

8. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Gesamtliste

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
1	1	1	91	709	Spinneker , Jens	SV Teuto Riesenbeck	M HK	00:46:40	00:46:38
2	1	2	83	712	Westermann , Ingo	SV Teuto Riesenbeck	M 35	00:49:54	00:49:51
3	2	3	83	910	Paetzke, Sebastian	SV Teuto Riesenbeck	M 35	00:49:57	00:49:53
4	1	4	03	600	Ponick, Finn	LSF Münster	M Jgd B	00:50:07	00:50:04
5	1	5	70	458	Gräfedünkel, Frank	LSF Oldenbueg	M 45	00:51:08	00:51:05
6	1	6	63	810	Igelbrink, Hans-Peter	TV Georgsmarienhütte	M 55	00:51:25	00:51:20
7	2	7	73	678	Jäger, Jörg	SV Teuto Riesenbeck	M 45	00:51:29	00:51:26
8	3	8	80	594	Schade, Rene	Rhein-Berg Runners	M 35	00:52:40	00:52:37
9	1	9	99	457	Feder, Jannik	LSF Münster/ gebiomized Team	M U23	00:53:11	00:53:09
10	4	10	81	909	Diekenbrock, Timm	SV Hullern 68	M 35	00:53:50	00:53:47
11	2	11	94	441	Saldsieder, Marvin	LG Rheine-Elte	M HK	00:53:52	00:53:49
12	2	12	02	776	Winnemöller, Tom	Team Goethe	M Jgd B	00:54:02	00:53:56
13	1	13	66	837	Tippey, Mark	TV-Hohne	M 50	00:55:09	00:55:06
14	1	14	77	446	Runde, Martin	LG Schmitz Katze	M 40	00:55:50	00:55:47
15	2	15	69	426	Marienfeld, Markus	LG Ems Warendorf	M 50	00:56:21	00:56:14
16	1	16	85	794	Kösters, SVEN	Trail Team Osnabrück	M 30	00:56:31	00:56:25
17	3	17	72	392	Potthoff, Markus	TV Mettingen	M 45	00:56:39	00:56:33
18	3	18	95	675	Wiehle, Robin	SV Teuto Riesenbeck	M HK	00:56:40	00:56:37
19	3	19	69	876	Menger, Peter		M 50	00:56:51	00:56:46
20	2	20	97	252	Pollok, Niklas		M U23	00:57:08	00:57:00
21	2	21	89	648	Blom, Alexander	SV Cheruskia Laggenbeck	M 30	00:57:18	00:57:15
22	4	22	96	321	Schlüter, Kevin	Feuerwehr Ibbenbüren	M HK	00:57:22	00:56:32
23	2	23	63	669	Schnelle, Holger	SV Gehrde läuft...!	M 55	00:57:31	00:57:25
24	1	1	91	807	Voss, Ina	TV Georgsmarienhütte	W HK	00:58:07	00:58:03
25	2	24	76	647	Höflich, Tobias	SV Cheruskia Laggenbeck	M 40	00:58:27	00:58:24
26	3	25	98	362	Brune, Jonas	Ibbenbüren	M U23	00:59:03	00:58:04
27	3	26	75	893	Wesselmann, Ansgar	Grün-Weiß Steinbeck	M 40	00:59:04	00:58:57
28	3	27	85	316	Kattenbeck , Jens	Emsdetten	M 30	00:59:48	00:59:37
29	5	28	90	424	Ruhe, Sebastian	LEV Alive	M HK	00:59:48	00:59:37
30	4	29	98	425	Althoff, Moritz	LG Coesfeld	M U23	00:59:51	00:59:40
31	4	30	87	253	Klaus, Georg		M 30	00:59:59	00:59:56
32	1	31	01	774	Schnettgöke, Anton	Team Goethe	M Jgd A	01:00:05	00:59:59
33	3	32	02	290	Spilker, Lucius	Crespel & Deiters	M Jgd B	01:00:17	01:00:11
34	5	33	97	815	Boolke, Lukas		M U23	01:00:20	00:59:45
35	6	34	96	250	Antoine, Max		M HK	01:00:41	01:00:33
36	6	35	97	251	Börgel, Benedikt		M U23	01:00:42	01:00:35
37	5	36	86	886	Gebel, Pascal		M 30	01:01:23	01:01:13
38	4	37	68	268	Profft, Thoralf	Berliner Luft	M 50	01:01:28	01:01:14
39	5	38	82	576	Schuster, Donovan	Osnabrück	M 35	01:01:31	01:01:09
40	2	39	01	734	Przesang, Jonas	Team Goethe	M Jgd A	01:01:34	01:01:26
41	4	40	70	586	Uthoff, David	PSV-Oldenburg	M 45	01:01:36	01:01:28
42	4	41	77	898	Peters, Frank	SV Teuto Riesenbeck	M 40	01:01:47	01:01:27
43	5	42	68	402	Appelhans, Thomas	Klippenbezwinger	M 50	01:01:51	01:01:35
44	3	43	00	660	Strauch, Phillip	SV Dickenberg	M Jgd A	01:02:06	01:01:40
45	6	44	65	871	Rohmann, Wolfgang	Wildeshauser Lauftreff	M 50	01:02:07	01:02:02
46	1	45	51	359	Schultz, Winfried	Ibbenbüren	M 65	01:02:14	01:02:10
47	5	46	72	884	Weissmann, Andre		M 45	01:02:37	01:02:32
48	5	47	76	599	Möller, Christian	Run4fun Greven e.V	M 40	01:02:49	01:02:42
49	6	48	80	394	Beulting, Thomas	KGS Lauftreff	M 35	01:02:53	01:02:23

Platz	AK	Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
50		7	49	92	651	Gerdes, Gerrit	SV Dickenberg	M HK	01:03:07	01:03:02
51		7	50	80	329	Schmidtke, Lars	Fitness Schule	M 35	01:03:13	01:03:10
52		6	51	89	796	Oldenburg, Stefan	TSV Altkloster	M 30	01:03:16	01:03:07
53		7	52	66	899	Hock, Thomas	Cenaris Bremen	M 50	01:03:22	01:03:10
54		1	2	74	856	Sandbote, Ines	TVE Greven Triathlon	W 45	01:03:33	01:03:18
55		6	53	78	811	Machner, Christian	TV Georgsmarienhütte	M 40	01:03:35	01:03:28
56		8	54	69	479	Runge, Klaus-Peter	Mettingen	M 50	01:03:44	01:03:30
57		8	55	83	698	Postmeier, Thorsten	SV Teuto Riesenbeck	M 35	01:03:45	01:02:55
58		7	56	75	880	Hackenfort, Rainer		M 40	01:03:47	01:03:33
59		6	57	74	421	Ellerbrock, Sascha	LC Solbad Ravensberg	M 45	01:03:49	01:03:42
60		9	58	69	483	Stodieck, Thorsten	Münster	M 50	01:03:55	01:03:44
61		8	59	79	645	Pott, Andre	SV Cheruskia Laggenbeck	M 40	01:03:57	01:03:54
62		10	60	65	309	Alfing, Karl-Heinz	Djk Arminia Ibbenbüren	M 50	01:04:03	01:03:42
