

20 km Wertung

Hochstift-Cup 2011											Vinsbecker Volkslauf		Bad Driburger Brunnenlauf		Köterberglauf 2010		E.ON Westfalen-Weser- Volkslauf Bad Wünnenberg		Altenaulauf Borchten		Westenholzer Abendlauf		Wildschütz-Klostermann-Lauf		
Platz	Cup-Nr	Teilnahmen	Klasse	AK Pl.	Gen.	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	20 km		21,1 km		27,5 km		21,1 km		21,1 km		21,1 km		21,1 km	
												Strecke	Zeit	Strecke	Zeit	Strecke	Zeit	Strecke	Zeit	Strecke	Zeit	Strecke	Zeit	Strecke	Zeit
39	2003	8	W 60	1	w	1949	Ahlemeyer	Anne	LT Elsen-Wewer	18376,9	2625,3	02:05:43	2275	00:00:00	0	00:00:00	0	02:06:49	2609,3	2:12:27,0	2500,3	2:05:27	2465,4	00:00:00	0
19	2028	7	M 45	5	m	1966	Bardehle	Lutz	VfB Salzkotten	28256,8	4036,7	01:35:04	4114	00:00:00	0	00:00:00	0	1:38:11	4237,9	00:00:00	0	1:42:15	3784,8	01:45:01	3829,4
11	2013	8	M 40	2	m	1967	Baumann	Dirk	vereinslos	30978,4	4425,5	01:31:01	4357	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	1:42:13	3786,7	01:38:22	4207,6
22	2015	8	M 45	6	m	1965	Becker	Bernd	Run and Fun Paderborn	27542,0	3934,6	01:37:12	3986	1:52:01	4000	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:42:01	4000
43	2039	3	M 45	11	m	1965	Blum	Georg	SV 21 Büren	14091,4	4697,1	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:33:41	4474
32	2016	8	M 55	4	m	1956	Böckler	Ulrich	LT Elsen-Wewer	23048,1	3292,6	00:00:00	0	00:00:00	0	02:50:06	3230,5	00:00:00	0	2:01:26,0	3126,9	1:52:18	3213,3	02:04:15	2735,4
16	2027	7	W 40	1	w	1967	Bunzel	Dagmar	NSU Brakel	29603,2	4229,0	00:00:00	0	1:47:16	4270,1	02:17:38	4647,3	00:00:00	0	00:00:00	0	1:38:25	4002,8	00:00:00	0
30	2011	8	M 55	2	m	1955	Dahm	Rainer	LT Elsen-Wewer	23776,7	3396,7	00:00:00	0	00:00:00	0	02:37:49	3766,5	00:00:00	0	1:58:15,0	3308	1:52:01	3229,4	01:55:29	3234,1
40	2024	6	W 50	2	w	1960	Diekmann	Daniela	LT Marienloh	18333,1	3055,5	00:00:00	0	2:10:49	2930,8	02:50:35	3209,5	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
34	2021	10	M 60	2	m	1950	Dörenkamp	Anton	LT Elsen-Wewer	22897,0	3271,0	01:52:38	3060	2:05:24	3238,9	02:46:09	3402,9	2:01:54	2889	00:00:00	0	1:54:56	3063,5	01:56:20	3185,7
41	2029	4	M 45	9	m	1966	Dr. Real	Thomas	VfB Salzkotten	15207,0	3801,7	00:00:00	0	00:00:00	0	00:00:00	0	1:48:27	3654	00:00:00	0	00:00:00	0	00:00:00	0
31	2001	6	M 55	3	m	1954	Düweke	Wilhelm	NSU Brakel	23167,1	3861,2	00:00:00	0	00:00:00	0	02:32:14	4010,2	1:53:53	3345	1:48:25,0	3867,3	00:00:00	0	00:00:00	0
28	2047	7	M 45	7	m	1965	Eckers	Wolfgang	Paderborn	24622,4	3517,5	01:44:21	3557	00:00:00	0	00:00:00	0	1:58:23	3089	1:57:35,0	3345,9	00:00:00	0	02:00:01	2976,2
