

Liste der Sieger

| Jahr | 10 km Männer | | | 5 km Männer | | |
|------|------------------|--------------------|-------------------------|-------------|--------------------|--------------------------|
| | Zeit | Läufer | Verein | Zeit | Läufer | Verein |
| 2022 | 33:08 | David Schönherr | Running Crew Münster | 17:34 | Marvin Luhmann | |
| 2021 | Ausfall - Corona | | | | | |
| 2020 | Ausfall - Corona | | | | | |
| 2019 | 33:00 | Henrik Lindstrot | TuS Germania Horstmar | 16:36 | Quentin Staudinger | W. + F.zeit Münster e.V. |
| 2018 | 32:54 | Nils Huhtakangas | LG Osnabrück | 15:58 | Oskar Enseling | LG Brillux Münster |
| 2017 | 32:20 | Linus Vennemann | LG Osnabrück | 16:41 | Sebastian Niehues | Vfl Kamen |
| 2016 | 34:17 | Thomas Otting | SV Concordia Emsbüren | 15:29 | Luca Heerd | LSF Münster |
| 2015 | 34:24 | Thomas Otting | SV Concordia Emsbüren | 15:47 | Luca Heerd | LSF Münster |
| 2014 | 32:32 | Gerold Hartger | LC Nordhorn | 15:57 | Philipp Beckmann | LSF Münster |
| 2013 | 34:55 | Andreas Pott | SV Teuto Riesenbeck | 16:49 | Timo Gottwald | SV Teuto Riesenbeck |
| 2012 | 34:06 | Ingo Assmann | SC Melle 03 | 16:46 | Patrick Windoffer | SV Teuto Riesenbeck |
| 2011 | 35:52 | Peter Weiß | Laufftreff Lüdinghausen | 16:59 | Stefan Günningmann | SC Falke Saerbeck |
| 2010 | 34:39 | Stefan Günningmann | SC Falke Saerbeck | 16:56 | Christian Lau | Emsstern Rheine |
| 2009 | 33:37 | Thomas Otting | SV Concordia Emsbüren | 16:16 | Pascal Hille | ESV Münster |
| 2008 | 32:56 | Thomas Otting | SV Concordia Emsbüren | 16:04 | Axel Keil | SC Melle 03 |
| 2007 | 33:31 | Thomas Otting | SV Concordia Emsbüren | 17:01 | Björn Möller | TV Mettingen |
| 2006 | 33:34 | Ben Erlei | SV Teuto Riesenbeck | 16:36 | Axel Keil | SC Melle 04 |
| 2005 | Ausfall - Schnee | | | | | |
| 2004 | 34:11 | Patrick Windoffer | SV Teuto Riesenbeck | 16:23 | Björn Möller | TV Mettingen |
| 2003 | 33:16 | Thorben Grothaus | SV Teuto Riesenbeck | 16:25 | Thomas Otting | Concordia Emsbüren |
| 2002 | 31:30 | Stefan Koch | TV Burgsteinfurt | 16:36 | Thomas Möllers | LT Legden |
| 2001 | 31:27 | Stefan Koch | TB Burgsteinfurt | 16:28 | Pascal Hille | TB Burgsteinfurt |
| 2000 | 33:49 | Thomas Böckerholt | ESV Münster | 17:06 | Patrick Windoffer | SV Teuto Riesenbeck |
| 1999 | 34:15 | Jürgen Meymann | Grün-Weiß Steinbeck | 16:49 | Andreas Tegen | LT Legden |
| 1998 | 31:33 | Matthias Strotmann | SV Holte | 16:27 | Thomas Möllers | LT Legden |
| 1997 | 32:55 | Matthias Strotmann | SV Holte | 16:48 | Felix Lefering | TB Burgsteinfurt |
| 1996 | 32:48 | Klaus Eckstein | LC Nordhorn | 16:54 | Markus Nakielski | DELTA-Studio Ahlen |
| 1995 | 31:49 | Ulrich Christmann | LAG Gütersloh | 16:34 | Felix Lefering | TB Burgsteinfurt |
| 1994 | 31:44 | Michael Brüning | SG Elte | 16:21 | Christian Kranz | TB Burgsteinfurt |
| 1993 | 32:44 | Michael Brüning | SG Elte | 17:10 | Axel Timpe | Concordia Emsbüren |
| 1992 | 32:42 | Michael Brüning | SG Elte | 16:38 | Christian Kranz | TB Burgsteinfurt |
| 1991 | 33:49 | Michael Brüning | SG Elte | 16:12 | Werner Peters | ESV Münster |
| 1990 | 31:24 | Rüdiger Kruse | TuS Sythen | 17:44 | Gunnar Lucas | TVE Greven |

