

3. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
M 30							
1	287	Westermann, Ingo	SV Teuto Riesenbeck	00:54:04	00:54:02	5	4
2	213	Menger, Frank	SW Esch	00:57:39	00:57:20	9	8
3	200	Meiners, Daniel		00:59:38	00:59:18	15	14
4	211	Menger, Andre	BSG Kreissparkasse Steinfurt	01:02:50	01:02:32	27	26
5	236	Hagedorn, Tobias	BSV Holzhausen	01:03:23	01:03:13	32	31
6	403	Baumhöfener, Jan		01:03:42	01:03:29	35	33
7	499	Stermann, Benjamin	Crespel & Deiters	01:03:47	01:03:39	36	34
8	473	Kochmann, Ingo	Laufen ist unser Leben	01:04:02	01:03:35	40	38
9	472	Middendorf, Tim	Laufen ist unser Leben	01:04:02	01:03:35	41	39
10	412	Reinecke, Andre		01:04:54	01:04:43	50	47
11	522	Dierkes, Peter	Kreissparkasse Steinfurt	01:06:18	01:05:58	66	60
12	265	Märtin, Jens		01:07:50	01:07:27	82	74
13	324	Eilers, Tristan		01:08:53	01:08:35	96	87
14	421	Barlak, Christoph		01:08:55	01:08:22	97	88
15	495	Kleemann, Rüdiger	Crespel & Deiters	01:12:48	01:12:41	138	117
16	318	Albrecht, Michael		01:17:13	01:16:35	188	150
17	322	Mötsch, Matthias		01:22:24	01:22:00	248	184
18	138	Wiemeler, Steffen		01:25:05	01:24:28	270	197
19	519	Von Felde, Sascha	Hesepers Rennschnecken	01:32:34	01:32:21	316	216
20	391	Repsina, Nelson		01:32:35	01:32:21	317	217
21	487	Liesbrock, Bernd	W&H-Laufgruppe	01:53:35	01:53:07	345	232
M 35							
1	196	Olo, Hans	Kriäggl hoalln Emsdetten	00:58:51	00:58:47	12	11
2	343	Gerling, Hendrik	BSG Westfalen AG	00:59:18	00:59:17	13	12
3	207	Möller, Christian		01:01:09	01:01:04	18	17
4	422	tittmann, Markus		01:01:23	01:01:07	19	18
5	478	Schaapman, Marten	Laufwerk	01:04:46	01:04:15	47	45
6	423	Wiele, Andi	Marktkauf Wiele	01:05:05	01:05:03	51	48
7	365	Franke, Frank	TV Hohne	01:05:40	01:05:34	58	53
8	224	Kohl, Stefan	SG Sendenhorst	01:05:55	01:05:49	60	55
9	311	Berghaus, Stefan	MKS	01:06:04	01:06:01	61	56
10	386	Tepe, Andre	SV Uffeln	01:06:42	01:06:37	69	63
11	1550	Wanke, Daniel	BSV Ostbevern	01:07:42	01:07:32	80	73
12	261	Purtzel, Daniel		01:07:50	01:07:28	83	75
13	526	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	01:08:33	01:08:11	90	81
14	193	Kampmann, Jens	Tri Run Ibbenbüren	01:09:37	01:09:03	108	98
15	341	Jugel, Carsten	SG Sendenhorst	01:09:59	01:09:53	112	102
16	227	Günzel, Gero		01:13:29	01:13:12	143	119
17	529	Rüther, Marcel	BSG Kreissparkasse Steinfurt	01:15:16	01:14:57	162	132
18	503	Eisenhauer, Hubertus	Tri-Team TuS Engter	01:15:44	01:15:26	169	135

