

## Ergebnis Einlauf &gt;&gt; 5 km Lauf (Einzelwertung) &lt;&lt;

| Rang | M   | W  | Name                   | Verein   | AK    | SN# | Zeit     |
|------|-----|----|------------------------|--|-------|-----|----------|
| 1.   | 1.  |    | Glowa, Sodapop         | ASV Iserlohn                                       | 1. M  | 692 | 00:18:24 |
| 2.   | 2.  |    | Greis, Bob             | ASV Iserlohn                                       | 2. M  | 693 | 00:18:34 |
| 3.   | 3.  |    | Niemitz, Stefan        | DRIESCH MENDEN                                     | 3. M  | 35  | 00:18:54 |
| 4.   | 4.  |    | Schmidt, Paul          | Lentsch&Motorrad&Freizeitbekleidung                | 4. M  | 140 | 00:19:09 |
| 5.   | 5.  |    | Schönherr, David       | PV Triathlon Witten                                | 5. M  | 543 | 00:19:10 |
| 6.   | 6.  |    | Trapp, Andreas         | Lentsch&Motorrad&Freizeitbekleidung                | 6. M  | 141 | 00:19:18 |
| 7.   | 7.  |    | Stücken, Axel          | Feuerwehr Menden                                   | 7. M  | 74  | 00:19:42 |
| 8.   | 8.  |    | Kuschel, Tom           | Marathon-Club Menden                               | 8. M  | 469 | 00:19:58 |
| 9.   | 9.  |    | Lill, Bernhard         | Lentsch&Motorrad&Freizeitbekleidung                | 9. M  | 138 | 00:20:00 |
| 10.  | 10. |    | Brune, Rene            | ASV-Iserlohn                                       | 10. M | 691 | 00:20:01 |
| 11.  | 11. |    | Karantonas, Georgios   | LG Lüdenscheid                                     | 11. M | 449 | 00:20:08 |
| 12.  | 12. |    | Petri, Gerald          | Stadtverwaltung Hemer                              | 12. M | 284 | 00:20:09 |
| 13.  | 13. |    | Holtermann, Lukas      | Breckerfelder Trio                                 | 13. M | 27  | 00:20:12 |
| 14.  | 14. |    | Mirz, Thomas           | LANG+MENKE   | 14. M | 126 | 00:20:15 |
| 15.  |     | 1. | Birbalaite, Vilija     | Lentsch&Motorrad&Freizeitbekleidung                | 1. F  | 135 | 00:20:17 |
| 16.  | 15. |    | Lemke, Hans-Jörg       | Lentsch&Motorrad&Freizeitbekleidung                | 15. M | 137 | 00:20:17 |
| 17.  | 16. |    | Peter, Holger          | Lentsch&Motorrad&Freizeitbekleidung                | 16. M | 139 | 00:20:20 |
| 18.  | 17. |    | Nowitzki, Jens         |  | 17. M | 513 | 00:20:24 |
| 19.  | 18. |    | Schröder, Janosch      | Schröder-Family                                    | 18. M | 673 | 00:20:26 |
| 20.  | 19. |    | Kotolas, Kosta         | DRIESCH MENDEN                                     | 19. M | 34  | 00:20:34 |
| 21.  | 20. |    | Kolonko, Peter         | Schulte-Werk 1                                     | 20. M | 238 | 00:20:43 |
| 22.  | 21. |    | Stanke, Alexander      | Sparkasse Iserlohn                                 | 21. M | 274 | 00:20:44 |
| 23.  | 22. |    | Tiago, Victor          | Laufrapidus Iserlohn                               | 22. M | 131 | 00:20:55 |
| 24.  | 23. |    | Grillo , Alexander     | Grillo GbR   | 23. M | 677 | 00:21:03 |
| 25.  |     | 2. | Wrede, Marina          | ASV Iserlohn                                       | 2. F  | 588 | 00:21:06 |
| 26.  |     | 3. | Walter, Verena         | Iserlohner Tri-Team                                | 3. F  | 572 | 00:21:20 |
| 27.  | 24. |    | Stöhr, Uli             | Grohe AG   | 24. M | 85  | 00:21:32 |
| 28.  | 25. |    | Pasic, Martin          | Grohe AG   | 25. M | 82  | 00:21:46 |
| 29.  | 26. |    | Fingerhut, Matthias    | LC- Letmathe/Iserlohn                              | 26. M | 405 | 00:21:51 |
| 30.  | 27. |    | Niederhofer, Stefan    | Breckerfelder Trio                                 | 27. M | 29  | 00:21:57 |
| 31.  | 28. |    | Knipping, Jörn         | Stadtverwaltung Hemer                              | 28. M | 283 | 00:21:58 |
| 32.  | 29. |    | Ochm, Stefan           |  | 29. M | 701 | 00:22:04 |
| 33.  | 30. |    | Recker, Markus         | Stadtverwaltung Hemer                              | 30. M | 285 | 00:22:08 |
| 34.  | 31. |    | Harnischmacher, Dennis | Paracelsus-Klinik                                  | 31. M | 196 | 00:22:09 |
| 35.  | 32. |    | Mowe, Michael          | Lungenklinik Hemer                                 | 32. M | 152 | 00:22:12 |
| 36.  | 33. |    | Nikolajew, Alex        | TURCK powered by aktivital                         | 33. M | 327 | 00:22:13 |
| 37.  | 34. |    | Hildebrandt, Markus    | TURCK powered by aktivital                         | 34. M | 320 | 00:22:17 |
| 38.  | 35. |    | Glasmeyer, Gerhard     | Marathon-Club Menden                               | 35. M | 417 | 00:22:25 |
| 39.  | 36. |    | Hofsäß, Florian        | Lungenklinik Hemer                                 | 36. M | 148 | 00:22:31 |
| 40.  | 37. |    | Camminady, Thomas      | SG Balve   | 37. M | 737 | 00:22:42 |
| 41.  | 38. |    | Ertz, Christoph        | Judoclub Halver                                    | 38. M | 90  | 00:22:48 |
| 42.  | 39. |    | Lauber, Paskal         | Schulte-Werk 1                                     | 39. M | 241 | 00:22:48 |
| 43.  | 40. |    | Kouspatris, Daniel     | TURCK powered by aktivital                         | 40. M | 310 | 00:22:49 |
| 44.  | 41. |    | Hülßenbeck, Sascha     | Feuerwehr Menden                                   | 41. M | 62  | 00:22:50 |
| 45.  | 42. |    | Wörlein, Philipp       |  | 42. M | 587 | 00:22:56 |
| 46.  | 43. |    | Urban, Lennart         | TURCK powered by aktivital                         | 43. M | 311 | 00:23:01 |
| 47.  | 44. |    | Oertker, Stefan        |  | 44. M | 514 | 00:23:15 |
| 48.  | 45. |    | Kopial, Thomas         | Paracelsus-Klinik                                  | 45. M | 198 | 00:23:19 |
| 49.  | 46. |    | Seeger, Daniela        | ZURICH   | 46. M | 357 | 00:23:26 |
| 50.  | 47. |    | Rzonsa, Lars           | Feuerwehr Halver                                   | 47. M | 42  | 00:23:31 |
| 51.  | 48. |    | Gürel, Bekir           | TURCK powered by aktivital                         | 48. M | 317 | 00:23:38 |
| 52.  | 49. |    | Dzaja, Marcel          | TuS Neuenrade e.V. TA                              | 49. M | 396 | 00:23:39 |
| 53.  | 50. |    | Haacke, Michael        | Paracelsus-Klinik                                  | 50. M | 194 | 00:23:41 |
| 54.  | 51. |    | Ullmann, Maik          | Firma Escha  | 51. M | 622 | 00:23:51 |
| 55.  | 52. |    | Rothhoeft, Martin      | LT V.I.P.E   | 52. M | 531 | 00:23:52 |
| 56.  | 53. |    | Oberste, Julian        | TV Deilinghofen                                    | 53. M | 715 | 00:23:54 |
| 57.  | 54. |    | Bamfaste, Peter        | Kunststoff-Institut Lüdenscheid                    | 54. M | 702 | 00:23:58 |
| 58.  | 55. |    | Plischka, Dominic      | Feuerwehr Letmathe                                 | 55. M | 52  | 00:24:13 |
| 59.  | 56. |    | Kehl, Jona             | Reiterverein Altena e.V.                           | 56. M | 214 | 00:24:13 |
| 60.  | 57. |    | Große, Timo            | TC Landhausen                                      | 57. M | 295 | 00:24:16 |
| 61.  | 58. |    | Donner, Andre          |  | 58. M | 395 | 00:24:17 |
| 62.  | 59. |    | Wiedemann, Manuel      | Lungenklinik Hemer                                 | 59. M | 160 | 00:24:17 |
| 63.  | 60. |    | Towara, Artur          | Laufrapidus Iserlohn                               | 60. M | 133 | 00:24:18 |
| 64.  | 61. |    | Klemt, Roland          | AV Sprinter  | 61. M | 12  | 00:24:18 |
| 65.  | 62. |    | Schweizer, Christian   | Stadtverwaltung Hemer                              | 62. M | 287 | 00:24:19 |
| 66.  | 63. |    | Bäcker , Ralf          | TC Landhausen                                      | 63. M | 291 | 00:24:22 |
| 67.  | 64. |    | Kreis, Thorsten        | Rudersportvereinigung deutsche Ärzte und Apotheker | 64. M | 465 | 00:24:23 |
| 68.  | 65. |    | Kenne, Heiko           | Paracelsus-Klinik                                  | 65. M | 197 | 00:24:23 |
| 69.  |     | 4. | Link-Holtermann, Elke  | Breckerfelder Trio                                 | 4. F  | 28  | 00:24:34 |
| 70.  | 66. |    | Woznicka, Michael      | Stadtverwaltung Hemer                              | 66. M | 290 | 00:24:39 |
| 71.  | 67. |    | Krüger, Jörg           |  | 67. M | 675 | 00:24:49 |
| 72.  | 68. |    | Mielke, Ottmar         | Paracelsus-Klinik                                  | 68. M | 199 | 00:24:50 |
| 73.  |     | 5. | Dulas-Kubelt, Jeannine | LG Halver-Schalksmühle                             | 5. F  | 703 | 00:24:53 |
| 74.  | 69. |    | Franke, Mirko          | Laufrapidus Iserlohn                               | 69. M | 128 | 00:24:59 |
| 75.  | 70. |    | Akan, Osman            |  | 70. M | 362 | 00:24:59 |
| 76.  | 71. |    | Heuser, Steven         |  | 71. M | 439 | 00:24:59 |
| 77.  | 72. |    | Schmidt, Björn         | Rasselbande  | 72. M | 680 | 00:25:07 |
| 78.  | 73. |    | Michael, Frank         | Lobbe Entsorgung West                              | 73. M | 143 | 00:25:08 |
| 79.  | 74. |    | Pereira, Manuel        | LANG+MENKE   | 74. M | 127 | 00:25:10 |
| 80.  | 75. |    | Kolonko, Dawid         | Schulte-Werk 1                                     | 75. M | 239 | 00:25:10 |
