

## 42. Oeventroper Volks- und Straßenlauf 27.10.2024



### Zieleinlaufliste

| GesP Startnr Name       |    |                   | Jahrg | Verein                                | m/w AK |     | Zeit     |
|-------------------------|----|-------------------|-------|---------------------------------------|--------|-----|----------|
| Ruhrtal-Run 10 km (m/w) |    |                   |       |                                       |        |     |          |
| 1.                      | 72 | Henrik Hoffmann   | 1990  | Marathon-Club Menden                  | m      | M30 | 32:29,40 |
| 2.                      | 70 | Anselm Wüllner    | 1991  | Vereinslos                            | m      | M30 | 35:03,60 |
| 3.                      | 82 | Andre Kraus       | 1975  | LAC Veltins TuS Oeventrop             | m      | M45 | 35:28,30 |
| 4.                      | 58 | Marcel Klammt     | 1986  | SC Hagen-Wildewiese                   | m      | M35 | 36:45,40 |
| 5.                      | 80 | Jonah Semella     | 2004  | Vereinslos                            | m      | M   | 36:51,70 |
| 6.                      | 3  | Tim Stein         | 1995  | LAC Veltins TV Arnsberg               | m      | M   | 36:54,00 |
| 7.                      | 60 | Stephan Moschek   | 1974  | SC Hagen-Wildewiese                   | m      | M50 | 37:21,80 |
| 8.                      | 67 | Yurii Vynohradov  | 1992  | LAC Veltins VfL Fleckenberg           | m      | M30 | 38:17,30 |
| 9.                      | 74 | Axel Führer       | 1981  | Gondel 7                              | m      | M40 | 38:28,10 |
| 10.                     | 23 | Niklas Göddeke    | 1983  | TSV Bigge-Olsberg                     | m      | M40 | 38:36,50 |
| 11.                     | 49 | Maximilian Beck   | 2000  | LAC Veltins TuS Rumbeck               | m      | M   | 38:52,70 |
| 12.                     | 24 | Jonas Behrend     | 2004  | Lauffreunde Bönen                     | m      | M   | 39:10,50 |
| 13.                     | 56 | Philipp Hoffmann  | 1998  | SC Hagen-Wildewiese                   | m      | M   | 39:41,10 |
| 14.                     | 13 | Mike Behrend      | 1972  | Erdinger Active Team                  | m      | M50 | 40:07,00 |
| 15.                     | 69 | Guido Ebe         | 1974  | TV Deilinghofen                       | m      | M50 | 40:26,30 |
| 16.                     | 64 | Thomas Baehr      | 1966  | SC Hagen-Wildewiese                   | m      | M55 | 41:08,40 |
| 17.                     | 6  | Luciene Cramer    | 1972  | Laufladen Endspurt Running Team       | w      | W50 | 41:40,60 |
| 18.                     | 14 | Michael Herzig    | 1973  | Geologischer Service                  | m      | M50 | 41:53,60 |
| 19.                     | 32 | Dirk Wortmann     | 1965  | LAC Veltins TV Herdringen             | m      | M55 | 42:01,80 |
| 20.                     | 79 | Rainer Beckers    | 1963  | LG Burg Wiedenbrück                   | m      | M60 | 42:56,30 |
