

Männer

Altersklasse M30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		497	Korbik Gregor	Fitness Point Schüttorf	0:49:35	0:44:15	6	M30	86	05:20 / 08:18	09:28	08:51	09:09	08:27
2		173	Scheve Björn	Hafensänger United	0:54:57	0:48:57	19	M30	85	06:00 / 08:26	09:51	10:13	10:20	10:03
3		206	Ruffing Andre	GBS Plattfüße	0:55:16	0:46:36	23	M30	84	08:40 / 08:52	09:11	09:15	09:35	09:39
4		175	Jansen Christoph	Grafschafter Nachrichten	0:55:26	0:49:46	24	M30	87	05:40 / 10:18	09:46	09:44	09:57	09:55
5		211	Vorbrink Henning	*Osnabrück	0:55:49	0:53:09	27	M30	88	02:40 / 09:54	10:37	10:54	11:04	10:36
6		87	Reich Andreas	*Lauenau	0:55:52	0:53:52	28	M30	86	02:00 / 10:24	11:14	10:33	10:52	10:40
7		205	Vorbrink Daniel	GBS Plattfüße	0:57:27	0:53:07	37	M30	85	04:20 / 09:53	10:37	10:54	11:03	10:35
8		635	Stermann Benjamin	Crespel & Deiters	0:58:09	0:48:49	43	M30	84	09:20 / 09:19	09:44	09:58	10:03	09:39
9		629	Kortmann Henning	Crossfit NOH	1:00:33	0:56:33	59	M30	87	04:00 / 11:28	11:17	11:19	11:26	10:57
10		40	Veldmann Hannes	die gestiefelten Muskelkater	1:01:34	0:58:54	70	M30	88	02:40 / 11:29	12:09	11:56	12:14	11:00
11		310	De Jong Tim	*Nordhorn	1:03:00	0:53:00	77	M30	88	10:00 / 11:22	09:54	10:21	10:16	10:49
12		421	Schnieders Willi	*Wietmarschen	1:03:03	0:58:43	78	M30	88	04:20 / 11:28	11:04	11:59	11:00	13:03
13		189	Hilbers Sebastian	Auch namenlos grandios	1:03:04	0:58:24	79	M30	85	04:40 / 09:48	12:21	12:15	11:57	11:57
14		420	Diek Johannes	*Wietmarschen	1:03:21	0:58:41	82	M30	88	04:40 / 11:28	11:04	11:59	10:59	13:04
15		504	Hölzen Carsten	*Wietmarschen-Lohne	1:04:09	0:57:09	91	M30	88	07:00 / 10:30	11:33	11:46	11:40	11:38
16		611	Fritsch Andreas	Thomas JGA	1:04:44	0:59:24	96	M30	84	05:20 / 13:19	12:12	11:58	11:10	10:35
17		49	Batterink Sebastian	Rückwärts Uelsen	1:06:02	1:01:02	106	M30	88	05:00 / 11:22	12:18	12:30	12:35	12:12
18		44	Evers Dennis	Rückwärts Uelsen	1:06:12	0:59:32	109	M30	84	06:40 / 11:13	12:28	12:28	12:22	10:56
19		612	Budke Christoph	Thomas JGA	1:06:35	1:02:15	111	M30	87	04:20 / 13:25	12:41	12:27	12:04	11:28
20		369	Roß Sebastian	*Neuenkirchen	1:06:51	0:56:51	115	M30	86	10:00 / 09:53	11:38	12:01	11:29	11:48
21		634	Kother Dominik	Crespel & Deiters	1:08:54	1:05:54	134	M30	86	03:00 / 13:59	13:13	12:48	12:50	12:56
22		466	Suttmann Tobias	Team ANF	1:09:43	1:03:23	145	M30	87	06:20 / 16:41	11:39	11:49	11:20	11:38
23		435	Snyders Eike	PAUS-TEAM	1:10:39	1:04:59	149	M30	87	05:40 / 13:15	13:14	12:41	12:43	12:52
24		109	Fanroth Raphael	Höllenhunde 4	1:11:15	1:04:35	153	M30	85	06:40 / 12:34	12:47	12:58	12:45	13:24
25		207	Strauss Kolja	GBS Plattfüße	1:11:45	1:05:25	156	M30	86	06:20 / 13:52	12:51	12:56	12:59	12:38
26		469	Holtkamp Steffen	Team ANF	1:12:24	1:03:24	159	M30	86	09:00 / 16:42	11:39	11:50	11:20	11:38
27		441	Albers Christoph	Patchwork Truppe	1:12:26	1:06:46	160	M30	88	05:40 / 14:13	12:54	12:38	13:23	13:20
28		481	Klund Reinhold	*Fürstenau	1:12:34	1:05:34	162	M30	87	07:00 / 12:51	12:59	13:04	13:32	13:06
29		502	Latus Michael	LANDWEHR 1	1:13:05	1:06:45	167	M30	86	06:20 / 13:51	12:57	13:12	13:37	13:04
30		637	Kunze Fabian	Crespel & Deiters	1:13:36	1:05:56	172	M30	86	07:40 / 13:57	13:13	12:51	12:53	12:54
31		500	Rexilius Sebastian	Coffee-Bike GmbH	1:14:45	1:12:25	187	M30	84	02:20 / 13:34	14:40	14:56	14:42	14:22
32		146	Reuter Waldemar	Spontansportler	1:14:46	1:05:06	188	M30	86	09:40 / 12:09	13:08	13:38	13:20	12:47
33		676	Stüwe Martin	Mauritius GmbH	1:14:47	1:08:27	189	M30	86	06:20 / 14:16	13:43	13:26	13:25	13:24
34		349	Foppe Daniel	Die drei Muskelkater	1:16:52	1:14:12	201	M30	84	02:40 / 15:43	14:42	14:20	14:46	14:24
35		348	Lammers Andreas	Die drei Muskelkater	1:17:51	1:14:11	207	M30	85	03:40 / 15:44	14:41	14:22	14:47	14:21
36		226	Bregen-Meiners Johanne	*Lingen	1:18:28	1:16:28	209	M30	84	02:00 / 16:49	15:04	14:26	15:31	14:31
37		470	Schonert Jens	Team ANF	1:18:35	1:10:55	210	M30	85	07:40 / 16:48	13:13	13:38	13:53	13:08
38		224	Feldker Stephan	*Lingen	1:18:46	1:16:26	211	M30	88	02:20 / 16:50	15:01	14:25	15:29	14:32
39		230	Löffel Nick	*Lingen	1:21:09	1:16:29	221	M30	87	04:40 / 16:47	15:04	14:28	15:28	14:33
40		673	Scheuermann Kai	Team Süd	1:21:21	1:17:01	222	M30	84	04:20 / 15:46	15:22	15:05	15:27	15:13
41		413	Bartsch Tobias	*Meppen	1:25:05	1:19:05	232	M30	84	06:00 / 18:17	15:03	14:54	15:10	15:24
42		442	Kern Johannes	*Muenster	1:25:41	1:22:21	235	M30	84	03:20 / 19:19	16:13	16:32	15:32	14:24
43		314	Heilker Marcus	*Wietmarschen	1:26:16	1:16:16	241	M30	88	10:00 / 17:31	14:23	15:08	14:27	14:30
44		65	Manthei Mark William	Super Yummy Team	1:33:20	1:29:40	267	M30	88	03:40 / 18:20	17:17	18:14	17:48	17:38
45		62	Steingröver Andre	Super Yummy Team	1:35:20	1:29:40	269	M30	84	05:40 / 18:17	17:23	18:12	17:49	17:38

