

Männer

Altersklasse M30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		239	Korbik Gregor	*Bergheim	0:46:12	0:46:11	3	M30	86	01:40 / 08:35 09:31 09:15 08:51 08:16
2		746	Dall Tobias	FiTo	0:50:37	0:50:36	9	M30	86	08:39 / 07:36 08:38 08:29 08:38 08:33
3		464	Jansen Christoph	Grafschafter Nachrichten	0:51:44	0:51:42	12	M30	87	03:00 / 09:12 09:31 09:50 10:00 10:06
4		739	Elfert Sascha	GESUNDHEITS-CENTER PO	0:52:57	0:52:56	16	M30	85	03:00 / 08:45 10:39 10:08 10:14 10:09
5		199	Vorbrink Daniel	Die Plattfuß Abteilung	0:54:08	0:54:06	18	M30	85	01:20 / 09:31 10:51 10:48 10:53 10:42
6		374	Wilken Patrick	hoellendullies	0:55:23	0:55:20	24	M30	86	06:00 / 08:48 10:06 10:39 10:11 09:33
7		132	Stermann Benjamin	Crespel & Deiters	0:55:57	0:55:54	32	M30	84	04:40 / 09:17 10:55 10:32 10:27 10:01
8		496	Voßkötter Tobias	*Hamburg	0:56:18	0:56:17	35	M30	85	04:00 / 09:12 11:02 10:51 10:57 10:13
9		201	Ruffing Andre	Die Plattfuß Abteilung	0:56:28	0:56:26	36	M30	84	07:00 / 09:30 10:42 09:52 09:47 09:34
10		2	Friedrichsen Kristof	ThorKriSe	0:57:58	0:57:51	41	M30	83	03:20 / 10:45 10:43 11:31 10:50 10:40
11		9	Weltzien Marcus	*Sögel	0:58:08	0:58:06	43	M30	86	09:00 / 09:28 10:04 10:04 09:50 09:38
12		697	Stoffers Henning	*Rheine	0:58:27	0:58:23	44	M30	86	04:40 / 10:16 11:05 11:00 10:55 10:25
13		281	Casum Oliver	Hafensänger United	0:58:55	0:58:51	48	M30	83	04:40 / 09:11 11:10 11:52 11:15 10:41
14		200	Strauss Kolja	Die Plattfuß Abteilung	0:59:48	0:59:48	53	M30	86	04:20 / 10:13 11:28 11:16 11:20 11:10
15		280	Scheve Björn	Hafensänger United	1:00:38	1:00:28	62	M30	85	06:40 / 10:23 10:46 11:12 11:05 10:20
16		232	Evers Dennis	Rückwärts Uelsen	1:04:04	1:04:02	90	M30	84	04:40 / 11:57 12:24 12:49 11:13 10:55
17		513	Ribeiro de Sa Benjamin	Die Spinner	1:04:11	1:04:10	91	M30	83	03:20 / 10:49 13:03 12:24 12:42 11:50
18		540	Mattern Michael	Die gestiefelten Muskelkate	1:06:40	1:06:31	115	M30	87	03:20 / 14:27 12:07 12:26 12:32 11:38
19		511	La Marcel	Die Spinner	1:06:51	1:06:51	116	M30	84	06:00 / 10:56 12:56 12:34 12:22 12:00
20		356	Olfert Wilhelm	*Preußisch Oldendorf	1:06:54	1:06:40	117	M30	84	10:00 / 15:40 10:18 10:16 10:15 10:08
21		252	Teuber Henri	Crespel & Deiters	1:07:39	1:07:25	126	M30	86	07:20 / 13:30 11:38 11:49 11:40 11:26
22		244	Rickling Christian	*Nordhorn	1:09:24	1:09:21	147	M30	84	04:20 / 11:16 13:51 13:20 13:41 12:52
23		166	Albrecht Waldemar	Anny & Waldi	1:10:08	1:10:02	152	M30	86	05:00 / 12:39 13:21 12:59 13:25 12:35
24		263	Völker Marcel	FC 2016 Bratwurst	1:10:17	1:10:04	157	M30	84	06:59 / 12:35 12:38 12:50 12:50 12:09
25		479	Suttman Tobias	Warrior	1:10:51	1:10:46	164	M30	87	05:00 / 12:49 13:32 14:21 13:34 11:27
26		23	Klapper Michael	*Ochtrup	1:10:56	1:10:54	166	M30	83	04:40 / 12:01 13:49 13:16 13:47 13:20
27		138	Dermer Andreas	Crespel & Deiters	1:11:34	1:11:32	172	M30	83	10:00 / 12:12 12:13 12:28 12:22 12:15
28		539	Wienkamp René	Die gestiefelten Muskelkate	1:11:40	1:11:31	176	M30	87	08:20 / 14:29 12:10 12:21 12:32 11:38
29		181	Latus Michael	LANDWEHR 1	1:14:47	1:14:40	201	M30	86	05:20 / 16:03 13:13 13:25 13:21 13:17
30		203	Seiler Steffen	FC 2016 Bratwurst	1:18:34	1:18:20	230	M30	87	05:00 / 16:05 14:22 14:04 14:36 14:10
31		495	Nykamp Timo	*Nordh9	1:18:37	1:18:35	231	M30	84	09:00 / 12:19 14:28 14:02 14:23 14:20
32		151	Arens Hemmy	Spiderschweine	1:19:17	1:19:04	235	M30	83	06:00 / 17:16 14:11 14:12 13:47 13:37
33		381	Aldekamp Simon	Flensburger Jungs	1:19:33	1:19:20	237	M30	86	05:00 / 14:49 15:05 14:43 14:38 15:03
34		237	Lücke Jörg	*Nordhorn	1:21:04	1:21:00	249	M30	83	07:20 / 14:08 15:03 14:56 15:07 14:24
35		367	Herz Johann	*Spenge	1:21:47	1:21:31	253	M30	84	10:00 / 16:02 14:05 13:42 13:45 13:56
36		260	Steingröver Andre	Super Yummy Team	1:26:07	1:26:00	269	M30	84	06:40 / 16:53 15:06 15:54 15:44 15:41
37		501	Pietzka Adam	Hellmann 1	1:27:18	1:27:08	271	M30	86	07:40 / 18:26 15:57 13:36 14:24 17:02
38		189	Götz Marcel	LANDWEHR 3	1:28:44	1:28:34	275	M30	87	09:00 / 20:33 17:45 13:43 13:55 13:36
39		63	Hartmann Lars	Höllenhunde	1:32:27	1:32:23	279	M30	83	08:00 / 17:31 16:37 17:26 16:20 16:27
40		284	Jörissen Marcel	Hafensänger United die 2te	1:45:02	1:44:51	290	M30	87	05:40 / 21:43 19:34 20:22 19:07 18:24

