

# 5. Ibbenbürener Klippenlauf

## Klippenlauf 12,4 Km

## Gesamtliste

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
1	1	1	83	886	Westermann, Ingo	SV Teuto Riesenbeck	M 30	00:51:03	00:51:04
2	1	2	73	873	Bierbaum, Tino	TSG 07 Burg Gresetesch	M 40	00:52:19	00:52:20
3	1	3	81	877	Gödicke, Patrick	SV Teuto Riesenbeck	M 35	00:53:49	00:53:51
4	1	4	92	862	Tebbe, Dominik	DJK Arminia Ibbenbüren	M HK	00:53:56	00:53:55
5	2	5	74	113	Tepe, Frank	Reha&Vital Hörstel	M 40	00:54:49	00:54:50
6	3	6	74	400	Cordes, Dirk	TV Hohne	M 40	00:54:54	00:54:52
7	4	7	74	427	Kotten, Udo	TV Hohne	M 40	00:54:57	00:54:55
8	5	8	75	125	Wesselmann, Ansgar	Grün-Weiß Steinbeck	M 40	00:55:09	00:55:10
9	6	9	76	357	Vogt, Sven	W&H Laufgruppe	M 40	00:56:15	00:56:15
10	1	10	97	303	Inderwisch, Lukas	BSG Kreissparkasse Steinfurt	M Jgd A	00:56:33	00:56:33
11	1	11	69	201	Schnitzler, Thomas	Lippe Runners Werrne	M 45	00:56:43	00:56:44
12	2	12	82	133	Markmann, Maik	Run4fun Greven	M 30	00:56:49	00:56:40
13	2	13	77	288	Runde, Martin	LG Schmitz Katze	M 35	00:57:25	00:57:25
14	2	14	97	71	Gogrewer, Luc	LG Emsdetten	M Jgd A	00:57:33	00:57:34
15	2	15	71	192	Milonas, Georg	Magic Runners	M 45	00:58:07	00:57:59
16	2	16	92	270	Wiekling, Matthias	Bad Bentheim	M HK	00:58:17	00:58:12
17	3	17	67	903	Gehrmann, Stefan	LG Rheine Elte	M 45	00:58:41	00:58:38
18	1	18	60	841	Mittelberg, Michael	SC Altenrheine	M 55	00:59:01	00:59:03
19	3	19	85	299	Hildebrand, Nils	GoBro	M 30	00:59:09	00:59:02
20	7	20	76	876	Schäfer, Andre	Lippe Runners Werne	M 40	00:59:22	00:59:22
21	2	21	61	891	Lütkemeyer, Paul	SV Teuto Riesenbeck	M 55	00:59:35	00:59:35
22	1	1	75	116	Krüger, Daria	Lippe Runners Werne	W 40	00:59:40	00:59:40
23	4	22	70	220	Thesing, Andreas	LG Waldhügel	M 45	00:59:55	00:59:55
24	3	23	77	200	Runde, Stephan	BSG KSK Steinfurt	M 35	01:00:12	01:00:11
25	5	24	70	105	Krause, Uwe	Mettingen-Nierenburg	M 45	01:00:19	01:00:19
26	1	25	65	620	Rohmann, Wolfgang	Wildeshauser Laufftreff	M 50	01:00:20	01:00:21
27	4	26	81	206	Dierkes, Peter	BSG Kreissparkasse Steinfurt	M 35	01:00:23	01:00:22
28	8	27	73	183	Rahe, Frank	Crespel & Deiters	M 40	01:01:11	01:01:03
29	9	28	73	215	Rottmann, Maik	Broken Hill Runners	M 40	01:01:16	01:00:58
30	4	29	83	102	Postmeier, Thorsten	Sv teuto riesenbeck	M 30	01:01:19	01:01:15
31	6	30	67	136	Stallmeier, Reinhard	BSG Kreissparkasse Steinfurt	M 45	01:01:47	01:01:34
32	5	31	80	172	Schmidtke, Lars	Fitness Schule	M 35	01:01:59	01:01:28
33	1	2	86	101	Berkemeyer, Ariane	Bad Bentheim	W 30	01:02:21	01:02:20
34	6	32	79	810	Rabe, Lutz	Zevener Fahrradverein e.V.	M 35	01:02:22	01:01:58
35	1	33	95	273	Menger, Nikolas	Feuerwehr Ibbenbüren	M U23	01:02:24	01:01:41
36	7	34	68	180	Schulz, Dieter	Crespel & Deiters	M 45	01:02:27	01:02:18
37	3	35	57	893	Wegener, Rainer	Hattinger Hügelläufer	M 55	01:02:30	01:02:30
38	2	36	65	289	Alfing, Karl-Heinz	DJK Arminia Ibbenbüren	M 50	01:02:45	01:02:38
39	2	3	86	137	de Rijcke, Annekarlijn	Klarenbeek	W 30	01:03:14	01:03:14
40	3	37	66	197	Wewer, Christian	Grün-Weiß Steinbeck	M 50	01:03:30	01:03:30
41	3	38	98	244	Steingröver, Robin	Team Goethe	M Jgd A	01:03:45	01:03:42
42	3	4	84	336	Januschak, Eva	W&H Laufgruppe	W 30	01:03:51	01:03:48
43	8	39	71	207	Breulmann, Andreas	Lg Rheine-elte	M 45	01:03:58	01:03:54
