

Männer

| Platz | Startnr | Name | Verein/*Ort | Brutto | Netto | AK-Pl | AK | Jahr | Runden |
|-------|---------|--------------------------|---------------------------|---------|---------|-------|------|------|-----------------|
| 1 | 150 | Weldemichael Robiel | SuS Westenholz | 0:31:53 | 0:31:52 | 1 | MHK | 92 | 10: 16:14 15:38 |
| 2 | 134 | Schäfer Nils | SG Wenden | 0:32:11 | 0:32:11 | 2 | MHK | 90 | 10: 16:33 15:37 |
| 3 | 31 | Van Staa Sascha | LC Rapid Dortmund | 0:32:17 | 0:32:16 | 3 | MHK | 92 | 10: 16:22 15:54 |
| 4 | 56 | Farhat Malik | LG Hamm | 0:32:22 | 0:32:21 | 4 | MHK | 96 | 10: 16:33 15:48 |
| 5 | 217 | Heerdt Luca | LSF Münster | 0:32:29 | 0:32:27 | 5 | MHK | 95 | 10: 16:35 15:52 |
| 6 | 83 | Mehring Daniel | LSF Münster | 0:32:32 | 0:32:30 | 6 | MHK | 89 | 10: 16:34 15:55 |
| 7 | 207 | Hailu Kflemariam | LC Paderborn | 0:32:35 | 0:32:34 | 7 | MHK | 90 | 10: 16:35 15:58 |
| 8 | 88 | Schönherr David | LSF Münster | 0:32:45 | 0:32:44 | 8 | MHK | 89 | 10: 16:41 16:03 |
| 9 | 128 | Giese Marco | SG Wenden | 0:32:50 | 0:32:49 | 9 | MHK | 92 | 10: 16:35 16:14 |
| 10 | 132 | Jenne Fabian | SG Wenden | 0:33:15 | 0:33:14 | 10 | MHK | 90 | 10: 17:00 16:13 |
| 11 | 92 | Baxheinrich Steffen | LV Oelde | 0:33:16 | 0:33:15 | 1 | MU20 | 99 | 10: 17:00 16:15 |
| 12 | 130 | Heiner Jörg | SG Wenden | 0:33:20 | 0:33:18 | 1 | M40 | 73 | 10: 16:59 16:18 |
| 13 | 99 | Henseleit Philipp | Marathon-Club Menden | 0:33:21 | 0:33:18 | 11 | MHK | 88 | 10: 16:58 16:19 |
| 14 | 85 | Rinne Yannick | LSF Münster | 0:33:22 | 0:33:20 | 12 | MHK | 88 | 10: 17:00 16:20 |
| 15 | 59 | Hönig Carsten | LG Hamm | 0:33:32 | 0:33:30 | 13 | MHK | 92 | 10: 16:59 16:30 |
| 16 | 113 | Lukas Justin | SC Eintracht Hamm | 0:33:52 | 0:33:50 | 14 | MHK | 97 | 10: 17:21 16:28 |
| 17 | 200 | Haile Fkadu | LAC Veltins Hochsauerland | 0:33:57 | 0:33:55 | 15 | MHK | 92 | 10: 16:58 16:56 |
| 18 | 76 | Buschkühl Aloys | LG Warstein-Rüthen | 0:33:58 | 0:33:58 | 2 | M40 | 74 | 10: 17:12 16:45 |
| 19 | 51 | Thiemann Tom | LG Brillux Münster | 0:34:10 | 0:34:09 | 2 | MU20 | 99 | 10: 17:10 16:58 |
| 20 | 89 | Schücker Sascha | LSF Münster | 0:34:36 | 0:34:33 | 1 | M30 | 85 | 10: 17:21 17:12 |
| 21 | 43 | Hundeloh Paul Moritz | LC Solbad Ravensberg | 0:34:45 | 0:34:42 | 16 | MHK | 97 | 10: 17:48 16:54 |
| 22 | 86 | Röthemeyer Marvin | LSF Münster | 0:34:45 | 0:34:39 | 17 | MHK | 89 | 10: 17:50 16:49 |
