

**5km Straßenlauf, W20, M20, M, W, MJU20, WJU20, MJU18, WJU18, MJU16, M15, M14, WJU16, W15, W14, M13, W12, 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, M90, W90, M11, M10**

Länge: 5km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                                   | Netto | Leistung | Diff    |
|------|------|----------------------|------|-----|------------------------------------------|-------|----------|---------|
| 1    | 909  | Schönherr David      | 1989 | GER | Running Crew Münster                     | 16:52 | 16:52    |         |
| 2    | 916  | Barwinski Jonas      | 1997 | GER | ASC Ahlen                                | 17:11 | 17:11    | + 0:19  |
| 3    | 676  | Plagwitz Lucas       | 1996 | GER | Running Crew Münster                     | 17:18 | 17:19    | + 0:27  |
| 4    | 655  | Hülsbusch Elias      | 2010 | GER | LSF Münster                              | 17:34 | 17:34    | + 0:42  |
| 5    | 667  | Jürgenschellert Nico | 2011 | GER | LV Oelde                                 | 18:28 | 18:29    | + 1:37  |
| 6    | 796  | Schleuss Felix       | 2003 | GER |                                          | 19:50 | 19:53    | + 3:01  |
| 7    | 771  | Landwehr Laurenz     | 2011 | GER |                                          | 19:59 | 20:00    | + 3:08  |
| 8    | 913  | Baierl Stefan        | 1974 | GER | Lauftreff Dolberg                        | 20:01 | 20:02    | + 3:10  |
| 9    | 736  | Sperle Jeremy        | 2012 | GER | Vinzenz-Von-Paul-Schule<br>Beckum        | 20:30 | 20:30    | + 3:38  |
| 10   | 915  | Uphoff Alexander     | 2000 | GER | Warendorfer Sportunion<br>1895/1972      | 20:31 | 20:32    | + 3:40  |
| 11   | 656  | Hülsbusch Emilia     | 2007 | GER | LSF Münster                              | 20:36 | 20:37    | + 3:45  |
| 12   | 601  | Gersmann Emil        | 2014 | GER | Ahlener SG                               | 20:54 | 20:57    | + 4:05  |
| 13   | 741  | Fröchte Markus       | 1995 | GER | Wälster-Lauf-Team                        | 21:01 | 21:02    | + 4:10  |
| 14   | 760  | Hiegemann Lars       | 1984 | GER |                                          | 20:59 | 21:02    | + 4:10  |
| 15   | 781  | Pollmeier Luk        | 2008 | GER |                                          | 21:13 | 21:14    | + 4:22  |
| 16   | 675  | Vogelsang Kirstin    | 1991 | GER | Running Crew Münster                     | 21:13 | 21:17    | + 4:25  |
| 17   | 773  | Lunau Stefan         | 1997 | GER |                                          | 21:23 | 21:28    | + 4:36  |
| 18   | 668  | Löwen Jan            | 2011 | GER | LV Oelde                                 | 21:35 | 21:36    | + 4:44  |
| 19   | 917  | Schätzle Christian   | 1980 | GER | LG Ahlen                                 | 21:49 | 21:51    | + 4:59  |
| 20   | 666  | Kathöfer Titus       | 2014 | GER | LV Oelde                                 | 22:00 | 22:01    | + 5:09  |
| 21   | 829  | Lazarski Leon        | 2013 | GER |                                          | 22:03 | 22:04    | + 5:12  |
| 22   | 638  | Pollmeier Jannik     | 2003 | GER | LG Ahlen                                 | 22:22 | 22:24    | + 5:32  |
| 23   | 800  | Schröder Nico        | 2000 | GER |                                          | 22:28 | 22:30    | + 5:38  |
| 24   | 769  | Krekel Johannes      | 2000 | GER |                                          | 22:28 | 22:35    | + 5:43  |
| 25   | 623  | Franzke Martin       | 1972 | GER | Fit2Run-Beckum / Erdinger<br>Active Team | 22:33 | 22:36    | + 5:44  |
| 26   | 755  | Fischer Mathias      | 1987 | GER |                                          | 23:03 | 23:06    | + 6:14  |
| 27   | 734  | Khodro Azziz         | 2010 | GER | Vinzenz-Von-Paul-Schule<br>Beckum        | 23:53 | 23:53    | + 7:01  |
| 28   | 686  | Hintemann Jan        | 1978 | GER | Stadt Ahlen                              | 23:45 | 23:56    | + 7:04  |
| 29   | 795  | Schisnowski Daniel   | 1986 | GER |                                          | 23:52 | 24:00    | + 7:08  |
| 30   | 911  | Budde Mika           | 2012 | GER | TuS Westfalia Vorhelm                    | 23:59 | 24:01    | + 7:09  |
| 31   | 841  | Tupper Alf           | 1968 | GER | Sofa-King Slow Runners                   | 24:05 | 24:09    | + 7:17  |
| 32   | 739  | Drude Wolfgang       | 1967 | GER | Vinzenz-Von-Paul-Schule<br>Beckum        | 24:15 | 24:18    | + 7:26  |
| 33   | 877  | Gösner Alexander     | 1984 | GER |                                          | 24:15 | 24:21    | + 7:29  |
| 34   | 717  | Rösmann Paul         | 2015 | GER | TuS Westfalia Vorhelm                    | 24:19 | 24:23    | + 7:31  |
| 35   | 619  | Franzke Nicole       | 1974 | GER | Fit2Run Beckum                           | 24:31 | 24:36    | + 7:44  |
| 36   | 633  | Jablinski Dominik    | 1979 | GER | Laufgruppe Speedy Gonzales               | 24:26 | 24:37    | + 7:45  |
| 37   | 868  | Meyer Nina           | 1992 | GER | Fit2Run-Beckum                           | 24:41 | 24:46    | + 7:54  |
| 38   | 904  | Rehbaum Stephan      | 1983 | GER | TuS Westfalia Vorhelm                    | 25:05 | 25:13    | + 8:21  |
| 39   | 674  | Hegger Alena         | 1979 | GER | Raufen & Laufen                          | 25:09 | 25:18    | + 8:26  |
| 40   | 733  | Goodluck Davis       | 2011 | GER | Vinzenz-Von-Paul-Schule<br>Beckum        | 25:45 | 25:45    | + 8:53  |
| 41   | 907  | Keller Johann        | 2014 | GER |                                          | 25:47 | 25:51    | + 8:59  |
| 42   | 908  | Wiehetek Max         | 2015 | GER | SG Vorhelm/Enniger                       | 25:47 | 25:51    | + 8:59  |
| 43   | 690  | Gersmann Lisa        | 2011 | GER | TC Blau-Weiß Ahlen                       | 25:51 | 25:55    | + 9:03  |
| 44   | 761  | Holz Jörg            | 1969 | GER |                                          | 26:04 | 26:14    | + 9:22  |
| 45   | 811  | Kleinegger Maria     | 2010 | GER |                                          | 26:20 | 26:24    | + 9:32  |
| 46   | 837  | Piechotta Jannik     | 1994 | GER | TuS Westfalia Vorhelm                    | 26:27 | 26:36    | + 9:44  |
| 47   | 614  | Meredig Melanie      | 1975 | GER | DJK Olympia Drensteinfurt                | 26:33 | 26:39    | + 9:47  |
| 48   | 850  | Schulenberg Torben   | 1998 | GER |                                          | 26:20 | 26:40    | + 9:48  |
| 49   | 613  | Dudek Verena         | 1990 | GER | DJK Olympia Drensteinfurt                | 26:36 | 26:43    | + 9:51  |
| 50   | 735  | Muhammed Kamal       | 2012 | GER | Vinzenz-Von-Paul-Schule<br>Beckum        | 26:44 | 26:46    | + 9:54  |
| 51   | 624  | Skomroch Uwe         | 1954 | GER | Fortuna Walstedde                        | 26:52 | 27:01    | + 10:09 |
| 52   | 844  | Schockenhoff Stefan  | 1991 | GER |                                          | 26:46 | 27:02    | + 10:10 |
| 53   | 770  | Landwehr Dirk        | 1974 | GER |                                          | 26:56 | 27:05    | + 10:13 |
| 54   | 914  | Radusch Vanessa      | 1982 | GER | LSF Münster                              | 26:59 | 27:06    | + 10:14 |
| 55   | 727  | Just Helge           | 1962 | GER | TV Soest Karate                          | 27:06 | 27:08    | + 10:16 |

**5km Straßenlauf, W20, M20, M, W, MJU20, WJU20, MJU18, WJU18, MJU16, M15, M14, WJU16, W15, W24, 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, M90, W90, M11, M10 - Fortsetzung**

