

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2017									Altenaulauf Borchen		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	10 km	Strecke	
											00:50:35	R Zeit	00:51:07	R Zeit	00:48:21	R Zeit	00:49:43	R Zeit	00:53:21	R Zeit	
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
53	1014	10	M50	9	1966	Ahlers	Ufo Michael	SC Borchen	18073,7	2259,2	00:44:57	2338,0	00:47:00	2247,0	00:46:10	2131,0					
18	1121	11	W35	1	1982	Albrecht	Maria	Non-Stop-Ultra Brakel	20343,9	2543,0											
34	1181	11	M20	5	1989	Alhamed	Jasem	SC Borchen	19107,0	2388,4									00:48:20	2301,0	
26	1077	9	M50	2	1966	Altmiks	Frank	SV Kollerbeck	19701,9	2462,7			00:43:10	2477,0					00:43:17	2604,0	
111	1167	11	W35	3	1980	Antpöhler	Marion	Hövelhof	14216,9	1777,1	00:51:47	1928,0	00:52:06	1941,0	00:54:58	1603,0					
74	1043	10	M40	7	1974	Aselmann	Frank		16551,3	2068,9	00:49:17	2078,0	00:48:22	2165,0	00:48:18	2003,0					
38	1037	8	M45	5	1971	Aßer	Michael	SV Sande	18827,3	2353,4	00:43:47	2408,0									
44	1040	8	M50	7	1964	Balhorn	Uwe Martin	Delbrück läuft	18713,6	2339,2	00:45:08	2327,0									
163	1083	9	W40	9	1976	Baumeister	Tanja	Laufen gegen Leiden	7983,8	998,0	01:05:13	1122,0									
140	1210	10	W45	6	1971	Becker	Karin	SV Rot-Weiß Bentfeld	12352,0	1544,0					01:09:14	747,0					
68	1142	9	M50	13	1967	Becker	Markus		16682,8	2085,3	00:48:22	2133,0	00:48:16	2171,0							
156	1141	9	W50	5	1967	Becker	Uta		10425,4	1303,2	01:02:43	1272,0	01:01:11	1396,0							
139	1230	9	W30	6	1983	Belin	Olga	Team Ernte 23	12357,0	1544,6	00:57:34	1581,0									
10	1150	11	M40	2	1977	Bensick	Thomas		21435,5	2679,4					00:39:00	2561,0					
55	1206	8	M U20	5	1998	Berkemeier	Marian		17731,0	2216,4	00:45:22	2313,0	00:44:32	2395,0	00:45:17	2184,0					
9	1197	9	M U18	1	2000	Berkemeier	Matthias	TV Jahn Bad Driburg	21474,7	2684,3					00:37:44	2637,0	00:38:15	2688,0			
71	1065	8	M35	6	1979	Bertelsmeier	Andreas	Boxsportschule Lokomotive Span	16622,0	2077,8	00:47:25	2190,0	00:46:37	2270,0	00:46:00	2141,0	00:54:13	1730,0			
5	1227	9	M40	1	1977	Bezsonov	Yuriy		22389,3	2798,7	00:37:09	2806,0			00:37:43	2638,0					
151	1013	10	M55	11	1961	Bidardel	Chahriar	LT Marienloh	11326,0	1415,8	00:59:59	1436,0	01:00:34	1433,0	00:59:12	1349,0					
51	1173	8	M45	8	1971	Binger	Volker	BRAUN media	18107,0	2263,4	00:46:39	2236,0	00:46:06	2301,0	00:45:51	2150,0					
146	1017	8	W35	6	1979	Bittner	Bettina	LT Elsen-Wewer	12061,8	1507,7											
102	1218	10	M45	15	1968	Blase	Josef	DJK Kleinenberg	14780,2	1847,5	00:53:58	1797,0	00:52:21	1926,0	00:52:35	1746,0	00:52:48	1815,0			
