10 km Wertung

Hochstift-Cup 2010

Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	ø Pkt. Lauf	Jahreswechsellauf Brakel 11 km Zeit	Strecke Pkt.	Sälzerlauf Salzkotten 10 km Zeit	Strecke Pkt.	Leiberger Volkslauf 10 km Zeit	Strecke Pkt.	BELTE RUN 'N' ROLL Delbrück 10 km Zeit	Strecke Pkt.	Residenz-Abendlauf Schloß Neuhaus 10 km Zeit	Strecke Pkt.	Pfingstläufe Kollerbeck 10 km Zeit	Strecke Pkt.	Int. Abendlauf Bentfeld 10 km Zeit	Strecke Pkt.	Eggelauf des BC Meerhof 10,1 km Zeit	Strecke Pkt.	Marienloher Volkslauf 10 km Zeit	Strecke Pkt.	Bürener Volkslauf 14 km Zeit	Strecke Pkt.	Hembser 3-Dörfer-Lauf 10 km Zeit	Strecke Pkt.	Vinsebecker Volkslauf 10 km Zeit	Strecke Pkt.	Bad Driburger Brunnenlauf 10 km Zeit	Strecke Pkt.	E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg 10 km Zeit	Strecke Pkt.	Köterberglauf 2010 13 km Zeit	Strecke Pkt.	Salzkottener Hederauenlauf 10 km Zeit	Strecke Pkt.	Altenaulauf Borchen 10 km Zeit	Strecke Pkt.	Westenholzer Abendlauf 10 km Zeit	Strecke Pkt.	Katharinenlauf Delbrück 10 km Zeit	Strecke Pkt.	Wildschütz-Klostermann-Lauf 15 km Zeit	Strecke Pkt.
											00:57:18	R Zeit	00:47:57	R Zeit	00:48:46	R Zeit	00:46:43	R Zeit	00:47:51	R Zeit	00:49:30	R Zeit	00:47:22	R Zeit	00:48:14	R Zeit	00:47:54	R Zeit	01:09:48	R Zeit	00:47:39	R Zeit	00:47:22	R Zeit	00:50:47	R Zeit	00:46:46	R Zeit	01:04:38	R Zeit	00:47:33	R Zeit	00:47:18	R Zeit	00:46:33	R Zeit	00:44:00	R Zeit	01:12:18	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.
1	1082	10	M 30	1	1976	Fiedler	Christian	TSV Schloss Neuhaus	22379,3	2797,4	00:00:00	0	0:34:17	2820	00:34:40	2846	0:33:53	2770	0:34:53	2778	00:00:00	0	00:00:00	0	0:35:16	2770,3	00:00:00	0	00:00:00	0	0:34:32	2770	0:36:35	2852	0:33:53	2773	00:00:00	0	0:35:53	2700	00:00:00	0	0:34:33	2720	00:00:00	0	00:00:00	0
2	1094	10	M 40	1	1967	Freitag	Wolfgang	Delbrück läuft	21571,0	2696,4	00:00:00	0	0:35:28	2749	0:35:53	2773	0:34:35	2728	00:00:00	0	00:00:00	0	0:35:07	2735	00:00:00	0	0:37:34	2620	00:00:00	0	00:00:00	0	00:00:00	0	0:35:48	2658	00:00:00	0	0:37:5	2628	0:35:58	2680	00:00:00	0	0:35:39	2501	00:57:35	2588,7
3	1095	11	M 30	2	1977	Ewen	Frank	Delbrück läuft	21285,7	2660,7	00:00:00	0	0:35:36	2741	0:36:42	2724	0:35:56	2647	00:00:00	0	00:00:00	0	0:36:42	2640	00:00:00	0	0:37:07	2647	00:00:00	0	00:00:00	0	0:37:12	2610	00:00:00	0	0:36:55	2591	00:00:00	0	0:37:17	2616	0:36:24	2654	00:00:00	0	0:36:00	2480	00:56:53	2616,7