63		9	61	77	275	Runde, Stephan	BSG KSK Steinfurt	M 40	01:04:32	01:04:14
64		7	62	99	679	Minnerup, Ian-Malte	Team Goethe	M U23	01:04:35	01:04:30
65		9	63	81	272	Dierkes, Peter	BSG Kreissparkasse Steinfurt	M 35	01:04:35	01:04:23
66		7	64	87	687	Hentschel, Benedikt	SV Teuto Riesenbeck	M 30	01:04:46	01:03:57
67		8	65	87	788	Kimmeyer, Fabian	Team Goethe Ibbenbüren	M 30	01:04:47	01:04:38
68		10	66	75	292	Bitter, Daniel	Die Rheinländer	M 40	01:04:50	01:04:28
69		4	67	02	742	Veismann , Malte	Team Goethe	M Jgd B	01:04:59	01:04:26
70		4	68	01	770	Niermann, Niklas	Team Goethe	M Jgd A	01:05:05	01:04:25
71		9	69	86	688	Willers, Manuel	SV Teuto Riesenbeck	M 30	01:05:15	01:04:24
72		10	70	88	891	Beckmann, Manuel		M 30	01:05:17	01:04:23
73		7	71	72	347	Lübbering, Thomas	Haminkelner SV	M 45	01:05:24	01:05:10
74		11	72	78	700	Büscher, Christoph	SV Teuto Riesenbeck	M 40	01:05:29	01:05:10
75		5	73	02	757	Bröring, Mark	Team Goethe	M Jgd B	01:05:30	01:04:50
76		8	74	73	717	Menger, Carsten	SW Esch	M 45	01:05:35	01:05:01
77		1	3	55	618	Bröring, Gisela	Sfn Vechta	W 60	01:05:45	01:05:34
78		11	75	85	818	Sterthaus, Jens	TV Mesum	M 30	01:05:55	01:05:48
79		11	76	66	370	Aulkemeyer, Jochen	JAMODA	M 50	01:06:00	01:05:47
80		12	77	67	725	Gamradt, Klaus	SW Lienen	M 50	01:06:02	01:05:33
81		8	78	90	695	Esch, Dennis	SV Teuto Riesenbeck	M HK	01:06:03	01:05:13
82		12	79	78	798	Otta, Karl	TSV St. Magnus	M 40	01:06:04	01:05:50
83		12	80	86	696	Klostermann, Johannes	SV Teuto Riesenbeck	M 30	01:06:07	01:05:19
84		9	81	73	283	Rahe, Frank	Crespel & Deiters	M 45	01:06:07	01:05:45
85		3	82	64	740	Glasmeier, Andreas	Team Goethe	M 55	01:06:09	01:06:04
86		1	83	59	608	Bertram, Heinz-Jürgen	SC Altenrheine	M 60	01:06:13	01:06:08
87		1	4	89	369	Schallenberg, Janine	J. F. Ton und Licht	W 30	01:06:17	01:06:04
88		1	5	78	280	Görken, Antje	BSV Ostbevern	W 40	01:06:18	01:05:58
89		9	84	91	503	Nixdorf, Christopher	OCR Heidesprinter	M HK	01:06:18	01:06:03
90		13	85	79	279	Wanke, Daniel	BSV Ostbevern	M 40	01:06:25	01:06:06
91		14	86	79	395	Wölte, Maik	KGS Lauftreff	M 40	01:06:28	01:05:59
92		10	87	92	689	Plake, Christoph	SV Teuto Riesenbeck	M HK	01:06:30	01:05:58
93		2	6	86	617	De Rijcke, Annekarlijn	Scrambled Legs	W 30	01:06:32	01:06:25
94		10	88	70	603	Vanheiden, Ralf	Run4Fun-Greven e.V.	M 45	01:06:34	01:05:44
95		2	7	92	905	Cartier, Mathilde	Aperol Runner Pack	W HK	01:06:37	01:06:31
96		13	89	66	339	Wewer , Christian	Grün-Weiß Steinbeck	M 50	01:06:41	01:06:32
97		11	90	96	390	Riethues, Malte	Keller HCW	M HK	01:06:43	01:06:31
98		14	91	69	400	Köning, Thomas	Klippenbezwinger	M 50	01:06:45	01:06:29
99		12	92	92	389	Hell, Dennis	Keller HCW	M HK	01:06:47	01:06:38
100		15	93	69	929	Thiesmann, Uwe	Laufen gegen Leiden e. V.	M 50	01:07:01	01:06:50
101		16	94	68	823	Triebel, Klaus	TV Mettingen	M 50	01:07:04	01:06:53

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
102	10	95	84	391	Varelmann, Hendrik	KGS Lauftreff	M 35	01:07:08	01:06:35
103	11	96	80	482	Adrian, Sven	Münster	M 35	01:07:16	01:06:31
104	11	97	70	922	Schnetgöke, Jürgen	SV Teuto Riesenbeck	M 45	01:07:35	01:07:03
105	12	98	74	401	Lutterbeck, Christian	Klippenbezwinger	M 45	01:07:44	01:07:28
106	15	99	78	481	Eickhoff, Christian	Münster	M 40	01:07:52	01:07:06
107	4	100	60	934	Olbrich, Paul	Spiritdon Haltern	M 55	01:08:01	01:07:47
108	5	101	01	775	Sievers, Maximilian	Team Goethe	M Jgd A	01:08:06	01:07:56
109	13	102	73	445	Uphaus, Frank	LG Rheine-Elte	M 45	01:08:07	01:07:58
110	13	103	91	686	Achtermann, Andre	SV Teuto Riesenbeck	M HK	01:08:08	01:07:19
111	16	104	78	492	Markus, Wiechers	Neuenkirchen	M 40	01:08:11	01:07:43
112	14	105	90	364	Niermann, Philipp	Ibbenbüren	M HK	01:08:16	01:07:59
113	15	106	94	693	Abelmann, Christoph	SV Teuto Riesenbeck	M HK	01:08:17	01:07:26
114	1	8	67	431	Felchner, Marion	LG Emsdetten	W 50	01:08:29	01:08:17
115	17	107	67	801	Gehlthomholt, Christof	TuS Altenberge 09	M 50	01:08:38	01:08:17
116	2	9	77	666	Wübbelmann, Andrea	SV Gehrde läuft...!	W 40	01:08:46	01:08:11
117	12	108	83	808	Lienesch, Raphael	TV Georgsmarienhütte	M 35	01:08:47	01:08:22
118	13	109	82	813	Schlattmann, Andre	TV Georgsmarienhütte	M 35	01:08:51	01:08:27
119	18	110	68	824	Ahlers, Ralf	TV-Hohne	M 50	01:08:51	01:08:32
120	17	111	77	713	Tepe, Andre	SV Uffeln	M 40	01:08:51	01:08:25
121	2	10	68	809	Streich, Stefanie	TV Georgsmarienhütte	W 50	01:08:52	01:08:43
122	3	11	78	646	Pott, Sonja	SV Cheruskia Laggenbeck	W 40	01:08:53	01:08:50
123	18	112	76	863	Ohm, Martin	VfL Rastede	M 40	01:08:56	01:08:31
