

# 4. Ibbenbürener Klippenlauf

## Klippenlauf 12,4 Km

## Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
<b>M 30</b>							
1	727	Pugge, Daniel	TEAM danielpugge.de	00:50:49	00:50:49	1	1
2	392	Goedicke, Patrick	sv teuto riesenbeck	00:52:34	00:52:32	3	3
3	303	Menger, Frank		00:54:38	00:54:37	8	8
4	553	Nieberg, Sebastian	TV Werne 03	00:56:14	00:56:10	11	11
5	681	Bröker, Dietmar	SUS Neuenkirchen	00:56:25	00:56:21	12	12
6	680	Dürken, Markus	BSG Kreissparkasse Steinfurt	00:56:28	00:56:09	13	13
7	302	Menger, Andre	BSG Kreissparkasse Steinfurt	00:59:10	00:59:09	21	21
8	476	Jasper, Tobias	kein	00:59:20	00:59:15	22	22
9	673	Götten, Michael		01:00:48	01:00:47	29	27
10	488	Barlak, Christoph	kein Verein	01:02:02	01:01:48	34	32
11	758	Kraatz, Franz		01:03:27	01:03:25	41	39
12	695	Vahlenkamp, Dirk	Grenzläufer-Oeding	01:03:36	01:03:32	43	41
13	369	Dierkes, Peter	BSG Kreissparkasse Steinfurt	01:04:09	01:04:02	47	44
14	784	Oldeweme , Sebastian		01:04:53	01:04:27	58	54
15	588	Friedrichsen, Kristof		01:05:11	01:04:44	62	58
16	449	Beck, Florian		01:05:18	01:05:11	63	59
17	655	Castro, Saúl		01:08:07	01:07:52	90	81
18	584	Liesbrock, Bernd	W&H-Laufgruppe	01:09:14	01:08:54	106	93
19	543	Robers, Oliver		01:09:30	01:09:05	111	98
20	775	Starke, Jan	Team Starke	01:10:11	01:09:35	122	108
21	589	Oldeweme, Kai		01:11:14	01:10:47	131	116
22	760	Hille, Christian		01:12:51	01:12:49	144	126
23	572	Aumann, Stefan	LT Gnadenlos	01:13:11	01:12:40	152	132
24	359	Verlemann, Phillip	Crespel&Deiters	01:13:13	01:13:10	154	134
25	774	Starke, Phillip	Team Starke	01:13:26	01:12:51	157	137
26	552	Heidemann , Matthias	VfL Emslage	01:13:56	01:13:36	168	145
27	786	den Boer, Floris		01:14:35	01:14:29	174	149
28	399	Feldmann, Timo		01:15:22	01:15:07	187	157
29	630	Kolsloot, Sander		01:18:53	01:18:37	236	189
30	731	Klameth, Thorsten	SaSu-Sport-Team	01:21:06	01:20:55	263	209
31	448	Wiemeler, Steffen		01:24:58	01:24:15	299	225
32	394	Gaida, Florian		01:28:44	01:28:23	318	235
33	780	Mentrup, Nils	BVB FanClub Lengerich	01:30:23	01:29:38	326	240
<b>M 35</b>							
1	566	Poerschke, Frank		00:57:07	00:56:57	15	15
2	644	Spiekermann, Holger	LTC	00:57:42	00:57:32	16	16
3	423	Schmedt, Christian	HoplaHopsten	01:00:15	00:59:54	25	25
4	434	Möller, Christian		01:00:41	01:00:31	28	26
5	592	Franke, Frank	TV Hohne	01:01:41	01:01:39	32	30
6	792	Holl, Stephan		01:04:26	01:04:15	50	47

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
7	628	Korte, Andreas	LG Schmitz Katze	01:04:28	01:04:16	51	48
8	551	Runde , Stephan	BSG Kreissparkasse Steinfurt	01:05:21	01:05:10	64	60
9	548	Vogelsang, Daniel		01:05:40	01:05:30	66	61
10	349	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	01:05:58	01:05:18	70	65
11	653	Wanke, Daniel	BSV Ostbevern	01:06:03	01:05:56	71	66
12	440	Alfing , Oliver		01:07:52	01:07:37	86	78
13	424	Rieskamp, Stefan	Teuto Fit	01:09:26	01:09:08	110	97