Männer

Altersklasse M35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		514	Krieger Lars	free-OCR-runners	0:51:14	0:46:14	9	M35	79	05:00 / 08:44 09:39 09:31 09:12 09:05
2		681	Kubiacyk Karol	*Gildehaus	0:55:43	0:52:03	26	M35	81	03:40 / 10:06 10:37 10:33 10:29 10:10
3		450	Bischoff Stefan	AnaConDa Racing Team	0:56:37	0:54:57	32	M35	80	01:40 / 10:43 10:49 11:07 11:09 11:04
4		52	Tebbel Matthias	*Nordhorn	0:57:03	0:52:03	35	M35	79	05:00 / 10:05 10:16 10:46 10:35 10:13
5		476	Potyka Nico	*Osnabrück	0:57:14	0:53:14	36	M35	82	04:00 / 09:46 10:36 11:23 10:48 10:36
6		50	Röhr Christian	*Lauenau	0:57:32	0:53:52	39	M35	79	03:40 / 10:25 11:15 10:32 10:52 10:39
7		172	Casum Oliver	Hafensänger United	0:57:49	0:50:29	41	M35	83	07:20 / 08:39 09:57 10:51 10:54 10:01
8		235	Heitz Manuel	SVA Salzbergen	0:59:26	0:55:26	51	M35	83	04:00 / 10:57 11:16 11:03 11:06 10:58
9		127	Oldeweme Sebastian	JanSeKri	0:59:32	0:52:12	52	M35	83	07:20 / 09:35 10:33 11:15 10:43 10:01
10		177	Meyer Björn	Grafschafter Nachrichten	1:01:00	0:53:20	65	M35	82	07:40 / 10:20 10:20 10:53 10:56 10:45
11		171	Möller Robert	*Berlin	1:02:40	1:00:20	76	M35	79	02:20 / 12:29 11:49 11:42 11:46 12:13
12		36	Wigger Maik	die gestiefelten Muskelkater	1:03:28	0:55:28	85	M35	82	08:00 / 11:22 11:03 10:58 10:54 11:05
13		455	Möhrling Lars	Haialarm @ Höllenlauf	1:04:00	1:01:00	89	M35	82	03:00 / 13:35 11:51 11:41 11:59 11:47
14		649	Somberg Stefan	ENO Early Birds	1:04:52	1:02:52	97	M35	82	02:00 / 11:43 12:20 13:19 13:10 12:16
15		209	Stühl Robin	GBS super dry	1:05:17	0:56:17	99	M35	79	09:00 / 11:34 10:46 11:32 11:00 11:15
16		368	Siepkner Andre	*Rheine	1:06:51	0:56:51	116	M35	79	10:00 / 09:54 11:37 12:01 11:31 11:45
17		46	Hartmann Andreas	Rückwärts Uelsen	1:06:54	0:59:34	118	M35	82	07:20 / 11:12 12:34 12:20 12:25 10:56
18		471	Steinle-Darling Ian	Team ANF	1:07:02	1:01:02	120	M35	82	06:00 / 16:41 10:52 10:47 11:30 10:55
19		456	Kalter Mathias	Haialarm @ Höllenlauf	1:09:00	1:01:00	135	M35	81	08:00 / 13:35 11:45 11:43 12:01 11:47
20		218	Koopmann Stephan	*Nordhorn	1:09:13	1:02:53	138	M35	82	06:20 / 14:02 11:57 12:09 12:19 12:08
21		454	Oppel Christian	Haialarm @ Höllenlauf	1:09:19	1:00:59	139	M35	82	08:20 / 13:36 11:51 11:40 11:40 12:05
22		340	Depmann Andreas	*Nordhorn	1:11:07	1:01:07	152	M35	80	10:00 / 14:13 11:34 11:25 11:58 11:46
23		692	Bardenhorst Mirko	*Isterberg	1:11:43	1:09:03	155	M35	81	02:40 / 13:10 13:47 13:51 13:56 14:07
24		679	Furman Pawel	*Gildehaus	1:12:37	1:04:57	163	M35	83	07:40 / 13:12 12:58 13:01 12:49 12:49
25		35	Lücke Jörg	die gestiefelten Muskelkater	1:12:48	1:07:28	164	M35	83	05:20 / 12:51 13:03 13:52 13:44 13:52
26		54	Vennes Bernd	*Nordhorn	1:13:55	1:08:15	179	M35	80	05:40 / 12:37 13:28 13:51 13:36 14:35
27		671	Kreyenkötter Sven	FC 47 Leschede	1:14:03	1:07:43	181	M35	80	06:20 / 14:35 13:07 12:59 13:21 13:33
28		474	Holterhuis Dennis	Team ANF	1:14:11	1:06:51	182	M35	83	07:20 / 15:44 12:35 12:00 13:02 13:13
29		641	Völker Tobias	*Schüttorf	1:14:27	1:08:07	184	M35	83	06:20 / 13:22 13:41 13:21 13:15 14:20
30		357	Lake Guido	Bierbünsels	1:15:58	1:09:38	194	M35	79	06:20 / 13:17 14:38 13:48 13:48 14:03
31		397	Knebel Friedrich	Hofschröer GmbH	1:17:29	1:07:29	206	M35	79	10:00 / 14:54 13:30 12:44 12:48 13:26
32		382	Ahues Stephan	*Nordhorn	1:18:12	1:11:52	208	M35	82	06:20 / 15:12 13:50 14:19 14:08 14:11
33		499	Herold Dr. Denis	Blau-Weiß Bookholt	1:20:05	1:12:25	216	M35	79	07:40 / 13:34 14:40 14:56 14:42 14:22
34		338	Arnds Andre	*Ohne	1:20:49	1:14:49	219	M35	82	06:00 / 17:53 14:23 14:21 14:04 13:57
35		410	Völlering Frank	*Meppen	1:24:25	1:19:05	228	M35	80	05:20 / 18:20 15:01 14:57 15:11 15:22
36		409	Bunten Gorm	*Meppen	1:24:45	1:19:05	231	M35	81	05:40 / 18:16 15:06 14:56 15:10 15:24
37		494	Egbers Christian	Sportfreunde Chiller	1:25:41	1:22:01	234	M35	82	03:40 / 17:30 17:16 17:09 15:46 14:13
38		490	Becker Michael	Sportfreunde Chiller	1:26:00	1:22:00	238	M35	81	04:00 / 17:30 17:16 17:13 15:42 14:13
39		493	Gottbehöde Stefan	Sportfreunde Chiller	1:26:20	1:22:00	242	M35	83	04:20 / 17:29 17:16 17:09 15:46 14:12
40		379	Niehof Thomas	Muskeln & Samenstränge	1:28:09	1:18:09	247	M35	83	10:00 / 15:56 15:15 16:02 15:40 14:59
41		377	Hulsmeier Ansgar	Muskeln & Samenstränge	1:28:09	1:18:09	248	M35	82	10:00 / 15:58 15:19 15:56 15:40 14:59
42		378	Reining Johannes	Muskeln & Samenstränge	1:28:09	1:18:09	249	M35	82	10:00 / 16:02 15:21 15:56 15:35 14:58
43		489	Trepohl Michael	Sportfreunde Chiller	1:28:40	1:22:00	251	M35	82	06:40 / 17:31 17:16 17:08 15:46 14:12
44		339	Börjes Yves	*Nordhorn	1:29:24	1:19:24	255	M35	80	10:00 / 14:18 16:01 15:37 16:20 16:56
45		492	Brinkmann Sven	Sportfreunde Chiller	1:30:01	1:22:01	257	M35	81	08:00 / 17:35 17:17 17:17 15:36 14:14
46		59	Spill Christopher	Super Yummy Team	1:32:01	1:29:41	264	M35	81	02:20 / 18:21 17:21 18:01 18:01 17:39
47		328	Strohmann Bernhard	*Rheine	1:32:32	1:26:32	266	M35	79	06:00 / 17:40 18:36 17:24 16:50 15:42
48		64	Doedt Stefan	Super Yummy Team	1:35:40	1:29:40	271	M35	82	06:00 / 18:13 17:26 18:02 17:34 18:05
49		100	Baumeister Andre	Super Yummy Team	1:35:41	1:29:41	272	M35	83	06:00 / 18:15 17:22 18:03 17:40 18:01
50		161	Metzger Marcel	FürstenVikings	1:38:47	1:32:27	276	M35	81	06:20 / 18:28 18:32 18:09 18:21 18:51
51		305	Letzel Jens	*Schüttorf	1:38:59	1:28:59	277	M35	83	10:00 / 18:47 17:58 17:49 17:01 17:03

