

6. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
M 30							
1	711	Westermann, Ingo	SV Teuto Riesenbeck	00:52:32	00:52:30	5	5
2	370	Franke, Julian	SG Diepholz	00:54:07	00:54:03	6	6
3	959	Brix, Christian	TV Hohne	00:57:50	00:57:44	14	12
4	992	Diedam, Thorsten	Free OCR Runners	00:59:27	00:59:21	26	24
5	866	Attermeyer, Andre		01:00:42	01:00:23	33	31
6	451	Kahlert, Bastian	VW Brandschutz Emden	01:02:30	01:02:08	51	48
7	381	Gersemann, Philipp	Ibbenbüren	01:02:47	01:02:27	56	52
8	871	Baberschke, André	vereinslos	01:04:02	01:03:45	65	59
9	376	Gebel, Pascal	privat	01:05:28	01:05:23	84	73
10	607	Schallenberg, Dennis		01:06:38	01:06:07	103	91
11	461	Kitroschat, Maik	BSG Kreissparkasse Steinfurt	01:09:10	01:08:38	136	117
12	372	Fremerey, Christian	Team Goethe	01:09:43	01:09:35	141	121
13	426	Hoppe, Lars	Ja, er läuft!	01:11:48	01:10:58	170	142
14	653	Stratmann, Jan	Nienkärkske (geschwind wie der)	01:12:02	01:11:45	172	144
15	352	Erpenbeck, Alex	BSV Ostbevern	01:12:07	01:11:58	173	145
16	417	Heyken, Stefan	Team Goethe	01:12:26	01:12:17	186	156
17	581	Puttkammer, Markus	Nienkärkske (geschwind wie der)	01:12:31	01:12:11	188	158
18	458	Kimmeyer, Fabian	Team Goethe	01:14:38	01:14:30	224	183
19	935	Beckmann, Julian	Ibbenbüren	01:15:34	01:15:01	238	193
20	363	Felzmann, Jens	DJK Everswinkel	01:15:52	01:14:54	245	198
21	772	Beine, Tobias	SV Rödinghausen	01:16:11	01:15:24	248	200
22	349	Emmrich, Steffen	Schnittenclub n.e.V.	01:17:09	01:16:26	262	212
23	990	Dermer, Andreas	Crespel & Deiters	01:18:51	01:18:22	298	232
24	720	Winter, Christian	TV Hohne	01:19:11	01:18:40	304	235
25	373	Freude, Daniel	Team Goethe	01:19:41	01:19:30	310	241
26	408	Heitkamp, Lars	Lauftreff Riesenbeck	01:26:17	01:26:12	375	266
27	553	Nitz, Jan Hendrik	Selm	01:27:05	01:26:27	383	270
M 35							
1	792	Assmann, Ingo	SC Melle 03	00:49:05	00:49:04	1	1
2	616	Schmidtke, Lars	Fitness Schule	00:58:15	00:58:09	17	15
3	934	Becklönne, Johannes	PDK	00:58:22	00:58:17	19	17
4	576	Pott, Andre	SV Cheruskia Laggenbeck	01:04:48	01:04:43	73	65
5	374	Gaida, Jens	Feuerwehr Ibbenbüren	01:04:57	01:04:25	77	67
6	974	Nordmann, Olaf	SV Teuto Riesenbeck	01:05:29	01:05:16	85	74
7	434	Huning, Dennis	Breitensportclub Osnabrück e. V.	01:06:02	01:05:42	94	83
8	672	Trautmann, Sebastian	Feuerwehr Brochterbeck	01:06:31	01:05:38	101	89
9	561	Otta, Karl	Bremen	01:07:41	01:07:22	115	101
10	348	Eilers, Tristan	Münster	01:07:42	01:07:11	116	102
11	415	Hesping, Jens	Ibbenbüren	01:08:29	01:08:01	127	109
12	398	Hassink, Björn	Ibbenbüren	01:11:03	01:10:50	159	134

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
13	639	Schwalbe , Oliver	TV Mettingen	01:11:13	01:11:02	160	135
14	418	Hilbert, Markus	Tri Finish Münster e.V.	01:12:09	01:11:11	175	147
15	524	Merbecks, Robert	Fitness Schule	01:12:22	01:12:12	181	153
16	463	Kleemann, Rüdiger	Crespel & Deiters	01:12:29	01:11:57	187	157
17	988	Depmann, Andreas	MoDo e.V.	01:12:37	01:12:23	193	162
18	548	Nielaender, Stefan	LG HCE	01:12:54	01:12:19	197	164
19	668	Thoden, Andreas	VSK Osterholz-Scharmbeck	01:13:32	01:13:10	208	172
20	995	Dierkes, Christian	Ibbenbüren	01:14:44	01:14:01	227	186
21	701	Wamer, Tim	Team Goethe	01:15:02	01:14:50	233	191
22	584	Raschke, Dennis	Basthorst	01:15:41	01:14:52	243	196
23	361	Feldmann, Timo		01:16:17	01:15:31	249	201
24	623	Schonhoff, Mario	Rheine	01:16:33	01:15:38	253	204
25	683	Van Rooije, Jan	BSG Laufen Fiducia & GAD IT	01:16:46	01:16:05	257	207
26	948	Block, Matthias	Team Goethe	01:17:17	01:17:04	266	215
27	741	Schepers, Thomas	Rheine	01:19:37	01:18:45	309	240
