

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	28	Pieper Robin	Pieper Cooperation	0:41:01	0:37:21	1	MU20	03:40 / 06:41	07:32	07:53	07:38	07:34
2	316	Pugge Daniel		0:42:06	0:36:46	1	M30	05:20 / 06:50	07:19	07:32	07:51	07:12
3	290	Bach Sebastian	concordia emsbüren	0:42:50	0:38:10	2	M30	04:40 / 06:52	07:40	07:50	08:05	07:42
4	372	Sperver Michael	Baccumer Bravehearts	0:44:58	0:36:38	1	MHK	08:20 / 06:36	07:13	07:34	07:51	07:22
5	56	Glasmeier Nils	DJK Arminia Ibbenbüren	0:45:26	0:43:46	2	MHK	01:40 / 07:41	08:56	09:15	09:02	08:50
6	107	Meiners Dennis	*Wietmarschen-Lohne	0:46:17	0:43:37	3	M30	02:40 / 08:05	08:44	09:06	09:05	08:35
7	52	Schrameyer Kai	Marathon Ibbenbüren	0:46:29	0:42:49	4	M30	03:40 / 07:32	08:44	08:53	09:02	08:36
8	71	Enning Patrick	*Metelen	0:47:02	0:43:42	3	MHK	03:20 / 07:50	08:47	09:16	09:08	08:38
9	289	Lienkamp Daniel	SC Falke Saerbeck	0:47:46	0:44:06	4	MHK	03:40 / 08:49	08:46	09:25	09:07	07:51
10	326	Plescher Jan	SV Esche	0:47:49	0:40:09	5	MHK	07:40 / 07:04	08:07	08:25	08:22	08:09
11	225	Sobotzik Patrick	*Dorfen	0:48:33	0:44:53	6	MHK	03:40 / 08:15	08:48	09:34	09:22	08:47
12	347	Brett Colin	Osnabrück RFC	0:48:39	0:44:59	7	MHK	03:40 / 07:58	09:04	09:36	09:19	08:59
13	351	Sandschulten Andreas	Herr	0:49:02	0:45:42	8	MHK	03:20 / 07:59	09:08	09:30	09:24	09:36
14	80	Mäuer Udo	SV-Dickenberg	0:49:26	0:44:06	1	M45	05:20 / 08:06	08:51	09:08	09:05	08:52
15	27	Pieper Dennis	Pieper Cooperation	0:49:27	0:42:07	9	MHK	07:20 / 07:59	08:36	08:33	08:31	08:25
16	375	Cramer Florian	SV Stikelkamp	0:49:36	0:41:36	2	MU20	08:00 / 07:08	08:34	08:50	08:30	08:32
17	63	Steinweg Henning	nhs-süd Matschaffern	0:49:56	0:47:16	10	MHK	02:40 / 09:25	09:26	09:34	09:52	08:53
18	332	Ulitzka Carsten	Stella Bevergern	0:49:58	0:46:38	1	M40	03:20 / 10:29	09:20	08:42	09:20	08:38
19	307	Helmboldt Oliver	LSKW Bad Lauterberg	0:50:11	0:43:11	5	M30	07:00 / 08:16	08:38	08:59	08:45	08:32
20	288	Assies Jonas	DLRG Lienen	0:50:13	0:44:53	11	MHK	05:20 / 08:50	08:49	09:31	09:14	08:22
21	125	Berger Marten	Huize Epicurus	0:50:15	0:45:35	12	MHK	04:40 / 08:10	09:23	09:43	09:30	08:43
22	319	Berghaus Stefan	Die Unzerstörbaren	0:50:41	0:47:21	1	M35	03:20 / 09:48	09:17	09:23	09:26	09:20
23	357	Said Azza Nourdimi	*Bad Bentheim	0:50:45	0:43:25	13	MHK	07:20 / 08:08	08:39	09:16	08:45	08:35
24	18	Knüver Michael	Hell Runners	0:50:50	0:42:50	2	M45	08:00 / 08:12	08:32	08:51	08:42	08:28
25	244	Vosskötter Ralf	Drei Vossis	0:51:01	0:48:41	1	M50	02:20 / 08:46	09:40	09:47	10:27	09:58
26	68	Remme Stefan	Marathon Ibbenbüren	0:51:05	0:46:05	14	MHK	05:00 / 07:58	09:12	09:42	09:48	09:21
27	242	Te Wildt Jan	Dreierwalder Höllenjungs	0:51:30	0:46:30	3	MU20	05:00 / 09:36	09:12	09:08	09:15	09:09
28	254	Dieker Thomas	VfL Ahaus	0:51:33	0:48:13	2	M50	03:20 / 08:55	09:42	10:13	09:56	09:22
29	144	Wuff Rico	*Hörstel	0:51:39	0:44:59	15	MHK	06:40 / 07:57	09:05	09:36	09:19	08:59
30	338	Meyer Jörn	GESUNDHEITS-CENTER POINT	0:51:41	0:42:41	16	MHK	09:00 / 08:00	08:26	08:49	08:43	08:41
31	265	Krinke Reinhard	TV Borken	0:51:59	0:48:59	1	M60	03:00 / 09:31	09:58	09:48	09:44	09:50
32	17	Weber Ingo	isfs & Multi Sports Fighter In	0:52:13	0:49:13	3	M45	03:00 / 07:56	09:30	10:05	11:06	10:33
33	313	Büter Rainer	SSV Ohne -Der beste Mix-	0:52:28	0:49:08	4	M45	03:20 / 08:45	09:49	10:17	10:21	09:54
34	202	Hoffrogge Christian	Varenroder Ackerbrasilianer	0:52:28	0:50:28	2	M35	02:00 / 09:13	10:11	10:23	10:31	10:03
