

| Name                   | Veranstaltung             | Ort            | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|------------------------|---------------------------|----------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Abendroth-Pott, Volker | Luisenturmlauf            | Borgholzhausen | 03.03.2024 | 21097   | M50    | 50       | 0     | 02:03:47    | 05:52 |                 | M   |
| Abendroth-Pott, Volker | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M50    | 242      | 0     | 03:17:26    | 06:21 |                 | M   |
| Achterwinter, Dirk     | Luisenturmlauf            | Borgholzhausen | 03.03.2024 | 21097   | M60    | 38       | 0     | 02:29:08    | 07:04 |                 | M   |
| Achterwinter, Dirk     | Paderborner Osterlauf     | Paderborn      | 30.03.2024 | 21097   | M60    | 45       | 0     | 02:07:54    | 06:04 |                 | M   |
| Achterwinter, Dirk     | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M60    | 160      | 0     | 03:47:29    | 07:19 |                 | M   |
| Achterwinter, Dirk     | Nacht von Borgholzhausen  | Borgholzhausen | 15.06.2024 | 10000   | M60    | 19       | 0     | 00:59:13    | 05:55 |                 | M   |
| Achterwinter, Dirk     | Run and Roll City         | Bielefeld      | 08.09.2024 | 10300   | M60    | 25       | 0     | 00:58:08    | 05:39 |                 | M   |
| Albers, Kristina       | Luisenturmlauf            | Borgholzhausen | 03.03.2024 | 12500   | W45    | 1        | 5     | 01:04:24    | 05:09 |                 | W   |
| Albers, Kristina       | Paderborner Osterlauf     | Paderborn      | 30.03.2024 | 21097   | W45    | 9        | 0     | 01:49:37    | 05:12 |                 | W   |
| Albers, Kristina       | Klosterlauf               | Marienfeld     | 15.05.2024 | 7500    | W45    | 5        | 0     | 00:36:46    | 04:54 |                 | W   |
| Albers, Kristina       | Sparrenburg Firmenlauf    | Bielefeld      | 22.05.2024 | 5000    | W45    | 7        | 0     | 00:33:33    | 06:43 |                 | W   |
| Albers, Kristina       | Oesterweger Feuerwehrlauf | Oesterweg      | 21.06.2024 | 10000   | W45    | 7        | 0     | 00:51:38    | 05:10 |                 | W   |
| Albers, Kristina       | Böckstieggellauf          | Werther        | 28.09.2024 | 10000   | W45    | 1        | 10    | 00:49:45    | 04:59 |                 | W   |
| Albers, Kristina       | Halloween Track Meeting   | Bielefeld      | 26.10.2024 | 5000    | W45    | 1        | 0     | 00:23:43,54 | 04:45 |                 | W   |
| Albers, Kristina       | Halbmarathon Gütersloh    | Gütersloh      | 03.11.2024 | 10000   | W45    | 4        | 0     | 00:48:55    | 04:54 |                 | W   |
| Altenbäumer, Klaus     | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M55    | 88       | 0     | 02:53:26    | 05:35 |                 | M   |
| Altenbäumer, Klaus     | Vereinsmeisterschaft      | Bielefeld      | 01.11.2024 | 11300   | M55    | 2        | 8     | 00:59:20    | 05:15 |                 | M   |
| Althoff, Bernd         | Sternchenlauf             | Sende          | 29.05.2024 | 5000    | M55    | 5        | 0     | 00:24:04    | 04:49 |                 | M   |
| Althoff, Bernd         | navigator Firmenlauf      | Gütersloh      | 28.08.2024 | 4650    | M55    | 5        | 0     | 00:22:48    | 04:54 |                 | M   |
| Althoff, Bernd         | Böckstieggellauf          | Werther        | 28.09.2024 | 18000   | M55    | 23       | 0     | 01:36:43    | 05:22 |                 | M   |
| Althoff, Bernd         | Rügenbrücken-Marathon     | Stralsund      | 12.10.2024 | 21097   | M55    | 6        | 0     | 01:49:59    | 05:13 |                 | M   |
| Althoff, Bernd         | Nikolauf Everswinkel      | Everswinkel    | 07.12.2024 | 10000   | M55    | 9        | 0     | 00:52:03    | 05:12 |                 | M   |
| Althoff, Bernd         | Weihnachtscrosslauf       | Borgholzhausen | 15.12.2024 | 16000   | M55    | 26       | 0     | 01:29:13    | 05:35 |                 | M   |
| Antweiler, Carlo       | Citylauf Verl             | Verl           | 02.10.2024 | 1800    | MK U10 | 13       | 0     | 00:09:08    | 05:04 |                 | M   |
| Antweiler, Larissa     | Oelder Crosslauf          | Oelde          | 13.01.2024 | 4150    | W40    | 1        | 5     | 00:19:25    | 04:41 |                 | W   |
| Antweiler, Larissa     | Crosslauf Lühtringen      | Lühtringen     | 04.02.2024 | 7900    | W40    | 1        | 0     | 00:37:24    | 04:44 |                 | W   |
| Antweiler, Larissa     | Sälzerlauf                | Salzkotten     | 16.03.2024 | 10000   | W40    | 2        | 8     | 00:40:09    | 04:01 |                 | W   |
| Antweiler, Larissa     | Halbmarathon Berlin       | Berlin         | 07.04.2024 | 21097   | W40    | 27       | 0     | 01:37:17    | 04:37 |                 | W   |
| Antweiler, Larissa     | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | W40    | 3        | 0     | 02:34:43    | 04:58 |                 | W   |
| Antweiler, Larissa     | Klosterlauf               | Marienfeld     | 15.05.2024 | 7500    | W40    | 2        | 8     | 00:30:52    | 04:07 |                 | W   |
| Antweiler, Larissa     | Sparrenburg Firmenlauf    | Bielefeld      | 22.05.2024 | 5000    | W40    | 1        | 5     | 00:21:17    | 04:15 |                 | W   |
| Antweiler, Larissa     | navigator Firmenlauf      | Gütersloh      | 28.08.2024 | 4650    | W40    | 1        | 4     | 00:19:24    | 04:10 |                 | W   |
| Antweiler, Larissa     | Citylauf Verl             | Verl           | 02.10.2024 | 5000    | W40    | 1        | 6     | 00:19:38    | 03:56 |                 | W   |
| Antweiler, Larissa     | Saerbecker Kirmeslauf     | Saerbeck       | 05.10.2024 | 5000    | W40    | 1        | 1     | 00:20:03    | 04:01 |                 | W   |
| Antweiler, Larissa     | Vereinsmeisterschaft      | Bielefeld      | 01.11.2024 | 11300   | W40    | 1        | 1     | 00:55:42    | 04:56 |                 | W   |
| Antweiler, Larissa     | FLVW Cross-Meistersch.    | Paderborn      | 10.11.2024 | 5100    | W40    | 1        | 0     | 00:21:28    | 04:13 |                 | W   |
| Antweiler, Larissa     | Weihnachtscrosslauf       | Borgholzhausen | 15.12.2024 | 10000   | W40    | 1        | 2     | 00:42:51    | 04:17 |                 | W   |
| Antweiler, Toni        | Citylauf Verl             | Verl           | 02.10.2024 | 1800    | MK U12 | 4        | 8     | 00:07:48    | 04:20 |                 | M   |
| Astroth, Dirk          | Luisenturmlauf            | Borgholzhausen | 03.03.2024 | 21097   | M60    | 28       | 0     | 02:12:35    | 06:17 |                 | M   |
| Astroth, Dirk          | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M60    | 63       | 0     | 03:08:57    | 06:05 |                 | M   |
| Astroth, Dirk          | Sparrenburg Firmenlauf    | Bielefeld      | 22.05.2024 | 5000    | M60    | 0        | 0     | 00:24:40    | 04:56 |                 | M   |
| Astroth, Dirk          | Böckstieggellauf          | Werther        | 28.09.2024 | 18000   | M60    | 9        | 0     | 01:35:29    | 05:18 |                 | M   |
| Astroth, Dirk          | Vereinsmeisterschaft      | Bielefeld      | 01.11.2024 | 11300   | M60    | 2        | 10    | 01:02:29    | 05:32 |                 | M   |
| Aust, Matthias         | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M50    | 4        | 0     | 02:14:23    | 04:19 |                 | M   |
| Aust, Matthias         | Marathon Berlin           | Berlin         | 29.09.2024 | 42195   | M50    | 76       | 0     | 02:47:59    | 03:59 |                 | M   |
| Bach, Petra            | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | W50    | 15       | 0     | 03:03:41    | 05:54 |                 | W   |
| Bach, Petra            | Marathon Berlin           | Berlin         | 29.09.2024 | 42195   | W50    | 463      | 0     | 03:53:29    | 05:32 |                 | W   |
| Bär, Anna Caroline     | Marathon Hannover         | Hannover       | 12.04.2024 | 21097   | W45    | 45       | 0     | 01:53:56    | 05:24 |                 | W   |

| Name                  | Veranstaltung              | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell<br>verm. | MAW |
|-----------------------|----------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|--------------------|-----|
| Bär, Anna Caroline    | Böckstiegeellauf           | Werther          | 28.09.2024 | 18000   | W45 | 6        | 0     | 01:36:23    | 05:21 |                    | W   |
| Bäumges, Daniel       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M   | 473      | 0     | 03:21:46    | 06:29 |                    | M   |
| Bäumges, Thomas       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M30 | 454      | 0     | 03:21:48    | 06:29 |                    | M   |
| Bausch, Peter         | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | M65 | 5        | 15    | 01:45:53    | 09:22 |                    | M   |
| Bausch, Petra         | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | W65 | 2        | 8     | 01:45:53    | 09:22 |                    | W   |
| Beitelhoff, Christian | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55 | 33       | 0     | 02:37:33    | 05:04 |                    | M   |
| Beitelhoff, Christian | Oetinghauser Volkslauf     | Hiddenhausen     | 09.05.2024 | 4200    | M55 | 17       | 0     | 00:21:45    | 05:11 |                    | M   |
| Beitelhoff, Christian | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 5900    | M55 | 2        | 6     | 00:37:04    | 06:17 |                    | M   |
| Beitelhoff, Christian | Christkindllauf            | Wiedenbrück      | 06.12.2024 | 10000   | M55 | 32       | 0     | 00:51:59    | 05:12 |                    | M   |
| Bergmann, Julian      | Marathon Salzkotten        | Salzkotten       | 02.06.2024 | 42195   | M35 | 14       | 0     | 04:25:36    | 06:18 |                    | M   |
| Bettmann, Felix       | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M35 | 5        | 0     | 01:32:22    | 04:23 |                    | M   |
| Bettmann, Felix       | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M35 | 20       | 0     | 01:24:40    | 04:01 |                    | M   |
| Bettmann, Felix       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M35 | 33       | 0     | 02:18:30    | 04:27 |                    | M   |
| Bettmann, Felix       | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M35 | 3        | 9     | 00:19:16    | 03:51 |                    | M   |
| Bettmann, Felix       | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M35 | 6        | 0     | 00:34:53    | 03:48 |                    | M   |
| Bettmann, Felix       | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M35 | 2        | 7     | 00:16:51    | 03:37 |                    | M   |
| Bettmann, Felix       | ASG Bahn-Meeting           | S.H.-Stukenbrock | 06.09.2024 | 5000    | M35 | 0        | 0     | 00:18:08,50 | 03:38 |                    | M   |
| Bettmann, Felix       | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M35 | 5        | 0     | 00:37:52    | 03:41 |                    | M   |
| Bettmann, Felix       | Citylauf Verl              | Verl             | 02.10.2024 | 10000   | M35 | 3        | 0     | 00:36:29    | 03:39 |                    | M   |
| Bettmann, Felix       | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 5900    | M35 | 1        | 2     | 00:30:43    | 05:12 |                    | M   |
| Bettmann, Felix       | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M35 | 7        | 0     | 01:23:42    | 03:58 |                    | M   |
| Bettmann, Felix       | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M35 | 5        | 0     | 01:08:18    | 04:16 |                    | M   |
| Beugholt, Thorsten    | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M55 | 19       | 0     | 01:49:50    | 05:12 |                    | M   |
| Beugholt, Thorsten    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55 | 21       | 0     | 02:30:28    | 04:50 |                    | M   |
| Block, Hans           | Sälzerlauf                 | Salzkotten       | 16.03.2024 | 10000   | M45 | 11       | 0     | 00:42:30    | 04:15 |                    | M   |
| Block, Hans           | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M45 | 48       | 0     | 02:36:06    | 05:01 |                    | M   |
| Block, Hans           | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M45 | 14       | 0     | 01:19:34    | 04:58 |                    | M   |
| Blondeel, Heleen Eva  | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W35 | 76       | 0     | 03:28:30    | 06:42 |                    | W   |
| Bochert, Florian      | Lauf der Sympathie         | Berlin           | 17.03.2024 | 10000   | M   | 1        | 1     | 00:31:42    | 03:10 |                    | M   |
| Bochert, Florian      | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M   | 1        | 1     | 01:07:42    | 03:13 |                    | M   |
| Bochert, Florian      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M   | 1        | 3     | 01:49:42    | 03:32 |                    | M   |
| Bochert, Florian      | Gutsmuths Rennsteiglauf    | Schmiedefeld     | 25.05.2024 | 21400   | M   | 2        | 2     | 01:13:54    | 03:27 |                    | M   |
| Bochert, Florian      | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M   | 1        | 1     | 00:32:28    | 03:15 |                    | M   |
| Bochert, Florian      | Oberseelauf                | Bielefeld        | 23.06.2024 | 10000   | M   | 1        | 1     | 00:31:35    | 03:10 |                    | M   |
| Bochert, Florian      | Schneekopflauf             | Schmiedefeld     | 06.07.2024 | 12700   | M   | 1        | 2     | 00:52:34    | 04:08 |                    | M   |
| Bochert, Florian      | Adidas Runners City Night  | Berlin           | 27.07.2024 | 10000   | M   | 28       | 0     | 00:31:59    | 03:12 |                    | M   |
| Bochert, Florian      | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M   | 7        | 0     | 00:17:17    | 03:27 |                    | M   |
| Bochert, Florian      | Halbmarathon Reinickendorf | Berlin           | 01.09.2024 | 21097   | M   | 1        | 2     | 01:08:44    | 03:15 |                    | M   |
| Bochert, Florian      | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M   | 1        | 1     | 00:32:27    | 03:09 |                    | M   |
| Bochert, Florian      | Marathon Berlin            | Berlin           | 29.09.2024 | 42195   | M   | 34       | 0     | 02:22:15    | 03:22 |                    | M   |
| Bochert, Florian      | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 1000    | M   | 1        | 0     | 00:02:50,50 | 02:51 |                    | M   |
| Bochert, Florian      | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 5000    | M   | 4        | 0     | 00:17:35,82 | 03:31 |                    | M   |
| Bochert, Florian      | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M   | 1        | 1     | 00:55:57    | 03:30 |                    | M   |
| Bock, Stephan         | Stadtlauf Bad Oeynhausen   | Bad Oeynhausen   | 17.05.2024 | 9600    | M50 | 10       | 0     | 00:47:42    | 04:58 |                    | M   |
| Bock, Stephan         | Sternchenlauf              | Sende            | 29.05.2024 | 10000   | M50 | 14       | 0     | 00:52:22    | 05:14 |                    | M   |
| Bock, Stephan         | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 4100    | M50 | 6        | 0     | 00:20:01    | 04:53 |                    | M   |
| Bock, Stephan         | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M50 | 17       | 0     | 00:49:59    | 04:51 |                    | M   |
| Bock, Stephan         | Böckstiegeellauf           | Werther          | 28.09.2024 | 10000   | M50 | 4        | 0     | 00:49:44    | 04:58 |                    | M   |

| Name              | Veranstaltung            | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-------------------|--------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Bock, Stephan     | Marathon Bremen          | Bremen           | 06.10.2024 | 21097   | M50 | 34       | 0     | 01:46:09    | 05:02 |                 | M   |
| Bock, Stephan     | Wällelauf                | Herford          | 27.10.2024 | 10000   | M50 | 15       | 0     | 00:47:30    | 04:45 |                 | M   |
| Bock, Stephan     | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 21097   | M50 | 17       | 0     | 01:44:37    | 04:58 |                 | M   |
| Bock, Stephan     | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 10000   | M50 | 12       | 0     | 00:48:42    | 04:52 |                 | M   |
| Böddeker, Thomas  | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M40 | 140      | 0     | 02:46:14    | 05:21 |                 | M   |
| Böddeker, Thomas  | Böckstiegeellauf         | Werther          | 28.09.2024 | 18000   | M40 | 38       | 0     | 01:40:53    | 05:36 |                 | M   |
| Böddeker, Thomas  | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 29000   | M40 | 24       | 0     | 02:48:01    | 05:48 |                 | M   |
| Boehme, Patrick   | Langenberger Volkslauf   | Langenberg       | 09.03.2024 | 11000   | M35 | 1        | 1     | 00:35:39    | 03:14 |                 | M   |
| Boehme, Patrick   | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 10000   | M35 | 1        | 0     | 00:31:54    | 03:11 |                 | M   |
| Boehme, Patrick   | Marathon Hamburg         | Hamburg          | 28.04.2024 | 42195   | M35 | 4        | 0     | 02:28:05    | 03:31 |                 | M   |
| Boehme, Patrick   | Nacht von Borgholzhausen | Borgholzhausen   | 15.06.2024 | 10000   | M35 | 1        | 2     | 00:32:28    | 03:15 |                 | M   |
| Boehme, Patrick   | navigator Firmenlauf     | Gütersloh        | 28.08.2024 | 4650    | M35 | 1        | 1     | 00:14:40    | 03:09 |                 | M   |
| Boehme, Patrick   | Böckstiegeellauf         | Werther          | 28.09.2024 | 18000   | M35 | 1        | 1     | 01:00:50    | 03:23 |                 | M   |
| Boehme, Patrick   | Westf. Meisterschaften   | Coesfeld         | 12.10.2024 | 10000   | M35 | 1        | 9     | 00:31:40    | 03:10 |                 | M   |
| Boehme, Patrick   | FLVW Cross-Meistersch.   | Paderborn        | 10.11.2024 | 9800    | M35 | 1        | 3     | 00:32:04    | 03:16 |                 | M   |
| Boehme, Patrick   | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 10000   | M35 | 1        | 1     | 00:31:43    | 03:10 |                 | M   |
| Böger, Nikolas    | Run and Roll City        | Bielefeld        | 08.09.2024 | 10300   | M40 | 70       | 0     | 00:57:45    | 05:36 |                 | M   |
| Bollweg, Anita    | Oberseelauf              | Bielefeld        | 23.06.2024 | 5000    | W60 | 1        | 0     | 00:26:32    | 05:18 |                 | W   |
| Bossow, Christian | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 10000   | M60 | 2        | 0     | 00:45:04    | 04:30 |                 | M   |
| Bossow, Franziska | DO IT FAST Winteredition | Dortmund         | 04.02.2024 | 10000   | W35 | 1        | 2     | 00:35:51    | 03:35 |                 | W   |
| Bossow, Franziska | Sälzerlauf               | Salzkotten       | 16.03.2024 | 10000   | W35 | 1        | 1     | 00:34:36    | 03:28 |                 | W   |
| Bossow, Franziska | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 10000   | W35 | 2        | 0     | 00:34:49    | 03:29 |                 | W   |
| Bossow, Franziska | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W35 | 1        | 1     | 02:02:11    | 03:56 |                 | W   |
| Bossow, Franziska | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 10000   | W35 | 1        | 2     | 00:38:12    | 03:49 |                 | W   |
| Braje, Mathias    | Hermannslauf (Wandern)   | Bielefeld        | 28.04.2024 | 31100   | M45 | 0        | 0     | 05:48:03    | 11:11 |                 | M   |
| Brand, Kevin      | Crosslauf Lühtringen     | Lühtringen       | 04.02.2024 | 7900    | M30 | 3        | 0     | 00:31:24    | 03:58 |                 | M   |
| Brand, Kevin      | Langenberger Volkslauf   | Langenberg       | 09.03.2024 | 5000    | M30 | 0        | 4     | 00:17:03    | 03:25 |                 | M   |
| Brand, Kevin      | Sälzerlauf               | Salzkotten       | 16.03.2024 | 10000   | M30 | 3        | 8     | 00:33:56    | 03:24 |                 | M   |
| Brand, Kevin      | Warburger Diemellauf     | Warburg          | 23.03.2024 | 21900   | M30 | 1        | 1     | 01:24:27    | 03:51 |                 | M   |
| Brand, Kevin      | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M30 | 12       | 0     | 02:08:41    | 04:08 |                 | M   |
| Brand, Kevin      | AOK-Firmenlauf           | Bad Salzuflen    | 03.05.2024 | 5500    | M30 | 0        | 1     | 00:19:16    | 03:30 |                 | M   |
| Brand, Kevin      | ASG Bahn-Meeting         | S.H.-Stukenbrock | 06.09.2024 | 5000    | M30 | 0        | 0     | 00:16:37,64 | 03:20 |                 | M   |
| Brand, Kevin      | Westf. Meisterschaften   | Coesfeld         | 12.10.2024 | 10000   | M30 | 8        | 0     | 00:34:18    | 03:26 |                 | M   |
| Brand, Kevin      | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 10000   | M30 | 1        | 3     | 00:34:19    | 03:26 |                 | M   |
| Brand, Kevin      | Detmolder Herbstlauf     | Detmold          | 16.11.2024 | 20000   | M30 | 1        | 1     | 01:16:29    | 03:49 |                 | M   |
| Brand, Mauritz    | Nacht von Borgholzhausen | Borgholzhausen   | 15.06.2024 | 10000   | M   | 5        | 0     | 00:37:17    | 03:44 |                 | M   |
| Braun, Viktoria   | Hermannslauf (Wandern)   | Bielefeld        | 28.04.2024 | 31100   | W30 | 0        | 0     | 05:49:42    | 11:15 |                 | W   |
| Breer, Robin      | Sieker Feuerwehrlauf     | Bielefeld        | 06.09.2024 | 10000   | M40 | 1        | 1     | 00:37:53    | 03:47 |                 | M   |
| Brinkmann, Horst  | Klosterlauf              | Mariefeld        | 15.05.2024 | 7500    | M75 | 1        | 0     | 00:48:24    | 06:27 |                 | M   |
| Brinkmann, Horst  | Sparrenburg Firmenlauf   | Bielefeld        | 22.05.2024 | 5000    | M75 | 1        | 0     | 00:34:04    | 06:49 |                 | M   |
| Brinkmann, Horst  | Isselhorster Nacht       | Isselhorst       | 29.06.2024 | 9200    | M75 | 1        | 0     | 01:02:23    | 06:47 |                 | M   |
| Brockbals, Katrin | Hermannslauf (Wandern)   | Bielefeld        | 28.04.2024 | 31100   | W60 | 0        | 0     | 04:59:55    | 09:39 |                 | W   |
| Brün, Daniel      | DO IT FAST Winteredition | Dortmund         | 04.02.2024 | 5000    | M50 | 1        | 0     | 00:17:33    | 03:31 |                 | M   |
| Brün, Daniel      | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M50 | 15       | 0     | 02:26:52    | 04:43 |                 | M   |
| Brün, Daniel      | Hagener Volkslauf        | Hagen            | 09.05.2024 | 10000   | M50 | 1        | 6     | 00:48:12    | 04:49 |                 | M   |
| Brün, Daniel      | OWL-Meisterschaft        | Bielefeld        | 11.05.2024 | 800     | M50 | 0        | 0     | 00:02:12,42 | 02:46 |                 | M   |
| Brün, Daniel      | Klosterlauf              | Mariefeld        | 15.05.2024 | 7500    | M50 | 1        | 10    | 00:26:58    | 03:36 |                 | M   |
| Brün, Daniel      | Sparrenburg Firmenlauf   | Bielefeld        | 22.05.2024 | 5000    | M50 | 1        | 5     | 00:18:46    | 03:45 |                 | M   |

| Name            | Veranstaltung              | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-----------------|----------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Brün, Daniel    | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | M50    | 1        | 9     | 00:17:23    | 03:29 |                 | M   |
| Brün, Daniel    | Marathon Salzkotten        | Salzkotten       | 02.06.2024 | 42195   | M50    | 1        | 11    | 03:03:19    | 04:21 |                 | M   |
| Brün, Daniel    | DM Masters                 | Erding           | 16.06.2024 | 800     | M50    | 4        | 0     | 00:02:12,23 | 02:45 |                 | M   |
| Brün, Daniel    | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M50    | 1        | 7     | 00:37:29    | 03:45 |                 | M   |
| Brün, Daniel    | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 800     | M50    | 1        | 0     | 00:02:13,26 | 02:47 |                 | M   |
| Brün, Daniel    | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M50    | 1        | 0     | 00:17:17    | 03:27 |                 | M   |
| Brün, Daniel    | Urlandlauf                 | Oerlinghausen    | 16.08.2024 | 6000    | M50    | 1        | 1     | 00:23:48    | 03:58 |                 | M   |
| Brün, Daniel    | Sommer-Bahnmeeting         | Borgholzhausen   | 24.08.2024 | 3000    | M50    | 1        | 0     | 00:10:25,38 | 03:28 |                 | M   |
| Brün, Daniel    | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M50    | 1        | 4     | 00:16:19    | 03:31 |                 | M   |
| Brün, Daniel    | ASG Bahn-Meeting           | S.H.-Stukenbrock | 06.09.2024 | 5000    | M50    | 1        | 0     | 00:17:17,09 | 03:27 |                 | M   |
| Brün, Daniel    | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M50    | 1        | 0     | 00:37:39    | 03:39 |                 | M   |
| Brün, Daniel    | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | M50    | 2        | 0     | 01:16:12    | 04:14 |                 | M   |
| Brün, Daniel    | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M50    | 1        | 0     | 01:23:26    | 03:57 |                 | M   |
| Brün, Daniel    | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M50    | 1        | 0     | 01:07:38    | 04:14 |                 | M   |
| Brün, Mathilda  | DO IT FAST Winteredition   | Dortmund         | 04.02.2024 | 5000    | WJ U18 | 1        | 0     | 00:22:42    | 04:32 |                 | W   |
| Brün, Mathilda  | Taste of Portage           | Portage          | 24.08.2024 | 5000    | WJ U18 | 2        | 3     | 00:23:34    | 04:43 |                 | W   |
| Brün, Mathilda  | Westfield Pioneer Invite   | Westfield        | 29.08.2024 | 5000    | WJ U18 | 0        | 20    | 00:25:51,80 | 05:10 |                 | W   |
| Brune, Niclas   | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | MJ U20 | 3        | 0     | 00:23:39    | 04:44 |                 | M   |
| Brune, Niclas   | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | MJ U20 | 3        | 0     | 00:50:40    | 04:55 |                 | M   |
| Brune, Werner   | Halbmarathon Palma         | Palma            | 24.03.2024 | 21097   | M60    | 19       | 0     | 01:59:39    | 05:40 |                 | M   |
| Brune, Werner   | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M60    | 48       | 0     | 03:01:06    | 05:49 |                 | M   |
| Brune, Werner   | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | M60    | 7        | 0     | 00:29:31    | 05:54 |                 | M   |
| Brune, Werner   | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M60    | 17       | 0     | 00:53:35    | 05:12 |                 | M   |
| Brüning, Matti  | Klosterlauf                | Marienfild       | 15.05.2024 | 7500    | MJ U18 | 3        | 0     | 00:32:11    | 04:17 |                 | M   |
| Brüning, Matti  | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | MJ U18 | 2        | 0     | 00:21:30    | 04:18 |                 | M   |
| Brüning, Matti  | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | MJ U18 | 9        | 0     | 00:44:55    | 04:30 |                 | M   |
| Brüning, Matti  | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | MJ U18 | 2        | 0     | 00:40:36    | 04:25 |                 | M   |
| Brüning, Matti  | Brooks Ruhr Trail Run      | Hagen            | 08.09.2024 | 17000   | MJ U18 | 2        | 0     | 01:35:54    | 05:38 |                 | M   |
| Brüning, Matti  | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 5000    | MJ U18 | 6        | 0     | 00:19:06    | 03:49 |                 | M   |
| Brüning, Matti  | Christkindllauf            | Wiedenbrück      | 06.12.2024 | 10000   | MJ U18 | 4        | 0     | 00:42:18    | 04:14 |                 | M   |
| Brüning, Mirja  | Sälzerlauf                 | Salzkotten       | 16.03.2024 | 10000   | W45    | 3        | 0     | 00:42:31    | 04:15 |                 | W   |
| Brüning, Mirja  | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | W45    | 2        | 0     | 01:33:04    | 04:25 |                 | W   |
| Brüning, Mirja  | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W45    | 1        | 0     | 02:32:26    | 04:54 |                 | W   |
| Brüning, Mirja  | Klosterlauf                | Marienfild       | 15.05.2024 | 7500    | W45    | 3        | 7     | 00:30:43    | 04:06 |                 | W   |
| Brüning, Mirja  | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | W45    | 2        | 7     | 00:21:53    | 04:23 |                 | W   |
| Brüning, Mirja  | Gutsmuths Rennsteiglauf    | Schmiedefeld     | 25.05.2024 | 73900   | W45    | 7        | 0     | 08:09:48    | 06:38 |                 | W   |
| Brüning, Mirja  | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | W45    | 1        | 1     | 00:43:27    | 04:21 |                 | W   |
| Brüning, Mirja  | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | W45    | 3        | 7     | 00:43:19    | 04:20 |                 | W   |
| Brüning, Mirja  | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W45    | 2        | 8     | 00:38:57    | 04:14 |                 | W   |
| Brüning, Mirja  | Grafschaftslauf            | S.H.-Stukenbrock | 25.08.2024 | 28500   | W45    | 1        | 8     | 02:14:31    | 04:43 |                 | W   |
| Brüning, Mirja  | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | W45    | 1        | 3     | 00:19:20    | 04:09 |                 | W   |
| Brüning, Mirja  | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | W45    | 1        | 1     | 00:21:51    | 04:22 |                 | W   |
| Brüning, Mirja  | Brooks Ruhr Trail Run      | Hagen            | 08.09.2024 | 17000   | W45    | 2        | 8     | 01:38:50    | 05:49 |                 | W   |
| Brüning, Mirja  | Marathon München           | München          | 13.10.2024 | 42195   | W45    | 2        | 0     | 03:23:00    | 04:49 |                 | W   |
| Brüning, Mirja  | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | W45    | 1        | 2     | 00:57:48    | 05:07 |                 | W   |
| Brüning, Mirja  | Christkindllauf            | Wiedenbrück      | 06.12.2024 | 10000   | W45    | 1        | 0     | 00:44:11    | 04:25 |                 | W   |
| Brunnert, Peter | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M60    | 67       | 0     | 03:09:25    | 06:05 |                 | M   |
| Brunnert, Peter | Residenz-Abendlauf         | Paderborn        | 10.05.2024 | 10000   | M60    | 7        | 0     | 00:50:53    | 05:05 |                 | M   |

