

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
30,381	06:00:00	Ahmed	Heinrich	1980	29.4	Iserlohn	DLV	M35	
5	00:26:46	Bartmann	Britta	1967	13.5	Hamm		W50	
5	00:28:21	Bartmann	Britta	1967	11.11	Herbern	DLV	W50	
5	00:26:51	Bartmann	Greta	2002	13.5	Hamm		W15	
5	00:26:35	Bartmann	Greta	2002	11.11	Herbern	DLV	W15	
10	00:49:07	Bartmann	Iva	1995	15.9	Lüdinghausen	DLV	W	
21,1	01:47:51	Bartmann	Iva	1995	1.10	Köln	DLV	W	Bestzeit
6,6	00:28:52	Bartmann	Ralf	1966	23.5	Dortmund		M50	
10	00:49:43	Bartmann	Ralf	1966	16.7	Hamburg	Triathlon	M50	
10	00:49:08	Bartmann	Ralf	1966	15.9	Lüdinghausen	DLV	M50	
21,1	01:47:51	Bartmann	Ralf	1966	1.10	Köln	DLV	M50	
5	00:23:15	Bartmann	Ralf	1966	11.11	Herbern	DLV	M50	
5	00:34:46	Blank	Manuela	1964	13.5	Hamm		W50	
5	00:25:09	Brinkmann	Susanne	1968	13.5	Hamm		W45	
5	00:24:51	Brinkmann	Susanne	1968	11.11	Herbern	DLV	W45	
10	00:44:46	Brodowski	Dieter	1963	29.1	Hamm	DLV	M50	
15	01:07:35	Brodowski	Dieter	1963	12.2	Hamm	DLV	M50	
21,1	01:47:13	Brodowski	Dieter	1963	15.10	Mallorca	DLV	M40	
15	01:12:15	Brodowski	Dieter	1963	31.12	Werl-Soest	DLV	M40	
10	00:49:07	Bücker	Heiko	1971	29.1	Hamm	DLV	M45	
15	01:13:00	Bücker	Heiko	1971	12.2	Hamm	DLV	M45	
21,1	01:47:57	Bücker	Heiko	1971	26.2	Hamm	DLV	M45	
21,1	01:53:17	Bücker	Heiko	1971	15.4	Paderborn	DLV	M45	
10	00:50:38	Bücker	Heiko	1971	1.5	Kamen-Methler	DLV	M45	
21,1	01:57:18	Bücker	Heiko	1971	21.5	Gelsenkirchen	DLV	M45	
10	00:51:19	Bücker	Heiko	1971	10.6	Werne	DLV	M45	
5	00:25:13	Bücker	Heiko	1971	11.11	Bergkamen-Oberaden	DLV	M45	
15	01:20:56	Bücker	Heiko	1971	31.12	Werl-Soest	DLV	M45	
10	00:44:38	Bücker	Thorsten	1965	29.1	Hamm	DLV	M50	
15	01:07:33	Bücker	Thorsten	1965	12.2	Hamm	DLV	M50	
21,1	01:34:24	Bücker	Thorsten	1965	26.2	Hamm	DLV	M50	
10	00:50:38	Bücker	Thorsten	1968	1.5	Kamen-Methler	DLV	M45	
21,1	01:58:57	Bücker	Thorsten	1968	21.5	Gelsenkirchen	DLV	M45	
10	00:51:19	Bücker	Thorsten	1968	10.6	Werne	DLV	M45	
21,1	01:49:19	Bücker	Thorsten	1968	22.7	Rinkerode	DLV	M45	
21,1	01:50:13	Bücker	Thorsten	1968	23.9	Fretter		M45	
21,1	01:45:39	Bücker	Thorsten	1968	15.10	Mallorca	DLV	M45	
5	00:25:15	Bücker	Thorsten	1968	11.11	Bergkamen-Oberaden	DLV	M45	
15	01:13:23	Bücker	Thorsten	1968	31.12	Werl-Soest	DLV	M45	
10	00:38:50	Deimann	Jonas	1997	11.3	Fröndenberg	DLV	M	
6,6	00:24:37	Deimann	Jonas	1997	23.5	Dortmund		M	
5	00:17:59	Deimann	Jonas	1997	16.9	Fröndenberg	DLV	M	
5	00:18:05	Deimann	Jonas	1997	8.10	Elmshorn	DLV	M	
15	01:02:49	Deimann	Jonas	1997	31.12	Werl-Soest	DLV	M	
