

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2012						Jahreswechsel-lauf Brakel		Sälzerlauf Salzkotten		Warburger Diemellauf		Leiberger Volkslauf		RUN 'N' ROLL Delbrück		Residenz- Abendlauf Schloß Neuhaus				
			Klasse	AK	Pl.	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	11 km	Strecke	10 km	Strecke	10,3 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
												00:54:11 Zeit	R Zeit	00:46:06 Zeit	R Zeit	00:51:48 Zeit	R Zeit	00:47:10 Zeit	R Zeit	00:49:00 Zeit	R Zeit	00:48:06 Zeit	R Zeit
70	1088	3	M 45	17	1966	Ahlers	Ufo Michael	SC Borchen	5664,0	1888,0	00:00:00	0	0:51:04	1702	00:00:00	0	00:00:00	0	00:49:26	1974	00:48:18	1988	
88	1035	2	M 45	22	1966	Altmiks	Frank	SV Kollerbeck	4556,4	2278,2	00:48:23	2316,4	0:42:06	2240	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00
46	1115	3	M 45	12	1966	Baer	Uwe		6687,6	2229,2	00:00:00	0	0:42:23	2223	00:48:07	2214,6	00:00:00	0	00:00:00	0	00:43:56	2250	
134	1169	1	M 50	13	1960	Baibara	Andreas	TSV Wewer	2110,0	2110,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:16	2110	
84	1144	4	W 40	2	1971	Becker	Karin	SV Rot-Weiß Bentfeld	5001,5	1250,4	00:00:00	0	0:00:00	0	01:06:59	1115,5	01:02:04	1106	00:57:52	1468	00:59:34	1312	
101	1155	2	M 45	24	1967	Becker	Markus	SV Rot-Weiß Bentfeld	3859,0	1929,5	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:48:54	2006	00:50:33	1853	
107	1056	2	M 55	6	1957	Beine	Friedrich	SC GW Holthelm	3647,4	1823,7	00:57:00	1846,4	0:49:25	1801	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
59	1149	3	M 60	2	1950	Besler	Karl-Heinz		6124,0	2041,3	00:00:00	0	0:00:00	0	00:00:00	0	00:49:40	1850	00:46:45	2135	00:45:47	2139	
85	1113	2	M 45	21	1964	Bettermann	Rainer	LG Bauerkamp Warburg	4799,0	2399,5	00:00:00	0	0:39:48	2378	00:00:00	0	00:00:00	0	00:00:00	0	00:41:05	2421	
76	1003	4	M 50	9	1961	Bidardel	Chahriar	LT Marienloh	5440,9	1360,2	01:12:30	1000,9	0:00:00	0	00:00:00	0	01:00:01	1229	00:53:25	1735	00:56:50	1476	
44	1132	3	M 45	11	1967	Block	Markus	LG Oerlinghausen	6694,0	2231,3	00:00:00	0	0:42:52	2194	00:00:00	0	00:44:24	2166	00:00:00	0	00:42:32	2334	
25	1082	4	M 65	1	1946	Bodach	Claus	SV Lüttringen	8287,6	2071,9	00:00:00	0	0:45:40	2026	00:51:01	2045,6	00:00:00	0	00:46:49	2131	00:46:41	2085	
96	1044	2	M 40	18	1968	Böhmer	Gregor	TSV Schloß Neuhaus	4071,8	2035,9	00:52:21	2100	0:00:00	0	00:52:17	1971,8	00:00:00	0	00:00:00	0	00:00:00	0	
60	1098	3	M 40	11	1971	Borgolte	Frank	SC Borchen	6078,0	2026,0	00:00:00	0	0:48:34	1852	00:00:00	0	00:00:00	0	00:45:20	2220	00:48:00	2006	
110	1156	2	MJ U18	1	1999	Börnermeier	Patrick	DJK Delbrück	3603,0	1801,5	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:52:08	1812	00:51:35	1791	
157	1048	1	W 45	10	1964	Brade	Gisela	GüMi	1269,1	1269,1	01:07:35	1269,1	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
140	1049	1	M 45	27	1965	Brade	Günter	GüMi	1944,5	1944,5	00:55:12	1944,5	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
48	1121	3	M 30	4	1980	Bücker	Marcel		6515,0	2171,7	00:00:00	0	0:45:19	2047	00:00:00	0	00:00:00	0	00:44:52	2248	00:44:26	2220	