35	226	Kahlert Christoph	*Dorfen	0:52:29	0:49:49	17	MHK	02:40 / 08:12	09:23	10:27	10:53	10:48
36	152	Klund Reinhold	*Bippen	0:52:48	0:45:48	18	MHK	07:00 / 09:15	08:30	09:05	09:47	09:02
37	229	Jankowski Tino	Sylvia KronshagePT	0:52:48	0:48:28	3	M35	04:20 / 08:49	09:48	10:23	09:53	09:33
38	40	Heyen Thomas	*Meppen	0:52:48	0:49:28	5	M45	03:20 / 09:06	10:03	10:02	10:25	09:48
39	373	Chloupek Jacek	*Schüttorf	0:52:50	0:45:10	19	MHK	07:40 / 08:08	09:18	09:17	09:26	08:58
40	106	Höcker Christian	*Wietmarschen	0:52:58	0:46:18	20	MHK	06:40 / 08:15	09:24	09:30	09:43	09:23
41	334	Rehers Stephan	Team Eierschale	0:53:02	0:48:22	21	MHK	04:40 / 11:51	09:25	08:49	09:21	08:38
42	228	Löhr Henning	*Dorfen	0:53:04	0:45:44	22	MHK	07:20 / 08:15	08:55	09:28	09:40	09:19
43	250	Pötter Stephan	lost in pace	0:53:07	0:46:47	23	MHK	06:20 / 09:19	08:46	09:35	09:48	09:09
44	73	Stude Siegfried	Schlammmonster	0:53:22	0:49:42	3	M50	03:40 / 10:48	09:49	09:43	09:47	09:24
45	8	Kammler Andreas	Aktiv Park	0:53:28	0:48:48	4	M35	04:40 / 09:14	09:32	10:25	10:12	09:19
46	322	Diz Viktor	LAMANN-METALLBAU	0:53:50	0:44:50	24	MHK	09:00 / 07:30	09:03	09:57	09:31	08:47
47	48	Wilbers Oliver	*Neuenhaus	0:54:17	0:47:17	25	MHK	07:00 / 09:29	09:30	09:40	09:43	08:50
48	240	Hölker Dennis	Team Erdinger	0:54:18	0:50:58	5	M35	03:20 / 10:59	10:02	10:18	09:51	09:41
49	138	Berger Torben	SV Bempen 09	0:54:25	0:46:25	26	MHK	08:00 / 08:10	09:28	09:35	09:59	09:07
50	24	Arends Bert	*Uelsen	0:55:02	0:51:02	6	M30	04:00 / 08:42	10:13	10:45	11:09	10:08
51	239	Nackat Lars	*Rheine	0:55:06	0:50:46	2	M40	04:20 / 10:59	10:00	10:09	09:51	09:40
52	204	Van Wieren Gebhard	Laufftreff Olympia Uelsen	0:55:12	0:47:32	4	M50	07:40 / 08:46	09:35	09:36	09:53	09:38
53	41	Hanneken Stefan	*Geeste	0:55:18	0:50:38	3	M40	04:40 / 09:09	10:02	10:26	10:29	10:29
54	350	Logerds Gerhard	*Isterberg	0:55:22	0:51:42	6	M45	03:40 / 09:41	10:25	10:29	10:44	10:19
55	310	Franke Matthias	Albis 4 hellrun	0:55:28	0:51:28	7	M45	04:00 / 09:14	10:37	10:37	10:40	10:18
56	374	Brockmann Siegbert	*Nordhorn	0:55:31	0:48:51	8	M45	06:40 / 08:58	09:44	10:19	10:18	09:29
57	241	Te Wildt Michael	Dreierwalder Höllenjungs	0:55:57	0:53:17	9	M45	02:40 / 11:04	10:40	10:16	10:49	10:20
58	62	Temme Eike	nhs-süd Matschaffern	0:55:58	0:47:18	27	MHK	08:40 / 09:28	09:32	09:39	09:45	08:48
59	4	Spill Christopher	Tough Cops	0:55:59	0:49:39	7	M30	06:20 / 09:36	09:42	10:19	09:59	09:56
60	340	Preisel Alexander	GESUNDHEITS-CENTER POINT	0:56:00	0:51:20	28	MHK	04:40 / 08:47	10:39	10:37	10:47	10:23

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	335	Heizmann Sebastian T.	*Bad Bentheim	0:56:19	0:48:19	8	M30	08:00 / 09:57	09:14	09:32	09:41	09:46
62	121	Hilbert Christoph	LG-Emsdetten	0:56:20	0:53:40	5	M50	02:40 / 11:35	10:42	10:37	10:19	10:16
63	132	Creemer Timm	*Nordhorn	0:56:20	0:52:20	9	M30	04:00 / 10:19	11:08	10:38	10:36	09:27
64	345	Schulz Luis	GESUNDHEITS-CENTER POINT	0:56:27	0:51:27	4	MU20	05:00 / 08:43	09:57	11:22	10:49	10:31
65	140	Diedrich Oliver	SV Bempen 09	0:56:30	0:51:50	29	MHK	04:40 / 09:21	09:57	10:44	11:05	10:39
66	109	Klein Patrik	lost in pace	0:57:03	0:47:43	30	MHK	09:20 / 09:33	09:18	10:02	09:31	09:09
67	94	Tegeder Henrik	Buena Vista Kegelclub I	0:57:06	0:49:06	31	MHK	08:00 / 08:20	09:58	10:24	10:23	09:57
68	145	Klapper Michael	*OCHTRUP	0:57:13	0:54:33	10	M30	02:40 / 10:29	10:53	10:56	11:22	10:47