| 23 | 156 | Pott Andreas | SV Teuto Riesenbeck | 0:34:47 | 0:34:45 | 1 | M35 | 79 | 10: 17:47 16:58 |
| 24 | 152 | Pieper Boris | SV Brackwede | 0:34:48 | 0:34:43 | 1 | M45 | 69 | 10: 17:52 16:51 |
| 25 | 192 | Grothe Lennart | USC Bochum | 0:35:07 | 0:35:02 | 3 | MU20 | 01 | 10: 17:57 17:05 |
| 26 | 72 | Schönfeldt Yannick | LG Olympia Dortmund | 0:35:10 | 0:35:07 | 4 | MU20 | 99 | 10: 17:54 17:12 |
| 27 | 64 | Orban Mikael | LG Hamm | 0:35:11 | 0:35:06 | 18 | MHK | 96 | 10: 17:46 17:20 |
| 28 | 100 | Knode Felix | Marathon-Club Menden | 0:35:12 | 0:35:10 | 19 | MHK | 92 | 10: 18:08 17:01 |
| 29 | 82 | Kreickmann Markus | LSF Münster | 0:35:19 | 0:35:17 | 2 | M35 | 78 | 10: 17:54 17:23 |
| 30 | 187 | Schmechel Tobias | TuS Deuz | 0:35:20 | 0:35:18 | 3 | M40 | 76 | 10: 18:06 17:11 |
| 31 | 32 | Vogt Nicolas | LC Rapid Dortmund | 0:35:28 | 0:35:25 | 5 | MU20 | 00 | 10: 17:54 17:31 |
| 32 | 22 | Wagemann Jan Erik | LC Paderborn | 0:35:32 | 0:35:30 | 6 | MU20 | 98 | 10: 18:10 17:19 |
| 33 | 108 | Peters Mark | Recklinghäuser LC | 0:35:32 | 0:35:27 | 2 | M45 | 71 | 10: 18:04 17:23 |
| 34 | 44 | Knoepke Daniel | LC Solbad Ravensberg | 0:35:33 | 0:35:30 | 3 | M35 | 82 | 10: 18:04 17:26 |
| 35 | 66 | Pufahl Marvin Konstantin | LG Hamm | 0:35:35 | 0:35:34 | 20 | MHK | 96 | 10: 18:00 17:33 |
| 36 | 114 | Schultz Paul | SC Eintracht Hamm | 0:35:46 | 0:35:43 | 7 | MU20 | 01 | 10: 18:08 17:35 |
| 37 | 151 | Krüger Thorsten | SV Brackwede | 0:35:47 | 0:35:45 | 4 | M40 | 75 | 10: 18:01 17:44 |
| 38 | 202 | Kott Georg | Laufgruppe Deiringsen | 0:35:55 | 0:35:53 | 1 | M55 | 61 | 10: 18:21 17:31 |
| 39 | 112 | Langerbein Lars | SC Eintracht Hamm | 0:35:55 | 0:35:50 | 8 | MU20 | 00 | 10: 17:54 17:56 |
| 40 | 179 | Dallmann Anno | TuS Deuz | 0:35:56 | 0:35:54 | 2 | M30 | 85 | 10: 18:05 17:49 |
| 41 | 159 | Welp Robert | SV Teuto Riesenbeck | 0:35:58 | 0:35:57 | 4 | M35 | 80 | 10: 18:20 17:36 |
| 42 | 197 | Niehues Sebastian | VfL Kamen | 0:36:04 | 0:36:02 | 9 | MU20 | 99 | 10: 18:20 17:41 |
| 43 | 53 | Fels Sven | LG Coesfeld | 0:36:07 | 0:36:00 | 21 | MHK | 90 | 10: 18:38 17:21 |
| 44 | 24 | Gröner Philipp | LC Rapid Dortmund | 0:36:10 | 0:36:07 | 5 | M35 | 81 | 10: 18:15 17:51 |
| 45 | 195 | Feist Maximilian | VfL Kamen | 0:36:12 | 0:36:11 | 10 | MU20 | 99 | 10: 17:26 18:45 |
| 46 | 62 | Kreienfeld Jona | LG Hamm | 0:36:12 | 0:36:09 | 11 | MU20 | 01 | 10: 18:15 17:53 |
| 47 | 36 | Yosef Amanuel | LC Rapid Dortmund | 0:36:26 | 0:36:21 | 12 | MU20 | 00 | 10: 18:19 18:01 |
