Auswertung nach Altersklassen bei den Männern 2010

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Meyer	Manuel	TV Wattenscheid	1981	M20	33:32	1					34:42	1	33:06	1			32:20	1			4	1
Gottheil	Ralf	LG Coesfeld	1981	M20	~~33:56~~	~~2~~	34:34	1	33:34	1	34:50	2			~~42:27~~	~~2~~	32:20	2			6	2
Tebbel	Ralf	LG Coesfeld	1992	M20	37:54	3									40:25	1	35:44	3	38:22	1	8	3
Münch	Manuel	DJK Dülmen Tri-Team	1986	M20	~~38:56~~	~~4~~	38:54	2	38:10	2			40:27	2			35:44	4			10	4
Salchert	Daniel	LG Coesfeld	1983	M20	~~40:47~~	~~5~~	41:40	3					42:17	3	42:46	3	~~36:55~~	~~5~~	40:15	2	11	5
Schlesiger	Ralf	SV Arminia Appelhülsen	1982	M20			43.26	4	42:04	3	43:16	4			~~46:14~~	~~4~~	~~40:10~~	~~6~~	43:30	3	14	6
Reckmann	Timo		1985	M20	44:37	7			42:56	4	43:10	3	42:40	4							18	7
Böhne	Jan		1981	M20					52:35	7	55:09	7	59:37	8					53:39	6	22	8
Vollenbröker	Florian	Coesfeld	1987	M20									47:27	5	54:02	6	44:29	8	46:37	4	23	9
Schulz	Maximilian	SV Brukteria Rorup	1993	M20	~~50:10~~	~~9~~	51:47	5			51:01	6					49.01	9	51:39	5	25	10
~~Hackenfort~~	~~Dirk~~	~~SW Holtwick~~	~~1990~~	~~M20~~	~~45:38~~	~~8~~							~~50:37~~	~~7~~	~~48:09~~	~~5~~						
~~Lensing~~	~~Tim~~	~~Dülmen Läuft~~	~~1995~~	~~M20~~					~~44:17~~	~~5~~	~~46:44~~	~~5~~	~~48:15~~	~~6~~								
~~Peter~~	~~Manuel~~	~~SV Brukteria Rorup~~	~~1996~~	~~M20~~	~~44:33~~	~~6~~									~~57:30~~	~~7~~	~~43:31~~	~~7~~				
~~Micha~~	~~Florian~~	~~Ascheberg~~	~~1981~~	~~M20~~					~~44:55~~	~~6~~												
~~Metzrath~~	~~Michael~~		~~1982~~	~~M20~~																		
~~Krynewiki~~	~~Andre~~	~~DJK VBRS Coesfeld~~	~~1981~~	~~M20~~																		
~~Schwaf~~	~~Christian~~	~~DLRG Nottuln~~	~~1995~~	~~M20~~																		
~~Thiemann~~	~~Marco~~		~~1981~~	~~M20~~																		

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Elsbecker	Matthias		1977	M30	~~43:17~~	~~3~~	41:47	2	40:18	1			~~42:55~~	~~2~~	42:41	1	38:46	1			5	1
Lehmkuhl	Stefan	Haltern am See	1978	M30	~~43:09~~	~~2~~	41:18	1			41:56	1	~~44:41~~	~~4~~			38:53	2	42:00	2	6	2
Wermeling	Klaus		1976	M30	~~43:38~~	~~4~~	~~43.31~~	~~4~~	43:07	3	~~43:31~~	~~4~~	43:58	3	43:24	2	39:10	3			11	3
Nowack	Michael	SV Brukteria Rorup	1980	M30	44:24	5	41:50	3	41:32	2			41:53	1							11	4
Konert	Christian	LG Coesfeld	1979	M30	~~45:34~~	~~6~~			~~46:18~~	~~7~~	~~48:14~~	~~7~~	48:54	5	48:43	3	43:13	6	44:38	4	18	5
Konert	Markus	LG Coesfeld	1976	M30	~~55:47~~	~~12~~					~~49:43~~	~~8~~	50:40	7	51:25	4	43:12	5	44:35	3	19	6
Vennebusch	Mario		1977	M30	~~45:36~~	~~7~~	45:52	5	44:41	6	~~47:30~~	~~6~~	~~52:46~~	~~8~~	54:26	5	~~46.22~~	~~8~~	49:48	5	21	7
Dieker	Jörn	TV Dülmen	1978	M30	50:24	11	49:14	7	47:59	8							45.46	7			33	8
