

Int. Weihnachts-Crosslauf - 18. Dezember 2022
Gesamtergebnisliste - 16 km Weihnachtscrosslauf

| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|-----|----|-----|------------------------|-------------------------------|------|-----|---------|---------|---------|
| 3336 | 1. | | 1. | Scheller, Markus | LG Ems Warendorf | 1989 | 1. | M30 | 56:46 | 56:46 |
| 3658 | 2. | | 2. | Sansar, Elias | TuS Eintracht Bielefeld | 1980 | 1. | M40 | 58:25 | 58:25 |
| 3284 | 3. | | 3. | Bleisch, Leif Erik | DJK Gütersloh | 2000 | 1. | M | 58:51 | 58:51 |
| 3326 | 4. | | 4. | Strothmann, Dirk | LC Solbad Ravensberg | 1969 | 1. | M50 | 1:01:42 | 1:01:42 |
| 3332 | 5. | | 5. | Bozduman, Murat | LG Burg Wiedenbrück | 1983 | 1. | M35 | 1:01:47 | 1:01:47 |
| 3384 | 6. | 1. | | Opitz, Ann-Christin | SC Melle 03 | 1999 | 1. | W | 1:03:27 | 1:03:27 |
| 3681 | 7. | | 6. | Sprehe, Sören | SC Melle 03 | 1997 | 2. | M | 1:03:27 | 1:03:27 |
| 3178 | 8. | | 7. | Hussein, Saman Rasheed | | 1994 | 3. | M | 1:03:29 | 1:03:30 |
| 3456 | 9. | 2. | | Wienstroth, Ilka | TSVE 1890 Bielefeld | 1981 | 1. | W40 | 1:03:41 | 1:03:42 |
| 616 | 10. | | 8. | Willuhn, Henry | TSVE 1890 Bielefeld e.V. | 1985 | 2. | M35 | 1:03:42 | 1:03:43 |
| 941 | 11. | | 9. | Brand, Niklas | Eratis Digital | 1991 | 2. | M30 | 1:03:59 | 1:04:02 |
| 3323 | 12. | | 10. | Knoepke, Daniel | LC Solbad Ravensberg | 1982 | 2. | M40 | 1:04:46 | 1:04:48 |
| 927 | 13. | | 11. | Assmann, Ingo | LC Solbad Ravensberg | 1979 | 3. | M40 | 1:04:58 | 1:05:00 |
| 921 | 14. | | 12. | Brandhorst, David | | 1984 | 3. | M35 | 1:04:58 | 1:05:02 |
| 3409 | 15. | | 13. | Koopmann, Max | Teilzeitläufer Bielefeld | 1991 | 3. | M30 | 1:04:59 | 1:05:07 |
| 3338 | 16. | 3. | | Arlom, Hannah | LG Emsdetten | 1987 | 1. | W35 | 1:05:43 | 1:05:44 |
| 944 | 17. | | 14. | Ullrich, Domitian | Team Lübbering | 1982 | 4. | M40 | 1:05:53 | 1:05:56 |
| 3445 | 18. | 4. | | Herrmann, Annika | TSVE 1890 Bielefeld | 1994 | 2. | W | 1:06:18 | 1:06:19 |
| 937 | 19. | | 15. | Varenkamp, Lars | LG Kreis Lübbecke | 1974 | 1. | M45 | 1:06:28 | 1:06:29 |
| 3443 | 20. | | 16. | Günzel, Christian | TSVE 1890 Bielefeld | 1993 | 4. | M | 1:07:05 | 1:07:06 |
| 932 | 21. | | 17. | Steinchen, Burkhard | | 1980 | 5. | M40 | 1:07:03 | 1:07:09 |
| 3449 | 22. | | 18. | Muth, Frank | TSVE 1890 Bielefeld | 1978 | 6. | M40 | 1:07:08 | 1:07:14 |
| 3267 | 23. | | 19. | Spisla, Dominik | Ausdauerhelden | 1992 | 4. | M30 | 1:07:19 | 1:07:21 |
| 834 | 24. | | 20. | Stauff, Andreas | CLAAS | 1982 | 7. | M40 | 1:07:29 | 1:07:31 |
| 846 | 25. | | 21. | Bettmann, Jan Felix | RC Sprintax e.V. | 1989 | 5. | M30 | 1:07:40 | 1:07:42 |
| 3668 | 26. | | 22. | Janta, Sebastian | LG Burg Wiedenbrück | 1973 | 2. | M45 | 1:07:43 | 1:07:51 |
| 1794 | 27. | | 23. | Mangel, Fabian | TSVE 1890 Bielefeld | 1985 | 4. | M35 | 1:08:18 | 1:08:23 |
| 924 | 28. | | 24. | Rod, Anton | | 1987 | 5. | M35 | 1:08:23 | 1:08:26 |
| 3440 | 29. | | 25. | Engelmann, Christian | TSVE 1890 Bielefeld | 1978 | 8. | M40 | 1:08:30 | 1:08:37 |
| 3355 | 30. | | 26. | Wellensiek, Wolfgang | Lübbecker Berglöwen | 1972 | 2. | M50 | 1:08:37 | 1:08:40 |
| 3414 | 31. | | 27. | Neumann, Manu | Teuto Run And Fun Bielefeld / | 1986 | 6. | M35 | 1:08:48 | 1:08:52 |
| 3280 | 32. | | 28. | Dreyer, Björn | Die Luftpumpen | 1983 | 7. | M35 | 1:08:52 | 1:08:54 |
| 928 | 33. | | 29. | Tellenbröker, Daniel | Sportfreunde Sennestadt | 1997 | 5. | M | 1:09:00 | 1:09:04 |
| 3679 | 34. | | 30. | Otto, Daniel | SC Melle 03 | 1973 | 3. | M45 | 1:09:08 | 1:09:09 |
| 843 | 35. | | 31. | Schultz, Heiner | LG TuS Lügde | 1961 | 1. | M60 | 1:09:11 | 1:09:14 |
| 897 | 36. | | 32. | Bastian, Jannick | LC Paderborn | 1990 | 6. | M30 | 1:09:19 | 1:09:21 |
| 731 | 37. | | 33. | Exner, Jonas | SV Brackwede | 1982 | 9. | M40 | 1:09:19 | 1:09:24 |
| 3664 | 38. | 5. | | Kloppe, Katharina | LC Solbad Ravensberg | 1996 | 3. | W | 1:09:37 | 1:09:39 |
| 837 | 39. | | 34. | Plaasch, Robert | SG Stern Bielefeld | 1974 | 4. | M45 | 1:09:38 | 1:09:42 |
| 673 | 40. | | 35. | Werner, Oscar | SV Brackwede | 1998 | 6. | M | 1:09:38 | 1:09:44 |
| 3700 | 41. | | 36. | Schröder, Michael | Pushen | 1994 | 7. | M | 1:09:38 | 1:09:44 |
| 864 | 42. | | 37. | Reichert, Christian | SG Stern Bielefeld | 1974 | 5. | M45 | 1:09:51 | 1:09:53 |
| 822 | 43. | | 38. | Gensorowsky, Daniel | | 1988 | 7. | M30 | 1:10:04 | 1:10:06 |
| 866 | 44. | | 39. | Wulfmeyer, Henning | | 1983 | 8. | M35 | 1:10:02 | 1:10:07 |
| 3408 | 45. | | 40. | Holtkamp, Henning | Team Trödeltrupp | 1984 | 9. | M35 | 1:10:05 | 1:10:12 |
| 3276 | 46. | | 41. | Thenhausen, Maximilian | BSG Sparkasse Lemgo | 1991 | 8. | M30 | 1:10:11 | 1:10:16 |
| 3319 | 47. | | 42. | Anselmetti, Dario | LC Solbad Ravensberg | 1963 | 1. | M55 | 1:10:12 | 1:10:16 |
| 870 | 48. | | 43. | Cordes, Dirk | | 1974 | 6. | M45 | 1:10:17 | 1:10:19 |
| 3688 | 49. | 6. | | Walkenhorst, Mareike | TSVE 1890 Bielefeld | 1986 | 2. | W35 | 1:10:21 | 1:10:24 |
| 674 | 50. | | 44. | Pink, Norbert | SC BW Ostenland | 1967 | 2. | M55 | 1:10:24 | 1:10:26 |
| 3682 | 51. | | 45. | Koch, Jannis | | 1995 | 8. | M | 1:10:23 | 1:10:29 |
| 3419 | 52. | | 46. | Reese, Kevin | TG Lage | 1998 | 9. | M | 1:10:28 | 1:10:36 |
| 853 | 53. | 7. | | Böttchers, Julia | Teilzeitläufer Bielefeld | 1991 | 1. | W30 | 1:10:56 | 1:10:58 |
| 3341 | 54. | | 47. | Löckemann, Markus | LG Emsdetten | 1972 | 3. | M50 | 1:11:10 | 1:11:13 |
| 3238 | 55. | | 48. | Weßling, Henning | | 1969 | 4. | M50 | 1:11:31 | 1:11:37 |
| 3691 | 56. | | 49. | Götz, Lukas | Teilzeitläufer Bielefeld | 1993 | 10. | M | 1:11:38 | 1:11:47 |
| 700 | 57. | | 50. | Lehberg, Guido | 1. Tri-Team Gütersloh GTV | 1985 | 10. | M35 | 1:11:44 | 1:11:51 |
| 3172 | 58. | | 51. | Grüter, Tim | | 2001 | 11. | M | 1:11:44 | 1:11:58 |
| 943 | 59. | | 52. | Radevic, Mario | 1. Tri Team Gütersloh | 1998 | 12. | M | 1:11:55 | 1:12:01 |
| 750 | 60. | | 53. | Schülte, Björn | CLAAS | 1976 | 7. | M45 | 1:11:54 | 1:12:04 |
| 916 | 61. | | 54. | Kuzaj, Hubert | TSVE 1890 Bielefeld e.V. | 1973 | 8. | M45 | 1:12:05 | 1:12:09 |
| 3261 | 62. | | 55. | Willimzig, André | ACTIVE Sportshop Osnabrück | 1985 | 11. | M35 | 1:12:24 | 1:12:27 |
| 3192 | 63. | | 56. | Kortenjann, Holger | | 1989 | 9. | M30 | 1:12:23 | 1:12:32 |
| 3181 | 64. | | 57. | Karneth, André | | 1967 | 3. | M55 | 1:12:32 | 1:12:34 |
| 933 | 65. | | 58. | Schipke, Simeon | | 1996 | 13. | M | 1:12:34 | 1:12:36 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|-----------------------|------------------------------|------|-----|---------|---------|---------|
| 3422 | 66. | | 59. | Frohne, Marko | Trail Team Osnabrück | 1974 | 9. | M45 | 1:12:38 | 1:12:42 |
| 856 | 67. | | 60. | Henselmann, Frank | TuS Eintracht Bielefeld | 1965 | 4. | M55 | 1:12:44 | 1:12:47 |
| 3472 | 68. | 8. | | Mergelmeyer, Britta | TVGeorgsmarienhütte | 1972 | 1. | W50 | 1:12:31 | 1:12:48 |
| 3361 | 69. | | 61. | Brockmeyer, Steffen | Osnabrücker Hospiz e.V. | 1988 | 10. | M30 | 1:12:43 | 1:12:50 |
| 751 | 70. | | 62. | Lange, Andreas | LG Volldampf Clarholz | 1979 | 10. | M40 | 1:12:50 | 1:12:55 |
| 3693 | 71. | | 63. | Westermann, Thomas | Active Sportshop Gütersloh | 1988 | 11. | M30 | 1:13:05 | 1:13:08 |
| 3342 | 72. | | 64. | Haarmann, Jan | LG Marienfeld | 1979 | 11. | M40 | 1:13:09 | 1:13:13 |
| 3671 | 73. | | 65. | Strothmann, Jörn | LC Solbad Ravensberg | 1973 | 10. | M45 | 1:13:30 | 1:13:32 |
| 3333 | 74. | | 66. | Grönebaum, Jürgen | LG Burg Wiedenbrück | 1963 | 5. | M55 | 1:13:27 | 1:13:35 |
| 640 | 75. | | 67. | Siegfried, Denis | | 1983 | 12. | M35 | 1:13:41 | 1:13:46 |
| 3433 | 76. | | 68. | Renners, Georg | TriTeam Gütersloh | 1968 | 5. | M50 | 1:13:40 | 1:13:47 |
| 3170 | 77. | | 69. | Grube, Karsten | | 1977 | 11. | M45 | 1:13:30 | 1:13:48 |
| 3438 | 78. | | 70. | Herert, Jan | Kurchmaier Cycling | 1980 | 12. | M40 | 1:13:46 | 1:13:49 |
| 798 | 79. | | 71. | Mußnug, Carl-Philipp | TSVE 1890 Bielefeld | 1982 | 13. | M40 | 1:13:51 | 1:13:57 |
