

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|--------------------------|------------------------------|----------|-----------|-------|------|
| 1 | 352 | Hulzebos, Lamko | H.A.C.63 Hoogeveen | 01:05:39 | 1 | 1 | M 35 |
| 2 | 1 | Voortman, Gerrit | H.A.C.63 Hoogeveen | 01:06:01 | 2 | 1 | M 40 |
| 3 | 363 | Meymann, Jürgen | Grün Weiß Steinbeck | 01:08:22 | 3 | 1 | M 30 |
| 4 | 60 | Welp, Robert | SV Teuto Riesenbeck | 01:11:06 | 4 | 1 | M HK |
| 5 | 244 | Schulte, Klaus | LSF Münster | 01:12:00 | 5 | 2 | M 35 |
| 6 | 264 | Brinkmeier, Ulf | JG Ladbergen | 01:12:24 | 6 | 2 | M 30 |
| 7 | 355 | Deubener, Harry | SV Blau-Gelb Bad Döben | 01:12:39 | 7 | 3 | M 35 |
| 8 | 347 | Schoetker, Ulf | SC Bippin | 01:13:27 | 8 | 4 | M 35 |
| 9 | 67 | Hoffmann, Stefan | TV Mettingen | 01:13:35 | 9 | 2 | M 40 |
| 10 | 390 | Boddien, Ulrich | LSV Güstrow | 01:13:46 | 10 | 1 | M 45 |
| 11 | 112 | Menger, Peter | Tri Ra La Kolping Püßelbüren | 01:14:03 | 11 | 5 | M 35 |
| 12 | 342 | ten Cate, Jan | H.A.C.63 Hoogeveen | 01:14:08 | 12 | 3 | M 40 |
| 13 | 190 | Siegbert, Michael | Grün Weiß Steinbeck | 01:14:39 | 13 | 3 | M 30 |
| 14 | 33 | Ahlers, Ralf | TV Hohne | 01:14:45 | 14 | 6 | M 35 |
| 15 | 19 | Lütkemeyer, Paul | SV Teuto Riesenbeck | 01:14:49 | 15 | 4 | M 40 |
| 16 | 323 | Igelbrink, Hans-Peter | VfL Kloster Oesede | 01:14:57 | 16 | 5 | M 40 |
| 17 | 290 | Ickert, Oliver | VfL Kloster Oesede | 01:14:59 | 17 | 7 | M 35 |
| 18 | 96 | Schulz, Dieter | SV Dickenberg | 01:15:09 | 18 | 8 | M 35 |
| 19 | 110 | Merten, Olaf | Tri Ra La Kolping Püßelbüren | 01:15:11 | 19 | 9 | M 35 |
| 20 | 2 | Hungermann, Daniela | SV Teuto Riesenbeck | 01:15:11 | 1 | 1 | W 30 |
| 21 | 147 | Buchwald, Bernd | Team Laufen-Os.de | 01:15:14 | 20 | 10 | M 35 |
| 22 | 380 | Hövel, Karl | TV Mettingen | 01:15:24 | 21 | 1 | M 50 |
| 23 | 65 | Leonard, Peter | Schinkel 04 | 01:15:34 | 22 | 6 | M 40 |
| 24 | 72 | Giehler, Günter | TB Burgsteinfurt | 01:15:39 | 23 | 2 | M 45 |
| 25 | 314 | Böger, Frank | Luhdener SV | 01:16:34 | 24 | 11 | M 35 |
| 26 | 73 | Gößling, Andreas | SV Teuto Riesenbeck | 01:16:35 | 25 | 12 | M 35 |
| 27 | 345 | Strik, Savio | Athletics | 01:16:45 | 26 | 13 | M 35 |
| 28 | 168 | Grond, Josef | Marathon Steinfurt | 01:17:01 | 27 | 2 | M 50 |
| 29 | 188 | Richter, Ingo | Ibbenbüren | 01:17:01 | 28 | 4 | M 30 |
| 30 | 104 | Siekmeier, Uwe | Tri Team TuS Engter | 01:17:09 | 29 | 7 | M 40 |
| 31 | 9 | Klingbeil, Heinz | SV Teuto Riesenbeck | 01:17:23 | 30 | 3 | M 45 |
| 32 | 350 | Kanisch, Holger | LRV Hohenbocka | 01:17:23 | 31 | 14 | M 35 |
| 33 | 288 | Speller, Guido | Grün Weiß Steinbeck | 01:17:31 | 32 | 8 | M 40 |
| 34 | 343 | Prins, Arie | H.A.C.63 Hoogeveen | 01:17:56 | 33 | 4 | M 45 |
| 35 | 18 | Trautmann, Johannes | SV Teuto Riesenbeck | 01:18:12 | 34 | 15 | M 35 |
| 36 | 113 | Lammers, Andreas | Tri Ra La Kolping Püßelbüren | 01:18:20 | 35 | 16 | M 35 |
| 37 | 84 | Dresselhaus, Uwe | SV Eintracht Neuenkirchen | 01:18:27 | 36 | 17 | M 35 |
| 38 | 320 | Bleiker, Detlef | LC 93 Delmenhorst | 01:18:42 | 37 | 3 | M 50 |
| 39 | 366 | Grundkötter, Ralf | LV TriStar Oelde | 01:18:48 | 38 | 5 | M 30 |
| 40 | 92 | Wille, Thomas | LG Emsdetten | 01:18:55 | 39 | 18 | M 35 |
| 41 | 29 | Osterhaus, Markus | TV Hohne | 01:20:04 | 40 | 19 | M 35 |
| 42 | 118 | Beinlich, Joachim | SV Teuto Riesenbeck | 01:20:09 | 41 | 5 | M 45 |
| 43 | 159 | Graw, Bruno | FC Stella Bevergern | 01:20:11 | 42 | 6 | M 45 |
| 44 | 178 | Veldhuis, Alfred | SC Spelle-Vennhaus | 01:20:13 | 43 | 4 | M 50 |
