

# 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |               |                  |             |                               |              | Leiberger Volkslauf<br>Leiberg |          | HAPPE Run<br>Delbrück |          | Residenzabendlauf<br>Schloß-Neuhaus |          | Bibertal-Volkslauf<br>Rüthen |          |         |
|-------|--------|------------|--------------------|---------|---------------|------------------|-------------|-------------------------------|--------------|--------------------------------|----------|-----------------------|----------|-------------------------------------|----------|------------------------------|----------|---------|
|       |        |            | Klasse             | AK Pl.: | Jahr-<br>gang | Name             | Vorname     | Verein                        | Ges.<br>Pkt. | Ø Pkt.<br>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  |
| 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  |
| 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  |
| 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  |
| 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  |
| 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  |
| 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  |
| 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                       |          |         |
| 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  |
| 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  |
| 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                       |          |         |
| 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  |
| 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                       |          |         |
| 14    | 431    | 5          | W35                | 1       | 1981          | Bayer-Brinkmann  | Esther      |                               | 11626,00     | 2325,20                        | 00:46:46 | 2343,0                | 00:42:17 | 2172,0                              | 00:44:43 | 2277,0                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 17    | 357    | 5          | M40                | 1       | 1975          | Röder            | Frank       |                               | 11291,00     | 2258,20                        |          |                       | 00:42:18 | 2171,0                              | 00:44:18 | 2302,0                       |          |         |
| 18    | 408    | 4          | M35                | 3       | 1980          | Bücker           | Marcel      | Delbrück läuft                | 11215,82     | 2803,95                        |          |                       | 00:34:10 | 2659,0                              | 00:36:03 | 2797,0                       |          |         |
| 19    | 278    | 5          | M45                | 2       | 1974          | Walter           | Kai         | Marsberg                      | 11198,09     | 2239,62                        | 00:47:41 | 2288,0                | 00:41:49 | 2200,0                              |          |                              |          |         |
| 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  |
| 21    | 351    | 4          | M35                | 4       | 1983          | Knoop            | Daniel      | VfB Holsen                    | 10606,50     | 2651,63                        | 00:40:50 | 2699,0                |          |                                     |          |                              | 00:41:09 | 2598,5  |
| 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                       |          |         |
| 23    | 269    | 4          | M35                | 5       | 1981          | Spieker          | Markus      | TuS Ovenhausen                | 10506,27     | 2626,57                        |          |                       | 00:39:10 | 2610,0                              |          |                              |          |         |
| 24    | 388    | 5          | M30                | 3       | 1987          | Bartley          | Tim         |                               | 10468,55     | 2093,71                        | 00:49:24 | 2185,0                | 00:47:12 | 2128,0                              |          |                              |          |         |
| 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  |
| 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  |
| 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  |
| 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                       |          |         |
| 29    | 404    | 4          | M55                | 5       | 1962          | Schmidt          | Johannes    | Kalle 05                      | 10110,18     | 2527,55                        | 00:42:22 | 2607,0                |          |                                     |          |                              |          |         |
| 30    | 325    | 5          | M35                | 6       | 1981          | Volmert          | Michael     | Paderthlon                    | 10108,27     | 2021,65                        |          |                       |          |                                     | 00:45:53 | 2207,0                       | 00:48:11 | 2176,0  |
| 31    | 425    | 4          | M45                | 5       | 1972          | Dohnalek         | Kai         | LT Hofgeismar                 | 10041,55     | 2510,39                        |          |                       | 00:39:51 | 2318,0                              |          |                              |          |         |
| 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                              |          |                              |          |         |
| 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                       |          |         |
| 34    | 382    | 5          | W45                | 1       | 1974          | Jones            | Gudrun      | TuS Ovenhausen                | 9931,00      | 1986,20                        | 00:51:50 | 2039,0                |          |                                     | 00:48:39 | 2041,0                       |          |         |
| 35    | 272    | 4          | M60                | 2       | 1959          | Krois            | Dietmar     | SC Borchen                    | 9828,00      | 2457,00                        | 00:44:22 | 2487,0                |          |                                     |          |                              |          |         |
| 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  |
| 37    | 344    | 4          | M45                | 6       | 1970          | Unruhe           | Jürgen      | SV Ottenhausen                | 9455,82      | 2363,95                        | 00:46:09 | 2380,0                |          |                                     | 00:43:02 | 2378,0                       |          |         |
| 38    | 422    | 5          | W60                | 1       | 1958          | Rump             | Beate       | VfB Salzkotten                | 9428,45      | 1885,69                        |          |                       | 00:47:44 | 1845,0                              | 00:51:18 | 1882,0                       |          |         |
| 39    | 315    | 4          | M45                | 7       | 1971          | Schürmann        | Marcus      | SC Borchen                    | 9300,73      | 2325,18                        |          |                       | 00:41:19 | 2230,0                              | 00:43:10 | 2370,0                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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  |
