

2. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
M 30							
1	2365	Windoffer, Patrick	SV Teuto Riesenbeck	00:49:32	00:49:30	1	1
2	2172	Westermann, Ingo	SV Teuto Riesenbeck	00:53:59	00:53:56	6	6
3	2229	Falstygier, Lukas	Münster	00:58:44	00:58:28	22	21
4	2025	Baumhör, Sebastian	Ibbs town Woodrocka	01:01:55	01:01:48	32	30
5	2274	Hagedorn, Tobias	BSV Holzhausen	01:03:49	01:02:48	39	36
6	2279	Menger, Andre	BSG Kreissparkasse Steinfurt	01:07:16	01:06:48	53	49
7	2090	Loose, Matthias	Hörstel	01:08:38	01:08:30	72	63
8	2209	Nordmann, Olaf	Brochterbeck	01:09:14	01:08:22	77	68
9	2154	SEITEL, TONI	SV GARTOW	01:09:22	01:08:31	78	69
10	2286	Klang, Ralf	W&H-Laufgruppe	01:13:19	01:11:50	118	105
11	2237	Brüwer, Carsten	TSV Wallenhorst	01:13:26	01:12:52	122	109
12	2362	Franksmann, Alexander	Kürbishof Franksmann	01:14:47	01:13:32	144	125
13	2001	Dierkes, Christian	Ibbenbüren	01:18:07	01:17:09	186	153
14	2120	Lindmeier, Ingo	AkzoNobel	01:23:11	01:22:14	228	177
15	2038	Schmidt, Björn	Tecklenburg	01:34:34	01:33:46	285	205
16	2023	von Felde, Sascha	Hesepers Rennschnecken	01:35:23	01:34:50	286	206
M 35							
1	2192	Wesselmann, Ansgar	Grün-Weiß Steinbeck	00:55:21	00:55:17	12	11
2	2316	Vogt, Sven	W&H-Laufgruppe	00:55:28	00:55:11	13	12
3	2042	Tepe, Frank	Reha u. Vital Hörstel	00:56:51	00:56:45	17	16
4	2238	Gühlstorf, Gunnar	Osnabrück	00:58:57	00:58:24	23	22
5	2162	Poerschke, Frank	Tecklenburg	01:01:19	01:00:52	29	27
6	2221	Wolff, Markus	SC Altenheime	01:03:27	01:02:53	37	34
7	2102	Korte, Andreas	BSG Westfalen	01:04:01	01:03:35	42	38
8	2086	Florien, Markus	Sassenberg	01:04:02	01:03:00	43	39
9	2147	Tausch, carsten	Osnabrück	01:07:44	01:07:25	56	51
10	2356	Hauer, Markus	Braunschweig	01:08:03	01:06:42	58	52
11	2369	Wessinghage, Stefan	Recklinghäuser LC	01:08:15	01:08:10	62	55
12	2164	Tepe, Andre	SV Uffeln	01:09:05	01:08:37	75	66
13	2069	Schürenkamp, Peter	Sassenberg	01:10:04	01:08:59	83	74
14	2373	Wichner, Thomas	OSC Osnabrück	01:10:12	01:08:59	85	76
15	2111	Künker, Ulrich	Osnabrück	01:10:57	01:10:49	86	77
16	2215	Laumann, Markus	Münster	01:12:49	01:12:18	111	99
17	2374	Gehrs, Markus	Osnabrück	01:12:56	01:11:44	115	102
18	2144	Marten, Norbert	Georgsmarienhütte	01:13:38	01:13:18	128	115
19	2173	Rottmann, Joscha	Steinfurt	01:14:08	01:12:44	135	119
20	2153	König, Christian	Sassenberg	01:14:46	01:13:42	143	124
21	2070	Jakob-Elshoff, Kai	Ladbergen	01:15:33	01:14:57	150	128