~~Austrup~~	~~Sebastian~~		~~1978~~	~~M30~~	~~47:41~~	~~10~~	~~46:40~~	~~6~~									~~46.34~~	~~9~~				
~~Evers~~	~~Frank~~	~~BSG Kreis Coesfeld~~	~~1977~~	~~M30~~	~~46:50~~	~~9~~					~~46:06~~	~~5~~	~~50:08~~	~~6~~								
~~Laukamp~~	~~Thomas~~	~~LG Coesfeld~~	~~1979~~	~~M30~~							~~42:36~~	~~2~~					~~40:06~~	~~4~~	~~41:35~~	~~1~~		
~~Lehmkuhl~~	~~Thomas~~	~~TuS Sythen~~	~~1978~~	~~M30~~	~~42:45~~	~~1~~			~~43:38~~	~~4~~	~~43:14~~	~~3~~										
~~Heß~~	~~Andreas~~		~~1978~~	~~M30~~	~~61:47~~	~~13~~			~~59:46~~	~~11~~												
~~Ross~~	~~Thomas~~		~~1980~~	~~M30~~			~~58:55~~	~~8~~	~~54:22~~	~~10~~												
~~Rosch~~	~~Steffen~~	~~LG Lehmbraken~~	~~1978~~	~~M30~~					~~43:50~~	~~5~~												
~~Scharlau~~	~~Dirk~~	~~SW Holtwick~~	~~1979~~	~~M30~~	~~46:38~~	~~8~~																
~~Böckermann~~	~~Christoph~~		~~1977~~	~~M30~~					~~52:05~~	~~9~~												
~~Schikora~~	~~Marco~~	~~Jupp unner de Böcken~~	~~1976~~	~~M30~~																		

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Cramer	Matthias	LG-DJK Coesfeld	1971	M35	~~37:53~~	~~1~~			36:21	1	37:18	1	37:53	1	~~42:26~~	~~1~~	32:56	1			4	1
Hanning	Thomas	GP Olymp	1973	M35					39:58	2			40:56	2			37:58	2	39:44	1	7	2
Koch	Carsten	Haltern am See	1971	M35	43:21	3	44.05	1			~~43:49~~	~~3~~	~~45:32~~	~~3~~			38:58	3	43:41	3	10	3
Maidhof	Ciaron	Kilometerfresser Wittringen	1973	M35	44:11	4					46:48	4	~~49:56~~	~~4~~	49:46	2	41:50	4			14	4
Bäumer	Carsten	LG Coesfeld	1974	M35	~~49:16~~	~~8~~					47:33	5	53:21	5			42:33	5	43:22	2	17	5
Wiff	Burkhard	TV Dülmen	1972	M35					48:26	7	48:13	6			50:50	3	44:43	6			22	6
Sandmann	Joachim		1971	M35	~~52:11~~	~~10~~	51:58	3	51:33	8	~~50:37~~	~~9~~	53:36	6			47.37	9			26	7
Segbert	Jochen	DJK Coesfeld, LG Coesfeld	1972	M35	55:40	13			52:32	10	53:52	11	61:01	7							41	8
~~Jantschuk~~	~~Konrad~~	~~Lauftreff Lette~~	~~1971~~	~~M35~~	~~49:11~~	~~7~~	~~51:15~~	~~2~~			~~50:29~~	~~8~~										
~~Fromme~~	~~Werner~~	~~MCW Team Rorup~~	~~1975~~	~~M35~~					~~47:41~~	~~5~~	~~49:58~~	~~7~~					~~45.34~~	~~7~~				
~~Hanning~~	~~Andreas~~		~~1975~~	~~M35~~	~~49:53~~	~~9~~			~~47:45~~	~~6~~							~~46.34~~	~~8~~				
~~Fleige~~	~~Christian~~		~~1972~~	~~M35~~	~~56:40~~	~~14~~			~~57:12~~	~~11~~	~~50:46~~	~~10~~										
~~Barenbrügge~~	~~Timo~~	~~LG Coesfeld~~	~~1974~~	~~M35~~	~~38:12~~	~~2~~					~~40:14~~	~~2~~										
~~Fallbrügge~~	~~Christoph~~	~~MCW Team Rorup~~	~~1971~~	~~M35~~	~~54:11~~	~~12~~													~~48:48~~	~~4~~		
~~Lennartz~~	~~Matthias~~	~~TV Dülmen~~	~~1975~~	~~M35~~	~~47:40~~	~~5~~			~~46:02~~	~~4~~												
~~Vetter~~	~~Jörg~~		~~1971~~	~~M35~~	~~52:40~~	~~11~~			~~51:52~~	~~9~~												