| 48 | 102 | Amoneit Matthias | Recklinghäuser LC | 0:36:28 | 0:36:23 | 3 | M30 | 87 | 10: 18:28 17:54 |
| 49 | 95 | Goda Stefan | Marathon Ibbenbüren | 0:36:30 | 0:36:28 | 3 | M45 | 71 | 10: 18:23 18:04 |
| 50 | 160 | Windoffer Patrick | SV Teuto Riesenbeck | 0:36:31 | 0:36:24 | 6 | M35 | 80 | 10: 18:37 17:47 |
| 51 | 26 | Hövelmann Tim | LC Rapid Dortmund | 0:36:33 | 0:36:29 | 4 | M30 | 84 | 10: 18:51 17:38 |
| 52 | 97 | Buddenberg Kai | Marathon-Club Menden | 0:36:36 | 0:36:33 | 22 | MHK | 94 | 10: 18:16 18:16 |
| 53 | 27 | Klauke Ralf | LC Rapid Dortmund | 0:36:41 | 0:36:30 | 7 | M35 | 80 | 10: 18:43 17:47 |
| 54 | 121 | Laqua Michael | SC Hagen-Wildewiese | 0:36:43 | 0:36:35 | 1 | M50 | 63 | 10: 18:37 17:58 |
| 55 | 78 | Feder Jannik | LSF Münster | 0:36:46 | 0:36:41 | 13 | MU20 | 99 | 10: 18:49 17:52 |
| 56 | 11 | Gawehn Andre | LAC Veltins Hochsauerland | 0:37:14 | 0:37:12 | 23 | MHK | 97 | 10: 18:42 18:29 |
| 57 | 135 | Schönauer Thomas | SG Wenden | 0:37:17 | 0:37:13 | 5 | M40 | 76 | 10: 18:51 18:21 |
| 58 | 79 | Hankemeier Michl | LSF Münster | 0:37:17 | 0:37:14 | 8 | M35 | 82 | 10: 18:41 18:33 |
| 59 | 12 | Gawehn Steffen | LAC Veltins Hochsauerland | 0:37:19 | 0:37:17 | 24 | MHK | 90 | 10: 18:44 18:32 |
| 60 | 178 | Brockfeld Stefan | TuS Deuz | 0:37:19 | 0:37:16 | 2 | M50 | 66 | 10: 18:57 18:18 |

Männer

| Platz | Startnr | Name | Verein/*Ort | Brutto | Netto | AK-Pl | AK | Jahr | Runden |
|-------|---------|------------------------|-----------------------------|---------|---------|-------|------|------|-----------------|
| 61 | 14 | Forster Frank Hermann | LAG Siegen | 0:37:26 | 0:37:21 | 2 | M55 | 60 | 10: 19:00 18:21 |
| 62 | 63 | Merihsenai Hailemikael | LG Hamm | 0:37:31 | 0:37:31 | 14 | MU20 | 00 | 10: 18:22 19:08 |
| 63 | 90 | Razlaf Juri | LTV Lippstadt | 0:37:37 | 0:37:33 | 4 | M45 | 71 | 10: 19:10 18:22 |
| 64 | 23 | Gederski Christian | LC Rapid Dortmund | 0:37:41 | 0:37:37 | 6 | M40 | 73 | 10: 19:10 18:26 |
| 65 | 117 | Baehr Thomas | SC Hagen-Wildewiese | 0:37:47 | 0:37:43 | 3 | M50 | 66 | 10: 18:59 18:43 |
| 66 | 40 | Geisemeier Jan | LC Solbad Ravensberg | 0:37:54 | 0:37:50 | 25 | MHK | 96 | 10: 18:46 19:03 |
| 67 | 28 | Measho Bahabolom | LC Rapid Dortmund | 0:37:59 | 0:37:54 | 15 | MU20 | 99 | 10: 18:58 18:56 |
| 68 | 115 | Thiemann Maurice | SC Eintracht Hamm | 0:38:03 | 0:37:58 | 16 | MU20 | 98 | 10: 19:05 18:52 |