22	2092	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	01:15:34	01:15:00	151	129
23	2331	Degen, Frank	Neuenkirchen	01:16:46	01:15:28	160	135

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
24	2298	Westkamp, Ramon	Morgengold Runners	01:16:58	01:16:41	166	138
25	2349	Weber, Thomas	THRWEAVER	01:17:44	01:16:48	176	146
26	2357	Eiben, Lars	Berlin	01:17:44	01:16:22	177	147
27	2291	Schwalbe, Oliver	Tvm	01:17:45	01:16:34	181	149
M 40							
1	2258	Brinkhaus, Hermann	VfL Ahaus	00:56:07	00:56:02	16	15
2	2306	Weddewer, Andreas	VfL Ahaus	00:57:15	00:57:10	18	17
3	2108	Meyer, Stephan	LSF Münster	00:58:17	00:58:08	19	18
4	2351	Schnebeck, Christian	SUS Darne	00:59:04	00:58:56	24	23
5	2358	Tormöhlen, Jörn	Ibbenbüren	00:59:32	00:59:21	25	24
6	2329	Anders, Maik	TSG 07 Burg Gretesch	01:00:59	01:00:49	28	26
7	2027	Jasper, Manfred	Crespel&Deiters	01:01:27	01:01:14	30	28
8	2055	Matthias, Mike	SV Teuto Riesenbeck	01:01:41	01:01:00	31	29
9	2026	Bärtels, Torsten	TriRun Ibbenbüren	01:01:55	01:01:45	33	31
10	2017	Rahe, Frank	Crespel&Deiters	01:02:44	01:02:24	34	32
11	2363	Fuchs, Jurek	TV Hohne	01:08:17	01:07:43	64	56
12	2301	Karlish, Frank	S.C. Altenrheine	01:08:47	01:07:28	74	65
13	2277	Leißing, Michael	W&H-Laufgruppe	01:09:26	01:09:02	79	70
14	2046	Hackländer, Michael	WSU Tri. Team	01:09:28	01:08:24	80	71
15	2106	Schnetgöke, Jürgen	SV Teuto Riesenbeck	01:10:06	01:09:06	84	75
16	2285	Schneider, Bernd	W&H-Laufgruppe	01:11:01	01:09:35	88	78
17	2347	Marquardt, Christian	AVM EU-Neuwagen	01:11:14	01:10:35	93	82
18	2010	Lienesch, Dietmar	Ibbenbüren	01:11:32	01:10:45	97	86
19	2105	Kortmann, Stefan	Mesum	01:11:57	01:10:50	103	92
20	2367	Link, Mirko	Triathlon Team TG Witten	01:12:36	01:12:10	109	98
21	2079	Botzke, Andreas	BSG Kreissparkasse Steinfurt	01:12:49	01:12:22	112	100
22	2094	Debbert, Jörg	Lauftreff Westerkappeln	01:13:04	01:11:58	116	103
23	2370	Peschel, Dirk	Freunde der Physiotherapie Lee	01:13:19	01:11:51	119	106
24	2208	Fischer, Arne	Yogaschule Samadhi Meppen	01:13:37	01:13:28	125	112
25	2158	Rahe, Hendrik	BSV Westfalia Leeden / Ledde e	01:13:38	01:12:46	126	113
26	2227	Schulte, Michael	SV Bokeloh	01:14:18	01:13:50	138	121
27	2014	Vogt, Wolfgang	Crespel&Deiters	01:14:22	01:13:59	139	122
28	2226	Meyer, Wolfgang	Goldenstedt	01:16:44	01:15:56	158	134
29	2361	Potthoff, Peter	SV Oldendarf	01:17:05	01:16:23	169	140
30	2290	Epke, Maik	Halle /Westf.	01:18:54	01:18:11	195	160
31	2325	Tschorn, Björn	Steinfurt	01:25:25	01:24:28	248	185