4	1085	10	M 35	1	1975	Riesel	Tobias	Tus Vinsebeck	21123,0	2640,4	00:00:00	0	0:36:08	2709	00:00:00	0	00:00:00	0	0:36:24	2687	00:00:00	0	0:36:55	2627	00:00:00	0	00:00:00	0	00:00:00	0	0:38:53	2509	00:40:16	2631	0:36:10	2636	00:00:00	0	0:38:6	2567	0:36:17	2661	0:36:28	2605	00:00:00	0	00:59:10	2525,3
5	1088	8	M 35	2	1972	Götze	Frank	vereinslos	21045,9	2630,7	00:00:00	0	0:35:14	2763	00:00:00	0	00:00:00	0	0:36:36	2675	00:00:00	0	0:36:31	2651	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:37:26	2560	00:00:00	0	00:00:00	0	0:36:15	2663	0:36:44	2589	0:36:23	2457	00:00:00	0
6	1005	10	M 20	1	1990	Linnemann	Jonas	Dorka-Sports Paderborn	20594,6	2574,3	00:50:01	2397,3	0:38:10	2587	00:00:00	0	0:37:13	2570	00:00:00	0	00:00:00	0	0:38:25	2537	00:38:21	2587,1	0:39:03	2531	00:56:07	2586,4	00:39:00	2519	00:00:00	0	00:44:44	2603	0:36:53	2593	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
7	1016	9	M 35	3	1972	Hansmann	Frank	LG Bauerkamp Warburg	20561,8	2570,2	00:47:04	2558,2	0:37:38	2619	00:00:00	0	0:38:15	2508	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:38:40	2554	00:00:00	0	0:38:20	2559	0:37:28	2594	00:00:00	0	0:36:09	2637	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:37:19	2401	00:58:59	2532,7
8	1110	8	M 40	2	1966	Stein	Dietmar	1. Tri-Club-Paderborn	20356,7	2544,6	00:00:00	0	0:00:00	0	00:00:00	0	0:37:12	2571	0:37:37	2614	00:00:00	0	0:38:01	2561	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:37:25	2561	00:00:00	0	0:38:15	2558	0:37:22	2596	00:00:00	0	0:37:29	2391	00:59:41	2504,7
9	1036	8	M 30	3	1977	Böddeker	Markus	TV Jahn Bad Driburg	20321,2	2540,1	00:50:33	2368,2	0:38:00	2597	00:00:00	0	0:38:02	2521	0:36:58	2653	00:00:00	0	0:37:59	2563	00:00:00	0	0:38:02	2592	00:00:00	0	0:41:11	2388	00:00:00	0	0:36:07	2639	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
10	1033	11	M 45	1	1964	Müller	Rainer	TuS 1913 Hembsen	19949,2	2493,6	00:53:54	2185,5	0:39:31	2506	00:00:00	0	00:00:00	0	00:00:00	0	00:40:34	2536	0:39:05	2497	00:00:00	0	00:00:00	0	00:58:52	2468,6	00:40:31	2428	00:00:00	0	00:41:55	2532	0:39:10	2456	00:53:16	2524,6	00:00:00	0	00:00:00	0	0:39:24	2429	00:00:00	0	01:01:53	2416,7
11	1039	8	M 35	4	1971	Gieffers	Christoph	TuS 1913 Hembsen	19779,7	2472,5	00:48:50	2461,8	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:40:33	2537	0:39:04	2498	00:00:00	0	00:00:00	0	00:00:00	0	00:40:01	2458	00:00:00	0	00:00:00	0	0:37:38	2548	00:53:17	2523,8	00:00:00	0	00:00:00	0	0:38:47	2313	01:01:18	2440