| 69 | 58 | Heinlein Levin | LG Hamm | 0:38:06 | 0:37:59 | 17 | MU20 | 01 | 10: 19:15 18:43 |
| 70 | 111 | Kayser Robin | SC Eintracht Hamm | 0:38:09 | 0:38:04 | 18 | MU20 | 00 | 10: 19:11 18:53 |
| 71 | 127 | Fillep Gunnar | SG Wenden | 0:38:11 | 0:38:06 | 7 | M40 | 76 | 10: 19:06 19:00 |
| 72 | 211 | Schmidt Tom | SF Ennepetal | 0:38:15 | 0:38:14 | 19 | MU20 | 00 | 10: 19:32 18:42 |
| 73 | 180 | Jung Christian | TuS Deuz | 0:38:20 | 0:38:16 | 9 | M35 | 81 | 10: 19:19 18:56 |
| 74 | 29 | Stolecki Stephan | LC Rapid Dortmund | 0:38:26 | 0:38:16 | 5 | M45 | 68 | 10: 19:45 18:31 |
| 75 | 107 | Neuhausen Jürgen | Recklinghäuser LC | 0:38:34 | 0:38:30 | 4 | M50 | 63 | 10: 19:25 19:04 |
| 76 | 9 | Heinig Lukas | LA SV Herten | 0:38:48 | 0:38:39 | 26 | MHK | 95 | 10: 19:42 18:56 |
| 77 | 168 | Gruben Matthäus | TSVE 1890 Bielefeld | 0:39:03 | 0:38:55 | 10 | M35 | 81 | 10: 20:05 18:50 |
| 78 | 118 | Doff Franco | SC Hagen-Wildewiese | 0:39:05 | 0:39:00 | 3 | M55 | 60 | 10: 19:33 19:26 |
| 79 | 219 | Meascho Jonas | LC Rapid Dortmund | 0:39:06 | 0:39:00 | 20 | MU20 | 00 | 10: 19:49 19:11 |
| 80 | 94 | Knepper Manuel | LV Oelde | 0:39:07 | 0:39:03 | 21 | MU20 | 00 | 10: 19:27 19:36 |
| 81 | 169 | Krüger Andreas | TSVE 1890 Bielefeld | 0:39:14 | 0:39:09 | 5 | M50 | 67 | 10: 20:16 18:52 |
| 82 | 91 | Sprengkamp Raimund | LTV Lippstadt | 0:39:29 | 0:39:25 | 6 | M50 | 65 | 10: 20:07 19:18 |
| 83 | 201 | Hadgu Michael | LAC Veltins Hochsauerland | 0:39:39 | 0:39:36 | 27 | MHK | 93 | 10: 19:36 20:00 |
| 84 | 96 | Broszeit Janik | Marathon-Club Menden | 0:39:40 | 0:39:32 | 28 | MHK | 94 | 10: 19:53 19:38 |
| 85 | 10 | Jasberg Christian | LA SV Herten | 0:39:41 | 0:39:34 | 11 | M35 | 80 | 10: 19:43 19:51 |
| 86 | 170 | Reimering Klaus | TSVE 1890 Bielefeld | 0:39:47 | 0:39:41 | 7 | M50 | 65 | 10: 20:22 19:19 |
| 87 | 184 | Natzke Holger | TuS Deuz | 0:39:51 | 0:39:46 | 4 | M55 | 58 | 10: 20:07 19:38 |
| 88 | 17 | Borgmann Andreas | Lauf-Gemeinschaft Emsdetten | 0:40:09 | 0:40:06 | 8 | M50 | 63 | 10: 20:16 19:49 |
| 89 | 144 | Fritzsch Benjamin | SuS Phönix Bielefeld 09 | 0:40:23 | 0:40:17 | 12 | M35 | 80 | 10: 20:29 19:47 |
| 90 | 181 | Klappert Andreas | TuS Deuz | 0:40:27 | 0:40:18 | 6 | M45 | 70 | 10: 20:35 19:42 |
| 91 | 138 | Stöckmann Holger | SG Wenden | 0:40:36 | 0:40:32 | 9 | M50 | 63 | 10: 20:31 20:00 |
| 92 | 139 | Wehner Nils Torben | SG Wenden | 0:40:44 | 0:40:41 | 22 | MU20 | 98 | 10: 20:03 20:37 |
