



10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2010										Jahreswechsellauf Brakel		Sätzerlauf Salzkotten		Leibberger Volkslauf		BELTE RUN N' ROLL Delbrück		Residenz-Abendlauf Schloß Neuhaus		Pflingstläufe Kollerbeck		Int. Abendlauf Bentfeld		Eggelauf des BC Meerhof		Manienloher Volkslauf		Bürene Volkslauf		Hembser 3-Dörfer Lauf		Vinsbecker Volkslauf		Bad Driburger Brunnenlauf		E.ON Westfalen-Weser-Volkslauf Bad Wünnenberg		Köterberglauf 2010		Salzkottener Hederauenlauf		Altenauf Borchon		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf							
			Klasse	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	11 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10,1 km Strecke		10 km Strecke		14 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		10 km Strecke		15 km Strecke														
										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.									
-	1069	7	M 55	-	1953	Kandora	Marian	ASV Iserlohn	17230,1	2461,4	00:00:00	0	0:39:49	2488	00:00:00	0	0:39:39	2424	0:39:32	2499	00:00:00	0	00:00:00	0	00:40:04	2485,1	0:39:18	2516	00:00:00	0	00:00:00	0	00:39:49	2453	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:41:28	2365	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0				
-	1071	5	M 40	-	1969	Göke	Michael	vereinslos	7840,0	1568,0	00:00:00	0	0:57:04	1453	00:00:00	0	0:54:04	1559	0:53:55	1636	00:00:00	0	00:00:00	0	00:00:00	0	0:54:27	1607	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:54:13	1585	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0						
-	1080	2	M 50	-	1959	Uth	Thomas	TSV Schloss Neuhaus	5046,0	2523,0	00:00:00	0	0:39:00	2537	00:00:00	0	00:00:00	0	0:39:22	2509	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	00:00:00	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				
-	1081	4	M 45	-	1965	Epping	Hubert	TC BW Delbrück	10193,9	2548,5	00:00:00	0	0:38:06	2591	00:38:53	2593	00:00:00	0	00:00:00	0	00:41:14	2496	00:00:00	0	00:39:35	2513,9	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
-	1084	2	M 40	-	1970	Jansen	Arne	Salzkotten	3038,0	1519,0	00:00:00	0	0:57:01	1456	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	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1087	1	M 50	-	1960	Freyer	Hansjörg	SC Borchon	2035,0	2035,0	00:00:00	0	0:47:22	2035	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	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0		
-	1089	4	M 50	-	1958	Glahn	Josef	VfL Lichtenau	7974,0	1993,5	00:00:00	0	0:46:21	2096	00:45:48	2176	00:00:00	0	0:53:53	1638	00:00:00	0	0:46:20	2062	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	00:00:00	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		
-	1100	1	W 40	-	1970	Schäfer-Dören	Birgit	HTSV Leiberg	1680,0	1680,0	00:00:00	0	00:00:00	0	00:54:06	1680	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	00:00:00	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	00:00:00	0	00:00:00	0		
-	1105	3	M 30	-	1976	Menke	Jan	HTSV Leiberg	3588,2	1196,1	00:00:00	0	00:00:00	0	01:03:37	1109	0:58:19	1304	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:02:07	1175,2	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	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		
-	1111	6	M 50	-	1957	Cramer	Franz	Lauftreff Eisen-Wewer	9071,0	1511,8	00:00:00	0	00:00:00	0	00:00:00	0	0:54:14	1549	0:55:00	1571	00:00:00	0	0:53:53	1609	00:00:00	0	0:55:08	1566	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	0:55:32	1474	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
-	1113	0	-	-	0	N.	N.	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	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0				
-	1114	4	M 30	-	1976	Held	Simon	TuS 1913 Hembesen	8797,0	2199,3	00:00:00	0	00:00:00	0	00:00:00	0	0:42:24	2259	00:00:00	0	00:45:14	2256	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	00:00:00	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		
-	1115	3	M 40	-	1968	Kriener	Ludger	BC 23 Meerhof	5125,8	1708,6	00:00:00	0	00:00:00	0	00:00:00	0	0:51:57	1686	0:52:35	1716	00:00:00	0	00:00:00	0	00:00:00	0	00:52:53	1723,8	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
-	1122	1	W 35	-	1973	Saadhoff	Nora	vereinslos	1055,0	1055,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	1:03:36	1055	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	00:00:00	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		