32	2260	Yavuz, Ahmet	RAG	01:29:03	01:27:53	274	198
M 45							
1	2364	van de Pol, Melchior	av'34 te Apeldoorn	00:50:39	00:50:38	2	2
2	2346	tippey, mark	rheine	00:53:18	00:53:12	5	5
3	2156	Karneth, André	LSF Münster	00:54:15	00:54:13	8	7
4	2355	Möllers, Ralf	DJK Sportfreunde Budenheim	00:54:22	00:54:20	10	9
5	2020	Dieter, Schulz	Crespel&Deiters	01:00:39	01:00:25	27	25
6	2076	Aulkemeyer, Jochen	TV Mettingen	01:04:46	01:03:43	44	40

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
7	2115	Schüttken, Udo	TVMettingen	01:04:59	01:04:30	45	41
8	2009	Jakobs, Günter	Drei- Lauf- Freunde	01:05:32	01:04:55	46	42
9	2088	Stallmeier, Reinhard	BSG Kreisparkasse Steinfurt	01:06:57	01:06:42	51	47
10	2304	Rotermann, Jürgen	SUS Neuenkirchen	01:07:32	01:06:48	55	50
11	2324	Tost, Stefan	SC Altenrheine	01:08:17	01:08:06	65	57
12	2366	Schmidt, Martin	Triathlon TEAM TG Witten	01:08:27	01:08:01	67	59
13	2135	Steinigeweg, Jörg	TV Hohne	01:08:30	01:07:06	69	60
14	2307	Inderwisch, Frank	Gasschutzwehr RAG Anthrazit I	01:08:32	01:07:41	70	61
15	2235	Reppien, Stefan	Münster	01:09:58	01:09:47	82	73
16	2273	Moss, Udo	Ibbenbüren	01:11:03	01:10:31	89	79
17	2222	Stroscher, Mario	SV Oldendorf	01:11:14	01:10:34	94	83
18	2225	Recker, Michael	Grün Weiss Steinbeck	01:11:23	01:10:28	95	84
19	2340	Drontmann, Peter	TriRun Ibbenbüren	01:11:31	01:10:47	96	85
20	2012	Tietmeyer, Josef	Crespel&Deiters	01:12:14	01:11:57	105	94
21	2114	Asbrede, Peter	GW Brockdorf	01:12:22	01:11:32	106	95
22	2181	Stüve, Martin	Grün-Weiß Steinbeck	01:12:25	01:11:30	107	96
23	2263	Lissner, Andreas	RAG	01:12:33	01:11:23	108	97
24	2233	Schubert, Jürgen	LC Wiedenbrück	01:12:51	01:12:06	113	101
25	2019	Fäthe, Andreas	Crespel&Deiters	01:13:18	01:12:15	117	104
26	2022	Schemm, Jochen	Crespel&Deiters	01:13:20	01:12:17	120	107
27	2236	Dünelmann, Olivier	Münster	01:13:31	01:13:20	123	110
28	2160	Uhlenkott, Klaus	Feuerwehr Steinfurt	01:17:59	01:17:06	183	150
29	2354	Rommel, Markus	Münster	01:18:35	01:17:36	190	155
30	2251	Varga, Georg	Nordwalde	01:18:51	01:17:42	192	157
31	2068	Posnanski, Thomas	Recke	01:18:52	01:17:43	193	158
32	2284	Koehorst, Antoon	Oldenzaal (NL)	01:19:20	01:18:30	198	162
33	2287	Drawe, Volker	Marathon Steinfurt	01:19:26	01:18:15	199	163
34	2089	Ungruh, Harald	EHV Enschede	01:19:32	01:18:14	202	165
35	2197	Hesselkamp, Norbert	H2 Therm	01:20:09	01:19:35	206	169
36	2206	Averwald, Frank	Nordhorn	01:20:42	01:19:29	211	171
37	2083	Dröge, Oliver	TLV Rünthe	01:20:43	01:19:49	213	173