69	199	Schmelnik Matthias	*Nordhorn	0:57:18	0:51:58	6	M35	05:20 / 10:18	10:23	10:40	10:22	10:04
70	33	Bavinck Arno	*Schüttorf	0:57:19	0:53:39	10	M45	03:40 / 09:14	10:50	11:08	11:15	11:08
71	20	Stobbe Matthias	Hell Runners	0:57:31	0:53:31	4	M40	04:00 / 09:39	10:30	11:02	11:09	11:04
72	118	Bültmann Felix	FC Schüttorf 09 Wasserball	0:57:31	0:49:51	5	MU20	07:40 / 11:01	09:32	09:50	09:57	09:21
73	348	Bröker Dirk	*Emlichheim	0:57:34	0:52:34	11	M45	05:00 / 09:16	10:44	10:42	11:09	10:40
74	272	Pertsch Steven	*Nordhorn	0:57:35	0:51:35	1	MU18	06:00 / 11:52	09:34	09:47	10:18	09:48
75	280	Parkin Dean	*Rheine	0:57:40	0:53:00	32	MHK	04:40 / 10:48	11:00	10:15	10:48	10:05
76	323	Werz Alex	LAMANN-METALLBAU	0:57:40	0:50:20	33	MHK	07:20 / 07:59	10:52	10:44	10:41	10:02
77	217	Engel Marc	*Münster	0:57:51	0:53:51	11	M30	04:00 / 10:57	10:36	10:38	10:44	10:44
78	231	Feldmann Andreas	Hosianna Runner	0:57:56	0:48:56	6	M50	09:00 / 08:59	10:18	10:13	09:52	09:33
79	237	Meier Uwe	*Nordhorn	0:57:58	0:50:18	7	M50	07:40 / 10:28	09:46	10:01	10:09	09:46
80	26	Pieper Thomas	Pieper Cooperation	0:58:04	0:51:44	8	M50	06:20 / 09:29	10:40	10:38	10:43	10:11
81	317	Bischof Thorsten	*Bevergern	0:58:19	0:52:39	7	M35	05:40 / 10:30	10:04	10:31	10:49	10:37
82	148	Prager Daniel	Westfalia Bilk	0:58:33	0:51:33	34	MHK	07:00 / 09:33	10:07	10:33	10:46	10:25
83	58	Laumeyer Manuel	Verhaftet wegen sexy	0:58:36	0:51:36	35	MHK	07:00 / 08:20	10:19	10:51	11:10	10:54
84	75	Konermann Franz-Leo	Schlammmonster	0:58:40	0:53:40	9	M50	05:00 / 11:10	10:45	10:41	10:34	10:19
85	43	Siemer Lutz	*Rheine	0:58:44	0:54:44	12	M45	04:00 / 11:17	10:49	11:00	10:58	10:34
86	91	Berkemeyer Stefan	Schlammmonster	0:58:45	0:58:05	10	M50	00:40 / 11:23	11:06	11:56	11:42	11:48
87	291	Räkers Bernd	*Emsbüren	0:58:49	0:48:49	12	M30	10:00 / 09:06	10:15	10:10	10:14	09:00
88	2	Hermesen Jonas	FC Schüttorf 09	0:58:55	0:52:35	6	MU20	06:20 / 10:28	10:25	10:53	10:38	09:59
89	38	Oltmanns Cero	Das O-Team	0:58:58	0:50:38	36	MHK	08:20 / 08:57	09:52	10:51	11:11	09:45
90	320	Dak Peter	SV Union Lohne	0:59:10	0:52:30	37	MHK	06:40 / 08:57	10:29	10:48	11:20	10:49
91	141	Rickling Christian	*Nordhorn	0:59:19	0:51:19	13	M30	08:00 / 10:55	10:22	09:51	09:57	10:02
92	238	Meier Florian	*Nordhorn	0:59:24	0:52:24	38	MHK	07:00 / 10:53	09:50	10:38	10:29	10:26
93	321	Blem Igor	LAMANN-METALLBAU	0:59:28	0:50:48	39	MHK	08:40 / 08:48	11:05	10:18	10:20	10:13
94	119	Pott Hendrik	FC Schüttorf 09 Wasserball	0:59:52	0:49:52	7	MU20	10:00 / 11:03	09:36	09:49	09:56	09:17
95	306	Heise Sebastian	*Schüttorf	1:00:08	0:52:28	40	MHK	07:40 / 10:37	10:36	10:24	10:34	10:14
96	128	Schwänen Markus	*Haren Ems	1:00:10	0:51:30	5	M40	08:40 / 09:39	10:34	10:20	10:35	10:18
97	273	Wedemeyer Tim	*Lilienthal	1:00:15	0:54:55	41	MHK	05:20 / 10:54	11:15	10:55	10:59	10:47
98	295	Sanders Leon	FC Leschede	1:00:30	0:55:30	42	MHK	05:00 / 11:01	11:14	10:59	11:11	11:00
99	47	Jans Hendrik	*Neuenhaus	1:00:48	0:54:48	43	MHK	06:00 / 09:46	11:29	11:32	11:08	10:47
100	218	Beckmann Andreas	*Münster	1:00:52	0:53:52	14	M30	07:00 / 10:57	10:35	10:36	10:48	10:45
101	93	Lucas Daniel	Buena Vista Kegelclub I	1:00:58	0:52:38	44	MHK	08:20 / 09:34	11:03	11:05	10:52	10:01
102	339	Hildebrandt Dennis	GESUNDHEITS-CENTER POINT	1:01:10	0:55:30	45	MHK	05:40 / 10:10	10:47	12:03	11:10	11:13
