

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2013							Int. Altenaulauf Borchen		Westenholzer Abendlauf		Wildschütz-Klostermann-Lauf		Katharinenlauf Delbrück		
			Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:48:55	R Zeit	00:51:12	R Zeit	00:49:41	R Zeit	00:47:37	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
124	1124	8	W40	9	1969	Ackfeld	Mechthild	SuS Westenholz	12804,2	1600,5	00:54:49	1646	00:00:00	0	00:00:00	0	00:54:29	1588
67	1024	10	M45	16	1966	Ahlers	Ufo Michael	SC Borchen	16558,2	2069,8	00:00:00	0	00:54:58	1774	00:49:47	1994	00:00:00	0
187	1066	2	M45	35	1966	Altmiks	Frank	SV Kollerbeck	4390,3	2195,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
27	1051	12	M20	4	1985	Bauer	Florian	Die Luschen	19351,9	2419,0	00:41:36	2439	00:00:00	0	00:00:00	0	00:42:48	2289
178	1109	4	W40	12	1971	Becker	Karin	SV Rot-Weiß Bentfeld	6079,8	1520,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
107	1073	13	M45	20	1965	Beckmann	Giselher	GüMi	13649,0	1706,1	00:52:21	1794	00:58:03	1589	00:00:00	0	00:53:34	1643
160	1188	4	M30	6	1982	Berndt		1. Tri-Club Paderbon	8524,9	2131,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
137	1012	11	M50	16	1961	Bidardel	Chahriar	LT Marienloh	11477,0	1434,6	00:00:00	0	00:59:58	1474	01:01:04	1317	00:55:21	1536
65	1138	9	M65	1	1946	Bodach	Claus	SV Lüttringen	16907,0	2113,4	00:00:00	0	00:47:29	2223	00:00:00	0	00:46:26	2071
2	1098	12	M35	1	1977	Böddeker	Markus	TV Jahn Bad Driburg	22872,4	2859,1	00:00:00	0	00:35:35	2937	00:36:26	2795	00:35:26	2731
146	1076	8	M45	25	1968	Böhm	Dirk	LT Elsen-Wewer	10296,2	1287,0	00:59:29	1366	01:04:58	1174	00:00:00	0	00:00:00	0
46	1135	8	M45	10	1968	Böhmer	Gregor	TSV Schloß Neuhaus	18120,1	2265,0	00:44:43	2252	00:46:11	2301	00:00:00	0	00:44:04	2213
84	1040	14	M50	9	1962	Bojara	Günter	Delbrück läuft	15382,7	1922,8	00:50:04	1931	00:00:00	0	00:49:41	2000	00:49:12	1905
123	1027	9	M50	14	1963	Bokel	Matthias		12844,4	1605,6	00:00:00	0	01:08:01	991	00:00:00	0	00:00:00	0
64	1043	12	M60	1	1951	Bolte	Helmut	Delbrück läuft	17100,0	2137,5	00:46:10	2165	00:00:00	0	00:46:31	2190	00:45:48	2109
42	1023	8	M40	6	1971	Borgolte	Frank	SC Borchen	18372,7	2296,6	00:00:00	0	00:00:00	0	00:45:24	2257	00:43:42	2235
78	1191	9	M U18	4	1999	Börnemeier	Patrick	DJK Delbrück	15694,1	1961,8	00:51:44	1831	00:51:08	2004	00:00:00	0	00:49:24	1893
180	1165	3	W45	8	1964	Brade	Gisela	GüMi	5599,0	1866,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
176	1083	3	M45	33	1965	Brade	Günter	GüMi	6295,1	2098,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
21	1081	14	M30	3	1980	Bücker	Marcel	Delbrück läuft	20003,5	2500,4	00:00:00	0	00:42:56	2496	00:41:09	2512	00:41:02	2395
174	1150	3	M45	32	1964	Büscher	Arnold		6758,0	2252,7	00:00:00	0	00:45:30	2342	00:00:00	0	00:00:00	0
182	1132	2	M45	34	1968	Büsse-maker	Eckhart	LG Hamm-Kamen-Holzwickede	5101,4	2550,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
122	1206	9	M65	3	1948	Claes	Heinz-Josef	LT Elsen-Wewer	12898,7	1612,3	00:00:00	0	00:56:32	1680	00:00:00	0	00:55:04	1553
172	1128	4	M20	11	1984	Conze	Christoph	SuS Niesen	7163,4	1790,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
161	1151	5	M55	16	1955	Dahm	Rainer	LT Elsen-Wewer	8506,0	1701,2	00:53:13	1742	00:00:00	0	00:00:00	0	00:53:39	1638
