

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2012										Int. Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf	
			Klasse	AK Pkt.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	9,8 km	Strecke	15,1 km	Strecke		
											Zeit	R Zeit	Zeit	R Zeit	Zeit	R Zeit	Zeit	R Zeit		
88	1094	8	W 20	1	1985	Adomat	Silvie	14271,4	1783,9	00:00:00	0	00:49:27	1996	00:47:45	1916,3	01:19:15	1782,8			
64	1088	11	M 45	15	1966	Ahlers	Ufo Michael	15849,7	1981,2	00:45:44	1950	00:00:00	0	00:46:23	2000	00:00:00	0			
35	1035	8	M 45	8	1966	Altmiks	Frank	18005,1	2250,6	00:00:00	0	00:00:00	0	00:00:00	0	01:09:08	2184,8			
38	1115	8	M 45	10	1966	Baer	Uwe	17778,8	2222,3	00:00:00	0	00:00:00	0	00:42:18	2250	01:10:44	2121,2			
162	1169	2	M 50	13	1960	Baibara	Andreas	4238,0	2119,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
127	1144	9	W 40	7	1971	Becker	Karin	10586,3	1323,3	00:00:00	0	00:55:34	1629	00:00:00	0	00:00:00	0			
107	1155	7	M 45	23	1967	Becker	Markus	12964,6	1852,1	00:00:00	0	00:50:11	1952	00:47:34	1927,6	00:00:00	0			
79	1056	8	M 55	6	1957	Beine	Friedrich	14716,1	1839,5	00:47:32	1842	00:00:00	0	00:47:13	1949	01:20:17	1741,7			
61	1149	9	M 60	2	1950	Besler	Karl-Heinz	16154,6	2019,3	00:00:00	0	00:48:00	2083	00:45:53	2030,6	00:00:00	0			
85	1113	6	M 45	19	1964	Bettermann	Rainer	14362,0	2393,7	00:39:29	2325	00:00:00	0	00:00:00	0	00:00:00	0			
120	1003	13	M 50	11	1961	Bidardel	Chahriar	11884,6	1485,6	00:00:00	0	00:57:55	1488	00:56:17	1393,9	00:00:00	0			
42	1132	8	M 45	12	1967	Block	Markus	17667,7	2208,5	00:00:00	0	00:00:00	0	00:44:21	2124,5	01:12:40	2044,4			
51	1082	10	M 65	1	1946	Bodach	Claus	16874,5	2109,3	00:46:24	1910	00:45:38	2225	00:44:50	2094,9	00:00:00	0			
57	1044	8	M 40	14	1968	Böhmer	Gregor	16419,1	2052,4	00:44:10	2044	00:45:45	2218	00:00:00	0	00:00:00	0			
47	1098	10	M 40	9	1971	Borgolte	Frank	17163,6	2145,4	00:43:08	2106	00:00:00	0	00:44:17	2128,6	00:00:00	0			
84	1156	9	MJ U18	2	1999	Börnemeier	Patrick	14439,9	1805,0	00:00:00	0	00:51:05	1898	00:47:37	1924,5	00:00:00	0			
169	1048	2	W 45	12	1964	Brade	Gisela	3011,1	1505,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
70	1049	8	M 45	16	1965	Brade	Günter	15503,9	1938,0	00:00:00	0	00:00:00	0	00:45:41	2042,9	01:19:10	1786,1			
25	1121	16	M 30	4	1980	Bücker	Marcel	18370,2	2296,3	00:42:09	2165	00:42:56	2387	00:41:18	2311,2	01:08:28	2211,3			
73	1162	8	M 40	16	1968	Bürger	Michael	15338,6	1917,3	00:00:00	0	00:00:00	0	00:47:31	1930,6	00:00:00	0			
13	1096	8	M 40	6	1968	Büsemaker	Eckhart	19484,3	2435,5	00:39:07	2347	00:00:00	0	00:38:43	2469,4	00:00:00	0			
100	1177	8	M 60	6	1948	Claes	Heinz-Josef	13593,9	1699,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
14	1058	11	M 20	1	1983	Disselhoff	Bernhard	19472,5	2434,1	00:40:29	2265	00:42:28	2415	00:00:00	0	00:00:00	0			
