

Gesamtwertung

4. Schüttorfer Höllenlauf - 17. September 2016

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	803	Lange Andreas	LG Braunschweig	0:42:37	0:36:37	1	MHK	06:00 / 07:38	07:22	07:13	07:28	06:53
2	65	Sperver Michael	Spervers Hofladen	0:42:59	0:37:39	2	MHK	05:20 / 06:55	07:39	07:27	07:57	07:37
3	403	Heymann Sebastian	Sv Concordia Emsbüren	0:43:59	0:40:59	1	M35	03:00 / 07:14	08:35	08:24	08:24	08:19
4	722	Redmers Christian	Büfa Reinigungssysteme GmbH	0:45:19	0:41:19	3	MHK	04:00 / 08:05	08:32	08:16	08:21	08:03
5	406	Steinweg Henning	freeXactive	0:48:35	0:45:35	4	MHK	03:00 / 08:09	09:53	09:08	09:21	09:02
6	706	Meyer Jörn9229997720	*Bad Bentheim	0:48:42	0:46:42	5	MHK	02:00 / 08:36	09:17	09:31	09:46	09:30
7	795	Schröer Julian	Team FiTo	0:48:55	0:44:35	6	MHK	04:20 / 07:49	08:58	09:22	09:19	09:06
8	91	Gügelmeyer Stefan	SV Dalum	0:49:04	0:45:04	1	M40	03:59 / 07:27	09:14	09:41	09:42	08:58
9	798	Dall Tobias	Team FiTo	0:50:07	0:41:07	1	M30	09:00 / 07:47	08:25	08:14	08:35	08:03
10	405	Temme Eike	freeXactive	0:51:15	0:45:35	7	MHK	05:40 / 08:07	09:54	09:08	09:21	09:01
11	71	Schulz Dieter	Crespel & Deiters	0:51:31	0:48:11	1	M45	03:20 / 08:26	10:15	09:50	09:44	09:48
12	526	Gövert Helge	Die Seitenstecher	0:51:59	0:45:39	8	MHK	06:20 / 08:47	09:10	09:13	09:06	09:11
13	12	Farwick Klaus	*Schüttorf	0:52:06	0:50:26	2	M45	01:40 / 08:21	10:26	10:43	10:33	10:20
14	443	Rabe Oliver	Wink Stanzwerkzeuge	0:52:19	0:49:39	2	M30	02:40 / 10:13	09:46	10:12	09:50	09:28
15	797	Speet Thorsten	Team FiTo	0:52:31	0:44:51	9	MHK	07:40 / 08:07	08:55	08:59	09:28	09:20
16	72	Jasper Manfred	Crespel & Deiters	0:52:34	0:49:34	3	M45	03:00 / 08:45	10:07	10:08	10:09	10:17
17	829	Meyer Jona	FC Schüttorf 09	0:52:45	0:48:25	1	MU18	04:20 / 09:50	09:10	10:20	09:26	09:32
18	603	Grebe Nikolaus	Die apokalyptischen Reiter	0:52:45	0:51:45	10	MHK	01:00 / 08:54	10:43	11:28	10:21	10:13
19	18	Kammler Andreas	Aktiv Park	0:52:46	0:48:26	2	M40	04:20 / 07:58	10:24	10:23	10:09	09:27
20	283	Heyart Benedikt	Baccumer Bravehearts	0:53:07	0:48:27	11	MHK	04:40 / 08:45	09:49	10:36	09:23	09:51
20	754	Konietzny Timo	NOZ MEDIEN	0:53:07	0:49:47	3	M30	03:20 / 11:33	09:20	10:00	09:35	09:08
22	404	Zander Michael	freeXactive	0:53:15	0:45:35	12	MHK	07:40 / 08:07	09:51	09:23	09:10	09:01
23	778	Büter Rainer	ENO Team Early Bird	0:53:20	0:49:40	4	M45	03:39 / 10:24	09:37	10:14	09:57	09:23
24	151	Wedemeyer Tim	Höllenhunde	0:53:22	0:48:42	4	M30	04:40 / 08:24	10:12	10:01	10:03	09:58
25	175	Vosskötter Ralf	Zimmerei Eilers	0:53:23	0:52:23	1	M55	01:00 / 08:41	10:26	11:04	10:54	11:15
26	351	Möller Paul	Die drei lustigen Zwei	0:54:07	0:48:07	13	MHK	06:00 / 08:56	10:11	10:00	09:26	09:28
27	384	Wilken Heiko	Höllendullies	0:54:24	0:50:44	14	MHK	03:40 / 09:04	10:47	10:23	10:18	10:05
28	834	Spieker Andre	TuS Germania Horstmar	0:54:38	0:45:58	15	MHK	08:39 / 08:01	09:00	09:19	09:54	09:42
29	294	Korbik Gregor	*Bergheim	0:54:43	0:47:23	5	M30	07:20 / 08:22	09:44	09:53	09:56	09:25
30	52	Nackat Lars	*Rheine	0:54:50	0:48:50	3	M40	06:00 / 09:01	09:49	10:14	09:47	09:55
31	835	Brockmann Sigi	*Nordhorn	0:55:05	0:51:45	5	M45	03:20 / 10:33	09:40	10:38	10:39	10:08
32	824	Saberineghad Alireza	Team Schüttorf	0:55:20	0:53:20	16	MHK	02:00 / 00:00	00:00	00:00	00:00	00:00
33	708	Jansen Christoph	Grafschafter Nachrichten	0:55:35	0:48:55	17	MHK	06:40 / 10:18	09:48	10:05	09:30	09:10
34	141	Schulte Bernd	DynamoTresen1608neV	0:55:36	0:49:36	6	M30	06:00 / 08:16	10:18	10:28	10:17	10:13
35	103	Schleiner Marius	Westfalia Bilk	0:55:36	0:49:57	18	MHK	05:40 / 08:40	10:01	10:13	10:48	10:06
36	558	Rahe Kristoffer	*Nordhorn	0:56:32	0:54:12	2	M35	02:20 / 10:03	10:21	10:56	11:54	10:51
37	169	Casum Oliver	Harfensänger United	0:56:34	0:51:54	7	M30	04:40 / 08:46	10:53	11:36	10:29	10:07
38	34	Beckhuis Günter	Olympia Uelsen	0:56:35	0:51:35	1	M50	05:00 / 09:38	10:10	10:49	10:39	10:13
39	386	Niehoff Jens	Höllendullies	0:56:36	0:49:56	3	M35	06:39 / 08:12	11:20	10:20	10:07	09:50
40	588	Brüning Maik	LG Fingeramfuss	0:57:03	0:52:23	4	M40	04:40 / 09:22	10:19	10:35	11:11	10:50
41	689	Knüver Michael	*Münster	0:57:06	0:53:26	0	M	03:39 / 10:50	10:27	10:30	10:36	10:59
42	277	Sobotzik Patrick	*Dorfen bei München	0:57:13	0:53:33	19	MHK	03:39 / 09:55	10:45	11:11	10:57	10:38
43	138	Knümann Patrick	DynamoTresen1608neV	0:57:14	0:48:54	8	M30	08:20 / 08:11	10:18	10:12	10:30	09:38
44	385	Zumsande Thomas	Höllendullies	0:57:32	0:52:12	20	MHK	05:20 / 09:05	10:30	10:57	11:08	10:29
45	823	Zazai Asadullah	Team Schüttorf	0:57:37	0:51:37	21	MHK	06:00 / 00:00	00:00	00:00	00:00	00:00
46	377	Wilken Niklas	Höllendullies	0:57:40	0:57:00	22	MHK	00:40 / 09:33	11:36	12:33	12:09	11:03
47	828	Exeler Andre	EXCLUSIVE Med-Fitness	0:57:41	0:52:41	23	MHK	05:00 / 09:19	10:43	10:55	11:32	10:07
48	610	Gebbeken Ingo	LF	0:57:41	0:52:41	4	M35	04:59 / 10:19	10:21	10:37	10:45	10:27
49	203	Gabel Tobias	Klage Nicht - Kämpfe	0:57:48	0:52:08	6	M45	05:40 / 09:22	10:27	10:44	10:58	10:34
50	202	Glashörster Andreas	Klage Nicht - Kämpfe	0:57:48	0:52:08	7	M45	05:40 / 09:23	10:26	10:47	10:57	10:33
51	498	Weber Ingo	MSF- Multi Sports Fighter	0:57:49	0:53:29	8	M45	04:20 / 08:54	10:46	11:09	11:31	11:04
52	13	Hanneken Stefan	*Geeste	0:57:56	0:54:16	5	M40	03:39 / 09:16	11:12	11:21	11:05	11:18
53	341	Grönniger Daniel	*Lingen	0:58:06	0:55:46	9	M45	02:20 / 10:06	11:06	11:02	12:04	11:21
54	802	Ihnken Michael	Lauffreunde Emsland	0:58:08	0:56:08	6	M40	02:00 / 10:39	10:48	11:05	11:58	11:31
55	586	Krey Markus	LG Fingeramfuss	0:58:13	0:55:33	7	M40	02:40 / 09:47	10:51	11:26	11:59	11:25
56	470	Vehring DR Gerd	Awesome Monkeys	0:58:16	0:53:56	24	MHK	04:20 / 10:36	10:48	10:40	11:16	10:26
57	826	Schmelnik Matthias		0:58:29	0:55:09	5	M35	03:19 / 10:16	11:15	11:28	11:12	10:54
58	245	Schwarze Robert	AktivFabrik	0:58:31	0:50:31	2	MU18	08:00 / 08:23	09:56	10:37	10:53	10:38
59	102	Prager Daniel	Westfalia Bilk	0:58:35	0:54:55	9	M30	03:40 / 08:39	10:42	11:52	11:31	12:03
60	301	Placke Marvin	Team promesstec	0:58:44	0:54:44	1	MU20	03:59 / 08:53	11:37	12:10	10:54	11:04

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	381	Ziolkowski Marco	Höllendullies	0:58:47	0:51:27	25	MHK	07:20 / 08:47	11:02	10:41	10:36	10:15
62	532	Göckener Moritz	TRUCHELS	0:58:54	0:54:54	26	MHK	04:00 / 09:26	11:48	12:32	11:24	09:40
63	180	Saal Patrick	SSV Menzel	0:58:55	0:50:35	10	M30	08:20 / 08:18	10:28	10:09	11:13	10:18
64	275	Rickling Christian	*Nordhorn	0:58:58	0:53:58	11	M30	05:00 / 09:16	10:40	11:11	11:13	11:34
65	104	Claas Christoph	Westfalia Bilk	0:59:03	0:56:23	27	MHK	02:40 / 08:58	11:22	12:40	12:09	11:12
66	144	Gröttrup Gerrit	DynamoTresen1608neV	0:59:09	0:53:29	12	M30	05:40 / 09:25	10:39	11:11	10:53	11:15
67	557	Hempel Dennis	*Nordhorn	0:59:12	0:54:12	28	MHK	04:59 / 10:04	10:19	10:56	11:54	10:52
68	16	Höcker Christian	*Wietmarschen-Lohne	0:59:23	0:53:43	13	M30	05:40 / 09:08	10:27	11:15	10:55	11:52
69	305	Kappers Oliver	Autohaus Wessels	0:59:32	0:53:52	29	MHK	05:40 / 12:35	09:42	11:05	09:41	10:31
70	31	Rolves Kai	*Volllage	0:59:36	0:56:56	6	M35	02:40 / 09:40	11:11	11:52	12:13	11:52
71	604	Darmstädter Peter	Die apokalyptischen Reiter	0:59:43	0:49:43	30	MHK	09:59 / 08:51	10:39	10:32	09:42	09:53
72	529	Segbert Marc	TRUCHELS	0:59:47	0:49:47	31	MHK	09:59 / 09:18	10:23	10:06	10:04	09:52
73	8	Hols Thomas	Lauffreff Lüdinghausen	0:59:59	0:52:59	10	M45	07:00 / 11:56	09:48	10:25	10:21	10:11
74	527	Lanfer Alexander	TRUCHELS	1:00:02	0:56:42	32	MHK	03:20 / 09:27	11:56	12:25	11:28	11:21
75	112	Viße Martin	DJK Arminia Ibbenbüren	1:00:06	0:53:26	7	M35	06:40 / 10:25	10:14	10:31	10:49	11:21
