

# 5. Ibbenbürener Klippenlauf

## Klippenlauf 12,4 Km

## Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
<b>M 30</b>							
1	886	Westermann, Ingo	SV Teuto Riesenbeck	00:51:05	00:51:04	1	1
2	133	Markmann, Maik	Run4fun Greven	00:56:51	00:56:40	12	12
3	299	Hildebrand, Nils	GoBro	00:59:11	00:59:02	19	19
4	102	Postmeier , Thorsten	Sv teuto riesenbeck	01:01:21	01:01:15	30	29
5	65	Heidemann, Matthias	VfL Emslage	01:08:04	01:07:44	83	75
6	298	Hildebrand, Jan	GoBro	01:08:12	01:08:02	89	81
7	675	Kroschner, Phillip	MfG Legden	01:11:01	01:10:32	122	105
8	267	Feldmann, Timo	kein Verein	01:11:05	01:11:00	123	106
9	571	Bittner, Frederik	TV Hohne	01:12:00	01:11:23	136	117
10	129	Beckmann, Julian	Ibbenbüren	01:12:37	01:12:31	144	124
11	89	Baberschke, André	Emsdetten	01:12:43	01:12:15	145	125
12	337	Rösner, Christian	Wallenhorst	01:13:08	01:13:03	149	129
13	74	Dettloff, Patrick		01:13:30	01:12:58	154	134
14	898	Kahlert, Bastian	VW Werk Emden Brandschutz	01:16:46	01:16:32	212	170
15	272	Wiechmann, Timo	Feuerwehr Ibbenbüren	01:18:30	01:17:44	233	184
16	821	Berning, Matthias	Schnittchenclub n.e.V.	01:19:14	01:18:23	248	196
17	227	Waldemar, Schell	kein Verein	01:20:45	01:20:05	263	203
18	111	Schallenberg, Bastian	Ibbenbüren	01:24:26	01:24:13	293	220
19	354	Mügge, Gerd		01:26:45	01:26:34	314	230
20	692	Gaida, Florian	Osnabrück	01:29:22	01:28:52	329	239
21	899	Lopez Miñana, Ignacio	Bremen	01:29:52	01:29:17	333	240
<b>M 35</b>							
1	877	Gödicke, Patrick	SV Teuto Riesenbeck	00:53:51	00:53:51	3	3
2	288	Runde, Martin	LG Schmitz Katze	00:57:27	00:57:25	13	13
3	200	Runde, Stephan	BSG KSK Steinfurt	01:00:14	01:00:11	24	23
4	206	Dierkes, Peter	BSG Kreissparkasse Steinfurt	01:00:25	01:00:22	27	26
5	172	Schmidtke, Lars	Fitness Schule	01:02:01	01:01:28	32	31
6	810	Rabe, Lutz	Zevener Fahrradverein e.V.	01:02:24	01:01:58	34	32
7	890	Tepe, Andre	SV Uffeln	01:04:30	01:04:25	49	45
8	97	Trautmann, Sebastian	Feuerwehr Brochterbeck	01:04:37	01:04:31	52	48
9	251	Gaida, Jens	Feuerwehr Ibbenbüren	01:04:37	01:03:59	53	49
10	223	Osthloff, Björn	Ibbenbüren	01:06:09	01:06:05	71	64
11	139	Weßels, Björn	Münster	01:06:43	01:06:23	72	65
12	799	Hochhardo, Thorsten	SG Voltlage	01:06:47	01:06:10	75	67
13	285	Böhne, Jan	Coesfeld	01:08:47	01:08:33	96	85
14	132	Adrian, Sven	Münster	01:09:02	01:08:40	98	87
15	187	Kleemann, Rüdiger	Crespel & Deiters	01:09:47	01:09:23	105	94
16	78	Kiefer, Martin	Vereinslos	01:10:15	01:10:09	115	100
17	872	Lappe, Dennis	Becks Lemon	01:11:12	01:10:56	126	108
18	362	Konermann, Christian	Riesenbeck	01:11:24	01:11:13	128	110

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
19	355	Weber, Jens	Becks Lemon	01:12:08	01:11:55	138	119
20	709	Schwalbe, Oliver	TV Mettingen	01:13:35	01:13:31	157	136
21	80	Heidemann, Michael	VfL Emslage	01:14:32	01:14:12	173	147
22	143	de Rijcke, Ralf	Klarenbeek	01:15:56	01:15:50	201	162
23	874	Zieseniß, Sven	Lippe Runners Werne	01:16:39	01:16:12	210	168