| 848 | 80. | | 72. | Klemme, Jürgen | LG TuS Lügde | 1966 | 6. | M55 | 1:13:56 | 1:14:07 |
| 3281 | 81. | | 73. | Fömmel, Andreas | Die VitaSol Krabbelgruppe | 1966 | 7. | M55 | 1:14:11 | 1:14:15 |
| 3327 | 82. | 9. | | Strothmann, Lisa | LC Solbad Ravensberg | 2002 | 4. | W | 1:14:18 | 1:14:21 |
| 894 | 83. | | 74. | Hermann, Robert | | 1979 | 14. | M40 | 1:14:15 | 1:14:21 |
| 659 | 84. | | 75. | Hundertmark, Sascha | | 1974 | 12. | M45 | 1:14:14 | 1:14:22 |
| 3285 | 85. | | 76. | Klinkenberg, Andreas | DJK Gütersloh | 1970 | 6. | M50 | 1:14:25 | 1:14:32 |
| 650 | 86. | | 77. | Brüschke, Marcus | SV Avenwedde | 1976 | 13. | M45 | 1:14:19 | 1:14:32 |
| 3432 | 87. | | 78. | Eiben, Holger | TriTeam Gütersloh | 1980 | 15. | M40 | 1:14:30 | 1:14:37 |
| 3468 | 88. | | 79. | Igelbrink, Hans Peter | TV Georgsmarienhütte | 1963 | 8. | M55 | 1:14:16 | 1:14:47 |
| 752 | 89. | | 80. | Lindahl, Andreas | | 1968 | 7. | M50 | 1:14:42 | 1:14:48 |
| 687 | 90. | | 81. | Kordtomeikel, Ulf | | 1969 | 8. | M50 | 1:14:59 | 1:15:06 |
| 3297 | 91. | | 82. | Piesch, Rouven | Forever Hörste | 1992 | 12. | M30 | 1:14:52 | 1:15:10 |
| 3696 | 92. | | 83. | Klippenstein, Jakob | BSG Schüco | 1969 | 9. | M50 | 1:15:07 | 1:15:12 |
| 649 | 93. | 10. | | Voßhans, Sabina | | 1978 | 2. | W40 | 1:15:02 | 1:15:15 |
| 788 | 94. | | 84. | Hötger, Steven | | 1994 | 14. | M | 1:15:08 | 1:15:17 |
| 3418 | 95. | | 85. | Hagemann, Julius | TG Hörste | 1998 | 15. | M | 1:15:20 | 1:15:24 |
| 3337 | 96. | | 86. | Zumdiek, Norbert | LG Ems Warendorf | 1966 | 9. | M55 | 1:15:18 | 1:15:24 |
| 3678 | 97. | | 87. | Dost, Karsten | Active Sportshop Herford | 1966 | 10. | M55 | 1:15:25 | 1:15:31 |
| 782 | 98. | | 88. | Mönnigmann, Norbert | | 1966 | 11. | M55 | 1:15:40 | 1:15:46 |
| 3442 | 99. | | 89. | Gruben, Matthäus | TSVE 1890 Bielefeld | 1981 | 16. | M40 | 1:15:48 | 1:15:53 |
| 3460 | 100. | | 90. | Lüppens, Felix | TSVE 1980 Bielefeld | 1987 | 13. | M35 | 1:15:49 | 1:15:53 |
| 3138 | 101. | | 91. | Bochenek, Björn | | 1979 | 17. | M40 | 1:15:41 | 1:15:57 |
| 620 | 102. | | 92. | Eikmeier, Uwe | | 1968 | 10. | M50 | 1:15:56 | 1:15:58 |
| 736 | 103. | | 93. | Thalau, David | Almläufer | 1983 | 14. | M35 | 1:15:46 | 1:16:05 |
| 3437 | 104. | | 94. | Meyer, Olaf | TSV Westerhausen | 1971 | 11. | M50 | 1:15:49 | 1:16:10 |
| 727 | 105. | | 95. | Hermann, Michael | TSVE 1890 Bielefeld | 1977 | 14. | M45 | 1:15:54 | 1:16:15 |
| 906 | 106. | | 96. | Kögerler, Ulrich | | 1977 | 15. | M45 | 1:16:02 | 1:16:15 |
| 880 | 107. | | 97. | Kampeter, Maik | | 1974 | 16. | M45 | 1:16:08 | 1:16:16 |
| 3294 | 108. | | 98. | Starck, Piet | Feuerwehr Bielefeld | 1999 | 16. | M | 1:16:10 | 1:16:26 |
| 761 | 109. | | 99. | Kirberich, Jan | LG Marienfeld | 1981 | 18. | M40 | 1:16:16 | 1:16:35 |
| 1792 | 110. | | 100. | Stratkötter, Gerd | LC Solbad Ravensberg | 1964 | 12. | M55 | 1:16:34 | 1:16:40 |
| 3427 | 111. | 11. | | Jäger, Ina | TrailTeam Osnabrück | 1986 | 3. | W35 | 1:16:32 | 1:16:42 |
| 3311 | 112. | | 101. | Samoraj, Michael | Klaukes Erben | 1985 | 15. | M35 | 1:16:56 | 1:17:03 |
| 824 | 113. | | 102. | Vornholt, Wilfried | | 1953 | 1. | M65 | 1:16:59 | 1:17:05 |
| 1788 | 114. | 12. | | Laukötter, Carolin | 1. Tri-Team Gütersloh GTV | 1980 | 3. | W40 | 1:17:02 | 1:17:18 |
| 3415 | 115. | | 103. | Gronert, Jörg | Teuto-Stelzen | 1969 | 12. | M50 | 1:17:06 | 1:17:19 |
| 3202 | 116. | | 104. | Merholz, Marlin | | 1986 | 16. | M35 | 1:17:19 | 1:17:48 |
| 638 | 117. | | 105. | Schmeink, Stefan | Mercedes Herbrand | 1972 | 13. | M50 | 1:17:45 | 1:17:48 |
| 3214 | 118. | | 106. | Roths, Robin | | 1984 | 17. | M35 | 1:17:19 | 1:17:48 |
| 3174 | 119. | | 107. | Guzy, Arkadius | | 1980 | 19. | M40 | 1:17:32 | 1:17:49 |
| 3275 | 120. | | 108. | Rohregger, Robert | BSG Sparkasse Bielefeld / SV | 1964 | 13. | M55 | 1:17:43 | 1:17:49 |
| 3453 | 121. | 13. | | Priemer, Maren | TSVE 1890 Bielefeld | 1989 | 2. | W30 | 1:17:40 | 1:17:50 |
| 787 | 122. | | 109. | Stelte, Christof | | 1984 | 18. | M35 | 1:17:44 | 1:18:04 |
| 3194 | 123. | | 110. | Krol, Frederik | | 1989 | 13. | M30 | 1:18:09 | 1:18:22 |
| 1611 | 124. | | 111. | Nuru'llah, Katilar | TG Werste | 1973 | 17. | M45 | 1:18:23 | 1:18:34 |
| 3381 | 125. | 14. | | Bitter, Anja | SC Melte 03 | 1969 | 2. | W50 | 1:18:32 | 1:18:35 |
| 760 | 126. | | 112. | Beckmann, Jan | LG Marienfeld | 1986 | 19. | M35 | 1:18:22 | 1:18:40 |
| 702 | 127. | | 113. | Schlink, Peter | BergZiehGen | 1986 | 20. | M35 | 1:18:33 | 1:18:41 |
| 3287 | 128. | | 114. | Podkocki, Arthur | DJK Gütersloh | 1982 | 20. | M40 | 1:18:39 | 1:18:45 |
| 874 | 129. | | 115. | Eßelmann, Christian | Werther | 1990 | 14. | M30 | 1:18:31 | 1:18:47 |
| 3444 | 130. | | 116. | Heidemann, Udo | TSVE 1890 Bielefeld | 1970 | 14. | M50 | 1:18:23 | 1:18:48 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|-----------------------|------------------------------|------|-----|---------|---------|---------|
| 922 | 131. | | 117. | Brandhorst, Mario | | 1978 | 21. | M40 | 1:18:40 | 1:18:49 |
| 726 | 132. | | 118. | Bensiek, Hannes | | 1982 | 22. | M40 | 1:18:21 | 1:18:50 |
| 3379 | 133. | | 119. | Da Vinci, Bruno | SC Melle | 1965 | 14. | M55 | 1:18:20 | 1:19:02 |
| 792 | 134. | | 120. | Schmiedeskamp, Bernt | TSVE 1890 Bielefeld | 1954 | 2. | M65 | 1:18:59 | 1:19:09 |
| 3131 | 135. | | 121. | Anders, Maik | | 1973 | 18. | M45 | 1:19:04 | 1:19:12 |
| 3222 | 136. | | 122. | Schürmann, Benny | | 1980 | 23. | M40 | 1:18:53 | 1:19:12 |
| 1612 | 137. | | 123. | Kkonermann, Burkhard | Hilter | 1967 | 15. | M55 | 1:18:56 | 1:19:13 |
| 3187 | 138. | | 124. | Klocke, Matthias | | 1978 | 24. | M40 | 1:19:20 | 1:19:28 |
| 767 | 139. | 15. | | Langenfeld, Lisa | | 1993 | 5. | W | 1:19:10 | 1:19:35 |
| 3292 | 140. | | 125. | Krämer, Florian | ERDINGER Active TEAM | 1984 | 21. | M35 | 1:19:28 | 1:19:38 |
| 3188 | 141. | | 126. | Klötzer, Jens | | 1990 | 15. | M30 | 1:19:08 | 1:19:38 |
| 3339 | 142. | 16. | | Gitzel, Michelle | LG Emsdetten | 1986 | 4. | W35 | 1:19:20 | 1:19:40 |
| 3397 | 143. | | 127. | Licher, Frank | Stadtwerke Bielefeld | 1976 | 19. | M45 | 1:19:15 | 1:19:40 |
| 3347 | 144. | | 128. | Detering, Jannik | LG Sechterschnitt | 1988 | 16. | M30 | 1:19:36 | 1:19:40 |
| 3684 | 145. | | 129. | PageI, Joachim | Bramscher Rumläufer | 1969 | 15. | M50 | 1:19:53 | 1:19:57 |
| 867 | 146. | | 130. | Schulz, Christian | Run and Fun by Häcker Küchen | 1985 | 22. | M35 | 1:19:49 | 1:19:59 |
| 908 | 147. | | 131. | Höcker, Bernd | SV Brackwede | 1967 | 16. | M55 | 1:19:34 | 1:20:02 |
| 3265 | 148. | | 132. | Ullnbrock, Manfred | ASG Teutoburger Wald | 1965 | 17. | M55 | 1:19:57 | 1:20:04 |
| 3377 | 149. | | 133. | Von Hagen, Wolfgang | SC Borchon | 1961 | 2. | M60 | 1:20:07 | 1:20:13 |
| 3213 | 150. | 17. | | Rölert, Tessa | | 1991 | 3. | W30 | 1:20:09 | 1:20:17 |
| 907 | 151. | | 134. | Söker, Arne | Post SV Gütersloh | 1977 | 20. | M45 | 1:20:05 | 1:20:18 |
| 3410 | 152. | | 135. | Pedicillo, Mario | Teilzeitläufer Bielefeld | 1976 | 21. | M45 | 1:20:15 | 1:20:24 |
| 3366 | 153. | | 136. | Sandbothe, Olaf | Post SV Gütersloh | 1969 | 16. | M50 | 1:20:11 | 1:20:25 |
| 3229 | 154. | | 137. | Tünste, Matthias | | 1978 | 25. | M40 | 1:20:11 | 1:20:30 |
| 391 | 155. | | 138. | Ramesh, Baskar | | 1986 | 23. | M35 | 1:19:59 | 1:20:33 |
| 807 | 156. | | 139. | Schürmann, Marcus | SC Borchon | 1971 | 17. | M50 | 1:20:29 | 1:20:33 |
| 902 | 157. | | 140. | Perdun, Martin | TriSpeed Marienfeld | 1977 | 22. | M45 | 1:20:09 | 1:20:36 |
| 3354 | 158. | 18. | | Fenn, Ronja | LU Steinhagen | 1999 | 6. | W | 1:20:26 | 1:20:43 |
| 3264 | 159. | | 141. | Panhorst, Andreas | Almläufer | 1985 | 24. | M35 | 1:20:17 | 1:20:44 |
| 635 | 160. | 19. | | Turac, Elisabeth | 1. Tri-Team Gütersloh GTV | 1979 | 4. | W40 | 1:20:48 | 1:20:50 |
| 766 | 161. | | 142. | Langenfeld, Dominik | | 1990 | 17. | M30 | 1:20:25 | 1:20:51 |
