

### 3. Ibbenbürener Klippenlauf

#### Klippenlauf 12,4 Km

#### Gesamtliste

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
1	1	1	89	464	Leusink, Erik	Hac'63 Hoogeveen	M HK	00:49:17	00:49:17
2	1	1	89	465	Gruppen, Jycelyn	HAC'63 Hoogeveen	W HK	00:53:05	00:53:04
3	1	2	69	125	Brinkhaus, Hermann	VfL Ahaus	M 45	00:53:41	00:53:40
4	2	3	65	441	Bertermann, Ansgar	TV Bad Iburg	M 45	00:53:51	00:53:50
5	1	4	83	287	Westermann, Ingo	SV Teuto Riesenbeck	M 30	00:54:04	00:54:02
6	1	5	74	516	Cordes, Dirk	TV Hohne	M 40	00:55:23	00:55:18
7	1	6	60	244	Mittelberg, Michael	SC Altenrheine	M 50	00:56:43	00:56:43
8	2	7	70	250	Meyer, Stephan	LSF Münster	M 40	00:57:28	00:57:17
9	2	8	83	213	Menger, Frank	SW Esch	M 30	00:57:39	00:57:20
10	3	9	74	216	Tepe, Frank	Reha und Vital Hörstel	M 40	00:58:12	00:58:11
11	1	10	51	203	Schultz, Winfried	Ibbenbüren	M 60	00:58:23	00:58:22
12	1	11	78	196	Olo, Hans	Kriäggl hoalln Emsdetten	M 35	00:58:51	00:58:47
13	2	12	77	343	Gerling, Hendrik	BSG Westfalen AG	M 35	00:59:18	00:59:17
14	1	13	56	225	Hümer, Kalle	TV Jahn Borgholzhausen	M 55	00:59:19	00:59:18
15	3	14	80	200	Meiners, Daniel		M 30	00:59:38	00:59:18
16	4	15	70	144	Weddewer, Andreas	VfL Ahaus	M 40	01:00:34	01:00:33
17	5	16	73	398	Sommerkamp, Frank	Grün-Weiss Steinbeck	M 40	01:00:59	01:00:57
18	3	17	76	207	Möller, Christian		M 35	01:01:09	01:01:04
19	4	18	79	422	tittmann, Markus		M 35	01:01:23	01:01:07
20	3	19	69	491	Jasper, Manfred	Crespel & Deiters	M 45	01:01:25	01:01:21
21	6	20	72	140	Matthias, Mike	SV Teuto Riesenbeck	M 40	01:01:28	01:01:25
22	7	21	70	534	Misch, Jörg	BSG Kreissparkasse Steinfurt	M 40	01:02:07	01:01:46
23	4	22	69	535	Lütkenhaus, Dirk	Eurofighter'97 Altenberge	M 45	01:02:09	01:02:05
24	8	23	73	500	Rahe, Frank	Crespel & Deiters	M 40	01:02:34	01:02:29
25	5	24	65	141	Nippel, Jochen	Keller HCW - go green	M 45	01:02:46	01:02:37
26	9	25	71	154	Bärtels, Torsten	Keller HCW - go green	M 40	01:02:46	01:02:38
27	4	26	81	211	Menger, Andre	BSG Kreissparkasse Steinfurt	M 30	01:02:50	01:02:32
28	2	27	87	451	Diebecker, Jan	Borussia Münster	M HK	01:02:58	01:02:53
29	2	28	64	134	Lensen, Riekus	AV Iphitos	M 50	01:02:58	01:02:54
30	3	29	91	345	Ostendorf, Stefan	SV Teuto Riesenbeck	M HK	01:03:05	01:03:01
31	3	30	63	517	Rogge, Uwe	TV Hohne	M 50	01:03:09	01:03:03
32	5	31	83	236	Hagedorn, Tobias	BSV Holzhausen	M 30	01:03:23	01:03:13
33	4	32	91	137	Benneker, Guus	Utrecht	M HK	01:03:34	01:03:08
34	1	2	77	469	van der Vegt, Antien	HAC'63 Hoogeveen	W 35	01:03:36	01:03:33
35	6	33	82	403	Baumhöfener, Jan		M 30	01:03:42	01:03:29
36	7	34	84	499	Stermann, Benjamin	Crespel & Deiters	M 30	01:03:47	01:03:39
37	6	35	66	163	Büter, HermannJosef	VfL Ahaus	M 45	01:03:50	01:03:48
38	7	36	65	131	Beernink, Peter	AV Iphitos	M 45	01:03:54	01:03:51
39	2	37	54	243	Wijlens, Frans	AV Iphitos	M 60	01:03:57	01:03:55
40	8	38	80	473	Kochmann, Ingo	Laufen ist unser Leben	M 30	01:04:02	01:03:35
41	9	39	81	472	Middendorf, Tim	Laufen ist unser Leben	M 30	01:04:02	01:03:35
42	8	40	68	254	Reppien, Stefan		M 45	01:04:19	01:03:53