| Name                  | Veranstaltung             | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-----------------------|---------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Brunnert, Peter       | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 10000   | M60 | 5        | 0     | 00:52:01    | 05:12 |                 | M   |
| Brunnert, Peter       | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M60 | 10       | 0     | 00:50:28    | 04:54 |                 | M   |
| Brunnert, Peter       | Böckstieggellauf          | Werther          | 28.09.2024 | 10000   | M60 | 6        | 0     | 00:51:47    | 05:11 |                 | M   |
| Brunnert, Peter       | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 5900    | M60 | 1        | 5     | 00:35:54    | 06:05 |                 | M   |
| Brunnert, Peter       | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 10000   | M60 | 5        | 0     | 00:48:02    | 04:48 |                 | M   |
| Brunnert, Peter       | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 10000   | M60 | 8        | 0     | 00:53:01    | 05:18 |                 | M   |
| Buhl, Raimund         | Winterlaufserie Hamm      | Hamm             | 28.01.2024 | 10000   | M55 | 25       | 0     | 00:45:53    | 04:35 |                 | M   |
| Buhl, Raimund         | Winterlaufserie Hamm      | Hamm             | 11.02.2024 | 15000   | M55 | 27       | 0     | 01:11:49    | 04:47 |                 | M   |
| Büscher, Michael      | Hermannslauf (Wandern)    | Bielefeld        | 28.04.2024 | 31100   | M70 | 0        | 0     | 04:09:24    | 08:01 |                 | M   |
| Büttner, Daria        | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 10000   | W30 | 4        | 0     | 00:49:10    | 04:55 |                 | W   |
| Büttner, Daria        | Lionslauf                 | Langeoog         | 07.08.2024 | 10000   | W30 | 1        | 2     | 00:52:03    | 05:12 |                 | W   |
| Büttner, Daria        | ASG Bahn-Meeting          | S.H.-Stukenbrock | 06.09.2024 | 5000    | W30 | 3        | 0     | 00:22:40,21 | 04:32 |                 | W   |
| Büttner, Daria        | Saerbecker Kirmeslauf     | Saerbeck         | 05.10.2024 | 5000    | W30 | 2        | 9     | 00:22:16    | 04:27 |                 | W   |
| Büttner, Daria        | Westf. Meisterschaften    | Coesfeld         | 12.10.2024 | 10000   | W30 | 3        | 0     | 00:47:16    | 04:44 |                 | W   |
| Büttner, Daria        | Adventslauf Rietberg      | Rietberg         | 14.12.2024 | 5000    | W30 | 4        | 0     | 00:22:40    | 04:32 |                 | W   |
| Cerqueira, Jose       | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W55 | 343      | 0     | 03:53:11    | 07:30 |                 | W   |
| Ciyiltepe, Tolgahan   | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M   | 548      | 0     | 03:27:20    | 06:40 |                 | M   |
| Davids, Erik          | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M55 | 408      | 0     | 04:36:36    | 08:54 |                 | M   |
| Denzel Lantada, Elias | Crosslauf Lühtringen      | Lühtringen       | 04.02.2024 | 2700    | M   | 1        | 0     | 00:10:06    | 03:44 |                 | M   |
| Denzel Lantada, Elias | Paderborner Osterlauf     | Paderborn        | 30.03.2024 | 21097   | M   | 11       | 0     | 01:20:38    | 03:49 |                 | M   |
| Denzel Lantada, Elias | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M   | 61       | 0     | 02:31:18    | 04:52 |                 | M   |
| Denzel Lantada, Elias | Klosterlauf               | Marienfeld       | 15.05.2024 | 7500    | M   | 4        | 7     | 00:26:39    | 03:33 |                 | M   |
| Denzel Lantada, Elias | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 10000   | M   | 7        | 0     | 00:37:50    | 03:47 |                 | M   |
| Denzel Lantada, Elias | Oesterweger Feuerwehrlauf | Oesterweg        | 21.06.2024 | 10000   | M   | 3        | 0     | 00:40:03    | 04:00 |                 | M   |
| Denzel Lantada, Elias | Wasserlauf                | Dülmen           | 10.08.2024 | 5000    | M   | 12       | 0     | 00:20:30    | 04:06 |                 | M   |
| Denzel Lantada, Elias | navigator Firmenlauf      | Gütersloh        | 28.08.2024 | 4650    | M   | 3        | 3     | 00:16:17    | 03:30 |                 | M   |
| Denzel Lantada, Elias | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 5000    | M   | 2        | 2     | 00:18:00    | 03:36 |                 | M   |
| Denzel Lantada, Elias | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M   | 4        | 9     | 00:37:17    | 03:37 |                 | M   |
| Denzel Lantada, Elias | Böckstieggellauf          | Werther          | 28.09.2024 | 10000   | M   | 2        | 6     | 00:37:46    | 03:47 |                 | M   |
| Denzel Lantada, Elias | Citylauf Verl             | Verl             | 02.10.2024 | 5000    | M   | 2        | 10    | 00:17:07    | 03:25 |                 | M   |
| Denzel Lantada, Elias | Halloween Track Meeting   | Bielefeld        | 26.10.2024 | 5000    | M   | 3        | 0     | 00:17:35,45 | 03:31 |                 | M   |
| Denzel Lantada, Elias | Wällelauf                 | Herford          | 27.10.2024 | 10000   | M   | 1        | 4     | 00:36:11    | 03:37 |                 | M   |
| Denzel Lantada, Elias | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 10000   | M   | 1        | 1     | 00:36:00    | 03:36 |                 | M   |
| Diekhof, Lina         | Velmerstot-Volkslauf      | Horn-Bad Meinb.  | 23.03.2024 | 20200   | W   | 5        | 0     | 02:34:06    | 07:38 |                 | W   |
| Diekhof, Lina         | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W   | 286      | 0     | 04:17:45    | 08:17 |                 | W   |
| Diekotto, Wolfgang    | Sälzerlauf                | Salzkotten       | 16.03.2024 | 10000   | M70 | 2        | 0     | 00:53:00    | 05:18 |                 | M   |
| Diekotto, Wolfgang    | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M70 | 10       | 0     | 03:28:03    | 06:41 |                 | M   |
| Diekotto, Wolfgang    | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M70 | 5        | 0     | 00:55:38    | 05:24 |                 | M   |
| Diekotto, Wolfgang    | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 10000   | M70 | 3        | 0     | 00:54:06    | 05:25 |                 | M   |
| Dockhorn, Matthias    | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M40 | 233      | 0     | 02:58:54    | 05:45 |                 | M   |
| Dollerschell, Kerstin | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W50 | 54       | 0     | 03:27:57    | 06:41 |                 | W   |
| Dollerschell, Kerstin | Klosterlauf               | Marienfeld       | 15.05.2024 | 7500    | W50 | 5        | 0     | 00:40:49    | 05:27 |                 | W   |
| Dollerschell, Kerstin | Sparrenburg Firmenlauf    | Bielefeld        | 22.05.2024 | 5000    | W50 | 5        | 0     | 00:28:04    | 05:37 |                 | W   |
| Dollerschell, Kerstin | Gutsmuths Rennsteiglauf   | Schmiedefeld     | 25.05.2024 | 42260   | W50 | 65       | 0     | 05:34:12    | 07:54 |                 | W   |
| Dollerschell, Kerstin | Sternchenlauf             | Sende            | 29.05.2024 | 5000    | W50 | 4        | 0     | 00:26:55    | 05:23 |                 | W   |
| Dollerschell, Kerstin | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | W50 | 7        | 0     | 00:50:59    | 05:33 |                 | W   |
| Dollerschell, Kerstin | Grafschaftslauf           | S.H.-Stukenbrock | 25.08.2024 | 28500   | W50 | 16       | 0     | 03:31:47    | 07:26 |                 | W   |
| Donicht, Amelie       | Klosterlauf               | Marienfeld       | 15.05.2024 | 7500    | W30 | 3        | 0     | 00:35:32    | 04:44 |                 | W   |

| Name                      | Veranstaltung             | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|---------------------------|---------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Donicht, Amelie           | Sparrenburg Firmenlauf    | Bielefeld        | 22.05.2024 | 5000    | W30    | 0        | 0     | 00:23:58    | 04:48 |                 | W   |
| Donicht, Amelie           | ASG Bahn-Meeting          | S.H.-Stukenbrock | 06.09.2024 | 5000    | W30    | 2        | 0     | 00:22:38,68 | 04:32 |                 | W   |
| Donicht, Amelie           | Citylauf Verl             | Verl             | 02.10.2024 | 10000   | W30    | 3        | 0     | 00:46:39    | 04:40 |                 | W   |
| Donicht, Amelie           | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 21097   | W30    | 2        | 0     | 01:43:37    | 04:55 |                 | W   |
| Donicht, Amelie           | Christkindllauf           | Wiedenbrück      | 06.12.2024 | 10000   | W30    | 10       | 0     | 00:47:51    | 04:47 |                 | W   |
| Düben, Tobias             | Crosslauf Lühtringen      | Lühtringen       | 04.02.2024 | 7900    | M35    | 2        | 0     | 00:29:43    | 03:46 |                 | M   |
| Düben, Tobias             | Langenberger Volkslauf    | Langenberg       | 09.03.2024 | 5000    | M35    | 0        | 2     | 00:16:01    | 03:12 |                 | M   |
| Düben, Tobias             | Hembser Drei-Dörfer-Lauf  | Brakel           | 19.07.2024 | 10000   | M35    | 1        | 1     | 00:36:42    | 03:40 |                 | M   |
| Düben, Tobias             | Berglauf Ovenhausen       | Höxter           | 02.08.2024 | 3200    | M35    | 1        | 1     | 00:12:44    | 03:59 |                 | M   |
| Ebert, Daniel             | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 1500    | MK U10 | 1        | 2     | 00:06:02    | 04:01 |                 | M   |
| Ebert, Heiko              | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 5900    | M55    | 1        | 4     | 00:35:19    | 05:59 |                 | M   |
| Ebert, Monika             | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 5900    | W50    | 1        | 2     | 00:39:34    | 06:42 |                 | W   |
| Ebert, Paul               | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 1500    | MK U12 | 1        | 1     | 00:05:52    | 03:55 |                 | M   |
| Ehrens, Maik              | Luisenturmlauf            | Borgholzhausen   | 03.03.2024 | 21097   | M40    | 35       | 0     | 01:51:31    | 05:17 |                 | M   |
| Ehrens, Maik              | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M40    | 408      | 0     | 03:23:46    | 06:33 |                 | M   |
| Ehrens, Maik              | Rothaarsteigmarathon      | Schmallenberg    | 19.10.2024 | 22600   | M40    | 15       | 0     | 02:00:13    | 05:19 |                 | M   |
| Ehrens, Maik              | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 11300   | M40    | 2        | 6     | 00:58:25    | 05:10 |                 | M   |
| Engel, Yaron              | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 21097   | M60    | 8        | 0     | 01:46:35    | 05:03 |                 | M   |
| Engel, Yaron              | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | M60    | 12       | 0     | 01:29:13    | 05:35 |                 | M   |
| Engelmann, Christian      | Paderborner Osterlauf     | Paderborn        | 30.03.2024 | 10000   | M45    | 8        | 0     | 00:39:51    | 03:59 |                 | M   |
| Engelmann, Christian      | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M45    | 92       | 0     | 02:46:40    | 05:22 |                 | M   |
| Engelmann, Christian      | Böckstiegeellauf          | Werther          | 28.09.2024 | 10000   | M45    | 2        | 0     | 00:40:54    | 04:05 |                 | M   |
| Engelmann, Christian      | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 10000   | M45    | 4        | 0     | 00:43:18    | 04:20 |                 | M   |
| Eue, Julius               | Oberseelauf               | Bielefeld        | 23.06.2024 | 2000    | MK U8  | 6        | 0     | 00:09:32    | 04:46 |                 | M   |
| Eue, Phil                 | Jedermann-Sportfest       | Bielefeld        | 01.05.2024 | 50      | MK U12 | 2        | 0     | 00:00:09,03 | 03:01 |                 | M   |
| Eue, Phil                 | Oberseelauf               | Bielefeld        | 23.06.2024 | 5000    | MK U12 | 1        | 0     | 00:22:11    | 04:26 |                 | M   |
| Evers, Björn              | Klippenlauf               | Ibbenbüren       | 24.03.2024 | 25400   | M50    | 10       | 0     | 02:04:29    | 04:54 |                 | M   |
| Evers, Björn              | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M50    | 60       | 0     | 02:40:57    | 05:11 |                 | M   |
| Evers, Björn              | Klosterlauf               | Marienburg       | 15.05.2024 | 7500    | M50    | 8        | 0     | 00:31:45    | 04:14 |                 | M   |
| Evers, Björn              | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 10000   | M50    | 1        | 0     | 00:47:13    | 04:43 |                 | M   |
| Fehl, Johann              | Luisenturmlauf            | Borgholzhausen   | 03.03.2024 | 21097   | M40    | 63       | 0     | 02:00:23    | 05:42 |                 | M   |
| Fernandez Manero, Steffi  | Böckstiegeellauf          | Werther          | 28.09.2024 | 10000   | W55    | 1        | 7     | 00:48:33    | 04:51 |                 | W   |
| Fernandez Manero, Steffi  | Wällelauf                 | Herford          | 27.10.2024 | 10000   | W55    | 1        | 0     | 00:46:33    | 04:39 |                 | W   |
| Fernandez Manero, Steffi  | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 10000   | W55    | 1        | 0     | 00:46:05    | 04:37 |                 | W   |
| Fischer von Mollard, Gabr | Transgrancanaria Advanced | Gran Canaria     | 24.02.2024 | 84000   | W60    | 2        | 93    | 18:57:58    | 13:33 |                 | W   |
| Fischer von Mollard, Gabr | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W60    | 15       | 0     | 03:34:59    | 06:55 |                 | W   |
| Fischer von Mollard, Gabr | Ultra Trail Puseljc       | Puseljc          | 14.06.2024 | 104000  | W60    | 1        | 7     | 02:51:20    | 15:30 |                 | W   |
| Fischer von Mollard, Gabr | Mountainman               | Reit im Winkl    | 05.10.2024 | 73000   | W60    | 3        | 0     | 12:28:31    | 10:15 |                 | W   |
| Fischer von Mollard, Gabr | Backyard Ultra            | Höxter           | 26.10.2024 | 107296  | W60    | 1        | 3     | 16:00:00    | 08:57 |                 | W   |
| Fischer von Mollard, Gabr | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | W60    | 5        | 0     | 01:45:08    | 06:34 |                 | W   |
| Fischer, Andreas          | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M50    | 155      | 0     | 02:59:55    | 05:47 |                 | M   |
| Fischer, Pascal           | Sternchenlauf             | Sende            | 29.05.2024 | 5000    | M      | 24       | 0     | 00:22:32    | 04:30 |                 | M   |
| Fischer, Pascal           | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | M      | 13       | 0     | 00:42:44    | 04:39 |                 | M   |
| Fischer, Pascal           | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M      | 21       | 0     | 00:46:25    | 04:30 |                 | M   |
| Fischer, Pascal           | Adventslauf Rietberg      | Rietberg         | 14.12.2024 | 10000   | M      | 16       | 0     | 00:42:28    | 04:15 |                 | M   |
| Fleer, Heiko              | Spexarder Volkslauf       | Gütersloh        | 01.05.2024 | 10000   | M50    | 3        | 0     | 00:48:59    | 04:54 |                 | M   |
| Frank, Alexander          | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M      | 339      | 0     | 03:08:14    | 06:03 |                 | M   |
| Frank, Alexander          | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 10000   | M      | 5        | 0     | 00:46:47    | 04:41 |                 | M   |

| Name                | Veranstaltung              | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|---------------------|----------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Frank, Andreas      | Stadtforst Ultra           | Bad Salzuflen    | 24.02.2024 | 48000   | M65    | 3        | 14    | 06:19:50    | 07:55 |                 | M   |
| Frank, Andreas      | Halleluja-Steinbruch Ultra | Bielefeld        | 09.03.2024 | 45000   | M65    | 2        | 17    | 06:14:33    | 08:19 |                 | M   |
| Frank, Andreas      | Rund um Schloss Holte      | S.H.-Stukenbrock | 06.04.2024 | 50000   | M65    | 2        | 11    | 07:15:50    | 08:43 |                 | M   |
| Frank, Andreas      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M65    | 50       | 0     | 03:35:57    | 06:57 |                 | M   |
| Frank, Andreas      | Ultratrail Oerlinghausen   | Oerlinghausen    | 04.05.2024 | 47000   | M65    | 3        | 12    | 06:45:55    | 08:38 |                 | M   |
| Frank, Andreas      | Rund um Detmold            | Detmold          | 18.05.2024 | 57000   | M65    | 2        | 13    | 07:47:51    | 08:12 |                 | M   |
| Frank, Andreas      | Borne to run 48h           | Unna             | 07.06.2024 | 186912  | M65    | 6        | 22    | 48:00:00    | 15:24 |                 | M   |
| Frank, Andreas      | GEO-Pfad Ultramarathon     | Langenhagen      | 27.07.2024 | 50000   | M65    | 1        | 10    | 06:39:01    | 07:59 |                 | M   |
| Frank, Andreas      | Josef-Kaderhandt Waldlauf  | Menden           | 17.08.2024 | 46000   | M65    | 2        | 8     | 05:37:20    | 07:20 |                 | M   |
| Frank, Andreas      | Herforder Highway Ultra    | Herford          | 22.09.2024 | 48000   | M65    | 2        | 0     | 06:20:11    | 07:55 |                 | M   |
| Frank, Andreas      | Holter Wald Ultra          | S.H.-Stukenbrock | 06.10.2024 | 50000   | M65    | 2        | 0     | 06:33:43    | 07:52 |                 | M   |
| Frank, Andreas      | Sollingquerung             | Bad Karlshafen   | 02.11.2024 | 50000   | M65    | 2        | 0     | 06:29:19    | 07:47 |                 | M   |
| Frank, Andreas      | Im Schatten der Hünenburg  | Bielefeld        | 16.11.2024 | 47000   | M65    | 2        | 0     | 06:46:10    | 08:39 |                 | M   |
| Friedrichs, Lars    | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 10000   | M45    | 52       | 0     | 00:48:33    | 04:51 |                 | M   |
| Friedrichs, Lars    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M45    | 369      | 0     | 03:43:18    | 07:11 |                 | M   |
| Friedrichs, Lars    | AOK-Firmenlauf             | Bad Salzuflen    | 03.05.2024 | 5500    | M45    | 0        | 0     | 00:27:20    | 04:58 |                 | M   |
| Friedrichs, Lars    | Martinslauf                | Paderborn        | 08.11.2024 | 6000    | M45    | 1        | 0     | 00:26:19    | 04:23 |                 | M   |
| Frisch, Friedrich   | Halbmarathon Palma         | Palma            | 24.03.2024 | 21097   | M65    | 16       | 0     | 02:39:36    | 07:34 |                 | M   |
| Frisch, Friedrich   | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M65    | 100      | 0     | 04:37:24    | 08:55 |                 | M   |
| Frisch, Friedrich   | Sternchenlauf              | Sende            | 29.05.2024 | 10000   | M65    | 8        | 0     | 01:13:31    | 07:21 |                 | M   |
| Frisch, Friedrich   | Fünf-Seen-Lauf             | Schwerin         | 06.07.2024 | 15000   | M65    | 11       | 0     | 01:50:36    | 07:22 |                 | M   |
| Frisch, Friedrich   | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | M65    | 4        | 14    | 01:31:36    | 08:06 |                 | M   |
| Frodermann, Bente   | Vorsfelder Stadtlaf        | Vorsfelde        | 17.03.2024 | 5000    | WJ U20 | 2        | 3     | 00:26:41    | 05:20 |                 | W   |
| Frodermann, Bente   | Maxilauf Hamm              | Hamm             | 05.05.2024 | 10000   | WJ U20 | 2        | 25    | 00:56:09    | 05:37 |                 | W   |
| Frodermann, Bente   | Nikolauf Everswinkel       | Everswinkel      | 07.12.2024 | 10000   | WJ U20 | 1        | 0     | 00:55:23    | 05:32 |                 | W   |
| Funke, Christian    | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M45    | 42       | 0     | 01:59:32    | 05:40 |                 | M   |
| Funke, Christian    | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M45    | 51       | 0     | 01:44:33    | 04:57 |                 | M   |
| Funke, Christian    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M45    | 181      | 0     | 03:01:29    | 05:50 |                 | M   |
| Gehring, Jörn       | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M55    | 46       | 0     | 01:02:26    | 06:04 |                 | M   |
| Gehring, Jörn       | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | M55    | 53       | 0     | 01:59:58    | 06:40 |                 | M   |
| Gehring, Jörn       | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M55    | 59       | 0     | 01:59:14    | 07:27 |                 | M   |
| Gensorowsky, Daniel | DO IT FAST Winteredition   | Dortmund         | 04.02.2024 | 10000   | M35    | 3        | 17    | 00:37:41    | 03:46 |                 | M   |
| Gensorowsky, Daniel | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 10000   | M35    | 21       | 0     | 00:36:48    | 03:41 |                 | M   |
| Gensorowsky, Daniel | Halbmarathon Berlin        | Berlin           | 07.04.2024 | 21097   | M35    | 117      | 0     | 01:22:43    | 03:55 |                 | M   |
| Gensorowsky, Daniel | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M35    | 30       | 0     | 02:17:45    | 04:26 |                 | M   |
| Gensorowsky, Daniel | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M35    | 3        | 0     | 00:27:44    | 03:42 |                 | M   |
| Gensorowsky, Daniel | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M35    | 1        | 6     | 00:18:52    | 03:46 |                 | M   |
| Gensorowsky, Daniel | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | M35    | 3        | 10    | 00:17:37    | 03:31 |                 | M   |
| Gensorowsky, Daniel | Marathon Salzkotten        | Salzkotten       | 02.06.2024 | 42195   | M35    | 1        | 10    | 02:59:00    | 04:15 |                 | M   |
| Gensorowsky, Daniel | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M35    | 4        | 0     | 00:37:20    | 03:44 |                 | M   |
| Gensorowsky, Daniel | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M35    | 3        | 9     | 00:38:19    | 03:50 |                 | M   |
| Gensorowsky, Daniel | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M35    | 3        | 8     | 00:17:12    | 03:42 |                 | M   |
| Gensorowsky, Daniel | ASG Bahn-Meeting           | S.H.-Stukenbrock | 06.09.2024 | 5000    | M35    | 0        | 0     | 00:17:44,73 | 03:33 |                 | M   |
| Gensorowsky, Daniel | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M35    | 4        | 0     | 00:37:47    | 03:40 |                 | M   |
| Gensorowsky, Daniel | Marathon Palma             | Palma            | 20.10.2024 | 21097   | M35    | 10       | 33    | 01:22:10    | 03:54 |                 | M   |
| Gensorowsky, Daniel | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 200     | M35    | 1        | 0     | 00:00:28,00 | 02:20 |                 | M   |
| Gensorowsky, Daniel | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 3000    | M35    | 3        | 0     | 00:10:05,95 | 03:22 |                 | M   |
| Gensorowsky, Daniel | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M35    | 5        | 0     | 01:21:25    | 03:52 |                 | M   |

