

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2010							Köterberglauf 2010		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf		
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	13 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	15 km	Strecke
											01:04:38	R Zeit	00:47:33	R Zeit	00:47:18	R Zeit	00:46:33	R Zeit	00:44:00	R Zeit	01:12:18	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
62	1003	9	M 45	11	1961	Baaske	Hartwig	LT Marienloh	14973,4	1871,7	01:06:34	1910,77	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:14:41	1904,7
45	1078	10	M 40	7	1966	Baer	Uwe	vereinslos	16566,0	2070,8	00:00:00	0	00:46:42	2051	00:00:00	0	00:00:00	0	0:45:31	1909	01:12:42	1984
20	1121	10	M 50	2	1960	Baibara	Andreas	LC Paderborn	18391,3	2298,9	00:00:00	0	00:00:00	0	00:00:00	0	0:41:02	2331	0:41:08	2172	01:06:06	2248
70	1120	11	M 45	13	1965	Becker	Bernd	Run & Fun Paderborn	14567,0	1820,9	00:00:00	0	00:00:00	0	00:00:00	0	0:48:31	1882	0:47:49	1771	00:00:00	0
87	1050	9	W 35	2	1971	Becker	Karin	SV Rot-Weiß Bentfeld	11798,1	1474,8	00:00:00	0	00:55:47	1506	00:00:00	0	0:53:45	1568	00:00:00	0	00:00:00	0
77	1055	12	M 45	14	1965	Beckmann	Giselher	GÜMI	13432,1	1679,0	00:00:00	0	00:51:13	1780	00:49:36	1862	00:00:00	0	00:00:00	0	01:22:52	1577,3
85	1041	8	M 45	15	1963	Beine	Matthias	LT Marienloh	12165,0	1520,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
13	1018	9	M 45	2	1964	Bettermann	Rainer	LG Bauerkamp Warburg	19447,0	2430,9	00:00:00	0	00:00:00	0	00:00:00	0	0:39:30	2423	00:00:00	0	00:00:00	0
40	1067	8	M 60	1	1946	Bodach	Claus	SV Lüttringen	17019,6	2127,5	00:00:00	0	00:45:58	2095	0:45:04	2134	00:00:00	0	00:00:00	0	00:00:00	0
9	1036	8	M 30	3	1977	Böddeker	Markus	TV Jahn Bad Driburg	20321,2	2540,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
26	1101	8	M 40	6	1968	Böhmer	Gregor	TSV Schloss Neuhaus	17872,8	2234,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
52	1021	8	M 45	9	1965	Brade	Günter	Gümi	15697,1	1962,1	00:00:00	0	00:47:34	1999	00:00:00	0	00:00:00	0	00:00:00	0	01:16:31	1831,3
97	1119	8	M 40	14	1970	Brinschwitz	Marcus	Laufen-Garfeln.de	9276,6	1159,6	00:00:00	0	00:00:00	0	0:58:32	1326	0:58:01	1312	0:58:59	1101	00:00:00	0
79	1059	10	W 45	2	1963	Carniel	Dorothee	LT Marienloh	13291,7	1661,5	00:00:00	0	00:53:24	1649	00:00:00	0	0:51:31	1702	00:00:00	0	00:00:00	0
18	1006	11	M 20	2	1983	Disselhoff	Bernhard	Delta Club Wiehengebirge	18728,0	2341,0	00:00:00	0	00:00:00	0	0:41:21	2357	0:40:52	2341	0:40:35	2205	00:00:00	0
63	1123	8	M 55	7	1955	Dören	Hans-Josef	SV 21 Büren	14902,9	1862,9	00:00:00	0	00:50:36	1817	0:49:32	1866	0:49:11	1842	00:00:00	0	00:00:00	0
27	1066	13	M 55	1	1951	Drechsler	Hans	LF Benteler Paderborn	17772,7	2221,6	01:06:04	1933,85	00:45:9	2144	00:00:00	0	0:43:37	2176	0:43:21	2039	01:08:53	2136,7
42	1009	8	M 45	7	1965	Eckers	Wolfgang	Team S & N	16932,1	2116,5	00:00:00	0	00:44:40	2173	0:43:57	2201	00:00:00	0	00:00:00	0	01:14:27	1914
24	1061	12	M 40	5	1970	Eichler	Jens	vereinslos	18099,5	2262,4	01:00:00	2213,85	00:43:29	2244	00:00:00	0	00:00:00	0	0:42:37	2083	01:08:11	2164,7
