

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2018								Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		Pfungstläufe Kollerbeck Kollerbeck		Abendlauf Bentfeld	
			Klasse	AK Pl.:	Jahrgang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:49:13	R Zeit	00:53:30	R Zeit	00:55:32	R Zeit	00:52:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
1	1129	8	M20	1	1990	Almai	Benjamin	Soul Food Records	20049,45	2506,18	00:41:24	2469,0	00:43:04	2626,0			00:42:28	2579,0
2	1140	7	M U20	1	2000	Berkemeier	Matthias	LF Lühtringen	19911,65	2844,52			00:39:08	2862,0			00:38:05	2842,0
3	1034	8	W40	1	1977	Wolf	Elke	SCC Scharmmede	19908,09	2488,51	00:42:47	2386,0	00:45:23	2487,0	00:45:36	2596,0	00:43:07	2540,0
4	1036	8	M60	1	1958	Meyer-Ilse	Herbert	SV Rot-Weiß Bentfeld	18931,80	2366,48	00:44:45	2268,0			00:48:22	2430,0		
5	1105	8	M60	2	1958	Zanft	Wolfgang	Tus Wewelsburg	18831,82	2353,98	00:45:17	2236,0			00:47:45	2467,0	00:44:48	2439,0
6	1133	6	M35	1	1980	Bücker	Marcel	Delbrück läuft	17469,45	2911,58	00:36:09	2784,0	00:38:02	2928,0				
7	1016	6	M40	1	1977	Bensick	Thomas	Marienloher Jung's	16338,00	2723,00	00:38:40	2633,0	00:41:18	2732,0	00:41:02	2870,0		
8	1139	8	M20	2	1998	Berkemeier	Marian-David	VfL Eversen	16189,64	2023,70	00:51:23	1870,0					00:52:07	2000,0
9	1064	9	M35	2	1983	Meierfrankenfeld	Thomas		16188,31	2023,54	00:49:41	1972,0	00:50:38	2172,0			00:50:40	2087,0
10	1087	7	M45	1	1970	Gees	Thomas		16144,00	2306,29	00:46:33	2160,0	00:49:39	2231,0	00:48:27	2425,0	00:46:19	2348,0
11	1038	6	M45	2	1972	Klaus	Ralf	Delbrück läuft	16122,00	2687,00	00:38:39	2634,0	00:41:12	2738,0			00:39:01	2786,0
12	1083	6	M35	3	1983	Knoop	Daniel		15973,91	2662,32	00:40:10	2543,0	00:41:49	2701,0	00:42:56	2756,0		
13	1148	7	M50	1	1967	van Hoof	Frank	TSV Schloß Neuhaus	15941,18	2277,31	00:45:53	2200,0			00:49:43	2349,0	00:46:50	2317,0
14	1124	6	W30	1	1986	Rath	Viktoria	Delbrück läuft	15852,49	2642,08	00:41:26	2467,0						
15	1172	7	M45	3	1971	Jürgensmeier	Dirk		15623,40	2231,91	00:46:23	2170,0			00:49:31	2361,0	00:48:46	2201,0
16	1066	8	M55	1	1963	Oppermann	Frank	LG TuS Vinsebeck	15069,76	1883,72	00:53:47	1726,0			00:56:24	1948,0	00:53:03	1944,0
17	1084	6	M35	4	1980	Müller	Björn	BRAUN media TEAM	14599,00	2433,17	00:42:49	2384,0	00:44:48	2522,0			00:42:49	2558,0
18	1011	6	M45	4	1973	Tegethoff	Frank		14566,45	2427,74	00:43:18	2355,0					00:43:13	2534,0
19	1089	7	M55	2	1963	Peitz	Andreas	Westfalen-Kolleg Paderborn	14460,00	2065,71	00:48:19	2054,0			00:54:14	2078,0	00:49:06	2181,0
20	1001	6	M60	3	1955	Koralewicz	Jürgen	SV Rot-Weiß Bentfeld	14193,09	2365,52	00:45:09	2244,0			00:48:37	2415,0		
21	1177	5	M45	5	1971	Razlaf	Juri	LTV Lippstadt	14181,00	2836,20	00:37:07	2726,0						
22	1132	9	M45	6	1973	Dierkes	Jürgen	Lauffreunde Eppi	13924,20	1740,53	00:54:42	1671,0			00:58:32	1820,0	00:55:19	1808,0
