

6. Ibbenbürener Klippenlauf

Klippenlauf 12,4 Km

Gesamtliste

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
1	1	1	79	792	Assmann, Ingo	SC Melle 03	M 35	00:49:05	00:49:04
2	1	2	67	761	Bardtke, Thomas	BSG LVM Versicherung	M 50	00:50:22	00:50:20
3	1	3	70	388	Gräfedünkel, Frank	Schwarz Weiss Oldenburg	M 45	00:51:29	00:51:27
4	1	4	97	791	Tsegay, Yohannes	Jede Oma zählt	M U23	00:52:05	00:52:02
5	1	5	83	711	Westermann, Ingo	SV Teuto Riesenbeck	M 30	00:52:32	00:52:30
6	2	6	87	370	Franke, Julian	SG Diepholz	M 30	00:54:07	00:54:03
7	2	7	69	522	Menger, Peter	SW Esch	M 45	00:55:10	00:55:08
8	1	8	93	450	Kähler, Lars	Piesberger SV	M HK	00:55:39	00:55:38
9	1	1	87	859	Arlom, Hannah	LG Emsdetten	W 30	00:55:50	00:55:46
10	1	9	60	536	Mittelberg, Michael	SC Altenrheine	M 55	00:56:38	00:56:37
11	1	10	77	601	Runde, Martin	LG Schmitz Katze	M 40	00:56:57	00:56:48
12	1	2	81	938	Konermann, Kira	SV Teuto Riesenbeck	W 35	00:57:40	00:57:37
13	2	11	66	354	Exler, Thomas	TV Mesum	M 50	00:57:40	00:57:34
14	3	12	86	959	Brix, Christian	TV Hohne	M 30	00:57:50	00:57:44
15	2	13	76	538	Möller, Christian	Run4fun Greven e.V	M 40	00:57:59	00:57:49
16	3	14	65	774	Doodeman, Stephan	Lauftreff Ganderkesee	M 50	00:58:07	00:57:54
17	2	15	80	616	Schmidtke, Lars	Fitness Schule	M 35	00:58:15	00:58:09
18	3	16	77	736	Bachmann, Dirk	SV Teuto Riesenbeck	M 40	00:58:16	00:57:58
19	3	17	81	934	Becklönne, Johannes	PDK	M 35	00:58:22	00:58:17
20	2	18	92	690	Greiling, Jochen	Canu Club Emsdetten	M HK	00:58:23	00:58:20
21	4	19	76	691	Vogt, Sven	Hundefreunde Lengerich e.V.	M 40	00:58:37	00:58:36
22	4	20	67	377	Gehrmann, Stefan	LG Rheine-Elte	M 50	00:58:39	00:58:32
23	1	21	00	788	Pouick, Finn		M Jgd B	00:58:58	00:58:47
24	1	22	51	635	Schultz, Winfried	Ibbenbüren	M 65	00:59:12	00:59:09
25	5	23	65	593	Rohmann, Wolfgang	Wildeshauser Lauftreff	M 50	00:59:23	00:59:20
26	4	24	85	992	Diedam, Thorsten	Free OCR Runners	M 30	00:59:27	00:59:21
27	3	25	89	794	Heyser, Niklas	Hattinger Hügelläufer	M HK	00:59:47	00:59:45
28	6	26	64	758	Pohl, Martin	TV Georgsmarienhütte	M 50	00:59:58	00:59:11
29	7	27	65	760	Wiesenmüller, Jens	TV Georgsmarienhütte	M 50	00:59:58	00:59:11
30	8	28	63	759	Igelbrink , Hans Peter	TV Georgsmarienhütte	M 50	00:59:58	00:59:10
31	5	29	73	523	Menger, Carsten	SW Esch	M 40	01:00:13	01:00:06
32	3	30	68	970	Bünker, guido	LG Emsdetten	M 45	01:00:26	01:00:21
33	5	31	84	866	Attermeyer, Andre		M 30	01:00:42	01:00:23
34	4	32	68	636	Schulz, Dieter	Crespel & Deiters	M 45	01:00:46	01:00:22
35	9	33	65	845	Alfing, Karl-Heinz	DJK Arminia Ibbenbüren	M 50	01:01:13	01:01:01
36	2	34	61	977	Czerlinski, Manfred	SV Warsingsfehn	M 55	01:01:14	01:01:12
37	5	35	70	666	Thesing, Andreas	LG Waldhügel	M 45	01:01:18	01:01:14
38	1	36	98	364	Fenollosa, León	Team Goethe	M Jgd A	01:01:28	01:01:25
39	6	37	70	487	Krause, Uwe	Mettingen-Nierenburg	M 45	01:01:31	01:01:27
40	7	38	71	936	Ortmeier, Michel		M 45	01:01:31	01:01:26
41	4	39	93	412	Herkenhoff, Andreas	Bsv Leeden/ Ledde	M HK	01:01:40	01:01:23
42	5	40	88	997	Dörr, Jan	LG Rheine-Elte	M HK	01:01:42	01:01:35
43	10	41	67	745	Steinkamp, Franz	Lauftreff SW Osterfeine	M 50	01:01:48	01:01:38
44	8	42	68	579	Profft, Thoralf	Berliner Luft	M 45	01:01:52	01:01:35
45	3	43	59	943	Bertram, Heinz-Jürgen	SC Altenrheine	M 55	01:01:52	01:01:46
46	11	44	65	673	Trüün, Dieter	Laufgruppe SCU Emlichheim	M 50	01:01:58	01:01:30
47	1	3	90	665	Teutemacher, Lena	LG Emsdetten	W HK	01:02:09	01:01:52
48	6	45	92	660	Tebbe, Dominik	DJK Arminia Ibbenbüren	M HK	01:02:12	01:01:49
49	12	46	64	686	veenendaal, berend	losser nederland	M 50	01:02:17	01:02:11

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
50	9	47	72	746	Schluchter, Thommy	Tri Team TuS Engter	M 45	01:02:26	01:02:16
51	6	48	85	451	Kahlert, Bastian	VW Brandschutz Emden	M 30	01:02:30	01:02:08
52	10	49	69	459	kipke, Ralf	Just for fun	M 45	01:02:33	01:02:29
53	2	4	85	782	Bußmann, Marie	TriSpeed Marienfeld	W 30	01:02:40	01:02:25