44	10	40	75	828	Tausch, Carsten	nix	M 40	01:04:03	01:04:03
45	9	41	69	181	Jasper, Manfred	Crespel & Deiters	M 45	01:04:11	01:03:59
46	3	42	91	123	Rolf, Daniel	BSV Ostbevern	M HK	01:04:13	01:04:04
47	4	43	91	122	Dertenkötter, Fabian	BSV Ostbevern	M HK	01:04:13	01:04:05
48	2	44	95	271	Hahn, Timo	Feuerwehr Ibbenbüren	M U23	01:04:25	01:03:43
49	1	45	99	247	Minnerup, Jan-Malte	Team Goethe	M Jgd B	01:04:28	01:04:26

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
50	7	46	77	890	Tepe, Andre	SV Uffeln	M 35	01:04:28	01:04:25
51	10	47	69	276	Gebbe, Thomas	Kein Verein	M 45	01:04:30	01:04:14
52	8	48	78	97	Trautmann, Sebastian	Feuerwehr Brochterbeck	M 35	01:04:35	01:04:31
53	9	49	81	251	Gaida, Jens	Feuerwehr Ibbenbüren	M 35	01:04:35	01:03:59
54	1	5	66	741	Wienkamp, Monika	FC Stella	W 50	01:04:37	01:04:35
55	11	50	69	263	Kolm, Michael	LG Coesfeld	M 45	01:04:41	01:04:40
56	4	51	59	832	Bertram, Heinz-Jürgen	SC - Altenrheine	M 55	01:04:48	01:04:48
57	1	6	90	657	Teutemacher, Lena	BSG Finanzamt Steinfurt	W HK	01:04:57	01:04:55
58	12	52	68	146	Jakobs, Günniii	Drei-Lauf-Freunde	M 45	01:05:05	01:05:00
59	13	53	69	897	Reents, Ralf	VW Werk Emden Brandschutz	M 45	01:05:06	01:05:01
60	1	7	68	213	Rotthäuser, Heike	LG Coesfeld	W 45	01:05:09	01:05:08
61	11	54	75	277	Roettgers, Dirk	Barschweg Racingteam	M 40	01:05:19	01:05:16
62	14	55	67	212	Borgert, Ralf	LG Coesfeld	M 45	01:05:31	01:05:33
63	15	56	67	491	Steinigeweg, Jörg	TV Hohne	M 45	01:05:42	01:05:40
64	12	57	76	108	baars, Paul	AV Daventria (Niederlande)	M 40	01:05:48	01:05:33
65	5	58	58	820	Czerwinski, Rainer	Osnabrücker SportClub	M 55	01:05:51	01:05:48
66	5	59	88	186	von Glahn, Steffen	Crespel & Deiters	M HK	01:05:54	01:05:43
67	4	60	65	894	Kutheus, Josef	Hörstel	M 50	01:05:58	01:05:54
68	16	61	70	910	Brem, Thomas	Emden LG	M 45	01:05:58	01:05:44
69	6	62	92	248	Schürmann, Richard	Feuerwehr Ibbenbüren	M HK	01:06:03	01:05:25
70	10	63	79	223	Ostholthoff, Björn	Ibbenbüren	M 35	01:06:07	01:06:05
71	13	64	73	238	Paluschek, Maik	Team Goethe	M 40	01:06:07	01:06:05
72	11	65	79	139	Weßels, Björn	Münster	M 35	01:06:41	01:06:23
73	1	8	80	908	Leistner, Anja	Lippe Runners Werne	W 35	01:06:42	01:06:36
74	7	66	91	75	Ostendorf, Stefan	Sv Teuto Riesenbeck	M HK	01:06:42	01:06:42
75	12	67	77	799	Hochhardo, Thorsten	SG Voltlage	M 35	01:06:45	01:06:10
76	17	68	70	156	Kötgen, Frank	Greven	M 45	01:06:50	01:06:20
77	14	69	73	300	Uphaus, Frank	LG Rheine Elte	M 40	01:06:52	01:06:48
78	5	70	64	816	Inderwisch, Frank	SW ESCH	M 50	01:07:16	01:07:14
79	1	71	49	225	Schubert, Rudolf		M 65	01:07:17	01:07:17
80	1	72	46	140	Eppendahl, Klaus	Hattinger Hügelläufer	M 70	01:07:33	01:07:33
81	15	73	72	301	Hosch, Holger	St.Arnold	M 40	01:07:54	01:07:31
82	8	74	87	147	Schallenberg, Dennis		M HK	01:08:01	01:07:55
83	5	75	82	65	Heidemann, Matthias	VfL Emslage	M 30	01:08:02	01:07:44
84	6	76	66	281	Mulder, Aldo	Nijverdal	M 50	01:08:04	01:07:57
85	16	77	73	824	Klostermeyer, Uwe	SV Quitt Ankum	M 40	01:08:05	01:07:57
86	4	78	97	245	Streibel, Lasse	Team Goethe	M Jgd A	01:08:05	01:08:03
87	17	79	75	844	Jakob-Elshoff, Kai	BSG KSK Steinfurt	M 40	01:08:06	01:07:52
88	9	80	93	252	Schwarzer, Marvin	Feuerwehr Ibbenbüren	M HK	01:08:06	01:07:26
89	6	81	82	298	Hildebrand, Jan	GoBro	M 30	01:08:10	01:08:02
