LAC VELTINS Hochsauerland

Volksbank Sauerland eG

VOLKSBANK SAUERLAND LAUF CUP

# GESAMTWERTUNG

Stand 10.09.2017

2017

| Platz | Name | Jahrgang | Geschlecht | Altersklasse | Verein | Anzahl Läufe gesamt | Läufe für die Wertung | alle Punkte | Punkte für die Wertung | Arnsberg | Freienohl | Hennesee | Neheim | Herdringen | FortFun | Höhenflug | Calle | Fleckenberg | Bestwig | Oeventrop |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Männer** | | | | | | | | | | | | | | | | | | | | |
| | Fkadu Haile | 1992 | m | M | LAC Veltins Hochsauerland | 8 | 5 | 11 | **5** | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | | | |
| | André Kraus | 1975 | m | M40 | LAC Veltins VfL Fleckenberg | 7 | 5 | 11 | **7** | 1 | 2 | 2 | 1 | | 1 | 2 | 2 | | | |
| | Tobias Herrmann | 1996 | m | M | LG Warstein - Rüthen | 8 | 5 | 28 | **14** | 3 | 3 | 7 | 3 | 2 | 3 | 3 | 4 | | | |
| | Franco Doff | 1960 | m | M55 | SC Hagen-Wildewiese | 8 | 5 | 66 | **31** | 10 | 15 | 10 | 8 | 5 | 7 | 5 | 6 | | | |
| | Thomas Baehr | 1966 | m | M50 | SC Hagen-Wildewiese | 5 | 5 | 39 | **39** | 8 | 12 | 9 | 6 | 4 | | | | | | |
| | Michael Hadgu | 1993 | m | M | LAC Veltins VfL Fleckenberg | 7 | 5 | 66 | **39** | 14 | 13 | 12 | 9 | 6 | | 7 | 5 | | | |
| | Stephan Moschek | 1974 | m | M40 | SC Hagen-Wildewiese | 5 | 5 | 55 | **55** | 13 | 19 | 11 | | 7 | 5 | | | | | |
| | Uwe Dettmann | 1964 | m | M50 | Post Sportverein Meschede | 6 | 5 | 83 | **63** | 16 | 17 | 20 | 13 | 8 | | | 9 | | | |
| | Sven Sommerhoff | 1968 | m | M45 | | 6 | 5 | 106 | **81** | 25 | 24 | 19 | | 10 | 14 | 14 | | | | |
| | Matthias Menke | 1961 | m | M55 | LAC Veltins VfL Fleckenberg | 6 | 5 | 147 | **114** | 30 | 33 | 30 | | 14 | 17 | 23 | | | | |
| | Heribert Brack | 1955 | m | M60 | LGO-Dortmund | 7 | 5 | 194 | **120** | 38 | 36 | 29 | 29 | 17 | 24 | | 21 | | | |
| | Ralf Vielhaber | 1961 | m | M55 | | 5 | 5 | 135 | **135** | 35 | 35 | 31 | 21 | 13 | | | | | | |
| | Norbert Ebel | 1955 | m | M60 | TV Flerke | 5 | 5 | 147 | **147** | 31 | 30 | 25 | 25 | | | 36 | | | | |
| | Dominik Ernst | 1983 | m | M30 | SC Hagen-Wildewiese | 5 | 5 | 149 | **149** | | 43 | | 40 | 20 | 21 | 25 | | | | |
| | Dirk Stein | 1970 | m | M45 | | 5 | 5 | 201 | **201** | 48 | | 53 | 44 | 31 | | | 25 | | | |
| | Bernd Kampmann-Koch | 1985 | m | M30 | Runden für Kunden e.V. | 5 | 5 | 238 | **238** | 60 | 51 | | 59 | 35 | | | 33 | | | |
| | Lothar Bullert | 1942 | m | M75 | TuS Breckerfeld | 5 | 5 | 284 | **284** | 67 | | 76 | 69 | 37 | | | 35 | | | |
| | Markus Lex | 1965 | m | M50 | BSV Bergheim e.v. | 5 | 5 | 303 | **303** | 54 | 50 | 62 | | | 27 | 110 | | | | |
