



| Platz | Name | Jahrgang | Geschlecht | Verein | Anzahl Läufe gesamt | Punkte gesamt | Läufe für die Wertung | Punkte für die Wertung | Arnsberg | Freienohl | Hennese | Neheim | FortFun | Höhenflug | Calle | Fleckenberg | Bestwig | Oeventrop |
|---------------|--------------------------|----------|------------|---------------------------------|------------------------|------------------|--------------------------|---------------------------|----------|-----------|---------|--------|---------|-----------|-------|-------------|---------|-----------|
| M11 | | | | | | | | | | | | | | | | | | |
| | Adrian Schmidt | 2007 | m | LAC Veltins VfL Fleckenberg | 3 | 3 | 3 | | 1 | 1 | 1 | | | | | | | |
| | Alexander Pöttgen | 2007 | m | LAC Veltins TuS Niedereimer | 3 | 9 | 3 | | 3 | | 2 | 4 | | | | | | |
| | Finn Cuber | 2007 | m | LAC Veltins TV Schmallenberg | 3 | 11 | 3 | | 2 | 2 | | 7 | | | | | | |
| | Felix Schneider | 2007 | m | LAC Veltins TuS Rumbeck | 3 | 37 | 3 | | 4 | | 3 | 30 | | | | | | |
| | Islam Stecklein | 2007 | m | LAC Veltins TV Neheim | 3 | 58 | 3 | | 6 | 4 | | 48 | | | | | | |
| | Micael Cavaco | 2007 | m | LAC Veltins TV Neheim | 2 | 20 | 2 | | 5 | | | 15 | | | | | | |
| | Niklas Grabitz | 2007 | m | LAC Veltins TV Neheim | 1 | 1 | 1 | | | | | 1 | | | | | | |
| | Finn Kemp | 2007 | m | TSV Bigge-Olsberg | 1 | 3 | 1 | | | 3 | | | | | | | | |
| M12 | | | | | | | | | | | | | | | | | | |
| | Luca Grobbel | 2006 | m | LAC Veltins VfL Fleckenberg | 4 | 11 | 4 | | 2 | 3 | 2 | 4 | | | | | | |
| | Jacob Gerke | 2006 | m | SC Hagen-Wildewiese | 3 | 3 | 3 | | 1 | 1 | | 1 | | | | | | |
| | Simon Honigmann | 2006 | m | SC Hagen-Wildewiese | 3 | 13 | 3 | | 3 | 5 | 5 | | | | | | | |
| | Tom Görrissen | 2006 | m | LG Olympia Dortmund | 2 | 3 | 2 | | | | 1 | 2 | | | | | | |
| | Benedikt Axer | 2006 | m | LAC Veltins - TuS Rumbeck | 2 | 5 | 2 | | | 2 | | 3 | | | | | | |
| | Philipp Dlhos | 2006 | m | LAC Veltins TV Arnsberg | 2 | 8 | 2 | | | 4 | 4 | | | | | | | |
| | Karl Kotthoff | 2006 | m | LAC Veltins TV Schmallenberg | 2 | 8 | 2 | | | | 3 | 5 | | | | | | |
| | Niklas Plikun | 2006 | m | TuS Voßwinkel | 1 | 6 | 1 | | | 6 | | | | | | | | |
| | Finn Schlüter | 2006 | m | TuS Voßwinkel | 1 | 7 | 1 | | | 7 | | | | | | | | |
| M13 | | | | | | | | | | | | | | | | | | |
| | Fynn Plemper | 2005 | m | LAC Veltins - SSV Meschede | 4 | 8 | 4 | | 2 | 1 | 2 | 3 | | | | | | |
| | David Schmidt | 2005 | m | SC Hagen-Wildewiese | 3 | 3 | 3 | | 1 | | 1 | 1 | | | | | | |
| | Jan Neuhaus | 2005 | m | TuS Voßwinkel | 3 | 25 | 3 | | 3 | 4 | | 18 | | | | | | |
| | Arne Odenthal | 2005 | m | LAC Veltins TV Calle | 1 | 2 | 1 | | | 2 | | | | | | | | |