14	609	Eickstädt, Thomas		01:09:33	01:09:06	113	100
15	382	Steingröver, Mario	Lauftreff Arbeitskollegen	01:09:35	01:08:54	114	101
16	601	Koch, Torsten	F.c. Hansa Rostock	01:10:17	01:09:51	123	109
17	694	Keller, Timo	DJK Arminia Ibbenbüren	01:10:30	01:09:52	125	111
18	468	Jakoblinnert, Björn	Triathlon Club Bremen	01:10:34	01:09:49	127	113
19	671	Laumann, Markus		01:12:39	01:12:01	143	125
20	648	Nordmann, Olaf		01:14:04	01:13:50	170	147
21	467	Althoff, Thorsten	BSV Ostbevern	01:14:48	01:14:44	176	150
22	383	Fischer , Tobias	Lauftreff Arbeitskollegen	01:16:43	01:16:03	204	168
23	638	Schwalbe , Oliver	TV Mettingen	01:17:29	01:16:39	218	178
24	639	Weber, Jens	Emsdetten	01:17:34	01:17:26	219	179
25	637	Thiede, Ralf	TV Mettingen	01:17:49	01:16:59	221	180
26	579	Kiefer, Martin		01:19:42	01:19:32	246	197
27	402	Dierkes, Christian		01:19:48	01:19:13	248	199
28	684	Knauer, Mirko	BSV Ostbevern	01:20:09	01:19:59	251	201
29	641	Lappe, Dennis	Emsdetten	01:21:06	01:20:57	264	210
30	377	Boras, Sebastian		01:22:49	01:22:13	277	216
31	456	Marten , Norbert	TSG Hatten Sandkrug	01:24:00	01:23:48	291	222
32	376	Wagner, Christian	-	01:31:49	01:31:13	337	246
33	415	Schubert, Thorsten		01:40:51	01:40:50	357	254
34	458	Meteling, Carsten	Lt SV Haldern	01:45:29	01:45:10	359	256
<b>M 40</b>							
1	682	Heithoff, Holger	SUS Neuenkirchen	00:57:47	00:57:44	17	17
2	661	Anders, Maik	TSG 07 Burg Gretesch	00:58:36	00:58:35	19	19
3	521	Tausch, Carsten		01:01:24	01:01:19	31	29
4	405	Schlottbohm, Jörg	VfL Eintracht Mettingen	01:01:53	01:01:38	33	31
5	334	Hauer, Markus		01:02:40	01:02:09	37	35
6	388	Uphoff, Matthias	SC Sperlingsgrund	01:04:36	01:04:33	55	52
7	613	Zesiger, Tristan	WuH Laufgruppe	01:04:38	01:04:20	57	53
8	329	Bärtels, Torsten	Keller HCW - go green	01:05:10	01:05:01	61	57
9	326	Gutierrez-Canas, Ignacio		01:05:50	01:05:37	68	63
10	390	Hosch, Holger		01:08:44	01:08:34	97	86
11	338	Schlüter, Marc	freaks-of-running.de	01:09:07	01:09:01	105	92
12	410	Lutterbeck, Christian	VfL Eintracht Mettingen	01:09:20	01:09:05	108	95
13	374	Jakob-Elshoff, Kai	BSG Kreissparkasse Steinfurt	01:09:43	01:09:03	116	103
14	771	Löckemann, Markus	LG Emsdetten	01:09:47	01:09:43	118	105
15	533	Spenthof, Maik		01:10:05	01:09:44	120	106

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
16	676	Schmidt, Christian		01:10:32	01:10:25	126	112
17	469	Hettlage, Thomas	Bierbauchausführer	01:11:28	01:10:55	132	117
18	642	Kahl, Christian		01:12:05	01:11:24	137	120
19	711	Voss, Marcus	TV Werne 03	01:12:33	01:12:30	140	123
20	795	Rahe, Hendrik	SNOWRUNNERS	01:12:56	01:12:38	147	129
21	536	Bruns, Nicolas		01:14:59	01:14:53	180	153
22	662	Brandes, Arne	SV Ofenerdiek	01:16:56	01:16:19	211	173
23	652	Boß, Frank		01:16:56	01:16:47	212	174
24	306	Eiben, Lars		01:20:27	01:19:55	254	204
25	391	Reeker, Jörg		01:22:20	01:22:08	274	214
26	621	Vruggink, Richard	Loopvregude	01:22:56	01:22:16	278	217