| 45 | 213 | Geske, Michael | LSF Münster | 01:20:16 | 44 | 7 | M 45 |
| 46 | 154 | Maag, Theodor | Grün Weiß Steinbeck | 01:20:28 | 45 | 9 | M 40 |
| 47 | 32 | Huelmann, Frank | LG Rheine-Elte | 01:20:32 | 46 | 6 | M 30 |
| 48 | 40 | Hoge, Werner | TV Hohne | 01:20:37 | 47 | 5 | M 50 |
| 49 | 204 | Clausing, Andreas | LSF Münster | 01:20:41 | 48 | 10 | M 40 |
| 50 | 241 | Roth, Egon | LSF Münster | 01:20:46 | 49 | 8 | M 45 |
| 51 | 24 | Gäbel, Martin | Marathon Ibbenbüren | 01:21:08 | 50 | 20 | M 35 |
| 52 | 169 | Nachtigall, Thomas | Come on Emsdetten | 01:21:09 | 51 | 11 | M 40 |
| 53 | 124 | Deckers, Wilfried | Marathon Ibbenbüren | 01:21:09 | 52 | 1 | M 55 |
| 54 | 117 | Evers, Matthias | Marathon Ibbenbüren | 01:21:17 | 53 | 21 | M 35 |
| 55 | 398 | Buning, Antje | SV Teuto Riesenbeck | 01:21:20 | 2 | 2 | W 30 |
| 56 | 401 | Eberhardt, Thomas | LG Bremen-Nord | 01:21:29 | 54 | 12 | M 40 |
| 57 | 335 | Bröggelhoff, Hans-Jürgen | LT Lippborg | 01:21:45 | 55 | 13 | M 40 |
| 58 | 59 | Vogel, Hubert | SC Altenrheine | 01:22:00 | 56 | 22 | M 35 |
| 59 | 298 | Woltring, Stefan | SV Cheruskia Laggenbeck | 01:22:06 | 57 | 14 | M 40 |
| 60 | 221 | Huesker, Bernd | LSF Münster | 01:22:16 | 58 | 2 | M 55 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|------------------------|---------------------------|----------|-----------|-------|------|
| 61 | 359 | Butzbach, Thomas | Athletik Waldniel | 01:22:20 | 59 | 9 | M 45 |
| 62 | 292 | Schulte-Uebbing, Lutz | TV Hohne | 01:22:22 | 60 | 10 | M 45 |
| 63 | 280 | Drontmann, Peter | Tri Run Ibbenbüren | 01:22:26 | 61 | 23 | M 35 |
| 64 | 22 | Schnieders, Markus | SV Dickenberg | 01:22:27 | 62 | 2 | M HK |
| 65 | 187 | Lampe, Robert | Ibbenbüren | 01:22:37 | 63 | 7 | M 30 |
| 66 | 97 | Hanemann, Siegfried | Marathon Ibbenbüren | 01:22:43 | 64 | 11 | M 45 |
| 67 | 231 | Mühlenkord, Norbert | LSF Münster | 01:22:50 | 65 | 15 | M 40 |
| 68 | 286 | Hoffmeister, Wilhelm | TV Neuenkirchen | 01:22:53 | 66 | 16 | M 40 |
| 69 | 20 | Runde, Detlev | Marathon Ibbenbüren | 01:22:55 | 67 | 6 | M 50 |
| 70 | 402 | Dömer, Olaf | SC Falke Saerbeck | 01:23:07 | 68 | 24 | M 35 |
| 71 | 121 | Oelgemöller, Helmut | SV Teuto Riesenbeck | 01:23:32 | 69 | 17 | M 40 |
| 72 | 277 | Milivojevic, Michael | Greven | 01:23:33 | 70 | 12 | M 45 |
| 73 | 313 | Rauße, Wolfgang | Marathon Ibbenbüren | 01:23:36 | 71 | 18 | M 40 |
| 74 | 137 | Kalin, Detlef | Marathon Ibbenbüren | 01:23:37 | 72 | 7 | M 50 |
| 75 | 240 | Reimann, Hans | LSF Münster | 01:23:41 | 73 | 8 | M 50 |
| 76 | 358 | Ohmann, Holger | SC Melle 03 | 01:23:49 | 74 | 25 | M 35 |
| 77 | 315 | Diestler, Gerd Helmut | TG Neuss | 01:23:54 | 75 | 13 | M 45 |
| 78 | 344 | Heijnen, Jannes | H.A.C.63 Hoogeveen | 01:23:55 | 76 | 9 | M 50 |
| 79 | 311 | Michalek, Stefan | PSV Holzminden | 01:24:14 | 77 | 26 | M 35 |
| 80 | 237 | Paßlick, Bernhard | LSF Münster | 01:24:14 | 78 | 27 | M 35 |
| 81 | 81 | Uphoff, Peter | SV Teuto Riesenbeck | 01:24:16 | 79 | 28 | M 35 |
| 82 | 371 | Reischl, Hubert | TV Gronau | 01:24:19 | 80 | 10 | M 50 |
| 83 | 41 | Menzel, Udo | LG Emsdetten | 01:24:24 | 81 | 19 | M 40 |
| 84 | 102 | Alfing, Karl-Heinz | DJK Arminia Ibbenbüren | 01:24:28 | 82 | 29 | M 35 |
| 85 | 47 | Knollmann, Michael | DJK Arminia Ibbenbüren | 01:24:30 | 83 | 20 | M 40 |
| 86 | 181 | Winter, Günter | LG Emsdetten | 01:24:32 | 84 | 11 | M 50 |
| 87 | 227 | Lammers, Stefan | LSF Münster | 01:24:36 | 85 | 30 | M 35 |
| 88 | 263 | Epping, Reinhard | Münster | 01:24:39 | 86 | 14 | M 45 |
| 89 | 128 | Franke, Frank | TV Hohne | 01:24:40 | 87 | 3 | M HK |