61	1079	8	M 50	6	1958	Emde	Rainer	LG Bauerkamp Warburg	15299,1	1912,4	00:00:00	0	00:00:00	0	00:00:00	0	0:47:09	1964	0:47:31	1789	01:20:18	1680
58	1068	10	M 55	6	1951	Erke	Reinhard	LF Benteler Paderborn	15537,3	1942,2	01:15:50	1483,08	00:48:41	1932	00:00:00	0	0:47:08	1965	0:46:55	1825	01:15:31	1871,3
73	1075	13	M 50	8	1959	Esser	Dieter	Lauftreff Eisen-Wewer	13827,3	1728,4	00:00:00	0	00:51:34	1759	0:54:51	1547	00:00:00	0	0:53:34	1426	00:00:00	0
3	1095	11	M 30	2	1977	Ewen	Frank	Delbrück läuft	21285,7	2660,7	00:00:00	0	00:37:17	2616	0:36:24	2654	00:00:00	0	0:36:00	2480	00:56:53	2616,7
101	1062	8	W 40	5	1966	Fehn	Maria	LT Marienloh	7874,5	984,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
90	1063	9	M 45	18	1965	Fehn	Thomas	LT Marienloh	11651,8	1456,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
1	1082	10	M 30	1	1976	Fiedler	Christian	TSV Schloss Neuhaus	22379,3	2797,4	00:00:00	0	00:35:53	2700	00:00:00	0	0:34:33	2720	00:00:00	0	00:00:00	0
2	1094	10	M 40	1	1967	Freitag	Wolfgang	Delbrück läuft	21571,0	2696,4	00:00:00	0	00:37:5	2628	0:35:58	2680	00:00:00	0	0:35:39	2501	00:57:35	2588,7
11	1039	8	M 35	4	1971	Gieffers	Christoph	TuS 1913 Hemsben	19779,7	2472,5	00:53:17	2523,85	00:00:00	0	00:00:00	0	00:00:00	0	0:38:47	2313	01:01:18	2440
5	1088	8	M 35	2	1972	Götze	Frank	vereinslos	21045,9	2630,7	00:00:00	0	00:00:00	0	0:36:15	2663	0:36:44	2589	0:36:23	2457	00:00:00	0
12	1118	10	M 30	4	1979	Günther	Thorsten	vereinslos	19590,7	2448,8	00:00:00	0	00:40:32	2421	00:00:00	0	00:00:00	0	0:39:01	2299	00:00:00	0
7	1016	9	M 35	3	1972	Hansmann	Frank	LG Bauerkamp Warburg	20561,8	2570,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:37:19	2401	00:58:59	2532,7
74	1037	8	M 35	10	1973	Held	Christoph	TuS 1913 Hemsben	13808,7	1726,1	00:00:00	0	00:00:00	0	0:52:44	1674	0:53:30	1583	00:00:00	0	01:25:13	1483,3
35	1077	9	m Jgd B	3	1996	Higgins	Breandan	BSV Fürstenberg	17207,0	2150,9	00:00:00	0	00:43:58	2215	0:43:57	2201	0:44:01	2152	00:00:00	0	00:00:00	0
69	1070	9	M 30	6	1976	Hillebrand	Oliver	HTSV Leiberg	14569,6	1821,2	00:00:00	0	00:00:00	0	0:48:40	1918	00:00:00	0	00:00:00	0	00:00:00	0
76	1103	8	M 30	7	1978	Hoetger	Thomas	Free Runners Leiberg	13556,0	1694,5	00:00:00	0	00:49:52	1861	0:51:40	1738	00:00:00	0	00:00:00	0	00:00:00	0
30	1012	10	W 55	1	1954	Hüther	Elfie	VfB Salzkotten	17657,0	2207,1	00:00:00	0	00:00:00	0	0:44:25	2173	00:00:00	0	0:42:42	2078	01:09:44	2102,7
59	1014	10	M 65	1	1945	Hüther	Karl-Heinz	VfB Salzkotten	15333,6	1916,7	00:00:00	0	00:00:00	0	0:50:57	1781	0:49:23	1830	0:48:42	1718	01:23:15	1562
66	1093	8	M 35	9	1974	Jaspert	Thorsten	VfB Salzkotten	14834,7	1854,3	00:00:00	0	00:47:18	2015	00:00:00	0	00:00:00	0	0:47:44	1776	01:16:20	1838,7
82	1109	11	M 65	2	1941	Kammer	Franz	TV 1875 Paderborn	12598,1	1574,8	00:00:00	0	00:56:3	1490	0:54:04	1594	00:00:00	0	00:00:00	0	00:00:00	0
60	1065	8	M 40	10	1967	Kersting	Kalle	KäsKösäh	15309,0	1913,6	00:00:00	0	00:48:14	1959	00:00:00	0	0:46:57	1976	0:47:23	1797	00:00:00	0
