

Volksbank Cup 2025

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1384	Helena Hamsen	Alverskirchen	WJ U20	W	00:45:45	25	00:44:10	25	00:43:36	25	00:00:00	0	3	75	02:13:31
2	1307	Eva Wunderlich	WSU	W45	W	00:47:45	24	00:45:08	24	00:44:42	24	00:00:00	0	3	72	02:17:35
3	1416	Bettina Kalläne	LV Oelde	W45	W	00:49:17	23	00:47:17	23	00:45:43	23	00:00:00	0	3	69	02:22:17
4	1345	Kira Röhr	SV Ems Westbevern	W30	W	00:50:45	21	00:49:39	18	00:50:38	17	00:00:00	0	3	56	02:31:02
5	1435	Michelle Fennen	Hörwerk	W35	W	00:53:01	16	00:50:04	17	00:48:46	18	00:00:00	0	3	51	02:31:51
6	1325	Leonie Harjans	Rennschweine Greffen	W35	W	00:50:34	22	00:51:01	13	00:51:19	16	00:00:00	0	3	51	02:32:54
7	1373	Bettina Korte	Handorf	W40	W	00:51:22	19	00:51:08	12	00:48:44	19	00:00:00	0	3	50	02:31:14
8	1352	Kathrin Brockhoff-Nassif	Münster	W30	W	00:52:49	17	00:50:07	16	00:53:25	11	00:00:00	0	3	44	02:36:21
9	1465	Dagmar Tiphpölter		W45	W	00:00:00	0	00:48:04	21	00:47:12	22	00:00:00	0	2	43	01:35:16
10	1450	Barbara Menke	LV Oelde	W40	W	00:00:00	0	00:47:27	22	00:47:31	20	00:00:00	0	2	42	01:34:58
11	1432	Maria Beckmann	LSF Münster	W45	W	00:52:15	18	00:50:46	14	00:53:37	10	00:00:00	0	3	42	02:36:38
12	1457	Agnes Miller	DJK Gütersloh	W40	W	00:00:00	0	00:48:14	20	00:47:28	21	00:00:00	0	2	41	01:35:42
13	1404	Maike Sendfeld	Warendorfer SU	W45	W	00:51:08	20	00:48:15	19	00:00:00	0	00:00:00	0	2	39	01:39:23
14	1342	Sandra Barth	TV Friesen Telgte	W45	W	00:53:09	15	00:51:08	11	00:53:16	13	00:00:00	0	3	39	02:37:33
15	1285	Silke Brüggemann	Warendorf	W35	W	00:55:39	12	00:52:19	9	00:54:12	9	00:00:00	0	3	30	02:42:10
16	1302	Bianca Stein	WSU	W35	W	00:54:11	14	00:50:27	15	00:00:00	0	00:00:00	0	2	29	01:44:38
17	1462	Nina Rolf		W30	W	00:00:00	0	00:51:46	10	00:52:44	14	00:00:00	0	2	24	01:44:30
18	1454	Alexandra Frohne	WSU	W45	W	00:00:00	0	00:55:01	7	00:51:58	15	00:00:00	0	2	22	01:46:59
19	1353	Katja Metzner	Running Sisters	W35	W	00:57:07	11	00:56:05	3	00:55:14	7	00:00:00	0	3	21	02:48:26
20	1449	Brigitte Kramer	LV Oelde	W60	W	00:00:00	0	00:53:55	8	00:53:24	12	00:00:00	0	2	20	01:47:19
22	1343	Nadine Streich	Sassenberg	W45	W	00:58:59	8	00:55:08	8	00:56:58	0	00:00:00	0	3	16	02:51:05
21	1403	Klara Gausepohl	Warendorfer SU	W	W	00:54:50	13	00:00:00	0	00:56:29	2	00:00:00	0	2	15	01:51:19
26	1469	Silke Wassing	Lauftreff Ostbevern	W35	W	00:57:24	10	00:56:57	0	00:55:48	5	00:00:00	0	3	15	02:50:09
23	1436	Stefanie John	SV Ems Westbevern	W55	W	00:57:33	9	00:00:00	0	00:56:09	3	00:00:00	0	2	12	01:53:42
24	1354	Jana Sachs	Running Sisters	W40	W	00:00:00	0	00:56:05	4	00:55:14	8	00:00:00	0	2	12	01:51:19
25	1386	Hannah-Maria Scholz	Münster	WJ U20	W	00:00:00	0	00:55:37	5	00:55:41	6	00:00:00	0	2	11	01:51:18
27	1415	Chantal Sumkötter	LV Oelde	W45	W	00:59:23	5	00:56:39	2	00:56:55	1	00:00:00	0	3	8	02:52:57
28	1418	Susanne Busch	LV Oelde	W60	W	00:59:04	7	00:56:45	1	00:00:00	0	00:00:00	0	2	8	01:55:49
29	1305	Elke Vissing	Freckenhorst	W50	W	01:01:21	3	00:00:00	0	00:56:02	4	00:00:00	0	2	7	01:57:23
30	1420	Brigit Brügge	LV Oelde	W55	W	00:59:22	6	00:00:00	0	00:00:00	0	00:00:00	0	1	6	00:59:22
31	1309	Sabrina Grüter	Warendorfer SU	W40	W	01:00:52	4	00:00:00	0	00:00:00	0	00:00:00	0	1	4	01:00:52
32	1306	Christa Berges	Bochum	W40	W	01:01:22	2	00:58:52	0	00:57:01	0	00:00:00	0	3	2	02:57:15
33	1380	Christiane Gerkmann	TV Friesen Telgte	W40	W	01:01:25	1	01:01:21	0	00:59:13	0	00:00:00	0	3	1	03:01:59
34	1425	Ines Bohlen	BSV Ostbevern	W40	W	01:04:03	0	01:02:18	0	01:00:42	0	00:00:00	0	3	0	03:07:03
35	1371	Birgit Stukenbrock	TV Friesen Telgte	W50	W	01:01:25	0	01:03:10	0	01:02:47	0	00:00:00	0	3	0	03:07:22

