

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2015								Int. Altenaulauf Borchen		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf		Herbstlauf Ovenhausen	
			Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:46:19	R Zeit	00:46:46	R Zeit	00:47:28	R Zeit	00:48:13	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
36	1061	8	M45	8	1966	Ahlers	Ufo Michael	SC Borchen	17661,8	2207,7	00:00:00	0	00:46:59	1987	00:00:00	0	00:00:00	0
25	1064	8	M45	3	1966	Altmiks	Frank	SV Kollerbeck	18501,2	2312,6	00:44:12	2127	00:00:00	0	00:00:00	0	00:45:16	2177
181	1131	1	W20	7	1988	Aßmann	Sophia		1284,0	1284,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
85	1002	10	M50	18	1961	Baaske	Hartwig	LT Marienloh	14964,8	1870,6	00:00:00	0	00:49:38	1828	00:00:00	0	00:52:19	1754
88	1109	12	M60	5	1952	Babezyk	Heinrich	SC 30 Rolfzen	14825,5	1853,2	00:50:29	1750	00:00:00	0	00:00:00	0	00:51:45	1788
50	1041	8	M50	10	1964	Balhorn	Uwe	Delbrück läuft	17095,5	2136,9	00:44:35	2104	00:46:30	2016	00:00:00	0	00:00:00	0
49	1181	8	M20	5	1990	Bastian	Jannick	Blau-Rot Paderborn	17095,7	2137,0	00:00:00	0	00:43:08	2218	00:44:03	2205	00:48:09	2004
21	1053	8	M30	4	1985	Bauer	Florian	Die Luschen	18683,6	2335,5	00:00:00	0	00:42:27	2259	00:00:00	0	00:00:00	0
58	1126	9	M50	12	1965	Becker	Bernd	LC Paderborn	16674,5	2084,3	00:00:00	0	00:45:38	2068	00:00:00	0	00:00:00	0
167	1089	2	M45	23	1967	Becker	Markus	LT Marienloh	3341,4	1670,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
2	1186	9	M20	2	1987	Benz	Daniel		20822,0	2602,8	00:37:14	2545	00:37:03	2583	00:00:00	0	00:38:17	2596
127	1013	12	M50	25	1961	Bidardel	Chahriar	LT Marienloh	11027,5	1378,4	00:00:00	0	00:00:00	0	00:00:00	0	00:59:50	1303
155	1189	4	W35	4	1979	Bittner	Bettina	LT Eisen-Wewer	5286,0	1321,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
129	1173	9	W30	2	1983	Blinova	Olga	O&O	10921,0	1365,1	00:56:15	1404	00:00:00	0	00:58:07	1361	00:00:00	0
90	1136	8	M65	3	1946	Bodach	Claus	SV Lüttringen	14634,3	1829,3	00:49:51	1788	00:49:12	1854	00:50:43	1805	00:50:50	1843
62	1098	8	M45	13	1967	Böhmer	Dirk		16322,5	2040,3	00:00:00	0	00:49:01	1865	00:47:19	2009	00:00:00	0
33	1155	8	M45	6	1968	Böhmer	Gregor	TSV Schloß Neuhaus	17825,0	2228,1	00:00:00	0	00:43:40	2186	00:00:00	0	00:46:24	2109
82	1048	14	M50	16	1962	Bojara	Günter	Delbrück läuft	15034,4	1879,3	00:50:16	1763	00:50:04	1802	00:51:30	1758	00:00:00	0
147	1023	4	M40	12	1975	Bökenheide	Thomas	Team Erdinger Alkoholfrei	6462,6	1615,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
22	1003	8	M40	2	1971	Borgolte	Frank	SC Borchen	18658,3	2332,3	00:00:00	0	00:41:19	2327	00:00:00	0	00:41:48	2385
98	1188	8	M U18	6	1999	Börnemeier	Patrick		13825,1	1728,1	00:46:44	1975	00:00:00	0	00:00:00	0	00:00:00	0
19	1185	8	M U20	1	1997	Böttcher	Fabian	LT Eisen-Wewer	18851,0	2356,4	00:41:38	2281	00:40:35	2371	00:00:00	0	00:43:47	2266
177	1087	1	W50	8	1964	Brade	Gisela	GüMi	1610,0	1610,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
143	1033	9	W30	3	1981	Braun	Nadine	Eisenbahnersportverein e.V. Padi	7862,6	982,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
178	1178	1	W40	7	1973	Brendel	Tanja		1433,0	1433,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