12	1118	10	M 30	4	1979	Günther	Thorsten	vereinslos	19590,7	2448,8	00:00:00	0	0:00:00	0	00:00:00	0	0:40:49	2354	0:40:52	2419	00:42:25	2425	00:00:00	0	00:40:35	2454,5	00:00:00	0	01:00:08	2414,3	00:40:22	2437	00:00:00	0	00:41:47	2540	0:38:46	2480	00:00:00	0	0:40:32	2421	00:00:00	0	00:00:00	0	0:39:01	2299	00:00:00	0
13	1018	9	M 45	2	1964	Bettermann	Rainer	LG Bauerkamp Warburg	19447,0	2430,9	00:51:39	2308,2	0:39:49	2488	00:00:00	0	0:40:14	2389	00:00:00	0	0:42:36	2414	0:39:58	2444	00:00:00	0	0:40:19	2455	00:00:00	0	0:40:52	2407	00:00:00	0	00:00:00	0	0:39:39	2427	00:00:00	0	00:00:00	0	0:39:30	2423	00:00:00	0	00:00:00	0
14	1099	9	M 40	3	1967	Kühlert	Elmar	LC Paderborn	19342,5	2417,8	00:00:00	0	0:47:07	2050	00:00:00	0	00:00:00	0	0:39:58	2473	0:41:58	2452	00:00:00	0	00:40:51	2438,6	0:39:51	2483	0:59:35	2437,9	00:00:00	0	00:41:18	2364	00:00:00	0	00:00:00	0	00:00:00	0	00:40:29	2424	00:00:00	0	00:00:00	0	01:05:33	2270	
15	1090	15	M 50	1	1958	Richters	Reinhard	VfL Lichtenau	19326,0	2415,7	00:00:00	0	0:41:22	2395	00:41:33	2433	00:00:00	0	0:41:23	2388	00:00:00	0	0:40:56	2386	00:41:27	2403	0:40:40	2434	01:00:57	2379,3	0:42:03	2336	00:00:00	0	00:43:46	2421	0:39:50	2416	00:56:33	2373,1	00:00:00	0	0:40:09	2429	0:39:58	2395	0:39:46	2254	01:04:28	2313,3
16	1045	13	m Jgd B	1	1993	Schroth	Eike	NSU Brakel	19307,0	2413,4	00:52:19	2271,8	0:00:00	0	00:42:59	2347	0:39:58	2405	0:39:53	2478	00:42:33	2417	0:39:14	2488	00:00:00	0	00:00:00	0	01:21:01	1519,3	0:45:42	2117	00:43:33	2229	00:00:00	0	00:00:00	0	00:41:19	2374	0:46:20	2058	0:38:53	2460	0:38:22	2338	00:00:00	0
17	1017	11	M 35	5	1975	Thonemann	Markus	LG Bauerkamp Warburg	19156,1	2394,5	00:54:42	2141,8	0:40:42	2435	00:00:00	0	0:40:42	2361	00:00:00	0	00:42:21	2429	00:00:00	0	00:41:36	2394,1	0:41:14	2400	00:00:00	0	00:41:46	2353	00:41:54	2328	00:00:00	0	0:40:03	2403	00:00:00	0	00:00:00	0	0:40:12	2381	0:39:55	2245	00:00:00	0
18	1006	11	M 20	2	1983	Disselhoff	Bernhard	Delta Club Wiehengebirge	18728,0	2341,0	00:54:28	2154,5	0:42:21	2336	00:00:00	0	0:41:41	2302	00:00:00	0	00:44:03	2327	0:41:06	2376	00:00:00	0	0:41:44	2370	00:00:00	0	00:00:00	0	00:00:00	0	0:45:34	2313	0:41:38	2308	00:00:00	0	00:00:00	0	0:41:21	2357	0:40:52	2341	0:40:35	2205	00:00:00	0
19	1116	8	M 45	3	1964	Sachwitz	Norbert	Sennesport	18452,7	2306,6	00:00:00	0	0:00:00	0	00:00:00	0	0:41:48	2295	0:41:51	2360	00:44:16	2314	00:00:00	0	00:42:45	2325,7	0:42:40	2314	01:03:44	2260	00:00:00	0	00:43:09	2253	0:45:16	2331	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
