

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2019							Leiberger Volkslauf Leiberg		HAPPE Run Delbrück		Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		
			Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:52:29	R Zeit	00:45:09	R Zeit	00:49:20	R Zeit	00:51:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
1	365	7	M U20	1	2000	Berkemeier	Matthias	LF Lücktringen	19842,17	2834,60	00:37:06	2923,0	00:33:42	2687,0	00:35:44	2816,0	00:36:21	2885,9
5	423	7	M20	1	1990	Almai	Benjamin	Soul Food Records	16474,71	2353,53	00:44:49	2460,0	00:39:13	2356,0	00:42:18	2422,0	00:43:29	2457,8
43	320	4	M20	2	1991	Stuke	Kevin David		8763,00	2190,75	00:50:43	2106,0	00:42:54	2135,0	00:42:42	2398,0		
105	363	2	M20	3	1997	Dohmann	Christoph	Non-Stop-Ultra Brakel	6133,09	3066,55								
116	495	2	M20	4	1996	Grass	Devon	Björn Grass Running Team	5532,00	2766,00			00:33:17	2712,0	00:35:40	2820,0		
127	308	2	M20	5	1990	Ewers	Niclas	BRAUN media TEAM	5125,36	2562,68					00:40:51	2509,0		
137	466	2	M20	6	1993	Lenz	Benedikt	Flying Hirsch Legacy	4874,00	2437,00					00:43:15	2365,0		
151	336	2	M20	7	1998	Davidhaimann	Luca	SuS Boke	4406,80	2203,40							00:41:51	2555,8
162	424	2	M20	8	1990	Spiecker	Moritz		4052,09	2026,05								
174	464	2	M20	9	1990	Voß	Christian	Paderthlon	3590,00	1795,00	00:56:52	1737,0						
204	1201	1	M20	10	1998	Leifeld	Christian	SC Borchen	2134,00	2134,00					00:47:06	2134,0		
206	484	1	M20	11	1990	Krieter	Thomas	LG Oerlinghausen	2091,00	2091,00								
6	458	6	M30	1	1987	Grüner	Lukas	Non-Stop-Ultra Brakel	15554,00	2592,33	00:40:30	2719,0	00:38:02	2427,0	00:39:25	2595,0	00:41:18	2589,0
12	345	5	M30	2	1987	Stratmann	Nico	HTSV Leiberg	12946,55	2589,31	00:40:52	2697,0	00:37:55	2434,0			00:40:56	2611,1
24	388	5	M30	3	1987	Bartley	Tim		10468,55	2093,71	00:49:24	2185,0			00:47:12	2128,0		
36	442	4	M30	4	1988	Simon	Benedikt	SV Blau-Weiß Verlar	9514,40	2378,60			00:40:13	2296,0	00:42:45	2395,0	00:43:04	2483,4
48	277	4	M30	5	1988	Griese	Alexander		8507,36	2126,84			00:44:56	2013,0				
64	474	3	M30	6	1989	Bokuretsion	Mengsteab	SC Borchen	7718,00	2572,67	00:41:50	2639,0						
119	373	3	M30	7	1987	Jakobi	Marius		5428,82	1809,61	00:51:01	2088,0						
128	492	2	M30	8	1985	Hildmann	Benedikt	Eggemänner Bad Lippspringe	5092,00	2546,00			00:37:08	2481,0	00:39:09	2611,0		
150	349	2	M30	9	1985	Holz	Mateusz		4493,73	2246,86			00:41:38	2211,0				
179	368	2	M30	10	1986	Goltsche	Ingo	Non-Stop-Ultra Brakel	3429,55	1714,77					00:54:25	1695,0		
201	482	1	M30	11	1985	Hoblitz	Joachim		2196,00	2196,00								
218	485	1	M30	12	1986	Ohms	Philipp		1736,00	1736,00					00:53:44	1736,0		
2	304	7	M35	1	1980	Müller	Björn	BRAUN media TEAM	18146,47	2592,35	00:41:54	2635,0	00:37:02	2487,0	00:39:02	2618,0	00:41:55	2552,2
4	317	6	M35	2	1983	Maksuti	Paul	Delbrück läuft	17163,37	2860,56			00:33:32	2697,0	00:35:00	2860,0	00:36:13	2894,1
18	408	4	M35	3	1980	Bücker	Marcel	Delbrück läuft	11215,82	2803,95			00:34:10	2659,0	00:36:03	2797,0		
21	351	4	M35	4	1983	Knoop	Daniel	VfB Holsen	10606,50	2651,63	00:40:50	2699,0					00:41:09	2598,5