| 790 | 162. | | 143. | Dißmann, Thomas | LG Marienfeld | 1978 | 26. | M40 | 1:20:30 | 1:20:56 |
| 945 | 163. | | 144. | Mathialagan, Nadesu | Comspace GmbH & Co.KG | 1976 | 23. | M45 | 1:20:52 | 1:21:04 |
| 3402 | 164. | | 145. | Huppertz, Reiner | SV Schwagstorf | 1959 | 3. | M60 | 1:20:55 | 1:21:05 |
| 3670 | 165. | | 146. | Rommel, Heiko | | 1970 | 18. | M50 | 1:20:34 | 1:21:09 |
| 820 | 166. | 20. | | Hakenholt, Martina | | 1966 | 1. | W55 | 1:21:04 | 1:21:12 |
| 3423 | 167. | | 147. | Glüsenkamp, Christoph | Trail Team Osnabrück | 1984 | 25. | M35 | 1:20:26 | 1:21:13 |
| 3458 | 168. | | 148. | Lachetta, Raphael | TSVE 1890 Bielefeld e.V. | 1972 | 19. | M50 | 1:21:00 | 1:21:15 |
| 680 | 169. | | 149. | Paul, Marcel | | 1990 | 18. | M30 | 1:21:09 | 1:21:24 |
| 887 | 170. | | 150. | Schäfermeier, Ulrich | SC Borchon | 1966 | 18. | M55 | 1:21:32 | 1:21:37 |
| 677 | 171. | | 151. | Heßler, Thomas | | 1976 | 24. | M45 | 1:21:30 | 1:21:41 |
| 3378 | 172. | | 152. | Pöpsel-Schalück, Marc | SC Heide | 1988 | 19. | M30 | 1:21:31 | 1:21:44 |
| 3130 | 173. | | 153. | Abdullahad, Fadi | | 1981 | 27. | M40 | 1:21:28 | 1:21:47 |
| 718 | 174. | | 154. | Kühl, Klas | | 1969 | 20. | M50 | 1:21:23 | 1:21:49 |
| 3217 | 175. | | 155. | Schäbitz, Konrad | | 2004 | 1. | MJU20 | 1:21:25 | 1:21:51 |
| 865 | 176. | 21. | | Reichert, Susanne | SG Stern Bielefeld | 1975 | 1. | W45 | 1:21:58 | 1:22:01 |
| 3469 | 177. | | 156. | Pankratz, Oli | TV Georgsmarienhütte | 1971 | 21. | M50 | 1:21:33 | 1:22:04 |
| 3315 | 178. | | 157. | Kraft, Matthias | Laufen gegen Leiden e.V. | 1969 | 22. | M50 | 1:21:53 | 1:22:07 |
| 666 | 179. | | 158. | Hein, Benjamin | | 1985 | 26. | M35 | 1:22:02 | 1:22:10 |
| 868 | 180. | 22. | | Plaasch, Janine | | 1982 | 5. | W40 | 1:22:00 | 1:22:15 |
| 3133 | 181. | | 159. | Bader, Andreas | | 1979 | 28. | M40 | 1:21:43 | 1:22:16 |
| 3198 | 182. | | 160. | Langner, Eckhard | | 1960 | 4. | M60 | 1:22:02 | 1:22:16 |
| 3661 | 183. | | 161. | Jankowski, Rene | | 1990 | 20. | M30 | 1:22:03 | 1:22:18 |
| 780 | 184. | | 162. | Stölting, Carsten | BTG | 1973 | 25. | M45 | 1:21:52 | 1:22:20 |
| 813 | 185. | | 163. | Herting, Arne | TSVE 1890 Bielefeld | 1980 | 29. | M40 | 1:22:03 | 1:22:25 |
| 3398 | 186. | | 164. | Müller, Holger | Strate Running | 1969 | 23. | M50 | 1:22:10 | 1:22:33 |
| 858 | 187. | | 165. | Linde, Bernd | Teuto Run and Fun Bielefeld | 1953 | 3. | M65 | 1:22:29 | 1:22:41 |
| 3479 | 188. | | 166. | Lange, Ernst | Weiter geht's Bielefeld | 1966 | 19. | M55 | 1:22:41 | 1:22:50 |
| 3672 | 189. | | 167. | Dieckhoff, Lukas | | 1995 | 17. | M | 1:22:30 | 1:23:06 |
| 3195 | 190. | | 168. | Krumme, Sebastian | | 1991 | 21. | M30 | 1:22:55 | 1:23:08 |
| 3368 | 191. | | 169. | Möcking, Fabian | Raum & Zeit | 1981 | 30. | M40 | 1:22:55 | 1:23:12 |
| 3451 | 192. | | 170. | Ossiek, Christian | TSVE 1890 Bielefeld | 1977 | 26. | M45 | 1:22:47 | 1:23:12 |
| 3411 | 193. | | 171. | Kronsbein, Jens | Tempohärte 03 | 1968 | 24. | M50 | 1:22:54 | 1:23:15 |
| 3201 | 194. | | 172. | Meier, Jan | | 1986 | 27. | M35 | 1:22:57 | 1:23:18 |
| 3176 | 195. | 23. | | Holtgräwe, Daniela | | 1975 | 2. | W45 | 1:23:21 | 1:23:25 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|-----------------------------|----------------------------|------|-----|---------|---------|---------|
| 795 | 196. | | 173. | John, Georg | | 1989 | 22. | M30 | 1:23:02 | 1:23:33 |
| 3662 | 197. | | 174. | Gahrau, Volker | | 1987 | 28. | M35 | 1:23:08 | 1:23:36 |
| 3273 | 198. | | 175. | Heidemann, Martin | BSG Sparkasse Bielefeld | 1959 | 5. | M60 | 1:23:30 | 1:23:42 |
| 688 | 199. | | 176. | Frenzel, Volker | ERDINGER Active TEAM | 1967 | 20. | M55 | 1:23:36 | 1:23:46 |
| 722 | 200. | | 177. | Graute, Stephan | LG Marienfeld | 1978 | 31. | M40 | 1:23:24 | 1:23:51 |
| 3477 | 201. | | 178. | Rehme, Benjamin | Vitalzentrum Sport Detmold | 1983 | 29. | M35 | 1:23:28 | 1:23:53 |
| 3657 | 202. | | 179. | Seemann, Frank | TSVE 1890 Bielefeld | 1967 | 21. | M55 | 1:24:02 | 1:24:11 |
| 3365 | 203. | | 180. | Berheide, Jörn | Post SV Gütersloh | 1971 | 25. | M50 | 1:24:00 | 1:24:14 |
| 3166 | 204. | | 181. | Goldbecker, Oliver | | 1981 | 32. | M40 | 1:23:46 | 1:24:16 |
| 3343 | 205. | | 182. | Kisse, Stefan | LG Marienfeld | 1974 | 27. | M45 | 1:23:54 | 1:24:21 |
| 3300 | 206. | | 183. | Haskenhoff, Jörg | Haller Bergziegen | 1981 | 33. | M40 | 1:24:28 | 1:24:33 |
| 3308 | 207. | | 184. | Meyer zu Allendorf, Ulrich | Keniatrics | 1966 | 22. | M55 | 1:24:27 | 1:24:38 |
| 3313 | 208. | | 185. | Feiter, Ulrich | KTT 01 | 1961 | 6. | M60 | 1:24:37 | 1:24:51 |
| 841 | 209. | | 186. | Biere, Daniel | | 1967 | 23. | M55 | 1:24:25 | 1:24:55 |
| 754 | 210. | | 187. | Haertl, Sebastian | LC Stefan | 1984 | 30. | M35 | 1:24:32 | 1:24:58 |
| 765 | 211. | | 188. | Linnert, Markus | | 1982 | 34. | M40 | 1:24:32 | 1:24:58 |
| 3667 | 212. | | 189. | Oeljeklaus, André | | 1983 | 31. | M35 | 1:24:39 | 1:25:07 |
| 3254 | 213. | 24. | | Beckmann, Frauke | Active Sportshop Herford | 1970 | 3. | W50 | 1:24:57 | 1:25:08 |
| 3299 | 214. | | 190. | Dorn, Frank | Halle (Westf.) | 1968 | 26. | M50 | 1:25:10 | 1:25:19 |
| 3470 | 215. | | 191. | Schlatmann, Andre | TV Georgsmarienhütte | 1982 | 35. | M40 | 1:24:52 | 1:25:23 |
| 3356 | 216. | | 192. | Coulthard, Jason | LV Oelde | 1970 | 27. | M50 | 1:25:13 | 1:25:28 |
| 3248 | 217. | | 193. | Siekaup, Peter | Active Sport Gütersloh | 1957 | 4. | M65 | 1:25:19 | 1:25:28 |
| 3353 | 218. | | 194. | Schüngel, Max | LTV Lippstadt Triathlon | 1987 | 32. | M35 | 1:25:18 | 1:25:31 |
| 734 | 219. | | 195. | Schröder, Stefan | BSG Sparkasse Bielefeld | 1970 | 28. | M50 | 1:25:24 | 1:25:33 |
| 903 | 220. | 25. | | Meyer-Wilmes, Ulrike | | 1976 | 3. | W45 | 1:25:30 | 1:25:41 |
| 773 | 221. | | 196. | Weißinger, Florian | MR-1 | 1963 | 24. | M55 | 1:25:29 | 1:25:44 |
| 1787 | 222. | | 197. | Brüggemann, Maik | LG Burg Wiedenbrück | 1976 | 28. | M45 | 1:25:37 | 1:25:52 |
| 3227 | 223. | 26. | | Surma, Anna | | 1993 | 7. | W | 1:25:19 | 1:25:58 |
| 3263 | 224. | 27. | | Güth, Katharina | ActiveSportshopGütersloh | 1983 | 5. | W35 | 1:25:22 | 1:25:58 |
| 624 | 225. | 28. | | Meßling, Inke | | 1980 | 6. | W40 | 1:25:47 | 1:25:59 |
| 634 | 226. | | 198. | Tiemann, Steffen | | 1978 | 36. | M40 | 1:25:47 | 1:25:59 |
| 675 | 227. | | 199. | Voß, Josef | | 1963 | 25. | M55 | 1:25:40 | 1:26:00 |
| 3371 | 228. | | 200. | Hoffmann, Peter | Rödi-Runner | 1966 | 26. | M55 | 1:25:55 | 1:26:09 |
| 3680 | 229. | | 201. | Kornfeld, Ottmar | Active Sportshop Gütersloh | 1971 | 29. | M50 | 1:25:37 | 1:26:11 |
| 3206 | 230. | | 202. | Mundhenke, Andreas | | 1975 | 29. | M45 | 1:26:02 | 1:26:16 |
| 3387 | 231. | 29. | | Spieshöfer, Andrea | SC Melle 03 | 1973 | 4. | W45 | 1:25:54 | 1:26:16 |
| 3345 | 232. | | 203. | Lienen, Dieter | LG Oerlinghausen | 1962 | 7. | M60 | 1:26:00 | 1:26:20 |
| 3359 | 233. | | 204. | Brockmann, Torsten | Münster | 1977 | 30. | M45 | 1:25:49 | 1:26:23 |
| 3182 | 234. | 30. | | Karsten, Semia | | 1984 | 6. | W35 | 1:26:07 | 1:26:26 |
| 3291 | 235. | | 205. | Peitsch, Uwe | Dlrg Gütersloh | 1962 | 8. | M60 | 1:26:27 | 1:26:36 |
| 3669 | 236. | | 206. | Beer, Patrik | SV Spexard | 1992 | 23. | M30 | 1:26:12 | 1:26:41 |
| 631 | 237. | | 207. | Bongartz, Jörn | | 1971 | 30. | M50 | 1:26:15 | 1:26:50 |
| 854 | 238. | | 208. | Uckelmann, Bernhard | LG Marienfeld | 1965 | 27. | M55 | 1:26:29 | 1:26:57 |
| 886 | 239. | | 209. | Böttcher, Mathis | | 1992 | 24. | M30 | 1:26:45 | 1:26:57 |
| 3243 | 240. | | 210. | Zahlten, Christian | | 1982 | 37. | M40 | 1:26:34 | 1:26:57 |
| 3208 | 241. | | 211. | Ortmann, Mike | | 1985 | 33. | M35 | 1:26:35 | 1:26:57 |
| 707 | 242. | | 212. | Delker, Helmut | 1. Tri-Team Gütersloh GTV | 1967 | 28. | M55 | 1:26:39 | 1:26:59 |
| 3205 | 243. | | 213. | Möcking, Moritz | | 1977 | 31. | M45 | 1:26:46 | 1:27:03 |
| 3152 | 244. | | 214. | Eaton, Patrick | | 1983 | 34. | M35 | 1:26:51 | 1:27:10 |
