

4. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Gesamtliste

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
1	1	1	84	727	Pugge, Daniel	TEAM danielpugge.de	M 30	00:50:49	00:50:49
2	1	2	68	631	Seifert, Ronny	LT Furtwangen	M 45	00:50:55	00:50:51
3	2	3	81	392	Goedicke, Patrick	sv teuto riesenbeck	M 30	00:52:34	00:52:32
4	1	4	99	470	Feder, Jannik	LSF/Wasser und Freizeit	M Jgd B	00:52:40	00:52:39
5	2	5	66	732	Tippey, Mark		M 45	00:52:44	00:52:42
6	1	6	87	788	Schaap, Kevin	LAAC Twente	M HK	00:52:50	00:52:47
7	1	7	97	685	Inderwisch, Lukas	BSG Kreissparkasse Steinfurt	M Jgd A	00:54:29	00:54:21
8	3	8	83	303	Menger, Frank		M 30	00:54:38	00:54:37
9	1	9	95	634	Beutelspacher, Tim	TV Lengerich	M U23	00:55:52	00:55:44
10	2	10	87	348	Franke, Julian	SG Diepholz	M HK	00:55:53	00:55:50
11	4	11	83	553	Nieberg, Sebastian	TV Werne 03	M 30	00:56:14	00:56:10
12	5	12	81	681	Bröker, Dietmar	SUS Neuenkirchen	M 30	00:56:25	00:56:21
13	6	13	83	680	Dürken, Markus	BSG Kreissparkasse Steinfurt	M 30	00:56:28	00:56:09
14	1	14	60	403	Mittelberg, Michael	SC Altenrheine	M 55	00:56:59	00:56:58
15	1	15	76	566	Poerschke, Frank		M 35	00:57:07	00:56:57
16	2	16	77	644	Spiekermann, Holger	LTC	M 35	00:57:42	00:57:32
17	1	17	71	682	Heithoff, Holger	SUS Neuenkirchen	M 40	00:57:47	00:57:44
18	1	18	51	375	Schultz, Winfried	Ibbenbüren	M 60	00:58:04	00:58:03
19	2	19	73	661	Anders, Maik	TSG 07 Burg Gretesch	M 40	00:58:36	00:58:35
20	3	20	92	687	Lepper, Maik	TV Lengerich	M HK	00:58:59	00:58:52
21	7	21	81	302	Menger, Andre	BSG Kreissparkasse Steinfurt	M 30	00:59:10	00:59:09
22	8	22	81	476	Jasper, Tobias	kein	M 30	00:59:20	00:59:15
23	3	23	69	608	Niermann, Andreas		M 45	00:59:56	00:59:39
24	2	24	97	489	Gogrewe, Luc	LG Emsdetten	M Jgd A	01:00:09	00:59:35
25	3	25	77	423	Schmedt, Christian	HoplaHopsten	M 35	01:00:15	00:59:54
26	1	1	75	710	Krüger, Daria	TV Werne 03	W 40	01:00:35	01:00:32
27	1	2	86	794	Berkemeyer, Ariane	LF OGH	W HK	01:00:39	01:00:32
28	4	26	76	434	Möller, Christian		M 35	01:00:41	01:00:31
29	9	27	82	673	Götten, Michael		M 30	01:00:48	01:00:47
30	4	28	67	791	Harald, Schaffrick	FC Schüttorf 09	M 45	01:01:12	01:01:09
31	3	29	75	521	Tausch, Carsten		M 40	01:01:24	01:01:19
32	5	30	76	592	Franke, Frank	TV Hohne	M 35	01:01:41	01:01:39
33	4	31	71	405	Schlottbohm, Jörg	VfL Eintracht Mettingen	M 40	01:01:53	01:01:38
34	10	32	83	488	Barlak, Christoph	kein Verein	M 30	01:02:02	01:01:48
35	1	33	63	734	Nalli Urtubia, Angel	Lauftreff Notuln	M 50	01:02:16	01:02:15
36	5	34	68	686	Ahlers, Ralf	TV Hohne	M 45	01:02:31	01:02:29
37	5	35	74	334	Hauer, Markus		M 40	01:02:40	01:02:09
38	2	36	57	735	Schrag, Peter		M 55	01:02:55	01:17:13
39	6	37	68	712	Kümper, Uwe	TriRaLa Kolping Püßelbüren	M 45	01:03:17	01:02:59
40	4	38	92	678	Wiekling, Matthias	GAL 2014	M HK	01:03:25	01:03:21
41	11	39	85	758	Kraatz, Franz		M 30	01:03:27	01:03:25
42	7	40	68	325	Jakobs, Günniii	Drei-Lauf-Freunde	M 45	01:03:35	01:03:29
43	12	41	82	695	Vahlenkamp, Dirk	Grenzläufer-Oeding	M 30	01:03:36	01:03:32
44	8	42	66	763	Wewer, Christian	Grün-Weiß Steinbeck	M 45	01:03:54	01:03:47
45	3	43	97	668	Essing, Nicolas	SV Ems Westbevern	M Jgd A	01:04:02	01:03:39
46	1	3	69	455	Arning, Eva-Maria	Spiridon Haltern	W 45	01:04:09	01:04:08
