

# 10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2016							Abendlauf Westenholz		Katharinenlauf Delbrück		Wildschütz- Klostermannlauf Lichtenau		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
											00:51:18	R Zeit	00:49:50	R Zeit	00:52:59	R Zeit	00:47:36	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
61	1016	9	M50	7	1966	Ahlers	Ufo Michael	SC Borchon	16866,1	2108,3	00:00:00	0	00:46:42	2188	00:00:00	0	00:00:00	0
17	1096	8	W30	1	1982	Albrecht	Maria	Non-Stop-Ultra Brakel	20152,8	2519,1	00:00:00	0	00:41:39	2491	00:00:00	0	00:00:00	0
52	1173	12	M20	5	1989	Alhamed	Jašem	SC Borchon	17543,0	2192,9	00:45:57	2321	00:45:28	2262	00:46:30	2389	00:45:47	2109
179	1054	2	M50	23	1966	Altmiks	Frank	SV Kollerbeck	4567,0	2283,5	00:00:00	0	00:00:00	0	00:00:00	0	00:43:11	2265
69	1127	10	M40	7	1974	Aselmann	Frank		16349,0	2043,6	00:49:51	2087	00:47:42	2128	00:50:03	2176	00:47:36	2000
53	1191	8	M45	13	1971	Aßer	Michael	SV Sande	17498,0	2187,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
96	1002	9	M55	9	1961	Baaske	Hartwig	LT Marienloh	14925,4	1865,7	00:00:00	0	00:50:36	1954	00:00:00	0	00:00:00	0
49	1037	9	M50	6	1964	Balhorn	Uwe	Delbrück läuft	17865,9	2233,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
183	1184	7	W30	8	1984	Bartoldus	Britta	SC Borchon	4285,0	612,1	01:39:10	1	00:00:00	0	00:00:00	0	00:00:00	0
16	1161	8	M20	3	1990	Bastian	Jannick	Lauf Equipe TC Blau-Rot	20482,4	2560,3	00:39:37	2701	00:38:53	2657	00:00:00	0	00:00:00	0
152	1063	9	W45	5	1971	Becker	Karin	SV Rot-Weiß Bentfeld	9915,0	1239,4	01:04:55	1183	01:11:14	716	00:00:00	0	00:00:00	0
158	1124	4	M40	12	1974	Beier	Thorsten		8933,0	2233,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
11	1163	9	M U18	1	2000	Berkemeier	Matthias	TV Jahn Bad Driburg	20863,6	2608,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	1031	12	M50	4	1965	Bernert	Andreas	LT Marienloh	18481,0	2310,1	00:47:50	2208	00:00:00	0	00:00:00	0	00:44:14	2202
66	1081	8	M35	9	1979	Bertelsmeier	Andreas	Boxsportschule Lokomotive Spa	16496,0	2062,0	00:00:00	0	00:46:47	2183	00:47:49	2310	00:00:00	0
137	1013	8	M55	12	1961	Bidardel	Chahriar	LT Marienloh	11395,3	1424,4	00:58:43	1555	00:00:00	0	00:00:00	0	00:00:00	0
124	1015	8	W35	3	1979	Bittner	Bettina	LT Elsen-Wewer	12663,0	1582,9	00:55:16	1762	00:53:36	1774	00:00:00	0	00:00:00	0
133	1131	9	W30	6	1983	Blinova	Olga	O&O	12045,3	1505,7	00:56:50	1668	00:00:00	0	00:00:00	0	00:00:00	0
75	1138	10	M70	1	1946	Bodach	Claus	SV Lüttringen	16014,0	2001,8	00:50:15	2063	00:49:50	2000	00:00:00	0	00:00:00	0
48	1159	8	M45	12	1968	Böhmer	Gregor	TSV Schloß Neuhaus	17912,1	2239,0	00:44:21	2417	00:43:53	2357	00:00:00	0	00:46:06	2090
102	1017	8	M50	12	1962	Bojara	Günter	Delbrück läuft	14532,4	1816,6	00:52:39	1919	00:52:51	1819	00:55:47	1832	00:52:38	1698
18	1004	10	M45	2	1971	Borgolte	Frank	SC Borchon	20024,0	2503,0	00:41:48	2570	00:41:29	2501	00:42:10	2649	00:00:00	0
147	1048	8	W30	7	1984	Bornemann	Steffi	Laufjunkies	10184,2	1273,0	01:02:50	1308	00:00:00	0	00:00:00	0	00:00:00	0
184	1186	8	M60	8	1953	Börner	Günter	FTSV Heckershausen	3745,7	468,2	01:13:16	682	00:00:00	0	00:00:00	0	00:00:00	0