| 3234 | 245. | | 215. | Wagner, Lukas | | 1981 | 38. | M40 | 1:26:51 | 1:27:10 |
| 3253 | 246. | 31. | | Siekman, Vanessa | Active Sportshop Gütersloh | 1985 | 7. | W35 | 1:26:35 | 1:27:11 |
| 845 | 247. | 32. | | Stöbel, Alexandra Christine | VfL Ummeln e.V. | 1973 | 5. | W45 | 1:26:54 | 1:27:14 |
| 890 | 248. | | 216. | Schöning, Olaf | VfL Ummeln e.V. | 1969 | 31. | M50 | 1:26:54 | 1:27:14 |
| 3200 | 249. | | 217. | Mathiak, Rainer | | 1961 | 9. | M60 | 1:27:06 | 1:27:18 |
| 3303 | 250. | | 218. | Reschke, Markus | Hochschulsport Bielefeld | 1960 | 10. | M60 | 1:26:59 | 1:27:19 |
| 3298 | 251. | | 219. | Frank, Stefan | Grüne Lunge | 1964 | 29. | M55 | 1:26:44 | 1:27:19 |
| 3252 | 252. | 33. | | Lundström, Katrin | Active Sportshop Gütersloh | 1974 | 6. | W45 | 1:26:44 | 1:27:19 |
| 791 | 253. | | 220. | Czesna, Florian | | 1981 | 39. | M40 | 1:26:56 | 1:27:20 |
| 3171 | 254. | | 221. | Grünkemeier, Holger | | 1971 | 32. | M50 | 1:27:06 | 1:27:26 |
| 3374 | 255. | | 222. | Borgolte, Frank | SC Borchon | 1971 | 33. | M50 | 1:27:22 | 1:27:28 |
| 900 | 256. | | 223. | Ruwe, Axel | | 1970 | 34. | M50 | 1:27:08 | 1:27:30 |
| 781 | 257. | | 224. | Strotmann, Robert | Marathon Ibbenbüren | 1970 | 35. | M50 | 1:27:23 | 1:27:35 |
| 893 | 258. | | 225. | Ostermann, Jens | | 1979 | 40. | M40 | 1:27:37 | 1:27:37 |
| 3471 | 259. | 34. | | Pohlmann, Sarah | Tv-Lemgo | 1987 | 8. | W35 | 1:27:32 | 1:27:42 |
| 3293 | 260. | | 226. | Hellweg, Christoph | Feuerwehr Bielefeld | 1967 | 30. | M55 | 1:27:38 | 1:27:55 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|---------------------------|--------------------------------|------|-----|---------|---------|---------|
| 3153 | 261. | | 227. | Einhaus, Herbert | | 1961 | 11. | M60 | 1:27:42 | 1:28:06 |
| 3383 | 262. | | 228. | Lapinske, Florian | SC Melle 03 | 1990 | 25. | M30 | 1:27:28 | 1:28:10 |
| 3376 | 263. | | 229. | Meyer, Karl Josef | SC Borchen | 1965 | 31. | M55 | 1:27:49 | 1:28:14 |
| 797 | 264. | | 230. | Schäbitz, Wolf | | 1967 | 32. | M55 | 1:27:51 | 1:28:16 |
| 3302 | 265. | | 231. | Wald, Michael | Haller Bergziegen | 1982 | 41. | M40 | 1:28:27 | 1:28:32 |
| 746 | 266. | | 232. | Killmann, Bernd | LG Obersee / BSV Stadtw. Blfd | 1964 | 33. | M55 | 1:27:51 | 1:28:33 |
| 3350 | 267. | 35. | | Krell-Witte, Delia | LSF Münster | 1959 | 1. | W60 | 1:28:30 | 1:28:33 |
| 623 | 268. | 36. | | Wodtke, Judith | | 1976 | 7. | W45 | 1:28:08 | 1:28:37 |
| 651 | 269. | | 233. | Bollweg, Stefan | BSG Sparkasse Bielefeld | 1975 | 32. | M45 | 1:28:20 | 1:28:45 |
| 618 | 270. | | 234. | Kaiser, Andreas | | 1975 | 33. | M45 | 1:28:40 | 1:28:49 |
| 3466 | 271. | | 235. | Berelsmann, Andrea | TV Georgsmarienhütte | 1965 | 34. | M55 | 1:28:22 | 1:28:53 |
| 3270 | 272. | 37. | | Janicka, Izabela | Bramscher Rumläufer | 1985 | 9. | W35 | 1:28:34 | 1:28:53 |
| 744 | 273. | | 236. | Frerichs, Onno | Plastische Chirurgie Bielefeld | 1969 | 36. | M50 | 1:28:29 | 1:28:54 |
| 3199 | 274. | | 237. | Lücker, Frank | | 1988 | 26. | M30 | 1:28:24 | 1:28:55 |
| 918 | 275. | | 238. | Schlingmann, Stefan | LG Oerlinghausen | 1972 | 37. | M50 | 1:28:30 | 1:28:57 |
| 919 | 276. | | 239. | Niehueser, Frank | Vorwärts Traktor Mastholte-Sü | 1975 | 34. | M45 | 1:28:37 | 1:29:01 |
| 671 | 277. | 38. | | Cremer, Nadine | Team ultraSPORTS / Teuto Run | 1981 | 7. | W40 | 1:28:45 | 1:29:02 |
| 3215 | 278. | | 240. | Sagner, Christian | | 1973 | 35. | M45 | 1:28:36 | 1:29:05 |
| 3169 | 279. | | 241. | Greitens, Uwe | | 1976 | 36. | M45 | 1:29:02 | 1:29:24 |
| 3673 | 280. | | 242. | Pasternak, Norbert | Active Sportshop Team | 1965 | 35. | M55 | 1:28:52 | 1:29:28 |
| 938 | 281. | | 243. | Hein, Sebastian | | 1984 | 35. | M35 | 1:29:05 | 1:29:28 |
| 717 | 282. | 39. | | Klute, Birgit | | 1972 | 4. | W50 | 1:29:11 | 1:29:37 |
| 747 | 283. | | 244. | Ntemiris, Klearchos | | 1987 | 36. | M35 | 1:28:56 | 1:29:38 |
| 809 | 284. | | 245. | Strototte, Martin | LG Marienfeld | 1963 | 36. | M55 | 1:29:21 | 1:29:48 |
| 622 | 285. | | 246. | Olderdißen, Jan | | 1972 | 38. | M50 | 1:29:14 | 1:29:49 |
| 3190 | 286. | | 247. | Köhler, Nils | | 1973 | 37. | M45 | 1:29:47 | 1:29:50 |
| 849 | 287. | 40. | | Klemme, Corinna | LG TuS Lügde | 1973 | 8. | W45 | 1:29:22 | 1:29:54 |
| 3246 | 288. | | 248. | Robecke, Ulli | 1. Tri-Team Gütersloh GTV | 1968 | 39. | M50 | 1:29:31 | 1:30:01 |
| 816 | 289. | | 249. | Gunst, Marcel | | 1991 | 27. | M30 | 1:29:44 | 1:30:02 |
| 737 | 290. | 41. | | Hegge, Beate | | 1967 | 2. | W55 | 1:29:25 | 1:30:02 |
| 3403 | 291. | | 250. | Bruder, Achim | SV Teuto Riesenbeck | 1971 | 40. | M50 | 1:30:01 | 1:30:08 |
| 695 | 292. | | 251. | Furtmann, Heiko | LC Solbad Ravensberg | 1971 | 41. | M50 | 1:29:56 | 1:30:20 |
| 755 | 293. | | 252. | Greiner, Frank | SC Aquarius Löhne | 1964 | 37. | M55 | 1:30:12 | 1:30:25 |
| 3235 | 294. | | 253. | Warning, Thorsten | | 1972 | 42. | M50 | 1:29:55 | 1:30:26 |
| 665 | 295. | | 254. | Obermann, Carsten | | 1973 | 38. | M45 | 1:29:49 | 1:30:28 |
| 692 | 296. | 42. | | Krämer, Birgit | | 1971 | 5. | W50 | 1:30:06 | 1:30:30 |
| 840 | 297. | | 255. | Haunschild, Thomas | SG Stern Bielefeld | 1981 | 42. | M40 | 1:30:38 | 1:30:46 |
| 3251 | 298. | | 256. | Kintrup, Andreas | Active Sportshop Gütersloh | 1980 | 43. | M40 | 1:30:27 | 1:30:46 |
| 725 | 299. | | 257. | Bäumker, Wolfgang | TuS Glane | 1955 | 5. | M65 | 1:30:34 | 1:30:47 |
| 3307 | 300. | | 258. | Geers, Markus | Keniatrics | 1981 | 44. | M40 | 1:30:16 | 1:30:48 |
| 3309 | 301. | 43. | | Wickmann, Christine | Keniatrics | 1965 | 3. | W55 | 1:30:16 | 1:30:48 |
| 786 | 302. | 44. | | Vynogradova, Lena | | 1976 | 9. | W45 | 1:30:36 | 1:30:50 |
| 844 | 303. | | 259. | Schiller, Dennis | | 1989 | 28. | M30 | 1:30:25 | 1:30:54 |
| 642 | 304. | | 260. | Rösner, Andreas | | 1963 | 38. | M55 | 1:30:20 | 1:30:56 |
| 3257 | 305. | 45. | | Meihöfer-Hellmann, Anja | Active Sportshop Herford | 1967 | 4. | W55 | 1:30:42 | 1:31:00 |
| 901 | 306. | | 261. | Jaekel, Bernhard | TSVE 1890 Bielefeld e.V. | 1956 | 6. | M65 | 1:30:54 | 1:31:21 |
| 723 | 307. | | 262. | Fasse, Axel | | 1965 | 39. | M55 | 1:30:51 | 1:31:23 |
| 3480 | 308. | | 263. | Salewski, Olaf | WfB-L | 1964 | 40. | M55 | 1:30:58 | 1:31:38 |
| 683 | 309. | | 264. | Dümmer, Manfred | TSVE 1890 Bielefeld e.V. | 1950 | 1. | M70 | 1:31:32 | 1:31:55 |
| 714 | 310. | | 265. | Werner, Manuel | | 1976 | 39. | M45 | 1:31:39 | 1:31:57 |
| 3364 | 311. | 46. | | Barton, Claudia | Post SV Gütersloh | 1982 | 8. | W40 | 1:31:44 | 1:32:02 |
| 745 | 312. | | 266. | Schiprowski, Patrick | BSG Sparkasse Bielefeld | 1982 | 45. | M40 | 1:31:35 | 1:32:03 |
| 794 | 313. | | 267. | Meyer, Cornelius | | 1971 | 43. | M50 | 1:31:51 | 1:32:07 |
| 3467 | 314. | | 268. | Berelsmann, Andreas | TV Georgsmarienhütte | 1965 | 41. | M55 | 1:31:52 | 1:32:10 |
| 3328 | 315. | | 269. | Redemeyer, Bernd | LG Ahlen | 1967 | 42. | M55 | 1:31:50 | 1:32:20 |
| 3463 | 316. | | 270. | Siekman, Jürgen | Tus Eintracht Bielefeld | 1963 | 43. | M55 | 1:32:08 | 1:32:21 |
| 3139 | 317. | | 271. | Böyng, Sven | | 1977 | 40. | M45 | 1:31:47 | 1:32:22 |
| 3196 | 318. | | 272. | Kruse, Oliver | | 1969 | 44. | M50 | 1:32:01 | 1:32:24 |
| 3175 | 319. | | 273. | Hollensteiner, Nils | | 1988 | 29. | M30 | 1:32:06 | 1:32:36 |
| 3417 | 320. | | 274. | Hökenschnieder, Christoph | Teuto-Stelzen | 1976 | 41. | M45 | 1:32:13 | 1:32:36 |
| 3452 | 321. | 47. | | Ostermann, Dagmar | TSVE 1890 Bielefeld | 1971 | 6. | W50 | 1:32:15 | 1:32:37 |
| 3380 | 322. | | 275. | Arens, Manfred | SC Melle 03 | 1951 | 2. | M70 | 1:32:15 | 1:32:56 |
| 811 | 323. | | 276. | Bewersdorff, Jan | | 1986 | 37. | M35 | 1:33:05 | 1:33:14 |
| 775 | 324. | 48. | | Graute, Jenny | LG Marienfeld | 1984 | 10. | W35 | 1:32:47 | 1:33:15 |
| 3478 | 325. | | 277. | Schöner, Patrick | Waldläufer Melle | 1969 | 45. | M50 | 1:32:54 | 1:33:15 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|--------------------------|-------------------------------|------|-----|---------|---------|---------|