68	1195	8	M35	9	1975	Diede	Henry	SV Rot-Weiß Bentfeld	16536,0	2067,0	00:00:00	0	00:48:30	2162	00:46:08	2213	00:46:50	2047
198	1130	1	M30	8	1983	Disselhoff	Bernhard		2348,2	2348,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
105	1203	9	M55	9	1955	Dören	Hans-Josef	SV 21 Büren	13908,6	1738,6	00:51:08	1867	00:54:48	1784	00:52:48	1813	00:00:00	0
99	1106	10	M60	6	1950	Dörenkamp	Anton	LT Elsen-Wewer	14463,8	1808,0	00:00:00	0	00:52:36	1916	00:00:00	0	00:51:29	1768
72	1142	9	M60	2	1953	Echterling	Dietmar	VfB Salzkotten	16269,0	2033,6	00:49:58	1937	00:00:00	0	00:00:00	0	00:00:00	0
88	1058	8	W50	3	1963	Elüstü	Filiz	LG Bauerkamp Warburg	15031,6	1879,0	00:00:00	0	00:53:38	1854	00:00:00	0	00:49:35	1882
10	1175	8	M45	2	1965	Epping	Hubert	TC BW Delbrück	20724,6	2590,6	00:39:08	2587	00:41:29	2583	00:00:00	0	00:00:00	0
95	1089	16	M50	11	1959	Esser	Dieter	LT Elsen-Wewer	14670,5	1833,8	00:00:00	0	00:57:48	1604	00:00:00	0	00:52:30	1707
4	1209	10	M35	3	1977	Ewen	Frank	Delbrück läuft	22163,0	2770,4	00:36:14	2761	00:00:00	0	00:00:00	0	00:35:52	2705
192	1005	4	W45	9	1966	Fehn	Maria	LT Elsen-Wewer	3785,0	946,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
164	1004	5	M45	30	1965	Fehn	Thomas	LT Elsen-Wewer	8028,4	1605,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
119	1194	8	W20	3	1991	Franke	Lena	SV Rot-Weiß Bentfeld	12998,0	1624,8	00:00:00	0	00:58:19	1573	00:00:00	0	00:54:50	1567
5	1192	11	M45	1	1967	Freitag	Wolfgang	Delbrück läuft	22067,5	2758,4	00:00:00	0	00:36:55	2857	00:00:00	0	00:36:06	2691
148	1161	5	M50	18	1960	Frewer	Hansjörg	SC Borchen	10198,0	2039,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
201	1064	1	M55	17	1958	Fuhrmann	Georg	SV Kollerbeck	2081,8	2081,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
71	1044	9	M55	6	1954	Gaus	Michael	SC Borchen	16374,4	2046,8	00:46:27	2148	00:00:00	0	00:00:00	0	00:47:37	2000
54	1103	9	M50	8	1959	Giefers	Bernd	TuS Amelunxen	17466,7	2183,3	00:44:36	2259	00:00:00	0	00:00:00	0	00:45:59	2098
18	1047	8	M30	2	1983	Gnoth	Christian	DPSG St. Hedwig	20162,1	2520,3	00:00:00	0	00:00:00	0	00:00:00	0	00:38:44	2533
193	1163	2	M40	20	1971	Gockel	Uwe	SC Borchen	3603,0	1801,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
133	1037	5	M20	8	1988	Götze	Thiemo		11856,9	2371,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
171	1046	4	M20	10	1990	Grace	Jason	Team Hämmerling	7224,0	1806,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
13	1013	10	M U18	1	1996	Grass	Devon	Björn Grass Laufteam	20493,0	2561,6	00:38:50	2605	00:41:07	2605	00:41:12	2509	00:00:00	0
167	1055	8	M60	10	1952	Großmann-Wedegärtner	Michael	TV 1895 Steinheim	7700,4	962,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0

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			Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:48:55	R Zeit	00:51:12	R Zeit	00:49:41	R Zeit	00:47:37	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
85	1158	9	M60	4	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	15292,0	1911,5	00:49:42	1953	00:54:15	1817	00:49:45	1996	00:49:52	1865
114	1116	11	W40	7	1972	Guth	Daniela	Lauftreff Herbram-Wald	13255,5	1656,9	00:00:00	0	01:02:53	1299	00:56:20	1601	00:00:00	0