| 81.  | 76. |    | Pigulla, Daniel        | Feuerwehr Menden                                   | 76. M | 69  | 00:25:12 |
| 82.  | 77. |    | Delhalle, Rene         | Lentsch&Motorrad&Freizeitbekleidung                | 77. M | 136 | 00:25:12 |
| 83.  | 78. |    | Kimna, Matthias        | Feuerwehr Menden                                   | 78. M | 63  | 00:25:12 |
| 84.  | 79. |    | Klostermann, Andree    | Lungenklinik Hemer                                 | 79. M | 150 | 00:25:14 |
| 85.  |     | 6. | Wegener, Sofie         | Team Echtermann                                    | 6. F  | 303 | 00:25:15 |
| 86.  | 80. |    | Scherf, Günter         | Lungenklinik Hemer                                 | 80. M | 157 | 00:25:18 |
| 87.  | 81. |    | Towara, Raimund        | Laufrapidus Iserlohn                               | 81. M | 132 | 00:25:19 |
| 88.  | 82. |    | Düe, Björn             | Feuerwehr Menden                                   | 82. M | 56  | 00:25:24 |

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| Rang | M    | W   | Name                       | Verein                          | AK     | SN# | Zeit     |
|------|------|-----|----------------------------|---------------------------------|--------|-----|----------|
| 89.  | 83.  |     | Müller, Niklas             | Laufen-in-Balve                 | 83. M  | 743 | 00:25:25 |
| 90.  | 84.  |     | Lefanczyk, Thomas          | Feuerwehr Menden                | 84. M  | 64  | 00:25:26 |
| 91.  | 85.  |     | Behm, Marko                | Schulte-Werk 1                  | 85. M  | 227 | 00:25:26 |
| 92.  | 86.  |     | Vogel, Ivan                |                                 | 86. M  | 570 | 00:25:28 |
| 93.  | 87.  |     | Lumberg, Dirk              | TURCK powered by aktivital      | 87. M  | 325 | 00:25:28 |
| 94.  | 88.  |     | Seeger, Patrick            | ZURICH                          | 88. M  | 358 | 00:25:31 |
| 95.  | 89.  |     | Froelich, Armin            | TV Attendom Tri-Time            | 89. M  | 710 | 00:25:33 |
| 96.  | 90.  |     | Schöttel, Jörg             | Grohe AG                        | 90. M  | 83  | 00:25:34 |
| 97.  | 91.  |     | Münchhoff, Jörg            | FC Phoenix Halver               | 91. M  | 502 | 00:25:35 |
| 98.  | 92.  |     | Hüsgen, Kevin              | Roadrunners                     | 92. M  | 200 | 00:25:35 |
| 99.  | 93.  |     | Lison, Matthias            | ZURICH                          | 93. M  | 356 | 00:25:37 |
| 100. | 94.  |     | von der Höh, Frank         | TURCK powered by aktivital      | 94. M  | 331 | 00:25:38 |
| 101. | 95.  |     | Köster, Hubert             |                                 | 95. M  | 459 | 00:25:38 |
| 102. | 96.  |     | Veith, Thore               |                                 | 96. M  | 567 | 00:25:39 |
| 103. | 97.  |     | Rus, Basstian              | TV Deilinghofen                 | 97. M  | 718 | 00:25:40 |
| 104. | 98.  |     | Da Silva Caetano, Gilberto | ZURICH                          | 98. M  | 346 | 00:25:42 |
| 105. |      | 7.  | Schmelzer, Heike           | TC Landhausen                   | 7. F   | 296 | 00:25:44 |
| 106. | 99.  |     | Odenhausen, Stefan         | SG-Hemer                        | 99. M  | 268 | 00:26:00 |
| 107. | 100. |     | Kemper, Stefan             | Team Lürbke I                   | 100. M | 306 | 00:26:00 |
| 108. | 101. |     | Starke, Christian          | Feuerwehr Halver                | 101. M | 46  | 00:26:05 |
| 109. | 102. |     | Rubel, Rudi                | Keyplastics Kierspe             | 102. M | 112 | 00:26:14 |
| 110. | 103. |     | Koll, Rainer               | Keyplastics Kierspe             | 103. M | 110 | 00:26:14 |
| 111. | 104. |     | Fiefeck, Sascha            | Stadtverwaltung Hemer           | 104. M | 279 | 00:26:15 |
| 112. | 105. |     | Bull, André                | Team Echtermann                 | 105. M | 298 | 00:26:20 |
| 113. | 106. |     | Gödde, Thorsten            | TUS Jahn Ohle                   | 106. M | 687 | 00:26:21 |
| 114. | 107. |     | Pechner, Dennis            | Feuerwehr Halver                | 107. M | 41  | 00:26:21 |
| 115. | 108. |     | Starke, Tobias             | Feuerwehr Halver                | 108. M | 45  | 00:26:25 |
| 116. | 109. |     | Theiß, Jürgen              | LG Halver-Schalksmühle          | 109. M | 561 | 00:26:26 |
| 117. | 110. |     | Nix, Markus                |                                 | 110. M | 509 | 00:26:30 |
| 118. | 111. |     | Lemke, Rüdiger             |                                 | 111. M | 480 | 00:26:33 |
| 119. |      | 8.  | Fleger, Petra              |                                 | 8. F   | 406 | 00:26:38 |
| 120. |      | 9.  | Chirek, Svenja             |                                 | 9. F   | 384 | 00:26:38 |
| 121. |      | 10. | Panne, Natalie             | TURCK powered by aktivital      | 10. F  | 328 | 00:26:40 |
| 122. | 112. |     | Panne, Olaf                | TURCK powered by aktivital      | 112. M | 329 | 00:26:40 |
| 123. | 113. |     | May, Bastian               | Feuerwehr Menden                | 113. M | 66  | 00:26:43 |
| 124. | 114. |     | Kosubek, Jonas             |                                 | 114. M | 461 | 00:26:48 |
| 125. | 115. |     | Rickes, Valentin           | Lungenklinik Hemer              | 115. M | 156 | 00:26:49 |
| 126. | 116. |     | Vaupel, Tim                |                                 | 116. M | 566 | 00:26:51 |
| 127. |      | 11. | Klapper, Nadine            | TV Deilinghofen                 | 11. F  | 697 | 00:26:59 |
| 128. | 117. |     | Schwartz, Rene             | Keyplastics Kierspe             | 117. M | 113 | 00:27:00 |
| 129. | 118. |     | Börsken, Frank             | Feuerwehr Menden                | 118. M | 54  | 00:27:02 |
| 130. | 119. |     | Reschke, Andreas           | TURCK powered by aktivital      | 119. M | 330 | 00:27:02 |
| 131. | 120. |     | Esken, Michael             | Stadtverwaltung Hemer           | 120. M | 278 | 00:27:05 |
| 132. | 121. |     | Pankratz, Florian          | Pankratz                        | 121. M | 192 | 00:27:07 |
| 133. | 122. |     | Knote, Hartmut             |                                 | 122. M | 453 | 00:27:10 |
| 134. | 123. |     | Westhelle, Ralf            | Stadtverwaltung Hemer           | 123. M | 289 | 00:27:11 |
| 135. | 124. |     | Drescher, Mario            | Grohe AG                        | 124. M | 81  | 00:27:11 |
| 136. |      | 12. | Schröder, Ronja            | Schröder-Family                 | 12. F  | 672 | 00:27:13 |
| 137. | 125. |     | Schröder, Wolfgang         | Schröder-Family                 | 125. M | 674 | 00:27:14 |
| 138. | 126. |     | Ruberg, Yann               |                                 | 126. M | 532 | 00:27:18 |
| 139. | 127. |     | Peter, Thomas              | Lungenklinik Hemer              | 127. M | 155 | 00:27:20 |
| 140. | 128. |     | Klein, Thomas              | Stadtverwaltung Hemer           | 128. M | 282 | 00:27:25 |
| 141. |      | 13. | Beeck, Vanessa             |                                 | 13. F  | 678 | 00:27:27 |
| 142. | 129. |     | Petri, Hansjörg            |                                 | 129. M | 518 | 00:27:31 |
| 143. | 130. |     | Gödde, Björn               | Tus Jahn Ohle                   | 130. M | 688 | 00:27:34 |
| 144. | 131. |     | Fligge, Achim              | TURCK powered by aktivital      | 131. M | 309 | 00:27:41 |
| 145. | 132. |     | Blanc, Michael             |                                 | 132. M | 696 | 00:27:49 |
| 146. | 133. |     | Mengler, Julian            | Team Radio MK                   | 133. M | 668 | 00:27:52 |
| 147. | 134. |     | Deitmerg, Hubert           | runaways                        | 134. M | 204 | 00:27:56 |
| 148. | 135. |     | Schulz, Michael            | SV Wersten                      | 135. M | 686 | 00:28:01 |
| 149. | 136. |     | Massaro, Daniel            | SG-Hemer                        | 136. M | 265 | 00:28:01 |
| 150. |      | 14. | Goldstein, Anne            | Stadtverwaltung Hemer           | 14. F  | 280 | 00:28:02 |
| 151. | 137. |     | Dodt, Markus               | Stadtverwaltung Hemer           | 137. M | 277 | 00:28:03 |
| 152. | 138. |     | Winter, Michael            | Feuerwehr Halver                | 138. M | 48  | 00:28:09 |
| 153. | 139. |     | Walzner, Uwe               | 1.FC.Köln                       | 139. M | 573 | 00:28:10 |
| 154. | 140. |     | Loosen, Marcel             | Judoclub Halver                 | 140. M | 95  | 00:28:15 |
| 155. | 141. |     | Seeger, Christian          | ZURICH                          | 141. M | 359 | 00:28:24 |
| 156. | 142. |     | Schwanbeck, Christoph      |                                 | 142. M | 546 | 00:28:26 |
| 157. |      | 15. | Baer, Hella                | Sparkasse Iserlohn              | 15. F  | 271 | 00:28:28 |
| 158. |      | 16. | Hildebrandt, Christine     | TURCK powered by aktivital      | 16. F  | 319 | 00:28:29 |
| 159. | 143. |     | Welteke, Hans-Christian    | Stadtverwaltung Hemer           | 143. M | 288 | 00:28:33 |
