

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|-----------------------|------------------------------|----------|-----------|-------|------|
| 1 | 8 | Gidumbanda, Daniel | LG Emsdetten | 01:15:10 | 1 | 1 | M 30 |
| 2 | 5 | Hulzebos, Lamko | H.A.C.63 Hoogeveen | 01:19:23 | 2 | 1 | M 40 |
| 3 | 1 | Windoffer, Patrick | SV Teuto Riesenbeck | 01:21:06 | 3 | 1 | M HK |
| 4 | 265 | Igelbrink, Hans-Peter | TV Georgsmarienhütte | 01:25:25 | 4 | 1 | M 45 |
| 5 | 517 | Siegbert, Michael | Grün Weiß Steinbeck | 01:26:13 | 5 | 1 | M 35 |
| 6 | 226 | Deubener, Harry | VfL Eilenburg | 01:26:19 | 6 | 2 | M 40 |
| 7 | 339 | Becker, Oliver | Marathon Ibbenbüren | 01:26:20 | 7 | 3 | M 40 |
| 8 | 9 | Hulzebos, Johan | H.A.C.63 Hoogeveen | 01:26:55 | 8 | 2 | M 45 |
| 9 | 347 | Richter, Ingo | Marathon Ibbenbüren | 01:28:46 | 9 | 2 | M 35 |
| 10 | 421 | Wessels, Carsten | DJK Arminia Ibbenbüren | 01:29:30 | 10 | 2 | M 30 |
| 11 | 152 | Lampe, Robert | Marathon Ibbenbüren | 01:30:18 | 11 | 3 | M 35 |
| 12 | 462 | Held, Tobias | Ibbenbüren | 01:30:20 | 12 | 2 | M HK |
| 13 | 489 | Leonard, Peter | Münster | 01:30:52 | 13 | 4 | M 40 |
| 14 | 520 | Siekmeyer, Uwe | Tri Team TuS Engter | 01:31:29 | 14 | 3 | M 45 |
| 15 | 445 | ten Cate, Jan | H.A.C.63 Hoogeveen | 01:31:33 | 15 | 4 | M 45 |
| 16 | 411 | Feldmeier, Frank | Ibbenbüren | 01:31:44 | 16 | 4 | M 35 |
| 17 | 195 | Zumdick, Reinhard | LSF Münster | 01:31:52 | 17 | 5 | M 45 |
| 18 | 7 | Tüns, Michael | LSF Werne | 01:31:53 | 18 | 6 | M 45 |
| 19 | 504 | Thünemann, Christoph | LG Emsdetten | 01:31:59 | 19 | 7 | M 45 |
| 20 | 274 | Reichelt, Thorsten | SC Herringhausen | 01:32:00 | 20 | 5 | M 40 |
| 21 | 113 | Maag, Theodor | Grün Weiß Steinbeck | 01:32:34 | 21 | 6 | M 40 |
| 22 | 470 | Vollbrecht, Steffen | Laufsport Senden | 01:32:51 | 22 | 7 | M 40 |
| 23 | 114 | Lütkemeyer, Paul | SV Teuto Riesenbeck | 01:33:13 | 23 | 8 | M 45 |
| 24 | 322 | Altehüsing, Thomas | SC Spelle Venhaus | 01:33:13 | 24 | 3 | M 30 |
| 25 | 69 | Chriske, Elmar | TSG Burg Gretesch | 01:33:45 | 25 | 4 | M 30 |
| 26 | 42 | Prösch, Lutz | Belm | 01:33:48 | 26 | 5 | M 35 |
| 27 | 243 | Kienker, Jürgen | Lübbecker Berglöwen | 01:33:51 | 27 | 9 | M 45 |
| 28 | 481 | Kremeskötter, Nils | Dortmund | 01:33:53 | 28 | 5 | M 30 |
| 29 | 11 | Ohmann, Holger | Be-Active and Fit | 01:33:54 | 29 | 8 | M 40 |
| 30 | 74 | Misch, Jörg | VfL Eintracht Mettingen | 01:33:55 | 30 | 6 | M 35 |
| 31 | 99 | Neumann, Manfred | LG Rheine Elte | 01:34:03 | 31 | 1 | M 50 |
| 32 | 356 | Welp, Rainer | SV Teuto Riesenbeck | 01:34:44 | 32 | 6 | M 30 |
| 33 | 227 | Grimme, Harald | LG Emsdetten | 01:35:20 | 33 | 9 | M 40 |
| 34 | 528 | Jürgens, Markus | LG Emsdetten | 01:35:36 | 34 | 3 | M HK |
| 35 | 450 | Prins, Arie | H.A.C.63 Hoogeveen | 01:35:41 | 35 | 2 | M 50 |
| 36 | 32 | Fremann, Michael | Ibbenbüren | 01:36:16 | 36 | 7 | M 30 |
| 37 | 308 | Dierkes, Manfred | DJK Arminia Ibbenbüren | 01:36:24 | 37 | 10 | M 45 |
| 38 | 151 | Exler, Thomas | TV Mesum | 01:36:27 | 38 | 10 | M 40 |
| 39 | 150 | Sterthaus, Jens | TV Mesum | 01:36:27 | 39 | 4 | M HK |
| 40 | 321 | Diestler, Gerd Helmut | TG Neuss | 01:36:45 | 40 | 11 | M 45 |
| 41 | 372 | Nentwich, Rolf | Lübbecker Berglöwen | 01:37:02 | 41 | 11 | M 40 |
| 42 | 85 | Othmer, Andreas | Münster | 01:37:08 | 42 | 7 | M 35 |
| 43 | 365 | Schnieders, Thomas | SV Dickenberg | 01:37:35 | 43 | 5 | M HK |
| 44 | 34 | Schnieders, Markus | Marathon Ibbenbüren | 01:37:40 | 44 | 8 | M 30 |
| 45 | 442 | Menzel, Udo | LG Emsdetten | 01:37:54 | 45 | 12 | M 45 |
| 46 | 491 | Kretschmer, Jörg | Hatten | 01:37:54 | 46 | 8 | M 35 |
| 47 | 408 | Stöttner, Moritz | DJK Arminia Ibbenbüren | 01:38:08 | 47 | 6 | M HK |
| 48 | 432 | Schliephake, Michael | Tri Run Ibbenbüren | 01:38:08 | 48 | 13 | M 45 |
| 49 | 397 | Siegel, Norbert | Laufsport Senden | 01:38:15 | 49 | 14 | M 45 |
| 50 | 46 | Bien, Jochen | Tri Ra La Kolping Püßelbüren | 01:38:23 | 50 | 9 | M 35 |
| 51 | 474 | Meyer, Andreas | BSG Westfalen AG | 01:38:25 | 51 | 15 | M 45 |
| 52 | 47 | Bien, Rainer | Tri Ra La Kolping Püßelbüren | 01:38:29 | 52 | 12 | M 40 |
| 53 | 262 | Siebert, Ralph | SV Schwagstorf | 01:38:29 | 53 | 16 | M 45 |
| 54 | 2 | Krüer, Cornelia | SV Teuto Riesenbeck | 01:38:36 | 1 | 1 | W 30 |
| 55 | 272 | Köhne, Manuela | TV Georgsmarienhütte | 01:38:40 | 2 | 1 | W 40 |