93	1187	8	M30	4	1982	Hammer	Thorsten		14739,6	1842,4	00:50:03	1932	00:00:00	0	00:00:00	0	00:00:00	0
60	1070	8	M35	8	1978	Hanebutt	Kai	SC Borchen	17198,9	2149,9	00:00:00	0	00:00:00	0	00:44:36	2305	00:43:25	2252
145	1120	7	M50	17	1963	Hansmeier	Andreas	Alfener Roadrunner	10751,8	1536,0	00:52:46	1769	00:00:00	0	00:00:00	0	00:00:00	0
41	1153	10	M40	5	1973	Hardes	Christoph		18402,0	2300,3	00:00:00	0	00:44:08	2424	00:00:00	0	00:42:03	2334
63	1096	8	M40	10	1973	Hartinger	Richard	LG Bauerkamp Warburg	17176,8	2147,1	00:00:00	0	00:00:00	0	00:45:56	2225	00:45:11	2146
181	1222	2	M30	7	1980	Heints	Vladislav	LC Paderborn	5486,0	2743,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
89	1126	8	W40	5	1969	Hessel	Heike	SuS Westenholz	15005,1	1875,6	00:00:00	0	00:53:26	1866	00:00:00	0	00:48:47	1930
115	1184	8	W50	4	1961	Hillebrand	Sabine	HTSV Leiberg	13221,0	1652,6	00:53:09	1746	00:00:00	0	00:55:18	1663	00:00:00	0
12	1080	9	M30	1	1983	Hoblitz	Sebastian	TuS 13 Hembesen	20922,5	2574,1	00:39:36	2559	00:00:00	0	00:39:42	2599	00:00:00	0
43	1157	10	M45	9	1965	Holz	Karl-Heinz	Delbrück läuft	18277,2	2284,6	00:43:40	2315	00:00:00	0	00:00:00	0	00:00:00	0
151	1122	8	W50	5	1963	Hopp	Jutta	SV Rot-Weiß Bentfeld	9472,1	1184,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	1011	8	W55	1	1954	Hüther	Elfie	VfB Salzkotten	18451,9	2306,5	00:00:00	0	00:00:00	0	00:00:00	0	00:44:09	2208
110	1119	14	W20	2	1985	Jagalla	Julia	LT Eisen-Wewer	13599,0	1699,9	00:53:12	1743	01:01:29	1383	00:54:04	1737	00:53:37	1640
195	1092	1	M20	13	1984	Johnstone	Nikki		2888,2	2888,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
125	1085	5	M60	7	1953	Kandora	Marian	ASV Iserlohn	12438,5	2487,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
50	1113	8	M45	12	1967	Karnik	Matthias	LG TuS Vinsebeck	17603,3	2200,4	00:50:52	1883	00:00:00	0	00:00:00	0	00:00:00	0
28	1018	12	W50	1	1963	Kerstein-Sutter	Anke	TSV Schloß Neuhaus	19272,5	2409,1	00:00:00	0	00:00:00	0	00:43:57	2344	00:00:00	0
143	1137	6	M45	24	1967	Kersting	Kalle	Boule in Delbrück	10887,0	1814,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
126	1125	8	W45	4	1964	Kettelgerdes	Inge	SuS Westenholz	12437,3	1554,7	00:55:36	1599	00:00:00	0	00:56:43	1578	00:56:58	1439
141	1189	5	M40	14	1971	Kimani	Nick		11034,0	2206,8	00:45:12	2223	00:47:23	2229	00:00:00	0	00:00:00	0
22	1144	9	M40	3	1969	Klaus	Jürgen	Delbrück läuft	19901,0	2487,6	00:39:52	2543	00:41:56	2556	00:00:00	0	00:40:34	2423
25	1145	8	M40	4	1972	Klaus	Ralf	Delbrück läuft	19364,3	2420,5	00:00:00	0	00:00:00	0	00:00:00	0	00:43:18	2259
57	1107	8	M55	4	1954	Kleffner	Werner	LT Eisen-Wewer	17323,2	2165,4	00:44:55	2240	00:00:00	0	00:00:00	0	00:00:00	0
76	1105	8	W40	3	1973	Klugmann	Katrin	SC Borchen	16004,3	2000,5	00:00:00	0	00:51:12	2000	00:00:00	0	00:00:00	0
190	1199	2	M40	19	1970	Klugmann	Marcus	SC Borchen	4193,0	2096,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
74	1087	8	W40	2	1973	Klute	Astrid	VfB Salzkotten	16194,3	2024,3	00:00:00	0	00:00:00	0	00:48:47	2054	00:00:00	0
58	1172	8	M45	14	1964	Kluthe	Thomas		17289,7	2161,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
82	1019	11	M45	18	1968	Koch	Karsten	SC Borchen	15504,9	1938,1	00:49:33	1962	00:53:42	1850	00:52:30	1831	00:50:14	1843
