

5km Straßenlauf, Alle Klassen

05.03.2023 / 10:00

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | LV | Verein | Leistung | Diff |
|------|------|--------------------------|------|----|------------------------|----------|---------|
| 1 | 192 | Becker Florian | 2003 | WE | LG Olympia Dortmund | 16:58 | |
| 2 | 188 | Barwinski Jonas | 1997 | | Fit 2 Run-Beckum | 17:47 | + 0:49 |
| 3 | 118 | Ransmayr Markus | 1986 | | Deutschland | 18:13 | + 1:15 |
| 4 | 175 | Schilling Julian | 1992 | WE | LG Ahlen | 19:37 | + 2:39 |
| 5 | 189 | Franzke Martin | 1972 | | Fit2Run-Beckum | 20:03 | + 3:05 |
| 6 | 191 | Behrend Jonas | 2004 | WE | LF Bönen | 20:20 | + 3:22 |
| 7 | 115 | Flenner Simon | 2004 | | TuS Westfalia Vorhelm | 20:22 | + 3:24 |
| 8 | 72 | Stechbart Alexander | 2008 | WE | LV Oelde | 20:41 | + 3:43 |
| 9 | 31 | Fritzsch Benjamin | 1980 | WE | SuS Phönix Dortmund 09 | 20:58 | + 4:00 |
| 10 | 194 | Uphoff Alexander | 2000 | | LG Ems Warendorf | 21:22 | + 4:24 |
| 11 | 56 | Feuersträter Franka | 2009 | WE | LV Oelde | 21:27 | + 4:29 |
| 12 | 57 | Poppenborg Justus | 2008 | WE | LV Oelde | 21:29 | + 4:31 |
| 13 | 197 | Wittenbrink Jan | 1984 | | ASC Ahlen | 21:36 | + 4:38 |
| 14 | 71 | Rodloff Gudrun | 1965 | WE | LG Hamm | 21:40 | + 4:42 |
| 15 | 169 | Gesigora Stefan | 1972 | | Fit2run - Beckum | 21:43 | + 4:45 |
| 16 | 166 | Jörke Carina | 1990 | | ASC Ahlen | 22:34 | + 5:36 |
| 17 | 44 | Kruse Stefan | 1968 | WE | LG Hamm | 22:44 | + 5:46 |
| 18 | 195 | Reckschun Muge-Gee | 1968 | | Sofa-King Slow Runners | 23:23 | + 6:25 |
| 19 | 105 | Schimming Tobias | 1980 | | Deutschland | 23:28 | + 6:30 |
| 20 | 199 | Schüller Justin | 2000 | | Deutschland | 23:32 | + 6:34 |
| 21 | 186 | Stumpenhorst Ann-Kathrin | 1990 | | Fit 2 Run-Beckum | 23:34 | + 6:36 |
| 22 | 173 | Gosda Ralf | 1962 | WE | LG Ahlen | 23:51 | + 6:53 |
| 23 | 58 | Budde Mika | 2012 | WE | LV Oelde | 24:01 | + 7:03 |
| 24 | 200 | Schmidt Thomas | 1978 | | ASC Ahlen | 24:02 | + 7:04 |
| 25 | 62 | Kathöfer Titus | 2014 | WE | LV Oelde | 24:09 | + 7:11 |
| 26 | 63 | Frankrone Eliah | 2013 | WE | LV Oelde | 24:11 | + 7:13 |
| 27 | 59 | Schalkamp Sarah | 1994 | WE | LV Oelde | 24:16 | + 7:18 |
| 28 | 46 | Kaldewei André | 1985 | | TUS Westfalia Vorhelm | 24:49 | + 7:51 |
| 29 | 167 | Korbanka Stefan | 1979 | | Vorhelm | 24:51 | + 7:53 |
| 30 | 78 | Fritsche Daniel | 1980 | | Deutschland | 24:54 | + 7:56 |
| 31 | 187 | Franzke Nicole | 1974 | | Fit 2 Run-Beckum | 25:05 | + 8:07 |
| 32 | 183 | Frank Gerald | 1965 | | Fit2Run-Beckum | 25:12 | + 8:14 |
| 33 | 77 | Wehrmann Silke | 1979 | | Deutschland | 25:17 | + 8:19 |
| 34 | 190 | Becker Sascha | 1980 | | Fit2Run-Beckum | 25:19 | + 8:21 |
| 35 | 47 | Skomroch Uwe | 1954 | | Fortuna Walstedde | 25:36 | + 8:38 |
| 36 | 25 | Just Helge | 1962 | | Deutschland | 25:48 | + 8:50 |
| 37 | 176 | Engler Tom | 1996 | | RSF 67 Ahlen | 26:06 | + 9:08 |
| 38 | 196 | Gray Gordon | 1959 | WE | LC 92 Bad Salzuflen | 26:15 | + 9:17 |
| 39 | 43 | Siemon Katja | 1966 | WE | LG Hamm | 26:25 | + 9:27 |
| 40 | 82 | Fitzke Julien | 2008 | WE | LV Oelde | 26:55 | + 9:57 |
| 41 | 171 | Rieping Petra | 1969 | WE | SG Rote Erde Beckum | 26:57 | + 9:59 |
| 42 | 55 | Schimmel Claudia | 1969 | WE | LG Hamm | 27:05 | + 10:07 |
| 43 | 119 | Geßner Uwe | 1954 | | RSF 67 Ahlen | 27:21 | + 10:23 |
| 44 | 172 | Rieping Dietmar | 1966 | WE | SG Rote Erde Beckum | 27:35 | + 10:37 |
| 45 | 193 | Weber Josef | 1955 | WE | LG Ahlen | 27:58 | + 11:00 |
| 46 | 178 | Yildia Sükram | 1975 | | Fit to Run | 28:04 | + 11:06 |
| 47 | 79 | Knaup Verena | 1976 | | TuS Westfalia Vorhelm | 28:26 | + 11:28 |
| 48 | 179 | Wiesebrock Karin | 1970 | | Fit 2 Run | 28:27 | + 11:29 |
| 49 | 180 | Laukemper Iris | 1969 | | Fit 2 Run | 28:29 | + 11:31 |
| 50 | 182 | Thülig Ula | 1974 | | Fit 2 Run-Beckum | 28:32 | + 11:34 |
| 51 | 106 | Stein Sabrina | 1984 | | Deutschland | 28:51 | + 11:53 |
| 52 | 177 | König Laura | 2002 | | TUS Westfalia Vorhelm | 29:30 | + 12:32 |