50	1025	8	M 30	5	1976	Kleibrink	Tobias	TuS 1913 Hemsben	15808,5	1976,1	01:04:38	2000	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
54	1007	9	W 35	1	1973	Klute	Astrid	VfB Salzkotten	15600,0	1950,0	00:00:00	0	00:47:54	1979	00:00:00	0	0:46:50	1983	0:46:28	1852	00:00:00	0
53	1083	8	M 45	10	1964	Klute	Thomas	vereinslos	15655,0	1956,9	00:00:00	0	00:47:33	2000	0:47:18	2000	0:46:49	1984	00:00:00	0	00:00:00	0
93	1020	10	W 40	4	1970	Koch	Mechthild	LG Bauerkamp Warburg	10912,0	1364,0	00:00:00	0	00:00:00	0	0:56:09	1469	00:00:00	0	00:00:00	0	01:32:22	1197,3
41	1001	11	M 55	4	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	17010,0	2126,3	01:03:58	2030,77	00:45:2	2151	0:45:38	2100	0:43:47	2166	00:00:00	0	01:10:10	2085,3
80	1040	9	W 45	3	1964	Krämer	Claudia	LT Marienloh	12934,0	1616,8	00:00:00	0	00:54:33	1580	0:52:08	1710	00:00:00	0	00:00:00	0	00:00:00	0
56	1013	10	M 40	9	1970	Krian	Thorsten	TV Jahn Bad Driburg	15583,6	1947,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:46:47	1833	01:12:18	2000
38	1072	8	m Jgd A	1	1991	Kuhfus	Pascal	Turnklub Herford von 1907	17103,0	2137,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
109	1074	8	M 50	13	1958	Kuhfus	Rainer	Turnklub Herford von 1907	5293,0	661,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
104	1073	8	w Jgd B	1	1997	Kuhfus	Sandra	Turnklub Herford von 1907	7148,0	893,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
14	1099	9	M 40	3	1967	Kühlert	Elmar	LC Paderborn	19342,5	2417,8	00:00:00	0	00:40:29	2424	00:00:00	0	00:00:00	0	00:00:00	0	01:05:33	2270
88	1098	8	W 40	3	1970	Kuhn	Annette	BC 23 Meerhof	11790,0	1473,8	00:00:00	0	00:56:29	1464	0:56:47	1431	00:00:00	0	0:58:09	1151	00:00:00	0
28	1023	10	M 45	4	1964	Lakämper	Franz	Laufspass SW Sende	17765,7	2220,7	00:00:00	0	00:00:00	0	00:00:00	0	0:46:54	1979	00:00:00	0	00:00:00	0

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2010							Köterberglauf 2010		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf		
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	13 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	15 km	Strecke
											01:04:38 Zeit	R Zeit	00:47:33 Zeit	R Zeit	00:47:18 Zeit	R Zeit	00:46:33 Zeit	R Zeit	00:44:00 Zeit	R Zeit	01:12:18 Zeit	R Zeit
36	1046	8	M 50	4	1957	Lensdorf	Johannes	SV Kollerbeck	17163,6	2145,4	00:57:57	2308,46	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
6	1005	10	M 20	1	1990	Linnemann	Jonas	Dorka-Sports Paderborn	20594,6	2574,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
91	1096	8	M 50	10	1960	Linnemann	Thomas	vereinslos	11489,0	1436,1	00:00:00	0	00:00:00	0	00:00:00	0	05:58:29	1284	05:55:57	1283	00:00:00	0
67	1051	9	M 40	11	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	14759,1	1844,9	00:00:00	0	00:50:32	1821	00:00:00	0	04:49:01	1852	00:00:00	0	00:00:00	0
71	1117	8	W 40	1	1968	Malcher	Brigitte	vereinslos	13982,8	1747,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
96	1048	8	M 65	3	1944	Marks	Hubert	SV Rot-Weiß Bentfeld	9591,1	1198,9	00:00:00	0	01:04:12	1001	1:00:18	1220	1:01:00	1133	00:00:00	0	01:37:32	990,67