| Name              | Veranstaltung              | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-------------------|----------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Gentsch, Friso    | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M50 | 58       | 0     | 01:52:19    | 05:19 |                 | M   |
| Gentsch, Friso    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M50 | 195      | 0     | 03:07:36    | 06:02 |                 | M   |
| Ghobeyshi, Askan  | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M30 | 305      | 0     | 03:02:47    | 05:53 |                 | M   |
| Ghobeyshi, Askan  | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 10000   | M30 | 15       | 0     | 00:43:48    | 04:23 |                 | M   |
| Griesbach, Silke  | Weser-Werre-Lauf (NW)      | Bad Oeynhausen   | 17.03.2024 | 11400   | W55 | 0        | 0     | 01:25:14    | 07:29 |                 | W   |
| Griesbach, Silke  | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | W55 | 0        | 0     | 04:02:09    | 07:47 |                 | W   |
| Grosser, Petra    | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | W55 | 0        | 0     | 05:24:27    | 10:26 |                 | W   |
| Gruben, Matthäus  | Lauf am Förderturm         | Bönen            | 14.01.2024 | 10000   | M40 | 4        | 0     | 00:50:27    | 05:03 |                 | M   |
| Gruben, Matthäus  | Welver Crosslauf           | Welver           | 21.01.2024 | 3000    | M40 | 2        | 23    | 00:17:37    | 05:52 |                 | M   |
| Gruben, Matthäus  | Volkslauf Vreden           | Vreden           | 24.02.2024 | 5000    | M40 | 2        | 20    | 00:24:22    | 04:52 |                 | M   |
| Gruben, Matthäus  | Werler Frühlinglauf        | Sönnern          | 23.03.2024 | 10000   | M40 | 2        | 0     | 00:51:03    | 05:06 |                 | M   |
| Gruben, Matthäus  | Henneseer Panoramalauf     | Meschede         | 14.04.2024 | 10000   | M40 | 9        | 0     | 00:51:21    | 05:08 |                 | M   |
| Gruben, Matthäus  | Westf. Meisterschaften     | Rheine           | 21.04.2024 | 10000   | M40 | 2        | 0     | 00:48:31,11 | 04:51 |                 | M   |
| Gruben, Matthäus  | Spexarder Volkslauf        | Gütersloh        | 01.05.2024 | 5000    | M40 | 2        | 0     | 00:23:29    | 04:42 |                 | M   |
| Gruben, Matthäus  | AOK-Firmenlauf             | Bad Salzuflen    | 03.05.2024 | 5500    | M40 | 0        | 0     | 00:27:35    | 05:01 |                 | M   |
| Gruben, Matthäus  | Friedewalder Mühlenlauf    | Friedewalde      | 09.05.2024 | 10000   | M40 | 11       | 0     | 00:55:54    | 05:35 |                 | M   |
| Gruben, Matthäus  | Klosterlauf                | Mariefeld        | 15.05.2024 | 7500    | M40 | 16       | 0     | 00:36:41    | 04:53 |                 | M   |
| Gruben, Matthäus  | Pfingstlauf                | Gütersloh        | 20.05.2024 | 5000    | M40 | 3        | 0     | 00:24:53    | 04:59 |                 | M   |
| Gruben, Matthäus  | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M40 | 10       | 0     | 00:28:27    | 05:41 |                 | M   |
| Gruben, Matthäus  | Gutsmuths Rennsteiglauf    | Schmiedefeld     | 25.05.2024 | 21400   | M40 | 249      | 0     | 02:09:15    | 06:02 |                 | M   |
| Gruben, Matthäus  | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M40 | 34       | 0     | 01:00:45    | 06:04 |                 | M   |
| Gruben, Matthäus  | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 3000    | M40 | 2        | 0     | 00:13:24,40 | 04:28 |                 | M   |
| Gruben, Matthäus  | Sommerabendlauf Sorpeseer  | Sundern          | 28.06.2024 | 15600   | M40 | 11       | 0     | 01:23:59    | 05:23 |                 | M   |
| Gruben, Matthäus  | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M40 | 10       | 0     | 00:25:24    | 05:05 |                 | M   |
| Gruben, Matthäus  | Detmolder Residenzlauf     | Detmold          | 17.08.2024 | 5000    | M40 | 0        | 0     | 00:30:44    | 06:09 |                 | M   |
| Gruben, Matthäus  | Wöhler-Lauf                | Bad Wünnenberg   | 18.08.2024 | 10000   | M40 | 9        | 0     | 00:52:10    | 05:13 |                 | M   |
| Gruben, Matthäus  | Sommer-Bahnmeeting         | Borgholzhausen   | 24.08.2024 | 800     | M40 | 1        | 0     | 00:03:15,94 | 04:05 |                 | M   |
| Gruben, Matthäus  | Sommer-Bahnmeeting         | Borgholzhausen   | 24.08.2024 | 3000    | M40 | 4        | 0     | 00:14:35,70 | 04:52 |                 | M   |
| Gruben, Matthäus  | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M40 | 5        | 0     | 00:23:54    | 05:08 |                 | M   |
| Gruben, Matthäus  | Altenaulauf Borchon        | Borchon          | 01.09.2024 | 10000   | M40 | 6        | 0     | 00:51:33    | 05:09 |                 | M   |
| Gruben, Matthäus  | ASG Bahn-Meeting           | S.H.-Stukenbrock | 06.09.2024 | 5000    | M40 | 0        | 0     | 00:24:34,30 | 04:55 |                 | M   |
| Gruben, Matthäus  | Stadtfestlauf Lüdinghausen | Lüdinghausen     | 13.09.2024 | 10000   | M40 | 16       | 0     | 00:48:11    | 04:49 |                 | M   |
| Gruben, Matthäus  | Saerbecker Kirmeslauf      | Saerbeck         | 05.10.2024 | 5000    | M40 | 3        | 0     | 00:23:18    | 04:40 |                 | M   |
| Gruben, Matthäus  | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | M40 | 20       | 0     | 00:49:16    | 04:56 |                 | M   |
| Gruben, Matthäus  | Nikolauf Everswinkel       | Everswinkel      | 07.12.2024 | 10000   | M40 | 12       | 0     | 00:55:24    | 05:32 |                 | M   |
| Gruben, Matthäus  | Adventslauf Rietberg       | Rietberg         | 14.12.2024 | 5000    | M40 | 6        | 0     | 00:23:23    | 04:41 |                 | M   |
| Grundmann, Gerd   | Ostseelauf                 | Timmendorfer S.  | 17.03.2024 | 10000   | M70 | 2        | 0     | 00:58:44    | 05:52 |                 | M   |
| Grundmann, Gerd   | Ostseeküstenlauf           | Rerik            | 05.05.2024 | 10000   | M70 | 1        | 0     | 01:05:14    | 06:31 |                 | M   |
| Grundmann, Gerd   | Pfingstlauf                | Gütersloh        | 20.05.2024 | 10000   | M70 | 2        | 0     | 01:01:08    | 06:07 |                 | M   |
| Grundmann, Gerd   | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | M70 | 2        | 0     | 00:27:53    | 05:35 |                 | M   |
| Grundmann, Gerd   | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M70 | 4        | 0     | 00:55:14    | 06:00 |                 | M   |
| Grundmann, Gerd   | Marathon Bremen            | Bremen           | 06.10.2024 | 21097   | M70 | 11       | 0     | 02:17:17    | 06:30 |                 | M   |
| Günther, Peter    | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M40 | 7        | 0     | 00:40:02    | 03:53 |                 | M   |
| Günther, Peter    | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 10000   | M40 | 5        | 0     | 00:38:56    | 03:54 |                 | M   |
| Günther, Petra    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W60 | 17       | 0     | 03:35:27    | 06:56 |                 | W   |
| Günther, Petra    | Zugspitz Ultratrail        | Garmisch-Part.   | 15.06.2024 | 68000   | W60 | 15       | 0     | 13:30:52    | 11:55 |                 | W   |
| Günzel, Christian | Crosslauf Lühtringen       | Lühtringen       | 04.02.2024 | 7900    | M30 | 5        | 0     | 00:33:32    | 04:15 |                 | M   |
| Günzel, Christian | Rund um das Bayerkreuz     | Leverkusen       | 03.03.2024 | 10000   | M30 | 101      | 0     | 00:38:12    | 03:49 |                 | M   |



| Name                | Veranstaltung              | Ort              | Datum      | Distanz | AK    | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|---------------------|----------------------------|------------------|------------|---------|-------|----------|-------|-------------|-------|-----------------|-----|
| Günzel, Christian   | Halbmarathon Berlin        | Berlin           | 07.04.2024 | 21097   | M30   | 267      | 0     | 01:26:18    | 04:05 |                 | M   |
| Günzel, Christian   | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M30   | 32       | 0     | 02:20:40    | 04:31 |                 | M   |
| Günzel, Christian   | Volkslauf Hürth            | Hürth            | 12.05.2024 | 10000   | M30   | 3        | 6     | 00:39:23    | 03:56 |                 | M   |
| Günzel, Christian   | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M30   | 5        | 0     | 00:38:25    | 03:50 |                 | M   |
| Günzel, Christian   | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | M30   | 14       | 0     | 00:37:42    | 03:46 |                 | M   |
| Günzel, Christian   | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 10000   | M30   | 5        | 0     | 00:37:04    | 03:42 |                 | M   |
| Günzel, Christian   | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M30   | 6        | 0     | 01:08:12    | 04:16 |                 | M   |
| Haase, Christoph    | Hörster Waldlauf           | Lage             | 11.05.2024 | 21097   | M45   | 4        | 0     | 02:19:07    | 06:36 |                 | M   |
| Hamacher, Matthis   | ASG Bahn-Meeting           | S.H.-Stukenbrock | 06.09.2024 | 5000    | M U23 | 0        | 0     | 00:22:31,55 | 04:30 |                 | M   |
| Hamacher, Matthis   | Harz-Gebirgslauf           | Wernigerode      | 12.10.2024 | 42200   | M U23 | 30       | 0     | 04:57:43    | 07:03 |                 | M   |
| Hanisch, Tina       | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | W40   | 0        | 0     | 05:57:10    | 11:29 |                 | W   |
| Hansen, Jan         | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | M50   | 0        | 0     | 04:23:21    | 08:28 |                 | M   |
| Hansen, Jan         | Airport Run                | Paderborn        | 02.11.2024 | 10000   | M50   | 47       | 0     | 00:54:19    | 05:26 |                 | M   |
| Haßler, Jan         | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M35   | 595      | 0     | 04:19:22    | 08:20 |                 | M   |
| Heidbreder, Manfred | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | M70   | 3        | 0     | 01:57:11    | 06:31 |                 | M   |
| Heidemann, Udo      | SuMeHa                     | Wendhausen       | 06.01.2024 | 68000   | M50   | 3        | 0     | 08:49:00    | 07:47 |                 | M   |
| Heidemann, Udo      | Deister Arschgeweih        | Barsinghausen    | 04.02.2024 | 50000   | M50   | 4        | 0     | 06:04:21    | 07:17 |                 | M   |
| Heidemann, Udo      | Kristallmarathon           | Merkers          | 25.02.2024 | 42200   | M50   | 14       | 0     | 04:41:38    | 06:40 |                 | M   |
| Heidemann, Udo      | Königsforst Marathon Ultra | Berg. Gladbach   | 17.03.2024 | 63300   | M50   | 5        | 0     | 06:27:24    | 06:07 |                 | M   |
| Heidemann, Udo      | RP-Ultra 3-Türme           | Bad Münde        | 30.03.2024 | 49500   | M50   | 2        | 4     | 05:14:00    | 06:21 |                 | M   |
| Heidemann, Udo      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M50   | 39       | 0     | 02:35:22    | 05:00 |                 | M   |
| Heidemann, Udo      | Marathon Leiden            | Leiden           | 12.05.2024 | 42195   | M50   | 33       | 0     | 03:56:33    | 05:36 |                 | M   |
| Heidemann, Udo      | Rund um Detmold            | Detmold          | 18.05.2024 | 57000   | M50   | 1        | 3     | 06:54:03    | 07:16 |                 | M   |
| Heidemann, Udo      | Fuffy Twister              | Langenhagen      | 22.06.2024 | 50000   | M50   | 1        | 4     | 05:30:00    | 06:36 |                 | M   |
| Heidemann, Udo      | GEO-Pfad Ultramarathon     | Langenhagen      | 27.07.2024 | 50000   | M50   | 4        | 5     | 05:44:00    | 06:53 |                 | M   |
| Heidemann, Udo      | HuBuT Hunsbuckel Trail     | Laubach          | 18.08.2024 | 102000  | M50   | 5        | 26    | 15:45:02    | 09:16 |                 | M   |
| Heidemann, Udo      | Marathon Essen             | Essen            | 13.10.2024 | 42195   | M50   | 37       | 0     | 04:09:49    | 05:55 |                 | M   |
| Heidemann, Udo      | O-See Ultra Trail          | Oybin            | 19.10.2024 | 65000   | M50   | 6        | 0     | 08:58:25    | 08:17 |                 | M   |
| Heidemann, Udo      | Sollingquerung             | Bad Karlshafen   | 02.11.2024 | 50000   | M50   | 7        | 0     | 05:11:22    | 06:14 |                 | M   |
| Heidemann, Udo      | 6h Adventslauf             | Langenhagen      | 01.12.2024 | 50640   | M50   | 3        | 0     | 06:00:00    | 07:07 |                 | M   |
| Heinemeier, Gerda   | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | W65   | 0        | 0     | 05:21:22    | 10:20 |                 | W   |
| Heinemeier, Rolf    | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | M70   | 0        | 0     | 05:21:22    | 10:20 |                 | M   |
| Heinz, Stefan       | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M50   | 7        | 0     | 01:38:09    | 04:39 |                 | M   |
| Heinz, Stefan       | Weser-Werre-Lauf           | Bad Oeynhausen   | 17.03.2024 | 11400   | M50   | 5        | 0     | 00:47:38    | 04:11 |                 | M   |
| Heinz, Stefan       | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 10000   | M50   | 8        | 0     | 00:41:20    | 04:08 |                 | M   |
| Heinz, Stefan       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M50   | 23       | 0     | 02:29:53    | 04:49 |                 | M   |
| Heinz, Stefan       | Hörster Waldlauf           | Lage             | 11.05.2024 | 10000   | M50   | 1        | 0     | 00:44:48    | 04:29 |                 | M   |
| Heinz, Stefan       | Klosterlauf                | Mariefeld        | 15.05.2024 | 7500    | M50   | 3        | 0     | 00:29:50    | 03:59 |                 | M   |
| Heinz, Stefan       | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M50   | 3        | 0     | 00:20:45    | 04:09 |                 | M   |
| Heinz, Stefan       | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M50   | 4        | 0     | 00:38:34    | 04:12 |                 | M   |
| Heinz, Stefan       | Bobbahn Run                | Winterberg       | 06.07.2024 | 6600    | M50   | 0        | 33    | 00:35:30    | 05:23 |                 | M   |
| Heinz, Stefan       | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | M50   | 2        | 0     | 00:20:57    | 04:11 |                 | M   |
| Heinz, Stefan       | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M50   | 4        | 0     | 00:41:58    | 04:04 |                 | M   |
| Heinz, Stefan       | Tegernseelauf              | Tegernsee        | 15.09.2024 | 21097   | M50   | 7        | 0     | 01:31:55    | 04:21 |                 | M   |
| Heinz, Stefan       | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | M50   | 5        | 0     | 01:18:58    | 04:23 |                 | M   |
| Heinz, Stefan       | Citylauf Verl              | Verl             | 02.10.2024 | 5000    | M50   | 1        | 0     | 00:19:27    | 03:53 |                 | M   |
| Heinz, Stefan       | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | M50   | 6        | 0     | 00:40:51    | 04:05 |                 | M   |
| Heinz, Stefan       | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 1000    | M50   | 2        | 0     | 00:03:24,70 | 03:25 |                 | M   |

| Name               | Veranstaltung           | Ort            | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|--------------------|-------------------------|----------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Heinz, Stefan      | Wällelauf               | Herford        | 27.10.2024 | 10000   | M50 | 4        | 0     | 00:40:49    | 04:05 |                 | M   |
| Heinz, Stefan      | Vereinsmeisterschaft    | Bielefeld      | 01.11.2024 | 5900    | M50 | 1        | 1     | 00:30:40    | 05:12 |                 | M   |
| Heinz, Stefan      | Halbmarathon Gütersloh  | Gütersloh      | 03.11.2024 | 10000   | M50 | 1        | 0     | 00:40:48    | 04:05 |                 | M   |
| Heinz, Stefan      | Detmolder Herbstlauf    | Detmold        | 16.11.2024 | 10000   | M50 | 1        | 1     | 00:44:48    | 04:29 |                 | M   |
| Heinz, Stefan      | Adventslauf             | Lage           | 08.12.2024 | 10000   | M50 | 3        | 6     | 0:42:49     | 04:17 |                 | M   |
| Heinz, Stefan      | Weihnachtscrosslauf     | Borgholzhausen | 15.12.2024 | 16000   | M50 | 8        | 0     | 01:14:07    | 04:38 |                 | M   |
| Hempel, Sarah      | Hermannslauf (Wandern)  | Bielefeld      | 28.04.2024 | 31100   | W   | 0        | 0     | 05:23:15    | 10:24 |                 | W   |
| Hengel, Julia      | Sälzerlauf              | Salzkotten     | 16.03.2024 | 10000   | W40 | 4        | 0     | 00:44:08    | 04:25 |                 | W   |
| Hengel, Julia      | Paderborner Osterlauf   | Paderborn      | 30.03.2024 | 21097   | W40 | 4        | 0     | 01:37:54    | 04:38 |                 | W   |
| Hengel, Julia      | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | W40 | 7        | 0     | 02:37:07    | 05:03 |                 | W   |
| Hengel, Julia      | Citylauf Oelde          | Oelde          | 08.06.2024 | 10000   | W40 | 1        | 6     | 00:44:14    | 04:25 |                 | W   |
| Hengel, Julia      | Isselhorster Nacht      | Isselhorst     | 29.06.2024 | 9200    | W40 | 1        | 0     | 00:40:37    | 04:25 |                 | W   |
| Hengel, Julia      | Halbmarathon Bochum     | Bochum         | 01.09.2024 | 21097   | W40 | 3        | 0     | 01:36:55    | 04:36 |                 | W   |
| Hengel, Julia      | Marathon Berlin         | Berlin         | 29.09.2024 | 42195   | W40 | 157      | 0     | 03:15:52    | 04:39 |                 | W   |
| Hengel, Julia      | Halloween Track Meeting | Bielefeld      | 26.10.2024 | 5000    | W40 | 1        | 0     | 00:21:38,47 | 04:20 |                 | W   |
| Hengel, Julia      | Halbmarathon Gütersloh  | Gütersloh      | 03.11.2024 | 21097   | W40 | 2        | 10    | 01:37:49    | 04:38 |                 | W   |
| Henselmann, Silvia | Weihnachtscrosslauf     | Borgholzhausen | 15.12.2024 | 10000   | W55 | 5        | 0     | 00:58:20    | 05:50 |                 | W   |
| Herbst, Jan Martin | Luisenturmlauf          | Borgholzhausen | 03.03.2024 | 21097   | M40 | 5        | 0     | 01:31:23    | 04:20 |                 | M   |
| Hermann, Michael   | Luisenturmlauf          | Borgholzhausen | 03.03.2024 | 21097   | M50 | 20       | 0     | 01:48:15    | 05:08 |                 | M   |
| Hermann, Michael   | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | M50 | 58       | 0     | 02:39:27    | 05:08 |                 | M   |
| Hermann, Michael   | Klosterlauf             | Mariefeld      | 15.05.2024 | 7500    | M50 | 16       | 0     | 00:37:17    | 04:58 |                 | M   |
| Hermann, Michael   | Sparrenburg Firmenlauf  | Bielefeld      | 22.05.2024 | 5000    | M50 | 14       | 0     | 00:25:34    | 05:07 |                 | M   |
| Hermann, Michael   | Run and Roll City       | Bielefeld      | 08.09.2024 | 10300   | M50 | 34       | 0     | 00:50:46    | 04:56 |                 | M   |
| Hermann, Michael   | Böckstiegeellauf        | Werther        | 28.09.2024 | 18000   | M50 | 28       | 0     | 01:33:04    | 05:10 |                 | M   |
| Hermann, Michael   | Rothaarsteigmarathon    | Schmallenberg  | 19.10.2024 | 22600   | M50 | 18       | 0     | 02:07:08    | 05:38 |                 | M   |
| Hermann, Michael   | Halbmarathon Gütersloh  | Gütersloh      | 03.11.2024 | 21097   | M50 | 20       | 0     | 01:48:11    | 05:08 |                 | M   |
| Hermann, Michael   | Weihnachtscrosslauf     | Borgholzhausen | 15.12.2024 | 16000   | M50 | 22       | 0     | 01:23:31    | 05:13 |                 | M   |
| Herrmann, Annika   | Oelder Crosslauf        | Oelde          | 13.01.2024 | 8300    | W30 | 2        | 2     | 00:36:32    | 04:24 |                 | W   |
| Herrmann, Annika   | Crosslauf Lühtringen    | Lühtringen     | 04.02.2024 | 7900    | W30 | 3        | 0     | 00:34:42    | 04:24 |                 | W   |
| Herrmann, Annika   | Paderborner Osterlauf   | Paderborn      | 30.03.2024 | 21097   | W30 | 3        | 4     | 01:25:48    | 04:04 |                 | W   |
| Herrmann, Annika   | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | W30 | 3        | 5     | 02:15:00    | 04:20 |                 | W   |
| Herrmann, Annika   | AOK-Firmenlauf          | Bad Salzufen   | 03.05.2024 | 5500    | W30 | 0        | 2     | 00:21:50    | 03:58 |                 | W   |
| Herrmann, Annika   | Lipperland Marathon     | Dörentrup      | 16.11.2024 | 21097   | W30 | 1        | 1     | 01:34:37    | 04:29 |                 | W   |
| Herrmann, Annika   | Weihnachtscrosslauf     | Borgholzhausen | 15.12.2024 | 16000   | W30 | 2        | 4     | 01:10:33    | 04:25 |                 | W   |
| Herting, Arne      | Luisenturmlauf          | Borgholzhausen | 03.03.2024 | 21097   | M40 | 43       | 0     | 01:54:34    | 05:26 |                 | M   |
| Herting, Arne      | Run and Roll City       | Bielefeld      | 08.09.2024 | 10300   | M40 | 38       | 0     | 00:48:24    | 04:42 |                 | M   |
| Herting, Arne      | Böckstiegeellauf        | Werther        | 28.09.2024 | 10000   | M40 | 7        | 0     | 00:47:08    | 04:43 |                 | M   |
| Herting, Arne      | Weihnachtscrosslauf     | Borgholzhausen | 15.12.2024 | 10000   | M40 | 3        | 0     | 00:47:56    | 04:48 |                 | M   |
| Höke, Sandra       | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | W55 | 12       | 0     | 03:09:01    | 06:05 |                 | W   |
| Höke, Sandra       | Sternchenlauf           | Sende          | 29.05.2024 | 10000   | W55 | 1        | 0     | 00:50:25    | 05:03 |                 | W   |
| Holdmann, Joshua   | Weser-Werre-Lauf        | Bad Oeynhausen | 17.03.2024 | 20900   | M   | 1        | 3     | 01:19:46    | 03:49 |                 | M   |
| Holdmann, Joshua   | Marathon Hannover       | Hannover       | 12.04.2024 | 42195   | M   | 24       | 0     | 02:58:43    | 04:14 |                 | M   |
| Holdmann, Joshua   | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | M   | 30       | 0     | 02:21:06    | 04:32 |                 | M   |
| Hommel, Katja      | Hermannslauf            | Bielefeld      | 28.04.2024 | 31100   | W40 | 23       | 0     | 03:02:24    | 05:52 |                 | W   |
| Hoppmann, Max      | Oelder Crosslauf        | Oelde          | 13.01.2024 | 4150    | M35 | 3        | 0     | 00:18:50    | 04:32 |                 | M   |
| Hoppmann, Max      | Welver Crosslauf        | Welver         | 21.01.2024 | 3000    | M35 | 2        | 7     | 00:13:30    | 04:30 |                 | M   |
| Hoppmann, Max      | Sälzerlauf              | Salzkotten     | 16.03.2024 | 10000   | M35 | 12       | 0     | 00:42:00    | 04:12 |                 | M   |
| Hoppmann, Max      | Paderborner Osterlauf   | Paderborn      | 30.03.2024 | 21097   | M35 | 51       | 0     | 01:34:26    | 04:29 |                 | M   |

| Name                    | Veranstaltung              | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAV |
|-------------------------|----------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Hoppmann, Max           | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M35 | 144      | 0     | 02:43:58    | 05:16 |                 | M   |
| Hoppmann, Max           | Residenz-Abendlauf         | Paderborn        | 10.05.2024 | 10000   | M35 | 7        | 0     | 00:43:31    | 04:21 |                 | M   |
| Hoppmann, Max           | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M35 | 6        | 0     | 00:30:26    | 04:03 |                 | M   |
| Hoppmann, Max           | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M35 | 4        | 0     | 00:20:53    | 04:11 |                 | M   |
| Hoppmann, Max           | Spatzenberglauf            | Löhne            | 26.05.2024 | 10000   | M35 | 1        | 9     | 00:43:57    | 04:24 |                 | M   |
| Hoppmann, Max           | Braunschweiger Nachtlauf   | Braunschweig     | 07.06.2024 | 6500    | M35 | 0        | 34    | 00:25:55    | 03:59 |                 | M   |
| Hoppmann, Max           | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M35 | 10       | 0     | 00:44:00    | 04:24 |                 | M   |
| Hoppmann, Max           | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M35 | 13       | 0     | 00:37:49    | 04:07 |                 | M   |
| Hoppmann, Max           | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M35 | 7        | 0     | 00:19:54    | 03:59 |                 | M   |
| Hoppmann, Max           | Wöhler-Lauf                | Bad Wünnenberg   | 18.08.2024 | 21097   | M35 | 8        | 0     | 01:35:36    | 04:32 |                 | M   |
| Hoppmann, Max           | Marathon Eindhoven         | Eindhoven        | 13.10.2024 | 21097   | M35 | 146      | 0     | 01:33:55    | 04:27 |                 | M   |
| Hoppmann, Max           | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 1000    | M35 | 2        | 0     | 00:03:08,40 | 03:08 |                 | M   |
| Hoppmann, Max           | Detmolder Herbstlauf       | Detmold          | 16.11.2024 | 10000   | M35 | 4        | 4     | 00:44:07    | 04:25 |                 | M   |
| Hoppmann, Max           | DM Cross                   | Riesenbeck       | 23.11.2024 | 6000    | M35 | 0        | 0     | 00:24:52    | 04:09 |                 | M   |
| Hoppmann, Max           | Adventslauf Rietberg       | Rietberg         | 14.12.2024 | 5000    | M35 | 3        | 0     | 00:19:39    | 03:56 |                 | M   |
| Höppner, Wolfgang       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M65 | 35       | 0     | 03:22:11    | 06:30 |                 | M   |
| Hörstmann, Frank        | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M35 | 242      | 0     | 02:58:26    | 05:44 |                 | M   |
| Husemann, Jannes        | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 10000   | M30 | 6        | 0     | 00:51:44    | 05:10 |                 | M   |
| Husemann, Lars          | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M   | 237      | 0     | 02:57:50    | 05:43 |                 | M   |
| Hussein, Saman Rasheed  | Oelder Crosslauf           | Oelde            | 13.01.2024 | 4150    | M30 | 1        | 2     | 00:15:24    | 03:43 |                 | M   |
| Hussein, Saman Rasheed  | Welver Crosslauf           | Welver           | 21.01.2024 | 3000    | M30 | 1        | 1     | 00:11:18    | 03:46 |                 | M   |
| Hussein, Saman Rasheed  | Crosslauf Lühtringen       | Lühtringen       | 04.02.2024 | 7900    | M30 | 2        | 0     | 00:30:38    | 03:53 |                 | M   |
| Hussein, Saman Rasheed  | Sälzerlauf                 | Salzkotten       | 16.03.2024 | 10000   | M30 | 2        | 7     | 00:33:54    | 03:23 |                 | M   |
| Hussein, Saman Rasheed  | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M30 | 6        | 0     | 01:13:35    | 03:29 |                 | M   |
| Hussein, Saman Rasheed  | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M30 | 7        | 0     | 02:01:40    | 03:55 |                 | M   |
| Hussein, Saman Rasheed  | Oetinghauser Volkslauf     | Hiddenhausen     | 09.05.2024 | 10000   | M30 | 1        | 1     | 00:35:23    | 03:32 |                 | M   |
| Hussein, Saman Rasheed  | AOK-Firmenlauf             | Oer-Erkenschwick | 23.05.2024 | 5300    | M30 | 0        | 2     | 00:18:40    | 03:31 |                 | M   |
| Hussein, Saman Rasheed  | Herdecker Citylauf         | Herdecke         | 25.05.2024 | 10000   | M30 | 1        | 1     | 00:33:35    | 03:22 |                 | M   |
| Hussein, Saman Rasheed  | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M30 | 1        | 6     | 00:34:57    | 03:30 |                 | M   |
| Hussein, Saman Rasheed  | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 3000    | M30 | 2        | 0     | 00:09:42,48 | 03:14 |                 | M   |
| Hussein, Saman Rasheed  | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M30 | 6        | 0     | 00:16:26    | 03:17 |                 | M   |
| Hussein, Saman Rasheed  | Halbmarathon Bochum        | Bochum           | 01.09.2024 | 21097   | M30 | 3        | 6     | 01:14:34    | 03:32 |                 | M   |
| Hussein, Saman Rasheed  | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M30 | 1        | 2     | 00:34:23    | 03:20 |                 | M   |
| Hussein, Saman Rasheed  | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | M30 | 10       | 0     | 00:35:04    | 03:30 |                 | M   |
| Hussein, Saman Rasheed  | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 5000    | M30 | 2        | 0     | 00:16:36,42 | 03:19 |                 | M   |
| Hussein, Saman Rasheed  | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M30 | 1        | 3     | 01:14:17    | 03:31 |                 | M   |
| Hussein, Saman Rasheed  | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M30 | 2        | 5     | 00:58:41    | 03:40 |                 | M   |
| Jaekel, Bernhard        | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M65 | 2        | 0     | 01:57:45    | 05:35 |                 | M   |
| Jaekel, Bernhard        | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M65 | 5        | 0     | 01:46:27    | 05:03 |                 | M   |
| Jaekel, Bernhard        | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M65 | 26       | 0     | 03:15:58    | 06:18 |                 | M   |
| Jaekel, Bernhard        | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M65 | 1        | 0     | 00:51:43    | 05:01 |                 | M   |
| Jaekel, Bernhard        | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | M65 | 7        | 0     | 01:40:38    | 05:35 |                 | M   |
| Jaekel, Bernhard        | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M65 | 4        | 0     | 01:56:02    | 05:30 |                 | M   |
| Jaekel, Bernhard        | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M65 | 2        | 0     | 01:29:50    | 05:37 |                 | M   |
| Jensen, Carsten         | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55 | 359      | 0     | 03:58:10    | 07:39 |                 | M   |
| Jürgensmeier, Christoph | Klippenlauf                | Ibbenbüren       | 24.03.2024 | 25400   | M55 | 89       | 0     | 03:01:25    | 07:09 |                 | M   |
| Jürgensmeier, Christoph | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55 | 317      | 0     | 03:44:15    | 07:13 |                 | M   |
| Jürgensmeier, Christoph | Lipperland Marathon        | Dörentrup        | 16.11.2024 | 42195   | M55 | 11       | 0     | 05:24:08    | 07:41 |                 | M   |