43	1	41	93	507	Menebröker, Nils	TV Hohne	M U23	01:04:23	01:04:18
44	5	42	86	267	Dierkes, Thomas		M HK	01:04:39	01:04:00
45	10	43	71	455	Fremann, Andreas		M 40	01:04:44	01:04:26
46	9	44	67	377	Steinigeweg, Jörg	TV Hohne	M 45	01:04:45	01:04:41
47	5	45	76	478	Schaapman, Marten	Laufwerk	M 35	01:04:46	01:04:15
48	2	3	85	204	Schultz, Kerstin	Münster	W HK	01:04:46	01:04:45
49	10	46	67	539	Zurloh, Dirk	SV Ems Westbevern	M 45	01:04:48	01:04:37

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
50	10	47	84	412	Reinecke, Andre		M 30	01:04:54	01:04:43
51	6	48	75	423	Wiele, Andi	Marktkauf Wiele	M 35	01:05:05	01:05:03
52	6	49	91	402	Niermann, Thomas	Hannover	M HK	01:05:05	01:04:46
53	1	4	80	463	Leistner, Anja	TV Werne 03	W 30	01:05:07	01:05:02
54	11	50	68	128	Jakobs , Günni	Drei- Lauf - Freunde	M 45	01:05:13	01:05:01
55	4	51	63	198	Fels, Jörg	LG Rheine-Elte	M 50	01:05:28	01:05:22
56	3	5	90	457	Teutemacher, Lena	TVE Greven	W HK	01:05:31	01:05:23
57	2	52	56	484	Schlicker, Günter	TV Werne 03	M 55	01:05:35	01:05:31
58	7	53	76	365	Franke, Frank	TV Hohne	M 35	01:05:40	01:05:34
59	12	54	69	132	Wrekenhorst, Peter	AV Iphitos	M 45	01:05:51	01:05:48
60	8	55	77	224	Kohl, Stefan	SG Sendenhorst	M 35	01:05:55	01:05:49
61	9	56	79	311	Berghaus, Stefan	MKS	M 35	01:06:04	01:06:01
62	1	6	92	424	Potthoff, Jule	SuS Stadtlohn	W U23	01:06:09	01:06:07
63	11	57	70	209	Vogelsang, Jörg	SF Oesede	M 40	01:06:14	01:05:54
64	3	58	59	323	Bertram, Heinz-Jürgen	SC-Altenrheine	M 55	01:06:15	01:05:58
65	7	59	90	404	Piper, Lennart		M HK	01:06:17	01:06:02
66	11	60	81	522	Dierkes, Peter	Kreissparkasse Steinfurt	M 30	01:06:18	01:05:58
67	12	61	73	188	Kortenbreer, Markus	SV-Teuto Riesenbeck	M 40	01:06:23	01:06:11
68	5	62	61	210	Bäumer, Heinrich	TV Vreden - Laufftreff	M 50	01:06:29	01:06:23
69	10	63	77	386	Tepe, Andre	SV Uffeln	M 35	01:06:42	01:06:37
70	6	64	62	347	Sukatsch, Jörg	ISV	M 50	01:06:52	01:06:44
71	13	65	67	525	Stallmeier, Reinhard	BSG Kreissparkasse Steinfurt	M 45	01:06:58	01:06:38
72	2	66	93	290	Vaneker, Maarten		M U23	01:07:04	01:07:01
73	1	67	98	266	Möllers, Marwin	Hittorfgymsnasium Münster	M Jgd B	01:07:17	01:07:09
74	4	68	57	1553	Ullrich, Udo	Trigeckos Dortmund	M 55	01:07:17	01:07:15
75	7	69	62	335	Günther, Klaus	RAG Deutsche Steinkohle	M 50	01:07:20	01:06:58
76	2	7	93	129	Schniedergers, Jana		W U23	01:07:28	01:07:20
77	8	70	61	168	Waldow, Torsten	VfL Ahaus	M 50	01:07:35	01:07:33
78	13	71	72	257	Hosch, Holger		M 40	01:07:36	01:07:27
79	14	72	66	355	Braatz, Oliver	Halen	M 45	01:07:40	01:07:20
80	11	73	79	1550	Wanke, Daniel	BSV Ostbevern	M 35	01:07:42	01:07:32
81	1	8	58	299	Jürgens, Ulla	LG Emsdetten	W 55	01:07:49	01:07:42
82	12	74	83	265	Märtin, Jens		M 30	01:07:50	01:07:27
83	12	75	79	261	Purtzel, Daniel		M 35	01:07:50	01:07:28
84	14	76	71	462	Esser, Eliseo	Birkesdorfer TV	M 40	01:07:50	01:07:28
85	15	77	65	447	Boberg, Klaus	Lauf dich fit Osnabrück	M 45	01:07:52	01:07:50
86	16	78	69	505	Kern, Ulrich	Marinestützpunkt Wilhelmshaven	M 45	01:08:03	01:07:32