Männer

Altersklasse M35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1		529	Heymann Sebastian	Concordia Emsbüren	0:48:01	0:47:59	4	M35	81	06:59 / 07:33	08:07	08:34	08:30	08:14	
2		747	Lichtenborg Jens	1982	0:52:45	0:52:40	14	M35	82	06:20 / 08:35	09:37	09:34	09:36	08:56	
3		745	Semenov Aleksej	DreiLife Meppen	0:52:46	0:52:45	15	M35	80	06:20 / 08:32	09:24	09:29	09:44	09:14	
4		377	Niehoff Jens	hoellendullies	0:54:57	0:54:57	20	M35	80	05:00 / 09:09	09:46	10:14	10:14	10:33	
5		115	Tebbel Matthias	*Nordhorn	0:55:28	0:55:25	27	M35	79	03:20 / 09:49	10:46	10:59	10:20	10:09	
6		211	Viße Martin	DJK Arminia Ibbenbüren e.	0:55:32	0:55:29	28	M35	79	03:00 / 10:18	10:14	10:35	10:37	10:43	
7		489	Schmelnik Matthias	*Nordhorn	0:55:45	0:55:42	30	M35	78	01:40 / 09:58	10:44	11:11	11:19	10:48	
8		61	Busch Andreas	Höllenhunde	0:58:07	0:58:05	42	M35	78	07:40 / 09:18	10:34	10:06	10:12	10:13	
9		1	Veerkamp Thorsten	ThorKriSe	0:59:59	0:59:52	57	M35	81	05:20 / 11:03	10:39	11:18	11:01	10:30	
10		212	Londa Andre	*Wuppertal	1:01:29	1:01:27	68	M35	78	08:20 / 10:08	10:42	11:03	10:53	10:18	
11		265	Bock Jens	LG Papenburg-Aschendorf	1:02:31	1:02:21	78	M35	80	07:40 / 11:01	10:55	11:04	10:46	10:52	
12		38	Hoppmann Dennis	SpVgg Brandlecht Hestrup	1:04:30	1:04:30	93	M35	78	07:20 / 12:05	11:09	11:11	11:23	11:20	
13		30	Röhr Christian	Geht nicht, gibts nicht	1:04:44	1:04:39	94	M35	79	06:59 / 11:00	11:11	11:55	11:38	11:53	
14		233	Hartmann Andreas	Rückwärts Uelsen	1:05:19	1:05:17	101	M35	82	03:00 / 11:59	12:24	12:52	12:45	12:15	
15		427	Werner Markus	*Nordhorn	1:05:37	1:05:26	103	M35	81	07:20 / 11:15	11:27	12:09	11:42	11:32	
16		457	Maschmeyer Jens	Lg Trainingsrückstand	1:05:57	1:05:46	106	M35	81	07:40 / 11:17	11:27	12:10	11:42	11:29	
17		361	Tissen Nikolai	*Pr. Oldendorf	1:06:54	1:06:38	118	M35	80	10:00 / 15:38	10:18	10:17	10:15	10:08	
18		438	Koopmann Stephan	*Nordhorn	1:08:32	1:08:21	134	M35	82	05:19 / 12:56	12:22	12:32	12:25	12:44	
19		152	Gelker Dirk	Schlammassel 2017	1:08:45	1:08:24	138	M35	78	09:20 / 16:59	10:48	10:21	10:33	10:21	
20		251	Schiebener Sebastian	Spontanläufer	1:09:11	1:09:06	146	M35	78	06:20 / 13:02	12:10	12:19	12:42	12:31	
21		135	Kleemann Rüdiger	Crespel & Deiters	1:09:51	1:09:49	151	M35	81	09:59 / 10:19	11:26	12:48	12:43	12:32	
22		340	Oppel Christian	Haialarm @ Höllenlauf	1:10:12	1:10:00	154	M35	82	04:40 / 14:41	12:38	12:51	12:51	12:17	
23		342	Möhring Lars	Haialarm @ Höllenlauf	1:10:33	1:10:21	160	M35	82	05:00 / 14:42	12:38	12:50	12:53	12:16	
24		341	Kalter Mathias	Haialarm @ Höllenlauf	1:12:12	1:12:00	181	M35	81	06:40 / 14:41	12:38	12:50	12:52	12:16	
25		294	Böhmer Björn	Die kleinste Kneipe der Wel	1:12:29	1:12:13	183	M35	81	02:19 / 19:28	12:53	12:47	12:46	11:57	
26		16	Müller Sebastian	*Schüttorf	1:14:20	1:14:03	198	M35	80	03:59 / 17:09	13:00	13:11	13:00	13:42	
27		432	Somberg Stefan	ENO Early Birds	1:15:34	1:15:28	209	M35	82	05:20 / 14:10	13:40	14:04	14:13	14:00	
28		175	Wesker Thorsten	Trio mit vier Fäusten	1:16:53	1:16:42	219	M35	78	07:00 / 14:05	13:34	13:22	13:40	14:58	
29		169	Silies David	*Lingen	1:17:14	1:16:53	221	M35	79	08:40 / 17:43	12:40	12:33	12:12	13:04	
30		216	Rotert Jan	*Osnabrück	1:17:24	1:17:16	222	M35	80	05:40 / 13:40	14:17	14:48	14:43	14:06	
31		355	Neufeld Eugen	*Preußisch Oldendorf	1:17:38	1:17:23	224	M35	80	10:00 / 16:14	13:25	12:32	12:31	12:40	
32		363	Olfert Heinrich	*Pr. Oldendorf	1:19:08	1:18:52	233	M35	82	09:59 / 15:46	12:58	13:38	13:09	13:18	
33		238	Wigger Maik	*Uelsen	1:21:03	1:20:59	248	M35	82	07:20 / 14:07	15:03	14:57	15:07	14:24	
34		338	Bardenhorst Mirko	...dumm gelaufen	1:22:36	1:22:29	254	M35	81	04:20 / 14:58	16:26	15:37	15:36	15:30	
35		400	Ottenjann Marc	*Münster	1:22:42	1:22:25	256	M35	81	05:40 / 17:12	15:24	14:43	15:00	14:24	
36		404	Pechuel-Loesche Robin	*Münster	1:23:02	1:22:44	260	M35	82	06:00 / 17:12	15:23	14:43	15:00	14:24	
37		190	Horstkamp Tobias	LANDWEHR 4	1:25:03	1:24:53	265	M35	80	10:00 / 16:02	14:21	14:35	15:02	14:52	
38		690	Siepkner Andre	*Rheine	1:25:09	1:25:06	266	M35	79	10:00 / 13:14	15:18	15:30	15:56	15:05	
38		723	Gartheide Michael	*Quakenbrück	1:25:09	1:25:06	266	M35	78	10:00 / 13:15	15:17	15:30	15:57	15:04	
40		258	Spill Christopher	Super Yummy Team	1:28:07	1:28:00	273	M35	81	08:39 / 16:45	15:40	15:31	15:40	15:41	
41		261	Doedt Stefan	Super Yummy Team	1:28:27	1:28:19	274	M35	82	09:00 / 16:44	15:48	15:23	15:42	15:40	
42		466	Zwafink Karsten	Grafschafter Nachrichten	1:33:42	1:33:40	281	M35	78	09:00 / 16:55	18:44	18:01	15:22	15:36	

Männer

Altersklasse M40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		677	Merschel Stefan	RSU Kp Küste	0:55:28	0:55:25	25	M40	76	02:00 / 10:11	10:21	11:17	10:46	10:50
2		62	Weimer Rene	Höllenhunde	0:55:28	0:55:25	26	M40	75	05:00 / 09:18	10:34	10:05	10:13	10:14
3		266	Knief Norbert	SV Dalum	0:55:45	0:55:40	30	M40	77	03:40 / 09:34	11:00	10:43	10:24	10:18
4		408	Brüning Maik	LG Fingeramfuss	0:56:10	0:56:07	33	M40	74	05:19 / 09:42	10:04	10:22	10:18	10:19
5		726	Volkey Thomas	*Köln	0:56:12	0:56:11	34	M40	75	03:59 / 10:08	10:26	10:24	10:46	10:25
6		12	Hanneken Stefan	*Geeste	0:56:51	0:56:47	38	M40	74	03:20 / 09:43	10:48	10:59	11:15	10:41
7		387	Schulte Thorsten	The Pain Killers	1:01:11	1:01:00	63	M40	74	01:40 / 12:21	11:40	12:00	12:13	11:04
8		27	Bohn Carsten	*Emsbüren	1:01:24	1:01:23	67	M40	77	04:40 / 10:46	11:32	11:41	11:38	11:04
9		17	Schwänen Markus	*Haren	1:02:01	1:01:57	73	M40	74	06:40 / 11:22	10:49	11:02	11:10	10:52
10		388	Raue Ludger	The Pain Killers	1:02:09	1:02:00	75	M40	75	02:00 / 12:27	11:39	11:58	12:13	11:41
11		60	Hartmann Sven	Höllenhunde	1:03:48	1:03:45	86	M40	77	04:20 / 11:06	11:43	12:14	12:13	12:08
12		434	Grothuesheitkamp Joche	*Coesfeld	1:04:01	1:03:58	89	M40	76	01:40 / 10:59	12:41	13:02	12:36	12:58
13		688	Gosink Holger	*Emlichheim	1:06:10	1:06:04	111	M40	77	06:40 / 12:16	11:42	12:04	11:52	11:28
14		507	Hüstegge Klaus	Rennendes Landschwein	1:06:22	1:06:07	113	M40	75	03:59 / 12:57	12:01	12:03	12:31	12:33
15		231	Bartels Heiko	Rückwärts Uelsen	1:07:05	1:07:02	120	M40	77	04:20 / 12:17	12:07	12:58	12:44	12:33
16		141	Haumann Thomas	Crespel & Deiters	1:07:17	1:07:16	121	M40	73	03:00 / 11:07	13:01	13:42	13:35	12:49
17		411	Raben Andre	*Nordhorn	1:08:18	1:08:12	129	M40	76	05:40 / 12:39	12:34	12:29	12:20	12:28
18		409	Deters Markus	*Rheine	1:08:20	1:08:16	130	M40	74	08:00 / 11:45	12:16	12:30	11:46	11:58
19		410	Hüttenhuis Andre	*Nordhorn	1:08:31	1:08:25	133	M40	74	04:40 / 12:43	12:38	12:35	12:57	12:49
20		187	Driemeyer Dennis	LANDWEHR 3	1:08:41	1:08:33	136	M40	77	04:20 / 14:18	12:41	12:57	12:56	11:18
21		487	Rosin Hans-Joachim	Rennendes Landschwein	1:08:42	1:08:28	137	M40	77	06:20 / 12:56	11:59	11:45	12:48	12:37
22		472	Thomae Thomas	*Dinslaken	1:08:56	1:08:54	141	M40	75	05:40 / 10:18	12:38	12:52	13:34	13:50
23		477	Honrath Holger	Warrior	1:09:00	1:08:54	143	M40	73	03:00 / 12:36	13:46	14:20	13:35	11:35
24		153	Weßling Klaus	*Lingen	1:09:06	1:08:46	145	M40	74	09:40 / 16:59	10:48	10:23	10:33	10:21
25		485	Krasemann Achim	Rennendes Landschwein	1:10:42	1:10:29	162	M40	77	08:20 / 14:14	12:34	11:19	11:23	12:37
26		476	Schmitt Burkhard	Warrior	1:10:52	1:10:46	165	M40	73	05:00 / 12:49	13:32	14:21	13:34	11:28
27		26	Kammler Andreas	AktivPark	1:11:29	1:11:27	171	M40	76	07:00 / 12:17	12:19	13:35	13:33	12:41
28		703	Möller Thomas	M M M	1:11:52	1:11:48	177	M40	77	06:20 / 12:10	13:05	13:19	13:30	13:21
29		178	Bock Thorsten	Mein Lieblingsteam	1:14:53	1:14:43	203	M40	75	05:00 / 12:28	12:19	15:51	14:00	15:02
30		369	Scherle Eugen	*Schüttorf	1:15:02	1:14:55	204	M40	74	10:00 / 12:13	12:42	12:50	13:18	13:49
31		180	Böhm Holger	Mein Lieblingsteam	1:16:13	1:16:03	210	M40	74	06:20 / 14:08	13:34	13:53	14:18	13:48
32		13	Mebben Bernd	*Meppen	1:16:37	1:16:34	214	M40	74	03:39 / 13:35	14:09	14:38	14:56	15:34
33		279	Müller Daniel	Dieandenendunievorbeikom	1:16:48	1:16:33	217	M40	77	06:40 / 19:28	12:53	12:47	12:47	11:57
34		127	Spenthof Maik	Grasshopper Espel	1:17:45	1:17:31	225	M40	74	01:00 / 18:18	14:22	14:16	14:24	15:09
35		243	Weber Andreas	*Bad Vilbel	1:18:16	1:18:05	229	M40	77	07:20 / 13:21	13:38	14:15	16:33	12:56
36		486	Groß-Holtwick Markus	Rennendes Landschwein	1:19:54	1:19:40	241	M40	74	08:39 / 15:02	14:27	13:48	13:54	13:46
37		683	Arends Thorsten	The Mudfighters	1:20:07	1:20:03	242	M40	76	06:40 / 14:35	14:23	14:38	14:38	15:07
38		125	Paschek PROF Andre	Grashopper Espel	1:20:46	1:20:32	246	M40	74	03:59 / 18:19	14:21	14:16	14:24	15:09
39		253	Meier Carsten	Grasshopper Espel	1:21:06	1:20:51	250	M40	74	04:20 / 18:17	14:23	14:16	14:22	15:12
40		420	Friederich Rainer	*Bad Vilbel	1:21:29	1:21:17	252	M40	76	06:40 / 15:32	14:49	14:32	14:39	15:03
41		114	Backherms Rafael	*Lingen Ems	1:22:38	1:22:19	255	M40	74	02:20 / 20:10	14:55	15:20	15:18	14:15
42		126	Tenambergen Andre	Grasshopper Espel	1:23:46	1:23:33	262	M40	75	07:00 / 18:19	14:23	14:16	14:22	15:11
43		348	Liebau Frank	@läuft	1:28:48	1:28:40	276	M40	73	09:59 / 15:15	13:42	14:15	16:21	19:06
44		20	Gromball Mike	*Geeste	1:32:20	1:32:01	278	M40	75	04:20 / 20:39	16:27	15:59	17:20	17:13
45		444	Dilli Matthias	Team Eisenkarl	1:36:03	1:35:48	284	M40	75	04:00 / 18:05	17:09	18:22	18:38	19:32