23	1035	8	M50	2	1964	Nickel	Götz	LT Herbram	13635,64	1704,45	00:55:19	1634,0	00:57:46	1744,0	00:58:40	1812,0		
24	1056	5	M35	5	1981	Spieker	Markus	TuS Ovenhausen	13307,18	2661,44	00:40:03	2550,0						
25	1112	5	M45	7	1972	Menne	Klaus	Non-Stop-Ultra Brakel	13153,45	2630,69	00:41:07	2486,0					00:41:42	2625,0
26	1202	8	W U18	1	2002	Czerny	Isabella	TSVE 1890 Bielefeld	13078,20	1634,78	00:57:57	1476,0	00:58:22	1708,0	00:59:36	1756,0	00:56:47	1720,0
27	1008	6	M50	3	1967	Lipinski	Thomas		13016,38	2169,40			00:48:52	2278,0				
28	1052	8	M35	6	1981	Klocke	Christoph	TuS Ovenhausen	12972,73	1621,59	00:58:06	1467,0			00:59:21	1771,0	00:55:17	1810,0
29	1055	5	M U18	1	2002	Neehmu	Yaser	TuS Ovenhausen	12794,80	2558,96	00:40:11	2542,0					00:42:00	2607,0
30	1149	6	M50	4	1964	Kluthe	Thomas		12747,45	2124,58	00:48:09	2064,0	00:51:18	2132,0				
31	1075	6	W50	1	1967	Löhe-Husemann	Kirsten	LT Lieth Paderborn	12421,40	2070,23	00:49:13	2000,0						
32	1117	4	M20	3	1997	Dohmann	Christoph		12406,27	3101,57					00:36:47	3125,0	00:35:36	2991,0
33	1198	6	M30	1	1987	Wallscheid	Oliver	Laufen gegen Leiden	12398,80	2066,47							00:48:47	2200,0
34	1160	6	M35	7	1981	Volmert	Michael	Paderthlon	12393,27	2065,55	00:47:06	2127,0					00:47:18	2289,0
35	1171	5	M20	4	1998	Davidhaimann	Luca	SuS Boke	12337,00	2467,40	00:43:02	2371,0			00:45:13	2619,0	00:42:42	2565,0
36	1161	6	M40	2	1977	Siebert	Ralf	TSV Schloß Neuhaus	12237,27	2039,55	00:47:07	2126,0	00:53:41	1989,0	00:52:08	2204,0		
37	1037	9	M80	1	1938	Steen	Hans-Albert	LC Paderborn	12172,20	1521,53	00:58:34	1439,0	01:01:31	1519,0	01:09:01	1191,0		
38	1080	5	M65	1	1950	Rubel	Joachim	SV Kollerbeck	12059,13	2411,83							00:46:52	2315,0
39	1097	5	M45	8	1971	Schürmann	Marcus	SC Borchen	12038,91	2407,78	00:43:06	2367,0					00:44:01	2486,0
40	1162	6	M35	8	1983	Porsch	Alexander		11891,20	1981,87	00:51:56	1837,0			00:52:25	2187,0	00:49:59	2128,0
41	1044	6	M45	9	1972	Frewer	Thomas	TuS 1913 Hembsen	11806,31	1967,72							00:51:22	2045,0
42	1131	8	M60	4	1957	Winkel	Bernhard	SV Rot-Weiß Bentfeld	11792,64	1474,08	00:59:48	1365,0	01:01:21	1529,0			00:59:44	1543,0
43	1108	6	W45	1	1972	Pfuhle	Catrin	TV Jahn Bad Driburg	11676,45	1946,08	00:50:21	1932,0					00:52:03	2004,0
44	1103	6	M45	10	1970	Sedat	Ralf	SC Blau-Weiß Ostenland	11636,80	1939,47	00:49:12	2001,0	00:52:59	2031,0				
45	1208	5	M60	5	1958	Richters	Reinhard	VfL Lichtenau	11619,40	2323,88	00:45:21	2232,0						
46	1125	4	M35	9	1983	Maksuti	Paul	Delbrück läuft	11572,00	2893,00	00:35:26	2827,0	00:37:08	2982,0				
47	1109	5	M50	5	1966	Pippert	Markus		11510,09	2302,02	00:46:34	2159,0			00:49:00	2392,0	00:46:43	2324,0

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2018									Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		Pfingstläufe Kollerbeck Kollerbeck		Abendlauf Bentfeld	
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	