Länge: 5km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                         | Netto | Leistung | Diff    |
|------|------|----------------------|------|-----|--------------------------------|-------|----------|---------|
| 56   | 621  | Arend Matthias       | 1979 | GER | Fit2Run Beckum                 | 27:18 | 27:23    | + 10:31 |
| 57   | 618  | Wickert Michelle     | 1982 | GER | Fit2Run Beckum                 | 27:17 | 27:23    | + 10:31 |
| 58   | 899  | Koschützke Anke      | 1977 | GER |                                | 27:20 | 27:28    | + 10:36 |
| 59   | 898  | Koschützke Thomas    | 1980 | GER |                                | 27:21 | 27:28    | + 10:36 |
| 60   | 784  | Reger Malte          | 2003 | GER |                                | 27:32 | 27:35    | + 10:43 |
| 61   | 809  | Wittenbrink Philipp  | 1986 | GER |                                | 27:36 | 27:40    | + 10:48 |
| 62   | 875  | Wittenbrink Henry    | 2014 | GER |                                | 27:38 | 27:41    | + 10:49 |
| 63   | 680  | Tigges Karin         | 1996 | GER | Ski-Club Beckum                | 27:39 | 27:43    | + 10:51 |
| 64   | 685  | Hintemann Mareike    | 1982 | GER | Stadt Ahlen                    | 27:38 | 27:46    | + 10:54 |
| 65   | 635  | Gray Gordon          | 1959 | GER | LC 92 Bad Salzuflen            | 27:41 | 27:48    | + 10:56 |
| 66   | 891  | Glaubitz Jeppe       | 2015 | GER | TuS Westfalia Vorhelm          | 27:44 | 27:50    | + 10:58 |
| 67   | 646  | Becker Dirk          | 1958 | GER | LG Hamm                        | 27:44 | 27:56    | + 11:04 |
| 68   | 892  | Glaubitz Anja        | 1985 | GER | TuS Westfalia Vorhelm          | 27:51 | 27:58    | + 11:06 |
| 69   | 912  | Budde Younis         | 2016 | GER | TuS Westfalia Vorhelm          | 27:56 | 28:02    | + 11:10 |
| 70   | 645  | Frederking Annette   | 1960 | GER | LG Hamm                        | 27:58 | 28:03    | + 11:11 |
| 71   | 853  | Schockenhoff Sina    | 1991 | GER |                                | 27:49 | 28:04    | + 11:12 |
| 72   | 906  | Frank Gerald         | 1965 | GER | Fit2Run Beckum                 | 28:16 | 28:21    | + 11:29 |
| 73   | 732  | Elsebhy Omar         | 2009 | GER | Vinzenz-Von-Paul-Schule Beckum | 28:25 | 28:28    | + 11:36 |
| 74   | 910  | Budde Markus         | 1989 | GER | TuS Westfalia Vorhelm          | 28:22 | 28:30    | + 11:38 |
| 75   | 803  | Stein Carina         | 2000 | GER |                                | 28:41 | 28:49    | + 11:57 |
| 76   | 701  | Kaldewei Andre       | 1985 | GER | TuS Westfalia Vorhelm          | 28:41 | 28:50    | + 11:58 |
| 77   | 817  | Lücker Anna          | 1990 | GER |                                | 28:48 | 28:53    | + 12:01 |
| 78   | 648  | König Rita           | 1962 | GER | LG Hamm                        | 29:03 | 29:08    | + 12:16 |
| 79   | 632  | Grewe Jörg           | 1960 | GER | Laufgruppe Speedy Gonzales     | 29:10 | 29:21    | + 12:29 |
| 80   | 620  | Lohmann Ralf         | 1965 | GER | Fit2Run Beckum                 | 29:16 | 29:22    | + 12:30 |
| 81   | 895  | Cecconi Massimiliano | 1971 | GER |                                | 29:22 | 29:32    | + 12:40 |
| 82   | 643  | Teermann Ilka        | 1971 | GER | LG Ahlen                       | 29:33 | 29:38    | + 12:46 |
| 83   | 637  | Redemeyer Bernd      | 1967 | GER | LG Ahlen                       | 29:34 | 29:38    | + 12:46 |
| 84   | 738  | Fitz-Nordberg Birgit | 1972 | GER | Vinzenz-Von-Paul-Schule Beckum | 29:37 | 29:40    | + 12:48 |
| 85   | 882  | Hermann Melanie      | 1988 | GER | Enniger                        | 29:30 | 29:48    | + 12:56 |
| 86   | 822  | Frost Christina      | 1986 | GER |                                | 29:39 | 29:50    | + 12:58 |
| 87   | 862  | Wingerter Lisa       | 1986 | GER | Grün Weiß Sünteltal            | 29:45 | 29:59    | + 13:07 |
| 88   | 629  | Giersich Markus      | 1969 | GER | Laufgruppe Speedy Gonzales     | 30:02 | 30:13    | + 13:21 |
| 89   | 728  | Salzer Urte          | 1967 | GER | TV Soest Karate                | 30:23 | 30:32    | + 13:40 |
| 90   | 823  | Sewing Jana          | 1991 | GER | TuS Westfalia Vorhelm          | 30:35 | 30:45    | + 13:53 |
| 91   | 659  | Werbinsky Celina     | 1981 | GER | LSF-Unna-2000                  | 30:52 | 30:57    | + 14:05 |
| 92   | 731  | Dietz Joel           | 2011 | GER | Vinzenz-Von-Paul-Schule Beckum | 31:41 | 31:43    | + 14:51 |
| 93   | 855  | Schröder Leonie      | 2001 | GER | Stadt Ahlen                    | 32:05 | 32:12    | + 15:20 |
| 94   | 802  | Sittartz Dörthe      | 1972 | GER |                                | 32:02 | 32:13    | + 15:21 |
| 95   | 737  | Tasar Berkay         | 2013 | GER | Vinzenz-Von-Paul-Schule Beckum | 33:39 | 33:41    | + 16:49 |
| 96   | 622  | Arend Carolin        | 1982 | GER | Fit2Run Beckum                 | 34:39 | 34:46    | + 17:54 |
| 97   | 821  | Brodrück Nina        | 1986 | GER | TuS Westfalia Vorhelm          | 37:32 | 37:44    | + 20:52 |
| 98   | 820  | Tuon Mendes Camille  | 1997 | GER |                                | 38:08 | 38:12    | + 21:20 |
| 99   | 617  | Hagemann Josef       | 1952 | GER | FC Nordkirchen                 | 40:15 | 40:25    | + 23:33 |

**5km Straßenlauf, W20 (aus gemeinsamem Bewerb)**

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein      | Netto | Leistung | Diff   |
|------|------|---------------------|------|-----|-------------|-------|----------|--------|
| 1    | 803  | Stein Carina        | 2000 | GER |             | 28:41 | 28:49    |        |
| 2    | 855  | Schröder Leonie     | 2001 | GER | Stadt Ahlen | 32:05 | 32:12    | + 3:23 |
| 3    | 820  | Tuon Mendes Camille | 1997 | GER |             | 38:08 | 38:12    | + 9:23 |

## 5km Straßenlauf, M20 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name               | Jg   | Nat | Verein                              | Netto | Leistung | Diff    |
|------|------|--------------------|------|-----|-------------------------------------|-------|----------|---------|
| 1    | 916  | Barwinski Jonas    | 1997 | GER | ASC Ahlen                           | 17:11 | 17:11    |         |
| 2    | 796  | Schleuss Felix     | 2003 | GER |                                     | 19:50 | 19:53    | + 2:42  |
| 3    | 915  | Uphoff Alexander   | 2000 | GER | Warendorfer Sportunion<br>1895/1972 | 20:31 | 20:32    | + 3:21  |
| 4    | 773  | Lunau Stefan       | 1997 | GER |                                     | 21:23 | 21:28    | + 4:17  |
| 5    | 638  | Pollmeier Jannik   | 2003 | GER | LG Ahlen                            | 22:22 | 22:24    | + 5:13  |
| 6    | 800  | Schröder Nico      | 2000 | GER |                                     | 22:28 | 22:30    | + 5:19  |
| 7    | 769  | Krekel Johannes    | 2000 | GER |                                     | 22:28 | 22:35    | + 5:24  |
| 8    | 850  | Schulenberg Torben | 1998 | GER |                                     | 26:20 | 26:40    | + 9:29  |
| 9    | 784  | Reger Malte        | 2003 | GER |                                     | 27:32 | 27:35    | + 10:24 |

## 5km Straßenlauf, Männliche Jugend U20 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name          | Jg   | Nat | Verein | Netto | Leistung | Diff |
|------|------|---------------|------|-----|--------|-------|----------|------|
| 1    | 781  | Pollmeier Luk | 2008 | GER |        | 21:13 | 21:14    |      |

## 5km Straßenlauf, Weibliche Jugend U20 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name             | Jg   | Nat | Verein      | Netto | Leistung | Diff |
|------|------|------------------|------|-----|-------------|-------|----------|------|
| 1    | 656  | Hülsbusch Emilia | 2007 | GER | LSF Münster | 20:36 | 20:37    |      |

## 5km Straßenlauf, Männliche Jugend U18 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name            | Jg   | Nat | Verein                            | Netto | Leistung | Diff    |
|------|------|-----------------|------|-----|-----------------------------------|-------|----------|---------|
| 1    | 655  | Hülsbusch Elias | 2010 | GER | LSF Münster                       | 17:34 | 17:34    |         |
| 2    | 734  | Khodro Azziz    | 2010 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 23:53 | 23:53    | + 6:19  |
| 3    | 732  | Elsebhy Omar    | 2009 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 28:25 | 28:28    | + 10:54 |