3	1124	10	M 40	1	1972	Dolstra	Heiko	20946,9	2618,4	00:37:02	2472	00:00:00	0	00:36:47	2587,8	01:00:29	2528,5			
59	1125	9	W 35	1	1973	Dolstra	Silke	16177,4	2022,2	00:45:47	1947	00:00:00	0	00:45:13	2071,4	00:00:00	0			
99	1004	8	M 55	8	1955	Dören	Hans-Josef	13606,6	1700,8	00:50:07	1687	00:51:35	1868	00:00:00	0	00:00:00	0			
91	1070	8	M 60	5	1950	Dörenkamp	Anton	14186,8	1773,4	00:00:00	0	00:51:34	1869	00:00:00	0	00:00:00	0			
172	1148	1	M 35	16	1977	Dornemann	Sebastian	2188,0	2188,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
46	1129	12	M 60	1	1951	Drechsler	Hans	17447,3	2180,9	00:00:00	0	00:46:48	2155	00:43:43	2163,3	00:00:00	0			
67	1101	9	M 55	5	1953	Echterling	Dietmar	15643,3	1955,4	00:00:00	0	00:48:32	2051	00:46:57	1965,3	00:00:00	0			
174	1095	1	M 20	11	1987	Elwenspeck	Manuel	1944,0	1944,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
9	1142	9	M 45	1	1965	Epping	Hubert	19892,2	2486,5	00:39:05	2349	00:00:00	0	00:00:00	0	00:00:00	0			
76	1150	10	M 60	4	1951	Erke	Reinhard	15221,2	1902,6	00:00:00	0	00:48:48	2035	00:47:49	1912,2	00:00:00	0			
104	1050	11	M 50	9	1959	Esser	Dieter	13373,1	1671,6	00:54:18	1436	00:53:07	1776	00:51:10	1707,1	00:00:00	0			
145	1134	13	W 45	9	1966	Fehn	Maria	6953,6	869,2	00:00:00	0	01:08:56	827	01:04:43	877,55	00:00:00	0			
118	1135	10	M 45	25	1965	Fehn	Thomas	12123,9	1515,5	00:00:00	0	00:00:00	0	00:55:27	1444,9	00:00:00	0			
1	1063	9	M 35	1	1976	Fiedler	Christian	22387,2	2798,4	00:00:00	0	00:36:17	2786	00:00:00	0	00:00:00	0			
11	1167	8	M 30	2	1978	Fleckner	Matthias	19574,3	2446,8	00:00:00	0	00:39:37	2586	00:00:00	0	00:00:00	0			
135	1086	8	W 45	8	1963	Flüter Brauckmann	Iris	9071,0	1133,9	01:00:49	1045	01:02:15	1228	00:00:00	0	00:00:00	0			
132	1090	8	W 40	8	1968	Franzbonenkamp	Gabi	10034,6	1254,3	00:00:00	0	01:00:33	1330	00:56:33	1377,6	00:00:00	0			
55	1032	8	M 50	7	1958	Fuhrmann	Georg	16719,8	2090,0	00:00:00	0	00:00:00	0	00:00:00	0	01:15:30	1931,8			
60	1153	9	M 55	4	1954	Gaus	Michael	16165,1	2020,6	00:44:54	2000	00:48:08	2075	00:00:00	0	00:00:00	0			
66	1039	8	M 35	7	1975	Gerbig	Michael	15644,8	1955,6	00:46:38	1896	00:45:33	2230	00:00:00	0	01:21:42	1685,4			
63	1077	8	M 50	8	1959	Giefers	Bernd	15876,5	1984,6	00:00:00	0	00:00:00	0	00:00:00	0	01:18:36	1808,6			
131	1078	4	M 40	22	1971	Giefers	Christoph	10038,4	2509,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
87	1160	10	M 20	4	1990	Grace	Jason	14290,8	1786,4	00:48:14	1800	00:49:18	2005	00:52:57	1598	01:20:41	1725,8			
12	1175	10	MJ U18	1	1996	Graß	Devon	19519,5	2439,9	00:39:03	2351	00:39:19	2604	00:39:00	2452	00:00:00	0			
34	1126	8	M 50	6	1961	Gröne	Norbert	18020,9	2252,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