38	2201	Schäl, Reiner	Grün-Weiß Steinbeck	01:22:49	01:21:49	226	176
39	2239	Panning, Stephan	BSG Klinik Münsterland	01:23:38	01:22:22	231	179
40	2353	Bonacker, Ralf	Iburger Kängurus	01:24:01	01:23:19	235	180
41	2303	Vollmer, Christoph	Wasser+Freizeit Münster	01:27:07	01:25:35	265	192
42	2264	Tabakcayi, Kadir	RAG	01:27:20	01:26:12	267	194
43	2265	Janke, Ralf	RAG	01:31:03	01:29:58	279	202
44	2261	Stenzel, Udo	RAG	01:32:46	01:31:39	281	203
45	2250	Engelhard, Sven	Gütersloh	01:33:43	01:32:46	283	204
M 50							
1	2336	Bossow, Christian	Active Sportshop Team	00:52:30	00:52:27	4	4
2	2078	Kania, Andreas	Lauffreunde Stefansbecke	01:02:46	01:02:45	35	33
3	2271	Dunnewind, Andre	R.C.L. running club liederholt	01:08:23	01:07:01	66	58
4	2064	Fels, Jörg	LG Rheine-Elte	01:11:12	01:10:52	92	81

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
5	2278	Hömmen, Martin	Georgsmarienhütte	01:11:42	01:10:39	98	87
6	2293	WIJNHOVEN, BERT	TRIBULLS	01:11:48	01:11:09	100	89
7	691	Bauland, Jürgen	Marathon Steinfurt	01:12:06	01:11:43	104	93
8	2294	Langkamp, Christian	SuS Neuenkirchen	01:13:24	01:12:41	121	108
9	2371	Schwert, Stephan	Lotterläufer	01:13:49	01:12:43	130	117
10	2281	Beulting, Franz-Josef	Marathon Steinfurt	01:14:34	01:13:24	142	123
11	2360	Lenneffer, Rainer	LG Vamos a la playa Soest	01:15:02	01:13:47	147	126
12	2205	Armbrüster, Ralf	Bad Iburg	01:15:32	01:14:51	149	127
13	2283	Düpmeier, Armin	LG Ems Warendorf	01:16:02	01:15:00	154	131
14	2119	Löpmeier, Thomas	Grün-Weiß Steinbeck	01:16:18	01:15:23	156	133
15	2338	Wiggenhorn, Alois	LT Wettringen	01:16:53	01:15:20	164	137
16	2133	Niggenaber, Ralf	TV Hohne	01:17:08	01:15:45	170	141
17	2352	Ambrock, Arne	GW Ibbenbüren	01:17:43	01:17:01	175	145
18	2109	Misera, Andreas	Greven	01:18:03	01:16:48	185	152
19	2128	Brüseke, Frank	TV Hohne	01:19:19	01:18:50	197	161
20	2319	Bertram, Heinz-Jürgen	TV-Jahn Rheine	01:19:43	01:18:13	204	167
21	2234	Meyer, Manfred	TV Mettingen	01:20:02	01:18:52	205	168
22	2104	Lanwert, Andreas	SV Eintracht Neuenkirchen	01:23:16	01:22:39	229	178
23	2183	Minns, Steven	Westerkappeln	01:25:11	01:24:00	246	183
24	2262	Mahlau, Ralf	RAG	01:25:35	01:24:23	249	186
25	2342	Conrad, Reimund	SV Bad Laer	01:27:31	01:26:06	268	195
26	2259	Gleißner, Rolf	RAG	01:29:03	01:27:49	275	199
M 55							
1	2368	Vogl, thomas	Recklinghäuser LC	00:55:41	00:55:37	14	13
2	2228	Wibbeling, Reinhard	ETuS Rheine	01:06:37	01:06:00	49	45
3	2272	Vulkers, George	Nederland	01:08:35		71	62
