

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	254	Bach Sebastian	concordia emsbüren	0:34:12	0:32:32	1	M30	01:40 / 05:47	06:31	06:46	06:53	06:33
2	210	Pieper Robin	Pieper Cooperation	0:37:03	0:30:43	1	MU2	06:20 / 05:35	06:07	06:26	06:23	06:10
3	204	Brüning Matthias	Mir Latte	0:37:29	0:35:29	2	M30	02:00 / 06:35	07:01	07:12	07:24	07:13
4	64	Dykhuis Florian	Lebenshilfe Nordhorn	0:37:41	0:35:01	1	MHK	02:40 / 06:32	06:55	07:03	07:18	07:10
5	96	Glasmeier Nils	*Ibbenbüren	0:39:07	0:35:27	2	MHK	03:40 / 06:16	07:18	07:26	07:12	07:11
6	274	Ruschulte Jan	Gesundheitscenter Point	0:39:35	0:33:55	3	MHK	05:40 / 06:18	06:51	07:01	06:54	06:47
7	54	Groothus Marco	Die M&Ms	0:39:38	0:36:38	1	M40	03:00 / 06:42	07:17	07:38	07:29	07:26
8	55	Redmann Wolfgang	Die M&Ms	0:40:14	0:33:54	2	M40	06:20 / 06:40	06:52	07:06	06:53	06:17
9	234	Krans Frank	*Emlichheim	0:40:25	0:35:45	4	MHK	04:40 / 06:35	07:17	07:13	07:25	07:11
10	257	Wortelen Enno	*Hoogstede	0:40:31	0:38:11	5	MHK	02:20 / 06:32	07:26	08:02	08:05	08:02
11	39	Weber Ingo	Sportstudio feel good Gronau	0:40:38	0:39:58	3	M40	00:40 / 06:32	08:09	08:23	08:20	08:30
12	49	Arends Bert	*Uelsen	0:40:42	0:38:22	3	M30	02:20 / 06:39	07:58	07:58	07:56	07:49
13	71	Püschel Kevin	Heseper Rennschnecken	0:40:45	0:36:25	6	MHK	04:20 / 07:04	07:20	07:19	07:16	07:19
14	273	Schulte Bernd	Gesundheitscenter Point	0:40:47	0:34:07	7	MHK	06:40 / 05:48	06:46	07:22	07:08	06:59
15	47	Meiners Dennis	*Wietmarschen	0:40:50	0:35:30	8	MHK	05:20 / 06:55	07:04	07:15	07:19	06:52
16	201	Nadorp Thomas	*Itterbeck	0:40:53	0:35:33	4	M40	05:20 / 06:27	07:16	07:16	07:23	07:07
17	13	Schröder Kai	Team Steggewentze	0:40:55	0:38:35	9	MHK	02:20 / 08:37	07:24	07:22	07:31	07:33
18	46	Slangen Mark	*Emlichheim	0:40:58	0:35:38	10	MHK	05:20 / 06:26	07:21	07:29	07:19	07:00
19	209	Pieper Dennis	Pieper Cooperation	0:40:58	0:36:18	11	MHK	04:40 / 06:40	07:28	07:25	07:22	07:21
20	53	Ensink Normen	*Uelsen	0:41:02	0:34:42	12	MHK	06:20 / 06:07	07:09	07:08	07:20	06:56
21	98	Knüver Michael	Hell Runners	0:41:21	0:37:41	5	M40	03:40 / 07:26	07:46	07:32	07:30	07:20
22	116	Berger Marten	*Bad Bentheim	0:41:37	0:37:37	13	MHK	04:00 / 06:41	07:19	08:07	08:09	07:19
23	63	Dinkhoff Dieter	Lebenshilfe Nordhorn	0:41:45	0:34:05	1	M50	07:40 / 06:34	06:50	06:57	06:55	06:46
24	117	Emsmann Andreas	LAV Rheine	0:41:58	0:36:38	4	M30	05:20 / 06:59	07:25	07:27	07:28	07:17
25	235	Kuhlbusch Ansgar	LG Kuhweide Ochtrup	0:42:08	0:35:48	2	M50	06:20 / 06:53	07:05	07:12	07:25	07:06