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
19	352	Nordmann, Olaf		01:15:47	01:15:11	170	136
20	313	Berghaus, Marko	MKS	01:17:04	01:17:01	181	143
21	1469	Seitel, Toni	SV Gartow	01:19:39	01:18:58	212	165
22	320	Schmitz, Thosten		01:25:02	01:24:30	269	196
23	162	Markus, Reehuis	VfL Ahaus	01:27:22	01:27:08	285	204
24	543	Zimmermann, Karsten	Hattinger Hügelläufer	01:39:01	01:38:23	336	225
M 40							
1	516	Cordes, Dirk	TV Hohne	00:55:23	00:55:18	6	5
2	250	Meyer, Stephan	LSF Münster	00:57:28	00:57:17	8	7
3	216	Tepe, Frank	Reha und Vital Hörstel	00:58:12	00:58:11	10	9
4	144	Weddewer, Andreas	VfL Ahaus	01:00:34	01:00:33	16	15
5	398	Sommerkamp, Frank	Grün-Weiss Steinbeck	01:00:59	01:00:57	17	16
6	140	Matthias, Mike	SV Teuto Riesenbeck	01:01:28	01:01:25	21	20
7	534	Misch, Jörg	BSG Kreissparkasse Steinfurt	01:02:07	01:01:46	22	21
8	500	Rahe, Frank	Crespel & Deiters	01:02:34	01:02:29	24	23
9	154	Bärtels, Torsten	Keller HCW - go green	01:02:46	01:02:38	26	25
10	455	Fremann, Andreas		01:04:44	01:04:26	45	43
11	209	Vogelsang, Jörg	SF Oesede	01:06:14	01:05:54	63	57
12	188	Kortenbreer, Markus	SV-Teuto Riesenbeck	01:06:23	01:06:11	67	61
13	257	Hosch, Holger		01:07:36	01:07:27	78	71
14	462	Esser, Eliseo	Birkedorfer TV	01:07:50	01:07:28	84	76
15	426	Friedrich, Karsten	BW Schinkel	01:08:59	01:08:33	98	89
16	232	Kleinert, Matthias	Lüdinghauser Lauftreff	01:09:01	01:08:34	99	90
17	301	Brinkmann, Tobias		01:10:16	01:10:13	115	105
18	312	Uphoff, Matthias	SC Sperlingsgrund	01:10:35	01:10:31	119	107
19	406	Wenzel, Thorsten		01:10:53	01:10:48	121	108
20	249	Schulte, Michael	SV Bokeloh	01:13:13	01:13:08	139	118
21	524	Botzke, Andreas	BSG Kreissparkasse Steinfurt	01:14:43	01:14:23	159	130
22	425	Spenthof, Maik		01:16:33	01:15:57	173	138
23	393	Konermann, Michael	Grün-Weiss Steinbeck	01:16:49	01:16:20	177	141
24	237	Lampe, Michael		01:17:20	01:16:54	192	153
25	229	Hartmann, Raphael		01:17:21	01:16:56	193	154
26	319	Ullitzka, Carsten	MKS	01:17:58	01:17:42	200	156
27	189	Blank, Sven		01:18:11	01:17:49	201	157
28	506	Metschies, Maik		01:18:50	01:18:18	206	161
29	1439	Rahe, Hendrik	Snowrunners	01:19:36	01:18:56	211	164
30	242	Krause, Uwe		01:20:18	01:19:54	218	168
31	240	Hehmann, Robert	Harley-Davidson Osnabrück	01:20:57	01:20:33	228	174
32	309	Wolff, Stephan		01:21:17	01:21:12	235	176
33	258	Reeker, Jörg		01:23:14	01:23:07	253	187
34	165	Venhues, Burkhard	VfL Ahaus	01:23:44	01:23:32	258	189
35	136	Eiben, Lars	Saarbrücken	01:25:21	01:25:10	271	198
36	454	Bartels, Jörn		01:28:21	01:28:01	293	207
37	461	Bainbridge, Simon		01:28:22	01:28:01	294	208