| | Jonas Schmidt | 2005 | m | TuS Voßwinkel | 1 | 3 | 1 | | | 3 | | | | | | | | |
| M14 | | | | | | | | | | | | | | | | | | |
| | Lars Franken | 2004 | m | LG Olympia Dortmund | 3 | 5 | 3 | | | 1 | 1 | 3 | | | | | | |
| | Daniel Raev | 2004 | m | SC Hagen-Wildewiese | 3 | 5 | 3 | | 1 | | 2 | 2 | | | | | | |
| | Theo Schürmann | 2004 | m | LAC Veltins TuS Oeventrop | 2 | 8 | 2 | | | 2 | 6 | | | | | | | |
| | Raphael Clasen | 2004 | m | LG Warstein-Rüthen | 1 | 3 | 1 | | | | 3 | | | | | | | |
| | Moritz Budde | 2004 | m | LG Warstein-Rüthen | 1 | 4 | 1 | | | | 4 | | | | | | | |
| | Mika Kammermann | 2004 | m | LG Warstein-Rüthen | 1 | 5 | 1 | | | | 5 | | | | | | | |
| | Jonah Semella | 2004 | m | | 1 | 7 | 1 | | | | 7 | | | | | | | |
| M15 | | | | | | | | | | | | | | | | | | |
| | Noah Levermann | 2003 | m | SC Hagen-Wildewiese | 4 | 4 | 4 | | 1 | 1 | 1 | 1 | | | | | | |
| | Niels Krapp | 2003 | m | | 1 | 2 | 1 | | | | 2 | | | | | | | |
| | Fritz Köhne-Volland | 2003 | m | LG Warstein-Rüthen | 1 | 3 | 1 | | | | 3 | | | | | | | |
| MJ U18 | | | | | | | | | | | | | | | | | | |
| | Phil Schmidt | 2002 | m | SC Hagen-Wildewiese | 4 | 4 | 4 | | 1 | 1 | 1 | 1 | | | | | | |
| | Malte Baehr | 2002 | m | SC Hagen-Wildewiese | 4 | 10 | 4 | | 2 | 2 | 3 | 3 | | | | | | |
| | Lukas Heckmann | 2001 | m | LAC Veltins TuS Oeventrop | 3 | 7 | 3 | | 3 | | 2 | 2 | | | | | | |
| | Peter Smykalla | 2001 | m | LAC Veltins TV Neheim | 3 | 13 | 3 | | 4 | 4 | | 5 | | | | | | |
| | David Käuffer | 2001 | m | | 2 | 10 | 2 | | | 5 | 5 | | | | | | | |
| | Merhawi Kesete | 2002 | m | TSV Bigge-Olsberg | 1 | 3 | 1 | | | 3 | | | | | | | | |
| | Felix Griggel | 2001 | m | Trifun Hennese | 1 | 4 | 1 | | | | 4 | | | | | | | |
| MJ U20 | | | | | | | | | | | | | | | | | | |
| | Felix Flügge | 1999 | m | SC Hagen-Wildewiese | 2 | 3 | 2 | | | 2 | | 1 | | | | | | |
| | Lasse Buchholz | 1999 | m | LAC Veltins VfL Fleckenberg | 1 | 1 | 1 | | | 1 | | | | | | | | |
| M | | | | | | | | | | | | | | | | | | |
| | Fkadu Haile | 1992 | m | LAC Veltins VfL Fleckenberg | 4 | 4 | 4 | | 1 | 1 | 1 | 1 | | | | | | |
| | Claudio Turco | 1990 | m | LAC Veltins TV Neheim | 4 | 15 | 4 | | 3 | 4 | 4 | 4 | | | | | | |
| | Michael Hadgu | 1993 | m | LAC Veltins VfL Fleckenberg | 4 | 21 | 4 | | 4 | 7 | 5 | 5 | | | | | | |
| | Dennis Zimmermann | 1995 | m | Runden für Kunden e.V. | 4 | 53 | 4 | | 10 | 12 | 10 | 21 | | | | | | |
| | Magnus Schröder | 1990 | m | SC Hagen-Wildewiese | 3 | 8 | 3 | | 2 | 3 | 3 | | | | | | | |
| | Andre Gawehn | 1997 | m | LAC Veltins VfL Fleckenberg | 3 | 24 | 3 | | 7 | 9 | 8 | | | | | | | |
| | Tobias Herrmann | 1996 | m | LG Warstein Rüthen | 2 | 4 | 2 | | | 2 | 2 | | | | | | | |
