

	Zeit	Verein	Name	Rang	Einzelzeiten
1.	00:34:42,1	SG Kaarst (1)			
			Till Hoffmann (2004)	4	00:11:20.7
			Ben Odenthal (2007)	5	00:11:34.5
			Laurenz Otto (1989)	7	00:11:46.9
2.	00:35:39,0	SG Kaarst (2)			
			Thomas Groth (1990)	8	00:11:48.4
			Noah Nikolaou (2006)	11	00:11:54.2
			Julian Wolff (1998)	12	00:11:56.4
3.	00:36:12,3	DJK Holzbüttgen (1)			
			Kevin Strauss (1989)	3	00:11:08.8
			Luke Herich (2005)	21	00:12:22.6
			Janik Pfeiffer (1985)	25	00:12:40.9
4.	00:39:14,0	SG Kaarst (3)			
			Karl Dorn (2001)	29	00:12:55.5
			Gerhard Buchhol (2006)	31	00:13:02.8
			Luca Hüttges (2006)	33	00:13:15.7
5.	00:39:52,3	BUDO sport KAARST (1)			
			Ivan Schlinger (2003)	2	00:11:08.5
			Michael Schulierz (1977)	40	00:13:35.5
			Fenne Peeters (2009)	15	00:15:08.3
6.	00:40:07,6	DJK Novesia Neuss (1)			
			Bernd Czarnietzki (1963)	1	00:10:52.7
			Lisa Gilges (2003)	4	00:13:39.6
			Janne Gilges (2004)	18	00:15:35.3
7.	00:40:09,4	GBG (1)			
			Max Thurau (2006)	27	00:12:47.4
			Timo Rompczyk (2007)	41	00:13:38.6
			Lisa Rompczyk (2007)	5	00:13:43.4
8.	00:41:10,1	SG Kaarst (4)			
			Noah Kutsejannis (2003)	38	00:13:27.8
			Linus Kühnhold (2004)	43	00:13:41.4
			Christina Junkers (1999)	7	00:14:00.9
9.	00:42:20,2	DJK Holzbüttgen (2)			
			Moritz Pfafferott (2004)	37	00:13:27.1
			Niklas Stahl (2005)	53	00:14:12.7
			Morten Winter (1990)	60	00:14:40.4

	Zeit	Verein	Name	Rang	Einzelzeiten
10.	00:42:26,1	SG Kaarst (5)			
			Hendrik Domalski (2006)	48	00:14:07.3
			Michel Winkler (2009)	49	00:14:08.6
			Paula Werth (2000)	9	00:14:10.2
11.	00:42:57,7	SG Kaarst D1 (1)			
			Philipp Tigges (2006)	36	00:13:26.3
			Fabian Tang (2006)	47	00:14:03.5
			Simon Pasch (2006)	87	00:15:27.9
12.	00:43:44,9	SG Kaarst (6)			
			Justus Kühnhold (2006)	56	00:14:22.6
			Niclas Bezohra (2009)	58	00:14:27.4
			Berke Aktan (2009)	65	00:14:54.9
13.	00:44:11,9	SG Kaarst D3 (1)			
			Aron Richter (2007)	42	00:13:40.5
			Luke Buchwald (2007)	70	00:15:06.7
			Salim Derbas (2007)	83	00:15:24.7
14.	00:44:30,8	SG Kaarst E1 (1)			
			Jonathan Naber (2008)	54	00:14:15.9
			Adrian Hoffmann (2008)	69	00:15:06.0
			Maximilian Adams (2008)	72	00:15:08.9
15.	00:44:56,8	SG Kaarst (7)			
			Mehli Keskin (2007)	66	00:14:55.1
			Luca Jensch (2007)	67	00:14:57.6
			Ruben Rotzoll (2006)	68	00:15:04.1
16.	00:45:27,6	Mrs. Sporty Kaarst (1)			
			Alexandra Funkel (1970)	3	00:13:26.2
			Julia Semper (1999)	8	00:14:04.1
			Silvia Gertes (1969)	47	00:17:57.3
17.	00:45:53,1	BUDO sport KAARST (2)			
			Milan Peeters (2007)	71	00:15:08.3
			Felix Dolf (2004)	75	00:15:19.5
			Martina Kremers (1967)	16	00:15:25.3
18.	00:46:07,5	SG Kaarst E4 (1)			
			Ayoub Abadi (2009)	76	00:15:20.8
			Christian Kleine Döpke (2009)	79	00:15:22.8
			Matteo Wiertz (2009)	81	00:15:23.9

