | 43.W20 | 32:17 | 33:01 |
| 1400 | 299. | | 142. | Schmidt, Alexander | FC Kjartan | 1982 | 17.M30 | 32:17 | 33:01 |
| 1105 | 300. | 158. | | Jäger, Maria | | 1987 | 44.W20 | 32:15 | 33:01 |
| 420 | 301. | 159. | | Lorisch, Heike | Parvins Lauftruppe | 1961 | 7.W55 | 33:02 | 33:03 |
| 418 | 302. | 160. | | Halbrügge, Martina | Parvins Lauftruppe | 1967 | 24.W45 | 33:03 | 33:04 |
| 417 | 303. | 161. | | Kassebeer, Marie- Luise | Parvins Lauftruppe | 1961 | 8.W55 | 33:04 | 33:05 |
| 1641 | 304. | 162. | | Strozyk, Heike | AOK-Nordwest | 1967 | 25.W45 | 32:44 | 33:08 |
| 419 | 305. | 163. | | Frye, Edith | Parvins Lauftruppe | 1963 | 17.W50 | 33:07 | 33:08 |
| 1316 | 306. | 164. | | Witte, Sonja | Tante Sonja | 1960 | 9.W55 | 33:03 | 33:12 |
| 1519 | 307. | 165. | | Kober, Ulrike | run4fun,Greven | 1966 | 18.W50 | 32:36 | 33:15 |
| 1518 | 308. | 166. | | Kober, Meike | run4fun,Greven | 1995 | 45.W20 | 32:47 | 33:15 |
| 1087 | 309. | | 143. | Himker, Christian | Laer | 1973 | 11.M40 | 32:31 | 33:19 |
| 1667 | 310. | | 144. | Kalhoft, Ingo | | 1974 | 12.M40 | 32:14 | 33:23 |
| 1668 | 311. | | 145. | Krabbe, Klaus | | 1978 | 13.M35 | 32:14 | 33:23 |
| 1356 | 312. | 167. | | Borgmann, Nina | | 1990 | 46.W20 | 32:51 | 33:24 |
| 1513 | 313. | 168. | | Hejkal, Judit | | 1986 | 12.W30 | 32:31 | 33:24 |
| 1512 | 314. | | 146. | Drerup, Klaus | | 1984 | 18.M30 | 32:31 | 33:24 |
| 1385 | 315. | 169. | | Kubik, Julia | | 1988 | 47.W20 | 32:47 | 33:29 |
| 1442 | 316. | 170. | | Beughold, Vanessa | | 1988 | 48.W20 | 32:46 | 33:29 |
| 1215 | 317. | 171. | | Wamhoff, Antonia | Münster | 2003 | 3.WJU14 | 32:57 | 33:33 |
| 1190 | 318. | 172. | | Wamhoff, Silvia | Münster | 1973 | 26.W40 | 32:58 | 33:33 |
| 1266 | 319. | | 147. | Coordes, Eric | moenigundpartner | 1974 | 13.M40 | 32:29 | 33:34 |
| 1639 | 320. | 173. | | Hauth, Ute | AOK-Nordwest | 1952 | 4.W60 | 33:11 | 33:34 |
| 1508 | 321. | | 148. | Berthelsen, Marco | HZA Kiel | 1996 | 30.M20 | 33:30 | 33:46 |
| 1509 | 322. | | 149. | Nebendahl, Lukas | HZA Kiel | 1997 | 4.MJU20 | 33:30 | 33:47 |
| 1507 | 323. | 174. | | Stender, Sarah | HZA Kiel | 1997 | 5.WJU20 | 33:29 | 33:47 |
| 1498 | 324. | 175. | | Schücker, Silvia | | 1971 | 26.W45 | 32:58 | 33:48 |
| 1372 | 325. | 176. | | Meierkort, Bianca | Faul war gestern | 1966 | 19.W50 | 33:14 | 33:48 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|-------------------------|-------------------------------|------|---------|---------|-------|
| 1367 | 326. | 177. | | Jones, Nicole | | 1983 | 13.W30 | 33:18 | 33:49 |
| 1199 | 327. | | 150. | Frankenberg, Pascal | Feuerwehr Albachten | 1986 | 19.M30 | 33:04 | 33:50 |
| 1313 | 328. | 178. | | Jirka, Eva | Münster | 1981 | 14.W35 | 32:52 | 33:51 |
| 1478 | 329. | | 151. | Meißner, Ulrich | Renntiere | 1974 | 14.M40 | 33:13 | 33:53 |
| 1303 | 330. | 179. | | Wenzel, Karla | Renntiere | 1967 | 27.W45 | 33:15 | 33:56 |
| 1428 | 331. | 180. | | Kenter, Stefanie | Spiridon Haltern | 1970 | 28.W45 | 33:28 | 33:56 |
| 1497 | 332. | 181. | | Zöllner, Ute | | 1967 | 29.W45 | 33:08 | 33:58 |
| 1230 | 333. | 182. | | Leifken, Rebecca | | 1993 | 49.W20 | 33:02 | 33:58 |
| 1229 | 334. | 183. | | Jansen, Carola | | 1993 | 50.W20 | 33:03 | 33:59 |
| 1025 | 335. | 184. | | Geschermann, Annette | | 1968 | 30.W45 | 33:08 | 34:00 |
| 1225 | 336. | 185. | | Neundorf, Andrea | | 1977 | 15.W35 | 33:00 | 34:00 |
| 1637 | 337. | 186. | | Nientiedt, Jutta | Laufen rund um Münster | 1963 | 20.W50 | 33:16 | 34:01 |
| 1094 | 338. | 187. | | Täger, Anne | | 1971 | 31.W45 | 33:10 | 34:03 |
| 1112 | 339. | 188. | | Christmann, Marion | | 1970 | 32.W45 | 33:10 | 34:03 |
| 1327 | 340. | | 152. | Hoffmann, Guido | Münster | 1967 | 22.M45 | 32:22 | 34:05 |
| 1210 | 341. | 189. | | Erdmann, Julia | | 1991 | 51.W20 | 33:28 | 34:10 |
| 1212 | 342. | 190. | | Rubbert, Sabrina | | 1991 | 52.W20 | 33:27 | 34:11 |
| 1419 | 343. | | 153. | Hortmann, Pascal | Münster | 1991 | 31.M20 | 34:12 | 34:12 |
| 1059 | 344. | 191. | | Gabriel, Alexandra | | 1974 | 27.W40 | 33:48 | 34:19 |
| 1100 | 345. | 192. | | Marinos, Claudia | Original Bootcamp Rheine | 1971 | 33.W45 | 33:24 | 34:19 |
| 1123 | 346. | 193. | | Kramer, Susanne | Original bootcamp | 1973 | 28.W40 | 33:25 | 34:20 |
| 1611 | 347. | 194. | | Lang-Scheffer, Beatrix | BSG LVM Versicherung | 1962 | 21.W50 | 33:37 | 34:21 |
| 1633 | 348. | 195. | | Bertels, Sandra | BSG LVM Versicherung | 1972 | 29.W40 | 34:21 | 34:21 |
| 1050 | 349. | 196. | | Wichmann, Hannah | SV Arminia Appelhülsen | 2003 | 4.WJU14 | 33:35 | 34:22 |
| 1045 | 350. | 197. | | Gierse, Marita | SV Arminia Appelhülsen | 1968 | 34.W45 | 33:37 | 34:24 |
| 1249 | 351. | 198. | | Grueter, Erika | SV Arminia Appelhülsen | 1961 | 10.W55 | 33:39 | 34:25 |
| 1026 | 352. | 199. | | Schwering, Birgit | SV Arminia Appelhülsen | 1974 | 30.W40 | 33:39 | 34:26 |
| 1588 | 353. | 200. | | Krasemann, Iris | Münster | 1968 | 35.W45 | 34:02 | 34:26 |
| 1251 | 354. | 201. | | Brand, Sigrid | SV Arminia Appelhülsen | 1965 | 22.W50 | 33:42 | 34:27 |
| 1042 | 355. | 202. | | Bründel, Beate | | 1970 | 36.W45 | 33:35 | 34:28 |
| 1149 | 356. | | 154. | Arlt, Klaus-Peter | | 1948 | 1.M65 | 33:54 | 34:28 |
| 1252 | 357. | 203. | | Richter, Elke | SV Arminia Appelhülsen | 1956 | 5.W60 | 33:44 | 34:30 |
| 1587 | 358. | | 155. | Kienel, Eckehart | Münster | 1941 | 1.M75 | 34:06 | 34:30 |
| 2040 | 359. | 204. | | May, Barbara | | 1961 | 11.W55 | 33:54 | 34:31 |
| 2030 | 360. | | 156. | May, Thomas | | 1959 | 12.M55 | 33:53 | 34:31 |
| 1407 | 361. | 205. | | Strang, Dagmar | Fit-Connection | 1954 | 6.W60 | 34:06 | 34:33 |
| 1408 | 362. | 206. | | Niemand-Marwitz, Britta | Fit-Connection | 1968 | 37.W45 | 34:06 | 34:33 |
| 1617 | 363. | | 157. | Hoffmann, Dirk | BSG LVM Versicherung | 1970 | 23.M45 | 32:52 | 34:35 |
| 1534 | 364. | 207. | | Glende, Nadja | Münster | 1979 | 16.W35 | 33:37 | 34:36 |
| 1194 | 365. | 208. | | Mertens, Anna-Christin | | 1988 | 53.W20 | 33:55 | 34:37 |
| 1167 | 366. | 209. | | Schmidt, Maicke | | 1981 | 17.W35 | 33:49 | 34:40 |
| 1191 | 367. | 210. | | Klein, Sigrid | Team Ronouchi | 1958 | 12.W55 | 34:15 | 34:48 |
| 1257 | 368. | 211. | | Bendel, nadine | Everswinkel | 1990 | 54.W20 | 34:12 | 34:49 |
| 1090 | 369. | | 158. | Roderig, Stefan | Arminia Appelhülsen / Laufend | 1971 | 24.M45 | 34:03 | 34:49 |
| 1067 | 370. | 212. | | Schölling, Gabriele | Arminia Appelhülsen | 1965 | 23.W50 | 34:04 | 34:50 |
| 1434 | 371. | | 159. | Klein, Michael | Team Ronouchi | 1962 | 24.M50 | 34:18 | 34:50 |
| 1228 | 372. | 213. | | Abke, Martina | | 1970 | 38.W45 | 34:04 | 34:53 |
| 1474 | 373. | | 160. | Rattay, Michael | | 1959 | 13.M55 | 34:14 | 34:56 |
| 1468 | 374. | 214. | | Zoranski, Iris | | 1982 | 14.W30 | 35:02 | 35:09 |
| 1008 | 375. | 215. | | Lankhorst, Wilma | FC Schüttorf 09 | 1944 | 2.W70 | 35:02 | 35:12 |
| 1041 | 376. | | 161. | Maas, Tönjes | | 1982 | 20.M30 | 34:37 | 35:12 |
| 1069 | 377. | | 162. | Lohaus, Andre | | 1975 | 15.M40 | 34:36 | 35:12 |
| 1003 | 378. | 216. | | Gausler, Michaela | Rheine | 1981 | 18.W35 | 35:00 | 35:20 |
| 1002 | 379. | 217. | | Hagedorn, Kristina | Rheine | 1978 | 19.W35 | 35:01 | 35:21 |
| 1274 | 380. | | 163. | Horsthemke, Marvin | | 1990 | 32.M20 | 34:21 | 35:23 |
| 1147 | 381. | | 164. | Kamp, Carsten | | 1979 | 14.M35 | 34:50 | 35:25 |
| 1258 | 382. | 218. | | Nienhaus, Katharina | | 1985 | 15.W30 | 34:25 | 35:27 |
| 1254 | 383. | 219. | | Nienhaus, Christofer | | 1985 | 16.W30 | 34:25 | 35:28 |
| 1573 | 384. | 220. | | Kemper, Benita | Oelde | 2000 | 5.WJU18 | 34:48 | 35:28 |
| 1574 | 385. | | 165. | Kemper, Lars | Oelde | 1970 | 25.M45 | 34:49 | 35:29 |
| 1375 | 386. | 221. | | Granitzka, Britta | Faul war gestern | 1973 | 31.W40 | 34:56 | 35:31 |
| 1384 | 387. | 222. | | Frische, Anna-Lena | Run 4 Fun Greven | 2002 | 4.WJU16 | 34:53 | 35:34 |
| 1398 | 388. | 223. | | Hübenthal, Sina | Run 4 Fun Greven | 2002 | 5.WJU16 | 34:53 | 35:34 |
| 1260 | 389. | 224. | | Meyer, Stefanie | | 1969 | 39.W45 | 35:10 | 35:44 |
| 1307 | 390. | 225. | | von der Heide, Maren | Original Bootcamp | 1977 | 20.W35 | 34:50 | 35:45 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|---------------------------|---------------------------|------|---------|---------|-------|
| 1185 | 391. | 226. | | Philipper, Elisabeth | Münster | 1962 | 24.W50 | 34:54 | 35:48 |
| 1342 | 392. | 227. | | Brummerloh, Nina | | 1989 | 55.W20 | 34:46 | 35:51 |
| 1364 | 393. | | 166. | Chiang, Kevin | | 1987 | 33.M20 | 34:46 | 35:51 |
| 1293 | 394. | 228. | | Klys-Reimann, Brigitte | | 1957 | 13.W55 | 34:56 | 35:52 |
| 1344 | 395. | | 167. | Walther, Matthias | | 1988 | 34.M20 | 34:50 | 35:55 |
| 1242 | 396. | 229. | | Lukassen, Nicole | Münster | 1970 | 40.W45 | 35:07 | 35:59 |
| 1445 | 397. | | 168. | Tiehen, Burkhard | Münster | 1971 | 26.M45 | 35:02 | 36:00 |
| 1321 | 398. | 230. | | Danek, Tanja | Münster | 1987 | 56.W20 | 34:57 | 36:01 |
