

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	352	Sperver Michael	Spervers Hofladen	0:42:44	0:39:44	1	MHK	03:00 / 07:25	07:53	08:07	08:13	08:04
2	415	Beckemper Marvin	LC Nordhorn	0:45:42	0:39:42	1	MU20	06:00 / 07:55	07:54	07:54	08:04	07:49
3	239	Korbik Gregor	*Bergheim	0:46:12	0:44:32	1	M30	01:40 / 08:35	09:31	09:15	08:51	08:16
4	529	Heymann Sebastian	Concordia Emsbüren	0:48:01	0:41:01	1	M35	06:59 / 07:33	08:07	08:34	08:30	08:14
5	346	Temme Eike	freeXactive	0:48:27	0:42:27	2	MHK	06:00 / 07:50	08:18	08:41	08:48	08:43
6	531	Meyer Jörn	GESUNDHEITS-CENTER POINT	0:49:26	0:47:26	3	MHK	02:00 / 08:27	10:09	09:47	09:43	09:16
7	137	Herder Benedict	Crespel & Deiters	0:49:34	0:44:14	4	MHK	05:20 / 08:19	09:48	09:04	08:51	08:10
8	345	Zander Michael	freeXactive	0:49:38	0:46:18	5	MHK	03:20 / 08:01	09:27	09:34	09:40	09:31
9	746	Dall Tobias	FiTo	0:50:37	0:41:57	2	M30	08:39 / 07:36	08:38	08:29	08:38	08:33
10	500	Schoo Björn	Veldhausener Jungs	0:51:06	0:45:46	6	MHK	05:19 / 08:37	09:02	09:21	09:14	09:26
11	725	Nyhuis Luca	Team Time/Out	0:51:29	0:48:49	2	MU20	02:40 / 08:53	09:47	09:54	10:06	10:06
12	464	Jansen Christoph	Grafschafter Nachrichten	0:51:44	0:48:44	3	M30	03:00 / 09:12	09:31	09:50	10:00	10:06
13	530	Farwick Klaus	GESUNDHEITS-CENTER POINT	0:52:21	0:50:01	1	M45	02:19 / 08:55	10:30	10:30	10:05	09:59
14	747	Lichtenborg Jens	1982	0:52:45	0:46:25	2	M35	06:20 / 08:35	09:37	09:34	09:36	08:56
15	745	Semenov Aleksej	DreiLife Meppen	0:52:46	0:46:26	3	M35	06:20 / 08:32	09:24	09:29	09:44	09:14
16	739	Elfert Sascha	GESUNDHEITS-CENTER POINT	0:52:57	0:49:57	4	M30	03:00 / 08:45	10:39	10:08	10:14	10:09
17	347	Steinweg Henning	freeXactive	0:53:35	0:48:15	7	MHK	05:20 / 08:30	09:39	10:02	09:59	09:59
18	199	Vorbrink Daniel	Die Plattfuß Abteilung	0:54:08	0:52:48	5	M30	01:20 / 09:31	10:51	10:48	10:53	10:42
19	474	Unger Erik	TEAM PAUS	0:54:14	0:51:14	1	M50	03:00 / 09:45	10:16	10:29	10:28	10:07
20	377	Niehoff Jens	hoellendullies	0:54:57	0:49:57	4	M35	05:00 / 09:09	09:46	10:14	10:14	10:33
21	380	Ziolkowski Marco	hoellendullies	0:55:07	0:51:07	8	MHK	03:59 / 09:05	10:19	10:33	10:36	10:30
22	372	Weber Ingo	MSF Multi Sports Fighter	0:55:08	0:52:08	2	M45	03:00 / 09:27	10:15	10:43	10:53	10:46
23	469	Stahl Philipp	Ich, Du und der Andere	0:55:19	0:46:39	9	MHK	08:39 / 08:47	09:30	09:38	09:32	09:06
24	374	Wilken Patrick	hoellendullies	0:55:23	0:49:23	6	M30	06:00 / 08:48	10:06	10:39	10:11	09:33
25	677	Merschel Stefan	RSU Kp Küste	0:55:28	0:53:28	1	M40	02:00 / 10:11	10:21	11:17	10:46	10:50
26	62	Weimer Rene	Höllenhunde	0:55:28	0:50:28	2	M40	05:00 / 09:18	10:34	10:05	10:13	10:14
27	115	Tebbel Matthias	*Nordhorn	0:55:28	0:52:08	5	M35	03:20 / 09:49	10:46	10:59	10:20	10:09
28	211	Viße Martin	DJK Arminia Ibbenbüren e.V.	0:55:32	0:52:32	6	M35	03:00 / 10:18	10:14	10:35	10:37	10:43
29	394	Krey Lasse	LG Fingeramfuß	0:55:40	0:51:20	10	MHK	04:20 / 09:04	10:34	10:48	10:16	10:33
30	266	Knief Norbert	SV Dalum	0:55:45	0:52:05	3	M40	03:40 / 09:34	11:00	10:43	10:24	10:18
30	489	Schmelnik Matthias	*Nordhorn	0:55:45	0:54:05	7	M35	01:40 / 09:58	10:44	11:11	11:19	10:48
32	132	Stermann Benjamin	Crespel & Deiters	0:55:57	0:51:17	7	M30	04:40 / 09:17	10:55	10:32	10:27	10:01
33	408	Brüning Maik	LG Fingeramfuss	0:56:10	0:50:50	4	M40	05:19 / 09:42	10:04	10:22	10:18	10:19
34	726	Volkery Thomas	*Köln	0:56:12	0:52:12	5	M40	03:59 / 10:08	10:26	10:24	10:46	10:25
35	496	Voßkötter Tobias	*Hamburg	0:56:18	0:52:18	8	M30	04:00 / 09:12	11:02	10:51	10:57	10:13
36	201	Ruffing Andre	Die Plattfuß Abteilung	0:56:28	0:49:27	9	M30	07:00 / 09:30	10:42	09:52	09:47	09:34
37	740	Biester DR Malo	*Nordhorn	0:56:42	0:48:22	11	MHK	08:20 / 09:09	09:47	09:52	09:55	09:34
38	12	Hanneken Stefan	*Geeste	0:56:51	0:53:31	6	M40	03:20 / 09:43	10:48	10:59	11:15	10:41
39	304	Weinkert Lutz		0:57:28	0:52:28	2	M50	04:59 / 12:22	10:18	10:09	09:54	09:38
40	318	Plache Marvin	Piomesstec	0:57:28	0:55:28	12	MHK	01:59 / 09:45	11:10	11:24	11:40	11:23
41	2	Friedrichsen Kristof	ThorKriSe	0:57:58	0:54:38	10	M30	03:20 / 10:45	10:43	11:31	10:50	10:40
42	61	Busch Andreas	Höllenhunde	0:58:07	0:50:27	8	M35	07:40 / 09:18	10:34	10:06	10:12	10:13
43	9	Weltzien Marcus	*Sögel	0:58:08	0:49:08	11	M30	09:00 / 09:28	10:04	10:04	09:50	09:38
44	697	Stoffers Henning	*Rheine	0:58:27	0:53:47	12	M30	04:40 / 10:16	11:05	11:00	10:55	10:25
45	676	Feuerhelm Kevin	*Lingen	0:58:38	0:49:38	13	MHK	09:00 / 10:25	09:57	09:58	09:47	09:27
46	709	Börger Florian	*Engden	0:58:47	0:53:07	3	MU20	05:40 / 09:34	10:52	10:50	11:03	10:40
47	542	Legtenborg Joscha	*Neuenhaus	0:58:51	0:53:51	14	MHK	05:00 / 09:48	10:44	11:25	11:02	10:45
48	281	Casum Oliver	Hafensänger United	0:58:55	0:54:15	13	M30	04:40 / 09:11	11:10	11:52	11:15	10:41
49	442	Philip Jaron	Team Eisenkarl	0:59:17	0:49:17	3	M45	10:00 / 09:46	09:43	09:55	09:55	09:52
50	499	Jonker Jens	Veldhausener Jungs	0:59:30	0:50:50	15	MHK	08:39 / 09:29	10:08	10:43	10:12	10:12
51	375	Wilken Heiko	hoellendullies	0:59:31	0:53:11	16	MHK	06:20 / 09:19	10:49	11:11	11:13	10:34
52	533	Legtenborg Henk	Veldhauser Kickerz	0:59:34	0:52:34	17	MHK	06:59 / 09:34	10:22	10:57	10:53	10:42
53	200	Strauss Kolja	Die Plattfuß Abteilung	0:59:48	0:55:28	14	M30	04:20 / 10:13	11:28	11:16	11:20	11:10
54	433	Büter Rainer	ENO Early Birds	0:59:50	0:50:50	4	M45	09:00 / 09:15	09:55	10:27	10:28	10:42
55	475	Horstmeier Bodo	TEAM PAUS	0:59:50	0:54:50	3	M50	05:00 / 10:31	11:04	11:42	10:44	10:41
56	124	Janning Felix	iBITS.de IT-Service	0:59:55	0:54:15	18	MHK	05:40 / 10:05	10:55	11:23	11:08	10:40
57	1	Veerkamp Thorsten	ThorKriSe	0:59:59	0:54:39	9	M35	05:20 / 11:03	10:39	11:18	11:01	10:30
58	312	Egli Michael	Hafensänger United	1:00:09	0:51:09	19	MHK	09:00 / 08:58	10:50	10:40	10:42	09:48
59	68	Gabel Tobias	Klagt nicht, kämpft	1:00:20	0:55:00	4	M50	05:19 / 11:07	10:49	10:57	11:01	11:01