26	258	Siemer Lutz	*Rheine	0:42:17	0:40:37	1	M45	01:40 / 07:35	08:21	08:22	08:27	07:50
27	208	Pieper Thomas	Pieper Cooperation	0:42:19	0:40:39	3	M50	01:40 / 07:25	08:11	08:27	08:25	08:08
28	72	Hanneken Stefan	*Geeste-Dalum	0:42:27	0:38:27	1	M35	04:00 / 07:30	07:43	07:50	07:43	07:37
29	219	Schleiner Marius	FC Westfalia Bilk	0:42:28	0:37:48	14	MHK	04:40 / 06:46	07:24	07:44	07:56	07:53
30	105	Kahlert Christoph	*Wietmarschen	0:42:36	0:33:36	15	MHK	09:00 / 05:54	06:37	07:04	07:07	06:51
31	110	Schaffrick Harald	Tiggelhoffer Höllenläufer	0:43:05	0:34:45	2	M45	08:20 / 06:40	07:00	07:03	06:58	06:59
32	16	Berger Torben	*Lingen	0:43:09	0:38:29	16	MHK	04:40 / 06:45	07:32	08:15	08:17	07:31
33	35	Van Wieren Gebhard	Lauftreff SV Olympia Uelsen	0:43:22	0:40:42	4	M50	02:40 / 07:34	08:11	08:12	08:24	08:17
34	14	Höcker Christian	*Wietmarschen-Lohne	0:43:37	0:37:57	17	MHK	05:40 / 06:57	07:41	07:50	07:52	07:32
35	52	Kammler Andreas	*Emsbüren	0:43:49	0:38:49	2	M35	05:00 / 07:00	07:41	08:09	08:13	07:40
36	124	Niehoff Phillip	Spider Pigs	0:43:56	0:39:56	18	MHK	04:00 / 07:41	08:20	08:31	07:59	07:20
37	275	Idelmann Sascha	Gesundheitscenter Point	0:44:14	0:35:14	19	MHK	09:00 / 06:18	06:53	07:08	07:28	07:23
38	245	Bültmann Felix	FC Schüttorf 09 Wasserball	0:44:15	0:40:35	1	MU1	03:40 / 07:36	08:35	08:45	08:31	07:03
39	100	Stobbe Matthias	Hell Runners	0:44:19	0:42:19	6	M40	02:00 / 07:46	08:11	08:38	08:48	08:50
40	106	Oosthuys Maik	*Wietmarschen	0:44:31	0:41:51	5	M30	02:40 / 07:41	08:47	09:03	08:38	07:41
41	128	Leopold Kevin	*Ochtrup	0:44:31	0:35:31	20	MHK	09:00 / 06:39	07:14	07:17	07:21	06:58
42	270	Klein Peter	*Ringe	0:44:35	0:35:35	21	MHK	09:00 / 06:32	07:15	07:17	07:34	06:52
43	7	Vosskötter Ralf	Drei Vossies	0:44:36	0:38:16	5	M50	06:20 / 07:03	07:36	07:48	07:49	07:56
44	33	Beckhuis Günter	Lauftreff Olympia Uelsen	0:44:42	0:40:42	6	M50	04:00 / 07:34	08:10	08:12	08:26	08:16
45	129	Dall Thomas	Spider Pigs	0:44:51	0:40:11	6	M30	04:40 / 07:39	08:23	08:30	08:01	07:34
46	79	Posthuma Remon	*Enschede	0:44:53	0:41:53	3	M35	03:00 / 06:41	08:12	09:11	09:12	08:34
47	205	Schnorrenberg Marcus	Mir Latte	0:44:55	0:35:55	4	M35	09:00 / 06:43	07:21	07:24	07:16	07:06
48	107	Graßhoff Ingo	Team Schwarte Gruppe	0:45:08	0:43:08	7	M40	02:00 / 07:48	08:44	09:00	08:55	08:39
49	5	Hermsen Jonas	FC Schüttorf 09	0:45:14	0:41:14	2	MU1	04:00 / 06:54	08:14	08:37	08:40	08:46