Männer

Altersklasse M40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		16	Hanneken Stefan	*Geeste	0:51:16	0:47:36	10	M40	74	03:40 / 08:58 09:30 09:32 09:35 09:57
2		150	Detels Daniel	Spontansportler	0:53:25	0:52:05	17	M40	78	01:20 / 09:40 10:34 10:44 10:51 10:12
3		621	Olbrich André	*Nordhorn	0:55:06	0:50:26	21	M40	77	04:40 / 09:25 10:08 10:10 10:27 10:09
4		373	Brüning Maik	LG Fingeramfuss	0:55:12	0:48:52	22	M40	74	06:20 / 09:23 09:34 09:51 09:58 10:02
5		19	Weimer Rene	Höllenhunde 3	0:56:17	0:51:17	30	M40	75	05:00 / 09:22 10:08 10:19 10:40 10:44
6		104	Weßling Klaus	*Lingen	0:56:47	0:52:07	33	M40	74	04:40 / 11:07 10:03 10:26 10:12 10:06
7		516	Schmelnik Matthias	*Nordhorn	0:56:48	0:54:28	34	M40	78	02:20 / 09:33 10:58 11:32 11:18 11:05
8		9	Busch Andreas	Höllenhunde 1	0:58:37	0:51:17	46	M40	78	07:20 / 09:26 10:06 10:17 10:40 10:44
9		236	Volkery Thomas		0:59:03	0:53:03	48	M40	75	06:00 / 09:49 10:40 10:46 10:48 10:56
10		105	Gelker Dirk	*Lingen	0:59:21	0:53:41	49	M40	78	05:40 / 11:24 10:18 10:33 10:38 10:35
11		7	Hartmann Sven	Höllenhunde 1	0:59:53	0:55:13	56	M40	77	04:40 / 10:42 10:58 11:14 11:15 11:00
12		304	Schwänen Markus	RSU-Kp KÜSTE	1:00:09	0:56:29	57	M40	74	03:40 / 10:39 11:05 11:55 11:15 11:31
13		342	Junklewitz Martin	*Köln	1:00:51	0:56:31	63	M40	75	04:20 / 12:30 10:40 11:39 10:57 10:37
14		208	Bock Thorsten	GBS super dry	1:01:57	0:56:17	73	M40	75	05:40 / 11:35 10:49 11:25 11:07 11:11
15		693	Gierl Christian	*Schüttorf	1:03:26	0:56:46	84	M40	76	06:40 / 09:43 12:24 11:37 11:22 11:36
16		167	Möller Thomas	M&Ms	1:04:28	1:00:48	93	M40	77	03:40 / 11:43 12:17 12:07 12:17 12:18
17		43	Bartels Heiko	Rückwärts Uelsen	1:04:31	1:01:31	94	M40	77	03:00 / 11:59 12:12 12:06 12:32 12:35
18		508	Weber Andreas	*Bad Vilbel	1:04:54	0:58:34	98	M40	77	06:20 / 11:41 11:10 12:09 12:06 11:21
19		163	Peter Heiko	FC Schüttorf 09	1:05:43	0:58:03	102	M40	75	07:40 / 10:38 11:55 12:18 11:43 11:24
20		683	Lerwicz Karol	El Polako	1:05:59	0:59:19	104	M40	75	06:40 / 12:08 11:15 11:59 12:21 11:30
21		376	Deters Markus	*Rheine	1:06:07	1:00:27	107	M40	74	05:40 / 12:29 11:39 12:45 12:10 11:14
22		68	Backherms Rafael	*Lingen	1:06:54	1:05:14	117	M40	74	01:40 / 14:01 12:58 12:47 12:56 12:16
23		55	Hoppmann Dennis	SpVgg	1:06:58	0:56:58	119	M40	78	10:00 / 10:59 10:58 11:31 11:51 11:32
24		458	Neist Marcel	Haialarm @ Höllenlauf	1:07:40	1:01:00	125	M40	78	06:40 / 13:33 11:11 11:52 11:49 12:28
25		356	Möllmann Markus	Lülülü	1:07:40	1:00:40	126	M40	75	07:00 / 00:00 00:00 00:00 00:00 00:00
26		604	Klute Sebastian	FC 47 Leschede	1:09:02	1:05:02	137	M40	78	04:00 / 13:46 12:56 12:49 12:50 12:30
27		366	Raben Andre	*Nordhorn	1:09:40	1:02:00	143	M40	77	07:40 / 12:47 12:09 12:05 12:41 12:09
28		605	Möller Michael	*Emsbüren	1:11:22	1:05:02	154	M40	75	06:20 / 13:43 12:56 12:51 12:49 12:29
29		396	Hofschröer Holger	Hofschröer GmbH	1:12:29	1:07:29	161	M40	77	05:00 / 14:53 13:29 12:43 12:50 13:24
30		359	Hörnemann Stefan	Bierbünsels	1:14:38	1:09:38	186	M40	76	05:00 / 13:14 14:41 13:48 13:43 14:07
31		386	Germinq Michael	Hofschröer GmbH	1:14:49	1:07:29	190	M40	76	07:20 / 14:54 13:25 12:33 13:03 13:27
32		358	Deters Thomas	Bierbünsels	1:14:58	1:09:38	192	M40	76	05:20 / 13:16 14:40 13:51 13:39 14:07
33		365	Hüttenhuis Andre	*Nordhorn	1:15:44	1:05:44	193	M40	74	10:00 / 12:53 12:31 12:53 13:47 13:31
34		24	Mebben Bernd	*Meppen	1:15:58	1:09:58	195	M40	74	06:00 / 12:47 13:55 14:08 14:53 14:10
35		468	Schmitt Burkhard	Team ANF	1:16:15	1:10:55	196	M40	74	05:20 / 16:45 13:13 13:38 13:51 13:12
36		511	Friederich Rainer	*Bad Vilbel	1:16:17	1:12:37	197	M40	76	03:40 / 15:38 14:13 14:31 13:58 14:09
37		360	Willen Torsten	Bierbünsels	1:16:38	1:09:38	198	M40	76	07:00 / 13:36 14:27 13:47 13:55 13:49
38		506	Wipperfürth Hardy	*Köln	1:19:29	1:14:29	212	M40	76	05:00 / 14:05 15:12 14:55 14:54 15:09
39		431	Dickmännken Jürgen	Seitenstecher	1:21:26	1:18:46	223	M40	74	02:40 / 19:30 15:16 14:44 14:10 14:52
40		669	Reichenbach Markus	*Hörstel-Bevergern	1:23:56	1:22:36	227	M40	76	01:20 / 16:50 16:36 16:21 16:15 16:25
41		424	Bengs Manuel	Seitenstecher	1:24:27	1:18:47	229	M40	74	05:40 / 19:32 15:18 14:42 14:22 14:38
42		428	Bielke Oliver	Seitenstecher	1:25:07	1:18:47	233	M40	75	06:20 / 19:34 15:16 14:45 14:26 14:31
43		411	Hönicke Thomas	*Meppen	1:25:45	1:19:05	237	M40	77	06:40 / 18:22 15:04 14:57 15:11 15:15
44		412	Wilkins Dirk	*Meppen	1:28:25	1:19:05	250	M40	74	09:20 / 18:20 15:02 14:57 15:09 15:22
45		427	Rolfes Markus	Seitenstecher	1:28:46	1:18:46	252	M40	74	10:00 / 19:33 15:20 14:46 14:24 14:30
46		443	Fehrmann Manfred	*Steinfurt	1:29:01	1:22:21	253	M40	75	06:40 / 19:20 16:11 16:35 15:25 14:29
47		126	Gromball Mike	*Geeste	1:29:18	1:22:38	254	M40	75	06:40 / 17:46 15:02 15:47 16:10 17:40
48		351	Kamer Daniel	*Steinfurt	1:31:07	1:26:47	261	M40	75	04:20 / 18:27 18:10 17:27 16:48 15:53
49		318	Röttger Henning	*Rheine	1:31:39	1:25:19	263	M40	76	06:20 / 20:32 15:59 16:28 16:10 15:50
50		327	Schramm Marco	*Varenrode	1:34:07	1:26:27	268	M40	75	07:40 / 18:06 18:11 17:25 16:50 15:34
51		447	Goossens Alexander	Team Lu-Ki	1:37:13	1:27:13	275	M40	77	10:00 / 18:46 17:27 17:04 17:26 16:12