56	1165	9	M 65	2	1944	Gross	Ricco	16537,0	2067,1	00:44:26	2028	00:46:53	2150	00:00:00	0	00:00:00	0			
166	1147	3	M 60	8	1950	Grüner	Adalbert	3647,3	1215,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
2	1040	8	M 30	1	1979	Günther	Thorsten	21575,5	2696,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
126	1181	9	W 40	6	1972	Guth	Daniela	10596,4	1324,5	01:00:03	1091	00:00:00	0	00:00:00	0	01:35:02	1155,6			
124	1089	8	W 45	5	1965	Güth	Resi	10788,0	1348,5	00:56:44	1290	00:57:09	1534	00:57:48	1301	00:00:00	0			
53	1170	8	M 35	6	1973	Hartinger	Richard	16788,2	2098,5	00:44:53	2001	00:00:00	0	00:42:38	2229,6	01:09:36	2166,2			
177	1084	1	M 35	17	1975	Hegemann	Markus	1425,0	1425,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
98	1008	5	M 30	5	1980	Heints	Vladislav	13625,2	2725,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
178	1176	1	W 35	8	1976	Hensel	Sandra	1302,0	1302,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
111	1127	7	M 35	11	1976	Hillebrand	Oliver	12826,2	1832,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
114	1151	8	W 50	3	1961	Hillebrand	Sabine	12751,5	1593,9	00:51:49	1585	00:54:12	1711	00:00:00	0	00:00:00	0			
160	1054	2	M 20	10	1983	Hoblitz	Sebastian	5020,4	2510,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			
30	1018	11	M 45	6	1965	Holz	Karl-Heinz	18205,6	2275,7	00:45:25	1969	00:43:50	2333	00:41:37	2291,8	01:10:11	2143			
134	1043	10	W 45	7	1963	Hopp	Jutta	9319,2	1164,9	01:01:30	1004	00:59:56	1367	00:59:57	1169,4	00:00:00	0			
144	1128	4	M 30	6	1978	Hötger	Thomas	7098,1	1774,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0			

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2012										Int. Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf	
			Klasse	AK	Pkt.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	9,8 km	Strecke	15,1 km	Strecke	
												R Zeit	R Zeit	R Zeit	R Zeit	R Zeit	R Zeit	R Zeit	R Zeit	
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
29	1011	16	W 55	1	1954	Hüther	Elfie	VfB Salzkotten	18208,7	2276,1	00:42:20	2154	00:00:00	0	00:41:43	2285,7	01:09:18	2178,1		
159	1123	2	M 50	12	1961	Jäger	Hermann	LC Paderborn	5147,0	2573,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
108	1016	8	M 35	10	1974	Jaspert	Thorsten	VfB Salzkotten	12964,2	1620,5	00:00:00	0	00:00:00	0	00:58:32	1256,1	00:00:00	0		
170	1087	2	W 30	2	1982	Jilke	Susanne	TuS Bad Wünnenberg	2696,0	1348,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
123	1118	10	M 70	2	1941	Kammer	Franz	TV Paderborn	11314,2	1414,3	00:00:00	0	00:57:24	1519	00:57:07	1342,9	00:00:00	0		
40	1131	11	M 35	5	1973	Kampmeier	Bernhard	Delbrück läuft	17732,2	2216,5	00:44:08	2046	00:44:27	2296	00:43:45	2161,2	01:13:58	1992,7		
164	1020	2	W 45	11	1965	Kaß	Christiane	Haxter Lauffreunde Paderborn	4134,0	2067,0	00:45:18	1976	00:00:00	0	00:00:00	0	00:00:00	0		
