28 Aaseelauf 2011

Hauptlauf 10 KM — Altersklassenliste

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
			M 30				
1	497	Jesse, Carlo	Marathon Ibbenbüren	00:38:25	00:38:23	14	13
2	340	Dörries, Thorsten	Belm	00:39:08	00:39:05	17	16
3	310	Lenger, Michael	Ibbenbüren	00:43:32	00:43:26	48	45
4	446	Gerber, Alexander	RAG Anthrazit Ibbenbüren Gmb	00:43:34	00:43:33	50	47
5	348	Ratersmann, Michael	RAG Anthrazit Ibbenbüren Gmb	00:43:51	00:43:47	55	52
6	460	Spieker, Guido	Grafschafter Volksbank eG	00:44:34	00:44:27	61	57
7	362	Hilger, Gerold	Tjocka Griskött	00:47:30	00:47:12	85	79
8	322	Barros, Daniel	Ibbenbüren	00:47:59	00:47:20	89	82
9	381	Kleemann, Rüdiger	Crespel & Deiters	00:48:22	00:48:15	97	87
10	429	Tepe, Andre	AkzoNobel	00:49:32	00:49:18	111	98
11	361	Hilger, Jürgen	Tjocka Griskött	00:51:44	00:51:26	142	123
12	557	Hoffmann, Christoph	GE Wind Energy	00:52:58	00:52:48	150	129
13	373	Preuß, Michael	Feuerwehr Ibbenbüren	00:53:32	00:53:03	157	136
14	343	Schrameyer, Sandra	RAG Anthrazit Ibbenbüren Gmb	00:58:31	00:58:00	214	173
15	532	Botzke, Christian		00:58:50	00:58:18	221	178
			M 35				
1	528	Kosakowski, Daniel	TuS Germania Horstmar	00:38:59	00:38:57	16	15
2	525	Menger, Carsten	Tri RaLa Kolping Püsselbüren	00:40:31	00:40:24	21	19
3	538	Sommerkamp, Frank	GW-Steinbeck	00:41:31	00:41:27	26	24
4	537	Wesselmann, Ansgar	Grün-Weiß Steinbeck	00:41:41	00:41:36	29	27
5	277	Alberts, Karsten	Greven	00:41:49	00:41:44	31	29
6	442	Tepe, Frank	Georgs Reha und Vital Hörstel	00:43:06	00:43:01	43	40
7	338	Kotten, Udo	Lengerich	00:43:11	00:43:06	44	41
8	359	Wennemer, Maik	Ibbenbüren	00:43:20	00:43:15	45	42
9	473	Franke, Frank	TV Hohne	00:43:48	00:43:44	54	51
10	519	Lobe, Dirk	Fohus	00:46:58	00:46:54	80	75
11	385	Konermann, Michael	MBH	00:48:01	00:47:48	90	83
12	457	Böing, Carsten	LJ Schafberg	00:48:03	00:47:49	91	84
13	395	Büscher, Dirk	RAG Anthrazit Ibbenbüren Gmb	00:48:57	00:48:34	105	93
14	329	Abendhöfer, Matthias	LiVe Lauftreff in Versmold	00:51:33	00:51:09	138	120
15	455	Meyer, Ingo	Grün-Weiß Steinbeck	00:52:31	00:52:13	145	125
16	365	Löschau, Daniel	LJ Schafberg	00:53:45	00:53:31	160	137
17	407	Windmeier, Volker	RAG Anthrazit Ibbenbüren Gmb	00:54:22	00:53:53	168	142
18	415	Käller, Jürgen	GW Steinbeck	00:55:04	00:54:44	177	148
19	483	Kämmerling, Guido	Lienen	00:55:52	00:55:24	188	156
20	313	Kathage, Jürgen	Feuerwehr Dingden	00:56:23	00:55:52	196	163
			M 40				
1	275	Hagemeyer, Achim	ATSV Espelkamp	00:35:35	00:35:34	2	2
