# Hochstift-Cup 2010

| Platz | Cup-Nr | Teilnahmen | Klasse | AK Pl. | Jahrgang | Name | Vorname | Verein | Ges. Pkt. | ø Pkt. Lauf | Jahreswechsellauf Brakel 4 km | Jahreswechsellauf Brakel Strecke | Sälzerlauf Salzkotten 5 km | Sälzerlauf Salzkotten Strecke | Leiberger Volkslauf 4 km | Leiberger Volkslauf Strecke | BELTE RUN 'N' ROLL Delbrück 4 km | BELTE RUN 'N' ROLL Delbrück Strecke | Residenz-Abendlauf Schloß Neuhaus 5 km | Residenz-Abendlauf Schloß Neuhaus Strecke | Pfingstläufe Kollerbeck 5,7 km | Pfingstläufe Kollerbeck Strecke | Int. Abendlauf Bentfeld 5 km | Int. Abendlauf Bentfeld Strecke | Eggelauf des BC Meerhof 5 km | Eggelauf des BC Meerhof Strecke | Marienloher Volkslauf 5 km | Marienloher Volkslauf Strecke | Bürener Volkslauf 5 km | Bürener Volkslauf Strecke | Hembser 3-Dörfer-Lauf 5 km | Hembser 3-Dörfer-Lauf Strecke | Vinsebecker Volkslauf 5 km | Vinsebecker Volkslauf Strecke | Bad Driburger Brunnenlauf 4,5 km | Bad Driburger Brunnenlauf Strecke | E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg 5 km | E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg Strecke | Köterberglauf 2010 5 km | Köterberglauf 2010 Strecke | Salzkottener Hederauenlauf 5 km | Salzkottener Hederauenlauf Strecke | Altenaulauf Borchen 5 km | Altenaulauf Borchen Strecke | Westenholzer Abendlauf 4 km | Westenholzer Abendlauf Strecke | Katharinenlauf Delbrück 5,15 km | Katharinenlauf Delbrück Strecke | Wildschütz-Klostermann-Lauf 7,5 km | Wildschütz-Klostermann-Lauf Strecke |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | 00:21:29 | R Zeit | 00:25:50 | R Zeit | 00:25:16 | R Zeit | 00:19:49 | R Zeit | 00:25:05 | R Zeit | 00:29:14 | R Zeit | 00:24:58 | R Zeit | 00:24:21 | R Zeit | 00:25:12 | R Zeit | 00:24:55 | R Zeit | 00:23:14 | R Zeit | 00:25:22 | R Zeit | 00:23:14 | R Zeit | 00:24:51 | R Zeit | 00:26:42 | R Zeit | 00:22:03 | R Zeit | 00:25:03 | R Zeit | 00:18:55 | R Zeit | 00:25:27 | R Zeit | 00:40:05 | R Zeit |
| | | | | | | | | | | | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. | Zeit | Pkt. |
| 39 | 1 | 10 | W 45 | 1 | 1961 | Baaske | Hilla | LT Marienloh | 16071,4 | 2008,9 | 00:24:33 | 1770 | 0:25:30 | 2020 | 0:24:03 | 2073 | 00:00:00 | 0 | 0:25:05 | 2000 | 0:29:26 | 1989,5 | 0:24:34 | 2024 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:04 | 1890 | 00:25:22 | 2000 | 00:24:18 | 1928,9 | 00:24:15 | 2036 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 65 | 2 | 8 | W 20 | 2 | 1990 | Koralewicz | Chantal | SV Rot-Weiß Bentfeld | 14027,5 | 1753,4 | 00:00:00 | 0 | 0:30:20 | 1730 | 0:28:32 | 1804 | 0:22:34 | 1793,8 | 0:29:30 | 1735 | 00:00:00 | 0 | 0:29:06 | 1752 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:30:02 | 1689 | 00:00:00 | 0 | 0:24:42 | 1801,3 | 00:00:00 | 0 | 0:22:37 | 1722,5 | 00:00:00 | 0 | 00:00:00 | 0 |
