

20 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2015										Westenholzer Abendlauf		Int. Altenaulauf Borchen		Wildschütz- Klostermann-Lauf		Herbstlauf Ovenhausen	
			Klasse	AK Pl.:	Gen.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	20 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	20,8 km	Strecke	
												01:39:03	R Zeit	01:42:48	R Zeit	01:47:49	R Zeit	01:45:32	R Zeit	
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
63	2055	9	W65	1	w	1949	Ahlemeyer	Anne	LT Elsen-Wewer	16430,4	2738,4	00:00:00	0	02:08:48	2521,3	02:09:06	2789,6	00:00:00	0	
29	2023	6	M45	5	m	1966	Ahlers	Ufo Michael	SC Borchen	24583,4	4097,2	01:39:03	4000	01:43:53	3938,4	00:00:00	0	00:00:00	0	
25	2080	6	M50	4	m	1965	Becker	Bernd	LC Paderborn	25283,1	4213,8	00:00:00	0	01:42:39	4008,5	00:00:00	0	00:00:00	0	
23	2038	8	M55	3	m	1957	Becker	Johannes	LG Warstein-Rüthen	25787,0	4297,8	01:41:05	3878	00:00:00	0	00:00:00	0	00:00:00	0	
66	2054	8	M50	9	m	1965	Beckmann	Giselher	GüMi	15090,1	2515,0	00:00:00	0	00:00:00	0	00:00:00	0	02:08:04	2700	
51	2013	6	M55	5	m	1957	Beine	Friedrich	SC GW Holtheim	18750,0	3125,0	00:00:00	0	00:00:00	0	02:02:56	3140,3	02:04:51	2885,6	
56	2015	6	M35	8	m	1979	Bertelsmeier	Andreas	Boxsportschule Lokomotive Span	18317,9	3053,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
81	2018	1	W35	2	w	1977	Beynon	Tanja	TV Jahn Bad Driburg	3725,6	3725,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
32	2078	5	M50	5	m	1965	Blum	Georg	SV 21 Büren	23959,1	4791,8	00:00:00	0	01:30:54	4676,8	00:00:00	0	00:00:00	0	
14	2001	6	M40	2	m	1971	Borgolte	Frank	SC Borchen	27855,3	4642,5	01:29:27	4576	01:33:14	4544,1	01:32:20	4880,6	00:00:00	0	
40	2072	10	M50	6	m	1965	Brade	Günter	GüMi	22491,1	3748,5	01:46:04	3579	01:50:53	3540,3	01:52:04	3758,3	01:49:45	3756,7	
37	2022	6	M65	1	m	1950	Brüggensmeier	Horst	Blomberger Nelkenläufer	23231,7	3871,9	00:00:00	0	00:00:00	0	00:00:00	0	01:48:29	3829,8	
75	2012	2	W30	5	w	1982	Claes	Birgit	LT Elsen-Wewer	5379,7	2689,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
41	2008	7	M55	4	m	1957	Dahlmann	Hartmut	Haxter Lauffreunde Paderborn	21741,5	3623,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
45	2065	7	M35	7	m	1977	Diekmann	Thomas	TG Herford von 1860	20356,3	3392,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
72	2035	3	M55	7	m	1958	Dik	Andrej		12795,8	4265,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
84	2037	1	M65	4	m	1950	Doerenkamp	Anton	LT Elsen-Wewer	1978,2	1978,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
1	2061	7	M35	1	m	1980	Dorka	Nikolaj	PSV Grün-Weiß Kassel	33142,6	5523,8	01:18:07	5256	00:00:00	0	01:20:53	5531,8	00:00:00	0	
57	2063	5	M60	7	m	1954	Düweke	Wilhelm	Non-Stop-Ultra Brakel	18189,0	3637,8	00:00:00	0	00:00:00	0	01:51:10	3809,5	00:00:00	0	
