

10 km Walking (10 km) - 09:00

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------------|------|----------------------|---------|---------|-----------------|
| 1. | 145 | Rüsenberg, Michael | 1956 | TV 1895 Steinheim | 1:16:15 | | 1 M55 |
| 2. | 121 | Monzen, Gernot | 1940 | TuS Helpup | 1:16:30 | + 15 | 1 M70 |
| 3. | 142 | Althof, Gabriele | 1965 | Lage | 1:18:48 | + 2:33 | 1 W45 |
| 4. | 148 | Liers, Erika | 1939 | LC 92 Bad Salzufflen | 1:20:00 | + 3:45 | 1 W75 |
| 5. | 122 | Wendt, Horst | 1937 | TuS Helpup | 1:20:32 | + 4:17 | 1 M75 |
| 6. | 123 | Sander, Michael | 1960 | Lemgo | 1:22:48 | + 6:33 | 1 M50 |
| 7. | 147 | Ramme, Elisabeth | 1951 | LC 92 Bad Salzufflen | 1:24:30 | + 8:15 | 1 W60 |
| 8. | 141 | Rosa, Wolfgang | 1945 | Bad Salzufflen | 1:30:27 | + 14:12 | 1 M65 |
| 9. | 120 | Krisch, Ute | 1947 | LC 92 Bad Salzufflen | 1:31:46 | + 15:31 | 1 W65 |
| 10. | 146 | Rottschaefer, Gerhild | 1949 | LC 92 Bad Salzufflen | 1:31:47 | + 15:32 | 2 W65 |
| 11. | 144 | Diekmann, Stefan | 1970 | Billinghausen | 1:34:00 | + 17:45 | 1 M40 |
| 12. | 143 | Ludwig, Heiko | 1963 | LC 92 Bad Salzufflen | 1:40:47 | + 24:32 | 2 M50 |

15 km Lauf (15 km) - 09:00

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------------|------|---------------------------|---------|---------|-----------------|
| 1. | 441 | Ridderbusch, Ronald | 1979 | TSV Bösingfeld | 59:42 | | 1 M35 |
| 2. | 428 | Rüsenberg, Michael | 1983 | TV 1895 Steinheim | 1:00:15 | + 33 | 1 M30 |
| 3. | 442 | Ridderbusch, Micha | 1992 | TSV Bösingfeld | 1:01:18 | + 1:36 | 1 M |
| 4. | 432 | Ruthe, Jens | 1975 | Laufen Gehen Leiden | 1:04:02 | + 4:20 | 2 M35 |
| 5. | 438 | Krüger, Torsten | 1976 | Die Luschen | 1:05:05 | + 5:23 | 3 M35 |
| 6. | 409 | Mischke, Klaus | 1969 | BSG JVA Herford | 1:07:05 | + 7:23 | 1 M45 |
| 7. | 411 | Penner, Ruben | 1984 | Bike - Sport - Lippe | 1:07:22 | + 7:40 | 2 M30 |
| 8. | 433 | Schwindt, Alexander | 1959 | Detmold | 1:08:01 | + 8:19 | 1 M55 |
| 9. | 408 | Voß, Harald | 1962 | TSVE 1890 Bielefeld | 1:08:03 | + 8:21 | 1 M50 |
| 10. | 420 | Dietz, Ralph | 1963 | Team Deutschland | 1:08:04 | + 8:22 | 2 M50 |
| 11. | 402 | Herrmann, Dietmar | 1956 | Vfl Bückeberg | 1:08:50 | + 9:08 | 2 M55 |
| 12. | 414 | Jermis, Dieter | 1956 | Hameln | 1:09:36 | + 9:54 | 3 M55 |
| 13. | 429 | Kollmeyer, Holger | 1972 | Bielefeld | 1:10:54 | + 11:12 | 1 M40 |
| 14. | 430 | Böttinger, Kai-Uwe | 1966 | Bielefeld | 1:11:12 | + 11:30 | 2 M45 |
| 15. | 407 | Herrmann, Annika | 1994 | Leopoldshöhe | 1:11:14 | + 11:32 | 1 W |
| 16. | 415 | Weege, Dirk | 1964 | TuS Lockhausen | 1:12:55 | + 13:13 | 3 M50 |
| 17. | 413 | Bergmann, Peter | 1963 | RSV Waddenhausen | 1:13:40 | + 13:58 | 4 M50 |
| 18. | 406 | Sander, Andreas | 1968 | TuS Brake/Lippe-Lemgo | 1:13:54 | + 14:12 | 3 M45 |
| 19. | 431 | Schildmann, Andreas | 1960 | RSV Waddenhausen | 1:14:21 | + 14:39 | 5 M50 |
| 20. | 424 | Striewski, Gerhard | 1953 | SuS Phönix Bielefeld 09 | 1:14:29 | + 14:47 | 1 M60 |
| 21. | 419 | Rost, Katrin | 1972 | Team Erdinger Alkoholfrei | 1:15:34 | + 15:52 | 1 W40 |
| 22. | 401 | Helbig, Florian | 1984 | TuS Eintracht Minden | 1:17:48 | + 18:06 | 3 M30 |
| 23. | 410 | Massier, Carina | 1988 | BSG JVA Herford | 1:17:51 | + 18:09 | 2 W |
| 24. | 437 | Winter, Timo | 1987 | TuS Bexterhagen | 1:17:55 | + 18:13 | 2 M |
| 25. | 423 | Strohmann, Alexander | 1977 | Bielefeld | 1:18:44 | + 19:02 | 4 M35 |
| 26. | 404 | Zalar, Raphael | 1977 | TG Herford | 1:19:27 | + 19:45 | 5 M35 |
| 27. | 405 | Büker, Uwe | 1963 | SV Ubbedissen | 1:21:09 | + 21:27 | 6 M50 |
| 28. | 416 | Kleffner, Werner | 1954 | LT Elsen-Wewer | 1:22:47 | + 23:05 | 2 M60 |
| 29. | 443 | Elsner, Heike | 1962 | LC 92 Bad Salzufflen | 1:25:18 | + 25:36 | 1 W50 |
| 30. | 422 | Stücke, Martin | 1965 | Detmold | 1:25:52 | + 26:10 | 4 M45 |
| 31. | 440 | Massek, Peter | 1947 | LC 92 Bad Salzufflen | 1:26:04 | + 26:22 | 1 M65 |
| 32. | 421 | Bekemann, Rainer | 1956 | LG Oerlinghausen | 1:30:17 | + 30:35 | 4 M55 |