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
38	510	Eschkötter, Olaf	TV Hohne	01:29:43	01:29:17	301	212
M 45							
1	125	Brinkhaus, Hermann	VfL Ahaus	00:53:41	00:53:40	3	2
2	441	Bertermann, Ansgar	TV Bad Iburg	00:53:51	00:53:50	4	3
3	491	Jasper, Manfred	Crespel & Deiters	01:01:25	01:01:21	20	19
4	535	Lütkenhaus, Dirk	Eurofighter'97 Altenberge	01:02:09	01:02:05	23	22
5	141	Nippel, Jochen	Keller HCW - go green	01:02:46	01:02:37	25	24
6	163	Büter, HermannJosef	VfL Ahaus	01:03:50	01:03:48	37	35
7	131	Beernink, Peter	AV Iphitos	01:03:54	01:03:51	38	36
8	254	Reppien, Stefan		01:04:19	01:03:53	42	40
9	377	Steinigeweg, Jörg	TV Hohne	01:04:45	01:04:41	46	44
10	539	Zurloh, Dirk	SV Ems Westbevern	01:04:48	01:04:37	49	46
11	128	Jakobs , Günni	Drei- Lauf - Freunde	01:05:13	01:05:01	54	50
12	132	Wrekenhorst, Peter	AV Iphitos	01:05:51	01:05:48	59	54
13	525	Stallmeier, Reinhard	BSG Kreissparkasse Steinfurt	01:06:58	01:06:38	71	65
14	355	Braatz, Oliver	Halen	01:07:40	01:07:20	79	72
15	447	Boberg, Klaus	Lauf dich fit Osnabrück	01:07:52	01:07:50	85	77
16	505	Kern, Ulrich	Marinestützpunkt Wilhelmshave	01:08:03	01:07:32	86	78
17	537	Deitmann, Jürgen	Marienhospital Emsdetten	01:08:24	01:08:13	89	80
18	474	Weber , Ingo	Sport Studio feel good Gronau	01:08:41	01:08:32	91	82
19	256	Lienesch, Dietmar	Ibbenbüren	01:08:44	01:08:29	92	83
20	219	Beyer, Andreas	Marathon Ibbenbüren	01:08:45	01:08:20	93	84
21	253	Dünkelmann, Olivier		01:09:07	01:08:41	100	91
22	149	Weddewer, Stefan	VfL Ahaus	01:09:34	01:09:31	106	96
23	151	Middendorf, Rainer	VfL Ahaus	01:09:34	01:09:25	107	97
24	476	Terschluse, Michael	sus-Stadtlohn	01:10:14	01:10:11	114	104
25	212	Poggemann, Martin	SV Teuto Riesenbeck	01:10:58	01:10:46	122	109
26	490	Tietmeyer, Joseph	Crespel & Deiters	01:12:25	01:12:18	136	116
27	389	niehueser, Ulrich		01:13:42	01:13:05	144	120
28	315	Lenferink, Ron		01:14:07	01:14:02	150	124
29	260	Stroscher, Mario	SV Oldendorf	01:14:16	01:14:00	153	126
30	410	Wekenborg, Ralf	Lauf dich fit Osnabrück	01:14:25	01:14:22	155	128
31	353	Brecht, Thorsten	DAV Bochum	01:15:06	01:14:57	161	131
32	142	Rode, Franz-Josef	VfL Ahaus	01:16:36	01:16:22	174	139
33	180	Seidler, Dirk	VfL Ahaus	01:16:50	01:16:33	178	142
34	288	Varga, Georg	GartenRaum Nordwalde	01:17:57	01:17:41	199	155
35	420	Farwerk, Berti		01:18:50	01:18:20	205	160
36	317	Meyer, Wolfgang		01:20:51	01:20:45	226	172
37	181	Böggemann, Frank	SODA Laggenbeck	01:21:29	01:20:55	236	177
38	448	Rudnick, Rudi	Lauf dich fit Osnabrück	01:22:12	01:22:09	246	182
39	255	Lenzen, Markus	TuS Altenberge 09	01:22:19	01:22:01	247	183
40	333	Uhlenkott, Klaus	Feuerwehr Steinfurt	01:22:59	01:22:58	251	186
41	477	Heming, Ingo	TV Lengerich	01:24:12	01:23:36	262	191
42	235	Guder, Maik		01:24:16	01:23:52	263	192