## 5km Straßenlauf, Weibliche Jugend U18 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name             | Jg   | Nat | Verein | Netto | Leistung | Diff |
|------|------|------------------|------|-----|--------|-------|----------|------|
| 1    | 811  | Kleinegger Maria | 2010 | GER |        | 26:20 | 26:24    |      |

## 5km Straßenlauf, Männliche Jugend U16 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                            | Netto | Leistung | Diff    |
|------|------|----------------------|------|-----|-----------------------------------|-------|----------|---------|
| 1    | 667  | Jürgenschellert Nico | 2011 | GER | LV Oelde                          | 18:28 | 18:29    |         |
| 2    | 771  | Landwehr Laurenz     | 2011 | GER |                                   | 19:59 | 20:00    | + 1:31  |
| 3    | 736  | Sperle Jeremy        | 2012 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 20:30 | 20:30    | + 2:01  |
| 4    | 668  | Löwen Jan            | 2011 | GER | LV Oelde                          | 21:35 | 21:36    | + 3:07  |
| 5    | 911  | Budde Mika           | 2012 | GER | TuS Westfalia Vorhelm             | 23:59 | 24:01    | + 5:32  |
| 6    | 733  | Goodluck Davis       | 2011 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 25:45 | 25:45    | + 7:16  |
| 7    | 735  | Muhammed Kamal       | 2012 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 26:44 | 26:46    | + 8:17  |
| 8    | 731  | Dietz Joel           | 2011 | GER | Vinzenz-Von-Paul-Schule<br>Beckum | 31:41 | 31:43    | + 13:14 |

## 5km Straßenlauf, Weibliche Jugend U16 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name          | Jg   | Nat | Verein             | Netto | Leistung | Diff |
|------|------|---------------|------|-----|--------------------|-------|----------|------|
| 1    | 690  | Gersmann Lisa | 2011 | GER | TC Blau-Weiß Ahlen | 25:51 | 25:55    |      |

## 5km Straßenlauf, Jugend M13 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name          | Jg   | Nat | Verein                         | Netto | Leistung     | Diff    |
|------|------|---------------|------|-----|--------------------------------|-------|--------------|---------|
| 1    | 829  | Lazarski Leon | 2013 | GER |                                | 22:03 | <b>22:04</b> |         |
| 2    | 737  | Tasar Berkay  | 2013 | GER | Vinzenz-Von-Paul-Schule Beckum | 33:39 | <b>33:41</b> | + 11:37 |

## 5km Straßenlauf, Jugend M12 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein     | Netto | Leistung     | Diff   |
|------|------|-------------------|------|-----|------------|-------|--------------|--------|
| 1    | 601  | Gersmann Emil     | 2014 | GER | Ahlener SG | 20:54 | <b>20:57</b> |        |
| 2    | 666  | Kathöfer Titus    | 2014 | GER | LV Oelde   | 22:00 | <b>22:01</b> | + 1:04 |
| 3    | 907  | Keller Johann     | 2014 | GER |            | 25:47 | <b>25:51</b> | + 4:54 |
| 4    | 875  | Wittenbrink Henry | 2014 | GER |            | 27:38 | <b>27:41</b> | + 6:44 |

## 5km Straßenlauf, M30 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name             | Jg   | Nat | Verein                | Netto | Leistung     | Diff   |
|------|------|------------------|------|-----|-----------------------|-------|--------------|--------|
| 1    | 676  | Plagwitz Lucas   | 1996 | GER | Running Crew Münster  | 17:18 | <b>17:19</b> |        |
| 2    | 741  | Fröchte Markus   | 1995 | GER | Wälster-Lauf-Team     | 21:01 | <b>21:02</b> | + 3:43 |
| 3    | 837  | Piechotta Jannik | 1994 | GER | TuS Westfalia Vorhelm | 26:27 | <b>26:36</b> | + 9:17 |

## 5km Straßenlauf, M35 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein                | Netto | Leistung     | Diff    |
|------|------|---------------------|------|-----|-----------------------|-------|--------------|---------|
| 1    | 909  | Schönherr David     | 1989 | GER | Running Crew Münster  | 16:52 | <b>16:52</b> |         |
| 2    | 755  | Fischer Mathias     | 1987 | GER |                       | 23:03 | <b>23:06</b> | + 6:14  |
| 3    | 844  | Schockenhoff Stefan | 1991 | GER |                       | 26:46 | <b>27:02</b> | + 10:10 |
| 4    | 910  | Budde Markus        | 1989 | GER | TuS Westfalia Vorhelm | 28:22 | <b>28:30</b> | + 11:38 |

## 5km Straßenlauf, W30 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name         | Jg   | Nat | Verein          | Netto | Leistung     | Diff   |
|------|------|--------------|------|-----|-----------------|-------|--------------|--------|
| 1    | 868  | Meyer Nina   | 1992 | GER | Fit2Run-Beckum  | 24:41 | <b>24:46</b> |        |
| 2    | 680  | Tigges Karin | 1996 | GER | Ski-Club Beckum | 27:39 | <b>27:43</b> | + 2:57 |

## 5km Straßenlauf, W35 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein                    | Netto | Leistung     | Diff   |
|------|------|-------------------|------|-----|---------------------------|-------|--------------|--------|
| 1    | 675  | Vogelsang Kirstin | 1991 | GER | Running Crew Münster      | 21:13 | <b>21:17</b> |        |
| 2    | 613  | Dudek Verena      | 1990 | GER | DJK Olympia Drensteinfurt | 26:36 | <b>26:43</b> | + 5:26 |
| 3    | 853  | Schockenhoff Sina | 1991 | GER |                           | 27:49 | <b>28:04</b> | + 6:47 |
| 4    | 817  | Lücker Anna       | 1990 | GER |                           | 28:48 | <b>28:53</b> | + 7:36 |
| 5    | 882  | Hermann Melanie   | 1988 | GER | Enniger                   | 29:30 | <b>29:48</b> | + 8:31 |
| 6    | 823  | Sewing Jana       | 1991 | GER | TuS Westfalia Vorhelm     | 30:35 | <b>30:45</b> | + 9:28 |

## 5km Straßenlauf, M40 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein                | Netto | Leistung     | Diff   |
|------|------|---------------------|------|-----|-----------------------|-------|--------------|--------|
| 1    | 760  | Hiegemann Lars      | 1984 | GER |                       | 20:59 | <b>21:02</b> |        |
| 2    | 795  | Schisnowski Daniel  | 1986 | GER |                       | 23:52 | <b>24:00</b> | + 2:58 |
| 3    | 877  | Gösler Alexander    | 1984 | GER |                       | 24:15 | <b>24:21</b> | + 3:19 |
| 4    | 904  | Rehbaum Stephan     | 1983 | GER | TuS Westfalia Vorhelm | 25:05 | <b>25:13</b> | + 4:11 |
| 5    | 809  | Wittenbrink Philipp | 1986 | GER |                       | 27:36 | <b>27:40</b> | + 6:38 |
| 6    | 701  | Kaldewei Andre      | 1985 | GER | TuS Westfalia Vorhelm | 28:41 | <b>28:50</b> | + 7:48 |

## 5km Straßenlauf, M45 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name               | Jg   | Nat | Verein                     | Netto | Leistung     | Diff   |
|------|------|--------------------|------|-----|----------------------------|-------|--------------|--------|
| 1    | 917  | Schätzle Christian | 1980 | GER | LG Ahlen                   | 21:49 | <b>21:51</b> |        |
| 2    | 686  | Hintemann Jan      | 1978 | GER | Stadt Ahlen                | 23:45 | <b>23:56</b> | + 2:05 |
| 3    | 633  | Jablinski Dominik  | 1979 | GER | Laufgruppe Speedy Gonzales | 24:26 | <b>24:37</b> | + 2:46 |
| 4    | 621  | Arend Matthias     | 1979 | GER | Fit2Run Beckum             | 27:18 | <b>27:23</b> | + 5:32 |
| 5    | 898  | Koschützke Thomas  | 1980 | GER |                            | 27:21 | <b>27:28</b> | + 5:37 |

## 5km Straßenlauf, W40 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein                | Netto | Leistung     | Diff    |
|------|------|-------------------|------|-----|-----------------------|-------|--------------|---------|
| 1    | 914  | Radusch Vanessa   | 1982 | GER | LSF Münster           | 26:59 | <b>27:06</b> |         |
| 2    | 618  | Wickert Michelle  | 1982 | GER | Fit2Run Beckum        | 27:17 | <b>27:23</b> | + 0:17  |
| 3    | 685  | Hintemann Mareike | 1982 | GER | Stadt Ahlen           | 27:38 | <b>27:46</b> | + 0:40  |
| 4    | 892  | Glaubitz Anja     | 1985 | GER | TuS Westfalia Vorhelm | 27:51 | <b>27:58</b> | + 0:52  |
| 5    | 822  | Frost Christina   | 1986 | GER |                       | 29:39 | <b>29:50</b> | + 2:44  |
| 6    | 862  | Wingerter Lisa    | 1986 | GER | Grün Weiß Sünteltal   | 29:45 | <b>29:59</b> | + 2:53  |
| 7    | 622  | Arend Carolin     | 1982 | GER | Fit2Run Beckum        | 34:39 | <b>34:46</b> | + 7:40  |
| 8    | 821  | Brodrück Nina     | 1986 | GER | TuS Westfalia Vorhelm | 37:32 | <b>37:44</b> | + 10:38 |