3	2012	9	M 30	2	m	1980	Edridge	Mark	LT Elsen-Wewer	35277,6	5039,7	00:00:00	0	1:33:14	5068,2	02:02:02	5328	00:00:00	0	1:32:06,0	4795,3	1:23:48	4834,1	00:00:00	0
9	2053	7	M 55	1	m	1952	Engeländer	Goar	Haxter Lauffreunde	33092,0	4727,4	01:26:04	4654	1:35:09	4959,2	02:04:03	5240	1:37:27	4279,6	00:00:00	0	00:00:00	0	01:33:17	4667,4
33	2049	7	W 40	2	w	1970	Eresmann	Erika	LT Elsen-Wewer	23039,4	3291,3	00:00:00	0	2:06:33	3173,5	02:42:19	3570,2	00:00:00	0	00:00:00	0	00:00:00	0	01:56:10	3195,2
5	2036	8	M 40	1	m	1971	Giefers	Christoph	TuS 1913 Hemsben	34124,8	4875,0	00:00:00	0	00:00:00	0	02:17:39	4646,5	00:00:00	0	1:31:57,0	4803,9	1:25:29	4738,4	01:28:08	4789,6
38	2044	5	M 55	5	m	1953	Rainer	Göke	VfB Salzkotten	20531,6	4106,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
29	2026	7	M 60	1	m	1950	Grüner	Adalbert	NSU Brakel	24186,6	3455,2	00:00:00	0	2:06:04	3200,9	02:36:56	3805,1	00:00:00	0	00:00:00	0	1:48:35	3424,6	01:57:13	3135,5
2	2041	7	M 30	1	m	1979	Günther	Thorsten	VfL Lichtenau	35674,8	5096,4	00:00:00	0	00:00:00	0	00:00:00	0	1:21:41	5176,4	1:23:03,0	5310,1	00:00:00	0	01:21:16	5180,2
36	2009	7	M 40	5	m	1970	Halfpap	Michael	VfB Salzkotten	21320,2	3045,7	00:00:00	0	2:15:39	2655,9	02:50:34	3210,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
37	2022	7	W 55	2	w	1953	Kaiser	Mona	SCC Scharmede	21005,3	3000,8	00:00:00	0	00:00:00	0	00:00:00	0	1:56:30	3196,1	2:01:52,0	3102,3	1:49:25	3377,3	00:00:00	0
25	2045	8	W 50	1	w	1958	Kattenbusch	Monika	Haxter Lauffreunde	25970,8	3710,1	00:00:00	0	1:56:55	3721,3	02:30:34	4082,9	00:00:00	0	1:52:09,0	3654,9	00:00:00	0	00:00:00	0
49	2025	2	M 65	1	m	1944	Kilian	Franz-Xaver	VfB Salzkotten	5907,2	2953,6	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
51	2033	1	W 35	1	w	1973	Klugmann	Katrin	SC Borchten	3342,7	3342,7	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
20	2004	8	M 40	3	m	1970	Krian	Thorsten	TV Jahn Bad Driburg	27639,2	3948,5	01:41:12	3746	00:00:00	0	00:00:00	0	1:42:22	4000	00:00:00	0	00:00:00	0	01:48:48	3614,2
1	2051	7	M 35	1	m	1976	Krüger	Torsten	Die Luschen	36451,1	5207,3	01:16:55	5203	00:00:00	0	00:00:00	0	1:19:07	5322,4	1:30:30,0	4886,3	00:00:00	0	00:00:00	0
12	2042	9	W 45	1	w	1965	Lappe	Mechthild	LT Elsen-Wewer	30216,9	4316,7	00:00:00	0	1:49:52	4122,3	02:16:07	4713,5	00:00:00	0	1:39:24,0	4380,1	1:36:08	4132,7	01:39:28	4145
14	2014	7	M 50	2	m	1957	Michel	Gerhard	LT Elsen-Wewer	30003,2	4286,2	00:00:00	0	1:47:04	4281,5	00:00:00	0	1:40:38	4098,6	00:00:00	0	00:00:00	0	00:00:00	0
8	2006	10	M 45	3	m	1963	Mügge	Andreas	TV Jahn Bad Driburg	33679,7	4811,4	01:25:36	4682	1:35:37	4932,7	00:00:00	0	1:27:59	4818,1	00:00:00	0	1:29:00	4538,4	01:30:07	4676,8