124	6	113	01	762	Inderwisch, Jonas	Team Goethe	M Jgd A	01:08:57	01:08:24
125	19	114	76	906	Reusken, Stefan	Emsdetten	M 40	01:08:58	01:08:54
126	20	115	79	346	Koop, Andreas	GW Neuenkirchen	M 40	01:09:28	01:08:52
127	21	116	77	622	Hochhard, Thorsten	SG Voltlage	M 40	01:09:32	01:09:26
128	4	12	76	859	Horstmann, Simone	LG Rheine Elte	W 40	01:09:39	01:09:17
129	14	117	84	574	Dobmeier, Ralf	Original Bootcamp Münster	M 35	01:09:51	01:09:32
130	3	13	93	652	Gerdes, Carolin	SV Dickenberg	W HK	01:10:00	01:09:32
131	16	118	92	931	Zaun, Max	Team Goethe	M HK	01:10:06	01:09:42
132	1	14	01	442	Longo, Emma	LG Rheine-Elte	W Jgd A	01:10:08	01:10:00
133	5	119	63	611	Lampe, Jürgen	SC Falke. Saerbeck	M 55	01:10:12	01:09:59
134	1	15	83	881	Lehmeier, Dorota		W 35	01:10:16	01:10:13
135	6	120	60	487	Muddemann, Veit	Münster	M 55	01:10:21	01:10:03
136	22	121	78	714	Menger, Michael	SW Esch	M 40	01:10:21	01:09:46
137	14	122	72	299	Steenbeeke, Norbert	dionysos	M 45	01:10:26	01:09:52
138	19	123	67	658	Strauch, Ingo	SV Dickenberg	M 50	01:10:30	01:10:08
139	17	124	91	388	Hell, Ewald	Pantera	M HK	01:10:32	01:10:20
140	23	125	79	415	Karolewski, Sascha	Lauftreff SC Hörstel	M 40	01:10:33	01:10:16
141	18	126	92	656	Eismann, Hendrik	SV Dickenberg	M HK	01:10:35	01:10:07
142	5	16	78	344	Westphal, Melanie	gsw westerkappeln	W 40	01:10:38	01:10:19
143	20	127	66	936	Brockmann, Hubert	1. Tri-Team Gütersloh GTV	M 50	01:10:40	01:10:31
144	7	128	63	722	Jansing, Franz-Josef	SW Esch	M 55	01:10:40	01:09:52
145	13	129	88	927	Kerk, Raphael	SV Teuto Riesenbeck	M 30	01:10:41	01:10:12
146	6	130	02	749	Keutz, Marlon	Team Goethe	M Jgd B	01:10:42	01:10:37
147	1	17	63	692	Kleimeyer, Karin	SV Teuto Riesenbeck	W 55	01:10:44	01:10:29
148	24	131	76	308	Keller, Timo	Djk	M 40	01:10:47	01:10:26
149	14	132	85	363	Beckmann, Julian	Ibbenbüren	M 30	01:10:49	01:10:28
150	8	133	62	269	Elskamp, Norbert	BEWI run	M 55	01:11:04	01:10:49
151	15	134	70	575	Glaw, Steffen	LT Lauland	M 45	01:11:07	01:10:28
152	7	135	00	741	Wöhrmann, Mikis	Team Goethe	M Jgd A	01:11:10	01:10:07
153	21	136	68	673	Jakobs, Günter	SV Ochtersum ~ Loopers ~	M 50	01:11:14	01:10:40

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
154	19	137	91	258	Thomann , Andre	1.FC PAUL	M HK	01:11:23	01:11:10
155	15	138	87	697	Huil, Andreas	SV Teuto Riesenbeck	M 30	01:11:24	01:10:34
156	22	139	66	635	Rennar, Siggj	Südlohner Laufftreff	M 50	01:11:28	01:10:52
157	16	140	74	440	Geßner, Ralf	LG Rheine-Elte	M 45	01:11:31	01:11:04
158	25	141	75	407	Wenz, Michael	Lahme Ente!	M 40	01:11:32	01:11:08
159	2	18	72	916	Oevermann, Ruth	Bramscher Rumläufer	W 45	01:11:44	01:11:08
160	16	142	87	257	Thomann , Christian	1.FC PAUL	M 30	01:11:45	01:11:33
161	17	143	88	365	Limbrock , Gerrit	Ibbenbüren	M 30	01:11:51	01:10:52
162	8	144	97	383	Goß, Michael		M U23	01:12:06	01:11:38
163	8	145	01	897	Beitzenkroll, Jan	Team Goethe	M Jgd A	01:12:10	01:11:59
164	23	146	65	368	Thamm, Stefan	ISV	M 50	01:12:12	01:11:23
165	9	147	60	325	Bläcker, Dirk	Fitness Schule	M 55	01:12:15	01:11:53
166	24	148	65	409	Kohle, Martin	Lauffreunde Emsland	M 50	01:12:16	01:12:08
167	17	149	73	895	Paluschek, Maik	Team Goethe	M 45	01:12:18	01:12:08
168	2	19	80	743	Paluschek, Marta	Team Goethe	W 35	01:12:18	01:12:07
169	25	150	65	604	Löher, Andreas	Run4fun-Greven e.V.	M 50	01:12:20	01:12:11
170	18	151	89	866	Ehlers, Sven	VSV Hedendorf/Neukloster	M 30	01:12:23	01:11:58
171	26	152	79	355	Weßels, Björn	Hubertiritter	M 40	01:12:23	01:11:39
172	18	153	74	607	König, Christian	Sassenberg	M 45	01:12:29	01:12:23
173	3	20	67	597	Jamroszczyk, Jutta	Run4Fun Greven	W 50	01:12:32	01:12:12
174	2	154	58	885	Gebel, Reiner		M 60	01:12:33	01:12:10
175	6	21	79	846	Rücker, Anja	TV-Hohne	W 40	01:12:34	01:12:14
176	19	155	70	715	Schönig, Christer	SW Esch	M 45	01:12:41	01:12:06
177	3	156	59	653	Mäuer, Jürgen	SV Dickenberg	M 60	01:12:46	01:12:23
178	3	22	71	663	Kemme, Nicole	SV Eintracht Neuenkirchen	W 45	01:12:52	01:12:19
179	4	23	74	398	Suttmoeller, Judith	TV Georgsmarienhütte	W 45	01:12:52	01:12:28
180	5	24	70	336	Korte, Renate	FV Dinklage	W 45	01:12:58	01:12:46
181	10	157	64	436	Kroening, Ralf	LG Emsdetten	M 55	01:13:07	01:12:58
182	15	158	80	452	Kolsloot, Sander	LS030	M 35	01:13:10	01:13:02
183	6	25	73	918	Tebbe, Christa	SV Teuto Riesenbeck	W 45	01:13:11	01:13:00
184	4	159	56	595	Strauch, Heinz	SV Teuto Riesenbeck	M 60	01:13:14	01:13:02
185	20	160	70	464	Deters, Andreas	LT SW Osterfeine	M 45	01:13:14	01:12:34