78	1069	11	M70	2	1946	Bodach	Claus	SV Lüttringen	16298,0	2037,3			00:49:49	2078,0							
100	1116	8	W20	1	1989	Böggering	Mareike		15052,5	1881,6	00:51:24	1951,0									
61	1081	8	M45	11	1968	Böhmer	Gregor	TSV Schloß Neuhaus	17402,6	2175,3	00:48:43	2112,0	00:47:38	2209,0	00:46:31	2110,0					
6	1182	13	M20	3	1989	Bokuretsion	Mengsteab	SC Borchen	22343,0	2792,9	00:37:37	2778,0	00:37:46	2801,0	00:37:27	2654,0					
32	1036	9	M45	4	1971	Borgolte	Frank	SC Borchen	19319,6	2415,0					00:42:58	2323,0					
109	1158	9	W30	3	1983	Brakhane	Sarah	RW Alhausen	14239,9	1780,0			00:52:58	1889,0	00:52:46	1735,0					
27	1024	10	M50	3	1967	Braun	Jan	BRAUN media	19546,5	2443,3			00:42:15	2532,0	00:41:32	2409,0	00:42:15	2448,0			
122	1050	11	M45	18	1970	Brinschwitz	Marcus		13653,5	1706,7	00:53:44	1811,0	00:53:18	1869,0	00:52:20	1761,0					
4	1131	14	M35	1	1980	Bücker	Marcel	Delbrück läuft	22888,9	2861,1			00:36:27	2880,0	00:36:08	2733,0	00:36:23	2800,0			
28	1229	10	M U20	3	1999	Davidhaimann	Luca	SuS Boke	19508,0	2438,5	00:42:00	2515,0			00:42:33	2348,0					
101	1185	13	W40	6	1975	Derksen	Olga		14931,6	1866,4	00:52:50	1865,0	00:52:05	1942,0	00:53:02	1719,0					
73	1233	8	W40	3	1975	Dietrich	Birte		16560,0	2070,0	00:48:50	2105,0			00:49:08	1953,0					
137	1110	10	M55	10	1961	Dingerkus	Peter	Warburger SV 1884	12647,7	1581,0							00:56:15	1608,0	00:56:37	1804,0	
160	1008	8	W35	7	1979	Docherty	Julia		9842,2	1230,3			01:08:22	965,0	01:05:37	964,0					
70	1207	8	W45	1	1972	Drewes	Petra		16638,3	2079,8	00:48:18	2137,0									
159	1057	8	M30	7	1984	Drösemeier	Johannes	Hannover Runners	10005,5	1250,7	01:02:40	1275,0	01:04:13	1214,0	01:04:56	1005,0					
39	1073	8	M60	1	1955	Ebel	Norbert	TV Flerke	18817,3	2352,2			00:44:07	2420,0							
16	1179	8	M50	1	1965	Epping	Hubert	TC BW Delbrück	20567,9	2571,0	00:40:24	2611,0									
157	1068	11	M50	22	1965	Fehn	Thomas	LT Elsen-Wewer	10405,0	1300,6	01:09:02	893,0	01:05:46	1121,0							
142	1157	10	M60	9	1954	Gaus	Michi	SC Borchen	12289,2	1536,1					00:59:42	1319,0					
60	1025	9	M60	4	1956	Giambattista	Deleonardis	BRAUN media	17446,4	2180,8					00:46:17	2124,0					
161	1192	8	M20	11	1990	Grace	Jason		9513,5	1189,2	01:05:06	1129,0							01:10:26	975,0	
40	1228	8	M20	6	1988	Gröppler	Frederick	SC Blau-Weiß Ostenland	18795,1	2349,4	00:44:50	2345,0	00:43:52	2435,0	00:43:32	2289,0	00:44:41	2302,0	00:44:39	2522,0	
118	1160	9	M65	2	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	13821,0	1727,6	00:52:21	1894,0					00:52:10	1853,0			