| 2 | 3 | 11 | M 30 | 2 | 1980 | Heints | Vladislav | Dorka-Sports Paderborn | 19842,9 | 2480,4 | 0:15:04 | 2481,3 | 0:17:11 | 2519 | 0:16:49 | 2507 | 0:13:21 | 2485 | 0:16:56 | 2489 | 00:20:30 | 2459,6 | 0:17:16 | 2462 | 00:18:24 | 2357 | 00:00:00 | 0 | 0:17:35 | 2440 | 00:00:00 | 0 | 0:18:11 | 2431 | 00:00:00 | 0 | 0:17:41 | 2430 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 46 | 5 | 10 | M 45 | 4 | 1961 | Dingerkus | Peter | DJK St. Laurentius Warburg | 15776,3 | 1972,0 | 0:22:17 | 1940 | 0:26:02 | 1988 | 0:25:16 | 2000 | 00:00:00 | 0 | 0:25:21 | 1984 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:25:29 | 1850 | 00:25:09 | 1982 | 00:29:09 | 1853 | 00:00:00 | 0 | 0:25:17 | 1986 | 00:00:00 | 0 | 0:25:48 | 1979,6 | 00:42:10 | 1916,7 | 0 |
| 34 | 6 | 10 | Schi B | 3 | 2002 | Nahen | Kiara | TV Jahn Bad Driburg | 16197,4 | 2024,7 | 00:22:57 | 1890 | 0:23:45 | 2125 | 0:23:37 | 2099 | 00:00:00 | 0 | 0:24:27 | 2038 | 00:29:14 | 2000 | 0:25:06 | 1992 | 00:25:21 | 1940 | 00:00:00 | 0 | 0:25:30 | 1965 | 00:00:00 | 0 | 0:26:18 | 1944 | 00:22:43 | 2034,4 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 26 | 7 | 10 | Schi B | 2 | 2000 | Nahen | Alina | TV Jahn Bad Driburg | 16853,2 | 2106,7 | 00:21:21 | 2010 | 0:23:26 | 2144 | 0:22:26 | 2170 | 00:00:00 | 0 | 0:23:10 | 2115 | 00:27:38 | 2084,2 | 0:23:07 | 2111 | 00:22:52 | 2089 | 00:00:00 | 0 | 0:23:35 | 2080 | 00:00:00 | 0 | 0:24:44 | 2038 | 00:22:20 | 2060 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 47 | 8 | 9 | Schi B | 4 | 1997 | Nahen | Vanessa | TV Jahn Bad Driburg | 15761,7 | 1970,2 | 00:22:35 | 1917,5 | 0:00:00 | 0 | 0:23:43 | 2093 | 00:00:00 | 0 | 0:24:43 | 2022 | 00:29:30 | 1986 | 0:25:31 | 1967 | 00:25:22 | 1939 | 00:00:00 | 0 | 0:26:00 | 1935 | 00:00:00 | 0 | 0:28:02 | 1840 | 00:24:42 | 1902,2 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 15 | 9 | 13 | M 40 | 2 | 1969 | Vogt | Thomas | LT Bad Lippspringe | 17944,9 | 2243,1 | 00:18:39 | 2212,5 | 0:00:00 | 0 | 0:19:58 | 2318 | 0:16:35 | 2242,5 | 00:21:30 | 2215 | 00:25:21 | 2204,4 | 0:21:31 | 2207 | 00:21:51 | 2150 | 0:21:09 | 2243 | 00:00:00 | 0 | 00:00:00 | 0 | 0:22:13 | 2189 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:18:1 | 2302,5 | 00:00:00 | 0 | 0:16:26 | 2186,3 | 0:22:06 | 2195,1 | 00:37:35 | 2100 |
