

Ergebnis 7. PUM 2019

| Männer | | | | | | Ziel | Auftakt + 1. Runde | 2. Runde | 3. Runde | 4. Runde | 5. Runde | 6. Runde | |
|---------------|-----|-----|--------------|--------------------|------|---------------------------|-----------------------|----------|----------|----------|----------|----------|----------|
| 1. | 104 | 1. | Männer | Patrick Kaczynski | 1990 | my-marathons.jimdo.com | 06:12:05 | 01:03:49 | 00:56:22 | 00:58:46 | 01:02:50 | 01:03:29 | 01:02:49 |
| 2. | 106 | 1. | Senioren M45 | Marek Latocha | 1972 | Jede Oma zählt | 06:27:11 | 01:03:22 | 00:59:16 | 00:59:40 | 01:01:58 | 01:05:41 | 01:11:19 |
| 3. | 70 | 1. | Senioren M35 | Andreas Pluta | 1981 | LG Ultralauf | 06:38:12 | 01:03:52 | 01:00:02 | 01:03:01 | 01:06:00 | 01:09:38 | 01:10:36 |
| 4. | 20 | 1. | Senioren M40 | Martin Kemna | 1977 | | 06:42:47 | 01:04:48 | 01:01:33 | 01:03:06 | 01:06:05 | 01:08:19 | 01:13:27 |
| 5. | 33 | 2. | Senioren M45 | Jürgen Hemesath | 1973 | LG Emsdetten | 06:58:03 | 01:04:20 | 00:58:53 | 01:01:58 | 01:06:18 | 01:15:19 | 01:25:44 |
| 6. | 44 | 1. | Senioren M50 | Carlos Souza | 1967 | | 07:06:05 | 01:03:49 | 00:59:45 | 01:06:41 | 01:14:16 | 01:18:19 | 01:18:04 |
| 7. | 111 | 1. | Senioren M55 | Konrad Vogl | 1961 | Team GOTHAER Schmidt -Fü | 07:06:06 | 01:19:37 | 01:05:01 | 01:04:12 | 01:06:57 | 01:12:37 | 01:12:38 |
| 8. | 89 | 3. | Senioren M45 | Stephan Herbert | 1970 | Marathon Steinfurt | 07:14:50 | 01:07:42 | 01:04:31 | 01:08:23 | 01:11:56 | 01:15:38 | 01:20:37 |
| 9. | 38 | 2. | Senioren M40 | Andreas Fölting | 1976 | LG Ultralauf | 07:16:32 | 01:04:19 | 01:02:29 | 01:07:09 | 01:15:41 | 01:19:20 | 01:21:56 |
| 10. | 1 | 2. | Senioren M55 | Michael Brehe | 1960 | FC Bayern München | 07:21:54 | 01:08:11 | 01:04:35 | 01:07:58 | 01:11:52 | 01:17:33 | 01:25:22 |
| 11. | 35 | 1. | Senioren M30 | Max Lappenbusch | 1989 | 3Mountain Network | 07:26:09 | 01:10:14 | 01:05:12 | 01:09:09 | 01:17:22 | 01:24:32 | 01:12:32 |
| 12. | 59 | 2. | Senioren M50 | Jaap Sije Bosgraaf | 1965 | Team Erdinger Alkoholfrei | 07:31:09 | 01:11:39 | 01:08:31 | 01:13:14 | 01:15:35 | 01:15:49 | 01:19:46 |
| 13. | 3 | 4. | Senioren M45 | Andreas Farwick | 1971 | TV Georgsmarienhütte | 07:37:00 | 01:11:53 | 01:06:05 | 01:12:53 | 01:20:33 | 01:21:16 | 01:19:13 |
| 14. | 17 | 2. | Senioren M35 | Torsten Muntau | 1981 | SC Falke Saerbeck | 07:38:27 | 01:12:45 | 01:08:29 | 01:11:01 | 01:17:48 | 01:21:06 | 01:21:52 |
| 15. | 71 | 3. | Senioren M50 | Thomas Berkmann | 1968 | Running Riot Hannover | 07:40:05 | 01:14:04 | 01:11:13 | 01:13:41 | 01:21:38 | 01:18:00 | 01:16:15 |
| 16. | 42 | 4. | Senioren M50 | Frank Olin | 1968 | Ultrafriesen e.V. | 07:42:58 | 01:10:08 | 01:04:32 | 01:08:59 | 01:15:07 | 01:30:36 | 01:26:24 |