4	2321	Thole, Jürgen	Bippener SC	01:08:44	01:08:20	73	64
5	2143	John, Hans-Henning	Tri Team Warendorf	01:09:12	01:08:39	76	67
6	2267	Christerus, Geert	Kontrast Dalfsen	01:11:53	01:10:30	102	91
7	2372	Ruhe, Dieter	SV Teuto Riesenbeck	01:15:53	01:14:30	152	130
8	2146	Borgmann, Erich	Marathon Steinfurt	01:16:06	01:14:57	155	132
9	2127	Brix, Michael	TV Hohne	01:17:29	01:16:32	173	143
10	2199	Schniedergers, Franz-Josef	Hörstel	01:18:23	01:18:06	187	154
11	2292	Hümer, Kalle	TV Jahn Borgholzhausen	01:18:54	01:18:11	194	159
12	2171	Egbert, Ralf	TV Hohne	01:20:43	01:19:34	212	172
13	2166	Laig, Uwe	TV Hohne	01:24:43	01:23:22	244	181
14	2184	Zimmermann, Michael	grün-weiß steinbeck	01:25:07	01:24:08	245	182
15	2051	Koch, Wolfgang	Bünder TV Westfalia	01:26:04	01:25:19	253	187
16	2110	Winter, Herbert	Bielefeld	01:26:23	01:26:16	256	189
17	2049	Linsky, Dieter	Laufsportfreunde Muenster	01:26:48	01:25:41	262	191
18	2003	Herzog, Reinhard	Bassum	01:27:11	01:26:25	266	193
19	2138	Eversmann, Rainer	Nortrup	01:29:43	01:28:55	277	200
20	2129	Buczilowski, Eckhard	TV Hohne	01:30:39	01:29:55	278	201
21	2255	Lux, Peter	Abbenhausen	01:35:46	01:35:00	289	207

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
22	2245	Kuhlenbäumer, Willi	Münster	01:37:46	01:36:20	293	208
M 60							
1	2122	Delicat, Erwin	TSV Bassum	01:19:30	01:19:21	200	164
2	2244	Günnigmann, Alfons	SC Falke Saerbeck	01:19:37	01:18:24	203	166
M 65							
1	2323	Nykamp, Berthold	LC Nordhorn	01:06:41	01:06:02	50	46
2	2207	Temme, Hans-Hubert	Bad Iburg	01:28:06	01:27:24	272	196
M HK							
1	2289	Pugge, Daniel	Tus Germania Horstmar	00:54:59	00:54:57	11	10
2	2098	Schrameyer, Kai	Tri 4 Fun Ibbenbüren	00:55:46	00:55:39	15	14
3	2100	Remme, Stefan	Tri4fun Ibbenbüren	00:58:38	00:58:30	21	20
4	2216	Brink, Joscha	Bramsche	01:03:47	01:03:31	38	35
5	2188	Knuf, Christopher	Ibbenbüren	01:03:51	01:02:53	40	37
6	2231	Reinecke, Andre	BVB Fanclub Lengerich	01:05:45	01:04:40	47	43
7	2179	Grauert, Martin	Ibbenbüren	01:07:00	01:06:07	52	48
8	2013	Chloupek, Jacek	Crespel&Deiters	01:08:11	01:07:53	60	53
9	2189	Niermann, Thomas	Ibbenbüren	01:09:51	01:08:46	81	72
10	2326	Piper, Lennart	Münster	01:11:10	01:10:07	90	80
11	2037	Benneker, Guus	IBB Runners	01:11:44	01:11:17	99	88
12	2093	Stratmann, Jan	Neuenkirchen	01:11:50	01:11:06	101	90
13	2243	Stegemann, Frank	Münster	01:13:33	01:12:57	124	111
14	2002	Lehmann, Stefan	Sv Teuto Riesenbeck	01:13:45	01:13:00	129	116