108	1204	10	W40	6	1970	Koch	Mechthild	LG Bauerkamp Warburg	13646,5	1705,8	00:53:44	1711	00:00:00	0	00:54:51	1690	00:00:00	0
56	1008	8	M40	9	1971	Koch	Volker	SC Borchen	17372,5	2171,6	00:00:00	0	00:47:58	2194	00:00:00	0	00:46:52	2045
14	1088	8	M20	2	1990	Köneke	Christoph	SuS Niesen	20402,4	2550,3	00:00:00	0	00:00:00	0	00:40:48	2533	00:39:04	2513
35	1001	12	M55	2	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	18641,3	2330,2	00:00:00	0	00:48:32	2160	00:44:41	2300	00:00:00	0
177	1129	3	M20	12	1985	Kremeyer	Till	TUS 20 Bellersen	6281,1	2093,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
127	1052	9	M55	12	1954	Kröhn	Albert	Lauftreff Herbram	12396,0	1549,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
8	1032	8	M50	1	1959	Krois	Dietmar	SC Borchen	21052,0	2631,5	00:00:00	0	00:42:44	2508	00:00:00	0	00:00:00	0
73	1031	11	W50	2	1962	Krois	Sabine	SC Borchen	16237,7	2029,7	00:00:00	0	00:00:00	0	00:49:16	2025	00:00:00	0
202	1065	1	W45	10	1964	Krüger	Maria	SV Kollerbeck	2055,5	2055,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
15	1179	9	M45	3	1967	Kühliert	Elmar	LC Paderborn	20209,0	2526,1	00:40:30	2505	00:00:00	0	00:00:00	0	00:40:47	2410
116	1173	12	W40	8	1970	Kuhn	Annette	BC 23 Meerhof	13216,9	1652,1	00:00:00	0	00:58:54	1538	00:55:18	1663	00:56:25	1472
117	1002	8	M U20	1	1994	Lange	Kevin	Non-Stop-Ultra Brakel	13172,6	1646,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
80	1003	8	W45	1	1965	Lange	Manuela	LG Bauerkamp Warburg	15647,0	1955,9	00:00:00	0	00:00:00	0	00:48:10	2091	00:47:10	2027
33	1148	10	M45	6	1966	Langeleh	Dirk	Too-Late-Paderborn	18862,4	2357,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
45	1062	8	M55	3	1957	Lensdorf	Johannes	SV Kollerbeck	18186,6	2273,3	00:46:04	2171	00:43:30	2462	00:00:00	0	00:00:00	0
112	1208	9	W45	2	1968	Loer	Gerda	TuS Bad Wünnenberg	13474,8	1684,4	00:52:33	1782	00:00:00	0	00:00:00	0	00:00:00	0
52	1045	8	M40	8	1973	Lorenz	Sascha	Team Hämmerling	17514,0	2189,3	00:44:39	2256	00:47:18	2234	00:00:00	0	00:45:56	2101
31	1169	10	M50	7	1962	Lottig	Wilfried	SC Borchen	18893,0	2361,6	00:00:00	0	00:46:57	2255	00:44:22	2319	00:43:24	2253

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			Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:48:55	R Zeit	00:51:12	R Zeit	00:49:41	R Zeit	00:47:37	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
169	1110	4	M40	17	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	7608,1	1902,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
106	1183	8	M55	10	1957	Maaack	Bodo	Layla Supporter	13791,3	1723,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
118	1134	11	M55	11	1957	Mag	Andreas	Lauftreff Herbram-Wald	13142,2	1642,8	00:00:00	0	01:10:58	814	01:01:45	1276	01:00:04	1253
142	1075	8	W45	6	1968	Mag	Felicitas	Lauftreff Herbram-Wald	10947,2	1368,4	00:00:00	0	01:10:57	815	01:01:45	1276	01:00:03	1254
156	1213	4	M30	5	1983	Maksuti	Paul		8978,2	2244,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
103	1117	8	M55	8	1956	Marten	Christian	LF Benteler Paderborn	14016,9	1752,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
134	1211	8	M70	2	1943	Matioschat	Gerhard	TSVE 1890 Bielefeld	11650,0	1456,3	00:57:52	1463	00:00:00	0	00:00:00	0	00:00:00	0