| 160. | 144. |     | Haase, Reinhard            |                                 | 144. M | 426 | 00:28:33 |
| 161. | 145. |     | Sörries, Hartwig           | Grohe AG                        | 145. M | 84  | 00:28:36 |
| 162. | 146. |     | Wunderlich, Helmut         | TURCK powered by aktivital      | 146. M | 332 | 00:28:42 |
| 163. | 147. |     | Wehner, Jan                | TuS Grünenbaum                  | 147. M | 576 | 00:28:44 |
| 164. | 148. |     | Zawada, Alexander          | NEOSID Pemetzrieder GmbH&Co.KG  | 148. M | 189 | 00:28:48 |
| 165. |      | 17. | Berg, Stephanie            | Feuerwehr Halver                | 17. F  | 37  | 00:28:49 |
| 166. | 149. |     | Jeranko, Ales              | Laufrapidus Iserlohn            | 149. M | 129 | 00:28:49 |
| 167. |      | 18. | Lange, Nele                | ZURICH                          | 18. F  | 350 | 00:28:49 |
| 168. | 150. |     | Rapp, Henrik               |                                 | 150. M | 526 | 00:28:49 |
| 169. | 151. |     | Hauser, Joel               | SG-Hemer                        | 151. M | 261 | 00:28:50 |
| 170. | 152. |     | Odenhausen, Noah           | SG-Hemer                        | 152. M | 269 | 00:28:50 |
| 171. | 153. |     | Seeberg, Bernward          | Letmather TV 1877 Abt. Handball | 153. M | 549 | 00:28:53 |
| 172. | 154. |     | Brenner, Jason             | Team Radio MK                   | 154. M | 669 | 00:28:57 |
| 173. | 155. |     | Deitmerg, Lukas            | runaways                        | 155. M | 205 | 00:28:57 |
| 174. | 156. |     | Deitmerg, Simon            | runaways                        | 156. M | 206 | 00:28:59 |
| 175. | 157. |     | Störmann, Niels            |                                 | 157. M | 719 | 00:29:00 |
| 176. |      | 19. | Köster, Almut-Maria        |                                 | 19. F  | 458 | 00:29:08 |

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| Rang | M    | W   | Name                          | Verein                         | AK     | SN# | Zeit     |
|------|------|-----|-------------------------------|--------------------------------|--------|-----|----------|
| 177. | 158. |     | Dusew, Max                    | Schulte-Werk 1                 | 158. M | 230 | 00:29:08 |
| 178. | 159. |     | Blümel, Stefan                | Firma Escha                    | 159. M | 618 | 00:29:09 |
| 179. | 160. |     | Mehl, Christian               | Laufrapidos Iserlohn           | 160. M | 130 | 00:29:11 |
| 180. |      | 20. | Büge, Christiane              | Stadtverwaltung Hemer          | 20. F  | 276 | 00:29:14 |
| 181. | 161. |     | Nilovic, Max                  |                                | 161. M | 508 | 00:29:14 |
| 182. | 162. |     | Borlinghaus, Sascha           | DLRG Halver                    | 162. M | 374 | 00:29:14 |
| 183. | 163. |     | Pankratz, Marcel              | Pankratz                       | 163. M | 193 | 00:29:15 |
| 184. | 164. |     | Lipsch, Christopher           | Feuerwehr Menden               | 164. M | 65  | 00:29:17 |
| 185. | 165. |     | Scharf, Alexander             | Roadrunners                    | 165. M | 201 | 00:29:18 |
| 186. | 166. |     | Ebbinghaus, Nils              | SG-Hemer                       | 166. M | 252 | 00:29:18 |
| 187. | 167. |     | Büge, Uwe                     |                                | 167. M | 383 | 00:29:19 |
| 188. | 168. |     | Ritter, Christian             | TV Deilinghofen                | 168. M | 698 | 00:29:20 |
| 189. | 169. |     | Heimbächer, Mike              | ZURICH                         | 169. M | 349 | 00:29:21 |
| 190. | 170. |     | Cammonady, Berthold           | SG Balve                       | 170. M | 736 | 00:29:22 |
| 191. | 171. |     | Mertn, Hardy                  | LANG+MENKE                     | 171. M | 125 | 00:29:22 |
| 192. | 172. |     | Erdmann, Hans                 | RSV Unna                       | 172. M | 695 | 00:29:25 |
| 193. | 173. |     | Menne, Heinz                  | MC Menden                      | 173. M | 694 | 00:29:25 |
| 194. | 174. |     | Schneider, Friedrich          | TV Oberbantenberg              | 174. M | 541 | 00:29:25 |
| 195. |      | 21. | Isenburg, Diana               | TuS Grünenbaum                 | 21. F  | 443 | 00:29:28 |
| 196. | 175. |     | Borlinghaus, Ralf             | TuS Grünenbaum                 | 175. M | 373 | 00:29:28 |
| 197. |      | 22. | Fischer, Michelle             | LCC Letmathe                   | 22. F  | 704 | 00:29:28 |
| 198. | 176. |     | Denz, Thorsten                | Feuerwehr Letmathe             | 176. M | 50  | 00:29:28 |
| 199. | 177. |     | Feldmann, Reinhard            | Feuerwehr Menden               | 177. M | 60  | 00:29:29 |
| 200. | 178. |     | Freitag, Ulrich               | Iserlohner Tri-Team            | 178. M | 412 | 00:29:32 |
| 201. | 179. |     | Weil, Christian               | AV Sprinter                    | 179. M | 13  | 00:29:36 |
| 202. | 180. |     | Zubler, Florian               | Roadrunners                    | 180. M | 203 | 00:29:37 |
| 203. | 181. |     | Botta, Peter                  | Grohe AG                       | 181. M | 80  | 00:29:40 |
| 204. | 182. |     | Siegfried, Lothar             | TC Landhausen                  | 182. M | 297 | 00:29:41 |
| 205. | 183. |     | Bachmann, Andreas             | AV Sprinter                    | 183. M | 11  | 00:29:42 |
| 206. | 184. |     | Zilch, Alexander              | Schulte-Werk 1                 | 184. M | 250 | 00:29:43 |
| 207. |      | 23. | Neuhaus, Marina               |                                | 23. F  | 504 | 00:29:43 |
| 208. |      | 24. | Heese-Brenner, Karen          | Team Radio MK                  | 24. F  | 666 | 00:29:44 |
| 209. | 185. |     | Friedemann, Danielow          | Schulte-Werk 1                 | 185. M | 232 | 00:29:44 |
| 210. | 186. |     | Wannek, Christopher           | Roadrunners                    | 186. M | 202 | 00:29:45 |
| 211. | 187. |     | Barz, Peter                   |                                | 187. M | 365 | 00:29:45 |
| 212. | 188. |     | Feldhege, Christian           | LANG+MENKE                     | 188. M | 123 | 00:29:48 |
| 213. | 189. |     | Cordt, Steven                 |                                | 189. M | 740 | 00:29:48 |
| 214. | 190. |     | Redondo Lopez, Juan           | Team Echtermann                | 190. M | 300 | 00:29:50 |
| 215. | 191. |     | Wolter, Martin                | Ski-Club Halver                | 191. M | 734 | 00:29:52 |
| 216. | 192. |     | Büdenbender, Heiko            | Schulte-Werk 1                 | 192. M | 228 | 00:29:53 |
| 217. | 193. |     | Siewert, Andreas              | Team Radio MK                  | 193. M | 670 | 00:29:54 |
| 218. | 194. |     | Köhler, Michael               | Sundwiger Messingwerk          | 194. M | 706 | 00:29:55 |
| 219. | 195. |     | Oesterberg, Franz             | Team Lürbke I                  | 195. M | 307 | 00:29:56 |
| 220. | 196. |     | Noack, Christian              | Lungenklinik Hemer             | 196. M | 154 | 00:29:56 |
| 221. | 197. |     | Schulte, Torsten              | Lungenklinik Hemer             | 197. M | 158 | 00:29:58 |
| 222. |      | 25. | Niehues, Daniela              | SKK TAIGA                      | 25. F  | 506 | 00:30:03 |
| 223. |      | 26. | Müller, Annika                | Ski-Club Halver                | 26. F  | 733 | 00:30:08 |
| 224. |      | 27. | Großheim, Nikola              | P-Weg-Team                     | 27. F  | 422 | 00:30:10 |
| 225. |      | 28. | Orlowski, Katja               | P-Weg-Team                     | 28. F  | 515 | 00:30:10 |
| 226. | 198. |     | Vogel, Andreas                |                                | 198. M | 571 | 00:30:11 |
| 227. |      | 29. | Schultz, Bianca               |                                | 29. F  | 545 | 00:30:14 |
| 228. |      | 30. | Florath, Janina               |                                | 30. F  | 409 | 00:30:15 |
| 229. | 199. |     | Karagkisopoulos, Manuel       | Firma Escha                    | 199. M | 597 | 00:30:16 |
| 230. |      | 31. | Hinzmann, Sonja               | Kullerkekse                    | 31. F  | 119 | 00:30:22 |
| 231. |      | 32. | Botzen, Andrea                | Botzen                         | 32. F  | 26  | 00:30:23 |
| 232. | 200. |     | Däumer, Sebastian             | Märkischer Kreis               | 200. M | 166 | 00:30:24 |
| 233. | 201. |     | Proba, Martin                 |                                | 201. M | 522 | 00:30:24 |
| 234. | 202. |     | Feldhege, Niels               |                                | 202. M | 744 | 00:30:27 |
| 235. | 203. |     | Özer, Hakan                   | ITW Turboschrauben             | 203. M | 88  | 00:30:30 |
| 236. | 204. |     | Anjum, Shakiel                | ITW Turboschrauben             | 204. M | 86  | 00:30:31 |
| 237. |      | 33. | Viebahn, Julia                | Kullerkekse                    | 33. F  | 121 | 00:30:37 |
| 238. | 205. |     | Bossart, Uwe                  | Turbo-Schnecken Lüdenscheid    | 205. M | 683 | 00:30:37 |
| 239. | 206. |     | Cordt, Gerhard                | Turbo-Schnecken Lüdenscheid    | 206. M | 386 | 00:30:38 |