2	465	Kamp, Jörg	Mettingen	00:37:01	00:37:00	4	4
3	353	Küpker, Edu	Concordia Emsbüren	00:37:22	00:37:20	6	6

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
4	391	Gößling, Andreas	SV Teuto Riesenbeck	00:37:28	00:37:27	7	7
5	565	Prinz, Oliver	LSF Münster	00:37:42	00:37:40	9	9
6	485	Menger, Peter	TRIRALA	00:39:31	00:39:28	18	17
7	325	Mußmann, Kai	ESV Eintracht Hameln	00:40:37	00:40:36	22	20
8	393	Rauer, Michael	SC Altenrheine	00:41:48	00:41:46	30	28
9	326	Kosakowski, Rolf	Ko5a Running Team	00:41:58	00:41:54	32	30
10	555	Lake, Christian	TV Mesum	00:42:17	00:42:05	35	33
11	420	Hintemann, Andreas	SuS Stadtlohn	00:42:31	00:42:22	38	36
12	426	de Groot-Dirks, Frank	LG Rheine-Elte	00:42:41	00:42:38	40	38
13	722	Breulmann, Ansgar	LG Emsdetten	00:43:26	00:43:17	46	43
14	496	Blase, Stefan	LG Rheine-Elte	00:43:33	00:43:21	49	46
15	418	Solbach, Ulrich	Team Laufen-OS.de	00:44:10	00:44:04	58	55
16	586	Vogt, Oliver	Hasbergen	00:46:09	00:46:00	73	69
17	491	Brewe, Markus	TV Georgsmarienhütte	00:46:26	00:46:06	75	71
18	459	Schwienheer, Dirk	LSF Münster	00:46:46	00:46:12	77	72
19	262	Zwifka, Peter	Ibbenbüren	00:46:56	00:46:35	79	74
20	522	Romdane-Hebbe, Rene	SC Melle	00:47:17	00:47:04	84	78
21	529	Traeger, Andre		00:47:48	00:47:28	88	81
22	545	Jocksch, Oliver	Mettingn	00:48:13	00:48:02	95	86
23	367	Schüttken, Udo	TV Mettingen	00:49:00	00:48:35	107	95
24	408	Beck, Uwe	RAG Anthrazit Ibbenbüren Gmb	00:49:11	00:48:56	110	97
25	406	Furmanek, Ralf	RAG Anthrazit Ibbenbüren Gmb	00:49:39	00:49:12	113	100
26	376	Stegemann, Mathias	Feuerwehr Ibbenbüren	00:50:09	00:49:53	115	102
27	448	Rekers, Reinhard	RAG Anthrazit Ibbenbüren Gmb	00:50:11	00:49:48	117	103
28	398	Böggemann, Frank	RAG Anthrazit Ibbenbüren Gmb	00:50:35	00:50:12	121	106
29	584	Gehling, Thomas	SuS Stadtlohn	00:50:49	00:50:23	123	108
30	430	Hecking, Michael	SuS Stadtlohn	00:51:03	00:50:36	128	113
31	403	Lewe, Christian	RAG Anthrazit Ibbenbüren Gmb	00:51:10	00:50:59	130	115
32	564	Heppner, Markus	SC Altenrheine	00:51:12	00:50:57	131	116
33	349	Debbert, Jörg	RAG Anthrazit Ibbenbüren Gmb	00:51:29	00:51:05	137	119
34	330	Bergmann, Torsten	Ibbenbüren	00:51:38	00:51:24	140	121
35	397	Geers, Stephan	RAG Anthrazit Ibbenbüren Gmb	00:51:44	00:51:30	141	122
36	470	Kappenberg, Martin	SVA Salzbergen	00:52:45	00:52:25	146	126
37	328	Becke, Christian	Georgs Reha + Vital	00:52:58	00:52:48	149	128
38	364	Höppener, Jörg	run 4 fun greven e.v.	00:53:56	00:53:40	163	139
39	494	Ziesselski, Dirk	SV Halverde	00:54:10	00:53:39	166	140