165	1210	8	W65	2	1947	Matioschat	Irene	TSVE 1890 Bielefeld	8010,0	1001,3	01:02:41	1174	00:00:00	0	00:00:00	0	00:00:00	0
170	1091	4	W40	11	1969	Menke	Gabi	Non-Stop-Ultra Brakel	7235,9	1809,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
24	1054	13	M50	3	1963	Menne	Hermann	LG Bauerkamp Warburg	19542,7	2442,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
7	1131	8	M40	1	1972	Menne	Klaus	Non-Stop-Ultra Brakel	21590,9	2698,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
53	1056	9	W35	1	1975	Menemeyer	Nadine	PHYSIOeffekt Paderborn	17498,0	2187,3	00:00:00	0	00:46:04	2308	00:00:00	0	00:44:41	2176
9	1146	8	M40	2	1971	Mersch	Detlef	Laufspass SW Sende	20811,4	2601,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
70	1147	10	M55	5	1956	Meyer	Uwe	LC Paderborn	16406,7	2050,8	00:48:55	2000	00:51:35	1977	00:00:00	0	00:00:00	0
158	1014	4	M55	15	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	8883,9	2221,0	00:00:00	0	00:00:00	0	00:00:00	0	00:43:08	2269
154	1160	4	M20	9	1987	Möring	Christoph	SV Rot-Weiß Bentfeld	9077,0	2269,3	00:00:00	0	00:00:00	0	00:00:00	0	00:42:46	2291
196	1100	1	M50	20	1963	Mügge	Andreas	TV Jahn Bad Driburg	2432,7	2432,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
163	1079	5	W50	6	1960	Müller	Inge	TuS 13 Hembesen	8375,6	1675,1	00:00:00	0	00:00:00	0	00:54:00	1741	00:00:00	0
197	1205	1	M20	14	1993	Müller	Jaret	LG Göttingen	2369,0	2369,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
38	1140	9	W20	1	1991	Müller	Tabea	BSV 1929 Herford	18501,0	2312,6	00:00:00	0	00:00:00	0	00:44:10	2331	00:43:47	2230
100	1115	8	W60	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	14341,4	1792,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
97	1176	10	W65	1	1944	Nachtmann	Ingrid	VfB Salzkotten	14553,0	1819,1	00:53:00	1755	00:54:43	1789	00:53:10	1791	00:54:15	1602
199	1101	1	M50	21	1960	Neu	Andreas	TuS Amelunxen	2289,1	2289,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
188	1198	8	M75	1	1934	Neumann	Dieter	VfB Salzkotten	4348,1	543,5	00:00:00	0	00:00:00	0	00:00:00	0	01:14:52	365
183	1149	2	W30	1	1982	Neumann	Kathrin	SV Aktiv Bad Westernkotten	4804,3	2402,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
120	1034	15	W45	3	1965	Niederdräing	Gisela	Lauftreff Herbram	12961,0	1620,1	00:00:00	0	00:59:20	1512	00:55:35	1646	00:55:10	1547
40	1033	11	M20	5	1990	Niederdräing	Michael	Lauftreff Herbram	18402,8	2300,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
101	1035	15	M50	12	1963	Niederdräing	Ulrich	Lauftreff Herbram	14250,6	1781,3	00:00:00	0	00:56:18	1694	00:54:20	1721	00:53:54	1623
1	1069	12	M20	1	1988	Niemann	Johannes	SV Kollerbeck	22875,1	2859,4	00:34:57	2838	00:35:35	2937	00:35:25	2856	00:35:41	2716
186	1207	2	M35	13	1974	Nölkensmeier	Bernd	FCW Lippling	4442,0	2221,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
51	1026	12	M40	7	1970	Ollesch	Karsten		17571,0	2196,4	00:00:00	0	00:46:59	2253	00:45:37	2244	00:45:17	2140
104	1090	8	M50	13	1963	Oppermann	Frank	GüMi	13959,0	1744,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
135	1010	9	M50	15	1961	Osterhold	Andreas	TSV 1850 Korbach 09	11610,3	1451,3	00:00:00	0	01:00:02	1470	00:00:00	0	00:57:11	1426