| 6 | 10 | 15 | M 45 | 2 | 1964 | Versen | Dietmar | Only Eichholz | 18658,5 | 2332,3 | 00:16:58 | 2338,8 | 0:19:33 | 2377 | 0:19:09 | 2367 | 0:15:08 | 2351,3 | 0:20:11 | 2294 | 00:23:28 | 2303,5 | 0:19:38 | 2320 | 00:26:44 | 1857 | 00:00:00 | 0 | 0:20:11 | 2284 | 0:19:55 | 2199 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:22:10 | 2272 | 00:00:00 | 0 | 0:19:56 | 2307 | 00:15:21 | 2267,5 | 0:28:49 | 1803,9 | 00:34:19 | 2230,7 | 0 |
| 48 | 11 | 13 | W 30 | 1 | 1980 | Hermann | Sarah | TuS Vinsebeck | 15750,4 | 1968,8 | 00:23:24 | 1856,3 | 0:25:41 | 2009 | 0:24:22 | 2054 | 0:19:28 | 2026,3 | 00:00:00 | 0 | 0:31:09 | 1899,1 | 0:25:34 | 1964 | 00:26:40 | 1861 | 0:25:12 | 2000 | 00:26:36 | 1899 | 00:26:09 | 1825 | 00:00:00 | 0 | 00:00:00 | 0 | 0:26:32 | 1899 | 00:29:11 | 1851 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:28:48 | 1804,9 | 00:00:00 | 0 |
| 22 | 12 | 16 | M 40 | 4 | 1966 | Soares | Fernando | SV Reelsen | 17190,0 | 2148,8 | 00:20:39 | 2062,5 | 0:00:00 | 0 | 0:00:00 | 0 | 0:18:12 | 2121,3 | 0:23:06 | 2119 | 00:27:12 | 2107 | 0:22:47 | 2131 | 00:23:29 | 2052 | 0:22:54 | 2138 | 00:22:48 | 2127 | 00:22:55 | 2019 | 00:22:52 | 2150 | 00:21:48 | 2095,6 | 00:22:11 | 2160 | 00:25:13 | 2089 | 00:18:48 | 2243,8 | 00:00:00 | 0 | 0:17:23 | 2115 | 0:23:58 | 2086,4 | 00:00:00 | 0 |
| 61 | 13 | 8 | Schü A | 3 | 1996 | Krämer | Maximilian | LT Marienloh | 14502,3 | 1812,8 | 00:23:22 | 1858,8 | 0:26:05 | 1985 | 0:26:13 | 1943 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:27:56 | 1822 | 00:27:56 | 1785 | 0:26:01 | 1953 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:29:17 | 1457,5 | 0:30:03 | 1700 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 62 | 14 | 10 | Schi B | 5 | 2000 | Krämer | Ann-Kathrin | LT Marienloh | 14446,3 | 1805,8 | 00:24:28 | 1776,3 | 0:29:43 | 1767 | 0:29:14 | 1762 | 0:21:41 | 1860 | 0:27:29 | 1856 | 00:00:00 | 0 | 0:28:39 | 1779 | 00:28:32 | 1749 | 0:29:19 | 1753 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:51 | 1790 | 0:27:27 | 1856 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 54 | 17 | 9 | M 45 | 6 | 1961 | Osterhold | Andreas | TSV 1850 Korbach 09 | 15119,4 | 1889,9 | 00:22:30 | 1923,8 | 0:26:20 | 1970 | 00:00:00 | 0 | 00:00:00 | 0 | 0:26:20 | 1925 | 00:32:35 | 1823,7 | 0:26:58 | 1880 | 00:27:23 | 1818 | 0:26:50 | 1902 | 00:00:00 | 0 | 00:00:00 | 0 | 0:27:25 | 1877 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:44:57 | 1805,3 | 0 |