Liste der Siegerinnen

| Jahr | 10 km Frauen | | | 5 km Frauen | | |
|------|------------------|--------------------------|------------------------|-------------|-----------------------------|-----------------------|
| | Zeit | Läuferin | Verein | Zeit | Läuferin | Verein |
| 2022 | 36:06 | Johanna Schönherr | Running Crew Münster | 20:23 | Heidi Bowenkamp | LC Solbad Ravensberg |
| 2021 | Ausfall - Corona | | | | | |
| 2020 | Ausfall - Corona | | | | | |
| 2019 | 39:20 | Kira Konermann | SV Teuto Riesenbeck | 18:20 | Adelina Trassas Rugakingira | LG Brillux Münster |
| 2018 | 38:25 | Saskia Schmiemann | SV Teuto Riesenbeck | 19:04 | Hannah Arlom | LG Emsdetten |
| 2017 | 39:14 | Saskia Schmiemann | SV Teuto Riesenbeck | 20:14 | Sarah Ohmscheiper | LG Rheine-Elte |
| 2016 | 41:15 | Kira Konermann | DJK Arminia Ibbenbüren | 18:06 | Sandra Lehmkuhl | LSF Münster |
| 2015 | 39:56 | Kerstin Schulze Kalthoff | LG Rosendahl | 20:14 | Eva Tingelhoff | LSF Münster |
| 2014 | 44:38 | Delia Krell-Witte | LSF Münster | 19:31 | Carolin Hauck | LSF Münster |
| 2013 | 37:30 | Sandra Lüring | LG Ration Münster | 18:21 | Frederike Anne Straeten | LG Ratio Münster |
| 2012 | 43:44 | Eva Schönefeld | LSF Münster | 19:15 | Pauline Meyer | TV Epe |
| 2011 | 41:03 | Melanie Auffenberg | SC Altenrheine | 18:05 | Sandra Lüring | ESV Münster |
| 2010 | 41:44 | Ricarda Krömer | SC Spelle-Venhaus | 21:49 | Sybille Stein | LSF Münster |
| 2009 | 38:10 | Frederike Staeten | LG Ratio Münster | 18:37 | Sandra Lüring | Marathon Steinfurt |
| 2008 | 41:13 | Sandra Lüring | Marathon Steinfurt | 19:40 | Magdalena Mayerhoffer | LSF Münster |
| 2007 | 37:25 | Cornelia Schwennen | SV Concordia Emsbüren | 20:11 | Cornelia Krüer | SV Teuto Riesenbeck |
| 2006 | 41:10 | Sandra Lüring | Marathon Steinfurt | 21:31 | Irene Leferink | TriRun Ibbenbüren |
| 2005 | Ausfall - Schnee | | | | | |
| 2004 | 41:31 | Elke Vedder | SV Germania Twist | 21:00 | Nele Hemsing | SC Falke Saerbeck |
| 2003 | 37:24 | Daniela Hungermann | Marathon Ibbenbüren | 22:22 | Cornelia Brüggem | TriRun Ibbenbüren |
| 2002 | 41:03 | Elke Vedder | SV Germania Twist | 20:44 | Karla Steinkühler | TB Burgsteinfurt |
| 2001 | 42:01 | Elke Vedder | SV Germania Twist | 19:48 | Kirsten Grothaus | SV Teuto Riesenbeck |
| 2000 | 42:10 | Bernadette Kösters | DJK SC Altenrheine | 18:49 | Astrid Kwiatkowski | Post SV Osnabrück |
| 1999 | 37:38 | Isabelle Heusinkveld | Westervoort | 20:58 | Jana Siekmann | SC Herford |
| 1998 | 39:12 | Petra Schmiemann | ESV Münster | 21:11 | Katrin Leewe | LAV Rheine |
| 1997 | 39:49 | Martina Stienemann | TV Mesum | 19:55 | Henrike Korte | TC Westfalia Rheine |
| 1996 | 36:44 | Michaela Möller | SV Holte | 22:06 | Silke Köhler | LG Ahlen |
| 1995 | 38:39 | Irmgard Fresenborg | TV Mesum | 20:58 | Angelika Zimmermann | LG Haltern |
| 1994 | 40:25 | Martina Stienemann | TV Mesum | 20:10 | Lynn Akamp | TV Jahn Rheine |
| 1993 | 38:33 | Irmgard Fresenborg | TV Mesum | 17:18 | Cornelia Ciesla | TuS Solbad Ravensberg |
| 1992 | 38:48 | Rita Lanwer | LG Ratio Münster | 20:00 | Martina Stienemann | ESV Münster |
| 1991 | 39:23 | Irmgard Fresenborg | TV Mesum | 21:10 | Inga Lucas | TVE Greven |
| 1990 | 38:21 | Irmgard Fresenborg | TV Mesum | 20:43 | Nicole Wilmes | TV Mesum |