Männer

Altersklasse M45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		530	Farwick Klaus	GESUNDHEITS-CENTER	P0:52:21	0:52:20	13	M45	68	02:19 / 08:55	10:30	10:30	10:05	09:59
2		372	Weber Ingo	MSF Multi Sports Fighter	0:55:08	0:55:06	22	M45	69	03:00 / 09:27	10:15	10:43	10:53	10:46
3		442	Philip Jaron	Team Eisenkarl	0:59:17	0:59:13	49	M45	72	10:00 / 09:46	09:43	09:55	09:55	09:52
4		433	Büter Rainer	ENO Early Birds	0:59:50	0:59:49	54	M45	69	09:00 / 09:15	09:55	10:27	10:28	10:42
5		405	Krey Markus	LG Fingeramfuss	1:02:31	1:02:29	79	M45	72	04:40 / 10:00	11:34	12:09	12:14	11:50
6		90	Klomp Jörg	Wilsum läuft	1:02:32	1:02:05	80	M45	71	02:00 / 15:47	10:54	11:00	11:03	11:21
7		484	Weidig Ole	Rennendes Landschwein	1:03:42	1:03:28	85	M45	71	01:20 / 15:08	11:39	11:19	11:24	12:36
8		494	Westerink Frank	*Nordhorn	1:03:48	1:03:45	86	M45	70	03:00 / 11:04	12:16	12:25	12:48	12:09
9		384	Altmeppen Norbert	The Pain Killers	1:05:09	1:05:00	99	M45	70	05:40 / 12:28	12:58	11:27	11:23	11:02
10		140	Diemand Stefan	Crespel & Deiters	1:05:27	1:05:26	102	M45	69	06:20 / 10:42	11:59	12:45	11:53	11:44
11		230	Herdemann Christian	*Merzen	1:05:37	1:05:33	104	M45	72	05:19 / 11:08	12:01	12:12	12:30	12:20
12		406	Althoetmar Georg	LG Fingeramfuss	1:05:40	1:05:36	105	M45	68	05:20 / 11:45	12:16	12:31	11:46	11:58
13		412	Baumung Dirk	LG Fingeramfuss	1:06:08	1:06:06	110	M45	72	04:40 / 11:18	12:55	12:24	12:41	12:05
14		74	Wösten Carsten	Emsland Tigers	1:06:38	1:06:26	114	M45	72	03:00 / 12:48	12:41	12:24	12:28	13:04
15		102	Bicks Bernd	Lauftreff Lüdinghausen	1:07:23	1:07:19	122	M45	72	03:00 / 11:54	12:40	12:54	13:27	13:22
16		385	Möller Michael	The Pain Killers	1:07:29	1:07:19	123	M45	71	07:59 / 12:25	12:59	11:29	11:22	11:02
17		24	Hartmann Raphael	Marathon Ibbenbüren	1:08:24	1:08:07	131	M45	70	02:19 / 14:11	12:22	12:58	13:00	13:14
18		287	Müller Norbert	*Altenberge	1:08:35	1:08:29	135	M45	70	05:00 / 12:01	12:32	12:14	12:20	14:20
19		729	Peifer Manfred	Südlohner Lauftreff	1:08:45	1:08:43	138	M45	68	09:20 / 11:35	12:04	12:09	11:59	11:35
20		88	Tyman Achim	Wilsum läuft	1:08:59	1:08:35	142	M45	72	05:00 / 15:52	11:33	12:20	12:13	11:35
21		50	Heckmann Johannes	Super Seydels	1:09:49	1:09:36	150	M45	70	06:40 / 14:57	11:54	11:52	12:17	11:54
22		289	Neumann Oliver	*Altenberge	1:10:15	1:10:09	156	M45	71	06:39 / 12:36	12:13	12:28	12:41	13:30
23		386	Schnieders Rainer	The Pain Killers	1:10:23	1:10:14	158	M45	71	04:20 / 12:39	12:59	13:10	13:21	13:42
24		72	Stobbe Matthias	Lauftreff Lüdinghausen	1:10:43	1:10:38	163	M45	71	06:20 / 11:54	12:40	12:53	13:27	13:21
25		144	Hüvel Marcell	Lauftreff Lüdinghausen	1:11:03	1:10:58	169	M45	70	06:40 / 13:04	12:37	12:51	12:53	12:50
26		46	Lüppe Rüdiger	Gassiclub Dackel 2010	1:11:16	1:11:11	170	M45	68	03:00 / 13:07	14:02	13:39	13:55	13:26
27		296	Laskowski Jörg	*Nordhorn	1:11:38	1:11:25	175	M45	71	06:00 / 13:10	12:55	13:09	13:24	12:44
28		478	Brands Björn	Warrior	1:11:53	1:11:46	178	M45	72	04:40 / 12:51	13:35	14:16	13:34	12:47
29		482	Rüelmann Frank	Warrior	1:11:54	1:11:48	179	M45	70	03:20 / 12:53	13:35	14:17	13:33	14:07
30		719	Nolte Ulrich	*Rheine	1:12:20	1:12:18	182	M45	69	06:20 / 11:17	12:47	13:23	14:09	14:20
31		721	Löwer Markus	*Bielefeld	1:13:12	1:13:07	188	M45	72	03:59 / 14:51	13:21	13:30	13:33	13:50
32		391	Schröter Achim	SuS Darne	1:14:14	1:14:08	194	M45	69	03:00 / 13:29	14:23	14:29	14:27	14:19
33		423	Schwietering Thomas	VfL Ahaus	1:15:09	1:15:02	205	M45	70	07:20 / 13:26	13:29	13:24	13:45	13:36
34		91	Hermeling Heiner	Wilsum läuft	1:15:15	1:14:52	206	M45	72	04:20 / 18:17	13:42	13:01	12:59	12:31
35		527	Höhl Michael	*Oldenburg	1:16:32	1:16:21	212	M45	72	05:20 / 14:57	13:48	14:02	14:06	14:05
36		713	Herbering Christof	Hellmann 4	1:16:33	1:16:29	213	M45	69	07:20 / 14:52	13:20	13:29	13:30	13:56
37		161	Höfer Carsten	Vater-Sohn-Challenge	1:18:02	1:17:42	228	M45	69	09:59 / 17:01	13:57	12:32	12:36	11:35
38		523	Tepasse Matthias	Rennendes Landschwein	1:19:46	1:19:31	239	M45	71	05:40 / 15:09	14:20	14:08	14:40	15:32
39		85	Klein Holger	Wilsum läuft	1:20:14	1:19:52	244	M45	71	03:00 / 18:27	14:11	14:56	14:45	14:32
40		685	Schüring Ralf	The Mudfighters	1:20:46	1:20:42	247	M45	69	07:20 / 14:32	14:16	14:44	14:36	15:12
41		128	Gehling Maik	Grasshopper Espel	1:22:46	1:22:31	257	M45	70	06:00 / 18:18	14:22	14:16	14:24	15:09
42		92	Kahlfeld Rainer	Wilsum läuft	1:22:54	1:22:32	258	M45	71	05:40 / 18:19	14:19	14:56	14:45	14:32
43		101	Kosmis Peter	*Papenburg	1:34:17	1:33:59	283	M45	72	06:20 / 20:39	16:29	15:57	17:21	17:13
44		83	Kowall Thorsten	Lauftreff Lüdinghausen	1:40:04	1:39:55	289	M45	68	06:00 / 19:28	17:52	19:33	20:06	16:54