23	269	4	M35	5	1981	Spieker	Markus	TuS Ovenhausen	10506,27	2626,57					00:39:10	2610,0		
30	325	5	M35	6	1981	Volmert	Michael	Paderthlon	10108,27	2021,65					00:45:53	2207,0	00:48:11	2176,0
49	429	4	M35	7	1981	Niggemann	Benjamin	LF Benteler Paderborn	8492,82	2123,20			00:44:45	2024,0				
65	473	3	M35	8	1984	Tewelde	Efrem	SC Borchen	7647,00	2549,00	00:42:11	2618,0			00:40:33	2527,0		
68	267	5	M35	9	1981	Klocke	Christoph	TuS Ovenhausen	7584,45	1516,89	00:59:16	1593,0	00:52:53	1536,0	01:00:28	1332,0		
98	331	3	M35	10	1982	Oberbörsch	Lukas		6272,55	2090,85	00:49:18	2191,0	00:46:32	1917,0				
160	279	3	M35	11	1981	Hardt	Anton		4107,00	1369,00	00:58:41	1628,0			00:51:38	1862,0		
161	281	2	M35	12	1980	Kerkhoff	Philipp	SC Borchen	4063,55	2031,77								
192	412	1	M35	13	1984	Radamm	Filip	TuS Amelunxen	2509,09	2509,09								
205	441	1	M35	14	1980	Navarro Colin	Angel Rafael		2116,00	2116,00								
207	433	1	M35	15	1982	Schulz	Matthias		2058,00	2058,00								
223	434	2	M35	16	1980	Probsthain	André		1357,00	678,50			01:06:51	698,0				
17	357	5	M40	1	1975	Röder	Frank		11291,00	2258,20			00:42:18	2171,0	00:44:18	2302,0		
27	360	6	M40	2	1979	Lichte	Benjamin		10205,20	1700,87	00:55:27	1822,0	00:48:32	1797,0	00:53:26	1754,0	00:58:48	1539,2
32	271	4	M40	3	1977	Meier	Raphael	TG Herford von 1860	10034,55	2508,64	00:42:26	2603,0	00:38:51	2378,0				
40	437	4	M40	4	1975	Weber	Rainer		9275,00	2318,75	00:46:08	2381,0	00:41:31	2218,0	00:43:00	2380,0		
52	282	4	M40	5	1976	Zinn	Eduard		8337,00	2084,25			00:44:36	2033,0	00:47:21	2119,0		
53	346	4	M40	6	1975	Lummer	Raimund	SV Schöning	8170,00	2042,50	00:53:19	1950,0	00:45:09	2000,0	00:47:11	2129,0		
55	276	5	M40	7	1979	Thiemann	Andreas		8090,45	1618,09			00:50:14	1695,0	00:54:28	1692,0		

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2019							Leiberger Volkslauf Leiberg		HAPPE Run Delbrück		Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		
			Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:52:29	R Zeit	00:45:09	R Zeit	00:49:20	R Zeit	00:51:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
71	323	4	M40	8	1977	Luca	Thorsten	Warburger SV	7245,73	1811,43	00:53:47	1922,0			00:50:45	1915,0		
75	448	4	M40	9	1979	Pahls	Markus		7061,00	1765,25	00:55:10	1839,0	00:49:51	1718,0	00:51:52	1848,0		
88	361	3	M40	10	1978	Vauth	Michael	Non-Stop-Ultra Brakel	6584,45	2194,82					00:46:26	2174,0		
132	260	2	M40	11	1977	Bensick	Thomas		4999,00	2499,50	00:43:38	2531,0						
133	471	3	M40	12	1975	Jablonski	Andre	Warburger SV	4993,00	1664,33					00:54:57	1663,0		
142	290	2	M40	13	1977	Köhne	Michael	TuS Ovenhausen	4668,82	2334,41	00:46:12	2377,0						
147	439	2	M40	14	1978	Wolff	Dietmar		4531,00	2265,50			00:41:46	2203,0				
164	367	2	M40	15	1976	Altemeier	Carsten	Kinderhaus Hentruper Mühle	3957,00	1978,50			00:46:38	1911,0	00:48:34	2046,0		
168	469	2	M40	16	1976	Spiller	Christoph	Vegan Runners	3827,00	1913,50			00:45:25	1984,0				
220	385	1	M40	17	1979	Bielawny	Andreas		1641,82	1641,82								
224	286	1	M40	18	1978	Vogedes	Raimund	FC Deutsche Post	1295,00	1295,00					01:01:05	1295,0		