20	1121	10	M 50	2	1960	Baibara	Andreas	LC Paderborn	18391,3	2298,9	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	0:42:49	2302	00:00:00	0	0:41:55	2327	00:00:00	0	0:42:02	2352	01:04:27	2229,3	00:44:09	2210	00:00:00	0	0:46:03	2284	0:41:28	2318	00:00:00	0	00:00:00	0	0:41:02	2331	0:41:08	2172	01:06:06	2248
21	1054	8	M 20	3	1987	Möring	Christoph	SV Rot-Weiß Bentfeld	18363,7	2295,5	00:00:00	0	0:42:08	2349	00:00:00	0	0:41:18	2325	00:00:00	0	00:00:00	0	0:42:13	2309	00:00:00	0	00:00:00	0	01:01:30	2355,7	00:00:00	0	00:00:00	0	00:00:00	0	0:41:46	2300	00:00:00	0	0:41:25	2368	00:00:00	0	00:00:00	0	0:42:05	2115	01:06:15	2242
22	1004	10	M 35	6	1974	Selter	Alexander	LG Bauerkamp Warburg	18272,4	2284,0	00:55:12	2114,5	0:00:00	0	0:43:57	2289	0:41:22	2321	00:00:00	0	0:45:00	2270	0:42:19	2303	00:43:50	2261,4	0:52:03	1751	00:00:00	0	0:42:31	2308	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:40:50	2343	0:41:03	2177	00:00:00	0
23	1029	16	M 40	4	1967	van Hoof	Frank	vereinslos	18208,7	2276,1	00:55:51	2079,1	0:43:18	2279	0:42:28	2378	00:00:00	0	0:45:14	2157	0:47:21	2129	0:44:04	2198	00:43:44	2267,3	0:43:24	2270	01:04:49	2213,6	00:00:00	0	00:44:57	2145	0:46:46	2241	0:43:37	2189	00:58:03	2303,8	00:00:00	0	0:43:02	2256	00:00:00	0	0:43:11	2049	01:07:18	2200
24	1061	12	M 40	5	1970	Eichler	Jens	vereinslos	18099,5	2262,4	00:00:00	0	0:44:03	2234	00:43:39	2307	0:44:00	2163	0:43:22	2269	00:00:00	0	0:43:21	2241	00:44:00	2251,5	0:43:16	2278	00:00:00	0	00:00:00	0	00:00:00	0	0:42:11	2275	01:00:00	2213,8	00:43:29	2244	00:00:00	0	00:00:00	0	0:42:37	2083	01:08:11	2164,7
25	1002	12	M 50	3	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	17980,6	2247,6	00:56:30	2043,6	0:43:53	2244	00:43:25	2321	0:43:13	2210	0:43:57	2234	00:46:30	2180	00:00:00	0	00:00:00	0	0:43:59	2235	00:00:00	0	0:45:03	2156	00:00:00	0	00:00:00	0	00:00:00	0	0:58:28	2284,6	00:44:10	2203	00:00:00	0	0:42:24	2249	0:43:22	2038	00:00:00	0
26	1101	8	M 40	6	1968	Böhmer	Gregor	TSV Schloss Neuhaus	17872,8	2234,1	00:00:00	0	0:00:00	0	0:44:39	2247	0:42:55	2228	00:00:00	0	00:00:00	0	0:42:58	2264	00:43:53	2258,4	0:42:59	2295	01:06:16	2151,4	00:44:23	2196	00:00:00	0	00:46:54	2233	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
27	1066	13	M 55	1	1951	Drechsler	Hans	LF Benteler Paderborn	17772,7	2221,6	00:00:00	0	0:44:18	2219	0:43:05	2341	00:00:00	0	0:43:09	2282	00:49:07	2023	0:44:05	2197	00:44:19	2232,7	0:44:53	2181	00:00:00	0	0:46:33	2066	00:00:00	0	00:00:00	0	00:00:00	0	01:06:04	1933,8	0:45:9	2144	00:00:00	0	0:43:37	2176	0:43:21	2039	01:08:53	2136,7
