

## 20 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2015 |         |      |               |               |               |                              |              |                |          | Westenholzer<br>Abendlauf |          | Int. Altenaulauf<br>Borchen |          | Wildschütz-<br>Klostermann-Lauf |          | Herbstlauf<br>Ovenhausen |  |
|-------|--------|------------|--------------------|---------|------|---------------|---------------|---------------|------------------------------|--------------|----------------|----------|---------------------------|----------|-----------------------------|----------|---------------------------------|----------|--------------------------|--|
|       |        |            | Klasse             | AK Pl.: | Gen. | Jahr-<br>gang | Name          | Vorname       | Verein                       | Ges.<br>Pkt. | Ø Pkt.<br>Lauf | 20 km    | Strecke                   | 21,1 km  | Strecke                     | 21,1 km  | Strecke                         | 20,8 km  | Strecke                  |  |
|       |        |            |                    |         |      |               |               |               |                              |              |                | 01:39:03 | R Zeit                    | 01:42:48 | R Zeit                      | 01:47:49 | R Zeit                          | 01:45:32 | R Zeit                   |  |
|       |        |            |                    |         |      |               |               |               |                              |              |                | Zeit     | Pkt.                      | Zeit     | Pkt.                        | Zeit     | Pkt.                            | Zeit     | Pkt.                     |  |
| 1     | 2061   | 7          | M35                | 1       | m    | 1980          | Dorka         | Nikolaj       | PSV Grün-Weiß Kassel         | 32142,6      | 5523,8         | 01:18:07 | 5256                      | 00:00:00 | 0                           | 01:20:53 | 5531,8                          | 00:00:00 | 0                        |  |
| 2     | 2048   | 11         | M45                | 1       | m    | 1967          | Freitag       | Wolfgang      | Delbrück läuft               | 32377,7      | 5396,3         | 01:23:29 | 4934                      | 01:26:52 | 4906,2                      | 01:24:48 | 5309                            | 00:00:00 | 0                        |  |
| 3     | 2068   | 7          | M35                | 2       | m    | 1979          | Ridderbusch   | Ronald        | TSV Bösingfeld               | 32040,1      | 5340,0         | 00:00:00 | 0                         | 01:22:55 | 5130,8                      | 00:00:00 | 0                               | 01:22:14 | 5344,2                   |  |
| 4     | 2081   | 7          | M20                | 1       | m    | 1992          | Ridderbusch   | Micha         | TSV Bösingfeld               | 31503,5      | 5250,6         | 00:00:00 | 0                         | 01:22:23 | 5161,1                      | 00:00:00 | 0                               | 01:24:11 | 5231,7                   |  |
| 5     | 2009   | 7          | M35                | 3       | m    | 1976          | Wolf          | Andrej        | SCC Scharmede                | 30938,6      | 5156,4         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 6     | 2010   | 6          | M40                | 1       | m    | 1972          | Hansmann      | Frank         | Warburger Sportverein 1884   | 30810,7      | 5135,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 7     | 2005   | 7          | M35                | 4       | m    | 1977          | Heger         | Jörg          | SC Borchen                   | 30615,0      | 5102,5         | 00:00:00 | 0                         | 01:29:09 | 4776,3                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 8     | 2086   | 7          | M50                | 1       | m    | 1963          | Marek         | Reinhold      | Paderborn                    | 29928,3      | 4988,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:30:30 | 4867,3                   |  |
| 9     | 2060   | 7          | M45                | 2       | m    | 1969          | Wiegran       | Andreas       | TV Jahn Bad Driburg          | 29306,4      | 4884,4         | 00:00:00 | 0                         | 01:31:23 | 4649,3                      | 01:28:48 | 5081,5                          | 01:34:06 | 4659,6                   |  |
| 10    | 2021   | 8          | M50                | 2       | m    | 1961          | von Hagen     | Wolfgang      | Haxter Lauffreunde Paderborn | 28508,6      | 4751,4         | 00:00:00 | 0                         | 00:00:00 | 0                           | 01:30:48 | 4967,8                          | 00:00:00 | 0                        |  |
| 11    | 2047   | 7          | M20                | 2       | m    | 1988          | Klapper       | Max           | WSC Lippstadt                | 28155,6      | 4692,6         | 01:29:03 | 4600                      | 01:32:12 | 4602,8                      | 01:37:12 | 4603,8                          | 00:00:00 | 0                        |  |
| 12    | 2090   | 6          | M60                | 1       | m    | 1955          | Ebel          | Norbert       | TV Flerke                    | 27886,2      | 4647,7         | 00:00:00 | 0                         | 00:00:00 | 0                           | 01:36:15 | 4657,8                          | 01:34:58 | 4609,6                   |  |