28	589	Retschke , Roman	THW-BOTTROP	01:20:11	01:19:37	320	244
29	991	Determann, Jan	Ibbenbüren	01:20:23	01:19:50	321	245
30	629	Schröter, Thomas	Team Goethe	01:20:58	01:20:50	330	251
M 40							
1	601	Runde, Martin	LG Schmitz Katze	00:56:57	00:56:48	11	10
2	538	Möller, Christian	Run4fun Greven e.V	00:57:59	00:57:49	15	13
3	736	Bachmann, Dirk	SV Teuto Riesenbeck	00:58:16	00:57:58	18	16
4	691	Vogt, Sven	Hundefreunde Lengerich e.V.	00:58:37	00:58:36	21	19
5	523	Menger, Carsten	SW Esch	01:00:13	01:00:06	31	29
6	725	Wolff, Markus	SC Altenrheine	01:02:41	01:02:09	55	51
7	531	Middendorf , Stefan	Teuto Riesenbeck	01:03:04	01:02:46	57	53
8	506	Lutterbeck, Christian	Mettingen	01:04:18	01:04:13	69	62
9	436	Jakob-Elshoff, Kai	BSG Kreissparkasse Steinfurt	01:05:16	01:04:44	82	71
10	679	Uphaus, Frank	LG Rheine-Elte	01:05:23	01:05:15	83	72
11	945	Bitter, Daniel	Frechen	01:05:43	01:05:38	87	76
12	503	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	01:05:48	01:05:43	88	77
13	702	Weber, Jens	Becks Lemon	01:06:34	01:05:57	102	90
14	496	Laumann, Markus	LG Dangast	01:06:43	01:06:36	105	93
15	667	Thiede, Ralf	TV Mettingen	01:06:43	01:06:34	106	94
16	491	Kröner, Michael	SC Velpesüd	01:06:55	01:06:47	107	95
17	578	Prinze , Marco	Teuto Riesenbeck	01:06:59	01:06:39	108	96
18	455	Keller, Timo	Arminia Ibbenbüren	01:08:28	01:08:22	125	108
19	993	Diericks, Marc	Münster	01:08:45	01:07:47	133	114
20	598	Röttgers, Dirk	Barschweg Racing Team	01:08:53	01:08:32	134	115
21	994	Dierkes, Thorsten	Teuto Riesenbeck	01:09:17	01:08:58	138	119
22	495	Lappe, Dennis	Becks Lemon	01:10:02	01:09:19	146	124
23	466	Knauer, Mirko	BSV Ostbevern	01:12:08	01:11:48	174	146
24	659	Tausch, Carsten	Osnabrück	01:12:24	01:11:37	182	154
25	382	Geßner, Ralf	LG Rheine-Elte	01:13:52	01:13:18	215	175

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
26	765	Reiter, Stephan	VW Brandschutz Emden	01:14:09	01:13:32	216	176
27	457	Kiefer, Martin	California	01:14:54	01:14:16	230	188
28	630	Schubert, Thorsten	Haltern am See	01:14:56	01:14:29	231	189
29	939	Berghaus , Tobias	Teuto Riesenbeck	01:16:18	01:15:53	250	202
30	383	Gillmann, Ansgar	Team Goethe	01:16:40	01:16:30	255	205
31	464	Klein, Dennis	LG Rheine-Elte	01:16:45	01:16:11	256	206
32	557	Ording, Lars	All In 08	01:17:11	01:16:48	263	213
33	983	Degenhardt, Dennis	LT Gnadenlos	01:17:14	01:16:52	265	214
34	371	Franke, Frank	TV Hohne	01:18:16	01:18:01	287	225
35	422	Hochhard, Thorsten	SG Voltlage	01:19:15	01:18:27	306	237
36	454	Keen, Guido	Laufgruppe SCU Emlichheim	01:21:32	01:21:06	337	253
37	478	Kornhage, Rainer	Sanimed GmbH	01:25:31	01:24:53	369	264
38	428	Hörsting, Frank	SV Teuto Riesenbeck	01:27:49	01:27:04	389	271
39	346	Eiben, Lars	Vision	01:30:26	01:30:01	402	279
M 45							
1	388	Gräfedüinkel, Frank	Schwarz Weiss Oldenburg	00:51:29	00:51:27	3	3
2	522	Menger, Peter	SW Esch	00:55:10	00:55:08	7	7
3	970	Bünker, guido	LG Emsdetten	01:00:26	01:00:21	32	30
4	636	Schulz, Dieter	Crespel & Deiters	01:00:46	01:00:22	34	32
5	666	Thesing, Andreas	LG Waldhügel	01:01:18	01:01:14	37	35
6	487	Krause, Uwe	Mettingen-Nierenburg	01:01:31	01:01:27	39	37
7	936	Ortmeier, Michel		01:01:31	01:01:26	40	38
8	579	Profft, Thoralf	Berliner Luft	01:01:52	01:01:35	44	42
9	746	Schluchter, Thommy	Tri Team TuS Engter	01:02:26	01:02:16	50	47
10	459	kipke, Ralf	Just for fun	01:02:33	01:02:29	52	49
11	783	Bußmann, Christoph	TriSpeed Marienfeld	01:02:40	01:02:25	54	50
12	481	Korte, Frank	BSV Ostbevern	01:03:21	01:03:04	58	54
13	534	Misch, Jörg	BSG Kreissparkasse Steinfurt e.	01:03:56	01:03:24	64	58