Männer

Altersklasse M50

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		474	Unger Erik	TEAM PAUS	0:54:14	0:54:07	19	M50	67	03:00 / 09:45	10:16	10:29	10:28	10:07
2		304	Weinkert Lutz		0:57:28	0:57:23	39	M50	67	04:59 / 12:22	10:18	10:09	09:54	09:38
3		475	Horstmeier Bodo	TEAM PAUS	0:59:50	0:59:44	55	M50	65	05:00 / 10:31	11:04	11:42	10:44	10:41
4		68	Gabel Tobias	Klagt nicht, kämpft	1:00:20	1:00:17	59	M50	67	05:19 / 11:07	10:49	10:57	11:01	11:01
5		75	Luttermann Heinz	Emsland Tigers	1:01:23	1:01:12	65	M50	64	05:00 / 11:12	10:59	11:39	11:03	11:16
6		98	Stude Siegfried	*Emsdetten	1:02:01	1:01:51	74	M50	63	04:20 / 11:41	11:05	11:21	11:45	11:38
7		226	Führer Ralf	*Iserlohn	1:02:45	1:02:32	83	M50	66	02:40 / 12:36	11:27	12:00	12:03	11:44
8		686	Bröker Dirk	*Emlichheim	1:06:59	1:06:58	119	M50	66	05:00 / 11:01	12:14	12:52	12:59	12:51
9		158	Helper Heinrich	Helper	1:07:34	1:07:28	124	M50	66	03:59 / 11:41	12:23	13:02	13:02	13:17
10		290	Waterkamp Andreas	*Altenberge	1:07:35	1:07:29	125	M50	67	03:59 / 12:35	12:01	12:34	12:31	13:46
11		8	Brandt Jochen	S.V. Olympia Uelsen	1:08:05	1:08:02	128	M50	65	03:39 / 11:52	13:04	12:57	13:09	13:19
12		159	Helper Arno	Helper	1:08:54	1:08:50	140	M50	64	05:19 / 11:45	12:24	13:03	12:59	13:18
13		526	Olthoff Jens	*Oldenburg	1:15:32	1:15:22	208	M50	64	04:20 / 14:57	13:47	14:02	14:04	14:10
14		730	Hartog Jürgen	Südlohner Lauftreff	1:16:47	1:16:45	216	M50	66	04:20 / 12:47	13:51	14:50	15:14	15:41
15		194	Brüning Michael	LANDWEHR 5	1:19:43	1:19:34	238	M50	67	04:40 / 16:06	14:17	14:35	15:03	14:51
16		221	Buscher Ingo	*Nordhorn	1:20:12	1:20:01	243	M50	67	04:20 / 16:31	15:03	14:38	14:52	14:35
17		99	Vosberg Daniel	Lauftreff Lüdinghausen	1:21:10	1:21:01	251	M50	66	08:19 / 14:59	14:20	14:51	14:06	14:23
18		701	Behrends Johannes	die drei lustigen zwei	1:22:57	1:22:51	259	M50	66	02:00 / 16:04	15:59	16:24	16:09	16:13
19		516	Hoffrogge Ralf	*Salzbergen	1:23:59	1:23:51	263	M50	63	03:39 / 17:12	15:56	15:53	15:58	15:10
20		727	Wieling Marcus	*Köln	1:32:12	1:32:11	277	M50	66	07:40 / 15:22	17:37	17:18	17:15	16:57
21		209	Werring Jürgen	Stadt Vechta	1:34:01	1:33:44	282	M50	67	06:40 / 18:04	17:23	17:19	17:15	17:01
22		696	Pamann Erich	Soteria	1:36:15	1:36:08	285	M50	67	06:00 / 17:39	18:39	18:09	18:10	17:30
23		79	Gosmann Franz-Josef	Lauftreff Lüdinghausen	1:36:44	1:36:34	286	M50	65	02:40 / 19:27	17:51	19:33	20:06	16:54

Altersklasse M60

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		168	Hogarth David	*Nordhorn	1:17:49	1:17:38	226	M60	57	07:00 / 16:13	13:22	13:45	13:36	13:40

Männer

Altersklasse MHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	352	Sperver Michael	Spervers Hofladen	0:42:44	0:42:43	1	MHK	90	03:00 / 07:25 07:53 08:07 08:13 08:04
2	346	Temme Eike	freeXactive	0:48:27	0:48:23	5	MHK	88	06:00 / 07:50 08:18 08:41 08:48 08:43
3	531	Meyer Jörn	GESUNDHEITS-CENTER	0:49:26	0:49:25	6	MHK	88	02:00 / 08:27 10:09 09:47 09:43 09:16
4	137	Herder Benedict	Crespel & Deiters	0:49:34	0:49:33	7	MHK	95	05:20 / 08:19 09:48 09:04 08:51 08:10
5	345	Zander Michael	freeXactive	0:49:38	0:49:34	8	MHK	91	03:20 / 08:01 09:27 09:34 09:40 09:31
6	500	Schoo Björn	Veldhausener Jungs	0:51:06	0:51:01	10	MHK	89	05:19 / 08:37 09:02 09:21 09:14 09:26
7	347	Steinweg Henning	freeXactive	0:53:35	0:53:32	17	MHK	88	05:20 / 08:30 09:39 10:02 09:59 09:59
8	380	Ziolkowski Marco	hoellendullies	0:55:07	0:55:04	21	MHK	89	03:59 / 09:05 10:19 10:33 10:36 10:30
9	469	Stahl Philipp	Ich, Du und der Andere	0:55:19	0:55:16	23	MHK	92	08:39 / 08:47 09:30 09:38 09:32 09:06
10	394	Krey Lasse	LG Fingeramfuß	0:55:40	0:55:37	29	MHK	94	04:20 / 09:04 10:34 10:48 10:16 10:33
11	740	Biester DR Malo	*Nordhorn	0:56:42	0:56:40	37	MHK	95	08:20 / 09:09 09:47 09:52 09:55 09:34
12	318	Plache Marvin	Piomesstec	0:57:28	0:57:24	40	MHK	97	01:59 / 09:45 11:10 11:24 11:40 11:23
13	676	Feuerhelm Kevin	*Lingen	0:58:38	0:58:36	45	MHK	91	09:00 / 10:25 09:57 09:58 09:47 09:27
14	542	Legtenborg Joscha	*Neuenhaus	0:58:51	0:58:47	47	MHK	97	05:00 / 09:48 10:44 11:25 11:02 10:45
15	499	Jonker Jens	Veldhausener Jungs	0:59:30	0:59:26	50	MHK	89	08:39 / 09:29 10:08 10:43 10:12 10:12
16	375	Wilken Heiko	hoellendullies	0:59:31	0:59:28	51	MHK	93	06:20 / 09:19 10:49 11:11 11:13 10:34
17	533	Legtenborg Henk	Veldhauser Kickerz	0:59:34	0:59:30	52	MHK	97	06:59 / 09:34 10:22 10:57 10:53 10:42
18	124	Janning Felix	iBITS.de IT-Service	0:59:55	0:59:53	56	MHK	90	05:40 / 10:05 10:55 11:23 11:08 10:40
19	312	Egli Michael	Hafensänger United	1:00:09	0:59:59	58	MHK	95	09:00 / 08:58 10:50 10:40 10:42 09:48
20	383	Rosenow Philipp	Flensburger Jungs	1:00:23	1:00:23	60	MHK	89	06:20 / 14:59 11:47 09:00 09:04 09:12
21	532	Hans Ole	Veldhauser Kickerz	1:01:14	1:01:10	64	MHK	97	08:39 / 09:35 10:21 10:57 10:52 10:42
22	122	Berger Torben	iBITS.de IT-Service	1:01:23	1:01:19	66	MHK	88	03:00 / 10:20 12:05 12:40 12:00 11:12
23	471	Kamphuis Kris	Ich, Du und der Andere	1:01:35	1:01:32	69	MHK	94	09:00 / 10:02 10:44 11:00 10:36 10:08
24	136	Kölker Leon	Crespel & Deiters	1:01:43	1:01:42	70	MHK	97	02:40 / 10:43 11:58 12:45 11:49 11:45
25	123	Peinert Patrick	iBITS.de IT-Service	1:01:49	1:01:46	72	MHK	89	05:20 / 10:18 11:47 11:50 11:28 11:00
26	682	Corbach Lars	*Lingen	1:02:19	1:02:15	76	MHK	94	04:40 / 10:41 12:02 11:35 11:53 11:22
27	705	Weinberg Marco	Team Time Out	1:02:30	1:02:29	77	MHK	94	09:59 / 08:58 10:38 11:01 11:08 10:42
28	465	Kurpali Perparim	Grafschafter Nachrichten	1:02:39	1:02:38	81	MHK	89	08:19 / 09:43 11:03 11:20 11:11 10:58
29	376	Wilken Nils	hoellendullies	1:02:45	1:02:41	82	MHK	89	09:40 / 09:17 10:40 11:21 11:05 10:34
30	313	Egbers Manuel		1:03:34	1:03:23	84	MHK	89	03:20 / 11:57 11:28 12:16 12:18 12:02
31	314	Schomaker Jannes		1:03:54	1:03:43	88	MHK	93	03:40 / 11:57 11:28 12:16 12:18 12:01
32	491	Breuker Jörg	Team Zelda	1:04:21	1:04:19	92	MHK	89	04:20 / 10:31 12:36 12:25 12:59 11:26
33	743	Geesen Nils	*Nordhorn	1:04:56	1:04:54	96	MHK	96	05:19 / 09:29 12:16 12:41 12:32 12:35
34	33	Heumann Dennis	Team Heinz	1:05:04	1:04:59	97	MHK	91	07:20 / 11:00 11:12 11:56 11:36 11:54
35	463	Schievienk Thomas	B-Team	1:05:09	1:05:05	98	MHK	88	10:00 / 12:40 10:32 00:00 00:00 00:00
36	512	Boersma Kevin	Die Spinner	1:05:11	1:05:11	100	MHK	88	04:20 / 10:51 13:00 12:34 12:31 11:52
37	738	Niepert Sandor	*Papenburg	1:06:06	1:06:05	108	MHK	90	10:00 / 10:18 11:39 11:30 11:44 10:52
38	737	Hillebrandt Andreas	*Papenburg	1:06:06	1:06:04	109	MHK	89	10:00 / 10:15 11:41 11:30 11:44 10:52
39	680	Habers Fabian	*Veldhausen	1:08:25	1:08:20	132	MHK	91	04:40 / 12:16 12:54 12:41 13:02 12:45
40	182	Olthoff Lars	LANDWEHR 1	1:09:01	1:08:53	144	MHK	92	04:40 / 14:17 12:41 12:57 12:57 11:19
41	742	Biester Luca	*Nordhorn	1:09:28	1:09:26	148	MHK	95	05:00 / 11:52 13:13 13:07 13:23 12:50
42	711	Siffel Julian	Hellmann 3	1:10:12	1:10:07	153	MHK	97	01:00 / 14:52 13:10 13:34 13:34 13:56
43	268	Pingel Nils	LANDWEHR 7	1:11:01	1:10:55	167	MHK	96	06:40 / 14:19 12:42 12:57 12:57 11:19
44	295	Niemeier Julian	Die kleinste Kneipe der Wel	1:11:37	1:11:21	174	MHK	89	07:59 / 17:59 12:02 11:15 11:01 11:02
45	275	Albers Christoph	NoName	1:12:52	1:12:33	185	MHK	88	02:19 / 20:56 12:13 12:55 12:10 11:58
46	293	Cebulla Marco	Die kleinste Kneipe der Wel	1:12:58	1:12:41	186	MHK	88	08:20 / 18:00 12:02 11:14 12:16 10:46
47	191	Hölzen Carsten	LANDWEHR 4	1:13:05	1:12:56	187	MHK	88	03:40 / 16:04 13:07 13:27 13:20 13:16
48	149	Husmann Mirco	Spiderschweine	1:13:22	1:13:10	189	MHK	89	05:40 / 17:17 12:26 12:49 12:29 12:26
49	498	Veenaas Marian	*Nordhorn	1:13:34	1:13:32	190	MHK	97	06:39 / 12:29 14:19 14:02 13:07 12:53
50	185	Thole Daniel	LANDWEHR 2	1:13:47	1:13:39	191	MHK	90	04:20 / 16:02 13:13 13:24 13:21 13:18
51	710	Strubbe Erik	Hellmann 3	1:13:53	1:13:48	192	MHK	95	04:40 / 14:52 13:16 13:33 13:33 13:53
52	311	Anderegg Charly	Hafensänger United die 2.	1:14:15	1:14:04	195	MHK	96	05:19 / 11:47 14:03 14:09 13:21 15:22
53	741	Vischer Dennis	*Nordhorn	1:14:18	1:14:16	196	MHK	97	10:00 / 11:40 13:13 13:10 13:18 12:54
54	407	Günther Marlon	LG Fingeramfuss	1:14:20	1:14:16	197	MHK	97	08:39 / 11:45 12:32 12:38 13:14 15:25
55	497	Tonk Christian	VfL Weiße Elf Nordhorn	1:14:38	1:14:35	199	MHK	92	05:00 / 12:09 14:38 14:20 14:05 14:21
56	534	Lessin Dennis	Veldhauser Kickerz	1:14:51	1:14:47	202	MHK	97	09:00 / 11:52 13:19 13:16 13:39 13:40
57	192	Bras Henning	LANDWEHR 4	1:15:26	1:15:17	207	MHK	95	06:00 / 16:03 13:09 13:27 13:18 13:19
58	224	Steenblock Kai	*Rheine	1:16:21	1:16:13	211	MHK	92	06:40 / 14:30 13:55 14:08 13:46 13:12
59	44	Efken Daniel	*Neulehe	1:16:39	1:16:36	215	MHK	91	10:00 / 12:02 13:03 14:42 13:53 12:54
60	722	Friesen Dennis	*Osnabrück	1:16:53	1:16:48	218	MHK	94	07:40 / 14:53 13:18 13:32 13:43 13:40
61	681	Kubetschek Kevin	1993	1:17:11	1:17:08	220	MHK	93	06:39 / 13:32 13:49 14:09 14:43 14:13