59	2039	4	M35	9	m	1976	Dyroff	Thomas		17109,4	4277,4	00:00:00	0	01:53:17	3403,8	00:00:00	0	00:00:00	0	
12	2090	6	M60	1	m	1955	Ebel	Norbert	TV Flerke	27886,2	4647,7	00:00:00	0	00:00:00	0	01:36:15	4657,8	01:34:58	4609,6	
78	2077	1	M35	11	m	1980	Edridge	Mark	LT Elsen-Wewer	5042,0	5042,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
77	2087	1	M35	10	m	1977	Ewen	Frank	Delbrück läuft	5184,2	5184,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
2	2048	11	M45	1	m	1967	Freitag	Wolfgang	Delbrück läuft	32377,7	5396,3	01:23:29	4934	01:26:52	4906,2	01:24:48	5309	00:00:00	0	
44	2033	6	W30	3	w	1983	Gaus	Melanie	SC Borchen	20748,2	3458,0	01:46:15	3568	00:00:00	0	00:00:00	0	00:00:00	0	
42	2032	6	M60	4	m	1954	Gaus	Michael	SC Borchen	21350,9	3558,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
71	2041	3	M45	8	m	1968	Götte	Ralph	RSV Warburg 98	13506,0	4502,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
26	2017	6	M20	4	m	1988	Griese	Alexander		25227,5	4204,6	01:34:36	4267	00:00:00	0	00:00:00	0	00:00:00	0	
64	2059	5	M65	2	m	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	15676,1	3135,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
67	2004	7	W40	2	w	1972	Guth	Daniela	LT Herbram-Wald	14866,9	2477,8	00:00:00	0	00:00:00	0	00:00:00	0	02:17:17	2168,3	
6	2010	6	M40	1	m	1972	Hansmann	Frank	Warburger Sportverein 1884	30810,7	5135,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
55	2070	4	M40	6	m	1973	Hartinger	Richard	Warburger Sportverein 1884	18435,2	4608,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
7	2005	7	M35	4	m	1977	Heger	Jörg	SC Borchen	30615,0	5102,5	00:00:00	0	01:29:09	4776,3	00:00:00	0	00:00:00	0	
30	2045	6	M35	6	m	1980	Heinemann	Kai-Uwe	SC Borchen	24290,1	4048,4	00:00:00	0	01:41:12	4091	01:47:49	4000	01:45:31	4001	
48	2028	6	M60	5	m	1955	Hillebrand	Josef	Non-Stop-Ultra Brakel	19980,8	3330,1	00:00:00	0	00:00:00	0	02:05:23	3000,9	00:00:00	0	
70	2058	8	W45	4	w	1970	Hoffknecht	Gaby	SCC Scharmmede	13970,2	2328,4	00:00:00	0	00:00:00	0	02:17:58	2285,3	02:17:35	2151	
47	2056	8	W60	1	w	1953	Kaiser	Mona	SCC Scharmmede	20181,7	3363,6	00:00:00	0	01:57:13	3180,1	01:57:46	3434,1	00:00:00	0	
11	2047	7	M20	2	m	1988	Klapper	Max	WSC Lippstadt	28155,6	4692,6	01:29:03	4600	01:32:12	4602,8	01:37:12	4603,8	00:00:00	0	
27	2029	8	M60	2	m	1954	Kleffner	Werner	LT Elsen-Wewer	25126,5	4187,8	00:00:00	0	01:44:21	3911,8	00:00:00	0	01:41:46	4217,3	
82	2074	1	M50	10	m	1964	Kluthe	Thomas		3706,7	3706,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
39	2030	5	M45	7	m	1967	Knipping	Mario	Non-Stop-Ultra Brakel	23029,3	4605,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
38	2089	6	M40	4	m	1971	Koch	Volker	SC Borchen	23051,5	3841,9	01:46:16	3567	01:44:47	3887,2	01:53:33	3673,9	01:45:32	4000	