50	56	Biester Malo	Die M&Ms	0:45:24	0:37:04	2	MU2	08:20 / 06:45	07:18	07:47	07:43	07:29
51	10	Ottink Mirco	*Schüttorf	0:45:31	0:41:31	5	M35	04:00 / 07:03	08:08	08:43	08:52	08:40
52	125	Tost Stefan	SC Althenrheine	0:45:33	0:39:13	3	M45	06:20 / 07:44	08:00	07:47	08:03	07:33
53	41	Nadicksbernd Reinhard	*Ochtrup	0:45:39	0:42:59	4	M45	02:40 / 08:47	08:25	08:35	08:36	08:21
54	57	Fadda Mark	TUS Gildehaus	0:45:40	0:40:40	8	M40	05:00 / 07:25	08:15	08:21	08:15	08:20
55	211	Gruber Stephan	SCHÖN	0:45:59	0:45:39	9	M40	00:20 / 08:55	09:45	09:02	08:51	09:01
56	123	Greve Christian	Spider Pigs	0:46:02	0:40:02	22	MHK	06:00 / 07:40	08:23	08:26	08:01	07:27
57	260	Pott Hendrik	FC Schüttorf 09 Wasserball	0:46:02	0:41:02	3	MU1	05:00 / 07:42	08:36	08:43	08:33	07:23
58	215	Franke Matthias	FC Schüttorf 09 Laufabt.	0:46:08	0:42:28	5	M45	03:40 / 07:31	08:45	08:46	08:55	08:29
59	225	Schulte Jochen	*Emsdetten	0:46:10	0:37:30	6	M45	08:40 / 07:01	07:30	07:39	07:39	07:37
60	29	Berends André	HÖLLENREITER	0:46:32	0:41:12	7	M30	05:20 / 07:58	07:51	08:19	08:30	08:26

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	206	Loh Volker	Mir Latte	0:46:36	0:42:36	8	M30	04:00 / 07:39	08:36	08:38	08:57	08:41
62	267	Hardt Matthias	*Bad Bentheim	0:46:47	0:42:27	23	MHK	04:20 / 07:28	08:41	08:42	08:43	08:46
63	223	Hoffrogge Christian	Varenroder Ackerbrasilianer	0:46:47	0:44:47	9	M30	02:00 / 08:29	08:48	09:14	09:19	08:48
64	268	Siemer Jannes	TV Jahn Rheine	0:47:01	0:40:21	4	MU1	06:40 / 07:29	08:22	08:20	08:29	07:40
65	22	Otten Maik	Drunken Monkeys 1	0:47:03	0:44:43	10	M30	02:20 / 08:04	08:52	09:15	09:26	08:59
66	67	Creemer Timm	SPVGG BRANDLECHT HESTRU	0:47:19	0:43:39	11	M30	03:40 / 08:42	08:33	08:48	08:41	08:28
67	276	Lübben Julian	LC Nordhorn	0:47:20	0:43:00	24	MHK	04:20 / 06:49	08:49	09:05	09:08	09:06
68	203	Oltmanns Cero Conan Naraj	*Oldenburg	0:47:30	0:42:50	25	MHK	04:40 / 05:52	09:40	09:42	08:46	08:48
69	78	Bavinck Arno	*Schüttorf	0:47:40	0:43:00	7	M45	04:40 / 07:28	08:56	09:00	08:57	08:34
70	278	Büter Rainer		0:47:55	0:39:15	10	M40	08:40 / 06:48	07:38	08:02	08:23	08:22
71	122	Dall Markus	Spider Pigs	0:47:55	0:43:55	12	M30	04:00 / 07:44	08:46	09:07	09:17	08:57
72	241	Lüpken Maik	*Schüttorf	0:47:56	0:44:16	26	MHK	03:40 / 08:10	09:00	09:20	09:22	08:17
73	28	Nagel Karsten	Olympia Uelsen	0:47:59	0:44:39	7	M50	03:20 / 08:10	08:50	09:26	09:03	09:05
74	109	Kramer Alfred	LC Nordhorn	0:48:07	0:41:07	1	M55	07:00 / 07:39	08:25	08:28	08:24	08:07