| 240. | 207. |     | Tauscher, Michael             |                                | 207. M | 558 | 00:30:38 |
| 241. | 208. |     | Gläßer, Niklas                | SG-Hemer                       | 208. M | 256 | 00:30:38 |
| 242. | 209. |     | Kratz, Michael                | TURCK powered by aktivital     | 209. M | 324 | 00:30:39 |
| 243. |      | 34. | Botzen, Susanne               | Botzen                         | 34. F  | 24  | 00:30:40 |
| 244. |      | 35. | Niedersteberg-Fischer, Nicole |                                | 35. F  | 705 | 00:30:42 |
| 245. | 210. |     | Hönl, Ralph                   | Sundwiger Messingwerk          | 210. M | 707 | 00:30:45 |
| 246. |      | 36. | Wandt, Renate                 | LT-TUS-Iserlohn                | 36. F  | 690 | 00:30:48 |
| 247. | 211. |     | Winterhoff, Dominic           | Team Tatze                     | 211. M | 586 | 00:30:49 |
| 248. | 212. |     | Slavisa, Niko                 |                                | 212. M | 553 | 00:30:49 |
| 249. | 213. |     | Lahrmann, Alexander           |                                | 213. M | 472 | 00:30:50 |
| 250. | 214. |     | Foecker, Aloys                | NEOSID Pemetzrieder GmbH&Co.KG | 214. M | 176 | 00:30:51 |
| 251. | 215. |     | Wyczisk, Kay                  | Feuerwehr Menden               | 215. M | 75  | 00:30:52 |
| 252. | 216. |     | Schürmann, Oliver             | Feuerwehr Menden               | 216. M | 73  | 00:30:52 |
| 253. | 217. |     | Neitzke, Patrick              | Feuerwehr Menden               | 217. M | 68  | 00:30:52 |
| 254. |      | 37. | Kahlert, Katharina            |                                | 37. F  | 446 | 00:30:53 |
| 255. | 218. |     | Borzi, Marco                  | Feuerwehr Menden               | 218. M | 55  | 00:30:55 |
| 256. |      | 38. | Florath, Theresa              |                                | 38. F  | 410 | 00:31:01 |
| 257. | 219. |     | Günther, Olaf                 | Team Lürbke I                  | 219. M | 305 | 00:31:02 |
| 258. | 220. |     | Kind, Trutz-Peter             | LANG+MENKE                     | 220. M | 124 | 00:31:05 |
| 259. | 221. |     | Hohage, Michael               | TURCK powered by aktivital     | 221. M | 322 | 00:31:09 |
| 260. | 222. |     | Große, Willi                  | TC Landhausen                  | 222. M | 294 | 00:31:11 |
| 261. |      | 39. | Opitz, Kerstin                | Sparkasse Iserlohn             | 39. F  | 273 | 00:31:13 |
| 262. |      | 40. | Celoria, Lara                 | Lufthansa Pinguine             | 40. F  | 146 | 00:31:14 |
| 263. | 223. |     | Beck, Adrian                  | Schulte-Werk 1                 | 223. M | 226 | 00:31:14 |
| 264. |      | 41. | Loosen, Iris                  | Judoclub Halver                | 41. F  | 92  | 00:31:26 |

## Ergebnis Einlauf &gt;&gt; 5 km Lauf (Einzelwertung) &lt;&lt;

| Rang | M    | W   | Name                       | Verein                          | AK     | SN#  | Zeit     |
|------|------|-----|----------------------------|---------------------------------|--------|------|----------|
| 265. |      | 42. | Loosen, Melina             | Judoclub Halver                 | 42. F  | 93   | 00:31:26 |
| 266. | 224. |     | Nördershäuser, Andreas     |                                 | 224. M | 511  | 00:31:31 |
| 267. |      | 43. | Dobic, Milena              | WASPO Langendreer-Werne         | 43. F  | 717  | 00:31:33 |
| 268. | 225. |     | Hauser, Roman              | SG-Hemer                        | 225. M | 260  | 00:31:33 |
| 269. | 226. |     | Kassim, Hakeem             | SG-Hemer                        | 226. M | 263  | 00:31:33 |
| 270. |      | 44. | Wilm, Ulrike               | Kanzlei Schmale/SteuerSchnecken | 44. F  | 103  | 00:31:34 |
| 271. | 227. |     | Da Rocha Baptista, Claudio | TURCK powered by aktivital      | 227. M | 313  | 00:31:35 |
| 272. |      | 45. | Wrede, Claudia             | Ski-Club Halver                 | 45. F  | 735  | 00:31:39 |
| 273. |      | 46. | Döring, Angelika           | TURCK powered by aktivital      | 46. F  | 315  | 00:31:40 |
| 274. | 228. |     | Zies, Peter                | TuS Oeckinghausen               | 228. M | 104  | 00:31:43 |
| 275. |      | 47. | Gerlach, Jana              |                                 | 47. F  | 413  | 00:31:49 |
| 276. | 229. |     | Gerlach, Karl              | Marathon-Club Menden            | 229. M | 414  | 00:31:50 |
| 277. |      | 48. | Kuhnla, Katrin             |                                 | 48. F  | 467  | 00:31:51 |
| 278. | 230. |     | Kuhnla, Hans-Jürgen        |                                 | 230. M | 468  | 00:31:51 |
| 279. | 231. |     | Loosen, Maik               | Judoclub Halver                 | 231. M | 94   | 00:31:54 |
| 280. |      | 49. | Herbold, Sabine            | Judoclub Halver                 | 49. F  | 91   | 00:31:54 |
| 281. | 232. |     | Hoffmann, Andreas          | TURCK powered by aktivital      | 232. M | 321  | 00:31:55 |
| 282. | 233. |     | Fidler, Tim                | TV Deilinghofen                 | 233. M | 404  | 00:32:00 |
| 283. | 234. |     | Wange, Patrick             | Team Radio MK                   | 234. M | 671  | 00:32:01 |
| 284. |      | 50. | Ziegler, Barbara           | Lobbe Entsorgung West           | 50. F  | 145  | 00:32:15 |
| 285. |      | 51. | Hanke, Nadine              | Schulte-Werk 1                  | 51. F  | 234  | 00:32:15 |
| 286. |      | 52. | Mollitor, Sara             |                                 | 52. F  | 500  | 00:32:15 |
| 287. | 235. |     | Heil, Klaus                | TURCK powered by aktivital      | 235. M | 318  | 00:32:22 |
| 288. | 236. |     | Schmidt, Uwe               |                                 | 236. M | 539  | 00:32:23 |
| 289. | 237. |     | Massaro, Sebastiano        | SG-Hemer                        | 237. M | 264  | 00:32:27 |
| 290. | 238. |     | Peukert, Dieter            | Firma Escha                     | 238. M | 598  | 00:32:30 |
| 291. | 239. |     | Hein, Stefan               | Stadtverwaltung Hemer           | 239. M | 281  | 00:32:31 |
| 292. |      | 53. | Botzen, Angelika           | Botzen                          | 53. F  | 25   | 00:32:32 |
| 293. |      | 54. | Rode, Christina            |                                 | 54. F  | 530  | 00:32:44 |
| 294. |      | 55. | Bergemann, Sandra          |                                 | 55. F  | 368  | 00:32:45 |
| 295. | 240. |     | Wegener, Thomas            | Team Echtermann                 | 240. M | 304  | 00:32:45 |
| 296. |      | 56. | Gundlach, Roya             | ZURICH                          | 56. F  | 347  | 00:32:53 |
| 297. |      | 57. | Filthaut, Franziska        | Flower-Filtis                   | 57. F  | 76   | 00:32:54 |
| 298. | 241. |     | Filthaut, Thomas           | Flower-Filtis                   | 241. M | 77   | 00:32:54 |
| 299. |      | 58. | Bechatzek, Helga           | Stadtverwaltung Hemer           | 58. F  | 275  | 00:32:58 |
| 300. | 242. |     | Bode, Jens                 | Feuerwehr Letmathe              | 242. M | 49   | 00:33:01 |
| 301. |      | 59. | Treude, Beate              |                                 | 59. F  | 564  | 00:33:04 |
| 302. |      | 60. | Pulvermacher, Nicole       | TuS Halver                      | 60. F  | 523  | 00:33:07 |
| 303. |      | 61. | Wiesemann, Julia           | SSV Küntrop                     | 61. F  | 582  | 00:33:08 |
| 304. | 243. |     | Abraham, Olaf              |                                 | 243. M | 361  | 00:33:09 |
| 305. | 244. |     | Clever, Björn              | Feuerwehr Halver                | 244. M | 38   | 00:33:10 |
| 306. | 245. |     | Wingenbach, Thorsten       | Feuerwehr Halver                | 245. M | 47   | 00:33:10 |
| 307. | 246. |     | Abdulski, Amir             | AV Sprinter                     | 246. M | 10   | 00:33:16 |
| 308. |      | 62. | Nilovic, Helga             |                                 | 62. F  | 507  | 00:33:18 |
| 309. | 247. |     | Vosrtmann, Maximilian      |                                 | 247. M | 739  | 00:33:21 |
| 310. | 248. |     | Rohleder, Siegfried        |                                 | 248. M | 713  | 00:33:25 |
| 311. |      | 63. | Schöneweiß, Heike          | Cascade                         | 63. F  | 709  | 00:33:26 |
| 312. | 249. |     | Balzer, Oleg               | Firma Escha                     | 249. M | 662  | 00:33:29 |
| 313. |      | 64. | Weist, Petra               | LT TUS Iserlohn                 | 64. F  | 689  | 00:33:29 |
| 314. |      | 65. | Deimel, Petra              | DRIESCH MENDEN                  | 65. F  | 388  | 00:33:29 |
| 315. | 250. |     | Deimel, Markus             | DRIESCH MENDEN                  | 250. M | 389  | 00:33:30 |
| 316. |      | 66. | Grau, Ute                  | Ski-Club Halver                 | 66. F  | 730  | 00:33:31 |
| 317. |      | 67. | Wennmacher, Rita           |                                 | 67. F  | 578  | 00:33:31 |
| 318. | 251. |     | Monksfield, Marc           | Firma Escha                     | 251. M | 642  | 00:33:31 |
