

Männer

Altersklasse M30

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	798	Dall Tobias	Team FiTo	0:50:07	0:50:06	9	M30	86	09:00 / 07:47 08:25 08:14 08:35 08:03
2	443	Rabe Oliver	Wink Stanzwerkzeuge	0:52:19	0:52:10	14	M30	82	02:40 / 10:13 09:46 10:12 09:50 09:28
3	754	Konietzny Timo	NOZ MEDIEN	0:53:07	0:52:58	20	M30	84	03:20 / 11:33 09:20 10:00 09:35 09:08
4	151	Wedemeyer Tim	Höllenhunde	0:53:22	0:53:19	24	M30	86	04:40 / 08:24 10:12 10:01 10:03 09:58
5	294	Korbik Gregor	*Bergheim	0:54:43	0:54:41	29	M30	86	07:20 / 08:22 09:44 09:53 09:56 09:25
6	141	Schulte Bernd	DynamoTresen1608neV	0:55:36	0:55:34	34	M30	86	06:00 / 08:16 10:18 10:28 10:17 10:13
7	169	Casum Oliver	Harfensänger United	0:56:34	0:56:32	37	M30	82	04:40 / 08:46 10:53 11:36 10:29 10:07
8	138	Knümann Patrick	DynamoTresen1608neV	0:57:14	0:57:11	43	M30	86	08:20 / 08:11 10:18 10:12 10:30 09:38
9	102	Prager Daniel	Westfalia Bilk	0:58:35	0:58:29	59	M30	86	03:40 / 08:39 10:42 11:52 11:31 12:03
10	180	Saal Patrick	SSV Menzel	0:58:55	0:58:49	63	M30	84	08:20 / 08:18 10:28 10:09 11:13 10:18
11	275	Rickling Christian	*Nordhorn	0:58:58	0:58:56	64	M30	84	05:00 / 09:16 10:40 11:11 11:13 11:34
12	144	Gröttrup Gerrit	DynamoTresen1608neV	0:59:09	0:59:05	66	M30	86	05:40 / 09:25 10:39 11:11 10:53 11:15
13	16	Höcker Christian	*Wietmarschen-Lohne	0:59:23	0:59:20	68	M30	86	05:40 / 09:08 10:27 11:15 10:55 11:52
14	124	Wehlage Bernd	SC Baccum	1:00:58	1:00:45	85	M30	82	06:00 / 10:55 10:56 11:22 11:13 10:17
15	154	Fanroth Raphael	Höllenhunde	1:00:58	1:00:56	86	M30	85	09:20 / 08:58 10:14 10:51 10:50 10:41
16	287	Koch Bastian	FC Schüttorf 09 Laufabteil	1:01:02	1:00:56	89	M30	82	04:20 / 10:16 11:11 11:47 11:26 11:54
17	159	Weltzien Marcus	Sögel	1:02:16	1:01:56	100	M30	86	08:00 / 10:37 10:57 11:09 10:45 10:26
18	583	Simionoff Marcel	Muddy Unicorns II	1:02:25	1:02:21	101	M30	86	06:00 / 10:59 11:08 11:51 11:22 10:59
19	155	Endres Thomas	Höllenhunde	1:02:26	1:02:23	102	M30	85	07:20 / 10:53 10:42 11:42 10:46 10:57
20	167	Scheve Björn	Harfensänger United	1:02:56	1:02:54	112	M30	85	02:19 / 09:09 12:01 14:05 12:46 12:31
21	282	Friedrichsen Kristof	Krimatho	1:03:14	1:03:07	116	M30	83	06:20 / 10:27 10:39 13:42 11:26 10:32
22	394	Vorbrink Daniel	GBS Grafschaft Bentheim	1:03:18	1:03:15	119	M30	85	10:00 / 09:15 10:49 11:06 11:46 10:17
22	395	Ruffing Andre	GBS Grafschaft Bentheim	1:03:18	1:03:16	119	M30	84	10:00 / 09:16 10:45 11:11 11:25 10:37
24	143	Haverkamp Benny	Dynamo Tresen 1608 neV	1:03:53	1:03:50	125	M30	86	05:40 / 10:04 11:45 12:09 12:32 11:39
25	271	Oldeweme Sebastian	Jandorse	1:03:55	1:03:47	126	M30	83	07:00 / 11:02 10:58 12:55 11:12 10:39
26	466	Klapper Michael	SV Langenhorst/Welbergen	1:05:07	1:05:03	140	M30	83	01:40 / 12:37 11:55 12:56 13:09 12:44
27	464	Schmagt Dennis	Desperate Housemen	1:05:12	1:05:06	141	M30	82	07:20 / 10:38 12:43 11:37 11:38 11:09
28	730	Potyka Nico	*Osnabrück	1:06:56	1:06:56	159	M30	82	06:59 / 13:31 11:17 11:40 11:55 11:30
29	833	Salzbrunn Benjamin	Harfensänger United	1:07:52	1:07:49	167	M30	86	05:40 / 10:59 12:11 12:57 13:11 12:49
30	380	Grafe Benedikt	Höllendullies	1:08:01	1:07:58	168	M30	86	08:00 / 09:43 11:51 12:56 12:34 12:51
31	775	Müller Manuel	WSF Neuenhaus	1:08:05	1:07:58	169	M30	82	04:59 / 13:27 12:28 12:33 12:00 12:28
32	723	Böhm Alexander	*Lotte	1:08:11	1:08:06	173	M30	85	06:40 / 12:38 11:22 11:59 12:42 12:43
33	46	Evers Dennis	Kenias letzte Reserve	1:08:37	1:08:25	175	M30	84	03:20 / 14:47 13:11 12:22 12:47 11:56
34	392	Buschen Jochen	Höllendullies	1:08:41	1:08:39	176	M30	82	02:19 / 10:08 12:32 14:24 14:06 15:06
35	51	Gysbers Dennis	*Uelsen	1:08:55	1:08:38	181	M30	86	05:00 / 14:19 13:15 11:04 11:08 13:50
36	789	Heyen Henning	Mudmasters	1:09:57	1:09:46	193	M30	84	02:00 / 15:07 13:10 12:45 13:01 13:41
37	415	La Marcel	Suicide Squad	1:10:16	1:10:13	199	M30	84	06:00 / 10:03 12:21 13:34 15:03 13:10
38	812	Hoffmann Roman	Tick Trick und Track	1:10:25	1:10:22	202	M30	84	02:40 / 15:43 13:04 14:15 12:22 12:16
39	75	Dermer Andreas	Crespel & Deiters	1:10:28	1:10:22	203	M30	83	09:40 / 10:23 12:28 12:45 12:35 12:29
40	139	Verwold Gerwin	Dynamo Tresen 1608 neV	1:10:35	1:10:31	205	M30	86	08:20 / 12:25 12:02 12:30 12:50 12:22
41	562	Wesseler Andre	Laufftreff FC Ottenstein	1:12:54	1:12:51	227	M30	82	07:40 / 11:19 14:06 13:18 12:56 13:30
42	44	Hartmann Andreas	Kenias letzte Reserve	1:12:57	1:12:45	228	M30	82	07:40 / 14:25 13:17 12:39 12:47 11:55
43	116	Bohnen Christoph	1. LC EmMe	1:13:02	1:12:56	229	M30	86	04:59 / 12:29 11:49 14:39 14:00 13:49
44	134	Deters Jan Paul	*Osnabrück	1:13:12	1:12:47	234	M30	86	09:40 / 14:05 11:49 11:57 13:39 11:34
45	179	Maatmann Gerald	Wilsun läuft...	1:14:14	1:14:01	244	M30	84	02:20 / 16:22 13:32 14:08 13:47 13:51
46	757	Becks Daniel	Canu Club Emsdetten	1:14:39	1:14:31	248	M30	84	05:20 / 15:09 13:47 13:50 13:21 13:02
47	173	Köhler Norman	*Meppen	1:15:02	1:14:57	255	M30	83	07:00 / 12:29 12:58 14:39 13:59 13:49
48	550	Voßkötter Tobias	*Hamburg	1:15:15	1:15:13	258	M30	85	03:40 / 13:50 14:11 14:56 14:19 14:15
49	777	Somberg Stefan	ENO Team Early Bird	1:15:20	1:15:16	260	M30	82	07:00 / 13:21 13:22 13:34 13:43 14:14
50	788	Tengen Frank	Mudmasters	1:15:59	1:15:47	267	M30	86	08:00 / 15:11 13:39 12:44 13:12 13:00
51	744	Stein Matthias	TV Jahn Rheine	1:16:08	1:16:00	269	M30	86	10:00 / 15:14 14:24 13:46 11:36 10:57
52	592	Latus Michael	Landwehr 1	1:16:27	1:16:17	272	M30	86	05:00 / 16:34 13:28 13:54 13:44 13:35
53	246	Peters Manuel	VfL Herzlake	1:16:56	1:16:54	277	M30	82	07:40 / 12:32 14:09 14:40 14:30 13:20
54	247	Peters Oliver	VfL Emslage	1:17:14	1:17:12	282	M30	86	08:00 / 12:31 14:10 13:34 15:35 13:21
55	439	Fritsch Marc	Wink Stanzwerkzeuge	1:20:40	1:20:29	311	M30	85	05:40 / 14:09 15:46 14:51 15:00 15:00
56	717	Herbers Björn	Dynamo Beyer	1:21:44	1:21:33	317	M30	85	10:00 / 15:24 14:27 13:54 14:04 13:42
57	50	Olthuis Henning	*Uelsen	1:22:50	1:22:35	322	M30	85	04:40 / 17:55 16:11 15:37 14:13 13:57
58	25	Albrecht Waldemar	*Merzen	1:24:12	1:24:01	328	M30	86	08:20 / 14:43 15:23 15:41 15:06 14:45
59	388	Wehrmeyer Heiko	*Neuenhaus	1:24:14	1:24:07	329	M30	82	09:59 / 15:12 14:55 14:44 14:19 14:55
60	435	Pechuel-Loesche Robin	Die Kampfgeister	1:24:32	1:24:07	331	M30	82	03:59 / 19:30 14:54 14:41 15:16 15:44
61	753	Stritzke Markus	NOZ MEDIEN	1:27:09	1:27:00	342	M30	86	06:40 / 15:49 15:35 15:28 16:46 16:39

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62	427	Schneider Alexander	Taekwondo Hörstel	1:27:27	1:27:19	344	M30	86	07:20 / 15:04	15:41	16:05	16:12	16:55
63	87	Veurink Elmo	*Wielen	1:27:30	1:27:16	345	M30	86	09:20 / 17:44	16:23	15:36	14:11	13:59
64	45	Wever Jens	Kenias letzte Reserve	1:27:30	1:27:17	346	M30	83	09:20 / 17:45	16:58	15:06	14:06	13:59
65	361	Zielmann Ingo	Bude Harmkusen	1:28:45	1:28:23	349	M30	84	02:19 / 17:45	17:42	17:55	15:26	17:12
66	362	Vrielmann Jens	Bude Harmkusen	1:30:25	1:30:08	354	M30	84	03:59 / 19:14	17:37	17:01	16:05	16:09
67	368	Rüße Markus	Lauftreff Tausendschön	1:31:28	1:31:14	358	M30	83	05:40 / 19:17	16:16	17:21	16:06	16:32
68	374	Lübbbers Lars	Bude Harmkusen	1:32:44	1:32:27	363	M30	84	06:19 / 17:51	17:36	18:08	16:20	16:09
69	364	Wolterink Sascha	Bude Harmkusen	1:33:04	1:32:47	364	M30	85	06:39 / 17:50	17:40	17:57	15:28	17:09
70	357	Maathuis Henning	*Haselünne	1:33:44	1:33:27	367	M30	84	07:20 / 17:51	17:40	18:21	15:18	16:56
71	24	Beer Benjamin	British Military Fitness	1:35:13	1:35:09	368	M30	82	05:40 / 15:11	17:41	18:44	19:07	18:43
72	489	Lübker Dirk	Physikalische Gesetzesbrec	1:40:37	1:40:22	379	M30	82	06:00 / 19:41	18:43	19:13	19:59	16:43
73	420	Asmann Jörn	Running Gag	1:43:05	1:43:02	381	M30	86	08:19 / 17:32	19:31	20:11	19:28	17:58
74	70	Stermann Benjamin	Crespel & Deiters	1:58:31	1:58:20	387	M30	84	06:00 / 24:39	22:18	22:51	20:39	21:50