103	232	Berger Jan	FC Hansa Meppen	1:01:19	0:58:59	15	M30	02:20 / 11:59	11:48	11:38	09:03	14:21
104	157	Hempfen Martin	SV Alemannia Blanke	1:01:30	0:54:30	16	M30	07:00 / 10:55	10:28	11:34	11:06	10:15
105	264	Stöhrmann Dominik	*Nordhorn	1:01:31	0:54:51	46	MHK	06:40 / 10:50	10:41	11:07	11:24	10:41
106	333	Zweers Martin	*Nordhorn	1:01:34	0:51:34	8	M35	10:00 / 11:03	10:13	10:10	10:07	09:54
107	349	Nguyen Viet Duc	keine	1:01:35	0:55:15	47	MHK	06:20 / 12:36	11:12	10:09	11:00	10:10
108	200	Hennecke Michael	*Lingen	1:01:45	0:53:25	13	M45	08:20 / 10:02	10:46	11:02	11:00	10:29
109	274	Hartmann Sven	*Bergisch Gladbach	1:01:55	0:54:55	9	M35	07:00 / 10:53	11:15	10:52	11:01	10:49
110	269	Welling Dirk	Perlentaucher	1:02:07	1:00:07	17	M30	02:00 / 12:20	12:21	12:05	11:54	11:15
111	243	Guthier-Geier Andre	Dreierwalder Höllenjungs	1:02:09	0:54:29	10	M35	07:40 / 11:12	10:56	10:15	10:38	11:19
112	55	Janisng Matthias	Tri 4 Fun	1:02:24	0:56:24	48	MHK	06:00 / 09:24	11:41	11:42	12:00	11:33
113	263	Snyders Steve	Devillegs	1:02:34	1:01:14	49	MHK	01:20 / 14:38	11:21	11:04	11:47	12:11
114	120	Feldhues Marcel	FC Schüttorf 09 Wasserball	1:02:35	0:57:15	50	MHK	05:20 / 11:44	10:44	11:41	11:23	11:31
115	19	Plaggenborg Stephan	Hell Runners	1:02:36	0:57:16	14	M45	05:20 / 10:14	11:02	11:40	12:04	12:10
116	92	Schreinemacher Philipp	Buena Vista Kegelclub I	1:02:52	0:59:32	51	MHK	03:20 / 09:50	12:09	12:26	12:51	12:13
117	293	Schröder Philip	SV Concordia Emsbüren	1:03:10	0:55:30	52	MHK	07:40 / 11:01	11:14	10:59	11:11	11:00
118	343	Damkowski Marcel	GESUNDHEITS-CENTER POINT	1:03:31	0:55:31	8	MU20	08:00 / 10:58	11:29	10:57	11:34	10:28
119	377	Venemann Kai	*Itterbeck	1:03:34	1:01:14	1	MU16	02:20 / 13:57	12:31	12:18	12:13	10:04
120	234	Schwarz Tomas	FC Hansa Meppen	1:03:38	0:58:58	11	M35	04:40 / 12:07	11:41	11:38	11:51	11:31

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	257	Krafeld Matthias	VfL Ahaus	1:03:41	0:59:01	11	M50	04:40 / 11:40	11:51	11:48	12:17	11:19
122	227	Kulinna Peter	*Dorfen	1:03:45	0:58:45	53	MHK	05:00 / 11:40	12:15	11:36	11:13	11:53
123	315	Große-Brookhuis Guido	SSV Ohne -Der beste Mix-	1:04:00	0:58:00	54	MHK	06:00 / 09:56	11:58	11:57	12:03	12:03
124	270	Werner Jonas	SV Olympia Uelsen	1:04:09	0:59:29	55	MHK	04:40 / 12:45	12:14	11:34	11:46	11:01
125	285	Busch Andreas	Cologne Hell-Runners	1:04:15	0:54:55	12	M35	09:20 / 10:53	11:15	10:53	11:02	10:47
126	12	Peter Heiko	Team Steggewentze	1:04:28	1:01:48	13	M35	02:40 / 12:30	11:32	13:10	12:35	11:47
127	236	Dänekas DR Sören	*Osnabrück	1:04:31	1:00:31	56	MHK	04:00 / 13:05	12:34	12:08	11:59	10:34
128	61	Bielefeld Matthias	nhs-süd Matschafften	1:04:38	0:57:38	57	MHK	07:00 / 09:50	11:32	12:13	11:59	11:57
129	74	Wilp Markus	Schlammmonster	1:04:46	0:59:06	12	M50	05:40 / 11:14	11:27	11:52	12:17	12:05
130	49	Lampe Michael	*Osnabrück	1:04:54	1:01:34	6	M40	03:20 / 12:46	12:05	12:13	12:04	12:11
131	268	Havermann Heinz Josef	Perlentaucher	1:04:57	1:00:17	18	M30	04:40 / 12:19	12:20	12:02	11:58	11:26
132	352	Schroven Martin	*Nordhorn	1:04:59	0:55:59	58	MHK	09:00 / 12:13	11:27	10:47	10:47	10:38
133	78	Ippolito Gennaro	*Münster	1:05:00	1:02:00	59	MHK	03:00 / 11:05	12:14	12:53	13:33	12:11
134	139	Knoppe Lars	SV Bempen 09	1:05:13	0:57:53	60	MHK	07:20 / 09:53	11:33	12:06	12:03	12:13
135	344	Placke Marvin	GESUNDHEITS-CENTER POINT	1:05:31	0:55:31	9	MU20	10:00 / 10:59	11:28	10:57	11:32	10:30