136	1162	1	M 40	23	1968	Bürger	Michael	Haxter Lauffreunde	2046,0	2046,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:47:20	2046	
34	1096	3	M 40	7	1968	Büsemaker	Eckhart	Hamm	7372,0	2457,3	00:00:00	0	0:39:49	2377	00:00:00	0	00:40:26	2404	00:39:09	2591	00:00:00	0	
20	1058	4	M 20	1	1983	Disselhoff	Bernhard	Neuenheerse	9605,5	2401,4	00:48:13	2325,5	0:40:53	2313	00:00:00	0	00:00:00	0	00:40:24	2516	00:40:35	2451	
29	1124	3	M 40	5	1972	Dolstra	Heiko	LAG Wesertal	7783,7	2594,6	00:00:00	0	0:37:21	2525	00:40:45	2643,7	00:00:00	0	00:00:00	0	00:37:51	2615	
64	1125	3	W 35	1	1973	Dolstra	Silke	LAG Wesertal	5910,0	1970,0	00:00:00	0	0:47:58	1888	00:51:48	2000	00:00:00	0	00:00:00	0	00:47:44	2022	
78	1070	3	M 60	4	1950	Dörenkamp	Anton	LT Eisen-Wewer	5195,4	1731,8	01:05:37	1376,4	0:00:00	0	00:00:00	0	00:00:00	0	00:50:04	1936	00:50:03	1883	
131	1148	1	M 35	11	1977	Dornemann	Sebastian		2188,0	2188,0	00:00:00	0	0:00:00	0	00:00:00	0	00:44:02	2188	00:00:00	0	00:00:00	0	
52	1129	3	M 60	1	1951	Drechsler	Hans	LF Benteler Paderborn	6337,0	2112,3	00:00:00	0	0:44:20	2106	00:00:00	0	00:47:10	2000	00:00:00	0	00:44:15	2231	
68	1101	3	M 55	3	1953	Echterling	Dietmar	VfB Salzkotten	5733,0	1911,0	00:00:00	0	0:47:00	1946	00:00:00	0	00:50:14	1816	00:00:00	0	00:48:35	1971	
141	1095	1	M 20	9	1987	Elwenspeck	Manuel	LT Marienloh	1944,0	1944,0	00:00:00	0	0:47:02	1944	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
149	1150	1	M 60	7	1951	Enke	Reinhard	LF Benteler Paderborn	1608,0	1608,0	00:00:00	0	0:00:00	0	00:00:00	0	00:53:42	1608	00:00:00	0	00:00:00	0	
32	1142	3	M 45	8	1965	Epping	Hubert	TC BW Delbrück	7496,0	2498,7	00:00:00	0	0:37:51	2495	00:00:00	0	00:39:18	2472	00:00:00	0	00:39:17	2529	
115	1050	2	M 50	11	1959	Esser	Dieter	LT Eisen-Wewer	3091,1	1545,5	01:04:28	1439,1	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:53:54	1652	
113	1134	4	W 45	4	1966	Fehn	María	LT Eisen-Wewer	3190,0	797,5	00:00:00	0	1:06:04	802	00:00:00	0	01:11:30	540	01:04:31	1069	01:08:27	779	
63	1135	4	M 45	16	1965	Fehn	Thomas	LT Eisen-Wewer	5927,0	1481,8	00:00:00	0	0:54:20	1506	00:00:00	0	00:58:27	1323	00:54:43	1657	00:57:25	1441	
8	1063	4	M 35	1	1976	Fiedler	Christian	TSV Schloß Neuhaus	11199,9	2800,0	00:38:24	2860,9	0:34:04	2722	00:00:00	0	00:35:10	2720	00:34:03	2897	00:00:00	0	
127	1167	1	M 30	6	1978	Fleckner	Matthias		2512,0	2512,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:39:34	2512	
155	1086	1	W 45	9	1963	Flüter Brauckmann	Iris	Breitensport Hövelhof	1314,0	1314,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	01:00:26	1314	00:00:00	0	
125	1090	2	W 40	5	1968	Franzbonenkamp	Gabi	Hövelhof	2555,0	1277,5	00:00:00	0	0:59:54	1172	00:00:00	0	00:00:00	0	00:59:17	1383	00:00:00	0	
56	1032	3	M 50	7	1958	Fuhrmann	Georg	SV Kollerbeck	6270,0	2090,0	00:00:00	0	0:45:30	2036	00:50:39	2067	00:00:00	0	00:00:00	0	00:45:19	2167	
138	1153	1	M 55	8	1954	Gaus	Michael	SC Borchen	2015,0	2015,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:47:51	2015	
17	1039	5	M 35	3	1975	Gerbig	Michael	LT Eisen-Wewer	9833,4	1966,7	00:58:19	1774,5	0:47:44	1902	00:52:18	1970,9	00:47:00	2010	00:46:04	2176	00:00:00	0	