6	1171	8	M35	1	1980	Bücker	Marcel	Delbrück läuft	20416,0	2552,0	00:38:22	2477	00:38:38	2488	00:00:00	0	00:00:00	0
99	1120	9	W50	1	1965	Burchardt	Heike	Marsberg	13806,0	1725,8	00:00:00	0	00:00:00	0	00:53:51	1617	00:00:00	0
42	1121	9	M45	10	1967	Burchardt	Holger	VfB Marsberg	17451,0	2181,4	00:00:00	0	00:00:00	0	00:44:35	2173	00:00:00	0
45	1018	11	M45	12	1968	Bußmann	Franz	VfR Borgentreich	17211,4	2151,4	00:43:31	2168	00:44:27	2139	00:44:25	2183	00:46:10	2123
70	1198	10	M40	8	1972	Clusen	Olaf		16037,3	2004,7	00:46:32	1987	00:47:49	1937	00:47:06	2022	00:47:47	2026
27	1040	8	M60	2	1951	Collmann	Helmut	SC Borchen	18155,6	2269,4	00:43:17	2182	00:00:00	0	00:47:28	2000	00:00:00	0
154	1077	2	M40	13	1972	Davies	Martin	Delbrück läuft	5367,4	2683,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
97	1160	9	W40	2	1975	Derksen	Olga		14126,7	1765,8	00:51:44	1675	00:00:00	0	00:00:00	0	00:00:00	0
150	1129	4	M65	5	1950	Doerenkamp	Anton	LT Eisen-Wewer	5716,9	1429,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
184	1107	1	W40	9	1973	Dohle	Sylvia	TV Riesel	1088,2	1088,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
41	1179	8	M55	4	1958	Drescher	Klaus		17467,7	2183,5	00:44:06	2133	00:00:00	0	00:00:00	0	00:00:00	0
170	1128	2	M55	14	1960	Düsing	Rainer	TSV Schloß Neuhaus	2770,0	1385,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
10	1180	9	M50	1	1965	Epping	Hubert	TC BW Delbrück	19752,0	2469,0	00:39:19	2420	00:39:37	2429	00:00:00	0	00:00:00	0
4	1032	11	M30	1	1981	Falkenroth	Tobias	Delbrück läuft	20534,3	2566,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
174	1183	1	M40	18	1974	Fischer	Jörg	LG Geseke	2103,0	2103,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
134	1146	5	M20	8	1994	Franke	Christoph	SV Rot-Weiß Bentfeld	10020,0	2004,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
169	1145	3	W20	5	1991	Franke	Lena	SV Rot-Weiß Bentfeld	3171,0	1057,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
166	1086	2	M55	13	1960	Frewer	Hansjörg	SC Borchen	3802,0	1901,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
35	1184	8	M U18	2	2000	Geister	Olse	WSC Lippstadt	17666,0	2208,3	00:44:14	2125	00:46:46	2000	00:00:00	0	00:45:58	2135
69	1095	8	M55	5	1959	Giefers	Bernd	TuS Amelunxen	16075,7	2009,5	00:46:19	2000	00:00:00	0	00:47:24	2004	00:48:08	2005
120	1024	9	W30	1	1984	Gilles	Janine	PADERPIRATEN e.V.	11627,0	1453,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
124	1108	10	M50	24	1961	Glahn	Franz-Josef	LT Eisen-Wewer	11214,1	1401,8	00:56:26	1393	00:00:00	0	00:00:00	0	00:00:00	0
137	1050	4	M35	8	1980	Grunwald	Lars	Team twinfit	9350,0	2337,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
121	1022	8	M30	5	1981	Guhe	Sebastian	TTC Enger	11574,6	1446,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2015							Int. Altenaulauf Borchen		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf		Herbstlauf Ovenhausen		
			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
											00:46:19	R Zeit	00:46:46	R Zeit	00:47:28	R Zeit	00:48:13	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
165	1015	2	M45	22	1970	Hake	Thorsten	3822,7	1911,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
