

20 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2014										E.ON Westfalen- Weser- Volkslauf Bad Wünnenberg		Int. Altenaulauf Borchen		Westenholzer Abendlauf		Wildschütz- Klostermann-Lauf	
			Klasse	AK Pl.:	Gen.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	21,1 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	
												01:44:51	R Zeit	01:41:38	R Zeit	01:34:11	R Zeit	01:41:16	R Zeit	
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
24	2002	8	M20	1	m	1988	Griese	Alexander		25628,5	4271,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
40	2012	6	M20	2	m	1986	Seebothe	Thomas		23494,8	3915,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
67	2067	3	M20	3	m	1989	Drüke	Dennis		13303,5	4434,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
88	2039	1	M20	4	m	1990	Linnemann	Jonas	LC Paderborn	5252,1	5252,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
1	2025	7	M30	1	m	1981	Fraune	Christoph	1. Tri-Club Paderborn	33301,8	5550,3	00:00:00	0	00:00:00	0	00:00:00	0	01:27:22	4790,5	
26	2019	7	M30	2	m	1980	Heinemann	Kai-Uwe	SC Borchen	25558,6	4259,8	01:39:34	4300,5	01:41:39	3999,1	00:00:00	0	00:00:00	0	
27	2008	6	M30	3	m	1984	Scheifhacken	Dennis	TuS 1913 Hembsen	25491,1	4248,5	01:34:16	4601,9	00:00:00	0	00:00:00	0	01:42:52	3909	
60	2032	3	M30	4	m	1980	Edridge	Mark	LT Elsen-Wewer	15348,8	5116,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
78	2077	4	M30	5	m	1984	Derenthal	Helge	Lauffreunde Eissen	11058,6	2764,7	02:07:00	2740,3	00:00:00	0	00:00:00	0	00:00:00	0	
79	2034	2	M30	6	m	1981	Amelunxen	Hendrik		9408,1	4704,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
7	2007	6	M35	1	m	1977	Protz	Michael	LG Bauerkamp Warburg	30440,7	5073,5	01:22:02	5297,6	01:35:21	4357,3	00:00:00	0	01:22:55	5043,6	
12	2011	6	M35	2	m	1976	Wolf	Andrej	SCC Scharmede	29012,5	4835,4	01:27:23	4993,4	00:00:00	0	01:27:21	4388,6	01:28:13	4742,2	
15	2070	6	M35	3	m	1975	Thonemann	Markus	LG Bauerkamp Warburg	27653,3	4608,9	00:00:00	0	01:35:21	4357,3	00:00:00	0	01:42:27	3932,7	
21	2006	6	M35	4	m	1978	Hanebutt	Kai	SC Borchen	26474,1	4412,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
29	2060	6	M35	5	m	1978	Vauth	Hermann	Non-Stop-Ultra Brakel	25170,7	4195,1	00:00:00	0	00:00:00	0	00:00:00	0	01:41:16	4000	
46	2010	5	M35	6	m	1975	Schulte	Dietmar	Team ultraSPORTS	19981,7	3996,3	01:45:31	3962,1	01:49:13	3568,7	00:00:00	0	00:00:00	0	
48	2091	6	M35	7	m	1979	Bertelsmeier	Andreas	Boxsportschule Lokomotive Span	19630,0	3271,7	01:55:01	3421,8	00:00:00	0	02:08:15	2062,6	00:00:00	0	
81	2001	2	M35	8	m	1976	Schmitz	Markus	LT Elsen-Wewer	8098,0	4049,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
82	2097	3	M35	9	m	1975	Sohm	Henning	LG Bauerkamp Warburg	8036,9	2679,0	02:02:30	2996,2	00:00:00	0	00:00:00	0	00:00:00	0	
90	2028	1	M35	10	m	1977	Heger	Jörg	SC Borchen	4772,5	4772,5	00:00:00	0	01:28:03	4772,5	00:00:00	0	00:00:00	0	
3	2068	7	M40	1	m	1972	Hansmann	Frank	LG Bauerkamp Warburg	30963,1	5160,5	01:24:39	5148,8	00:00:00	0	01:24:07	4572,5	01:25:20	4906,2	
4	2033	8	M40	2	m	1974	Seemann	Thorsten	Non-Stop-Ultra Brakel	30962,8	5160,5	01:24:46	5142,2	00:00:00	0	01:26:22	4444,5	01:27:27	4785,8	