65	1077	3	M 50	8	1959	Giefers	Bernd	TuS Amelunxen	5908,9	1969,6	00:55:05	1950,9	0:00:00	0	00:00:00	0	00:50:03	1827	00:00:00	0	00:45:55	2131	
82	1078	2	M 40	14	1971	Giefers	Christoph	TuS 13 Hemsben	5059,4	2529,7	00:43:26	2586,4	0:38:13	2473	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
148	1160	1	M 20	10	1990	Grace	Jason	Team Hämmerling	1661,0	1661,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:54:39	1661	00:00:00	0	
22	1126	4	M 50	2	1961	Gröne	Norbert	LG TuS Vinsebeck	9321,0	2330,3	00:00:00	0	0:41:38	2268	00:46:40	2299	00:00:00	0	00:41:45	2435	00:42:47	2319	
137	1165	1	M 65	3	1944	Gross	Ricco	TV Jahn Bad Driburg	2034,0	2034,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:47:32	2034	
159	1147	1	M 60	8	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	1188,3	1188,3	00:00:00	0	0:00:00	0	01:05:44	1188,3	00:00:00	0	00:00:00	0	00:00:00	0	
14	1040	4	M 30	3	1979	Günther	Thorsten	ActiVita Paderborn	10601,5	2650,4	00:44:00	2555,5	0:35:48	2618	00:00:00	0	00:00:00	0	00:36:17	2763	00:37:01	2665	
122	1089	2	W 45	7	1965	Güth	Resi	Breitensport Hövelhof	2715,0	1357,5	00:00:00	0	0:58:55	1231	00:00:00	0	00:00:00	0	00:57:36	1484	00:00:00	0	
142	1170	1	M 35	13	1973	Hartinger	Richard	LG Bauerkamp Warburg	1798,0	1798,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:51:28	1798	
153	1084	1	M 35	14	1975	Hegemann	Markus	Delbrück läuft	1425,0	1425,0	00:00:00	0	0:55:41	1425	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
11	1008	4	M 30	2	1980	Heints	Vladislav	TSV Schloß Neuhaus	10923,2	2730,8	00:40:15	2760	0:34:11	2715	00:38:10	2794,2	00:36:16	2654	00:00:00	0	00:00:00	0	
73	1127	3	M 35	9	1976	Hillebrand	Oliver	HTSV Leiberger	5488,0	1829,3	00:00:00	0	0:50:52	1714	00:00:00	0	00:48:57	1893	00:00:00	0	00:50:05	1881	
114	1151	2	W 50	2	1961	Hillebrand	Sabine	HTSV Leiberger	3133,0	1566,5	00:00:00	0	0:00:00	0	00:00:00	0	00:54:24	1566	00:00:00	0	00:55:19	1567	
126	1054	1	M 20	7	1983	Hoblitz	Sebastian	TuS 13 Hemsben	2536,4	2536,4	00:44:21	2536,4	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00		

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2012							Jahreswechsel-lauf Brakel		Sälzerlauf Salzkotten		Warburger Diemellauf		Leiberger Volkslauf		RUN 'N' ROLL Delbrück		Residenz- Abendlauf Schloß Neuhaus			
			Klasse	AK	Pl.	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	11 km	Strecke	10 km	Strecke	10,3 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
												00:54:11	R Zeit	00:46:06	R Zeit	00:51:48	R Zeit	00:47:10	R Zeit	00:49:00	R Zeit	00:48:06	R Zeit
												Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
90	1043	4	W 45	3	1963	Hopp	Jutta	SV Rot-Weiß Bentfeld	4467,8	1117,0	01:12:32	999,09	00:00:00	0	01:12:15	808,74	00:00:00	0	00:57:51	1469	01:01:35	1191	
109	1128	2	M 30	5	1978	Hötger	Thomas	Free Runners Leiberg	3605,0	1802,5	00:00:00	0	0:51:38	1668	00:00:00	0	00:50:03	1937	00:00:00	0	00:00:00	0	
2	1011	6	W 55	1	1954	Hüther	Elfie	VfB Salzkotten	13255,5	2209,3	00:49:14	2270	0:43:25	2161	00:49:15	2148,5	00:45:09	2121	00:43:50	2310	00:44:01	2245	