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| Rang | StNr | Name | Jg | LV | Verein | Leistung | Diff |
|------|------|--------------------|------|----|------------------------|----------|---------|
| 53 | 16 | Ewald Inge | 1988 | | Fit2Run Beckum | 30:02 | + 13:04 |
| 54 | 181 | von Stein Wolfgang | 1948 | | LT Immenstein | 30:17 | + 13:19 |
| 55 | 127 | Stratmann Dirk | 1977 | | RSF 67 Ahlen e.V. | 30:19 | + 13:21 |
| 56 | 174 | Ruttkowski Sabine | 1979 | WE | SuS Phönix Dortmund 09 | 30:35 | + 13:37 |
| 57 | 26 | Salzer Urte | 1967 | | Deutschland | 30:36 | + 13:38 |
| 58 | 65 | Beier Eva-Elina | 2006 | | TuS Westfalia Vorhelm | 31:20 | + 14:22 |
| 59 | 198 | Kuhl Dr. Fritz | 1967 | | Deutschland | 31:52 | + 14:54 |
| 60 | 170 | Hagemann Josef | 1952 | WE | FC Nordkirchen | 31:57 | + 14:59 |
| 61 | 185 | Frölich Angelika | 1962 | | Fit to Run Beckum | 32:59 | + 16:01 |
| 62 | 184 | Anhelova Alla | 1939 | | Vorhelm | 35:02 | + 18:04 |