8	2057	6	M40	3	m	1972	Menne	Klaus	Non-Stop-Ultra Brakel	30314,7	5052,5	00:00:00	0	01:24:09	4994,3	01:22:40	4655	01:22:34	5063,5	
9	2072	8	M40	4	m	1971	Mersch	Detlef	Laufspass SW Sende	29562,7	4927,1	01:26:39	5035,1	01:35:22	4356,4	01:24:13	4566,8	00:00:00	0	
19	2017	6	M40	5	m	1970	Kemper	Bernd	LG Bauerkamp Warburg	27056,8	4509,5	01:35:40	4522,3	00:00:00	0	00:00:00	0	00:00:00	0	
41	2014	6	M40	6	m	1974	Selter	Alexander	LG Bauerkamp Warburg	23389,3	3898,2	01:48:21	3800,9	00:00:00	0	00:00:00	0	00:00:00	0	
52	2071	4	M40	7	m	1973	Hartinger	Richard	LG Bauerkamp Warburg	17795,8	4448,9	01:33:17	4657,8	00:00:00	0	00:00:00	0	00:00:00	0	
84	2054	2	M40	8	m	1971	Knap	Waldemar	TuS 1913 Hembsen	7915,1	3957,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
85	2036	2	M40	9	m	1970	Hake	Thorsten		7910,2	3955,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
94	2092	1	M40	10	m	1973	Dreisbusch	Manfred		2310,9	2310,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
2	2041	8	M45	1	m	1967	Freitag	Wolfgang	Delbrück läuft	32241,1	5373,5	01:18:34	5494,8	01:22:58	5061,6	01:20:04	4802,8	01:21:17	5136,5	
10	2048	7	M45	2	m	1969	Wiegran	Andreas	TV Jahn Bad Driburg	29394,9	4899,2	00:00:00	0	01:30:21	4641,7	01:28:35	4318,5	00:00:00	0	
14	2052	7	M45	3	m	1965	Blum	Georg	SV 21 Büren	28317,0	4719,5	01:28:52	4909	01:29:43	4677,7	01:30:40	4200	01:32:21	4507,1	
18	2095	7	M45	4	m	1966	Ahlers	Ufo Michael	SC Borchen	27062,3	4510,4	01:36:37	4468,2	00:00:00	0	01:34:34	3978,2	01:40:18	4055	
22	2018	6	M45	5	m	1966	Schäfermeier	Ulrich	SC Borchen	26209,0	4368,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
23	2009	9	M45	6	m	1965	Holz	Karl-Heinz	Delbrück Lläuft	25965,2	4327,5	01:38:33	4358,3	00:00:00	0	00:00:00	0	00:00:00	0	
36	2047	7	M45	7	m	1968	Suerland	Karsten	SC Borchen	23715,3	3952,5	00:00:00	0	01:41:38	4000	00:00:00	0	00:00:00	0	
37	2031	7	M45	8	m	1969	Zimmermann	Frank	TV Lemgo	23693,3	3948,9	01:43:41	4066,4	00:00:00	0	00:00:00	0	00:00:00	0	
43	2055	7	M45	9	m	1965	Brade	Günter	GüMi	22787,2	3797,9	01:47:43	3837	00:00:00	0	00:00:00	0	01:50:21	3483,4	
51	2003	6	M45	10	m	1968	Koch	Karsten	SC Borchen	18023,4	3003,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
65	2089	4	M45	11	m	1966	Vauth	Jürgen	Non-Stop-Ultra Brakel	13614,4	3403,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
70	2079	4	M45	12	m	1965	Schlüter	Gerd	TC BW Büren	12525,8	3131,5	02:07:52	2691	00:00:00	0	00:00:00	0	00:00:00	0	
74	2027	4	M45	13	m	1969	Heimsath	Olaf	HSG Altenbeken-Buke	11983,1	2995,8	01:58:35	3219	00:00:00	0	00:00:00	0	00:00:00	0	
92	2059	1	M45	14	m	1969	Breker	Michael	SC GW Holtheim	3798,1	3798,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
5	2030	11	M50	1	m	1963	Marek	Reinhold		30929,5	5154,9	01:27:12	5003,8	01:28:11	4764,9	01:27:37	4373,5	01:29:00	4697,6	
6	2069	9	M50	2	m	1964	Bettermann	Rainer	LG Bauerkamp Warburg	30652,6	5108,8	01:27:57	4961,1	01:28:00	4775,4	01:26:33	4434,1	00:00:00	0	
11	2061	8	M50	3	m	1963	Dietz	Ralph	Team Deutschland	29079,2	4846,5	01:30:37	4809,5	00:00:00	0	00:00:00	0	00:00:00	0	