| 93 | 105 | Kiesow Benjamin | Recklinghäuser LC | 0:40:58 | 0:40:56 | 5 | M30 | 85 | 10: 20:07 20:49 |
| 94 | 93 | Eirich Konstantin | LV Oelde | 0:41:02 | 0:40:58 | 23 | MU20 | 00 | 10: 19:51 21:07 |
| 95 | 123 | Stegemann Bernd | SG Suderwich | 0:41:14 | 0:41:10 | 1 | M60 | 57 | 10: 20:58 20:11 |
| 96 | 177 | Bieler Günter | TuS Deuz | 0:41:17 | 0:41:10 | 2 | M60 | 54 | 10: 21:06 20:03 |
| 97 | 157 | Schnabel Marco | SV Teuto Riesenbeck | 0:41:49 | 0:41:37 | 24 | MU20 | 00 | 10: 21:26 20:11 |
| 98 | 196 | Heinlein Hanif | VfL Kamen | 0:41:50 | 0:41:43 | 25 | MU20 | 99 | 10: 21:22 20:20 |
| 99 | 173 | Wienstroth Volker | TSVE 1890 Bielefeld | 0:41:54 | 0:41:49 | 1 | M65 | 52 | 10: 21:15 20:34 |
| 100 | 103 | Godde Martin | Recklinghäuser LC | 0:41:55 | 0:41:48 | 10 | M50 | 64 | 10: 21:21 20:26 |
| 101 | 20 | Thünemann Christoph | Lauf-Gemeinschaft Emsdetten | 0:42:12 | 0:42:06 | 5 | M55 | 61 | 10: 21:22 20:43 |
| 102 | 55 | Farhat Janis | LG Hamm | 0:42:13 | 0:42:04 | 26 | MU20 | 98 | 10: 21:35 20:29 |
| 103 | 154 | Fudicar Simon | SV Teuto Riesenbeck | 0:42:15 | 0:42:04 | 27 | MU20 | 99 | 10: 21:20 20:43 |
| 104 | 191 | Gresch Rolf | USC Bochum | 0:42:17 | 0:42:06 | 11 | M50 | 64 | 10: 21:32 20:34 |
| 105 | 194 | Ruhrmann Helmut | USC Bochum | 0:42:18 | 0:42:12 | 3 | M60 | 56 | 10: 21:24 20:48 |
| 106 | 70 | Kämpfer Michael | LG Kindelsberg Kreuztal | 0:42:29 | 0:42:21 | 6 | M55 | 58 | 10: 21:29 20:51 |
| 107 | 162 | Kosler Franz | TSG Dülmen | 0:42:43 | 0:42:40 | 2 | M65 | 50 | 10: 21:35 21:04 |
| 108 | 80 | Koch Matthias | LSF Münster | 0:42:53 | 0:42:45 | 8 | M40 | 77 | 10: 21:46 20:58 |
| 109 | 7 | Klein Hans-Jürgen | FC Nordkirchen | 0:43:00 | 0:42:52 | 4 | M60 | 56 | 10: 21:54 20:57 |
| 110 | 21 | Thünemann Helmut | Lauf-Gemeinschaft Emsdetten | 0:43:02 | 0:42:56 | 5 | M60 | 57 | 10: 21:57 20:59 |
| 111 | 193 | Mäder Peter | USC Bochum | 0:43:12 | 0:43:04 | 6 | M60 | 56 | 10: 21:43 21:21 |
| 112 | 182 | Müller Rainer | TuS Deuz | 0:43:32 | 0:43:23 | 3 | M65 | 50 | 10: 22:13 21:10 |
| 113 | 69 | Trautmann Ben | LG Hamm | 0:43:57 | 0:43:48 | 28 | MU20 | 99 | 10: 21:57 21:51 |
| 114 | 190 | Hoge Werner | TV Hohne | 0:44:29 | 0:44:22 | 4 | M65 | 50 | 10: 22:48 21:33 |
| 115 | 39 | Feicht Gunnar | LC Solbad Ravensberg | 0:44:39 | 0:44:28 | 7 | M55 | 62 | 10: 22:31 21:57 |
| 116 | 189 | Mazurek Jürgen | TuS Scharnhorst | 0:44:46 | 0:44:39 | 5 | M65 | 52 | 10: 22:38 22:00 |