## 5km Straßenlauf, W45 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name             | Jg   | Nat | Verein          | Netto | Leistung     | Diff   |
|------|------|------------------|------|-----|-----------------|-------|--------------|--------|
| 1    | 674  | Hegger Alena     | 1979 | GER | Raufen & Laufen | 25:09 | <b>25:18</b> |        |
| 2    | 899  | Koschützke Anke  | 1977 | GER |                 | 27:20 | <b>27:28</b> | + 2:10 |
| 3    | 659  | Werbinsky Celina | 1981 | GER | LSF-Unna-2000   | 30:52 | <b>30:57</b> | + 5:39 |

## 5km Straßenlauf, M50 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name           | Jg   | Nat | Verein                                | Netto | Leistung     | Diff   |
|------|------|----------------|------|-----|---------------------------------------|-------|--------------|--------|
| 1    | 913  | Baierl Stefan  | 1974 | GER | Lauftreff Dolberg                     | 20:01 | <b>20:02</b> |        |
| 2    | 623  | Franzke Martin | 1972 | GER | Fit2Run-Beckum / Erdinger Active Team | 22:33 | <b>22:36</b> | + 2:34 |
| 3    | 770  | Landwehr Dirk  | 1974 | GER |                                       | 26:56 | <b>27:05</b> | + 7:03 |

## 5km Straßenlauf, M55 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                         | Netto | Leistung     | Diff   |
|------|------|----------------------|------|-----|--------------------------------|-------|--------------|--------|
| 1    | 841  | Tupper Alf           | 1968 | GER | Sofa-King Slow Runners         | 24:05 | <b>24:09</b> |        |
| 2    | 739  | Drude Wolfgang       | 1967 | GER | Vinzenz-Von-Paul-Schule Beckum | 24:15 | <b>24:18</b> | + 0:09 |
| 3    | 761  | Holz Jörg            | 1969 | GER |                                | 26:04 | <b>26:14</b> | + 2:05 |
| 4    | 895  | Cecconi Massimiliano | 1971 | GER |                                | 29:22 | <b>29:32</b> | + 5:23 |
| 5    | 637  | Redemeyer Bernd      | 1967 | GER | LG Ahlen                       | 29:34 | <b>29:38</b> | + 5:29 |
| 6    | 629  | Giersich Markus      | 1969 | GER | Laufgruppe Speedy Gonzales     | 30:02 | <b>30:13</b> | + 6:04 |

## 5km Straßenlauf, W50 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                         | Netto | Leistung     | Diff   |
|------|------|----------------------|------|-----|--------------------------------|-------|--------------|--------|
| 1    | 619  | Franzke Nicole       | 1974 | GER | Fit2Run Beckum                 | 24:31 | <b>24:36</b> |        |
| 2    | 614  | Meredig Melanie      | 1975 | GER | DJK Olympia Drensteinfurt      | 26:33 | <b>26:39</b> | + 2:03 |
| 3    | 738  | Fitz-Nordberg Birgit | 1972 | GER | Vinzenz-Von-Paul-Schule Beckum | 29:37 | <b>29:40</b> | + 5:04 |
| 4    | 802  | Sittartz Dörthe      | 1972 | GER |                                | 32:02 | <b>32:13</b> | + 7:37 |

## 5km Straßenlauf, W55 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name          | Jg   | Nat | Verein          | Netto | Leistung     | Diff   |
|------|------|---------------|------|-----|-----------------|-------|--------------|--------|
| 1    | 643  | Teermann Ilka | 1971 | GER | LG Ahlen        | 29:33 | <b>29:38</b> |        |
| 2    | 728  | Salzer Urte   | 1967 | GER | TV Soest Karate | 30:23 | <b>30:32</b> | + 0:54 |

## 5km Straßenlauf, M60 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name         | Jg   | Nat | Verein          | Netto | Leistung     | Diff   |
|------|------|--------------|------|-----|-----------------|-------|--------------|--------|
| 1    | 727  | Just Helge   | 1962 | GER | TV Soest Karate | 27:06 | <b>27:08</b> |        |
| 2    | 906  | Frank Gerald | 1965 | GER | Fit2Run Beckum  | 28:16 | <b>28:21</b> | + 1:13 |
| 3    | 620  | Lohmann Ralf | 1965 | GER | Fit2Run Beckum  | 29:16 | <b>29:22</b> | + 2:14 |

## 5km Straßenlauf, M65 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name        | Jg   | Nat | Verein                     | Netto | Leistung     | Diff   |
|------|------|-------------|------|-----|----------------------------|-------|--------------|--------|
| 1    | 635  | Gray Gordon | 1959 | GER | LC 92 Bad Salzuflen        | 27:41 | <b>27:48</b> |        |
| 2    | 646  | Becker Dirk | 1958 | GER | LG Hamm                    | 27:44 | <b>27:56</b> | + 0:08 |
| 3    | 632  | Grewe Jörg  | 1960 | GER | Laufgruppe Speedy Gonzales | 29:10 | <b>29:21</b> | + 1:33 |

## 5km Straßenlauf, W60 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name       | Jg   | Nat | Verein  | Netto | Leistung     | Diff |
|------|------|------------|------|-----|---------|-------|--------------|------|
| 1    | 648  | König Rita | 1962 | GER | LG Hamm | 29:03 | <b>29:08</b> |      |

## 5km Straßenlauf, W65 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name               | Jg   | Nat | Verein  | Netto | Leistung     | Diff |
|------|------|--------------------|------|-----|---------|-------|--------------|------|
| 1    | 645  | Frederking Annette | 1960 | GER | LG Hamm | 27:58 | <b>28:03</b> |      |

## 5km Straßenlauf, M70 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name           | Jg   | Nat | Verein            | Netto | Leistung     | Diff    |
|------|------|----------------|------|-----|-------------------|-------|--------------|---------|
| 1    | 624  | Skomroch Uwe   | 1954 | GER | Fortuna Walstedde | 26:52 | <b>27:01</b> |         |
| 2    | 617  | Hagemann Josef | 1952 | GER | FC Nordkirchen    | 40:15 | <b>40:25</b> | + 13:24 |

## 5km Straßenlauf, Kinder M11 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name           | Jg   | Nat | Verein                | Netto | Leistung     | Diff   |
|------|------|----------------|------|-----|-----------------------|-------|--------------|--------|
| 1    | 717  | Rösmann Paul   | 2015 | GER | TuS Westfalia Vorhelm | 24:19 | <b>24:23</b> |        |
| 2    | 908  | Wiehetek Max   | 2015 | GER | SG Vorhelm/Enniger    | 25:47 | <b>25:51</b> | + 1:28 |
| 3    | 891  | Glaubitz Jeppe | 2015 | GER | TuS Westfalia Vorhelm | 27:44 | <b>27:50</b> | + 3:27 |

## 5km Straßenlauf, Kinder M10 (aus gemeinsamem Bewerb)

15.03.2026 / 12:30

Länge: 5km - Finale

| Rang | StNr | Name         | Jg   | Nat | Verein                | Netto | Leistung     | Diff |
|------|------|--------------|------|-----|-----------------------|-------|--------------|------|
| 1    | 912  | Budde Younis | 2016 | GER | TuS Westfalia Vorhelm | 27:56 | <b>28:02</b> |      |

## 10km Straßenlauf, W20, M20, M, W, MJU20, WJU20, MJU18, WJU18, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85, M90, W90

Länge: 10km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein                 | Netto | Leistung     | Diff   |
|------|------|---------------------|------|-----|------------------------|-------|--------------|--------|
| 1    | 602  | Barwinski Jonas     | 1997 | GER | ASC Ahlen              | 34:13 | <b>34:13</b> |        |
| 2    | 903  | Breitkopf Frieda    | 2000 | GER | Running Crew Münster   | 34:25 | <b>34:26</b> | + 0:13 |
| 3    | 885  | Bühler Lars         | 1989 | GER |                        | 34:37 | <b>34:37</b> | + 0:24 |
| 4    | 883  | Raulf Stefan        | 1973 | GER | LV Oelde               | 37:26 | <b>37:27</b> | + 3:14 |
| 5    | 670  | Wornowski Sebastian | 1984 | GER | parkrun friends        | 37:26 | <b>37:27</b> | + 3:14 |
| 6    | 657  | Marx Linus          | 1987 | GER | LSF Münster            | 37:59 | <b>38:01</b> | + 3:48 |
| 7    | 696  | Bitz Lothar         | 1984 | GER | TriFinish Münster      | 38:24 | <b>38:24</b> | + 4:11 |
| 8    | 644  | Schröer Ludger      | 1969 | GER | LG Deiringsen          | 38:39 | <b>38:40</b> | + 4:27 |
| 9    | 627  | Behrend Jonas       | 2004 | GER | Lauffreunde Bönen 1985 | 38:56 | <b>38:57</b> | + 4:44 |