13	2053	7	M50	4	m	1960	Müller	Josef	TuS 1913 Hembsen	28457,3	4742,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
17	2004	8	M50	5	m	1961	von Hagen	Wolfgang	Haxter Lauffreunde Paderborn	27290,8	4548,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	

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			Klasse	AK Pl.:	Gen.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	21,1 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	
												01:44:51	R Zeit	01:41:38	R Zeit	01:34:11	R Zeit	01:41:16	R Zeit	
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
25	2046	7	M50	6	m	1960	Radke	Martin	TV Jahn Bad Driburg	25627,2	4271,2	01:41:15	4204,7	00:00:00	0	00:00:00	0	00:00:00	0	
28	2022	8	M50	7	m	1963	van Rennings	Uwe	Trifun Hennesee	25442,4	4240,4	01:40:11	4265,4	00:00:00	0	00:00:00	0	00:00:00	0	
30	2038	6	M50	8	m	1964	Müller	Rainer	TuS 1913 Hembßen	24920,0	4153,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
54	2093	4	M50	9	m	1963	Menne	Hermann	LG Bauerkamp Warburg	17266,4	4316,6	01:34:14	4603,8	00:00:00	0	00:00:00	0	00:00:00	0	
69	2074	6	M50	10	m	1962	Heller	Ralf	Currimus e.V.	12584,6	2097,4	02:27:11	1592,4	02:05:58	2616,1	00:00:00	0	00:00:00	0	
71	2076	3	M50	11	m	1963	Laufkötter	Dieter	1. Tri-Club Paderborn	12499,5	4166,5	01:41:44	4177,3	00:00:00	0	00:00:00	0	00:00:00	0	
76	2013	3	M50	12	m	1962	Lienen	Dieter		11598,8	3866,3	01:44:51	4000	00:00:00	0	00:00:00	0	00:00:00	0	
80	2058	2	M50	13	m	1964	Loges	Hermann	HLC Höxter	8771,9	4386,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
91	2045	1	M50	14	m	1963	Mügge	Andreas	TV Jahn Bad Driburg	4757,2	4757,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
20	2016	6	M55	1	m	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	26544,1	4424,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
31	2021	8	M55	2	m	1957	Dahlmann	Hartmut	Haxter Lauffreunde Paderborn	24077,1	4012,8	01:43:57	4051,2	01:47:37	3659,7	00:00:00	0	00:00:00	0	
33	2078	7	M55	3	m	1959	Driller	Hubertus	TC BW Büren	23855,5	3975,9	01:43:56	4052,1	01:43:44	3880,6	00:00:00	0	01:43:41	3862,6	
34	2080	7	M55	4	m	1958	Becker	Jörg		23854,3	3975,7	01:42:01	4161,1	01:45:11	3798,1	01:41:32	3582	00:00:00	0	
64	2043	6	M55	5	m	1957	Mag	Andreas	LT Herbram-Wald	13787,9	2298,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
73	2029	4	M55	6	m	1956	Böckler	Ulrich	LT Elsen-Wewer	12023,1	3005,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
45	2023	6	M60	1	m	1954	Kleffner	Werner	LT Elsen-Wewer	20951,0	3491,8	00:00:00	0	01:52:22	3389,6	00:00:00	0	00:00:00	0	
49	2056	6	M60	2	m	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	19092,3	3182,1	01:56:47	3321,3	00:00:00	0	01:56:32	2728,9	00:00:00	0	
62	2096	5	M60	3	m	1950	Besler	Karl-Heinz	TuS Breckerfeld	14455,1	2891,0	01:58:28	3225,6	02:04:54	2676,8	00:00:00	0	00:00:00	0	
86	2040	6	M60	4	m	1952	Großmann-Wedegärtl	Michael	Man Teou Renner Steinheim	6357,2	1059,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
39	2094	6	M65	1	m	1947	Thomas	Bernd	NDR-Laufgruppe	23558,3	3926,4	01:45:49	3945	00:00:00	0	00:00:00	0	00:00:00	0	
