Hochstift-Cup 2011

Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	ø Pkt. Lauf	Köterberglauf 2011		E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf	
											5 km	Strecke	5 km	Strecke	4 km	Strecke	5 km	Strecke	4 km	Strecke	5,15 km	Strecke	7,5 km	Strecke
											00:26:21	R Zeit	00:24:08	R Zeit	00:19:28	R Zeit	00:23:52	R Zeit	00:18:49	R Zeit	00:24:55	R Zeit	00:46:26	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
33	57	11	Schi B	1	1998	Rehermann	Franziska	SV 21 Büren	17250,5	2156,3	00:00:00	0	00:00:00	0	00:16:39	2211,3	0:21:16,0	2156	0:17:06	2128,8	0:22:51	2120,4	00:39:54	2261,3
37	114	10	Schi B	2	1998	Fleschenberg	Sara	TUS Westheim	16962,0	2120,3	00:00:00	0	00:00:00	0	00:17:07	2176,3	0:23:14,0	2038	0:17:16	2116,3	0:23:45	2068	00:00:00	0
75	36	8	Schi B	3	2000	Krämer	Ann-Kathrin	LT Marienloh	14540,6	1817,6	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
83	76	9	Schi B	4	2003	Ernst	Frauke	SV Hederborn Upsprunge	13731,8	1716,5	00:00:00	0	00:00:00	0	00:23:01	1733,8	0:30:32,0	1600	0:23:57	1615	0:31:35	1611,7	00:00:00	0
28	123	10	Schi A	1	1997	von Rhein	Kim	BC 23 Meerhof	17417,6	2177,2	00:00:00	0	00:21:36	2152	00:17:02	2182,5	0:21:33,0	2139	0:16:50	2148,8	0:22:03	2167	00:37:49	2344,7
40	3	9	w Jgd B	1	1995	Schaberich	Julia	LG Bauerkamp Warburg	16739,2	2092,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:18:45	2005	00:00:00	0	00:00:00	0
104	75	8	w Jgd B	2	1995	Schade	Karola	TV Salzkotten/Judo	11602,1	1450,3	00:00:00	0	00:00:00	0	00:26:47	1451,3	0:34:22,0	1370	0:25:52	1471,3	00:00:00	0	00:00:00	0
36	109	11	W 20	1	1988	Neugebauer	Antje	DJK Gütersloh	17189,2	2148,7	00:00:00	0	00:23:17	2051	00:17:17	2163,8	00:00:00	0	0:18:09	2050	0:23:38	2074,8	00:40:33	2235,3
54	110	8	W 20	2	1991	Simon	Veronika	Jusos - Salzkotten	15970,4	1996,3	00:00:00	0	00:23:38	2030	00:19:28	2000	0:23:24,0	2028	0:18:34	2018,8	00:00:00	0	00:00:00	0
84	1	8	W 20	3	1990	Koralewicz	Chantal	SV Rot-Weiß Bentfeld	13692,7	1711,6	00:00:00	0	00:29:41	1667	00:24:03	1656,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
99	89	9	W 20	4	1988	Berhorst	Susanne	Förster & Friends	12704,8	1588,1	00:00:00	0	00:32:36	1492	00:25:19	1561,3	0:34:57,0	1335	0:27:22	1358,8	00:00:00	0	00:00:00	0
101	103	8	W 20	5	1988	Grüner	Cosima	NSU Brakel	12559,3	1569,9	00:36:58	1363	00:30:42	1606	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
74	92	12	W 30	1	1980	Herrmann	Sarah	vereinslos	14561,2	1820,1	00:32:01	1660	00:28:46	1722	00:21:52	1820	00:00:00	0	0:21:23	1807,5	0:28:39	1782,5	00:48:18	1925,3
87	60	8	W 30	2	1980	Wirtz	Nadine	vereinslos	13596,0	1699,5	00:00:00	0	00:28:28	1740	00:00:00	0	0:28:52,0	1700	0:22:21	1735	00:00:00	0	00:00:00	0
93	22	8	W 30	3	1978	Täuber	Melanie	Die Luschen	13205,1	1650,6	00:00:00	0	00:29:18	1690	00:00:00	0	0:30:33,0	1599	00:00:00	0	00:00:00	0	00:00:00	0
