

## Männer

## Altersklasse M30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		316	Pugge Daniel		0:42:06	0:42:06	2	M30	84	05:20 / 06:50 07:19 07:32 07:51 07:12
2		290	Bach Sebastian	concordia emsbüren	0:42:50	0:42:50	3	M30	81	04:40 / 06:52 07:40 07:50 08:05 07:42
3		107	Meiners Dennis	*Wietmarschen-Lohne	0:46:17	0:46:17	6	M30	84	02:40 / 08:05 08:44 09:06 09:05 08:35
4		52	Schrameyer Kai	Marathon Ibbenbüren	0:46:29	0:46:28	7	M30	84	03:40 / 07:32 08:44 08:53 09:02 08:36
5		307	Helmboldt Oliver	LSKW Bad Lauterberg	0:50:11	0:50:11	19	M30	80	07:00 / 08:16 08:38 08:59 08:45 08:32
6		24	Arends Bert	*Uelsen	0:55:02	0:54:58	50	M30	83	04:00 / 08:42 10:13 10:45 11:09 10:08
7		4	Spill Christopher	Tough Cops	0:55:59	0:55:54	59	M30	81	06:20 / 09:36 09:42 10:19 09:59 09:56
8		335	Heizmann Sebastian T.	*Bad Bentheim	0:56:19	0:56:11	61	M30	82	08:00 / 09:57 09:14 09:32 09:41 09:46
9		132	Creemer Timm	*Nordhorn	0:56:20	0:56:10	63	M30	82	04:00 / 10:19 11:08 10:38 10:36 09:27
10		145	Klapper Michael	*OCHTRUP	0:57:13	0:57:09	68	M30	83	02:40 / 10:29 10:53 10:56 11:22 10:47
11		217	Engel Marc	*Münster	0:57:51	0:57:41	77	M30	84	04:00 / 10:57 10:36 10:38 10:44 10:44
12		291	Räkers Bernd	*Emsbüren	0:58:49	0:58:47	87	M30	84	10:00 / 09:06 10:15 10:10 10:14 09:00
13		141	Rickling Christian	*Nordhorn	0:59:19	0:59:08	91	M30	84	08:00 / 10:55 10:22 09:51 09:57 10:02
14		218	Beckmann Andreas	*Münster	1:00:52	1:00:42	100	M30	83	07:00 / 10:57 10:35 10:36 10:48 10:45
15		232	Berger Jan	FC Hansa Meppen	1:01:19	1:01:11	103	M30	80	02:20 / 11:59 11:48 11:38 09:03 14:21
16		157	Hempfen Martin	SV Alemannia Blanke	1:01:30	1:01:19	104	M30	81	07:00 / 10:55 10:28 11:34 11:06 10:15
17		269	Welling Dirk	Perlentaucher	1:02:07	1:01:57	110	M30	80	02:00 / 12:20 12:21 12:05 11:54 11:15
18		268	Havermann Heinz Josef	Perlentaucher	1:04:57	1:04:47	131	M30	81	04:40 / 12:19 12:20 12:02 11:58 11:26
19		233	Kerperien Stefan	FC Hansa Meppen	1:05:39	1:05:31	136	M30	80	06:40 / 12:01 11:46 11:39 11:27 11:57
20		336	Hoffmann Roman	*Lingen	1:05:44	1:05:42	138	M30	84	07:00 / 11:05 12:01 12:02 12:18 11:14
21		267	Bruns Alexander	Perlentaucher	1:06:36	1:06:25	141	M30	82	06:20 / 12:19 12:24 12:01 11:56 11:23
22		13	Gerstaedt Manuel	Team Steggewentze	1:10:49	1:10:38	158	M30	80	07:40 / 13:09 12:36 12:34 12:31 12:06
23		25	Peichert Patrick	Der müde Joe	1:12:37	1:12:33	169	M30	82	10:00 / 12:55 11:54 11:59 12:19 13:23
24		32	Rüggen Torben	MoTorIng	1:16:58	1:16:56	182	M30	81	06:40 / 13:00 14:15 14:28 14:48 13:42
25		115	Burchgart Maik	*Warendorf	1:18:12	1:18:09	186	M30	84	04:00 / 13:03 15:20 15:42 15:07 14:57
26		103	Berlemann Björn	Feuerwehr Lengerich II	1:20:43	1:20:32	192	M30	83	08:20 / 14:23 14:57 14:16 14:25 14:10
27		102	Reineke Sven	Feuerwehr Lengerich I	1:21:03	1:20:51	193	M30	82	08:40 / 14:20 14:48 14:25 14:25 14:11