~~Winnenburg~~	~~Holger~~	~~Tri Team Dülmen~~	~~1973~~	~~M35~~	~~48:27~~	~~6~~	~~62:45~~	~~4~~														
~~Duda~~	~~Thomas~~	~~DJK Dülmen Tri-Team~~	~~1973~~	~~M35~~					~~39:59~~	~~3~~												
~~Brosche~~	~~Christian~~	~~TV Dülmen~~	~~1974~~	~~M35~~	~~60:27~~	~~15~~																
~~Bonn~~	~~Thorsten~~		~~1973~~	~~M35~~																		
~~Geldmann~~	~~Toddy~~	~~Jupp unner de Böcken~~	~~1975~~	~~M35~~																		
~~Herbordt~~	~~Lars~~	~~DJK Dülmen~~	~~1972~~	~~M35~~																		
~~Hilgenberg~~	~~Andreas~~	~~P-Weg-Fan~~	~~1971~~	~~M35~~																		
~~Weyer~~	~~Tim~~	~~SV Brukteria Rorup~~	~~1974~~	~~M35~~																		

Auswertung nach Altersklassen bei den Männern 2010

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Hunke	Christian	Ten-Club-Coesfeld	1969	M40	34:52	1	36:05	1					~~37:03~~	~~2~~	36:53	1	~~34:08~~	~~2~~	36:05	1	4	1
Seifert	Ronny	LT FW	1968	M40			~~37:21~~	~~2~~	36:12	1	36:32	1	36:23	1	~~36:56~~	~~2~~	33:44	1			4	1
Link	Johannes	VfL Ahaus	1966	M40					36:52	2	37:41	2			41:26	4	~~36:20~~	~~5~~	38:31	2	10	3
Somerville	Steven		1966	M40	37:17	3	~~39:08~~	~~4~~	39:13	3	40:16	3	~~40:19~~	~~3~~	39:26	3					12	4
Masthoff	Clemens	DJK Dülmen Tri-Team	1966	M40					39:38	4			41:20	4			36:07	4	39:02	3	15	5
Testroet	Klaus		1966	M40	41:28	4			41:09	5			42:38	5	41:42	5					19	6
Everding	Andreas	LSF Rosendahl	1966	M40	44:34	6	43.20	5	42:06	6	43:57	4	~~46:47~~	~~8~~							21	7
Liedel	Thomas	TLC Coesfeld	1968	M40			43.59	6					43:48	6	45:40	6	40:11	6			24	8
Niemann	Oliver		1970	M40	48:12	8			44:44	7	46:30	8							48:53	4	27	9
Stenert	Andreas	TSG Dülmen	1970	M40			~~46:20~~	~~8~~	44:59	8	45:25	7	45:16	7			43:48	7			29	10
Masztalerz	Matthias		1966	M40					~~57:22~~	~~13~~			65:41	12	59:41	8	48.48	8	53:40	5	33	11
Leuters	Stephan	Westfalia Osterwick	1968	M40	~~52:24~~	~~13~~			53:38	10	54:36	11	55:05	10	53:11	7					38	12
Winkelhüsener	Claus	LG Coesfeld	1968	M40	51:12	12	51:29	10	49:58	9							50.07	9			40	13
Wilke	Oliver	Dülmen Läuft	1970	M40	~~60:21~~	~~16~~			57:04	12	56:05	12					54:32	11	56:51	6	41	14
~~Kleerbaum~~	~~Uwe~~	~~DJK Dülmen Tri-Team~~	~~1969~~	~~M40~~	~~36:14~~	~~2~~	~~38:04~~	~~3~~									~~34:56~~	~~3~~				
~~Kemper~~	~~Ralf~~	~~DJK Adler Buldern~~	~~1969~~	~~M40~~	~~46:19~~	~~7~~					~~48:00~~	~~9~~	~~58:34~~	~~11~~								
~~Beerhorst~~	~~Frank~~		~~1968~~	~~M40~~	~~49:43~~	~~10~~							~~51:53~~	~~9~~								
~~Gossling~~	~~Ulrich~~		~~1967~~	~~M40~~	~~50:47~~	~~11~~			~~54:32~~	~~11~~												
~~Künsken~~	~~Carsten~~	~~Haltern am See~~	~~1970~~	~~M40~~			~~44:21~~	~~7~~			~~45:16~~	~~6~~										