76	223	Klomp Jens	Borussia Neuenhaus 08	1:00:09	0:50:29	33	MHK	09:39 / 09:12	09:57	10:23	10:44	10:04
77	133	Tebbel Matthias	*Nordhorn	1:00:16	0:57:16	8	M35	03:00 / 11:01	10:46	12:41	11:29	11:10
78	819	Bömelburg Lennart	*Höxter	1:00:16	0:55:16	2	MU20	05:00 / 10:38	11:09	11:05	10:59	11:19
79	280	Veerkamp Thorsten	Krimatho	1:00:31	0:54:11	9	M35	06:20 / 10:32	10:29	10:46	10:53	11:22
80	117	Heyen Thomas	Meppen	1:00:33	0:56:13	11	M45	04:20 / 10:47	11:12	11:17	11:37	11:18
81	590	Müller Norbert	LG Fingeramfuss	1:00:36	0:56:56	2	M55	03:40 / 10:30	11:18	11:39	11:48	11:34
82	579	Thomassen Justin	*Schüttorf	1:00:42	0:55:22	3	MU18	05:20 / 10:15	11:23	11:35	11:18	10:49
83	243	Poll Sebastian	Msc Schüttorf	1:00:48	0:54:48	34	MHK	06:00 / 08:39	11:11	11:37	12:02	11:15
84	580	Schnitter Kevin	*Schüttorf	1:00:53	0:54:53	35	MHK	06:00 / 09:54	11:27	11:42	11:21	10:25
85	124	Wehlage Bernd	SC Baccum	1:00:58	0:54:58	14	M30	06:00 / 10:55	10:56	11:22	11:13	10:17
86	154	Fanroth Raphael	Höllenhunde	1:00:58	0:51:38	15	M30	09:20 / 08:58	10:14	10:51	10:50	10:41
87	533	Reckhenrich Jan Cornelius	TRUCHELS	1:00:59	0:50:59	36	MHK	10:00 / 09:18	10:16	10:19	10:12	10:48
88	733	Hüstermann Patrick	The swimming horses	1:01:00	0:53:20	37	MHK	07:40 / 09:32	11:43	11:44	10:18	10:00
89	287	Koch Bastian	FC Schüttorf 09 Laufabteilung	1:01:02	0:56:42	16	M30	04:20 / 10:16	11:11	11:47	11:26	11:54
90	256	Beuke Michael	Crespel & Deiters	1:01:13	0:52:53	38	MHK	08:20 / 09:25	10:12	10:53	11:01	11:15
91	587	Grothuesheitkamp Jochen	LG Fingeramfuss	1:01:21	0:58:01	8	M40	03:20 / 10:00	11:59	12:05	11:47	12:04
92	607	Spinneker Daniel	Mudder Master	1:01:25	0:57:05	39	MHK	04:20 / 11:17	11:24	11:57	11:30	10:44
93	731	Schoppmeier Jonas	TuS Lühtringen	1:01:26	0:55:06	3	MU20	06:20 / 10:40	11:10	11:06	11:02	11:02
94	64	Stude Siegfried	*Emsdetten	1:01:31	0:54:11	2	M50	07:20 / 09:34	10:40	11:09	11:17	11:27
95	779	Gräther Andreas	*Meerbusch	1:01:43	0:53:23	12	M45	08:20 / 10:39	11:39	10:44	10:42	09:33
96	479	Lahuis Ruben	*Itterbeck	1:01:58	0:59:18	40	MHK	02:40 / 13:27	11:09	11:38	11:08	11:35
97	530	Kramer Jan	TRUCHELS	1:02:04	0:59:24	41	MHK	02:40 / 10:10	12:03	12:27	12:13	12:26
98	727	Bröker Dirk	*Emlichheim	1:02:10	0:57:50	3	M50	04:20 / 10:31	11:17	12:15	12:02	11:43
99	152	Busch Andreas	Höllenhunde	1:02:13	0:54:53	10	M35	07:20 / 10:53	10:43	11:43	10:44	10:47
100	159	Weltzien Marcus	Sögel	1:02:16	0:54:16	17	M30	08:00 / 10:37	10:57	11:09	10:45	10:26
101	583	Simionoff Marcel	Muddy Unicorns II	1:02:25	0:56:25	18	M30	06:00 / 10:59	11:08	11:51	11:22	10:59
102	155	Endres Thomas	Höllenhunde	1:02:26	0:55:06	19	M30	07:20 / 10:53	10:42	11:42	10:46	10:57
103	714	Unger Erik	*Bad Bentheim	1:02:28	0:54:28	13	M45	08:00 / 10:33	10:53	11:10	11:01	10:45
104	709	Kurpali Perparim	Grafschafter Nachrichten	1:02:33	0:54:53	42	MHK	07:40 / 10:34	10:58	11:29	10:26	11:23
105	609	Bechtold Viktor	*Sögel	1:02:36	1:00:16	43	MHK	02:20 / 14:06	11:20	11:12	11:10	12:14
106	170	Helper Arno	Helper	1:02:38	1:00:18	4	M50	02:19 / 11:47	11:46	12:38	12:29	11:31
107	234	Peinert Patrick	*Suddendorf	1:02:41	0:54:21	44	MHK	08:19 / 08:15	11:37	11:39	11:53	10:53
108	762	Lennartz Stefan	*Lingen	1:02:49	0:58:29	45	MHK	04:20 / 13:22	11:24	11:21	11:26	10:47
109	269	Teders Jan	Jandorse	1:02:52	0:59:12	46	MHK	03:40 / 11:36	11:29	12:22	11:33	12:00
110	445	Schütten Christian	Wink Stanzwerkzeuge	1:02:56	0:58:36	47	MHK	04:20 / 15:08	11:18	10:55	10:51	10:04
111	807	Van Wieren Gebhard	Lauffress SV Olympia Uelsen	1:02:56	0:57:36	5	M50	05:20 / 10:52	10:47	12:00	11:38	12:13
112	167	Scheve Björn	Harfensänger United	1:02:56	1:00:36	20	M30	02:19 / 09:09	12:01	14:05	12:46	12:31
113	73	Kleemann Rüdiger	Crespel & Deiters	1:03:01	0:59:41	11	M35	03:20 / 10:54	11:31	13:14	12:17	11:33
114	14	Schwänen Markus	*Haren	1:03:06	1:00:26	9	M40	02:40 / 11:10	11:08	13:28	12:58	11:35
115	569	Klass Florian	RunningGag	1:03:10	0:58:30	14	M45	04:40 / 10:33	12:05	11:51	11:35	12:20
116	282	Friedrichsen Kristof	Krimatho	1:03:14	0:56:54	21	M30	06:20 / 10:27	10:39	13:42	11:26	10:32
117	531	Segbert Daniel	TRUCHELS	1:03:17	0:54:57	48	MHK	08:20 / 09:26	11:48	12:31	11:24	09:43
118	272	Afting Jonathan	Baccumer Bravehearts	1:03:18	0:54:58	49	MHK	08:20 / 09:03	11:02	12:00	12:04	10:43
119	394	Vorbrink Daniel	GBS Grafschaft Bentheim	1:03:18	0:53:18	22	M30	10:00 / 09:15	10:49	11:06	11:46	10:17
119	395	Ruffing Andre	GBS Grafschaft Bentheim	1:03:18	0:53:18	22	M30	10:00 / 09:16	10:45	11:11	11:25	10:37

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	78	Loh Markus	altabernichtkaputt	1:03:32	0:59:12	10	M40	04:20 / 12:04	11:51	11:59	11:52	11:20
122	712	Lang Aron	SV Veldhausen 07	1:03:42	1:00:42	4	MU18	03:00 / 11:29	11:55	12:39	12:24	12:07
123	233	Berger Torben	*Lingen	1:03:44	0:58:44	50	MHK	05:00 / 09:21	11:56	13:02	12:30	11:49
124	378	Rehnen Udo	Höllendullies	1:03:52	0:57:12	51	MHK	06:39 / 09:38	11:26	12:25	11:20	12:17
125	143	Haverkamp Benny	Dynamo Tresen 1608 neV	1:03:53	0:58:13	24	M30	05:40 / 10:04	11:45	12:09	12:32	11:39
126	271	Oldeweme Sebastian	Jandorse	1:03:55	0:56:55	25	M30	07:00 / 11:02	10:58	12:55	11:12	10:39
127	137	Klund Reinhold	*Bippen	1:03:55	0:56:15	52	MHK	07:40 / 12:46	10:15	11:55	10:30	10:23
128	468	Bohn Carsten	*Emsbüren	1:03:55	0:56:15	12	M35	07:40 / 10:57	11:15	11:35	11:07	11:14
129	113	Londa Andre	Wuppertal	1:04:02	0:54:02	13	M35	10:00 / 10:31	10:29	10:55	10:55	11:06
130	760	Henkel Jens	*Lingen	1:04:10	0:58:30	14	M35	05:40 / 13:23	11:23	11:23	11:31	10:42
131	142	Ennen Karsten	Dynamo Tresen 1608 neV	1:04:19	0:57:59	53	MHK	06:20 / 10:02	11:02	13:09	12:17	11:25
132	522	Buscher Malte	Großer Döner spezial	1:04:28	1:02:28	5	MU18	02:00 / 16:34	13:00	13:20	09:55	09:24
133	135	Steingafß Helmut	*Haren	1:04:29	1:02:09	11	M40	02:19 / 11:20	12:19	12:35	13:06	12:41
134	710	Breuker Jörg	WSF Neuenhaus	1:04:39	1:01:39	54	MHK	03:00 / 11:34	12:44	13:11	11:55	12:07
135	571	Niehaus Henrik	RunningGag	1:04:50	0:58:30	15	M35	06:20 / 10:26	12:02	11:57	11:25	12:34
136	528	Kramer Timo	TRUCHEL	1:04:53	0:56:13	55	MHK	08:40 / 10:14	11:58	11:36	11:24	10:57
137	690	Börger Florian	*Drievorden	1:04:58	0:57:18	4	MU20	07:40 / 10:21	10:34	12:30	12:24	11:23
138	21	Vischer Markus	Olympia Uelsen	1:05:04	0:55:44	16	M35	09:20 / 09:18	11:19	11:43	11:58	11:22
139	793	Schulte Thorsten	*Meppen	1:05:07	0:59:47	12	M40	05:19 / 12:10	11:46	11:51	12:05	11:48
140	466	Klapper Michael	SV Langenhorst/Welbergen.eV	1:05:07	1:03:27	26	M30	01:40 / 12:37	11:55	12:56	13:09	12:44
141	463	Krist Daniel	Desperate Housemen	1:05:12	0:57:52	17	M35	07:20 / 10:37	12:17	11:23	11:45	11:42
141	464	Schmagt Dennis	Desperate Housemen	1:05:12	0:57:52	27	M30	07:20 / 10:38	12:43	11:37	11:38	11:09
143	444	Schütten Tim	Wink Stanzwerkzeuge	1:05:16	0:58:36	56	MHK	06:40 / 15:08	11:18	10:55	10:51	10:03
144	337	Lucas Daniel	Lucas - Grönniger	1:05:16	0:56:36	57	MHK	08:40 / 09:55	11:33	11:52	11:40	11:30
145	216	Gruszlewski Patrick	*Steinfurt	1:05:17	0:58:57	58	MHK	06:20 / 11:03	11:20	12:52	12:01	11:30
146	477	Gosink Holger	Laufftreff 1000schön	1:05:19	1:00:39	18	M35	04:40 / 14:02	11:51	11:44	11:16	11:29
147	499	Zech Gerrit	*Geeste	1:05:21	0:56:21	59	MHK	09:00 / 10:38	10:29	11:05	11:49	12:02
148	794	Raue Ludger	*Meppen	1:05:28	0:59:48	13	M40	05:40 / 12:15	11:42	11:51	12:00	11:51
149	725	Metten Karsten	HeMeHi	1:05:31	1:00:11	60	MHK	05:19 / 11:19	12:17	12:08	13:23	11:00
150	737	Mendrina Max	TV Jahn Rheine	1:05:49	1:02:29	61	MHK	03:20 / 15:14	14:24	13:47	09:18	09:36
151	278	Kahlert Christoph	*Dorfen bei München	1:05:55	1:02:35	62	MHK	03:20 / 09:50	10:52	13:06	13:48	14:49
152	345	Strodt Christian	*Lingen	1:06:15	0:56:55	14	M40	09:20 / 10:46	11:47	11:59	11:16	11:01