27	1148	8	M U20	3	1997	Böttcher	Fabian	LT Elsen-Wewer	19482,0	2435,3	00:42:19	2539	00:41:06	2524	00:44:48	2491	00:00:00	0
33	1061	8	M45	6	1967	Braun	Jan	BRAUNmedia	18955,4	2369,4	00:00:00	0	00:00:00	0	00:00:00	0	00:44:08	2208
185	1062	4	W20	8	1987	Brechtel	Stephanie		3678,5	919,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
126	1066	8	M50	16	1964	Brinkmann	Thorsten	SV RW Alfen - Alfener Roadrunr	12639,0	1579,9	00:58:40	1558	00:57:32	1538	00:00:00	0	00:00:00	0
160	1008	5	M50	21	1962	Brinkmeier	Frank	Blomberger Nelkenläufer	8763,2	1752,6	00:51:34	1984	00:00:00	0	00:00:00	0	00:00:00	0
4	1090	11	M35	2	1980	Bücker	Marcel	Delbrück läuft	21903,4	2737,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
64	1021	10	M40	6	1972	Clusen	Olaf	LT Marienloh	16721,0	2090,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
31	1007	8	M65	1	1951	Collmann	Helmut	SC Borchon	19107,0	2388,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
132	1029	8	M35	15	1978	Deimann	Roman	LT Marienloh	12381,0	1547,6	00:57:49	1609	00:57:13	1557	00:00:00	0	00:00:00	0
196	1160	1	W20	10	1989	Depke	Marei	Lauf Equipe TC Blau-Rot	1802,0	1802,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
93	1101	12	W40	3	1975	Derksen	Olga		15028,6	1878,6	00:53:00	1898	00:00:00	0	00:00:00	0	00:00:00	0
144	1134	9	W35	4	1979	Docherty	Julia		10569,0	1321,1	01:03:10	1288	00:00:00	0	00:00:00	0	00:00:00	0
131	1133	12	M65	4	1950	Doerenkamp	Anton	LT Elsen-Wewer	12392,8	1549,1	00:56:25	1693	00:00:00	0	00:00:00	0	00:00:00	0
3	1073	12	M U20	1	1997	Dohmann	Christoph	Godelheim	22354,7	2794,3	00:35:56	2922	00:00:00	0	00:00:00	0	00:37:16	2620
1	1205	10	M35	1	1980	Dorka	Nikolaj	PSV Grün-Weiß Kassel	22676,0	2834,5	00:00:00	0	00:00:00	0	00:46:48	2371	00:36:44	2652
151	1197	8	W20	4	1993	Dresen	Muriel		9918,2	1239,8	01:02:21	1337	00:58:54	1456	00:00:00	0	00:00:00	0
45	1171	10	M45	11	1969	Drüke	Harald	SV Brenkhausen / Bosseborn	18216,6	2277,1	00:00:00	0	00:44:29	2321	00:00:00	0	00:46:31	2065
13	1164	8	M50	2	1965	Epping	Hubert	TC BW Delbrück	20645,6	2580,7	00:40:08	2670	00:40:01	2589	00:41:16	2703	00:00:00	0
180	1067	3	M45	28	1970	Erhardt	Rüdiger		4505,6	1501,9	00:00:00	0	00:58:30	1480	01:01:47	1472	00:00:00	0
195	1168	1	M50	24	1966	Esken	Michael	TV Verl	1843,2	1843,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
169	1204	3	M45	25	1967	Freise	Stefan	Paderpiraten e.V.	6911,0	2303,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
26	1042	7	M45	4	1967	Freitag	Wolfgang	Delbrück läuft	19518,6	2788,4	00:36:01	2917	00:00:00	0	00:00:00	0	00:00:00	0

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2016								Abendlauf Westenholz		Katharinenlauf Delbrück		Wildschütz- Klostermannlauf Lichtenau		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
											00:51:18	R Zeit	00:49:50	R Zeit	00:52:59	R Zeit	00:47:36	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
188	1086	1	M35	18	1978	Gaeshm	Mengesha	Warburger SV 1884	2310,0	2310,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
123	1149	9	M60	5	1954	Gaus	Michael	SC Borchen	12732,5	1591,6	00:55:31	1747	00:00:00	0	00:00:00	0	00:00:00	0