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Altersklasse M35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		403	Heymann Sebastian	Sv Concordia Emsbüren	0:43:59	0:43:58	3	M35	81	03:00 / 07:14 08:35 08:24 08:24 08:19
2		558	Rahe Kristoffer	*Nordhorn	0:56:32	0:56:27	36	M35	80	02:20 / 10:03 10:21 10:56 11:54 10:51
3		386	Niehoff Jens	Höllendullies	0:56:36	0:56:32	39	M35	80	06:39 / 08:12 11:20 10:20 10:07 09:50
4		610	Gebbeken Ingo	LF	0:57:41	0:57:31	48	M35	77	04:59 / 10:19 10:21 10:37 10:45 10:27
5		826	Schmelnik Matthias		0:58:29	0:58:27	57	M35	78	03:19 / 10:16 11:15 11:28 11:12 10:54
6		31	Rolves Kai	*Volllage	0:59:36	0:59:29	70	M35	77	02:40 / 09:40 11:11 11:52 12:13 11:52
7		112	Viße Martin	DJK Arminia Ibbenbüren	1:00:06	1:00:01	75	M35	79	06:40 / 10:25 10:14 10:31 10:49 11:21
8		133	Tebbel Matthias	*Nordhorn	1:00:16	1:00:08	77	M35	79	03:00 / 11:01 10:46 12:41 11:29 11:10
9		280	Veerkamp Thorsten	Krimatho	1:00:31	1:00:24	79	M35	81	06:20 / 10:32 10:29 10:46 10:53 11:22
10		152	Busch Andreas	Höllenhunde	1:02:13	1:02:11	99	M35	78	07:20 / 10:53 10:43 11:43 10:44 10:47
11		73	Kleemann Rüdiger	Crespel & Deiters	1:03:01	1:02:51	113	M35	81	03:20 / 10:54 11:31 13:14 12:17 11:33
12		468	Bohn Carsten	*Emsbüren	1:03:55	1:03:50	128	M35	77	07:40 / 10:57 11:15 11:35 11:07 11:14
13		113	Londa Andre	Wuppertal	1:04:02	1:03:58	129	M35	78	10:00 / 10:31 10:29 10:55 10:55 11:06
14		760	Henkel Jens	*Lingen	1:04:10	1:04:05	130	M35	77	05:40 / 13:23 11:23 11:23 11:31 10:42
15		571	Niehaus Henrik	RunningGag	1:04:50	1:04:45	135	M35	77	06:20 / 10:26 12:02 11:57 11:25 12:34
16		21	Vischer Markus	Olympia Uelsen	1:05:04	1:05:02	138	M35	79	09:20 / 09:18 11:19 11:43 11:58 11:22
17		463	Krist Daniel	Desperate Housemen	1:05:12	1:05:06	141	M35	80	07:20 / 10:37 12:17 11:23 11:45 11:42
18		477	Gosink Holger	Lauftreff 1000schön	1:05:19	1:05:03	146	M35	77	04:40 / 14:02 11:51 11:44 11:16 11:29
19		150	Hartmann Sven	Höllenauslauf	1:06:23	1:06:21	153	M35	77	07:20 / 11:04 11:11 12:31 12:13 11:59
20		397	Depmann Andreas	GBS Grafschaft Bentheim	1:06:54	1:06:48	158	M35	80	07:00 / 12:52 12:25 12:41 11:19 10:30
21		606	Wesselmann Andreas	Mudder Master	1:07:07	1:06:55	162	M35	80	09:20 / 11:18 11:25 11:56 11:32 11:21
22		110	Hoppmann Dennis	Nichtsköner	1:07:27	1:07:18	164	M35	78	05:40 / 13:18 12:16 12:13 12:12 11:35
23		267	Hoffschör Andreas	*Lingen	1:08:15	1:08:08	174	M35	78	05:00 / 12:06 12:50 12:34 12:57 12:39
24		79	Speer Kai	altabernichtkaputt	1:08:52	1:08:49	180	M35	77	09:40 / 12:03 11:52 11:59 11:50 11:23
25		158	Ull Oliver	S.C. Osterbrock	1:09:54	1:09:37	189	M35	80	04:00 / 12:54 12:37 13:14 14:00 12:50
26		352	Möller Robert	Die drei lustigen Zwei	1:09:56	1:09:44	192	M35	79	03:40 / 12:59 13:07 13:11 13:03 13:43
27		306	Eilers Sascha	Zimmerei Eilers	1:10:11	1:10:10	197	M35	81	05:20 / 11:47 11:55 13:13 14:25 13:27
28		552	Wesker Thorsten	GBS Grafschaft	1:10:36	1:10:30	206	M35	78	05:40 / 12:49 13:11 13:05 12:56 12:47
29		440	Neuwinger Thomas	Wink Stanzwerkzeuge	1:10:52	1:10:34	208	M35	77	04:20 / 14:32 12:28 12:53 13:21 12:58
30		55	Bartels Heiko	*Uelsen	1:11:28	1:11:16	215	M35	77	04:40 / 14:44 12:55 13:05 13:10 12:40
31		518	Müller Sebastian	FC Schüttorf 09	1:11:29	1:11:14	216	M35	80	03:20 / 16:25 12:56 12:29 12:48 13:14
32		80	Mai Manuel	altabernichtkaputt	1:12:34	1:12:30	224	M35	80	03:59 / 12:04 12:48 13:20 15:35 14:42
33		123	Röhr Christian	Team Heinz	1:13:45	1:13:36	239	M35	79	08:39 / 11:57 12:36 14:13 12:59 13:09
34		525	Raben Andre	Väter der Föhrenstrolche	1:14:13	1:13:53	243	M35	77	05:00 / 16:10 12:34 12:55 14:05 13:08
35		423	Börjes Yves	*Nordhorn	1:17:33	1:17:26	285	M35	80	03:20 / 12:54 15:08 14:45 14:47 16:30
36		808	Nienhaus Dirk	*Bocholt	1:18:40	1:18:31	293	M35	78	04:20 / 14:36 15:01 14:48 14:09 15:35
37		758	Blömer Christian	Canu Club Emsdetten	1:19:19	1:19:11	305	M35	81	10:00 / 15:08 13:48 14:00 13:10 13:02
38		200	Horstkamp Tobias	*Wietmarschen	1:21:01	1:20:55	313	M35	80	03:19 / 14:24 15:34 16:29 15:50 15:16
39		800	Detels Daniel	Team Eiszeit	1:21:35	1:21:28	316	M35	78	06:20 / 15:59 15:44 14:11 14:49 14:24
40		801	Rotert Jan	Team Eiszeit	1:22:36	1:22:27	321	M35	80	07:20 / 15:58 14:35 15:21 14:47 14:23
41		764	Seeck Oliver	*Meppen	1:25:10	1:25:10	333	M35	77	08:20 / 31:53 14:37 15:51 14:27 00:00
42		763	Jaspers Nico	*Meppen	1:26:20	1:26:20	335	M35	79	03:00 / 32:39 00:00 17:45 16:42 16:12
43		432	Ottenjann Marc	Die Kampfgeister	1:26:52	1:26:29	339	M35	81	06:20 / 19:31 14:56 14:40 15:15 15:44
44		679	Grundmann Marc	Chinese Wall	1:29:14	1:29:09	351	M35	80	03:59 / 18:02 16:35 16:42 17:08 16:39
45		365	Arends André	Lauftreff Tausendschön	1:29:25	1:29:11	352	M35	81	03:00 / 19:44 17:10 17:01 16:06 16:07
46		678	Alberts Jörn	Chinese Wall	1:30:33	1:30:29	356	M35	81	05:19 / 18:00 16:39 16:23 16:54 17:12
47		263	Hümer Thorsten	TV Jahn 1919 Borgholzau	1:35:22	1:35:22	369	M35	81	07:00 / 00:00 00:00 00:00 00:00 00:00
48		490	Meyerrose Sven	Physikalische Gesetzesbrec	1:44:02	1:43:46	382	M35	77	09:20 / 19:40 18:50 19:12 19:56 16:46
49		491	Eismann Marco	Physikalische Gesetzesbrec	1:44:18	1:44:02	384	M35	79	09:40 / 19:30 18:53 19:14 20:00 16:43

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Altersklasse M40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		91	Gügelmeyer Stefan	SV Dalum	0:49:04	0:49:03	8	M40	72	03:59 / 07:27	09:14	09:41	09:42	08:58
2		18	Kammler Andreas	Aktiv Park	0:52:46	0:52:44	19	M40	76	04:20 / 07:58	10:24	10:23	10:09	09:27
3		52	Nackat Lars	*Rheine	0:54:50	0:54:48	30	M40	74	06:00 / 09:01	09:49	10:14	09:47	09:55
4		588	Brüning Maik	LG Fingeramfuss	0:57:03	0:57:00	40	M40	74	04:40 / 09:22	10:19	10:35	11:11	10:50
5		13	Hanneken Stefan	*Geeste	0:57:56	0:57:54	52	M40	74	03:39 / 09:16	11:12	11:21	11:05	11:18
6		802	Ihnken Michael	Lauffreunde Emsland	0:58:08	0:58:03	54	M40	75	02:00 / 10:39	10:48	11:05	11:58	11:31
7		586	Krey Markus	LG Fingeramfuss	0:58:13	0:58:09	55	M40	72	02:40 / 09:47	10:51	11:26	11:59	11:25
8		587	Grothuesheitkamp Joche	LG Fingeramfuss	1:01:21	1:01:17	91	M40	76	03:20 / 10:00	11:59	12:05	11:47	12:04
9		14	Schwänen Markus	*Haren	1:03:06	1:03:00	114	M40	74	02:40 / 11:10	11:08	13:28	12:58	11:35
10		78	Loh Markus	altabernichtkaputt	1:03:32	1:03:28	121	M40	75	04:20 / 12:04	11:51	11:59	11:52	11:20
11		135	Steingäß Helmut	*Haren	1:04:29	1:04:22	133	M40	76	02:19 / 11:20	12:19	12:35	13:06	12:41
12		793	Schulte Thorsten	*Meppen	1:05:07	1:05:02	139	M40	74	05:19 / 12:10	11:46	11:51	12:05	11:48
13		794	Raue Ludger	*Meppen	1:05:28	1:05:22	148	M40	75	05:40 / 12:15	11:42	11:51	12:00	11:51
14		345	Strodt Christian	*Lingen	1:06:15	1:06:10	152	M40	72	09:20 / 10:46	11:47	11:59	11:16	11:01
15		172	Helper Erik	Helper	1:06:45	1:06:41	155	M40	72	08:00 / 10:03	11:11	13:59	12:08	11:17
16		616	Volkery Thomas	*Köln	1:06:52	1:06:45	157	M40	75	06:59 / 13:33	12:26	10:56	11:22	11:26
17		310	Menzel Thorsten	Zimmerei Eilers	1:08:11	1:08:10	172	M40	75	03:20 / 09:54	13:47	13:11	14:28	13:27
18		675	Wösten Carsten	Composites Haren	1:09:38	1:09:33	186	M40	72	06:20 / 12:51	13:27	13:11	12:10	11:32
19		399	Bock Thorsten	GBS Grafenschaft Bentheim	1:09:55	1:09:49	191	M40	75	10:00 / 11:47	11:40	12:56	12:04	11:20
20		396	Böhm Holger	GBS Grafenschaft Bentheim	1:10:06	1:10:00	195	M40	74	03:20 / 12:05	13:23	13:35	13:06	14:29
21		185	Tyman Achim	Wilsum läuft	1:11:22	1:11:07	212	M40	72	04:00 / 15:56	12:34	13:10	12:53	12:32
22		711	Andre PROF Paschek	*Recke	1:12:16	1:12:10	222	M40	74	04:40 / 13:12	13:14	13:28	13:22	14:12
23		622	Gruber Stephan	Team Eisenkarl	1:12:37	1:12:17	225	M40	72	03:19 / 17:16	12:46	12:58	12:54	13:01
24		696	Tenambergen Andre	Die Unbezwingbaren	1:13:11	1:13:06	233	M40	75	05:40 / 13:08	13:18	13:28	13:22	14:08
25		285	Herdemann Christian	*Merzen	1:13:25	1:13:17	236	M40	72	07:40 / 12:06	12:42	13:04	13:57	13:47
26		193	Schareina Marc	Die Super-Seydels 1	1:13:45	1:13:23	239	M40	73	02:19 / 15:53	12:56	13:34	13:49	14:49
27		98	Lampe-Kipker Michael	*Osnabrück	1:13:48	1:13:41	241	M40	74	03:00 / 13:01	15:32	14:03	13:45	14:18
28		2	Backherms Rafael	SUS Darne	1:14:17	1:14:08	245	M40	74	06:00 / 13:11	13:03	14:47	13:34	13:31
29		6	Bicks Bernd	Laufftreff Lüdinghausen	1:14:30	1:14:16	246	M40	72	09:20 / 12:52	13:24	13:45	12:37	12:15
30		524	Hüttenhuis Andre	Väter der Föhrenstrolche	1:15:22	1:15:02	261	M40	74	03:59 / 16:08	12:43	14:05	13:43	14:20
31		36	Hermeling Heiner	Wilsum läuft	1:15:24	1:15:08	262	M40	72	02:20 / 15:53	14:01	13:51	14:09	14:52
32		702	Schmitt Burkhard	*Wietmarschen	1:15:46	1:15:39	265	M40	73	03:20 / 14:30	13:46	14:48	14:07	15:06
33		703	Honrath Holger	*Wietmarschen	1:17:06	1:16:58	280	M40	73	04:40 / 14:33	13:42	14:41	14:16	15:04
34		201	Mebben Bernd	*Meppen	1:17:54	1:17:52	287	M40	74	07:20 / 12:33	14:27	14:21	14:34	14:34
35		486	Möller Michael	*Emsbüren	1:18:13	1:17:59	289	M40	75	09:00 / 16:37	13:12	13:13	12:58	12:57
36		584	Baumung Dirk	LG Fingeramfuss	1:19:14	1:19:09	303	M40	72	05:20 / 12:01	14:36	17:24	15:05	14:41
37		705	Brands Björn	*Wietmarschen	1:20:06	1:19:59	306	M40	72	07:40 / 14:34	13:42	14:47	14:13	15:00
38		821	Groß-Holtwick Markus	Hemdener SV	1:20:40	1:20:31	310	M40	74	06:20 / 14:42	15:00	14:47	14:09	15:31
39		746	Reeker Jörg	TV Jahn Rheine	1:23:02	1:22:54	323	M40	72	03:20 / 17:15	15:42	15:14	15:24	15:57
40		619	Dilli Matthias	Team Eisenkarl	1:24:34	1:24:18	332	M40	75	03:20 / 17:27	16:11	16:36	15:25	15:17
41		698	Brebaum Guido	*Wettringen	1:26:20	1:26:11	336	M40	73	05:20 / 17:12	16:01	15:49	16:29	15:18
42		27	Blekker Gerwin	Wilsum läuft	1:27:16	1:26:59	343	M40	74	05:00 / 17:32	16:17	15:17	16:22	16:29
43		825	Seidel Timo		1:30:22	1:30:18	353	M40	73	02:20 / 14:41	18:40	19:33	18:15	16:47
44		183	Westrup Peter	*Papenburg	1:30:44	1:30:25	357	M40	72	09:20 / 17:40	17:09	15:50	15:43	14:40
45		266	Gromball Mike	*Geeste	1:38:10	1:37:51	372	M40	75	06:59 / 17:59	17:21	18:28	18:30	18:30
46		344	Lucas Jürgen	*Lingen	1:38:29	1:38:18	373	M40	75	09:59 / 18:42	16:34	17:24	18:04	17:32