40	495	Hülsmann, Matthias	SV Halverde	00:54:11	00:53:40	167	141
41	449	Frank, Ostendorf	RAG Anthrazit Ibbenbüren Gmb	00:54:48	00:54:21	173	144
42	559	Wecker, Guido	LSF Münster	00:54:58	00:54:48	174	145
43	350	Stapper, Josef	RAG Anthrazit Ibbenbüren Gmb	00:55:17	00:54:51	182	152
44	366	Milius, Jörg	Osnabrück	00:55:55	00:55:30	190	158
45	368	Hartmann, Bernd	Ibbenbüren	00:57:22	00:57:01	209	170
46	316	Wieberg, Dirk	LG Emsdetten	01:06:32	01:06:14	259	192

M 45

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
1	489	Igelbrink, Hans Peter	TV Georgsmarienhütte	00:36:38	00:36:36	3	3
2	521	van der Velde, Markus	LSF Münster	00:37:04	00:37:03	5	5
3	563	Maag, Theodor	Grün-Weiß Steinbeck	00:38:17	00:38:14	13	12
4	413	Wilke, Guido	SC Altenrheine	00:38:43	00:38:41	15	14
5	572	Leimkühler, Jürgen	TV Georgsmarienhütte	00:39:39	00:39:36	19	18
6	492	Pohl, Martin	TV Georgsmarienhütte	00:40:39	00:40:32	23	21
7	579	Fikus, Ewald	LSF Münster	00:41:32	00:41:20	27	25
8	583	Harmeling, Ewald	SuS Stadtlohn	00:41:35	00:41:34	28	26
9	578	Heimann, Michael	TV Goergsmarienhütte	00:41:59	00:41:48	33	31
10	549	Oelgemöller, Helmut	SV Teuto Riesenbeck	00:42:19	00:42:17	37	35
11	547	Budde, Klaus	SV Hellern	00:43:30	00:43:27	47	44
12	451	Weirauch, Olf	SuS Stadtlohn	00:43:36	00:43:27	51	48
13	558	Knollmeyer, Thomas	Melle	00:44:25	00:44:19	60	56
14	550	Drehlmann, Peter	RSG Emsdetten	00:45:11	00:44:59	66	62
15	568	Ruczynski, Jürgen		00:45:30	00:44:54	69	65
16	305	Ruczynski, Jürgen	TSG 07 Burg Gretesch	00:45:30	00:44:54	70	66
17	544	Hövel, Helmut	SV Teuto Riesenbeck	00:45:47	00:45:38	71	67
18	409	Inderwisch, Frank	RAG Anthrazit Ibbenbüren Gmb	00:46:47	00:46:38	78	73
19	344	Röwekämper, Thomas	RAG Anthrazit Ibbenbüren Gmb	00:47:13	00:47:07	82	77
20	382	Bartels, Stephan	MBH	00:48:51	00:48:37	104	92
21	419	Tepe, Eddy	SC Altenrheine	00:50:24	00:50:20	119	104
22	436	Kaumkötter, Michael	SV Orbeck	00:50:26	00:50:18	120	105
23	456	Manatos, Andreas	Mettingen	00:50:55	00:50:28	125	110
24	542	Kerk, Thomas	SV Dickenberg	00:51:09	00:50:48	129	114
25	331	Varga, Georg	Nordwalde	00:51:19	00:50:54	133	117
26	560	Weß, Andreas	VfL Lingen	00:51:28	00:51:10	136	118
27	369	Meyer, Thorsten	Ibbenbüren	00:52:57	00:52:36	148	127
28	427	Salzmann, Wolfgang	Laggenbeck	00:53:20	00:53:13	153	132
29	318	Grüter, Gert	RAG Anthrazit	00:53:25	00:53:18	154	133
30	355	Altmann, Bernd	Münster	00:55:07	00:54:55	178	149
31	390	Bertram, Jörg	VLG Greven	00:55:25	00:55:00	183	153