											00:49:13	R Zeit	00:53:30	R Zeit	00:55:32	R Zeit	00:52:07	R Zeit	
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
48	1054	6	W U20	1	2000	Neehmu	Foza	TuS Ovenhausen	11491,60	1915,27	00:51:33	1860,0					00:52:25	1982,0	
49	1184	5	M30	2	1987	Bartley	Tim		11480,00	2296,00	00:45:18	2235,0							
50	1024	6	M45	11	1970	Stroth	Dietmar	Team Erdinger alkoholfrei	11179,00	1863,17	00:52:41	1792,0							
51	1005	6	W35	1	1980	Antpöhler	Marion		10994,55	1832,42	00:52:33	1800,0	00:56:37	1813,0					
52	1178	6	M50	6	1965	Meyer	Karl Josef	SC Borchen	10980,20	1830,03	00:53:11	1762,0	00:56:53	1797,0	00:56:40	1932,0	00:52:34	1973,0	
53	1114	6	M65	2	1950	Wibbeke	Heinrich	LT Herbram	10770,09	1795,02	00:55:55	1598,0			00:58:14	1838,0	00:52:45	1962,0	
54	1205	5	M20	5	1989	Alhamed	Jasem	SC Borchen	10770,00	2154,00	00:47:50	2083,0					00:46:49	2318,0	
55	1138	6	W40	2	1975	Derksen	Olga		10680,36	1780,06	00:55:25	1628,0			00:58:46	1806,0	00:55:32	1795,0	
56	1100	6	W40	3	1974	Walther	Saeedeh		10395,04	1732,51	00:53:32	1741,0					00:54:58	1829,0	
57	1167	4	M40	3	1975	Pahl	Rainer	SV Hederborn 21/90 Upsprunge	10372,00	2593,00					00:43:40	2712,0			
58	1069	5	W20	1	1993	Laux	Friederike	Rot-Weiß Alfен - Alfener Roadrun	10356,80	2071,36	00:48:30	2043,0					00:48:16	2231,0	
59	1019	5	M45	12	1971	Koch	Volker	SC Borchen	10308,82	2061,76	00:47:51	2082,0					00:49:22	2165,0	
60	1192	4	M55	3	1962	Schmidt	Johannes	Kalle 05	10298,00	2574,50	00:41:52	2441,0							
61	1175	4	M30	3	1987	Pytlik	Maximilian	TuS Ovenhausen	10214,00	2553,50	00:41:09	2484,0			00:44:04	2688,0	00:42:24	2583,0	
62	1030	4	M40	4	1974	Heinemann	Michael	Fritten und Bier	10213,00	2553,25	00:41:24	2469,0					00:41:25	2642,0	
63	1220	4	M20	6	1989	Bokuretsion	Mengsteab	SC Borchen	10188,00	2547,00	00:39:17	2596,0					00:41:18	2649,0	
64	1086	5	M55	4	1963	Lüddecke	Dirk	Non-Stop-Ultra Brakel	10147,64	2029,53									
65	1088	4	M40	5	1977	Meier	Raphael	TG Herford von 1860	10118,55	2529,64	00:40:55	2498,0							
66	1101	4	M45	13	1973	Habedank	Thorsten	Warburger SV	10032,00	2508,00							00:40:59	2668,0	
67	1176	6	W45	2	1970	Kuhn	Annette	BC 23 Meerhof	9911,00	1651,83	00:55:44	1609,0					00:56:45	1722,0	
68	1110	4	M45	14	1970	Hake	Thorsten	LT Lieth Paderborn	9894,45	2473,61	00:41:32	2461,0							
69	1015	5	M45	15	1970	Brinschwitz	Marcus		9893,00	1978,60	00:50:06	1947,0	00:53:30	2000,0	00:56:12	1960,0			
70	1183	5	M70	1	1947	Thomas	Bernd	LG Deister	9687,00	1937,40	00:52:39	1794,0			00:55:11	2021,0			
71	1174	5	M50	7	1968	Blase	Josef	DJK Kleinenberg	9670,00	1934,00	00:51:32	1861,0	00:55:31	1879,0	00:54:38	2054,0			
72	1070	4	M45	16	1971	Borgolte	Frank	SC Borchen	9656,45	2414,11	00:43:02	2371,0							
73	1113	5	M50	8	1965	Stute	Gerhard	LT Herbram	9654,18	1930,84	00:51:03	1890,0			00:54:25	2067,0	00:53:25	1922,0	
74	1199	6	W30	2	1988	Majda	Anna Katharina	Laufen gegen Leiden	9638,20	1606,37							00:54:24	1863,0	