| 17. | 64 | 5. | Senioren M50 | Werner Lammers | 1966 | TEA / Lauffreunde Emsland | 07:46:04 | 01:14:38 | 01:09:31 | 01:14:12 | 01:18:28 | 01:21:48 | 01:21:32 |
| 18. | 152 | 2. | Männer | Jan-Philipp Struck | 1992 | | 07:56:07 | | | | | | |
| 19. | 54 | 3. | Senioren M35 | Christian Heiken | 1981 | TuS Valmetal | 07:56:40 | 01:19:40 | 01:09:29 | 01:12:19 | 01:17:30 | 01:23:32 | 01:28:35 |
| 20. | 113 | 5. | Senioren M45 | Markus Löckemann | 1972 | LG Emsdetten | 07:59:26 | 01:07:13 | 01:03:57 | 01:07:38 | 01:19:50 | 01:28:01 | 01:46:39 |
| 21. | 123 | 6. | Senioren M50 | Jürgen Schrant | 1967 | SV Bokeloh | 08:03:47 | 01:11:35 | 01:09:41 | 01:13:00 | 01:22:44 | 01:31:03 | 01:29:47 |
| 22. | 45 | 6. | Senioren M45 | Michel Eichhorn | 1971 | Racebooker | 08:15:44 | 01:19:42 | 01:12:08 | 01:13:45 | 01:22:21 | 01:28:12 | 01:31:37 |
| 23. | 86 | 1. | Senioren M60 | Holger Schulze | 1958 | Voßkamp Runners/TEA | 08:16:41 | 01:19:48 | 01:15:17 | 01:12:34 | 01:20:38 | 01:28:45 | 01:31:55 |
| 24. | 112 | 3. | Senioren M40 | Hendrik Richter | 1975 | Müde Beine Beckum | 08:17:49 | 01:17:54 | 01:11:04 | 01:12:07 | 01:20:15 | 01:37:52 | 01:32:47 |
| 25. | 28 | 7. | Senioren M45 | Jan Kailweit | 1971 | TSV Etelsen / TEA | 08:19:16 | 01:28:04 | 01:18:03 | 01:19:56 | 01:21:36 | 01:17:38 | 01:27:12 |
| 26. | 12 | 8. | Senioren M45 | Holger Sigl | 1970 | Ultrafriesen e.V. | 08:22:24 | 01:21:34 | 01:17:41 | 01:22:27 | 01:23:41 | 01:27:17 | 01:25:17 |
| 27. | 91 | 1. | Senioren M65 | Peter Spiekermann | 1954 | SC Melle 03/ 100MC | 08:22:36 | 01:15:48 | 01:13:16 | 01:17:27 | 01:27:11 | 01:30:38 | 01:31:14 |
| 28. | 29 | 9. | Senioren M45 | Stefan Stäbler | 1972 | TV Frisch AUF Lennep e.V. | 08:22:46 | 01:17:50 | 01:15:16 | 01:18:07 | 01:23:56 | 01:29:33 | 01:31:57 |
| 29. | 77 | 4. | Senioren M40 | Christian Storm | 1979 | | 08:22:46 | 01:17:53 | 01:15:15 | 01:18:09 | 01:23:54 | 01:29:30 | 01:32:00 |
| 30. | 138 | 7. | Senioren M50 | Frank Tabbert | 1965 | Ultrafriesen e.V. | 08:24:24 | 01:21:28 | 01:17:48 | 01:22:20 | 01:23:52 | 01:27:13 | 01:25:17 |
| 31. | 50 | 10. | Senioren M45 | Jörg Timmer | 1973 | Sportfreunde Klein Reken | 08:25:55 | 01:19:44 | 01:26:20 | 01:17:11 | 01:15:29 | 01:31:46 | 01:27:53 |

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| 32. | 120 | 3. | Männer | Lukas Lindemann | 1990 | | 08:30:13 | 01:15:45 | 01:12:08 | 01:15:43 | 01:30:09 | 01:35:51 | 01:35:28 |
| 33. | 55 | 8. | Senioren M50 | Konrad Gwinner | 1965 | TG Hörste | 08:34:32 | 01:23:45 | 01:18:55 | 01:20:30 | 01:25:04 | 01:27:13 | 01:30:53 |