15 km Lauf (15 km) - 09:00

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|---------------------|------|------------------------|---------|---------|-----------------|
| 33. | 439 | Deutsch, Wilhelm | 1939 | LC 92 Bad Salzufflen | 1:30:30 | + 30:48 | 1 M75 |
| 34. | 425 | Müller, Andreas | 1963 | TG Lage | 1:32:15 | + 32:33 | 7 M50 |
| 35. | 434 | Küthe, Rolf | 1966 | TSG Holzhausen-Sylbach | 1:32:34 | + 32:52 | 5 M45 |
| 36. | 435 | Mowitz, Stefan | 1968 | TSG Holzhausen-Sylbach | 1:33:11 | + 33:29 | 6 M45 |
| 37. | 427 | Kallenbach, Jutta | 1969 | RSV Waddenhausen | 1:33:18 | + 33:36 | 1 W45 |
| 38. | 426 | Hütte, Andrea | 1966 | Lauftreff Hörste | 1:33:21 | + 33:39 | 2 W45 |
| 39. | 403 | Trierweiler, Dieter | 1945 | TG Lage | 1:33:39 | + 33:57 | 3 M |
| 40. | 412 | Säfken, Michaela | 1964 | TG Lage | 1:33:40 | + 33:58 | 2 W50 |
| 41. | 418 | Bentrup, Michael | 1979 | Bad Salzufflen | 1:37:17 | + 37:35 | 6 M35 |