153	150	Hartmann Sven	Höllenauslauf	1:06:23	0:59:03	19	M35	07:20 / 11:04	11:11	12:31	12:13	11:59
154	724	Hilderink Christian	HeMeHi	1:06:32	1:00:12	63	MHK	06:20 / 11:13	12:21	12:03	13:29	11:01
155	172	Helper Erik	Helper	1:06:45	0:58:45	15	M40	08:00 / 10:03	11:11	13:59	12:08	11:17
156	171	Helper Heinrich	Helper	1:06:50	1:03:10	6	M50	03:39 / 15:27	11:56	11:36	12:07	11:57
157	616	Volkery Thomas	*Köln	1:06:52	0:59:52	16	M40	06:59 / 13:33	12:26	10:56	11:22	11:26
158	397	Depmann Andreas	GBS Grafschaft Bentheim	1:06:54	0:59:54	20	M35	07:00 / 12:52	12:25	12:41	11:19	10:30
159	730	Potyka Nico	*Osnabrück	1:06:56	0:59:56	28	M30	06:59 / 13:31	11:17	11:40	11:55	11:30
160	437	Klompaker Arthur	*Nordhorn	1:06:56	0:58:16	7	M50	08:40 / 11:32	11:02	12:08	11:37	11:46
161	713	Lang Jonas	SV Veldhausen 07	1:06:59	1:02:59	6	MU18	04:00 / 12:21	11:55	12:55	13:10	12:31
162	606	Wesselmann Andreas	Mudder Master	1:07:07	0:57:47	21	M35	09:20 / 11:18	11:25	11:56	11:32	11:21
163	743	Mager Hartmut	TV Jahn Rheine	1:07:21	0:57:21	8	M50	09:59 / 10:58	10:58	11:59	11:13	12:05
164	110	Hoppmann Dennis	Nichtsköner	1:07:27	1:01:47	22	M35	05:40 / 13:18	12:16	12:13	12:12	11:35
165	668	Glettner Rudi	*Nordhorn	1:07:45	1:02:25	15	M45	05:20 / 12:13	12:53	13:15	11:47	12:14
166	101	Scheve Michael	SV Olympia Uelsen Laufftreff	1:07:47	1:00:27	16	M45	07:20 / 10:16	12:10	13:26	12:38	11:49
167	833	Salzbrunn Benjamin	Harfensänger United	1:07:52	1:02:12	29	M30	05:40 / 10:59	12:11	12:57	13:11	12:49
168	380	Grafe Benedikt	Höllendullies	1:08:01	1:00:01	30	M30	08:00 / 09:43	11:51	12:56	12:34	12:51
169	775	Müller Manuel	WSF Neuenhaus	1:08:05	1:03:05	31	M30	04:59 / 13:27	12:28	12:33	12:00	12:28
170	676	Albers Heino	Composites Haren	1:08:08	1:04:28	9	M50	03:39 / 12:45	13:23	13:17	12:10	12:47
171	265	Löderbusch Sebastian	Hafensänger United	1:08:10	1:05:30	64	MHK	02:40 / 10:52	12:49	13:28	14:22	13:53
172	310	Menzel Thorsten	Zimmerei Eilers	1:08:11	1:04:51	17	M40	03:20 / 09:54	13:47	13:11	14:28	13:27
173	723	Böhm Alexander	*Lotte	1:08:11	1:01:31	32	M30	06:40 / 12:38	11:22	11:59	12:42	12:43
174	267	Hoffschrör Andreas	*Lingen	1:08:15	1:03:15	23	M35	05:00 / 12:06	12:50	12:34	12:57	12:39
175	46	Evers Dennis	Kenias letzte Reserve	1:08:37	1:05:17	33	M30	03:20 / 14:47	13:11	12:22	12:47	11:56
176	392	Buschen Jochen	Höllendullies	1:08:41	1:06:21	34	M30	02:19 / 10:08	12:32	14:24	14:06	15:06
177	56	Brandt Jochen	S.V. Olympia Uelsen	1:08:42	1:04:22	10	M50	04:20 / 13:26	12:51	12:52	13:00	12:04
178	412	Nähring Martin	Taekwondo Hörstel	1:08:43	1:05:23	17	M45	03:20 / 13:24	13:14	12:52	13:14	12:29
179	465	Fliege Thorsten	Desperate Housemen	1:08:44	1:02:04	65	MHK	06:40 / 10:41	12:42	12:59	12:55	12:39
180	79	Speer Kai	altabernichtkaputt	1:08:52	0:59:12	24	M35	09:40 / 12:03	11:52	11:59	11:50	11:23

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
181	51	Gysbers Dennis	*Uelsen	1:08:55	1:03:55	35	M30	05:00 / 14:19	13:15	11:04	11:08	13:50
182	585	Althoetmar Georg	LG Fingeramfuss	1:09:16	1:01:56	18	M45	07:20 / 12:35	11:42	12:01	12:42	12:49
183	413	Van der Stap Ron	Taekwondo Hörstel	1:09:23	1:05:23	11	M50	03:59 / 13:29	12:36	13:18	13:16	12:34
184	211	Welzel Hartmut	TSV Concordia Schöninghsdorf	1:09:31	1:04:51	19	M45	04:40 / 14:44	12:18	12:25	13:01	12:03
185	478	Waldt Rene	*Uelsen	1:09:32	1:04:12	66	MHK	05:20 / 13:34	12:21	12:38	12:38	12:41
186	675	Wösten Carsten	Composites Haren	1:09:38	1:03:18	18	M40	06:20 / 12:51	13:27	13:11	12:10	11:32
187	304	Egbers Jonas	Autohaus Wessels	1:09:42	1:08:02	67	MHK	01:40 / 12:49	13:08	13:08	14:15	14:22
188	189	Cerny Hannes	FC Schüttorf 09	1:09:48	1:04:48	7	MU18	05:00 / 14:10	12:28	12:44	13:23	11:40
189	158	Ull Oliver	S.C. Osterbrock	1:09:54	1:05:54	25	M35	04:00 / 12:54	12:37	13:14	14:00	12:50
190	194	Schareina Till	Die Super-Seydels 1	1:09:54	1:00:34	8	MU18	09:20 / 12:12	12:03	12:32	11:51	11:42
191	399	Bock Thorsten	GBS Grafenschaft Bentheim	1:09:55	0:59:55	19	M40	10:00 / 11:47	11:40	12:56	12:04	11:20
192	352	Möller Robert	Die drei lustigen Zwei	1:09:56	1:06:16	26	M35	03:40 / 12:59	13:07	13:11	13:03	13:43
193	789	Heyen Henning	Mudmasters	1:09:57	1:07:57	36	M30	02:00 / 15:07	13:10	12:45	13:01	13:41
194	4	Stobbe Matthias	Lauffreff Lüdinghausen	1:10:02	1:05:42	20	M45	04:20 / 12:51	13:33	13:37	12:44	12:40
195	396	Böhm Holger	GBS Grafenschaft Bentheim	1:10:06	1:06:46	20	M40	03:20 / 12:05	13:23	13:35	13:06	14:29
196	190	Ossadnik Simon	FC Schüttorf 09	1:10:08	1:04:48	9	MU18	05:19 / 14:10	12:28	12:43	13:24	11:40
197	306	Eilers Sascha	Zimmerei Eilers	1:10:11	1:04:51	27	M35	05:20 / 11:47	11:55	13:13	14:25	13:27
198	442	Andryszek Lucas	Wink Stanzwerkzeuge	1:10:12	1:02:32	68	MHK	07:40 / 14:06	12:31	11:56	12:05	11:41
199	415	La Marcel	Suicide Squad	1:10:16	1:04:16	37	M30	06:00 / 10:03	12:21	13:34	15:03	13:10
200	441	Kalawarny Jeffrey	Wink Stanzwerkzeuge	1:10:20	1:01:20	69	MHK	09:00 / 10:13	11:48	13:58	13:32	11:38
201	615	Leprich Kai	ASC Grün-Weiß 49	1:10:22	1:01:02	70	MHK	09:20 / 13:56	11:30	11:41	11:57	11:39
202	812	Hoffmann Roman	Tick Trick und Track	1:10:25	1:07:45	38	M30	02:40 / 15:43	13:04	14:15	12:22	12:16
203	75	Dermer Andreas	Crespel & Deiters	1:10:28	1:00:48	39	M30	09:40 / 10:23	12:28	12:45	12:35	12:29
204	334	Schneider Jörg	@ läuft	1:10:28	1:06:28	21	M45	03:59 / 17:03	13:27	13:02	11:18	11:23
205	139	Verwold Gerwin	Dynamo Tresen 1608 neV	1:10:35	1:02:15	40	M30	08:20 / 12:25	12:02	12:30	12:50	12:22
206	552	Wesker Thorsten	GBS Grafenschaft	1:10:36	1:04:56	28	M35	05:40 / 12:49	13:11	13:05	12:56	12:47
207	417	Boersma Kevin	Suicide Squad	1:10:37	1:04:17	71	MHK	06:20 / 10:04	12:19	13:36	15:06	13:08
208	440	Neuwinger Thomas	Wink Stanzwerkzeuge	1:10:52	1:06:32	29	M35	04:20 / 14:32	12:28	12:53	13:21	12:58
209	401	Backsmann Johannes	SV Union Meppen	1:10:58	1:05:58	5	MU20	05:00 / 15:49	12:56	13:50	12:15	11:01
210	308	Neiz Daniel	Zimmerei Eilers	1:11:10	1:04:50	6	MU20	06:20 / 10:03	13:41	13:10	14:27	13:25
211	39	Klomp Jörg	Wilsum läuft	1:11:11	1:04:31	22	M45	06:39 / 15:41	11:44	12:25	12:37	11:47
212	185	Tyman Achim	Wilsum läuft	1:11:22	1:07:22	21	M40	04:00 / 15:56	12:34	13:10	12:53	12:32
213	457	Gebbeken Christopher	Morastsprinter	1:11:26	1:08:06	72	MHK	03:20 / 19:38	12:02	12:15	12:04	11:46
214	370	Boll Volker	Lauffreff Tausendschön	1:11:28	1:03:48	73	MHK	07:40 / 14:01	12:08	13:26	12:13	11:42
215	55	Bartels Heiko	*Uelsen	1:11:28	1:06:48	30	M35	04:40 / 14:44	12:55	13:05	13:10	12:40
216	518	Müller Sebastian	FC Schüttorf 09	1:11:29	1:08:09	31	M35	03:20 / 16:25	12:56	12:29	12:48	13:14
217	375	Schwietering Thomas	VfL Ahaus	1:11:39	1:06:19	23	M45	05:19 / 13:05	13:25	13:27	13:14	12:59
218	732	Schoppmeier Jan	TuS Lühtringen	1:11:43	1:07:23	74	MHK	04:20 / 11:04	13:10	13:15	14:55	14:55
219	279	Kulinna Peter	*Dorfen bei München	1:11:54	1:02:34	75	MHK	09:20 / 10:33	12:27	13:38	12:45	13:02
220	307	Baars Joel	Zimmerei Eilers	1:12:10	1:04:50	76	MHK	07:20 / 09:55	13:52	13:05	14:28	13:27
221	612	Quickert Simon	*Bad Bentheim	1:12:15	1:03:15	77	MHK	09:00 / 14:07	12:07	12:08	12:33	12:04
222	711	Andre PROF Paschek	*Recke	1:12:16	1:07:36	22	M40	04:40 / 13:12	13:14	13:28	13:22	14:12
223	496	Maathuis Jano	*Uelsen	1:12:33	1:04:13	78	MHK	08:19 / 12:22	13:06	13:13	12:57	12:16
224	80	Mai Manuel	altabernichtkaputt	1:12:34	1:08:34	32	M35	03:59 / 12:04	12:48	13:20	15:35	14:42
225	622	Gruber Stephan	Team Eisenkarl	1:12:37	1:09:17	23	M40	03:19 / 17:16	12:46	12:58	12:54	13:01
226	118	Heumann Dennis	Team Heinz	1:12:44	1:05:04	79	MHK	07:40 / 11:52	12:41	14:12	12:59	13:09
227	562	Wesseler Andre	Lauffreff FC Ottenstein	1:12:54	1:05:14	41	M30	07:40 / 11:19	14:06	13:18	12:56	13:30