84	1161	9	M30	6	1987	Grüner	Lukas	Non-Stop-Ultra Brakel	15943,8	1993,0			00:54:48	1779,0			00:52:03	1860,0			
24	1169	11	M U20	2	1998	Hack	Frederik		19906,1	2488,3	00:42:25	2490,0	00:41:53	2554,0	00:41:16	2425,0	00:42:42	2421,0			
62	1170	9	M50	11	1966	Hack	Matthias		17167,7	2146,0	00:47:32	2183,0	00:48:20	2167,0	00:47:49	2032,0	00:48:59	2044,0			

10 km Wertung

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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	10 km	Strecke
											00:50:35 Zeit	R Zeit	00:51:07 Zeit	R Zeit	00:48:21 Zeit	R Zeit	00:49:43 Zeit	R Zeit	00:53:21 Zeit	R Zeit
164	1200	9	M55	13	1962	Hahn	Hermann	7276,7	909,6	01:09:01	894,0			01:04:47	1014,0					
72	1124	8	M30	5	1983	Hecker	Christoph	16616,7	2077,1			01:02:11	1336,0	00:47:19	2062,0					
124	1016	8	W20	3	1989	Henkemeier	Nicole	13453,2	1681,6	00:55:44	1691,0	00:56:04	1703,0	00:55:11	1590,0					
8	1051	9	M30	2	1985	Hoblitz	Christian	21487,3	2685,9			00:39:18	2709,0	00:38:47	2574,0					
30	1104	14	M50	4	1965	Holz	Karl-Heinz	19434,5	2429,3			00:42:40	2507,0	00:42:58	2323,0	00:44:17	2326,0			
149	1135	10	W50	3	1963	Hopp	Jutta	11705,1	1463,1	00:57:21	1594,0									
93	1109	8	M40	12	1975	Jablonski	Andre	15596,0	1949,5											
12	1204	8	M20	4	1990	Jannick	Bastian	21364,1	2670,5			00:37:47	2800,0	00:49:31	1930,0					
99	1168	9	W40	5	1974	Jones	Gudrun	15062,0	1882,8											
54	1236	8	M45	9	1971	Jürgensmeier	Dirk	18053,1	2256,6	00:46:33	2242,0			00:45:33	2168,0					
92	1215	9	M40	11	1975	Kaiser	Henning	15612,2	1951,5							00:54:12	1731,0	00:53:21	2000,0	
81	1209	11	M45	13	1968	Kaiser	Joachim	16079,0	2009,9	00:48:44	2111,0			00:49:12	1949,0					
158	1214	13	M75	2	1941	Kammer	Franz	10401,2	1300,2									01:07:15	1166,0	
15	1166	11	M45	3	1972	Klaus	Ralf	21082,7	2635,3	00:39:39	2656,0	00:40:11	2656,0							
106	1127	9	W45	4	1972	Kleibrink	Barbara	14554,0	1819,3											
113	1044	16	M35	9	1981	Klocke	Christoph	14026,6	1753,3	00:59:39	1456,0	00:55:43	1724,0					00:57:38	1743,0	
64	1187	8	M50	12	1964	Kluth	Thomas	16967,1	2120,9											
133	1053	8	W35	4	1982	Knipping	Astrid	13030,8	1628,9	00:56:04	1671,0	00:56:45	1662,0							
107	1146	8	M45	16	1968	Koch	Karsten	14433,0	1804,1			00:52:49	1898,0	00:51:59	1782,0	00:56:46	1577,0			
145	1129	8	W45	7	1970	Koch	Mechthild	12253,1	1531,6											
65	1012	8	M45	12	1971	Koch	Volker	16883,2	2110,4											
46	1001	10	M60	3	1955	Koralewicz	Jürgen	18504,2	2313,0	00:45:25	2310,0					00:45:22	2261,0			
1	1113	9	M20	1	1990	Kruse	Thomas	24082,9	3010,4	00:33:55	3000,0									