72	1107	9	M55	7	1959	Giefers	Bernd	TuS Amelunxen	16121,5	2015,2	00:00:00	0	00:00:00	0	00:00:00	0	00:50:57	1799
134	1154	5	M35	16	1980	Gieseke	Andreas	TuS GW Henglar	11825,0	2365,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
10	1125	8	M30	3	1983	Gnoth	Christian	TSV Schloß Neuhaus	20934,4	2616,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
86	1156	9	M65	2	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	15544,0	1943,0	00:50:39	2039	00:50:14	1976	00:00:00	0	00:00:00	0
15	1177	13	M40	3	1973	Habedank	Thorsten		20591,0	2573,9	00:40:06	2672	00:00:00	0	00:41:54	2665	00:42:25	2311
22	1187	9	M U20	2	1998	Hack	Frederik		19664,9	2458,1	00:00:00	0	00:41:16	2514	00:44:04	2535	00:00:00	0
197	1065	1	M45	29	1970	Hake	Thorsten		1607,3	1607,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
104	1069	8	M35	14	1978	Hanebutt	Kai	SC Borchen	14452,3	1806,5	00:51:32	1986	00:49:08	2042	01:00:01	1578	00:56:07	1489
155	1108	5	M45	24	1971	Happe	Peter	TuS Amelunxen	9783,0	1956,6	00:00:00	0	00:48:07	2103	00:00:00	0	00:48:21	1955
44	1104	8	M40	4	1975	Hartwig	Jan		18225,7	2278,2	00:45:51	2327	00:00:00	0	00:00:00	0	00:00:00	0
97	1143	8	W35	2	1980	Hengelbrock	Anja	SV Rot-Weiß Bentfeld	14812,0	1851,5	00:00:00	0	00:51:20	1910	00:00:00	0	00:52:10	1726
146	1114	8	W20	3	1989	Henkemeier	Nicole	ELHA Maschinenbau Liemke KC	10239,0	1279,9	00:59:54	1484	00:59:36	1414	00:00:00	0	00:00:00	0
154	1201	6	W55	3	1961	Hillebrand	Sabine	HTSV Leiberg	9794,0	1632,3	00:56:07	1711	00:55:38	1652	00:00:00	0	00:00:00	0
84	1010	11	M35	11	1979	Honke	Andreas	TuS Ovenhausen	15566,0	1945,8	00:51:12	2006	00:50:31	1959	00:00:00	0	00:00:00	0
153	1166	8	W50	3	1963	Hopp	Jutta	SV Rot-Weiß Bentfeld	9901,0	1237,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
139	1011	5	W60	2	1954	Hüther	Elfie	VfB Salzkotten	11224,7	2244,9	00:00:00	0	00:45:25	2265	00:00:00	0	00:00:00	0
112	1093	8	M70	2	1945	Hüther	Karl-Heinz	VfB Salzkotten	13643,0	1705,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
78	1150	10	M40	8	1975	Jablonski	Andre	Warburger SV 1884	15916,0	1989,5	00:00:00	0	00:51:46	1884	00:53:23	1976	00:00:00	0
85	1182	10	W40	2	1974	Jones	Gudrun	Runbugg	15548,6	1943,6	00:00:00	0	00:00:00	0	00:00:00	0	00:52:55	1681
103	1032	8	M45	18	1968	Kaiser	Joachim	Vfl Wettesingen	14490,9	1811,4	00:51:06	2012	00:00:00	0	00:00:00	0	00:53:10	1666
148	1185	13	M75	2	1941	Kammer	Franz	TV Paderborn	10124,0	1265,5	01:02:06	1352	01:02:24	1246	00:00:00	0	01:04:41	975
111	1106	9	W40	6	1972	Kleibrink	Barbara	TuS 1913 Hembsen	13869,4	1733,7	00:00:00	0	00:52:39	1831	00:56:16	1803	00:00:00	0
194	1139	1	M30	8	1982	Kleiner	Karsten		1846,4	1846,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
128	1169	5	M55	11	1961	Klute	Bernward	1. Tri-Club Paderborn	12586,0	2517,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
163	1170	4	M50	22	1964	Kluthe	Thomas		8077,0	2019,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
113	1117	8	W30	5	1982	Knipping	Astrid		13606,2	1700,8	00:55:56	1722	00:00:00	0	00:00:00	0	00:00:00	0