| 1247 | 399. | 231. | | Lingenhoff, Nicole | mönigundpartner | 1979 | 21.W35 | 34:58 | 36:03 |
| 1095 | 400. | 232. | | NGOUDIABANTOU, Tatiana | Münster | 1981 | 22.W35 | 36:10 | 36:10 |
| 1106 | 401. | 233. | | Imkamp, Birgit | | 1964 | 25.W50 | 35:18 | 36:17 |
| 1070 | 402. | 234. | | Prümer-Woltering, Gabi | | 1964 | 26.W50 | 35:19 | 36:17 |
| 1592 | 403. | 235. | | Wilken, Jutta | BSG LVM Versicherung | 1967 | 41.W45 | 35:24 | 36:18 |
| 1532 | 404. | 236. | | Busch, Ursula | Münster | 1959 | 14.W55 | 35:22 | 36:18 |
| 1300 | 405. | 237. | | Pabich, Stephanie | Münster | 1978 | 23.W35 | 35:23 | 36:19 |
| 1195 | 406. | 238. | | Zihang, Sylvia | Sendenhorst | 1978 | 24.W35 | 35:34 | 36:23 |
| 1197 | 407. | 239. | | Schemschat, Dagmar | Senden | 1954 | 7.W60 | 35:35 | 36:24 |
| 1502 | 408. | 240. | | Herm, Sabine | Team Erdinger Alkoholfrei | 1970 | 42.W45 | 36:03 | 36:44 |
| 1553 | 409. | 241. | | Schwamborn, Elisabeth | LG Bad Sassendorf | 1960 | 15.W55 | 35:44 | 36:50 |
| 1107 | 410. | 242. | | Quindt, Anna Lena | OsKa | 1995 | 57.W20 | 35:53 | 36:59 |
| 1370 | 411. | 243. | | Malleprée, Sandra | Faul war gestern | 1971 | 43.W45 | 36:28 | 37:04 |
| 1243 | 412. | | 169. | Griwatz, Daniel | Münster | 1977 | 15.M35 | 36:19 | 37:09 |
| 1296 | 413. | 244. | | Hemker, Verena | | 1992 | 58.W20 | 36:21 | 37:09 |
| 1246 | 414. | 245. | | Hemker, Larissa | Münster | 1996 | 59.W20 | 36:21 | 37:09 |
| 1169 | 415. | 246. | | Mentrup, Manuela | Run4fun Greven | 1966 | 27.W50 | 36:21 | 37:11 |
| 1329 | 416. | 247. | | Heymer, Doris | | 1966 | 28.W50 | 36:12 | 37:18 |
| 1310 | 417. | 248. | | Steckelbach, Christina | | 1969 | 44.W45 | 36:12 | 37:18 |
| 1374 | 418. | 249. | | Klosterkemper, Christiane | Team Popoclub | 1975 | 32.W40 | 36:19 | 37:23 |
| 1500 | 419. | 250. | | Neumann, Gabi | Wiehenläufer | 1963 | 29.W50 | 36:48 | 37:28 |
| 1038 | 420. | 251. | | Lenfers-Lücker, Petra | SV Herbern | 1963 | 30.W50 | 36:54 | 37:41 |
| 1015 | 421. | 252. | | Uhlmann-Thiemann, Nicole | SV Herbern | 1971 | 45.W45 | 36:54 | 37:41 |
| 1119 | 422. | 253. | | Hüsken, Silvia | Original Bootcamp Rheine | 1980 | 25.W35 | 36:46 | 37:41 |
| 1572 | 423. | 254. | | Heilmann, Jessica | | 1979 | 26.W35 | 36:47 | 37:44 |
| 1200 | 424. | 255. | | Krämer, Sandra | | 1969 | 46.W45 | 37:03 | 37:54 |
| 1030 | 425. | 256. | | Robbers, Dagmar | | 1957 | 16.W55 | 37:19 | 38:15 |
| 1544 | 426. | 257. | | Samberg, Annette | | 1986 | 17.W30 | 37:21 | 38:15 |
| 1541 | 427. | 258. | | Meinert, Jessica | | 1990 | 60.W20 | 37:21 | 38:16 |
| 1562 | 428. | | 170. | Walczak, Christoph | SC Greven 09 | 1979 | 16.M35 | 37:24 | 38:30 |
| 1493 | 429. | | 171. | Behre, Simon | Hermannschule | 2008 | 1.MKU10 | 37:48 | 38:37 |
| 1494 | 430. | | 172. | Kottemer, Stephan | HSP Münster Laufteam | 1965 | 25.M50 | 37:48 | 38:38 |
| 1644 | 431. | 259. | | Behr, Sophia | AOK-Nordwest | 1993 | 61.W20 | 38:16 | 38:40 |
| 1429 | 432. | 260. | | laarmann, christine | run4fun- greven.ev | 1986 | 18.W30 | 38:29 | 38:58 |
| 1427 | 433. | 261. | | laarmann, julia | run4fun- greven.ev | 1983 | 19.W30 | 38:29 | 38:59 |
| 1473 | 434. | 262. | | Wagner, Uta | | 1971 | 47.W45 | 38:00 | 39:04 |
| 1452 | 435. | 263. | | Cord, Rita | | 1966 | 31.W50 | 38:00 | 39:04 |
| 1137 | 436. | | 173. | Kühlmann, Mario | Original Bootcamp Rheine | 1983 | 21.M30 | 38:09 | 39:04 |
| 1531 | 437. | 264. | | Siedling, Heike | | 1981 | 27.W35 | 38:01 | 39:04 |
| 1268 | 438. | 265. | | Roman, Ines | | 1983 | 20.W30 | 38:05 | 39:08 |
| 1555 | 439. | 266. | | Pues, Lena | | 1988 | 62.W20 | 39:47 | 40:40 |
| 1554 | 440. | 267. | | Westermann, Sandra | Altenberge | 1976 | 33.W40 | 39:47 | 40:40 |
| 1270 | 441. | 268. | | Horsthemke, Christin | | 1990 | 63.W20 | 40:08 | 41:09 |
| 1080 | 442. | 269. | | Karrmann, Eva | Bochum | 1956 | 8.W60 | 40:45 | 41:52 |
| 1168 | 443. | | 174. | Feldmeier, André | TuS Saxonia Münster | 1972 | 16.M40 | 41:54 | 42:51 |
| 1170 | 444. | 270. | | Feldmeier, Claudia | TuS Saxonia Münster | 1969 | 48.W45 | 41:54 | 42:52 |
| 1005 | 445. | 271. | | Laznik, Monika | | 1967 | 49.W45 | 42:23 | 43:15 |
| 1004 | 446. | 272. | | Laznik, Nadine | | 1991 | 64.W20 | 42:23 | 43:15 |
| 1139 | 447. | | 175. | Thiry, Daniel | | 1978 | 17.M35 | 42:24 | 43:23 |
| 1138 | 448. | 273. | | Thiry, Jeanette | | 1976 | 34.W40 | 42:25 | 43:23 |
| 1065 | 449. | 274. | | Kronberg, Susanne | | 1965 | 32.W50 | 47:52 | 48:53 |

27. AOK Advents-Aaseelauf - 27. November 2016

Gesamtergebnisliste - 10 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|-----|----|-----|------------------------|--------------------------------|------|---------|---------|-------|
| 2261 | 1. | | 1. | Rinne, Yannick | LSF Münster | 1988 | 1.M20 | 33:17 | 33:18 |
| 2271 | 2. | | 2. | Schnieders, Julius | Münster | 1983 | 1.M30 | 35:44 | 35:45 |
| 2875 | 3. | | 3. | Röthemeyer, Marvin | Active-Laufshop Team | 1989 | 2.M20 | 35:47 | 35:48 |
| 2011 | 4. | | 4. | Fels, Sven | LG Coesfeld | 1990 | 3.M20 | 37:06 | 37:06 |
| 2874 | 5. | | 5. | Hagedorn, Jonas | Active-Laufshop Team | 1994 | 4.M20 | 37:17 | 37:18 |
| 2877 | 6. | | 6. | Biermann, Lukas | Active-Laufshop Team | 1995 | 5.M20 | 37:34 | 37:35 |
| 2643 | 7. | | 7. | Feikus, Raphael | Weitblick | 1991 | 6.M20 | 37:56 | 37:57 |
| 2051 | 8. | | 8. | Winkelhorst, Andre | Gronau-Epe | 1974 | 1.M40 | 38:07 | 38:08 |
| 2527 | 9. | | 9. | Steinchen, Burkhard | | 1980 | 1.M35 | 38:36 | 38:39 |
| 2384 | 10. | | 10. | Watermeyer, Fabian | DLC Aachen | 1988 | 7.M20 | 38:47 | 38:47 |
| 2256 | 11. | | 11. | Hackmann, Armin | | 1982 | 2.M30 | 38:53 | 38:53 |
| 2658 | 12. | | 12. | Schulte-Albert, Markus | Marathon Steinfurt | 1986 | 3.M30 | 38:58 | 38:59 |
| 2790 | 13. | | 13. | Daut, Fabian | BSG LVM Versicherung | 1985 | 4.M30 | 39:38 | 39:38 |
| 2035 | 14. | | 14. | Lindemann, Holger | Tri As Hamm | 1963 | 1.M50 | 39:45 | 39:48 |
| 2646 | 15. | | 15. | Althaus, Steffen | | 1985 | 5.M30 | 39:46 | 39:50 |
| 2298 | 16. | | 16. | Adams, Ralf | #twitterlaufftreff | 1966 | 2.M50 | 40:00 | 40:01 |
| 2322 | 17. | | 17. | Elders, Gerrit | SV Benediktushof | 1994 | 8.M20 | 40:02 | 40:04 |
| 2740 | 18. | | 18. | Boll, Eike | Institut für Sportwissenschaft | 1986 | 6.M30 | 40:44 | 40:44 |
| 2252 | 19. | | 19. | Förderer, Michel | Düsseldorf | 1987 | 9.M20 | 40:44 | 40:44 |
| 2690 | 20. | | 20. | Baune, Konstantin | TuS Altenberge 09 | 1999 | 1.MJU18 | 40:46 | 40:46 |
| 2853 | 21. | | 21. | Berger, Tino | Tri Finish | 1978 | 2.M35 | 40:51 | 40:53 |
| 2072 | 22. | | 22. | Borgmann, Mirco | TV Friesen Telgte | 1973 | 2.M40 | 41:14 | 41:17 |
| 1583 | 23. | | 23. | Vanheiden, Ralf | Run4Fun Greven | 1970 | 1.M45 | 41:23 | 41:24 |
| 2173 | 24. | 1. | | Rose, Ida | LSF Münster | 2000 | 1.WJU18 | 41:23 | 41:26 |
| 2385 | 25. | | 24. | Abke, Reinhard | Lauffreudig Gremmendorf | 1969 | 2.M45 | 41:23 | 41:27 |
| 2555 | 26. | | 25. | Korfmacher, Patrick | TriFinish | 1986 | 7.M30 | 41:32 | 41:32 |
| 2628 | 27. | | 26. | Bornefeld, Stefan | | 1969 | 3.M45 | 41:42 | 41:44 |
| 2317 | 28. | | 27. | Mühlencord, Malte | W+F Münster | 1976 | 3.M40 | 41:48 | 41:48 |
| 2435 | 29. | | 28. | Mahle, Eckart | ISC Münster | 1971 | 4.M45 | 41:53 | 41:53 |
| 2447 | 30. | | 29. | Ponick, Finn | Run4Fun Greven e.V. | 2003 | 1.MJU14 | 41:57 | 41:57 |
| 2193 | 31. | | 30. | Geitel, Christoph | ARC zu Münster | 1967 | 5.M45 | 42:04 | 42:04 |
| 2820 | 32. | | 31. | Hoffmann, Carsten | Laufen rund um Münster | 1973 | 4.M40 | 42:01 | 42:07 |
| 2573 | 33. | | 32. | Kahmann, Jens | BSG Newzella | 1980 | 3.M35 | 42:09 | 42:09 |
| 2059 | 34. | | 33. | Vortkamp, Markus | Münster | 1970 | 6.M45 | 42:04 | 42:11 |
| 2383 | 35. | | 34. | Holzmann, Alexander | BSG Fiducia & GAD | 1969 | 7.M45 | 42:12 | 42:14 |
| 2858 | 36. | | 35. | Meyer, Stephan | LSF Münster | 1970 | 8.M45 | 42:18 | 42:19 |
| 2227 | 37. | | 36. | Bitz, Lothar | Tri Finish | 1984 | 8.M30 | 42:18 | 42:19 |
| 2789 | 38. | | 37. | Daut, Felix | BSG LVM Versicherung | 1985 | 9.M30 | 42:24 | 42:24 |
| 2519 | 39. | 2. | | Postert, Christiane | Münster | 1974 | 1.W40 | 42:21 | 42:25 |
| 2323 | 40. | | 38. | Daniel, Feld | Skiclub Profitour Altenberge | 1974 | 5.M40 | 42:25 | 42:29 |
| 2496 | 41. | | 39. | Beckering, Johannes | SV Sigiltra Sögel | 1977 | 4.M35 | 43:00 | 43:03 |
| 2342 | 42. | | 40. | Müller, Johannes | Skiclub Profitour Altenberge | 1978 | 5.M35 | 43:08 | 43:12 |
| 2467 | 43. | | 41. | Becklönne, Johannes | PDK | 1981 | 6.M35 | 43:30 | 43:45 |
| 2169 | 44. | | 42. | Toebe, Axel | Bergziegen Altenberge | 1969 | 9.M45 | 43:53 | 43:58 |
| 2439 | 45. | | 43. | Proske, Mario | LSF Münster | 1966 | 3.M50 | 43:56 | 44:04 |
| 2521 | 46. | | 44. | Kerkering, Stephan | LSF Münster | 1965 | 4.M50 | 43:59 | 44:05 |
| 2599 | 47. | | 45. | Ahrens, Sven | Blau-Weiß Aasee Münster | 1968 | 10.M45 | 44:06 | 44:06 |
| 2369 | 48. | | 46. | Hölscher, Niels | | 1974 | 6.M40 | 44:05 | 44:08 |