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
43	395	Schmidt, Peter	SV Eintracht Neuenkirchen	01:29:20	01:29:00	296	209
44	285	Menebröcker, Jörg		01:30:29	01:29:56	308	213
45	520	Künnemeyer, Dirk-Michael		01:34:13	01:33:44	324	219
46	415	Janke , Ralf	RAG Deutsche Steinkohle	01:37:36	01:37:12	334	224
47	176	Hallekamp, Dirk	Vfl Ahaus	01:48:54	01:48:38	342	229
M 50							
1	244	Mittelberg, Michael	SC Altenrheine	00:56:43	00:56:43	7	6
2	134	Lensen, Riekus	AV Iphitos	01:02:58	01:02:54	29	28
3	517	Rogge, Uwe	TV Hohne	01:03:09	01:03:03	31	30
4	198	Fels, Jörg	LG Rheine-Elte	01:05:28	01:05:22	55	51
5	210	Bäumer, Heinrich	TV Vreden - Lauftreff	01:06:29	01:06:23	68	62
6	347	Sukatsch, Jörg	ISV	01:06:52	01:06:44	70	64
7	335	Günther, Klaus	RAG Deutsche Steinkohle	01:07:20	01:06:58	75	69
8	168	Waldow, Torsten	VfL Ahaus	01:07:35	01:07:33	77	70
9	440	Richter, Paul	VfL Lingen	01:08:51	01:08:27	95	86
10	182	Nienaber, Günter	TVE Greven - Triathlon	01:09:22	01:09:09	104	94
11	221	Wittich, Rainer		01:09:33	01:09:24	105	95
12	336	Schlesier, Michael	RAG Deutsche Steinkohle	01:09:44	01:09:22	111	101
13	449	Diebecker, Sepp	VfL Ahaus	01:10:19	01:10:12	117	106
14	275	Averhoff, Dieter	RSG Warendorf-Freckenhorst	01:11:38	01:11:25	124	111
15	264	Göbel, Stefan	SV Bokeloh	01:12:06	01:12:02	128	115
16	527	Lindemann, Jörg		01:13:50	01:13:29	147	122
17	273	Pohlmann, Gerd	TuS Freckenhorst 1907 e.V.	01:13:53	01:13:40	148	123
18	471	Schlautmann, Karl-Heinz		01:14:20	01:13:45	154	127
19	157	Büter, Ludwig	VfL Ahaus	01:15:26	01:15:15	165	133
20	332	Stüwe, Martin	Grün-Weiss Steinbeck	01:15:37	01:15:17	167	134
21	466	Krieger, Ansgar	Tri-Team TuS Engter	01:17:09	01:16:50	186	148
22	338	Mahlau, Ralf	RAG Deutsche Steinkohle	01:19:22	01:19:01	210	163
23	396	Misera, Andreas		01:20:52	01:20:25	227	173
24	217	Hilgemann, Klaus	VfL Ahaus	01:21:29	01:21:13	237	178
25	417	Tabakacyi, Tabby	RAG Deutsche Steinkohle	01:22:49	01:22:26	250	185
26	485	Stallmeyer, Gerd		01:24:42	01:24:07	265	193
27	208	Minns, Steven		01:25:01	01:24:38	268	195
28	170	Kock, Bernhard	Vfl Ahaus	01:26:46	01:26:34	281	201
29	195	Brinkmann, Detlef	TUS Altenberge 09	01:27:03	01:26:47	282	202
30	167	Machill, Reinhard	VfL Ahaus	01:27:22	01:27:06	284	203
31	241	Brömmelhaus, Helmut	VfL Ahaus	01:27:22	01:27:07	286	205
32	308	Reef, Johannes		01:27:24	01:26:51	288	206
33	328	Bettels, Michael		01:29:39	01:29:02	300	211
34	374	Niggenaber, Ralf	TV Hohne	01:34:33	01:34:05	326	221
35	185	Wehmeyer, Raimund		01:47:37	01:47:03	340	227
36	155	Schniedertöns, Dirk	VfL Ahaus	01:48:54	01:48:39	341	228
37	199	Kahle, Andre	Tus Altenberge	01:51:01	01:50:44	344	231

