

# Riesenbecker SIX-DAYS 2016 --- Gesamtliste ---1. bis 6.Tag

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
1	1	Akkerman, Erwin	01:07:34	01:16:28	01:05:37	01:03:49	01:23:25	01:24:26	07:21:19	1	1	M 35
2	3	Kuhlmann, John	01:07:44	01:19:19	01:06:16	01:05:54	01:23:46	01:26:08	07:29:07	2	2	M 35
3	414	Titgemeyer, Markus	01:11:24	01:22:36	01:09:41	01:07:51	01:25:54	01:27:34	07:45:00	3	1	M 30
4	359	Goda, Stefan	01:11:58	01:23:33	01:10:23	01:08:42	01:26:47	01:29:46	07:51:09	4	1	M 45
5	316	Machauer, Marcel	01:11:37	01:22:53	01:11:05	01:09:08	01:27:54	01:30:20	07:52:57	5	2	M 30
6	262	Paetzke, Sebastian	01:12:57	01:23:59	01:11:20	01:09:00	01:27:44	01:30:22	07:55:22	6	3	M 30
7	9	Hulzebos, Lamko	01:09:27	01:23:12	01:13:08	01:10:05	01:28:13	01:31:40	07:55:45	7	2	M 45
8	407	Lehmann, Achim	01:12:30	01:23:41	01:11:21	01:09:15	01:28:35	01:31:07	07:56:29	8	3	M 35
9	137	Lau, Christian	01:12:02	01:23:55	01:11:24	01:09:40	01:29:58	01:32:24	07:59:23	9	1	M HK
10	523	Röthemeyer, Marvin	01:12:23	01:29:53	01:11:14	01:09:36	01:27:48	01:31:03	08:01:57	10	2	M HK
11	586	van der Vinne, Aard	01:14:36	01:25:54	01:12:41	01:10:05	01:28:44	01:31:39	08:03:39	11	3	M 45
12	2	Gruppen, Jacelyn	01:14:03	01:28:04	01:12:01	01:10:45	01:30:48	01:31:39	08:07:20	1	1	W HK
13	452	Vogt, Christian	01:14:41	01:27:11	01:14:29	01:12:53	01:33:01	01:34:23	08:16:38	12	1	M 40
14	528	Steffen, Markus	01:15:07	01:28:35	01:14:30	01:13:21	01:33:02	01:35:36	08:20:11	13	2	M 40
15	420	Igelbrink, Hans Peter	01:19:20	01:28:22	01:14:18	01:15:09	01:34:21	01:33:34	08:25:04	14	1	M 50
16	534	Heithorn, Andreas	01:14:33	01:29:45	01:14:52	01:14:04	01:36:28	01:36:36	08:26:18	15	1	M 55
17	532	Pruß, Kim	01:17:28	01:32:03	01:16:01	01:13:40	01:32:29	01:34:58	08:26:39	16	3	M HK
18	145	Marquardt, Christof	01:12:58	01:29:37	01:17:50	01:16:07	01:35:05	01:36:10	08:27:47	17	4	M 45
19	558	Prigge, Christian	01:17:20	01:29:42	01:16:49	01:13:26	01:35:21	01:36:37	08:29:15	18	5	M 45
20	571	Potthoff, Markus	01:17:21	01:29:59	01:16:35	01:15:27	01:35:04	01:38:56	08:33:22	19	3	M 40
21	594	Karssies, Bert	01:17:18	01:32:11	01:15:45	01:15:18	01:35:40	01:37:39	08:33:51	20	4	M 40
22	221	Ventker, Stefan	01:19:02	01:31:04	01:14:22	01:12:51	01:38:21	01:39:43	08:35:23	21	4	M 30
23	521	Siegbert, Michael	01:17:19	01:30:29	01:18:56	01:14:38	01:34:52	01:39:41	08:35:55	22	5	M 40
24	540	Prott, Michael	01:22:15	01:31:57	01:18:33	01:15:54	01:35:44	01:36:48	08:41:11	23	4	M 35
25	426	Oelgemöller, Lars	01:18:12	01:35:44	01:19:37	01:14:38	01:34:23	01:38:39	08:41:13	24	4	M HK
26	348	Wiesenmüller, Jens	01:19:39	01:33:21	01:17:45	01:16:04	01:35:33	01:39:23	08:41:45	25	2	M 50
27	4	Windoffer, Patrick	01:18:24	01:30:42	01:17:06	01:17:31	01:39:58	01:38:45	08:42:26	26	5	M 35
28	401	Träger, Andre	01:21:14	01:33:53	01:18:31	01:16:50	01:36:19	01:40:07	08:46:54	27	6	M 45
29	597	van de Graaf, Rob	01:15:15	01:32:28	01:17:07	01:18:21	01:40:14	01:44:07	08:47:32	28	3	M 50
30	329	Beckemper, Ingo	01:19:51	01:31:53	01:18:57	01:16:34	01:39:23	01:43:03	08:49:41	29	7	M 45
31	551	Thonemann, Markus	01:21:06	01:36:08	01:20:04	01:16:17	01:38:35	01:42:20	08:54:30	30	6	M 40
32	188	Ickert, Oliver	01:21:30	01:36:41	01:21:10	01:17:42	01:37:28	01:41:34	08:56:05	31	8	M 45
33	599	Fistarol, Marcus	01:21:49	01:34:38	01:20:44	01:17:34	01:39:58	01:41:49	08:56:32	32	9	M 45
34	404	Zumdick, Reinhard	01:20:38	01:34:11	01:22:45	01:17:47	01:39:29	01:42:35	08:57:25	33	4	M 50
35	382	Maleschka, Michael	01:23:14	01:35:19	01:20:21	01:17:16	01:38:57	01:42:21	08:57:28	34	6	M 35
36	564	Engeländer, Goar	01:20:44	01:34:00	01:20:50	01:16:47	01:41:09	01:44:03	08:57:33	35	1	M 60
37	5	Kösters, Bernadette	01:21:21	01:34:49	01:22:12	01:17:47	01:39:44	01:42:37	08:58:30	2	1	W 40
38	218	Santel, Daniel	01:21:33	01:34:55	01:22:42	01:18:55	01:39:33	01:40:56	08:58:34	36	5	M 30
39	180	Pezeschgi, Sirius	01:20:32	01:33:49	01:21:38	01:18:51	01:40:46	01:43:23	08:58:59	37	5	M 50
40	302	de Beyer, André	01:21:08	01:35:32	01:22:16	01:17:37	01:40:03	01:42:28	08:59:04	38	6	M 30
41	393	Pösentrup, Ludger	01:21:09	01:34:12	01:20:42	01:17:48	01:39:29	01:46:08	08:59:28	39	6	M 50
42	388	Pohl, Martin	01:22:45	01:35:06	01:21:15	01:17:47	01:41:02	01:42:22	09:00:17	40	7	M 50
43	467	Wallmeier, Bernd	01:24:01	01:33:58	01:21:45	01:18:00	01:39:36	01:43:06	09:00:26	41	10	M 45
44	415	Stockhorst, Jan	01:24:01	01:34:49	01:21:41	01:17:29	01:39:24	01:44:54	09:02:18	42	5	M HK
45	172	Gotwald, Dieter	01:21:20	01:34:27	01:20:45	01:17:44	01:40:06	01:49:07	09:03:29	43	8	M 50
46	469	Kleine, Johannes	01:22:33	01:36:52	01:22:04	01:18:35	01:41:08	01:45:31	09:06:43	44	9	M 50
47	225	Miethe, Frank	01:23:11	01:36:41	01:22:07	01:17:43	01:39:40	01:47:26	09:06:48	45	7	M 40

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
48	455	Berghaus, Oliver	01:21:57	01:36:29	01:22:44	01:19:38	01:40:32	01:45:58	09:07:18	46	7	M 35
49	561	Schnieders, Thomas	01:19:56	01:37:57	01:23:23	01:18:55	01:41:40	01:46:09	09:08:00	47	8	M 35
50	332	Kappenberg, Jana	01:21:25	01:39:19	01:22:49	01:18:25	01:40:39	01:45:51	09:08:28	3	1	W 35
51	526	Hackmann, Armin	01:27:01	01:37:49	01:22:48	01:18:48	01:39:40	01:43:57	09:10:03	48	7	M 30
52	12	Brüseke, Andreas	01:22:14	01:36:11	01:23:51	01:22:04	01:41:21	01:44:33	09:10:14	49	11	M 45
53	165	Salewsky, Dominik	01:23:29	01:37:23	01:22:39	01:19:32	01:43:42	01:44:40	09:11:25	50	9	M 35
54	544	Nawrath, Carsten	01:27:38	01:36:18	01:24:47	01:20:42	01:41:49	01:41:08	09:12:22	51	10	M 35
55	267	Matrose, Arne	01:26:27	01:35:25	01:24:37	01:21:00	01:42:34	01:42:53	09:12:56	52	8	M 30
56	182	Westphal, Maik	01:23:20	01:36:04	01:23:07	01:20:00	01:43:19	01:47:46	09:13:36	53	8	M 40
57	49	Ludwig, Sascha	01:29:43	01:39:22	01:23:31	01:20:27	01:41:06	01:42:26	09:16:35	54	6	M HK
58	248	Kedziora, Dennis	01:28:55	01:41:49	01:24:46	01:17:00	01:40:50	01:43:40	09:17:00	55	7	M HK
59	517	Bertke, Friedel	01:24:59	01:38:17	01:24:36	01:20:27	01:43:11	01:46:23	09:17:53	56	10	M 50
60	158	Schare, Christian	01:21:42	01:36:42	01:24:31	01:21:14	01:43:35	01:50:38	09:18:22	57	11	M 50
61	60	Herbert, Stephan	01:21:46	01:38:54	01:24:04	01:20:25	01:44:57	01:49:22	09:19:28	58	12	M 45
62	255	Teller, Patrick	01:28:57	01:40:47	01:22:52	01:20:14	01:43:25	01:43:43	09:19:58	59	8	M HK
63	24	Görlich, Reiner	01:22:11	01:38:21	01:25:29	01:20:48	01:43:32	01:50:16	09:20:37	60	9	M 40
64	385	Frankenberg, Richard	01:24:04	01:43:28	01:23:25	01:20:30	01:43:44	01:46:00	09:21:11	61	13	M 45
65	438	Mühlencord , Malte	01:24:14	01:39:59	01:24:36	01:20:11	01:43:50	01:48:23	09:21:13	62	10	M 40