168	1044	2	M50	30	1963	Hansmeier	Andreas	3229,3	1614,6	00:49:44	1795	00:00:00	0	00:00:00	0	00:00:00	0	
116	1060	12	W50	2	1961	Hillebrand	Sabine	12781,6	1597,7	00:55:37	1442	00:55:31	1475	00:55:54	1494	00:00:00	0	
86	1118	8	M35	5	1976	Hommers	Jörg	14945,1	1868,1	00:00:00	0	00:52:52	1634	00:00:00	0	00:00:00	0	
136	1110	8	W50	4	1963	Hopp	Jutta	9699,9	1212,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
32	1011	8	W60	1	1954	Hüther	Elfie	17880,7	2235,1	00:00:00	0	00:00:00	0	00:44:27	2181	00:00:00	0	
108	1170	11	M70	1	1945	Hüther	Karl-Heinz	13275,9	1659,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
74	1153	11	M40	9	1975	Jablonski	Andre	15725,3	1965,7	00:46:14	2005	00:00:00	0	00:48:16	1952	00:00:00	0	
139	1166	8	W50	6	1963	Jäschke	Mary	9189,0	1148,6	01:00:54	1125	00:00:00	0	00:00:00	0	00:00:00	0	
133	1152	13	M70	2	1941	Kammer	Franz	10312,0	1289,0	00:00:00	0	00:00:00	0	00:59:44	1264	01:02:30	1143	
14	1079	8	M60	1	1953	Kandora	Marian	19106,5	2388,3	00:40:50	2329	00:41:45	2301	00:00:00	0	00:00:00	0	
72	1135	8	M45	16	1968	Kemkes	Michael	15818,0	1977,3	00:48:03	1896	00:47:11	1975	00:51:13	1775	00:00:00	0	
51	1099	8	M60	4	1954	Kleffner	Werner	17087,7	2136,0	00:00:00	0	00:44:35	2131	00:45:27	2121	00:00:00	0	
115	1105	10	W40	5	1972	Kleibrink	Barbara	12824,0	1603,0	00:53:26	1573	00:00:00	0	00:55:03	1545	00:00:00	0	
175	1104	1	M50	32	1962	Kloppmann	Werner	2065,5	2065,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
79	1192	8	W40	1	1973	Klugmann	Katrin	15326,0	1915,8	00:47:22	1937	00:48:22	1904	00:00:00	0	00:00:00	0	
18	1193	9	M45	2	1970	Klugmann	Marcus	18958,9	2369,9	00:00:00	0	00:41:59	2287	00:00:00	0	00:00:00	0	
12	1097	8	M50	3	1961	Klute	Bernward	19258,2	2407,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
63	1158	9	M50	14	1964	Kluthe	Thomas	16316,2	2039,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
9	1059	8	M45	1	1970	Kluwe	Michael	19807,0	2475,9	00:38:04	2495	00:39:28	2438	00:00:00	0	00:00:00	0	
162	1112	2	M40	16	1971	Knap	Waldemar	4200,6	2100,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
151	1122	3	M30	6	1983	Knocke	Michael	5628,5	1876,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
119	1197	8	W45	6	1970	Koch	Mechthild	11632,3	1454,0	00:58:52	1247	00:00:00	0	00:57:16	1412	00:57:57	1416	
54	1020	8	M40	4	1971	Koch	Volker	16818,1	2102,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
43	1001	14	M60	3	1955	Koralewicz	Jürgen	17315,6	2164,5	00:45:56	2023	00:00:00	0	00:00:00	0	00:00:00	0	
180	1035	1	W20	6	1988	Korzekwa	Sabine	1385,0	1385,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
179	1111	1	M30	7	1985	Kremeyer	Till	1419,1	1419,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
182	1130	1	M30	8	1983	Kreuzburg	Daniel	1283,0	1283,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
122	1137	8	M60	7	1954	Kröhn	Albert	11541,6	1442,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
64	1088	9	W20	2	1987	Krois	Christina	16246,2	2030,8	00:00:00	0	00:00:00	0	00:51:03	1785	00:00:00	0	
159	1199	2	M55	11	1959	Krois	Dietmar	4674,0	2337,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