174	1030	3	M30	7	1983	Knoke	Michael	LF Benteler Paderborn	6145,0	2048,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
109	1145	8	M45	19	1968	Koch	Karsten	SC Borchen	13974,0	1746,8	00:55:45	1733	00:55:05	1685	00:00:00	0	00:00:00	0
65	1041	9	M45	14	1971	Koch	Volker	SC Borchen	16567,0	2070,9	00:47:58	2200	00:47:14	2156	00:00:00	0	00:00:00	0
54	1001	12	M60	2	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	17489,0	2186,1	00:46:33	2285	00:00:00	0	00:00:00	0	00:47:20	2016
190	1040	1	W20	9	1987	Krois	Christina	SC Borchen	2088,0	2088,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
19	1060	9	M55	1	1959	Krois	Dietmar	SC Borchen	19913,6	2489,2	00:00:00	0	00:00:00	0	00:00:00	0	00:42:32	2304
106	1190	13	W45	3	1970	Kuhn	Annette	BC 23 Meerhof	14281,0	1785,1	00:53:47	1851	00:53:31	1779	00:55:42	1837	00:00:00	0
150	1146	6	M50	19	1965	Kutzner	Andreas	SC Borchen	9999,0	1666,5	01:00:05	1473	00:00:00	0	00:00:00	0	00:00:00	0
175	1123	3	M45	27	1969	Lauffer	Daniel		6110,8	2036,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
63	1071	8	M20	7	1995	Lause	Rene	VfB Salzkotten	16783,6	2097,9	00:00:00	0	00:00:00	0	00:50:03	2176	00:00:00	0
58	1072	8	W55	1	1959	Lause	Ursula	VfB Salzkotten	17215,9	2152,0	00:00:00	0	00:00:00	0	00:48:33	2266	00:00:00	0
168	1129	4	W20	6	1993	Laux	Friederike	SV Rot-Weiß Alfien	7148,0	1787,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
115	1128	9	M50	14	1962	Laux	Steffen	SV Rot-Weiß Alfien	13540,0	1692,5	00:55:21	1757	00:00:00	0	00:56:10	1809	00:00:00	0
99	1136	8	W30	3	1985	Laven	Leah		14629,0	1828,6	00:53:52	1846	00:53:20	1790	00:53:53	1946	00:00:00	0
60	1174	9	M U20	4	1998	Leifeld	Christian	SC Borchen	16943,0	2117,9	00:46:30	2288	00:00:00	0	00:00:00	0	00:00:00	0
140	1009	5	M40	11	1975	Lindlar	Marcell	LG Oerlinghausen	11167,0	2233,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
186	1192	3	M40	14	1972	Linkewitsch	Gregor		2982,5	994,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
120	1068	10	W45	4	1971	Linnemann	Marion	SC Borchen	12966,9	1620,9	00:55:31	1747	00:54:59	1691	01:00:01	1578	00:56:17	1479

# 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2016							Abendlauf Westenholz		Katharinenlauf Delbrück		Wildschütz- Klostermannlauf Lichtenau		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
											00:51:18	R Zeit	00:49:50	R Zeit	00:52:59	R Zeit	00:47:36	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
80	1151	11	W45	2	1967	Löhe-Husemann	Kirsten	SV Rot-Weiß Bentfeld	15796,0	1974,5	00:50:54	2024	00:00:00	0	00:00:00	0	00:51:18	1778
81	1022	8	M35	10	1977	Luca	Thorsten	Warburger SV 1884	15755,9	1969,5	00:00:00	0	00:50:37	1953	00:00:00	0	00:00:00	0
87	1064	8	M45	16	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	15347,0	1918,4	00:49:58	2080	00:00:00	0	00:00:00	0	00:00:00	0
191	1076	1	M20	15	1990	Lücking	Tobias		2031,0	2031,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
74	1094	8	M50	8	1963	Lüddecke	Dirk	Non-Stop-Ultra Brakel	16116,6	2014,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
164	1188	8	W U18	2	2000	Mag	Paula	LT Herbram-Wald	7967,0	995,9	00:00:00	0	01:03:40	1170	01:08:55	1044	00:00:00	0