## Altersklasse M35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		319	Berghaus Stefan	Die Unzerstörbaren	0:50:41	0:50:36	22	M35	79	03:20 / 09:48 09:17 09:23 09:26 09:20
2		202	Hoffrogge Christian	Varenroder Ackerbrasilianer	0:52:28	0:52:23	34	M35	79	02:00 / 09:13 10:11 10:23 10:31 10:03
3		229	Jankowski Tino	Sylvia KronshagePT	0:52:48	0:52:47	37	M35	76	04:20 / 08:49 09:48 10:23 09:53 09:33
4		8	Kammler Andreas	Aktiv Park	0:53:28	0:53:24	45	M35	76	04:40 / 09:14 09:32 10:25 10:12 09:19
5		240	Hölker Dennis	Team Erdinger	0:54:18	0:54:13	48	M35	76	03:20 / 10:59 10:02 10:18 09:51 09:41
6		199	Schmelnik Matthias	*Nordhorn	0:57:18	0:57:09	69	M35	78	05:20 / 10:18 10:23 10:40 10:22 10:04
7		317	Bischof Thorsten	*Bevergern	0:58:19	0:58:13	81	M35	76	05:40 / 10:30 10:04 10:31 10:49 10:37
8		333	Zweers Martin	*Nordhorn	1:01:34	1:01:28	106	M35	78	10:00 / 11:03 10:13 10:10 10:07 09:54
9		274	Hartmann Sven	*Bergisch Gladbach	1:01:55	1:01:52	109	M35	77	07:00 / 10:53 11:15 10:52 11:01 10:49
10		243	Guthier-Geier Andre	Dreierwalder Höllenjungs	1:02:09	1:02:02	111	M35	76	07:40 / 11:12 10:56 10:15 10:38 11:19
11		234	Schwarz Tomas	FC Hansa Meppen	1:03:38	1:03:30	120	M35	79	04:40 / 12:07 11:41 11:38 11:51 11:31
12		285	Busch Andreas	Cologne Hell-Runners	1:04:15	1:04:12	125	M35	78	09:20 / 10:53 11:15 10:53 11:02 10:47
13		12	Peter Heiko	Team Steggewentze	1:04:28	1:04:17	126	M35	75	02:40 / 12:30 11:32 13:10 12:35 11:47
14		223	Dilli Matthias	Team Eisenkarl	1:13:34	1:13:25	172	M35	75	04:20 / 14:34 12:43 14:20 13:35 13:51
15		329	Kuper Tom	Team Eisenkarl	1:19:14	1:19:08	189	M35	78	10:00 / 14:03 13:54 13:42 13:27 13:59
16		301	Vriemann Frank	NO PAIN NO GLORY	1:19:26	1:19:14	191	M35	78	03:40 / 16:01 15:14 14:52 14:46 14:38

## Männer

## Altersklasse M40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		332	Ulitzka Carsten	Stella Bevergern	0:49:58	0:49:52	18	M40	70	03:20 / 10:29	09:20	08:42	09:20	08:38
2		239	Nackat Lars	*Rheine	0:55:06	0:55:00	51	M40	74	04:20 / 10:59	10:00	10:09	09:51	09:40
3		41	Hanneken Stefan	*Geeste	0:55:18	0:55:17	53	M40	74	04:40 / 09:09	10:02	10:26	10:29	10:29
4		20	Stobbe Matthias	Hell Runners	0:57:31	0:57:26	71	M40	71	04:00 / 09:39	10:30	11:02	11:09	11:04
5		128	Schwänen Markus	*Haren Ems	1:00:10	1:00:08	96	M40	74	08:40 / 09:39	10:34	10:20	10:35	10:18
6		49	Lampe Michael	*Osnabrück	1:04:54	1:04:40	130	M40	74	03:20 / 12:46	12:05	12:13	12:04	12:11
7		255	Schwietering Thomas	VfL Ahaus	1:07:20	1:07:16	146	M40	70	02:40 / 12:59	12:46	12:49	13:06	12:54
8		44	Hartmann Raphael	*Osnabrück	1:08:14	1:08:03	148	M40	70	06:40 / 12:49	12:05	12:14	12:05	12:08
9		216	Bouwer Guido	*Nordhorn	1:09:51	1:09:44	155	M40	71	06:40 / 13:30	12:55	12:38	12:20	11:40
10		29	Blank Sven	privat	1:10:45	1:10:38	157	M40	72	10:00 / 11:18	12:42	11:59	12:09	12:27
11		266	Krzywanski Stefan	Krarate Ochtrup	1:10:49	1:10:47	159	M40	73	05:40 / 12:17	12:31	13:23	13:18	13:36
12		219	Gruber Stephan	Team Eisenkarl	1:11:14	1:11:07	161	M40	72	02:00 / 13:37	14:18	13:40	13:34	13:56
13		221	Schulten Holger	Team Eisenkarl	1:12:54	1:12:46	170	M40	74	03:40 / 13:43	13:21	14:36	13:00	14:24
14		222	Dornieden Christoph	Team Eisenkarl	1:13:54	1:13:46	174	M40	71	04:40 / 13:51	13:53	13:49	13:06	14:25
15		129	Van Aken Maurice	Twister	1:15:07	1:15:01	176	M40	74	07:00 / 13:17	13:25	13:45	13:34	13:58
16		300	Jaron Philip	Team Eisenkarl	1:15:55	1:15:47	180	M40	74	06:40 / 13:59	14:04	13:36	13:32	13:54
17		100	Meyer Carsten	Feuerwehr Lengerich I	1:17:23	1:17:13	184	M40	70	05:00 / 14:15	14:51	14:45	14:10	14:09
18		247	Bartz Volker	*Lingen	1:19:19	1:19:10	190	M40	71	10:00 / 14:31	13:24	13:53	13:42	13:39