90	2	9	89	148	Schallenberg, Janine		W HK	01:08:13	01:08:06
91	18	82	69	590	Schneider, Bernd	W&H-Laufgruppe	M 45	01:08:24	01:08:14
92	1	10	58	827	Jürgens, Ulla	LG Emsdetten	W 55	01:08:27	01:08:25
93	7	83	63	814	Dreckmann, Dieter	BSV Ostbevern	M 50	01:08:29	01:08:20
94	4	11	86	895	Selker, Astrid	LC Wiedenbrück	W 30	01:08:33	01:08:29
95	6	84	59	915	Lütke Schute, Siegfried	Tus Hiltrup	M 55	01:08:41	01:08:37
96	13	85	81	285	Böhne, Jan	Coesfeld	M 35	01:08:45	01:08:33
97	8	86	63	892	Althaus, Paul	Hattinger Hügelläufer	M 50	01:08:55	01:08:54
98	14	87	80	132	Adrian, Sven	Münster	M 35	01:09:00	01:08:40
99	9	88	63	851	Müller, Christian	Sportler 4 a childrens world e.V.	M 50	01:09:04	01:09:03
100	19	89	69	307	Grave, Markus	ohne	M 45	01:09:09	01:08:57
101	10	90	66	163	Windoffer, Hermann	ibbenbüren	M 50	01:09:15	01:09:11

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
102	11	91	62	130	Jamroszczyk, Paul	Run4Fun Greven	M 50	01:09:21	01:09:00
103	12	92	63	85	Neitsch, Jürgen	Tecklenburg	M 50	01:09:36	01:09:29
104	18	93	76	708	Thiede, Ralf	TV Mettingen	M 40	01:09:42	01:09:40
105	15	94	81	187	Kleemann, Rüdiger	Crespel & Deiters	M 35	01:09:45	01:09:23
106	2	12	62	813	Göbel, Bibiana	SV Bokeloh	W 50	01:09:46	01:09:29
107	2	13	74	464	Mikolajew, Jeanet	TV Hohne	W 40	01:09:46	01:09:41
108	13	95	64	286	Ostendorf, Stefan.	Ibbenbüren	M 50	01:09:48	01:09:40
109	7	96	61	825	Sander, Dietmar	LG Burg Wiedenbrück	M 55	01:09:51	01:09:45
110	14	97	63	295	Jörg, Fels	LG Rheine-Elte	M 50	01:09:52	01:09:49
111	3	14	92	135	Schniedergers, Carina		W HK	01:09:54	01:09:42
112	19	98	75	58	Bruins, Rogier		M 40	01:09:57	01:09:33
113	15	99	66	185	Tietmeyer, Josef	Crespel & Deiters	M 50	01:09:59	01:09:38
114	2	15	71	869	Kemme, Nicole	SV Eintracht Neuenkirchen	W 45	01:09:59	01:09:30
115	16	100	77	78	Kiefer, Martin	Vereinslos	M 35	01:10:13	01:10:09
116	20	101	67	905	Hagemann, Markus	Grün-Weiß Steinbeck	M 45	01:10:20	01:10:10
117	8	102	57	492	Sundermann, Uwe	TV Hohne	M 55	01:10:26	01:10:13
118	4	16	92	166	Witte, Katrin	Ibbenbüren	W HK	01:10:26	01:10:22
119	16	103	66	331	Venjakob, Dirk	Lohne	M 50	01:10:31	01:10:16
120	3	17	71	168	Bagert, Birgit	Fitness Schule	W 45	01:10:37	01:10:00
121	20	104	76	889	Fischer, Tobias		M 40	01:10:49	01:10:46
122	7	105	85	675	Kroschner, Phillip	MfG Legden	M 30	01:10:59	01:10:32
123	8	106	82	267	Feldmann, Timo	kein Verein	M 30	01:11:03	01:11:00
124	1	18	97	246	Veismann, Maike	Team Goethe	W Jgd A	01:11:06	01:11:00
125	2	107	99	241	Egelkamp, Carsten	Team Goethe	M Jgd B	01:11:06	01:10:59
126	17	108	77	872	Lappe, Dennis	Becks Lemon	M 35	01:11:10	01:10:56
127	3	109	00	145	Finke, Thorben	Lissys Running Team	M Jgd B	01:11:20	01:11:20
128	18	110	78	362	Konermann, Christian	Riesenbeck	M 35	01:11:22	01:11:13
129	4	19	67	922	Brauer, Heike	HelpAge	W 45	01:11:27	01:11:09
130	21	111	69	834	Kipker, Ralf	Recke	M 45	01:11:28	01:10:49
131	22	112	68	386	Ahlers, Ralf	TV Hohne	M 45	01:11:33	01:11:00
132	9	113	60	896	Thoben, Georg	LT Gnadenlos	M 55	01:11:45	01:11:32
133	17	114	65	70	Dyckhoff, Reinhard	SC Falke Saerbeck	M 50	01:11:49	01:11:26
134	21	115	76	911	Wichner, Thomas	Osnabrück	M 40	01:11:57	01:11:24
135	22	116	75	913	Gehrs, Markus	Osnabrück	M 40	01:11:57	01:11:24