15	2350	Middendorf, Daniel	Osnabrück	01:14:00	01:12:58	131	118
16	2148	Wichmann, Timo	Feuerwehr Ibbenbüren	01:14:11	01:13:15	137	120
17	2187	Niermann, Philipp	Ibbenbüren	01:16:53	01:15:56	163	136
18	2126	Brix, Christian	TV Hohne	01:17:28	01:16:03	172	142
19	2276	Laig, Matthias	TV Hohne	01:17:30	01:16:04	174	144
20	2348	Weber, Fabian	THRWEAVER	01:17:45	01:16:49	179	148
21	2161	Pukin, Eugen	Feuerwehr Steinfurt	01:17:59	01:17:05	184	151
22	2101	Kolsloot, Sander	Amersfoort	01:18:47	01:17:24	191	156
23	2021	Kröger, Marcel	Crespel&Deiters	01:21:26	01:21:07	221	174
24	2016	Schöckel, Marco	Crespel&Deiters	01:21:26	01:21:08	222	175
25	2137	Wiemeler, Steffen	Recke	01:25:21	01:24:25	247	184
26	2130	Haßmann, Yannick	TV Hohne	01:26:15	01:24:50	255	188
27	2015	Fast, Eugen	Crespel&Deiters	01:26:26	01:26:06	257	190
28	2075	Scholmeyer, Patrick^	Feuerwehr Ibbenbüren	01:28:24	01:26:59	273	197
M Jgd A							
1	2059	Fels, Marcel	LG Rheine-Elte	00:51:26	00:51:23	3	3
2	2125	Hilden, Marlon	LG Rheine-Elte	00:54:19	00:54:15	9	8
3	2091	Wichers, Cesar	Zwolle	01:08:13	01:08:03	61	54
M Jgd B							
1	2308	Inderwisch, Lukas	SW-Esch	00:58:36	00:57:45	20	19
2	2256	Wallochny, Nico	Stella Bevergern	01:06:21	01:06:04	48	44
3	2036	Heckhoff, Finn Eric	VfL Germania Leer/Judo	01:13:38	01:12:49	127	114

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
4	2121	Daldrup, Eike	Dülmen	01:16:59	01:15:43	167	139
5	2266	Janke, Steffen	RAG	01:20:09	01:19:03	207	170
W 30							
1	2152	Wessinghage, Tina	Recklinghäuser LC	01:00:33	01:00:29	26	2
2	1396	Stiepel, Edith	LC Nordhorn	01:03:58	01:03:54	41	4
3	2018	Gerdes, Marina	Crespel&Deiters	01:14:02	01:13:45	133	15
4	2211	Franke, Jessica	OKE GROUP	01:14:29	01:13:48	141	19
5	2332	Telker, Sabine	Hobbyläuferinn	01:16:46	01:15:27	159	25
6	2134	Rücker, Anja	TV Hohne	01:17:28	01:16:31	171	30
7	2174	schröder, julika	münster	01:17:44	01:16:20	178	31
8	2032	Paluschek, Marta	Ibbenbüren	01:19:30	01:19:17	201	37
9	2191	Wesselmann, Judith	Grün-Weiß Steinbeck	01:20:44	01:19:48	214	41
10	2299	Schumacher, Lina	Münster	01:20:45	01:19:46	215	42
11	2249	Wieland, Stephanie	LSF Münster	01:21:20	01:20:27	220	47
12	2193	Röhrdanz, Stefanie	Osnabrück	01:24:08	01:23:54	237	57
13	2024	Prigge, Jana	Teuto Fit	01:25:57	01:25:44	251	65
14	2074	Hagedorn, Kerstin	Ibbenbüren	01:26:43	01:25:24	260	70
15	2034	Kampmann, Serena	Ibbenbüren	01:26:43	01:25:24	261	71
16	1123	Hausberg, Julia	Team Ruhrpott	01:27:07	01:26:31	264	73