45	2034	3	W 50	3	w	1960	Müller	Inge	TuS 1913 Hemsben	9766,7	3255,6	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
47	2007	2	M 50	6	m	1960	Müller	Josef	TuS 1913 Hemsben	8700,5	4350,2	00:00:00	0	1:50:28	4088,2	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
42	2035	3	M 45	10	m	1964	Müller	Rainer	TuS 1913 Hemsben	14276,6	4758,9	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
50	2040	2	M 50	7	m	1961	Osterhold	Andreas	TSV 1850/09 Korbach	3644,8	1822,4	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
46	2032	2	M 20	2	m	1985	Patzelt	Benedikt	vereinslos	9418,6	4709,3	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
10	2002	7	W 30	1	w	1978	Ricke	Sandra	TSV 1850/09 Korbach	31377,0	4482,4	01:31:22	4336	00:00:00	0	00:00:00	0	1:34:47	4431,3	1:37:19,0	4498,6	00:00:00	0	00:00:00	0
23	2017	8	W 45	2	w	1966	Rosentreter	Beate	Haxter Lauffreunde	27286,7	3898,1	00:00:00	0	00:00:00	0	02:34:37	3906,2	1:52:54	3400,9	00:00:00	0	1:43:42	3702,4	00:00:00	0
27	2046	7	W 55	1	w	1953	Sausner	Irina	VfB Salzkotten	24636,7	3519,5	00:00:00	0	2:01:59	3433,2	02:32:28	4000	00:00:00	0	1:55:37,0	3457,8	00:00:00	0	01:55:17	3245,4
21	2031	8	M 50	3	m	1960	Schach	Reiner	Lauffreiff Herbram	27550,1	3935,7	00:00:00	0	00:00:00	0	00:00:00	0	1:48:19	3661,6	1:46:05,0	4000	1:38:28	4000	00:00:00	0
48	2020	3	W 55	3	w	1954	Schäfers	Anette	LT Elsen-Wewer	7407,1	2469,0	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
15	2037	7	M 20	1	m	1984	Scheifhacken	Dennis	TuS 1913 Hemsben	29702,1	4243,2	00:00:00	0	1:49:43	4130,8	00:00:00	0	1:38:17	4232,2	1:41:13,0	4276,8	1:35:08	4189,6	00:00:00	0
13	2050	8	M 50	1	m	1959	Schläbitz	Norbert	LT Elsen-Wewer	30078,8	4297,0	00:00:00	0	1:46:15	4328	00:00:00	0	1:35:41	4380,1	1:39:12,0	4391,5	1:34:20	4235,1	00:00:00	0
18	2010	13	M 35	3	m	1976	Schmitz	Markus	LT Elsen-Wewer	28783,7	4112,0	01:40:02	3816	1:53:41	3905,2	02:36:04	3842,9	1:44:52	3857,8	1:46:24,0	3982	1:36:53	4090	01:41:09	4049,3
7	2038	9	M 45	2	m	1962	Schneider	Jens	LAC Veltins Hochsauerland	33758,9	4822,7	00:00:00	0	1:36:02	4909	02:05:19	5184,7	00:00:00	0	1:31:17,0	4841,8	1:28:12	4583,9	01:29:11	4729,9
26	2023	10	M 50	4	m	1958	Steins	Hubert	LT Elsen-Wewer	25316,3	3616,6	01:40:53	3765	2:13:46	2763	00:00:00	0	1:55:43	3240,7	1:48:43,0	3850,2	00:00:00	0	01:51:13	3476,7
35	2030	10	M 45	8	m	1965	Stute	Gerhard	Lauffreiff Herbram	22587,8	3226,8	00:00:00	0	2:06:26	3180,1	00:00:00	0	1:56:58	3169,6	2:00:11,0	3198	2:03:41	2565,9	00:00:00	0
6	2048	9	M 35	2	m	1975	Thonemann	Markus	LG Bauerkamp Warburg	34027,5	4861,1	01:24:42	4736	1:35:24	4945	02:03:54	5246,5	00:00:00	0	1:34:39,0	4650,3	00:00:00	0	01:33:13	4500,5
24	2019	8	M 40	4	m	1969	Vogt	Thomas																	