47	13	44	81	369	Dierkes, Peter	BSG Kreissparkasse Steinfurt	M 30	01:04:09	01:04:02
48	9	45	70	703	Misch, Jörg	BSG Kreissparkasse Steinfurt e.V.	M 45	01:04:11	01:03:53
49	2	46	65	677	Peuser, Detlef	BSG LVM	M 50	01:04:19	01:04:13

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
50	6	47	76	792	Holl, Stephan		M 35	01:04:26	01:04:15
51	7	48	77	628	Korte, Andreas	LG Schmitz Katze	M 35	01:04:28	01:04:16
52	3	49	64	737	Inderwisch, Frank	RAG Anthrazit Ibbenbüren Gassc	M 50	01:04:30	01:04:21
53	3	50	58	408	Schniedergergers, Franz-Josef		M 55	01:04:30	01:04:24
54	5	51	87	372	Hegerfeld, Sebastian	Sg Diepholz	M HK	01:04:31	01:04:25
55	6	52	74	388	Uphoff, Matthias	SC Sperlingsgrund	M 40	01:04:36	01:04:33
56	1	4	80	614	Horstkötter, Silke	RSG Hellern	W 35	01:04:38	01:04:20
57	7	53	75	613	Zesiger, Tristan	WuH Laufgruppe	M 40	01:04:38	01:04:20
58	14	54	83	784	Oldeweme , Sebastian		M 30	01:04:53	01:04:27
59	6	55	91	664	Gohmann, Niklas	GAL 2014	M HK	01:05:03	01:04:58
60	4	56	65	328	Nippel, Jochen	Keller HCW - go green	M 50	01:05:10	01:05:01
61	8	57	71	329	Bärtels, Torsten	Keller HCW - go green	M 40	01:05:10	01:05:01
62	15	58	83	588	Friedrichsen, Kristof		M 30	01:05:11	01:04:44
63	16	59	85	449	Beck, Florian		M 30	01:05:18	01:05:11
64	8	60	77	551	Runde , Stephan	BSG Kreissparkasse Steinfurt	M 35	01:05:21	01:05:10
65	2	5	78	659	Görken, Antje		W 35	01:05:25	01:05:16
66	9	61	80	548	Vogelsang, Daniel		M 35	01:05:40	01:05:30
67	5	62	61	546	Bäumer, Heinrich	TV-Vreden/Lauftreff	M 50	01:05:44	01:05:30
68	9	63	71	326	Gutierrez-Canas, Ignacio		M 40	01:05:50	01:05:37
69	6	64	62	707	Elskamp, Norbert	Grenzläufer-Oeding	M 50	01:05:53	01:05:48
70	10	65	77	349	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	M 35	01:05:58	01:05:18
71	11	66	79	653	Wanke, Daniel	BSV Ostbevern	M 35	01:06:03	01:05:56
72	7	67	61	717	Hildmann, Marko	TVE Greven - Triathlon	M 50	01:06:19	01:06:16
73	2	6	74	738	Kons, Nicole	LG Emsdetten Tri-Team	W 40	01:06:19	01:06:10
74	8	68	65	619	Warlich, Jules	Loopvreugde	M 50	01:06:33	01:06:16
75	10	69	66	436	Brink, Helmut	SV Bokeloh	M 45	01:06:36	01:06:29
76	11	70	69	663	Rüther, Michael	TV Mettingen	M 45	01:06:49	01:06:43
77	9	71	64	446	Ruether, Stefan	SC Altenrheine	M 50	01:06:50	01:06:10
78	1	7	63	320	Ernst, Carola		W 50	01:06:57	01:06:53
79	1	8	60	565	Houweling-Sijtsma, Ans	Hanzesport	W 55	01:07:08	01:06:46
80	10	72	63	556	van de Graaf, Steven	Hanzesport Zutphen (nederland)	M 50	01:07:08	01:06:48
81	7	73	88	616	Kerk, Raphael		M HK	01:07:13	01:06:49
82	8	74	87	752	Heile, Maximilian	kein	M HK	01:07:23	01:07:11
83	12	75	67	350	Stallmeier, Reinhard	BSG Kreissparkasse Steinfurt	M 45	01:07:38	01:07:31
84	4	76	60	343	Vry, Ralf	Fortuna Logabirum	M 55	01:07:42	01:07:34
85	1	77	46	312	Eppendahl, Klaus	Hattinger Hügelläufer	M 65	01:07:46	01:07:44
86	12	78	80	440	Alfing , Oliver		M 35	01:07:52	01:07:37
87	13	79	67	311	Wewelkamp, Norbert	SV Ems Westbevern	M 45	01:08:01	01:07:59
88	11	80	62	754	Glück, Daniel	LC Solbad Ravensberg	M 50	01:08:01	01:07:50
89	2	9	69	412	Böhme, Mechthild	LC Solbad Ravensberg	W 45	01:08:07	01:07:57
90	17	81	82	655	Castro, Saúl		M 30	01:08:07	01:07:52