5 km Lauf (5 km) - 09:10

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------------|------|-------------------------|-------|---------|-----------------|
| 1. | 234 | Pauls, Peter | 1981 | TV Lemgo Lazy Tigers | 17:32 | | 1 M30 |
| 2. | 216 | Daubel, Andreas | 1972 | Die Luschen | 18:24 | + 52 | 1 M40 |
| 3. | 232 | Stuckmann, Thomas | 1968 | TSVE 1890 Bielefeld | 18:34 | + 1:02 | 1 M45 |
| 4. | 217 | Fritzsich, Benjamin | 1980 | SuS Phönix Bielefeld 09 | 19:35 | + 2:03 | 2 M30 |
| 5. | 219 | Versen, Marc-Henrik | 1997 | Blomberg | 20:16 | + 2:44 | 1 MJU18 |
| 6. | 215 | Berkemeier, Matthias | 2000 | Nieheim- Eversen | 20:58 | + 3:26 | 1 MJU18 |
| 7. | 205 | Kandora, Marian | 1953 | LAZ Iserlohn | 21:11 | + 3:39 | 1 M60 |
| 8. | 228 | Kalkreuter, Matthias | 1986 | TG Lage | 21:35 | + 4:03 | 1 M |
| 9. | 224 | Strohmeier, Kai-Uwe | 1962 | TG Lage | 23:14 | + 5:42 | 1 M50 |
| 10. | 225 | Meyer, Kathrin | 1980 | Garbsener SC | 23:48 | + 6:16 | 1 W30 |
| 11. | 226 | Reese, Kevin | 1998 | TG Lage | 24:02 | + 6:30 | 2 MJU18 |
| 12. | 227 | Schnelle, Bernd | 1963 | LC 92 Bad Salzufflen | 24:59 | + 7:27 | 2 M50 |
| 13. | 208 | Guhe, Sebastian | 1981 | TTC Enger | 25:52 | + 8:20 | 3 M30 |
| 14. | 202 | Meier, Karin | 1966 | TuS Eintracht Minden | 25:56 | + 8:24 | 1 W45 |
| 15. | 203 | Gray, Gordon | 1959 | LC 92 Bad Salzufflen | 25:59 | + 8:27 | 1 M55 |
| 16. | 210 | Boer, Kurt | 1945 | Laufspass SW Sende | 26:08 | + 8:36 | 1 M65 |
| 17. | 233 | Kerkmann, Tim | 1995 | TSVE 1890 Bielefeld | 26:31 | + 8:59 | 1 MJU20 |
| 18. | 230 | Brune, Thomas | 1959 | Bad Salzufflen | 26:42 | + 9:10 | 2 M55 |
| 19. | 221 | Siegmann, Pascal | 1991 | Lemgo | 27:36 | + 10:04 | 2 M |
| 20. | 222 | Bolte, Stephan | 1968 | Lemgo | 27:37 | + 10:05 | 2 M45 |
| 21. | 218 | Steinhauser, Axel | 1963 | Lemgo - Rhiene | 27:37 | + 10:05 | 3 M50 |
| 22. | 201 | Fiedler, Bernd | 1958 | Vfl Bückeburg | 27:39 | + 10:07 | 3 M55 |
| 23. | 220 | Pangratz, Daniela | 1979 | Leopoldshöhe | 27:44 | + 10:12 | 1 W35 |
| 24. | 207 | Pfaff, Manfred | 1959 | TuS Kachtenhausen | 28:29 | + 10:57 | 4 M55 |
| 25. | 204 | Schulze, Ulrich | 1950 | BSG Wesertal Hameln | 28:38 | + 11:06 | 2 M60 |
| 26. | 214 | Kettler-Jermis, Ulla | 1958 | Hameln | 28:45 | + 11:13 | 1 W55 |
| 27. | 229 | Brune, Miriam | 1990 | TG Lage | 29:08 | + 11:36 | 1 W |
| 28. | 213 | Plettmeier, Claudia | 1969 | TV Lemgo | 29:47 | + 12:15 | 2 W45 |
| 29. | 223 | Stücke, Eckard | 1954 | Lage | 31:36 | + 14:04 | 3 M60 |
| 30. | 209 | Kammermann, Peggy | 1983 | BSG JVA Herford | 32:10 | + 14:38 | 2 W30 |
| 31. | 211 | Höflich, Sabine | 1973 | LG Oerlinghausen | 32:53 | + 15:21 | 1 W40 |
| 32. | 212 | Kolbe, Sabine | 1967 | Leopoldshöhe | 32:55 | + 15:23 | 3 W45 |
| 33. | 231 | Taeuber, Melanie | 1978 | Die Luschen | 35:48 | + 18:16 | 2 W35 |
| 34. | 206 | Neumann, Dieter | 1934 | VfB Salzkotten | 37:08 | + 19:36 | 1 M80 |