228	44	Hartmann Andreas	Kenias letzte Reserve	1:12:57	1:05:17	42	M30	07:40 / 14:25	13:17	12:39	12:47	11:55
229	116	Bohlen Christoph	1. LC EmMe	1:13:02	1:08:02	43	M30	04:59 / 12:29	12:58	14:39	14:00	13:49
230	126	Vocks Peter	SC Baccum	1:13:04	1:09:44	24	M45	03:20 / 13:30	14:06	13:59	13:54	14:00
231	521	Olthoff Lars	Großer Döner spezial	1:13:08	1:11:28	80	MHK	01:40 / 16:34	13:00	14:20	13:43	13:37
232	291	Stejskal Philipp	Lauffreff Lüdinghausen	1:13:08	1:07:28	10	MU18	05:40 / 12:09	12:32	12:56	15:11	14:24
233	696	Tenambergen Andre	Die Unbezwingbaren	1:13:11	1:07:31	24	M40	05:40 / 13:08	13:18	13:28	13:22	14:08
234	134	Deters Jan Paul	*Osnabrück	1:13:12	1:03:32	44	M30	09:40 / 14:05	11:49	11:57	13:39	11:34
235	130	Laskowski Jörg	Georgs Reha&Vital Hörstel	1:13:14	1:03:34	25	M45	09:39 / 13:18	12:28	12:14	12:30	12:52
236	285	Herdemann Christian	*Merzen	1:13:25	1:05:45	25	M40	07:40 / 12:06	12:42	13:04	13:57	13:47
237	822	Alkade Ahmad	Team Schüttorf	1:13:29	1:03:29	81	MHK	09:59 / 10:22	12:32	13:09	14:04	13:19
238	549	Zenker Stephan	SK Lation	1:13:31	1:11:11	82	MHK	02:20 / 15:33	13:27	13:01	14:26	14:34
239	123	Röhr Christian	Team Heinz	1:13:45	1:05:05	33	M35	08:39 / 11:57	12:36	14:13	12:59	13:09
239	193	Schareina Marc	Die Super-Seydels 1	1:13:45	1:11:25	26	M40	02:19 / 15:53	12:56	13:34	13:49	14:49

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Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
241	98	Lampe-Kipker Michael	*Osnabrück	1:13:48	1:10:48	27	M40	03:00 / 13:01	15:32	14:03	13:45	14:18
242	260	Hufnagel Clemens	Laufftreff Lüdinghausen	1:14:08	1:07:28	11	MU18	06:40 / 11:57	12:46	12:50	15:05	14:35
243	525	Raben Andre	Väter der Föhrenstrolche	1:14:13	1:09:13	34	M35	05:00 / 16:10	12:34	12:55	14:05	13:08
244	179	Maatmann Gerald	Wilsum läuft...	1:14:14	1:11:54	45	M30	02:20 / 16:22	13:32	14:08	13:47	13:51
245	2	Backherms Rafael	SUS Darne	1:14:17	1:08:17	28	M40	06:00 / 13:11	13:03	14:47	13:34	13:31
246	6	Bicks Bernd	Laufftreff Lüdinghausen	1:14:30	1:05:10	29	M40	09:20 / 12:52	13:24	13:45	12:37	12:15
247	791	Runde Stefan	Mudmasters	1:14:36	1:07:56	83	MHK	06:40 / 15:06	13:10	12:42	13:02	13:42
248	757	Becks Daniel	Canu Club Emsdetten	1:14:39	1:09:19	46	M30	05:20 / 15:09	13:47	13:50	13:21	13:02
249	99	Hartmann Raphael	*Ibbenbüren	1:14:48	1:10:48	26	M45	03:59 / 14:17	14:16	14:03	13:46	14:17
250	67	Striet Philipp	*Aachen	1:14:48	1:07:28	84	MHK	07:20 / 12:54	13:15	14:22	13:43	13:07
251	249	Termühlen Henning	on fire	1:14:52	1:07:52	7	MU20	06:59 / 14:04	12:58	13:41	13:38	13:17
252	691	Gehling Maik	*Recke	1:14:56	1:07:36	27	M45	07:20 / 13:13	13:13	13:18	13:28	14:16
253	759	Wacker Lennart	Canu Club Emsdetten	1:14:59	1:09:19	8	MU20	05:40 / 15:08	13:46	13:50	13:23	13:03
254	196	Heckmann Johannes	Die Super-Seydels 2	1:15:00	1:05:40	28	M45	09:20 / 16:18	11:33	12:14	13:02	12:08
255	173	Köhler Norman	*Meppen	1:15:02	1:08:02	47	M30	07:00 / 12:29	12:58	14:39	13:59	13:49
256	177	Dänekas PROF Sören	*Osnabrück	1:15:13	1:08:33	85	MHK	06:40 / 15:17	13:55	12:55	12:54	13:12
257	360	Bösch Armin	FC09	1:15:14	1:13:14	86	MHK	02:00 / 17:09	13:40	14:03	14:15	13:47
258	550	Voßkötter Tobias	*Hamburg	1:15:15	1:11:35	48	M30	03:40 / 13:50	14:11	14:56	14:19	14:15
259	497	Oudehinkel Niels	*Wilsum	1:15:17	1:06:17	9	MU20	09:00 / 13:38	12:34	13:22	12:59	13:24
260	777	Somberg Stefan	ENO Team Early Bird	1:15:20	1:08:20	49	M30	07:00 / 13:21	13:22	13:34	13:43	14:14
261	524	Hüttenhuis Andre	Väter der Föhrenstrolche	1:15:22	1:11:22	30	M40	03:59 / 16:08	12:43	14:05	13:43	14:20
262	36	Hermeling Heiner	Wilsum läuft	1:15:24	1:13:04	31	M40	02:20 / 15:53	14:01	13:51	14:09	14:52
263	559	Knipping Frank	Laufftreff FC Ottenstein	1:15:29	1:05:29	29	M45	09:59 / 12:17	13:18	13:34	13:16	13:00
264	232	Lüppe Rüdiger	Gassiclub Dackel 2010	1:15:31	1:13:31	30	M45	02:00 / 14:06	14:30	15:08	14:50	14:50
265	702	Schmitt Burkhard	*Wietmarschen	1:15:46	1:12:26	32	M40	03:20 / 14:30	13:46	14:48	14:07	15:06
266	599	Hölzen Carsten	Landwehr 3	1:15:47	1:11:27	87	MHK	04:20 / 16:35	13:27	13:51	13:40	13:42
267	788	Tengen Frank	Mudmasters	1:15:59	1:07:59	50	M30	08:00 / 15:11	13:39	12:44	13:12	13:00
268	7	Hüvel Marcell	Laufftreff Lüdinghausen	1:16:02	1:09:02	31	M45	07:00 / 13:05	13:18	14:15	14:03	14:03
269	744	Stein Matthias	TV Jahn Rheine	1:16:08	1:06:08	51	M30	10:00 / 15:14	14:24	13:46	11:36	10:57
270	125	Tieke Ludger	SC Baccum	1:16:08	1:09:48	32	M45	06:20 / 13:41	13:54	13:59	13:52	14:06
271	701	Rüelmann Frank	*Wietmarschen	1:16:26	1:12:26	33	M45	03:59 / 14:29	13:48	14:48	14:07	15:05
272	592	Latus Michael	Landwehr 1	1:16:27	1:11:27	52	M30	05:00 / 16:34	13:28	13:54	13:44	13:35
273	540	Heinze Frederic	SK Lation	1:16:31	1:11:11	88	MHK	05:20 / 15:29	13:38	13:50	13:55	14:07
274	28	Bookholt Tom	FC Schüttorf 09	1:16:36	1:11:56	12	MU18	04:40 / 13:52	14:08	14:42	14:46	14:23
275	790	Schnettberg Patrick	Mudmasters	1:16:40	1:08:00	89	MHK	08:39 / 15:09	13:41	12:45	13:05	13:07
276	456	Geers Philipp	Morastsprinter	1:16:46	1:08:06	90	MHK	08:40 / 19:38	12:03	12:15	12:03	11:46
277	246	Peters Manuel	VfL Herzlake	1:16:56	1:09:16	53	M30	07:40 / 12:32	14:09	14:40	14:30	13:20
278	809	Weidig Ole	*Bocholt	1:17:00	1:14:20	34	M45	02:40 / 14:36	15:01	14:48	14:08	15:35
279	495	Vieira Gabriel	MMG	1:17:04	1:12:44	91	MHK	04:20 / 14:59	14:41	14:10	14:26	14:19
280	703	Honrath Holger	*Wietmarschen	1:17:06	1:12:26	33	M40	04:40 / 14:33	13:42	14:41	14:16	15:04
281	539	Lienkamp Daniel	SK Lation	1:17:11	1:11:11	92	MHK	06:00 / 15:31	13:35	13:26	13:43	14:44
282	247	Peters Oliver	VfL Emslage	1:17:14	1:09:14	54	M30	08:00 / 12:31	14:10	13:34	15:35	13:21
283	493	Schoormann Marc	MMG	1:17:25	1:12:45	93	MHK	04:40 / 15:01	14:41	14:12	14:25	14:18
284	259	Gerwin Michael	Laufftreff Lüdinghausen	1:17:28	1:07:28	13	MU18	10:00 / 12:10	12:31	12:57	15:10	14:26
285	423	Börjes Yves	*Nordhorn	1:17:33	1:14:13	35	M35	03:20 / 12:54	15:08	14:45	14:47	16:30
286	484	Hüsken Yannik	Baccumer Bravehearts	1:17:33	1:13:13	94	MHK	04:20 / 14:55	13:59	14:41	15:13	14:14
287	201	Mebben Bernd	*Meppen	1:17:54	1:10:34	34	M40	07:20 / 12:33	14:27	14:21	14:34	14:34
288	542	Breitkopf Jonas	SK Lation	1:18:10	1:11:10	10	MU20	06:59 / 15:30	13:08	13:21	14:09	14:52
289	486	Möller Michael	*Emsbüren	1:18:13	1:09:13	35	M40	09:00 / 16:37	13:12	13:13	12:58	12:57
290	721	Müller David	Dynamo Beyer	1:18:24	1:11:44	11	MU20	06:40 / 15:26	14:23	14:36	13:27	13:41
291	494	Michalik Marek	MMG	1:18:24	1:12:44	35	M45	05:40 / 14:59	14:41	14:10	14:26	14:19
292	547	Overberg Sebastian	SK Lation	1:18:30	1:11:11	95	MHK	07:20 / 15:30	13:55	13:33	13:54	14:08
293	808	Nienhaus Dirk	*Bocholt	1:18:40	1:14:20	36	M35	04:20 / 14:36	15:01	14:48	14:09	15:35
294	736	Schmalbrock Steffen	TV Jahn Rheine	1:18:44	1:10:44	96	MHK	08:00 / 15:15	14:32	13:39	13:39	13:29
295	598	Bras Henning	Landwehr 3	1:18:47	1:11:27	97	MHK	07:20 / 16:37	13:24	14:03	13:31	13:38
296	818	Mertin Andreas	*Halle	1:18:51	1:16:51	98	MHK	02:00 / 12:40	14:32	16:17	16:17	16:59
297	37	Klein Holger	Wilsum läuft	1:19:03	1:13:43	36	M45	05:19 / 16:00	14:12	14:29	14:45	13:58
298	501	Schievink Thomas	B-Team: A-Team ist übertrieben	1:19:03	1:15:03	99	MHK	04:00 / 12:57	14:46	15:32	16:26	15:16
299	720	Beyer Jarmain	Dynamo Beyer	1:19:04	1:11:44	12	MU20	07:20 / 15:25	14:23	14:34	13:30	13:39
300	704	Suttman Tobias	*Wietmarschen	1:19:05	1:12:25	100	MHK	06:39 / 14:32	13:44	14:43	14:14	15:03

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
301	511	Geerink Gerald	Die Seitenstecher	1:19:09	1:13:09	101	MHK	06:00 / 13:56 12:23 12:42 12:28 21:26
302	564	Ippolito Gennaro	*Hanau	1:19:14	1:14:14	102	MHK	05:00 / 15:18 14:51 15:00 14:49 14:08