136	9	117	85	571	Bittner, Frederik	TV Hohne	M 30	01:11:58	01:11:23
137	23	118	69	214	Quaas, Thomas	DLK Arminia Ibbenbüren	M 45	01:12:01	01:11:55
138	19	119	77	355	Weber, Jens	Becks Lemon	M 35	01:12:06	01:11:55
139	3	20	65	79	Duhr, Heike	LT Gandrekese	W 50	01:12:14	01:12:06
140	4	120	99	240	Welp, Jannik	Team Goethe	M Jgd B	01:12:18	01:12:13
141	5	121	98	243	Heeke, Lukas	Team Goethe	M Jgd A	01:12:18	01:12:13
142	18	122	63	162	Schlautmann, Karl-Heinz	SV Ems Westbevern	M 50	01:12:19	01:11:59
143	19	123	64	149	Vallböhmer, Ingo	ASC Schöppingen	M 50	01:12:21	01:11:42
144	10	124	85	129	Beckmann, Julian	Ibbenbüren	M 30	01:12:35	01:12:31
145	11	125	85	89	Baberschke, André	Emsdetten	M 30	01:12:41	01:12:15
146	24	126	68	131	Stroscher, Mario	SV Oldendorf	M 45	01:12:55	01:12:49
147	10	127	92	696	Schluch, Pascal	SV Teuto Riesenbeck	M HK	01:13:01	01:13:01
148	11	128	87	250	Blümel, Florian	Feuerwehr Ibbenbüren	M HK	01:13:02	01:12:20
149	12	129	83	337	Rösner, Christian	Wallenhorst	M 30	01:13:06	01:13:03
150	2	130	50	109	janssen, harrie	LV Kooiveld	M 65	01:13:16	01:13:10
151	12	131	90	254	Köhler, Kevin	Feuerwehr Ibbenbüren	M HK	01:13:20	01:12:34
152	13	132	91	255	Lienesch, Steffen	Feuerwehr Ibbenbüren	M HK	01:13:21	01:12:42
153	3	133	47	222	Kolsloot, Gerard	kein	M 65	01:13:24	01:13:25

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
154	13	134	83	74	Dettloff, Patrick		M 30	01:13:28	01:12:58
155	14	135	89	219	Lelek, Paul	Hamburg	M HK	01:13:29	01:13:04
156	5	21	82	100	Gülker, Rebecca	LF Bad Bentheim	W 30	01:13:30	01:13:27
157	20	136	78	709	Schwalbe, Oliver	TV Mettingen	M 35	01:13:33	01:13:31
158	10	137	58	878	Bernd, Jakob	SC UNION 08 Lüdinghausen	M 55	01:13:47	01:13:30
159	15	138	87	304	Gersemann, Philipp	Ibbenbüren	M HK	01:13:53	01:13:49
160	2	22	79	483	Rücker, Anja	TV Hohne	W 35	01:13:53	01:13:47
161	5	139	00	262	Laroche, Lukas	Team Goethe	M Jgd B	01:13:53	01:13:48
162	25	140	67	611	Große-Berg, Ludger	Recke/Ibbenbüren	M 45	01:13:55	01:13:18
163	20	141	64	918	Weirauch, Olf	SuS Stadtlohn	M 50	01:14:07	01:14:00
164	23	142	76	152	Schnieders, Andre	Lauftreff Greven aktuell	M 40	01:14:07	01:13:26
165	6	23	84	280	Fehrrolfes, Sarah	VfL Lingen	W 30	01:14:09	01:13:43
166	16	143	87	568	Winter, Christian	TV Hohne	M HK	01:14:14	01:14:11
167	5	24	68	211	Kretschmann, Sabine	VfL Lingen	W 45	01:14:19	01:13:53
168	5	25	93	141	Althaus, Johanna	Hattinger Hügelläufer	W HK	01:14:20	01:14:18
169	17	144	89	924	Heyser, Niklas	Uni Kassel	M HK	01:14:20	01:14:18
170	26	145	67	62	Richter, Markus	SFD	M 45	01:14:22	01:14:08
171	21	146	65	63	Thamm, Stefan	ISV	M 50	01:14:23	01:14:05
172	3	26	75	268	Janke, Sandra	Bootcamp	W 40	01:14:25	01:14:15
173	21	147	81	80	Heidemann, Michael	VfL Emslage	M 35	01:14:30	01:14:12
174	18	148	92	617	Holl, Dennis	Pantero FC	M HK	01:14:39	01:14:25
175	7	27	82	920	Windmüller , Daniela	Feuerwehr Lengerich	W 30	01:14:39	01:14:32
176	1	149	02	805	Lenzen, Valentin	TuS Altenberge	M Schü A	01:14:41	01:14:16
177	3	28	77	626	Conen, Michaela	SV Teuto Riesenbeck	W 35	01:14:47	01:14:34
178	24	150	76	829	Marten, Norbert	nix	M 40	01:14:47	01:14:34
179	2	29	60	860	Masur, Christa	Masur Energiesysteme	W 55	01:14:48	01:14:39
180	27	151	67	880	Schaefer, Klaus	Kirche läuft Wilhelmshaven	M 45	01:14:51	01:14:41