60	383	Rosenow Philipp	Flensburger Jungs	1:00:23	0:54:03	20	MHK	06:20 / 14:59	11:47	09:00	09:04	09:12

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	525	Boerrigter Janek	*Osterwald	1:00:33	0:52:33	4	MU20	07:59 / 09:44 10:52 11:12 10:55 09:48
62	280	Scheve Björn	Hafensänger United	1:00:38	0:53:58	15	M30	06:40 / 10:23 10:46 11:12 11:05 10:20
63	387	Schulte Thorsten	The Pain Killers	1:01:11	0:59:31	7	M40	01:40 / 12:21 11:40 12:00 12:13 11:04
64	532	Hans Ole	Veldhauser Kickerz	1:01:14	0:52:34	21	MHK	08:39 / 09:35 10:21 10:57 10:52 10:42
65	75	Luttermann Heinz	Emsland Tigers	1:01:23	0:56:23	5	M50	05:00 / 11:12 10:59 11:39 11:03 11:16
66	122	Berger Torben	iBITS.de IT-Service	1:01:23	0:58:23	22	MHK	03:00 / 10:20 12:05 12:40 12:00 11:12
67	27	Bohn Carsten	*Emsbüren	1:01:24	0:56:44	8	M40	04:40 / 10:46 11:32 11:41 11:38 11:04
68	212	Londa Andre	*Wuppertal	1:01:29	0:53:09	10	M35	08:20 / 10:08 10:42 11:03 10:53 10:18
69	471	Kamphuis Kris	Ich, Du und der Andere	1:01:35	0:52:35	23	MHK	09:00 / 10:02 10:44 11:00 10:36 10:08
70	136	Kölker Leon	Crespel & Deiters	1:01:43	0:59:02	24	MHK	02:40 / 10:43 11:58 12:45 11:49 11:45
71	416	Mahlmann Daniel	Nordhomer Judo Club	1:01:48	0:55:28	5	MU20	06:20 / 09:57 10:55 11:56 11:52 10:43
72	123	Peinert Patrick	iBITS.de IT-Service	1:01:49	0:56:29	25	MHK	05:20 / 10:18 11:47 11:50 11:28 11:00
73	17	Schwänen Markus	*Haren	1:02:01	0:55:21	9	M40	06:40 / 11:22 10:49 11:02 11:10 10:52
74	98	Stude Siegfried	*Emsdetten	1:02:01	0:57:41	6	M50	04:20 / 11:41 11:05 11:21 11:45 11:38
75	388	Raue Ludger	The Pain Killers	1:02:09	1:00:09	10	M40	02:00 / 12:27 11:39 11:58 12:13 11:41
76	682	Corbach Lars	*Lingen	1:02:19	0:57:39	26	MHK	04:40 / 10:41 12:02 11:35 11:53 11:22
77	705	Weinberg Marco	Team Time Out	1:02:30	0:52:30	27	MHK	09:59 / 08:58 10:38 11:01 11:08 10:42
78	265	Bock Jens	LG Papenburg-Aschendorf	1:02:31	0:54:51	11	M35	07:40 / 11:01 10:55 11:04 10:46 10:52
79	405	Krey Markus	LG Fingeramfuss	1:02:31	0:57:51	5	M45	04:40 / 10:00 11:34 12:09 12:14 11:50
80	90	Klomp Jörg	Wilsum läuft	1:02:32	1:00:32	6	M45	02:00 / 15:47 10:54 11:00 11:03 11:21
81	465	Kurpali Perparim	Grafschafter Nachrichten	1:02:39	0:54:19	28	MHK	08:19 / 09:43 11:03 11:20 11:11 10:58
82	376	Wilken Nils	hoellendullies	1:02:45	0:53:04	29	MHK	09:40 / 09:17 10:40 11:21 11:05 10:34
83	226	Führer Ralf	*Iserlohn	1:02:45	1:00:05	7	M50	02:40 / 12:36 11:27 12:00 12:03 11:44
84	313	Egbers Manuel		1:03:34	1:00:14	30	MHK	03:20 / 11:57 11:28 12:16 12:18 12:02
85	484	Weidig Ole	Rennendes Landschwein	1:03:42	1:02:22	7	M45	01:20 / 15:08 11:39 11:19 11:24 12:36
86	60	Hartmann Sven	Höllenhunde	1:03:48	0:59:28	11	M40	04:20 / 11:06 11:43 12:14 12:13 12:08
86	494	Westerink Frank	*Nordhorn	1:03:48	1:00:48	8	M45	03:00 / 11:04 12:16 12:25 12:48 12:09
88	314	Schomaker Jannes		1:03:54	1:00:14	31	MHK	03:40 / 11:57 11:28 12:16 12:18 12:01
89	434	Grothuesheitkamp Jochen	*Coesfeld	1:04:01	1:02:21	12	M40	01:40 / 10:59 12:41 13:02 12:36 12:58
90	232	Evers Dennis	Rückwärts Uelsen	1:04:04	0:59:24	16	M30	04:40 / 11:57 12:24 12:49 11:13 10:55
91	513	Ribeiro de Sa Benjamin	Die Spinner	1:04:11	1:00:51	17	M30	03:20 / 10:49 13:03 12:24 12:42 11:50
92	491	Breuker Jörg	Team Zelta	1:04:21	1:00:01	32	MHK	04:20 / 10:31 12:36 12:25 12:59 11:26
93	38	Hoppmann Dennis	SpVgg Brandlecht Hestrup	1:04:30	0:57:10	12	M35	07:20 / 12:05 11:09 11:11 11:23 11:20
94	30	Röhr Christian	Geht nicht, gibts nicht	1:04:44	0:57:44	13	M35	06:59 / 11:00 11:11 11:55 11:38 11:53
95	417	Lang Aron	*Veldhausen	1:04:47	1:02:47	1	MU18	02:00 / 13:22 12:00 13:04 12:19 11:46
96	743	Geesen Nils	*Nordhorn	1:04:56	0:59:36	33	MHK	05:19 / 09:29 12:16 12:41 12:32 12:35
97	33	Heumann Dennis	Team Heinz	1:05:04	0:57:44	34	MHK	07:20 / 11:00 11:12 11:56 11:36 11:54
98	463	Schievienk Thomas	B-Team	1:05:09	0:55:08	35	MHK	10:00 / 12:40 10:32 00:00 00:00 00:00
99	384	Altmeppen Norbert	The Pain Killers	1:05:09	0:59:29	9	M45	05:40 / 12:28 12:58 11:27 11:23 11:02
100	512	Boersma Kevin	Die Spinner	1:05:11	1:00:51	36	MHK	04:20 / 10:51 13:00 12:34 12:31 11:52
101	233	Hartmann Andreas	Rückwärts Uelsen	1:05:19	1:02:19	14	M35	03:00 / 11:59 12:24 12:52 12:45 12:15
102	140	Diemand Stefan	Crespel & Deiters	1:05:27	0:59:07	10	M45	06:20 / 10:42 11:59 12:45 11:53 11:44
103	427	Werner Markus	*Nordhorn	1:05:37	0:58:17	15	M35	07:20 / 11:15 11:27 12:09 11:42 11:32
104	230	Herdemann Christian	*Merzen	1:05:37	1:00:17	11	M45	05:19 / 11:08 12:01 12:12 12:30 12:20
105	406	Althoetmar Georg	LG Fingeramfuss	1:05:40	1:00:20	12	M45	05:20 / 11:45 12:16 12:31 11:46 11:58
106	457	Maschmeyer Jens	Lg Trainingsrückstand	1:05:57	0:58:17	16	M35	07:40 / 11:17 11:27 12:10 11:42 11:29
107	316	Scheelhorn Lucas		1:05:58	0:58:38	6	MU20	07:20 / 11:12 12:22 11:42 11:51 11:29
108	738	Niepert Sandor	*Papenburg	1:06:06	0:56:06	37	MHK	10:00 / 10:18 11:39 11:30 11:44 10:52
109	737	Hillebrandt Andreas	*Papenburg	1:06:06	0:56:06	38	MHK	10:00 / 10:15 11:41 11:30 11:44 10:52
110	412	Baumung Dirk	LG Fingeramfuss	1:06:08	1:01:28	13	M45	04:40 / 11:18 12:55 12:24 12:41 12:05
111	688	Gosink Holger	*Emlichheim	1:06:10	0:59:30	13	M40	06:40 / 12:16 11:42 12:04 11:52 11:28
112	419	Balderhaar Hendrik	*Getelo	1:06:18	1:01:58	7	MU20	04:20 / 13:43 12:14 12:59 12:03 10:44
113	507	Hüsteppe Klaus	Rennendes Landschwein	1:06:22	1:02:22	14	M40	03:59 / 12:57 12:01 12:03 12:31 12:33
114	74	Wösten Carsten	Emsland Tigers	1:06:38	1:03:38	14	M45	03:00 / 12:48 12:41 12:24 12:28 13:04
115	540	Mattern Michael	Die gestiefelten Muskelkater	1:06:40	1:03:20	18	M30	03:20 / 14:27 12:07 12:26 12:32 11:38
116	511	La Marcel	Die Spinner	1:06:51	1:00:51	19	M30	06:00 / 10:56 12:56 12:34 12:22 12:00
117	356	Olfert Wilhelm	*Preußisch Oldendorf	1:06:54	0:56:54	20	M30	10:00 / 15:40 10:18 10:16 10:15 10:08
118	361	Tissen Nikolai	*Pr. Oldendorf	1:06:54	0:56:54	17	M35	10:00 / 15:38 10:18 10:17 10:15 10:08