| | Andre Löher | 1991 | m | M | TriFun Hennesee | 4 | 4 | 28 | | 6 | 11 | 8 | | 3 | | | | | | |
| | Claudio Turco | 1990 | m | M | LAC Veltins TV Neheim | 4 | 4 | 31 | | | 8 | 4 | 11 | | 8 | | | | | |
| | Andre Gawehn | 1997 | m | M | LAC Veltins VfL Fleckenberg | 4 | 4 | 44 | | 9 | 10 | 13 | | | | | 12 | | | |
| | Steffen Gawehn | 1990 | m | M | LAC Veltins VfL Fleckenberg | 4 | 4 | 47 | | 11 | 14 | 15 | | | | | 7 | | | |
| | Dominik Borghoff | 1980 | m | M35 | SV Affeln 28 | 4 | 4 | 57 | | 20 | 18 | | | 9 | | | 10 | | | |
| | Peter Nolte | 1980 | m | M35 | SC Hagen-Wildewiese | 4 | 4 | 78 | | | 27 | 24 | | 11 | | | 16 | | | |
| | Peter Wegener | 1967 | m | M45 | LAC Veltins Hochsauerland | 4 | 4 | 81 | | | 26 | 23 | | | | 21 | 11 | | | |
| | Dirk Kremer | 1962 | m | M55 | Gelber Salon | 4 | 4 | 106 | | 33 | 31 | 27 | | 15 | | | | | | |
| | Markus Mansfeld | 1973 | m | M40 | LAC Veltins Hochsauerland | 4 | 4 | 108 | | 32 | | | 26 | 16 | | 34 | | | | |
| | Tomislav Vargic | 1991 | m | M | LAC Veltins TuS Velmede-Bestwig | 4 | 4 | 127 | | 39 | 39 | | | 23 | | | 26 | | | |
| | Toni Goncalves | 1969 | m | M45 | LAC Veltins - Freienohl | 4 | 4 | 147 | | 45 | | 45 | | 30 | | | 27 | | | |
| | Christoph Gregori | 1979 | m | M35 | LAC Veltins TV Herdringen | 4 | 4 | 149 | | 36 | 42 | 35 | 36 | | | | | | | |
| | Klaus Hagedorn | 1951 | m | M65 | FSG Arnsberg | 4 | 4 | 202 | | 56 | 46 | | | | | 70 | 30 | | | |
| | Dennis Zimmermann | 1995 | m | M | Runden für Kunden e.V. | 4 | 4 | 219 | | 64 | 53 | | 68 | | | | 34 | | | |
| | Thomas Ryba | 1976 | m | M40 | Winterberg-Hildfeld | 3 | 3 | 18 | | | 6 | 5 | 7 | | | | | | | |
| | Matthias Tautz | 1977 | m | M40 | SC Hagen-Wildewiese | 3 | 3 | 38 | | | 21 | | | | 11 | 6 | | | | |
| | Guido Ebe | 1974 | m | M40 | TV Deilinghofen | 3 | 3 | 48 | | 12 | 20 | 16 | | | | | | | | |
| | Robert Hagelschuer | 1967 | m | M50 | LG Deiringsen | 3 | 3 | 63 | | 23 | 22 | 18 | | | | | | | | |
| | Danny Forciniti | 1985 | m | M30 | | 3 | 3 | 65 | | | | | 20 | 12 | | 33 | | | | |
| | Johannes Becker | 1957 | m | M60 | LG Warstein - Rüthen | 3 | 3 | 84 | | 29 | 29 | | | | | 26 | | | | |
| | Stefan Hins | 1978 | m | M35 | SC Hagen-Wildewiese | 3 | 3 | 97 | | | 38 | 37 | | 22 | | | | | | |
| | Gregor Blambeck | 1968 | m | M45 | Grauguss-Express M.Busch | 3 | 3 | 128 | | 55 | | | 45 | | | | 28 | | | |
| | Lukas Appelhans | 1985 | m | M30 | SC Hagen-Wildewiese | 2 | 2 | 7 | | | 4 | 3 | | | | | | | | |
| | Ralf Klauke | 1980 | m | M35 | LC Rapid Dortmund | 2 | 2 | 14 | | 7 | 7 | | | | | | | | | |
| | Antonius Schmalor | 1988 | m | M | SC Hagen-Wildewiese | 2 | 2 | 15 | | | 9 | 6 | | | | | | | | |