125	1190	10	W45	5	1970	Kuhn	Annette	13311,6	1663,9			00:55:57	1710,0	00:55:39	1562,0	00:54:39	1704,0			
29	1154	10	M U20	4	1999	Kühnel	Fabian	19440,6	2430,1	00:41:34	2541,0			00:42:11	2370,0					
108	1147	12	M50	18	1965	Kutzner	Andreas	14403,9	1800,5			00:53:43	1844,0	00:53:43	1678,0	00:56:46	1577,0			
126	1098	8	W40	7	1975	Lahme	Stefanie	13226,3	1653,3			00:55:59	1708,0	00:55:38	1563,0					
41	1058	9	M45	6	1971	Lammers	Frank	18786,4	2348,3			00:44:10	2417,0	00:43:25	2296,0					
97	1018	10	W45	3	1969	Langguth	Bettina	15141,0	1892,6			00:52:09	1938,0	00:51:51	1790,0					
43	1203	8	M20	7	1993	Lenz	Benedikt	18750,6	2343,8			00:43:14	2473,0	00:42:57	2324,0					
59	1238	11	M50	10	1967	Lipinski	Thomas	17528,0	2191,0	00:47:30	2185,0	00:46:47	2260,0	00:46:06	2135,0					
104	1062	8	M50	16	1965	Litters	Jörg	14659,0	1832,4			00:59:32	1495,0	00:56:33	1508,0					
75	1202	11	W50	1	1967	Löhe-Husemann	Kirsten	16527,0	2065,9	00:49:05	2090,0	00:49:40	2087,0					00:52:04	2077,0	
85	1076	8	M40	9	1977	Luca	Thorsten	15938,0	1992,3	00:51:19	1956,0	00:50:07	2060,0	00:48:03	2018,0	00:49:43	2000,0	00:50:06	2195,0	
95	1211	8	M45	14	1970	Lücke	Ralf	15412,7	1926,6											
165	1175	8	W U18	3	2000	Mag	Paula Michaela	6673,7	834,2	01:12:45	670,0	01:10:20	847,0							
119	1107	9	W20	2	1988	Majda	Anna Katharina	13783,2	1722,9					00:52:40	1741,0	00:53:36	1767,0			
3	1042	10	M30	1	1983	Maksuti	Paul	22979,0	2872,4					00:35:59	2742,0	00:36:11	2812,0			
117	1232	8	M60	6	1956	Marten	Christian	13867,7	1733,5											
14	1145	8	M45	2	1972	Menne	Klaus	21152,3	2644,0							00:40:17	2566,0			
13	1156	10	M45	1	1971	Mersch	Detlef	21356,1	2669,5	00:41:24	2551,0	00:41:30	2577,0	00:40:34	2467,0					
112	1060	11	M50	19	1965	Meyer	Karl Josef	14200,0	1775,0	00:52:26	1889,0									
67	1095	9	M55	6	1958	Meyer-Ilse	Herbert	16761,0	2095,1	00:49:43	2052,0	00:47:23	2224,0	00:46:42	2099,0	00:47:14	2149,0			
88	1128	9	W35	2	1979	Michel	Anja	15850,2	1981,3	00:52:59	1856,0									
96	1094	8	M U18	2	2000	Mickenbecker	Dennis	15375,8	1922,0	00:51:07	1968,0	00:51:57	1950,0	00:52:33	1748,0					
63	1122	10	W30	2	1986	Müller	Andrea	17023,9	2128,0			00:48:00	2187,0	00:49:01	1960,0					
52	1126	8	M50	8	1964	Müller	Rainer	18084,3	2260,5											
114	1172	9	W65	1	1952	Müller	Ursula	13941,0	1742,6									00:57:12	1769,0	
116	1039	8	M55	8	1961	Nacke	Detlef	13938,4	1742,3			00:52:44	1903,0	00:52:39	1742,0	00:55:36	1647,0			

10 km Wertung

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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	10 km	Strecke
