

5km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|------------------------------|------|-----|----------------------------------|-------|----------|--------|
| 1 | 975 | Bender Jari | 2000 | GER | LG Brillux Münster | 15:43 | 15:45 | |
| 2 | 829 | Schafflick David | 1991 | GER | Running Crew Münster | 16:29 | 16:31 | + 0:46 |
| 3 | 597 | Schramm Michael | 1980 | GER | Ayyo Team Essen | 16:39 | 16:41 | + 0:56 |
| 4 | 450 | Qiu Oliver | 2001 | GER | LSF Münster | 16:42 | 16:44 | + 0:59 |
| 5 | 817 | Kintrup Tim | 1994 | GER | Running Crew Münster | 17:23 | 17:25 | + 1:40 |
| 6 | 812 | Fehmer Lenn | 2004 | GER | Running Crew Münster | 17:32 | 17:34 | + 1:49 |
| 7 | 918 | Bitz Lothar | 1984 | GER | Deutschland | 17:40 | 17:42 | + 1:57 |
| 8 | 3643 | Vogt Verena | 1980 | GER | LSF Münster | 17:52 | 17:55 | + 2:10 |
| 9 | 920 | Jesinghaus Marvin | 1998 | GER | TV Refrath | 17:55 | 17:57 | + 2:12 |
| 10 | 832 | Fallbrügge Felix | 2002 | GER | Running Crew Münster | 17:56 | 17:59 | + 2:14 |
| 11 | 820 | Steffen Felix | 2002 | GER | Running Crew Münster | 17:58 | 18:01 | + 2:16 |
| 12 | 824 | Pabst Guido | 1979 | GER | Running Crew Münster | 18:02 | 18:05 | + 2:20 |
| 13 | 3646 | Amoneit Matthias | 1987 | GER | LG Dorsten | 18:09 | 18:12 | + 2:27 |
| 14 | 156 | Bergerfurth Nina | 2006 | GER | LSF Münster | 18:11 | 18:13 | + 2:28 |
| 15 | 466 | Schilling Janek | 2007 | GER | LSF Münster | 18:14 | 18:16 | + 2:31 |
| 16 | 3665 | Hartmann Sophia | 1997 | GER | Running Crew Münster | 18:21 | 18:23 | + 2:38 |
| 17 | 815 | Beckmann Nils | 2004 | GER | Running Crew Münster | 18:25 | 18:27 | + 2:42 |
| 18 | 813 | Sievers Tim | 2002 | GER | Running Crew Münster | 18:24 | 18:28 | + 2:43 |
| 19 | 851 | Fischer Sebastian | 1982 | GER | TV Friesen Telgte | 18:37 | 18:39 | + 2:54 |
| 20 | 237 | Wißmann Tom | 2009 | GER | LSF Münster | 18:49 | 18:51 | + 3:06 |
| 20 | 908 | Funk Alexander | 1973 | GER | Billerbeck | 18:48 | 18:51 | + 3:06 |
| 22 | 322 | Chrobak Simon | 1989 | GER | TuS Hiltrup | 18:48 | 18:52 | + 3:07 |
| 23 | 159 | Bergerfurth Jörg | 1971 | GER | Deutschland | 18:51 | 18:53 | + 3:08 |
| 24 | 228 | Korte Jens | 1969 | GER | LSF Münster | 18:59 | 19:03 | + 3:18 |
| 25 | 3654 | Karneth André | 1967 | GER | Erdinger Active Team | 19:10 | 19:12 | + 3:27 |
| 26 | 3670 | Wozny Simon | 2008 | GER | SuS Bertlich | 19:12 | 19:15 | + 3:30 |
| 27 | 828 | Stein Tobias | 1993 | GER | Running Crew Münster | 19:23 | 19:27 | + 3:42 |
| 28 | 3674 | Kasprik Michael | 1976 | GER | LSF Münster | 19:34 | 19:39 | + 3:54 |
| 29 | 819 | Ramminger Jorrit | 1996 | GER | Running Crew Münster | 19:39 | 19:44 | + 3:59 |
| 30 | 811 | Peters Tobias | 1994 | GER | Running Crew Münster | 19:40 | 19:45 | + 4:00 |
| 30 | 3653 | Seiß Dominik | 1998 | GER | Deutschland | 19:40 | 19:45 | + 4:00 |
| 32 | 823 | Weiser Carla | 2000 | GER | Running Crew Münster | 19:43 | 19:47 | + 4:02 |
| 33 | 830 | Schröder Philipp | 1988 | GER | Running Crew Münster | 19:42 | 19:48 | + 4:03 |
| 34 | 593 | Teismann Matti | 2012 | GER | LSF Münster | 19:48 | 19:50 | + 4:05 |
| 35 | 956 | Marquardt Christof | 1968 | GER | BSG Sparkasse Münsterland Ost | 19:52 | 19:55 | + 4:10 |
| 36 | 90 | Schoppe-Schmidt Alexandra | 1980 | GER | LSF Münster | 19:52 | 19:56 | + 4:11 |
| 37 | 947 | Brinker Klaus | 1975 | GER | LSF Münster | 19:54 | 19:57 | + 4:12 |
| 38 | 743 | de Angelis Lynn | 2008 | GER | LSF Münster | 19:56 | 19:59 | + 4:14 |
| 38 | 821 | Brockhoff Laura | 1996 | GER | Running Crew Münster | 19:55 | 19:59 | + 4:14 |
| 40 | 879 | Sander Markus | 1983 | GER | DJK Wacker Mecklenbeck | 19:54 | 20:00 | + 4:15 |
| 41 | 822 | Neumann Lea Sophie | 1999 | GER | Running Crew Münster | 20:00 | 20:04 | + 4:19 |
| 42 | 987 | Krützkemper Tobias | 1977 | GER | LG Musterknaben | 20:06 | 20:10 | + 4:25 |
| 43 | 843 | Singer Tobias | 2003 | GER | Deutschland | 20:08 | 20:12 | + 4:27 |
| 44 | 225 | Kurtz Tobias | 1991 | GER | parkrun Wienburgpark | 20:04 | 20:13 | + 4:28 |
| 45 | 241 | Hoffeins Johanna | 2011 | GER | TG Münster | 20:11 | 20:14 | + 4:29 |
| 46 | 338 | Althoff Pauline | 2006 | GER | LSF Münster | 20:17 | 20:20 | + 4:35 |
| 47 | 814 | Schneckenberger Luise | 1998 | GER | Running Crew Münster | 20:21 | 20:26 | + 4:41 |
| 48 | 429 | Hülsbusch Elias | 2010 | GER | LSF Münster | 20:27 | 20:29 | + 4:44 |
| 49 | 826 | Kleine Vorholt Lea | 2004 | GER | Running Crew Münster | 20:33 | 20:37 | + 4:52 |
| 50 | 809 | Sjuts Ferdinand | 1987 | GER | Running Crew Münster | 20:34 | 20:38 | + 4:53 |
| 51 | 827 | Fuhrmann Marlene | 2002 | GER | Running Crew Münster | 20:40 | 20:44 | + 4:59 |

5km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung
Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------------|------|-----|---------------------------------|-------|--------------|--------|
| 51 | 3644 | Ruhmke Janet | 1996 | GER | Deutschland | 20:41 | 20:44 | + 4:59 |
| 53 | 620 | Heuer Jürgen | 1971 | GER | LG Emsdetten | 20:49 | 20:55 | + 5:10 |
| 54 | 855 | Werning Pascal | 1982 | GER | Galopprennstall Werning | 20:55 | 20:57 | + 5:12 |
| 55 | 906 | Schiffelers Philipp | 1979 | GER | DJK Wacker Mecklenbeck | 20:59 | 21:05 | + 5:20 |
| 56 | 3638 | Brüseke Andreas | 1969 | GER | TV Hohne | 21:01 | 21:06 | + 5:21 |
| 57 | 151 | Kramer Bastian | 1982 | GER | Deutschland | 21:07 | 21:13 | + 5:28 |
| 58 | 110 | Francke Stefan | 1995 | GER | LSF Münster | 21:10 | 21:17 | + 5:32 |
| 59 | 62 | Francke Johannes | 1993 | GER | Deutschland | 21:11 | 21:18 | + 5:33 |
| 59 | 235 | Gitzel Michelle | 1986 | GER | LG Emsdetten | 21:13 | 21:18 | + 5:33 |
| 61 | 951 | Brinkmann Franziska | 1996 | GER | LSF Münster | 21:17 | 21:20 | + 5:35 |
| 62 | 950 | Kipp Joshua | 1995 | GER | Deutschland | 21:17 | 21:21 | + 5:36 |
| 63 | 986 | Beckers Rainer | 1963 | GER | LG Burg Wiedenbrück | 21:19 | 21:24 | + 5:39 |
| 64 | 619 | Hillen Luca | 1996 | GER | Deutschland | 21:29 | 21:34 | + 5:49 |
| 65 | 147 | Korte Nicolas | 1993 | GER | Deutschland | 21:34 | 21:40 | + 5:55 |
| 66 | 3662 | Kienecker Tim | 1978 | GER | Deutschland | 21:36 | 21:44 | + 5:59 |
| 67 | 334 | Voet Leon | 1998 | GER | LSF Münster | 21:46 | 21:51 | + 6:06 |
| 68 | 479 | Salvatore Gargallo | 1976 | GER | Deutschland | 21:51 | 21:54 | + 6:09 |
| 69 | 923 | Schmaltz Dominik | 1976 | GER | LSF Münster | 22:01 | 22:06 | + 6:21 |
| 70 | 946 | Jürling Kai | 1992 | GER | Deutschland | 22:05 | 22:11 | + 6:26 |
| 71 | 238 | Schmiing Reinhard | 1968 | GER | LSF Münster | 22:09 | 22:14 | + 6:29 |
| 72 | 467 | Kraus Connor | 2005 | GER | Deutschland | 22:08 | 22:16 | + 6:31 |
| 73 | 422 | Lorenz Greta | 2003 | GER | Tri Finish Münster | 22:27 | 22:34 | + 6:49 |
| 74 | 190 | Bergerfurth Lisa | 2009 | GER | LSF Münster | 22:36 | 22:39 | + 6:54 |
| 75 | 245 | Hugo Charlotte | 2009 | GER | LSF Münster | 22:38 | 22:40 | + 6:55 |
| 76 | 457 | Blömker Manuel | 1997 | GER | Tri Finish Münster | 22:35 | 22:41 | + 6:56 |
| 77 | 221 | Schniedenharn Max | 1999 | GER | Deutschland | 22:39 | 22:48 | + 7:03 |
| 78 | 878 | Weßler Jana | 1995 | GER | Deutschland | 22:46 | 22:54 | + 7:09 |
| 79 | 967 | Heeke Yannick | 1994 | GER | Deutschland | 22:47 | 22:55 | + 7:10 |
| 80 | 857 | Ohlmeier Marie Christin | 1983 | GER | Ski-Club Beckum | 22:55 | 23:04 | + 7:19 |
| 80 | 858 | Stadler Robin-Tobias | 1977 | GER | Ski-Club Beckum | 22:55 | 23:04 | + 7:19 |
| 82 | 862 | Schmitt Lukas Patric | 1995 | GER | Deutschland | 23:04 | 23:15 | + 7:30 |
| 83 | 149 | Vigelius Ralf | 1968 | GER | Ski-Club Beckum | 23:12 | 23:21 | + 7:36 |
| 84 | 14 | Schmidt Matthias | 1967 | GER | LSF Münster | 23:16 | 23:24 | + 7:39 |
| 84 | 107 | Aschebrock Anne | 1989 | GER | Hengst Filtration | 23:14 | 23:24 | + 7:39 |
| 86 | 148 | Vigelius Marion | 1972 | GER | Ski-Club Beckum | 23:24 | 23:32 | + 7:47 |
| 87 | 609 | Sevic Sanjah | 1989 | GER | Deutschland | 23:23 | 23:33 | + 7:48 |
| 88 | 3668 | Rensmann Melanie | 1996 | GER | Deutschland | 23:29 | 23:36 | + 7:51 |
| 89 | 3658 | Rech Sarah | 2003 | GER | LT Stoppenberg | 23:34 | 23:41 | + 7:56 |
| 90 | 3648 | Fromme Robin | 1996 | GER | KRAFT Runners | 23:37 | 23:45 | + 8:00 |
| 91 | 852 | Postert Christiane | 1974 | GER | the vegans | 23:40 | 23:47 | + 8:02 |
| 92 | 616 | Wenge Verena | 1992 | GER | Deutschland | 23:40 | 23:50 | + 8:05 |
| 93 | 481 | Hoffmann Lasse Björn Bosse | 2001 | GER | Deutschland | 23:41 | 23:51 | + 8:06 |
| 94 | 937 | Lüken Aloys | 1972 | GER | BV Garrel | 23:43 | 23:52 | + 8:07 |
| 95 | 3650 | Schröder Hannah | 1997 | GER | Deutschland | 23:49 | 23:56 | + 8:11 |
| 96 | 103 | Röttgering Jens | 1970 | GER | Deutschland | 23:48 | 24:00 | + 8:15 |
| 96 | 896 | Meiser Antonia | 2006 | GER | VCO Münster | 23:55 | 24:00 | + 8:15 |
| 96 | 897 | Meiser Corinna | 1973 | GER | LSF Münster | 23:55 | 24:00 | + 8:15 |
| 96 | 924 | Palm Lasse | 2005 | GER | Deutschland | 23:47 | 24:00 | + 8:15 |
| 100 | 427 | Bromby Britta | 1988 | GER | Deutschland | 23:54 | 24:02 | + 8:17 |
| 100 | 936 | Wehmeier Max | 1986 | GER | Deutschland | 23:50 | 24:02 | + 8:17 |
| 102 | 3657 | Dec Franciszek | 1957 | GER | F.Dec Blechisolierung M60+Essen | 23:59 | 24:03 | + 8:18 |
| 103 | 981 | Elfrich Lisanne | 1997 | GER | Deutschland | 23:59 | 24:05 | + 8:20 |