181	19	152	90	319	Greß, Peter	Westfalia Hopsten	M HK	01:14:55	01:14:20
182	6	153	98	309	Bettels, Piet	Raesfeld	M Jgd A	01:14:55	01:14:27
183	1	154	55	900	Brands, Arne	LSf Münster	M 60	01:14:55	01:14:53
184	6	30	93	321	Lenker, Eva	THC Münster	W HK	01:14:55	01:14:20
185	28	155	69	888	Kötterheinrich, Thomas	TSV Ladbergen	M 45	01:14:57	01:14:41
186	6	31	68	612	Schmidt, Peter	Recke/Ibbenbüren	W 45	01:14:58	01:14:31
187	29	156	67	840	Schumacher, Ingo	Laufen rund um Münster	M 45	01:14:59	01:14:48
188	4	32	65	843	Brüffer, Martina	Sockenräuber	W 50	01:15:00	01:14:46
189	30	157	71	674	Bainbridge, Simon	Osnabrück	M 45	01:15:01	01:14:47
190	5	33	64	239	Schilling, Diana	Team Goethe	W 50	01:15:10	01:15:03
191	4	34	72	237	Schluchter, Lisa	Lauftreff Merzen	W 40	01:15:13	01:14:54
192	31	158	68	750	Schockmanns, Reiner	SG Voltlage	M 45	01:15:16	01:14:36
193	20	159	88	914	Metten, Alex	Epic Apes	M HK	01:15:18	01:15:17
194	7	35	88	912	Rochol, Ina	Epic Apes	W HK	01:15:18	01:15:16
195	11	160	60	167	Bläcker , Dirk	Fitness Schule	M 55	01:15:28	01:14:51
196	7	36	67	127	Jamroszczyk, Jutta	Run4Fun Greven	W 45	01:15:28	01:15:04
197	8	37	92	264	Schlautmann, Hanna	SV EMS Westbevern	W HK	01:15:42	01:15:24
198	1	38	54	802	Rieskamp, Irmgard	Grün-Weiß Steinbeck	W 60	01:15:44	01:15:33
199	8	39	69	842	Schmedt, Silvia	HopLaHopsten	W 45	01:15:48	01:15:33
200	25	161	72	234	Boß, Frank	Hörstel	M 40	01:15:51	01:15:45
201	22	162	81	143	de Rijcke, Ralf	Klarenbeek	M 35	01:15:54	01:15:50
202	32	163	71	811	Sünker, Carsten	Westerkappeln	M 45	01:16:04	01:15:58
203	6	40	64	265	Dembowski, Heike	VfL Lingen	W 50	01:16:05	01:15:41
204	9	41	89	396	Brix, Verena	TV Hohne	W HK	01:16:08	01:15:45
205	33	164	70	806	Kötter, Mario	Schwansbeller Boller	M 45	01:16:13	01:15:53

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
206	34	165	70	855	Schmidt, Burkhard	SF Oesede	M 45	01:16:14	01:16:02
207	26	166	76	645	Knauer, Mirko	BSV Ostbevern	M 40	01:16:19	01:15:57
208	21	167	89	233	Schroven, Martin	GAL 1-2015	M HK	01:16:24	01:15:55
209	9	42	68	833	Lanwert, Ingrid	SV Eintracht Neuenkirchen	W 45	01:16:34	01:16:04
210	23	168	78	874	Zieseniß, Sven	Lippe Runners Werne	M 35	01:16:37	01:16:12
211	35	169	70	184	Gerratz, Guido	Crespel & Deiters	M 45	01:16:40	01:16:27
212	14	170	85	898	Kahlert, Bastian	VW Werk Emden Brandschutz	M 30	01:16:44	01:16:32
213	4	171	50	308	Günnigmann , Alfons	SC Falke Saerbeck	M 65	01:16:47	01:16:27
214	24	172	79	68	Lindmeier , Ingo	Ibbenbüren	M 35	01:16:47	01:16:25
215	25	173	79	279	Pott, Andre	SV Cheruskia Laggenbeck	M 35	01:16:59	01:16:41
216	36	174	70	925	Kronshage, Kim	kronshagept.de	M 45	01:17:00	01:16:39
217	37	175	68	800	Averwald, Frank	Nordhorn	M 45	01:17:01	01:16:39
218	4	43	77	290	Voy-Swoboda, Olga Alexandra	Horse-TV	W 35	01:17:03	01:16:57
219	8	44	85	623	Bußmann, Marie	LC Restekiste	W 30	01:17:07	01:16:42
220	26	176	80	150	Dierkes, Christian	Ibbenbüren	M 35	01:17:12	01:16:51
221	10	45	87	128	Wulf, Stefanie	Ibbenbüren	W HK	01:17:13	01:17:09
222	5	177	48	529	Vahrenhorst, Dieter	TV Hohne	M 65	01:17:13	01:16:37
223	9	46	82	261	Wanink, Jessica		W 30	01:17:24	01:16:55
224	38	178	71	848	Albrecht, Carsten	Nordhorn	M 45	01:17:30	01:17:25
225	2	47	53	907	Kerkhoff, Hildegard	LSF Münster	W 60	01:17:44	01:17:34
