10 km Wertung

Hochstift-Cup 2010

Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	ø Pkt. Lauf	Jahreswechsellauf Brakel		Sälzerlauf Salzkotten		Leiberger Volkslauf		BELTE RUN 'N' ROLL Delbrück		Residenz-Abendlauf Schloß Neuhaus		Pfingstläufe Kollerbeck		Int. Abendlauf Bentfeld		Eggelauf des BC Meerhof		Marienloher Volkslauf		Bürener Volkslauf		Hembser 3-Dörfer-Lauf		Vinsebecker Volkslauf		Bad Driburger Brunnenlauf		E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg		Köterberglauf 2010		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf	
											11 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10,1 km	Strecke	10 km	Strecke	14 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	13 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	15 km	Strecke
											00:57:18	R Zeit	00:47:57	R Zeit	00:48:46	R Zeit	00:46:43	R Zeit	00:47:51	R Zeit	00:49:30	R Zeit	00:47:22	R Zeit	00:48:14	R Zeit	00:47:54	R Zeit	01:09:48	R Zeit	00:47:39	R Zeit	00:47:22	R Zeit	00:50:47	R Zeit	00:46:46	R Zeit	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.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
1	1082	10	M 30	1	1976	Fiedler	Christian	TSV Schloss Neuhaus	22379,3	2797,4	00:00:00	0	0:34:17	2820	00:34:40	2846	0:33:53	2770	0:34:53	2778	00:00:00	0	00:00:00	0	00:35:16	2770,3	00:00:00	0	00:00:00	0	00:00:00	0	00:34:32	2770	00:36:35	2852	0:33:53	2773	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	0:35:28	2749	00:35:53	2773	0:34:35	2728	00:00:00	0	00:00:00	0	0:35:07	2735	00:00:00	0	0:37:34	2620	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:35:48	2658	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
3	1095	11	M 30	2	1977	Ewen	Frank	Delbrück läuft	21285,7	2660,7	00:00:00	0	0:35:36	2741	00:36:42	2724	0:35:56	2647	00:00:00	0	00:00:00	0	0:36:42	2640	00:00:00	0	0:37:07	2647	00:00:00	0	00:00:00	0	00:37:12	2610	00:00:00	0	0:36:55	2591	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
4	1085	10	M 35	1	1975	Riesel	Tobias	Tus Vinsebeck	21123,0	2640,4	00:00:00	0	0:36:08	2709	00:00:00	0	00:00:00	0	0:36:24	2687	00:00:00	0	0:36:55	2627	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:38:53	2509	00:40:16	2631	0:36:10	2636	00:00:00	0	00:38:6	2567	0:36:17	2661	0:36:28	2605	00:00:00	0	00:59:10	2525,3
5	1088	8	M 35	2	1972	Götze	Frank	vereinslos	21045,9	2630,7	00:00:00	0	0:35:14	2763	00:00:00	0	00:00:00	0	0:36:36	2675	00:00:00	0	0:36:31	2651	00:00:00	0	00:00:00	0	00:53:45	2687,9	00:00:00	0	00:00:00	0	00:00:00	0	0:37:26	2560	00:00:00	0	00:00:00	0	0:36:15	2663	0:36:44	2589	0:36:23	2457	00:00:00	0
6	1005	10	M 20	1	1990	Linnemann	Jonas	Dorka-Sports Paderborn	20594,6	2574,3	00:50:01	2397,3	0:38:10	2587	00:00:00	0	0:37:13	2570	00:00:00	0	00:00:00	0	0:38:25	2537	00:38:21	2587,1	0:39:03	2531	00:56:07	2586,4	00:39:00	2519	00:00:00	0	00:40:44	2603	0:36:53	2593	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
7	1016	9	M 35	3	1972	Hansmann	Frank	LG Bauerkamp Warburg	20561,8	2570,2	00:47:04	2558,2	0:37:38	2619	00:00:00	0	0:38:15	2508	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:38:40	2554	00:00:00	0	00:38:20	2559	00:37:28	2594	00:00:00	0	0:36:09	2637	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
8	1110	8	M 40	2	1966	Stein	Dietmar	1. Tri-Club-Paderborn	20356,7	2544,6	00:00:00	0	0:00:00	0	00:00:00	0	0:37:12	2571	0:37:37	2614	00:00:00	0	0:38:01	2561	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:37:25	2561	00:00:00	0	00:38:15	2558	0:37:22	2596	00:00:00	0	0:37:29	2391	00:59:41	2504,7
9	1036	8	M 30	3	1977	Böddeker	Markus	TV Jahn Bad Driburg	20321,2	2540,1	00:50:33	2368,2	0:38:00	2597	00:00:00	0	0:38:02	2521	0:36:58	2653	00:00:00	0	0:37:59	2563	00:00:00	0	0:38:02	2592	00:00:00	0	00:41:11	2388	00:00:00	0	00:00:00	0	0:36:07	2639	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	1033	11	M 45	1	1964	Müller	Rainer	TuS 1913 Hembsen	19949,2	2493,6	00:53:54	2185,5	0:39:31	2506	00:00:00	0	00:00:00	0	00:00:00	0	00:40:34	2536	0:39:05	2497	00:00:00	0	00:00:00	0	00:58:52	2468,6	00:40:31	2428	00:00:00	0	00:41:55	2532	0:39:10	2456	00:53:16	2524,6	00:00:00	0	00:00:00	0	0:39:24	2429	00:00:00	0	01:01:53	2416,7
11	1039	8	M 35	4	1971	Gieffers	Christoph	TuS 1913 Hembsen	19779,7	2472,5	00:48:50	2461,8	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:40:33	2537	0:39:04	2498	00:00:00	0	00:00:00	0	00:00:00	0	00:40:01	2458	00:00:00	0	00:00:00	0	0:37:38	2548	00:53:17	2523,8	00:00:00	0	00:00:00	0	00:00:00	0	0:38:47	2313	01:01:18	2440
12	1118	10	M 30	4	1979	Günther	Thorsten	vereinslos	19590,7	2448,8	00:00:00	0	0:00:00	0	00:00:00	0	0:40:49	2354	0:40:52	2419	00:42:25	2425	00:00:00	0	00:40:35	2454,5	00:00:00	0	01:00:08	2414,3	00:40:22	2437	00:00:00	0	00:41:47	2540	0:38:46	2480	00:00:00	0	00:40:32	2421	00:00:00	0	00:00:00	0	0:39:01	2299	00:00:00	0