38	13	9	W 35	1	1976	Rinteln	Martina	LG Bauerkamp Warburg	16880,1	2110,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:41:10	2210,7
52	35	11	W 35	2	1976	Thonemann	Melanie	LG Bauerkamp Warburg	16120,1	2015,0	00:00:00	0	00:24:33	1975	00:00:00	0	00:00:00	0	0:19:26	1953,8	00:00:00	0	00:43:46	2106,7
60	68	12	W 35	3	1973	Machajew	Jacqueline	Paderborn	15632,9	1954,1	00:00:00	0	00:00:00	0	00:19:58	1962,5	00:00:00	0	0:20:01	1910	0:27:28	1851,5	00:46:41	1990
61	98	8	W 35	4	1975	Geletneky	Jana	Paderborn	15353,5	1919,2	00:00:00	0	00:00:00	0	00:19:52	1970	0:24:37,0	1955	0:19:24	1956,3	0:25:32	1964,1	00:00:00	0
120	124	1	W 35	5	1974	Drüke	Alexandra	LT Marienloh	1926,0	1926,0	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
55	14	9	W 40	1	1970	Koch	Mechthild	LG Bauerkamp Warburg	15862,0	1982,7	00:27:43	1918	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
80	121	9	W 40	2	1971	Studinski	Maike	vereinslos	14089,7	1761,2	00:00:00	0	00:28:29	1739	00:21:34	1842,5	0:28:08,0	1744	0:22:01	1760	0:29:01	1761,2	00:50:03	1855,3
88	95	9	W 40	3	1968	Schroeder	Iris	SV Rot-Weiß Bentfeld	13544,4	1693,0	00:00:00	0	00:00:00	0	00:22:27	1776,3	00:00:00	0	00:00:00	0	0:31:38	1608,7	00:00:00	0
96	44	10	W 40	4	1968	Knies	Christa	SV Rot-Weiß Bentfeld	13034,9	1629,4	00:36:21	1400	00:00:00	0	00:25:06	1577,5	00:00:00	0	0:23:09	1675	00:00:00	0	00:00:00	0
44	33	17	W 45	1	1965	Lange	Manuela	NSU Brakel	16425,5	2053,2	00:26:28	1993	00:23:51	2017	00:18:58	2037,5	0:23:30,0	2022	0:18:49	2000	0:24:57	1998,1	00:41:32	2196
67	16	13	W 45	2	1963	Elüstü	Filiz	LG Bauerkamp Warburg	14932,1	1866,5	00:29:50	1791	00:00:00	0	00:21:30	1847,5	00:00:00	0	00:00:00	0	0:28:05	1815,5	00:45:24	2041,3
71	118	11	W 45	3	1964	Godardt	Birgit	LT Marienloh	14688,5	1836,1	00:00:00	0	00:27:27	1801	00:21:24	1855	0:26:49,0	1823	0:21:01	1835	0:27:54	1826,2	00:46:42	1989,3
77	24	9	W 45	4	1965	Schreiber	Constanze	HLC Höxter	14366,7	1795,8	00:00:00	0	00:00:00	0	00:00:00	0	0:28:24,0	1728	0:22:05	1755	0:29:02	1760,2	00:50:56	1820
79	70	8	W 45	5	1966	Becker	Ute	SV Rot-Weiß Bentfeld	14138,2	1767,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:21:47	1777,5	0:29:22	1740,8	00:00:00	0
82	94	11	W 45	6	1963	Hopp	Jutta	SV Rot-Weiß Bentfeld	13856,5	1732,1	00:00:00	0	00:00:00	0	00:22:22	1782,5	0:28:07,0	1745	0:22:12	1746,3	0:30:00	1703,9	01:00:44	1428
90	72	9	W 45	7	1964	Förster	Monika	Förster & Friends	13361,3	1670,2	00:00:00	0	00:30:46	1602	00:00:00	0	0:29:22,0	1670	0:24:28	1576,3	00:00:00	0	00:00:00	0
94	12	8	W 45	8	1963	Spellerberg	Christiana	LG Bauerkamp Warburg	13110,8	1638,9	00:00:00	0	00:32:18	1510	00:00:00	0	00:00:00	0	0:25:11	1522,5	00:00:00	0	00:55:42	1629,3
109	61	4	W 45	9	1962	Wallrafen	Karin	Lippetal	7981,9	1995,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:24:38	2016,5	00:00:00	0