28	1023	10	M 45	4	1964	Lakämper	Franz	Laufspass SW Sende	17765,7	2220,7	00:54:03	2177,3	0:43:17	2280	0:43:01	2345	0:44:06	2157	0:43:51	2240	00:45:35	2235	0:44:30	2172	00:45:33	2159,4	00:00:00	0	01:06:52	2125,7	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	0:46:54	1979	00:00:00	0	00:00:00	0
29	1091	8	m Jgd B	2	1995	Prinz	André	Lauftreff Elsen-Wewer	17737,3	2217,2	00:00:00	0	0:43:28	2269	00:45:47	2179	0:42:47	2236	0:43:00	2291	00:00:00	0	0:42:56	2266	00:00:00	0	00:00:00	0	01:05:44	2174,3	00:00:00	0	00:00:00	0	0:48:23	2144	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:43:35	2178	00:00:00	0	00:00:00	0
30	1012	10	W 55	1	1954	Hüther	Elfie	VfB Salzkotten	17657,0	2207,1	00:59:31	1879,1	0:42:44	2313	0:49:04	1982	00:00:00	0	00:00:00	0	00:00:00	0	0:42:50	2272	00:00:00	0	0:43:36	2258	01:03:45	2259,3	00:44:18	2201	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:25	2173	00:00:00	0	0:42:42	2078	01:09:44	2102,7
31	1024	12	M 45	5	1964	Pollmeier	Michael	Laufspass SW Sende	17555,3	2194,4	00:57:15	2002,7	0:00:00	0	00:44:56	2230	0:43:32	2191	0:44:16	2215	00:46:49	2161	0:44:14	2188	00:45:20	2172,3	0:43:52	2242	01:06:47	2129,3	00:00:00	0	00:00:00	0	0:44:10	2156	00:00:00	0	00:00:00	0	0:45:52	2041	0:44:51	1949	00:00:00	0	00:00:00	0
32	1015	8	M 45	6	1963	Menne	Hermann	LG Bauerkamp Warburg	17505,0	2188,1	00:52:32	2260	0:43:14	2283	00:00:00	0	00:00:00	0	00:00:00	0	00:47:38	2112	00:00:00	0	00:00:00	0	0:44:43	2191	00:00:00	0	00:00:00	0	00:45:29	2113	00:00:00	0	0:42:39	2247	00:00:00	0	00:00:00	0	0:42:52	2221	00:00:00	0	01:10:21	2078
33	1044	8	M 55	2	1953	Rheker	Heinrich	SV Kollerbeck	17430,5	2178,8	00:57:35	1984,5	0:43:20	2277	00:00:00	0	00:00:00	0	0:44:02	2229	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:46:03	2096	00:44:29	2173	0:47:02	2225	00:00:00	0	00:00:00	0	00:00:00	0	0:43:26	2232	0:42:59	2214	00:00:00	0	00:00:00	0
34	1077	9	m Jgd B	3	1996	Higgins	Breandan	BSV Fürstenberg	17207,0	2150,9	00:00:00	0	0:47:26	2031	00:46:29	2137	0:44:55	2108	00:00:00	0	00:00:00	0	0:44:42	2160	00:00:00	0	0:46:06	2108	00:00:00	0	00:00:00	0	00:00:00	0	0:44:40	2126	00:00:00	0	0:43:58	2215	0:43:57	2201	0:44:01	2152	00:00:00	0	00:00:00	0
36	1046	8	M 50	4	1957	Lensdorf	Johannes	SV Kollerbeck	17163,6	2145,4	00:58:14	1949,1	0:00:00	0	00:00:00	0	00:00:00	0	0:42:44	2307	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:45:27	2132	00:45:56	2086	0:53:20	1847	00:00:00	0	0:57:57	2308,5	00:00:00	0	0:43:07	2251	0:41:50	2283	00:00:00	0	00:00:00	0