| 319. |      | 68. | Melchers, Lamberta         | Lungenklinik Hemer              | 68. F  | 151  | 00:33:36 |
| 320. |      | 69. | Dahm, Lili                 |                                 | 69. F  | 387  | 00:33:41 |
| 321. |      | 70. | Schmidt, Gabriele          | Ski-Club Halver                 | 70. F  | 1268 | 00:33:44 |
| 322. | 252. |     | Filthaut, Lucas            | Flower-Filtis                   | 252. M | 78   | 00:33:44 |
| 323. |      | 71. | Steller, Sabine            | LT TuS Iserlohn                 | 71. F  | 556  | 00:33:45 |
| 324. |      | 72. | Kassim, Lisa               | SG-Hemer                        | 72. F  | 262  | 00:33:48 |
| 325. | 253. |     | Nölle, Thomas              |                                 | 253. M | 510  | 00:33:49 |
| 326. |      | 73. | Odenhausen, Lea            | SG-Hemer                        | 73. F  | 266  | 00:33:51 |
| 327. | 254. |     | Hagedorn, Pascal           | SKK TAIGA                       | 254. M | 427  | 00:33:53 |
| 328. |      | 74. | Eicker, Jutta              | LG Halver-Schalksmühle          | 74. F  | 2    | 00:33:56 |
| 329. | 255. |     | Eicker, Bernd              | LG Halver-Schalksmühle          | 255. M | 1    | 00:33:57 |
| 330. | 256. |     | Brandt, Matthias           |                                 | 256. M | 379  | 00:33:57 |
| 331. | 257. |     | Hellmann, Kai              | Ski-Club Halver                 | 257. M | 731  | 00:33:58 |
| 332. |      | 75. | Pankratz, Katja            | Pankratz                        | 75. F  | 191  | 00:33:59 |
| 333. | 258. |     | Fleger, Uli                |                                 | 258. M | 407  | 00:34:03 |
| 334. | 259. |     | Griese, Volker             | SG Balve/Garbeck                | 259. M | 714  | 00:34:06 |
| 335. | 260. |     | Schulte, Marvin            |                                 | 260. M | 699  | 00:34:06 |
| 336. | 261. |     | Bracht, Sebastian          | Märkischer Kreis                | 261. M | 165  | 00:34:08 |
| 337. |      | 76. | Askew, Martina             | Lungenklinik Hemer              | 76. F  | 147  | 00:34:11 |
| 338. | 262. |     | Heiduk, Michael            | DRK Schalksmühle                | 262. M | 433  | 00:34:12 |
| 339. | 263. |     | Vural, H.Ibrahim           | Schulte-Werk 1                  | 263. M | 248  | 00:34:17 |
| 340. | 264. |     | Joithe, Michael            |                                 | 264. M | 445  | 00:34:19 |
| 341. |      | 77. | Feldmann, Ute              | Feuerwehr Menden                | 77. F  | 58   | 00:34:19 |
| 342. |      | 78. | Reck, Monika               | Judoclub Halver                 | 78. F  | 97   | 00:34:21 |
| 343. | 265. |     | Plate, Thomas              | Judoclub Halver                 | 265. M | 96   | 00:34:22 |
| 344. | 266. |     | Flindt, Patrick            |                                 | 266. M | 408  | 00:34:22 |
| 345. | 267. |     | Marburger, Dirk            |                                 | 267. M | 492  | 00:34:22 |
| 346. |      | 79. | Hunsicker, Anna            | Firma Escha                     | 79. F  | 599  | 00:34:23 |
| 347. |      | 80. | Kosubek, Sonja             |                                 | 80. F  | 460  | 00:34:35 |
| 348. | 268. |     | Cete, Dincer               | Schulte-Werk 1                  | 268. M | 229  | 00:34:42 |
| 349. | 269. |     | Fidler, Dennis             | TV Deilinghofen                 | 269. M | 403  | 00:34:43 |
| 350. | 270. |     | König, Rene                | Osetalschule Hemer              | 270. M | 679  | 00:34:44 |
| 351. |      | 81. | Barajas, Ana               | Grohe AG                        | 81. F  | 79   | 00:34:48 |
| 352. |      | 82. | Rapp, Iris                 |                                 | 82. F  | 525  | 00:35:02 |

## Ergebnis Einlauf &gt;&gt; 5 km Lauf (Einzelwertung) &lt;&lt;

| Rang | M    | W    | Name                          | Verein                     | AK     | SN#  | Zeit     |
|------|------|------|-------------------------------|----------------------------|--------|------|----------|
| 353. | 271. |      | Urbasik, Christoph            | Firma Escha                | 271. M | 628  | 00:35:04 |
| 354. | 272. |      | Lewerenz, Philipp             | ZURICH                     | 272. M | 354  | 00:35:05 |
| 355. |      | 83.  | Heimbächer, Kirstin           | ZURICH                     | 83. F  | 348  | 00:35:05 |
| 356. |      | 84.  | Wegener, Steffi               | ZURICH                     | 84. F  | 360  | 00:35:06 |
| 357. | 273. |      | Kuklok, Dennis                | Schulte-Werk 1             | 273. M | 240  | 00:35:14 |
| 358. | 274. |      | Heil, Oliver                  | Kraftwerk Iserlohn         | 274. M | 708  | 00:35:14 |
| 359. |      | 85.  | Brodda, Jolanthe              |                            | 85. F  | 381  | 00:35:16 |
| 360. | 275. |      | Hacker, Felix                 | SG-Hemer                   | 275. M | 258  | 00:35:18 |
| 361. | 276. |      | Hacker, Guido                 | SG-Hemer                   | 276. M | 257  | 00:35:18 |
| 362. |      | 86.  | Lewerenz, Tanja               | ZURICH                     | 86. F  | 351  | 00:35:19 |
| 363. |      | 87.  | Botta, Alexandra              |                            | 87. F  | 377  | 00:35:20 |
| 364. |      | 88.  | Wellnitz, Jannicke            | Kullerkekse                | 88. F  | 122  | 00:35:22 |
| 365. | 277. |      | Berres, Richard               |                            | 277. M | 369  | 00:35:27 |
| 366. | 278. |      | Meyer, Thierry                |                            | 278. M | 496  | 00:35:27 |
| 367. | 279. |      | Plate, Herbert                | Lüdenscheider TV 1861      | 279. M | 520  | 00:35:29 |
| 368. | 280. |      | Grewe, Alexander              | Lüdenscheider TV 1861      | 280. M | 420  | 00:35:29 |
| 369. |      | 89.  | Zenses, Kathrin               | Lüdenscheider TV 1861      | 89. F  | 589  | 00:35:29 |
| 370. | 281. |      | Grewe, Niclas                 | Lüdenscheider TV 1861      | 281. M | 421  | 00:35:30 |
| 371. |      | 90.  | Feldmann, Renate              | Feuerwehr Menden           | 90. F  | 59   | 00:35:32 |
| 372. |      | 91.  | Rescher, Ricarda              |                            | 91. F  | 529  | 00:35:38 |
| 373. | 282. |      | Kielies, Frank                |                            | 282. M | 451  | 00:35:38 |
| 374. | 283. |      | Mehrholz, Frank               | Firma Escha                | 283. M | 609  | 00:35:50 |
| 375. | 284. |      | Kuhnhold, Dirk                | TUS Neuenrade Handball     | 284. M | 466  | 00:35:51 |
| 376. |      | 92.  | Joithe, Tina                  |                            | 92. F  | 444  | 00:35:54 |
| 377. | 285. |      | Wolff, Dietmar                | Firma Escha                | 285. M | 600  | 00:36:05 |
| 378. | 286. |      | Kebbekus, Detlef              | Schulte-Werk 1             | 286. M | 236  | 00:36:06 |
| 379. |      | 93.  | Schipke, Britta               |                            | 93. F  | 537  | 00:36:09 |
| 380. |      | 94.  | Trapp, Katja                  | plettenberg fun runners    | 94. F  | 563  | 00:36:09 |
| 381. |      | 95.  | Heseler, Silke                | plettenberg fun runners    | 95. F  | 438  | 00:36:10 |
| 382. | 287. |      | König, Maurice                | Hans-Prinzhorn-Realschule  | 287. M | 1272 | 00:36:11 |
| 383. |      | 96.  | Lauterjung, Svea              | Kullerkekse                | 96. F  | 120  | 00:36:18 |
| 384. | 288. |      | Steinbrecher, Heinz           | DJK Eintracht Lüdenscheid  | 288. M | 554  | 00:36:31 |
| 385. |      | 97.  | Müller, Leonie                | TURCK powered by aktivital | 97. F  | 326  | 00:36:38 |
| 386. | 289. |      | Tot, Michael                  |                            | 289. M | 562  | 00:36:41 |
| 387. |      | 98.  | Nördershäuser, Marina         |                            | 98. F  | 512  | 00:36:42 |
| 388. | 290. |      | Becker, Fritz                 | TC Landhausen              | 290. M | 292  | 00:36:56 |
| 389. |      | 99.  | Franz, Sabine                 | Firma Escha                | 99. F  | 656  | 00:36:56 |
| 390. | 291. |      | Gläßer, Kevin                 | SG-Hemer                   | 291. M | 255  | 00:37:37 |
| 391. | 292. |      | Seibert, Christoph            | Feuerwehr Halver           | 292. M | 44   | 00:37:45 |
| 392. | 293. |      | Polonkow, Anatoliy            | Schulte-Werk 1             | 293. M | 242  | 00:37:52 |
| 393. | 294. |      | Weigel, Oliver                | Lüdenscheider TV 1861      | 294. M | 577  | 00:37:54 |
| 394. |      | 100. | Berner, Gundula               | TURCK powered by aktivital | 100. F | 308  | 00:37:59 |
| 395. |      | 101. | Pantack, Mirja                | die zwei                   | 101. F | 516  | 00:38:00 |
| 396. | 295. |      | Sahin, Mehmet                 | Firma Escha                | 295. M | 650  | 00:38:01 |
| 397. |      | 102. | Grendel, Preeya               | Schulte-Werk 1             | 102. F | 233  | 00:38:03 |
| 398. | 296. |      | Baßler, Alfred                | JC Halver                  | 296. M | 712  | 00:38:06 |