## Altersklasse M45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		80	Mäuer Udo	SV-Dickenberg	0:49:26	0:49:24	14	M45	66	05:20 / 08:06	08:51	09:08	09:05	08:52
2		18	Knüver Michael	Hell Runners	0:50:50	0:50:47	24	M45	69	08:00 / 08:12	08:32	08:51	08:42	08:28
3		17	Weber Ingo	isfs & Multi Sports Fighter In	0:52:13	0:52:12	32	M45	69	03:00 / 07:56	09:30	10:05	11:06	10:33
4		313	Büter Rainer	SSV Ohne -Der beste Mix-	0:52:28	0:52:28	33	M45	69	03:20 / 08:45	09:49	10:17	10:21	09:54
5		40	Heyen Thomas	*Meppen	0:52:48	0:52:46	38	M45	69	03:20 / 09:06	10:03	10:02	10:25	09:48
6		350	Logerds Gerhard	*Isterberg	0:55:22	0:55:20	54	M45	68	03:40 / 09:41	10:25	10:29	10:44	10:19
7		310	Franke Matthias	Albis 4 hellrun	0:55:28	0:55:28	55	M45	68	04:00 / 09:14	10:37	10:37	10:40	10:18
8		374	Brockmann Siegbert	*Nordhorn	0:55:31	0:55:31	56	M45	68	06:40 / 08:58	09:44	10:19	10:18	09:29
9		241	Te Wildt Michael	Dreierwalder Höllenjungs	0:55:57	0:55:50	57	M45	69	02:40 / 11:04	10:40	10:16	10:49	10:20
10		33	Bavinck Arno	*Schüttorf	0:57:19	0:57:17	70	M45	65	03:40 / 09:14	10:50	11:08	11:15	11:08
11		348	Bröker Dirk	*Emlichheim	0:57:34	0:57:33	73	M45	66	05:00 / 09:16	10:44	10:42	11:09	10:40
12		43	Siemer Lutz	*Rheine	0:58:44	0:58:40	85	M45	68	04:00 / 11:17	10:49	11:00	10:58	10:34
13		200	Hennecke Michael	*Lingen	1:01:45	1:01:41	108	M45	67	08:20 / 10:02	10:46	11:02	11:00	10:29
14		19	Plaggenborg Stephan	Hell Runners	1:02:36	1:02:31	115	M45	68	05:20 / 10:14	11:02	11:40	12:04	12:10
15		90	Schepper Helmut	*Schwerte	1:06:12	1:06:07	140	M45	67	03:40 / 11:54	12:21	13:17	12:52	12:02
16		143	Nitzko Klaus	*Salzbergen	1:07:00	1:06:55	144	M45	69	10:00 / 10:31	11:35	11:54	11:17	11:37
17		201	Puls Alexander	*Salzbergen	1:08:33	1:08:27	151	M45	69	06:20 / 11:52	12:37	12:39	12:30	12:27
18		328	Jansen Manfred	Nordhomer Judo-Club e.V.	1:11:48	1:11:36	162	M45	69	07:20 / 14:35	12:38	12:01	12:31	12:29
19		146	Ilqner Oliver	die Gartenpraxis	1:12:05	1:11:59	165	M45	66	05:40 / 13:21	13:31	13:21	13:06	12:58
20		1	Lüppe Rüdiger	Gassiclub Dackel 2010	1:17:01	1:16:57	183	M45	68	08:20 / 12:49	14:00	14:24	13:29	13:55
21		124	Wülfken Manfred	Hörststraße 14	1:28:59	1:28:56	199	M45	66	07:00 / 15:15	16:35	16:30	16:09	17:25

**Männer****Altersklasse M50**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		244	Vosskötter Ralf	Drei Vossis	0:51:01	0:51:00	25	M50	60	02:20 / 08:46	09:40	09:47	10:27	09:58
2		254	Dieker Thomas	VfL Ahaus	0:51:33	0:51:31	28	M50	63	03:20 / 08:55	09:42	10:13	09:56	09:22
3		73	Stude Siegfried	Schlammmonster	0:53:22	0:53:13	44	M50	63	03:40 / 10:48	09:49	09:43	09:47	09:24
4		204	Van Wieren Gebhard	Lauftreff Olympia Uelsen	0:55:12	0:55:10	52	M50	63	07:40 / 08:46	09:35	09:36	09:53	09:38
5		121	Hilbert Christoph	LG-Emsdetten	0:56:20	0:56:11	62	M50	60	02:40 / 11:35	10:42	10:37	10:19	10:16
6		231	Feldmann Andreas	Hosianna Runner	0:57:56	0:57:56	78	M50	60	09:00 / 08:59	10:18	10:13	09:52	09:33
7		237	Meier Uwe	*Nordhorn	0:57:58	0:57:53	79	M50	61	07:40 / 10:28	09:46	10:01	10:09	09:46
8		26	Pieper Thomas	Pieper Cooperation	0:58:04	0:58:03	80	M50	62	06:20 / 09:29	10:40	10:38	10:43	10:11
9		75	Konermann Franz-Leo	Schlammmonster	0:58:40	0:58:32	84	M50	62	05:00 / 11:10	10:45	10:41	10:34	10:19
10		91	Berkemeyer Stefan	Schlammmonster	0:58:45	0:58:37	86	M50	61	00:40 / 11:23	11:06	11:56	11:42	11:48
11		257	Krafeld Matthias	VfL Ahaus	1:03:41	1:03:37	121	M50	62	04:40 / 11:40	11:51	11:48	12:17	11:19
12		74	Wilp Markus	Schlammmonster	1:04:46	1:04:37	129	M50	63	05:40 / 11:14	11:27	11:52	12:17	12:05
13		318	Cerny Rüdiger	Nordhorner Judoclub	1:08:49	1:08:37	152	M50	63	02:40 / 14:28	12:51	12:36	13:05	12:54
14		214	Herms Friedrich	FC 09	1:11:54	1:11:43	164	M50	63	04:20 / 12:53	13:25	13:23	13:31	14:08
15		16	Dove Sigg	Ihr könnt nach Hause fahm.	1:13:05	1:13:03	171	M50	62	09:00 / 10:56	12:55	13:15	13:44	13:11
16		296	Hoffrogge Ralf	Die Unbesiegbaren	1:13:49	1:13:45	173	M50	63	04:20 / 13:37	14:17	14:00	13:50	13:38

**Altersklasse M55**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		400	Wanning Gerold	*Schüttorf	1:27:06	1:27:03	197	M55	59	05:40 / 15:01	16:58	16:45	17:40	14:57

**Altersklasse M60**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		265	Krinke Reinhard	TV Borken	0:51:59	0:51:53	31	M60	53	03:00 / 09:31	09:58	09:48	09:44	09:50