| 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                       |          |         |
| 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                       |          |         |

## 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |               |              |            |                                 |              | Leiberger Volkslauf<br>Leiberg |          | HAPPE Run<br>Delbrück |          | Residenzabendlauf<br>Schloß-Neuhaus |          | Bibertal-Volkslauf<br>Rüthen |          |         |
|-------|--------|------------|--------------------|---------|---------------|--------------|------------|---------------------------------|--------------|--------------------------------|----------|-----------------------|----------|-------------------------------------|----------|------------------------------|----------|---------|
|       |        |            | Klasse             | AK Pl.: | Jahr-<br>gang | Name         | Vorname    | Verein                          | Ges.<br>Pkt. | Ø Pkt.<br>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.    |
| 48    | 277    | 4          | M30                | 5       | 1988          | Griese       | Alexander  |                                 | 8507,36      | 2126,84                        |          |                       | 00:44:56 | 2013,0                              |          |                              |          |         |
| 49    | 429    | 4          | M35                | 7       | 1981          | Niggemann    | Benjamin   | LF Benteler Paderborn           | 8492,82      | 2123,20                        |          |                       | 00:44:45 | 2024,0                              |          |                              |          |         |
| 50    | 390    | 4          | M55                | 8       | 1964          | Ebeling      | Matthias   | Post-SV Holzminden              | 8452,27      | 2113,07                        |          |                       |          |                                     | 00:47:20 | 2120,0                       |          |         |
| 51    | 302    | 4          | M45                | 9       | 1972          | Frewer       | Thomas     | TuS 13 Hemsben                  | 8355,73      | 2088,93                        | 00:51:53 | 2036,0                |          |                                     | 00:47:21 | 2119,0                       |          |         |
| 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                       |          |         |
| 54    | 393    | 3          | M45                | 10      | 1972          | Meier        | Lars       | RunArtist Holzminden            | 8113,55      | 2704,52                        |          |                       |          |                                     |          |                              |          |         |
| 55    | 276    | 5          | M40                | 7       | 1979          | Thiemann     | Andreas    |                                 | 8090,45      | 1618,09                        |          |                       | 00:50:14 | 1695,0                              | 00:54:28 | 1692,0                       |          |         |
| 56    | 476    | 4          | M55                | 9       | 1964          | Kluth        | Thomas     |                                 | 8060,30      | 2015,08                        |          |                       | 00:44:59 | 2010,0                              |          |                              | 00:51:50 | 1957,3  |
| 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                              |          |                              |          |         |
| 59    | 265    | 4          | M50                | 6       | 1967          | Lipinski     | Thomas     |                                 | 8020,30      | 2005,08                        |          |                       | 00:44:57 | 2012,0                              |          |                              | 00:50:03 | 2064,3  |
| 60    | 252    | 4          | M55                | 10      | 1961          | Baaske       | Hartwig    | LT Marienloh                    | 7918,51      | 1979,63                        |          |                       |          |                                     |          |                              | 00:49:30 | 2097,6  |
| 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  |
| 62    | 371    | 4          | M60                | 3       | 1959          | Giefers      | Bernd      | TuS Amelunxen                   | 7858,91      | 1964,73                        | 00:51:44 | 2045,0                |          |                                     | 00:48:49 | 2031,0                       |          |         |
| 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                       |          |         |
| 64    | 474    | 3          | M30                | 6       | 1989          | Bokuretsion  | Mengsteab  | SC Borchen                      | 7718,00      | 2572,67                        | 00:41:50 | 2639,0                |          |                                     |          |                              |          |         |
| 65    | 473    | 3          | M35                | 8       | 1984          | Tewelde      | Efrem      | SC Borchen                      | 7647,00      | 2549,00                        | 00:42:11 | 2618,0                |          |                                     | 00:40:33 | 2527,0                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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  |
| 70    | 359    | 3          | M45                | 14      | 1973          | Habedank     | Thorsten   | Warburger SV                    | 7401,00      | 2467,00                        |          |                       | 00:38:48 | 2381,0                              | 00:40:33 | 2527,0                       |          |         |
| 71    | 323    | 4          | M40                | 8       | 1977          | Luca         | Thorsten   | Warburger SV                    | 7245,73      | 1811,43                        | 00:53:47 | 1922,0                |          |                                     | 00:50:45 | 1915,0                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 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                       |          |         |
| 76    | 294    | 4          | M55                | 11      | 1963          | Oppermann    | Frank      | LG TuS Vinsebeck                | 7050,55      | 1762,64                        |          |                       |          |                                     | 00:51:49 | 1851,0                       |          |         |
| 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                       |          |         |
| 78    | 372    | 3          | W U20              | 2       | 2000          | Kleck        | Helena     | TuS Amelunxen                   | 6918,55      | 2306,18                        |          |                       |          |                                     | 00:44:05 | 2315,0                       |          |         |
| 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                       |          |         |
| 80    | 256    | 4          | W55                | 1       | 1961          | Greiff       | Renate     | Team Erdinger alkoholfrei       | 6871,57      | 1717,89                        |          |                       |          |                                     |          |                              | 00:55:33 | 1734,3  |