75	104	Sobotzik Patrick	*Wietmarschen	0:48:08	0:39:08	27	MHK	09:00 / 06:36	07:35	08:23	08:35	07:56
76	253	Berendonk Marcel	FC Schüttorf 09 Wasserball	0:48:44	0:42:24	28	MHK	06:20 / 07:42	08:35	08:48	08:38	08:36
77	18	Diedrich Oliver	*Bielefeld	0:48:46	0:42:26	29	MHK	06:20 / 07:16	08:24	08:51	08:56	08:51
78	42	Nadicksbernd Werner	*Ochtrup	0:48:53	0:44:33	8	M45	04:20 / 08:47	08:44	09:04	09:03	08:36
79	150	Rother Thomas	*Nordhorn	0:49:15	0:46:35	30	MHK	02:40 / 08:22	09:35	09:53	10:02	08:39
80	350	Henkenborg Michael	Tus Borgloh	0:49:17	0:40:17	8	M50	09:00 / 07:22	08:10	08:21	08:13	08:08
81	6	Heyen Thomas	*Meppen	0:49:19	0:41:39	11	M40	07:40 / 07:43	08:21	08:23	08:36	08:31
82	263	Vosskötter Michael	FC Schüttorf 09 Wasserball	0:49:31	0:45:31	13	M30	04:00 / 07:48	09:13	09:25	09:22	09:38
83	30	Leuchtmann Julian	HÖLLENREITER	0:49:37	0:44:37	31	MHK	05:00 / 08:01	08:41	09:03	09:14	09:29
84	37	Achteresch Andreas	*Köln	0:49:39	0:41:59	32	MHK	07:40 / 08:05	08:49	08:40	08:23	07:57
85	266	Witte Mirco	*Bad Bentheim	0:49:47	0:42:27	33	MHK	07:20 / 07:30	08:44	08:41	08:43	08:44
86	11	Peter Heiko	Team Steggewentze	0:49:56	0:46:56	6	M35	03:00 / 08:59	09:27	09:30	09:40	09:10
87	80	Jans Hendrik	*Neuenhaus	0:50:17	0:44:57	34	MHK	05:20 / 07:38	09:06	09:34	09:42	08:55
88	0	unbekannt DT3RR41		0:50:21	0:50:21	35	MHK	00:00 / 09:26	10:12	10:08	10:23	09:55
89	12	Gerstaedt Manuel	Team Steggewentze	0:50:36	0:48:16	14	M30	02:20 / 08:56	09:33	09:38	10:09	09:52
90	81	Von Felde Sascha	Hesepers Rennschnecken	0:50:52	0:50:32	15	M30	00:20 / 09:50	10:16	10:25	10:20	09:36
91	115	Te Wildt Michael	LG Brukeria	0:50:58	0:45:18	12	M40	05:40 / 08:53	09:15	09:09	09:11	08:43
92	127	Pilz PROF Dennis	Point	0:51:21	0:45:41	36	MHK	05:40 / 07:24	09:19	09:58	09:58	08:59
93	31	Müller Thorsten	HÖLLENREITER	0:51:35	0:43:35	7	M35	08:00 / 08:06	08:41	09:06	08:59	08:34
94	36	Nassmacher Philipp	*Bremen	0:51:40	0:45:00	37	MHK	06:40 / 08:01	08:57	09:27	09:33	08:58
95	252	Feldhues Marcel	FC Schüttorf 09 Wasserball	0:51:42	0:42:42	38	MHK	09:00 / 07:38	08:46	08:46	08:47	08:38
96	38	Lienkamp Jan	*Ochtrup	0:51:59	0:42:59	9	M45	09:00 / 08:48	08:26	08:30	08:41	08:17
97	283	Beuker Christoph		0:51:59	0:48:39	39	MHK	03:20 / 08:06	10:16	10:14	10:02	09:58
98	20	Verbecke Timo	Drunken Monkeys 1	0:52:29	0:44:49	16	M30	07:40 / 08:03	09:08	09:29	08:56	09:03
99	99	Plaggenborg Stephan	Hell Runners	0:52:35	0:43:35	10	M45	09:00 / 08:02	08:37	08:54	09:02	08:54