| 21.                     | 73 | Yvonne Keßler     | 1985  | Gondel 7                              | w      | W35 | 43:14,40 |
| 22.                     | 62 | Andre Schültke    | 1986  | SC Hagen-Wildewiese                   | m      | M35 | 43:17,50 |
| 23.                     | 83 | Peter Wegener     | 1967  | LAC Veltins Hochsauerland             | m      | M55 | 43:37,90 |
| 24.                     | 78 | Mirko Mühlenjost  | 1970  | LG Burg Wiedenbrück                   | m      | M50 | 43:52,40 |
| 25.                     | 57 | Inga Ziegler      | 1996  | SC Hagen-Wildewiese                   | w      | W   | 44:04,50 |
| 26.                     | 65 | Johannes Becker   | 1957  | TSV Rüthen                            | m      | M65 | 44:11,90 |
| 27.                     | 38 | Norbert Ebel      | 1955  | TV Flerke                             | m      | M65 | 44:28,20 |
| 28.                     | 54 | Dirk Stein        | 1970  | LAC Veltins TV Arnsberg               | m      | M50 | 45:20,80 |
| 29.                     | 37 | Dennis Mantel     | 1978  | LG Plettenberg/Herscheid              | m      | M45 | 45:39,50 |
| 30.                     | 61 | Stefan Guth       | 1969  | SC Hagen-Wildewiese                   | m      | M55 | 45:55,10 |
| 31.                     | 68 | Rebecca Amrhein   | 2004  | Marathon-Club Menden                  | w      | W   | 47:19,50 |
| 32.                     | 29 | Ortwin Ruland     | 1951  | Arnsberger Radsport Team (ART)        | m      | M70 | 47:20,50 |
| 33.                     | 5  | Jan Wiesenberg    | 2003  | SV Neptun Neheim-Hüsten               | m      | M   | 47:41,80 |
| 34.                     | 59 | Christoph Reinsch | 1972  | SG Westnetz Arnsberg                  | m      | M50 | 48:08,50 |
| 35.                     | 4  | Patrick Eikeler   | 1997  | TuS Velmede-Bestwig / Erdinger Active | m      | M   | 48:37,50 |
| 36.                     | 40 | Jazek Hesse       | 1978  | Vereinslos                            | m      | M45 | 48:59,70 |
| 37.                     | 11 | Susanne Hoffmann  | 1981  | Trailrunning Squad                    | w      | W40 | 49:14,70 |
| 38.                     | 75 | Anke Büse         | 1980  | SC Hagen-Wildewiese                   | w      | W40 | 49:22,00 |
| 39.                     | 10 | Christian Beck    | 1983  | Vereinslos                            | m      | M40 | 49:55,50 |
| 40.                     | 34 | Sabrina Stecken   | 1988  | TuS Voßwinkel                         | w      | W35 | 52:49,40 |
| 41.                     | 71 | Rainer Vollmert   | 1967  | Vereinslos                            | m      | M55 | 54:24,40 |
| 42.                     | 52 | Stefan Gerke      | 1986  | SC Möhnesee-Stockum e.V.              | m      | M35 | 55:02,60 |
| 43.                     | 35 | Kalle Mantel      | 1954  | LG Plettenberg/Herscheid              | m      | M70 | 55:17,00 |
| 44.                     | 31 | Friedrich Werhahn | 1949  | LAC Veltins SSV Meschede              | m      | M75 | 55:51,80 |