91	2	10	63	782	Winter, Elisabeth	Lc Solbad Ravensberg	W 50	01:08:13	01:08:03
92	12	82	65	493	Boerger, Detlef	LG Emsdetten	M 50	01:08:16	01:07:42
93	5	83	60	367	Neumayer, Peter	TVE Greven	M 55	01:08:33	01:08:29
94	6	84	57	602	Sundermann, Uwe	TV Hohne	M 55	01:08:37	01:08:09
95	1	11	95	555	Hakvoort, Laura	Borussia	W U23	01:08:40	01:08:24
96	14	85	66	554	Hakvoort, Christian	Borussia	M 45	01:08:40	01:08:24
97	10	86	72	390	Hosch, Holger		M 40	01:08:44	01:08:34
98	13	87	63	537	Müller, Christian	Sportler 4 a childrens world	M 50	01:08:49	01:08:46
99	14	88	64	547	Heufekes, Thomas	Lauftreff Vreden	M 50	01:08:50	01:08:21
100	3	12	76	654	Wanke, Meike	BSV Ostbevern	W 35	01:08:51	01:08:42
101	15	89	61	705	Wewers, Egbert	Grenzläufer-Oeding	M 50	01:08:55	01:08:50

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
102	9	90	91	757	Stegemann, Frank		M HK	01:08:55	01:08:45
103	2	91	49	413	Schubert, Rudolf	./.	M 65	01:09:03	01:09:01
104	3	13	67	545	Vennes, Anette	Lauftreff Vreden	W 45	01:09:06	01:08:42
105	11	92	71	338	Schlüter, Marc	freaks-of-running.de	M 40	01:09:07	01:09:01
106	18	93	83	584	Liesbrock, Bernd	W&H-Laufgruppe	M 30	01:09:14	01:08:54
107	15	94	69	729	Ahrens, Matthias	Grün-Weiß Steinbeck	M 45	01:09:17	01:09:07
108	12	95	74	410	Lutterbeck, Christian	VfL Eintracht Mettingen	M 40	01:09:20	01:09:05
109	10	96	90	770	Kleemann, Jürgen		M HK	01:09:25	01:09:02
110	13	97	79	424	Rieskamp, Stefan	Teuto Fit	M 35	01:09:26	01:09:08
111	19	98	85	543	Robers, Oliver		M 30	01:09:30	01:09:05
112	16	99	67	453	Borgert, Ralf	LG Coesfeld	M 45	01:09:31	01:09:15
113	14	100	80	609	Eickstädt, Thomas		M 35	01:09:33	01:09:06
114	15	101	78	382	Steingröver, Mario	Lauftreff Arbeitskollegen	M 35	01:09:35	01:08:54
115	16	102	63	443	Wessling, Michael	Wilfried-Jeurink-Stiftung	M 50	01:09:35	01:09:24
116	13	103	75	374	Jakob-Elshoff, Kai	BSG Kreissparkasse Steinfurt	M 40	01:09:43	01:09:03
117	11	104	92	751	Schluch, Pascal	SV Teuto Riesenbeck	M HK	01:09:46	01:09:15
118	14	105	72	771	Löckemann, Markus	LG Emsdetten	M 40	01:09:47	01:09:43
119	1	14	82	522	Böllner, Sabrina		W 30	01:09:57	01:09:51
120	15	106	74	533	Spenthof, Maik		M 40	01:10:05	01:09:44
121	7	107	60	439	Hilbert, Christoph	LG Emsdetten	M 55	01:10:07	01:09:33
122	20	108	84	775	Starke, Jan	Team Starke	M 30	01:10:11	01:09:35
123	16	109	79	601	Koch, Torsten	F.c. Hansa Rostock	M 35	01:10:17	01:09:51
124	17	110	65	759	Lagemann, Stefan	TV Mettingen	M 50	01:10:20	01:09:41
125	17	111	76	694	Keller, Timo	DJK Arminia Ibbenbüren	M 35	01:10:30	01:09:52
126	16	112	72	676	Schmidt, Christian		M 40	01:10:32	01:10:25
127	18	113	80	468	Jakoblinnert, Björn	Triathlon Club Bremen	M 35	01:10:34	01:09:49
128	3	15	71	344	Kemme, Nicole	SV Eintracht Neuenkirchen	W 40	01:10:49	01:10:41
129	12	114	91	459	Ostendorf, Stefan	Sv Teuto Riesenbeck	M HK	01:10:55	01:10:23
130	18	115	61	651	Sander, Dietmar	LG Burg Wiedenbrück 1989	M 50	01:10:55	01:10:51
131	21	116	83	589	Oldeweme, Kai		M 30	01:11:14	01:10:47
132	17	117	75	469	Hettlage, Thomas	Bierbauchausführer	M 40	01:11:28	01:10:55
133	4	16	74	471	Bosse, Karin	TV Kattenvenne	W 40	01:12:02	01:11:46
134	4	17	80	445	Sabrina, Raschke	SV Cheruskia	W 35	01:12:03	01:11:50
135	17	118	66	318	Venjakob, Dirk		M 45	01:12:04	01:11:35