61	1028	8	M U18	3	1996	Otten	Jonas		17195,5	2149,4	00:47:57	2058	00:48:16	2176	00:00:00	0	00:44:48	2169
86	1094	11	M50	10	1963	Petri	Johannes	VfL Lichtenau	15169,3	1896,2	00:00:00	0	00:54:10	1822	00:50:25	1956	00:52:18	1719
166	1095	3	M U20	2	1995	Petri	Philipp	LC Paderborn	7953,7	2651,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
48	1016	8	M20	7	1988	Pohl	Manuel		17706,0	2213,3	00:44:00	2295	00:00:00	0	00:00:00	0	00:00:00	0
19	1171	10	M50	2	1962	Preuss	Julius	SC Borchen	20130,0	2516,3	00:00:00	0	00:00:00	0	00:42:07	2454	00:41:38	2359
94	1112	9	M65	2	1947	Prior	Karl	LG TuS Vinsebeck	14732,9	1841,6	00:50:53	1882	00:00:00	0	00:53:10	1791	00:51:09	1788
6	1053	8	M35	4	1977	Protz	Michael	LG Bauerkamp Warburg	21878,5	2734,8	00:00:00	0	00:38:56	2736	00:00:00	0	00:00:00	0
26	1102	8	M50	4	1961	Quest	Hubert	Non-Stop-Ultra Brakel	19352,5	2419,1	00:00:00	0	00:00:00	0	00:40:46	2535	00:00:00	0
98	1193	8	M35	11	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	14518,0	1814,8	00:00:00	0	00:55:28	1744	00:52:37	1824	00:49:43	1874
129	1123	10	W60	2	1949	Radke	Katharina	TV Jahn Bad Driburg	12292,1	1536,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
168	1166	4	M45	31	1968	Rasche	Rainer		7675,0	1918,8	00:00:00	0	00:57:08	1644	00:00:00	0	00:00:00	0
147	1154	12	W35	6	1978	Reinicke	Julia	LT Eisen-Wewer	10259,0	1282,4	00:59:29	1366	01:05:51	1121	01:02:11	1250	01:01:34	1163
185	1060	2	M60	11	1953	Rheker	Heinrich	SV Kollerbeck	4606,0	2303,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
184	1067	3	W55	3	1957	Rheker	Margret	SV Kollerbeck	4637,1	1545,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
23	1202	13	M55	1	1958	Richters	Reinhard	VfL Lichtenau	19842,7	2480,3	00:00:00	0	00:44:41	2391	00:41:55	2466	00:41:50	2347

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2013								Int. Altenaulauf Borchen		Westenholzer Abendlauf		Wildschütz-Klostermann-Lauf		Katharinenlauf Delbrück	
			Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:48:55	R Zeit	00:51:12	R Zeit	00:49:41	R Zeit	00:47:37	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
3	1200	10	M35	2	1975	Riesel	Tobias	LG TuS Vinsebeck	22573,4	2821,7	00:35:49	2786	00:37:00	2852	00:00:00	0	00:35:32	2725
66	1036	9	W35	2	1976	Rinteln	Martina	LG Bauerkamp Warburg	16614,5	2076,8	00:00:00	0	00:49:36	2096	00:00:00	0	00:48:15	1962
191	1049	2	M60	12	1950	Rode	Joseph	TuS Amelunxen	3918,7	1959,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
149	1048	5	M45	26	1968	Rodenberg	Daniel	SuS Nielsen	10176,7	2035,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
194	1156	2	W50	7	1962	Rolf	Birgit	SUS Westenholz	3456,0	1728,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
139	1168	9	M60	9	1949	Rothmann	Christoph	SC Borchen	11253,6	1406,7	00:00:00	0	01:00:04	1468	00:00:00	0	00:00:00	0
69	1078	8	W55	2	1958	Rump	Beate	VfB Salzkotten	16431,5	2053,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
59	1061	8	M45	15	1964	Saage	Ansgar	SV Kollerbeck	17266,9	2158,4	00:00:00	0	00:47:00	2252	00:00:00	0	00:00:00	0
36	1174	9	M45	8	1964	Sachwitz	Norbert	Sennesport	18578,7	2322,3	00:43:49	2306	00:00:00	0	00:43:51	2350	00:00:00	0
75	1180	9	M35	10	1974	Sasse	Rainer		16147,9	2018,5	00:00:00	0	00:00:00	0	00:48:13	2088	00:48:08	1969