87	1	79	95	231	Daldrup, Eike		M Jgd A	01:08:07	01:07:39
88	2	9	78	184	Greiwe, Simone	OSC LKG	W 35	01:08:22	01:08:02
89	17	80	66	537	Deitmann, Jürgen	Marienhospital Emsdetten	M 45	01:08:24	01:08:13
90	13	81	77	526	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	M 35	01:08:33	01:08:11
91	18	82	69	474	Weber , Ingo	Sport Studio feel good Gronau	M 45	01:08:41	01:08:32
92	19	83	69	256	Lienesch, Dietmar	Ibbenbüren	M 45	01:08:44	01:08:29
93	20	84	69	219	Beyer, Andreas	Marathon Ibbenbüren	M 45	01:08:45	01:08:20
94	8	85	88	384	Hunger, Karsten	Marienhospital Emsdetten	M HK	01:08:47	01:08:35
95	9	86	63	440	Richter, Paul	VfL Lingen	M 50	01:08:51	01:08:27
96	13	87	81	324	Eilers, Tristan		M 30	01:08:53	01:08:35
97	14	88	83	421	Barlak, Christoph		M 30	01:08:55	01:08:22
98	15	89	70	426	Friedrich, Karsten	BW Schinkel	M 40	01:08:59	01:08:33
99	16	90	74	232	Kleinert, Matthias	Lüdinghauser Laufftreff	M 40	01:09:01	01:08:34
100	21	91	65	253	Dünelmann, Olivier		M 45	01:09:07	01:08:41
101	9	92	87	443	Bringemeier, Gerrit		M HK	01:09:09	01:08:54

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
102	5	93	58	327	Czerwinski, Rainer	Osnabrücker SC	M 55	01:09:11	01:08:54
103	3	10	79	439	Bäthker, Nadine	SC Altenrheine	W 35	01:09:19	01:09:08
104	10	94	63	182	Nienaber, Günter	TVE Greven - Triathlon	M 50	01:09:22	01:09:09
105	11	95	62	221	Wittich, Rainer		M 50	01:09:33	01:09:24
106	22	96	69	149	Weddewer, Stefan	VfL Ahaus	M 45	01:09:34	01:09:31
107	23	97	67	151	Middendorf, Rainer	VfL Ahaus	M 45	01:09:34	01:09:25
108	14	98	77	193	Kampmann, Jens	Tri Run Ibbenbüren	M 35	01:09:37	01:09:03
109	6	99	56	408	Hansen, Uwe	SV Kirchboitzen	M 55	01:09:39	01:09:29
110	10	100	89	139	Bussmann, Manuel		M HK	01:09:42	01:09:16
111	12	101	60	336	Schlesier, Michael	RAG Deutsche Steinkohle	M 50	01:09:44	01:09:22
112	15	102	79	341	Jugel, Carsten	SG Sendenhorst	M 35	01:09:59	01:09:53
113	11	103	85	316	Nordemann, Frank		M HK	01:10:00	01:09:22
114	24	104	65	476	Terschluse, Michael	sus-Stadtlohn	M 45	01:10:14	01:10:11
115	17	105	74	301	Brinkmann, Tobias		M 40	01:10:16	01:10:13
116	4	11	77	302	Heukamp, Julia		W 35	01:10:16	01:10:13
117	13	106	61	449	Diebecker, Sepp	VfL Ahaus	M 50	01:10:19	01:10:12
118	4	12	88	197	Abelmann, Julia		W HK	01:10:19	01:10:17
119	18	107	74	312	Uphoff, Matthias	SC Sperlingsgrund	M 40	01:10:35	01:10:31
120	2	13	80	405	Raschke, Sabrina		W 30	01:10:43	01:10:25
121	19	108	72	406	Wenzel, Thorsten		M 40	01:10:53	01:10:48
122	25	109	67	212	Poggemann, Martin	SV Teuto Riesenbeck	M 45	01:10:58	01:10:46
123	7	110	59	438	Murrenhoff, Christian	TUS 07 Freckenhorst	M 55	01:11:10	01:10:56
124	14	111	63	275	Averhoff, Dieter	RSG Warendorf-Freckenhorst	M 50	01:11:38	01:11:25
125	3	112	52	2019	Runow, Günter	Reestrünners	M 60	01:11:42	01:11:12
126	4	113	54	521	Rudolf, Teske	TV Werne 03	M 60	01:11:48	01:11:43
127	12	114	91	2002	Möhlmann, Tobias	Eintracht Rodde	M HK	01:11:49	01:11:33
128	15	115	60	264	Göbel, Stefan	SV Bokeloh	M 50	01:12:06	01:12:02