Männer

62	724	Von der Heydt Aaron	*Krefeld	1:17:33	1:17:28	223	MHK	97	08:19 / 14:50	13:13	13:34	13:33	13:57
63	19	Leikamm Julian	FC 2016 Bratwurst	1:19:15	1:19:02	234	MHK	89	05:20 / 16:18	14:27	14:14	14:15	14:26
64	310	Rosetti Simon	4 Engel für Charlie	1:19:24	1:19:24	236	MHK	91	06:40 / 14:51	14:21	14:33	14:23	14:35
65	684	Seeliger Jens	The Mudfighters	1:19:46	1:19:42	239	MHK	90	06:20 / 14:34	14:23	14:36	14:35	15:12
66	382	Gorny Sebastian	Flensburger Jungs	1:20:34	1:20:19	245	MHK	88	10:00 / 14:47	13:44	14:11	13:46	13:48
67	204	Hinterland Mike	FC 2016 Bratwurst	1:23:22	1:23:09	261	MHK	89	05:19 / 15:52	15:24	15:18	16:17	14:56
68	276	Van Dijk Matthias	*Münster	1:24:41	1:24:33	264	MHK	91	09:59 / 17:02	14:18	14:27	14:48	13:56
69	524	Weiner Hannes	*Osnabrück	1:26:37	1:26:28	270	MHK	91	07:00 / 18:25	15:58	13:36	14:22	17:03
70	505	Middeke Julian	Hellmann 2	1:27:58	1:27:49	272	MHK	96	08:19 / 18:26	15:59	13:36	14:22	17:04
71	172	Hüser Dennis	*Meppen	1:32:58	1:32:40	280	MHK	95	05:00 / 20:39	16:28	15:57	17:22	17:13
72	195	Elbers Pascal	LANDWEHR 5	1:37:02	1:36:52	287	MHK	94	06:00 / 20:35	17:44	17:47	17:18	17:27
73	504	Hörnschemeyer Jan	Hellmann 2	1:46:03	1:45:53	291	MHK	96	05:40 / 18:39	21:25	20:29	20:52	18:46
74	503	Wagner Robin	Hellmann 1	1:48:24	1:48:15	292	MHK	96	08:00 / 18:29	21:37	20:26	20:54	18:47

Altersklasse MU18

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		417	Lang Aron	*Veldhausen	1:04:47	1:04:34	95	MU18	00	02:00 / 13:22	12:00	13:04	12:19	11:46
2		418	Lang Jonas	*Veldhausen	1:09:28	1:09:16	149	MU18	00	07:00 / 13:38	12:21	12:57	12:08	11:10
3		704	Möller Tim	M M M	1:10:33	1:10:30	161	MU18	00	05:20 / 11:57	13:03	13:23	00:00	00:00
4		422	Lambers Kevin	*Itterbeck	1:11:02	1:10:50	168	MU18	00	09:00 / 13:38	12:20	12:57	12:03	10:49
5		42	Efken Christopher	*Neulehe	1:14:44	1:14:41	200	MU18	00	09:59 / 12:02	13:02	14:42	13:53	10:59
6		162	Höfer Jonathan	Vater-Sohn-Challenge	1:17:55	1:17:34	227	MU18	01	10:00 / 17:00	13:57	12:32	12:35	11:28
7		718	Spenthof Jonathan	*Mettingen	1:19:03	1:18:59	232	MU18	01	09:40 / 12:03	14:09	13:51	14:29	14:45
8		229	Simm Jakob	*Lüdinghausen	1:25:31	1:25:23	268	MU18	00	09:59 / 13:54	14:58	14:34	15:40	16:16
9		493	Theuween Morten	Team Zelta	1:38:18	1:38:15	288	MU18	00	07:40 / 16:14	19:01	18:30	19:27	17:22

Altersklasse MU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		415	Beckemper Marvin	LC Nordhorn	0:45:42	0:45:38	2	MU20	98	06:00 / 07:55	07:54	07:54	08:04	07:49
2		725	Nyhuis Luca	Team Time/Out	0:51:29	0:51:28	11	MU20	99	02:40 / 08:53	09:47	09:54	10:06	10:06
3		709	Börger Florian	*Engden	0:58:47	0:58:41	46	MU20	98	05:40 / 09:34	10:52	10:50	11:03	10:40
4		525	Boerrigter Janek	*Osterwald	1:00:33	1:00:33	61	MU20	98	07:59 / 09:44	10:52	11:12	10:55	09:48
5		416	Mahlmann Daniel	Nordhorer Judo Club	1:01:48	1:01:45	71	MU20	99	06:20 / 09:57	10:55	11:56	11:52	10:43
6		316	Scheelhorn Lucas		1:05:58	1:05:57	107	MU20	98	07:20 / 11:12	12:22	11:42	11:51	11:29
7		419	Balderhaar Hendrik	*Getelo	1:06:18	1:06:05	112	MU20	99	04:20 / 13:43	12:14	12:59	12:03	10:44
8		48	Schareina Till	Super Seydels	1:08:01	1:07:49	127	MU20	99	09:20 / 12:06	11:40	11:32	11:50	11:20
9		395	Jacobs Max	*Uelsen	1:10:14	1:10:02	155	MU20	99	06:20 / 13:47	12:12	12:58	12:30	12:13
10		528	Klompmaker Nico	*Veldhausen	1:10:31	1:10:26	159	MU20	98	04:40 / 11:48	13:20	13:15	13:27	13:54
11		40	Bookholt Tom	FC Schüttorf 09	1:11:36	1:11:30	173	MU20	99	08:20 / 12:15	12:08	13:35	12:41	12:30
12		535	Rudert Nick	*Wuppertal	1:12:11	1:12:06	180	MU20	98	06:20 / 11:49	13:19	13:16	13:28	13:51
13		712	Fischer Sören	Hellmann 3	1:12:35	1:12:30	184	MU20	99	03:19 / 14:54	13:23	13:32	13:53	13:27
14		536	Rudert Maik	*Wuppertal	1:14:10	1:14:05	193	MU20	98	08:20 / 11:49	13:20	13:15	13:32	13:48