37	1104	8	M 20	4	1982	von Rüden	Peter	TuS Bad Wünnenberg	17156,0	2144,5	00:00:00	0	0:00:00	0	00:46:57	2109	0:46:05	2038	00:00:00	0	00:00:00	0	0:45:13	2129	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:39	2127	00:00:00	0	0:44:15	2198	0:44:16	2182	0:42:10	2263	0:42:10	2110	00:00:00	0
38	1072	8	m Jgd A	1	1991	Kuhfus	Pascal	Turnklub Herford von 1907	17103,0	2137,9	00:00:00	0	0:46:48	2069	0:44:45	2241	00:00:00	0	0:44:14	2217	00:46:11	2199	0:45:17	2125	00:00:00	0	00:00:00	0	00:00:00	0	0:46:15	2084	0:45:53	2089	00:00:00	0	0:45:27	2079	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	1057	10	M 35	7	1972	Niewels	Jörg	vereinslos	17030,0	2128,8	00:00:00	0	0:45:12	2165	00:00:00	0	0:44:49	2114	00:00:00	0	00:00:00	0	0:45:17	2125	00:00:00	0	0:46:28	2086	00:00:00	0	00:00:00	0	00:00:00	0	0:45:30	2076	01:05:01	1982,3	0:45:41	2112	0:44:10	2188	0:43:49	2164	0:44:00	2000	00:00:00	0
40	1067	8	M 60	1	1946	Bodach	Claus	SV Lüttringen	17019,6	2127,5	00:00:00	0	0:44:33	2204	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:20	2182	00:47:37	2036,6	0:45:34	2140	00:00:00	0	00:00:00	0	00:00:00	0	0:49:56	2051	0:43:49	2177	00:00:00	0	0:45:58	2095	0:45:04	2134	00:00:00	0	00:00:00	0	00:00:00	0
41	1001	11	M 55	4	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	17010,0	2126,3	00:56:35	2039,1	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:03	2129,7	0:45:14	2168	00:00:00	0	00:46:13	2086	00:45:10	2132	0:49:30	2077	00:00:00	0	01:03:58	2030,8	0:45:2	2151	0:45:38	2100	0:43:47	2166	00:00:00	0	01:10:10	2085,3
42	1009	8	M 45	7	1965	Eckers	Wolfgang	Team S & N	16932,1	2116,5	00:56:24	2049,1	0:44:10	2227	00:00:00	0	0:45:52	2119	0:47:55	2095	00:00:00	0	0:45:20	2154	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:40	2173	0:43:57	2201	00:00:00	0	00:00:00	0	0:44:27	2201	00:00:00	0	01:14:27	1914
43	1102	11	W 45	1	1962	Wallrafen	Karin	SC Myhl LA	16644,4	2080,6	00:00:00	0	0:00:00	0	0:48:58	1988	00:00:00	0	0:45:22	2149	00:49:30	2000	0:46:31	2051	00:00:00	0	0:47:50	2004	01:09:46	2001,4	0:47:39	2000	00:00:00	0	0:49:05	2102	0:43:42	2184	00:00:00	0	00:00:00	0	0:44:45	2153	0:46:33	2000	00:00:00	0	00:00:00	0
44	1008	8	M 45	8	1961	Zunker	Wilfried	SSV Delbrück	16634,8	2079,4	1:00:34	1821,8	0:45:56	2121	00:00:00	0	0:44:18	2145	0:44:43	2188	00:00:00	0	00:00:00	0	00:00:00	0	0:44:30	2204	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:46:23	2070	00:00:00	0	0:45:00	2093	0:44:08	1992	00:00:00	0