Männer

Altersklasse M45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		71	Schulz Dieter	Crespel & Deiters	0:51:31	0:51:26	11	M45	68	03:20 / 08:26	10:15	09:50	09:44	09:48
2		12	Fanwick Klaus	*Schüttorf	0:52:06	0:52:05	13	M45	68	01:40 / 08:21	10:26	10:43	10:33	10:20
3		72	Jasper Manfred	Crespel & Deiters	0:52:34	0:52:27	16	M45	69	03:00 / 08:45	10:07	10:08	10:09	10:17
4		778	Büter Rainer	ENO Team Early Bird	0:53:20	0:53:17	23	M45	69	03:39 / 10:24	09:37	10:14	09:57	09:23
5		835	Brockmann Sigi	*Nordhorn	0:55:05	0:54:59	31	M45	68	03:20 / 10:33	09:40	10:38	10:39	10:08
6		203	Gabel Tobias	Klage Nicht - Kämpfe	0:57:48	0:57:47	49	M45	67	05:40 / 09:22	10:27	10:44	10:58	10:34
7		202	Glashörster Andreas	Klage Nicht - Kämpfe	0:57:48	0:57:47	50	M45	70	05:40 / 09:23	10:26	10:47	10:57	10:33
8		498	Weber Ingo	MSF- Multi Sports Fighter	0:57:49	0:57:47	51	M45	69	04:20 / 08:54	10:46	11:09	11:31	11:04
9		341	Grönniger Daniel	*Lingen	0:58:06	0:58:01	53	M45	71	02:20 / 10:06	11:06	11:02	12:04	11:21
10		8	Hols Thomas	Lauftreff Lüdinghausen	0:59:59	0:59:43	73	M45	71	07:00 / 11:56	09:48	10:25	10:21	10:11
11		117	Heyen Thomas	Meppen	1:00:33	1:00:32	80	M45	69	04:20 / 10:47	11:12	11:17	11:37	11:18
12		779	Gräther Andreas	*Meerbusch	1:01:43	1:01:39	95	M45	71	08:20 / 10:39	11:39	10:44	10:42	09:33
13		714	Unger Erik	*Bad Bentheim	1:02:28	1:02:24	103	M45	67	08:00 / 10:33	10:53	11:10	11:01	10:45
14		569	Klass Florian	RunningGag	1:03:10	1:03:06	115	M45	68	04:40 / 10:33	12:05	11:51	11:35	12:20
15		668	Glettner Rudi	*Nordhorn	1:07:45	1:07:43	165	M45	67	05:20 / 12:13	12:53	13:15	11:47	12:14
16		101	Scheve Michael	SV Olympia Uelsen Laufr	1:07:47	1:07:41	166	M45	71	07:20 / 10:16	12:10	13:26	12:38	11:49
17		412	Nähring Martin	Taekwondo Hörstel	1:08:43	1:08:36	178	M45	69	03:20 / 13:24	13:14	12:52	13:14	12:29
18		585	Althoetmar Georg	LG Fingeramfuss	1:09:16	1:09:12	182	M45	68	07:20 / 12:35	11:42	12:01	12:42	12:49
19		211	Welzel Hartmut	TSV Concordia Schöninghs	1:09:31	1:09:12	184	M45	70	04:40 / 14:44	12:18	12:25	13:01	12:03
20		4	Stobbe Matthias	Lauftreff Lüdinghausen	1:10:02	1:09:47	194	M45	71	04:20 / 12:51	13:33	13:37	12:44	12:40
21		334	Schneider Jörg	@ läuft	1:10:28	1:10:15	204	M45	69	03:59 / 17:03	13:27	13:02	11:18	11:23
22		39	Klomp Jörg	Wilsum läuft	1:11:11	1:10:55	211	M45	71	06:39 / 15:41	11:44	12:25	12:37	11:47
23		375	Schwietering Thomas	VfL Ahaus	1:11:39	1:11:32	217	M45	70	05:19 / 13:05	13:25	13:27	13:14	12:59
24		126	Vocks Peter	SC Baccum	1:13:04	1:12:51	230	M45	70	03:20 / 13:30	14:06	13:59	13:54	14:00
25		130	Laskowski Jörg	Georgs Reha&Vital Hörstel	1:13:14	1:13:04	235	M45	71	09:39 / 13:18	12:28	12:14	12:30	12:52
26		99	Hartmann Raphael	*Ibbenbüren	1:14:48	1:14:41	249	M45	70	03:59 / 14:17	14:16	14:03	13:46	14:17
27		691	Gehling Maik	*Recke	1:14:56	1:14:51	252	M45	70	07:20 / 13:13	13:13	13:18	13:28	14:16
28		196	Heckmann Johannes	Die Super-Seydels 2	1:15:00	1:14:37	254	M45	70	09:20 / 16:18	11:33	12:14	13:02	12:08
29		559	Knipping Frank	Lauftreff FC Ottenstein	1:15:29	1:15:26	263	M45	71	09:59 / 12:17	13:18	13:34	13:16	13:00
30		232	Lüppe Rüdiger	Gassiclub Dackel 2010	1:15:31	1:15:26	264	M45	68	02:00 / 14:06	14:30	15:08	14:50	14:50
31		7	Hüvel Marcell	Lauftreff Lüdinghausen	1:16:02	1:15:46	268	M45	70	07:00 / 13:05	13:18	14:15	14:03	14:03
32		125	Tieke Ludger	SC Baccum	1:16:08	1:15:55	270	M45	70	06:20 / 13:41	13:54	13:59	13:52	14:06
33		701	Rüelmann Frank	*Wietmarschen	1:16:26	1:16:19	271	M45	70	03:59 / 14:29	13:48	14:48	14:07	15:05
34		809	Weidig Ole	*Bocholt	1:17:00	1:16:50	278	M45	71	02:40 / 14:36	15:01	14:48	14:08	15:35
35		494	Michalik Marek	MMG	1:18:24	1:18:17	291	M45	69	05:40 / 14:59	14:41	14:10	14:26	14:19
36		37	Klein Holger	Wilsum läuft	1:19:03	1:18:46	297	M45	71	05:19 / 16:00	14:12	14:29	14:45	13:58
37		674	Ruhmke Detlef	Composites Haren	1:19:17	1:19:12	304	M45	67	08:40 / 12:53	13:19	14:45	14:20	15:13
38		523	Stegink Heico	Großer Döner spezial	1:20:08	1:19:55	307	M45	70	08:40 / 16:34	13:01	14:18	13:48	13:31
39		774	Schaffron Christian	*Meppen	1:31:52	1:31:52	359	M45	71	08:20 / 50:24	17:11	15:55	00:00	00:00
40		684	Harrer Oliver	*Aschaffenburg	1:38:00	1:37:49	371	M45	70	07:20 / 17:24	17:33	18:47	19:06	17:37

Männer**Altersklasse M50**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		34	Beckhuis Günter	Olympia Uelsen	0:56:35	0:56:31	38	M50	63	05:00 / 09:38	10:10	10:49	10:39	10:13
2		64	Stude Siegfried	*Emsdetten	1:01:31	1:01:29	94	M50	63	07:20 / 09:34	10:40	11:09	11:17	11:27
3		727	Bröker Dirk	*Emlichheim	1:02:10	1:02:10	98	M50	66	04:20 / 10:31	11:17	12:15	12:02	11:43
4		170	Helper Arno	Helper	1:02:38	1:02:33	106	M50	64	02:19 / 11:47	11:46	12:38	12:29	11:31
5		807	Van Wieren Gebhard	Laufress SV Olympia Uelse	1:02:56	1:02:53	111	M50	63	05:20 / 10:52	10:47	12:00	11:38	12:13
6		171	Helper Heinrich	Helper	1:06:50	1:06:45	156	M50	66	03:39 / 15:27	11:56	11:36	12:07	11:57
7		437	Klompmaker Arthur	*Nordhorn	1:06:56	1:06:46	160	M50	65	08:40 / 11:32	11:02	12:08	11:37	11:46
8		743	Mager Hartmut	TV Jahn Rheine	1:07:21	1:07:14	163	M50	66	09:59 / 10:58	10:58	11:59	11:13	12:05
9		676	Albers Heino	Composites Haren	1:08:08	1:08:04	170	M50	66	03:39 / 12:45	13:23	13:17	12:10	12:47
10		56	Brandt Jochen	S.V. Olympia Uelsen	1:08:42	1:08:34	177	M50	65	04:20 / 13:26	12:51	12:52	13:00	12:04
11		413	Van der Stap Ron	Taekwondo Hörstel	1:09:23	1:09:15	183	M50	65	03:59 / 13:29	12:36	13:18	13:16	12:34
12		197	Verwold Holger	Die Super-Seydels 2	1:21:34	1:21:14	315	M50	63	08:00 / 15:11	13:46	14:18	14:55	15:01
13		5	Vosberg Daniel	Lauftreff Lüdinghausen	1:21:51	1:21:36	319	M50	66	06:00 / 14:10	14:45	15:38	16:20	14:42
14		811	Duscha Andreas	Tick Trick und Track	1:23:39	1:23:37	325	M50	62	07:20 / 15:42	15:40	15:00	15:06	14:48
15		766	Hoffrogge Ralf	Familienausflug	1:28:58	1:28:55	350	M50	63	08:39 / 16:30	16:00	16:16	16:47	14:41
16		756	Fortmann Alfons	*Börger	1:32:15	1:32:13	361	M50	65	03:40 / 15:54	18:10	18:18	17:56	18:13
17		353	Behrends Johannes	Die drei lustigen Zwei	1:32:23	1:32:08	362	M50	66	03:20 / 20:10	17:41	17:49	17:08	15:59
18		191	Dove Sigggi	schafft die Schützenvereine	1:36:56	1:36:50	370	M50	62	09:59 / 16:42	17:42	17:39	17:18	17:28