| 2872 | 49. | | 47. | Sommer, Christian | Active-Laufshop Team | 1996 | 10.M20 | 43:46 | 44:14 |
| 2236 | 50. | 3. | | Parthe, Maria | SV Benediktushof | 1958 | 1.W55 | 44:16 | 44:18 |
| 2627 | 51. | | 48. | Redemeyer, Bernd | LG Ahlen | 1967 | 11.M45 | 44:18 | 44:22 |
| 2458 | 52. | | 49. | Ranger, Thorsten | Salsomania | 1976 | 7.M40 | 44:41 | 44:45 |
| 2457 | 53. | | 50. | Komischke, Michael | Run4fun-Greven e.V. | 1973 | 8.M40 | 44:47 | 44:47 |
| 2127 | 54. | | 51. | Hentschel, Christian | Bergziegen Altenberge | 1974 | 9.M40 | 44:40 | 44:48 |
| 2146 | 55. | | 52. | Merschformann, Bruce | RSV Münster | 1977 | 7.M35 | 44:48 | 44:49 |
| 2689 | 56. | | 53. | Fey, Tilman | | 1964 | 5.M50 | 44:52 | 44:52 |
| 2177 | 57. | | 54. | Diekmann, Marius | HSP Münster Laufteam | 1976 | 10.M40 | 44:53 | 44:56 |
| 2417 | 58. | 4. | | Eggers, Marike | HSP-Münster | 1991 | 1.W20 | 44:47 | 44:56 |
| 2431 | 59. | | 55. | Nitz, Dieter | W+F Münster | 1962 | 6.M50 | 44:50 | 45:03 |
| 2050 | 60. | | 56. | Fels, Hubert | Billerbecker Läufer | 1960 | 1.M55 | 45:04 | 45:07 |
| 2186 | 61. | | 57. | Hörmeyer, Carsten | Bergziegen Altenberge | 1974 | 11.M40 | 45:01 | 45:08 |
| 2420 | 62. | | 58. | Gettrup, Andreas | Münster rollt e.V. | 1983 | 10.M30 | 45:08 | 45:14 |
| 2086 | 63. | | 59. | Weber, Daniel | | 1974 | 12.M40 | 45:12 | 45:14 |
| 2752 | 64. | | 60. | Arlt, Andreas | Münster | 1970 | 12.M45 | 45:11 | 45:23 |
| 2538 | 65. | | 61. | Többen, Michael | BSG Sparkasse Münsterland Ost | 1965 | 7.M50 | 45:20 | 45:23 |

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Gesamtergebnisliste - 10 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|------|-------------------------|--------------------------|------|---------|---------|-------|
| 2368 | 66. | | 62. | Vaters, Stefan | | 1988 | 11.M20 | 45:17 | 45:29 |
| 2423 | 67. | | 63. | Kus, Rasim | | 1995 | 12.M20 | 45:41 | 45:43 |
| 2792 | 68. | | 64. | Buer, Andreas | BSG LVM Versicherung | 1966 | 8.M50 | 45:44 | 45:54 |
| 2786 | 69. | | 65. | Dumschat-Hötte, Oliver | BSG LVM Versicherung | 1970 | 13.M45 | 45:54 | 45:54 |
| 2320 | 70. | | 66. | Pferdekemper, Sebastian | Münster | 1989 | 13.M20 | 45:49 | 46:01 |
| 2073 | 71. | | 67. | Kämper, Knut | | 1981 | 8.M35 | 46:05 | 46:09 |
| 2710 | 72. | 5. | | Kupczok, Ute | | 1983 | 1.W30 | 46:02 | 46:10 |
| 2621 | 73. | | 68. | Zöllner, Jörg-Peter | LT Bittermark Dortmund | 1951 | 1.M65 | 46:08 | 46:15 |
| 2770 | 74. | | 69. | Kuhr, Andreas | BSG LVM Versicherung | 1982 | 11.M30 | 46:17 | 46:17 |
| 2208 | 75. | | 70. | Westkamp, Lucas | Emsdetten | 1994 | 14.M20 | 46:05 | 46:18 |
| 2490 | 76. | | 71. | Ringena, Take | LSF Münster | 1974 | 13.M40 | 46:12 | 46:19 |
| 2677 | 77. | | 72. | Gorschlüter, Patrick | | 1983 | 12.M30 | 46:15 | 46:20 |
| 2101 | 78. | | 73. | Lukassen, Peter | BSG Westfalen | 1969 | 14.M45 | 46:15 | 46:21 |
| 2666 | 79. | | 74. | Stratmann, Jörg | | 1967 | 15.M45 | 46:14 | 46:22 |
| 2063 | 80. | | 75. | Potscher, Björn | LSF Freies Friesland | 1974 | 14.M40 | 46:26 | 46:26 |
| 2607 | 81. | 6. | | Glasbrenner, Ursula | | 1963 | 1.W50 | 46:19 | 46:28 |
| 2243 | 82. | | 76. | Osterkamp, Andreas | Team O | 1986 | 13.M30 | 46:21 | 46:31 |
| 2311 | 83. | | 77. | Wagener, Tobias | | 1994 | 15.M20 | 46:11 | 46:36 |
| 2449 | 84. | 7. | | Ponick, Franziska | Run4Fun Greven e.V. | 2000 | 2.WJU18 | 46:38 | 46:38 |
| 2139 | 85. | | 78. | Gerling, Mark | Mondi Gronau | 1977 | 9.M35 | 46:39 | 46:45 |
| 2321 | 86. | 8. | | Scheurer, Esther | | 1979 | 1.W35 | 46:22 | 46:49 |
| 2430 | 87. | | 79. | Demes, Christoph | | 1964 | 9.M50 | 46:52 | 46:57 |
| 2145 | 88. | | 80. | Rose, Norbert | Münster | 1966 | 10.M50 | 46:54 | 47:00 |
| 2656 | 89. | | 81. | Nienhaus, Christian | TV Vreden Laufftreff | 1973 | 15.M40 | 46:48 | 47:01 |
| 2194 | 90. | | 82. | Bilke, Markus | Steinfurt | 1970 | 16.M45 | 46:52 | 47:05 |
| 2397 | 91. | | 83. | Lübbering, Frank | Sc Nienberge | 1964 | 11.M50 | 46:59 | 47:08 |
| 2448 | 92. | | 84. | Schwerbrock, Dirk | Run4fun Grevenu | 1963 | 12.M50 | 47:12 | 47:12 |
| 2785 | 93. | | 85. | Franke, Peter | BSG LVM Versicherung | 1970 | 17.M45 | 47:13 | 47:19 |
| 2233 | 94. | 9. | | Sprenger, Silvia | LSF Münster | 1984 | 2.W30 | 47:02 | 47:31 |
| 2878 | 95. | | 86. | Möhlmann, Tobias | | 1991 | 16.M20 | 47:32 | 47:32 |
| 2262 | 96. | | 87. | Lohscheller, Ralf | LSF Münster | 1959 | 2.M55 | 47:30 | 47:34 |
| 2386 | 97. | | 88. | Römer, Dirk | TriFinish | 1971 | 18.M45 | 47:19 | 47:35 |
| 2605 | 98. | | 89. | Siegmund, Benjamin | Lauffreunde Warendorf | 1976 | 16.M40 | 47:36 | 47:36 |
| 2592 | 99. | | 90. | Krömer, Jürgen | Lauffreunde Warendorf | 1967 | 19.M45 | 47:27 | 47:36 |
| 2518 | 100. | | 91. | Quattrocchi, Fulvio | LSF Münster | 1950 | 2.M65 | 47:34 | 47:37 |
| 2138 | 101. | | 92. | Hosch, Holger | | 1972 | 17.M40 | 47:35 | 47:39 |
| 2218 | 102. | | 93. | Kowalk, Tobias | OsKa | 1988 | 17.M20 | 47:40 | 47:40 |
| 2131 | 103. | | 94. | Koch, Torsten | Fc Hansa Rostock | 1979 | 10.M35 | 47:20 | 47:41 |
| 2776 | 104. | | 95. | Kajüter, Burkhard | BSG LVM Versicherung | 1966 | 13.M50 | 47:46 | 47:46 |
| 2673 | 105. | | 96. | Reichelt, Jan | Münster | 1988 | 18.M20 | 47:45 | 47:58 |
| 2803 | 106. | | 97. | Stückmann, Dirk | Laufen rund um Münster | 1980 | 11.M35 | 47:55 | 48:04 |
| 2316 | 107. | | 98. | Rabenstein, Jan | LSF | 1976 | 18.M40 | 47:51 | 48:13 |
| 2746 | 108. | | 99. | Kuberka, Alexander | W+F Münster | 1976 | 19.M40 | 47:57 | 48:14 |
| 2338 | 109. | | 100. | Böttcher, Daniel | cibaria Vollkornbäckerei | 1974 | 20.M40 | 47:52 | 48:15 |
| 2791 | 110. | | 101. | Damwerth, Matthias | BSG LVM Versicherung | 1966 | 14.M50 | 48:21 | 48:21 |
| 2242 | 111. | | 102. | Osterkamp, Stefan | Team O | 1983 | 14.M30 | 48:11 | 48:21 |
| 2141 | 112. | | 103. | Dankelmann, Jochen | | 1983 | 15.M30 | 47:49 | 48:24 |
| 2634 | 113. | 10. | | Bix, Dagmar | TC Billerbeck | 1974 | 2.W40 | 47:51 | 48:26 |
| 2363 | 114. | | 104. | Markmann, Maik | Run4Fun Greven e.V. | 1982 | 16.M30 | 48:24 | 48:26 |
| 2362 | 115. | | 105. | Jamroszczyk, Paul | Run4Fun Greven | 1962 | 15.M50 | 48:24 | 48:27 |
| 2707 | 116. | 11. | | deschka, katrin | Münster | 1978 | 2.W35 | 48:19 | 48:27 |
| 2604 | 117. | | 106. | Glasbrenner, Bernhard | | 1962 | 16.M50 | 48:19 | 48:27 |
| 2060 | 118. | | 107. | Schulze, Stephan | Hägermeister | 1968 | 20.M45 | 47:55 | 48:33 |
| 2530 | 119. | 12. | | Haarhues, Christiane | FC Schüttorf 09 | 1967 | 1.W45 | 48:23 | 48:36 |
| 2491 | 120. | 13. | | Jürgens, Ulla | LG Emsdetten | 1958 | 2.W55 | 48:32 | 48:38 |
| 2399 | 121. | | 108. | Elvers, Frank | SV Benediktushof | 1961 | 3.M55 | 48:19 | 48:39 |
| 2814 | 122. | | 109. | Mertl, Frank | Laufen rund um Münster | 1965 | 17.M50 | 48:33 | 48:41 |
| 2392 | 123. | | 110. | Gibmeier, Ingo | Ski-Klub Münster | 1970 | 21.M45 | 48:41 | 48:41 |
| 2349 | 124. | | 111. | Jansen, Karsten | Run4Fun Greven e.V. | 1983 | 17.M30 | 48:46 | 48:46 |
| 2184 | 125. | | 112. | Mosler, Michael | RSG Emsdetten | 1973 | 21.M40 | 48:24 | 48:47 |
| 2441 | 126. | | 113. | Ponick, Alexander | Run4Fun Greven e.V. | 1969 | 22.M45 | 48:40 | 48:47 |
| 2825 | 127. | | 114. | Mehrfeld, Daniel | Laufen rund um Münster | 1981 | 12.M35 | 48:39 | 48:47 |
| 2443 | 128. | | 115. | Veltrup, Stefan | Laer | 1967 | 23.M45 | 48:47 | 48:50 |
| 457 | 129. | | 116. | Wilfling, Thomas | Kanalratten Senden | 1974 | 22.M40 | 48:37 | 48:53 |
| 2365 | 130. | | 117. | Wilfling, Andreas | Die Kanalratten | 1974 | 23.M40 | 48:37 | 48:53 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|------|------------------------|-------------------------------|------|---------|---------|-------|
| 2504 | 131. | | 118. | Rohlfing, Fabian | Münster | 1983 | 18.M30 | 48:14 | 48:55 |
| 2195 | 132. | 14. | | Skowronski, Sonja | | 1963 | 2.W50 | 48:51 | 48:56 |
| 2229 | 133. | 15. | | Kern, Mirjam | | 1962 | 3.W50 | 48:47 | 48:56 |
| 2562 | 134. | | 119. | Oeder, Harald | Hägermeister | 1961 | 4.M55 | 48:25 | 49:03 |
| 2178 | 135. | | 120. | Vennemann, Stefan | Bergziegen Altenberge | 1964 | 18.M50 | 48:57 | 49:04 |
| 2880 | 136. | | 121. | Christoph, Mattheis | | 1985 | 19.M30 | 49:09 | 49:09 |
| 2535 | 137. | | 122. | Eping, Andreas | | 1982 | 20.M30 | 49:13 | 49:18 |
| 2529 | 138. | | 123. | Bormann, Philipp | | 1980 | 13.M35 | 49:14 | 49:18 |
| 2190 | 139. | | 124. | Lange, Johannes | Ahlen | 1999 | 2.MJU18 | 49:16 | 49:25 |
| 2471 | 140. | | 125. | Kappenberg, Lars | FC St. Pauli Triathlon | 1971 | 24.M45 | 49:26 | 49:26 |
| 2778 | 141. | | 126. | Hünteler, Jan-Hendrik | BSG LVM Versicherung | 1980 | 14.M35 | 49:21 | 49:27 |
| 2246 | 142. | | 127. | Hering, Michael | Run4Fun Greven | 1968 | 25.M45 | 49:31 | 49:31 |
| 2596 | 143. | | 128. | Eggelsmann, Uwe | BSG Sparkasse Münsterland Ost | 1966 | 19.M50 | 49:28 | 49:33 |
| 2253 | 144. | | 129. | Aufdemkamp, Sebastian | | 1983 | 21.M30 | 49:13 | 49:34 |
| 2774 | 145. | | 130. | Kellermann, Florian | BSG LVM Versicherung | 1989 | 19.M20 | 49:17 | 49:34 |