| | Maximilian Beck | 1994 | m | M | | 2 | 2 | 20 | | | | | 12 | | | | 8 | | | |
| | Klaus-Peter Koch | 1981 | m | M35 | FSV Helden | 2 | 2 | 32 | | | | 21 | | | | 11 | | | | |
| | Heinz-Holger Haupt | 1961 | m | M55 | LAC Veltins TV Neheim | 2 | 2 | 36 | | | | 22 | 14 | | | | | | | |
| | Jörg Bücker | 1975 | m | M40 | RW Wenholthausen | 2 | 2 | 40 | | | | | | | | 22 | 18 | | | |
| | Martin Wrede | 1964 | m | M50 | | 2 | 2 | 45 | | 22 | 23 | | | | | | | | | |
| | Ulrich Liersch | 1969 | m | M45 | Grauguss-Express | 2 | 2 | 47 | | | | | 24 | | | | 23 | | | |
| | Martin Deventer | 1983 | m | M30 | SC-Remblinghausen | 2 | 2 | 48 | | | | 39 | | | | 9 | | | | |
| | Martin Hamm | 1970 | m | M45 | LAC Veltins TV Arnsberg | 2 | 2 | 55 | | 27 | 28 | | | | | | | | | |
| | Wilfried Büttner | 1954 | m | M60 | LAC Veltins TuRa Freienohl | 2 | 2 | 57 | | | | 38 | | 19 | | | | | | |
| | Markus Kreimer | 1962 | m | M55 | LAC | 2 | 2 | 62 | | | | | 37 | 25 | | | | | | |
| | Bernhard Rickert | 1950 | m | M65 | LAC Veltins TV Calle | 2 | 2 | 63 | | | 41 | | | | | | 22 | | | |
| | Elmar Schröder | 1950 | m | M65 | LAC Veltins Hochsauerland | 2 | 2 | 66 | | 34 | 32 | | | | | | | | | |
| | Juergen Frenzel | 1959 | m | M55 | JGS-Sophienhammer | 2 | 2 | 71 | | 37 | 34 | | | | | | | | | |
| | Patrick Nockemann | 1967 | m | M50 | LAC Veltins TUS Oeventrop | 2 | 2 | 79 | | 42 | 37 | | | | | | | | | |
| | Markus Schulte | 1967 | m | M50 | Marathon Soest | 2 | 2 | 81 | | 49 | | | | 32 | | | | | | |
| | Markus Maerevoet | 1975 | m | M40 | | 2 | 2 | 92 | | | | 50 | 42 | | | | | | | |
| | Stephan Hagedorn | 1982 | m | M35 | FC 88 | 2 | 2 | 96 | | | | | | | | 65 | 31 | | | |
| | Ralf Süss | 1985 | m | M30 | SV Neptun Neheim-Hüsten | 2 | 2 | 100 | | | | | 66 | 34 | | | | | | |
| | Eckhard Kirchhoff | 1959 | m | M55 | LG Deiringsen | 2 | 2 | 105 | | 57 | 48 | | | | | | | | | |
| | Andreas Nagel | 1963 | m | M50 | RC Sorpesee Tri Team | 2 | 2 | 116 | | 62 | 54 | | | | | | | | | |
| | Marcel Klagges | 1985 | m | M30 | SC-Remblinghausen | 2 | 2 | 116 | | | | 49 | | | | 67 | | | | |
| | Philip Henekeit | 1988 | m | M | Marathon-Club Menden | 1 | 1 | 3 | | | | | | | | | 3 | | | |
| | Leo Arnold | 1994 | m | M | SC Hagen-Wildewiese | 1 | 1 | 4 | | 4 | | | | | | | | | | |
| | Daniel Appelhans | 1992 | m | M | SC Hagen-Wildewiese | 1 | 1 | 5 | | 5 | | | | | | | | | | |
| | Magnus Schröder | 1990 | m | M | SC Hagen-Wildewiese | 1 | 1 | 5 | | | 5 | | | | | | | | | |
| | Holger Gaertig | 1982 | m | M35 | | 1 | 1 | 5 | | | | | 5 | | | | | | | |
| | Mike Schneider | 1993 | m | M | TV Fredeburg | 1 | 1 | 13 | | | | | | | | | 13 | | | |
| | Mike Brouwer | 1978 | m | M35 | LSF Münster | 1 | 1 | 14 | | | | 14 | | | | | | | | |
