

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	148	Sperver Michael	Spervers Hofladen	0:42:24	0:37:04	1	MHK	05:20 / 06:37	07:27	07:41	07:45	07:31
2	651	Pugge Daniel	TEAM Danielpugge.de	0:43:07	0:37:27	1	M30	05:40 / 07:02	07:38	07:43	07:28	07:33
3	372	Heymann Sebastian	Sv concordia emsbüren	0:45:02	0:38:22	2	M30	06:40 / 07:07	07:37	07:45	07:58	07:51
4	618	Gügelmeyer Stefan	SV Dalum	0:46:44	0:44:24	1	M40	02:20 / 08:09	08:38	09:25	09:10	08:57
5	182	Enning Patrick	Berufsfeuerwehr Gelsenkirchen	0:47:02	0:45:02	2	MHK	02:00 / 07:45	09:13	09:31	09:25	09:06
6	415	Teders Jan	Sebdorjan	0:47:36	0:44:16	3	MHK	03:20 / 08:23	09:04	09:06	09:00	08:37
7	146	Bartsch Maik	Running Ducks	0:47:54	0:40:34	1	MU20	07:20 / 07:40	08:15	07:55	08:04	08:32
8	17	Leopold Kevin	*Ochtrup	0:48:48	0:41:28	4	MHK	07:20 / 07:45	08:16	08:27	08:37	08:21
9	95	Höcker Christian	BoneBreakerZ	0:49:10	0:47:30	5	MHK	01:40 / 08:34	09:25	09:54	09:53	09:41
10	439	Plescher Jan	Paderborner Straße	0:49:12	0:44:12	6	MHK	05:00 / 07:37	09:11	09:08	09:04	09:07
11	505	Zander Michael	freeXactive	0:49:49	0:46:49	7	MHK	03:00 / 08:16	09:41	09:31	09:51	09:26
12	507	Steinweg Henning	freeXactive	0:49:49	0:46:49	8	MHK	03:00 / 08:09	09:57	09:16	09:40	09:44
13	592	Meyer Jörn	GESUNDHEITS-CENTER POINT	0:50:51	0:45:11	9	MHK	05:40 / 07:58	09:12	09:15	09:44	08:58
14	496	Knüver Michael	Hell Runners	0:50:58	0:48:18	1	M45	02:40 / 08:53	09:39	09:59	09:47	09:55
15	514	Beerboom Aron	SV Fortuna Beesten	0:51:01	0:50:01	10	MHK	01:00 / 09:52	09:53	10:18	10:05	09:45
16	399	Konen Stefan	Hoellendullies	0:51:02	0:47:02	11	MHK	04:00 / 08:26	09:34	09:36	09:50	09:32
17	227	Vosskötter Ralf	FAST FORWARD	0:51:15	0:49:15	1	M55	02:00 / 08:45	09:41	10:21	10:14	10:10
18	243	Kuhlbusch Ansgar	Die Jerryberries	0:52:16	0:44:36	1	M50	07:40 / 08:54	08:50	08:58	09:05	08:41
19	214	Venemann Kai	grüns	0:52:25	0:47:05	12	MHK	05:20 / 08:28	09:16	09:39	09:53	09:45
20	484	Weber Ingo	isfs-Ingo Weber	0:52:39	0:48:19	2	M45	04:20 / 08:32	09:38	10:01	10:03	10:00
21	506	Temme Eike	freeXactive	0:52:49	0:46:49	13	MHK	06:00 / 08:17	09:41	09:27	09:42	09:40
22	400	Wilken Patrick	Hoellendullies	0:52:50	0:44:30	14	MHK	08:20 / 08:24	09:05	09:20	09:00	08:35
23	183	Wessels Michael	Berufsfeuerwehr Dortmund	0:53:09	0:46:29	15	MHK	06:40 / 08:01	09:21	10:33	09:41	08:51
24	427	Mäuer Udo	SV-Dickenberg	0:53:19	0:46:39	3	M45	06:40 / 08:06	09:24	09:28	09:35	10:02
25	255	Jasper Manfred	Crespel & Deiters	0:53:28	0:51:48	4	M45	01:40 / 12:21	09:54	09:34	10:15	09:18
26	70	Löhr Henning	*Lingen	0:53:35	0:47:55	16	MHK	05:40 / 09:04	09:58	10:05	09:37	09:00
27	176	Claas Christoph	Westfalia Bilk	0:53:56	0:51:36	17	MHK	02:20 / 09:35	10:43	10:44	10:36	09:51
28	5	Kammler Andreas	AktivPark	0:54:04	0:48:44	1	M35	05:20 / 08:43	09:30	10:16	10:11	10:00
29	647	Chloupek Jack		0:54:27	0:51:07	3	M30	03:20 / 08:35	10:00	10:09	11:36	10:45
30	440	Joostberends Tobias	Paderborner Straße	0:54:51	0:51:31	18	MHK	03:20 / 09:14	10:22	10:40	10:41	10:30
31	196	Schulte Tobias	*Lingen	0:54:56	0:51:16	19	MHK	03:40 / 09:05	10:01	10:32	10:59	10:33
32	597	Holterhaus Hannes	OLB Azubis	0:55:08	0:47:08	20	MHK	08:00 / 09:20	08:57	09:31	09:38	09:35
33	419	Morgner Nils	Averes - da laufen die Systeme	0:55:15	0:47:35	21	MHK	07:40 / 08:53	09:20	09:45	09:51	09:40
34	199	Diedrich Tobias	*Herford	0:55:17	0:46:17	4	M30	09:00 / 08:02	09:27	09:51	09:44	09:08
35	75	Hartmann Sven	Höllenhunde	0:55:19	0:52:19	2	M35	03:00 / 09:32	10:22	10:55	11:02	10:22
36	402	Wilken Heiko	Hoellendullies	0:55:20	0:52:20	22	MHK	03:00 / 10:34	10:45	11:16	10:30	09:10
37	430	Vrielmann Frank	Bentec E-Engineering	0:55:21	0:50:41	3	M35	04:40 / 09:47	10:12	10:19	10:15	10:01
38	648	Konorhu Angelo		0:55:33	0:51:13	23	MHK	04:20 / 08:51	10:50	10:28	10:27	10:32
39	283	Rabe Oliver	Wink Stanzwerkzeuge	0:55:34	0:45:34	5	M30	10:00 / 09:46	09:15	08:49	08:57	08:38
40	94	Meiners Dennis	BoneBreakerZ	0:55:34	0:45:34	6	M30	10:00 / 08:37	09:05	09:27	09:20	09:03
41	174	Prager Daniel	Westfalia Bilk	0:55:40	0:52:40	24	MHK	03:00 / 09:37	10:45	10:40	10:57	10:35
42	175	Schleiner Marius	Westfalia Bilk	0:55:40	0:50:20	25	MHK	05:20 / 09:35	10:41	10:43	09:45	09:30
43	54	Pieper Stefan	Heipiemen	0:55:52	0:53:12	7	M30	02:40 / 09:40	10:43	10:53	11:04	10:44
44	18	Beckhuis Günter	*Uelsen	0:56:06	0:52:06	2	M50	04:00 / 10:29	09:59	10:38	10:44	10:08
45	9	Hanneken Stefan	*Geeste	0:56:12	0:49:52	2	M40	06:20 / 08:43	09:44	10:21	10:59	10:03
46	55	Mense Sven	Heipiemen	0:56:16	0:48:56	8	M30	07:20 / 09:17	09:47	10:00	09:50	09:55
47	572	Wieking Gunnar	*Bad Bentheim	0:56:24	0:49:44	9	M30	06:40 / 10:00	09:35	10:09	10:00	09:54
48	53	Heitz Manuel	Heipiemen	0:56:29	0:51:49	10	M30	04:40 / 09:43	10:12	10:37	10:38	10:33
49	34	Van Wieren Gebhard	Laufftreff SV Olympia Uelsen	0:56:34	0:50:14	3	M50	06:20 / 09:41	09:40	09:49	10:54	10:05
50	431	Aholou Gratien	Bentec E-Engineering	0:56:39	0:53:19	11	M30	03:20 / 09:51	10:25	11:11	10:58	10:46
51	184	Heyen Thomas	*Meppen	0:56:44	0:53:44	5	M45	03:00 / 09:28	10:46	11:06	11:00	11:21
52	508	Ottink Mirco	*Schüttorf	0:56:44	0:49:44	4	M35	07:00 / 09:56	09:36	10:09	09:57	09:59
53	518	Sanders Leon	COLESA	0:56:48	0:52:28	26	MHK	04:20 / 10:43	10:08	10:40	10:13	10:39
54	258	Kalawarny Jeffrey	Wink Stanzwerkzeuge	0:56:57	0:47:17	27	MHK	09:40 / 09:47	09:40	09:20	09:06	09:15