~~Mühlbacher~~	~~Frank~~	~~Lauftreff Lette~~	~~1970~~	~~M40~~	~~48:46~~	~~9~~					~~49:27~~	~~10~~										
~~Wieskus~~	~~Michael~~	~~LG Coesfeld~~	~~1967~~	~~M40~~	~~43:34~~	~~5~~					~~44:26~~	~~5~~										
~~Hürländer~~	~~Wolfgang~~	~~Tri Finish Münster~~	~~1967~~	~~M40~~			~~48:05~~	~~9~~														
~~Fricke~~	~~Harald~~	~~MCW Team Rorup~~	~~1966~~	~~M40~~													~~54:24~~	~~10~~				
~~Rexing~~	~~Manfred~~	~~LG Coesfeld~~	~~1969~~	~~M40~~	~~54:38~~	~~14~~																
~~Tork~~	~~Joachim~~		~~1969~~	~~M40~~	~~55:25~~	~~15~~																
~~Brathe~~	~~Georg~~	~~Spiridon Halter~~	~~1970~~	~~M40~~																		
~~Daldrup~~	~~Christoph~~	~~DJK Dülmen Tri-Team~~	~~1966~~	~~M40~~																		

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Enseling	Michael	Wasserfreizeit MS	1964	M45	37:12	1	38:38	1	38:40	1									39:40	1	4	1
Just	Roland	Kilometerfresser Wittringen	1964	M45	~~40:45~~	~~4~~			40:38	2	41:29	1	43:28	1	42:03	1			~~41:03~~	~~2~~	5	2
Rogge	Thomas	Dülmen Läuft	1961	M45	~~43:03~~	~~6~~			~~41:39~~	~~4~~	42:42	3	43:39	2	42:28	2			41:23	3	10	3
Halacz	Peter	Free-Run Schmachtendorf	1965	M45	~~44:39~~	~~10~~	44.20	3					44:54	5	46:18	4	40:13	2	~~45:10~~	~~8~~	14	4
Thentie	Michael	LG Coesfeld	1965	M45	40:35	3					41:29	2	44:57	6					41:52	4	15	5
Kresse	Arno		1961	M45	~~43:12~~	~~7~~			43:31	6	42:51	4	43:50	3					43:44	5	18	6
Nagel-Stüwe	Thomas	TSG Dülmen	1963	M45	~~46:39~~	~~16~~	44.28	4	~~44:31~~	~~7~~	45:01	5	44:37	4	~~46:31~~	~~6~~	41:35	6	~~44:11~~	~~6~~	19	7
Bruns	Martin	Dülmen Läuft	1965	M45	~~44:56~~	~~11~~	45:23	5	43:19	5	~~45:14~~	~~6~~			46:23	5	41:19	4	~~45:25~~	~~9~~	19	8
Hanenberg	Heiner	LT Wildpark Dülmen	1962	M45	~~45:00~~	~~12~~	45:45	6	~~44:54~~	~~8~~	~~45:20~~	~~7~~	~~47:08~~	~~7~~	46:43	7	41:24	5	44:15	7	25	9
Didszun	Ulrich		1962	M45			57:14	12	54:23	16					46:07	3	38:47	1			32	10
Rentemeister	Werner	LG Coesfeld	1963	M45	~~46:52~~	~~18~~			49:32	13	45:49	9			47:15	8	40:46	3			33	11
Thesing	Heinrich		1961	M45			47:39	8	45:40	9	45:46	8	47:57	8	~~48:47~~	~~9~~					33	11
Stürmer	Christian	SG Borken	1964	M45			48:37	9	46:20	12	46:36	11							46:56	10	42	13
Peter	Christoph	SV Brukteria Rorup	1964	M45	47:06	19	45:55	7							49:31	10	43:32	9			45	14
Terjung	Claas	Dülmen Läuft	1962	M45	~~54:32~~	~~24~~			~~52:01~~	~~15~~	53:07	14			59:54	11	47.18	10	51:26	11	46	15
Awater	Manfred	DJK SF Dülmen	1965	M45	55:06	26			50:13	14	51:14	13	56:04	11							64	16
~~Ahrens~~	~~Rüdiger~~	~~LG Coesfeld~~	~~1963~~	~~M45~~	~~43:35~~	~~9~~							~~49:28~~	~~9~~			~~41:48~~	~~7~~				
~~Hellkuhl~~	~~Markus~~	~~DJK Grün-Weiß Nottuln~~	~~1962~~	~~M45~~	~~46:24~~	~~15~~					~~47:23~~	~~12~~					~~42:09~~	~~8~~				