13	1018	9	M 45	2	1964	Bettermann	Rainer	LG Bauerkamp Warburg	19447,0	2430,9	00:51:39	2308,2	0:39:49	2488	00:00:00	0	0:40:14	2389	00:00:00	0	00:42:36	2414	0:39:58	2444	00:00:00	0	0:40:19	2455	00:00:00	0	00:40:52	2407	00:00:00	0	00:00:00	0	0:39:39	2427	00:00:00	0	00:00:00	0	00:00:00	0	0:39:30	2423	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	0:47:07	2050	00:00:00	0	00:00:00	0	0:39:58	2473	00:41:58	2452	00:00:00	0	00:40:51	2438,6	0:39:51	2483	00:59:35	2437,9	00:00:00	0	00:41:18	2364	00:00:00	0	00:00:00	0	00:00:00	0	00:40:29	2424	00:00:00	0	00:00:00	0	00:00:00	0	01:05:33	2270
15	1090	15	M 50	1	1958	Richters	Reinhard	VfL Lichtenau	19326,0	2415,7	00:00:00	0	0:41:22	2395	00:41:33	2433	00:00:00	0	0:41:23	2388	00:00:00	0	0:40:56	2386	00:41:27	2403	0:40:40	2434	01:00:57	2379,3	00:42:03	2336	00:00:00	0	00:43:46	2421	0:39:50	2416	00:56:33	2373,1	00:00:00	0	0:40:09	2429	0:39:58	2395	0:39:46	2254	01:04:28	2313,3
16	1045	13	m Jgd B	1	1993	Schroth	Eike	NSU Brakel	19307,0	2413,4	00:52:19	2271,8	0:00:00	0	00:42:59	2347	0:39:58	2405	0:39:53	2478	00:42:33	2417	0:39:14	2488	00:00:00	0	00:00:00	0	01:21:01	1519,3	00:45:42	2117	00:43:33	2229	00:00:00	0	00:00:00	0	00:00:00	0	00:41:19	2374	0:46:20	2058	0:38:53	2460	0:38:22	2338	00:00:00	0
17	1017	11	M 35	5	1975	Thonemann	Markus	LG Bauerkamp Warburg	19156,1	2394,5	00:54:42	2141,8	0:40:42	2435	00:00:00	0	0:40:42	2361	00:00:00	0	00:42:21	2429	00:00:00	0	00:41:36	2394,1	0:41:14	2400	00:00:00	0	00:41:46	2353	00:41:54	2328	00:00:00	0	0:40:03	2403	00:00:00	0	00:00:00	0	00:00:00	0	0:40:12	2381	0:39:55	2245	00:00:00	0
18	1006	11	M 20	2	1983	Disselhoff	Bernhard	Delta Club Wiehengebirge	18728,0	2341,0	00:54:28	2154,5	0:42:21	2336	00:00:00	0	0:41:41	2302	00:00:00	0	00:44:03	2327	0:41:06	2376	00:00:00	0	0:41:44	2370	00:00:00	0	00:00:00	0	00:00:00	0	00:45:34	2313	0:41:38	2308	00:00:00	0	00:00:00	0	0:41:21	2357	0:40:52	2341	0:40:35	2205	00:00:00	0
19	1116	8	M 45	3	1964	Sachwitz	Norbert	Sennesport	18452,7	2306,6	00:00:00	0	0:00:00	0	00:00:00	0	0:41:48	2295	0:41:51	2360	00:44:16	2314	00:00:00	0	00:42:45	2325,7	0:42:40	2314	01:03:44	2260	00:00:00	0	00:43:09	2253	00:45:16	2331	00:00:00	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
20	1121	10	M 50	2	1960	Baibara	Andreas	LC Paderborn	18391,3	2298,9	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	0:42:49	2302	00:00:00	0	0:41:55	2327	00:00:00	0	0:42:02	2352	01:04:27	2229,3	00:44:09	2210	00:00:00	0	00:46:03	2284	0:41:28	2318	00:00:00	0	00:00:00	0	00:00:00	0	0:41:02	2331	0:41:08	2172	01:06:06	2248
21	1054	8	M 20	3	1987	Möring	Christoph	SV Rot-Weiß Bentfeld	18363,7	2295,5	00:00:00	0	0:42:08	2349	00:00:00	0	0:41:18	2325	00:00:00	0	00:00:00	0	0:42:13	2309	00:00:00	0	00:00:00	0	01:01:30	2355,7	00:00:00	0	00:00:00	0	00:00:00	0	0:41:46	2300	00:00:00	0	00:41:25	2368	00:00:00	0	00:00:00	0	0:42:05	2115	01:06:15	2242
22	1004	10	M 35	6	1974	Selter	Alexander	LG Bauerkamp Warburg	18272,4	2284,0	00:55:12	2114,5	0:00:00	0	00:43:57	2289	0:41:22	2321	00:00:00	0	00:45:00	2270	0:42:19	2303	00:43:50	2261,4	0:52:03	1751	00:00:00	0	00:42:31	2308	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:40:50	2343	0:41:03	2177	00:00:00	0
23	1029	16	M 40	4	1967	van Hoof	Frank	vereinslos	18208,7	2276,1	00:55:51	2079,1	0:43:18	2279	00:42:28	2378	00:00:00	0	0:45:14	2157	00:47:21	2129	0:44:04	2198	00:43:44	2267,3	0:43:24	2270	01:04:49	2213,6	00:00:00	0	00:44:57	2145	00:46:46	2241	0:43:37	2189	00:58:03	2303,8	00:00:00	0	0:43:02	2256	00:00:00	0	00:43:11	2049	01:07:18	2200
24	1061	12	M 40	5	1970	Eichler	Jens	vereinslos	18099,5	2262,4	00:00:00	0	0:44:03	2234	00:43:39	2307	0:44:00	2163	0:43:22	2269	00:00:00	0	0:43:21	2241	00:44:00	2251,5	0:43:16	2278	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:42:11	2275	01:00:00	2213,8	00:43:29	2244	00:00:00	0	00:00:00	0	0:42:37	2083	01:08:11	2164,7
25	1002	12	M 50	3	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	17980,6	2247,6	00:56:30	2043,6	0:43:53	2244	00:43:25	2321	0:43:13	2210	0:43:57	2234	00:46:30	2180	00:00:00	0	00:00:00	0	0:43:59	2235	00:00:00	0	00:45:03	2156	00:00:00	0	00:00:00	0	00:00:00	0	00:58:28	2284,6	00:44:10	2203	00:00:00	0	0:42:24	2249	0:43:22	2038	00:00:00	0
26	1101	8	M 40	6	1968	Böhmer	Gregor	TSV Schloss Neuhaus	17872,8	2234,1	00:00:00	0	0:00:00	0	00:44:39	2247	0:42:55	2228	00:00:00	0	00:00:00	0	0:42:58	2264	00:43:53	2258,4	0:42:59	2295	01:06:16	2151,4	00:44:23	2196	00:00:00	0	00:46:54	2233	00:00:00	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