27	353	Wesselmann, Daniel	GW - Steinbeck	01:26:47	01:26:35	310	230
28	562	Bainbridge, Simon		01:28:57	01:28:11	319	236
29	414	Bartels, Jörn	privat	01:28:57	01:28:11	320	237
30	305	Riepenhusen, Danny		01:40:35	01:39:57	356	253
31	457	Kerkhoff, Rolf		01:56:36	01:56:17	364	261

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1	631	Seifert, Ronny	LT Furtwangen	00:50:55	00:50:51	2	2
2	732	Tippey, Mark		00:52:44	00:52:42	5	5
3	608	Niermann, Andreas		00:59:56	00:59:39	23	23
4	791	Harald, Schaffrick	FC Schüttorf 09	01:01:12	01:01:09	30	28
5	686	Ahlers, Ralf	TV Hohne	01:02:31	01:02:29	36	34
6	712	Kümper, Uwe	TriRaLa Kolping Püßelbüren	01:03:17	01:02:59	39	37
7	325	Jakobs, Günniii	Drei-Lauf-Freunde	01:03:35	01:03:29	42	40
8	763	Wewer, Christian	Grün-Weiß Steinbeck	01:03:54	01:03:47	44	42
9	703	Misch, Jörg	BSG Kreissparkasse Steinfurt e.	01:04:11	01:03:53	48	45
10	436	Brink, Helmut	SV Bokeloh	01:06:36	01:06:29	75	69
11	663	Rüther, Michael	TV Mettingen	01:06:49	01:06:43	76	70
12	350	Stallmeier, Reinhard	BSG Kreissparkasse Steinfurt	01:07:38	01:07:31	83	75
13	311	Wewelkamp, Norbert	SV Ems Westbevern	01:08:01	01:07:59	87	79
14	554	Hakvoort, Christian	Borussia	01:08:40	01:08:24	96	85
15	729	Ahrens, Matthias	Grün-Weiß Steinbeck	01:09:17	01:09:07	107	94
16	453	Borgert, Ralf	LG Coesfeld	01:09:31	01:09:15	112	99
17	318	Venjakob, Dirk		01:12:04	01:11:35	135	118
18	428	Tuchen, Bernd	Feuerwehr Lengerich	01:12:05	01:11:23	138	121
19	615	Lokhorst, Patrick	AV Hanzesport	01:12:11	01:11:45	139	122
20	472	Luck, Holger		01:13:06	01:12:33	151	131
21	450	Varavir, Erkan	Tus Altenberge	01:13:11	01:13:00	153	133
22	610	Overmeyer, Peter		01:13:55	01:13:48	167	144
23	335	Poggemann, Martin	SV Teuto Riesenbeck	01:14:02	01:13:31	169	146
24	561	Lenferink, Ron		01:14:51	01:14:27	177	151
25	480	Quaas, Thomas		01:14:59	01:14:26	179	152
26	444	Schulte, Michael	SV Bokeloh	01:15:58	01:15:50	195	162
27	778	Wrocklage, Ralf		01:16:33	01:15:59	203	167

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
28	314	niehueser, ulrich		01:16:50	01:16:11	208	171
29	474	Reker, Christian	SC Altenrheine	01:17:07	01:16:27	216	176
30	650	Schäl, Reiner	GW Steinbeck	01:18:04	01:17:51	224	183
31	431	Lenzen, Markus	TuS Altenberge 09	01:19:10	01:18:32	241	193
32	574	Schulte, Heiner		01:20:12	01:20:02	252	202
33	766	Hartmann, Raphael		01:23:38	01:22:55	282	218
34	743	Hölscher, Frank		01:23:39	01:23:24	283	219
35	690	Schmidt, Peter		01:25:09	01:24:33	302	226
36	656	Markus, Pille	LT Gnardenlos	01:27:09	01:26:38	312	232
37	420	Madeja, Michael		01:30:31	01:30:12	330	242
38	747	van Gelder, Marc	A.V. Lionitas Leeuwarden	01:43:23	01:42:39	358	255
<b>M 50</b>							
1	734	Nalli Urtubia, Angel	Lauftreff Notuln	01:02:16	01:02:15	35	33
2	677	Peuser, Detlef	BSG LVM	01:04:19	01:04:13	49	46
3	737	Inderwisch, Frank	RAG Anthrazit Ibbenbüren Gass	01:04:30	01:04:21	52	49