| 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    | SV RW Alfén - Alfener Roadrunne | 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                       |          |         |
| 85    | 312    | 3          | M50                | 7       | 1966          | Schäfermeier | Ulrich     | SC Borchen                      | 6739,73      | 2246,58                        |          |                       | 00:43:44 | 2085,0                              | 00:43:58 | 2322,0                       |          |         |
| 86    | 397    | 4          | W45                | 3       | 1972          | Kleibrink    | Barbara    | TuS 13 Hemsben                  | 6722,91      | 1680,73                        | 00:56:37 | 1752,0                |          |                                     | 00:54:02 | 1718,0                       |          |         |
| 87    | 450    | 3          | M50                | 8       | 1967          | van Hoof     | Frank      | TSV Schloss Neuhaus             | 6708,00      | 2236,00                        |          |                       |          |                                     | 00:45:39 | 2221,0                       |          |         |
| 88    | 361    | 3          | M40                | 10      | 1978          | Vauth        | Michael    | Non-Stop-Ultra Brakel           | 6584,45      | 2194,82                        |          |                       |          |                                     | 00:46:26 | 2174,0                       |          |         |
| 89    | 436    | 3          | M45                | 18      | 1970          | Gees         | Thomas     | Tura Elsen                      | 6522,00      | 2174,00                        | 00:48:39 | 2230,0                |          |                                     | 00:46:06 | 2194,0                       |          |         |
| 90    | 350    | 4          | M60                | 5       | 1955          | Dohmann      | Edgar      | Post-SV Holzminden              | 6505,45      | 1626,36                        |          |                       |          |                                     | 00:54:45 | 1675,0                       |          |         |
| 91    | 254    | 4          | W35                | 4       | 1980          | Antpöhler    | Marion     |                                 | 6484,82      | 1621,20                        | 00:57:47 | 1682,0                |          |                                     | 00:53:58 | 1722,0                       |          |         |
| 92    | 410    | 4          | M65                | 3       | 1952          | Babczyk      | Heinrich   | SC 30 Rolfzen                   | 6409,09      | 1602,27                        |          |                       |          |                                     | 00:55:06 | 1654,0                       |          |         |
| 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                       |          |         |
| 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  |

# 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |               |               |              |                                 |              | Leiberger Volkslauf<br>Leiberg |          | HAPPE Run<br>Delbrück |          | Residenzabendlauf<br>Schloß-Neuhaus |          | Bibertal-Volkslauf<br>Rüthen |                 |         |
|-------|--------|------------|--------------------|---------|---------------|---------------|--------------|---------------------------------|--------------|--------------------------------|----------|-----------------------|----------|-------------------------------------|----------|------------------------------|-----------------|---------|
|       |        |            | Klasse             | AK Pl.: | Jahr-<br>gang | Name          | Vorname      | Verein                          | Ges.<br>Pkt. | Ø Pkt.<br>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.    |
| 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                              |          |                              |                 |         |
| 96    | 324    | 4          | W20                | 1       | 1993          | Voß           | Rebecca      | Paderthlon                      | 6321,00      | 1580,25                        | 00:57:57 | 1672,0                |          |                                     | 00:57:37 | 1503,0                       |                 |         |
| 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                       |                 |         |
| 98    | 331    | 3          | M35                | 10      | 1982          | Oberbörsch    | Lukas        |                                 | 6272,55      | 2090,85                        | 00:49:18 | 2191,0                | 00:46:32 | 1917,0                              |          |                              |                 |         |
| 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                       |                 |         |
| 100   | 415    | 5          | W55                | 2       | 1963          | Hopp          | Jutta        | SV RW Alfen - Alfener Roadrunne | 6221,27      | 1244,25                        |          |                       | 00:56:29 | 1320,0                              | 01:04:16 | 1104,0                       |                 |         |
| 101   | 377    | 3          | M55                | 17      | 1961          | Surmann       | Peter        | TSV Niedermeiser                | 6201,18      | 2067,06                        |          |                       |          |                                     |          |                              |                 |         |
| 102   | 326    | 3          | W30                | 2       | 1989          | Böggering     | Mareike      | Paderthlon                      | 6193,18      | 2064,39                        |          |                       |          |                                     | 00:47:10 | 2130,0                       |                 |         |
| 103   | 299    | 3          | W50                | 2       | 1967          | Löhe-Husemann | Kirsten      | LT Lieth Paderborn              | 6181,09      | 2060,36                        |          |                       |          |                                     | 00:48:06 | 2074,0                       |                 |         |
| 104   | 426    | 3          | M60                | 7       | 1958          | Meyer         | Dieter       | Laufspass SW Sende              | 6178,00      | 2059,33                        | 00:49:49 | 2160,0                |          |                                     |          |                              |                 |         |
| 105   | 363    | 2          | M20                | 3       | 1997          | Dohmann       | Christoph    | Non-Stop-Ultra Brakel           | 6133,09      | 3066,55                        |          |                       |          |                                     |          |                              |                 |         |
| 106   | 421    | 3          | M50                | 11      | 1966          | Bardehle      | Lutz         | VfB Salzkotten                  | 6125,36      | 2041,79                        |          |                       |          |                                     | 00:46:56 | 2144,0                       |                 |         |
| 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                       |                 |         |