| | Thomas Lippmann | 1960 | m | M55 | LAC Veltins TuS Oeventrop | 1 | 1 | 14 | | | | | | | | | 14 | | | |
| | Uwe Holtmann | 1965 | m | M50 | OSC 01 Hamm | 1 | 1 | 15 | | 15 | | | | | | | | | | |
| | Martin Goretzky | 1984 | m | M30 | LAC Veltins TuS Velmede-Bestwig | 1 | 1 | 15 | | | | | | | | | 15 | | | |
| | Lucas von Fürstenberg | 1984 | m | M30 | | 1 | 1 | 16 | | | 16 | | | | | | | | | |
| | Todt G. Willingmann | 1965 | m | M50 | Lauffreunde Bönen 1985 ev | 1 | 1 | 17 | | 17 | | | | | | | | | | |
| | Antonio Reina Lopez | 1974 | m | M40 | LSF Münster | 1 | 1 | 17 | | | | 17 | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Thomas van Noort | 1966 | m | M50 | TV Flerke | 1 | 1 | 17 | | | | | | | | | 17 | | | |
| | Ralf Weier | 1963 | m | M50 | Marathonclub Menden | 1 | 1 | 18 | | 18 | | | | | | | | | | |
| | Tobias Schwarzfeller | 1979 | m | M35 | Team Erdinger Alkoholfrei | 1 | 1 | 18 | | | | | | 18 | | | | | | |
| | Hubertus Beltermann | 1964 | m | M50 | RC Sorpesee Tri Team | 1 | 1 | 19 | | 19 | | | | | | | | | | |
| | Michael Scheffer | 1975 | m | M40 | SC Hagen-Wildewiese | 1 | 1 | 19 | | | | | | | | | 19 | | | |
| | Bernd Schulte-Rosier | 1978 | m | M35 | | 1 | 1 | 20 | | | | | | | | | 20 | | | |
| | Krzysztof Krzysztofowicz | 1985 | m | M30 | | 1 | 1 | 21 | | 21 | | | | | | | | | | |
| | Michael Risse | 1973 | m | M40 | RC Victoria Neheim | 1 | 1 | 21 | | | | | | 21 | | | | | | |
| | Martin Helff | 1962 | m | M55 | OSC 01 Hamm | 1 | 1 | 24 | | 24 | | | | | | | | | | |
| | Stefan Babski | 1978 | m | M35 | BSG Sparkasse Essen | 1 | 1 | 24 | | | | | | 24 | | | | | | |
| | Alexander Börning | 1974 | m | M40 | | 1 | 1 | 24 | | | | | | | | | 24 | | | |
| | Michael Epe | 1970 | m | M45 | SC Hagen-Wildewiese | 1 | 1 | 25 | | | 25 | | | | | | | | | |
| | Jürgen Born | 1956 | m | M60 | RC Sorpesee Tri Team | 1 | 1 | 26 | | 26 | | | | | | | | | | |
| | Volker Grube | 1968 | m | M45 | Adler-Langlauf-Bottrop | 1 | 1 | 26 | | | | 26 | | | | | | | | |
| | Daniel Frerkes | 1989 | m | M | | 1 | 1 | 26 | | | | | | 26 | | | | | | |
| | Stephan Rohe | 1970 | m | M45 | TC Herdringen | 1 | 1 | 27 | | | | | | 27 | | | | | | |
| | Tobias Klein | 1988 | m | M | OSC 01 Hamm | 1 | 1 | 28 | | 28 | | | | | | | | | | |
| | René Prünte | 1980 | m | M35 | TV Flerke | 1 | 1 | 28 | | | | 28 | | | | | | | | |
| | Karel Paassen | 1957 | m | M60 | Marathon-Club Menden | 1 | 1 | 28 | | | | | | 28 | | | | | | |
| | Klaus Spätling | 1957 | m | M60 | | 1 | 1 | 29 | | | | | | 29 | | | | | | |
| | Johannes Eickelmann | 1989 | m | M | | 1 | 1 | 29 | | | | | | | | | 29 | | | |