72	1106	8	M 50	7	1956	Marten	Christian	LF Benteler Paderborn	13917,0	1739,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
32	1015	8	M 45	6	1963	Menne	Hermann	LG Bauerkamp Warburg	17505,0	2188,1	00:00:00	0	00:00:00	0	00:00:00	0	04:42:52	2221	00:00:00	0	01:10:21	2078
47	1076	12	M 50	5	1956	Meyer	Uwe	LC Paderborn	16127,0	2015,9	00:00:00	0	00:47:5	2028	04:45:34	2104	00:00:00	0	04:46:56	1824	00:00:00	0
25	1002	12	M 50	3	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	17980,6	2247,6	00:58:28	2284,62	00:44:10	2203	00:00:00	0	04:42:24	2249	04:43:22	2038	00:00:00	0
21	1054	8	M 20	3	1987	Möring	Christoph	SV Rot-Weiß Bentfeld	18363,7	2295,5	00:00:00	0	00:41:25	2368	00:00:00	0	00:00:00	0	04:42:05	2115	01:06:15	2242
10	1033	11	M 45	1	1964	Müller	Rainer	TuS 1913 Hembsen	19949,2	2493,6	00:53:16	2524,62	00:00:00	0	00:00:00	0	03:39:24	2429	00:00:00	0	01:01:53	2416,7
65	1043	11	W 55	2	1952	Müller	Ursula	NSU Brakel	14847,1	1855,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	04:48:59	1701	00:00:00	0
103	1108	9	M 75	1	1934	Neumann	Dieter	VfB Salzkotten	7336,0	917,0	01:31:20	767,692	01:03:46	1027	1:05:56	882	00:00:00	0	1:03:47	813	00:00:00	0
83	1097	8	W 40	2	1966	Niewels	Anne	BC 23 Meerhof	12584,6	1573,1	00:00:00	0	00:53:44	1629	00:00:00	0	00:00:00	0	05:44:21	1379	00:00:00	0
39	1057	10	M 35	7	1972	Niewels	Jörg	vereinslos	17030,0	2128,8	01:05:01	1982,31	00:45:41	2112	04:44:10	2188	04:43:49	2164	00:44:00	2000	00:00:00	0
64	1022	9	M 45	12	1963	Oppermann	Frank	Gümi	14850,8	1856,3	01:08:18	1830,77	00:00:00	0	04:48:30	1928	00:00:00	0	00:00:00	0	01:21:33	1630
92	1047	9	M 45	19	1961	Osterhold	Andreas	TSV 1850 Korbach 09	11213,0	1401,6	00:00:00	0	00:56:38	1455	05:55:58	1480	05:55:14	1479	05:55:06	1334	00:00:00	0
84	1056	8	M 40	12	1967	Petri	Matthias	vereinslos	12259,2	1532,4	01:19:40	1306,15	00:00:00	0	00:00:00	0	05:52:23	1470	05:43:36	1364	00:00:00	0
31	1024	12	M 45	5	1964	Pollmeier	Michael	Laufspass SW Sende	17555,3	2194,4	00:00:00	0	00:00:00	0	00:00:00	0	04:45:52	2041	04:44:51	1949	00:00:00	0
46	1107	8	M 20	5	1981	Porcelli	David	Steinhausen	16548,0	2068,5	00:00:00	0	00:44:19	2194	04:44:01	2197	00:00:00	0	04:42:20	2100	01:13:15	1962
29	1091	8	m Jgd B	2	1995	Prinz	André	Lauftreff Elsen-Wewer	17737,3	2217,2	00:00:00	0	00:00:00	0	00:00:00	0	04:43:35	2178	00:00:00	0	00:00:00	0
33	1044	8	M 55	2	1953	Rheker	Heinrich	SV Kollerbeck	17430,5	2178,8	00:00:00	0	00:00:00	0	04:43:26	2232	04:42:59	2214	00:00:00	0	00:00:00	0
15	1090	15	M 50	1	1958	Richters	Reinhard	VfL Lichtenau	19326,0	2415,7	00:56:33	2373,08	00:00:00	0	04:40:09	2429	03:39:58	2395	03:39:46	2254	01:04:28	2313,3
4	1085	10	M 35	1	1975	Riesel	Tobias	Tus Vinsebeck	21123,0	2640,4	00:00:00	0	00:38:6	2567	03:36:17	2661	03:36:28	2605	00:00:00	0	00:59:10	2525,3
78	1019	11	W 30	1	1976	Rinteln	Martina	LG Bauerkamp Warburg	13294,0	1661,8	01:16:09	1468,46	00:00:00	0	00:00:00	0	05:52:37	1636	00:00:00	0	01:24:32	1510,7