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| GesP |    | Startnr | Name              | Jahrg | Verein                   | m/w AK |     | Zeit     |
|------|----|---------|-------------------|-------|--------------------------|--------|-----|----------|
| 45.  | 43 |         | Bernd Rademacher  | 1982  | BAMTS                    | m      | M40 | 56:33,70 |
| 46.  | 81 |         | Danijela Kampmann | 1975  | HSK Milers               | w      | W45 | 60:18,10 |
| 47.  | 39 |         | Eva Gerke         | 1989  | SC Möhnesee-Stockum e.V. | w      | W35 | 60:23,90 |
| 48.  | 16 |         | Sabrina Hoffmann  | 1997  | Vereinslos               | w      | W   | 60:29,10 |
| 49.  | 17 |         | Roman Freigang    | 1989  | Vereinslos               | m      | M35 | 60:30,50 |
| 50.  | 66 |         | Eddi Griggel      | 1953  | TriFun Hennesee          | m      | M70 | 62:58,40 |

### Ruhrtal-Sprint 5 km (m/w)

|     |     |  |                       |      |                              |   |     |          |
|-----|-----|--|-----------------------|------|------------------------------|---|-----|----------|
| 1.  | 214 |  | Julian Hins           | 2009 | SC Hagen-Wildewiese          | m | M15 | 15:02,40 |
| 2.  | 221 |  | Luca Grobbel          | 2006 | LAC Veltins VfL Fleckenberg  | m | MJ  | 15:14,60 |
| 3.  | 216 |  | Lean Büse             | 2009 | SC Hagen-Wildewiese          | m | M15 | 15:47,00 |
| 4.  | 219 |  | Toni Grobbel          | 2008 | LAC Veltins VfL Fleckenberg  | m | MJ  | 17:14,60 |
| 5.  | 207 |  | Lya Bourgund          | 2008 | LAC Veltins TV Schmallenberg | w | WJ  | 17:19,90 |
| 6.  | 218 |  | Julian Schmidt        | 2010 | LAC Veltins VfL Fleckenberg  | m | M14 | 17:36,10 |
| 7.  | 202 |  | Mona Vielhaber        | 2010 | LAC Veltins TV Calle         | w | W14 | 18:58,60 |
| 8.  | 210 |  | Carolin Rörig         | 2008 | LAC Veltins TV Schmallenberg | w | WJ  | 19:39,00 |
| 9.  | 206 |  | Greta Schmidt         | 2009 | LAC Veltins TV Schmallenberg | w | W15 | 19:45,40 |
| 10. | 217 |  | Sara Guth             | 2008 | SC Hagen-Wildewiese          | w | WJ  | 20:35,30 |
| 11. | 203 |  | Matz Leon Padberg     | 2008 | LAC Veltins TuS Oeventrop    | m | MJ  | 21:24,20 |
| 12. | 222 |  | Anna Kostomitsopoulos | 2007 | Ruhrtalrunners               | w | WJ  | 21:56,40 |
| 13. | 213 |  | Lena Hins             | 2009 | SC Hagen-Wildewiese          | w | W15 | 23:00,00 |
| 14. | 211 |  | Lena Lahrmann         | 2009 | LAC Veltins TuS Rumbeck      | w | W15 | 24:16,40 |
| 15. | 201 |  | Imke Wiesenthal       | 2008 | Vereinslos                   | w | WJ  | 31:25,20 |

### Ruhrtal-Kids-Run 1,2 km (W6-W9)

|     |     |  |                        |      |                              |   |    |          |
|-----|-----|--|------------------------|------|------------------------------|---|----|----------|
| 1.  | 309 |  | Lucia Greve            | 2015 | LAC Veltins TV Schmallenberg | w | W9 | 04:31,30 |
| 2.  | 307 |  | Alice Bauerdick        | 2015 | LAC Veltins TuS Oeventrop    | w | W9 | 04:40,20 |
| 3.  | 326 |  | Elin Nolte             | 2015 | SC Hagen-Wildewiese          | w | W9 | 04:41,40 |
| 4.  | 336 |  | Greta Lohmann          | 2015 | LAC Veltins TV Neheim        | w | W9 | 04:42,80 |
| 5.  | 302 |  | Annika Braun           | 2016 | TSV Rüthen                   | w | W8 | 04:52,10 |
| 6.  | 333 |  | Camila Hernandez       | 2015 | LAC Veltins TV Neheim        | w | W9 | 05:04,30 |
| 7.  | 316 |  | Emilia Buchner         | 2016 | LAC Veltins TuS Rumbeck      | w | W8 | 05:06,40 |
| 8.  | 310 |  | Mariella Elisa Schmidt | 2017 | RW Mellen                    | w | W7 | 05:08,30 |
| 9.  | 329 |  | Tilda Drees            | 2017 | LAC Veltins TV Neheim        | w | W7 | 05:08,70 |
| 10. | 332 |  | Paula Leibold          | 2015 | LAC Veltins TV Neheim        | w | W9 | 05:10,80 |
| 11. | 334 |  | Lucia Hernandez        | 2015 | LAC Veltins TV Neheim        | w | W9 | 05:11,10 |
| 12. | 313 |  | Selma Bretschneider    | 2015 | LAC Veltins TuS Rumbeck      | w | W9 | 05:11,60 |
| 13. | 315 |  | Bentje Rackwitz        | 2015 | LAC Veltins TuS Rumbeck      | w | W9 | 05:21,00 |
| 14. | 335 |  | Carla Kampmann         | 2018 | LAC Veltins TV Neheim        | w | W6 | 05:23,90 |
| 15. | 328 |  | Klara Leibold          | 2018 | LAC Veltins TV Neheim        | w | W6 | 05:26,50 |
| 16. | 324 |  | Clara Walzok           | 2016 | Marathon-Club Menden         | w | W8 | 05:32,40 |
| 17. | 301 |  | Clara Jung             | 2017 | Vereinslos                   | w | W7 | 05:34,10 |
| 18. | 317 |  | Lina Stahl             | 2017 | LAC Veltins TuS Rumbeck      | w | W7 | 05:39,80 |
| 19. | 314 |  | Mia Mester             | 2015 | LAC Veltins TuS Rumbeck      | w | W9 | 05:48,00 |
| 20. | 311 |  | Charlotta Schneider    | 2016 | RW Mellen                    | w | W8 | 05:56,80 |
| 21. | 330 |  | Ida Rairoux            | 2018 | LAC Veltins TV Neheim        | w | W6 | 05:59,10 |