5km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung
Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|------------------------------|------|-----|-------------------------|-------|----------|---------|
| 104 | 21 | Knippschild Luisa | 1998 | GER | KRAFT Runners | 24:01 | 24:08 | + 8:23 |
| 105 | 933 | Krell-Witte Delia | 1959 | GER | LSF Münster | 24:07 | 24:11 | + 8:26 |
| 105 | 3660 | Boersma Kornelius | 1995 | GER | Deutschland | 23:59 | 24:11 | + 8:26 |
| 107 | 101 | Röttgering Annabella | 2011 | GER | Deutschland | 24:08 | 24:18 | + 8:33 |
| 108 | 725 | Bruns Linus | 2010 | GER | Deutschland | 24:14 | 24:24 | + 8:39 |
| 109 | 724 | Bruns Alexander | 1978 | GER | Deutschland | 24:15 | 24:25 | + 8:40 |
| 110 | 728 | Zupfer Uwe | 1955 | GER | SG Suderwich | 24:41 | 24:48 | + 9:03 |
| 111 | 3663 | Kissmann Dominik | 1994 | GER | Deutschland | 24:47 | 24:56 | + 9:11 |
| 112 | 350 | Phielipp Constanze | 1991 | GER | Deutschland | 24:49 | 25:00 | + 9:15 |
| 113 | 11 | Laukötter Ralf | 1966 | GER | BSG LVM Versicherung | 24:52 | 25:03 | + 9:18 |
| 114 | 152 | Schulze Bisping Lydia | 1993 | GER | Laufende Logos | 25:03 | 25:11 | + 9:26 |
| 115 | 154 | Löscher-Kirschke Veronika | 1983 | GER | Laufende Logos | 25:03 | 25:12 | + 9:27 |
| 115 | 611 | Hütter Maik | 1979 | GER | Team Faxe Laufteam | 25:01 | 25:12 | + 9:27 |
| 117 | 871 | Daehre Sophie | 2004 | GER | Deutschland | 25:10 | 25:18 | + 9:33 |
| 118 | 552 | Wagner Wito | 1976 | GER | SV Bösensell | 25:20 | 25:26 | + 9:41 |
| 119 | 842 | Wessels Lambert | 1956 | GER | Diakonie Münster | 25:23 | 25:29 | + 9:44 |
| 119 | 930 | Dzionsko Christoph | 1964 | GER | Lauftreff Hohenholte | 25:20 | 25:29 | + 9:44 |
| 121 | 165 | Herwig Sebastian | 1981 | GER | Deutschland | 25:14 | 25:30 | + 9:45 |
| 122 | 894 | Kleiner Axel | 1958 | GER | LG Emsdetten | 25:28 | 25:35 | + 9:50 |
| 123 | 3635 | Grond Josef | 1953 | GER | Marathon Steinfurt | 25:35 | 25:41 | + 9:56 |
| 124 | 972 | Lindner Hans Jürgen | 1964 | GER | Deutschland | 25:33 | 25:42 | + 9:57 |
| 125 | 902 | Brettschneider Daniel | 1997 | GER | Deutschland | 25:36 | 25:49 | + 10:04 |
| 126 | 108 | Kittner Fay-Sophie | 2008 | GER | Hengst Filtration | 26:00 | 26:11 | + 10:26 |
| 127 | 12 | Koop Tobias | 1982 | GER | Deutschland | 26:07 | 26:18 | + 10:33 |
| 128 | 299 | Busch Harry | 1965 | GER | SC Altenrheine | 26:10 | 26:19 | + 10:34 |
| 129 | 3675 | Tewes Sabine | 1977 | GER | SC Westfalia Kinderhaus | 26:27 | 26:34 | + 10:49 |
| 130 | 105 | Teutemacher Leo | 2010 | GER | LG Emsdetten | 26:28 | 26:35 | + 10:50 |
| 131 | 47 | Gerfer Anika | 1992 | GER | Deutschland | 26:28 | 26:37 | + 10:52 |
| 131 | 3659 | Rech Torsten | 1971 | GER | Deutschland | 26:31 | 26:37 | + 10:52 |
| 133 | 480 | Schürmann Mannix | 1956 | GER | Deutschland | 26:33 | 26:43 | + 10:58 |
| 134 | 872 | Lüning Hendrik | 1998 | GER | Deutschland | 26:32 | 26:45 | + 11:00 |
| 135 | 877 | Groothus Paula | 2001 | GER | Deutschland | 26:37 | 26:49 | + 11:04 |
| 136 | 853 | Quattrocchi Fulvio | 1950 | GER | LSF Münster | 26:42 | 26:50 | + 11:05 |
| 137 | 985 | Schyma Damian | 1984 | GER | Deutschland | 26:40 | 26:53 | + 11:08 |
| 138 | 590 | van Boxel Jens | 1984 | GER | Deutschland | 26:47 | 26:55 | + 11:10 |
| 139 | 390 | Klein Markus | 1986 | GER | Autohaus Tönnemann | 26:45 | 27:00 | + 11:15 |
| 140 | 386 | Wegner Patrick | 1980 | GER | Autohaus Tönnemann | 26:53 | 27:06 | + 11:21 |
| 141 | 337 | Klauss-Vielmeyer Petra | 1963 | GER | LSF Münster | 27:14 | 27:24 | + 11:39 |
| 142 | 782 | Bartusiak Stanislaw | 1951 | GER | LSF Münster | 27:25 | 27:32 | + 11:47 |
| 143 | 3634 | Lesnik Lorenz | 1998 | GER | Deutschland | 27:32 | 27:44 | + 11:59 |
| 144 | 104 | Teutemacher Tobias | 1962 | GER | LG Emsdetten | 27:43 | 27:51 | + 12:06 |
| 145 | 384 | Brüning Michaela | 1969 | GER | Autohaus Tönnemann | 27:40 | 27:53 | + 12:08 |
| 146 | 28 | De Luca Bruno | 1986 | GER | Deutschland | 27:42 | 27:54 | + 12:09 |
| 147 | 3649 | Schröder Frederieke | 1996 | GER | Deutschland | 27:47 | 27:59 | + 12:14 |
| 148 | 449 | Epping Paul | 1984 | GER | Deutschland | 27:51 | 28:03 | + 12:18 |
| 149 | 393 | Schnake Florian | 1978 | GER | Deutschland | 28:04 | 28:18 | + 12:33 |
| 150 | 980 | Riepe Anke | 1960 | GER | LSF Münster | 28:24 | 28:35 | + 12:50 |
| 151 | 890 | Hamelmann Lara | 1994 | GER | Deutschland | 28:38 | 28:50 | + 13:05 |
| 151 | 891 | Rietkötter Jana | 1994 | GER | Deutschland | 28:38 | 28:50 | + 13:05 |
| 153 | 469 | Ungricht Sandra | 1997 | GER | Trimed Münster | 28:40 | 28:51 | + 13:06 |
| 154 | 869 | Daehre Marleen | 2004 | GER | Deutschland | 28:56 | 29:04 | + 13:19 |
| 155 | 861 | Flechsich Philip | 1990 | GER | LG Hamm | 29:12 | 29:27 | + 13:42 |