8	329	6	M45	1	1973	Tegethoff	Frank		13922,64	2320,44	00:46:40	2349,0	00:41:35	2214,0	00:43:14	2366,0		
19	278	5	M45	2	1974	Walter	Kai	Marsberg	11198,09	2239,62	00:47:41	2288,0	00:41:49	2200,0				
22	375	5	M45	3	1971	Jürgensmeier	Dirk	Paderborn	10573,45	2114,69	00:50:27	2122,0	00:44:26	2043,0	00:45:06	2254,0		
28	456	4	M45	4	1972	Klaus	Ralf	Delbrück läuft	10133,00	2533,25	00:42:33	2596,0	00:38:31	2398,0	00:40:36	2524,0		
31	425	4	M45	5	1972	Dohnalek	Kai	LT Hofgeismar	10041,55	2510,39			00:39:51	2318,0				
37	344	4	M45	6	1970	Unruhe	Jürgen	SV Ottenhausen	9455,82	2363,95	00:46:09	2380,0			00:43:02	2378,0		
39	315	4	M45	7	1971	Schürmann	Marcus	SC Borchen	9300,73	2325,18			00:41:19	2230,0	00:43:10	2370,0		
42	465	5	M45	8	1971	Koch	Volker	SC Borchen	9161,00	1832,20	00:55:00	1849,0	00:49:00	1769,0	00:50:50	1910,0		
51	302	4	M45	9	1972	Frewer	Thomas	TuS 13 Hembesen	8355,73	2088,93	00:51:53	2036,0			00:47:21	2119,0		
54	393	3	M45	10	1972	Meier	Lars	RunArtist Holzminden	8113,55	2704,52								
57	381	4	M45	11	1970	Lass	Detlev	VfB Salzkotten	8043,73	2010,93			00:45:04	2005,0	00:49:34	1986,0		
58	259	5	M45	12	1970	Stroth	Dietmar	Team Erdinger alkoholfrei	8020,91	1604,18	01:04:43	1266,0	00:50:25	1684,0				
61	449	4	M45	13	1970	Sedat	Ralf	SC Blau-Weiß Ostenland	7888,90	1972,23			00:47:30	1859,0	00:49:44	1976,0	00:50:37	2029,9
70	359	3	M45	14	1973	Habedank	Thorsten	Warburger SV	7401,00	2467,00			00:38:48	2381,0	00:40:33	2527,0		
73	481	3	M45	15	1970	Kluwe	Michael	TV Jahn Bad Driburg	7163,00	2387,67	00:44:26	2483,0	00:39:53	2316,0	00:43:16	2364,0		
74	273	3	M45	16	1971	Borgolte	Frank	SC Borchen	7098,00	2366,00					00:42:13	2427,0		
79	288	3	M45	17	1971	Lammers	Frank	Non-Stop-Ultra Brakel	6916,00	2305,33			00:41:26	2223,0	00:44:21	2299,0		
89	436	3	M45	18	1970	Gees	Thomas	Tura Elsen	6522,00	2174,00	00:48:39	2230,0			00:46:06	2194,0		
108	389	3	M45	19	1974	Sasse	Rainer	SC Borchen	6023,00	2007,67			00:45:42	1967,0	00:48:46	2034,0		
122	364	2	M45	20	1972	Menne	Klaus	Non-Stop-Ultra Brakel	5339,00	2669,50								
129	283	3	M45	21	1970	Brenke	Michael		5063,00	1687,67					00:55:39	1621,0		
152	343	2	M45	22	1970	Niemeier	Frank	SV Kollerbeck	4403,55	2201,77								
155	263	2	M45	23	1970	Brinschwitz	Marcus		4355,00	2177,50					00:45:55	2205,0		
156	496	2	M45	24	1974	Nölkenmeier	Bernd	FCW Lippling	4332,00	2166,00			00:42:41	2148,0	00:46:16	2184,0		
157	293	2	M45	25	1974	Aselmann	Frank	SC Borchen	4204,00	2102,00	00:49:15	2194,0	00:44:59	2010,0				
159	280	2	M45	26	1973	Witte	Markus	Arminia Bielefeld	4145,00	2072,50					00:48:24	2056,0		
178	445	2	M45	27	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	3465,00	1732,50	00:56:51	1738,0						
186	257	3	M45	28	1974	Steffens	Kai	SC Borchen	2872,00	957,33			01:05:04	805,0	01:05:56	1004,0		
193	380	1	M45	29	1970	Hake	Thorsten	LT Lieth Paderborn	2436,36	2436,36								
213	335	1	M45	30	1970	Weber	Dirk		1840,91	1840,91								
226	398	1	M45	31	1973	Dierkes	Jürgen	Lauffreunde Eppi	1280,91	1280,91								