110	78	5	W 45	10	1963	Petri	Isolde	vereinslos	7819,5	1563,9	00:00:00	0	00:00:00	0	00:25:07	1576,3	00:00:00	0	0:24:19	1587,5	00:00:00	0	00:00:00	0
81	83	13	W 50	1	1960	Scholz	Ulrike	Bad Berleburg	13920,6	1740,1	00:00:00	0	00:28:57	1711	00:22:46	1752,5	0:29:01,0	1691	0:22:17	1740	0:30:03	1701	00:51:37	1792,7
86	71	13	W 50	2	1961	Schön	Astrid	Paderborn	13620,0	1702,5	00:00:00	0	00:30:09	1639	00:23:28	1700	0:28:56,0	1696	0:23:14	1668,8	0:30:13	1691,3	00:55:40	1630,7
103	91	7	W 50	3	1958	Pulina	Eugenie	Förster & Friends	11870,3	1695,8	00:00:00	0	00:30:45	1603	00:23:10	1722,5	0:29:21,0	1671	00:00:00	0	0:29:11	1751,5	00:00:00	0
105	87	8	W 50	4	1958	Pralat-Bluhm	Elke	SV Rot-Weiß Bentfeld	10866,4	1358,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:36:24	1331,1	01:00:43	1428,7
106	11	12	W 50	5	1957	Zinn	Astrid	TGN Kassel	10604,5	1325,6	00:00:00	0	00:00:00	0	00:28:55	1291,3	00:00:00	0	0:27:37	1340	00:00:00	0	01:02:12	1369,3
121	39	1	W 50	6	1960	Lusa-Hasse	Sabine	LG Bauerkamp Warburg	1672,5	1672,5	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
124	54	1	W 50	7	1957	Schmidt	Christel	HTSV Leiberg	1539,0	1539,0	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
65	105	8	W 55	1	1953	Simon	Franziska	Blau-Weiß Verlar	15019,5	1877,4	00:00:00	0	00:00:00	0	00:21:05	1878,8	00:00:00	0	0:20:51	1847,5	00:00:00	0	00:00:00	0
98	55	8	W 55	2	1956	Köhler	Mechthild	HTSV Leiberg	12830,9	1603,9	00:00:00	0	00:31:09	1579	00:24:05	1653,8	0:30:51,0	1581	0:24:33	1570	00:00:00	0	00:00:00	0
122	15	1	W 55	3	1955	Dreier	Roswitha	LG Bauerkamp Warburg	1642,5	1642,5	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
12	56	12	Schü B	1	1998	Willeke	Jakob	Dorka-Sports Paderborn	18234,7	2279,3	00:00:00	0	00:20:41	2207	00:00:00	0	0:21:15,0	2157	00:00:00	0	00:00:00	0	00:37:02	2376
46	74	9	Schü B	2	1999	Eckert	Yves	VfB Salzkotten	16311,7	2039,0	00:00:00	0	00:00:00	0	00:00:00	0	0:24:16,0	1976	0:18:29	2025	0:24:24	2030,1	00:00:00	0
50	80	10	Schü B	3	2001	Kleibrink	Pascal	LC Paderborn	16180,6	2022,6	00:25:57	2024	00:00:00	0	00:19:41	1983,8	00:00:00	0	0:18:29	2025	0:24:53	2001,9	00:00:00	0
57	67	9	Schü B	4	2002	Bolte	Marc	DJK Mastbruch	15836,4	1979,5	00:00:00	0	00:00:00	0	00:00:00	0	0:25:24,0	1908	0:18:31	2022,5	0:24:32	2022,3	00:00:00	0
78	77	8	Schü B	5	2000	Ernst	Henning	SV Hederborn Upsprunge	14284,6	1785,6	00:00:00	0	00:00:00	0	00:00:00	0	0:29:18,0	1674	0:23:54	1618,8	0:28:50	1771,8	00:00:00	0
5	37	16	Schü A	1	1996	Soares	Luca	SV Reelsen	18673,1	2334,1	00:22:26	2235	00:19:57	2251	00:00:00	0	0:20:11,0	2221	0:16:01	2210	0:21:24	2204,9	00:00:00	0
15	69	8	Schü A	2	1996	Chance	David	VfB Salzkotten	18098,9	2262,4	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
16	51	8	Schü A	3	1996	Obermeier	Max	Dorka-Sports Paderborn	18062,3	2257,8	00:00:00	0	00:00:00	0	00:16:19	2236,3	00:00:00	0	0:15:55	2217,5	00:00:00	0	00:00:00	0