| 2294 | 146. | 16. | | Schoneberg, Caroline | LSF Münster | 1975 | 3.W40 | 49:11 | 49:35 |
| 2185 | 147. | | 131. | Piegza, Sebastian | LSF Münster | 1979 | 15.M35 | 49:11 | 49:35 |
| 2483 | 148. | | 132. | Northoff, Bernd | | 1959 | 5.M55 | 49:16 | 49:39 |
| 2175 | 149. | | 133. | Schiller, Volker | Münster | 1973 | 24.M40 | 49:40 | 49:40 |
| 2398 | 150. | | 134. | Koch, Bastian | FC Schüttorf 09 Laufabteilung | 1982 | 22.M30 | 49:29 | 49:41 |
| 2257 | 151. | | 135. | Jourdan, Dominik | HSP Münster Laufteam | 1986 | 23.M30 | 49:26 | 49:42 |
| 2222 | 152. | | 136. | Dietrich, Paul-Bennett | | 2002 | 1.MJU16 | 48:47 | 49:43 |
| 2118 | 153. | 17. | | Mölders, Maren | | 1984 | 3.W30 | 49:24 | 49:44 |
| 2068 | 154. | | 137. | Langanki, Carsten | Münster | 1974 | 25.M40 | 49:50 | 49:50 |
| 2539 | 155. | | 138. | Greiwe, Jörg | UKM Infrastruktur Management | 1976 | 26.M40 | 49:40 | 49:53 |
| 2703 | 156. | | 139. | Henke, Sebastian | Rote Sau Marsberg | 1984 | 24.M30 | 49:42 | 49:56 |
| 2745 | 157. | 18. | | Bitthöfer, Tatjana | Dortmund | 1975 | 4.W40 | 49:51 | 49:58 |
| 2214 | 158. | 19. | | Dahl, Tanja | Münster | 1972 | 5.W40 | 49:55 | 50:02 |
| 2182 | 159. | | 140. | Dütschke, Carsten | Bergziegen Altenberge | 1974 | 27.M40 | 49:57 | 50:04 |
| 2356 | 160. | | 141. | Hartmann, Andree | | 1972 | 28.M40 | 49:41 | 50:07 |
| 2879 | 161. | | 142. | Beuzler, Oliver | | 1967 | 26.M45 | 50:04 | 50:16 |
| 2062 | 162. | | 143. | Parthe, Manfred | SV Benediktushof | 1957 | 6.M55 | 49:59 | 50:17 |
| 2833 | 163. | | 144. | Dirksen, Sven | Gautzsch | 1969 | 27.M45 | 49:44 | 50:18 |
| 2516 | 164. | 20. | | Döring, Rita | TV Wolbeck | 1968 | 2.W45 | 50:08 | 50:22 |
| 2092 | 165. | | 145. | Robbers, Matthias | | 1988 | 20.M20 | 50:23 | 50:30 |
| 2172 | 166. | | 146. | Beughold, Oliver | | 1983 | 25.M30 | 50:30 | 50:30 |
| 2474 | 167. | | 147. | Kösters, Michael | LSF Münster | 1968 | 28.M45 | 49:58 | 50:31 |
| 2589 | 168. | 21. | | Krömer, Sylvia | Lauffreunde Warendorf | 1971 | 3.W45 | 50:24 | 50:34 |
| 2124 | 169. | | 148. | Thume, Matthias | BSG Westfalen | 1969 | 29.M45 | 50:29 | 50:35 |
| 2796 | 170. | | 149. | Beuing, Stefan | BSG LVM Versicherung | 1981 | 16.M35 | 50:32 | 50:36 |
| 2560 | 171. | 22. | | Junk, Valerie | Münster | 1991 | 2.W20 | 50:29 | 50:39 |
| 2561 | 172. | | 150. | Böke, Malte | Münster | 1987 | 21.M20 | 50:29 | 50:39 |
| 2680 | 173. | | 151. | herbst, jürgen | | 1954 | 1.M60 | 50:14 | 50:41 |
| 2676 | 174. | | 152. | Groh, Christian | Vreden | 1985 | 26.M30 | 50:33 | 50:45 |
| 2609 | 175. | | 153. | Wiericke, Soeren | Die weissen Suaheli | 1984 | 27.M30 | 50:14 | 50:46 |
| 2494 | 176. | 23. | | Scheer, Gabriele | Wiehenläufer Hüllhorst | 1970 | 4.W45 | 50:23 | 50:48 |
| 2045 | 177. | | 154. | Waltermann, Johannes | | 1987 | 22.M20 | 50:38 | 50:50 |
| 2034 | 178. | 24. | | Niederau, Sarah | | 1989 | 3.W20 | 50:40 | 50:50 |
| 2552 | 179. | 25. | | Frische, Christiane | Run 4 fun Greven | 1970 | 5.W45 | 50:52 | 50:54 |
| 2358 | 180. | 26. | | Kolar, Miriam | LSF Münster | 1974 | 6.W40 | 50:49 | 50:55 |
| 2231 | 181. | | 155. | Kern, Ulrich | | 1955 | 2.M60 | 50:47 | 50:56 |
| 2042 | 182. | | 156. | Hügel, Daniel | | 1982 | 28.M30 | 50:26 | 50:58 |
| 2406 | 183. | 27. | | Suwelack, Birgit | Run4fun Greven e.V. | 1968 | 6.W45 | 50:57 | 50:59 |
| 2536 | 184. | | 157. | Seeberg, Gernot | UKM Infrastruktur Management | 1956 | 3.M60 | 50:49 | 51:09 |
| 2289 | 185. | | 158. | Mentrup, Ralph | Run4fun Greven | 1967 | 30.M45 | 51:11 | 51:11 |
| 2122 | 186. | | 159. | Blömers, Jason | Mondi Gronau | 1994 | 23.M20 | 51:10 | 51:16 |
| 2270 | 187. | | 160. | Stübner, Mathias | Team ERDINGER Alkohlfrei | 1977 | 17.M35 | 50:56 | 51:18 |
| 2090 | 188. | | 161. | Latt, Christian | | 1973 | 29.M40 | 51:26 | 51:33 |
| 2210 | 189. | | 162. | Tombrink, Michael | LSF Münster | 1964 | 20.M50 | 51:33 | 51:42 |
| 2374 | 190. | 28. | | Müller, Judith | | 1978 | 3.W35 | 51:34 | 51:43 |
| 2367 | 191. | 29. | | Kaalmink, Svenja | Münster | 1988 | 4.W20 | 51:46 | 51:55 |
| 2493 | 192. | | 163. | Scheer, Andreas | Wiehenläufer Hüllhorst | 1972 | 30.M40 | 51:32 | 51:59 |
| 2162 | 193. | | 164. | Braun, Georg | Mondi Gronau | 1977 | 18.M35 | 51:39 | 52:00 |
| 2366 | 194. | 30. | | Brockmann, Jana | | 1978 | 4.W35 | 51:52 | 52:01 |
| 2578 | 195. | 31. | | Otte, Elke | Teuto Riesenbeck | 1976 | 7.W40 | 51:32 | 52:01 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|------|------------------------|-------------------------------|------|--------|---------|-------|
| 2151 | 196. | | 165. | Ponten, Wolfgang | | 1961 | 7.M55 | 51:37 | 52:05 |
| 2422 | 197. | 32. | | Roßmanith, Carolin | | 1989 | 5.W20 | 51:47 | 52:15 |
| 2263 | 198. | | 166. | Margraf, Robert | BWZ Zoll | 1994 | 24.M20 | 51:51 | 52:17 |
| 2140 | 199. | 33. | | Kröger, Maria | Tv Vreden | 1966 | 4.W50 | 52:06 | 52:21 |
| 2579 | 200. | | 167. | Funke, Gerd | | 1960 | 8.M55 | 52:18 | 52:23 |
| 2401 | 201. | | 168. | Voll, Chris | Lauftreff Hohenholte | 1944 | 1.M70 | 51:53 | 52:23 |
| 2587 | 202. | | 169. | Koppe, Martin | GSV Bielefeld | 1969 | 31.M45 | 52:25 | 52:25 |
| 2238 | 203. | | 170. | Scholz, Matthias | | 1980 | 19.M35 | 51:55 | 52:25 |
| 2381 | 204. | 34. | | Heuer, Barbara | LSF Münster | 1963 | 5.W50 | 51:57 | 52:25 |
| 2411 | 205. | | 171. | Niehaus, Stephan | | 1983 | 29.M30 | 51:44 | 52:26 |
| 2525 | 206. | 35. | | Thomann, Friederike | | 1986 | 4.W30 | 52:22 | 52:34 |
| 2633 | 207. | | 172. | Barwe, Christian | | 1971 | 32.M45 | 52:21 | 52:34 |
| 2526 | 208. | | 173. | Thomann, Christian | | 1987 | 25.M20 | 52:21 | 52:35 |
| 2387 | 209. | 36. | | Duhme-Gawell, Julia | Münster rollt | 1979 | 5.W35 | 52:36 | 52:36 |
| 2428 | 210. | 37. | | Wilde, Susanne | SV Herbern | 1969 | 7.W45 | 52:34 | 52:40 |
| 2167 | 211. | | 174. | Merse, Heinz | LSF Münster | 1959 | 9.M55 | 52:08 | 52:49 |
| 2788 | 212. | | 175. | Dedeck, Stefan | BSG LVM Versicherung | 1985 | 30.M30 | 52:50 | 52:50 |
| 2456 | 213. | | 176. | Schüppmann, Stefan | | 1977 | 20.M35 | 52:53 | 52:53 |
| 2771 | 214. | 38. | | Kreimer, Janine | BSG LVM Versicherung | 1978 | 6.W35 | 52:57 | 53:01 |
| 2824 | 215. | | 177. | Ehlert, Markus | Laufen rund um Münster | 1984 | 31.M30 | 52:10 | 53:02 |
| 2462 | 216. | | 178. | Gospodarek, Roland | | 1976 | 31.M40 | 53:01 | 53:02 |
| 2749 | 217. | | 179. | Habersack, Tobias | Münster | ? | 1.M | 52:33 | 53:03 |
| 2768 | 218. | 39. | | Leifhelm, Astrid | BSG LVM Versicherung | 1968 | 8.W45 | 53:03 | 53:08 |
| 2497 | 219. | 40. | | Langela, Christa | SF Nordvelen | 1964 | 6.W50 | 52:59 | 53:11 |
| 2104 | 220. | 41. | | Schumacher, Eva | Lauftreff SV Herbern | 1984 | 5.W30 | 52:42 | 53:24 |
| 2426 | 221. | 42. | | Völz, Ina | SV Herbern | 1972 | 8.W40 | 53:23 | 53:30 |
| 2433 | 222. | | 180. | Sobbe, Berthold | SV Herbern | 1965 | 21.M50 | 53:24 | 53:30 |
| 2574 | 223. | 43. | | Deters, Anja | Teuto Riesenbeck | 1979 | 7.W35 | 53:03 | 53:32 |
| 2324 | 224. | | 181. | Westermann, Robert | Teuto Riesenbeck | 1970 | 33.M45 | 53:09 | 53:37 |
| 2662 | 225. | | 182. | Nobbe, Pascal | BG Gimfte | 1988 | 26.M20 | 53:21 | 53:37 |
| 2550 | 226. | | 183. | Pfister, Ulrich | | 1956 | 4.M60 | 53:45 | 53:45 |
| 2017 | 227. | | 184. | Laznik, Chris | | 1968 | 34.M45 | 53:47 | 53:51 |
| 2836 | 228. | | 185. | Korn, Philipp | Gautzsch | 1990 | 27.M20 | 53:21 | 53:54 |
| 2207 | 229. | 44. | | Tombrink, Martha | Münster | 1968 | 9.W45 | 53:50 | 53:59 |
| 2583 | 230. | 45. | | Balder, Anne | TriFinish | 1978 | 8.W35 | 53:45 | 54:00 |
| 2480 | 231. | | 186. | Berg, Günter | | 1952 | 5.M60 | 53:38 | 54:00 |
| 2679 | 232. | | 187. | Philipzen, Michael | | 1971 | 35.M45 | 53:41 | 54:00 |
| 2663 | 233. | | 188. | Höfener, Heinrich | Lauftreff Hohenholte | 1948 | 3.M65 | 53:35 | 54:02 |
| 2593 | 234. | | 189. | Rosema, Dirk | HEINZ Training | 1971 | 36.M45 | 53:49 | 54:02 |
| 2726 | 235. | | 190. | Gratilow, Timo | WEICON GmbH & CO. KG | 1977 | 21.M35 | 53:34 | 54:04 |
| 2415 | 236. | 46. | | Horenburg, Johanna | Münster | 1993 | 6.W20 | 53:49 | 54:06 |
| 2331 | 237. | | 191. | Ziese, Bernd | MDK Rheine | 1963 | 22.M50 | 53:49 | 54:07 |
| 2133 | 238. | | 192. | Wensing, Bernd | Billerbeck | 1991 | 28.M20 | 53:49 | 54:11 |
| 2307 | 239. | | 193. | Helms, Tobias | SV Arminia Appelhülsen / TEA | 1982 | 32.M30 | 53:28 | 54:12 |
| 2807 | 240. | | 194. | Schmidt, Dietmar | Laufen rund um Münster | 1968 | 37.M45 | 53:28 | 54:12 |
| 2234 | 241. | | 195. | Onnebrink, Christoph | | 1968 | 38.M45 | 54:13 | 54:13 |
| 2025 | 242. | | 196. | Kummann-Rüschoff, Theo | Lauftreff Hohenholte | 1982 | 33.M30 | 53:45 | 54:13 |
| 2600 | 243. | | 197. | Wesche, Michael | | 1968 | 39.M45 | 53:46 | 54:18 |
| 2020 | 244. | | 198. | Möcklinghoff, Heiko | LSF Münster | 1967 | 40.M45 | 53:48 | 54:18 |
| 2228 | 245. | 47. | | Jünck, Friederike | BSV Ostbevern | 1981 | 9.W35 | 54:15 | 54:19 |
| 2313 | 246. | | 199. | Jünck, Lambert | BSV Ostbevern | 1982 | 34.M30 | 54:15 | 54:19 |