| 90 | 278 | Skornitzke, Günther | LT Münster Handorf | 01:24:44 | 88 | 15 | M 45 |
| 91 | 279 | Dierkes, Michael | Tri Run Ibbenbüren | 01:24:53 | 89 | 21 | M 40 |
| 92 | 123 | Argiolas, Manfred | TV Gronau | 01:24:55 | 90 | 22 | M 40 |
| 93 | 326 | Czerwinski, Dr. Günter | Bünde | 01:24:55 | 91 | 1 | M 60 |
| 94 | 219 | Holtkötter, Michael | LSF Münster | 01:25:05 | 92 | 16 | M 45 |
| 95 | 4 | Stienemann, Martina | ESV Münster | 01:25:05 | 3 | 1 | W 35 |
| 96 | 378 | Speller, Oliver | LG Osnabrück | 01:25:06 | 93 | 8 | M 30 |
| 97 | 51 | Brüseke, Andreas | TV Hohne | 01:25:10 | 94 | 31 | M 35 |
| 98 | 225 | Kökelsum, Berthold | LSF Münster | 01:25:16 | 95 | 23 | M 40 |
| 99 | 145 | Rossmann, Sebastian | TV Lengerich | 01:25:18 | 96 | 4 | M HK |
| 100 | 62 | Masch, Holger | FC Stella Bevergern | 01:25:19 | 97 | 12 | M 50 |
| 101 | 202 | Braun, Thomas | LSF Münster | 01:25:20 | 98 | 24 | M 40 |
| 102 | 53 | Revermann, Klaus | Tri Run Ibbenbüren | 01:25:23 | 99 | 17 | M 45 |
| 103 | 382 | Elstrodt, Dieter | TV Mettingen | 01:25:50 | 100 | 25 | M 40 |
| 104 | 14 | Lammers, Detlev | SOM0 7 | 01:25:51 | 101 | 26 | M 40 |
| 105 | 86 | Bruns, Manfred | Tri Run Ibbenbüren | 01:25:53 | 102 | 27 | M 40 |
| 106 | 325 | Schröder, Ulrich | Bünde | 01:26:00 | 103 | 2 | M 60 |
| 107 | 68 | Jäschke, Bernhard | Marathon Ibbenbüren | 01:26:09 | 104 | 13 | M 50 |
| 108 | 242 | Penaat, Sven | LSF Münster | 01:26:10 | 105 | 32 | M 35 |
| 109 | 300 | Langkamp, Brigitte | SuS 09 Neuenkirchen | 01:26:14 | 4 | 1 | W 40 |
| 110 | 222 | Kammer, Eva | LSF Münster | 01:26:18 | 5 | 2 | W 40 |
| 111 | 269 | Komar, Ewald | Weinheim | 01:26:20 | 106 | 14 | M 50 |
| 112 | 267 | Athmer, Gerd | TV Mesum | 01:26:34 | 107 | 9 | M 30 |
| 113 | 337 | Misch, Jörg | Mettingen | 01:26:45 | 108 | 10 | M 30 |
| 114 | 149 | Fistarol, Markus | R+O Fahrradshop Osnabrück | 01:26:51 | 109 | 33 | M 35 |
| 115 | 17 | Witt, Werner | SV Dickenberg | 01:26:53 | 110 | 28 | M 40 |
| 116 | 119 | Schulze-Lutum, Bernd | TB Burgsteinfurt | 01:27:02 | 111 | 15 | M 50 |
| 117 | 327 | Uteg, Ulf-Enno | Mülheim / Ruhr | 01:27:12 | 112 | 34 | M 35 |
| 118 | 7 | Kreutziger, Bernd | LC Nordhorn | 01:27:21 | 113 | 18 | M 45 |
| 119 | 381 | Schlesinger, Reiner | Stella Bevergern | 01:27:22 | 114 | 29 | M 40 |
| 120 | 57 | Bröker, Hermann | LG Emsdetten | 01:27:26 | 115 | 30 | M 40 |

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|-------|-----------|------------------------|------------------------------|----------|-----------|-------|------|
| 121 | 103 | Schürmann, Bernward | SV Dickenberg | 01:27:30 | 116 | 31 | M 40 |
| 122 | 198 | Thole, Jürgen | Bippener SC | 01:27:34 | 117 | 19 | M 45 |
| 123 | 387 | Sälker, Erich | Grün Weiß Steinbeck | 01:27:41 | 118 | 32 | M 40 |
| 124 | 322 | De Marees, Markus | Köln | 01:27:42 | 119 | 35 | M 35 |
| 125 | 364 | Molitor, Lutz | Osnabrück | 01:27:55 | 120 | 20 | M 45 |
| 126 | 69 | Hagemann, Dieter | SC Hörstel | 01:27:59 | 121 | 33 | M 40 |
| 127 | 6 | Rewer, Elisabeth | Marathon Steinfurt | 01:28:03 | 6 | 3 | W 40 |
| 128 | 273 | Wittkamp, Peter | LG Rheine-Elte | 01:28:07 | 122 | 34 | M 40 |
| 129 | 160 | Vorloeper, Dietmar | Flotte Socke | 01:28:25 | 123 | 21 | M 45 |
| 130 | 407 | Göldner, Detlev | TV Mettingen | 01:28:29 | 124 | 35 | M 40 |
| 131 | 70 | Bien, Rainer | Hörstel | 01:28:38 | 125 | 36 | M 35 |
| 132 | 338 | Birke, Volker | BTC Herne | 01:28:40 | 126 | 37 | M 35 |
| 133 | 21 | Fudicar, Alexander | SV Dickenberg | 01:28:47 | 127 | 36 | M 40 |