3	306	7	M50	1	1967	Braun	Jan	BRAUN media TEAM	17561,85	2508,84	00:42:58	2571,0	00:38:44	2385,0	00:41:12	2488,0	00:42:51	2496,3
7	352	7	M50	2	1968	Blase	Josef	DJK Kleinenberg	14133,08	2019,01	00:52:29	2000,0	00:45:58	1951,0	00:48:07	2073,0	00:51:43	1963,9
9	310	7	M50	3	1965	Meyer	Karl Josef	SC Borchen	13899,52	1985,65	00:52:14	2015,0	00:45:08	2001,0	00:48:47	2033,0	00:51:36	1970,7
11	468	5	M50	4	1967	Nübel	Andreas	SC Borchen	13029,00	2605,80	00:40:41	2708,0	00:36:53	2496,0	00:38:57	2623,0		
15	416	5	M50	5	1965	Wulfes	Dieter	LF Benteler Paderborn	11536,55	2307,31	00:46:38	2351,0			00:43:46	2334,0	00:46:49	2258,0

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
											00:52:29	R Zeit	00:45:09	R Zeit	00:49:20	R Zeit	00:51:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
59	265	4	M50	6	1967	Lipinski	Thomas											
85	312	3	M50	7	1966	Schäfermeier	Ulrich	SC Borch	6739,73	2246,58			00:43:44	2085,0	00:43:58	2322,0		
87	450	3	M50	8	1967	van Hoof	Frank	TSV Schloss Neuhaus	6708,00	2236,00					00:45:39	2221,0		
94	411	3	M50	9	1967	Becker	Markus	TSV Schloss Neuhaus	6349,15	2116,38			00:44:12	2057,0			00:49:00 2126,7	
99	478	4	M50	10	1969	McCracken	Marcus		6250,00	1562,50	00:59:33	1576,0	00:53:27	1502,0	00:53:59	1721,0		
106	421	3	M50	11	1966	Bardehle	Lutz	VfB Salzkotten	6125,36	2041,79					00:46:56	2144,0		
112	414	4	M50	12	1966	Vauth	Jürgen	Non-Stop-Ultra Brakel	5662,18	1415,55					00:53:18	1762,0		
118	376	3	M50	13	1968	Böhmer	Gregor	TSV Schloss Neuhaus	5467,73	1822,58			00:47:13	1876,0				
126	353	3	M50	14	1965	Stute	Gerhard	LT Herbram	5200,91	1733,64			00:49:24	1745,0	00:55:15	1645,0		
140	342	2	M50	15	1967	Thomas	Axel	SV Kollerbeck	4734,73	2367,36								
143	399	2	M50	16	1968	Sagel	Oliver	SV BW Sande	4652,00	2326,00					00:43:58	2322,0		
170	497	2	M50	17	1968	Winkler	Hans-Dieter	TSV Buke	3738,00	1869,00			00:47:52	1837,0	00:50:59	1901,0		
182	262	3	M50	18	1966	Risse	Stefan	TuS Ovenhausen	3198,00	1066,00	01:08:14	1055,0			01:04:23	1097,0		
189	305	3	M50	19	1966	Ahlers	Ufo Michael	SC Borch	2610,00	870,00	01:06:55	1134,0	01:04:58	811,0				
190	366	2	M50	20	1965	Fehn	Thomas	Krasse Herde	2581,73	1290,86					00:59:11	1409,0		
191	487	1	M50	21	1965	Epping	Hubert	TC BW Delbrück	2534,00	2534,00	00:43:35	2534,0						
195	463	1	M50	22	1969	Wiegran	Andreas	TV Jahn Bad Driburg	2406,00	2406,00					00:42:34	2406,0		
217	500	1	M50	23	1967	Petri	Matthias	VfB Salzkotten	1741,00	1741,00					00:53:39	1741,0		
13	332	6	M55	1	1963	Peitz	Andreas	Westfalen-Kolleg Paderborn	12589,45	2098,24	00:49:50	2159,0	00:43:58	2071,0	00:47:00	2140,0		
16	400	5	M55	2	1963	Fischer	Dirk	SV BW Sande	11492,91	2298,58	00:45:50	2399,0			00:45:13	2247,0		
20	297	5	M55	3	1960	Kersting	Willibald	TuS Bad Wünnenberg	11060,43	2212,09	00:47:11	2318,0			00:46:09	2191,0	00:47:46 2200,7	
26	296	5	M55	4	1964	Kramps	Rolf	TuS Bad Wünnenberg	10219,91	2043,98	00:51:15	2074,0			00:49:20	2000,0	00:51:07 2000,0	
29	404	4	M55	5	1962	Schmidt	Johannes	Kalle 05	10110,18	2527,55	00:42:22	2607,0						
41	475	4	M55	6	1961	Klute	Bernward	1. Tri-Club Paderborn	9224,00	2306,00	00:45:20	2429,0			00:43:48	2332,0		