24	68	Lindmeier , Ingo	Ibbenbüren	01:16:49	01:16:25	213	171
25	279	Pott, Andre	SV Cheruskia Laggenbeck	01:17:01	01:16:41	215	173
26	150	Dierkes, Christian	Ibbenbüren	01:17:14	01:16:51	220	176
27	297	Vogelsang, Daniel	LG Schmitz Katze	01:18:27	01:18:23	232	183
28	170	Merbecks, Robert	Fitness Schule	01:22:23	01:21:43	280	212
29	90	Retschke, Roman	THW-BOTTROP	01:23:07	01:22:45	287	216
30	189	Dudek, Daniel	VfL Sassenberg	01:24:32	01:23:54	295	222
31	919	Albrecht, Michael		01:25:11	01:24:38	301	225
32	171	Kirchner, Nils	Fitness Schule	01:28:34	01:27:52	324	236
33	174	Eilert, Christian	Fitness Schule	01:41:09	01:40:24	357	248
<b>M 40</b>							
1	873	Bierbaum, Tino	TSG 07 Burg Gretesch	00:52:21	00:52:20	2	2
2	113	Tepe, Frank	Reha&Vital Hörstel	00:54:51	00:54:50	5	5
3	400	Cordes, Dirk	TV Hohne	00:54:56	00:54:52	6	6
4	427	Kotten, Udo	TV Hohne	00:54:59	00:54:55	7	7
5	125	Wesselmann, Ansgar	Grün-Weiß Steinbeck	00:55:11	00:55:10	8	8
6	357	Vogt, Sven	W&H Laufgruppe	00:56:17	00:56:15	9	9
7	876	Schäfer, Andre	Lippe Runners Werne	00:59:24	00:59:22	20	20
8	183	Rahe, Frank	Crespel & Deiters	01:01:13	01:01:03	28	27
9	215	Rottmann, Maik	Broken Hill Runners	01:01:18	01:00:58	29	28
10	828	Tausch, Carsten	nix	01:04:05	01:04:03	44	40
11	277	Roettgers, Dirk	Barschweg Racingteam	01:05:21	01:05:16	61	54
12	108	baars, Paul	AV Daventria (Niederlande)	01:05:50	01:05:33	64	57
13	238	Paluschek, Maik	Team Goethe	01:06:09	01:06:05	70	63
14	300	Uphaus, Frank	LG Rheine Elte	01:06:54	01:06:48	77	69
15	301	Hosch, Holger	St.Arnold	01:07:56	01:07:31	81	73
16	824	Klostermeyer, Uwe	SV Quitt Ankum	01:08:07	01:07:57	85	77
17	844	Jakob-Elshoff, Kai	BSG KSK Steinfurt	01:08:08	01:07:52	87	79
18	708	Thiede, Ralf	TV Mettingen	01:09:44	01:09:40	104	93
19	58	Bruins, Rogier		01:09:59	01:09:33	112	98
20	889	Fischer, Tobias		01:10:51	01:10:46	121	104
21	911	Wichner, Thomas	Osnabrück	01:11:59	01:11:24	134	115
22	913	Gehrs, Markus	Osnabrück	01:11:59	01:11:24	135	116
23	152	Schnieders, Andre	Laufftreff Greven aktuell	01:14:09	01:13:26	164	142
24	829	Marten, Norbert	nix	01:14:49	01:14:34	178	150
25	234	Boß, Frank	Hörstel	01:15:53	01:15:45	200	161
26	645	Knauer, Mirko	BSV Ostbevern	01:16:21	01:15:57	207	166
27	260	Lutterbeck, Christian	Mettingen	01:19:02	01:18:22	244	192
28	205	Nitschke , Björn	LG Waldhügel	01:21:11	01:21:03	269	208

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
29	302	Reeker, Jörg	Rheine	01:23:06	01:22:40	284	214
30	124	Wesselmann, Daniel	GW-Steinbeck	01:24:30	01:24:11	294	221
31	887	Kolhoff, Ingo	Feuerwehr Gronau	01:26:12	01:25:22	307	228
32	117	Eiben, Lars	Vision	01:28:22	01:27:39	321	234
33	836	Conermann, Christian	Gemeinsam Stark	01:28:28	01:27:40	322	235
34	901	Guhe, Sebastian	Tri Team Steinfurt	01:30:01	01:29:34	334	241
35	173	Berkemeier, Markus	Fitness Schule	01:36:41	01:35:58	349	245
<b>M 45</b>							
1	201	Schnitzler, Thomas	Lippe Runners Werme	00:56:45	00:56:44	11	11
2	192	Milonas, Georg	Magic Runners	00:58:09	00:57:59	15	15