45	1078	10	M 40	7	1966	Baer	Uwe	vereinslos	16566,0	2070,8	00:00:00	0	0:46:13	2104	00:00:00	0	0:44:38	2125	00:00:00	0	00:49:11	2019	0:44:37	2165	00:00:00	0	00:00:00	0	01:09:48	2000	00:00:00	0	00:00:00	0	0:50:27	2020	0:45:24	2082	00:00:00	0	0:46:42	2051	00:00:00	0	0:45:31	1909	01:12:42	1984
46	1107	8	M 20	5	1981	Porcelli	David	Steinhausen	16548,0	2068,5	00:00:00	0	00:00:00	0	00:50:28	1898	0:46:43	2000	00:00:00	0	00:00:00	0	0:46:12	2070	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:39	2127	00:00:00	0	0:44:19	2194	0:44:01	2197	00:00:00	0	0:42:20	2100	01:13:15	1962
47	1076	12	M 50	5	1956	Meyer	Uwe	LC Paderborn	16127,0	2015,9	00:00:00	0	0:49:19	1918	00:48:46	2000	0:46:52	1991	0:48:06	1985	00:00:00	0	0:47:59	1963	00:48:14	2000	0:47:08	2046	00:00:00	0	00:00:00	0	00:47:49	1973	00:00:00	0	0:47:16	1970	00:00:00	0	0:47:5	2028	0:45:34	2104	00:00:00	0	0:46:56	1824	00:00:00	0
49	1042	11	M 35	8	1974	Sasse	Rainer	vereinslos	15909,0	1988,6	1:04:44	1594,5	0:50:08	1869	00:48:15	2031	0:46:28	2015	0:47:00	2051	00:00:00	0	0:48:36	1926	00:00:00	0	0:47:54	2000	01:15:55	1737,9	00:00:00	0	00:00:00	0	0:48:02	1924	00:00:00	0	0:47:51	1982	0:47:

Hochstift-Cup 2010

Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	ø Pkt. Lauf
-	1031	2	M 35	-	1975	Weber	Bernd	Laufladen Endspurt	5456,7	2728,4
-	1115	3	M 40	-	1968	Kriener	Ludger	BC 23 Meerhof	5125,8	1708,6
-	1080	2	M 50	-	1959	Uth	Thomas	TSV Schloss Neuhaus	5046,0	2523,0
-	1032	2	M 45	-	1963	Mügge	Andreas	TV Jahn Bad Driburg	4606,7	2303,4
-	1053	4	M 30	-	1977	Lenzmeier	Tobias	SV Rot-Weiß Bentfeld	4406,0	1101,5
-	1034	2	W 50	-	1960	Müller	Inge	TuS 1913 Hembsen	3610,0	1805,0
-	1105	3	M 30	-	1976	Menke	Jan	HTSV Leiberg	3588,2	1196,1
-	1084	2	M 40	-	1970	Jansen	Arne	Salzkotten	3038,0	1519,0
-	1060	2	W 35	-	1974	Drüke	Alexandra	LT Marienloh	2941,0	1470,5
-	1064	1	M 35	-	1975	Schölzel	Daniel	VfB Salzkotten	2154,0	2154,0
-	1027	2	M 30	-	1976	Lohe	Marcel	vereinslos	2103,3	1051,6
-	1087	1	M 50	-	1960	Frewer	Hansjörg	SC Borchen	2035,0	2035,0
-	1100	1	W 40	-	1970	Schäfer-Dören	Birgit	HTSV Leiberg	1680,0	1680,0
-	1122	1	W 35	-	1973	Saadhoff	Nora	vereinslos	1055,0	1055,0

Name	Jahreswechsellauf Brakel 11 km Zeit	Strecke R Zeit	Pkt.	Sälzerlauf Salzkotten 10 km Zeit	Strecke R Zeit	Pkt.	Leiberger Volkslauf 10 km Zeit	Strecke R Zeit	Pkt.	BELTE RUN 'N' ROLL Delbrück 10 km Zeit	Strecke R Zeit	Pkt.	Residenz-Abendlauf Schloß Neuhaus 10 km Zeit	Strecke R Zeit	Pkt.