| | Lars Wiebke | 1974 | m | M40 | TuS Jahn Werdohl | 1 | 1 | 32 | | | | 32 | | | | | | | | |
| | Friedrich Werhahn | 1949 | m | M65 | Meschede | 1 | 1 | 32 | | | | | | | | | 32 | | | |
| | Dr. Ulrich Altrup | 1967 | m | M45 | SV Bachum-Bergheim | 1 | 1 | 33 | | | | 33 | | | | | | | | |
| | Frank Wieseler | 1975 | m | M40 | SV Neptun Neheim-Hüsten | 1 | 1 | 33 | | | | | | 33 | | | | | | |
| | Franz Möllers | 1951 | m | M65 | LTV Lippstadt | 1 | 1 | 34 | | | | 34 | | | | | | | | |
| | Elmar Kurten | 1964 | m | M50 | Wasserfreunde Finnentrop | 1 | 1 | 36 | | | | 36 | | | | | | | | |
| | Prof.Dr.Ernest Pollok | 1942 | m | M75 | Marathon-Club Menden | 1 | 1 | 36 | | | | | | 36 | | | | | | |
| | Theo Köhle | 1959 | m | M55 | Ruhrtal Runners | 1 | 1 | 40 | | 40 | | | | | | | | | | |
| | Benito Alberto | 1989 | m | M | 'Marquesa DE Esquilache | 1 | 1 | 40 | | | 40 | | | | | | | | | |
| | Michael Richter | 1971 | m | M45 | SC Remblinghausen | 1 | 1 | 40 | | | | 40 | | | | | | | | |
| | Karl Harbig | 1960 | m | M55 | Solo Arnsberg | 1 | 1 | 41 | | 41 | | | | | | | | | | |
| | Michael Breining | 1961 | m | M55 | Ultra Sport Club Marburg | 1 | 1 | 41 | | | | 41 | | | | | | | | |
| | Thomas Vielhaber | 1961 | m | M55 | LAC Veltins Hochsauerland | 1 | 1 | 43 | | 43 | | | | | | | | | | |
| | Dominik Vedder | 1985 | m | M30 | | 1 | 1 | 43 | | | | 43 | | | | | | | | |
| | Michael Büttner | 1963 | m | M50 | LAC Veltins TuRa Freienohl | 1 | 1 | 44 | | 44 | | | | | | | | | | |
| | Jörg Gerke | 1978 | m | M35 | SC Olpe | 1 | 1 | 44 | | | 44 | | | | | | | | | |
| | Sebastian Herbst | 1979 | m | M35 | | 1 | 1 | 45 | | | 45 | | | | | | | | | |
| | Harry Hopfauf | 1987 | m | M30 | | 1 | 1 | 46 | | 46 | | | | | | | | | | |
| | Stephan Lau | 1963 | m | M50 | | 1 | 1 | 46 | | | | 46 | | | | | | | | |
| | Ulli Liersch | 1969 | m | M45 | Grauguss-Express M.Busch | 1 | 1 | 47 | | 47 | | | | | | | | | | |
| | Frank Rademacher | 1970 | m | M45 | Waldschleicher Lohne | 1 | 1 | 47 | | | 47 | | | | | | | | | |
| | Frank Borsutzki | 1968 | m | M45 | | 1 | 1 | 47 | | | | 47 | | | | | | | | |
| | Jürgen Schnapp | 1972 | m | M45 | BSG Stadt Arnsberg | 1 | 1 | 48 | | | | 48 | | | | | | | | |
| | Daniel Rothenbusch | 1975 | m | M40 | LAC Veltins TUS Oeventrop | 1 | 1 | 49 | | | 49 | | | | | | | | | |
| | Ralf Mecklenburg | 1955 | m | M60 | LG Deiringsen | 1 | 1 | 50 | | 50 | | | | | | | | | | |
| | Niclas Gregoreck | 2000 | m | M | DJK GW Arnsberg | 1 | 1 | 51 | | 51 | | | | | | | | | | |
| | Thomas Lüke | 1970 | m | M45 | Tri - Team Ahlenberg | 1 | 1 | 51 | | | | 51 | | | | | | | | |
| | Reinhard Gregori | 1951 | m | M65 | LAC Veltins TV Herdringen | 1 | 1 | 52 | | 52 | | | | | | | | | | |