| 134 | 80 | Menger, Christian | 2 run 4 vor fun | 01:28:49 | 128 | 37 | M 40 |
| 135 | 351 | Schilling-Frenk, Tiemo | BSG Sparkasse Essen | 01:28:50 | 129 | 11 | M 30 |
| 136 | 229 | Nutsch, Eberhard | LSF Münster | 01:28:51 | 130 | 16 | M 50 |
| 137 | 289 | Habeck, Bernhard | Hagener SV | 01:28:54 | 131 | 22 | M 45 |
| 138 | 249 | Tillmann, Winfried | LSF Münster | 01:28:59 | 132 | 17 | M 50 |
| 139 | 210 | Ehling, Klaus | LSF Münster | 01:29:11 | 133 | 38 | M 40 |
| 140 | 341 | Eidens, Georg | Hanau | 01:29:14 | 134 | 39 | M 40 |
| 141 | 77 | Schliephake, Marlies | SV Teuto Riesenbeck | 01:29:15 | 7 | 4 | W 40 |
| 142 | 250 | Heming, Ingo | TV Lengerich | 01:29:21 | 135 | 38 | M 35 |
| 143 | 403 | Wieggers, Christoph | SuS 09 Neuenkirchen | 01:29:29 | 136 | 40 | M 40 |
| 144 | 120 | Brüwer, Uwe | Puma-Laggenbeck | 01:29:29 | 137 | 39 | M 35 |
| 145 | 365 | Hauptvogel, Dieter | Tri Geckos Dortmund | 01:29:31 | 138 | 3 | M 60 |
| 146 | 261 | Breulmann, Bernd | SC Hörstel | 01:29:33 | 139 | 23 | M 45 |
| 147 | 175 | Windoffer, Richard | LT Riesenbeck | 01:29:34 | 140 | 24 | M 45 |
| 148 | 114 | Schröer, Rainer | TV Mettingen | 01:29:54 | 141 | 40 | M 35 |
| 149 | 31 | Moss, Udo | Arminia Ibbenbüren | 01:30:01 | 142 | 41 | M 35 |
| 150 | 180 | Venker, Paul | LG Emsdetten | 01:30:04 | 143 | 3 | M 55 |
| 151 | 109 | Gerdes, Matthias | Münster | 01:30:12 | 144 | 42 | M 35 |
| 152 | 360 | Bosse, Peter | TV Mettingen | 01:30:12 | 145 | 43 | M 35 |
| 153 | 48 | Dierkes, Josef | SV Teuto Riesenbeck | 01:30:13 | 146 | 18 | M 50 |
| 154 | 27 | Stallbörger, Reinhard | SV Teuto Riesenbeck | 01:30:17 | 147 | 25 | M 45 |
| 155 | 243 | Schäfers, Gottfried | LSF Münster | 01:30:17 | 148 | 1 | M 65 |
| 156 | 111 | Kümper, Uwe | Tri Ra La Kolping Püßelbüren | 01:30:18 | 149 | 44 | M 35 |
| 157 | 93 | Schneider, Markus | Marathon Ibbenbüren | 01:30:25 | 150 | 45 | M 35 |
| 158 | 265 | Kammering, Jörg | TV Mesum | 01:30:26 | 151 | 46 | M 35 |
| 159 | 115 | Adler, Peter | LG Emsdetten | 01:30:29 | 152 | 26 | M 45 |
| 160 | 74 | Hoppe, Carlo | Marathon Ibbenbüren | 01:30:30 | 153 | 19 | M 50 |
| 161 | 49 | Hungermann, Thorsten | Marathon Steinfurt | 01:30:39 | 154 | 5 | M HK |
| 162 | 64 | Bosse, Alfred | Marathon Ibbenbüren | 01:30:40 | 155 | 20 | M 50 |
| 163 | 28 | Tost, Stefan | SC Altenrheine | 01:30:43 | 156 | 47 | M 35 |
| 164 | 260 | Rosteck, Dieter | SV Atter | 01:30:45 | 157 | 21 | M 50 |
| 165 | 132 | Meijer, Fulco | Marathon Ibbenbüren | 01:30:49 | 158 | 48 | M 35 |
| 166 | 379 | Berlekamp, Thomas | TV Mettingen | 01:30:54 | 159 | 49 | M 35 |
| 167 | 397 | Schütters, Manfred | Münster | 01:31:02 | 160 | 27 | M 45 |
| 168 | 331 | Büttgens, Walter | Art Düsseldorf | 01:31:08 | 161 | 28 | M 45 |
| 169 | 148 | Hagedorn, Horst | Marathon Ibbenbüren | 01:31:10 | 162 | 22 | M 50 |
| 170 | 76 | Lammers, Dieter | LSF Münster | 01:31:16 | 163 | 50 | M 35 |
| 171 | 165 | Verlage, Bernhard | SV Teuto Riesenbeck | 01:31:25 | 164 | 41 | M 40 |
| 172 | 162 | Hiesgen, Klaus | Münster | 01:31:29 | 165 | 29 | M 45 |
| 173 | 215 | Grüger, Magnus | LSF Münster | 01:31:30 | 166 | 42 | M 40 |
| 174 | 272 | Gräwe, Detlef | Tri As Hamm | 01:31:42 | 167 | 23 | M 50 |
| 175 | 362 | Brunnert, Peter | TSVE 1890 Bielefeld | 01:31:45 | 168 | 43 | M 40 |
| 176 | 66 | Lammers, Bernhard | FC Nordkirchen | 01:31:47 | 169 | 44 | M 40 |
| 177 | 389 | Deilen, Helmut | LG Emsdetten | 01:31:51 | 170 | 45 | M 40 |
| 178 | 226 | Korte, Dieter | LSF Münster | 01:32:09 | 171 | 4 | M 55 |
| 179 | 393 | Gräber, Dieter | ESV Münster | 01:32:24 | 172 | 2 | M 65 |