| 108   | 389    | 3          | M45                | 19      | 1974          | Sasse         | Rainer       | SC Borchten                     | 6023,00      | 2007,67                        |          |                       | 00:45:42 | 1967,0                              | 00:48:46 | 2034,0                       |                 |         |
| 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                              |          |                              |                 |         |
| 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 |         |
| 112   | 414    | 4          | M50                | 12      | 1966          | Vauth         | Jürgen       | Non-Stop-Ultra Brakel           | 5662,18      | 1415,55                        |          |                       |          |                                     | 00:53:18 | 1762,0                       |                 |         |
| 113   | 453    | 3          | W55                | 3       | 1960          | Müller        | Inge         | TuS 13 Hemsben                  | 5611,00      | 1870,33                        | 00:54:07 | 1902,0                | 00:50:01 | 1708,0                              |          |                              |                 |         |
| 114   | 295    | 3          | M55                | 20      | 1963          | Becker        | Johannes     | LG TuS Vinsebeck                | 5611,00      | 1870,33                        | 00:53:28 | 1941,0                |          |                                     |          |                              |                 |         |
| 115   | 311    | 3          | M65                | 5       | 1953          | Niggemann     | Anton        | VfL Langeland                   | 5545,00      | 1848,33                        |          |                       |          |                                     | 00:50:57 | 1903,0                       |                 |         |
| 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                       |                 |         |
| 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                       |                 |         |
| 118   | 376    | 3          | M50                | 13      | 1968          | Böhmer        | Gregor       | TSV Schloss Neuhaus             | 5467,73      | 1822,58                        |          |                       | 00:47:13 | 1876,0                              |          |                              |                 |         |
| 119   | 373    | 3          | M30                | 7       | 1987          | Jakobi        | Marius       |                                 | 5428,82      | 1809,61                        | 00:51:01 | 2088,0                |          |                                     |          |                              |                 |         |
| 120   | 347    | 3          | W U20              | 3       | 2000          | Schulte       | Leonie       | SV Blau Weiss Brenken           | 5415,00      | 1805,00                        | 00:55:41 | 1808,0                |          |                                     |          |                              |                 |         |
| 121   | 386    | 3          | W65                | 2       | 1954          | Dorusch       | Elke         | Post-SV Holzminden              | 5380,82      | 1793,61                        |          |                       |          |                                     | 00:51:39 | 1861,0                       |                 |         |
| 122   | 364    | 2          | M45                | 20      | 1972          | Menne         | Klaus        | Non-Stop-Ultra Brakel           | 5339,00      | 2669,50                        |          |                       |          |                                     |          |                              |                 |         |
| 123   | 289    | 4          | W30                | 3       | 1988          | Meister       | Jennifer     |                                 | 5327,60      | 1331,90                        | 01:03:42 | 1327,0                |          |                                     |          |                              | 01:01:58 1349,6 |         |
| 124   | 451    | 3          | W20                | 2       | 1993          | Laux          | Friederike   | SV RW Alfen - Alfener Roadrunne | 5302,00      | 1767,33                        |          |                       | 00:52:58 | 1531,0                              |          |                              |                 |         |
| 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 |         |
| 126   | 353    | 3          | M50                | 14      | 1965          | Stute         | Gerhard      | LT Herbram                      | 5200,91      | 1733,64                        |          |                       | 00:49:24 | 1745,0                              | 00:55:15 | 1645,0                       |                 |         |
| 127   | 308    | 2          | M20                | 5       | 1990          | Ewers         | Niclas       | BRAUN media TEAM                | 5125,36      | 2562,68                        |          |                       |          |                                     | 00:40:51 | 2509,0                       |                 |         |
| 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                       |                 |         |
| 129   | 283    | 3          | M45                | 21      | 1970          | Brenke        | Michael      |                                 | 5063,00      | 1687,67                        |          |                       |          |                                     | 00:55:39 | 1621,0                       |                 |         |
| 130   | 462    | 3          | W55                | 4       | 1962          | Krois         | Sabine       | SC Borchten                     | 5030,00      | 1676,67                        | 00:55:18 | 1831,0                |          |                                     |          |                              |                 |         |
| 131   | 318    | 3          | W35                | 6       | 1983          | Brakhane      | Sarah        | SV Reelsen                      | 5002,55      | 1667,52                        |          |                       | 00:51:16 | 1633,0                              |          |                              |                 |         |
| 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                       |                 |         |
| 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                       |                 |         |
| 135   | 355    | 3          | M65                | 6       | 1950          | Wibbeke       | Heinrich     | LT Herbram                      | 4939,55      | 1646,52                        |          |                       | 00:51:24 | 1625,0                              | 00:55:10 | 1650,0                       |                 |         |
| 136   | 407    | 3          | W40                | 1       | 1975          | Derksen       | Olga         |                                 | 4903,36      | 1634,45                        |          |                       |          |                                     | 00:56:34 | 1566,0                       |                 |         |
| 137   | 466    | 2          | M20                | 6       | 1993          | Lenz          | Benedikt     | Flying Hirsch Legacy            | 4874,00      | 2437,00                        |          |                       |          |                                     | 00:43:15 | 2365,0                       |                 |         |