303	584	Baumung Dirk	LG Fingeramfuss	1:19:14	1:13:54	36	M40	05:20 / 12:01 14:36 17:24 15:05 14:41
304	674	Ruhmke Detlef	Composites Haren	1:19:17	1:10:37	37	M45	08:40 / 12:53 13:19 14:45 14:20 15:13
305	758	Blömer Christian	Canu Club Emsdetten	1:19:19	1:09:19	37	M35	10:00 / 15:08 13:48 14:00 13:10 13:02
306	705	Brands Björn	*Wietmarschen	1:20:06	1:12:26	37	M40	07:40 / 14:34 13:42 14:47 14:13 15:00
307	523	Stegink Heico	Großer Döner spezial	1:20:08	1:11:28	38	M45	08:40 / 16:34 13:01 14:18 13:48 13:31
308	548	Schlebach Simon	SK Lation	1:20:11	1:11:11	103	MHK	09:00 / 15:30 13:08 13:23 14:08 14:51
309	178	Wenning Ingo	Wilsum läuft/Dynamo Tresen	1:20:15	1:11:55	104	MHK	08:20 / 16:21 13:32 14:08 13:47 13:52
310	821	Groß-Holtwick Markus	Hemdener SV	1:20:40	1:14:20	38	M40	06:20 / 14:42 15:00 14:47 14:09 15:31
311	439	Fritsch Marc	Wink Stanzwerkzeuge	1:20:40	1:15:00	55	M30	05:40 / 14:09 15:46 14:51 15:00 15:00
312	210	Malon Artur	TSV Concordia Schöninghsdorf	1:20:53	1:17:33	105	MHK	03:20 / 18:38 16:12 14:12 14:28 13:44
313	200	Horstkamp Tobias	*Wietmarschen	1:21:01	1:17:41	38	M35	03:19 / 14:24 15:34 16:29 15:50 15:16
314	537	Ahmann Sebastian	SK Lation	1:21:11	1:11:11	106	MHK	10:00 / 15:32 13:52 13:34 13:35 14:26
315	197	Verwold Holger	Die Super-Seydels 2	1:21:34	1:13:34	12	M50	08:00 / 15:11 13:46 14:18 14:55 15:01
316	800	Detels Daniel	Team Eiszeit	1:21:35	1:15:15	39	M35	06:20 / 15:59 15:44 14:11 14:49 14:24
317	717	Herbers Björn	Dynamo Beyer	1:21:44	1:11:44	56	M30	10:00 / 15:24 14:27 13:54 14:04 13:42
318	718	Schrant Christoph	Dynamo Beyer	1:21:44	1:11:44	107	MHK	10:00 / 15:24 14:23 14:36 13:27 13:41
319	5	Vosberg Daniel	Lauffreff Lüdinghausen	1:21:51	1:15:51	13	M50	06:00 / 14:10 14:45 15:38 16:20 14:42
320	601	Bertels Matthias	Muddy Unicorns III	1:22:04	1:14:24	108	MHK	07:40 / 13:57 14:28 15:28 15:47 14:41
321	801	Rotert Jan	Team Eiszeit	1:22:36	1:15:16	40	M35	07:20 / 15:58 14:35 15:21 14:47 14:23
322	50	Olthuis Henning	*Uelsen	1:22:50	1:18:10	57	M30	04:40 / 17:55 16:11 15:37 14:13 13:57
323	746	Reeker Jörg	TV Jahn Rheine	1:23:02	1:19:42	39	M40	03:20 / 17:15 15:42 15:14 15:24 15:57
324	752	Hagemeier Dennis	NOZ MEDIEN	1:23:03	1:19:23	109	MHK	03:40 / 14:52 15:29 15:30 15:13 18:09
325	811	Duscha Andreas	Tick Trick und Track	1:23:39	1:16:19	14	M50	07:20 / 15:42 15:40 15:00 15:06 14:48
326	817	Dick Viktor	*Halle	1:23:53	1:17:53	110	MHK	06:00 / 00:00 00:00 00:00 00:00 00:00
327	768	Heyenga Dennis	Familienausflug	1:23:58	1:20:18	111	MHK	03:39 / 16:31 15:59 16:15 16:47 14:41
328	25	Albrecht Waldemar	*Merzen	1:24:12	1:15:52	58	M30	08:20 / 14:43 15:23 15:41 15:06 14:45
329	388	Wehmeyer Heiko	*Neuenhaus	1:24:14	1:14:14	59	M30	09:59 / 15:12 14:55 14:44 14:19 14:55
330	772	Hummeldorf Martin	*Lingen	1:24:14	1:16:34	112	MHK	07:40 / 16:32 14:42 15:16 15:14 14:38
331	435	Pechuel-Loesche Robin	Die Kampfgeister	1:24:32	1:20:32	60	M30	03:59 / 19:30 14:54 14:41 15:16 15:44
332	619	Dilli Matthias	Team Eisenkarl	1:24:34	1:21:14	40	M40	03:20 / 17:27 16:11 16:36 15:25 15:17
333	764	Seeck Oliver	*Meppen	1:25:10	1:16:50	41	M35	08:20 / 31:53 14:37 15:51 14:27 00:00
334	750	Golka Jan	NOZ MEDIEN	1:26:05	1:19:25	113	MHK	06:40 / 14:50 15:29 15:31 15:14 18:10
335	763	Jaspers Nico	*Meppen	1:26:20	1:23:20	42	M35	03:00 / 32:39 00:00 17:45 16:42 16:12
336	698	Brebaum Guido	*Wettringen	1:26:20	1:21:00	41	M40	05:20 / 17:12 16:01 15:49 16:29 15:18
337	671	Leikamm Julian	*Nordhorn	1:26:32	1:17:52	114	MHK	08:39 / 17:44 15:00 13:46 14:53 16:14
338	751	Richter Renke	NOZ MEDIEN	1:26:45	1:19:25	115	MHK	07:20 / 15:03 15:20 15:30 15:13 18:09
339	432	Ottenjann Marc	Die Kampfgeister	1:26:52	1:20:32	43	M35	06:20 / 19:31 14:56 14:40 15:15 15:44
340	686	Wilken Daniel	WRU1	1:26:57	1:23:57	116	MHK	03:00 / 16:50 16:51 16:44 16:56 16:22
341	290	Hüser Dennis	*Meppen	1:27:03	1:21:23	117	MHK	05:40 / 18:33 16:17 15:49 15:45 14:39
342	753	Stritzke Markus	NOZ MEDIEN	1:27:09	1:20:29	61	M30	06:40 / 15:49 15:35 15:28 16:46 16:39
343	27	Blekker Gerwin	Wilsum läuft	1:27:16	1:22:16	42	M40	05:00 / 17:32 16:17 15:17 16:22 16:29
344	427	Schneider Alexander	Taekwondo Hörstel	1:27:27	1:20:07	62	M30	07:20 / 15:04 15:41 16:05 16:12 16:55
345	87	Veurink Elmo	*Wielen	1:27:30	1:18:10	63	M30	09:20 / 17:44 16:23 15:36 14:11 13:59
346	45	Wever Jens	Kenias letzte Reserve	1:27:30	1:18:10	64	M30	09:20 / 17:45 16:58 15:06 14:06 13:59
347	54	Snyders Eike	*Uelsen	1:27:50	1:18:10	118	MHK	09:40 / 17:57 16:14 15:36 14:15 13:53
348	454	Steinmetz Matthias	Morastsprinter	1:28:13	1:19:53	119	MHK	08:19 / 19:36 14:47 15:06 15:31 14:32
349	361	Zielmann Ingo	Bude Harmkusen	1:28:45	1:26:25	65	M30	02:19 / 17:45 17:42 17:55 15:26 17:12
350	766	Hoffrogge Ralf	Familienausflug	1:28:58	1:20:18	15	M50	08:39 / 16:30 16:00 16:16 16:47 14:41
351	679	Grundmann Marc	Chinese Wall	1:29:14	1:25:14	44	M35	03:59 / 18:02 16:35 16:42 17:08 16:39
352	365	Arends André	Lauffreff Tausendschön	1:29:25	1:26:25	45	M35	03:00 / 19:44 17:10 17:01 16:06 16:07
353	825	Seidel Timo		1:30:22	1:28:02	43	M40	02:20 / 14:41 18:40 19:33 18:15 16:47
354	362	Vrielmann Jens	Bude Harmkusen	1:30:25	1:26:25	66	M30	03:59 / 19:14 17:37 17:01 16:05 16:09
355	755	Kopatz Niels	NOZ MEDIEN	1:30:28	1:22:08	120	MHK	08:20 / 15:51 16:03 16:32 16:58 16:30
356	678	Alberts Jörn	Chinese Wall	1:30:33	1:25:13	46	M35	05:19 / 18:00 16:39 16:23 16:54 17:12
357	183	Westrup Peter	*Papenburg	1:30:44	1:21:24	44	M40	09:20 / 17:40 17:09 15:50 15:43 14:40
358	368	Rüße Markus	Lauffreff Tausendschön	1:31:28	1:25:48	67	M30	05:40 / 19:17 16:16 17:21 16:06 16:32
359	774	Schaffron Christian	*Meppen	1:31:52	1:23:32	39	M40	08:20 / 50:24 17:11 15:55 00:00 00:00
360	815	Jaekel Oskar	Fahr zu Hölle	1:32:13	1:23:33	121	MHK	08:39 / 16:41 16:12 16:55 17:05 16:36

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
361	756	Fortmann Alfons	*Börger	1:32:15	1:28:35	16	M50	03:40 / 15:54	18:10	18:18	17:56	18:13
362	353	Behrends Johannes	Die drei lustigen Zwei	1:32:23	1:29:03	17	M50	03:20 / 20:10	17:41	17:49	17:08	15:59
363	374	Lübbbers Lars	Bude Harmkusen	1:32:44	1:26:24	68	M30	06:19 / 17:51	17:36	18:08	16:20	16:09
364	364	Wolterink Sascha	Bude Harmkusen	1:33:04	1:26:24	69	M30	06:39 / 17:50	17:40	17:57	15:28	17:09
365	787	Oudehinken Andreas	OSC Damme	1:33:13	1:25:13	122	MHK	08:00 / 17:57	16:36	16:30	17:19	16:42
366	373	Arends Frank	Bude Harmkusen	1:33:24	1:26:24	123	MHK	06:59 / 17:54	17:40	18:17	15:58	16:17
367	357	Maathuis Henning	*Haselünne	1:33:44	1:26:24	70	M30	07:20 / 17:51	17:40	18:21	15:18	16:56
368	24	Beer Benjamin	British Military Fitness	1:35:13	1:29:33	71	M30	05:40 / 15:11	17:41	18:44	19:07	18:43
369	263	Hümer Thorsten	TV Jahn 1919 Borgholzhausen	1:35:22	1:28:22	47	M35	07:00 / 00:00	00:00	00:00	00:00	00:00
370	191	Dove Sigggi	schafft die Schützenvereine ab	1:36:56	1:26:56	18	M50	09:59 / 16:42	17:42	17:39	17:18	17:28
371	684	Harrer Oliver	*Aschaffenburg	1:38:00	1:30:40	40	M45	07:20 / 17:24	17:33	18:47	19:06	17:37
372	266	Gromball Mike	*Geeste	1:38:10	1:31:10	45	M40	06:59 / 17:59	17:21	18:28	18:30	18:30
373	344	Lucas Jürgen	*Lingen	1:38:29	1:28:29	46	M40	09:59 / 18:42	16:34	17:24	18:04	17:32
374	264	Scheve Pascal	Hafensänger United	1:38:36	1:28:36	0	M	09:59 / 15:50	20:06	17:30	17:52	17:12
375	288	Weber Patrick	Sälker IT Solutions	1:38:51	1:33:11	124	MHK	05:40 / 15:51	20:23	19:46	18:05	18:58
376	673	Konjer Simon	*Nordhorn	1:40:18	1:37:18	125	MHK	03:00 / 17:48	20:07	19:37	20:22	19:12
377	685	Harrer Yannick	*Aschaffenburg	1:40:21	1:30:41	14	MU18	09:40 / 17:23	17:33	18:47	19:06	17:37
378	482	Demel Christoph	*Ramsel	1:40:33	1:31:53	126	MHK	08:39 / 19:27	17:05	18:21	18:31	18:14