2	1051	16	M30	1	1983	Maksuti	Paul	Delbrück läuft	22597,1	2824,6	00:00:00	0	00:35:49	2841	00:00:00	0	00:36:21	2675
114	1099	8	M60	4	1956	Marten	Christian	LF Benteler Paderborn	13601,6	1700,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
130	1079	10	M40	10	1973	Meer	Michael	Team Hubzilla	12459,0	1557,4	01:03:42	1256	00:00:00	0	00:00:00	0	00:00:00	0
9	1110	9	M40	2	1972	Menne	Klaus	Non-Stop-Ultra Brakel	21013,5	2626,7	00:39:27	2711	00:39:41	2609	00:41:08	2711	00:39:41	2475
118	1078	8	M50	15	1965	Meyer	Karl Josef	SC Borchen	13132,9	1641,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
35	1035	9	M55	5	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	18864,2	2358,0	00:43:11	2487	00:00:00	0	00:00:00	0	00:00:00	0
73	1006	8	M20	8	1996	Meyer-Ilse	Simon	SV Rot-Weiß Bentfeld	16117,0	2014,6	00:00:00	0	00:00:00	0	00:00:00	0	00:53:39	1637
82	1200	8	M U18	3	2000	Mickenbecker	Dennis	Delbrück läuft	15658,9	1957,4	00:50:06	2072	00:46:54	2176	00:00:00	0	00:00:00	0
14	1165	9	M20	2	1987	Möring	Christoph	SV Rot-Weiß Bentfeld	20643,0	2580,4	00:00:00	0	00:00:00	0	00:00:00	0	00:43:02	2274
105	1095	11	W60	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	14318,4	1789,8	00:00:00	0	00:55:26	1664	00:55:35	1844	00:55:29	1527
192	1074	1	M20	16	1992	Münich	Dominik		1926,0	1926,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
83	1089	8	M60	3	1955	Neumann	Werner	Non-Stop-Ultra Brakel	15644,2	1955,5	00:51:18	2000	00:00:00	0	00:00:00	0	00:00:00	0
98	1023	15	M50	10	1964	Nickel	Götz	Laufftreff Herbram	14655,0	1831,9	00:53:15	1883	00:52:31	1839	00:53:08	1991	00:00:00	0
42	1056	9	M45	9	1970	Niemeier	Frank	SV Kollerbeck	18351,2	2293,9	00:45:25	2353	00:00:00	0	00:46:50	2369	00:45:20	2136
172	1180	3	M40	13	1976	Nießner	Christoph		6580,0	2193,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
47	1178	10	M35	5	1981	Niggemann	Benjamin	LF Benteler Paderborn	17956,4	2244,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
76	1113	8	M55	8	1961	Niggemeier	Josef	Lauftherapie Salzkotten	15973,4	1996,7	00:49:29	2109	00:00:00	0	00:00:00	0	00:00:00	0
142	1155	10	W40	7	1973	Nolte-Lange	Tanja		11085,0	1385,6	01:00:05	1473	00:59:56	1394	00:00:00	0	00:00:00	0
162	1118	8	W20	5	1990	Oeldemann	Sarah		8381,2	1047,7	01:05:10	1168	01:05:40	1050	00:00:00	0	00:00:00	0
173	1019	3	M45	26	1970	Ollesch	Karsten		6200,4	2066,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
100	1097	8	M50	11	1963	Oppermann	Frank	LG TuS Vinsebeck	14587,5	1823,4	00:54:48	1790	00:53:29	1781	00:00:00	0	00:00:00	0
156	1105	9	M55	14	1961	Osterhold	Andreas	TSV 1850 Korbach 09	9477,9	1184,7	00:00:00	0	01:02:10	1260	01:03:12	1387	00:00:00	0
91	1193	8	M35	13	1979	Pahls	Markus		15140,0	1892,5	00:50:27	2051	00:00:00	0	00:00:00	0	00:00:00	0
170	1012	8	W20	7	1987	Pfeifer	Katharina	LT Elsen-Wewer	6734,6	841,8	01:10:56	822	00:00:00	0	00:00:00	0	00:00:00	0
101	1179	10	W40	4	1972	Pfuhle	Catrin	TV Jahn Bad Driburg	14580,0	1822,5	00:52:27	1931	00:51:19	1911	00:00:00	0	00:51:19	1777
95	1199	9	M50	9	1962	Plöger	Ulrich		14992,9	1874,1	00:00:00	0	00:49:34	2016	00:00:00	0	00:00:00	0