~~Lügering~~	~~Johannes~~	~~Der Baumberg ruft~~	~~1965~~	~~M45~~	~~54:47~~	~~25~~	~~53:23~~	~~11~~					~~62:37~~	~~12~~								
~~Sicking~~	~~Dietmar~~	~~Lauftreff Lette~~	~~1965~~	~~M45~~	~~46:46~~	~~17~~			~~45:45~~	~~10~~			~~54:37~~	~~10~~								
~~Jahnke~~	~~Olaf~~	~~Dülmen Läuft~~	~~1965~~	~~M45~~	~~41:38~~	~~5~~			~~41:24~~	~~3~~												
~~Tüns~~	~~Michael~~	~~LSF Werne~~	~~1962~~	~~M45~~	~~39:25~~	~~2~~	~~39:14~~	~~2~~														
~~Ueing~~	~~Michael~~	~~DJK Nottuln~~	~~1962~~	~~M45~~					~~46:11~~	~~11~~	~~46:08~~	~~10~~										
~~Hoof~~	~~Reinhard~~	~~DJK Grün-Weiß Nottuln~~	~~1961~~	~~M45~~	~~52:10~~	~~22~~													~~54:47~~	~~12~~		
~~Ostendorp~~	~~Jürgen~~		~~1963~~	~~M45~~	~~43.14~~	~~8~~																
~~Roß~~	~~Wolfgang~~		~~1965~~	~~M45~~			~~52:40~~	~~10~~														
~~Elersbrock~~	~~Hubert~~	~~Adler Buldern~~	~~1965~~	~~M45~~	~~45:51~~	~~13~~																
~~Gude~~	~~Günter~~	~~Dülmen Läuft~~	~~1964~~	~~M45~~	~~46:01~~	~~14~~																
~~Fehst~~	~~Thomas~~	~~Staubwolke Mitwick~~	~~1965~~	~~M45~~	~~47:17~~	~~20~~																
~~Pepper~~	~~Manfred~~	~~Staubwolke Mitwick~~	~~1964~~	~~M45~~	~~50:40~~	~~21~~																
~~Elsbecker~~	~~Thomas~~	~~Dülmen Läuft~~	~~1965~~	~~M45~~	~~54:08~~	~~23~~																
~~Kelliger~~	~~Jürgen~~	~~Lauftreff Lette~~	~~1963~~	~~M45~~	~~59:50~~	~~27~~																
~~Charfreitag~~	~~Ekkehard~~		~~1963~~	~~M45~~	~~63:56~~	~~28~~																
~~Heisterkamp~~	~~Norbert~~		~~1962~~	~~M45~~																		

Auswertung nach Altersklassen bei den Männern 2010

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Rüsweg	Felix	Dülmen Läuft	1957	M50	42:17	1			42:32	1	41:47	1	42:45	1	~~44:06~~	~~1~~					4	1
Böckers	Winfried	LG Coesfeld	1957	M50	42:29	2	41:20	1			41:51	2					38:17	1			6	2
Teuber	Heinz	LG Coesfeld	1957	M50	44:00	3	44:43	2	43:30	2	45:23	3									10	3
Lehmann-Kalhoff	Norbert	TSG Dülmen	1957	M50					43:59	3			47:48	4	46:17	2	41:36	2			11	4
Tönsmann	Alfred		1957	M50	~~52:17~~	~~8~~	48:13	4			~~50:38~~	~~5~~			56:06	4	48.16	4	52:16	1	13	5
Große-Leusbrock	Josef	LT Gescher	1958	M50	45:05	4	46:54	3	44:44	4			47:38	2							13	6
Naber	Ewald	LG Coesfeld	1956	M50	47:43	5					47:05	4	47:39	3	55:20	3	~~63:33~~	~~7~~			15	7
Brehm-Schilly	Jochen	LT Wildpark Dülmen	1959	M50	~~57:08~~	~~10~~	~~55:54~~	~~6~~	~~55:36~~	~~6~~	55:15	6	57:31	5			49.56	5	53:57	2	18	8
Jansen	Andreas	DJK Dülmen	1960	M50	51:53	7	53:30	5	52:30	5							50.00	6			23	9
~~Wysocki~~	~~Peter~~		~~1959~~	~~M50~~	~~60:50~~	~~11~~					~~62:36~~	~~7~~										
~~Lechtenberg~~	~~Klaus~~	~~Lauftreff Lette~~	~~1960~~	~~M50~~	~~49:19~~	~~6~~																