10km Straßenlauf, Alle Klassen

05.03.2023 / 10:00

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | LV | Verein | Leistung | Diff |
|------|------|----------------------|------|----|-------------------------------|----------|---------|
| 1 | 157 | Becker Florian | 2003 | | LGO Dortmund | 33:46 | |
| 2 | 146 | Barwinski Jonas | 1997 | | Fit 2 Run-Beckum | 34:37 | + 0:51 |
| 3 | 32 | Kaldewei Philipp | 1981 | WE | LV Oelde | 34:44 | + 0:58 |
| 4 | 135 | Raulf Stefan | 1973 | WE | LV Oelde | 36:38 | + 2:52 |
| 5 | 152 | Roos Henning | 1992 | WE | LV Oelde | 37:05 | + 3:19 |
| 6 | 81 | Nordhoff Alex | 1989 | | DT Swiss Factory Squad | 37:12 | + 3:26 |
| 7 | 22 | Brodka Jens | 1979 | WE | LV Oelde | 37:57 | + 4:11 |
| 8 | 148 | Freitag Wolfgang | 1967 | WE | LV Oelde | 38:55 | + 5:09 |
| 9 | 68 | Hanke Ingo | 1974 | | Lauffreunde Bönen | 39:22 | + 5:36 |
| 10 | 134 | Klötzer Jens | 1990 | | Anröchte | 39:50 | + 6:04 |
| 11 | 70 | Behrend Mike | 1972 | | Erdinger Active Team/ Hamm | 40:05 | + 6:19 |
| 12 | 86 | Hauertmann Katharina | 1976 | WE | LSF Münster | 40:25 | + 6:39 |
| 13 | 120 | Ratering Marcel | 1988 | | DTSWISSFACTORYSQU AD | 40:37 | + 6:51 |
| 14 | 117 | Stallmeister Thomas | 1978 | WE | SG Rote Erde Beckum | 40:50 | + 7:04 |
| 15 | 153 | Heese Benjamin | 1978 | WE | SG Rote Erde Beckum | 40:57 | + 7:11 |
| 16 | 137 | Sumkötter Andreas | 1978 | WE | LV Oelde | 41:08 | + 7:22 |
| 17 | 69 | Behrend Jonas | 2004 | WE | LF Bönen | 41:09 | + 7:23 |
| 18 | 109 | Himmel Marius | 1978 | NO | LAZ Rhein-Sieg | 41:21 | + 7:35 |
| 19 | 156 | Stadler Robin | 1977 | WE | Ski-Club Beckum | 41:27 | + 7:41 |
| 20 | 66 | Knaup Andreas | 1969 | | TuS Westfalia Vorhelm | 41:44 | + 7:58 |
| 21 | 123 | Herbst Sandra | 1970 | NO | LG Wuppertal | 42:05 | + 8:19 |
| 22 | 107 | Wentzlaff Marina | 1992 | WE | SV Brackwede | 42:47 | + 9:01 |
| 23 | 128 | Hohenfeld Michael | 1964 | WE | Ski-Club Beckum | 43:33 | + 9:47 |
| 24 | 76 | Willingmann Todt G. | 1965 | | Lauffreunde Bönen | 44:00 | + 10:14 |
| 25 | 136 | Nachtigäller Jürgen | 1967 | | Standard-Werl | 44:02 | + 10:16 |
| 26 | 85 | Clasberg Dirk | 1979 | WE | Ski-Club Beckum | 44:03 | + 10:17 |
| 27 | 160 | Hunkemöller Theresa | 1993 | WE | LG Ahlen | 44:24 | + 10:38 |
| 28 | 97 | Stripper Uli | 1959 | WE | LV Oelde | 44:38 | + 10:52 |
| 29 | 162 | Bergedieck Martin | 1982 | | TuS Westfalia Vorhelm | 45:11 | + 11:25 |
| 30 | 131 | Sadlakowski Dawid | 1969 | | LT-Bittermark Dortmund | 45:12 | + 11:26 |
| 31 | 116 | Schimpf Christian | 1958 | WE | LV Oelde | 45:47 | + 12:01 |
| 32 | 164 | Hauke Jürgen | 1970 | | Claas | 45:52 | + 12:06 |
| 33 | 141 | Wennemer Benjamin | 1988 | | Beckum | 46:36 | + 12:50 |
| 34 | 149 | Brüning Ludger | 1964 | WE | Ski-Club Beckum | 46:57 | + 13:11 |
| 35 | 54 | Gerke Maria | 1967 | WE | LG Oelde/Wadersloh | 47:16 | + 13:30 |
| 36 | 165 | Witte Tobias | 2001 | | TuS Westfalia Vorhelm | 47:17 | + 13:31 |
| 37 | 163 | Hammelmann Stefanie | 1985 | | Vorhelm | 47:33 | + 13:47 |