59	1005	8	M20	6	1990	Puttkamer	Alexander	SC Borchen	17007,0	2125,9	00:47:47	2211	00:00:00	0	00:00:00	0	00:00:00	0
23	1091	8	M55	2	1961	Quest	Hubert	Non-Stop-Ultra Brakel	19652,5	2456,6	00:00:00	0	00:00:00	0	00:42:37	2622	00:00:00	0
94	1144	8	M40	9	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	15019,0	1877,4	00:50:50	2028	00:00:00	0	00:00:00	0	00:00:00	0
21	1036	10	W30	2	1986	Rath	Viktoria	Team Erdinger	19723,1	2465,4	00:00:00	0	00:42:26	2444	00:00:00	0	00:00:00	0
57	1027	8	M35	7	1979	Regler	Markus	LF Benteler Paderborn	17267,3	2158,4	00:00:00	0	00:00:00	0	00:00:00	0	00:44:40	2176
122	1135	8	M45	21	1971	Reinen	Christoph		12818,0	1602,3	00:53:34	1864	00:00:00	0	00:00:00	0	00:00:00	0
38	1025	8	M45	7	1970	Rellecke	Dirk	Paderpiraten e.V.	18509,0	2313,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
108	1083	8	W30	4	1982	Renger	Corinna	Boxsportschule Lokomotive Spa	14015,4	1751,9	00:00:00	0	00:51:29	1901	00:56:32	1787	00:00:00	0
51	1053	8	M60	1	1953	Rheker	Heinrich	SV Kollerbeck	17583,7	2198,0	00:00:00	0	00:46:11	2219	00:00:00	0	00:00:00	0
182	1111	2	M60	7	1954	Rheker	Johannes	SV Kollerbeck	4455,1	2227,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
88	1082	9	M35	12	1979	Richter	Dominik	Boxsportschule Lokomotive Spa	15303,0	1912,9	00:00:00	0	00:49:11	2039	00:56:32	1787	00:50:20	1836
34	1092	10	M55	4	1958	Richters	Reinhard	VfL Lichtenau	18886,7	2360,8	00:44:34	2404	00:43:48	2362	00:00:00	0	00:00:00	0
116	1003	9	W U18	1	2001	Risse	Leonie	TuS Ovenhausen	13437,0	1679,6	00:55:42	1736	00:52:27	1843	00:00:00	0	00:00:00	0
62	1175	11	M35	8	1979	Rossig	André	SCC Scharmede	16861,0	2107,6	00:49:27	2111	00:49:00	2050	00:49:24	2215	00:48:43	1933

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2016							Abendlauf Westenholz		Katharinenlauf Delbrück		Wildschütz- Klostermannlauf Lichtenau		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
											00:51:18	R Zeit	00:49:50	R Zeit	00:52:59	R Zeit	00:47:36	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
161	1152	4	M20	9	1994	Rühl	Benjamin	LT Eisen-Wewer	8435,1	2108,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
67	1137	8	W55	2	1958	Rump	Beate	VfB Salzkotten	16423,2	2052,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
8	1158	10	M45	1	1971	Rustemeier	Stefan	TC Blau-Rot Paderborn	21069,9	2633,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
117	1085	11	W20	2	1987	Sagel	Lorraine	Non-Stop-Ultra Brakel	13273,0	1659,1	00:00:00	0	00:54:35	1715	00:58:46	1653	00:55:55	1501
77	1046	9	W45	1	1967	Salzmann	Marion		15927,0	1990,9	00:48:33	2165	00:00:00	0	00:00:00	0	00:00:00	0
149	1038	5	M50	18	1962	Schäfers	Peter	Delbrück läuft	10034,9	2007,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
138	1132	7	M35	17	1980	Schallör	Oliver	O&O	11381,0	1625,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
29	1034	10	M45	5	1970	Scharf	Dirk	LT Marienloh	19342,0	2417,8	00:43:42	2456	00:42:57	2413	00:00:00	0	00:00:00	0
12	1102	13	M50	1	1962	Schmidt	Johannes	Kalle 05	20735,6	2591,9	00:40:51	2627	00:00:00	0	00:41:35	2684	00:42:05	2331
125	1115	8	M45	22	1970	Schmidtmeier	Uwe		12647,0	1580,9	00:00:00	0	00:55:56	1634	00:00:00	0	00:00:00	0