| Name                       | Veranstaltung              | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|----------------------------|----------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Kaiser, Johnny Thanin      | Jedermann-Sportfest        | Bielefeld        | 01.05.2024 | 50      | MK U12 | 2        | 0     | 00:00:09,53 | 03:11 |                 | M   |
| Kastrup, Klaus-Peter       | Ostseelauf                 | Timmendorfer S.  | 17.03.2024 | 21097   | M65    | 4        | 0     | 01:55:23    | 05:28 |                 | M   |
| Kastrup, Klaus-Peter       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M65    | 46       | 0     | 03:31:23    | 06:48 |                 | M   |
| Kastrup, Klaus-Peter       | Meine-Insel-Lauf           | Norderney        | 13.07.2024 | 10000   | M65    | 6        | 0     | 00:56:20    | 05:38 |                 | M   |
| Kastrup, Klaus-Peter       | Beverlauf Ostbevern        | Ostbevern        | 10.08.2024 | 10000   | M65    | 6        | 0     | 00:55:32    | 05:33 |                 | M   |
| Kastrup, Klaus-Peter       | Hanselauf Lemgo            | Lemgo            | 30.08.2024 | 10000   | M65    | 5        | 0     | 00:53:46    | 05:23 |                 | M   |
| Kastrup, Klaus-Peter       | Rügenbrücken-Marathon      | Stralsund        | 12.10.2024 | 21097   | M65    | 10       | 0     | 02:07:23    | 06:02 |                 | M   |
| Katona, Nils               | Böckstieggelauf            | Werther          | 28.09.2024 | 10000   | M30    | 19       | 0     | 01:02:10    | 06:13 |                 | M   |
| Kerkmann, Jan              | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M30    | 2        | 4     | 01:54:00    | 03:40 |                 | M   |
| Kerkmann, Jan              | Turveld Zomercross         | Texel            | 11.08.2024 | 8300    | M30    | 1        | 1     | 00:29:52    | 03:36 |                 | M   |
| Kerkmann, Jan              | AV Texel Zomerloop         | Texel            | 14.08.2024 | 4400    | M30    | 1        | 1     | 00:14:14    | 03:14 |                 | M   |
| Kerkmann, Jan              | ZDH Crossloop Den Hoorn    | Texel            | 16.08.2024 | 8200    | M30    | 1        | 1     | 00:28:28    | 03:28 |                 | M   |
| Kerkmann, Jan              | Grafschaftslauf            | S.H.-Stukenbrock | 25.08.2024 | 28500   | M30    | 1        | 1     | 01:40:55    | 03:32 |                 | M   |
| Kerkmann, Jan              | Marathon Frankfurt         | Frankfurt        | 27.10.2024 | 42195   | M30    | 26       | 0     | 02:30:03    | 03:33 |                 | M   |
| Kerkmann, Jan              | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | M30    | 1        | 1     | 00:44:57    | 03:59 |                 | M   |
| Kerkmann, Jan              | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M30    | 3        | 6     | 01:01:42    | 03:51 |                 | M   |
| Kerkmann, Tim              | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M      | 74       | 0     | 02:35:07    | 04:59 |                 | M   |
| Kerkmann, Tim              | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | M      | 6        | 0     | 00:20:18    | 04:04 |                 | M   |
| Kerkmann, Tim              | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M      | 8        | 0     | 00:40:36    | 03:57 |                 | M   |
| Kerksiek, Nicole           | Hörster Waldlauf           | Lage             | 11.05.2024 | 21097   | W55    | 1        | 0     | 02:01:57    | 05:47 |                 | W   |
| Kersten, Tobias            | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 12500   | M55    | 5        | 0     | 00:58:13    | 04:39 |                 | M   |
| Kersten, Tobias            | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M55    | 54       | 0     | 01:49:37    | 05:12 |                 | M   |
| Kersten, Tobias            | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M55    | 3        | 0     | 00:30:46    | 04:06 |                 | M   |
| Kersten, Tobias            | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M55    | 2        | 0     | 00:21:30    | 04:18 |                 | M   |
| Kersten, Tobias            | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M55    | 2        | 0     | 00:42:03    | 04:12 |                 | M   |
| Kersten, Tobias            | Halloween Track Meeting    | Bielefeld        | 26.10.2024 | 5000    | M55    | 4        | 0     | 00:20:45,61 | 04:09 |                 | M   |
| Kersten, Tobias            | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 10000   | M55    | 3        | 0     | 00:41:27    | 04:09 |                 | M   |
| Kibar, Maren               | Oelder Crosslauf           | Oelde            | 13.01.2024 | 4150    | W35    | 2        | 8     | 00:20:08    | 04:51 |                 | W   |
| Kibar, Maren               | Crosslauf Lühtringen       | Lühtringen       | 04.02.2024 | 7900    | W35    | 1        | 0     | 00:37:56    | 04:48 |                 | W   |
| Kibar, Maren               | Werler Frühlinglauf        | Sönnern          | 23.03.2024 | 10000   | W35    | 1        | 2     | 00:41:30    | 04:09 |                 | W   |
| Kibar, Maren               | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 5000    | W35    | 1        | 0     | 00:19:27    | 03:53 |                 | W   |
| Kibar, Maren               | Halbmarathon Berlin        | Berlin           | 07.04.2024 | 21097   | W35    | 39       | 0     | 01:34:04    | 04:28 |                 | W   |
| Kibar, Maren               | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W35    | 6        | 0     | 02:30:40    | 04:51 |                 | W   |
| Kibar, Maren               | Spexarder Volkslauf        | Gütersloh        | 01.05.2024 | 5000    | W35    | 1        | 5     | 00:23:31    | 04:42 |                 | W   |
| Kibar, Maren               | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | W35    | 1        | 3     | 00:30:02    | 04:00 |                 | W   |
| Kibar, Maren               | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | W35    | 2        | 6     | 00:21:19    | 04:16 |                 | W   |
| Kibar, Maren               | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | W35    | 1        | 6     | 00:19:51    | 03:58 |                 | W   |
| Kibar, Maren               | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | W35    | 3        | 0     | 00:41:54    | 04:11 |                 | W   |
| Kibar, Maren               | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 3000    | W35    | 1        | 0     | 00:11:44,96 | 03:55 |                 | W   |
| Kibar, Maren               | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W35    | 2        | 6     | 00:37:29    | 04:04 |                 | W   |
| Kibar, Maren               | Adidas Runners City Night  | Berlin           | 27.07.2024 | 10000   | W35    | 11       | 0     | 00:42:02    | 04:12 |                 | W   |
| Kibar, Maren               | Marathon Köln              | Köln             | 06.10.2024 | 21097   | W35    | 13       | 0     | 01:34:17    | 04:28 |                 | W   |
| Kibar, Maren               | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | W35    | 3        | 0     | 00:42:56    | 04:18 |                 | W   |
| Kibar, Maren               | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | W35    | 2        | 0     | 01:19:20    | 04:58 |                 | W   |
| Kiesslich, Marco           | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 10000   | M40    | 37       | 0     | 00:44:37    | 04:28 |                 | M   |
| Kiesslich, Marco           | Gutsmuths Rennsteiglauf    | Schmiedefeld     | 25.05.2024 | 73900   | M40    | 162      | 0     | 09:39:51    | 07:51 |                 | M   |
| Kiunka, Matthias           | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M45    | 317      | 0     | 03:27:41    | 06:41 |                 | M   |
| Kleine-Wechselmann, Ursula | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W55    | 64       | 0     | 03:42:26    | 07:09 |                 | W   |

| Name                      | Veranstaltung              | Ort            | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|---------------------------|----------------------------|----------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Kleymann, Jannis          | Detmolder Residenzlauf     | Detmold        | 17.08.2024 | 5000    | MK U12 | 0        | 0     | 00:29:25    | 05:53 |                 | M   |
| Kleymann, Nadine          | Luisenturmlauf             | Borgholzhausen | 03.03.2024 | 21097   | W45    | 1        | 7     | 01:46:50    | 05:04 |                 | W   |
| Kleymann, Nadine          | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | W45    | 3        | 0     | 02:37:34    | 05:04 |                 | W   |
| Kleymann, Nadine          | Isselhorster Nacht         | Isselhorst     | 29.06.2024 | 9200    | W45    | 3        | 0     | 00:41:17    | 04:29 |                 | W   |
| Kleymann, Nadine          | Detmolder Residenzlauf     | Detmold        | 17.08.2024 | 5000    | W45    | 0        | 0     | 00:29:26    | 05:53 |                 | W   |
| Kleymann, Nadine          | Marathon Kassel            | Kassel         | 15.09.2024 | 21097   | W45    | 5        | 0     | 01:46:27    | 05:03 |                 | W   |
| Kluth, Michael            | Klosterlauf                | Marienfeld     | 15.05.2024 | 7500    | M60    | 14       | 0     | 00:39:46    | 05:18 |                 | M   |
| Knollmann, Maren          | Paderborner Osterlauf      | Paderborn      | 30.03.2024 | 5000    | W U23  | 8        | 0     | 00:19:13    | 03:51 |                 | W   |
| Knollmann, Maren          | Wöhler-Lauf                | Bad Wünnenberg | 18.08.2024 | 21097   | W U23  | 4        | 0     | 02:10:56    | 06:12 |                 | W   |
| Knollmann, Maren          | Badenmarathon              | Karlsruhe      | 15.09.2024 | 21097   | W U23  | 295      | 0     | 02:04:16    | 05:53 |                 | W   |
| Knollmann, Maren          | Marathon Köln              | Köln           | 06.10.2024 | 21097   | W U23  | 30       | 0     | 01:30:05    | 04:16 |                 | W   |
| Knollmann, Maren          | Westf. Meisterschaften     | Coesfeld       | 12.10.2024 | 10000   | W U23  | 10       | 0     | 00:42:56    | 04:18 |                 | W   |
| Köhler, Tim               | Oesterweger Feuerwehrlauf  | Oesterweg      | 21.06.2024 | 6000    | M45    | 1        | 0     | 00:27:53    | 04:39 |                 | M   |
| Kohn, Katja               | Halbmarathon Berlin        | Berlin         | 07.04.2024 | 21097   | W50    | 688      | 0     | 02:27:02    | 06:58 |                 | W   |
| Kohn, Katja               | Marathon Amsterdam         | Amsterdam      | 20.10.2024 | 21097   | W50    | 311      | 0     | 02:22:52    | 06:46 |                 | W   |
| Kohn, Katja               | Martinslauf                | Paderborn      | 08.11.2024 | 6000    | W50    | 21       | 0     | 00:40:49    | 06:48 |                 | W   |
| Kopatschek, Katrin        | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | W55    | 99       | 0     | 04:24:09    | 08:30 |                 | W   |
| Kopatschek, Katrin        | Fünf-Seen-Lauf             | Schwerin       | 06.07.2024 | 15000   | W55    | 6        | 0     | 01:40:42    | 06:43 |                 | W   |
| Kopatschek, Katrin        | Vereinsmeisterschaft       | Bielefeld      | 01.11.2024 | 11300   | W55    | 2        | 7     | 01:25:09    | 07:32 |                 | W   |
| Körber, Matthias          | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | M35    | 459      | 0     | 03:30:59    | 06:47 |                 | M   |
| Körber, Matthias          | Marathon Köln              | Köln           | 06.10.2024 | 42195   | M35    | 471      | 0     | 04:15:03    | 06:03 |                 | M   |
| Körber, Matthias          | Halbmarathon Gütersloh     | Gütersloh      | 03.11.2024 | 21097   | M35    | 53       | 0     | 01:47:32    | 05:06 |                 | M   |
| Korth, Winfried           | Böckstiegeellauf (Walking) | Werther        | 28.09.2024 | 10000   | M70    | 0        | 0     | 01:40:09    | 10:01 |                 | M   |
| Kotulla, Natalie          | Wällelauf                  | Herford        | 27.10.2024 | 6800    | W45    | 10       | 0     | 00:41:06    | 06:03 |                 | W   |
| Kowalski-Beckmann, Christ | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | W50    | 3        | 0     | 02:42:58    | 05:14 |                 | W   |
| Krämer, Angela            | Böckstiegeellauf (Walking) | Werther        | 28.09.2024 | 10000   | W65    | 0        | 0     | 01:24:34    | 08:27 |                 | W   |
| Krause, Holger            | Sieker Feuerwehrlauf       | Bielefeld      | 06.09.2024 | 5000    | M50    | 1        | 6     | 00:20:01    | 04:00 |                 | M   |
| Krautscheid, Norbert      | Hermannslauf (Wandern)     | Bielefeld      | 28.04.2024 | 31100   | M70    | 0        | 0     | 04:49:20    | 09:18 |                 | M   |
| Kreickenbaum, Roswitha    | Klosterlauf                | Marienfeld     | 15.05.2024 | 7500    | W70    | 1        | 0     | 00:42:26    | 05:39 |                 | W   |
| Kreickenbaum, Roswitha    | Sparrenburg Firmenlauf     | Bielefeld      | 22.05.2024 | 5000    | W70    | 1        | 0     | 00:31:07    | 06:13 |                 | W   |
| Kreickenbaum, Roswitha    | Sternchenlauf              | Sende          | 29.05.2024 | 5000    | W70    | 1        | 0     | 00:28:57    | 05:47 |                 | W   |
| Kreickenbaum, Roswitha    | Nacht von Borgholzhausen   | Borgholzhausen | 15.06.2024 | 10000   | W70    | 1        | 0     | 00:59:35    | 05:58 |                 | W   |
| Kreickenbaum, Roswitha    | Oesterweger Feuerwehrlauf  | Oesterweg      | 21.06.2024 | 10000   | W70    | 1        | 0     | 00:59:33    | 05:57 |                 | W   |
| Kreickenbaum, Roswitha    | Isselhorster Nacht         | Isselhorst     | 29.06.2024 | 9200    | W70    | 1        | 0     | 00:53:16    | 05:47 |                 | W   |
| Kroll, Annike             | Jedermann-Sportfest        | Bielefeld      | 01.05.2024 | 50      | WK U10 | 8        | 0     | 00:00:10,04 | 03:21 |                 | W   |
| Kroll, Jannes             | Jedermann-Sportfest        | Bielefeld      | 01.05.2024 | 50      | MK U12 | 1        | 0     | 00:00:08,29 | 02:46 |                 | M   |
| Kroschewski, Fiola        | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | W55    | 88       | 0     | 04:13:37    | 08:09 |                 | W   |
| Kruse, Christine          | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | W40    | 22       | 0     | 03:01:50    | 05:51 |                 | W   |
| Kruse, Oliver             | Weser-Werre-Lauf           | Bad Oeynhausen | 17.03.2024 | 20900   | M55    | 14       | 0     | 01:51:38    | 05:20 |                 | M   |
| Kruse, Oliver             | Marathon Hamburg           | Hamburg        | 28.04.2024 | 42195   | M55    | 423      | 0     | 04:22:32    | 06:13 |                 | M   |
| Kruse, Oliver             | Marathon Salzkotten        | Salzkotten     | 02.06.2024 | 21097   | M55    | 6        | 0     | 01:53:07    | 05:22 |                 | M   |
| Kruse, Oliver             | Marathon Kassel            | Kassel         | 15.09.2024 | 21097   | M55    | 30       | 0     | 01:51:42    | 05:18 |                 | M   |
| Kruse, Oliver             | Marathon Essen             | Essen          | 13.10.2024 | 42195   | M55    | 30       | 0     | 04:06:44    | 05:51 |                 | M   |
| Kruse, Oliver             | Weihnachtscrosslauf        | Borgholzhausen | 15.12.2024 | 16000   | M55    | 39       | 0     | 01:33:31    | 05:51 |                 | M   |
| Kruse, Ronja              | Weser-Werre-Lauf           | Bad Oeynhausen | 17.03.2024 | 20900   | WJ U20 | 1        | 8     | 01:48:03    | 05:10 |                 | W   |
| Kruse, Ronja              | Marathon Hamburg           | Hamburg        | 28.04.2024 | 42195   | WJ U20 | 3        | 0     | 04:09:39    | 05:55 |                 | W   |
| Kruse, Ronja              | Marathon Kassel            | Kassel         | 15.09.2024 | 21097   | WJ U20 | 1        | 0     | 01:43:38    | 04:55 |                 | W   |
| Kruse, Ronja              | Marathon Essen             | Essen          | 13.10.2024 | 42195   | WJ U20 | 1        | 0     | 04:02:29    | 05:45 |                 | W   |

| Name                 | Veranstaltung              | Ort            | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|----------------------|----------------------------|----------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Kruse, Ronja         | Weihnachtscrosslauf        | Borgholzhausen | 15.12.2024 | 16000   | WJ U20 | 2        | 0     | 01:26:15    | 05:23 |                 | W   |
| Kuchenbecker, Jürgen | Luisenturmlauf             | Borgholzhausen | 03.03.2024 | 21097   | M55    | 24       | 0     | 01:52:52    | 05:21 |                 | M   |
| Kuchenbecker, Jürgen | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | M55    | 107      | 0     | 03:00:04    | 05:47 |                 | M   |
| Kuchenbecker, Jürgen | Klosterlauf                | Marienfeld     | 15.05.2024 | 7500    | M55    | 9        | 0     | 00:32:53    | 04:23 |                 | M   |
| Kuchenbecker, Jürgen | Sparrenburg Firmenlauf     | Bielefeld      | 22.05.2024 | 5000    | M55    | 9        | 0     | 00:23:24    | 04:41 |                 | M   |
| Kuchenbecker, Jürgen | Oesterweger Feuerwehrlauf  | Oesterweg      | 21.06.2024 | 10000   | M55    | 7        | 0     | 00:47:20    | 04:44 |                 | M   |
| Kuchenbecker, Jürgen | Bobbahn Run                | Winterberg     | 06.07.2024 | 6600    | M55    | 0        | 74    | 00:39:50    | 06:02 |                 | M   |
| Kuchenbecker, Jürgen | Run and Roll City          | Bielefeld      | 08.09.2024 | 10300   | M55    | 9        | 0     | 00:46:33    | 04:31 |                 | M   |
| Kuchenbecker, Jürgen | Weihnachtscrosslauf        | Borgholzhausen | 15.12.2024 | 16000   | M55    | 20       | 0     | 01:26:15    | 05:23 |                 | M   |
| Kühn, Marion         | Sternchenlauf              | Sende          | 29.05.2024 | 5000    | W70    | 2        | 0     | 00:33:32    | 06:42 |                 | W   |
| Kurtz, Christian     | Marathon Köln              | Köln           | 06.10.2024 | 21097   | M60    | 285      | 0     | 02:36:01    | 07:24 |                 | M   |
| Kuzaj, Hubert        | Paderborner Osterlauf      | Paderborn      | 30.03.2024 | 21097   | M50    | 12       | 0     | 01:32:09    | 04:22 |                 | M   |
| Kuzaj, Hubert        | Nacht der Bestzeiten       | Paderborn      | 12.04.2024 | 3000    | M50    | 12       | 0     | 00:11:41,31 | 03:54 |                 | M   |
| Kuzaj, Hubert        | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | M50    | 20       | 0     | 02:29:07    | 04:48 |                 | M   |
| Kuzaj, Hubert        | Residenz-Abendlauf         | Paderborn      | 10.05.2024 | 10000   | M50    | 4        | 0     | 00:42:15    | 04:14 |                 | M   |
| Kuzaj, Hubert        | Klosterlauf                | Marienfeld     | 15.05.2024 | 7500    | M50    | 5        | 0     | 00:30:31    | 04:04 |                 | M   |
| Kuzaj, Hubert        | Sparrenburg Firmenlauf     | Bielefeld      | 22.05.2024 | 5000    | M50    | 5        | 0     | 00:21:04    | 04:13 |                 | M   |
| Kuzaj, Hubert        | Gutsmuths Rennsteiglauf    | Schmiedefeld   | 25.05.2024 | 73900   | M50    | 47       | 0     | 08:09:49    | 06:38 |                 | M   |
| Kuzaj, Hubert        | Nacht von Borgholzhausen   | Borgholzhausen | 15.06.2024 | 10000   | M50    | 4        | 0     | 00:41:02    | 04:06 |                 | M   |
| Kuzaj, Hubert        | Westf. Seniorenmeistersch. | Reken          | 22.06.2024 | 3000    | M50    | 2        | 0     | 00:11:28,61 | 03:50 |                 | M   |
| Kuzaj, Hubert        | Isselhorster Nacht         | Isselhorst     | 29.06.2024 | 9200    | M50    | 2        | 0     | 00:36:55    | 04:01 |                 | M   |
| Kuzaj, Hubert        | Wasserlauf                 | Dülmen         | 10.08.2024 | 5000    | M50    | 5        | 0     | 00:19:31    | 03:54 |                 | M   |
| Kuzaj, Hubert        | Klosterlauf Wiedenbrück    | Wiedenbrück    | 17.08.2024 | 13000   | M50    | 1        | 6     | 00:53:34    | 04:07 |                 | M   |
| Kuzaj, Hubert        | Wöhler-Lauf                | Bad Wünnenberg | 18.08.2024 | 10000   | M50    | 3        | 0     | 00:41:05    | 04:06 |                 | M   |
| Kuzaj, Hubert        | Sommer-Bahnmeeting         | Borgholzhausen | 24.08.2024 | 3000    | M50    | 2        | 0     | 00:11:17,00 | 03:46 |                 | M   |
| Kuzaj, Hubert        | navigator Firmenlauf       | Gütersloh      | 28.08.2024 | 4650    | M50    | 2        | 0     | 00:17:58    | 03:52 |                 | M   |
| Kuzaj, Hubert        | Sieker Feuerwehrlauf       | Bielefeld      | 06.09.2024 | 5000    | M50    | 1        | 0     | 00:20:27    | 04:05 |                 | M   |
| Kuzaj, Hubert        | Run and Roll City          | Bielefeld      | 08.09.2024 | 10300   | M50    | 2        | 0     | 00:40:46    | 03:57 |                 | M   |
| Kuzaj, Hubert        | Druffeler Volkslauf        | Rietberg       | 22.09.2024 | 10000   | M50    | 1        | 8     | 00:39:54    | 03:59 |                 | M   |
| Kuzaj, Hubert        | Böckstieggellauf           | Werther        | 28.09.2024 | 18000   | M50    | 1        | 0     | 01:15:21    | 04:11 |                 | M   |
| Kuzaj, Hubert        | Westf. Meisterschaften     | Coesfeld       | 12.10.2024 | 10000   | M50    | 4        | 0     | 00:39:46    | 03:59 |                 | M   |
| Kuzaj, Hubert        | Halloween Track Meeting    | Bielefeld      | 26.10.2024 | 1000    | M50    | 1        | 0     | 00:03:16,51 | 03:17 |                 | M   |
| Kuzaj, Hubert        | Wällelauf                  | Herford        | 27.10.2024 | 10000   | M50    | 2        | 0     | 00:38:53    | 03:53 |                 | M   |
| Kuzaj, Hubert        | Halbmarathon Gütersloh     | Gütersloh      | 03.11.2024 | 21097   | M50    | 2        | 0     | 01:25:09    | 04:02 |                 | M   |
| Kuzaj, Hubert        | Nikolauf Everswinkel       | Everswinkel    | 07.12.2024 | 10000   | M50    | 1        | 0     | 00:39:31    | 03:57 |                 | M   |
| Kuzaj, Hubert        | Adventslauf                | Lage           | 08.12.2024 | 10000   | M50    | 2        | 4     | 00:42:20    | 04:14 |                 | M   |
| Kuzaj, Hubert        | Weihnachtscrosslauf        | Borgholzhausen | 15.12.2024 | 16000   | M50    | 3        | 0     | 01:09:24    | 04:20 |                 | M   |
| Lachetta, Raphael    | Sälzerlauf                 | Salzkotten     | 16.03.2024 | 10000   | M50    | 15       | 0     | 00:46:34    | 04:39 |                 | M   |
| Lachetta, Raphael    | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | M50    | 120      | 0     | 02:54:23    | 05:36 |                 | M   |
| Lachetta, Raphael    | Herbstlauf Ovenhausen      | Höxter         | 06.10.2024 | 20800   | M50    | 4        | 0     | 01:46:15    | 05:06 |                 | M   |
| Lange, Ernst         | Klosterlauf                | Marienfeld     | 15.05.2024 | 7500    | M55    | 15       | 0     | 00:34:46    | 04:38 |                 | M   |
| Lange, Ernst         | Sparrenburg Firmenlauf     | Bielefeld      | 22.05.2024 | 5000    | M55    | 10       | 0     | 00:23:59    | 04:48 |                 | M   |
| Lange, Ernst         | Nacht von Borgholzhausen   | Borgholzhausen | 15.06.2024 | 10000   | M55    | 11       | 0     | 00:47:37    | 04:46 |                 | M   |
| Lange, Ernst         | Böckstieggellauf           | Werther        | 28.09.2024 | 10000   | M55    | 1        | 0     | 00:49:55    | 05:00 |                 | M   |
| Lange, Ernst         | Wällelauf                  | Herford        | 27.10.2024 | 10000   | M55    | 9        | 0     | 00:47:13    | 04:43 |                 | M   |
| Langlotz, Michael    | Hermannslauf               | Bielefeld      | 28.04.2024 | 31100   | M40    | 487      | 0     | 03:40:02    | 07:05 |                 | M   |
| Lässig, Daniel       | Luisenturmlauf             | Borgholzhausen | 03.03.2024 | 21097   | M40    | 83       | 0     | 02:08:53    | 06:07 |                 | M   |
| Lässig, Daniel       | Paderborner Osterlauf      | Paderborn      | 30.03.2024 | 21097   | M40    | 110      | 0     | 01:53:46    | 05:24 |                 | M   |