| 399. |      | 103. | Lenkewitz, Annelie            | Lennemäuse                 | 103. F | 482  | 00:38:09 |
| 400. |      | 104. | Maringer, Martina             | Messingwerk Plettenberg    | 104. F | 171  | 00:38:11 |
| 401. |      | 105. | Tusch, Carina                 | Lennemäuse                 | 105. F | 565  | 00:38:12 |
| 402. | 297. |      | Ulbrich, Peter                | Firma Escha                | 297. M | 1258 | 00:38:14 |
| 403. | 298. |      | Duda, Markus                  | Team Radio MK              | 298. M | 667  | 00:38:16 |
| 404. |      | 106. | Botta, Christina              |                            | 106. F | 376  | 00:38:19 |
| 405. |      | 107. | Brinkschulte, Katharina       |                            | 107. F | 380  | 00:38:19 |
| 406. |      | 108. | Klemrath, Christine           | LG Halver-Schalksmühle     | 108. F | 452  | 00:38:42 |
| 407. | 299. |      | Milijasevic, Basko            | LG Halver-Schalksmühle     | 299. M | 499  | 00:38:44 |
| 408. |      | 109. | Felix-Thimm, Christiane       | TuS Halver                 | 109. F | 676  | 00:38:44 |
| 409. | 300. |      | Falk, Santoro                 |                            | 300. M | 401  | 00:38:46 |
| 410. |      | 110. | Linde, Christiane             |                            | 110. F | 483  | 00:38:46 |
| 411. |      | 111. | Harnischmacher, Monika        | Paracelsus-Klinik          | 111. F | 195  | 00:38:47 |
| 412. |      | 112. | Schmitz-Glittenberg, Cornelia | Die schnellen Schönen      | 112. F | 32   | 00:38:49 |
| 413. |      | 113. | Bernecker, Barbara            | Märkischer Kreis           | 113. F | 163  | 00:38:49 |
| 414. | 301. |      | Roszak, Marc                  | SG-Hemer                   | 301. M | 270  | 00:38:51 |
| 415. |      | 114. | Kind, Bettina                 | Feuerwehr Halver           | 114. F | 39   | 00:38:51 |
| 416. |      | 115. | Hartmann, Nicole              | ITT 1986 e.V.              | 115. F | 429  | 00:39:03 |
| 417. | 302. |      | Hartmann, Christian           | ITT 1986 e.V.              | 302. M | 430  | 00:39:03 |
| 418. |      | 116. | Eick, Kristin                 | RV Altena                  | 116. F | 209  | 00:39:04 |
| 419. |      | 117. | Fröhlich, Lena                | Reiterverein Altena e.V.   | 117. F | 212  | 00:39:04 |
| 420. | 303. |      | Deitmerg, Marcel              |                            | 303. M | 390  | 00:39:21 |
| 421. | 304. |      | Markus, Maic                  |                            | 304. M | 493  | 00:39:22 |
| 422. | 305. |      | Redondo Lopez, Enrique        | Team Echtermann            | 305. M | 301  | 00:39:24 |
| 423. | 306. |      | Zychowicz, Adrian             | Schulte-Werk 1             | 306. M | 251  | 00:39:34 |
| 424. | 307. |      | Bruns, Simon                  |                            | 307. M | 382  | 00:39:36 |
| 425. |      | 118. | Grewe, Victoria               | Lüdenscheider TV 1861      | 118. F | 419  | 00:39:37 |
| 426. | 308. |      | Wenz, Luis Joel               | Lüdenscheider TV 1861      | 308. M | 579  | 00:39:37 |
| 427. |      | 119. | Plate, Wiebke                 | Lüdenscheider TV 1861      | 119. F | 519  | 00:39:38 |
| 428. | 309. |      | Kwitniewski, Max              |                            | 309. M | 471  | 00:39:55 |
| 429. |      | 120. | Hauser, Shirin                | SG-Hemer                   | 120. F | 259  | 00:39:56 |
| 430. |      | 121. | Vogel, Helene                 |                            | 121. F | 569  | 00:39:56 |
| 431. | 310. |      | Gläßer, Christian             | SG-Hemer                   | 310. M | 254  | 00:39:57 |
| 432. | 311. |      | Linnenlücke, Albert           |                            | 311. M | 486  | 00:40:01 |
| 433. |      | 122. | Linnenlücke, Sandra           |                            | 122. F | 485  | 00:40:01 |
| 434. | 312. |      | Gernert, Tim                  | Toughguy                   | 312. M | 416  | 00:40:05 |
| 435. |      | 123. | Gernert, Lena-Darline         | Toughgirl                  | 123. F | 415  | 00:40:06 |
| 436. |      | 124. | Odenhausen, Antonia           | SG-Hemer                   | 124. F | 267  | 00:40:07 |
| 437. |      | 125. | Botta, Inge                   |                            | 125. F | 375  | 00:40:33 |
| 438. |      | 126. | Kocura, Kerstin               |                            | 126. F | 454  | 00:40:33 |
| 439. | 313. |      | Hansen, Leon                  | SG-Hemer                   | 313. M | 711  | 00:40:48 |
| 440. |      | 127. | Gläßer, Olesia                | SG-Hemer                   | 127. F | 253  | 00:40:54 |

## Ergebnis Einlauf &gt;&gt; 5 km Lauf (Einzelwertung) &lt;&lt;

| Rang | M    | W    | Name                      | Verein                              | AK     | SN# | Zeit     |
|------|------|------|---------------------------|-------------------------------------|--------|-----|----------|
| 441. | 314. |      | Hildebrand, Wolfgang      | Kath. Kirche Halver                 | 314. M | 106 | 00:41:02 |
| 442. |      | 128. | Bialoian, Gudrun          | Lentsch&Motorrad&Freizeitbekleidung | 128. F | 134 | 00:41:18 |
| 443. | 315. |      | Teipel, Wolfgang          |                                     | 315. M | 560 | 00:41:23 |
| 444. |      | 129. | Krämer-Seeberg, Christina |                                     | 129. F | 463 | 00:41:27 |
| 445. |      | 130. | Marburger, Heike          |                                     | 130. F | 491 | 00:41:27 |
| 446. | 316. |      | Köpcke, Horst             | Nordic-Walking-Team Frechen-Bachem  | 316. M | 456 | 00:41:33 |
| 447. | 317. |      | Haase, Heinz-Dieter       |                                     | 317. M | 425 | 00:41:36 |
| 448. |      | 131. | Eicker, Christine         | TuS Ennepe                          | 131. F | 397 | 00:41:36 |
| 449. |      | 132. | Pohlack, Martina          | TuS Halver                          | 132. F | 521 | 00:41:42 |
| 450. |      | 133. | Baumhardt, Dörte          |                                     | 133. F | 367 | 00:41:42 |
| 451. |      | 134. | Lison, Beata              | ZURICH                              | 134. F | 355 | 00:41:44 |
| 452. |      | 135. | Lemke, Michaela           | die zwei                            | 135. F | 479 | 00:41:50 |
| 453. | 318. |      | Lange, Volker             |                                     | 318. M | 474 | 00:41:54 |
| 454. | 319. |      | Ludwig, Wolfgang          | Keyplastics Kierspe                 | 319. M | 111 | 00:41:55 |
| 455. |      | 136. | Sorber-Bruns, Britta      | Lungenklinik Hemer                  | 136. F | 159 | 00:42:03 |
| 456. | 320. |      | Rüggeberg, Stefan         | URC Lüdenscheid                     | 320. M | 533 | 00:42:19 |
| 457. |      | 137. | Hampel, Rebekka           | Märkischer Kreis                    | 137. F | 168 | 00:42:27 |
| 458. |      | 138. | Schallau, Angelika        | Die schnellen Schönen               | 138. F | 31  | 00:42:27 |
| 459. | 321. |      | Eicker, Gerd              | TuS Ennepe                          | 321. M | 398 | 00:42:29 |
| 460. | 322. |      | Hoven, Horst              | SFSümmern                           | 322. M | 341 | 00:42:30 |
| 461. |      | 139. | Knitter, Ulla             | Ski-Club Halver                     | 139. F | 732 | 00:42:35 |
| 462. | 323. |      | Kritzler, Rainer          | Ski-Club Halver                     | 323. M | 741 | 00:42:36 |
| 463. | 324. |      | Lüttringhaus, Dirk        |                                     | 324. M | 489 | 00:42:37 |
| 464. |      | 140. | Langemann, Martina        | TS Evingsen                         | 140. F | 476 | 00:42:44 |
| 465. |      | 141. | Schmitz, Silvia           |                                     | 141. F | 540 | 00:42:44 |
| 466. |      | 142. | Sapel, Birgit             |                                     | 142. F | 535 | 00:42:45 |
| 467. |      | 143. | Eilbrecht, Mikaela        | RV Altena                           | 143. F | 210 | 00:42:51 |
| 468. |      | 144. | Kaminski, Barbara         | Turbo-Schnecken Lüdenscheid         | 144. F | 448 | 00:43:03 |
| 469. | 325. |      | Lange, Sven               |                                     | 325. M | 475 | 00:43:04 |
| 470. |      | 145. | Wilms, Irmhild            |                                     | 145. F | 583 | 00:43:07 |
| 471. |      | 146. | Mathey, Renate            |                                     | 146. F | 494 | 00:43:07 |
| 472. |      | 147. | Bohmann, Laura            | RV Altena                           | 147. F | 207 | 00:43:08 |
| 473. |      | 148. | Haase, Christiane         |                                     | 148. F | 424 | 00:43:16 |
| 474. |      | 149. | Ebbinghaus, Monika        | Kath. Kirche Halver                 | 149. F | 105 | 00:43:16 |
| 475. | 326. |      | Leubecher, Benedikt       | kinder-und jugendpsychiatrie        | 326. M | 117 | 00:43:17 |
| 476. |      | 150. | Dörhage, Melanie          | kinder-und jugendpsychiatrie        | 150. F | 115 | 00:43:17 |
| 477. |      | 151. | Köpcke, Elisabeth         | Nordic-Walking-Team Frechen-Bachem  | 151. F | 455 | 00:43:17 |