Altersklasse M55

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		175	Vosskötter Ralf	Zimmerei Eilers	0:53:23	0:53:22	25	M55	60	01:00 / 08:41	10:26	11:04	10:54	11:15
2		590	Müller Norbert	LG Fingeramfuss	1:00:36	1:00:31	81	M55	59	03:40 / 10:30	11:18	11:39	11:48	11:34

Männer

Altersklasse MHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	803	Lange Andreas	LG Braunschweig	0:42:37	0:42:36	1	MHK	91	06:00 / 07:38 07:22 07:13 07:28 06:53
2	65	Sperver Michael	Spervers Hofladen	0:42:59	0:42:58	2	MHK	90	05:20 / 06:55 07:39 07:27 07:57 07:37
3	722	Redmers Christian	Büfa Reinigungssysteme G	0:45:19	0:45:19	4	MHK	90	04:00 / 08:05 08:32 08:16 08:21 08:03
4	406	Steinweg Henning	freeXactive	0:48:35	0:48:34	5	MHK	88	03:00 / 08:09 09:53 09:08 09:21 09:02
5	706	Meyer Jörn9229997720	*Bad Bentheim	0:48:42	0:48:41	6	MHK	88	02:00 / 08:36 09:17 09:31 09:46 09:30
6	795	Schröer Julian	Team FiTo	0:48:55	0:48:55	7	MHK	95	04:20 / 07:49 08:58 09:22 09:19 09:06
7	405	Temme Eike	freeXactive	0:51:15	0:51:13	10	MHK	88	05:40 / 08:07 09:54 09:08 09:21 09:01
8	526	Gövert Helge	Die Seitenstecher	0:51:59	0:51:48	12	MHK	91	06:20 / 08:47 09:10 09:13 09:06 09:11
9	797	Speet Thorsten	Team FiTo	0:52:31	0:52:31	15	MHK	88	07:40 / 08:07 08:55 08:59 09:28 09:20
10	603	Grebe Nikolaus	Die apokalyptischen Reiter	0:52:45	0:52:42	18	MHK	90	01:00 / 08:54 10:43 11:28 10:21 10:13
11	283	Heyart Benedikt	Baccumer Bravehearts	0:53:07	0:53:05	20	MHK	90	04:40 / 08:45 09:49 10:36 09:23 09:51
12	404	Zander Michael	freeXactive	0:53:15	0:53:13	22	MHK	91	07:40 / 08:07 09:51 09:23 09:10 09:01
13	351	Möller Paul	Die drei lustigen Zwei	0:54:07	0:54:03	26	MHK	89	06:00 / 08:56 10:11 10:00 09:26 09:28
14	384	Wilken Heiko	Höllendullies	0:54:24	0:54:19	27	MHK	93	03:40 / 09:04 10:47 10:23 10:18 10:05
15	834	Spieker Andre	TuS Germania Horstmar	0:54:38	0:54:37	28	MHK	94	08:39 / 08:01 09:00 09:19 09:54 09:42
16	824	Saberineghad Alireza	Team Schüttorf	0:55:20	0:55:20	32	MHK	87	02:00 / 00:00 00:00 00:00 00:00 00:00
17	708	Jansen Christoph	Grafschafter Nachrichten	0:55:35	0:55:33	33	MHK	87	06:40 / 10:18 09:48 10:05 09:30 09:10
18	103	Schleiner Marius	Westfalia Bilk	0:55:36	0:55:30	35	MHK	91	05:40 / 08:40 10:01 10:13 10:48 10:06
19	277	Sobotzik Patrick	*Dorfen bei München	0:57:13	0:57:08	42	MHK	88	03:39 / 09:55 10:45 11:11 10:57 10:38
20	385	Zumsande Thomas	Höllendullies	0:57:32	0:57:30	44	MHK	87	05:20 / 09:05 10:30 10:57 11:08 10:29
21	823	Zazai Asadullah	Team Schüttorf	0:57:37	0:57:37	45	MHK	96	06:00 / 00:00 00:00 00:00 00:00 00:00
22	377	Wilken Niklas	Höllendullies	0:57:40	0:57:36	46	MHK	88	00:40 / 09:33 11:36 12:33 12:09 11:03
23	828	Exeler Andre	EXCLUSIVE Med-Fitness	0:57:41	0:57:38	47	MHK	91	05:00 / 09:19 10:43 10:55 11:32 10:07
24	470	Vehring DR Gerd	Awesome Monkeys	0:58:16	0:58:08	56	MHK	89	04:20 / 10:36 10:48 10:40 11:16 10:26
25	381	Ziolkowski Marco	Höllendullies	0:58:47	0:58:43	61	MHK	89	07:20 / 08:47 11:02 10:41 10:36 10:15
26	532	Göckener Moritz	TRUCHELS	0:58:54	0:58:51	62	MHK	92	04:00 / 09:26 11:48 12:32 11:24 09:40
27	104	Claas Christoph	Westfalia Bilk	0:59:03	0:59:03	65	MHK	87	02:40 / 08:58 11:22 12:40 11:09 11:12
28	557	Hempel Dennis	*Nordhorn	0:59:12	0:59:07	67	MHK	89	04:59 / 10:04 10:19 10:56 11:54 10:52
29	305	Kappers Oliver	Autohaus Wessels	0:59:32	0:59:15	69	MHK	95	05:40 / 12:35 09:42 11:05 09:41 10:31
30	604	Darmstädter Peter	Die apokalyptischen Reiter	0:59:43	0:59:39	71	MHK	87	09:59 / 08:51 10:39 10:32 09:42 09:53
31	529	Segbert Marc	TRUCHELS	0:59:47	0:59:45	72	MHK	91	09:59 / 09:18 10:23 10:06 10:04 09:52
32	527	Lanfer Alexander	TRUCHELS	1:00:02	0:59:59	74	MHK	90	03:20 / 09:27 11:56 12:25 11:28 11:21
33	223	Klomp Jens	Borussia Neuenhaus 08	1:00:09	1:00:03	76	MHK	90	09:39 / 09:12 09:57 10:23 10:44 10:04
34	243	Poll Sebastian	Msc Schüttorf	1:00:48	1:00:46	83	MHK	90	06:00 / 08:39 11:11 11:37 12:02 11:15
35	580	Schnitter Kevin	*Schüttorf	1:00:53	1:00:51	84	MHK	89	06:00 / 09:54 11:27 11:42 11:21 10:25
36	533	Reckhenrich Jan Cornel	TRUCHELS	1:00:59	1:00:55	87	MHK	91	10:00 / 09:18 10:16 10:19 10:12 10:48
37	733	Hüstermann Patrick	The swimming horses	1:01:00	1:01:00	88	MHK	96	07:40 / 09:32 11:43 11:44 10:18 10:00
38	256	Beuke Michael	Crespel & Deiters	1:01:13	1:01:08	90	MHK	92	08:20 / 09:25 10:12 10:53 11:01 11:15
39	607	Spinneker Daniel	Mudder Master	1:01:25	1:01:13	92	MHK	90	04:20 / 11:17 11:24 11:57 11:30 10:44
40	479	Lahuis Ruben	*Itterbeck	1:01:58	1:01:40	96	MHK	96	02:40 / 13:27 11:09 11:38 11:08 11:35
41	530	Kramer Jan	TRUCHELS	1:02:04	1:02:01	97	MHK	93	02:40 / 10:10 12:03 12:27 12:13 12:26
42	709	Kurpali Perparim	Grafschafter Nachrichten	1:02:33	1:02:32	104	MHK	89	07:40 / 10:34 10:58 11:29 10:26 11:23
43	609	Bechtold Viktor	*Sögel	1:02:36	1:02:24	105	MHK	88	02:20 / 14:06 11:20 11:12 11:10 12:14
44	234	Peinert Patrick	*Suddendorf	1:02:41	1:02:39	107	MHK	89	08:19 / 08:15 11:37 11:39 11:53 10:53
45	762	Lennartz Stefan	*Lingen	1:02:49	1:02:44	108	MHK	89	04:20 / 13:22 11:24 11:21 11:26 10:47
46	269	Teders Jan	Jandorse	1:02:52	1:02:42	109	MHK	89	03:40 / 11:36 11:29 12:22 11:33 12:00
47	445	Schütten Christian	Wink Stanzwerkzeuge	1:02:56	1:02:37	110	MHK	88	04:20 / 15:08 11:18 10:55 10:51 10:04
48	531	Segbert Daniel	TRUCHELS	1:03:17	1:03:13	117	MHK	92	08:20 / 09:26 11:48 12:31 11:24 09:43
49	272	Afting Jonathan	Baccumer Bravehearts	1:03:18	1:03:14	118	MHK	96	08:20 / 09:03 11:02 12:00 12:04 10:43
50	233	Berger Torben	*Lingen	1:03:44	1:03:41	123	MHK	88	05:00 / 09:21 11:56 13:02 12:30 11:49
51	378	Rehnen Udo	Höllendullies	1:03:52	1:03:49	124	MHK	92	06:39 / 09:38 11:26 12:25 11:20 12:17
52	137	Klund Reinhold	*Bippen	1:03:55	1:03:31	127	MHK	87	07:40 / 12:46 10:15 11:55 10:30 10:23
53	142	Ennen Karsten	Dynamo Tresen 1608 neV	1:04:19	1:04:17	131	MHK	89	06:20 / 10:02 11:02 13:09 12:17 11:25
54	710	Breuker Jörg	WSF Neuenhaus	1:04:39	1:04:33	134	MHK	89	03:00 / 11:34 12:44 13:11 11:55 12:07
55	528	Kramer Timo	TRUCHELS	1:04:53	1:04:50	136	MHK	91	08:40 / 10:14 11:58 11:36 11:24 10:57
56	444	Schütten Tim	Wink Stanzwerkzeuge	1:05:16	1:04:58	143	MHK	90	06:40 / 15:08 11:18 10:55 10:51 10:03
57	337	Lucas Daniel	Lucas - Grönniger	1:05:16	1:05:13	144	MHK	87	08:40 / 09:55 11:33 11:52 11:40 11:30
58	216	Gruszelewski Patrick	*Steinfurt	1:05:17	1:05:09	145	MHK	87	06:20 / 11:03 11:20 12:52 12:01 11:30
59	499	Zech Gerrit	*Geeste	1:05:21	1:05:06	147	MHK	88	09:00 / 10:38 10:29 11:05 11:49 12:02
60	725	Metten Karsten	HeMeHi	1:05:31	1:05:29	149	MHK	91	05:19 / 11:19 12:17 12:08 13:23 11:00
61	737	Mendrina Max	TV Jahn Rheine	1:05:49	1:05:42	150	MHK	91	03:20 / 15:14 14:24 13:47 09:18 09:36