379	489	Lübker Dirk	Physikalische Gesetzesbrecher	1:40:37	1:34:37	72	M30	06:00 / 19:41	18:43	19:13	19:59	16:43
380	728	Seiler Steffen	*Nordhorn	1:40:57	1:37:17	127	MHK	03:40 / 18:03	19:51	19:35	20:27	19:09
381	420	Asmann Jörn	Running Gag	1:43:05	1:34:45	73	M30	08:19 / 17:32	19:31	20:11	19:28	17:58
382	490	Meyerrose Sven	Physikalische Gesetzesbrecher	1:44:02	1:34:42	48	M35	09:20 / 19:40	18:50	19:12	19:56	16:46
383	469	Germann Alexander	Awesome Monkeys	1:44:07	1:35:07	128	MHK	09:00 / 21:22	20:16	19:20	17:04	16:55
384	491	Eismann Marco	Physikalische Gesetzesbrecher	1:44:18	1:34:38	49	M35	09:40 / 19:30	18:53	19:14	20:00	16:43
385	672	Hinterland Mike	*Nordhorn	1:45:17	1:37:17	129	MHK	08:00 / 17:59	20:00	19:32	20:26	19:09
386	595	Schmele Marcus	Landwehr 2	1:48:56	1:41:16	130	MHK	07:40 / 20:43	20:32	22:13	21:37	15:59
387	70	Stermann Benjamin	Crespel & Deiters	1:58:31	1:52:31	74	M30	06:00 / 24:39	22:18	22:51	20:39	21:50

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	400	Backsmann Sarah	SV Union Meppen	0:50:37	0:46:37	1	WHK	04:00 / 08:17	09:17	09:42	09:44	09:32
2	42	Sumbeck Imke	LC Nordhorn	0:51:26	0:46:06	1	W30	05:19 / 08:10	09:29	09:23	09:43	09:18
3	742	Hopster Annika	TV Jahn Rheine	0:56:34	0:49:54	2	WHK	06:40 / 10:48	09:19	09:45	09:54	09:58
4	741	Hopster Alena	TV Jahn Rheine	0:58:14	0:49:54	3	WHK	08:19 / 10:50	09:20	09:45	09:54	09:58
5	784	Schütte Rebecca	*Haren	0:59:57	0:55:37	1	W45	04:20 / 11:42	10:36	11:05	11:21	10:49
6	174	Vosskötter Margrit	FC Schüttorf 09 Laufabteilung	1:00:14	0:56:54	1	W55	03:20 / 10:43	11:21	11:43	11:34	11:29
7	300	Haarhues Christiane	Team promesstec	1:00:34	0:56:54	2	W45	03:39 / 10:22	11:27	11:51	11:52	11:19
8	514	Burghard Marina	Happy Hippos	1:05:27	1:03:47	1	WU20	01:40 / 12:44	12:43	12:28	12:42	12:59
9	90	Gügelmeier Marion	SV Dalum	1:05:29	1:00:09	1	W40	05:20 / 11:19	12:16	12:11	12:28	11:49
10	796	Schröer Vivian	Team FiTo	1:05:53	0:57:33	2	WU20	08:20 / 11:01	11:29	11:56	11:40	11:26
11	582	Holt Jennifer	Muddy Unicorns II	1:06:05	0:56:25	4	WHK	09:40 / 10:59	11:22	11:37	11:21	11:00
12	513	Helper Sabrina	Waspo Nordhorn	1:06:07	1:03:47	3	WU20	02:19 / 12:46	12:43	12:27	12:42	12:59
13	19	Hübers Kathrin	Olympia Uelsen	1:06:17	1:00:17	5	WHK	06:00 / 10:19	11:48	13:49	12:25	11:51
14	238	Hagedorn Femke	*Osterwald	1:07:38	1:02:38	6	WHK	05:00 / 14:19	11:07	12:13	12:50	12:01
15	614	Tepen Julia	Running Gag	1:09:42	1:01:02	7	WHK	08:39 / 13:56	11:30	11:41	11:57	11:38
16	515	Mundt Birte	Happy Hippos	1:09:47	1:03:47	4	WU20	06:00 / 12:45	12:42	12:28	12:42	12:58
17	738	Reinhold Melanie	TV Jahn Rheine	1:09:47	1:06:07	2	W30	03:40 / 15:59	13:40	13:44	11:38	10:58
18	561	Brose Anna	Lauftreff FC Ottenstein	1:09:51	1:05:11	8	WHK	04:40 / 12:16	13:09	13:17	12:50	13:35
19	241	Kuite Lena	Die Aufläufer	1:09:58	1:02:38	9	WHK	07:20 / 12:48	12:32	12:22	12:50	12:01
20	376	Rotering Birgitte	VfL Ahaus	1:09:59	1:06:19	2	W55	03:39 / 13:05	13:25	13:27	13:13	13:00
21	574	Grosser Carmen	*Münster	1:10:11	1:03:11	10	WHK	07:00 / 11:29	12:35	13:03	13:07	12:50
22	68	Kaiser Sonja	*Düsseldorf	1:10:30	1:08:30	1	W35	02:00 / 12:37	13:39	14:23	14:15	13:29
23	832	Wanink Jessica	Alle Jahre wieder	1:11:21	1:03:21	3	W30	08:00 / 15:18	11:47	12:27	11:38	12:01
24	369	Schroven Jane	Lauftreff Tausendschön	1:11:25	1:03:45	11	WHK	07:40 / 13:38	12:31	13:01	12:36	11:41
25	136	Beckhuis Mara	*Münster	1:11:26	1:05:46	12	WHK	05:40 / 14:02	12:41	13:15	13:16	12:21
26	252	Buning Ann-Christine	*Osnabrück	1:11:49	1:03:09	13	WHK	08:40 / 15:40	11:57	12:20	11:43	11:16
27	611	Quickert Rebecca	*Bad Bentheim	1:11:56	1:03:16	14	WHK	08:39 / 14:10	12:07	12:07	12:33	12:04
28	554	Rüger Ellen	GBS Graftschaft	1:12:16	1:04:56	15	WHK	07:20 / 12:49	13:11	13:06	12:54	12:48
29	57	Maatmann Marina	Wilsum läuft...	1:12:41	1:07:21	16	WHK	05:20 / 15:56	12:39	13:12	12:51	12:29
30	212	Jansen Gerda	TSV Concordia Schöninghsdorf	1:12:50	1:04:50	3	W45	08:00 / 14:42	12:17	12:23	13:04	12:04
31	20	Wargers Judith	SVA SALZBERGEN	1:12:57	1:04:37	17	WHK	08:19 / 12:32	12:23	12:59	13:35	12:57
32	367	Rüße Helen	Lauftreff Tausendschön	1:13:04	1:06:44	18	WHK	06:20 / 15:44	12:22	12:36	13:06	12:38
33	748	Loh Martina	TV Jahn Rheine	1:13:09	1:09:29	2	W35	03:40 / 14:39	13:53	14:01	13:17	13:31
34	575	Ter Horst Marielle	*Münster	1:13:11	1:03:11	19	WHK	10:00 / 11:28	12:36	13:04	13:07	12:50
35	827	Kerkhopp Gabi	Schüttorf Laufabteilung	1:13:21	1:03:21	4	W45	10:00 / 13:57	11:49	12:30	12:42	12:18
36	176	Oelgemöller Nora	*Osnabrück	1:13:33	1:08:33	20	WHK	05:00 / 15:16	13:51	12:52	13:02	13:11
37	749	Stockhausen Kathleen	TV Jahn Rheine	1:13:49	1:09:29	21	WHK	04:20 / 14:47	13:45	13:59	13:18	13:30
38	553	Fefer Svetlana	GBS Graftschaft	1:13:56	1:04:56	4	W30	09:00 / 12:49	13:11	13:07	12:54	12:48
39	402	Lonnemann Sara	SV Union Meppen	1:14:18	1:05:58	22	WHK	08:20 / 15:48	12:57	13:50	12:16	11:01
40	810	Duscha Julia	Tick Trick und Track	1:14:25	1:07:45	23	WHK	06:39 / 15:45	13:05	14:17	12:21	12:15
41	309	Schulte Jessica	Zimmerei Eilers	1:14:28	1:08:08	5	WU20	06:20 / 11:48	13:36	13:45	14:49	14:07
42	516	Wallmann Petra	*Ladbergen	1:14:30	1:06:10	5	W45	08:20 / 13:23	12:43	13:06	13:12	13:34
43	295	Korbik Carolin	*Bergheim	1:14:39	1:07:58	24	WHK	06:40 / 11:33	13:23	13:53	15:01	14:03
44	591	Schomakers Kathy	Landwehr 1	1:14:47	1:11:27	25	WHK	03:20 / 16:32	13:28	13:51	13:47	13:36
45	783	Lübbbers Christiane	*Haren	1:14:59	1:10:59	1	W50	03:59 / 14:21	14:13	14:03	14:31	13:46
46	250	Wilmes Katharina	on fire	1:15:11	1:07:51	1	WU18	07:20 / 14:04	13:01	13:39	13:37	13:17
47	560	Boedeker Sandra	Lauftreff FC Ottenstein	1:15:29	1:05:29	2	W40	10:00 / 11:59	13:36	13:45	13:06	12:59
48	546	Gerlach Meike	SK Lation	1:15:29	1:11:09	6	WU20	04:20 / 15:29	13:23	13:06	14:10	14:50
49	538	Heinze Christina	SK Lation	1:15:31	1:11:11	26	WHK	04:20 / 15:33	13:37	13:24	13:54	14:32
50	293	Vogel Christina	Die Super-Seydels 3	1:15:44	1:05:44	7	WU20	10:00 / 16:04	12:06	12:13	13:09	12:05
51	387	Wiels Mareike	*Neuenhaus	1:15:48	1:07:08	27	WHK	08:39 / 15:11	13:12	12:33	12:57	13:06
52	157	Radicke Monique	*Esche	1:15:55	1:05:55	28	WHK	09:59 / 12:54	12:37	13:14	14:01	12:50
53	274	Ottoweß Nina	LC Nordhorn	1:16:07	1:06:27	2	WU18	09:40 / 11:15	13:54	14:10	14:15	12:46
54	81	Beckmann Frauke	SV Suddendorf Samern	1:16:22	1:14:02	3	W40	02:20 / 17:16	14:21	14:43	13:59	13:27
55	35	Harsman Friedchen	Wilsum läuft	1:16:22	1:13:42	3	W35	02:40 / 16:46	14:06	14:14	14:19	13:58
56	270	Teders Dorothee	Jandorse	1:16:36	1:07:16	5	W30	09:20 / 13:05	13:32	13:36	13:42	13:12
57	776	Somberg Sarah	ENO Team Early Bird	1:17:00	1:08:20	6	W30	08:40 / 13:21	13:22	13:37	14:00	13:54
58	813	Müller Angelika	Fahr zu Hölle	1:17:01	1:10:01	6	W45	06:59 / 14:14	13:51	14:15	14:05	13:32
59	816	Kohne Tanja	*Duisburg	1:17:10	1:09:30	4	W35	07:40 / 14:47	13:45	14:00	13:15	13:32
60	806	Beyer Joline	The swimming horses	1:17:24	1:11:44	3	WU18	05:40 / 15:28	14:26	14:42	13:30	13:27

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Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	66	Hüls Anne	*Salzbergen	1:17:28	1:07:28	29	WHK	10:00 / 12:54	13:14	14:23	13:43	13:07
62	804	Meinerling Maria	*Engden	1:17:30	1:09:30	5	W35	08:00 / 14:47	13:45	14:01	13:16	13:31
63	48	Ekkel Lisa	*Uelsen	1:17:34	1:10:14	30	WHK	07:20 / 14:46	13:34	13:42	14:04	13:54
64	214	Stroot Sonja	FC Schüttorf 09	1:17:40	1:09:21	7	W45	08:19 / 14:03	13:27	13:36	13:47	14:15
65	740	Garmann Anna	TV Jahn Rheine	1:17:44	1:10:44	31	WHK	07:00 / 15:32	14:14	13:40	13:40	13:29
66	248	Fransbach Nina	on fire	1:17:51	1:07:51	8	WU20	10:00 / 14:05	13:01	13:40	13:36	13:17
67	3	Backherms Bettina	Vobali	1:17:57	1:08:17	6	W35	09:40 / 13:11	13:04	14:47	13:34	13:30