| 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                       |                 |         |
| 139   | 447    | 3          | W55                | 5       | 1964          | van Holt      | Annette      | SC Blau-Weiß Ostental           | 4747,00      | 1582,33                        |          |                       | 00:52:22 | 1567,0                              | 00:56:03 | 1597,0                       |                 |         |
| 140   | 342    | 2          | M50                | 15      | 1967          | Thomas        | Axel         | SV Kollerbeck                   | 4734,73      | 2367,36                        |          |                       |          |                                     |          |                              |                 |         |
| 141   | 427    | 3          | M70                | 3       | 1949          | Bartsch       | Lutz-Michael | Laufspass SW Sende              | 4673,00      | 1557,67                        |          |                       |          |                                     | 00:56:21 | 1579,0                       |                 |         |

## 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |          |              |               |                            |           | Leiberger Volkslauf<br>Leiberg |          | HAPPE Run<br>Delbrück |          | Residenzabendlauf<br>Schloß-Neuhaus |          | Bibertal-Volkslauf<br>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.    |
| 142   | 290    | 2          | M40                | 13      | 1977     | Köhne        | Michael       | TuS Ovenhausen             | 4668,82   | 2334,41                        | 00:46:12 | 2377,0                |          |                                     |          |                              |          |         |
| 143   | 399    | 2          | M50                | 16      | 1968     | Sagel        | Oliver        | SV BW Sande                | 4652,00   | 2326,00                        |          |                       |          |                                     | 00:43:58 | 2322,0                       |          |         |
| 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  |
| 145   | 313    | 2          | M55                | 22      | 1964     | Balhorn      | Uwe Martin    | Delbrück läuft             | 4614,09   | 2307,05                        |          |                       |          |                                     | 00:44:55 | 2265,0                       |          |         |
| 146   | 387    | 2          | W40                | 3       | 1976     | Rinteln      | Martina       | Warburger SV               | 4542,27   | 2271,14                        |          |                       |          |                                     |          |                              |          |         |
| 147   | 439    | 2          | M40                | 14      | 1978     | Wolff        | Dietmar       |                            | 4531,00   | 2265,50                        |          |                       | 00:41:46 | 2203,0                              |          |                              |          |         |
| 148   | 402    | 3          | M70                | 4       | 1949     | Scholz       | Hermann-Josef | Warburger SV               | 4517,27   | 1505,76                        |          |                       |          |                                     | 00:56:15 | 1585,0                       |          |         |
| 149   | 340    | 2          | M65                | 7       | 1950     | Rubel        | Joachim       | SV Kollerbeck              | 4509,00   | 2254,50                        |          |                       |          |                                     |          |                              |          |         |
| 150   | 349    | 2          | M30                | 9       | 1985     | Holz         | Mateusz       |                            | 4493,73   | 2246,86                        |          |                       | 00:41:38 | 2211,0                              |          |                              |          |         |
| 151   | 336    | 2          | M20                | 7       | 1998     | Davidhaimann | Luca          | SuS Boke                   | 4406,80   | 2203,40                        |          |                       |          |                                     |          |                              | 00:41:51 | 2555,8  |
| 152   | 343    | 2          | M45                | 22      | 1970     | Niemeier     | Frank         | SV Kollerbeck              | 4403,55   | 2201,77                        |          |                       |          |                                     |          |                              |          |         |
| 153   | 327    | 2          | W65                | 3       | 1954     | Hüther       | Elfie         | VfB Salzkotten             | 4371,00   | 2185,50                        |          |                       |          |                                     | 00:47:26 | 2114,0                       |          |         |
| 154   | 338    | 2          | M65                | 8       | 1953     | Rheker       | Heinrich      | SV Kollerbeck              | 4366,36   | 2183,18                        |          |                       |          |                                     |          |                              |          |         |
| 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 Borchon                 | 4204,00   | 2102,00                        | 00:49:15 | 2194,0                | 00:44:59 | 2010,0                              |          |                              |          |         |
| 158   | 470    | 2          | M70                | 5       | 1949     | Kleibrink    | Günter        | Non-Stop-Ultra Brakel      | 4163,00   | 2081,50                        |          |                       |          |                                     | 00:47:52 | 2088,0                       |          |         |
| 159   | 280    | 2          | M45                | 26      | 1973     | Witte        | Markus        | Arminia Bielefeld          | 4145,00   | 2072,50                        |          |                       |          |                                     | 00:48:24 | 2056,0                       |          |         |
| 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 Borchon                 | 4063,55   | 2031,77                        |          |                       |          |                                     |          |                              |          |         |
| 162   | 424    | 2          | M20                | 8       | 1990     | Spiecker     | Moritz        |                            | 4052,09   | 2026,05                        |          |                       |          |                                     |          |                              |          |         |
| 163   | 483    | 2          | M60                | 8       | 1958     | Zanft        | Wolfgang      |                            | 3962,00   | 1981,00                        |          |                       |          |                                     | 00:48:39 | 2041,0                       |          |         |
| 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                       |          |         |