Frauen

Altersklasse W30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		544	Leu Viktoria	*Hannover	1:03:58	1:03:53	1	W30	85	07:20 / 11:07	11:49	11:34	11:18	10:43
2		736	Hilbers Eva	Turbo Schnecken	1:08:37	1:08:34	10	W30	84	02:40 / 12:54	13:18	13:51	13:00	12:49
3		179	Hilbers Katharina	Mein Lieblingsteam	1:12:53	1:12:44	26	W30	86	03:00 / 14:09	13:34	13:54	14:17	13:48
4		139	Busch Christopher	Crespel & Deiters	1:13:57	1:13:55	29	W30	87	09:40 / 11:09	13:00	13:43	13:34	12:47
5		176	Fefer Svetlana	Trio mit vier Fäusten	1:15:14	1:15:04	36	W30	85	05:19 / 14:06	13:34	13:50	13:26	14:47
6		177	Rüger Ellen	Trio mit vier Fäusten	1:15:33	1:15:24	39	W30	87	05:40 / 14:06	13:32	13:25	13:35	15:04
7		431	Somberg Sarah	ENO Early Birds	1:15:54	1:15:48	41	W30	85	05:40 / 14:09	13:41	14:04	14:18	13:55
8		6	Teders Doro	SaDoMa	1:16:07	1:16:01	43	W30	83	08:20 / 13:14	13:37	13:38	13:45	13:24
9		390	Niehaus Jasmin	*Lathen	1:17:26	1:17:20	46	W30	83	09:59 / 13:12	13:29	13:22	13:37	13:38
10		514	Bill Vanessa	*Osnabrück	1:18:04	1:18:01	53	W30	87	07:20 / 12:44	14:27	14:05	14:23	15:00
11		278	Herberholz Inga	Dieandenendunievorbeikom	1:19:54	1:19:43	60	W30	87	10:00 / 14:03	13:32	13:25	13:25	15:15
12		93	Determann Sabine	Wilsum läuft	1:20:33	1:20:11	66	W30	84	05:00 / 18:27	13:39	14:06	14:21	14:36
13		306	Paul Olga	4 Engel für Charlie	1:21:46	1:21:38	76	W30	87	09:00 / 14:45	14:23	14:31	14:24	14:34
14		262	Doedt Nadine	Super Yummy Team	1:22:07	1:22:00	80	W30	85	02:40 / 16:44	15:48	15:23	15:44	15:39
15		37	Hagmann Hanna	*Uelsen	1:23:55	1:23:49	94	W30	87	06:20 / 16:01	15:12	15:47	15:37	14:50
16		360	Tissen Nelli	*Pr. Oldendorf	1:24:12	1:23:56	97	W30	83	09:59 / 16:33	14:53	14:26	14:14	13:49
17		337	Bardenhorst Sabrina	...dumm gelaufen	1:26:27	1:26:20	108	W30	85	07:40 / 15:29	15:57	15:38	15:42	15:52
18		259	Spill Anne	Super Yummy Team	1:26:46	1:26:39	110	W30	85	07:20 / 16:44	15:50	15:23	15:41	15:39
19		453	Krumdieck Katja	TFAs ohne Grenzen	1:27:58	1:27:52	122	W30	84	10:00 / 14:13	15:28	16:48	15:50	15:32
20		468	Beser Inna	*Osnabrück	1:29:09	1:28:58	127	W30	86	09:59 / 15:07	15:49	16:30	15:08	16:22
21		5	Deddens Sabrina	SaDoMa	1:29:48	1:29:39	130	W30	86	07:20 / 16:59	15:38	16:40	16:28	16:32
22		109	Schmidt Eva	der gestiefelte Muskelkater	1:33:25	1:33:13	142	W30	85	08:20 / 19:00	15:57	17:02	16:41	16:10
23		541	Dall Lydia	*Lingen	1:34:05	1:33:50	144	W30	84	02:00 / 18:23	17:00	18:17	18:44	19:24
24		36	Schulte Nicola	*Lauenau	1:38:28	1:38:18	164	W30	83	03:20 / 20:21	18:33	19:12	18:59	17:52
25		691	Schulte Martina	Soteria	1:39:35	1:39:28	167	W30	87	09:20 / 17:46	18:31	18:08	18:06	17:36
26		368	Herz Marina	*Spenge	1:40:14	1:39:58	170	W30	85	09:59 / 17:32	19:55	19:27	17:45	15:15
27		357	Olfert Halina	*Preußisch Oldendorf	1:41:20	1:41:04	174	W30	83	10:00 / 17:35	19:53	19:28	17:45	16:20
28		454	Fahrendorf Dörthe	TFAs ohne Grenzen	1:48:17	1:48:11	178	W30	83	10:00 / 19:24	20:52	21:34	20:53	15:26

Frauen

Altersklasse W35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		218	Kaiser Sonja	*Düsseldorf	1:04:56	1:04:50	3	W35	78	05:00 / 11:25	11:46	12:21	12:23	11:54
2		142	Postmeyer Kristin	Crespel & Deiters	1:06:52	1:06:38	4	W35	81	04:00 / 13:40	12:04	12:18	12:29	12:05
3		174	Mülder Christina	heiß und fertig	1:07:09	1:07:07	6	W35	78	02:40 / 12:17	12:19	13:35	13:34	12:40
4		689	Gosink Anne	Vechtecruiser GSV	1:08:10	1:08:05	8	W35	82	08:40 / 12:17	11:42	12:04	11:52	11:27
5		173	Kerkhoff Sandra	heiß und fertig	1:09:12	1:09:09	13	W35	78	05:19 / 13:14	12:15	12:50	12:54	12:35
6		246	Meyer Daniela	Spontanläufer	1:11:56	1:11:51	21	W35	78	07:20 / 13:12	12:55	13:09	12:59	12:14
7		248	Alder Jana	Spontanläufer	1:12:51	1:12:46	25	W35	82	07:20 / 13:14	12:53	13:03	13:42	12:33
8		671	Loh Martina	Höllenhörner	1:14:26	1:14:23	31	W35	78	08:39 / 13:39	13:02	12:55	13:08	12:57
9		317	Paters Karin	TimeOut	1:15:28	1:15:24	38	W35	78	10:00 / 12:31	12:50	13:05	13:39	13:17
10		129	Gerdes Marina	Crespel & Deiters	1:16:05	1:16:03	42	W35	79	08:00 / 13:41	14:03	13:30	13:26	13:21
11		32	Paetzel Jessica	Team Heinz	1:20:06	1:19:56	62	W35	79	06:00 / 15:41	14:25	14:45	14:34	14:30
12		131	Wieggers Jessica	Crespel & Deiters	1:20:59	1:20:45	70	W35	80	06:20 / 14:37	14:52	14:43	15:03	15:09
13		215	Detels Eleonor	*Osnabrück	1:21:44	1:21:37	75	W35	82	10:00 / 13:43	14:16	14:47	14:43	14:06
14		84	Harsman Friedchen	Wilsum läuft	1:22:13	1:21:51	81	W35	78	06:40 / 17:54	14:13	14:07	14:33	14:22
15		163	Blau Nadine	*Lingen	1:22:55	1:22:36	84	W35	78	02:40 / 20:12	14:53	15:21	15:15	14:14
16		362	Olfert Lidia	*Pr. Oldendorf	1:22:58	1:22:41	85	W35	80	09:59 / 16:32	14:52	14:27	14:14	12:35
17		401	Krumm Karoline	*Münster	1:23:22	1:23:05	87	W35	81	06:20 / 17:12	15:24	14:43	14:59	14:24
18		421	Gora Isabell	*Bad Vilbel	1:24:49	1:24:38	99	W35	82	09:59 / 15:32	14:49	14:32	14:39	15:03
19		95	Blekker Melanie	Wilsum läuft	1:25:33	1:25:12	104	W35	78	09:59 / 17:54	14:13	14:07	14:32	14:24
20		339	Schumacher Yvonne	...dumm gelaufen	1:26:06	1:25:59	106	W35	81	07:40 / 14:58	16:26	15:39	15:42	15:32
21		270	Böhmer Nicole	Dieandenendunievorbeikom	1:27:34	1:27:17	118	W35	82	08:00 / 18:00	15:04	15:27	15:14	15:30
22		335	Wekenborg Nadine	@läuft	1:28:48	1:28:39	123	W35	78	09:59 / 15:20	15:32	16:07	15:49	15:49
22		336	Pöttker Anja	@läuft	1:28:48	1:28:40	123	W35	80	09:59 / 15:21	15:32	16:07	15:49	15:50
24		113	Backherms Bettina	*Lingen Ems	1:29:39	1:29:20	129	W35	78	09:20 / 20:11	14:55	15:20	15:16	14:15
25		155	Reinel Katrin	*Lingen	1:30:18	1:29:58	132	W35	81	10:00 / 20:11	14:53	15:21	15:14	14:17
26		111	Schütte Kathrin	der gestiefelte Muskelkater	1:31:06	1:30:53	133	W35	82	06:00 / 19:00	15:57	17:03	16:41	16:11
27		439	Koopmann Inga	Die Einhornpralinen	1:34:42	1:34:28	148	W35	82	06:59 / 18:40	17:31	17:15	17:03	16:58
28		509	Zimmer-Möller Simone	Team Hulk	1:35:03	1:34:49	151	W35	81	03:00 / 18:23	16:54	18:22	18:36	19:31
29		692	Baalink Anne	Soteria	1:35:35	1:35:28	155	W35	82	05:20 / 17:46	18:30	18:08	18:07	17:36
30		354	Neufeld Tanja	*Preußisch Oldendorf	1:41:19	1:41:02	173	W35	81	10:00 / 17:35	19:54	19:27	17:46	16:19
31		424	Stobralla Corina	@läuft	1:42:04	1:41:57	175	W35	81	10:00 / 16:37	18:46	18:19	18:49	19:24
32		452	Pat Claudia	TFAs ohne Grenzen	1:45:58	1:45:53	177	W35	79	07:40 / 19:27	20:50	21:36	20:51	15:28