14	790	Abdelrahman, Hamid	Jede Oma zählt	01:04:13	01:03:56	66	60
15	669	Thomas, Gebbe		01:04:41	01:04:29	72	64
16	582	Köning, Thomas		01:04:49	01:04:43	74	66
17	472	Kolm, Michael	LG Coesfeld	01:06:40	01:06:37	104	92
18	777	Schnetgöke, Jürgen	SV Teuto Riesenbeck	01:07:08	01:06:29	111	98
19	429	Hosch, Holger	Rolatorsprinter	01:07:39	01:07:10	114	100
20	712	Westermann , Robert	SV Teuto Riesenbeck	01:08:09	01:07:55	118	104
21	437	Jakobs , Günter	SV Ochtersum ~ Loopers ~	01:08:14	01:07:38	122	106
22	587	Reents, Ralf	VW Brandschutz Emden	01:08:14	01:07:37	123	107
23	830	Ahlers, Ralf	TV Hohne	01:08:36	01:08:20	129	110
24	525	Merk, Lothar	Run4Fun Greven e.V.	01:09:24	01:09:06	139	120
25	446	Jasper, Manfred	Crespel & Deiters	01:10:02	01:09:37	145	123
26	365	Finke, Thilo	Lissys Running Team	01:10:06	01:10:01	147	125
27	744	Frilling, Hendrik	LT Gnadenlos	01:10:10	01:09:49	148	126
28	612	Schlottbohm , Jörg	VfL Mettingen	01:11:18	01:11:14	164	138
29	732	Schulten, Ludger	Grün-Weiß Steinbeck	01:12:10	01:11:46	176	148

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
30	742	Neuwald, Wido		01:12:20	01:11:30	180	152
31	618	Schneider, Bernd	W&H-Laufgruppe	01:12:56	01:12:46	198	165
32	546	Niehus, Frank	First Strike	01:13:11	01:12:15	204	169
33	529	Meyer, Carsten	Feuerwehr Lengerich	01:13:30	01:12:37	207	171
34	624	Schönig, Christer	SW Esch	01:14:34	01:13:44	223	182
35	460	Kipker, Ralf	TUS Recke	01:14:49	01:14:00	228	187
36	633	Schulte, Michael	SV Bokeloh	01:18:34	01:18:19	291	227
37	621	Schockmann, Reiner	SG Voltlage	01:19:16	01:18:28	307	238
38	787	Fuchs, Olaf	Hasbergen	01:20:43	01:19:45	325	247
39	955	Boß, Frank	Hörstel	01:20:45	01:20:24	326	248
40	989	Depmann , Dieter	SV Teuto Riesenbeck	01:20:57	01:20:43	329	250
41	586	Reeker, Jörg	Rolatorsprinter	01:21:47	01:21:18	341	255
42	421	Hinnenkamp, Andreas	Lingen	01:23:11	01:22:26	357	259
43	930	Bartels, Jörn	privat	01:28:26	01:27:32	393	272
44	927	Bainbridge, Simon	Osnabrück	01:28:27	01:27:33	394	273
M 50							
1	761	Bardtke, Thomas	BSG LVM Versicherung	00:50:22	00:50:20	2	2
2	354	Exler, Thomas	TV Mesum	00:57:40	00:57:34	13	11
3	774	Doodeman, Stephan	Lauftreff Ganderkesee	00:58:07	00:57:54	16	14
4	377	Gehrmann, Stefan	LG Rheine-Elte	00:58:39	00:58:32	22	20
5	593	Rohmann, Wolfgang	Wildeshäuser Lauftreff	00:59:23	00:59:20	25	23
6	758	Pohl, Martin	TV Georgsmarienhütte	00:59:58	00:59:11	28	26
7	760	Wiesenmüller, Jens	TV Georgsmarienhütte	00:59:58	00:59:11	29	27
8	759	Igelbrink , Hans Peter	TV Georgsmarienhütte	00:59:58	00:59:10	30	28
9	845	Alfing, Karl-Heinz	DJK Arminia Ibbenbüren	01:01:13	01:01:01	35	33
10	745	Steinkamp, Franz	Lauftreff SW Osterfeine	01:01:48	01:01:38	43	41
11	673	Trüün, Dieter	Laufgruppe SCU Emlichheim	01:01:58	01:01:30	46	44
12	686	veenendaal, berend	losser nederland	01:02:17	01:02:11	49	46
13	753	Wewer, Christian	Grün-Weiß Steinbeck	01:03:30	01:03:25	61	55
14	738	Nippel, Jochen		01:03:52	01:03:50	63	57
15	867	Aulkemeyer, Jochen	JAMODA	01:04:16	01:03:52	67	61
16	540	Naatz, Olaf	TV Hohne	01:04:30	01:04:23	70	63
17	592	Rogge , Uwe	WuH Laufgruppe	01:05:02	01:04:51	79	68
18	730	Zurloh, Dirk	SV Ems Westbevern	01:05:10	01:05:00	80	69
19	681	Vallböhmer, Ingo	ASC Schöppingen	01:05:15	01:05:05	81	70
20	729	Gamradt, Klaus	SW Lienen	01:06:02	01:05:35	93	82
21	858	Arkenberg , Bernd	Harpendorf	01:07:04	01:06:28	109	97
22	423	Hock, Thomas	DJK Armina Ibbenbüren	01:07:55	01:07:37	117	103
23	558	Ostendorf, Stefan.	Ibbenbüren	01:08:38	01:08:15	130	111