66	146	Baudek, Gerald	01:27:50	01:51:55	01:21:19	01:19:26	01:39:31	01:43:09	09:23:10	63	12	M 50
67	314	Neuhaus, Markus	01:24:06	01:42:13	01:24:05	01:20:02	01:43:16	01:50:24	09:24:06	64	14	M 45
68	375	Leonard, Peter	01:24:12	01:40:28	01:26:27	01:21:10	01:45:08	01:48:19	09:25:44	65	13	M 50
69	121	Kramer, Nils	01:28:52	01:41:00	01:24:50	01:20:16	01:44:05	01:47:08	09:26:11	66	11	M 35
70	304	Voigt, Jens	01:23:57	01:38:47	01:25:36	01:22:50	01:48:04	01:47:19	09:26:33	67	14	M 50
71	227	Neumann, Markus	01:26:31	01:39:10	01:28:25	01:22:16	01:43:33	01:46:41	09:26:36	68	15	M 45
72	325	Wargers, Martin	01:25:33	01:40:02	01:25:22	01:22:15	01:45:27	01:49:28	09:28:07	69	16	M 45
73	110	Rossmann, Sebastian	01:28:06	01:41:32	01:24:52	01:21:16	01:44:43	01:47:56	09:28:25	70	9	M 30
74	104	Tepe, Frank	01:26:16	01:39:32	01:24:29	01:22:27	01:48:27	01:47:56	09:29:07	71	11	M 40
75	251	Steenhusen, Jan	01:28:58	01:41:19	01:22:52	01:21:37	01:45:55	01:49:12	09:29:53	72	10	M 30
76	209	Haverkamp, Kai	01:22:58	01:40:39	01:27:05	01:22:02	01:46:18	01:50:59	09:30:01	73	17	M 45
77	278	Kurre, Manfred	01:27:37	01:40:22	01:26:54	01:22:17	01:46:31	01:46:28	09:30:09	74	2	M 55
78	399	Tormöhlen , Jörn	01:23:39	01:39:47	01:24:53	01:22:40	01:48:33	01:51:24	09:30:56	75	12	M 40
79	192	Bales, Stefan	01:25:41	01:43:37	01:26:52	01:22:56	01:45:46	01:46:21	09:31:13	76	15	M 50
80	244	Becks, Michael	01:23:07	01:34:01	01:33:37	01:25:01	01:45:43	01:50:09	09:31:38	77	18	M 45
81	459	Hartmann, Uwe	01:28:32	01:40:36	01:27:14	01:21:53	01:46:25	01:47:14	09:31:54	78	16	M 50
82	394	Stöppler, Bastian	01:27:38	01:40:29	01:23:33	01:21:13	01:47:56	01:51:05	09:31:54	79	12	M 35
83	506	Westmeyer, Klaus	01:25:46	01:44:10	01:25:28	01:22:49	01:44:39	01:49:50	09:32:42	80	19	M 45
84	520	Vollmer, Ralf	01:26:51	01:40:39	01:26:24	01:23:03	01:46:06	01:49:41	09:32:44	81	17	M 50
85	340	Bosse, Reiner	01:27:54	01:40:50	01:26:30	01:21:00	01:46:22	01:50:24	09:33:00	82	20	M 45
86	410	Speller, Guido	01:25:59	01:42:25	01:25:40	01:26:44	01:44:53	01:49:56	09:35:37	83	3	M 55
87	259	Finkelmann, Ralf	01:26:24	01:41:20	01:27:27	01:24:58	01:48:28	01:49:56	09:38:33	84	18	M 50
88	307	Graner, Dietmar	01:26:14	01:43:55	01:28:06	01:23:14	01:45:28	01:51:58	09:38:55	85	19	M 50
89	554	von Hagen, Wolfgang	01:24:47	01:42:21	01:24:58	01:22:38	01:48:53	01:55:57	09:39:34	86	4	M 55
90	74	Fehmer, Michael	01:28:26	01:43:25	01:27:05	01:23:22	01:48:03	01:49:29	09:39:50	87	13	M 40
91	489	Schluchter, Thommy	01:22:29	01:40:04	01:27:13	01:22:18	01:48:57	01:59:17	09:40:18	88	14	M 40
92	232	Beenen, Christoph	01:29:08	01:43:06	01:26:46	01:22:18	01:48:06	01:51:53	09:41:17	89	20	M 50
93	147	Lid, Rainer	01:26:03	01:43:29	01:26:52	01:24:17	01:48:14	01:52:23	09:41:18	90	2	M 60
94	339	Maag, Theodor	01:25:56	01:42:52	01:26:40	01:24:11	01:47:12	01:54:35	09:41:26	91	21	M 50
95	92	Bensmann, Ansgar	01:27:07	01:43:25	01:27:22	01:24:18	01:48:54	01:51:59	09:43:05	92	22	M 50
96	458	Stroeve, Heinz	01:26:09	01:44:24	01:27:57	01:24:12	01:49:33	01:52:07	09:44:22	93	1	M 65

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
97	555	Biekötter, Kerstin	01:26:39	01:42:14	01:27:23	01:25:21	01:49:41	01:53:56	09:45:14	4	2	W HK
98	305	Mende, Uwe	01:28:35	01:43:40	01:30:38	01:23:32	01:48:05	01:51:12	09:45:42	94	21	M 45
99	125	Stöppler, Petra	01:28:36	01:43:42	01:30:38	01:23:31	01:48:08	01:51:15	09:45:50	5	1	W 50
100	205	Frohne, Marko	01:27:38	01:42:42	01:25:46	01:23:17	01:50:28	01:56:26	09:46:17	95	15	M 40
101	6	Krüer , Cornelia	01:30:29	01:43:46	01:26:53	01:26:09	01:49:20	01:50:44	09:47:21	6	2	W 40
102	456	Farwick, Andreas	01:29:15	01:44:01	01:27:39	01:24:19	01:48:54	01:53:49	09:47:57	96	22	M 45
103	139	Grüger, Claudia	01:30:14	01:47:34	01:28:31	01:23:19	01:47:49	01:51:00	09:48:27	7	2	W 50
104	468	Büscher, Christoph	01:30:06	01:44:01	01:28:33	01:25:33	01:48:38	01:52:18	09:49:09	97	13	M 35
105	465	Tillack, Hans	01:26:51	01:46:09	01:28:00	01:25:40	01:49:00	01:54:13	09:49:53	98	5	M 55
106	37	Grond, Josef	01:31:23	01:45:29	01:29:25	01:23:01	01:48:18	01:52:40	09:50:16	99	3	M 60
107	605	Lammers, Stefan	01:27:54	01:44:05	01:28:54	01:25:05	01:49:55	01:54:39	09:50:32	100	23	M 45
108	98	Wehmeyer, Ralf	01:33:30	01:43:38	01:27:57	01:25:37	01:49:44	01:50:11	09:50:37	101	16	M 40
109	124	Misch, Jörg	01:28:46	01:46:03	01:27:50	01:24:56	01:49:57	01:53:16	09:50:48	102	24	M 45
110	247	Dicks, Christopher	01:25:25	01:51:28	01:29:23	01:22:27	01:49:28	01:52:40	09:50:51	103	11	M 30
111	457	Schnetgöke, Jürgen	01:30:06	01:44:04	01:28:33	01:26:15	01:50:02	01:52:17	09:51:17	104	25	M 45
112	500	Crusius, Lars	01:28:18	01:46:02	01:30:20	01:25:42	01:48:21	01:53:11	09:51:54	105	14	M 35
113	111	Beck, Maik	01:31:22	01:45:25	01:30:54	01:24:10	01:49:06	01:51:07	09:52:04	106	17	M 40
114	323	Kordsmeyer, Michael	01:29:08	01:42:26	01:28:52	01:26:56	01:50:35	01:54:59	09:52:56	107	26	M 45
115	413	Ruschulte, Jan	01:32:34	01:43:46	01:29:36	01:24:56	01:48:54	01:54:16	09:54:02	108	9	M HK
116	131	Gaszek, Eva-Maria	01:30:23	01:46:05	01:28:20	01:24:47	01:48:32	01:56:35	09:54:42	8	3	W 50
117	301	Otto, Christian	01:31:37	01:46:34	01:29:57	01:25:08	01:48:24	01:53:15	09:54:55	109	15	M 35
118	471	Siebelmann, Florian	01:28:01	01:42:26	01:30:25	01:23:04	01:50:41	02:01:13	09:55:50	110	12	M 30
119	238	Schrant, Jürgen	01:39:13	01:43:04	01:26:32	01:26:31	01:49:12	01:51:33	09:56:05	111	27	M 45
120	601	Woltring, Stefan	01:25:42	01:49:58	01:26:50	01:27:59	01:50:20	01:55:57	09:56:46	112	23	M 50
121	70	Proske, Mario	01:26:33	01:46:55	01:27:38	01:27:04	01:51:38	01:58:29	09:58:17	113	24	M 50
122	346	Lörcks, Heiner	01:25:38	01:42:59	01:31:27	01:26:30	01:50:08	02:02:01	09:58:43	114	28	M 45
123	261	Frenzel, Volker	01:27:05	01:44:47	01:29:49	01:26:33	01:52:30	01:58:01	09:58:45	115	29	M 45
124	135	Tietz, Udo	01:29:41	01:46:55	01:29:19	01:25:34	01:52:53	01:54:29	09:58:51	116	30	M 45
125	600	Fieten, Jan	01:25:37	01:44:24	01:29:39	01:28:32	01:54:51	01:56:09	09:59:12	117	4	M 60
126	341	Günther, Liegmann	01:29:12	01:47:04	01:27:30	01:24:42	01:47:47	02:03:27	09:59:42	118	5	M 60
127	270	Foppe, Dustin	01:35:55	01:45:42	01:29:41	01:26:54	01:49:29	01:52:01	09:59:42	119	13	M 30
128	475	Janning, Franz	01:29:36	01:44:26	01:31:31	01:27:11	01:52:54	01:54:05	09:59:43	120	25	M 50
129	484	Zolthoff, Angelika	01:29:37	01:44:26	01:31:31	01:27:11	01:52:54	01:54:08	09:59:47	9	4	W 50
130	10	Süselbeck, André	01:30:02	01:44:29	01:29:51	01:28:56	01:50:10	01:57:28	10:00:56	121	18	M 40
131	321	Krumbeck, Christian	01:33:24	01:45:35	01:33:36	01:27:59	01:49:37	01:50:47	10:00:58	122	26	M 50