~~Weiling~~	~~Ludger~~	~~Lauftreff Lette~~	~~1956~~	~~M50~~									~~63:05~~	~~6~~								
~~Frieling~~	~~Roland~~	~~Lauftreff Lette~~	~~1957~~	~~M50~~	~~52:38~~	~~9~~											~~47.25~~	~~3~~				
~~Gräsler~~	~~Rolf~~	~~LSF Werne~~	~~1959~~	~~M50~~																		
~~Sander~~	~~Jürgen~~		~~1960~~	~~M50~~																		
Schramm	Klaus	Lauftreff Lette	1954	M55	41:09	1	41:11	1	~~40:43~~	~~2~~	~~41:26~~	~~2~~			42:17	1	~~38:49~~	~~2~~	41:55	1	4	1
Robert	Alois	SW Beerlage	1952	M55	42:24	2	~~43.29~~	~~2~~	~~41:22~~	~~3~~	~~42:59~~	~~3~~	42:53	1	43:13	2	38:22	1			6	2
Arning	Klaus	Dülmen Läuft	1953	M55	52:26	4							55:07	2	57:30	4			52:11	2	12	3
Eiersbrock	Josef	DJK Adler Buldern	1953	M55	44:40	3	44.12	3	44:04	4	45:50	4									14	4
Plesker	Heinz	LG Coesfeld	1951	M55			54:13	4	53:55	5			58:34	3	60:42	5					17	5
Pröbsting	Josef		1951	M55	54:03	5	54:21	5			55:57	5							52:23	3	18	6
~~Damme~~	~~Robert~~	~~GW Nottuln~~	~~1954~~	~~M55~~					~~40:24~~	~~1~~	~~41:03~~	~~1~~			~~44:09~~	~~3~~						
~~Kampert~~	~~Bernhard~~	~~Haltern am See~~	~~1955~~	~~M55~~			~~58:25~~	~~6~~	~~54:16~~	~~6~~												
~~Kleinschneider~~	~~Heiner~~	~~Lauftreff Lette~~	~~1955~~	~~M55~~	~~56:33~~	~~6~~							~~70:49~~	~~4~~								
~~Amberg~~	~~Rainer~~	~~Kilometerfresser Wittringen~~	~~1953~~	~~M55~~																		
~~Kleinschneider~~	~~Franz-Josef~~	~~Lauftreff Lette~~	~~1954~~	~~M55~~																		
~~Reismann~~	~~Hubert~~	~~Lauftreff Lette~~	~~1954~~	~~M55~~																		
Thran	Hans-Jürgen	Spiridon Halter	1946	M60			~~46:33~~	~~1~~	44:47	1			44:35	1	46:18	1	44:38	1			4	1
Lange	Theodor		1948	M60	48:14	1	47:08	2	46:33	2	46:11	1	~~47:46~~	~~2~~							6	2
~~Kuhlage~~	~~Eugen~~	~~Lauftreff Lette~~	~~1947~~	~~M60~~	~~56:24~~	~~2~~																
Meinhardt	Lothar		1941	M65	~~50:00~~	~~1~~	~~48:20~~	~~2~~	47:33	1	49:17	1	~~51:03~~	~~1~~			45:03	1	48:41	1	4	1
Nickel	Otto		1942	M65	~~54:55~~	~~4~~	~~54:09~~	~~3~~	52:47	2	54:57	2	55:45	2			52:20	2			8	2
Emanuel	Edy	SG Coesfeld 06	1943	M65	54:21	3	55:17	4			58:17	3			57:21	1					11	3
~~Finger~~	~~Karl-Heinz~~	~~VfL-Hüls~~	~~1941~~	~~M65~~	~~50:53~~	~~2~~	~~44.03~~	~~1~~														

Auswertung nach Altersklassen bei den Frauen 2010

Nachname	Vorname	Verein	Jahr-gang	Alters-klasse	Heidelauf Coesfeld	Punkte (1. Lauf)	Stiftslauf Nottuln	Punkte (2. Lauf)	Strassen-lauf Dülmen	Punkte (3.Lauf)	Johannes-Lauf Lette	Punkte (4.Lauf)	Roruper Abendlauf	Punkte (5.Lauf)	Volkslauf Hiddingsel	Punkte (6.Lauf)	Havixbecker Sandstein-meile	Punkte (7.Lauf)	Stadtfestlauf Lüding-hausen	Punkte (8.Lauf)	Punkte-stand (gesamt)	Endplazierung Altersklasse