| 35 | 18 | 8 | M 35 | 4 | 1975 | Sohm | Henning | LG Bauerkamp Warburg | 16160,8 | 2020,1 | 0:21:29 | 2000 | 0:23:34 | 2136 | 00:00:00 | 0 | 0:18:54 | 2068,8 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:55 | 2003 | 00:00:00 | 0 | 0:24:26 | 2046 | 0:25:45 | 1950 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:32 | 1913,3 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:28 | 2043,8 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 37 | 20 | 9 | M 40 | 7 | 1967 | Sehrbrock | Jörg | SV Rot-Weiß Bentfeld | 16109,2 | 2013,6 | 00:00:00 | 0 | 0:25:35 | 2015 | 0:25:42 | 1974 | 0:19:49 | 2000 | 0:25:21 | 1984 | 00:00:00 | 0 | 0:24:50 | 2008 | 00:00:00 | 0 | 0:24:17 | 2055 | 00:24:41 | 2014 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:18:44 | 2013,8 | 0:25:07 | 2019,4 | 00:00:00 | 0 |
| 80 | 21 | 8 | W 40 | 3 | 1968 | Knies | Christa | SV Rot-Weiß Bentfeld | 11759,8 | 1470,0 | 00:00:00 | 0 | 0:32:31 | 1599 | 0:31:51 | 1605 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:35:41 | 1170 | 00:34:54 | 1397 | 00:39:52 | 1210 | 00:27:30 | 1591,3 | 00:00:00 | 0 | 0:23:57 | 1622,5 | 0:32:55 | 1565 | 00:00:00 | 0 |
| 49 | 22 | 9 | M 40 | 10 | 1966 | Knies | Rudolf | SV Rot-Weiß Bentfeld | 15546,3 | 1943,3 | 00:00:00 | 0 | 0:27:05 | 1925 | 0:26:16 | 1940 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:27:16 | 1825 | 0:25:47 | 1965 | 0:26:04 | 1931 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:26:38 | 1893 | 0:28:46 | 1876 | 0:21:35 | 2035 | 00:00:00 | 0 | 0:19:10 | 1981,3 | 00:00:00 | 0 | 00:00:00 | 0 |
| 50 | 23 | 8 | M 40 | 11 | 1969 | Meier | Günter | TV Salzkotten | 15529,8 | 1941,2 | 00:00:00 | 0 | 0:26:06 | 1984 | 00:00:00 | 0 | 0:20:11 | 1972,5 | 0:27:02 | 1883 | 00:00:00 | 0 | 0:25:58 | 1940 | 00:00:00 | 0 | 0:25:12 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:22:09 | 1992,5 | 00:00:00 | 0 | 0:20:48 | 1858,8 | 0:27:11 | 1899 | 00:00:00 | 0 |
| 28 | 24 | 16 | M 60 | 3 | 1947 | Vogt | Hans-Georg | LS Altenbeken | 16723,5 | 2090,4 | 00:00:00 | 0 | 0:23:39 | 2131 | 0:23:17 | 2119 | 0:19:00 | 2061,3 | 0:24:03 | 2062 | 00:28:41 | 2028,9 | 0:24:00 | 2058 | 00:00:00 | 0 | 0:24:10 | 2062 | 00:00:00 | 0 | 0:23:53 | 1961 | 00:24:34 | 2048 | 00:00:00 | 0 | 0:23:55 | 2056 | 00:26:42 | 2000 | 00:20:18 | 2131,3 | 0:23:24 | 2099 | 00:18:39 | 2020 | 0:24:45 | 2040,8 | 00:41:09 | 1957,3 | 0 |
| 14 | 25 | 13 | M 50 | 2 | 1957 | Schäfers | Berni | Spfr. 1931 Oesdorf | 18015,3 | 2251,9 | 00:00:00 | 0 | 0:21:20 | 2270 | 0:19:55 | 2321 | 0:16:45 | 2230 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:49 | 2189 | 00:22:07 | 2134 | 0:21:04 | 2248 | 00:20:55 | 2240 | 00:21:20 | 2114 | 00:21:31 | 2231 | 00:20:02 | 2213,3 | 00:20:29 | 2262 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:55 | 2205,8 | 00:37:22 | 2108,7 | 0 |