46	374	4	M55	7	1962	Plöger	Ulrich	Segler Verein Paderborn, SVPB	8627,00	2156,75	00:48:13	2256,0			00:46:53	2147,0		
50	390	4	M55	8	1964	Ebeling	Matthias	Post-SV Holzminden	8452,27	2113,07					00:47:20	2120,0		
56	476	4	M55	9	1964	Kluth	Thomas		8060,30	2015,08			00:44:59	2010,0			00:51:50 1957,3	
60	252	4	M55	10	1961	Baaske	Hartwig	LT Marienloh	7918,51	1979,63							00:49:30 2097,6	
76	294	4	M55	11	1963	Oppermann	Frank	LG TuS Vinsebeck	7050,55	1762,64					00:51:49	1851,0		
81	337	4	M55	12	1963	Hüsten	Siggi	TuS Bad Wünnenberg	6833,25	1708,31	00:55:51	1798,0					00:53:42 1844,8	
82	418	4	M55	13	1962	Laux	Steffen	3V RW Alf	6763,64	1690,91	00:57:13	1716,0	00:51:21	1628,0				
83	301	5	M55	14	1964	Nickel	Götz	LT Herbram	6763,55	1352,71	01:02:16	1413,0					00:59:10 1517,1	
84	339	3	M55	15	1962	Walter	Klaus	SV Kollerbeck	6742,18	2247,39					00:45:42	2218,0		
93	409	3	M55	16	1961	Quest	Hubert	Non-Stop-Ultra Brakel	6408,18	2136,06			00:44:05	2064,0	00:46:34	2166,0		
101	377	3	M55	17	1961	Surmann	Peter	TSV Niedermeiser	6201,18	2067,06								
109	391	3	M55	18	1964	Müller	Rainer	TuS 13 Hemsben	5920,64	1973,55			00:50:02	1707,0				
110	460	3	M55	19	1963	Lüddecke	Dirk	Non-Stop-Ultra Brakel	5920,00	1973,33	00:50:55	2094,0	00:47:22	1867,0				
114	295	3	M55	20	1963	Becker	Johannes	LG TuS Vinsebeck	5611,00	1870,33	00:53:28	1941,0						
125	486	3	M55	21	1962	Bojara	Günter		5296,70	1765,57	00:55:37	1812,0	00:49:52	1717,0			00:54:59 1767,7	
145	313	2	M55	22	1964	Balhorn	Uwe Martin	Delbrück läuft	4614,09	2307,05					00:44:55	2265,0		
165	379	3	M55	23	1961	Osterhold	Andreas		3921,36	1307,12					01:01:48	1252,0		
173	356	2	M55	24	1963	Petri	Johannes	VfL Lichtenau	3638,27	1819,14	00:54:28	1881,0						
197	491	1	M55	25	1962	Weber	Dieter	PSV Brilon	2326,00	2326,00	00:47:03	2326,0						
208	314	1	M55	26	1962	Schäfers	Peter	Delbrück läuft	1960,91	1960,91								
210	303	1	M55	27	1964	Blümel	Michael	Delbrück läuft	1953,64	1953,64								
225	300	1	M55	28	1961	Glahn	Franz-Josef		1294,55	1294,55								
10	358	6	M60	1	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	13755,20	2292,53	00:46:21	2368,0	00:42:00	2189,0	00:44:16	2304,0	00:45:55 2312,2	

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2019							Leiberger Volkslauf Leiberg		HAPPE Run Delbrück		Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		
			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
											00:52:29	R Zeit	00:45:09	R Zeit	00:49:20	R Zeit	00:51:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
35	272	4	M60	2	1959	Krois	Dietmar	SC Borchen	9828,00	2457,00	00:44:22	2487,0						
62	371	4	M60	3	1959	Giefers	Bernd	TuS Amelunxen	7858,91	1964,73	00:51:44	2045,0			00:48:49	2031,0		
77	396	4	M60	4	1956	Marten	Christian	LF Benteler Paderborn	6950,82	1737,70	00:55:22	1827,0			00:54:14	1706,0		
90	350	4	M60	5	1955	Dohmann	Edgar	Post-SV Holzminden	6505,45	1626,36					00:54:45	1675,0		
95	251	3	M60	6	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	6342,82	2114,27	00:49:45	2164,0	00:44:32	2037,0				