											00:50:35	R Zeit	00:51:07	R Zeit	00:48:21	R Zeit	00:49:43	R Zeit	00:53:21	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
19	1011	11	M U20	1	1998	Neehmu	Firas	TuS Ovenhausen	20280,8	2535,1										
79	1120	8	M60	5	1955	Neumann	Werner	Non-Stop-Ultra Brakel	16245,5	2030,7	00:47:40	2175,0	00:47:47	2200,0	00:47:18	2063,0	00:47:38	2125,0		
103	1034	12	M50	15	1964	Nickel	Götz	LT Herbram	14690,3	1836,3			00:51:50	1957,0	00:54:08	1653,0				
42	1074	10	M40	5	1976	Nießner	Christoph		18756,2	2344,5			00:44:08	2419,0	00:43:57	2264,0				
48	1022	10	M45	7	1972	Niewels	Jörg	Eggemänner Bad Lippspringe	18246,7	2280,8										
50	1159	8	M35	4	1981	Niggemann	Benjamin	LF Benteler Paderborn	18189,5	2273,7					00:44:48	2213,0				
89	1153	10	W40	4	1975	Nolte	Sandra		15834,2	1979,3	00:57:24	1591,0	00:48:31	2156,0	00:48:07	2014,0				
105	1085	11	M50	17	1963	Oppermann	Frank	LG TuS Vinsebeck	14595,3	1824,4										
155	1002	10	M55	12	1961	Osterhold	Andreas	TSV 1850 Korbach 09	10454,9	1306,9					00:58:23	1398,0	00:58:12	1491,0		
91	1106	11	W45	2	1972	Pfuhle	Catrin	TV Jahn Bad Driburg	15654,2	1956,8			00:51:07	2000,0						
82	1059	10	M55	7	1962	Plöger	Ulrich	Segler-Verein Paderborn	16036,0	2004,5	00:47:53	2162,0								
128	1171	8	W30	5	1987	Pongratz	Julia		13153,0	1644,1	00:55:38	1697,0			00:58:55	1366,0				
115	1241	9	W30	4	1983	Porsch	Melanie	SC Borchen	13938,9	1742,4	00:53:05	1850,0	00:54:04	1823,0	00:52:37	1744,0				
87	1097	12	M40	10	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	15902,8	1987,8	00:51:53	1922,0	00:49:36	2091,0	00:48:38	1983,0				
17	1052	12	W30	1	1986	Rath	Viktoria	Delbrück läuft	20516,8	2564,6	00:41:28	2547,0			00:41:12	2429,0				
153	1194	8	W60	1	1956	Rennerich	Lisa	Hövelhofer Breitensport	10949,0	1368,6	01:01:20	1355,0			01:01:57	1184,0	01:05:17	1066,0		
45	1162	9	M60	2	1954	Rheker	Johannes	SV Kollerbeck	18648,1	2331,0					00:43:58	2263,0			00:45:24 2477,0	
31	1186	10	M55	3	1958	Richters	Reinhard	VfL Lichtenau	19322,9	2415,4			00:43:05	2482,0	00:42:38	2343,0	00:43:05	2398,0		
7	1070	8	M35	2	1979	Ridderbusch	Ronald	TSV Bösingfeld	22014,9	2751,9					00:37:22	2659,0			00:38:56 2865,0	
57	1237	8	W40	2	1976	Rinteln	Martina	Warburger SV 1884	17590,9	2198,9										
129	1021	8	W U18	1	2001	Risse	Leonie	TuS Ovenhausen	13137,0	1642,1	00:59:37	1458,0	00:54:40	1787,0	00:55:14	1587,0			00:57:36 1745,0	
148	1020	8	M50	20	1966	Risse	Stefan	TuS Ovenhausen	11942,7	1492,8	01:00:36	1399,0	00:58:49	1538,0						
