

Ergebnisliste AK

| AKPI | Name | Jg. | | Verein | Zeit |
|---------------------------------|----------------------|------|---|---------------------------------|-----------|
| 15 km: Männer und Frauen | | | | | |
| w | | | | | |
| Frauen | | | | | |
| 1. | Julia Altrup | 1997 | w | VfL Marburg | 1:01:44,0 |
| 2. | Franziska Flügge | 1996 | w | SC Hagen-Wildewiese | 1:04:50,0 |
| 3. | Anna Hennecke | 1990 | w | | 1:48:08,0 |
| Seniorinnen W30 | | | | | |
| 1. | Lena Irmeler | 1986 | w | DLRG Schmallingenberg | 1:34:58,0 |
| Seniorinnen W35 | | | | | |
| 1. | Sabrina Tigges | 1979 | w | SC Hagen-Wildewiese | 1:20:39,0 |
| Seniorinnen W40 | | | | | |
| 1. | Birgit Lauber | 1975 | w | Winterberg-Hildfeld | 1:20:03,0 |
| Seniorinnen W45 | | | | | |
| 1. | Luciene Cramer | 1972 | w | Laufladen Endspurt | 1:05:37,0 |
| 2. | Sabine Tillmann | 1972 | w | LAC Veltins TV Arnshausen | 1:06:31,0 |
| 3. | Stefanie Quitschorek | 1969 | w | LAC Veltins TV Calle | 1:17:50,0 |
| 4. | Erika Peter | 1968 | w | LAC Veltins - TuS Oeventrop | 1:23:10,0 |
| Seniorinnen W50 | | | | | |
| 1. | Daniela Wicker | 1967 | w | | 1:18:26,0 |
| 2. | Silke Loerwald | 1967 | w | SC Hagen-Wildewiese | 1:19:03,0 |
| Seniorinnen W60 | | | | | |
| 1. | Christa Siller | 1955 | w | TV Langholdinghausen | 1:19:26,0 |
| m | | | | | |
| Männer | | | | | |
| 1. | Fkadu Haile | 1992 | m | LAC Veltins VfL Fleckenberg | 0:51:24,0 |
| 2. | Tobias Herrmann | 1996 | m | LG Warstein-Rüthen | 0:56:43,0 |
| 3. | Andre Löher | 1991 | m | TriFun Hennesee | 0:56:45,0 |
| 4. | Michael Hadgu | 1993 | m | LAC Veltins VfL Fleckenberg | 0:59:24,0 |
| 5. | Steffen Gawehn | 1990 | m | LAC Veltins VfL Fleckenberg | 1:01:41,0 |
| 6. | Andre Gawehn | 1997 | m | LAC Veltins VfL Fleckenberg | 1:12:20,0 |
| 7. | Tomislav Vargic | 1991 | m | LAC Veltins TuS Velmede-Bestwig | 1:17:08,0 |
| 8. | Moritz Decker | 2000 | m | Team Krombacher | 1:22:15,0 |
| 9. | Moritz Irmeler | 1993 | m | DLRG Schmallingenberg | 1:35:00,0 |
| Senioren M30 | | | | | |
| 1. | Dominik Ernst | 1983 | m | SC Hagen-Wildewiese | 1:16:10,0 |
| 2. | Andre Irmeler | 1985 | m | DLRG Schmallingenberg | 1:34:58,0 |
| Senioren M35 | | | | | |
| 1. | Dominik Borghoff | 1980 | m | SV Affeln 28 | 1:03:03,0 |
| 2. | Peter Nolte | 1980 | m | SC Hagen-Wildewiese | 1:08:48,0 |
| 3. | Markus Hagedorn | 1979 | m | TuS 06 Anröchte | 1:23:11,0 |