136	233	Kerperien Stefan	FC Hansa Meppen	1:05:39	0:58:59	19	M30	06:40 / 12:01	11:46	11:39	11:27	11:57
137	284	Elbeshausen Max	*Rheine	1:05:43	1:02:03	61	MHK	03:40 / 10:57	13:11	13:00	12:27	12:24
138	336	Hoffmann Roman	*Lingen	1:05:44	0:58:44	20	M30	07:00 / 11:05	12:01	12:02	12:18	11:14
139	133	Leuchtmann Julian	BFG	1:06:07	1:00:27	62	MHK	05:40 / 10:17	12:15	12:37	12:29	12:42
140	90	Schepper Helmut	*Schwerte	1:06:12	1:02:32	15	M45	03:40 / 11:54	12:21	13:17	12:52	12:02
141	267	Bruns Alexander	Perlentaucher	1:06:36	1:00:16	21	M30	06:20 / 12:19	12:24	12:01	11:56	11:23
142	311	Wermeling Maximilian	*Bochum	1:06:43	1:01:43	63	MHK	05:00 / 10:54	13:15	12:56	12:34	12:00
143	155	Creemer Julian	*Nordhorn	1:06:46	1:00:46	64	MHK	06:00 / 10:59	12:28	12:55	12:30	11:41
144	143	Nitzko Klaus	*Salzbergen	1:07:00	0:57:00	16	M45	10:00 / 10:31	11:35	11:54	11:17	11:37
145	341	Seifert Louis	GESUNDHEITS-CENTER POINT	1:07:01	1:01:41	10	MU20	05:20 / 10:12	14:42	14:18	11:13	11:10
146	255	Schwietering Thomas	VfL Ahaus	1:07:20	1:04:40	7	M40	02:40 / 12:59	12:46	12:49	13:06	12:54
147	117	Hüsken Yannik	big girls dont cry	1:07:54	1:03:14	65	MHK	04:40 / 11:37	12:22	13:04	13:57	12:09
148	44	Hartmann Raphael	*Osnabrück	1:08:14	1:01:34	8	M40	06:40 / 12:49	12:05	12:14	12:05	12:08
149	36	Poll Pascal	*Nordhorn	1:08:19	1:05:39	66	MHK	02:40 / 13:33	13:12	13:13	13:04	12:27
150	206	Hesselink Gero	*Hoogstede	1:08:32	1:00:52	67	MHK	07:40 / 12:09	12:42	12:24	12:21	11:10
151	201	Puls Alexander	*Salzbergen	1:08:33	1:02:13	17	M45	06:20 / 11:52	12:37	12:39	12:30	12:27
152	318	Cerny Rüdiger	Nordhomer Judoclub	1:08:49	1:06:09	13	M50	02:40 / 14:28	12:51	12:36	13:05	12:54
153	281	Kösters Julian	*Rheine	1:09:05	1:02:05	68	MHK	07:00 / 10:52	13:19	12:58	12:28	12:25
154	14	Schröder Kai	Team Steggewentze	1:09:29	1:03:09	69	MHK	06:20 / 13:09	12:35	12:34	12:31	12:06
155	216	Bouwer Guido	*Nordhorn	1:09:51	1:03:11	9	M40	06:40 / 13:30	12:55	12:38	12:20	11:40
156	278	Wolbert Henning	Das fantastische Duo	1:10:39	1:06:19	70	MHK	04:20 / 13:21	13:03	13:20	13:23	13:02
157	29	Blank Sven	privat	1:10:45	1:00:45	10	M40	10:00 / 11:18	12:42	11:59	12:09	12:27
158	13	Gerstaedt Manuel	Team Steggewentze	1:10:49	1:03:09	22	M30	07:40 / 13:09	12:36	12:34	12:31	12:06
159	266	Krzywanski Stefan	Krarate Ochtrup	1:10:49	1:05:09	11	M40	05:40 / 12:17	12:31	13:23	13:18	13:36
160	282	Kocks Sebastian	*Rheine	1:11:07	1:02:07	71	MHK	09:00 / 10:48	13:24	12:55	12:34	12:23
161	219	Gruber Stephan	Team Eisenkarl	1:11:14	1:09:14	12	M40	02:00 / 13:37	14:18	13:40	13:34	13:56
162	328	Jansen Manfred	Nordhomer Judo-Club e.V.	1:11:48	1:04:28	18	M45	07:20 / 14:35	12:38	12:01	12:31	12:29
163	305	Holtkamp Tobias	*Nordhorn	1:11:50	1:04:10	72	MHK	07:40 / 13:51	12:18	13:00	12:30	12:19
164	214	Herms Friedrich	FC 09	1:11:54	1:07:34	14	M50	04:20 / 12:53	13:25	13:23	13:31	14:08
165	146	Ilgner Oliver	die Gartenpraxis	1:12:05	1:06:25	19	M45	05:40 / 13:21	13:31	13:21	13:06	12:58
166	304	Meyer Niels	*Nordhorn	1:12:10	1:04:10	73	MHK	08:00 / 13:52	12:18	13:01	12:28	12:18
167	126	Simmelink Kevin	Huize Epicurus	1:12:11	1:10:31	74	MHK	01:40 / 12:16	14:31	15:10	14:50	13:38
168	67	Ippolito Giuseppe	*Rheda-Wiedenbrück	1:12:37	1:06:37	75	MHK	06:00 / 11:05	14:02	14:04	13:38	13:45
169	25	Peichert Patrick	Der müde Joe	1:12:37	1:02:37	23	M30	10:00 / 12:55	11:54	11:59	12:19	13:23