49	96	8	Schü A	4	1996	Meyer-Ilse	Simon	SV Rot-Weiß Bentfeld	16230,1	2028,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:19:30	1948,8	0:25:22	1973,8	00:00:00	0
64	34	8	Schü A	5	1996	Krämer	Maximilian	LT Marienloh	15025,8	1878,2	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
7	2	13	m Jgd B	1	1995	Koch	Aurelius	LG Bauerkamp Warburg	18589,9	2323,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:15:37	2240	0:21:06	2222,3	00:34:22	2482,7
42	116	10	m Jgd B	2	1995	Zunker	Björn	LC Paderborn	16442,7	2055,3	00:26:21	2000	00:28:23	1745	00:17:50	2122,5	0:22:50,0	2062	00:00:00	0	00:00:00	0	00:00:00	0
51	32	14	m Jgd B	3	1994	Lange	Kevin	NSU Brakel	16153,0	2019,1	00:00:00	0	00:00:00	0	00:19:23	2006,3	0:24:54,0	1938	0:19:39	1937,5	0:26:45	1893,2	00:00:00	0
112	117	2	m Jgd B	4	1995	Petri	Niclas	LC Paderborn	4901,1	2450,5	00:00:00	0	00:00:00	0	00:00:00	0	0:17:46,0	2366	00:00:00	0	00:00:00	0	00:00:00	0
117	30	1	m Jgd B	5	1995	Struck	Rene	SV GW Kollerbeck	2478,8	2478,8	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
70	48	7	m Jgd A	1	1992	Lieneke	Lukas	VfB Salzkotten	14752,9	2107,6	00:00:00	0	00:00:00	0	00:00:00	0	0:22:58,0	2054	00:00:00	0	00:00:00	0	00:00:00	0
2	4	12	M 20	1	1990	Linnemann	Jonas	Paderborn	19674,2	2459,3	00:00:00	0	00:00:00	0	00:13:32	2445	00:00:00	0	0:13:38	2388,8	0:17:50	2412,6	00:00:00	0
9	28	8	M 20	2	1984	Nolte	Mathias	Team Twinfit	18492,6	2311,6	00:21:30	2291	00:00:00	0	00:00:00	0	0:19:12,0	2280	00:00:00	0	00:00:00	0	00:00:00	0
14	106	8	M 20	3	1988	Simon	Benedikt	Jusos Salzkotten	18171,8	2271,5	00:00:00	0	00:00:00	0	00:15:50	2272,5	00:00:00	0	0:15:43	2232,5	00:00:00	0	00:00:00	0
23	41	9	M 20	4	1984	Scheifhacken	Dennis	TuS 1913 Hembsen	17778,1	2222,3	00:23:07	2194	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:21:44	2185,4	00:36:53	2382
108	6	4	M 20	5	1983	Yousef	Rodi	IFC	8054,8	2013,7	00:00:00	0	00:00:00	0	00:22:34	1767,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0

Hochstift-Cup 2011

Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	ø Pkt. Lauf	Köterberglauf 2011		E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf	
											5 km	Strecke	5 km	Strecke	4 km	Strecke	5 km	Strecke	4 km	Strecke	5,15 km	Strecke	7,5 km	Strecke
											00:26:21	R Zeit	00:24:08	R Zeit	00:19:28	R Zeit	00:23:52	R Zeit	00:18:49	R Zeit	00:24:55	R Zeit	00:46:26	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
123	18	1	M 20	6	1985	Bätz	Manuel	DJK St. Laurentius Warburg	1641,3	1641,3	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
1	5	14	M 30	1	1980	Heints	Vladislav	Dorka-Sports Paderborn	19907,6	2488,4	00:00:00	0	00:17:09	2419	00:13:17	2463,8	0:17:04,0	2408	0:13:26	2403,8	0:17:45	2417,5	00:29:12	2689,3
4	45	8	M 30	2	1979	Temming	Benedikt	LG Bauerkamp Warburg	18714,1	2339,3	00:00:00	0	00:18:59	2309	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