| 165   | 379    | 3          | M55                | 23      | 1961     | Osterhold    | Andreas       |                            | 3921,36   | 1307,12                        |          |                       |          |                                     | 01:01:48 | 1252,0                       |          |         |
| 166   | 258    | 3          | W40                | 4       | 1976     | Steffens     | Michaela      | SC Borchon                 | 3867,00   | 1289,00                        |          |                       | 00:57:06 | 1283,0                              | 01:01:19 | 1281,0                       |          |         |
| 167   | 443    | 4          | M65                | 9       | 1950     | Doerenkamp   | Anton         | Lauftreff Wewer            | 3835,90   | 958,98                         | 01:07:10 | 1119,0                |          |                                     |          |                              | 01:08:18 | 968,9   |
| 168   | 469    | 2          | M40                | 16      | 1976     | Spiller      | Christoph     | Vegan Runners              | 3827,00   | 1913,50                        |          |                       | 00:45:25 | 1984,0                              |          |                              |          |         |
| 169   | 419    | 3          | W50                | 3       | 1966     | Bardehle     | Margret       |                            | 3826,45   | 1275,48                        |          |                       |          |                                     | 00:58:58 | 1422,0                       |          |         |
| 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                       |          |         |
| 171   | 319    | 2          | W35                | 7       | 1983     | Eichner      | Rahel         | LF Benteler Paderborn      | 3727,55   | 1863,77                        |          |                       |          |                                     |          |                              |          |         |
| 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                              |          |                              |          |         |
| 173   | 356    | 2          | M55                | 24      | 1963     | Petri        | Johannes      | VfL Lichtenau              | 3638,27   | 1819,14                        | 00:54:28 | 1881,0                |          |                                     |          |                              |          |         |
| 174   | 464    | 2          | M20                | 9       | 1990     | Voß          | Christian     | Paderthlon                 | 3590,00   | 1795,00                        | 00:56:52 | 1737,0                |          |                                     |          |                              |          |         |
| 175   | 292    | 2          | W45                | 5       | 1972     | Aselmann     | Myrna         | SC Borchon                 | 3586,00   | 1793,00                        | 00:54:34 | 1875,0                | 00:49:58 | 1711,0                              |          |                              |          |         |
| 176   | 255    | 3          | W35                | 8       | 1984     | Brakonier    | Sandra        |                            | 3546,36   | 1182,12                        |          |                       |          |                                     | 01:02:02 | 1238,0                       |          |         |
| 177   | 413    | 3          | W40                | 5       | 1975     | Lipps        | Katja         | Non-Stop-Ultra Brakel      | 3521,09   | 1173,70                        |          |                       |          |                                     |          |                              |          |         |
| 178   | 445    | 2          | M45                | 27      | 1974     | Quickstern   | Andreas       | SV Rot-Weiß Bentfeld       | 3465,00   | 1732,50                        | 00:56:51 | 1738,0                |          |                                     |          |                              |          |         |
| 179   | 368    | 2          | M30                | 10      | 1986     | Goltsche     | Ingo          | Non-Stop-Ultra Brakel      | 3429,55   | 1714,77                        |          |                       |          |                                     | 00:54:25 | 1695,0                       |          |         |
| 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  |
| 181   | 369    | 2          | W60                | 2       | 1959     | Pöppe        | Christiane    | Non-Stop-Ultra Brakel      | 3230,18   | 1615,09                        | 00:59:37 | 1572,0                |          |                                     |          |                              |          |         |
| 182   | 262    | 3          | M50                | 18      | 1966     | Risse        | Stefan        | TuS Ovenhausen             | 3198,00   | 1066,00                        | 01:08:14 | 1055,0                |          |                                     | 01:04:23 | 1097,0                       |          |         |
| 183   | 316    | 2          | W35                | 9       | 1984     | Gilles       | Janine        | Team Läufer.               | 3187,00   | 1593,50                        |          |                       |          |                                     | 00:56:13 | 1587,0                       |          |         |
| 184   | 477    | 2          | W50                | 4       | 1966     | Becker       | Ute           | SV Rot-Weiß Bentfeld       | 2982,00   | 1491,00                        |          |                       |          |                                     | 00:57:11 | 1529,0                       |          |         |
| 185   | 321    | 2          | W20                | 3       | 1993     | Rüngeler     | Kerstin       | Paderthlon                 | 2928,00   | 1464,00                        |          |                       |          |                                     | 00:58:01 | 1479,0                       |          |         |
| 186   | 257    | 3          | M45                | 28      | 1974     | Steffens     | Kai           | SC Borchon                 | 2872,00   | 957,33                         |          |                       | 01:05:04 | 805,0                               | 01:05:56 | 1004,0                       |          |         |
| 187   | 264    | 2          | W40                | 6       | 1977     | Schmidt      | Heike         | 1. Tri-Club Paderborn      | 2755,73   | 1377,86                        |          |                       |          |                                     |          |                              |          |         |
| 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   |

## 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |          |                   |              |                        |           |             | Leiberger Volkslauf<br>Leiberg |         | HAPPE Run<br>Delbrück |         | Residenzabendlauf<br>Schloß-Neuhaus |         | Bibertal-Volkslauf<br>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.    |
| 189   | 305    | 3          | M50                | 19      | 1966     | Ahlers            | Ufo Michael  | SC Borchen             | 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  |                       |         |                                     |         |                              |         |