| 180 | 396 | Unkenholz, Ansgar | LG Osnabrück | 01:32:24 | 173 | 30 | M 45 |

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|-------|-----------|------------------------|------------------------|----------|-----------|-------|------|
| 181 | 163 | Becks, Stefan | Tecklenburg | 01:32:27 | 174 | 51 | M 35 |
| 182 | 205 | Bolz, Uwe | VFR Voxtrup | 01:32:37 | 175 | 24 | M 50 |
| 183 | 383 | Helmers, Georg | Emsdetten | 01:32:38 | 176 | 25 | M 50 |
| 184 | 321 | Janning, Boris | Einsiedeln Schweiz | 01:32:43 | 177 | 52 | M 35 |
| 185 | 310 | Lopatta, Joachim | Eintracht Hameln | 01:32:45 | 178 | 1 | M 70 |
| 186 | 127 | Leeker, Jürgen | Mettingen | 01:32:52 | 179 | 31 | M 45 |
| 187 | 218 | Holtkötter, Anne | LSF Münster | 01:32:54 | 8 | 1 | W 45 |
| 188 | 409 | Ziegler, Brigitte | LSF Münster | 01:32:55 | 9 | 1 | W 50 |
| 189 | 232 | Nergenu, Andreas | LSF Münster | 01:32:59 | 180 | 26 | M 50 |
| 190 | 200 | Lanwer, Rita | LSF Münster | 01:32:59 | 10 | 2 | W 45 |
| 191 | 211 | Feyerabend, Maria | LSF Münster | 01:32:59 | 11 | 2 | W 50 |
| 192 | 78 | Rückforth, Günter | Ibbenbüren | 01:33:01 | 181 | 32 | M 45 |
| 193 | 156 | Aulkemeier, Uschi | Grün Weiß Steinbeck | 01:33:02 | 12 | 5 | W 40 |
| 194 | 349 | Blasius, Dr. Helga | LG Kreis Ahrweiler | 01:33:02 | 13 | 3 | W 45 |
| 195 | 87 | Brüggen, Cornelia | Tri Run Ibbenbüren | 01:33:02 | 14 | 6 | W 40 |
| 196 | 296 | Devantier, Rudolf | LG Osnabrück | 01:33:06 | 182 | 27 | M 50 |
| 197 | 197 | Aschemeyer, Uwe | Melle | 01:33:14 | 183 | 53 | M 35 |
| 198 | 36 | Niggenaber, Ralf | TV Hohne | 01:33:20 | 184 | 46 | M 40 |
| 199 | 287 | Vernauer, Günter | SC Osnabrück | 01:33:21 | 185 | 28 | M 50 |
| 200 | 54 | Wegmann, Aloysia | SC Altenrheine | 01:33:42 | 15 | 4 | W 45 |
| 201 | 61 | Masch, Hedwig | FC Stella Bevergern | 01:33:43 | 16 | 5 | W 45 |
| 202 | 130 | Wolf, Martin | Rheine | 01:33:47 | 186 | 47 | M 40 |
| 203 | 199 | Witte, Jens | Lübbecker Berglöwen | 01:33:50 | 187 | 48 | M 40 |
| 204 | 8 | Horst, Hannelore | LSF Münster | 01:33:52 | 17 | 1 | W 55 |
| 205 | 203 | Budde, Ulrich | LSF Münster | 01:33:55 | 188 | 29 | M 50 |
| 206 | 25 | Schlüter, Ulrich | SV Teuto Riesenbeck | 01:33:57 | 189 | 30 | M 50 |
| 207 | 308 | Schulte-Uebbing, Jörg | TV Dansweiler | 01:34:00 | 190 | 33 | M 45 |
| 208 | 319 | Blauhut, Rolf | LC 93 Delmenhorst | 01:34:01 | 191 | 4 | M 60 |
| 209 | 143 | Riethues, Andreas | SV Teuto Riesenbeck | 01:34:05 | 192 | 49 | M 40 |
| 210 | 194 | Stüve, Martin | Grün Weiß Steinbeck | 01:34:09 | 193 | 50 | M 40 |
| 211 | 82 | Kuhlmann, Martin | Marathon Ibbenbüren | 01:34:18 | 194 | 54 | M 35 |
| 212 | 318 | Kolenda, Evelyn Maria | Dortmund | 01:34:29 | 18 | 2 | W 35 |
| 213 | 134 | Nospickel, Markus | TV Mettingen | 01:34:30 | 195 | 55 | M 35 |
| 214 | 129 | Rottmann, Rainer | Marathon Ibbenbüren | 01:34:32 | 196 | 51 | M 40 |
| 215 | 107 | Spalleck, Heinz-Günter | TV Mettingen | 01:34:42 | 197 | 34 | M 45 |
| 216 | 384 | Kies, Mechtild | LG Emsdetten | 01:34:49 | 19 | 3 | W 50 |
| 217 | 50 | Himmel, Rudi | Sassenberg | 01:34:51 | 198 | 52 | M 40 |
| 218 | 303 | Merschmeier, Stefan | Ibbenbüren | 01:35:12 | 199 | 56 | M 35 |
| 219 | 262 | Westphal, Maik | Ibbenbüren | 01:35:13 | 200 | 12 | M 30 |
| 220 | 179 | Kleiner, Axel | LG Emsdetten | 01:35:27 | 201 | 35 | M 45 |
| 221 | 212 | Fikus, Ewald | LSF Münster | 01:35:27 | 202 | 53 | M 40 |
| 222 | 377 | Pöppelmann, Helmut | Laufen-Os-De | 01:36:06 | 203 | 36 | M 45 |
| 223 | 89 | Vehr, Rainer | LG Rheine Elte | 01:36:06 | 204 | 37 | M 45 |