24	441	Jansing, Franz-Josef	SW Esch	01:08:39	01:08:02	131	112
25	747	Unland, Ralf	Tri Team TuS Engter	01:09:44	01:09:03	142	122
26	739	Rohlmann, Peter	SV Dickenberg	01:10:13	01:09:16	150	128
27	728	Wunderlich, Frank		01:10:29	01:10:10	153	130
28	766	Wächter, Oliver	Team Seepferdchen	01:10:42	01:09:48	154	131

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
29	619	Schnelle, Holger	TuS Bersenbrück	01:10:52	01:10:17	158	133
30	413	Hermann, Windoffer	Ibbenbüren	01:11:14	01:10:57	161	136
31	424	Höfker, Klaus	Rheine	01:11:27	01:10:49	166	139
32	564	Paskert, Thomas	Laufsport Senden	01:12:11	01:11:34	177	149
33	705	Weirauch, Olf	SuS Stadtlohn Laufabteilung	01:12:25	01:12:19	184	155
34	490	Kroening, Ralf	LG Emsdetten	01:12:58	01:12:42	199	166
35	722	Winzer, Peter	Wiesbaden	01:13:11	01:12:19	202	167
36	493	Kutheus, Josef	Hörstel	01:14:17	01:13:46	217	177
37	676	Tuchen, Bernd	Feuerwehr Lengerich	01:14:22	01:13:30	219	178
38	831	Albrecht, Manfred		01:14:23	01:13:28	220	179
39	670	Tietmeyer, Josef	Crespel & Deiters	01:14:28	01:14:05	221	180
40	769	Lüngen, Markus	Osnabrück	01:15:00	01:14:23	232	190
41	604	Schäl, Reiner	Grün-Weiß Steinbeck	01:15:12	01:14:38	237	192
42	610	Schlautmann, Karl-Heinz	SV Ems Westbevern	01:15:35	01:15:14	239	194
43	355	Farwerk, Berti	Ses en een	01:16:54	01:16:24	258	208
44	544	Niehueser, Ulrich	Münster	01:17:22	01:16:30	268	216
45	773	Schürmann, Jörg	Jede Oma zählt	01:17:25	01:16:40	269	217
46	879	Konermann, Jürgen	Grün-Weiß Steinbeck	01:17:26	01:16:53	270	218
47	870	Averkamp, Andreas	Marathon Steinfurt	01:17:34	01:16:51	274	219
48	647	Stallmeyer, Gerd	TVI	01:18:15	01:17:23	285	224
49	562	Overmeyer, Peter	Becks Lemon	01:18:42	01:18:02	295	229
50	985	Dellbrügge, Hansi	Feuerwehr Lengerich	01:18:55	01:18:02	301	234
51	390	Große-Berg, Ludger	TUS Recke	01:19:43	01:18:53	311	242
52	735	Zahnen, Johannes	SV Dickenberg	01:20:46	01:19:49	328	249
53	535	Misera, Andreas	Lauftreff Greven Aktuell	01:23:02	01:22:08	355	258
54	542	Neumann, Klaus	ASV Heckerheide	01:23:35	01:22:44	359	260
55	762	Van Iterson, Ruud	Jede Oma zählt	01:24:35	01:24:09	364	261
56	779	Heikens, Dr. Berend	TUS Detern	01:26:59	01:26:26	380	268
57	520	Menebröcker, Jörg	Lengerich	01:31:46	01:31:02	403	280
58	944	Bettels, Michael	Raesfeld	01:32:29	01:31:36	406	281
59	512	Madeja, Michael	Kamen	01:35:32	01:34:52	420	284
60	757	Schaefer, Klaus	Kirche läuft Wilhelmshaven	01:36:02	01:35:36	425	285
M 55							
1	536	Mittelberg, Michael	SC Altenrheine	00:56:38	00:56:37	10	9
2	977	Czerlinski, Manfred	SV Warsingsfehn	01:01:14	01:01:12	36	34
3	943	Bertram, Heinz-Jürgen	SC Altenrheine	01:01:52	01:01:46	45	43
4	501	Lohscheller, Ralf	LSF Münster	01:06:08	01:06:02	95	84
5	946	Bläcker, Dirk	Fitness Schule	01:06:19	01:06:10	100	88
6	751	Grundschtötel, Eduard	LC Paderborn	01:10:28	01:10:13	152	129
7	740	Steffan, Christoph	Jede Oma zählt	01:10:48	01:10:03	155	132
8	559	Knollmann, Michael		01:11:17	01:10:48	163	137
9	781	Matheke, Jürgen	TV Hohne	01:11:37	01:11:31	169	141
10	569	Pieper, Thomas	LG Emsdetten	01:12:32	01:12:26	190	160
11	406	Heisterborg, Wolfgang	SC Altenrheine	01:12:39	01:12:22	194	163

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
12	986	Meemann, Helmut	Vfl Lingen	01:13:37	01:13:16	210	173
13	375	Gebel, Reiner	privat	01:14:29	01:13:56	222	181
14	641	Sentker, Ralf	VfL Lingen	01:16:08	01:15:46	247	199
15	750	Ansgar, Krieger	Tri TeamTuS Engter	01:16:54	01:16:13	259	209
16	664	Teutemacher, Tobias	Team Erdinger Alkoholfrei	01:17:08	01:16:48	260	210
17	954	Borgmann, Erich	Marathon Steinfurt	01:17:08	01:16:26	261	211