55	2042	6	M65	2	m	1945	Kufner	Peter	TV Jahn Bad Driburg	17043,2	2840,5	02:05:20	2835,1	00:00:00	0	00:00:00	0	02:04:06	2701,4	
58	2024	7	M65	3	m	1945	Trierweiler	Dieter	TG Lage	16620,3	2770,1	02:00:59	3082,5	00:00:00	0	00:00:00	0	00:00:00	0	
75	2082	6	M65	4	m	1945	Wenzel	Friedhelm	VFJ Helmern	11910,3	1985,0	02:14:49	2295,7	00:00:00	0	02:11:47	1861,6	00:00:00	0	
42	2049	8	M70	1	m	1944	Gross	Ricco	TV Jahn Bad Driburg	23373,1	3895,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
32	2087	6	W30	1	w	1984	Tietze	Anna-Lena	SC Borchen	23957,9	3993,0	01:44:48	4002,8	01:44:52	3816,1	00:00:00	0	00:00:00	0	
50	2090	6	W30	2	w	1982	Renger	Corinna	Boxsportschule Lokomotive Span	18964,6	3160,8	01:55:08	3415,2	00:00:00	0	02:00:40	2493,8	01:58:21	3028,4	
77	2075	3	W35	1	w	1976	Rinteln	Martina	LG Bauerkamp Warburg	11584,3	3861,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
83	2081	2	W35	2	w	1975	Menemeyer	Nadine	PHYSIOeffekt Paderborn	8025,8	4012,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
59	2037	6	W40	1	w	1972	Guth	Daniela	LT Herbram-Wald	16192,8	2698,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
61	2073	10	W40	2	w	1970	Hoffknecht	Gaby	SCC Scharmede	14528,5	2421,4	02:13:27	2373,5	02:22:45	1661,6	02:19:58	1396,2	00:00:00	0	
72	2005	6	W40	3	w	1971	Studinski	Maika	SC Borchen	12343,2	2057,2	02:28:39	1509	02:25:48	1488,2	00:00:00	0	00:00:00	0	
89	2062	2	W40	4	w	1971	Becker	Karin	SV Rot-Weiß Bentfeld	5068,8	2534,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
35	2051	12	W45	1	w	1967	Tenberg	Dung	Marathon Soest	23812,8	3968,8	01:48:20	3801,9	00:00:00	0	00:00:00	0	01:49:27	3534,6	
38	2035	6	W45	2	w	1966	Rosentreter	Beate	Haxter Lauffreunde Paderborn	23667,8	3944,6	00:00:00	0	00:00:00	0	00:00:00	0	01:47:15	3659,7	
63	2044	6	W45	3	w	1968	Mag	Felicitas	LT Herbram-Wald	13795,4	2299,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
68	2084	4	W45	4	w	1965	Beine	Brigitte	VfB Salzkotten	12911,7	3227,9	01:55:26	3398,1	00:00:00	0	00:00:00	0	00:00:00	0	
87	2066	2	W45	5	w	1965	Lange	Manuela	LG Bauerkamp Warburg	5374,9	2687,4	02:19:59	2001,9	00:00:00	0	00:00:00	0	00:00:00	0	
16	2063	8	W50	1	w	1964	Koepe	Ulrike	LT Elsen-Wewer	27505,5	4584,2	01:36:22	4482,5	00:00:00	0	01:34:11	4000	01:34:49	4366,8	
93	2085	1	W50	2	w	1961	Hillebrand	Sabine	HTSV Leiberg	2892,7	2892,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
44	2088	7	W55	1	w	1958	Kattenbusch	Monika	Haxter Lauffreunde Paderborn	22367,0	3727,8	01:51:43	3609,5	00:00:00	0	00:00:00	0	01:52:17	3373,5	
66	2083	5	W55	2	w	1957	Wächter	Gertrud	VFJ Helmern	13510,7	2702,1	02:02:03	3021,8	00:00:00	0	02:00:02	2529,9	02:04:55	2655	
47	2064	6	W60	1	w	1953	Kaiser	Mona	SCC Scharmede	19712,1	3285,4	01:55:18	3405,7	00:00:00	0	00:00:00	0	00:00:00	0	
53	2086	6	W60	2	w	1952	Müller	Ursula	Non-Stop-Ultra Brakel	17300,5	2883,4	01:58:41	3213,3	00:00:00	0	01:58:06	2639,8	00:00:00	0	
57	2065	9	W60	3	w	1954	Schäfers	Anette	LT Elsen-Wewer	16791,3	2798,6	02:01:01	3080,6	00:00:00	0	02:03:54	2310	00:00:00	0	
56	2050	11	W65	1	w	1949	Ahlemeyer	Anne	LT Elsen-Wewer	16933,4	2822,2	02:06:58	2742,2	00:00:00	0	00:00:00	0	02:08:57	2425,6	