27	1066	13	M 55	1	1951	Drechsler	Hans	LF Benteler Paderborn	17772,7	2221,6	00:00:00	0	0:44:18	2219	00:43:05	2341	00:00:00	0	0:43:09	2282	00:49:07	2023	0:44:05	2197	00:44:19	2232,7	0:44:53	2181	00:00:00	0	00:46:33	2066	00:00:00	0	00:00:00	0	00:00:00	0	01:06:04	1933,8	00:45:9	2144	00:00:00	0	0:43:37	2176	0:43:21	2039	01:08:53	2136,7
28	1023	10	M 45	4	1964	Lakämper	Franz	Laufspass SW Sende	17765,7	2220,7	00:54:03	2177,3	0:43:17	2280	00:43:01	2345	0:44:06	2157	0:43:51	2240	00:45:35	2235	0:44:30	2172	00:45:33	2159,4	00:00:00	0	01:06:52	2125,7	00:00:00	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	0:46:54	1979	00:00:00	0	00:00:00	0
29	1091	8	m Jgd B	2	1995	Prinz	André	Lauftreff Elsen-Wewer	17737,3	2217,2	00:00:00	0	0:43:28	2269	00:45:47	2179	0:42:47	2236	0:43:00	2291	00:00:00	0	0:42:56	2266	00:00:00	0	00:00:00	0	01:05:44	2174,3	00:00:00	0	00:00:00	0	00:48:23	2144	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:43:35	2178	00:00:00	0	00:00:00	0
30	1012	10	W 55	1	1954	Hüther	Elfie	VfB Salzkotten	17657,0	2207,1	00:59:31	1879,1	0:42:44	2313	00:49:04	1982	00:00:00	0	00:00:00	0	00:00:00	0	0:42:50	2272	00:00:00	0	0:43:36	2258	01:03:45	2259,3	00:44:18	2201	00:00:00	0	00:00:00	0	00:00:00	0	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
31	1024	12	M 45	5	1964	Pollmeier	Michael	Laufspass SW Sende	17555,3	2194,4	00:57:15	2002,7	0:00:00	0	00:44:56	2230	0:43:32	2191	0:44:16	2215	00:46:49	2161	0:44:14	2188	00:45:20	2172,3	0:43:52	2242	01:06:47	2129,3	00:00:00	0	00:00:00	0	00:00:00	0	0:44:10	2156	00:00:00	0	00:00:00	0	00:00:00	0	0:45:52	2041	0:44:51	1949	00:00:00	0
32	1015	8	M 45	6	1963	Menne	Hermann	LG Bauerkamp Warburg	17505,0	2188,1	00:52:32	2260	0:43:14	2283	00:00:00	0	00:00:00	0	00:00:00	0	00:47:38	2112	00:00:00	0	00:00:00	0	0:44:43	2191	00:00:00	0	00:00:00	0	00:45:29	2113	00:00:00	0	0:42:39	2247	00:00:00	0	00:00:00	0	00:00:00	0	0:42:52	2221	00:00:00	0	01:10:21	2078
33	1044	8	M 55	2	1953	Rheker	Heinrich	SV Kollerbeck	17430,5	2178,8	00:57:35	1984,5	0:43:20	2277	00:00:00	0	00:00:00	0	0:44:02	2229	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:03	2096	00:44:29	2173	00:47:02	2225	00:00:00	0	00:00:00	0	00:00:00	0	0:43:26	2232	0:42:59	2214	00:00:00	0	00:00:00	0
35	1077	9	m Jgd B	3	1996	Higgins	Breandan	BSV Fürstenberg	17207,0	2150,9	00:00:00	0	0:47:26	2031	00:46:29	2137	0:44:55	2108	00:00:00	0	00:00:00	0	0:44:42	2160	00:00:00	0	0:46:06	2108	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:40	2126	00:00:00	0	00:43:58	2215	0:43:57	2201	0:44:01	2152	00:00:00	0	00:00:00	0
36	1046	8	M 50	4	1957	Lensdorf	Johannes	SV Kollerbeck	17163,6	2145,4	00:58:14	1949,1	0:00:00	0	00:00:00	0	00:00:00	0	0:42:44	2307	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:45:27	2132	00:45:56	2086	00:53:20	1847	00:00:00	0	00:57:57	2308,5	00:00:00	0	0:43:07	2251	0:41:50	2283	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	0:00:00	0	00:46:57	2109	0:46:05	2038	00:00:00	0	00:00:00	0	0:45:13	2129	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:39	2127	00:00:00	0	00:44:15	2198	0:44:16	2182	0:42:10	2263	0:42:10	2110	00:00:00	0
38	1072	8	m Jgd A	1	1991	Kuhfus	Pascal	Turnklub Herford von 1907	17103,0	2137,9	00:00:00	0	0:46:48	2069	00:44:45	2241	00:00:00	0	0:44:14	2217	00:46:11	2199	0:45:17	2125	00:00:00	0	00:00:00	0	00:00:00	0	00:46:15	2084	00:45:53	2089	00:00:00	0	0:45:27	2079	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
39	1057	10	M 35	7	1972	Niewels	Jörg	vereinslos	17030,0	2128,8	00:00:00	0	0:45:12	2165	00:00:00	0	0:44:49	2114	00:00:00	0	00:00:00	0	0:45:17	2125	00:00:00	0	0:46:28	2086	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:45:30	2076	01:05:01	1982,3	00:45:41	2112	0:44:10	2188	0:43:49	2164	00:44:00	2000	00:00:00	0
40	1067	8	M 60	1	1946	Bodach	Claus	SV Lüttringen	17019,6	2127,5	00:00:00	0	0:44:33	2204	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:20	2182	00:47:37	2036,6	0:45:34	2140	00:00:00	0	00:00:00	0	00:00:00	0	00:49:56	2051	0:43:49	2177	00:00:00	0	00:45:58	2095	0:45:04	2134	00:00:00	0	00:00:00	0	00:00:00	0
41	1001	11	M 55	4	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	17010,0	2126,3	00:56:35	2039,1	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:03	2129,7	0:45:14	2160	00:00:00	0	00:46:13	2086	00:45:10	2132	00:49:30	2077	00:00:00	0	01:03:58	2030,8	00:45:2	2151	0:45:38	2100	0:43:47	2166	00:00:00	0	01:10:10	2085,3
42	1009	8	M 45	7	1965	Eckers	Wolfgang	Team S & N	16932,1	2116,5	00:56:24	2049,1	0:44:10	2227	00:00:00	0	00:00:00	0	0:45:52	2119	00:47:55	2095	00:00:00	0	00:00:00	0	0:45:20	2154	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:44:40	2173	0:43:57	2201	00:00:00	0	00:00:00	0	01:14:27	1914
43	1102	11	W 45	1	1962	Wallrafen	Karin	SC Myhl LA	16644,4	2080,6	00:00:00	0	0:00:00	0	00:48:58	1988	00:00:00	0	0:45:22	2149	00:49:30	2000	0:46:31	2051	00:00:00	0	0:47:50	2004	01:09:46	2001,4	00:47:39	2000	00:00:00	0	00:49:05	2102	0:43:42	2184	00:00:00	0	00:00:00	0	0:44:45	2153	0:46:33	2000	00:00:00	0	00:00:00	0