| 117 | 13 | Gawehn Thomas | LAC Veltins Hochsauerland | 0:44:48 | 0:44:40 | 6 | M30 | 87 | 10: 22:06 22:33 |
| 118 | 166 | Friedrich Manfred | TSVE 1890 Bielefeld | 0:45:18 | 0:45:12 | 7 | M60 | 53 | 10: 22:45 22:27 |
| 119 | 34 | Wittig Klemens | LC Rapid Dortmund | 0:45:55 | 0:45:48 | 1 | M80 | 37 | 10: 23:05 22:43 |
| 120 | 5 | Bechtloff Bernd | FC Nordkirchen | 0:45:57 | 0:45:50 | 8 | M60 | 56 | 10: 23:15 22:34 |

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| Platz | Startnr | Name | Verein/*Ort | Brutto | Netto | AK-Pl | AK | Jahr | Runden |
|-------|---------|--------------------------|-------------------------|---------|---------|-------|-----|------|-----------------|
| 121 | 122 | Schötteldreier Friedhelm | SG Suderwich | 0:46:00 | 0:45:54 | 6 | M65 | 50 | 10: 23:41 22:13 |
| 122 | 220 | Dannowski Dirk | SuS Schalke 96 | 0:46:08 | 0:45:56 | 12 | M50 | 63 | 10: 23:49 22:07 |
| 123 | 164 | Diekotto Wolfgang | TSVE 1890 Bielefeld | 0:46:09 | 0:46:01 | 7 | M65 | 51 | 10: 23:40 22:21 |
| 124 | 141 | Busch Thomas | Spiridon Haltern | 0:46:23 | 0:46:07 | 13 | M35 | 80 | 10: 23:17 22:50 |
| 125 | 214 | Steiner Karl | TuS Deuz | 0:46:31 | 0:46:21 | 9 | M60 | 54 | 10: 23:17 23:04 |
| 126 | 48 | Wierum Hans-Dieter | LC Solbad Ravensberg | 0:46:55 | 0:46:47 | 8 | M65 | 51 | 10: 24:11 22:35 |
| 127 | 30 | Trümper Karl Walter | LC Rapid Dortmund | 0:47:15 | 0:47:06 | 1 | M75 | 39 | 10: 23:58 23:07 |
| 128 | 1 | Eßmann Martin | ASV Senden | 0:48:06 | 0:47:50 | 8 | M55 | 60 | 10: 24:34 23:16 |
| 129 | 213 | Pötschick Wolfgang | USC Bochum | 0:49:11 | 0:49:03 | 10 | M60 | 56 | 10: 25:16 23:46 |
| 130 | 84 | Prokosch Torolv Joachim | LSF Münster | 0:51:21 | 0:51:08 | 1 | M70 | 47 | 10: 26:18 24:49 |
| 131 | 6 | Hagemann Josef | FC Nordkirchen | 0:51:37 | 0:51:31 | 9 | M65 | 52 | 10: 26:18 25:13 |
| 132 | 143 | Thran Hans-Jürgen | Spiridon Haltern | 0:52:45 | 0:52:27 | 2 | M70 | 46 | 10: 26:36 25:51 |
| 133 | 188 | Krahn Karl | TuS Eintracht Bielefeld | 0:58:41 | 0:58:35 | 2 | M80 | 37 | 10: 29:36 28:59 |
| 134 | 3 | Seyfried Ernst-August | ASV Senden | 1:03:01 | 1:02:45 | 3 | M80 | 35 | 10: 31:35 31:09 |

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| Platz | Startnr | Name | Verein/*Ort | Brutto | Netto | AK-Pl | AK | Jahr | Runden |
|-------|---------|--------------------------|-----------------------------|---------|---------|-------|------|------|-----------------|