87	1015	8	W40	4	1970	Schaefer-Doeren	Birgit	HTSV Leiberg	15161,1	1895,1	00:49:00	1995	00:00:00	0	00:00:00	0	00:00:00	0
91	1143	9	M45	19	1964	Schaffer	Thomas		14808,7	1851,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
159	1074	4	M45	29	1968	Scheipers	Mathias	LT Elsen-Wewer	8570,2	2142,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
62	1177	10	W40	1	1969	Schlütting	Anne-Karina	HTSV Leiberg	17191,5	2148,9	00:46:02	2173	00:48:26	2166	00:00:00	0	00:56:26	1471
121	1152	6	M35	12	1976	Schmitz	Markus	LT Elsen-Wewer	12934,9	2155,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
55	1086	12	M45	13	1968	Schmitz	Rene	SV 21 Essentho	17382,9	2172,9	00:45:20	2215	00:47:24	2228	00:45:20	2261	00:45:36	2121
205	1212	1	W40	13	1970	Schneider	Inga		1601,0	1601,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
92	1114	14	M60	5	1949	Scholz	Hermann-Josef	LG Bauerkamp Warburg	14781,6	1847,7	00:51:08	1867	00:51:38	1974	00:00:00	0	00:50:45	1812
155	1021	8	W45	7	1968	Schröder	Iris	SV Rot-Weiß Bentfeld	9045,5	1130,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
34	1022	11	M45	7	1965	Schubert	Klaus	Laufftreff Herbram	18690,1	2336,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
175	1178	3	M50	19	1963	Schulenberg	Wolfgang	SuS Oestereiden	6466,3	2155,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
150	1139	19	M55	13	1958	Schütte	Peter	TSV Schloß Neuhaus	9859,0	1232,4	01:00:11	1324	01:04:46	1186	01:04:49	1092	01:01:24	1173
152	1136	6	M45	27	1964	Seack	Ingo	LG Oerlinghausen	9429,0	1571,5	00:00:00	0	00:58:48	1544	00:00:00	0	00:53:15	1662
83	1162	8	M40	11	1970	Sedat	Ralf	SC Blau-Weiß Ostenland	15486,5	1935,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
131	1190	8	M45	23	1967	Sehrbrock	Jörg	SV Rot-Weiß Bentfeld	12200,9	1525,1	00:00:00	0	00:59:11	1521	00:53:56	1745	00:00:00	0
200	1099	1	M50	22	1962	Sentler	Werner	TV Jahn Bad Driburg	2111,8	2111,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
49	1007	12	M45	11	1966	Soares	Fernando	SV Reelsen	17650,4	2206,3	00:45:26	2209	00:47:10	2242	00:46:21	2200	00:00:00	0
20	1006	8	M U18	2	1996	Soares	Luca	SV Reelsen	20095,3	2511,9	00:38:42	2613	00:00:00	0	00:39:05	2636	00:00:00	0
203	1185	1	M35	14	1975	Sohm	Henning	LG Bauerkamp Warburg	1675,0	1675,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
204	1214	1	M35	15	1976	Spiller	Christoph		1630,0	1630,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
173	1170	4	M40	18	1970	Steins	Andreas	SV Rot-Weiß Bentfeld	6843,0	1710,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
153	1181	5	M55	14	1958	Steins	Hubert	LT Elsen-Wewer	9107,2	1821,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
132	1030	8	W40	10	1971	Studinski	Maike	SC Borchen	12088,8	1511,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
81	1201	10	M45	17	1965	Stute	Gerhard	Laufftreff Herbram	15576,2	1947,0	00:00:00	0	00:52:46	1906	00:00:00	0	00:00:00	0
138	1167	11	W45	5	1966	Stute	Ingrid	Laufftreff Herbram	11318,0	1414,8	00:00:00	0	01:02:41	1311	01:01:48	1273	00:00:00	0
157	1072	7	M45	28	1968	Susewind	Johannes	Laufftreff Herbram	8968,3	1281,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
111	1071	9	W35	4	1975	Susewind	Nadine	Laufftreff Herbram	13573,2	1696,6	00:00:00	0	00:56:55	1657	00:00:00	0	00:00:00	0