44	1008	8	M 45	8	1961	Zunker	Wilfried	SSV Delbrück	16634,8	2079,4	1:00:34	1821,8	0:45:56	2121	00:00:00	0	0:44:18	2145	0:44:43	2188	00:00:00	0	00:00:00	0	00:00:00	0	0:44:30	2204	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:23	2070	00:00:00	0	0:45:00	2093	0:44:08	1992	00:00:00	0
45	1078	10	M 40	7	1966	Baer	Uwe	vereinslos	16566,0	2070,8	00:00:00	0	0:46:13	2104	00:00:00	0	0:44:38	2125	00:00:00	0	00:49:11	2019	0:44:37	2165	00:00:00	0	00:00:00	0	01:09:48	2000	00:00:00	0	00:00:00	0	00:50:27	2020	0:45:24	2082	00:00:00	0	00:46:42	2051	00:00:00	0	00:00:00	0	0:45:31	1909	01:12:42	1984
46	1107	8	M 20	5	1981	Porcelli	David	Steinhausen	16548,0	2068,5	00:00:00	0	0:00:00	0	00:50:28	1898	0:46:43	2000	00:00:00	0	00:00:00	0	0:46:12	2070	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:44:39	2127	00:00:00	0	00:44:19	2194	0:44:01	2197	00:00:00	0	0:42:20	2100	01:13:15	1962
47	1076	12	M 50	5	1956	Meyer	Uwe	LC Paderborn	16127,0	2015,9	00:00:00	0	0:49:19	1918	00:48:46	2000	0:46:52	1991	0:48:06	1985	00:00:00	0	0:47:59	1963	00:48:14	2000	0:47:08	2046	00:00:00	0	00:00:00	0	00:47:49	1973	00:00:00	0	0:47:16	1970	00:00:00	0	00:47:5	2028	0:45:34	2104	00:00:00	0	0:46:56	1824	00:00:00	0
49	1042	11	M 35	8	1974	Sasse	Rainer	vereinslos	15909,0	1988,6	1:04:44	1594,5	0:50:08	1869	00:48:15	2031	0:46:28	2015	0:47:00	2051	00:00:00	0	0:48:36	1926	00:00:00	0	0:47:54	2000	01:15:55	1737,9	00:00:00	0	00:00:00	0	00:00:00	0	0:48:02	1924	00:00:00	0	00:47:51	1982	0:47:38	1980	00:00:00	0	00:00:00	0	00:00:00	0
50	1025	8	M 30	5	1976	Kleibrink	Tobias	TuS 1913 Hembsen	15808,5	1976,1	00:59:24	1885,5	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:49:59	1971	0:47:39	1983	00:00:00	0	0:48:51	1943	00:00:00	0	00:48:09	1970	00:00:00	0	00:50:31	2016	0:46:06	2040	01:04:38	2000	00:00:00	0	00:00:00	0	00:00:00	0	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	0:48:31	1966	00:49:23	1963	0:47:37	1946	0:48:18	1973	00:00:00	0	0:47:49	1973	00:50:22	1873,3	0:48:46	1948	01:13:45	1830,7	00:49:28	1891	00:49:29	1873	00:53:23	1844	00:00:00	0	00:00:00	0	00:48:10	1963	00:00:00	0	0:47:03	1970	00:00:00	0	01:17:39	1786
52	1021	8	M 45	9	1965	Brade	Günter	Gümi	15697,1	1962,1	00:59:51	1860,9	0:48:10	1987	00:00:00	0	0:46:30	2013	00:00:00	0	00:49:21	2009	00:00:00	0	00:47:26	2047,5	00:00:00	0	01:10:59	1949,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	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
53	1083	8	M 45	10	1964	Kluthe	Thomas	vereinslos	15655,0	1956,9	00:00:00	0	0:49:24	1913	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:47:41	2013	01:14:42	1790	00:00:00	0	00:00:00	0	00:51:32	1955	0:46:46	2000	00:00:00	0	00:47:33	2000	0:47:18	2000	0:46:49	1984	00:00:00	0	00:00:00	0
54	1007	9	W 35	1	1973	Klute	Astrid	VfB Salzkotten	15600,0	1950,0	1:05:04	1576,4	0:47:57	2000	00:00:00	0	0:47:13	1970	0:47:07	2044	00:00:00	0	00:00:00	0	00:00:00	0	0:49:28	1906	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:49:00	1866	00:00:00	0	00:47:54	1979	00:00:00	0	0:46:50	1983	0:46:28	1852	00:00:00	0
55	1026	8	M 40	8	1969	Vogt	Thomas	Bad Lippspringe	15593,0	1949,1	00:00:00	0	0:00:00	0	00:48:34	2012	0:46:47	1996	00:00:00	0	00:00:00	0	0:49:46	1856	00:00:00	0	0:49:30	1904	00:00:00	0	00:48:51	1928	00:00:00	0	00:49:47	2060	00:00:00	0	00:00:00	0	00:49:43	1870	0:47:51	1967	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	1:04:18	1618,2	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:51:44	1866	0:49:41	1861	00:00:00	0	0:49:06	1928	01:11:49	1913,6	00:49:04	1915	00:47:22	2000	00:00:00	0	0:45:06	2100	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:46:47	1833	01:12:18	2000
57	1011	9	M 60	2	1949	Scholz	Hermann-Josef	DJK St. Laurentius Warburg	15555,0	1944,4	00:57:18	2000	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:51:48	1862	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:50:52	1790	00:52:36	1891	0:47:54	1932	01:04:22	2012,3	00:48:9	1964	0:47:27	1991	00:00:00	0	00:00:00	0	01:14:44	1902,7
58	1068	10	M 55	6	1951	Erke	Reinhard	LF Benteler Paderborn	15537,3	1942,2	00:00:00	0	0:48:39	1958	00:47:45	2061	00:00:00	0	00:00:00	0	00:51:30	1880	0:48:40	1922	00:00:00	0	00:00:00	0	00:00:00	0	00:48:31	1948	00:00:00	0	00:00:00	0	00:00:00	0	01:15:50	1483,1	00:48:41	1932	00:00:00	0	0:47:08	1965	0:46:55	1825	01:15:31	1871,3
59	1014	10	M 65	1	1945	Hüther	Karl-Heinz	VfB Salzkotten	15333,6	1916,7	00:59:26	1883,6	0:00:00	0	00:50:07	1919	00:00:00	0	0:47:15	2036	00:00:00	0	0:48:05	1957	00:00:00	0	0:48:47	1947	01:10:16	1980	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:50:57	1781	0:49:23	1830	0:48:42	1718	01:23:15	1562