**10km Straßenlauf, W20, M20, M, W, MJU20, WJU20, MJU18, WJU18, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85, M90, W90 - Fortsetzung**  
Länge: 10km - Finale

| Rang | StNr | Name                   | Jg   | Nat | Verein                                  | Netto | Leistung | Diff    |
|------|------|------------------------|------|-----|-----------------------------------------|-------|----------|---------|
| 10   | 890  | Seifert Tim            | 1991 | GER | W+F Münster                             | 39:34 | 39:36    | + 5:23  |
| 11   | 697  | Witte Tobias           | 2001 | GER | TuS Westfalia Vorhelm                   | 39:50 | 39:51    | + 5:38  |
| 12   | 678  | Heese Benjamin         | 1978 | GER | SG Rote Erde Beckum                     | 39:50 | 39:53    | + 5:40  |
| 13   | 856  | Kunert Daniel          | 1992 | GER | Ski-Club Beckum                         | 39:54 | 39:56    | + 5:43  |
| 14   | 740  | Fröchte Markus         | 1995 | GER | Wälster-Lauf-Team                       | 40:49 | 40:52    | + 6:39  |
| 15   | 677  | Hesseler Stephan       | 1998 | GER | SG Rote Erde Beckum                     | 40:51 | 40:52    | + 6:39  |
| 16   | 616  | Behrend Mike           | 1972 | GER | Erdinger Active Team                    | 41:27 | 41:27    | + 7:14  |
| 17   | 626  | Hanke Ingo             | 1974 | GER | Lauffreunde Bönen 1985                  | 41:37 | 41:38    | + 7:25  |
| 18   | 663  | Baum Stephan           | 1993 | GER | LV Oelde                                | 42:04 | 42:07    | + 7:54  |
| 19   | 660  | Hilker Sven            | 1976 | GER | LV Oelde                                | 42:05 | 42:07    | + 7:54  |
| 20   | 661  | Holtrup Moritz         | 2002 | GER | LV Oelde                                | 42:06 | 42:08    | + 7:55  |
| 21   | 808  | Winkelmann Thomas      | 1984 | GER |                                         | 42:11 | 42:13    | + 8:00  |
| 22   | 625  | Willingmann Todt G.    | 1965 | GER | Lauffreunde Bönen 1985                  | 43:20 | 43:21    | + 9:08  |
| 23   | 662  | Henning Kjell Malte    | 2001 | GER | LV Oelde                                | 43:41 | 43:43    | + 9:30  |
| 24   | 838  | Freitag Joachim        | 1968 | GER | BSG SPK MSLO                            | 44:12 | 44:15    | + 10:02 |
| 25   | 774  | Mertens Tim            | 1996 | GER |                                         | 45:05 | 45:09    | + 10:56 |
| 26   | 764  | Ischinsky Carolin      | 1974 | GER |                                         | 45:11 | 45:14    | + 11:01 |
| 27   | 653  | Jabss Irene            | 1984 | GER | LippeRunners Werne                      | 45:49 | 45:52    | + 11:39 |
| 28   | 905  | Muckermann Lars        | 1996 | GER | Sus Enniger                             | 45:50 | 46:03    | + 11:50 |
| 29   | 779  | Nierhoff Sarah         | 2009 | GER |                                         | 46:04 | 46:09    | + 11:56 |
| 30   | 843  | Stutenbaeumer Martin   | 1964 | GER | Ski-Club Beckum                         | 46:25 | 46:33    | + 12:20 |
| 31   | 681  | Grünert Agnieszka      | 1977 | GER | Ski-Club Beckum                         | 46:26 | 46:33    | + 12:20 |
| 31   | 900  | Mehma Aram             | 2005 | GER |                                         | 46:26 | 46:33    | + 12:20 |
| 33   | 879  | Schröder Caroline      | 1985 | GER | ASC Ahlen                               | 46:30 | 46:42    | + 12:29 |
| 34   | 749  | Brüning Sebastian      | 1991 | GER |                                         | 46:36 | 46:46    | + 12:33 |
| 35   | 695  | Kissing Barbara        | 1991 | GER | TriFinish Münster                       | 46:42 | 46:48    | + 12:35 |
| 36   | 650  | Kruse Stefan           | 1968 | GER | LG Hamm                                 | 46:47 | 46:50    | + 12:37 |
| 37   | 723  | Moulang Mark Alexander | 2000 | GER | TV Altendorf-Ersdorf 1987               | 46:47 | 46:55    | + 12:42 |
| 38   | 636  | Redemeyer Bernd        | 1967 | GER | LG Ahlen                                | 46:54 | 47:00    | + 12:47 |
| 39   | 698  | Bergedieck Markus      | 1981 | GER | TuS Westfalia Vorhelm                   | 46:52 | 47:04    | + 12:51 |
| 40   | 652  | Wrede Kiara            | 1997 | GER | LG Hamm                                 | 47:01 | 47:06    | + 12:53 |
| 41   | 768  | Korbanka Stefan        | 1979 | GER |                                         | 47:01 | 47:12    | + 12:59 |
| 42   | 649  | Knecht Flip            | 1971 | GER | LG Hamm                                 | 47:28 | 47:32    | + 13:19 |
| 43   | 831  | Limberg Stefanie       | 1983 | GER | RSV Borgholzhausen                      | 47:36 | 47:41    | + 13:28 |
| 44   | 858  | Picker Christian       | 1982 | GER |                                         | 47:37 | 47:43    | + 13:30 |
| 45   | 782  | Potthoff Viktoria      | 1992 | GER |                                         | 48:01 | 48:07    | + 13:54 |
| 46   | 610  | Postert Christiane     | 1974 | GER | De Vegans                               | 48:37 | 48:43    | + 14:30 |
| 47   | 608  | Schwarz Georg          | 1965 | GER | Autohaus am Wasserturm Beckum           | 49:10 | 49:12    | + 14:59 |
| 48   | 743  | Lammers Tristan        | 2009 | GER | Warendorfer Sportunion 1895/1972        | 49:13 | 49:18    | + 15:05 |
| 49   | 672  | Berheide Jörn          | 1971 | GER | Post SV Gütersloh                       | 49:20 | 49:24    | + 15:11 |
| 50   | 897  | Koschützke Thomas      | 1980 | GER |                                         | 49:37 | 49:42    | + 15:29 |
| 51   | 836  | Kosmann Benedikt       | 1985 | GER |                                         | 49:39 | 49:46    | + 15:33 |
| 52   | 651  | Schrutek Olli          | 1974 | GER | LG Hamm                                 | 49:46 | 49:50    | + 15:37 |
| 53   | 840  | Fissahn Heike          | 1972 | GER | Enniger läuft                           | 49:47 | 50:03    | + 15:50 |
| 54   | 673  | Hegger Alena           | 1979 | GER | Raufen & Laufen                         | 50:01 | 50:07    | + 15:54 |
| 55   | 634  | Kleinert Matthias      | 1974 | GER | Lauftreff Lüdinghausen / runningBLOG.de | 49:57 | 50:08    | + 15:55 |
| 56   | 801  | Schulte Kaya           | 1994 | GER |                                         | 50:17 | 50:22    | + 16:09 |
| 57   | 752  | Drube Carolin          | 1992 | GER |                                         | 50:24 | 50:28    | + 16:15 |
| 58   | 756  | Gersmann Andreas       | 1980 | GER |                                         | 50:21 | 50:29    | + 16:16 |
| 59   | 607  | Töpsch Burkhard        | 1958 | GER | Asphaltkiller Sendenhorst               | 50:32 | 50:36    | + 16:23 |
| 60   | 724  | Bühren Maik            | 1977 | GER | TV Einigkeit Langenberg                 | 51:57 | 52:04    | + 17:51 |
| 61   | 612  | Reger Thomas           | 1963 | GER | DELTA-Lauftreff Ahlen                   | 52:02 | 52:07    | + 17:54 |
| 62   | 767  | Knebelkamp Jörg        | 1960 | GER |                                         | 52:06 | 52:14    | + 18:01 |
| 63   | 884  | Naumann Oliver         | 1989 | GER |                                         | 52:08 | 52:17    | + 18:04 |
| 64   | 609  | Schmidt Christian      | 1966 | GER | BSV Hövel                               | 52:06 | 52:26    | + 18:13 |
| 65   | 658  | Rauf Christoph         | 1975 | GER | LSF-Unna-2000                           | 52:51 | 52:59    | + 18:46 |
| 66   | 688  | Hoppe-Bruland Andreas  | 1975 | GER | SuS Enniger                             | 52:46 | 52:59    | + 18:46 |
| 67   | 772  | Laus Christian         | 1983 | GER |                                         | 52:56 | 53:04    | + 18:51 |
| 68   | 628  | Kivitz Georg           | 1976 | GER | Lauffreunde Wienke                      | 52:52 | 53:05    | + 18:52 |