75	1135	5	W45	3	1972	Kleibrink	Barbara	TuS 1913 Hembesen	9534,18	1906,84					00:57:28	1884,0			
76	1145	5	M65	3	1951	Tensi	Klaus	Non-Stop-Ultra Brakel	9494,98	1899,00					00:55:37	1995,0	00:53:48	1899,0	
77	1018	4	M40	6	1974	Walter	Kai	Marsberg	9366,27	2341,57									
78	1060	4	M45	17	1971	Lammers	Frank	LC Paderborn	9351,00	2337,75	00:45:04	2249,0					00:44:42	2445,0	
79	1170	5	M70	2	1946	Bodach	Claus	SV Lüttringen	9227,00	1845,40			00:56:20	1830,0			00:55:06	1821,0	
80	1076	4	M65	4	1953	Rheker	Heinrich	SV Kollerbeck	9211,55	2302,89	00:46:50	2143,0							
81	1191	4	M30	4	1987	Grüner	Lukas	Non-Stop-Ultra Brakel	9203,00	2300,75	00:45:58	2195,0					00:44:37	2450,0	
82	1146	6	M55	5	1961	Glahn	Franz-Josef		9117,56	1519,59	00:58:08	1465,0			01:01:27	1645,0	00:57:47	1660,0	
83	1159	6	W20	2	1993	Voss	Rebecca	Paderthlon	9061,64	1510,27	01:00:24	1329,0			01:04:53	1439,0	00:59:03	1584,0	
84	1193	4	M45	18	1972	Schulz	Guido	SC Borchen	9012,00	2253,00	00:45:44	2209,0							
85	1085	4	M30	5	1988	Griese	Alexander		9003,00	2250,75	00:46:11	2182,0					00:47:13	2294,0	
86	1041	4	M60	6	1955	Ebel	Norbert	TV Flerke	8995,00	2248,75	00:47:22	2111,0							
87	1134	5	M60	7	1956	Marten	Christian	LF Benteler Paderborn	8957,73	1791,55	00:55:24	1629,0			00:57:45	1867,0	00:55:53	1774,0	
88	1207	6	M70	3	1947	Vogt	Hans-Georg	LS Altenbeken	8955,80	1492,63	00:59:21	1392,0			01:03:34	1518,0	00:59:26	1561,0	
89	1068	5	M55	6	1962	Laux	Steffen	Rot-Weiß Alfен - Alfener Roadrun	8780,20	1756,04	00:54:28	1685,0					00:54:30	1857,0	
90	1118	6	M55	7	1960	Semelink	Christian	Warburger SV	8662,00	1443,67	00:55:49	1604,0	00:58:41	1689,0					
91	1185	4	M55	8	1959	Eickhof	Dirk	SV Kollerbeck	8648,80	2162,20					00:53:29	2123,0			
92	1026	4	M40	7	1974	Aselmann	Frank	SC Borchen	8605,00	2151,25	00:48:30	2043,0					00:48:50	2197,0	
93	1020	6	W35	2	1979	Bittner	Bettina	LT Elsen-Wewer	8566,00	1427,67	00:55:22	1631,0	01:01:45	1505,0			00:56:50	1717,0	
94	1136	5	W65	1	1952	Müller	Ursula	Non-Stop-Ultra Brakel	8437,00	1687,40					01:01:29	1643,0	00:55:58	1769,0	

10 km Wertung

Platz	Cup-Nr	Teilnehmer	Hochstift-Cup 2018									Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		Pfungstläufe Kollerbeck Kollerbeck		Abendlauf Bentfeld	
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	
											00:49:13	R Zeit	00:53:30	R Zeit	00:55:32	R Zeit	00:52:07	R Zeit	
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	
95	1218	4	M55	9	1960	Kersting	Willibald	TuS Bad Wünnenberg	8436,00	2109,00	00:50:11	1942,0	00:50:31	2179,0			00:48:51	2196,0	
96	1009	6	M50	9	1966	Ahlers	Ufo Michael	SC Borchen	8425,64	1404,27	00:51:42	1851,0			00:59:25	1767,0			
97	1040	5	W40	4	1977	Schmidt	Heike		8390,27	1678,05	00:54:08	1705,0					00:56:06	1761,0	
98	1077	3	M50	10	1968	Struck	Josef	SV Kollerbeck	8312,56	2770,85									