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| GesP Startnr Name |     |                       | Jahrg Verein |                            | m/w AK |    | Zeit     |
|-------------------|-----|-----------------------|--------------|----------------------------|--------|----|----------|
| 22.               | 312 | Melina Schneider      | 2018         | RW Mellen                  | w      | W6 | 06:09,60 |
| 23.               | 319 | Emilia Hoffmann       | 2017         | LAC Veltins TuS Rumbeck    | w      | W7 | 06:11,70 |
| 24.               | 331 | Clara Kessler         | 2018         | LAC Veltins TV Neheim      | w      | W6 | 06:12,30 |
| 25.               | 318 | Emily Hesse           | 2017         | LAC Veltins TuS Rumbeck    | w      | W7 | 06:26,30 |
| 26.               | 321 | Emilia Arnold         | 2018         | LAC Veltins TuS Rumbeck    | w      | W6 | 06:30,80 |
| 27.               | 304 | Hanna Lipke           | 2017         | LAC Veltins TuRa Freienohl | w      | W7 | 06:34,00 |
| 28.               | 337 | Romy Zimmermann       | 2018         | LAC Veltins TV Neheim      | w      | W6 | 06:34,70 |
| 29.               | 323 | Florentine Tieskötter | 2015         | Marathon-Club Menden       | w      | W9 | 06:35,50 |
| 30.               | 338 | Louisa Gerke          | 2018         | SC Möhnesee-Stockum e.V.   | w      | W6 | 06:43,30 |
| 31.               | 325 | Emmi Böcker           | 2018         | Marathon-Club Menden       | w      | W6 | 06:45,20 |
| 32.               | 320 | Magdalena Schüttler   | 2018         | LAC Veltins TuS Rumbeck    | w      | W6 | 06:46,00 |
| 33.               | 303 | Nele Klaus            | 2018         | LAC Veltins TV Arnsberg    | w      | W6 | 06:55,30 |
| 34.               | 322 | Amelia Mainka         | 2017         | Marathon-Club Menden       | w      | W7 | 07:01,40 |

### Ruhrtal-Kids-Run 1,2 km (M6-M9)

|     |     |                     |      |                              |   |    |          |
|-----|-----|---------------------|------|------------------------------|---|----|----------|
| 1.  | 422 | Moritz Kessler      | 2015 | LAC Veltins TV Neheim        | m | M9 | 04:26,40 |
| 2.  | 421 | Tommy Wendland      | 2015 | LAC Veltins TuS Oeventrop    | m | M9 | 04:31,20 |
| 3.  | 403 | Adrian Rouven Stute | 2015 | TV Flerke                    | m | M9 | 04:38,90 |
| 4.  | 408 | Theo Buchner        | 2016 | LAC Veltins TuS Rumbeck      | m | M8 | 04:53,60 |
| 5.  | 411 | Leo Dittrich        | 2016 | Marathon-Club Menden         | m | M8 | 04:55,20 |
| 6.  | 415 | Silas Rossa         | 2015 | Marathon-Club Menden         | m | M9 | 05:01,50 |
| 7.  | 412 | Tom Fehringer       | 2017 | Marathon-Club Menden         | m | M7 | 05:02,30 |
| 8.  | 406 | Felix Schulte       | 2015 | LAC Veltins TV Schmallenberg | m | M9 | 05:07,10 |
| 9.  | 407 | Oliver Arnold       | 2016 | LAC Veltins TuS Rumbeck      | m | M8 | 05:07,80 |
| 10. | 401 | Toni Lukowski       | 2016 | TuS Voßwinkel                | m | M8 | 05:10,50 |
| 11. | 420 | Noah Klammt         | 2017 | SC Hagen-Wildewiese          | m | M7 | 05:11,70 |
| 12. | 416 | Theo Rüberg         | 2017 | Marathon-Club Menden         | m | M7 | 05:29,90 |
| 13. | 418 | Simon Schwedler     | 2017 | PSV Wuppertal                | m | M7 | 05:30,30 |
| 14. | 409 | Mika Bornemann      | 2017 | LAC Veltins TuS Rumbeck      | m | M7 | 05:59,00 |
| 15. | 417 | Mattis Rossa        | 2018 | Marathon-Club Menden         | m | M6 | 06:01,00 |
| 16. | 402 | Theo Laux           | 2016 | Vereinslos                   | m | M8 | 06:07,80 |
| 17. | 405 | Hannes Blanke       | 2018 | LAC Veltins TV Calle         | m | M6 | 06:18,70 |
| 18. | 419 | Lasse Schültke      | 2017 | SC Hagen-Wildewiese          | m | M7 | 06:29,50 |
| 19. | 414 | Niko Lamp           | 2017 | Marathon-Club Menden         | m | M7 | 06:42,30 |
| 20. | 404 | Tim Rademacher      | 2015 | BAMTS                        | m | M9 | 06:46,00 |
| 21. | 410 | Nouri Abou-EI-Ella  | 2018 | LAC Veltins TuS Rumbeck      | m | M6 | 06:49,40 |