32	424	Schäfers, Jürgen	SC Dörenthe	00:55:30	00:55:03	184	154
33	357	Gaukelsbrink, Stefan	Melle	00:55:35	00:55:13	185	155
34	351	Möllenbeck, Roland	RAG Anthrazit Ibbenbüren Gmb	00:55:54	00:55:30	189	157
35	447	Exeler, Guido	RAG Anthrazit Ibbenbüren Gmb	00:55:58	00:55:30	192	160
36	383	Wienand, Ralf	MBH	00:56:23	00:56:06	197	164
37	410	Verlemann, Benno	RAG Anthrazit Ibbenbüren Gmb	00:57:12	00:56:39	205	168
38	452	Dzinaj, Timur	Competence Center ISOBUS e.V	00:57:44	00:57:41	211	171
39	566	Meyer, Clemens	4 ObjSCH RGT Schort ENS	00:58:36	00:58:11	218	176
40	386	Posnanski, Thomas	Steinbeck	00:59:12	00:58:47	224	180
41	399	Jürgens, Andreas	RAG Anthrazit Ibbenbüren Gmb	01:01:26	01:00:53	242	188
42	551	Kahle, Andre	TuS Altenberge	01:04:53	01:04:48	256	191
			M 50				
1	556	Achterkamp, Rainer	TV Mesum	00:37:32	00:37:29	8	8

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
2	416	Thünemann, Günther	LG Emsdetten	00:37:49	00:37:48	11	11
3	333	Schmechel, Markus	TV Müllheim/ Baden	00:40:50	00:40:47	24	22
4	327	Deiting, Thomas	Stella Bevergern	00:41:20	00:41:15	25	23
5	482	Kuhne, Markus	Fokus Selm	00:42:15	00:42:12	34	32
6	533	Brinker, Uwe	LC Nordhorn	00:43:39	00:43:32	53	50
7	347	Moczko, Manfred-Franz	RAG Anthrazit Ibbenbüren Gmb	00:44:06	00:44:00	56	53
8	444	Ibbenbüren, RAG Anthrazit	RAG Anthrazit Ibbenbüren Gmb	00:45:07	00:44:56	65	61
9	440	Perner, Detlef	Lauf dich Fit Osnabrück	00:45:13	00:45:04	67	63
10	554	Glasow, Peter	SC Melle 03	00:47:03	00:46:49	81	76
11	437	Palesche, Manfred	Westerkappeln	00:47:36	00:47:28	86	80
12	438	Hagemann, Dieter	SC Hörstel	00:48:32	00:48:21	98	88
13	371	Stallbörger, Reinhard	SV Teuto Riesenbeck	00:48:41	00:48:25	99	89
14	5060	Niehues, Werner	SC Altenrheine	00:49:02	00:48:55	108	96
15	404	Bauer, Ingo	RAG Anthrazit Ibbenbüren Gmb	00:49:35	00:49:31	112	99
16	278	Zimmermann, Michael	Grün-Weiß Steinbeck	00:53:52	00:53:34	162	138
17	484	Linke, Horst	Ibbenbüren	00:55:02	00:54:31	176	147
18	387	Meyer, Manfred	TV Mettingen	00:55:12	00:54:45	181	151
19	394	Conrad, Reimund	SV Bad Laer	00:55:57	00:55:24	191	159
20	507	Busch, Jörg	SV Dickenberg	00:56:00	00:55:51	193	161
21	319	Sante, Andreas	SV Dickenberg	00:56:08	00:55:45	194	162
22	412	Mersch, Thomas	RAG Anthrazit Ibbenbüren Gmb	00:57:11	00:56:38	204	167
23	445	Reuter, Dietmar	RAG Anthrazit Ibbenbüren Gmb	00:58:31	00:57:59	213	172
24	414	Brinkus, Jürgen	RAG Anthrazit Ibbenbüren Gmb	00:58:35	00:58:08	216	174
25	577	Nieländer, Georg		00:58:35	00:58:19	217	175