	Zeit	Verein	Name	Rang	Einzelzeiten
19.	00:46:31,0	SG Kaarst (8)			
			Tim Müller (2009)	80	00:15:23.0
			Hendrik Götter (2009)	91	00:15:33.9
			Christian Wolff (1962)	92	00:15:34.1
20.	00:46:31,8	SG Kaarst E1 (2)			
			Jayden Parsons (2009)	74	00:15:19.5
			Fynn Meierhoff (2008)	93	00:15:34.8
			Alessio De Lorenzis (2008)	98	00:15:37.5
21.	00:47:25,9	HG Kaarst-Büttgen D-Jugend (1)			
			Carla Richter (2006)	13	00:14:28.7
			Dana Volynskaia (2007)	23	00:16:27.3
			Max Petrov (1975)	115	00:16:29.9
22.	00:47:34,5	BUDO sport KAARST (3)			
			Jürgen Bilowsky (1962)	85	00:15:27.1
			Rike Kremers (2006)	21	00:15:50.8
			Amira Aabaslama (2003)	22	00:16:16.6
23.	00:47:36,6	DJK Holzbüttgen (3)			
			Thomas Stahl (1955)	88	00:15:29.8
			Adrian Werth (2003)	100	00:15:49.3
			Udo Post (1961)	112	00:16:17.5
24.	00:48:16,6	GBG (2)			
			Leonard von Buch (2007)	59	00:14:36.4
			Guido Hartmann (1965)	108	00:16:15.2
			Laura Bellert (2007)	35	00:17:25.0
25.	00:48:38,0	SG Kaarst E4 (2)			
			Ben Bremer (2009)	82	00:15:24.5
			Simon Raicevic (2009)	84	00:15:26.7
			John Rasappah (2009)	143	00:17:46.8
26.	00:48:38,5	SG Kaarst (9)			
			Ben Kersting (2009)	101	00:15:49.4
			Jannick Herrendorf (2007)	111	00:16:17.4
			Wolfram Muth (1965)	117	00:16:31.7
27.	00:49:17,8	SG Kaarst E1 (3)			
			Manu Heich (2009)	109	00:16:16.3
			Ben Mermertas (2008)	110	00:16:16.9
			Rudolf Miller (2008)	123	00:16:44.6