### Ruhrtal-Kids-Run 1,2 km (W10-W13)

|    |     |                 |      |                              |   |     |          |
|----|-----|-----------------|------|------------------------------|---|-----|----------|
| 1. | 520 | Hannah Hins     | 2011 | SC Hagen-Wildewiese          | w | W13 | 03:59,10 |
| 2. | 518 | Finja Nolte     | 2012 | SC Hagen-Wildewiese          | w | W12 | 04:07,20 |
| 3. | 519 | Lilly Büse      | 2012 | SC Hagen-Wildewiese          | w | W12 | 04:07,80 |
| 4. | 504 | Jette Vielhaber | 2012 | LAC Veltins TV Calle         | w | W12 | 04:14,40 |
| 5. | 521 | Sina Blaser     | 2011 | TSV Bigge-Olsberg            | w | W13 | 04:23,80 |
| 6. | 512 | Sophia Siepe    | 2012 | LAC Veltins TV Schmallenberg | w | W12 | 04:29,90 |
| 7. | 522 | Luisa Schmidt   | 2013 | LAC Veltins VfL Fleckenberg  | w | W11 | 04:37,70 |
| 8. | 524 | Mila Stemann    | 2014 | LAC Veltins TV Neheim        | w | W10 | 04:39,80 |

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| GesP | Startnr | Name                | Jahrg | Verein                       | m/w | AK  | Zeit     |
|------|---------|---------------------|-------|------------------------------|-----|-----|----------|
| 9.   | 509     | Pia Blanke          | 2013  | LAC Veltins TV Calle         | w   | W11 | 04:57,10 |
| 10.  | 502     | Leni Borgmann       | 2013  | SV Niedersfeld               | w   | W11 | 04:57,80 |
| 11.  | 526     | Ida Neuhaus         | 2014  | LAC Veltins TV Neheim        | w   | W10 | 05:00,30 |
| 12.  | 523     | Lene Maerevoet      | 2014  | LAC Veltins TV Neheim        | w   | W10 | 05:01,00 |
| 13.  | 517     | Iva Kostorz         | 2011  | Marathon-Club Menden         | w   | W13 | 05:03,90 |
| 14.  | 516     | Madita Hörster      | 2014  | Marathon-Club Menden         | w   | W10 | 05:08,00 |
| 15.  | 505     | Olivia Wendland     | 2013  | LAC Veltins TuS Oeventrop    | w   | W11 | 05:09,60 |
| 16.  | 528     | Amelie Meiners      | 2013  | LAC Veltins TuS Rumbeck      | w   | W11 | 05:10,10 |
| 17.  | 511     | Emma Albers         | 2014  | LAC Veltins TV Schmallenberg | w   | W10 | 05:11,50 |
| 18.  | 527     | Carla Drees         | 2014  | LAC Veltins TV Neheim        | w   | W10 | 05:14,30 |
| 19.  | 515     | Matilda Helber      | 2014  | LAC Veltins TuS Rumbeck      | w   | W10 | 05:15,80 |
| 20.  | 514     | Nele Rackwitz       | 2013  | LAC Veltins TuS Rumbeck      | w   | W11 | 05:17,80 |
| 21.  | 510     | Isabel Geueke       | 2014  | LAC Veltins TV Schmallenberg | w   | W10 | 05:22,90 |
| 22.  | 503     | Tara Reffellmann    | 2012  | LAC Veltins TuRa Freienohl   | w   | W12 | 05:23,80 |
| 23.  | 525     | Anahi Hernandez     | 2013  | LAC Veltins TV Neheim        | w   | W11 | 05:32,20 |
| 24.  | 507     | Lia Bornemann       | 2014  | LAC Veltins TuS Oeventrop    | w   | W10 | 05:40,00 |
| 25.  | 506     | Sofia- Marie Becker | 2014  | LAC Veltins TuS Oeventrop    | w   | W10 | 05:46,90 |
| 26.  | 508     | Ina Pietz           | 2013  | LAC Veltins TuS Oeventrop    | w   | W11 | 06:06,50 |

