

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			
												Strecke	Pkt.	Strecke	Pkt.	Strecke	Pkt.	Strecke	Pkt.	Strecke	Pkt.	Strecke	Pkt.	Strecke	Pkt.
												01:36:58	R Zeit	01:52:01	R Zeit	02:32:28	R Zeit	01:42:22	R Zeit	01:46:05	R Zeit	01:38:28	R Zeit	01:42:01	R Zeit
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
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
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
3	2012	9	M 30	2	m	1980	Edridge	Mark	LT Eisen-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
4	2052	7	M 45	1	m	1966	Weidner-Müller	Andreas	LG Bauerkamp Warburg	34914,3	4987,8	01:21:47	4911	1:34:17	5008,5	00:00:00	0	1:23:30	5073,1	1:29:14,0	4958,4	00:00:00	0	00:00:00	0
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
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
7	2038	9	M 45	2	m	1962	Schneider	Jens	LAC Velitins 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
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
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	01:30:17	4667,4
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
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
12	2042	9	W 45	1	w	1965	Lappe	Mechthild	LT Eisen-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
13	2050	8	M 50	1	m	1959	Schläbitz	Norbert	LT Eisen-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
14	2014	7	M 50	2	m	1957	Michel	Gerhard	LT Eisen-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
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
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
17	2018	9	M 45	4	m	1964	Weinert	Axel	TSV Tudorf	29227,6	4175,4	01:36:58	4000	00:00:00	0	00:00:00	0	1:37:24	4282,5	1:41:57,0	4235,1	1:35:36	4163	01:41:34	4025,6
18	2010	13	M 35	3	m	1976	Schmitz	Markus	LT Eisen-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
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
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
21	2031	8	M 50	3	m	1960	Schach	Reiner	Lauffreff 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
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
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
24	2019	8	M 40	4	m	1969	Vogt	Thomas	LT Marienloh	26611,1	3801,6	01:43:36	3602	1:57:24	3693,8	00:00:00	0	00:00:00	0	1:50:07,0	3770,6	00:00:00	0	01:48:15	3645,5
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
26	2023	10	M 50	4	m	1958	Steins	Hubert	LT Eisen-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
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
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
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
30	2011	8	M 55	2	m	1955	Dahm	Rainer	LT Eisen-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
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
32	2016	8	M 55	4	m	1956	Böckler	Ulrich	LT Eisen-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
33	2049	7	W 40	2	w	1970	Eresmann	Erika	LT Eisen-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
34	2021	10	M 60	2	m	1950	Dörenkamp	Anton	LT Eisen-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
35	2030	10	M 45	8	m	1965	Stute	Gerhard	Lauffreff Herbram	22587,8	3228,8	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
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
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
39	2003	8	W 60	1	w	1949	Ahlemeyer	Anne	LT Eisen-Wewer	18376,9	2625,3	02:05:43	2275	00:00:00	0	00:00:00	0	2:06:49	2609,3	2:12:27,0	2500,3	2:05:27	2465,4	00:00:00	0
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
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
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
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
44	2043	3	M 50	5	m	1961	von Hagen	Wolfgang	Haxter Lauffreunde	12776,4	4258,8	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	1:40:14,0	4332,7	00:00:00	0	01:38:47	4183,9
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
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
47	2007	2	M 50</																						