132	324	Suerland, Klaus	01:26:29	01:50:18	01:30:49	01:27:53	01:47:40	01:58:57	10:02:06	123	6	M 55
133	515	Stöttner, Moritz	01:26:54	01:45:36	01:30:05	01:28:22	01:53:47	01:57:49	10:02:33	124	10	M HK
134	102	Leewe, Christof	01:33:31	01:43:43	01:31:05	01:25:33	01:58:58	01:50:39	10:03:29	125	19	M 40
135	598	van der Vegt, Antien	01:26:11	01:47:50	01:27:56	01:27:46	01:54:53	01:59:34	10:04:10	10	2	W 35
136	200	Schmiemann, Christian	01:26:16	01:44:30	01:29:26	01:24:37	01:51:02	02:08:21	10:04:12	126	31	M 45
137	66	Geske, Michael	01:26:33	01:48:41	01:33:35	01:28:56	01:55:30	01:50:57	10:04:12	127	7	M 55
138	84	Menger, Andre	01:28:18	01:44:38	01:30:07	01:26:27	01:53:37	02:01:17	10:04:24	128	16	M 35
139	175	Aulkemeyer, Jochen	01:29:41	01:47:35	01:27:46	01:27:22	01:53:20	01:59:04	10:04:48	129	27	M 50
140	502	Niemann, Marianne	01:29:12	01:47:12	01:31:49	01:28:19	01:54:00	01:55:26	10:05:58	11	1	W 60
141	97	Koehler, Tom	01:30:03	01:46:59	01:30:52	01:27:28	01:53:12	01:57:39	10:06:13	130	32	M 45
142	20	Sterthaus, Jens	01:35:56	01:47:01	01:29:59	01:27:49	01:50:32	01:54:57	10:06:14	131	14	M 30
143	421	Voigt, Hartmut	01:28:07	01:45:44	01:30:21	01:27:52	01:53:58	02:00:57	10:06:59	132	33	M 45
144	570	Siebert, Ralph	01:32:36	01:45:49	01:31:23	01:28:00	01:55:35	01:53:59	10:07:22	133	8	M 55
145	45	Kipp, Monika	01:31:42	01:43:58	01:28:46	01:30:06	01:54:35	01:58:28	10:07:35	12	3	W HK

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
146	390	Wewer, Christian	01:30:57	01:49:48	01:31:26	01:26:47	01:53:38	01:55:27	10:08:03	134	28	M 50
147	201	Brinkhoff, Ralf	01:30:19	01:47:33	01:31:11	01:29:19	01:54:48	01:54:54	10:08:04	135	34	M 45
148	460	Kallenbach, Joachim	01:29:35	01:46:49	01:30:49	01:27:03	01:51:27	02:02:35	10:08:18	136	35	M 45
149	136	Spiekermann, Peter	01:32:53	01:47:34	01:30:13	01:27:51	01:53:28	01:57:32	10:09:31	137	6	M 60
150	117	Egger, Philippe	01:28:50	01:45:14	01:32:10	01:30:07	01:55:30	01:58:40	10:10:31	138	29	M 50
151	116	Gassmann, Ursula	01:28:50	01:45:13	01:32:10	01:30:09	01:55:32	01:58:41	10:10:35	13	1	W 45
152	300	Wille, Thomas	01:46:10	01:53:49	01:22:15	01:23:19	01:51:12	01:54:10	10:10:55	139	30	M 50
153	360	Brockschmidt, Manfred	01:32:57	01:50:31	01:30:29	01:27:48	01:49:02	02:00:11	10:10:58	140	20	M 40
154	7	Masch, Holger	01:32:34	01:50:55	01:32:40	01:28:31	01:52:46	01:53:39	10:11:05	141	7	M 60
155	223	Bruder, Achim	01:30:26	01:51:19	01:32:13	01:26:07	01:53:12	01:58:05	10:11:22	142	36	M 45
156	187	Löckemann, Markus	01:28:07	01:46:08	01:31:36	01:32:45	01:53:14	01:59:53	10:11:43	143	21	M 40
157	432	Brix, Christian	01:39:30	01:53:36	01:30:31	01:24:26	01:50:43	01:53:43	10:12:29	144	15	M 30
158	297	Breitbart, Thomas	01:32:20	01:47:54	01:36:30	01:29:21	01:55:35	01:50:55	10:12:35	145	31	M 50
159	464	Tertünte, Matthias	01:33:29	01:47:07	01:30:34	01:25:59	01:51:12	02:04:34	10:12:55	146	9	M 55
160	391	Hoppe, Ulrich	01:31:42	01:44:47	01:31:22	01:27:31	01:54:24	02:03:42	10:13:28	147	37	M 45
161	43	Rücker, Jens	01:30:53	01:46:52	01:29:02	01:32:09	01:53:04	02:01:32	10:13:32	148	17	M 35
162	287	Fudicar, Alexander	01:31:47	01:49:28	01:31:47	01:28:51	01:54:23	01:58:12	10:14:28	149	32	M 50
163	514	Hentschel, Adrian	01:36:09	01:45:01	01:30:49	01:29:34	01:55:44	01:57:18	10:14:35	150	16	M 30
164	372	Matzke, Juliane	01:36:10	01:45:02	01:30:50	01:29:35	01:55:42	01:57:17	10:14:36	14	1	W 30
165	155	Trumpp, Henning	01:36:08	01:45:03	01:30:49	01:29:34	01:55:44	01:57:19	10:14:37	151	33	M 50
166	473	Ulmer, Eduard	01:32:41	01:51:20	01:32:51	01:29:32	01:52:49	01:55:35	10:14:48	152	34	M 50
167	269	Wolf, Cornelius - Nils	01:33:42	01:51:45	01:31:06	01:29:26	01:53:19	01:55:36	10:14:54	153	22	M 40
168	181	Wibbeling, Reinhard	01:29:34	01:51:18	01:31:16	01:29:01	01:55:09	01:58:37	10:14:55	154	10	M 55
169	444	Sutmöller, Hans-Dieter	01:29:46	01:46:47	01:34:08	01:30:28	01:55:43	01:58:07	10:14:59	155	8	M 60
170	533	Müller, Kerstin	01:33:43	01:49:38	01:31:40	01:28:51	01:55:44	01:55:33	10:15:09	15	2	W 30
171	606	Breckweg, Bernward	01:32:11	01:49:21	01:33:29	01:29:00	01:52:57	01:58:43	10:15:41	156	35	M 50
172	274	Runge, Ulrich	01:38:57	01:47:44	01:30:19	01:29:13	01:53:37	01:56:02	10:15:52	157	36	M 50
173	242	Berlekamp, Uwe	01:34:28	01:47:07	01:33:32	01:27:35	01:53:40	01:59:43	10:16:05	158	23	M 40
174	296	Lukas-Nülle, Uwe	01:33:58	01:51:31	01:31:44	01:27:50	01:53:55	01:57:34	10:16:32	159	11	M 55
175	161	Niermann, Andreas	01:24:01	01:49:06	01:32:13	01:29:02	01:56:52	02:05:48	10:17:02	160	38	M 45
176	567	Haßmann, Yannick	01:39:29	01:51:42	01:30:15	01:25:09	01:49:56	02:00:41	10:17:12	161	11	M HK
177	220	Schulze, Holger	01:31:15	01:49:18	01:32:13	01:28:22	01:54:45	02:01:34	10:17:27	162	12	M 55
178	481	Rüther, Michael	01:28:42	01:53:29	01:33:44	01:29:25	01:57:24	01:54:56	10:17:40	163	39	M 45
179	32	Sanner, Reinhard	01:32:32	01:48:15	01:33:05	01:29:13	01:55:24	01:59:20	10:17:49	164	13	M 55
180	275	Gedes, Matthias	01:29:03	01:47:02	01:31:00	01:28:02	01:53:27	02:09:26	10:18:00	165	40	M 45
181	87	Topheide, Martina	01:31:12	01:50:03	01:33:20	01:30:09	01:56:31	01:59:28	10:20:43	16	3	W 35
182	486	Selchow, Jan	01:37:32	01:49:54	01:32:57	01:27:46	01:53:17	01:59:46	10:21:12	166	18	M 35
183	476	Janning, Boris	01:34:43	01:49:07	01:33:59	01:28:41	01:54:56	02:00:05	10:21:31	167	37	M 50
184	349	Hatke, Bernhard	01:34:47	01:47:18	01:34:34	01:30:48	01:55:58	01:59:33	10:22:58	168	38	M 50
185	150	Köbbemann, Ralf	01:36:36	01:54:19	01:32:48	01:29:33	01:54:38	01:55:22	10:23:16	169	41	M 45
186	53	Schmidt, Frank	01:36:26	01:49:21	01:34:40	01:29:54	01:54:38	01:58:19	10:23:18	170	24	M 40
187	422	Gawinski, Heinz	01:34:03	01:50:38	01:33:53	01:30:19	01:56:18	01:58:14	10:23:25	171	9	M 60
188	114	Prösch, Lutz	01:29:38	01:47:58	01:34:38	01:32:34	01:57:17	02:01:20	10:23:25	172	42	M 45
189	474	Ehrmantraut, Alex	01:34:50	01:55:37	01:34:57	01:30:00	01:54:51	01:54:16	10:24:31	173	39	M 50
190	211	Hörnschemeyer, Gisela	01:32:01	01:51:03	01:34:16	01:31:29	01:56:40	01:59:49	10:25:18	17	5	W 50
191	203	Horst, Hannelore	01:33:32	01:51:29	01:35:43	01:31:39	01:56:56	01:56:45	10:26:04	18	1	W 65
192	568	Backer, Malte	01:33:45	01:50:55	01:35:40	01:29:52	01:56:28	01:59:31	10:26:11	174	17	M 30
193	351	Wilm, Konstantin	01:33:34	01:48:43	01:32:26	01:29:03	01:57:38	02:04:49	10:26:13	175	43	M 45
194	546	Schnetgöke, Reiner	01:32:27	01:55:12	01:32:43	01:28:41	01:53:19	02:04:15	10:26:37	176	40	M 50

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196	196	Langenbrink, Lukas	01:35:09	01:52:44	01:33:56	01:31:28	01:55:57	01:58:47	10:28:01	178	25	M 40