| 192   | 412    | 1          | M35                | 13      | 1984     | Radamm            | Filip        | TuS Amelunxen          | 2509,09   | 2509,09     |                                |         |                       |         |                                     |         |                              |         |
| 193   | 380    | 1          | M45                | 29      | 1970     | Hake              | Thorsten     | LT Lieth Paderborn     | 2436,36   | 2436,36     |                                |         |                       |         |                                     |         |                              |         |
| 194   | 480    | 2          | W45                | 6       | 1972     | Kruse             | Anke         | Laufftreff Wewer       | 2413,00   | 1206,50     |                                |         |                       |         | 01:02:24                            | 1216,0  |                              |         |
| 195   | 463    | 1          | M50                | 22      | 1969     | Wiegran           | Andreas      | TV Jahn Bad Driburg    | 2406,00   | 2406,00     |                                |         |                       |         | 00:42:34                            | 2406,0  |                              |         |
| 196   | 488    | 1          | M60                | 11      | 1958     | Richters          | Reinhard     | VfL Lichtenau          | 2389,00   | 2389,00     | 00:46:00                       | 2389,0  |                       |         |                                     |         |                              |         |
| 197   | 491    | 1          | M55                | 25      | 1962     | Weber             | Dieter       | PSV Brilon             | 2326,00   | 2326,00     | 00:47:03                       | 2326,0  |                       |         |                                     |         |                              |         |
| 198   | 405    | 1          | M65                | 11      | 1954     | Rheker            | Johannes     | SV Kollerbeck          | 2296,36   | 2296,36     |                                |         |                       |         |                                     |         |                              |         |
| 199   | 362    | 1          | W30                | 4       | 1988     | Pöppe             | Carolin      | Non-Stop-Ultra Brakel  | 2261,82   | 2261,82     |                                |         |                       |         |                                     |         |                              |         |
| 200   | 341    | 1          | M60                | 12      | 1959     | Eickhoff          | Dirk         | SV Kollerbeck          | 2204,00   | 2204,00     |                                |         |                       |         |                                     |         |                              |         |
| 201   | 482    | 1          | M30                | 11      | 1985     | Hoblitz           | Joachim      |                        | 2196,00   | 2196,00     |                                |         |                       |         |                                     |         |                              |         |
| 202   | 275    | 2          | W60                | 3       | 1958     | Mielke            | Susanne      | TV Flerke              | 2183,27   | 1091,64     |                                |         |                       |         |                                     |         |                              |         |
| 203   | 274    | 1          | M60                | 13      | 1955     | Ebel              | Norbert      | TV Flerke              | 2144,00   | 2144,00     |                                |         | 00:42:45              | 2144,0  |                                     |         |                              |         |
| 204   | 1201   | 1          | M20                | 10      | 1998     | Leifeld           | Christian    | SC Borchen             | 2134,00   | 2134,00     |                                |         |                       |         | 00:47:06                            | 2134,0  |                              |         |
| 205   | 441    | 1          | M35                | 14      | 1980     | Navarro Colin     | Angel Rafael |                        | 2116,00   | 2116,00     |                                |         |                       |         |                                     |         |                              |         |
| 206   | 484    | 1          | M20                | 11      | 1990     | Krieter           | Thomas       | LG Oerlinghausen       | 2091,00   | 2091,00     |                                |         |                       |         |                                     |         |                              |         |
| 207   | 433    | 1          | M35                | 15      | 1982     | Schulz            | Matthias     |                        | 2058,00   | 2058,00     |                                |         |                       |         |                                     |         |                              |         |
| 208   | 314    | 1          | M55                | 26      | 1962     | Schäfers          | Peter        | Delbrück läuft         | 1960,91   | 1960,91     |                                |         |                       |         |                                     |         |                              |         |
| 209   | 420    | 1          | W U18              | 2       | 2002     | Bardehle          | Nadine       | VfB Salzkotten         | 1956,36   | 1956,36     |                                |         |                       |         |                                     |         |                              |         |
| 210   | 303    | 1          | M55                | 27      | 1964     | Blümel            | Michael      | Delbrück läuft         | 1953,64   | 1953,64     |                                |         |                       |         |                                     |         |                              |         |
| 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     |                                |         |                       |         |                                     |         |                              |         |
| 213   | 335    | 1          | M45                | 30      | 1970     | Weber             | Dirk         |                        | 1840,91   | 1840,91     |                                |         |                       |         |                                     |         |                              |         |
| 214   | 298    | 1          | M65                | 12      | 1952     | Neuen             | Herbert      | Laufftreff Isselhorst  | 1830,00   | 1830,00     |                                |         |                       |         | 00:52:10                            | 1830,0  |                              |         |
| 215   | 452    | 1          | W35                | 10      | 1983     | Fliesenberg       | Bianca       | VfL Schildesche        | 1773,00   | 1773,00     |                                |         |                       |         |                                     |         |                              |         |
| 216   | 348    | 1          | W45                | 7       | 1974     | Walther           | Saeedeh      |                        | 1744,55   | 1744,55     |                                |         |                       |         |                                     |         |                              |         |