89	1103	9	M65	3	1949	Scholz	Hermann-Josef	Warburger SV 1884	15269,7	1908,7	00:00:00	0	00:50:15	1975	00:00:00	0	00:00:00	0
157	1141	8	W45	6	1968	Schröder	Iris	SV Rot-Weiß Bentfeld	9377,0	1172,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
176	1195	3	M20	12	1993	Schulte	Christoph	Saufen statt Laufen FBG	5415,0	1805,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
177	1196	3	M20	13	1990	Schulte	Johannes	Saufen statt Laufen FBG	5218,0	1739,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
20	1126	10	M45	3	1971	Schürmann	Marcus	SC Borchen	19723,6	2465,5	00:42:52	2506	00:41:12	2518	00:00:00	0	00:00:00	0
145	1116	8	W40	9	1972	Schütte	Sabine	SV Rot-Weiß Bentfeld	10257,0	1282,1	00:00:00	0	01:02:30	1240	01:05:03	1276	00:00:00	0
36	1172	8	M20	4	1995	Sedahmad	Sulaiman	SC Borchen	18737,4	2342,2	00:40:46	2632	00:00:00	0	00:00:00	0	00:00:00	0
71	1157	8	M45	15	1970	Sedat	Ralf	SC Blau-Weiß Ostenland	16137,5	2017,2	00:50:57	2021	00:48:21	2089	00:00:00	0	00:00:00	0
129	1057	8	W50	2	1966	Semelink	Beate	Warburger SV 1884	12573,5	1571,7	00:00:00	0	00:00:00	0	00:00:00	0	01:03:17	1059
141	1058	8	M55	13	1960	Semelink	Christian	Warburger SV 1884	11092,3	1386,5	00:00:00	0	00:00:00	0	00:56:26	1793	00:54:06	1610
189	1039	1	M40	15	1976	Siegel	Christian	SC Borchen	2116,0	2116,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
55	1033	9	W40	1	1973	Siepler	Simone	Non-Stop-Ultra Brakel	17423,5	2177,9	00:00:00	0	00:00:00	0	00:00:00	0	00:47:45	1991
32	1052	9	M35	4	1981	Spieker	Markus	TuS Lütmarsen	19074,8	2384,3	00:00:00	0	00:00:00	0	00:00:00	0	00:42:59	2277
159	1162	4	M50	20	1964	Stahl	Yves	Lauf Equipe TC Blau-Rot	8873,0	2218,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
121	1183	11	M75	1	1938	Steen	Hans-Albert	LC Paderborn	12923,3	1615,4	00:57:38	1620	00:56:48	1582	00:00:00	0	00:00:00	0
56	1112	8	W20	1	1987	Steins	Isabel		17327,0	2165,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
171	1130	3	M20	11	1992	Stiller	Stephan	SV Rot-Weiß Alfien	6666,0	2222,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
178	1084	2	M60	6	1953	Striewski	Gerhard	SuS Phönix Bielefeld 09	4611,8	2305,9	00:00:00	0	00:44:30	2320	00:00:00	0	00:00:00	0
166	1088	8	W45	7	1971	Studinski	Maike	SC Borchen	7485,2	935,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
79	1087	11	M U18	2	2000	Studinski	Torben	SC Borchen	15857,0	1982,1	00:54:39	1799	00:45:40	2250	00:00:00	0	00:00:00	0
107	1059	8	M50	13	1965	Stute	Gerhard	Lauftreff Herbram	14246,4	1780,8	00:55:05	1773	00:54:46	1704	00:58:04	1695	00:00:00	0
43	1044	8	M45	10	1968	Suerland	Karsten	SC Borchen	18230,9	2278,9	00:00:00	0	00:44:47	2303	00:00:00	0	00:00:00	0
193	1045	1	M U20	5	1998	Suerland	Patrick	SC Borchen	1855,0	1855,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
37	1194	8	M30	4	1986	Suleiman	Massoud	SC Borchen	18577,4	2322,2	00:00:00	0	00:46:25	2205	00:00:00	0	00:00:00	0
165	1198	3	M30	6	1985	Tekercibasi	Akif	BC Phönix Hövelhof	7687,0	2562,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
143	1043	10	W40	8	1972	Thiele	Petra		10758,5	1344,8	01:02:39	1319	01:01:38	1292	01:06:25	1194	00:00:00	0
