

Einzelwertung sortiert nach Zeiten**Strecke: 5,7 km**

Platz	Zeit	StartNr	Name	Verein	AK	AK-Platz	CupNr
1	00:22:34	1183	Hanusek, Erik	TriTeamLage	MJ U18	1	
2	00:22:39	1182	Hücker, Christian	SV Kollerbeck	M	1	
3	00:22:47	583	Kluwe, Michael	TV Jahn Bad Driburg	M45	1	55
4	00:22:53	573	Beine, Marcel	DJK Adler Brakel	M	2	83
5	00:22:55	574	Mügge, Andreas	TV Jahn Bad Driburg	M50	1	133
6	00:23:37	1184	Hanusek, Thoren	TriTeamLage	M14	1	
7	00:23:40	534	Mohammadi, Jalal	Non-Stop-Ultra	MJ U18	2	135
8	00:24:01	552	Leßmann, Simon	SV Kollerbeck	MJ U18	3	
9	00:24:37	542	Ebel, Norbert	TV Flerke	M60	1	181
10	00:24:39	589	Versen, Dietmar	Only Eichholz	M50	2	100
11	00:24:51	590	Jones, Kieran	HLC Hoexter	MJ U18	4	163
12	00:24:57	532	Wolf, Elke	SCC Scharmede	W35	1	18
13	00:25:05	582	Schuermann, Marcus	SC Borchten	M45	2	4074
14	00:25:07	504	Engelhard, Lars	DJK Guetersloh	M11	1	
15	00:25:19	526	Jones, Konnor	LF Luechtringen	M14	2	
16	00:25:26	510	Burges, Markus	Non-Stop-Ultra Brakel	M35	1	35
17	00:25:34	533	Gruener, Lukas	Non-Stop-Ultra	M	3	134
18	00:26:00	527	Griewel, Max	LF Luechtringen	M14	3	
19	00:26:16	594	Esken, Charlotte	LC Paderborn	W13	1	121
20	00:26:17	560	Becker, Bernd	LC Paderborn	M50	3	40
21	00:26:23	550	Albers, Marie	LG Bauerkamp Warburg	W14	1	66
22	00:26:45	598	Offele, Nelson Günter		M45	3	146
23	00:26:59	587	Fröhlich, Tim	Radtreff Brakelsiek	MJ U20	1	
24	00:27:36	537	Khalili, Yosouf	Non-Stop-Ultra	MJ U18	5	
25	00:27:45	522	Heidemann, Andreas	TuS Ovenhausen	M35	2	179
26	00:27:48	517	Brandt, Stefan	TuS Ovenhausen	M45	4	11
27	00:27:49	1181	Becker, Mark	HLC Hoexter	M40	1	
28	00:27:56	571	Beine, Maurice	DJK Adler Brakel	M13	1	
29	00:28:03	577	Hahnbück, Max	Tri Power Rhein-Sieg	MJ U18	6	
30	00:28:24	557	Sutter, Andreas	TSV Schloss Neuhaus	M45	5	189
31	00:28:27	536	Haidry, Jawad	Non-Stop-Ultra	MJ U18	7	136
32	00:28:28	596	Scheifhacken, Dennis	TuS 13 Hembsen	M30	1	21
33	00:28:29	507	Frewer, Thomas	TuS 13 Hembsen	M40	2	38
34	00:28:31	535	Askari, Najib	Non-Stop-Ultra	MJ U18	8	183