197	525	Seiger, Christoph	01:34:04	01:54:12	01:34:12	01:30:32	01:55:46	01:59:37	10:28:23	179	41	M 50
198	383	Feldbusch, Markus	01:42:04	01:50:06	01:31:57	01:30:55	02:00:36	01:52:55	10:28:33	180	45	M 45
199	395	Kösters, Sven	01:32:10	01:52:26	01:32:54	01:31:07	01:55:15	02:04:50	10:28:42	181	18	M 30
200	400	Schwarte, Christian	01:34:40	01:54:38	01:33:56	01:31:04	01:56:24	01:58:03	10:28:45	182	42	M 50
201	535	Michels, Peter	01:34:07	01:45:53	01:33:10	01:37:43	01:58:41	01:59:19	10:28:53	183	26	M 40
202	59	Schnebeck, Christian	01:35:29	01:51:20	01:34:22	01:29:31	01:53:49	02:05:03	10:29:34	184	27	M 40
203	342	Albers, Georg	01:36:09	01:55:25	01:36:32	01:31:15	01:55:47	01:56:00	10:31:08	185	43	M 50
204	101	Menzel, Jürgen	01:36:13	01:50:18	01:35:01	01:29:27	01:59:41	02:00:46	10:31:26	186	14	M 55
205	57	Strakeljahn, Karsten	01:40:38	01:50:11	01:35:00	01:29:55	01:58:16	01:59:20	10:33:20	187	44	M 50
206	40	Sonntag, Mike	01:30:41	01:57:39	01:36:05	01:33:58	01:53:52	02:01:15	10:33:30	188	45	M 50
207	266	Uphoff, Peter	01:29:21	01:44:00	01:26:55	01:27:48	02:02:24	02:23:33	10:34:01	189	46	M 50
208	585	Berghuis, Jans	01:37:15	01:51:09	01:35:33	01:32:11	01:59:06	01:59:21	10:34:35	190	15	M 55
209	573	Heeke, Antonius	01:34:52	01:48:42	01:34:13	01:32:17	01:59:17	02:05:50	10:35:11	191	16	M 55
210	288	Bühn, Klaus	01:41:22	01:51:55	01:34:22	01:29:22	01:56:20	02:02:21	10:35:42	192	17	M 55
211	509	Bayle, Christian	01:31:56	01:50:11	01:34:48	01:30:58	01:58:27	02:09:25	10:35:45	193	10	M 60
212	122	Wiesmann, Udo	01:38:02	01:54:37	01:36:09	01:30:33	01:58:06	01:59:19	10:36:46	194	47	M 50
213	498	Hoffrogge, Dieter	01:33:48	01:53:42	01:37:27	01:31:38	01:58:36	02:01:37	10:36:48	195	48	M 50
214	322	Kleine, Andreas	01:35:54	01:50:07	01:36:25	01:34:38	01:59:38	02:00:08	10:36:50	196	46	M 45
215	579	Pattar, Axel	01:34:28	01:47:45	01:32:39	01:29:55	02:03:48	02:09:19	10:37:54	197	19	M 35
216	283	Hütten, Manuel	01:41:26	01:53:03	01:38:45	01:31:03	01:56:16	01:57:33	10:38:06	198	12	M HK
217	499	Unland, Ralf	01:42:52	01:54:26	01:36:12	01:31:31	01:56:39	01:58:03	10:39:43	199	49	M 50
218	292	Ertel, Jörg	01:33:35	01:55:24	01:36:30	01:33:46	02:00:20	02:00:12	10:39:47	200	47	M 45
219	379	Kedziora, Frank	01:35:11	01:55:04	01:36:54	01:31:20	01:57:23	02:03:55	10:39:47	201	50	M 50
220	522	Hock, Thomas	01:36:45	01:57:15	01:35:14	01:32:56	01:57:22	02:00:21	10:39:53	202	51	M 50
221	140	Niemeyer, Marko	01:36:56	01:50:42	01:35:18	01:35:17	01:57:55	02:04:46	10:40:54	203	48	M 45
222	290	Strathaus, Wolfgang	01:32:39	01:57:56	01:33:09	01:33:54	02:00:55	02:02:22	10:40:55	204	18	M 55
223	75	Wennemer, Maik	01:32:50	02:01:56	01:32:10	01:33:26	01:55:56	02:04:39	10:40:57	205	28	M 40
224	405	Visse, Jürgen	01:41:24	01:54:39	01:38:26	01:31:10	01:57:15	01:58:33	10:41:27	206	49	M 45
225	547	Kleiböhmer, Dietmar	01:35:57	01:54:24	01:36:59	01:33:50	01:58:11	02:02:17	10:41:38	207	52	M 50
226	237	Schrant, Heike	01:39:14	01:54:09	01:37:09	01:32:10	01:58:22	02:00:40	10:41:44	19	2	W 45
227	448	Kisse, Stefan	01:37:31	01:54:13	01:34:50	01:35:22	01:59:55	01:59:57	10:41:48	208	29	M 40
228	519	Schmelzer, Claudia	01:37:33	01:55:58	01:34:58	01:32:47	01:58:04	02:02:32	10:41:52	20	3	W 40
229	63	Baumeister, Dietmar	01:40:36	01:49:58	01:34:28	01:35:52	02:00:30	02:00:31	10:41:55	209	53	M 50
230	286	Schoppe , Jürgen	01:36:23	01:52:01	01:35:02	01:34:42	01:59:20	02:04:57	10:42:25	210	54	M 50
231	470	Niehaus, Christian	01:38:10	01:55:17	01:34:30	01:30:41	02:01:18	02:02:50	10:42:46	211	19	M 30
232	485	Kenning, Karl-Heinz	01:34:42	01:51:40	01:34:28	01:33:50	01:57:49	02:10:35	10:43:04	212	30	M 40
233	553	Mäuer, Udo	01:37:46	01:54:18	01:36:05	01:33:21	01:56:59	02:04:43	10:43:12	213	55	M 50
234	511	Chauvin, Bernard	01:34:29	01:53:13	01:37:45	01:33:47	02:00:07	02:03:59	10:43:20	214	2	M 65
235	78	Harter, Georg	01:32:16	01:49:53	01:33:34	01:37:42	02:00:47	02:09:54	10:44:06	215	56	M 50
236	362	Schulten, Ludger	01:37:50	01:52:30	01:34:20	01:31:51	01:59:36	02:08:37	10:44:44	216	50	M 45
237	212	Kluth, Sebastian	01:39:54	01:54:38	01:34:41	01:30:54	02:00:22	02:04:28	10:44:57	217	57	M 50
238	164	Klompmaker, Arthur	01:37:58	01:55:53	01:37:31	01:32:43	01:57:41	02:03:41	10:45:27	218	58	M 50
239	281	Giesecke, Jürgen	01:40:24	01:53:58	01:37:28	01:32:55	01:53:59	02:04:40	10:46:04	219	51	M 45
240	308	Wille, Matthias	01:37:00	01:53:14	01:38:19	01:35:15	01:59:27	02:03:18	10:46:33	220	52	M 45
241	16	Brinkhues, Bernd	01:33:27	01:53:59	01:37:02	01:36:19	02:01:25	02:05:45	10:47:57	221	3	M 65
242	368	Hüwe, Rainer	01:36:29	01:54:19	01:37:51	01:33:53	02:00:01	02:06:26	10:48:59	222	59	M 50
243	354	Hanne, Jörg	01:45:29	01:56:51	01:40:34	01:31:46	01:56:12	01:58:17	10:49:09	223	60	M 50

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245	228	Brockmann, Torsten	01:35:26	01:52:13	01:33:14	01:34:29	02:03:05	02:11:20	10:49:47	225	20	M 35
246	173	Diekmann, Jürgen	01:42:46	01:54:56	01:39:59	01:33:41	01:58:57	01:59:34	10:49:53	226	62	M 50
247	369	Raing, Norbert	01:34:30	01:51:33	01:40:58	01:35:01	02:04:30	02:03:23	10:49:55	227	19	M 55
248	52	Neuwald, Dirk	01:36:26	01:53:08	01:39:04	01:34:06	02:00:40	02:06:36	10:50:00	228	31	M 40
249	389	Brinker, Thorsten	01:35:12	01:55:28	01:36:28	01:34:06	02:01:45	02:07:01	10:50:00	229	32	M 40
250	336	Franke, Hendrik	01:32:19	01:54:35	01:35:18	01:32:33	02:02:12	02:13:11	10:50:08	230	21	M 35
251	55	Hagemann, Dieter	01:37:59	01:54:18	01:38:31	01:35:05	01:59:09	02:05:22	10:50:24	231	20	M 55
252	435	Rutledge, Kai	01:34:44	01:53:25	01:36:40	01:35:43	02:03:24	02:06:30	10:50:26	232	53	M 45
253	437	Kretschmer, Joerg	01:36:07	01:59:36	01:40:20	01:32:14	01:58:25	02:04:09	10:50:51	233	54	M 45
254	306	Skornitzke, Günther	01:38:04	01:53:33	01:36:18	01:33:56	02:01:49	02:07:37	10:51:17	234	11	M 60
255	80	Windoffer, Richard	01:34:43	02:00:25	01:37:20	01:33:43	02:00:23	02:05:30	10:52:04	235	12	M 60
256	423	Richter, Marc	01:36:01	01:58:44	01:41:04	01:33:30	01:58:29	02:04:42	10:52:30	236	22	M 35
257	89	Tepe, Andre	01:42:29	01:57:11	01:36:44	01:33:32	01:58:58	02:04:54	10:53:48	237	23	M 35
258	199	Gehlthomholt, Petra	01:37:23	01:55:03	01:37:14	01:33:22	02:01:09	02:10:33	10:54:44	21	3	W 45
259	42	Cornelissen, Volker	01:37:44	01:56:01	01:38:55	01:33:46	02:02:23	02:06:36	10:55:25	238	55	M 45
260	576	Giehler, Günter	01:38:58	01:55:14	01:37:18	01:36:03	02:03:15	02:05:11	10:55:59	239	21	M 55
261	345	Steingröver, Ralf	01:37:51	01:58:06	01:37:40	01:33:36	02:04:38	02:04:41	10:56:32	240	33	M 40