226	39	179	69	76	Debbert, Jörg	Laufftreff Westerkappeln	M 45	01:17:50	01:17:23
227	3	48	58	839	Meyer zu Bergsten, Marianne	SV Eintracht Neuenkirchen	W 55	01:17:58	01:17:28
228	40	180	70	154	Dickmajer, Olaf	Laufftreff SW Osterfeine	M 45	01:18:01	01:17:47
229	6	181	50	210	hoogervorst, arjen	Looschool Slangenbeek	M 65	01:18:05	01:17:54
230	2	182	52	864	Brinkhaus, Hermann	Die weissen Kenianer	M 60	01:18:19	01:17:52
231	7	49	63	679	Harmeyer-Hille, Gudrun	Grün-Weiß Steinbeck	W 50	01:18:20	01:17:50
232	27	183	80	297	Vogelsang, Daniel	LG Schmitz Katze	M 35	01:18:25	01:18:23
233	15	184	85	272	Wiechmann, Timo	Feuerwehr Ibbenbüren	M 30	01:18:28	01:17:44
234	22	185	66	86	Ascheberg, Volker	Laufftreff Greven aktuell	M 50	01:18:31	01:17:49
235	23	186	63	144	Bettels, Michael	Raesfeld	M 50	01:18:38	01:18:10
236	24	187	65	856	Varga, Georg	GartenRaum Nordwalde	M 50	01:18:41	01:18:11
237	25	188	66	868	Posnanski, Thomas	Recke	M 50	01:18:42	01:18:11
238	3	189	56	389	Brix, Michael	TV Hohne	M 60	01:18:44	01:18:16
239	41	190	67	347	Overmeyer, Peter	Ibbenbüren	M 45	01:18:52	01:18:39
240	5	50	76	371	Bühren , Melanie	Grün-Weiß Steinbeck	W 40	01:18:53	01:18:38
241	12	191	57	407	Egbert, Ralf	TV Hohne	M 55	01:18:53	01:18:14
242	4	51	61	437	Laig, Susanne	TV Hohne	W 55	01:18:59	01:18:25
243	5	52	80	585	Wesselmann, Judith	Grün-Weiß Steinbeck	W 35	01:18:59	01:18:43
244	27	192	74	260	Lutterbeck, Christian	Mettingen	M 40	01:19:00	01:18:22
245	13	193	58	287	Borgmann, Erich	Marathon Steinfurt	M 55	01:19:06	01:18:51
246	22	194	88	360	Göpel, Markus	Schnittchenclub n.e.V.	M HK	01:19:11	01:18:23
247	23	195	87	818	Adolphs, Christian	Schnittchenclub n.E.V.	M HK	01:19:11	01:18:22
248	16	196	85	821	Berning, Matthias	Schnittchenclub n.e.V.	M 30	01:19:12	01:18:23
249	42	197	71	259	Schlottbohm , Jörg	Mettingen	M 45	01:19:13	01:18:35
250	10	53	83	60	Spielvogel, Viola	SuS Stadtlohn	W 30	01:19:14	01:18:26
251	6	54	80	121	Vieth, Judith	Run4Fun Greven	W 35	01:19:16	01:18:51
252	8	55	66	853	Wissing, Heike	LG Emsdetten	W 50	01:19:16	01:19:15
253	26	198	64	742	Zahnen , Johannes	SV Dickenberg	M 50	01:19:16	01:18:36
254	27	199	64	861	Stallmeyer, Gerd	TVI	M 50	01:19:38	01:19:12
255	28	200	62	649	Teutemacher, Tobias	Team Erdinger Alkoholfrei	M 50	01:19:44	01:19:20
256	14	201	61	364	Hildmann, Marko	TVE Greven-Triathlon	M 55	01:19:44	01:19:22
257	11	56	93	883	Becker , Saskia	Münster	W HK	01:19:50	01:19:25

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
258	43	202	68	826	Franke, Matthias	FC Schüttorf 09	M 45	01:19:51	01:19:36
259	9	57	66	160	Euskirchen, Conny	VfL Lingen	W 50	01:20:00	01:19:29
260	10	58	69	176	Grawe, Karin	Münster	W 45	01:20:00	01:19:49
261	6	59	76	921	Meyer, Melanie	SC Union 08 Lüdinghausen	W 40	01:20:11	01:19:54
262	10	60	66	852	Hartmann, Britta	Bipener SC	W 50	01:20:41	01:20:04
263	17	203	83	227	Waldemar, Schell	kein Verein	M 30	01:20:43	01:20:05
264	12	61	91	228	Bobisz, Miriam	kein Verein	W HK	01:20:45	01:20:05
265	44	204	70	313	Hartmann, Raphael	Ibbenbüren	M 45	01:20:50	01:20:23
266	45	205	68	161	Laznik, Christoph	Active Laufteam MS	M 45	01:20:53	01:20:32
267	46	206	69	804	Lenzen, Markus	TuS Altenberge	M 45	01:20:56	01:20:31
268	15	207	61	221	Drilling, Dirk	Münster	M 55	01:21:02	01:20:53