136	2	119	54	564	Oprel, Dico		M 60	01:12:05	01:11:38
137	18	120	72	642	Kahl, Christian		M 40	01:12:05	01:11:24
138	18	121	67	428	Tuchen, Bernd	Feuerwehr Lengerich	M 45	01:12:05	01:11:23
139	19	122	67	615	Lokhorst, Patrick	AV Hanzesport	M 45	01:12:11	01:11:45
140	19	123	74	711	Voss, Marcus	TV Werne 03	M 40	01:12:33	01:12:30
141	19	124	63	683	Dunnewind, Andre		M 50	01:12:34	01:12:05
142	2	18	84	587	Januschak, Eva	W&H-Laufgruppe	W 30	01:12:37	01:12:17
143	19	125	77	671	Laumann, Markus		M 35	01:12:39	01:12:01
144	22	126	81	760	Hille, Christian		M 30	01:12:51	01:12:49
145	4	127	96	646	Becker, Lars	Lauftreff Becker	M Jgd A	01:12:55	01:12:25
146	20	128	63	534	Neitsch, Jürgen		M 50	01:12:55	01:12:31
147	20	129	73	795	Rahe, Hendrik	SNOWRUNNERS	M 40	01:12:56	01:12:38
148	1	19	99	647	Becker, Laura	Lauftreff Becker	W Jgd B	01:12:58	01:12:28
149	13	130	87	726	Trappmann, Martin	Feuerwehr Ibbenbüren	M HK	01:12:58	01:12:14
150	4	20	69	783	Stroot, Sonja		W 45	01:12:59	01:12:41
151	20	131	68	472	Luck, Holger		M 45	01:13:06	01:12:33
152	23	132	83	572	Aumann, Stefan	LT Gnadenlos	M 30	01:13:11	01:12:40
153	21	133	69	450	Varavir, Erkan	Tus Altenberge	M 45	01:13:11	01:13:00

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
154	24	134	85	359	Verlemann, Phillip	Crespel&Deiters	M 30	01:13:13	01:13:10
155	14	135	91	596	Matheke, Marco	TV Hohne	M HK	01:13:15	01:12:55
156	3	136	50	323	Janssen, Harrie	LVKooiveld	M 65	01:13:24	01:13:03
157	25	137	81	774	Starke, Phillip	Team Starke	M 30	01:13:26	01:12:51
158	3	21	83	660	Lehmeier, Dorota		W 30	01:13:26	01:13:13
159	3	22	62	764	Hackmann, Mechthild	BSV Brochterbeck	W 50	01:13:30	01:13:05
160	21	138	62	740	Schäfers, Jürgen	SV Teuto Riesenbeck	M 50	01:13:32	01:12:59
161	22	139	63	755	Van Wieren, Gebhard	Lauftreff Olympia Uelsen	M 50	01:13:35	01:13:24
162	2	140	93	635	Menebröker, Nils	TV Hohne	M U23	01:13:37	01:13:33
163	23	141	65	598	Naatz, Olaf	TV Hohne	M 50	01:13:37	01:13:33
164	1	23	54	699	Rieskamp, Irmgard	Grün-Weiß Steinbeck	W 60	01:13:43	01:13:38
165	15	142	90	797	NN, NN		M HK	01:13:45	01:13:30
166	16	143	90	798	NN, NN		M HK	01:13:46	01:13:30
167	22	144	67	610	Overmeyer, Peter		M 45	01:13:55	01:13:48
168	26	145	82	552	Heidemann , Matthias	VfL Emslage	M 30	01:13:56	01:13:36
169	23	146	67	335	Poggemann, Martin	SV Teuto Riesenbeck	M 45	01:14:02	01:13:31
170	20	147	79	648	Nordmann, Olaf		M 35	01:14:04	01:13:50
171	24	148	63	384	Nienaber, Günter	tve Greven/Triathlon	M 50	01:14:20	01:14:17
172	5	24	79	514	Rücker, Anja	TV Hohne	W 35	01:14:29	01:14:00
173	5	25	72	451	Schütte, Heike	SUS Stadtlohn Laufabteilung	W 40	01:14:30	01:14:05
174	27	149	81	786	den Boer, Floris		M 30	01:14:35	01:14:29
175	6	26	71	781	Schrant, Heike	Münster	W 40	01:14:46	01:14:04
176	21	150	79	467	Althoff, Thorsten	BSV Ostbevern	M 35	01:14:48	01:14:44
177	24	151	67	561	Lenferink, Ron		M 45	01:14:51	01:14:27
178	4	27	64	640	Schilling, Diana	LSF Münster	W 50	01:14:54	01:14:28
179	25	152	69	480	Quaas, Thomas		M 45	01:14:59	01:14:26
180	21	153	75	536	Bruns, Nicolas		M 40	01:14:59	01:14:53
181	17	154	90	724	Köhler, Kevin	Feuerwehr Ibbenbüren	M HK	01:15:01	01:14:16
182	18	155	87	723	Scharfenberg, Tobias	Feuerwehr Ibbenbüren	M HK	01:15:02	01:14:17