55	443	Brüning Maik	LG Finger am Fuß	0:56:58	0:53:38	3	M40	03:20 / 11:29	10:36	10:39	10:31	10:12
56	44	Nackat Lars	*Rheine	0:57:00	0:48:40	4	M40	08:20 / 08:15	09:25	10:18	10:17	10:20
57	396	Bradatsch Henning	Hoellendullies	0:57:07	0:52:07	28	MHK	05:00 / 09:39	10:31	10:41	10:49	10:23
58	515	Fühner Dennis	SV Fortuna Beesten	0:57:17	0:49:17	29	MHK	08:00 / 10:10	09:42	10:11	10:05	09:01
59	630	Büter Rainer	SSV Ohne	0:57:30	0:51:10	6	M45	06:20 / 09:57	09:44	10:21	10:34	10:29
60	526	Bruns Martus	pimmelpiraten	0:57:35	0:55:35	5	M35	02:00 / 10:45	11:02	11:31	11:15	10:53

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	233	Julius DR Patrick	Hoppel Hoppel Wadelheim	0:57:41	0:50:41	5	M40	07:00 / 09:48	09:48	10:19	10:38	10:02
62	510	Jürling Dennis	SV Fortuna Beesten	0:57:47	0:50:27	30	MHK	07:20 / 09:52	10:17	09:56	10:06	10:09
63	625	Lagemann Maik	LG Emsdetten	0:57:52	0:47:52	6	M40	10:00 / 09:17	09:30	09:45	09:30	09:44
64	91	Schmitz Michael	Höllenhunde	0:57:55	0:47:55	6	M35	10:00 / 08:50	09:06	09:58	10:02	09:51
65	251	Stermann Benjamin	Crespel & Deiters	0:58:00	0:52:20	12	M30	05:40 / 12:20	10:17	09:56	09:59	09:21
66	471	Arends Marko	Bude Biogas	0:58:09	0:56:49	31	MHK	01:20 / 10:05	11:27	11:45	11:46	11:42
67	297	Battling Tim		0:58:11	0:53:11	7	M35	05:00 / 10:51	10:30	10:33	11:10	09:51
68	477	Afting Jonathan	Baccumer Bravehearts	0:58:14	0:48:14	2	MU20	10:00 / 08:45	09:56	09:54	10:13	09:22
69	594	Preisel Karl	GESUNDHEITS-CENTER POINT	0:58:36	0:53:56	32	MHK	04:40 / 10:05	11:26	11:11	10:47	10:23
70	158	Helper Heinrich	Helper	0:58:43	0:55:43	7	M45	03:00 / 10:43	11:39	11:13	11:17	10:48
71	472	Mensen Gerwin	Bude Biogas	0:58:49	0:56:49	33	MHK	02:00 / 10:02	11:28	11:40	11:52	11:43
72	269	Rickling Christian	*Nordhorn	0:58:52	0:50:32	13	M30	08:20 / 09:11	10:15	10:18	10:46	09:58
73	76	Wedemeyer Tim	Höllenhunde	0:58:52	0:52:12	3	MU20	06:40 / 09:33	10:20	10:55	11:03	10:17
74	155	Sobotzik Patrick	Running Gag	0:58:59	0:53:39	34	MHK	05:20 / 09:09	10:16	10:50	11:42	11:32
75	160	Helper Erik	Helper	0:59:02	0:53:02	7	M40	06:00 / 09:42	10:41	10:57	11:02	10:36
76	511	Focks Fabian	SV Fortuna Beesten	0:59:11	0:55:11	35	MHK	04:00 / 10:11	10:41	11:36	11:32	11:05
77	509	Prein Markus	SV Fortuna Beesten	0:59:13	0:55:13	36	MHK	04:00 / 09:54	10:43	11:51	11:32	11:06
78	229	Ellguth Dominik	FAST FORWARD	0:59:15	0:57:15	37	MHK	02:00 / 09:39	12:47	11:38	11:37	11:29
79	286	Baars Joel	Zimmerei Eilers	0:59:24	0:55:44	38	MHK	03:40 / 10:04	11:04	11:44	11:37	11:11
80	397	Zumsande Thomas	Hoellendullies	0:59:37	0:57:17	39	MHK	02:20 / 11:14	11:36	11:57	11:45	10:40
81	377	Schroven Martin	*Neuenhaus	0:59:44	0:49:44	40	MHK	10:00 / 09:59	09:32	10:09	09:57	09:59
82	621	Glasmeier Nils	DJK Arminia Ibbenbüren	0:59:45	0:49:45	41	MHK	10:00 / 09:09	10:02	10:01	10:22	10:06
83	568	Ribeiro de Sá Benjamin	*Hamm	0:59:55	0:58:35	14	M30	01:20 / 12:01	12:19	11:40	11:21	11:02
84	294	Rönne Janek		0:59:56	0:54:56	4	MU20	05:00 / 09:01	09:36	10:53	11:19	13:58
85	156	Kahlert Christoph	Running Gag	1:00:01	0:54:21	42	MHK	05:40 / 09:10	10:27	11:19	12:23	10:51
86	280	Arends André	Laufftreff Tausendschön	1:00:04	0:55:04	15	M30	05:00 / 12:30	10:25	10:17	10:41	10:55
87	52	Steingröver Andre	Super Yummy Team	1:00:07	0:52:27	16	M30	07:40 / 09:18	10:15	10:39	11:31	10:34
88	626	Henkenborg Michael	Tus Borgloh	1:00:14	0:55:34	4	M50	04:40 / 10:40	11:09	11:25	11:09	11:05
89	145	Kuhlbusch Veit	Running Ducks	1:00:15	0:53:35	5	MU20	06:40 / 09:01	10:16	11:10	11:14	11:46
90	366	Kronshage Kim	KronshagePT	1:00:15	0:54:35	8	M45	05:40 / 10:23	11:05	11:04	11:03	10:53
91	700	Rähers Bernd		1:00:17	0:50:37	17	M30	09:40 / 10:36	10:16	10:32	09:55	09:13
92	216	Metzner Floris	*Schüttorf	1:00:19	0:58:39	18	M30	01:40 / 13:43	10:58	11:09	11:15	11:15
93	285	Eilers Sascha	Zimmerei Eilers	1:00:45	0:55:45	19	M30	05:00 / 10:06	11:03	11:44	11:37	11:11
94	512	Rammes Christoph	SV Fortuna Beesten	1:00:54	0:53:14	43	MHK	07:40 / 11:50	11:44	10:18	09:44	09:29
95	524	Welling Dirk	pimmelpiraten	1:00:55	0:55:35	8	M35	05:20 / 10:57	10:57	11:31	11:17	10:51
96	394	Wilken Niklas	Hoellendullies SUS Lehe	1:00:56	0:57:16	44	MHK	03:40 / 11:14	11:35	11:57	11:48	10:37
97	586	Veltmaat Frank	LC Nordhorn	1:01:00	0:51:20	9	M45	09:40 / 10:21	09:48	10:28	10:21	10:15
98	521	Lanfer Alexander	TRUCHEL	1:01:00	0:57:40	45	MHK	03:20 / 11:00	12:56	12:30	10:55	10:11
99	228	Ellguth Michael	FAST FORWARD	1:01:06	0:54:26	46	MHK	06:40 / 09:21	11:14	11:25	11:33	10:46
100	204	Altenhoff Andre	Mariposa	1:01:10	0:52:30	20	M30	08:40 / 11:01	09:54	10:50	10:20	10:05
100	432	Popek Heinrich	Bentec E-Engineering	1:01:10	0:54:50	9	M35	06:20 / 10:00	10:30	11:16	11:49	11:07
102	599	Gebbeken Ingo	LF	1:01:26	0:53:06	10	M35	08:20 / 10:43	10:42	10:44	10:32	10:19
103	195	Krämer Ralf	*Lingen	1:01:37	0:52:37	8	M40	09:00 / 09:23	10:13	10:59	11:18	10:39
104	612	Schmelnik Matthias	*Nordhorn	1:01:43	0:53:03	11	M35	08:40 / 09:52	10:36	10:57	10:53	10:39
105	445	Grouthuesheitkamp Jochen	LG Finger am Fuß	1:01:44	0:59:24	12	M35	02:20 / 12:38	11:58	11:31	11:30	11:35
106	4	Schwänen Markus	*Haren	1:01:50	0:52:30	9	M40	09:20 / 09:31	10:44	10:35	11:07	10:30
107	33	Gerber Steffen	Muddy Fox Running Rocks e.V.	1:01:54	0:59:14	10	M45	02:40 / 10:58	12:07	12:38	12:36	10:47
108	533	Creemer Timm	*Nordhorn	1:01:55	0:55:15	21	M30	06:40 / 10:27	10:33	11:23	11:55	10:50