99	1047	4	M40	8	1974	Quickstern	Andreas	SV Rot-Weiß Bentfeld	8076,36	2019,09	00:50:15	1938,0					00:52:19	1988,0	
100	1093	4	M55	10	1962	Plöger	Ulrich	Seglerverein Paderborn	8036,00	2009,00			00:53:39	1991,0			00:49:35	2152,0	
101	1051	4	M40	9	1975	Kaiser	Henning	TuS Ovenhausen	8025,40	2006,35					00:53:39	2113,0	00:50:15	2112,0	
102	1094	4	M35	10	1980	Kerkhoff	Philipp	SC Borchen	7883,27	1970,82							00:54:58	1829,0	
103	1164	4	M30	6	1987	Voits	Martin		7825,00	1956,25	00:52:15	1818,0			00:53:14	2138,0	00:51:55	2012,0	
104	1061	3	M45	19	1969	Wiegman	Andreas	TV Jahn Bad Driburg	7816,27	2605,42	00:42:03	2430,0							
105	1158	4	M20	7	1990	Voß	Christian	Paderthlon	7784,64	1946,16							00:51:35	2032,0	
106	1010	5	W35	3	1979	Wiemers	Michaela		7640,09	1528,02	00:57:45	1488,0			01:01:51	1621,0			
107	1042	3	M40	10	1975	Lindlar	Marcell	SC Blau-Weiß Ostenland	7547,00	2515,67	00:41:28	2465,0					00:42:08	2599,0	
108	1216	4	M60	8	1955	Dohmann	Edgar	Post-SV Holzminden	7436,20	1859,05	00:53:23	1750,0			00:56:59	1913,0	00:52:37	1970,0	
109	1067	3	M30	7	1985	Schneider	Felix		7435,00	2478,33	00:40:38	2515,0							
110	1078	3	M50	11	1966	Altmiks	Frank	SV Kollerbeck	7405,40	2468,47							00:45:39	2388,0	
111	1206	3	M30	8	1984	Tewelde	Efrem	SC Borchen	7315,00	2438,33	00:43:55	2318,0							
112	1217	4	W30	3	1986	Matthew	Tanya		7283,00	1820,75	00:52:03	1830,0					00:54:11	1876,0	
113	1072	3	M50	12	1967	Braun	Jan	BRAUN media TEAM	7268,00	2422,67							00:41:48	2619,0	
114	1211	3	M50	13	1965	Wulfes	Dieter	LF Benteler Paderborn	7225,00	2408,33							00:45:39	2388,0	
115	1082	3	M55	11	1962	Walter	Klaus	SV Kollerbeck	7107,00	2369,00	00:46:09	2184,0							
116	1219	4	M50	14	1964	Kramps	Rolf	TuS Bad Wünnenberg	6972,00	1743,00	00:50:46	1907,0	00:58:53	1677,0			00:57:53	1654,0	
117	1186	4	M65	5	1949	Scholz	Hermann-Josef	Warburger SV	6940,00	1735,00					00:59:58	1734,0	00:54:19	1868,0	
118	1209	4	M40	11	1978	Hanebutt	Kai	SC Borchen	6926,00	1731,50	00:52:48	1785,0					00:54:02	1885,0	
119	1004	4	W U18	2	2001	Risse	Leonie	TuS Ovenhausen	6792,00	1698,00	00:53:54	1719,0			00:59:22	1770,0			
120	1003	5	M50	15	1966	Risse	Stefan	TuS Ovenhausen	6789,00	1357,80	01:00:09	1344,0			01:06:03	1369,0			
121	1147	3	W35	4	1980	Bowinkelmann	Judith	TSV Schloß Neuhaus	6776,51	2258,84									
122	1181	5	W55	1	1963	Hopp	Jutta	Rot-Weiß Alfem - Alfener Roadrun	6623,80	1324,76							01:00:42	1485,0	
123	1106	3	M40	12	1974	Sasse	Rainer	SC Borchen	6613,82	2204,61									
124	1180	3	M20	8	1990	Spiecker	Moritz		6581,00	2193,67									
125	1116	3	M50	16	1968	Böhmer	Gregor	TSV Schloß Neuhaus	6570,64	2190,21					00:53:09	2143,0	00:47:23	2284,0	
126	1214	4	M55	12	1963	Hüsten	Siegfried	TuS Bad Wünnenberg	6566,00	1641,50	00:57:29	1504,0	00:58:55	1675,0			00:57:54	1653,0	
127	1102	3	M35	11	1981	Niggemann	Benjamin	LF Benteler Paderborn	6563,47	2187,82							00:46:36	2331,0	