| 34. | 57 | 9. | Senioren M50 | Reinhard Dyckhoff | 1965 | SC Falke Saerbeck | 08:36:28 | 01:24:41 | 01:18:28 | 01:20:35 | 01:24:42 | 01:28:01 | 01:32:53 |
| 35. | 13 | 5. | Senioren M40 | Maik Mittmann | 1975 | | 08:37:47 | 01:23:09 | 01:17:17 | 01:21:13 | 01:25:51 | 01:31:50 | 01:31:27 |
| 36. | 145 | 3. | Senioren M55 | Alfred Schwarz | 1961 | Wildeshäuser Laufftreff / TEA | 08:38:18 | 01:21:33 | 01:14:22 | 01:18:01 | 01:31:14 | 01:35:28 | 01:31:10 |
| 37. | 41 | 11. | Senioren M45 | Ingo Kloss | 1970 | Team Erdinger Alkoholfrei | 08:39:52 | 01:23:07 | 01:11:00 | 01:15:09 | 01:24:54 | 01:34:59 | 01:36:26 |
| 38. | 94 | 12. | Senioren M45 | Tom Köhler | 1970 | Marathon Steinfurt | 08:42:57 | 01:19:28 | 01:15:08 | 01:18:06 | 01:21:02 | 01:33:35 | 01:46:34 |
| 39. | 146 | 10. | Senioren M50 | Frank Wooßmann | 1969 | Lauffreunde Osterholz | 08:47:56 | 01:21:37 | 01:14:50 | 01:19:42 | 01:27:40 | 01:35:59 | 01:40:47 |
| 40. | 51 | 13. | Senioren M45 | Jan Seebode | 1972 | Schaumburger Nationalmannschaft | 08:51:37 | 01:23:00 | 01:18:21 | 01:24:17 | 01:32:20 | 01:36:30 | 01:31:29 |
| 41. | 22 | 2. | Senioren M60 | Michael Hölscher | 1958 | einsamer Wolf | 08:53:47 | 01:24:14 | 01:21:20 | 01:28:18 | 01:35:14 | 01:34:55 | 01:22:30 |
| 42. | 87 | 11. | Senioren M50 | Dirk Oesten | 1969 | Tusg Ritterhude | 08:55:03 | 01:24:46 | 01:20:59 | 01:23:37 | 01:26:16 | 01:32:38 | 01:39:11 |
| 43. | 27 | 6. | Senioren M40 | Dirk Eylers | 1976 | Racebooker | 08:58:08 | 01:25:53 | 01:19:19 | 01:21:08 | 01:28:57 | 01:38:11 | 01:37:32 |
| 44. | 110 | 14. | Senioren M45 | Jörg Artmann | 1973 | OSC | 09:00:45 | 01:24:42 | 01:17:44 | 01:21:47 | 01:25:15 | 01:39:18 | 01:45:32 |
| 45. | 30 | 12. | Senioren M50 | Ingo Schumacher | 1967 | Laufen rund um Münster | 09:07:56 | 01:24:39 | 01:23:15 | 01:28:00 | 01:34:02 | 01:34:01 | 01:35:39 |
| 46. | 39 | 15. | Senioren M45 | Mario Stößel | 1970 | | 09:07:56 | 01:24:35 | 01:23:20 | 01:27:52 | 01:34:11 | 01:34:06 | 01:35:30 |
| 47. | 2 | 7. | Senioren M40 | Heiko Weber | 1975 | Team Erdinger Alkoholfrei | 09:07:56 | 01:24:33 | 01:23:20 | 01:27:52 | 01:34:14 | 01:34:45 | 01:34:47 |
| 48. | 116 | 16. | Senioren M45 | Günter Zipplies | 1970 | Team Erdinger Alkoholfrei | 09:11:08 | 01:22:26 | 01:20:27 | 01:31:58 | 01:35:59 | 01:36:54 | 01:34:33 |
| 49. | 122 | 13. | Senioren M50 | Michael Derlich | 1968 | Team Erdinger Alkoholfrei | 09:11:08 | 01:29:29 | 01:24:16 | 01:25:33 | 01:30:00 | 01:31:46 | 01:40:16 |
| 50. | 11 | 1. | Senioren M70 | Karl-Walter Decius | 1949 | Trail Team OWL / 100 Marathon | 09:11:33 | 01:28:02 | 01:27:01 | 01:27:46 | 01:32:23 | 01:38:33 | 01:30:50 |
| 51. | 88 | 17. | Senioren M45 | Stefan Schell | 1973 | SG Stern Bremen | 09:11:57 | 01:25:01 | 01:22:30 | 01:27:47 | 01:34:37 | 01:37:32 | 01:37:57 |