36	1299	Samantha Braunisch	Reisegruppe Sonnenschein	W35	W	01:08:23	0	00:59:35	0	01:01:14	0	00:00:00	0	3	0	03:09:12
37	1288	Mandy Eckhardt	Essen	W35	W	01:02:51	0	01:03:11	0	01:03:27	0	00:00:00	0	3	0	03:09:29
38	1313	Rabea Riemann	Telgte	W40	W	01:05:42	0	01:03:34	0	01:00:22	0	00:00:00	0	3	0	03:09:38
39	1287	Kerstin Windoffer	Grund Runner	W35	W	01:02:51	0	01:03:10	0	01:03:40	0	00:00:00	0	3	0	03:09:41
40	1333	Ines Cordes	Ostbevern	W45	W	01:05:27	0	01:04:34	0	01:05:54	0	00:00:00	0	3	0	03:15:55
41	1332	Susanne Tombrock	Münster	W50	W	01:05:27	0	01:04:35	0	01:05:54	0	00:00:00	0	3	0	03:15:56
42	1298	Claudia Döpker	Reisegruppe Sonnenschein	W45	W	01:08:46	0	01:06:43	0	01:12:53	0	00:00:00	0	3	0	03:28:22
43	1357	Kim Kummer	SV Arminia Appelhülsen	W30	W	01:25:35	0	01:03:52	0	01:00:16	0	00:00:00	0	3	0	03:29:43
44	1370	sandra Walkenfort	TV Friesen Telgte	W45	W	01:14:39	0	01:10:39	0	01:11:20	0	00:00:00	0	3	0	03:36:38
45	1330	Angelika Syska	LSF Münster	W65	W	01:13:53	0	01:13:25	0	01:18:37	0	00:00:00	0	3	0	03:45:55
46	1366	Lisa Tholen	Telgte	W30	W	01:36:53	0	01:33:58	0	01:35:05	0	00:00:00	0	3	0	04:45:56
47	1423	Christiane Steinbicker	LV Oelde	W50	W	00:00:00	0	00:57:03	0	00:57:52	0	00:00:00	0	2	0	01:54:55
48	1351	Martina Cwojdzinski	LSF Münster	W45	W	00:00:00	0	00:59:38	0	00:57:23	0	00:00:00	0	2	0	01:57:01
49	1391	Sabine Niemeyer	BSV Brochterbeck	W50	W	01:03:39	0	00:58:17	0	00:00:00	0	00:00:00	0	2	0	02:01:56
50	1424	Martina Rolf		W60	W	01:02:24	0	00:59:40	0	00:00:00	0	00:00:00	0	2	0	02:02:04
51	1464	Jette Stukenbrock	TV Friesen Telgte	WJ U18	W	00:00:00	0	01:04:09	0	01:05:06	0	00:00:00	0	2	0	02:09:15
52	1310	Nicole Dirksen	SV Werder Bremen	W40	W	00:00:00	0	01:02:33	0	01:08:53	0	00:00:00	0	2	0	02:11:26
53	1326	Maren Leifhelm	Ostbevern	W45	W	00:00:00	0	01:06:42	0	01:06:28	0	00:00:00	0	2	0	02:13:10
54	1300	Julia Künne	Reisegruppe Sonnenschein	W	W	01:08:36	0	00:00:00	0	01:08:53	0	00:00:00	0	2	0	02:17:29
55	1393	Janne Lehmann	Münster	W	W	01:10:53	0	01:08:19	0	00:00:00	0	00:00:00	0	2	0	02:19:12
56	1387	Britta Lehmann	Wareндorfer SU	W60	W	01:10:53	0	01:08:20	0	00:00:00	0	00:00:00	0	2	0	02:19:13
57	1331	Barbara Hack	Münster	W50	W	00:00:00	0	01:12:46	0	01:11:20	0	00:00:00	0	2	0	02:24:06
58	1463	Dilia Klos		W60	W	00:00:00	0	01:13:00	0	01:12:07	0	00:00:00	0	2	0	02:25:07
59	1296	Susanne Abeck	Grendrunner	W60	W	00:00:00	0	01:10:53	0	01:15:04	0	00:00:00	0	2	0	02:25:57
60	1303	Sonja Knorr	Grend-Runner	W50	W	00:00:00	0	01:10:52	0	01:15:15	0	00:00:00	0	2	0	02:26:07
61	1410	Sarah Nitsch	BSV Ostbevern	W40	W	01:02:29	0	00:00:00	0	00:00:00	0	00:00:00	0	1	0	01:02:29
62	1311	Ute Weismüller	Freckenhorst	W55	W	00:00:00	0	01:12:34	0	00:00:00	0	00:00:00	0	1	0	01:12:34

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1336	Jonas Barwinski	Fit2Run Beckum	M	M	00:35:52	25	00:35:09	25	00:35:11	25	00:00:00	0	3	75	01:46:12
2	1421	Philipp Kaldewei	LV Oelde	M40	M	00:36:16	24	00:36:16	24	00:35:16	24	00:00:00	0	3	72	01:47:48
3	1394	Dirk Hansmeier	LG Burg Wiedenbrück	M40	M	00:38:19	22	00:36:39	23	00:36:36	23	00:00:00	0	3	68	01:51:34
4	1358	Markus Reckermann	BSV Ostbevern	M40	M	00:38:42	21	00:37:45	21	00:38:36	21	00:00:00	0	3	63	01:55:03
5	1441	Michael Sanders		M35	M	00:39:22	20	00:38:32	19	00:37:28	22	00:00:00	0	3	61	01:55:22
6	1374	Thorsten Ranger	TV Friesen Telgte	M45	M	00:41:25	17	00:40:05	18	00:39:10	20	00:00:00	0	3	55	02:00:40
7	1376	Markus Bischof	TriFinish Münster	M55	M	00:41:32	16	00:40:46	15	00:40:23	18	00:00:00	0	3	49	02:02:41
8	1431	Andreas Sumkötter	LV Oelde	M45	M	00:42:48	13	00:41:00	14	00:40:22	19	00:00:00	0	3	46	02:04:10
9	1390	Markus Elbracht	LG Burg Wiedenbrück	M30	M	00:38:19	23	00:37:27	22	00:00:00	0	00:00:00	0	2	45	01:15:46
10	1340	Helmut Karwinkel	LV Oelde	M55	M	00:40:59	18	00:41:40	12	00:42:13	14	00:00:00	0	3	44	02:04:52
11	1395	Patrick Elbracht	LG Burg Wiedenbrück	M30	M	00:39:55	19	00:38:07	20	00:00:00	0	00:00:00	0	2	39	01:18:02
12	1427	Dirk Cordes	BSV Ostbevern	M50	M	00:49:46	0	00:40:37	17	00:41:59	16	00:00:00	0	3	33	02:12:22
13	1444	Martin Trame	LV Oelde	M60	M	00:00:00	0	00:41:01	13	00:40:50	17	00:00:00	0	2	30	01:21:51
14	1339	Mike Behrend	Erdinger Active Team	M50	M	00:41:59	15	00:42:19	10	00:00:00	0	00:00:00	0	2	25	01:24:18
15	1315	Kevin Lehmann	Warendorf	M30	M	00:43:19	10	00:43:34	0	00:42:07	15	00:00:00	0	3	25	02:09:00
16	1467	David Sossna	Meet 5	M40	M	00:43:01	12	00:00:00	0	00:42:33	10	00:00:00	0	2	22	01:25:34
17	1442	Dominik Sandmann		M30	M	00:44:47	5	00:42:55	6	00:42:24	11	00:00:00	0	3	22	02:10:06
18	1411	Stephan Baum	LV Oelde	M30	M	00:44:42	6	00:43:16	4	00:42:16	12	00:00:00	0	3	22	02:10:14
19	1284	Norbert Zumdieck	Warendorfer SU	M55	M	00:00:00	0	00:42:50	7	00:42:16	13	00:00:00	0	2	20	01:25:06
20	1451	Marc Tewes	BSV Ostbevern	M40	M	00:00:00	0	00:42:02	11	00:42:54	8	00:00:00	0	2	19	01:24:56
21	1392	Christoph Grothaus	TV Friesen Telgte	M40	M	00:43:05	11	00:00:00	0	00:43:05	7	00:00:00	0	2	18	01:26:10
22	1412	Danny Gramsch	LV Oelde	M30	M	00:43:59	9	00:42:38	8	00:00:00	0	00:00:00	0	2	17	01:26:37
23	1301	Daniel Wies	Coesfeld	M30	M	00:00:00	0	00:40:41	16	00:00:00	0	00:00:00	0	1	16	00:40:41
24	1414	Wolfgang Dilla	LV Oelde	M60	M	00:42:20	14	00:00:00	0	00:00:00	0	00:00:00	0	1	14	00:42:20
25	1369	Thomas Holtmann	Lauftreff Lüdinghausen	M50	M	00:00:00	0	00:43:23	3	00:42:44	9	00:00:00	0	2	12	01:26:07
26	1338	Todt G. Willingmann	Lauffreunde Bönen 1985 e	M60	M	00:44:41	7	00:43:07	5	00:00:00	0	00:00:00	0	2	12	01:27:48
27	1375	Timo Gerkmann	TV Friesen Telgte	M45	M	00:44:10	8	00:43:30	2	00:59:13	0	00:00:00	0	3	10	02:26:53
28	1460	Ralf Jording	Team derRollenshop.de	M45	M	00:00:00	0	00:42:30	9	00:47:29	0	00:00:00	0	2	9	01:29:59
29	1320	Michael Konermann	Rennschweine Greffen	M55	M	00:47:32	0	00:00:00	0	00:44:14	6	00:00:00	0	2	6	01:31:46
30	1364	Daniel Kimmina	SV Ems Westbevern	M40	M	00:47:04	0	00:43:49	0	00:44:33	5	00:00:00	0	3	5	02:15:26
31	1324	Joachim Windau	Rennschweine Greffen	M55	M	00:00:00	0	00:43:32	1	00:44:54	3	00:00:00	0	2	4	01:28:26
32	1319	Henrik Querdel	Querdel Biohof Gurkentru	M	M	00:44:58	4	00:43:39	0	00:00:00	0	00:00:00	0	2	4	01:28:37
33	1461	Lambert Jünck	BSV Ostbevern	M40	M	00:00:00	0	00:45:20	0	00:44:43	4	00:00:00	0	2	4	01:30:03
34	1408	Thomas Ehl	Warendorfer SU	M55	M	00:44:59	3	00:44:32	0	00:00:00	0	00:00:00	0	2	3	01:29:31
35	1289	Jonas Augustin	Run 4 Fun Greven e.V.	M35	M	00:45:08	2	00:44:04	0	00:00:00	0	00:00:00	0	2	2	01:29:12
36	1283	Tim Gerkmann	TV Friesen Telgte	M40	M	00:48:11	0	00:46:54	0	00:45:12	2	00:00:00	0	3	2	02:20:17
37	1446	Uli Stripper	LV Oelde	M65	M	00:00:00	0	00:46:16	0	00:45:16	1	00:00:00	0	2	1	01:31:32
38	1308	Melvin Beverburg	Ostbevern	MJ U23	M	00:46:47	1	00:45:19	0	00:00:00	0	00:00:00	0	2	1	01:32:06
39	1402	Werner Schange	TV Friesen Telgte	M50	M	00:48:37	0	00:46:41	0	00:46:20	0	00:00:00	0	3	0	02:21:38
40	1438	Linus Stukenbrock	TV Friesen Telgte	MJ U23	M	00:52:30	0	00:46:49	0	00:47:21	0	00:00:00	0	3	0	02:26:40