5km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung
Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-------------------------|------|-----|----------------------|-------|----------|---------|
| 156 | 387 | Rennert Maik | 1998 | GER | Autohaus Tönnemann | 29:22 | 29:36 | + 13:51 |
| 157 | 445 | Willamowski Myriam | 1982 | GER | Deutschland | 29:27 | 29:38 | + 13:53 |
| 158 | 335 | Gewald René | 1999 | GER | Deutschland | 29:27 | 29:39 | + 13:54 |
| 158 | 555 | Falke Bernhard | 1962 | GER | Deutschland | 29:22 | 29:39 | + 13:54 |
| 158 | 971 | Kleinschnittger Annette | 1965 | GER | LSF Münster | 29:28 | 29:39 | + 13:54 |
| 161 | 841 | Trino Olga | 1980 | GER | Diakonie Münster | 29:36 | 29:40 | + 13:55 |
| 162 | 447 | Grotendorst Karin | 1978 | GER | Deutschland | 29:32 | 29:49 | + 14:04 |
| 163 | 588 | Rehme Andreas | 1971 | GER | Deutschland | 29:47 | 29:54 | + 14:09 |
| 164 | 418 | Reiner Maximilian | 2001 | GER | Deutschland | 29:46 | 29:59 | + 14:14 |
| 165 | 244 | Goldammer Alyssa | 1995 | GER | Deutschland | 29:56 | 30:06 | + 14:21 |
| 166 | 551 | Wagner Ute | 1980 | GER | SV Bösensell | 30:36 | 30:43 | + 14:58 |
| 167 | 394 | Butler Thomas | 1954 | GER | Deutschland | 30:40 | 30:53 | + 15:08 |
| 168 | 296 | Schemmer Jürgen | 1967 | GER | Deutschland | 31:02 | 31:13 | + 15:28 |
| 169 | 3647 | Löhers Emma | 2004 | GER | Deutschland | 31:05 | 31:16 | + 15:31 |
| 170 | 109 | Bendel Nadine | 1990 | GER | Deutschland | 31:23 | 31:33 | + 15:48 |
| 171 | 968 | Lutz Ruth | 1953 | GER | LSF Münster | 31:27 | 31:38 | + 15:53 |
| 172 | 941 | Melzer Nicole | 1978 | GER | parkrun Wienburgpark | 33:31 | 33:47 | + 18:02 |
| 173 | 831 | Herrmann Christian | 1981 | GER | Deutschland | 33:59 | 34:13 | + 18:28 |
| 174 | 744 | Herrmann Egbert | 1958 | GER | Deutschland | 34:00 | 34:15 | + 18:30 |
| 175 | 679 | Rother Marion | 1946 | GER | LSF Münster | 35:07 | 35:14 | + 19:29 |
| 176 | 470 | Wenneker Laura | 1991 | GER | Trimed Münster | 35:12 | 35:23 | + 19:38 |
| 177 | 388 | Kunze Marius | 1997 | GER | Autohaus Tönnemann | 36:16 | 36:32 | + 20:47 |
| 177 | 389 | Murschel Julian | 2005 | GER | Autohaus Tönnemann | 36:16 | 36:32 | + 20:47 |
| 179 | 886 | Busschers Melvin | 1992 | GER | Autohaus Tönnemann | 36:19 | 36:34 | + 20:49 |
| 180 | 939 | Gastmann Marc-Alexander | 1984 | GER | Deutschland | 36:32 | 36:42 | + 20:57 |
| 181 | 3666 | Heinzel Gudrun | 1967 | GER | Deutschland | 36:45 | 36:52 | + 21:07 |
| 182 | 80 | Krebbing Arndt | 1971 | GER | Deutschland | 36:58 | 37:10 | + 21:25 |
| 182 | 81 | Krebbing Britta | 1970 | GER | Deutschland | 36:59 | 37:10 | + 21:25 |
| 184 | 382 | Morczinek Ayleen | 1997 | GER | Autohaus Tönnemann | 38:21 | 38:35 | + 22:50 |
| 185 | 899 | Köster Dorothea | 1958 | GER | Deutschland | 39:09 | 39:25 | + 23:40 |
| 186 | 76 | Kowalski Jutta | 1966 | GER | SG Borken | 39:49 | 40:04 | + 24:19 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75
Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|--------------------|------|-----|--|-------|----------|--------|
| 1 | 541 | Wawerzonnek Mika | 2004 | GER | Mosecker Allstars 1 | 16:57 | 16:58 | |
| 2 | 432 | Fels Sven | 1990 | GER | Umweltlabor ACB 1 | 17:09 | 17:10 | + 0:12 |
| 3 | 354 | Langerbein Lars | 2000 | GER | Finanz Informatik 1 | 17:43 | 17:44 | + 0:46 |
| 4 | 3561 | Sampers René | 1991 | GER | UKM 13 | 17:55 | 17:56 | + 0:58 |
| 5 | 818 | Siever Christian | 1995 | GER | DEEPWERK.IO | 18:16 | 18:18 | + 1:20 |
| 6 | 816 | Schräder Niklas | 1997 | GER | DEEPWERK.IO | 18:19 | 18:20 | + 1:22 |
| 7 | 285 | Fels Anika | 1995 | GER | Rochus Runners 7 | 18:38 | 18:39 | + 1:41 |
| 8 | 825 | Reinecke Steffen | 1988 | GER | DEEPWERK.IO | 18:43 | 18:45 | + 1:47 |
| 9 | 3596 | Koch Raphael | 1982 | GER | UKM 25 | 18:44 | 18:47 | + 1:49 |
| 10 | 3535 | Görge Tobias | 1977 | GER | UKM 5 | 18:47 | 18:50 | + 1:52 |
| 11 | 474 | Czuppon Pete | 1988 | GER | Institute for Evolution and Biodiversity | 19:13 | 19:15 | + 2:17 |
| 12 | 224 | Holtkamp Christian | 1988 | GER | SG Deutsche Bank | 19:19 | 19:22 | + 2:24 |
| 13 | 508 | Lüdemann Moritz | 1997 | GER | LVM 9 | 19:36 | 19:41 | + 2:43 |
| 14 | 223 | Austermann Oliver | 1986 | GER | SG Deutsche Bank | 19:39 | 19:42 | + 2:44 |
| 15 | 863 | Nießing Heiner | 1999 | GER | Volti Power | 19:55 | 19:57 | + 2:59 |
| 16 | 542 | Möhle Torsten | 1978 | GER | Mosecker Allstars 1 | 19:59 | 20:01 | + 3:03 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------|------|-----|---|-------|----------|--------|
| 17 | 222 | Börding Simon | 1987 | GER | SG Deutsche Bank | 20:02 | 20:04 | + 3:06 |
| 18 | 3607 | Buhrmann Simon | 1996 | GER | UKM 29 | 19:56 | 20:06 | + 3:08 |
| 19 | 3609 | Booke Hendrik | 1996 | GER | UKM 29 | 20:04 | 20:14 | + 3:16 |
| 20 | 3550 | Stiller Felix | 1990 | GER | UKM 10 | 20:11 | 20:16 | + 3:18 |
| 21 | 269 | Steinke Sven | 1973 | GER | Rochus Runners 1 | 20:17 | 20:18 | + 3:20 |
| 22 | 526 | Piotrowski Nils | 1993 | GER | LVM 15 | 20:07 | 20:21 | + 3:23 |
| 23 | 252 | Dr. Sürjit Hasan | 1977 | GER | DRK-LV Westfalen-Lippe e.V. - Team 2 | 20:20 | 20:25 | + 3:27 |
| 24 | 521 | Kreimer Malte | 1995 | GER | LVM 14 | 20:22 | 20:26 | + 3:28 |
| 25 | 417 | Grummel Thomas | 1999 | GER | R+V Service Center 7 | 20:29 | 20:32 | + 3:34 |
| 26 | 3506 | Luengo Wiewel Daniel | 1975 | GER | UKM B | 20:36 | 20:39 | + 3:41 |
| 27 | 681 | Peters Christian | 1990 | GER | Gautzsch Team 17 | 20:36 | 20:41 | + 3:43 |
| 28 | 407 | Kaiser Tilo | 1995 | GER | R+V Service Center 4 | 20:41 | 20:45 | + 3:47 |
| 29 | 397 | Kahmann Jens | 1980 | GER | R+V Service Center 1 | 20:43 | 20:46 | + 3:48 |
| 30 | 3617 | Verwold Luca | 1997 | GER | UKM 32 | 20:45 | 20:57 | + 3:59 |
| 31 | 175 | Schmidt Philipp | 1988 | GER | Thomas & Bökamp - Team 2 | 20:53 | 20:58 | + 4:00 |
| 32 | 182 | Isenbügel Christian | 1996 | GER | Thomas & Bökamp - Team 4 | 20:55 | 21:01 | + 4:03 |
| 33 | 635 | Berckhan Marie | 1995 | GER | Gautzsch Team 3 | 21:03 | 21:06 | + 4:08 |
| 34 | 132 | Görges Jonas | 1994 | GER | Hülsbömer & Weischer Schaltanlagenbau | 21:00 | 21:07 | + 4:09 |
| 35 | 715 | Welp Christian | 1993 | GER | Elektro Heikes I | 21:08 | 21:10 | + 4:12 |
| 36 | 406 | Tewes Marc | 1984 | GER | R+V Service Center 4 | 21:13 | 21:17 | + 4:19 |
| 37 | 3542 | Oji Vinzenz | 1974 | GER | UKM 7 | 20:49 | 21:20 | + 4:22 |
| 38 | 412 | Michaelis Rene | 1978 | GER | R+V Service Center 6 | 21:20 | 21:24 | + 4:26 |
| 39 | 217 | Schatz Felix | 1995 | GER | Alexianer Eos Klinik 4 | 21:19 | 21:25 | + 4:27 |
| 40 | 870 | Meredith Tentor | 2005 | GER | Meredith Tentor | 21:22 | 21:31 | + 4:33 |
| 41 | 253 | Stücker Markus | 1984 | GER | DRK-LV Westfalen-Lippe e.V. - Team 2 | 21:26 | 21:32 | + 4:34 |
| 42 | 270 | Reiners Lukas | 1989 | GER | Rochus Runners 2 | 21:20 | 21:33 | + 4:35 |
| 43 | 644 | Pufahl Benjamin | 1994 | GER | Gautzsch Team 6 | 21:30 | 21:37 | + 4:39 |
| 43 | 734 | Meyer Andreas | 1962 | GER | Westfalen AG 2 | 21:32 | 21:37 | + 4:39 |
| 45 | 522 | Haase Maximilian | 1994 | GER | LVM 14 | 21:34 | 21:38 | + 4:40 |
| 46 | 3618 | Heitmann Steffen | 1994 | GER | UKM 32 | 21:25 | 21:39 | + 4:41 |
| 47 | 176 | Keßenich Jakob | 2001 | GER | Thomas & Bökamp - Team 2 | 21:37 | 21:42 | + 4:44 |
| 48 | 362 | Heyer Tom | 2003 | GER | Finanz Informatik 4 | 21:32 | 21:45 | + 4:47 |
| 48 | 503 | Hamachers Dominik | 1986 | GER | LVM 8 | 21:27 | 21:45 | + 4:47 |
| 48 | 673 | Naumann Robert | 1987 | GER | Gautzsch Team 15 | 21:37 | 21:45 | + 4:47 |
| 51 | 3536 | Witte Felix | 1996 | GER | UKM 5 | 21:16 | 21:48 | + 4:50 |
| 52 | 371 | Pohlkötter Lars | 1998 | GER | Finanz Informatik 7 | 21:39 | 21:52 | + 4:54 |
| 53 | 434 | Mann Klaus | 1961 | GER | Umweltlabor ACB 2 | 21:50 | 21:55 | + 4:57 |
| 54 | 473 | Harrison Mark | 1974 | GER | Institute for Evolution and Biodiversity | 21:53 | 21:58 | + 5:00 |
| 55 | 357 | Sterz Michael | 1986 | GER | Finanz Informatik 3 | 21:51 | 22:05 | + 5:07 |
| 56 | 545 | Schmidt Thorsten | 1967 | GER | Mosecker Allstars 2 | 22:04 | 22:06 | + 5:08 |
| 57 | 558 | Dione Ezechel | 1995 | GER | Altenhilfe-MSC 1 | 21:50 | 22:16 | + 5:18 |
| 58 | 210 | Miebach Thomas | 1970 | GER | Alexianer Eos Klinik 2 | 22:14 | 22:20 | + 5:22 |
| 58 | 510 | Hilgenbrink Birte | 1994 | GER | LVM 10 | 22:16 | 22:20 | + 5:22 |
| 58 | 880 | Wendker Thomas | 1967 | GER | Winkhaus 4 | 22:13 | 22:20 | + 5:22 |
| 61 | 505 | Totzauer Mark | 1984 | GER | LVM 8 | 22:04 | 22:22 | + 5:24 |
| 62 | 433 | Piegza Sebastian | 1979 | GER | Umweltlabor ACB 1 | 22:18 | 22:23 | + 5:25 |
| 63 | 3559 | Bato Bianka | 1993 | GER | UKM 13 | 22:24 | 22:26 | + 5:28 |
| 64 | 543 | Paul Dominik | 1995 | GER | Mosecker Allstars 1 | 22:18 | 22:27 | + 5:29 |
| 65 | 202 | Pieper Jan | 1993 | GER | Curacon 4 | 22:10 | 22:31 | + 5:33 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-----------------------|------|-----|--|-------|----------|--------|
| 65 | 215 | Krabbe Hanna | 1995 | GER | Alexianer Eos Klinik 4 | 22:25 | 22:31 | + 5:33 |
| 67 | 703 | Loddenkötter Stefan | 1965 | GER | Gautzsch Team 24 | 22:24 | 22:32 | + 5:34 |
| 68 | 267 | Jordan Sven | 1985 | GER | Rochus Runners 1 | 22:31 | 22:33 | + 5:35 |
| 68 | 416 | Vennemann Moritz | 1999 | GER | R+V Service Center 7 | 22:29 | 22:33 | + 5:35 |
| 70 | 183 | Lipproß Ella | 2006 | GER | Thomas & Bökamp - Team 4 | 22:15 | 22:34 | + 5:36 |
| 70 | 3552 | Köckerling Nils | 1994 | GER | UKM 10 | 22:30 | 22:34 | + 5:36 |
| 72 | 917 | Kipar Jonas | 1995 | GER | Bezirksregierung Münster 31_34 | 22:34 | 22:37 | + 5:39 |
| 73 | 360 | Mühlenbeck Stefan | 2000 | GER | Finanz Informatik 4 | 22:29 | 22:41 | + 5:43 |
| 74 | 645 | Niermann Sebastian | 1995 | GER | Gautzsch Team 6 | 22:35 | 22:42 | + 5:44 |
| 75 | 677 | Strotmann Niklas | 1996 | GER | Gautzsch Team 16 | 22:32 | 22:43 | + 5:45 |
| 76 | 135 | Bogdan Kai | 1977 | GER | Hülsbömer & Weischer Elektrotechnik | 22:39 | 22:47 | + 5:49 |
| 76 | 136 | Barneföhr Fynn | 1994 | GER | Hülsbömer & Weischer Elektrotechnik | 22:47 | 22:47 | + 5:49 |
| 78 | 138 | Hagelschuer Tom | 1999 | GER | Hülsbömer & Weischer Photovoltaik | 22:41 | 22:48 | + 5:50 |
| 78 | 139 | Growe Tobias | 1991 | GER | Hülsbömer & Weischer Photovoltaik | 22:42 | 22:48 | + 5:50 |
| 80 | 676 | Südholt Jesse | 2001 | GER | Gautzsch Team 16 | 22:38 | 22:49 | + 5:51 |
| 81 | 3537 | Lucas Paul Alexander | 1995 | GER | UKM 5 | 22:22 | 22:53 | + 5:55 |
| 82 | 431 | Schemmelmann Pia | 1997 | GER | Umweltlabor ACB 1 | 22:48 | 22:54 | + 5:56 |
| 83 | 305 | Pfeiffer Nils | 1996 | GER | Westfalenfleiss GmbH 2 | 22:19 | 22:55 | + 5:57 |
| 84 | 475 | Ravi Bharat | 1987 | GER | Institute for Evolution and Biodiversity | 22:52 | 22:57 | + 5:59 |
| 85 | 509 | Dedeck Stefan | 1985 | GER | LVM 10 | 22:53 | 22:58 | + 6:00 |
| 86 | 366 | Löhrke Katharina | 1996 | GER | Finanz Informatik 6 | 22:50 | 23:02 | + 6:04 |
| 87 | 32 | Kuschel Lukas | 1994 | GER | AGRAVIS Raiffeisen AG | 22:45 | 23:05 | + 6:07 |
| 87 | 77 | Holle Meike | 1992 | GER | AGRAVIS Raiffeisen AG II | 22:44 | 23:05 | + 6:07 |
| 89 | 404 | Sander Judith | 1990 | GER | R+V Service Center 3 | 23:04 | 23:11 | + 6:13 |
| 89 | 405 | Banze Marius | 1983 | GER | R+V Service Center 3 | 23:04 | 23:11 | + 6:13 |
| 91 | 3551 | Schäfer Tim | 1989 | GER | UKM 10 | 23:09 | 23:14 | + 6:16 |
| 92 | 174 | Baumeister Christian | 1982 | GER | Thomas & Bökamp - Team 1 | 23:11 | 23:17 | + 6:19 |
| 93 | 205 | Günther Jan Niklas | 1994 | GER | Curacon 5 | 22:59 | 23:18 | + 6:20 |
| 94 | 307 | Ott Robin | 2000 | GER | Westfalenfleiss GmbH 2 | 22:44 | 23:21 | + 6:23 |
| 95 | 271 | Roggenkemper Jan | 1990 | GER | Rochus Runners 2 | 23:01 | 23:22 | + 6:24 |
| 96 | 365 | Finkenbrink Felix | 1995 | GER | Finanz Informatik 5 | 23:21 | 23:24 | + 6:26 |
| 96 | 439 | Fels Hubert | 1960 | GER | Umweltlabor ACB 3 | 23:20 | 23:24 | + 6:26 |
| 98 | 865 | Langwald Maike | 1992 | GER | Volti Power | 23:21 | 23:26 | + 6:28 |
| 99 | 3626 | Steingröver Johanna | 1991 | GER | UKM 35 | 23:15 | 23:29 | + 6:31 |
| 100 | 258 | Reimann Paula | 2002 | GER | DRK-LV Westfalen-Lippe e.V. - Team 4 | 23:04 | 23:30 | + 6:32 |
| 101 | 268 | Hampel Thilo | 1981 | GER | Rochus Runners 1 | 23:29 | 23:31 | + 6:33 |
| 102 | 79 | Terlau Vera | 1982 | GER | AGRAVIS Raiffeisen AG II | 23:11 | 23:32 | + 6:34 |
| 103 | 304 | Wallmeyer Simon | 1991 | GER | Westfalenfleiss GmbH 1 | 23:06 | 23:39 | + 6:41 |
| 103 | 312 | Silva Chaco Christian | 1977 | GER | Westfalenfleiss GmbH 4 | 23:05 | 23:39 | + 6:41 |
| 105 | 646 | Becks Patrick | 1991 | GER | Gautzsch Team 6 | 23:33 | 23:44 | + 6:46 |
| 106 | 356 | Kreutzer Hannes | 1988 | GER | Finanz Informatik 1 | 23:38 | 23:51 | + 6:53 |
| 107 | 669 | Staffel Julian | 1986 | GER | Gautzsch Team 12 | 23:41 | 23:53 | + 6:55 |
| 108 | 701 | Bartels Stephan | 1984 | GER | Gautzsch Team 24 | 23:50 | 23:58 | + 7:00 |
| 109 | 655 | Chonkadze David | 1970 | GER | Gautzsch Team 9 | 23:57 | 23:59 | + 7:01 |
| 110 | 495 | Wenking Philipp | 1999 | GER | LVM 5 | 23:38 | 24:03 | + 7:05 |
| 110 | 496 | Yilmaz Leon | 2000 | GER | LVM 5 | 23:39 | 24:03 | + 7:05 |
| 112 | 415 | Grosche Frederik | 1998 | GER | R+V Service Center 7 | 24:00 | 24:04 | + 7:06 |
| 113 | 413 | Uhlenhake Andrea | 1977 | GER | R+V Service Center 6 | 24:00 | 24:05 | + 7:07 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------------|------|-----|--|-------|----------|--------|
| 114 | 368 | Kajüter Torben | 2001 | GER | Finanz Informatik 6 | 23:54 | 24:06 | + 7:08 |
| 114 | 636 | Benthues Peter | 1974 | GER | Gautzsch Team 3 | 23:57 | 24:06 | + 7:08 |
| 116 | 374 | Kümmel Markus | 1993 | GER | Finanz Informatik 8 | 23:57 | 24:09 | + 7:11 |
| 117 | 716 | Gettrup Andreas | 1983 | GER | Elektro Heikes I | 24:06 | 24:10 | + 7:12 |
| 118 | 914 | Herrmann Oliver | 1968 | GER | Bezirksregierung Münster 2 | 23:55 | 24:11 | + 7:13 |
| 119 | 120 | Kröger Heiner | 1972 | GER | con terra | 23:53 | 24:12 | + 7:14 |
| 120 | 732 | Thume Matthias | 1969 | GER | Westfalen AG 2 | 24:03 | 24:14 | + 7:16 |
| 121 | 668 | Günther Robin | 2003 | GER | Gautzsch Team 13 | 24:10 | 24:19 | + 7:21 |
| 122 | 3520 | Feldhaus Christian | 1982 | GER | UKM G | 24:06 | 24:22 | + 7:24 |
| 123 | 664 | Riering Laurin | 2003 | GER | Gautzsch Team 13 | 24:15 | 24:23 | + 7:25 |
| 124 | 133 | Fliß Hermann | 1961 | GER | Hülsbömer & Weischer Schaltanlagenbau | 24:21 | 24:25 | + 7:27 |
| 125 | 369 | Kappenberg Lars | 1971 | GER | Finanz Informatik 7 | 24:20 | 24:34 | + 7:36 |
| 126 | 286 | Cammenga Neele | 1997 | GER | Rochus Runners 7 | 24:33 | 24:36 | + 7:38 |
| 126 | 675 | Marx Alexander | 1981 | GER | Gautzsch Team 15 | 24:33 | 24:36 | + 7:38 |
| 128 | 912 | van der Velde Markus | 1965 | GER | Bezirksregierung Münster 2 | 24:36 | 24:38 | + 7:40 |
| 129 | 3545 | Osseforth Andre | 1976 | GER | UKM 8 | 24:10 | 24:42 | + 7:44 |
| 130 | 3584 | Lohmann Lukas | 1995 | GER | UKM 21 | 24:29 | 24:45 | + 7:47 |
| 131 | 186 | Thygs Andreas | 1979 | GER | DEKRA Münster 3 | 24:26 | 24:52 | + 7:54 |
| 132 | 887 | Blöcker Niklas | 1999 | GER | Speed of Light | 24:40 | 24:56 | + 7:58 |
| 133 | 211 | Silhan Mike | 1998 | GER | Alexianer Eos Klinik 2 | 24:51 | 24:58 | + 8:00 |
| 134 | 37 | Bauhaus Angela | 1971 | GER | Wundex - Die Wundexperten 1 | 24:48 | 25:09 | + 8:11 |
| 135 | 459 | Kirchhoff Christoph | 1960 | GER | Esri Münster | 24:49 | 25:10 | + 8:12 |
| 136 | 191 | Pöppelmann Kai | 1987 | GER | Curacon 1 | 24:45 | 25:11 | + 8:13 |
| 137 | 3513 | Nwaka Precious Chikwado | 1995 | GER | UKM E | 25:11 | 25:12 | + 8:14 |
| 138 | 684 | Resing Thorsten | 1985 | GER | Gautzsch Team 18 | 24:56 | 25:14 | + 8:16 |
| 139 | 573 | Rüter Franziska | 2000 | GER | Altenhilfe-MSC 6 | 24:51 | 25:15 | + 8:17 |
| 139 | 3594 | Horvath Andor | 1992 | GER | UKM 24 | 24:57 | 25:15 | + 8:17 |
| 141 | 888 | Drovs Simon | 1986 | GER | Speed of Light | 24:59 | 25:16 | + 8:18 |
| 141 | 3625 | Koser Sophie | 1995 | GER | UKM 35 | 25:01 | 25:16 | + 8:18 |
| 143 | 685 | Kammler Andre | 2000 | GER | Gautzsch Team 18 | 25:13 | 25:23 | + 8:25 |
| 144 | 911 | Sedhoff Robin | 1998 | GER | Bezirksregierung Münster 241 | 25:08 | 25:25 | + 8:27 |
| 145 | 367 | Thor Timo | 1994 | GER | Finanz Informatik 6 | 25:16 | 25:27 | + 8:29 |
| 146 | 121 | Heisig Christian | 1970 | GER | con terra | 25:07 | 25:28 | + 8:30 |
| 146 | 3507 | Latzko Philipp | 1985 | GER | UKM C | 25:17 | 25:28 | + 8:30 |
| 148 | 3508 | Wilhelm Elina | 1980 | GER | UKM C | 25:18 | 25:29 | + 8:31 |
| 149 | 3588 | Dach Felix | 1993 | GER | UKM 22 | 25:22 | 25:31 | + 8:33 |
| 150 | 364 | Pohlmann Marilena | 1990 | GER | Finanz Informatik 5 | 25:29 | 25:32 | + 8:34 |
| 150 | 889 | Kozon Marek | 1993 | GER | Speed of Light | 25:15 | 25:32 | + 8:34 |
| 150 | 3591 | Wilms Simon | 1997 | GER | UKM 23 | 25:25 | 25:32 | + 8:34 |
| 153 | 656 | Kunze Christoph | 1982 | GER | Gautzsch Team 9 | 25:19 | 25:33 | + 8:35 |
| 154 | 506 | Trabold Vanessa | 1995 | GER | LVM 9 | 25:26 | 25:37 | + 8:39 |
| 155 | 288 | Schulze Horn Marietta | 1993 | GER | Rochus Runners 8 | 25:35 | 25:38 | + 8:40 |
| 155 | 498 | Heimann Malin | 1997 | GER | LVM 6 | 25:14 | 25:38 | + 8:40 |
| 157 | 700 | Engler Jenny | 1974 | GER | Gautzsch Team 12 | 25:28 | 25:39 | + 8:41 |
| 158 | 66 | Vormann Lena | 1994 | GER | DEKRA Münster 2 | 25:15 | 25:40 | + 8:42 |
| 158 | 187 | Roeder Philipp | 1994 | GER | DEKRA Münster 3 | 25:14 | 25:40 | + 8:42 |
| 160 | 363 | Kayser Thomas | 1969 | GER | Finanz Informatik 5 | 25:43 | 25:46 | + 8:48 |
| 161 | 683 | Boldering Andre | 1973 | GER | Gautzsch Team 18 | 25:33 | 25:50 | + 8:52 |
| 162 | 680 | Federer Andreas | 1985 | GER | Gautzsch Team 17 | 25:45 | 25:51 | + 8:53 |
| 163 | 198 | Gräß Dave | 1995 | GER | Curacon 3 | 25:28 | 25:54 | + 8:56 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------|------|-----|---|-------|----------|--------|
| 163 | 3590 | Fromm Sarah | 1993 | GER | UKM 23 | 25:47 | 25:54 | + 8:56 |
| 165 | 514 | Seubert Sibylle | 1984 | GER | LVM 11 | 25:45 | 25:55 | + 8:57 |
| 166 | 272 | Reinke David | 1996 | GER | Rochus Runners 2 | 25:32 | 25:56 | + 8:58 |
| 167 | 441 | Vinkelau Patrick | 1990 | GER | Umweltlabor ACB 4 | 25:43 | 25:57 | + 8:59 |
| 167 | 3628 | Riders Armands | 1988 | GER | UKM 36 | 25:41 | 25:57 | + 8:59 |
| 169 | 260 | Selle Luca | 2001 | GER | DRK-LV Westfalen-Lippe e.V. - Team 4 | 25:27 | 25:58 | + 9:00 |
| 169 | 262 | Peters Stefanie | 1989 | GER | DRK-LV Westfalen-Lippe e.V. - Team 5 | 25:31 | 25:58 | + 9:00 |
| 169 | 3629 | Ewertz Maximilian | 1995 | GER | UKM 36 | 25:41 | 25:58 | + 9:00 |
| 169 | 3630 | Oberste Maximilian | 1989 | GER | UKM 36 | 25:41 | 25:58 | + 9:00 |
| 173 | 173 | Girmscheid Michael | 1974 | GER | Thomas & Bökamp - Team 1 | 25:45 | 26:01 | + 9:03 |
| 173 | 604 | Laubrock Martin | 1973 | GER | Winkhaus 3 | 25:33 | 26:01 | + 9:03 |
| 175 | 201 | Baumeister Marco | 1977 | GER | Curacon 4 | 25:39 | 26:05 | + 9:07 |
| 175 | 442 | Jäger Tobias | 1988 | GER | Umweltlabor ACB 4 | 25:52 | 26:05 | + 9:07 |
| 177 | 3627 | Erdbrügger Tim-René | 1994 | GER | UKM 35 | 25:51 | 26:06 | + 9:08 |
| 178 | 515 | Buer Andreas | 1966 | GER | LVM 12 | 25:51 | 26:07 | + 9:09 |
| 178 | 3544 | Schlarb Dominik | 1978 | GER | UKM 8 | 25:35 | 26:07 | + 9:09 |
| 180 | 504 | Weiß Michael | 1983 | GER | LVM 8 | 25:49 | 26:08 | + 9:10 |
| 180 | 582 | Breitbart Thomas | 1966 | GER | Altenhilfe-MSC 9 | 25:43 | 26:08 | + 9:10 |
| 180 | 3541 | Weishaupt Carsten | 1973 | GER | UKM 7 | 25:35 | 26:08 | + 9:10 |
| 183 | 650 | Dölling Kevin | 1996 | GER | Gautzsch Team 7 | 26:01 | 26:09 | + 9:11 |
| 184 | 916 | Hamm Lennart | 1989 | GER | Bezirksregierung Münster 31_34 | 25:54 | 26:11 | + 9:13 |
| 185 | 214 | Habbel Julius | 1996 | GER | Alexianer Eos Klinik 3 | 26:05 | 26:12 | + 9:14 |
| 185 | 678 | Grabow Leon | 1998 | GER | Gautzsch Team 16 | 26:02 | 26:12 | + 9:14 |
| 187 | 517 | Kreimer Janine | 1978 | GER | LVM 12 | 26:00 | 26:15 | + 9:17 |
| 188 | 63 | Stuchly Adrian | 1970 | GER | DEKRA Münster 1 | 25:57 | 26:20 | + 9:22 |
| 189 | 353 | Kersting Klaus | 1972 | GER | Finanz Informatik 1 | 26:03 | 26:21 | + 9:23 |
| 189 | 643 | Göbel Andre | 1992 | GER | Gautzsch Team 5 | 26:05 | 26:21 | + 9:23 |
| 189 | 661 | Langenhorst Sarah | 1991 | GER | Gautzsch Team 11 | 26:12 | 26:21 | + 9:23 |
| 192 | 462 | Rakowski Alexis | 1981 | GER | Alexianer Eos Klinik 6 | 26:15 | 26:22 | + 9:24 |
| 193 | 128 | Ullrich Thorsten | 1971 | GER | Hülsbömer & Weischer Elektroinstallation | 26:18 | 26:23 | + 9:25 |
| 193 | 3616 | Leiting Johanna | 1993 | GER | UKM 32 | 26:09 | 26:23 | + 9:25 |
| 195 | 848 | Wirtz Alexander | 1993 | GER | RÜTÜ #2 | 25:41 | 26:24 | + 9:26 |
| 196 | 641 | Linn Frederike | 1996 | GER | Gautzsch Team 5 | 26:11 | 26:26 | + 9:28 |
| 197 | 208 | Höwer Doris | 1967 | GER | Alexianer Eos Klinik 1 | 26:22 | 26:28 | + 9:30 |
| 197 | 3549 | Prien Lara | 1994 | GER | UKM 9 | 25:56 | 26:28 | + 9:30 |
| 199 | 169 | Wolf Judith | 1995 | GER | Coppenrath Verlag | 26:22 | 26:34 | + 9:36 |
| 199 | 171 | Ueffing Jörg | 1973 | GER | Coppenrath Verlag | 26:22 | 26:34 | + 9:36 |
| 199 | 910 | Denter Maren | 1991 | GER | Bezirksregierung Münster 241 | 26:18 | 26:34 | + 9:36 |
| 202 | 69 | Engel Niels | 1987 | GER | Pflegebüro Bahrenberg Münster | 26:04 | 26:41 | + 9:43 |
| 202 | 657 | Rohe Tobias | 1988 | GER | Gautzsch Team 12 | 26:31 | 26:41 | + 9:43 |
| 204 | 499 | Ring Vivian | 1999 | GER | LVM 6 | 26:19 | 26:44 | + 9:46 |
| 205 | 3586 | Eichler Nele | 1999 | GER | UKM 22 | 26:35 | 26:45 | + 9:47 |
| 206 | 3573 | Freiwald Hannah | 1993 | GER | UKM 17 | 26:32 | 26:46 | + 9:48 |
| 207 | 663 | Holtfenster Milou | 2003 | GER | Gautzsch Team 11 | 26:39 | 26:48 | + 9:50 |
| 208 | 216 | Burg Jan | 1982 | GER | Alexianer Eos Klinik 4 | 26:44 | 26:49 | + 9:51 |
| 209 | 68 | Kleinwächter Michael | 1985 | GER | DEKRA Münster 2 | 26:25 | 26:51 | + 9:53 |
| 209 | 733 | Lukassen Peter | 1969 | GER | Westfalen AG 2 | 26:41 | 26:51 | + 9:53 |
| 211 | 631 | Engelking Lisa | 1994 | GER | Gautzsch Team 1 | 26:49 | 26:53 | + 9:55 |
| 212 | 3571 | Büter Lisa | 1991 | GER | UKM 17 | 26:40 | 26:54 | + 9:56 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|---------------------|------|-----|---|-------|----------|---------|