	00:57:18			00:47:57			00:48:46			00:46:43			00:47:51		
Weber	00:43:52		2732,7	0:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Kriener	00:00:00		0	0:00:00		0	00:00:00		0	0:51:57		1686	0:52:35		1716
Uth	00:00:00		0	0:39:00		2537	00:00:00		0	00:00:00		0	0:39:22		2509
Mügge	00:52:07		2282,7	0:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lenzmeier	00:00:00		0	1:01:32		1185	00:00:00		0	1:03:36		987	1:02:55		1096
Müller	00:00:00		0	0:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Menke	00:00:00		0	0:00:00		0	01:03:37		1109	0:58:19		1304	00:00:00		0
Jansen	00:00:00		0	0:57:01		1456	00:00:00		0	00:00:00		0	00:00:00		0
Drüke	00:00:00		0	0:55:21		1556	00:00:00		0	00:00:00		0	00:00:00		0
Schölzel	00:00:00		0	0:45:23		2154	00:00:00		0	00:00:00		0	00:00:00		0
Lohe	1:15:19		1017,3	1:03:11		1086	00:00:00		0	00:00:00		0	00:00:00		0
Frewer	00:00:00		0	0:47:22		2035	00:00:00		0	00:00:00		0	00:00:00		0
Schäfer-Dören	00:00:00		0	0:00:00		0	00:54:06		1680	00:00:00		0	00:00:00		0
Saadhoff	00:00:00		0	0:00:00		0	00:00:00		0	00:00:00		0	1:03:36		1055

Name	Pfingstläufe Kollerbeck 10 km Zeit	Strecke R Zeit	Pkt.	Int. Abendlauf Bentfeld 10 km Zeit	Strecke R Zeit	Pkt.	Eggelauf des BC Meerhof 10,1 km Zeit	Strecke R Zeit	Pkt.	Marienloher Volkslauf 10 km Zeit	Strecke R Zeit	Pkt.	Bürener Volkslauf 14 km Zeit	Strecke R Zeit	Pkt.
	00:49:30			00:47:22			00:48:14			00:47:54			01:09:48		
Weber	00:00:00		0	00:00:00		0	00:00:00		0	0:35:50		2724	00:00:00		0
Kriener	00:00:00		0	00:00:00		0	00:52:53		1723,8	00:00:00		0	00:00:00		0
Uth	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Mügge	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lenzmeier	00:00:00		0	1:01:44		1138	00:00:00		0	00:00:00		0	00:00:00		0
Müller	00:53:32		1758	0:49:50		1852	00:00:00		0	00:00:00		0	00:00:00		0
Menke	00:00:00		0	00:00:00		0	01:02:07		1175,2	00:00:00		0	00:00:00		0
Jansen	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Drüke	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schölzel	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lohe	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Frewer	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schäfer-Dören	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Saadhoff	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0

Name	Hembser 3-Dörfer-Lauf 10 km Zeit	Strecke R Zeit	Pkt.	Vinsebecker Volkslauf 10 km Zeit	Strecke R Zeit	Pkt.	Bad Driburger Brunnenlauf 10 km Zeit	Strecke R Zeit	Pkt.	E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg 10 km Zeit	Strecke R Zeit	Pkt.	Köterberglauf 2010 13 km Zeit	Strecke R Zeit	Pkt.
	00:47:39			00:47:22			00:50:47			00:46:46			01:04:38		
Weber	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Kriener	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Uth	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Mügge	00:00:00		0	00:42:15		2324	00:00:00		0	00:00:00		0	00:00:00		0
Lenzmeier	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Müller	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Menke	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Jansen	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Drüke	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schölzel	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lohe	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Frewer	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schäfer-Dören	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Saadhoff	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0

Name	Salzkottener Hederauenlauf 10 km Zeit	Strecke R Zeit	Pkt.	Altenaulauf Borchen 10 km Zeit	Strecke R Zeit	Pkt.	Westenholzer Abendlauf 10 km Zeit	Strecke R Zeit	Pkt.	Katharinenlauf Delbrück 10 km Zeit	Strecke R Zeit	Pkt.	Wildschütz-Klostermann-Lauf 15 km Zeit	Strecke R Zeit	Pkt.
	00:47:33			00:47:18			00:46:33			00:44:00			01:12:18		
Weber	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Kriener	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Uth	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Mügge	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lenzmeier	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Müller	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Menke	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Jansen	00:54:31		1582	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Drüke	00:57:48		1385	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schölzel	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Lohe	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Frewer	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Schäfer-Dören	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0
Saadhoff	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0