41	1365	Johannes Bußmann	TV Friesen Telgte	M75	M	00:49:56	0	00:49:05	0	00:47:47	0	00:00:00	0	3	0	02:26:48
42	1407	Florian Strotmeier	Nordrhein-Westfalen - Wa	M35	M	00:54:22	0	00:46:18	0	00:46:35	0	00:00:00	0	3	0	02:27:15
43	1368	Werner Hölscher	LSF Münster	M65	M	00:50:10	0	00:48:21	0	00:49:32	0	00:00:00	0	3	0	02:28:03
44	1297	Jonas Mussenbrock	parkrun Wienburgpark Mü	M35	M	00:48:57	0	00:50:21	0	00:50:17	0	00:00:00	0	3	0	02:29:35
45	1327	Markus Florian	Lauftreff Feldmarksee	M45	M	00:46:56	0	00:55:14	0	00:48:15	0	00:00:00	0	3	0	02:30:25
46	1389	Thomas Frankewitsch	Einen	M35	M	00:53:03	0	00:48:44	0	00:49:22	0	00:00:00	0	3	0	02:31:09
47	1434	Ingo Fennen	Hörwerk	M40	M	00:53:00	0	00:50:04	0	00:48:46	0	00:00:00	0	3	0	02:31:50
48	1378	Christian Welp	Marathon Ibbenbüren e.V	M30	M	00:48:55	0	00:48:58	0	00:53:59	0	00:00:00	0	3	0	02:31:52
49	1419	Manfred Grünebaum	LV Oelde	M65	M	00:50:05	0	00:53:40	0	00:50:02	0	00:00:00	0	3	0	02:33:47
50	1422	Heinz-Jürgen Schulte	LV Oelde	M65	M	00:55:12	0	00:51:36	0	00:49:52	0	00:00:00	0	3	0	02:36:40
51	1317	Robert Große Liesner	TuS Hiltrup	M50	M	00:51:47	0	00:52:14	0	00:52:55	0	00:00:00	0	3	0	02:36:56
52	1437	Alexander Mischke	TV Friesen Telgte	M40	M	00:56:36	0	00:50:11	0	00:50:38	0	00:00:00	0	3	0	02:37:25
53	1433	Dirk Effing		M50	M	00:54:20	0	00:51:31	0	00:51:48	0	00:00:00	0	3	0	02:37:39
54	1429	Joachim Kallenbach	LV Oelde	M55	M	00:52:43	0	00:55:23	0	00:51:37	0	00:00:00	0	3	0	02:39:43
55	1329	Peter Schürenkamp	Lauftreff Feldmarksee	M45	M	00:54:21	0	00:55:15	0	00:52:46	0	00:00:00	0	3	0	02:42:22
56	1337	Peter Stewing	DJK Vorwärts Ahlen	M55	M	00:59:37	0	00:51:44	0	00:51:11	0	00:00:00	0	3	0	02:42:32
57	1356	Thomas Reger	DELTA-Lauftreff Ahlen	M60	M	00:58:59	0	00:55:03	0	00:54:43	0	00:00:00	0	3	0	02:48:45
58	1349	Markus Knüfer	TV Friesen Telgte	M45	M	00:59:43	0	00:54:45	0	00:55:21	0	00:00:00	0	3	0	02:49:49
59	1409	Christian Möller	Run4Fun Greven e.V.	M45	M	00:58:27	0	01:06:28	0	00:45:49	0	00:00:00	0	3	0	02:50:44
60	1417	Heinz-Josef Rose	LV Oelde	M55	M	00:59:04	0	00:54:53	0	00:56:54	0	00:00:00	0	3	0	02:50:51
61	1362	Arno Reinhard	FRIWO Gerätebau GmbH	M55	M	00:59:03	0	00:56:53	0	00:55:39	0	00:00:00	0	3	0	02:51:35
62	1372	Armin Düpmeier	WSU Warendorf	M65	M	00:58:50	0	00:56:19	0	00:57:47	0	00:00:00	0	3	0	02:52:56
63	1367	Peter Kaiser	Münster	M70	M	00:58:51	0	00:56:36	0	00:57:37	0	00:00:00	0	3	0	02:53:04
64	1439	Stefan Leicht	Der Leichte Bäcker	M35	M	00:59:57	0	00:55:54	0	00:57:22	0	00:00:00	0	3	0	02:53:13
65	1348	Frank Göhler	Ostbevern	M45	M	01:04:00	0	00:57:39	0	00:59:18	0	00:00:00	0	3	0	03:00:57
66	1355	Burkhard Ulonska	Münster	M65	M	01:03:00	0	01:01:11	0	00:59:31	0	00:00:00	0	3	0	03:03:42
67	1453	Andreas Niermann	TV Friesen Telgte	M55	M	00:00:00	0	00:45:22	0	00:47:21	0	00:00:00	0	2	0	01:32:43
68	1448	Lukas Börger	Telgte	MJ U23	M	00:00:00	0	00:46:21	0	00:48:20	0	00:00:00	0	2	0	01:34:41
69	1359	Grigor Alexander Schachnas	FRIWO Gerätebau GmbH	M30	M	00:49:41	0	00:47:10	0	00:00:00	0	00:00:00	0	2	0	01:36:51
70	1443	Ralf Buse	WSU Warendorf	M55	M	00:49:37	0	00:47:27	0	00:00:00	0	00:00:00	0	2	0	01:37:04
71	1328	Christian Koenig	Lauftreff Feldmarksee	M50	M	00:49:21	0	00:48:02	0	00:00:00	0	00:00:00	0	2	0	01:37:23
72	1400	Thomas Hempen	Team VOSSKO	M40	M	00:00:00	0	00:49:33	0	00:48:44	0	00:00:00	0	2	0	01:38:17
73	1304	Frank Hörstmann	VFL Sassenberg	M35	M	00:00:00	0	00:48:05	0	00:50:24	0	00:00:00	0	2	0	01:38:29
74	1350	Martin Sigmund	Einen	M35	M	00:00:00	0	00:48:45	0	00:49:48	0	00:00:00	0	2	0	01:38:33
75	1397	Michele Di Nuzzo	Füchtorf	M	M	00:00:00	0	00:46:52	0	00:51:52	0	00:00:00	0	2	0	01:38:44
76	1347	Jörg Schwienheer	SC Füchtorf	M50	M	00:00:00	0	00:49:01	0	00:49:53	0	00:00:00	0	2	0	01:38:54
77	1292	Jonas Bußmann	SC Hoetmar	M35	M	00:51:02	0	00:00:00	0	00:48:44	0	00:00:00	0	2	0	01:39:46
78	1379	Manfred Ottensmann	TV Friesen Telgte	M65	M	00:52:24	0	00:00:00	0	00:48:55	0	00:00:00	0	2	0	01:41:19
79	1468	Franz Josef Strotmeier	WSU Tri-Team Warendorf	M65	M	00:51:31	0	00:00:00	0	00:49:57	0	00:00:00	0	2	0	01:41:28
80	1344	Markus Kürten	Glandorf	M40	M	00:51:48	0	00:00:00	0	00:52:54	0	00:00:00	0	2	0	01:44:42
81	1459	Frank Steffen	BSV Ostbevern	M45	M	00:00:00	0	00:52:06	0	00:52:39	0	00:00:00	0	2	0	01:44:45
82	1318	Christoph Ansmer	Querdel Biohof Gurkentru	M	M	00:53:57	0	00:52:50	0	00:00:00	0	00:00:00	0	2	0	01:46:47