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|------|------|-------------------------|------|----|--------------------------------------|----------|---------|
| 38 | 113 | Hahne Ruth | 1973 | WE | LV Oelde | 47:44 | + 13:58 |
| 39 | 64 | Beier Hubertus | 1965 | | FC Tönnishäuschen | 47:51 | + 14:05 |
| 40 | 158 | Ohlmeier Marie Christin | 1983 | WE | Ski-Club Beckum | 47:54 | + 14:08 |
| 41 | 159 | Leifhelm Tobias | 1981 | WE | Ski-Club Beckum | 48:05 | + 14:19 |
| 42 | 145 | Lerardi Arno | 1979 | | Fit 2 Run-Beckum | 48:10 | + 14:24 |
| 42 | 168 | Schefer Lea | 1995 | | Fit2run - Beckum | 48:10 | + 14:24 |
| 44 | 132 | Windau Norbert | 1956 | | LG Burg Wiedenbrück | 48:18 | + 14:32 |
| 45 | 15 | Hoppe Thomas | 1970 | | Deutschland | 48:20 | + 14:34 |
| 46 | 37 | Leibel Wilhelm | 1974 | | TuS Westfalia Vorhelm | 48:41 | + 14:55 |
| 47 | 17 | Vigelius Ralf | 1968 | WE | Ski-Club Beckum | 48:54 | + 15:08 |
| 48 | 133 | Shursh Ralf | 1969 | | SUS Enniger | 49:00 | + 15:14 |
| 49 | 67 | Gerke Pia-Marie | 1998 | WE | LV Oelde | 49:14 | + 15:28 |
| 50 | 14 | Kramer Brigitte | 1961 | WE | LV Oelde | 49:35 | + 15:49 |
| 51 | 138 | Holtrup Moritz | 2002 | | SUS Enniger | 49:58 | + 16:12 |
| 52 | 39 | Menke Barbara | 1983 | WE | LV Oelde | 50:01 | + 16:15 |
| 53 | 9 | Grieb Jürgen | 1955 | | Deutschland | 50:06 | + 16:20 |
| 54 | 40 | Sierleja Lukas | 1993 | | Drüke Möhne Seniorenzentrum | 50:24 | + 16:38 |
| 55 | 45 | Engelmann Norbert | 1964 | WE | LG Hamm | 50:29 | + 16:43 |
| 55 | 151 | Diecksmeier Silke | 1981 | WE | LG Ahlen | 50:29 | + 16:43 |
| 57 | 154 | Steinert Tobias | 1980 | | Dortmund | 50:42 | + 16:56 |
| 58 | 155 | Friedrich Alexander | 1992 | | Dortmund | 50:43 | + 16:57 |
| 59 | 49 | Schmidtke Christiane | 1965 | WE | LV Oelde | 50:53 | + 17:07 |
| 59 | 150 | Kraus Gudrun | 1958 | | ASC Ahlen | 50:53 | + 17:07 |
| 61 | 101 | Knebelkamp Jörg | 1960 | | Deutschland | 51:11 | + 17:25 |
| 62 | 94 | Bulatovic Lopez Niko | 1977 | WE | LG Hamm | 51:12 | + 17:26 |
| 63 | 75 | Dieckmann Marietta | 1968 | | Lippetaler Lauffreunde | 51:14 | + 17:28 |
| 64 | 8 | Colbatzky Frank | 1966 | | DELTA-Lauftreff Ahlen | 52:07 | + 18:21 |
| 65 | 102 | Haack Aimò | 1974 | | TV Ennigerloh | 52:19 | + 18:33 |