10	00:46:01	Deimann	Stefan	1969	8.1	Bönen	DLV	M45	
6,5	00:51:34	Deimann	Stefan	1969	15.1	Dortmund		M45	
6,94	00:31:05	Deimann	Stefan	1969	21.1	Werl		M45	
7,05	00:38:23	Deimann	Stefan	1969	22.1	Welper	Cross	M45	
7,05	00:38:23	Deimann	Stefan	1969	23.1	Welper	Cross	M45	
10	00:46:08	Deimann	Stefan	1969	29.1	Hamm	DLV	M45	
15	01:08:14	Deimann	Stefan	1969	12.2	Hamm	DLV	M45	
21,1	01:44:33	Deimann	Stefan	1969	26.2	Hamm	DLV	M45	
10	00:47:12	Deimann	Stefan	1969	3.6	Dortmund	DLV	M45	
21,1	01:40:44	Deimann	Stefan	1969	3.10	Dortmund	DLV	M45	
21,1	01:40:44	Deimann	Stefan	1969	3.10	Dortmund	DLV	M45	
10	00:45:43	Deimann	Stefan	1969	8.10	Selm	DLV	M45	
10	00:45:35	Deimann	Stefan	1969	11.11	Bergkamen-Oberaden	DLV	M45	
15	01:10:04	Deimann	Stefan	1969	31.12	Werl-Soest	DLV	M45	
21,1	01:29:07	Deutschmann	Hauke	1983	26.3	Venloo	DLV	M30	
42,2	03:17:15	Deutschmann	Hauke	1983	24.9	Berlin	DLV	M30	
10	00:38:22	Deutschmann	Hauke	1983	1.10	Soest	DLV	M30	
10	00:47:18	Donkiewicz	Carsten	1966	29.1	Hamm	DLV	M50	
15	01:14:51	Donkiewicz	Carsten	1966	12.2	Hamm	DLV	M50	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
21,1	01:44:02	Donkiewicz	Carsten	1966	1.5	Kamen-Methler	DLV	M50	Bestzeit
42,2	05:04:52	Donkiewicz	Carsten	1966	17.6	Ahrweiler		M50	Erststart
21,1	02:19:05	Donkiewicz	Carsten	1966	25.6	Hamburg	DLV	M50	
21,1	01:55:16	Donkiewicz	Carsten	1966	23.9	Fretter		M50	
42,2	04:46:15	Donkiewicz	Carsten	1966	15.10	Mallorca	DLV	M40	
15	01:14:45	Donkiewicz	Carsten	1966	31.12	Werl-Soest	DLV	M50	
5	00:30:29	Donkiewicz	Julie	2001	1.5	Kamen-Methler	DLV	WJ U18	
5	00:29:34	Donkiewicz	Julie	2001	20.5	Welver	DLV	WJ U18	
5	00:32:45	Donkiewicz	Marie	2000	1.5	Kamen-Methler	DLV	WJ U18	
5	00:32:57	Donkiewicz	Marie	2000	20.5	Welver	DLV	WJ U18	
5	00:30:28	Donkiewicz	Nadine	1995	1.5	Kamen-Methler	DLV	W	
5	00:29:48	Donkiewicz	Nadine	1995	13.5	Hamm		W	
5	00:28:20	Donkiewicz	Nadine	1995	20.5	Welver	DLV	W	
5	00:35:48	Donkiewicz	Sabina	1972	1.5	Kamen-Methler	DLV	W45	
21,1	03:28:08	Donkiewicz	Sabina	1972	17.6	Ahrweiler		W45	Erststart
5,5	00:43:21	Donkiewicz	Sabina	1972	9.9	Köln		W45	
10	01:23:09	Donkiewicz	Sabina	1972	15.10	Mallorca	DLV	M40	
4	00:41:04	Donkiewicz	Sabina	1972	31.12	Soest	DLV	M40	
5	00:41:04	Donkiewicz	Sabina	1972	31.12	Ampen-Soest	DLV	W45	
10	00:53:07	Dost	Karin	1953	8.1	Bönen	DLV	W60	
15	01:39:14	Drescher	Lisa	1994	31.12	Werl-Soest	DLV	W	Erststart
21,1	02:10:41	Eder-Betsch	Angelika	1965	1.5	Kamen-Methler	DLV	W50	Bestzeit?