186	16	161	80	485	Scholz, Matthias	Münster	M 35	01:13:20	01:12:29
187	27	162	78	822	Schwalbe, Oliver	TV Mettingen	M 40	01:13:22	01:13:05
188	17	163	80	350	Nieländer, Stefan	Heimat-Clique-Elte	M 35	01:13:26	01:13:16
189	28	164	77	261	Ording, Lars	All In 08	M 40	01:13:28	01:13:11
190	29	165	77	889	Nautsch, Tobias		M 40	01:13:31	01:12:38
191	20	166	90	694	Börgermann, Christian	SV Teuto Riesenbeck	M HK	01:13:31	01:12:39
192	21	167	92	579	Weßling, Steffen	Osnabrück	M HK	01:13:32	01:12:58
193	30	168	79	356	Lindmeier, Ingo	Ibbenbüren	M 40	01:13:33	01:13:07
194	9	169	01	735	Schley, Kilian	Team Goethe	M Jgd A	01:13:35	01:12:31
195	26	170	68	619	Schockmann, Reiner	SG Voltlage	M 50	01:13:45	01:13:41
196	27	171	69	621	Kipker, Ralf	SG Voltlage	M 50	01:13:45	01:13:41
197	28	172	67	620	Große-Berg, Ludger	SG Voltlage	M 50	01:13:45	01:13:39
198	7	173	02	758	Büchter, Fynn	Team Goethe	M Jgd B	01:13:46	01:13:07
199	31	174	78	293	Lohre, Stephan	Die Rheinländer	M 40	01:13:48	01:13:25
200	32	175	78	327	Merbecks, Robert	Fitness Schule	M 40	01:13:53	01:13:15
201	21	176	74	470	Konermann, Michael	MBH Maschinenbau	M 45	01:14:03	01:13:15
202	2	26	61	638	Müller, Martina	SuS Olfen	W 55	01:14:05	01:13:44
203	9	177	98	738	Steingröver, Robin	Team Goethe	M U23	01:14:07	01:13:08
204	22	178	70	376	Hegemann, Martin		M 45	01:14:08	01:13:58
205	11	179	60	924	Brouwers, Hans	Streu	M 55	01:14:10	01:13:57

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
206	4	27	90	288	Boße, Theresa	Crespel & Deiters	W HK	01:14:12	01:13:27
207	3	28	87	546	Schrameyer, Anne		W 30	01:14:13	01:13:54
208	33	180	75	907	Tausch, Carsten		M 40	01:14:15	01:13:17
209	19	181	87	322	Trappmann, Martin	Feuerwehr Ibbenbüren	M 30	01:14:18	01:13:27
210	23	182	74	3434	Geuker, Jens	TuS Altenberge 09	M 45	01:14:23	01:14:07
211	7	29	74	842	Mikolajew, Jeanet	TV-Hohne	W 45	01:14:24	01:14:05
212	29	183	67	904	Poggemann, Martin	SV Teuto Riesenbeck	M 50	01:14:25	01:13:57
213	20	184	86	357	Huth, Michael	Ibbenbüren	M 30	01:14:29	01:13:29
214	8	30	74	657	Linnemann, Ines	SV Dickenberg	W 45	01:14:41	01:14:15
215	2	185	51	654	Vismann, Josef	SV Dickenberg	M 65	01:14:46	01:14:23
216	8	186	02	287	Tietmeyer , Lukas	Crespel & Deiters	M Jgd B	01:14:49	01:14:05
217	4	31	67	752	Brandis, Claudia	Team Goethe	W 50	01:14:51	01:14:44
218	5	32	91	839	Laig, Anna-Elisabeth	TV-Hohne	W HK	01:14:59	01:14:46
219	18	187	80	382	Krampe, Jens		M 35	01:15:02	01:14:07
220	5	33	66	480	Sietmann, Beate	Münster	W 50	01:15:05	01:14:29
221	12	188	64	753	Keutz, Jürgen	Team Goethe	M 55	01:15:11	01:15:04
222	21	189	85	937	Kraatz, Franz		M 30	01:15:13	01:14:48
223	6	34	65	353	Runde, Mechthild	Hörstel	W 50	01:15:15	01:15:01
224	22	190	88	699	Werthmöller, Benedikt	SV Teuto Riesenbeck	M 30	01:15:18	01:14:27
225	13	191	63	444	Fels, Jörg	LG Rheine-Elte	M 55	01:15:22	01:15:12
226	7	35	75	513	Janke, Sandra		W 40	01:15:28	01:14:43
227	5	192	59	583	Müller, Norbert	privat	M 60	01:15:32	01:15:27
228	2	36	59	271	Schürmann, Marlies	Bramscher Rumläufer	W 60	01:15:34	01:14:56
229	24	193	72	264	Kohnke, Till	Arminia	M 45	01:15:38	01:14:43
230	4	37	86	633	Schönfelder, Stefanie	Stadt Ibbenbüren	W 30	01:15:44	01:15:28
231	6	38	93	349	Althaus, Johanna	Hattinger Hügelläufer	W HK	01:15:48	01:15:26
232	7	39	69	915	Dölle, Monika	Bramscher Rumläufer	W 50	01:15:49	01:15:10
233	23	194	86	779	Fremerey, Christian	Team Goethe	M 30	01:15:51	01:15:34
234	8	40	79	879	Feldmann, Nicole		W 40	01:15:59	01:15:29
235	7	41	93	690	Nüße, Verena	SV Teuto Riesenbeck	W HK	01:16:00	01:15:07
236	6	195	55	804	Ehlers, Klaus-Heinrich	TUS Harsefeld	M 60	01:16:04	01:15:37
237	19	196	84	488	Ehlers, Christoph	Münster	M 35	01:16:05	01:15:41
238	25	197	70	644	Schulte, Michael	SV Bokeloh	M 45	01:16:08	01:15:33
239	34	198	78	605	Brockmeyer, Tobias	Saerbeck	M 40	01:16:14	01:15:43
240	22	199	90	705	Brink, Sebastian	SV Teuto Riesenbeck	M HK	01:16:17	01:15:22
241	1	42	54	340	Rieskamp, Irmgard	Grün-Weiß Steinbeck	W 65	01:16:18	01:16:03
242	20	200	84	278	Erpenbeck , Alex	BSV Ostbevern	M 35	01:16:21	01:16:15
243	26	201	71	882	Berning, Raymond		M 45	01:16:29	01:16:03
244	21	202	83	930	Rodriguez Perdones, Rafael	Fortuna Logabirum	M 35	01:16:31	01:15:37
245	30	203	65	478	Stockmann, Johannes	MBH Maschinenbau	M 50	01:16:33	01:15:50
246	3	43	80	596	Vieth, Judith	Run 4 Fun Greven e.V.	W 35	01:16:33	01:15:38
247	3	44	59	277	Götz , Claudia	BSG Sparkasse MSLO	W 60	01:16:35	01:16:17
248	31	204	65	894	Schlüter, Jürgen	Marathon Ibbenbüren	M 50	01:16:36	01:16:16