104	426	3	M60	7	1958	Meyer	Dieter	Laufspass SW Sende	6178,00	2059,33	00:49:49	2160,0						
163	483	2	M60	8	1958	Zanft	Wolfgang		3962,00	1981,00					00:48:39	2041,0		
172	394	2	M60	9	1955	Neumann	Werner	Non-Stop-Ultra Brakel	3691,00	1845,50	00:53:02	1967,0	00:49:45	1724,0				
188	284	5	M60	10	1958	Schütte	Peter	SV Heide Tischtennis	2624,47	524,89	01:20:04	345,0	01:06:03	746,0	01:11:37	663,0	01:17:24 423,2	
196	488	1	M60	11	1958	Richters	Reinhard	VfL Lichtenau	2389,00	2389,00	00:46:00	2389,0						
200	341	1	M60	12	1959	Eickhoff	Dirk	SV Kollerbeck	2204,00	2204,00								
203	274	1	M60	13	1955	Ebel	Norbert	TV Flerke	2144,00	2144,00			00:42:45	2144,0				
211	401	3	M60	14	1958	Steins	Hubert	Laufftreff Wewer	1915,90	638,63	01:12:21	808,0					01:21:09 197,9	
212	403	1	M60	15	1959	Ewers	Rainer	Non-Stop-Ultra Brakel	1905,45	1905,45								
219	454	1	M60	16	1957	Schulze	Jochem	SC Grün-Weiß Paderborn	1733,00	1733,00					00:53:47	1733,0		
229	383	1	M60	17	1957	Mag	Andreas	Krasse Herde	1173,64	1173,64								
25	457	6	M65	1	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	10255,10	1709,18	00:55:19	1830,0	00:50:57	1652,0	00:53:07	1773,0	00:54:15 1812,1	
67	406	4	M65	2	1951	Tensi	Klaus	Non-Stop-Ultra Brakel	7613,73	1903,43	00:53:27	1942,0			00:51:02	1898,0		
92	410	4	M65	3	1952	Babczyk	Heinrich	SC 30 Rolffen	6409,09	1602,27					00:55:06	1654,0		
111	489	3	M65	4	1951	Drechsler	Hans	LF Benteler Paderborn	5816,70	1938,90	00:53:01	1968,0			00:49:57	1963,0	00:53:01 1885,7	
115	311	3	M65	5	1953	Niggemann	Anton	VfL Langeland	5545,00	1848,33					00:50:57	1903,0		
135	355	3	M65	6	1950	Wibbeke	Heinrich	LT Herbram	4939,55	1646,52			00:51:24	1625,0	00:55:10	1650,0		
149	340	2	M65	7	1950	Rubel	Joachim	SV Kollerbeck	4509,00	2254,50								
154	338	2	M65	8	1953	Rheker	Heinrich	SV Kollerbeck	4366,36	2183,18								
167	443	4	M65	9	1950	Doerenkamp	Anton	Laufftreff Wewer	3835,90	958,98	01:07:10	1119,0					01:08:18 968,9	
180	490	2	M65	10	1951	Erke	Reinhard	LF Benteler Paderborn	3324,20	1662,10	00:56:23	1766,0					00:58:29 1558,2	
198	405	1	M65	11	1954	Rheker	Johannes	SV Kollerbeck	2296,36	2296,36								
214	298	1	M65	12	1952	Neuen	Herbert	Laufftreff Isselhorst	1830,00	1830,00					00:52:10	1830,0		
72	395	6	M70	1	1947	Vogt	Hans-Georg	LS Altenbeken	7208,73	1201,45	01:05:56	1193,0	00:58:40	1189,0	01:00:59	1301,0		
134	467	3	M70	2	1947	Thomas	Bernd	NDR 1 Laufgruppe	4984,00	1661,33			00:54:43	1426,0	00:53:03	1777,0		
141	427	3	M70	3	1949	Bartsch	Lutz-Michael	Laufspass SW Sende	4673,00	1557,67					00:56:21	1579,0		
148	402	3	M70	4	1949	Scholz	Hermann-Josef	Warburger SV	4517,27	1505,76					00:56:15	1585,0		
158	470	2	M70	5	1949	Kleibrink	Günter	Non-Stop-Ultra Brakel	4163,00	2081,50					00:47:52	2088,0		
235	499	1	M75	1	1941	Kammer	Franz	TV Paderborn	604,00	604,00					01:12:36	604,0		
107	328	6	M80	1	1938	Steen	Hans-Albert	LC Paderborn	6097,36	1016,23	01:05:53	1196,0	00:58:35	1194,0	01:03:29	1151,0		
45	334	5	W U18	1	2002	Czerny	Isabella	TSVE 1890 Bielefeld	8661,60	1732,32	00:56:33	1756,0	00:51:09	1640,0			00:54:25 1801,6	