269	28	208	76	205	Nitschke , Björn	LG Waldhügel	M 40	01:21:09	01:21:03
270	29	209	64	87	Janssen, Frank	Laufftreff Greven aktuell	M 50	01:21:17	01:20:36
271	5	62	59	823	Stegemann, Gerda	SV Teuto Riesenbeck	W 55	01:21:21	01:20:57
272	13	63	93	134	Schniedergers, Jana		W HK	01:21:26	01:21:08
273	7	64	81	282	Schleuter, Melanie	BSG fiducia & GAD	W 35	01:21:29	01:20:43
274	3	65	56	126	Hoffmann, Birgit	VTL Lingen LLL	W 60	01:21:38	01:21:09
275	1	66	96	195	Krösche, Sara	Belm	W U23	01:21:44	01:21:33
276	3	210	94	196	Kuhlmann, Henrik	Belm	M U23	01:21:45	01:21:35
277	14	67	90	387	Bautz, Katharina	TV Hohne	W HK	01:21:52	01:21:31
278	11	68	69	179	Dahl, Maike	keinen	W 45	01:22:01	01:21:32
279	47	211	68	216	Luck, Holger	SVC Laggenbeck	M 45	01:22:03	01:21:53
280	28	212	78	170	Merbecks, Robert	Fitness Schule	M 35	01:22:21	01:21:43
281	48	213	71	909	Busboom, Wilfried	Posaunenchor Detern	M 45	01:22:40	01:22:24
282	8	69	77	885	Bakker, Verena	Jümmelopers	W 35	01:22:40	01:22:26
283	7	70	73	837	Goeke, Sonja	Gemeinsam Stark	W 40	01:22:48	01:22:04
284	29	214	72	302	Reeker, Jörg	Rheine	M 40	01:23:04	01:22:40
285	11	71	65	106	Herms, Sabine	FC Schüttorf 09	W 50	01:23:04	01:22:46
286	30	215	63	110	Happ, Jürgen	keiner	M 50	01:23:04	01:22:46
287	29	216	81	90	Retschke, Roman	THW-BOTTROP	M 35	01:23:05	01:22:45
288	24	217	88	865	Demir, Hasim	Feuerwehr Ibbenbüren	M HK	01:23:16	01:22:49
289	6	72	59	438	Lutterbeck, Gudrun	TV Hohne	W 55	01:23:20	01:22:54
290	31	218	63	66	Misera, Andreas	World Vision	M 50	01:23:27	01:22:47
291	49	219	69	73	Hartmann, Jens	TV Friesen Telgte	M 45	01:24:10	01:23:39
292	8	73	73	72	Worch, Bettina	TV Friesen Telgte	W 40	01:24:10	01:23:39
293	18	220	82	111	Schallenberg, Bastian	Ibbenbüren	M 30	01:24:24	01:24:13
294	30	221	73	124	Wesselmann, Daniel	GW-Steinbeck	M 40	01:24:28	01:24:11
295	30	222	79	189	Dudek, Daniel	VfL Sassenberg	M 35	01:24:30	01:23:54
296	16	223	60	917	Gerhards, Martin	SV-Dickenberg	M 55	01:24:45	01:24:06
297	15	74	91	432	Laig, Anna-Elisabeth	TV Hohne	W HK	01:24:48	01:24:17
298	12	75	69	801	Jacob, Susanne	Nordhorn	W 45	01:24:56	01:24:35
299	9	76	73	98	Vorm-Brocke, Claudia		W 40	01:25:05	01:25:05
300	17	224	58	527	Teckenbrock, Udo	TV Hohne	M 55	01:25:05	01:24:27
301	31	225	81	919	Albrecht, Michael		M 35	01:25:09	01:24:38
302	50	226	67	904	Fühljan, Oliver		M 45	01:25:27	01:25:24
303	7	77	59	418	Egbert, Christiane	TV Hohne	W 55	01:25:47	01:25:11
304	4	227	53	278	Wiebrock, Claus	TV Georgsmarienhütte	M 60	01:25:55	01:25:09
305	8	78	59	526	Teckenbrock, Petra	TV Hohne	W 55	01:26:03	01:25:28
306	12	79	62	808	Kleine-Harmeyer, Brigitte	Bochum	W 50	01:26:07	01:25:57
307	31	228	74	887	Kolhoff, Ingo	Feuerwehr Gronau	M 40	01:26:10	01:25:22
308	13	80	69	92	Nebelsiek, Heike	VfL Lingen	W 45	01:26:18	01:25:46
309	14	81	69	91	Busmann, Stephanie	VfL Lingen	W 45	01:26:18	01:25:46

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
310	1	82	49	194	Grewe, Roswita	Ibbenbüren	W 65	01:26:19	01:26:12
311	13	83	63	158	Meemann, Claudia	Vfl Lingen	W 50	01:26:19	01:25:47
312	11	84	84	310	Menke, Katharina	SV 28 Wissingen	W 30	01:26:31	01:26:01
313	25	229	89	542	Wadleich, Daniel	TV Hohne	M HK	01:26:36	01:26:04
314	19	230	82	354	Mügge, Gerd		M 30	01:26:43	01:26:34
315	16	85	92	882	Jansing , Nina	Münster	W HK	01:26:46	01:26:19