4	328	Nippel, Jochen	Keller HCW - go green	01:05:10	01:05:01	60	56
5	546	Bäumer, Heinrich	TV-Vreden/Lauftreff	01:05:44	01:05:30	67	62
6	707	Elskamp, Norbert	Grenzläufer-Oeding	01:05:53	01:05:48	69	64
7	717	Hildmann, Marko	TVE Greven - Triathlon	01:06:19	01:06:16	72	67
8	619	Warlich, Jules	Loopvreugde	01:06:33	01:06:16	74	68
9	446	Ruether, Stefan	SC Altenrheine	01:06:50	01:06:10	77	71
10	556	van de Graaf, Steven	Hanzesport Zutphen (nederland)	01:07:08	01:06:48	80	72
11	754	Glück, Daniel	LC Solbad Ravensberg	01:08:01	01:07:50	88	80
12	493	Boerger, Detlef	LG Emsdetten	01:08:16	01:07:42	92	82
13	537	Müller, Christian	Sportler 4 a childrens world	01:08:49	01:08:46	98	87
14	547	Heufekes, Thomas	Lauftreff Vreden	01:08:50	01:08:21	99	88
15	705	Wewers, Egbert	Grenzläufer-Oeding	01:08:55	01:08:50	101	89
16	443	Wessling, Michael	Wilfried-Jeurink-Stiftung	01:09:35	01:09:24	115	102
17	759	Lagemann, Stefan	TV Mettingen	01:10:20	01:09:41	124	110
18	651	Sander, Dietmar	LG Burg Wiedenbrück 1989	01:10:55	01:10:51	130	115
19	683	Dunnewind, Andre		01:12:34	01:12:05	141	124
20	534	Neitsch, Jürgen		01:12:55	01:12:31	146	128
21	740	Schäfers, Jürgen	SV Teuto Riesenbeck	01:13:32	01:12:59	160	138
22	755	Van Wieren, Gebhard	Lauftreff Olympia Uelsen	01:13:35	01:13:24	161	139
23	598	Naatz, Olaf	TV Hohne	01:13:37	01:13:33	163	141
24	384	Nienaber, Günter	tve Greven/Triathlon	01:14:20	01:14:17	171	148
25	324	Asbrede, Peter	GW Brockdorf	01:16:10	01:15:40	198	164
26	624	Reinhard, Dyckhoff	SC Falke Saerbeck	01:17:06	01:16:39	215	175
27	301	Schlautmann, Karl-Heinz	SV Ems Westbevern	01:17:57	01:17:26	223	182
28	532	Meyer, Manfred	TV Mettingen	01:19:33	01:18:53	243	195
29	416	Hoernemann, Klaus	LG Coesfeld	01:20:19	01:20:02	253	203
30	669	Essing, Matthias.	SV Ems Westbevern	01:23:50	01:23:27	288	221
31	625	van Leeuwen, Erik	Hanzesport Zutphen	01:25:10	01:24:49	303	227
32	365	Bertram, Rulle	JC Senden	01:27:09	01:26:58	313	233

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
33	404	Roll, Frank		01:29:35	01:29:18	323	238
34	563	Stallmeyer, Gerd	TVI	01:29:46	01:29:23	324	239
35	560	Bettels, Michael	Raesfeld	01:30:24	01:29:42	329	241
36	426	Kahle, Andre	Tus Altenberge 09	01:50:40	01:50:26	361	258
<b>M 55</b>							
1	403	Mittelberg, Michael	SC Altenrheine	00:56:59	00:56:58	14	14
2	735	Schrag, Peter		01:02:55	01:17:13	38	36
3	408	Schniedergergers, Franz-Josef		01:04:30	01:04:24	53	50
4	343	Vry, Ralf	Fortuna Logabirum	01:07:42	01:07:34	84	76
5	367	Neumayer, Peter	TVE Greven	01:08:33	01:08:29	93	83
6	602	Sundermann, Uwe	TV Hohne	01:08:37	01:08:09	94	84
7	439	Hilbert, Christoph	LG Emsdetten	01:10:07	01:09:33	121	107
8	484	Schlesier, Michael	RAG Deutsche Steinkohle	01:15:19	01:14:41	186	156
9	787	Türker, Xaver	lauffreunde Gremmendorf	01:15:27	01:15:25	189	159
10	658	Baberschke, Rolf	-	01:15:29	01:15:22	190	160
11	773	Appelt, Ralf	www.appelt-racing.de	01:15:58	01:15:22	196	163