129	1	14	62	263	Göbel, Bibiana	SV Bokeloh	W 50	01:12:06	01:12:02
130	2	15	57	413	Freitag, Evelyn		W 55	01:12:08	01:11:51
131	1	16	65	247	Lange, Manuela	LG Bauerkamp	W 45	01:12:14	01:11:49
132	2	17	68	475	Robers, Elke	SUS Stadtlohn	W 45	01:12:16	01:12:13
133	3	18	67	228	Vennes, Anette	Laufftreff Vreden	W 45	01:12:16	01:12:02
134	4	19	66	298	Rentemeister, Karin	LG COESFELD	W 45	01:12:17	01:11:50
135	3	20	81	245	Prekau, Nadine	TSVE 1890 Bielefeld	W 30	01:12:18	01:12:00
136	26	116	66	490	Tietmeyer, Joseph	Crespel & Deiters	M 45	01:12:25	01:12:18
137	5	21	79	376	Rücker, Anja	TV Hohne	W 35	01:12:34	01:12:02
138	15	117	81	495	Kleemann, Rüdiger	Crespel & Deiters	M 30	01:12:48	01:12:41
139	20	118	70	249	Schulte, Michael	SV Bokeloh	M 40	01:13:13	01:13:08
140	2	22	61	390	Niehueser, Theresia		W 50	01:13:14	01:12:38
141	6	23	79	498	Kempkes, Jessica	Crespel & Deiters	W 35	01:13:14	01:13:08
142	1	24	74	518	Mikolajew, Jeanet	TV Hohne	W 40	01:13:25	01:12:53
143	16	119	75	227	Günzel, Gero		M 35	01:13:29	01:13:12
144	27	120	66	389	niehueser, Ulrich		M 45	01:13:42	01:13:05
145	8	121	57	262	Möllers, Günter	Segelfluggruppe Münster	M 55	01:13:46	01:13:39
146	2	25	72	214	Schütte, Heike	Laufftreff Vreden	W 40	01:13:47	01:13:32
147	16	122	63	527	Lindemann, Jörg		M 50	01:13:50	01:13:29
148	17	123	63	273	Pohlmann, Gerd	TuS Freckenhorst 1907 e.V.	M 50	01:13:53	01:13:40
149	4	26	80	392	Wesselmann, Judith	Grün-Weiss Steinbeck	W 30	01:13:55	01:13:37
150	28	124	67	315	Lenferink, Ron		M 45	01:14:07	01:14:02
151	3	27	93	430	Kaczynski, Nicole		W U23	01:14:12	01:14:06
152	1	125	46	541	Eppendahl, Klaus	Hattinger Hügelläufer	M 65	01:14:14	01:14:13
153	29	126	68	260	Stroscher, Mario	SV Oldendorf	M 45	01:14:16	01:14:00

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
154	18	127	63	471	Schlautmann, Karl-Heinz		M 50	01:14:20	01:13:45
155	30	128	68	410	Wekenborg, Ralf	Lauf dich fit Osnabrück	M 45	01:14:25	01:14:22
156	5	28	84	528	Wijering, Annabeth	AV Iphitos	W 30	01:14:28	01:14:15
157	1	29	53	504	Scholten, Gerda	Laac Twente	W 60	01:14:37	01:14:32
158	13	129	89	411	Dierkes, David		M HK	01:14:39	01:14:23
159	21	130	71	524	Botzke, Andreas	BSG Kreissparkasse Steinfurt	M 40	01:14:43	01:14:23
160	3	30	71	346	Ring, Dunja	Tri-Cops Warstein	W 40	01:15:06	01:14:56
161	31	131	67	353	Brecht, Thorsten	DAV Bochum	M 45	01:15:06	01:14:57
162	17	132	76	529	Rüther, Marcel	BSG Kreissparkasse Steinfurt	M 35	01:15:16	01:14:57
163	5	31	68	271	Döring, Rita	TV Wolbeck	W 45	01:15:24	01:15:01
164	5	32	88	158	Büter, Kristin	VfL Ahaus	W HK	01:15:26	01:15:16
165	19	133	61	157	Büter, Ludwig	VfL Ahaus	M 50	01:15:26	01:15:15
166	6	33	82	429	Böllner, Sabrina		W 30	01:15:29	01:15:04
167	20	134	64	332	Stüwe, Martin	Grün-Weiss Steinbeck	M 50	01:15:37	01:15:17
168	7	34	78	246	Brameyer, Mona	SV Bokeloh	W 35	01:15:38	01:15:35
169	18	135	77	503	Eisenhauer, Hubertus	Tri-Team TuS Engter	M 35	01:15:44	01:15:26
170	19	136	79	352	Nordmann, Olaf		M 35	01:15:47	01:15:11
171	6	35	69	160	Grummel, Stefanie	VfL Ahaus	W 45	01:15:54	01:15:45