80	1123	2	M 50	10	1961	Jäger	Hermann	LC Paderborn	5147,0	2573,5	00:00:00	0	0:37:52	2494	00:00:00	0	00:00:00	0	00:38:07	2653	00:00:00	0	
41	1016	4	M 35	4	1974	Jaspert	Thorsten	VfB Salzkotten	6936,1	1734,0	00:57:19	1829,1	0:49:01	1825	00:00:00	0	00:55:21	1509	00:52:47	1773	00:00:00	0	
123	1087	2	W 30	2	1982	Jilke	Susanne	TuS Bad Wünnenberg	2696,0	1348,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:57:44	1476	01:01:06	1220	
42	1118	5	M 70	2	1941	Kammer	Franz	TV Paderborn	6820,8	1364,2	00:00:00	0	0:56:35	1371	01:04:15	1274,8	00:59:45	1245	00:57:01	1519	00:57:55	1411	
91	1131	2	M 35	10	1973	Kampmeier	Bernhard	Delbrück läuft	4413,0	2206,5	00:00:00	0	0:43:10	2176	00:00:00	0	00:00:00	0	00:00:00	0	00:44:09	2237	
130	1014	1	W 45	8	1963	Kerstein-Sutter	Anke	TSV Schloß Neuhaus	2226,0	2226,0	00:00:00	0	0:42:20	2226	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
71	1114	3	M 45	18	1967	Kersting	Kalle	Käskösch Delbrück	5625,0	1875,0	00:00:00	0	0:49:14	1812	00:00:00	0	00:00:00	0	00:49:10	1990	00:51:03	1823	
158	1137	1	W 50	4	1961	Kicinski	Erika	LT Marienloh	1257,0	1257,0	00:00:00	0	0:58:29	1257	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
116	1136	2	M 55	7	1955	Kicinski	Heinz-Günter	LT Marienloh	3075,0	1537,5	00:00:00	0	0:55:23	1443	00:00:00	0	00:00:00	0	00:00:00	0	00:54:14	1632	
21	1019	4	M 40	3	1969	Klaus	Jürgen	Delbrück läuft	9599,0	2399,8	00:47:46	2350	0:41:16	2290	00:00:00	0	00:00:00	0	00:40:19	2521	00:40:48	2438	
106	1067	2	W 35	4	1973	Klugmann	Katrin	SC Borchen	3649,4	1824,7	00:58:39	1756,4	0:47:53	1893	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
95	1066	2	M 40	17	1970	Klugmann	Marcus	SC Borchen	4186,9	2093,5	00:52:53	2070,9	0:44:10	2116	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
100	1112	2	W 35	3	1973	Klute	Astrid	VfB Salzkotten	3872,0	1936,0	00:00:00	0	0:47:12	1934	00:00:00	0	00:00:00	0	00:00:00	0	00:49:08	1938	
97	1103	2	M 40	19	1968	Klute	Ulrich	LT Lieth Paderbon	4052,0	2026,0	00:00:00	0	0:46:37	1969	00:00:00	0	00:00:00	0	00:00:00	0	00:46:43	2083	
18	1065	5	M 45	6	1964	Kluthe	Thomas	SC Borchen	9795,6	1959,1	00:58:12	1780,9	0:47:28	1918	00:52:46	1943,7	00:00:00	0	00:46:39	2141	00:47:54	2012	
19	1013	5	M 40	2	1968	Koch	Karsten	SC Borchen	9695,9	1939,2	00:00:00	0	0:49:16	1810	00:56:53	1703,9	00:48:19	1931	00:46:03	2177	00:46:52	2074	
105	1154	2	W 40	4	1970	Koch	Mechthild	LG Bauerkamp Warburg	3665,0	1832,5	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:51:15	1865	00:51:26	1800	
50	1012	3	M 40	8	1971	Koch	Volker	SC Borchen	6390,0	2130,0	00:00:00	0	0:46:06	2000	00:00:00	0	00:00:00	0	00:44:23	2277	00:46:13	2113	
117	1064	2	W 35	5	1973	Köchling	Andrea	VfB Salzkotten	3043,3	1521,6	01:05:36	1377,3	0:51:40	1666	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
9	1001	5	M 55	1	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	11131,6	2226,3	00:50:44	2188,2	0:44:26	2100	00:48:02	2219,4	00:00:00	0	00:42:41	2379	00:44:01	2245	
57	1061	4	M 45	14	1965	Kottmann	Heinz	SV 21 Büren	6157,6	1539,4	01:03:23	1498,2	0:54:42	1484	01:00:02	1520,4	00:52:55	1655	00:00:00	0	00:00:00	0	