10	01:00:41	Eder-Betsch	Angelika	1960	13.5	Hamm		W55	
2,7	00:19:13	Felgenhauer	Tanja	1978	3.6	Fort Fun		W35	
15	02:21:00	Felgenhauer	Tanja	1978	31.12	Werl-Soest	Walking	W35	
42,2	04:47:14	Flechsig	Philip	1990	23.4	Hamburg	DLV	M	
21,1	02:02:55	Flechsig	Philip	1990	1.10	Köln	DLV	M	
5	00:23:58	Flechsig	Philip	1990	10.12	Hamm	DLV	M	
55,731	06:00:00	Flory	Michael	1963	19.8	Osnabrück		M50	Bestleistung
10	00:52:09	Flory	Michael	1963	29.1	Hamm	DLV	M50	
15	01:15:06	Flory	Michael	1963	12.2	Hamm	DLV	M50	
21,1	01:46:34	Flory	Michael	1963	26.2	Hamm	DLV	M50	
51,096	06:00:00	Flory	Michael	1963	11.3	Münster		M50	
21,1	01:44:17	Flory	Michael	1963	26.3	Venloo	DLV	M50	
10	00:52:27	Flory	Michael	1963	20.5	Welver	DLV	M50	
6,6	00:32:34	Flory	Michael	1963	23.5	Dortmund		M50	
5	00:26:03	Flory	Michael	1963	27.5	Coesfeld	DLV	M50	
10	00:56:30	Flory	Michael	1963	27.5	Coesfeld	DLV	M50	
21,1	01:53:35	Flory	Michael	1963	5.8	Nordkirchen	DLV	M50	
21,1	01:57:53	Flory	Michael	1963	2.9	Warendorf	DLV	M50	
10	00:47:26	Flory	Michael	1963	9.9	Uentrop	DLV	M50	
5	00:22:06	Flory	Michael	1963	16.9	Fröndenberg	DLV	M50	
10	00:51:11	Flory	Michael	1963	16.9	Fröndenberg	DLV	M50	
42,2	04:51:12	Flory	Michael	1963	29.10	Frankfurt	DLV	M50	
15	01:19:25	Flory	Stefan	1964	31.12	Werl-Soest	DLV	M50	
5	00:34:14	Freitag	Dieter	1951	11.3	Fröndenberg	Walking	M65	Bestzeit
5	00:34:20	Freitag	Dieter	1951	15.4	Paderborn	Walking	M65	
5	00:34:28	Freitag	Dieter	1951	20.5	Welver	Walking	M65	
5	00:36:45	Freitag	Dieter	1951	3.10	Olfen	Walking	M65	
15	01:47:56	Freitag	Dieter	1951	31.12	Werl-Soest	Walking	M65	
5	00:39:19	Freitag	Karin	1952	15.4	Paderborn	Walking	W65	
5	00:37:06	Freitag	Karin	1952	3.10	Olfen	Walking	W65	
10	01:35:53	Galda	Torsten	1969	8.1	Bönen	Walking	M45	
5	00:41:02	Galda	Torsten	1969	16.9	Fröndenberg	Walking	M45	
21,1	02:07:44	Ganswind	Michael	1968	26.3	Venloo	DLV	M45	
17,5	01:52:44	Ganswind	Michael	1968	2.4	Hennese		M45	
48,3	06:00:00	Ganswind	Michael	1968	2.7	Remscheid		M45	
15	01:23:47	Ganswind	Michael	1968	31.12	Werl-Soest	DLV	M45	
10	00:46:48	Grabbe	Dirk	1969	29.1	Hamm	DLV	M45	
15	01:11:21	Grabbe	Dirk	1969	12.2	Hamm	DLV	M45	
15	01:21:09	Grabbe	Dirk	1969	31.12	Werl-Soest	DLV	M45	
5	00:34:06	Grimm	Timo	1976	10.12	Hamm	DLV	M40	
15	01:25:11	Grimm	Timo	1976	31.12	Werl-Soest	DLV	M40	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
10	00:56:29	Grunenberg	Claudia	1969	29.1	Hamm	DLV	W45	
10	00:59:38	Gutschow	Frank	1963	29.1	Hamm	DLV	M50	
15	01:28:39	Gutschow	Frank	1963	12.2	Hamm	DLV	M50	
21,1	02:11:51	Gutschow	Frank	1963	26.2	Hamm	DLV	M50	
10	00:59:38	Gutschow	Jutta	1966	29.1	Hamm	DLV	W50	
15	01:28:39	Gutschow	Jutta	1966	12.2	Hamm	DLV	W50	
21,1	02:11:51	Gutschow	Jutta	1966	26.2	Hamm	DLV	W50	
5	00:28:48	Gutschow	Jutta	1966	1.5	Kamen-Methler	DLV	W50	
15	01:30:59	Gutschow	Jutta	1966	31.12	Werl-Soest	DLV	W50	