249	35	205	77	377	Irländer, Torsten		M 40	01:16:40	01:15:42
250	9	45	79	413	Thiem, Katja	Lauftreff Püsselbüren	W 40	01:16:40	01:15:54
251	36	206	77	273	Dennis, Lüdtkke	BSG Kreissparkasse Steinfurt	M 40	01:16:40	01:16:18
252	9	46	72	783	Fenollosa, Kora	Team Goethe	W 45	01:16:41	01:15:39
253	14	207	63	925	Althaus, Paul	Hattinger Hügelläufer	M 55	01:16:42	01:16:20
254	32	208	65	352	Lehner, Christoph	Hörstel	M 50	01:16:43	01:16:11
255	33	209	69	601	Ponick, Alexander	Run4fun Greven e.V.	M 50	01:16:48	01:16:23
256	34	210	68	901	Merk, Lothar	run4fun Greven e.V.	M 50	01:16:52	01:16:02
257	35	211	66	625	Heet , Manfred	Spelle	M 50	01:16:57	01:16:27

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
258	10	47	74	417	Westermann , Nicole	Lauftreff Südlohn	W 45	01:16:58	01:16:22
259	11	48	71	433	Büker, Alexander	LG Emsdetten	W 45	01:17:00	01:16:28
260	8	49	69	634	Hoppe, Kerstin	Stadt Ibbenbüren	W 50	01:17:00	01:16:33
261	15	212	60	354	Heeke, Toni	Team Goethe	M 55	01:17:00	01:16:33
262	16	213	62	439	Teutemacher, Tobias	LG Emsdetten	M 55	01:17:03	01:16:59
263	8	50	91	591	Ottmann, Theresia		W HK	01:17:04	01:16:37
264	17	214	60	469	Bülter, Michael	Marathon Steinfurt	M 55	01:17:08	01:16:25
265	12	51	73	883	Strachau, Kirsten		W 45	01:17:10	01:17:04
266	37	215	76	802	Werger , Guido	TuS Altenberge 09	M 40	01:17:16	01:16:57
267	22	216	83	366	Ilger, Sebastian	IbbtownRockCityRunners	M 35	01:17:20	01:17:16
268	13	52	72	667	Renze, Elke	SV Gehrde läuft...!	W 45	01:17:20	01:16:37
269	27	217	73	313	Dieckmann , Carsten	Einfach nur so	M 45	01:17:21	01:17:03
270	9	53	66	422	Fechner, Perdita	Lengerich	W 50	01:17:26	01:17:08
271	23	218	90	473	Miltrup-Pauck, Niklas	MBH Maschinenbau	M HK	01:17:27	01:16:41
272	7	219	58	793	Bollen, Wim	Telgte	M 60	01:17:28	01:16:34
273	10	54	79	471	Deters, Anja	MBH Maschinenbau	W 40	01:17:29	01:16:46
274	1	55	99	933	Hesping, Louisa	TV Jahn Rheine	W U23	01:17:34	01:17:09
275	9	220	02	760	Damer, Leon	Team Goethe	M Jgd B	01:17:34	01:16:52
276	38	221	78	890	Kötterheinrich, Sascha		M 40	01:17:36	01:16:43
277	28	222	74	416	Westermann , Jochen	Lauftreff Südlohn	M 45	01:17:38	01:16:55
278	18	223	62	914	Sentker, Ralf	VfL Lingen	M 55	01:17:46	01:17:36
279	10	56	65	637	Baldrich, Heike	SUS Oberaden	W 50	01:17:52	01:17:16
280	9	57	93	627	Giesselmann, Jessica	Spezialeinheit?Lächerlich!	W HK	01:17:52	01:17:23
281	24	224	88	626	Grosch, Marcel	Spezialeinheit?Lächerlich	M 30	01:17:54	01:17:24
282	39	225	75	314	Degenhardt, Dennis	Ellenstedt	M 40	01:18:00	01:17:42
283	14	58	74	315	Von Doellen, Tanja	Ellenstedt	W 45	01:18:05	01:17:47
284	10	226	02	766	Lenschmidt, Andrej	Team Goethe	M Jgd B	01:18:18	01:17:37
285	24	227	92	680	Schluch, Pascal	SV Teuto Riesenbeck	M HK	01:18:19	01:17:41
286	11	59	68	372	Lindemann, Elke		W 50	01:18:21	01:18:03
287	1	228	46	348	Eppendahl, Klaus	Hattinger Hügelläufer	M 70	01:18:23	01:18:00
288	11	60	76	337	Müller , Stephanie	Germania Hauenhorst	W 40	01:18:27	01:17:50
289	3	61	61	868	Hoppe, Helga	Lipperunners Werne	W 55	01:18:28	01:17:52
290	5	62	89	682	Schwarze, Katharina	SV Teuto Riesenbeck	W 30	01:18:30	01:17:34
291	40	229	76	833	Franke, Frank	TV-Hohne	M 40	01:18:33	01:18:12
292	1	63	02	765	Lehrter, Amelie	Team Goethe	W Jgd B	01:18:38	01:18:22
293	2	64	97	629	Theilen, Maike	Stadt Ibbenbüren	W U23	01:18:42	01:18:27
294	2	65	01	721	Jansing, Marie	SW Esch	W Jgd A	01:18:44	01:17:56
295	12	66	68	661	Lanwert, Ingrid	SV Eintracht Neuenkirchen	W 50	01:18:44	01:18:15
296	10	67	93	631	Runde, Jessica	Stadt Ibbenbüren	W HK	01:18:46	01:18:31
297	41	230	75	630	Schrameyer, Dr. Marc	Stadt Ibbenbüren	M 40	01:18:47	01:18:39
298	23	231	80	497	Vennes, Bernd	Nordhorn	M 35	01:18:52	01:18:25
299	13	68	67	841	Menebröker, Karin	TV-Hohne	W 50	01:18:54	01:18:32
300	4	69	63	706	Beer, Mechthild	SV Teuto Riesenbeck	W 55	01:18:54	01:18:17
301	12	70	75	723	Jansing, Petra	SW Esch	W 40	01:18:55	01:18:09
302	42	232	78	628	Hoppmann, Dennis	SpVgg Brandlecht Hestruo	M 40	01:18:55	01:18:28
303	19	233	63	900	Lindemann, Jörg	Osnabrück	M 55	01:19:01	01:18:00
304	24	234	83	685	Heitkamp, Lars	SV Teuto Riesenbeck	M 35	01:19:08	01:18:43
305	4	71	81	320	Hilbers, Birgit	FC27 Schapen	W 35	01:19:16	01:18:22
306	13	72	77	318	Meyer, Tanja	FC 27 Schapen	W 40	01:19:16	01:18:22
307	29	235	71	498	Laskowski, Jörg	Nordhorn	M 45	01:19:17	01:18:50
308	8	236	59	724	Beckmann, Manfred	SW Esch	M 60	01:19:21	01:18:34
309	9	237	59	260	Klose, Andreas	Tus Borgholzhausen	M 60	01:19:22	01:18:51

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