54	11	50	71	783	Bußmann, Christoph	TriSpeed Marienfeld	M 45	01:02:40	01:02:25
55	6	51	74	725	Wolff, Markus	SC Altenrheine	M 40	01:02:41	01:02:09
56	7	52	87	381	Gersemann, Philipp	Ibbenbüren	M 30	01:02:47	01:02:27
57	7	53	75	531	Middendorf , Stefan	Teuto Riesenbeck	M 40	01:03:04	01:02:46
58	12	54	69	481	Korte, Frank	BSV Ostbevern	M 45	01:03:21	01:03:04
59	3	5	84	445	Januschak, Eva	W&H Laufgruppe	W 30	01:03:23	01:03:21
60	2	6	78	386	Görken, Antje	Ostbevern	W 35	01:03:24	01:03:04
61	13	55	66	753	Wewer, Christian	Grün-Weiß Steinbeck	M 50	01:03:30	01:03:25
62	7	56	89	987	Demirel, Serkan	Becks Lemon	M HK	01:03:35	01:02:58
63	14	57	65	738	Nippel, Jochen		M 50	01:03:52	01:03:50
64	13	58	70	534	Misch, Jörg	BSG Kreissparkasse Steinfurt e.V	M 45	01:03:56	01:03:24
65	8	59	85	871	Baberschke, André	vereinslos	M 30	01:04:02	01:03:45
66	14	60	70	790	Abdelrahman, Hamid	Jede Oma zählt	M 45	01:04:13	01:03:56
67	15	61	66	867	Aulkemeyer, Jochen	JAMODA	M 50	01:04:16	01:03:52
68	1	7	55	963	Bröring, Gisela	Ve	W 60	01:04:18	01:04:11
69	8	62	74	506	Lutterbeck, Christian	Mettingen	M 40	01:04:18	01:04:13
70	16	63	65	540	Naatz, Olaf	TV Hohne	M 50	01:04:30	01:04:23
71	1	8	71	926	Bagert, Birgit	Fitness Schule	W 45	01:04:33	01:04:23
72	15	64	69	669	Thomas, Gebbe		M 45	01:04:41	01:04:29
73	4	65	79	576	Pott, Andre	SV Cheruskia Laggenbeck	M 35	01:04:48	01:04:43
74	16	66	69	582	Köning, Thomas		M 45	01:04:49	01:04:43
75	2	9	69	863	Arning, Eva-Maria	Spiridon Haltern	W 45	01:04:49	01:04:47
76	4	10	85	695	Voß, Stefanie		W 30	01:04:50	01:04:32
77	5	67	81	374	Gaida, Jens	Feuerwehr Ibbenbüren	M 35	01:04:57	01:04:25
78	2	11	89	389	Greshake, Ricarda	W+F Münster	W HK	01:05:01	01:04:37
79	17	68	63	592	Rogge , Uwe	WuH Laufgruppe	M 50	01:05:02	01:04:51
80	18	69	67	730	Zurloh, Dirk	SV Ems Westbevern	M 50	01:05:10	01:05:00
81	19	70	64	681	Vallböhmer, Ingo	ASC Schöppingen	M 50	01:05:15	01:05:05
82	9	71	75	436	Jakob-Elshoff, Kai	BSG Kreissparkasse Steinfurt	M 40	01:05:16	01:04:44
83	10	72	73	679	Uphaus, Frank	LG Rheine-Elte	M 40	01:05:23	01:05:15
84	9	73	86	376	Gebel, Pascal	privat	M 30	01:05:28	01:05:23
85	6	74	79	974	Nordmann, Olaf	SV Teuto Riesenbeck	M 35	01:05:29	01:05:16
86	2	75	99	345	Egelkamp, Carsten	Team Goethe	M Jgd A	01:05:40	01:05:27
87	11	76	75	945	Bitter, Daniel	Frechen	M 40	01:05:43	01:05:38
88	12	77	77	503	Lüdtke, Dennis	BSG Kreissparkasse Steinfurt	M 40	01:05:48	01:05:43
89	2	78	97	953	Demand, Christian	Team Goethe	M U23	01:05:48	01:05:41
90	8	79	91	550	Niermann, Thomas	Hurz	M HK	01:05:52	01:05:33
91	3	80	99	533	Minnerup, Jan-Malte	Team Goethe	M Jgd A	01:05:55	01:05:53
92	9	81	88	692	von Glahn, Steffen	Crespel & Deiters	M HK	01:05:57	01:05:36
93	20	82	67	729	Gamradt, Klaus	SW Lienen	M 50	01:06:02	01:05:35
94	7	83	80	434	Huning, Dennis	Breitensportclub Osnabrück e. V.	M 35	01:06:02	01:05:42
95	4	84	59	501	Lohscheller, Ralf	LSF Münster	M 55	01:06:08	01:06:02
96	3	12	68	599	Rotthäuser, Heike	LG Coesfeld	W 45	01:06:08	01:06:05
97	4	85	98	651	Steingröver, Robin	Team Goethe	M Jgd A	01:06:13	01:06:05
98	2	86	00	467	Knollmann, Till	Team Goethe	M Jgd B	01:06:14	01:06:09
99	2	87	49	631	Schubert, Rudolf		M 65	01:06:15	01:06:12
100	5	88	60	946	Bläcker, Dirk	Fitness Schule	M 55	01:06:19	01:06:10
101	8	89	78	672	Trautmann, Sebastian	Feuerwehr Brochterbeck	M 35	01:06:31	01:05:38

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
102	13	90	77	702	Weber, Jens	Becks Lemon	M 40	01:06:34	01:05:57
103	10	91	87	607	Schallenberg, Dennis		M 30	01:06:38	01:06:07
104	17	92	69	472	Kolm, Michael	LG Coesfeld	M 45	01:06:40	01:06:37
105	14	93	77	496	Laumann, Markus	LG Dangast	M 40	01:06:43	01:06:36
106	15	94	76	667	Thiede, Ralf	TV Mettingen	M 40	01:06:43	01:06:34
107	16	95	76	491	Kröner, Michael	SC VelpeSüd	M 40	01:06:55	01:06:47
108	17	96	73	578	Prinze , Marco	Teuto Riesenbeck	M 40	01:06:59	01:06:39
109	21	97	65	858	Arkenberg , Bernd	Harpendorf	M 50	01:07:04	01:06:28