170	221	Schulten Holger	Team Eisenkarl	1:12:54	1:09:14	13	M40	03:40 / 13:43	13:21	14:36	13:00	14:24
171	16	Dove Sigg	Ihr könnt nach Hause fahm..	1:13:05	1:04:05	15	M50	09:00 / 10:56	12:55	13:15	13:44	13:11
172	223	Dilli Matthias	Team Eisenkarl	1:13:34	1:09:14	14	M35	04:20 / 14:34	12:43	14:20	13:35	13:51
173	296	Hoffrogge Ralf	Die Unbesiegbaren	1:13:49	1:09:29	16	M50	04:20 / 13:37	14:17	14:00	13:50	13:38
174	222	Dornieden Christoph	Team Eisenkarl	1:13:54	1:09:14	14	M40	04:40 / 13:51	13:53	13:49	13:06	14:25
175	134	Joscha Lübben	*Nordhorn	1:14:52	1:04:52	76	MHK	10:00 / 12:17	13:16	13:20	12:53	12:54
176	129	Van Aken Maurice	Twister	1:15:07	1:08:07	15	M40	07:00 / 13:17	13:25	13:45	13:34	13:58
177	105	Tuchen Tobias	Feuerwehr Lengerich II	1:15:42	1:12:22	11	MU20	03:20 / 14:24	15:08	14:20	14:09	14:09
178	342	Rüstmann Niko	GESUNDHEITS-CENTER POINT	1:15:45	1:07:45	12	MU20	08:00 / 11:44	13:14	14:29	14:29	13:45
179	114	Böseler Christian	Hells Angeles	1:15:48	1:05:48	77	MHK	10:00 / 12:37	12:19	15:15	13:02	12:29
180	300	Jaron Philip	Team Eisenkarl	1:15:55	1:09:15	16	M40	06:40 / 13:59	14:04	13:36	13:32	13:54

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
181	261	Roofls Peter	Devillegs	1:16:50	1:11:50	78	MHK	05:00 / 14:38	14:41	13:46	14:34	13:59
182	32	Rüggen Torben	MoTorIng	1:16:58	1:10:18	24	M30	06:40 / 13:00	14:15	14:28	14:48	13:42
183	1	Lüppe Rüdiger	Gassiclub Dackel 2010	1:17:01	1:08:41	20	M45	08:20 / 12:49	14:00	14:24	13:29	13:55
184	100	Meyer Carsten	Feuerwehr Lengerich I	1:17:23	1:12:23	17	M40	05:00 / 14:15	14:51	14:45	14:10	14:09
185	262	Hinderink Janik	Devillegs	1:18:10	1:11:50	79	MHK	06:20 / 14:40	14:39	13:55	14:39	13:45
186	115	Burchgart Maik	*Warendorf	1:18:12	1:14:12	25	M30	04:00 / 13:03	15:20	15:42	15:07	14:57
187	364	Hüer Marian		1:18:58	1:13:38	80	MHK	05:20 / 13:42	14:04	14:51	16:09	14:39
188	361	Fuchs Mathis	Team Müller-Fuchs-Stadmann	1:18:58	1:13:38	81	MHK	05:20 / 13:42	14:05	14:55	16:07	14:38
189	329	Kuper Tom	Team Eisenkarl	1:19:14	1:09:14	15	M35	10:00 / 14:03	13:54	13:42	13:27	13:59
190	247	Bartz Volker	*Lingen	1:19:19	1:09:19	18	M40	10:00 / 14:31	13:24	13:53	13:42	13:39
191	301	Vrielmann Frank	NO PAIN NO GLORY	1:19:26	1:15:46	16	M35	03:40 / 16:01	15:14	14:52	14:46	14:38
192	103	Berlemann Björn	Feuerwehr Lengerich II	1:20:43	1:12:23	26	M30	08:20 / 14:23	14:57	14:16	14:25	14:10
193	102	Reineke Sven	Feuerwehr Lengerich I	1:21:03	1:12:23	27	M30	08:40 / 14:20	14:48	14:25	14:25	14:11
194	104	Niggenaber Christopher	Feuerwehr Lengerich II	1:21:43	1:12:23	82	MHK	09:20 / 14:14	14:52	14:29	14:25	14:10
195	116	Burchgart Andy	*Warendorf	1:24:51	1:19:31	83	MHK	05:20 / 13:16	17:20	16:25	16:36	15:50
196	122	Andersen Julian	Hörststraße 14	1:26:19	1:21:59	84	MHK	04:20 / 15:41	16:19	16:40	16:48	16:25
197	400	Wanning Gerold	*Schüttorf	1:27:06	1:21:26	1	M55	05:40 / 15:01	16:58	16:45	17:40	14:57
198	158	Beuker Christoph	*Emlichheim	1:28:52	1:22:32	85	MHK	06:20 / 17:03	16:34	16:30	16:12	16:02
199	124	Wülflen Manfred	Hörststraße 14	1:28:59	1:21:59	21	M45	07:00 / 15:15	16:35	16:30	16:09	17:25

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	131	Sumbeck Imke	lc nordhorn	0:50:06	0:43:46	1	W30	06:20 / 08:18	08:43	08:39	09:09	08:53
2	294	Wetzstein Mareike	*Emsbüren	1:02:50	0:55:30	1	WHK	07:20 / 11:02	11:14	10:59	11:11	10:59
3	260	Krafeld Isabel	VfL Ahaus	1:03:21	0:59:01	2	WHK	04:20 / 11:41	11:50	11:48	12:15	11:21