12	429	Wiggenhorn, Alois	LT Wettringen	01:16:16	01:16:09	199	165
13	462	Kreeft, Martin	HAC'63	01:16:19	01:16:18	201	166
14	748	Zimmermann, Michael	Grün-Weiß Steinbeck	01:16:45	01:16:37	205	169
15	463	van Tolij, Gerrit	ATV Goor 65	01:16:49	01:16:27	207	170
16	769	Schlie, Michael	LC Solbad Ravensberg	01:17:51	01:17:40	222	181
17	442	Borgmann, Erich	Marathon Steinfurt	01:18:16	01:17:53	230	185
18	790	Wiggers, Reinhard	SuS Neuenkirchen	01:18:17	01:17:48	231	186
19	636	Vörckel, Michael	DJK Arminia Ibbenbüren	01:18:38	01:18:12	232	187
20	715	Löpmeier, Thomas	Grün-Weiß Steinbeck	01:18:45	01:18:30	233	188
21	761	hümer, kalle	tv jahn borgholzhausen	01:18:54	01:18:20	237	190
22	599	Teckenbrock, Udo	TV Hohne	01:19:59	01:19:24	249	200
23	498	Brix, Michael	TV Hohne	01:21:00	01:20:32	261	207
24	341	Hoppe, Heinz	Ich guck dir in Hals	01:21:05	01:20:37	262	208
25	503	Egbert, Ralf	TV Hohne	01:21:12	01:20:37	265	211
26	465	Gerber, Jan	ATV Goor 65	01:21:46	01:21:25	273	213
27	622	van Doleweerd, Adriaan	Loopvreugde	01:24:13	01:23:32	296	224
28	485	Gleißner, Rolf	RAG Deutsche Steinkohle	01:26:52	01:26:11	311	231
29	550	Koot, John		01:27:32	01:27:19	315	234
30	777	Armbruster, Ralf		01:31:03	01:30:52	334	243
31	524	Schröer, Jürgen	TVMettingen	01:34:56	01:34:16	344	247
32	501	Buczilowski, Eckhard	TV Hohne	01:37:28	01:37:08	350	251
33	486	Kreul, Willi	RAG Deutsche Steinkohle	01:39:41	01:39:01	355	252
<b>M 60</b>							
1	375	Schultz, Winfried	Ibbenbüren	00:58:04	00:58:03	18	18
2	564	Oprel, Dico		01:12:05	01:11:38	136	119
3	796	Starke, Rainer	Team Starke	01:15:25	01:15:02	188	158
4	728	Berlekamp, Ulrich		01:19:07	01:18:49	240	192
5	519	Wiethaupt, Joachim	TV Hohne	01:23:49	01:23:16	287	220

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
6	422	Sandelmann, Dieter	Wilhelmshaven	01:35:18	01:35:14	346	248
7	793	Kuhlenbäumer, Willi		01:36:01	01:35:31	347	249
8	482	Gapik, Jürgen	RAG Deutsche Steinkohle	01:50:05	01:49:27	360	257
<b>M 65</b>							
1	312	Eppendahl, Klaus	Hattinger Hügelläufer	01:07:46	01:07:44	85	77
2	413	Schubert, Rudolf	./.	01:09:03	01:09:01	103	91
3	323	Janssen, Harrie	LVKooiveld	01:13:24	01:13:03	156	136
4	629	Kolsloot, Gerard		01:18:59	01:18:42	238	191
5	516	Vahrenhorst, Dieter	TV Hohne	01:19:41	01:19:05	244	196
6	605	Günningmann, Alfons	SC Falke Saerbeck	01:19:45	01:19:18	247	198
7	700	Hoogervorst, arjen		01:21:35	01:21:17	271	212
8	586	Temme, Hans-Hubert		01:31:04	01:30:53	335	244
9	535	de Jong, Tjits	Reestruffers	01:36:14	01:35:46	348	250
<b>M 75</b>							
1	789	Dr. Mussgnug, Hermann	LC Solbad Ravensberg	01:26:05	01:25:49	306	228
2	433	Meurs, Janwillem	AVN Nederland	01:50:46	01:50:34	362	259
3	666	Blauhut, Rolf	Delmenhorst	01:52:54	01:52:32	363	260
<b>M HK</b>							
1	788	Schaap, Kevin	LAAC Twente	00:52:50	00:52:47	6	6
2	348	Franke, Julian	SG Diepholz	00:55:53	00:55:50	10	10
3	687	Lepper, Maik	TV Lengerich	00:58:59	00:58:52	20	20