183	5	28	62	745	Krieff, Monika	LG Marienfeld	W 50	01:15:16	01:15:07
184	6	29	78	746	Austermann, Andrea	1.Tri Team Gütersloh GTV	W 35	01:15:16	01:15:07
185	7	30	80	475	Feuler, Marie		W 35	01:15:17	01:15:02
186	8	156	60	484	Schlesier, Michael	RAG Deutsche Steinkohle	M 55	01:15:19	01:14:41
187	28	157	82	399	Feldmann, Timo		M 30	01:15:22	01:15:07
188	3	158	52	796	Starke, Rainer	Team Starke	M 60	01:15:25	01:15:02
189	9	159	59	787	Türker, Xaver	lauffreunde Gremmendorf	M 55	01:15:27	01:15:25
190	10	160	57	658	Baberschke, Rolf	-	M 55	01:15:29	01:15:22
191	7	31	72	753	Liebel, Anke	DJK Preussen 1911 Bochum e.V.	W 40	01:15:32	01:15:18
192	19	161	92	340	Hoppe, Torben	Ich guck dir in Hals	M HK	01:15:32	01:15:03
193	4	32	82	603	Nijhof, Rianne	AV Hanzesport	W 30	01:15:48	01:15:23
194	2	33	56	549	Ratering, Gisela	TV-Vreden Lauftreff	W 55	01:15:50	01:15:23
195	26	162	70	444	Schulte, Michael	SV Bokeloh	M 45	01:15:58	01:15:50
196	11	163	58	773	Appelt, Ralf	www.appelt-racing.de	M 55	01:15:58	01:15:22
197	8	34	79	670	Licciardi, Melanie	Wersepfoten Ahlen	W 35	01:16:04	01:15:47
198	25	164	65	324	Asbrede, Peter	GW Brockdorf	M 50	01:16:10	01:15:40
199	12	165	59	429	Wiggenhorn, Alois	LT Wetringen	M 55	01:16:16	01:16:09
200	3	35	60	466	Kreeft-Kardurk, Lia	HAC'63	W 55	01:16:19	01:16:17
201	13	166	59	462	Kreeft, Martin	HAC'63	M 55	01:16:19	01:16:18
202	2	36	93	544	Becker , Saskia		W U23	01:16:22	01:15:57
203	27	167	69	778	Wrocklage, Ralf		M 45	01:16:33	01:15:59
204	22	168	77	383	Fischer , Tobias	Lauftreff Arbeitskollegen	M 35	01:16:43	01:16:03
205	14	169	58	748	Zimmermann, Michael	Grün-Weiß Steinbeck	M 55	01:16:45	01:16:37

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
206	8	37	74	379	Ull-Tietz, Melanie	SV Bokeloh	W 40	01:16:48	01:16:07
207	15	170	56	463	van Tolij, Gerrit	ATV Goor 65	M 55	01:16:49	01:16:27
208	28	171	66	314	niehueser, ulrich		M 45	01:16:50	01:16:11
209	20	172	90	767	NN, NN		M HK	01:16:52	01:16:24
210	6	38	61	315	niehueser, thesesia		W 50	01:16:54	01:16:15
211	22	173	72	662	Brandes, Arne	SV Ofenerdiek	M 40	01:16:56	01:16:19
212	23	174	72	652	Boß, Frank		M 40	01:16:56	01:16:47
213	2	39	91	594	Laig, Anna-Elisabeth	TV Hohne	W HK	01:17:00	01:16:36
214	4	40	60	430	Masur, Christa	Masur Energiesysteme GmbH	W 55	01:17:05	01:17:00
215	26	175	65	624	Reinhard, Dyckhoff	SC Falke Saerbeck	M 50	01:17:06	01:16:39
216	29	176	69	474	Reker, Christian	SC Altenheine	M 45	01:17:07	01:16:27
217	21	177	90	339	Hoppe, Steffen	Ich guck dir in Hals	M HK	01:17:12	01:16:43
218	23	178	78	638	Schwalbe , Oliver	TV Mettingen	M 35	01:17:29	01:16:39
219	24	179	77	639	Weber, Jens	Emsdetten	M 35	01:17:34	01:17:26
220	3	41	90	352	Hörning, Jennifer	Marathon Ibbenbüren	W HK	01:17:37	01:17:15
221	25	180	76	637	Thiede, Ralf	TV Mettingen	M 35	01:17:49	01:16:59
222	16	181	59	769	Schlie, Michael	LC Solbad Ravensberg	M 55	01:17:51	01:17:40
223	27	182	63	301	Schlautmann, Karl-Heinz	SV Ems Westbevern	M 50	01:17:57	01:17:26
224	30	183	67	650	Schäl, Reiner	GW Steinbeck	M 45	01:18:04	01:17:51
225	5	42	70	581	Schutte, Marian	Hanzesport Zutphen	W 45	01:18:06	01:17:45
226	22	184	91	719	Lienesch, Steffen	Feuerwehr Ibbenbüren	M HK	01:18:09	01:17:26