310	43	238	79	419	Spielvogel , Tobias	Laufftreff Südlohn	M 40	01:19:24	01:18:43
311	14	73	68	649	Liedmeier, Marion	SV Dickenberg	W 50	01:19:31	01:18:51
312	44	239	76	820	Thiede, Ralf	TV Mettingen	M 40	01:19:37	01:19:20
313	11	74	96	701	Middendorf, Marina	SV Teuto Riesenbeck	W HK	01:19:39	01:19:09
314	30	240	71	282	Dumke, Christoph	CF Main Taunus	M 45	01:19:43	01:18:51
315	12	75	92	632	Waldhoff, Maike	Marathon Ibbenbüren	W HK	01:19:46	01:19:02
316	20	241	63	857	Nienaber, Günter	TVE Greven/Triathlon	M 55	01:19:47	01:19:09
317	25	242	90	259	Naber, Ole	1.FC PAUL	M HK	01:19:48	01:19:37
318	15	76	71	643	Brink, Heike	SV Bokeloh	W 45	01:19:53	01:19:18
319	21	243	64	912	Benneker, Benno		M 55	01:20:02	01:19:48
320	14	77	76	3088	Lammerskitten, Kirsten	Arminia Ibbenbüren	W 40	01:20:08	01:19:39
321	15	78	77	662	Westphal, Jeannette	SV Eintracht Neuenkirchen	W 40	01:20:10	01:19:39
322	11	244	02	777	Winter, Patrick	Team Goethe	M Jgd B	01:20:11	01:19:38
323	15	79	67	614	Beumer, Annette	SC Spelle Venhaus	W 50	01:20:13	01:19:42
324	36	245	66	418	Wansing, Klaus	SuS Stadtlohn	M 50	01:20:16	01:19:17
325	6	80	85	636	Koop, Linda	SUS Neuenkirchen	W 30	01:20:16	01:19:38
326	22	246	61	484	Drilling, Dirk	Münster	M 55	01:20:21	01:19:45
327	5	81	64	911	Dembrowski, Heike	VfL Lingen	W 55	01:20:29	01:19:40
328	7	82	86	754	Knappmeyer, Beate	Team Goethe	W 30	01:20:30	01:20:23
329	37	247	66	923	Keimer, Bernd	LG Niemann	M 50	01:20:31	01:19:39
330	3	83	99	429	Lehmann, Janne	LG Ems Warendorf	W U23	01:20:31	01:19:42
331	2	248	47	585	Kolsloot, Gerard	Privelaufer	M 70	01:20:32	01:20:24
332	31	249	70	790	Günther , Stephan	Team Laufrausch Oldenburg	M 45	01:20:41	01:20:17
333	10	250	98	782	Fenollosa, León	Team Goethe	M U23	01:20:42	01:19:43
334	2	84	03	739	Menger, Natalie	Team Goethe	W Jgd B	01:20:42	01:20:06
335	3	251	50	672	Diekenbrock, Manfred	SV Lembeck	M 65	01:20:42	01:20:00
336	6	85	61	640	Boll, Rita	SUS Stadtlohn	W 55	01:20:46	01:19:50
337	3	86	01	853	Weiß, Leeann	TV-Hohne	W Jgd A	01:20:46	01:20:12
338	23	252	64	852	Weiß, André	TV-Hohne	M 55	01:20:46	01:20:14
339	25	253	82	729	Block, Matthias	Team Goethe	M 35	01:20:47	01:19:48
340	10	254	01	896	Lange, Marlon	Team Goethe	M Jgd A	01:20:49	01:20:10
341	16	87	74	711	Wallmeier , Jenny	SV Teuto Riesenbeck	W 45	01:20:52	01:20:14
342	26	255	81	799	Thoden, Andreas	TSV St. Magnus	M 35	01:20:53	01:20:38
343	16	88	66	731	Kordsmeyer, Ursula	Team Goethe	W 50	01:20:54	01:19:57
344	32	256	72	307	Dlrselhuis, Ivo	Dionysos Denekamp	M 45	01:21:03	01:20:36
345	13	89	91	447	van Leeuwen, Jorien	Lions	W HK	01:21:31	01:21:18
346	45	257	75	475	Kleingries, Daniel	MBH Maschinenbau	M 40	01:21:36	01:20:48
347	4	258	52	333	Flick, Hans-Georg	Flick IG	M 65	01:21:38	01:20:59
348	24	259	64	737	Jürgens, Michael	Team Goethe	M 55	01:21:45	01:21:40
349	5	90	80	371	Tenbusch, Ruth	Jede Oma zählt	W 35	01:21:45	01:20:47
350	6	91	84	730	Kordsmeyer, Sarah	Team Goethe	W 35	01:21:58	01:20:59
351	46	260	77	311	Sascha, Brewe	DJK Everswinkel	M 40	01:22:00	01:21:47
352	47	261	76	465	Gerwing, Torsten	Marathon Steinfurt	M 40	01:22:00	01:21:20
353	16	92	75	917	Meyer, Imme	Bramscher Rumläufer	W 40	01:22:04	01:21:26
354	27	262	82	584	Südhölter, Stephan	privat	M 35	01:22:19	01:22:03
355	11	263	00	751	Kimmel, MAximilian	Team Goethe	M Jgd A	01:22:22	01:21:19
356	17	93	69	926	Teicher, Dorothe	LSF Werne	W 50	01:22:23	01:22:02
357	7	94	80	341	Wesselmann, Judith	Grün-Weiß Steinbeck	W 35	01:22:23	01:21:43
358	18	95	66	432	Wilmer, Marion	LG Emsdetten	W 50	01:22:26	01:21:56
359	7	96	61	434	Breulmann, Marion	LG Emsdetten	W 55	01:22:26	01:21:56
360	25	264	64	769	Borger, Andreas	Team Goethe	M 55	01:22:26	01:22:05
361	10	265	56	266	Klockenkemper, Theodor	ASV Metelen	M 60	01:22:28	01:22:04

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
362	17	97	73	786	Hergemöller, Miriam	Team Goethe	W 45	01:22:36	01:22:20
363	3	266	48	849	Vahrenhorst, Dieter	TV-Hohne	M 70	01:22:37	01:21:53
364	26	267	63	665	Schlautmann, Karl-Heinz	Sv Ems Westbevern	M 55	01:22:40	01:22:08
365	38	268	66	286	Tietmeyer , Josef	Crespel & Deiters	M 50	01:22:45	01:22:01
366	39	269	69	285	Jasper, Manfred	Crespel & Deiters	M 50	01:22:46	01:22:01
367	40	270	68	284	Schulz, Dieter	Crespel & Deiters	M 50	01:22:46	01:22:01
368	41	271	67	674	Poerschke, Thomas	SV Teuto Riesenbeck	M 50	01:22:49	01:22:18
369	33	272	73	650	Kriz, Sascha	SV Dickenberg	M 45	01:22:51	01:22:12
370	25	273	85	265	Klockenkemper, Florian	ASV Metelen	M 30	01:23:07	01:22:42