| 2344 | 247. | 48. | | Weiss, Kristin | | 1986 | 6.W30 | 54:05 | 54:20 |
| 2755 | 248. | | 200. | Lange, Ralf | Blau-Weiß Aasee | 1981 | 22.M35 | 53:42 | 54:21 |
| 2486 | 249. | | 201. | Lampen, Michael | Lauftreff Hohenholte | 1957 | 10.M55 | 53:52 | 54:22 |
| 2043 | 250. | 49. | | Kühn, Sandra | Münster | 1987 | 7.W20 | 54:18 | 54:23 |
| 2569 | 251. | 50. | | Skowronek, Ronja | | 1987 | 8.W20 | 54:11 | 54:26 |
| 2840 | 252. | | 202. | Kerkmann, Thorsten | Gautzsch | 1978 | 23.M35 | 53:54 | 54:27 |
| 2489 | 253. | | 203. | Jürgens, Markus | LG Emsdetten | 1987 | 29.M20 | 54:20 | 54:28 |
| 2237 | 254. | 51. | | Kestermann, Anja | | 1968 | 10.W45 | 54:08 | 54:31 |
| 2582 | 255. | 52. | | Heitmann, Viktoria | | 1988 | 9.W20 | 54:34 | 54:34 |
| 2395 | 256. | | 204. | Weichert, Thomas | | 1982 | 35.M30 | 53:57 | 54:38 |
| 2546 | 257. | | 205. | Tulatz, Rainer | UKM Infrastruktur Management | 1956 | 6.M60 | 54:18 | 54:40 |
| 2640 | 258. | | 206. | Weber, Frank | TUS Saxonia Münster Lauftreff | 1970 | 41.M45 | 54:23 | 54:41 |
| 2382 | 259. | | 207. | Kallfell, Guido | Münster rollt | 1974 | 32.M40 | 54:42 | 54:42 |
| 2632 | 260. | | 208. | Demirdag, Hammadi | | 1979 | 24.M35 | 54:29 | 54:43 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|-----|------|----------------------------|-------------------------------|------|---------|---------|-------|
| 2405 | 261. | | 209. | TÜRKER, C. XAVER | NOWEDA LAUFTEAM | 1964 | 23.M50 | 54:40 | 54:45 |
| 2166 | 262. | 53. | | Rose, Nele | Lauffreunde Gremmendorf | 1996 | 10.W20 | 54:39 | 54:45 |
| 2309 | 263. | | 210. | Rosemann, Christoph | | 1980 | 25.M35 | 54:34 | 54:45 |
| 2505 | 264. | | 211. | Tenspolde, Stefan | ASV Ellewick | 1979 | 26.M35 | 54:24 | 54:47 |
| 2291 | 265. | | 212. | Stuttman, Tim | | 1971 | 42.M45 | 54:39 | 54:49 |
| 2053 | 266. | | 213. | Basner, Jens | Münster | 1988 | 30.M20 | 54:27 | 54:51 |
| 2352 | 267. | | 214. | Neumann, Bertram | BSG Fiducia GAD | 1959 | 11.M55 | 54:42 | 54:52 |
| 2566 | 268. | | 215. | Terbrack, Gerd | LSF Münster | 1961 | 12.M55 | 54:31 | 54:52 |
| 2421 | 269. | | 216. | Dirks, Hendrik | Münster | 1986 | 36.M30 | 54:33 | 54:57 |
| 2610 | 270. | | 217. | Langhut, Torso | Die weissen Suaheli | 1976 | 33.M40 | 54:32 | 55:03 |
| 2606 | 271. | | 218. | Minoggio, Ingo | Die weissen Suaheli | 1954 | 7.M60 | 54:31 | 55:03 |
| 2612 | 272. | | 219. | Waermeling, Uli | Die weissen Suaheli | 1962 | 24.M50 | 54:32 | 55:04 |
| 2762 | 273. | | 220. | Schnabel, Markus | BSG LVM Versicherung | 1985 | 37.M30 | 55:03 | 55:04 |
| 2065 | 274. | | 221. | de Luxán García, Guillermo | | 1984 | 38.M30 | 54:33 | 55:04 |
| 2482 | 275. | | 222. | Drilling, Dirk | | 1961 | 13.M55 | 54:42 | 55:06 |
| 2013 | 276. | 54. | | Bosse, Karin | Laufen rund um Münster | 1974 | 9.W40 | 54:24 | 55:06 |
| 2136 | 277. | | 223. | Bergmann, Frederik | BSG Westfalen | 1985 | 39.M30 | 54:34 | 55:08 |
| 2081 | 278. | | 224. | Lammers, Stefan | Bergziegen Altenberge | 1969 | 43.M45 | 54:57 | 55:09 |
| 2056 | 279. | 55. | | Wensing, Joanna | Billerbeck | 1989 | 11.W20 | 54:54 | 55:15 |
| 2601 | 280. | 56. | | Hummel, Katrin | Laufftreff Hohenholte | 1968 | 11.W45 | 54:47 | 55:16 |
| 2473 | 281. | | 225. | Krantz, Karsten | SV Herbern | 1968 | 44.M45 | 54:10 | 55:21 |
| 2794 | 282. | | 226. | Bücker, Thomas | BSG LVM Versicherung | 1962 | 25.M50 | 55:22 | 55:22 |
| 2165 | 283. | | 227. | Schilling, Gregor | Bergziegen Altenberge | 1968 | 45.M45 | 55:12 | 55:22 |
| 2155 | 284. | | 228. | Schreinemacher, Michael | Bergziegen Altenberge | 1965 | 26.M50 | 55:14 | 55:25 |
| 2594 | 285. | 57. | | Held, Kerstin | TVE Barop | 1987 | 12.W20 | 54:39 | 55:26 |
| 2591 | 286. | | 229. | Fissmann, Thomas | | 1965 | 27.M50 | 55:13 | 55:27 |
| 2847 | 287. | 58. | | Jung, Kristina | AOK-Nordwest | 1986 | 7.W30 | 54:46 | 55:28 |
| 2846 | 288. | | 230. | Hohmann, Dominik | AOK-Nordwest | 1986 | 40.M30 | 55:28 | 55:28 |
| 2812 | 289. | | 231. | Mojescik, Janus | Laufen rund um Münster | 1968 | 46.M45 | 55:04 | 55:29 |
| 2635 | 290. | | 232. | Kückelmann, Rolf | LSF Münster | 1950 | 4.M65 | 54:59 | 55:32 |
| 2753 | 291. | | 233. | Möske, Frank | Saerbeck | 1972 | 34.M40 | 55:21 | 55:32 |
| 2260 | 292. | 59. | | Onnebrink, Elke | Münster | 1969 | 12.W45 | 55:36 | 55:36 |
| 2196 | 293. | | 234. | Krüger, Jan | Münster | 1992 | 31.M20 | 55:14 | 55:38 |
| 2328 | 294. | | 235. | Zihang, Thomas | Peselhegel | 1977 | 27.M35 | 55:38 | 55:38 |
| 2650 | 295. | 60. | | Althoff, Hedwig | Fokus Selm | 1955 | 1.W60 | 55:31 | 55:40 |
| 2630 | 296. | 61. | | Anhuth, Iris | BSG Sparkasse Münsterland Ost | 1965 | 7.W50 | 55:28 | 55:43 |
| 2636 | 297. | 62. | | Fuhrmann, Gloria | | 1985 | 8.W30 | 55:44 | 55:44 |
| 2203 | 298. | 63. | | Mosler, Wibke | Münster | 1995 | 13.W20 | 55:25 | 55:46 |
| 2528 | 299. | | 236. | Möllers, Ralf | Münster | 1962 | 28.M50 | 55:17 | 55:47 |
| 2350 | 300. | 64. | | Krandick, Sara | TV Vreden Laufftreff | 1985 | 9.W30 | 55:36 | 55:47 |
| 2357 | 301. | 65. | | Krandick, Christin | Vreden | 1986 | 10.W30 | 55:36 | 55:47 |
| 2303 | 302. | 66. | | Kovermann, Vera | LSF Münster | 1973 | 10.W40 | 55:20 | 55:52 |
| 2296 | 303. | 67. | | Althoff, Tina | LSF Münster | 1975 | 11.W40 | 55:21 | 55:52 |
| 2492 | 304. | | 237. | Nordmann, Heiner | LSF Münster | 1968 | 47.M45 | 55:19 | 55:52 |
| 2403 | 305. | | 238. | Osterbrink, Kai | Saerbeck | 1977 | 28.M35 | 54:55 | 55:57 |
| 2266 | 306. | | 239. | Holle, Jürgen | Team Erdinger Alkoholfrei | 1969 | 48.M45 | 55:13 | 55:58 |
| 2213 | 307. | | 240. | Leonhardt, Volker | SW Havixbeck | 1964 | 29.M50 | 56:00 | 56:00 |
| 2198 | 308. | 68. | | Rotthove, Irene | BSV Ostbevern | 1965 | 8.W50 | 55:58 | 56:02 |
| 2115 | 309. | | 241. | Behrens, Johannes | BSG Westfalen | 1991 | 32.M20 | 55:29 | 56:02 |
| 2378 | 310. | | 242. | Mörker, Paul | Münster | 2001 | 2.MJU16 | 55:05 | 56:03 |
| 2085 | 311. | | 243. | Dreisbach, Gerd | Laufftreff Hohenholte | 1954 | 8.M60 | 55:37 | 56:07 |
| 2549 | 312. | 69. | | Bloch Pfister, Alexandra | LSF Münster | 1962 | 9.W50 | 56:08 | 56:08 |
| 2188 | 313. | 70. | | Lange, Andrea | Ahlen | 1967 | 13.W45 | 56:09 | 56:09 |
| 2741 | 314. | 71. | | Pehrs, Meike | | 1986 | 11.W30 | 56:10 | 56:10 |
| 2154 | 315. | | 244. | Rochol, Tobias | Apic Apes | 1990 | 33.M20 | 55:27 | 56:10 |
| 2044 | 316. | | 245. | Hahn, Günter | LSF Münster | 1955 | 9.M60 | 55:38 | 56:10 |
| 2722 | 317. | 72. | | Stein, Sabine | Geisenkirchen | 1997 | 1.WJU20 | 55:35 | 56:10 |
| 2161 | 318. | | 246. | Reker, Jörg | | 1972 | 35.M40 | 56:07 | 56:12 |
| 2330 | 319. | | 247. | Erfkemper, Markus | | 1986 | 41.M30 | 55:19 | 56:12 |
| 2665 | 320. | | 248. | von Germersheim, Leon | Lünen | 1965 | 30.M50 | 55:41 | 56:15 |
| 2484 | 321. | 73. | | Sietmann, Beate | | 1966 | 10.W50 | 55:52 | 56:16 |
| 2819 | 322. | 74. | | Hunger, Magda | Laufen rund um Münster | 1989 | 14.W20 | 55:36 | 56:17 |
| 2276 | 323. | 75. | | Lohscheller, Maria | LSF Münster | 1958 | 3.W55 | 56:10 | 56:18 |
| 2067 | 324. | | 249. | Schwing, Guido | SV Arminia Appelhülsen | 1969 | 49.M45 | 55:46 | 56:24 |
| 2319 | 325. | 76. | | Präkelt, Suzanne | Herne | 1969 | 14.W45 | 56:18 | 56:28 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|-----------------------------|-------------------------------|------|---------|---------|-------|
| 2215 | 326. | | 250. | Skowronski, Mika | | 2002 | 3.MJU16 | 55:35 | 56:29 |
| 2361 | 327. | | 251. | Hilge, Oliver | Peselhegel | 1983 | 42.M30 | 56:30 | 56:30 |
| 2548 | 328. | | 252. | König, Holger | Sportvereinigung Rühme von 19 | 1969 | 50.M45 | 55:35 | 56:32 |
| 2297 | 329. | | 253. | Bußmann, Roland | Noweda | 1978 | 29.M35 | 56:14 | 56:33 |
| 2149 | 330. | | 254. | Hoffmann, Sebastian | LSF Münster | 1979 | 30.M35 | 55:58 | 56:35 |
| 2295 | 331. | | 255. | Besselink, Gerrit | GSV Münster / W+F Münster | 1966 | 31.M50 | 55:57 | 56:43 |
| 2567 | 332. | | 256. | Duibjohann, Lars | Münster | 1970 | 51.M45 | 56:50 | 56:50 |
| 2249 | 333. | | 257. | Berghaus, Christian | | 1982 | 43.M30 | 56:34 | 56:54 |
| 2268 | 334. | | 258. | Kriegel, Steffen | | 1978 | 31.M35 | 56:45 | 56:59 |
| 2326 | 335. | | 259. | Mally, Artur | Hailes Erben | 1974 | 36.M40 | 56:46 | 56:59 |
| 2831 | 336. | | 260. | Bartels, Stefan | Gautzsch | 1984 | 44.M30 | 56:22 | 57:00 |
| 2731 | 337. | | 261. | Beilmann, Sascha | WEICON GmbH & CO. KG | 1988 | 34.M20 | 56:25 | 57:00 |
| 2091 | 338. | 77. | | Niehus, Juliane | SV Arminia Appelhülsen | 1975 | 12.W40 | 56:17 | 57:03 |
| 2114 | 339. | | 262. | Burbaum, Benedikt | | 1984 | 45.M30 | 56:14 | 57:04 |
| 2258 | 340. | 78. | | Holle, Tanja | Team Erdinger alkoholfrei | 1974 | 13.W40 | 56:19 | 57:04 |
| 2711 | 341. | | 263. | Bünker, Simon | | 1984 | 46.M30 | 56:39 | 57:06 |
| 2501 | 342. | 79. | | Böhnisch, Sina | Münster | 1992 | 15.W20 | 57:09 | 57:09 |
| 2705 | 343. | | 264. | Benson, Hubertus | | 1966 | 32.M50 | 56:35 | 57:10 |