136	1055	5	M45	23	1967	Thomas	Axel	SV Kollerbeck	11405,9	2281,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
135	1070	6	M50	17	1963	Unterlerchner	Frank	LT Eisen-Wewer	11554,0	1925,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
40	1098	14	M45	8	1967	van Hoof	Frank	Vorwärts Kette Riemeke	18430,0	2303,8	00:46:51	2267	00:46:26	2204	00:47:17	2342	00:00:00	0
50	1167	8	M35	6	1981	Volmert	Michael		17610,0	2201,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
70	1024	8	M55	6	1961	von Hagen	Wolfgang	SC Borchen	16319,5	2039,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
119	1049	8	M45	20	1971	Vonnahme	Jörg	Laufjunkies	13016,3	1627,0	00:55:49	1729	00:00:00	0	00:00:00	0	00:00:00	0
167	1203	4	M20	10	1996	Voß	Lukas	SV Rot-Weiß Bentfeld	7164,0	1791,0	00:54:25	1813	00:00:00	0	00:00:00	0	00:00:00	0
68	1119	8	M30	5	1986	Wagener	Patrick	Non-Stop-Ultra Brakel	16396,0	2049,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
110	1080	8	W40	5	1976	Wagner	Julia	SV Rot-Weiß Bentfeld	13944,0	1743,0	00:00:00	0	00:56:20	1610	00:00:00	0	00:55:35	1521
92	1202	8	W50	1	1962	Wallrafen	Karin	SC Myhl LA	15110,4	1888,8	00:51:53	1965	00:50:46	1944	00:52:59	2000	00:51:37	1759

## 10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2016								Abendlauf Westenholz		Katharinenlauf Delbrück		Wildschütz- Klostermannlauf Lichtenau		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
											00:51:18	R Zeit	00:49:50	R Zeit	00:52:59	R Zeit	00:47:36	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
46	1018	10	M40	5	1974	Walter	Kai	Marsberg	18155,0	2269,4	00:45:55	2323	00:45:13	2277	00:00:00	0	00:00:00	0
41	1109	8	M50	5	1962	Walter	Klaus	SV Kollerbeck	18411,5	2301,4	00:00:00	0	00:44:36	2314	00:00:00	0	00:44:23	2193
181	1206	2	M20	14	1995	Weggen	Jan	LG Connex	4469,0	2234,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
6	1153	7	M20	1	1992	Weldemichael	Robiel	Delbrück läuft	21145,0	3020,7	00:33:08	3090	00:32:42	3028	00:33:03	3196	00:34:14	2802
5	1181	9	M30	2	1985	Wilczek	Christian		21245,4	2655,7	00:39:57	2681	00:40:24	2566	00:42:53	2606	00:00:00	0
127	1028	11	M55	10	1957	Winkel	Bernhard	SV Rot-Weiß Bentfeld	12592,2	1574,0	00:59:07	1531	00:00:00	0	00:57:29	1730	00:00:00	0
90	1142	8	M45	17	1968	Winkler	Hans-Dieter	Delbrück läuft	15203,3	1900,4	00:00:00	0	00:49:50	2000	00:00:00	0	00:52:35	1701
7	1047	8	M40	1	1976	Wolf	Andrej	SCC Scharmede	21144,5	2643,1	00:38:04	2794	00:37:56	2714	00:00:00	0	00:00:00	0
24	1014	11	W35	1	1977	Wolf	Elke	SCC Scharmede	19617,9	2452,2	00:00:00	0	00:41:49	2481	00:00:00	0	00:00:00	0
28	1100	9	M50	3	1965	Wulfes	Dieter	LF Benteler Paderborn	19479,9	2435,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
25	1147	8	M35	3	1977	Zalar	Raphael	SuS Phönix Bielefeld 09	19613,0	2451,6	00:43:26	2472	00:00:00	0	00:00:00	0	00:00:00	0
30	1140	17	M55	3	1958	Zanft	Wolfgang	Tus Wewelsburg	19161,0	2395,1	00:43:54	2444	00:43:38	2372	00:44:59	2480	00:43:38	2238
187	1026	2	W35	5	1977	Zimmermann	Helene	1. Tri-Club Paderborn	2684,0	1342,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0