3	903	Gehrmann, Stefan	LG Rheine Elte	00:58:43	00:58:38	17	17
4	220	Thesing, Andreas	LG Waldhügel	00:59:57	00:59:55	23	22
5	105	Krause, Uwe	Mettingen-Nierenburg	01:00:21	01:00:19	25	24
6	136	Stallmeier , Reinhard	BSG Kreissparkasse Steinfurt	01:01:49	01:01:34	31	30
7	180	Schulz, Dieter	Crespel & Deiters	01:02:29	01:02:18	36	34
8	207	Breulmann, Andreas	Lg Rheine-elte	01:04:00	01:03:54	43	39
9	181	Jasper, Manfred	Crespel & Deiters	01:04:13	01:03:59	45	41
10	276	Gebbe, Thomas	Kein Verein	01:04:32	01:04:14	51	47
11	263	Kolm, Michael	LG Coesfeld	01:04:43	01:04:40	55	50
12	146	Jakobs, Günniii	Drei-Lauf-Freunde	01:05:07	01:05:00	58	52
13	897	Reents, Ralf	VW Werk Emden Brandschutz	01:05:08	01:05:01	59	53
14	212	Borgert, Ralf	LG Coesfeld	01:05:33	01:05:33	62	55
15	491	Steinigeweg, Jörg	TV Hohne	01:05:44	01:05:40	63	56
16	910	Brem, Thomas	Emder LG	01:06:00	01:05:44	68	61
17	156	Kötgen, Frank	Greven	01:06:52	01:06:20	76	68
18	590	Schneider, Bernd	W&H-Laufgruppe	01:08:26	01:08:14	91	82
19	307	Grave, Markus	ohne	01:09:11	01:08:57	100	89
20	905	Hagemann, Markus	Grün-Weiß Steinbeck	01:10:22	01:10:10	116	101
21	834	Kipker, Ralf	Recke	01:11:30	01:10:49	130	111
22	386	Ahlers, Ralf	TV Hohne	01:11:35	01:11:00	131	112
23	214	Quaas, Thomas	DLK Arminia Ibbenbüren	01:12:03	01:11:55	137	118
24	131	Stroscher, Mario	SV Oldendorf	01:12:57	01:12:49	146	126
25	611	Große-Berg, Ludger	Recke/Ibbenbüren	01:13:57	01:13:18	162	140
26	62	Richter, Markus	SFD	01:14:24	01:14:08	170	145
27	880	Schaefer, Klaus	Kirche läuft Wilhelmshaven	01:14:53	01:14:41	180	151
28	888	Kötterheinrich, Thomas	TSV Ladbergen	01:14:59	01:14:41	185	155
29	840	Schumacher, Ingo	Laufen rund um Münster	01:15:01	01:14:48	187	156
30	674	Bainbridge, Simon	Osnabrück	01:15:03	01:14:47	189	157
31	750	Schockmanns, Reiner	SG Voltlage	01:15:18	01:14:36	192	158
32	811	Sünker, Carsten	Westerkappeln	01:16:06	01:15:58	202	163
33	806	Kötter, Mario	Schwansbeller Boller	01:16:15	01:15:53	205	164
34	855	Schmidt, Burkhard	SF Oesede	01:16:16	01:16:02	206	165
35	184	Gerratz, Guido	Crespel & Deiters	01:16:42	01:16:27	211	169
36	925	Kronshage, Kim	kronshagept.de	01:17:02	01:16:39	216	174

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
37	800	Averwald, Frank	Nordhorn	01:17:03	01:16:39	217	175
38	848	Albrecht, Carsten	Nordhorn	01:17:32	01:17:25	224	178
39	76	Debbert, Jörg	Laufftreff Westerkappeln	01:17:52	01:17:23	226	179
40	154	Dickmajer, Olaf	Laufftreff SW Osterfeine	01:18:03	01:17:47	228	180
41	347	Overmeyer, Peter	Ibbenbüren	01:18:54	01:18:39	239	190
42	259	Schlottbohm , Jörg	Mettingen	01:19:15	01:18:35	249	197
43	826	Franke, Matthias	FC Schüttorf 09	01:19:53	01:19:36	258	202
44	313	Hartmann, Raphael	Ibbenbüren	01:20:52	01:20:23	265	204
45	161	Laznik, Christoph	Active Laufteam MS	01:20:55	01:20:32	266	205
46	804	Lenzen, Markus	TuS Altenberge	01:20:58	01:20:31	267	206
47	216	Luck, Holger	SVC Laggenbeck	01:22:05	01:21:53	279	211
48	909	Busboom, Wilfried	Posaunenchor Detern	01:22:42	01:22:24	281	213