| 213 | 654 | Schings Julius | 2000 | GER | Gautzsch Team 8 | 26:48 | 26:59 | + 10:01 |
| 214 | 642 | Eickmeyer Darleen | 1996 | GER | Gautzsch Team 5 | 26:48 | 27:02 | + 10:04 |
| 214 | 847 | Fiege Timo | 1988 | GER | RÜTÜ #1 | 26:19 | 27:02 | + 10:04 |
| 216 | 207 | Windgassen Anja | 1989 | GER | Alexianer Eos Klinik 1 | 26:55 | 27:04 | + 10:06 |
| 216 | 909 | Möllenbrink Denise | 1986 | GER | Bezirksregierung Münster 241 | 26:49 | 27:04 | + 10:06 |
| 218 | 172 | Ebenfeld Karsten | 1973 | GER | Thomas & Bökamp - Team 1 | 26:55 | 27:09 | + 10:11 |
| 219 | 361 | Meyer Matthias | 2001 | GER | Finanz Informatik 4 | 26:57 | 27:10 | + 10:12 |
| 219 | 629 | Schmidt Julia | 1994 | GER | Gautzsch Team 1 | 27:06 | 27:10 | + 10:12 |
| 219 | 652 | Brickwedde Lutz | 2003 | GER | Gautzsch Team 8 | 27:01 | 27:10 | + 10:12 |
| 222 | 688 | Piesche Jan-Niklas | 1997 | GER | Gautzsch Team 22 | 26:58 | 27:11 | + 10:13 |
| 223 | 3624 | Froese Jurij | 1991 | GER | UKM 34 | 26:38 | 27:12 | + 10:14 |
| 224 | 196 | Hoppe Marco | 1981 | GER | Curacon 2 | 26:49 | 27:16 | + 10:18 |
| 225 | 39 | Labban Tamara | 1985 | GER | Wundex - Die Wundexperten 2 | 26:57 | 27:17 | + 10:19 |
| 225 | 3538 | Overwin Petja | 1964 | GER | UKM 6 | 26:49 | 27:17 | + 10:19 |
| 227 | 352 | Deutsch Bernhard | 1970 | GER | Finanz Informatik 1 | 27:04 | 27:21 | + 10:23 |
| 228 | 410 | Brambrink Frauke | 1993 | GER | R+V Service Center 5 | 27:18 | 27:24 | + 10:26 |
| 228 | 3623 | Frank Saskia | 1993 | GER | UKM 34 | 26:50 | 27:24 | + 10:26 |
| 230 | 212 | Zache Carina | 1990 | GER | Alexianer Eos Klinik 3 | 27:18 | 27:26 | + 10:28 |
| 230 | 3589 | Ruppel Justus | 1993 | GER | UKM 23 | 27:19 | 27:26 | + 10:28 |
| 232 | 708 | Austermann Claudia | 1985 | GER | Gautzsch Team 23 | 27:03 | 27:27 | + 10:29 |
| 233 | 3533 | Friedrich Alex | 1971 | GER | UKM 4 | 27:08 | 27:28 | + 10:30 |
| 233 | 3534 | Martens Sven | 1966 | GER | UKM 4 | 27:08 | 27:28 | + 10:30 |
| 235 | 3532 | Klaas Christoph | 1974 | GER | UKM 4 | 27:09 | 27:29 | + 10:31 |
| 236 | 512 | Hano Heike | 1984 | GER | LVM 11 | 27:18 | 27:30 | + 10:32 |
| 236 | 513 | Kaldewei Georg | 1970 | GER | LVM 11 | 27:19 | 27:30 | + 10:32 |
| 238 | 3574 | Genet Nicole | 1981 | GER | UKM 18 | 26:50 | 27:34 | + 10:36 |
| 239 | 497 | Böwing Aileen | 1997 | GER | LVM 6 | 27:14 | 27:37 | + 10:39 |
| 240 | 41 | Drescher Azmil | 1991 | GER | Wundex - Die Wundexperten 3 | 27:20 | 27:42 | + 10:44 |
| 240 | 3587 | Neugebauer Sonja | 1963 | GER | UKM 22 | 27:25 | 27:42 | + 10:44 |
| 242 | 3546 | Happe Anna | 1998 | GER | UKM 8 | 27:11 | 27:44 | + 10:46 |
| 243 | 638 | Endler Markus | 1986 | GER | Gautzsch Team 4 | 27:38 | 27:45 | + 10:47 |
| 243 | 699 | Vorbeck Katharina | 1984 | GER | Gautzsch Team 23 | 27:36 | 27:45 | + 10:47 |
| 245 | 601 | Schmitz Markus | 1973 | GER | Winkhaus 2 | 27:17 | 27:46 | + 10:48 |
| 245 | 602 | Stöver Wiebke | 1973 | GER | Winkhaus 2 | 27:18 | 27:46 | + 10:48 |
| 245 | 603 | Boeckers Mareen | 1993 | GER | Winkhaus 2 | 27:17 | 27:46 | + 10:48 |
| 245 | 3608 | Niehoff Clara | 1996 | GER | UKM 29 | 27:11 | 27:46 | + 10:48 |
| 249 | 254 | Ditzel Lars | 1990 | GER | DRK-LV Westfalen-Lippe e.V. - Team 2 | 27:16 | 27:48 | + 10:50 |
| 250 | 131 | Maimann Hendrik | 1987 | GER | Hülsbömer & Weischer Schaltanlagenbau | 27:41 | 27:49 | + 10:51 |
| 251 | 67 | Berlin Gennaro | 1989 | GER | DEKRA Münster 2 | 27:29 | 27:52 | + 10:54 |
| 251 | 634 | Lembeck Ralf | 1967 | GER | Gautzsch Team 2 | 27:35 | 27:52 | + 10:54 |
| 253 | 370 | Heine Hermann | 1994 | GER | Finanz Informatik 7 | 27:38 | 27:53 | + 10:55 |
| 254 | 525 | Schipke Thorsten | 1965 | GER | LVM 15 | 27:40 | 27:54 | + 10:56 |
| 255 | 659 | Klüver Paula | 2002 | GER | Gautzsch Team 10 | 27:46 | 27:55 | + 10:57 |
| 256 | 130 | Bendix Slawa | 1985 | GER | Hülsbömer & Weischer Elektroinstallation | 27:42 | 27:56 | + 10:58 |
| 256 | 3560 | Krus Frederike | 2000 | GER | UKM 13 | 27:54 | 27:56 | + 10:58 |
| 258 | 3581 | Tacke Matthias | 1971 | GER | UKM 20 | 27:42 | 27:59 | + 11:01 |
| 259 | 464 | Sewing Elin-Johanna | 2009 | GER | Alexianer Eos Klinik 6 | 27:54 | 28:03 | + 11:05 |
| 260 | 199 | Kalker Sophie | 1992 | GER | Curacon 3 | 27:41 | 28:09 | + 11:11 |
| 260 | 401 | Müller Jessica | 1987 | GER | R+V Service Center 2 | 28:05 | 28:09 | + 11:11 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|--------------------------|------|-----|---|-------|----------|---------|
| 262 | 408 | Lorenz Sabine | 1984 | GER | R+V Service Center 4 | 28:04 | 28:11 | + 11:13 |
| 262 | 435 | Schulze Bisping Agnes | 1962 | GER | Umweltlabor ACB 2 | 27:58 | 28:11 | + 11:13 |
| 264 | 78 | Kleine Schlarmann Daniel | 1991 | GER | AGRAVIS Raiffeisen AG II | 27:34 | 28:12 | + 11:14 |
| 264 | 206 | Sewing Doris | 1976 | GER | Alexianer Eos Klinik 1 | 28:02 | 28:12 | + 11:14 |
| 266 | 3564 | Bürmann Julia | 1998 | GER | UKM 14 | 27:42 | 28:17 | + 11:19 |
| 267 | 440 | Lehmkühler Simon | 1996 | GER | Umweltlabor ACB 4 | 28:07 | 28:20 | + 11:22 |
| 267 | 484 | Öchsner Markus | 1993 | GER | LVM 1 | 28:04 | 28:20 | + 11:22 |
| 269 | 178 | Snippe Mika | 1998 | GER | Thomas & Bökamp - Team 3 | 28:03 | 28:21 | + 11:23 |
| 270 | 718 | Arslan Muhammad | 1988 | GER | Elektro Heikes II | 27:43 | 28:24 | + 11:26 |
| 271 | 511 | Molitor Magnus | 1992 | GER | LVM 10 | 28:10 | 28:27 | + 11:29 |
| 271 | 3512 | Wagner Nieves | 1973 | GER | UKM D | 27:54 | 28:27 | + 11:29 |
| 273 | 3523 | Friedrich Leonie | 1995 | GER | UKM 1 | 28:10 | 28:28 | + 11:30 |
| 273 | 3525 | Wulf Dina | 1993 | GER | UKM 1 | 28:10 | 28:28 | + 11:30 |
| 275 | 598 | Glöwing Dirk | 1966 | GER | Winkhaus 1 | 28:00 | 28:29 | + 11:31 |
| 275 | 3524 | Tran Dang-Son | 1992 | GER | UKM 1 | 28:11 | 28:29 | + 11:31 |
| 277 | 706 | Leifhelm Thorsten | 1970 | GER | Gautzsch Team 21 | 28:19 | 28:30 | + 11:32 |
| 278 | 436 | Fels Lisa | 1964 | GER | Umweltlabor ACB 2 | 28:18 | 28:31 | + 11:33 |
| 278 | 649 | Zurheiden Florian | 2000 | GER | Gautzsch Team 7 | 28:20 | 28:31 | + 11:33 |
| 280 | 3582 | Gummert Henriette | 2000 | GER | UKM 20 | 28:17 | 28:34 | + 11:36 |
| 281 | 639 | Mertens Susanne | 1964 | GER | Gautzsch Team 4 | 28:30 | 28:36 | + 11:38 |
| 282 | 507 | Peters Judith | 1992 | GER | LVM 9 | 28:18 | 28:38 | + 11:40 |
| 283 | 524 | Schipke Lucas | 1995 | GER | LVM 15 | 28:23 | 28:39 | + 11:41 |
| 284 | 263 | Budde Sarah | 1995 | GER | DRK-LV Westfalen-Lippe e.V. - Team 5 | 28:13 | 28:40 | + 11:42 |
| 284 | 717 | Grünwald Philipp | 1989 | GER | Elektro Heikes I | 27:58 | 28:40 | + 11:42 |
| 286 | 3593 | Derkach Olha | 1977 | GER | UKM 24 | 28:23 | 28:42 | + 11:44 |
| 287 | 170 | Dierkes Nina | 1983 | GER | Coppenrath Verlag | 28:36 | 28:48 | + 11:50 |
| 287 | 200 | Schulten Nils | 1992 | GER | Curacon 4 | 28:29 | 28:48 | + 11:50 |
| 287 | 3598 | Bastin Marc | 1978 | GER | UKM 26 | 28:28 | 28:48 | + 11:50 |
| 290 | 711 | Applemann Jens | 1976 | GER | Gautzsch Team 19 | 28:17 | 28:51 | + 11:53 |
| 291 | 3527 | Wübben Taalke | 1995 | GER | UKM 2 | 28:16 | 28:52 | + 11:54 |
| 291 | 3563 | Rodenbäck Söhnke | 1996 | GER | UKM 14 | 28:16 | 28:52 | + 11:54 |
| 293 | 64 | Bolke Ludger | 1967 | GER | DEKRA Münster 1 | 28:33 | 28:56 | + 11:58 |
| 293 | 414 | Hagendorf Janosch | 1989 | GER | R+V Service Center 6 | 28:50 | 28:56 | + 11:58 |
| 295 | 179 | Spahn Sebastian | 1990 | GER | Thomas & Bökamp - Team 3 | 28:41 | 28:58 | + 12:00 |
| 296 | 295 | Laubrock Geva | 1981 | GER | Rochus Runners 10 | 28:38 | 29:00 | + 12:02 |
| 296 | 674 | Strepp Dominik | 1975 | GER | Gautzsch Team 15 | 28:50 | 29:00 | + 12:02 |
| 298 | 549 | Nagel Torben | 1998 | GER | Mosecker Allstars 3 | 28:19 | 29:02 | + 12:04 |
| 299 | 400 | Neumann Brigitte | 1963 | GER | R+V Service Center 2 | 28:57 | 29:03 | + 12:05 |
| 299 | 864 | Zollhöfer Luca | 1999 | GER | Volti Power | 28:58 | 29:03 | + 12:05 |
| 299 | 3622 | Engelhardt Miguel | 1993 | GER | UKM 34 | 28:29 | 29:03 | + 12:05 |
| 302 | 690 | Janich Gabriel | 1995 | GER | Gautzsch Team 20 | 28:58 | 29:06 | + 12:08 |
| 303 | 355 | Freese Julia | 1988 | GER | Finanz Informatik 1 | 28:48 | 29:07 | + 12:09 |
| 304 | 351 | Rutter Christoph | 1972 | GER | Finanz Informatik 1 | 28:49 | 29:08 | + 12:10 |
| 305 | 729 | Schumann Lydia | 1993 | GER | Westfalen AG 1 | 29:01 | 29:14 | + 12:16 |
| 305 | 730 | Schürmann Kim | 1999 | GER | Westfalen AG 1 | 29:01 | 29:14 | + 12:16 |
| 305 | 731 | Schlenkhoff Melanie | 1981 | GER | Westfalen AG 1 | 29:01 | 29:14 | + 12:16 |
| 308 | 722 | Lagocki Nicole | 1976 | GER | Elektro Heikes III | 28:37 | 29:15 | + 12:17 |
| 308 | 723 | Helms Tobias | 1982 | GER | Elektro Heikes III | 28:37 | 29:15 | + 12:17 |
| 310 | 482 | Schöne Melanie | 1990 | GER | LVM 1 | 29:02 | 29:17 | + 12:19 |
| 310 | 483 | Stammeier Nicolai | 1987 | GER | LVM 1 | 29:02 | 29:17 | + 12:19 |
| 312 | 70 | Stanke Linus | 2009 | GER | Pflegebüro Bahrenberg Münster | 28:44 | 29:19 | + 12:21 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|---------------------------|------|-----|--|-------|----------|---------|
| 313 | 266 | Merten Ulla | 1965 | GER | DRK-LV Westfalen-Lippe e.V. - Team 6 | 29:12 | 29:20 | + 12:22 |
| 314 | 660 | Köller Nicolas | 1992 | GER | Gautzsch Team 26 | 29:13 | 29:25 | + 12:27 |
| 315 | 213 | Rohls Anka | 1996 | GER | Alexianer Eos Klinik 3 | 29:19 | 29:26 | + 12:28 |
| 316 | 662 | Kretschmer Meike | 1992 | GER | Gautzsch Team 11 | 29:21 | 29:28 | + 12:30 |
| 317 | 313 | Sinnhuber Martin | 1968 | GER | Westfalenfleiss GmbH 4 | 28:56 | 29:31 | + 12:33 |
| 317 | 882 | Rolf Christoph | 1968 | GER | Winkhaus 4 | 29:04 | 29:31 | + 12:33 |
| 319 | 375 | Huber Johannes | 1959 | GER | Finanz Informatik 9 | 28:49 | 29:32 | + 12:34 |
| 320 | 710 | Ilgner Uwe | 1969 | GER | Gautzsch Team 19 | 29:01 | 29:34 | + 12:36 |
| 320 | 3576 | Otte Anna-Lena | 1998 | GER | UKM 18 | 28:51 | 29:34 | + 12:36 |
| 322 | 129 | Erdmann Lukas | 1997 | GER | Hülsbömer & Weischer Elektroinstallation | 29:22 | 29:35 | + 12:37 |
| 323 | 194 | Laumann Denise | 1993 | GER | Curacon 2 | 29:09 | 29:37 | + 12:39 |
| 323 | 197 | Peutner Dirk | 1967 | GER | Curacon 3 | 29:17 | 29:37 | + 12:39 |
| 325 | 43 | Dreckmann Ellen | 1997 | GER | Wundex - Die Wundexperten 3 | 29:19 | 29:41 | + 12:43 |
| 326 | 347 | Gerwing Markus | 1963 | GER | Team Kiepenkerl | 29:04 | 29:42 | + 12:44 |
| 327 | 3529 | Zahr Marion | 1983 | GER | UKM 3 | 29:23 | 29:43 | + 12:45 |
| 327 | 3530 | Hörning Christian | 1983 | GER | UKM 3 | 29:23 | 29:43 | + 12:45 |
| 327 | 3531 | van den Hooven Thomas | 1971 | GER | UKM 3 | 29:23 | 29:43 | + 12:45 |
| 330 | 71 | Stanke Claus | 1967 | GER | Pflegebüro Bahrenberg Münster | 29:10 | 29:44 | + 12:46 |
| 331 | 219 | Krebs Anna | 2000 | GER | Alexianer Eos Klinik 5 | 29:40 | 29:50 | + 12:52 |
| 331 | 220 | Starp Sophie | 2000 | GER | Alexianer Eos Klinik 5 | 29:41 | 29:50 | + 12:52 |
| 331 | 3547 | Schmidt Marvin | 1984 | GER | UKM 9 | 29:20 | 29:50 | + 12:52 |
| 334 | 218 | Schulte Sina | 2000 | GER | Alexianer Eos Klinik 5 | 29:40 | 29:51 | + 12:53 |
| 335 | 34 | Scherlatzik Dirk | 1968 | GER | AGRAVIS Raiffeisen AG | 29:13 | 29:52 | + 12:54 |
| 335 | 3578 | Lüke Marcel | 1993 | GER | UKM 19 | 29:15 | 29:52 | + 12:54 |
| 337 | 3577 | Becker Heike | 1980 | GER | UKM 19 | 29:16 | 29:54 | + 12:56 |
| 338 | 3509 | Schulze Averbek Elisabeth | 1988 | GER | UKM C | 29:44 | 29:55 | + 12:57 |
| 339 | 486 | Mentrup Christina | 1998 | GER | LVM 2 | 29:41 | 30:05 | + 13:07 |
| 339 | 606 | Fahrenholz Martin | 1990 | GER | Winkhaus 3 | 29:38 | 30:05 | + 13:07 |
| 341 | 261 | Chumachenko Andriy | 1994 | GER | DRK-LV Westfalen-Lippe e.V. - Team 5 | 29:37 | 30:07 | + 13:09 |
| 342 | 487 | Leifhelm Astrid | 1968 | GER | LVM 2 | 29:44 | 30:09 | + 13:11 |
| 342 | 605 | Noordanus Daniela | 1990 | GER | Winkhaus 3 | 29:43 | 30:09 | + 13:11 |
| 344 | 3562 | Hakvoort Chiara | 2000 | GER | UKM 14 | 29:36 | 30:11 | + 13:13 |
| 344 | 3597 | Gerß Joachim | 1972 | GER | UKM 25 | 29:49 | 30:11 | + 13:13 |
| 346 | 3600 | Bieker Sarah | 1984 | GER | UKM 26 | 29:53 | 30:13 | + 13:15 |
| 347 | 438 | Wormstall Alexandra | 1970 | GER | Umweltlabor ACB 3 | 29:47 | 30:14 | + 13:16 |
| 347 | 689 | Jarisch Pascal | 2002 | GER | Gautzsch Team 20 | 30:06 | 30:14 | + 13:16 |
| 349 | 359 | Saphörster Nils | 1993 | GER | Finanz Informatik 3 | 29:43 | 30:15 | + 13:17 |
| 350 | 693 | Gelen Sven | 1984 | GER | Gautzsch Team 9 | 30:09 | 30:18 | + 13:20 |
| 351 | 256 | Weppler Stephanie | 1982 | GER | DRK-LV Westfalen-Lippe e.V. - Team 3 | 29:50 | 30:22 | + 13:24 |
| 352 | 704 | Thiering Marcel | 1977 | GER | Gautzsch Team 25 | 29:46 | 30:24 | + 13:26 |
| 353 | 358 | Gnaub Berthold | 1969 | GER | Finanz Informatik 3 | 29:54 | 30:27 | + 13:29 |
| 354 | 273 | Oji Melody | 1976 | GER | Rochus Runners 3 | 29:46 | 30:28 | + 13:30 |
| 354 | 274 | Eloo Renée | 1992 | GER | Rochus Runners 3 | 29:46 | 30:28 | + 13:30 |
| 354 | 275 | Janßen Lisa | 1993 | GER | Rochus Runners 3 | 29:46 | 30:28 | + 13:30 |
| 357 | 203 | Deitermann Ann-Christin | 1989 | GER | Curacon 5 | 30:01 | 30:29 | + 13:31 |
| 357 | 204 | Röttgering Iris | 1993 | GER | Curacon 5 | 30:03 | 30:29 | + 13:31 |
| 359 | 195 | Bode Judith | 1970 | GER | Curacon 2 | 30:01 | 30:30 | + 13:32 |
| 360 | 287 | Albrecht Karen | 1996 | GER | Rochus Runners 7 | 30:28 | 30:31 | + 13:33 |
| 361 | 409 | Gleißberger Carina | 1984 | GER | R+V Service Center 5 | 30:25 | 30:32 | + 13:34 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------|------|-----|---|-------|----------|---------|
| 362 | 38 | Fatah Pia | 1996 | GER | Wundex - Die Wundexperten 2 | 30:14 | 30:34 | + 13:36 |
| 363 | 632 | Stähler Felix | 1991 | GER | Gautzsch Team 2 | 29:52 | 30:36 | + 13:38 |
| 363 | 633 | Tönningsen Tim | 1990 | GER | Gautzsch Team 2 | 29:57 | 30:36 | + 13:38 |
| 365 | 500 | Ehlert Andreas | 1971 | GER | LVM 7 | 30:03 | 30:41 | + 13:43 |
| 366 | 490 | Vette Klaus | 1962 | GER | LVM 3 | 30:06 | 30:42 | + 13:44 |
| 366 | 712 | Stolte Andreas | 1967 | GER | Gautzsch Team 19 | 30:09 | 30:42 | + 13:44 |
| 366 | 3526 | Schulze Marion | 1981 | GER | UKM 2 | 30:07 | 30:42 | + 13:44 |
| 366 | 3528 | Kissing Barbara | 1991 | GER | UKM 2 | 30:07 | 30:42 | + 13:44 |
| 370 | 3579 | Tulatz Rainer | 1956 | GER | UKM 19 | 30:07 | 30:44 | + 13:46 |
| 371 | 721 | Schepers Marion | 1969 | GER | Elektro Heikes III | 30:38 | 30:47 | + 13:49 |
| 372 | 402 | Jörg Maximilian | 2001 | GER | R+v Service Center 2 | 30:41 | 30:48 | + 13:50 |
| 373 | 501 | Schulte Simone | 1970 | GER | LVM 7 | 30:13 | 30:52 | + 13:54 |
| 374 | 33 | Rietmann Bernhard | 1967 | GER | AGRAVIS Raiffeisen AG | 30:16 | 30:55 | + 13:57 |
| 374 | 523 | Terfort Veronika | 1996 | GER | LVM 14 | 30:20 | 30:55 | + 13:57 |
| 376 | 672 | Al Kharasani Ehab | 1984 | GER | Gautzsch Team 14 | 30:33 | 30:56 | + 13:58 |
| 377 | 3601 | Kleinfeld Frank | 1962 | GER | UKM 27 | 30:25 | 30:57 | + 13:59 |
| 377 | 3602 | Kaiser Miriam | 1994 | GER | UKM 27 | 30:25 | 30:57 | + 13:59 |
| 377 | 3603 | Cohrs Esther | 1996 | GER | UKM 27 | 30:25 | 30:57 | + 13:59 |
| 380 | 40 | Lücke Svenja | 1995 | GER | Wundex - Die Wundexperten 2 | 30:37 | 31:00 | + 14:02 |
| 380 | 45 | Roth David | 1984 | GER | Wundex - Die Wundexperten 4 | 30:39 | 31:00 | + 14:02 |
| 382 | 372 | Krannich Mark | 1982 | GER | Finanz Informatik 8 | 30:49 | 31:02 | + 14:04 |
| 383 | 3548 | Sulk Mathias | 1985 | GER | UKM 9 | 30:32 | 31:04 | + 14:06 |
| 384 | 720 | Wenzel Manfred | 1973 | GER | Elektro Heikes II | 30:29 | 31:09 | + 14:11 |
| 385 | 516 | Weßel Juliane | 1998 | GER | LVM 12 | 30:58 | 31:13 | + 14:15 |
| 385 | 694 | Wormstall Annabelle | 1988 | GER | Gautzsch Team 21 | 30:51 | 31:13 | + 14:15 |
| 387 | 3572 | Joanning Theresa | 1992 | GER | UKM 17 | 30:59 | 31:14 | + 14:16 |
| 388 | 373 | Kirchkesner Kristina | 1998 | GER | Finanz Informatik 8 | 31:03 | 31:15 | + 14:17 |
| 388 | 698 | Freisfeld Nicole | 1975 | GER | Gautzsch Team 23 | 31:06 | 31:15 | + 14:17 |
| 390 | 346 | Jöddicke Eike | 1989 | GER | Team Kiepenkerl | 30:45 | 31:24 | + 14:26 |
| 390 | 348 | de Jong Volker | 1967 | GER | Team Kiepenkerl | 30:44 | 31:24 | + 14:26 |
| 392 | 671 | Kestermann Lothar | 1981 | GER | Gautzsch Team 14 | 31:03 | 31:26 | + 14:28 |
| 393 | 564 | Nobel Marina | 1993 | GER | Altenhilfe-MSC 3 | 31:01 | 31:27 | + 14:29 |
| 394 | 259 | Wichtrup Michelle | 1995 | GER | DRK-LV Westfalen-Lippe e.V. - Team 4 | 30:57 | 31:28 | + 14:30 |
| 394 | 714 | McCrea Sloan | 2005 | GER | Sloan McCrea | 31:19 | 31:28 | + 14:30 |
| 396 | 519 | Gleis Kerstin | 1983 | GER | LVM 13 | 31:06 | 31:30 | + 14:32 |
| 397 | 518 | Baier Pia | 1993 | GER | LVM 13 | 31:08 | 31:32 | + 14:34 |
| 397 | 520 | Wattenbach Kristin | 1982 | GER | LVM 13 | 31:08 | 31:32 | + 14:34 |
| 399 | 546 | Huwald Ralf | 1967 | GER | Mosecker Allstars 2 | 30:55 | 31:36 | + 14:38 |
| 400 | 3575 | Steiner Michael | 1972 | GER | UKM 18 | 30:54 | 31:38 | + 14:40 |
| 400 | 3679 | Wesselmann Stefanie | 1983 | GER | UKM 11 | 31:16 | 31:38 | + 14:40 |
| 402 | 3680 | Kruithoff Ronja | 1999 | GER | UKM 11 | 31:18 | 31:40 | + 14:42 |
| 403 | 3505 | Riepenhausen Sarah | 1986 | GER | UKM B | 31:35 | 31:44 | + 14:46 |
| 404 | 181 | Lipproß Frauke | 1970 | GER | Thomas & Bökamp - Team 4 | 31:31 | 31:50 | + 14:52 |
| 405 | 702 | Venherm Oliver | 1970 | GER | Gautzsch Team 25 | 31:22 | 31:55 | + 14:57 |
| 406 | 489 | Gelhard Yves | 1974 | GER | LVM 3 | 31:21 | 31:57 | + 14:59 |
| 407 | 485 | Nakunst Christina | 1982 | GER | LVM 2 | 31:37 | 32:00 | + 15:02 |
| 408 | 65 | Meuer Felix | 1988 | GER | DEKRA Münster 1 | 31:33 | 32:01 | + 15:03 |
| 408 | 185 | Arnemann Jan | 1967 | GER | DEKRA Münster 3 | 31:32 | 32:01 | + 15:03 |
| 408 | 637 | Hielscher Christoph | 1991 | GER | Gautzsch Team 3 | 31:46 | 32:01 | + 15:03 |
| 408 | 881 | Rolf Hannah | 1999 | GER | Winkhaus 4 | 31:34 | 32:01 | + 15:03 |
| 412 | 3592 | Fiedler Barbara | 1973 | GER | UKM 24 | 31:56 | 32:15 | + 15:17 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-------------------------------|------|-----|--------------------------------------|-------|----------|---------|
| 413 | 257 | Windhövel Judith | 1998 | GER | DRK-LV Westfalen-Lippe e.V. - Team 3 | 31:44 | 32:16 | + 15:18 |
| 414 | 561 | Kamer Andreas | 1968 | GER | Altenhilfe-MSC 2 | 31:49 | 32:17 | + 15:19 |
| 414 | 583 | Linkweiler Jens | 1977 | GER | Altenhilfe-MSC 9 | 31:50 | 32:17 | + 15:19 |
| 416 | 653 | Hübner Malte | 1982 | GER | Gautzsch Team 8 | 31:39 | 32:18 | + 15:20 |
| 417 | 494 | Wierlemann Lisa | 1996 | GER | LVM 5 | 31:56 | 32:21 | + 15:23 |
| 418 | 282 | Aufderlandwehr Kristina | 1986 | GER | Rochus Runners 6 | 31:58 | 32:22 | + 15:24 |
| 418 | 283 | Flümann Laura | 1989 | GER | Rochus Runners 6 | 31:57 | 32:22 | + 15:24 |
| 420 | 3510 | Frohoff Elke | 1966 | GER | UKM D | 31:50 | 32:23 | + 15:25 |
| 420 | 3511 | Buschmann Claudia | 1964 | GER | UKM D | 31:50 | 32:23 | + 15:25 |
| 422 | 3595 | Baier Sonja | 1976 | GER | UKM 25 | 32:03 | 32:25 | + 15:27 |
| 423 | 3565 | Diaz Barrios Viviana | 1986 | GER | UKM 15 | 31:53 | 32:27 | + 15:29 |
| 423 | 3567 | Quintero Moncada Diana Milena | 1989 | GER | UKM 15 | 31:52 | 32:27 | + 15:29 |
| 425 | 403 | Steinschulte Esther | 1988 | GER | R+V Service Center 3 | 32:23 | 32:29 | + 15:31 |
| 426 | 458 | Twiehaus Katrin | 1967 | GER | Esri Münster | 32:10 | 32:32 | + 15:34 |
| 426 | 584 | Konze Andreas | 1970 | GER | Altenhilfe-MSC 9 | 32:06 | 32:32 | + 15:34 |
| 428 | 463 | Slump Ramona | 1973 | GER | Alexianer Eos Klinik 6 | 32:26 | 32:35 | + 15:37 |
| 429 | 3599 | Bastin Renate | 1982 | GER | UKM 26 | 32:18 | 32:38 | + 15:40 |
| 430 | 913 | Alsini Ashti | 1987 | GER | Bezirksregierung Münster 2 | 32:27 | 32:45 | + 15:47 |
| 431 | 193 | Naab Evgeny | 1998 | GER | Curacon 1 | 32:19 | 32:47 | + 15:49 |
| 432 | 845 | Krahn Marvin | 1990 | GER | RÜTÜ #1 | 32:05 | 32:48 | + 15:50 |
| 432 | 846 | Pankok Birgit | 1980 | GER | RÜTÜ #1 | 32:07 | 32:48 | + 15:50 |
| 432 | 849 | Kötter Ralf | 1983 | GER | RÜTÜ #2 | 32:06 | 32:48 | + 15:50 |
| 432 | 850 | Bultmann Laura | 1991 | GER | RÜTÜ #2 | 32:06 | 32:48 | + 15:50 |
| 436 | 686 | Voss Chira | 1998 | GER | Gautzsch Team 10 | 32:40 | 32:55 | + 15:57 |
| 437 | 137 | Savic Sladana | 1979 | GER | Hülsbömer & Weischer Photovoltaik | 32:48 | 33:02 | + 16:04 |
| 437 | 255 | Kalk Jennifer | 1971 | GER | DRK-LV Westfalen-Lippe e.V. - Team 3 | 32:31 | 33:02 | + 16:04 |
| 439 | 3555 | Dzionsko Kerstin | 1967 | GER | UKM 11 | 32:56 | 33:19 | + 16:21 |
| 440 | 692 | Marx Julia | 1984 | GER | Gautzsch Team 21 | 33:01 | 33:21 | + 16:23 |
| 441 | 399 | Beckamp Silke | 1986 | GER | R+V Service Center 1 | 33:18 | 33:24 | + 16:26 |
| 442 | 29 | Huetter Maik | 1979 | GER | AGRAVIS IT - DevOps | 32:55 | 33:34 | + 16:36 |
| 442 | 30 | Endler Michael | 1980 | GER | AGRAVIS IT - DevOps | 32:57 | 33:34 | + 16:36 |
| 442 | 31 | Sackmann Thomas | 1965 | GER | AGRAVIS IT - DevOps | 32:57 | 33:34 | + 16:36 |
| 445 | 251 | Lambers Simon | 2000 | GER | DRK-LV Westfalen-Lippe e.V. - Team 1 | 33:04 | 33:35 | + 16:37 |
| 446 | 600 | Olschewski Niklas | 1992 | GER | Winkhaus 1 | 33:08 | 33:38 | + 16:40 |
| 447 | 437 | Dieckmann Melanie | 1967 | GER | Umweltlabor ACB 3 | 33:13 | 33:41 | + 16:43 |
| 448 | 682 | Oshege Alexandra | 1974 | GER | Gautzsch Team 17 | 33:36 | 33:42 | + 16:44 |
| 449 | 502 | Schocke Uwe | 1964 | GER | LVM 7 | 33:07 | 33:46 | + 16:48 |
| 450 | 398 | Lange Martina | 1981 | GER | R+V Service Center 1 | 33:41 | 33:48 | + 16:50 |
| 451 | 177 | Loffeld Kerstin | 1967 | GER | Thomas & Bökamp - Team 2 | 33:53 | 34:12 | + 17:14 |
| 452 | 3519 | Almeida Valéria | 1983 | GER | UKM G | 33:51 | 34:26 | + 17:28 |
| 453 | 180 | Stührenberg Wencke | 1995 | GER | Thomas & Bökamp - Team 3 | 34:12 | 34:30 | + 17:32 |
| 454 | 3611 | Kovrygina Ilona | 1991 | GER | UKM 30 | 34:16 | 34:34 | + 17:36 |
| 454 | 3612 | Stücke Lea | 1992 | GER | UKM 30 | 34:15 | 34:34 | + 17:36 |
| 456 | 915 | Bier Fabian | 1997 | GER | Bezirksregierung Münster 31_34 | 34:23 | 34:41 | + 17:43 |
| 457 | 579 | Böckeler Lena | 1999 | GER | Altenhilfe-MSC 8 | 34:14 | 34:44 | + 17:46 |
| 458 | 134 | Erdmann Frederik | 1995 | GER | Hülsbömer & Weischer Elektrotechnik | 34:41 | 34:54 | + 17:56 |