209	420	1	W U18	2	2002	Bardehle	Nadine	VfB Salzkotten	1956,36	1956,36								
63	268	4	W U20	1	2000	Neehmu	Foza	TuS Ovenhausen	7845,09	1961,27	00:54:55	1854,0			00:49:25	1995,0		
78	372	3	W U20	2	2000	Kleck	Helena	TuS Amelunxen	6918,55	2306,18					00:44:05	2315,0		
120	347	3	W U20	3	2000	Schulte	Leonie	SV Blau Weiss Brenken	5415,00	1805,00	00:55:41	1808,0						
96	324	4	W20	1	1993	Rebecca	Voß	Paderthlon	6321,00	1580,25	00:57:57	1672,0			00:57:37	1503,0		
124	451	3	W20	2	1993	Laux	Friederike	SV RW Alfien - Alfener Roadrunne	5302,00	1767,33			00:52:58	1531,0				
185	321	2	W20	3	1993	Rüngeler	Kerstin	Paderthlon	2928,00	1464,00					00:58:01	1479,0		
97	455	3	W30	1	1986	Müller	Andrea	Non-Stop-Ultra Brakel	6297,00	2099,00			00:42:41	2148,0	00:46:32	2168,0		
102	326	3	W30	2	1989	Böggering	Mareike	Paderthlon	6193,18	2064,39					00:47:10	2130,0		
123	289	4	W30	3	1988	Meister	Jennifer		5327,60	1331,90	01:03:42	1327,0					01:01:58 1349,6	
199	362	1	W30	4	1988	Pöppe	Carolin	Non-Stop-Ultra Brakel	2261,82	2261,82								

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2019							Leiberger Volkslauf Leiberg		HAPPE Run Delbrück		Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		
			Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:52:29	R Zeit	00:45:09	R Zeit	00:49:20	R Zeit	00:51:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
227	444	1	W30	5	1987	Brechtel	Stephanie											
231	461	1	W30	6	1988	Grüner	Cosima	Non-Stop-Ultra Brakel	1170,00	1170,00								
232	494	1	W30	7	1988	Brakweh	Darice		990,00	990,00								
14	431	5	W35	1	1981	Bayer-Brinkmann	Esther		11626,00	2325,20	00:46:46	2343,0	01:01:59	990,0	00:44:43	2277,0		
33	322	5	W35	2	1984	Conze	Friederike	Non-Stop-Ultra Brakel	10028,00	2005,60			00:45:35	1974,0	00:49:23	1997,0		
69	459	5	W35	3	1983	Koch	Sarah	BRAUN media TEAM	7498,10	1499,62			00:54:45	1424,0	00:57:20	1520,0	00:58:50 1537,1	
91	254	4	W35	4	1980	Antpöhler	Marion		6484,82	1621,20	00:57:47	1682,0			00:53:58	1722,0		
117	446	3	W35	5	1980	Meyer	Katrin	SV Rot-Weiß Bentfeld	5482,00	1827,33	00:54:57	1852,0			00:52:20	1820,0		
131	318	3	W35	6	1983	Brakhane	Sarah	SV Reelsen	5002,55	1667,52			00:51:16	1633,0				
171	319	2	W35	7	1983	Eichner	Rahel	LF Benteler Paderborn	3727,55	1863,77								
176	255	3	W35	8	1984	Brakonier	Sandra		3546,36	1182,12					01:02:02	1238,0		
183	316	2	W35	9	1984	Gilles	Janine	Team Läufer.	3187,00	1593,50					00:56:13	1587,0		
215	452	1	W35	10	1983	Fliesenberg	Bianca	VfL Schildesche	1773,00	1773,00								
236	309	1	W35	11	1981	Gockel	Angela	BRAUN media TEAM	69,00	69,00					01:21:31	69,0		
136	407	3	W40	1	1975	Derksen	Olga		4903,36	1634,45					00:56:34	1566,0		
138	253	3	W40	2	1979	Wiemers	Michaela	TSV Schloss Neuhaus	4781,45	1593,82			00:55:20	1389,0	00:54:53	1667,0		
146	387	2	W40	3	1976	Rinteln	Martina	Warburger SV	4542,27	2271,14								
166	258	3	W40	4	1976	Steffens	Michaela	SC Borchon	3867,00	1289,00			00:57:06	1283,0	01:01:19	1281,0		
177	413	3	W40	5	1975	Lipps	Katja	Non-Stop-Ultra Brakel	3521,09	1173,70								