Männer

Altersklasse M45

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	685	Willen Holger	willen24.de	0:50:26	0:45:06	7	M45	69	05:20 / 08:51 09:00 09:04 09:08 08:54
2	633	Jasper Manfred	Crespel & Deiters	0:51:28	0:48:28	11	M45	69	03:00 / 09:22 09:27 09:45 09:58 09:50
3	433	Timmer Jörg	Sportfreunde Klein Reken	0:57:53	0:55:53	42	M45	73	02:00 / 10:15 11:07 12:04 11:42 10:41
4	650	Büter Rainer	ENO Early Birds	0:58:12	0:52:52	44	M45	69	05:20 / 09:33 10:26 10:50 11:00 11:00
5	106	Höfer Carsten	Die Laufscheine	0:58:55	0:55:35	47	M45	69	03:20 / 10:13 11:03 11:36 11:24 11:14
6	463	Terhorst Dirk	Hellraiser	1:00:36	0:52:56	60	M45	69	07:40 / 10:09 10:49 10:45 10:34 10:33
7	374	Krey Markus	LG Fingeramfuss	1:00:49	0:56:09	62	M45	72	04:40 / 09:52 11:02 11:30 11:55 11:46
8	346	Schüring Ralf	The Mudfighters	1:00:57	0:57:37	64	M45	69	03:20 / 11:01 12:04 11:55 11:17 11:15
9	496	Milewski Markus	*Nordkirchen	1:01:06	0:57:26	66	M45	70	03:40 / 12:20 10:41 11:25 11:21 11:24
10	448	Weber Ingo	Fitness Point Schüttorf	1:04:01	0:57:41	90	M45	69	06:20 / 10:43 11:22 11:53 11:49 11:52
11	149	Herdemann Christian	Spontansportler	1:07:31	1:00:11	124	M45	72	07:20 / 11:18 12:04 12:08 12:29 12:07
12	515	Althoetmar Ralf	*Ennepetal	1:07:43	1:04:03	127	M45	71	03:40 / 12:28 11:40 12:43 12:56 14:06
13	370	Baumung Dirk	LG Fingeramfuss	1:09:00	1:06:00	136	M45	72	03:00 / 13:20 13:17 12:57 13:26 12:52
14	142	Krämer Ralf	*Lingen	1:10:10	1:03:50	147	M45	71	06:20 / 12:57 12:51 12:57 12:36 12:16
15	689	Nolte Ulrich	*Rheine	1:10:29	1:04:49	148	M45	69	05:40 / 12:18 12:56 12:57 13:14 13:19
16	363	Wehmschulte Andreas	LG FINGERAMFUSS	1:10:44	1:09:44	150	M45	72	01:00 / 13:56 14:16 13:35 13:47 14:00
17	182	Diekmann Frank	*Neuenkirchen	1:11:46	1:08:06	157	M45	70	03:40 / 12:21 13:46 14:13 14:10 13:26
18	402	Teich Gunter	LG Fingeramfuss	1:12:20	1:06:00	158	M45	70	06:20 / 13:02 13:11 12:43 13:49 13:04
19	112	Dreinemann Michael	Die Muskelkater	1:14:56	1:09:16	191	M45	69	05:40 / 13:43 13:37 14:05 13:48 13:50
20	473	Rode Björn	Team ANF	1:16:51	1:09:51	200	M45	70	07:00 / 15:41 13:12 13:32 13:42 13:30
21	478	Schepers Guido	*Nordhorn	1:17:20	1:15:00	205	M45	71	02:20 / 15:20 14:36 14:57 14:50 15:02
22	460	Boedecker Jörg	Die Unbezwingbaren	1:22:30	1:14:50	225	M45	69	07:40 / 18:03 14:16 14:48 13:36 13:54
23	430	Lampe Thorsten	Seitenstecher	1:23:46	1:18:46	226	M45	73	05:00 / 19:30 15:19 14:42 14:09 14:52
24	136	Schneider Jörg	@läuft	1:26:12	1:18:12	239	M45	69	08:00 / 16:50 15:17 15:00 15:22 15:31
25	426	Dänel Kay	Seitenstecher	1:26:26	1:18:46	243	M45	72	07:40 / 19:31 15:16 14:42 14:09 14:55
26	20	Dziallas Markus	Höllenhunde 3	1:27:27	1:21:27	245	M45	70	06:00 / 18:25 15:34 15:25 16:15 15:33
27	153	Kosmis Peter	*Papenburg	1:29:56	1:22:36	256	M45	72	07:20 / 17:43 15:02 15:46 16:14 17:39
28	222	Suelmann Gerd	TV Rütenbrock	1:30:56	1:22:36	259	M45	70	08:20 / 17:47 14:59 15:48 16:10 17:41
29	330	Kordsmeier Frank	*Nordhorn	1:32:17	1:22:17	265	M45	69	10:00 / 18:06 14:51 16:45 16:55 15:28
30	67	Vöcker Markus	Super Yummy Team	1:36:00	1:29:40	273	M45	73	06:20 / 18:13 17:26 18:01 17:35 18:06

Altersklasse M50

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	632	Schulz Dieter	Crespel & Deiters	0:51:58	0:47:58	12	M50	68	04:00 / 09:17 09:27 09:43 09:46 09:39
2	498	Farwick Klaus	Fitness Point Schüttorf	0:52:51	0:50:31	16	M50	68	02:20 / 08:54 10:23 10:20 10:35 10:16
3	434	Unger Erik	PAUS-TEAM	0:53:49	0:50:09	18	M50	67	03:40 / 09:08 10:01 10:35 10:22 09:59
4	449	Siemer Lutz	AnaConDa Racing Team	0:57:30	0:56:10	38	M50	68	01:20 / 11:22 11:01 11:10 11:26 11:06
5	364	Althoetmar Georg	LG Fingeramfuss	1:01:26	1:00:26	68	M50	68	01:00 / 12:26 11:40 12:44 12:16 11:11
6	606	Bröker Dirk	*Emlichheim	1:02:14	0:58:14	75	M50	66	04:00 / 10:30 11:53 11:56 12:31 11:19
7	624	Schowe Günter	*Nordhorn	1:12:55	1:06:15	166	M50	68	06:40 / 14:59 14:02 12:21 12:28 12:16
8	70	Peters Kalle	Herr	1:13:49	1:12:29	177	M50	66	01:20 / 15:13 14:12 14:25 14:20 14:08
9	164	Behrends Johannes	Die Drei lustigen Zwei	1:20:15	1:16:15	217	M50	66	04:00 / 17:30 14:31 14:49 14:50 14:21
10	329	Schievink Michael	*Nordhorn	1:24:30	1:14:50	230	M50	66	09:40 / 17:53 14:27 14:20 14:05 13:54

Altersklasse M55

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	483	Müller Norbert	LG Fingeramfuss	0:59:38	0:57:18	54	M55	59	02:20 / 10:55 11:28 11:28 11:53 11:31
2	646	Jansen Werner	Raspo Lathen	1:09:31	1:05:51	141	M55	62	03:40 / 12:18 13:40 13:22 13:16 13:10
3	654	Preckel Andreas	Die Wiesel Runner	1:13:20	1:03:20	168	M55	62	10:00 / 11:53 12:40 12:57 12:42 12:59
4	326	Klein#Reesink Hermann	2. Klasse	1:25:42	1:22:22	236	M55	59	03:20 / 19:16 16:13 16:38 15:25 14:26
5	440	Fehlau Jürgen	Patchwork Truppe	1:27:50	1:24:50	246	M55	62	03:00 / 18:24 16:44 16:13 16:55 16:16