Männer

62	278	Kahlert Christoph	*Dorfen bei München	1:05:55	1:05:47	151	MHK	89	03:20 / 09:50	10:52	13:06	13:48	14:49
63	724	Hilderink Christian	HeMeHi	1:06:32	1:06:30	154	MHK	92	06:20 / 11:13	12:21	12:03	13:29	11:01
64	265	Löderbusch Sebastian	Hafensänger United	1:08:10	1:08:07	171	MHK	87	02:40 / 10:52	12:49	13:28	14:22	13:53
65	465	Fliege Thorsten	Desperate Housemen	1:08:44	1:08:38	179	MHK	93	06:40 / 10:41	12:42	12:59	12:55	12:39
66	478	Waldt Rene	*Uelsen	1:09:32	1:09:14	185	MHK	96	05:20 / 13:34	12:21	12:38	12:38	12:41
67	304	Egbers Jonas	Autohaus Wessels	1:09:42	1:09:25	187	MHK	88	01:40 / 12:49	13:08	13:08	14:15	14:22
68	442	Andryszek Lucas	Wink Stanzwerkzeuge	1:10:12	1:10:02	198	MHK	94	07:40 / 14:06	12:31	11:56	12:05	11:41
69	441	Kalawarny Jeffrey	Wink Stanzwerkzeuge	1:10:20	1:10:11	200	MHK	90	09:00 / 10:13	11:48	13:58	13:32	11:38
70	615	Leprich Kai	ASC Grün-Weiß 49	1:10:22	1:10:05	201	MHK	96	09:20 / 13:56	11:30	11:41	11:57	11:39
71	417	Boersma Kevin	Suicide Squad	1:10:37	1:10:34	207	MHK	88	06:20 / 10:04	12:19	13:36	15:06	13:08
72	457	Gebbeken Christopher	Morastsprinter	1:11:26	1:11:06	213	MHK	96	03:20 / 19:38	12:02	12:15	12:04	11:46
73	370	Boll Volker	Lauffreff Tausendschön	1:11:28	1:11:12	214	MHK	90	07:40 / 14:01	12:08	13:26	12:13	11:42
74	732	Schoppmeier Jan	TuS Lüchtringen	1:11:43	1:11:40	218	MHK	95	04:20 / 11:04	13:10	13:15	14:55	14:55
75	279	Kulinna Peter	*Dorfen bei München	1:11:54	1:11:48	219	MHK	89	09:20 / 10:33	12:27	13:38	12:45	13:02
76	307	Baars Joel	Zimmerei Eilers	1:12:10	1:12:09	220	MHK	92	07:20 / 09:55	13:52	13:05	14:28	13:27
77	612	Quickert Simon	*Bad Bentheim	1:12:15	1:12:01	221	MHK	96	09:00 / 14:07	12:07	12:08	12:33	12:04
78	496	Maathuis Jano	*Uelsen	1:12:33	1:12:15	223	MHK	96	08:19 / 12:22	13:06	13:13	12:57	12:16
79	118	Heumann Dennis	Team Heinz	1:12:44	1:12:35	226	MHK	91	07:40 / 11:52	12:41	14:12	12:59	13:09
80	521	Olthoff Lars	Großer Döner spezial	1:13:08	1:12:57	231	MHK	92	01:40 / 16:34	13:00	14:20	13:43	13:37
81	822	Alkade Ahmad	Team Schüttorf	1:13:29	1:13:28	237	MHK	94	09:59 / 10:22	12:32	13:09	14:04	13:19
82	549	Zenker Stephan	SK Lation	1:13:31	1:13:23	238	MHK	91	02:20 / 15:33	13:27	13:01	14:26	14:34
83	791	Runde Stefan	Mudmasters	1:14:36	1:14:24	247	MHK	87	06:40 / 15:06	13:10	12:42	13:02	13:42
84	67	Striet Philipp	*Aachen	1:14:48	1:14:43	250	MHK	91	07:20 / 12:54	13:15	14:22	13:43	13:07
85	177	Dänekas PROF Sören	*Osnabrück	1:15:13	1:14:55	256	MHK	92	06:40 / 15:17	13:55	12:55	12:54	13:12
86	360	Bösch Armin	FC09	1:15:14	1:14:57	257	MHK	90	02:00 / 17:09	13:40	14:03	14:15	13:47
87	599	Hölzen Carsten	Landwehr 3	1:15:47	1:15:36	266	MHK	88	04:20 / 16:35	13:27	13:51	13:40	13:42
88	540	Heinze Frederic	SK Lation	1:16:31	1:16:21	273	MHK	91	05:20 / 15:29	13:38	13:50	13:55	14:07
89	790	Schnettberg Patrick	Mudmasters	1:16:40	1:16:29	275	MHK	88	08:39 / 15:09	13:41	12:45	13:05	13:07
90	456	Geers Philipp	Morastsprinter	1:16:46	1:16:27	276	MHK	93	08:40 / 19:38	12:03	12:15	12:03	11:46
91	495	Vieira Gabriel	MMG	1:17:04	1:16:57	279	MHK	87	04:20 / 14:59	14:41	14:10	14:26	14:19
92	539	Lienkamp Daniel	SK Lation	1:17:11	1:17:02	281	MHK	88	06:00 / 15:31	13:35	13:26	13:43	14:44
93	493	Schoormann Marc	MMG	1:17:25	1:17:19	283	MHK	87	04:40 / 15:01	14:41	14:12	14:25	14:18
94	484	Hüsken Yannik	Baccumer Bravehearts	1:17:33	1:17:23	286	MHK	91	04:20 / 14:55	13:59	14:41	15:13	14:14
95	547	Overberg Sebastian	SK Lation	1:18:30	1:18:21	292	MHK	91	07:20 / 15:30	13:55	13:33	13:54	14:08
96	736	Schmalbrock Steffen	TV Jahn Rheine	1:18:44	1:18:36	294	MHK	94	08:00 / 15:15	14:32	13:39	13:39	13:29
97	598	Bras Henning	Landwehr 3	1:18:47	1:18:36	295	MHK	95	07:20 / 16:37	13:24	14:03	13:31	13:38
98	818	Mertin Andreas	*Halle	1:18:51	1:18:48	296	MHK	88	02:00 / 12:40	14:32	16:17	16:17	16:59
99	501	Schievink Thomas	B-Team: A-Team ist übert	1:19:03	1:18:59	298	MHK	88	04:00 / 12:57	14:46	15:32	16:26	15:16
100	704	Suttmann Tobias	*Wietmarschen	1:19:05	1:18:59	300	MHK	87	06:39 / 14:32	13:44	14:43	14:14	15:03
101	511	Geerink Gerald	Die Seitenstecher	1:19:09	1:18:57	301	MHK	91	06:00 / 13:56	12:23	12:42	12:28	21:26
102	564	Ippolito Gennaro	*Hanau	1:19:14	1:19:07	302	MHK	90	05:00 / 15:18	14:51	15:00	14:49	14:08
103	548	Schlebach Simon	SK Lation	1:20:11	1:20:02	308	MHK	92	09:00 / 15:30	13:08	13:23	14:08	14:51
104	178	Wenning Ingo	Wilsum läuft/Dynamo Trese	1:20:15	1:20:02	309	MHK	87	08:20 / 16:21	13:32	14:08	13:47	13:52
105	210	Malon Artur	TSV Concordia Schöninghs	1:20:53	1:20:35	312	MHK	92	03:20 / 18:38	16:12	14:12	14:28	13:44
106	537	Ahmann Sebastian	SK Lation	1:21:11	1:21:01	314	MHK	92	10:00 / 15:32	13:52	13:34	13:35	14:26
107	718	Schrant Christoph	Dynamo Beyer	1:21:44	1:21:33	318	MHK	89	10:00 / 15:24	14:23	14:36	13:27	13:41
108	601	Bertels Matthias	Muddy Unicorns III	1:22:04	1:22:04	320	MHK	87	07:40 / 13:57	14:28	15:28	15:47	14:41
109	752	Hagemeyer Dennis	NOZ MEDIEN	1:23:03	1:22:55	324	MHK	92	03:40 / 14:52	15:29	15:30	15:13	18:09
110	817	Dick Viktor	*Halle	1:23:53	1:23:53	326	MHK	87	06:00 / 00:00	00:00	00:00	00:00	00:00
111	768	Heyenga Dennis	Familienausflug	1:23:58	1:23:55	327	MHK	93	03:39 / 16:31	15:59	16:15	16:47	14:41
112	772	Hummeldorf Martin	*Lingen	1:24:14	1:24:04	330	MHK	88	07:40 / 16:32	14:42	15:16	15:14	14:38
113	750	Golka Jan	NOZ MEDIEN	1:26:05	1:25:56	334	MHK	88	06:40 / 14:50	15:29	15:31	15:14	18:10
114	671	Leikamm Julian	*Nordhorn	1:26:32	1:26:18	337	MHK	89	08:39 / 17:44	15:00	13:46	14:53	16:14
115	751	Richter Renke	NOZ MEDIEN	1:26:45	1:26:37	338	MHK	90	07:20 / 15:03	15:20	15:30	15:13	18:09
116	686	Wilken Daniel	WRU1	1:26:57	1:26:45	340	MHK	93	03:00 / 16:50	16:51	16:44	16:56	16:22
117	290	Hüser Dennis	*Meppen	1:27:03	1:26:45	341	MHK	95	05:40 / 18:33	16:17	15:49	15:45	14:39
118	54	Snyders Eike	*Uelsen	1:27:50	1:27:36	347	MHK	87	09:40 / 17:57	16:14	15:36	14:15	13:53
119	454	Steinmetz Matthias	Morastsprinter	1:28:13	1:27:53	348	MHK	93	08:19 / 19:36	14:47	15:06	15:31	14:32
120	755	Kopatz Niels	NOZ MEDIEN	1:30:28	1:30:17	355	MHK	88	08:20 / 15:51	16:03	16:32	16:58	16:30
121	815	Jaekel Oskar	Fahr zu Hölle	1:32:13	1:32:11	360	MHK	90	08:39 / 16:41	16:12	16:55	17:05	16:36
122	787	Oudehinken Andreas	OSC Damme	1:33:13	1:33:07	365	MHK	88	08:00 / 17:57	16:36	16:30	17:19	16:42
123	373	Arends Frank	Bude Harmkusen	1:33:24	1:33:08	366	MHK	87	06:59 / 17:54	17:40	18:17	15:58	16:17
124	288	Weber Patrick	Sälker IT Solutions	1:38:51	1:38:45	375	MHK	90	05:40 / 15:51	20:23	19:46	18:05	18:58
125	673	Konjer Simon	*Nordhorn	1:40:18	1:40:08	376	MHK	90	03:00 / 17:48	20:07	19:37	20:22	19:12

Männer

126	482	Demel Christoph	*Ramsel	1:40:33	1:40:19	378	MHK	93	08:39 / 19:27 17:05 18:21 18:31 18:14
127	728	Seiler Steffen	*Nordhorn	1:40:57	1:40:47	380	MHK	87	03:40 / 18:03 19:51 19:35 20:27 19:09
128	469	Germann Alexander	Awesome Monkeys	1:44:07	1:43:59	383	MHK	91	09:00 / 21:22 20:16 19:20 17:04 16:55
129	672	Hinterland Mike	*Nordhorn	1:45:17	1:45:07	385	MHK	89	08:00 / 17:59 20:00 19:32 20:26 19:09
130	595	Schmele Marcus	Landwehr 2	1:48:56	1:48:45	386	MHK	90	07:40 / 20:43 20:32 22:13 21:37 15:59

Altersklasse MU18

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		829	Meyer Jona	FC Schüttorf 09	0:52:45	0:52:41	17	MU18	99	04:20 / 09:50 09:10 10:20 09:26 09:32
2		245	Schwarze Robert	AktivFabrik	0:58:31	0:58:29	58	MU18	99	08:00 / 08:23 09:56 10:37 10:53 10:38
3		579	Thomassen Justin	*Schüttorf	1:00:42	1:00:40	82	MU18	00	05:20 / 10:15 11:23 11:35 11:18 10:49
4		712	Lang Aron	SV Veldhausen 07	1:03:42	1:03:36	122	MU18	00	03:00 / 11:29 11:55 12:39 12:24 12:07
5		522	Buscher Malte	Großer Döner spezial	1:04:28	1:04:15	132	MU18	99	02:00 / 16:34 13:00 13:20 09:55 09:24
6		713	Lang Jonas	SV Veldhausen 07	1:06:59	1:06:53	161	MU18	00	04:00 / 12:21 11:55 12:55 13:10 12:31
7		189	Cerny Hannes	FC Schüttorf 09	1:09:48	1:09:26	188	MU18	00	05:00 / 14:10 12:28 12:44 13:23 11:40
8		194	Schareina Till	Die Super-Seydels 1	1:09:54	1:09:43	190	MU18	99	09:20 / 12:12 12:03 12:32 11:51 11:42
9		190	Ossadnik Simon	FC Schüttorf 09	1:10:08	1:09:47	196	MU18	00	05:19 / 14:10 12:28 12:43 13:24 11:40
10		291	Stejskal Philipp	Lauftreff Lüdinghausen	1:13:08	1:12:54	232	MU18	99	05:40 / 12:09 12:32 12:56 15:11 14:24
11		260	Hufnagel Clemens	Lauftreff Lüdinghausen	1:14:08	1:13:54	242	MU18	99	06:40 / 11:57 12:46 12:50 15:05 14:35
12		28	Bookholt Tom	FC Schüttorf 09	1:16:36	1:16:32	274	MU18	99	04:40 / 13:52 14:08 14:42 14:46 14:23
13		259	Gerwin Michael	Lauftreff Lüdinghausen	1:17:28	1:17:15	284	MU18	00	10:00 / 12:10 12:31 12:57 15:10 14:26
14		685	Harrer Yannick	*Aschaffenburg	1:40:21	1:40:09	377	MU18	99	09:40 / 17:23 17:33 18:47 19:06 17:37