60	1065	8	M 40	10	1967	Kersting	Kalle	KäsKösäh	15309,0	1913,6	00:00:00	0	0:49:37	1900	00:00:00	0	0:48:44	1879	0:48:29	1962	00:00:00	0	0:47:22	2000	00:00:00	0	0:50:38	1836	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:48:14	1959	00:00:00	0	0:46:57	1976	0:47:23	1797	00:00:00	0
61	1079	8	M 50	6	1958	Emde	Rainer	LG Bauerkamp Warburg	15299,1	1912,4	00:00:00	0	0:49:22	1915	00:48:25	2021	00:00:00	0	00:47:18	2033	00:51:07	1903	00:00:00	0	00:48:20	1994,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:47:09	1964	0:47:31	1789	01:20:18	1680
62	1003	9	M 45	11	1961	Baaske	Hartwig	LT Marienloh	14973,4	1871,7	00:00:00	0	0:00:00	0	00:51:18	1848	00:00:00	0	0:55:15	1556	00:52:19	1831	0:47:35	1987	00:51:37	1799	00:00:00	0	00:00:00	0	00:51:25	1774	00:00:00	0	00:52:08	1919	00:00:00	0	01:06:34	1910,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:14:41	1904,7
63	1123	8	M 55	7	1955	Dören	Hans-Josef	SV 21 Büren	14902,9	1862,9	00:00:00	0	0:00:00	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	00:00:00	0	01:14:59	1777,9	00:49:42	1877	00:48:58	1904	00:52:46	1881	0:47:48	1938	00:00:00	0	00:50:36	1817	0:49:32	1866	0:49:11	1842	00:00:00	0	00:00:00	0
64	1022	9	M 45	12	1963	Oppermann	Frank	Gümi	14850,8	1856,3	1:04:51	1588,2	0:48:54	1943	00:00:00	0	00:00:00	0	0:47:51	2000	00:51:17	1893	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:54:38	1769	0:49:09	1857	01:08:18	1830,8	00:00:00	0	0:48:30	1928	00:00:00	0	00:00:00	0	01:21:33	1630
65	1043	11	W 55	2	1952	Müller	Ursula	NSU Brakel	14847,1	1855,9	1:03:41	1651,8	0:50:10	1867	00:50:08	1918	0:48:46	1877	00:00:00	0	00:00:00	0	0:50:33	1809	00:00:00	0	0:50:04	1870	01:14:04	1817,1	00:51:59	1740	00:50:19	1823	00:00:00	0	0:49:00	1866	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:48:59	1701	00:00:00	0
66	1093	8	M 35	9	1974	Jaspert	Thorsten	VfB Salzkotten	14834,7	1854,3	00:00:00	0	0:48:16	1981	00:00:00	0	00:00:00	0	0:48:51	1940	00:00:00	0	0:53:34	1628	00:00:00	0	0:50:02	1872	00:00:00	0	00:51:15	1784	00:00:00	0	00:00:00	0	00:00:00	0	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
67	1051	9	M 40	11	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	14759,1	1844,9	00:00:00	0	0:51:19	1798	00:00:00	0	0:49:34	1829	0:50:22	1849	00:00:00	0	0:49:08	1894	00:00:00	0	0:49:25	1909	01:14:18	1807,1	00:00:00	0	00:00:00	0	00:55:57	1690	00:00:00	0	00:00:00	0	00:50:32	1821	00:00:00	0	0:49:01	1852	00:00:00	0	00:00:00	0
68	1092	13	M 60	3	1947	Thomas	Bernd	EON-Avacon	14581,0	1822,6	00:00:00	0	0:53:30	1667	00:53:01	1745	0:49:37	1826	0:50:42	1829	00:00:00	0	00:00:00	0	00:54:05	1652,5	0:50:57	1817	00:00:00	0	00:51:55	1744	00:50:41	1801	00:54:30	1777	0:48:18	1908	00:00:00	0	00:50:24	1829	00:00:00	0	0:49:59	1794	0:48:44	1716	00:00:00	0
69	1070	9	M 30	6	1976	Hillebrand	Oliver	HTSV Leiberg	14569,6	1821,2	00:00:00	0	0:55:28	1549	00:50:36	1890	0:50:37	1766	0:51:21	1790	00:00:00	0	00:00:00	0	00:00:00	0	0:51:15	1799	01:17:53	1653,6	00:50:42	1817	00:00:00	0	00:00:00	0	0:47:50	1936	00:00:00	0	00:00:00	0	0:48:40	1918	00:00:00	0	00:00:00	0	00:00:00	0
70	1120	11	M 45	13	1965	Becker	Bernd	Run & Fun Paderborn	14567,0	1820,9	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	0:51:38	1773	00:56:01	1609	0:49:41	1861	00:53:14	1703	0:50:06	1868	01:16:47	1700,7	00:00:00	0	00:52:11	1711	00:54:00	1807	0:48:32	1894	00:00:00	0	00:00:00	0	00:00:00	0	0:48:31	1882	0:47:49	1771	00:00:00	0
71	1117	8	W 40	1	1968	Malcher	Brigitte	vereinslos	13982,8	1747,8	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	0:51:12	1799	00:53:44	1746	0:50:53	1789	00:51:41	1795	0:50:35	1839	01:19:21	1590,7	00:00:00	0	00:52:32	1690	00:55:13	1734	00:00:00	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
72	1106	8	M 50	7	1956	Marten	Christian	LF Benteler Paderborn	13917,0	1739,6	00:00:00	0	0:00:00	0	00:50:43	1883	00:00:00	0	00:00:00	0	00:53:19	1771	0:51:12	1770	00:00:00	0	0:52:39	1715	00:00:00	0	00:53:11	1668	00:52:27	1695	00:55:43	1704	0:51:35	1711	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
73	1075	13	M 50	8	1959	Esser	Dieter	Lauftreff Elsen-Wewer	13827,3	1728,4	00:00:00	0	0:53:31	1666	00:00:00	0	0:51:01	1742	0:51:41	1770	00:53:39	1751	0:51:19	1763	00:53:46	1671,3	0:52:49	1705	00:00:00	0	00:00:00	0	00:55:13	1529	00:58:36	1531	0:53:09	1617	00:00:00	0	00:51:34	1759	0:54:51	1547	00:00:00	0	0:53:34	1426	00:00:00	0
74	1037	8	M 35	10	1973	Held	Christoph	TuS 1913 Hembsen	13808,7	1726,1	1:03:25	1666,4	0:49:28	1909	00:00:00	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	00:00:00	0	00:48:23	1956	00:51:29	1753	00:00:00	0	0:50:22	1784	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