| 20 | 26 | 9 | M 55 | 1 | 1954 | Simon | Herbert | SV 21 Büren | 17231,0 | 2153,9 | 00:00:00 | 0 | 0:23:23 | 2147 | 0:22:04 | 2192 | 0:18:13 | 2120 | 0:22:37 | 2148 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:48 | 2033 | 0:22:26 | 2166 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:28 | 2117,8 | 00:21:17 | 2214 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:17:14 | 2126,3 | 00:00:00 | 0 | 00:00:00 | 0 |
| 18 | 27 | 10 | W 40 | 1 | 1967 | Bunzel | Dagmar | NSU Brakel | 17756,6 | 2219,6 | 00:00:00 | 0 | 0:29:26 | 1784 | 0:29:20 | 1756 | 00:00:00 | 0 | 0:21:39 | 2206 | 00:25:25 | 2200,9 | 0:21:27 | 2211 | 00:00:00 | 0 | 0:20:57 | 2255 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:00 | 2231 | 00:23:34 | 2188 | 00:00:00 | 0 | 0:20:47 | 2256 | 00:16:08 | 2208,8 | 00:00:00 | 0 | 00:00:00 | 0 |
| 68 | 28 | 8 | Schi B | 6 | 2000 | Erkeling | Linda | DJK Adler Brakel | 13917,5 | 1739,7 | 00:00:00 | 0 | 0:29:25 | 1785 | 0:29:20 | 1756 | 00:00:00 | 0 | 0:29:08 | 1757 | 00:00:00 | 0 | 0:28:43 | 1775 | 00:00:00 | 0 | 0:29:20 | 1752 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:30:11 | 1680 | 00:00:00 | 0 | 0:25:52 | 1713,8 | 00:00:00 | 0 | 0:22:56 | 1698,8 | 00:00:00 | 0 | 00:00:00 | 0 |
| 30 | 29 | 8 | Schü A | 2 | 1996 | Schneider | Florian | vereinslos | 16606,5 | 2075,8 | 00:00:00 | 0 | 0:25:07 | 2043 | 0:22:46 | 2150 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:46 | 2072 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:05 | 2046 | 00:25:15 | 2087 | 00:00:00 | 0 | 0:22:58 | 2125 | 00:00:00 | 0 | 0:24:01 | 2083,5 | 00:40:05 | 2000 | 0 |
| 38 | 30 | 8 | W 40 | 2 | 1966 | Schwarzer | Uschi | vereinslos | 16083,9 | 2010,5 | 00:00:00 | 0 | 0:24:38 | 2072 | 0:23:01 | 2135 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:11 | 2047 | 00:00:00 | 0 | 0:24:15 | 2057 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:06 | 1985 | 0:28:47 | 1875 | 00:00:00 | 0 | 0:24:52 | 2011 | 00:00:00 | 0 | 0:27:08 | 1901,9 | 00:00:00 | 0 |
| 64 | 32 | 12 | M 60 | 6 | 1948 | Bock | Gert | Korbach | 14170,8 | 1771,3 | 00:00:00 | 0 | 0:29:33 | 1777 | 0:28:50 | 1786 | 0:22:35 | 1792,5 | 0:28:57 | 1768 | 00:35:06 | 1691,2 | 0:28:37 | 1781 | 00:30:05 | 1656 | 0:29:09 | 1763 | 0:29:43 | 1712 | 00:00:00 | 0 | 0:30:58 | 1664 | 00:00:00 | 0 | 0:29:45 | 1712 | 00:00:00 | 0 | 0:24:50 | 1791,3 | 00:00:00 | 0 | 0:22:46 | 1711,3 | 00:00:00 | 0 | 00:00:00 | 0 |