133	1024	1	M 20	8	1985	Kremeyer	Till	TUS 20 Bellersen	2119,1	2119,1	00:52:00	2119,1	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
128	1109	1	M 50	12	1959	Krois	Dietmar	SC Borchen	2449,0	2449,0	00:00:00	0	0:38:37	2449	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
145	1108	1	W 50	3	1962	Krois	Sabine	SC Borchen	1752,0	1752,0	00:00:00	0	0:50:14	1752	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	
75	1028	3	W 45	2	1964	Krüger	Maria	SV Kollerbeck	5446,0	1815,3	00:58:13	1780	0:00:00	0	00:55:14	1800	00:00:00	0	00:00:00	0	00:50:20	1866	
35	1099	3	M 45	9	1967	Kühlert	Elmar	LC Paderborn	7334,0	2444,7	00:00:00	0	0:39:15	2411	00:00:00	0	00:39:57	2433	00:00:00	0	00:39:56	2490	
151	1164	1	W 40	7	1970	Kuhn	Annette	BC 23 Meerhof	1500,0	1500,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:56:26	1500	
111	1006	2	MJ U20	2	1994	Lange	Kevin	Non-Stop-Ultra Brakel	3579,0	1789,5	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:52:24	1796	00:51:43	1783	
43	1005	4	W 45	1	1965	Lange	Manuela	Non-Stop-Ultra Brakel	6806,0	1701,5	00:00:00	0	0:53:23	1563	00:00:00	0	00:54:55	1535	00:51:20	1860	00:50:38	1848	
38	1033	3	M 55	2	1957	Lensdorf	Johannes	SV Kollerbeck	6995,1	2331,7	00:00:00	0	0:41:29	2277	00:45:34	2363,1	00:00:00	0	00:00:00	0	00:42:11	2355	
3	1075	6	M 45	2	1963	Liersch	Andreas	LAC Veltins Hochsauerland	12292,2	2048,7	01:00:15	1669,1	0:45:37	2029	00:50:44	2062,1	00:46:04	2066	00:44:27	2273	00:44:53	2193	
55	1074	3	M 40	10	1969	Liersch	Ulrich	LAC Veltins Hochsauerland	6287,3	2095,8	00:53:41	2027,3	0:43:50	2136	00:00:00	0	00:45:06	2124	00:00:00	0	00:00:00	0	
49	1083	3	M 35	6	1973	Lorenz	Sascha	SV Rot-Weiß Bentfeld	6433,0	2144,3	00:00:00	0	0:46:59	1947	00:00:00	0	00:00:00	0	00:43:48	2312	00:45:12	2174	
104	1143	3	M 40	21	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	3721,3	1240,4	00:00:00	0	0:00:00	0	00:57:07	1690,3	01:40:34	1	00:48:30	2030	00:00:00	0	
144	1168	1	M 55	9	1956	Marten	Christian	LF Benteler Paderborn	1761,0	1761,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:52:05	1761	
112	1120	2	W 55	2	1957	Menne	Christiane	RW Ahlhausen	3441,0	1720,5	00:00:00	0	0:51:41	1665	00:00:00	0	00:00:00	0	00:00:00	0	00:51:50	1776	
16	1045	4	M 40	1	1972	Menne	Klaus	Non-Stop-Ultra Brakel	10326,3	2581,6	00:43:18	2593,6	0:36:41	2565	00:41:17	2612,6	00:37:55	2555	00:00:00	0	00:00:00	0	
33	1139	3	M 40	6	1971	Mersch	Detlef	Hövelhof	7411,0	2470,3	00:00:00	0	0:39:23	2403	00:00:00	0	00:40:01	2429	00:39:21	2579	00:00:00	0	
10	1002	5	M 50	1	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	11032,1	2206,4	00:52:11	2109,1	0:44:11	2115	00:00:00	0	00:45:32	2098	00:41:53	2427	00:43:23	2283	
24	1057	5	W 60	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	8738,8	1747,8	00:59:20	1719,1	0:51:11	1695	00:56:48	1708,7	00:00:00	0	00:51:24	1856	00:52:06	1760	
108	1133	2	W 65	1	1944	Nachtmann	Ingrid	VfB Salzkotten	3620,0	1810,0	00:00:00	0	0:49:00	1826	00:00:00	0	00:00:00	0	00:00:00	0	00:51:32	1794	
152	1051	2	M 75	1	1934	Neumann	Dieter	VfB Salzkotten	1498,6	749,3	01:22:10	473,64	00:00:00	0	00:00:00	0	00:00:00	0	01:05:15	1025	00:00:00	0	