27	1014	9	W 45	1	1963	Kerstein-Sutter	Anke	TSV Schloß Neuhaus	18270,2	2283,8	00:42:20	2154	00:43:31	2352	00:42:09	2259,2	00:00:00	0		
78	1114	8	M 45	17	1967	Kersting	Kalle	Käskösäh Delbrück	15104,3	1888,0	00:00:00	0	00:49:44	1979	00:47:44	1917,3	00:00:00	0		
179	1137	1	W 50	4	1961	Kicinski	Erika	LT Marienloh	1257,0	1257,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
154	1136	4	M 55	10	1955	Kicinski	Heinz-Günter	LT Marienloh	5902,0	1475,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
10	1019	12	M 40	5	1969	Klaus	Jürgen	Delbrück läuft	19683,8	2460,5	00:40:19	2275	00:40:53	2510	00:39:21	2430,6	00:00:00	0		
157	1067	3	W 35	6	1973	Klugmann	Katrin	SC Borchen	5501,4	1833,8	00:47:22	1852	00:00:00	0	00:00:00	0	00:00:00	0		
43	1066	8	M 40	7	1970	Klugmann	Marcus	SC Borchen	17613,0	2201,6	00:43:16	2098	00:43:52	2331	00:43:03	2204,1	00:00:00	0		
142	1112	4	W 35	4	1973	Klute	Astrid	VfB Salzkotten	7490,0	1872,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
54	1103	10	M 40	13	1968	Klute	Ulrich	LT Lieth Paderbon	16733,0	2091,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
62	1065	9	M 45	14	1964	Kluthe	Thomas		16091,9	2011,5	00:00:00	0	00:00:00	0	00:47:02	1960,2	00:00:00	0		
50	1013	15	M 40	12	1968	Koch	Karsten	SC Borchen	16905,4	2113,2	00:44:49	2005	00:46:11	2192	00:43:37	2169,4	00:00:00	0		
89	1154	10	W 40	2	1970	Koch	Mechthild	LG Bauerkamp Warburg	14267,0	1783,4	00:00:00	0	00:50:12	1951	00:00:00	0	00:00:00	0		
48	1012	10	M 40	10	1971	Koch	Volker	SC Borchen	17041,1	2130,1	00:45:51	1943	00:46:07	2196	00:00:00	0	01:12:57	2033,1		
167	1064	2	W 35	7	1973	Köchling	Andrea	VfB Salzkotten	3043,3	1521,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
28	1001	16	M 55	2	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	18265,6	2283,2	00:43:44	2070	00:43:11	2372	00:00:00	0	01:09:47	2158,9		
140	1061	5	M 45	26	1965	Kottmann	Heinz	SV 21 Büren	7939,6	1587,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
149	1024	3	M 20	8	1985	Kremeyer	Till	TUS 20 Bellersen	6386,1	2128,7	00:00:00	0	00:46:19	2184	00:00:00	0	00:00:00	0		
6	1109	9	M 50	1	1959	Krois	Dietmar	SC Borchen	20216,8	2527,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
75	1108	9	W 50	2	1962	Krois	Sabine	SC Borchen	15239,9	1905,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
77	1028	8	W 45	2	1964	Krüger	María	SV Kollerbeck	15207,0	1900,9	00:00:00	0	00:47:44	2099	00:00:00	0	00:00:00	0		
15	1099	8	M 45	2	1967	Kühlert	Elmar	LC Paderborn	19402,6	2425,3	00:40:02	2292	00:00:00	0	00:00:00	0	00:00:00	0		
113	1164	9	W 40	4	1970	Kuhn	Annette	BC 23 Meerhof	12780,4	1597,6	00:52:43	1531	00:55:25	1638	00:00:00	0	00:00:00	0		
86	1006	9	MJ U20	1	1994	Lange	Kevin	Non-Stop-Ultra Brakel	14356,0	1794,5	00:50:16	1678	00:50:13	1950	00:00:00	0	00:00:00	0		