83	1456	Marcus Leifhelm	BSV Ostbevern	M50	M	00:00:00	0	00:54:28	0	00:52:30	0	00:00:00	0	2	0	01:46:58
84	1466	Andreas Klaesvogt	WSU	M35	M	00:00:00	0	00:55:03	0	00:52:56	0	00:00:00	0	2	0	01:47:59
85	1316	Ludger Hovest	Lauftreff Ostbevern	M60	M	00:00:00	0	01:03:35	0	00:46:26	0	00:00:00	0	2	0	01:50:01
86	1398	Norbert Harbert	Team VOSSKO	M60	M	00:00:00	0	00:55:09	0	00:55:30	0	00:00:00	0	2	0	01:50:39
87	1341	Andreas Klaesvogt	WSU Lauftreff	M35	M	00:58:11	0	00:00:00	0	00:52:56	0	00:00:00	0	2	0	01:51:07
88	1458	Willy Rothaus	WSU	M70	M	00:00:00	0	00:56:50	0	00:55:43	0	00:00:00	0	2	0	01:52:33
89	1470	Pascal Bureick	Beelen	M	M	00:58:40	0	00:00:00	0	00:54:31	0	00:00:00	0	2	0	01:53:11
90	1455	Thomas Paesler	BSV Ostbevern	M55	M	00:00:00	0	00:57:38	0	00:55:54	0	00:00:00	0	2	0	01:53:32
91	1388	Roland Bayerl	Crossfit Wildpack	M50	M	00:59:48	0	00:55:05	0	00:00:00	0	00:00:00	0	2	0	01:54:53
92	1399	Hubertus Wiewel	Team VOSSKO	M60	M	00:58:14	0	00:56:41	0	00:00:00	0	00:00:00	0	2	0	01:54:55
93	1293	Andreas Snell	TV Friesen Telgte	M45	M	00:00:00	0	00:58:59	0	00:55:56	0	00:00:00	0	2	0	01:54:55
94	1381	Ewald Wiesmann	Warendorfer SU	M55	M	00:00:00	0	00:57:10	0	00:57:48	0	00:00:00	0	2	0	01:54:58
95	1363	Dirk Van Almsick	FRIWO Gerätebau GmbH	M40	M	00:00:00	0	00:58:02	0	00:58:46	0	00:00:00	0	2	0	01:56:48
96	1445	Reinhard Haverkamp	BSV Ostbevern	M60	M	00:00:00	0	00:59:36	0	00:58:06	0	00:00:00	0	2	0	01:57:42
97	1312	Oliver Kurtz	FSC Rheda	M45	M	01:02:56	0	00:00:00	0	00:58:00	0	00:00:00	0	2	0	02:00:56
98	1361	Thorbjörn Schwarzwald	FRIWO Gerätebau GmbH	M35	M	01:01:56	0	00:00:00	0	00:59:09	0	00:00:00	0	2	0	02:01:05
99	1360	Slawa Sewergin	FRIWO Gerätebau GmbH	M45	M	01:05:26	0	00:00:00	0	00:58:44	0	00:00:00	0	2	0	02:04:10
100	1471	Manfred Hälker	Team VOSSKO	M60	M	01:06:40	0	00:00:00	0	01:08:02	0	00:00:00	0	2	0	02:14:42
101	1452	Uwe Dördelmann	LV Oelde	M65	M	00:00:00	0	00:46:32	0	00:00:00	0	00:00:00	0	1	0	00:46:32
102	1346	Roman Semar	WSU	M45	M	00:00:00	0	00:48:16	0	00:00:00	0	00:00:00	0	1	0	00:48:16
103	1428	Tino Romanenko	TSV St. Peter Ording	M30	M	00:57:05	0	00:00:00	0	00:00:00	0	00:00:00	0	1	0	00:57:05
104	1447	Oliver Kurz	FSC Rheda	M45	M	00:00:00	0	00:57:12	0	00:00:00	0	00:00:00	0	1	0	00:57:12
105	1426	Karl Piochowiak	BSV Ostbevern	M55	M	00:57:36	0	00:00:00	0	00:00:00	0	00:00:00	0	1	0	00:57:36
106	1440	Peter Kubitz	TSV St. Peter Ording	M70	M	01:01:10	0	00:00:00	0	00:00:00	0	00:00:00	0	1	0	01:01:10