152	1200	3	W50	7	1962	Krois	Sabine	5528,0	1842,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
102	1167	10	W45	3	1970	Kuhn	Annette	13736,1	1717,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
44	1164	9	M45	11	1966	Langeleh	Dirk	17254,7	2156,8	00:44:20	2119	00:00:00	0	00:00:00	0	00:00:00	0	
117	1115	6	M45	20	1969	Laufer	Daniel	12240,1	2040,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
37	1132	8	M20	4	1995	Laue	Rene	17618,6	2202,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
48	1133	10	W55	1	1959	Lause	Ursula	17127,7	2141,0	00:00:00	0	00:00:00	0	00:45:51	2097	00:00:00	0	
84	1195	8	M U18	4	1998	Leifeld	Christian	14991,1	1873,9	00:47:19	1940	00:50:27	1779	00:50:01	1847	00:51:34	1799	
145	1071	4	M55	10	1957	Lensdorf	Johannes	7559,1	1889,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
57	1125	8	M40	5	1975	Lindlar	Marcell	16722,0	2090,3	00:46:05	2014	00:46:46	2000	00:45:53	2095	00:00:00	0	
111	1124	8	W40	4	1971	Linnemann	Marion	13148,0	1643,5	00:50:12	1767	00:59:22	1244	00:55:12	1536	00:54:34	1619	
110	1141	9	W45	5	1968	Loer	Gerda	13200,0	1650,0	00:51:11	1708	00:52:53	1633	00:00:00	0	00:00:00	0	
46	1194	8	M U18	3	1998	Loer	Maximilian	17198,6	2149,8	00:45:36	2043	00:42:52	2234	00:00:00	0	00:00:00	0	
141	1139	4	M50	27	1965	Loer	Stefan	8525,0	2131,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
163	1117	2	M40	17	1973	Lorenz	Sascha	4041,5	2020,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
186	1046	1	W35	6	1979	Lotzin	Nadica	534,0	534,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
106	1162	8	M45	18	1970	Lücke	Ralf	13469,2	1683,6	00:50:58	1721	00:52:06	1680	00:00:00	0	00:00:00	0	
5	1025	16	M30	2	1983	Maksuti	Paul	20528,5	2566,1	00:38:19	2480	00:38:53	2473	00:00:00	0	00:41:03	2430	
114	1106	8	M55	8	1956	Marten	Christian	12872,8	1609,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2015							Int. Altenaulauf Borchon		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf		Herbstlauf Ovenhausen		
			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
											00:46:19	R Zeit	00:46:46	R Zeit	00:47:28	R Zeit	00:48:13	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
100	1157	6	M50	22	1962	Masjosthusmann	Martin	LG Burg Wiedenbrück	13802,0	2300,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
173	1085	1	M50	31	1963	Menne	Hermann	Warburger Sportverein 1884	2251,8	2251,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
157	1090	2	M40	14	1972	Menne	Klaus	Non-Stop-Ultra Brakel	5123,7	2561,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
103	1142	10	M50	23	1965	Meyer	Karl Josef	SC Borchon	13713,3	1714,2	00:00:00	0	00:00:00	0	00:54:53	1555	00:00:00	0
112	1154	8	M55	7	1956	Meyer	Uwe	LC Paderborn	12981,0	1622,6	00:53:00	1599	00:54:31	1535	00:00:00	0	00:00:00	0
23	1058	11	M55	1	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	18554,9	2319,4	00:43:04	2195	00:42:28	2258	00:42:44	2284	00:00:00	0
71	1057	8	M U20	2	1996	Meyer-Ilse	Simon	SV Rot-Weiß Bentfeld	15874,0	1984,3	00:00:00	0	00:49:57	1809	00:46:50	2038	00:48:47	1966
92	1190	8	M U18	5	2000	Mickenbecker	Dennis	Delbrück läuft	14371,0	1796,4	00:51:49	1670	00:49:29	1837	00:00:00	0	00:51:57	1776