110	1	13	96	857	Arkenberg , Sophia	SV Falke Steinfeld	W U23	01:07:04	01:06:29
111	18	98	70	777	Schnetgöke, Jürgen	SV Teuto Riesenbeck	M 45	01:07:08	01:06:29
112	3	99	48	950	Boberg, Friedel	TV Georgsmarienhütte	M 65	01:07:29	01:07:15
113	5	14	83	674	Vidal Murcia, Verena	SVA Salzbergen	W 30	01:07:34	01:07:03
114	19	100	72	429	Hosch, Holger	Rolatorsprinter	M 45	01:07:39	01:07:10
115	9	101	78	561	Otta, Karl	Bremen	M 35	01:07:41	01:07:22
116	10	102	81	348	Eilers, Tristan	Münster	M 35	01:07:42	01:07:11
117	22	103	66	423	Hock, Thomas	DJK Armina Ibbenbüren	M 50	01:07:55	01:07:37
118	20	104	70	712	Westermann , Robert	SV Teuto Riesenbeck	M 45	01:08:09	01:07:55
119	1	15	62	401	Hauptmann, Bibiana	SV Bokeloh	W 55	01:08:10	01:07:50
120	1	16	67	360	Felchner, Marion	LG Emsdetten	W 50	01:08:11	01:07:52
121	10	105	92	771	Reuter, Tim	Laufsport Senden	M HK	01:08:13	01:07:44
122	21	106	68	437	Jakobs , Günter	SV Ochtersum ~ Loopers ~	M 45	01:08:14	01:07:38
123	22	107	69	587	Reents, Ralf	VW Brandschutz Emden	M 45	01:08:14	01:07:37
124	3	17	89	606	Schallenberg, Janine		W HK	01:08:23	01:07:55
125	18	108	76	455	Keller, Timo	Arminia Ibbenbüren	M 40	01:08:28	01:08:22
126	4	18	71	358	Plate, Vera	Laufend Besser	W 45	01:08:28	01:08:25
127	11	109	79	415	Hesping, Jens	Ibbenbüren	M 35	01:08:29	01:08:01
128	3	19	80	526	Mersch , Sonja	Jon&Son&Rob Sports	W 35	01:08:33	01:08:20
129	23	110	68	830	Ahlers, Ralf	TV Hohne	M 45	01:08:36	01:08:20
130	23	111	64	558	Ostendorf, Stefan.	Ibbenbüren	M 50	01:08:38	01:08:15
131	24	112	63	441	Jansing, Franz-Josef	SW Esch	M 50	01:08:39	01:08:02
132	3	113	00	366	Finke, Thorben	Lissys Running Team	M Jgd B	01:08:41	01:08:40
133	19	114	77	993	Diericks, Marc	Münster	M 40	01:08:45	01:07:47
134	20	115	75	598	Röttgers, Dirk	Barschweg Racing Team	M 40	01:08:53	01:08:32
135	1	116	46	350	Eppendahl, Klaus	Hattinger Hügelläufer	M 70	01:09:09	01:09:07
136	11	117	85	461	Kitroschat, Maik	BSG Kreissparkasse Steinfurt	M 30	01:09:10	01:08:38
137	11	118	92	965	Lüke, Carsten		M HK	01:09:11	01:09:02
138	21	119	74	994	Dierkes, Thorsten	Teuto Riesenbeck	M 40	01:09:17	01:08:58
139	24	120	68	525	Merk, Lothar	Run4Fun Greven e.V.	M 45	01:09:24	01:09:06
140	2	20	58	448	Jürgens, Ulla	LG Emsdetten	W 55	01:09:39	01:09:32
141	12	121	86	372	Fremerey, Christian	Team Goethe	M 30	01:09:43	01:09:35
142	25	122	64	747	Unland, Ralf	Tri Team TuS Engter	M 50	01:09:44	01:09:03
143	4	21	79	600	Rücker, Anja	TV Hohne	W 35	01:09:50	01:09:25
144	1	22	75	438	Janke, Sandra		W 40	01:09:57	01:09:46
145	25	123	69	446	Jasper, Manfred	Crespel & Deiters	M 45	01:10:02	01:09:37
146	22	124	77	495	Lappe, Dennis	Becks Lemon	M 40	01:10:02	01:09:19
147	26	125	70	365	Finke, Thilo	Lissys Running Team	M 45	01:10:06	01:10:01
148	27	126	72	744	Frilling, Hendrik	LT Gnadenlos	M 45	01:10:10	01:09:49
149	1	127	55	789	Goerke-Mallet, Peter	MÜSOLaufen06	M 60	01:10:10	01:10:07
150	26	128	64	739	Rohlmann, Peter	SV Dickenberg	M 50	01:10:13	01:09:16
151	5	23	78	577	Pott, Sonja	SV Cheruskia Laggenbeck	W 35	01:10:23	01:10:17
152	6	129	59	751	Grundschöttel, Eduard	LC Paderborn	M 55	01:10:28	01:10:13
153	27	130	64	728	Wunderlich, Frank		M 50	01:10:29	01:10:10

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
154	28	131	67	766	Wächter, Oliver	Team Seepferdchen	M 50	01:10:42	01:09:48
155	7	132	62	740	Steffan, Christoph	Jede Oma zählt	M 55	01:10:48	01:10:03
156	2	24	74	532	Mikolajew, Jeanet	TV Hohne	W 40	01:10:49	01:10:25
157	5	25	72	588	Renze, Elke	TuS Bersenbrück	W 45	01:10:50	01:10:16
158	29	133	63	619	Schnelle, Holger	TuS Bersenbrück	M 50	01:10:52	01:10:17
159	12	134	81	398	Hassink, Björn	Ibbenbüren	M 35	01:11:03	01:10:50
160	13	135	78	639	Schwalbe , Oliver	TV Mettingen	M 35	01:11:13	01:11:02
161	30	136	66	413	Hermann, Windoffer	Ibbenbüren	M 50	01:11:14	01:10:57
162	6	26	68	488	Kretschmann , Sabine	VfL Lingen	W 45	01:11:16	01:11:04
163	8	137	62	559	Knollmann, Michael		M 55	01:11:17	01:10:48
164	28	138	71	612	Schlottbohm , Jörg	VfL Mettingen	M 45	01:11:18	01:11:14