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1403	Klara Gausepohl	Wareндorfer SU	W	W	00:54:50	25	00:00:00	0	00:56:29	25	00:00:00	0	2	50	01:51:19
2	1300	Julia Künne	Reisegruppe Sonnenschein	W	W	01:08:36	24	00:00:00	0	01:08:53	24	00:00:00	0	2	48	02:17:29
3	1393	Janne Lehmann	Münster	W	W	01:10:53	23	01:08:19	25	00:00:00	0	00:00:00	0	2	48	02:19:12

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1464	Jette Stukenbrock	TV Friesen Telgte	WJ U18	W	00:00:00	0	01:04:09	25	01:05:06	25	00:00:00	0	2	50	02:09:15

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1384	Helena Hamsen	Alverskirchen	WJ U20	W	00:45:45	25	00:44:10	25	00:43:36	25	00:00:00	0	3	75	02:13:31
2	1386	Hannah-Maria Scholz	Münster	WJ U20	W	00:00:00	0	00:55:37	24	00:55:41	24	00:00:00	0	2	48	01:51:18

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1345	Kira Röhr	SV Ems Westbevern	W30	W	00:50:45	25	00:49:39	25	00:50:38	25	00:00:00	0	3	75	02:31:02
2	1352	Kathrin Brockhoff-Nassif	Münster	W30	W	00:52:49	24	00:50:07	24	00:53:25	23	00:00:00	0	3	71	02:36:21
3	1357	Kim Kummer	SV Arminia Appelhülsen	W30	W	01:25:35	23	01:03:52	22	01:00:16	22	00:00:00	0	3	67	03:29:43
4	1366	Lisa Tholen	Telgte	W30	W	01:36:53	22	01:33:58	21	01:35:05	21	00:00:00	0	3	64	04:45:56
5	1462	Nina Rolf		W30	W	00:00:00	0	00:51:46	23	00:52:44	25	00:00:00	0	2	48	01:44:30

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1435	Michelle Fennen	Hörwerk	W35	W	00:53:01	24	00:50:04	25	00:48:46	25	00:00:00	0	2	74	02:31:51
2	1325	Leonie Harjans	Rennschweine Greffen	W35	W	00:50:34	25	00:51:01	23	00:51:19	24	00:00:00	0	2	72	02:32:54
3	1285	Silke Brüggemann	Wareндorf	W35	W	00:55:39	22	00:52:19	22	00:54:12	23	00:00:00	0	2	67	02:42:10
4	1353	Katja Metzner	Running Sisters	W35	W	00:57:07	21	00:56:05	21	00:55:14	22	00:00:00	0	2	64	02:48:26
5	1469	Silke Wassing	Lauftreff Ostbevern	W35	W	00:57:24	20	00:56:57	20	00:55:48	21	00:00:00	0	2	61	02:50:09
6	1299	Samantha Braunisch	Reisegruppe Sonnenschein	W35	W	01:08:23	17	00:59:35	19	01:01:14	20	00:00:00	0	2	56	03:09:12
7	1287	Kerstin Windoffer	Grund Runner	W35	W	01:02:51	19	01:03:10	18	01:03:40	19	00:00:00	0	2	56	03:09:41
8	1288	Mandy Eckhardt	Essen	W35	W	01:02:51	18	01:03:11	17	01:03:27	18	00:00:00	0	2	53	03:09:29
9	1302	Bianca Stein	WSU	W35	W	00:54:11	23	00:50:27	24	00:00:00	0	00:00:00	0	2	47	01:44:38

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1373	Bettina Korte	Handorf	W40	W	00:51:22	25	00:51:08	23	00:48:44	23	00:00:00	0	3	71	02:31:14
2	1306	Christa Berges	Bochum	W40	W	01:01:22	23	00:58:52	21	00:57:01	21	00:00:00	0	3	65	02:57:15
3	1380	Christiane Gerkmann	TV Friesen Telgte	W40	W	01:01:25	22	01:01:21	20	00:59:13	20	00:00:00	0	3	62	03:01:59
4	1425	Ines Bohlen	BSV Ostbevern	W40	W	01:04:03	20	01:02:18	19	01:00:42	18	00:00:00	0	3	57	03:07:03
5	1313	Rabea Riemann	Telgte	W40	W	01:05:42	19	01:03:34	17	01:00:22	19	00:00:00	0	3	55	03:09:38
6	1450	Barbara Menke	LV Oelde	W40	W	00:00:00	0	00:47:27	25	00:47:31	24	00:00:00	0	2	49	01:34:58
7	1457	Agnes Miller	DJK Gütersloh	W40	W	00:00:00	0	00:48:14	24	00:47:28	25	00:00:00	0	2	49	01:35:42
8	1354	Jana Sachs	Running Sisters	W40	W	00:00:00	0	00:56:05	22	00:55:14	22	00:00:00	0	2	44	01:51:19
9	1310	Nicole Dirksen	SV Werder Bremen	W40	W	00:00:00	0	01:02:33	18	01:08:53	17	00:00:00	0	2	35	02:11:26
10	1309	Sabrina Grüter	Wareндorfer SU	W40	W	01:00:52	24	00:00:00	0	00:00:00	0	00:00:00	0	1	24	01:00:52
11	1410	Sarah Nitsch	BSV Ostbevern	W40	W	01:02:29	21	00:00:00	0	00:00:00	0	00:00:00	0	1	21	01:02:29

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1307	Eva Wunderlich	WSU	W45	W	00:47:45	25	00:45:08	25	00:44:42	25	00:00:00	0	3	75	02:17:35
2	1416	Bettina Kalläne	LV Oelde	W45	W	00:49:17	24	00:47:17	24	00:45:43	24	00:00:00	0	3	72	02:22:17
3	1432	Maria Beckmann	LSF Münster	W45	W	00:52:15	22	00:50:46	21	00:53:37	20	00:00:00	0	3	63	02:36:38
4	1342	Sandra Barth	TV Friesen Telgte	W45	W	00:53:09	21	00:51:08	20	00:53:16	21	00:00:00	0	3	62	02:37:33
5	1343	Nadine Streich	Sassenberg	W45	W	00:58:59	20	00:55:08	18	00:56:58	18	00:00:00	0	3	56	02:51:05
6	1415	Chantal Sumkötter	LV Oelde	W45	W	00:59:23	19	00:56:39	17	00:56:55	19	00:00:00	0	3	55	02:52:57
7	1333	Ines Cordes	Ostbevern	W45	W	01:05:27	18	01:04:34	15	01:05:54	16	00:00:00	0	3	49	03:15:55
8	1465	Dagmar Tiphölter		W45	W	00:00:00	0	00:48:04	23	00:47:12	23	00:00:00	0	2	46	01:35:16
9	1404	Maike Sendfeld	Wareндorfer SU	W45	W	00:51:08	23	00:48:15	22	00:00:00	0	00:00:00	0	2	45	01:39:23
10	1298	Claudia Döpker	Reisegruppe Sonnenschein	W45	W	01:08:46	17	01:06:43	13	01:12:53	13	00:00:00	0	3	43	03:28:22
11	1370	sandra Walkenfort	TV Friesen Telgte	W45	W	01:14:39	16	01:10:39	12	01:11:20	14	00:00:00	0	3	42	03:36:38
12	1454	Alexandra Frohne	WSU	W45	W	00:00:00	0	00:55:01	19	00:51:58	22	00:00:00	0	2	41	01:46:59
13	1351	Martina Cwojdzinski	LSF Münster	W45	W	00:00:00	0	00:59:38	16	00:57:23	17	00:00:00	0	2	33	01:57:01
14	1326	Maren Leifhelm	Ostbevern	W45	W	00:00:00	0	01:06:42	14	01:06:28	15	00:00:00	0	2	29	02:13:10