18	474	Konermann, Peter	TV Hohne	01:18:39	01:17:54	294	228
19	998	Drilling, Dirk	Münster	01:18:43	01:18:21	296	230
20	731	Mergner, Jochen		01:19:14	01:18:54	305	236
21	678	Ungruh, Hans-Joachim	vfl Lingen	01:19:48	01:19:10	314	243
22	975	Conrad, Reimund	SV Bad Laer	01:25:01	01:24:04	365	262
23	427	Hoppe, Heinz		01:25:03	01:24:12	366	263
24	784	Gastmann, Richard	Blau Wiss Filsum	01:27:02	01:26:28	382	269
25	662	Teckenbrock, Udo	TV Hohne	01:29:44	01:28:58	399	276
M 60							
1	789	Goerke-Mallet, Peter	MÜSOLaufen06	01:10:10	01:10:07	149	127
2	656	Sundermann, Uwe	TV Hohne	01:13:26	01:12:52	206	170
3	875	Baberschke, Rolf	LG Emsdetten	01:15:44	01:15:28	244	197
4	928	Bakker, Harn	Generaal Michaelis	01:16:29	01:16:15	252	203
5	941	Berlekamp, Ulrich	Ibbenbüren	01:20:38	01:19:48	324	246
6	718	Wille, Wilfried	Laufftreff Lauenhagen	01:21:25	01:20:46	334	252
7	344	Egbert, Ralf	TV Hohne	01:21:36	01:20:49	340	254
8	476	Koot, John		01:28:54	01:28:22	396	274
9	967	Buczilowski, Eckhard	TV Hohne	01:33:31	01:33:03	411	282
10	603	Sandelmann, Dieter	Ultrafriesen e.V.	01:33:32	01:33:15	413	283
11	960	Brix, Michael	TV Hohne	01:38:17	01:37:37	431	287
M 65							
1	635	Schultz, Winfried	Ibbenbüren	00:59:12	00:59:09	24	22
2	631	Schubert, Rudolf		01:06:15	01:06:12	99	87
3	950	Boberg, Friedel	TV Georgsmarienhütte	01:07:29	01:07:15	112	99
4	391	Günnigmann, Alfons	SC Falke Saerbeck	01:18:19	01:17:56	289	226
5	755	Diekenbrock, Manfred	SV Lembeck	01:18:49	01:18:23	297	231
6	443	Janssen, Harrie	LV Kooiveld	01:18:55	01:18:49	300	233
7	680	Vahrenhorst, Dieter	TV Hohne	01:23:01	01:22:16	354	257
8	979	de Jong, Tjits	Reestrunners	01:30:00	01:29:24	401	278
M 70							
1	350	Eppendahl, Klaus	Hattinger Hügelläufer	01:09:09	01:09:07	135	116
2	951	Bodach, Claus	SV Lüttringen	01:11:30	01:11:16	168	140
3	473	Kolsloot, Gerard		01:19:32	01:19:29	308	239
4	699	Wahl, Günther	SuS Olfen	01:25:55	01:25:41	373	265
M 75							
1	764	Kreienbauer, Bernhard		01:26:28	01:26:16	377	267
2	743	Lüersen, Werner	TV Georgsmarienhütte	01:29:37	01:29:06	398	275
3	737	Daniel, Wolf-Dieter	SV Eintracht Neuenkirchen	01:29:57	01:29:24	400	277

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
M 80							
1	719	Winter, Heinz	TVGeorgsmarienhütte	01:38:03	01:37:19	428	286
2	767	Ungemach, Andreas	TV G.M. Hütte	01:52:39	01:52:09	436	288
M HK							
1	450	Kähler, Lars	Piesberger SV	00:55:39	00:55:38	8	8
2	690	Greiling, Jochen	Canu Club Emsdetten	00:58:23	00:58:20	20	18
3	794	Heyser, Niklas	Hattinger Hügelläufer	00:59:47	00:59:45	27	25
4	412	Herkenhoff, Andreas	Bsv Leeden/ Ledde	01:01:40	01:01:23	41	39
5	997	Dörr, Jan	LG Rheine-Elte	01:01:42	01:01:35	42	40
6	660	Tebbe, Dominik	DJK Arminia Ibbenbüren	01:02:12	01:01:49	48	45
7	987	Demirel, Serkan	Becks Lemon	01:03:35	01:02:58	62	56
8	550	Niermann, Thomas	Hurz	01:05:52	01:05:33	90	79
9	692	von Glahn, Steffen	Crespel & Deiters	01:05:57	01:05:36	92	81
10	771	Reuter, Tim	Laufsport Senden	01:08:13	01:07:44	121	105
11	965	Lüke, Carsten		01:09:11	01:09:02	137	118
12	780	Matheke, Marco	TV Hohne	01:11:49		171	143
13	613	Schluch, Pascal	SV Teuto Riesenbeck	01:12:12	01:12:04	178	150
14	724	Wolf, Jan	MoDo e.V.	01:12:37	01:12:21	192	161
15	378	Gerdes, Gerrit	Ibbenbüren	01:13:11	01:12:23	203	168
16	552	Nitz, Arne	Selm	01:13:38	01:13:00	212	174
17	649	Stefan, Ostendorf	SV Teuto Riesenbeck	01:15:35	01:15:27	240	195
18	554	Norra, Marcel	Ja, er läuft!	01:17:55	01:17:05	279	221
19	357	Fast, Eugen	Crespel & Deiters	01:22:28	01:21:54	344	256
M Jgd A							