172	9	137	58	407	Gebel, Reiner		M 55	01:16:06	01:15:27
173	22	138	74	425	Spenthof, Maik		M 40	01:16:33	01:15:57
174	32	139	65	142	Rode, Franz-Josef	VfL Ahaus	M 45	01:16:36	01:16:22
175	10	140	58	175	Lammers, Thomas	VfL Ahaus	M 55	01:16:39	01:16:21
176	2	36	54	531	Rieskamp, Irmgard	Grün-Weiss Steinbeck	W 60	01:16:44	01:16:23
177	23	141	74	393	Konermann, Michael	Grün-Weiss Steinbeck	M 40	01:16:49	01:16:20
178	33	142	65	180	Seidler, Dirk	VfL Ahaus	M 45	01:16:50	01:16:33
179	3	37	63	349	Harmeyer-Hille, Gudrun	Grün-Weiss Steinbeck	W 50	01:16:59	01:16:37
180	3	38	57	289	Vaneker, Anny	AV Iphitos	W 55	01:17:01	01:16:47
181	20	143	75	313	Berghaus, Marko	MKS	M 35	01:17:04	01:17:01
182	1	144	40	152	Woltering, Heinz	VfL Ahaus	M 70	01:17:04	01:16:53
183	14	145	90	496	Kröger, Marcel	Crespel & Deiters	M HK	01:17:07	01:16:58
184	15	146	88	202	Göpel, Markus		M HK	01:17:07	01:16:28
185	16	147	87	385	Emmrich, Steffen		M HK	01:17:07	01:16:29
186	21	148	60	466	Krieger, Ansgar	Tri-Team TuS Engter	M 50	01:17:09	01:16:50
187	5	149	50	296	Günnigmann, Alfons	SC Falke Saerbeck	M 60	01:17:10	01:16:57
188	16	150	84	318	Albrecht, Michael		M 30	01:17:13	01:16:35
189	17	151	85	436	Wiechmann, Timo	Feuerwehr Ibbenbüren	M HK	01:17:14	01:16:37
190	11	152	59	470	Wurbs, Peter	RAG Deutsche Steinkohle	M 55	01:17:14	01:16:51
191	8	39	76	291	Holt, Petra		W 35	01:17:15	01:17:11
192	24	153	74	237	Lampe, Michael		M 40	01:17:20	01:16:54
193	25	154	70	229	Hartmann, Raphael		M 40	01:17:21	01:16:56
194	3	40	53	388	Haselmann, Ursula	RSF Münster	W 60	01:17:30	01:17:21
195	4	41	92	418	Lübbe, Kristina		W U23	01:17:32	01:17:09
196	7	42	84	178	Gesing, Kathrin	VfL Ahaus	W 30	01:17:39	01:17:27
197	9	43	78	480	Feuler, Marie	Laufwerk	W 35	01:17:48	01:17:17
198	4	44	60	444	Masur, Christa		W 50	01:17:54	01:17:31
199	34	155	65	288	Varga, Georg	GartenRaum Nordwalde	M 45	01:17:57	01:17:41
200	26	156	70	319	Ulitzka, Carsten	MKS	M 40	01:17:58	01:17:42
201	27	157	72	189	Blank, Sven		M 40	01:18:11	01:17:49
202	8	45	83	146	Muranyi, Anne	VfL Ahaus	W 30	01:18:15	01:18:03
203	2	158	48	380	Vahrenhorst, Dieter	TV Hohne	M 65	01:18:37	01:18:15
204	12	159	57	364	Egbert, Ralf	TV Hohne	M 55	01:18:37	01:18:14
205	35	160	67	420	Farwerk, Berti		M 45	01:18:50	01:18:20

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
206	28	161	73	506	Metschies, Maik		M 40	01:18:50	01:18:18
207	9	46	80	331	Franke, Jessica	OKE Group	W 30	01:18:51	01:18:23
208	4	47	72	145	Wilkes-Baumeister, Ilka	VfL Ahaus	W 40	01:19:10	01:18:59
209	18	162	90	419	Wilde, Karsten		M HK	01:19:20	01:19:05
210	22	163	63	338	Mahlau, Ralf	RAG Deutsche Steinkohle	M 50	01:19:22	01:19:01
211	29	164	73	1439	Rahe, Hendrik	Snowrunners	M 40	01:19:36	01:18:56
212	21	165	79	1469	Seitel, Toni	SV Gartow	M 35	01:19:39	01:18:58
213	5	48	70	458	Krey, Karin		W 40	01:19:48	01:19:37
214	19	166	89	494	Fast, Eugen	Crespel & Deiters	M HK	01:19:59	01:19:50
215	13	167	59	351	Conrad, Reimund	SV Bad Laer	M 55	01:20:07	01:19:32
216	10	49	79	523	Boshammer, Ines	TV Werne 03	W 35	01:20:08	01:20:03