26	527	Beckmann, Manfred	SW Esch	00:59:06	00:58:38	223	179
27	476	Laig, Uwe	TV Hohne	00:59:24	00:58:53	227	182
28	352	Tegelmann, Bernward	RAG Anthrazit Ibbenbüren Gmb	00:59:24	00:58:52	228	183
29	562	Ohde, Georg	LG Emsdetten	00:59:31	00:59:03	231	184
30	477	Lutterbeck, Klaus-Peter	TV Hohne	01:00:40	01:00:18	238	186
31	312	Wesselmann, Michael	Soda	01:02:01	01:01:32	245	190
			M 55				
1	467	Hövel, Karl	Mettingen	00:37:45	00:37:44	10	10
2	462	Stall, Lothar	TSG 07 Burg Gretesch	00:42:39	00:42:31	39	37
3	307	Menke, Gerhard	LSF Münster	00:44:52	00:44:37	63	59
4	370	Striewski, Gerhard	Löhne	00:45:00	00:44:54	64	60
5	567	Rueckforth, Guenter		00:45:57	00:45:47	72	68
6	754	Glasmeyer, Klaus	Spvg Niedermark	00:46:14	00:46:01	74	70
7	428	Horstmann, Manfred	SC-Hörstel	00:50:55	00:50:45	126	111
8	5760	Babel, Wolfgang		00:52:08	00:51:54	144	124
9	421	Harmeling, Franz - Josef	SuS Stadtlohn	00:53:04	00:52:38	151	130
10	342	Dau, Dietmar	RAG Anthrazit Ibbenbüren Gmb	00:53:32	00:53:08	156	135
11	582	Brix, Michael	TV Hohne	00:59:13	00:58:53	226	181
12	363	Hülsmeier, Manfred	Ibbenbüren	01:00:41	01:00:08	239	187
			M 60				

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
1	474	Hoge, Werner	TV Hohne	00:44:09	00:44:03	57	54
2	417	Reeker, Otto	SC Altenrheine	00:48:04	00:47:58	93	85
3	573	Klingal, Rolf	SC Spelle Venhaus	00:49:48	00:49:41	114	101
4	574	Mezger, Theo	SuS Stadtlohn	00:50:54	00:50:40	124	109
5	505	Kowal, Eugen	SC Altenrheine	00:53:18	00:53:14	152	131
			M 65				
1	388	Manke, Hans-Peter	Greven	00:58:44	00:58:14	220	177
2	535	Krause, Wilhelm	Stella Bevergern	01:00:36	01:00:15	237	185
			M 70				
1	478	Sparenberg, Günter	TV Hohne	00:50:40	00:50:23	122	107
2	524	Peters, Heinz	TC Lengerich	01:13:16	01:12:54	261	193
			M 75				
1	488	Winter, Heinz	TV Georgsmarienhütte	00:55:00	00:54:47	175	146
			M HK				
1	585	Bleich, Simon	TSV Krofdorf-Gleiberg	00:35:17	00:35:17	1	1
2	581	Brix, Christian	TV-Hohne	00:42:19	00:42:14	36	34
3	377	Scholmeyer, Patrick	Feuerwehr Ibbenbüren	00:42:59	00:42:52	41	39
4	553	Lanvermann, Julian	LSF Münster	00:45:15	00:45:08	68	64
5	372	Siebelmeyer, Bastian	Feuerwehr Ibbenbüren	00:48:45	00:48:15	101	90
6	335	Korte, Niklas	Bevergern	00:48:49	00:48:20	103	91
7	443	Wichmann, Timo	Feuerwehr Ibbenbüren	00:48:58	00:48:29	106	94
8	374	Rolf, Christopher	Feuerwehr Ibbenbüren	00:53:32	00:53:03	155	134
9	379	Stermann, Benjamin	Crespel & Deiters - Bewegung m	00:54:33	00:54:03	171	143
10	534	Düsing, Simon	RAG Anthrazit Ibbenbüren Gmb	00:55:12	00:54:50	180	150