69	1028	9	M35	5	1979	Rossig	André	SCC Scharmede	16677,0	2084,6	00:49:23	2072,0								
83	1155	8	W55	1	1958	Rump	Beate	VfB Salzkotten	15953,0	1994,1										
166	1004	8	W50	6	1965	Rupp	Monika	SCC Scharmede	5354,0	669,3										
47	1164	10	M20	8	1989	Safari	Mohammad	Non-Stop-Ultra Brakel	18356,9	2294,6			00:49:26	2101,0					00:48:50 2271,0	
150	1123	8	W30	7	1987	Sagel	Lorraine	Non-Stop-Ultra Brakel	11500,6	1437,6										
76	1224	8	M40	8	1974	Sasse	Rainer	SC Borchen	16524,5	2065,6			00:48:59	2128,0						
56	1041	10	M55	5	1962	Schäfers	Peter	Delbrück läuft	17702,4	2212,8	00:48:49	2106,0	00:48:07	2180,0						
110	1231	9	M35	8	1980	Schallör	Oliver	Team Ernte 23	14235,4	1779,4							00:51:44	1879,0		
2	1112	9	M20	2	1991	Schär	Sebastian	Laufladen Endspurt Paderborn	23853,6	2981,7	00:34:41	2954,0								
147	1195	8	M45	20	1972	Scharf	Andreas		11976,8	1497,1	00:57:13	1602,0	00:58:42	1545,0	00:57:48	1433,0				
152	1201	8	M50	21	1963	Schlenhardt	Ludger		11190,0	1398,8	00:59:13	1482,0	01:05:48	1119,0						
127	1239	8	M65	3	1952	Schlüting	Franz-Gert	HTSV Leiberg	13211,4	1651,4	00:55:32	1703,0	00:56:07	1700,0	00:55:33	1568,0	00:56:36	1587,0		
20	1125	11	M55	1	1962	Schmidt	Johannes	Kalle 05	20226,2	2528,3	00:41:02	2573,0								
98	1111	9	M65	1	1949	Scholz	Hermann-Josef	Warburger SV 1884	15092,6	1886,6									00:53:53 1968,0	
58	1149	11	M45	10	1970	Sedat	Ralf	SC Blau-Weiß Ostenland	17577,3	2197,2			00:47:30	2217,0	00:47:03	2078,0				
121	1139	8	M55	9	1960	Semelink	Christian	Warburger SV 1884	13695,9	1712,0										
143	1130	8	W U18	2	2000	Siebrecht	Carolin	Non-Stop-Ultra Brakel	12271,0	1533,9	00:58:54	1501,0	00:58:47	1540,0	00:58:24	1397,0	00:57:29	1534,0		
136	1132	8	M45	19	1972	Siebrecht	Christoph	Non-Stop-Ultra Brakel	12770,1	1596,3	00:58:57	1498,0	00:58:48	1539,0			00:57:29	1534,0	00:55:26 1875,0	
86	1222	8	M20	9	1990	Spiecker	Moritz	RC Bengdilla	15931,1	1991,4	00:50:35	2000,0	00:50:05	2062,0	00:49:16	1945,0				
22	1023	9	M35	3	1981	Spieker	Markus	TuS Ovenhausen	19922,4	2490,3	00:42:24	2491,0			00:42:29	2352,0				
138	1208	15	M75	1	1938	Steen	Hans-Albert	LC Paderborn	12365,2	1545,6	00:57:15	1600,0	00:58:40	1547,0	00:58:11	1410,0				
120	1216	9	M45	17	1970	Stroth	Dietmar		13771,9	1721,5			00:53:58	1829,0	00:52:39	1742,0	00:51:43	1880,0		
90	1220	11	M50	14	1965	Stute	Gerhard	LT Herbram	15809,0	1976,1					00:49:50	1911,0	00:51:14	1909,0	00:52:05 2076,0	
154	1223	8	W50	4	1966	Stute	Ingrid	LT Herbram	10507,0	1313,4									01:05:28 1273,0	
37	1198	8	M40	4	1973	Tegethoff	Frank	Marsberg	18869,2	2358,6	00:43:45	2410,0	00:44:19	2408,0	00:43:38	2283,0				