49	73	Hartmann, Jens	TV Friesen Telgte	01:24:12	01:23:39	291	219
50	904	Fühljan, Oliver		01:25:29	01:25:24	302	226
<b>M 50</b>							
1	620	Rohmann, Wolfgang	Wildeshäuser Laufftreff	01:00:22	01:00:21	26	25
2	289	Alfing, Karl-Heinz	DJK Arminia Ibbenbüren	01:02:47	01:02:38	38	36
3	197	Wewer, Christian	Grün-Weiß Steinbeck	01:03:32	01:03:30	40	37
4	894	Kutheus, Josef	Hörstel	01:06:00	01:05:54	67	60
5	816	Inderwisch, Frank	SW ESCH	01:07:18	01:07:14	78	70
6	281	Mulder, Aldo	Nijverdal	01:08:06	01:07:57	84	76
7	814	Dreckmann, Dieter	BSV Ostbevern	01:08:31	01:08:20	93	83
8	892	Althaus, Paul	Hattinger Hügelläufer	01:08:57	01:08:54	97	86
9	851	Müller, Christian	Sportler 4 a childrens world e.V.	01:09:06	01:09:03	99	88
10	163	Windoffer, Hermann	ibbenbüren	01:09:17	01:09:11	101	90
11	130	Jamroszczyk, Paul	Run4Fun Greven	01:09:23	01:09:00	102	91
12	85	Neitsch, Jürgen	Tecklenburg	01:09:38	01:09:29	103	92
13	286	Ostendorf, Stefan.	Ibbenbüren	01:09:50	01:09:40	108	95
14	295	Jörg, Fels	LG Rheine-Elte	01:09:54	01:09:49	110	97
15	185	Tietmeyer, Josef	Crespel & Deiters	01:10:01	01:09:38	114	99
16	331	Venjakob, Dirk	Lohne	01:10:33	01:10:16	119	103
17	70	Dyckhoff, Reinhard	SC Falke Saerbeck	01:11:51	01:11:26	133	114
18	162	Schlautmann, Karl-Heinz	SV Ems Westbevern	01:12:21	01:11:59	142	122
19	149	Vallböhmer, Ingo	ASC Schöppingen	01:12:23	01:11:42	143	123
20	918	Weirauch, Olf	SuS Stadtlohn	01:14:09	01:14:00	163	141
21	63	Thamm, Stefan	ISV	01:14:25	01:14:05	171	146
22	86	Ascheberg, Volker	Laufftreff Greven aktuell	01:18:33	01:17:49	234	185
23	144	Bettels, Michael	Raesfeld	01:18:40	01:18:10	235	186
24	856	Varga, Georg	GartenRaum Nordwalde	01:18:43	01:18:11	236	187
25	868	Posnanski, Thomas	Recke	01:18:44	01:18:11	237	188
26	742	Zahnen , Johannes	SV Dickenberg	01:19:18	01:18:36	252	198
27	861	Stallmeyer, Gerd	TVI	01:19:40	01:19:12	254	199
28	649	Teutemacher, Tobias	Team Erdinger Alkoholfrei	01:19:46	01:19:20	256	201
29	87	Janssen, Frank	Laufftreff Greven aktuell	01:21:19	01:20:36	270	209

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
30	110	Happ, Jürgen	keiner	01:23:06	01:22:46	286	215
31	66	Misera, Andreas	World Vision	01:23:29	01:22:47	290	218
32	104	Menebröcker, Jörg	Lengerich	01:31:01	01:30:25	338	242
33	477	Naatz, Olaf	TV Hohne	01:54:03	01:53:32	360	249
<b>M 55</b>							
1	841	Mittelberg, Michael	SC Altenrheine	00:59:03	00:59:03	18	18
2	891	Lütkemeyer, Paul	SV Teuto Riesenbeck	00:59:37	00:59:35	21	21
3	893	Wegener, Rainer	Hattinger Hügelläufer	01:02:32	01:02:30	37	35
4	832	Bertram, Heinz-Jürgen	SC - Altenrheine	01:04:50	01:04:48	56	51
5	820	Czerwinski, Rainer	Osnabrücker SportClub	01:05:53	01:05:48	65	58
6	915	Lütke Schute, Siegfried	Tus Hilstrup	01:08:43	01:08:37	95	84
7	825	Sander, Dietmar	LG Burg Wiedenbrück	01:09:53	01:09:45	109	96
8	492	Sundermann, Uwe	TV Hohne	01:10:28	01:10:13	117	102
9	896	Thoben, Georg	LT Gnadenlos	01:11:47	01:11:32	132	113