5km Firmenlauf, M, W, MU23, WU23, MJU20, WJU20, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75 - Fortsetzung

Länge: 5km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-----------------------|------|-----|--------------------------------------|-------|----------|---------|
| 459 | 264 | Mußenbrock Hajo | 1958 | GER | DRK-LV Westfalen-Lippe e.V. - Team 6 | 34:27 | 34:57 | + 17:59 |
| 460 | 302 | Mertens Lisa | 1985 | GER | Westfalenfleiss GmbH 1 | 34:25 | 35:03 | + 18:05 |
| 461 | 249 | Scheffelmaier Laura | 1994 | GER | DRK-LV Westfalen-Lippe e.V. - Team 1 | 34:33 | 35:04 | + 18:06 |
| 461 | 250 | Amberg Natascha | 1990 | GER | DRK-LV Westfalen-Lippe e.V. - Team 1 | 34:34 | 35:04 | + 18:06 |
| 461 | 303 | Pamme Werner | 1965 | GER | Westfalenfleiss GmbH 1 | 34:27 | 35:04 | + 18:06 |
| 464 | 315 | Sonntag Claas | 1985 | GER | Westfalenfleiss GmbH 4 | 34:26 | 35:06 | + 18:08 |
| 465 | 3566 | Ramirez Florez Elaine | 1998 | GER | UKM 15 | 34:32 | 35:07 | + 18:09 |
| 466 | 719 | Promehl Carsten | 1978 | GER | Elektro Heikes II | 34:33 | 35:09 | + 18:11 |
| 467 | 3540 | Kirchner Fabian | 1994 | GER | UKM 6 | 34:55 | 35:23 | + 18:25 |
| 468 | 640 | Reimers Sebastian | 1986 | GER | Gautzsch Team 4 | 34:48 | 35:25 | + 18:27 |
| 469 | 576 | Fiedler Iris | 1971 | GER | Altenhilfe-MSC 7 | 35:26 | 35:52 | + 18:54 |
| 470 | 736 | Sobbe Tina | 1975 | GER | Team SPERLI | 35:15 | 35:57 | + 18:59 |
| 470 | 737 | Jahnke Stephanie | 1990 | GER | Team SPERLI | 35:14 | 35:57 | + 18:59 |
| 472 | 735 | Balmas David | 1985 | GER | Team SPERLI | 35:16 | 35:58 | + 19:00 |
| 472 | 3539 | Mersmann Lisa | 1988 | GER | UKM 6 | 35:30 | 35:58 | + 19:00 |
| 474 | 707 | Ruppert Karin | 1964 | GER | Gautzsch Team 26 | 36:36 | 36:45 | + 19:47 |
| 475 | 585 | Sikalova Nataliia | 1975 | GER | Altenhilfe-MSC 10 | 36:38 | 37:03 | + 20:05 |
| 476 | 277 | Sanjagly Lana | 1989 | GER | Rochus Runners 4 | 36:18 | 37:06 | + 20:08 |
| 476 | 281 | Laakmann Claudia | 1970 | GER | Rochus Runners 5 | 36:25 | 37:06 | + 20:08 |
| 478 | 265 | Schulte Ulrich | 1958 | GER | DRK-LV Westfalen-Lippe e.V. - Team 6 | 36:52 | 37:23 | + 20:25 |
| 479 | 3613 | Terbeck Marianne | 1954 | GER | UKM 31 | 37:32 | 37:55 | + 20:57 |
| 479 | 3614 | Denker Ivonne | 1971 | GER | UKM 31 | 37:33 | 37:55 | + 20:57 |
| 479 | 3615 | Zander Iris | 1977 | GER | UKM 31 | 37:32 | 37:55 | + 20:57 |
| 482 | 562 | Brockhoff Ingo | 1980 | GER | Altenhilfe-MSC 2 | 37:30 | 37:57 | + 20:59 |
| 483 | 587 | Thumann Kerstin | 1976 | GER | Altenhilfe-MSC 10 | 37:32 | 38:00 | + 21:02 |
| 484 | 599 | Fromme-Gilles Bettina | 1961 | GER | Winkhaus 1 | 37:44 | 38:16 | + 21:18 |
| 485 | 695 | Olschewski Lucas | 2002 | GER | Gautzsch Team 22 | 38:13 | 38:27 | + 21:29 |
| 486 | 696 | Kneer Henning | 2001 | GER | Gautzsch Team 22 | 38:13 | 38:28 | + 21:30 |
| 487 | 570 | Gietz Emma | 2006 | GER | Altenhilfe-MSC 5 | 38:48 | 39:16 | + 22:18 |
| 488 | 709 | Enning Lena | 2000 | GER | Gautzsch Team 26 | 38:54 | 39:27 | + 22:29 |
| 489 | 705 | Fraune Stephan | 1977 | GER | Gautzsch Team 25 | 39:05 | 39:50 | + 22:52 |
| 490 | 580 | Kriesmayer Tyler | 2006 | GER | Altenhilfe-MSC 8 | 41:01 | 41:32 | + 24:34 |
| 491 | 547 | Palczewski Victoria | 2003 | GER | Mosecker Allstars 3 | 41:09 | 41:50 | + 24:52 |
| 492 | 548 | Cosovic Maida | 1997 | GER | Mosecker Allstars 3 | 41:13 | 41:54 | + 24:56 |
| 493 | 488 | Yildiz Esen | 1965 | GER | LVM 3 | 41:58 | 42:34 | + 25:36 |
| 494 | 35 | Krajikowski Daniel | 1979 | GER | Wundex - Die Wundexperten 1 | 43:00 | 43:23 | + 26:25 |
| 494 | 36 | Krajikowski Barbara | 1981 | GER | Wundex - Die Wundexperten 1 | 43:00 | 43:23 | + 26:25 |
| 496 | 559 | Thiemann Ruth | 1968 | GER | Altenhilfe-MSC 1 | 44:03 | 44:32 | + 27:34 |
| 497 | 560 | Brintrup Sonja | 1981 | GER | Altenhilfe-MSC 1 | 44:05 | 44:34 | + 27:36 |
| 498 | 577 | Eisele Lea | 2006 | GER | Altenhilfe-MSC 7 | 45:47 | 46:17 | + 29:19 |
| 499 | 581 | Koch Cheyenne | 2003 | GER | Altenhilfe-MSC 8 | 45:49 | 46:20 | + 29:22 |
| 500 | 578 | Romero Ryan | 1997 | GER | Altenhilfe-MSC 7 | 46:01 | 46:32 | + 29:34 |
| 501 | 276 | Skutta Nikola | 1975 | GER | Rochus Runners 4 | 45:51 | 46:34 | + 29:36 |
| 501 | 279 | Hegemann Eva | 1960 | GER | Rochus Runners 5 | 45:51 | 46:34 | + 29:36 |
| 503 | 280 | Aller Ramona | 1963 | GER | Rochus Runners 5 | 46:06 | 46:49 | + 29:51 |
| 504 | 278 | Höckelmann Bernadette | 1962 | GER | Rochus Runners 4 | 50:47 | 51:35 | + 34:37 |