| 56 | 383 | Griese, Berthold | Ibbenbüren | 01:38:41 | 54 | 13 | M 40 |
| 57 | 522 | Knein, Peter | SC DJK Everswinkel | 01:38:43 | 55 | 17 | M 45 |
| 58 | 112 | Meyer, Raimund | Grün Weiß Steinbeck | 01:38:51 | 56 | 18 | M 45 |
| 59 | 193 | Veauthier, Gregor | LSF Münster | 01:38:51 | 57 | 19 | M 45 |
| 60 | 323 | Runge, Rico | TVE Greven | 01:38:52 | 58 | 10 | M 35 |
| 61 | 503 | Hoffrogge, Dieter | SC Spelle Venhaus | 01:38:58 | 59 | 14 | M 40 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|------------------------|------------------------------|----------|-----------|-------|------|
| 62 | 242 | Crone, Reinhard | LG Osnabrück | 01:39:00 | 60 | 1 | M 55 |
| 63 | 10 | Drescher, Olaf | Be-Active and Fit | 01:39:03 | 61 | 15 | M 40 |
| 64 | 61 | Alfing, Karl-Heinz | DJK Arminia Ibbenbüren | 01:39:06 | 62 | 16 | M 40 |
| 65 | 531 | Reimann, Hans | LSF Münster | 01:39:11 | 63 | 2 | M 55 |
| 66 | 452 | John, Peter | LC Nordhorn | 01:39:13 | 64 | 3 | M 50 |
| 67 | 260 | Everwand, Georg | SV Teuto Riesenbeck | 01:39:18 | 65 | 7 | M HK |
| 68 | 402 | Uphoff, Peter | TriRun Ibbenbüren | 01:39:18 | 66 | 17 | M 40 |
| 69 | 108 | Grond, Josef | Marathon Steinfurt | 01:39:24 | 67 | 3 | M 55 |
| 70 | 254 | Epping, Gerhard | LG Emsdetten | 01:39:26 | 68 | 4 | M 50 |
| 71 | 464 | Nobbe, Markus | TVE Greven | 01:39:33 | 69 | 11 | M 35 |
| 72 | 124 | Drontmann, Peter | Tri Run Ibbenbüren | 01:40:05 | 70 | 18 | M 40 |
| 73 | 423 | Schriever, Norbert | Marathon Ibbenbüren | 01:40:06 | 71 | 20 | M 45 |
| 74 | 147 | Brüwer, Uwe | Marathon Ibbenbüren | 01:40:16 | 72 | 19 | M 40 |
| 75 | 94 | Dierkes, Michael | Tri Run Ibbenbüren | 01:40:24 | 73 | 21 | M 45 |
| 76 | 509 | Runde, Detlev | Marathon Ibbenbüren | 01:40:45 | 74 | 4 | M 55 |
| 77 | 132 | Rüschhoff, Jörg | TV Mesum | 01:41:00 | 75 | 20 | M 40 |
| 78 | 130 | Athmer, Gerd | TV Mesum | 01:41:00 | 76 | 12 | M 35 |
| 79 | 500 | Purk, Eugen | Laufsport Senden | 01:41:08 | 77 | 5 | M 50 |
| 80 | 162 | Fikus, Ewald | LSF Münster | 01:41:12 | 78 | 22 | M 45 |
| 81 | 516 | Warner, Stephanie | Laufsport Senden | 01:41:29 | 3 | 2 | W 40 |
| 82 | 253 | Harbering, Andreas | LG Emsdetten | 01:41:35 | 79 | 23 | M 45 |
| 83 | 48 | Gößling, Andreas | SV Teuto Riesenbeck | 01:41:36 | 80 | 21 | M 40 |
| 84 | 49 | Wargers, Martin | BSG Westfalen AG | 01:41:41 | 81 | 22 | M 40 |
| 85 | 318 | Beuse, Markus | LG Emsdetten | 01:41:51 | 82 | 23 | M 40 |
| 86 | 133 | Hövel, Helmut | SV Teuto Riesenbeck | 01:41:52 | 83 | 24 | M 45 |
| 87 | 164 | Geske, Michael | LSF Münster | 01:41:55 | 84 | 25 | M 45 |
| 88 | 422 | Elstrodt, Dieter | TV Mettingen | 01:42:03 | 85 | 24 | M 40 |
| 89 | 447 | Butzbach, Thomas | Athletik Waldniel | 01:42:11 | 86 | 6 | M 50 |
| 90 | 393 | Leugers, Alfred | LG Emsdetten | 01:42:25 | 87 | 25 | M 40 |
| 91 | 230 | Sutmöller, Hans-Dieter | VfR Voxtrup | 01:42:34 | 88 | 7 | M 50 |
| 92 | 560 | Brinker, Uwe | LC Nordhorn | 01:42:39 | 89 | 26 | M 45 |
| 93 | 224 | Hölscher, Michael | Einsamer Wolf | 01:42:42 | 90 | 8 | M 50 |
| 94 | 129 | Zollfrank, Anke | LG Emsdetten | 01:42:48 | 4 | 1 | W 45 |
| 95 | 401 | Lid, Rainer | Laufsport Senden | 01:42:55 | 91 | 5 | M 55 |
| 96 | 324 | Werner, Dr. Jürgen | TV Bad Schwalbach | 01:43:02 | 92 | 1 | M 60 |
| 97 | 86 | Görlich, Reiner | TV Hohne | 01:43:12 | 93 | 13 | M 35 |
| 98 | 333 | Uteg, Ulf | Mülheim / Ruhr | 01:43:31 | 94 | 26 | M 40 |
| 99 | 477 | Sälker, Erich | Grün Weiß Steinbeck | 01:43:35 | 95 | 27 | M 40 |
| 100 | 197 | Schmeddes, Matthias | Ostercappelner FV | 01:43:51 | 96 | 14 | M 35 |
| 101 | 443 | Eggemeier, Michael | DJK Arminia Ibbenbüren | 01:43:52 | 97 | 28 | M 40 |
| 102 | 518 | Proske, Mario | BSG Sparkasse Münsterland Os | 01:43:53 | 98 | 29 | M 40 |
| 103 | 291 | Arens, Manfred | SC Melle 03 | 01:43:53 | 99 | 6 | M 55 |
| 104 | 441 | Brix, Christian | TV Hohne | 01:43:56 | 100 | 8 | M HK |
| 105 | 157 | Bühn, Klaus | LSF Münster | 01:44:00 | 101 | 27 | M 45 |
| 106 | 480 | Berendsohn, Jochen | VGH Versicherungen | 01:44:00 | 102 | 28 | M 45 |
| 107 | 50 | Breulmann, Andreas | LG Rheine Elte | 01:44:06 | 103 | 15 | M 35 |
| 108 | 182 | Kökelsum, Berthold | LSF Münster | 01:44:07 | 104 | 29 | M 45 |
| 109 | 103 | Breulmann, Bernd | SC Hörstel | 01:44:37 | 105 | 9 | M 50 |
| 110 | 406 | Büscher, Ulrich | Marathon Ibbenbüren | 01:44:45 | 106 | 30 | M 40 |