10	00:38:32	Hanke	Ingo	1974	29.1	Hamm	DLV	M40	
15	00:58:10	Hanke	Ingo	1974	12.2	Hamm	DLV	M40	
21,1	01:24:33	Hanke	Ingo	1974	26.2	Hamm	DLV	M40	
21,1	01:24:56	Hanke	Ingo	1974	23.4	Münster	DLV	M40	
5	00:18:38	Hanke	Ingo	1974	30.4	Nordkirchen	DLV	M40	
10	00:38:21	Hanke	Ingo	1974	19.5	Lippstadt	DLV	M40	
5	00:19:13	Hanke	Ingo	1974	25.6	Menden	DLV	M40	
10	00:38:57	Hanke	Ingo	1974	27.8	Hamminkeln	DLV	M40	
42,2	03:08:21	Hanke	Ingo	1974	1.10	Bremen	DLV	M40	
5	00:18:33	Hanke	Ingo	1974	11.11	Herbern	DLV	M40	
10	00:37:57	Hanke	Ingo	1974	10.12	Essen	DLV	M40	
15	00:59:25	Hanke	Ingo	1974	31.12	Werl-Soest	DLV	M40	
5	00:33:39	Hattwig	Anett	1976	31.12	Ampen-Soest	DLV	W40	Erststart
10	00:58:10	Homeyer	Gisela	1949	29.1	Hamm	DLV	W65	
15	01:29:43	Homeyer	Gisela	1949	12.2	Hamm	DLV	W65	
21,1	02:21:12	Homeyer	Gisela	1949	26.2	Hamm	DLV	W65	
10	01:01:05	Homeyer	Gisela	1949	1.5	Kamen-Methler	DLV	W65	
5	00:28:30	Homeyer	Gisela	1949	13.5	Hamm		W65	
5	00:28:32	Homeyer	Gisela	1949	10.6	Werne	DLV	W65	
10	01:02:43	Homeyer	Gisela	1949	10.12	Hamm	DLV	W65	
15	01:38:08	Homeyer	Gisela	1949	31.12	Werl-Soest	DLV	W65	
5	00:39:54	Homeyer	Klaus	1948	31.12	Ampen-Soest	DLV	M65	
5	00:36:15	Kaftan	Petra	1967	13.5	Hamm		W50	
5	00:37:12	Kaiser	Dieter	1959	16.9	Fröndenberg	Walking	M55	
9,15	01:09:53	Kaiser	Dieter	1959	4.11	Hemmerde	Cross	M55	
6	ohne Zei	Kaiser	Dieter	1959	31.12	Unna	Walking	M55	
5	00:44:23	Kappel	Ute	1965	13.5	Hamm		W50	
15	02:01:38	Karlsohn	Ulrike	1955	31.12	Werl-Soest	DLV	W60	
10	00:44:11	Karwoth	Felix	1982	8.1	Bönen	DLV	M35	
10	00:46:20	Karwoth	Felix	1982	29.1	Hamm	DLV	M35	
15	01:08:07	Karwoth	Felix	1982	12.2	Hamm	DLV	M35	
21,1	01:43:44	Karwoth	Felix	1982	26.2	Hamm	DLV	M35	
21,1	01:33:13	Karwoth	Felix	1982	1.5	Kamen-Methler	DLV	M35	Bestzeit?
42,2	03:28:29	Karwoth	Felix	1982	21.5	Gelsenkirchen	DLV	M35	Erststart
10	00:45:16	Karwoth	Felix	1982	10.6	Werne	DLV	M35	
52,87	06:00:00	Karwoth	Felix	1982	19.8	Osnabrück		M35	Erststart
15	01:12:22	Karwoth	Felix	1982	31.12	Werl-Soest	DLV	M35	Erststart
10	00:53:43	Kasischke	Ulf	1942	29.1	Hamm	DLV	M75	
15	01:22:25	Kasischke	Ulf	1942	12.2	Hamm	DLV	M75	
21,1	01:59:16	Kasischke	Ulf	1942	26.2	Hamm	DLV	M75	
21,1	02:08:11	Kasischke	Ulf	1942	20.8	Hiltrup		M75	
10	00:57:01	Kasischke	Ulf	1942	9.9	Uentrop	DLV	M75	
15	01:28:18	Kasischke	Ulf	1942	31.12	Werl-Soest	DLV	M75	
5	00:23:24	Kissing	Joachim	1968	11.11	Herbern	DLV	M45	
50,582	06:00:00	Klein	Michael	1965	11.3	Münster		M50	
10	00:49:48	Klein	Michael	1965	1.5	Kamen-Methler	DLV	M50	
75	11:35:53	Klein	Michael	1965	27.5	Bödefeld	DLV	M50	
2,7	00:19:13	Klein	Michael	1965	3.6	Fort Fun		M50	
42,2	05:18:27	Klein	Michael	1965	17.6	Ahrweiler		M50	
42,2	04:42:48	Klein	Michael	1965	2.7	Essen		M50	
55,343	06:00:00	Klein	Michael	1965	19.8	Osnabrück		M50	
21,1	02:00:22	Klein	Michael	1965	23.9	Fretter		M50	