| Name                | Veranstaltung            | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit     | Pace  | offiziell verm. | MAW |
|---------------------|--------------------------|------------------|------------|---------|-----|----------|-------|----------|-------|-----------------|-----|
| Lässig, Daniel      | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M40 | 338      | 0     | 03:14:58 | 06:16 |                 | M   |
| Lässig, Daniel      | Sternchenlauf            | Sende            | 29.05.2024 | 5000    | M40 | 16       | 0     | 00:23:46 | 04:45 |                 | M   |
| Lässig, Daniel      | Nacht von Borgholzhausen | Borgholzhausen   | 15.06.2024 | 10000   | M40 | 35       | 0     | 01:02:19 | 06:14 |                 | M   |
| Lehmann, Maik       | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 21097   | M35 | 109      | 0     | 01:46:05 | 05:02 |                 | M   |
| Lehmann, Maik       | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M35 | 277      | 0     | 03:03:19 | 05:54 |                 | M   |
| Lersch, Michael     | Böckstieggellauf         | Werther          | 28.09.2024 | 10000   | M45 | 7        | 0     | 00:49:42 | 04:58 |                 | M   |
| Lindemann, Jakob    | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M   | 806      | 0     | 04:16:22 | 08:15 |                 | M   |
| Lowak, Sabine       | Hermannslauf (Wandern)   | Bielefeld        | 28.04.2024 | 31100   | W65 | 0        | 0     | 04:59:54 | 09:39 |                 | W   |
| Lucke, Jens         | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M55 | 62       | 0     | 02:45:42 | 05:20 |                 | M   |
| Lucke, Kerstin      | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W55 | 10       | 0     | 03:07:29 | 06:02 |                 | W   |
| Lundström, Ingmar   | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M50 | 1        | 0     | 02:08:08 | 04:07 |                 | M   |
| Lungenstrass, Doris | Halbmarathon Berlin      | Berlin           | 07.04.2024 | 21097   | W60 | 225      | 0     | 02:34:21 | 07:19 |                 | W   |
| Lungenstrass, Doris | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W60 | 37       | 0     | 04:17:43 | 08:17 |                 | W   |
| Lütgert, Heiner     | Stadtforst Ultra         | Bad Salzuflen    | 24.02.2024 | 48000   | M55 | 4        | 0     | 06:19:50 | 07:55 |                 | M   |
| Lütgert, Heiner     | Rund um Schloss Holte    | S.H.-Stukenbrock | 06.04.2024 | 50000   | M55 | 2        | 0     | 07:15:54 | 08:43 |                 | M   |
| Lütgert, Heiner     | Bieler Lauftage          | Biel             | 07.06.2024 | 100000  | M55 | 33       | 0     | 13:17:23 | 07:58 |                 | M   |
| Lütgert, Heiner     | Grafschaftslauf          | S.H.-Stukenbrock | 25.08.2024 | 28500   | M55 | 31       | 0     | 03:17:17 | 06:55 |                 | M   |
| Lütgert, Heiner     | Herforder Highway Ultra  | Herford          | 22.09.2024 | 48000   | M55 | 3        | 0     | 06:20:11 | 07:55 |                 | M   |
| Lütgert, Heiner     | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 29000   | M55 | 63       | 0     | 03:13:19 | 06:40 |                 | M   |
| Lütgert, Heiner     | Sollingquerung           | Bad Karlshafen   | 02.11.2024 | 50000   | M55 | 9        | 0     | 06:29:19 | 07:47 |                 | M   |
| Lüttje, Tilman      | Marathon Münster         | Münster          | 08.09.2024 | 42195   | M30 | 96       | 0     | 03:54:49 | 05:34 |                 | M   |
| Lüttje, Tilman      | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 11300   | M30 | 2        | 3     | 00:55:53 | 04:57 |                 | M   |
| Lützow, Maik        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M45 | 200      | 0     | 03:05:14 | 05:57 |                 | M   |
| Maaß, Holger        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M55 | 128      | 0     | 03:03:40 | 05:54 |                 | M   |
| Maaß, Holger        | Marathon Berlin          | Berlin           | 29.09.2024 | 42195   | M55 | 1011     | 0     | 03:53:23 | 05:32 |                 | M   |
| Mai, Dittmar        | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 10000   | M65 | 42       | 0     | 01:04:02 | 06:24 |                 | M   |
| Mai, Dittmar        | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 11300   | M65 | 3        | 13    | 01:18:55 | 06:59 |                 | M   |
| Marufke, Andreas    | Donoper Volkslauf        | Blomberg         | 07.06.2024 | 7777    | M35 | 10       | 0     | 00:40:47 | 05:15 |                 | M   |
| Marufke, Andreas    | Wöbbeler Volkslauf       | Schieder-Schw.   | 14.06.2024 | 8300    | M35 | 10       | 0     | 00:41:30 | 05:00 |                 | M   |
| Marufke, Andreas    | Sommerlauf Schiedersee   | Schieder-Schw.   | 21.06.2024 | 8200    | M35 | 10       | 0     | 00:41:04 | 05:00 |                 | M   |
| Marufke, Andreas    | Ibbenbürener Aaseelauf   | Ibbenbüren       | 23.08.2024 | 10000   | M35 | 15       | 0     | 00:51:20 | 05:08 |                 | M   |
| Marufke, Andreas    | Airport Run              | Paderborn        | 02.11.2024 | 10000   | M35 | 51       | 0     | 00:52:30 | 05:15 |                 | M   |
| Matioschat, Gerhard | Gutsmuths Rennsteiglauf  | Schmiedefeld     | 25.05.2024 | 21400   | M80 | 16       | 0     | 03:09:19 | 08:51 |                 | M   |
| Matioschat, Gerhard | Hanselauf Lemgo          | Lemgo            | 30.08.2024 | 3300    | M80 | 1        | 0     | 00:26:04 | 07:54 |                 | M   |
| Matioschat, Gerhard | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 6000    | M80 | 1        | 0     | 00:48:35 | 08:06 |                 | M   |
| Matioschat, Gerhard | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 5900    | M80 | 1        | 9     | 00:55:50 | 09:28 |                 | M   |
| Matioschat, Gerhard | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 5000    | M80 | 1        | 0     | 00:39:13 | 07:51 |                 | M   |
| Matioschat, Irene   | Hanselauf Lemgo          | Lemgo            | 30.08.2024 | 3300    | W75 | 1        | 0     | 00:25:55 | 07:51 |                 | W   |
| Matioschat, Irene   | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 6000    | W75 | 2        | 0     | 00:49:32 | 08:15 |                 | W   |
| Matioschat, Irene   | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 5900    | W75 | 1        | 3     | 00:59:55 | 10:09 |                 | W   |
| Matioschat, Irene   | Adventslauf              | Lage             | 08.12.2024 | 5000    | W75 | 1        | 0     | 00:41:20 | 08:16 |                 | W   |
| Matioschat, Irene   | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 5000    | W75 | 1        | 0     | 00:39:17 | 07:51 |                 | W   |
| Mayer, Sarah        | Oelder Crosslauf         | Oelde            | 13.01.2024 | 4150    | W30 | 1        | 9     | 00:20:24 | 04:55 |                 | W   |
| Mayer, Sarah        | Welver Crosslauf         | Welver           | 21.01.2024 | 3000    | W30 | 1        | 2     | 00:14:21 | 04:47 |                 | W   |
| Mayer, Sarah        | Crosslauf Lühtringen     | Lühtringen       | 04.02.2024 | 7900    | W30 | 6        | 0     | 00:39:45 | 05:02 |                 | W   |
| Mayer, Sarah        | Sälzerlauf               | Salzkotten       | 16.03.2024 | 10000   | W30 | 2        | 0     | 00:42:24 | 04:14 |                 | W   |
| Mayer, Sarah        | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 21097   | W30 | 9        | 0     | 01:36:03 | 04:33 |                 | W   |
| Mayer, Sarah        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W30 | 17       | 0     | 02:43:42 | 05:16 |                 | W   |

| Name                  | Veranstaltung            | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-----------------------|--------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Mayer, Sarah          | OWL-Meisterschaft        | Bielefeld        | 11.05.2024 | 5000    | W30    | 0        | 0     | 00:21:09,49 | 04:14 |                 | W   |
| Mayer, Sarah          | Sternchenlauf            | Sende            | 29.05.2024 | 5000    | W30    | 5        | 0     | 00:21:28    | 04:18 |                 | W   |
| Mayer, Sarah          | Aachener Stadtparklauf   | Aachen           | 02.06.2024 | 8000    | W30    | 1        | 7     | 00:36:58    | 04:37 |                 | W   |
| Mayer, Sarah          | ASG Bahn-Meeting         | S.H.-Stukenbrock | 06.09.2024 | 5000    | W30    | 4        | 0     | 00:22:40,39 | 04:32 |                 | W   |
| Mayer, Sarah          | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 5000    | W30    | 3        | 0     | 00:21:58    | 04:24 |                 | W   |
| Mayer, Sarah          | Weihnachtscrosslauf      | Borgholzhausen   | 15.12.2024 | 16000   | W30    | 8        | 0     | 01:32:58    | 05:49 |                 | W   |
| Meier-Böke, Tim       | Luisenturmlauf           | Borgholzhausen   | 03.03.2024 | 21097   | M40    | 93       | 0     | 02:14:16    | 06:22 |                 | M   |
| Meihöfer, Petra       | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W55    | 17       | 0     | 03:13:42    | 06:14 |                 | W   |
| Meihöfer, Petra       | Zugspitz Ultratrail      | Garmisch-Part.   | 15.06.2024 | 68000   | W55    | 14       | 0     | 13:30:52    | 11:55 |                 | W   |
| Meihöfer, Petra       | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 29000   | W55    | 2        | 0     | 02:52:11    | 05:56 |                 | W   |
| Meihöfer, Petra       | Weihnachtscrosslauf      | Borgholzhausen   | 15.12.2024 | 16000   | W55    | 1        | 0     | 01:28:52    | 05:33 |                 | W   |
| Meißner, Martina      | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W50    | 53       | 0     | 03:27:40    | 06:41 |                 | W   |
| Metin, Betül          | Marathon Hannover        | Hannover         | 12.04.2024 | 21097   | W30    | 204      | 0     | 02:01:24    | 05:45 |                 | W   |
| Metin, Betül          | Halloween Track Meeting  | Bielefeld        | 26.10.2024 | 5000    | W30    | 1        | 0     | 00:25:28,67 | 05:06 |                 | W   |
| Metin, Betül          | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 10000   | W30    | 6        | 0     | 00:52:34    | 05:15 |                 | W   |
| Meyer, Frank          | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M50    | 68       | 0     | 02:42:43    | 05:14 |                 | M   |
| Michailov, Marina     | Sälzerlauf               | Salzkotten       | 16.03.2024 | 10000   | W35    | 6        | 0     | 00:45:47    | 04:35 |                 | W   |
| Michalsky, Arne       | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M55    | 416      | 0     | 05:00:48    | 09:40 |                 | M   |
| Milonas, Georg        | Sieker Feuerwehrlauf     | Bielefeld        | 06.09.2024 | 5000    | M50    | 4        | 0     | 00:26:42    | 05:20 |                 | M   |
| Morgenroth, Uwe       | Westf. Meisterschaften   | Coesfeld         | 12.10.2024 | 10000   | M70    | 6        | 0     | 00:51:21    | 05:08 |                 | M   |
| Motycka, Hans         | Wällelauf                | Herford          | 27.10.2024 | 10000   | M50    | 10       | 0     | 00:44:44    | 04:28 |                 | M   |
| Motycka, Hans         | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 11300   | M50    | 1        | 5     | 00:57:52    | 05:07 |                 | M   |
| Motycka, Hans         | Weihnachtscrosslauf      | Borgholzhausen   | 15.12.2024 | 16000   | M50    | 19       | 0     | 01:23:34    | 05:13 |                 | M   |
| Mu?gnug, Carl-Philipp | Böckstiegeellauf         | Werther          | 28.09.2024 | 18000   | M40    | 6        | 0     | 01:16:36    | 04:15 |                 | M   |
| Müller, Frank         | Oberseelauf              | Bielefeld        | 23.06.2024 | 5000    | M55    | 4        | 0     | 00:28:42    | 05:44 |                 | M   |
| Müller, Frank         | Sieker Feuerwehrlauf     | Bielefeld        | 06.09.2024 | 5000    | M55    | 8        | 0     | 00:29:57    | 05:59 |                 | M   |
| Müller, Svenja        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W      | 217      | 0     | 03:45:33    | 07:15 |                 | W   |
| Müller, Svenja        | Oberseelauf              | Bielefeld        | 23.06.2024 | 5000    | W      | 7        | 0     | 00:26:32    | 05:18 |                 | W   |
| Mumm, Inge            | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W65    | 15       | 0     | 04:35:56    | 08:52 |                 | W   |
| Mumm, Inge            | Oetinghauser Volkslauf   | Hiddenhausen     | 09.05.2024 | 4200    | W65    | 43       | 0     | 00:29:43    | 07:05 |                 | W   |
| Mumm, Inge            | Hörster Waldlauf         | Lage             | 11.05.2024 | 10000   | W65    | 3        | 0     | 01:21:20    | 08:08 |                 | W   |
| Mumm, Inge            | Gutsmuths Rennsteiglauf  | Schmiedefeld     | 25.05.2024 | 21400   | W65    | 39       | 0     | 03:07:26    | 08:46 |                 | W   |
| Mumm, Inge            | Böckstiegeellauf         | Werther          | 28.09.2024 | 10000   | W65    | 3        | 0     | 01:20:36    | 08:04 |                 | W   |
| Mumm, Inge            | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 6000    | W65    | 5        | 0     | 00:48:12    | 08:02 |                 | W   |
| Mumm, Inge            | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 11300   | W65    | 2        | 8     | 01:45:53    | 09:22 |                 | W   |
| Mumm, Inge            | Adventslauf Rietberg     | Rietberg         | 14.12.2024 | 5000    | W65    | 1        | 0     | 00:35:39    | 07:08 |                 | W   |
| Musiol, Joel          | Citylauf Verl            | Verl             | 02.10.2024 | 5000    | MJ U18 | 15       | 0     | 00:21:29    | 04:18 |                 | M   |
| Mußgnug, Carl-Philipp | Luisenturmlauf           | Borgholzhausen   | 03.03.2024 | 21097   | M40    | 7        | 0     | 01:34:38    | 04:29 |                 | M   |
| Mußgnug, Carl-Philipp | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M40    | 48       | 0     | 02:26:52    | 04:43 |                 | M   |
| Mußgnug, Carl-Philipp | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 21097   | M40    | 8        | 0     | 01:28:38    | 04:12 |                 | M   |
| Mußgnug, Carl-Philipp | Weihnachtscrosslauf      | Borgholzhausen   | 15.12.2024 | 16000   | M40    | 27       | 0     | 01:24:31    | 05:17 |                 | M   |
| Mußgnug, Oliver       | Harzlauf                 | Thale            | 27.10.2024 | 11500   | M50    | 3        | 0     | 00:53:12    | 04:38 |                 | M   |
| Muth, Frank           | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M45    | 131      | 0     | 02:54:12    | 05:36 |                 | M   |
| Neben, Diana          | Eduard-Steiner-Crosslauf | Hahnenbach       | 09.03.2024 | 7800    | W30    | 1        | 1     | 00:35:15    | 04:31 |                 | W   |
| Neben, Diana          | Rodenbacher Trailrun     | Rodenbach        | 24.03.2024 | 10000   | W30    | 2        | 3     | 00:45:33    | 04:33 |                 | W   |
| Neben, Diana          | Energiesüdwest-Cup       | Landau           | 28.04.2024 | 10000   | W30    | 3        | 3     | 00:41:32    | 04:09 |                 | W   |
| Neben, Diana          | Marathon Wiesbaden       | Wiesbaden        | 22.06.2024 | 10000   | W30    | 2        | 5     | 00:40:29    | 04:03 |                 | W   |
| Neben, Diana          | Badenmarathon            | Karlsruhe        | 15.09.2024 | 21097   | W30    | 10       | 0     | 01:33:53    | 04:27 |                 | W   |



| Name                    | Veranstaltung             | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-------------------------|---------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Neben, Diana            | Marathon Berlin           | Berlin           | 29.09.2024 | 42195   | W30    | 224      | 0     | 03:12:03    | 04:33 |                 | W   |
| Nelkenbrecher, Ekkehard | Hermannslauf (Wandern)    | Bielefeld        | 28.04.2024 | 31100   | M65    | 0        | 0     | 05:24:57    | 10:27 |                 | M   |
| Neuhaus, Bernhard       | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M35    | 397      | 0     | 03:21:59    | 06:30 |                 | M   |
| Neumann, Lotte          | Sternchenlauf             | Sende            | 29.05.2024 | 2500    | WK U10 | 1        | 6     | 00:11:48    | 04:43 |                 | W   |
| Neumann, Lotte          | Oberseelauf               | Bielefeld        | 23.06.2024 | 2000    | WK U10 | 2        | 4     | 00:08:21    | 04:10 |                 | W   |
| Neumann, Marcel         | Klosterlauf Wiedenbrück   | Wiedenbrück      | 17.08.2024 | 13000   | M40    | 3        | 0     | 01:00:22    | 04:39 |                 | M   |
| Neumann, Marcel         | ASG Bahn-Meeting          | S.H.-Stukenbrock | 06.09.2024 | 5000    | M40    | 0        | 0     | 00:21:11,41 | 04:14 |                 | M   |
| Neumann, Marcel         | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M40    | 19       | 0     | 00:44:29    | 04:19 |                 | M   |
| Neumann, Marcel         | Böckstieggellauf          | Werther          | 28.09.2024 | 10000   | M40    | 4        | 0     | 00:43:45    | 04:23 |                 | M   |
| Neumann, Marcel         | Halloween Track Meeting   | Bielefeld        | 26.10.2024 | 5000    | M40    | 1        | 0     | 00:21:15,90 | 04:15 |                 | M   |
| Neumann, Marcel         | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 11300   | M40    | 1        | 4     | 00:56:01    | 04:57 |                 | M   |
| Neumann, Paula          | Oberseelauf               | Bielefeld        | 23.06.2024 | 2000    | WK U8  | 7        | 0     | 00:10:59    | 05:30 |                 | W   |
| Nicholson, Trudi        | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W65    | 12       | 0     | 04:21:27    | 08:24 |                 | W   |
| Nierenkerken, Jens      | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M45    | 192      | 0     | 03:03:22    | 05:54 |                 | M   |
| Nierenkerken, Jens      | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M45    | 22       | 0     | 00:48:43    | 04:44 |                 | M   |
| Nierenkerken, Jens      | Böckstieggellauf          | Werther          | 28.09.2024 | 18000   | M45    | 36       | 0     | 01:38:53    | 05:30 |                 | M   |
| Nierenkerken, Jens      | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 21097   | M45    | 33       | 0     | 01:58:26    | 05:37 |                 | M   |
| Nikulla, Ulrich         | Brakelsieker Volkslauf    | Schieder-Schw.   | 12.10.2024 | 5000    | M70    | 1        | 0     | 00:24:33    | 04:55 |                 | M   |
| Nikulla, Ulrich         | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 10000   | M70    | 2        | 0     | 00:48:06    | 04:49 |                 | M   |
| Nikulla, Ulrich         | Detmolder Herbstlauf      | Detmold          | 16.11.2024 | 10000   | M70    | 1        | 1     | 00:51:02    | 05:06 |                 | M   |
| Nikulla, Ulrich         | Adventslauf               | Lage             | 08.12.2024 | 10000   | M70    | 1        | 0     | 00:50:16    | 05:02 |                 | M   |
| Nikulla, Ulrich         | Adventslauf Rietberg      | Rietberg         | 14.12.2024 | 10000   | M70    | 1        | 0     | 00:48:09    | 04:49 |                 | M   |
| Nowak, Anna Christina   | G1 Grüngürtel Ultra Köln  | Köln             | 07.01.2024 | 63000   | W35    | 4        | 11    | 06:22:23    | 06:04 |                 | W   |
| Nowak, Anna Christina   | Brocken-Challenge         | Schierke         | 17.02.2024 | 80000   | W35    | 7        | 14    | 10:05:00    | 07:34 |                 | W   |
| Nowak, Anna Christina   | Rund um Schloss Holte     | S.H.-Stukenbrock | 06.04.2024 | 50000   | W35    | 2        | 2     | 05:52:37    | 07:03 |                 | W   |
| Nowak, Anna Christina   | Piesberg Ultra            | Osnabrück        | 13.04.2024 | 63300   | W35    | 1        | 6     | 09:23:50    | 08:54 |                 | W   |
| Nowak, Anna Christina   | Fuffy Twister             | Langenhagen      | 22.06.2024 | 50000   | W35    | 1        | 1     | 05:30:00    | 06:36 |                 | W   |
| Nowak, Anna Christina   | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 4100    | W35    | 1        | 0     | 00:18:26    | 04:30 |                 | W   |
| Nowak, Anna Christina   | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | W35    | 3        | 8     | 00:46:37    | 04:32 |                 | W   |
| Nowak, Anna Christina   | Herforder Highway Ultra   | Herford          | 22.09.2024 | 48000   | W35    | 1        | 1     | 04:46:11    | 05:58 |                 | W   |
| Nowak, Anna Christina   | Marathon Essen            | Essen            | 13.10.2024 | 42195   | W35    | 4        | 0     | 03:48:19    | 05:25 |                 | W   |
| Nowak, Anna Christina   | kleiner KoBoLT            | Rengsdorf        | 23.11.2024 | 99000   | W35    | 4        | 2     | 17:55:00    | 10:52 |                 | W   |
| Nowak, Anna Christina   | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | W35    | 5        | 0     | 01:24:32    | 05:17 |                 | W   |
| Nußbaum, Kim            | Paderborner Osterlauf     | Paderborn        | 30.03.2024 | 21097   | W40    | 20       | 0     | 02:00:20    | 05:42 |                 | W   |
| Nuyken, Nils            | Paderborner Osterlauf     | Paderborn        | 30.03.2024 | 10000   | M30    | 21       | 0     | 00:36:12    | 03:37 |                 | M   |
| Nuyken, Nils            | Marathon Enschede         | Enschede         | 21.04.2024 | 5000    | M30    | 0        | 10    | 00:16:56    | 03:23 |                 | M   |
| Nuyken, Nils            | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M30    | 22       | 0     | 02:14:46    | 04:20 |                 | M   |
| Nuyken, Nils            | Maxilauf Hamm             | Hamm             | 05.05.2024 | 5000    | M30    | 1        | 2     | 00:16:46    | 03:21 |                 | M   |
| Nuyken, Nils            | OWL-Meisterschaft         | Bielefeld        | 11.05.2024 | 5000    | M30    | 0        | 0     | 00:16:49,92 | 03:22 |                 | M   |
| Nuyken, Nils            | Spatzenberglauf           | Löhne            | 26.05.2024 | 6000    | M30    | 1        | 3     | 00:21:21    | 03:34 |                 | M   |
| Nuyken, Nils            | Marathon Salzkotten       | Salzkotten       | 02.06.2024 | 4850    | M30    | 2        | 2     | 00:15:55    | 03:17 |                 | M   |
| Nuyken, Nils            | Oesterweger Feuerwehrlauf | Oesterweg        | 21.06.2024 | 6000    | M30    | 1        | 1     | 00:21:17    | 03:33 |                 | M   |
| Nuyken, Nils            | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | M30    | 1        | 7     | 00:31:58    | 03:28 |                 | M   |
| Nuyken, Nils            | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 10000   | M30    | 3        | 7     | 00:41:45    | 04:10 |                 | M   |
| Nuyken, Nils            | Sportscheck Run           | Hannover         | 20.09.2024 | 10000   | M30    | 6        | 0     | 00:35:36    | 03:34 |                 | M   |
| Nuyken, Nils            | Citylauf Verl             | Verl             | 02.10.2024 | 5000    | M30    | 2        | 9     | 00:17:07    | 03:25 |                 | M   |
| Nuyken, Nils            | Westf. Meisterschaften    | Coesfeld         | 12.10.2024 | 10000   | M30    | 13       | 0     | 00:36:12    | 03:37 |                 | M   |
| Nuyken, Nils            | Halloween Track Meeting   | Bielefeld        | 26.10.2024 | 3000    | M30    | 3        | 0     | 00:09:49,97 | 03:17 |                 | M   |