| | Christopher Schumacher | 1993 | m | LAC Veltins TV Arnsberg | 2 | 7 | 2 | | 5 | | | 2 | | | | | | |
| | Florian Appelhans | 1989 | m | SC Hagen-Wildewiese | 2 | 12 | 2 | | 6 | 6 | | | | | | | | |
| | Niklas Voß | 1995 | m | | 2 | 16 | 2 | | 8 | 8 | | | | | | | | |
| | Tomislav Vargic | 1991 | m | LAC Veltins TuS Velmede-Bestwig | 2 | 20 | 2 | | 9 | 11 | | | | | | | | |
| | Yarkhan Kharoot | 1994 | m | | 1 | 5 | 1 | | | 5 | | | | | | | | |
| | Johannes Fabian Eickelma | 1989 | m | TV Calle | 1 | 9 | 1 | | | | 9 | | | | | | | |
| | Meinolf Heite | 1992 | m | TuS Wallenstein | 1 | 10 | 1 | | | 10 | | | | | | | | |
| M30 | | | | | | | | | | | | | | | | | | |
| | Bernd Kampmann-Koch | 1985 | m | Runden für Kunden e.V. | 4 | 16 | 4 | | 5 | 1 | 4 | 6 | | | | | | |
| | Marco Dieckmann | 1987 | m | SC Hagen-Wildewiese | 3 | 4 | 3 | | 2 | | 1 | 1 | | | | | | |
| | Simon Mautes | 1985 | m | | 1 | 1 | 1 | | 1 | | | | | | | | | |
| | Daniel Erb | 1986 | m | Dorfgrabenläufer | 1 | 2 | 1 | | | | 2 | | | | | | | |
| | Antonius Schmalor | 1988 | m | SC Hagen-Wildewiese | 1 | 3 | 1 | | 3 | | | | | | | | | |
| | Matthias Becker | 1986 | m | Dorfgrabenläufer | 1 | 3 | 1 | | | | 3 | | | | | | | |
| | Patrick Buhl | 1984 | m | Soest | 1 | 4 | 1 | | 4 | | | | | | | | | |
| | Goce Polizovski | 1984 | m | | 1 | 5 | 1 | | | | 5 | | | | | | | |
| | Ralf Süß | 1985 | m | | 1 | 6 | 1 | | | | 6 | | | | | | | |



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|------------|----------------------|----------|------------|--------------------------------------|------------------------|------------------|--------------------------|---------------------------|----------|-----------|---------|--------|---------|-----------|-------|-------------|---------|-----------|
| M35 | | | | | | | | | | | | | | | | | | |
| | Veit Bövingloh | 1980 | m | SC Hagen-Wildewiese | 4 | 19 | 4 | | 2 | 4 | 6 | 7 | | | | | | |
| | Dominik Borghoff | 1980 | m | SV Affeln 28 | 3 | 5 | 3 | | | 2 | 2 | 1 | | | | | | |
| | Dominik Ernst | 1983 | m | SC Hagen-Wildewiese | 3 | 8 | 3 | | 1 | 3 | | 4 | | | | | | |
| | Ralf Klauke | 1980 | m | LC Rapid Dortmund | 1 | 1 | 1 | | | 1 | | | | | | | | |
| | Christoph Gregori | 1979 | m | LAC Veltins TV Herdringen | 1 | 3 | 1 | | 3 | | | | | | | | | |
| M40 | | | | | | | | | | | | | | | | | | |
| | André Kraus | 1975 | m | LAC Veltins TuS Oeventrop | 4 | 4 | 4 | | 1 | 1 | 1 | 1 | | | | | | |
| | Daniel Rothenbusch | 1975 | m | LAC Veltins TuS Oeventrop | 4 | 29 | 4 | | 7 | 8 | 4 | 10 | | | | | | |
| | Matthias Tautz | 1977 | m | SC Hagen-Wildewiese | 2 | 5 | 2 | | | 2 | | 3 | | | | | | |