11	1183	8	M30	3	1984	Tewelde	Efrem	SC Borchen	21431,7	2679,0					00:37:40	2641,0	00:38:28	2675,0		
162	1035	8	W35	8	1980	Thielscher	Verena	BRAUN media	8555,2	1069,4	01:05:56	1079,0	01:08:21	966,0						

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2017									Altenaulauf Borchten		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	10 km	Strecke	
											00:50:35 Zeit	R Zeit	00:51:07 Zeit	R Zeit	00:48:21 Zeit	R Zeit	00:49:43 Zeit	R Zeit	00:53:21 Zeit	R Zeit	
77	1177	10	M70	1	1947	Thomas	Bernd	NDR Laufgruppe	16352,9	2044,1	00:49:00	2095,0	00:48:42	2145,0	00:48:21	2000,0	00:49:12	2031,0			
144	1176	8	W50	2	1964	van Holt	Annette	SC Blau-Weiß Ostenland	12270,3	1533,8			00:56:42	1665,0	00:58:23	1398,0					
36	1093	12	M50	6	1967	van Hoof	Frank	Vorwärts Kette Riemeke	18880,8	2360,1	00:45:54	2281,0	00:45:13	2354,0							
80	1118	10	M35	7	1981	Volmert	Michael		16144,2	2018,0	00:47:48	2167,0									
94	1115	14	M20	10	1990	Voss	Christian		15550,8	1943,9	00:58:04	1551,0	00:48:10	2177,0	01:04:17	1044,0	00:47:23	2140,0			
131	1117	11	W20	4	1993	Voss	Rebecca		13036,3	1629,5	00:58:04	1551,0			01:04:16	1045,0					
66	1108	10	M30	4	1987	Wallscheid	Oliver		16796,7	2099,6					00:49:32	1929,0	00:47:45	2118,0			
49	1015	9	M40	6	1974	Walter	Kai	Marsberg	18232,7	2279,1	00:46:49	2226,0	00:45:46	2321,0							
35	1144	11	M55	4	1962	Walter	Klaus	SV Kollerbeck	18961,6	2370,2	00:44:18	2377,0					00:45:03	2280,0			
130	1151	8	W40	8	1974	Walther	Saeedeh		13124,1	1640,5			00:54:37	1790,0	00:53:35	1686,0					
132	1003	10	M35	10	1978	Wendisch	Jan	tagltron GmbH	13035,6	1629,5	00:58:03	1552,0			00:58:41	1380,0					
135	1007	13	W35	5	1979	Wiemers	Michaela		12964,5	1620,6	00:55:02	1733,0	00:56:47	1660,0					00:59:49	1612,0	
141	1174	8	M60	8	1957	Winkel	Bernhard	SV Rot-Weiß Bentfeld	12314,8	1539,4											
25	1019	11	W40	1	1977	Wolf	Elke	SCC Scharmde	19768,0	2471,0							00:42:32	2431,0	00:43:26	2595,0	
134	1032	9	M U18	3	2003	Worms	Luis	TuS Ovenhausen	13025,8	1628,2			00:52:12	1935,0					00:58:16	1705,0	
123	1031	8	M60	7	1957	Worms	Reinhold	TuS Ovenhausen	13576,3	1697,0	00:53:12	1843,0	00:52:35	1912,0			00:55:30	1653,0			
33	1191	8	M50	5	1965	Wulfes	Dieter	LF Benteler Paderborn	19254,6	2406,8					00:42:55	2326,0					
23	1045	9	M40	3	1977	Zalar	Raphael	TG Herford von 1860	19912,9	2489,1			00:42:00	2547,0	00:41:37	2404,0					
21	1088	20	M55	2	1958	Zanft	Wolfgang	Tus Wewelsburg	19977,3	2497,2	00:42:44	2471,0			00:43:36	2285,0	00:44:06	2337,0	00:44:53	2508,0	