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1371	Birgit Stukenbrock	TV Friesen Telgte	W50	W	01:01:25	24	01:03:10	23	01:02:47	23	00:00:00		3	70	03:07:22
2	1332	Susanne Tombrock	Münster	W50	W	01:05:27	22	01:04:35	22	01:05:54	22	00:00:00		3	66	03:15:56
3	1305	Elke Vissing	Freckenhorst	W50	W	01:01:21	25	00:00:00	0	00:56:02	25	00:00:00		2	50	01:57:23
4	1423	Christiane Steinbicker	LV Oelde	W50	W	00:00:00	0	00:57:03	25	00:57:52	24	00:00:00		2	49	01:54:55
5	1391	Sabine Niemeyer	BSV Brochterbeck	W50	W	01:03:39	23	00:58:17	24	00:00:00	0	00:00:00		2	47	02:01:56
6	1331	Barbara Hack	Münster	W50	W	00:00:00	0	01:12:46	20	01:11:20	21	00:00:00		2	41	02:24:06
7	1303	Sonja Knorr	Grend-Runner	W50	W	00:00:00	0	01:10:52	21	01:15:15	20	00:00:00		2	41	02:26:07

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1436	Stefanie John	SV Ems Westbevern	W55	W	00:57:33	25	00:00:00	0	00:56:09	25	00:00:00	0	2	50	01:53:42
2	1311	Ute Weismüller	Freckenhorst	W55	W	00:00:00	0	01:12:34	25	00:00:00	0	00:00:00	0	1	25	01:12:34
3	1420	Brigit Brügge	LV Oelde	W55	W	00:59:22	24	00:00:00	0	00:00:00	0	00:00:00	0	1	24	00:59:22

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1449	Brigitte Kramer	LV Oelde	W60	W	00:00:00	0	00:53:55	25	00:53:24	25	00:00:00	0	2	50	01:47:19
2	1418	Susanne Busch	LV Oelde	W60	W	00:59:04	25	00:56:45	24	00:00:00	0	00:00:00	0	2	49	01:55:49
3	1424	Martina Rolf		W60	W	01:02:24	24	00:59:40	23	00:00:00	0	00:00:00	0	2	47	02:02:04
4	1387	Britta Lehmann	Wareндorfer SU	W60	W	01:10:53	23	01:08:20	22	00:00:00	0	00:00:00	0	2	45	02:19:13
5	1463	Dilia Klos		W60	W	00:00:00	0	01:13:00	20	01:12:07	24	00:00:00	0	2	44	02:25:07
6	1296	Susanne Abeck	Grendrunner	W60	W	00:00:00	0	01:10:53	21	01:15:04	23	00:00:00	0	2	44	02:25:57

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1330	Angelika Syska	LSF Münster	W65	W	01:13:53	25	01:13:25	25	01:18:37	25	00:00:00	0	3	75	03:45:55

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1336	Jonas Barwinski	Fit2Run Beckum	M	M	00:35:52	25	00:35:09	25	00:35:11	25	00:00:00	0	3	75	01:46:12
2	1319	Henrik Querdel	Querdel Biohof Gurkentru	M	M	00:44:58	24	00:43:39	24	00:00:00	0	00:00:00	0	2	48	01:28:37
3	1397	Michele Di Nuzzo	Füchtorf	M	M	00:00:00	0	00:46:52	23	00:51:52	24	00:00:00	0	2	47	01:38:44
4	1318	Christoph Ansmer	Querdel Biohof Gurkentru	M	M	00:53:57	23	00:52:50	22	00:00:00	0	00:00:00	0	2	45	01:46:47
5	1470	Pascal Bureick	Beelen	M	M	00:58:40	22	00:00:00	0	00:54:31	23	00:00:00	0	2	45	01:53:11

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1438	Linus Stukenbrock	TV Friesen Telgte	MJ U23	M	00:52:30	24	00:46:49	23	00:47:21	25	00:00:00	0	3	72	02:26:40
2	1308	Melvin Beverburg	Ostbevern	MJ U23	M	00:46:47	25	00:45:19	25	00:00:00	0	00:00:00	0	2	50	01:32:06
3	1448	Lukas Börger	Telgte	MJ U23	M	00:00:00	0	00:46:21	24	00:48:20	24	00:00:00	0	2	48	01:34:41

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1315	Kevin Lehmann	Warendorf	M30	M	00:43:19	23	00:43:34	19	00:42:07	25	00:00:00	0	3	67	02:09:00
2	1411	Stephan Baum	LV Oelde	M30	M	00:44:42	21	00:43:16	20	00:42:16	24	00:00:00	0	3	65	02:10:14
3	1442	Dominik Sandmann		M30	M	00:44:47	20	00:42:55	21	00:42:24	23	00:00:00	0	3	64	02:10:06
4	1378	Christian Welp	Marathon Ibbenbüren e.V	M30	M	00:48:55	19	00:48:58	17	00:53:59	22	00:00:00	0	3	58	02:31:52
5	1390	Markus Elbracht	LG Burg Wiedenbrück	M30	M	00:38:19	25	00:37:27	25	00:00:00	0	00:00:00	0	2	50	01:15:46
6	1395	Patrick Elbracht	LG Burg Wiedenbrück	M30	M	00:39:55	24	00:38:07	24	00:00:00	0	00:00:00	0	2	48	01:18:02
7	1412	Danny Gramsch	LV Oelde	M30	M	00:43:59	22	00:42:38	22	00:00:00	0	00:00:00	0	2	44	01:26:37
8	1359	Grigor Alexander Schachnas	FRIWO Gerätebau GmbH	M30	M	00:49:41	18	00:47:10	19	00:00:00	0	00:00:00	0	2	37	01:36:51
9	1301	Daniel Wies	Coesfeld	M30	M	00:00:00	0	00:40:41	23	00:00:00	0	00:00:00	0	1	23	00:40:41
10	1428	Tino Romanenko	TSV St. Peter Ording	M30	M	00:57:05	17	00:00:00	0	00:00:00	0	00:00:00	0	1	17	00:57:05