4	678	Wiekling, Matthias	GAL 2014	01:03:25	01:03:21	40	38
5	372	Hegerfeld, Sebastian	Sg Diepholz	01:04:31	01:04:25	54	51
6	664	Gohmann, Niklas	GAL 2014	01:05:03	01:04:58	59	55
7	616	Kerk, Raphael		01:07:13	01:06:49	81	73
8	752	Heile, Maximilian	kein	01:07:23	01:07:11	82	74
9	757	Stegemann, Frank		01:08:55	01:08:45	102	90
10	770	Kleemann, Jürgen		01:09:25	01:09:02	109	96
11	751	Schluch, Pascal	SV Teuto Riesenbeck	01:09:46	01:09:15	117	104
12	459	Ostendorf, Stefan	Sv Teuto Riesenbeck	01:10:55	01:10:23	129	114
13	726	Trappmann, Martin	Feuerwehr Ibbenbüren	01:12:58	01:12:14	149	130
14	596	Matheke, Marco	TV Hohne	01:13:15	01:12:55	155	135
15	797	NN, NN		01:13:45	01:13:30	165	142
16	798	NN, NN		01:13:46	01:13:30	166	143
17	724	Köhler, Kevin	Feuerwehr Ibbenbüren	01:15:01	01:14:16	181	154
18	723	Scharfenberg, Tobias	Feuerwehr Ibbenbüren	01:15:02	01:14:17	182	155
19	340	Hoppe, Torben	Ich guck dir in Hals	01:15:32	01:15:03	192	161
20	767	NN, NN		01:16:52	01:16:24	209	172
21	339	Hoppe, Steffen	Ich guck dir in Hals	01:17:12	01:16:43	217	177
22	719	Lienesch, Steffen	Feuerwehr Ibbenbüren	01:18:09	01:17:26	226	184
23	776	Udo, NN	NN	01:19:26	01:19:14	242	194
24	520	Winter, Christian	TV Hohne	01:20:54	01:20:21	258	205
25	722	Scholmeyer, Patrick	Feuerwehr Ibbenbüren	01:20:57	01:20:14	259	206
26	725	Siebelmeyer, Bastian	Feuerwehr Ibbenbüren	01:22:45	01:22:00	276	215

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
27	497	Brix, Christian	TV Hohne	01:24:02	01:23:31	293	223
28	691	Möller, Jakob		01:26:20	01:26:06	307	229
29	363	Fast, Eugen	Crespel&Deiters	01:31:27	01:31:24	336	245
<b>M Jgd A</b>							
1	685	Inderwisch, Lukas	BSG Kreissparkasse Steinfurt	00:54:29	00:54:21	7	7
2	489	Gogrewe, Luc	LG Emsdetten	01:00:09	00:59:35	24	24
3	668	Essing, Nicolas	SV Ems Westbevern	01:04:02	01:03:39	45	43
4	646	Becker, Lars	Lauftreff Becker	01:12:55	01:12:25	145	127
<b>M Jgd B</b>							
1	470	Feder, Jannik	LSF/Wasser und Freizeit	00:52:40	00:52:39	4	4
<b>M U23</b>							
1	634	Beutelspacher, Tim	TV Lengerich	00:55:52	00:55:44	9	9
2	635	Menebröker, Nils	TV Hohne	01:13:37	01:13:33	162	140
<b>W 30</b>							
1	522	Böllner, Sabrina		01:09:57	01:09:51	119	14
2	587	Januschak, Eva	W&H-Laufgruppe	01:12:37	01:12:17	142	18
3	660	Lehmeier, Dorota		01:13:26	01:13:13	158	21
4	603	Nijhof, Rianne	AV Hanzesport	01:15:48	01:15:23	193	32
5	473	Schaapman, Hanna	-	01:18:46	01:18:33	234	46
6	425	Prigge, Jana	Teuto Fit	01:30:57	01:30:35	332	90
7	373	Siekmann, Svenja		01:31:01	01:30:26	333	91
<b>W 35</b>							
1	614	Horstkötter, Silke	RSG Hellern	01:04:38	01:04:20	56	4
2	659	Görken, Antje		01:05:25	01:05:16	65	5
3	654	Wanke, Meike	BSV Ostbevern	01:08:51	01:08:42	100	12
4	445	Sabrina, Raschke	SV Cheruskia	01:12:03	01:11:50	134	17
5	514	Rücker, Anja	TV Hohne	01:14:29	01:14:00	172	24
6	746	Austermann, Andrea	1.Tri Team Gütersloh GTV	01:15:16	01:15:07	184	29