| 13    | 2036   | 9          | M55                | 1       | m    | 1958          | Meyer-Ilse    | Herbert       | SV Rot-Weiß Bentfeld         | 27883,8      | 4647,3         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:36:40 | 4511,5                   |  |
| 14    | 2001   | 6          | M40                | 2       | m    | 1971          | Borgolte      | Frank         | SC Borchen                   | 27855,3      | 4642,5         | 01:29:27 | 4576                      | 01:33:14 | 4544,1                      | 01:32:20 | 4880,6                          | 00:00:00 | 0                        |  |
| 15    | 2057   | 8          | M55                | 2       | m    | 1960          | Müller        | Josef         | TuS 13 Hembsen               | 27771,6      | 4628,6         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:35:07 | 4601                     |  |
| 16    | 2046   | 7          | W50                | 1       | w    | 1964          | Koepe         | Ulrike        | LT Elsen-Wewer               | 27495,6      | 4582,6         | 00:00:00 | 0                         | 01:36:00 | 4386,7                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 17    | 2053   | 10         | M35                | 5       | m    | 1977          | Zalar         | Raphael       | TG Herford von 1860          | 26921,3      | 4486,9         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:40:41 | 4279,8                   |  |
| 18    | 2020   | 6          | M30                | 1       | m    | 1982          | Lange         | Jens-Benjamin | Paderborn                    | 26772,5      | 4462,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 19    | 2069   | 6          | M20                | 3       | m    | 1986          | Seebothe      | Thomas        |                              | 26558,2      | 4426,4         | 01:30:39 | 4504                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 20    | 2051   | 7          | M45                | 3       | m    | 1968          | Suerland      | Karsten       | SC Borchen                   | 26487,4      | 4414,6         | 00:00:00 | 0                         | 00:00:00 | 0                           | 01:37:41 | 4576,3                          | 00:00:00 | 0                        |  |
| 21    | 2003   | 7          | M50                | 3       | m    | 1965          | Rupp          | Harald        | SCC Scharmede                | 26047,5      | 4341,3         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:39:13 | 4364,4                   |  |
| 22    | 2049   | 6          | M45                | 4       | m    | 1966          | Schäfermeier  | Ulrich        | SC Borchen                   | 25914,8      | 4319,1         | 01:37:36 | 4087                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 23    | 2038   | 8          | M55                | 3       | m    | 1957          | Becker        | Johannes      | LG Warstein-Rüthen           | 25787,0      | 4297,8         | 01:41:05 | 3878                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 24    | 2007   | 6          | M30                | 2       | m    | 1984          | Scheifhacken  | Dennis        | TuS 13 Hembsen               | 25738,7      | 4289,8         | 00:00:00 | 0                         | 01:39:45 | 4173,5                      | 01:42:33 | 4299,5                          | 01:40:13 | 4306,7                   |  |
| 25    | 2080   | 6          | M50                | 4       | m    | 1965          | Becker        | Bernd         | LC Paderborn                 | 25283,1      | 4213,8         | 00:00:00 | 0                         | 01:42:39 | 4008,5                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 26    | 2017   | 6          | M20                | 4       | m    | 1988          | Griese        | Alexander     |                              | 25227,5      | 4204,6         | 01:34:36 | 4267                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 27    | 2029   | 8          | M60                | 2       | m    | 1954          | Kleffner      | Werner        | LT Elsen-Wewer               | 25126,5      | 4187,8         | 00:00:00 | 0                         | 01:44:21 | 3911,8                      | 00:00:00 | 0                               | 01:41:46 | 4217,3                   |  |
| 28    | 2071   | 7          | W45                | 1       | w    | 1969          | Schlütting    | Anne-Karina   | HTSV Leiberg                 | 24674,2      | 4112,4         | 00:00:00 | 0                         | 01:42:48 | 4000                        | 01:43:47 | 4229,4                          | 00:00:00 | 0                        |  |
| 29    | 2023   | 6          | M45                | 5       | m    | 1966          | Ahlers        | Ufo Michael   | SC Borchen                   | 24583,4      | 4097,2         | 01:39:03 | 4000                      | 01:43:53 | 3938,4                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 30    | 2045   | 6          | M35                | 6       | m    | 1980          | Heinemann     | Kai-Uwe       | SC Borchen                   | 24290,1      | 4048,4         | 00:00:00 | 0                         | 01:41:12 | 4091                        | 01:47:49 | 4000                            | 01:45:31 | 4001                     |  |