| 2487 | 344. | | 265. | Schräder, Ludger | Münster | 1969 | 52.M45 | 56:50 | 57:18 |
| 2301 | 345. | 80. | | Hendricks, Petra | LSF Münster | 1970 | 15.W45 | 57:21 | 57:21 |
| 2277 | 346. | 81. | | Becker, Claudia | Team #flitzmäuse | 1986 | 12.W30 | 57:08 | 57:22 |
| 2850 | 347. | 82. | | Olthoff, Melanie | AOK-Nordwest | 1974 | 14.W40 | 57:09 | 57:34 |
| 2801 | 348. | 83. | | Wollhöwer, Nadine | Laufen rund um Münster | 1979 | 10.W35 | 56:59 | 57:37 |
| 2727 | 349. | | 266. | Lütfring, Holger | WEICON GmbH & CO. KG | 1970 | 53.M45 | 57:02 | 57:37 |
| 2408 | 350. | | 267. | Seiling, Michael | Rinkerode | 1976 | 37.M40 | 57:15 | 57:41 |
| 2315 | 351. | | 268. | Ostkamp, Klaus | | 1958 | 14.M55 | 57:36 | 57:41 |
| 2418 | 352. | 84. | | Hornberger, Nicole | Rinkerode | 1972 | 15.W40 | 57:15 | 57:41 |
| 2835 | 353. | | 269. | Köbbing, Michael | Gautzsch | 1970 | 54.M45 | 57:02 | 57:42 |
| 2377 | 354. | | 270. | Hahn, Donatus | STABIL Made in Münster | 1984 | 47.M30 | 56:57 | 57:42 |
| 2614 | 355. | 85. | | Maaßen, Annika | LSF Münster | 1979 | 11.W35 | 57:08 | 57:43 |
| 2223 | 356. | 86. | | Pöcheim, Antje Katrin | LSF Münster | 1971 | 16.W45 | 57:07 | 57:44 |
| 2754 | 357. | | 271. | Knappik, Lars | DJK Eintracht Hilstrup | 1987 | 35.M20 | 57:06 | 57:46 |
| 2286 | 358. | 87. | | Neuhaus, Kerstin | | 1982 | 13.W30 | 57:10 | 57:49 |
| 2292 | 359. | 88. | | Werk, Simone | SV Benediktushof | 1977 | 12.W35 | 57:15 | 57:50 |
| 2113 | 360. | 89. | | Frerking, Lena | | 1988 | 16.W20 | 57:28 | 57:52 |
| 2299 | 361. | 90. | | Woermann-Riedel, Nicole | LSF Münster | 1976 | 16.W40 | 57:56 | 57:56 |
| 2099 | 362. | 91. | | Schulze-Bisping, Christin | Billerbeck | 1989 | 17.W20 | 57:41 | 58:02 |
| 2379 | 363. | 92. | | Münstermann, Vivien | LSF Münster | 1980 | 13.W35 | 57:31 | 58:07 |
| 2563 | 364. | 93. | | Oeder, Regina | | 1968 | 17.W45 | 57:33 | 58:10 |
| 2834 | 365. | | 272. | Eiling, Lucas | Gautzsch | 1995 | 36.M20 | 57:35 | 58:15 |
| 2306 | 366. | 94. | | Klauß- Vielmeyer, Petra | LSF Münster | 1963 | 11.W50 | 57:44 | 58:17 |
| 2625 | 367. | | 273. | Neumann, Oliver | Altenberge | 1971 | 55.M45 | 58:19 | 58:19 |
| 2255 | 368. | | 274. | Warbinger, Sebastian | | 1982 | 48.M30 | 57:21 | 58:21 |
| 2510 | 369. | | 275. | Lohölter, Jens | BSG Iglo Reken | 1976 | 38.M40 | 58:01 | 58:23 |
| 2036 | 370. | | 276. | Graap, Martin | LSF Münster | 1961 | 15.M55 | 58:25 | 58:25 |
| 2179 | 371. | 95. | | Iewandowski, Fatma | SV Herbern | 1971 | 18.W45 | 58:20 | 58:27 |
| 2714 | 372. | 96. | | Nowatzyk, Gaby | Spririon e.V., Münster | 1957 | 4.W55 | 58:15 | 58:27 |
| 2400 | 373. | | 277. | Wortmann, Ingo | | 1976 | 39.M40 | 57:55 | 58:32 |
| 2416 | 374. | | 278. | Habeck, Michael | | 1975 | 40.M40 | 57:54 | 58:33 |
| 2425 | 375. | | 279. | Wagener, Ralf | | 1964 | 33.M50 | 57:55 | 58:33 |
| 2437 | 376. | 97. | | Lüttmann, Angela | | 1970 | 19.W45 | 57:55 | 58:33 |
| 2340 | 377. | | 280. | Rüthers, Peter | SV Herbern | 1965 | 34.M50 | 58:26 | 58:33 |
| 2129 | 378. | 98. | | Lütke-meier, Lena | | 1982 | 14.W30 | 57:58 | 58:34 |
| 2551 | 379. | 99. | | Bülsing, Claudia | Laufftreff Vreden | 1972 | 17.W40 | 58:20 | 58:35 |
| 2341 | 380. | | 281. | Hendker, Jan | Bootcamp | 1984 | 49.M30 | 58:38 | 58:38 |
| 2159 | 381. | 100. | | Hellmich, Kea | Wiehenläufer Hüllhorst | 1990 | 18.W20 | 58:14 | 58:40 |
| 2074 | 382. | 101. | | Dübelde, Maike | | 1982 | 15.W30 | 58:04 | 58:40 |
| 2304 | 383. | 102. | | Sicking, Nadine | | 1983 | 16.W30 | 58:37 | 58:48 |
| 2180 | 384. | | 282. | Noczynski, Wolfgang | Bergziegen Altenberge | 1962 | 35.M50 | 58:41 | 58:53 |
| 2756 | 385. | 103. | | Weidner, Sandra | BSG LVM Versicherung | 1983 | 17.W30 | 58:41 | 58:55 |
| 2007 | 386. | 104. | | Marika, Meyer zu Brickwedde | LSF Münster | 1961 | 5.W55 | 58:19 | 58:55 |
| 2241 | 387. | 105. | | Frenk, Ann-Kathrin | | 1989 | 19.W20 | 58:15 | 58:56 |
| 2623 | 388. | 106. | | Wöstmann, Sabine | Münster | 1965 | 12.W50 | 58:09 | 58:56 |
| 2477 | 389. | 107. | | Nitsch, Sarah | | 1983 | 18.W30 | 58:41 | 58:57 |
| 2390 | 390. | 108. | | Bradtke, Alina | Münster | 1991 | 20.W20 | 58:57 | 58:57 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|--------------------------|------------------------------|------|--------|---------|---------|
| 2485 | 391. | | 283. | Höwing, Mirko | | 1983 | 50.M30 | 58:42 | 58:58 |
| 2014 | 392. | 109. | | Bußmann, Marlies | TV Wolbeck | 1946 | 1.W70 | 58:37 | 59:00 |
| 2010 | 393. | | 284. | Bußmann, Marc | LSF Münster | 1980 | 32.M35 | 58:38 | 59:01 |
| 2769 | 394. | 110. | | Laumeier, Marion | BSG LVM Versicherung | 1985 | 19.W30 | 58:48 | 59:01 |
| 2747 | 395. | 111. | | Sprenger-Becker, Juliane | TUS Alemannia Rösenbeck | 1971 | 20.W45 | 58:25 | 59:01 |
| 2015 | 396. | 112. | | Saning, Esther | | 1981 | 14.W35 | 58:36 | 59:01 |
| 2200 | 397. | | 285. | Reichel, Thomas | | 1968 | 56.M45 | 58:05 | 59:01 |
| 2767 | 398. | | 286. | Mangels, Hermann | BSG LVM Versicherung | 1965 | 36.M50 | 58:22 | 59:02 |
| 2452 | 399. | 113. | | Wissling, Nicole | | 1974 | 18.W40 | 58:38 | 59:02 |
| 2637 | 400. | 114. | | Meltendorf, Lisa | | 1985 | 20.W30 | 58:24 | 59:03 |
| 2533 | 401. | 115. | | Klein, Christine | UKM Infrastruktur Management | 1970 | 21.W45 | 58:50 | 59:08 |
| 2280 | 402. | | 287. | Schwarz, Michael | Münster | 1979 | 33.M35 | 58:51 | 59:10 |
| 2838 | 403. | | 288. | Niermann, Sebastian | Gautzsch | 1995 | 37.M20 | 58:34 | 59:13 |
| 2761 | 404. | | 289. | Scholle, Tobias | BSG LVM Versicherung | 1988 | 38.M20 | 59:14 | 59:14 |
| 2795 | 405. | | 290. | Borrink, Jörn | BSG LVM Versicherung | 1990 | 39.M20 | 58:32 | 59:14 |
| 2224 | 406. | | 291. | Merscher, Simon | Mondi Gronau | 1983 | 51.M30 | 58:52 | 59:19 |
| 2230 | 407. | | 292. | Kotes, Tobias | Mondi Gronau | 1985 | 52.M30 | 58:52 | 59:19 |
| 2793 | 408. | | 293. | Bücker, Christian | BSG LVM Versicherung | 1977 | 34.M35 | 59:24 | 59:24 |
| 2576 | 409. | | 294. | Deters, Oliver | Teuto Riesenbeck | 1970 | 57.M45 | 58:58 | 59:28 |
| 2816 | 410. | | 295. | Lepach, Frank | Laufen rund um Münster | 1968 | 58.M45 | 58:47 | 59:32 |
| 2066 | 411. | 116. | | Frye-Wiemann, Carolin | | 1986 | 21.W30 | 59:25 | 59:57 |
| 2106 | 412. | 117. | | Frese, Tanja | | 1986 | 22.W30 | 59:25 | 59:58 |
| 2142 | 413. | | 296. | Mühlenkamp, Bernd | Bergziegen Altenberge | 1970 | 59.M45 | 59:46 | 59:58 |
| 2670 | 414. | | 297. | Karthäuser, Markus | Wasser+Freizeit | 1966 | 37.M50 | 59:28 | 0:59:59 |
| 2204 | 415. | 118. | | Quindt, Katharina Milena | OsKa | 1989 | 21.W20 | 59:13 | 0:59:59 |
| 2047 | 416. | 119. | | Stens, Sabine | | 1972 | 19.W40 | 0:59:59 | 0:59:59 |
| 2037 | 417. | | 298. | Stens, Marcus | | 1968 | 60.M45 | 0:59:59 | 0:59:59 |
| 2117 | 418. | 120. | | Jürgens, Anne | | 1985 | 23.W30 | 59:22 | 1:00:01 |
| 2132 | 419. | 121. | | Ahrens, Thekla | | 1986 | 24.W30 | 59:22 | 1:00:01 |
| 2730 | 420. | | 299. | Heidtmann, Jannik | WEICON GmbH & CO. KG | 1995 | 40.M20 | 59:27 | 1:00:02 |
| 2466 | 421. | 122. | | Homann, Heike | LSF Münster | 1968 | 22.W45 | 59:27 | 1:00:04 |
| 2787 | 422. | | 300. | Depmann, Dieter | BSG LVM Versicherung | 1969 | 61.M45 | 59:44 | 1:00:12 |
| 2728 | 423. | | 301. | Younesi, Arash | WEICON GmbH & CO. KG | 1978 | 35.M35 | 59:44 | 1:00:14 |
| 2869 | 424. | | 302. | Rothkirch, Lars | | 1988 | 41.M20 | 59:47 | 1:00:14 |
| 2575 | 425. | 123. | | Rentmeister, Andrea | | 1977 | 15.W35 | 59:36 | 1:00:16 |
| 2782 | 426. | | 303. | Hadler, Erich | BSG LVM Versicherung | 1963 | 38.M50 | 59:29 | 1:00:17 |
| 2760 | 427. | 124. | | Segert, Elke | BSG LVM Versicherung | 1963 | 13.W50 | 59:30 | 1:00:17 |
| 2212 | 428. | | 304. | Ludorf, Holger | | 1963 | 39.M50 | 59:26 | 1:00:19 |
| 2522 | 429. | | 305. | Sanhaji, Fathi | Greven | 1968 | 62.M45 | 1:00:24 | 1:00:24 |
| 2568 | 430. | | 306. | Pickett, Kevin | BSG Selectric | 1957 | 16.M55 | 59:39 | 1:00:25 |
| 2686 | 431. | 125. | | Meider, Stefanie | | 1984 | 25.W30 | 1:00:26 | 1:00:26 |
| 2725 | 432. | | 307. | Weidling, Ralph | WEICON GmbH & CO. KG | 1961 | 17.M55 | 59:57 | 1:00:29 |
| 2639 | 433. | | 308. | Rietmann, Bernhard | | 1967 | 63.M45 | 59:41 | 1:00:30 |
| 2827 | 434. | | 309. | Buschhorn, Florian | Laufen rund um Münster | 1990 | 42.M20 | 59:40 | 1:00:30 |
| 2205 | 435. | | 310. | Brüning, Stefan | | 1986 | 53.M30 | 59:37 | 1:00:34 |
| 2547 | 436. | 126. | | Klockenbrink, Kerstin | | 1974 | 20.W40 | 1:00:05 | 1:00:41 |
| 2028 | 437. | 127. | | Fuchtmann, Christiane | SC DJK Everswinkel | 1977 | 16.W35 | 1:00:46 | 1:00:46 |
| 2273 | 438. | | 311. | Hendricks, Claus Peter | Münster | 1969 | 64.M45 | 1:00:53 | 1:00:53 |
| 2071 | 439. | 128. | | Bloom, Jenny | ASV Ellewick | 1984 | 26.W30 | 1:00:36 | 1:00:59 |
| 2078 | 440. | | 312. | EBmann, Thorsten | Münster | 1980 | 36.M35 | 59:48 | 1:01:00 |
| 2052 | 441. | | 313. | Greve, H.-Robert | SV Herbern | 1960 | 18.M55 | 59:49 | 1:01:00 |
| 2089 | 442. | | 314. | Wielers, Stefan | ASV Ellewick | 1979 | 37.M35 | 1:00:37 | 1:01:02 |