119	686	Bröker Dirk	*Emlichheim	1:06:59	1:01:59	8	M50	05:00 / 11:01 12:14 12:52 12:59 12:51
120	231	Bartels Heiko	Rückwärts Uelsen	1:07:05	1:02:45	15	M40	04:20 / 12:17 12:07 12:58 12:44 12:33

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	141	Haumann Thomas	Crespel & Deiters	1:07:17	1:04:17	16	M40	03:00 / 11:07	13:01	13:42	13:35	12:49
122	102	Bicks Bernd	Laufftreff Lüdinghausen	1:07:23	1:04:23	15	M45	03:00 / 11:54	12:40	12:54	13:27	13:22
123	385	Möller Michael	The Pain Killers	1:07:29	0:59:29	16	M45	07:59 / 12:25	12:59	11:29	11:22	11:02
124	158	Helper Heinrich	Helper	1:07:34	1:03:34	9	M50	03:59 / 11:41	12:23	13:02	13:02	13:17
125	290	Waterkamp Andreas	*Altenberge	1:07:35	1:03:35	10	M50	03:59 / 12:35	12:01	12:34	12:31	13:46
126	252	Teuber Henri	Crespel & Deiters	1:07:39	1:00:19	21	M30	07:20 / 13:30	11:38	11:49	11:40	11:26
127	48	Schareina Till	Super Seydels	1:08:01	0:58:41	8	MU20	09:20 / 12:06	11:40	11:32	11:50	11:20
128	8	Brandt Jochen	S.V. Olympia Uelsen	1:08:05	1:04:25	11	M50	03:39 / 11:52	13:04	12:57	13:09	13:19
129	411	Raben Andre	*Nordhorn	1:08:18	1:02:38	17	M40	05:40 / 12:39	12:34	12:29	12:20	12:28
130	409	Deters Markus	*Rheine	1:08:20	1:00:20	18	M40	08:00 / 11:45	12:16	12:30	11:46	11:58
131	24	Hartmann Raphael	Marathon Ibbenbüren	1:08:24	1:06:04	17	M45	02:19 / 14:11	12:22	12:58	13:00	13:14
132	680	Habers Fabian	*Veldhausen	1:08:25	1:03:45	39	MHK	04:40 / 12:16	12:54	12:41	13:02	12:45
133	410	Hüttenhuis Andre	*Nordhorn	1:08:31	1:03:51	19	M40	04:40 / 12:43	12:38	12:35	12:57	12:49
134	438	Koopmann Stephan	*Nordhorn	1:08:32	1:03:12	18	M35	05:19 / 12:56	12:22	12:32	12:25	12:44
135	287	Müller Norbert	*Altenberge	1:08:35	1:03:35	18	M45	05:00 / 12:01	12:32	12:14	12:20	14:20
136	187	Driemeyer Dennis	LANDWEHR 3	1:08:41	1:04:21	20	M40	04:20 / 14:18	12:41	12:57	12:56	11:18
137	487	Rosin Hans-Joachim	Rennendes Landschwein	1:08:42	1:02:22	21	M40	06:20 / 12:56	11:59	11:45	12:48	12:37
138	152	Gelker Dirk	Schlammassel 2017	1:08:45	0:59:25	19	M35	09:20 / 16:59	10:48	10:21	10:33	10:21
138	729	Peifer Manfred	Südlohner Laufftreff	1:08:45	0:59:25	19	M45	09:20 / 11:35	12:04	12:09	11:59	11:35
140	159	Helper Arno	Helper	1:08:54	1:03:34	12	M50	05:19 / 11:45	12:24	13:03	12:59	13:18
141	472	Thomae Thomas	*Dinslaken	1:08:56	1:03:16	22	M40	05:40 / 10:18	12:38	12:52	13:34	13:50
142	88	Tyman Achim	Wilsum läuft	1:08:59	1:03:59	20	M45	05:00 / 15:52	11:33	12:20	12:13	11:35
143	477	Honrath Holger	Warrior	1:09:00	1:06:00	23	M40	03:00 / 12:36	13:46	14:20	13:35	11:35
144	182	Olthoff Lars	LANDWEHR 1	1:09:01	1:04:21	40	MHK	04:40 / 14:17	12:41	12:57	12:57	11:19
145	153	Weßling Klaus	*Lingen	1:09:06	0:59:26	24	M40	09:40 / 16:59	10:48	10:23	10:33	10:21
146	251	Schiebener Sebastian	Spontanläufer	1:09:11	1:02:51	20	M35	06:20 / 13:02	12:10	12:19	12:42	12:31
147	244	Rickling Christian	*Nordhorn	1:09:24	1:05:04	22	M30	04:20 / 11:16	13:51	13:20	13:41	12:52
148	742	Biester Luca	*Nordhorn	1:09:28	1:04:28	41	MHK	05:00 / 11:52	13:13	13:07	13:23	12:50
149	418	Lang Jonas	*Veldhausen	1:09:28	1:02:28	2	MU18	07:00 / 13:38	12:21	12:57	12:08	11:10
150	50	Heckmann Johannes	Super Seydels	1:09:49	1:03:09	21	M45	06:40 / 14:57	11:54	11:52	12:17	11:54
151	135	Kleemann Rüdiger	Crespel & Deiters	1:09:51	0:59:51	21	M35	09:59 / 10:19	11:26	12:48	12:43	12:32
152	166	Albrecht Waldemar	Annky & Waldi	1:10:08	1:05:08	23	M30	05:00 / 12:39	13:21	12:59	13:25	12:35
153	711	Siffel Julian	Hellmann 3	1:10:12	1:09:12	42	MHK	01:00 / 14:52	13:10	13:34	13:34	13:56
154	340	Oppel Christian	Haialarm @ Höllenlauf	1:10:12	1:05:32	22	M35	04:40 / 14:41	12:38	12:51	12:51	12:17
155	395	Jacobs Max	*Uelsen	1:10:14	1:03:54	9	MU20	06:20 / 13:47	12:12	12:58	12:30	12:13
156	289	Neumann Oliver	*Altenberge	1:10:15	1:03:35	22	M45	06:39 / 12:36	12:13	12:28	12:41	13:30
157	263	Völker Marcel	FC 2016 Bratwurst	1:10:17	1:03:17	24	M30	06:59 / 12:35	12:38	12:50	12:50	12:09
158	386	Schnieders Rainer	The Pain Killers	1:10:23	1:06:03	23	M45	04:20 / 12:39	12:59	13:10	13:21	13:42
159	528	Klompaker Nico	*Veldhausen	1:10:31	1:05:51	10	MU20	04:40 / 11:48	13:20	13:15	13:27	13:54
160	342	Möhring Lars	Haialarm @ Höllenlauf	1:10:33	1:05:33	23	M35	05:00 / 14:42	12:38	12:50	12:53	12:16
161	704	Möller Tim	M M M	1:10:33	1:05:13	3	MU18	05:20 / 11:57	13:03	13:23	00:00	00:00
162	485	Krasemann Achim	Rennendes Landschwein	1:10:42	1:02:22	25	M40	08:20 / 14:14	12:34	11:19	11:23	12:37
163	72	Stobbe Matthias	Laufftreff Lüdinghausen	1:10:43	1:04:23	24	M45	06:20 / 11:54	12:40	12:53	13:27	13:21
164	479	Suttmann Tobias	Warrior	1:10:51	1:05:51	25	M30	05:00 / 12:49	13:32	14:21	13:34	11:27
165	476	Schmitt Burkhard	Warrior	1:10:52	1:05:52	26	M40	05:00 / 12:49	13:32	14:21	13:34	11:28
166	23	Klapper Michael	*Ochtrup	1:10:56	1:06:16	26	M30	04:40 / 12:01	13:49	13:16	13:47	13:20
167	268	Pingel Nils	LANDWEHR 7	1:11:01	1:04:21	43	MHK	06:40 / 14:19	12:42	12:57	12:57	11:19
168	422	Lambers Kevin	*Itterbeck	1:11:02	1:02:02	4	MU18	09:00 / 13:38	12:20	12:57	12:03	10:49
169	144	Hüvel Marcell	Laufftreff Lüdinghausen	1:11:03	1:04:23	25	M45	06:40 / 13:04	12:37	12:51	12:53	12:50
170	46	Lüppe Rüdiger	Gassiclub Dackel 2010	1:11:16	1:08:16	26	M45	03:00 / 13:07	14:02	13:39	13:55	13:26
171	26	Kammer Andreas	AktivPark	1:11:29	1:04:29	27	M40	07:00 / 12:17	12:19	13:35	13:33	12:41
172	138	Dermer Andreas	Crespel & Deiters	1:11:34	1:01:34	27	M30	10:00 / 12:12	12:13	12:28	12:22	12:15
173	40	Bookholt Tom	FC Schüttorf 09	1:11:36	1:03:16	11	MU20	08:20 / 12:15	12:08	13:35	12:41	12:30
174	295	Niemeier Julian	Die kleinste Kneipe der Welt	1:11:37	1:03:37	44	MHK	07:59 / 17:59	12:02	11:15	11:01	11:02
175	296	Laskowski Jörg	*Nordhorn	1:11:38	1:05:38	27	M45	06:00 / 13:10	12:55	13:09	13:24	12:44
176	539	Wienkamp René	Die gestiefelten Muskelkater	1:11:40	1:03:20	28	M30	08:20 / 14:29	12:10	12:21	12:32	11:38
177	703	Möller Thomas	M M M	1:11:52	1:05:32	28	M40	06:20 / 12:10	13:05	13:19	13:30	13:21