| 478. |      | 152. | Genetsch, Kim             | kinder-und jugendpsychiatrie        | 152. F | 116 | 00:43:18 |
| 479. | 327. |      | Kilic, Erkan              | Firma Escha                         | 327. M | 629 | 00:43:19 |
| 480. | 328. |      | Steinke-Wisch, Tobias     | Reiterverein Altena e.V.            | 328. M | 221 | 00:43:22 |
| 481. |      | 153. | Hofmann, Ute              | Ball-Fönigin                        | 153. F | 15  | 00:43:29 |
| 482. |      | 154. | Schmidt, Tina             | Ball-Fönigin                        | 154. F | 16  | 00:43:29 |
| 483. |      | 155. | Winterhoff, Jule          | Team Tatze                          | 155. F | 585 | 00:43:31 |
| 484. |      | 156. | Bobitka, Sina             | SG Wenden                           | 156. F | 372 | 00:43:32 |
| 485. |      | 157. | Bobitka, Petra            |                                     | 157. F | 371 | 00:43:32 |
| 486. |      | 158. | Stein, Alina              | RV Altena                           | 158. F | 220 | 00:43:39 |
| 487. |      | 159. | Machelett, Lydia          | RV Altena                           | 159. F | 215 | 00:43:39 |
| 488. | 329. |      | Schon, Bernhard           |                                     | 329. M | 542 | 00:43:46 |
| 489. |      | 160. | Nemetz, Cordula           |                                     | 160. F | 503 | 00:43:51 |
| 490. | 330. |      | Grörden, Siegfried        |                                     | 330. M | 720 | 00:43:52 |
| 491. |      | 161. | Dockhorn, Antje           |                                     | 161. F | 742 | 00:44:00 |
| 492. | 331. |      | Adler, Frank              | Märkischer Kreis                    | 331. M | 161 | 00:44:03 |
| 493. |      | 162. | Feldmann, Ursula          |                                     | 162. F | 402 | 00:44:33 |
| 494. |      | 163. | Fuchs, Annika             | Kanzlei Schmale/SteuerSchnecken     | 163. F | 99  | 00:44:34 |
| 495. | 332. |      | Schmale, Mirco            | TuS Halver                          | 332. M | 102 | 00:44:35 |
| 496. |      | 164. | Cramer, Corina            | Kanzlei Schmale/SteuerSchnecken     | 164. F | 98  | 00:44:35 |
| 497. |      | 165. | Seeger, Gabriele          |                                     | 165. F | 550 | 00:44:47 |
| 498. | 333. |      | Seeger, Erhard            |                                     | 333. M | 551 | 00:44:47 |
| 499. |      | 166. | Linden, Diana             |                                     | 166. F | 484 | 00:44:52 |
| 500. |      | 167. | Teipel, Elke              |                                     | 167. F | 559 | 00:44:55 |
| 501. |      | 168. | Höngen, Heike             | Die schnellen Schönen               | 168. F | 30  | 00:45:07 |
| 502. |      | 169. | Schaffland, Elke          |                                     | 169. F | 536 | 00:45:12 |
| 503. |      | 170. | Hesse, Friedhilde         | VfK Iserlohn                        | 170. F | 334 | 00:45:13 |
| 504. |      | 171. | Schippling, Astrid        | VfK Iserlohn                        | 171. F | 336 | 00:45:13 |
| 505. | 334. |      | Gruzd, Manfred            | Märkischer Kreis                    | 334. M | 167 | 00:45:14 |
| 506. |      | 172. | Schulte, Sabine           |                                     | 172. F | 700 | 00:45:20 |
| 507. | 335. |      | Isenberg, Reinhard        | Bierbaumflitzer Lüdenscheid         | 335. M | 20  | 00:45:32 |
| 508. | 336. |      | Alzer, Bernd              | Bierbaumflitzer Lüdenscheid         | 336. M | 18  | 00:45:33 |
| 509. |      | 173. | Weiss, Michelina          | Bierbaumflitzer Lüdenscheid         | 173. F | 22  | 00:45:33 |
| 510. |      | 174. | Scholz, Mareike           | Bierbaumflitzer Lüdenscheid         | 174. F | 21  | 00:45:33 |
| 511. | 337. |      | Weiss, Andreas            | Bierbaumflitzer Lüdenscheid         | 337. M | 23  | 00:45:33 |
| 512. |      | 175. | Isenberg, Claudia         | Bierbaumflitzer Lüdenscheid         | 175. F | 19  | 00:45:33 |
| 513. |      | 176. | Hoven, Ursula             | SFSümmern                           | 176. F | 340 | 00:45:34 |
| 514. |      | 177. | Bomnütter, Birgit         | SFSümmern                           | 177. F | 338 | 00:45:34 |
| 515. | 338. |      | Bösterling, Wilfried      | SFSümmern                           | 338. M | 343 | 00:45:35 |
| 516. | 339. |      | Heider, Ulrich            | SFSümmern                           | 339. M | 339 | 00:45:35 |
| 517. |      | 178. | Seuthe, Christel          |                                     | 178. F | 552 | 00:45:44 |
| 518. | 340. |      | Wingenbach, Bernhard      | Kath. Kirche Halver                 | 340. M | 108 | 00:45:45 |
| 519. |      | 179. | Stremmel, Monika          | Kath. Kirche Halver                 | 179. F | 107 | 00:45:45 |
| 520. |      | 180. | Ihne, Rita                |                                     | 180. F | 442 | 00:45:46 |
| 521. |      | 181. | Zeppenfeld, Erika         |                                     | 181. F | 590 | 00:45:50 |
| 522. |      | 182. | Lüttringhaus, Ute         |                                     | 182. F | 488 | 00:45:50 |
| 523. | 341. |      | Yilmaz, Hr.               | Firma Escha                         | 341. M | 660 | 00:45:52 |
| 524. |      | 183. | Zückert, Claudia          |                                     | 183. F | 591 | 00:46:15 |
| 525. |      | 184. | Zückert, Melissa          |                                     | 184. F | 592 | 00:46:15 |
| 526. |      | 185. | Kilic, Cigdem             | Firma Escha                         | 185. F | 636 | 00:46:16 |
| 527. |      | 186. | Sand, Bettina             |                                     | 186. F | 534 | 00:46:17 |
| 528. |      | 187. | Winkler, Karin            |                                     | 187. F | 584 | 00:46:20 |

## Ergebnis Einlauf &gt;&gt; 5 km Lauf (Einzelwertung) &lt;&lt;

| Rang | M    | W    | Name                    | Verein                         | AK     | SN# | Zeit     |
|------|------|------|-------------------------|--------------------------------|--------|-----|----------|
| 529. |      | 188. | Heck, Gabi              |                                | 188. F | 432 | 00:46:21 |
| 530. |      | 189. | Kaiser, Bettina         |                                | 189. F | 447 | 00:46:22 |
| 531. |      | 190. | Milijasevic, Marija     | LG Halver-Schalksmühle         | 190. F | 498 | 00:46:29 |
| 532. |      | 191. | Steller, Michaela       |                                | 191. F | 557 | 00:46:30 |
| 533. |      | 192. | Langenohl, Jutta        |                                | 192. F | 477 | 00:46:30 |
| 534. |      | 193. | Marcinkowski, Maren     | Märkischer Kreis               | 193. F | 169 | 00:46:38 |
| 535. |      | 194. | Bertels, Katharina      | Märkischer Kreis               | 194. F | 164 | 00:46:38 |
| 536. |      | 195. | Boy, Martina            |                                | 195. F | 378 | 00:46:38 |
| 537. |      | 196. | Bank, Gundel            | Märkischer Kreis               | 196. F | 162 | 00:46:39 |
| 538. |      | 197. | Fröhlich, Dagmar        | RV Altena                      | 197. F | 211 | 00:46:39 |
| 539. |      | 198. | Eick, Susann            | RV Altena                      | 198. F | 208 | 00:46:40 |
| 540. |      | 199. | Kwitniewski, Beate      |                                | 199. F | 470 | 00:46:45 |
| 541. |      | 200. | Keine, Ulrike           | TuS Halver                     | 200. F | 450 | 00:46:55 |
| 542. |      | 201. | Schäfer, Bärbel         | SFSümmern                      | 201. F | 342 | 00:46:57 |
| 543. | 342. |      | Dlugosch, Dennis        |                                | 342. M | 393 | 00:46:57 |
| 544. |      | 202. | Dlugosch, Andrea        |                                | 202. F | 391 | 00:47:05 |
| 545. | 343. |      | Dlugosch, Markus        |                                | 343. M | 392 | 00:47:06 |
| 546. |      | 203. | Erlhöfer, Annekatrin    |                                | 203. F | 400 | 00:47:10 |
| 547. |      | 204. | Meier, Anette           |                                | 204. F | 495 | 00:47:17 |
| 548. | 344. |      | Eicker, Tom             | Firma Escha                    | 344. M | 616 | 00:47:18 |
| 549. |      | 205. | Schulte, Jasmin         |                                | 205. F | 544 | 00:47:21 |
| 550. |      | 206. | Wawro, Renate           |                                | 206. F | 574 | 00:47:23 |
| 551. |      | 207. | Werth-Schäfer, Angelika |                                | 207. F | 580 | 00:47:25 |
| 552. |      | 208. | Krone, Annette          | ISSV                           | 208. F | 716 | 00:47:25 |
| 553. | 345. |      | Klaproth, Thomas        | Team Echtermann                | 345. M | 299 | 00:47:32 |
| 554. |      | 209. | Wilcke, Irmgard         | SFSümmern                      | 209. F | 345 | 00:47:38 |
| 555. |      | 210. | Schulz, Ingrid          | SFSümmern                      | 210. F | 344 | 00:47:38 |
| 556. |      | 211. | Wieland, Angela         |                                | 211. F | 581 | 00:47:47 |