| Name                   | Veranstaltung              | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|------------------------|----------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Nuyken, Nils           | Adventslauf                | Lage             | 08.12.2024 | 5000    | M30 | 1        | 5     | 00:19:29    | 03:54 |                 | M   |
| Oexmann, Christian     | Oberseelauf                | Bielefeld        | 23.06.2024 | 10000   | M45 | 3        | 0     | 00:40:58    | 04:06 |                 | M   |
| Ollerdisen, Stefan     | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55 | 380      | 0     | 04:06:14    | 07:55 |                 | M   |
| Osimok, Johann         | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M40 | 61       | 0     | 01:39:15    | 04:42 |                 | M   |
| Osimok, Johann         | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M40 | 98       | 0     | 02:36:48    | 05:03 |                 | M   |
| Osimok, Johann         | Klosterlauf                | Mariefeld        | 15.05.2024 | 7500    | M40 | 7        | 0     | 00:31:46    | 04:14 |                 | M   |
| Osimok, Johann         | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M40 | 4        | 0     | 00:21:41    | 04:20 |                 | M   |
| Osimok, Johann         | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 3000    | M40 | 1        | 0     | 00:12:07,16 | 04:02 |                 | M   |
| Osimok, Johann         | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M40 | 5        | 0     | 00:40:09    | 04:22 |                 | M   |
| Osimok, Johann         | Wasserlauf                 | Dülmen           | 10.08.2024 | 5000    | M40 | 7        | 0     | 00:20:47    | 04:09 |                 | M   |
| Osimok, Johann         | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M40 | 2        | 0     | 00:19:22    | 04:10 |                 | M   |
| Osimok, Johann         | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M40 | 17       | 0     | 00:43:34    | 04:14 |                 | M   |
| Osimok, Johann         | Citylauf Verl              | Verl             | 02.10.2024 | 10000   | M40 | 9        | 0     | 00:42:05    | 04:13 |                 | M   |
| Osimok, Johann         | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M40 | 17       | 0     | 01:34:52    | 04:30 |                 | M   |
| Osimok, Johann         | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M40 | 14       | 0     | 01:18:29    | 04:54 |                 | M   |
| Ossiek, Christian      | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M45 | 35       | 0     | 01:57:10    | 05:33 |                 | M   |
| Ossiek, Christian      | Klippenlauf                | Ibbenbüren       | 24.03.2024 | 25400   | M45 | 27       | 0     | 02:18:29    | 05:27 |                 | M   |
| Ossiek, Christian      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M45 | 129      | 0     | 02:53:10    | 05:34 |                 | M   |
| Ossiek, Christian      | Teutoburger Waldlauf       | Lengerich        | 19.10.2024 | 29000   | M45 | 32       | 0     | 02:56:20    | 06:05 |                 | M   |
| Ostermann, Dagmar      | Halbmarathon Berlin        | Berlin           | 07.04.2024 | 21097   | W50 | 185      | 0     | 01:59:55    | 05:41 |                 | W   |
| Ostermann, Dagmar      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W50 | 26       | 0     | 03:08:59    | 06:05 |                 | W   |
| Ostermann, Dagmar      | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W50 | 3        | 0     | 00:47:14    | 05:08 |                 | W   |
| Ostermann, Dagmar      | Grafschaftslauf            | S.H.-Stukenbrock | 25.08.2024 | 28500   | W50 | 9        | 0     | 02:58:06    | 06:15 |                 | W   |
| Ostermann, Dagmar      | Böckstieggellauf           | Werther          | 28.09.2024 | 18000   | W50 | 2        | 0     | 01:42:21    | 05:41 |                 | W   |
| Ostermann, Rudolf      | Ostseelauf                 | Timmendorfer S.  | 17.03.2024 | 5000    | M70 | 4        | 0     | 00:31:37    | 06:19 |                 | M   |
| Ostermann, Rudolf      | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 5000    | M70 | 6        | 0     | 00:30:36    | 06:07 |                 | M   |
| Ostermann, Rudolf      | Spexarder Volkslauf        | Gütersloh        | 01.05.2024 | 5000    | M70 | 3        | 0     | 00:31:18    | 06:16 |                 | M   |
| Ostermann, Rudolf      | Oetinghauser Volkslauf     | Hiddenhausen     | 09.05.2024 | 4200    | M70 | 30       | 0     | 00:27:01    | 06:26 |                 | M   |
| Ostermann, Rudolf      | Klosterlauf                | Mariefeld        | 15.05.2024 | 7500    | M70 | 5        | 0     | 00:46:26    | 06:11 |                 | M   |
| Ostermann, Rudolf      | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | M70 | 3        | 0     | 00:31:54    | 06:23 |                 | M   |
| Ostermann, Rudolf      | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M70 | 5        | 0     | 01:07:52    | 06:47 |                 | M   |
| Ostermann, Rudolf      | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M70 | 5        | 0     | 01:07:22    | 06:44 |                 | M   |
| Ostermann, Rudolf      | Fünf-Seen-Lauf             | Schwerin         | 06.07.2024 | 10000   | M70 | 12       | 0     | 01:07:39    | 06:46 |                 | M   |
| Ostermann, Rudolf      | Meine-Insel-Lauf           | Norderney        | 13.07.2024 | 5000    | M70 | 1        | 0     | 00:31:59    | 06:24 |                 | M   |
| Ostermann, Rudolf      | Borkumer Meilenlauf        | Borkum           | 07.09.2024 | 10900   | M70 | 2        | 0     | 01:10:51    | 06:30 |                 | M   |
| Ostermann, Rudolf      | Böckstieggellauf           | Werther          | 28.09.2024 | 10000   | M70 | 3        | 0     | 01:08:57    | 06:54 |                 | M   |
| Ostermann, Rudolf      | Rügenbrücken-Marathon      | Stralsund        | 12.10.2024 | 10000   | M70 | 13       | 0     | 01:07:38    | 06:46 |                 | M   |
| Pagenstedt, Ann-Sophie | Oelder Crosslauf           | Oelde            | 13.01.2024 | 4150    | W30 | 2        | 0     | 00:25:02    | 06:02 |                 | W   |
| Pagenstedt, Ann-Sophie | Welver Crosslauf           | Welver           | 21.01.2024 | 3000    | W30 | 3        | 11    | 00:18:07    | 06:02 |                 | W   |
| Pagenstedt, Ann-Sophie | Sälzerlauf                 | Salzkotten       | 16.03.2024 | 10000   | W30 | 3        | 0     | 00:49:41    | 04:58 |                 | W   |
| Pagenstedt, Ann-Sophie | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 5000    | W30 | 7        | 0     | 00:24:02    | 04:48 |                 | W   |
| Pagenstedt, Ann-Sophie | Halbmarathon Berlin        | Berlin           | 07.04.2024 | 21097   | W30 | 498      | 0     | 01:55:20    | 05:28 |                 | W   |
| Pagenstedt, Ann-Sophie | Klosterlauf                | Mariefeld        | 15.05.2024 | 7500    | W30 | 7        | 0     | 00:39:44    | 05:18 |                 | W   |
| Pagenstedt, Ann-Sophie | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | W30 | 2        | 0     | 00:53:48    | 05:23 |                 | W   |
| Pagenstedt, Ann-Sophie | Oberseelauf                | Bielefeld        | 23.06.2024 | 5000    | W30 | 4        | 0     | 00:25:39    | 05:08 |                 | W   |
| Pagenstedt, Ann-Sophie | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W30 | 6        | 0     | 00:48:05    | 05:14 |                 | W   |
| Pagenstedt, Ann-Sophie | Adidas Runners City Night  | Berlin           | 27.07.2024 | 10000   | W30 | 139      | 0     | 00:51:40    | 05:10 |                 | W   |
| Pagenstedt, Ann-Sophie | Wöhler-Lauf                | Bad Wünnenberg   | 18.08.2024 | 21097   | W30 | 1        | 0     | 02:10:56    | 06:12 |                 | W   |

| Name                        | Veranstaltung             | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-----------------------------|---------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Pagenstedt, Ann-Sophie      | ASG Bahn-Meeting          | S.H.-Stukenbrock | 06.09.2024 | 5000    | W30    | 5        | 0     | 00:25:52,00 | 05:10 |                 | W   |
| Pagenstedt, Ann-Sophie      | Marathon Köln             | Köln             | 06.10.2024 | 21097   | W30    | 542      | 0     | 02:04:58    | 05:55 |                 | W   |
| Papenbrock, Heike           | Hermannslauf (Wandern)    | Bielefeld        | 28.04.2024 | 31100   | W60    | 0        | 0     | 04:39:03    | 08:58 |                 | W   |
| Papke-Maxa, Ariane          | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W40    | 17       | 0     | 02:57:34    | 05:43 |                 | W   |
| Papke-Maxa, Ariane          | Klosterlauf               | Marienfeld       | 15.05.2024 | 7500    | W40    | 3        | 0     | 00:35:17    | 04:42 |                 | W   |
| Papke-Maxa, Ariane          | Sparrenburg Firmenlauf    | Bielefeld        | 22.05.2024 | 5000    | W40    | 5        | 0     | 00:24:23    | 04:53 |                 | W   |
| Papke-Maxa, Ariane          | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 10000   | W40    | 3        | 0     | 00:49:26    | 04:57 |                 | W   |
| Papke-Maxa, Ariane          | Oesterweger Feuerwehrlauf | Oesterweg        | 21.06.2024 | 10000   | W40    | 2        | 0     | 00:49:02    | 04:54 |                 | W   |
| Papke-Maxa, Ariane          | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | W40    | 5        | 0     | 00:44:48    | 04:52 |                 | W   |
| Parnow, Andreas             | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M60    | 100      | 0     | 03:25:27    | 06:36 |                 | M   |
| Parnow, Andreas             | Marathon Bremen           | Bremen           | 06.10.2024 | 42195   | M60    | 29       | 0     | 04:31:21    | 06:26 |                 | M   |
| Passekel, Jens              | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M45    | 108      | 0     | 02:48:51    | 05:26 |                 | M   |
| Passekel, Jens              | Hörster Waldlauf          | Lage             | 11.05.2024 | 21097   | M45    | 1        | 0     | 01:49:08    | 05:10 |                 | M   |
| Passekel, Jens              | Klosterlauf               | Marienfeld       | 15.05.2024 | 7500    | M45    | 9        | 0     | 00:32:52    | 04:23 |                 | M   |
| Passekel, Jens              | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 10000   | M45    | 13       | 0     | 00:45:15    | 04:31 |                 | M   |
| Passekel, Jens              | Oesterweger Feuerwehrlauf | Oesterweg        | 21.06.2024 | 10000   | M45    | 10       | 0     | 00:45:56    | 04:36 |                 | M   |
| Passekel, Jens              | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | M45    | 12       | 0     | 00:41:06    | 04:28 |                 | M   |
| Passekel, Jens              | Fünf-Seen-Lauf            | Schwerin         | 06.07.2024 | 21097   | M45    | 14       | 0     | 01:50:51    | 05:15 |                 | M   |
| Passekel, Jens              | navigator Firmenlauf      | Gütersloh        | 28.08.2024 | 4650    | M45    | 5        | 0     | 00:20:16    | 04:22 |                 | M   |
| Passekel, Jens              | Teutoburger Waldlauf      | Lengerich        | 19.10.2024 | 29000   | M45    | 15       | 0     | 02:32:46    | 05:16 |                 | M   |
| Pauly, Philipp              | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 1500    | MK U12 | 2        | 3     | 00:06:07    | 04:05 |                 | M   |
| Pemsl, Wiltrud              | Marathon Oslo             | Oslo             | 21.09.2024 | 21097   | W45    | 130      | 0     | 02:04:20    | 05:54 |                 | W   |
| Petersen von Knebel, Thorst | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M55    | 395      | 0     | 04:21:26    | 08:24 |                 | M   |
| Pfaffendorf, Julian         | Crosslauf Lühtringen      | Lühtringen       | 04.02.2024 | 7900    | M35    | 3        | 0     | 00:33:25    | 04:14 |                 | M   |
| Pfaffendorf, Julian         | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M35    | 173      | 0     | 02:48:58    | 05:26 |                 | M   |
| Pfaffendorf, Julian         | Hörster Waldlauf          | Lage             | 11.05.2024 | 5700    | M35    | 1        | 0     | 00:23:48    | 04:11 |                 | M   |
| Pfaffendorf, Julian         | Zieglerlauf               | Lage             | 24.05.2024 | 10000   | M35    | 0        | 4     | 00:36:53    | 03:41 |                 | M   |
| Pfaffendorf, Julian         | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M35    | 71       | 0     | 00:57:42    | 05:36 |                 | M   |
| Pfaffendorf, Julian         | Böckstieggellauf          | Werther          | 28.09.2024 | 10000   | M35    | 3        | 0     | 00:41:32    | 04:09 |                 | M   |
| Pfaffendorf, Julian         | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 10000   | M35    | 4        | 0     | 00:42:37    | 04:16 |                 | M   |
| Pham Doan, Quang Huy        | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M U23  | 801      | 0     | 04:15:02    | 08:12 |                 | M   |
| Piel, Ulrich                | Luisenturmlauf            | Borgholzhausen   | 03.03.2024 | 12500   | M65    | 5        | 0     | 01:32:35    | 07:24 |                 | M   |
| Piel, Ulrich                | Sternchenlauf             | Sende            | 29.05.2024 | 5000    | M65    | 6        | 0     | 00:32:33    | 06:31 |                 | M   |
| Piel, Ulrich                | Oberseelauf               | Bielefeld        | 23.06.2024 | 5000    | M65    | 2        | 0     | 00:30:39    | 06:08 |                 | M   |
| Piel, Ulrich                | Christkindllauf           | Wiedenbrück      | 06.12.2024 | 10000   | M65    | 8        | 0     | 01:16:42    | 07:40 |                 | M   |
| Pohl, Andreas               | Luisenturmlauf            | Borgholzhausen   | 03.03.2024 | 21097   | M60    | 9        | 0     | 01:54:30    | 05:26 |                 | M   |
| Pohl, Andreas               | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M60    | 20       | 0     | 02:50:52    | 05:30 |                 | M   |
| Pohle, Hendrik              | Oelder Crosslauf          | Oelde            | 13.01.2024 | 4150    | M35    | 1        | 1     | 00:14:59    | 03:37 |                 | M   |
| Pohle, Hendrik              | Welver Crosslauf          | Welver           | 21.01.2024 | 3000    | M35    | 1        | 2     | 00:11:20    | 03:47 |                 | M   |
| Pohle, Hendrik              | Crosslauf Lühtringen      | Lühtringen       | 04.02.2024 | 7900    | M35    | 1        | 0     | 00:28:52    | 03:39 |                 | M   |
| Pohle, Hendrik              | Volkslauf Vreden          | Vreden           | 24.02.2024 | 5000    | M35    | 1        | 1     | 00:16:06    | 03:13 |                 | M   |
| Pohle, Hendrik              | Spexarder Volkslauf       | Gütersloh        | 01.05.2024 | 5000    | M35    | 1        | 1     | 00:16:01    | 03:12 |                 | M   |
| Pohle, Hendrik              | Clarholzer Volkslauf      | Clarholz         | 04.05.2024 | 5000    | M35    | 1        | 1     | 00:15:59    | 03:12 |                 | M   |
| Pohle, Hendrik              | OWL-Meisterschaft         | Bielefeld        | 11.05.2024 | 800     | M35    | 0        | 0     | 00:02:04,53 | 02:36 |                 | M   |
| Pohle, Hendrik              | Spatzenberglauf           | Löhne            | 26.05.2024 | 6000    | M35    | 1        | 1     | 00:19:12    | 03:12 |                 | M   |
| Pohle, Hendrik              | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 5000    | M35    | 1        | 2     | 00:16:01    | 03:12 |                 | M   |
| Pohle, Hendrik              | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 4100    | M35    | 1        | 3     | 00:13:00    | 03:10 |                 | M   |
| Pohle, Hendrik              | Wasserlauf                | Dülmen           | 10.08.2024 | 5000    | M35    | 1        | 10    | 00:15:53    | 03:11 |                 | M   |

| Name                | Veranstaltung           | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAV |
|---------------------|-------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Pohle, Hendrik      | Detmolder Residenzlauf  | Detmold          | 17.08.2024 | 10000   | M35 | 1        | 1     | 00:33:13    | 03:19 |                 | M   |
| Pohle, Hendrik      | ASG Bahn-Meeting        | S.H.-Stukenbrock | 06.09.2024 | 5000    | M35 | 2        | 0     | 00:15:35,45 | 03:07 |                 | M   |
| Pohle, Hendrik      | Run and Roll City       | Bielefeld        | 08.09.2024 | 10300   | M35 | 1        | 3     | 00:34:24    | 03:20 |                 | M   |
| Pohle, Hendrik      | Böckstiegeellauf        | Werther          | 28.09.2024 | 18000   | M35 | 2        | 2     | 01:02:44    | 03:29 |                 | M   |
| Pohle, Hendrik      | Westf. Meisterschaften  | Coesfeld         | 12.10.2024 | 10000   | M35 | 2        | 10    | 00:32:07    | 03:13 |                 | M   |
| Pohle, Hendrik      | Halloween Track Meeting | Bielefeld        | 26.10.2024 | 1000    | M35 | 1        | 0     | 00:02:36,66 | 02:37 |                 | M   |
| Pohle, Hendrik      | Meller Crosslauf        | Melle            | 03.11.2024 | 7000    | M35 | 1        | 2     | 00:23:10,00 | 03:19 |                 | M   |
| Pohle, Hendrik      | DM Cross                | Riesenbeck       | 23.11.2024 | 9400    | M35 | 0        | 0     | 00:31:26    | 03:21 |                 | M   |
| Pohle, Hendrik      | Nikolauslauf Bonn       | Bonn             | 08.12.2024 | 10000   | M35 | 1        | 5     | 00:32:10    | 03:13 |                 | M   |
| Pohle, Hendrik      | Adventslauf Rietberg    | Rietberg         | 14.12.2024 | 5000    | M35 | 1        | 3     | 00:15:27    | 03:05 |                 | M   |
| Pohle, Hendrik      | Weihnachtscrosslauf     | Borgholzhausen   | 15.12.2024 | 16000   | M35 | 1        | 3     | 00:57:42    | 03:36 |                 | M   |
| Pöhlker, Nils       | Luisenturmlauf          | Borgholzhausen   | 03.03.2024 | 21097   | M45 | 2        | 0     | 01:34:21    | 04:28 |                 | M   |
| Pöhlker, Nils       | Hermannslauf            | Bielefeld        | 28.04.2024 | 31100   | M45 | 29       | 0     | 02:26:56    | 04:43 |                 | M   |
| Pöhlker, Nils       | Run and Roll City       | Bielefeld        | 08.09.2024 | 10300   | M45 | 21       | 0     | 00:48:43    | 04:44 |                 | M   |
| Pöhlker, Nils       | Böckstiegeellauf        | Werther          | 28.09.2024 | 18000   | M45 | 32       | 0     | 01:36:40    | 05:22 |                 | M   |
| Pöhlker, Nils       | Weihnachtscrosslauf     | Borgholzhausen   | 15.12.2024 | 16000   | M45 | 15       | 0     | 01:20:14    | 05:01 |                 | M   |
| Poppensieker, Tanja | Marathon Zypern         | Paphos           | 03.03.2024 | 42195   | W50 | 3        | 22    | 03:51:36    | 05:29 |                 | W   |
| Poppensieker, Tanja | Halbmarathon Berlin     | Berlin           | 07.04.2024 | 21097   | W50 | 54       | 0     | 01:48:01    | 05:07 |                 | W   |
| Poppensieker, Tanja | Marathon Hannover       | Hannover         | 12.04.2024 | 21097   | W50 | 16       | 0     | 01:46:18    | 05:02 |                 | W   |
| Poppensieker, Tanja | Hermannslauf            | Bielefeld        | 28.04.2024 | 31100   | W50 | 8        | 0     | 02:54:42    | 05:37 |                 | W   |
| Poppensieker, Tanja | Marathon Luxemburg      | Luxemburg        | 11.05.2024 | 42195   | W50 | 7        | 83    | 04:28:41    | 06:22 |                 | W   |
| Poppensieker, Tanja | Gutsmuths Rennsteiglauf | Schmiedefeld     | 25.05.2024 | 21400   | W50 | 8        | 0     | 01:57:01    | 05:28 |                 | W   |
| Prante, Jens        | Luisenturmlauf          | Borgholzhausen   | 03.03.2024 | 21097   | M50 | 22       | 0     | 01:50:48    | 05:15 |                 | M   |
| Prante, Jens        | Hermannslauf            | Bielefeld        | 28.04.2024 | 31100   | M50 | 84       | 0     | 02:47:20    | 05:23 |                 | M   |
| Prante, Jens        | Isselhorster Nacht      | Isselhorst       | 29.06.2024 | 9200    | M50 | 11       | 0     | 00:42:36    | 04:38 |                 | M   |
| Prante, Jens        | Detmolder Residenzlauf  | Detmold          | 17.08.2024 | 10000   | M50 | 5        | 0     | 00:44:40    | 04:28 |                 | M   |
| Prante, Jens        | Marathon Kassel         | Kassel           | 15.09.2024 | 21097   | M50 | 11       | 0     | 01:37:54    | 04:38 |                 | M   |
| Prante, Jens        | Marathon Essen          | Essen            | 13.10.2024 | 42195   | M50 | 14       | 0     | 03:28:42    | 04:57 |                 | M   |
| Prenneis, Christian | Run and Roll City       | Bielefeld        | 08.09.2024 | 10300   | M55 | 18       | 0     | 00:50:47    | 04:56 |                 | M   |
| Prenneis, Christian | Halbmarathon Gütersloh  | Gütersloh        | 03.11.2024 | 21097   | M55 | 37       | 0     | 01:54:07    | 05:25 |                 | M   |
| Prenneis, Christian | Weihnachtscrosslauf     | Borgholzhausen   | 15.12.2024 | 16000   | M55 | 40       | 0     | 01:33:44    | 05:51 |                 | M   |
| Priebs, Stephan     | Luisenturmlauf          | Borgholzhausen   | 03.03.2024 | 21097   | M55 | 28       | 0     | 01:53:59    | 05:24 |                 | M   |
| Priebs, Stephan     | Hermannslauf            | Bielefeld        | 28.04.2024 | 31100   | M55 | 52       | 0     | 02:42:04    | 05:13 |                 | M   |
| Radtke, Holger      | Citylauf Oelde          | Oelde            | 08.06.2024 | 5000    | M50 | 4        | 0     | 00:21:12    | 04:14 |                 | M   |
| Radtke, Holger      | Isselhorster Nacht      | Isselhorst       | 29.06.2024 | 4100    | M50 | 2        | 0     | 00:17:34    | 04:17 |                 | M   |
| Radtke, Holger      | Wasserlauf              | Dülmen           | 10.08.2024 | 5000    | M50 | 8        | 0     | 00:21:05    | 04:13 |                 | M   |
| Radtke, Holger      | Seniorenportfest        | Rheine           | 31.08.2024 | 3000    | M50 | 1        | 0     | 00:11:35,98 | 03:52 |                 | M   |
| Reckmann, Fabian    | Sälzerlauf              | Salzkotten       | 16.03.2024 | 10000   | M45 | 15       | 0     | 00:47:13    | 04:43 |                 | M   |
| Reckmann, Fabian    | Paderborner Osterlauf   | Paderborn        | 30.03.2024 | 21097   | M45 | 50       | 0     | 01:44:15    | 04:56 |                 | M   |
| Reckmann, Fabian    | Citylauf Oelde          | Oelde            | 08.06.2024 | 10000   | M45 | 11       | 0     | 00:48:34    | 04:51 |                 | M   |
| Reckmann, Fabian    | Isselhorster Nacht      | Isselhorst       | 29.06.2024 | 4200    | M45 | 3        | 0     | 00:18:54    | 04:30 |                 | M   |
| Reckmann, Fabian    | Halbmarathon Bochum     | Bochum           | 01.09.2024 | 21097   | M45 | 20       | 0     | 01:45:40    | 05:01 |                 | M   |
| Reckmann, Fabian    | Marathon Berlin         | Berlin           | 29.09.2024 | 42195   | M45 | 2876     | 0     | 03:59:19    | 05:40 |                 | M   |
| Reckmann, Fabian    | Halloween Track Meeting | Bielefeld        | 26.10.2024 | 5000    | M45 | 3        | 0     | 00:22:01,46 | 04:24 |                 | M   |
| Reckmann, Fabian    | Halbmarathon Gütersloh  | Gütersloh        | 03.11.2024 | 10000   | M45 | 9        | 0     | 00:46:03    | 04:36 |                 | M   |
| Reichert, Klaus     | Vereinsmeisterschaft    | Bielefeld        | 01.11.2024 | 5900    | M70 | 2        | 8     | 00:55:22    | 09:23 |                 | M   |
| Reimering, Klaus    | Luisenturmlauf          | Borgholzhausen   | 03.03.2024 | 12500   | M55 | 3        | 0     | 00:56:24    | 04:31 |                 | M   |
| Reimering, Klaus    | Hermannslauf            | Bielefeld        | 28.04.2024 | 31100   | M55 | 16       | 0     | 02:27:49    | 04:45 |                 | M   |

| Name                   | Veranstaltung             | Ort               | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|------------------------|---------------------------|-------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Reimering, Klaus       | Run and Roll City         | Bielefeld         | 08.09.2024 | 10300   | M55 | 5        | 0     | 00:42:59    | 04:10 |                 | M   |
| Reimering, Klaus       | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | M55 | 6        | 0     | 01:21:03    | 04:30 |                 | M   |
| Reimering, Klaus       | Halbmarathon Gütersloh    | Gütersloh         | 03.11.2024 | 21097   | M55 | 20       | 0     | 01:40:14    | 04:45 |                 | M   |
| Reimering, Klaus       | Weihnachtscrosslauf       | Borgholzhausen    | 15.12.2024 | 16000   | M55 | 4        | 0     | 01:13:47    | 04:37 |                 | M   |
| Reis, Joao             | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | M50 | 33       | 0     | 01:47:48    | 05:59 |                 | M   |
| Reis, Joao             | Halbmarathon Gütersloh    | Gütersloh         | 03.11.2024 | 21097   | M50 | 26       | 0     | 01:52:03    | 05:19 |                 | M   |
| Ridder, Thomas         | Warburger Diemellauf      | Warburg           | 23.03.2024 | 21900   | M55 | 2        | 0     | 01:40:40    | 04:36 |                 | M   |
| Ridder, Thomas         | Klosterlauf Wiedenbrück   | Wiedenbrück       | 17.08.2024 | 13000   | M55 | 4        | 0     | 00:57:57    | 04:27 |                 | M   |
| Ridder, Thomas         | Borkumer Meilenlauf       | Borkum            | 07.09.2024 | 10900   | M55 | 2        | 7     | 00:42:54    | 03:56 |                 | M   |
| Ridder, Thomas         | Druffeler Volkslauf       | Rietberg          | 22.09.2024 | 10000   | M55 | 1        | 0     | 00:41:33    | 04:09 |                 | M   |
| Ridder, Thomas         | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | M55 | 4        | 0     | 01:19:07    | 04:24 |                 | M   |
| Ridder, Thomas         | Halbmarathon Gütersloh    | Gütersloh         | 03.11.2024 | 21097   | M55 | 9        | 0     | 01:30:06    | 04:16 |                 | M   |
| Rieksneuwöhner, Julian | Paderborner Osterlauf     | Paderborn         | 30.03.2024 | 10000   | M30 | 35       | 0     | 00:41:30    | 04:09 |                 | M   |
| Rieksneuwöhner, Julian | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M30 | 86       | 0     | 02:37:23    | 05:04 |                 | M   |
| Rieksneuwöhner, Julian | ASG Bahn-Meeting          | S.H.-Stukenbrock  | 06.09.2024 | 5000    | M30 | 0        | 0     | 00:18:54,10 | 03:47 |                 | M   |
| Rieksneuwöhner, Julian | Katharinenlauf            | Delbrück-Bentfeld | 20.09.2024 | 10000   | M30 | 1        | 9     | 00:39:54    | 03:59 |                 | M   |
| Rieksneuwöhner, Julian | Westf. Meisterschaften    | Coesfeld          | 12.10.2024 | 10000   | M30 | 18       | 0     | 00:39:31    | 03:57 |                 | M   |
| Rieksneuwöhner, Julian | Halbmarathon Gütersloh    | Gütersloh         | 03.11.2024 | 21097   | M30 | 7        | 0     | 01:27:50    | 04:10 |                 | M   |
| Rieksneuwöhner, Julian | Adventslauf Rietberg      | Rietberg          | 14.12.2024 | 5000    | M30 | 2        | 0     | 00:19:06    | 03:49 |                 | M   |
| Rixe, Oliver           | Luisenturmlauf            | Borgholzhausen    | 03.03.2024 | 21097   | M55 | 22       | 0     | 01:51:55    | 05:18 |                 | M   |
| Rixe, Oliver           | Paderborner Osterlauf     | Paderborn         | 30.03.2024 | 10000   | M55 | 23       | 0     | 00:46:12    | 04:37 |                 | M   |
| Rixe, Oliver           | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M55 | 81       | 0     | 02:51:45    | 05:31 |                 | M   |
| Rixe, Oliver           | Sieker Feuerwehrlauf      | Bielefeld         | 06.09.2024 | 5000    | M55 | 4        | 0     | 00:23:24    | 04:41 |                 | M   |
| Rixe, Oliver           | Marathon Berlin           | Berlin            | 29.09.2024 | 42195   | M55 | 744      | 0     | 03:42:52    | 05:17 |                 | M   |
| Rixe, Oliver           | Adventslauf Rietberg      | Rietberg          | 14.12.2024 | 10000   | M55 | 6        | 0     | 00:45:28    | 04:33 |                 | M   |
| Rosanowski, Thomas     | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M60 | 205      | 0     | 04:32:35    | 08:46 |                 | M   |
| Rosanowski, Thomas     | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | M60 | 27       | 0     | 02:38:23    | 08:48 |                 | M   |
| Röthe, Nicole          | Böckstiegeellauf          | Werther           | 28.09.2024 | 10000   | W50 | 1        | 8     | 00:48:59    | 04:54 |                 | W   |
| Röthe, Nicole          | Weihnachtscrosslauf       | Borgholzhausen    | 15.12.2024 | 10000   | W50 | 1        | 7     | 00:48:37    | 04:52 |                 | W   |
| Rüttgers, Thomas       | Hermannslauf (Wandern)    | Bielefeld         | 28.04.2024 | 31100   | M60 | 0        | 0     | 04:25:21    | 08:32 |                 | M   |
| Sabelfeld, Andreas     | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M40 | 547      | 0     | 03:58:52    | 07:41 |                 | M   |
| Sabelfeld, Andreas     | Run and Roll City         | Bielefeld         | 08.09.2024 | 10300   | M40 | 74       | 0     | 00:59:36    | 05:47 |                 | M   |
| Sabelfeld, Andreas     | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | M40 | 49       | 0     | 01:53:06    | 06:17 |                 | M   |
| Sahrhage, Tim          | Sieker Feuerwehrlauf      | Bielefeld         | 06.09.2024 | 5000    | M45 | 2        | 0     | 00:26:29    | 05:18 |                 | M   |
| Sander, Thomas         | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M55 | 93       | 0     | 02:54:36    | 05:37 |                 | M   |
| Sadow, Kai             | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | M55 | 131      | 0     | 03:03:59    | 05:55 |                 | M   |
| Sadow, Kai             | Klosterlauf               | Marienburg        | 15.05.2024 | 7500    | M55 | 12       | 0     | 00:33:48    | 04:30 |                 | M   |
| Sadow, Kai             | Sparrenburg Firmenlauf    | Bielefeld         | 22.05.2024 | 5000    | M55 | 8        | 0     | 00:23:12    | 04:38 |                 | M   |
| Sadow, Kai             | Nacht von Borgholzhausen  | Borgholzhausen    | 15.06.2024 | 10000   | M55 | 7        | 0     | 00:46:06    | 04:37 |                 | M   |
| Sadow, Kai             | Oesterweger Feuerwehrlauf | Oesterweg         | 21.06.2024 | 10000   | M55 | 5        | 0     | 00:45:12    | 04:31 |                 | M   |
| Sargianidis, Evi       | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | W50 | 76       | 0     | 03:40:39    | 07:06 |                 | W   |
| Sargianidis, Evi       | Sternchenlauf             | Sende             | 29.05.2024 | 10000   | W50 | 2        | 0     | 00:52:26    | 05:15 |                 | W   |
| Sauerwald, Manuel      | Sparrenburg Firmenlauf    | Bielefeld         | 22.05.2024 | 5000    | M40 | 0        | 0     | 00:21:28    | 04:18 |                 | M   |
| Schaumann, Dörte       | Hermannslauf              | Bielefeld         | 28.04.2024 | 31100   | W55 | 5        | 0     | 02:57:04    | 05:42 |                 | W   |
| Schaumann, Dörte       | Klosterlauf Wiedenbrück   | Wiedenbrück       | 17.08.2024 | 13000   | W55 | 1        | 8     | 01:07:57    | 05:14 |                 | W   |
| Schaumann, Dörte       | Sieker Feuerwehrlauf      | Bielefeld         | 06.09.2024 | 5000    | W55 | 1        | 5     | 00:25:33    | 05:07 |                 | W   |
| Schaumann, Dörte       | Böckstiegeellauf          | Werther           | 28.09.2024 | 18000   | W55 | 3        | 0     | 01:36:29    | 05:22 |                 | W   |
| Schaumann, Dörte       | Vereinsmeisterschaft      | Bielefeld         | 01.11.2024 | 11300   | W55 | 1        | 4     | 01:03:12    | 05:36 |                 | W   |