4	209	Kronshage Sylvia	Sylvia KronshagePT	1:03:56	1:01:16	1	W40	02:40 / 12:11	12:20	12:16	12:16	12:08
5	314	Holt Bärbel	SSV Ohne -Der beste Mix-	1:04:07	1:01:27	1	W35	02:40 / 11:21	12:36	12:29	12:30	12:26
6	156	Heinrichs Kristina	Team Ruhrpott	1:04:20	0:55:20	3	WHK	09:00 / 11:27	11:09	11:04	10:57	10:36
7	354	Duscha Julia	*Lingen	1:04:24	0:58:44	4	WHK	05:40 / 11:05	12:02	12:01	12:18	11:13
8	353	Wanink Jessica	*Nordhorn	1:05:19	0:55:59	2	W30	09:20 / 12:13	11:27	10:47	10:47	10:38
9	50	Frühauf Melanie	LG Emsdetten	1:05:32	1:02:52	2	W35	02:40 / 12:36	12:30	12:31	12:36	12:29
10	235	Oelgemöller Nora	*Osnabrück	1:05:51	1:00:31	5	WHK	05:20 / 13:05	12:34	12:10	11:58	10:34
11	215	Bouwer Sylvia	*Nordhorn	1:06:11	1:03:11	2	W40	03:00 / 13:30	12:55	12:37	12:11	11:49
12	66	Stermann Ina	Marathon Ibbenbüren	1:06:17	1:01:57	6	WHK	04:20 / 12:32	12:12	12:23	12:31	12:09
13	21	Hausberg Julia	Team Ruhrpott	1:06:42	0:59:42	3	W30	07:00 / 11:51	11:36	11:40	12:20	12:06
14	46	Helweg Mareen	*Emlichheim	1:06:49	0:59:09	7	WHK	07:40 / 13:10	11:54	11:55	11:13	10:47
15	205	Zwartscholten Gesa	*Emlichheim	1:07:12	1:00:52	8	WHK	06:20 / 12:11	12:40	12:32	12:18	11:04
16	312	Buscher Elisa	SG VV Nordhorn	1:07:32	0:59:12	1	WU18	08:20 / 13:01	11:47	11:56	11:48	10:31
17	367	Lubbers Christiane	Team Lubbers-Funke-Rexeis	1:07:48	1:01:48	1	W45	06:00 / 14:18	11:59	11:39	12:20	11:20
18	137	Kötter-Orthaus Karin	*Gronau-Epe	1:08:21	1:01:01	9	WHK	07:20 / 12:45	12:12	12:00	11:59	11:53
19	325	Hagedorn Femke	*Osterwald	1:09:46	1:01:26	1	WU20	08:20 / 13:57	12:32	12:18	12:13	10:16
20	378	Schütte Rebecca	*Meppen	1:09:48	1:01:48	3	W40	08:00 / 14:06	12:07	11:43	12:17	11:25
21	136	Terhaar Janina	*Gronau-Epe	1:10:01	1:01:01	10	WHK	09:00 / 12:45	12:12	12:00	11:59	11:53
22	113	Leers Konni	Hells Angeles	1:10:28	1:05:48	2	W45	04:40 / 12:37	12:19	15:15	13:07	12:24
23	368	Funke Eva	Team Lubbers-Funke-Rexeis	1:10:48	1:01:48	3	W45	09:00 / 14:08	11:40	11:53	12:19	11:37
24	207	Steffen Linda	Laufgruppe SCU Emlichheim	1:11:07	1:01:07	11	WHK	10:00 / 12:12	12:42	12:35	12:19	11:14
25	376	Ribbert Lena	SCU Emlichheim	1:11:15	1:05:35	12	WHK	05:40 / 13:58	12:31	12:41	13:00	13:13
26	366	Schröder Evelyn	*Meppen	1:11:28	1:01:48	4	W40	09:40 / 14:13	12:10	11:40	12:19	11:15
27	369	Rexeis Ricarda	Team Lubbers-Funke-Rexeis	1:11:48	1:01:48	4	W45	10:00 / 14:14	12:01	11:43	12:16	11:24
28	35	Huy Loreen	*Nordhorn	1:11:59	1:05:39	13	WHK	06:20 / 13:34	13:12	13:12	13:05	12:26
29	256	Huck Alexa	VfL Ahaus	1:12:00	1:04:40	5	W45	07:20 / 13:00	12:45	12:50	13:05	12:54
30	279	Schrovenwever Simone	Das fantastische Duo	1:12:19	1:06:19	14	WHK	06:00 / 13:22	13:02	13:20	13:25	13:00
31	346	Menke Dagmar	Team Eisenkarl	1:12:34	1:09:14	6	W45	03:20 / 13:54	13:15	14:30	13:05	14:21
32	259	Rotering Birgitte	VfL Ahaus	1:13:01	1:04:21	1	W55	08:40 / 13:00	12:46	12:49	13:04	12:37
33	112	Leers Milena	Hells Angeles	1:13:08	1:05:48	15	WHK	07:20 / 12:37	12:18	15:15	13:07	12:24
34	298	Hoffrogge Julia	Die Unbesiegbaren	1:13:09	1:09:29	2	WU18	03:40 / 13:37	14:17	13:59	13:49	13:40
35	31	Kurek Siemona	MoTorIng	1:13:18	1:10:18	3	W35	03:00 / 13:02	14:13	14:28	14:48	13:42
36	10	Schleiner Karin	laufftreff wettringen	1:13:45	1:06:45	1	W50	07:00 / 13:28	12:59	13:01	13:21	13:47
37	147	Ilgner Andrea	die Gartenpraxis	1:14:05	1:06:25	7	W45	07:40 / 13:21	13:34	13:23	13:01	12:58