178	478	Brands Björn	Warrior	1:11:53	1:07:13	28	M45	04:40 / 12:51	13:35	14:16	13:34	12:47
179	482	Rüelmann Frank	Warrior	1:11:54	1:08:34	29	M45	03:20 / 12:53	13:35	14:17	13:33	14:07
180	535	Rudert Nick	*Wuppertal	1:12:11	1:05:51	12	MU20	06:20 / 11:49	13:19	13:16	13:28	13:51

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
181	341	Kalter Mathias	Haialarm @ Höllenlauf	1:12:12	1:05:32	24	M35	06:40 / 14:41 12:38 12:50 12:52 12:16
182	719	Nolte Ulrich	*Rheine	1:12:20	1:06:00	30	M45	06:20 / 11:17 12:47 13:23 14:09 14:20
183	294	Böhmer Björn	Die kleinste Kneipe der Welt	1:12:29	1:10:09	25	M35	02:19 / 19:28 12:53 12:47 12:46 11:57
184	712	Fischer Sören	Hellmann 3	1:12:35	1:09:15	13	MU20	03:19 / 14:54 13:23 13:32 13:53 13:27
185	275	Albers Christoph	NoName	1:12:52	1:10:32	45	MHK	02:19 / 20:56 12:13 12:55 12:10 11:58
186	293	Cebulla Marco	Die kleinste Kneipe der Welt	1:12:58	1:04:38	46	MHK	08:20 / 18:00 12:02 11:14 12:16 10:46
187	191	Hölzen Carsten	LANDWEHR 4	1:13:05	1:09:25	47	MHK	03:40 / 16:04 13:07 13:27 13:20 13:16
188	721	Löwer Markus	*Bielefeld	1:13:12	1:09:12	31	M45	03:59 / 14:51 13:21 13:30 13:33 13:50
189	149	Husmann Mirco	Spiderschweine	1:13:22	1:07:41	48	MHK	05:40 / 17:17 12:26 12:49 12:29 12:26
190	498	Veenaas Marian	*Nordhorn	1:13:34	1:06:54	49	MHK	06:39 / 12:29 14:19 14:02 13:07 12:53
191	185	Thole Daniel	LANDWEHR 2	1:13:47	1:09:27	50	MHK	04:20 / 16:02 13:13 13:24 13:21 13:18
192	710	Strubbe Erik	Hellmann 3	1:13:53	1:09:13	51	MHK	04:40 / 14:52 13:16 13:33 13:33 13:53
193	536	Rudert Maik	*Wuppertal	1:14:10	1:05:50	14	MU20	08:20 / 11:49 13:20 13:15 13:32 13:48
194	391	Schröter Achim	SuS Darne	1:14:14	1:11:14	32	M45	03:00 / 13:29 14:23 14:29 14:27 14:19
195	311	Anderegg Charly	Hafensänger United die 2.	1:14:15	1:08:55	52	MHK	05:19 / 11:47 14:03 14:09 13:21 15:22
196	741	Vischer Dennis	*Nordhorn	1:14:18	1:04:18	53	MHK	10:00 / 11:40 13:13 13:10 13:18 12:54
197	407	Günther Marlon	LG Fingeramfuss	1:14:20	1:05:40	54	MHK	08:39 / 11:45 12:32 12:38 13:14 15:25
198	16	Müller Sebastian	*Schüttorf	1:14:20	1:10:20	26	M35	03:59 / 17:09 13:00 13:11 13:00 13:42
199	497	Tonk Christian	VfL Weiße Elf Nordhorn	1:14:38	1:09:38	55	MHK	05:00 / 12:09 14:38 14:20 14:05 14:21
200	42	Efken Christopher	*Neulehe	1:14:44	1:04:44	5	MU18	09:59 / 12:02 13:02 14:42 13:53 10:59
201	181	Latus Michael	LANDWEHR 1	1:14:47	1:09:27	29	M30	05:20 / 16:03 13:13 13:25 13:21 13:17
202	534	Lessin Dennis	Veldhauser Kickerz	1:14:51	1:05:51	56	MHK	09:00 / 11:52 13:19 13:16 13:39 13:40
203	178	Bock Thorsten	Mein Lieblingsteam	1:14:53	1:09:53	29	M40	05:00 / 12:28 12:19 15:51 14:00 15:02
204	369	Scherle Eugen	*Schüttorf	1:15:02	1:05:02	30	M40	10:00 / 12:13 12:42 12:50 13:18 13:49
205	423	Schwietering Thomas	VfL Ahaus	1:15:09	1:07:49	33	M45	07:20 / 13:26 13:29 13:24 13:45 13:36
206	91	Hermeling Heiner	Wilsum läuft	1:15:15	1:10:55	34	M45	04:20 / 18:17 13:42 13:01 12:59 12:31
207	192	Bras Henning	LANDWEHR 4	1:15:26	1:09:26	57	MHK	06:00 / 16:03 13:09 13:27 13:18 13:19
208	526	Olthoff Jens	*Oldenburg	1:15:32	1:11:13	13	M50	04:20 / 14:57 13:47 14:02 14:04 14:10
209	432	Somberg Stefan	ENO Early Birds	1:15:34	1:10:14	27	M35	05:20 / 14:10 13:40 14:04 14:13 14:00
210	180	Böhm Holger	Mein Lieblingsteam	1:16:13	1:09:53	31	M40	06:20 / 14:08 13:34 13:53 14:18 13:48
211	224	Steenblock Kai	*Rheine	1:16:21	1:09:41	58	MHK	06:40 / 14:30 13:55 14:08 13:46 13:12
212	527	Höhl Michael	*Oldenburg	1:16:32	1:11:12	35	M45	05:20 / 14:57 13:48 14:02 14:06 14:05
213	713	Herbering Christof	Hellmann 4	1:16:33	1:09:13	36	M45	07:20 / 14:52 13:20 13:29 13:30 13:56
214	13	Mebben Bernd	*Meppen	1:16:37	1:12:57	32	M40	03:39 / 13:35 14:09 14:38 14:56 15:34
215	44	Efken Daniel	*Neulehe	1:16:39	1:06:39	59	MHK	10:00 / 12:02 13:03 14:42 13:53 12:54
216	730	Hartog Jürgen	Südlohner Lauftreff	1:16:47	1:12:27	14	M50	04:20 / 12:47 13:51 14:50 15:14 15:41
217	279	Müller Daniel	Dieandenendunievorbeikomst2	1:16:48	1:10:08	33	M40	06:40 / 19:28 12:53 12:47 12:47 11:57
218	722	Friesen Dennis	*Osnabrück	1:16:53	1:09:13	60	MHK	07:40 / 14:53 13:18 13:32 13:43 13:40
219	175	Wesker Thorsten	Trio mit vier Fäusten	1:16:53	1:09:53	28	M35	07:00 / 14:05 13:34 13:22 13:40 14:58
220	681	Kubetschek Kevin	1993	1:17:11	1:10:31	61	MHK	06:39 / 13:32 13:49 14:09 14:43 14:13
221	169	Silies David	*Lingen	1:17:14	1:08:34	29	M35	08:40 / 17:43 12:40 12:33 12:12 13:04
222	216	Rotert Jan	*Osnabrück	1:17:24	1:11:44	30	M35	05:40 / 13:40 14:17 14:48 14:43 14:06
223	724	Von der Heydt Aaron	*Krefeld	1:17:33	1:09:13	62	MHK	08:19 / 14:50 13:13 13:34 13:33 13:57
224	355	Neufeld Eugen	*Preußisch Oldendorf	1:17:38	1:07:38	31	M35	10:00 / 16:14 13:25 12:32 12:31 12:40
225	127	Spenthof Maik	Grasshopper Espel	1:17:45	1:16:45	34	M40	01:00 / 18:18 14:22 14:16 14:24 15:09
226	168	Hogarth David	*Nordhorn	1:17:49	1:10:49	1	M60	07:00 / 16:13 13:22 13:45 13:36 13:40
227	162	Höfer Jonathan	Vater-Sohn-Challenge	1:17:55	1:07:55	6	MU18	10:00 / 17:00 13:57 12:32 12:35 11:28
228	161	Höfer Carsten	Vater-Sohn-Challenge	1:18:02	1:08:02	37	M45	09:59 / 17:01 13:57 12:32 12:36 11:35
229	243	Weber Andreas	*Bad Vilbel	1:18:16	1:10:56	35	M40	07:20 / 13:21 13:38 14:15 16:33 12:56
230	203	Seiler Steffen	FC 2016 Bratwurst	1:18:34	1:13:34	30	M30	05:00 / 16:05 14:22 14:04 14:36 14:10
231	495	Nykamp Timo	*Nordh9	1:18:37	1:09:37	31	M30	09:00 / 12:19 14:28 14:02 14:23 14:20
232	718	Spenthof Jonathan	*Mettingen	1:19:03	1:09:23	7	MU18	09:40 / 12:03 14:09 13:51 14:29 14:45
233	363	Olfert Heinrich	*Pr. Oldendorf	1:19:08	1:09:08	32	M35	09:59 / 15:46 12:58 13:38 13:09 13:18
234	19	Leikamm Julian	FC 2016 Bratwurst	1:19:15	1:13:54	63	MHK	05:20 / 16:18 14:27 14:14 14:15 14:26
235	151	Arens Hemmy	Spiderschweine	1:19:17	1:13:17	32	M30	06:00 / 17:16 14:11 14:12 13:47 13:37
236	310	Rosetti Simon	4 Engel für Charlie	1:19:24	1:12:44	64	MHK	06:40 / 14:51 14:21 14:33 14:23 14:35