217	7	50	66	433	Heukamp, Birgit	LG Emsdetten	W 45	01:20:13	01:19:41
218	30	168	70	242	Krause, Uwe		M 40	01:20:18	01:19:54
219	2	169	42	432	Kreienbach, Bernhard	LSF Münster	M 70	01:20:21	01:20:16
220	5	51	61	452	Staas, Sabine	SV Eintracht Neuenkirchen	W 50	01:20:23	01:19:45
221	8	52	67	373	Menebröker, Karin	TV Hohne	W 45	01:20:25	01:20:04
222	9	53	69	453	Junklewitz, Petra	SV Büren	W 45	01:20:29	01:19:54
223	6	170	52	515	Jüterbock, Detlef	TV Hohne	M 60	01:20:34	01:20:25
224	10	54	67	279	Becker, Claudia	VfL Lingen	W 45	01:20:35	01:20:05
225	7	171	51	293	Delicat, Erwin	TSV Bassum	M 60	01:20:43	01:20:39
226	36	172	69	317	Meyer, Wolfgang		M 45	01:20:51	01:20:45
227	23	173	63	396	Misera, Andreas		M 50	01:20:52	01:20:25
228	31	174	70	240	Hehmann, Robert	Harley-Davidson Osnabrück	M 40	01:20:57	01:20:33
229	6	55	90	330	Hörning, Jennifer		W HK	01:21:03	01:20:44
230	6	56	72	446	fiswick, Melanie		W 40	01:21:06	01:20:59
231	11	57	76	201	Meyer, Melanie		W 35	01:21:07	01:20:40
232	3	175	47	177	Koller, Hubert	VfL Ahaus	M 65	01:21:09	01:21:00
233	12	58	78	542	Hilker, Judith	LSF Oldenburg	W 35	01:21:10	01:20:42
234	13	59	76	286	Kortenbreer, Sonja	SV Teuto Riesenbeck	W 35	01:21:10	01:20:50
235	32	176	74	309	Wolff, Stephan		M 40	01:21:17	01:21:12
236	37	177	69	181	Böggemann, Frank	SODA Laggenbeck	M 45	01:21:29	01:20:55
237	24	178	60	217	Hilgemann, Klaus	VfL Ahaus	M 50	01:21:29	01:21:13
238	14	179	58	304	Borgmann, Erich	Marathon Steinfurt	M 55	01:21:30	01:21:15
239	11	60	66	164	Büter, Christa	VfL Ahaus	W 45	01:21:40	01:21:30
240	7	61	73	394	Vorm-Brocke, Claudia		W 40	01:21:45	01:21:42
241	8	62	71	238	Brink, Heike	SV Bokeloh	W 40	01:21:53	01:21:49
242	12	63	67	192	Gittner, Petra	SV Teuto Riesenbeck	W 45	01:21:58	01:21:37
243	8	180	53	179	Ahmann, Sigi	TV Friesen Telgte	M 60	01:22:05	01:21:37
244	7	64	90	357	Bautz, Katharina	TV Hohne	W HK	01:22:07	01:21:37
245	20	181	86	358	Brix, Christian	TV Hohne	M HK	01:22:08	01:21:38
246	38	182	66	448	Rudnick, Rudi	Lauf dich fit Osnabrück	M 45	01:22:12	01:22:09
247	39	183	69	255	Lenzen, Markus	TuS Altenberge 09	M 45	01:22:19	01:22:01
248	17	184	81	322	Mötsch, Matthias		M 30	01:22:24	01:22:00
249	14	65	77	130	Brockmann-Meyer, Ines	LT Visbek	W 35	01:22:27	01:22:20
250	25	185	64	417	Tabakacyi, Tabby	RAG Deutsche Steinkohle	M 50	01:22:49	01:22:26
251	40	186	67	333	Uhlenkott, Klaus	Feuerwehr Steinfurt	M 45	01:22:59	01:22:58
252	15	66	75	190	Frühauf, Melanie	LG Emsdetten	W 35	01:23:00	01:22:27
253	33	187	72	258	Reeker, Jörg		M 40	01:23:14	01:23:07
254	9	67	70	233	Wagner, Heike	VfL Lingen	W 40	01:23:17	01:22:46
255	13	68	68	248	Thien, Waltraud	SV Bokeloh	W 45	01:23:17	01:23:13
256	8	69	85	222	Woltering, Verena	LG Emsdetten	W HK	01:23:32	01:22:59
257	3	188	42	223	Daniel, Wolf-Dieter	SV Eintracht Neuenkirchen	M 70	01:23:36	01:23:28

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
258	34	189	71	165	Venhues, Burkhard	VfL Ahaus	M 40	01:23:44	01:23:32
259	4	70	59	363	Egbert, Christiane	TV Hohne	W 55	01:24:01	01:23:36