| 52. | 131 | 14. | Senioren M50 | Frank Jungclaus | 1969 | 100 Marathon Club / Waldsch | 09:17:07 | 01:26:41 | 01:29:34 | 01:27:42 | 01:30:47 | 01:35:03 | 01:38:56 |
| 53. | 153 | 15. | Senioren M50 | Dirk Terhorst | 1969 | | 09:17:14 | | | | | | |
| 54. | 40 | 4. | Senioren M55 | Frank Noa | 1962 | Rennsteiglaufverein | 09:19:52 | 01:28:38 | 01:26:47 | 01:28:16 | 01:31:52 | 01:38:37 | 01:39:17 |
| 55. | 31 | 8. | Senioren M40 | Daniel Günther | 1975 | Störtebeker Loopers TVM | 09:19:52 | 01:23:34 | 01:21:42 | 01:25:21 | 01:40:27 | 01:37:55 | 01:41:07 |
| 56. | 139 | 16. | Senioren M50 | Joachim Krause | 1966 | Team Erdinger Alkoholfrei | 09:19:52 | 01:24:19 | 01:22:10 | 01:32:52 | 01:31:55 | 01:37:02 | 01:41:26 |
| 57. | 121 | 3. | Senioren M60 | Andreas Frank | 1958 | TSVE 1890 Bielefeld | 09:25:17 | 01:25:42 | 01:24:23 | 01:30:58 | 01:29:59 | 01:40:02 | 01:46:17 |
| 58. | 133 | 17. | Senioren M50 | Thomas Kühnen | 1967 | Ausdauerschule by bunert | 09:25:52 | 01:22:04 | 01:19:31 | 01:27:40 | 01:42:39 | 01:43:59 | 01:43:12 |
| 59. | 24 | 18. | Senioren M45 | Lars Kirsfelds | 1974 | Promillejäger | 09:29:15 | 01:26:32 | 01:25:54 | 01:33:24 | 01:37:48 | 01:37:46 | 01:42:15 |
| 60. | 93 | 5. | Senioren M55 | Friedrich Helle | 1964 | | 09:29:40 | 01:36:26 | 01:29:47 | 01:29:31 | 01:31:54 | 01:35:22 | 01:40:24 |
| 61. | 32 | 9. | Senioren M40 | Stefan Meyer | 1975 | | 09:38:30 | 02:28:03 | 01:09:34 | 01:08:34 | 01:34:52 | 01:23:51 | 01:45:15 |
| 62. | 75 | 18. | Senioren M50 | Olaf Häsler | 1965 | 100 Marathon Club | 09:42:52 | 01:31:14 | 01:27:58 | 01:34:57 | 01:35:14 | 01:39:23 | 01:45:58 |
| 63. | 63 | 10. | Senioren M40 | Ansgar Zschunke | 1977 | Sportfreunde Klein Reken | 09:43:53 | 01:19:09 | 01:26:56 | 01:37:38 | 01:42:15 | 01:39:28 | 01:48:18 |
| 64. | 8 | 2. | Senioren M65 | Peter Böhm | 1952 | LG Kreis Verden | 09:43:53 | 01:27:56 | 01:23:41 | 01:31:10 | 01:38:38 | 01:42:30 | 01:49:52 |

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| 65. | 136 | 11. | Senioren M40 | Tobias Knaack | 1975 | FC St. Pauli Triathlon | 09:48:40 | 01:25:38 | 01:25:54 | 01:34:03 | 01:39:45 | 01:41:28 | 01:52:22 |
| 66. | 82 | 3. | Senioren M65 | Peter Willner | 1951 | Marathon Steinfurt | 09:49:22 | 01:36:18 | 01:29:47 | 01:34:40 | 01:38:13 | 01:43:21 | 01:40:12 |
| 67. | 65 | 6. | Senioren M55 | Ralf Lietz | 1961 | Wildeshäuser Lauftreff / 100 | 09:52:01 | 01:23:36 | 01:19:37 | 01:30:37 | 01:38:20 | 01:40:40 | 01:47:38 |
| 68. | 98 | 7. | Senioren M55 | Wolfgang Punge | 1964 | 100 Marathon Club | 09:55:21 | 01:32:51 | 01:30:21 | 01:37:34 | 01:42:20 | 01:42:30 | 01:43:32 |