| 111 | 465 | Wendker, Thomas | LT Ostbevern | 01:44:46 | 107 | 31 | M 40 |
| 112 | 360 | Gräwe, Detlef | Tri As Hamm | 01:44:51 | 108 | 7 | M 55 |
| 113 | 64 | Hoffmann, Thomas | Marathon Ibbenbüren | 01:45:02 | 109 | 32 | M 40 |
| 114 | 223 | Marx, Daniel | Marathon Steinfurt | 01:45:22 | 110 | 9 | M 30 |
| 115 | 244 | Süselbeck, André | SV Orsoy | 01:45:24 | 111 | 16 | M 35 |
| 116 | 301 | Strakeljahn, Karsten | Marathon Steinfurt | 01:45:31 | 112 | 33 | M 40 |
| 117 | 29 | Schoppe, Jürgen | TV Mettingen | 01:45:35 | 113 | 34 | M 40 |
| 118 | 199 | Gerdas, Matthias | BSG T-Mobile | 01:45:42 | 114 | 17 | M 35 |
| 119 | 392 | Rauße, Wolfgang | Marathon Ibbenbüren | 01:45:43 | 115 | 35 | M 40 |
| 120 | 375 | Jäschke, Bernhard | Marathon Ibbenbüren | 01:45:43 | 116 | 8 | M 55 |
| 121 | 507 | Heming, Ingo | TV Lengerich | 01:45:47 | 117 | 36 | M 40 |
| 122 | 283 | Gemsa, Ralf | TG Neuss | 01:45:48 | 118 | 37 | M 40 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|--------------------------|--------------------------|----------|-----------|-------|------|
| 123 | 180 | Petermann, Stefan | LSF Münster | 01:46:06 | 119 | 38 | M 40 |
| 124 | 535 | Dieckmann, Raimund | Grün Weiß Steinbeck | 01:46:10 | 120 | 30 | M 45 |
| 125 | 146 | Hajek, Andreas | Bienes Lauftreff | 01:46:18 | 121 | 31 | M 45 |
| 126 | 494 | Kröger, Reiner | SV Teuto Riesenbeck | 01:46:22 | 122 | 18 | M 35 |
| 127 | 454 | Rommelmann, Dirk | SVA Salzbergen | 01:46:30 | 123 | 32 | M 45 |
| 128 | 534 | Salewsky, Dominik | Ibbenbüren | 01:46:37 | 124 | 9 | M HK |
| 129 | 17 | Schnieber, Karsten | TVE Greven | 01:46:39 | 125 | 19 | M 35 |
| 130 | 104 | Schreiber, Joachim | Westfalenfleiss GmbH | 01:46:44 | 126 | 39 | M 40 |
| 131 | 429 | Dierkes, Reinhard | Dörenter Sport Club | 01:46:52 | 127 | 33 | M 45 |
| 132 | 229 | Schuschel, Oliver | SV Herbern | 01:46:52 | 128 | 34 | M 45 |
| 133 | 219 | Hoffmeister, Wilhelm | BSG Kreissparkasse Melle | 01:46:54 | 129 | 35 | M 45 |
| 134 | 434 | Peters, Frank | SV Teuto Riesenbeck | 01:47:00 | 130 | 10 | M 30 |
| 135 | 506 | Stockhorst, Jürgen | FC Schüttorf | 01:47:08 | 131 | 36 | M 45 |
| 136 | 58 | Becks, Stefan | TV Hohne | 01:47:17 | 132 | 40 | M 40 |
| 137 | 33 | Fudicar, Alexander | SV Dickenberg | 01:47:28 | 133 | 41 | M 40 |
| 138 | 134 | Hövel, Walter | SC Falke Saerbeck | 01:47:29 | 134 | 37 | M 45 |
| 139 | 521 | Peters, Werner | LG Ems Warendorf | 01:47:34 | 135 | 38 | M 45 |
| 140 | 217 | Recker, Michael | Grün Weiß Steinbeck | 01:47:35 | 136 | 42 | M 40 |
| 141 | 456 | Nikutta, Norbert | TSG Burg Gretesch | 01:47:39 | 137 | 43 | M 40 |
| 142 | 511 | Scheper, Bernd | Hausstette | 01:47:48 | 138 | 20 | M 35 |
| 143 | 329 | Rösler, Klaus | Schloß Holte-Stukenbrock | 01:47:49 | 139 | 21 | M 35 |
| 144 | 501 | Westmeyer, Klaus | Marathon Ibbenbüren | 01:47:50 | 140 | 22 | M 35 |
| 145 | 485 | Bröker, Ulrich | Mettingen | 01:47:51 | 141 | 39 | M 45 |
| 146 | 149 | Miethe, Ralf | TV Mesum | 01:48:11 | 142 | 23 | M 35 |
| 147 | 137 | König, Ingrid | SC Altenrheine | 01:48:12 | 5 | 2 | W 45 |
| 148 | 52 | Klasing, Jürgen | TV Mesum | 01:48:12 | 143 | 44 | M 40 |
| 149 | 415 | Topheide, Martina | Wasser+Freizeit Münster | 01:48:30 | 6 | 2 | W 30 |
| 150 | 463 | Krause-Hettlage, Michael | Mettingen | 01:48:31 | 144 | 10 | M 50 |
| 151 | 145 | Hagemann, Dieter | SC Hörstel | 01:48:39 | 145 | 40 | M 45 |
| 152 | 281 | Junker, Gerd | TSV Wallenhorst | 01:48:41 | 146 | 11 | M 50 |
| 153 | 107 | Völlmecke, Stefan | Marathon Steinfurt | 01:48:45 | 147 | 45 | M 40 |
| 154 | 131 | Lake, Christian | TV Mesum | 01:48:51 | 148 | 24 | M 35 |
| 155 | 407 | Kirsch, Arne | DJK Arminia Ibbenbüren | 01:48:55 | 149 | 46 | M 40 |
| 156 | 495 | Schröter, Thomas | SuS Darne | 01:48:57 | 150 | 47 | M 40 |
| 157 | 250 | Lettmann, Willy | Sendenhorst | 01:48:58 | 151 | 12 | M 50 |
| 158 | 111 | Israel, Christian | Marathon Ibbenbüren | 01:49:23 | 152 | 13 | M 50 |
| 159 | 290 | Epping, Reinhard | Münster | 01:49:24 | 153 | 14 | M 50 |
| 160 | 496 | Grundkötter, Ralf | LV TriStar Oelde | 01:49:24 | 154 | 25 | M 35 |
| 161 | 174 | Lammers, Stefan | LSF Münster | 01:49:27 | 155 | 26 | M 35 |
| 162 | 84 | Rudolph, Eugen | WSV Rheine | 01:49:30 | 156 | 27 | M 35 |
| 163 | 135 | Adler, Peter | LG Emsdetten | 01:49:30 | 157 | 15 | M 50 |