16	2046	7	W50	1	w	1964	Koepe	Ulrike	LT Elsen-Wewer	27495,6	4582,6	00:00:00	0	01:36:00	4386,7	00:00:00	0	00:00:00	0	
18	2020	6	M30	1	m	1982	Lange	Jens-Benjamin	Paderborn	26772,5	4462,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
69	2044	6	M55	6	m	1957	Mag	Andreas	LT Herbram-Wald	14420,8	2403,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
68	2043	8	W45	3	w	1968	Mag	Felicitas	LT Herbram-Wald	14807,5	2467,9	00:00:00	0	00:00:00	0	00:00:00	0	02:16:17	2226	
8	2086	7	M50	1	m	1963	Marek	Reinhold	Paderborn	29928,3	4988,1	00:00:00	0	00:00:00	0	00:00:00	0	01:30:30	4867,3	
76	2075	1	M40	7	m	1971	Mersch	Detlef	Laufspass SW Sende	5272,0	5272,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
13	2036	9	M55	1	m	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	27883,8	4647,3	00:00:00	0	00:00:00	0	00:00:00	0	01:36:40	4511,5	

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			Klasse	AK Pl.:	Gen.	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	20 km	Strecke	21,1 km	Strecke	21,1 km	Strecke	20,8 km	Strecke	
												01:39:03	R Zeit	01:42:48	R Zeit	01:47:49	R Zeit	01:45:32	R Zeit	
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
15	2057	8	M55	2	m	1960	Müller	Josef	TuS 13 Hembsen	27771,6	4628,6	00:00:00	0	00:00:00	0	00:00:00	0	01:35:07	4601	
62	2088	6	W60	3	w	1952	Müller	Ursula	Non-Stop-Ultra Brakel	17042,6	2840,4	00:00:00	0	02:07:23	2601,9	00:00:00	0	00:00:00	0	
49	2082	6	M50	7	m	1964	Nickel	Götz	LT Herbram	19574,4	3262,4	01:53:21	3142	00:00:00	0	00:00:00	0	00:00:00	0	
52	2079	6	M50	8	m	1963	Niederdräing	Ulrich	LT Herbram	18543,9	3090,6	00:00:00	0	01:59:50	3031,3	00:00:00	0	00:00:00	0	
34	2062	6	M45	6	m	1966	Real	Thomas	VfB Salzkotten	23742,8	3957,1	00:00:00	0	00:00:00	0	01:52:34	3729,9	00:00:00	0	
58	2027	6	W35	1	w	1976	Reinold	Claudia	TuS 13 Hembsen	17766,0	2961,0	02:08:15	2248	00:00:00	0	02:05:23	3000,9	00:00:00	0	
54	2014	7	W30	4	w	1982	Renger	Corinna	Boxsportschule Lokomotive Span	18438,6	3073,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
4	2081	7	M20	1	m	1992	Ridderbusch	Micha	TSV Bösingfeld	31503,5	5250,6	00:00:00	0	01:22:23	5161,1	00:00:00	0	01:24:11	5231,7	
3	2068	7	M35	2	m	1979	Ridderbusch	Ronald	TSV Bösingfeld	32040,1	5340,0	00:00:00	0	01:22:55	5130,8	00:00:00	0	01:22:14	5344,2	
21	2003	7	M50	3	m	1965	Rupp	Harald	SCC Scharmede	26047,5	4341,3	00:00:00	0	00:00:00	0	00:00:00	0	01:39:13	4364,4	
74	2002	3	W50	2	w	1965	Rupp	Monika	SCC Scharmede	6477,3	2159,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
22	2049	6	M45	4	m	1966	Schäfermeier	Ulrich	SC Borchen	25914,8	4319,1	01:37:36	4087	00:00:00	0	00:00:00	0	00:00:00	0	
60	2042	8	W60	2	w	1954	Schäfers	Anette	LT Elsen-Wewer	17100,4	2850,1	00:00:00	0	02:06:38	2644,5	00:00:00	0	02:10:10	2578,8	