10	878	Bernd, Jakob	SC UNION 08 Lüdinghausen	01:13:49	01:13:30	158	137
11	167	Bläcker , Dirk	Fitness Schule	01:15:30	01:14:51	195	160
12	407	Egbert, Ralf	TV Hohne	01:18:55	01:18:14	241	191
13	287	Borgmann, Erich	Marathon Steinfurt	01:19:08	01:18:51	245	193
14	364	Hildmann, Marko	TVE Greven-Triathlon	01:19:46	01:19:22	255	200
15	221	Drilling, Dirk	Münster	01:21:04	01:20:53	268	207
16	917	Gerhards, Martin	SV-Dickenberg	01:24:47	01:24:06	296	223
17	527	Teckenbrock, Udo	TV Hohne	01:25:07	01:24:27	300	224
18	164	Koot, John	Zuidlaren	01:28:05	01:27:28	318	232
<b>M 60</b>							
1	900	Brands, Arne	LSf Münster	01:14:57	01:14:53	184	154
2	864	Brinkhaus, Hermann	Die weissen Kenianer	01:18:21	01:17:52	230	182
3	389	Brix, Michael	TV Hohne	01:18:46	01:18:16	238	189
4	278	Wiebrock, Claus	TV Georgsmarienhütte	01:25:57	01:25:09	304	227
5	881	Kuhlenbäumer, Willi	Münster	01:37:38	01:36:58	350	246
6	627	Bachhuber, Herbert	LT-Haumannplatz Essen	01:37:58	01:37:36	352	247
<b>M 65</b>							
1	225	Schubert, Rudolf		01:07:19	01:07:17	79	71
2	109	janssen, harrie	LV Kooiveld	01:13:18	01:13:10	150	130
3	222	Kolsloot, Gerard	kein	01:13:26	01:13:25	153	133
4	308	Günnigmann , Alfons	SC Falke Saerbeck	01:16:49	01:16:27	214	172
5	529	Vahrenhorst, Dieter	TV Hohne	01:17:15	01:16:37	222	177
6	210	hoogervorst, arjen	Looschool Slangenbeek	01:18:07	01:17:54	229	181
7	165	de Jong, Tjits	Racedrunners	01:32:28	01:31:50	340	243
<b>M 70</b>							
1	140	Eppendahl, Klaus	Hattinger Hügelläufer	01:07:35	01:07:33	80	72
2	817	Koch, Rolf	TUS Hilstrup	01:32:48	01:32:43	341	244
<b>M HK</b>							
1	862	Tebbe, Dominik	DJK Arminia Ibbenbüren	00:53:58	00:53:55	4	4
2	270	Wiekling, Matthias	Bad Bentheim	00:58:19	00:58:12	16	16

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
3	123	Rolf, Daniel	BSV Ostbevern	01:04:15	01:04:04	46	42
4	122	Dertenkötter, Fabian	BSV Ostbevern	01:04:15	01:04:05	47	43
5	186	von Glahn, Steffen	Crespel & Deiters	01:05:56	01:05:43	66	59
6	248	Schürmann, Richard	Feuerwehr Ibbenbüren	01:06:05	01:05:25	69	62
7	75	Ostendorf, Stefan	Sv Teuto Riesenbeck	01:06:44	01:06:42	73	66
8	147	Schallenberg, Dennis		01:08:03	01:07:55	82	74
9	252	Schwarzer, Marvin	Feuerwehr Ibbenbüren	01:08:08	01:07:26	88	80
10	696	Schluch, Pascal	SV Teuto Riesenbeck	01:13:03	01:13:01	147	127
11	250	Blümel, Florian	Feuerwehr Ibbenbüren	01:13:04	01:12:20	148	128
12	254	Köhler, Kevin	Feuerwehr Ibbenbüren	01:13:22	01:12:34	151	131
13	255	Lienesch, Steffen	Feuerwehr Ibbenbüren	01:13:23	01:12:42	152	132
14	219	Lelek, Paul	Hamburg	01:13:31	01:13:04	155	135
15	304	Gersemann, Philipp	Ibbenbüren	01:13:55	01:13:49	159	138
16	568	Winter, Christian	TV Hohne	01:14:16	01:14:11	166	143
17	924	Heyser, Niklas	Uni Kassel	01:14:22	01:14:18	168	144
18	617	Holl, Dennis	Pantero FC	01:14:41	01:14:25	174	148
19	319	Greß, Peter	Westfalia Hopsten	01:14:57	01:14:20	181	152
20	914	Metten, Alex	Epic Apes	01:15:20	01:15:17	193	159
21	233	Schroven, Martin	GAL 1-2015	01:16:26	01:15:55	208	167