### Ruhrtal-Kids-Run 1,2 km (M10-M13)

|     |     |                  |      |                             |   |     |          |
|-----|-----|------------------|------|-----------------------------|---|-----|----------|
| 1.  | 612 | Matti Grobbel    | 2012 | LAC Veltins VfL Fleckenberg | m | M12 | 03:59,10 |
| 2.  | 607 | Ben Hörster      | 2013 | Marathon-Club Menden        | m | M11 | 04:14,80 |
| 3.  | 604 | Jonas Stahl      | 2014 | LAC Veltins TuS Rumbeck     | m | M10 | 04:20,30 |
| 4.  | 611 | Jona Schwedler   | 2014 | PSV Wuppertal               | m | M10 | 04:21,70 |
| 5.  | 603 | Daniel Kramer    | 2013 | LAC Veltins TuS Rumbeck     | m | M11 | 04:22,50 |
| 6.  | 605 | Ben Buchner      | 2014 | LAC Veltins TuS Rumbeck     | m | M10 | 04:23,20 |
| 7.  | 613 | Luis Leyendecker | 2014 | LAC Veltins TV Neheim       | m | M10 | 04:26,60 |
| 8.  | 601 | Jonas Lukowski   | 2014 | TuS Voßwinkel               | m | M10 | 04:29,60 |
| 9.  | 608 | Julius Rüberg    | 2014 | Marathon-Club Menden        | m | M10 | 04:31,40 |
| 10. | 680 | Henry Maerevoet  | 2014 | Vereinslos                  | m | M10 | 04:48,70 |
| 11. | 602 | Felix Risse      | 2014 | LAC Veltins TuRa Freienohl  | m | M10 | 04:56,90 |
| 12. | 609 | Jonas Walzok     | 2014 | Marathon-Club Menden        | m | M10 | 04:57,80 |

### Jedermann-Sprint 5 km (m/w)

|     |     |                   |      |                       |   |     |          |
|-----|-----|-------------------|------|-----------------------|---|-----|----------|
| 1.  | 259 | Jonas Behrend     | 2004 | Lauffreunde Bönen     | m | M   | 18:15,50 |
| 2.  | 260 | Mike Behrend      | 1972 | Erdinger Active Team  | m | M50 | 18:33,80 |
| 3.  | 262 | Christoph Hilger  | 1985 | Vereinslos            | m | M35 | 18:43,60 |
| 4.  | 281 | André Dahlhaus    | 1977 | Vereinslos            | m | M45 | 18:46,30 |
| 5.  | 258 | Tobias Teusch     | 1993 | Vereinslos            | m | M30 | 18:57,60 |
| 6.  | 261 | Jan Schwedler     | 1985 | PSV Wuppertal         | m | M35 | 19:52,80 |
| 7.  | 290 | Fabian Boelke     | 1989 | Feuerwehr Arnsberg    | m | M35 | 20:24,60 |
| 8.  | 256 | Maximilian Kusche | 1995 | TuS Hüsten            | m | M   | 20:26,10 |
| 9.  | 274 | Alexander Kiesel  | 1982 | Vereinslos            | m | M40 | 21:03,30 |
| 10. | 287 | Markus Maerevoet  | 1975 | Generali Laufteam     | m | M45 | 21:16,20 |
| 11. | 289 | Jorge Hernandez   | 1976 | LAC Veltins TV Neheim | m | M45 | 21:30,40 |
| 12. | 279 | Peter Zoor        | 1998 | Feuerwehr Arnsberg    | m | M   | 21:47,80 |