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35	00:28:35	572	Beine, Jürgen	Non-Stop-Ultra	M50	4	
36	00:28:47	502	Soares, Fernando	SV Reelsen	M50	5	31
37	00:29:04	593	Esken, Michael	TV Deilinghofen	M50	6	122
38	00:29:08	567	Bolte, Jan	TSV Schloss Neuhaus	M50	7	49
39	00:29:23	569	Franke, Christoph	Rot-Weiß Bentfeld	M	4	174
40	00:29:25	516	Risse, Annika	TuS Ovenhausen	W15	1	54
41	00:29:33	553	Henke, Jano	SV Kollerbeck	M13	2	
42	00:29:35	554	Köder, Dirk	JSG Mohn	M45	6	
43	00:29:46	1180	Berkemeier, Marian		MJ U20	2	178
44	00:29:51	578	Beckmann, Anna	SV Kollerbeck	WJ U20	1	
45	00:29:58	595	Laufer, Jaris		M13	3	110
46	00:30:02	548	Nowag, Hans-Jürgen	SG Hillerse	M65	1	74
47	00:30:04	530	Brandt, Werner		M45	7	
48	00:30:06	600	Engel, Simon	SV Kollerbeck	M12	1	
49	00:30:08	597	Lüke, Konstanzia	SV Kollerbeck	W14	2	
50	00:30:11	586	Düsterwald, Karen	DI DO Sa Lage	WJ U18	1	
51	00:30:12	511	Dransfeld, Jens	SC Paderborn07	M35	3	118
52	00:30:15	524	Al-Sindi, Agram	TuS Ovenhausen	M40	3	
53	00:30:37	555	Henke, Cara	SV Kollerbeck	WJ U18	2	
54	00:30:40	551	Leßmann, Judith	SV Kollerbeck	W15	2	
55	00:30:42	599	Borgmeier, Friedhelm		M50	8	
56	00:30:55	558	Köder, Mieke	Warburger SV	W15	3	184
57	00:30:58	508	Droesemeier, Johannes	Hannover Runners	M30	2	22
58	00:31:05	1179	Engel, Julian	SV Kollerbeck	M14	4	
59	00:31:30	591	Jones, Kyle Liam	HLC Hoexter	M12	2	164
60	00:31:38	543	Reinold, Claudia	TuS 13 Hembsen	W40	1	185
61	00:31:40	592	Biermann, Verena	VFL Eversen	W35	2	
62	00:31:45	549	Elüstü, Filiz	Warburger SV	W50	1	186
63	00:31:50	520	Hostmann, Jonas	TuS Ovenhausen	M12	3	6
64	00:32:04	509	Diekmann, Anja	LC 92 Bad Salzuflen	W45	1	
65	00:32:12	576	Hahnbück, Daniel	Tri Power Rhein-Sieg	M50	9	
66	00:32:27	568	Pfeiffer, Simone		W40	2	101
67	00:32:29	588	Ruhoff, Jana	SV Kollerbeck	WJ U18	3	
68	00:32:32	512	Baaske, Hilla	LT Marienloh	W55	1	8
69	00:32:41	531	Brandt, Gavin		M13	4	
70	00:32:48	521	Toennes, Sabine	TuS Ovenhausen	W45	2	53
71	00:33:06	515	Risse, Stefan	TuS Ovenhausen	M50	10	11

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72	00:33:13	538 Hashemi, Hassan	Non-Stop-Ultra	MJ U18	9	
73	00:33:55	575 Borghoff, Klaus	TUS Bad Wünnenberg	M55	1	176
74	00:34:04	570 Franke, Lena	Rot-Weiß Bentfeld	W	1	93
75	00:34:17	525 Struck, Marianne	Post-SV Holzminden	W45	3	
76	00:34:20	580 Worms, Luis	TuS Ovenhausen	M13	5	7
77	00:34:21	559 Steins, Hubert	Laufftreff Elsen-Wewer	M55	2	
78	00:34:31	539 Rahimi, Khaleg	Non-Stop-Ultra	M	5	
79	00:34:33	579 Leßmann, Christina	SV Kollerbeck	WJ U18	4	
80	00:35:30	566 Bolte, Martina	TSV Schloss Neuhaus	W40	3	50
81	00:35:33	564 Tracht, Josef	TuS Vinsebeck	M65	2	84
82	00:35:39	584 Mag, Paula	Laufftreff Herbram	WJ U18	5	157
83	00:35:48	562 Brockmeier, Markus		M45	8	
84	00:35:49	503 Engelhard, Sven		M45	9	4062
85	00:35:55	505 Engelhard, Kirsten		W45	4	
86	00:36:03	581 Schreiber, Constanze		W50	2	137
87	00:36:35	556 Schulze, Ulrich		M65	3	
88	00:36:47	546 Guse, Vincent	TuS 13 Hembsen	M10	1	159
89	00:37:00	514 Hagemeier, Ramona		W	2	
90	00:37:51	545 Kleibrink, Nico	TuS 13 Hembsen	M10	2	
91	00:37:53	544 Hillebrand, Josef	TuS 13 Hembsen	M60	2	160
92	00:37:54	585 Düsterwald, Heike	DI DO Sa Lage	W45	5	
93	00:41:00	565 Richter, Franz-Josef	TuS Vinsebeck	M70	1	85
94	00:43:36	563 Brockmeier, Simone	PADERPIRATEN e.V.	W35	3	33
95	00:51:06	561 Haupt, Gabriele	PADERPIRATEN e.V.	W45	6	34