140	1057	5	M40	13	1973	Tegethoff	Frank	PHYSIOeffekt Paderborn	11034,2	2206,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
144	1084	5	M40	15	1970	Thamm	Patrick	LT Elsen-Wewer	10852,1	2170,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
136	1082	6	M65	4	1947	Thomas	Bernd	e.on-Avacon	11569,5	1928,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
128	1104	8	W35	5	1976	Thonemann	Melanie	LG Bauerkamp Warburg	12344,6	1543,1	00:56:14	1561	00:00:00	0	00:00:00	0	00:57:00	1437
79	1159	9	M70	1	1941	Timmer	Reinhold	LG TuS Vinsebeck	15656,3	1957,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
32	1164	13	M45	5	1967	van Hoof	Frank	Vorwärts Kette Riemeke	18870,1	2358,8	00:00:00	0	00:00:00	0	00:43:28	2373	00:43:43	2234
37	1182	8	M35	6	1978	Vauth	Hermann	Non-Stop-Ultra Brakel	18552,3	2319,0	00:00:00	0	00:47:08	2244	00:00:00	0	00:00:00	0
179	1025	16	M80	1	1932	Vockel	Josef	LC Paderborn	5989,3	748,7	01:10:26	709	01:14:16	616	00:00:00	0	01:14:56	361
162	1197	4	M40	16	1969	Vogt	Thomas		8481,3	2120,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
29	1020	9	M50	5	1961	von Hagen	Wolfgang	Haxter Lauffreunde Paderborn	19129,0	2391,1	00:00:00	0	00:45:19	2353	00:00:00	0	00:40:24	2433
90	1093	14	M40	12	1971	Vonnahme	Jörg	SV 21 Essentho	14981,0	1872,6	00:51:48	1827	00:55:59	1713	00:54:28	1713	00:52:58	1679

## 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2013									Int. Altenlauf Borchen		Westenholzer Abendlauf		Wildschütz- Klostermann-Lauf		Katharinenlauf Delbrück	
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	
											00:48:55 Zeit	R Zeit	00:51:12 Zeit	R Zeit	00:49:41 Zeit	R Zeit	00:47:37 Zeit	R Zeit	
47	1111	12	M20	6	1986	Wagner	Patrick	Non-Stop-Ultra Brakel	18039,6	2255,0	00:44:35	2260	00:47:37	2215	00:46:28	2193	00:00:00	0	
30	1118	9	M50	6	1962	Walter	Klaus	SV Kollerbeck	19051,9	2381,5	00:42:50	2365	00:00:00	0	00:43:31	2370	00:00:00	0	
109	1077	10	M45	21	1966	Wältermann	Dr. Peter	SC Borchen	13631,0	1703,9	00:00:00	0	00:00:00	0	00:55:13	1668	00:53:21	1656	
96	1141	9	W35	3	1975	Weitzendorf	Tanja	LT Eisen-Wewer	14555,5	1819,4	00:00:00	0	00:00:00	0	00:54:05	1736	00:53:39	1638	
77	1068	8	M60	3	1950	Werpup	Alois	SV Kollerbeck	15796,1	1974,5	00:48:45	2010	00:00:00	0	00:49:41	2000	00:00:00	0	
130	1108	8	M60	8	1950	Wibbeke	Heinrich	Lauftreff Herbram	12212,2	1526,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
17	1097	11	M20	3	1985	Wilczek	Christian		20185,0	2523,1	00:00:00	0	00:41:53	2559	00:00:00	0	00:39:45	2472	
102	1038	16	M55	7	1957	Winkel	Bernhard	SV Rot-Weiß Bentfeld	14114,0	1764,3	00:52:27	1788	00:54:49	1783	00:53:51	1750	00:52:41	1696	
11	1050	11	M35	5	1976	Wolf	Andrej	SCC Scharmede	20690,6	2586,3	00:39:50	2545	00:40:28	2644	00:00:00	0	00:38:34	2543	
189	1155	2	W35	7	1977	Wolf	Elke	SCC Scharmede	4257,0	2128,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
16	1127	16	M45	4	1965	Wulfes	Dieter	LF Benteler Paderborn	20200,3	2525,0	00:00:00	0	00:44:35	2397	00:00:00	0	00:41:44	2353	
113	1009	9	M45	22	1965	Zimmermann	Rainer		13260,5	1657,6	00:00:00	0	00:00:00	0	00:56:30	1591	00:54:25	1592	
44	1029	9	M35	7	1976	Zinn	Eduard	actiVita Paderborn	18209,4	2276,2	00:00:00	0	00:47:30	2222	00:00:00	0	00:00:00	0	