128	1025	4	M30	9	1984	Drösemeier	Johannes	BRAUN media TEAM	6546,00	1636,50			00:58:49	1681,0			00:54:13	1874,0	
129	1143	3	W30	4	1986	Müller	Andrea	Non-Stop-Ultra Brakel	6362,73	2120,91	00:48:59	2014,0					00:49:41	2146,0	
130	1151	3	M30	10	1986	Pieper	Florian		6255,36	2085,12					00:52:51	2161,0	00:49:29	2158,0	
131	1144	3	M55	13	1959	Giefers	Bernd	TuS Amelunxen	6172,27	2057,42					00:55:32	2000,0			
132	1153	3	M30	11	1986	Knüppelholz	Philipp		6008,36	2002,79					00:53:33	2119,0	00:55:44	1783,0	
133	1179	3	W60	1	1958	Rump	Beate	VfB Salzkotten	5862,00	1954,00	00:51:47	1846,0					00:52:14	1993,0	
134	1043	3	W40	5	1975	Nolte	Sandra	Laufteam Paderhalle	5859,18	1953,06	00:48:15	2058,0							
135	1187	3	M40	13	1977	Luca	Thorsten	Warburger SV	5753,00	1917,67	00:52:38	1795,0							
136	1121	3	M50	17	1968	Kaiser	Joachim	VfL Wettesingen	5744,00	1914,67	00:50:40	1913,0							
137	1157	3	W20	3	1989	Böggering	Mareike	Paderthlon	5592,18	1864,06									
138	1090	3	M65	6	1950	Rode	Joseph	TuS Amelunxen	5543,91	1847,97									
139	1166	4	M45	20	1972	Scherf	Markus	VfB Salzkotten	5517,00	1379,25	00:59:49	1364,0							
140	1150	3	M35	12	1983	Hecker	Christoph	Non-Stop-Ultra Brakel	5478,65	1826,22									
141	1155	2	M40	14	1977	Derksen	Paul		5424,18	2712,09									

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2018								Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		Pfungstläufe Kollerbeck Kollerbeck		Abendlauf Bentfeld	
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke
											00:49:13	R Zeit	00:53:30	R Zeit	00:55:32	R Zeit	00:52:07	R Zeit
											Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.	Zeit	Pkt.
142	1027	3	W45	4	1972	Aselmann	Myrna	SC Borchten	5335,55	1778,52							00:56:52	1715,0
143	1201	2	M20	9	1990	Bastian	Jannick	Flying Hirsch Legacy	5327,00	2663,50	00:38:38	2635,0						
144	1126	2	M50	18	1965	Epping	Hubert	Epping Filtertechnik	5322,36	2661,18								
145	1182	3	M30	12	1984	Peters	Christoph	Laufftreff OWL	5292,00	1764,00	00:47:58	2075,0						
146	1190	3	M65	7	1950	Grüner	Adalbert	Non-Stop-Ultra Brakel	5231,00	1743,67	00:53:56	1717,0						
147	1022	3	W20	4	1990	Fels	Mareike		5165,00	1721,67							00:57:55	1652,0
148	1215	2	M45	21	1972	Dohnalek	Kai	LT Hofgeismar	5102,00	2551,00					00:49:18	2374,0		
149	1197	3	W50	2	1965	Dohmeier-Fischer	Silvia	SV Sande	5083,00	1694,33	00:55:43	1610,0					00:56:00	1767,0
150	1127	3	W45	5	1970	Koch	Mechthild	Warburger SV	5036,82	1678,94			00:57:36	1754,0				
151	1163	3	M50	19	1965	Kutzner	Andreas	SC Borchten	4892,00	1630,67					01:03:23	1529,0		
152	1032	2	M50	20	1964	Balhorn	Uwe Martin	Delbrück läuft	4881,00	2440,50							00:44:19	2468,0
153	1200	2	M20	10	1993	Lenz	Benedikt	Flying Hirsch Legacy	4871,00	2435,50								
154	1021	6	M60	9	1958	Schütte	Peter	SV Heide Tischtennis	4865,82	810,97	01:08:14	859,0			01:18:02	650,0		
155	1081	2	M60	10	1954	Rheker	Johannes	SV Kollerbeck	4594,00	2297,00							00:46:38	2329,0