10km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-----------------------|------|-----|--|-------|--------------|---------|
| 1 | 794 | Kruse Manuel | 1990 | GER | Running Crew Münster | 31:44 | 31:45 | |
| 2 | 977 | Heerdt Luca | 1995 | GER | Tri Team Steinfurt | 32:51 | 32:52 | + 1:07 |
| 3 | 969 | Schill Alexander | 1996 | GER | LSF Münster | 33:18 | 33:19 | + 1:34 |
| 4 | 610 | Lepper Maik | 1992 | GER | TV Lengerich | 33:47 | 33:48 | + 2:03 |
| 5 | 942 | Müller Marvin | 1991 | GER | WSV Schermbeck | 35:31 | 35:32 | + 3:47 |
| 6 | 787 | Tegler Katja | 1996 | GER | Running Crew Münster | 35:35 | 35:36 | + 3:51 |
| 7 | 801 | Schafflik David | 1991 | GER | Running Crew Münster | 35:38 | 35:39 | + 3:54 |
| 8 | 25 | Nieberg Sebastian | 1983 | GER | TV Werne 03 | 36:26 | 36:28 | + 4:43 |
| 9 | 713 | Priebe Philip | 1976 | GER | Wasserfreunde e.V. LG Weserbergland | 36:46 | 36:48 | + 5:03 |
| 10 | 803 | Masuhr Andreas | 1989 | GER | Running Crew Münster | 36:55 | 36:57 | + 5:12 |
| 10 | 948 | Claaßen Mike | 1987 | GER | LSF Münster | 36:55 | 36:57 | + 5:12 |
| 12 | 944 | Siecaup Joscha | 1992 | GER | LSF Münster | 36:56 | 36:58 | + 5:13 |
| 13 | 955 | Büchter Felix | 1994 | GER | Tri Finish Münster | 37:07 | 37:10 | + 5:25 |
| 14 | 3655 | Brundieck Jens | 1994 | GER | Deutschland | 37:26 | 37:27 | + 5:42 |
| 15 | 795 | Kintrup Tim | 1994 | GER | Running Crew Münster | 37:40 | 37:42 | + 5:57 |
| 16 | 726 | Heyder Max | 1987 | GER | LSF Münster | 37:50 | 37:53 | + 6:08 |
| 17 | 854 | Schurgacz Andreas | 1980 | GER | TuS 08 Lintorf | 38:27 | 38:28 | + 6:43 |
| 18 | 297 | Lütke Jochmaring Lars | 1978 | GER | Deutschland | 38:49 | 38:52 | + 7:07 |
| 19 | 3676 | Kämpf Chris | 1969 | GER | armada | 38:57 | 39:00 | + 7:15 |
| 20 | 796 | Reinecke Steffen | 1988 | GER | Running Crew Münster | 39:01 | 39:04 | + 7:19 |
| 21 | 471 | Oetjens Fynn | 1997 | GER | Trimed Münster | 39:04 | 39:07 | + 7:22 |
| 22 | 739 | Merk Samuel | 1983 | GER | Deutschland | 39:10 | 39:12 | + 7:27 |
| 23 | 740 | Elvers Gerrit | 1994 | GER | RSF Borken | 39:11 | 39:13 | + 7:28 |
| 23 | 807 | Reiter Philipp | 1990 | GER | Running Crew Münster | 39:08 | 39:13 | + 7:28 |
| 25 | 99 | Schlarmann Jan | 1987 | GER | Running Crew Münster | 39:11 | 39:14 | + 7:29 |
| 26 | 465 | Riep Maximilian | 1998 | GER | LSF Münster | 39:12 | 39:15 | + 7:30 |
| 27 | 793 | Rietkötter Chris | 1993 | GER | Running Crew Münster | 39:12 | 39:16 | + 7:31 |
| 28 | 898 | Grube Marvin | 1997 | GER | Bauunternehmung Grube & Kraft GmbH | 39:16 | 39:20 | + 7:35 |
| 29 | 961 | Otto Daniel | 1973 | GER | TSV Westerhausen | 39:23 | 39:25 | + 7:40 |
| 29 | 3671 | Wozny Simon | 2008 | GER | SuS Bertlich | 39:22 | 39:25 | + 7:40 |
| 31 | 973 | Hülsdünker Arne | 1990 | GER | Deutschland | 39:17 | 39:27 | + 7:42 |
| 32 | 976 | Schleuß Laura | 1998 | GER | Tri Team Steinfurt | 39:29 | 39:33 | + 7:48 |
| 33 | 115 | Schmitz Armin | 1982 | GER | Running Crew Münster | 39:38 | 39:41 | + 7:56 |
| 33 | 805 | Claaßen Ailina | 1992 | GER | Running Crew Münster | 39:37 | 39:41 | + 7:56 |
| 35 | 943 | Thier Johannes | 1965 | GER | parkrun Wienburgpark | 39:48 | 39:54 | + 8:09 |
| 36 | 900 | Winkelhorst Andre | 1974 | GER | TV Westfalia 07 Epe | 39:55 | 39:57 | + 8:12 |
| 37 | 527 | Rösing Hannah | 2005 | GER | HSP Münster | 40:09 | 40:14 | + 8:29 |
| 38 | 3636 | Tuttmann Ludger | 1969 | GER | Deutschland | 40:38 | 40:41 | + 8:56 |
| 39 | 461 | Hentschel Christian | 1974 | GER | Bergziegen Altenberge | 40:47 | 40:52 | + 9:07 |
| 40 | 227 | Kokozinski Lukas | 1995 | GER | Deutschland | 40:50 | 40:54 | + 9:09 |
| 41 | 550 | Fischer Dr. Jens | 1967 | GER | TRINITAS Dortmund | 40:59 | 41:01 | + 9:16 |
| 42 | 381 | Bannert Birte | 1973 | GER | Deutschland | 40:59 | 41:02 | + 9:17 |
| 43 | 907 | Funk Alexander | 1973 | GER | Billerbeck | 40:58 | 41:05 | + 9:20 |
| 44 | 349 | Hömig Christian | 1990 | GER | LSF Münster | 41:21 | 41:25 | + 9:40 |
| 45 | 540 | Campos Manuel | 1975 | GER | Lauftreff Hohenholte | 41:31 | 41:33 | + 9:48 |
| 46 | 239 | Thewes Finn | 2000 | GER | Deutschland | 41:27 | 41:35 | + 9:50 |
| 47 | 19 | Wübbels Jan | 1991 | GER | LSF Münster | 41:32 | 41:36 | + 9:51 |
| 47 | 529 | Zimmer Moritz | 1991 | GER | Deutschland | 41:32 | 41:36 | + 9:51 |
| 49 | 808 | Podchul Norman | 1988 | GER | Running Crew Münster | 41:35 | 41:42 | + 9:57 |
| 50 | 240 | Gottschlich Fabian | 1998 | GER | Deutschland | 41:36 | 41:43 | + 9:58 |
| 51 | 95 | Spies Alexander | 1996 | GER | HSP Münster | 41:41 | 41:47 | + 10:02 |
| 52 | 168 | Stückmann Dirk | 1980 | GER | Deutschland | 42:08 | 42:11 | + 10:26 |