Frauen

Altersklasse W40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		667	Börchers Stefanie	FC Schüttorf	1:07:08	1:07:04	5	W40	77	02:40 / 13:26 12:50 12:26 12:42 12:58
2		674	Kohne Tanja	Höllenhörner	1:08:26	1:08:23	9	W40	77	02:40 / 13:42 12:58 12:56 13:08 12:57
3		543	Heinzer Kathrin	*Hannover	1:12:05	1:11:59	22	W40	77	05:00 / 12:27 13:11 13:47 13:45 13:48
4		673	Meinering Maria	Höllenhörner	1:12:45	1:12:43	24	W40	77	06:59 / 13:39 13:02 12:55 13:09 12:56
5		89	Tyman Heidrun	Wilsum läuft	1:13:59	1:13:38	30	W40	73	10:00 / 15:54 11:34 12:20 12:13 11:34
6		77	Beckmann Frauke	SV Suddendorf-Samern	1:14:56	1:14:43	34	W40	73	03:39 / 15:43 13:27 13:46 14:23 13:42
7		480	Trüin Anke	Warrior	1:17:32	1:17:22	48	W40	75	03:00 / 16:09 14:52 14:53 14:03 14:24
8		116	Bültmann Melanie	*Bad Bentheim	1:18:22	1:18:03	55	W40	75	06:40 / 15:58 13:19 13:49 14:19 13:56
9		210	Gröger Kirsten	SuS Neuenkirchen	1:19:13	1:18:59	57	W40	74	05:19 / 15:56 14:30 13:53 14:11 15:06
10		71	Kolodziej Anja	SV Dalum	1:21:28	1:21:26	73	W40	77	03:40 / 14:51 15:14 15:45 16:09 15:44
11		481	Brinkers Michaela Ursula	Warrior	1:21:52	1:21:43	77	W40	76	07:20 / 16:14 15:26 14:22 14:27 13:52
12		154	Lübbermann Nicole	*Lage	1:21:55	1:21:40	78	W40	75	04:20 / 16:59 15:01 15:12 15:02 15:05
13		55	Vogel Monika	Super Seydels	1:22:37	1:22:37	83	W40	77	06:40 / 16:45 14:32 14:05 15:06 15:28
14		197	Oevermann Anita	LANDWEHR 6	1:23:33	1:23:21	90	W40	77	07:40 / 17:21 13:36 15:14 14:56 14:32
15		517	Schäfer Jutta	*Salzbergen	1:23:58	1:23:50	96	W40	73	03:40 / 17:12 15:54 15:54 15:58 15:09
16		456	Hermes Marion	*Ohrte	1:25:18	1:25:13	100	W40	74	07:20 / 14:12 15:29 16:48 15:50 15:33
17		170	Silies Melanie	*Lingen	1:26:17	1:25:58	107	W40	77	06:00 / 20:13 14:52 15:20 15:16 14:14
18		522	Brand Steffi	*Salzbergen	1:26:38	1:26:30	109	W40	77	06:20 / 17:07 15:56 15:55 15:57 15:12
19		28	Otto Heike	Geht nicht, gibts nicht	1:27:49	1:27:38	121	W40	74	03:20 / 20:14 16:17 17:22 16:47 13:38
20		285	Jalink Prik	Hafensänger United die 2te	1:32:19	1:32:05	138	W40	77	03:20 / 17:50 17:06 17:36 17:48 18:22
21		473	Wilde Manuela	TEAM PAUS	1:32:24	1:32:17	139	W40	74	09:00 / 16:09 15:41 16:47 17:25 17:14
22		208	Steller Jacky	Stadt Vechta	1:34:00	1:33:45	143	W40	74	06:40 / 18:03 17:26 17:19 17:15 17:01
23		49	Schareina Christel	Super Seydels	1:34:18	1:34:05	146	W40	74	08:19 / 16:51 16:39 17:09 17:24 17:40
24		207	Breuker Juanita	Stadt Vechta	1:37:00	1:36:44	160	W40	77	09:40 / 18:02 17:26 17:19 17:15 17:01
25		693	Geneukeljk Anne-Marie	Soteria	1:38:14	1:38:07	162	W40	77	08:00 / 17:46 18:32 18:06 18:07 17:35
26		443	Bella-Gruber Paula	Team Eisenkarl	1:38:44	1:38:29	165	W40	75	06:40 / 18:04 17:08 18:24 18:36 19:34
27		694	Jürriens Ursula	Soteria	1:40:15	1:40:10	171	W40	73	10:00 / 17:48 18:32 18:09 18:13 17:25
28		29	Meyer-Röhr Sandra	Geht nicht, gibts nicht	1:43:28	1:43:17	176	W40	77	08:20 / 20:20 18:29 19:04 19:04 17:58

Altersklasse W45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		41	Raschke Iris	*Schüttorf OT Suddendorf	1:04:56	1:04:51	2	W45	69	01:40 / 11:28 13:16 13:09 12:49 12:27
2		157	Müller Angelika	Helper	1:10:34	1:10:31	19	W45	68	06:59 / 11:42 12:25 13:02 13:02 13:18
3		121	Ter Haar Petra	Powerfrau Neuenhaus	1:14:49	1:14:32	33	W45	71	07:40 / 16:28 11:59 12:25 13:01 12:56
4		54	Roelofs Wilma	Super Seydels	1:17:55	1:17:42	49	W45	68	06:59 / 14:58 13:22 13:53 14:14 14:14
5		103	Kamps Kirsten	*Twist	1:18:07	1:17:49	54	W45	71	06:00 / 16:27 13:43 13:38 13:56 14:03
6		392	Schröter Kerstin	Eintracht Schepsdorf	1:19:14	1:19:09	58	W45	70	08:00 / 13:29 14:22 14:31 14:26 14:18
7		220	Bouwer Sylvia	*Nordhorn	1:19:33	1:19:22	59	W45	71	03:40 / 16:33 15:03 14:39 14:51 14:35
8		31	Brunsfeld Nicole	Team Heinz	1:23:26	1:23:16	89	W45	70	09:20 / 15:41 14:25 14:46 14:34 14:29
9		107	Jansen Ulrike	TSV Concordia Schöninghs	1:28:51	1:28:33	125	W45	68	09:20 / 17:42 16:03 16:00 15:05 14:21
10		106	Verkerk-Lübbers Uschi	TSV Concordia Schöninghs	1:33:11	1:32:54	140	W45	69	04:40 / 17:57 16:49 17:18 17:27 18:42
11		118	Bloom Petra	*Messingen	1:34:59	1:34:40	150	W45	68	06:59 / 20:40 16:28 15:57 17:20 17:14

Altersklasse W50

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		288	Gehltholt Petra	*Altenberge	1:09:36	1:09:29	17	W50	67	06:00 / 12:35 11:59 12:43 13:19 12:52
2		302	Haarhuer Christiane	Die die nicht mehr können	1:16:47	1:16:28	45	W50	67	02:40 / 19:31 13:36 13:58 13:38 13:04
3		80	Gosmann Carmen	Lauffreff Lüdinghausen	1:23:52	1:23:44	93	W50	67	08:19 / 13:54 14:57 14:34 15:40 16:16
4		108	Backs Veronika	TSV Concordia Schöninghs	1:26:51	1:26:34	111	W50	66	07:20 / 17:45 16:01 16:01 15:05 14:21
5		699	Schneider Martina	die drei lustigen zwei	1:27:35	1:27:29	120	W50	63	06:40 / 16:03 15:57 16:24 16:07 16:16

Altersklasse W55

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		301	Vosskötter Margrit	Die die nicht mehr können	1:14:47	1:14:28	32	W55	61	00:40 / 19:30 13:36 13:58 13:38 13:04
2		66	Eiling Karin	SVSuSa FC Schüttorf09	1:25:26	1:25:12	101	W55	62	02:19 / 18:10 16:10 16:26 16:31 15:33

Frauen

Altersklasse W60

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		435	Rotering Birgitte	VfL Ahaus	1:13:09	1:13:01	28	W60	57	05:20 / 13:26	13:30	13:24	13:45	13:36