109	150	Terhorst Dirk	LG Emsdetten Tri-Team	1:01:57	0:52:57	11	M45	09:00 / 10:07	10:24	10:44	10:54	10:38
110	628	Albering Mirko	MSC Schüttorf	1:02:02	0:56:42	6	MU20	05:20 / 11:38	10:33	11:30	11:12	11:35
111	77	Busch Andreas	Höllenhunde	1:02:12	0:52:12	13	M35	10:00 / 09:32	10:20	10:55	11:04	10:16
112	223	Weimer DR Tobias	Power Rangers	1:02:35	0:52:35	10	M40	10:00 / 09:38	10:38	10:36	10:42	10:53
113	516	Schröder Philip	COLESA	1:02:36	0:58:16	47	MHK	04:20 / 10:46	11:34	12:08	12:12	11:30
114	627	Hosemann Norbert	LC Nordhorn	1:02:39	0:53:39	1	M60	09:00 / 10:09	10:35	11:01	10:53	10:54
115	8	Bröker Dirk	*Emlichheim	1:02:42	0:54:42	12	M45	08:00 / 09:30	10:45	11:36	11:34	11:13
116	466	Klapper Michael	*Ochtrup	1:02:56	0:57:56	22	M30	05:00 / 11:16	11:19	11:50	12:05	11:20
117	151	Terhorst Simon	Tebu Volleys	1:02:57	0:52:57	7	MU20	10:00 / 10:07	10:24	10:39	10:46	10:52
118	382	Blodkamp Andy	Die Optimisten	1:02:58	0:58:58	23	M30	04:00 / 13:01	12:09	12:14	12:05	09:13
119	98	Boll Volker	Laufftreff Tausendschön	1:03:21	0:55:41	48	MHK	07:40 / 12:27	11:15	10:45	10:37	10:22
120	522	Göckener Moritz	TRUCHEL	1:03:38	0:57:18	49	MHK	06:20 / 10:58	12:58	12:28	10:51	09:52

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
121	595	Weitz Sebastian	Rest of the Best	1:03:50	1:01:10	24	M30	02:40 / 12:33 12:38 12:14 12:06 11:31
122	607	Kluckert Stefan	X-FIT	1:03:52	0:59:52	25	M30	04:00 / 12:33 11:49 11:49 11:38 11:55
123	293	Ribeiro Ricardo		1:03:57	0:58:37	26	M30	05:20 / 11:16 12:00 12:19 12:10 10:48
124	159	Helper Arno	Helper	1:03:58	0:58:38	5	M50	05:20 / 10:40 11:49 12:05 11:56 12:03
125	540	Schröter Achim	SuS Darne	1:04:13	0:57:33	13	M45	06:40 / 10:24 11:32 11:56 11:44 11:52
126	442	Krey PROF Markus	LG Finger am Fuß	1:04:19	0:56:59	11	M40	07:20 / 10:25 11:08 11:11 11:21 12:41
127	51	Kohn Johannes	Super Yummy Team	1:04:19	0:57:19	50	MHK	07:00 / 13:38 10:40 11:34 10:38 10:35
128	600	Reul Andreas	LF	1:04:24	0:54:24	14	M35	10:00 / 10:44 10:46 10:49 10:54 11:06
129	513	Scheffer Andre	SV Fortuna Beesten	1:04:30	1:00:10	51	MHK	04:20 / 11:51 11:44 11:55 12:34 11:59
130	254	Tietmeyer Josef	Crespel & Deiters	1:04:33	1:01:33	14	M45	03:00 / 12:29 11:49 12:09 12:24 12:16
131	576	Hildebrandt Dennis	GESUNDHEITS-CENTER POINT	1:04:40	0:57:40	52	MHK	07:00 / 11:17 11:14 11:58 11:35 11:31
132	154	Brunen Matthias	*Emsbüren	1:04:47	0:55:07	53	MHK	09:40 / 08:51 10:29 12:07 11:53 11:43
133	555	Scheve Björn	Team Thailand	1:04:51	1:02:31	27	M30	02:20 / 12:23 12:14 12:18 13:01 12:23
134	606	Albrecht Waldemar	X-FIT	1:04:51	0:59:51	54	MHK	05:00 / 12:33 11:48 11:50 11:38 11:55
135	615	Schwietering Thomas	VfL Ahaus	1:04:51	1:01:31	15	M45	03:20 / 11:58 12:10 12:40 12:15 12:22
136	495	Biniasch Patrick	*Schüttorf	1:04:51	0:57:31	28	M30	07:20 / 09:51 11:44 12:03 12:40 11:10
137	82	Schareina Till	Die Super-Seydels 1	1:05:04	0:58:44	1	MU18	06:20 / 11:04 11:33 12:39 12:46 10:32
138	3	Backherms Rafael	SUS Darne	1:05:12	0:58:32	12	M40	06:40 / 12:11 11:28 11:36 11:59 11:01
139	525	Havermann Jooop	pimmelpiraten	1:05:14	0:55:34	29	M30	09:40 / 10:48 11:01 11:32 11:14 10:51
140	547	Gosink Chris	*Nordhorn	1:05:24	1:01:24	55	MHK	04:00 / 11:20 12:55 12:23 12:27 12:11
141	438	Große-Brookhuis Guido	Paderborner Straße	1:05:32	0:59:52	56	MHK	05:40 / 10:47 12:09 11:58 12:21 12:31
142	259	Oortmann Jonas	Wink Stanzwerkzeuge	1:05:37	0:57:37	30	M30	08:00 / 11:48 11:15 11:36 11:33 11:14
143	616	Creemer Julian	*Nordhorn	1:05:39	0:59:59	57	MHK	05:40 / 10:59 12:03 12:16 12:31 12:03
144	502	Tien Markus	Triathleten	1:06:01	0:56:21	31	M30	09:40 / 11:02 11:13 12:02 11:23 10:28
145	449	Nitzko Klaus	InLaWa Salzbergen	1:06:03	0:56:03	16	M45	10:00 / 10:17 11:10 11:27 11:22 11:44
146	596	Viefhues Fabian	OLB Azubis	1:06:03	1:00:03	8	MU20	06:00 / 09:35 12:05 13:44 12:39 11:54
147	390	Welzel Hartmut	Die Optimisten	1:06:11	1:00:51	17	M45	05:20 / 13:31 11:20 11:43 12:03 11:53
148	134	Hessels Ingo	*Uelsen	1:06:13	1:01:53	32	M30	04:20 / 12:43 11:55 12:03 12:31 12:24
149	503	Stevens Andreas	Triathleten	1:06:20	0:56:20	33	M30	10:00 / 11:04 11:20 11:53 11:23 10:28
150	360	Hoffmann Roman Alexander	*Lingen	1:06:22	1:03:02	34	M30	03:20 / 11:33 13:03 12:59 12:56 12:22
151	441	Baumung Dirk	LG Finger am Fuß	1:06:31	1:01:31	13	M40	05:00 / 11:54 11:44 12:03 12:35 13:04
152	605	Herdemann Christian	X-FIT	1:06:31	0:59:51	14	M40	06:40 / 12:31 11:51 11:50 11:38 11:53
153	289	Eilert Tim	Team X	1:06:46	0:58:26	2	MU18	08:20 / 09:51 11:20 12:16 12:04 12:50
154	493	Schepper Helmut	Norske fjelltur	1:06:48	1:05:28	18	M45	01:20 / 13:06 13:15 13:20 12:59 12:33
155	623	Hagen Horst	CrossFit Injoy Fürstenu	1:06:51	0:59:51	2	M55	07:00 / 12:32 11:51 11:49 11:39 11:51
156	398	Wilken Nils	Hoellendullies	1:06:57	0:57:17	58	MHK	09:40 / 11:13 11:35 11:54 11:52 10:38
157	14	Hols Thomas	Laufftreff Lüdinghausen II	1:06:58	1:02:18	15	M40	04:40 / 13:30 12:26 12:13 11:58 11:54
158	622	Schulte Theo	CrossFit Injoy Fürstenu	1:07:11	0:59:51	3	M55	07:20 / 12:32 11:50 11:38 11:47 11:54
159	567	La Marcel	*Ibbenbüren	1:07:11	0:58:31	35	M30	08:40 / 12:01 12:28 11:31 11:21 10:59
160	88	Heckmann Johannes	Die Super-Seydels 3	1:07:16	1:00:16	19	M45	07:00 / 10:40 11:49 12:40 13:47 11:10
161	15	Röckmann Engelbert	Laufftreff Lüdinghausen II	1:07:18	1:02:18	16	M40	05:00 / 13:20 12:35 12:11 11:42 12:12