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1441	Michael Sanders		M35	M	00:39:22	25	00:38:32	25	00:37:28	25	00:00:00	0	3	75	01:55:22
2	1407	Florian Strotmeier	Nordrhein-Westfalen - Wa	M35	M	00:54:22	20	00:46:18	23	00:46:35	24	00:00:00	0	3	67	02:27:15
3	1389	Thomas Frankewitsch	Einen	M35	M	00:53:03	21	00:48:44	21	00:49:22	22	00:00:00	0	3	64	02:31:09
4	1297	Jonas Mussenbrock	parkrun Wienburgpark Mü	M35	M	00:48:57	23	00:50:21	19	00:50:17	20	00:00:00	0	3	62	02:29:35
5	1439	Stefan Leicht	Der Leichte Bäcker	M35	M	00:59:57	18	00:55:54	17	00:57:22	16	00:00:00	0	3	51	02:53:13
6	1289	Jonas Augustin	Run 4 Fun Greven e.V.	M35	M	00:45:08	24	00:44:04	24	00:00:00	0	00:00:00	0	2	48	01:29:12
7	1292	Jonas Bußmann	SC Hoetmar	M35	M	00:51:02	22	00:00:00	0	00:48:44	23	00:00:00	0	2	45	01:39:46
8	1350	Martin Sigmund	Einen	M35	M	00:00:00	0	00:48:45	20	00:49:48	23	00:00:00	0	2	43	01:38:33
9	1304	Frank Hörstmann	VFL Sassenberg	M35	M	00:00:00	0	00:48:05	22	00:50:24	19	00:00:00	0	2	41	01:38:29
10	1341	Andreas Klaesvogt	WSU Lauftreff	M35	M	00:58:11	19	00:00:00	0	00:52:56	17	00:00:00	0	2	36	01:51:07
11	1361	Thorbjörn Schwarzwald	FRIWO Gerätebau GmbH	M35	M	01:01:56	17	00:00:00	0	00:59:09	15	00:00:00	0	2	32	02:01:05

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1421	Philipp Kaldewei	LV Oelde	M40	M	00:36:16	25	00:36:16	25	00:35:16	25	00:00:00	0	3	75	01:47:48
2	1394	Dirk Hansmeier	LG Burg Wiedenbrück	M40	M	00:38:19	24	00:36:39	24	00:36:36	24	00:00:00	0	3	72	01:51:34
3	1358	Markus Reckermann	BSV Ostbevern	M40	M	00:38:42	23	00:37:45	23	00:38:36	23	00:00:00	0	3	69	01:55:03
4	1364	Daniel Kimmina	SV Ems Westbevern	M40	M	00:47:04	20	00:43:49	21	00:44:33	19	00:00:00	0	3	60	02:15:26
5	1283	Tim Gerkmann	TV Friesen Telgte	M40	M	00:48:11	19	00:46:54	19	00:45:12	17	00:00:00	0	3	55	02:20:17
6	1434	Ingo Fennen	Hörwerk	M40	M	00:53:00	17	00:50:04	17	00:48:46	15	00:00:00	0	3	49	02:31:50
7	1437	Alexander Mischke	TV Friesen Telgte	M40	M	00:56:36	16	00:50:11	16	00:50:38	14	00:00:00	0	3	46	02:37:25
8	1467	David Sossna	Meet 5	M40	M	00:43:01	22	00:00:00	0	00:42:33	22	00:00:00	0	2	44	01:25:34
9	1451	Marc Tewes	BSV Ostbevern	M40	M	00:00:00	0	00:42:02	22	00:42:54	21	00:00:00	0	2	43	01:24:56
10	1392	Christoph Grothaus	TV Friesen Telgte	M40	M	00:43:05	21	00:00:00	0	00:43:05	20	00:00:00	0	2	41	01:26:10
11	1461	Lambert Jünck	BSV Ostbevern	M40	M	00:00:00	0	00:45:20	20	00:44:43	18	00:00:00	0	2	38	01:30:03
12	1400	Thomas Hempen	Team VOSSKO	M40	M	00:00:00	0	00:49:33	18	00:48:44	16	00:00:00	0	2	34	01:38:17
13	1344	Markus Kürten	Glandorf	M40	M	00:51:48	18	00:00:00	0	00:52:54	13	00:00:00	0	2	31	01:44:42
14	1363	Dirk Van Almsick	FRIWO Gerätebau GmbH	M40	M	00:00:00	0	00:58:02	15	00:58:46	12	00:00:00	0	2	27	01:56:48

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1374	Thorsten Ranger	TV Friesen Telgte	M45	M	00:41:25	25	00:40:05	25	00:39:10	25	00:00:00	0	3	75	02:00:40
2	1431	Andreas Sumkötter	LV Oelde	M45	M	00:42:48	24	00:41:00	24	00:40:22	24	00:00:00	0	3	72	02:04:10
3	1327	Markus Florian	Lauftreff Feldmarksee	M45	M	00:46:56	22	00:55:14	18	00:48:15	21	00:00:00	0	3	61	02:30:25
4	1375	Timo Gerkmann	TV Friesen Telgte	M45	M	00:44:10	23	00:43:30	22	00:59:13	14	00:00:00	0	3	59	02:26:53
5	1329	Peter Schürenkamp	Lauftreff Feldmarksee	M45	M	00:54:21	21	00:55:15	17	00:52:46	19	00:00:00	0	3	57	02:42:22
6	1349	Markus Knüfer	TV Friesen Telgte	M45	M	00:59:43	19	00:54:45	19	00:55:21	18	00:00:00	0	3	56	02:49:49
7	1409	Christian Möller	Run4Fun Greven e.V.	M45	M	00:58:27	20	01:06:28	13	00:45:49	23	00:00:00	0	3	56	02:50:44
8	1460	Ralf Jording	Team derRollenshop.de	M45	M	00:00:00	0	00:42:30	23	00:47:29	22	00:00:00	0	2	45	01:29:59
9	1348	Frank Göhler	Ostbevern	M45	M	01:04:00	17	00:57:39	15	00:59:18	13	00:00:00	0	3	45	03:00:57
10	1459	Frank Steffen	BSV Ostbevern	M45	M	00:00:00	0	00:52:06	20	00:52:39	20	00:00:00	0	2	40	01:44:45
11	1312	Oliver Kurtz	FSC Rheda	M45	M	01:02:56	18	00:00:00	0	00:58:00	16	00:00:00	0	2	34	02:00:56
12	1293	Andreas Snell	TV Friesen Telgte	M45	M	00:00:00	0	00:58:59	14	00:55:56	17	00:00:00	0	2	31	01:54:55
13	1360	Slawa Sewergin	FRIWO Gerätebau GmbH	M45	M	01:05:26	16	00:00:00	0	00:58:44	15	00:00:00	0	2	31	02:04:10
14	1346	Roman Semar	WSU	M45	M	00:00:00	0	00:48:16	21	00:00:00	0	00:00:00	0	1	21	00:48:16
15	1447	Oliver Kurz	FSC Rheda	M45	M	00:00:00	0	00:57:12	16	00:00:00	0	00:00:00	0	1	16	00:57:12

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1427	Dirk Cordes	BSV Ostbevern	M50	M	00:49:46	22	00:40:37	25	00:41:59	25	00:00:00	0	3	72	02:12:22
2	1402	Werner Schange	TV Friesen Telgte	M50	M	00:48:37	24	00:46:41	22	00:46:20	23	00:00:00	0	3	69	02:21:38
3	1433	Dirk Effing		M50	M	00:54:20	20	00:51:31	19	00:51:48	21	00:00:00	0	3	60	02:37:39
4	1317	Robert Große Liesner	TuS Hilstrup	M50	M	00:51:47	21	00:52:14	18	00:52:55	19	00:00:00	0	3	58	02:36:56
5	1339	Mike Behrend	Erdinger Active Team	M50	M	00:41:59	25	00:42:19	24	00:00:00	0	00:00:00	0	2	49	01:24:18
6	1369	Thomas Holtmann	Lauftreff Lüdinghausen	M50	M	00:00:00	0	00:43:23	23	00:42:44	24	00:00:00	0	2	47	01:26:07
7	1328	Christian Koenig	Lauftreff Feldmarksee	M50	M	00:49:21	23	00:48:02	21	00:00:00	0	00:00:00	0	2	44	01:37:23
8	1347	Jörg Schwienheer	SC Füchtorf	M50	M	00:00:00	0	00:49:01	20	00:49:53	22	00:00:00	0	2	42	01:38:54
9	1456	Marcus Leifhelm	BSV Ostbevern	M50	M	00:00:00	0	00:54:28	17	00:52:30	20	00:00:00	0	2	37	01:46:58
10	1388	Roland Bayerl	Crossfit Wildpack	M50	M	00:59:48	19	00:55:05	16	00:00:00	0	00:00:00	0	2	35	01:54:53