20	99	8	M 30	3	1978	Siolek	Arne	vereinslos	17808,3	2226,0	00:00:00	0	00:20:56	2192	00:16:00	2260	0:20:50,0	2182	00:00:00	0	00:00:00	0	00:00:00	0
58	108	9	M 30	4	1980	Schallör	Oliver	vereinslos	15822,9	1977,9	00:00:00	0	00:23:23	2045	00:00:00	0	00:00:00	0	0:19:58	1913,8	00:00:00	0	00:00:00	0
111	65	3	M 30	5	1978	Nolte	Jörg	NSU Brakel	6726,7	2242,2	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
17	64	9	M 35	1	1976	Simon	Christian	LC Paderborn	17973,1	2246,6	00:00:00	0	00:20:42	2206	00:15:49	2273,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
45	100	8	M 35	2	1974	Jaspert	Thorsten	VfB Salzkotten	16373,1	2046,6	00:00:00	0	00:22:43	2085	00:00:00	0	0:23:23,0	2029	00:00:00	0	0:25:40	1956,3	00:00:00	0
102	20	6	M 35	3	1975	Sohm	Henning	LG Bauerkamp Warburg	12016,5	2002,8	00:00:00	0	00:00:00	0	00:00:00	0	0:23:52,0	2000	00:00:00	0	00:00:00	0	00:00:00	0
116	81	2	M 35	4	1975	Carl	Christian	HTSV Leiberg	3963,3	1981,6	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
6	8	9	M 40	1	1971	Mast	Thomas	SV Reelsen	18649,4	2331,2	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
19	26	9	M 40	2	1969	Vogt	Thomas	LT Bad Lippspringe	17905,4	2238,2	00:23:26	2175	00:00:00	0	00:16:15	2241,3	00:00:00	0	0:16:19	2187,5	00:00:00	0	00:00:00	0
31	104	10	M 40	3	1968	Bohn	Matthias	vereinslos	17265,0	2158,1	00:00:00	0	00:22:00	2128	00:17:28	2150	0:22:10,0	2102	0:16:55	2142,5	0:22:49	2122,3	00:39:52	2262,7
34	62	10	M 40	4	1970	Sedat	Ralf	SC BW Ostenland	17230,9	2153,9	00:24:10	2131	00:00:00	0	00:16:55	2191,3	0:21:28,0	2144	0:16:49	2150	00:00:00	0	00:00:00	0
35	58	10	M 40	5	1969	Rehermann	Hubert	SV 21 Büren	17223,3	2152,9	00:00:00	0	00:00:00	0	00:16:44	2205	0:21:51,0	2121	0:17:13	2120	00:00:00	0	00:39:57	2259,3
47	79	11	M 40	6	1970	Kleibrink	Gregor	DLRG OG Peckelsheim	16300,2	2037,5	00:25:58	2023	00:00:00	0	00:18:06	2102,5	00:00:00	0	0:18:47	2002,5	0:24:55	2000	00:00:00	0
107	29	4	M 40	7	1967	Metzner	Torsten	TSV Schloß Neuhaus	8916,2	2229,1	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
118	88	1	M 40	8	1970	Schmitz	Klaus	VFB Salzkotten	2341,3	2341,3	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
3	50	11	M 45	1	1963	Schäfers	Franz-Josef	SV 21 Büren	19524,0	2440,5	00:00:00	0	00:00:00	0	00:14:35	2366,3	0:17:32,0	2380	00:00:00	0	0:18:38	2366	00:31:41	2590
8	17	15	M 45	2	1963	Menne	Hermann	LG Bauerkamp Warburg	18518,4	2314,8	00:22:11	2250	00:19:40	2268	00:15:38	2287,5	0:19:45,0	2247	0:15:34	2243,8	0:20:40	2247,6	00:34:34	2474,7
10	93	13	M 45	3	1964	Versen	Dietmar	Only Eichholz	18351,6	2293,9	00:00:00	0	00:19:48	2260	00:00:00	0	0:20:15,0	2217	0:15:49	2225	0:21:37	2192,2	00:48:19	1924,7
21	53	8	M 45	4	1965	Koopmann	Jan	SV GW Bad Gandersheim	17797,6	2224,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:16:51	2147,5	00:00:00	0	00:00:00	0