| | Detlev Vierhaus | 1959 | m | M55 | team-4haus | 1 | 1 | 52 | | | 52 | | | | | | | | | |
| | Ulrich Gülde | 1961 | m | M55 | | 1 | 1 | 52 | | | | 52 | | | | | | | | |
| | Bastian Köhler | 1986 | m | M30 | Lauffreunde FKK | 1 | 1 | 53 | | 53 | | | | | | | | | | |
| | Alexander Plebs | 1970 | m | M45 | Transida eV | 1 | 1 | 55 | | | 55 | | | | | | | | | |
| | Andre Eidens | 1975 | m | M40 | TSV Saalhausen | 1 | 1 | 55 | | | | 55 | | | | | | | | |
| | Carsten Döring | 1979 | m | M35 | BSG Stadt Arnsberg | 1 | 1 | 56 | | | | 56 | | | | | | | | |
| | Thorsten Schmidt | 1970 | m | M45 | TUS Erndtebrück | 1 | 1 | 57 | | | | 57 | | | | | | | | |
| | Dieter Tank | 1955 | m | M60 | Dortmund | 1 | 1 | 58 | | 58 | | | | | | | | | | |
| | Wladimir Schinow | 1980 | m | M35 | Fa. WHW-Hillebrand | 1 | 1 | 58 | | | | 58 | | | | | | | | |
| | Werner Kessler | 1970 | m | M45 | Grauguss-Express M.Busch | 1 | 1 | 59 | | 59 | | | | | | | | | | |
| | Wolfgang Teutenberg | 1954 | m | M60 | TSV Bigge-Olsberg | 1 | 1 | 59 | | | | 59 | | | | | | | | |
| | Jürgen Kösters | 1952 | m | M65 | BG Warstein | 1 | 1 | 60 | | | | 60 | | | | | | | | |
| | Frank Kröhnert | 1968 | m | M45 | JGS-Sophienhammer | 1 | 1 | 61 | | 61 | | | | | | | | | | |
| | Franz Schulte | 1954 | m | M60 | SC Remblinghausen | 1 | 1 | 61 | | | | 61 | | | | | | | | |
| | Christian Herrmann | 1970 | m | M45 | Hemer | 1 | 1 | 63 | | 63 | | | | | | | | | | |
| | Kai Deutenberg | 1981 | m | M35 | BSG Stadt Arnsberg | 1 | 1 | 63 | | | | 63 | | | | | | | | |
| | Norbert Kalkbrenner | 1952 | m | M65 | Lauf Team Unna | 1 | 1 | 64 | | | | 64 | | | | | | | | |
| | Dennis Stenvers | 1980 | m | M35 | Bei Dirk | 1 | 1 | 65 | | 65 | | | | | | | | | | |
| | Roland Hinkel | 1960 | m | M55 | TC Meschede | 1 | 1 | 65 | | | | 65 | | | | | | | | |
| | Dirk Thomas | 1982 | m | M35 | | 1 | 1 | 66 | | 66 | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Frauen** | | | | | | | | | | | | | | | | | | | | |
| | Petra Franken | 1974 | w | W40 | DJK Werl | 7 | 5 | 19 | **12** | 4 | 3 | 3 | 3 | 2 | 2 | 2 | | | | |
| | Sabine Tillmann | 1972 | w | W45 | LAC Veltins Hochsauerland | 5 | 5 | 15 | **15** | 3 | 2 | | | 3 | | 5 | 2 | | | |
| | Christiane Wurm | 1986 | w | W30 | RV ST. Hubertus Wennetal | 5 | 5 | 19 | **19** | 6 | 4 | 6 | 2 | 1 | | | | | | |
| | Christiane Schroller | 1977 | w | W40 | LAC Veltins TV Arnsberg | 7 | 5 | 37 | **23** | 8 | 6 | | 6 | 4 | 4 | 6 | 3 | | | |
| | Rita Bruchhage | 1967 | w | W50 | SC Hagen-Wildewiese | 5 | 5 | 43 | **43** | 13 | | 11 | 7 | 6 | 6 | | | | | |
| | Sigrid Schmidt | 1972 | w | W45 | SC Hagen-Wildewiese | 6 | 5 | 66 | **52** | 14 | 13 | 14 | 9 | 7 | 9 | | | | | |