	Zeit	Verein	Name	Rang	Einzelzeiten
28.	00:49:22,8	SG Kaarst D3 (2)			
			Mert Kendir (2007)	107	00:16:13.6
			Henri Fleige (2007)	114	00:16:26.4
			Max Leon Strehlow (2007)	121	00:16:42.8
29.	00:50:08,4	SG Kaarst (10)			
			Felix Valentin Schuchardt (201	118	00:16:33.1
			Omar Aldribi (2009)	124	00:16:44.7
			Felicitas Giesen (2006)	26	00:16:50.6
30.	00:50:15,2	BUDO sport KAARST (4)			
			Batuhan Bolten (2010)	113	00:16:21.1
			Niklas Nolte (2010)	129	00:16:55.0
			Gabriele Aabaslama (1969)	28	00:16:59.1
31.	00:51:29,8	SG Kaarst (11)			
			Lena Thywissen (2006)	27	00:16:52.0
			Jens Winkler (1966)	130	00:17:05.6
			Celia Wolterinck (2008)	37	00:17:32.2
32.	00:51:56,3	HG Kaarst-Büttgen E-Jugend (1)			
			Wanda Schmidt (2009)	6	00:13:48.2
			Luzi Schübler (2009)	46	00:17:52.0
			Marah Zollitsch (2010)	68	00:20:16.1
33.	00:53:11,6	BUDO sport KAARST (5)			
			Sophia von Laszewski (2003)	38	00:17:34.1
			Kai Schwarz (1992)	140	00:17:34.2
			Heidi Both (1969)	48	00:18:03.3
34.	00:53:46,2	HG Kaarst-Büttgen D-Jugend (2)			
			Joelina Schmitz (2006)	36	00:17:26.7
			Klaus Müller (1966)	137	00:17:30.5
			Hannah Zollitsch (2007)	53	00:18:49.0
35.	00:54:00,2	SG Kaarst (12)			
			Reiner Swarat (1959)	139	00:17:33.1
			Maxime Fother (2006)	41	00:17:37.0
			Heiko Fleige (1974)	157	00:18:50.1
36.	00:54:04,0	SG Kaarst E4 (3)			
			Konstantin Hildebrand (2009)	144	00:17:51.3
			Daniel Mut (2009)	146	00:18:02.6
			Christian Plemper (2008)	150	00:18:10.1

	Zeit	Verein	Name	Rang	Einzelzeiten
37.	00:56:13,5	BUDO sport KAARST (6)			
			Dietmar Bolten (1971)	151	00:18:10.8
			Reyhan Ada-Bolten (1980)	50	00:18:11.3
			Maike Daube (2001)	61	00:19:51.4
38.	00:56:27,0	GBG (3)			
			Thomas Oberländer (1981)	138	00:17:31.4
			Jan Hartmann (2007)	164	00:19:14.4
			Susanne Hartmann (1967)	58	00:19:41.2
39.	00:58:22,0	SG Kaarst (13)			
			Anne Porsch (1988)	56	00:19:01.7
			Gianluca fernandes (2009)	168	00:19:38.0
			Jakob Kickert (2010)	170	00:19:42.3
40.	01:00:01,8	SG Kaarst (14)			
			Klaus Koberg (1964)	171	00:19:45.4
			Viola Wolterinck (2005)	65	00:20:07.6
			Jan Gram (2009)	179	00:20:08.8
41.	01:00:47,3	BUDO sport KAARST (7)			
			Saskia Scherer (1984)	62	00:19:51.5
			Anton Markstädter (2009)	178	00:20:07.8
			Udo Vietz (1964)	190	00:20:48.0
42.	01:01:23,7	HG Kaarst-Büttgen D-Jugend (3)			
			Dilara Bayram (2007)	63	00:19:52.7
			Luisa Schwarzfeller (2006)	64	00:19:59.6
			Luca Wefers (2007)	91	00:21:31.4
43.	01:01:38,0	SG Kaarst E4 (4)			
			Jason Omogie (2009)	184	00:20:30.9
			Taym Ahmad (2009)	185	00:20:31.3
			Azad Oktay (2009)	188	00:20:35.8
44.	01:01:46,0	SG Kaarst (15)			
			Justus Gram (2010)	180	00:20:08.9
			Mathias Koberg (2009)	181	00:20:21.2
			Liam Hünerbein (2009)	192	00:21:15.9
45.	01:04:22,1	Laufftreff Vorst (1)			
			Marita Fischer (1967)	88	00:21:27.1
			Angi Kuebarth (1970)	89	00:21:27.4
			Andi Heiligers (1969)	193	00:21:27.6

	Zeit	Verein	Name	Rang	Einzelzeiten
46.	01:06:49,7	HG Kaarst-Büttgen D-Jugend (4)			
			Zülal Tinmaz (2007)	92	00:22:16.2
			Charlotte Ackermann (2007)	93	00:22:16.3
			Davina Porsch (1993)	94	00:22:17.2