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| AKPI | Name | Jg. | | Verein | Zeit |
|---------------------|--------------------|------|---|---|-----------|
| Senioren M40 | | | | | |
| 1. | André Kraus | 1975 | m | LAC Veltins - TuS Oeventrop | 0:51:44,0 |
| 2. | Thomas Ryba | 1976 | m | Winterberg-Hildfeld | 0:57:42,0 |
| 3. | Stephan Moschek | 1974 | m | SC Hagen-Wildewiese | 0:59:50,0 |
| Senioren M45 | | | | | |
| 1. | Sven Sommerhoff | 1968 | m | LAC Veltins TuS Oeventrop | 1:05:35,0 |
| 2. | Martin Hamm | 1970 | m | LAC Veltins Hochsauerland TV Arnsberg 1861 e.V. | 1:08:10,0 |
| 3. | Hubertus Deitmerg | 1968 | m | Wehringhausen | 1:10:51,0 |
| Senioren M50 | | | | | |
| 1. | Peter Wegener | 1967 | m | LAC Veltins Hochsauerland | 1:04:08,0 |
| 2. | Robert Hagelschuer | 1967 | m | LG Deiringsen | 1:05:12,0 |
| 3. | Ulrich Altrup | 1967 | m | SV Bachum/Bergheim | 1:16:29,0 |
| 4. | Ralf Finger | 1966 | m | Fortuna Messinghausen | 1:19:41,0 |
| Senioren M55 | | | | | |
| 1. | Alfred Pape | 1961 | m | DLRG Schmallenberg | 1:10:50,0 |
| 2. | Matthias Menke | 1961 | m | LAC Veltins VfL Fleckenberg | 1:15:31,0 |
| 3. | Steffen Decker | 1962 | m | Team Krombacher | 1:26:37,0 |
| Senioren M60 | | | | | |
| 1. | Norbert Ebel | 1955 | m | TV Flerke | 1:11:16,0 |
| 2. | Johannes Becker | 1957 | m | LG Warstein-Rüthen | 1:13:52,0 |
| 3. | Johann Bernard | 1954 | m | ASC Schmallenberg | 1:27:23,0 |
| 4. | Günther Irmeler | 1955 | m | DLRG Schmallenberg | 1:35:01,0 |
| Senioren M65 | | | | | |
| 1. | Bernhard Rickert | 1950 | m | LAC Veltins TV Neheim | 1:17:37,0 |
| 2. | Klaus Hagedorn | 1951 | m | FSG Arnsberg | 1:20:07,0 |

Ergebnisliste AK

| AKPI | Name | Jg. | | Verein | Zeit |
|-----------------------------|---------------------|------|---|-----------------------------|---------|
| Bambinilauf 630m m/w | | | | | |
| w | | | | | |
| Bambini W3 | | | | | |
| 1. | Laura Kohle | 2014 | w | LAC Veltins VfL Fleckenberg | 06:11,0 |
| Bambini W4 | | | | | |
| 1. | Luisa-Marie Schmidt | 2013 | w | LAC Veltins VfL Fleckenberg | 03:31,0 |
| 2. | Zoe Wiese | 2013 | w | LAC Veltins VfL Fleckenberg | 04:01,0 |
| 3. | Jule Hegener | 2013 | w | LAC Veltins VfL Fleckenberg | 04:15,0 |
| 4. | Sophie Brüggemann | 2013 | w | LAC Veltins TuS Oeventrop | 04:30,0 |
| Bambini W5 | | | | | |
| 1. | Jette Vielhaber | 2012 | w | LAC Veltins TV Calle | 03:18,0 |
| 2. | Elisa Röhrig | 2012 | w | LAC Veltins VfL Fleckenberg | 04:25,0 |
| m | | | | | |
| Bambini M3 | | | | | |
| 1. | Mats Hegener | 2014 | m | LAC Veltins VfL Fleckenberg | 04:34,0 |
| Bambini M4 | | | | | |
| 1. | David Leiendecker | 2013 | m | LAC Veltins VfL Fleckenberg | 04:14,0 |
| 2. | Florian Kenter | 2013 | m | LAC Veltins VfL Fleckenberg | 04:56,0 |
| Bambini M5 | | | | | |
| 1. | Willi Sasse | 2012 | m | LAC Veltins VfL Fleckenberg | 04:19,0 |