22	818	Adolphs, Christian	Schnittchenclub n.E.V.	01:19:13	01:18:22	246	194
23	360	Göpel, Markus	Schnittchenclub n.e.V.	01:19:13	01:18:23	247	195
24	865	Demir, Hasim	Feuerwehr Ibbenbüren	01:23:18	01:22:49	288	217
25	542	Wadleigh, Daniel	TV Hohne	01:26:38	01:26:04	313	229
26	884	Schlüter , Marcel	Münster	01:26:48	01:26:20	315	231
27	182	Fast, Eugen	Crespel & Deiters	01:28:15	01:27:51	320	233
<b>M Jgd A</b>							
1	303	Inderwisch, Lukas	BSG Kreissparkasse Steinfurt	00:56:35	00:56:33	10	10
2	71	Gogrewa, Luc	LG Emsdetten	00:57:35	00:57:34	14	14
3	244	Steingröver, Robin	Team Goethe	01:03:47	01:03:42	41	38
4	245	Streibel, Lasse	Team Goethe	01:08:07	01:08:03	86	78
5	243	Heeke, Lukas	Team Goethe	01:12:20	01:12:13	140	120
6	309	Bettels, Piet	Raesfeld	01:14:57	01:14:27	183	153
<b>M Jgd B</b>							
1	247	Minnerup, Jan-Malte	Team Goethe	01:04:30	01:04:26	50	46
2	241	Egelkamp, Carsten	Team Goethe	01:11:08	01:10:59	125	107
3	145	Finke, Thorben	Lissys Running Team	01:11:22	01:11:20	127	109
4	240	Welp, Jannik	Team Goethe	01:12:20	01:12:13	141	121
5	262	Laroche, Lukas	Team Goethe	01:13:55	01:13:48	161	139
<b>M Schü A</b>							
1	805	Lenzen, Valentin	TuS Altenberge	01:14:43	01:14:16	176	149
<b>M U23</b>							
1	273	Menger, Nikolas	Feuerwehr Ibbenbüren	01:02:26	01:01:41	35	33
2	271	Hahn, Timo	Feuerwehr Ibbenbüren	01:04:27	01:03:43	48	44
3	196	Kuhlmann, Henrik	Belm	01:21:47	01:21:35	276	210

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
4	275	Lienesch, Gerrit	Feuerwehr Ibbenbüren	01:29:17	01:28:33	325	237
5	253	Bohlmann, Oliver	Feuerwehr Ibbenbüren	01:29:17	01:28:29	326	238
<b>W 30</b>							
1	101	Berkemeyer, Ariane	Bad Bentheim	01:02:23	01:02:20	33	2
2	137	de Rijcke, Annekarlijn	Klarenbeek	01:03:16	01:03:14	39	3
3	336	Januschak, Eva	W&H Laufgruppe	01:03:53	01:03:48	42	4
4	895	Selker, Astrid	LC Wiedenbrück	01:08:35	01:08:29	94	11
5	100	Gülker, Rebecca	LF Bad Bentheim	01:13:32	01:13:27	156	21
6	280	Fehrrolfes, Sarah	VfL Lingen	01:14:11	01:13:43	165	23
7	920	Windmüller, Daniela	Feuerwehr Lengerich	01:14:41	01:14:32	175	27
8	623	Bußmann, Marie	LC Restekiste	01:17:09	01:16:42	219	44
9	261	Wanink, Jessica		01:17:26	01:16:55	223	46
10	60	Spielvogel, Viola	SuS Stadtlohn	01:19:16	01:18:26	250	53
11	310	Menke, Katharina	SV 28 Wissingen	01:26:33	01:26:01	312	84
12	203	Lelek, Sarah	DAV Hamburg	01:30:40	01:30:13	336	95
13	849	Nolte, Daniela	Ibbenbüren	01:33:50	01:33:24	343	99
<b>W 35</b>							
1	908	Leistner, Anja	Lippe Runners Werne	01:06:44	01:06:36	74	8
2	483	Rücker, Anja	TV Hohne	01:13:55	01:13:47	160	22
3	626	Conen, Michaela	SV Teuto Riesenbeck	01:14:49	01:14:34	177	28
4	290	Voy-Swoboda, Olga Alexandra	Horse-TV	01:17:05	01:16:57	218	43
5	585	Wesselmann, Judith	Grün-Weiß Steinbeck	01:19:01	01:18:43	243	52
6	121	Vieth, Judith	Run4Fun Greven	01:19:18	01:18:51	251	54
7	282	Schleuter, Melanie	BSG fiducia & GAD	01:21:31	01:20:43	273	64
8	885	Bakker, Verena	Jümmelopers	01:22:42	01:22:26	282	69