| 224 | 185 | Brönstrup, Detlev | Ibbenbüren | 01:36:13 | 205 | 38 | M 45 |
| 225 | 166 | Richter, Andreas | Marathon Ibbenbüren | 01:36:13 | 206 | 39 | M 45 |
| 226 | 386 | Göcking, Bernhard | SC Falke Saerbeck | 01:36:36 | 207 | 31 | M 50 |
| 227 | 214 | Hein-Hofmann, Christel | SC Falke Saerbeck | 01:36:36 | 20 | 7 | W 40 |
| 228 | 236 | Obst, Martin | LSF Münster | 01:36:38 | 208 | 6 | M HK |
| 229 | 207 | Driese, Werner | LSF Münster | 01:36:39 | 209 | 32 | M 50 |
| 230 | 309 | Roth, Reiner | Malzmühle | 01:36:41 | 210 | 57 | M 35 |
| 231 | 158 | Albers, Lothar | LG Emsdetten | 01:36:46 | 211 | 40 | M 45 |
| 232 | 135 | Schoppe, Jürgen | TV Mettingen | 01:36:49 | 212 | 58 | M 35 |
| 233 | 75 | Kaldemeyer, Wilhelm | Marathon Ibbenbüren | 01:37:01 | 213 | 33 | M 50 |
| 234 | 43 | Bünker, Guido | LG Emsdetten | 01:37:03 | 214 | 59 | M 35 |
| 235 | 388 | Meyendriesch, Burkard | Nottuln | 01:37:04 | 215 | 41 | M 45 |
| 236 | 257 | Pieper, Thomas | LG Emsdetten | 01:37:05 | 216 | 54 | M 40 |
| 237 | 170 | Hauer, Dörte | Come on Emsdetten | 01:37:14 | 21 | 6 | W 45 |
| 238 | 141 | Dierkes, Manfred | DJK Arminia Ibbenbüren | 01:37:25 | 217 | 55 | M 40 |
| 239 | 235 | Niehoff, Josef | LSF Münster | 01:37:35 | 218 | 60 | M 35 |
| 240 | 139 | Wiebrock, Claus | TV GM-Hütte | 01:37:39 | 219 | 34 | M 50 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|-----------------------------|----------------------------|----------|-----------|-------|------|
| 241 | 354 | Müller, Dieter | LT Plittersdorf | 01:37:52 | 220 | 42 | M 45 |
| 242 | 11 | Keller, Jürgen | SOMO 7 | 01:37:53 | 221 | 43 | M 45 |
| 243 | 94 | Upmann, Volker | Marathon Ibbenbüren | 01:37:54 | 222 | 56 | M 40 |
| 244 | 391 | Prax, Josef | Grün Weiß Steinbeck | 01:38:06 | 223 | 44 | M 45 |
| 245 | 373 | Schardt, Michael | LC Igel Verlag | 01:38:27 | 224 | 35 | M 50 |
| 246 | 37 | Rüter, Dieter | SV Dickenberg | 01:38:28 | 225 | 5 | M 60 |
| 247 | 58 | Kollesch, Ingo | TV Meppen | 01:38:29 | 226 | 45 | M 45 |
| 248 | 254 | Heuchel, Werner | Lübbecker Berglöwen | 01:38:37 | 227 | 46 | M 45 |
| 249 | 304 | Budke, Rainer | TuS Graf Kobbo Tecklenburg | 01:38:40 | 228 | 5 | M 55 |
| 250 | 201 | Müller, Wolfgang | LSF Münster | 01:38:41 | 229 | 6 | M 60 |
| 251 | 195 | Schilling, Ludger | LT Petershagen | 01:38:43 | 230 | 47 | M 45 |
| 252 | 106 | Schulte, Gerd | Marathon Ibbenbüren | 01:38:44 | 231 | 36 | M 50 |
| 253 | 196 | Schilling, Michael | Gehrden | 01:38:44 | 232 | 57 | M 40 |
| 254 | 348 | Rotthues, Thomas | SuS 09 Neuenkirchen | 01:38:45 | 233 | 61 | M 35 |
| 255 | 45 | Dwinger, Bernd | DJK Arminia Ibbenbüren | 01:38:50 | 234 | 58 | M 40 |
| 256 | 108 | Berlekamp, Ulrich | DJK Arminia Ibbenbüren | 01:38:52 | 235 | 48 | M 45 |
| 257 | 184 | Helmig, Tobias | SV Teuto Riesenbeck | 01:38:53 | 236 | 59 | M 40 |
| 258 | 259 | Biesewig, Annemarie | Marathon Ibbenbüren | 01:39:13 | 22 | 7 | W 45 |
| 259 | 26 | Delarue, Lothar | SV Teuto Riesenbeck | 01:39:16 | 237 | 6 | M 55 |
| 260 | 271 | Fenger, Ute | Bochum | 01:39:17 | 23 | 3 | W 35 |
| 261 | 282 | Hatke, Norbert | SV Teuto Riesenbeck | 01:39:37 | 238 | 60 | M 40 |
| 262 | 85 | Bruns, Annette | Tri Run Ibbenbüren | 01:39:42 | 24 | 8 | W 40 |
| 263 | 255 | Günster, Peter | Marathon Steinfurt | 01:39:57 | 239 | 49 | M 45 |
| 264 | 176 | Feistel, Günter | Guts-Muths-Rennsteig | 01:39:58 | 240 | 37 | M 50 |
| 265 | 183 | Kleiner, Margot | LG Emsdetten | 01:40:04 | 25 | 8 | W 45 |
| 266 | 39 | Sante, Andreas | SV Dickenberg | 01:40:05 | 241 | 50 | M 45 |
| 267 | 151 | Hähndel, Frank | TV Hohne | 01:40:10 | 242 | 61 | M 40 |