237	381	Aldekamp Simon	Flensburger Jungs	1:19:33	1:14:33	33	M30	05:00 / 14:49 15:05 14:43 14:38 15:03
238	194	Brüning Michael	LANDWEHR 5	1:19:43	1:15:03	15	M50	04:40 / 16:06 14:17 14:35 15:03 14:51
239	684	Seeliger Jens	The Mudfighters	1:19:46	1:13:26	65	MHK	06:20 / 14:34 14:23 14:36 14:35 15:12
239	523	Tepasse Matthias	Rennendes Landschwein	1:19:46	1:14:06	38	M45	05:40 / 15:09 14:20 14:08 14:40 15:32

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
241	486	Groß-Holtwick Markus	Rennendes Landschwein	1:19:54	1:11:14	36	M40	08:39 / 15:02	14:27	13:48	13:54	13:46
242	683	Arends Thorsten	The Mudfighters	1:20:07	1:13:27	37	M40	06:40 / 14:35	14:23	14:38	14:38	15:07
243	221	Buscher Ingo	*Nordhorn	1:20:12	1:15:52	16	M50	04:20 / 16:31	15:03	14:38	14:52	14:35
244	85	Klein Holger	Wilsum läuft	1:20:14	1:17:14	39	M45	03:00 / 18:27	14:11	14:56	14:45	14:32
245	382	Gorny Sebastian	Flensburger Jungs	1:20:34	1:10:34	66	MHK	10:00 / 14:47	13:44	14:11	13:46	13:48
246	125	Paschek PROF Andre	Grashopper Espel	1:20:46	1:16:46	38	M40	03:59 / 18:19	14:21	14:16	14:24	15:09
247	685	Schüring Ralf	The Mudfighters	1:20:46	1:13:26	40	M45	07:20 / 14:32	14:16	14:44	14:36	15:12
248	238	Wigger Maik	*Uelsen	1:21:03	1:13:43	33	M35	07:20 / 14:07	15:03	14:57	15:07	14:24
249	237	Lücke Jörg	*Nordhorn	1:21:04	1:13:44	34	M30	07:20 / 14:08	15:03	14:56	15:07	14:24
250	253	Meier Carsten	Grasshopper Espel	1:21:06	1:16:46	39	M40	04:20 / 18:17	14:23	14:16	14:22	15:12
251	99	Vosberg Daniel	Laufftreff Lüdinghausen	1:21:10	1:12:50	17	M50	08:19 / 14:59	14:20	14:51	14:06	14:23
252	420	Friederich Rainer	*Bad Vilbel	1:21:29	1:14:49	40	M40	06:40 / 15:32	14:49	14:32	14:39	15:03
253	367	Herz Johann	*Spenge	1:21:47	1:11:46	35	M30	10:00 / 16:02	14:05	13:42	13:45	13:56
254	338	Bardenhorst Mirko	...dumm gelaufen	1:22:36	1:18:16	34	M35	04:20 / 14:58	16:26	15:37	15:36	15:30
255	114	Backherms Rafael	*Lingen Ems	1:22:38	1:20:18	41	M40	02:20 / 20:10	14:55	15:20	15:18	14:15
256	400	Ottenjann Marc	*Münster	1:22:42	1:17:02	35	M35	05:40 / 17:12	15:24	14:43	15:00	14:24
257	128	Gehling Maik	Grasshopper Espel	1:22:46	1:16:46	41	M45	06:00 / 18:18	14:22	14:16	14:24	15:09
258	92	Kahlfeld Rainer	Wilsum läuft	1:22:54	1:17:14	42	M45	05:40 / 18:19	14:19	14:56	14:45	14:32
259	701	Behrends Johannes	die drei lustigen zwei	1:22:57	1:20:57	18	M50	02:00 / 16:04	15:59	16:24	16:09	16:13
260	404	Pechuel-Loesche Robin	*Münster	1:23:02	1:17:02	36	M35	06:00 / 17:12	15:23	14:43	15:00	14:24
261	204	Hinterland Mike	FC 2016 Bratwurst	1:23:22	1:18:02	67	MHK	05:19 / 15:52	15:24	15:18	16:17	14:56
262	126	Tenambergen Andre	Grasshopper Espel	1:23:46	1:16:46	42	M40	07:00 / 18:19	14:23	14:16	14:22	15:11
263	516	Hoffrogge Ralf	*Salzbergen	1:23:59	1:20:19	19	M50	03:39 / 17:12	15:56	15:53	15:58	15:10
264	276	Van Dijk Matthias	*Münster	1:24:41	1:14:41	68	MHK	09:59 / 17:02	14:18	14:27	14:48	13:56
265	190	Horstkamp Tobias	LANDWEHR 4	1:25:03	1:15:03	37	M35	10:00 / 16:02	14:21	14:35	15:02	14:52
266	690	Sieker Andre	*Rheine	1:25:09	1:15:09	38	M35	10:00 / 13:14	15:18	15:30	15:56	15:05
266	723	Gartheide Michael	*Quakenbrück	1:25:09	1:15:09	38	M35	10:00 / 13:15	15:17	15:30	15:57	15:04
268	229	Simm Jakob	*Lüdinghausen	1:25:31	1:15:32	8	MU18	09:59 / 13:54	14:58	14:34	15:40	16:16
269	260	Steingröver Andre	Super Yummy Team	1:26:07	1:19:27	36	M30	06:40 / 16:53	15:06	15:54	15:44	15:41
270	524	Weiner Hannes	*Osnabrück	1:26:37	1:19:37	69	MHK	07:00 / 18:25	15:58	13:36	14:22	17:03
271	501	Pietzka Adam	Hellmann 1	1:27:18	1:19:38	37	M30	07:40 / 18:26	15:57	13:36	14:24	17:02
272	505	Middeke Julian	Hellmann 2	1:27:58	1:19:38	70	MHK	08:19 / 18:26	15:59	13:36	14:22	17:04
273	258	Spill Christopher	Super Yummy Team	1:28:07	1:19:27	40	M35	08:39 / 16:45	15:40	15:31	15:40	15:41
274	261	Doedt Stefan	Super Yummy Team	1:28:27	1:19:27	41	M35	09:00 / 16:44	15:48	15:23	15:42	15:40
275	189	Götz Marcel	LANDWEHR 3	1:28:44	1:19:44	38	M30	09:00 / 20:33	17:45	13:43	13:55	13:36
276	348	Liebau Frank	@läuft	1:28:48	1:18:48	43	M40	09:59 / 15:15	13:42	14:15	16:21	19:06
277	727	Wieling Marcus	*Köln	1:32:12	1:24:32	20	M50	07:40 / 15:22	17:37	17:18	17:15	16:57
278	20	Gromball Mike	*Geeste	1:32:20	1:28:00	44	M40	04:20 / 20:39	16:27	15:59	17:20	17:13
279	63	Hartmann Lars	Höllenhunde	1:32:27	1:24:27	39	M30	08:00 / 17:31	16:37	17:26	16:20	16:27
280	172	Hüser Dennis	*Meppen	1:32:58	1:27:58	71	MHK	05:00 / 20:39	16:28	15:57	17:22	17:13
281	466	Zwafink Karsten	Grafschafter Nachrichten	1:33:42	1:24:42	42	M35	09:00 / 16:55	18:44	18:01	15:22	15:36
282	209	Werring Jürgen	Stadt Vechta	1:34:01	1:27:21	21	M50	06:40 / 18:04	17:23	17:19	17:15	17:01
283	101	Kosmis Peter	*Papenburg	1:34:17	1:27:57	43	M45	06:20 / 20:39	16:29	15:57	17:21	17:13
284	444	Dilli Matthias	Team Eisenkarl	1:36:03	1:32:03	45	M40	04:00 / 18:05	17:09	18:22	18:38	19:32
285	696	Pamann Erich	Soteria	1:36:15	1:30:15	22	M50	06:00 / 17:39	18:39	18:09	18:10	17:30
286	79	Gosmann Franz-Josef	Laufftreff Lüdinghausen	1:36:44	1:34:04	23	M50	02:40 / 19:27	17:51	19:33	20:06	16:54
287	195	Elbers Pascal	LANDWEHR 5	1:37:02	1:31:02	72	MHK	06:00 / 20:35	17:44	17:47	17:18	17:27
288	493	Theuween Morten	Team Zeldä	1:38:18	1:30:38	9	MU18	07:40 / 16:14	19:01	18:30	19:27	17:22
289	83	Kowall Thorsten	Laufftreff Lüdinghausen	1:40:04	1:34:04	44	M45	06:00 / 19:28	17:52	19:33	20:06	16:54
290	284	Jörissen Marcel	Hafensänger United die 2te	1:45:02	1:39:22	40	M30	05:40 / 21:43	19:34	20:22	19:07	18:24
291	504	Hörnschemeyer Jan	Hellmann 2	1:46:03	1:40:23	73	MHK	05:40 / 18:39	21:25	20:29	20:52	18:46
292	503	Wagner Robin	Hellmann 1	1:48:24	1:40:24	74	MHK	08:00 / 18:29	21:37	20:26	20:54	18:47

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	544	Leu Viktoria	*Hannover	1:03:58	0:56:38	1	W30	07:20 / 11:07	11:49	11:34	11:18	10:43
2	41	Raschke Iris	*Schüttorf OT Suddendorf	1:04:56	1:03:16	1	W45	01:40 / 11:28	13:16	13:09	12:49	12:27