Altersklasse MU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		301	Placke Marvin	Team promesstec	0:58:44	0:58:40	60	MU20	97	03:59 / 08:53 11:37 12:10 10:54 11:04
2		819	Bömelburg Lennart	*Höxter	1:00:16	1:00:13	78	MU20	98	05:00 / 10:38 11:09 11:05 10:59 11:19
3		731	Schoppmeier Jonas	TuS Lühtringen	1:01:26	1:01:23	93	MU20	97	06:20 / 10:40 11:10 11:06 11:02 11:02
4		690	Börger Florian	*Drievorden	1:04:58	1:04:53	137	MU20	98	07:40 / 10:21 10:34 12:30 12:24 11:23
5		401	Backsmann Johannes	SV Union Meppen	1:10:58	1:10:54	209	MU20	98	05:00 / 15:49 12:56 13:50 12:15 11:01
6		308	Neiz Daniel	Zimmerei Eilers	1:11:10	1:11:09	210	MU20	97	06:20 / 10:03 13:41 13:10 14:27 13:25
7		249	Termühlen Henning	on fire	1:14:52	1:14:40	251	MU20	98	06:59 / 14:04 12:58 13:41 13:38 13:17
8		759	Wacker Lennart	Canu Club Emsdetten	1:14:59	1:14:51	253	MU20	98	05:40 / 15:08 13:46 13:50 13:23 13:03
9		497	Oudehinkel Niels	*Wilsum	1:15:17	1:14:59	259	MU20	97	09:00 / 13:38 12:34 13:22 12:59 13:24
10		542	Breitkopf Jonas	SK Lation	1:18:10	1:18:02	288	MU20	97	06:59 / 15:30 13:08 13:21 14:09 14:52
11		721	Müller David	Dynamo Beyer	1:18:24	1:18:15	290	MU20	97	06:40 / 15:26 14:23 14:36 13:27 13:41
12		720	Beyer Jarmain	Dynamo Beyer	1:19:04	1:18:54	299	MU20	98	07:20 / 15:25 14:23 14:34 13:30 13:39

Frauen

Altersklasse W30

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	42	Sumbeck Imke	LC Nordhorn	0:51:26	0:51:26	2	W30	84	05:19 / 08:10 09:29 09:23 09:43 09:18
2	738	Reinhold Melanie	TV Jahn Rheine	1:09:47	1:09:41	17	W30	83	03:40 / 15:59 13:40 13:44 11:38 10:58
3	832	Wanink Jessica	Alle Jahre wieder	1:11:21	1:11:12	23	W30	82	08:00 / 15:18 11:47 12:27 11:38 12:01
4	553	Fefer Svetlana	GBS Grafenschaft	1:13:56	1:13:50	38	W30	85	09:00 / 12:49 13:11 13:07 12:54 12:48
5	270	Teders Dorothee	Jandorse	1:16:36	1:16:28	56	W30	83	09:20 / 13:05 13:32 13:36 13:42 13:12
6	776	Somberg Sarah	ENO Team Early Bird	1:17:00	1:16:56	57	W30	85	08:40 / 13:21 13:22 13:37 14:00 13:54
7	132	Tebbel Kathrin	*Nordhorn	1:18:05	1:17:57	68	W30	82	08:00 / 15:59 13:17 14:11 13:18 13:10
8	32	Rolves Leann	*Volltage	1:20:05	1:19:55	88	W30	82	08:00 / 14:59 14:45 14:12 14:28 13:29
9	429	Krumdieck Katja	Stress 123	1:21:30	1:21:20	98	W30	84	08:20 / 13:54 13:49 15:10 14:30 15:35
10	799	Detels Eleonor	Team Eiszeit	1:22:55	1:22:48	108	W30	82	07:40 / 15:59 15:43 14:14 14:47 14:22
11	581	Korbal Ewelina	Muddy Unicorns II	1:23:23	1:23:19	109	W30	85	09:00 / 13:52 14:28 15:28 15:47 14:41
12	296	Beckmann Marika	*Uelsen	1:25:41	1:25:28	132	W30	84	03:40 / 17:13 17:32 16:39 15:32 14:50
13	567	Niehaus Jasmin	RunningGag	1:25:42	1:25:34	133	W30	83	10:00 / 16:30 14:45 15:08 14:49 14:20
14	700	Böckenfeld Carolin	*Wettringen	1:26:39	1:26:29	138	W30	86	05:40 / 17:06 16:04 15:41 16:33 15:24
15	218	Schmidt Eva-Maria	der gestiefelte Muskelkater	1:26:50	1:26:34	140	W30	85	07:00 / 17:21 15:10 15:57 15:53 15:11
16	426	Subrizki Viktoria	Taekwondo Hörstel	1:27:47	1:27:39	146	W30	85	07:40 / 15:04 15:41 15:59 16:20 16:55
17	699	Waterkamp Sandra	*Wettringen	1:28:20	1:28:10	151	W30	85	07:20 / 17:06 16:05 15:42 16:36 15:19
18	617	Beser Inna	*Schüttorf	1:28:29	1:28:08	152	W30	86	10:00 / 17:34 15:31 14:53 15:05 15:03
19	434	Olthuis Cherin	Die Kampfgeister	1:28:32	1:28:08	153	W30	85	08:00 / 19:30 14:56 14:40 15:15 15:44
20	220	Schütte Kathrin	der gestiefelte Muskelkater	1:29:10	1:28:54	157	W30	82	09:20 / 17:20 15:14 15:52 15:54 15:12
21	96	Altmeyen Melanie	Milch-Schnitten	1:30:54	1:30:42	165	W30	83	08:00 / 18:50 16:40 16:27 16:16 14:27
22	621	Stilber Ina	Team Eisenkarl	1:30:54	1:30:38	166	W30	85	09:40 / 17:24 16:16 16:37 15:25 15:16
23	461	Voet Monique	*Uelsen	1:31:07	1:30:56	168	W30	86	09:20 / 18:47 15:24 16:23 15:52 15:08
24	681	Reffelt Caroline	Chinese Wall	1:32:54	1:32:49	176	W30	82	07:40 / 18:01 16:37 16:41 17:09 16:38
25	93	Brüggemann Stefanie	Milch-Schnitten	1:32:54	1:32:43	177	W30	83	10:00 / 18:50 16:40 16:24 16:17 14:30
25	97	Uchtmann-Specken Eva-	Milch-Schnitten	1:32:54	1:32:43	177	W30	82	10:00 / 18:50 16:40 16:25 16:17 14:29
27	366	Jeurink Conny	Lauffreff Tausendschön	1:34:25	1:34:10	181	W30	86	08:00 / 19:44 17:09 17:01 16:07 16:07
28	363	Jeurink Carmen	Bude Harmkusen	1:35:25	1:35:10	187	W30	84	09:00 / 19:39 17:14 17:01 16:10 16:03
29	17	Determann Sabine	*Uelsen	1:35:37	1:35:22	188	W30	84	10:00 / 19:43 16:38 16:01 16:14 16:44
30	53	Vrielmann Janine	*Uelsen	1:40:43	1:40:28	200	W30	85	08:20 / 18:35 18:16 18:16 18:36 18:24
31	447	Vrielmann Gunda	Wink Stanzwerkzeuge	1:42:12	1:41:53	204	W30	82	09:00 / 17:21 18:25 19:13 19:18 18:34

Altersklasse W35

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	68	Kaiser Sonja	*Düsseldorf	1:10:30	1:10:25	22	W35	78	02:00 / 12:37 13:39 14:23 14:15 13:29
2	748	Loh Martina	TV Jahn Rheine	1:13:09	1:13:02	33	W35	78	03:40 / 14:39 13:53 14:01 13:17 13:31
3	35	Harsman Friedchen	Wilsum läuft	1:16:22	1:16:06	55	W35	78	02:40 / 16:46 14:06 14:14 14:19 13:58
4	816	Kohne Tanja	*Duisburg	1:17:10	1:17:02	59	W35	77	07:40 / 14:47 13:45 14:00 13:15 13:32
5	804	Meinering Maria	*Engden	1:17:30	1:17:22	62	W35	77	08:00 / 14:47 13:45 14:01 13:16 13:31
6	3	Backherms Bettina	Vobali	1:17:57	1:17:48	67	W35	78	09:40 / 13:11 13:04 14:47 13:34 13:30
7	563	Szyszcza Ursula	Lauffreff FC Ottenstein	1:18:19	1:18:17	70	W35	80	06:40 / 11:35 14:11 14:22 15:36 15:51
8	716	Dietrich Yvonne	Dynamo Beyer	1:19:04	1:18:55	80	W35	80	07:20 / 15:27 14:23 14:40 13:29 13:34
9	29	Meyer Daniela	*Volltage	1:19:05	1:18:55	81	W35	78	07:00 / 15:00 14:44 14:15 14:35 13:19
10	199	Strahl Brigitte	*Hannover	1:19:19	1:19:09	84	W35	80	09:59 / 14:22 12:58 13:33 14:53 13:21
11	566	Dannenbergs Anke	RunningGag	1:22:42	1:22:34	105	W35	80	07:00 / 16:30 14:46 15:07 14:50 14:19
12	69	Gerdes Marina	Crespel & Deiters	1:24:12	1:24:05	116	W35	79	08:39 / 14:56 15:11 16:14 14:50 14:12
13	89	Kolodziej Anja	SV Dalum	1:25:02	1:24:58	124	W35	77	03:39 / 15:15 16:25 16:37 16:40 16:19
14	119	Paetzel Nicole	Team Heinz	1:25:29	1:25:21	128	W35	79	07:20 / 15:02 15:21 16:22 15:33 15:41
15	182	Börste Sandra	Muddy Unicorns	1:26:55	1:26:49	142	W35	77	05:40 / 18:06 15:57 15:34 15:49 15:41
16	168	Jalink Prik	Harfensänger United	1:27:21	1:27:18	144	W35	77	03:59 / 15:21 16:12 17:14 17:17 17:12
17	336	Pöttker Anja	@ läuft	1:28:16	1:28:03	150	W35	80	08:20 / 17:06 16:03 15:11 16:10 15:11
18	433	Krumm Karonline	Die Kampfgeister	1:29:12	1:28:49	158	W35	81	08:39 / 19:31 14:57 14:40 15:14 15:45
19	335	Wekenborg Nadine	@ läuft	1:29:56	1:29:43	159	W35	78	10:00 / 17:10 15:58 15:12 16:06 15:15
20	122	Meyer-Röhr Sandra	Team Heinz	1:30:00	1:29:52	162	W35	77	03:59 / 18:33 17:03 17:26 16:43 16:05
21	257	Kamphuis Katja	*Wielen	1:30:02	1:29:47	163	W35	80	08:00 / 17:46 16:57 16:39 15:36 14:48
22	683	Börchers Stefanie	*Nordhorn	1:31:01	1:30:59	167	W35	77	05:20 / 16:13 16:47 17:02 18:02 17:33
23	147	Flemming Tamara	Höllenhunde	1:32:06	1:32:03	172	W35	80	07:40 / 17:16 18:06 16:30 16:21 16:08
24	149	Busch Andrea	Höllenhunde	1:34:06	1:34:03	179	W35	80	09:40 / 17:15 18:05 16:33 16:19 16:08
25	148	Flemming Denise	Höllenhunde	1:34:28	1:34:25	182	W35	80	09:59 / 17:15 18:07 16:32 16:19 16:09

Frauen

Altersklasse W40

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	90	Gügelmeyer Marion	SV Dalum	1:05:29	1:05:25	9	W40	74	05:20 / 11:19 12:16 12:11 12:28 11:49
2	560	Boedeker Sandra	Laufftreff FC Ottenstein	1:15:29	1:15:26	47	W40	74	10:00 / 11:59 13:36 13:45 13:06 12:59
3	81	Beckmann Frauuke	SV Suddendorf Samern	1:16:22	1:16:07	54	W40	73	02:20 / 17:16 14:21 14:43 13:59 13:27
4	186	Tyman Heidrun	Wilsum läuft	1:18:43	1:18:27	74	W40	73	05:00 / 17:29 13:24 14:15 14:23 13:54
5	22	Penkert Wilma	*Hoogstede	1:23:25	1:23:16	110	W40	74	07:20 / 16:11 14:48 15:10 14:55 14:50
6	624	Bella-Gruber Paula	Team Eisenkarl	1:23:34	1:23:18	113	W40	75	02:20 / 17:24 16:15 16:38 15:29 15:11
7	769	Schäfer Jutta	Familienausflug	1:25:18	1:25:14	127	W40	73	05:00 / 16:29 16:00 16:17 16:46 14:41
8	121	Otto Heike	Team Heinz	1:31:20	1:31:12	171	W40	74	05:20 / 18:32 17:05 17:24 16:44 16:05
9	11	Lüppe Mareike	FC Schüttorf 09	1:37:29	1:37:25	193	W40	76	04:40 / 17:30 19:02 18:36 18:05 19:29
10	346	Strodt Sabine	*Lingen	1:40:25	1:40:17	199	W40	75	09:59 / 19:05 17:25 18:26 18:12 17:07
11	192	Schareina Christel	Die Super-Seydels 1	1:42:33	1:42:09	208	W40	74	07:40 / 20:07 18:01 17:27 19:33 19:19