262	193	Schardt, Michael	01:36:57	01:58:37	01:37:10	01:31:25	02:05:33	02:06:51	10:56:33	241	13	M 60
263	230	Bachmann, Volker	01:38:44	01:56:43	01:37:40	01:35:24	02:03:10	02:04:58	10:56:39	242	56	M 45
264	411	Rehers, Stephan	01:46:01	01:58:35	01:38:17	01:31:57	02:00:38	02:01:30	10:56:58	243	20	M 30
265	58	Göbel, Uwe	01:38:52	01:59:59	01:37:33	01:36:53	01:59:24	02:04:40	10:57:21	244	63	M 50
266	118	Reimelt, Thomas	01:36:31	01:58:33	01:37:13	01:34:18	02:03:13	02:07:37	10:57:25	245	34	M 40
267	17	Sievers, Uwe	01:36:57	01:54:18	01:38:32	01:35:36	02:05:28	02:06:48	10:57:39	246	64	M 50
268	14	Diepenbrock, Thomas	01:35:18	01:57:44	01:36:55	01:33:19	02:05:37	02:08:46	10:57:39	247	65	M 50
269	183	Kuhlmann, Christoph	01:44:58	01:56:15	01:36:13	01:33:35	01:59:04	02:07:37	10:57:42	248	66	M 50
270	202	Sprenger, Olaf	01:46:13	02:01:19	01:39:36	01:31:33	01:58:25	02:00:37	10:57:43	249	57	M 45
271	303	Arendt, Andre	01:42:14	01:57:34	01:41:34	01:33:49	02:01:08	02:01:46	10:58:05	250	22	M 55
272	503	Blume, Sebastian	01:47:55	01:57:40	01:41:00	01:31:54	01:58:06	02:01:46	10:58:21	251	35	M 40
273	18	Terhorst, Dirk	01:39:20	01:55:53	01:42:48	01:35:41	02:01:33	02:03:23	10:58:38	252	58	M 45
274	309	Streich, Stefanie	01:43:33	02:00:26	01:41:22	01:33:06	02:01:16	01:59:27	10:59:10	22	4	W 45
275	593	Heijnen, Jannes	01:39:09	01:56:25	01:37:34	01:35:53	02:00:40	02:09:41	10:59:22	253	4	M 65
276	35	Schreiber, Joachim	01:34:01	01:56:47	01:40:04	01:35:46	02:03:54	02:08:53	10:59:25	254	67	M 50
277	482	Heuer, Manfred	01:41:47	01:58:50	01:37:05	01:34:55	02:01:44	02:05:12	10:59:33	255	23	M 55
278	48	Lammers, Martin	01:43:38	01:59:04	01:41:34	01:34:08	02:00:25	02:01:59	11:00:48	256	59	M 45
279	577	Beckmann, Hans-Bernd	01:38:58	02:00:20	01:37:15	01:36:00	02:03:14	02:05:11	11:00:58	257	68	M 50
280	277	Bockbreder, Frank	01:40:23	01:57:14	01:39:26	01:35:17	02:04:30	02:05:07	11:01:57	258	60	M 45
281	507	Grüger, Magnus	01:41:38	01:57:18	01:38:24	01:32:07	02:04:49	02:07:47	11:02:03	259	24	M 55
282	419	Möllmann, Werner	01:37:54	01:57:59	01:41:09	01:36:17	02:03:39	02:05:07	11:02:05	260	25	M 55
283	320	Bergfeld, Olrik	01:37:27	01:51:36	01:44:42	01:39:06	01:59:50	02:09:42	11:02:23	261	61	M 45
284	204	Schmandt, Dirk	01:41:26	02:01:05	01:40:02	01:33:59	02:00:39	02:05:12	11:02:23	262	69	M 50
285	508	Schmeing, Ralf	01:34:14	01:57:46	01:40:55	01:35:30	02:02:58	02:11:02	11:02:25	263	26	M 55
286	326	Meier, Sandra	01:38:27	01:56:24	01:42:05	01:38:21	02:00:40	02:06:50	11:02:47	23	5	W 45
287	560	Mäuer, Jürgen	01:40:17	01:57:59	01:40:35	01:33:20	02:03:08	02:07:48	11:03:07	264	27	M 55
288	130	Weirauch, Eva	01:40:24	01:56:56	01:39:39	01:35:04	02:03:07	02:08:09	11:03:19	24	4	W 40
289	222	Nergert, Gerd	01:40:18	01:56:55	01:40:50	01:36:35	02:03:14	02:06:08	11:04:00	265	14	M 60
290	461	Sporkmann, Karin	01:38:39	01:58:02	01:38:10	01:37:16	02:01:55	02:10:14	11:04:16	25	6	W 45
291	245	Welkener, Jürgen	01:40:35	02:03:34	01:37:57	01:33:31	02:00:38	02:08:04	11:04:19	266	70	M 50
292	25	Breulmann, Bernd	01:40:06	01:57:08	01:41:05	01:34:54	02:02:52	02:08:21	11:04:26	267	15	M 60

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
293	243	Büscher, Dirk	01:39:04	01:57:59	01:37:24	01:36:32	01:59:34	02:14:32	11:05:05	268	36	M 40
294	215	Niedick, Tanja	01:41:22	01:55:43	01:40:23	01:35:45	02:02:38	02:09:56	11:05:47	26	5	W 40
295	299	Berelsmann, Andreas	01:39:16	02:01:33	01:39:50	01:34:52	02:01:26	02:09:23	11:06:20	269	71	M 50
296	333	Rüter, Siggi	01:43:40	01:58:25	01:43:11	01:36:53	02:03:06	02:01:42	11:06:57	27	7	W 45
297	260	Erdenberger, Ute	01:43:59	01:59:58	01:38:27	01:38:12	02:03:15	02:05:27	11:09:18	28	6	W 40
298	583	Kreeft, Martin	01:37:15	01:56:58	01:43:41	01:39:26	02:06:48	02:05:47	11:09:55	270	28	M 55
299	358	Pöppelmann, Ralf	01:32:33	02:00:38	01:40:22	01:51:07	02:01:25	02:05:37	11:11:42	271	72	M 50
300	392	Kerk, Thomas	01:40:12	01:59:40	01:40:34	01:36:17	02:07:02	02:08:08	11:11:53	272	73	M 50
301	189	Stenzel, Michael	01:37:21	01:55:49	01:39:47	01:38:06	02:08:59	02:12:01	11:12:03	273	74	M 50
302	355	Osteresch, Bernd	01:45:50	01:56:40	01:37:04	01:37:05	02:04:35	02:11:00	11:12:14	274	13	M HK
303	256	Nospickel, Udo	01:40:16	01:58:42	01:41:34	01:36:53	02:07:23	02:07:31	11:12:19	275	62	M 45
304	580	Raufse, Wolfgang	01:40:34	01:56:13	01:40:55	01:36:34	02:06:58	02:11:26	11:12:40	276	75	M 50
305	93	Schmitz, Dieter	01:42:44	01:57:28	01:37:46	01:36:21	02:05:29	02:13:24	11:13:12	277	37	M 40
306	94	Merschformann , Ruth	01:42:47	01:57:30	01:37:46	01:36:22	02:05:28	02:13:24	11:13:17	29	7	W 40
307	556	Egbert, Heike	01:45:00	02:00:07	01:41:13	01:36:37	02:02:46	02:07:43	11:13:26	30	8	W 45
308	595	Hulzebos-Grit, Will-Inge	01:40:28	01:57:11	01:41:19	01:37:51	02:05:53	02:11:00	11:13:42	31	9	W 45
309	384	Kleemann, Jürgen	01:41:16	02:01:38	01:42:38	01:35:34	02:05:19	02:07:31	11:13:56	278	63	M 45
310	126	Reichstein, Kai	01:48:02	02:11:14	01:45:10	01:34:29	01:58:14	01:56:49	11:13:58	279	14	M HK
311	21	Athmer, Gerd	01:39:19	01:59:19	01:40:57	01:36:18	02:06:47	02:11:26	11:14:06	280	64	M 45
312	143	Baltes, Carsten	01:40:31	01:58:29	01:43:12	01:40:03	02:05:34	02:06:41	11:14:30	281	65	M 45
313	213	Dellwig, Heinz-Werner	01:40:19	01:59:28	01:40:33	01:35:57	02:06:29	02:11:44	11:14:30	282	5	M 65
314	54	Bell, Michael	01:44:18	02:01:16	01:39:36	01:33:39	02:03:26	02:14:36	11:16:51	283	38	M 40
315	602	Adler, Peter	01:39:00	01:57:42	01:41:48	01:36:39	02:08:17	02:14:19	11:17:45	284	16	M 60
316	490	Niehaus, Hildegard	01:40:32	01:58:15	01:40:50	01:38:29	02:08:19	02:12:49	11:19:14	32	1	W 55
317	271	Gehltohmholt, Christof	01:50:08	01:59:10	01:40:11	01:36:00	02:03:39	02:10:10	11:19:18	285	66	M 45
318	527	Krause-Hettlage, Michael	01:40:59	01:59:40	01:41:06	01:37:20	02:05:53	02:14:36	11:19:34	286	29	M 55
319	367	Tiemann, Andreas	01:43:12	02:00:24	01:45:41	01:38:15	02:05:41	02:06:25	11:19:38	287	67	M 45
320	541	Wellensiek, Birte	01:39:24	02:01:46	01:40:47	01:37:52	02:08:28	02:12:33	11:20:50	33	4	W 35
321	430	Langkamp, Brigitte	01:43:34	02:00:46	01:42:46	01:37:51	02:05:56	02:11:07	11:22:00	34	6	W 50
322	550	Sandbote, Ines	01:44:43	01:57:29	01:43:08	01:39:49	02:06:07	02:10:46	11:22:02	35	8	W 40
323	377	Böhme, Mechthild	01:46:07	02:05:36	01:41:54	01:37:54	02:04:26	02:06:37	11:22:34	36	10	W 45
324	607	Haarmeyer, Birgit	01:44:18	02:00:57	01:42:49	01:38:16	02:05:54	02:10:30	11:22:44	37	9	W 40
325	154	Vielhaber, Christelle	01:39:11	02:02:29	01:45:21	01:35:53	02:09:01	02:10:57	11:22:52	38	3	W 30
326	152	Castagna, Luciano	01:39:10	02:02:27	01:45:46	01:35:52	02:09:01	02:10:57	11:23:13	288	39	M 40