165	7	27	72	425	Höfker, Melanie	Rheine	W 45	01:11:26	01:10:49
166	31	139	67	424	Höfker, Klaus	Rheine	M 50	01:11:27	01:10:49
167	3	28	58	703	Wegmann, Aloysia	SC Altenrheine	W 55	01:11:28	01:11:10
168	2	140	46	951	Bodach, Claus	SV Lüttringen	M 70	01:11:30	01:11:16
169	9	141	61	781	Matheke, Jürgen	TV Hohne	M 55	01:11:37	01:11:31
170	13	142	87	426	Hoppe, Lars	Ja, er läuft!	M 30	01:11:48	01:10:58
171	12	143	91	780	Matheke, Marco	TV Hohne	M HK	01:11:49	
172	14	144	86	653	Stratmann, Jan	Nienkärkske (geschwind wie der)	M 30	01:12:02	01:11:45
173	15	145	84	352	Erpenbeck, Alex	BSV Ostbevern	M 30	01:12:07	01:11:58
174	23	146	76	466	Knauer, Mirko	BSV Ostbevern	M 40	01:12:08	01:11:48
175	14	147	80	418	Hilbert, Markus	Tri Finish Münster e.V.	M 35	01:12:09	01:11:11
176	29	148	69	732	Schulten, Ludger	Grün-Weiß Steinbeck	M 45	01:12:10	01:11:46
177	32	149	66	564	Paskert , Thomas	Laufsport Senden	M 50	01:12:11	01:11:34
178	13	150	92	613	Schluch, Pascal	SV Teuto Riesenbeck	M HK	01:12:12	01:12:04
179	4	151	01	973	Chalati, Mohamad	Team Goethe	M Jgd B	01:12:19	01:12:18
180	30	152	70	742	Neuwald, Wido		M 45	01:12:20	01:11:30
181	15	153	78	524	Merbecks, Robert	Fitness Schule	M 35	01:12:22	01:12:12
182	24	154	75	659	Tausch, Carsten	Osnabrück	M 40	01:12:24	01:11:37
183	3	29	75	547	Niehus, Juliane	Arminia Appelhülsen	W 40	01:12:24	01:11:30
184	33	155	64	705	Weirauch, Olf	SuS Stadtlohn Laufabteilung	M 50	01:12:25	01:12:19
185	8	30	70	479	Korte, Renate	TV Dinklage-Burgläufer	W 45	01:12:25	01:12:17
186	16	156	83	417	Heyken, Stefan	Team Goethe	M 30	01:12:26	01:12:17
187	16	157	81	463	Kleemann, Rüdiger	Crespel & Deiters	M 35	01:12:29	01:11:57
188	17	158	85	581	Puttkammer, Markus	Nienkärkske (geschwind wie der)	M 30	01:12:31	01:12:11
189	3	159	95	410	Herder, Benedict	Crespel & Deiters	M U23	01:12:31	01:11:59
190	10	160	62	569	Pieper, Thomas	LG Emsdetten	M 55	01:12:32	01:12:26
191	1	31	00	658	Ponick, Franziska	Run4Fun Greven e.V	W Jgd B	01:12:35	01:12:07
192	14	161	88	724	Wolf , Jan	MoDo e.V.	M HK	01:12:37	01:12:21
193	17	162	80	988	Depmann, Andreas	MoDo e.V.	M 35	01:12:37	01:12:23
194	11	163	60	406	Heisterborg, Wolfgang	SC Altenrheine	M 55	01:12:39	01:12:22
195	2	32	65	341	Duhr, Heike	Lauftreff Ganderkeseesee	W 50	01:12:42	01:12:17
196	1	33	99	543	Neumann, Lea Sophie	Team Goethe	W Jgd A	01:12:54	01:12:50
197	18	164	80	548	Nielaender, Stefan	LG HCE	M 35	01:12:54	01:12:19
198	31	165	69	618	Schneider, Bernd	W&H-Laufgrupe	M 45	01:12:56	01:12:46
199	34	166	64	490	Kroening, Ralf	LG Emsdetten	M 50	01:12:58	01:12:42
200	3	34	66	416	Heukamp, Birgit	LG Emsdetten	W 50	01:12:58	01:12:41
201	4	35	92	723	Witte, Katrin	Ibbenbüren	W HK	01:13:10	01:12:35
202	35	167	65	722	Winzer, Peter	Wiesbaden	M 50	01:13:11	01:12:19
203	15	168	92	378	Gerdas, Gerrit	Ibbenbüren	M HK	01:13:11	01:12:23
204	32	169	68	546	Niehus, Frank	First Strike	M 45	01:13:11	01:12:15
205	4	36	73	565	Paskert-Hartmann, Sandra	Laufsport Senden	W 40	01:13:21	01:12:46

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
206	2	170	57	656	Sundermann, Uwe	TV Hohne	M 60	01:13:26	01:12:52
207	33	171	70	529	Meyer, Carsten	Feuerwehr Lengerich	M 45	01:13:30	01:12:37
208	19	172	81	668	Thoden, Andreas	VSK Osterholz-Scharmbeck	M 35	01:13:32	01:13:10
209	5	37	74	700	Wallmeier, Jenny	SV Teuto Riesenbeck	W 40	01:13:34	01:13:31
210	12	173	61	986	Meemann, Helmut	Vfl Lingen	M 55	01:13:37	01:13:16
211	6	38	78	795	Wittkamp, Claudia		W 35	01:13:38	01:13:26
212	16	174	94	552	Nitz, Arne	Selm	M HK	01:13:38	01:13:00
213	6	39	75	556	Westermann, Nicole	Laufabteilung SuS Stadtlohn	W 40	01:13:40	01:13:31
214	4	40	61	797	Niehueser, Theresia		W 55	01:13:48	01:12:57
215	25	175	74	382	Geßner, Ralf	LG Rheine-Elte	M 40	01:13:52	01:13:18
216	26	176	73	765	Reiter, Stephan	VW Brandschutz Emden	M 40	01:14:09	01:13:32
217	36	177	65	493	Kutheus, Josef	Hörstel	M 50	01:14:17	01:13:46
218	9	41	72	763	Glane, Dorothe	TV Georgsmarienhütte	W 45	01:14:21	01:13:42