M 55

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
1	225	Hümer, Kalle	TV Jahn Borgholzhausen	00:59:19	00:59:18	14	13
2	484	Schlicker, Günter	TV Werne 03	01:05:35	01:05:31	57	52
3	323	Bertram, Heinz-Jürgen	SC-Altenrheine	01:06:15	01:05:58	64	58
4	1553	Ullrich, Udo	Trigeckos Dortmund	01:07:17	01:07:15	74	68
5	327	Czerwinski, Rainer	Osnabrücker SC	01:09:11	01:08:54	102	93
6	408	Hansen, Uwe	SV Kirchboitzen	01:09:39	01:09:29	109	99
7	438	Murrenhoff, Christian	TUS 07 Freckenhorst	01:11:10	01:10:56	123	110
8	262	Möllers, Günter	Segelfluggruppe Münster	01:13:46	01:13:39	145	121
9	407	Gebel, Reiner		01:16:06	01:15:27	172	137
10	175	Lammers, Thomas	VfL Ahaus	01:16:39	01:16:21	175	140
11	470	Wurbs, Peter	RAG Deutsche Steinkohle	01:17:14	01:16:51	190	152
12	364	Egbert, Ralf	TV Hohne	01:18:37	01:18:14	204	159
13	351	Conrad, Reimund	SV Bad Laer	01:20:07	01:19:32	215	167
14	304	Borgmann, Erich	Marathon Steinfurt	01:21:30	01:21:15	238	179
15	339	Gleißner, Rolf	RAG Deutsche Steinkohle	01:26:35	01:26:13	279	200
16	359	Brix, Michael	TV Hohne	01:29:33	01:29:04	298	210
17	362	Buczilowski, Eckhard	TV Hohne	01:35:38	01:35:13	328	222
M 60							
1	203	Schultz, Winfried	Ibbenbüren	00:58:23	00:58:22	11	10
2	243	Wijlens, Frans	AV Iphitos	01:03:57	01:03:55	39	37
3	2019	Runow, Günter	Reestruffers	01:11:42	01:11:12	125	112
4	521	Rudolf, Teske	TV Werne 03	01:11:48	01:11:43	126	113
5	296	Günnigmann, Alfons	SC Falke Saerbeck	01:17:10	01:16:57	187	149
6	515	Jüterbock, Detlef	TV Hohne	01:20:34	01:20:25	223	170
7	293	Delicat, Erwin	TSV Bassum	01:20:43	01:20:39	225	171
8	179	Ahmann, Sigi	TV Friesen Telgte	01:22:05	01:21:37	243	180
9	1461	Witthake, Franz-Josef	LT Wettringen	01:34:28	01:34:04	325	220
10	435	Sandelmann, Dieter	Kirche läuft Wilhelmshaven	01:39:32	01:39:00	338	226
M 65							
1	541	Eppendahl, Klaus	Hattinger Hügelläufer	01:14:14	01:14:13	152	125
2	380	Vahrenhorst, Dieter	TV Hohne	01:18:37	01:18:15	203	158
3	177	Koller, Hubert	VfL Ahaus	01:21:09	01:21:00	232	175
M 70							
1	152	Woltering, Heinz	VfL Ahaus	01:17:04	01:16:53	182	144
2	432	Kreienbach, Bernhard	LSF Münster	01:20:21	01:20:16	219	169
3	223	Daniel, Wolf-Dieter	SV Eintracht Neuenkirchen	01:23:36	01:23:28	257	188
4	171	Koch, Rolf	TuS Hiltrup	01:24:51	01:24:36	266	194
M 75							
1	414	Maaske, Kurt		01:25:35	01:25:17	274	199
2	342	Meurs, Janwillem	AVVN	01:34:07	01:33:50	322	218
3	367	Hoermann, Manfred	LSF Münster	01:36:43	01:36:37	331	223
M HK							
1	464	Leusink, Erik	Hac'63 Hoogeveen	00:49:17	00:49:17	1	1
2	451	Diebecker, Jan	Borussia Münster	01:02:58	01:02:53	28	27