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1200m: Kinder (weibl.) U8**w****Kinder (weibl.) U8 W6**

| | | | | | |
|----|------------------|------|---|------------------------------|---------|
| 1. | Hannah Hins | 2011 | w | SC Hagen-Wildewiese | 06:42,0 |
| 2. | Johanna Heyse | 2011 | w | LAC Veltins VfL Fleckenberg1 | 07:25,0 |
| 3. | Alexandra Gamm | 2011 | w | LAC Veltins VfL Fleckenberg1 | 08:10,0 |
| 4. | Mirja Hegener | 2011 | w | LAC Veltins VfL Fleckenberg1 | 08:15,0 |
| 5. | Melissa Kohle | 2011 | w | LAC Veltins VfL Fleckenberg1 | 09:19,0 |
| 6. | Sammy Renner | 2011 | w | LAC Veltins VfL Fleckenberg1 | 10:15,0 |
| 7. | Meike Winkelmann | 2011 | w | LAC Veltins VfL Fleckenberg1 | 10:27,0 |

Kinder (weibl.) U8 W7

| | | | | | |
|-----|----------------------|------|---|------------------------------|---------|
| 1. | Mona Vielhaber | 2010 | w | LAC Veltins TV Calle | 06:00,0 |
| 2. | Lene Soemer | 2010 | w | LAC Veltins VfL Fleckenberg2 | 06:08,0 |
| 3. | Amelie Knall | 2010 | w | LAC Veltins TV Schmalleberg | 06:09,0 |
| 4. | Rosalie Willeke | 2010 | w | SC Hagen-Wildewiese | 06:25,0 |
| 5. | Inka Heindrichs | 2010 | w | LAC Veltins TuS Oeventrop | 06:33,0 |
| 6. | Stella Cordes | 2010 | w | LAC Veltins VfL Fleckenberg2 | 07:02,0 |
| 7. | Sophie Wiese-Gerlach | 2010 | w | LAC Veltins VfL Fleckenberg1 | 07:06,0 |
| 8. | Lina Wiese | 2010 | w | LAC Veltins VfL Fleckenberg2 | 07:12,0 |
| 9. | Anastacia Cavaco | 2010 | w | LAC Veltins TV Neheim | 07:13,0 |
| 10. | Josefine Heite | 2010 | w | LAC Veltins TV Schmalleberg | 07:31,0 |
| 11. | Uma Shrestha | 2010 | w | LAC Veltins VfL Fleckenberg2 | 07:31,0 |
| 12. | Anja Weinfurter | 2010 | w | LAC Veltins VfL Fleckenberg2 | 07:33,0 |
| 13. | Jona Bette | 2010 | w | LAC Veltins VfL Fleckenberg2 | 07:41,0 |
| 14. | Taissa Cavaco | 2010 | w | LAC Veltins TV Neheim | 08:07,0 |
| 15. | Emma Bach | 2010 | w | LAC Veltins VfL Fleckenberg1 | 08:14,0 |
| 16. | Sophia Rickert | 2010 | w | LAC Veltins VfL Fleckenberg2 | 08:17,0 |
| 17. | Leni Wülbeck | 2010 | w | LAC Veltins VfL Fleckenberg2 | 09:34,0 |
| 18. | Tessa Buchardt | 2010 | w | LAC Veltins VfL Fleckenberg1 | 09:49,0 |
| 19. | Melina Brunert | 2010 | w | LAC Veltins VfL Fleckenberg1 | 11:41,0 |
| 20. | Sophia Kenter | 2010 | w | LAC Veltins VfL Fleckenberg2 | 11:45,0 |