176	1076	1	W55	3	1960	Müller	Inge	TuS 13 Hemsben	1684,5	1684,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
38	1134	9	M50	7	1964	Müller	Rainer	TuS 13 Hemsben	17591,2	2198,9	00:00:00	0	00:45:56	2050	00:00:00	0	00:00:00	0
104	1083	10	W60	2	1952	Müller	Ursula	Non-Stop-Ultra Brakel	13704,7	1713,1	00:00:00	0	00:00:00	0	00:53:31	1637	00:55:56	1537
164	1093	2	M55	12	1960	Neu	Andreas	TuS Amelunxen	3981,1	1990,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
146	1016	4	M35	9	1976	Neumann	Sascha	PADERPIRATEN e.V.	6646,5	1661,6	00:00:00	0	00:54:27	1539	00:00:00	0	00:00:00	0
185	1017	2	W35	5	1977	Neumann	Stefanie	PADERPIRATEN e.V.	1039,0	519,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
91	1116	12	M50	20	1964	Nickel	Götz	LT Herbram	14404,0	1800,5	00:50:21	1758	00:51:58	1688	00:50:39	1809	00:00:00	0
118	1074	12	W50	3	1965	Niederdraeing	Gisela	LT Herbram	12020,0	1502,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
93	1075	10	M50	21	1963	Niederdraeing	Ulrich	LT Herbram	14351,9	1794,0	00:00:00	0	00:00:00	0	00:00:00	0	00:52:23	1750
15	1172	14	M20	3	1990	Niederdräing	Michael	LT Herbram	19100,9	2387,6	00:40:52	2327	00:00:00	0	00:00:00	0	00:42:40	2333
1	1070	10	M20	1	1988	Niemann	Johannes	SV Kollerbeck	22210,0	2776,3	00:00:00	0	00:00:00	0	00:36:32	2656	00:36:21	2712
142	1037	4	M45	21	1970	Niemeier	Frank	SV Kollerbeck	8283,5	2070,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
160	1151	2	M40	15	1972	Niewels	Jörg	Eggemänner	4411,0	2205,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
65	1026	9	M45	14	1970	Olesch	Karsten		16244,5	2030,6	00:00:00	0	00:47:39	1947	00:47:55	1973	00:00:00	0
89	1096	9	M50	19	1963	Oppermann	Frank	LG TuS Vinsebeck	14823,2	1852,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
135	1004	8	M50	26	1961	Osterhold	Andreas	TSV 1850 Korbach 09	9760,0	1220,0	00:00:00	0	01:03:50	976	00:59:47	1261	00:59:49	1304
158	1103	3	M50	29	1964	Overmöhle	Bernd	SPVG Brakel	4990,0	1663,3	00:00:00	0	00:00:00	0	00:00:00	0	00:54:02	1651
156	1094	3	M50	28	1963	Petri	Johannes	VfL Lichtenau	5151,9	1717,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
109	1169	10	M45	19	1967	Petri	Matthias	VfB Salzkotten	13266,2	1658,3	00:51:33	1686	00:53:20	1606	00:00:00	0	00:54:23	1630
52	1161	8	W20	1	1986	Petzold	Andrea	TuS Willebadessen	16871,3	2108,9	00:00:00	0	00:00:00	0	00:45:34	2114	00:00:00	0
148	1010	8	W20	4	1987	Pfeifer	Katharina	LT Elsen-Wewer	6238,6	779,8	01:05:45	834	01:06:06	840	00:00:00	0	00:00:00	0
107	1047	12	W40	3	1972	Pfuhle	Catrin	TV Jahn Bad Driburg	13411,0	1676,4	00:53:05	1594	00:52:34	1652	00:53:10	1658	00:54:20	1633
94	1007	7	M20	7	1988	Pohl	Manuel		14303,7	2043,4	00:47:13	1946	00:00:00	0	00:00:00	0	00:00:00	0
140	1176	5	M65	4	1947	Prior	Karl	LG TuS Vinsebeck	8705,8	1741,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
13	1091	9	M50	4	1961	Quest	Hubert	Non-Stop-Ultra Brakel	19244,9	2405,6	00:00:00	0	00:00:00	0	00:00:00	0	00:41:52	2381
80	1144	8	M40	10	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	15110,0	1888,8	00:48:30	1869	00:48:48	1878	00:00:00	0	00:00:00	0
132	1072	5	M60	8	1953	Rheker	Heinrich	SV Kollerbeck	10456,1	2091,2	00:00:00	0	00:00:00	0	00:00:00	0	00:47:21	2052