100	137	Landgraf Philipp	The Avengers	0:52:44	0:47:44	40	MHK	05:00 / 10:15	09:57	09:04	09:14	09:02
101	58	Albering Karsten	ALBIS 4	0:52:47	0:50:07	11	M45	02:40 / 09:23	09:56	10:04	10:17	10:19
102	43	Tascke Simon	1.FC HAUinSAND	0:52:58	0:51:38	41	MHK	01:20 / 09:18	10:03	10:49	10:33	10:32
103	261	Schützmänn Julian	FC Schüttorf 09 Wasserball	0:53:03	0:48:43	5	MU1	04:20 / 08:31	09:36	09:41	10:36	10:14
104	280	Müller Andreas	ev1.tv	0:53:06	0:48:26	42	MHK	04:40 / 08:42	09:55	10:09	10:06	09:30
105	59	Albering Heino	ALBIS 4	0:53:07	0:50:07	12	M45	03:00 / 09:21	09:56	10:03	10:19	10:20
106	213	Dilli Matthias	SCHÖN	0:53:13	0:52:13	8	M35	01:00 / 09:43	10:52	10:46	10:11	10:37
107	247	Nießler Michael	Laufen aus Leidenschaft	0:53:13	0:48:13	2	M55	05:00 / 08:45	09:47	09:38	09:56	10:04
108	126	Misinski PROF Matthias	Point	0:53:19	0:45:39	43	MHK	07:40 / 07:21	09:24	09:58	09:56	08:56
109	134	Johann Alexander	The Avengers	0:53:35	0:50:55	17	M30	02:40 / 11:04	10:19	09:59	09:44	09:36
110	265	Grefen Bastian	FC Schüttorf 09 Wasserball	0:54:13	0:45:33	44	MHK	08:40 / 07:42	09:14	09:25	09:27	09:39
111	141	Lachmann Bruno	The Avengers	0:54:15	0:50:55	45	MHK	03:20 / 11:08	10:16	09:59	09:45	09:35
112	282	Prein Markus	Fortuna Beesten	0:54:24	0:52:44	46	MHK	01:40 / 09:48	10:52	10:32	10:57	10:28
113	255	Peichert Patrick	*Gelsenkirchen	0:54:34	0:50:54	18	M30	03:40 / 09:14	10:21	10:23	10:32	10:18
114	27	Storteboom Jens	Stammtisch Runners	0:54:35	0:50:15	19	M30	04:20 / 09:21	10:13	10:07	10:21	09:57
115	45	Kanneberger Till	1.FC HAUinSAND	0:54:35	0:51:35	47	MHK	03:00 / 09:20	10:02	10:47	10:32	10:30
116	237	Börgener Björn	*Wuppertal	0:54:43	0:51:03	48	MHK	03:40 / 09:16	10:20	10:24	10:37	10:21
117	25	Hermes Fritz	3 Nachbarn allein unterwegs	0:55:45	0:51:25	9	M50	04:20 / 09:51	09:56	10:13	10:33	10:47
118	83	Ippolito Giuseppe	*Rheine	0:55:54	0:49:54	49	MHK	06:00 / 09:39	09:53	09:54	10:05	09:58
119	26	Kaß Günter	3 Nachbarn allein unterwegs	0:56:05	0:51:25	10	M50	04:40 / 09:48	09:54	10:15	10:28	10:54
120	32	Dove Sigg	FC Schüttorf 09	0:56:26	0:50:06	11	M50	06:20 / 08:39	10:16	10:18	10:21	10:28

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-Pl	AK	Strafzeit / Rundenzeiten
121	87	Heikens Andreas	Team Red- keiner bleibt zurück	0:56:46	0:54:06	20	M30	02:40 / 10:35 10:26 11:12 10:25 11:07
122	135	Brodacki Matthäus	The Avengers	0:56:55	0:54:15	50	MHK	02:40 / 09:47 10:48 10:58 10:59 11:29