327	604	Brink, Helmut	01:45:24	02:03:25	01:38:56	01:37:26	02:06:56	02:12:01	11:24:08	289	76	M 50
328	590	Prins, Arie	01:33:24	02:01:26	01:37:36	01:37:45	02:11:04	02:23:08	11:24:23	290	17	M 60
329	149	Nospickel, Markus	01:46:10	02:02:25	01:45:02	01:34:44	02:10:40	02:05:56	11:24:57	291	68	M 45
330	454	Sander, Martin	01:42:17	01:57:57	01:43:10	01:42:47	02:07:00	02:12:10	11:25:21	292	30	M 55
331	30	Schröer, Rainer	01:43:14	02:00:02	01:42:09	01:37:24	02:08:17	02:14:29	11:25:35	293	69	M 45
332	82	Selchow, Dieter	01:44:04	02:02:13	01:43:19	01:40:03	02:05:01	02:10:59	11:25:39	294	6	M 65
333	531	Kühnen, Thomas	01:46:49	02:06:06	01:40:37	01:45:05	02:05:07	02:03:14	11:26:58	295	70	M 45
334	46	Poggemann, Martin	01:45:36	02:00:48	01:42:00	01:38:49	02:04:53	02:15:07	11:27:13	296	71	M 45
335	217	Felker, Ralf	01:43:48	02:04:10	01:45:28	01:36:55	02:09:42	02:07:53	11:27:56	297	72	M 45
336	529	Bente, Marco	01:46:50	02:05:58	01:40:38	01:44:46	02:06:51	02:03:11	11:28:14	298	40	M 40
337	317	Kuhlmann, Birgit	01:48:07	02:05:39	01:42:43	01:41:09	02:03:07	02:07:40	11:28:25	39	11	W 45
338	86	Sommer, Norbert	01:35:24	02:12:10	01:37:47	01:44:15	02:09:27	02:10:04	11:29:07	299	77	M 50
339	194	Heckhuis, Michael	01:49:37	02:02:05	01:42:31	01:45:47	02:04:31	02:05:27	11:29:58	300	78	M 50
340	47	Kerk, Raphael	01:46:13	02:00:31	01:42:04	01:42:29	02:07:35	02:11:08	11:30:00	301	15	M HK
341	356	Mielitz, Stefanie	01:46:49	02:04:17	01:44:12	01:38:42	02:03:38	02:12:27	11:30:05	40	5	W 35

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
342	79	Frei, Andreas	01:49:04	02:00:21	01:45:08	01:39:39	02:06:13	02:10:39	11:31:04	302	41	M 40
343	425	Bolles, Stefan	01:40:57	02:02:16	01:41:34	01:41:42	02:12:01	02:12:49	11:31:19	303	79	M 50
344	197	Höwer, Peter	01:43:54	02:00:27	01:46:05	01:43:57	02:07:27	02:09:57	11:31:47	304	31	M 55
345	495	Schäfers, Jürgen	01:46:05	02:02:44	01:42:19	01:38:50	02:10:46	02:11:48	11:32:32	305	80	M 50
346	472	Albers, Lothar	01:38:59	01:58:01	01:42:28	01:42:12	02:13:33	02:17:29	11:32:42	306	32	M 55
347	115	Schneider, Janina	01:45:04	02:06:14	01:45:09	01:39:39	02:06:14	02:10:40	11:33:00	41	4	W 30
348	141	Windmann, Ralf	01:42:59	02:03:35	01:44:22	01:42:11	02:08:54	02:11:06	11:33:07	307	33	M 55
349	542	Körner-Downes, Monika	01:43:11	02:04:09	01:43:48	01:38:30	02:09:04	02:14:52	11:33:34	42	2	W 55
350	557	Baar, Silke	01:46:17	02:03:04	01:44:23	01:41:05	02:07:24	02:11:27	11:33:40	43	12	W 45
351	559	Prigge, Carmen	01:46:17	02:03:04	01:44:23	01:41:05	02:07:25	02:11:27	11:33:41	44	10	W 40
352	584	Bennink, Anja	01:46:19	02:04:46	01:43:16	01:40:47	02:09:42	02:09:32	11:34:22	45	7	W 50
353	293	Tenberg, Helmut	01:38:51	02:03:06	01:42:58	01:40:38	02:07:40	02:21:20	11:34:33	308	34	M 55
354	494	Greß, Werner	01:44:30	02:02:20	01:46:14	01:40:13	02:09:16	02:13:15	11:35:48	309	35	M 55
355	574	Vismann, Josef	01:42:03	02:00:09	01:46:00	01:41:14	02:11:08	02:15:23	11:35:57	310	7	M 65
356	370	Strelow, Peter	01:47:59	02:03:16	01:45:20	01:40:43	02:08:21	02:10:56	11:36:35	311	81	M 50
357	466	Meyendriesch, Burkard	01:44:52	02:01:27	01:43:11	01:38:48	02:12:06	02:16:23	11:36:47	312	18	M 60
358	103	Masch, Hedwig	01:45:50	02:04:02	01:44:12	01:40:53	02:09:49	02:12:20	11:37:06	46	2	W 60
359	285	Schöpfli, Thomas	01:46:42	02:02:19	01:46:59	01:38:56	02:07:39	02:14:45	11:37:20	313	73	M 45
360	257	Meinel, Mike	01:47:48	02:02:26	01:44:05	01:37:28	02:08:58	02:17:00	11:37:45	314	42	M 40
361	440	Vörckel, Michael	01:42:27	02:04:55	01:44:02	01:39:59	02:10:30	02:16:00	11:37:53	315	36	M 55
362	505	Arène, Ophélie	01:49:34	02:03:10	01:42:53	01:41:54	02:08:12	02:13:23	11:39:06	47	5	W 30
363	409	Budde, Thomas	01:45:30	02:03:00	01:46:50	01:43:30	02:10:43	02:10:26	11:39:59	316	74	M 45
364	34	Becks, Stefan	01:41:46	02:10:34	01:44:46	01:38:55	02:09:10	02:17:00	11:42:11	317	82	M 50
365	61	Schluch, Pascale	01:46:03	02:03:10	01:46:11	01:36:33	02:08:59	02:21:47	11:42:43	318	16	M HK
366	510	Brochard, François	01:37:38	02:13:50	01:42:25	01:39:59	02:07:42	02:22:08	11:43:42	319	37	M 55
367	276	Berlekamp, Maria	01:42:19	02:05:26	01:45:31	01:42:30	02:12:26	02:16:17	11:44:29	48	13	W 45
368	62	Hamsen, Matthias	01:45:01	02:04:44	01:45:08	01:41:28	02:11:01	02:18:28	11:45:50	320	75	M 45
369	497	Strelow, Eckhard	01:47:59	02:03:15	01:47:34	01:44:56	02:10:35	02:12:12	11:46:31	321	76	M 45
370	170	Weiper, Charly	01:44:45	02:03:49	01:46:00	01:42:44	02:11:12	02:18:05	11:46:35	322	19	M 60
371	373	Rüther, Marcel	01:48:54	02:04:07	01:49:34	01:42:49	02:09:57	02:11:20	11:46:41	323	43	M 40
372	366	Harms, Christiane	01:43:18	02:04:05	01:46:19	01:44:22	02:13:02	02:15:38	11:46:44	49	3	W 55
373	365	Rosner, Evelyn	01:43:17	02:04:06	01:46:20	01:44:23	02:13:02	02:15:38	11:46:46	50	8	W 50
374	603	Hirsch, Andrea	01:44:57	02:04:28	01:45:32	01:43:34	02:12:26	02:16:07	11:47:04	51	3	W 60
375	263	Prager, Daniel	01:49:16	02:05:15	01:51:07	01:40:00	02:09:00	02:14:32	11:49:10	324	21	M 30
376	335	Gutknecht, Claudia	01:49:04	02:07:45	01:46:19	01:43:49	02:10:07	02:12:51	11:49:55	52	14	W 45
377	36	Budke, Rainer	01:45:37	02:03:54	01:45:42	01:44:04	02:12:56	02:18:11	11:50:24	325	8	M 65
378	157	Sackmann, Thomas	01:56:29	02:10:39	01:41:48	01:41:41	02:08:41	02:12:09	11:51:27	326	83	M 50
379	479	Schmitz, Annette	01:48:54	02:07:55	01:47:31	01:43:29	02:10:36	02:13:59	11:52:24	53	15	W 45
380	120	Neumann, Bertram	01:45:18	02:06:15	01:46:05	01:42:13	02:16:09	02:16:32	11:52:32	327	38	M 55
381	272	Merse, Heinz	01:54:39	02:06:13	01:43:28	01:41:21	02:10:09	02:18:06	11:53:56	328	39	M 55
382	69	Koneremann, Peter	01:45:51	02:04:56	01:46:25	01:45:01	02:13:12	02:18:55	11:54:20	329	40	M 55
383	587	Martens, Henri	01:48:25	02:09:38	01:43:13	01:41:48	02:17:01	02:17:50	11:57:55	330	22	M 30
384	29	Schmidt, Klaus	01:49:37	02:07:46	01:49:22	01:45:46	02:12:52	02:12:57	11:58:20	331	41	M 55
385	596	Ernst, Ferry	01:44:10	02:08:54	01:49:22	01:43:34	02:14:09	02:18:46	11:58:55	332	84	M 50
386	315	Veerkamp, Ludger	01:49:52	02:09:21	01:51:01	01:43:00	02:12:14	02:14:15	11:59:43	333	85	M 50
387	68	Rehers, HaWe	01:47:10	02:09:39	01:48:44	01:45:44	02:12:33	02:15:53	11:59:43	334	9	M 65
388	386	Vernauer, Günter	01:45:09	02:07:59	01:49:27	01:44:26	02:14:59	02:18:07	12:00:07	335	20	M 60
389	450	Gräwe, Detlef	01:46:34	02:11:00	01:46:22	01:46:17	02:13:56	02:17:05	12:01:14	336	21	M 60
390	11	Wille, Monika	01:46:34	02:04:56	01:47:30	01:45:31	02:13:58	02:23:06	12:01:35	54	4	W 60



Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