| 268 | 191 | Schulz, Monika | SV Teuto Riesenbeck | 01:40:15 | 26 | 9 | W 40 |
| 269 | 406 | Laig, Matthias | TV Hohne | 01:40:17 | 243 | 7 | M HK |
| 270 | 35 | Laig, Uwe | TV Hohne | 01:40:18 | 244 | 51 | M 45 |
| 271 | 307 | Hutmacher, Walter | Malzmühle | 01:40:28 | 245 | 62 | M 35 |
| 272 | 131 | Wesseler, Anja | LG Emsdetten | 01:40:40 | 27 | 4 | W 35 |
| 273 | 146 | Böttcher, Martin | Münster | 01:40:41 | 246 | 63 | M 35 |
| 274 | 248 | Thonemann, Wilhelm | LSF Münster | 01:40:48 | 247 | 38 | M 50 |
| 275 | 116 | Wanjek, Andreas | Ibbenbüren | 01:40:48 | 248 | 64 | M 35 |
| 276 | 46 | Sukatsch, Jörg | DJK Arminia Ibbenbüren | 01:40:48 | 249 | 62 | M 40 |
| 277 | 357 | Grunewald, Holger | DLRG Melle | 01:40:51 | 250 | 39 | M 50 |
| 278 | 330 | Florian, Martin | LAC Veltins HSK | 01:40:51 | 251 | 52 | M 45 |
| 279 | 126 | Varnskühler, Norbert | SV Teuto Riesenbeck | 01:41:09 | 252 | 40 | M 50 |
| 280 | 91 | Stockmann, Ralf | SV Dickenberg | 01:41:33 | 253 | 8 | M HK |
| 281 | 55 | Zimmermann, Michael | Grün Weiß Steinbeck | 01:41:39 | 254 | 53 | M 45 |
| 282 | 144 | Reupert, Karsten | Marathon Ibbenbüren | 01:41:41 | 255 | 63 | M 40 |
| 283 | 155 | Meyer, Petra | Grün Weiß Steinbeck | 01:42:12 | 28 | 5 | W 35 |
| 284 | 251 | Völkert, Hinz | LSF Münster | 01:42:26 | 256 | 7 | M 55 |
| 285 | 79 | Middendorf, Johannes-Dieter | SV Teuto Riesenbeck | 01:42:37 | 257 | 64 | M 40 |
| 286 | 245 | Sieme, Jürgen | LSF Münster | 01:42:48 | 258 | 41 | M 50 |
| 287 | 224 | Kerkhoff, Hildegard | LSF Münster | 01:42:48 | 29 | 4 | W 50 |
| 288 | 186 | Ortkras, Stefan | LG Osnabrück | 01:42:50 | 259 | 65 | M 40 |
| 289 | 38 | Raschke, Ludger | SV Dickenberg | 01:42:51 | 260 | 42 | M 50 |
| 290 | 328 | Fehlberg, Jutta | LC 93 Delmenhorst | 01:43:00 | 30 | 2 | W 55 |
| 291 | 140 | Bülter, Doris | Marathon Ibbenbüren | 01:43:42 | 31 | 9 | W 45 |
| 292 | 105 | Blankemeyer, Inge | Marathon Ibbenbüren | 01:43:43 | 32 | 10 | W 40 |
| 293 | 71 | Rolf, Kornelia | Marathon Ibbenbüren | 01:43:45 | 33 | 10 | W 45 |
| 294 | 206 | Dohmann, Angelika | LSF Münster | 01:43:59 | 34 | 5 | W 50 |
| 295 | 299 | Paeye, Manfred | Rheine | 01:44:00 | 261 | 54 | M 45 |
| 296 | 173 | Körner, Karsten | Steinfurt | 01:44:02 | 262 | 65 | M 35 |
| 297 | 133 | Hülsmeier, Werner | SV Teuto Riesenbeck | 01:44:48 | 263 | 43 | M 50 |
| 298 | 99 | Jostmeier, Simone | TV Mettingen | 01:44:53 | 35 | 1 | W HK |
| 299 | 312 | Damaschke-Wohnig, Irmgard | LC 93 Delmenhorst | 01:44:57 | 36 | 3 | W 55 |
| 300 | 161 | Vorloeper, Berthold | Flotte Socke | 01:45:19 | 264 | 44 | M 50 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|---------------------------|--------------------------|----------|-----------|-------|------|
| 301 | 90 | Meibeck, Wilhelm | TVE Greven | 01:45:36 | 265 | 45 | M 50 |
| 302 | 281 | Rehers, Hans-Werner | SC Osnabrück | 01:45:36 | 266 | 8 | M 55 |
| 303 | 189 | Bernhardt, Dieter | Grün Weiß Steinbeck | 01:45:37 | 267 | 7 | M 60 |
| 304 | 317 | Würl, Hans | LG Wiehen | 01:45:43 | 268 | 66 | M 40 |
| 305 | 275 | Menzel, Udo | SC Schölerberg Osnabrück | 01:46:04 | 269 | 8 | M 60 |
| 306 | 324 | Stangneth, Ingrid | TV Friesen Telgte | 01:46:09 | 37 | 6 | W 50 |
| 307 | 333 | Leu, Regina | Blau Weiß Buchholz | 01:46:19 | 38 | 7 | W 50 |
| 308 | 182 | Weirauch, Eva | LG Emsdetten | 01:46:33 | 39 | 2 | W HK |
| 309 | 404 | Niegbur, Frank | Ibbenbüren | 01:46:36 | 270 | 67 | M 40 |
| 310 | 192 | Odenthal, Andrea | Rheine | 01:46:38 | 40 | 6 | W 35 |