162	282	Schütten Tim	Wink Stanzwerkzeuge	1:07:19	0:57:19	59	MHK	10:00 / 11:45 11:06 11:46 11:37 10:54
163	256	Kleemann Rüdiger	Crespel & Deiters	1:07:23	1:00:23	36	M30	07:00 / 13:08 11:32 11:36 11:49 11:51
164	10	Stobbe Matthias	Laufftreff Lüdinghausen I	1:07:38	1:02:18	17	M40	05:20 / 13:29 12:25 12:11 11:56 11:58
165	281	Kupschus Arne	Wink Stanzwerkzeuge	1:07:38	0:57:38	60	MHK	10:00 / 10:07 12:53 11:39 11:40 11:08
166	580	Preisel Alexander	GESUNDHEITS-CENTER POINT	1:07:45	1:04:25	61	MHK	03:20 / 10:59 13:39 13:18 13:56 12:29
167	290	Wertz Alexander	Team X	1:07:56	1:05:16	62	MHK	02:40 / 11:04 15:25 13:13 13:23 12:06
168	239	Technow Jan	promesstec & friends	1:08:42	1:01:22	3	MU18	07:20 / 11:37 12:09 12:53 12:35 11:54
169	22	Koch Bastian	Sälker IT Solutions Team 1	1:08:45	1:03:45	37	M30	05:00 / 13:31 11:49 12:30 12:35 13:01
170	429	Schulz Michael	Emder LG	1:08:46	1:02:26	6	M50	06:20 / 11:47 13:02 12:30 12:25 12:33
171	198	Wietfeld Malte	*Herford	1:08:48	1:03:08	38	M30	05:40 / 11:32 12:48 12:48 13:26 12:28
172	379	Munsberg Simon	keiner	1:09:00	1:04:00	4	M55	05:00 / 12:27 13:08 13:14 12:45 12:20
173	119	Roofes Peter	*Itterbeck	1:09:01	1:00:41	39	M30	08:20 / 12:49 11:50 12:07 12:25 11:14
174	191	Heumann Dennis	*Meerbeck	1:09:15	1:00:35	63	MHK	08:40 / 11:02 12:16 12:36 12:31 12:04
175	565	Exeler André	*Schüttorf	1:09:28	1:02:08	64	MHK	07:20 / 12:00 12:29 12:47 12:30 12:15
176	486	Gries Mathias	*Saerbeck	1:09:38	1:01:18	65	MHK	08:20 / 13:56 12:13 12:22 12:16 10:18
177	125	Pleimann André	VIP - Väter im Papp	1:09:43	1:04:03	18	M40	05:40 / 11:12 12:36 14:57 13:01 12:07
178	12	Bicks Bernd	Laufftreff Lüdinghausen I	1:09:58	1:02:18	19	M40	07:40 / 13:16 12:31 12:00 11:56 12:14
179	81	Schareina Marc	Die Super-Seydels 1	1:10:00	1:03:20	20	M40	06:40 / 11:25 12:50 13:00 12:48 13:06
180	351	Dänekas Sören	*Leer	1:10:09	1:05:49	66	MHK	04:20 / 12:21 12:43 13:09 14:12 13:11

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
181	578	Damkowski Marcel	GESUNDHEITS-CENTER POINT	1:10:12	1:01:12	9	MU20	09:00 / 11:54	12:04	12:07	12:32	12:29
182	13	Hüvel Marcell	Laufftreff Lüdinghausen II	1:10:18	1:02:18	20	M45	08:00 / 13:48	12:32	12:06	11:59	11:33
183	523	Öhmann Frank	LG Finger am Fuß	1:10:37	1:05:17	21	M40	05:20 / 12:11	12:28	12:50	13:50	13:49
184	127	Twickeler Maik	VIP - Väter im Papp	1:10:43	1:04:03	22	M40	06:40 / 11:11	12:36	14:56	13:00	12:10
185	257	Fritsch Marc	Wink Stanzwerkzeuge	1:10:49	1:07:09	40	M30	03:40 / 12:36	13:13	14:29	13:02	13:37
186	356	Niers Benjamin	*Osterwald	1:10:51	1:06:31	67	MHK	04:20 / 14:41	12:50	13:14	12:55	12:30
187	545	Henkel Jens	Bootcamp2	1:10:51	1:07:11	15	M35	03:40 / 14:50	13:21	13:18	12:51	12:36
188	601	Bartsch Maik	*Gütersloh	1:10:51	1:02:11	16	M35	08:40 / 13:43	12:51	11:36	11:54	11:56
189	97	Rüße Markus	Laufftreff Tausendschön	1:10:53	1:07:13	41	M30	03:40 / 14:03	13:09	12:53	13:29	13:22
190	130	Hermeling Heiner	Wilsum läuft	1:10:55	1:06:15	23	M40	04:40 / 13:26	12:59	13:37	12:36	13:17
191	519	Kramer Timo	TRUCHEL	1:10:57	1:02:57	68	MHK	08:00 / 11:03	12:58	13:02	13:18	12:27
192	268	Stark Sergej	Wink Stanzwerkzeuge	1:11:01	1:04:01	69	MHK	07:00 / 12:32	13:18	12:56	12:40	12:25
193	409	Olthoff Lars	Matschepampe	1:11:05	1:07:25	70	MHK	03:40 / 13:46	12:47	13:25	13:45	13:18
194	491	Breitkopf Jonas	Stiernacken Kommando e.V.	1:11:18	1:01:18	10	MU20	10:00 / 13:54	12:14	12:23	12:16	10:18
195	218	Endres Thomas	*Köln	1:11:26	1:01:26	42	M30	10:00 / 09:58	12:55	12:20	13:06	13:02
196	299	Huer Marian	Die Rasenden Reporter (ev1.tv)	1:11:34	1:06:34	71	MHK	05:00 / 11:42	13:56	15:02	13:17	12:31
197	412	Sikora Martin	SV Blau-Weiß Dörpen	1:11:39	1:01:39	43	M30	10:00 / 13:03	12:18	12:12	12:08	11:40
198	23	Hoffknecht Martin	Sälker IT Solutions Team 1	1:11:41	1:03:41	17	M35	08:00 / 13:35	11:47	12:29	12:40	12:52
199	534	Cerny Rüdiger	Nordhorner Judo Club	1:11:46	1:08:46	7	M50	03:00 / 14:40	13:16	12:56	13:24	13:23
200	444	Völker Rolf	LG Finger am Fuß	1:11:47	1:08:27	21	M45	03:20 / 12:49	13:26	13:37	14:03	14:22
201	581	Ketteler Marcel	GESUNDHEITS-CENTER POINT	1:11:57	1:08:37	72	MHK	03:20 / 11:19	14:19	13:32	15:08	14:15
202	284	Herder Markus	VIP - Väter im Papp	1:12:43	1:04:03	18	M35	08:40 / 11:12	12:36	14:56	13:02	12:08
203	236	Hüsken Yannik	Big Girls Dont Cry	1:12:49	1:07:49	73	MHK	05:00 / 13:35	13:28	13:58	13:59	12:34
204	246	Leikamm Julian	*Nordhorn	1:12:52	1:06:52	74	MHK	06:00 / 11:34	13:48	13:58	13:44	13:40
205	529	Segbert Daniel	TRUCHEL	1:12:57	1:02:57	75	MHK	10:00 / 11:49	12:51	12:31	13:12	12:24
206	107	Saal Patrick	Nikotinteam 15	1:13:41	1:08:01	44	M30	05:40 / 14:29	13:21	13:31	13:33	12:50
207	490	Heinze Frederik	Stiernacken Kommando e.V.	1:14:00	1:04:20	76	MHK	09:40 / 13:56	12:16	12:38	12:19	12:57
208	115	Brauns Oliver	*Lingen	1:14:01	1:07:41	22	M45	06:20 / 13:33	13:58	13:41	13:21	13:01
209	288	Volzhenko Artjom	Team X	1:14:24	1:07:04	4	MU18	07:20 / 11:24	13:31	14:06	13:56	14:01
210	248	Kastens Frank	MTV Bokel	1:14:42	1:05:02	23	M45	09:40 / 13:03	12:30	12:33	13:33	13:06
211	560	Boerrigter Janek	*Osterwald	1:14:45	1:04:45	5	MU18	10:00 / 13:40	12:35	12:48	12:49	12:37
212	128	Harsman Jörg	Wilsum läuft	1:14:52	1:12:52	24	M40	02:00 / 15:45	13:51	14:21	14:32	14:07
213	561	Hes Roman	Bude Biogas	1:14:57	1:08:37	77	MHK	06:20 / 12:12	13:30	13:30	15:08	14:13
214	527	Neehoff Thomas	*Lingen	1:14:58	1:11:18	45	M30	03:40 / 13:37	13:30	13:37	14:34	15:45