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|------|-----|---------|-------------------------|-------|--------------------------|--------|-----|----------|
| 13.  | 294 |         | Özgür Öztürk            | 1993  | Feuerwehr Arnsberg       | m      | M30 | 22:55,30 |
| 14.  | 278 |         | Johannes Wullenweber    | 1986  | Feuerwehr Arnsberg       | m      | M35 | 22:56,20 |
| 15.  | 269 |         | Oliver Köhler           | 1972  | Feuerwehr Arnsberg       | m      | M50 | 22:56,40 |
| 16.  | 268 |         | Jan Hasenclever         | 2002  | Feuerwehr Arnsberg       | m      | M   | 23:08,10 |
| 17.  | 292 |         | Tim Blümel              | 2000  | Feuerwehr Arnsberg       | m      | M   | 23:20,80 |
| 18.  | 251 |         | Ronja Hebben-Adams      | 1994  | LAC Veltins SSV Meschede | w      | W30 | 23:23,10 |
| 19.  | 253 |         | Lina Adams              | 1996  | LAC Veltins SSV Meschede | w      | W   | 23:24,00 |
| 20.  | 254 |         | Christian Schäperklaus  | 1994  | Vereinslos               | m      | M30 | 23:33,20 |
| 21.  | 288 |         | Melanie Maerevoet       | 1981  | Vereinslos               | w      | W40 | 24:36,60 |
| 22.  | 263 |         | Manfred Gilbert         | 1954  | LAC Veltins TV Neheim    | m      | M70 | 24:40,40 |
| 23.  | 284 |         | Astrid Kostomitsopoulos | 1970  | RuhrtaRunners            | w      | W50 | 25:13,60 |
| 24.  | 277 |         | Elmar Schulte-Bauerdick | 1974  | Feuerwehr Arnsberg       | m      | M50 | 25:21,20 |
| 25.  | 275 |         | Oliver Reuther          | 1975  | Feuerwehr Arnsberg       | m      | M45 | 25:21,40 |
| 26.  | 270 |         | Axel Leonhardt          | 1992  | Feuerwehr Arnsberg       | m      | M30 | 25:35,60 |
| 27.  | 276 |         | Patrick Rösner          | 1992  | Feuerwehr Arnsberg       | m      | M30 | 25:37,10 |
| 28.  | 271 |         | Christian Luig          | 1987  | Feuerwehr Arnsberg       | m      | M35 | 27:29,40 |
| 29.  | 266 |         | Stefan Dümpelmann       | 1977  | Feuerwehr Arnsberg       | m      | M45 | 27:29,70 |
| 30.  | 282 |         | Sylvia Hübner-Adams     | 1961  | LAC Veltins SSV Meschede | w      | W60 | 27:49,50 |
| 31.  | 257 |         | Elyesa Varim            | 2001  | Vereinslos               | m      | M   | 27:51,50 |
| 32.  | 252 |         | Milena Böckeler         | 1996  | Vereinslos               | w      | W   | 28:22,50 |
| 33.  | 291 |         | Maximilian Melbert      | 1991  | Feuerwehr Arnsberg       | m      | M30 | 28:25,50 |
| 34.  | 293 |         | Nils Tebbe              | 1985  | Feuerwehr Arnsberg       | m      | M35 | 28:25,80 |
| 35.  | 286 |         | Dirk Heimes             | 1949  | SC Fretter               | m      | M75 | 28:36,90 |
| 36.  | 285 |         | Marit Köhler            | 1999  | Feuerwehr Arnsberg       | w      | W   | 29:30,70 |
| 37.  | 283 |         | Anne Mainda             | 1955  | RuhrtaRunners            | w      | W65 | 30:52,50 |
| 38.  | 280 |         | Laura Wälter            | 1992  | Vereinslos               | w      | W30 | 31:17,60 |
| 39.  | 272 |         | Detlef Menge            | 1961  | Feuerwehr Arnsberg       | m      | M60 | 34:44,50 |

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