| 3454 | 326. | 49. | | Schroeder, Antje | Tsve 1890 Bielefeld | 1968 | 7. | W50 | 1:32:37 | 1:33:17 |
| 3269 | 327. | 50. | | Oevermann, Ruth | Bramsche Rumläufer | 1972 | 8. | W50 | 1:32:58 | 1:33:17 |
| 632 | 328. | | 278. | Klages, Torsten | | 1978 | 46. | M40 | 1:32:51 | 1:33:18 |
| 889 | 329. | | 279. | Prenneis, Christian | TSVE 1890 Bielefeld e.V. | 1969 | 46. | M50 | 1:32:54 | 1:33:20 |
| 719 | 330. | | 280. | Böddeker, Thomas | TSVE 1890 Bielefeld e.V. | 1981 | 47. | M40 | 1:32:50 | 1:33:23 |
| 803 | 331. | | 281. | Kniesburgess, Burkhard | | 1960 | 12. | M60 | 1:33:18 | 1:33:49 |
| 696 | 332. | 51. | | Furtmann, Sarah | | 1997 | 8. | W | 1:33:35 | 1:33:59 |
| 3420 | 333. | | 282. | Steinborn, Tobias | TKF | 1987 | 38. | M35 | 1:33:38 | 1:34:02 |
| 3401 | 334. | | 283. | Brinkmann, Thilo | Stumbo Connection | 1988 | 30. | M30 | 1:33:44 | 1:34:17 |
| 3134 | 335. | 52. | | Bartelmeß, Kristina | | 1966 | 5. | W55 | 1:33:47 | 1:34:21 |
| 3441 | 336. | | 284. | Funke, Christian | TSVE 1890 Bielefeld | 1978 | 48. | M40 | 1:33:58 | 1:34:23 |
| 626 | 337. | | 285. | Klingbeil, Henning | VfL UmmeIn e.V. | 1972 | 47. | M50 | 1:34:12 | 1:34:32 |
| 601 | 338. | 53. | | Moussa, Yasmin | LC Solbad Ravensberg | 1986 | 11. | W35 | 1:34:16 | 1:34:33 |
| 3694 | 339. | | 286. | Schwarze, Heinz-Dieter | SCA Löhne | 1958 | 13. | M60 | 1:34:31 | 1:34:44 |
| 629 | 340. | 54. | | Fleischer, Anke | VfL UmmeIn e.V. | 1973 | 10. | W45 | 1:34:27 | 1:34:47 |
| 3274 | 341. | | 287. | Viemeister, Manuel | BSG Sparkasse Bielefeld | 1977 | 42. | M45 | 1:34:17 | 1:34:47 |
| 3168 | 342. | | 288. | Gräwe, Mike | | 1979 | 49. | M40 | 1:34:27 | 1:34:54 |
| 602 | 343. | 55. | | Becker -Schwier, Yvonne | LC Solbad Ravensberg e.V | 1984 | 12. | W35 | 1:34:37 | 1:34:54 |
| 3464 | 344. | | 289. | Knippenberg, Hanno | TuS Graf Kobbo 1902 e.V. | 1979 | 50. | M40 | 1:34:27 | 1:34:55 |
| 3211 | 345. | 56. | | Rakus, Lissa | | 1989 | 4. | W30 | 1:34:23 | 1:34:58 |
| 3137 | 346. | 57. | | Beer, Chantal | | 1978 | 9. | W40 | 1:34:25 | 1:35:00 |
| 3249 | 347. | 58. | | Fürste, Diana | Active Sportshop | 1977 | 11. | W45 | 1:34:34 | 1:35:03 |
| 3373 | 348. | | 290. | Bott, Thomas | S299ENSATIONEL | 1968 | 48. | M50 | 1:34:33 | 1:35:03 |
| 3247 | 349. | | 291. | Van Westen, Andreas | 1. Tri-Team Gütersloh GTV | 1962 | 14. | M60 | 1:35:10 | 1:35:26 |
| 892 | 350. | | 292. | Gersmeier, Ulrich | | 1963 | 44. | M55 | 1:35:15 | 1:35:34 |
| 611 | 351. | | 293. | Lützw, Maik | TSVE 1890 Bielefeld e.V. | 1977 | 43. | M45 | 1:35:24 | 1:35:35 |
| 3173 | 352. | | 294. | Guthmann, Benjamin | | 1988 | 31. | M30 | 1:35:08 | 1:35:40 |
| 777 | 353. | | 295. | Topp, Roger | LG Vlldampf Clarholz | 1969 | 49. | M50 | 1:35:21 | 1:35:50 |
| 3413 | 354. | | 296. | Schröder, Detlef | Teuto Run and Fun Bielefeld | 1957 | 7. | M65 | 1:35:28 | 1:35:56 |
| 3320 | 355. | | 297. | Anwander, Karl-Friedrich | Lc Solbad Ravensberg | 1942 | 1. | M80 | 1:35:40 | 1:36:04 |
| 3674 | 356. | 59. | | Bertram, Hanna Mareike | | 1998 | 9. | W | 1:35:45 | 1:36:09 |
| 838 | 357. | 60. | | Theele, Corinna | SG Stern Bielefeld | 1984 | 13. | W35 | 1:35:58 | 1:36:09 |
| 3197 | 358. | 61. | | Kruse, Ronja | | 2005 | 1. | WJU18 | 1:35:46 | 1:36:09 |
| 3697 | 359. | | 298. | Kix, Tim | FC Exter | 1979 | 51. | M40 | 1:36:02 | 1:36:18 |
| 3163 | 360. | 62. | | Gersonde, Sylvia | | 1970 | 9. | W50 | 1:36:21 | 1:36:37 |
| 732 | 361. | | 299. | Rust, Ulrich | | 1968 | 50. | M50 | 1:36:38 | 1:37:01 |
| 808 | 362. | | 300. | Schröder, Mirco | | 1981 | 52. | M40 | 1:36:29 | 1:37:02 |
| 3266 | 363. | | 301. | Höner, Marc | Asia Kampfsport Akademie - Gü | 1975 | 44. | M45 | 1:37:01 | 1:37:17 |
| 851 | 364. | | 302. | Schürmann, Johannes | Team physioAktiv Bielefeld | 1982 | 53. | M40 | 1:37:07 | 1:37:41 |
| 3424 | 365. | | 303. | Sille, Marc | Trail Team Osnabrück | 1974 | 45. | M45 | 1:37:15 | 1:37:48 |
| 3224 | 366. | 63. | | Stephan, Nadine | | 1978 | 10. | W40 | 1:37:32 | 1:37:58 |
| 3385 | 367. | | 304. | Preuß, Torsten | SC Melle 03 | 1968 | 51. | M50 | 1:37:40 | 1:38:03 |
| 3145 | 368. | 64. | | Coulthard, Pia | | 1971 | 10. | W50 | 1:37:57 | 1:38:32 |
| 617 | 369. | | 305. | Schmolke, Maik | | 1979 | 54. | M40 | 1:38:05 | 1:38:38 |
| 917 | 370. | | 306. | Bohnesteffen, Nils | LG Oerlinghausen | 1990 | 32. | M30 | 1:37:50 | 1:38:50 |
| 914 | 371. | | 307. | Terruhn, Hauke | Airbreaker | 1970 | 52. | M50 | 1:38:33 | 1:38:57 |
| 3228 | 372. | | 308. | Tappe, Frank | | 1960 | 15. | M60 | 1:38:36 | 1:38:59 |
| 3407 | 373. | 65. | | Henze, Miriam | TC Rietberg | 1972 | 11. | W50 | 1:38:32 | 1:39:04 |
| 3406 | 374. | | 309. | Henze, Matthias | TC Rietberg | 1966 | 45. | M55 | 1:38:33 | 1:39:04 |
| 3348 | 375. | | 310. | Oberbeckmann, Andre | LK BOEH | 1974 | 46. | M45 | 1:38:55 | 1:39:11 |
| 855 | 376. | 66. | | Gärtner, Daniela | | 1993 | 10. | W | 1:39:09 | 1:39:27 |
| 3191 | 377. | | 311. | Konrad, Christian | | 1991 | 33. | M30 | 1:39:10 | 1:39:44 |
| 711 | 378. | | 312. | Köster, Norman | MackerWegKlatschen | 1986 | 39. | M35 | 1:39:09 | 1:39:49 |
| 3216 | 379. | | 313. | Sbrzesny, Alexander | | 1976 | 47. | M45 | 1:39:07 | 1:39:51 |
| 3581 | 380. | | 314. | Toepper, Georg | WSU | 1959 | 16. | M60 | 1:39:29 | 1:39:53 |
| 3162 | 381. | 67. | | Gausepohl, Klara | | 1998 | 11. | W | 1:39:29 | 1:39:54 |
| 764 | 382. | 68. | | Kruse, Katja | Trail Snail | 1970 | 12. | W50 | 1:39:20 | 1:39:56 |
| 742 | 383. | | 315. | Harms, Marco | Trail Snail | 1971 | 53. | M50 | 1:39:19 | 1:39:56 |
| 3412 | 384. | | 316. | Weiß, Andree | Tempohärte 03 | 1971 | 54. | M50 | 1:39:27 | 1:39:58 |
| 658 | 385. | 69. | | Welp, Tanja | DJK Gütersloh | 1973 | 12. | W45 | 1:39:29 | 1:40:07 |
| 821 | 386. | 70. | | Mattern, Petra | DLRG Ver1 | 1972 | 13. | W50 | 1:39:30 | 1:40:08 |
| 3455 | 387. | | 317. | Thomas, Frank | Tsve 1890 Bielefeld | 1967 | 46. | M55 | 1:39:45 | 1:40:26 |
| 3150 | 388. | 71. | | Dreessen, Frauke | | 1994 | 12. | W | 1:40:04 | 1:40:26 |
| 852 | 389. | | 318. | Keisoglou, Dirk | Almläufer | 1959 | 17. | M60 | 1:40:11 | 1:40:32 |
| 3395 | 390. | | 319. | Lüke, Mario | Sportclub Ver1 | 1987 | 40. | M35 | 1:40:32 | 1:40:53 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|------|------|--------------------------|--------------------------|------|-----|---------|---------|---------|
| 1786 | 391. | | 320. | De Grandis, Claudio | Uni Renner Bielefeld | 1966 | 47. | M55 | 1:40:46 | 1:40:58 |
| 3212 | 392. | 72. | | Reiners, Meike | | 1990 | 5. | W30 | 1:40:24 | 1:41:03 |
| 685 | 393. | | 321. | Hippauf, Frank | | 1968 | 55. | M50 | 1:40:29 | 1:41:04 |
| 3312 | 394. | | 322. | Welland, Matthias | Kloster a.D. | 1977 | 48. | M45 | 1:40:56 | 1:41:11 |
| 676 | 395. | 73. | | Kampe, Katharina | | 1967 | 6. | W55 | 1:40:52 | 1:41:13 |
| 3474 | 396. | | 323. | Lakämper, Jost | VfL Theesen | 1959 | 18. | M60 | 1:40:52 | 1:41:13 |
| 829 | 397. | | 324. | Jürgensmeier, Christoph | TSVE 1890 Bielefeld | 1967 | 48. | M55 | 1:40:40 | 1:41:22 |
| 850 | 398. | 74. | | Pilgrim, Meike | | 1974 | 13. | W45 | 1:40:51 | 1:41:26 |
| 608 | 399. | 75. | | Wistinghausen, Petra | | 1969 | 14. | W50 | 1:41:01 | 1:41:31 |
| 3295 | 400. | 76. | | Franke, Andrea | Flying Stöckels de Luxe | 1971 | 15. | W50 | 1:41:40 | 1:41:55 |
| 710 | 401. | | 325. | Bohnsteffen, Uwe | LG Oerlinghausen | 1957 | 8. | M65 | 1:41:20 | 1:42:10 |
| 713 | 402. | | 326. | Schneider, Sebastian | | 1986 | 41. | M35 | 1:41:32 | 1:42:13 |
| 3349 | 403. | 77. | | Kastrup, Anne-Christine | LSF Münster | 1989 | 6. | W30 | 1:41:42 | 1:42:15 |
| 923 | 404. | 78. | | Brinkhege, Sonja | | 1975 | 14. | W45 | 1:42:03 | 1:42:16 |
| 3351 | 405. | 79. | | Warbinger, Jennifer | LSF Münster | 1983 | 14. | W35 | 1:41:49 | 1:42:22 |
| 3159 | 406. | | 327. | Frederik, Venne | | 1982 | 55. | M40 | 1:41:44 | 1:42:23 |
| 3362 | 407. | | 328. | Heukelbach, Christof | Pacemaker | 1979 | 56. | M40 | 1:41:45 | 1:42:26 |