3	218	Kaiser Sonja	*Düsseldorf	1:04:56	0:59:56	1	W35	05:00 / 11:25	11:46	12:21	12:23	11:54
4	142	Postmeyer Kristin	Crespel & Deiters	1:06:52	1:02:52	2	W35	04:00 / 13:40	12:04	12:18	12:29	12:05
5	667	Börchers Stefanie	FC Schüttorf	1:07:08	1:04:28	1	W40	02:40 / 13:26	12:50	12:26	12:42	12:58
6	174	Mülder Christina	heiß und fertig	1:07:09	1:04:29	3	W35	02:40 / 12:17	12:19	13:35	13:34	12:40
7	250	Klenke Malina	Spontanläufer	1:07:31	1:02:51	1	WHK	04:39 / 13:00	12:27	12:15	12:45	12:17
8	689	Gosink Anne	Vechte cruiser GSV	1:08:10	0:59:30	4	W35	08:40 / 12:17	11:42	12:04	11:52	11:27
9	674	Kohne Tanja	Höllenhörner	1:08:26	1:05:46	2	W40	02:40 / 13:42	12:58	12:56	13:08	12:57
10	736	Hilbers Eva	Turbo Schnecken	1:08:37	1:05:57	2	W30	02:40 / 12:54	13:18	13:51	13:00	12:49
11	305	Benkendorf Bianca		1:08:37	1:05:57	2	WHK	02:40 / 12:56	13:26	13:11	13:17	13:01
12	399	Borgmann Kira	LG FINGERAMFUSS	1:08:56	1:00:36	3	WHK	08:20 / 11:45	12:11	11:55	12:21	12:21
13	173	Kerkhoff Sandra	heiß und fertig	1:09:12	1:03:52	5	W35	05:19 / 13:14	12:15	12:50	12:54	12:35
14	672	Stockhausen Kathleen	Höllenhörner	1:09:25	1:05:45	4	WHK	03:39 / 13:38	13:03	12:55	13:07	12:58
15	167	Reuter Ann-Kathrin	Annky & Waldi	1:09:28	1:05:08	5	WHK	04:20 / 13:19	12:42	13:00	13:25	12:35
16	52	Vogel Christina	Super Seydels	1:09:29	1:03:09	1	WU20	06:20 / 14:58	11:54	11:51	12:18	11:54
17	288	Gehltholt Petra	*Altenberge	1:09:36	1:03:36	1	W50	06:00 / 12:35	11:59	12:43	13:19	12:52
18	257	Ottoweiß Nina	*Nordhorn	1:10:03	1:05:03	2	WU20	05:00 / 11:16	13:51	13:20	13:41	12:52
19	157	Müller Angelika	Helper	1:10:34	1:03:34	2	W45	06:59 / 11:42	12:25	13:02	13:02	13:18
20	735	Körting Johanna	Turbo Schnecken	1:11:17	1:05:57	6	WHK	05:19 / 12:54	13:18	13:51	13:00	12:50
21	246	Meyer Daniela	Spontanläufer	1:11:56	1:04:36	6	W35	07:20 / 13:12	12:55	13:09	12:59	12:14
22	543	Heinzer Kathrin	*Hannover	1:12:05	1:07:04	3	W40	05:00 / 12:27	13:11	13:47	13:45	13:48
23	303	Grenz Mae Tjorven		1:12:29	1:04:09	3	WU20	08:20 / 12:54	12:55	13:27	13:03	11:45
24	673	Meinering Maria	Höllenhörner	1:12:45	1:05:45	4	W40	06:59 / 13:39	13:02	12:55	13:09	12:56
25	248	Alder Jana	Spontanläufer	1:12:51	1:05:31	7	W35	07:20 / 13:14	12:53	13:03	13:42	12:33
26	179	Hilbers Katharina	Mein Lieblingsteam	1:12:53	1:09:53	3	W30	03:00 / 14:09	13:34	13:54	14:17	13:48
27	148	Kohnen Steffi	Spiderschweine	1:13:02	1:07:42	7	WHK	05:20 / 17:15	12:27	12:49	12:31	12:25
28	435	Rotering Birgitte	VfL Ahaus	1:13:09	1:07:49	1	W60	05:20 / 13:26	13:30	13:24	13:45	13:36
29	139	Busch Christopher	Crespel & Deiters	1:13:57	1:04:17	4	W30	09:40 / 11:09	13:00	13:43	13:34	12:47
30	89	Tyman Heidrun	Wilsum läuft	1:13:59	1:03:59	5	W40	10:00 / 15:54	11:34	12:20	12:13	11:34
31	671	Loh Martina	Höllenhörner	1:14:26	1:05:46	8	W35	08:39 / 13:39	13:02	12:55	13:08	12:57
32	301	Vosskötter Margrit	Die die nicht mehr können ...	1:14:47	1:14:07	1	W55	00:40 / 19:30	13:36	13:58	13:38	13:04
33	121	Ter Haar Petra	Powerfrau Neuenhaus	1:14:49	1:07:09	3	W45	07:40 / 16:28	11:59	12:25	13:01	12:56
34	77	Beckmann Frauke	SV Suddendorf-Samern	1:14:56	1:11:16	6	W40	03:39 / 15:43	13:27	13:46	14:23	13:42
35	245	Brand Fabienne	*Nordhorn	1:15:03	1:05:03	1	WU18	09:59 / 11:16	13:51	13:21	13:40	12:52
36	176	Fefer Svetlana	Trio mit vier Fäusten	1:15:14	1:09:54	5	W30	05:19 / 14:06	13:34	13:50	13:26	14:47
37	225	Gerdas Jana	*Rheine	1:15:22	1:09:42	8	WHK	05:40 / 15:04	13:22	14:08	13:46	13:12
38	317	Paters Karin	TimeOut	1:15:28	1:05:28	9	W35	10:00 / 12:31	12:50	13:05	13:39	13:17
39	177	Rüger Ellen	Trio mit vier Fäusten	1:15:33	1:09:53	6	W30	05:40 / 14:06	13:32	13:25	13:35	15:04
40	76	Türk Daniela	SV Suddendorf-Samern	1:15:36	1:11:16	9	WHK	04:20 / 15:43	13:27	13:46	14:23	13:42
41	431	Somberg Sarah	ENO Early Birds	1:15:54	1:10:14	7	W30	05:40 / 14:09	13:41	14:04	14:18	13:55
42	129	Gerdas Marina	Crespel & Deiters	1:16:05	1:08:05	10	W35	08:00 / 13:41	14:03	13:30	13:26	13:21
43	6	Teders Doro	SaDoMa	1:16:07	1:07:47	8	W30	08:20 / 13:14	13:37	13:38	13:45	13:24
44	734	Exler Hannah	Tv Jahn	1:16:32	1:10:12	10	WHK	06:20 / 14:30	14:04	14:36	14:34	12:21
45	302	Haarhuer Christiane	Die die nicht mehr können ...	1:16:47	1:14:07	2	W50	02:40 / 19:31	13:36	13:58	13:38	13:04
46	390	Niehaus Jasmin	*Lathen	1:17:26	1:07:26	9	W30	09:59 / 13:12	13:29	13:22	13:37	13:38
47	184	Schomakers Kathy	LANDWEHR 2	1:17:27	1:09:27	11	WHK	08:00 / 16:00	13:13	13:24	13:21	13:18
48	480	Trüün Anke	Warrior	1:17:32	1:14:32	7	W40	03:00 / 16:09	14:52	14:53	14:03	14:24
49	54	Roelofs Wilma	Super Seydels	1:17:55	1:10:55	4	W45	06:59 / 14:58	13:22	13:53	14:14	14:14
50	707	Rolink Clara	Halligallidrecksaubabies	1:17:56	1:07:56	12	WHK	10:00 / 13:25	13:47	13:48	13:33	13:17
51	708	Weiss Lavinia	Halligallidrecksaubabies	1:17:57	1:07:57	13	WHK	10:00 / 13:23	13:46	13:50	13:33	13:17
52	706	Rolink Anna- Maria	Halligallidrecksaubabies	1:17:57	1:07:57	14	WHK	09:59 / 13:26	13:47	13:50	13:32	13:16
53	514	Bill Vanessa	*Osnabrück	1:18:04	1:10:43	10	W30	07:20 / 12:44	14:27	14:05	14:23	15:00
54	103	Kamps Kirsten	*Twist	1:18:07	1:12:07	5	W45	06:00 / 16:27	13:43	13:38	13:56	14:03
55	116	Bültmann Melanie	*Bad Bentheim	1:18:22	1:11:42	8	W40	06:40 / 15:58	13:19	13:49	14:19	13:56
56	298	Bonhorst Hanna	*Quendorf	1:18:28	1:11:28	15	WHK	07:00 / 14:11	13:37	14:14	14:40	14:32
57	210	Gröger Kirsten	SuS Neuenkirchen	1:19:13	1:13:53	9	W40	05:19 / 15:56	14:30	13:53	14:11	15:06
58	392	Schröter Kerstin	Eintracht Schepsdorf	1:19:14	1:11:14	6	W45	08:00 / 13:29	14:22	14:31	14:26	14:18
59	220	Bouwer Sylvia	*Nordhorn	1:19:33	1:15:53	7	W45	03:40 / 16:33	15:03	14:39	14:51	14:35
60	278	Herberholz Inga	Dieandenendunievorbeikomst2	1:19:54	1:09:54	11	W30	10:00 / 14:03	13:32	13:25	13:25	15:15

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	308	Hopster Alena	4 Engel für Charlie	1:20:05	1:12:45	16	WHK	07:20 / 14:43 14:21 14:33 14:22 14:36