## Männer

## Altersklasse MHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	372	Sperver Michael	Baccumer Bravehearts	0:44:58	0:44:57	4	MHK	90	08:20 / 06:36 07:13 07:34 07:51 07:22
2	56	Glasmeier Nils	DJK Arminia Ibbenbüren	0:45:26	0:45:25	5	MHK	86	01:40 / 07:41 08:56 09:15 09:02 08:50
3	71	Enning Patrick	*Metelen	0:47:02	0:47:01	8	MHK	92	03:20 / 07:50 08:47 09:16 09:08 08:38
4	289	Lienkamp Daniel	SC Falke Saerbeck	0:47:46	0:47:40	9	MHK	88	03:40 / 08:49 08:46 09:25 09:07 07:51
5	326	Plescher Jan	SV Esche	0:47:49	0:47:48	10	MHK	91	07:40 / 07:04 08:07 08:25 08:22 08:09
6	225	Sobotzik Patrick	*Dorfen	0:48:33	0:48:28	11	MHK	88	03:40 / 08:15 08:48 09:34 09:22 08:47
7	347	Brett Colin	Osnabrück RFC	0:48:39	0:48:38	12	MHK	85	03:40 / 07:58 09:04 09:36 09:19 08:59
8	351	Sandschulten Andreas	Herr	0:49:02	0:49:00	13	MHK	87	03:20 / 07:59 09:08 09:30 09:24 09:36
9	27	Pieper Dennis	Pieper Cooperation	0:49:27	0:49:26	15	MHK	92	07:20 / 07:59 08:36 08:33 08:31 08:25
10	63	Steinweg Henning	nhs-süd Matschafften	0:49:56	0:49:52	17	MHK	88	02:40 / 09:25 09:26 09:34 09:52 08:53
11	288	Assies Jonas	DLRG Lienen	0:50:13	0:50:07	20	MHK	92	05:20 / 08:50 08:49 09:31 09:14 08:22
12	125	Berger Marten	Huize Epicurus	0:50:15	0:50:12	21	MHK	92	04:40 / 08:10 09:23 09:43 09:30 08:43
13	357	Said Azza Nourdimi	*Bad Bentheim	0:50:45	0:50:44	23	MHK	86	07:20 / 08:08 08:39 09:16 08:45 08:35
14	68	Remme Stefan	Marathon Ibbenbüren	0:51:05	0:51:03	26	MHK	87	05:00 / 07:58 09:12 09:42 09:48 09:21
15	144	Wuff Rico	*Hörstel	0:51:39	0:51:38	29	MHK	92	06:40 / 07:57 09:05 09:36 09:19 08:59
16	338	Meyer Jörn	GESUNDHEITS-CENTER P0	0:51:41	0:51:41	30	MHK	88	09:00 / 08:00 08:26 08:49 08:43 08:41
17	226	Kahlert Christoph	*Dorfen	0:52:29	0:52:24	35	MHK	89	02:40 / 08:12 09:23 10:27 10:53 10:48
18	152	Klund Reinhold	*Bippen	0:52:48	0:52:42	36	MHK	87	07:00 / 09:15 08:30 09:05 09:47 09:02
19	373	Chloupek Jacek	*Schüttorf	0:52:50	0:52:49	39	MHK	85	07:40 / 08:08 09:18 09:17 09:26 08:58
20	106	Höcker Christian	*Wietmarschen	0:52:58	0:52:56	40	MHK	86	06:40 / 08:15 09:24 09:30 09:43 09:23
21	334	Rehers Stephan	Team Eierschale	0:53:02	0:52:47	41	MHK	85	04:40 / 11:51 09:25 08:49 09:21 08:38
22	228	Löhr Henning	*Dorfen	0:53:04	0:52:59	42	MHK	89	07:20 / 08:15 08:55 09:28 09:40 09:19
23	250	Pötter Stephan	lost in pace	0:53:07	0:52:59	43	MHK	87	06:20 / 09:19 08:46 09:35 09:48 09:09
24	322	Diz Viktor	LAMANN-METALLBAU	0:53:50	0:53:49	46	MHK	89	09:00 / 07:30 09:03 09:57 09:31 08:47
25	48	Wilbers Oliver	*Neuenhaus	0:54:17	0:54:13	47	MHK	91	07:00 / 09:29 09:30 09:40 09:43 08:50
26	138	Berger Torben	SV Bempen 09	0:54:25	0:54:20	49	MHK	88	08:00 / 08:10 09:28 09:35 09:59 09:07
27	62	Temme Eike	nhs-süd Matschafften	0:55:58	0:55:55	58	MHK	88	08:40 / 09:28 09:32 09:39 09:45 08:48
28	340	Preisel Alexander	GESUNDHEITS-CENTER P0	0:56:00	0:55:55	60	MHK	91	04:40 / 08:47 10:39 10:37 10:47 10:23
29	140	Diedrich Oliver	SV Bempen 09	0:56:30	0:56:27	65	MHK	89	04:40 / 09:21 09:57 10:44 11:05 10:39
30	109	Klein Patrik	lost in pace	0:57:03	0:56:55	66	MHK	86	09:20 / 09:33 09:18 10:02 09:31 09:09