10km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------|------|-----|--|-------|----------|---------|
| 53 | 957 | Marquardt Christof | 1968 | GER | BSG Sparkasse Münsterland Ost | 42:10 | 42:13 | + 10:28 |
| 54 | 789 | Hense Annika | 1996 | GER | Running Crew Münster | 42:10 | 42:14 | + 10:29 |
| 55 | 838 | Bewermeier Sebastian | 1982 | GER | LG Burg Wiedenbrück | 42:09 | 42:15 | + 10:30 |
| 56 | 344 | Lause Tim | 1996 | GER | Deutschland | 42:17 | 42:27 | + 10:42 |
| 57 | 3639 | Paukstat Pascal | 1999 | GER | Deutschland | 42:29 | 42:36 | + 10:51 |
| 58 | 340 | Dolic Bonimir | 1975 | GER | LG Coesfeld | 42:35 | 42:44 | + 10:59 |
| 59 | 342 | Kartal Abdullah | 1975 | GER | Coesfeld | 42:40 | 42:49 | + 11:04 |
| 60 | 430 | Singh Narwan Balhar | 1956 | GER | Narwan Electronic | 42:59 | 43:00 | + 11:15 |
| 61 | 926 | Grube Kevin | 1997 | GER | Bauunternehmung Grube & Kraft GmbH | 42:59 | 43:05 | + 11:20 |
| 62 | 835 | Reichelt Jan | 1988 | GER | Active Laufshop Team Münster | 43:09 | 43:13 | + 11:28 |
| 63 | 614 | Hermeler Joachim | 1970 | GER | SC Hörstel 1921 e. V. | 43:07 | 43:15 | + 11:30 |
| 64 | 230 | Wessels Nils | 1984 | GER | Deutschland | 43:11 | 43:18 | + 11:33 |
| 65 | 884 | Träger André | 1967 | GER | Trail Team Osnabrück | 43:24 | 43:29 | + 11:44 |
| 66 | 798 | Cozza Lorenzo | 1991 | GER | Running Crew Münster | 43:39 | 43:43 | + 11:58 |
| 67 | 428 | Böhne Katja | 1995 | GER | 08 Flitzer | 43:48 | 43:54 | + 12:09 |
| 68 | 3637 | Brüseke Andreas | 1969 | GER | TV Hohne | 43:49 | 43:55 | + 12:10 |
| 69 | 184 | Oelkers Hannah | 1995 | GER | Deutschland | 44:02 | 44:11 | + 12:26 |
| 70 | 790 | Zafar Sabrina | 1984 | GER | Running Crew Münster | 44:10 | 44:15 | + 12:30 |
| 71 | 868 | Quaing Moritz | 1996 | GER | Netzwerker | 44:12 | 44:17 | + 12:32 |
| 72 | 317 | Drees Thomas | 1982 | GER | Deutschland | 44:24 | 44:29 | + 12:44 |
| 72 | 3667 | Possiel Jasmin | 1998 | GER | VfL Wolfsburg e.V. / TSG 07 Burg Gretesch e. V. | 44:22 | 44:29 | + 12:44 |
| 74 | 892 | Deifuß Holger | 1968 | GER | 100 Marathon Club | 44:29 | 44:35 | + 12:50 |
| 75 | 87 | Grimme Paul | 1996 | GER | Deutschland | 44:35 | 44:44 | + 12:59 |
| 76 | 964 | Dahlmann Dennis | 1993 | GER | Deutschland | 44:35 | 44:45 | + 13:00 |
| 77 | 426 | Kus Rasim | 1995 | GER | Deutschland | 44:35 | 44:49 | + 13:04 |
| 78 | 952 | Borgert Daniel | 1997 | GER | BSG Stadtwerke Münster | 44:45 | 44:53 | + 13:08 |
| 78 | 953 | Meerkamp Dustin | 1990 | GER | BSG Stadtwerke Münster | 44:46 | 44:53 | + 13:08 |
| 80 | 905 | Kalläne Bettina | 1978 | GER | LV Oelde | 44:56 | 45:04 | + 13:19 |
| 81 | 328 | Hesping Louisa | 1999 | GER | LG Rheine-Elte | 45:07 | 45:16 | + 13:31 |
| 82 | 885 | Elberfeld Roland | 1971 | GER | Deutschland | 45:24 | 45:30 | + 13:45 |
| 83 | 3661 | Johanna Hänsel | 1997 | GER | Hannover 96 | 45:23 | 45:31 | + 13:46 |
| 84 | 49 | Mussenbrock Jonas | 1990 | GER | parkrun Wienburgpark | 45:32 | 45:38 | + 13:53 |
| 85 | 226 | Kurtz Tobias | 1991 | GER | parkrun Wienburgpark | 45:35 | 45:41 | + 13:56 |
| 86 | 837 | Selker Astrid | 1986 | GER | LG Burg Wiedenbrück | 45:36 | 45:43 | + 13:58 |
| 87 | 860 | Henke Gudrun | 1971 | GER | Team Ronouchi | 45:44 | 45:48 | + 14:03 |
| 88 | 557 | Tillack Hans | 1959 | GER | LG Emsdetten | 45:46 | 45:53 | + 14:08 |
| 89 | 932 | Wiggermann Johannes | 1980 | GER | Deutschland | 45:40 | 45:57 | + 14:12 |
| 90 | 3673 | Biermann Stephan | 1968 | GER | LSF Münster | 45:51 | 45:59 | + 14:14 |
| 91 | 628 | Scherer Erik | 1969 | GER | Deutschland | 45:59 | 46:03 | + 14:18 |
| 92 | 93 | Schröder Anne | 1997 | GER | Deutschland | 46:05 | 46:15 | + 14:30 |
| 93 | 94 | Schnepper David | 1990 | GER | Deutschland | 46:06 | 46:16 | + 14:31 |
| 94 | 116 | Köster Leonie | 2003 | GER | Deutschland | 46:10 | 46:17 | + 14:32 |
| 95 | 3669 | Harmeling Ewald | 1962 | GER | TBT Stadtlohn | 46:22 | 46:23 | + 14:38 |
| 96 | 621 | Heuer Jürgen | 1971 | GER | LG Emsdetten | 46:40 | 46:47 | + 15:02 |
| 97 | 419 | Kuntze Steffen | 1981 | GER | Deutschland | 46:32 | 46:52 | + 15:07 |
| 98 | 539 | Campos Judite | 1973 | GER | Lauffreff Hohenholte | 46:53 | 46:56 | + 15:11 |
| 99 | 345 | Gude André | 1997 | GER | LG Coesfeld | 47:11 | 47:20 | + 15:35 |
| 100 | 456 | Lusznat Lilly | 1998 | GER | Deutschland | 47:14 | 47:24 | + 15:39 |
| 100 | 797 | Reinink Sophia | 1994 | GER | Running Crew Münster | 47:19 | 47:24 | + 15:39 |
| 102 | 325 | Bokel Johannes | 1981 | GER | Deutschland | 47:21 | 47:40 | + 15:55 |

10km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|-----------------------|------|-----|----------------------|-------|----------|---------|
| 103 | 247 | Möllers Luisa | 1999 | GER | LSF Münster | 47:43 | 47:53 | + 16:08 |
| 104 | 298 | Wauligmann Janina | 1993 | GER | Deutschland | 47:36 | 47:56 | + 16:11 |
| 105 | 901 | Böyng Sven | 1977 | GER | LG Emsdetten | 47:44 | 47:57 | + 16:12 |
| 106 | 20 | Strotmann Hendrik | 1974 | GER | two-stroke power | 47:52 | 48:11 | + 16:26 |
| 107 | 72 | Fontana Stefano | 1991 | GER | Deutschland | 48:08 | 48:14 | + 16:29 |
| 108 | 928 | Droste Martin | 1985 | GER | LSF Münster | 48:10 | 48:15 | + 16:30 |
| 109 | 60 | Ueffing Jörg | 1973 | GER | TV Friesen Telgte | 48:08 | 48:17 | + 16:32 |
| 110 | 591 | Hermeler Sina | 2003 | GER | SV Teuto Riesenbeck | 48:12 | 48:21 | + 16:36 |
| 111 | 799 | Erpenbeck Alex | 1984 | GER | Running Crew Münster | 48:20 | 48:27 | + 16:42 |
| 112 | 963 | Dahlmann Christoph | 1994 | GER | Münster | 48:23 | 48:35 | + 16:50 |
| 113 | 301 | Sterthaus Jens | 1985 | GER | TV Mesum | 48:35 | 48:44 | + 16:59 |
| 113 | 727 | Groothus Jonas | 2000 | GER | Deutschland | 48:33 | 48:44 | + 16:59 |
| 115 | 140 | Ariki Judith | 2001 | GER | HSP Münster | 48:43 | 48:49 | + 17:04 |
| 115 | 919 | Bitz Lothar | 1984 | GER | Tri Finish Münster | 48:45 | 48:49 | + 17:04 |
| 115 | 934 | Kissing Barbara | 1991 | GER | Tri Finish Münster | 48:45 | 48:49 | + 17:04 |
| 118 | 146 | Tombrock Dorothee | 1969 | GER | Deutschland | 48:52 | 48:57 | + 17:12 |
| 118 | 903 | Huck Ulrike | 1996 | GER | Deutschland | 48:41 | 48:57 | + 17:12 |
| 120 | 904 | Bussemas Eva | 1997 | GER | Deutschland | 48:42 | 48:58 | + 17:13 |
| 121 | 594 | Kössendrup Birgit | 1994 | GER | Deutschland | 48:49 | 49:00 | + 17:15 |
| 122 | 742 | Littkemann Hannah | 2000 | GER | Deutschland | 48:54 | 49:05 | + 17:20 |
| 123 | 622 | Fremann Andreas | 1971 | GER | Deutschland | 49:08 | 49:16 | + 17:31 |
| 124 | 22 | Brahm-Tobies Dorothea | 1966 | GER | Havixbeck | 49:09 | 49:19 | + 17:34 |
| 125 | 443 | Ahring Udo | 1961 | GER | Landstreicher | 49:16 | 49:21 | + 17:36 |
| 126 | 982 | Schmidt Axel | 1976 | GER | Deutschland | 49:12 | 49:27 | + 17:42 |
| 127 | 596 | Richters Inese | 1980 | GER | Deutschland | 49:19 | 49:28 | + 17:43 |
| 128 | 738 | Jökel Hendrik | 1979 | GER | Deutschland | 49:11 | 49:30 | + 17:45 |
| 129 | 556 | Uhrmeister David | 1984 | GER | Deutschland | 49:18 | 49:34 | + 17:49 |
| 130 | 320 | Hoersch Stefan | 1978 | GER | Deutschland | 49:19 | 49:35 | + 17:50 |
| 131 | 13 | Flore Ingo | 1960 | GER | Tri Geckos Dortmund | 49:38 | 49:44 | + 17:59 |
| 132 | 893 | Linnenbaum Christian | 1989 | GER | DJ Düse | 49:30 | 49:47 | + 18:02 |
| 133 | 57 | Besse Martin | 1988 | GER | Sportgruppe Süd | 49:39 | 49:53 | + 18:08 |
| 134 | 3678 | Schubert Thomas | 1958 | GER | Deutschland | 49:48 | 49:55 | + 18:10 |
| 135 | 595 | Werp Angelika | 1968 | GER | Deutschland | 49:55 | 50:00 | + 18:15 |
| 136 | 648 | Sulewski Christoph | 1992 | GER | Deutschland | 50:06 | 50:16 | + 18:31 |
| 137 | 246 | Kurtenbach Linus | 1994 | GER | Deutschland | 50:07 | 50:17 | + 18:32 |
| 138 | 538 | Stumme Leander | 1974 | GER | Lauffreff Hohenholte | 50:04 | 50:20 | + 18:35 |
| 139 | 145 | Koch Katharina | 1996 | GER | LSF Münster | 50:17 | 50:27 | + 18:42 |
| 140 | 453 | Schröder Sven | 1968 | GER | Concordia Albachten | 50:23 | 50:35 | + 18:50 |
| 141 | 91 | Durynek Wolfgang | 1964 | GER | Deutschland | 50:25 | 50:37 | + 18:52 |
| 142 | 144 | Beckmann Anna-Lena | 1994 | GER | SG Steinfurt | 50:27 | 50:46 | + 19:01 |
| 143 | 935 | Hatke Judith | 1989 | GER | Deutschland | 50:37 | 50:53 | + 19:08 |
| 144 | 446 | Tyralla Christoph | 1982 | GER | Deutschland | 51:04 | 51:11 | + 19:26 |
| 145 | 329 | Elfrich Schirin | 2000 | GER | TV Jahn Rheine | 51:04 | 51:12 | + 19:27 |
| 146 | 834 | Hagemann Ricarda | 1995 | GER | LSF Münster | 51:15 | 51:26 | + 19:41 |
| 147 | 873 | Skamagkis Christos | 1981 | GER | SDYN | 51:31 | 51:40 | + 19:55 |
| 148 | 958 | Böttner Sebastian | 1987 | GER | Feuerwehr-Waldkappel | 51:26 | 51:42 | + 19:57 |
| 149 | 3645 | Scherr Robert | 1984 | GER | Deutschland | 51:33 | 51:47 | + 20:02 |
| 150 | 477 | Pläßmann Jenny | 1995 | GER | Deutschland | 51:45 | 51:58 | + 20:13 |
| 151 | 17 | Saxlehner Silvia | 1968 | GER | Marathon Steinfurt | 51:55 | 52:06 | + 20:21 |
| 151 | 248 | Möllers Sigg | 1960 | GER | Deutschland | 51:56 | 52:06 | + 20:21 |
| 153 | 608 | Gillmann Ansgar | 1973 | GER | Deutschland | 51:50 | 52:07 | + 20:22 |
| 154 | 836 | König Kilian | 2003 | GER | Deutschland | 51:52 | 52:10 | + 20:25 |
| 154 | 844 | Singer Tobias | 2003 | GER | Deutschland | 51:52 | 52:10 | + 20:25 |