Altersklasse W45

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	784	Schütte Rebecca	*Haren	0:59:57	0:59:55	5	W45	71	04:20 / 11:42 10:36 11:05 11:21 10:49
2	300	Haarhues Christiane	Team promesstec	1:00:34	1:00:33	7	W45	67	03:39 / 10:22 11:27 11:51 11:52 11:19
3	212	Jansen Gerda	TSV Concordia Schöninghs	1:12:50	1:12:32	30	W45	70	08:00 / 14:42 12:17 12:23 13:04 12:04
4	827	Kerkhopp Gabi	Schüttorf Laufabteilung	1:13:21	1:13:18	35	W45	69	10:00 / 13:57 11:49 12:30 12:42 12:18
5	516	Wallmann Petra	*Ladbergen	1:14:30	1:14:20	42	W45	69	08:20 / 13:23 12:43 13:06 13:12 13:34
6	813	Müller Angelika	Fahr zu Hölle	1:17:01	1:16:58	58	W45	68	06:59 / 14:14 13:51 14:15 14:05 13:32
7	214	Stroot Sonja	FC Schüttorf 09	1:17:40	1:17:30	64	W45	69	08:19 / 14:03 13:27 13:36 13:47 14:15
8	780	Funke Eva	*Haren	1:18:39	1:18:36	73	W45	68	07:40 / 14:28 14:12 14:02 14:25 13:47
9	77	Kretschmann Sabine	VfL Lingen	1:18:43	1:18:31	75	W45	68	09:40 / 16:20 12:50 12:55 13:12 13:32
10	719	Weiß Andrea	Dynamo Beyer	1:18:44	1:18:34	76	W45	70	07:00 / 15:27 14:22 14:42 13:27 13:34
11	38	Kahlfeld Rainer	Wilsum läuft	1:18:57	1:18:41	78	W45	71	07:00 / 15:48 14:04 13:49 14:13 13:46
12	224	Köster Rita	Laufgruppe SCU Emlichhe	1:19:42	1:19:34	86	W45	70	05:00 / 16:02 14:49 14:40 14:34 14:27
13	120	Brunsfeld Nicole	Team Heinz	1:20:49	1:20:41	92	W45	70	02:40 / 15:02 15:21 16:22 15:33 15:41
14	162	Karpinski Marion	Laufftreff Lüdinghausen	1:25:38	1:25:22	130	W45	68	08:00 / 16:16 15:03 15:44 15:19 14:58
14	163	Gosmann Carmen	Laufftreff Lüdinghausen	1:25:38	1:25:26	130	W45	67	08:00 / 16:19 15:03 15:44 15:19 14:58
16	23	Kamps Kirsten	*Twist	1:26:05	1:25:56	135	W45	71	10:00 / 16:08 14:46 15:18 14:55 14:47
17	205	Verkerk-Lübbbers Uschi	TSV Concordia Schöninghs	1:26:30	1:26:11	137	W45	69	05:40 / 18:12 16:23 15:21 15:23 15:10
18	217	Brinkers Karin	der gestiefelte Muskelkater	1:26:51	1:26:34	141	W45	70	07:00 / 17:19 15:11 15:57 15:54 15:11
19	213	Jansen Ulrike	TSV Concordia Schöninghs	1:27:11	1:26:51	143	W45	68	07:40 / 18:11 16:16 14:36 15:20 14:45
20	215	Haar Bettina	*Lingen	1:28:54	1:28:49	156	W45	70	07:40 / 18:07 15:57 15:34 15:48 15:41
21	620	Menke Dagmar	Team Eisenkarl	1:31:14	1:30:57	170	W45	67	10:00 / 17:20 16:20 16:33 15:30 15:11
22	338	Grönniger Ilona	Lucas - Grönniger	1:40:57	1:40:52	201	W45	71	09:59 / 16:30 18:43 18:39 18:59 17:59
23	10	Raschke Iris	*Schüttorf	1:41:50	1:41:46	203	W45	69	04:20 / 19:31 19:27 19:33 19:40 19:12

Altersklasse W50

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	783	Lübbbers Christiane	*Haren	1:14:59	1:14:56	45	W50	66	03:59 / 14:21 14:13 14:03 14:31 13:46
2	781	Rexeis Ricarda	*Haren	1:19:19	1:19:17	83	W50	66	08:20 / 14:32 14:04 14:03 14:30 13:46
3	782	Hackmann Ingrid	*Haren	1:19:39	1:19:36	85	W50	62	08:39 / 14:28 14:12 14:03 14:26 13:46
4	88	Eilering Karin	SVSuSa FC 09	1:24:57	1:24:44	123	W50	62	03:40 / 17:19 15:22 15:33 16:25 16:24
5	207	Backs Veronika	TSV Concordia Schöninghs	1:28:11	1:27:52	148	W50	66	08:39 / 18:12 16:16 14:36 15:20 14:45
6	348	Schneider Martina	die drei damen vom grill	1:38:58	1:38:45	195	W50	63	10:00 / 21:05 17:50 16:46 17:06 15:57

Altersklasse W55

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	174	Vosskötter Margrit	FC Schüttorf 09 Laufabteil	1:00:14	1:00:12	6	W55	61	03:20 / 10:43 11:21 11:43 11:34 11:29
2	376	Rotering Birgitte	VfL Ahaus	1:09:59	1:09:52	20	W55	57	03:39 / 13:05 13:25 13:27 13:13 13:00
3	106	Schleiner Karin	Die Turboschnecken	1:20:32	1:20:15	90	W55	61	03:00 / 18:12 14:55 14:55 14:50 14:21

Altersklasse W60

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	146	Stermann Monika	Die Optimisten	1:58:31	1:58:20	218	W60	55	06:00 / 24:39 22:19 22:54 20:33 21:53

Frauen

Altersklasse WHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	400	Backsmann Sarah	SV Union Meppen	0:50:37	0:50:35	1	WHK	93	04:00 / 08:17 09:17 09:42 09:44 09:32
2	742	Hopster Annika	TV Jahn Rheine	0:56:34	0:56:26	3	WHK	95	06:40 / 10:48 09:19 09:45 09:54 09:58
3	741	Hopster Alena	TV Jahn Rheine	0:58:14	0:58:08	4	WHK	96	08:19 / 10:50 09:20 09:45 09:54 09:58
4	582	Holt Jennifer	Muddy Unicorns II	1:06:05	1:06:01	11	WHK	89	09:40 / 10:59 11:22 11:37 11:21 11:00
5	19	Hübers Kathrin	Olympia Uelsen	1:06:17	1:06:14	13	WHK	87	06:00 / 10:19 11:48 13:49 12:25 11:51
6	238	Hagedorn Femke	*Osterwald	1:07:38	1:07:33	14	WHK	95	05:00 / 14:19 11:07 12:13 12:50 12:01
7	614	Tepen Julia	Running Gag	1:09:42	1:09:24	15	WHK	95	08:39 / 13:56 11:30 11:41 11:57 11:38
8	561	Brose Anna	Lauftreff FC Ottenstein	1:09:51	1:09:49	18	WHK	88	04:40 / 12:16 13:09 13:17 12:50 13:35
9	241	Kuite Lena	Die Aufläufer	1:09:58	1:09:55	19	WHK	96	07:20 / 12:48 12:32 12:22 12:50 12:01
10	574	Grosser Carmen	*Münster	1:10:11	1:10:06	21	WHK	92	07:00 / 11:29 12:35 13:03 13:07 12:50
11	369	Schroven Jane	Lauftreff Tausendschön	1:11:25	1:11:09	24	WHK	91	07:40 / 13:38 12:31 13:01 12:36 11:41
12	136	Beckhuis Mara	*Münster	1:11:26	1:11:16	25	WHK	95	05:40 / 14:02 12:41 13:15 13:16 12:21
13	252	Buning Ann-Christine	*Osnabrück	1:11:49	1:11:38	26	WHK	88	08:40 / 15:40 11:57 12:20 11:43 11:16
14	611	Quickert Rebecca	*Bad Bentheim	1:11:56	1:11:44	27	WHK	92	08:39 / 14:10 12:07 12:07 12:33 12:04
15	554	Rüger Ellen	GBS Grafchaft	1:12:16	1:12:10	28	WHK	88	07:20 / 12:49 13:11 13:06 12:54 12:48
16	57	Maatmann Marina	Wilsum läuft...	1:12:41	1:12:29	29	WHK	87	05:20 / 15:56 12:39 13:12 12:51 12:29
17	20	Wargers Judith	SVA SALZBERGEN	1:12:57	1:12:48	31	WHK	88	08:19 / 12:32 12:23 12:59 13:35 12:57
18	367	Rüße Helen	Lauftreff Tausendschön	1:13:04	1:12:47	32	WHK	88	06:20 / 15:44 12:22 12:36 13:06 12:38
19	575	Ter Horst Marielle	*Münster	1:13:11	1:13:06	34	WHK	92	10:00 / 11:28 12:36 13:04 13:07 12:50
20	176	Oelgemöller Nora	*Osnabrück	1:13:33	1:13:15	36	WHK	92	05:00 / 15:16 13:51 12:52 13:02 13:11
21	749	Stockhausen Kathleen	TV Jahn Rheine	1:13:49	1:13:42	37	WHK	88	04:20 / 14:47 13:45 13:59 13:18 13:30
22	402	Lonnemann Sara	SV Union Meppen	1:14:18	1:14:14	39	WHK	96	08:20 / 15:48 12:57 13:50 12:16 11:01
23	810	Duscha Julia	Tick Trick und Track	1:14:25	1:14:24	40	WHK	89	06:39 / 15:45 13:05 14:17 12:21 12:15
24	295	Korbik Carolin	*Bergheim	1:14:39	1:14:36	43	WHK	90	06:40 / 11:33 13:23 13:53 15:01 14:03
25	591	Schomakers Kathy	Landwehr 1	1:14:47	1:14:36	44	WHK	91	03:20 / 16:32 13:28 13:51 13:47 13:36
26	538	Heinze Christina	SK Lation	1:15:31	1:15:22	49	WHK	94	04:20 / 15:33 13:37 13:24 13:54 14:32
27	387	Wiels Mareike	*Neuenhaus	1:15:48	1:15:41	51	WHK	93	08:39 / 15:11 13:12 12:33 12:57 13:06
28	157	Radicke Monique	*Esche	1:15:55	1:15:38	52	WHK	94	09:59 / 12:54 12:37 13:14 14:01 12:50
29	66	Hüls Anne	*Salzbergen	1:17:28	1:17:23	61	WHK	89	10:00 / 12:54 13:14 14:23 13:43 13:07
30	48	Ekkel Lisa	*Uelsen	1:17:34	1:17:21	63	WHK	92	07:20 / 14:46 13:34 13:42 14:04 13:54
31	740	Garmann Anna	TV Jahn Rheine	1:17:44	1:17:37	65	WHK	94	07:00 / 15:32 14:14 13:40 13:40 13:29
32	593	Latus Jaqueline	Landwehr 1	1:18:27	1:18:17	71	WHK	90	06:59 / 16:33 13:27 13:51 13:46 13:37
33	543	Schöne Katrin	SK Lation	1:18:50	1:18:42	77	WHK	96	07:40 / 15:29 13:24 13:08 14:08 14:51
34	82	Türk Daniela	SV Suddendorf Samern	1:19:02	1:18:47	79	WHK	88	05:00 / 17:17 14:19 14:43 13:59 13:26
35	430	Büscher Andrea	Stress 123	1:19:10	1:19:00	82	WHK	90	06:00 / 13:54 13:49 15:10 14:31 15:35
36	667	Röttgers Insa	*Neuenhaus	1:19:54	1:19:54	87	WHK	95	08:00 / 13:22 13:20 14:45 15:06 15:20
37	221	Zwartzcholten Gesa	*Emlichheim	1:20:42	1:20:34	91	WHK	92	06:00 / 16:02 14:49 14:40 14:34 14:27
38	281	Van der Zee Mareike	Krimatho	1:21:08	1:20:58	93	WHK	88	09:59 / 13:43 13:30 14:53 14:23 14:28
39	298	Boerriqter Maren	Horstis	1:21:09	1:21:04	94	WHK	95	07:40 / 15:36 14:44 14:48 14:21 13:54
40	342	Stare Anne	*Lingen	1:21:16	1:21:11	95	WHK	88	07:20 / 12:24 14:56 16:23 15:25 14:41
41	166	Hermeling Hanne	SV Suddendorf-Samern	1:21:22	1:21:08	96	WHK	90	07:20 / 17:18 14:20 14:43 14:00 13:26
42	297	Gosink Isabel	Horstis	1:21:29	1:21:24	97	WHK	94	07:59 / 15:36 14:44 14:46 14:23 13:53
43	225	Schmuda Larissa	Aktiv Fabrik Schüttorf	1:21:34	1:21:29	99	WHK	91	10:00 / 16:11 14:15 14:14 13:53 12:55
44	551	Berens Isabelle	*Hamburg	1:21:35	1:21:33	101	WHK	88	10:00 / 13:51 14:11 14:56 14:20 14:14
45	734	Beyer Justine-Marie	The swimming horses	1:21:44	1:21:36	102	WHK	96	09:59 / 15:27 14:27 14:43 13:30 13:27
46	729	Bill Vanessa	*Osnabrück	1:21:55	1:21:55	103	WHK	87	03:39 / 13:31 18:10 15:06 15:28 15:56
47	500	Schultjan Dana	B-Team: A-Team ist übert	1:22:24	1:22:20	104	WHK	93	07:20 / 13:01 14:47 15:52 16:06 15:12
48	222	Steffen Linda	Laufgruppe Emlichheim	1:22:43	1:22:35	106	WHK	92	08:00 / 16:02 14:48 14:42 14:34 14:27
49	105	Prager Michaela	Die Turboschnecken	1:22:52	1:22:35	107	WHK	87	05:19 / 18:11 14:49 14:55 14:53 14:25
50	47	Veurink Julia	*Uelsen	1:23:29	1:23:14	111	WHK	87	05:19 / 17:42 16:25 15:38 14:11 13:57
51	107	Körting Johanna	Die Turboschnecken	1:23:32	1:23:15	112	WHK	91	06:00 / 18:11 14:48 14:55 14:54 14:25
52	219	Hazelbecke Verena	der gestiefelte Muskelkater	1:24:11	1:23:54	114	WHK	88	04:20 / 17:20 15:14 16:02 15:45 15:11
53	356	Hemeltjen Caroline	Blondies	1:24:11	1:23:59	115	WHK	89	05:20 / 17:05 14:47 15:27 15:34 15:43
54	195	Roelofs Sara	Die Super-Seydels 2	1:24:27	1:24:04	117	WHK	92	07:00 / 16:35 16:03 14:58 14:58 14:27
55	618	Egbers Sarah	*Belm	1:24:28	1:24:08	118	WHK	87	06:00 / 17:34 15:32 14:53 15:05 15:03
56	773	Jacobs Katrin	*Lingen	1:24:34	1:24:23	119	WHK	87	08:00 / 16:32 14:42 15:16 15:14 14:37
57	187	Maatmann PROF Sina	Wilsum läuft...	1:24:39	1:24:34	120	WHK	92	08:00 / 15:50 15:32 15:30 14:38 15:02
58	535	Droste Michelle	BV Clusorth-Bramhar	1:24:41	1:24:31	121	WHK	94	04:40 / 16:12 15:37 16:30 15:39 15:51
59	26	Reuter Ann-Kathrin	*Merzen	1:24:52	1:24:41	122	WHK	88	09:00 / 14:44 15:28 15:30 15:25 14:33
60	502	Kleine Vennekate Laura	B-Team: A-Team ist übert	1:25:03	1:25:00	125	WHK	89	09:59 / 12:58 14:49 15:50 16:04 15:16
61	206	Jansen Tamina	TSV Concordia Schöninghs	1:25:13	1:24:54	126	WHK	92	07:40 / 18:37 16:12 14:16 14:23 13:44