156	1119	3	W U18	3	2001	Pfuhle	Emelie	TV Jahn Bad Driburg	4578,27	1526,09	00:57:58	1475,0					00:58:21	1626,0
157	1225	2	M30	13	1985	Biermann	Christoph	TSV Rüthen	4514,00	2257,00	00:46:41	2152,0	00:47:28	2362,0				
158	1141	3	W45	6	1971	Becker	Karin	SV Rot-Weiß Bentfeld	4458,18	1486,06							01:11:04	863,0
159	1169	3	W U18	4	2004	Reinold	Lena	TuS 1913 Hembesen	4452,00	1484,00	00:59:12	1401,0						
160	1111	2	W35	5	1983	Schröder	Daniela	Warburger SV	4446,00	2223,00			00:49:45	2225,0				
161	1122	3	M60	11	1955	Neumann	Werner	Non-Stop-Ultra Brakel	4441,27	1480,42								
162	1210	3	W45	7	1971	Linnemann	Marion	SC Borchten	4397,00	1465,67	00:58:48	1425,0					01:00:23	1504,0
163	1107	2	M45	22	1972	Niewels	Jörg	Eggemänner Bad Lippspringe	4367,00	2183,50	00:45:51	2202,0						
164	1033	2	M55	14	1962	Schäfers	Peter	Delbrück läuft	4222,36	2111,18								
165	1130	2	M40	15	1975	Jablonski	Andre	Warburger SV	4079,27	2039,64								
166	1213	2	M35	13	1979	Rossig	André	SCC Scharmmede	4009,20	2004,60								
167	1098	2	W35	6	1982	Binnie-Pott	Rebecca	Non-Stop-Ultra Brakel	3976,00	1988,00	00:49:17	1996,0						
168	1002	2	M55	15	1961	Baaske	Hartwig	LT Marienloh	3968,00	1984,00					00:54:52	2040,0		
169	1222	2	M U20	2	2000	Mickenbecker	Dennis	Delbrück läuft	3866,00	1933,00							00:54:33	1854,0
170	1023	2	M30	14	1985	Hoblitz	Joachim		3860,00	1930,00							00:53:05	1942,0
171	1142	2	M45	23	1970	Lücke	Ralf	SV Rot-Weiß Bentfeld	3824,18	1912,09								
172	1196	2	M40	16	1977	Bertelsmeier	Christian	sportschule Lokomotive Spandau	3811,00	1905,50							00:52:32	1975,0
173	1224	2	W30	5	1985	Gerendt	Viviane		3739,00	1869,50	00:51:53	1840,0					00:53:48	1899,0
174	1071	3	M65	8	1950	Dörenkamp	Anton	LT Elsen-Wewer	3668,82	1222,94	01:01:50	1243,0					01:04:13	1274,0
175	1204	2	W30	6	1984	Jerie	Nicola		3666,00	1833,00								
176	1013	3	M55	16	1961	Bidardel	Chahriar	LT Marienloh	3609,00	1203,00							01:04:42	1245,0
177	1173	2	M45	24	1969	Weber	Felix		3607,00	1803,50								
178	1194	2	M50	21	1968	Scheipers	Mathias	LT Elsen-Wewer	3597,00	1798,50							00:54:17	1870,0
179	1028	2	W35	7	1983	Brakhane	Sarah	SV ROT WEIß ALHAUSEN	3557,60	1778,80	00:53:09	1764,0						
180	1062	2	M55	17	1962	Bojara	Günter		3548,00	1774,00					00:59:20	1772,0		
181	1189	3	W40	6	1977	Zimmermann	Helene	Vereinslos	3312,00	1104,00							01:06:27	1140,0
182	1095	2	W35	8	1981	Brock	Michaela		3307,18	1653,59								
183	1128	2	M55	18	1961	Dingerkus	Peter	Warburger SV	3200,36	1600,18							00:57:33	1674,0
184	1048	2	W40	7	1975	Lahme	Stefanie	SV Rot-Weiß Bentfeld	3137,82	1568,91								
185	1152	2	W30	7	1987	Sagel	Lorraine	Non-Stop-Ultra Brakel	3046,73	1523,36								
186	1039	2	W20	5	1989	Henkemeier	Nicole	ELHA Maschinenbau Liemke KG	2963,00	1481,50								
187	1137	2	M30	15	1986	Siebert	David		2773,82	1386,91								