Frauen

Altersklasse WHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	250	Klenke Malina	Spontanläufer	1:07:31	1:07:25	7	WHK	88	04:39 / 13:00 12:27 12:15 12:45 12:17
2	305	Benkendorf Bianca		1:08:37	1:08:33	11	WHK	89	02:40 / 12:56 13:26 13:11 13:17 13:01
3	399	Borgmann Kira	LG FINGERAMFUSS	1:08:56	1:08:54	12	WHK	96	08:20 / 11:45 12:11 11:55 12:21 12:21
4	672	Stockhausen Kathleen	Höllenhörner	1:09:25	1:09:23	14	WHK	88	03:39 / 13:38 13:03 12:55 13:07 12:58
5	167	Reuter Ann-Kathrin	Annky & Waldi	1:09:28	1:09:22	15	WHK	88	04:20 / 13:19 12:42 13:00 13:25 12:35
6	735	Körting Johanna	Turbo Schnecken	1:11:17	1:11:14	20	WHK	91	05:19 / 12:54 13:18 13:51 13:00 12:50
7	148	Kohnen Steffi	Spiderschweine	1:13:02	1:12:49	27	WHK	91	05:20 / 17:15 12:27 12:49 12:31 12:25
8	225	Gerdas Jana	*Rheine	1:15:22	1:15:13	37	WHK	91	05:40 / 15:04 13:22 14:08 13:46 13:12
9	76	Türk Daniela	SV Suddendorf-Samern	1:15:36	1:15:23	40	WHK	88	04:20 / 15:43 13:27 13:46 14:23 13:42
10	734	Exler Hannah	Tv Jahn	1:16:32	1:16:27	44	WHK	92	06:20 / 14:30 14:04 14:36 14:34 12:21
11	184	Schomakers Kathy	LANDWEHR 2	1:17:27	1:17:18	47	WHK	91	08:00 / 16:00 13:13 13:24 13:21 13:18
12	707	Rolink Clara	Halligallidrecksaubarbies	1:17:56	1:17:51	50	WHK	95	10:00 / 13:25 13:47 13:48 13:33 13:17
13	708	Weiss Lavinia	Halligallidrecksaubarbies	1:17:57	1:17:52	51	WHK	92	10:00 / 13:23 13:46 13:50 13:33 13:17
14	706	Rolink Anna- Maria	Halligallidrecksaubarbies	1:17:57	1:17:52	52	WHK	91	09:59 / 13:26 13:47 13:50 13:32 13:16
15	298	Bonhorst Hanna	*Quendorf	1:18:28	1:18:16	56	WHK	91	07:00 / 14:11 13:37 14:14 14:40 14:32
16	308	Hopster Alena	4 Engel für Charlie	1:20:05	1:19:57	61	WHK	96	07:20 / 14:43 14:21 14:33 14:22 14:36
17	733	Fliesgen Sarah	Tv Jahn	1:20:22	1:20:18	63	WHK	95	08:39 / 14:31 14:04 14:36 14:33 13:51
18	309	Gehrmann Helen	4 Engel für Charlie	1:20:24	1:20:16	64	WHK	95	07:40 / 14:43 14:22 14:34 14:21 14:34
19	240	Korbik Carolin	Die die nicht mehr können	1:20:27	1:20:09	65	WHK	90	06:20 / 19:31 13:36 13:58 13:38 13:04
20	731	Beumer Sabrina	Tv Jahn	1:20:42	1:20:38	67	WHK	93	09:00 / 14:31 14:03 14:38 14:33 13:51
21	269	Albers Julia	LANDWEHR 7	1:20:52	1:20:41	68	WHK	93	05:00 / 16:35 14:36 15:09 15:00 14:20
22	235	Ekkel Lisa	LC Rückwärts Uelsen	1:20:54	1:20:48	69	WHK	92	03:19 / 16:01 15:02 15:57 15:38 14:49
23	255	Krüger Katharina	Die Seitenstecher	1:21:05	1:20:52	71	WHK	94	07:40 / 18:25 13:14 13:44 13:50 13:58
24	307	Hopster Annika	4 Engel für Charlie	1:21:25	1:21:17	72	WHK	95	08:39 / 14:44 14:23 14:31 14:23 14:34
25	87	Zielmann Anke	Wilsum läuft	1:21:33	1:21:12	74	WHK	91	06:00 / 18:27 13:40 14:05 14:22 14:36
26	519	Hoffrogge Johanna	*Salzbergen	1:21:58	1:21:50	79	WHK	97	01:40 / 17:12 15:56 15:54 15:58 15:08
27	183	Latus Jaqueline	LANDWEHR 1	1:22:23	1:22:14	82	WHK	90	07:20 / 16:06 14:18 14:34 15:04 14:51
28	150	Deuling Marina	Spiderschweine	1:23:16	1:23:03	86	WHK	90	09:59 / 17:16 14:11 14:11 13:47 13:36
29	254	Kuite Lena	Die Seitenstecher	1:23:25	1:23:12	88	WHK	96	09:59 / 18:24 13:14 13:44 13:50 13:58
30	4	Van der Zee Mareike	SaDoMa	1:23:48	1:23:41	91	WHK	88	01:20 / 17:00 15:38 16:40 16:27 16:34
31	214	Rohlfs Mara	*Emlichheim	1:23:48	1:23:33	92	WHK	95	07:00 / 18:32 14:39 14:30 14:19 14:31
32	51	Roelofs Sara	Super Seydels	1:23:57	1:23:45	95	WHK	92	08:00 / 15:40 14:20 14:57 15:19 15:26
33	459	Byknüver Carina	B-Team	1:24:18	1:24:15	98	WHK	88	10:00 / 12:42 14:49 15:28 15:30 15:44
34	213	Rohlfs Laura	*Emlichheim	1:25:28	1:25:13	102	WHK	93	08:39 / 18:34 14:37 14:31 14:17 14:31
35	506	Orfert Carina	Hellmann 2	1:25:38	1:25:29	105	WHK	97	06:00 / 18:27 16:00 13:36 14:21 17:02
36	537	Wienkamp Carmen	Die gestiefelten Muskelkate	1:27:12	1:27:03	112	WHK	90	07:20 / 16:00 15:33 16:19 16:03 15:46
37	227	Rogalla Svenja	*Rheine	1:27:14	1:27:06	113	WHK	91	09:59 / 16:12 15:27 15:39 15:26 14:19
38	700	Schneider Jana	die drei lustigen zwei	1:27:15	1:27:09	114	WHK	88	06:20 / 16:04 15:54 16:31 16:08 16:11
39	365	Hemeltjen Caro	*Bad Bentheim	1:27:17	1:27:06	115	WHK	89	10:00 / 16:33 14:44 15:05 15:12 15:30
40	364	Ten Cate Julia	*Bad Bentheim	1:27:17	1:27:06	116	WHK	93	10:00 / 16:33 14:45 15:05 15:17 15:26
41	451	Schnerre Andrea	TFAs ohne Grenzen	1:27:18	1:27:12	117	WHK	90	09:20 / 14:12 15:29 16:48 15:49 15:33
42	236	Brouwer Sandy	Rückwärts Uelsen	1:27:34	1:27:28	119	WHK	88	09:59 / 16:01 15:02 15:55 15:39 14:49
43	538	Hille Lisa	Die gestiefelten Muskelkate	1:28:52	1:28:43	126	WHK	92	09:00 / 16:00 15:34 16:19 16:03 15:46
44	518	Hoffrogge Julia	*Salzbergen	1:29:37	1:29:29	128	WHK	97	09:20 / 17:08 15:56 15:55 15:57 15:11
45	436	Brinkhues Adriana	The Unicorns	1:31:24	1:31:13	134	WHK	95	06:59 / 18:50 18:02 18:12 15:59 13:09
46	441	Kovert Lisa	Die Einhornpralinen	1:31:43	1:31:30	135	WHK	88	04:00 / 18:40 17:31 17:15 17:03 16:58
47	34	Brunsfeld Finja	DSC-Feggendorf	1:31:48	1:31:38	136	WHK	97	06:00 / 20:14 16:16 17:24 16:45 14:58
48	110	Hazelbecke Verena	der gestiefelte Muskelkater	1:32:06	1:31:53	137	WHK	88	07:00 / 19:00 15:58 17:03 16:42 16:09
49	695	Corsten Francis	Soteria	1:33:14	1:33:09	141	WHK	94	03:00 / 17:28 18:51 18:10 18:11 17:27
50	274	Metzdorf Daniela	NoName	1:34:16	1:33:57	145	WHK	91	02:00 / 20:58 17:49 17:57 17:57 17:15
51	437	Schulte-Broer Annika	The Unicorns	1:34:25	1:34:15	147	WHK	94	03:39 / 18:52 18:00 18:14 18:00 17:27
52	186	Dirks Jessica	LANDWEHR 2	1:34:44	1:34:33	149	WHK	88	03:40 / 20:38 17:41 17:48 17:25 17:20
53	100	Hüser Martina	*Meppen	1:35:19	1:35:00	153	WHK	90	07:20 / 20:40 16:28 15:57 17:21 17:12
54	428	Even Carina	Volleyrunners	1:35:29	1:35:13	154	WHK	93	09:20 / 17:22 16:41 17:49 17:27 16:33
55	440	Wessling Stefanie	Die Einhornpralinen	1:35:43	1:35:29	156	WHK	91	08:00 / 18:40 17:31 17:15 17:03 16:58
56	256	Rahn Wiebke	Die Seitenstecher	1:36:27	1:36:13	157	WHK	95	10:00 / 18:28 17:15 17:05 16:34 16:50
57	264	Imbusch Christiane	*Bakum	1:36:39	1:36:23	158	WHK	97	09:20 / 18:04 17:24 17:19 17:15 17:00
58	120	Berends Vanessa	*Neuenhaus	1:36:57	1:36:39	159	WHK	90	09:00 / 19:08 16:34 17:27 17:19 17:10
59	299	Witzenhausen Jenny	*Schüttorf	1:37:40	1:37:28	161	WHK	90	07:20 / 19:25 17:25 18:12 17:54 17:09
60	300	Witzenhausen Julia	*Schüttorf	1:38:20	1:38:08	163	WHK	96	08:00 / 19:07 17:08 18:37 18:25 16:50
61	22	Zech Sarah	*Geeste	1:39:12	1:39:09	166	WHK	92	08:00 / 20:11 17:41 17:21 17:49 18:04

Frauen

62	273	Fehlau Melanie	NoName	1:39:54	1:39:37	168	WHK	91	07:40 / 20:59	17:48	17:57	17:57	17:15
63	414	Schultewolter Katharina	*Bad Vilbel	1:40:03	1:39:52	169	WHK	89	06:20 / 18:16	18:30	21:02	17:44	17:58
64	455	Pöttering Christin	TFAs ohne Grenzen	1:40:18	1:40:12	172	WHK	91	01:59 / 19:26	20:51	21:36	20:54	15:24

Altersklasse WU18

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		245	Brand Fabienne	*Nordhorn	1:15:03	1:15:01	35	WU18	00	09:59 / 11:16	13:51	13:21	13:40	12:52

Altersklasse WU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		52	Vogel Christina	Super Seydels	1:09:29	1:09:17	16	WU20	98	06:20 / 14:58	11:54	11:51	12:18	11:54
2		257	Ottoweß Nina	*Nordhorn	1:10:03	1:10:01	18	WU20	99	05:00 / 11:16	13:51	13:20	13:41	12:52
3		303	Grenz Mae Tjorven		1:12:29	1:12:25	23	WU20	99	08:20 / 12:54	12:55	13:27	13:03	11:45
4		228	Gosmann Anna	SC Union Lüdinghausen	1:25:32	1:25:24	103	WU20	99	10:00 / 13:54	14:58	14:34	15:40	16:16
5		430	Plaß Jarina	Volleyrunners	1:29:49	1:29:33	131	WU20	99	03:40 / 17:21	16:42	17:49	17:27	16:33
6		429	Thesing Ilka	Volleyrunners	1:35:09	1:34:53	152	WU20	98	09:00 / 17:22	16:41	17:49	17:26	16:33