1	364	Fenollosa, León	Team Goethe	01:01:28	01:01:25	38	36
2	345	Egelkamp, Carsten	Team Goethe	01:05:40	01:05:27	86	75
3	533	Minnerup, Jan-Malte	Team Goethe	01:05:55	01:05:53	91	80
4	651	Steingröver, Robin	Team Goethe	01:06:13	01:06:05	97	85
5	369	Flören, Tim	Team Goethe	01:14:40	01:14:32	225	184
6	402	Heeke, Lukas	Team Goethe	01:14:40	01:14:31	226	185
7	709	Welp, Jannik	Team Goethe	01:17:36	01:17:22	275	220
8	675	Tschierswitz, Gerrit	Crespel & Deiters	01:18:05	01:17:41	284	223
M Jgd B							
1	788	Pouick, Finn		00:58:58	00:58:47	23	21
2	467	Knollmann, Till	Team Goethe	01:06:14	01:06:09	98	86
3	366	Finke, Thorben	Lissys Running Team	01:08:41	01:08:40	132	113
4	973	Chalati, Mohamad	Team Goethe	01:12:19	01:12:18	179	151
5	627	Schrameyer, Henri	Team Goethe	01:17:55	01:17:43	281	222
M U23							
1	791	Tsegay, Yohannes	Jede Oma zählt	00:52:05	00:52:02	4	4
2	953	Demand, Christian	Team Goethe	01:05:48	01:05:41	89	78
3	410	Herder, Benedict	Crespel & Deiters	01:12:31	01:11:59	189	159
W 30							
1	859	Arlom, Hannah	LG Emsdetten	00:55:50	00:55:46	9	1

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
2	782	Bußmann, Marie	TriSpeed Marienfeld	01:02:40	01:02:25	53	4
3	445	Januschak, Eva	W&H Laufgruppe	01:03:23	01:03:21	59	5
4	695	Voß, Stefanie		01:04:50	01:04:32	76	10
5	674	Vidal Murcia, Verena	SVA Salzbergen	01:07:34	01:07:03	113	14
6	785	Selker, Astrid	LS Wiedenbrück	01:16:26	01:16:09	251	49
7	510	Lux, Vera		01:18:34	01:18:14	290	64
8	846	Altepping, Lisa	Nienkärske (geschwind wie der)	01:18:37	01:18:19	293	66
9	693	von Quednov Hußmann, Zita	TV Hohne	01:19:59	01:19:26	317	74
10	657	Süverling, Melanie	Team Goethe	01:21:33	01:21:23	338	85
11	704	Weigle, Christina	SC n.e.V.and friends	01:22:51	01:22:07	349	93
12	952	Boensch, Sarah	SC n.e.V.and friends	01:22:51	01:22:08	350	94
13	622	Schönefeld, Petra	Dortmund	01:28:20	01:27:53	392	121
14	721	Winter, Christine	TV Hohne	01:38:05	01:37:26	429	143
W 35							
1	938	Konermann, Kira	SV Teuto Riesenbeck	00:57:40	00:57:37	12	2
2	386	Görken, Antje	Ostbevern	01:03:24	01:03:04	60	6
3	526	Mersch , Sonja	Jon&Son&Rob Sports	01:08:33	01:08:20	128	19
4	600	Rücker, Anja	TV Hohne	01:09:50	01:09:25	143	21
5	577	Pott, Sonja	SV Cheruskia Laggenbeck	01:10:23	01:10:17	151	23
6	795	Wittkamp, Claudia		01:13:38	01:13:26	211	38
7	517	Martins, Susana	California	01:14:54	01:14:15	229	42
8	688	Vieth, Judith	Run 4 Fun Greven e.V.	01:15:36	01:14:48	241	46
9	514	Janroszczyk, Jutta		01:19:02	01:18:46	302	68
10	710	Wesselmann, Judith	Grün-Weiß Steinbeck	01:22:04	01:21:28	343	88
11	796	Hieck, Alexandra	SuS Olfen	01:22:58	01:22:46	351	95
12	400	Haupt, Daniela	Triathlon Club Bremen	01:24:22	01:23:28	362	102
13	379	Gerdes, Marina	Crespel & Deiters	01:26:35	01:26:08	378	111
14	733	Klieve, Christina	Laufsport Senden	01:35:41	01:35:14	422	138
15	404	Heilmann, Jessica	TV Hohne	01:49:28	01:48:46	435	148
16	748	Muhle, Margarete		02:35:42	02:34:44	437	149
W 40							
1	438	Janke, Sandra		01:09:57	01:09:46	144	22
2	532	Mikolajew, Jeanet	TV Hohne	01:10:49	01:10:25	156	24
3	547	Niehus, Juliane	Arminia Appelhülsen	01:12:24	01:11:30	183	29
4	565	Paskert-Hartmann, Sandra	Laufsport Senden	01:13:21	01:12:46	205	36
5	700	Wallmeier, Jenny	SV Teuto Riesenbeck	01:13:34	01:13:31	209	37
6	556	Westermann, Nicole	Laufabteilung SuS Stadtlohn	01:13:40	01:13:31	213	39
7	969	Bühren, Melanie	Grün-Weiß Steinbeck	01:16:39	01:16:08	254	50
8	440	Jansing, Petra	SW Esch	01:17:13	01:16:22	264	51
9	527	Meyer, Melanie	SC Union 08 Lüdinghausen	01:17:18	01:16:44	267	52