32,88	24:00:00	Klein	Michael	1965	14.10	Arnsberg	Trail	M50	
11,65	01:00:51	Klein	Michael	1965	4.11	Hemmerde	Cross	M50	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
15	01:15:00	Klein	Michael	1965	31.12	Werl-Soest	DLV	M50	
21,1	04:54:32	König	TimOliver	1990	17.6	Ahrweiler		M	Erststart
21,1	03:21:37	Kopietz	Andreas	1972	17.6	Ahrweiler		M45	Erststart
41,237	06:00:00	Kopietz	Simone	1973	11.3	Münster		W40	
21,1	02:32:36	Kopietz	Simone	1973	17.6	Ahrweiler		W40	
5,35	00:28:16	Kosiol	Mike	1977	9.8	Baltrum		M40	
10	00:53:43	Kosiol	Mike	1977	15.10	Mallorca	DLV	M40	
15	01:24:27	Kosiol	Mike	1977	31.12	Werl-Soest	DLV	M40	
15	01:38:18	Kulik	Petra	1967	31.12	Werl-Soest	DLV	W50	
10	01:00:45	Kümmel	Lars	1973	15.10	Mallorca	DLV	M40	
10	00:59:51	Lassahn	Manuela	1987	29.1	Hamm	DLV	W30	
15	01:31:42	Lassahn	Manuela	1987	12.2	Hamm	DLV	W30	
21,1	02:12:10	Lassahn	Manuela	1987	26.2	Hamm	DLV	W30	
21,1	02:18:44	Lassahn	Manuela	1987	26.3	Venloo	DLV	W30	
42,2	05:15:25	Lassahn	Manuela	1987	11.6	Duisburg	DLV	W30	
21,1	02:33:49	Lassahn	Manuela	1987	17.6	Ahrweiler		W30	
5	00:27:20	Lassahn	Manuela	1987	9.9	Dortmund	DLV	W30	Bestzeit
21,1	02:11:37	Lassahn	Manuela	1987	3.10	Dortmund	DLV	W30	
21,1	02:15:12	Lassahn	Manuela	1987	15.10	Mallorca	DLV	W30	
10	00:59:38	Lassahn	Manuela	1987	11.11	Bergkamen-Oberaden	DLV	W30	
15	01:33:22	Lassahn	Manuela	1987	31.12	Werl-Soest	DLV	W30	Bestzeit
5	00:39:53	Leineweber	Heike	1958	31.12	Soest	Walking	W55	
10	00:49:48	Löddemann	Wolfgang	1968	1.5	Kamen-Methler	DLV	M45	
10	00:52:38	Maletz	Manuela	1964	29.1	Hamm	DLV	W50	
15	01:16:59	Maletz	Manuela	1964	12.2	Hamm	DLV	W50	
21,1	01:51:11	Maletz	Manuela	1964	26.2	Hamm	DLV	W50	
5	00:24:09	Maletz	Manuela	1964	11.3	Fröndenberg	DLV	W50	
5	00:25:25	Maletz	Manuela	1964	10.6	Werne	DLV	W50	
5	00:25:31	Maletz	Manuela	1964	16.9	Fröndenberg	DLV	W50	
5	00:30:35	Maletz	Manuela	1964	11.11	Bergkamen-Oberaden	DLV	W50	
5,08	00:28:15	Maletz	Manuela	1964	25.11	Unna		W50	
10	00:51:12	Maletz	Steffen	1995	8.1	Bönen	DLV	M	
5	00:24:45	Maletz	Steffen	1995	11.3	Fröndenberg	DLV	M	
5	00:25:01	Maletz	Steffen	1995	31.5	Dortmund	DLV	M	
5	00:24:49	Maletz	Steffen	1995	10.6	Werne	DLV	M	
5	00:24:48	Maletz	Steffen	1995	16.9	Fröndenberg	DLV	M	
5	00:29:38	Maletz	Steffen	1995	11.11	Bergkamen-Oberaden	DLV	M	
5	00:24:51	Margraf	Thomas	1962	20.5	Welper	DLV	M55	
10	00:49:13	Meier	Markus	1968	1.5	Kamen-Methler	DLV	M45	
2,7	00:13:14	Meier	Markus	1968	3.6	Fort Fun		M45	
42,2	05:04:52	Meier	Markus	1968	17.6	Ahrweiler		M45	
5,35	00:27:21	Meier	Markus	1968	9.8	Baltrum		M45	
53,046	06:00:00	Meier	Markus	1968	19.8	Osnabrück		M45	
21,1	02:04:54	Meier	Markus	1968	23.9	Fretter		M45	
11,65	01:03:02	Meier	Markus	1968	4.11	Hemmerde	Cross	M45	
15	01:18:03	Meier	Markus	1968	31.12	Werl-Soest	DLV	M45	
7,05	00:45:58	Moritz	Janine	1983	23.1	Welper	Cross	W30	