75	1112	8	M 50	9	1956	Vieth	Karl-Heinz	Lauftreff Elsen-Wewer	13701,0	1712,6	00:00:00	0	0:00:00	0	00:00:00	0	0:53:58	1565	0:53:02	1689	00:00:00	0	00:00:00	0	00:00:00	0	0:51:48	1766	01:19:15	1595	00:00:00	0	00:00:00	0	00:00:00	0	0:50:54	1752	00:00:00	0	00:00:00	0	0:50:18	1820	0:49:09	1844	0:49:30	1670	00:00:00	0
76	1103	8	M 30	7	1978	Hoetger	Thomas	Free Runners Leiberg	13556,0	1694,5	00:00:00	0	0:00:00	0	00:54:46	1640	0:54:49	1514	0:53:11	1680	00:00:00	0	00:00:00	0	00:00:00	0	0:51:47	1767	00:00:00	0	00:54:54	1565	00:00:00	0	00:00:00	0	0:50:15	1791	00:00:00	0	00:49:52	1861	0:51:40	1738	00:00:00	0	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	0:00:00	0	00:55:23	1603	0:53:03	1620	0:54:29	1602	00:59:16	1414	0:55:41	1501	00:55:12	1586,1	0:53:49	1645	01:31:45	1059,3	00:00:00	0	00:00:00	0	00:00:00	0	0:51:12	1734	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
78	1019	11	W 30	1	1976	Rinteln	Martina	LG Bauerkamp Warburg	13294,0	1661,8	1:08:53	1368,2	0:52:22	1735	00:00:00	0	0:52:59	1624	00:00:00	0	00:57:31	1519	0:52:09	1713	00:00:00	0	0:52:05	1749	00:00:00	0	00:53:13	1666	00:00:00	0	00:00:00	0	0:52:34	1652	01:16:09	1468,5	00:00:00	0	00:00:00	0	0:52:37	1636	00:00:00	0	01:24:32	1510,7
79	1059	10	W 45	2	1963	Carniel	Dorothee	LT Marienloh	13291,7	1661,5	00:00:00	0	0:53:55	1642	00:00:00	0	0:52:30	1653	0:52:50	1701	00:56:55	1555	0:53:42	1620	00:54:25	1632,7	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:58:58	1509	0:51:54	1692	00:00:00	0	00:53:24	1649	00:00:00	0	0:51:31	1702	00:00:00	0	00:00:00	0
80	1040	9	W 45	3	1964	Krämer	Claudia	LT Marienloh	12934,0	1616,8	1:09:46	1320	0:54:00	1637	00:55:38	1588	0:54:29	1534	00:00:00	0	00:00:00	0	0:53:53	1609	00:55:02	1596	0:53:14	1680	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:54:33	1580	0:52:08	1710	00:00:00	0	00:00:00	0	00:00:00	0
81	1086	9	M 60	4	1949	Rothmann	Christoph	SC Borchen	12749,9	1593,7	00:00:00	0	0:55:55	1522	00:57:12	1494	0:52:40	1643	0:54:10	1621	00:00:00	0	0:52:54	1668	00:54:45	1612,9	0:53:41	1653	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:56:19	1427	00:00:00	0	00:00:00	0	00:00:00	0	0:54:17	1536	00:00:00	0	00:00:00	0
82	1109	11	M 65	2	1941	Kammer	Franz	TV 1875 Paderborn	12598,1	1574,8	00:00:00	0	0:00:00	0	00:00:00	0	0:54:44	1519	0:55:35	1536	00:57:30	1520	0:53:05	1657	00:55:07	1591,1	0:54:39	1595	00:00:00	0	00:56:08	1491	00:55:49	1493	00:00:00	0	0:53:40	1586	00:00:00	0	00:56:3	1490	0:54:04	1594	00:00:00	0	00:00:00	0	00:00:00	0
83	1097	8	W 40	2	1966	Niewels	Anne	BC 23 Meerhof	12584,6	1573,1	00:00:00	0	0:55:46	1531	00:53:53	1693	0:52:11	1672	0:53:38	1653	00:00:00	0	00:00:00	0	00:00:00	0	0:54:20	1614	01:23:29	1413,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:53:44	1629	00:00:00	0	00:00:00	0	0:54:21	1379	00:00:00	0
84	1056	8	M 40	12	1967	Petri	Matthias	vereinslos	12259,2	1532,4	00:00:00	0	0:54:39	1598	00:54:07	1679	00:00:00	0	0:53:28	1663	00:00:00	0	0:53:13	1649	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:54:36	1530	01:19:40	1306,2	00:00:00	0	00:00:00	0	0:55:23	1470	0:54:36	1364	00:00:00	0
85	1041	8	M 45	15	1963	Beine	Matthias	LT Marienloh	12165,0	1520,6	1:11:03	1250	0:56:26	1491	00:56:34	1532	0:54:18	1545	0:55:15	1556	00:00:00	0	0:54:36	1566	00:55:03	1595	0:54:04	1630	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	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	0:54:46	1591	00:00:00	0	0:55:11	1492	0:57:38	1413	00:00:00	0	0:56:22	1460	00:00:00	0	0:56:43	1471	01:26:12	1297,1	00:00:00	0	00:00:00	0	01:03:17	1250	00:00:00	0	00:00:00	0	00:55:47	1506	00:00:00	0	0:53:45	1568	00:00:00	0	00:00:00	0
88	1098	8	W 40	3	1970	Kuhn	Annette	BC 23 Meerhof	11790,0	1473,8	00:00:00	0	0:55:47	1530	00:53:39	1707	0:53:24	1599	00:00:00	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	00:00:00	0	00:59:52	1455	0:55:53	1453	00:00:00	0	00:56:29	1464	0:56:47	1431	00:00:00	0	0:58:09	1151	00:00:00	0
90	1063	9	M 45	18	1965	Fehn	Thomas	LT Marienloh	11651,8	1456,5	00:00:00	0	0:58:11	1386	00:00:00	0	0:55:08	1495	0:56:08	1503	01:00:06	1364	00:00:00	0	00:58:02	1417,8	0:55:52	1522	00:00:00	0	00:58:03	1376	00:00:00	0	01:02:25	1302	0:53:38	1588	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	0:55:50	1527	00:00:00	0	0:54:15	1548	0:55:34	1537	00:00:00	0	0:54:26	1576	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:02:49	1278	0:55:50	1456	00:00:00	0	00:00:00	0	00:00:00	0	0:58:29	1284	0:55:57	1283	00:00:00	0
92	1047	9	M 45	19	1961	Osterhold	Andreas	TSV 1850 Korbach 09	11213,0	1401,6	00:00:00	0	0:59:37	1300	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	1:01:04	1178	00:00:00	0	1:00:05	1269	00:00:00	0	00:00:00	0	00:00:00	0	01:00:59	1388	0:54:58	1508	00:00:00	0	00:56:38	1455	0:55:58	1480	0:55:14	1479	0:55:06	1334	00:00:00	0