**10km Straßenlauf, W20, M20, M, W, MJU20, WJU20, MJU18, WJU18, M30, M35, W30, W35, M40, M45, W40, W45, M50, M55, W50, W55, M60, M65, W60, W65, M70, M75, W70, W75, M80, M85, W80, W85, M90, W90 - Fortsetzung**  
Länge: 10km - Finale

| Rang | StNr | Name                   | Jg   | Nat | Verein                              | Netto    | Leistung | Diff    |
|------|------|------------------------|------|-----|-------------------------------------|----------|----------|---------|
| 69   | 754  | Dylus Holger           | 1974 | GER |                                     | 53:08    | 53:27    | + 19:14 |
| 70   | 604  | Weinberg Aline         | 1980 | GER | ASC Ahlen                           | 53:31    | 53:41    | + 19:28 |
| 71   | 814  | Jüttemeier Jo          | 1992 | GER |                                     | 53:39    | 53:53    | + 19:40 |
| 72   | 615  | Stewing Peter          | 1967 | GER | DJK Vorwärts Ahlen                  | 54:03    | 54:05    | + 19:52 |
| 73   | 887  | Brückner Sven          | 1988 | GER | Vorhelm                             | 53:56    | 54:06    | + 19:53 |
| 74   | 694  | Caplan Jessica         | 1977 | GER | Treiser LWT                         | 54:04    | 54:09    | + 19:56 |
| 75   | 816  | Lücker Frank           | 1988 | GER |                                     | 54:02    | 54:16    | + 20:03 |
| 76   | 804  | Stern Rebecca          | 1993 | GER |                                     | 54:26    | 54:32    | + 20:19 |
| 77   | 725  | Reckhaus Thorsten      | 1983 | GER | TV Einigkeit Langenberg             | 54:28    | 54:36    | + 20:23 |
| 78   | 700  | Kaldewei Andre         | 1985 | GER | TuS Westfalia Vorhelm               | 55:02    | 55:14    | + 21:01 |
| 79   | 606  | Prange Ulrich          | 1963 | GER | Ascheloh-Freunde                    | 55:05    | 55:22    | + 21:09 |
| 80   | 839  | Fissahn Thomas         | 1969 | GER | Enniger läuft                       | 55:05    | 55:22    | + 21:09 |
| 81   | 878  | Bendik Lunis           | 2010 | GER |                                     | 55:34    | 55:45    | + 21:32 |
| 82   | 742  | Lammers Jan-Bernd      | 1970 | GER | Warendorfer Sportunion<br>1895/1972 | 55:42    | 55:49    | + 21:36 |
| 83   | 726  | Engelmeyer Elke        | 1968 | GER | TV Ennigerloh                       | 55:43    | 55:59    | + 21:46 |
| 84   | 783  | Pryimenko Vasil        | 1991 | GER |                                     | 55:44    | 56:00    | + 21:47 |
| 85   | 830  | Stahl Hendrik          | 1983 | GER | SV Herbern                          | 55:49    | 56:07    | + 21:54 |
| 86   | 776  | Meßmann Tobias         | 1979 | GER |                                     | 57:07    | 57:19    | + 23:06 |
| 87   | 693  | Oeckermann Karlheinz   | 1962 | GER | Team Oeckis                         | 57:21    | 57:38    | + 23:25 |
| 88   | 611  | Quattrocchi Fulvio     | 1950 | GER | De Vegans                           | 57:26    | 57:42    | + 23:29 |
| 89   | 722  | Lippert Theo           | 1959 | GER | TV 05 Neubeckum                     | 58:16    | 58:27    | + 24:14 |
| 90   | 684  | Klaperski Carolin      | 1999 | GER | Stadt Ahlen                         | 58:28    | 58:33    | + 24:20 |
| 91   | 894  | Cecconi Massimiliano   | 1971 | GER |                                     | 58:43    | 58:49    | + 24:36 |
| 92   | 813  | Jüttemeier Eddie       | 1994 | GER |                                     | 58:59    | 59:12    | + 24:59 |
| 93   | 792  | Schemmann Christoph    | 1970 | GER |                                     | 59:08    | 59:26    | + 25:13 |
| 94   | 889  | Giesselmand Hans-Georg | 1957 | GER | Kamen                               | 59:27    | 59:44    | + 25:31 |
| 95   | 750  | Bussmann Oliver        | 1994 | GER |                                     | 59:35    | 59:49    | + 25:36 |
| 96   | 689  | Hövelberend Harald     | 1971 | GER | SV Neubeckum                        | 59:40    | 59:50    | + 25:37 |
| 97   | 605  | Heise Jona Sophie      | 2002 | GER | ASC Ahlen                           | 59:44    | 59:55    | + 25:42 |
| 98   | 848  | Frölich Hannah         | 2003 | GER |                                     | 59:46    | 59:57    | + 25:44 |
| 99   | 603  | Lakenbrink Luisa       | 1999 | GER | ASC Ahlen                           | 59:46    | 59:58    | + 25:45 |
| 100  | 679  | Schemmann Elisa        | 2005 | GER | SG Sendenhorst                      | 01:00:43 | 01:01:01 | + 26:48 |
| 101  | 851  | Grote Irmgard          | 1961 | GER | LG Oelde/Wadersloh                  | 01:04:49 | 01:04:59 | + 30:46 |
| 102  | 745  | Beinroth Annika        | 1983 | GER |                                     | 01:05:02 | 01:05:14 | + 31:01 |
| 103  | 842  | Grieb Doris            | 1957 | GER | Sendenhorst                         | 01:06:23 | 01:06:38 | + 32:25 |
| 104  | 691  | Oeckermann Lea Sophie  | 1992 | GER | Team Oeckis                         | 01:06:27 | 01:06:44 | + 32:31 |
| 105  | 692  | Oeckermann Marianne    | 1969 | GER | Team Oeckis                         | 01:06:38 | 01:06:56 | + 32:43 |
| 106  | 778  | Niehoff Anke           | 1969 | GER |                                     | 01:07:20 | 01:07:35 | + 33:22 |
| 107  | 825  | Kramer Kai-Uwe         | 1984 | GER |                                     | 01:11:12 | 01:11:19 | + 37:06 |
| 108  | 826  | Finkler Linda          | 1996 | GER |                                     | 01:11:54 | 01:12:01 | + 37:48 |
| 109  | 791  | Schemmann Lena-Marie   | 2000 | GER |                                     | 01:12:09 | 01:12:27 | + 38:14 |
| 110  | 788  | Ruschke Lena           | 2006 | GER |                                     | 01:12:52 | 01:13:11 | + 38:58 |

**10km Straßenlauf, W20 (aus gemeinsamem Bewerb)**

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein               | Netto    | Leistung | Diff    |
|------|------|----------------------|------|-----|----------------------|----------|----------|---------|
| 1    | 903  | Breitkopf Frieda     | 2000 | GER | Running Crew Münster | 34:25    | 34:26    |         |
| 2    | 652  | Wrede Kiara          | 1997 | GER | LG Hamm              | 47:01    | 47:06    | + 12:40 |
| 3    | 684  | Klaperski Carolin    | 1999 | GER | Stadt Ahlen          | 58:28    | 58:33    | + 24:07 |
| 4    | 605  | Heise Jona Sophie    | 2002 | GER | ASC Ahlen            | 59:44    | 59:55    | + 25:29 |
| 5    | 848  | Frölich Hannah       | 2003 | GER |                      | 59:46    | 59:57    | + 25:31 |
| 6    | 603  | Lakenbrink Luisa     | 1999 | GER | ASC Ahlen            | 59:46    | 59:58    | + 25:32 |
| 7    | 679  | Schemmann Elisa      | 2005 | GER | SG Sendenhorst       | 01:00:43 | 01:01:01 | + 26:35 |
| 8    | 791  | Schemmann Lena-Marie | 2000 | GER |                      | 01:12:09 | 01:12:27 | + 38:01 |
| 9    | 788  | Ruschke Lena         | 2006 | GER |                      | 01:12:52 | 01:13:11 | + 38:45 |

## 10km Straßenlauf, M20 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                   | Jg   | Nat | Verein                    | Netto | Leistung     | Diff    |
|------|------|------------------------|------|-----|---------------------------|-------|--------------|---------|
| 1    | 602  | Barwinski Jonas        | 1997 | GER | ASC Ahlen                 | 34:13 | <b>34:13</b> |         |
| 2    | 627  | Behrend Jonas          | 2004 | GER | Lauffreunde Bönen 1985    | 38:56 | <b>38:57</b> | + 4:44  |
| 3    | 697  | Witte Tobias           | 2001 | GER | TuS Westfalia Vorhelm     | 39:50 | <b>39:51</b> | + 5:38  |
| 4    | 677  | Hesseler Stephan       | 1998 | GER | SG Rote Erde Beckum       | 40:51 | <b>40:52</b> | + 6:39  |
| 5    | 661  | Holtrup Moritz         | 2002 | GER | LV Oelde                  | 42:06 | <b>42:08</b> | + 7:55  |
| 6    | 662  | Henning Kjell Malte    | 2001 | GER | LV Oelde                  | 43:41 | <b>43:43</b> | + 9:30  |
| 7    | 900  | Mehma Aram             | 2005 | GER |                           | 46:26 | <b>46:33</b> | + 12:20 |
| 8    | 723  | Moulang Mark Alexander | 2000 | GER | TV Altendorf-Ersdorf 1987 | 46:47 | <b>46:55</b> | + 12:42 |