9	188	Gerdes, Marina	Crespel & Deiters	01:31:56	01:31:35	339	97
<b>W 40</b>							
1	116	Krüger, Daria	Lippe Runners Werne	00:59:42	00:59:40	22	1
2	464	Mikolajew, Jeanet	TV Hohne	01:09:48	01:09:41	107	13
3	268	Janke, Sandra	Bootcamp	01:14:27	01:14:15	172	26
4	237	Schluchter, Lisa	Lauftreff Merzen	01:15:15	01:14:54	191	34
5	371	Bühren, Melanie	Grün-Weiß Steinbeck	01:18:55	01:18:38	240	50
6	921	Meyer, Melanie	SC Union 08 Lüdinghausen	01:20:13	01:19:54	261	59
7	837	Goeke, Sonja	Gemeinsam Stark	01:22:50	01:22:04	283	70
8	72	Worch, Bettina	TV Friesen Telgte	01:24:12	01:23:39	292	73
9	98	Vorm-Brocke, Claudia		01:25:07	01:25:05	299	76
10	850	Deutschmann, Eva	Gemeinsam Stark	01:28:31	01:27:46	323	88
11	822	Knecht, Petra	Team Erdinger alkohlfrei	01:29:25	01:29:10	330	91
<b>W 45</b>							
1	213	Rotthäuser, Heike	LG Coesfeld	01:05:11	01:05:08	60	7
2	869	Kemme, Nicole	SV Eintracht Neuenkirchen	01:10:01	01:09:30	113	15
3	168	Bagert, Birgit	Fitness Schule	01:10:39	01:10:00	120	17
4	922	Brauer, Heike	HelpAge	01:11:29	01:11:09	129	19
5	211	Kretschmann, Sabine	VfL Lingen	01:14:21	01:13:53	167	24

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
6	612	Schmidt, Peter	Recke/Ibbenbüren	01:15:00	01:14:31	186	31
7	127	Jamroszczyk, Jutta	Run4Fun Greven	01:15:30	01:15:04	196	36
8	842	Schmedt, Silvia	HopLaHopsten	01:15:50	01:15:33	199	39
9	833	Lanwert, Ingrid	SV Eintracht Neuenkirchen	01:16:36	01:16:04	209	42
10	176	Grawe, Karin	Münster	01:20:02	01:19:49	259	57
11	179	Dahl, Maike	keinen	01:22:03	01:21:32	278	68
12	801	Jacob, Susanne	Nordhorn	01:24:58	01:24:35	298	75
13	91	Busmann, Stephanie	VfL Lingen	01:26:20	01:25:46	308	80
14	92	Nebelsiek, Heike	Vfl Lingen	01:26:20	01:25:46	309	81
15	923	Engelbrecht, Eva	PV-Triathlon Witten	01:29:20	01:28:46	327	89
16	333	Leifeld, Bridget	Cinema Münster	01:29:30	01:29:10	331	92
17	809	Schulten, Christel	Grün-Weiß-Steinbeck	01:29:44	01:29:02	332	93
18	294	Bargmann, Christina	Ibbenbüren	01:33:50	01:33:24	342	98
19	576	Wittig, Anja	TV Hohne	01:36:23	01:35:48	346	102
20	169	Seiger, Silvia	Fitness Schule	01:36:40	01:35:59	348	104
21	284	Fangmeier, Karin	Lauftreff Ganderkesee	01:38:15	01:37:32	354	107
22	902	Sinn, Marion	Lauftreff Ganderkesee	01:38:16	01:37:32	355	108
23	99	Hamm, Wiebke	Team Seepferdchen	01:42:31	01:41:54	358	110
<b>W 50</b>							
1	741	Wienkamp, Monika	FC Stella	01:04:39	01:04:35	54	5
2	813	Göbel, Bibiana	SV Bokeloh	01:09:48	01:09:29	106	12
3	79	Duhr, Heike	LT Gandrekese	01:12:16	01:12:06	139	20
4	843	Brüffer, Martina	Sockenräuber	01:15:02	01:14:46	188	32
5	239	Schilling, Diana	Team Goethe	01:15:12	01:15:03	190	33
6	265	Dembowski, Heike	Vfl Lingen	01:16:07	01:15:41	203	40
7	679	Harmeyer-Hille, Gudrun	Grün-Weiß Steinbeck	01:18:22	01:17:50	231	49
8	853	Wissing, Heike	LG Emsdetten	01:19:18	01:19:15	253	55
9	160	Euskirchen, Conny	VfL Lingen	01:20:02	01:19:29	260	58
10	852	Hartmann, Britta	Bipener SC	01:20:43	01:20:04	262	60
11	106	Herms, Sabine	FC Schüttorf 09	01:23:06	01:22:46	285	71