10	00:56:01	Moritz	Janine	1983	29.1	Hamm	DLV	W30	
15	01:24:56	Moritz	Janine	1983	12.2	Hamm	DLV	W30	
21,1	02:08:05	Moritz	Janine	1983	26.2	Hamm	DLV	W30	
41,237	06:00:00	Moritz	Janine	1983	11.3	Münster		W30	
42,2	04:53:39	Moritz	Janine	1983	11.6	Duisburg	DLV	W30	
21,1	03:52:58	Moritz	Janine	1983	17.6	Ahrweiler		W30	
5	00:25:52	Moritz	Janine	1983	9.9	Dortmund	DLV	W30	Bestzeit
21,1	01:56:36	Moritz	Janine	1983	1.10	Köln	DLV	W30	
21,1	02:18:12	Moritz	Janine	1983	15.10	Mallorca	DLV	W30	
9,15	00:57:27	Moritz	Janine	1983	4.11	Hemmerde	Cross	W30	
10	00:56:04	Moritz	Janine	1983	11.11	Bergkamen-Oberaden	DLV	W30	
5,08	00:27:00	Moritz	Janine	1983	25.11	Unna		W30	
15	01:23:26	Moritz	Janine	1983	31.12	Werl-Soest	DLV	W30	Bestzeit
10	00:40:46	Munk	Martin	1969	29.1	Hamm	DLV	M45	
15	01:02:16	Munk	Martin	1969	12.2	Hamm	DLV	M45	
21,1	01:29:25	Munk	Martin	1969	26.2	Hamm	DLV	M45	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
21,1	01:30:49	Munk	Martin	1969	26.3	Venloo	DLV	M45	
21,1	01:27:35	Munk	Martin	1969	1.5	Kamen-Methler	DLV	M45	
6,6	00:26:39	Munk	Martin	1969	23.5	Dortmund		M45	
5	00:19:22	Munk	Martin	1969	10.6	Werne	DLV	M45	
42,2	03:32:57	Munk	Martin	1969	24.9	Berlin	DLV	M45	
8	ohne Zei	Munk	Martin	1969	31.12	Unna		M56	
10	00:44:53	Münstermann	Marcus	1974	8.1	Bönen	DLV	M40	
10	00:44:28	Münstermann	Marcus	1974	29.1	Hamm	DLV	M40	
5	00:20:45	Münstermann	Marcus	1974	1.5	Kamen-Methler	DLV	M40	
42,2	03:47:22	Münstermann	Marcus	1974	10.9	Münster	DLV	M40	
21,1	01:53:33	Münstermann	Marcus	1974	1.10	Köln	DLV	M40	
5	00:21:26	Münstermann	Marcus	1974	10.12	Hamm	DLV	M40	
10	00:44:39	Münstermann	Marcus	1974	15.12	Ahlen	DLV	M40	
15	01:17:59	Münstermann	Marcus	1974	31.12	Werl-Soest	DLV	M40	
10	00:58:35	Nather	Meinolf	1964	8.1	Bönen	DLV	M50	
5	00:28:09	Nather	Meinolf	1964	12.3	Ahlen	DLV	M50	
10	01:00:34	Nather	Meinolf	1964	1.5	Kamen-Methler	DLV	M50	
15	01:14:41	Nave	Markus	1969	31.12	Werl-Soest	DLV	M45	Erststrt
15	01:17:33	Nave	Sandra	1971	31.12	Werl-Soest	DLV	W45	
10	00:46:02	Neuhaus	Birgit	1977	30.7	Dortmund		W40	
10	00:54:43	Picker	Jutta	1970	9.9	Uentrop	DLV	W45	
5	00:25:33	Picker	Jutta	1970	16.9	Fröndenberg	DLV	W45	
17,4	01:41:12	Picker	Jutta	1970	8.10	Essen		W45	
10,400	01:00:50	Picker	Jutta	1970	4.11	Hemmerde	Cross	W45	
15	01:24:26	Picker	Jutta	1970	31.12	Werl-Soest	DLV	W45	
5	00:28:24	Post	Daniel	1980	31.12	Ampen-Soest	DLV	M35	Erststart
5	00:32:00	Post	Melanie	1981	31.12	Ampen-Soest	DLV	W35	Erststart
15	01:35:27	Rauscher	Antje	1966	31.12	Werl-Soest	DLV	W50	Erststart
10	00:58:52	Sassen	Thomas	1970	1.5	Kamen-Methler	DLV	M45	
15	01:27:06	Schröder	Sabine	1965	31.12	Werl-Soest	DLV	W50	
10	00:46:57	Schulte	Martin	1966	29.1	Hamm	DLV	M50	
15	01:11:21	Schulte	Martin	1966	12.2	Hamm	DLV	M50	
42,897	06:00:00	Schulte	Martin	1966	29.4	Iserlohn	DLV	M50	Erststart
21,1	01:46:18	Schulte	Martin	1966	22.7	Rinkerode	DLV	M50	