11	711	Wiethölter, Fabian	SV Dickenberg	00:56:24	00:56:02	198	165
12	453	Roeingh, Moritz	Competence Center ISOBUS e.V	00:56:30	00:56:27	200	166
			M Jgd A				
1	341	Terhorst, Gerrit	RAG Anthrazit Ibbenbüren Gmb	00:51:01	00:50:59	127	112
2	503	Lutterbey, Tim	Akzo Nobel	01:01:55	01:01:40	244	189
			M Jgd B				
1	265	Lücke, Marcel	SV Dickenberg	00:43:37	00:43:18	52	49
2	580	Kutza, Olli		00:44:42	00:44:39	62	58
			M Schü A				
1	380	Büscher, Eric	HopLa Hopsten	00:57:12	00:56:38	206	169
			W 30				
1	498	Kulgemeyer, Christin	TV Georgsmarienhütte	00:39:40	00:39:37	20	2
2	423	Alken, Silvia	SV Union Lohne	00:46:40	00:46:33	76	5
3	425	ten Brink, Cathrin	SV Union Lohne	00:49:09	00:48:51	109	13
4	469	Pollmann, Nadine	SV Union Lohne	00:51:28	00:51:10	135	18
5	375	Krüger, Kirsten	Feuerwehr Ibbenbüren	00:53:33	00:53:03	158	22
6	546	Lenfort, Andrea	Run4Fun Greven	00:57:06	00:56:50	203	37
			W 35				
1	454	Krüer, Cornelia	SV Teuto Riesenbeck	00:43:04	00:43:02	42	3
2	523	Hebbe, Katja	SC Melle 03	00:47:16	00:47:02	83	6

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
3	571	Mösle, Anke	LSF Münster	00:48:19	00:48:09	96	10
4	530	Haedrich, Melanie	TV Mettingen	00:58:32	00:58:19	215	42
5	334	Frisse, Petra	Havixbeck	01:00:20	01:00:14	234	50
6	481	Ossege, Martina	Georgsmarienhütte	01:03:18	01:02:48	249	59
7	450	Kortenbreer, Sonja	SV-Teuto Riesenbeck	01:03:56	01:03:29	254	64
8	317	Wieberg, Nina	LG Emsdetten	01:06:31	01:06:15	258	67
			W 40				
1	520	Schöler, Anja	Fokus Selm	00:44:11	00:44:06	59	4
2	461	Peschke, Marlies	TSG 07 Burg Gretesch	00:48:04	00:47:54	92	8
3	309	Sporkmann, Karin	SV Teuto Riesenbeck	00:48:10	00:47:55	94	9
4	576	Voetz, Marianne	LSF Münster	00:48:46	00:48:36	102	12
5	575	Zierow, Anita		00:50:11	00:50:03	116	14
6	354	Robers, Elke	SuS Stadtlohn	00:50:23	00:49:57	118	15
7	439	Jamroszczyk, Jutta	Run 4 Fun Greven	00:51:22	00:51:06	134	17
8	320	Egbert, Heike	Ibbenbüren	00:52:06	00:51:50	143	20
9	356	Gaukelsbrink, Monika	Melle	00:54:23	00:54:01	169	27
10	548	Kemper, Ute	Tus Lotte	00:55:36	00:55:16	186	31
11	259	Thiel, Claudia	Münster	00:56:09	00:56:01	195	33
12	539	Meck, Dorothe Maria	Renntiere Hopsten	00:56:34	00:56:28	201	35
13	422	Averhage, Kerstin	SuS Stadtlohn	00:56:42	00:56:16	202	36
14	396	Büscher, Birgit	RAG Anthrazit Ibbenbüren Gmb	00:57:55	00:57:41	212	41
15	561	Baiao, Diana		00:59:30	00:59:01	230	47
16	402	Auf dem Moore, Kerstin	RAG Anthrazit Ibbenbüren Gmb	01:01:26	01:00:55	241	54