| 311 | 306 | Hemker, Reinhold | LG Emsdetten | 01:46:51 | 271 | 9 | M 60 |
| 312 | 301 | Wilken, Helmut | Wasser+Freizeit Münster | 01:46:57 | 272 | 9 | M 55 |
| 313 | 164 | Neils, Willi | Eintracht Neuenkirchen | 01:47:18 | 273 | 46 | M 50 |
| 314 | 274 | Menzel, Ursula | SC Schölerberg Osnabrück | 01:47:21 | 41 | 4 | W 55 |
| 315 | 172 | Hagelschur, Paul | Marathon Steinfurt | 01:47:41 | 274 | 10 | M 60 |
| 316 | 283 | Völler, Ludger | Marathon Ibbenbüren | 01:48:03 | 275 | 11 | M 60 |
| 317 | 142 | Engelsberg, Christine | SV Teuto Riesenbeck | 01:48:28 | 42 | 7 | W 35 |
| 318 | 270 | Jördens, Heidi | Marathon Ibbenbüren | 01:48:31 | 43 | 11 | W 45 |
| 319 | 98 | Schiffmann, Beate | Marathon Ibbenbüren | 01:48:55 | 44 | 11 | W 40 |
| 320 | 167 | Herting, Guido | SV Teuto Riesenbeck | 01:50:19 | 276 | 66 | M 35 |
| 321 | 233 | Wolfgramm, Hans-Jürgen | LSF Münster | 01:50:44 | 277 | 47 | M 50 |
| 322 | 217 | Herbert, Christel | LSF Münster | 01:50:51 | 45 | 12 | W 45 |
| 323 | 400 | Beermann, Ewald | SV Teuto Riesenbeck | 01:50:51 | 278 | 55 | M 45 |
| 324 | 136 | Huil, Bernhard | SC Hörstel | 01:50:56 | 279 | 48 | M 50 |
| 325 | 100 | Elfring, Beate | Marathon Ibbenbüren | 01:51:01 | 46 | 12 | W 40 |
| 326 | 157 | Albers, Birgit | LG Emsdetten | 01:51:24 | 47 | 13 | W 45 |
| 327 | 276 | Lauxtermann, Annelie | LG Osnabrück | 01:51:39 | 48 | 5 | W 55 |
| 328 | 193 | Hinz, Manfred | TB Burgsteinfurt | 01:51:43 | 280 | 49 | M 50 |
| 329 | 52 | Ansmann, Stefan | LG Emsdetten | 01:52:06 | 281 | 68 | M 40 |
| 330 | 228 | Landfried-Teodoruk, Helga | LSF Münster | 01:53:02 | 49 | 1 | W 60 |
| 331 | 394 | Stratmann, Renate | DJK Eintracht Hilstrup | 01:53:33 | 50 | 8 | W 50 |
| 332 | 305 | Ebert, Hannelore | Tecklenburg | 01:53:39 | 51 | 9 | W 50 |
| 333 | 30 | Strauß, Bernhard | TV Hohne | 01:54:17 | 282 | 50 | M 50 |
| 334 | 34 | Ihmels, Elke | TV Hohne | 01:54:40 | 52 | 8 | W 35 |
| 335 | 152 | Meyer, Angelika | Grün Weiß Steinbeck | 01:54:51 | 53 | 13 | W 40 |
| 336 | 125 | Frehe, Günter | TV Mettingen | 01:55:35 | 283 | 69 | M 40 |
| 337 | 399 | Potrzebowski, Andrzej | Bad Eilsen | 01:56:22 | 284 | 3 | M 65 |
| 338 | 209 | Durynek, Hildegard | LSF Münster | 01:56:32 | 54 | 1 | W 65 |
| 339 | 216 | Hemsing, Maria | LSF Münster | 01:56:34 | 55 | 14 | W 40 |
| 340 | 336 | Thiele, Petra | BTC Herne | 02:00:37 | 56 | 10 | W 50 |
| 341 | 340 | Leimbach, Brigitte | BTC Herne | 02:00:38 | 57 | 6 | W 55 |
| 342 | 375 | Bendzulla, Otto | Osnabrück | 02:01:46 | 285 | 4 | M 65 |
| 343 | 256 | Sommer, Birgit | Osnabrück | 02:01:52 | 58 | 2 | W 60 |
| 344 | 297 | Dierker, Lore | Osnabrück | 02:01:52 | 59 | 11 | W 50 |
| 345 | 234 | Neuhaus, Friedhelm | LSF Münster | 02:04:04 | 286 | 5 | M 65 |
| 346 | 376 | Herbstreit, Jens | Ibbenbüren | 02:09:56 | 287 | 9 | M HK |
| 347 | 239 | Pöpke, Cecilia | LSF Münster | 02:10:03 | 60 | 14 | W 45 |
| 348 | 230 | Schwarz Copp, Annette | LSF Münster | 02:10:03 | 61 | 15 | W 45 |
| 349 | 153 | Wiels, Ursula | SV Teuto Riesenbeck | 02:10:04 | 62 | 12 | W 50 |
| 350 | 247 | Thonemann, Anne | LSF Münster | 02:10:05 | 63 | 16 | W 45 |
| 351 | 253 | Siebe, Birte | Lübbecker Berglöwen | 02:10:08 | 64 | 3 | W HK |
| 352 | 408 | Hölscher, Uschi | Marathon Ibbenbüren | 02:10:09 | 65 | 13 | W 50 |
| 353 | 339 | Burkhart, Willi | Bochum | 02:13:32 | 288 | 10 | M 55 |
| 354 | 332 | Schuster, Arne | www.Lear-Laeuft.de | 02:14:29 | 289 | 70 | M 40 |
| 355 | 329 | Zollmann, Marie Elisabeth | LAG Siegen | 02:17:44 | 66 | 3 | W 60 |
| 356 | 334 | Leu, Burghardt | Blau Weiß Buchholz | 02:19:41 | 290 | 11 | M 55 |