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1376	Markus Bischof	TriFinish Münster	M55	M	00:41:32	24	00:40:46	25	00:40:23	25	00:00:00	0	3	74	02:02:41
2	1340	Helmut Karwinkel	LV Oelde	M55	M	00:40:59	25	00:41:40	24	00:42:13	24	00:00:00	0	3	73	02:04:52
3	1429	Joachim Kallenbach	LV Oelde	M55	M	00:52:43	20	00:55:23	16	00:51:37	18	00:00:00	0	3	54	02:39:43
4	1337	Peter Stewing	DJK Vorwärts Ahlen	M55	M	00:59:37	16	00:51:44	18	00:51:11	19	00:00:00	0	3	53	02:42:32
5	1362	Arno Reinhard	FRIWO Gerätebau GmbH	M55	M	00:59:03	18	00:56:53	15	00:55:39	17	00:00:00	0	3	50	02:51:35
6	1417	Heinz-Josef Rose	LV Oelde	M55	M	00:59:04	17	00:54:53	17	00:56:54	15	00:00:00	0	3	49	02:50:51
7	1284	Norbert Zumdieck	Wareндorfer SU	M55	M	00:00:00	0	00:42:50	23	00:42:16	23	00:00:00	0	2	46	01:25:06
8	1408	Thomas Ehl	Wareндorfer SU	M55	M	00:44:59	23	00:44:32	21	00:00:00	0	00:00:00	0	2	44	01:29:31
9	1320	Michael Konermann	Rennschweine Greffen	M55	M	00:47:32	22	00:00:00	0	00:44:14	22	00:00:00	0	2	44	01:31:46
10	1324	Joachim Windau	Rennschweine Greffen	M55	M	00:00:00	0	00:43:32	22	00:44:54	21	00:00:00	0	2	43	01:28:26
11	1453	Andreas Niermann	TV Friesen Telgte	M55	M	00:00:00	0	00:45:22	20	00:47:21	20	00:00:00	0	2	40	01:32:43
12	1443	Ralf Buse	WSU Wareндorf	M55	M	00:49:37	21	00:47:27	19	00:00:00	0	00:00:00	0	2	40	01:37:04
13	1455	Thomas Paesler	BSV Ostbevern	M55	M	00:00:00	0	00:57:38	13	00:55:54	16	00:00:00	0	2	29	01:53:32
14	1381	Ewald Wiesmann	Wareндorfer SU	M55	M	00:00:00	0	00:57:10	14	00:57:48	14	00:00:00	0	2	28	01:54:58
15	1426	Karl Piochowiak	BSV Ostbevern	M55	M	00:57:36	19	00:00:00	0	00:00:00	0	00:00:00	0	1	19	00:57:36

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1356	Thomas Reger	DELTA-Lauftreff Ahlen	M60	M	00:58:59	22	00:55:03	23	00:54:43	23	00:00:00	0	3	68	02:48:45
2	1444	Martin Trame	LV Oelde	M60	M	00:00:00	0	00:41:01	25	00:40:50	25	00:00:00	0	2	50	01:21:51
3	1338	Todt G. Willingmann	Lauffreunde Bönen 1985 e	M60	M	00:44:41	24	00:43:07	24	00:00:00	0	00:00:00	0	2	48	01:27:48
4	1398	Norbert Harbert	Team VOSSKO	M60	M	00:00:00	0	00:55:09	22	00:55:30	22	00:00:00	0	2	44	01:50:39
5	1399	Hubertus Wiewel	Team VOSSKO	M60	M	00:58:14	23	00:56:41	21	00:00:00	0	00:00:00	0	2	44	01:54:55
6	1316	Ludger Hovest	Lauftreff Ostbevern	M60	M	00:00:00	0	01:03:35	19	00:46:26	24	00:00:00	0	2	43	01:50:01
7	1445	Reinhard Haverkamp	BSV Ostbevern	M60	M	00:00:00	0	00:59:36	20	00:58:06	21	00:00:00	0	2	41	01:57:42
9	1471	Manfred Hälker	Team VOSSKO	M60	M	01:06:40	21	00:00:00	0	01:08:02	20	00:00:00	0	2	41	02:14:42
8	1414	Wolfgang Dilla	LV Oelde	M60	M	00:42:20	25	00:00:00	0	00:00:00	0	00:00:00	0	1	25	00:42:20

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1368	Werner Hölscher	LSF Münster	M65	M	00:50:10	24	00:48:21	23	00:49:32	23	00:00:00	0	3	70	02:28:03
2	1419	Manfred Grünebaum	LV Oelde	M65	M	00:50:05	25	00:53:40	21	00:50:02	20	00:00:00	0	3	66	02:33:47
3	1422	Heinz-Jürgen Schulte	LV Oelde	M65	M	00:55:12	21	00:51:36	22	00:49:52	22	00:00:00	0	3	65	02:36:40
4	1372	Armin Düpmeier	WSU Warendorf	M65	M	00:58:50	20	00:56:19	20	00:57:47	19	00:00:00	0	3	59	02:52:56
5	1355	Burkhard Ulonska	Münster	M65	M	01:03:00	19	01:01:11	19	00:59:31	18	00:00:00	0	3	56	03:03:42
6	1446	Uli Stripper	LV Oelde	M65	M	00:00:00	0	00:46:16	25	00:45:16	25	00:00:00	0	2	50	01:31:32
7	1379	Manfred Ottensmann	TV Friesen Telgte	M65	M	00:52:24	22	00:00:00	0	00:48:55	24	00:00:00	0	2	46	01:41:19
8	1468	Franz Josef Strotmeier	WSU Tri-Team Warendorf	M65	M	00:51:31	23	00:00:00	0	00:49:57	21	00:00:00	0	1	44	01:41:28
9	1452	Uwe Dördelmann	LV Oelde	M65	M	00:00:00	0	00:46:32	24	00:00:00	0	00:00:00	0	1	24	00:46:32

Platz	SNR	Name	Verein	AKL	M/W	Ostbevern	Punkte	Einen	Punkte	Telgte	Punkte	Everswinkel	Punkte	Läufe	Ges.Punkte	Ges.Zeit
1	1365	Johannes Bußmann	TV Friesen Telgte	M75	M	00:49:56	25	00:49:05	25	00:47:47	25	00:00:00	0	3	75	02:26:48
2	1367	Peter Kaiser	Münster	M70	M	00:58:51	24	00:56:36	24	00:57:37	23	00:00:00	0	3	71	02:53:04
3	1458	Willy Rothaus	WSU	M70	M	00:00:00	0	00:56:50	23	00:55:43	24	00:00:00	0	2	47	01:52:33
4	1440	Peter Kubitz	TSV St. Peter Ording	M70	M	01:01:10	23	00:00:00	0	00:00:00	0	00:00:00	0	1	23	01:01:10