371	18	98	72	639	Marion, Röttger	SUS Stadtlohn	W 45	01:23:14	01:22:18
372	19	99	66	641	Hillmann, Elisabeth	SuS Stadtlohn	W 50	01:23:14	01:22:18
373	4	274	48	267	Schipper, Sjaak	ATC'75	M 70	01:23:16	01:22:34
374	26	275	87	360	Middendorf, Sebastian	Ibbenbüren	M 30	01:23:32	01:23:14
375	11	276	99	746	Egelkamp, Carsten	Team Goethe	M U23	01:23:40	01:22:40
376	11	277	58	468	Borgmann, Erich	Marathon Steinfurt	M 60	01:23:42	01:23:01
377	19	100	72	814	Höfker, Melanie	TV Jahn Rheine	W 45	01:23:44	01:23:07
378	12	278	02	768	Lüttel, Joscha	Team Goethe	M Jgd B	01:23:50	01:23:08
379	27	279	86	460	Niehaus, Kons	LSG Hütte/Wiehen	M 30	01:23:53	01:23:16
380	17	101	77	655	Schwieterjann , Melanie	SV Dickenberg	W 40	01:24:05	01:23:26
381	4	102	01	745	Kleemann, Hanna	Team Goethe	W Jgd A	01:24:06	01:23:24
382	42	280	67	920	Kleemann, Jürgen	Ibbenbüren	M 50	01:24:06	01:23:24
383	34	281	74	300	Johannink, Arjan	dionysos	M 45	01:24:18	01:23:50
384	18	103	75	720	Pape, Dagmar	Team Goethe	W 40	01:24:18	01:23:50
385	13	282	02	767	Lietmann, Lennart	Team Goethe	M Jgd B	01:24:33	01:23:53
386	35	283	74	864	Eiben, Lars	Vision	M 45	01:24:46	01:23:45
387	8	104	84	312	Scholten , Ellen	Dyonisos	W 35	01:24:51	01:24:18
388	20	105	73	302	Tukkers, Miranda	Dionysos	W 45	01:24:52	01:24:18
389	36	284	71	613	Hagemann, Stafan	SC Hörstel	M 45	01:24:56	01:24:05
390	12	285	99	748	Boettinger, Greta	Team Goethe	M U23	01:25:00	01:24:17
391	8	106	87	875	Fot, Julia		W 30	01:25:01	01:24:09
392	37	286	70	374	Hermann, Markus		M 45	01:25:08	01:24:15
393	27	287	64	921	Stallmeyer, Gerd	TVI	M 55	01:25:12	01:24:38
394	38	288	72	784	Niehüser, Ansgar	BSG KSK Steinfurt	M 45	01:25:35	01:25:18
395	14	107	92	869	Schlautmann, Hanna	Westbevern	W HK	01:25:54	01:25:14
396	13	289	98	778	Heeke, Lukas	Team Goethe	M U23	01:25:58	01:24:58
397	43	290	65	903	Schönfeld, Jörg	TV Mettingen	M 50	01:26:01	01:25:00
398	14	291	03	489	Bathe, Finn	Münster	M Jgd B	01:26:01	01:25:10
399	44	292	67	908	Nospickel, Markus	TV Mettingen	M 50	01:26:01	01:25:00
400	21	108	70	384	Heinrich, Ute		W 45	01:26:14	01:25:19
401	19	109	75	590	Schulze - Feldmann, Jasmin	Recke	W 40	01:26:15	01:25:19
402	39	293	73	467	Albers, Frank	Marathon Steinfurt	M 45	01:26:24	01:25:44
403	5	294	49	593	De Jong, Tjits	Reestridders	M 70	01:26:28	01:26:19
404	20	110	68	602	Ponick, Susanne	Run4fun Greven e.V.	W 50	01:26:28	01:25:57
405	22	111	71	459	Gräfedünkel, Tanja	LSF Oldenburg	W 45	01:26:32	01:26:13
406	45	295	66	474	Wienand, Ralf	MBH Maschinenbau	M 50	01:26:38	01:25:52
407	12	296	59	642	Conrad, Reimund	SV Bad Laer	M 60	01:26:40	01:25:40
408	23	112	73	865	Timpe, Meike	Vreden	W 45	01:26:41	01:25:44
409	9	113	81	410	Verlemann, Melanie	Laufgemeinschaft Grüner Weg	W 35	01:26:42	01:26:00
410	9	114	89	902	Haselon, Silva		W 30	01:26:47	01:26:27
411	12	297	01	761	Deupmann, Tim	Team Goethe	M Jgd A	01:26:50	01:26:17
412	13	298	01	305	Slots, Sebastian	Dionysos Denekamp	M Jgd A	01:26:50	01:26:19
413	48	299	75	789	Deeke, Martin	Team Laufrausch	M 40	01:27:05	01:26:19

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
414	13	300	56	826	Brix, Michael	TV-Hohne	M 60	01:27:21	01:26:40
415	3	115	03	834	Goß, Anika	TV-Hohne	W Jgd B	01:27:21	01:26:40
416	4	116	02	764	Koldehoff, Johanna	Team Goethe	W Jgd B	01:27:21	01:27:05
417	15	301	02	773	Gößling, Merlin	Team Goethe	M Jgd B	01:27:31	01:26:51
418	24	117	73	378	Hegemann, Susanne		W 45	01:27:32	01:27:05
419	15	118	93	361	Stallmeyer, Franziska	Ibbenbüren	W HK	01:27:33	01:26:52
420	10	119	83	755	Kovalenko, Galina	Team Goethe	W 35	01:27:39	01:27:32
421	21	120	68	787	Weltz, Anna	Team Goethe	W 50	01:28:07	01:27:44
422	26	302	96	855	Wittig, Max	TV-Hohne	M HK	01:28:07	01:27:34
423	10	121	85	516	Attermeyer, Yvonne		W 30	01:28:36	01:27:52
424	4	122	59	831	Egbert, Christiane	TV-Hohne	W 60	01:28:38	01:27:51
425	1	303	42	935	Kreienbaum, Bernhard	LSF Münster	M 75	01:28:43	01:28:36
426	5	123	01	736	Jürgens, Sarah	Team Goethe	W Jgd A	01:28:46	01:28:42
427	28	304	63	462	Dwinger, Bernd	LT Osnabrück Nord	M 55	01:29:01	01:28:07
428	46	305	67	466	Dite, Frank	Marathon Steinfurt	M 50	01:29:06	01:28:25
429	14	306	55	463	Berlekamp , Ulrich	LT Osnabrück Nord	M 60	01:29:19	01:28:25
430	5	124	02	771	Pohl, Lilly	Team Goethe	W Jgd B	01:29:21	01:29:01
431	22	125	68	702	von der Dovenmuehle, Anke	SV Teuto Riesenbeck	W 50	01:29:34	01:28:56
432	20	126	76	733	Stöckel, Claudia	Team Goethe	W 40	01:29:35	01:28:37
433	25	127	70	448	Waltermann , Stefanie	LippeRunners	W 45	01:29:36	01:28:57
434	29	307	64	781	Junghöfer, Ralf	Team Goethe	M 55	01:29:40	01:29:16