68	132	Tebbel Kathrin	*Nordhorn	1:18:05	1:10:05	7	W30	08:00 / 15:59	13:17	14:11	13:18	13:10
69	545	Lütke-Bohmert Maxi	SK Lation	1:18:10	1:11:10	9	WU20	07:00 / 15:29	13:55	12:39	14:06	14:51
70	563	Szyszkla Ursula	Lauffreff FC Ottenstein	1:18:19	1:11:39	7	W35	06:40 / 11:35	14:11	14:22	15:36	15:51
71	593	Latus Jaqueline	Landwehr 1	1:18:27	1:11:27	32	WHK	06:59 / 16:33	13:27	13:51	13:46	13:37
72	544	Kurdelbaum Lea	SK Lation	1:18:30	1:11:10	4	WU18	07:20 / 15:29	13:56	13:30	13:17	14:48
73	780	Funke Eva	*Haren	1:18:39	1:10:59	8	W45	07:40 / 14:28	14:12	14:02	14:25	13:47
74	186	Tyman Heidrun	Wilsum läuft	1:18:43	1:13:43	4	W40	05:00 / 17:29	13:24	14:15	14:23	13:54
75	77	Kretschmann Sabine	VfL Lingen	1:18:43	1:09:03	9	W45	09:40 / 16:20	12:50	12:55	13:12	13:32
76	719	Weiß Andrea	Dynamo Beyer	1:18:44	1:11:44	10	W45	07:00 / 15:27	14:22	14:42	13:27	13:34
77	543	Schöne Katrin	SK Lation	1:18:50	1:11:10	33	WHK	07:40 / 15:29	13:24	13:08	14:08	14:51
78	38	Kahlfeld Rainer	Wilsum läuft	1:18:57	1:11:57	11	W45	07:00 / 15:48	14:04	13:49	14:13	13:46
79	82	Türk Daniela	SV Suddendorf Samern	1:19:02	1:14:02	34	WHK	05:00 / 17:17	14:19	14:43	13:59	13:26
80	716	Dietrich Yvonne	Dynamo Beyer	1:19:04	1:11:44	8	W35	07:20 / 15:27	14:23	14:40	13:29	13:34
81	29	Meyer Daniela	*Volllage	1:19:05	1:12:05	9	W35	07:00 / 15:00	14:44	14:15	14:35	13:19
82	430	Büscher Andrea	Stress 123	1:19:10	1:13:10	35	WHK	06:00 / 13:54	13:49	15:10	14:31	15:35
83	781	Rexeis Ricarda	*Haren	1:19:19	1:10:59	2	W50	08:20 / 14:32	14:04	14:03	14:30	13:46
84	199	Strahl Brigitte	*Hannover	1:19:19	1:09:19	10	W35	09:59 / 14:22	12:58	13:33	14:53	13:21
85	782	Hackmann Ingrid	*Haren	1:19:39	1:10:59	3	W50	08:39 / 14:28	14:12	14:03	14:26	13:46
86	224	Köster Rita	Laufgruppe SCU Emlichheim	1:19:42	1:14:42	12	W45	05:00 / 16:02	14:49	14:40	14:34	14:27
87	667	Röttgers Insa	*Neuenhaus	1:19:54	1:11:54	36	WHK	08:00 / 13:22	13:20	14:45	15:06	15:20
88	32	Rolves Leann	*Volllage	1:20:05	1:12:05	8	W30	08:00 / 14:59	14:45	14:12	14:28	13:29
89	284	Hermesen Franziska	FC Schüttorf 09 Laufabteilung	1:20:21	1:15:01	5	WU18	05:20 / 12:58	14:56	15:06	16:17	15:38
90	106	Schleiner Karin	Die Turboschnecken	1:20:32	1:17:32	3	W55	03:00 / 18:12	14:55	14:55	14:50	14:21
91	221	Zwarscholten Gesa	*Emlichheim	1:20:42	1:14:42	37	WHK	06:00 / 16:02	14:49	14:40	14:34	14:27
92	120	Brunsfeld Nicole	Team Heinz	1:20:49	1:18:10	13	W45	02:40 / 15:02	15:21	16:22	15:33	15:41
93	281	Van der Zee Mareike	Krimatho	1:21:08	1:11:08	38	WHK	09:59 / 13:43	13:30	14:53	14:23	14:28
94	298	Boerrigter Maren	Horstis	1:21:09	1:13:29	39	WHK	07:40 / 15:36	14:44	14:48	14:21	13:54
95	342	Stare Anne	*Lingen	1:21:16	1:13:56	40	WHK	07:20 / 12:24	14:56	16:23	15:25	14:41
96	166	Hermeling Hanne	SV Suddendorf-Samern	1:21:22	1:14:02	41	WHK	07:20 / 17:18	14:20	14:43	14:00	13:26
97	297	Gosink Isabel	Horstis	1:21:29	1:13:29	42	WHK	07:59 / 15:36	14:44	14:46	14:23	13:53
98	429	Krumdieck Katja	Stress 123	1:21:30	1:13:10	9	W30	08:20 / 13:54	13:49	15:10	14:30	15:35
99	225	Schmuda Larissa	Aktiv Fabrik Schüttorf	1:21:34	1:11:34	43	WHK	10:00 / 16:11	14:15	14:14	13:53	12:55
100	227	Kiewit Seka	Aktiv Fabrik Schüttorf	1:21:34	1:11:34	10	WU20	09:59 / 16:10	14:12	14:15	13:54	12:57
101	551	Berens Isabelle	*Hamburg	1:21:35	1:11:35	44	WHK	10:00 / 13:51	14:11	14:56	14:20	14:14
102	734	Beyer Justine-Marie	The swimming horses	1:21:44	1:11:44	45	WHK	09:59 / 15:27	14:27	14:43	13:30	13:27
103	729	Bill Vanessa	*Osnabrück	1:21:55	1:18:15	46	WHK	03:39 / 13:31	18:10	15:06	15:28	15:56
104	500	Schultjan Dana	B-Team: A-Team ist übertrieben	1:22:24	1:15:04	47	WHK	07:20 / 13:01	14:47	15:52	16:06	15:12
105	566	Dannenberg Anke	RunningGag	1:22:42	1:15:42	11	W35	07:00 / 16:30	14:46	15:07	14:50	14:19
106	222	Steffen Linda	Laufgruppe Emlichheim	1:22:43	1:14:43	48	WHK	08:00 / 16:02	14:48	14:42	14:34	14:27
107	105	Prager Michaela	Die Turboschnecken	1:22:52	1:17:32	49	WHK	05:19 / 18:11	14:49	14:55	14:53	14:25
108	799	Detels Eleonor	Team Eiszeit	1:22:55	1:15:15	10	W30	07:40 / 15:59	15:43	14:14	14:47	14:22
109	581	Korbal Ewelina	Muddy Unicorns II	1:23:23	1:14:23	11	W30	09:00 / 13:52	14:28	15:28	15:47	14:41
110	22	Penkert Wilma	*Hoogstede	1:23:25	1:16:05	5	W40	07:20 / 16:11	14:48	15:10	14:55	14:50
111	47	Veurink Julia	*Uelsen	1:23:29	1:18:10	50	WHK	05:19 / 17:42	16:25	15:38	14:11	13:57
112	107	Körting Johanna	Die Turboschnecken	1:23:32	1:17:32	51	WHK	06:00 / 18:11	14:48	14:55	14:54	14:25
113	624	Bella-Gruber Paula	Team Eisenkarl	1:23:34	1:21:14	6	W40	02:20 / 17:24	16:15	16:38	15:29	15:11
114	219	Hazelbecke Verena	der gestiefelte Muskelkater	1:24:11	1:19:51	52	WHK	04:20 / 17:20	15:14	16:02	15:45	15:11
115	356	Hemeltjen Caroline	Blondies	1:24:11	1:18:51	53	WHK	05:20 / 17:05	14:47	15:27	15:34	15:43
116	69	Gerdes Marina	Crespel & Deiters	1:24:12	1:15:32	12	W35	08:39 / 14:56	15:11	16:14	14:50	14:12
117	195	Roelofs Sara	Die Super-Seydels 2	1:24:27	1:17:27	54	WHK	07:00 / 16:35	16:03	14:58	14:58	14:27
118	618	Egbers Sarah	*Belm	1:24:28	1:18:28	55	WHK	06:00 / 17:34	15:32	14:53	15:05	15:03
119	773	Jacobs Katrin	*Lingen	1:24:34	1:16:34	56	WHK	08:00 / 16:32	14:42	15:16	15:14	14:37
120	187	Maatmann PROF Sina	Wilsum läuft...	1:24:39	1:16:39	57	WHK	08:00 / 15:50	15:32	15:30	14:38	15:02

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Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
121	535	Droste Michelle	BV Clusorth-Bramhar	1:24:41	1:20:01	58	WHK	04:40 / 16:12 15:37 16:30 15:39 15:51
122	26	Reuter Ann-Kathrin	*Merzen	1:24:52	1:15:52	59	WHK	09:00 / 14:44 15:28 15:30 15:25 14:33
123	88	Eilering Karin	SVSuSa FC 09	1:24:57	1:21:17	4	W50	03:40 / 17:19 15:22 15:33 16:25 16:24
124	89	Kolodziej Anja	SV Dalum	1:25:02	1:21:22	13	W35	03:39 / 15:15 16:25 16:37 16:40 16:19
125	502	Kleine Vennekate Laura	B-Team: A-Team ist übertrieben	1:25:03	1:15:03	60	WHK	09:59 / 12:58 14:49 15:50 16:04 15:16
126	206	Jansen Tamina	TSV Concordia Schöninghsdorf	1:25:13	1:17:33	61	WHK	07:40 / 18:37 16:12 14:16 14:23 13:44
127	769	Schäfer Jutta	Familienausflug	1:25:18	1:20:18	7	W40	05:00 / 16:29 16:00 16:17 16:46 14:41
128	119	Paetzel Nicole	Team Heinz	1:25:29	1:18:10	14	W35	07:20 / 15:02 15:21 16:22 15:33 15:41
129	299	Olthuis Josina	Horstis	1:25:32	1:16:32	62	WHK	09:00 / 15:36 14:44 14:49 15:23 15:54
130	162	Karpinski Marion	Laufftreff Lüdinghausen	1:25:38	1:17:38	14	W45	08:00 / 16:16 15:03 15:44 15:19 14:58
130	163	Gosmann Carmen	Laufftreff Lüdinghausen	1:25:38	1:17:38	14	W45	08:00 / 16:19 15:03 15:44 15:19 14:58
132	296	Beckmann Marika	*Uelsen	1:25:41	1:22:01	12	W30	03:40 / 17:13 17:32 16:39 15:32 14:50
133	567	Niehaus Jasmin	RunningGag	1:25:42	1:15:42	13	W30	10:00 / 16:30 14:45 15:08 14:49 14:20
134	770	Hoffrogge Johanna	Familienausflug	1:25:58	1:20:18	11	WU20	05:40 / 16:29 16:00 16:15 16:48 14:39
135	23	Kamps Kirsten	*Twist	1:26:05	1:16:05	16	W45	10:00 / 16:08 14:46 15:18 14:55 14:47
136	452	Rottinghaus Jana	Morastsprinter	1:26:14	1:19:54	63	WHK	06:20 / 19:37 14:48 15:13 15:25 14:30
137	205	Verkerk-Lübbbers Uschi	TSV Concordia Schöninghsdorf	1:26:30	1:20:50	17	W45	05:40 / 18:12 16:23 15:21 15:23 15:10
138	700	Böckenfeld Carolin	*Wettringen	1:26:39	1:20:59	14	W30	05:40 / 17:06 16:04 15:41 16:33 15:24
139	184	Hüser Martina	*Meppen	1:26:44	1:21:24	64	WHK	05:19 / 18:33 16:16 15:50 15:45 14:39
140	218	Schmidt Eva-Maria	der gestiefelte Muskelkater	1:26:50	1:19:50	15	W30	07:00 / 17:21 15:10 15:57 15:53 15:11
141	217	Brinkers Karin	der gestiefelte Muskelkater	1:26:51	1:19:51	18	W45	07:00 / 17:19 15:11 15:57 15:54 15:11
142	182	Börste Sandra	Muddy Unicorns	1:26:55	1:21:15	15	W35	05:40 / 18:06 15:57 15:34 15:49 15:41