38	149	Schleiner Michaela	*Neuenkirchen	1:14:45	1:06:45	16	WHK	08:00 / 13:28	13:01	13:05	13:16	13:45
39	253	Türk DR Daniela	The incredible Sportskanonen	1:15:36	1:10:36	17	WHK	05:00 / 14:41	14:12	13:46	13:58	13:50
40	51	Shoukry Sonia	*Münster	1:16:08	1:13:28	4	W30	02:40 / 15:04	14:47	14:36	14:35	14:14
41	251	Hermeling DR Hanne	The incredible Sportskanonen	1:16:16	1:10:36	18	WHK	05:40 / 14:43	14:09	13:49	13:58	13:50
42	330	Weiß Andrea	Eisenkarl	1:16:34	1:09:14	5	W40	07:20 / 14:06	13:37	13:53	13:36	13:52
43	5	Koße Wiltrud	Lauffreunde Emsland	1:16:45	1:06:45	2	W50	10:00 / 13:32	12:57	13:05	13:28	13:34
44	252	Rüther DR Verena	The incredible Sportskanonen	1:16:56	1:10:36	19	WHK	06:20 / 14:42	14:10	13:48	13:57	13:50
45	331	Lampe Renate	Eisenkarl	1:17:34	1:09:14	6	W40	08:20 / 14:10	13:37	13:50	13:04	14:25
46	142	Eilering Karin	SV SuSa Tiger	1:17:46	1:09:46	3	W50	08:00 / 11:58	13:55	14:31	15:33	13:44
47	127	Zwiers Paulien	Huize Epicurus	1:17:51	1:10:31	20	WHK	07:20 / 12:17	14:31	15:09	14:51	13:38
48	101	Windmüller Daniela	Feuerwehr Lengerich I	1:18:03	1:12:23	5	W30	05:40 / 14:13	14:46	14:33	14:08	14:29
49	220	Bella-Gruber Paula	Team Eisenkarl	1:18:14	1:09:14	4	W35	09:00 / 14:36	13:30	13:42	13:53	13:24
50	327	Atik-Mäsker Susan	Team Eisenkarl	1:18:33	1:09:13	5	W35	09:20 / 14:00	13:50	13:45	13:40	13:50
51	248	Bras Ingrid	*Lingen	1:19:20	1:09:20	7	W40	10:00 / 14:31	13:24	13:52	13:44	13:37
52	297	Hoffrogge Johanna	Die Unbesiegbaren	1:19:29	1:09:29	3	WU18	10:00 / 13:37	14:17	14:00	13:50	13:39
53	337	Plahm Margret	GESUNDHEITS-CENTER POINT	1:19:31	1:12:31	21	WHK	07:00 / 12:34	14:19	14:44	14:54	15:56
54	3	Lüppe Mareike	Gassi- Club- Dackel 2010	1:19:59	1:13:59	6	W35	06:00 / 13:42	15:18	14:47	15:09	14:58
55	230	Röttgers Insa	*Neuenhaus	1:20:11	1:10:51	2	WU20	09:20 / 12:13	14:30	14:39	14:56	14:30
56	276	Flemming Tamara	*Köln	1:20:42	1:12:42	6	W30	08:00 / 14:33	16:05	13:39	14:17	14:01
57	287	Busch Andrea	Cologne Hell-Runners	1:20:43	1:12:43	7	W30	08:00 / 14:33	16:06	13:39	14:17	14:02
58	89	Zaubzer Moni	*Schwerte	1:21:20	1:13:00	8	W45	08:20 / 14:32	14:32	15:10	14:38	14:03
59	303	Ten Brink Gerlinde	NO PAIN NO GLORY	1:21:46	1:15:46	7	W35	06:00 / 16:07	15:23	14:41	14:50	14:31
60	39	Ortloff Andrea	Das O-Team	1:22:16	1:12:16	8	W40	10:00 / 13:27	14:44	15:20	14:42	13:56

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	302	Keil Tanja	NO PAIN NO GLORY	1:22:46	1:15:46	9	W40	07:00 / 16:02 15:26 14:42 14:45 14:37
62	37	Oltmanns Aenny	Das O-Team	1:24:12	1:15:12	8	W30	09:00 / 14:33 15:03 15:02 15:12 15:14
63	83	Stallknecht Yvonne	Praxis Dr. Widmer	1:25:19	1:23:19	22	WHK	02:00 / 14:59 16:34 17:14 17:24 17:00
64	82	Bremmer Anke	Praxis Dr. Widmer	1:26:19	1:23:19	9	W45	03:00 / 14:58 16:32 17:16 17:24 17:00
65	64	Ekelhoff Alissa	*Wietmarschen	1:26:53	1:20:13	23	WHK	06:40 / 15:56 15:54 16:32 15:52 15:45
66	6	Raschke Iris	*Schüttorf	1:27:56	1:20:16	10	W45	07:40 / 15:01 16:14 16:48 16:15 15:55
67	123	Andersen Tanja	Hörststraße 14	1:29:39	1:21:59	24	WHK	07:40 / 15:43 16:18 16:41 16:49 16:23
68	65	Sieper Juliane	*Salzbergen	1:29:54	1:20:14	25	WHK	09:40 / 15:56 15:55 16:32 15:53 15:44
69	81	Saalfeld Simone	Praxis Dr. Widmer	1:30:00	1:23:20	9	W30	06:40 / 14:59 16:35 17:15 17:27 16:57
70	45	Klein Lara	*Emlichheim	1:32:32	1:22:32	26	WHK	10:00 / 17:03 16:35 16:30 16:11 16:02
71	299	Takke Jasmin	J# & R	1:34:56	1:28:56	4	WU18	06:00 / 15:59 18:12 19:19 18:39 16:41