7	475	Feuler, Marie		01:15:17	01:15:02	185	30
8	670	Licciardi, Melanie	Werspefoten Ahlen	01:16:04	01:15:47	197	34
9	580	Kortenbreer, Sonja	SV-Teuto Riesenbeck	01:19:00	01:18:29	239	48
10	578	Martins, Susana		01:19:42	01:19:35	245	49
11	701	Bühren, Melanie	Grün-Weiss-Steinbeck	01:20:08	01:20:03	250	50
12	381	Röhrdanz, Stefanie	Osnabrücker Sportclub	01:20:31	01:20:17	255	51
13	494	Lewe, Sandy		01:20:40	01:20:26	257	53
14	672	Meyer, Melanie	SC Union 08 Lüdinghausen e.V.	01:24:07	01:23:50	294	71
15	756	Jasper, Daniela		01:32:14	01:31:36	338	92
16	768	Varnholt, Melanie	LC Solbad Ravensberg	01:34:46	01:34:08	343	97
<b>W 40</b>							
1	710	Krüger, Daria	TV Werne 03	01:00:35	01:00:32	26	1
2	738	Kons, Nicole	LG Emsdetten Tri-Team	01:06:19	01:06:10	73	6
3	344	Kemme, Nicole	SV Eintracht Neuenkirchen	01:10:49	01:10:41	128	15
4	471	Bosse, Karin	TV Kattenvenne	01:12:02	01:11:46	133	16
5	451	Schütte, Heike	SUS Stadtlohn Laufabteilung	01:14:30	01:14:05	173	25

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
6	781	Schrant, Heike	Münster	01:14:46	01:14:04	175	26
7	753	Liebel, Anke	DJK Preussen 1911 Bochum e.V.	01:15:32	01:15:18	191	31
8	379	Ull-Tietz, Melanie	SV Bokeloh	01:16:48	01:16:07	206	37
9	762	Marin, Ute	TV Mettingen	01:18:11	01:17:59	228	44
10	435	Brink, Heike	SV Bokeloh	01:20:59	01:20:17	260	54
11	573	Pentrop, Sylvia	TV Werne 03	01:21:16	01:20:54	267	56
12	702	Breulmann, Stefanie	Grün Weiss Steinbeck	01:24:13	01:24:08	295	72
13	785	Leffers, Dorothee	TV Georgsmarienhütte	01:24:57	01:24:32	298	74
14	346	fiswick, melanie	It gnadenlos	01:25:06	01:24:36	300	75
15	378	Worch, Bettina	TV Friesen Telgte	01:27:20	01:26:42	314	81
16	322	van der Veer, Saskia	Dijkmansport Groningen	01:27:50	01:27:05	316	82
17	393	Frühaufl, Melanie	LG Emsdetten	01:29:53	01:29:15	325	86
18	559	Sonnet-Brockhaus, Sandra	Raesfeld	01:30:24	01:29:45	328	88
<b>W 45</b>							
1	455	Arning, Eva-Maria	Spiridon Haltern	01:04:09	01:04:08	46	3
2	412	Böhme, Mechthild	LC Solbad Ravensberg	01:08:07	01:07:57	89	9
3	545	Vennes, Anette	Laufftreff Vreden	01:09:06	01:08:42	104	13
4	783	Stroot, Sonja		01:12:59	01:12:41	150	20
5	581	Schutte, Marian	Hanzesport Zutphen	01:18:06	01:17:45	225	42
6	490	Heukamp, Birgit	LG Emsdetten	01:18:10	01:17:45	227	43
7	557	Evertse, Willeke	AH Hanzesport	01:22:38	01:22:16	275	61
8	569	Busmann, Stephanie	VfL Lingen	01:23:19	01:22:59	279	62
9	510	Menebröker, Karin	TV Hohne	01:24:02	01:23:32	292	70
10	351	Pallaske, Christine		01:25:37	01:25:14	305	78
11	304	Farwick, Ulrike	SV Ems Westbevern	01:26:38	01:26:01	309	80
12	307	Plewe, Christine	SV Ems Westbevern	01:29:08	01:28:31	322	85
13	506	Klare, Sigrid	TV Hohne	01:34:11	01:33:42	342	96
14	528	Schaefer, Birgit	Wilhelmshaven	01:38:59	01:38:39	354	103
<b>W 50</b>							
1	320	Ernst, Carola		01:06:57	01:06:53	78	7
2	782	Winter, Elisabeth	Lc Solbad Ravensberg	01:08:13	01:08:03	91	10