92	1005	8	W 45	3	1965	Lange	Manuela	Non-Stop-Ultra Brakel	13911,0	1738,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
148	1172	3	M 45	28	1966	Langeleh	Dirk	1. Tri-Club Paderborn	6655,0	2218,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
20	1033	11	M 55	1	1957	Lensdorf	Johannes	SV Kollerbeck	18520,6	2315,1	00:00:00	0	00:42:20	2423	00:41:39	2289,8	01:09:46	2159,6		
32	1075	21	M 45	7	1963	Liersch	Andreas	LAC Veltins Hochsauerland	18093,2	2261,6	00:43:02	2112	00:44:36	2287	00:43:00	2207,1	01:08:54	2194		
45	1074	16	M 40	8	1969	Liersch	Ulrich	LAC Veltins Hochsauerland	17469,7	2183,7	00:44:44	2010	00:00:00	0	00:43:42	2164,3	01:09:11	2182,8		
39	1083	11	M 35	4	1973	Lorenz	Sascha		17764,2	2220,5	00:43:31	2083	00:43:37	2346	00:41:58	2270,4	01:13:47	2000		
80	1143	9	M 40	17	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	14635,2	1829,4	00:00:00	0	00:54:50	1673	00:00:00	0	00:00:00	0		
110	1180	13	W 40	3	1968	Mag	Felicitas	LT Herbram-Wald	12855,8	1607,0	00:53:13	1501	00:54:23	1700	00:53:57	1536,7	01:25:17	1543		
90	1168	8	M 55	7	1956	Marten	Christian	LF Benteler Paderborn	14259,4	1782,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
93	1120	10	W 55	2	1957	Menne	Christiane	RW Ahlhausen	13894,0	1736,8	00:50:51	1643	00:52:50	1793	00:00:00	0	00:00:00	0		
5	1045	8	M 40	3	1972	Menne	Klaus	Non-Stop-Ultra Brakel	20611,3	2576,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
8	1139	10	M 40	4	1971	Mersch	Detlef	Hövelhof	20011,0	2501,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
22	1002	12	M 50	2	1958	Meyer-lise	Herbert	SV Rot-Weiß Bentfeld	18424,1	2303,0	00:00:00	0	00:43:29	2354	00:41:59	2269,4	01:08:56	2192,7		
101	1057	9	W 60	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	13575,8	1697,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
83	1133	11	M 65	1	1944	Nachtmann	Ingrid	VfB Salzkotten	14516,0	1814,5	00:51:11	1623	00:51:47	1856	00:53:43	1551	01:21:36	1689,4		
146	1051	9	M 75	1	1934	Neumann	Dieter	VfB Salzkotten	6808,7	851,1	00:00:00	0	01:05:32	1031	01:06:20	778,57	00:00:00	0		
44	1105	10	M 20	3	1990	Niederdräing	Michael	Lauffreiff Herbram	17491,0	2186,4	00:00:00	0	00:45:48	2215	00:00:00	0	00:00:00	0		
102	1104	11	M 45	21	1963	Niederdräing	Ulrich	Lauffreiff Herbram	13544,0	1693,0	00:00:00	0	00:54:09	1714	00:00:00	0	00:00:00	0		
119	1071	5	MJ U20	2	1993	Niederprüm	David	SV Kollerbeck	11946,8	2389,4	00:37:36	2438	00:00:00	0	00:00:00	0	00:00:00	0		
94	1145	8	M 40	18	1968	Niesmann	Matthias	SV Rot-Weiß Bentfeld	13848,8	1731,1	00:00:00	0	00:54:48	1675	00:52:07	1649	00:00:00	0		
72	1015	8	M 40	15	1970	Ollesch	Karsten	Paderborn	15419,0	1927,4	00:48:55	1759	00:50:24	1939	00:46:50	1972,4	00:00:00	0		