| Name                    | Veranstaltung              | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-------------------------|----------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Schemann, Michael       | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M55    | 81       | 0     | 02:01:42    | 05:46 |                 | M   |
| Schemann, Michael       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55    | 222      | 0     | 03:22:01    | 06:30 |                 | M   |
| Schemann, Michael       | Böckstiegeellauf           | Werther          | 28.09.2024 | 18000   | M55    | 43       | 0     | 01:45:11    | 05:51 |                 | M   |
| Schemann, Michael       | Rothaarsteigmarathon       | Schmallenberg    | 19.10.2024 | 22600   | M55    | 27       | 0     | 02:22:55    | 06:19 |                 | M   |
| Schmidt, Leano          | Oberseelauf                | Bielefeld        | 23.06.2024 | 2000    | MK U8  | 7        | 0     | 00:10:10    | 05:05 |                 | M   |
| Schmidt, Mailo          | Oberseelauf                | Bielefeld        | 23.06.2024 | 2000    | MK U10 | 5        | 1     | 00:07:40    | 03:50 |                 | M   |
| Schmidt-Rolfes, Andreas | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M55    | 52       | 0     | 01:47:20    | 06:43 |                 | M   |
| Schmiedeskamp, Bernt    | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M70    | 3        | 0     | 01:56:12    | 05:30 |                 | M   |
| Schmiedeskamp, Bernt    | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | M70    | 3        | 0     | 01:52:41    | 05:20 |                 | M   |
| Schmiedeskamp, Bernt    | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M70    | 4        | 0     | 00:35:14    | 04:42 |                 | M   |
| Schmiedeskamp, Bernt    | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M70    | 1        | 0     | 00:24:13    | 04:51 |                 | M   |
| Schmiedeskamp, Bernt    | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | M70    | 1        | 0     | 00:22:58    | 04:36 |                 | M   |
| Schmiedeskamp, Bernt    | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M70    | 2        | 0     | 00:49:19    | 04:56 |                 | M   |
| Schmiedeskamp, Bernt    | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M70    | 2        | 0     | 00:49:23    | 04:56 |                 | M   |
| Schmiedeskamp, Bernt    | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M70    | 2        | 0     | 00:45:10    | 04:55 |                 | M   |
| Schmiedeskamp, Bernt    | navigator Firmenlauf       | Gütersloh        | 28.08.2024 | 4650    | M70    | 1        | 0     | 00:22:53    | 04:55 |                 | M   |
| Schmiedeskamp, Bernt    | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M70    | 4        | 0     | 00:52:14    | 05:04 |                 | M   |
| Schmiedeskamp, Bernt    | Böckstiegeellauf           | Werther          | 28.09.2024 | 18000   | M70    | 2        | 0     | 01:41:44    | 05:39 |                 | M   |
| Schmiedeskamp, Bernt    | Westf. Meisterschaften     | Coesfeld         | 12.10.2024 | 10000   | M70    | 3        | 0     | 00:50:16    | 05:02 |                 | M   |
| Schmiedeskamp, Bernt    | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 5900    | M70    | 1        | 7     | 00:39:51    | 06:45 |                 | M   |
| Schmiedeskamp, Bernt    | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M70    | 1        | 0     | 01:47:03    | 05:04 |                 | M   |
| Schmiedeskamp, Bernt    | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M70    | 1        | 0     | 01:28:52    | 05:33 |                 | M   |
| Schmitz, Robin          | Crosslauf Lühtringen       | Lühtringen       | 04.02.2024 | 2700    | M      | 2        | 0     | 00:10:44    | 03:59 |                 | M   |
| Schmitz, Robin          | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M      | 38       | 0     | 02:24:32    | 04:39 |                 | M   |
| Schmitz, Robin          | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M      | 10       | 0     | 00:41:04    | 04:06 |                 | M   |
| Schmitz, Robin          | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 800     | M      | 0        | 0     | 00:02:13,42 | 02:47 |                 | M   |
| Schmitz, Robin          | Meine-Insel-Lauf           | Norderney        | 13.07.2024 | 5000    | M      | 2        | 10    | 00:20:04    | 04:01 |                 | M   |
| Schneider, Christoph    | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M55    | 65       | 0     | 02:47:16    | 05:23 |                 | M   |
| Schneider, Christoph    | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M55    | 2        | 0     | 00:30:41    | 04:05 |                 | M   |
| Schneider, Christoph    | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M55    | 1        | 0     | 00:21:06    | 04:13 |                 | M   |
| Schneider, Christoph    | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M55    | 1        | 0     | 00:41:59    | 04:12 |                 | M   |
| Schneider, Christoph    | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M55    | 5        | 0     | 00:38:42    | 04:12 |                 | M   |
| Schneider, Christoph    | Klosterlauf Wiedenbrück    | Wiedenbrück      | 17.08.2024 | 13000   | M55    | 3        | 0     | 00:56:59    | 04:23 |                 | M   |
| Schneider, Christoph    | Grafschaftslauf            | S.H.-Stukenbrock | 25.08.2024 | 28500   | M55    | 4        | 0     | 02:13:51    | 04:42 |                 | M   |
| Schneider, Christoph    | Sieker Feuerwehrlauf       | Bielefeld        | 06.09.2024 | 5000    | M55    | 2        | 0     | 00:21:46    | 04:21 |                 | M   |
| Schneider, Christoph    | Marathon Antwerpen         | Antwerpen        | 20.10.2024 | 42195   | M55    | 13       | 0     | 03:16:10    | 04:39 |                 | M   |
| Schneider, Christoph    | Vereinsmeisterschaft       | Bielefeld        | 01.11.2024 | 11300   | M55    | 1        | 2     | 00:55:20    | 04:54 |                 | M   |
| Schneider, Christoph    | Adventslauf                | Lage             | 08.12.2024 | 10000   | M55    | 1        | 0     | 00:44:34    | 04:27 |                 | M   |
| Schneider, Christoph    | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M55    | 8        | 0     | 01:16:44    | 04:48 |                 | M   |
| Schneider, Ilka         | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W50    | 36       | 0     | 03:15:59    | 06:18 |                 | W   |
| Schomburg, Kay          | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M30    | 17       | 0     | 01:36:22    | 04:34 |                 | M   |
| Schomburg, Kay          | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | M30    | 14       | 0     | 01:15:11    | 04:42 |                 | M   |
| Schöning, Jens          | Christkindllauf            | Wiedenbrück      | 06.12.2024 | 10000   | M50    | 17       | 0     | 00:49:06    | 04:55 |                 | M   |
| Schröder, Antje         | Glashauslauf von Concordia | Emsbüren         | 18.02.2024 | 10000   | W55    | 2        | 0     | 00:50:05    | 05:00 |                 | W   |
| Schröder, Antje         | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | W55    | 4        | 0     | 00:39:27    | 05:16 |                 | W   |
| Schröder, Antje         | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | W55    | 3        | 0     | 00:26:44    | 05:21 |                 | W   |
| Schröder, Antje         | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | W55    | 4        | 0     | 00:53:08    | 05:19 |                 | W   |
| Schröder, Antje         | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | W55    | 2        | 0     | 00:51:26    | 05:09 |                 | W   |

| Name                 | Veranstaltung          | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|----------------------|------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Schröder, Antje      | Oberseelauf            | Bielefeld        | 23.06.2024 | 10000   | W55 | 1        | 0     | 00:53:16    | 05:20 |                 | W   |
| Schröder, Antje      | Isselhorster Nacht     | Isselhorst       | 29.06.2024 | 9200    | W55 | 3        | 0     | 00:47:34    | 05:10 |                 | W   |
| Schröder, Antje      | Fünf-Seen-Lauf         | Schwerin         | 06.07.2024 | 21097   | W55 | 7        | 0     | 02:06:23    | 05:59 |                 | W   |
| Schröder, Antje      | Wöhler-Lauf            | Bad Wünnenberg   | 18.08.2024 | 21097   | W55 | 2        | 0     | 02:02:54    | 05:50 |                 | W   |
| Schröder, Antje      | Grafschaftslauf        | S.H.-Stukenbrock | 25.08.2024 | 28500   | W55 | 2        | 0     | 02:58:24    | 06:16 |                 | W   |
| Schröder, Antje      | navigator Firmenlauf   | Gütersloh        | 28.08.2024 | 4650    | W55 | 2        | 0     | 00:23:18    | 05:01 |                 | W   |
| Schröder, Antje      | Marathon Berlin        | Berlin           | 29.09.2024 | 42195   | W55 | 200      | 0     | 03:58:40    | 05:39 |                 | W   |
| Schröder, Antje      | Berliner Nikolauslauf  | Berlin           | 07.12.2024 | 16200   | W55 | 3        | 0     | 01:43:27    | 06:23 |                 | W   |
| Schröder, Antje      | Weihnachtscrosslauf    | Borgholzhausen   | 15.12.2024 | 16000   | W55 | 9        | 0     | 01:39:59    | 06:15 |                 | W   |
| Schröder, Jonas      | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | M   | 239      | 0     | 02:58:09    | 05:44 |                 | M   |
| Schröder, Stephan    | Luisenturmlauf         | Borgholzhausen   | 03.03.2024 | 12500   | M50 | 4        | 0     | 00:59:22    | 04:45 |                 | M   |
| Schröder, Stephan    | Sälzerlauf             | Salzkotten       | 16.03.2024 | 10000   | M50 | 11       | 0     | 00:44:06    | 04:25 |                 | M   |
| Schröder, Stephan    | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | M50 | 87       | 0     | 02:47:58    | 05:24 |                 | M   |
| Schröder, Stephan    | Druffeler Volkslauf    | Rietberg         | 22.09.2024 | 5000    | M50 | 4        | 0     | 00:27:57    | 05:35 |                 | M   |
| Schröder, Stephan    | Wällelauf              | Herford          | 27.10.2024 | 10000   | M50 | 7        | 0     | 00:41:25    | 04:09 |                 | M   |
| Schröder, Stephan    | Vereinsmeisterschaft   | Bielefeld        | 01.11.2024 | 5900    | M50 | 2        | 3     | 00:31:59    | 05:25 |                 | M   |
| Schubert, Josefa     | Hermannslauf (Wandern) | Bielefeld        | 28.04.2024 | 31100   | W75 | 0        | 0     | 06:15:59    | 12:05 |                 | W   |
| Schül, Wolfram       | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | M65 | 27       | 0     | 03:16:12    | 06:19 |                 | M   |
| Schül, Wolfram       | Klosterlauf            | Marienfeld       | 15.05.2024 | 7500    | M65 | 4        | 0     | 00:39:10    | 05:13 |                 | M   |
| Schül, Wolfram       | Sparrenburg Firmenlauf | Bielefeld        | 22.05.2024 | 5000    | M65 | 1        | 0     | 00:26:59    | 05:24 |                 | M   |
| Schül, Wolfram       | Isselhorster Nacht     | Isselhorst       | 29.06.2024 | 9200    | M65 | 3        | 0     | 00:48:54    | 05:19 |                 | M   |
| Schül, Wolfram       | navigator Firmenlauf   | Gütersloh        | 28.08.2024 | 4650    | M65 | 2        | 0     | 00:23:29    | 05:03 |                 | M   |
| Schül, Wolfram       | Vereinsmeisterschaft   | Bielefeld        | 01.11.2024 | 11300   | M65 | 1        | 11    | 01:09:54    | 06:11 |                 | M   |
| Schül, Wolfram       | Lipperland Marathon    | Dörentrup        | 16.11.2024 | 21097   | M65 | 2        | 0     | 02:02:21    | 05:48 |                 | M   |
| Schulze, Hans-Jürgen | Luisenturmlauf         | Borgholzhausen   | 03.03.2024 | 12500   | M70 | 1        | 0     | 01:12:31    | 05:48 |                 | M   |
| Schulze, Hans-Jürgen | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | M70 | 34       | 0     | 03:21:50    | 06:29 |                 | M   |
| Schulze, Hans-Jürgen | Run and Roll City      | Bielefeld        | 08.09.2024 | 10300   | M70 | 4        | 0     | 00:55:22    | 05:23 |                 | M   |
| Schulze, Hans-Jürgen | Halbmarathon Gütersloh | Gütersloh        | 03.11.2024 | 10000   | M70 | 2        | 0     | 00:53:09    | 05:19 |                 | M   |
| Schulze, Kirsten     | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | W35 | 9        | 0     | 02:36:35    | 05:02 |                 | W   |
| Schwabedissen, Boris | Run and Roll City      | Bielefeld        | 08.09.2024 | 10300   | M45 | 5        | 0     | 00:42:55    | 04:10 |                 | M   |
| Schwabedissen, Boris | Böckstiegeellauf       | Werther          | 28.09.2024 | 18000   | M45 | 1        | 0     | 01:18:35    | 04:22 |                 | M   |
| Seemann, Frank       | Paderborner Osterlauf  | Paderborn        | 30.03.2024 | 21097   | M55 | 31       | 0     | 01:41:41    | 04:49 |                 | M   |
| Seemann, Frank       | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | M55 | 141      | 0     | 03:05:59    | 05:59 |                 | M   |
| Seemann, Frank       | Klosterlauf            | Marienfeld       | 15.05.2024 | 7500    | M55 | 7        | 0     | 00:32:28    | 04:20 |                 | M   |
| Seemann, Frank       | Kö-Meile               | Düsseldorf       | 01.09.2024 | 5000    | M55 | 4        | 0     | 00:21:50    | 04:22 |                 | M   |
| Seemann, Frank       | Sieker Feuerwehrlauf   | Bielefeld        | 06.09.2024 | 5000    | M55 | 3        | 0     | 00:23:10    | 04:38 |                 | M   |
| Seemann, Frank       | Marathon Berlin        | Berlin           | 29.09.2024 | 42195   | M55 | 457      | 0     | 03:30:19    | 04:59 |                 | M   |
| Serafinowski, Nadine | Lauf am Förderturm     | Bönen            | 14.01.2024 | 10000   | W30 | 2        | 2     | 00:42:32    | 04:15 |                 | W   |
| Serafinowski, Nadine | Welver Crosslauf       | Welver           | 21.01.2024 | 3000    | W30 | 2        | 3     | 00:14:36    | 04:52 |                 | W   |
| Serafinowski, Nadine | Crosslauf Lühtringen   | Lühtringen       | 04.02.2024 | 7900    | W30 | 5        | 0     | 00:38:20    | 04:51 |                 | W   |
| Serafinowski, Nadine | Sälzerlauf             | Salzkotten       | 16.03.2024 | 10000   | W30 | 1        | 10    | 00:40:16    | 04:02 |                 | W   |
| Serafinowski, Nadine | Paderborner Osterlauf  | Paderborn        | 30.03.2024 | 5000    | W30 | 3        | 0     | 00:20:03    | 04:01 |                 | W   |
| Serafinowski, Nadine | Halbmarathon Berlin    | Berlin           | 07.04.2024 | 21097   | W30 | 75       | 0     | 01:33:29    | 04:26 |                 | W   |
| Serafinowski, Nadine | Hermannslauf           | Bielefeld        | 28.04.2024 | 31100   | W30 | 15       | 0     | 02:40:33    | 05:10 |                 | W   |
| Serafinowski, Nadine | Spexarder Volkslauf    | Gütersloh        | 01.05.2024 | 5000    | W30 | 2        | 4     | 00:23:31    | 04:42 |                 | W   |
| Serafinowski, Nadine | Oetinghauser Volkslauf | Hiddenhausen     | 09.05.2024 | 4200    | W30 | 1        | 1     | 00:17:30    | 04:10 |                 | W   |
| Serafinowski, Nadine | OWL-Meisterschaft      | Bielefeld        | 11.05.2024 | 1500    | W30 | 0        | 0     | 00:05:43,98 | 03:49 |                 | W   |
| Serafinowski, Nadine | Klosterlauf            | Marienfeld       | 15.05.2024 | 7500    | W30 | 1        | 10    | 00:31:24    | 04:11 |                 | W   |

| Name                    | Veranstaltung              | Ort              | Datum      | Distanz | AK  | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|-------------------------|----------------------------|------------------|------------|---------|-----|----------|-------|-------------|-------|-----------------|-----|
| Serafinowski, Nadine    | Sternchenlauf              | Sende            | 29.05.2024 | 5000    | W30 | 4        | 8     | 00:20:03    | 04:01 |                 | W   |
| Serafinowski, Nadine    | Citylauf Oelde             | Oelde            | 08.06.2024 | 10000   | W30 | 1        | 3     | 00:41:23    | 04:08 |                 | W   |
| Serafinowski, Nadine    | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | W30 | 1        | 7     | 00:42:21    | 04:14 |                 | W   |
| Serafinowski, Nadine    | Westf. Seniorenmeistersch. | Reken            | 22.06.2024 | 3000    | W30 | 2        | 0     | 00:11:54,14 | 03:58 |                 | W   |
| Serafinowski, Nadine    | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W30 | 1        | 10    | 00:39:13    | 04:16 |                 | W   |
| Serafinowski, Nadine    | ZfS-Münster City Run       | Münster          | 07.07.2024 | 5000    | W30 | 4        | 0     | 00:20:38    | 04:08 |                 | W   |
| Serafinowski, Nadine    | Adidas Runners City Night  | Berlin           | 27.07.2024 | 10000   | W30 | 41       | 0     | 00:44:09    | 04:25 |                 | W   |
| Serafinowski, Nadine    | Martinslauf                | Paderborn        | 08.11.2024 | 10000   | W30 | 4        | 7     | 00:44:51    | 04:29 |                 | W   |
| Serafinowski, Nadine    | Christkindllauf            | Wiedenbrück      | 06.12.2024 | 10000   | W30 | 4        | 0     | 00:43:46    | 04:23 |                 | W   |
| Serafinowski, Nadine    | Adventslauf Rietberg       | Rietberg         | 14.12.2024 | 5000    | W30 | 2        | 9     | 00:20:39    | 04:08 |                 | W   |
| Serafinowski, Nadine    | Weihnachtscrosslauf        | Borgholzhausen   | 15.12.2024 | 16000   | W30 | 6        | 0     | 01:27:37    | 05:29 |                 | W   |
| Siegrist, Hannelore     | Hermannslauf (Wandern)     | Bielefeld        | 28.04.2024 | 31100   | W75 | 0        | 0     | 05:24:27    | 10:26 |                 | W   |
| Siegrist, Hans-Peter    | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 10000   | M75 | 6        | 0     | 01:07:58    | 06:48 |                 | M   |
| Siegrist, Hans-Peter    | Böckstiegeellauf           | Werther          | 28.09.2024 | 10000   | M75 | 1        | 0     | 01:12:35    | 07:15 |                 | M   |
| Siegrist, Hans-Peter    | Porta-Straßen-Volkslauf    | Porta Westfalica | 06.10.2024 | 11700   | M75 | 1        | 0     | 01:22:35    | 07:04 |                 | M   |
| Skowronek, Mary         | Böckstiegeellauf (Walking) | Werther          | 28.09.2024 | 10000   | W55 | 0        | 0     | 01:25:19    | 08:32 |                 | W   |
| Sonnenberg, Beate       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W60 | 6        | 0     | 03:10:11    | 06:07 |                 | W   |
| Stichmann, Marcus       | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M60 | 21       | 0     | 02:03:45    | 05:52 |                 | M   |
| Stichmann, Marcus       | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M60 | 64       | 0     | 03:09:03    | 06:05 |                 | M   |
| Stichmann, Marcus       | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M60 | 5        | 0     | 00:25:40    | 05:08 |                 | M   |
| Stichmann, Marcus       | Sternchenlauf              | Sende            | 29.05.2024 | 10000   | M60 | 3        | 0     | 00:49:23    | 04:56 |                 | M   |
| Stichmann, Marcus       | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M60 | 12       | 0     | 00:51:44    | 05:10 |                 | M   |
| Stichmann, Marcus       | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M60 | 9        | 0     | 00:50:43    | 05:04 |                 | M   |
| Stichmann, Marcus       | Run and Roll City          | Bielefeld        | 08.09.2024 | 10300   | M60 | 18       | 0     | 00:53:46    | 05:13 |                 | M   |
| Stichmann, Marcus       | Böckstiegeellauf           | Werther          | 28.09.2024 | 18000   | M60 | 11       | 0     | 01:37:50    | 05:26 |                 | M   |
| Stichmann, Marcus       | Halbmarathon Gütersloh     | Gütersloh        | 03.11.2024 | 21097   | M60 | 17       | 0     | 01:54:45    | 05:26 |                 | M   |
| Strothmann, Marcel      | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | M40 | 27       | 0     | 01:45:43    | 05:01 |                 | M   |
| Strothmann, Marcel      | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M40 | 111      | 0     | 02:40:54    | 05:10 |                 | M   |
| Strothmann, Marcel      | Marathon Kassel            | Kassel           | 15.09.2024 | 21097   | M40 | 35       | 0     | 01:39:07    | 04:42 |                 | M   |
| Strothmann, Marcel      | Marathon München           | München          | 13.10.2024 | 42195   | M40 | 127      | 0     | 03:30:18    | 04:59 |                 | M   |
| Sürücü, Güli            | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W55 | 66       | 0     | 03:44:21    | 07:13 |                 | W   |
| Sürücü, Güli            | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | W55 | 5        | 0     | 00:42:24    | 05:39 |                 | W   |
| Sürücü, Güli            | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | W55 | 5        | 0     | 01:00:12    | 06:01 |                 | W   |
| Sürücü, Güli            | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | W55 | 5        | 0     | 00:59:53    | 05:59 |                 | W   |
| Sürücü, Güli            | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | W55 | 8        | 0     | 00:56:04    | 06:06 |                 | W   |
| Tesch, Daniel           | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | M40 | 25       | 0     | 02:19:42    | 04:30 |                 | M   |
| Thielemann, Marie-Luise | Luisenturmlauf             | Borgholzhausen   | 03.03.2024 | 21097   | W65 | 1        | 0     | 02:24:17    | 06:50 |                 | W   |
| Thielemann, Marie-Luise | Paderborner Osterlauf      | Paderborn        | 30.03.2024 | 21097   | W65 | 2        | 0     | 02:03:25    | 05:51 |                 | W   |
| Thielemann, Marie-Luise | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W65 | 6        | 0     | 03:45:50    | 07:16 |                 | W   |
| Thielemann, Marie-Luise | Pfingstlauf                | Gütersloh        | 20.05.2024 | 5000    | W65 | 1        | 9     | 00:26:59    | 05:24 |                 | W   |
| Thiel-Freitag, Wilhelma | Hermannslauf               | Bielefeld        | 28.04.2024 | 31100   | W65 | 7        | 0     | 03:52:10    | 07:28 |                 | W   |
| Thomas, Frank           | Glashauslauf von Concordia | Emsbüren         | 18.02.2024 | 10000   | M55 | 18       | 0     | 00:47:27    | 04:45 |                 | M   |
| Thomas, Frank           | Klosterlauf                | Marienfeld       | 15.05.2024 | 7500    | M55 | 18       | 0     | 00:35:56    | 04:47 |                 | M   |
| Thomas, Frank           | Sparrenburg Firmenlauf     | Bielefeld        | 22.05.2024 | 5000    | M55 | 15       | 0     | 00:26:18    | 05:16 |                 | M   |
| Thomas, Frank           | Nacht von Borgholzhausen   | Borgholzhausen   | 15.06.2024 | 10000   | M55 | 23       | 0     | 00:52:35    | 05:15 |                 | M   |
| Thomas, Frank           | Oesterweger Feuerwehrlauf  | Oesterweg        | 21.06.2024 | 10000   | M55 | 16       | 0     | 00:52:59    | 05:18 |                 | M   |
| Thomas, Frank           | Oberseelauf                | Bielefeld        | 23.06.2024 | 10000   | M55 | 7        | 0     | 00:51:05    | 05:07 |                 | M   |
| Thomas, Frank           | Isselhorster Nacht         | Isselhorst       | 29.06.2024 | 9200    | M55 | 18       | 0     | 00:44:50    | 04:52 |                 | M   |