| 31    | 2083   | 6          | W30                | 1       | w    | 1983          | Schröder      | Daniela       | Warburger Sportverein 1884   | 24143,6      | 4023,9         | 01:38:16 | 4047                      | 01:42:30 | 4017,1                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 32    | 2078   | 5          | M50                | 5       | m    | 1965          | Blum          | Georg         | SV 21 Büren                  | 23959,1      | 4791,8         | 00:00:00 | 0                         | 01:30:54 | 4676,8                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 33    | 2091   | 6          | M40                | 3       | m    | 1971          | Schürmann     | Marcus        | SC Borchen                   | 23809,6      | 3968,3         | 01:43:53 | 3710                      | 01:43:32 | 3958,3                      | 01:46:50 | 4055,9                          | 01:45:33 | 3999                     |  |
| 34    | 2062   | 6          | M45                | 6       | m    | 1966          | Real          | Thomas        | VfB Salzkotten               | 23742,8      | 3957,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 01:52:34 | 3729,9                          | 00:00:00 | 0                        |  |
| 35    | 2064   | 6          | W30                | 2       | w    | 1984          | Tietze        | Anna Lena     | SC Borchen                   | 23705,1      | 3950,8         | 01:44:08 | 3695                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 36    | 2016   | 8          | M60                | 3       | m    | 1955          | Sievers       | Werner        |                              | 23346,8      | 3891,1         | 00:00:00 | 0                         | 01:47:15 | 3746,9                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 37    | 2022   | 6          | M65                | 1       | m    | 1950          | Brüggensmeier | Horst         | Blomberger Nelkenläufer      | 23231,7      | 3871,9         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:48:29 | 3829,8                   |  |
| 38    | 2089   | 6          | M40                | 4       | m    | 1971          | Koch          | Volker        | SC Borchen                   | 23051,5      | 3841,9         | 01:46:16 | 3567                      | 01:44:47 | 3887,2                      | 01:53:33 | 3673,9                          | 01:45:32 | 4000                     |  |
| 39    | 2030   | 5          | M45                | 7       | m    | 1967          | Knipping      | Mario         | Non-Stop-Ultra Brakel        | 23029,3      | 4605,9         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 40    | 2072   | 10         | M50                | 6       | m    | 1965          | Brade         | Günter        | GüMi                         | 22491,1      | 3748,5         | 01:46:04 | 3579                      | 01:50:53 | 3540,3                      | 01:52:04 | 3758,3                          | 01:49:45 | 3756,7                   |  |
| 41    | 2008   | 7          | M55                | 4       | m    | 1957          | Dahlmann      | Hartmut       | Haxter Lauffreunde Paderborn | 21741,5      | 3623,6         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 42    | 2032   | 6          | M60                | 4       | m    | 1954          | Gaus          | Michael       | SC Borchen                   | 21350,9      | 3558,5         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 43    | 2052   | 6          | W45                | 2       | w    | 1967          | Tenberg       | Dung          | Marathon Soest e.V.          | 21254,1      | 3542,3         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 44    | 2033   | 6          | W30                | 3       | w    | 1983          | Gaus          | Melanie       | SC Borchen                   | 20748,2      | 3458,0         | 01:46:15 | 3568                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 45    | 2065   | 7          | M35                | 7       | m    | 1977          | Diekmann      | Thomas        | TG Herford von 1860          | 20356,3      | 3392,7         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 46    | 2073   | 6          | W40                | 1       | w    | 1972          | Senftleben    | Tanja         | VfB Salzkotten               | 20234,8      | 3372,5         | 01:50:21 | 3322                      | 01:54:15 | 3348,8                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 47    | 2056   | 8          | W60                | 1       | w    | 1953          | Kaiser        | Mona          | SCC Scharmede                | 20181,7      | 3363,6         | 00:00:00 | 0                         | 01:57:13 | 3180,1                      | 01:57:46 | 3434,1                          | 00:00:00 | 0                        |  |
| 48    | 2028   | 6          | M60                | 5       | m    | 1955          | Hillebrand    | Josef         | Non-Stop-Ultra Brakel        | 19980,8      | 3330,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 02:05:23 | 3000,9                          | 00:00:00 | 0                        |  |
| 49    | 2082   | 6          | M50                | 7       | m    | 1964          | Nickel        | Götz          | LT Herbram                   | 19574,4      | 3262,4         | 01:53:21 | 3142                      | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |

## 20 km Wertung

| Platz | Cup-Nr | Teilnahmen | Hochstift-Cup 2015 |         |      |               |                |               |                                |              |                |          | Westenholzer<br>Abendlauf |          | Int. Altenaulauf<br>Borchen |          | Wildschütz-<br>Klostermann-Lauf |          | Herbstlauf<br>Ovenhausen |  |