Männer

Altersklasse MHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	246	Sperver Michael	Spervers Hofladen	0:40:46	0:35:46	1	MHK	90	05:00 / 06:47 07:08 07:24 07:11 07:13
2	453	Beckemper Marvin	LC Nordhorn	0:44:07	0:39:47	2	MHK	98	04:20 / 07:44 07:56 07:52 08:06 08:05
3	170	Möller Paul	*Berlin	0:48:56	0:44:16	3	MHK	89	04:40 / 08:33 09:14 09:01 08:46 08:37
4	183	Brinkmann Kevin	*Saterland	0:49:25	0:44:05	4	MHK	93	05:20 / 08:08 09:10 09:14 08:49 08:40
5	687	Stockmann Dominic	*Husum	0:49:32	0:45:52	5	MHK	94	03:40 / 08:48 09:03 09:06 09:15 09:32
6	128	Teders Jan	JanSeKri	0:52:16	0:49:16	13	MHK	89	03:00 / 08:56 10:06 10:08 10:10 09:51
7	380	Krey Lasse	LG FINGERAMFUß	0:52:30	0:44:30	14	MHK	94	08:00 / 08:26 09:15 08:52 09:00 08:54
8	192	Schleiner Marius	Auch namenlos grandios	0:55:02	0:49:22	20	MHK	91	05:40 / 09:17 10:16 09:55 10:04 09:48
9	95	Janning Felix	iBITS IT-Service	0:55:32	0:50:12	25	MHK	90	05:20 / 08:56 10:14 10:36 10:13 10:09
10	406	Gehling Michael	*Rheine	0:56:13	0:46:13	29	MHK	91	10:00 / 08:09 09:44 09:31 09:41 09:04
11	690	Placke Marvin	Promesstec	0:57:32	0:55:52	40	MHK	97	01:40 / 12:40 11:00 10:55 10:33 10:36
12	244	Börger Florian		0:58:18	0:54:58	45	MHK	98	03:20 / 11:01 10:37 11:35 11:05 10:39
13	636	Herder Benedict	Crespel & Deiters	0:59:24	0:50:04	50	MHK	95	09:20 / 09:33 09:55 10:11 10:18 10:03
14	628	Janning Lars	Crossfit NOH	0:59:32	0:56:32	53	MHK	95	03:00 / 11:29 11:14 11:18 11:26 10:59
15	677	Albers Fabian	Mauritius GmbH	0:59:48	0:56:48	55	MHK	89	03:00 / 11:28 11:17 11:19 11:25 11:11
16	464	Terhorst Simon	Hellraiser	1:00:22	0:52:42	58	MHK	97	07:40 / 09:48 11:11 10:39 10:37 10:22
17	353	Möllmann Nils	Lülülü	1:01:21	0:59:21	67	MHK	90	02:00 / 10:57 11:38 12:17 12:32 11:47
18	94	Peinert Patrick	iBITS IT-Service	1:01:27	0:57:27	69	MHK	89	04:00 / 10:32 11:31 11:47 11:38 11:53
19	688	Niepert Sandor	*Papenburg	1:01:45	0:55:25	72	MHK	90	06:20 / 10:01 11:26 11:25 11:18 11:09
20	696	Hillebrandt Andreas	*Papenburg	1:02:06	0:55:26	74	MHK	89	06:40 / 10:00 11:24 11:29 11:19 11:09
21	29	Glensk Christian	Team Heinz 2	1:03:20	0:59:00	80	MHK	91	04:20 / 10:28 11:18 12:22 12:21 12:23
22	345	Seeliger Jens	The Mudfighters	1:03:53	1:00:33	87	MHK	90	03:20 / 11:06 12:26 12:23 12:42 11:52
23	665	Temmen Hendrik	*Neuenkirchen	1:03:58	0:57:38	88	MHK	89	06:20 / 10:05 11:23 11:46 12:16 11:59
24	608	Wagner Thomas	Thomas JGA	1:04:23	1:01:43	92	MHK	89	02:40 / 13:29 12:21 12:16 11:33 11:53
25	657	Achterkamp Jannik	Iron Trust OCR	1:05:18	0:59:18	100	MHK	98	06:00 / 12:09 11:12 12:01 12:22 11:30
26	614	Obermeyer Lars	Thomas JGA	1:05:51	1:00:11	103	MHK	89	05:40 / 13:20 12:51 11:54 11:00 10:54
27	354	Hummeldorf Tim	Lülülü	1:06:02	0:59:02	105	MHK	90	07:00 / 11:09 11:16 12:21 12:35 11:32
28	610	Bockgrave Michael	Thomas JGA	1:06:35	0:59:35	112	MHK	90	07:00 / 13:25 12:53 11:48 10:58 10:18
29	416	Wiggers Simon	Team Blumenvelt	1:06:44	1:01:24	113	MHK	96	05:20 / 13:43 12:07 11:25 12:12 11:37
30	451	Günther Marlon	*Neuenkirchen	1:06:47	1:03:07	114	MHK	97	03:40 / 12:47 12:01 11:57 12:35 13:37
31	334	Schuten Tobias	*Dörpen	1:07:04	0:57:04	121	MHK	94	10:00 / 12:37 11:47 11:32 10:46 10:14
32	332	Bruns Marcel	*Neulehe	1:07:04	0:57:04	122	MHK	93	10:00 / 12:27 11:51 11:34 10:35 10:28
33	613	Lanwert Felix	Thomas JGA	1:07:08	1:03:28	123	MHK	91	03:40 / 13:23 13:01 13:10 12:06 11:37
34	472	Möllerke Felix	Team ANF	1:08:01	1:01:01	130	MHK	93	07:00 / 16:43 10:49 10:45 11:33 10:55
35	134	Husmann Mirco	*Haren	1:08:12	1:01:52	131	MHK	89	06:20 / 11:20 12:09 12:31 14:08 11:41
36	141	Schulte Tobias	*Lingen	1:08:20	1:04:00	132	MHK	89	04:20 / 14:12 12:23 12:15 12:45 12:14
37	678	Pribylino Dmitrij	Mauritius GmbH	1:08:50	0:59:30	133	MHK	97	09:20 / 11:17 11:26 11:43 12:18 12:34
38	607	Oesting Nils	Thomas JGA	1:09:23	1:01:43	140	MHK	89	07:40 / 13:27 13:09 11:56 11:07 11:52
39	138	Deters Christoph	@läuft	1:09:40	1:06:40	143	MHK	91	03:00 / 13:50 12:41 12:59 13:41 13:19
40	622	Ramchen Robert	*Bad Bentheim	1:09:55	1:01:35	146	MHK	94	08:20 / 11:01 12:56 12:46 12:57 11:50
41	686	Unbekannt		1:11:03	1:07:23	151	MHK		03:40 / 12:44 13:50 13:31 14:00 13:15
42	331	Efken Tobias	*Westoverledingen	1:12:48	1:02:48	165	MHK	94	10:00 / 12:47 11:38 13:14 12:40 12:19
43	655	Preckel Daniel	Die Wiesel Runner	1:13:20	1:03:20	168	MHK	91	10:00 / 11:58 12:41 12:57 12:44 12:57
44	656	Preckel Simon	Die Wiesel Runner	1:13:20	1:03:20	170	MHK	95	10:00 / 11:53 12:39 12:57 12:43 12:59
45	475	Gerdelmann Jonas	Team ANF	1:13:35	1:10:55	171	MHK	94	02:40 / 16:46 13:14 13:34 13:46 13:17
46	644	Harmsen Tim	Bakelde	1:13:41	1:03:41	173	MHK	92	10:00 / 12:41 12:46 12:45 12:44 12:39
47	645	Ersink Levin	Bakelde	1:13:42	1:03:42	174	MHK	92	10:00 / 12:39 12:40 12:50 12:44 12:42
48	642	Leferink Gunnar	Bakelde	1:13:43	1:03:43	175	MHK	92	10:00 / 12:38 12:39 12:50 12:44 12:42
49	643	Koelmann Andre	Bakelde	1:13:43	1:03:43	176	MHK	92	10:00 / 12:40 12:47 12:44 12:44 12:41
50	615	Polhout Jan	*Osnabrück	1:13:49	1:09:29	178	MHK	91	04:20 / 13:37 13:35 13:47 14:09 14:10
51	181	Geesen Lukas	*Meppen	1:14:00	1:06:40	180	MHK	90	07:20 / 13:51 12:41 12:59 13:41 13:19
52	388	Laake Marvin	Hofschröer GmbH	1:14:22	1:11:42	183	MHK	94	02:40 / 14:56 13:42 14:26 14:09 14:22
53	390	Eling Tim	Hofschröer GmbH	1:14:29	1:07:29	185	MHK	94	07:00 / 14:36 13:43 12:36 12:56 13:28
54	503	Olthoff Lars	LANDWEHR 1	1:16:44	1:06:44	199	MHK	92	10:00 / 13:49 12:59 13:12 13:36 13:04
55	5	Leikamm Julian	*Nordhorn	1:19:40	1:11:00	214	MHK	89	08:40 / 14:14 14:11 14:20 13:52 14:07
56	232	Brandt Philipp	*Lingen	1:19:48	1:16:28	215	MHK	91	03:20 / 16:47 15:04 14:30 15:25 14:33
57	231	Strodt Jan-Gerd	*Lingen	1:21:07	1:16:27	220	MHK	90	04:40 / 16:46 15:04 14:26 15:28 14:34
58	384	Brandebusemeyer Phil	LG FINGERAMFUSS	1:22:01	1:12:01	224	MHK	97	10:00 / 14:45 15:15 13:13 15:03 13:22
59	1	Hüser Dennis	*Meppen	1:26:16	1:22:36	240	MHK	95	03:40 / 17:46 14:59 15:47 16:10 17:41
60	371	Assfalq Marvin	LG Fingeramfuss	1:27:04	1:21:04	244	MHK	95	06:00 / 15:33 15:16 17:23 17:02 15:40
61	322	Möllers Marten	*Wettringen	1:30:18	1:25:18	258	MHK	91	05:00 / 20:13 16:19 16:26 16:12 15:49

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62	217	Thien Sven	*Twist	1:30:56	1:22:36	260	MHK	91	08:20 / 17:48	14:59	15:46	16:09	17:42
63	132	Leprich Kai	RunningGag	1:31:34	1:22:54	262	MHK	96	08:40 / 15:07	15:57	17:44	17:43	16:10
64	158	Hank Sebastian	FürstenVikings	1:35:27	1:32:27	270	MHK	91	03:00 / 18:27	18:31	18:08	18:22	18:52
65	446	Wecks Jan-Hendrik	Team Lu-Ki	1:37:13	1:27:13	274	MHK	97	10:00 / 18:43	17:26	16:59	17:27	16:20

Altersklasse MU18

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		84	Schareina Eddie	Die Super-Seydels 1	0:51:02	0:47:42	8	MU18	01	03:20 / 09:16	09:21	09:43	09:37	09:35
2		107	Höfer Jonathan	Die Laufscheine	0:56:35	0:49:55	31	MU18	01	06:40 / 09:16	09:51	10:16	10:22	10:00
3		123	Löbbers Henri	Die Muskelkater	1:00:41	0:56:01	61	MU18	02	04:40 / 12:16	11:46	11:38	10:21	09:49
4		125	Deitmer Kevin Canel	Die Muskelkater	1:01:41	0:56:01	71	MU18	02	05:40 / 12:14	11:44	11:40	10:19	09:53
5		30	Brunsfeld Sören	Team Heinz 2	1:03:20	0:59:00	81	MU18	02	04:20 / 09:40	12:02	12:25	12:20	12:24
6		116	Dreinemann Jasper	Die Muskelkater	1:04:41	0:56:01	95	MU18	01	08:40 / 12:19	11:43	11:43	10:17	09:49
7		115	Evers Florian	Die Muskelkater	1:05:36	1:00:36	101	MU18	01	05:00 / 12:17	12:01	11:54	12:09	12:05
8		124	Bömer Johannes	Die Muskelkater	1:06:15	0:58:55	110	MU18	02	07:20 / 12:03	12:28	11:48	11:43	10:44
9		664	Geers Lukas	Dorfkinder 2	1:07:52	1:03:52	129	MU18	01	04:00 / 13:11	13:21	12:25	12:05	12:40
10		507	Manthey Leon	*Köln	1:17:04	1:10:44	203	MU18	02	06:20 / 14:06	15:00	14:06	13:41	13:37
11		92	Schlathölter Louis	*Ladbergen	1:17:18	1:10:18	204	MU18	01	07:00 / 15:49	13:13	13:48	13:38	13:31
12		88	Thieme- Hack Max	*Lotte	1:19:37	1:10:17	213	MU18	01	09:20 / 15:50	13:25	13:36	13:38	13:30