31	94	Tegeher Henrik	Buena Vista Kegelclub I	0:57:06	0:57:04	67	MHK	88	08:00 / 08:20 09:58 10:24 10:23 09:57
32	280	Parkin Dean	*Rheine	0:57:40	0:57:38	75	MHK	94	04:40 / 10:48 11:00 10:15 10:48 10:05
33	323	Werz Alex	LAMANN-METALLBAU	0:57:40	0:57:39	76	MHK	92	07:20 / 07:59 10:52 10:44 10:41 10:02
34	148	Prager Daniel	Westfalia Bilk	0:58:33	0:58:26	82	MHK	86	07:00 / 09:33 10:07 10:33 10:46 10:25
35	58	Laumeyer Manuel	Verhaftet wegen sexy	0:58:36	0:58:35	83	MHK	90	07:00 / 08:20 10:19 10:51 11:10 10:54
36	38	Oltmanns Cero	Das O-Team	0:58:58	0:58:58	89	MHK	87	08:20 / 08:57 09:52 10:51 11:11 09:45
37	320	Dak Peter	SV Union Lohne	0:59:10	0:59:05	90	MHK	89	06:40 / 08:57 10:29 10:48 11:20 10:49
38	238	Meier Florian	*Nordhorn	0:59:24	0:59:19	92	MHK	93	07:00 / 10:53 09:50 10:38 10:29 10:26
39	321	Blem Igor	LAMANN-METALLBAU	0:59:28	0:59:27	93	MHK	85	08:40 / 08:48 11:05 10:18 10:20 10:13
40	306	Heise Sebastian	*Schüttorf	1:00:08	1:00:07	95	MHK	85	07:40 / 10:37 10:36 10:24 10:34 10:14
41	273	Wedemeyer Tim	*Lilienthal	1:00:15	1:00:12	97	MHK	86	05:20 / 10:54 11:15 10:55 10:59 10:47
42	295	Sanders Leon	FC Leschede	1:00:30	1:00:27	98	MHK	92	05:00 / 11:01 11:14 10:59 11:11 11:00
43	47	Jans Hendrik	*Neuenhaus	1:00:48	1:00:44	99	MHK	92	06:00 / 09:46 11:29 11:32 11:08 10:47
44	93	Lucas Daniel	Buena Vista Kegelclub I	1:00:58	1:00:56	101	MHK	87	08:20 / 09:34 11:03 11:05 10:52 10:01
45	339	Hildebrandt Dennis	GESUNDHEITS-CENTER P1	1:01:10	1:01:05	102	MHK	90	05:40 / 10:10 10:47 12:03 11:10 11:13
46	264	Stöhrmann Dominik	*Nordhorn	1:01:31	1:01:25	105	MHK	93	06:40 / 10:50 10:41 11:07 11:24 10:41
47	349	Nguyen Viet Duc	keine	1:01:35	1:01:29	107	MHK	91	06:20 / 12:36 11:12 10:09 11:00 10:10
48	55	Janisng Matthias	Tri 4 Fun	1:02:24	1:02:23	112	MHK	87	06:00 / 09:24 11:41 11:42 12:00 11:33
49	263	Snyders Steve	Devillegs	1:02:34	1:02:24	113	MHK	92	01:20 / 14:38 11:21 11:04 11:47 12:11
50	120	Feldhues Marcel	FC Schüttorf 09 Wasserball	1:02:35	1:02:26	114	MHK	92	05:20 / 11:44 10:44 11:41 11:23 11:31
51	92	Schreinemacher Philipp	Buena Vista Kegelclub I	1:02:52	1:02:50	116	MHK	86	03:20 / 09:50 12:09 12:26 12:51 12:13
52	293	Schröder Philip	SV Concordia Emsbüren	1:03:10	1:03:07	117	MHK	93	07:40 / 11:01 11:14 10:59 11:11 11:00
53	227	Kulinna Peter	*Dorfen	1:03:45	1:03:40	122	MHK	89	05:00 / 11:40 12:15 11:36 11:13 11:53
54	315	Große-Brookhuis Guido	SSV Ohne -Der beste Mix-	1:04:00	1:03:59	123	MHK	90	06:00 / 09:56 11:58 11:57 12:03 12:03
55	270	Werner Jonas	SV Olympia Uelsen	1:04:09	1:04:01	124	MHK	92	04:40 / 12:45 12:14 11:34 11:46 11:01
56	236	Dänekas DR Sören	*Osnabrück	1:04:31	1:04:22	127	MHK	92	04:00 / 13:05 12:34 12:08 11:59 10:34
57	61	Bielefeld Matthias	nhs-süd Matschafften	1:04:38	1:04:34	128	MHK	88	07:00 / 09:50 11:32 12:13 11:59 11:57
58	352	Schroven Martin	*Nordhorn	1:04:59	1:04:53	132	MHK	89	09:00 / 12:13 11:27 10:47 10:47 10:38
59	78	Ippolito Gennaro	*Münster	1:05:00	1:04:58	133	MHK	90	03:00 / 11:05 12:14 12:53 13:33 12:11
60	139	Knoppe Lars	SV Bempen 09	1:05:13	1:05:10	134	MHK	88	07:20 / 09:53 11:33 12:06 12:03 12:13
61	284	Elbeshausen Max	*Rheine	1:05:43	1:05:41	137	MHK	93	03:40 / 10:57 13:11 13:00 12:27 12:24