10	698	Voy-Swoboda, Olga	Münster	01:18:04	01:17:37	283	61
11	482	Lammerskitten, Kirsten		01:18:34	01:17:54	292	65
12	671	Timpe, Meike	SuS Stadtlohn	01:19:02	01:18:53	303	69
13	549	Nierhoff, Kerstin	Olfen	01:19:47	01:19:07	312	70

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
14	411	Hergemöller, Miriam	DJK Arminia Ibbenbüren	01:19:57	01:19:17	316	73
15	539	Muer, Hella	Run4fun	01:20:45	01:19:57	327	79
16	793	Strachau, Kirsten		01:24:09	01:23:19	361	101
17	452	Kappelhoff, Tanja	SV Teuto Riesenbeck	01:24:23	01:23:42	363	103
18	976	Corbach, Dorte		01:25:28	01:24:46	368	105
19	477	Kopp, Andrea	Hannover	01:25:43	01:24:55	370	106
20	347	Eiben, Ruth	Flemminge	01:26:35	01:26:15	379	112
21	511	Maas, Astrid	Wildeshauser Lauftreff	01:27:25	01:26:43	387	117
22	956	Bosse, Conny	SV Teuto Riesenbeck	01:27:31	01:27:27	388	118
23	734	Schwiterjahn, Melanie	SV Dickenberg	01:27:50	01:26:54	390	119
24	694	Vorm-Brocke, Claudia	Osnabrück	01:29:09	01:29:05	397	123
25	682	van der Veer, Saskia	GRONINGEN	01:34:16	01:33:18	418	135
W 45							
1	926	Bagert, Birgit	Fitness Schule	01:04:33	01:04:23	71	8
2	863	Arning, Eva-Maria	Spiridon Haltern	01:04:49	01:04:47	75	9
3	599	Rotthäuser, Heike	LG Coesfeld	01:06:08	01:06:05	96	12
4	358	Plate, Vera	Laufend Besser	01:08:28	01:08:25	126	18
5	588	Renze, Elke	TuS Bersenbrück	01:10:50	01:10:16	157	25
6	488	Kretschmann , Sabine	VfL Lingen	01:11:16	01:11:04	162	26
7	425	Höfker, Melanie	Rheine	01:11:26	01:10:49	165	27
8	479	Korte, Renate	TV Dinklage-Burgläufer	01:12:25	01:12:17	185	30
9	763	Glane, Dorothe	TV Georgsmarienhütte	01:14:21	01:13:42	218	41
10	393	Gutknecht, Claudia	LC Solbad Ravensberg	01:16:04	01:15:42	246	48
11	715	Wiemer, Gudrun	Ostbevern	01:17:28	01:16:46	272	54
12	625	Schönig, Marion	SW Esch	01:17:32	01:16:41	273	55
13	609	Schiller, Katrin		01:17:45	01:17:28	276	56
14	776	Brink, Heike	SV Bokeloh	01:18:02	01:17:48	282	60
15	489	Kriens, Anja	Lauftreff Lüdinghausen	01:19:49	01:19:10	315	72
16	484	Köster, Rita	Laufgruppe SCU Emlichheim	01:20:24	01:20:00	322	77
17	717	Wille, Anja	LG Emsdetten	01:25:51	01:25:32	372	108
18	504	Lügering-Birck, Tanja	Lauffreunde Emsland	01:27:22	01:26:57	386	116
19	462	Klare, Sigrid	TV Hohne	01:28:08	01:27:24	391	120
20	597	Röttger, Marion	SuS Stadtlohn Laufabteilung	01:31:57	01:31:48	404	124
21	644	Sonnet-Brockhaus, Sandra	Raesfeld	01:32:29	01:31:36	407	126
22	432	Hullerum, Sylvia	LG Coesfeld	01:34:01	01:33:35	414	131
23	931	Beck, Petra	Laufsport Senden	01:35:41	01:35:13	421	137
24	605	Schaefer, Birgit	Wilhelmshaven	01:36:01	01:35:38	424	140
25	395	Hamm, Wiebke	Bremen	01:44:31	01:43:41	434	147
W 50							
1	360	Felchner, Marion	LG Emsdetten	01:08:11	01:07:52	120	16
2	341	Duhr, Heike	Lauftreff Ganderkesee	01:12:42	01:12:17	195	32
3	416	Heukamp, Birgit	LG Emsdetten	01:12:58	01:12:41	200	34
4	359	Fechner, Perdita	TV Hohne	01:15:06	01:14:40	235	44
5	626	Schorn, Andrea	LC Wiedenbrück	01:17:27	01:16:59	271	53

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
6	643	Sietmann, Beate	Aids-Hilfe Münster	01:17:48	01:17:20	277	57
7	384	Glasow, Heide	FC Nordkirchen	01:19:48	01:19:06	313	71
8	405	Heinemann, Birgit	Steinfurt	01:21:05	01:20:28	331	80
9	521	Menebröker, Karin	TV Hohne	01:21:12	01:20:23	332	81
10	754	Kerk, Ruth	SV Dickenberg	01:21:49	01:20:56	342	87
11	465	Klompmaker, Wilma	Laufgruppe SCU Emlichheim	01:22:42	01:22:16	345	89
12	574	Pohlman, Groschi	Laufgruppe SCU Emlichheim	01:22:42	01:22:15	347	91
13	353	Euskirchen, Conny	VfL Lingen	01:23:00	01:22:35	353	97
14	768	Lehmann, Gabriele	LG Stadtwerke Hilden	01:23:28	01:22:43	358	99