| 77 | 33 | 10 | M 65 | 2 | 1942 | Wöstefeld | Helmut | vereinslos | 12517,5 | 1564,7 | 00:00:00 | 0 | 0:33:10 | 1560 | 00:00:00 | 0 | 00:00:00 | 0 | 0:31:55 | 1590 | 00:00:00 | 0 | 0:32:24 | 1554 | 00:33:01 | 1480 | 00:00:00 | 0 | 0:32:33 | 1542 | 00:31:53 | 1481 | 0:32:02 | 1600 | 00:00:00 | 0 | 0:31:53 | 1578 | 00:00:00 | 0 | 0:27:22 | 1601,3 | 00:00:00 | 0 | 0:34:10 | 1492,2 | 00:00:00 | 0 | 00:00:00 | 0 |
| 32 | 34 | 10 | M 45 | 3 | 1961 | Resesky | Manfred | BC 23 Meerhof | 16358,8 | 2044,8 | 00:00:00 | 0 | 0:26:35 | 1955 | 0:24:09 | 2067 | 0:19:14 | 2043,8 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:07 | 1991 | 0:25:30 | 1931 | 0:24:02 | 2070 | 0:23:43 | 2072 | 0:23:14 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 0:28:00 | 1811 | 00:00:00 | 0 | 0:23:11 | 1915 | 0:26:49 | 1894 | 00:22:02 | 1766,3 | 0:30:26 | 1709,7 | 00:48:13 | 1674,7 | 0 |
| 75 | 35 | 8 | W 45 | 9 | 1963 | Petri | Isolde | vereinslos | 12655,0 | 1581,9 | 00:00:00 | 0 | 0:32:33 | 1597 | 0:31:38 | 1618 | 00:00:00 | 0 | 0:34:01 | 1464 | 00:00:00 | 0 | 0:31:25 | 1613 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:31:12 | 1619 | 00:35:13 | 1489 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:38 | 1646,3 | 0:32:10 | 1608,7 | 00:00:00 | 0 |
| 71 | 36 | 12 | M 75 | 1 | 1934 | Neumann | Dieter | VfB Salzkotten | 13458,0 | 1682,3 | 00:00:00 | 0 | 0:30:40 | 1710 | 0:29:03 | 1773 | 0:24:57 | 1615 | 00:00:00 | 0 | 0:37:46 | 1550,9 | 0:31:27 | 1611 | 00:32:31 | 1510 | 0:29:37 | 1735 | 00:30:02 | 1693 | 00:00:00 | 0 | 00:31:06 | 1656 | 00:30:37 | 1507,8 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:23 | 1665 | 00:00:00 | 0 | 0:54:48 | 1411,3 | 00:54:48 | 1411,3 | 0 |
| 36 | 38 | 8 | Schü B | 1 | 1999 | Buchwald | Gregor | vereinslos | 16119,3 | 2014,9 | 00:00:00 | 0 | 0:25:50 | 2000 | 0:23:58 | 2078 | 0:18:52 | 2071,3 | 0:24:18 | 2047 | 00:00:00 | 0 | 0:25:06 | 1992 | 00:00:00 | 0 | 0:25:51 | 1961 | 0:25:25 | 1970 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:00 | 1985 | 00:00:00 | 0 | 0:23:11 | 1915 | 0:26:49 | 1884 | 00:22:00 | 1745 | 0:30:00 | 1700 | 00:00:00 | 0 |
| 13 | 39 | 10 | M 40 | 1 | 1966 | Buchwald | Andreas | vereinslos | 18046,3 | 2255,8 | 00:00:00 | 0 | 0:21:21 | 2269 | 0:20:48 | 2268 | 0:16:06 | 2278,8 | 00:00:00 | 0 | 00:00:00 | 0 | 0:21:13 | 2225 | 0:21:47 | 2154 | 00:00:00 | 0 | 0:21:08 | 2227 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:20:02 | 2289 | 00:00:00 | 0 | 00:00:00 | 0 | 0:20:28 | 2275 | 00:00:00 | 0 | 0:21:46 | 2214,6 | 00:36:19 | 2150,7 | 0 |