| 66 | 112 | Dieckmann Wilhelm | 1962 | | Lippetaler Lauffreunde | 52:21 | + 18:35 |
| 67 | 125 | Schwippe Michael | 1977 | | TUS Westfalia Vorhelm | 52:25 | + 18:39 |
| 68 | 142 | Wöhle Christoph | 1977 | | Diddis Lauftreff | 53:11 | + 19:25 |
| 69 | 38 | Kleinfeld-Hardt Carsten | 1971 | | FSC Münster | 53:23 | + 19:37 |
| 70 | 110 | Orthaus Kathrin | 1975 | | TuS Westfalia Vorhelm | 53:45 | + 19:59 |
| 71 | 73 | Schürmann Nicole | 1969 | | Lippetaler Lauffreunde | 54:16 | + 20:30 |
| 72 | 147 | Horn-Angsmann Holger | 1969 | | ASC Ahlen | 54:22 | + 20:36 |
| 73 | 98 | Steigüber Ralf | 1985 | | SV Diestedde | 54:30 | + 20:44 |
| 74 | 144 | Kosmann Benedikt | 1985 | | Ennigerloh Westkirchen | 55:05 | + 21:19 |
| 75 | 7 | Starp Klaus | 1966 | | DELTA-Lauftreff Ahlen | 55:10 | + 21:24 |
| 76 | 83 | Korte Marie | 1997 | | Deutschland | 55:49 | + 22:03 |
| 77 | 108 | Nienkemper Birgit | 1981 | | Deutschland | 55:59 | + 22:13 |
| 78 | 143 | Rammert Uschi | 1968 | WE | LV Oelde | 56:28 | + 22:42 |
| 79 | 10 | Reger Thomas | 1963 | | DELTA-Lauftreff Ahlen | 57:16 | + 23:30 |
| 80 | 84 | Wickert Michelle | 1982 | | Deutschland | 57:43 | + 23:57 |
| 81 | 1 | Schäfer Dagmar | 1980 | | Deutschland | 59:05 | + 25:19 |
| 82 | 11 | Grieb Doris | 1957 | | Sendenhorst | 1:00:43 | + 26:57 |
| 83 | 161 | Grote Irmgard | 1961 | WE | LG Oelde/Wadersloh | 1:02:53 | + 29:07 |
| 84 | 122 | Arendt Christiane | 1963 | | Deutschland | 1:03:56 | + 30:10 |
| 85 | 121 | Arendt Andre | 1961 | | Deutschland | 1:03:58 | + 30:12 |
| 86 | 91 | Lakenbrink Luisa | 1999 | | Gegen uns hätten wir auch gewonne | 1:04:16 | + 30:30 |
| 86 | 92 | Frölich Hannah | 2003 | | Gegen uns hätten wir auch gewonne | 1:04:16 | + 30:30 |
| 88 | 27 | Müller Heike | 1966 | | Deutschland | 1:06:20 | + 32:34 |

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| Rang | StNr | Name | Jg | LV | Verein | Leistung | Diff |
|------|------|-----------------------|------|----|-------------|----------|---------|
| 89 | 28 | Winter Achim | 1962 | | Deutschland | 1:06:24 | + 32:38 |
| 90 | 51 | Kaldewei Christoph | 1948 | WE | LG Ahlen | 1:07:07 | + 33:21 |
| 91 | 100 | Kelm Carsten | 1968 | | SUS | 1:07:43 | + 33:57 |
| 92 | 74 | Horstknepper Matthias | 1968 | WE | LV Oelde | 1:10:13 | + 36:27 |