| 217   | 500    | 1          | M50                | 23      | 1967     | Petri             | Matthias     | VfB Salzkotten         | 1741,00   | 1741,00     |                                |         |                       |         | 00:53:39                            | 1741,0  |                              |         |
| 218   | 485    | 1          | M30                | 12      | 1986     | Ohms              | Philipp      |                        | 1736,00   | 1736,00     |                                |         |                       |         | 00:53:44                            | 1736,0  |                              |         |
| 219   | 454    | 1          | M60                | 16      | 1957     | Schulze           | Jochem       | SC Grün-Weiß Paderborn | 1733,00   | 1733,00     |                                |         |                       |         | 00:53:47                            | 1733,0  |                              |         |
| 220   | 385    | 1          | M40                | 17      | 1979     | Bielawny          | Andreas      |                        | 1641,82   | 1641,82     |                                |         |                       |         |                                     |         |                              |         |
| 221   | 417    | 2          | W55                | 6       | 1961     | Hamels-Kronenberg | Eva          | TuS Amelunxen          | 1395,64   | 697,82      | 01:14:37                       | 672,0   |                       |         |                                     |         |                              |         |
| 222   | 1202   | 1          | W45                | 8       | 1971     | Linnemann         | Marion       | SC Borchen             | 1369,00   | 1369,00     |                                |         |                       |         | 00:59:51                            | 1369,0  |                              |         |
| 223   | 434    | 2          | M35                | 16      | 1980     | Probsthain        | André        |                        | 1357,00   | 678,50      |                                |         | 01:06:51              | 698,0   |                                     |         |                              |         |
| 224   | 286    | 1          | M40                | 18      | 1978     | Vogedes           | Raimund      | FC Deutsche Post       | 1295,00   | 1295,00     |                                |         |                       |         | 01:01:05                            | 1295,0  |                              |         |
| 225   | 300    | 1          | M55                | 28      | 1961     | Glahn             | Franz-Josef  |                        | 1294,55   | 1294,55     |                                |         |                       |         |                                     |         |                              |         |
| 226   | 398    | 1          | M45                | 31      | 1973     | Dierkes           | Jürgen       | Lauffreunde Eppi       | 1280,91   | 1280,91     |                                |         |                       |         |                                     |         |                              |         |
| 227   | 444    | 1          | W30                | 5       | 1987     | Brechtel          | Stephanie    |                        | 1264,00   | 1264,00     | 01:04:45                       | 1264,0  |                       |         |                                     |         |                              |         |
| 228   | 479    | 1          | W50                | 5       | 1966     | Stork             | Hilu         | TuS 13 Hemsben         | 1198,00   | 1198,00     |                                |         |                       |         |                                     |         |                              |         |
| 229   | 383    | 1          | M60                | 17      | 1957     | Mag               | Andreas      | Krasse Herde           | 1173,64   | 1173,64     |                                |         |                       |         |                                     |         |                              |         |
| 230   | 384    | 1          | W50                | 6       | 1968     | Mag               | Felicitas    | Krasse Herde           | 1171,82   | 1171,82     |                                |         |                       |         |                                     |         |                              |         |
| 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      |                                |         | 01:01:59              | 990,0   |                                     |         |                              |         |
| 233   | 354    | 1          | W50                | 7       | 1966     | Stute             | Ingrid       | LT Herbram             | 976,00    | 976,00      |                                |         |                       |         | 01:06:24                            | 976,0   |                              |         |
| 234   | 435    | 1          | W45                | 9       | 1973     | Albrecht          | Fanny        |                        | 691,60    | 691,60      |                                |         |                       |         |                                     |         | 01:12:55                     | 691,6   |
| 235   | 499    | 1          | M75                | 1       | 1941     | Kammer            | Franz        | TV Paderborn           | 604,00    | 604,00      |                                |         |                       |         | 01:12:36                            | 604,0   |                              |         |

## 10 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2019 |         |               |        |         |                  |              | Leiberger Volkslauf<br>Leiberg |                  | HAPPE Run<br>Delbrück |                  | Residenzabendlauf<br>Schloß-Neuhaus |                  | Bibertal-Volkslauf<br>Rüthen |                  |                |
|-------|--------|------------|--------------------|---------|---------------|--------|---------|------------------|--------------|--------------------------------|------------------|-----------------------|------------------|-------------------------------------|------------------|------------------------------|------------------|----------------|
|       |        |            | Klasse             | AK Pl.: | Jahr-<br>gang | Name   | Vorname | Verein           | Ges.<br>Pkt. | Ø Pkt.<br>Lauf                 | 10 km            | Strecke               | 10 km            | Strecke                             | 10 km            | Strecke                      | 10 km            | Strecke        |
|       |        |            |                    |         |               |        |         |                  |              |                                | 00:52:29<br>Zeit | R Zeit<br>Pkt.        | 00:45:09<br>Zeit | R Zeit<br>Pkt.                      | 00:49:20<br>Zeit | R Zeit<br>Pkt.               | 00:51:07<br>Zeit | R Zeit<br>Pkt. |
| 236   | 309    | 1          | W35                | 11      | 1981          | Gockel | Angela  | BRAUN media TEAM | 69,00        | 69,00                          |                  |                       |                  |                                     | 01:21:31         | 69,0                         |                  |                |