**Männer**

62	133	Leuchtmann Julian	BFG	1:06:07	1:06:02	139	MHK	89	05:40 / 10:17 12:15 12:37 12:29 12:42
63	311	Wermeling Maximilian	*Bochum	1:06:43	1:06:41	142	MHK	94	05:00 / 10:54 13:15 12:56 12:34 12:00
64	155	Creemer Julian	*Nordhorn	1:06:46	1:06:36	143	MHK	89	06:00 / 10:59 12:28 12:55 12:30 11:41
65	117	Hüsken Yannik	big girls dont cry	1:07:54	1:07:50	147	MHK	91	04:40 / 11:37 12:22 13:04 13:57 12:09
66	36	Poll Pascal	*Nordhorn	1:08:19	1:08:10	149	MHK	91	02:40 / 13:33 13:12 13:13 13:04 12:27
67	206	Hesselink Gero	*Hoogstede	1:08:32	1:08:27	150	MHK	88	07:40 / 12:09 12:42 12:24 12:21 11:10
68	281	Kösters Julian	*Rheine	1:09:05	1:09:03	153	MHK	94	07:00 / 10:52 13:19 12:58 12:28 12:25
69	14	Schröder Kai	Team Steggewentze	1:09:29	1:09:18	154	MHK	90	06:20 / 13:09 12:35 12:34 12:31 12:06
70	278	Wolbert Henning	Das fantastische Duo	1:10:39	1:10:31	156	MHK	89	04:20 / 13:21 13:03 13:20 13:23 13:02
71	282	Kocks Sebastian	*Rheine	1:11:07	1:11:05	160	MHK	94	09:00 / 10:48 13:24 12:55 12:34 12:23
72	305	Holtkamp Tobias	*Nordhorn	1:11:50	1:11:39	163	MHK	90	07:40 / 13:51 12:18 13:00 12:30 12:19
73	304	Meyer Niels	*Nordhorn	1:12:10	1:11:59	166	MHK	90	08:00 / 13:52 12:18 13:01 12:28 12:18
74	126	Simmeling Kevin	Huize Epicurus	1:12:11	1:12:07	167	MHK	90	01:40 / 12:16 14:31 15:10 14:50 13:38
75	67	Ippolito Giuseppe	*Rheda-Wiedenbrück	1:12:37	1:12:35	168	MHK	87	06:00 / 11:05 14:02 14:04 13:38 13:45
76	134	Joscha Lübben	*Nordhorn	1:14:52	1:14:43	175	MHK	87	10:00 / 12:17 13:16 13:20 12:53 12:54
77	114	Böseler Christian	Hells Angeles	1:15:48	1:15:44	179	MHK	94	10:00 / 12:37 12:19 15:15 13:02 12:29
78	261	Roofls Peter	Devillegs	1:16:50	1:16:39	181	MHK	85	05:00 / 14:38 14:41 13:46 14:34 13:59
79	262	Hinderink Janik	Devillegs	1:18:10	1:18:00	185	MHK	92	06:20 / 14:40 14:39 13:55 14:39 13:45
80	364	Hüer Marian		1:18:58	1:18:48	187	MHK		05:20 / 13:42 14:04 14:51 16:09 14:39
81	361	Fuchs Mathis	Team Müller-Fuchs-Stadma	1:18:58	1:18:48	188	MHK		05:20 / 13:42 14:05 14:55 16:07 14:38
82	104	Niggenaber Christopher	Feuerwehr Lengerich II	1:21:43	1:21:31	194	MHK	93	09:20 / 14:14 14:52 14:29 14:25 14:10
83	116	Burchgart Andy	*Warendorf	1:24:51	1:24:49	195	MHK	86	05:20 / 13:16 17:20 16:25 16:36 15:50
84	122	Andersen Julian	Hörststraße 14	1:26:19	1:26:15	196	MHK	86	04:20 / 15:41 16:19 16:40 16:48 16:25
85	158	Beuker Christoph	*Emlichheim	1:28:52	1:28:43	198	MHK	89	06:20 / 17:03 16:34 16:30 16:12 16:02

**Altersklasse MU16**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		377	Venemann Kai	*Itterbeck	1:03:34	1:03:24	119	MU16	99	02:20 / 13:57 12:31 12:18 12:13 10:04

**Altersklasse MU18**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		272	Pertsch Steven	*Nordhorn	0:57:35	0:57:20	74	MU18	97	06:00 / 11:52 09:34 09:47 10:18 09:48

**Altersklasse MU20**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		28	Pieper Robin	Pieper Cooperation	0:41:01	0:41:01	1	MU20	95	03:40 / 06:41 07:32 07:53 07:38 07:34
2		375	Cramer Florian	SV Stikelkamp	0:49:36	0:49:36	16	MU20	95	08:00 / 07:08 08:34 08:50 08:30 08:32
3		242	Te Wildt Jan	Dreierwalder Höllenjungs	0:51:30	0:51:23	27	MU20	95	05:00 / 09:36 09:12 09:08 09:15 09:09
4		345	Schulz Luis	GESUNDHEITS-CENTER	P0:56:27	0:56:23	64	MU20	96	05:00 / 08:43 09:57 11:22 10:49 10:31
5		118	Bültmann Felix	FC Schüttorf 09 Wasserball	0:57:31	0:57:23	72	MU20	96	07:40 / 11:01 09:32 09:50 09:57 09:21
6		2	Hermesen Jonas	FC Schüttorf 09	0:58:55	0:58:46	88	MU20	96	06:20 / 10:28 10:25 10:53 10:38 09:59
7		119	Pott Hendrik	FC Schüttorf 09 Wasserball	0:59:52	0:59:43	94	MU20	96	10:00 / 11:03 09:36 09:49 09:56 09:17
8		343	Damkowski Marcel	GESUNDHEITS-CENTER	P1:03:31	1:03:27	118	MU20	96	08:00 / 10:58 11:29 10:57 11:34 10:28
9		344	Placke Marvin	GESUNDHEITS-CENTER	P1:05:31	1:05:28	135	MU20	96	10:00 / 10:59 11:28 10:57 11:32 10:30
10		341	Seifert Louis	GESUNDHEITS-CENTER	P1:07:01	1:06:57	145	MU20	96	05:20 / 10:12 14:42 14:18 11:13 11:10
11		105	Tuchen Tobias	Feuerwehr Lengerich II	1:15:42	1:15:32	177	MU20	95	03:20 / 14:24 15:08 14:20 14:09 14:09
12		342	Rüstmann Niko	GESUNDHEITS-CENTER	P1:15:45	1:15:42	178	MU20	96	08:00 / 11:44 13:14 14:29 14:29 13:45

## Frauen

## Altersklasse W30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		131	Sumbeck Imke	lc nordhorn	0:50:06	0:50:04	1	W30	84	06:20 / 08:18	08:43	08:39	09:09	08:53
2		353	Wanink Jessica	*Nordhorn	1:05:19	1:05:13	8	W30	82	09:20 / 12:13	11:27	10:47	10:47	10:38
3		21	Hausberg Julia	Team Ruhrpott	1:06:42	1:06:36	13	W30	83	07:00 / 11:51	11:36	11:40	12:20	12:06
4		51	Shoukry Sonia	*Münster	1:16:08	1:15:59	40	W30	83	02:40 / 15:04	14:47	14:36	14:35	14:14
5		101	Windmüller Daniela	Feuerwehr Lengerich I	1:18:03	1:17:51	48	W30	82	05:40 / 14:13	14:46	14:33	14:08	14:29
6		276	Flemming Tamara	*Köln	1:20:42	1:20:37	56	W30	80	08:00 / 14:33	16:05	13:39	14:17	14:01
7		287	Busch Andrea	Cologne Hell-Runners	1:20:43	1:20:38	57	W30	80	08:00 / 14:33	16:06	13:39	14:17	14:02
8		37	Oltmanns Aenny	Das O-Team	1:24:12	1:24:06	62	W30	80	09:00 / 14:33	15:03	15:02	15:12	15:14
9		81	Saalfeld Simone	Praxis Dr. Widmer	1:30:00	1:29:53	69	W30	80	06:40 / 14:59	16:35	17:15	17:27	16:57