219	37	178	67	676	Tuchen, Bernd	Feuerwehr Lengerich	M 50	01:14:22	01:13:30
220	38	179	67	831	Albrecht, Manfred		M 50	01:14:23	01:13:28
221	39	180	66	670	Tietmeyer, Josef	Crespel & Deiters	M 50	01:14:28	01:14:05
222	13	181	58	375	Gebel, Reiner	privat	M 55	01:14:29	01:13:56
223	34	182	70	624	Schönig, Christer	SW Esch	M 45	01:14:34	01:13:44
224	18	183	87	458	Kimmeyer, Fabian	Team Goethe	M 30	01:14:38	01:14:30
225	5	184	99	369	Flören, Tim	Team Goethe	M Jgd A	01:14:40	01:14:32
226	6	185	98	402	Heeke, Lukas	Team Goethe	M Jgd A	01:14:40	01:14:31
227	20	186	80	995	Dierkes, Christian	Ibbenbüren	M 35	01:14:44	01:14:01
228	35	187	69	460	Kipker, Ralf	TUS Recke	M 45	01:14:49	01:14:00
229	7	42	80	517	Martins, Susana	California	W 35	01:14:54	01:14:15
230	27	188	77	457	Kiefer, Martin	California	M 40	01:14:54	01:14:16
231	28	189	76	630	Schubert, Thorsten	Haltern am See	M 40	01:14:56	01:14:29
232	40	190	65	769	Lüngen, Markus	Osnabrück	M 50	01:15:00	01:14:23
233	21	191	81	701	Wamer, Tim	Team Goethe	M 35	01:15:02	01:14:50
234	5	43	92	509	Lutterbeck, Tina	TV Hohne	W HK	01:15:03	01:14:33
235	4	44	66	359	Fechner, Perdita	TV Hohne	W 50	01:15:06	01:14:40
236	2	45	54	591	Rieskamp, Irmgard	Grün-Weiß Steinbeck	W 60	01:15:11	01:14:44
237	41	192	67	604	Schäl, Reiner	Grün-Weiß Steinbeck	M 50	01:15:12	01:14:38
238	19	193	85	935	Beckmann, Julian	Ibbenbüren	M 30	01:15:34	01:15:01
239	42	194	63	610	Schlautmann, Karl-Heinz	SV Ems Westbevern	M 50	01:15:35	01:15:14
240	17	195	91	649	Stefan, Ostendorf	SV Teuto Riesenbeck	M HK	01:15:35	01:15:27
241	8	46	80	688	Vieth, Judith	Run 4 Fun Greven e.V.	W 35	01:15:36	01:14:48
242	6	47	93	387	Goß, Carolin	Ibbenbüren	W HK	01:15:37	01:14:49
243	22	196	79	584	Raschke, Dennis	Basthorst	M 35	01:15:41	01:14:52
244	3	197	57	875	Baberschke, Rolf	LG Emsdetten	M 60	01:15:44	01:15:28
245	20	198	86	363	Felzmann, Jens	DJK Everswinkel	M 30	01:15:52	01:14:54
246	10	48	69	393	Gutknecht, Claudia	LC Solbad Ravensberg	W 45	01:16:04	01:15:42
247	14	199	62	641	Sentker, Ralf	VfL Lingen	M 55	01:16:08	01:15:46
248	21	200	87	772	Beine, Tobias	SV Rödinghausen	M 30	01:16:11	01:15:24
249	23	201	82	361	Feldmann, Timo		M 35	01:16:17	01:15:31
250	29	202	76	939	Berghaus , Tobias	Teuto Riesenbeck	M 40	01:16:18	01:15:53
251	6	49	86	785	Selker, Astrid	LS Wiedenbrück	W 30	01:16:26	01:16:09
252	4	203	53	928	Bakker, Harm	Generaal Michaelis	M 60	01:16:29	01:16:15
253	24	204	78	623	Schonhoff, Mario	Rheine	M 35	01:16:33	01:15:38
254	7	50	76	969	Bühren, Melanie	Grün-Weiß Steinbeck	W 40	01:16:39	01:16:08
255	30	205	73	383	Gillmann, Ansgar	Team Goethe	M 40	01:16:40	01:16:30
256	31	206	77	464	Klein, Dennis	LG Rheine-Elte	M 40	01:16:45	01:16:11
257	25	207	78	683	Van Rooije, Jan	BSG Laufen Fiducia & GAD IT AG	M 35	01:16:46	01:16:05

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
258	43	208	67	355	Farwerk, Berti	Ses en een	M 50	01:16:54	01:16:24
259	15	209	60	750	Ansgar, Krieger	Tri TeamTuS Engter	M 55	01:16:54	01:16:13
260	16	210	62	664	Teutemacher, Tobias	Team Erdinger Alkoholfrei	M 55	01:17:08	01:16:48
261	17	211	58	954	Borgmann, Erich	Marathon Steinfurt	M 55	01:17:08	01:16:26
262	22	212	87	349	Emmrich, Steffen	Schnittchenclub n.e.V.	M 30	01:17:09	01:16:26
263	32	213	77	557	Ording, Lars	All In 08	M 40	01:17:11	01:16:48
264	8	51	75	440	Jansing, Petra	SW Esch	W 40	01:17:13	01:16:22
265	33	214	75	983	Degenhardt, Dennis	LT Gnadenlos	M 40	01:17:14	01:16:52
266	26	215	82	948	Block, Matthias	Team Goethe	M 35	01:17:17	01:17:04
267	9	52	76	527	Meyer, Melanie	SC Union 08 Lüdinghausen	W 40	01:17:18	01:16:44
268	44	216	66	544	Niehueser, Ulrich	Münster	M 50	01:17:22	01:16:30
269	45	217	65	773	Schürmann, Jörg	Jede Oma zählt	M 50	01:17:25	01:16:40
270	46	218	66	879	Konermann, Jürgen	Grün-Weiß Steinbeck	M 50	01:17:26	01:16:53
271	5	53	66	626	Schorn, Andrea	LC Wiedenbrück	W 50	01:17:27	01:16:59
272	11	54	70	715	Wiemer, Gudrun	Ostbevern	W 45	01:17:28	01:16:46