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| AKPI | Name | Jg. | | Verein | Zeit |
|----------------------------------|----------------------|------|---|------------------------------|---------|
| 1200m: Kinder (männl.) U8 | | | | | |
| m | | | | | |
| Kinder (männl.) U8 M6 | | | | | |
| 1. | Jasper Schulte | 2011 | m | LAC Veltins VfL Fleckenberg1 | 06:34,0 |
| 2. | Henrik Barnert | 2011 | m | LAC Veltins TV Ostwig | 06:37,0 |
| 3. | Eric Leiendecker | 2011 | m | LAC Veltins VfL Fleckenberg1 | 07:42,0 |
| 4. | Ole Schauerte | 2011 | m | LAC Veltins VfL Fleckenberg1 | 07:44,0 |
| 5. | Lars Hegener | 2011 | m | LAC Veltins VfL Fleckenberg1 | 08:06,0 |
| 6. | Mike Froelich | 2011 | m | LAC Veltins VfL Fleckenberg1 | 09:11,0 |
| 7. | Bennett Rickert | 2011 | m | LAC Veltins VfL Fleckenberg1 | 09:54,0 |
| 8. | Jason Knoche-North | 2011 | m | LAC Veltins VfL Fleckenberg1 | 11:38,0 |
| Kinder (männl.) U8 M7 | | | | | |
| 1. | Julian Schmidt | 2010 | m | LAC Veltins VfL Fleckenberg2 | 05:32,0 |
| 2. | Rouven Gödde | 2010 | m | LAC Veltins VfL Fleckenberg2 | 05:33,0 |
| 3. | Felix Trompetter | 2010 | m | LAC Veltins TuS Oeventrop | 05:56,0 |
| 4. | Luke Ernst | 2010 | m | SC Hagen-Wildewiese | 06:06,0 |
| 5. | Paul Hebbecke | 2010 | m | LAC Veltins VfL Fleckenberg2 | 06:28,0 |
| 6. | Jonah Clement | 2010 | m | LAC Veltins VfL Fleckenberg2 | 06:34,0 |
| 7. | Jonas Brüggemann | 2010 | m | LAC Veltins TuS Oeventrop | 06:43,0 |
| 8. | Ben Vonnahme | 2010 | m | LAC Veltins VfL Fleckenberg2 | 07:12,0 |
| 9. | Hannes Zimmermann | 2010 | m | LAC Veltins VfL Fleckenberg2 | 07:35,0 |
| 10. | Mikko Weritz | 2010 | m | LAC Veltins VfL Fleckenberg1 | 07:54,0 |
| 11. | Leo Schulte-Sprenger | 2010 | m | LAC Veltins VfL Fleckenberg2 | 08:11,0 |
| 12. | Harun Sengezer | 2010 | m | LAC Veltins VfL Fleckenberg1 | 09:35,0 |

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| AKPI | Name | Jg. | | Verein | Zeit |
|-----------------------------------|--------------------|------|---|---------------------------------|---------|
| 1200m: Kinder (weibl.) U10 | | | | | |
| w | | | | | |
| Kinder (weibl.) U10 W8 | | | | | |
| 1. | Lena Hins | 2009 | w | SC Hagen-Wildewiese | 06:00,0 |
| 2. | Malia Weber | 2009 | w | LAC Veltins TuS Oeventrop | 06:25,0 |
| 3. | Juli Schulte | 2009 | w | LAC Veltins TV Schmallingenberg | 06:39,0 |
| 4. | Carla Michel | 2009 | w | LAC Veltins TuS Bruchhausen | 06:44,0 |
| 5. | Fiona Ernst | 2009 | w | SC Hagen-Wildewiese | 07:06,0 |
| 6. | Nora Wiese-Gerlach | 2009 | w | LAC Veltins VfL Fleckenberg3 | 07:07,0 |
| 7. | Jule Conze | 2009 | w | LAC Veltins VfL Fleckenberg3 | 07:07,0 |
| 8. | Emily Galwas | 2009 | w | LAC Veltins VfL Fleckenberg3 | 08:09,0 |
| 9. | Marlen Dierks | 2009 | w | LAC Veltins VfL Fleckenberg3 | 08:19,0 |
| 10. | Klara Schauerte | 2009 | w | LAC Veltins VfL Fleckenberg3 | 08:20,0 |
| 11. | Maja Strunz | 2009 | w | LAC Veltins VfL Fleckenberg3 | 11:56,0 |
| Kinder (weibl.) U10 W9 | | | | | |
| 1. | Carolin Rörig | 2008 | w | LAC Veltins TV Schmallingenberg | 05:28,0 |
| 2. | Neele Borys | 2008 | w | LAC Veltins VfL Fleckenberg4 | 05:55,0 |
| 3. | Emma Sasse | 2008 | w | LAC Veltins VfL Fleckenberg4 | 06:11,0 |
| 3. | Sophia Axer | 2008 | w | LAC Veltins TuS Rumbeck | 06:11,0 |
| 5. | Merit Kotthoff | 2008 | w | LAC Veltins TV Schmallingenberg | 06:19,0 |
| 6. | Marla Wulbeck | 2008 | w | LAC Veltins VfL Fleckenberg4 | 06:36,0 |
| 7. | Mira Brüggemann | 2008 | w | LAC Veltins VfL Fleckenberg4 | 07:05,0 |
| 8. | Maike Hanses | 2008 | w | LAC Veltins VfL Fleckenberg4 | 07:31,0 |
| 9. | Maja Vollmert | 2008 | w | LAC Veltins VfL Fleckenberg3 | 08:06,0 |
| 10. | Mia Renner | 2008 | w | LAC Veltins VfL Fleckenberg3 | 11:54,0 |