| | Annette Lex | 1964 | w | W50 | BSV Bergheim | 5 | 5 | 118 | **118** | 16 | 14 | 32 | | | 12 | 44 | | | | |
| | Marion Siepe | 1976 | w | W40 | LAC Veltins TV Arnsberg | 5 | 5 | 143 | **143** | 20 | 16 | 39 | | 9 | | 59 | | | | |
| | Franziska Flügge | 1996 | w | W | SC Hagen-Wildewiese | 4 | 4 | 5 | | 1 | | 2 | | | 1 | 1 | | | | |
| | Luciene Cramer | 1972 | w | W45 | Laufladen Endspurt | 4 | 4 | 10 | | 2 | 1 | 4 | | | 3 | | | | | |
| | Carolina Hoff-Gerke | 1975 | w | W40 | SC Hagen-Wildewiese | 4 | 4 | 17 | | 5 | | 5 | 4 | | | 3 | | | | |
| | Birgit Lauber | 1975 | w | W40 | M&M Adams GmbH Winterberg | 4 | 4 | 41 | | 12 | 9 | 12 | 8 | | | | | | | |
| | Erika Peter | 1968 | w | W45 | Lauftreff Ruhrtalrunners | 4 | 4 | 45 | | 17 | | | 12 | | 11 | | 5 | | | |
| | Nina Levermann | 1977 | w | W40 | SC Hagen-Wildewiese | 4 | 4 | 66 | | | 15 | 23 | 14 | | 14 | | | | | |
| | Julia Altrup | 1997 | w | W | VfL Marburg | 3 | 3 | 3 | | | | 1 | 1 | | | | 1 | | | |
| | Regina Tank | 1959 | w | W55 | Dortmund | 3 | 3 | 17 | | 7 | 5 | | | 5 | | | | | | |
| | Silke Loerwald | 1967 | w | W50 | SC Hagen-Wildewiese | 3 | 3 | 29 | | | 11 | | 10 | 8 | | | | | | |
| | Barbara Falkenthal-Schoppr | 1977 | w | W40 | BC Eslohe | 2 | 2 | 14 | | | | 9 | | | 5 | | | | | |
| | Stefanie Quitschorek | 1969 | w | W45 | LAC Veltins TV Calle | 2 | 2 | 14 | | | 10 | | | | | | 4 | | | |
| | Paula Vielhaber | 1996 | w | W | SC Hagen-Wildewiese | 2 | 2 | 16 | | 9 | | 7 | | | | | | | | |
| | Sabrina Tigges | 1979 | w | W35 | SC Hagen-Wildewiese | 2 | 2 | 19 | | 11 | 8 | | | | | | | | | |
| | Elena Glöckner | 1990 | w | W | SC-Remblinghausen | 2 | 2 | 44 | | | | 21 | | | | 23 | | | | |
| | Bettina Vogt | 1966 | w | W50 | Gelber Salon | 2 | 2 | 45 | | 19 | | 26 | | | | | | | | |
| | Christa Bialuschewski | 1954 | w | W60 | TSV Altena | 2 | 2 | 55 | | | | 28 | | | | 27 | | | | |
| | Susanne Mielke | 1958 | w | W55 | TV Flerke | 2 | 2 | 109 | | | | 40 | | | | 69 | | | | |
| | Juliane Hopf | 1972 | w | W45 | | 1 | 1 | 6 | | | | | | | | | 6 | | | |
| | Tanja Appelhans | 1988 | w | W | SC Hagen-Wildewiese | 1 | 1 | 7 | | | 7 | | | | | | | | | |
| | Carmen Winkhaus | 1975 | w | W40 | | 1 | 1 | 8 | | | | 8 | | | | | | | | |
| | Julia Jungesblut | 1974 | w | W40 | | 1 | 1 | 10 | | 10 | | | | | | | | | | |
| | Tanja Neyer | 1984 | w | W30 | | 1 | 1 | 10 | | | | 10 | | | | | | | | |
| | Martina Kampschulte | 1976 | w | W40 | | 1 | 1 | 11 | | | | | 11 | | | | | | | |
| | Nina Lamprecht | 1984 | w | W30 | | 1 | 1 | 12 | | | 12 | | | | | | | | | |
| | Andrea Borsutzki | 1971 | w | W45 | | 1 | 1 | 13 | | | | 13 | | | | | | | | |