391	85	Witt, Stephanie	01:48:03	02:11:14	01:55:16	01:43:30	02:10:44	02:13:14	12:02:01	55	4	W HK
392	26	Krey, Reinhild	01:53:14	02:09:24	01:50:51	01:45:38	02:10:55	02:12:16	12:02:18	56	16	W 45
393	480	Marin, Ute	01:46:53	02:09:25	01:50:15	01:42:53	02:14:03	02:19:03	12:02:32	57	17	W 45
394	592	Jansma, Alida	01:45:08	02:06:06	01:47:26	01:47:55	02:18:27	02:18:09	12:03:11	58	9	W 50
395	376	Duschl, Werner	01:46:18	02:06:21	01:45:03	01:46:26	02:20:49	02:18:49	12:03:46	337	86	M 50
396	254	Rückforth, Günter	01:49:11	02:07:42	01:48:23	01:43:41	02:14:22	02:20:29	12:03:48	338	22	M 60
397	545	Welker, Andreas	01:47:07	02:12:41	01:45:44	01:43:47	02:12:41	02:21:51	12:03:51	339	24	M 35
398	15	Diepenbrock, Eddi	01:46:39	02:11:43	01:47:37	01:39:47	02:15:53	02:22:21	12:04:00	340	17	M HK
399	504	Rolfes, Maria	01:49:35	02:09:18	01:50:07	01:43:52	02:12:17	02:20:10	12:05:19	59	5	W 60
400	264	Helfenstein , Ulrich	01:46:23	02:10:19	01:45:28	01:47:14	02:19:09	02:16:59	12:05:32	341	42	M 55
401	334	Nientiedt, Klaus	01:54:43	02:07:08	01:49:21	01:45:17	02:13:25	02:16:04	12:05:58	342	43	M 55
402	127	Hermes, Birgit	01:50:17	02:09:31	01:50:38	01:43:40	02:13:51	02:18:51	12:06:48	60	10	W 50
403	343	Bendig, Uwe-Heinz	01:47:32	02:07:42	01:52:08	01:47:46	02:11:44	02:20:56	12:07:48	343	77	M 45
404	431	Brockmann, Anne	01:44:55	02:05:45	01:48:45	01:47:37	02:16:31	02:24:20	12:07:53	61	18	W 45
405	176	Steffensmeier, Dirk	01:44:45	02:05:04	01:48:08	01:45:51	02:19:04	02:25:48	12:08:40	344	87	M 50
406	178	Makowiak, Mario	01:54:15	02:11:01	01:51:25	01:44:58	02:13:13	02:15:27	12:10:19	345	78	M 45
407	327	Bickmann, Birgit	01:45:34	02:09:21	01:51:27	01:46:09	02:14:56	02:22:59	12:10:26	62	11	W 50
408	156	Bergmann, Iris	01:48:59	02:12:12	01:47:32	01:46:12	02:17:12	02:19:05	12:11:12	63	4	W 55
409	250	Röttger, Heiner	01:55:29	02:11:08	01:51:13	01:44:59	02:13:13	02:15:28	12:11:30	346	79	M 45
410	31	Grove, Raimund	01:46:31	02:05:38	01:48:25	01:45:32	02:17:37	02:28:12	12:11:55	347	44	M 55
411	151	Leugers, Norbert	01:53:33	02:07:12	01:51:35	01:44:26	02:21:05	02:16:12	12:14:03	348	44	M 40
412	236	Hölscher, Michael	01:51:10	02:13:28	01:49:25	01:42:35	02:16:57	02:21:30	12:15:05	349	45	M 55
413	128	Kahlich, Joseph	01:46:40	02:09:16	01:47:38	01:45:03	02:30:30	02:17:29	12:16:36	350	18	M HK
414	100	Kolar, Miriam	01:53:17	02:10:27	01:51:09	01:46:09	02:14:56	02:22:58	12:18:56	64	11	W 40
415	91	Willner, Peter	01:50:41	02:12:28	01:48:34	01:49:00	02:20:45	02:18:04	12:19:32	351	10	M 65
416	133	Vahrenhorst, Kerstin	01:47:50	02:10:09	01:46:27	01:48:54	02:21:03	02:25:32	12:19:55	65	12	W 50
417	416	Schulte, Sabrina	01:52:54	02:14:15	01:51:35	01:49:05	02:13:35	02:20:53	12:22:17	66	5	W HK
418	330	Vogt, Josef	01:50:13	02:02:18	01:48:44	01:43:39	02:13:27	02:44:18	12:22:39	352	23	M 60
419	233	Junker, Gerd	01:48:34	02:11:14	01:48:12	01:46:52	02:15:26	02:32:56	12:23:14	353	24	M 60
420	433	Keser, Bernadette	01:50:18	02:12:28	01:51:00	01:47:34	02:18:46	02:23:26	12:23:32	67	13	W 50
421	501	Czerwinski, Günter	01:48:46	02:09:09	01:46:11	01:40:38	02:06:04	02:52:49	12:23:37	354	1	M 70
422	273	Dite, Frank	01:50:42	02:12:48	01:51:10	01:49:00	02:18:05	02:22:38	12:24:23	355	80	M 45
423	167	Ull-Tietz, Melanie	01:51:00	02:08:27	01:51:39	01:47:33	02:22:14	02:24:55	12:25:48	68	12	W 40
424	81	Witt, Kathrin	01:51:12	02:12:42	01:54:20	01:46:16	02:15:42	02:26:13	12:26:25	69	6	W HK
425	536	Witt, Werner	01:51:11	02:12:41	01:55:29	01:46:14	02:15:43	02:26:12	12:27:30	356	46	M 55
426	241	Schulze Lutum, Bernd	01:55:25	02:12:55	01:47:40	01:50:28	02:19:44	02:21:31	12:27:43	357	25	M 60
427	589	Ernst-Rietdijk, Jozina	01:52:17	02:09:46	01:52:43	01:50:56	02:18:21	02:23:50	12:27:53	70	14	W 50
428	548	Hesse, Christian	01:51:12	02:16:57	01:59:25	01:46:27	02:11:16	02:22:55	12:28:12	358	88	M 50
429	162	Hüging, Doris	01:44:54	02:12:09	01:53:45	01:50:22	02:18:42	02:29:15	12:29:07	71	5	W 55
430	374	Thien, Waltraud	01:51:19	02:11:49	01:51:34	01:47:34	02:22:31	02:24:55	12:29:42	72	19	W 45
431	516	Ricker, Christoph	01:47:27	02:18:08	01:50:34	01:48:36	02:19:05	02:26:21	12:30:11	359	89	M 50
432	436	Möhring, Heinrich	01:48:57	02:14:21	01:51:00	01:46:14	02:17:33	02:34:00	12:32:05	360	47	M 55
433	311	Werthmöller, Francis	01:46:26	02:13:30	01:50:46	01:48:19	02:23:14	02:30:57	12:33:12	73	20	W 45
434	90	Budzinski, Jörg	01:55:55	02:12:11	01:57:41	01:44:15	02:20:48	02:23:37	12:34:27	361	90	M 50
435	107	Sroka, Stefan	01:55:56	02:12:44	01:57:40	01:44:15	02:20:39	02:23:28	12:34:42	362	91	M 50
436	552	Brauer, Heike Helene	01:54:31	02:10:01	01:55:39	01:49:56	02:22:53	02:21:43	12:34:43	74	21	W 45
437	177	John, Peter	01:49:56	02:13:48	01:51:17	01:47:44	02:18:46	02:34:27	12:35:58	363	26	M 60
438	478	Albers, Jutta	01:53:46	02:14:59	01:53:37	01:48:26	02:22:07	02:24:34	12:37:29	75	22	W 45
439	463	Kerk, Ruth	01:48:45	02:13:31	01:53:39	01:48:20	02:24:00	02:31:34	12:39:49	76	15	W 50

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
440	171	Ziese, Bernd	01:49:36	02:09:09	01:51:16	01:51:06	02:25:32	02:33:40	12:40:19	364	92	M 50
441	591	Vos-Westert, Alice	01:54:08	02:14:56	01:55:01	01:50:20	02:21:04	02:25:08	12:40:37	77	16	W 50
442	443	Hagemann, Joachim	01:55:34	02:19:40	01:48:13	01:59:55	02:21:24	02:18:06	12:42:52	365	27	M 60
443	406	Brameyer, Mona	01:53:52	02:13:27	01:55:11	01:51:06	02:24:31	02:24:55	12:43:02	78	6	W 35
444	22	Dohm, Andrea	01:53:01	02:15:17	01:56:40	01:48:46	02:22:03	02:27:37	12:43:24	79	23	W 45
445	451	Venker, Paul	01:50:25	02:11:48	01:54:55	01:50:43	02:28:06	02:27:30	12:43:27	366	11	M 65
446	195	Lenfort, Frank	01:55:40	02:23:55	01:54:55	01:48:07	02:16:11	02:24:59	12:43:47	367	81	M 45
447	239	Litzner, Thomas	01:49:29	02:16:16	01:56:52	01:48:15	02:25:14	02:31:04	12:47:10	368	25	M 35
448	132	Raschke, Ludger	01:47:26	02:13:45	02:00:38	01:54:55	02:22:38	02:28:57	12:48:19	369	28	M 60
449	77	Kramer, Martin	01:47:03	02:11:23	01:54:52	01:53:39	02:27:07	02:34:18	12:48:22	370	82	M 45
450	363	Karin, Menebröker	02:01:27	02:18:01	01:54:55	01:50:10	02:22:50	02:21:50	12:49:13	80	24	W 45
451	608	Friedl, Harald	01:52:31	02:16:26	01:54:52	01:52:31	02:23:48	02:29:32	12:49:40	371	48	M 55
452	441	Dierkes, Gabriele	01:49:32	02:13:34	01:55:45	01:53:13	02:25:53	02:31:46	12:49:43	81	6	W 55
453	588	Vos-Scheevelenbos, Manon	01:51:58	02:17:52	01:55:45	01:50:56	02:21:22	02:35:56	12:53:49	82	25	W 45
454	246	Kurby, Jens	01:53:29	02:18:19	01:53:28	01:53:39	02:26:36	02:29:16	12:54:47	372	26	M 35
455	252	Miller, Kimberly	02:10:55	02:25:44	01:50:20	01:48:21	02:17:12	02:23:41	12:56:13	83	7	W HK