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
3	345	Ostendorf, Stefan	SV Teuto Riesenbeck	01:03:05	01:03:01	30	29
4	137	Benneker, Guus	Utrecht	01:03:34	01:03:08	33	32
5	267	Dierkes, Thomas		01:04:39	01:04:00	44	42
6	402	Niermann, Thomas	Hannover	01:05:05	01:04:46	52	49
7	404	Piper, Lennart		01:06:17	01:06:02	65	59
8	384	Hunger, Karsten	Marienhospital Emsdetten	01:08:47	01:08:35	94	85
9	443	Bringemeier, Gerrit		01:09:09	01:08:54	101	92
10	139	Bussmann, Manuel		01:09:42	01:09:16	110	100
11	316	Nordemann, Frank		01:10:00	01:09:22	113	103
12	2002	Möhlmann, Tobias	Eintracht Rodde	01:11:49	01:11:33	127	114
13	411	Dierkes, David		01:14:39	01:14:23	158	129
14	496	Kröger, Marcel	Crespel & Deiters	01:17:07	01:16:58	183	145
15	202	Göpel, Markus		01:17:07	01:16:28	184	146
16	385	Emmrich, Steffen		01:17:07	01:16:29	185	147
17	436	Wiechmann, Timo	Feuerwehr Ibbenbüren	01:17:14	01:16:37	189	151
18	419	Wilde, Karsten		01:19:20	01:19:05	209	162
19	494	Fast, Eugen	Crespel & Deiters	01:19:59	01:19:50	214	166
20	358	Brix, Christian	TV Hohne	01:22:08	01:21:38	245	181
21	252	Gaida, Florian		01:24:08	01:23:58	261	190
22	1979	Evers, Simon	Eintracht Rodde	01:31:11	01:30:55	310	214
23	370	Laig, Matthias	TV Hohne	01:31:40	01:31:06	314	215
24	497	Chloupek, Jacek	Crespel & Deiters	01:50:50	01:50:42	343	230

M Jgd A

1	231	Daldrup, Eike		01:08:07	01:07:39	87	79
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M Jgd B

1	266	Möllers, Marwin	Hittorfgymsnasium Münster	01:07:17	01:07:09	73	67
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M U23

1	507	Menebröker, Nils	TV Hohne	01:04:23	01:04:18	43	41
2	290	Vaneker, Maarten		01:07:04	01:07:01	72	66

W 30

1	463	Leistner, Anja	TV Werne 03	01:05:07	01:05:02	53	4
2	405	Raschke, Sabrina		01:10:43	01:10:25	120	13
3	245	Prekau, Nadine	TSVE 1890 Bielefeld	01:12:18	01:12:00	135	20
4	392	Wesselmann, Judith	Grün-Weiss Steinbeck	01:13:55	01:13:37	149	26
5	528	Wijering, Annabeth	AV Iphitos	01:14:28	01:14:15	156	28
6	429	Böllner, Sabrina		01:15:29	01:15:04	166	33
7	178	Gesing, Kathrin	VfL Ahaus	01:17:39	01:17:27	196	42
8	146	Muranyi, Anne	VfL Ahaus	01:18:15	01:18:03	202	45
9	331	Franke, Jessica	OKE Group	01:18:51	01:18:23	207	46
10	135	Röhrdanz, Stefanie	OSC Osnabrück	01:25:36	01:25:07	275	76
11	283	Grewe, Daniela		01:34:13	01:33:45	323	105
12	183	Schonhoff, Marion	SV Victoria Gersten	01:40:45	01:40:36	339	113