260	1	71	95	230	Ueing, Frances		W Jgd A	01:24:05	01:23:36
261	21	190	85	252	Gaida, Florian		M HK	01:24:08	01:23:58
262	41	191	65	477	Heming, Ingo	TV Lengerich	M 45	01:24:12	01:23:36
263	42	192	68	235	Guder, Maik		M 45	01:24:16	01:23:52
264	5	72	59	399	Stegemann, Gerda	SV Teuto Riesenbeck	W 55	01:24:41	01:24:16
265	26	193	64	485	Stallmeyer, Gerd		M 50	01:24:42	01:24:07
266	4	194	44	171	Koch, Rolf	TuS Hilstrup	M 70	01:24:51	01:24:36
267	10	73	70	334	Gehrling, Natalie		W 40	01:24:56	01:24:20
268	27	195	60	208	Minns, Steven		M 50	01:25:01	01:24:38
269	22	196	79	320	Schmitz, Thosten		M 35	01:25:02	01:24:30
270	18	197	84	138	Wiemeler, Steffen		M 30	01:25:05	01:24:28
271	35	198	74	136	Eiben, Lars	Saarbrücken	M 40	01:25:21	01:25:10
272	14	74	67	382	Widera, Claudia	TV Hohne	W 45	01:25:22	01:25:09
273	6	75	59	372	Lutterbeck, Gudrun	TV Hohne	W 55	01:25:22	01:25:05
274	1	199	39	414	Maaske, Kurt		M 75	01:25:35	01:25:17
275	10	76	80	135	Röhrdanz, Stefanie	OSC Osnabrück	W 30	01:25:36	01:25:07
276	15	77	66	133	Wrekenhorst, José	AV Iphitos	W 45	01:25:52	01:25:39
277	16	78	69	278	Nebelsiek, Heike	VfL Lingen	W 45	01:26:01	01:25:31
278	9	79	86	234	Simon, Britta		W HK	01:26:09	01:25:33
279	15	200	59	339	Gleißner, Rolf	RAG Deutsche Steinkohle	M 55	01:26:35	01:26:13
280	16	80	75	501	Van der Veer, Saskia	Dijkmansport Groningen	W 35	01:26:36	01:26:04
281	28	201	60	170	Kock, Bernhard	VfL Ahaus	M 50	01:26:46	01:26:34
282	29	202	60	195	Brinkmann, Detlef	TUS Altenberge 09	M 50	01:27:03	01:26:47
283	11	81	70	126	Farwick, Ulrike	SV EMS Westbevern	W 40	01:27:11	01:26:36
284	30	203	61	167	Machill, Reinhard	VfL Ahaus	M 50	01:27:22	01:27:06
285	23	204	78	162	Markus, Reehuis	VfL Ahaus	M 35	01:27:22	01:27:08
286	31	205	60	241	Brömmelhaus, Helmut	VfL Ahaus	M 50	01:27:22	01:27:07
287	6	82	61	194	Reef, Katrin		W 50	01:27:23	01:26:49
288	32	206	63	308	Reef, Johannes		M 50	01:27:24	01:26:51
289	12	83	73	511	Schauberg, Anna	TV Hohne	W 40	01:27:41	01:27:16
290	7	84	59	379	Teckenbrock, Petra	TV Hohne	W 55	01:27:47	01:27:21
291	1	85	49	460	Lauxtermann, Annelie	LG Osnabrück	W 65	01:27:57	01:27:31
292	10	86	89	508	Brix, Verena	TV Hohne	W HK	01:27:59	01:27:29
293	36	207	71	454	Bartels, Jörn		M 40	01:28:21	01:28:01
294	37	208	71	461	Bainbridge, Simon		M 40	01:28:22	01:28:01
295	11	87	90	445	Witt, Kathrin	SV Teuto Riesenbeck	W HK	01:28:37	01:28:18
296	43	209	68	395	Schmidt, Peter	SV Eintracht Neuenkirchen	M 45	01:29:20	01:29:00
297	17	88	69	226	Busmann, Stephanie	VfL	W 45	01:29:22	01:28:51
298	16	210	56	359	Brix, Michael	TV Hohne	M 55	01:29:33	01:29:04
299	13	89	72	329	Sonnet-Brockhaus, Sandra		W 40	01:29:39	01:29:02
300	33	211	63	328	Bettels, Michael		M 50	01:29:39	01:29:02
301	38	212	73	510	Eschkötter, Olaf	TV Hohne	M 40	01:29:43	01:29:17
302	8	90	57	281	Helsloot, Joke	Daventria Deventer NL	W 55	01:30:22	01:29:49
303	2	91	49	284	Grewe, Roswitha		W 65	01:30:26	01:29:58
304	7	92	62	218	Higemann, Hildegard	VfL Ahaus lauttreff	W 50	01:30:27	01:30:14