| 164 | 391 | Verlage, Bernhard | SV Teuto Riesenbeck | 01:49:33 | 158 | 48 | M 40 |
| 165 | 83 | Schulze Lutum, Bernd | Marathon Steinfurt | 01:49:39 | 159 | 16 | M 50 |
| 166 | 106 | Kosok, Sigrid | Marathon Steinfurt | 01:49:40 | 7 | 3 | W 45 |
| 167 | 26 | Masch, Holger | FC Stella Bevergern | 01:49:41 | 160 | 17 | M 50 |
| 168 | 319 | Riethues, Jörg | SV Teuto Riesenbeck | 01:49:47 | 161 | 28 | M 35 |
| 169 | 348 | Paschedag, Ina | SV Herbern | 01:49:56 | 8 | 4 | W 45 |
| 170 | 326 | Warner, Michael | Rot-Weiß Suthausen | 01:49:59 | 162 | 49 | M 40 |
| 171 | 363 | Laig, Matthias | TV Hohne | 01:50:12 | 163 | 10 | M HK |
| 172 | 96 | Bruder, Achim | LG Rodgau | 01:50:13 | 164 | 29 | M 35 |
| 173 | 236 | Beck, Maik | Marathon Ibbenbüren | 01:50:15 | 165 | 30 | M 35 |
| 174 | 208 | Skornitzke, Günther | Münster | 01:50:16 | 166 | 18 | M 50 |
| 175 | 316 | Brümmer, Vinzenz | LG Emsdetten | 01:50:27 | 167 | 19 | M 50 |
| 176 | 536 | Shimaneni, Gresia-Grace | LG Emsdetten | 01:50:30 | 9 | 1 | W HK |
| 177 | 200 | Niggenaber, Ralf | TV Hohne | 01:50:33 | 168 | 41 | M 45 |
| 178 | 304 | Kühn, Claus | Wennemen | 01:50:38 | 169 | 11 | M HK |
| 179 | 427 | Hurnak, Oliver | SV Dickenberg | 01:50:46 | 170 | 50 | M 40 |
| 180 | 355 | Stüve, Helmut | Grün Weiß Steinbeck | 01:50:51 | 171 | 42 | M 45 |
| 181 | 342 | Kühnen, Thomas | BSG Sparkasse Duisburg | 01:50:52 | 172 | 51 | M 40 |
| 182 | 299 | Kiesow, Sven | Grün Weiß Steinbeck | 01:50:52 | 173 | 11 | M 30 |
| 183 | 118 | Sandbote, Ines | Greven | 01:50:53 | 10 | 3 | W 30 |

| Platz | Start-Nr. | Name/Vorname | Verein | Zeit | Platz M/W | Platz | AK |
|-------|-----------|------------------------------|------------------------------|----------|-----------|-------|------|
| 184 | 484 | Holthues, Peter | Marathon Steinfurt | 01:50:58 | 174 | 20 | M 50 |
| 185 | 92 | Menzel, Jürgen | Marathon Steinfurt | 01:50:59 | 175 | 43 | M 45 |
| 186 | 482 | Gawinski, Heinz | Marathon Ibbenbüren | 01:51:10 | 176 | 21 | M 50 |
| 187 | 286 | Wessel, Karlheinz | rc walk on | 01:51:12 | 177 | 44 | M 45 |
| 188 | 313 | Niemeyer, Holger | SV Eintracht Osnabrück | 01:51:17 | 178 | 31 | M 35 |
| 189 | 420 | Revermann, Klaus | Tri Run Ibbenbüren | 01:51:29 | 179 | 45 | M 45 |
| 190 | 378 | Moss, Udo | Arminia Ibbenbüren | 01:51:36 | 180 | 52 | M 40 |
| 191 | 55 | Sukatsch, Jörg | DJK Arminia Ibbenbüren | 01:51:38 | 181 | 46 | M 45 |
| 192 | 263 | Molitor, Lutz | LG Osnabrück | 01:51:41 | 182 | 22 | M 50 |
| 193 | 204 | Ortkras, Stefan | LG Osnabrück | 01:51:49 | 183 | 47 | M 45 |
| 194 | 178 | Neufend, Klaus | LSF Münster | 01:51:58 | 184 | 48 | M 45 |
| 195 | 154 | Habeck, Bernhard | Hagener SV | 01:51:59 | 185 | 23 | M 50 |
| 196 | 140 | Lammers, Detlev | SOM0 7 | 01:51:59 | 186 | 49 | M 45 |
| 197 | 418 | Lübbert, Oliver | Technoconcept Münster | 01:52:00 | 187 | 53 | M 40 |
| 198 | 233 | Brönstrup, Detlev | Bockraden | 01:52:07 | 188 | 50 | M 45 |
| 199 | 60 | Bauschulte, Rolf | Marathon Ibbenbüren | 01:52:09 | 189 | 54 | M 40 |
| 200 | 354 | Aulkemeyer, Jochen | Jamoda-Mettingen | 01:52:10 | 190 | 55 | M 40 |
| 201 | 231 | Hagemann, Joachim | LG Osnabrück | 01:52:13 | 191 | 24 | M 50 |
| 202 | 269 | Czerwinski, Dr. Günter | BTW Bünde | 01:52:29 | 192 | 2 | M 60 |
| 203 | 97 | Leeker, Jürgen | Badminton VfL Mettingen | 01:52:33 | 193 | 51 | M 45 |
| 204 | 225 | Hoffmann, Winfried | Hasbergen | 01:52:37 | 194 | 25 | M 50 |
| 205 | 102 | De Bruyn, Mark | Hörstel | 01:52:43 | 195 | 26 | M 50 |
| 206 | 426 | Pries, Thomas | Marathon Steinfurt | 01:52:53 | 196 | 52 | M 45 |
| 207 | 218 | Liegmann, Günter | TV Georgsmarienhütte | 01:52:59 | 197 | 27 | M 50 |
| 208 | 542 | Grothus, Stefan | Tecklenburg | 01:53:04 | 198 | 56 | M 40 |
| 209 | 95 | Budke, Rainer | TuS Graf Kobbo | 01:53:05 | 199 | 3 | M 60 |
| 210 | 78 | Westphal, Maik | Ibbenbüren | 01:53:12 | 200 | 12 | M 30 |
| 211 | 490 | Deilen, Helmut | LG Emsdetten | 01:53:22 | 201 | 53 | M 45 |
| 212 | 352 | Ruhe, Herbert | LG Emsdetten | 01:53:24 | 202 | 28 | M 50 |
| 213 | 448 | Mäss, Willi | LG Emsdetten | 01:53:24 | 203 | 9 | M 55 |
| 214 | 467 | ten Brummelhuis-Magereij, Ja | H.A.C. 63 Hoogeveen | 01:53:28 | 11 | 3 | W 40 |
| 215 | 335 | Bolz, Uwe | VFR Voxtrup | 01:53:33 | 204 | 29 | M 50 |
| 216 | 211 | Aulke, Andreas | Ostbevern-Brock | 01:53:35 | 205 | 57 | M 40 |