17	432	Scherbarth, Maren	IDAA e.V.	01:04:44	01:04:22	255	65
			W 45				
1	514	Kütemeier, Karin	SC Aquarius Löhne	00:47:39	00:47:34	87	7
2	541	Meyer, Petra	Grün-Weiß Steinbeck	00:48:43	00:48:25	100	11
3	308	Cantu, Magdalena	LSF Münster	00:51:33	00:51:18	139	19
4	543	Kerk, Ruth	SV Dickenberg	00:52:56	00:52:36	147	21
5	392	Harmeyer-Hille, Gudrun	Grün-Weiß Steinbeck	00:55:08	00:54:47	179	30
6	434	Shyu, Ygreck	AVANTI, ENSCHEDE, nl	00:56:27	00:56:11	199	34
7	441	Stuke, Bettina	Lauf dich Fit Osnabrück	00:59:28	00:59:19	229	46
8	518	Schnabel, Maria	TV Mettingen	01:00:04	00:59:38	232	48
9	433	Lewe, Annegret	Grün-Weiss Steinbeck	01:00:23	01:00:02	235	51
10	468	Eckelmann, Andrea	SUS Stadtlohn	01:00:28	01:00:02	236	52
11	324	Breuer, Stephanie	SV Dickenberg	01:02:35	01:02:11	247	57
12	435	Schönbohm, Claudia	Herford	01:04:59	01:04:37	257	66
			W 50				
1	464	Boll, Rita	SUS-Stadtlohn	00:57:14	00:56:49	207	38
2	569	Ruczynski, Bettina	TSG 07 Burg Gretesch	00:57:40	00:57:28	210	40
3	536	Korte, Silvia	FC Stella Bevergern	00:58:37	00:58:15	219	43
4	475	Laig, Susanne	TV Hohne	00:59:13	00:58:53	225	45
5	311	Suer, Martina	Ibbenbüren	01:00:47	01:00:36	240	53
6	400	Ungruhe, Barbara	RAG Anthrazit Ibbenbüren Gmb	01:01:27	01:00:54	243	55

Platz AK	Start-Nr.	Name/Vorname	Verein	Bruttozeit	Nettozeit	Platz	PlatzMW
7	472	Brix, Petra	TV Hohne	01:03:29	01:03:10	251	61
8	337	Helsloot, Joke	Dauventria Deventer	01:03:51	01:03:41	253	63
			W 55				
1	486	Voges, Jutta	TV Georgsmarienhütte	00:51:19	00:51:06	132	16
2	431	Rieskamp, Irmgard	Grün-Weiss Steinbeck	00:57:21	00:57:00	208	39
3	471	Kuch, Ulrike	Löhne	01:00:04	00:59:40	233	49
4	336	Bücker, Hendrikje	Dauventria Deventer	01:08:28	01:08:18	260	68
			W 60				
1	323	Brügge, Rosi	SV Dickenberg	00:55:42	00:55:18	187	32
2	260	Wübbels, Elisabeth	TVE Greven	00:59:03	00:58:54	222	44
3	508	Nigbur, Angelika	SV Dickenberg	01:02:48	01:02:25	248	58
4	479	Reuschel, Brigitte	TV Hohne	01:03:29	01:03:10	252	62
			W HK				
1	515	Lüring, Sandra	ESV Münster	00:38:16	00:38:14	12	1
2	540	Horstmann, Melanie	SC Hörstel	00:53:44	00:53:34	159	23
3	531	Köster, Ines		00:53:48	00:53:31	161	24
4	509	Reimer, Alinda	LG Brukteria Dreierwalde	00:54:08	00:54:00	164	25
5	516	Verlage, Heike		00:54:26	00:54:09	170	28
6	360	Säll, Karolina	Tjocka Griskött	00:54:46	00:54:28	172	29
7	517	Brinkmann, Kira		01:02:35	01:02:18	246	56
8	480	Linke, Daniela	Ibbenbüren	01:03:18	01:02:48	250	60
			W Jgd A				
1	510	Veismann, Maria	LG Brukteria Dreierwalde	00:54:08	00:54:00	165	26