227	6	43	66	490	Heukamp, Birgit	LG Emsdetten	W 45	01:18:10	01:17:45
228	9	44	71	762	Marin, Ute	TV Mettingen	W 40	01:18:11	01:17:59
229	7	45	61	508	Laig, Susanne	TV Hohne	W 50	01:18:14	01:17:48
230	17	185	58	442	Borgmann, Erich	Marathon Steinfurt	M 55	01:18:16	01:17:53
231	18	186	59	790	Wiggers, Reinhard	SuS Neuenkirchen	M 55	01:18:17	01:17:48
232	19	187	59	636	Vörckel, Michael	DJK Arminia Ibbenbüren	M 55	01:18:38	01:18:12
233	20	188	59	715	Löpmeier, Thomas	Grün-Weiß Steinbeck	M 55	01:18:45	01:18:30
234	5	46	81	473	Schaapman, Hanna	-	W 30	01:18:46	01:18:33
235	8	47	65	730	Jegust, Heidi	Delmenhorst	W 50	01:18:50	01:18:42
236	29	189	84	630	Kolsloot, Sander		M 30	01:18:53	01:18:37
237	21	190	56	761	hümer, kalle	tv jahn borgholzhausen	M 55	01:18:54	01:18:20
238	4	191	47	629	Kolsloot, Gerard		M 65	01:18:59	01:18:42
239	9	48	76	580	Kortenbreer, Sonja	SV-Teuto Riesenbeck	W 35	01:19:00	01:18:29
240	4	192	55	728	Berlekamp, Ulrich		M 60	01:19:07	01:18:49
241	31	193	69	431	Lenzen, Markus	TuS Altenberge 09	M 45	01:19:10	01:18:32
242	23	194	90	776	Udo, NN	NN	M HK	01:19:26	01:19:14
243	28	195	61	532	Meyer, Manfred	TV Mettingen	M 50	01:19:33	01:18:53
244	5	196	48	516	Vahrenhorst, Dieter	TV Hohne	M 65	01:19:41	01:19:05
245	10	49	80	578	Martins, Susana		W 35	01:19:42	01:19:35
246	26	197	77	579	Kiefer, Martin		M 35	01:19:42	01:19:32
247	6	198	50	605	Günnigmann, Alfons	SC Falke Saerbeck	M 65	01:19:45	01:19:18
248	27	199	80	402	Dierkes, Christian		M 35	01:19:48	01:19:13
249	22	200	58	599	Teckenbrock, Udo	TV Hohne	M 55	01:19:59	01:19:24
250	11	50	76	701	Bühren, Melanie	Grün-Weiss-Steinbeck	W 35	01:20:08	01:20:03
251	28	201	76	684	Knauer, Mirko	BSV Ostbevern	M 35	01:20:09	01:19:59
252	32	202	66	574	Schulte, Heiner		M 45	01:20:12	01:20:02
253	29	203	65	416	Hoernemann, Klaus	LG Coesfeld	M 50	01:20:19	01:20:02
254	24	204	74	306	Eiben, Lars		M 40	01:20:27	01:19:55
255	12	51	80	381	Röhrdanz, Stefanie	Osnabrücker Sportclub	W 35	01:20:31	01:20:17
256	9	52	64	772	Sartory, Konnie	TV Werne 03 Wasserfreunde e.V.	W 50	01:20:34	01:20:12
257	13	53	77	494	Lewe, Sandy		W 35	01:20:40	01:20:26

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
258	24	205	87	520	Winter, Christian	TV Hohne	M HK	01:20:54	01:20:21
259	25	206	88	722	Scholmeyer, Patrick	Feuerwehr Ibbenbüren	M HK	01:20:57	01:20:14
260	10	54	71	435	Brink, Heike	SV Bokeloh	W 40	01:20:59	01:20:17
261	23	207	56	498	Brix, Michael	TV Hohne	M 55	01:21:00	01:20:32
262	24	208	58	341	Hoppe, Heinz	Ich guck dir in Hals	M 55	01:21:05	01:20:37
263	30	209	81	731	Klameth, Thorsten	SaSu-Sport-Team	M 30	01:21:06	01:20:55
264	29	210	77	641	Lappe, Dennis	Emsdetten	M 35	01:21:06	01:20:57
265	25	211	57	503	Egbert, Ralf	TV Hohne	M 55	01:21:12	01:20:37
266	4	55	87	583	Handzik, Natalia	W&H-Laufgruppe	W HK	01:21:16	01:20:57
267	11	56	72	573	Pentrop, Sylvia	TV Werne 03	W 40	01:21:16	01:20:54
268	5	57	87	330	Wulf, Stefanie		W HK	01:21:17	01:20:59
269	6	58	86	327	Menger, Melanie		W HK	01:21:17	01:20:59
270	7	59	89	765	Güttler, Laura	Trier	W HK	01:21:18	01:20:47
271	7	212	50	700	Hoogervorst, arjen		M 65	01:21:35	01:21:17
272	8	60	87	441	Konnemann, Mareike		W HK	01:21:43	01:21:29