17	2212	Moghnieh, Nadia	Emsdetten	01:27:42	01:26:12	271	76
18	2268	Doerk, Elisabeth	Osnabrück	01:41:19	01:40:05	299	91
W 35							
1	2310	Kloppenborg, Claudia	LG Emsdetten	01:14:57	01:14:21	146	21
2	2219	Holt, Petra	Lingen	01:16:55	01:16:15	165	28
3	2099	Ullrich, Yvonne	Ibbenbüren	01:17:00	01:15:40	168	29
4	2053	Ull, Melanie	SV Bokeloh	01:18:30	01:17:48	189	35
5	2031	Westkamp, Bianca	kein Verein	01:20:54	01:20:42	217	44
6	2194	Nordmann, Martina	SV Eintracht Neuenkirchen	01:23:49	01:23:17	234	55
7	2141	Brameyer, Mona	SV Bokeloh	01:24:23	01:23:43	242	62
8	2315	Vogt, Kathrin	Hundefreunde Lengerich e.V.	01:26:36	01:25:08	259	69
9	2343	Kuck, Nadine	Lage	01:38:06	01:36:56	295	87
10	2123	Kowalewski, Jessica	Triathlon Team TG Witten	01:40:01	01:39:34	298	90
W 40							
1	2151	Hagenkötter-Börste, Andrea	TV Werne 03	01:14:00	01:13:16	132	14
2	2302	Boße, Ricarda	Ibbenbüren	01:15:55	01:15:41	153	23
3	2252	Marin, Ute	TV Mettingen	01:16:50	01:16:24	162	27
4	2242	Hädrich, Melanie	TV Mettingen	01:17:45	01:17:20	180	32
5	1087	Vossers, Rianne	LAAC	01:18:56	01:17:37	196	36
6	2117	Brink, Heike	SV Bokeloh	01:20:10	01:19:31	208	38
7	2202	Schluchter, Lisa	Lauftreff Merzen	01:21:13	01:20:33	218	45
8	2182	Häßler, Andrea	LV Oelde	01:22:17	01:21:19	223	48
9	2008	Baar, Silke	Ibbenbüren	01:23:07	01:22:13	227	51
10	2113	fiswick, melanie	lohne	01:23:21	01:22:31	230	52
11	2240	Panning, Heidi	Osnabrück	01:23:38	01:22:23	232	53

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
12	2337	Frisse, Petra	Lauftreff Nottuln	01:24:15	01:22:55	241	61
13	2297	Vorm-Brocke, Claudia	Osnabrück	01:27:34	01:26:34	269	74
14	2344	Schaefer, Birgit	Kirche läuft Wilhelmshaven	01:36:19	01:35:12	291	84
W 45							
1	2339	Wieggers, Renate	SuS 09 Neuenkirchen	01:07:59	01:07:18	57	6
2	2067	Lammert, Bettina	TLV Rünthe	01:14:48	01:13:55	145	20
3	2048	Harsevoort - Pieffers, Jenneke	Team Y&S Sportevents	01:16:35	01:16:19	157	24
4	2077	Neuhaus-Kania, Sabine	Lauffreunde Stefansbecke	01:16:48	01:16:29	161	26
5	2028	Leinker, Ulrike	Marathon Ibbenbüren	01:17:53	01:17:10	182	33
6	2060	Marliani, Brigitte	Tecklenburg	01:20:22	01:19:47	209	39
7	2052	Ostrzinski, Ulrike		01:20:38	01:19:23	210	40
8	2213	Thien, Waltraud	SV Bokeloh	01:20:53	01:20:14	216	43
9	2334	Lindmeyer, Marianne	Laggenbeck	01:24:08	01:23:24	236	56
10	2145	Herms, Sabine	FC Schüttorf 09	01:26:02	01:25:53	252	66
11	2035	Heckhoff, Ulrike	VfL Germania Leer/Judo	01:26:31	01:25:40	258	68