273	12	55	71	625	Schönig, Marion	SW Esch	W 45	01:17:32	01:16:41
274	47	219	67	870	Averkamp , Andreas	Marathon Steinfurt	M 50	01:17:34	01:16:51
275	7	220	99	709	Welp, Jannik	Team Goethe	M Jgd A	01:17:36	01:17:22
276	13	56	69	609	Schiller, Katrin		W 45	01:17:45	01:17:28
277	6	57	66	643	Sietmann, Beate	Aids-Hilfe Münster	W 50	01:17:48	01:17:20
278	5	58	61	775	Müller, Martina	SuS Olfen	W 55	01:17:48	01:17:35
279	18	221	89	554	Norra, Marcel	Ja, er läuft!	M HK	01:17:55	01:17:05
280	2	59	00	442	Jansing, Marie	Team Goethe	W Jgd B	01:17:55	01:17:40
281	5	222	01	627	Schrameyer, Henri	Team Goethe	M Jgd B	01:17:55	01:17:43
282	14	60	71	776	Brink, Heike	SV Bokeloh	W 45	01:18:02	01:17:48
283	10	61	77	698	Voy-Swoboda, Olga	Münster	W 40	01:18:04	01:17:37
284	8	223	99	675	Tschierswitz, Gerrit	Crespel & Deiters	M Jgd A	01:18:05	01:17:41
285	48	224	64	647	Stallmeyer, Gerd	TVI	M 50	01:18:15	01:17:23
286	7	62	92	611	Schlautmann, Hanna	SV Ems Westbevern	W HK	01:18:15	01:17:50
287	34	225	76	371	Franke, Frank	TV Hohne	M 40	01:18:16	01:18:01
288	6	63	59	560	Fritzemeier, Christiane	SCC Berlin	W 55	01:18:18	01:17:47
289	4	226	50	391	Günnigmann, Alfons	SC Falke Saerbeck	M 65	01:18:19	01:17:56
290	7	64	87	510	Lux, Vera		W 30	01:18:34	01:18:14
291	36	227	70	633	Schulte, Michael	SV Bokeloh	M 45	01:18:34	01:18:19
292	11	65	76	482	Lammerskitten, Kirsten		W 40	01:18:34	01:17:54
293	8	66	85	846	Altepping, Lisa	Nienkärkske (geschwind wie der)	W 30	01:18:37	01:18:19
294	18	228	60	474	Konermann, Peter	TV Hohne	M 55	01:18:39	01:17:54
295	49	229	67	562	Overmeyer, Peter	Becks Lemon	M 50	01:18:42	01:18:02
296	19	230	61	998	Drilling, Dirk	Münster	M 55	01:18:43	01:18:21
297	5	231	50	755	Diekenbrock, Manfred	SV Lembeck	M 65	01:18:49	01:18:23
298	23	232	83	990	Dermer, Andreas	Crespel & Deiters	M 30	01:18:51	01:18:22
299	2	67	97	687	Veismann, Maike	Team Goethe	W U23	01:18:53	01:18:47
300	6	233	50	443	Janssen, Harrie	LV Kooiveld	M 65	01:18:55	01:18:49
301	50	234	66	985	Dellbrügge , Hansi	Feuerwehr Lengerich	M 50	01:18:55	01:18:02
302	9	68	82	514	Janroszczyk, Jutta		W 35	01:19:02	01:18:46
303	12	69	73	671	Timpe, Meike	SuS Stadtlohn	W 40	01:19:02	01:18:53
304	24	235	87	720	Winter, Christian	TV Hohne	M 30	01:19:11	01:18:40
305	20	236	60	731	Mergner, Jochen		M 55	01:19:14	01:18:54
306	35	237	77	422	Hochhard, Thorsten	SG Voltlage	M 40	01:19:15	01:18:27
307	37	238	68	621	Schockmann, Reiner	SG Voltlage	M 45	01:19:16	01:18:28
308	3	239	47	473	Kolsloot, gerard		M 70	01:19:32	01:19:29
309	27	240	78	741	Schepers, Thomas	Rheine	M 35	01:19:37	01:18:45

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
310	25	241	83	373	Freude, Daniel	Team Goethe	M 30	01:19:41	01:19:30
311	51	242	67	390	Große-Berg, Ludger	TUS Recke	M 50	01:19:43	01:18:53
312	13	70	76	549	Nierhoff, Kerstin	Olfen	W 40	01:19:47	01:19:07
313	7	71	63	384	Glasow, Heide	FC Nordkirchen	W 50	01:19:48	01:19:06
314	21	243	62	678	Ungruh, Hans-Joachim	vfl Lingen	M 55	01:19:48	01:19:10
315	15	72	72	489	Kriens, Anja	Lauftreff Lüdinghausen	W 45	01:19:49	01:19:10
316	14	73	73	411	Hergemöller, Miriam	DJK Arminia Ibbenbüren	W 40	01:19:57	01:19:17
317	9	74	87	693	von Quednov Hußmann, Zita	TV Hohne	W 30	01:19:59	01:19:26
318	2	75	99	614	Schmedt, Lena	Team Goethe	W Jgd A	01:20:10	01:20:03
319	7	76	58	778	Uesbeck, Marion	SuS Olfen	W 55	01:20:10	01:19:58
320	28	244	81	589	Retschke , Roman	THW-BOTTROP	M 35	01:20:11	01:19:37
321	29	245	81	991	Determann, Jan	Ibbenbüren	M 35	01:20:23	01:19:50
322	16	77	70	484	Köster, Rita	Laufgruppe SCU Emlichheim	W 45	01:20:24	01:20:00
323	3	78	00	430	Hövel, Anna	Team Goethe	W Jgd B	01:20:33	01:20:19
324	5	246	55	941	Berlekamp, Ulrich	Ibbenbüren	M 60	01:20:38	01:19:48
325	38	247	68	787	Fuchs, Olaf	Hasbergen	M 45	01:20:43	01:19:45
326	39	248	72	955	Boß, Frank	Hörstel	M 45	01:20:45	01:20:24
327	15	79	76	539	Muer, Hella	Run4fun	W 40	01:20:45	01:19:57
328	52	249	64	735	Zahnen, Johannes	SV Dickenberg	M 50	01:20:46	01:19:49