273	26	213	57	465	Gerber, Jan	ATV Goor 65	M 55	01:21:46	01:21:25
274	25	214	72	391	Reeker, Jörg		M 40	01:22:20	01:22:08
275	7	61	66	557	Evertse, Willeke	AH Hanzesport	W 45	01:22:38	01:22:16
276	26	215	86	725	Siebelmeyer, Bastian	Feuerwehr Ibbenbüren	M HK	01:22:45	01:22:00
277	30	216	79	377	Boras, Sebastian		M 35	01:22:49	01:22:13
278	26	217	75	621	Vruggink, Richard	Loopvreugde	M 40	01:22:56	01:22:16
279	8	62	69	569	Busmann, Stephanie	VfL Lingen	W 45	01:23:19	01:22:59
280	2	63	54	693	Kruessel, Doris	VfL Lingen	W 60	01:23:31	01:23:13
281	5	64	59	417	Stegemann, Gerda		W 55	01:23:33	01:23:00
282	33	218	70	766	Hartmann, Raphael		M 45	01:23:38	01:22:55
283	34	219	68	743	Hölscher, Frank		M 45	01:23:39	01:23:24
284	6	65	59	460	Hoch, Susanne	SV Bokeloh	W 55	01:23:41	01:23:25
285	10	66	62	461	Göbel, Bibiana	SV Bokeloh	W 50	01:23:41	01:23:24
286	11	67	64	600	Schmidt, Marion	TV Werne 03	W 50	01:23:48	01:23:28
287	5	220	55	519	Wiethaupt, Joachim	TV Hohne	M 60	01:23:49	01:23:16
288	30	221	63	669	Essing, Matthias.	SV Ems Westbevern	M 50	01:23:50	01:23:27
289	7	68	57	540	Helsloot, Joke	Daventria	W 55	01:23:56	01:23:31
290	9	69	90	496	Bautz, Katharina	TV Hohne	W HK	01:24:00	01:23:28
291	31	222	76	456	Marten , Norbert	TSG Hatten Sandkrug	M 35	01:24:00	01:23:48
292	9	70	67	510	Menebröker, Karin	TV Hohne	W 45	01:24:02	01:23:32
293	27	223	86	497	Brix, Christian	TV Hohne	M HK	01:24:02	01:23:31
294	14	71	76	672	Meyer, Melanie	SC Union 08 Lüdinghausen e.V.	W 35	01:24:07	01:23:50
295	12	72	74	702	Breulmann, Stefanie	Grün Weiss Steinbeck	W 40	01:24:13	01:24:08
296	27	224	57	622	van Doleweerd, Adriaan	Loopvreugde	M 55	01:24:13	01:23:32
297	8	73	59	509	Lutterbeck, Gudrun	TV Hohne	W 55	01:24:36	01:24:08
298	13	74	72	785	Leffers, Dorothee	TV Georgsmarienhütte	W 40	01:24:57	01:24:32
299	31	225	84	448	Wiemeler, Steffen		M 30	01:24:58	01:24:15
300	14	75	72	346	fiswick, melanie	It gnadenlos	W 40	01:25:06	01:24:36
301	12	76	64	567	Brekvoort, Patrie	AV Hanzesport	W 50	01:25:09	01:24:47
302	35	226	68	690	Schmidt, Peter		M 45	01:25:09	01:24:33
303	31	227	64	625	van Leeuwen, Erik	Hanzesport Zutphen	M 50	01:25:10	01:24:49
304	9	77	59	502	Egbert, Christiane	TV Hohne	W 55	01:25:30	01:24:57
305	10	78	70	351	Pallaske, Christine		W 45	01:25:37	01:25:14
306	1	228	38	789	Dr. Mussgnug, Hermann	LC Solbad Ravensberg	M 75	01:26:05	01:25:49
307	28	229	88	691	Möller, Jakob		M HK	01:26:20	01:26:06
308	10	79	57	606	Revering, Elisabeth	LSF Münster	W 55	01:26:35	01:26:13
309	11	80	70	304	Farwick, Ulrike	SV Ems Westbevern	W 45	01:26:38	01:26:01

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
310	27	230	73	353	Wesselmann, Daniel	GW - Steinbeck	M 40	01:26:47	01:26:35
311	28	231	59	485	Gleißner, Rolf	RAG Deutsche Steinkohle	M 55	01:26:52	01:26:11
312	36	232	70	656	Markus, Pille	LT Gnardenlos	M 45	01:27:09	01:26:38
313	32	233	61	365	Bertram, Rulle	JC Senden	M 50	01:27:09	01:26:58
314	15	81	73	378	Worch, Bettina	TV Friesen Telgte	W 40	01:27:20	01:26:42
315	29	234	57	550	Koot, John		M 55	01:27:32	01:27:19
316	16	82	75	322	van der Veer, Saskia	Dijkmansport Groningen	W 40	01:27:50	01:27:05
317	11	83	59	515	Teckenbrock, Petra	TV Hohne	W 55	01:28:01	01:27:27