435	47	308	67	454	Schumacher, Ingo	Die Schuhfische	M 50	01:29:57	01:29:01
436	26	128	74	878	Siemon, Jasmina		W 45	01:30:08	01:29:26
437	11	129	83	461	Brune, Britta	LT Handorf-Langenberg	W 35	01:30:39	01:29:47
438	49	309	79	932	Grüter, Dennis	Team ERDINGER Alkoholfrei	M 40	01:30:41	01:29:58
439	12	130	80	732	Kuhlow, Jennifer	Team Goethe	W 35	01:31:00	01:30:02
440	28	310	87	854	Winter, Christian	TV-Hohne	M 30	01:31:14	01:30:29
441	27	131	72	406	Platvoet, Joyce	L.V. Brandlecht	W 45	01:31:35	01:30:58
442	48	311	69	405	platvoet, martijn	L.V. Brandlecht	M 50	01:31:37	01:31:00
443	27	312	90	490	Fahrinsland, Sebastian	Münster Blackhawks	M HK	01:32:22	01:31:18
444	2	313	42	664	Daniel, Wolf-Dieter	SV Eintracht Neuenkirchen	M 75	01:32:22	01:31:46
445	40	314	73	476	Mentrup, Marco	MBH Maschinenbau	M 45	01:32:33	01:31:46
446	30	315	60	816	Artz, Atze	TV Jahn Rheine /LruM	M 55	01:32:36	01:31:42
447	23	132	65	451	Hahn, Sabine	LruM	W 50	01:32:36	01:31:43
448	28	316	83	750	Freude, Daniel	Team Goethe	M 35	01:32:42	01:31:43
449	13	133	81	303	Wolkotte, Claudia	Dionysos	W 35	01:32:45	01:32:12
450	14	134	81	295	Grote Beverborg, Marly	Dionysos	W 35	01:32:45	01:32:13
451	21	135	77	297	Borggreve, Jolanda	Dionysos	W 40	01:32:45	01:32:14
452	31	317	62	306	Broenink, Laurens		M 55	01:32:46	01:32:17
453	28	136	70	301	Matenaar, Mariel	Dionysos	W 45	01:32:46	01:32:11
454	29	137	70	298	Olde Dubbelink, Erna	Dionysos	W 45	01:32:46	01:32:11
455	15	138	83	587	Meijer, Elise	Rabo	W 35	01:32:46	01:32:13
456	5	139	59	840	Lutterbeck, Gudrun	TV-Hohne	W 60	01:33:21	01:32:36
457	8	140	63	845	Röschenkemper, Astrid	TV-Hohne	W 55	01:33:24	01:32:39
458	41	318	73	345	van Mieghem, Fons	GVAV Triathlon	M 45	01:33:31	01:33:22
459	32	319	63	703	Middendorf, Johannes	SV Teuto Riesenbeck	M 55	01:33:52	01:33:22
460	15	320	57	888	Koot, John		M 60	01:34:00	01:33:51
461	24	141	69	872	Schaefer, Birgit	Wilhelmshaven	W 50	01:34:29	01:34:16
462	6	142	01	763	Offers, Helene	Team Goethe	W Jgd A	01:34:30	01:34:10
463	7	143	01	772	Sanders, Ida	Team Goethe	W Jgd A	01:34:30	01:34:10
464	30	144	73	577	Vorm-Brocke, Claudia	Osnabrück	W 45	01:34:45	01:34:35
465	16	145	90	825	Bautz, Katharina	TV-Hohne	W HK	01:35:06	01:34:22

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
466	25	146	68	836	Klare, Sigrid	TV-Hohne	W 50	01:35:07	01:34:19
467	6	321	48	399	Pößiger, Wolfgang	Kirche läuft Wilhelmshaven	M 70	01:35:34	01:35:22
468	22	147	76	860	Schulte-Kohne , Bernadette		W 40	01:35:41	01:35:13
469	26	148	69	683	Schröer, Silke	SV Teuto Riesenbeck	W 50	01:35:42	01:34:45
470	27	149	69	294	Knippers, Wendy	Dionysos	W 50	01:36:20	01:35:51
471	16	150	81	304	Dingeldein, Rianne	Dionysos denekamp	W 35	01:36:20	01:35:48
472	9	151	60	835	Haßmann, Annette	TV-Hohne	W 55	01:36:28	01:35:41
473	10	152	60	851	Voß, Iris	TV-Hohne	W 55	01:36:28	01:35:41
474	6	153	58	850	Vogelpohl, Ursula	TV-Hohne	W 60	01:36:28	01:35:40
475	29	322	80	411	Eggert, Carsten	Laufgemeinschaft Grüner Weg	M 35	01:36:43	01:36:30
476	17	154	84	704	Beermann, Isabell	SV Teuto Riesenbeck	W 35	01:36:46	01:35:49
477	31	155	71	928	Leifeld, Bridget	Wasser +Freizeit münster	W 45	01:36:46	01:35:49
478	17	156	91	379	Wellen, Lydia		W HK	01:37:42	01:36:53
479	49	323	69	477	Verlemann, Matthias	MBH Maschinenbau	M 50	01:38:18	01:37:31
480	32	157	72	328	Seiger, Silvia	Fitness Schule	W 45	01:38:28	01:37:51
481	33	158	72	375	Hermann, Haide		W 45	01:39:14	01:38:21
482	29	324	89	380	Feyer, Frederik		M 30	01:39:26	01:38:37
483	1	159	49	616	Van Wezel, Helma	Scrambled Legs	W 70	01:39:34	01:39:05
484	50	325	66	423	Menebröcker, Jörg	Lengerich	M 50	01:40:45	01:39:50
485	5	326	52	938	NAWROT, JEF	RIJKEVORSEL	M 65	01:44:55	01:43:50
486	16	327	56	830	Buczilowski, Eckhard	TV-Hohne	M 60	01:46:04	01:45:42
487	23	160	75	450	van der Veer, Saskia	Loopgroep gRUNN	W 40	01:46:07	01:45:12
488	51	328	68	310	Schmidt, Peter	DJK Everswinkel	M 50	01:49:24	01:48:34
489	11	161	89	828	Brix, Verena	TV-Hohne	W 30	01:50:27	01:49:41
490	2	162	49	367	Schwinge, Erika	ICH -AG	W 70	01:51:11	01:50:40
491	50	329	77	718	Althaus, Sascha	SW Esch	M 40	01:57:30	
492	42	330	71	716	Lünnemann, Volker	SW Esch	M 45	01:57:33	
493	51	331	78	719	Grewe, Markus	SW Esch	M 40	01:57:35	
494	28	332	92	491	Eickhoff, Dominic	Münster Blackhawks	M HK	02:04:00	02:02:55
495	34	163	72	326	Bagert, Birgit	Fitness Schule	W 45	02:16:51	
496	52	333	75	331	Uphoff, Dirk	Fitness Schule	M 40	02:16:56	
497	3	164	47	435	Venker, Margret	LG Emsdetten	W 70	02:30:13	02:28:37