81	1086	9	M 60	4	1949	Rothmann	Christoph	SC Borchen	12749,9	1593,7	00:00:00	0	00:00:00	0	00:00:00	0	05:44:17	1536	00:00:00	0	00:00:00	0
51	1058	14	W 50	1	1958	Rump	Beate	VfB Salzkotten	15702,0	1962,8	00:00:00	0	00:48:10	1963	00:00:00	0	04:47:03	1970	00:00:00	0	01:17:39	1786
19	1116	8	M 45	3	1964	Sachwitz	Norbert	Sennesport	18452,7	2306,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
49	1042	11	M 35	8	1974	Sasse	Rainer	vereinslos	15909,0	1988,6	00:00:00	0	00:47:51	1982	04:47:38	1980	00:00:00	0	00:00:00	0	00:00:00	0
57	1011	9	M 60	2	1949	Scholz	Hermann-Josef	DJK St. Laurentius Warburg	15555,0	1944,4	01:04:22	2012,31	00:48:9	1964	04:47:27	1991	00:00:00	0	00:00:00	0	01:14:44	1902,7
16	1045	13	m Jgd B	1	1993	Schroth	Eike	NSU Brakel	19307,0	2413,4	00:00:00	0	00:41:19	2374	04:46:20	2058	03:38:53	2460	03:38:22	2338	00:00:00	0
22	1004	10	M 35	6	1974	Selter	Alexander	LG Bauerkamp Warburg	18272,4	2284,0	00:00:00	0	00:00:00	0	00:00:00	0	04:40:50	2343	04:41:03	2177	00:00:00	0
8	1110	8	M 40	2	1966	Stein	Dietmar	1. Tri-Club-Paderborn	20356,7	2544,6	00:00:00	0	00:38:15	2558	03:37:22	2596	00:00:00	0	03:37:29	2391	00:59:41	2504,7
68	1092	13	M 60	3	1947	Thomas	Bernd	EON-Avacon	14581,0	1822,6	00:00:00	0	00:50:24	1829	00:00:00	0	04:49:59	1794	04:48:44	1716	00:00:00	0
17	1017	11	M 35	5	1975	Thonemann	Markus	LG Bauerkamp Warburg	19156,1	2394,5	00:00:00	0	00:00:00	0	00:00:00	0	04:40:12	2381	03:39:55	2245	00:00:00	0
23	1029	16	M 40	4	1967	van Hoof	Frank	vereinslos	18208,7	2276,1	00:58:03	2303,85	00:00:00	0	04:43:02	2256	00:00:00	0	00:43:11	2049	01:07:18	2200
75	1112	8	M 50	9	1956	Vieth	Karl-Heinz	Lauftreff Elsen-Wewer	13701,0	1712,6	00:00:00	0	00:00:00	0	05:50:18	1820	04:49:09	1844	04:49:30	1670	00:00:00	0
55	1026	8	M 40	8	1969	Vogt	Thomas	Bad Lippspringe	15593,0	1949,1	00:00:00	0	00:49:43	1870	04:47:51	1967	00:00:00	0	00:00:00	0	00:00:00	0
37	1104	8	M 20	4	1982	von Rüden	Peter	TuS Bad Wünnenberg	17156,0	2144,5	00:00:00	0	00:44:15	2198	04:44:16	2182	04:42:10	2263	04:42:10	2110	00:00:00	0
43	1102	11	W 45	1	1962	Wallrafen	Karin	SC Myhl LA	16644,4	2080,6	00:00:00	0	00:00:00	0	04:44:45	2153	04:46:33	2000	00:00:00	0	00:00:00	0
44	1008	8	M 45	8	1961	Zunker	Wilfried	SSV Delbrück	16634,8	2079,4	00:00:00	0	00:46:23	2070	00:00:00	0	04:45:00	2093	04:44:08	1992	00:00:00	0

Teilnehmer mit 7 und weniger Teilnahmen

-	1030	7	M 55	-	1954	Baum	Rüdiger	TSV Schloss Neuhaus	15945,6	2277,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1049	6	M 40	-	1967	Becker	Markus	SV Rot-Weiß Bentfeld	10723,9	1787,3	00:00:00	0	00:51:35	1758	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1038	3	M 20	-	1987	Bernard	Simon	vereinslos	5757,9	1919,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1111	6	M 50	-	1957	Cramer	Franz	Lauftreff Elsen-Wewer	9071,0	1511,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	05:55:38	1302	00:00:00	0