456	427	Bartling, Eva	01:52:13	02:31:06	01:53:51	01:51:06	02:23:58	02:24:27	12:56:41	84	6	W 30
457	428	Schlüsche, Tobias	01:52:12	02:31:06	01:53:51	01:51:06	02:23:58	02:24:29	12:56:42	373	23	M 30
458	381	Graap, Martin	01:57:18	02:17:39	01:59:14	01:51:22	02:24:26	02:28:11	12:58:10	374	49	M 55
459	298	Florian, Martin	01:59:15	02:31:19	02:02:47	02:00:23	02:33:42	01:50:55	12:58:21	375	50	M 55
460	41	Kortenbreer, Sonja	01:56:24	02:16:03	01:59:01	01:52:53	02:25:23	02:31:22	13:01:06	85	13	W 40
461	44	Kappelhoff, Tanja	01:56:24	02:16:04	01:59:01	01:52:53	02:25:23	02:31:22	13:01:07	86	14	W 40
462	347	Petermann, Stefan	02:01:48	02:17:49	01:56:21	01:49:22	02:23:05	02:33:29	13:01:54	376	83	M 45
463	73	Egbert, Ralf	01:58:07	02:16:32	01:58:48	01:55:15	02:22:33	02:32:25	13:03:40	377	51	M 55
464	235	Hahn, Donatus	01:56:21	02:10:39	01:53:36	01:51:12	02:33:52	02:38:58	13:04:38	378	24	M 30
465	487	Cantu, Magdalena	02:02:42	02:19:25	01:56:59	01:50:18	02:26:06	02:32:10	13:07:40	87	17	W 50
466	240	Röttger, Lucia	02:02:46	02:19:30	01:56:58	01:50:18	02:26:07	02:32:12	13:07:51	88	18	W 50
467	56	Albermann, Ralf	01:53:11	02:18:45	02:01:28	01:52:23	02:29:27	02:32:51	13:08:05	379	93	M 50
468	581	Tenholt, Andrea	01:53:12	02:18:45	02:01:27	01:52:25	02:29:29	02:32:48	13:08:06	89	26	W 45
469	50	Matheke, Marco	02:05:11	02:19:34	01:57:20	01:55:57	02:20:06	02:34:10	13:12:18	380	19	M HK
470	13	Wille, Wilfried	01:59:06	02:20:45	01:57:27	01:55:02	02:26:41	02:35:05	13:14:06	381	29	M 60
471	186	Schulte Eistrup, Anja	01:55:32	02:19:45	01:59:07	01:59:54	02:35:28	02:26:43	13:16:29	90	15	W 40
472	159	Wolfrom, Peter	02:09:43	02:24:19	01:58:56	01:52:36	02:25:42	02:29:56	13:21:12	382	12	M 65
473	291	Schwindt, Uwe	02:00:41	02:23:20	01:56:59	01:58:52	02:26:13	02:35:16	13:21:21	383	94	M 50
474	229	Hülsmeier, Werner	02:00:52	02:20:19	02:05:20	01:57:59	02:30:11	02:28:45	13:23:26	384	13	M 65
475	142	Baltes, Monika	02:01:33	02:31:02	01:56:34	02:00:06	02:24:25	02:30:18	13:23:58	91	19	W 50
476	424	Felmet, Klaus-Dieter	01:49:16	02:32:23	02:05:34	01:54:18	02:26:21	02:36:32	13:24:24	385	95	M 50
477	253	Kleimeyer, Andre	02:01:48	02:27:39	01:55:28	01:51:33	02:21:56	02:46:32	13:24:56	386	45	M 40
478	496	Marahrens, Fritz	02:02:47	02:20:32	02:00:12	01:59:52	02:29:35	02:34:15	13:27:13	387	14	M 65
479	518	Ulmann, Urs	02:01:36	02:29:15	01:59:06	01:50:13	02:32:59	02:39:14	13:32:23	388	52	M 55
480	51	Heemann-Meyer, Iris	01:59:25	02:22:11	02:03:04	01:58:46	02:31:28	02:37:35	13:32:29	92	27	W 45
481	214	Cloppenburg, Heiner	02:07:29	02:20:20	02:02:29	01:54:22	02:32:51	02:39:21	13:36:52	389	53	M 55
482	216	Loeser, Kerstin	02:07:30	02:20:23	02:02:31	01:54:26	02:32:54	02:39:24	13:37:08	93	7	W 55
483	352	Schäl, Reiner	02:04:25	02:26:00	02:02:17	01:54:49	02:32:45	02:39:21	13:39:37	390	84	M 45
484	312	Sante, Andreas	02:05:13	02:23:32	02:02:20	01:58:20	02:34:39	02:38:45	13:42:49	391	54	M 55
485	398	Beckmann, Winfried	02:00:07	02:28:30	02:02:29	01:58:17	02:34:14	02:39:50	13:43:27	392	15	M 65
486	397	Kurzmann-Rosenow, Karin	02:11:15	02:29:41	01:58:23	01:55:57	02:32:27	02:36:37	13:44:20	94	6	W 60
487	396	Kurzmann, Michael	02:11:15	02:29:43	01:58:23	01:55:57	02:32:27	02:36:41	13:44:26	393	55	M 55
488	353	Driese, Werner	02:01:59	02:23:49	02:03:02	01:59:49	02:35:33	02:41:27	13:45:39	394	30	M 60

Platz	Start-Nr.	Name/Vorname	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	Gesamtzeit	Platz M/W	Platz	AK
489	249	Schleiner, Karin	02:00:48	02:26:29	02:05:00	02:00:21	02:33:58	02:43:40	13:50:16	95	8	W 55
490	289	Kania, Sabine	02:09:20	02:20:43	02:01:15	02:01:18	02:43:53	02:34:14	13:50:43	96	20	W 50
491	530	Kasperkowitz, Kim	02:08:27	02:26:37	02:01:33	01:56:39	02:35:10	02:48:44	13:57:10	97	7	W 30
492	538	Kühnen, Claudia	02:08:27	02:26:38	02:01:34	01:56:39	02:35:10	02:48:44	13:57:12	98	28	W 45
493	234	Steffensmeier , Anja	02:03:46	02:31:02	02:03:17	02:00:07	02:35:56	02:43:23	13:57:31	99	21	W 50
494	429	Stratkemper, Hildegard	02:07:38	02:27:11	02:09:09	02:05:49	02:30:41	02:39:18	13:59:46	100	9	W 55
495	190	Schulten, Christel	02:08:47	02:28:11	02:05:28	02:00:21	02:35:37	02:47:05	14:05:29	101	29	W 45
496	318	Wachsmann, Katrin	02:07:38	02:27:49	02:07:06	02:05:42	02:38:35	02:39:04	14:05:54	102	30	W 45
497	371	Pösentrup, Martina	02:07:38	02:27:49	02:07:06	02:05:43	02:38:37	02:39:06	14:05:59	103	22	W 50
498	265	Meinel, Denise	02:05:19	02:36:41	02:05:25	02:00:21	02:37:57	02:40:20	14:06:03	104	16	W 40
499	71	Blank, Sven	02:06:47	02:31:00	02:05:23	02:06:10	02:41:55	02:37:39	14:08:54	395	46	M 40
500	483	Sprick, Wilhelm	02:03:42	02:26:51	02:07:43	02:01:18	02:37:25	02:52:48	14:09:47	396	2	M 70
501	207	Kranenburg, Alida	02:09:00	02:27:36	02:06:41	02:05:46	02:45:17	02:40:20	14:14:40	105	7	W 60
502	224	Raneberg, Anja	02:03:23	02:29:46	02:09:50	02:04:37	02:41:58	02:45:46	14:15:20	106	31	W 45
503	67	Heming, Jorin	02:07:11	02:37:10	02:08:59	02:01:49	02:42:25	02:40:23	14:17:57	397	20	M HK
504	72	Heming, Ingo	02:07:11	02:37:11	02:08:59	02:01:49	02:42:25	02:40:24	14:17:59	398	96	M 50
505	19	Völkert, Hinz	02:09:38	02:28:23	02:08:14	02:05:41	02:45:16	02:41:26	14:18:38	399	16	M 65
506	572	Schroeder, Ulrich	02:07:29	02:34:52	02:07:07	02:02:54	02:47:08	02:55:25	14:34:55	400	3	M 70
507	488	Thonemann, Wilhelm	02:07:27	02:37:55	02:09:01	02:07:13	02:41:43	03:01:30	14:44:49	401	31	M 60
508	331	Groß, Helgard	02:19:42	02:38:21	02:11:38	02:10:47	02:49:12	02:44:27	14:54:07	107	32	W 45
509	153	Wiels, Ursula	02:12:52	02:29:18	02:16:41	02:11:31	02:52:37	02:58:08	15:01:07	108	8	W 60
510	65	Manthei, Stephanie	02:16:12	02:40:03	02:14:38	02:10:01	02:49:19	02:52:31	15:02:44	109	10	W 55
511	206	Grube, Frank	02:16:12	02:40:01	02:14:38	02:10:01	02:49:19	02:52:33	15:02:44	402	85	M 45
512	105	Gindera, Elke	02:16:13	02:40:02	02:14:39	02:10:00	02:49:20	02:52:31	15:02:45	110	23	W 50
513	144	Menzel, Ursula	02:08:47	02:42:32	02:16:48	02:10:47	02:49:43	03:03:42	15:12:19	111	2	W 65
514	565	Nawrot, Jef	01:58:41	02:36:53	02:14:03	02:24:29	02:46:36	03:13:09	15:13:51	403	32	M 60
515	219	von Hollen, Kerstin	02:19:41	02:49:26	02:18:33	02:12:00	02:53:04	02:58:50	15:31:34	112	33	W 45
516	575	Syska, Angelika	02:38:23	03:01:26	02:16:59	02:11:52	02:57:04	02:59:44	16:05:28	113	11	W 55
517	280	Rehr, Sabine	02:21:50	02:54:13	02:24:35	02:23:20	03:01:52	03:19:26	16:25:16	114	12	W 55
518	434	Durynek, Hildegard	02:38:23	02:55:43	02:17:12	02:24:51	02:59:37	03:16:11	16:31:57	115	1	W 80
519	418	Sieme, Jürgen	02:38:24	02:55:44	02:17:12	02:24:52	02:59:38	03:16:13	16:32:03	404	33	M 60