| 217 | 136 | Ortwerth, Josef | SC Altenrheine | 01:53:38 | 206 | 10 | M 55 |
| 218 | 88 | Hövel, Markus | BSG Westfalen AG | 01:53:43 | 207 | 12 | M HK |
| 219 | 36 | Hoppe, Carlo | Marathon Ibbenbüren | 01:53:46 | 208 | 30 | M 50 |
| 220 | 25 | Masch, Hedwig | FC Stella Bevergern | 01:53:50 | 12 | 1 | W 50 |
| 221 | 555 | Lagemann, Dietmar | LG Emsdetten | 01:54:08 | 209 | 58 | M 40 |
| 222 | 556 | Lagemann, Andrea | LG Emsdetten | 01:54:08 | 13 | 4 | W 40 |
| 223 | 63 | Krage, Hermann | SV Dickenberg | 01:54:26 | 210 | 4 | M 60 |
| 224 | 362 | Kollesch, Ingo-Christian | TV Meppen | 01:54:26 | 211 | 31 | M 50 |
| 225 | 410 | Nagel, Hartmut | BSG Sparkasse Osnabrück | 01:54:42 | 212 | 54 | M 45 |
| 226 | 390 | Heckmann, Michael | Bissendorf | 01:54:43 | 213 | 59 | M 40 |
| 227 | 123 | Schläger, Lars | HSG Spradow | 01:54:43 | 214 | 13 | M HK |
| 228 | 399 | Goltsche, Thomas | SV Eintracht Neuenkirchen | 01:54:52 | 215 | 55 | M 45 |
| 229 | 405 | Elfring, Jürgen | Marathon Ibbenbüren | 01:54:55 | 216 | 32 | M 50 |
| 230 | 460 | Biermann, Michael | SC Hörstel | 01:55:07 | 217 | 60 | M 40 |
| 231 | 31 | Sparenberg, Günter | TV Hohne | 01:55:08 | 218 | 1 | M 65 |
| 232 | 148 | Strathaus, Wolfgang | Münster | 01:55:11 | 219 | 56 | M 45 |
| 233 | 241 | Igelbrink, Hans-Gerd | TV G.M. Hütte | 01:55:12 | 220 | 33 | M 50 |
| 234 | 315 | Kolenda, Evelyn Maria | SV Dickenberg | 01:55:19 | 14 | 1 | W 35 |
| 235 | 337 | Stüve, Martin | Grün Weiß Steinbeck | 01:55:21 | 221 | 61 | M 40 |
| 236 | 237 | Steinke, Martin | Kirchenkreis Osnabrück | 01:55:29 | 222 | 57 | M 45 |
| 237 | 165 | Grüger, Magnus | LSF Münster | 01:55:36 | 223 | 58 | M 45 |
| 238 | 409 | Frye, Werner | SuS Olfen | 01:55:42 | 224 | 34 | M 50 |
| 239 | 297 | Schliephake, Marlies | SV Teuto Riesenbeck | 01:55:46 | 15 | 5 | W 45 |
| 240 | 307 | Strauch, Heinz | SV Teuto Riesenbeck | 01:55:47 | 225 | 35 | M 50 |
| 241 | 435 | Schmerge, Christiane | Running Horses Berlin | 01:55:47 | 16 | 6 | W 45 |
| 242 | 79 | Merschmeier, Stefan | Ibbenbüren | 01:56:05 | 226 | 32 | M 35 |
| 243 | 271 | Geers, Stephan | Tri Ra La Kolping Püßelbüren | 01:56:19 | 227 | 33 | M 35 |
| 244 | 446 | Bennink, Anja | H.A.C.63 Hoogeveen | 01:56:23 | 17 | 5 | W 40 |

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|-------|-----------|-----------------------------|------------------------------|----------|-----------|-------|------|
| 245 | 252 | Schröder, Rainer | TV Mettingen | 01:56:24 | 228 | 34 | M 35 |
| 246 | 19 | Schönfeld, Jörg | TV Mettingen | 01:56:25 | 229 | 62 | M 40 |
| 247 | 398 | Frehe, Marvin | Mettingen | 01:56:26 | 230 | 14 | M HK |
| 248 | 295 | Pöppelmann, Helmut | Osnabrück | 01:56:36 | 231 | 36 | M 50 |
| 249 | 273 | Vernauer, Günter | SC Osnabrück | 01:57:06 | 232 | 37 | M 50 |
| 250 | 126 | Nienaber, Günter | TVE Greven | 01:57:13 | 233 | 59 | M 45 |
| 251 | 386 | Helmig, Tobias | SV Teuto Riesenbeck | 01:57:14 | 234 | 60 | M 45 |
| 252 | 369 | Wiethölter, Uwe | SV Dickenberg | 01:57:19 | 235 | 61 | M 45 |
| 253 | 18 | Holthaus, Frank | LG-Rheine-Elte | 01:57:20 | 236 | 13 | M 30 |
| 254 | 40 | Gehlen, Markus | LG Rheine-Elte | 01:57:21 | 237 | 63 | M 40 |
| 255 | 20 | Hirse Korn, Maik | Rheine Elte | 01:57:31 | 238 | 35 | M 35 |
| 256 | 128 | Kaldemeyer, Wilhelm | Marathon Ibbenbüren | 01:57:36 | 239 | 38 | M 50 |
| 257 | 66 | Venker, Paul | LG Emsdetten | 01:57:37 | 240 | 5 | M 60 |
| 258 | 82 | Tietmeyer, Ulrich | Grün Weiß Steinbeck | 01:57:49 | 241 | 62 | M 45 |
| 259 | 325 | Wiebrock, Claus | TV GM-Hütte | 01:57:58 | 242 | 11 | M 55 |
| 260 | 458 | Wittenbrock, Werner | LG Osnabrück | 01:57:59 | 243 | 63 | M 45 |
| 261 | 364 | Schilling, Stefan | Osnabrück | 01:58:03 | 244 | 64 | M 45 |
| 262 | 483 | Segebart, Dieter | PSB 24 Berlin | 01:58:14 | 245 | 2 | M 65 |
| 263 | 120 | Meyendriesch, Burkard | Baumberge-Wiesel | 01:58:28 | 246 | 39 | M 50 |
| 264 | 515 | Meyendriesch, Andreas | Baumberge-Wiesel | 01:58:28 | 247 | 65 | M 45 |
| 265 | 394 | Pruss, Martin | Prenzelberg | 01:58:29 | 248 | 64 | M 40 |
| 266 | 222 | Ziese, Bernd | Münster | 01:58:37 | 249 | 66 | M 45 |
| 267 | 201 | Würl, Hans | Rödinghausen | 01:58:42 | 250 | 67 | M 45 |
| 268 | 512 | Weimer, Claus | TV G.M. Hütte | 01:58:46 | 251 | 68 | M 45 |
| 269 | 514 | Litzner, Thomas | Herrsching a. Ammersee | 01:58:46 | 252 | 15 | M HK |