| | Stefan Hins | 1978 | m | SC Hagen-Wildewiese | 2 | 7 | 2 | | 4 | 3 | | | | | | | | |
| | André-Cary Fleischer | 1974 | m | | 2 | 13 | 2 | | 6 | 7 | | | | | | | | |
| | Dr. Oliver Daldrup | 1978 | m | Tip-Club-Arnsberg | 1 | 2 | 1 | | 2 | | | | | | | | | |
| | Lars Wiebke | 1974 | m | TuS Jahn Werdohl | 1 | 2 | 1 | | | | 2 | | | | | | | |
| | Stephan Moschek | 1974 | m | SC Hagen-Wildewiese | 1 | 2 | 1 | | | | | 2 | | | | | | |
| | Marc Föhrer | 1978 | m | | 1 | 3 | 1 | | 3 | | | | | | | | | |
| | Jörg Bücken | 1975 | m | RW Wenholthausen | 1 | 3 | 1 | | | | 3 | | | | | | | |
| | Björn Manicke | 1974 | m | Marmeladentonies | 1 | 4 | 1 | | | 4 | | | | | | | | |
| | Alexander Sapp | 1978 | m | T.C.A. | 1 | 5 | 1 | | 5 | | | | | | | | | |
| | Matthias Kleinert | 1974 | m | Lauftreff Lüdinghausen / runningBLOG | 1 | 5 | 1 | | | 5 | | | | | | | | |
| | Frank Porbeck | 1977 | m | | 1 | 6 | 1 | | | 6 | | | | | | | | |
| M45 | | | | | | | | | | | | | | | | | | |
| | Toni Goncalves | 1969 | m | LAC Veltins - Freienohl | 3 | 10 | 3 | | 2 | 3 | 5 | | | | | | | |
| | Dirk Stein | 1970 | m | | 3 | 10 | 3 | | 3 | 2 | | 5 | | | | | | |
| | Markus Mansfeld | 1973 | m | LAC Veltins Hochsauerland | 2 | 2 | 2 | | 1 | 1 | | | | | | | | |
| | Martin Hamm | 1970 | m | LAC Veltins TV Arnsberg 1861 e.V. | 2 | 4 | 2 | | | | 1 | 3 | | | | | | |
| | Peter Franken | 1969 | m | BW Büderich | 2 | 8 | 2 | | | 4 | 4 | | | | | | | |
| | Volkmar Hahn | 1969 | m | LAC Veltins SSV Meschede | 1 | 2 | 1 | | | | 2 | | | | | | | |
| | Marco Wacker | 1972 | m | Artiva | 1 | 3 | 1 | | | | 3 | | | | | | | |
| | Udo Büttner | 1970 | m | LAC Veltins TuRa Freienohl | 1 | 4 | 1 | | 4 | | | | | | | | | |
| | Christian Herrmann | 1970 | m | Hemer "Hermi Power" | 1 | 5 | 1 | | 5 | | | | | | | | | |
| | Dietmar Blume | 1971 | m | LAC Veltins TV Herdringen | 1 | 5 | 1 | | | 5 | | | | | | | | |
| | Jürgen Schnapp | 1972 | m | BSG Stadt Arnsberg | 1 | 6 | 1 | | | | 6 | | | | | | | |
| M50 | | | | | | | | | | | | | | | | | | |
| | Thomas Baehr | 1966 | m | SC Hagen-Wildewiese | 4 | 5 | 4 | | 2 | 1 | 1 | 1 | | | | | | |
| | Uwe Dettmann | 1964 | m | Post Sportverein Meschede | 4 | 15 | 4 | | 6 | 2 | 4 | 3 | | | | | | |
| | Sven Sommerhoff | 1968 | m | LAC Veltins TuS Oeventrop | 3 | 8 | 3 | | 3 | 3 | 2 | | | | | | | |
| | Klemens Teipel | 1966 | m | LAC Veltins TuS Oeventrop | 3 | 16 | 3 | | 8 | 4 | | 4 | | | | | | |
| | Björn Schneider | 1965 | m | Skiclub Olpe | 2 | 5 | 2 | | | | 3 | 2 | | | | | | |
| | Ulrich Altrup | 1967 | m | SV Bachum-Bergheim | 3 | 19 | 3 | | 9 | | 5 | 5 | | | | | | |
| | Matthias Marks | 1968 | m | LG Hamm | 1 | 1 | 1 | | 1 | | | | | | | | | |