-	1060	2	W 35	-	1974	Drüke	Alexandra	LT Marienloh	2941,0	1470,5	00:00:00	0	00:57:48	1385	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1081	4	M 45	-	1965	Epping	Hubert	TC BW Delbrück	10193,9	2548,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1087	1	M 50	-	1960	Frewer	Hansjörg	SC Borchen	2035,0	2035,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1089	4	M 50	-	1958	Glahn	Josef	VfL Lichtenau	7974,0	1993,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2010							Köterberglauf 2010		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz- Klostermann-Lauf		
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	13 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	15 km	Strecke
											01:04:38 Zeit	R Zeit	00:47:33 Zeit	R Zeit	00:47:18 Zeit	Pkt.	00:46:33 Zeit	R Zeit	00:44:00 Zeit	Pkt.	01:12:18 Zeit	R Zeit
-	1071	5	M 40	-	1969	Göke	Michael	vereinslos	7840,0	1568,0	00:00:00	0	00:00:00	0	0:54:13	1585	00:00:00	0	00:00:00	0	00:00:00	0
-	1114	4	M 30	-	1976	Held	Simon	TuS 1913 Hembsen	8797,0	2199,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1084	2	M 40	-	1970	Jansen	Arne	Salzkotten	3038,0	1519,0	00:00:00	0	00:54:31	1582	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1069	7	M 55	-	1953	Kandora	Marian	ASV Iserlohn	17230,1	2461,4	00:00:00	0	00:41:28	2365	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1115	3	M 40	-	1968	Kriener	Ludger	BC 23 Meerhof	5125,8	1708,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1028	4	M 65	-	1945	Kufner	Peter	TV Jahn Bad Driburg	6192,4	1548,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1052	3	M 20	-	1981	Lenzmeier	Mario	SV Rot-Weiß Bentfeld	6034,0	2011,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1053	4	M 30	-	1977	Lenzmeier	Tobias	SV Rot-Weiß Bentfeld	4406,0	1101,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1027	2	M 30	-	1976	Lohe	Marcel	vereinslos	2103,3	1051,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1105	3	M 30	-	1976	Menke	Jan	HTSV Leiberg	3588,2	1196,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1032	2	M 45	-	1963	Mügge	Andreas	TV Jahn Bad Driburg	4606,7	2303,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1034	2	W 50	-	1960	Müller	Inge	TuS 1913 Hembsen	3610,0	1805,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1113	0	-	-	0	N.	N.	0	-	-	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1122	1	W 35	-	1973	Saadhoff	Nora	vereinslos	1055,0	1055,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1100	1	W 40	-	1970	Schäfer-Dören	Birgit	HTSV Leiberg	1680,0	1680,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1064	1	M 35	-	1975	Schölzel	Daniel	VfB Salzkotten	2154,0	2154,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1035	6	M 45	-	1962	Sentler	Werner	TV Jahn Bad Driburg	11703,2	1950,5	01:06:14	1926,15	00:46:56	2037	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1080	2	M 50	-	1959	Uth	Thomas	TSV Schloss Neuhaus	5046,0	2523,0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1010	5	M 45	-	1961	Von Hagen	Wolfgang	LG Decor Metall	11904,2	2380,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1031	2	M 35	-	1975	Weber	Bernd	Laufladen Endspurt	5456,7	2728,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0