15	568	Piek, Tina	Lauftreff Senden	01:25:27	01:24:45	367	104
16	403	Heemann, Iris	Grün-Weiß Steinbeck	01:26:28	01:25:52	376	110
17	475	Wittig, Anja	TV Hohne	01:28:39	01:27:54	395	122
18	594	Röschenkemper, Astrid	TV Hohne	01:32:12	01:31:29	405	125
19	932	Becker, Claudia	VfL Lingen	01:32:47	01:32:23	409	128
20	617	Schnabel, Maria	TV Hohne	01:35:10	01:34:44	419	136
21	433	Hülsmann, Veronika	Warburg	01:37:12	01:36:23	426	141
W 55							
1	401	Hauptmann, Bibiana	SV Bokeloh	01:08:10	01:07:50	119	15
2	448	Jürgens, Ulla	LG Emsdetten	01:09:39	01:09:32	140	20
3	703	Wegmann, Aloysia	SC Altenrheine	01:11:28	01:11:10	167	28
4	797	Niehueser, Theresia		01:13:48	01:12:57	214	40
5	775	Müller, Martina	SuS Olfen	01:17:48	01:17:35	278	58
6	560	Fritzemeier, Christiane	SCC Berlin	01:18:18	01:17:47	288	63
7	778	Uesbeck, Marion	SuS Olfen	01:20:10	01:19:58	319	76
8	343	Egbert, Christiane	TV Hohne	01:23:50	01:23:09	360	100
9	507	Lutterbeck, Gudrun	TV Hohne	01:26:59	01:26:17	381	113
10	661	Teckenbrock, Petra	TV Hohne	01:27:19	01:26:36	385	115
11	756	Haak, van den, Liesbeth	loopgroep Oegstgeest	01:33:12	01:32:17	410	129
12	696	Voß, Iris	TV Hohne	01:34:10	01:33:24	416	133
13	399	Haßmann, Annette	TV Hohne	01:34:10	01:33:23	417	134
14	961	Brix, Petra	TV Hohne	01:37:28	01:36:40	427	142
15	689	Vogelpohl, Ulla	TV Hohne	01:38:08	01:37:33	430	144
W 60							
1	963	Bröring, Gisela	Ve	01:04:18	01:04:11	68	7
2	591	Rieskamp, Irmgard	Grün-Weiß Steinbeck	01:15:11	01:14:44	236	45
3	409	Helsloot, Joke	Daventria	01:26:02	01:25:41	374	109
4	642	Seybering, Elisabeth	VfL	01:32:47	01:32:24	408	127
5	602	Sandermann, Monika	Ultrafriesen e.V.	01:33:32	01:33:16	412	130
6	580	Purk, Maria	Laufsport senden	01:35:41	01:35:14	423	139
7	652	Gulschinski, Hanna	TV Hohne	01:38:17	01:37:42	432	145
8	966	Bücker, Hendrikje	Ibbenbüren	01:41:17	01:40:56	433	146
W HK							
1	665	Teutmacher, Lena	LG Emsdetten	01:02:09	01:01:52	47	3
2	389	Greshake, Ricarda	W+F Münster	01:05:01	01:04:37	78	11

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
3	606	Schallenberg, Janine		01:08:23	01:07:55	124	17
4	723	Witte, Katrin	Ibbenbüren	01:13:10	01:12:35	201	35
5	509	Lutterbeck, Tina	TV Hohne	01:15:03	01:14:33	234	43
6	387	Goß, Carolin	Ibbenbüren	01:15:37	01:14:49	242	47
7	611	Schlautmann, Hanna	SV Ems Westbevern	01:18:15	01:17:50	286	62
8	453	Bautz, Katharina	TV Hohne	01:21:12	01:20:30	333	82
9	663	Teigeler, Ina	SV Teuto Riesenbeck	01:21:29	01:20:48	335	83
10	480	Korte, Vanessa	Crespel & Deiters	01:21:34	01:21:06	339	86
11	650	Steffen, Linda	Laufgruppe SCU Emlichheim	01:22:42	01:22:18	346	90
12	929	Barkling, Verena	SC n.e.V.and friends	01:22:51	01:22:08	348	92
13	999	Düffels, Lisa Maria	Laufsport Senden	01:22:59	01:22:30	352	96
14	847	Althaus, Johanna	Hattinger Hügelläufer	01:25:46	01:25:43	371	107
15	962	Brix, Verena	TV Hohne	01:34:10	01:33:28	415	132
W Jgd A							
1	543	Neumann, Lea Sophie	Team Goethe	01:12:54	01:12:50	196	33
2	614	Schmedt, Lena	Team Goethe	01:20:10	01:20:03	318	75
3	497	Lausmann, Mona	Team Goethe	01:23:11	01:23:01	356	98
4	957	Böttinger, Greta	Team Goethe	01:27:11	01:26:57	384	114
W Jgd B							
1	658	Ponick, Franziska	Run4Fun Greven e.V	01:12:35	01:12:07	191	31
2	442	Jansing, Marie	Team Goethe	01:17:55	01:17:40	280	59
3	430	Hövel, Anna	Team Goethe	01:20:33	01:20:19	323	78
W U23							
1	857	Arkenberg , Sophia	SV Falke Steinfeld	01:07:04	01:06:29	110	13
2	687	Veismann, Maike	Team Goethe	01:18:53	01:18:47	299	67
3	471	Kohnhorst, Johanna	Crespel & Deiters	01:21:31	01:21:04	336	84