Altersklasse MU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		31	Brunsfeld Lucas	Team Heinz 2	0:52:30	0:45:10	15	MU20	00	07:20 / 09:25	08:55	09:01	09:00	08:47
2		461	Mahlmann Daniel	Nordhorner Judo Club	1:03:22	0:56:02	83	MU20	99	07:20 / 09:57	11:30	11:46	11:38	11:08
3		658	Achterkamp Till Justus	*Lingen	1:03:52	0:55:32	86	MU20	00	08:20 / 12:08	10:51	10:25	10:38	11:25
4		661	Geers Henrik	Dorfkinder 1	1:06:10	1:02:30	108	MU20	99	03:40 / 12:44	13:47	12:25	11:59	11:24
5		169	Möller Tim	M&Ms	1:07:51	1:03:51	128	MU20	00	04:00 / 13:37	11:51	12:26	12:52	12:39
6		465	Terhorst Tammo	Hellraiser	1:09:39	1:00:39	142	MU20	00	09:00 / 10:35	11:53	12:59	12:27	12:39
7		403	Teich Justus	LG Fingeramfuss	1:17:01	1:12:01	202	MU20	00	05:00 / 14:44	15:15	13:14	15:01	13:24
8		479	Schepers Yannick	*Nordhorn	1:20:18	1:14:58	218	MU20	99	05:20 / 15:21	14:36	14:57	14:48	15:02

Frauen

Altersklasse W30

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1	240	Leu Viktoria		1:05:44	0:55:44	8	W30	85	10:00 / 10:32	11:25	11:18	11:19	11:04
2	48	Brouwer Sandy	Rückwärts Uelsen	1:06:42	1:01:02	10	W30	88	05:40 / 11:23	12:26	12:21	12:30	12:15
3	213	Rüger Ellen	GBS girls	1:07:25	1:05:25	13	W30	87	02:00 / 13:55	12:52	12:59	12:51	12:40
4	194	Prager Michaela	Auch namenlos grandios	1:08:29	1:05:29	16	W30	87	03:00 / 13:22	13:34	13:05	12:54	12:27
5	188	Hilbes Eva	Auch namenlos grandios	1:10:13	1:07:13	19	W30	84	03:00 / 13:54	13:19	12:55	13:47	13:10
6	147	Reuter Ann-Kathrin	Spontansportler	1:10:26	1:05:06	22	W30	88	05:20 / 12:10	13:09	13:37	13:20	12:46
7	619	Stockhausen Kathleen	Höllenhörner	1:10:33	1:07:13	24	W30	88	03:20 / 13:53	13:19	12:54	13:48	13:10
8	238	Moor Helene		1:10:34	1:05:34	25	W30	87	05:00 / 12:52	12:59	13:04	13:32	13:06
9	648	Somberg Sarah	ENO Early Birds	1:10:53	1:02:53	27	W30	85	08:00 / 11:48	12:29	13:06	13:11	12:14
10	680	Kubiacyk Agata	*Gildehaus	1:11:57	1:04:57	32	W30	84	07:00 / 13:12	12:58	13:03	12:50	12:47
11	477	Bill Vanessa	*Osnabrück	1:12:03	1:07:23	33	W30	87	04:40 / 12:44	13:48	13:32	13:59	13:16
12	638	Stermann Ina	Crespel & Deiters	1:12:37	1:08:37	36	W30	87	04:00 / 14:27	13:26	13:29	14:04	13:05
13	214	Hilbers Katharina	GBS girls	1:12:45	1:05:25	37	W30	86	07:20 / 13:54	12:50	12:57	12:55	12:40
14	212	Fefer Svetlana	GBS girls	1:14:04	1:05:24	42	W30	85	08:40 / 13:51	12:50	12:56	13:00	12:37
15	691	Bardenhorst Sabrina	*Isterberg	1:15:23	1:09:03	48	W30	85	06:20 / 13:14	13:47	13:56	13:56	14:01
16	627	Mersmann Maren	Crossfit-NOH	1:15:47	1:08:27	50	W30	87	07:20 / 14:17	13:44	13:25	13:26	13:24
17	394	Klewing Christin	Hofschröer GmbH	1:18:40	1:16:00	63	W30	88	02:40 / 15:06	14:59	14:48	15:27	15:33
18	227	Vogt Sarah	*Lingen	1:20:47	1:16:27	70	W30	88	04:20 / 16:49	15:04	14:26	15:33	14:28
19	223	Teqeder Nadine	*Lingen	1:21:28	1:16:28	73	W30	85	05:00 / 16:49	15:02	14:28	15:31	14:29
20	347	Menke Martina	Die drei Muskelkater	1:22:11	1:14:11	77	W30	88	08:00 / 15:44	14:42	14:21	14:47	14:21
21	166	Schneider Jana	Die Drei lustigen Zwei	1:22:35	1:16:15	79	W30	88	06:20 / 17:29	14:34	14:52	14:35	14:30
22	672	Ghaddar Fatima	Team Süd	1:25:21	1:17:01	84	W30	88	08:20 / 15:46	15:23	15:08	15:25	15:10
23	311	De Jong Imke	*Nordhorn	1:26:16	1:16:16	90	W30	88	10:00 / 17:30	14:23	15:08	14:27	14:31
24	670	Hakkenbrock Christina	*Hörstel-Bevergern	1:28:16	1:22:36	102	W30	85	05:40 / 16:50	16:35	16:22	16:14	16:25
25	325	Löbberth Judith	2. Klasse	1:28:22	1:22:22	104	W30	85	06:00 / 19:16	16:07	16:39	15:27	14:29
26	462	Bischoff Linda	*Rheine	1:30:15	1:21:55	115	W30	84	08:20 / 17:44	16:13	15:59	16:14	15:28
27	488	Trepohl Rebecca	Sportfreunde Chiller	1:30:20	1:22:00	116	W30	86	08:20 / 17:32	17:15	17:08	15:45	14:15
28	73	Ziethen Franziska	BIS EINE WEINT	1:31:26	1:25:06	122	W30	88	06:20 / 17:36	17:03	17:03	16:37	16:27
29	139	Konert-Uesbeck Sara	*Greven	1:31:28	1:26:08	123	W30	86	05:20 / 18:55	17:29	16:39	15:54	16:54
30	204	Kovert Lisa	*Schüttorf	1:31:41	1:27:21	125	W30	88	04:20 / 19:34	16:54	16:42	17:12	16:40
31	99	Huning Daniela	Super Yummy Team	1:32:40	1:29:40	130	W30	86	03:00 / 18:13	17:24	18:00	17:34	18:09
32	219	Verst Teresa	*Münster	1:33:41	1:27:21	135	W30	87	06:20 / 19:34	16:53	16:43	17:10	16:42
33	61	Steingröver Dr. Christina	Super Yummy Team	1:35:21	1:29:41	140	W30	84	05:40 / 18:20	17:21	18:11	17:51	17:39
34	63	Doedt Nadine	Super Yummy Team	1:39:41	1:29:41	148	W30	85	10:00 / 18:12	17:26	18:03	17:34	18:07

Altersklasse W35

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1	625	Oude Wesselink Vera	Crossfit NOH	1:02:01	0:56:41	2	W35	83	05:20 / 11:30	11:19	11:19	11:22	11:04
2	51	Tebbel Kathrin	*Nordhorn	1:02:06	0:58:06	3	W35	82	04:00 / 11:40	11:38	11:36	11:29	11:35
3	408	Gosink Anne	VechteCruiser GSV	1:04:07	0:58:07	6	W35	82	06:00 / 11:45	11:38	11:36	11:49	11:13
4	684	Gerling Eva	*Spelle	1:05:32	0:57:12	7	W35	82	08:20 / 11:12	10:48	10:57	11:58	12:11
5	372	Böker Anja	LG Fingeramfuss	1:13:07	1:03:07	39	W35	79	10:00 / 12:00	12:23	12:38	12:56	13:06
6	178	Fahrendorf Dörthe	Bats out of hell	1:18:25	1:09:45	62	W35	83	08:40 / 14:59	13:07	13:43	13:45	13:52
7	512	Gora Isabell	*Bad Vilbel	1:20:17	1:12:37	65	W35	82	07:40 / 15:38	14:13	14:30	13:58	14:09
8	436	Valenta Andrea	PAUS-TEAM	1:26:49	1:22:09	93	W35	83	04:40 / 17:01	15:44	15:51	16:31	16:49
9	674	Vogelsang Sabrina	Team Süd	1:27:01	1:17:01	94	W35	79	10:00 / 15:45	15:24	15:06	15:27	15:10
10	220	Gniechwitz Maren	*Greven	1:29:09	1:26:09	108	W35	81	03:00 / 18:38	17:47	16:38	15:54	16:54
11	26	Paetzel Nicole	Team Heinz 1	1:30:41	1:23:01	119	W35	79	07:40 / 16:53	16:15	17:26	17:00	15:11
12	203	Koopmann Inga	*Nordhorn	1:31:20	1:27:20	121	W35	82	04:00 / 19:32	16:51	16:42	17:13	16:44
13	72	Ziethen-Turetzek Becky	BIS EINE WEINT	1:31:30	1:27:30	124	W35	82	04:00 / 17:29	17:21	17:33	17:10	17:40
14	74	Bergjan Sonja	BIS EINE WEINT	1:33:50	1:27:30	137	W35	81	06:20 / 17:38	17:19	17:26	17:10	17:39