|-------|--------|------------|--------------------|---------|------|---------------|----------------|---------------|--------------------------------|--------------|----------------|----------|---------------------------|----------|-----------------------------|----------|---------------------------------|----------|--------------------------|--|
|       |        |            | Klasse             | AK Pl.: | Gen. | Jahr-<br>gang | Name           | Vorname       | Verein                         | Ges.<br>Pkt. | Ø Pkt.<br>Lauf | 20 km    | Strecke                   | 21,1 km  | Strecke                     | 21,1 km  | Strecke                         | 20,8 km  | Strecke                  |  |
|       |        |            |                    |         |      |               |                |               |                                |              |                | 01:39:03 | R Zeit                    | 01:42:48 | R Zeit                      | 01:47:49 | R Zeit                          | 01:45:32 | R Zeit                   |  |
|       |        |            |                    |         |      |               |                |               |                                |              |                | Zeit     | Pkt.                      | Zeit     | Pkt.                        | Zeit     | Pkt.                            | Zeit     | Pkt.                     |  |
| 50    | 2006   | 6          | M40                | 5       | m    | 1971          | Vonnahme       | Jörg          | Laufjunkies                    | 18948,3      | 3158,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 02:09:08 | 2638,5                   |  |
| 51    | 2013   | 6          | M55                | 5       | m    | 1957          | Beine          | Friedrich     | SC GW Holtheim                 | 18750,0      | 3125,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 02:02:56 | 3140,3                          | 02:04:51 | 2885,6                   |  |
| 52    | 2079   | 6          | M50                | 8       | m    | 1963          | Niederdräing   | Ulrich        | LT Herbram                     | 18543,9      | 3090,6         | 00:00:00 | 0                         | 01:59:50 | 3031,3                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 53    | 2067   | 6          | M60                | 6       | m    | 1952          | Schlüting      | Franz-Gert    | HTSV Leiberg                   | 18529,1      | 3088,2         | 00:00:00 | 0                         | 00:00:00 | 0                           | 02:02:25 | 3169,7                          | 00:00:00 | 0                        |  |
| 54    | 2014   | 7          | W30                | 4       | w    | 1982          | Renger         | Corinna       | Boxsportschule Lokomotive Span | 18438,6      | 3073,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 55    | 2070   | 4          | M40                | 6       | m    | 1973          | Hartinger      | Richard       | Warburger Sportverein 1884     | 18435,2      | 4608,8         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 56    | 2015   | 6          | M35                | 8       | m    | 1979          | Bertelsmeier   | Andreas       | Boxsportschule Lokomotive Span | 18317,9      | 3053,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 57    | 2063   | 5          | M60                | 7       | m    | 1954          | Düweke         | Wilhelm       | Non-Stop-Ultra Brakel          | 18189,0      | 3637,8         | 00:00:00 | 0                         | 00:00:00 | 0                           | 01:51:10 | 3809,5                          | 00:00:00 | 0                        |  |
| 58    | 2027   | 6          | W35                | 1       | w    | 1976          | Reinold        | Claudia       | TuS 13 Hemsben                 | 17766,0      | 2961,0         | 02:08:15 | 2248                      | 00:00:00 | 0                           | 02:05:23 | 3000,9                          | 00:00:00 | 0                        |  |
| 59    | 2039   | 4          | M35                | 9       | m    | 1976          | Dyoff          | Thomas        |                                | 17109,4      | 4277,4         | 00:00:00 | 0                         | 01:53:17 | 3403,8                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 60    | 2042   | 8          | W60                | 2       | w    | 1954          | Schäfers       | Anette        | LT Elsen-Wewer                 | 17100,4      | 2850,1         | 00:00:00 | 0                         | 02:06:38 | 2644,5                      | 00:00:00 | 0                               | 02:10:10 | 2578,8                   |  |
| 61    | 2024   | 10         | M70                | 1       | m    | 1945          | Trierweiler    | Dieter        | TG Lage                        | 17084,0      | 2847,3         | 00:00:00 | 0                         | 02:08:31 | 2537,4                      | 02:04:56 | 3026,5                          | 02:05:48 | 2830,8                   |  |
| 62    | 2088   | 6          | W60                | 3       | w    | 1952          | Müller         | Ursula        | Non-Stop-Ultra Brakel          | 17042,6      | 2840,4         | 00:00:00 | 0                         | 02:07:23 | 2601,9                      | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 63    | 2055   | 9          | W65                | 1       | w    | 1949          | Ahlemeyer      | Anne          | LT Elsen-Wewer                 | 16430,4      | 2738,4         | 00:00:00 | 0                         | 02:08:48 | 2521,3                      | 02:09:06 | 2789,6                          | 00:00:00 | 0                        |  |