## Altersklasse W35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		314	Holt Bärbel	SSV Ohne -Der beste Mix-	1:04:07	1:04:05	5	W35	78	02:40 / 11:21	12:36	12:29	12:30	12:26
2		50	Frühauß Melanie	LG Emsdetten	1:05:32	1:05:23	9	W35	75	02:40 / 12:36	12:30	12:31	12:36	12:29
3		31	Kurek Siemona	MoTorIng	1:13:18	1:13:16	35	W35	78	03:00 / 13:02	14:13	14:28	14:48	13:42
4		220	Bella-Gruber Paula	Team Eisenkarl	1:18:14	1:18:07	49	W35	75	09:00 / 14:36	13:30	13:42	13:53	13:24
5		327	Atik-Mäsker Susan	Team Eisenkarl	1:18:33	1:18:26	50	W35	76	09:20 / 14:00	13:50	13:45	13:40	13:50
6		3	Lüppe Mareike	Gassi- Club- Dackel 2010	1:19:59	1:19:56	54	W35	76	06:00 / 13:42	15:18	14:47	15:09	14:58
7		303	Ten Brink Gerlinde	NO PAIN NO GLORY	1:21:46	1:21:34	59	W35	75	06:00 / 16:07	15:23	14:41	14:50	14:31

## Altersklasse W40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		209	Kronshage Sylvia	Sylvia KronshagePT	1:03:56	1:03:54	4	W40	71	02:40 / 12:11	12:20	12:16	12:16	12:08
2		215	Bouwer Sylvia	*Nordhorn	1:06:11	1:06:04	11	W40	71	03:00 / 13:30	12:55	12:37	12:11	11:49
3		378	Schütte Rebecca	*Meppen	1:09:48	1:09:40	20	W40	71	08:00 / 14:06	12:07	11:43	12:17	11:25
4		366	Schröder Evelyn	*Meppen	1:11:28	1:11:19	26	W40	70	09:40 / 14:13	12:10	11:40	12:19	11:15
5		330	Weiß Andrea	Eisenkarl	1:16:34	1:16:27	42	W40	70	07:20 / 14:06	13:37	13:53	13:36	13:52
6		331	Lampe Renate	Eisenkarl	1:17:34	1:17:27	45	W40	71	08:20 / 14:10	13:37	13:50	13:04	14:25
7		248	Bras Ingrid	*Lingen	1:19:20	1:19:10	51	W40	74	10:00 / 14:31	13:24	13:52	13:44	13:37
8		39	Ortloff Andrea	Das O-Team	1:22:16	1:22:11	60	W40	71	10:00 / 13:27	14:44	15:20	14:42	13:56
9		302	Keil Tanja	NO PAIN NO GLORY	1:22:46	1:22:35	61	W40	74	07:00 / 16:02	15:26	14:42	14:45	14:37

## Altersklasse W45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		367	Lubbers Christiane	Team Lubbers-Funke-Rexe	1:07:48	1:07:39	17	W45	66	06:00 / 14:18	11:59	11:39	12:20	11:20
2		113	Leers Konni	Hells Angeles	1:10:28	1:10:24	22	W45	68	04:40 / 12:37	12:19	15:15	13:07	12:24
3		368	Funke Eva	Team Lubbers-Funke-Rexe	1:10:48	1:10:38	23	W45	68	09:00 / 14:08	11:40	11:53	12:19	11:37
4		369	Rexeis Ricarda	Team Lubbers-Funke-Rexe	1:11:48	1:11:39	27	W45	66	10:00 / 14:14	12:01	11:43	12:16	11:24
5		256	Huck Alexa	VfL Ahaus	1:12:00	1:11:56	29	W45	68	07:20 / 13:00	12:45	12:50	13:05	12:54
6		346	Menke Dagmar	Team Eisenkarl	1:12:34	1:12:26	31	W45	68	03:20 / 13:54	13:15	14:30	13:05	14:21
7		147	Ilgner Andrea	die Gartenpraxis	1:14:05	1:13:59	37	W45	66	07:40 / 13:21	13:34	13:23	13:01	12:58
8		89	Zaubzer Moni	*Schwerte	1:21:20	1:21:16	58	W45	67	08:20 / 14:32	14:32	15:10	14:38	14:03
9		82	Bremmer Anke	Praxis Dr. Widmer	1:26:19	1:26:12	64	W45	67	03:00 / 14:58	16:32	17:16	17:24	17:00
10		6	Raschke Iris	*Schüttorf	1:27:56	1:27:54	66	W45	69	07:40 / 15:01	16:14	16:48	16:15	15:55

## Altersklasse W50

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		10	Schleiner Karin	lauffreiwettringen	1:13:45	1:13:38	36	W50	61	07:00 / 13:28	12:59	13:01	13:21	13:47
2		5	Koße Wiltrud	Lauffreunde Emsland	1:16:45	1:16:38	43	W50	62	10:00 / 13:32	12:57	13:05	13:28	13:34
3		142	Eilering Karin	SV SuSa Tiger	1:17:46	1:17:43	46	W50	62	08:00 / 11:58	13:55	14:31	15:33	13:44