| 69. | 84 | 8. | Senioren M55 | Detlef Kley | 1960 | Teuto Run and Fun Bielefeld | 10:00:24 | 01:36:25 | 01:32:35 | 01:33:38 | 01:39:49 | 01:39:59 | 01:49:22 |
| 70. | 26 | 9. | Senioren M55 | Werner Witt | 1960 | SV Dickenberg | 10:13:28 | 01:34:28 | 01:31:05 | 01:38:25 | 01:43:25 | 01:47:06 | 01:50:40 |
| 71. | 83 | 10. | Senioren M55 | Hugo Wiggers | 1963 | TEA / Racebooker | 10:18:36 | 01:37:55 | 01:38:06 | 01:32:03 | 01:35:51 | 01:47:09 | 01:57:34 |
| 72. | 81 | 4. | Senioren M35 | Patrick Dettloff | 1983 | Laufen rund um Münster | 10:18:49 | 01:32:48 | 01:33:29 | 01:36:11 | 01:42:49 | 01:53:35 | 01:49:49 |
| 73. | 128 | 19. | Senioren M50 | Wolfgang Schütte | 1965 | Lauftreff Molitor | 10:19:28 | 01:28:29 | 01:24:56 | 01:40:45 | 01:49:30 | 01:50:04 | 01:58:14 |
| 74. | 69 | 12. | Senioren M40 | Bastian Deichmann | 1979 | | 10:19:30 | 01:24:47 | 01:21:25 | 01:35:04 | 01:50:32 | 02:01:28 | 01:58:55 |
| 75. | 149 | 4. | Senioren M60 | Gerd Junker | 1956 | 100 Marathon Club | 10:20:36 | 01:32:55 | 01:33:53 | 01:40:56 | 01:43:41 | 01:47:43 | 01:53:14 |
| 76. | 43 | 20. | Senioren M50 | Uwe-Heinz Bendig | 1969 | Team Erdinger Alkoholfrei | 10:24:57 | 01:31:49 | 01:32:29 | 01:35:46 | 01:47:48 | 01:52:31 | 01:55:56 |
| 77. | 125 | 13. | Senioren M40 | Jan Bahlmann | 1975 | Team Erdinger Alkoholfrei | 10:24:58 | 01:31:47 | 01:32:22 | 01:35:57 | 01:47:48 | 01:52:30 | 01:55:57 |
| 78. | 16 | 19. | Senioren M45 | Ralf Dembeck | 1970 | Loomster Pain Tour / TEA | 10:28:53 | 01:31:53 | 01:31:48 | 01:40:05 | 01:50:45 | 01:46:33 | 01:59:45 |
| 79. | 78 | 20. | Senioren M45 | Jürgen Frey | 1971 | Ultrafriesen/TEA/100 MC | 10:28:53 | 01:31:57 | 01:31:46 | 01:40:06 | 01:50:39 | 01:46:42 | 01:59:37 |
| 80. | 21 | 5. | Senioren M35 | Michael Ziemba | 1981 | Mudbusters | 10:31:34 | 01:37:20 | 01:26:40 | 01:47:57 | 01:51:57 | 01:52:32 | 01:48:31 |
| 81. | 47 | 21. | Senioren M45 | Markus Ehrlich | 1970 | IDAA Deutschland | 10:35:23 | 01:31:54 | 01:27:33 | 01:35:13 | 02:00:08 | 01:54:09 | 01:56:31 |
| 82. | 85 | 22. | Senioren M45 | Carsten Hoffmann | 1973 | Laufen rund um Münster / T | 10:35:28 | 01:25:55 | 01:20:08 | 01:29:20 | 02:05:38 | 02:07:59 | 01:56:32 |
| 83. | 154 | 2. | Senioren M70 | Dr. Hans-Werner Rehers | 1947 | | 10:44:45 | | | | | | |
| 84. | 130 | 6. | Senioren M35 | Patrick Hussel | 1980 | LLG Springe | 11:04:31 | 01:40:57 | 01:43:22 | 01:43:40 | 01:58:07 | 01:53:37 | 01:55:29 |
| 85. | 58 | 14. | Senioren M40 | Carsten Wendelken | 1976 | TEA / Ultrafriesen e.V. | 11:11:11 | | | | | | |
| 86. | 119 | 5. | Senioren M60 | Gerhard Rakowski | 1959 | Tine & Harry Team | 11:15:39 | 01:48:16 | 01:39:38 | 01:47:10 | 01:53:58 | 01:55:40 | 02:00:07 |