329	40	250	69	989	Depmann , Dieter	SV Teuto Riesenbeck	M 45	01:20:57	01:20:43
330	30	251	79	629	Schröter, Thomas	Team Goethe	M 35	01:20:58	01:20:50
331	8	80	63	405	Heinemann, Birgit	Steinfurt	W 50	01:21:05	01:20:28
332	9	81	67	521	Menebröker, Karin	TV Hohne	W 50	01:21:12	01:20:23
333	8	82	90	453	Bautz, Katharina	TV Hohne	W HK	01:21:12	01:20:30
334	6	252	53	718	Wille, Wilfried	Lauftreff Lauenhagen	M 60	01:21:25	01:20:46
335	9	83	89	663	Teigeler, Ina	SV Teuto Riesenbeck	W HK	01:21:29	01:20:48
336	3	84	97	471	Kohnhorst, Johanna	Crespel & Deiters	W U23	01:21:31	01:21:04
337	36	253	75	454	Keen, Guido	Laufgruppe SCU Emlichheim	M 40	01:21:32	01:21:06
338	10	85	83	657	Süverling, Melanie	Team Goethe	W 30	01:21:33	01:21:23
339	10	86	92	480	Korte, Vanessa	Crespel & Deiters	W HK	01:21:34	01:21:06
340	7	254	57	344	Egbert, Ralf	TV Hohne	M 60	01:21:36	01:20:49
341	41	255	72	586	Reeker, Jörg	Rolatorsprinter	M 45	01:21:47	01:21:18
342	10	87	63	754	Kerk, Ruth	SV Dickenberg	W 50	01:21:49	01:20:56
343	10	88	80	710	Wesselmann, Judith	Grün-Weiß Steinbeck	W 35	01:22:04	01:21:28
344	19	256	89	357	Fast, Eugen	Crespel & Deiters	M HK	01:22:28	01:21:54
345	11	89	66	465	Klompmaker, Wilma	Laufgruppe SCU Emlichheim	W 50	01:22:42	01:22:16
346	11	90	92	650	Steffen, Linda	Laufgruppe SCU Emlichheim	W HK	01:22:42	01:22:18
347	12	91	63	574	Pohlman, Groschi	Laufgruppe SCU Emlichheim	W 50	01:22:42	01:22:15
348	12	92	88	929	Barkling, Verena	SC n.e.V.and friends	W HK	01:22:51	01:22:08
349	11	93	87	704	Weigle, Christina	SC n.e.V.and friends	W 30	01:22:51	01:22:07
350	12	94	86	952	Boensch, Sarah	SC n.e.V.and friends	W 30	01:22:51	01:22:08
351	11	95	79	796	Hieck, Alexandra	SuS Olfen	W 35	01:22:58	01:22:46
352	13	96	89	999	Düffels, Lisa Maria	Laufsport Senden	W HK	01:22:59	01:22:30
353	13	97	66	353	Euskirchen, Conny	VfL Lingen	W 50	01:23:00	01:22:35
354	7	257	48	680	Vahrenhorst, Dieter	TV Hohne	M 65	01:23:01	01:22:16
355	53	258	63	535	Misera, Andreas	Lauftreff Greven Aktuell	M 50	01:23:02	01:22:08
356	3	98	98	497	Lausmann, Mona	Team Goethe	W Jgd A	01:23:11	01:23:01
357	42	259	68	421	Hinnenkamp, Andreas	Lingen	M 45	01:23:11	01:22:26
358	14	99	65	768	Lehmann, Gabriele	LG Stadtwerke Hilden	W 50	01:23:28	01:22:43
359	54	260	63	542	Neumann, Klaus	ASV Heckerheide	M 50	01:23:35	01:22:44
360	8	100	59	343	Egbert, Christiane	TV Hohne	W 55	01:23:50	01:23:09
361	16	101	73	793	Strachau, Kirsten		W 40	01:24:09	01:23:19

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
362	12	102	78	400	Haupt, Daniela	Triathlon Club Bremen	W 35	01:24:22	01:23:28
363	17	103	74	452	Kappelhoff, Tanja	SV Teuto Riesenbeck	W 40	01:24:23	01:23:42
364	55	261	66	762	Van Iterson, Ruud	Jede Oma zählt	M 50	01:24:35	01:24:09
365	22	262	59	975	Conrad, Reimund	SV Bad Laer	M 55	01:25:01	01:24:04
366	23	263	58	427	Hoppe, Heinz		M 55	01:25:03	01:24:12
367	15	104	64	568	Piek, Tina	Lauftreff Senden	W 50	01:25:27	01:24:45
368	18	105	73	976	Corbach, Dorthé		W 40	01:25:28	01:24:46
369	37	264	74	478	Kornhage, Rainer	Sanimed GmbH	M 40	01:25:31	01:24:53
370	19	106	75	477	Kopp, Andrea	Hannover	W 40	01:25:43	01:24:55
371	14	107	93	847	Althaus, Johanna	Hattinger Hügelläufer	W HK	01:25:46	01:25:43
372	17	108	68	717	Wille, Anja	LG Emsdetten	W 45	01:25:51	01:25:32
373	4	265	44	699	Wahl, Günther	SuS Olfen	M 70	01:25:55	01:25:41
374	3	109	57	409	Helsloot, Joke	Daventria	W 60	01:26:02	01:25:41
375	26	266	83	408	Heitkamp, Lars	Lauftreff Riesenbeck	M 30	01:26:17	01:26:12
376	16	110	67	403	Heemann, Iris	Grün-Weiß Steinbeck	W 50	01:26:28	01:25:52
377	1	267	42	764	Kreienbauer, Bernhard		M 75	01:26:28	01:26:16
378	13	111	79	379	Gedes, Marina	Crespel & Deiters	W 35	01:26:35	01:26:08
379	20	112	77	347	Eiben, Ruth	Flemminge	W 40	01:26:35	01:26:15
380	56	268	66	779	Heikens, Dr. Berend	TUS Detern	M 50	01:26:59	01:26:26
381	9	113	59	507	Lutterbeck, Gudrun	TV Hohne	W 55	01:26:59	01:26:17
382	24	269	61	784	Gastmann, Richard	Blau Wiss Filsum	M 55	01:27:02	01:26:28