12	808	Kleine-Harmeyer, Brigitte	Bochum	01:26:09	01:25:57	306	79
13	158	Meemann, Claudia	Vfl Lingen	01:26:21	01:25:47	311	83
14	82	Haupt-Arling, Ulrike	PV-Triathlon Witten	01:29:20	01:28:46	328	90
15	481	Röschenkemper, Astrid	TV Hohne	01:30:40	01:30:06	337	96
<b>W 55</b>							
1	827	Jürgens, Ulla	LG Emsdetten	01:08:29	01:08:25	92	10
2	860	Masur, Christa	Masur Energiesysteme	01:14:50	01:14:39	179	29
3	839	Meyer zu Bergsten, Marianne	SV Eintracht Neuenkirchen	01:18:00	01:17:28	227	48
4	437	Laig, Susanne	TV Hohne	01:19:01	01:18:25	242	51
5	823	Stegemann, Gerda	SV Teuto Riesenbeck	01:21:23	01:20:57	271	62
6	438	Lutterbeck, Gudrun	TV Hohne	01:23:22	01:22:54	289	72
7	418	Egbert, Christiane	TV Hohne	01:25:49	01:25:11	303	77
8	526	Teckenbrock, Petra	TV Hohne	01:26:05	01:25:28	305	78
9	577	Revering, Elisabeth	LSF Münster	01:28:11	01:27:37	319	87



Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
10	714	Günnigmann, Elisabeth	SC Falke Saerbeck	01:35:48	01:35:24	345	101
11	541	Voß, Iris	TV Hohne	01:36:24	01:35:49	347	103
12	643	Bachhuber, Sigrid	LT-Haumannplatz Essen	01:37:58	01:37:37	353	106
13	395	Brix, Petra	TV Hohne	01:39:36	01:38:59	356	109
<b>W 60</b>							
1	802	Rieskamp, Irmgard	Grün-Weiß Steinbeck	01:15:46	01:15:33	198	38
2	907	Kerkhoff, Hildegard	LSF Münster	01:17:46	01:17:34	225	47
3	126	Hoffmann, Birgit	VTL Lingen LLL	01:21:40	01:21:09	274	65
4	916	Löchte, Christel	LSF Münster	01:27:06	01:26:54	317	86
5	401	Buczilowski, Karin	TV Hohne	02:24:30	02:24:01	361	112
<b>W 65</b>							
1	194	Grewe, Roswita	Ibbenbüren	01:26:21	01:26:12	310	82
2	142	van Wezel, Helma	Klarenbeek	01:30:37	01:30:31	335	94
<b>W 70</b>							
1	178	Dahl, Marianne	TSV Sibbesse	01:52:43	01:52:12	359	111
<b>W HK</b>							
1	657	Teutemacher, Lena	BSG Finanzamt Steinfurt	01:04:59	01:04:55	57	6
2	148	Schallenberg, Janine		01:08:15	01:08:06	90	9
3	135	Schniedergers, Carina		01:09:56	01:09:42	111	14
4	166	Witte, Katrin	Ibbenbüren	01:10:28	01:10:22	118	16
5	141	Althaus, Johanna	Hattinger Hügelläufer	01:14:22	01:14:18	169	25
6	321	Lenker, Eva	THC Münster	01:14:57	01:14:20	182	30
7	912	Rochol, Ina	Epic Apes	01:15:20	01:15:16	194	35
8	264	Schlautmann, Hanna	SV EMS Westbevern	01:15:44	01:15:24	197	37
9	396	Brix, Verena	TV Hohne	01:16:10	01:15:45	204	41
10	128	Wulf, Stefanie	Ibbenbüren	01:17:15	01:17:09	221	45
11	883	Becker , Saskia	Münster	01:19:52	01:19:25	257	56
12	228	Bobisz, Miriam	kein Verein	01:20:47	01:20:05	264	61
13	134	Schniedergers, Jana		01:21:28	01:21:08	272	63
14	387	Bautz, Katharina	TV Hohne	01:21:54	01:21:31	277	67
15	432	Laig, Anna-Elisabeth	TV Hohne	01:24:50	01:24:17	297	74
16	882	Jansing , Nina	Münster	01:26:48	01:26:19	316	85
17	531	Vogelpohl, Christine	TV Hohne	01:37:57	01:37:21	351	105
<b>W Jgd A</b>							
1	246	Veismann, Maike	Team Goethe	01:11:08	01:11:00	124	18
<b>W U23</b>							
1	195	Krösche, Sara	Belm	01:21:46	01:21:33	275	66
2	118	Oortwijn, Janet	baddedravers	01:34:49	01:34:39	344	100