Ergebnisliste AK

| AKPI | Name | Jg. | | Verein | Zeit |
|------|------|-----|--|--------|------|
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1200m: Kinder (männl.) U10

m

Kinder (männl.) U10 M8

| | | | | | |
|-----|----------------------|------|---|------------------------------|---------|
| 1. | Sam Schönfelder | 2009 | m | LAC Veltins TV Neheim | 05:42,0 |
| 2. | Leonhard Moschek | 2009 | m | SC Hagen-Wildewiese | 05:45,0 |
| 3. | Mats Borys | 2009 | m | LAC Veltins VfL Fleckenberg2 | 05:47,0 |
| 4. | Jannis Barnert | 2009 | m | LAC Veltins TV Ostwig | 05:58,0 |
| 5. | Laurenz Tigges | 2009 | m | SC Hagen-Wildewiese | 06:00,0 |
| 6. | Lasse Cuber | 2009 | m | LAC Veltins TV Schmalleberg | 06:10,0 |
| 7. | Noah Plemper | 2009 | m | LAC Veltins SSV Meschede | 06:14,0 |
| 8. | Henrik Terlohr | 2009 | m | LAC Veltins TV Schmalleberg | 06:27,0 |
| 9. | Robin Hüttmann | 2009 | m | LAC Veltins VfL Fleckenberg2 | 06:47,0 |
| 10. | Karl Pilgermann | 2009 | m | LAC Veltins VfL Fleckenberg3 | 06:54,0 |
| 11. | Carl-Luis Brüggemann | 2009 | m | LAC Veltins VfL Fleckenberg1 | 07:18,0 |
| 12. | Steevenson Weber | 2009 | m | LAC Veltins VfL Fleckenberg2 | 07:31,0 |
| 13. | Maddox Ayadi | 2009 | m | Unna | 07:43,0 |
| 14. | Joshua Sommer | 2009 | m | LAC Veltins VfL Fleckenberg3 | 07:53,0 |
| 15. | Miljan Matijevic | 2009 | m | LAC Veltins VfL Fleckenberg3 | 09:14,0 |
| 16. | Jannes Gamm | 2009 | m | LAC Veltins VfL Fleckenberg3 | 09:19,0 |

Kinder (männl.) U10 M9

| | | | | | |
|-----|-----------------------|------|---|------------------------------|---------|
| 1. | Toni Grobbel | 2008 | m | LAC Veltins VfL Fleckenberg4 | 05:38,0 |
| 2. | Finn Kavelmann | 2008 | m | LAC Veltins VfL Fleckenberg4 | 05:41,0 |
| 3. | Simon Richart-Willmes | 2008 | m | LAC Veltins VfL Fleckenberg3 | 05:56,0 |
| 4. | Phil Hochstein | 2008 | m | LAC Veltins VfL Fleckenberg4 | 05:57,0 |
| 5. | Jason Pullem | 2008 | m | LAC Veltins TuS Oeventrop | 05:58,0 |
| 6. | Max Hempelt | 2008 | m | LAC Veltins VfL Fleckenberg | 06:21,0 |
| 7. | Benoy Shrestha | 2008 | m | LAC Veltins VfL Fleckenberg4 | 06:43,0 |
| 8. | Leon Schauerte | 2008 | m | LAC Veltins VfL Fleckenberg4 | 06:47,0 |
| 9. | Hendrik Pröpper | 2008 | m | LAC Veltins VfL Fleckenberg4 | 06:57,0 |
| 10. | Benjamin Wilmes | 2008 | m | LAC Veltins VfL Fleckenberg3 | 09:13,0 |