Groß-Leusbrock	Julia	Team Sportstudio Gödde	1986	W20	41:54	1	42:50	1	41:40	1	42:44	1	~~46:12~~	~~1~~							4	1
Reismann	Evelyn	Lauftreff Lette	1986	W20			49:15	2	49:26	2	~~51:06~~	~~2~~					46.32	1	49:34	1	6	2
Konert	Anna-Lena	LG Coesfeld	1989	W20	52:17	2			52:17	3					58:30	1	49.21	2			8	3
Roters	Linda		1991	W20	~~56:42~~	~~5~~	55:22	5					55:20	2			49.22	3	52:38	2	12	4
Abbenhaus	Denise		1993	W20	53:13	3	~~54:34~~	~~4~~			54:03	4	~~61:00~~	~~4~~			49.27	4	52:46	3	14	5
Roters	Ramona		1987	W20	~~58:43~~	~~7~~	~~56:34~~	~~6~~	55:40	4			59:30	3			51.29	5	56:44	4	16	6
~~Schwack~~	~~Annika~~		~~1981~~	~~W20~~	~~59:35~~	~~8~~	~~57:54~~	~~7~~							~~59:42~~	~~2~~						
~~Eversmann~~	~~Diana~~		~~1984~~	~~W20~~	~~61:44~~	~~9~~			~~59:46~~	~~5~~												
~~Lennartz~~	~~Friederike~~		~~1982~~	~~W20~~	~~57:15~~	~~6~~					~~53:03~~	~~3~~										
~~Seifert~~	~~Kristin~~	~~TC Rot-Weiß Dülmen~~	~~1984~~	~~W20~~	~~53:45~~	~~4~~	~~53:12~~	~~3~~														
~~Frohböse~~	~~Lisa~~		~~1998~~	~~W20~~																		
~~Grahmann~~	~~Christin~~	~~TRC 84 Essen~~	~~1983~~	~~W20~~																		
Saur	Anke		1977	W30	~~50:04~~	~~2~~	51:06	1	~~49:12~~	~~2~~	49:44	1	50:09	1	51:06	1					4	1
Bäumer-Lanfer	Daniela	LG Coesfeld	1977	W30	48:55	1			48:44	1	50:35	2					52:59	1			5	2
Sandscheiper	Birgit	Tennisclub RW Dülmen Runningteam	1976	W30	59:26	3	56:29	2							63:39	2			56:24	1	8	3
Krimphove	Judith	Tennisclub RW Dülmen Runningteam	1977	W30	~~66:26~~	~~5~~	65:38	3	62:47	4					69:45	3			63:09	2	12	4
Schürhoff	Tanja		1977	W30			66:28	4	63:33	5			71:56	2					68:20	3	14	5
~~Lennartz~~	~~Almut~~		~~1978~~	~~W30~~					~~61:58~~	~~3~~												
~~Böck~~	~~Jennifer~~		~~1978~~	~~W30~~	~~60:19~~	~~4~~																
Mösle	Anke	LSF Münster	1975	W35	50:01	1			48:12	1			~~51:33~~	~~1~~	49:09	1	42:43	1			4	1
Kemper	Silke		1973	W35	~~52:58~~	~~2~~	52:43	1	51:25	2			~~58:33~~	~~2~~			51.04	2	53:45	1	6	2
~~Jantschuk~~	~~Brigitte~~	~~Lauftreff Lette~~	~~1973~~	~~W35~~	~~58:59~~	~~3~~	~~59:19~~	~~2~~									~~53:16~~	~~3~~				
Terlau	Svenja		1966	W40	44:44	1	44:56	1	43:42	1							41:34	1			4	1
Schneider	Karin	LG Coesfeld	1968	W40			48:43	2			48:47	1	49:04	1			43:59	2			6	2
Just	Angelika	Kilometerfresser Wittringen	1970	W40	~~51:07~~	~~4~~			50:56	4	51:39	3	~~53:20~~	~~4~~	52:49	1			51:51	1	9	3
Vogel	Elke	Lauftreff Lette	1966	W40	49:15	2			49:57	3	51:07	2	~~54:36~~	~~5~~	56:51	3	~~47.13~~	~~4~~			10	4
Scholten	Stephanie	LG Coesfeld	1968	W40	49:16	3			49:33	2			52:27	2			46.07	3			10	5
Sauerwald	Silke	rabbit dundee	1967	W40	54:45	6					52:06	4	52:59	3	54:34	2					15	6
Mentrup	Dorothee	DJK Adler Buldern	1968	W40	53:08	5			~~53:52~~	~~5~~	54:01	5	~~55:30~~	~~6~~	58:26	4			53:40	2	16	7