93	1020	10	W 40	4	1970	Koch	Mechthild	LG Bauerkamp Warburg	10912,0	1364,0	1:23:53	550	1:01:02	1215	00:00:00	0	00:00:00	0	1:00:11	1260	01:01:49	1261	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:56:16	1483	00:57:45	1377	01:01:21	1366	0:55:25	1481	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
96	1048	8	M 65	3	1944	Marks	Hubert	SV Rot-Weiß Bentfeld	9591,1	1198,9	00:00:00	0	0:56:40	1477	01:01:09	1257	0:57:24	1359	00:00:00	0	00:00:00	0	00:00:00	0	01:02:29	1153,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	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
97	1119	8	M 40	14	1970	Brinschwitz	Marcus	Laufen-Garfeln.de	9276,6	1159,6	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	1:05:46	925	01:08:23	867	0:59:12	1290	01:01:00	1241,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:59:52	1214	00:00:00	0	00:00:00	0	0:58:32	1326	0:58:01	1312	0:58:59	1101	00:00:00	0
101	1062	8	W 40	5	1966	Fehn	Maria	LT Marienloh	7874,5	984,3	00:00:00	0	1:01:09	1208	00:00:00	0	1:03:35	988	00:00:00	0	01:08:24	866	00:00:00	0	01:09:18	748,51	1:05:16	958	00:00:00	0	01:05:54	905	00:00:00	0	01:08:12	955	0:59:20	1246	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
103	1108	9	M 75	1	1934	Neumann	Dieter	VfB Salzkotten	7336,0	917,0	00:00:00	0	0:00:00	0	00:00:00	0	1:06:38	805	1:02:09	1142	00:00:00	0	1:06:48	834	00:00:00	0	00:00:00	0	00:00:00	0	01:06:26	873	00:00:00	0	00:00:00	0	1:04:06	960	01:31:20	767,69	01:03:46	1027	1:05:56	882	00:00:00	0	1:03:47	813	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	1:09:02	735	01:05:38	988	00:00:00	0	1:03:26	1065	01:13:29	561	1:02:58	1064	00:00:00	0	00:00:00	0	00:00:00	0	01:08:14	765	01:08:21	741	00:00:00	0	0:59:37	1229	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	1:15:24	353	01:11:24	642	00:00:00	0	1:08:35	756	01:15:13	457	1:08:51	711	00:00:00	0	00:00:00	0	00:00:00	0	01:08:25	754	01:09:35	667	00:00:00	0	1:04:13	953	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0

Teilnehmer mit 7 und weniger Teilnahmen

-	1113	0	-	-	0	N.	N.	0	-	-	00:00:00	0	0:00:00	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	00:00:00	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	00:00:00	0	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	0:39:49	2488	00:00:00	0	0:39:39	2424	0:39:32	2499	00:00:00	0	00:00:00	0	00:40:04	2485,1	0:39:18	2516	00:00:00	0	00:00:00	0	00:39:49	2453	00:00:00	0	00:00:00	0	00:00:00	0	00:41:28	2365	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1030	7	M 55	-	1954	Baum	Rüdiger	TSV Schloss Neuhaus	15945,6	2277,9	00:55:39	2090	0:41:13	2404	00:00:00	0	0:41:09	2334	0:41:48	2363	00:00:00	0	0:42:18	2304	00:00:00	0	0:42:57	2297	01:06:13	2153,6	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	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	00:51:28	2318,2	0:41:10	2407	00:00:00	0	0:40:21	2382	0:40:50	2421	00:00:00	0	00:00:00	0	00:00:00	0	0:41:38	2376	00:00:00	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	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	1:02:21	1724,5	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:49:00	1954,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:50:47	2000	0:45:45	2061	01:06:14	1926,2	00:46:56	2037	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	0:00:00	0	00:00:00	0	0:49:32	1831	00:00:00	0	00:00:00	0	0:50:14	1828	00:00:00	0	0:49:27	1907	01:20:56	1522,9	00:00:00	0	00:00:00	0	00:00:00	0	0:48:49	1877	00:00:00	0	00:51:35	1758	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	0:38:06	2591	00:38:53	2593	00:00:00	0	00:00:00	0	00:41:14	2496	00:00:00	0	00:39:35	2513,9	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	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	0:00:00	0	00:00:00	0	0:54:14	1549	0:55:00	1571	00:00:00	0	0:53:53	1609	00:00:00	0	0:55:08	1566	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:55:32	1474	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	0:55:38	1302	00:00:00	0
-	1114	4	M 30	-	1976	Held	Simon	TuS 1913 Hembsen	8797,0	2199,3	00:00:00	0	0:00:00	0	00:00:00	0	0:42:24	2259	00:00:00	0	00:45:14	2256	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:43:59	2220	00:00:00	0	00:49:45	2062	00:00:00	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	0:46:21	2096	00:45:48	2178	00:00:00	0	0:53:53	1638	00:00:00	0	0:46:20	2062	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