| 1 | 208 | Rannacher Michelle | DJK Gütersloh | 0:37:01 | 0:36:58 | 1 | WHK | 94 | 10: 18:59 17:59 |
| 2 | 126 | Dörschel Christl | SG Wenden | 0:37:12 | 0:37:10 | 1 | W40 | 76 | 10: 18:52 18:17 |
| 3 | 140 | Wurm Daniela | SG Wenden | 0:37:23 | 0:37:19 | 2 | WHK | 91 | 10: 18:59 18:20 |
| 4 | 73 | Seelos Katharina | LG Olympia Dortmund | 0:37:53 | 0:37:50 | 3 | WHK | 92 | 10: 19:24 18:25 |
| 5 | 87 | Salzwedel Sophia | LSF Münster | 0:38:18 | 0:38:12 | 1 | W30 | 87 | 10: 19:21 18:51 |
| 6 | 167 | Fritzemeier Stephanie | TSVE 1890 Bielefeld | 0:38:26 | 0:38:20 | 4 | WHK | 91 | 10: 19:41 18:38 |
| 7 | 153 | Schüler Nina | SV Brackwede | 0:38:28 | 0:38:23 | 1 | W35 | 80 | 10: 19:28 18:54 |
| 8 | 54 | Großkopff Isabelle | LG Dorsten | 0:38:33 | 0:38:30 | 5 | WHK | 91 | 10: 19:33 18:56 |
| 9 | 174 | Baumann Sara | TuS Breckerfeld | 0:38:36 | 0:38:34 | 6 | WHK | 94 | 10: 19:31 19:02 |
| 10 | 186 | Schäfers Katharina | TuS Deuz | 0:39:04 | 0:38:56 | 2 | W30 | 84 | 10: 19:54 19:02 |
| 11 | 16 | Arlom Hannah | Lauf-Gemeinschaft Emsdetten | 0:39:51 | 0:39:48 | 3 | W30 | 87 | 10: 20:15 19:32 |
| 12 | 119 | Flügge Franziska | SC Hagen-Wildewiese | 0:40:05 | 0:40:00 | 7 | WHK | 96 | 10: 20:36 19:23 |
| 13 | 183 | Müller-Scherzant Gabi | TuS Deuz | 0:40:15 | 0:40:11 | 1 | W45 | 69 | 10: 20:40 19:30 |
| 14 | 60 | Kiene Lara | LG Hamm | 0:40:16 | 0:40:10 | 1 | WU20 | 99 | 10: 20:19 19:50 |
| 15 | 49 | Willcox-Heidner Victoria | LC Solbad Ravensberg | 0:40:18 | 0:40:11 | 2 | W40 | 73 | 10: 20:40 19:30 |
| 16 | 131 | Hinze-Thüs Katja | SG Wenden | 0:40:18 | 0:40:14 | 2 | W45 | 72 | 10: 20:35 19:39 |
| 17 | 46 | Limberg Stefanie | LC Solbad Ravensberg | 0:40:46 | 0:40:39 | 4 | W30 | 83 | 10: 20:38 20:01 |
| 18 | 161 | Ernst Kathrin | TG Witten 1848 | 0:40:49 | 0:40:45 | 3 | W45 | 69 | 10: 20:43 20:02 |
| 19 | 133 | Lückert Mara | SG Wenden | 0:40:53 | 0:40:48 | 4 | W45 | 70 | 10: 20:41 20:07 |
| 20 | 52 | Fels Anika | LG Coesfeld | 0:40:53 | 0:40:46 | 8 | WHK | 95 | 10: 20:38 20:08 |
| 21 | 155 | Konermann Kira | SV Teuto Riesenbeck | 0:41:10 | 0:41:02 | 9 | WHK | 96 | 10: 21:05 19:57 |
| 22 | 185 | Oster Vanessa | TuS Deuz | 0:42:38 | 0:42:27 | 10 | WHK | 96 | 10: 21:39 20:48 |
| 23 | 215 | Bido Jutta | SuS Schalke 96 | 0:42:49 | 0:42:44 | 1 | W55 | 61 | 10: 21:38 21:06 |
| 24 | 38 | Engels Sabine | LC Solbad Ravensberg | 0:43:08 | 0:43:02 | 5 | W45 | 68 | 10: 21:57 21:04 |
| 25 | 204 | Nachtwey Claudia | LippeRunners Werne | 0:43:13 | 0:43:03 | 1 | W50 | 67 | 10: 21:50 21:12 |