215	480	Averwald Frank	Die Fraggles	1:15:04	1:08:24	24	M45	06:40 / 14:51	13:08	13:38	13:04	13:24
216	143	Hümer Karl-Heinz	LC Solbad	1:15:05	1:11:25	5	M55	03:40 / 13:22	15:08	14:41	14:14	13:51
217	300	Teschner Dario	Die Rasenden Reporter (ev1.tv)	1:15:34	1:06:34	78	MHK	09:00 / 11:43	13:55	14:43	13:19	12:46
218	106	Kußmann Carsten	Nikotinteam 15	1:15:42	1:08:02	79	MHK	07:40 / 14:29	13:23	13:30	13:33	12:49
219	217	Schippmann Cornelius	*Essen	1:15:49	1:08:29	46	M30	07:20 / 13:46	13:47	13:11	13:47	13:37
220	62	Dove Sigg	Schafft-die-Schützenvereine-ab	1:16:01	1:08:41	8	M50	07:20 / 12:49	13:38	13:48	14:17	14:05
221	481	Jacob Lucas	Die Fraggles	1:16:13	1:07:13	6	MU18	09:00 / 14:52	12:43	13:15	13:14	12:52
222	1	Lüppe Rüdiger	Gassiclub Dackel 2010	1:16:14	1:10:14	25	M45	06:00 / 12:41	13:46	14:15	14:29	14:58
223	139	Ippolito Giuseppe	*Münster	1:16:30	1:10:50	80	MHK	05:40 / 13:33	13:52	14:19	14:18	14:37
224	247	Martini Björn	*Schiffdorf	1:16:34	1:09:54	9	M50	06:40 / 14:10	13:45	13:58	13:46	13:58
225	202	Kaiser Layla	Schwarze Engel	1:16:34	1:11:54	81	MHK	04:40 / 13:32	13:54	13:34	13:03	17:45
226	602	Maffert Sebastian	*Gütersloh	1:16:44	1:06:44	47	M30	10:00 / 13:57	13:07	13:03	13:26	13:02
227	411	Buscher Malte	Matschepampe	1:16:46	1:07:26	7	MU18	09:20 / 13:46	12:46	13:25	13:46	13:18
228	140	Ippolito Gennaro	*Münster	1:16:50	1:10:50	82	MHK	06:00 / 13:33	13:53	14:20	14:19	14:36
229	482	Franke Christoph	Die Fraggles	1:17:35	1:08:15	26	M45	09:20 / 14:51	13:09	13:27	13:15	13:15
230	476	Franken Bodo	Butter bei die Fische	1:17:55	1:11:35	10	M50	06:20 / 16:24	13:38	13:51	14:02	13:25
231	144	Hümer Thorsten	TV Jahn 1919 Borgholzhausen	1:18:05	1:11:25	48	M30	06:40 / 13:22	15:08	14:42	14:14	13:51
232	132	Blekker Gerwin	Wilsum läuft	1:18:13	1:09:33	25	M40	08:40 / 14:43	13:48	13:17	13:20	14:10
233	235	Schultbur Hans-Gerd	SV Suddendorf Samern	1:18:22	1:14:22	11	M50	04:00 / 14:38	14:04	14:23	15:25	15:33
234	577	Rüstmann Niko	GESUNDHEITS-CENTER POINT	1:18:23	1:11:23	11	MU20	07:00 / 12:22	14:23	14:48	15:00	14:44
235	548	Winkelmann Sascha	SV Veldhausen	1:19:00	1:12:20	83	MHK	06:40 / 14:08	14:20	14:20	14:56	14:29
236	90	Verwold Holger	FC Schüttorf	1:19:17	1:10:17	12	M50	09:00 / 12:41	13:46	14:43	14:24	14:34
237	539	Jansen Manfred	Nordhorner Judo-Club	1:19:46	1:14:06	27	M45	05:40 / 14:51	14:11	14:37	14:51	14:28
238	462	Schneider Jörg	@ läuft	1:19:51	1:12:11	28	M45	07:40 / 14:51	14:14	14:25	13:45	14:40
239	263	Andryszek Lucas	Wink Stanzwerkzeuge	1:19:53	1:10:53	84	MHK	09:00 / 14:05	15:31	13:55	13:58	13:11
240	142	Gebbeken Uwe	*Rheine	1:19:55	1:14:55	13	M50	05:00 / 14:43	15:08	14:48	15:18	14:45

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
241	129	Kahlfeld Rainer	Wilsum läuft	1:19:56	1:10:16	26	M40	09:40 / 13:30 12:59 13:48 14:17 15:26
242	138	Schulte Christian	*Rheine	1:20:24	1:14:44	85	MHK	05:40 / 14:43 15:08 14:39 15:17 14:45
243	497	Dilli Matthias	Eisenkarl	1:20:29	1:16:29	27	M40	04:00 / 17:17 14:28 14:51 15:03 14:39
244	420	Averes Jan	Averes - da laufen die Systeme	1:20:39	1:10:59	19	M35	09:40 / 13:02 14:25 13:51 14:24 15:11
245	141	Gebbeken Kevin	*Rheine	1:21:55	1:14:55	86	MHK	07:00 / 14:50 15:02 14:48 15:18 14:45
246	608	Roth Waldemar	FC Alkoholiker aus Prinzip	1:22:00	1:14:40	49	M30	07:20 / 17:53 19:40 10:56 11:04 14:54
247	50	Spill Christopher	Super Yummy Team	1:22:38	1:15:18	50	M30	07:20 / 15:49 14:16 14:36 14:55 15:23
248	501	Schulten Holger	Eisenkarl	1:22:49	1:16:29	28	M40	06:20 / 16:59 14:34 14:59 14:44 15:02
249	610	Knura Radoslav Martin	FC Alkoholiker aus Prinzip	1:22:55	1:17:15	87	MHK	05:40 / 17:54 19:35 13:37 13:24 12:37
250	370	Böseler Christian	Nützt ja nix	1:23:15	1:18:55	88	MHK	04:20 / 14:54 15:01 14:51 14:56 19:04
251	161	Waber Daniel	*Damme	1:23:36	1:14:56	89	MHK	08:40 / 15:12 14:50 15:02 15:05 14:24
252	424	Wehmeyer Thomas	Averes - da laufen die Systeme	1:24:07	1:17:07	51	M30	07:00 / 19:42 14:25 14:03 14:07 14:29
253	116	Brauns Stephan	*Lingen	1:25:00	1:17:20	29	M40	07:40 / 14:36 15:26 15:27 16:11 15:32
254	371	Leers Konrad	*Ahaus	1:25:15	1:18:55	29	M45	06:20 / 14:48 15:49 16:04 16:04 16:00
255	649	Pott Reinold	TSV Concordia Schöningdorf	1:25:22	1:18:42	14	M50	06:40 / 16:12 15:24 15:54 15:20 15:29
256	571	Heyenga Dennis	Die Unbesiegbaren II	1:25:39	1:22:39	90	MHK	03:00 / 17:55 16:15 15:48 17:10 15:17
257	535	Hoffrogge Ralf	Die Unbesiegbaren I	1:25:39	1:22:39	15	M50	03:00 / 17:59 16:12 15:49 17:10 15:16
258	41	Fuhs Mathis	FUHS	1:25:42	1:20:42	52	M30	05:00 / 15:45 15:23 16:08 16:30 16:44
259	152	Deters Jan Paul	*Osnabrück	1:25:51	1:15:51	91	MHK	10:00 / 15:21 14:08 15:21 16:01 14:35
260	573	Stegemerten Phil	GESUNDHEITS-CENTER POINT	1:26:11	1:21:51	92	MHK	04:20 / 17:39 16:13 16:03 16:16 15:29
261	287	Hamurcu Migel	Zimmerei Eilers	1:27:01	1:19:01	93	MHK	08:00 / 11:25 19:38 17:22 17:01 13:32
262	42	Fuhs Benjamin	FUHS	1:28:02	1:20:42	20	M35	07:20 / 15:44 15:23 16:17 16:21 16:43
263	200	Kaiser Joseph	Schwarze Engel	1:32:02	1:25:42	2	M60	06:20 / 17:38 16:41 16:49 17:22 17:06
264	417	Hoffeld Andre	Averes - da laufen die Systeme	1:37:37	1:27:37	30	M40	10:00 / 17:19 17:10 16:51 17:51 18:03
265	386	Jähnke Dieter	Die Optimisten	1:38:04	1:29:04	31	M40	09:00 / 17:31 17:40 17:30 17:07 18:57
266	451	Serafin Dawid	Die Mannschaft	1:39:51	1:33:31	94	MHK	06:20 / 17:15 18:00 18:43 21:32 17:48