-	1071	5	M 40	-	1969	Göke	Michael	vereinslos	7840,0	1568,0	00:00:00	0	0:57:04	1453	00:00:00	0	0:54:04	1559	0:53:55	1636	00:00:00	0	00:00:00	0	00:00:00	0	0:54:27	1607	00:00:00	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	0:54:13	1585	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	1:01:24	1776,4	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:58:20	1470	0:55:58	1484	00:00:00	0	00:00:00	0	00:00:00	0	00:56:37	1462	00:00:00	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	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	0:48:46	1951	00:00:00	0	00:00:00	0	0:47:49	2002	00:00:00	0	0:46:01	2081	00:00:00	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	00:00:00	0	00:00:00	0	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	00:59:18	1890,9	0:50:45	1832	00:00:00	0	0:46:08	2035	00:00:00	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	00:00:00	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	00:00:00	0	00:00:00	0

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2010						Ges. Pkt.	ø Pkt. Lauf	Jahreswechsellauf Brakel		Sälzerlauf Salzkotten		Leiberger Volkslauf		BELTE RUN 'N' ROLL Delbrück		Residenz-Abendlauf Schloß Neuhaus		Pfingstläufe Kollerbeck		Int. Abendlauf Bentfeld		Eggelauf des BC Meerhof		Marienloher Volkslauf		Bürener Volkslauf		Hembser 3-Dörfer-Lauf		Vinsebecker Volkslauf		Bad Driburger Brunnenlauf		E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg		Köterberglauf 2010		Salzkottener Hederauenlauf		Altenaulauf Borchen		Westenholzer Abendlauf		Katharinenlauf Delbrück		Wildschütz-Klostermann-Lauf	
			Klasse	AK Pl.:	Jahr-gang	Name	Vorname	Verein			11 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10,1 km	Strecke	10 km	Strecke	14 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	13 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	15 km	Strecke
											00:57:18	R Zeit	00:47:57	R Zeit	00:48:46	R Zeit	00:46:43	R Zeit	00:47:51	R Zeit	00:49:30	R Zeit	00:47:22	R Zeit	00:48:14	R Zeit	00:47:54	R Zeit	01:09:48	R Zeit	00:47:39	R Zeit	00:47:22	R Zeit	00:50:47	R Zeit	00:46:46	R Zeit	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.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
-	1031	2	M 35	-	1975	Weber	Bernd	Laufladen Endspurt	5456,7	2728,4	00:43:52	2732,7	0:00:00	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	0:35:50	2724	00:00:00	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	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	0:00:00	0	00:00:00	0	0:51:57	1686	0:52:35	1716	00:00:00	0	00:00:00	0	00:52:53	1723,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	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	0:39:00	2537	00:00:00	0	00:00:00	0	0:39:22	2509	00:00:00	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	00:00:00	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
-	1032	2	M 45	-	1963	Mügge	Andreas	TV Jahn Bad Driburg	4606,7	2303,4	00:52:07	2282,7	0:00:00	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	00:00:00	0	00:00:00	0	00:42:15	2324	00:00:00	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	00:00:00	0
-	1053	4	M 30	-	1977	Lenzmeier	Tobias	SV Rot-Weiß Bentfeld	4406,0	1101,5	00:00:00	0	1:01:32	1185	00:00:00	0	1:03:36	987	1:02:55	1096	00:00:00	0	1:01:44	1138	00:00:00	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	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	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:53:32	1758	0:49:50	1852	00:00:00	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	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	0:00:00	0	01:03:37	1109	0:58:19	1304	00:00:00	0	00:00:00	0	00:00:00	0	01:02:07	1175,2	00:00:00	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	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	0:57:01	1456	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:54:31	1582	00:00:00	0	00:00:00	0	00:00:00	0
-	1060	2	W 35	-	1974	Drüke	Alexandra	LT Marienloh	2941,0	1470,5	00:00:00	0	0:55:21	1556	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:57:48	1385	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	0:45:23	2154	00:00:00	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	00:00:00	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	00:00:00	0	00:00:00	0	00:00:00	0
-	1027	2	M 30	-	1976	Lohe	Marcel	vereinslos	2103,3	1051,6	1:15:19	1017,3	1:03:11	1086	00:00:00	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	00:00:00	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	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	0:47:22	2035	00:00:00	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	00:00:00	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	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	0:00:00	0	00:54:06	1680	00:00:00	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	00:00:00	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	00:00:00	0	00:00:00	0
-	1122	1	W 35	-	1973	Saadhoff	Nora	vereinslos	1055,0	1055,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	1:03:36	1055	00:00:00	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	00:00:00	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