| 2748 | 443. | 129. | | Rüdel, Franziska | | 1991 | 22.W20 | 1:00:31 | 1:01:02 |
| 2855 | 444. | 130. | | Tacke, Svenja | Münster | 1990 | 23.W20 | 1:00:32 | 1:01:02 |
| 2135 | 445. | 131. | | Meis, Andrea | Apic Apes | 1984 | 27.W30 | 1:00:19 | 1:01:03 |
| 2334 | 446. | 132. | | Heckhuis, Katja | | 1974 | 21.W40 | 1:00:07 | 1:01:04 |
| 2337 | 447. | 133. | | Böse, Verena | | 1982 | 28.W30 | 1:00:08 | 1:01:04 |
| 2556 | 448. | 134. | | lütke Zutelgte, Maren | LSF Münster | 1979 | 17.W35 | 1:00:22 | 1:01:09 |
| 2217 | 449. | 135. | | Kunick, Eva | | 1977 | 18.W35 | 1:00:24 | 1:01:11 |
| 2335 | 450. | | 315. | Gremm, Oliver | Bootcamp Münster | 1981 | 38.M35 | 1:01:16 | 1:01:16 |
| 2006 | 451. | | 316. | Kreimer, Bernd | Laufteufel | 1948 | 5.M65 | 1:01:14 | 1:01:19 |
| 2336 | 452. | 136. | | Hendker, Anna | Bootcamp | 1984 | 29.W30 | 1:00:22 | 1:01:20 |
| 2577 | 453. | | 317. | Liffers, Kim | | 1968 | 65.M45 | 1:00:45 | 1:01:23 |
| 2590 | 454. | 137. | | Abbing, Sabine | Horstmar | 1973 | 22.W40 | 1:00:30 | 1:01:25 |
| 2586 | 455. | 138. | | Urban, Nataly | Polizei NRW | 1974 | 23.W40 | 1:00:30 | 1:01:25 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|------------------------|---------------------------|------|---------|---------|---------|
| 2046 | 456. | 139. | | Klein, Andrea | Münster | 1972 | 24.W40 | 1:00:28 | 1:01:26 |
| 2084 | 457. | 140. | | Lüders, Marie-Theresia | Münster | 1961 | 6.W55 | 1:00:28 | 1:01:26 |
| 2806 | 458. | | 318. | Schumacher, Ingo | Laufen rund um Münster | 1967 | 66.M45 | 1:00:43 | 1:01:33 |
| 2021 | 459. | | 319. | Kuck, Holger | Laufen rund um Münster | 1968 | 67.M45 | 1:00:45 | 1:01:33 |
| 2772 | 460. | | 320. | Korves, Thomas | BSG LVM Versicherung | 1959 | 19.M55 | 1:01:33 | 1:01:33 |
| 2822 | 461. | 141. | | Hahn, Sabine | Laufen rund um Münster | 1965 | 14.W50 | 1:00:47 | 1:01:35 |
| 2402 | 462. | | 321. | Rosen, Hermann | Wacker Wupp dich | 1953 | 10.M60 | 1:01:36 | 1:01:36 |
| 2128 | 463. | | 322. | Sosnowski, Herbert | Münster | 1951 | 6.M65 | 1:00:46 | 1:01:37 |
| 2647 | 464. | 142. | | Lagemann, Annika | | 1989 | 24.W20 | 1:01:38 | 1:01:44 |
| 2110 | 465. | | 323. | Niehus, Frank | | 1968 | 68.M45 | 1:00:56 | 1:01:44 |
| 2265 | 466. | 143. | | Stahn, Johanna | | 1981 | 19.W35 | 1:00:57 | 1:01:45 |
| 2272 | 467. | 144. | | Geier, Ricarda | Münster | 1989 | 25.W20 | 1:01:23 | 1:01:46 |
| 2281 | 468. | | 324. | Geier, Fabian | | 1988 | 43.M20 | 1:01:46 | 1:01:46 |
| 2197 | 469. | 145. | | Reichel, Stefanie | | 1979 | 20.W35 | 1:00:54 | 1:01:51 |
| 2845 | 470. | 146. | | Hüls, Andrea | AOK-Nordwest | 1968 | 23.W45 | 1:01:27 | 1:01:52 |
| 2828 | 471. | 147. | | Banach, Sandra | Laufen rund um Münster | 1971 | 24.W45 | 1:01:10 | 1:01:52 |
| 2211 | 472. | 148. | | Mersmann, Steffi | Münster | 1970 | 25.W45 | 1:01:14 | 1:01:56 |
| 2651 | 473. | 149. | | Gartmann, Andrea | | 1964 | 15.W50 | 1:01:04 | 1:02:03 |
| 2475 | 474. | 150. | | Stein, Vanessa | W+F Münster | 1975 | 25.W40 | 1:01:15 | 1:02:04 |
| 2669 | 475. | 151. | | Wichert, Brigitte | W+F Münster | 1966 | 16.W50 | 1:01:16 | 1:02:04 |
| 2346 | 476. | | 325. | Müller, Lutz | | 1963 | 40.M50 | 1:02:04 | 1:02:04 |
| 2520 | 477. | | 326. | Muesmann, Stephan | | 1985 | 54.M30 | 1:01:37 | 1:02:06 |
| 2269 | 478. | | 327. | Heitkötter, Dieter | Hägermeister | 1964 | 41.M50 | 1:01:32 | 1:02:10 |
| 2830 | 479. | | 328. | Brüggemann, Andreas | Gautzsch | 1967 | 69.M45 | 1:01:33 | 1:02:11 |
| 2095 | 480. | 152. | | Voss, Cornelia | Wiehenläufer Hüllhorst | 1955 | 2.W60 | 1:01:59 | 1:02:24 |
| 2729 | 481. | | 329. | Krimphove, Thorsten | WEICON GmbH & CO. KG | 1976 | 41.M40 | 1:01:32 | 1:02:24 |
| 2839 | 482. | | 330. | Rosengarten, Simon | Gautzsch | 1994 | 44.M20 | 1:01:53 | 1:02:32 |
| 2192 | 483. | 153. | | Hansen, Tanja | | 1971 | 26.W45 | 1:01:47 | 1:02:44 |
| 2147 | 484. | 154. | | Paarmann, Brigitte | Aktion Canchanabury | 1964 | 17.W50 | 1:02:34 | 1:02:45 |
| 2120 | 485. | | 331. | Paarmann, Karsten | Aktion Canchanabury | 1958 | 20.M55 | 1:02:34 | 1:02:45 |
| 2687 | 486. | 155. | | Argleb, Kerstin | Laufgruppe Bad Sassendorf | 1965 | 18.W50 | 1:02:47 | 1:02:47 |
| 2103 | 487. | 156. | | Kathrin, Janik | | 1983 | 30.W30 | 1:02:32 | 1:02:52 |
| 2696 | 488. | | 332. | Brüning, Stefan | | 1986 | 55.M30 | 1:02:30 | 1:02:52 |
| 2235 | 489. | 157. | | Beeck, Julia | | 1981 | 21.W35 | 1:02:06 | 1:03:10 |
| 2810 | 490. | 158. | | Penning, Verena | Laufen rund um Münster | 1990 | 26.W20 | 1:02:36 | 1:03:15 |
| 2209 | 491. | | 333. | Müller, Folkert | | 1970 | 70.M45 | 1:02:16 | 1:03:18 |
| 2513 | 492. | 159. | | Loock, Eva | running angels | 1972 | 26.W40 | 1:03:09 | 1:03:19 |
| 2244 | 493. | | 334. | Weiser, Dirk | Fokus Selm | 1965 | 42.M50 | 1:03:09 | 1:03:19 |
| 2455 | 494. | 160. | | Schumacher, Annette | | 1962 | 19.W50 | 1:03:28 | 1:03:30 |
| 2553 | 495. | 161. | | Özkartal, Susanne | Laufen rund um Münster | 1976 | 27.W40 | 1:02:47 | 1:03:31 |
| 2380 | 496. | | 335. | Mörker, Holger | Münster | 1971 | 71.M45 | 1:02:40 | 1:03:33 |
| 2764 | 497. | 162. | | Müller, Verena | BSG LVM Versicherung | 1982 | 31.W30 | 1:03:23 | 1:03:44 |
| 2799 | 498. | 163. | | Barkling, Verena | BSG LVM Versicherung | 1988 | 27.W20 | 1:03:24 | 1:03:44 |
| 2409 | 499. | 164. | | Fockers, Vera | | 1990 | 28.W20 | 1:03:45 | 1:03:45 |
| 2465 | 500. | 165. | | Schmitz, Katrin | | 1988 | 29.W20 | 1:03:21 | 1:03:46 |
| 2757 | 501. | | 336. | Tyzler, David | BSG LVM Versicherung | 1984 | 56.M30 | 1:03:30 | 1:03:48 |
| 2678 | 502. | | 337. | Mucksch, Norbert | HSP Münster | 1960 | 21.M55 | 1:03:36 | 1:04:00 |
| 2499 | 503. | 166. | | Zobel, Anna | | 1990 | 30.W20 | 1:03:17 | 1:04:01 |
| 2514 | 504. | | 338. | Körner, Benjamin | | 1987 | 45.M20 | 1:03:18 | 1:04:02 |
| 2394 | 505. | 167. | | eckrodt, Petra | Bösensell | 1970 | 27.W45 | 1:03:06 | 1:04:07 |
| 2779 | 506. | 168. | | Hübner, Carmen | BSG LVM Versicherung | 1975 | 28.W40 | 1:03:06 | 1:04:08 |
| 2176 | 507. | 169. | | Beughold, Aurora | | 1960 | 7.W55 | 1:04:14 | 1:04:14 |
| 2370 | 508. | | 339. | Rathaj, Rüdiger | Die Kanalratten | 1975 | 42.M40 | 1:03:17 | 1:04:14 |
| 2571 | 509. | | 340. | Finke, Hanns Erich | Bootcamp | 1972 | 43.M40 | 1:04:18 | 1:04:18 |
| 2098 | 510. | | 341. | Kölkin, Michael | Lauftreff Horstmar | 1983 | 57.M30 | 1:04:27 | 1:04:27 |
| 2163 | 511. | | 342. | Jungfermann, Mark | Apic Apes | 1986 | 58.M30 | 1:03:45 | 1:04:28 |
| 2109 | 512. | | 343. | Schwersmann, Martin | Lauftreff Horstmar | 1982 | 59.M30 | 1:04:29 | 1:04:29 |
| 2116 | 513. | 170. | | Thiel, Claudia | TSV Handorf | 1970 | 28.W45 | 1:03:49 | 1:04:30 |
| 2130 | 514. | | 344. | Thiel, Bosse | TSV Handorf | 2002 | 4.MJU16 | 1:03:50 | 1:04:31 |
| 2093 | 515. | | 345. | Thiel, Birger | TSV Handorf | 1970 | 72.M45 | 1:03:53 | 1:04:33 |
| 2003 | 516. | 171. | | Höltke, Magda | Marathon Steinfurt | 1979 | 22.W35 | 1:03:42 | 1:04:38 |
| 2470 | 517. | | 346. | Bertram, Holger | ISC Münster | 1969 | 73.M45 | 1:03:45 | 1:04:42 |
| 2240 | 518. | 172. | | Komizo, Miya | | 1990 | 31.W20 | 1:03:40 | 1:04:43 |
| 2069 | 519. | 173. | | Löcke, Sonja | SV herbern | 1979 | 23.W35 | 1:03:45 | 1:04:45 |
| 2698 | 520. | 174. | | Leger, Astrid | SC Sprakel | 1965 | 20.W50 | 1:04:25 | 1:04:46 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|-----------------------|---------------------------|------|---------|---------|---------|
| 2429 | 521. | | 347. | Schuster, Andre | | 1985 | 60.M30 | 1:04:49 | 1:04:49 |
| 2389 | 522. | 175. | | Ruhe, Ilonca | LT Hiltrud | 1981 | 24.W35 | 1:04:37 | 1:04:50 |
| 2388 | 523. | 176. | | Unterbrink, Petra | Tri Finish Münster | 1974 | 29.W40 | 1:04:36 | 1:04:50 |
| 2410 | 524. | 177. | | Dziwura, Renata | | 1982 | 32.W30 | 1:03:55 | 1:04:53 |
| 2453 | 525. | 178. | | Hulalka, Inga | Run for fun | 1977 | 25.W35 | 1:04:55 | 1:04:55 |
| 2502 | 526. | 179. | | Nevels, Ines | Run 4 fun Greven | 1968 | 29.W45 | 1:04:56 | 1:04:56 |
| 2083 | 527. | 180. | | Stege, Patricia | Team Erdinger alkoholfrei | 1973 | 30.W40 | 1:04:01 | 1:05:01 |
| 2511 | 528. | | 348. | Kannenbäumer, Markus | Run4fun Greven | 1970 | 74.M45 | 1:05:12 | 1:05:12 |
| 2027 | 529. | 181. | | Braun, Anne | Münster | 1989 | 32.W20 | 1:05:19 | 1:05:19 |
| 2818 | 530. | 182. | | Hunger, Marie | Laufen rund um Münster | 1989 | 33.W20 | 1:04:31 | 1:05:19 |
| 2829 | 531. | 183. | | Askin, Yvonne | Laufen rund um Münster | 1983 | 33.W30 | 1:04:35 | 1:05:19 |
| 2808 | 532. | | 349. | Schienze, Thorsten | Laufen rund um Münster | 1972 | 44.M40 | 1:04:34 | 1:05:20 |
| 2048 | 533. | 184. | | Hahn, Andrea | Lauftreff Hohenholte | 1968 | 30.W45 | 1:04:29 | 1:05:22 |
| 2029 | 534. | 185. | | Voß, Carla | Lauftreff Hohenholte | 1981 | 26.W35 | 1:04:33 | 1:05:23 |
| 2517 | 535. | 186. | | dzionsko, kerstin | | 1967 | 31.W45 | 1:04:36 | 1:05:28 |
| 2022 | 536. | 187. | | Rüschhoff, Sandra | Lauftreff Hohenholte | 1981 | 27.W35 | 1:04:39 | 1:05:31 |