267	609	Wooßmann Frederic	FC Alkoholiker aus Prinzip	1:40:17	1:38:57	95	MHK	01:20 / 17:59 19:33 19:56 21:21 19:58

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	465	Sumbeck Imke	LC Nordhorn	0:50:20	0:46:00	1	W30	04:20 / 08:40	09:17	09:17	09:18	09:25
2	242	Haarhues Christiane	promesstec & friends	0:57:36	0:52:16	1	W45	05:20 / 09:59	10:36	10:41	10:40	10:17
3	212	Hagedorn Femke	grüns	0:58:26	0:53:06	1	WHK	05:20 / 09:20	10:32	11:07	11:23	10:39
4	624	Egbers - Rosemann Gitta	Was mach ich hier	1:00:56	0:57:56	1	W35	03:00 / 11:18	11:21	11:45	11:50	11:31
5	378	Grote Lambers Kathrin Madle	*Nordhorn	1:00:59	0:56:19	2	WHK	04:40 / 11:28	11:20	11:38	11:09	10:37
6	619	Gügelmeier Marion	SV Dalum	1:01:05	0:57:45	1	W40	03:20 / 11:48	11:32	11:16	11:13	10:51
7	563	Schlimme Laura	SUS Darne	1:02:18	0:54:38	3	WHK	07:40 / 10:44	10:54	11:02	11:04	10:49
8	117	Maatmann Marina	Wilsum läuft...	1:03:17	1:00:17	4	WHK	03:00 / 12:27	11:37	11:43	12:09	12:05
9	35	Ter Haar Petra	TUS Neuenhaus	1:03:36	0:56:36	2	W40	07:00 / 09:57	11:41	11:25	11:29	12:00
10	448	Woltmann Anne	*Schüttorf	1:03:54	1:00:34	5	WHK	03:20 / 11:29	12:14	12:12	12:35	11:59
11	617	Stermann Ina	Marathon Ibbenbüren	1:04:10	0:58:30	6	WHK	05:40 / 11:28	11:24	11:49	11:57	11:43
12	541	Senker Anna	Bootcamp	1:04:14	0:56:34	7	WHK	07:40 / 11:52	11:21	11:32	11:10	10:34
13	478	Kalmer Carmen Laura	LÄUFT	1:04:40	1:00:00	8	WHK	04:40 / 12:19	12:05	11:55	12:08	11:26
14	414	Teders Doro	Sebdorjan	1:05:20	1:00:00	2	W30	05:20 / 12:43	11:58	11:40	11:50	11:43
15	359	Duscha Julia	*Lingen	1:05:21	1:03:01	9	WHK	02:20 / 11:20	13:25	12:50	12:57	12:20
16	479	Kethorn Julia	LÄUFT	1:05:40	1:00:00	10	WHK	05:40 / 12:20	12:05	11:55	12:07	11:26
17	40	Hüser Martina	*Meppen	1:05:54	0:59:14	11	WHK	06:40 / 10:58	12:06	12:38	12:37	10:47
18	376	Wanink Jessica	*Neuenhaus	1:06:05	0:56:25	3	W30	09:40 / 11:34	11:31	11:32	11:12	10:29
19	250	Kempkes Jessica	Crespel & Deiters	1:06:23	1:00:23	2	W35	06:00 / 13:01	11:37	11:37	11:51	11:51
20	389	Jansen Gerda	Die Optimisten	1:06:31	1:00:51	2	W45	05:40 / 13:31	11:20	11:42	11:58	11:59
21	447	Wendt Isabelle	*Schüttorf	1:06:35	1:00:35	12	WHK	06:00 / 11:29	12:14	12:12	12:35	12:00
22	517	Wetzstein Mareike	COLESA	1:06:57	0:58:17	13	WHK	08:40 / 10:47	11:34	12:08	12:13	11:30
23	553	Naber Ellen	*Neuenhaus	1:07:04	1:04:44	1	WU18	02:20 / 13:42	12:46	12:39	12:59	12:22
24	19	Reurik Femke Naemi	*Düsseldorf	1:07:27	1:02:47	14	WHK	04:40 / 12:07	12:50	12:45	12:54	12:06
25	21	Beckhuis Mara	*Düsseldorf	1:07:47	1:02:47	15	WHK	05:00 / 12:07	12:51	12:45	12:53	12:05
26	354	Zwartscholten Gesa	*Emlichheim	1:07:59	1:02:59	16	WHK	05:00 / 12:00	12:46	12:43	12:52	12:32
27	611	Rotering Birgitte	VfL Ahaus	1:08:11	1:01:31	1	W55	06:40 / 11:59	12:10	12:40	12:14	12:22
28	232	Vosskötter Margrit	FC Schüttorf 09 Laufabteilung	1:08:16	1:05:16	1	W50	03:00 / 11:11	13:09	13:31	13:59	13:24
29	492	Marcus Hannah	Stiernacken Kommando e.V.	1:09:04	1:02:24	17	WHK	06:40 / 13:56	12:14	12:24	12:17	11:19
30	564	Hüwe Eva	*Gütersloh	1:09:11	1:02:11	18	WHK	07:00 / 13:44	12:52	11:39	11:51	11:55
31	353	Steffen Linda	Laufgruppe SCU Emlichheim	1:09:39	1:02:59	19	WHK	06:40 / 12:00	12:45	12:42	12:51	12:32
32	487	Lütke-Bohmert Maxi	*Saerbeck	1:10:18	1:02:18	2	WU18	08:00 / 13:54	12:16	12:21	12:17	11:17
33	488	Gerlach Meike	*Saerbeck	1:10:38	1:02:18	3	WU18	08:20 / 13:54	12:15	12:21	12:21	11:13
34	384	Brinkers Karin	Die Optimisten	1:11:01	1:05:01	3	W45	06:00 / 13:30	12:32	12:37	12:55	13:07
35	554	Buscher Sophie	*Neuenhaus	1:11:04	1:04:44	1	WU20	06:20 / 13:42	12:35	12:49	12:43	12:40
36	551	Mers Celine	*Neuenhaus	1:11:24	1:04:44	4	WU18	06:40 / 13:40	12:38	12:47	12:54	12:29
37	352	Oelgemöller Nora	*Leer	1:11:29	1:05:49	20	WHK	05:40 / 12:20	12:44	13:09	14:12	13:09
38	99	Schroven Jane	Lauftreff Tausendschön	1:11:30	1:02:30	21	WHK	09:00 / 12:37	13:24	12:53	12:14	11:08
39	542	Lonnemann Iris	Bootcamp	1:11:53	1:06:53	4	W30	05:00 / 14:53	13:27	13:18	12:46	12:16
40	231	Borggreve Laurel-Michelle	FC Schüttorf 09	1:11:56	1:05:16	5	WU18	06:40 / 11:10	13:09	13:31	13:59	13:24
41	187	Frühauf Melanie	LG Emsdetten	1:12:04	1:04:24	3	W40	07:40 / 13:24	12:34	12:52	12:44	12:31
42	552	Gosink Christin	*Neuenhaus	1:12:04	1:04:44	6	WU18	07:20 / 13:40	12:35	12:48	12:55	12:30
43	355	Wolbert Lynn	Rot Weiß Lage	1:12:31	1:06:31	22	WHK	06:00 / 14:41	12:48	13:14	12:56	12:34
44	30	Hermesen Franziska	Sandolito-Power	1:12:41	1:07:01	7	WU18	05:40 / 12:27	13:45	13:31	13:45	13:31
45	213	Boerrigter Maren	grüns	1:13:07	1:05:47	23	WHK	07:20 / 12:08	12:51	13:03	13:25	14:16
46	222	Müller Barbara	Gelebab	1:13:09	1:03:09	2	WU20	10:00 / 11:30	13:04	13:27	12:55	12:09
47	171	Prager Michaela	Schleiner Crew	1:13:27	1:10:07	24	WHK	03:20 / 14:23	14:03	13:50	14:04	13:32
48	375	Schnieders Iris	Team Eddy	1:13:51	1:04:31	4	W45	09:20 / 12:41	12:59	12:56	13:05	12:45
49	249	Gerdes Marina	Crespel & Deiters	1:13:58	1:03:58	3	W35	10:00 / 13:15	12:08	12:37	12:48	12:42
50	56	Kamps Kirsten	Wir, die Höllenmädels	1:14:08	1:06:08	4	W40	08:00 / 14:52	12:40	12:39	12:48	12:51
51	543	Abilio Nancy	Bootcamp	1:14:11	1:07:11	3	WU20	07:00 / 14:54	13:25	13:20	12:44	12:35
52	58	Hübers Kathrin	Wir, die Höllenmädels	1:14:27	1:06:07	25	WHK	08:20 / 14:43	12:47	12:33	12:44	13:03
53	96	Schroven Helen	Lauftreff Tausendschön	1:14:54	1:07:14	26	WHK	07:40 / 14:04	13:09	12:56	13:28	13:23