| 905 | 408. | | 329. | Winterberg, Peter | | 1985 | 42. | M35 | 1:41:53 | 1:42:30 |
| 627 | 409. | | 330. | Dirkwinkel, Sven | | 1987 | 43. | M35 | 1:42:18 | 1:42:51 |
| 3279 | 410. | | 331. | Orlowski, Manfred | Crazy Runners | 1963 | 49. | M55 | 1:42:15 | 1:42:55 |
| 748 | 411. | | 332. | Steinkröger, Thorsten | KCP | 1983 | 44. | M35 | 1:42:56 | 1:43:17 |
| 3322 | 412. | 80. | | Grube, Andrea | LC Solbad Ravensberg | 1974 | 15. | W45 | 1:42:51 | 1:43:23 |
| 720 | 413. | | 333. | Stockkamp, Matthias | | 1981 | 57. | M40 | 1:42:57 | 1:43:29 |
| 3141 | 414. | | 334. | Brockbals, Gisbert | | 1959 | 19. | M60 | 1:42:54 | 1:43:33 |
| 630 | 415. | 81. | | Beik, Yvonne | Activ Sportshop Team | 1982 | 11. | W40 | 1:42:54 | 1:43:34 |
| 3225 | 416. | | 335. | Stieghorst, Mario | | 1969 | 56. | M50 | 1:42:57 | 1:43:35 |
| 872 | 417. | 82. | | Schoop, Jenny | | 1976 | 16. | W45 | 1:42:58 | 1:43:36 |
| 910 | 418. | 83. | | Grunwald, Sabrina | | 1981 | 12. | W40 | 1:43:24 | 1:43:42 |
| 825 | 419. | | 336. | Grefe, Rüdiger | Peit&Rüdi | 1963 | 50. | M55 | 1:43:34 | 1:43:45 |
| 826 | 420. | 84. | | Wömpener, Petra | Peti&Rüdi | 1969 | 16. | W50 | 1:43:35 | 1:43:45 |
| 830 | 421. | | 337. | Offele, Daniel | TVC Enger | 1978 | 58. | M40 | 1:43:12 | 1:43:50 |
| 3660 | 422. | | 338. | Mathieu, Andre | | 1982 | 59. | M40 | 1:43:27 | 1:43:56 |
| 3262 | 423. | | 339. | Müller, Andreas | Active-Sportshop | 1969 | 57. | M50 | 1:43:45 | 1:44:08 |
| 679 | 424. | 85. | | Grothues, Elke | Post SV Gütersloh | 1962 | 2. | W60 | 1:43:45 | 1:44:08 |
| 796 | 425. | 86. | | Waters, Sandra | | 1974 | 17. | W45 | 1:44:01 | 1:44:19 |
| 3167 | 426. | 87. | | Graßnick, Julia | | 1974 | 18. | W45 | 1:43:54 | 1:44:27 |
| 3394 | 427. | 88. | | Kraft-Horstmann, Bettina | sport Activ | 1968 | 17. | W50 | 1:43:54 | 1:44:28 |
| 3305 | 428. | 89. | | Dreessen, Antje | kein Verein | 1966 | 7. | W55 | 1:44:08 | 1:44:31 |
| 1620 | 429. | | 340. | Birkemeyer, Claas | Laufgruppe Elverdissen | 1974 | 49. | M45 | 1:43:51 | 1:44:31 |
| 1799 | 430. | | 341. | Babenhauserheide, André | Laufgruppe Elverdissen | 1972 | 58. | M50 | 1:43:52 | 1:44:31 |
| 3382 | 431. | | 342. | Fehling, Wolf-Dieter | SC Melle 03 | 1952 | 3. | M70 | 1:44:23 | 1:45:05 |
| 3268 | 432. | 90. | | Hennigs, Liane | Bahama Sports Osnabrück | 1959 | 3. | W60 | 1:44:56 | 1:45:33 |
| 915 | 433. | 91. | | Heer, Christina | | 1965 | 8. | W55 | 1:45:07 | 1:45:46 |
| 810 | 434. | | 343. | Dreves, Gerrit | | 1976 | 50. | M45 | 1:45:41 | 1:46:25 |
| 3393 | 435. | | 344. | Weber, Thomas | SF Nordvelen | 1965 | 51. | M55 | 1:45:56 | 1:46:35 |
| 3391 | 436. | | 345. | Kreilkamp, Rainer | SF Nordvelen | 1971 | 59. | M50 | 1:45:56 | 1:46:35 |
| 3296 | 437. | 92. | | Sundermeyer, Stefanie | Flying Stöckels de Luxe | 1968 | 18. | W50 | 1:46:26 | 1:46:40 |
| 653 | 438. | 93. | | Rixe, Anja | | 1968 | 19. | W50 | 1:46:17 | 1:46:53 |
| 3180 | 439. | | 346. | Kaestner, Thomas | | 1985 | 45. | M35 | 1:46:28 | 1:47:04 |
| 3230 | 440. | 94. | | Urbanczyk, Carina | | 1992 | 7. | W30 | 1:46:39 | 1:47:09 |
| 3450 | 441. | 95. | | Nicholson, Trudi | TSVE 1890 Bielefeld | 1958 | 4. | W60 | 1:46:58 | 1:47:17 |
| 1783 | 442. | 96. | | Kozau, Susanne | TSVE 1890 Bielefeld | 1967 | 9. | W55 | 1:46:49 | 1:47:30 |
| 613 | 443. | | 347. | Peitz, Carsten | | 1972 | 60. | M50 | 1:47:11 | 1:47:41 |
| 3695 | 444. | 97. | | Thies, Daniela | Active Sportshop Herford | 1972 | 20. | W50 | 1:47:36 | 1:48:05 |
| 3255 | 445. | 98. | | Bläsing, Bettina | Active Sportshop Herford | 1961 | 5. | W60 | 1:47:58 | 1:48:28 |
| 3259 | 446. | 99. | | Weickenmeier, Petra | Active Sportshop Herford | 1965 | 10. | W55 | 1:47:58 | 1:48:28 |
| 682 | 447. | | 348. | Wenzke, Michael | | 1967 | 52. | M55 | 1:47:59 | 1:48:41 |
| 3278 | 448. | 100. | | Riechmann, Friederike | Capoeira Bielefeld e.V. | 1990 | 8. | W30 | 1:48:18 | 1:48:52 |
| 789 | 449. | 101. | | Kreickenbaum, Roswitha | TSVE 1890 Bielefeld e.V. | 1951 | 1. | W70 | 1:48:49 | 1:49:11 |
| 3231 | 450. | 102. | | Urbanczyk, Janine | | 1982 | 13. | W40 | 1:49:31 | 1:50:01 |
| 793 | 451. | 103. | | Senf, Kerstin | | 1970 | 21. | W50 | 1:50:14 | 1:50:32 |
| 698 | 452. | | 349. | Trippler, Dirk | | 1963 | 53. | M55 | 1:51:45 | 1:52:21 |
| 3392 | 453. | | 350. | Reiker, Andreas | SF Nordvelen | 1956 | 9. | M65 | 1:52:18 | 1:52:56 |
| 3390 | 454. | | 351. | Hampel, Norbert | SF Nordvelen | 1953 | 10. | M65 | 1:52:17 | 1:52:56 |
| 805 | 455. | | 352. | Höcker, Rafael | | 1991 | 34. | M30 | 1:52:48 | 1:53:06 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|------|------|---------------------------|----------------------------|------|-----|---------|---------|---------|
| 779 | 456. | | 353. | Nottelmann, Hermann | | 1980 | 60. | M40 | 1:53:24 | 1:54:01 |
| 758 | 457. | | 354. | Sprenger-Walbaum, Michael | | 1976 | 51. | M45 | 1:53:24 | 1:54:01 |
| 875 | 458. | | 355. | Wohlfahrt, Martin | | 1964 | 54. | M55 | 1:53:56 | 1:54:35 |
| 657 | 459. | 104. | | Levi, Claudia | | 1968 | 22. | W50 | 1:54:40 | 1:55:21 |
| 882 | 460. | | 356. | Leisenberg, Manfred | UniRenner | 1954 | 11. | M65 | 1:55:34 | 1:55:46 |
| 3165 | 461. | 105. | | Girrolat, Evelyn | | 1980 | 14. | W40 | 1:55:10 | 1:55:48 |
| 3476 | 462. | | 357. | Klemme, Martin | Vitalzentrum Sport Detmold | 1957 | 12. | M65 | 1:55:35 | 1:55:59 |
| 669 | 463. | 106. | | Gräfe, Wiebke | | 1977 | 19. | W45 | 1:56:33 | 1:57:14 |
| 832 | 464. | | 358. | Weißberger, Rüdiger | Weiter Geht's Bielefeld | 1954 | 13. | M65 | 1:59:28 | 2:00:05 |
| 883 | 465. | | 359. | Rosanowski, Thomas | TSVE 1890 Bielefeld | 1962 | 20. | M60 | 2:00:30 | 2:01:07 |

Int. Weihnachts-Crosslauf - 18. Dezember 2022
Gesamtergebnisliste - 10 km Weihnachtscrosslauf

| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|-----|-----|-----|------------------------|----------------------------|------|----|---------|--------|-------|
| 3592 | 1. | | 1. | Ebbach, Tobias | SV Brackwede | 1990 | 1. | M30 | 33:05 | 33:05 |
| 3553 | 2. | | 2. | Hundeloh, Paul Moritz | DJK Gütersloh | 1997 | 1. | M | 34:12 | 34:12 |
| 1307 | 3. | | 3. | Hanhart, Patrick | TEAM LÜBBERING | 1990 | 2. | M30 | 34:15 | 34:16 |
| 3552 | 4. | | 4. | Aschmann, Pascal | Djk Gütersloh | 1986 | 1. | M35 | 34:36 | 34:36 |
| 1311 | 5. | | 5. | Lundström, Ingmar | DJK Gütersloh | 1972 | 1. | M50 | 34:50 | 34:50 |
| 3598 | 6. | | 6. | Hohmeier, Tobias | TG Werste | 2001 | 2. | M | 35:01 | 35:02 |
| 1795 | 7. | | 7. | Ender, Björn | ESV Eintrachtz Hameln | 1985 | 2. | M35 | 35:05 | 35:06 |
| 3539 | 8. | | 8. | Lüdeling, Bjarne | 1. Triteam Gütersloh GTV | 2005 | 1. | MJU18 | 35:13 | 35:13 |
| 1306 | 9. | | 9. | Beversdorff, Malte | TEAM LÜBBERING | 1986 | 3. | M35 | 35:57 | 35:57 |
| 1276 | 10. | | 10. | Denzel Lantada, Elias | TSVE 1890 Bielefeld e.V. | 2001 | 3. | M | 36:57 | 36:58 |
| 389 | 11. | | 11. | Fenske, Leonhard | RSV Gütersloh | 1981 | 1. | M40 | 36:55 | 36:58 |
| 3547 | 12. | | 12. | Maschmeyer, Sebastian | Bramscher Rumläufer | 1978 | 2. | M40 | 38:10 | 38:11 |
| 1285 | 13. | | 13. | Rickel, Christian | LG Vlldampf Clarholz | 1978 | 3. | M40 | 38:30 | 38:31 |
| 1265 | 14. | | 14. | Dölling, André | TSV Bösingfeld | 1978 | 4. | M40 | 38:44 | 38:44 |
| 3687 | 15. | | 15. | Wehmeier, Jan | TSV Anderten | 1996 | 4. | M | 38:54 | 38:55 |
| 3481 | 16. | | 16. | Lehmann, Jerik | LG Ems Warendorf | 2001 | 5. | M | 40:17 | 40:18 |
| 3584 | 17. | | 17. | Weitkamp, Patrick | MTB Bielefeld e.V. | 1993 | 6. | M | 40:06 | 40:18 |
| 3459 | 18. | | 18. | Ludwig, Max | TSVE 1890 Bielefeld e.V. | 1989 | 3. | M30 | 40:31 | 40:40 |
| 1280 | 19. | | 19. | Sdahl, Frank | | 1971 | 2. | M50 | 40:54 | 40:56 |
| 1275 | 20. | | 20. | Hoppe, Sebastian | Senne heftig | 1987 | 4. | M35 | 41:02 | 41:04 |
| 3665 | 21. | | 21. | Pfeiffer, Sven | | 1984 | 5. | M35 | 41:35 | 41:36 |
| 1613 | 22. | | 22. | Stiegemeyer, Mario | | 1989 | 4. | M30 | 41:42 | 41:44 |