24	2007	6	M30	2	m	1984	Scheifhacken	Dennis	TuS 13 Hembsen	25738,7	4289,8	00:00:00	0	01:39:45	4173,5	01:42:33	4299,5	01:40:13	4306,7	
28	2071	7	W45	1	w	1969	Schlüting	Anne-Karina	HTSV Leiberg	24674,2	4112,4	00:00:00	0	01:42:48	4000	01:43:47	4229,4	00:00:00	0	
53	2067	6	M60	6	m	1952	Schlüting	Franz-Gert	HTSV Leiberg	18529,1	3088,2	00:00:00	0	00:00:00	0	02:02:25	3169,7	00:00:00	0	
31	2083	6	W30	1	w	1983	Schröder	Daniela	Warburger Sportverein 1884	24143,6	4023,9	01:38:16	4047	01:42:30	4017,1	00:00:00	0	00:00:00	0	
33	2091	6	M40	3	m	1971	Schürmann	Marcus	SC Borchen	23809,6	3968,3	01:43:53	3710	01:43:32	3958,3	01:46:50	4055,9	01:45:33	3999	
19	2069	6	M20	3	m	1986	Seebothe	Thomas		26558,2	4426,4	01:30:39	4504	00:00:00	0	00:00:00	0	00:00:00	0	
65	2031	4	M60	8	m	1953	Seithümmer	Karl-Wolfgang	TG Lage	15644,9	3911,2	00:00:00	0	00:00:00	0	00:00:00	0	01:49:01	3799	
46	2073	6	W40	1	w	1972	Senftleben	Tanja	VfB Salzkotten	20234,8	3372,5	01:50:21	3322	01:54:15	3348,8	00:00:00	0	00:00:00	0	
36	2016	8	M60	3	m	1955	Sievers	Werner		23346,8	3891,1	00:00:00	0	01:47:15	3746,9	00:00:00	0	00:00:00	0	
20	2051	7	M45	3	m	1968	Suerland	Karsten	SC Borchen	26487,4	4414,6	00:00:00	0	00:00:00	0	01:37:41	4576,3	00:00:00	0	
43	2052	6	W45	2	w	1967	Tenberg	Dung	Marathon Soest e.V.	21254,1	3542,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
73	2050	3	M65	3	m	1947	Thomas	Bernd	NDR 1 Laufgruppe	10912,3	3637,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
83	2076	1	W35	3	w	1976	Thonermann	Melanie	Warburger Sportverein 1884	3008,0	3008,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
35	2064	6	W30	2	w	1984	Tietze	Anna Lena	SC Borchen	23705,1	3950,8	01:44:08	3695	00:00:00	0	00:00:00	0	00:00:00	0	
61	2024	10	M70	1	m	1945	Trierweiler	Dieter	TG Lage	17084,0	2847,3	00:00:00	0	02:08:31	2537,4	02:04:56	3026,5	02:05:48	2830,8	
80	2011	1	M45	9	m	1969	Vogt	Thomas		4194,4	4194,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
10	2021	8	M50	2	m	1961	von Hagen	Wolfgang	Haxter Lauffreunde Paderborn	28508,6	4751,4	00:00:00	0	00:00:00	0	01:30:48	4967,8	00:00:00	0	
79	2040	1	M55	8	m	1957	von Heydebrand	Klaus	FC Remblinghausen	4311,8	4311,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
50	2006	6	M40	5	m	1971	Vonnahme	Jörg	Laufjunkies	18948,3	3158,1	00:00:00	0	00:00:00	0	00:00:00	0	02:09:08	2638,5	
9	2060	7	M45	2	m	1969	Wiegman	Andreas	TV Jahn Bad Driburg	29306,4	4884,4	00:00:00	0	01:31:23	4649,3	01:28:48	5081,5	01:34:06	4659,6	
5	2009	7	M35	3	m	1976	Wolf	Andrej	SCC Scharmede	30938,6	5156,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
17	2053	10	M35	5	m	1977	Zalar	Raphael	TG Herford von 1860	26921,3	4486,9	00:00:00	0	00:00:00	0	00:00:00	0	01:40:41	4279,8	