| 270 | 80 | Rückforth, Günter | Ibbenbüren | 01:58:51 | 253 | 40 | M 50 |
| 271 | 525 | Kock, Kai-Uwe | LSF Münster | 01:58:54 | 254 | 69 | M 45 |
| 272 | 121 | Wesseler, Stefan | LG Emsdetten | 01:58:58 | 255 | 70 | M 45 |
| 273 | 346 | Hentrup, Manfred | TV Friesen Telgte | 01:58:59 | 256 | 41 | M 50 |
| 274 | 240 | Adolphi, Klaus-Dieter | TV Mettingen | 01:59:01 | 257 | 42 | M 50 |
| 275 | 430 | Brüggen, Cornelia | Tri Run Ibbenbüren | 01:59:07 | 18 | 7 | W 45 |
| 276 | 451 | Gormanns, Kurt | SV Eintracht Neuenkirchen | 01:59:10 | 258 | 12 | M 55 |
| 277 | 373 | Sanner, Reinhard | TV G.M. Hütte | 01:59:14 | 259 | 71 | M 45 |
| 278 | 537 | Hirsch, Andrea | LG Emsdetten | 01:59:15 | 19 | 2 | W 50 |
| 279 | 437 | Wesseler, Hartmut | SC Melle 03 | 01:59:22 | 260 | 72 | M 45 |
| 280 | 361 | Raschke, Ludger | SV Dickenberg | 01:59:28 | 261 | 13 | M 55 |
| 281 | 101 | Sonntag, Mike | Pirate-Hamburg | 01:59:30 | 262 | 65 | M 40 |
| 282 | 127 | Streibel, Stefan | Team Erdinger Alkoholfrei | 01:59:30 | 263 | 73 | M 45 |
| 283 | 216 | Ullrich, Oliver | Münster | 01:59:36 | 264 | 14 | M 30 |
| 284 | 109 | Gerhards, Martin | SV Dickenberg | 01:59:37 | 265 | 74 | M 45 |
| 285 | 341 | Sante, Andreas | SV Dickenberg | 01:59:38 | 266 | 75 | M 45 |
| 286 | 351 | Speller, Oliver | LG Osnabrück | 01:59:40 | 267 | 36 | M 35 |
| 287 | 530 | Wittemeier, Matthias | TuS Spenge | 01:59:43 | 268 | 66 | M 40 |
| 288 | 317 | Niehues-Böckenfeld, Klaudia | LG Emsdetten | 01:59:43 | 20 | 6 | W 40 |
| 289 | 366 | Schnieders, Josef | SV Dickenberg | 01:59:45 | 269 | 6 | M 60 |
| 290 | 258 | Kattenbusch, Monika | Haxter Lauffreunde Paderborn | 01:59:47 | 21 | 3 | W 50 |
| 291 | 374 | Vismann, Josef | SV Dickenberg | 01:59:51 | 270 | 14 | M 55 |
| 292 | 16 | Wessling, Norbert | Feuerwehr Mettingen | 02:00:03 | 271 | 76 | M 45 |
| 293 | 292 | Wolf, Martin | Rheine | 02:00:07 | 272 | 77 | M 45 |
| 294 | 251 | Aschemeyer, Uwe | Melle | 02:00:10 | 273 | 67 | M 40 |
| 295 | 359 | Berlekamp, Maria | TV Mettingen | 02:00:13 | 22 | 7 | W 40 |
| 296 | 41 | Krüssel, Martin | LG Rheine-Elte | 02:00:20 | 274 | 37 | M 35 |
| 297 | 163 | Gehring, Udo | LSF Münster | 02:00:32 | 275 | 38 | M 35 |
| 298 | 513 | Brockmann, Anne | SC Falke Saerbeck | 02:00:46 | 23 | 8 | W 40 |
| 299 | 455 | Bussmann, Matthias | Unielke | 02:00:57 | 276 | 43 | M 50 |
| 300 | 538 | Schmeing, Ralf | LSF Münster | 02:01:34 | 277 | 78 | M 45 |
| 301 | 300 | Strakeljahn, Elke | Marathon Steinfurt | 02:01:35 | 24 | 9 | W 40 |
| 302 | 357 | Lammers, Bernhard | FC Nordkirchen | 02:01:35 | 278 | 68 | M 40 |
| 303 | 370 | Schomaker, Thomas | LG Rheine-Elte | 02:01:37 | 279 | 39 | M 35 |
| 304 | 353 | Niermann, Rainer | SV Teuto Riesenbeck | 02:01:39 | 280 | 69 | M 40 |
| 305 | 331 | Meyer, Frank | Etus Rheine | 02:01:42 | 281 | 70 | M 40 |

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| 306 | 276 | Reyering, Sandra | Eintracht Neuenkirchen | 02:01:43 | 25 | 2 | W 35 |
| 307 | 235 | Schilling, Martin | TV Friesen Telgte | 02:01:43 | 282 | 71 | M 40 |
| 308 | 170 | Kerkhoff, Hildegard | LSF Münster | 02:01:48 | 26 | 1 | W 55 |
| 309 | 469 | Richter, Hubert | Laufsport Senden | 02:01:48 | 283 | 15 | M 55 |
| 310 | 287 | Teupe, Hermann | LSF Münster | 02:01:49 | 284 | 72 | M 40 |
| 311 | 457 | Möllers, Alexandra | Sassenberg | 02:01:57 | 27 | 4 | W 30 |
| 312 | 502 | Berentzen, Annette | Osnabrück | 02:01:58 | 28 | 10 | W 40 |
| 313 | 76 | Thalman, Raimund | Teuto Riesenbeck | 02:02:08 | 285 | 73 | M 40 |
| 314 | 284 | Hertz, Gisela | Marathon Steinfurt | 02:02:18 | 29 | 4 | W 50 |
| 315 | 466 | Hülsmann, Christian | Rheine | 02:02:21 | 286 | 74 | M 40 |
| 316 | 13 | Hauptvogel, Dieter | LC Rapid Dortmund | 02:02:22 | 287 | 3 | M 65 |
| 317 | 486 | Beckmann, Manfred | Schwarz-Weiß Esch | 02:02:40 | 288 | 79 | M 45 |
| 318 | 461 | Schilling, Ludger | LT Petershagen | 02:02:53 | 289 | 44 | M 50 |
| 319 | 288 | Domeyer-Schmidt, Kerima | LG Osnabrück | 02:02:58 | 30 | 8 | W 45 |
| 320 | 526 | Jördens, Heidi | Marathon Ibbenbüren | 02:03:05 | 31 | 5 | W 50 |
| 321 | 312 | Kerk, Thomas | SV Dickenberg | 02:03:12 | 290 | 80 | M 45 |
| 322 | 14 | Albermann, Ralf | Grün Weiß Steinbeck | 02:03:14 | 291 | 75 | M 40 |
| 323 | 238 | Ahlemeyer, Anne | Tura Elsen | 02:03:20 | 32 | 2 | W 55 |
| 324 | 71 | Hülskramer, Peter | Rheine | 02:03:31 | 292 | 81 | M 45 |