62	32	Paetzel Nicole	Team Heinz	1:20:06	1:14:06	11	W35	06:00 / 15:41 14:25 14:45 14:34 14:30
63	733	Fliesgen Sarah	Tv Jahn	1:20:22	1:11:42	17	WHK	08:39 / 14:31 14:04 14:36 14:33 13:51
64	309	Gehrmann Helen	4 Engel für Charlie	1:20:24	1:12:44	18	WHK	07:40 / 14:43 14:22 14:34 14:21 14:34
65	240	Korbik Carolin	Die die nicht mehr können ...	1:20:27	1:14:07	19	WHK	06:20 / 19:31 13:36 13:58 13:38 13:04
66	93	Determann Sabine	Wilsum läuft	1:20:33	1:15:33	12	W30	05:00 / 18:27 13:39 14:06 14:21 14:36
67	731	Beumer Sabrina	Tv Jahn	1:20:42	1:11:42	20	WHK	09:00 / 14:31 14:03 14:38 14:33 13:51
68	269	Albers Julia	LANDWEHR 7	1:20:52	1:15:52	21	WHK	05:00 / 16:35 14:36 15:09 15:00 14:20
69	235	Ekkel Lisa	LC Rückwärts Uelsen	1:20:54	1:17:34	22	WHK	03:19 / 16:01 15:02 15:57 15:38 14:49
70	131	Wiegers Jessica	Crespel & Deiters	1:20:59	1:14:39	12	W35	06:20 / 14:37 14:52 14:43 15:03 15:09
71	255	Krüger Katharina	Die Seitenstecher	1:21:05	1:13:25	23	WHK	07:40 / 18:25 13:14 13:44 13:50 13:58
72	307	Hopster Annika	4 Engel für Charlie	1:21:25	1:12:45	24	WHK	08:39 / 14:44 14:23 14:31 14:23 14:34
73	71	Kolodziej Anja	SV Dalum	1:21:28	1:17:48	10	W40	03:40 / 14:51 15:14 15:45 16:09 15:44
74	87	Zielmann Anke	Wilsum läuft	1:21:33	1:15:33	25	WHK	06:00 / 18:27 13:40 14:05 14:22 14:36
75	215	Detels Eleonor	*Osnabrück	1:21:44	1:11:44	13	W35	10:00 / 13:43 14:16 14:47 14:43 14:06
76	306	Paul Olga	4 Engel für Charlie	1:21:46	1:12:46	13	W30	09:00 / 14:45 14:23 14:31 14:24 14:34
77	481	Brinkers Michaela Ursula	Warrior	1:21:52	1:14:32	11	W40	07:20 / 16:14 15:26 14:22 14:27 13:52
78	154	Lübbermann Nicole	*Lage	1:21:55	1:17:35	12	W40	04:20 / 16:59 15:01 15:12 15:02 15:05
79	519	Hoffrogge Johanna	*Salzbergen	1:21:58	1:20:18	26	WHK	01:40 / 17:12 15:56 15:54 15:58 15:08
80	262	Doedt Nadine	Super Yummy Team	1:22:07	1:19:27	14	W30	02:40 / 16:44 15:48 15:23 15:44 15:39
81	84	Harsman Friedchen	Wilsum läuft	1:22:13	1:15:33	14	W35	06:40 / 17:54 14:13 14:07 14:33 14:22
82	183	Latus Jaqueline	LANDWEHR 1	1:22:23	1:15:03	27	WHK	07:20 / 16:06 14:18 14:34 15:04 14:51
83	55	Vogel Monika	Super Seydels	1:22:37	1:15:57	13	W40	06:40 / 16:45 14:32 14:05 15:06 15:28
84	163	Blau Nadine	*Lingen	1:22:55	1:20:15	15	W35	02:40 / 20:12 14:53 15:21 15:15 14:14
85	362	Olfert Lidia	*Pr. Oldendorf	1:22:58	1:12:58	16	W35	09:59 / 16:32 14:52 14:27 14:14 12:35
86	150	Deuling Marina	Spiderschweine	1:23:16	1:13:17	28	WHK	09:59 / 17:16 14:11 14:11 13:47 13:36
87	401	Krumm Karoline	*Münster	1:23:22	1:17:02	17	W35	06:20 / 17:12 15:24 14:43 14:59 14:24
88	254	Kuite Lena	Die Seitenstecher	1:23:25	1:13:25	29	WHK	09:59 / 18:24 13:14 13:44 13:50 13:58
89	31	Brunsfeld Nicole	Team Heinz	1:23:26	1:14:06	8	W45	09:20 / 15:41 14:25 14:46 14:34 14:29
90	197	Oevermann Anita	LANDWEHR 6	1:23:33	1:15:53	14	W40	07:40 / 17:21 13:36 15:14 14:56 14:32
91	4	Van der Zee Mareike	SaDoMa	1:23:48	1:22:28	30	WHK	01:20 / 17:00 15:38 16:40 16:27 16:34
92	214	Rohlfs Mara	*Emlichheim	1:23:48	1:16:48	31	WHK	07:00 / 18:32 14:39 14:30 14:19 14:31
93	80	Gosmann Carmen	Lauftreff Lüdinghausen	1:23:52	1:15:32	3	W50	08:19 / 13:54 14:57 14:34 15:40 16:16
94	37	Hagmann Hanna	*Uelsen	1:23:55	1:17:35	15	W30	06:20 / 16:01 15:12 15:47 15:37 14:50
95	51	Roelofs Sara	Super Seydels	1:23:57	1:15:57	32	WHK	08:00 / 15:40 14:20 14:57 15:19 15:26
96	517	Schäfer Jutta	*Salzbergen	1:23:58	1:20:18	15	W40	03:40 / 17:12 15:54 15:54 15:58 15:09
97	360	Tissen Nelli	*Pr. Oldendorf	1:24:12	1:14:12	16	W30	09:59 / 16:33 14:53 14:26 14:14 13:49
98	459	Byknüver Carina	B-Team	1:24:18	1:14:18	33	WHK	10:00 / 12:42 14:49 15:28 15:30 15:44
99	421	Gora Isabell	*Bad Vilbel	1:24:49	1:14:49	18	W35	09:59 / 15:32 14:49 14:32 14:39 15:03
100	456	Hermes Marion	*Ohrte	1:25:18	1:17:58	16	W40	07:20 / 14:12 15:29 16:48 15:50 15:33
101	66	Eilering Karin	SVSuSa FC Schüttorf09	1:25:26	1:23:06	2	W55	02:19 / 18:10 16:10 16:26 16:31 15:33
102	213	Rohlfs Laura	*Emlichheim	1:25:28	1:16:48	34	WHK	08:39 / 18:34 14:37 14:31 14:17 14:31
103	228	Gosmann Anna	SC Union Lüdinghausen	1:25:32	1:15:32	4	WU20	10:00 / 13:54 14:58 14:34 15:40 16:16
104	95	Blekker Melanie	Wilsum läuft	1:25:33	1:15:33	19	W35	09:59 / 17:54 14:13 14:07 14:32 14:24
105	506	Orfert Carina	Hellmann 2	1:25:38	1:19:38	35	WHK	06:00 / 18:27 16:00 13:36 14:21 17:02
106	339	Schumacher Yvonne	...dumm gelaufen	1:26:06	1:18:26	20	W35	07:40 / 14:58 16:26 15:39 15:42 15:32
107	170	Silies Melanie	*Lingen	1:26:17	1:20:17	17	W40	06:00 / 20:13 14:52 15:20 15:16 14:14
108	337	Bardenhorst Sabrina	...dumm gelaufen	1:26:27	1:18:47	17	W30	07:40 / 15:29 15:57 15:38 15:42 15:52
109	522	Brand Steffi	*Salzbergen	1:26:38	1:20:18	18	W40	06:20 / 17:07 15:56 15:55 15:57 15:12
110	259	Spill Anne	Super Yummy Team	1:26:46	1:19:26	18	W30	07:20 / 16:44 15:50 15:23 15:41 15:39
111	108	Backs Veronika	TSV Concordia Schöninghsdorf	1:26:51	1:19:31	4	W50	07:20 / 17:45 16:01 16:01 15:05 14:21
112	537	Wienkamp Carmen	Die gestiefelten Muskelkater	1:27:12	1:19:52	36	WHK	07:20 / 16:00 15:33 16:19 16:03 15:46
113	227	Rogalla Svenja	*Rheine	1:27:14	1:17:14	37	WHK	09:59 / 16:12 15:27 15:39 15:26 14:19
114	700	Schneider Jana	die drei lustigen zwei	1:27:15	1:20:55	38	WHK	06:20 / 16:04 15:54 16:31 16:08 16:11
115	365	Hemeltjen Caro	*Bad Bentheim	1:27:17	1:17:17	39	WHK	10:00 / 16:33 14:44 15:05 15:12 15:30
116	364	Ten Cate Julia	*Bad Bentheim	1:27:17	1:17:17	40	WHK	10:00 / 16:33 14:45 15:05 15:17 15:26
117	451	Schnerre Andrea	TFAs ohne Grenzen	1:27:18	1:17:58	41	WHK	09:20 / 14:12 15:29 16:48 15:49 15:33
118	270	Böhmer Nicole	Dieandenendunievorbekommst1	1:27:34	1:19:34	21	W35	08:00 / 18:00 15:04 15:27 15:14 15:30
119	236	Brouwer Sandy	Rückwärts Uelsen	1:27:34	1:17:34	42	WHK	09:59 / 16:01 15:02 15:55 15:39 14:49
120	699	Schneider Martina	die drei lustigen zwei	1:27:35	1:20:55	5	W50	06:40 / 16:03 15:57 16:24 16:07 16:16