97	1059	10	M 45	20	1963	Oppermann	Frank	GiMi	13639,0	1704,9	00:00:00	0	00:56:11	1592	00:00:00	0	00:00:00	0		
106	1073	10	M 50	10	1961	Osterhold	Andreas	TSV 1850 Korbach 09	12983,2	1622,9	00:52:13	1561	00:53:00	1783	00:51:25	1691,8	00:00:00	0		
103	1152	8	M 45	22	1963	Petri	Johannes	VfL Lichtenau	13492,5	1686,6	00:48:49	1765	00:49:30	1993	00:47:38	1923,5	00:00:00	0		
82	1007	11	M 45	18	1967	Petri	Matthias	VfB Salzkotten	14610,7	1826,3	00:00:00	0	00:50:17	1946	00:48:14	1886,7	00:00:00	0		
105	1140	5	M 20	5	1985	Pilot	Ajoshia	Delbrück läuft	12989,0	2597,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
7	1183	8	M 35	2	1977	Protz	Michael	TuS Westheim	20107,7	2513,5	00:36:54	2480	00:37:52	2691	00:00:00	0	00:00:00	0		
143	1178	4	M 40	24	1968	Rasche	Rainer		7389,5	1847,4	00:00:00	0	00:00:00	0	00:00:00	0	01:22:06	1669,5		
165	1055	2	M 55	11	1957	Rex	Bernward	LG Bauerkamp Warburg	3950,0	1975,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
153	1060	3	M 20	9	1987	Rex	Fabian	FC Pel 2004	5968,3	1989,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
36	1026	8	M 55	3	1953	Rheker	Heinrich	SV Kollerbeck	17860,0	2232,5	00:43:24	2090	00:00:00	0	00:00:00	0	00:00:00	0		
137	1029	4	M 55	9	1954	Rheker	Johannes	SV Kollerbeck	8869,9	2217,5	00:00:00	0	00:00:00	0	00:00:00	0	01:10:35	2127,2		
121	1027	8	W 55	3	1957	Rheker	Margret	SV Kollerbeck	11866,1	1483,3	00:56:22	1312	00:00:00	0	00:00:00	0	00:00:00	0		

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2012										Int. Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf	
			Klasse	AK Pkt.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	9,8 km	Strecke	15,1 km	Strecke		
											Zeit	R Zeit	Zeit	R Zeit	Zeit	R Zeit	Zeit	R Zeit		
											Pkt.	Pkt.	Pkt.	Pkt.	Pkt.	Pkt.				
23	1122	13	M 50	3	1958	Richters	Reinhard	VfL Lichtenau	18383,0	2297,9	00:42:33	2141	00:42:33	2410	00:40:50	2339,8	01:07:11	2262,3		
19	1041	8	W 30	1	1978	Ricke	Sandra	TSV 1850 Korbach 09	18705,4	2338,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
151	1174	3	M 30	7	1978	Ringkamp	Maik		6180,0	2060,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
139	1171	4	M 20	7	1988	Rode	Markus	SV Kollerbeck	8088,0	2022,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
129	1038	5	M 40	21	1968	Rodenberg	Daniel	SuS Niesen	10224,9	2045,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
158	1022	8	W 45	10	1966	Rohde	Marita	TV von 1890 Brakel	5158,7	644,8	01:08:52	562	01:07:57	886	00:00:00	0	00:00:00	0		
26	1081	10	M 50	4	1960	Rooch	Mathias	LC Paderborn	18369,4	2296,2	00:00:00	0	00:42:55	2388	00:41:33	2295,9	01:12:19	2058,3		
122	1138	9	M 60	7	1949	Rothmann	Christoph	SC Borchen	11408,8	1426,1	00:00:00	0	00:57:01	1542	00:55:36	1435,7	00:00:00	0		
58	1010	15	W 50	1	1958	Rump	Beate	VfB Salzkotten	16188,8	2023,6	00:47:44	1830	00:47:30	2113	00:46:32	1990,8	00:00:00	0		