94	1105	2	M 20	6	1990	Niederdräing	Michael	Lauffreß Herbram	4306,0	2153,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:46:00	2180	00:46:00	2126	
81	1104	3	M 45	20	1963	Niederdräing	Ulrich	Lauffreß Herbram	5108,0	1702,7	00:00:00	0	0:51:59	1647	00:00:00	0	00:00:00	0	00:53:07	1753	00:52:58	1708	
37	1071	3	MJ U20	1	1993	Niederprüm	David	SV Kollerbeck	7011,8	2337,3	00:51:13	2161,8	0:37:53	2493	00:00:00	0	00:00:00	0	00:00:00	0	00:42:09	2357	
77	1145	3	M 40	13	1968	Niesmann	Matthias	SV Rot-Weiß Bentfeld	5437,8	1812,6	00:00:00	0	0:00:00	0	00:57:58	1640,8	00:00:00	0	00:50:16	1924	00:50:13	1873	
27	1015	4	M 40	4	1970	Ollesch	Karsten	Paderborn	7926,5	1981,6	00:53:11	2054,5	0:46:43	1963	00:00:00	0	00:00:00	0	00:48:28	2032	00:50:09	1877	
39	1059	4	M 45	10	1963	Oppermann	Frank	GüMi	6992,1	1748,0	01:01:54	1579,1	0:51:54	1652	00:00:00	0	00:00:00	0	00:49:53	1947	00:51:12	1814	
30	1073	5	M 50	4	1961	Osterhold	Andreas	TSV 1850 Korbach 09	7747,4	1549,5	00:00:00	0	0:55:44	1422	00:58:18	1621,4	00:56:03	1467	00:55:31	1609	00:54:18	1628	
156	1152	1	M 45	29	1963	Petri	Johannes	VfL Lichtenau	1286,0	1286,0	00:00:00	0	0:00:00	0	00:00:00	0	00:59:04	1286	00:00:00	0	00:00:00	0	
74	100																						

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2012							Jahreswechsel-lauf Brakel		Sälzerlauf Salzkotten		Warburger Diemellauf		Leiberger Volkslauf		RUN 'N' ROLL Delbrück		Residenz- Abendlauf Schloß Neuhaus		
			Klasse	AK Pl.	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	11 km	Strecke	10 km	Strecke	10,3 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:54:11 Zeit	R Zeit	00:46:06 Zeit	R Zeit	00:51:48 Zeit	R Zeit	00:47:10 Zeit	R Zeit	00:49:00 Zeit	R Zeit	00:48:06 Zeit	R Zeit
99	1055	2	M 55	5	1957	Rex	Bernward	LG Bauerkamp Warburg	3950,0	1975,0	00:55:28	1930	0:00:00	0	00:46:50	2020	00:00:00	0	00:00:00	0	00:00:00	0
62	1060	3	M 20	4	1987	Rex	Fabian	FC Pel 2004	5968,3	1989,4	00:56:01	1900	0:00:00	0	00:50:50	2056,3	00:46:58	2012	00:00:00	0	00:00:00	0
89	1026	2	M 55	4	1953	Rheker	Heinrich	SV Kollerbeck	4469,0	2234,5	00:50:20	2210	0:41:47	2259	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
119	1027	2	W 55	3	1957	Rheker	Margret	SV Kollerbeck	2944,1	1472,0	01:02:49	1529,1	0:55:51	1415	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
51	1122	3	M 50	6	1958	Richters	Reinhard	VfL Lichtenau	6355,9	2118,6	00:00:00	0	0:45:43	2023	00:48:52	2170,9	00:44:28	2162	00:00:00	0	00:00:00	0
36	1041	3	W 30	1	1978	Ricke	Sandra	TSV 1850 Korbach 09	7100,4	2366,8	00:47:13	2380	0:40:32	2334	00:45:10	2386,4	00:00:00	0	00:00:00	0	00:00:00	0
54	1038	3	M 40	9	1968	Rodenberg	Daniel	SuS Niesen	6292,9	2097,6	00:00:00	0	0:00:00	0	00:50:01	2103,9	00:46:42	2028	00:00:00	0	00:45:25	2161
162	1022	2	W 45	11	1966	Rohde	Marita	TV von 1890 Brakel	664,7	332,4	01:29:20	82,727	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	01:11:44	582
23	1081	4	M 50	3	1960	Rooch	Mathias	LC Paderborn	9085,5	2271,4	00:50:28	2202,7	0:41:39	2267	00:46:31	2307,8	00:00:00	0	00:00:00	0	00:42:58	2308
103	1138	3	M 60	5	1949	Rothmann	Christoph	SC Borchon	3763,0	1254,3	00:00:00	0	0:58:26	1260	00:00:00	0	01:00:19	1211	00:00:00	0	00:59:54	1292