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
121	28	Otto Heike	Geht nicht, gibts nicht	1:27:49	1:24:29	19	W40	03:20 / 20:14 16:17 17:22 16:47 13:38
122	453	Krumdieck Katja	TFAs ohne Grenzen	1:27:58	1:17:58	19	W30	10:00 / 14:13 15:28 16:48 15:50 15:32
123	335	Wekenborg Nadine	@läuft	1:28:48	1:18:48	22	W35	09:59 / 15:20 15:32 16:07 15:49 15:49
123	336	Pöttker Anja	@läuft	1:28:48	1:18:48	22	W35	09:59 / 15:21 15:32 16:07 15:49 15:50
125	107	Jansen Ulrike	TSV Concordia Schöninghsdorf	1:28:51	1:19:31	9	W45	09:20 / 17:42 16:03 16:00 15:05 14:21
126	538	Hille Lisa	Die gestieften Muskelkater	1:28:52	1:19:52	43	WHK	09:00 / 16:00 15:34 16:19 16:03 15:46
127	468	Beser Inna	*Osnabrück	1:29:09	1:19:09	20	W30	09:59 / 15:07 15:49 16:30 15:08 16:22
128	518	Hoffrogge Julia	*Salzbergen	1:29:37	1:20:17	44	WHK	09:20 / 17:08 15:56 15:55 15:57 15:11
129	113	Backherms Bettina	*Lingen Ems	1:29:39	1:20:19	24	W35	09:20 / 20:11 14:55 15:20 15:16 14:15
130	5	Deddens Sabrina	SaDoMa	1:29:48	1:22:28	21	W30	07:20 / 16:59 15:38 16:40 16:28 16:32
131	430	Plaß Jarina	Volleyrunners	1:29:49	1:26:09	5	WU20	03:40 / 17:21 16:42 17:49 17:27 16:33
132	155	Reinel Katrin	*Lingen	1:30:18	1:20:18	25	W35	10:00 / 20:11 14:53 15:21 15:14 14:17
133	111	Schütte Kathrin	der gestiefelte Muskelkater	1:31:06	1:25:06	26	W35	06:00 / 19:00 15:57 17:03 16:41 16:11
134	436	Brinkhues Adriana	The Unicorns	1:31:24	1:24:24	45	WHK	06:59 / 18:50 18:02 18:12 15:59 13:09
135	441	Kovert Lisa	Die Einhornpralinen	1:31:43	1:27:43	46	WHK	04:00 / 18:40 17:31 17:15 17:03 16:58
136	34	Brunsfeld Finja	DSC-Feggendorf	1:31:48	1:25:48	47	WHK	06:00 / 20:14 16:16 17:24 16:45 14:58
137	110	Hazelbecke Verena	der gestiefelte Muskelkater	1:32:06	1:25:06	48	WHK	07:00 / 19:00 15:58 17:03 16:42 16:09
138	285	Jalink Prik	Hafensänger United die 2te	1:32:19	1:28:59	20	W40	03:20 / 17:50 17:06 17:36 17:48 18:22
139	473	Wilde Manuela	TEAM PAUS	1:32:24	1:23:24	21	W40	09:00 / 16:09 15:41 16:47 17:25 17:14
140	106	Verkerk-Lübbbers Uschi	TSV Concordia Schöninghsdorf	1:33:11	1:28:31	10	W45	04:40 / 17:57 16:49 17:18 17:27 18:42
141	695	Corsten Francis	Soteria	1:33:14	1:30:14	49	WHK	03:00 / 17:28 18:51 18:10 18:11 17:27
142	109	Schmidt Eva	der gestiefelte Muskelkater	1:33:25	1:25:05	22	W30	08:20 / 19:00 15:57 17:02 16:41 16:10
143	208	Steller Jacky	Stadt Vechta	1:34:00	1:27:20	22	W40	06:40 / 18:03 17:26 17:19 17:15 17:01
144	541	Dall Lydia	*Lingen	1:34:05	1:32:05	23	W30	02:00 / 18:23 17:00 18:17 18:44 19:24
145	274	Metzdorf Daniela	NoName	1:34:16	1:32:16	50	WHK	02:00 / 20:58 17:49 17:57 17:57 17:15
146	49	Schareina Christel	Super Seydels	1:34:18	1:25:58	23	W40	08:19 / 16:51 16:39 17:09 17:24 17:40
147	437	Schulte-Broer Annika	The Unicorns	1:34:25	1:30:45	51	WHK	03:39 / 18:52 18:00 18:14 18:00 17:27
148	439	Koopmann Inga	Die Einhornpralinen	1:34:42	1:27:42	27	W35	06:59 / 18:40 17:31 17:15 17:03 16:58
149	186	Dirks Jessica	LANDWEHR 2	1:34:44	1:31:04	52	WHK	03:40 / 20:38 17:41 17:48 17:25 17:20
150	118	Bloom Petra	*Messingen	1:34:59	1:27:59	11	W45	06:59 / 20:40 16:28 15:57 17:20 17:14
151	509	Zimmer-Möller Simone	Team Hulk	1:35:03	1:32:03	28	W35	03:00 / 18:23 16:54 18:22 18:36 19:31
152	429	Thesing Ilka	Volleyrunners	1:35:09	1:26:09	6	WU20	09:00 / 17:22 16:41 17:49 17:26 16:33
153	100	Hüser Martina	*Meppen	1:35:19	1:27:59	53	WHK	07:20 / 20:40 16:28 15:57 17:21 17:12
154	428	Even Carina	Volleyrunners	1:35:29	1:26:09	54	WHK	09:20 / 17:22 16:41 17:49 17:27 16:33
155	692	Baalink Anne	Soteria	1:35:35	1:30:15	29	W35	05:20 / 17:46 18:30 18:08 18:07 17:36
156	440	Wessling Stefanie	Die Einhornpralinen	1:35:43	1:27:43	55	WHK	08:00 / 18:40 17:31 17:15 17:03 16:58
157	256	Rahn Wiebke	Die Seitenstecher	1:36:27	1:26:27	56	WHK	10:00 / 18:28 17:15 17:05 16:34 16:50
158	264	Imbusch Christiane	*Bakum	1:36:39	1:27:19	57	WHK	09:20 / 18:04 17:24 17:19 17:15 17:00
159	120	Berends Vanessa	*Neuenhaus	1:36:57	1:27:57	58	WHK	09:00 / 19:08 16:34 17:27 17:19 17:10
160	207	Breuker Juanita	Stadt Vechta	1:37:00	1:27:20	24	W40	09:40 / 18:02 17:26 17:19 17:15 17:01
161	299	Witzenhausen Jenny	*Schüttorf	1:37:40	1:30:20	59	WHK	07:20 / 19:25 17:25 18:12 17:54 17:09
162	693	Geneukeljk Anne-Marie	Soteria	1:38:14	1:30:14	25	W40	08:00 / 17:46 18:32 18:06 18:07 17:35
163	300	Witzenhausen Julia	*Schüttorf	1:38:20	1:30:20	60	WHK	08:00 / 19:07 17:08 18:37 18:25 16:50
164	36	Schulte Nicola	*Lauenau	1:38:28	1:35:08	24	W30	03:20 / 20:21 18:33 19:12 18:59 17:52
165	443	Bella-Gruber Paula	Team Eisenkarl	1:38:44	1:32:04	26	W40	06:40 / 18:04 17:08 18:24 18:36 19:34
166	22	Zech Sarah	*Geeste	1:39:12	1:31:12	61	WHK	08:00 / 20:11 17:41 17:21 17:49 18:04
167	691	Schulte Martina	Soteria	1:39:35	1:30:15	25	W30	09:20 / 17:46 18:31 18:08 18:06 17:36
168	273	Fehlau Melanie	NoName	1:39:54	1:32:14	62	WHK	07:40 / 20:59 17:48 17:57 17:57 17:15
169	414	Schultewolter Katharina	*Bad Vilbel	1:40:03	1:33:43	63	WHK	06:20 / 18:16 18:30 21:02 17:44 17:58
170	368	Herz Marina	*Spenge	1:40:14	1:30:14	26	W30	09:59 / 17:32 19:55 19:27 17:45 15:15
171	694	Jürriens Ursula	Soteria	1:40:15	1:30:15	27	W40	10:00 / 17:48 18:32 18:09 18:13 17:25
172	455	Pöttering Christin	TFAs ohne Grenzen	1:40:18	1:38:18	64	WHK	01:59 / 19:26 20:51 21:36 20:54 15:24
173	354	Neufeld Tanja	*Preußisch Oldendorf	1:41:19	1:31:19	30	W35	10:00 / 17:35 19:54 19:27 17:46 16:19
174	357	Olfert Halina	*Preußisch Oldendorf	1:41:20	1:31:20	27	W30	10:00 / 17:35 19:53 19:28 17:45 16:20
175	424	Stobralla Corina	@läuft	1:42:04	1:32:04	31	W35	10:00 / 16:37 18:46 18:19 18:49 19:24
176	29	Meyer-Röhr Sandra	Geht nicht, gibts nicht	1:43:28	1:35:08	28	W40	08:20 / 20:20 18:29 19:04 19:04 17:58
177	452	Pat Claudia	TFAs ohne Grenzen	1:45:58	1:38:18	32	W35	07:40 / 19:27 20:50 21:36 20:51 15:28
178	454	Fahrendorf Dörthe	TFAs ohne Grenzen	1:48:17	1:38:17	28	W30	10:00 / 19:24 20:52 21:34 20:53 15:26