10km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|---------------------------|------|-----|----------------------------------|-------|----------|---------|
| 156 | 783 | Schmitz Regina | 1984 | GER | TSV Handorf | 51:57 | 52:13 | + 20:28 |
| 157 | 16 | Amelung Kim | 2000 | GER | Deutschland | 52:01 | 52:19 | + 20:34 |
| 158 | 3656 | Rothaus Carsten | 1980 | GER | Deutschland | 52:09 | 52:26 | + 20:41 |
| 159 | 113 | Maisuls Ivan | 1985 | GER | Deutschland | 52:16 | 52:34 | + 20:49 |
| 159 | 974 | Wehmschulte Moritz | 1989 | GER | Deutschland | 52:20 | 52:34 | + 20:49 |
| 161 | 647 | Koch Julia | 1992 | GER | Deutschland | 52:25 | 52:36 | + 20:51 |
| 162 | 112 | Simon Dirk | 1998 | GER | Deutschland | 52:29 | 52:46 | + 21:01 |
| 163 | 423 | Werp Peter | 1968 | GER | Tri Finish Münster | 52:43 | 52:49 | + 21:04 |
| 164 | 921 | Graeber Jürgen | 1947 | GER | SuS Oberaden | 52:55 | 53:01 | + 21:16 |
| 165 | 378 | Korte Christoph | 1983 | GER | Deutschland | 53:04 | 53:15 | + 21:30 |
| 166 | 319 | Heep Martin | 1966 | GER | Deutschland | 53:12 | 53:28 | + 21:43 |
| 167 | 48 | Mohrig Jochen | 1978 | GER | parkrun Wienburgpark | 53:41 | 53:50 | + 22:05 |
| 168 | 420 | Jugel Christian | 1986 | GER | SG Sendenhorst | 53:57 | 54:08 | + 22:23 |
| 169 | 421 | Zantop Johanna | 1998 | GER | Deutschland | 53:56 | 54:09 | + 22:24 |
| 170 | 391 | Poppenborg Malin | 1990 | GER | Deutschland | 54:06 | 54:17 | + 22:32 |
| 170 | 392 | Poppenborg Hendrik | 1987 | GER | Deutschland | 54:05 | 54:17 | + 22:32 |
| 172 | 615 | Janinhoff Luise | 1991 | GER | Deutschland | 54:15 | 54:32 | + 22:47 |
| 173 | 940 | Gummersbach Lorenz | 1985 | GER | Deutschland | 54:21 | 54:35 | + 22:50 |
| 174 | 425 | Gellern Frank | 1970 | GER | VGS Münster e.V. | 54:27 | 54:36 | + 22:51 |
| 174 | 741 | Bätza Christine | 1965 | GER | Deutschland | 54:20 | 54:36 | + 22:51 |
| 176 | 97 | Blümel Rick | 1990 | GER | Deutschland | 54:21 | 54:37 | + 22:52 |
| 177 | 124 | Thomas Stefan | 1972 | GER | Havixbeck | 54:20 | 54:38 | + 22:53 |
| 178 | 925 | Paula Krumme | 2000 | GER | Deutschland | 54:29 | 54:41 | + 22:56 |
| 179 | 126 | Stahlschmidt Anna | 1999 | GER | Deutschland | 55:03 | 55:10 | + 23:25 |
| 179 | 127 | Korte Enny | 2001 | GER | Deutschland | 55:03 | 55:10 | + 23:25 |
| 181 | 125 | Rüther Heide | 1975 | GER | Lauffreff Hohenholte | 55:01 | 55:14 | + 23:29 |
| 182 | 117 | Nefigmann Mona | 1996 | GER | Deutschland | 55:01 | 55:21 | + 23:36 |
| 183 | 3672 | Wozny Kerstin | 1967 | GER | SuS Bertlich | 55:04 | 55:23 | + 23:38 |
| 184 | 883 | Traucins Diana | 1987 | GER | Deutschland | 55:19 | 55:32 | + 23:47 |
| 185 | 343 | Schcktan Jan | 1988 | GER | Deutschland | 55:28 | 55:39 | + 23:54 |
| 186 | 15 | Graewe-Wöstemeier Anne | 2000 | GER | Deutschland | 55:29 | 55:47 | + 24:02 |
| 187 | 983 | Rohwerder Bernadette | 1983 | GER | Deutschland | 55:38 | 55:57 | + 24:12 |
| 188 | 962 | Dahlmann Martin | 1964 | GER | Münster | 55:58 | 56:10 | + 24:25 |
| 189 | 531 | Lampen Michael | 1957 | GER | Lauffreff Hohenholte | 55:56 | 56:11 | + 24:26 |
| 190 | 533 | Thies Elke | 1972 | GER | Lauffreff Hohenholte | 56:00 | 56:14 | + 24:29 |
| 190 | 536 | Butz Sören | 1969 | GER | Lauffreff Hohenholte | 56:00 | 56:14 | + 24:29 |
| 192 | 617 | Palmiteste Ariel | 1989 | GER | Deutschland | 56:17 | 56:36 | + 24:51 |
| 193 | 379 | Kerwien Anna | 1998 | GER | Deutschland | 56:18 | 56:37 | + 24:52 |
| 194 | 242 | Weber Marvin | 2000 | GER | Deutschland | 56:19 | 56:39 | + 24:54 |
| 195 | 623 | Jökel Amilia | 1981 | GER | Deutschland | 57:07 | 57:26 | + 25:41 |
| 196 | 141 | Brenschede Dirk | 1976 | GER | Deutschland | 57:23 | 57:32 | + 25:47 |
| 196 | 158 | Stadler Robin | 1977 | GER | Ski-Club Beckum | 57:22 | 57:32 | + 25:47 |
| 198 | 589 | Stratmann Hans | 1954 | GER | Deutschland | 57:23 | 57:44 | + 25:59 |
| 199 | 535 | Sachmann Anja | 1972 | GER | Lauffreff Hohenholte | 57:40 | 57:54 | + 26:09 |
| 200 | 114 | Salto Giraud Ileana Paula | 1983 | GER | Deutschland | 57:46 | 58:05 | + 26:20 |
| 201 | 929 | Dießel Lucia | 1956 | GER | LSF Münster | 58:07 | 58:18 | + 26:33 |
| 202 | 927 | Gessner Carmen | 1956 | GER | LSF Münster | 58:10 | 58:21 | + 26:36 |
| 203 | 931 | Althoff Pauline | 2006 | GER | LSF Münster | 58:05 | 58:22 | + 26:37 |
| 204 | 922 | Frenzer Chiara | 2005 | GER | Deutschland | 58:07 | 58:24 | + 26:39 |
| 205 | 874 | Knura Frank | 1963 | GER | BSG Sparkasse Münsterland Ost | 58:13 | 58:32 | + 26:47 |
| 206 | 333 | Husemann Sabine | 1980 | GER | Lauffreff Hohenholte | 58:19 | 58:34 | + 26:49 |
| 207 | 537 | Overwaul Frauke | 1965 | GER | Lauffreff Hohenholte | 58:22 | 58:37 | + 26:52 |

10km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85 - Fortsetzung

Länge: 10km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|------------------|------|-----|-----------------------|---------|----------------|---------|
| 208 | 625 | Schulte Kaya | 1994 | GER | Deutschland | 58:21 | 58:39 | + 26:54 |
| 209 | 791 | Otte Hans-Dieter | 1957 | GER | Running Crew Münster | 58:33 | 58:53 | + 27:08 |
| 210 | 3652 | Lange Peter | 1967 | GER | PSM Münster | 58:41 | 59:02 | + 27:17 |
| 211 | 530 | Idelmann Barbara | 1961 | GER | Laufftreff Hohenholte | 59:02 | 59:16 | + 27:31 |
| 212 | 51 | Wittling Judith | 1988 | GER | Deutschland | 1:01:40 | 1:01:56 | + 30:11 |
| 213 | 243 | Weber Lara | 1999 | GER | Deutschland | 1:02:12 | 1:02:32 | + 30:47 |
| 214 | 532 | Wilmers Gudrun | 1962 | GER | Laufftreff Hohenholte | 1:02:25 | 1:02:39 | + 30:54 |
| 215 | 984 | Woltering Marie | 1994 | GER | Deutschland | 1:02:23 | 1:02:42 | + 30:57 |
| 215 | 3651 | Wesselmann Anna | 1995 | GER | Deutschland | 1:02:22 | 1:02:42 | + 30:57 |
| 217 | 624 | Cusic Belmin | 2000 | GER | Deutschland | 1:02:37 | 1:02:50 | + 31:05 |
| 218 | 978 | Küthe Pia | 1993 | GER | Deutschland | 1:04:03 | 1:04:18 | + 32:33 |
| 219 | 613 | Boesfeld Ralf | 1960 | GER | Laufftreff Hohenholte | 1:04:24 | 1:04:39 | + 32:54 |
| 220 | 979 | Hoppe Magdalena | 1995 | GER | Deutschland | 1:05:15 | 1:05:31 | + 33:46 |
| 221 | 534 | Wietholt Dietmar | 1958 | GER | Laufftreff Hohenholte | 1:08:03 | 1:08:17 | + 36:32 |
| 222 | 163 | Burger Leo | 1996 | GER | TSV Holzheim | 1:08:38 | 1:08:51 | + 37:06 |
| 223 | 234 | Raußen Lisa | 2000 | GER | Deutschland | 1:11:03 | 1:11:20 | + 39:35 |
| 224 | 478 | Hoffmann Maurice | 1991 | GER | Deutschland | 1:11:13 | 1:11:27 | + 39:42 |
| 225 | 24 | Kreimer Bernd | 1948 | GER | Deutschland | 1:13:17 | 1:13:38 | + 41:53 |
| 226 | 327 | Leifels Nadine | 1973 | GER | Deutschland | 1:23:26 | 1:23:48 | + 52:03 |

3km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85, M11, M10, W11, W10, M9, M8, W9, W8

Länge: 3km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|----------------------|------|-----|---|-------|--------------|--------|
| 1 | 752 | Karram Adam-Samuel | 2009 | GER | Realschule im Kreuzviertel | 11:34 | 11:35 | |
| 2 | 321 | Jörgens Frederik | 2013 | GER | LSF Münster | 12:11 | 12:14 | + 0:39 |
| 3 | 749 | Khojaev Saidabdulla | 2007 | GER | Realschule im Kreuzviertel | 12:20 | 12:23 | + 0:48 |
| 4 | 856 | Werning Pascal | 1982 | GER | Galopprennstall Werning | 12:32 | 12:34 | + 0:59 |
| 5 | 859 | Stadler Robin-Tobias | 1977 | GER | Ski-Club Beckum | 12:57 | 13:02 | + 1:27 |
| 6 | 755 | Frenzer Nico | 2009 | GER | Realschule im Kreuzviertel | 13:24 | 13:25 | + 1:50 |
| 7 | 954 | Kruse Sabine | 1968 | GER | Deutschland | 13:27 | 13:28 | + 1:53 |
| 8 | 98 | Schlarmann Anton | 2014 | GER | Deutschland | 13:52 | 13:55 | + 2:20 |
| 9 | 876 | Peter Phil | 2016 | GER | Deutschland | 13:57 | 14:01 | + 2:26 |
| 10 | 759 | Recker Leopold | 2011 | GER | Realschule im Kreuzviertel | 14:16 | 14:17 | + 2:42 |
| 11 | 554 | Wagner Fabrice-Davin | 2013 | GER | SV Bösensell | 14:28 | 14:30 | + 2:55 |
| 12 | 592 | Krupke Daniel | 1980 | GER | Laufftreff Hohenholte | 15:05 | 15:10 | + 3:35 |
| 13 | 162 | Kubitz Peter | 1954 | GER | TSV St. Peter-Ording | 15:22 | 15:24 | + 3:49 |
| 14 | 781 | Berchie Julian | 2012 | GER | Realschule im Kreuzviertel | 15:39 | 15:42 | + 4:07 |
| 14 | 3642 | Vogt Rufus | 2015 | GER | Gottfried-von-Cappenberg-Schule Münster | 15:39 | 15:42 | + 4:07 |
| 16 | 3640 | Reddehase Frederike | 1989 | GER | LSF Münster | 15:45 | 15:50 | + 4:15 |
| 17 | 3664 | Zafar Lunis | 2015 | GER | Running Crew Münster | 16:04 | 16:07 | + 4:32 |
| 18 | 757 | Cavkic Luis | 2009 | GER | Realschule im Kreuzviertel | 16:09 | 16:11 | + 4:36 |
| 19 | 746 | Nguyen Jerry | 2008 | GER | Realschule im Kreuzviertel | 16:34 | 16:38 | + 5:03 |
| 20 | 323 | Temme Andrea | 1962 | GER | Realschule im Kreuzviertel | 16:38 | 16:40 | + 5:05 |
| 21 | 55 | Geuer Gabriel | 2016 | GER | LSF Münster | 17:06 | 17:09 | + 5:34 |
| 22 | 82 | Geuer Lena | 1987 | GER | vereda | 17:11 | 17:14 | + 5:39 |
| 23 | 966 | Kreyenborg Vincent | 1998 | GER | Deutschland | 17:23 | 17:29 | + 5:54 |
| 24 | 965 | Kreyenborg Anna | 1995 | GER | Deutschland | 17:26 | 17:32 | + 5:57 |
| 25 | 336 | Hendricks Petra | 1970 | GER | Realschule im Kreuzviertel | 17:33 | 17:36 | + 6:01 |
| 25 | 750 | Khojaev Abdulbasit | 2009 | GER | Realschule im Kreuzviertel | 17:34 | 17:36 | + 6:01 |
| 27 | 627 | Bokel Theresa | 2012 | GER | Deutschland | 18:24 | 18:29 | + 6:54 |

3km Straßenlauf, M, W, MU23, WU23, MJU20, WJU20, MJU18, WJU18, M15, M14, W15, W14, M13, M12, W13, W12, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85, M11, M10, W11, W10, M9, M8, W9, W8 - Fortsetzung

Länge: 3km - Zeitläufe

| Rang | StNr | Name | Jg | Nat | Verein | Netto | Leistung | Diff |
|------|------|---------------------|------|-----|----------------------------|-------|----------|---------|
| 28 | 778 | Filatov Daniel | 2008 | GER | Realschule im Kreuzviertel | 19:10 | 19:11 | + 7:36 |
| 29 | 758 | Balodis Rihards | 2010 | GER | Realschule im Kreuzviertel | 19:25 | 19:28 | + 7:53 |
| 30 | 3677 | Cremer Tristan | 2014 | GER | Deutschland | 19:52 | 19:53 | + 8:18 |
| 31 | 773 | Cremer Emma | 2011 | GER | Realschule im Kreuzviertel | 19:54 | 19:56 | + 8:21 |
| 32 | 476 | Schwarzkopp Annette | 1958 | GER | LSF Münster | 19:58 | 19:58 | + 8:23 |
| 33 | 765 | Schmidt Felix | 2008 | GER | Realschule im Kreuzviertel | 20:09 | 20:10 | + 8:35 |
| 34 | 751 | Sulaiman Mohammad | 2008 | GER | Realschule im Kreuzviertel | 20:12 | 20:13 | + 8:38 |
| 35 | 745 | Bäumer Til | 2010 | GER | Realschule im Kreuzviertel | 21:22 | 21:24 | + 9:49 |
| 36 | 754 | Kroll Svenja | 1985 | GER | Realschule im Kreuzviertel | 21:21 | 21:25 | + 9:50 |
| 37 | 959 | Adamek Hans-Peter | 1956 | GER | FC Nordkirchen | 21:37 | 21:40 | + 10:05 |
| 38 | 763 | Reinken Birgit | 1967 | GER | Realschule im Kreuzviertel | 22:02 | 22:05 | + 10:30 |
| 39 | 766 | Olbrich Lennart | 2007 | GER | Realschule im Kreuzviertel | 23:34 | 23:37 | + 12:02 |
| 40 | 960 | Merchel Lisa-Julia | 1985 | GER | Feuerwehr-Waldkappel | 23:44 | 23:50 | + 12:15 |
| 41 | 840 | Kösters Eva Maria | 1958 | GER | Diakonie Münster | 26:36 | 26:42 | + 15:07 |
| 42 | 767 | Ravitharan Kajana | 2007 | GER | Realschule im Kreuzviertel | 27:25 | 27:28 | + 15:53 |
| 43 | 769 | Choudry Rania | 2012 | GER | Realschule im Kreuzviertel | 28:13 | 28:17 | + 16:42 |
| 44 | 760 | Choudhry Saim | 2013 | GER | Realschule im Kreuzviertel | 28:39 | 28:44 | + 17:09 |
| 45 | 768 | Lüttecke Tim | 2011 | GER | Realschule im Kreuzviertel | 31:48 | 31:52 | + 20:17 |
| 46 | 780 | Janarthan Jathushan | 2011 | GER | Realschule im Kreuzviertel | 32:15 | 32:20 | + 20:45 |
| 47 | 762 | Sumowski Klaus | 1964 | GER | Realschule im Kreuzviertel | 32:16 | 32:21 | + 20:46 |