188	1154	3	W55	2	1961	Hamels-Kronenberger	Eva	TuS Amelunxen	2621,91	873,97							01:07:00	1107,0

10 km Wertung

Platz	Cup-Nr	Teilnahmen	Hochstift-Cup 2018									Residenzabendlauf Schloß-Neuhaus		Bibertal-Volkslauf Rüthen		Pfingstläufe Kollerbeck Kollerbeck		Abendlauf Bentfeld	
			Klasse	AK Pl.:	Jahr- gang	Name	Vorname	Verein	Ges. Pkt.	Ø Pkt. Lauf	10 km	Strecke	10 km	Strecke	10 km	Strecke	10 km	Strecke	
											00:49:13 Zeit	R Zeit	00:53:30 Zeit	R Zeit	00:55:32 Zeit	R Zeit	00:52:07 Zeit	R Zeit	
189	1188	1	M45	25	1971	Rustemeier	Stefan	TV Jahn Bad Driburg	2592,00	2592,00	00:39:21	2592,0							
190	1007	1	M30	16	1985	Hildmann	Benedikt	Eggemänner Bad Lippspringe	2589,00	2589,00	00:39:24	2589,0							
191	1014	1	M40	17	1976	Nießner	Christoph		2415,00	2415,00									
192	1212	1	M55	19	1961	Surmann	Peter	TSV Niedermeiser	2389,00	2389,00									
193	1029	1	M30	17	1985	Heinemann	Mathis	After Work Running Project PB	2387,00	2387,00									
194	1229	1	W U18	5	2002	Albers	Marie	Warburger SV	2330,00	2330,00							00:46:37	2330,0	
195	1073	1	M45	26	1971	Binger	Volker	BRAUN media TEAM	2308,00	2308,00									
196	1099	1	W U20	2	1999	Weyland	Isabelle	TriSpeed Marienfeld	2273,64	2273,64									
197	1079	1	M60	12	1958	Fuhrmann	Georg	SV Kollerbeck	2270,00	2270,00									
198	1228	2	W50	3	1966	Stute	Ingrid	LT Herbram	2194,00	1097,00	01:04:18	1095,0			01:10:33	1099,0			
199	1195	1	M55	20	1961	Klute	Bernward	1. Tri-Club Paderborn	2175,00	2175,00									
200	1156	1	M50	22	1968	Schmitz	Rene	Laufjunkie	2111,82	2111,82									
201	1063	2	M50	23	1965	Fehn	Thomas	LT Elsen-Wewer	2097,45	1048,73					01:10:28	982,0			
202	1123	1	M40	18	1975	Schölzel	Daniel	VfB Salzkotten	2035,45	2035,45									
203	1050	1	M40	19	1977	Lorenz	Mirko	Team 2-Rad Brüne	2031,82	2031,82									
204	1226	1	M50	24	1966	Esken	Michael	TV Verl	2019,00	2019,00	00:48:54	2019,0							
205	1223	1	M45	27	1970	Leppich	Joachim		2005,00	2005,00	00:49:08	2005,0							
206	1092	3	W50	4	1965	Rupp	Monika	SCC Scharmede	1940,73	646,91					01:12:39	851,0			
207	1203	1	M70	4	1946	Meyer	Hans-Werner	TSV Schloß Neuhaus	1865,00	1865,00	00:51:28	1865,0							
208	1059	1	M40	20	1977	Linnemann	Carsten		1783,00	1783,00	00:52:50	1783,0							
209	1046	1	W40	8	1977	Menne	Sylvia		1535,00	1535,00									
210	1006	1	M55	21	1961	Osterhold	Andreas	TSV 1850 Korbach 09	1447,27	1447,27									
211	1091	1	M45	28	1972	Scharf	Andreas		1385,45	1385,45									
212	1104	1	M40	21	1978	Vogedes	Raimund	FC Deutsche Post	1355,00	1355,00	00:59:58	1355,0							
213	1227	1	W35	9	1983	Eichner	Rahel Cynthia	LF Benteler Paderborn	1262,00	1262,00	01:01:31	1262,0							
214	1065	1	W35	10	1981	Meierfrankenfeld	Mareike		1152,73	1152,73									
215	1221	1	W40	9	1976	Baumeister	Tanja	Laufen gegen Leiden	968,00	968,00									
216	1053	4	M35	14	1980	Probsthain	Sascha André		573,00	143,25					01:19:22	570,0			