W 35

1	469	van der Vegt, Antien	HAC'63 Hoogeveen	01:03:36	01:03:33	34	2
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Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
2	184	Greibe, Simone	OSC LKG	01:08:22	01:08:02	88	9
3	439	Bäthker, Nadine	SC Altenrheine	01:09:19	01:09:08	103	10
4	302	Heukamp, Julia		01:10:16	01:10:13	116	11
5	376	Rücker, Anja	TV Hohne	01:12:34	01:12:02	137	21
6	498	Kempkes, Jessica	Crespel & Deiters	01:13:14	01:13:08	141	23
7	246	Brameyer, Mona	SV Bokeloh	01:15:38	01:15:35	168	34
8	291	Holt, Petra		01:17:15	01:17:11	191	39
9	480	Feuler, Marie	Laufwerk	01:17:48	01:17:17	197	43
10	523	Boshammer, Ines	TV Werne 03	01:20:08	01:20:03	216	49
11	201	Meyer, Melanie		01:21:07	01:20:40	231	57
12	542	Hilker, Judith	LSF Oldenburg	01:21:10	01:20:42	233	58
13	286	Kortenbreer, Sonja	SV Teuto Riesenbeck	01:21:10	01:20:50	234	59
14	130	Brockmann-Meyer, Ines	LT Visbek	01:22:27	01:22:20	249	65
15	190	Frühau, Melanie	LG Emsdetten	01:23:00	01:22:27	252	66
16	501	Van der Veer, Saskia	Dijkmansport Groningen	01:26:36	01:26:04	280	80
W 40							
1	518	Mikolajew, Jeanet	TV Hohne	01:13:25	01:12:53	142	24
2	214	Schütte, Heike	Lauftreff Vreden	01:13:47	01:13:32	146	25
3	346	Ring, Dunja	Tri-Cops Warstein	01:15:06	01:14:56	160	30
4	145	Wilkes-Baumeister, Ilka	VfL Ahaus	01:19:10	01:18:59	208	47
5	458	Krey, Karin		01:19:48	01:19:37	213	48
6	446	fiswick, Melanie		01:21:06	01:20:59	230	56
7	394	Vorm-Brocke, Claudia		01:21:45	01:21:42	240	61
8	238	Brink, Heike	SV Bokeloh	01:21:53	01:21:49	241	62
9	233	Wagner, Heike	VfL Lingen	01:23:17	01:22:46	254	67
10	334	Gehrling, Natalie		01:24:56	01:24:20	267	73
11	126	Farwick, Ulrike	SV EMS Westbevern	01:27:11	01:26:36	283	81
12	511	Schauberg, Anna	TV Hohne	01:27:41	01:27:16	289	83
13	329	Sonnet-Brockhaus, Sandra		01:29:39	01:29:02	299	89
W 45							
1	247	Lange, Manuela	LG Bauerkamp	01:12:14	01:11:49	131	16
2	475	Robers, Elke	SUS Stadtlohn	01:12:16	01:12:13	132	17
3	228	Vennes, Anette	Lauftreff Vreden	01:12:16	01:12:02	133	18
4	298	Rentemeister, Karin	LG COESFELD	01:12:17	01:11:50	134	19
5	271	Döring, Rita	TV Wolbeck	01:15:24	01:15:01	163	31
6	160	Grummel, Stefanie	VfL Ahaus	01:15:54	01:15:45	171	35
7	433	Heukamp, Birgit	LG Emsdetten	01:20:13	01:19:41	217	50
8	373	Menebröker, Karin	TV Hohne	01:20:25	01:20:04	221	52
9	453	Junklewitz, Petra	SV Büren	01:20:29	01:19:54	222	53
10	279	Becker, Claudia	VfL Lingen	01:20:35	01:20:05	224	54
11	164	Büter, Christa	VfL Ahaus	01:21:40	01:21:30	239	60
12	192	Gittner, Petra	SV Teuto Riesenbeck	01:21:58	01:21:37	242	63
13	248	Thien, Waltraud	SV Bokeloh	01:23:17	01:23:13	255	68
14	382	Widera, Claudia	TV Hohne	01:25:22	01:25:09	272	74