| 87. | 117 | 11. | Senioren M55 | Michael Blumenroth | 1964 | LG Mauerweg Berlin e.V. | 11:21:05 | 01:38:27 | 01:42:25 | 01:48:00 | 01:51:18 | 02:04:16 | 02:08:26 |
| 88. | 23 | 7. | Senioren M35 | Toni Hecker | 1983 | Racebooker Pummelanten | 11:21:26 | 01:40:54 | 01:40:04 | 01:46:59 | 01:54:52 | 01:54:08 | 02:14:29 |
| 89. | 126 | 23. | Senioren M45 | Mark Koch | 1971 | | 11:37:34 | 01:30:58 | 01:29:37 | 01:51:36 | 02:21:20 | 02:05:24 | 02:10:07 |
| 90. | 48 | 21. | Senioren M50 | Andreas Belle | 1968 | Elbe-Lübeck-Kanal Ultra Tear | 12:17:08 | 01:29:34 | 01:44:50 | 02:10:14 | 02:08:51 | 02:13:01 | 02:19:30 |
| 91. | 62 | 24. | Senioren M45 | Holger Sawilla | 1971 | TEA / Racebooker | 12:17:16 | 01:40:59 | 01:44:28 | 02:01:58 | 02:08:59 | 02:15:22 | 02:13:14 |
| 92. | 10 | 4. | Senioren M65 | Dieter Sandelmann | 1952 | Ultrafriesen e.V. | 12:20:03 | 02:01:56 | 01:54:29 | 02:00:14 | 02:03:49 | 02:05:15 | 02:00:17 |
| 93. | 156 | 6. | Senioren M60 | Günter Liegmann | 1955 | | 13:45:51 | | | | | | |
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| Frauen | | | | | | | | | | | | | |
|---------------|-----|----|-----------------|-----------------------------|------|-----------------------------|----------|----------|----------|----------|----------|----------|----------|
| 1. | 52 | 1. | Seniorinnen W40 | Dunja Plesnik | 1976 | TuS Breckerfeld | 07:48:27 | 01:21:55 | 01:11:55 | 01:13:25 | 01:15:06 | 01:18:35 | 01:20:44 |
| 2. | 100 | 1. | Seniorinnen W35 | Stefanie Makiola | 1983 | Ultrafriesen e.V. | 08:16:38 | 01:21:28 | 01:17:44 | 01:22:05 | 01:24:02 | 01:27:17 | 01:19:45 |
| 3. | 79 | 1. | Seniorinnen W45 | Sonja Kellner | 1972 | | 08:19:16 | 01:28:07 | 01:18:03 | 01:19:56 | 01:21:36 | 01:17:39 | 01:27:09 |
| 4. | 18 | 2. | Seniorinnen W35 | Marina Micic | 1981 | | 08:22:47 | 01:17:52 | 01:15:16 | 01:18:11 | 01:23:55 | 01:29:29 | 01:32:01 |
| 5. | 72 | 2. | Seniorinnen W40 | Heike Schlueter | 1975 | LIVE Laufftreff in Versmold | 08:34:30 | 01:23:44 | 01:18:54 | 01:20:30 | 01:25:01 | 01:27:07 | 01:30:36 |
| 6. | 142 | 3. | Seniorinnen W40 | Annett Zielske | 1977 | | 08:39:52 | 01:23:04 | 01:11:43 | 01:16:37 | 01:27:10 | 01:30:37 | 01:37:47 |
| 7. | 80 | 1. | Seniorinnen W65 | Maria Rolfes | 1954 | LT Waldschleicher Lohne/TE | 08:40:53 | 01:19:07 | 01:18:48 | 01:24:14 | 01:29:14 | 01:30:53 | 01:32:56 |
| 8. | 103 | 2. | Seniorinnen W45 | Heike Schrant | 1971 | SV Bokeloh | 08:45:47 | 01:24:54 | 01:25:39 | 01:30:25 | 01:22:47 | 01:25:54 | 01:28:13 |
| 9. | 92 | 4. | Seniorinnen W40 | Tanja Niedick | 1975 | Team Erdinger Alkoholfrei | 08:45:48 | 01:22:03 | 01:20:28 | 01:23:01 | 01:28:36 | 01:31:12 | 01:32:34 |