## 10km Straßenlauf, Männliche Jugend U18 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name            | Jg   | Nat | Verein                              | Netto | Leistung     | Diff   |
|------|------|-----------------|------|-----|-------------------------------------|-------|--------------|--------|
| 1    | 743  | Lammers Tristan | 2009 | GER | Warendorfer Sportunion<br>1895/1972 | 49:13 | <b>49:18</b> |        |
| 2    | 878  | Bendik Lunis    | 2010 | GER |                                     | 55:34 | <b>55:45</b> | + 6:27 |

## 10km Straßenlauf, Weibliche Jugend U18 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name           | Jg   | Nat | Verein | Netto | Leistung     | Diff |
|------|------|----------------|------|-----|--------|-------|--------------|------|
| 1    | 779  | Nierhoff Sarah | 2009 | GER |        | 46:04 | <b>46:09</b> |      |

## 10km Straßenlauf, M30 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name             | Jg   | Nat | Verein            | Netto | Leistung     | Diff    |
|------|------|------------------|------|-----|-------------------|-------|--------------|---------|
| 1    | 856  | Kunert Daniel    | 1992 | GER | Ski-Club Beckum   | 39:54 | <b>39:56</b> |         |
| 2    | 740  | Fröchte Markus   | 1995 | GER | Wälster-Lauf-Team | 40:49 | <b>40:52</b> | + 0:56  |
| 3    | 663  | Baum Stephan     | 1993 | GER | LV Oelde          | 42:04 | <b>42:07</b> | + 2:11  |
| 4    | 774  | Mertens Tim      | 1996 | GER |                   | 45:05 | <b>45:09</b> | + 5:13  |
| 5    | 905  | Muckermann Lars  | 1996 | GER | Sus Enniger       | 45:50 | <b>46:03</b> | + 6:07  |
| 6    | 814  | Jüttemeier Jo    | 1992 | GER |                   | 53:39 | <b>53:53</b> | + 13:57 |
| 7    | 813  | Jüttemeier Eddie | 1994 | GER |                   | 58:59 | <b>59:12</b> | + 19:16 |
| 8    | 750  | Bussmann Oliver  | 1994 | GER |                   | 59:35 | <b>59:49</b> | + 19:53 |

## 10km Straßenlauf, M35 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein      | Netto | Leistung     | Diff    |
|------|------|-------------------|------|-----|-------------|-------|--------------|---------|
| 1    | 885  | Bühler Lars       | 1989 | GER |             | 34:37 | <b>34:37</b> |         |
| 2    | 657  | Marx Linus        | 1987 | GER | LSF Münster | 37:59 | <b>38:01</b> | + 3:24  |
| 3    | 890  | Seifert Tim       | 1991 | GER | W+F Münster | 39:34 | <b>39:36</b> | + 4:59  |
| 4    | 749  | Brüning Sebastian | 1991 | GER |             | 46:36 | <b>46:46</b> | + 12:09 |
| 5    | 884  | Naumann Oliver    | 1989 | GER |             | 52:08 | <b>52:17</b> | + 17:40 |
| 6    | 887  | Brückner Sven     | 1988 | GER | Vorhelm     | 53:56 | <b>54:06</b> | + 19:29 |
| 7    | 816  | Lücker Frank      | 1988 | GER |             | 54:02 | <b>54:16</b> | + 19:39 |
| 8    | 783  | Pryimenko Vasil   | 1991 | GER |             | 55:44 | <b>56:00</b> | + 21:23 |

## 10km Straßenlauf, W30 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                  | Jg   | Nat | Verein      | Netto    | Leistung        | Diff    |
|------|------|-----------------------|------|-----|-------------|----------|-----------------|---------|
| 1    | 782  | Potthoff Viktoria     | 1992 | GER |             | 48:01    | <b>48:07</b>    |         |
| 2    | 801  | Schulte Kaya          | 1994 | GER |             | 50:17    | <b>50:22</b>    | + 2:15  |
| 3    | 752  | Drube Carolin         | 1992 | GER |             | 50:24    | <b>50:28</b>    | + 2:21  |
| 4    | 804  | Stern Rebecca         | 1993 | GER |             | 54:26    | <b>54:32</b>    | + 6:25  |
| 5    | 691  | Oeckermann Lea Sophie | 1992 | GER | Team Oeckis | 01:06:27 | <b>01:06:44</b> | + 18:37 |
| 6    | 826  | Finkler Linda         | 1996 | GER |             | 01:11:54 | <b>01:12:01</b> | + 23:54 |

## 10km Straßenlauf, W35 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name            | Jg   | Nat | Verein            | Netto | Leistung     | Diff |
|------|------|-----------------|------|-----|-------------------|-------|--------------|------|
| 1    | 695  | Kissing Barbara | 1991 | GER | TriFinish Münster | 46:42 | <b>46:48</b> |      |

## 10km Straßenlauf, M40 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein                  | Netto    | Leistung        | Diff    |
|------|------|---------------------|------|-----|-------------------------|----------|-----------------|---------|
| 1    | 670  | Wornowski Sebastian | 1984 | GER | parkrun friends         | 37:26    | <b>37:27</b>    |         |
| 2    | 696  | Bitz Lothar         | 1984 | GER | TriFinish Münster       | 38:24    | <b>38:24</b>    | + 0:57  |
| 3    | 808  | Winkelmann Thomas   | 1984 | GER |                         | 42:11    | <b>42:13</b>    | + 4:46  |
| 4    | 858  | Picker Christian    | 1982 | GER |                         | 47:37    | <b>47:43</b>    | + 10:16 |
| 5    | 836  | Kosmann Benedikt    | 1985 | GER |                         | 49:39    | <b>49:46</b>    | + 12:19 |
| 6    | 772  | Laus Christian      | 1983 | GER |                         | 52:56    | <b>53:04</b>    | + 15:37 |
| 7    | 725  | Reckhaus Thorsten   | 1983 | GER | TV Einigkeit Langenberg | 54:28    | <b>54:36</b>    | + 17:09 |
| 8    | 700  | Kaldewei Andre      | 1985 | GER | TuS Westfalia Vorhelm   | 55:02    | <b>55:14</b>    | + 17:47 |
| 9    | 830  | Stahl Hendrik       | 1983 | GER | SV Herbern              | 55:49    | <b>56:07</b>    | + 18:40 |
| 10   | 825  | Kramer Kai-Uwe      | 1984 | GER |                         | 01:11:12 | <b>01:11:19</b> | + 33:52 |

## 10km Straßenlauf, M45 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein                  | Netto | Leistung     | Diff    |
|------|------|-------------------|------|-----|-------------------------|-------|--------------|---------|
| 1    | 678  | Heese Benjamin    | 1978 | GER | SG Rote Erde Beckum     | 39:50 | <b>39:53</b> |         |
| 2    | 698  | Bergedieck Markus | 1981 | GER | TuS Westfalia Vorhelm   | 46:52 | <b>47:04</b> | + 7:11  |
| 3    | 768  | Korbanka Stefan   | 1979 | GER |                         | 47:01 | <b>47:12</b> | + 7:19  |
| 4    | 897  | Koschützke Thomas | 1980 | GER |                         | 49:37 | <b>49:42</b> | + 9:49  |
| 5    | 756  | Gersmann Andreas  | 1980 | GER |                         | 50:21 | <b>50:29</b> | + 10:36 |
| 6    | 724  | Bühren Maik       | 1977 | GER | TV Einigkeit Langenberg | 51:57 | <b>52:04</b> | + 12:11 |
| 7    | 776  | Meßmann Tobias    | 1979 | GER |                         | 57:07 | <b>57:19</b> | + 17:26 |

## 10km Straßenlauf, W40 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein             | Netto    | Leistung        | Diff    |
|------|------|-------------------|------|-----|--------------------|----------|-----------------|---------|
| 1    | 653  | Jabss Irene       | 1984 | GER | LippeRunners Werne | 45:49    | <b>45:52</b>    |         |
| 2    | 879  | Schröder Caroline | 1985 | GER | ASC Ahlen          | 46:30    | <b>46:42</b>    | + 0:50  |
| 3    | 831  | Limberg Stefanie  | 1983 | GER | RSV Borgholzhausen | 47:36    | <b>47:41</b>    | + 1:49  |
| 4    | 745  | Beinroth Annika   | 1983 | GER |                    | 01:05:02 | <b>01:05:14</b> | + 19:22 |