17	1046	15	M 35	3	1977	Rypalla	Markus	SuS Niesen	18994,0	2374,2	00:40:45	2249	00:41:07	2496	00:39:24	2427,6	00:00:00	0		
52	1030	11	M 45	13	1964	Saage	Ansgar	SV Kollerbeck	16793,5	2099,2	00:44:39	2015	00:00:00	0	00:43:59	2146,9	00:00:00	0		
41	1076	8	M 45	11	1964	Sachwitz	Norbert	Sennesport	17695,1	2211,9	00:42:16	2158	00:00:00	0	00:00:00	0	00:00:00	0		
71	1110	10	M 35	9	1974	Sasse	Rainer		15450,4	1931,3	00:48:44	1770	00:49:23	2000	00:46:55	1967,3	01:19:31	1772,2		
81	1097	8	W 40	1	1970	Schäfer-Doeren	Birgit	HTSV Leiberg	14616,6	1827,1	00:49:01	1753	00:49:59	1964	00:00:00	0	01:23:26	1616,6		
49	1037	8	M 40	11	1970	Scharf	Dirk	LT Marienloh	17004,1	2125,5	00:00:00	0	00:45:30	2233	00:00:00	0	00:00:00	0		
152	1163	3	M 35	14	1976	Schmitz	Markus	LT Elsen-Wewer	6136,4	2045,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
171	1107	1	M 45	30	1964	Schöllmann	Georg	Delbrück läuft	2295,0	2295,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
175	1072	1	M 60	9	1949	Scholz	Hermann-Josef	DJK St. Laurentius Warburg	1797,3	1797,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
24	1017	15	M 45	5	1965	Schubert	Klaus	Lauffreiff Herbram	18375,0	2296,9	00:41:54	2180	00:43:39	2344	00:00:00	0	00:00:00	0		
147	1179	4	MJ U20	3	1994	Schulenberg	David	FSG Rütten	6659,7	1664,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
37	1141	8	M 45	9	1963	Schulenberg	Wolfgang	SuS Oestereiden	17857,7	2232,2	00:41:55	2179	00:00:00	0	00:41:09	2320,4	00:00:00	0		
173	1116	1	M 40	25	1970	Sedat	Ralf	SC Ostensland	1953,0	1953,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
112	1146	8	M 45	24	1967	Sehrbrock	Jörg	SV Rot-Weiß Bentfeld	12821,4	1602,7	00:00:00	0	00:53:27	1756	00:00:00	0	00:00:00	0		
138	1047	4	M 40	23	1969	Sendler	Thorsten	VfB Salzkotten	8755,9	2189,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
16	1079	14	M 30	3	1982	Sengenberger	Ralf		19367,2	2420,9	00:00:00	0	00:41:35	2468	00:39:52	2399	00:00:00	0		
68	1159	10	WJ U18	1	1996	Sentler	Annika	TV Jahn Bad Driburg	15609,0	1951,1	00:49:05	1749	00:49:33	1990	00:47:39	1922,4	00:00:00	0		
176	1009	1	M 45	31	1966	Soares	Fernando	SV Reelsen	1734,0	1734,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
96	1106	8	M 40	19	1970	Steins	Andreas	SV Rot-Weiß Bentfeld	13736,6	1717,1	00:00:00	0	00:53:49	1734	00:52:06	1650	01:27:20	1461,6		
136	1119	4	M 35	13	1977	Striewe	Frank	Tus Egge Schwaney	8969,9	2242,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
4	1034	10	M 40	2	1968	Struck	Josef	SV Kollerbeck	20865,9	2608,2	00:38:14	2400	00:38:21	2662	00:36:51	2583,7	00:00:00	0		
116	1093	12	W 40	5	1971	Studinski	Maike		12437,1	1554,6	00:52:57	1517	00:00:00	0	00:53:58	1535,7	01:25:18	1542,4		