| 10. | 37 | 5. | Seniorinnen W40 | Jennifer Schlosser | 1976 | | 09:05:06 | 01:22:11 | 01:20:33 | 01:25:21 | 01:34:27 | 01:32:34 | 01:44:18 |
| 11. | 25 | 3. | Seniorinnen W45 | Katja Pfenningsschmidt-Rede | 1973 | SV Brackwede | 09:05:30 | 01:26:53 | 01:24:36 | 01:27:50 | 01:29:42 | 01:32:06 | 01:38:10 |
| 12. | 4 | 3. | Seniorinnen W35 | Yvonne Askin | 1983 | Team Erdinger Alkoholfrei | 09:07:54 | 01:24:37 | 01:23:15 | 01:27:58 | 01:33:04 | 01:35:04 | 01:35:37 |
| 13. | 148 | 6. | Seniorinnen W40 | Susanne Koch | 1976 | SuS Olfen | 09:07:57 | 01:24:37 | 01:23:22 | 01:27:53 | 01:34:12 | 01:34:50 | 01:34:44 |
| 14. | 76 | 1. | Seniorinnen W55 | Heike Noa | 1964 | Rennsteiglaufverein | 09:19:52 | 01:28:36 | 01:26:46 | 01:28:17 | 01:31:52 | 01:38:37 | 01:39:19 |
| 15. | 132 | 1. | Seniorinnen W50 | Claudia Kühnen | 1967 | Ausdauerschule by bunert | 09:22:58 | 01:28:23 | 01:14:21 | 01:26:29 | 01:42:44 | 01:43:53 | 01:43:10 |
| 16. | 147 | 7. | Seniorinnen W40 | Claudia Wehnert | 1979 | | 09:27:01 | 01:29:47 | 01:25:13 | 01:32:06 | 01:30:30 | 01:38:53 | 01:43:49 |
| 17. | 67 | 2. | Seniorinnen W50 | Andrea Selent | 1966 | | 09:28:19 | 01:31:21 | 01:24:57 | 01:31:42 | 01:32:31 | 01:40:11 | 01:40:15 |
| 18. | 97 | 4. | Seniorinnen W35 | Natascha Engmann | 1980 | Crazy Daisy | 09:29:15 | 01:26:31 | 01:25:53 | 01:33:23 | 01:37:49 | 01:37:47 | 01:42:17 |
| 19. | 60 | 1. | Seniorinnen W60 | Liane Hennigs | 1959 | VfR Voxtrup | 09:37:55 | 01:28:36 | 01:25:01 | 01:25:43 | 01:32:56 | 01:43:56 | 01:50:50 |
| 20. | 6 | 4. | Seniorinnen W45 | Stefanie Koch | 1973 | Team Erdinger Alkoholfrei | 09:38:27 | 01:27:29 | 01:25:52 | 01:30:59 | 01:41:06 | 01:38:14 | 01:46:28 |
| 21. | 46 | 5. | Seniorinnen W45 | Gabi Schumacher | 1971 | Lions /100 MC | 09:52:01 | 01:32:49 | 01:26:04 | 01:35:14 | 01:38:55 | 01:43:50 | 01:46:50 |
| 22. | 56 | 3. | Seniorinnen W50 | Ute Karklis | 1969 | Teuto Run and Fun Bielefeld | 10:00:24 | 01:36:13 | 01:32:42 | 01:33:41 | 01:39:48 | 01:41:04 | 01:48:26 |
| 23. | 96 | 4. | Seniorinnen W50 | Martina Pahmeyer | 1967 | Teuto Run and Fun Bielefeld | 10:00:25 | 01:36:22 | 01:32:47 | 01:33:32 | 01:40:52 | 01:41:06 | 01:47:48 |
| 24. | 102 | 2. | Seniorinnen W65 | Jutta Voges | 1954 | | 10:12:46 | 01:32:47 | 01:28:15 | 01:39:41 | 01:42:18 | 01:50:29 | 01:51:39 |
| 25. | 66 | 5. | Seniorinnen W35 | Sabrina Zobjack | 1981 | Lauffreunde Emsland | 10:18:49 | 01:32:51 | 01:33:32 | 01:36:08 | 01:42:46 | 01:53:42 | 01:49:46 |
| 26. | 141 | 8. | Seniorinnen W40 | Stefanie Collin | 1979 | TEA / Racebooker | 10:25:35 | 01:38:02 | 01:38:03 | 01:40:12 | 01:47:23 | 01:45:29 | 01:47:57 |
| 27. | 14 | 1. | Seniorinnen W30 | Naina-Christin Ehwein | 1985 | LLG Wustweiler | 10:31:33 | 01:37:37 | 01:26:39 | 01:47:57 | 01:51:39 | 01:52:32 | 01:48:34 |