| 2758 | 537. | | 350. | Staubach, Jörg | BSG LVM Versicherung | 1977 | 39.M35 | 1:05:16 | 1:05:34 |
| 2595 | 538. | 188. | | Greshacke, Sandra | | 1987 | 34.W20 | 1:04:48 | 1:05:35 |
| 2290 | 539. | 189. | | Besselink, Lena | | 1995 | 35.W20 | 1:04:54 | 1:05:41 |
| 2267 | 540. | 190. | | Krischka-Geier, Anne | Münster | 1958 | 8.W55 | 1:05:20 | 1:05:42 |
| 2407 | 541. | 191. | | Heßbrüggen, Julia | | 1983 | 34.W30 | 1:05:00 | 1:05:43 |
| 2413 | 542. | | 351. | Hoffjann, Hendrik | | 1983 | 61.M30 | 1:05:02 | 1:05:44 |
| 2221 | 543. | | 352. | Möllerfeld, Frank | | 1968 | 75.M45 | 1:04:59 | 1:05:49 |
| 2581 | 544. | 192. | | Schlösser, Anke | | 1985 | 35.W30 | 1:05:03 | 1:05:52 |
| 2570 | 545. | | 353. | Hiebing, Sebastian | | 1982 | 62.M30 | 1:05:08 | 1:05:53 |
| 2821 | 546. | 193. | | Hepke, Julia | Laufen rund um Münster | 1971 | 32.W45 | 1:05:07 | 1:05:57 |
| 2804 | 547. | | 354. | Sommerkamp, Frank | Laufen rund um Münster | 1973 | 45.M40 | 1:05:07 | 1:05:57 |
| 2264 | 548. | | 355. | Onnebrink, Christoph | Münster | 1968 | 76.M45 | 1:04:55 | 1:05:59 |
| 2751 | 549. | 194. | | Kötters, Steffi | Datteln | 1975 | 31.W40 | 1:05:13 | 1:06:01 |
| 2216 | 550. | 195. | | Möllerfeld, Petra | | 1968 | 33.W45 | 1:05:25 | 1:06:14 |
| 2225 | 551. | 196. | | Gräfer, Melanie | | 1976 | 32.W40 | 1:05:24 | 1:06:15 |
| 2542 | 552. | | 356. | Misera, Andreas | Lauftreff Greven Aktuell | 1963 | 43.M50 | 1:05:14 | 1:06:16 |
| 2811 | 553. | 197. | | Nösinger, Anja | Laufen rund um Münster | 1983 | 36.W30 | 1:05:34 | 1:06:17 |
| 2802 | 554. | | 357. | Vette, Klaus | Laufen rund um Münster | 1962 | 44.M50 | 1:05:34 | 1:06:17 |
| 2585 | 555. | 198. | | Krawinkel, Christiane | Laufen rund um Münster | 1971 | 34.W45 | 1:05:27 | 1:06:17 |
| 2111 | 556. | | 358. | Köster, André | Lauffreunde Gremendorf | 1966 | 45.M50 | 1:05:19 | 1:06:26 |
| 2354 | 557. | 199. | | Gellrich, Luisa | Osnabrück | 1988 | 36.W20 | 1:06:28 | 1:06:28 |
| 2041 | 558. | | 359. | Diekhoff, Felix | | 1989 | 46.M20 | 1:06:39 | 1:06:39 |
| 2373 | 559. | | 360. | Bieling, Thomas | | 1973 | 46.M40 | 1:06:39 | 1:06:39 |
| 2100 | 560. | 200. | | Müller, Verena | Reckenfeld | 1983 | 37.W30 | 1:06:07 | 1:06:39 |
| 2123 | 561. | | 361. | Krevet, Andreas | Reckenfeld | 1983 | 63.M30 | 1:06:08 | 1:06:39 |
| 2359 | 562. | | 362. | Niepel, HG | | 1972 | 47.M40 | 1:06:05 | 1:06:40 |
| 2717 | 563. | | 363. | Kerper, Robert | | 1990 | 47.M20 | 1:06:09 | 1:06:40 |
| 2718 | 564. | | 364. | Kastner, Alexander | | 1988 | 48.M20 | 1:06:40 | 1:06:40 |
| 2032 | 565. | 201. | | Busjan, Jessica | | 1989 | 37.W20 | 1:06:40 | 1:06:40 |
| 2327 | 566. | 202. | | Watermeyer, Johanna | Münster | 1989 | 38.W20 | 1:06:41 | 1:06:41 |
| 2719 | 567. | | 365. | Schätzlein, Peter | | 1988 | 49.M20 | 1:06:41 | 1:06:41 |
| 2108 | 568. | 203. | | Löcken, Angelika | | 1964 | 21.W50 | 1:06:26 | 1:06:42 |
| 2008 | 569. | 204. | | Frohoff, Elke | | 1966 | 22.W50 | 1:06:25 | 1:06:42 |
| 2248 | 570. | | 366. | Troche, Daniel | | 1958 | 22.M55 | 1:05:53 | 1:06:44 |
| 2412 | 571. | 205. | | Pankok, Birgit | Die Kanalratten | 1980 | 28.W35 | 1:05:52 | 1:06:49 |
| 2671 | 572. | 206. | | Bucsenez, Maria | | 1983 | 38.W30 | 1:06:54 | 1:06:54 |
| 2206 | 573. | 207. | | Pott, Miriam | | 1970 | 35.W45 | 1:06:00 | 1:06:54 |
| 2691 | 574. | 208. | | Terborg, Monika | | 1973 | 33.W40 | 1:06:01 | 1:06:55 |
| 2815 | 575. | 209. | | Lischo, Jessica | Laufen rund um Münster | 1978 | 29.W35 | 1:06:05 | 1:06:55 |
| 2823 | 576. | | 367. | Gelhard, Yves | Laufen rund um Münster | 1974 | 48.M40 | 1:06:10 | 1:06:55 |
| 2055 | 577. | | 210. | Ahlers, Berit | BSG Westfalen | 1997 | 2.WJU20 | 1:06:44 | 1:07:05 |
| 2064 | 578. | | 368. | Ahlers, Michael | BSG Westfalen | 1960 | 23.M55 | 1:06:45 | 1:07:05 |
| 2259 | 579. | 211. | | Warbinger, Jennifer | | 1983 | 39.W30 | 1:06:07 | 1:07:06 |
| 2254 | 580. | 212. | | Prox, Manuela | | 1970 | 36.W45 | 1:06:08 | 1:07:07 |
| 2734 | 581. | 213. | | Weidling, Lisa-Marie | WEICON GmbH & CO. KG | 1995 | 39.W20 | 1:06:35 | 1:07:08 |
| 2733 | 582. | 214. | | Thiemann, Annika | WEICON GmbH & CO. KG | 1995 | 40.W20 | 1:06:36 | 1:07:08 |
| 2174 | 583. | 215. | | Hopf, Anna | | 1979 | 30.W35 | 1:06:56 | 1:07:23 |
| 2187 | 584. | 216. | | Baur, Kerstin | | 1975 | 34.W40 | 1:06:56 | 1:07:23 |
| 2038 | 585. | 217. | | Schöler, Ulla | Münster | 1959 | 9.W55 | 1:07:26 | 1:07:26 |

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| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|------|------|------|------|------------------------|-------------------------------|------|---------|---------|---------|
| 2619 | 586. | 218. | | Kober, Meike | run4fun,Greven | 1995 | 41.W20 | 1:07:09 | 1:07:26 |
| 2618 | 587. | 219. | | Kober, Ulrike | run4fun,Greven | 1966 | 23.W50 | 1:07:26 | 1:07:26 |
| 2844 | 588. | | 369. | Kleindiek, Hans-Werner | Gautzsch | 1947 | 7.M65 | 1:06:53 | 1:07:28 |
| 2245 | 589. | | 370. | Wieling, Marcus | | 1966 | 46.M50 | 1:06:42 | 1:07:30 |
| 2153 | 590. | 220. | | Spatz, Gaby | LSF Münster | 1963 | 24.W50 | 1:06:59 | 1:07:38 |
| 2119 | 591. | 221. | | Kurzawa, Gabriele | Pott Runners | 1970 | 37.W45 | 1:06:52 | 1:07:46 |
| 2079 | 592. | | 371. | Kurzawa, Markus | Pott Runners | 1974 | 49.M40 | 1:06:52 | 1:07:46 |
| 2002 | 593. | | 372. | Emde, Frank | | 1965 | 47.M50 | 1:06:49 | 1:07:51 |
| 2544 | 594. | 222. | | Lanckohr, Vanessa | | 1978 | 31.W35 | 1:07:53 | 1:07:53 |
| 2287 | 595. | 223. | | Flammang, Isabelle | | 1989 | 42.W20 | 1:07:34 | 1:07:54 |
| 2039 | 596. | 224. | | Firus, Christiane | | 1989 | 43.W20 | 1:07:54 | 1:07:54 |
| 2112 | 597. | 225. | | Elvers, Claudia | SV Benediktushof | 1962 | 25.W50 | 1:07:32 | 1:08:07 |
| 2201 | 598. | 226. | | Elvers, Jamina | SF Nordvelen | 1990 | 44.W20 | 1:07:32 | 1:08:07 |
| 2414 | 599. | | 373. | Suwelack, Karsten | Run4fun Greven e.V. | 1970 | 77.M45 | 1:08:31 | 1:08:31 |
| 2199 | 600. | | 374. | Kunick, Hardi | | 1968 | 78.M45 | 1:08:01 | 1:08:45 |
| 2189 | 601. | 227. | | Roderig, Nicole | Arminia Appelhülsen / Laufend | 1971 | 38.W45 | 1:09:24 | 1:10:19 |
| 2826 | 602. | | 375. | Conermann, Christian | Laufen rund um Münster | 1974 | 50.M40 | 1:09:30 | 1:10:20 |
| 2817 | 603. | 228. | | Kania, Sabine | Laufen rund um Münster | 1966 | 26.W50 | 1:09:29 | 1:10:21 |
| 2440 | 604. | 229. | | Ponick, Susanne | Run4Fun Greven e.V. | 1968 | 39.W45 | 1:11:05 | 1:11:05 |
| 2097 | 605. | 230. | | Münsterkötter, Anne | Run4Fun Greven | 1963 | 27.W50 | 1:11:05 | 1:11:05 |
| 2851 | 606. | | 376. | Kliche, Wolfgang | Run4Fun | 1966 | 48.M50 | 1:11:05 | 1:11:05 |
| 2543 | 607. | 231. | | Rose, Nadja | | 1982 | 40.W30 | 1:11:37 | 1:11:37 |
| 2805 | 608. | | 377. | Siebelt, Mario | Laufen rund um Münster | 1979 | 40.M35 | 1:10:58 | 1:11:38 |
| 2506 | 609. | 232. | | Thies, Isabell | Peine | 1988 | 45.W20 | 1:10:41 | 1:11:40 |
| 2031 | 610. | 233. | | Löchter, Judith | | 1979 | 32.W35 | 1:10:45 | 1:11:44 |
| 2854 | 611. | | 378. | Gorski, Raphael | ERGE-PERSONALTRAINING | 1981 | 41.M35 | 1:10:46 | 1:11:45 |
| 2541 | 612. | | 379. | Schmidt, Thorsten | Laufen Rund um Münster | 1975 | 51.M40 | 1:11:31 | 1:12:24 |
| 2813 | 613. | 234. | | Mojescik, Claudi | Laufen rund um Münster | 1967 | 40.W45 | 1:11:32 | 1:12:26 |
| 2645 | 614. | | 380. | Schulte, Florian | | 1990 | 50.M20 | 1:11:32 | 1:12:44 |
| 2644 | 615. | 235. | | Große Lutermann, Pia | | 1994 | 46.W20 | 1:11:32 | 1:12:44 |
| 2077 | 616. | 236. | | König, Josiane Aurore | | 1975 | 35.W40 | 1:11:57 | 1:12:53 |
| 2503 | 617. | 237. | | Steffen, Kristina | | 1970 | 41.W45 | 1:11:58 | 1:12:53 |
| 2537 | 618. | 238. | | Retzlaff, Daniela | | 1980 | 33.W35 | 1:15:31 | 1:15:31 |
| 2446 | 619. | 239. | | Schwartz, Anja | Run for fun | 1986 | 41.W30 | 1:15:31 | 1:15:31 |
| 2152 | 620. | 240. | | Ewering, Lena | Apic Apes | 1993 | 47.W20 | 1:15:39 | 1:16:23 |
| 2148 | 621. | | 381. | Telgmann, Michael | Apic Apes | 1988 | 51.M20 | 1:15:41 | 1:16:24 |
| 2143 | 622. | | 382. | Schmees, Dominic | Apic Apes | 1990 | 52.M20 | 1:15:40 | 1:16:24 |
| 2137 | 623. | 241. | | Jungfermann, Sophia | Apic Apes | 1991 | 48.W20 | 1:15:40 | 1:16:26 |
| 2121 | 624. | 242. | | Meis, Kerstin | Apic Apes | 1980 | 34.W35 | 1:15:40 | 1:16:26 |
| 2164 | 625. | 243. | | Telgmann, Anne | Apic Apes | 1990 | 49.W20 | 1:15:41 | 1:16:26 |
| 2126 | 626. | 244. | | Meis, Anna-Pia | Apic Apes | 1988 | 50.W20 | 1:15:40 | 1:16:27 |
| 2019 | 627. | 245. | | Irmer, Merle | | 2005 | 1.WKU12 | 1:17:03 | 1:17:19 |
| 2012 | 628. | | 383. | Irmer, Wolfgang | | 1977 | 42.M35 | 1:17:11 | 1:17:27 |
| 2026 | 629. | 246. | | Helling, Sandra | | 1976 | 36.W40 | 1:17:11 | 1:17:29 |
| 2024 | 630. | 247. | | Irmer, Mira | | 1980 | 35.W35 | 1:17:12 | 1:17:30 |
| 2075 | 631. | 248. | | Brinker, Nadine | SV Herbern | 1984 | 42.W30 | 1:17:10 | 1:18:10 |
| 2219 | 632. | | 384. | Janssen, Helmut | | 1952 | 11.M60 | 1:19:29 | 1:19:29 |
| 2239 | 633. | 249. | | Onnebrink, Elke | | 1969 | 42.W45 | 1:19:29 | 1:19:29 |