| | Todt G. Willingmann | 1965 | m | Lauffreunde Bönen 1985 e.V. | 1 | 4 | 1 | | 4 | | | | | | | | | |
| | Robert Hagelschuer | 1967 | m | LG Deiringsen | 1 | 5 | 1 | | 5 | | | | | | | | | |
| | Dirk Belert | 1968 | m | CanuTouringWanne | 1 | 6 | 1 | | | | 6 | | | | | | | |
| | Peter Wegener | 1967 | m | LAC Veltins Hochsauerland | 1 | 7 | 1 | | 7 | | | | | | | | | |
| | Gunter Schmülling | 1964 | m | | 1 | 7 | 1 | | | | 7 | | | | | | | |
| | Dirk Theisges | 1965 | m | TV Deilinghofen | 1 | 10 | 1 | | 10 | | | | | | | | | |
| | Markus Lex | 1965 | m | BSV Bergheim e.V. | 1 | 11 | 1 | | 11 | | | | | | | | | |
| M55 | | | | | | | | | | | | | | | | | | |
| | Franco Doff | 1960 | m | SC Hagen-Wildewiese | 4 | 6 | 4 | | 1 | 1 | 1 | 3 | | | | | | |
| | Christoph Büse | 1963 | m | SC Hagen-Wildewiese | 4 | 11 | 4 | | 3 | 2 | 2 | 4 | | | | | | |
| | Ralf Vielhaber | 1961 | m | | 4 | 20 | 4 | | 6 | 4 | 5 | 5 | | | | | | |
| | Heinz-Holger Haupt | 1961 | m | LAC Veltins TV Neheim | 2 | 4 | 2 | | 2 | | | 2 | | | | | | |
| | Matthias Menke | 1961 | m | LAC Veltins VfL Fleckenberg | 1 | 3 | 1 | | | 3 | | | | | | | | |
| | Markus Kreimer | 1962 | m | LAC Veltins Hochsauerland | 1 | 3 | 1 | | | | 3 | | | | | | | |
| | Rainer Beckers | 1963 | m | LC Wiedenbrück | 1 | 4 | 1 | | 4 | | | | | | | | | |
| | Martin Hoffmann | 1963 | m | LAC Veltins TuS Bödefeld | 1 | 4 | 1 | | | | 4 | | | | | | | |
| | Dirk Kremer | 1962 | m | Gelber Salon | 1 | 5 | 1 | | 5 | | | | | | | | | |
| | Roland Hinkel | 1960 | m | TC Meschede | 1 | 6 | 1 | | | | 6 | | | | | | | |
| | Jürgen Frenzel | 1959 | m | JCS- Sophienhammer | 1 | 7 | 1 | | 7 | | | | | | | | | |
| | Ralf Langer | 1961 | m | LT-Laufmasche-Schmallenberg | 1 | 7 | 1 | | | | 7 | | | | | | | |
| M60 | | | | | | | | | | | | | | | | | | |
| | Heribert Brack | 1955 | m | LGO-Dortmund | 3 | 5 | 3 | | 2 | 2 | 1 | | | | | | | |
| | Wilfried Büttner | 1954 | m | LAC Veltins TuRa Freienohl | 3 | 6 | 3 | | 3 | 1 | 2 | | | | | | | |
| | Norbert Ebel | 1955 | m | TV Flerke | 3 | 6 | 3 | | 1 | 4 | | 1 | | | | | | |
| | Johannes Becker | 1957 | m | TSV-Ruethen | 2 | 5 | 2 | | | 3 | | 2 | | | | | | |
| | Dieter Tank | 1955 | m | Dortmund | 2 | 8 | 2 | | 4 | | 4 | | | | | | | |
| | Franz Schulte | 1954 | m | SC Remblinghausen | 1 | 3 | 1 | | | | 3 | | | | | | | |
| M65 | | | | | | | | | | | | | | | | | | |
| | Klaus Hagedorn | 1951 | m | FSG Arnsberg | 3 | 5 | 3 | | 2 | 1 | 2 | | | | | | | |
| | Friedrich Werhahn | 1949 | m | Meschede | 3 | 6 | 3 | | 3 | | 1 | 2 | | | | | | |
| | Elmar Schröder | 1950 | m | LAC Veltins Hochsauerland | 1 | 1 | 1 | | 1 | | | | | | | | | |
| | Heinz Griggel | 1949 | m | | 1 | 3 | 1 | | | | 3 | | | | | | | |