| 28. | 143 | 5. | Seniorinnen W50 | Waltraud Dittner | 1968 | SV Bokeloh | 10:56:56 | 01:24:55 | 01:25:46 | 01:46:49 | 01:59:06 | 02:01:10 | 02:09:25 |
| 29. | 115 | 6. | Seniorinnen W50 | Claudia Tautz | 1967 | LG Mauerweg Berlin e.V. | 11:11:06 | 01:41:28 | 01:42:54 | 01:47:10 | 01:50:55 | 01:54:37 | 02:04:05 |
| 30. | 109 | 6. | Seniorinnen W35 | Dana Gawe | 1980 | Team Erdinger Alkoholfrei | 11:21:26 | 01:41:01 | 01:39:58 | 01:47:02 | 01:54:53 | 01:54:08 | 02:14:24 |
| 31. | 101 | 2. | Seniorinnen W55 | Petra Rademacher | 1963 | | 11:37:33 | 01:41:25 | 01:42:11 | 02:01:00 | 01:51:35 | 02:07:44 | 02:05:11 |

Ergebnis 7. PUM 2019

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|-----|-----|-----|-----------------|---------------------|------|---------------------------|----------|----------|----------|----------|----------|----------|----------|
| 32. | 105 | 2. | Seniorinnen W60 | Sybille Krause | 1958 | WSG 81 Königs Wusterhause | 11:40:19 | 01:47:48 | 01:43:19 | 01:47:53 | 01:56:15 | 02:01:51 | 02:13:18 |
| 33. | 7 | 3. | Seniorinnen W60 | Christel Prause | 1956 | streakrunner.de/TEA | 11:40:19 | 01:47:52 | 01:43:22 | 01:47:48 | 01:56:19 | 02:02:07 | 02:13:00 |
| 34. | 9 | 4. | Seniorinnen W60 | Monika Sandelmann | 1957 | Ultrafriesen e.V. | 12:20:02 | 02:01:57 | 01:54:28 | 02:00:13 | 02:03:45 | 02:05:18 | 02:00:19 |
| 35. | 155 | 7. | Seniorinnen W50 | Elke Werner | 1968 | | 13:45:51 | | | | | | |
| | | | | | | | | | | | | | |
| DNF | 114 | DNF | Senioren M50 | Dietmar Klemm | 1969 | Laufen rund um Münster | 00:00 | 01:23:46 | 01:17:03 | 01:29:16 | 01:47:40 | | |
| DNF | 124 | DNF | Senioren M35 | Anto Bilanovic | 1983 | Team Mariteam | 00:00 | 01:26:07 | 01:26:25 | 01:39:28 | 01:42:15 | 01:58:40 | |
| DNF | 144 | DNF | Senioren M50 | Jeff Smith | 1969 | CaBa's Cabanauten | 00:00 | 01:30:54 | 01:29:37 | 01:43:23 | 02:03:19 | | |
| DNF | 150 | DNF | Senioren M60 | Winfried Böttjer | 1956 | Ultrafriesen e.V. | 00:00 | 01:31:15 | 01:27:53 | 01:33:41 | 01:46:40 | | |
| DNF | 34 | DNF | Senioren M45 | Marco Lotz | 1974 | | 00:00 | 01:15:46 | 01:12:09 | 01:15:41 | 01:30:37 | | |
| DNF | 36 | DNF | Senioren M30 | Sascha Wobker | 1985 | Mühl4Trail | 00:00 | 01:08:27 | 01:04:15 | 01:13:03 | 01:30:41 | | |
| DNF | 68 | DNF | Senioren M30 | David Ulber | 1986 | | 00:00 | 02:28:06 | | | | | |
| | | | | | | | | | | | | | |
| DNF | 90 | DNF | Frauen | Sonia Isabel Goebel | 1990 | TV Frisch Auf Lennep | 00:00 | 01:07:16 | 01:06:22 | | | | |
| DNF | 107 | DNF | Seniorinnen W70 | Brigitte Voß | 1949 | Hannover Runners | 00:00 | 02:10:47 | 02:24:43 | 02:38:09 | | | |