25	10	11	M 45	5	1965	Becker	Bernd	Run and Fun Paderborn	17574,9	2196,9	00:22:34	2227	00:20:43	2205	00:17:37	2138,8	00:00:00	0	0:16:51	2147,5	0:21:57	2172,8	00:00:00	0
32	38	13	M 45	6	1966	Soares	Fernando	SV Reelsen	17251,1	2156,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:17:05	2130	00:00:00	0	00:00:00	0
43	73	9	M 45	7	1966	Mägdefrau	Markus	vereinslos	16430,4	2053,8	00:00:00	0	00:00:00	0	00:00:00	0	0:23:05,0	2047	0:17:45	2080	0:23:40	2072,8	00:00:00	0
56	59	9	M 45	8	1965	Kottmann	Heinz	SV 21 Büren	15847,4	1980,9	00:00:00	0	00:00:00	0	00:18:54	2042,5	00:00:00	0	00:00:00	0	0:25:02	1993,2	00:00:00	0
59	43	10	M 45	9	1966	Knies	Rudolf	SV Rot-Weiß Bentfeld	15646,5	1955,8	00:27:19	1942	00:00:00	0	00:20:07	1951,3	00:00:00	0	0:19:38	1938,8	00:00:00	0	00:00:00	0
113	66	2	M 45	10	1963	Menze	Dr. Jürgen	LC Paderborn	4534,0	2267,0	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
119	119	1	M 45	11	1963	Meibeck	Holger	Delbrück Läuft	2203,8	2203,8	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
11	102	8	M 50	1	1960	Stede	Wieni	Ski-Club Team	18257,8	2282,2	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
22	21	13	M 50	2	1957	Schäfers	Berni	SV Oesdorf	17796,6	2224,6	00:00:00	0	00:20:29	2219	00:00:00	0	0:20:29,0	2203	00:00:00	0	0:21:43	2186,4	00:00:00	0
24	115	12	M 50	3	1961	Zunker	Wilfried	DAV - Paderborn	17677,3	2209,7	00:23:12	2189	00:21:07	2181	00:16:34	2217,5	0:21:38,0	2134	0:16:46	2153,8	0:22:40	2131,1	00:37:09	2371,3
29	97	8	M 50	4	1959	Diekmann	Georg	LT Marienloh	17334,1	2166,8	00:23:41	2160	00:21:14	2174	00:16:59	2186,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
41	113	9	M 50	5	1957	Dahlmann	Hartmut	Haxter Lauffreunde	16544,1	2068,0	00:00:00	0	00:00:00	0	00:18:33	2068,8	00:00:00	0	0:25:43	1482,5	0:23:44	2068,9	00:40:12	2249,3
48	49	12	M 50	6	1961	Resesky	Manfred	BC 23 Meerhof	16242,6	2030,3	00:00:00	0	00:24:08	2000	00:18:35	2066,3	0:23:38,0	2014	0:19:06	1978,8	00:00:00	0	00:00:00	0
62	19	9	M 50	7	1961	Dingerkus	Peter	DJK St. Laurentius Warburg	15289,0	1911,1	00:29:11	1830	00:26:16	1872	00:00:00	0	0:25:58,0	1874	00:00:00	0	00:00:00	0	00:45:53	2022
66	40	9	M 50	8	1961	Osterhold	Andreas	TSV 1850/09 Korbach	14953,7	1869,2	00:00:00	0	00:00:00	0	00:21:08	1875	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
91	84	7	M 50	9	1958	Scholz	Michael	Bad Berleburg	13331,1	1904,4	00:00:00	0	00:00:00	0	00:00:00	0	0:25:55,0	1877	0:20:08	1901,3	00:00:00	0	00:51:15	1807,3
115	126	2	M 50	10	1961	Fräbing	Josef	LAG Wesertal	4368,5	2184,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:17:23	2107,5	00:00:00	0	00:00:00	0
13	122	8	M 55	1	1953	Kandora	Marian	ASV Iserlohn	18197,3	2274,7	00:00:00	0	00:19:47	2261	00:00:00	0	0:19:51,0	2241	0:15:14	2268,8	0:20:00	2286,4	00:00:00	0