## Altersklasse W55

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		259	Rotering Birgitte	VfL Ahaus	1:13:01	1:12:58	32	W55	57	08:40 / 13:00	12:46	12:49	13:04	12:37

## Frauen

## Altersklasse WHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	294	Wetzstein Mareike	*Emsbüren	1:02:50	1:02:47	2	WHK	93	07:20 / 11:02 11:14 10:59 11:11 10:59
2	260	Krafeld Isabel	VfL Ahaus	1:03:21	1:03:17	3	WHK	94	04:20 / 11:41 11:50 11:48 12:15 11:21
3	156	Heinrichs Kristina	Team Ruhrpott	1:04:20	1:04:14	6	WHK	88	09:00 / 11:27 11:09 11:04 10:57 10:36
4	354	Duscha Julia	*Lingen	1:04:24	1:04:21	7	WHK	89	05:40 / 11:05 12:02 12:01 12:18 11:13
5	235	Oelgemöller Nora	*Osnabrück	1:05:51	1:05:42	10	WHK	92	05:20 / 13:05 12:34 12:10 11:58 10:34
6	66	Stermann Ina	Marathon Ibbenbüren	1:06:17	1:06:10	12	WHK	87	04:20 / 12:32 12:12 12:23 12:31 12:09
7	46	Helweg Mareen	*Emlichheim	1:06:49	1:06:42	14	WHK	89	07:40 / 13:10 11:54 11:55 11:13 10:47
8	205	Zwartscholten Gesa	*Emlichheim	1:07:12	1:07:08	15	WHK	92	06:20 / 12:11 12:40 12:32 12:18 11:04
9	137	Kötter-Orthaus Karin	*Gronau-Epe	1:08:21	1:08:11	18	WHK	86	07:20 / 12:45 12:12 12:00 11:59 11:53
10	136	Terhaar Janina	*Gronau-Epe	1:10:01	1:09:52	21	WHK	85	09:00 / 12:45 12:12 12:00 11:59 11:53
11	207	Steffen Linda	Laufgruppe SCU Emlichhei	1:11:07	1:11:03	24	WHK	92	10:00 / 12:12 12:42 12:35 12:19 11:14
12	376	Ribbert Lena	SCU Emlichheim	1:11:15	1:11:05	25	WHK	89	05:40 / 13:58 12:31 12:41 13:00 13:13
13	35	Huy Loreen	*Nordhorn	1:11:59	1:11:50	28	WHK	93	06:20 / 13:34 13:12 13:12 13:05 12:26
14	279	Schrovenwever Simone	Das fantastische Duo	1:12:19	1:12:11	30	WHK	88	06:00 / 13:22 13:02 13:20 13:25 13:00
15	112	Leers Milena	Hells Angeles	1:13:08	1:13:03	33	WHK	94	07:20 / 12:37 12:18 15:15 13:07 12:24
16	149	Schleiner Michaela	*Neuenkirchen	1:14:45	1:14:38	38	WHK	87	08:00 / 13:28 13:01 13:05 13:16 13:45
17	253	Türk DR Daniela	The incredible Sportskanone	1:15:36	1:15:29	39	WHK	88	05:00 / 14:41 14:12 13:46 13:58 13:50
18	251	Hermeling DR Hanne	The incredible Sportskanone	1:16:16	1:16:09	41	WHK	90	05:40 / 14:43 14:09 13:49 13:58 13:50
19	252	Rüther DR Verena	The incredible Sportskanone	1:16:56	1:16:49	44	WHK	86	06:20 / 14:42 14:10 13:48 13:57 13:50
20	127	Zwiers Paulien	Huize Epicurus	1:17:51	1:17:47	47	WHK	93	07:20 / 12:17 14:31 15:09 14:51 13:38
21	337	Plahm Margret	GESUNDHEITS-CENTER P	1:19:31	1:19:29	53	WHK	93	07:00 / 12:34 14:19 14:44 14:54 15:56
22	83	Stallknecht Yvonne	Praxis Dr. Widmer	1:25:19	1:25:13	63	WHK	90	02:00 / 14:59 16:34 17:14 17:24 17:00
23	64	Ekelhoff Alissa	*Wietmarschen	1:26:53	1:26:40	65	WHK	90	06:40 / 15:56 15:54 16:32 15:52 15:45
24	123	Andersen Tanja	Hörststraße 14	1:29:39	1:29:36	67	WHK	87	07:40 / 15:43 16:18 16:41 16:49 16:23
25	65	Siepkker Juliane	*Salzbergen	1:29:54	1:29:41	68	WHK	91	09:40 / 15:56 15:55 16:32 15:53 15:44
26	45	Klein Lara	*Emlichheim	1:32:32	1:32:23	70	WHK	92	10:00 / 17:03 16:35 16:30 16:11 16:02

## Altersklasse WU18

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	312	Buscher Elisa	SG VV Nordhorn	1:07:32	1:07:25	16	WU18	97	08:20 / 13:01 11:47 11:56 11:48 10:31
2	298	Hoffrogge Julia	Die Unbesiegbaren	1:13:09	1:13:04	34	WU18	97	03:40 / 13:37 14:17 13:59 13:49 13:40
3	297	Hoffrogge Johanna	Die Unbesiegbaren	1:19:29	1:19:25	52	WU18	97	10:00 / 13:37 14:17 14:00 13:50 13:39
4	299	Takke Jasmin	J# & R	1:34:56	1:34:51	71	WU18	97	06:00 / 15:59 18:12 19:19 18:39 16:41

## Altersklasse WU20

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	325	Hagedorn Femke	*Osterwald	1:09:46	1:09:36	19	WU20	95	08:20 / 13:57 12:32 12:18 12:13 10:16
2	230	Röttgers Insa	*Neuenhaus	1:20:11	1:20:10	55	WU20	95	09:20 / 12:13 14:30 14:39 14:56 14:30