| 1313 | 23. | | 23. | Dr. Dransmann, Milan | Universität Bielefeld | 1988 | 5. | M30 | 41:42 | 41:44 |
| 1789 | 24. | | 24. | Hüntelmann, Henrik | TV Georgsmarienhütte | 1979 | 5. | M40 | 41:51 | 41:53 |
| 1790 | 25. | | 25. | Machner, Christian | TV Georgsmarienhütte | 1978 | 6. | M40 | 41:58 | 42:01 |
| 3545 | 26. | | 26. | Stuckmann, Thomas | Bad Salzuflen | 1968 | 3. | M50 | 42:14 | 42:19 |
| 3532 | 27. | | 27. | Wacker-Künsebeck, Dirk | | 1973 | 1. | M45 | 42:31 | 42:32 |
| 3488 | 28. | | 28. | Coulthard, Ole | | 2005 | 2. | MJU18 | 42:33 | 42:38 |
| 1797 | 29. | | 29. | Sprehe, Rainer | TuS Eintracht Bielefeld | 1971 | 4. | M50 | 42:48 | 42:50 |
| 385 | 30. | | 30. | Schirrmeister, Nils | DJK Gütersloh | 1989 | 6. | M30 | 43:07 | 43:10 |
| 3572 | 31. | 1. | | Knoepke, Ellen | LC Solbad Ravensberg | 1981 | 1. | W40 | 43:15 | 43:16 |
| 1301 | 32. | | 31. | Tigges, Sebastian | 1.Tri team Gütersloh | 1991 | 7. | M30 | 43:16 | 43:17 |
| 3562 | 33. | | 32. | Hoffmann, Björn | Laufen gegen Leiden | 1984 | 6. | M35 | 43:28 | 43:32 |
| 3566 | 34. | 2. | | Geisemeier, Janna | LC Solbad Ravensberg | 1996 | 1. | W | 43:32 | 43:34 |
| 1619 | 35. | | 33. | Heider, Lenn | SV Ubbedissen | 2008 | 1. | MJU16 | 44:08 | 44:08 |
| 3599 | 36. | | 34. | Warmbold, Matthias | TG Werste | 1972 | 5. | M50 | 44:08 | 44:10 |
| 1321 | 37. | 3. | | Röthe, Nicole | TSVE 1890 Bielefeld | 1972 | 1. | W50 | 44:10 | 44:14 |
| 3218 | 38. | 4. | | Schlepphorst, Stefanie | | 1985 | 1. | W35 | 44:01 | 44:17 |
| 3331 | 39. | | 35. | Beckers, Rainer | LG BURG WIEDENBRÜCK | 1963 | 1. | M55 | 44:38 | 44:42 |
| 1315 | 40. | | 36. | Heptner, Jürgen | Live-Lauftreff in Versmold | 1961 | 1. | M60 | 45:01 | 45:04 |
| 1615 | 41. | | 37. | Lührmann, Björn | SC Melle 03 | 1966 | 2. | M55 | 45:12 | 45:15 |
| 1302 | 42. | | 38. | Zipter, Jan-Alrik | | 1983 | 7. | M35 | 45:15 | 45:20 |
| 3607 | 43. | 5. | | Mayer, Sarah | TSVE 1890 Bielefeld e.V. | 1992 | 1. | W30 | 45:22 | 45:27 |
| 1287 | 44. | | 39. | Hardebusch, Stephan | | 1988 | 8. | M30 | 45:29 | 45:32 |
| 3360 | 45. | | 40. | Dröge, Ralf | Nolte-Küchen | 1969 | 6. | M50 | 45:31 | 45:35 |
| 3612 | 46. | | 41. | Averdiek, Rainer | TV Georgsmarienhütte | 1962 | 2. | M60 | 45:25 | 45:38 |
| 1286 | 47. | 6. | | Reimering, Claudia | SV Brackwede | 1965 | 1. | W55 | 45:42 | 45:44 |
| 3683 | 48. | | 42. | Hohmeier, Stefan | TuS Bad Oeynhausen | 1966 | 3. | M55 | 45:52 | 45:58 |
| 3574 | 49. | 7. | | Strothmann, Antje | LC Solbad Ravensberg | 1968 | 2. | W50 | 46:16 | 46:18 |
| 3483 | 50. | | 43. | Bartsch, Dennis | | 1980 | 7. | M40 | 46:35 | 46:39 |
| 1784 | 51. | 8. | | Gerke, Maria | LG Oelde/Wadersloh | 1967 | 2. | W55 | 46:38 | 46:41 |
| 3582 | 52. | | 44. | Hippe, Hermann | LG Sechterschnitt | 1990 | 9. | M30 | 46:39 | 46:47 |
| 3571 | 53. | | 45. | Kerwien, Udo | LC Solbad Ravensberg | 1962 | 3. | M60 | 46:45 | 46:49 |
| 3317 | 54. | | 46. | Skowronnek, Olaf | Laufgruppe Herderstrasse | 1973 | 2. | M45 | 46:54 | 46:59 |
| 1322 | 55. | | 47. | Schumacher, Uli | SV Brackwede | 1960 | 4. | M60 | 46:59 | 47:02 |
| 3605 | 56. | 9. | | Serafinowski, Nadine | TSVE 1890 Bielefeld | 1991 | 2. | W30 | 47:18 | 47:20 |
| 3521 | 57. | | 48. | Pantel, Tim | | 1995 | 7. | M | 47:53 | 47:59 |
| 3555 | 58. | | 49. | Hergemöller, Andy | FeetonStreet Play&Stay | 1983 | 8. | M35 | 47:40 | 48:00 |
| 1793 | 59. | | 50. | Reckmann, Fabian | TSVE 1890 Bielefeld | 1977 | 3. | M45 | 47:56 | 48:03 |
| 3536 | 60. | | 51. | Wilhelm, Daniel | | 1976 | 4. | M45 | 47:59 | 48:19 |
| 3677 | 61. | 10. | | Thalau, Jamie Lou | Almläufer Langenheide | 2007 | 1. | WJU16 | 48:19 | 48:28 |
| 3525 | 62. | | 52. | Schäfer, Peter | | 1969 | 7. | M50 | 48:26 | 48:31 |
| 3517 | 63. | 11. | | Nölle, Kirsten | | 1992 | 3. | W30 | 48:26 | 48:34 |
| 390 | 64. | 12. | | Döre, Katja | | 1985 | 2. | W35 | 48:32 | 48:38 |
| 3659 | 65. | | 53. | Löwer, Stephan | SV Brackwede | 1972 | 8. | M50 | 48:45 | 48:52 |

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| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|-----|----------------------------|-----------------------------|------|-----|---------|--------|-------|
| 3546 | 66. | 13. | | Kemper, Katharina | Beutlingrunners | 1985 | 3. | W35 | 48:50 | 48:56 |
| 3482 | 67. | | 54. | ABbrock, Tim | | 1981 | 8. | M40 | 48:43 | 48:56 |
| 1618 | 68. | | 55. | Adammer, Marian | | 1990 | 10. | M30 | 49:04 | 49:15 |
| 3595 | 69. | 14. | | Eckstein, Janet | Teilzeitlaufer Bielefeld | 1982 | 2. | W40 | 49:18 | 49:22 |
| 1617 | 70. | | 56. | Weber, Tobias | DLRG OG Bielefeld e.V. | 1990 | 11. | M30 | 49:14 | 49:26 |
| 3676 | 71. | | 57. | Steiner, Christian | Almlaufer Langenheide | 1982 | 9. | M40 | 49:19 | 49:28 |
| 3537 | 72. | | 58. | Wischmeier, Lukas | | 1999 | 8. | M | 49:26 | 49:42 |
| 3143 | 73. | | 59. | Buck, Harald | | 1962 | 5. | M60 | 49:17 | 49:50 |
| 3583 | 74. | | 60. | Fenn, Ingo | LU Steinhagen | 1970 | 9. | M50 | 49:43 | 49:53 |
| 3357 | 75. | 15. | | Gerke, Pia | LV Oelde | 1998 | 2. | W | 49:54 | 49:57 |
| 3520 | 76. | 16. | | Overdiek, Kerstin | | 1990 | 4. | W30 | 49:50 | 49:58 |
| 3485 | 77. | 17. | | Blomeier, Kerstin | | 1971 | 3. | W50 | 50:19 | 50:30 |
| 3533 | 78. | | 61. | Wedeking, Jens | | 1989 | 12. | M30 | 50:17 | 50:31 |
| 3575 | 79. | 18. | | Strothmann, Sarah | LC Solbad Ravensberg | 2005 | 1. | WJU18 | 50:33 | 50:36 |
| 1290 | 80. | 19. | | Neugebauer, Lucia | LC Paderborn | 1990 | 5. | W30 | 50:30 | 50:43 |
| 388 | 81. | | 62. | Werner, Fabien | TuS Solbad Ravensberg | 2000 | 9. | M | 50:28 | 50:44 |
| 1256 | 82. | 20. | | Grimm, Sabine | Schwebende Waden | 1981 | 3. | W40 | 50:37 | 50:47 |
| 392 | 83. | 21. | | Kleine-Sotebier, Michaela | CLAAS | 1975 | 1. | W45 | 51:09 | 51:16 |
| 1288 | 84. | 22. | | Grimm, Christina | | 1982 | 4. | W40 | 51:06 | 51:17 |
| 3489 | 85. | | 63. | Dobias, Hendrik | | 2005 | 3. | MJU18 | 51:13 | 51:18 |
| 1292 | 86. | 23. | | Budesheim-Thiel, Simone | | 1965 | 3. | W55 | 51:11 | 51:23 |
| 3666 | 87. | | 64. | Ewert, Andreas | | 1963 | 4. | M55 | 51:44 | 51:47 |
| 3576 | 88. | | 65. | Vornholt, Gerd | LC Solbad Ravensberg | 1959 | 6. | M60 | 52:02 | 52:07 |
| 3567 | 89. | | 66. | Gluck, Daniel | LC SOLBAD RAVENSBERG | 1962 | 7. | M60 | 52:06 | 52:10 |
| 3528 | 90. | 24. | | Suchomel, Kristina | | 1988 | 6. | W30 | 52:13 | 52:21 |
| 1305 | 91. | | 67. | Nienaber, Oliver | TEAM LUBBERING | 1975 | 5. | M45 | 52:13 | 52:31 |
| 1272 | 92. | | 68. | Hege, Philipp | | 1997 | 10. | M | 52:25 | 52:34 |
| 1319 | 93. | 25. | | Kroll, Helma | Active Sportshop Gutersloh | 1970 | 4. | W50 | 52:41 | 52:50 |
| 1264 | 94. | | 69. | Reinsch, Jorn | VfL Ummeln e.V. | 1971 | 10. | M50 | 52:42 | 52:50 |
| 3501 | 95. | 26. | | Huppertz, Miriam | | 1994 | 3. | W | 52:44 | 52:54 |
| 1279 | 96. | 27. | | Weibinger, Antoni | | 2004 | 1. | WJU20 | 53:11 | 53:20 |
| 387 | 97. | | 70. | Wilhelm, Jan | TuS Solbad Ravensberg | 2001 | 11. | M | 53:05 | 53:20 |
| 3580 | 98. | | 71. | Steiner, Thomas | LC Solbad Ravensburg | 1959 | 8. | M60 | 53:16 | 53:24 |
| 3506 | 99. | | 72. | Kronsbein, Jannik | | 1996 | 12. | M | 53:32 | 53:38 |
| 3531 | 100. | | 73. | Vogt, Julian | | 1994 | 13. | M | 53:32 | 53:38 |
| 1798 | 101. | 28. | | Schewe, Emely | | 1999 | 4. | W | 53:37 | 53:47 |
| 3550 | 102. | | 74. | Richter, Andreas | Die Luftpumpen | 1981 | 10. | M40 | 53:36 | 53:49 |
| 3686 | 103. | | 75. | Bracke, Justus | | 1996 | 14. | M | 53:44 | 53:59 |
| 3543 | 104. | | 76. | Auf der Landwehr, Volker | Arvato Systems | 1968 | 11. | M50 | 53:58 | 54:12 |
| 1278 | 105. | | 77. | Schluter, Florian | | 1986 | 9. | M35 | 54:17 | 54:19 |
| 3690 | 106. | | 78. | Varnholt, Andreas | Sonntagslaufer | 1963 | 5. | M55 | 54:21 | 54:32 |
| 1308 | 107. | | 79. | Schweitzer, Ricardo | TEAM LUBBERING | 1982 | 11. | M40 | 54:23 | 54:41 |
| 3685 | 108. | | 80. | Czerwinski, Martin | Crazy Runners | 1961 | 9. | M60 | 54:45 | 54:53 |