29	1092	12	M55	3	1958	Richters	Reinhard	VfL Lichtenau	18121,9	2265,2	00:42:37	2222	00:43:13	2213	00:43:13	2255	00:00:00	0
77	1073	8	W35	2	1976	Rinteln	Martina	Warburger Sportverein 1884	15479,5	1934,9	00:00:00	0	00:48:14	1912	00:00:00	0	00:00:00	0
55	1187	8	M20	6	1994	Rühl	Benjamin	LT Elsen-Wewer	16804,0	2100,5	00:45:28	2051	00:45:53	2053	00:46:03	2085	00:00:00	0
66	1080	8	W55	2	1958	Rump	Beate	VfB Salzkotten	16219,2	2027,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	1008	8	M50	8	1965	Rupp	Harald	SCC Scharmède	17588,8	2198,6	00:00:00	0	00:43:54	2172	00:43:45	2223	00:00:00	0
138	1005	9	W50	5	1965	Rupp	Monika	SCC Scharmède	9337,8	1167,2	00:00:00	0	01:05:37	869	01:04:47	961	01:08:33	780
3	1101	13	M40	1	1971	Rustemeier	Stefan	TuS Willebadessen	20788,2	2598,5	00:37:57	2502	00:38:00	2526	00:37:59	2569	00:37:51	2622
78	1143	9	W45	2	1967	Salzmann	Marion		15341,0	1917,6	00:49:36	1803	00:49:14	1852	00:00:00	0	00:00:00	0
60	1165	8	M40	6	1974	Sasse	Rainer	SC Borchon	16390,1	2048,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
105	1006	8	W45	4	1970	Schäfer-Doeren	Birgit	HTSV Leiberg	13489,8	1686,2	00:53:13	1586	00:00:00	0	00:00:00	0	00:00:00	0
59	1042	9	M50	13	1962	Schäfers	Peter	Delbrück läuft	16437,9	2054,7	00:45:47	2032	00:50:29	1777	00:00:00	0	00:00:00	0
83	1052	10	M50	17	1964	Schaffer	Thomas		15019,9	1877,5	00:00:00	0	00:00:00	0	00:00:00	0	00:51:00	1833
131	1174	9	M35	7	1980	Schallör	Oliver	O&O	10908,0	1363,5	00:56:15	1404	00:00:00	0	00:58:07	1361	00:00:00	0
30	1062	10	M45	5	1970	Scharf	Dirk	LT Marienloh	18040,0	2255,0	00:00:00	0	00:44:36	2130	00:00:00	0	00:44:50	2203

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2015								Int. Altenaulauf Borchen		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf		Herbstlauf Ovenhausen	
			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
											00:46:19	R Zeit	00:46:46	R Zeit	00:47:28	R Zeit	00:48:13	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
75	1043	7	M35	4	1977	Schlothane	Lars	15525,1	2217,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
56	1055	8	W45	1	1969	Schlütting	Anne-Karina	16796,7	2099,6	00:00:00	0	00:45:51	2055	00:00:00	0	00:00:00	0	00:00:00
95	1056	9	M60	6	1952	Schlütting	Franz-Gert	14296,1	1787,0	00:00:00	0	00:51:55	1691	00:00:00	0	00:00:00	0	00:00:00
11	1175	9	M50	2	1962	Schmidt	Johannes	19341,9	2417,7	00:39:59	2380	00:40:55	2351	00:40:53	2395	00:41:38	2395	00:00:00
76	1084	8	M65	2	1949	Scholz	Hermann-Josef	15507,8	1938,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
144	1127	8	W45	8	1968	Schröder	Iris	7605,2	950,6	01:01:44	1075	01:03:20	1006	00:00:00	0	00:00:00	0	00:00:00
31	1168	10	M40	3	1971	Schürmann	Marcus	17899,9	2237,5	00:00:00	0	00:45:08	2098	00:00:00	0	00:00:00	0	00:00:00
123	1028	10	M55	9	1958	Schütte	Peter	11468,1	1433,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
68	1163	8	M45	15	1970	Sedat	Raif	16108,0	2013,5	00:47:15	1944	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
61	1113	8	M35	3	1976	Siegel	Christian	16361,0	2045,1	00:45:30	2049	00:00:00	0	00:47:07	2021	00:47:26	2047	00:00:00
149	1045	3	W40	6	1973	Siepler	Simone	6218,0	2072,7	00:00:00	0	00:00:00	0	00:00:00	0	00:48:13	2000	00:00:00