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62	299	Olthuis Josina	Horstis	1:25:32	1:25:27	129	WHK	94	09:00 / 15:36	14:44	14:49	15:23	15:54
63	452	Rottinghaus Jana	Morastsprinter	1:26:14	1:25:54	136	WHK	94	06:20 / 19:37	14:48	15:13	15:25	14:30
64	184	Hüser Martina	*Meppen	1:26:44	1:26:25	139	WHK	90	05:19 / 18:33	16:16	15:50	15:45	14:39
65	453	Steinmetz Amelie	Morastsprinter	1:27:34	1:27:14	145	WHK	96	07:40 / 19:36	14:49	15:09	15:26	14:32
66	814	Müller Theresa	Fahr zu Hölle	1:27:57	1:27:55	147	WHK	96	04:20 / 16:41	16:22	16:45	17:05	16:40
67	608	Dannenberg Karina	*Stavern	1:28:13	1:28:04	149	WHK	88	03:40 / 16:24	16:31	17:38	17:00	16:49
68	680	Lange Svenja	Chinese Wall	1:28:33	1:28:27	154	WHK	92	03:19 / 17:59	16:35	16:26	16:56	17:09
69	33	Zielmann Anke	Wilsum läuft	1:29:57	1:29:41	160	WHK	91	04:20 / 19:43	16:37	16:03	16:14	16:43
70	688	Pröhl Anna	WRU1	1:29:58	1:29:45	161	WHK	89	06:00 / 16:51	16:51	16:44	16:59	16:18
71	682	Petzka Josefine	*Neuenkirchen-Vörden	1:30:18	1:30:14	164	WHK	88	05:00 / 18:00	16:39	16:30	17:19	16:44
72	58	Buntrock Madita	Die Ettens 1	1:31:09	1:31:01	169	WHK	92	02:19 / 17:20	18:01	18:35	17:41	17:02
73	830	Oppel Wiebke		1:32:09	1:32:01	173	WHK	93	03:19 / 17:19	18:02	18:35	17:42	17:01
74	687	Remmersmann Carolin	WRU1	1:32:38	1:32:26	174	WHK	89	08:39 / 16:52	16:51	16:44	16:52	16:25
75	372	Wolterink Carina	Bude Harmkusen	1:32:45	1:32:26	175	WHK	87	06:20 / 19:36	17:08	17:06	16:04	16:09
76	451	Rakers Michele	Morastsprinter	1:34:08	1:33:49	180	WHK	96	05:20 / 19:37	14:49	15:11	20:28	18:21
77	61	Zwartscholten Meike	Die Ettens	1:34:48	1:34:41	183	WHK	92	06:00 / 17:19	17:57	18:38	17:44	17:02
78	253	Lampe Katharina	*Osnabrück	1:35:07	1:34:56	184	WHK	89	09:00 / 18:37	16:53	17:57	17:22	15:05
79	677	Zimmermann Miriam	Chinese Wall	1:35:12	1:35:08	185	WHK	88	10:00 / 17:59	16:36	16:27	17:23	16:41
80	350	Schneider Jana	die drei damen vom grill	1:35:16	1:35:03	186	WHK	88	06:20 / 21:03	17:52	16:40	17:08	15:59
81	251	Robke Caroline	*Osnabrück	1:35:59	1:35:47	189	WHK	88	10:00 / 18:37	18:00	16:59	17:12	14:57
82	573	Kelm Kristina	*Veldhausen	1:36:25	1:36:10	190	WHK	90	04:20 / 19:54	17:47	18:44	17:36	17:48
83	483	Herrmann Nina	*Bippen	1:36:33	1:36:20	191	WHK	90	04:40 / 19:27	17:05	18:21	18:33	18:11
84	62	Wesselink Lena	Die Ettens	1:37:29	1:37:21	192	WHK	92	08:40 / 17:19	17:56	18:38	17:45	17:01
85	226	Tannebaum Sonja	Aktiv Fabrik Schüttorf	1:37:31	1:37:27	194	WHK	93	06:00 / 16:45	18:44	18:20	19:30	18:06
86	419	Wolf Stefanie	Running Gag	1:39:04	1:39:01	196	WHK	87	04:20 / 17:32	19:31	20:10	19:29	17:57
87	572	Warrink Lea	*Veldhausen	1:39:05	1:38:48	197	WHK	90	07:00 / 19:50	17:44	18:49	17:36	17:48
88	472	Nähring Katrin	Awesome Monkeys	1:40:07	1:40:00	198	WHK	90	04:59 / 21:00	20:27	19:32	17:03	16:56
89	418	Stegink Jenny-Nadine	Running Gag	1:41:05	1:41:02	202	WHK	89	06:19 / 17:33	19:31	20:12	19:28	17:56
90	594	Dirks Jessica	Landwehr 2	1:42:16	1:42:06	206	WHK	88	01:00 / 20:43	20:31	22:14	21:37	15:58
91	240	Egbers Kerstin	Die Aufläufer	1:42:24	1:42:20	207	WHK	94	05:40 / 19:45	19:41	20:04	19:06	18:03
92	242	Schmidt Inken	Die Aufläufer	1:43:37	1:43:34	209	WHK	94	08:40 / 19:46	19:40	20:05	18:48	16:33
93	670	Rothenhagen Angelina	*Nordhorn	1:43:38	1:43:28	210	WHK	89	06:20 / 18:04	19:58	19:28	20:25	19:10
94	85	Gottlieb Claudia	Ladykracher	1:44:00	1:43:40	211	WHK	96	03:39 / 20:38	19:29	19:55	20:11	19:44
95	596	Knöß Jennifer	Landwehr 2	1:44:16	1:44:06	212	WHK	91	03:00 / 20:41	20:33	22:14	21:39	15:57
96	471	De Lauw Dana	Awesome Monkeys	1:45:07	1:44:56	213	WHK	92	10:00 / 21:19	21:14	18:22	17:04	16:54
97	204	Roelofs Lisa	Super- Seydels 3	1:51:19	1:50:55	216	WHK	92	09:40 / 20:11	22:01	20:49	19:53	18:19
98	145	Stermann Ina	Die Optimisten	1:57:10	1:57:00	217	WHK	87	04:40 / 24:39	22:19	22:54	20:34	21:54

Altersklasse WU18

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		250	Wilmes Katharina	on fire	1:15:11	1:15:00	46	WU18	99	07:20 / 14:04	13:01	13:39	13:37	13:17
2		274	Ottoweiß Nina	LC Nordhorn	1:16:07	1:16:01	53	WU18	99	09:40 / 11:15	13:54	14:10	14:15	12:46
3		806	Beyer Joline	The swimming horses	1:17:24	1:17:14	60	WU18	00	05:40 / 15:28	14:26	14:42	13:30	13:27
4		544	Kurdelbaum Lea	SK Lation	1:18:30	1:18:23	72	WU18	99	07:20 / 15:29	13:56	13:30	13:17	14:48
5		284	Hermsen Franziska	FC Schüttorf 09 Laufabteil	1:20:21	1:20:17	89	WU18	99	05:20 / 12:58	14:56	15:06	16:17	15:38

Frauen

Altersklasse WU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		514	Burghard Marina	Happy Hippos	1:05:27	1:05:18	8	WU20	98	01:40 / 12:44	12:43	12:28	12:42	12:59
2		796	Schröer Vivian	Team FiTo	1:05:53	1:05:53	10	WU20	97	08:20 / 11:01	11:29	11:56	11:40	11:26
3		513	Helper Sabrina	Waspo Nordhorn	1:06:07	1:05:59	12	WU20	98	02:19 / 12:46	12:43	12:27	12:42	12:59
4		515	Mundt Birte	Happy Hippos	1:09:47	1:09:38	16	WU20	98	06:00 / 12:45	12:42	12:28	12:42	12:58
5		309	Schulte Jessica	Zimmerei Eilers	1:14:28	1:14:27	41	WU20	97	06:20 / 11:48	13:36	13:45	14:49	14:07
6		546	Gerlach Meike	SK Lation	1:15:29	1:15:20	48	WU20	98	04:20 / 15:29	13:23	13:06	14:10	14:50
7		293	Vogel Christina	Die Super-Seydels 3	1:15:44	1:15:39	50	WU20	98	10:00 / 16:04	12:06	12:13	13:09	12:05
8		248	Fransbach Nina	on fire	1:17:51	1:17:40	66	WU20	98	10:00 / 14:05	13:01	13:40	13:36	13:17
9		545	Lütke-Bohmert Maxi	SK Lation	1:18:10	1:18:01	69	WU20	97	07:00 / 15:29	13:55	12:39	14:06	14:51
10		227	Kiewit Seka	Aktiv Fabrik Schüttorf	1:21:34	1:21:30	100	WU20	97	09:59 / 16:10	14:12	14:15	13:54	12:57
11		770	Hoffrogge Johanna	Familienausflug	1:25:58	1:25:54	134	WU20	97	05:40 / 16:29	16:00	16:15	16:48	14:39
12		771	Hoffrogge Julia	Familienausflug	1:28:38	1:28:35	155	WU20	97	08:19 / 16:31	16:00	16:13	16:48	14:40
13		292	Heckmann Jana	Die Super-Seydels 3	1:42:13	1:42:07	205	WU20	97	07:20 / 16:04	19:10	20:42	19:45	19:05
14		86	Hilker Johanna	Ladykracher	1:46:41	1:46:21	214	WU20	97	06:20 / 20:40	19:28	20:48	19:54	19:09
15		84	Gausmann Jule	Ladykracher	1:50:21	1:50:01	215	WU20	97	09:59 / 20:40	19:28	20:47	19:52	19:11