| Name                     | Veranstaltung            | Ort              | Datum      | Distanz | AK    | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|--------------------------|--------------------------|------------------|------------|---------|-------|----------|-------|-------------|-------|-----------------|-----|
| Thomas, Frank            | Fünf-Seen-Lauf           | Schwerin         | 06.07.2024 | 21097   | M55   | 21       | 0     | 02:03:16    | 05:51 |                 | M   |
| Thomas, Frank            | Grafschaftslauf          | S.H.-Stukenbrock | 25.08.2024 | 28500   | M55   | 25       | 0     | 02:58:25    | 06:16 |                 | M   |
| Thomas, Frank            | Marathon Berlin          | Berlin           | 29.09.2024 | 42195   | M55   | 1594     | 0     | 04:14:33    | 06:02 |                 | M   |
| Thomas, Frank            | Berliner Nikolauslauf    | Berlin           | 07.12.2024 | 16200   | M55   | 6        | 0     | 01:43:25    | 06:23 |                 | M   |
| Thomas, Frank            | Weihnachtscrosslauf      | Borgholzhausen   | 15.12.2024 | 16000   | M55   | 47       | 0     | 01:40:01    | 06:15 |                 | M   |
| Tiekemeier, Felix        | Oelder Crosslauf         | Oelde            | 13.01.2024 | 4150    | M U23 | 1        | 4     | 00:15:38    | 03:46 |                 | M   |
| Tiekemeier, Felix        | Welver Crosslauf         | Welver           | 21.01.2024 | 3000    | M U23 | 1        | 4     | 00:11:58    | 03:59 |                 | M   |
| Tiekemeier, Felix        | Crosslauf Lüchtringen    | Lüchtringen      | 04.02.2024 | 2700    | M U23 | 1        | 0     | 00:09:23    | 03:29 |                 | M   |
| Tiekemeier, Felix        | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 5000    | M U23 | 11       | 0     | 00:16:13    | 03:15 |                 | M   |
| Tiekemeier, Felix        | Nacht der Bestzeiten     | Paderborn        | 12.04.2024 | 3000    | M U23 | 10       | 0     | 00:09:36,75 | 03:12 |                 | M   |
| Tiekemeier, Felix        | Meine-Insel-Lauf         | Norderney        | 13.07.2024 | 5000    | M U23 | 1        | 2     | 00:17:39    | 03:32 |                 | M   |
| Tiekemeier, Felix        | Wasserlauf               | Dülmen           | 10.08.2024 | 5000    | M U23 | 12       | 0     | 00:19:23    | 03:53 |                 | M   |
| Tiekemeier, Felix        | Böckstieggellauf         | Werther          | 28.09.2024 | 10000   | M U23 | 1        | 1     | 00:35:02    | 03:30 |                 | M   |
| Tiekemeier, Felix        | Westf. Meisterschaften   | Coesfeld         | 12.10.2024 | 10000   | M U23 | 7        | 0     | 00:34:39    | 03:28 |                 | M   |
| Tiekemeier, Felix        | Wällelauf                | Herford          | 27.10.2024 | 10000   | M U23 | 1        | 2     | 00:35:38    | 03:34 |                 | M   |
| Tiekemeier, Felix        | Nikolauf Everswinkel     | Everswinkel      | 07.12.2024 | 10000   | M U23 | 2        | 4     | 00:36:51    | 03:41 |                 | M   |
| Tiekemeier, Thomas       | Meine-Insel-Lauf         | Norderney        | 13.07.2024 | 5000    | M55   | 1        | 0     | 00:21:31    | 04:18 |                 | M   |
| Tietz, Patrick           | Langenberger Volkslauf   | Langenberg       | 09.03.2024 | 11000   | M40   | 2        | 3     | 00:39:11    | 03:34 |                 | M   |
| Tietz, Patrick           | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M40   | 9        | 0     | 02:06:31    | 04:04 |                 | M   |
| Tietz, Patrick           | Zugspitz Ultratrail      | Garmisch-Part.   | 14.06.2024 | 106000  | M40   | 39       | 0     | 18:18:10    | 10:22 |                 | M   |
| Tietz, Patrick           | Run and Roll City        | Bielefeld        | 08.09.2024 | 10300   | M40   | 2        | 0     | 00:38:07    | 03:42 |                 | M   |
| Tietz, Patrick           | Möhnesee-Pokal-Lauf      | Möhnesee-Günne   | 22.09.2024 | 30000   | M40   | 1        | 1     | 02:06:55    | 04:14 |                 | M   |
| Tietz, Patrick           | Teutoburger Waldlauf     | Lengerich        | 19.10.2024 | 29000   | M40   | 1        | 5     | 01:59:02    | 04:06 |                 | M   |
| Tietz, Patrick           | Detmolder Herbstlauf     | Detmold          | 16.11.2024 | 20000   | M40   | 1        | 4     | 01:17:58    | 03:54 |                 | M   |
| Tilleke, Christian       | Nacht von Borgholzhausen | Borgholzhausen   | 15.06.2024 | 10000   | M40   | 14       | 0     | 00:46:44    | 04:40 |                 | M   |
| Tix, Norman              | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M40   | 331      | 0     | 03:14:15    | 06:15 |                 | M   |
| Tix, Norman              | Marathon Salzkotten      | Salzkotten       | 02.06.2024 | 42195   | M40   | 12       | 0     | 04:25:36    | 06:18 |                 | M   |
| Tophinke, Julius Clemens | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 400     | MK U8 | 1        | 1     | 00:01:47    | 04:27 |                 | M   |
| Tophinke, Julius Clemens | Nikolauslauf             | Oelde            | 01.12.2024 | 600     | MK U8 | 3        | 0     | 00:03:06    | 05:10 |                 | M   |
| Treidler, Marcel         | Paderborner Osterlauf    | Paderborn        | 30.03.2024 | 21097   | M30   | 84       | 0     | 01:43:01    | 04:53 |                 | M   |
| Treidler, Marcel         | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M30   | 167      | 0     | 02:50:24    | 05:29 |                 | M   |
| Van Diepen, John         | Luisenturmlauf           | Borgholzhausen   | 03.03.2024 | 21097   | M60   | 2        | 0     | 01:47:18    | 05:05 |                 | M   |
| van Diepen, John         | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | M60   | 13       | 0     | 02:45:02    | 05:18 |                 | M   |
| van Diepen, John         | Fünf-Seen-Lauf           | Schwerin         | 06.07.2024 | 21097   | M60   | 7        | 0     | 02:10:53    | 06:12 |                 | M   |
| van Diepen, John         | Vereinsmeisterschaft     | Bielefeld        | 01.11.2024 | 11300   | M60   | 1        | 6     | 00:58:25    | 05:10 |                 | M   |
| Volbert, Antje           | Halbmarathon Berlin      | Berlin           | 07.04.2024 | 21097   | W55   | 573      | 0     | 02:37:02    | 07:27 |                 | W   |
| Volkmann, Jessica        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W30   | 8        | 0     | 02:29:01    | 04:47 |                 | W   |
| Voronov, Andrei          | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 21097   | M40   | 9        | 0     | 01:28:39    | 04:12 |                 | M   |
| Walkenhorst, Mareike     | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W35   | 2        | 8     | 02:23:00    | 04:36 |                 | W   |
| Walkenhorst, Mareike     | Helpuper Dorffestlauf    | Oerlinghausen    | 17.05.2024 | 10000   | W35   | 1        | 1     | 00:41:19    | 04:08 |                 | W   |
| Walkenhorst, Mareike     | Isselhorster Nacht       | Isselhorst       | 29.06.2024 | 9200    | W35   | 1        | 5     | 00:37:04    | 04:02 |                 | W   |
| Walkenhorst, Mareike     | Böckstieggellauf         | Werther          | 28.09.2024 | 18000   | W35   | 1        | 3     | 01:17:31    | 04:18 |                 | W   |
| Walkenhorst, Mareike     | Wällelauf                | Herford          | 27.10.2024 | 10000   | W35   | 3        | 3     | 00:40:23    | 04:02 |                 | W   |
| Wandelt, Stefanie        | Hermannslauf             | Bielefeld        | 28.04.2024 | 31100   | W50   | 87       | 0     | 03:44:47    | 07:14 |                 | W   |
| Wandelt, Stefanie        | Isselhorster Nacht       | Isselhorst       | 29.06.2024 | 9200    | W50   | 17       | 0     | 01:09:04    | 07:30 |                 | W   |
| Wandelt, Stefanie        | Run and Roll City        | Bielefeld        | 08.09.2024 | 10300   | W50   | 14       | 0     | 01:01:25    | 05:58 |                 | W   |
| Wandelt, Stefanie        | Böckstieggellauf         | Werther          | 28.09.2024 | 18000   | W50   | 11       | 0     | 02:04:13    | 06:54 |                 | W   |
| Wandelt, Stefanie        | Halbmarathon Gütersloh   | Gütersloh        | 03.11.2024 | 21097   | W50   | 11       | 0     | 02:11:17    | 06:13 |                 | W   |

| Name               | Veranstaltung             | Ort            | Datum      | Distanz | AK  | AK Platz | Platz | Zeit     | Pace  | offiziell verm. | MAW |
|--------------------|---------------------------|----------------|------------|---------|-----|----------|-------|----------|-------|-----------------|-----|
| Wandelt, Stefanie  | Weihnachtscrosslauf       | Borgholzhausen | 15.12.2024 | 16000   | W50 | 19       | 0     | 01:53:18 | 07:05 |                 | W   |
| Weber, Marc        | Meine-Insel-Lauf          | Norderney      | 13.07.2024 | 10000   | M45 | 5        | 0     | 00:49:28 | 04:57 |                 | M   |
| Weber, Marc        | Sieker Feuerwehrlauf      | Bielefeld      | 06.09.2024 | 5000    | M45 | 2        | 0     | 00:22:58 | 04:36 |                 | M   |
| Wegstein, Lukas    | Halbmarathon Bochum       | Bochum         | 01.09.2024 | 21097   | M30 | 96       | 0     | 01:58:07 | 05:36 |                 | M   |
| Wegstein, Lukas    | Marathon Frankfurt        | Frankfurt      | 27.10.2024 | 42195   | M30 | 1173     | 0     | 05:00:37 | 07:07 |                 | M   |
| Wenzel, Bettina    | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | W60 | 26       | 0     | 03:58:05 | 07:39 |                 | W   |
| Werner, Kristin    | Vereinsmeisterschaft      | Bielefeld      | 01.11.2024 | 11300   | W   | 1        | 5     | 01:06:21 | 05:52 |                 | W   |
| Wessels, Alfred    | Böckstieggelauf           | Werther        | 28.09.2024 | 18000   | M65 | 12       | 0     | 01:53:17 | 06:18 |                 | M   |
| Wessels, Alfred    | Wällelauf                 | Herford        | 27.10.2024 | 10000   | M65 | 8        | 0     | 00:58:06 | 05:49 |                 | M   |
| Wiechmann, Detlef  | Paderborner Osterlauf     | Paderborn      | 30.03.2024 | 21097   | M65 | 18       | 0     | 02:05:06 | 05:56 |                 | M   |
| Wiechmann, Detlef  | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M65 | 80       | 0     | 04:01:22 | 07:46 |                 | M   |
| Wiechmann, Detlef  | Sparrenburg Firmenlauf    | Bielefeld      | 22.05.2024 | 5000    | M65 | 2        | 0     | 00:28:55 | 05:47 |                 | M   |
| Wiechmann, Detlef  | LGT Alpin Marathon        | Liechtenstein  | 08.06.2024 | 25000   | M65 | 8        | 0     | 03:59:25 | 09:35 |                 | M   |
| Wiechmann, Detlef  | Nacht von Borgholzhausen  | Borgholzhausen | 15.06.2024 | 10000   | M65 | 7        | 0     | 00:56:08 | 05:37 |                 | M   |
| Wiechmann, Detlef  | Oberseelauf               | Bielefeld      | 23.06.2024 | 10000   | M65 | 4        | 0     | 00:56:32 | 05:39 |                 | M   |
| Wiechmann, Detlef  | Fünf-Seen-Lauf            | Schwerin       | 06.07.2024 | 15000   | M65 | 7        | 0     | 01:35:13 | 06:21 |                 | M   |
| Wiechmann, Detlef  | navigator Firmenlauf      | Gütersloh      | 28.08.2024 | 4650    | M65 | 3        | 0     | 00:26:02 | 05:36 |                 | M   |
| Wiechmann, Detlef  | Run and Roll City         | Bielefeld      | 08.09.2024 | 10300   | M65 | 7        | 0     | 00:58:29 | 05:41 |                 | M   |
| Wiechmann, Detlef  | Marathon Köln             | Köln           | 06.10.2024 | 21097   | M65 | 45       | 0     | 02:07:31 | 06:03 |                 | M   |
| Wiechmann, Detlef  | Wällelauf                 | Herford        | 27.10.2024 | 10000   | M65 | 7        | 0     | 00:55:57 | 05:36 |                 | M   |
| Wiechmann, Detlef  | Vereinsmeisterschaft      | Bielefeld      | 01.11.2024 | 11300   | M65 | 2        | 12    | 01:14:11 | 06:34 |                 | M   |
| Wiechmann, Detlef  | Westfalenparklauf         | Dortmund       | 03.11.2024 | 10000   | M65 | 1        | 0     | 00:58:12 | 05:49 |                 | M   |
| Wiechmann, Detlef  | Adventslauf Rietberg      | Rietberg       | 14.12.2024 | 5000    | M65 | 2        | 0     | 00:27:50 | 05:34 |                 | M   |
| Wiedey, Achim      | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | M55 | 337      | 0     | 03:50:39 | 07:25 |                 | M   |
| Wienstroth, Ilka   | DO IT FAST Winteredition  | Dortmund       | 04.02.2024 | 10000   | W40 | 1        | 4     | 00:36:49 | 03:41 |                 | W   |
| Wienstroth, Ilka   | Sälzerlauf                | Salzkotten     | 16.03.2024 | 10000   | W40 | 1        | 3     | 00:36:11 | 03:37 |                 | W   |
| Wienstroth, Ilka   | Halbmarathon Berlin       | Berlin         | 07.04.2024 | 21097   | W40 | 7        | 0     | 01:27:20 | 04:08 |                 | W   |
| Wienstroth, Ilka   | Hermannslauf              | Bielefeld      | 28.04.2024 | 31100   | W40 | 1        | 3     | 02:07:16 | 04:06 |                 | W   |
| Wienstroth, Ilka   | Spexarder Volkslauf       | Gütersloh      | 01.05.2024 | 5000    | W40 | 1        | 6     | 00:23:32 | 04:42 |                 | W   |
| Wienstroth, Ilka   | Friedewalder Mühlenlauf   | Friedewalde    | 09.05.2024 | 10000   | W40 | 1        | 1     | 00:38:14 | 03:49 |                 | W   |
| Wienstroth, Ilka   | Klosterlauf               | Marienfeld     | 15.05.2024 | 7500    | W40 | 1        | 2     | 00:27:19 | 03:39 |                 | W   |
| Wienstroth, Ilka   | Gutsmuths Rennsteiglauf   | Schmiedefeld   | 25.05.2024 | 21400   | W40 | 2        | 3     | 01:26:55 | 04:04 |                 | W   |
| Wienstroth, Ilka   | Sternchenlauf             | Sende          | 29.05.2024 | 5000    | W40 | 1        | 2     | 00:18:00 | 03:36 |                 | W   |
| Wienstroth, Ilka   | Nacht von Borgholzhausen  | Borgholzhausen | 15.06.2024 | 10000   | W40 | 1        | 3     | 00:37:24 | 03:44 |                 | W   |
| Wienstroth, Ilka   | Adidas Runners City Night | Berlin         | 27.07.2024 | 10000   | W40 | 3        | 0     | 00:37:17 | 03:44 |                 | W   |
| Wienstroth, Ilka   | Marathon Berlin           | Berlin         | 29.09.2024 | 42195   | W40 | 9        | 0     | 02:47:42 | 03:58 |                 | W   |
| Wienstroth, Ilka   | Nikolauf Everswinkel      | Everswinkel    | 07.12.2024 | 10000   | W40 | 1        | 1     | 00:38:20 | 03:50 |                 | W   |
| Wienstroth, Volker | Sälzerlauf                | Salzkotten     | 16.03.2024 | 10000   | M70 | 1        | 0     | 00:48:50 | 04:53 |                 | M   |
| Wienstroth, Volker | Paderborner Osterlauf     | Paderborn      | 30.03.2024 | 10000   | M70 | 2        | 0     | 00:46:31 | 04:39 |                 | M   |
| Wienstroth, Volker | Klosterlauf               | Marienfeld     | 15.05.2024 | 7500    | M70 | 2        | 0     | 00:34:28 | 04:36 |                 | M   |
| Wienstroth, Volker | Sparrenburg Firmenlauf    | Bielefeld      | 22.05.2024 | 5000    | M70 | 3        | 0     | 00:24:43 | 04:57 |                 | M   |
| Wienstroth, Volker | Sternchenlauf             | Sende          | 29.05.2024 | 10000   | M70 | 1        | 0     | 00:47:53 | 04:47 |                 | M   |
| Wienstroth, Volker | Nacht von Borgholzhausen  | Borgholzhausen | 15.06.2024 | 10000   | M70 | 1        | 0     | 00:48:08 | 04:49 |                 | M   |
| Wienstroth, Volker | Oesterweger Feuerwehrlauf | Oesterweg      | 21.06.2024 | 10000   | M70 | 1        | 0     | 00:48:46 | 04:53 |                 | M   |
| Wienstroth, Volker | Run and Roll City         | Bielefeld      | 08.09.2024 | 10300   | M70 | 1        | 0     | 00:48:42 | 04:44 |                 | M   |
| Wienstroth, Volker | Citylauf Verl             | Verl           | 02.10.2024 | 10000   | M70 | 1        | 0     | 00:46:37 | 04:40 |                 | M   |
| Wienstroth, Volker | Westf. Meisterschaften    | Coesfeld       | 12.10.2024 | 10000   | M70 | 2        | 0     | 00:48:52 | 04:53 |                 | M   |
| Wigand, Miriam     | Zugspitz Ultratrail       | Garmisch-Part. | 14.06.2024 | 29000   | W   | 174      | 0     | 05:12:45 | 10:47 |                 | W   |

| Name             | Veranstaltung             | Ort              | Datum      | Distanz | AK     | AK Platz | Platz | Zeit        | Pace  | offiziell verm. | MAW |
|------------------|---------------------------|------------------|------------|---------|--------|----------|-------|-------------|-------|-----------------|-----|
| Wilde, Volker    | Halbmarathon Berlin       | Berlin           | 07.04.2024 | 21097   | M60    | 730      | 0     | 02:30:08    | 07:07 |                 | M   |
| Wilking, Dagmar  | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W60    | 28       | 0     | 04:01:07    | 07:45 |                 | W   |
| Willhuber, Heidi | Hermannslauf (Wandern)    | Bielefeld        | 28.04.2024 | 31100   | W60    | 0        | 0     | 05:17:36    | 10:13 |                 | W   |
| Willuhn, Henry   | DO IT FAST Winteredition  | Dortmund         | 04.02.2024 | 10000   | M35    | 1        | 8     | 00:35:30    | 03:33 |                 | M   |
| Willuhn, Henry   | Luisenturmlauf            | Borgholzhausen   | 03.03.2024 | 21097   | M35    | 3        | 0     | 01:26:25    | 04:06 |                 | M   |
| Willuhn, Henry   | Venloop                   | Venlo            | 24.03.2024 | 21097   | M35    | 18       | 116   | 01:17:25    | 03:40 |                 | M   |
| Willuhn, Henry   | Paderborner Osterlauf     | Paderborn        | 30.03.2024 | 10000   | M35    | 14       | 0     | 00:35:11    | 03:31 |                 | M   |
| Willuhn, Henry   | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M35    | 10       | 0     | 02:06:58    | 04:05 |                 | M   |
| Willuhn, Henry   | Gutsmuths Rennsteiglauf   | Schmiedefeld     | 25.05.2024 | 73900   | M35    | 27       | 0     | 07:41:57    | 06:15 |                 | M   |
| Willuhn, Henry   | Nacht von Borgholzhausen  | Borgholzhausen   | 15.06.2024 | 10000   | M35    | 3        | 0     | 00:36:21    | 03:38 |                 | M   |
| Willuhn, Henry   | Isselhorster Nacht        | Isselhorst       | 29.06.2024 | 9200    | M35    | 2        | 8     | 00:32:31    | 03:32 |                 | M   |
| Willuhn, Henry   | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M35    | 2        | 5     | 00:35:53    | 03:29 |                 | M   |
| Willuhn, Henry   | Marathon Berlin           | Berlin           | 29.09.2024 | 42195   | M35    | 515      | 0     | 02:47:05    | 03:58 |                 | M   |
| Willuhn, Henry   | Marathon Amsterdam        | Amsterdam        | 20.10.2024 | 42195   | M35    | 120      | 0     | 02:53:24    | 04:07 |                 | M   |
| Willuhn, Henry   | Halloween Track Meeting   | Bielefeld        | 26.10.2024 | 200     | M35    | 2        | 0     | 00:00:28,12 | 02:21 |                 | M   |
| Willuhn, Henry   | Halloween Track Meeting   | Bielefeld        | 26.10.2024 | 3000    | M35    | 1        | 0     | 00:09:39,26 | 03:13 |                 | M   |
| Willuhn, Henry   | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 21097   | M35    | 1        | 5     | 01:16:02    | 03:36 |                 | M   |
| Willuhn, Henry   | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | M35    | 2        | 9     | 01:04:30    | 04:02 |                 | M   |
| Witte, Marita    | Halbmarathon Palma        | Palma            | 24.03.2024 | 21097   | W65    | 7        | 0     | 02:05:25    | 05:57 |                 | W   |
| Witte, Marita    | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W65    | 1        | 0     | 03:21:32    | 06:29 |                 | W   |
| Witte, Marita    | Sternchenlauf             | Sende            | 29.05.2024 | 10000   | W65    | 1        | 0     | 00:53:31    | 05:21 |                 | W   |
| Witte, Marita    | Fünf-Seen-Lauf            | Schwerin         | 06.07.2024 | 21097   | W65    | 2        | 0     | 02:26:32    | 06:57 |                 | W   |
| Witte, Marita    | Vereinsmeisterschaft      | Bielefeld        | 01.11.2024 | 11300   | W65    | 1        | 6     | 01:25:08    | 07:32 |                 | W   |
| Wittler, Marion  | Hörster Waldlauf          | Lage             | 11.05.2024 | 21097   | W45    | 1        | 0     | 01:40:15    | 04:45 |                 | W   |
| Wittler, Marion  | navigator Firmenlauf      | Gütersloh        | 28.08.2024 | 4650    | W45    | 2        | 5     | 00:19:29    | 04:11 |                 | W   |
| Wittler, Marion  | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 10000   | W45    | 1        | 2     | 00:44:27    | 04:27 |                 | W   |
| Wittler, Marion  | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | W45    | 1        | 2     | 00:42:51    | 04:10 |                 | W   |
| Wittler, Marion  | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | W45    | 1        | 9     | 01:18:11    | 04:53 |                 | W   |
| Wocken, Anna     | Pfingstlauf               | Gütersloh        | 20.05.2024 | 800     | WK U10 | 6        | 0     | 00:03:53,70 | 04:52 |                 | W   |
| Wocken, Meike    | Sparrenburg Firmenlauf    | Bielefeld        | 22.05.2024 | 5000    | W40    | 3        | 0     | 00:23:59    | 04:48 |                 | W   |
| Wocken, Meike    | Oesterweger Feuerwehrlauf | Oesterweg        | 21.06.2024 | 10000   | W40    | 1        | 0     | 00:48:57    | 04:54 |                 | W   |
| Wocken, Meike    | Sieker Feuerwehrlauf      | Bielefeld        | 06.09.2024 | 5000    | W40    | 1        | 4     | 00:24:10    | 04:50 |                 | W   |
| Wocken, Meike    | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | W40    | 8        | 0     | 00:51:38    | 05:01 |                 | W   |
| Wocken, Meike    | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | W40    | 3        | 0     | 01:26:05    | 05:23 |                 | W   |
| Wolf, Marcus     | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M30    | 133      | 0     | 02:46:05    | 05:20 |                 | M   |
| Wolf, Marcus     | Oberseelauf               | Bielefeld        | 23.06.2024 | 5000    | M30    | 1        | 4     | 00:17:11    | 03:26 |                 | M   |
| Wolf, Marcus     | Grafschaftslauf           | S.H.-Stukenbrock | 25.08.2024 | 28500   | M30    | 14       | 0     | 02:15:29    | 04:45 |                 | M   |
| Wolf, Marcus     | Run and Roll City         | Bielefeld        | 08.09.2024 | 10300   | M30    | 7        | 0     | 00:41:48    | 04:03 |                 | M   |
| Wolf, Marcus     | Halbmarathon Gütersloh    | Gütersloh        | 03.11.2024 | 21097   | M30    | 12       | 0     | 01:32:49    | 04:24 |                 | M   |
| Wolf, Marcus     | Martinslauf               | Paderborn        | 08.11.2024 | 10000   | M30    | 6        | 0     | 00:41:37    | 04:10 |                 | M   |
| Wolf, Marcus     | Weihnachtscrosslauf       | Borgholzhausen   | 15.12.2024 | 16000   | M30    | 18       | 0     | 01:18:04    | 04:53 |                 | M   |
| Wömpener, Petra  | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W45    | 40       | 0     | 03:13:58    | 06:14 |                 | W   |
| Wörmann, Markus  | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | M30    | 220      | 0     | 02:54:58    | 05:38 |                 | M   |
| Wörmann, Markus  | Sparrenburg Firmenlauf    | Bielefeld        | 22.05.2024 | 5000    | M30    | 0        | 0     | 00:21:44    | 04:21 |                 | M   |
| Wübbeke, Sabine  | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W55    | 61       | 0     | 03:40:34    | 07:06 |                 | W   |
| Zimmer, Cora     | Hermannslauf (Wandern)    | Bielefeld        | 28.04.2024 | 31100   | W35    | 0        | 0     | 04:55:14    | 09:30 |                 | W   |
| Zuhr, Tamara     | Hermannslauf              | Bielefeld        | 28.04.2024 | 31100   | W      | 7        | 0     | 02:35:34    | 05:00 |                 | W   |
| Zuhr, Tamara     | Böckstieggelauf           | Werther          | 28.09.2024 | 18000   | W      | 3        | 8     | 01:24:40    | 04:42 |                 | W   |









| Name | Veranstaltung | Ort | Datum | Distanz | AK | AK Platz | Platz | Zeit | Pace | offiziell verm. | M/W |
|------|---------------|-----|-------|---------|----|----------|-------|------|------|-----------------|-----|
|      |               |     |       |         |    |          |       |      |      |                 |     |
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|      |               |     |       |         |    |          |       |      |      |                 |     |
|      |               |     |       |         |    |          |       |      |      |                 |     |
|      |               |     |       |         |    |          |       |      |      |                 |     |
|      |               |     |       |         |    |          |       |      |      |                 |     |
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