| 325 | 417 | Pape, Ursula | Marathon Steinfurt | 02:04:32 | 33 | 6 | W 50 |
| 326 | 302 | Huge, Bärbel | Marathon Steinfurt | 02:04:33 | 34 | 11 | W 40 |
| 327 | 144 | Hülsmeyer, Werner | SV Teuto Riesenbeck | 02:05:01 | 293 | 16 | M 55 |
| 328 | 309 | Middendorf, Johannes-Dieter | SV Teuto Riesenbeck | 02:05:02 | 294 | 82 | M 45 |
| 329 | 202 | Göcke, Rosi | SV Dickenberg | 02:05:06 | 35 | 9 | W 45 |
| 330 | 389 | Greiwe, Simone | SV Dickenberg | 02:05:08 | 36 | 5 | W 30 |
| 331 | 184 | Rohloff, Dieter | LSF Münster | 02:05:51 | 295 | 17 | M 55 |
| 332 | 205 | Pietschner, Monika | Greven | 02:06:20 | 37 | 10 | W 45 |
| 333 | 214 | Nospickel, Udo | Mettingen | 02:06:29 | 296 | 40 | M 35 |
| 334 | 93 | Heßling, Jochen | LT Wettringen | 02:06:34 | 297 | 83 | M 45 |
| 335 | 213 | Cornelißen, Volker | LC Duisburg | 02:06:37 | 298 | 76 | M 40 |
| 336 | 400 | Willmann, Ralph | LT Wischlingen Dortmund | 02:06:37 | 299 | 45 | M 50 |
| 337 | 4 | Beyer, Claudia | SuS Oberaden | 02:06:39 | 38 | 11 | W 45 |
| 338 | 171 | König, Ute | LSF Münster | 02:06:45 | 39 | 12 | W 40 |
| 339 | 207 | Ender, Jochen | LG Emsdetten | 02:06:58 | 300 | 84 | M 45 |
| 340 | 332 | Rehers, Hans-Werner | Unicef Laufbotschafter | 02:07:02 | 301 | 7 | M 60 |
| 341 | 246 | Menzel, Ursula | SC Schölerberg Osnabrück | 02:07:10 | 40 | 1 | W 60 |
| 342 | 306 | Kleimann, Birgitt | Wasser+Freizeit Münster | 02:07:21 | 41 | 3 | W 35 |
| 343 | 270 | Uiess, Michael | Marathon Steinfurt | 02:07:26 | 302 | 46 | M 50 |
| 344 | 191 | Thonemann, Wilhelm | LSF Münster | 02:07:48 | 303 | 47 | M 50 |
| 345 | 159 | Driese, Werner | LSF Münster | 02:08:23 | 304 | 18 | M 55 |
| 346 | 314 | Meyer, Manfred | TV Mettingen | 02:08:34 | 305 | 85 | M 45 |
| 347 | 293 | Sieker, Hans-Ulrich | TV Mettingen | 02:08:36 | 306 | 19 | M 55 |
| 348 | 141 | Teutemacher, Tobias | TVE Greven | 02:08:45 | 307 | 86 | M 45 |
| 349 | 142 | Berghoff, Ulrich | Bienes Lauftreff | 02:08:50 | 308 | 87 | M 45 |
| 350 | 115 | Meyer, Ruth | Grün Weiß Steinbeck | 02:09:09 | 42 | 4 | W 35 |
| 351 | 91 | Zimmermann, Michael | Grün Weiß Steinbeck | 02:09:09 | 309 | 48 | M 50 |
| 352 | 119 | Schlüter, Ulrich | SV Teuto Riesenbeck | 02:09:27 | 310 | 20 | M 55 |
| 353 | 472 | Sendker, Stefan | Elte | 02:09:38 | 311 | 77 | M 40 |
| 354 | 387 | Varnskühler, Norbert | SV Teuto Riesenbeck | 02:09:41 | 312 | 49 | M 50 |
| 355 | 468 | Bröskamp, Jörg | Rheine | 02:10:12 | 313 | 41 | M 35 |
| 356 | 524 | Kosse, Wiltrud | LT Wettringen | 02:10:36 | 43 | 12 | W 45 |
| 357 | 22 | Schleiner, Karin | LT Wettringen | 02:10:36 | 44 | 13 | W 45 |
| 358 | 87 | Ruhe, Dieter | BSG Westfalen AG | 02:10:42 | 314 | 50 | M 50 |
| 359 | 185 | Hemsing, Hermann | LSF Münster | 02:10:43 | 315 | 78 | M 40 |
| 360 | 196 | Dohmann, Angelika | LSF Münster | 02:10:44 | 45 | 3 | W 55 |
| 361 | 338 | Lopatta, Joachim | SV Weserbergland | 02:10:45 | 316 | 1 | M 75 |
| 362 | 249 | Florian, Martin | LAC Veltins HSK | 02:10:52 | 317 | 88 | M 45 |
| 363 | 65 | Venker, Margret | LG Emsdetten | 02:11:15 | 46 | 2 | W 60 |
| 364 | 440 | Schütte, Rembert | TV Gronau | 02:11:15 | 318 | 51 | M 50 |
| 365 | 439 | Graff, Michael | TV Gronau | 02:11:15 | 319 | 79 | M 40 |
| 366 | 343 | Kühnen, Claudia | BSG Sparkasse Duisburg | 02:11:26 | 47 | 13 | W 40 |

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| 367 | 436 | Tietmeyer, Matthias | Grün Weiß Steinbeck | 02:11:42 | 320 | 80 | M 40 |
| 368 | 532 | Lenfers-Lücker, Petra | SV Herbern | 02:11:55 | 48 | 14 | W 45 |
| 369 | 247 | Siebe, Birte | Lübbecker Berglöwen | 02:12:09 | 49 | 6 | W 30 |
| 370 | 35 | Welp, Bernhard | SV Teuto Riesenbeck | 02:12:23 | 321 | 8 | M 60 |
| 371 | 298 | Sicking, Richard | Grenzläufer Oeding | 02:12:24 | 322 | 89 | M 45 |
| 372 | 403 | Ingenmey, Franz-Josef | LT Bittermark Dortmund | 02:12:24 | 323 | 21 | M 55 |
| 373 | 89 | Kalin, Hedwig | Grün Weiß Steinbeck | 02:13:02 | 50 | 7 | W 50 |
| 374 | 12 | Wagner, Lothar | TV Mesum | 02:13:03 | 324 | 52 | M 50 |
| 375 | 75 | Kammering, Jörg | TV Mesum | 02:13:03 | 325 | 81 | M 40 |
| 376 | 289 | Loevvelt, Michaela | TV Mettingen | 02:13:08 | 51 | 14 | W 40 |
| 377 | 285 | Salzmann, Sandra | TV Mettingen | 02:13:09 | 52 | 15 | W 40 |
| 378 | 280 | Misch, Stefanie | TV Mettingen | 02:13:10 | 53 | 16 | W 40 |