54	220	Lambers Geeske	Gelebab	1:15:06	1:05:46	27	WHK	09:20 / 11:30	13:28	13:06	13:24	14:14
55	172	Schleiner Karin	Schleiner Crew	1:15:07	1:10:07	2	W50	05:00 / 14:24	14:03	13:50	14:09	13:28
56	188	Paetzel Nicole	*Meerbeck	1:15:14	1:08:14	4	W35	07:00 / 13:13	13:52	13:46	13:41	13:32
57	210	Beckmann Frauke	Die Raketen	1:15:17	1:11:17	5	W40	04:00 / 14:01	13:54	14:24	14:24	14:26
58	28	Hermesen Heike	Sandolito-Power	1:15:21	1:07:01	5	W45	08:20 / 12:27	13:45	13:31	13:45	13:31
59	614	Dahm Victoria	*Bad Bentheim	1:15:27	1:11:27	5	W30	04:00 / 14:23	14:27	13:41	14:35	14:03
60	57	Penkert Wilma	Wir, die Höllenmädels	1:15:27	1:06:07	6	W40	09:20 / 14:44	12:46	12:48	12:46	12:47

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	118	Roofls Jana	*Itterbeck	1:15:33	1:09:33	28	WHK	06:00 / 13:30 12:40 13:32 13:58 15:36
62	613	Epker Daniela	*Bad Bentheim	1:15:47	1:11:27	6	W30	04:20 / 14:23 14:27 13:41 14:34 14:04
63	206	Eilering Karin	SV suddendorf-Samern	1:16:17	1:11:17	3	W50	05:00 / 13:58 13:56 14:22 14:27 14:24
64	274	Sommerer Jana	Rheinenser Höllenweiber	1:16:20	1:08:40	29	WHK	07:40 / 15:27 13:08 13:55 13:35 12:22
65	173	Körting Johanna	Schleiner Crew	1:16:27	1:10:07	30	WHK	06:20 / 14:23 14:04 13:50 13:58 13:38
66	556	Jalink Prik	Team Thailand	1:16:45	1:14:25	7	W30	02:20 / 14:09 14:23 15:11 14:57 15:32
67	464	Pöttker Anja	@ läuft	1:16:45	1:09:05	5	W35	07:40 / 14:45 13:36 13:29 13:27 13:31
68	272	Hopster Alena	Rheinenser Höllenweiber	1:17:00	1:08:40	4	WU20	08:20 / 15:27 13:08 13:55 13:34 12:22
69	273	Hopster Annika	Rheinenser Höllenweiber	1:17:20	1:08:40	31	WHK	08:40 / 15:27 13:08 13:55 13:34 12:22
70	192	Otto Heike	*Lauenau	1:17:54	1:08:14	7	W40	09:40 / 13:13 13:53 13:47 13:44 13:28
71	190	Brunsfeld Nicole	*Meerbeck	1:18:15	1:08:15	6	W45	10:00 / 13:15 13:52 13:46 13:42 13:31
72	494	Zaubzer Monika	Norske fjelltur	1:18:35	1:10:35	7	W45	08:00 / 14:49 14:06 13:14 13:43 14:25
73	234	Bremmer Anke	Fc Schüttorf 09	1:18:42	1:14:22	8	W45	04:20 / 14:41 14:18 14:49 15:05 15:10
74	208	Hermeling Hanne	Die Raketen	1:18:57	1:11:17	32	WHK	07:40 / 14:00 13:56 14:24 14:30 14:19
75	603	Pöpping Sabrina	Averes - da laufen die Geräte	1:19:13	1:09:13	33	WHK	10:00 / 17:22 13:07 12:45 13:07 12:33
76	528	Neehoff-Tylla Christiane	*Lingen	1:19:20	1:11:20	8	W30	08:00 / 13:36 13:31 13:38 14:33 15:47
77	579	Plahm Margret	GESUNDHEITS-CENTER POINT	1:19:27	1:15:07	34	WHK	04:20 / 13:36 14:47 15:27 15:28 15:41
78	474	Lübbers Sabine	Butter bei die Fische	1:19:35	1:11:35	9	W45	08:00 / 16:25 13:37 13:51 14:04 13:23
79	89	Roelofs Sara	*Nordhorn	1:20:17	1:10:17	35	WHK	10:00 / 12:38 13:58 14:37 14:23 14:29
80	435	Schmidt Inken	Die Aufläufer	1:20:47	1:14:07	36	WHK	06:40 / 17:16 15:57 14:13 13:57 12:22
81	264	Greiser Judith	Wink Stanzwerkzeuge	1:20:56	1:10:56	37	WHK	10:00 / 14:28 15:10 13:55 13:58 13:15
82	209	Türk Daniela	Die Raketen	1:20:57	1:11:17	38	WHK	09:40 / 13:58 13:54 14:25 14:25 14:26
83	165	Heymann Heike	DLRG Lathen e.V	1:21:20	1:14:20	6	W35	07:00 / 14:19 14:31 15:25 14:57 15:01
84	463	Wekenborg Nadine	@ läuft	1:21:32	1:12:12	7	W35	09:20 / 14:54 14:12 14:23 13:47 14:39
85	475	Richtering Sabine	Butter bei die Fische	1:21:35	1:11:35	8	W35	10:00 / 16:26 13:37 13:51 14:04 13:22
86	498	Nayda Beatrix	Eisenkarl	1:21:49	1:16:29	9	W30	05:20 / 17:15 14:17 14:56 14:48 15:00
87	500	Bella-Gruber Paula	Eisenkarl	1:21:49	1:16:29	8	W40	05:20 / 16:52 14:40 15:01 14:52 14:51
88	166	Giesen Tina	DLRG Lathen e.V	1:23:00	1:14:20	39	WHK	08:40 / 14:19 14:29 15:26 14:56 15:02
89	131	Harsman Friedchen	*Wilsum	1:23:03	1:18:23	9	W35	04:40 / 15:48 15:37 15:39 15:47 15:17
90	544	Haar Bettina	Bootcamp2	1:23:07	1:15:27	10	W45	07:40 / 14:58 15:09 14:51 15:16 15:01
91	550	Kuper Mary	Eisenkarl	1:23:08	1:16:28	10	W35	06:40 / 16:52 14:51 14:44 15:06 14:43
92	133	Zielmann Anke	Wilsum läuft	1:23:23	1:18:23	40	WHK	05:00 / 15:48 15:37 15:36 15:51 15:16
93	36	Darpel Anke	SVA Salzbergen	1:23:42	1:14:02	9	W40	09:40 / 13:38 15:27 14:46 15:16 14:51
94	583	Lauhues Lara	GESUNDHEITS-CENTER POINT	1:23:47	1:18:47	41	WHK	05:00 / 13:33 15:27 16:32 16:27 16:40
95	620	Kolodziej Anja	SV Dalum	1:23:48	1:16:28	11	W35	07:20 / 14:17 14:39 15:14 15:33 15:39
96	589	Mattern Franziska	Speedy Biely Company	1:23:50	1:17:50	42	WHK	06:00 / 16:11 16:01 15:36 15:27 14:19
97	49	Steingröver Christina	Super Yummy Team	1:23:58	1:15:18	10	W30	08:40 / 14:19 12:19 12:11 13:23 22:53
98	37	Schründer Lisa	Fighting L	1:23:59	1:18:39	43	WHK	05:20 / 15:38 17:07 17:04 14:38 13:58
99	167	Giesen Ines	DLRG Lathen e.V	1:23:59	1:14:19	44	WHK	09:40 / 14:26 14:54 14:56 14:58 14:58
100	584	Wesenberg Mareike	GESUNDHEITS-CENTER POINT	1:24:06	1:18:46	5	WU20	05:20 / 13:34 15:27 16:31 16:26 16:40
101	271	Ahrens Simone	DLRG Lathen	1:24:24	1:16:24	10	W40	08:00 / 15:08 15:45 15:16 15:20 14:45
102	47	Alichmann Anne	Super Yummy Team	1:24:38	1:15:18	11	W30	09:20 / 15:51 14:17 14:36 14:55 15:24
103	585	Wesenberg Miriam	GESUNDHEITS-CENTER POINT	1:24:47	1:18:47	45	WHK	06:00 / 13:36 15:25 16:31 16:26 16:41
104	278	Kösters Inga	Rheine	1:25:01	1:16:01	12	W35	09:00 / 15:53 15:45 14:34 14:52 14:41
105	153	Robke Caroline	*Osnabrück	1:25:11	1:15:51	46	WHK	09:20 / 15:35 14:41 15:08 15:35 14:27
106	368	Leers Jutta	Nützt ja nix	1:25:14	1:18:54	11	W45	06:20 / 14:48 15:50 16:04 16:04 15:57