123	15	Knüver Heiko	Stammtisch Runners	0:57:00	0:50:20	13	M40	06:40 / 09:25 10:13 10:08 10:23 09:54
124	264	Eichhorn Felix	FC Schüttorf 09 Wasserball	0:57:37	0:53:17	51	MHK	04:20 / 08:00 10:36 11:01 11:36 11:58
125	84	Ippolito Gennaro	*Rheine	0:57:53	0:50:53	52	MHK	07:00 / 09:39 10:00 10:25 10:19 10:05
126	132	Scheffel Andreas	FC Schüttorf 09	0:58:06	0:57:26	13	M45	00:40 / 10:18 11:16 12:06 11:58 11:39
127	92	Andreevski Stevan	Team Red- keiner bleibt zurück	0:58:26	0:54:06	9	M35	04:20 / 10:36 10:34 11:03 10:38 10:54
128	228	Szemeitat Michael	FDBL1	0:58:29	0:50:49	53	MHK	07:40 / 11:53 10:02 10:11 09:39 08:55
129	66	Lüppe Rüdiger	Gassiclub Dackel 2010	0:58:43	0:53:43	14	M45	05:00 / 09:10 10:10 11:51 10:53 11:35
130	19	Althoff Dennis	*Bad Bentheim	0:58:48	0:49:48	54	MHK	09:00 / 07:53 10:17 11:01 10:39 09:49
131	152	Bußmann Ludger	*Lingen	0:59:03	0:55:23	55	MHK	03:40 / 09:29 12:08 11:35 11:03 10:57
132	89	Wegwert Phil	Team Red- keiner bleibt zurück	0:59:05	0:54:05	56	MHK	05:00 / 10:27 10:39 11:19 10:21 10:56
133	277	Fortmann Tobias	LC Nordhorn	0:59:10	0:53:10	57	MHK	06:00 / 09:36 11:01 11:02 10:28 10:59
134	44	Pleus Phillip	1.FC HAUinSAND	0:59:36	0:51:36	58	MHK	08:00 / 09:18 10:03 10:46 10:35 10:32
135	216	Witte Dominik	*Lingen	0:59:53	0:55:13	21	M30	04:40 / 09:27 11:01 11:24 11:15 11:56
136	151	Drees Florian	*Lingen	0:59:54	0:55:14	59	MHK	04:40 / 09:24 11:05 11:23 11:15 11:57
137	97	Mews Rule	Team Red- keiner bleibt zurück	1:00:05	0:54:05	10	M35	06:00 / 10:29 10:37 10:35 10:45 11:20
138	74	Artz Hans-Jürgen	ETuS Rheine	1:00:18	0:55:58	12	M50	04:20 / 10:02 10:39 11:31 11:28 11:58
139	91	Kneip Florian	Team Red- keiner bleibt zurück	1:00:25	0:54:05	60	MHK	06:20 / 10:18 10:36 10:45 10:46 11:19
140	88	Pioch Kai	Team Red- keiner bleibt zurück	1:00:25	0:54:05	61	MHK	06:20 / 10:20 10:29 11:04 10:35 11:17
141	269	Beerboom Jonas	Fortuna Beesten	1:00:26	0:52:46	62	MHK	07:40 / 09:49 10:54 10:34 10:58 10:25
142	153	Kleikamp Martin	Team Red- keiner bleibt zurück	1:00:33	0:57:13	63	MHK	03:20 / 10:17 10:53 11:32 12:21 11:47
143	143	Griebel Thomas	The Avengers	1:00:41	0:58:21	22	M30	02:20 / 09:46 11:16 12:36 12:31 12:00
144	212	Dornieden Christoph	SCHÖN	1:00:52	0:52:12	14	M40	08:40 / 09:43 10:51 10:45 10:13 10:35
145	272	Meyer Niels		1:02:10	0:53:10	64	MHK	09:00 / 09:34 11:05 11:01 10:29 10:56
146	86	Balewski Markus	Team Red- keiner bleibt zurück	1:02:25	0:54:05	23	M30	08:20 / 10:21 10:40 11:00 10:31 11:12