305	18	93	69	166	Leers, Jutta	VfL Ahaus	W 45	01:30:27	01:30:15
306	8	94	63	153	Schniedertöns, Gisela	VfL Ahaus	W 50	01:30:28	01:30:15
307	9	95	64	269	Sommer, Ingrid	VfL Ahaus	W 50	01:30:28	01:30:13
308	44	213	66	285	Menebröcker, Jörg		M 45	01:30:29	01:29:56
309	12	96	86	294	Delicat, Larissa	TSV Bassum	W HK	01:31:05	01:31:01

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
310	22	214	88	1979	Evers, Simon	Eintracht Rodde	M HK	01:31:11	01:30:55
311	3	97	49	169	Schwinge, Erika	Ich AG	W 65	01:31:27	01:31:26
312	13	98	91	369	Laig, Anna-Elisabeth	TV Hohne	W HK	01:31:39	01:31:05
313	10	99	61	371	Laig, Susanne	TV Hohne	W 50	01:31:40	01:31:06
314	23	215	88	370	Laig, Matthias	TV Hohne	M HK	01:31:40	01:31:06
315	19	100	66	127	Plewe, Christine	SV Ems Westbevern	W 45	01:32:24	01:31:48
316	19	216	83	519	Von Felde, Sascha	Hesepfer Rennschnecken	M 30	01:32:34	01:32:21
317	20	217	81	391	Repsina, Nelson		M 30	01:32:35	01:32:21
318	4	101	54	303	Krüssel, Doris	VfL Lingen	W 60	01:32:46	01:32:15
319	11	102	61	297	Galster-Wiechert, Heide	VfL Lingen	W 50	01:32:47	01:32:16
320	9	103	58	360	Brix, Petra	TV Hohne	W 55	01:33:58	01:33:29
321	12	104	60	366	Haßmann, Annette	TV Hohne	W 50	01:33:58	01:33:31
322	2	218	36	342	Meurs, Janwillem	AVVN	M 75	01:34:07	01:33:50
323	11	105	81	283	Grewe, Daniela		W 30	01:34:13	01:33:45
324	45	219	68	520	Künnemeyer, Dirk-Michael		M 45	01:34:13	01:33:44
325	9	220	54	1461	Witthake, Franz-Josef	LT Wettringen	M 60	01:34:28	01:34:04
326	34	221	62	374	Niggenaber, Ralf	TV Hohne	M 50	01:34:33	01:34:05
327	20	106	68	368	Klare, Sigrid	TV Hohne	W 45	01:34:33	01:34:06
328	17	222	56	362	Buczilowski, Eckhard	TV Hohne	M 55	01:35:38	01:35:13
329	10	107	58	295	Günnigmann, Elisabeth	SC Falke Saerbeck	W 55	01:35:53	01:35:22
330	4	108	49	397	van Wezel, Helma		W 65	01:36:09	01:36:04
331	3	223	37	367	Hoermann, Manfred	LSF Münster	M 75	01:36:43	01:36:37
332	13	109	60	381	Voß, Iris	TV Hohne	W 50	01:36:47	01:36:17
333	5	110	54	280	Bücker, Hendrikje		W 60	01:37:19	01:36:46
334	46	224	65	415	Janke , Ralf	RAG Deutsche Steinkohle	M 45	01:37:36	01:37:12
335	14	111	90	378	Sumic, Christina	TV Hohne	W HK	01:38:55	01:38:22
336	24	225	78	543	Zimmermann, Karsten	Hattinger Hügelläufer	M 35	01:39:01	01:38:23
337	11	112	57	434	Sandelmann, Monika	Kirche läuft Wilhelmshaven	W 55	01:39:32	01:39:00
338	10	226	53	435	Sandelmann, Dieter	Kirche läuft Wilhelmshaven	M 60	01:39:32	01:39:00
339	12	113	83	183	Schonhoff, Marion	SV Victoria Gersten	W 30	01:40:45	01:40:36
340	35	227	63	185	Wehmeyer, Raimund		M 50	01:47:37	01:47:03
341	36	228	64	155	Schniedertöns, Dirk	VfL Ahaus	M 50	01:48:54	01:48:39
342	47	229	69	176	Hallekamp, Dirk	VfL Ahaus	M 45	01:48:54	01:48:38
343	24	230	85	497	Chloupek, Jacek	Crespel & Deiters	M HK	01:50:50	01:50:42
344	37	231	63	199	Kahle, Andre	Tus Altenberge	M 50	01:51:01	01:50:44
345	21	232	83	487	Liesbrock, Bernd	W&H-Laufgruppe	M 30	01:53:35	01:53:07
346	15	114	87	486	Handzik, Natalia	W&H-Laufgruppe	W HK	01:53:36	01:53:09

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