## 10km Straßenlauf, W45 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name              | Jg   | Nat | Verein          | Netto | Leistung     | Diff   |
|------|------|-------------------|------|-----|-----------------|-------|--------------|--------|
| 1    | 681  | Grünert Agnieszka | 1977 | GER | Ski-Club Beckum | 46:26 | <b>46:33</b> |        |
| 2    | 673  | Hegger Alena      | 1979 | GER | Raufen & Laufen | 50:01 | <b>50:07</b> | + 3:34 |
| 3    | 604  | Weinberg Adeline  | 1980 | GER | ASC Ahlen       | 53:31 | <b>53:41</b> | + 7:08 |
| 4    | 694  | Caplan Jessica    | 1977 | GER | Treiser LWT     | 54:04 | <b>54:09</b> | + 7:36 |

## 10km Straßenlauf, M50 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                  | Jg   | Nat | Verein                                      | Netto | Leistung     | Diff    |
|------|------|-----------------------|------|-----|---------------------------------------------|-------|--------------|---------|
| 1    | 883  | Raulf Stefan          | 1973 | GER | LV Oelde                                    | 37:26 | <b>37:27</b> |         |
| 2    | 616  | Behrend Mike          | 1972 | GER | Erdinger Active Team                        | 41:27 | <b>41:27</b> | + 4:00  |
| 3    | 626  | Hanke Ingo            | 1974 | GER | Lauffreunde Bönen 1985                      | 41:37 | <b>41:38</b> | + 4:11  |
| 4    | 660  | Hilker Sven           | 1976 | GER | LV Oelde                                    | 42:05 | <b>42:07</b> | + 4:40  |
| 5    | 651  | Schrutek Olli         | 1974 | GER | LG Hamm                                     | 49:46 | <b>49:50</b> | + 12:23 |
| 6    | 634  | Kleinert Matthias     | 1974 | GER | Laufftreff Lüdinghausen /<br>runningBLOG.de | 49:57 | <b>50:08</b> | + 12:41 |
| 7    | 658  | Rauf Christoph        | 1975 | GER | LSF-Unna-2000                               | 52:51 | <b>52:59</b> | + 15:32 |
| 8    | 688  | Hoppe-Bruland Andreas | 1975 | GER | SuS Enniger                                 | 52:46 | <b>52:59</b> | + 15:32 |
| 9    | 628  | Kivitz Georg          | 1976 | GER | Lauffreunde Wienke                          | 52:52 | <b>53:05</b> | + 15:38 |
| 10   | 754  | Dylus Holger          | 1974 | GER |                                             | 53:08 | <b>53:27</b> | + 16:00 |

## 10km Straßenlauf, M55 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                              | Netto | Leistung     | Diff    |
|------|------|----------------------|------|-----|-------------------------------------|-------|--------------|---------|
| 1    | 644  | Schröer Ludger       | 1969 | GER | LG Deiringsen                       | 38:39 | <b>38:40</b> |         |
| 2    | 838  | Freitag Joachim      | 1968 | GER | BSG SPK MSLO                        | 44:12 | <b>44:15</b> | + 5:35  |
| 3    | 650  | Kruse Stefan         | 1968 | GER | LG Hamm                             | 46:47 | <b>46:50</b> | + 8:10  |
| 4    | 636  | Redemeyer Bernd      | 1967 | GER | LG Ahlen                            | 46:54 | <b>47:00</b> | + 8:20  |
| 5    | 649  | Knecht Flip          | 1971 | GER | LG Hamm                             | 47:28 | <b>47:32</b> | + 8:52  |
| 6    | 672  | Berheide Jörn        | 1971 | GER | Post SV Gütersloh                   | 49:20 | <b>49:24</b> | + 10:44 |
| 7    | 615  | Stewing Peter        | 1967 | GER | DJK Vorwärts Ahlen                  | 54:03 | <b>54:05</b> | + 15:25 |
| 8    | 839  | Fissahn Thomas       | 1969 | GER | Enniger läuft                       | 55:05 | <b>55:22</b> | + 16:42 |
| 9    | 742  | Lammers Jan-Bernd    | 1970 | GER | Warendorfer Sportunion<br>1895/1972 | 55:42 | <b>55:49</b> | + 17:09 |
| 10   | 894  | Cecconi Massimiliano | 1971 | GER |                                     | 58:43 | <b>58:49</b> | + 20:09 |
| 11   | 792  | Schemmann Christoph  | 1970 | GER |                                     | 59:08 | <b>59:26</b> | + 20:46 |
| 12   | 689  | Hövelberend Harald   | 1971 | GER | SV Neubeckum                        | 59:40 | <b>59:50</b> | + 21:10 |

## 10km Straßenlauf, W50 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name               | Jg   | Nat | Verein        | Netto | Leistung     | Diff   |
|------|------|--------------------|------|-----|---------------|-------|--------------|--------|
| 1    | 764  | Ischinsky Carolin  | 1974 | GER |               | 45:11 | <b>45:14</b> |        |
| 2    | 610  | Postert Christiane | 1974 | GER | De Vegans     | 48:37 | <b>48:43</b> | + 3:29 |
| 3    | 840  | Fissahn Heike      | 1972 | GER | Enniger läuft | 49:47 | <b>50:03</b> | + 4:49 |

## 10km Straßenlauf, W55 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                | Jg   | Nat | Verein        | Netto    | Leistung        | Diff    |
|------|------|---------------------|------|-----|---------------|----------|-----------------|---------|
| 1    | 726  | Engelmeyer Elke     | 1968 | GER | TV Ennigerloh | 55:43    | <b>55:59</b>    |         |
| 2    | 692  | Oeckermann Marianne | 1969 | GER | Team Oeckis   | 01:06:38 | <b>01:06:56</b> | + 10:57 |
| 3    | 778  | Niehoff Anke        | 1969 | GER |               | 01:07:20 | <b>01:07:35</b> | + 11:36 |

## 10km Straßenlauf, M60 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                 | Jg   | Nat | Verein                           | Netto | Leistung     | Diff    |
|------|------|----------------------|------|-----|----------------------------------|-------|--------------|---------|
| 1    | 625  | Willingmann Todt G.  | 1965 | GER | Lauffreunde Bönen 1985           | 43:20 | <b>43:21</b> |         |
| 2    | 843  | Stutenbäumer Martin  | 1964 | GER | Ski-Club Beckum                  | 46:25 | <b>46:33</b> | + 3:12  |
| 3    | 608  | Schwarz Georg        | 1965 | GER | Autohaus am Wasserturm<br>Beckum | 49:10 | <b>49:12</b> | + 5:51  |
| 4    | 612  | Reger Thomas         | 1963 | GER | DELTA-Lauftreff Ahlen            | 52:02 | <b>52:07</b> | + 8:46  |
| 5    | 609  | Schmidt Christian    | 1966 | GER | BSV Hövel                        | 52:06 | <b>52:26</b> | + 9:05  |
| 6    | 606  | Prange Ulrich        | 1963 | GER | Ascheloh-Freunde                 | 55:05 | <b>55:22</b> | + 12:01 |
| 7    | 693  | Oeckermann Karlheinz | 1962 | GER | Team Oeckis                      | 57:21 | <b>57:38</b> | + 14:17 |

## 10km Straßenlauf, M65 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name                   | Jg   | Nat | Verein                    | Netto | Leistung     | Diff   |
|------|------|------------------------|------|-----|---------------------------|-------|--------------|--------|
| 1    | 607  | Töpsch Burkhard        | 1958 | GER | Asphaltkiller Sendenhorst | 50:32 | <b>50:36</b> |        |
| 2    | 767  | Knebelkamp Jörg        | 1960 | GER |                           | 52:06 | <b>52:14</b> | + 1:38 |
| 3    | 722  | Lippert Theo           | 1959 | GER | TV 05 Neubeckum           | 58:16 | <b>58:27</b> | + 7:51 |
| 4    | 889  | Giesselmand Hans-Georg | 1957 | GER | Kamen                     | 59:27 | <b>59:44</b> | + 9:08 |

## 10km Straßenlauf, W65 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name          | Jg   | Nat | Verein             | Netto    | Leistung        | Diff   |
|------|------|---------------|------|-----|--------------------|----------|-----------------|--------|
| 1    | 851  | Grote Irmgard | 1961 | GER | LG Oelde/Wadersloh | 01:04:49 | <b>01:04:59</b> |        |
| 2    | 842  | Grieb Doris   | 1957 | GER | Sendenhorst        | 01:06:23 | <b>01:06:38</b> | + 1:39 |

## 10km Straßenlauf, M75 (aus gemeinsamem Bewerb)

15.03.2026 / 11:00

Länge: 10km - Finale

| Rang | StNr | Name               | Jg   | Nat | Verein    | Netto | Leistung     | Diff |
|------|------|--------------------|------|-----|-----------|-------|--------------|------|
| 1    | 611  | Quattrocchi Fulvio | 1950 | GER | De Vegans | 57:26 | <b>57:42</b> |      |