27	52	9	M 55	2	1955	Plener	Andreas	TV Jahn Willingen	17423,4	2177,9	00:23:49	2152	00:00:00	0	00:00:00	0	00:00:00	0	0:16:56	2141,3	00:00:00	0	00:00:00	0
30	46	11	M 55	3	1954	Simon	Herbert	SV 21 Büren	17309,5	2163,7	00:00:00	0	00:22:05	2123	00:17:40	2135	00:00:00	0	0:16:32	2171,3	0:22:30	2140,8	00:37:00	2377,3
76	25	8	M 55	4	1954	Schilling	Bernhard	VfB Salzkotten	14443,7	1805,5	00:00:00	0	00:27:19	1809	00:00:00	0	00:00:00	0	00:00:00	0	0:29:30	1733	00:49:35	1874
18	7	10	M 60	1	1950	Nowag	Hans-Jürgen	TG Northeim	17908,3	2238,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:17:27	2102,5	00:00:00	0	00:00:00	0
26	23	8	M 60	2	1951	Kummert	Kurt	LAG Wesertal	17474,0	2184,3	00:00:00	0	00:21:26	2162	00:17:22	2157,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	125	9	M 60	3	1947	Thomas	Bernd	e-on Avacon	16782,8	2097,9	00:25:16	2065	00:22:12	2116	00:17:43	2131,3	0:22:49,0	2063	0:17:48	2076,3	0:24:12	2041,7	00:40:56	2220
53	47	10	M 60	4	1950	Wignanek	Wolfgang	LC Paderborn	16116,8	2014,6	00:00:00	0	00:23:54	2014	00:18:47	2051,3	0:23:59,0	1993	00:00:00	0	00:00:00	0	00:00:00	0
63	101	9	M 60	5	1949	Tracht	Josef	LG TuS Vinsebeck	15051,3	1881,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:26	2000
72	63	9	M 60	6	1947	Borghoff	Ferdi	TuS Bad Wünnenberg	14634,2	1829,3	00:28:52	1849	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:47:07	1972,7
73	90	8	M 60	7	1950	Grüner	Adalbert	NSU Brakel	14571,8	1821,5	00:00:00	0	00:30:48	1600	00:18:02	2107,5	0:22:50,0	2062	00:00:00	0	00:00:00	0	00:00:00	0
89	42	12	M 60	8	1948	Bock	Gert	Korbach	13504,2	1688,0	00:00:00	0	00:30:16	1632	00:00:00	0	00:00:00	0	0:24:04	1606,3	00:00:00	0	00:00:00	0
100	85	8	M 60	9	1949	Ahlemeyer	Paul	LT Elsen-Wewer	12676,6	1584,6	00:34:32	1509	00:00:00	0	00:26:46	1452,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
68	31	11	M 65	1	1942	Lücke	Hermann	TV Riesel	14907,3	1863,4	00:30:56	1725	00:00:00	0	00:21:18	1862,5	0:26:17,0	1855	00:00:00	0	00:00:00	0	00:00:00	0
95	120	12	M 65	2	1943	Nolte	Reinhard	BC 23 Meerhof	13082,1	1635,3	00:00:00	0	00:30:04	1644	00:23:08	1725	0:29:55,0	1637	0:23:42	1633,8	0:31:54	1593,2	00:55:06	1653,3
97	107	10	M 65	3	1946	Richter	Franz-Josef	TUS Vinsebeck	12858,4	1607,3	00:35:10	1471	00:00:00	0	00:24:24	1630	00:00:00	0	00:00:00	0	00:00:00	0	00:56:09	1611,3
114	111	3	M 65	4	1942	Wöstefeld	Helmut	LT Marienloh	4469,0	1489,7	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
69	112	12	M 70	1	1941	Kammer	Franz	TV Paderborn	14844,9	1855,6	00:00:00	0	00:26:33	1855	00:20:52	1895	0:26:34,0	1838	00:00:00	0	0:27:59	1821,4	00:00:00	0
85	27	16	M 75	1	1932	Hartwig	Karl-Heinz	vereinslos	13683,6	1710,4	00:33:01	1600	00:29:09	1699	00:23:25	1703,8	0:29:28,0	1664	0:23:44	1631,3	0:31:11	1635	00:51:18	1805,3
92	9	9	M 75	2	1934	Neumann	Dieter	VfB Salzkotten	13307,1	1663,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:50:58	1818,7