5	1010	6	W 50	1	1958	Rump	Beate	VfB Salzkotten	11657,7	1943,0	00:55:01	1954,5	0:47:43	1903	00:53:37	1894,2	00:49:49	1841	00:47:24	2096	00:48:37	1969
12	1046	5	M 35	2	1977	Rypalla	Markus		10808,9	2161,8	00:49:59	2229,1	0:45:35	2031	00:48:17	2204,9	00:45:29	2101	00:44:57	2243	00:00:00	0
26	1030	4	M 45	7	1964	Saage	Ansgar	SV Kollerbeck	8242,7	2060,7	00:54:23	1989,1	0:45:31	2035	00:50:59	2047,6	00:00:00	0	00:00:00	0	00:45:15	2171
92	1076	2	M 45	23	1964	Sachwitz	Norbert	Sennesport	4381,5	2190,7	00:50:30	2200,9	0:00:00	0	00:48:42	2180,6	00:00:00	0	00:00:00	0	00:00:00	0
67	1110	3	M 35	8	1974	Sasse	Rainer	SC Borchon	5769,1	1923,0	00:00:00	0	0:49:11	1815	00:53:33	1898,1	00:00:00	0	00:48:04	2056	00:00:00	0
147	1097	1	W 40	6	1970	Schäfer-Doeren	Birgit	HTSV Leiberger	1720,0	1720,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:42:46	1720
61	1037	3	M 40	12	1970	Scharf	Dirk	LT Marienloh	6032,0	2010,7	00:54:11	2000	0:46:16	1990	00:00:00	0	00:46:28	2042	00:00:00	0	00:00:00	0
135	1163	1	M 35	12	1976	Schmitz	Markus	LT Elsen-Wewer	2095,0	2095,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:46:31	2095
129	1107	1	M 45	25	1964	Schöllmann	Georg	Delbrück läuft	2295,0	2295,0	00:00:00	0	0:41:11	2295	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
143	1072	1	M 60	6	1949	Scholz	Hermann-Josef	DJK St. Laurentius Warburg	1797,3	1797,3	00:57:54	1797,3	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
13	1017	5	M 45	5	1965	Schubert	Klaus	Laufftreff Herbram	10689,7	2137,9	00:00:00	0	0:45:21	2045	00:49:55	2109,7	00:46:08	2062	00:44:29	2271	00:44:44	2202
132	1141	1	M 45	26	1963	Schulenberg	Wolfgang	SuS Oestereiden	2163,0	2163,0	00:00:00	0	0:43:23	2163	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
139	1116	1	M 40	24	1970	Sedat	Ralf	SC Ostland	1953,0	1953,0	00:00:00	0	0:46:53	1953	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
58	1146	4	M 45	15	1967	Sehrbrock	Jörg	SV Rot-Weiß Bentfeld	6144,4	1536,1	00:00:00	0	0:00:00	0	01:06:19	1154,4	00:56:37	1433	00:51:22	1858	00:53:07	1699
93	1047	2	M 40	16	1969	Sendler	Thorsten	VfB Salzkotten	4353,7	2176,9	00:52:29	2092,7	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:43:45	2261
4	1079	5	M 30	1	1982	Sengenberger	Ralf		11752,1	2350,4	00:48:06	2331,8	0:41:27	2279	00:45:04	2392,2	00:41:25	2345	00:00:00	0	00:41:22	2404
98	1159	2	WJ U18	1	1996	Senteler	Annikä	TV Jahn Bad Driburg	4030,0	2015,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:49:00	2000	00:47:36	2030
146	1009	1	M 45	28	1966	Soares	Fernando	SV Reelsen	1734,0	1734,0	00:00:00	0	0:50:32	1734	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
102	1106	2	M 40	20	1970	Steins	Andreas	SV Rot-Weiß Bentfeld	3826,0	1913,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:49:59	1941	00:50:01	1885
45	1119	3	M 35	5	1977	Striewe	Frank	Tus Egge Schwaney	6688,9	2229,6	00:00:00	0	0:42:04	2242	00:46:01	2336,9	00:45:20	2110	00:00:00	0	00:00:00	0
83	1034	2	M 40	15	1968	Struck	Josef	SV Kollerbeck	5046,2	2523,1	00:43:24	2588,2	0:38:28	2458	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