3	764	Hackmann, Mechthild	BSV Brochterbeck	01:13:30	01:13:05	159	22
4	640	Schilling, Diana	LSF Münster	01:14:54	01:14:28	178	27
5	745	Kriefft, Monika	LG Marienfeld	01:15:16	01:15:07	183	28
6	315	nieser, theresia		01:16:54	01:16:15	210	38
7	508	Laig, Susanne	TV Hohne	01:18:14	01:17:48	229	45
8	730	Jegust, Heidi	Delmenhorst	01:18:50	01:18:42	235	47
9	772	Sartory, Konnie	TV Werne 03 Wasserfreunde e.V	01:20:34	01:20:12	256	52
10	461	Göbel, Bibiana	SV Bokeloh	01:23:41	01:23:24	285	66
11	600	Schmidt, Marion	TV Werne 03	01:23:48	01:23:28	286	67
12	567	Brekvoort, Patric	AV Hanzesport	01:25:09	01:24:47	301	76
13	523	Brüning, Barbara	TV Mettingen	01:30:39	01:29:58	331	89
14	398	Suer, Martina		01:33:20	01:32:46	339	93
15	507	Konermann, Susanne	TV Hohne	01:38:25	01:37:54	352	101



Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
<b>W 55</b>							
1	565	Houweling-Sijtsma, Ans	Hanzesport	01:07:08	01:06:46	79	8
2	549	Ratering, Gisela	TV-Vreden Laufftreff	01:15:50	01:15:23	194	33
3	466	Kreeft-Kardurk, Lia	HAC'63	01:16:19	01:16:17	200	35
4	430	Masur, Christa	Masur Energiesysteme GmbH	01:17:05	01:17:00	214	40
5	417	Stegemann, Gerda		01:23:33	01:23:00	281	64
6	460	Hoch, Susanne	SV Bokeloh	01:23:41	01:23:25	284	65
7	540	Helsloot, Joke	Daventria	01:23:56	01:23:31	289	68
8	509	Lutterbeck, Gudrun	TV Hohne	01:24:36	01:24:08	297	73
9	502	Egbert, Christiane	TV Hohne	01:25:30	01:24:57	304	77
10	606	Revering, Elisabeth	LSF Münster	01:26:35	01:26:13	308	79
11	515	Teckenbrock, Petra	TV Hohne	01:28:01	01:27:27	317	83
12	538	Finke, Marlies	TV Vreden	01:29:03	01:28:36	321	84
13	421	Sandelmann, Monika	Wilhelmshaven	01:35:18	01:35:13	345	98
14	604	Günnigmann, Elisabeth	SC Falke Saerbeck	01:36:50	01:36:15	349	99
15	517	Voß, Iris	TV Hohne	01:38:26	01:37:56	353	102
<b>W 60</b>							
1	699	Rieskamp, Irmgard	Grün-Weiß Steinbeck	01:13:43	01:13:38	164	23
2	693	Kruessel, Doris	VfL Lingen	01:23:31	01:23:13	280	63
3	512	Reuschel, Brigitte	TV Hohne	01:33:57	01:33:28	340	94
4	539	Bücker, Hendrikje		01:38:18	01:37:52	351	100
<b>W HK</b>							
1	794	Berkemeyer, Ariane	LF OGH	01:00:39	01:00:32	27	2
2	594	Laig, Anna-Elisabeth	TV Hohne	01:17:00	01:16:36	213	39
3	352	Hörning, Jennifer	Marathon Ibbenbüren	01:17:37	01:17:15	220	41
4	583	Handzik, Natalia	W&H-Laufgruppe	01:21:16	01:20:57	266	55
5	330	Wulf, Stefanie		01:21:17	01:20:59	268	57
6	327	Menger, Melanie		01:21:17	01:20:59	269	58
7	765	Güttler, Laura	Trier	01:21:18	01:20:47	270	59
8	441	Konnemann, Mareike		01:21:43	01:21:29	272	60
9	496	Bautz, Katharina	TV Hohne	01:24:00	01:23:28	290	69
10	530	Rahmeier, Nele	BVB FanClub Lengerich	01:30:23	01:29:38	327	87
11	500	Brix, Verena	TV Hohne	01:34:11	01:33:43	341	95
<b>W Jgd B</b>							
1	647	Becker, Laura	Laufftreff Becker	01:12:58	01:12:28	148	19
<b>W U23</b>							
1	555	Hakvoort, Laura	Borussia	01:08:40	01:08:24	95	11
2	544	Becker, Saskia		01:16:22	01:15:57	202	36