12	2096	Schmidt, Martina	Triathlon TEAM TG Witten	01:27:39	01:27:12	270	75
13	2169	Menebröker, Karin	TV Hohne	01:35:44	01:34:36	288	82
14	2139	Kühnel, Marion	Nortrup	01:35:55	01:35:07	290	83
W 50							
1	2071	Ernst, Carola	Münster	01:08:29	01:07:35	68	9
2	2320	Nieweler, Mechthild	SuS 09 Neuenkirchen	01:10:59	01:10:16	87	10
3	2314	Wilkens-Knickmann, Gunda	Lauftreff Twistringem	01:11:11	01:10:48	91	11
4	2155	Backensfeld, Barbara	TuS Hiltrup	01:12:47	01:12:12	110	12
5	2057	Hackmann, Mechthild	BSV Brochterbeck	01:12:55	01:12:19	114	13
6	2131	Lutterbeck, Gudrun	TV Hohne	01:22:43	01:21:47	225	50
7	2170	Egbert, Christiane	TV Hohne	01:24:41	01:23:34	243	63
8	2248	Punt, Jose	Oldenzaal	01:29:31	01:29:08	276	77
9	2185	Schröten, Jutta	Münster	01:37:54	01:37:07	294	86
10	2312	Piepel, Thea	SV Gladbeck 13	01:38:27	01:37:29	296	88
W 55							
1	2030	Wegmann, Aloysia	SC Altenrheine	01:07:18	01:06:59	54	5
2	2288	Jürgens, Ulla	LG Emsdetten	01:08:09	01:07:34	59	7
3	2330	Freitag, Evelyn		01:14:04	01:14:02	134	16
4	2309	Rotering, Birgitte	VfL-Ahaus	01:23:49	01:23:28	233	54
5	2270	Willmann, Renate	Stemwede	01:32:16	01:31:21	280	78
6	2232	Günnigmann, Elisabeth	SC Falke Saerbeck	01:34:33	01:33:37	284	80
7	2178	Bücker, Hendrikje	Ibbenbüren	01:38:57	01:38:15	297	89
W 60							
1	2200	Schwinge, Ekika	Moers	01:21:17	01:21:01	219	46
2	2082	Grewe, Roswitha	Ibbenbüren	01:24:09	01:22:51	238	58
3	2241	van Wezel, Helma	Klarenbeek	01:36:25	01:35:57	292	85
W HK							
1	2335	Schmidt, Franziska	Active Sportshop Team	00:54:00	00:53:57	7	1
2	2217	Ern, Janett	Köln	01:02:46	01:02:30	36	3

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
3	2257	Biekötter, Kerstin	Ibbenbüren	01:08:16	01:07:17	63	8
4	2159	Abelmann, Julia	Feuerwehr Steinfurt	01:14:08	01:13:14	136	17
5	2254	Böing, Anna	Emsdetten	01:14:26	01:13:41	140	18
6	2300	Langkamp, Julia	SuS Neuenkirchen	01:15:05	01:14:21	148	22
7	2198	Schniedergers, Jana	Hörstel	01:18:24	01:18:07	188	34
8	2175	Stermann, Ina	DJK Arminia Ibbenbüren	01:22:41	01:21:41	224	49
9	2345	Hagemann, Lena		01:24:10	01:22:45	239	59
10	2163	Schrammeyer, Anne	Ibbenbüren	01:24:10	01:22:45	240	60
11	2195	Harrius, Carina	Bremen	01:25:47	01:24:46	250	64
12	2224	Handzik, Natalia	W&H-Laufgruppe	01:26:09	01:24:41	254	67
13	2305	Humann, Nydia	Osnabrück	01:26:49	01:25:34	263	72
14	2136	Sumic, Christina	TV Hohne	01:35:43	01:34:37	287	81
W Jgd A							
1	2058	Crocoll, Patricia	Sportler 4a children´s world e	01:32:54	01:32:24	282	79