107	46	Hofmann Elke	*Ritterhude	1:25:17	1:15:17	12	W45	10:00 / 15:29 14:28 14:27 15:14 15:25
108	45	Kemper Ute	*Lotte	1:25:17	1:15:17	13	W45	10:00 / 15:30 14:29 14:27 15:14 15:25
109	48	Barkling Claudia	Super Yummy Team	1:25:18	1:15:18	12	W30	10:00 / 15:51 14:16 14:36 14:55 15:24
110	181	Hagemann Kathrin	*Oldenburg	1:25:19	1:18:19	13	W30	07:00 / 15:08 16:10 15:58 15:31 15:24
111	408	Backs Astrid	TSV Concordia Schöninghsdorf	1:25:33	1:17:53	47	WHK	07:40 / 16:21 15:13 15:51 15:14 14:55
112	61	Nauschütte Rica	Gemeinsam sind wir stark	1:25:39	1:18:39	6	WU20	07:00 / 15:37 17:07 17:04 14:36 14:01
113	276	Radke Sarah	Rheinenser Höllenweiber	1:26:01	1:16:01	48	WHK	10:00 / 16:44 14:57 14:31 14:53 14:42
114	43	Fuhs Jessica	FUHS	1:26:03	1:20:43	14	W30	05:20 / 15:49 15:22 15:52 16:49 16:39
115	588	Wegener Melanie	Speedy Biely Company	1:26:10	1:17:50	49	WHK	08:20 / 16:14 16:00 15:35 15:27 14:19
116	422	Jablonka Marlene	Averes - da laufen die Systeme	1:26:27	1:17:07	4	W50	09:20 / 16:56 15:23 15:06 14:57 14:23
117	467	Ten Cate Julia	*Bad Bentheim	1:26:42	1:18:22	50	WHK	08:20 / 17:22 15:24 15:32 15:25 14:18
118	469	Lammers Anica	*Bad Bentheim	1:27:01	1:18:21	51	WHK	08:40 / 17:22 15:23 15:32 15:25 14:17
119	135	Determann Sabine	*Wilsum	1:27:03	1:18:23	15	W30	08:40 / 16:05 15:18 15:38 16:01 15:03
120	403	Jansen Tamina	TSV Concordia Schöninghsdorf	1:27:33	1:17:53	52	WHK	09:40 / 17:43 16:27 13:55 14:35 14:52

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Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten						
121	468	Schoo Simona	*Bad Bentheim	1:27:38	1:18:58	53	WHK	08:40 / 17:23	15:24	15:31	15:25	14:54		
122	570	Hoffrogge Julia	Die Unbesiegbaren II	1:27:39	1:22:39	7	WU20	05:00 / 17:56	16:15	15:47	17:09	15:17		
123	240	Dawletow Irina	promesstec & friends	1:27:55	1:17:55	54	WHK	10:00 / 15:05	15:22	15:16	16:11	15:47		
124	74	Flemming Denise	Höllenhunde	1:28:12	1:22:32	55	WHK	05:40 / 15:15	16:38	17:09	16:29	16:55		
125	80	Schareina Christel	Die Super-Seydels 1	1:28:16	1:18:16	11	W40	10:00 / 15:40	14:53	15:18	15:52	16:20		
126	219	Flemming Katja	*Köln	1:28:32	1:22:32	12	W40	06:00 / 15:15	16:39	17:08	16:30	16:55		
127	60	Drewes Maike	Gemeinsam sind wir stark	1:28:39	1:18:39	8	WU18	10:00 / 15:39	17:07	17:04	14:38	13:58		
128	530	Schwandt Svenja	Mitchs Bitches	1:29:03	1:23:23	56	WHK	05:40 / 15:40	16:35	17:26	16:49	16:37		
129	531	Schwandt Julia	Mitchs Bitches	1:29:23	1:23:23	57	WHK	06:00 / 15:41	16:36	17:26	16:50	16:35		
130	7	Raschke Iris	*Schüttorf	1:29:42	1:22:42	14	W45	07:00 / 15:47	16:52	16:35	16:33	16:50		
131	536	Hoffrogge Johanna	Die Unbesiegbaren I	1:29:59	1:22:39	8	WU20	07:20 / 17:56	16:15	15:49	17:09	15:16		
132	2	Lüppe Mareike	Gassiclub Dackel 2010	1:30:30	1:20:50	13	W35	09:40 / 14:51	16:28	16:18	16:50	16:18		
133	425	Breckner Catherina	Gangsterschnidden	1:30:34	1:23:54	58	WHK	06:40 / 17:17	16:35	16:34	16:40	16:29		
134	39	Helker Laura	Fighting L	1:31:48	1:23:28	59	WHK	08:20 / 15:43	17:06	17:07	16:46	16:32		
135	426	Ramsauer Hannah	Gangsterschnidden	1:31:54	1:23:54	60	WHK	08:00 / 17:16	16:35	16:34	16:40	16:29		
136	38	Ribbers Laura	Fighting L	1:32:07	1:23:27	61	WHK	08:40 / 15:42	17:07	17:06	16:48	16:33		
137	253	Rosendorfer Melanie	Crespel & Deiters	1:32:14	1:22:14	62	WHK	10:00 / 15:26	15:41	16:47	16:46	17:06		
138	201	Altenhoff Sarah	Schwarze Engel	1:32:29	1:22:29	16	W30	10:00 / 16:19	16:29	17:09	16:39	15:33		
139	418	Averes Catharina	Averes - da laufen die Systeme	1:33:28	1:29:08	14	W35	04:20 / 18:33	17:01	18:09	17:59	17:06		
140	385	Knollmann Tonia	Die Optimisten	1:33:44	1:29:04	15	W35	04:40 / 17:44	17:36	18:19	17:46	17:22		
141	404	Jansen Ulrike	TSV Concordia Schöninghsdorf	1:34:20	1:29:00	15	W45	05:20 / 17:40	16:27	17:52	17:55	18:42		
142	407	Verkerk-Lübbbers Ursula	TSV Concordia Schöninghsdorf	1:35:20	1:29:00	16	W45	06:20 / 17:53	17:25	17:46	17:53	17:39		
143	456	Riedhammer Valerie	Die Mannschaft	1:36:11	1:33:31	63	WHK	02:40 / 17:13	17:59	19:11	21:24	17:32		
144	180	Hillmann Jana	*Meppen	1:36:47	1:29:07	17	W30	07:40 / 16:30	18:06	18:48	18:52	16:45		
145	405	Backs Veronika	TSV Concordia Schöninghsdorf	1:38:20	1:29:00	17	W45	09:20 / 17:40	16:34	17:51	18:46	17:46		
146	406	Pott Andrea	TSV Concordia Schöninghsdorf	1:38:20	1:29:00	5	W50	09:20 / 17:53	17:01	17:51	18:05	17:46		
147	388	Thesen Maja	Die Optimisten	1:38:24	1:29:04	13	W40	09:20 / 17:50	17:29	18:20	17:45	17:21		
148	380	Reisige Anke	Die Optimisten	1:38:24	1:29:04	16	W35	09:20 / 17:44	17:33	17:53	16:39	18:57		
149	433	Egbers Kerstin	Die Aufläufer	1:38:52	1:28:52	64	WHK	10:00 / 17:15	17:20	17:49	19:31	16:31		
150	387	Jähne Anja	Die Optimisten	1:39:04	1:29:04	14	W40	10:00 / 17:34	17:41	17:56	16:30	19:06		
151	391	Lindner Sonja	Die Optimisten	1:39:04	1:29:04	17	W35	10:00 / 17:31	17:40	17:58	16:40	18:56		
152	537	Takke Jasmin	Die Unbesiegbaren II	1:39:48	1:32:48	9	WU20	07:00 / 17:59	18:17	18:37	19:58	17:41		
153	461	Reiberg Laura	Die Mannschaft	1:40:51	1:33:31	65	WHK	07:20 / 17:13	17:59	19:08	21:11	17:48		
154	458	Smigielski Julia	Die Mannschaft	1:41:11	1:33:31	66	WHK	07:40 / 17:12	17:57	18:51	21:29	17:51		
155	450	Poßner Melanie	Die Mannschaft	1:41:31	1:33:31	67	WHK	08:00 / 17:13	18:01	19:08	21:29	17:28		
156	453	Wunderlich Kathrin	Die Mannschaft	1:42:31	1:33:31	18	W30	09:00 / 17:15	18:08	19:27	21:13	17:17		