Frauen

Altersklasse W40

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1	6	Kaiser Sonja	*Düsseldorf	1:04:01	1:01:01	5	W40	78	03:00	10:54	13:06	12:32	12:29	11:56
2	618	Kohne Tanja	Höllenhörner	1:06:47	1:03:27	11	W40	77	03:20	12:36	12:35	12:52	13:03	12:14
3	682	Börchers Stefanie	FC Schüttorf 09	1:07:22	1:04:42	12	W40	77	02:40	12:58	13:08	12:53	12:43	12:57
4	601	Paters Karin	Time Out uelsen	1:07:44	0:59:44	14	W40	78	08:00	11:43	11:51	12:05	12:07	11:48
5	620	Meinerling Maria	Höllenhörner	1:08:27	1:03:27	15	W40	77	05:00	12:38	12:35	12:52	13:04	12:14
6	617	Loh Martina	Höllenhörner	1:10:27	1:03:27	23	W40	78	07:00	12:35	12:37	12:53	12:59	12:18
7	243	Heinzer Kathrin		1:10:59	1:05:19	28	W40	77	05:40	12:35	12:52	13:25	13:17	13:05
8	320	Rieke Anja	*Nordhorn	1:13:48	1:07:48	40	W40	78	06:00	14:03	13:45	13:04	13:21	13:24
9	695	Brinkers Michaela	*Nordhorn	1:14:54	1:09:14	43	W40	76	05:40	14:06	13:57	14:08	14:06	12:51
10	69	Backherms Bettina	*Lingen	1:15:14	1:05:14	46	W40	78	10:00	14:02	12:58	12:49	12:54	12:16
11	168	Möller Mandy	M&Ms	1:15:31	1:05:31	49	W40	78	10:00	13:32	13:02	12:56	13:07	12:29
12	53	Bültmann Melanie	HSG Nordhorn-Lingen	1:16:10	1:06:10	52	W40	75	10:00	12:20	13:31	13:31	13:22	13:15
13	113	Gröger Kirsten	Die Muskelkater	1:16:34	1:12:54	54	W40	74	03:40	15:26	14:11	14:33	14:23	14:10
14	694	Trüin Anke	*Nordhorn	1:16:59	1:09:59	55	W40	75	07:00	14:08	13:49	14:13	14:24	13:19
15	17	Penkert Wilma	*Hoogstede	1:17:17	1:11:17	57	W40	74	06:00	14:30	14:20	14:09	14:04	14:02
16	180	Van der Vechte Jessica	Bats out of hell	1:18:05	1:09:45	59	W40	78	08:20	15:02	13:07	13:43	13:46	13:52
17	467	Behrendt Sandra	Team ANF	1:18:15	1:10:55	60	W40	78	07:20	16:53	13:05	13:36	13:50	13:14
18	623	Schowe Anke	*Nordhorn	1:22:37	1:15:17	80	W40	75	07:20	15:21	15:14	15:22	15:10	14:00
19	429	Bielke Jutta	Seitenstecher	1:24:46	1:18:46	83	W40	76	06:00	19:32	15:16	14:46	14:14	14:44
20	419	Bonacho Carla	*Nordhorn	1:25:25	1:17:45	85	W40	75	07:40	16:43	15:32	14:49	15:27	14:53
21	25	Röhr Sandra	Geht nicht, gibts nicht	1:26:41	1:23:01	92	W40	77	03:40	16:53	16:17	17:24	17:00	15:13
22	418	Schrameyer Stephanie	*Nordhorn	1:27:06	1:17:46	95	W40	78	09:20	16:43	15:32	14:48	15:28	14:52
23	437	Wilde Manuela	PAUS-Team	1:27:45	1:21:45	98	W40	74	06:00	16:33	16:12	15:34	16:47	16:25
24	423	Bengs Susanne	Seitenstecher	1:28:06	1:18:46	100	W40	75	09:20	19:32	15:20	14:45	14:26	14:29
25	137	Wekenborg Nadine	@läuft	1:28:12	1:18:12	101	W40	78	10:00	16:51	15:19	15:05	15:18	15:26
26	324	Fehrmann Wiebke	2. Klasse	1:29:41	1:22:21	111	W40	78	07:20	19:20	16:07	16:40	15:26	14:28
27	81	Schareina Christel	Die Super-Seydels 2	1:31:52	1:23:52	126	W40	74	08:00	19:10	15:03	15:41	16:15	17:26

Altersklasse W45

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1	375	Seiger Dr. Jutta	LG Fingeramfuss	1:03:23	0:55:03	4	W45	73	08:20	10:14	10:59	11:07	11:11	11:30
2	110	Stohrer Sabine	Höllenhunde 4	1:09:00	1:05:00	17	W45	72	04:00	13:25	13:18	13:10	12:37	12:22
3	96	Schlathölter Manuela	*Ladbergen	1:14:59	1:10:19	44	W45	71	04:40	15:55	13:16	13:43	13:39	13:31
4	245	Kerkhoff Gabi	FC Schüttorf 09	1:15:09	1:06:29	45	W45	69	08:40	13:37	13:05	13:15	13:23	13:06
5	341	Junklewitz Petra	*Osnabrück	1:20:56	1:12:36	71	W45	69	08:20	15:51	14:31	13:53	13:55	14:14
6	15	Kamps Kirsten	*Twist	1:20:57	1:11:17	72	W45	71	09:40	14:31	14:20	14:06	14:10	13:59
7	75	Kemper Ute	*Lotte	1:24:35	1:19:15	81	W45	69	05:20	16:41	14:29	15:35	15:39	16:37
8	27	Brunsfeld Nicole	Team Heinz 1	1:25:41	1:23:01	86	W45	70	02:40	16:56	16:14	17:25	17:01	15:10
9	383	Scharf-Leusmann Marion	*Schüttorf	1:26:11	1:16:11	88	W45	69	10:00	17:16	14:31	14:10	15:04	14:57
10	444	Lange Daniela	Altenlenger Sportverein	1:37:13	1:27:13	144	W45	70	10:00	18:45	17:24	17:09	17:18	16:20

Altersklasse W50

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1	76	Hofmann Elke	*Lotte	1:21:35	1:19:15	74	W50	66	02:20	16:41	14:29	15:37	15:49	16:26
2	350	Hirschmann-Syassen Kai-	*Hilter	1:22:11	1:12:11	78	W50	65	10:00	14:52	13:44	14:09	14:45	14:18
3	143	Thien Anja-Maria	*Lingen	1:27:36	1:23:56	97	W50	68	03:40	20:08	18:13	14:58	15:28	14:59
4	79	Roelofs Wilma	Die Super-Seydels 2	1:29:09	1:20:09	107	W50	68	09:00	16:07	15:22	16:16	16:12	15:56
5	316	Wilde Iris	*Rheine	1:32:38	1:25:18	127	W50	67	07:20	20:21	16:08	16:28	16:12	15:47

Altersklasse W55

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1	242	Vosskötter Margrit	FC Schüttorf 09	0:59:25	0:55:05	1	W55	61	04:20	10:32	10:57	11:04	11:13	11:16
2	191	Schleiner Karin	Auch namenlos grandios	1:21:43	1:14:43	75	W55	61	07:00	14:30	15:03	15:18	14:57	14:47
3	165	Schneider Martina	Die Drei lustigen Zwei	1:26:15	1:16:15	89	W55	63	10:00	17:29	14:33	14:46	14:44	14:28