147	217	Beier Patrick	*Lingen - Ems	1:02:47	0:55:27	24	M30	07:20 / 09:46 11:54 11:28 11:07 11:03
148	85	Schwanke Stefan	Team Red- keiner bleibt zurück	1:03:06	0:54:06	65	MHK	09:00 / 10:25 10:32 11:16 10:36 10:56
149	147	Rüdiger Björn	The Avengers	1:03:09	0:57:09	66	MHK	06:00 / 11:05 12:51 11:06 11:06 10:45
150	281	Bohlin Jonas		1:05:02	0:59:42	67	MHK	05:20 / 10:23 11:32 12:27 12:43 12:30
151	21	Wargers Stefan	Drunken Monkeys 1	1:06:29	1:02:29	68	MHK	04:00 / 11:11 12:34 13:12 12:37 12:47
152	90	Martin Peter	Team Red- keiner bleibt zurück	1:07:13	0:59:53	1	M65	07:20 / 11:16 11:50 12:03 12:08 12:14
153	142	Peddenbruch Florian	The Avengers	1:09:01	1:07:41	69	MHK	01:20 / 11:40 14:05 14:11 14:00 13:30
154	233	Zans Thomas	FDBL2	1:10:30	1:08:10	70	MHK	02:20 / 11:40 14:09 14:10 14:37 13:25
155	144	Stender Johannes	The Avengers	1:11:02	1:07:42	71	MHK	03:20 / 11:43 14:16 14:20 13:40 13:28
156	231	Lutzmann Stephan	FDBL2	1:15:30	1:08:10	72	MHK	07:20 / 12:03 13:48 14:07 14:37 13:25
157	232	Kick Thomas	FDBL2	1:15:50	1:08:10	73	MHK	07:40 / 11:53 13:47 14:20 14:27 13:36

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-Pl	AK	Strafzeit / Rundenzeiten				
1	229	Wehr Babara	FDBL1	0:38:23	0:34:03	1	WHK	04:20 / 06:10	06:51	07:04	07:02	06:53
2	65	Meierkord Britta	Lebenshilfe Nordhorn	0:41:08	0:36:08	1	W40	05:00 / 06:38	07:12	07:31	07:19	07:26
3	221	Hopster Annika	*Rheine	0:41:55	0:37:35	1	WU2	04:20 / 06:54	07:35	07:37	07:43	07:42
4	222	Hopster Alena	*Rheine	0:43:51	0:37:31	1	WU1	06:20 / 06:53	07:34	07:36	07:43	07:42
5	149	Stermann Ina	Marathon Ibbenbüren	0:49:55	0:47:15	2	WHK	02:40 / 09:29	09:28	09:15	09:37	09:16
6	249	Freitag Christina	Gesundheitscenter Point	0:51:26	0:48:46	2	WU1	02:40 / 08:45	09:45	09:46	10:05	10:20
7	114	Reeker Christiane	LG Brukteria	0:51:37	0:45:37	1	W45	06:00 / 09:00	09:06	09:16	09:14	08:55
8	248	Woltmann Anne	Gesundheitscenter Point	0:51:42	0:43:42	3	WHK	08:00 / 07:58	08:41	09:00	09:06	08:53
9	8	Vosskötter Margrit	Drei Vossies	0:52:06	0:43:06	1	W50	09:00 / 07:57	08:40	08:52	08:52	08:43
10	9	Vosskötter Carolin	Drei Vossies	0:52:25	0:47:05	4	WHK	05:20 / 07:54	09:13	09:56	10:06	09:53
11	250	Weusmann Anne	Gesundheitscenter Point	0:52:27	0:48:47	3	WU1	03:40 / 08:37	09:52	10:00	10:12	10:00
12	243	Groenewold Irene	Groenewold Sisters	0:53:17	0:48:57	5	WHK	04:20 / 08:46	10:30	10:11	09:43	09:43
13	113	Schubert Anke	LG Brukteria	0:53:29	0:45:49	2	W45	07:40 / 08:58	09:06	09:15	09:17	09:06