| 26 | 120 | Hoff-Gerke Carolina | SC Hagen-Wildewiese | 0:43:20 | 0:43:15 | 3 | W40 | 75 | 10: 21:52 21:23 |
| 27 | 175 | Dettmar Sabine | TuS Breckerfeld | 0:43:27 | 0:43:14 | 11 | WHK | 90 | 10: 22:00 21:14 |
| 28 | 148 | Möllensiep Sybille | SuS Schalke 96 | 0:44:02 | 0:43:56 | 2 | W55 | 62 | 10: 22:27 21:28 |
| 29 | 4 | Warner Stephanie | ASV Senden | 0:44:35 | 0:44:24 | 2 | W50 | 64 | 10: 22:46 21:38 |
| 30 | 41 | Geisemeier Janna | LC Solbad Ravensberg | 0:44:37 | 0:44:31 | 12 | WHK | 96 | 10: 22:25 22:06 |
| 31 | 147 | Janßen Tanja | SuS Schalke 96 | 0:44:49 | 0:44:42 | 6 | W45 | 69 | 10: 22:38 22:04 |
| 32 | 19 | Teutemacher Lena | Lauf-Gemeinschaft Emsdetten | 0:45:28 | 0:45:13 | 13 | WHK | 90 | 10: 23:05 22:07 |
| 33 | 18 | Kloppenborg Petra | Lauf-Gemeinschaft Emsdetten | 0:46:08 | 0:45:54 | 3 | W50 | 64 | 10: 23:11 22:42 |
| 34 | 218 | Hinz Emily | LG Hamm | 0:46:09 | 0:45:59 | 2 | WU20 | 00 | 10: 23:19 22:39 |
| 35 | 75 | Wilbrand Dr. Ulrike | LG Südsauerland | 0:46:43 | 0:46:35 | 1 | W60 | 55 | 10: 23:29 23:06 |
| 36 | 37 | Böhme Mechthild | LC Solbad Ravensberg | 0:46:57 | 0:46:48 | 7 | W45 | 69 | 10: 24:11 22:37 |
| 37 | 199 | Feyerabend Maria | LSF Münster | 0:47:02 | 0:46:59 | 2 | W60 | 54 | 10: 23:39 23:20 |
| 38 | 124 | Andrieu-Syrek Ina | SG Wenden | 0:47:25 | 0:47:16 | 4 | W50 | 63 | 10: 24:03 23:13 |
| 39 | 74 | Cordes Ulla | LG Südsauerland | 0:47:36 | 0:47:28 | 3 | W55 | 60 | 10: 24:19 23:09 |
| 40 | 158 | Sporkmann Karin | SV Teuto Riesenbeck | 0:47:37 | 0:47:26 | 8 | W45 | 69 | 10: 23:57 23:29 |
| 41 | 68 | Stupperich Annalisa | LG Hamm | 0:48:00 | 0:47:51 | 3 | WU20 | 01 | 10: 23:30 24:20 |
| 42 | 61 | Krämer Simone | LG Hamm | 0:48:23 | 0:48:15 | 2 | W35 | 82 | 10: 24:50 23:24 |
| 43 | 67 | Sonntag Lena | LG Hamm | 0:48:27 | 0:48:19 | 14 | WHK | 97 | 10: 24:50 23:29 |
| 44 | 149 | Müller Dagmar | SuS Schalke 96 | 0:50:22 | 0:50:14 | 4 | W55 | 60 | 10: 25:21 24:52 |
| 45 | 57 | Freitag Julia | LG Hamm | 0:50:58 | 0:50:55 | 4 | W40 | 77 | 10: 25:41 25:13 |
| 46 | 65 | Osthoff-Lange Mechthild | LG Hamm | 0:53:00 | 0:52:52 | 5 | W55 | 62 | 10: 27:08 25:44 |
| 47 | 15 | Bonin Monika | Lauf Team Unna | 0:53:36 | 0:53:25 | 1 | W65 | 50 | 10: 27:18 26:07 |
| 48 | 2 | Kunstleben Marlis | ASV Senden | 0:55:57 | 0:55:41 | 9 | W45 | 69 | 10: 27:41 28:00 |
| 49 | 216 | Rother Marion | LSF Münster | 1:00:06 | 0:59:54 | 1 | W70 | 46 | 10: 30:08 29:46 |