

# 6. Ibbenbürener Klippenlauf

## Klippenlauf 12,4 Km

## Altersklassenliste

| Platz AK    | Start-Nr. | Name/Vorname         | Verein                           | Bruttozeit | Nettozeit | Platz | PlatzMW |
|-------------|-----------|----------------------|----------------------------------|------------|-----------|-------|---------|
| <b>M 30</b> |           |                      |                                  |            |           |       |         |
| 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     |
| <b>M 35</b> |           |                      |                                  |            |           |       |         |
| 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     |
| <b>M 40</b> |           |                       |                              |            |           |       |         |
| 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  | Halterm 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     |
| <b>M 45</b> |           |                     |                                 |            |           |       |         |
| 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     |
| <b>M 50</b> |           |                        |                           |            |           |       |         |
| 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     |
| <b>M 55</b> |           |                         |                             |            |           |       |         |
| 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     |
| <b>M 60</b> |           |                       |                           |            |           |       |         |
| 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       | Lauftreff 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       | Sandermann, 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     |
| <b>M 65</b> |           |                       |                           |            |           |       |         |
| 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     |
| <b>M 70</b> |           |                       |                           |            |           |       |         |
| 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     |
| <b>M 75</b> |           |                       |                           |            |           |       |         |
| 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 |
|----------------|-----------|----------------------|------------------------|------------|-----------|-------|---------|
| <b>M 80</b>    |           |                      |                        |            |           |       |         |
| 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     |
| <b>M HK</b>    |           |                      |                        |            |           |       |         |
| 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     |
| <b>M Jgd A</b> |           |                      |                        |            |           |       |         |
| 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     |
| <b>M Jgd B</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     |
| <b>M U23</b>   |           |                      |                        |            |           |       |         |
| 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     |
| <b>W 30</b>    |           |                      |                        |            |           |       |         |
| 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           | Nienkärkske (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     |
| <b>W 35</b> |           |                           |                                 |            |           |       |         |
| 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     |
| <b>W 40</b> |           |                           |                                 |            |           |       |         |
| 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     |
| <b>W 45</b> |           |                          |                             |            |           |       |         |
| 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     |
| <b>W 50</b> |           |                          |                             |            |           |       |         |
| 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     |
| <b>W 55</b> |           |                         |                           |            |           |       |         |
| 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     |
| <b>W 60</b> |           |                         |                           |            |           |       |         |
| 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     |
| <b>W HK</b> |           |                         |                           |            |           |       |         |
| 1           | 665       | Teutemacher, 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     |
| <b>W Jgd A</b> |           |                      |                           |            |           |       |         |
| 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     |
| <b>W Jgd B</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      |
| <b>W U23</b>   |           |                      |                           |            |           |       |         |
| 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      |