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
15	133	Wrekenhorst, José	AV Iphitos	01:25:52	01:25:39	276	77
16	278	Nebelsiek, Heike	VfL Lingen	01:26:01	01:25:31	277	78
17	226	Busmann, Stephanie	VfL	01:29:22	01:28:51	297	88
18	166	Leers, Jutta	VfL Ahaus	01:30:27	01:30:15	305	93
19	127	Plewe, Christine	SV Ems Westbevern	01:32:24	01:31:48	315	100
20	368	Klare, Sigrid	TV Hohne	01:34:33	01:34:06	327	106
W 50							
1	263	Göbel, Bibiana	SV Bokeloh	01:12:06	01:12:02	129	14
2	390	Niehueser, Theresia		01:13:14	01:12:38	140	22
3	349	Harmeyer-Hille, Gudrun	Grün-Weiss Steinbeck	01:16:59	01:16:37	179	37
4	444	Masur, Christa		01:17:54	01:17:31	198	44
5	452	Staas, Sabine	SV Eintracht Neuenkirchen	01:20:23	01:19:45	220	51
6	194	Reef, Katrin		01:27:23	01:26:49	287	82
7	218	Higemann, Hildegard	VfL Ahaus lauftreff	01:30:27	01:30:14	304	92
8	153	Schniedertöns, Gisela	VfL Ahaus	01:30:28	01:30:15	306	94
9	269	Sommer, Ingrid	VfL Ahaus	01:30:28	01:30:13	307	95
10	371	Laig, Susanne	TV Hohne	01:31:40	01:31:06	313	99
11	297	Galster-Wiechert, Heide	VfL Lingen	01:32:47	01:32:16	319	102
12	366	Haßmann, Annette	TV Hohne	01:33:58	01:33:31	321	104
13	381	Voß, Iris	TV Hohne	01:36:47	01:36:17	332	109
W 55							
1	299	Jürgens, Ulla	LG Emsdetten	01:07:49	01:07:42	81	8
2	413	Freitag, Evelyn		01:12:08	01:11:51	130	15
3	289	Vaneker, Anny	AV Iphitos	01:17:01	01:16:47	180	38
4	363	Egbert, Christiane	TV Hohne	01:24:01	01:23:36	259	70
5	399	Stegemann, Gerda	SV Teuto Riesenbeck	01:24:41	01:24:16	264	72
6	372	Lutterbeck, Gudrun	TV Hohne	01:25:22	01:25:05	273	75
7	379	Teckenbrock, Petra	TV Hohne	01:27:47	01:27:21	290	84
8	281	Helsloot, Joke	Daventria Deventer NL	01:30:22	01:29:49	302	90
9	360	Brix, Petra	TV Hohne	01:33:58	01:33:29	320	103
10	295	Günnigmann, Elisabeth	SC Falke Saerbeck	01:35:53	01:35:22	329	107
11	434	Sandermann, Monika	Kirche läuft Wilhelmshaven	01:39:32	01:39:00	337	112
W 60							
1	504	Scholten, Gerda	Laac Twente	01:14:37	01:14:32	157	29
2	531	Rieskamp, Irmgard	Grün-Weiss Steinbeck	01:16:44	01:16:23	176	36
3	388	Haselmann, Ursula	RSF Münster	01:17:30	01:17:21	194	40
4	303	Krüssel, Doris	VfL Lingen	01:32:46	01:32:15	318	101
5	280	Bücker, Hendrikje		01:37:19	01:36:46	333	110
W 65							
1	460	Lauxtermann, Annelie	LG Osnabrück	01:27:57	01:27:31	291	85
2	284	Grewe, Roswitha		01:30:26	01:29:58	303	91
3	169	Schwinge, Erika	Ich AG	01:31:27	01:31:26	311	97
4	397	van Wezel, Helma		01:36:09	01:36:04	330	108
W HK							

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
1	465	Gruppen, Jycelyn	HAC'63 Hoogeveen	00:53:05	00:53:04	2	1
2	204	Schultz, Kerstin	Münster	01:04:46	01:04:45	48	3
3	457	Teutemacher, Lena	TVE Greven	01:05:31	01:05:23	56	5
4	197	Abelmann, Julia		01:10:19	01:10:17	118	12
5	158	Büter, Kristin	VfL Ahaus	01:15:26	01:15:16	164	32
6	330	Hörning, Jennifer		01:21:03	01:20:44	229	55
7	357	Bautz, Katharina	TV Hohne	01:22:07	01:21:37	244	64
8	222	Woltering, Verena	LG Emsdetten	01:23:32	01:22:59	256	69
9	234	Simon, Britta		01:26:09	01:25:33	278	79
10	508	Brix, Verena	TV Hohne	01:27:59	01:27:29	292	86
11	445	Witt, Kathrin	SV Teuto Riesenbeck	01:28:37	01:28:18	295	87
12	294	Delicat, Larissa	TSV Bassum	01:31:05	01:31:01	309	96
13	369	Laig, Anna-Elisabeth	TV Hohne	01:31:39	01:31:05	312	98
14	378	Sumic, Christina	TV Hohne	01:38:55	01:38:22	335	111
15	486	Handzik, Natalia	W&H-Laufgruppe	01:53:36	01:53:09	346	114

W Jgd A

1	230	Ueing, Frances		01:24:05	01:23:36	260	71
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W U23

1	424	Potthoff, Jule	SuS Stadtlohn	01:06:09	01:06:07	62	6
2	129	Schniedergers, Jana		01:07:28	01:07:20	76	7
3	430	Kaczynski, Nicole		01:14:12	01:14:06	151	27
4	418	Lübbe, Kristina		01:17:32	01:17:09	195	41