Frauen

Altersklasse WHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	639	Schmuda Larissa	Crossfit NOH	1:06:29	0:56:29	9	WHK	91	10:00 / 11:28 11:20 11:19 11:21 10:53
2	415	Bloemendal Hanna	Team Blumenvelt	1:09:44	1:01:24	18	WHK	98	08:20 / 13:46 12:07 11:25 12:12 11:36
3	140	Schulze Maria	*Lingen	1:10:19	1:03:59	20	WHK	90	06:20 / 14:12 12:24 12:16 12:45 12:12
4	308	Schroven Prof. Jane	Lauffreff Tausendschön	1:10:25	1:04:05	21	WHK	91	06:20 / 14:56 12:24 12:26 11:55 12:00
5	659	Fransbach Nina	Dorfkinder 1	1:10:50	1:06:30	26	WHK	98	04:20 / 13:26 13:29 13:30 13:02 12:51
6	501	Latus Jaqueline	LANDWEHR 1	1:11:24	1:06:44	29	WHK	90	04:40 / 13:50 12:57 13:12 13:36 13:04
7	135	Kohnen Steffi	*Haren	1:11:52	1:01:52	31	WHK	91	10:00 / 11:19 12:12 12:31 14:02 11:44
8	309	Indzoan Dr. Narina	Lauffreff Tausendschön	1:12:25	1:04:05	34	WHK	97	08:20 / 14:57 12:23 12:28 11:53 12:00
9	333	Pfeiffer Rieke	*Westoverledingen	1:12:48	1:02:48	38	WHK	93	10:00 / 12:49 11:37 13:12 12:43 12:18
10	237	Bojer Lara		1:13:49	1:07:29	41	WHK	97	06:20 / 14:39 13:41 12:42 12:53 13:27
11	647	Jansen Karoline	Raspo Lathen	1:15:50	1:05:50	51	WHK	96	10:00 / 12:17 13:40 13:23 13:15 13:10
12	407	Reefmani Elisa	VechteCruiser GSV	1:17:14	1:09:14	56	WHK	95	08:00 / 11:46 14:38 15:58 13:38 13:09
13	58	Rohlfs Mara	*Emlichheim	1:17:49	1:12:29	58	WHK	95	05:20 / 15:12 14:12 14:25 14:21 14:08
14	22	Rogalla Svenja	*Rheine	1:18:16	1:09:16	61	WHK	91	09:00 / 14:06 13:55 13:45 13:31 13:53
15	239	Dirschauer Jana	Iron Trust OCR	1:19:37	1:10:57	64	WHK	97	08:40 / 12:48 14:03 14:48 14:41 14:31
16	77	Kemper Wiebke	*Lotte	1:20:19	1:10:19	66	WHK	97	10:00 / 15:57 13:44 13:15 13:44 13:25
17	57	Rohlfs Laura	*Emlichheim	1:20:29	1:12:29	67	WHK	93	08:00 / 15:13 14:12 14:26 14:20 14:08
18	186	Münninghoff Jasmin	*Hörstel	1:20:30	1:13:10	68	WHK	92	07:20 / 18:51 13:34 13:39 13:27 13:26
19	509	Schultewolter Katharina	*Bad Vilbel	1:20:34	1:16:34	69	WHK	89	04:00 / 15:38 14:28 14:22 15:47 16:11
20	82	Roelofs Sara	Die Super-Seydels 1	1:24:39	1:14:59	82	WHK	92	09:40 / 15:28 14:31 14:51 15:13 14:40
21	668	Plahm Margret	Fitness Point	1:25:59	1:16:19	87	WHK	93	09:40 / 15:21 15:06 15:16 15:36 14:51
22	510	Rischer Daniela	*Bad Vilbel	1:26:32	1:16:32	91	WHK	90	10:00 / 14:41 14:22 15:26 15:48 16:09
23	652	Müller Kira	Fishfighter	1:27:33	1:18:53	96	WHK	97	08:40 / 17:12 16:28 16:55 15:54 12:13
24	651	Joostberends Alina	Fishfighter	1:27:54	1:23:14	99	WHK	97	04:40 / 17:15 16:28 16:51 16:48 15:38
25	216	Steinmetz Sarina	*Meppen	1:28:16	1:22:36	103	WHK	89	05:40 / 17:47 15:00 15:45 16:13 17:39
26	131	Kamps Lea	RunningGag	1:28:33	1:22:53	105	WHK	96	05:40 / 15:08 15:56 17:44 17:43 16:10
27	2	Hüser Martina	*Meppen	1:28:55	1:22:35	106	WHK	90	06:20 / 17:48 14:59 15:46 16:11 17:40
28	337	Drees Katharina	*Rheine	1:29:19	1:25:19	109	WHK	95	04:00 / 20:33 15:59 16:27 16:15 15:45
29	28	Brunsfeld Finja	Team Heinz 1	1:29:21	1:23:01	110	WHK	97	06:20 / 16:55 16:15 17:26 17:00 15:10
30	452	Bischoff Heike	*Münster	1:29:54	1:21:54	112	WHK	89	08:00 / 17:44 16:11 16:02 16:09 15:32
31	438	Fehlau Melanie	Patchwork Truppe	1:30:10	1:24:50	113	WHK	91	05:20 / 18:25 16:45 16:22 16:46 16:15
32	439	Metzdorf Daniela	Patchwork Truppe	1:30:11	1:24:51	114	WHK	91	05:20 / 18:23 16:46 16:22 16:44 16:16
33	130	Tepen Julia	RunningGag	1:30:33	1:22:53	117	WHK	95	07:40 / 15:09 15:55 17:45 17:44 16:08
34	97	Koch Christina	*Lingen	1:30:38	1:24:58	118	WHK	97	05:40 / 17:53 16:40 17:07 16:42 16:23
35	323	Wiesmann Frauke	*Neuenkirchen	1:32:39	1:25:19	128	WHK	96	07:20 / 20:15 16:18 16:26 16:12 15:48
36	321	Berning Lena	*Rheine	1:32:39	1:25:19	129	WHK	95	07:20 / 20:32 16:08 16:18 16:12 15:49
37	102	Thesing Ilka	Volleyrunners	1:32:42	1:24:42	131	WHK	98	08:00 / 18:33 15:53 16:58 16:41 16:16
38	101	Even Carina	Volleyrunners	1:33:03	1:24:43	132	WHK	93	08:20 / 18:32 15:53 16:58 16:41 16:16
39	98	Hense Lea	*Lingen	1:33:18	1:24:58	133	WHK	97	08:20 / 17:53 16:42 17:06 16:42 16:22
40	133	Borker Maleen	*Greven	1:33:28	1:26:08	134	WHK	89	07:20 / 18:54 17:29 16:38 15:54 16:55
41	234	Rabe Tatjana	*Greven	1:35:09	1:26:09	139	WHK	94	09:00 / 18:38 17:47 16:38 15:54 16:55
42	185	Wallmeyer Annika	*Hörstel	1:36:35	1:28:55	141	WHK	90	07:40 / 19:09 17:12 18:01 17:04 17:16
43	405	Dopheide Melanie	*Warendorf	1:36:50	1:26:50	142	WHK	97	10:00 / 18:02 17:37 17:24 16:23 17:12
44	404	Bückmann Greta	*Warendorf	1:36:51	1:26:51	143	WHK	96	10:00 / 18:01 17:38 17:25 16:26 17:09
45	445	Szczesny Christin	Team Lu-Ki	1:37:13	1:27:13	145	WHK	90	10:00 / 18:38 17:27 16:58 17:26 16:23
46	400	Többen Felicia	Hofschröer GmbH	1:37:23	1:28:23	146	WHK	93	09:00 / 17:11 18:20 18:26 17:55 16:26
47	162	Schölzel Marlena	FürstenVikings	1:38:27	1:32:27	147	WHK	89	06:00 / 18:27 18:32 18:08 18:22 18:52
48	159	Wielage Nadine	FürstenVikings	1:42:08	1:32:28	149	WHK	96	09:40 / 18:28 18:31 18:07 18:23 18:51
49	80	Roelofs Lisa	Die Super-Seydels 2	1:58:21	1:49:41	150	WHK	92	08:40 / 21:16 21:23 23:04 22:38 21:01

Altersklasse WU18

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	78	Kemper Greta	*Lotte	1:15:18	1:10:18	47	WU18	01	05:00 / 15:52 13:48 13:14 13:44 13:25
2	121	Gehring Sophia	Die Muskelkater	1:21:54	1:12:54	76	WU18	02	09:00 / 15:25 14:07 14:35 14:24 14:10
3	215	Eikens Lisa	*Stavern	1:31:16	1:22:36	120	WU18	02	08:40 / 17:46 14:57 15:47 16:11 17:43
4	317	Wilde Pia	*Rheine	1:33:58	1:25:18	138	WU18	01	08:40 / 20:12 16:20 16:26 16:12 15:48

Frauen

Altersklasse WU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		660	Wilmes Katharina	Dorfkinder 1	1:11:30	1:06:30	30	WU20	99	05:00 / 13:25	13:29	13:30	13:03	12:52
2		662	Heider Jeannina	Dorfkinder 2	1:12:30	1:06:30	35	WU20	99	06:00 / 12:44	13:39	14:01	13:04	12:52
3		663	Rieken Sophia	Dorfkinder 2	1:16:10	1:06:30	53	WU20	99	09:40 / 13:26	13:28	13:29	13:03	12:53
4		103	Plaß Jarina	Volleyrunners	1:33:43	1:24:43	136	WU20	99	09:00 / 18:33	15:53	16:58	16:41	16:16