128	1158	8	W 45	6	1966	Stute	Ingrid	Lauffreiff Herbram	10277,0	1284,6	00:00:00	0	01:01:45	1258	00:00:00	0	00:00:00	0		
125	1157	9	M 40	20	1968	Susewind	Johannes	Lauffreiff Herbram	10656,6	1332,1	00:00:00	0	01:01:46	1257	00:56:29	1381,6	00:00:00	0		
117	1161	8	W 35	3	1975	Susewind	Nadine	Lauffreiff Herbram	12311,9	1539,0	00:00:00	0	00:55:01	1662	00:52:09	1646,9	00:00:00	0		
180	1025	1	W 50	5	1958	Syska	Angelika	LSF Münster	1019,0	1019,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
74	1130	8	M 65	3	1947	Thomas	Bernd	e.on-Avacon	15336,0	1917,0	00:47:37	1837	00:48:08	2075	00:00:00	0	00:00:00	0		
95	1080	9	M 70	1	1941	Timmer	Reinhold	LG TuS Vinsebeck	13778,7	1722,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
133	1117	4	M 20	6	1983	Timmermann	Robert	RG Paderborn 99 e.V.	9436,0	2359,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
115	1091	8	W 45	4	1964	van Holt	Annette	SC Ostensland	12664,0	1583,0	00:00:00	0	00:53:53	1730	00:51:17	1700	00:00:00	0		
21	1053	17	M 45	4	1967	van Hoof	Frank	Vorwärts Kette Riemeke	18519,5	2314,9	00:42:17	2157	00:42:54	2389	00:41:19	2310,2	00:00:00	0		
168	1166	2	M 55	12	1956	Vieth	Karl-Heinz	LT Elsen-Wewer	3017,0	1508,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
155	1111	10	M 80	1	1932	Vockel	Josef	LC Paderborn	5836,0	729,5	01:08:16	598	01:07:17	926	00:00:00	0	00:00:00	0		
33	1052	8	M 50	5	1961	von Hagen	Wolfgang	Haxter Lauffreunde Paderborn	18026,4	2253,3	00:42:56	2118	00:43:17	2366	00:41:43	2285,7	00:00:00	0		
150	1042	4	W 40	9	1969	Voßhage	Silke	TSV 1850 Korbach 09	6273,4	1568,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
141	1068	5	M 45	27	1966	Wältermann	Peter	SC Borchen	7831,7	1566,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
69	1031	8	M 35	8	1976	Wendenschuh	Thorsten	SV Kollerbeck	15540,2	1942,5	00:46:46	1888	00:00:00	0	00:46:10	2013,3	00:00:00	0		
65	1036	12	M 60	3	1950	Werpup	Alois	SV Kollerbeck	15766,9	1970,9	00:47:44	1830	00:00:00	0	00:47:15	1946,9	01:18:31	1811,9		
31	1062	9	M 20	2	1985	Wilczek	Christian		18197,4	2274,7	00:41:58	2176	00:00:00	0	00:40:58	2331,6	01:07:34	2247		
156	1100	3	W 35	5	1977	Wolf	Elke	SCC Scharmede	5712,0	1904,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
18	1069	15	M 45	3	1965	Wulfes	Dieter	LF Benteler Paderborn	18974,0	2371,8	00:40:50	2244	00:00:00	0	00:40:32	2358,2	01:06:16	2298,7		
163	1102	2	M 35	15	1977	Zimmer	Ingo	SV 21 Büren	4217,2	2108,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0		
109	1085	8	W 35	2	1977	Zimmermann	Helene	actiVita Paderborn	12951,2	1618,9	00:00:00	0	00:51:13	1890	00:00:00	0	01:20:43	1724,5		
161	1173	3	M 45	29	1965	Zimmermann	Rainer		4558,2	1519,4	00:00:00	0	00:00:00	0	00:55:13	1459,2	00:00:00	0		
130	1182	5	M 35	12	1976	Zinn	Eduard		10115,1	2023,0	00:00:00	0	00:00:00	0	00:00:00	0	01:20:35	1729,8		