79	1093	4	W 40	1	1971	Studinski	Maike		5148,1	1287,0	00:00:00	0	1:02:11	1035	01:03:53	1296,1	00:57:51	1359	00:00:00	0	00:57:08	1458
121	1158	2	W 45	6	1966	Stute	Ingrid	Laufftreff Herbram	2736,0	1368,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:57:36	1484	01:00:34	1252
124	1157	2	M 40	22	1968	Susewind	Johannes	Laufftreff Herbram	2696,0	1348,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:57:49	1471	01:01:01	1225
154	1161	1	W 35	7	1975	Susewind	Nadine	Laufftreff Herbram	1362,0	1362,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:58:44	1362
160	1025	1	W 50	5	1958	Syska	Angelika	LSF Münster	1019,0	1019,0	00:00:00	0	1:02:27	1019	00:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0
31	1130	4	M 65	2	1947	Thomas	Bernd	e.on-Avacon	7737,0	1934,3	00:00:00	0	0:00:00	0	00:54:41	1832	00:50:27	1803	00:47:18	2102	00:48:06	2000
15	1080	6	M 70	1	1941	Timmer	Reinhold	LG TuS Vinsebeck	10502,7	1750,5	00:59:54	1688,2	0:49:57	1769	00:57:15	1682,5	00:52:38	1672	00:50:18	1922	00:51:57	1769
86	1117	2	M 20	5	1983	Timmermann	Robert	RG Paderborn 99 e.V.	4726,0	2363,0	00:00:00	0	0:40:30	2336	00:00:00	0	00:00:00	0	00:00:00	0	00:41:36	2390
118	1091	2	W 45	5	1964	van Holt	Annette	SC Ostland	2947,0	1473,5	00:00:00	0	0:57:19	1327	00:00:00	0	00:00:00	0	00:55:20	1620	00:00:00	0
1	1053	6	M 45	1	1967	van Hoof	Frank	Vorwärts Kette Riemeke	13289,3	2214,9	00:50:18	2211,8	0:45:12	2054	00:48:05	2216,5	00:44:16	2174	00:43:10	2350	00:43:23	2283
150	1166	1	M 55	10	1956	Vieth	Karl-Heinz	LT Elsen-Wewer	1602,0	1602,0	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	00:00:00	0	00:54:44	1602
161	1111	2	M 75	2	1932	Vockel	Josef	LC Paderborn	794,0	397,0	00:00:00	0	0:00:00	0	00:00:00	0	01:19:36	54	00:00:00	0	01:09:06	740
40	1052	3	M 50	5	1961	von Hagen	Wolfgang	Haxter-Lauffreunde Paderborn	6982,7	2327,6	00:46:37	2412,7	0:41:02	2304	00:00:00	0	00:42:44	2266	00:00:00	0	00:00:00	0
87	1042	3	W 40	3	1969	Voßhage	Silke	TSV 1850 Korbach 09	4707,1	1569,0	01:03:11	1509,1	0:00:00	0	00:00:00	0	00:54:41	1549	00:00:00	0	00:53:57	1649
53	1068	4	M 45	13	1966	Wältermann	Peter	SC Borchon	6316,8	1579,2	01:02:02	1571,8	0:53:51	1535	00:00:00	0	00:54:01	1589	00:00:00	0	00:54:25	1621
66	1031	3	M 35	7	1976	Wendschuh	Thorsten	SV Kollerbeck	5870,7	1956,9	00:54:22	1990	0:47:10	1936	00:52:45	1944,7	00:00:00	0	00:00:00	0	00:00:00	0
72	1036	3	M 60	3	1950	Werpup	Alois	SV Kollerbeck	5599,0	1866,3	00:55:34	1924,5	0:49:04	1822	00:54:20	1852,4	00:00:00	0	00:00:00	0	00:00:00	0
47	1062	3	M 20	3	1985	Wilczek	Christian		6620,7	2206,9	00:48:16	2322,7	0:44:31	2095	00:00:00	0	00:00:00	0	00:00:00	0	00:44:43	2203
69	1100	3	W 35	2	1977	Wolf	Elke	SCC Scharmede	5712,0	1904,0	00:00:00	0	0:48:14	1872	00:54:06	1866	00:00:00	0	00:00:00	0	00:48:32	1974
6	1069	5	M 45	3	1965	Wulfes	Dieter	LF Benteler Paderborn	11527,1	2305,4	00:47:58	2339,1	0:42:18	2228	00:00:00	0	00:43:56	2194	00:42:16	2404	00:42:04	2362
120	1085	2	W 35	6	1977	Zimmermann	Helene	actiVita Paderborn	2907,0	1453,5	00:00:00	0	0:00:00	0	00:00:00	0	00:00:00	0	01:00:00	1340	00:55:19	1567