383	27	270	87	553	Nitz, Jan Hendrik	Selm	M 30	01:27:05	01:26:27
384	4	114	99	957	Böttinger, Greta	Team Goethe	W Jgd A	01:27:11	01:26:57
385	10	115	59	661	Teckenbrock, Petra	TV Hohne	W 55	01:27:19	01:26:36
386	18	116	71	504	Lügering-Birck, Tanja	Lauffreunde Emsland	W 45	01:27:22	01:26:57
387	21	117	77	511	Maas, Astrid	Wildeshauser Lauftreff	W 40	01:27:25	01:26:43
388	22	118	74	956	Bosse, Conny	SV Teuto Riesenbeck	W 40	01:27:31	01:27:27
389	38	271	74	428	Hörsting, Frank	SV Teuto Riesenbeck	M 40	01:27:49	01:27:04
390	23	119	77	734	Schwiterjahn, Melanie	SV Dickenberg	W 40	01:27:50	01:26:54
391	19	120	68	462	Klare, Sigrid	TV Hohne	W 45	01:28:08	01:27:24
392	13	121	84	622	Schönefeld, Petra	Dortmund	W 30	01:28:20	01:27:53
393	43	272	71	930	Bartels, Jörn	privat	M 45	01:28:26	01:27:32
394	44	273	71	927	Bainbridge, Simon	Osnabrück	M 45	01:28:27	01:27:33
395	17	122	67	475	Wittig, Anja	TV Hohne	W 50	01:28:39	01:27:54
396	8	274	57	476	Koot, John		M 60	01:28:54	01:28:22
397	24	123	73	694	Vorm-Brocke, Claudia	Osnabrück	W 40	01:29:09	01:29:05
398	2	275	42	743	Lüersen, Werner	TV Georgsmarienhütte	M 75	01:29:37	01:29:06
399	25	276	58	662	Teckenbrock, Udo	TV Hohne	M 55	01:29:44	01:28:58
400	3	277	42	737	Daniel, Wolf-Dieter	SV Eintracht Neuenkirchen	M 75	01:29:57	01:29:24
401	8	278	49	979	de Jong, Tjits	Reestruffers	M 65	01:30:00	01:29:24
402	39	279	74	346	Eiben, Lars	Vision	M 40	01:30:26	01:30:01
403	57	280	66	520	Menebröcker, Jörg	Lengerich	M 50	01:31:46	01:31:02
404	20	124	72	597	Röttger, Marion	SuS Stadtlohn Laufabteilung	W 45	01:31:57	01:31:48
405	18	125	63	594	Röschenkemper, Astrid	TV Hohne	W 50	01:32:12	01:31:29
406	58	281	63	944	Bettels, Michael	Raesfeld	M 50	01:32:29	01:31:36
407	21	126	72	644	Sonnet-Brockhaus, Sandra	Raesfeld	W 45	01:32:29	01:31:36
408	4	127	53	642	Seybering, Elisabeth	VfL	W 60	01:32:47	01:32:24
409	19	128	67	932	Becker, Claudia	VfL Lingen	W 50	01:32:47	01:32:23
410	11	129	58	756	Haak, van den, Liesbeth	loopgroep Oegstgeest	W 55	01:33:12	01:32:17
411	9	282	56	967	Buczilowski, Eckhard	TV Hohne	M 60	01:33:31	01:33:03
412	5	130	57	602	Sandelmann, Monika	Ultrafriesen e.V.	W 60	01:33:32	01:33:16
413	10	283	53	603	Sandelmann, Dieter	Ultrafriesen e.V.	M 60	01:33:32	01:33:15

Platz	AK Platz	M/W	Jg	St.Nr	Name/Vorname	Verein	AK.	Brutto	Netto
414	22	131	68	432	Hullerum, Sylvia	LG Coesfeld	W 45	01:34:01	01:33:35
415	15	132	89	962	Brix, Verena	TV Hohne	W HK	01:34:10	01:33:28
416	12	133	60	696	Voß, Iris	TV Hohne	W 55	01:34:10	01:33:24
417	13	134	60	399	Haßmann, Annette	TV Hohne	W 55	01:34:10	01:33:23
418	25	135	75	682	van der Veer, Saskia	GRONINGEN	W 40	01:34:16	01:33:18
419	20	136	66	617	Schnabel, Maria	TV Hohne	W 50	01:35:10	01:34:44
420	59	284	67	512	Madeja, Michael	Kamen	M 50	01:35:32	01:34:52
421	23	137	69	931	Beck, Petra	Laufsport Senden	W 45	01:35:41	01:35:13
422	14	138	79	733	Klieve, Christina	Laufsport Senden	W 35	01:35:41	01:35:14
423	6	139	56	580	Purk, Maria	Laufsport senden	W 60	01:35:41	01:35:14
424	24	140	69	605	Schaefer, Birgit	Wilhelmshaven	W 45	01:36:01	01:35:38
425	60	285	67	757	Schaefer, Klaus	Kirche läuft Wilhelmshaven	M 50	01:36:02	01:35:36
426	21	141	63	433	Hülsmann, Veronika	Warburg	W 50	01:37:12	01:36:23
427	14	142	58	961	Brix, Petra	TV Hohne	W 55	01:37:28	01:36:40
428	1	286	36	719	Winter, Heinz	TVGeorgsmarienhütte	M 80	01:38:03	01:37:19
429	14	143	87	721	Winter, Christine	TV Hohne	W 30	01:38:05	01:37:26
430	15	144	58	689	Vogelpohl, Ulla	TV Hohne	W 55	01:38:08	01:37:33
431	11	287	56	960	Brix, Michael	TV Hohne	M 60	01:38:17	01:37:37
432	7	145	53	652	Gulschinski, Hanna	TV Hohne	W 60	01:38:17	01:37:42
433	8	146	54	966	Bücker, Hendrikje	Ibbenbüren	W 60	01:41:17	01:40:56
434	25	147	68	395	Hamm, Wiebke	Bremen	W 45	01:44:31	01:43:41
435	15	148	79	404	Heilmann, Jessica	TV Hohne	W 35	01:49:28	01:48:46
436	2	288	33	767	Ungemach, Andreas	TV G.M. Hütte	M 80	01:52:39	01:52:09
437	16	149	81	748	Muhle, Margarete		W 35	02:35:42	02:34:44