318	32	235	85	394	Gaida, Florian		M 30	01:28:44	01:28:23
319	28	236	71	562	Bainbridge, Simon		M 40	01:28:57	01:28:11
320	29	237	71	414	Bartels, Jörn	privat	M 40	01:28:57	01:28:11
321	12	84	60	538	Finke, Marlies	TV Vreden	W 55	01:29:03	01:28:36
322	12	85	66	307	Plewe , Christine	SV Ems Westbevern	W 45	01:29:08	01:28:31
323	33	238	63	404	Roll, Frank		M 50	01:29:35	01:29:18
324	34	239	64	563	Stallmeyer, Gerd	TVI	M 50	01:29:46	01:29:23
325	17	86	75	393	Frühauf, Melanie	LG Emsdetten	W 40	01:29:53	01:29:15
326	33	240	84	780	Mentrup, Nils	BVB FanClub Lengerich	M 30	01:30:23	01:29:38
327	10	87	89	530	Rahmeier, Nele	BVB FanClub Lengerich	W HK	01:30:23	01:29:38
328	18	88	72	559	Sonnet-Brockhaus, Sandra	Raesfeld	W 40	01:30:24	01:29:45
329	35	241	63	560	Bettels, Michael	Raesfeld	M 50	01:30:24	01:29:42
330	37	242	67	420	Madeja, Michael		M 45	01:30:31	01:30:12
331	13	89	62	523	Brüning, Barbara	TV Mettingen	W 50	01:30:39	01:29:58
332	6	90	83	425	Prigge, Jana	Teuto Fit	W 30	01:30:57	01:30:35
333	7	91	85	373	Siekmann, Svenja		W 30	01:31:01	01:30:26
334	30	243	60	777	Armbruster, Ralf		M 55	01:31:03	01:30:52
335	8	244	47	586	Temme, Hans-Hubert		M 65	01:31:04	01:30:53
336	29	245	89	363	Fast, Eugen	Crespel&Deiters	M HK	01:31:27	01:31:24
337	32	246	76	376	Wagner, Christian	-	M 35	01:31:49	01:31:13
338	15	92	80	756	Jasper, Daniela		W 35	01:32:14	01:31:36
339	14	93	61	398	Suer, Martina		W 50	01:33:20	01:32:46
340	3	94	51	512	Reuschel, Brigitte	TV Hohne	W 60	01:33:57	01:33:28
341	11	95	89	500	Brix, Verena	TV Hohne	W HK	01:34:11	01:33:43
342	13	96	68	506	Klare, Sigrid	TV Hohne	W 45	01:34:11	01:33:42
343	16	97	78	768	Varnholt, Melanie	LC Solbad Ravensberg	W 35	01:34:46	01:34:08
344	31	247	56	524	Schröder, Jürgen	TVMettingen	M 55	01:34:56	01:34:16
345	13	98	57	421	Sandelmann, Monika	Wilhelmshaven	W 55	01:35:18	01:35:13
346	6	248	53	422	Sandelmann, Dieter	Wilhelmshaven	M 60	01:35:18	01:35:14
347	7	249	55	793	Kuhlenbäumer, Willi		M 60	01:36:01	01:35:31
348	9	250	49	535	de Jong, Tjits	Reestruffers	M 65	01:36:14	01:35:46
349	14	99	58	604	Günnigmann, Elisabeth	SC Falke Saerbeck	W 55	01:36:50	01:36:15
350	32	251	56	501	Buczilowski, Eckhard	TV Hohne	M 55	01:37:28	01:37:08
351	4	100	54	539	Bücker, Hendrikje		W 60	01:38:18	01:37:52
352	15	101	61	507	Konermann, Susanne	TV Hohne	W 50	01:38:25	01:37:54
353	15	102	60	517	Voß, Iris	TV Hohne	W 55	01:38:26	01:37:56
354	14	103	69	528	Schaefer, Birgit	Wilhelmshaven	W 45	01:38:59	01:38:39
355	33	252	58	486	Kreul, Willi	RAG Deutsche Steinkohle	M 55	01:39:41	01:39:01
356	30	253	75	305	Riepenhusen, Danny		M 40	01:40:35	01:39:57
357	33	254	76	415	Schubert, Thorsten		M 35	01:40:51	01:40:50
358	38	255	68	747	van Gelder, Marc	A.V. Lionitas Leeuwarden	M 45	01:43:23	01:42:39
359	34	256	76	458	Meteling, Carsten	Lt SV Haldern	M 35	01:45:29	01:45:10
360	8	257	55	482	Gapik, Jürgen	RAG Deutsche Steinkohle	M 60	01:50:05	01:49:27
361	36	258	63	426	Kahle, Andre	Tus Altenberge 09	M 50	01:50:40	01:50:26

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
362	2	259	36	433	Meurs, Janwillem	AVN Nederland	M 75	01:50:46	01:50:34
363	3	260	40	666	Blauhut, Rolf	Delmenhorst	M 75	01:52:54	01:52:32
364	31	261	75	457	Kerkhoff, Rolf		M 40	01:56:36	01:56:17