153	1140	3	M35	10	1976	Spiller	Christoph	5408,0	1802,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
53	1182	8	M50	11	1964	Stahl	Yves	16842,0	2105,3	00:00:00	0	00:45:24	2082	00:46:31	2057	00:00:00	0	00:00:00
130	1051	14	M75	1	1938	Steen	Hans-Albert	10909,6	1363,7	00:58:28	1271	00:00:00	0	00:58:22	1346	01:03:25	1088	00:00:00
172	1081	1	M60	9	1953	Striewski	Gerhard	2280,0	2280,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
171	1069	1	M45	24	1968	Struck	Josef	2539,1	2539,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
81	1148	8	M50	15	1965	Stute	Gerhard	15048,0	1881,0	00:00:00	0	00:53:34	1592	00:00:00	0	00:00:00	0	00:00:00
125	1147	8	W45	7	1966	Stute	Ingrid	11142,0	1392,8	00:00:00	0	00:59:50	1216	01:00:01	1247	00:00:00	0	00:00:00
34	1030	8	M45	7	1968	Suerland	Karsten	17682,5	2210,3	00:42:25	2234	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
20	1031	8	M U18	1	1998	Suerland	Patrick	18706,9	2338,4	00:40:37	2342	00:40:14	2392	00:00:00	0	00:00:00	0	00:00:00
128	1038	5	M40	11	1973	Tegethoff	Frank	11012,3	2202,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
28	1065	8	M45	4	1967	Thomas	Axel	18137,2	2267,2	00:42:39	2220	00:42:55	2231	00:42:19	2309	00:00:00	0	00:00:00
73	1138	10	M65	1	1947	Thomas	Bernd	15786,2	1973,3	00:00:00	0	00:00:00	0	00:50:06	1842	00:00:00	0	00:00:00
47	1159	7	M50	9	1963	Thorwesten	Dieter	17159,3	2451,3	00:00:00	0	00:40:37	2369	00:00:00	0	00:00:00	0	00:00:00
40	1100	14	M45	9	1967	van Hoof	Frank	17553,3	2194,2	00:43:51	2148	00:44:37	2129	00:00:00	0	00:00:00	0	00:00:00
126	1156	5	M35	6	1978	Vauth	Hermann	11054,3	2210,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
161	1063	2	M35	11	1978	Vauth	Michael	4278,9	2139,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
187	1078	1	M80	1	1932	Vockel	Josef	1,0	1,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
87	1049	10	W35	3	1976	Wagner	Julia	14835,4	1854,4	00:00:00	0	00:51:06	1740	00:00:00	0	00:00:00	0	00:00:00
67	1027	8	M40	7	1974	Walter	Kai	16135,4	2016,9	00:46:02	2017	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
26	1066	11	M50	6	1962	Walter	Klaus	18398,4	2299,8	00:42:37	2222	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
183	1191	1	W40	8	1973	Walther	Saede	1195,0	1195,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
113	1177	8	W20	3	1988	Wiesner	Janine	12891,0	1611,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
7	1082	9	M30	3	1985	Wilczek	Christian	20384,0	2548,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
101	1019	16	M55	6	1957	Winkel	Bernhard	13736,9	1717,1	00:51:42	1677	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
96	1123	8	M45	17	1968	Winkler	Hans-Dieter	14141,3	1767,7	00:00:00	0	00:52:13	1673	00:00:00	0	00:00:00	0	00:00:00
8	1034	9	M35	2	1976	Wolf	Andrej	19995,5	2499,4	00:38:20	2479	00:38:44	2482	00:00:00	0	00:00:00	0	00:00:00
17	1014	16	W35	1	1977	Wolf	Elke	19020,8	2377,6	00:42:34	2225	00:42:30	2256	00:42:28	2300	00:00:00	0	00:00:00
16	1102	11	M50	5	1965	Wulfes	Dieter	19094,2	2386,8	00:00:00	0	00:41:35	2311	00:00:00	0	00:00:00	0	00:00:00
24	1150	9	M55	2	1958	Zanft	Wolfgang	18531,0	2316,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00