Ergebnisliste AK

| AKPI | Name | Jg. | | Verein | Zeit |
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1600m: Kinder (w/m) U12**w****WJ U12 W10**

| | | | | | |
|----|----------------|------|---|---------------------------------|---------|
| 1. | Fiona Kampmann | 2007 | w | LAC Veltins TV Schmallingenberg | 07:01,0 |
| 2. | Fiona Lenzen | 2007 | w | LAC Veltins TV Schmallingenberg | 07:38,0 |
| 3. | Alisha Diallo | 2007 | w | LAC Veltins TV Arnsberg | 07:42,0 |
| 4. | Anni Soemer | 2007 | w | LAC Veltins VfL Fleckenberg | 07:43,0 |
| 5. | Johanna Göbel | 2007 | w | LAC Veltins TV Schmallingenberg | 07:44,0 |
| 6. | Nika Schauerte | 2007 | w | LAC Veltins VfL Fleckenberg | 09:28,0 |
| 7. | Elli Wülbeck | 2007 | w | LAC Veltins VfL Fleckenberg4 | 11:05,0 |

WJ U12 W11

| | | | | | |
|----|-------------------------|------|---|-----------------------------|---------|
| 1. | Julia Vonnahme | 2006 | w | LAC Veltins VfL Fleckenberg | 06:38,0 |
| 2. | Sophia Schulte-Sprenger | 2006 | w | LAC Veltins VfL Fleckenberg | 06:39,0 |
| 3. | Valeriya Gelver | 2006 | w | LAC Veltins TV Neheim | 07:37,0 |
| 4. | Xenia Cicigin | 2006 | w | LAC Veltins TV Neheim | 09:02,0 |

m**MJ U12 M10**

| | | | | | |
|----|------------------|------|---|---------------------------------|---------|
| 1. | Adrian Schmidt | 2007 | m | LAC Veltins VfL Fleckenberg | 06:23,0 |
| 2. | Finn Cuber | 2007 | m | LAC Veltins TV Schmallingenberg | 06:29,0 |
| 3. | Micael Cavaco | 2007 | m | LAC Veltins TV Neheim | 07:18,0 |
| 4. | Dejan Schauerte | 2007 | m | LAC Veltins VfL Fleckenberg | 07:29,0 |
| 5. | Silas Bach | 2007 | m | LAC Veltins VfL Fleckenberg | 07:30,0 |
| 6. | Fynn Neubert | 2007 | m | LAC Veltins VfL Fleckenberg4 | 09:19,0 |
| 7. | Clemens Hebbecke | 2007 | m | LAC Veltins VfL Fleckenberg3 | 11:14,0 |

MJ U12 M11

| | | | | | |
|----|---------------|------|---|---------------------------------|---------|
| 1. | Benedikt Axer | 2006 | m | LAC Veltins TuS Rumbeck | 06:20,0 |
| 2. | Karl Kotthoff | 2006 | m | LAC Veltins TV Schmallingenberg | 06:20,0 |
| 3. | Luca Grobbel | 2006 | m | LAC Veltins VfL Fleckenberg | 06:37,0 |

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| AKPI | Name | Jg. | | Verein | Zeit |
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| 1600m: Kinder (w/m) U14 | | | | | |
| w | | | | | |
| WJ U14 W12 | | | | | |
| 1. | Charlotte Vielhaber | 2005 | w | LAC Veltins TuS Oeventrop | 07:43,0 |
| 2. | Pauline Vielhaber | 2005 | w | LAC Veltins TuS Oeventrop | 07:44,0 |
| WJ U14 W13 | | | | | |
| 1. | Nina Rörig | 2004 | w | LAC Veltins TV Schmalleberg | 06:30,0 |
| 2. | Magdalena Lüdicke | 2004 | w | SC Hagen-Wildewiese | 06:46,0 |
| m | | | | | |
| MJ U14 M12 | | | | | |
| 1. | Fynn Plemper | 2005 | m | LAC Veltins SSV Meschede | 06:44,0 |
| 2. | Lukas Pröpper | 2005 | m | LAC Veltins VfL Fleckenberg | 07:09,0 |
| MJ U14 M13 | | | | | |
| 1. | Lars Franken | 2004 | m | DJK Werl | 06:11,0 |
| 2. | Arthur Elberding | 2004 | m | STC Fleckenberg | 09:23,0 |