| 557. |      | 212. | Göhner, Nicole          |                                | 212. F | 418 | 00:47:47 |
| 558. |      | 213. | Wiemann, Melanie        | Firma Escha                    | 213. F | 643 | 00:47:57 |
| 559. |      | 214. | Eicker, Eva             | Firma Escha                    | 214. F | 615 | 00:47:57 |
| 560. |      | 215. | Engelhardt, Janine      |                                | 215. F | 399 | 00:48:07 |
| 561. |      | 216. | Herrmann, Corinna       | TV Hemer                       | 216. F | 436 | 00:48:24 |
| 562. | 346. |      | Herrmann, Andreas       | TV Hemer                       | 346. M | 437 | 00:48:24 |
| 563. |      | 217. | Jukitsch, Maria         | Firma Escha                    | 217. F | 663 | 00:48:27 |
| 564. |      | 218. | Balzer, Dina            | Firma Escha                    | 218. F | 661 | 00:48:27 |
| 565. | 347. |      | Herzog, Peter           | Firma Escha                    | 347. M | 659 | 00:48:29 |
| 566. | 348. |      | Haase, Dirk             | Firma Escha                    | 348. M | 593 | 00:48:30 |
| 567. | 349. |      | Hoppmann, Lars          | Firma Escha                    | 349. M | 596 | 00:48:31 |
| 568. | 350. |      | Banas, Michael          | Firma Escha                    | 350. M | 612 | 00:48:31 |
| 569. | 351. |      | Muntean, Daniel         | Firma Escha                    | 351. M | 611 | 00:48:32 |
| 570. | 352. |      | Graupp, Michael         | Firma Escha                    | 352. M | 614 | 00:48:32 |
| 571. | 353. |      | Gottschalk, Jonathan    | Firma Escha                    | 353. M | 647 | 00:48:33 |
| 572. | 354. |      | Wawro, Wolfgang         |                                | 354. M | 575 | 00:48:40 |
| 573. |      | 219. | Hamacher, Ina           | Ball-Fönigin                   | 219. F | 14  | 00:48:41 |
| 574. |      | 220. | Sure, Karolin           | Team Ball Fönigin              | 220. F | 17  | 00:48:41 |
| 575. |      | 221. | Preuss, Nevenka         | Firma Escha                    | 221. F | 594 | 00:48:42 |
| 576. |      | 222. | Lange, Ingrid           |                                | 222. F | 473 | 00:49:05 |
| 577. | 355. |      | Förster, Manfred        |                                | 355. M | 411 | 00:49:05 |
| 578. |      | 223. | Gerlt, Marianne         | VfK Iserlohn                   | 223. F | 333 | 00:49:08 |
| 579. |      | 224. | Kosler, Kathrin         | Team Pirate                    | 224. F | 457 | 00:49:13 |
| 580. |      | 225. | Hanfler, Isabella       | Team Pirate                    | 225. F | 428 | 00:49:14 |
| 581. |      | 226. | Baumgartner, Daniela    | ITW Turboschrauben             | 226. F | 87  | 00:49:28 |
| 582. | 356. |      | Schmidt, Jochen         | ITW Turboschrauben             | 356. M | 89  | 00:49:28 |
| 583. |      | 227. | Holdt, Sabine           |                                | 227. F | 441 | 00:49:54 |
| 584. |      | 228. | Rudolph, Daniela        | Firma Escha                    | 228. F | 631 | 00:49:56 |
| 585. | 357. |      | Mantar, Soner           | Firma Escha                    | 357. M | 630 | 00:49:56 |
| 586. |      | 229. | Desancic, Savka         | Firma Escha                    | 229. F | 665 | 00:49:57 |
| 587. |      | 230. | Bach, Mirjana           |                                | 230. F | 364 | 00:50:22 |
| 588. |      | 231. | Hofer-Han, Yue          | Firma Escha                    | 231. F | 655 | 00:50:24 |
| 589. | 358. |      | Hofer, Martin           | Firma Escha                    | 358. M | 654 | 00:50:24 |
| 590. | 359. |      | Schmale, Dirk           | TC Halver                      | 359. M | 101 | 00:50:34 |
| 591. |      | 232. | Bach, Nada              |                                | 232. F | 363 | 00:50:34 |
| 592. |      | 233. | Hein, Beate             |                                | 233. F | 434 | 00:50:38 |
| 593. | 360. |      | Beutel, Ulrich          | Firma Escha                    | 360. M | 652 | 00:50:40 |
| 594. |      | 234. | Liakakis, Laila         | Firma Escha                    | 234. F | 641 | 00:50:50 |
| 595. |      | 235. | Blümel, Petra           | Firma Escha                    | 235. F | 617 | 00:50:52 |
| 596. |      | 236. | Willers, Kerstin        | Firma Escha                    | 236. F | 613 | 00:50:52 |
| 597. |      | 237. | Fernau, Christel        | Turbo-Schnecken Lüdenscheid    | 237. F | 685 | 00:50:58 |
| 598. | 361. |      | Klein, Michael          | Turbo-Schnecken Lüdenscheid    | 361. M | 684 | 00:51:00 |
| 599. |      | 238. | Conrad, Nadine          |                                | 238. F | 385 | 00:51:03 |
| 600. |      | 239. | Gottschalk, Desiree     | Firma Escha                    | 239. F | 646 | 00:51:09 |
| 601. | 362. |      | Sikora, Jürgen          | Firma Escha                    | 362. M | 657 | 00:51:10 |
| 602. | 363. |      | Gottschalk, Daniel      | Firma Escha                    | 363. M | 644 | 00:51:10 |
| 603. | 364. |      | Bremicker, Hans         | Firma Escha                    | 364. M | 649 | 00:51:18 |
| 604. |      | 240. | Weiß, Karin             | Firma Escha                    | 240. F | 623 | 00:51:18 |
| 605. | 365. |      | Gerund, Michael         | Firma Escha                    | 365. M | 619 | 00:51:19 |
| 606. |      | 241. | Gottschalk, Claudia     | Firma Escha                    | 241. F | 645 | 00:51:20 |
| 607. |      | 242. | Stammwitz, Annette      | NEOSID Pemetzrieder GmbH&Co.KG | 242. F | 186 | 00:53:00 |
| 608. | 366. |      | Grabosch, Thomas        | NEOSID Pemetzrieder GmbH&Co.KG | 366. M | 177 | 00:53:00 |
| 609. |      | 243. | Dallmann, Ulla          | NEOSID Pemetzrieder GmbH&Co.KG | 243. F | 175 | 00:53:00 |
| 610. |      | 244. | Horn, Jessica           | NEOSID Pemetzrieder GmbH&Co.KG | 244. F | 180 | 00:53:01 |
| 611. |      | 245. | Haas, Galina            | NEOSID Pemetzrieder GmbH&Co.KG | 245. F | 179 | 00:53:01 |
| 612. |      | 246. | Schuchart, Monika       | NEOSID Pemetzrieder GmbH&Co.KG | 246. F | 185 | 00:53:02 |
| 613. | 367. |      | Turck, Dietrich         | Firma Escha                    | 367. M | 595 | 00:53:02 |
| 614. | 368. |      | Noack, Klaus            | NEOSID Pemetzrieder GmbH&Co.KG | 368. M | 181 | 00:53:03 |
| 615. | 369. |      | Beuckmann, Theo         | NEOSID Pemetzrieder GmbH&Co.KG | 369. M | 174 | 00:53:04 |
| 616. |      | 247. | Tripier, Elke           | NEOSID Pemetzrieder GmbH&Co.KG | 247. F | 188 | 00:53:08 |

**Ergebnis Einlauf >> 5 km Lauf (Einzelwertung) <<**

| Rang | M    | W    | Name                     | Verein                         | AK     | SN# | Zeit     |
|------|------|------|--------------------------|--------------------------------|--------|-----|----------|
| 617. |      | 248. | Theißen, Andrea          | NEOSID Pemetzrieder GmbH&Co.KG | 248. F | 187 | 00:53:08 |
| 618. | 370. |      | Scheffzik, Georg         | NEOSID Pemetzrieder GmbH&Co.KG | 370. M | 183 | 00:53:08 |
| 619. | 371. |      | Kulaklioglu, Türker      | Firma Escha                    | 371. M | 651 | 00:53:09 |
| 620. | 372. |      | Rüther, Malte            | Feuerwehr Menden               | 372. M | 70  | 00:53:21 |
| 621. |      | 249. | Kazanci, Rungtiwa        | Schulte-Werk 1                 | 249. F | 235 | 00:53:24 |
| 622. |      | 250. | Volmer, Lunner           | Schulte-Werk 1                 | 250. F | 247 | 00:53:26 |
| 623. | 373. |      | Heckmann, Lars           | Feuerwehr Menden               | 373. M | 61  | 00:53:46 |
| 624. | 374. |      | Liefländer, Nils         | Feuerwehr Menden               | 374. M | 67  | 00:53:47 |
| 625. | 375. |      | Baus, Adrian             | Feuerwehr Menden               | 375. M | 53  | 00:53:47 |
| 626. |      | 251. | Holve, Kerstin           | Firma Escha                    | 251. F | 604 | 00:55:02 |
| 627. |      | 252. | Prahl, Louna             | Firma Escha                    | 252. F | 606 | 00:55:02 |
| 628. |      | 253. | Grubac, Snezana          | NEOSID Pemetzrieder GmbH&Co.KG | 253. F | 178 | 00:55:35 |
| 629. |      | 254. | Powalla, Maria           | NEOSID Pemetzrieder GmbH&Co.KG | 254. F | 182 | 00:55:35 |
| 630. |      | 255. | Schröder, Edeltraud      | NEOSID Pemetzrieder GmbH&Co.KG | 255. F | 184 | 00:55:36 |
| 631. |      | 256. | Zioga-Poulios, Panagiota | NEOSID Pemetzrieder GmbH&Co.KG | 256. F | 190 | 00:55:37 |
| 632. |      | 257. | Klassen, Julia           | Firma Escha                    | 257. F | 601 | 00:56:02 |
| 633. |      | 258. | Ivanov, Oksana           | Firma Escha                    | 258. F | 602 | 00:56:03 |
| 634. | 376. |      | Pongs, Matthias          | Firma Escha                    | 376. M | 621 | 00:56:25 |
| 635. | 377. |      | Bergmann, Klaus          | Firma Escha                    | 377. M | 607 | 00:56:26 |
| 636. | 378. |      | Cengiz, Yilmaz           | Firma Escha                    | 378. M | 653 | 00:56:42 |
| 637. |      | 259. | Hindrings, Marita        | Firma Escha                    | 259. F | 664 | 00:58:05 |
| 638. |      | 260. | Arbije, Aliu             | Firma Escha                    | 260. F | 610 | 00:58:05 |
| 639. | 379. |      | Krug, Hr.                | Firma Escha                    | 379. M | 605 | 00:58:16 |