21,1	01:46:29	Schulte	Martin	1966	8.10	Lindau	DLV	M50	
50,049	06:00:00	Schulte	Sabine	1968	29.4	Iserlohn	DLV	W45	Erststart
5	00:29:05	Schulte	Sabine	1968	13.5	Hamm		W45	
21,1	02:09:30	Schulte	Sabine	1968	8.10	Lindau	DLV	W45	
5	00:27:37	Selent	Werner	1954	10.12	Hamm	DLV	M60	
10	00:37:56	Sinner	Manuel	1989	29.1	Hamm	DLV	M	
21,1	01:22:28	Sinner	Manuel	1989	26.2	Hamm	DLV	M	
21,1	01:22:57	Sinner	Manuel	1989	26.3	Venloo	DLV	M	
10	00:41:50	Sinner	Manuel	1989	10.6	Kamen	Triathlon	M	
10	01:00:23	Sinner	Manuel	1989	16.7	Hambfurg	Triathlon	M	
10	00:36:00	Sinner	Manuel	1989	16.9	Fröndenberg	DLV	M	Bestzeit
42,2	02:47:18	Sinner	Manuel	1989	1.10	Köln	DLV	M	bestzeit
10	00:37:14	Sinner	Manuel	1989	10.12	Hamm	DLV	M50	
21,1	02:07:01	Sommer	Berthold	1965	23.4	Padua		M50	
5	00:27:41	Sommer	Berthold	1965	11.11	Herbern	DLV	M50	
43,1	06:00:00	Sommer	Petra	1966	2.7	Rermscheid		M50	
10	00:58:47	Stock	Henning	1992	8.1	Bönen	DLV	M	
5	00:27:40	Stoepel	Corinna	1987	20.5	Walstedde	DLV	W30	
5	00:28:34	Stoepel	Daniela	1990	20.5	Walstedde	DLV	W	
10	00:54:41	Stoepel	Hartmut	1950	8.1	Bönen	DLV	M65	
5	00:42:43	Stoepel	Hartmut	1950	1.5	Kamen-Methler	DLV	M65	
5	00:35:40	Stoepel	Hartmut	1950	20.5	Walstedde	Walking	M65	
5	00:32:30	Stoepel	Hartmut	1950	11.11	Bergkamen-Oberaden	DLV	M65	
13	ohne Zei	Stoepel	Hartmut	1950	31.12	Unna		M65	
39,987	06:00:00	Stura-Metzen	Monika	1959	11.3	Münster		W55	
21,1	02:32:35	Stura-Metzen	Monika	1959	17.6	Ahrweiler		W55	
15	01:29:40	Stura-Metzen	Monika	1959	31.12	Werl-Soest	DLV	W55	Bestzeit
5	00:24:18	Voß	Julica	2003	1.5	Kamen-Methler	DLV	W14	
5	00:24:32	Voß	Julica	2003	20.5	Welper	DLV	W14	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
5	00:23:28	Voß	Julica	2003	9.9	Uentrop	DLV	W14	Bestzeit
5	00:22:54	Voß	Julica	2003	23.9	Ahlen	DLV	W14	Bestzeit
5	00:24:22	Voß	Julica	2003	11.11	Herbern	DLV	W14	
5,08	00:25:04	Voß	Julica	2003	25.11	Unna		W14	
5	00:23:55	Voß	Julica	2003	10.12	Hamm	DLV	W14	
5	00:24:35	Voß	Marcus	1968	20.5	Welver	DLV	M45	
5	00:23:28	Voß	Marcus	1968	9.9	Uentrop	DLV	M45	
5	00:22:56	Voß	Marcus	1968	23.9	Ahlen	DLV	M45	
5	00:24:25	Voß	Marcus	1968	11.11	Herbern	DLV	M45	
5,08	00:25:05	Voß	Marcus	1968	25.11	Unna		M45	
9,64	00:37:36	Voß	Marcus	1968	25.11	Unna		M45	
5	00:24:25	Voß-Berkhoff	Heidrun	1969	1.5	Kamen-Methler	DLV	W45	
10	00:57:35	Vulf	Simon	1950	20.5	Welver	DLV	M65	
6,6	00:29:37	Vulf	Simon	1950	23.5	Dortmund		M65	
10	00:58:09	Vulf	Simon	1950	22.7	Rinkerode	DLV	M65	
10	01:12:52	Weist	Alexandra	1977	13.5	Hamm		W40	
2,7	00:18:27	Weist	Alexandra	1977	3.6	Fort Fun		W40	
2,7	00:17:03	Weist	Mirko	1978	3.6	Fort Fun		M35	
15	01:39:15	Werner	Daniel	1974	31.12	Werl-Soest	DLV	M40	Erststart
15	01:04:16	Willingmann	Todt G.	1965	12.2	Hamm	DLV	M50	
21,1	01:31:41	Willingmann	Todt G.	1965	26.2	Hamm	DLV	M50	
4,15	00:16:20	Willingmann	Todt G.	1965	4.3	Arnsberg		M50	