| 25 | 40 | 9 | M 40 | 6 | 1970 | Sedat | Ralf | SC Blau-Weiß Ostenland | 16939,8 | 2117,5 | 00:00:00 | 0 | 0:23:16 | 2154 | 00:00:00 | 0 | 0:18:47 | 2077,5 | 0:23:52 | 2073 | 00:00:00 | 0 | 0:23:50 | 2068 | 0:24:08 | 2013 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:19:29 | 2192,5 | 0:22:30 | 2153 | 00:17:44 | 2088,8 | 0:23:10 | 2133 | 00:00:00 | 0 |
| 60 | 41 | 9 | M 60 | 5 | 1947 | Borghoff | Ferdi | TuS Bad Wünnenberg | 14533,7 | 1816,7 | 00:00:00 | 0 | 0:27:01 | 1929 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:28:49 | 1769 | 0:28:30 | 1751 | 0:26:33 | 1919 | 0:28:09 | 1806 | 00:00:00 | 0 | 0:29:09 | 1773 | 0:27:43 | 1701,1 | 00:00:00 | 0 | 0:31:33 | 1709 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:27:33 | 1877,7 | 00:00:00 | 0 |
| 5 | 42 | 8 | w Jgd A | 1 | 1991 | Eulitz | Marie-Christin | vereinslos | 18958,8 | 2369,9 | 00:00:00 | 0 | 0:18:49 | 2421 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:22:09 | 2372,8 | 0:18:24 | 2394 | 00:00:00 | 0 | 00:00:00 | 0 | 0:18:49 | 2366 | 00:00:00 | 0 | 0:19:40 | 2342 | 0:17:44 | 2366,7 | 00:18:30 | 2381 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:32:12 | 2315,3 | 0 |
| 11 | 43 | 10 | M 30 | 3 | 1976 | Simon | Christian | LC Paderborn | 18200,5 | 2275,1 | 00:00:00 | 0 | 0:20:02 | 2348 | 00:00:00 | 0 | 0:15:51 | 2297,5 | 00:00:00 | 0 | 00:00:00 | 0 | 0:20:26 | 2272 | 0:21:03 | 2198 | 0:20:25 | 2287 | 0:21:09 | 2226 | 00:00:00 | 0 | 00:00:00 | 0 | 0:20:17 | 2196,7 | 00:20:39 | 2252 | 00:00:00 | 0 | 0:17:47 | 2320 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:39:29 | 2024 | 0 |
| 70 | 44 | 8 | W 30 | 2 | 1980 | Wirtz | Nadine | vereinslos | 13472,4 | 1684,1 | 00:00:00 | 0 | 0:30:57 | 1693 | 00:00:00 | 0 | 0:24:13 | 1670 | 0:30:48 | 1657 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:31:30 | 1605 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:30:37 | 1654 | 00:00:00 | 0 | 0:24:52 | 1788,8 | 0:29:03 | 1760 | 00:00:00 | 0 | 0:31:33 | 1644,7 | 00:00:00 | 0 |
| 29 | 45 | 8 | W 20 | 1 | 1988 | Neugebauer | Antje | DJK Gütersloh | 16716,3 | 2089,5 | 00:00:00 | 0 | 0:23:44 | 2126 | 0:22:22 | 2174 | 0:18:20 | 2111,3 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:10 | 2011 | 0:23:00 | 2132 | 0:22:38 | 2137 | 0:22:39 | 2035 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:19:03 | 1990 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 |