187	264	2	W40	6	1977	Schmidt	Heike	1. Tri-Club Paderborn	2755,73	1377,86								
34	382	5	W45	1	1974	Jones	Gudrun	TuS Ovenhausen	9931,00	1986,20	00:51:50	2039,0			00:48:39	2041,0		
66	472	5	W45	2	1970	Kuhn	Annette	BC 23 Meerhof	7646,00	1529,20	00:58:05	1664,0	00:53:13	1516,0	00:57:38	1502,0		
86	397	4	W45	3	1972	Kleibrink	Barbara	TuS 13 Hembsen	6722,91	1680,73	00:56:37	1752,0			00:54:02	1718,0		
144	307	3	W45	4	1974	Stute	Marion	BRAUN media TEAM	4631,50	1543,83			00:54:15	1454,0	00:55:16	1644,0	00:58:54 1533,5	
175	292	2	W45	5	1972	Aselmann	Myrna	SC Borchon	3586,00	1793,00	00:54:34	1875,0	00:49:58	1711,0				
194	480	2	W45	6	1972	Kruse	Anke	Lauftreff Wewer	2413,00	1206,50					01:02:24	1216,0		
216	348	1	W45	7	1974	Walther	Saeedeh		1744,55	1744,55								
222	1202	1	W45	8	1971	Linnemann	Marion	SC Borchon	1369,00	1369,00					00:59:51	1369,0		
234	435	1	W45	9	1973	Albrecht	Fanny		691,60	691,60							01:12:55 691,6	
44	430	5	W50	1	1965	Dohmeier-Fischer	Silvia	SV BW Sande	8751,18	1750,24	00:55:32	1817,0			00:54:39	1681,0		
103	299	3	W50	2	1967	Löhe-Husemann	Kirsten	LT Lieth Paderborn	6181,09	2060,36					00:48:06	2074,0		
169	419	3	W50	3	1966	Bardehle	Margret		3826,45	1275,48					00:58:58	1422,0		
184	477	2	W50	4	1966	Becker	Ute	SV Rot-Weiß Bentfeld	2982,00	1491,00					00:57:11	1529,0		
228	479	1	W50	5	1966	Stork	Hilu	TuS 13 Hembsen	1198,00	1198,00								
230	384	1	W50	6	1968	Mag	Felicitas	Krasse Herde	1171,82	1171,82								
233	354	1	W50	7	1966	Stute	Ingrid	LT Herbram	976,00	976,00					01:06:24	976,0		
80	256	4	W55	1	1961	Greiff	Renate	Team Erdinger alkoholfrei	6871,57	1717,89							00:55:33 1734,3	
100	415	5	W55	2	1963	Hopp	Jutta	SV RW Alfien - Alfener Roadrunne	6221,27	1244,25			00:56:29	1320,0	01:04:16	1104,0		
113	453	3	W55	3	1960	Müller	Inge	TuS 13 Hembsen	5611,00	1870,33	00:54:07	1902,0	00:50:01	1708,0				
130	462	3	W55	4	1962	Krois	Sabine	SC Borchon	5030,00	1676,67	00:55:18	1831,0						
139	447	3	W55	5	1964	van Holt	Annette	SC Blau-Weiß Ostenland	4747,00	1582,33			00:52:22	1567,0	00:56:03	1597,0		
221	417	2	W55	6	1961	Hamels-Kronenberg	Eva	TuS Amelunxen	1395,64	697,82	01:14:37	672,0						
38	422	5	W60	1	1958	Rump	Beate	VfB Salzkotten	9428,45	1885,69			00:47:44	1845,0	00:51:18	1882,0		
181	369	2	W60	2	1959	Pöppe	Christiane	Non-Stop-Ultra Brakel	3230,18	1615,09	00:59:37	1572,0						
202	275	2	W60	3	1958	Mielke	Susanne	TV Flerke	2183,27	1091,64								
47	392	5	W65	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	8625,45	1725,09	00:57:24	1705,0			00:52:52	1788,0		
121	386	3	W65	2	1954	Dorusch	Elke	Post-SV Holzminden	5380,82	1793,61					00:51:39	1861,0		

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2019						Leiberger Volkslauf Leiberg		HAPPE Run Delbrück		Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen			
			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
											00:52:29 Zeit	R Zeit Pkt.	00:45:09 Zeit	R Zeit Pkt.	00:49:20 Zeit	R Zeit Pkt.	00:51:07 Zeit	R Zeit Pkt.
153	327	2	W65	3	1954	Hüther	Elfie	VfB Salzkotten	4371,00	2185,50					00:47:26	2114,0		