9,2	00:37:32	Willingmann	Todt G.	1965	4.3	Arnsberg		M50	
5	00:19:42	Willingmann	Todt G.	1965	11.3	Fröndenberg	DLV	M50	
10	00:41:04	Willingmann	Todt G.	1965	11.3	Fröndenberg	DLV	M50	
10	00:41:33	Willingmann	Todt G.	1965	12.3	Ahlen	DLV	M50	
10	00:40:20	Willingmann	Todt G.	1965	25.3	Dortmund	DLV	M50	
10	00:39:53	Willingmann	Todt G.	1965	26.3	Werl	DLV	M50	Bestzeit
17,5	01:15:15	Willingmann	Todt G.	1965	2.4	Hennese		M50	
21,1	01:27:41	Willingmann	Todt G.	1965	15.4	Paderborn	DLV	M50	Bestzeit
42,2	03:10:41	Willingmann	Todt G.	1965	23.4	Wien	DLV	M50	Bestzeit
10	00:40:49	Willingmann	Todt G.	1965	1.5	Kamen-Methler	DLV	M50	
10	00:41:29	Willingmann	Todt G.	1965	6.5	Ennepetal	DLV	M50	
10	00:40:30	Willingmann	Todt G.	1965	20.5	Welver	DLV	M50	
10	00:43:26	Willingmann	Todt G.	1965	20.5	Walstedde	DLV	M50	
10	00:40:42	Willingmann	Todt G.	1965	28.5	Hattingen	DLV	M50	
5	00:20:04	Willingmann	Todt G.	1965	31.5	Dortmund	DLV	M50	
10	00:42:11	Willingmann	Todt G.	1965	31.5	Dortmund	DLV	M50	
10	00:41:29	Willingmann	Todt G.	1965	25.6	Dolberg	DLV	M50	
10	00:41:29	Willingmann	Todt G.	1965	2.7	Münster	DLV	M50	
21,1	01:53:35	Willingmann	Todt G.	1965	13.8	Salisbury	Trail	M50	
5	00:21:10	Willingmann	Todt G.	1965	9.9	Uentrop	DLV	M50	
5	00:21:00	Willingmann	Todt G.	1965	15.9	Lüdinghausen	DLV	M50	
5	00:20:21	Willingmann	Todt G.	1965	23.9	Ahlen	DLV	M50	
5	00:21:16	Willingmann	Todt G.	1965	30.9	Lünen	DLV	M50	
3	00:11:46	Willingmann	Todt G.	1965	1.10	Neubeckum		M50	
5	00:26:05	Willingmann	Todt G.	1965	1.10	Neubeckum		M50	
5	00:20:36	Willingmann	Todt G.	1965	8.10	Selm	DLV	M50	
10	00:42:57	Willingmann	Todt G.	1965	8.10	Selm	DLV	M50	
5	00:22:13	Willingmann	Todt G.	1965	15.10	Hamm	Cross	M50	
8,4	00:36:25	Willingmann	Todt G.	1965	4.11	Rothenburg o.d.T.		M50	
10	00:42:07	Willingmann	Todt G.	1965	11.11	Bergkamen-Oberaden	DLV	M50	
5	00:20:34	Willingmann	Todt G.	1965	12.11	Werl	DLV	M50	
10	00:42:25	Willingmann	Todt G.	1965	12.11	Werl	DLV	M50	
5,08	00:21:47	Willingmann	Todt G.	1965	25.11	Unna		M50	
9,64	00:42:21	Willingmann	Todt G.	1965	25.11	Unna		M50	
5	00:22:02	Willingmann	Todt G.	1965	10.12	Hamm	DLV	M50	
10	00:41:23	Willingmann	Todt G.	1965	15.12	Ahlen	DLV	M50	
15	01:04:50	Willingmann	Todt G.	1965	31.12	Werl-Soest	DLV	M50	
10	00:53:59	Winkowski	Torsten	1967	9.9	Uentrop	DLV	M50	
10	00:54:27	Winkowski	Torsten	1967	16.9	Fröndenberg	DLV	M50	

Strecke	Zeit	Name	Vorname	Jg.	Datum	Ort	Art	AK	Anmerkung
10	00:47:16	Wöllert	Michael	1965	29.1	Hamm	DLV	M50	
15	01:13:26	Wöllert	Michael	1965	12.2	Hamm	DLV	M50	
21,1	01:46:12	Wöllert	Michael	1965	26.2	Hamm	DLV	M50	
10	00:40:46	Zicholl	Christian	1973	29.1	Hamm	DLV	M40	
15	01:02:17	Zicholl	Christian	1973	12.2	Hamm	DLV	M40	
14,15	01:03:42	Zicholl	Christian	1973	4.11	Hemmerde	Cross	M40	
11,65	01:05:32	Zicholl	Zoe	2000	4.11	Hemmerde	Cross	WJ U18	