Klupiec	Heidi	TSG Dülmen	1970	W40	~~61:48~~	~~9~~	62:43	3	~~60:15~~	~~8~~			~~63:30~~	~~8~~	66:43	5	56:08	6	61:10	3	17	8
Kresse	Gerlinde		1966	W40	~~61:10~~	~~8~~			59:42	7	63:33	6	~~63:32~~	~~9~~			57:34	7	61:14	4	24	9
Testroet	Erna		1969	W40	55:44	7			54:55	6			63:23	7			53:19	5			25	10
Hullerum	Sylvia	LG Coesfeld	1968	W40			62:44	4	61:45	9			66:36	10	74:04	6					29	11
Schlüter	Nicole	Lauftreff Lette	1970	W40			67:39	5	64:12	10			~~80:53~~	~~11~~	82:17	7	67:06	8			30	12
~~Klaas~~	~~Sabine~~	~~Grün-Weiß Hausdülmen~~	~~1970~~	~~W40~~																		
~~Schmitz~~	~~Adriana~~		~~1966~~	~~W40~~																		
~~Vestring~~	~~Alexandra~~		~~1969~~	~~W40~~																		
Enseling	Martina	Wasserfreizeit MS	1964	W45	~~50:28~~	~~2~~	48:33	1	~~48:52~~	~~2~~			50:49	1			45:15	1	48:19	1	4	1
Wenning	Angela	Dülmen Läuft	1963	W45	47:05	1			48:07	1	49:37	1	51:42	2							5	2
Thesing	Bärbel		1962	W45	~~58:44~~	~~4~~	57:13	3	~~54:23~~	~~5~~	55:16	3	57:30	3	58:06	1					10	3
Schulz	Beate	SV Brukteria Rorup	1964	W45	55:17	3	54:05	2	53:14	3	~~56:33~~	~~5~~	~~62:32~~	~~5~~	~~64:28~~	~~3~~	52:17	3	~~55:59~~	~~3~~	11	4
Terjung	Christiane	TV Dülmen	1961	W45					~~54:40~~	~~6~~	55:24	4	~~58:30~~	~~4~~	59:19	2	52:30	4	52:32	2	12	5
Didszun	Gabi		1963	W45			57:13	4	54:23	4	55:04	2					49.25	2			12	6
~~Gabriel~~	~~Sabine~~		~~1965~~	~~W45~~																		
~~Schnier~~	~~Claudia~~		~~1965~~	~~W45~~																		
Rüsweg	Maria	Dülmen Läuft	1960	W50	49:15	1			49:16	1	51:09	1	53:49	1							4	1
Reismann	Gitti	Lauftreff Lette	1958	W50	~~56:32~~	~~3~~	~~59:20~~	~~2~~	~~55:16~~	~~3~~			59:18	2	62:41	1	52:52	2	57:47	1	6	2
Dramm	Silvia	Dülmen Läuft	1960	W50	52:39	2			52:42	2	53:59	2					49.07	1			7	3
Sandscheiper	Maria	Lauftreff Lette	1957	W50	~~58:45~~	~~4~~	59:22	3					63:16	3			53:06	3	57:59	2	11	4
~~Elsner~~	~~Waltraud~~		~~1957~~	~~W50~~			~~66:28~~	~~4~~	~~63:33~~	~~4~~									~~68:29~~	~~3~~		
~~Thyssen~~	~~Anne~~	~~TSG Dülmen~~	~~1959~~	~~W50~~	~~59:40~~	~~5~~	~~57:56~~	~~1~~							~~69:46~~	~~2~~						
~~Marfort~~	~~Rita~~	~~Lauftreff Lette~~	~~1960~~	~~W50~~																		
~~Weiling~~	~~Monika~~	~~Lauftreff Lette~~	~~1958~~	~~W50~~																		
Konert	Doris	LG Coesfeld	1954	W55	~~56:18~~	~~2~~			58:59	1	~~59:28~~	~~2~~	~~61:43~~	~~2~~	61:20	1	53:05	1	58:46	1	4	1
Klöpper-Becker	Annelie	LG Coesfeld	1955	W55	56:08	1	55:25	1			55:39	1	57:49	1							4	2
~~Pröbsting~~	~~Hildegard~~		~~1953~~	~~W55~~	~~61:27~~	~~3~~	~~62:10~~	~~2~~														
~~Arning~~	~~Irmgard~~	~~Dülmen Läuft~~	~~1955~~	~~W55~~																		
~~Kruska~~	~~Mathilde~~	~~Dülmen Läuft~~	~~1953~~	~~W55~~																		