143	213	Jansen Ulrike	TSV Concordia Schöninghsdorf	1:27:11	1:19:31	19	W45	07:40 / 18:11 16:16 14:36 15:20 14:45
144	168	Jalink Prik	Harfensänger United	1:27:21	1:23:21	16	W35	03:59 / 15:21 16:12 17:14 17:17 17:12
145	453	Steinmetz Amelie	Morastsprinter	1:27:34	1:19:54	65	WHK	07:40 / 19:36 14:49 15:09 15:26 14:32
146	426	Subrizki Viktoria	Taekwondo Hörstel	1:27:47	1:20:07	16	W30	07:40 / 15:04 15:41 15:59 16:20 16:55
147	814	Müller Theresa	Fahr zu Hölle	1:27:57	1:23:37	66	WHK	04:20 / 16:41 16:22 16:45 17:05 16:40
148	207	Backs Veronika	TSV Concordia Schöninghsdorf	1:28:11	1:19:31	5	W50	08:39 / 18:12 16:16 14:36 15:20 14:45
149	608	Dannenberg Karina	*Stavern	1:28:13	1:24:33	67	WHK	03:40 / 16:24 16:31 17:38 17:00 16:49
150	336	Pöttker Anja	@ läuft	1:28:16	1:19:56	17	W35	08:20 / 17:06 16:03 15:11 16:10 15:11
151	699	Waterkamp Sandra	*Wettringen	1:28:20	1:21:00	17	W30	07:20 / 17:06 16:05 15:42 16:36 15:19
152	617	Beser Inna	*Schüttorf	1:28:29	1:18:29	18	W30	10:00 / 17:34 15:31 14:53 15:05 15:03
153	434	Olthuis Cherin	Die Kampfgeister	1:28:32	1:20:32	19	W30	08:00 / 19:30 14:56 14:40 15:15 15:44
154	680	Lange Svenja	Chinese Wall	1:28:33	1:25:13	68	WHK	03:19 / 17:59 16:35 16:26 16:56 17:09
155	771	Hoffrogge Julia	Familienausflug	1:28:38	1:20:18	12	WU20	08:19 / 16:31 16:00 16:13 16:48 14:40
156	215	Haar Bettina	*Lingen	1:28:54	1:21:14	20	W45	07:40 / 18:07 15:57 15:34 15:48 15:41
157	220	Schütte Kathrin	der gestiefelte Muskelkater	1:29:10	1:19:50	20	W30	09:20 / 17:20 15:14 15:52 15:54 15:12
158	433	Krumm Karonline	Die Kampfgeister	1:29:12	1:20:32	18	W35	08:39 / 19:31 14:57 14:40 15:14 15:45
159	335	Wekenborg Nadine	@ läuft	1:29:56	1:19:56	19	W35	10:00 / 17:10 15:58 15:12 16:06 15:15
160	33	Zielmann Anke	Wilsum läuft	1:29:57	1:25:37	69	WHK	04:20 / 19:43 16:37 16:03 16:14 16:43
161	688	Pröhl Anna	WRU1	1:29:58	1:23:58	70	WHK	06:00 / 16:51 16:51 16:44 16:59 16:18
162	122	Meyer-Röhr Sandra	Team Heinz	1:30:00	1:26:00	20	W35	03:59 / 18:33 17:03 17:26 16:43 16:05
163	257	Kamphuis Katja	*Wielen	1:30:02	1:22:02	21	W35	08:00 / 17:46 16:57 16:39 15:36 14:48
164	682	Petzka Josefine	*Neuenkirchen-Vörden	1:30:18	1:25:18	71	WHK	05:00 / 18:00 16:39 16:30 17:19 16:44
165	96	Altmeppen Melanie	Milch-Schnitten	1:30:54	1:22:54	21	W30	08:00 / 18:50 16:40 16:27 16:16 14:27
166	621	Stilber Ina	Team Eisenkarl	1:30:54	1:21:14	22	W30	09:40 / 17:24 16:16 16:37 15:25 15:16
167	683	Börchers Stefanie	*Nordhorn	1:31:01	1:25:41	22	W35	05:20 / 16:13 16:47 17:02 18:02 17:33
168	461	Voet Monique	*Uelsen	1:31:07	1:21:47	23	W30	09:20 / 18:47 15:24 16:23 15:52 15:08
169	58	Buntrock Madita	Die Ettens 1	1:31:09	1:28:49	72	WHK	02:19 / 17:20 18:01 18:35 17:41 17:02
170	620	Menke Dagmar	Team Eisenkarl	1:31:14	1:21:14	21	W45	10:00 / 17:20 16:20 16:33 15:30 15:11
171	121	Otto Heike	Team Heinz	1:31:20	1:26:00	8	W40	05:20 / 18:32 17:05 17:24 16:44 16:05
172	147	Flemming Tamara	Höllenhunde	1:32:06	1:24:26	23	W35	07:40 / 17:16 18:06 16:30 16:21 16:08
173	830	Oppel Wiebke		1:32:09	1:28:49	73	WHK	03:19 / 17:19 18:02 18:35 17:42 17:01
174	687	Remmersmann Carolin	WRU1	1:32:38	1:23:58	74	WHK	08:39 / 16:52 16:51 16:44 16:52 16:25
175	372	Wolterink Carina	Bude Harmkusen	1:32:45	1:26:25	75	WHK	06:20 / 19:36 17:08 17:06 16:04 16:09
176	681	Reffelt Caroline	Chinese Wall	1:32:54	1:25:14	24	W30	07:40 / 18:01 16:37 16:41 17:09 16:38
177	93	Brüggemann Stefanie	Milch-Schnitten	1:32:54	1:22:54	25	W30	10:00 / 18:50 16:40 16:24 16:17 14:30
177	97	Uchtmann-Specken Eva-Mar	Milch-Schnitten	1:32:54	1:22:54	25	W30	10:00 / 18:50 16:40 16:25 16:17 14:29
179	149	Busch Andrea	Höllenhunde	1:34:06	1:24:26	24	W35	09:40 / 17:15 18:05 16:33 16:19 16:08
180	451	Rakers Michele	Morastsprinter	1:34:08	1:28:48	76	WHK	05:20 / 19:37 14:49 15:11 20:28 18:21

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
181	366	Jeurink Conny	Laufftreff Tausendschön	1:34:25	1:26:25	27	W30	08:00 / 19:44 17:09 17:01 16:07 16:07
182	148	Flemming Denise	Höllenhunde	1:34:28	1:24:28	25	W35	09:59 / 17:15 18:07 16:32 16:19 16:09
183	61	Zwartscholten Meike	Die Ettens	1:34:48	1:28:48	77	WHK	06:00 / 17:19 17:57 18:38 17:44 17:02
184	253	Lampe Katharina	*Osnabrück	1:35:07	1:26:07	78	WHK	09:00 / 18:37 16:53 17:57 17:22 15:05
185	677	Zimmermann Miriam	Chinese Wall	1:35:12	1:25:12	79	WHK	10:00 / 17:59 16:36 16:27 17:23 16:41
186	350	Schneider Jana	die drei damen vom grill	1:35:16	1:28:56	80	WHK	06:20 / 21:03 17:52 16:40 17:08 15:59
187	363	Jeurink Carmen	Bude Harmkusen	1:35:25	1:26:25	28	W30	09:00 / 19:39 17:14 17:01 16:10 16:03
188	17	Determann Sabine	*Uelsen	1:35:37	1:25:37	29	W30	10:00 / 19:43 16:38 16:01 16:14 16:44
189	251	Robke Caroline	*Osnabrück	1:35:59	1:25:59	81	WHK	10:00 / 18:37 18:00 16:59 17:12 14:57
190	573	Kelm Kristina	*Veldhausen	1:36:25	1:32:05	82	WHK	04:20 / 19:54 17:47 18:44 17:36 17:48
191	483	Herrmann Nina	*Bippen	1:36:33	1:31:53	83	WHK	04:40 / 19:27 17:05 18:21 18:33 18:11
192	62	Wesselink Lena	Die Ettens	1:37:29	1:28:48	84	WHK	08:40 / 17:19 17:56 18:38 17:45 17:01
193	11	Lüppe Mareike	FC Schüttorf 09	1:37:29	1:32:49	9	W40	04:40 / 17:30 19:02 18:36 18:05 19:29
194	226	Tannebaum Sonja	Aktiv Fabrik Schüttorf	1:37:31	1:31:31	85	WHK	06:00 / 16:45 18:44 18:20 19:30 18:06
195	348	Schneider Martina	die drei damen vom grill	1:38:58	1:28:58	6	W50	10:00 / 21:05 17:50 16:46 17:06 15:57
196	419	Wolf Stefanie	Running Gag	1:39:04	1:34:44	86	WHK	04:20 / 17:32 19:31 20:10 19:29 17:57
197	572	Warrink Lea	*Veldhausen	1:39:05	1:32:05	87	WHK	07:00 / 19:50 17:44 18:49 17:36 17:48
198	472	Nähring Katrin	Awesome Monkeys	1:40:07	1:35:07	88	WHK	04:59 / 21:00 20:27 19:32 17:03 16:56
199	346	Strodt Sabine	*Lingen	1:40:25	1:30:26	10	W40	09:59 / 19:05 17:25 18:26 18:12 17:07
200	53	Vrielmann Janine	*Uelsen	1:40:43	1:32:23	30	W30	08:20 / 18:35 18:16 18:16 18:36 18:24
201	338	Grönniger Ilona	Lucas - Grönniger	1:40:57	1:30:57	22	W45	09:59 / 16:30 18:43 18:39 18:59 17:59
202	418	Stegink Jenny-Nadine	Running Gag	1:41:05	1:34:45	89	WHK	06:19 / 17:33 19:31 20:12 19:28 17:56
203	10	Raschke Iris	*Schüttorf	1:41:50	1:37:30	23	W45	04:20 / 19:31 19:27 19:33 19:40 19:12
204	447	Vrielmann Gunda	Wink Stanzwerkzeuge	1:42:12	1:33:12	31	W30	09:00 / 17:21 18:25 19:13 19:18 18:34
205	292	Heckmann Jana	Die Super-Seydels 3	1:42:13	1:34:53	13	WU20	07:20 / 16:04 19:10 20:42 19:45 19:05
206	594	Dirks Jessica	Landwehr 2	1:42:16	1:41:16	90	WHK	01:00 / 20:43 20:31 22:14 21:37 15:58
207	240	Egbers Kerstin	Die Aufläufer	1:42:24	1:36:44	91	WHK	05:40 / 19:45 19:41 20:04 19:06 18:03
208	192	Schareina Christel	Die Super-Seydels 1	1:42:33	1:34:53	11	W40	07:40 / 20:07 18:01 17:27 19:33 19:19
209	242	Schmidt Inken	Die Aufläufer	1:43:37	1:34:57	92	WHK	08:40 / 19:46 19:40 20:05 18:48 16:33
210	670	Rothenhagen Angelina	*Nordhorn	1:43:38	1:37:18	93	WHK	06:20 / 18:04 19:58 19:28 20:25 19:10
211	85	Gottlieb Claudia	Ladykracher	1:44:00	1:40:20	94	WHK	03:39 / 20:38 19:29 19:55 20:11 19:44
212	596	Knöß Jennifer	Landwehr 2	1:44:16	1:41:16	95	WHK	03:00 / 20:41 20:33 22:14 21:39 15:57
213	471	De Lauw Dana	Awesome Monkeys	1:45:07	1:35:07	96	WHK	10:00 / 21:19 21:14 18:22 17:04 16:54
214	86	Hilker Johanna	Ladykracher	1:46:41	1:40:21	14	WU20	06:20 / 20:40 19:28 20:48 19:54 19:09
215	84	Gausmann Jule	Ladykracher	1:50:21	1:40:21	15	WU20	09:59 / 20:40 19:28 20:47 19:52 19:11
216	204	Roelofs Lisa	Super- Seydels 3	1:51:19	1:41:39	97	WHK	09:40 / 20:11 22:01 20:49 19:53 18:19
217	145	Stermann Ina	Die Optimisten	1:57:10	1:52:30	98	WHK	04:40 / 24:39 22:19 22:54 20:34 21:54
218	146	Stermann Monika	Die Optimisten	1:58:31	1:52:31	1	W60	06:00 / 24:39 22:19 22:54 20:33 21:53