| 64    | 2059   | 5          | M65                | 2       | m    | 1950          | Grüner         | Adalbert      | Non-Stop-Ultra Brakel          | 15676,1      | 3135,2         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 65    | 2031   | 4          | M60                | 8       | m    | 1953          | Seithümmer     | Karl-Wolfgang | TG Lage                        | 15644,9      | 3911,2         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 01:49:01 | 3799                     |  |
| 66    | 2054   | 8          | M50                | 9       | m    | 1965          | Beckmann       | Giselher      | GüMi                           | 15090,1      | 2515,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 02:08:04 | 2700                     |  |
| 67    | 2004   | 7          | W40                | 2       | w    | 1972          | Guth           | Daniela       | LT Herbram-Wald                | 14866,9      | 2477,8         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 02:17:17 | 2168,3                   |  |
| 68    | 2043   | 8          | W45                | 3       | w    | 1968          | Mag            | Felicitas     | LT Herbram-Wald                | 14807,5      | 2467,9         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 02:16:17 | 2226                     |  |
| 69    | 2044   | 6          | M55                | 6       | m    | 1957          | Mag            | Andreas       | LT Herbram-Wald                | 14420,8      | 2403,5         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 70    | 2058   | 8          | W45                | 4       | w    | 1970          | Hoffknecht     | Gaby          | SCC Scharmede                  | 13970,2      | 2328,4         | 00:00:00 | 0                         | 00:00:00 | 0                           | 02:17:58 | 2285,3                          | 02:17:35 | 2151                     |  |
| 71    | 2041   | 3          | M45                | 8       | m    | 1968          | Götte          | Ralph         | RSV Warburg 98                 | 13506,0      | 4502,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 72    | 2035   | 3          | M55                | 7       | m    | 1958          | Dik            | Andrej        |                                | 12795,8      | 4265,3         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 73    | 2050   | 3          | M65                | 3       | m    | 1947          | Thomas         | Bernd         | NDR 1 Laufgruppe               | 10912,3      | 3637,4         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 74    | 2002   | 3          | W50                | 2       | w    | 1965          | Rupp           | Monika        | SCC Scharmede                  | 6477,3       | 2159,1         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 75    | 2012   | 2          | W30                | 5       | w    | 1982          | Claes          | Birgit        | LT Elsen-Wewer                 | 5379,7       | 2689,9         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 76    | 2075   | 1          | M40                | 7       | m    | 1971          | Mersch         | Detlef        | Laufspass SW Sende             | 5272,0       | 5272,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 77    | 2087   | 1          | M35                | 10      | m    | 1977          | Ewen           | Frank         | Delbrück läuft                 | 5184,2       | 5184,2         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 78    | 2077   | 1          | M35                | 11      | m    | 1980          | Edridge        | Mark          | LT Elsen-Wewer                 | 5042,0       | 5042,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 79    | 2040   | 1          | M55                | 8       | m    | 1957          | von Heydebrand | Klaus         | FC Remblinghausen              | 4311,8       | 4311,8         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 80    | 2011   | 1          | M45                | 9       | m    | 1969          | Vogt           | Thomas        |                                | 4194,4       | 4194,4         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 81    | 2018   | 1          | W35                | 2       | w    | 1977          | Beynon         | Tanja         | TV Jahn Bad Driburg            | 3725,6       | 3725,6         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 82    | 2074   | 1          | M50                | 10      | m    | 1964          | Kluthe         | Thomas        |                                | 3706,7       | 3706,7         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 83    | 2076   | 1          | W35                | 3       | w    | 1976          | Thonermann     | Melanie       | Warburger Sportverein 1884     | 3008,0       | 3008,0         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |
| 84    | 2037   | 1          | M65                | 4       | m    | 1950          | Doerenkamp     | Anton         | LT Elsen-Wewer                 | 1978,2       | 1978,2         | 00:00:00 | 0                         | 00:00:00 | 0                           | 00:00:00 | 0                               | 00:00:00 | 0                        |  |