316	26	231	87	884	Schlüter , Marcel	Münster	M HK	01:26:46	01:26:20
317	4	86	55	916	Löchte, Christel	LSF Münster	W 60	01:27:04	01:26:54
318	18	232	57	164	Koot, John	Zuidlaren	M 55	01:28:03	01:27:28
319	9	87	57	577	Revering, Elisabeth	LSF Münster	W 55	01:28:09	01:27:37
320	27	233	89	182	Fast, Eugen	Crespel & Deiters	M HK	01:28:13	01:27:51
321	32	234	74	117	Eiben, Lars	Vision	M 40	01:28:20	01:27:39
322	33	235	74	836	Conermann, Christian	Gemeinsam Stark	M 40	01:28:26	01:27:40
323	10	88	76	850	Deutschmann , Eva	Gemeinsam Stark	W 40	01:28:29	01:27:46
324	32	236	77	171	Kirchner, Nils	Fitness Schule	M 35	01:28:32	01:27:52
325	4	237	94	253	Bohlmann, Oliver	Feuerwehr Ibbenbüren	M U23	01:29:15	01:28:29
326	5	238	95	275	Lienesch, Gerrit	Feuerwehr Ibbenbüren	M U23	01:29:15	01:28:33
327	14	89	62	82	Haupt-Arling, Ulrike	PV-Triathlon Witten	W 50	01:29:18	01:28:46
328	15	90	70	923	Engelbrecht, Eva	PV-Triathlon Witten	W 45	01:29:18	01:28:46
329	20	239	85	692	Gaida, Florian	Osnabrück	M 30	01:29:20	01:28:52
330	11	91	75	822	Knecht, Petra	Team Erdinger alkoholfrei	W 40	01:29:23	01:29:10
331	16	92	71	333	Leifeld, Bridget	Cinema Münster	W 45	01:29:28	01:29:10
332	17	93	68	809	Schulten, Christel	Grün-Weiß-Steinbeck	W 45	01:29:42	01:29:02
333	21	240	83	899	Lopez Miñana, Ignacio	Bremen	M 30	01:29:50	01:29:17
334	34	241	73	901	Guhe, Sebastian	Tri Team Steinfurt	M 40	01:29:59	01:29:34
335	2	94	49	142	van Wezel, Helma	Klarenbeek	W 65	01:30:35	01:30:31
336	15	95	63	481	Röschenkemper, Astrid	TV Hohne	W 50	01:30:38	01:30:06
337	12	96	86	203	Lelek, Sarah	DAV Hamburg	W 30	01:30:38	01:30:13
338	32	242	66	104	Menebröcker, Jörg	Lengerich	M 50	01:30:59	01:30:25
339	9	97	79	188	Gerdes, Marina	Crespel & Deiters	W 35	01:31:54	01:31:35
340	7	243	49	165	de Jong, Tjits	Racedrunners	M 65	01:32:26	01:31:50
341	2	244	44	817	Koch, Rolf	TUS Hiltrup	M 70	01:32:46	01:32:43
342	18	98	69	294	Bargmann, Christina	Ibbenbüren	W 45	01:33:48	01:33:24
343	13	99	82	849	Nolte, Daniela	Ibbenbüren	W 30	01:33:48	01:33:24
344	2	100	94	118	Oortwijn, Janet	baddedravers	W U23	01:34:47	01:34:39
345	10	101	58	714	Günnigmann, Elisabeth	SC Falke Saerbeck	W 55	01:35:46	01:35:24
346	19	102	67	576	Wittig, Anja	TV Hohne	W 45	01:36:21	01:35:48
347	11	103	60	541	Voß, Iris	TV Hohne	W 55	01:36:22	01:35:49
348	20	104	71	169	Seiger, Silvia	Fitness Schule	W 45	01:36:38	01:35:59
349	35	245	73	173	Berkemeier, Markus	Fitness Schule	M 40	01:36:39	01:35:58
350	5	246	55	881	Kuhlenbäumer, Willi	Münster	M 60	01:37:36	01:36:58
351	17	105	87	531	Vogelpohl, Christine	TV Hohne	W HK	01:37:55	01:37:21
352	6	247	52	627	Bachhuber, Herbert	LT-Haumannplatz Essen	M 60	01:37:56	01:37:36
353	12	106	57	643	Bachhuber, Sigrid	LT-Haumannplatz Essen	W 55	01:37:56	01:37:37
354	21	107	68	284	Fangmeier, Karin	Lauftreff Ganderkesee	W 45	01:38:13	01:37:32
355	22	108	67	902	Sinn, Marion	Lauftreff Ganderkesee	W 45	01:38:14	01:37:32
356	13	109	58	395	Brix, Petra	TV Hohne	W 55	01:39:34	01:38:59
357	33	248	78	174	Eilert, Christian	Fitness Schule	M 35	01:41:07	01:40:24
358	23	110	68	99	Hamm, Wiebke	Team Seepferdchen	W 45	01:42:29	01:41:54
359	1	111	43	178	Dahl, Marianne	TSV Sibbesse	W 70	01:52:41	01:52:12
360	33	249	65	477	Naatz, Olaf	TV Hohne	M 50	01:54:01	01:53:32