| 3577 | 109. | 29. | | Wegmann, Nicole | LC Solbad Ravensberg | 1970 | 5. | W50 | 54:45 | 54:53 |
| 3578 | 110. | | 81. | Wolf, Christopher | LC Solbad Ravensberg | 1987 | 10. | M35 | 54:48 | 55:00 |
| 1320 | 111. | | 82. | Brummel, Dieter | | 1968 | 12. | M50 | 55:11 | 55:21 |
| 3541 | 112. | | 83. | Hemkentokrax, Jochen | Active Sportshop | 1965 | 6. | M55 | 55:17 | 55:27 |
| 3544 | 113. | | 84. | Holle, Jorg | ATSV Espelkamp | 1963 | 7. | M55 | 55:31 | 55:35 |
| 3604 | 114. | 30. | | Pagenstedt, Ann-Sophie | TSVE 1890 Bielefeld | 1993 | 5. | W | 55:29 | 55:35 |
| 3609 | 115. | | 85. | Klack, Timo | TSVE Bielefeld | 1973 | 6. | M45 | 55:15 | 55:35 |
| 1291 | 116. | 31. | | Quebe, Carmen | | 1980 | 5. | W40 | 55:35 | 55:48 |
| 3514 | 117. | | 86. | Manzo, Carlos | | 1995 | 15. | M | 56:01 | 56:07 |
| 3500 | 118. | | 87. | Hirsch, Simon | | 2001 | 16. | M | 56:27 | 56:43 |
| 3614 | 119. | | 88. | Seeburger, Oliver | Wiehenlaufer | 1964 | 8. | M55 | 56:51 | 57:03 |
| 1255 | 120. | | 89. | Mook, Heinrich | challenge me | 1960 | 10. | M60 | 56:55 | 57:10 |
| 3692 | 121. | 32. | | Grabit, Stephanie | Wiehenlaufer | 1973 | 2. | W45 | 56:58 | 57:11 |
| 3698 | 122. | | 90. | Stieghorst, Andre | | 1976 | 7. | M45 | 58:06 | 58:11 |
| 3579 | 123. | | 91. | Zimmerer, Linus | LC Solbad Ravensberg | 1998 | 17. | M | 58:07 | 58:17 |
| 3490 | 124. | | 92. | Driehaus, Kai | | 1977 | 8. | M45 | 58:24 | 58:38 |
| 3587 | 125. | 33. | | Wolter, Meike | Rennschnecken SC Melle 03 | 1981 | 6. | W40 | 58:19 | 58:38 |
| 3586 | 126. | | 93. | Starr, Gunther | Rennschnecken SC Melle 03 | 1969 | 13. | M50 | 58:19 | 58:38 |
| 3344 | 127. | 34. | | Iles, Janina | LG Oerlinghausen | 1974 | 3. | W45 | 59:18 | 59:33 |
| 3519 | 128. | | 94. | Oertmann, Jens | | 1982 | 12. | M40 | 59:32 | 59:45 |
| 3496 | 129. | 35. | | Grothaus, Anika | | 1983 | 4. | W35 | 59:32 | 59:46 |
| 1266 | 130. | | 95. | Welp, Nicolai | | 1972 | 14. | M50 | 59:38 | 59:49 |

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Gesamtergebnisliste - 10 km Weihnachtscrosslauf

| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|------|-----|------|--------------------------|-----------------------|------|-----|---------|---------|---------|
| 3540 | 131. | 36. | | Kolle, Heike | 100 Days Running Team | 1966 | 4. | W55 | 59:38 | 59:49 |
| 3570 | 132. | 37. | | Kampmann, Andrea | LC Solbad Ravensberg | 1961 | 1. | W60 | 59:38 | 59:55 |
| 3233 | 133. | 38. | | Valnion, Marie-Christine | | 1986 | 5. | W35 | 1:00:03 | 1:00:17 |
| 3534 | 134. | 39. | | Werner, Melissa | | 1997 | 6. | W | 1:00:08 | 1:00:18 |
| 3558 | 135. | | 96. | Brandhorst, Axel | Knights of Kolben | 1964 | 9. | M55 | 1:01:05 | 1:01:13 |
| 3675 | 136. | | 97. | Schoop, Andreas | | 1971 | 15. | M50 | 1:01:22 | 1:01:31 |
| 3606 | 137. | | 98. | Wiechmann, Detlef | TSVE 1890 Bielefeld | 1957 | 1. | M65 | 1:01:21 | 1:01:35 |
| 1299 | 138. | 40. | | Weitekemper, Nicole | Rietberg | 1982 | 7. | W40 | 1:01:41 | 1:01:54 |
| 1614 | 139. | | 99. | Meyer, Claus | TV Werther | 1970 | 16. | M50 | 1:01:59 | 1:02:12 |
| 3613 | 140. | 41. | | Menebröker, Karin | TV Hohne | 1967 | 5. | W55 | 1:02:02 | 1:02:17 |
| 3493 | 141. | 42. | | Grisard, Daniela | | 1973 | 4. | W45 | 1:02:13 | 1:02:25 |
| 3505 | 142. | 43. | | Krämer, Anke | | 1985 | 6. | W35 | 1:03:15 | 1:03:27 |
| 3563 | 143. | 44. | | Akkerman-Mohns, Beatrix | LC Solbad Ravensberg | 1965 | 6. | W55 | 1:03:13 | 1:03:30 |
| 3565 | 144. | 45. | | Florenz, Ute | LC Solbad Ravensberg | 1967 | 7. | W55 | 1:03:14 | 1:03:30 |
| 3689 | 145. | 46. | | Varnholt, Barbara | Sonntagsläufer | 1960 | 2. | W60 | 1:03:21 | 1:03:33 |
| 1304 | 146. | 47. | | Ortmann, Lena | 1.Tri team Gütersloh | 1993 | 7. | W | 1:03:25 | 1:03:40 |
| 1303 | 147. | 48. | | Ortmann, Natalie | | 1971 | 6. | W50 | 1:03:26 | 1:03:40 |
| 386 | 148. | | 100. | Guhe, Lucas | TuS Solbad Ravensberg | 2000 | 18. | M | 1:03:53 | 1:04:09 |
| 1800 | 149. | 49. | | Feiter, Michaela | | 1966 | 8. | W55 | 1:05:34 | 1:05:52 |
| 1785 | 150. | | 101. | Kennepohl, Klaus | SSG Dodesheide | 1960 | 11. | M60 | 1:05:59 | 1:06:11 |
| 3504 | 151. | 50. | | Korsmeier, Marie | | 2001 | 8. | W | 1:06:33 | 1:06:48 |
| 3523 | 152. | 51. | | Plaß, Simone | | 1970 | 7. | W50 | 1:08:23 | 1:08:41 |
| 3542 | 153. | 52. | | Westmark, Andrea | Active Sportshop | 1969 | 8. | W50 | 1:08:43 | 1:08:55 |
| 3559 | 154. | | 102. | Kaiser, Stefan | Knights of Kolben | 1963 | 10. | M55 | 1:14:33 | 1:14:41 |
| 1300 | 155. | 53. | | Stockkamp, Angelika | ohne Verein | 1973 | 5. | W45 | 1:14:56 | 1:15:13 |

Int. Weihnachts-Crosslauf - 18. Dezember 2022
Gesamtergebnisliste - 5 km Schüler & Jedermannlauf

| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto | |
|------|-----|-----|-----|---------------------|------------------------------|------|----|---------|--------|-------|
| 3699 | 1. | | 1. | Bartling, Lukas | LC Solbad Ravensberg | 2005 | 1. | MJU18 | 18:36 | 18:37 |
| 3633 | 2. | | 2. | Mende, Fabio | LC Solbad Ravensberg | 2009 | 1. | MJU14 | 20:46 | 20:46 |
| 3636 | 3. | | 3. | Uphoff, Alexander | LG Ems Warendorf | 2000 | 1. | M | 21:39 | 21:43 |
| 1796 | 4. | | 4. | Kottmann, Konrad | RV Teutoburg Brackwede | 2007 | 1. | MJU16 | 21:43 | 21:44 |
| 3640 | 5. | | 5. | Weidenmüller, Uwe | Run for Fun Garath | 1966 | 1. | M55 | 21:52 | 21:52 |
| 1616 | 6. | | 6. | Schürmann, Silas | | 2006 | 2. | MJU18 | 22:32 | 22:35 |
| 3617 | 7. | 1. | | Einhaus, Maike | | 1998 | 1. | W | 25:38 | 25:49 |
| 3630 | 8. | | 7. | Drexhage, Martin | HERFORD | 1963 | 2. | M55 | 26:23 | 26:26 |
| 3625 | 9. | | 8. | Laufkötter, Nico | | 2002 | 2. | M | 28:29 | 28:35 |
| 3642 | 10. | | 9. | Szafranski, Kasim | Tandem Läufer Brücke | 2009 | 2. | MJU14 | 29:09 | 29:16 |
| 3638 | 11. | 2. | | Tünste, Lena | LG Gütersloh - Team Clarholz | 2010 | 1. | WJU14 | 29:16 | 29:17 |
| 3615 | 12. | 3. | | Ditler, Alina | | 2001 | 2. | W | 29:46 | 29:56 |
| 3492 | 13. | 4. | | Gebauer, Lisa | | 1995 | 3. | W | 31:07 | 31:20 |
| 3641 | 14. | | 10. | Tschetwerik, Dmitro | Tandem Läufer Brücke | 2009 | 3. | MJU14 | 31:20 | 31:41 |
| 3632 | 15. | 5. | | Ewert, Britta | LC Solbad | 1965 | 1. | W55 | 31:58 | 32:19 |
| 3626 | 16. | 6. | | Lübeck, Verena | | 1986 | 1. | W35 | 32:10 | 32:27 |
| 3619 | 17. | | 11. | Emisch, Eduard | | 1981 | 1. | M40 | 32:11 | 32:27 |
| 3634 | 18. | 7. | | Schürmann, Lara | LC Solbad Ravensberg | 1998 | 4. | W | 33:13 | 33:23 |
| 3620 | 19. | 8. | | Finster, Fabienne | | 1992 | 1. | W30 | 33:32 | 33:42 |
| 3616 | 20. | 9. | | Ditler, Lisanne | | 1990 | 2. | W30 | 33:32 | 33:43 |
| 3643 | 21. | 10. | | Kleinemaß, Renate | Team Liether Wald | 1983 | 2. | W35 | 35:44 | 35:51 |
| 3627 | 22. | 11. | | Messie, Liora | | 2010 | 2. | WJU14 | 40:54 | 41:12 |
| 3623 | 23. | | 12. | Hanna, Marco | | 1976 | 1. | M45 | 40:57 | 41:14 |
| 3629 | 24. | 12. | | Sternberg, Nicole | | 1973 | 1. | W45 | 43:30 | 43:50 |

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Gesamtergebnisliste - 7,5 km Walking

| SNR | PL. | W. | M. | Nachname, Vorname | Verein | JG | AK | (Netto) | Brutto |
|------|-----|----|----|--------------------|-------------------------|------|----|---------|---------|
| 3652 | | | | Burg, Birgit | Keniatrics | 1958 | | 1:08:59 | 1:09:01 |
| 3647 | | | | Cavaco, Paulo | | 1975 | | 55:49 | 55:50 |
| 3568 | | | | Gutknecht, Claudia | LC Solbad Ravensberg | 1969 | | 1:09:00 | 1:09:01 |
| 394 | | | | Krusenotto, Gisela | Sportfreude Bertelsmann | 1965 | | 1:05:07 | 1:05:09 |
| 3650 | | | | Leske, Ralf | Free Racing Petershagen | 1951 | | 1:07:41 | 1:07:42 |
| 1791 | | | | Machner, Wolfgang | TV Georgsmarienhütte | 1954 | | 1:09:00 | 1:09:02 |
| 3649 | | | | Ortmann, Andreas | Active Team Erdinger | 1967 | | 1:07:46 | 1:07:47 |
| 3648 | | | | Thieme, Ralf | | 1952 | | 58:42 | 58:42 |
| 3656 | | | | Waning, Peter | TV Vreden | 1958 | | 1:14:30 | 1:14:31 |
| 393 | | | | Weber, Robert | Sportfreude Bertelsmann | 1978 | | 1:04:55 | 1:04:57 |