| | Inga Aßmann | 1996 | w | W | BSG Trilux | 1 | 1 | 13 | | | | | 13 | | | | | | | |
| | Andrea Klöpper | 1967 | w | W50 | DJK GW Arnsberg | 1 | 1 | 15 | | 15 | | | | | | | | | | |
| | Maike Baranski | 1979 | w | W35 | Tri - Team Ahlenberg | 1 | 1 | 15 | | | | 15 | | | | | | | | |
| | Lisa Baranski | 1993 | w | W | | 1 | 1 | 16 | | | | 16 | | | | | | | | |
| | Monika Schulz | 1960 | w | W55 | LAC Veltins Hochsauerland | 1 | 1 | 17 | | | | 17 | | | | | | | | |
| | Silke Krause | 1964 | w | W50 | Marathon-Cub Menden | 1 | 1 | 18 | | 18 | | | | | | | | | | |
| | Kerstin Krebs | 1971 | w | W45 | | 1 | 1 | 18 | | | | 18 | | | | | | | | |
| | Dorothee Wandmacher | 1968 | w | W45 | TSV Bigge Olsberg | 1 | 1 | 19 | | | | 19 | | | | | | | | |
| | Friederike Schulte | 1988 | w | W | FC Remblinghausen | 1 | 1 | 20 | | | | 20 | | | | | | | | |
| | Madeleine Hennecke | 1991 | w | W | | 1 | 1 | 21 | | 21 | | | | | | | | | | |
| | Gertud Nau | 1948 | w | W65 | DJK Grün-Weiss Werl | 1 | 1 | 22 | | 22 | | | | | | | | | | |
| | Vina Rotermund | 1973 | w | W40 | | 1 | 1 | 22 | | | | 22 | | | | | | | | |
| | Karolina Czajka | 1990 | w | W | | 1 | 1 | 24 | | | | 24 | | | | | | | | |
| | Anne Regniet | 1984 | w | W30 | | 1 | 1 | 25 | | | | 25 | | | | | | | | |
| | Theresa Rickert | 1990 | w | W | | 1 | 1 | 27 | | | | 27 | | | | | | | | |
| | Lena Müer | 1991 | w | W | | 1 | 1 | 29 | | | | 29 | | | | | | | | |
| | Brigitte Bahr | 1956 | w | W60 | LAC TV Fredeburg | 1 | 1 | 30 | | | | 30 | | | | | | | | |
| | Petra Wiercke-Kalkbrenner | 1954 | w | W60 | Lauf Team Unna | 1 | 1 | 31 | | | | 31 | | | | | | | | |
| | Gisela Bigge | 1954 | w | W60 | BSG Stadt Arnsberg | 1 | 1 | 33 | | | | 33 | | | | | | | | |
| | Susann Langer | 1969 | w | W45 | LT-Laufmasche Schmallenberg | 1 | 1 | 34 | | | | 34 | | | | | | | | |
| | Christiane Hense | 1965 | w | W50 | | 1 | 1 | 35 | | | | 35 | | | | | | | | |
| | Angelika Hümer | 1958 | w | W55 | LC Solbad Ravensberg | 1 | 1 | 36 | | | | 36 | | | | | | | | |
| | Ulrike Fromme | 1958 | w | W55 | | 1 | 1 | 37 | | | | 37 | | | | | | | | |
| | Angelika Göbel | 1956 | w | W60 | BSG Stadt Arnsberg | 1 | 1 | 38 | | | | 38 | | | | | | | | |
| | Sigrid Jeworrek | 1966 | w | W50 | TV Flerke | 1 | 1 | 41 | | | | 41 | | | | | | | | |
| | Nicole Windus | 1967 | w | W50 | | 1 | 1 | 42 | | | | 42 | | | | | | | | |
| | Katharina Deutsch | 1985 | w | W30 | | 1 | 1 | 43 | | | | 43 | | | | | | | | |
| | Greta Körber | 1936 | w | W80 | SG Haspa | 1 | 1 | 44 | | | | 44 | | | | | | | | |
| | Kathrin Lütkenhaus | 1985 | w | W30 | | 1 | 1 | 45 | | | | 45 | | | | | | | | |
| | Lisa Füßmann | 1985 | w | W30 | | 1 | 1 | 46 | | | | 46 | | | | | | | | |