14	102	Fiswick Melanie	*Lohne	0:54:11	0:45:51	2	W40	08:20 / 08:31	09:24	09:22	09:16	08:59
15	220	Schleiner Karin	Lauffreff Wettringen	0:55:16	0:48:56	2	W50	06:20 / 09:21	09:53	09:55	09:49	09:50
16	224	Koße Wiltrud	Lauffreunde Emsland	0:55:56	0:48:56	3	W50	07:00 / 09:25	09:48	09:56	09:50	09:50
17	108	Hausberg Julia	Team Ruhrpott	0:56:06	0:51:06	1	W30	05:00 / 09:21	10:07	10:28	10:44	10:21
18	60	Albering Estelle	ALBIS 4	0:56:07	0:50:07	2	WU2	06:00 / 09:21	09:57	10:04	10:19	10:19
19	244	Groenewold Johanna	Groenewold Sisters	0:56:17	0:48:57	6	WHK	07:20 / 08:49	10:29	10:10	09:44	09:41
20	236	Helfferich Svenja	*Hünxe	0:56:24	0:51:44	7	WHK	04:40 / 09:54	10:20	10:26	10:34	10:22
21	82	Oltmanns Aenny-Charlotte	*Oldenburg	0:56:45	0:54:45	2	W30	02:00 / 10:10	11:12	11:33	11:07	10:36
22	279	Frühauf Melanie		0:57:13	0:51:33	1	W35	05:40 / 09:41	10:14	10:19	10:38	10:38
23	207	Heinrichs Kristina	Team Ruhrpott	0:58:07	0:50:47	8	WHK	07:20 / 09:21	10:09	10:18	10:49	10:05
24	75	Krönung Andrea	ETuS Rheine	0:58:18	0:55:58	3	W45	02:20 / 10:04	10:40	11:30	11:28	11:58
25	24	Herms Sabine	3 Nachbarn allein unterwegs	0:58:46	0:51:26	4	W45	07:20 / 09:50	09:53	10:07	10:35	10:55
26	242	Groenewold Marlies	Groenewold Sisters	0:59:36	0:52:36	9	WHK	07:00 / 08:52	10:40	11:12	11:09	10:40
27	133	Johann Sarah	The Avengers	0:59:39	0:50:59	10	WHK	08:40 / 09:53	10:29	10:44	10:10	09:30
28	202	Schute Lisa Johanna	*Essen	1:00:24	0:51:44	11	WHK	08:40 / 09:55	10:19	10:26	10:35	10:20
29	76	Shoukry Sonia	*Lingen	1:00:54	0:53:14	3	W30	07:40 / 10:21	10:37	10:27	10:43	11:01
30	226	Dennemann Ute	*Emsdetten	1:01:24	0:53:44	3	W40	07:40 / 10:28	10:47	10:41	10:41	11:01
31	73	Ortloff Andrea	*Wiefelstede	1:02:14	0:56:34	4	W40	05:40 / 10:16	11:35	11:35	11:32	11:29
32	95	König Kim	Team Red- keiner bleibt zurück	1:03:05	0:54:05	12	WHK	09:00 / 10:36	10:30	10:52	10:48	10:58
33	146	Johann Eva	The Avengers	1:04:55	1:02:35	13	WHK	02:20 / 11:06	14:29	14:21	11:13	11:13
34	259	Kurek Siemona	FC Schüttorf 09	1:05:42	0:59:42	2	W35	06:00 / 10:23	11:40	12:20	12:43	12:30
35	69	Raschke Iris	*Schüttorf	1:09:02	1:01:22	5	W40	07:40 / 11:42	12:34	12:29	12:15	12:18
36	136	Nix Vanessa	The Avengers	1:09:11	1:00:11	4	W30	09:00 / 10:35	11:58	12:56	12:15	12:13
37	70	Lüppe Mareike	Gassiclub Dackel 2010	1:09:22	1:01:22	3	W35	08:00 / 11:50	12:44	12:34	12:07	12:03
38	145	Johann Anna	The Avengers	1:13:21	1:07:41	14	WHK	05:40 / 11:38	14:11	14:21	13:51	13:28