1,2 km Schülerlauf (1,2 km) - 09:30

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|----------------------|------|-------------------------------|------|--------|-----------------|
| 1. | 6 | Meier, Hagen | 2005 | TuS Bexterhagen | 5:46 | | 1 MKU10 |
| 2. | 11 | Kampe, Nic | 2005 | Leopoldshöhe | 5:58 | + 12 | 2 MKU10 |
| 3. | 7 | Meier, Lina | 2002 | TuS Bexterhagen | 6:12 | + 26 | 1 WJU14 |
| 4. | 8 | Eickmeyer, Karl Luis | 2008 | LG Lage-Detmold-Bad Salzuflen | 6:20 | + 34 | 3 MKU10 |
| 5. | 10 | Frodermann, Pia | 2005 | TuS Bexterhagen | 6:41 | + 55 | 1 WKU12 |
| 6. | 13 | Rosenbaum, Colin | 2004 | Bielefeld | 7:27 | + 1:41 | 1 MKU12 |
| 7. | 12 | Rosenbaum, Mika | 2008 | TuS Hillegossen | 7:34 | + 1:48 | 4 MKU10 |
| 8. | 3 | Czerny, Cedric | 2009 | Bielefelder TG | 8:11 | + 2:25 | 5 MKU10 |

10 km Lauf (10 km) - 09:45

| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|---------------------|------|-------------------------------|---------|---------|-----------------|
| 1. | 20 | Schröder, Stephan | 1971 | TSVE 1890 Bielefeld | 38:13 | | 1 M40 |
| 2. | 21 | Büschemann, Bärbel | 1965 | LG Lage-Detmold-Bad Salzuflen | 43:53 | + 5:40 | 1 W45 |
| 3. | 27 | Geretzky, Christian | 1985 | BSG JVA Herford | 44:21 | + 6:08 | 1 M |
| 4. | 22 | Baltrusch, Torsten | 1966 | LG Solbad Ravensberg | 44:58 | + 6:45 | 1 M45 |
| 5. | 19 | Bauer, Florian | 1985 | Die Luschen/Leopolshöhe | 45:23 | + 7:10 | 2 M |
| 6. | 5 | Westerhaus, Bernd | 1968 | KKSV Laubke / Lemgo | 47:45 | + 9:32 | 2 M45 |
| 7. | 24 | Lose, Joachim | 1958 | LG Oerlinghausen | 47:49 | + 9:36 | 1 M55 |
| 8. | 30 | Krökel, Sven | 1977 | Lauftreff Bexterhagen | 49:08 | + 10:55 | 1 M35 |
| 9. | 1 | O`Connor, Steffi | 1976 | BSG JVA Herford | 49:17 | + 11:04 | 1 W35 |
| 10. | 9 | Speckbrock, Thomas | 1967 | Lage | 49:23 | + 11:10 | 3 M45 |
| 11. | 34 | Kroll, Thomas | 1966 | LC 92 Bad Salzuflen | 49:42 | + 11:29 | 4 M45 |
| 12. | 15 | Grote, Günter | 1960 | LF Ehberg 02 | 49:50 | + 11:37 | 1 M50 |
| 13. | 14 | Erfkamp, Peter | 1961 | Lauffreunde Ehberg 02 | 50:25 | + 12:12 | 2 M50 |
| 14. | 31 | Frey, Reinhard | 1966 | Lauftreff Bexterhagen | 52:21 | + 14:08 | 5 M45 |
| 15. | 4 | Werner, Marcus | 1968 | BSG JVA Herford | 52:23 | + 14:10 | 6 M45 |
| 16. | 16 | Schlußmeier, Dag | 1962 | Bad Salzuflen | 52:33 | + 14:20 | 3 M50 |
| 17. | 33 | Friedhof, Bjoern | 1975 | Bad Salzuflen | 53:28 | + 15:15 | 2 M35 |
| 18. | 29 | Walter, Stephanie | 1988 | LF Ehberg 02 | 55:54 | + 17:41 | 1 W |
| 19. | 28 | Bracht, Jan-Micha | 1986 | LF Ehberg 02 | 55:56 | + 17:43 | 3 M |
| 20. | 17 | Brinkmann, Diana | 1974 | Leopoldshöhe | 56:22 | + 18:09 | 1 W40 |
| 21. | 18 | Kuch, Ulrike | 1955 | SuS Phönix Bielefeld 09 | 57:46 | + 19:33 | 1 W55 |
| 22. | 26 | Winter, Heidrun | 1964 | TG Lage | 57:55 | + 19:42 | 1 W50 |
| 23. | 25 | Lehmeier, Bernd | 1957 | TG Lage | 58:02 | + 19:49 | 2 M55 |
| 24. | 2 | Saamen, Gerhard | 1935 | LC 92 Bad Salzuflen | 1:01:19 | + 23:06 | 1 M75 |
| 25. | 23 | Osper, Gabriele | 1952 | LC 92 Bad Salzuflen | 1:04:15 | + 26:02 | 1 W60 |