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| AKPI | Name | Jg. | | Verein | Zeit |
|--------------------------------|---------------------|------|---|-----------------------------|---------|
| 2000m: w./m. Jugend U16 | | | | | |
| w | | | | | |
| WJ U16 W14 | | | | | |
| 1. | Katharina Heyse | 2003 | w | LAC Veltins VfL Fleckenberg | 08:00,0 |
| 2. | Charlotte Nockemann | 2003 | w | LAC Veltins TuS Oeventrop | 08:33,0 |
| WJ U16 W15 | | | | | |
| 1. | Klara Braukmann | 2002 | w | LAC Veltins TuS Rumbeck | 08:57,0 |
| 2. | Jana Klee | 2002 | w | LAZ Soest | 09:40,0 |
| m | | | | | |
| MJ U16 M14 | | | | | |
| 1. | Noah Levermann | 2003 | m | SC Hagen-Wildewiese | 07:24,0 |
| 2. | Christian Galwas | 2003 | m | LAC Veltins VfL Fleckenberg | 08:37,0 |
| 3. | Tim Knoche | 2003 | m | LAC Veltins VfL Fleckenberg | 09:12,0 |
| MJ U16 M15 | | | | | |
| 1. | Phil Schmidt | 2002 | m | SC Hagen-Wildewiese | 07:04,0 |
| 2. | Malte Baehr | 2002 | m | SC Hagen-Wildewiese | 07:28,0 |

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4000m: w./m. Jugend U18-U20, Jedermann**w****Jedermann (w)**

| | | | | | |
|----|-------------------------|------|---|------------------|---------|
| 1. | Ursula Feldhaus | 1966 | w | Auras Kursstudio | 23:24,0 |
| 2. | Andrea Schulte-Sprenger | 1972 | w | Auras Kursstudio | 23:37,0 |
| 3. | Annika Hempelt | 1982 | w | Auras Kursstudio | 23:41,0 |
| 4. | Inis Eisenbeiß | 1973 | w | Auras Kursstudio | 23:51,0 |
| 5. | Mania Schütte | 1991 | w | Auras Kursstudio | 25:10,0 |
| 6. | Petra Pape | 1959 | w | Auras Kursstudio | 27:08,0 |
| 7. | Lana Bunyak | 1971 | w | Auras Kursstudio | 27:08,0 |
| 8. | Marie-Christin Schäfers | 1993 | w | Auras Kursstudio | 27:09,0 |
| 9. | Aura Sommer | 1970 | w | Auras Kursstudio | 27:09,0 |

WJ U18

| | | | | | |
|----|------------------|------|---|----------------------|---------|
| 1. | Anka Hagelschuer | 2000 | w | Marathon-Club Menden | 17:28,0 |
| 2. | Lara Baehr | 2001 | w | SC Hagen-Wildewiese | 18:51,0 |

m**Jedermann (m)**

| | | | | | |
|----|---------------------|------|---|-----------------------------|---------|
| 1. | Daniel Kriegeskorte | 1971 | m | LAC Veltins VfL Fleckenberg | 19:28,0 |
| 2. | Herbert Wulf | 1952 | m | LAC Veltins VfL Fleckenberg | 21:36,0 |
| 3. | Joachim Hennig | 1960 | m | Auras Kursstudio | 21:37,0 |

MJ U18

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|----|----------------|------|---|-----------------------------|---------|
| 1. | Lukas Heckmann | 2001 | m | LAC Veltins TuS Oeventrop | 15:44,0 |
| 2. | Marcel Hesse | 2000 | m | LAC Veltins VfL Fleckenberg | 16:23,0 |
| 3. | Aaron Menke | 2001 | m | LAC Veltins VfL Fleckenberg | 17:23,0 |
| 4. | Lars Hochstein | 2000 | m | LAC Veltins VfL Fleckenberg | 22:31,0 |

MJ U20

| | | | | | |
|----|--------------|------|---|---------------------|---------|
| 1. | Felix Flügge | 1999 | m | SC Hagen-Wildewiese | 16:49,0 |
|----|--------------|------|---|---------------------|---------|

Anzahl Teilnehmer: 208