| 379 | 340 | Beinlich, Klaus | TV Mettingen | 02:13:15 | 326 | 53 | M 50 |
| 380 | 28 | Nospickel, Markus | TV Mettingen | 02:13:24 | 327 | 82 | M 40 |
| 381 | 279 | Bogdanski, Heike | www.lear-laeuft.de | 02:13:31 | 54 | 17 | W 40 |
| 382 | 294 | Schiller, Katrin | Osnabrück | 02:13:33 | 55 | 5 | W 35 |
| 383 | 344 | Lauxtermann, Annelie | LG Osnabrück | 02:14:04 | 56 | 4 | W 55 |
| 384 | 232 | Vogedes, Rolf | Etus Rheine | 02:14:18 | 328 | 54 | M 50 |
| 385 | 105 | Gundlach, Jörn | Rheine | 02:15:00 | 329 | 4 | M 65 |
| 386 | 57 | Maag, Thomas | Ibbenbüren | 02:15:28 | 330 | 90 | M 45 |
| 387 | 38 | Upmann, Rudolf | LG Rheine Elte | 02:16:21 | 331 | 22 | M 55 |
| 388 | 320 | Greiwe, Ottmar | LG Rheine/Elte | 02:16:21 | 332 | 91 | M 45 |
| 389 | 188 | Sieme, Jürgen | LSF Münster | 02:16:26 | 333 | 55 | M 50 |
| 390 | 431 | Kubischke-Eickermann, Christ | Berlin | 02:16:28 | 57 | 15 | W 45 |
| 391 | 384 | Arira-Schiddel, Monika | Running Horses Berlin | 02:16:28 | 58 | 8 | W 50 |
| 392 | 153 | Wiels, Ursula | SV Teuto Riesenbeck | 02:16:30 | 59 | 5 | W 55 |
| 393 | 166 | Werthmüller, Bärbel | Marathon Ibbenbüren | 02:16:30 | 60 | 18 | W 40 |
| 394 | 349 | Over, Dr. Gerhard | Lauffreunde Emsland | 02:16:38 | 334 | 23 | M 55 |
| 395 | 194 | Völkert, Hinz | LSF Münster | 02:16:45 | 335 | 9 | M 60 |
| 396 | 70 | Engelsberg, Christine | SV Teuto Riesenbeck | 02:17:04 | 61 | 19 | W 40 |
| 397 | 206 | Frehe, Günter | TV Mettingen | 02:17:18 | 336 | 92 | M 45 |
| 398 | 210 | Kuper, Hans | Lauffreunde Emsland | 02:17:43 | 337 | 56 | M 50 |
| 399 | 396 | Speet, Angela | Lauffreunde Emsland | 02:17:43 | 62 | 16 | W 45 |
| 400 | 533 | Lambers, Ramona | Lingen | 02:17:44 | 63 | 6 | W 35 |
| 401 | 278 | Durschlag, Klaus | Lauffreunde Emsland | 02:17:44 | 338 | 57 | M 50 |
| 402 | 499 | Hemker, Reinhold | LG Emsdetten | 02:18:39 | 339 | 10 | M 60 |
| 403 | 527 | Staarmann, Hannes | Osnabrück | 02:19:05 | 340 | 58 | M 50 |
| 404 | 198 | Paege, Manfred | Rheine | 02:19:43 | 341 | 93 | M 45 |
| 405 | 539 | Budde, Ulrich | LSF Münster | 02:20:18 | 342 | 24 | M 55 |
| 406 | 139 | Herbert, Christel | LSF Münster | 02:20:38 | 64 | 9 | W 50 |
| 407 | 264 | Rauer, Udo | TV Mettingen | 02:20:51 | 343 | 83 | M 40 |
| 408 | 267 | Staas, Sabine | SV Eintracht Neuenkirchen | 02:20:54 | 65 | 17 | W 45 |
| 409 | 100 | Neils, Willi | Eintracht Neuenkirchen | 02:20:56 | 344 | 25 | M 55 |
| 410 | 428 | Holtgräve, Petra | TV Friesen Telgte | 02:23:09 | 66 | 18 | W 45 |
| 411 | 51 | Meyer, Angelika | Grün Weiß Steinbeck | 02:23:27 | 67 | 19 | W 45 |
| 412 | 73 | Nase, Ulla | LT Wettringen | 02:24:04 | 68 | 20 | W 45 |
| 413 | 412 | Stangneth, Ingrid | TV Friesen Telgte | 02:24:50 | 69 | 6 | W 55 |
| 414 | 498 | Walther, Béatrice | Laufsport Andreas | 02:25:14 | 70 | 7 | W 35 |
| 415 | 234 | Schröer, Jürgen | TV Mettingen | 02:26:23 | 345 | 59 | M 50 |
| 416 | 239 | Brüning, Barbara | TV Mettingen | 02:26:24 | 71 | 21 | W 45 |
| 417 | 382 | Kubitza, Judith | SV Dickenberg | 02:27:09 | 72 | 2 | W HK |
| 418 | 160 | Durynek, Hildegard | LSF Münster | 02:27:33 | 73 | 1 | W 70 |
| 419 | 98 | Eberth, Hannelore | TuS Graf Kobbo | 02:27:48 | 74 | 7 | W 55 |
| 420 | 45 | Ohde, Georg | LG Emsdetten | 02:28:30 | 346 | 94 | M 45 |
| 421 | 376 | Wolter, Heidrun | Berlin | 02:28:47 | 75 | 3 | W 60 |
| 422 | 413 | Dierker, Lore | Osnabrück | 02:29:07 | 76 | 10 | W 50 |
| 423 | 190 | Thonemann, Anne | LSF Münster | 02:29:16 | 77 | 11 | W 50 |
| 424 | 350 | Hetmank, Günter | Lauffreunde Emsland e.V. | 02:29:50 | 347 | 26 | M 55 |
| 425 | 371 | Lübbbers, Agnes | TV Gronau | 02:30:49 | 78 | 8 | W 55 |
| 426 | 488 | Noffke, Margarete | Dortmund | 02:32:45 | 79 | 9 | W 55 |
| 427 | 487 | Noffke, Horst | LT Bittermark | 02:32:45 | 348 | 11 | M 60 |

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| 428 | 510 | Kraft, Christine | TV Mengede | 02:34:43 | 80 | 20 | W 40 |
| 429 | 519 | Michels, Carolin | Karlsruhe | 02:36:19 | 81 | 3 | W HK |
| 430 | 479 | Nospickel, Reinhard | Truma-Team Mettingen | 02:36:19 | 349 | 95 | M 45 |
| 431 | 172 | Kranenburg, Alida | LSF Münster | 02:36:24 | 82 | 12 | W 50 |
| 432 | 379 | Ulrich, Erich | Running Horses Berlin | 02:39:02 | 350 | 27 | M 55 |
| 433 | 508 | Potrzebowski, Andrzej | Bad Eilsen | 02:39:03 | 351 | 1 | M 70 |
| 434 | 444 | Büscher, Jochen | Greven-Reckenfeld | 02:44:09 | 352 | 42 | M 35 |