| 31 | 47 | 8 | M 35 | 3 | 1975 | Carl | Christian | HTSV Leiberg | 16447,7 | 2056,0 | 00:00:00 | 0 | 0:24:32 | 2078 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:24:21 | 2000 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:34 | 2081 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:23:24 | 2087 | 00:00:00 | 0 | 00:00:00 | 0 | 0:22:52 | 2133 | 00:17:39 | 2095 | 0:24:44 | 2041,7 | 00:41:47 | 1932 | 0 |
| 16 | 48 | 12 | M 40 | 3 | 1967 | Pott | Dietmar | LC Paderborn | 17812,3 | 2226,5 | 00:00:00 | 0 | 0:21:22 | 2268 | 00:00:00 | 0 | 0:17:16 | 2191,3 | 0:21:42 | 2203 | 00:26:15 | 2157 | 00:00:00 | 0 | 0:22:45 | 2096 | 00:00:00 | 0 | 0:21:26 | 2209 | 0:21:25 | 2109 | 00:00:00 | 0 | 0:21:03 | 2145,6 | 00:21:19 | 2212 | 00:00:00 | 0 | 0:17:59 | 2305 | 0:21:16 | 2227 | 00:00:00 | 0 | 0:22:04 | 2197,1 | 00:00:00 | 0 |
| 51 | 49 | 11 | M 60 | 4 | 1949 | Tracht | Josef | TuS Vinsebeck | 15483,5 | 1935,4 | 00:00:00 | 0 | 0:27:14 | 1916 | 0:26:54 | 1902 | 00:00:00 | 0 | 0:26:49 | 1896 | 00:31:13 | 1895,6 | 0:25:46 | 1952 | 00:00:00 | 0 | 0:25:13 | 1999 | 0:27:08 | 1867 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:41 | 1836,7 | 0:25:52 | 1939 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:31 | 1972 | 00:20:09 | 1907,5 | 00:00:00 | 0 | 00:00:00 | 0 |
| 78 | 50 | 9 | M 60 | 8 | 1946 | Richter | Franz-Josef | TuS Vinsebeck | 12161,6 | 1520,2 | 00:00:00 | 0 | 0:33:54 | 1516 | 0:32:27 | 1569 | 00:00:00 | 0 | 00:00:00 | 0 | 00:39:09 | 1478,1 | 0:32:31 | 1547 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:33:25 | 1389 | 00:00:00 | 0 | 0:32:00 | 1415,6 | 00:00:00 | 0 | 00:00:00 | 0 | 0:27:32 | 1588,8 | 0:32:37 | 1546 | 00:25:34 | 1501,3 | 00:00:00 | 0 | 00:00:00 | 0 |
| 7 | 51 | 8 | M 50 | 1 | 1960 | Kleine | Johannes | SV Brenken | 18615,8 | 2327,0 | 00:00:00 | 0 | 0:19:22 | 2388 | 0:19:07 | 2369 | 00:00:00 | 0 | 0:19:34 | 2331 | 00:00:00 | 0 | 00:00:00 | 0 | 0:19:27 | 2345 | 0:19:24 | 2331 | 0:19:38 | 2216 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:19:21 | 2342 | 00:15:00 | 2293,8 | 00:00:00 | 0 | 00:00:00 | 0 |
| 44 | 53 | 10 | M 40 | 9 | 1968 | Niesmann | Matthias | SV Rot-Weiß Bentfeld | 15891,9 | 1986,5 | 00:00:00 | 0 | 0:27:20 | 1910 | 0:27:08 | 1888 | 0:20:02 | 1983,8 | 0:26:47 | 1898 | 00:00:00 | 0 | 0:24:47 | 2011 | 0:25:35 | 1926 | 0:24:13 | 2059 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:25:02 | 1989 | 00:00:00 | 0 | 00:00:00 | 0 | 00:00:00 | 0 | 0:19:00 | 1993,8 | 0:25:07 | 2019,4 | 00:00:00 | 0 |
| 72 | 54 | 8 | W 45 | 7 | 1961 | Wilmes-Brinkschröder | Petra | SSV Delbrück | 13297,3 | 1662,2 | 00:00:00 | 0 | 0:31:13 | 1677 | 00:00: