

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	246	Sperver Michael	Spervers Hofladen	0:40:46	0:35:46	1	MHK	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	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	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	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	03:40 / 08:48	09:03	09:06	09:15	09:32
6	497	Korbik Gregor	Fitness Point Schüttorf	0:49:35	0:44:15	1	M30	05:20 / 08:18	09:28	08:51	09:09	08:27
7	685	Willen Holger	willen24.de	0:50:26	0:45:06	1	M45	05:20 / 08:51	09:00	09:04	09:08	08:54
8	84	Schareina Eddie	Die Super-Seydels 1	0:51:02	0:47:42	1	MU18	03:20 / 09:16	09:21	09:43	09:37	09:35
9	514	Krieger Lars	free-OCR-runners	0:51:14	0:46:14	1	M35	05:00 / 08:44	09:39	09:31	09:12	09:05
10	16	Hanneken Stefan	*Geeste	0:51:16	0:47:36	1	M40	03:40 / 08:58	09:30	09:32	09:35	09:57
11	633	Jasper Manfred	Crespel & Deiters	0:51:28	0:48:28	2	M45	03:00 / 09:22	09:27	09:45	09:58	09:50
12	632	Schulz Dieter	Crespel & Deiters	0:51:58	0:47:58	1	M50	04:00 / 09:17	09:27	09:43	09:46	09:39
13	128	Teders Jan	JanSeKri	0:52:16	0:49:16	6	MHK	03:00 / 08:56	10:06	10:08	10:10	09:51
14	380	Krey Lasse	LG FINGERAMFUß	0:52:30	0:44:30	7	MHK	08:00 / 08:26	09:15	08:52	09:00	08:54
15	31	Brunsfeld Lucas	Team Heinz 2	0:52:30	0:45:10	1	MU20	07:20 / 09:25	08:55	09:01	09:00	08:47
16	498	Farwick Klaus	Fitness Point Schüttorf	0:52:51	0:50:31	2	M50	02:20 / 08:54	10:23	10:20	10:35	10:16
17	150	Detels Daniel	Spontansportler	0:53:25	0:52:05	2	M40	01:20 / 09:40	10:34	10:44	10:51	10:12
18	434	Unger Erik	PAUS-TEAM	0:53:49	0:50:09	3	M50	03:40 / 09:08	10:01	10:35	10:22	09:59
19	173	Scheve Björn	Hafensänger United	0:54:57	0:48:57	2	M30	06:00 / 08:26	09:51	10:13	10:20	10:03
20	192	Schleiner Marius	Auch namenlos grandios	0:55:02	0:49:22	8	MHK	05:40 / 09:17	10:16	09:55	10:04	09:48
21	621	Olbrich André	*Nordhorn	0:55:06	0:50:26	3	M40	04:40 / 09:25	10:08	10:10	10:27	10:09
22	373	Brüning Maik	LG Fingeramfuss	0:55:12	0:48:52	4	M40	06:20 / 09:23	09:34	09:51	09:58	10:02
23	206	Ruffing Andre	GBS Plattfüße	0:55:16	0:46:36	3	M30	08:40 / 08:52	09:11	09:15	09:35	09:39
24	175	Jansen Christoph	Grafschafter Nachrichten	0:55:26	0:49:46	4	M30	05:40 / 10:18	09:46	09:44	09:57	09:55
25	95	Janning Felix	iBITS IT-Service	0:55:32	0:50:12	9	MHK	05:20 / 08:56	10:14	10:36	10:13	10:09
26	681	Kubiacyk Karol	*Gildehaus	0:55:43	0:52:03	2	M35	03:40 / 10:06	10:37	10:33	10:29	10:10
27	211	Vorbrink Henning	*Osnabrück	0:55:49	0:53:09	5	M30	02:40 / 09:54	10:37	10:54	11:04	10:36
28	87	Reich Andreas	*Lauenau	0:55:52	0:53:52	6	M30	02:00 / 10:24	11:14	10:33	10:52	10:40
29	406	Gehling Michael	*Rheine	0:56:13	0:46:13	10	MHK	10:00 / 08:09	09:44	09:31	09:41	09:04
30	19	Weimer Rene	Höllenhunde 3	0:56:17	0:51:17	5	M40	05:00 / 09:22	10:08	10:19	10:40	10:44
31	107	Höfer Jonathan	Die Lauschweine	0:56:35	0:49:55	2	MU18	06:40 / 09:16	09:51	10:16	10:22	10:00
32	450	Bischoff Stefan	AnaConDa Racing Team	0:56:37	0:54:57	3	M35	01:40 / 10:43	10:49	11:07	11:09	11:04
33	104	Weßling Klaus	*Lingen	0:56:47	0:52:07	6	M40	04:40 / 11:07	10:03	10:26	10:12	10:06
34	516	Schmelnik Matthias	*Nordhorn	0:56:48	0:54:28	7	M40	02:20 / 09:33	10:58	11:32	11:18	11:05
35	52	Tebbel Matthias	*Nordhorn	0:57:03	0:52:03	4	M35	05:00 / 10:05	10:16	10:46	10:35	10:13
36	476	Potyka Nico	*Osnabrück	0:57:14	0:53:14	5	M35	04:00 / 09:46	10:36	11:23	10:48	10:36
37	205	Vorbrink Daniel	GBS Plattfüße	0:57:27	0:53:07	7	M30	04:20 / 09:53	10:37	10:54	11:03	10:35
38	449	Siemer Lutz	AnaConDa Racing Team	0:57:30	0:56:10	4	M50	01:20 / 11:22	11:01	11:10	11:26	11:06
39	50	Röhr Christian	*Lauenau	0:57:32	0:53:52	6	M35	03:40 / 10:25	11:15	10:32	10:52	10:39
40	690	Placke Marvin	Promesstec	0:57:32	0:55:52	11	MHK	01:40 / 12:40	11:00	10:55	10:33	10:36
41	172	Casum Oliver	Hafensänger United	0:57:49	0:50:29	7	M35	07:20 / 08:39	09:57	10:51	10:54	10:01
42	433	Timmer Jörg	Sportfreunde Klein Reken	0:57:53	0:55:53	3	M45	02:00 / 10:15	11:07	12:04	11:42	10:41
43	635	Stermann Benjamin	Crespel & Deiters	0:58:09	0:48:49	8	M30	09:20 / 09:19	09:44	09:58	10:03	09:39
44	650	Büter Rainer	ENO Early Birds	0:58:12	0:52:52	4	M45	05:20 / 09:33	10:26	10:50	11:00	11:00
45	244	Börger Florian		0:58:18	0:54:58	12	MHK	03:20 / 11:01	10:37	11:35	11:05	10:39
46	9	Busch Andreas	Höllenhunde 1	0:58:37	0:51:17	8	M40	07:20 / 09:26	10:06	10:17	10:40	10:44
47	106	Höfer Carsten	Die Lauschweine	0:58:55	0:55:35	5	M45	03:20 / 10:13	11:03	11:36	11:24	11:14
48	236	Volkery Thomas		0:59:03	0:53:03	9	M40	06:00 / 09:49	10:40	10:46	10:48	10:56
49	105	Gelker Dirk	*Lingen	0:59:21	0:53:41	10	M40	05:40 / 11:24	10:18	10:33	10:38	10:35
50	636	Herder Benedict	Crespel & Deiters	0:59:24	0:50:04	13	MHK	09:20 / 09:33	09:55	10:11	10:18	10:03
51	235	Heitz Manuel	SVA Salzbergen	0:59:26	0:55:26	8	M35	04:00 / 10:57	11:16	11:03	11:06	10:58
52	127	Oldeweme Sebastian	JanSeKri	0:59:32	0:52:12	9	M35	07:20 / 09:35	10:33	11:15	10:43	10:01
53	628	Janning Lars	Crossfit NOH	0:59:32	0:56:32	14	MHK	03:00 / 11:29	11:14	11:18	11:26	10:59
54	483	Müller Norbert	LG Fingeramfuss	0:59:38	0:57:18	1	M55	02:20 / 10:55	11:28	11:28	11:53	11:31
55	677	Albers Fabian	Mauritius GmbH	0:59:48	0:56:48	15	MHK	03:00 / 11:28	11:17	11:19	11:25	11:11
56	7	Hartmann Sven	Höllenhunde 1	0:59:53	0:55:13	11	M40	04:40 / 10:42	10:58	11:14	11:15	11:00
57	304	Schwänen Markus	RSU-Kp KÜSTE	1:00:09	0:56:29	12	M40	03:40 / 10:39	11:05	11:55	11:15	11:31
58	464	Terhorst Simon	Hellraiser	1:00:22	0:52:42	16	MHK	07:40 / 09:48	11:11	10:39	10:37	10:22
59	629	Kortmann Henning	Crossfit NOH	1:00:33	0:56:33	9	M30	04:00 / 11:28	11:17	11:19	11:26	10:57
60	463	Terhorst Dirk	Hellraiser	1:00:36	0:52:56	6	M45	07:40 / 10:09	10:49	10:45	10:34	10:33

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	123	Löbbers Henri	Die Muskelkater	1:00:41	0:56:01	3	MU18	04:40 / 12:16 11:46 11:38 10:21 09:49
62	374	Krey Markus	LG Fingeramfuss	1:00:49	0:56:09	7	M45	04:40 / 09:52 11:02 11:30 11:55 11:46
63	342	Junklewitz Martin	*Köln	1:00:51	0:56:31	13	M40	04:20 / 12:30 10:40 11:39 10:57 10:37
64	346	Schüring Ralf	The Mudfighters	1:00:57	0:57:37	8	M45	03:20 / 11:01 12:04 11:55 11:17 11:15
65	177	Meyer Björn	Grafschafter Nachrichten	1:01:00	0:53:20	10	M35	07:40 / 10:20 10:20 10:53 10:56 10:45
66	496	Milewski Markus	*Nordkirchen	1:01:06	0:57:26	9	M45	03:40 / 12:20 10:41 11:25 11:21 11:24
67	353	Möllmann Nils	Lülülü	1:01:21	0:59:21	17	MHK	02:00 / 10:57 11:38 12:17 12:32 11:47
68	364	Althoetmar Georg	LG Fingeramfuss	1:01:26	1:00:26	5	M50	01:00 / 12:26 11:40 12:44 12:16 11:11
69	94	Peinert Patrick	iBITS IT-Service	1:01:27	0:57:27	18	MHK	04:00 / 10:32 11:31 11:47 11:38 11:53
70	40	Veldmann Hannes	die gestiefelten Muskelkater	1:01:34	0:58:54	10	M30	02:40 / 11:29 12:09 11:56 12:14 11:00
71	125	Deitmer Kevin Canel	Die Muskelkater	1:01:41	0:56:01	4	MU18	05:40 / 12:14 11:44 11:40 10:19 09:53
72	688	Niepert Sandor	*Papenburg	1:01:45	0:55:25	19	MHK	06:20 / 10:01 11:26 11:25 11:18 11:09
73	208	Bock Thorsten	GBS super dry	1:01:57	0:56:17	14	M40	05:40 / 11:35 10:49 11:25 11:07 11:11
74	696	Hillebrandt Andreas	*Papenburg	1:02:06	0:55:26	20	MHK	06:40 / 10:00 11:24 11:29 11:19 11:09
75	606	Bröker Dirk	*Emlichheim	1:02:14	0:58:14	6	M50	04:00 / 10:30 11:53 11:56 12:31 11:19
76	171	Möller Robert	*Berlin	1:02:40	1:00:20	11	M35	02:20 / 12:29 11:49 11:42 11:46 12:13
77	310	De Jong Tim	*Nordhorn	1:03:00	0:53:00	11	M30	10:00 / 11:22 09:54 10:21 10:16 10:49
78	421	Schnieders Willi	*Wietmarschen	1:03:03	0:58:43	12	M30	04:20 / 11:28 11:04 11:59 11:00 13:03
79	189	Hilbers Sebastian	Auch namenlos grandios	1:03:04	0:58:24	13	M30	04:40 / 09:48 12:21 12:15 11:57 11:57
80	29	Glensk Christian	Team Heinz 2	1:03:20	0:59:00	21	MHK	04:20 / 10:28 11:18 12:22 12:21 12:23
81	30	Brunsfeld Sören	Team Heinz 2	1:03:20	0:59:00	5	MU18	04:20 / 09:40 12:02 12:25 12:20 12:24
82	420	Diek Johannes	*Wietmarschen	1:03:21	0:58:41	14	M30	04:40 / 11:28 11:04 11:59 10:59 13:04
83	461	Mahlmann Daniel	Nordhorner Judo Club	1:03:22	0:56:02	2	MU20	07:20 / 09:57 11:30 11:46 11:38 11:08
84	693	Gierl Christian	*Schüttorf	1:03:26	0:56:46	15	M40	06:40 / 09:43 12:24 11:37 11:22 11:36
85	36	Wigger Maik	die gestiefelten Muskelkater	1:03:28	0:55:28	12	M35	08:00 / 11:22 11:03 10:58 10:54 11:05
86	658	Achterkamp Till Justus	*Lingen	1:03:52	0:55:32	3	MU20	08:20 / 12:08 10:51 10:25 10:38 11:25
87	345	Seeliger Jens	The Mudfighters	1:03:53	1:00:33	22	MHK	03:20 / 11:06 12:26 12:23 12:42 11:52
88	665	Temmen Hendrik	*Neuenkirchen	1:03:58	0:57:38	23	MHK	06:20 / 10:05 11:23 11:46 12:16 11:59
89	455	Möhring Lars	Haialarm @ Höllenlauf	1:04:00	1:01:00	13	M35	03:00 / 13:35 11:51 11:41 11:59 11:47
90	448	Weber Ingo	Fitness Point Schüttorf	1:04:01	0:57:41	10	M45	06:20 / 10:43 11:22 11:53 11:49 11:52
91	504	Hölzen Carsten	*Wietmarschen-Lohne	1:04:09	0:57:09	15	M30	07:00 / 10:30 11:33 11:46 11:40 11:38
92	608	Wagner Thomas	Thomas JGA	1:04:23	1:01:43	24	MHK	02:40 / 13:29 12:21 12:16 11:33 11:53
93	167	Möller Thomas	M&Ms	1:04:28	1:00:48	16	M40	03:40 / 11:43 12:17 12:07 12:17 12:18
94	43	Bartels Heiko	Rückwärts Uelsen	1:04:31	1:01:31	17	M40	03:00 / 11:59 12:12 12:06 12:32 12:35
95	116	Dreinemann Jasper	Die Muskelkater	1:04:41	0:56:01	6	MU18	08:40 / 12:19 11:43 11:43 10:17 09:49
96	611	Fritsch Andreas	Thomas JGA	1:04:44	0:59:24	16	M30	05:20 / 13:19 12:12 11:58 11:10 10:35
97	649	Somberg Stefan	ENO Early Birds	1:04:52	1:02:52	14	M35	02:00 / 11:43 12:20 13:19 13:10 12:16
98	508	Weber Andreas	*Bad Vilbel	1:04:54	0:58:34	18	M40	06:20 / 11:41 11:10 12:09 12:06 11:21
99	209	Stühl Robin	GBS super dry	1:05:17	0:56:17	15	M35	09:00 / 11:34 10:46 11:32 11:00 11:15
100	657	Achterkamp Jannik	Iron Trust OCR	1:05:18	0:59:18	25	MHK	06:00 / 12:09 11:12 12:01 12:22 11:30
101	115	Evers Florian	Die Muskelkater	1:05:36	1:00:36	7	MU18	05:00 / 12:17 12:01 11:54 12:09 12:05
102	163	Peter Heiko	FC Schüttorf 09	1:05:43	0:58:03	19	M40	07:40 / 10:38 11:55 12:18 11:43 11:24
103	614	Obermeyer Lars	Thomas JGA	1:05:51	1:00:11	26	MHK	05:40 / 13:20 12:51 11:54 11:00 10:54
104	683	Lerwicz Karol	El Polako	1:05:59	0:59:19	20	M40	06:40 / 12:08 11:15 11:59 12:21 11:30
105	354	Hummeldorf Tim	Lülülü	1:06:02	0:59:02	27	MHK	07:00 / 11:09 11:16 12:21 12:35 11:32
106	49	Batterink Sebastian	Rückwärts Uelsen	1:06:02	1:01:02	17	M30	05:00 / 11:22 12:18 12:30 12:35 12:12
107	376	Deters Markus	*Rheine	1:06:07	1:00:27	21	M40	05:40 / 12:29 11:39 12:45 12:10 11:14
108	661	Geers Henrik	Dorfkinder 1	1:06:10	1:02:30	4	MU20	03:40 / 12:44 13:47 12:25 11:59 11:24
109	44	Evers Dennis	Rückwärts Uelsen	1:06:12	0:59:32	18	M30	06:40 / 11:13 12:28 12:28 12:22 10:56
110	124	Bömer Johannes	Die Muskelkater	1:06:15	0:58:55	8	MU18	07:20 / 12:03 12:28 11:48 11:43 10:44
111	612	Budke Christoph	Thomas JGA	1:06:35	1:02:15	19	M30	04:20 / 13:25 12:41 12:27 12:04 11:28
112	610	Bockgrave Michael	Thomas JGA	1:06:35	0:59:35	28	MHK	07:00 / 13:25 12:53 11:48 10:58 10:18
113	416	Wiggers Simon	Team Blumenvelt	1:06:44	1:01:24	29	MHK	05:20 / 13:43 12:07 11:25 12:12 11:37
114	451	Günther Marlon	*Neuenkirchen	1:06:47	1:03:07	30	MHK	03:40 / 12:47 12:01 11:57 12:35 13:37
115	369	Roß Sebastian	*Neuenkirchen	1:06:51	0:56:51	20	M30	10:00 / 09:53 11:38 12:01 11:29 11:48
116	368	Sieper Andre	*Rheine	1:06:51	0:56:51	16	M35	10:00 / 09:54 11:37 12:01 11:31 11:45
117	68	Backherms Rafael	*Lingen	1:06:54	1:05:14	22	M40	01:40 / 14:01 12:58 12:47 12:56 12:16
118	46	Hartmann Andreas	Rückwärts Uelsen	1:06:54	0:59:34	17	M35	07:20 / 11:12 12:34 12:20 12:25 10:56
119	55	Hoppmann Dennis	SpVgg	1:06:58	0:56:58	23	M40	10:00 / 10:59 10:58 11:31 11:51 11:32
120	471	Steinle-Darling Ian	Team ANF	1:07:02	1:01:02	18	M35	06:00 / 16:41 10:52 10:47 11:30 10:55

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	334	Schuten Tobias	*Dörpen	1:07:04	0:57:04	31	MHK	10:00 / 12:37	11:47	11:32	10:46	10:14
122	332	Bruns Marcel	*Neulehe	1:07:04	0:57:04	32	MHK	10:00 / 12:27	11:51	11:34	10:35	10:28
123	613	Lanwert Felix	Thomas JGA	1:07:08	1:03:28	33	MHK	03:40 / 13:23	13:01	13:10	12:06	11:37
124	149	Herdemann Christian	Spontansportler	1:07:31	1:00:11	11	M45	07:20 / 11:18	12:04	12:08	12:29	12:07
125	458	Neist Marcel	Haialarm @ Höllenlauf	1:07:40	1:01:00	24	M40	06:40 / 13:33	11:11	11:52	11:49	12:28
126	356	Möllmann Markus	Lülülü	1:07:40	1:00:40	25	M40	07:00 / 00:00	00:00	00:00	00:00	00:00
127	515	Althoetmar Ralf	*Ennepetal	1:07:43	1:04:03	12	M45	03:40 / 12:28	11:40	12:43	12:56	14:06
128	169	Möller Tim	M&Ms	1:07:51	1:03:51	5	MU20	04:00 / 13:37	11:51	12:26	12:52	12:39
129	664	Geers Lukas	Dorfkinder 2	1:07:52	1:03:52	9	MU18	04:00 / 13:11	13:21	12:25	12:05	12:40
130	472	Möllerke Felix	Team ANF	1:08:01	1:01:01	34	MHK	07:00 / 16:43	10:49	10:45	11:33	10:55
131	134	Husmann Mirco	*Haren	1:08:12	1:01:52	35	MHK	06:20 / 11:20	12:09	12:31	14:08	11:41
132	141	Schulte Tobias	*Lingen	1:08:20	1:04:00	36	MHK	04:20 / 14:12	12:23	12:15	12:45	12:14
133	678	Pribylnov Dmitrij	Mauritius GmbH	1:08:50	0:59:30	37	MHK	09:20 / 11:17	11:26	11:43	12:18	12:34
134	634	Kother Dominik	Crespel & Deiters	1:08:54	1:05:54	21	M30	03:00 / 13:59	13:13	12:48	12:50	12:56
135	456	Kalter Matthias	Haialarm @ Höllenlauf	1:09:00	1:01:00	19	M35	08:00 / 13:35	11:45	11:43	12:01	11:47
136	370	Baumung Dirk	LG Fingeramfuss	1:09:00	1:06:00	13	M45	03:00 / 13:20	13:17	12:57	13:26	12:52
137	604	Klute Sebastian	FC 47 Leschede	1:09:02	1:05:02	26	M40	04:00 / 13:46	12:56	12:49	12:50	12:30
138	218	Koopmann Stephan	*Nordhorn	1:09:13	1:02:53	20	M35	06:20 / 14:02	11:57	12:09	12:19	12:08
139	454	Oppel Christian	Haialarm @ Höllenlauf	1:09:19	1:00:59	21	M35	08:20 / 13:36	11:51	11:40	11:40	12:05
140	607	Oesting Nils	Thomas JGA	1:09:23	1:01:43	38	MHK	07:40 / 13:27	13:09	11:56	11:07	11:52
141	646	Jansen Werner	Raspo Lathen	1:09:31	1:05:51	2	M55	03:40 / 12:18	13:40	13:22	13:16	13:10
142	465	Terhorst Tammo	Hellraiser	1:09:39	1:00:39	6	MU20	09:00 / 10:35	11:53	12:59	12:27	12:39
143	138	Deters Christoph	@läuft	1:09:40	1:06:40	39	MHK	03:00 / 13:50	12:41	12:59	13:41	13:19
143	366	Raben Andre	*Nordhorn	1:09:40	1:02:00	27	M40	07:40 / 12:47	12:09	12:05	12:41	12:09
145	466	Suttmann Tobias	Team ANF	1:09:43	1:03:23	22	M30	06:20 / 16:41	11:39	11:49	11:20	11:38
146	622	Ramchen Robert	*Bad Bentheim	1:09:55	1:01:35	40	MHK	08:20 / 11:01	12:56	12:46	12:57	11:50
147	142	Krämer Ralf	*Lingen	1:10:10	1:03:50	14	M45	06:20 / 12:57	12:51	12:57	12:36	12:16
148	689	Nolte Ulrich	*Rheine	1:10:29	1:04:49	15	M45	05:40 / 12:18	12:56	12:57	13:14	13:19
149	435	Snyders Eike	PAUS-TEAM	1:10:39	1:04:59	23	M30	05:40 / 13:15	13:14	12:41	12:43	12:52
150	363	Wehmschulte Andreas	LG FINGERAMFUSS	1:10:44	1:09:44	16	M45	01:00 / 13:56	14:16	13:35	13:47	14:00
151	686	Unbekannt		1:11:03	1:07:23	41	MHK	03:40 / 12:44	13:50	13:31	14:00	13:15
152	340	Depmann Andreas	*Nordhorn	1:11:07	1:01:07	22	M35	10:00 / 14:13	11:34	11:25	11:58	11:46
153	109	Fanroth Raphael	Höllenhunde 4	1:11:15	1:04:35	24	M30	06:40 / 12:34	12:47	12:58	12:45	13:24
154	605	Möller Michael	*Emsbüren	1:11:22	1:05:02	28	M40	06:20 / 13:43	12:56	12:51	12:49	12:29
155	692	Bardenhorst Mirko	*Isterberg	1:11:43	1:09:03	23	M35	02:40 / 13:10	13:47	13:51	13:56	14:07
156	207	Strauss Kolja	GBS Plattfüße	1:11:45	1:05:25	25	M30	06:20 / 13:52	12:51	12:56	12:59	12:38
157	182	Diekmann Frank	*Neuenkirchen	1:11:46	1:08:06	17	M45	03:40 / 12:21	13:46	14:13	14:10	13:26
158	402	Teich Gunter	LG Fingeramfuss	1:12:20	1:06:00	18	M45	06:20 / 13:02	13:11	12:43	13:49	13:04
159	469	Holtkamp Steffen	Team ANF	1:12:24	1:03:24	26	M30	09:00 / 16:42	11:39	11:50	11:20	11:38
160	441	Albers Christoph	Patchwork Truppe	1:12:26	1:06:46	27	M30	05:40 / 14:13	12:54	12:38	13:23	13:20
161	396	Hofschröer Holger	Hofschröer GmbH	1:12:29	1:07:29	29	M40	05:00 / 14:53	13:29	12:43	12:50	13:24
162	481	Klund Reinhold	*Fürstenau	1:12:34	1:05:34	28	M30	07:00 / 12:51	12:59	13:04	13:32	13:06
163	679	Furman Pawel	*Gildehaus	1:12:37	1:04:57	24	M35	07:40 / 13:12	12:58	13:01	12:49	12:49
164	35	Lücke Jörg	die gestiefelten Muskelkater	1:12:48	1:07:28	25	M35	05:20 / 12:51	13:03	13:52	13:44	13:52
165	331	Efken Tobias	*Westoverledingen	1:12:48	1:02:48	42	MHK	10:00 / 12:47	11:38	13:14	12:40	12:19
166	624	Schowe Günter	*Nordhorn	1:12:55	1:06:15	7	M50	06:40 / 14:59	14:02	12:21	12:28	12:16
167	502	Latus Michael	LANDWEHR 1	1:13:05	1:06:45	29	M30	06:20 / 13:51	12:57	13:12	13:37	13:04
168	654	Preckel Andreas	Die Wiesel Runner	1:13:20	1:03:20	3	M55	10:00 / 11:53	12:40	12:57	12:42	12:59
168	655	Preckel Daniel	Die Wiesel Runner	1:13:20	1:03:20	43	MHK	10:00 / 11:58	12:41	12:57	12:44	12:57
170	656	Preckel Simon	Die Wiesel Runner	1:13:20	1:03:20	44	MHK	10:00 / 11:53	12:39	12:57	12:43	12:59
171	475	Gerdemann Jonas	Team ANF	1:13:35	1:10:55	45	MHK	02:40 / 16:46	13:14	13:34	13:46	13:17
172	637	Kunze Fabian	Crespel & Deiters	1:13:36	1:05:56	30	M30	07:40 / 13:57	13:13	12:51	12:53	12:54
173	644	Harmsen Tim	Bakelde	1:13:41	1:03:41	46	MHK	10:00 / 12:41	12:46	12:45	12:44	12:39
174	645	Ersink Levin	Bakelde	1:13:42	1:03:42	47	MHK	10:00 / 12:39	12:40	12:50	12:44	12:42
175	642	Leferink Gunnar	Bakelde	1:13:43	1:03:43	48	MHK	10:00 / 12:38	12:39	12:50	12:44	12:42
176	643	Koelmann Andre	Bakelde	1:13:43	1:03:43	49	MHK	10:00 / 12:40	12:47	12:44	12:44	12:41
177	70	Peters Kalle	Herr	1:13:49	1:12:29	8	M50	01:20 / 15:13	14:12	14:25	14:20	14:08
178	615	Polhout Jan	*Osnabrück	1:13:49	1:09:29	50	MHK	04:20 / 13:37	13:35	13:47	14:09	14:10
179	54	Vennes Bernd	*Nordhorn	1:13:55	1:08:15	26	M35	05:40 / 12:37	13:28	13:51	13:36	14:35
180	181	Geesen Lukas	*Meppen	1:14:00	1:06:40	51	MHK	07:20 / 13:51	12:41	12:59	13:41	13:19

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
181	671	Kreyenkötter Sven	FC 47 Leschede	1:14:03	1:07:43	27	M35	06:20 / 14:35 13:07 12:59 13:21 13:33
182	474	Holterhuis Dennis	Team ANF	1:14:11	1:06:51	28	M35	07:20 / 15:44 12:35 12:00 13:02 13:13
183	388	Laake Marvin	Hofschröer GmbH	1:14:22	1:11:42	52	MHK	02:40 / 14:56 13:42 14:26 14:09 14:22
184	641	Völker Tobias	*Schüttorf	1:14:27	1:08:07	29	M35	06:20 / 13:22 13:41 13:21 13:15 14:20
185	390	Eling Tim	Hofschröer GmbH	1:14:29	1:07:29	53	MHK	07:00 / 14:36 13:43 12:36 12:56 13:28
186	359	Hörnemann Stefan	Bierbünsels	1:14:38	1:09:38	30	M40	05:00 / 13:14 14:41 13:48 13:43 14:07
187	500	Rexilius Sebastian	Coffee-Bike GmbH	1:14:45	1:12:25	31	M30	02:20 / 13:34 14:40 14:56 14:42 14:22
188	146	Reuter Waldemar	Spontansportler	1:14:46	1:05:06	32	M30	09:40 / 12:09 13:08 13:38 13:20 12:47
189	676	Stüwe Martin	Mauritius GmbH	1:14:47	1:08:27	33	M30	06:20 / 14:16 13:43 13:26 13:25 13:24
190	386	Germing Michael	Hofschröer GmbH	1:14:49	1:07:29	31	M40	07:20 / 14:54 13:25 12:33 13:03 13:27
191	112	Dreinemann Michael	Die Muskelkater	1:14:56	1:09:16	19	M45	05:40 / 13:43 13:37 14:05 13:48 13:50
192	358	Deters Thomas	Bierbünsels	1:14:58	1:09:38	32	M40	05:20 / 13:16 14:40 13:51 13:39 14:07
193	365	Hüttenhuis Andre	*Nordhorn	1:15:44	1:05:44	33	M40	10:00 / 12:53 12:31 12:53 13:47 13:31
194	357	Lake Guido	Bierbünsels	1:15:58	1:09:38	30	M35	06:20 / 13:17 14:38 13:48 13:48 14:03
195	24	Mebben Bernd	*Meppen	1:15:58	1:09:58	34	M40	06:00 / 12:47 13:55 14:08 14:53 14:10
196	468	Schmitt Burkhard	Team ANF	1:16:15	1:10:55	35	M40	05:20 / 16:45 13:13 13:38 13:51 13:12
197	511	Friederich Rainer	*Bad Vilbel	1:16:17	1:12:37	36	M40	03:40 / 15:38 14:13 14:31 13:58 14:09
198	360	Willen Torsten	Bierbünsels	1:16:38	1:09:38	37	M40	07:00 / 13:36 14:27 13:47 13:55 13:49
199	503	Olthoff Lars	LANDWEHR 1	1:16:44	1:06:44	54	MHK	10:00 / 13:49 12:59 13:12 13:36 13:04
200	473	Rode Björn	Team ANF	1:16:51	1:09:51	20	M45	07:00 / 15:41 13:12 13:32 13:42 13:30
201	349	Foppe Daniel	Die drei Muskelkater	1:16:52	1:14:12	34	M30	02:40 / 15:43 14:42 14:20 14:46 14:24
202	403	Teich Justus	LG Fingeramfuss	1:17:01	1:12:01	7	MU20	05:00 / 14:44 15:15 13:14 15:01 13:24
203	507	Manthey Leon	*Köln	1:17:04	1:10:44	10	MU18	06:20 / 14:06 15:00 14:06 13:41 13:37
204	92	Schlathölter Louis	*Ladbergen	1:17:18	1:10:18	11	MU18	07:00 / 15:49 13:13 13:48 13:38 13:31
205	478	Schepers Guido	*Nordhorn	1:17:20	1:15:00	21	M45	02:20 / 15:20 14:36 14:57 14:50 15:02
206	397	Knebel Friedrich	Hofschröer GmbH	1:17:29	1:07:29	31	M35	10:00 / 14:54 13:30 12:44 12:48 13:26
207	348	Lammers Andreas	Die drei Muskelkater	1:17:51	1:14:11	35	M30	03:40 / 15:44 14:41 14:22 14:47 14:21
208	382	Ahues Stephan	*Nordhorn	1:18:12	1:11:52	32	M35	06:20 / 15:12 13:50 14:19 14:08 14:11
209	226	Bregen-Meiners Johannes	*Lingen	1:18:28	1:16:28	36	M30	02:00 / 16:49 15:04 14:26 15:31 14:31
210	470	Schonert Jens	Team ANF	1:18:35	1:10:55	37	M30	07:40 / 16:48 13:13 13:38 13:53 13:08
211	224	Feldker Stephan	*Lingen	1:18:46	1:16:26	38	M30	02:20 / 16:50 15:01 14:25 15:29 14:32
212	506	Wipperfürth Hardy	*Köln	1:19:29	1:14:29	38	M40	05:00 / 14:05 15:12 14:55 14:54 15:09
213	88	Thieme- Hack Max	*Lotte	1:19:37	1:10:17	12	MU18	09:20 / 15:50 13:25 13:36 13:38 13:30
214	5	Leikamm Julian	*Nordhorn	1:19:40	1:11:00	55	MHK	08:40 / 14:14 14:11 14:20 13:52 14:07
215	232	Brandt Philipp	*Lingen	1:19:48	1:16:28	56	MHK	03:20 / 16:47 15:04 14:30 15:25 14:33
216	499	Herold Dr. Denis	Blau-Weiß Bookholt	1:20:05	1:12:25	33	M35	07:40 / 13:34 14:40 14:56 14:42 14:22
217	164	Behrends Johannes	Die Drei lustigen Zwei	1:20:15	1:16:15	9	M50	04:00 / 17:30 14:31 14:49 14:50 14:21
218	479	Schepers Yannick	*Nordhorn	1:20:18	1:14:58	8	MU20	05:20 / 15:21 14:36 14:57 14:48 15:02
219	338	Arnds Andre	*Ohne	1:20:49	1:14:49	34	M35	06:00 / 17:53 14:23 14:21 14:04 13:57
220	231	Strodt Jan-Gerd	*Lingen	1:21:07	1:16:27	57	MHK	04:40 / 16:46 15:04 14:26 15:28 14:34
221	230	Löffel Nick	*Lingen	1:21:09	1:16:29	39	M30	04:40 / 16:47 15:04 14:28 15:28 14:33
222	673	Scheuermann Kai	Team Süd	1:21:21	1:17:01	40	M30	04:20 / 15:46 15:22 15:05 15:27 15:13
223	431	Dickmännken Jürgen	Seitenstecher	1:21:26	1:18:46	39	M40	02:40 / 19:30 15:16 14:44 14:10 14:52
224	384	Brandebusemeyer Phil	LG FINGERAMFUSS	1:22:01	1:12:01	58	MHK	10:00 / 14:45 15:15 13:13 15:03 13:22
225	460	Boedecker Jörg	Die Unbezwingbaren	1:22:30	1:14:50	22	M45	07:40 / 18:03 14:16 14:48 13:36 13:54
226	430	Lampe Thorsten	Seitenstecher	1:23:46	1:18:46	23	M45	05:00 / 19:30 15:19 14:42 14:09 14:52
227	669	Reichenbach Markus	*Hörstel-Bevergern	1:23:56	1:22:36	40	M40	01:20 / 16:50 16:36 16:21 16:15 16:25
228	410	Völlering Frank	*Meppen	1:24:25	1:19:05	35	M35	05:20 / 18:20 15:01 14:57 15:11 15:22
229	424	Bengs Manuel	Seitenstecher	1:24:27	1:18:47	41	M40	05:40 / 19:32 15:18 14:42 14:22 14:38
230	329	Schievink Michael	*Nordhorn	1:24:30	1:14:50	10	M50	09:40 / 17:53 14:27 14:20 14:05 13:54
231	409	Bunten Gorm	*Meppen	1:24:45	1:19:05	36	M35	05:40 / 18:16 15:06 14:56 15:10 15:24
232	413	Bartsch Tobias	*Meppen	1:25:05	1:19:05	41	M30	06:00 / 18:17 15:03 14:54 15:10 15:24
233	428	Bielke Oliver	Seitenstecher	1:25:07	1:18:47	42	M40	06:20 / 19:34 15:16 14:45 14:26 14:31
234	494	Egbers Christian	Sportfreunde Chiller	1:25:41	1:22:01	37	M35	03:40 / 17:30 17:16 17:09 15:46 14:13
235	442	Kern Johannes	*Muenster	1:25:41	1:22:21	42	M30	03:20 / 19:19 16:13 16:32 15:32 14:24
236	326	Klein#Reesink Hermann	2. Klasse	1:25:42	1:22:22	4	M55	03:20 / 19:16 16:13 16:38 15:25 14:26
237	411	Hönicke Thomas	*Meppen	1:25:45	1:19:05	43	M40	06:40 / 18:22 15:04 14:57 15:11 15:15
238	490	Becker Michael	Sportfreunde Chiller	1:26:00	1:22:00	38	M35	04:00 / 17:30 17:16 17:13 15:42 14:13
239	136	Schneider Jörg	@läuft	1:26:12	1:18:12	24	M45	08:00 / 16:50 15:17 15:00 15:22 15:31
240	1	Hüser Dennis	*Meppen	1:26:16	1:22:36	59	MHK	03:40 / 17:46 14:59 15:47 16:10 17:41

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
241	314	Heilker Marcus	*Wietmarschen	1:26:16	1:16:16	43	M30	10:00 / 17:31	14:23	15:08	14:27	14:30
242	493	Gottbehöde Stefan	Sportfreunde Chiller	1:26:20	1:22:00	39	M35	04:20 / 17:29	17:16	17:09	15:46	14:12
243	426	Dänel Kay	Seitenstecher	1:26:26	1:18:46	25	M45	07:40 / 19:31	15:16	14:42	14:09	14:55
244	371	Assfalg Marvin	LG Fingeramfuss	1:27:04	1:21:04	60	MHK	06:00 / 15:33	15:16	17:23	17:02	15:40
245	20	Dziallas Markus	Höllenhunde 3	1:27:27	1:21:27	26	M45	06:00 / 18:25	15:34	15:25	16:15	15:33
246	440	Fehlau Jürgen	Patchwork Truppe	1:27:50	1:24:50	5	M55	03:00 / 18:24	16:44	16:13	16:55	16:16
247	379	Niehof Thomas	Muskeln & Samenstränge	1:28:09	1:18:09	40	M35	10:00 / 15:56	15:15	16:02	15:40	14:59
248	377	Hulsmeier Ansgar	Muskeln & Samenstränge	1:28:09	1:18:09	41	M35	10:00 / 15:58	15:19	15:56	15:40	14:59
249	378	Reining Johannes	Muskeln & Samenstränge	1:28:09	1:18:09	42	M35	10:00 / 16:02	15:21	15:56	15:35	14:58
250	412	Wilkens Dirk	*Meppen	1:28:25	1:19:05	44	M40	09:20 / 18:20	15:02	14:57	15:09	15:22
251	489	Trepohl Michael	Sportfreunde Chiller	1:28:40	1:22:00	43	M35	06:40 / 17:31	17:16	17:08	15:46	14:12
252	427	Rolfes Markus	Seitenstecher	1:28:46	1:18:46	45	M40	10:00 / 19:33	15:20	14:46	14:24	14:30
253	443	Fehrmann Manfred	*Steinfurt	1:29:01	1:22:21	46	M40	06:40 / 19:20	16:11	16:35	15:25	14:29
254	126	Gromball Mike	*Geeste	1:29:18	1:22:38	47	M40	06:40 / 17:46	15:02	15:47	16:10	17:40
255	339	Börjes Yves	*Nordhorn	1:29:24	1:19:24	44	M35	10:00 / 14:18	16:01	15:37	16:20	16:56
256	153	Kosmis Peter	*Papenburg	1:29:56	1:22:36	27	M45	07:20 / 17:43	15:02	15:46	16:14	17:39
257	492	Brinkmann Sven	Sportfreunde Chiller	1:30:01	1:22:01	45	M35	08:00 / 17:35	17:17	17:17	15:36	14:14
258	322	Möllers Marten	*Wettringen	1:30:18	1:25:18	61	MHK	05:00 / 20:13	16:19	16:26	16:12	15:49
259	222	Suelmann Gerd	TV Rütenbrock	1:30:56	1:22:36	28	M45	08:20 / 17:47	14:59	15:48	16:10	17:41
260	217	Thien Sven	*Twist	1:30:56	1:22:36	62	MHK	08:20 / 17:48	14:59	15:46	16:09	17:42
261	351	Kamer Daniel	*Steinfurt	1:31:07	1:26:47	48	M40	04:20 / 18:27	18:10	17:27	16:48	15:53
262	132	Leprich Kai	RunningGag	1:31:34	1:22:54	63	MHK	08:40 / 15:07	15:57	17:44	17:43	16:10
263	318	Röttger Henning	*Rheine	1:31:39	1:25:19	49	M40	06:20 / 20:32	15:59	16:28	16:10	15:50
264	59	Spill Christopher	Super Yummy Team	1:32:01	1:29:41	46	M35	02:20 / 18:21	17:21	18:01	18:01	17:39
265	330	Kordsmeier Frank	*Nordhorn	1:32:17	1:22:17	29	M45	10:00 / 18:06	14:51	16:45	16:55	15:28
266	328	Strohmann Bernhard	*Rheine	1:32:32	1:26:32	47	M35	06:00 / 17:40	18:36	17:24	16:50	15:42
267	65	Manthei Mark William	Super Yummy Team	1:33:20	1:29:40	44	M30	03:40 / 18:20	17:17	18:14	17:48	17:38
268	327	Schramm Marco	*Varenrode	1:34:07	1:26:27	50	M40	07:40 / 18:06	18:11	17:25	16:50	15:34
269	62	Steingröver Andre	Super Yummy Team	1:35:20	1:29:40	45	M30	05:40 / 18:17	17:23	18:12	17:49	17:38
270	158	Hank Sebastian	FürstenVikings	1:35:27	1:32:27	64	MHK	03:00 / 18:27	18:31	18:08	18:22	18:52
271	64	Doedt Stefan	Super Yummy Team	1:35:40	1:29:40	48	M35	06:00 / 18:13	17:26	18:02	17:34	18:05
272	100	Baumeister Andre	Super Yummy Team	1:35:41	1:29:41	49	M35	06:00 / 18:15	17:22	18:03	17:40	18:01
273	67	Vöcker Markus	Super Yummy Team	1:36:00	1:29:40	30	M45	06:20 / 18:13	17:26	18:01	17:35	18:06
274	446	Wecks Jan-Hendrik	Team Lu-Ki	1:37:13	1:27:13	65	MHK	10:00 / 18:43	17:26	16:59	17:27	16:20
275	447	Goossens Alexander	Team Lu-Ki	1:37:13	1:27:13	51	M40	10:00 / 18:46	17:27	17:04	17:26	16:12
276	161	Metzger Marcel	FürstenVikings	1:38:47	1:32:27	50	M35	06:20 / 18:28	18:32	18:09	18:21	18:51
277	305	Letzel Jens	*Schüttorf	1:38:59	1:28:59	51	M35	10:00 / 18:47	17:58	17:49	17:01	17:03

Frauen

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	242	Vosskötter Margrit	FC Schüttorf 09	0:59:25	0:55:05	1	W55	04:20 / 10:32	10:57	11:04	11:13	11:16
2	625	Oude Wesselink Vera	Crossfit NOH	1:02:01	0:56:41	1	W35	05:20 / 11:30	11:19	11:19	11:22	11:04
3	51	Tebbel Kathrin	*Nordhorn	1:02:06	0:58:06	2	W35	04:00 / 11:40	11:38	11:36	11:29	11:35
4	375	Seiger Dr. Jutta	LG Fingeramfuss	1:03:23	0:55:03	1	W45	08:20 / 10:14	10:59	11:07	11:11	11:30
5	6	Kaiser Sonja	*Düsseldorf	1:04:01	1:01:01	1	W40	03:00 / 10:54	13:06	12:32	12:29	11:56
6	408	Gosink Anne	VechteCruiser GSV	1:04:07	0:58:07	3	W35	06:00 / 11:45	11:38	11:36	11:49	11:13
7	684	Gerling Eva	*Spelle	1:05:32	0:57:12	4	W35	08:20 / 11:12	10:48	10:57	11:58	12:11
8	240	Leu Viktoria		1:05:44	0:55:44	1	W30	10:00 / 10:32	11:25	11:18	11:19	11:04
9	639	Schmuda Larissa	Crossfit NOH	1:06:29	0:56:29	1	WHK	10:00 / 11:28	11:20	11:19	11:21	10:53
10	48	Brouwer Sandy	Rückwärts Uelsen	1:06:42	1:01:02	2	W30	05:40 / 11:23	12:26	12:21	12:30	12:15
11	618	Kohne Tanja	Höllenhörner	1:06:47	1:03:27	2	W40	03:20 / 12:36	12:35	12:52	13:03	12:14
12	682	Börchers Stefanie	FC Schüttorf 09	1:07:22	1:04:42	3	W40	02:40 / 12:58	13:08	12:53	12:43	12:57
13	213	Rüger Ellen	GBS girls	1:07:25	1:05:25	3	W30	02:00 / 13:55	12:52	12:59	12:51	12:40
14	601	Paters Karin	Time Out uelsen	1:07:44	0:59:44	4	W40	08:00 / 11:43	11:51	12:05	12:07	11:48
15	620	Meinering Maria	Höllenhörner	1:08:27	1:03:27	5	W40	05:00 / 12:38	12:35	12:52	13:04	12:14
16	194	Prager Michaela	Auch namenlos grandios	1:08:29	1:05:29	4	W30	03:00 / 13:22	13:34	13:05	12:54	12:27
17	110	Stohrer Sabine	Höllenhunde 4	1:09:00	1:05:00	2	W45	04:00 / 13:25	13:18	13:10	12:37	12:22
18	415	Bloemendal Hanna	Team Blumenvelt	1:09:44	1:01:24	2	WHK	08:20 / 13:46	12:07	11:25	12:12	11:36
19	188	Hilbes Eva	Auch namenlos grandios	1:10:13	1:07:13	5	W30	03:00 / 13:54	13:19	12:55	13:47	13:10
20	140	Schulze Maria	*Lingen	1:10:19	1:03:59	3	WHK	06:20 / 14:12	12:24	12:16	12:45	12:12
21	308	Schroven Prof. Jane	Lauftreff Tausendschön	1:10:25	1:04:05	4	WHK	06:20 / 14:56	12:24	12:26	11:55	12:00
22	147	Reuter Ann-Kathrin	Spontansportler	1:10:26	1:05:06	6	W30	05:20 / 12:10	13:09	13:37	13:20	12:46
23	617	Loh Martina	Höllenhörner	1:10:27	1:03:27	6	W40	07:00 / 12:35	12:37	12:53	12:59	12:18
24	619	Stockhausen Kathleen	Höllenhörner	1:10:33	1:07:13	7	W30	03:20 / 13:53	13:19	12:54	13:48	13:10
25	238	Moor Helene		1:10:34	1:05:34	8	W30	05:00 / 12:52	12:59	13:04	13:32	13:06
26	659	Fransbach Nina	Dorfkinder 1	1:10:50	1:06:30	5	WHK	04:20 / 13:26	13:29	13:30	13:02	12:51
27	648	Somberg Sarah	ENO Early Birds	1:10:53	1:02:53	9	W30	08:00 / 11:48	12:29	13:06	13:11	12:14
28	243	Heinzer Kathrin		1:10:59	1:05:19	7	W40	05:40 / 12:35	12:52	13:25	13:17	13:05
29	501	Latus Jaqueline	LANDWEHR 1	1:11:24	1:06:44	6	WHK	04:40 / 13:50	12:57	13:12	13:36	13:04
30	660	Wilmes Katharina	Dorfkinder 1	1:11:30	1:06:30	1	WU20	05:00 / 13:25	13:29	13:30	13:03	12:52
31	135	Kohnen Steffi	*Haren	1:11:52	1:01:52	7	WHK	10:00 / 11:19	12:12	12:31	14:02	11:44
32	680	Kubiacyk Agata	*Gildehaus	1:11:57	1:04:57	10	W30	07:00 / 13:12	12:58	13:03	12:50	12:47
33	477	Bill Vanessa	*Osnabrück	1:12:03	1:07:23	11	W30	04:40 / 12:44	13:48	13:32	13:59	13:16
34	309	Indzoan Dr. Narina	Lauftreff Tausendschön	1:12:25	1:04:05	8	WHK	08:20 / 14:57	12:23	12:28	11:53	12:00
35	662	Heider Jeannina	Dorfkinder 2	1:12:30	1:06:30	2	WU20	06:00 / 12:44	13:39	14:01	13:04	12:52
36	638	Stermann Ina	Crespel & Deiters	1:12:37	1:08:37	12	W30	04:00 / 14:27	13:26	13:29	14:04	13:05
37	214	Hilbers Katharina	GBS girls	1:12:45	1:05:25	13	W30	07:20 / 13:54	12:50	12:57	12:55	12:40
38	333	Pfeiffer Rieke	*Westoverledingen	1:12:48	1:02:48	9	WHK	10:00 / 12:49	11:37	13:12	12:43	12:18
39	372	Böker Anja	LG Fingeramfuss	1:13:07	1:03:07	5	W35	10:00 / 12:00	12:23	12:38	12:56	13:06
40	320	Rieke Anja	*Nordhorn	1:13:48	1:07:48	8	W40	06:00 / 14:03	13:45	13:04	13:21	13:24
41	237	Bojer Lara		1:13:49	1:07:29	10	WHK	06:20 / 14:39	13:41	12:42	12:53	13:27
42	212	Fefer Svetlana	GBS girls	1:14:04	1:05:24	14	W30	08:40 / 13:51	12:50	12:56	13:00	12:37
43	695	Brinkers Michaela	*Nordhorn	1:14:54	1:09:14	9	W40	05:40 / 14:06	13:57	14:08	14:06	12:51
44	96	Schlathölter Manuela	*Ladbergen	1:14:59	1:10:19	3	W45	04:40 / 15:55	13:16	13:43	13:39	13:31
45	245	Kerkhoff Gabi	FC Schüttorf 09	1:15:09	1:06:29	4	W45	08:40 / 13:37	13:05	13:15	13:23	13:06
46	69	Backherms Bettina	*Lingen	1:15:14	1:05:14	10	W40	10:00 / 14:02	12:58	12:49	12:54	12:16
47	78	Kemper Greta	*Lotte	1:15:18	1:10:18	1	WU18	05:00 / 15:52	13:48	13:14	13:44	13:25
48	691	Bardenhorst Sabrina	*Isterberg	1:15:23	1:09:03	15	W30	06:20 / 13:14	13:47	13:56	13:56	14:01
49	168	Möller Mandy	M&Ms	1:15:31	1:05:31	11	W40	10:00 / 13:32	13:02	12:56	13:07	12:29
50	627	Mersmann Maren	Crossfit-NOH	1:15:47	1:08:27	16	W30	07:20 / 14:17	13:44	13:25	13:26	13:24
51	647	Jansen Karoline	Raspo Lathen	1:15:50	1:05:50	11	WHK	10:00 / 12:17	13:40	13:23	13:15	13:10
52	53	Bültmann Melanie	HSG Nordhorn-Lingen	1:16:10	1:06:10	12	W40	10:00 / 12:20	13:31	13:31	13:22	13:15
53	663	Rieken Sophia	Dorfkinder 2	1:16:10	1:06:30	3	WU20	09:40 / 13:26	13:28	13:29	13:03	12:53
54	113	Gröger Kirsten	Die Muskelkater	1:16:34	1:12:54	13	W40	03:40 / 15:26	14:11	14:33	14:23	14:10
55	694	Trüün Anke	*Nordhorn	1:16:59	1:09:59	14	W40	07:00 / 14:08	13:49	14:13	14:24	13:19
56	407	Reefmani Elisa	VechteCruiser GSV	1:17:14	1:09:14	12	WHK	08:00 / 11:46	14:38	15:58	13:38	13:09
57	17	Penkert Wilma	*Hoogstede	1:17:17	1:11:17	15	W40	06:00 / 14:30	14:20	14:09	14:04	14:02
58	58	Rohlf's Mara	*Emlichheim	1:17:49	1:12:29	13	WHK	05:20 / 15:12	14:12	14:25	14:21	14:08
59	180	Van der Vechte Jessica	Bats out of hell	1:18:05	1:09:45	16	W40	08:20 / 15:02	13:07	13:43	13:46	13:52
60	467	Behrendt Sandra	Team ANF	1:18:15	1:10:55	17	W40	07:20 / 16:53	13:05	13:36	13:50	13:14

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Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	22	Rogalla Svenja	*Rheine	1:18:16	1:09:16	14	WHK	09:00 / 14:06 13:55 13:45 13:31 13:53
62	178	Fahrendorf Dörthe	Bats out of hell	1:18:25	1:09:45	6	W35	08:40 / 14:59 13:07 13:43 13:45 13:52
63	394	Klewing Christin	Hofschröer GmbH	1:18:40	1:16:00	17	W30	02:40 / 15:06 14:59 14:48 15:27 15:33
64	239	Dirschauer Jana	Iron Trust OCR	1:19:37	1:10:57	15	WHK	08:40 / 12:48 14:03 14:48 14:41 14:31
65	512	Gora Isabell	*Bad Vilbel	1:20:17	1:12:37	7	W35	07:40 / 15:38 14:13 14:30 13:58 14:09
66	77	Kemper Wiebke	*Lotte	1:20:19	1:10:19	16	WHK	10:00 / 15:57 13:44 13:15 13:44 13:25
67	57	Rohlf's Laura	*Emlichheim	1:20:29	1:12:29	17	WHK	08:00 / 15:13 14:12 14:26 14:20 14:08
68	186	Münninghoff Jasmin	*Hörstel	1:20:30	1:13:10	18	WHK	07:20 / 18:51 13:34 13:39 13:27 13:26
69	509	Schultewolter Katharina	*Bad Vilbel	1:20:34	1:16:34	19	WHK	04:00 / 15:38 14:28 14:22 15:47 16:11
70	227	Vogt Sarah	*Lingen	1:20:47	1:16:27	18	W30	04:20 / 16:49 15:04 14:26 15:33 14:28
71	341	Junklewitz Petra	*Osnabrück	1:20:56	1:12:36	5	W45	08:20 / 15:51 14:31 13:53 13:55 14:14
72	15	Kamps Kirsten	*Twist	1:20:57	1:11:17	6	W45	09:40 / 14:31 14:20 14:06 14:10 13:59
73	223	Tegeder Nadine	*Lingen	1:21:28	1:16:28	19	W30	05:00 / 16:49 15:02 14:28 15:31 14:29
74	76	Hofmann Elke	*Lotte	1:21:35	1:19:15	1	W50	02:20 / 16:41 14:29 15:37 15:49 16:26
75	191	Schleiner Karin	Auch namenlos grandios	1:21:43	1:14:43	2	W55	07:00 / 14:30 15:03 15:18 14:57 14:47
76	121	Gehring Sophia	Die Muskelkater	1:21:54	1:12:54	2	WU18	09:00 / 15:25 14:07 14:35 14:24 14:10
77	347	Menke Martina	Die drei Muskelkater	1:22:11	1:14:11	20	W30	08:00 / 15:44 14:42 14:21 14:47 14:21
78	350	Hirschmann-Syassen Kai-So	*Hilter	1:22:11	1:12:11	2	W50	10:00 / 14:52 13:44 14:09 14:45 14:18
79	166	Schneider Jana	Die Drei lustigen Zwei	1:22:35	1:16:15	21	W30	06:20 / 17:29 14:34 14:52 14:35 14:30
80	623	Schowe Anke	*Nordhorn	1:22:37	1:15:17	18	W40	07:20 / 15:21 15:14 15:22 15:10 14:00
81	75	Kemper Ute	*Lotte	1:24:35	1:19:15	7	W45	05:20 / 16:41 14:29 15:35 15:39 16:37
82	82	Roelofs Sara	Die Super-Seydels 1	1:24:39	1:14:59	20	WHK	09:40 / 15:28 14:31 14:51 15:13 14:40
83	429	Bielke Jutta	Seitenstecher	1:24:46	1:18:46	19	W40	06:00 / 19:32 15:16 14:46 14:14 14:44
84	672	Ghaddar Fatima	Team Süd	1:25:21	1:17:01	22	W30	08:20 / 15:46 15:23 15:08 15:25 15:10
85	419	Bonacho Carla	*Nordhorn	1:25:25	1:17:45	20	W40	07:40 / 16:43 15:32 14:49 15:27 14:53
86	27	Brunsfeld Nicole	Team Heinz 1	1:25:41	1:23:01	8	W45	02:40 / 16:56 16:14 17:25 17:01 15:10
87	668	Plahm Margret	Fitness Point	1:25:59	1:16:19	21	WHK	09:40 / 15:21 15:06 15:16 15:36 14:51
88	383	Scharf-Leusmann Marion	*Schüttorf	1:26:11	1:16:11	9	W45	10:00 / 17:16 14:31 14:10 15:04 14:57
89	165	Schneider Martina	Die Drei lustigen Zwei	1:26:15	1:16:15	3	W55	10:00 / 17:29 14:33 14:46 14:44 14:28
90	311	De Jong Imke	*Nordhorn	1:26:16	1:16:16	23	W30	10:00 / 17:30 14:23 15:08 14:27 14:31
91	510	Rischer Daniela	*Bad Vilbel	1:26:32	1:16:32	22	WHK	10:00 / 14:41 14:22 15:26 15:48 16:09
92	25	Röhr Sandra	Geht nicht, gibts nicht	1:26:41	1:23:01	21	W40	03:40 / 16:53 16:17 17:24 17:00 15:13
93	436	Valenta Andrea	PAUS-TEAM	1:26:49	1:22:09	8	W35	04:40 / 17:01 15:44 15:51 16:31 16:49
94	674	Vogelsang Sabrina	Team Süd	1:27:01	1:17:01	9	W35	10:00 / 15:45 15:24 15:06 15:27 15:10
95	418	Schrameyer Stephanie	*Nordhorn	1:27:06	1:17:46	22	W40	09:20 / 16:43 15:32 14:48 15:28 14:52
96	652	Müller Kira	Fishfighter	1:27:33	1:18:53	23	WHK	08:40 / 17:12 16:28 16:55 15:54 12:13
97	143	Thien Anja-Maria	*Lingen	1:27:36	1:23:56	3	W50	03:40 / 20:08 18:13 14:58 15:28 14:59
98	437	Wilde Manuela	PAUS-Team	1:27:45	1:21:45	23	W40	06:00 / 16:33 16:12 15:34 16:47 16:25
99	651	Joostberends Alina	Fishfighter	1:27:54	1:23:14	24	WHK	04:40 / 17:15 16:28 16:51 16:48 15:38
100	423	Bengs Susanne	Seitenstecher	1:28:06	1:18:46	24	W40	09:20 / 19:32 15:20 14:45 14:26 14:29
101	137	Wekenborg Nadine	@läuft	1:28:12	1:18:12	25	W40	10:00 / 16:51 15:19 15:05 15:18 15:26
102	670	Hakkenbrock Christina	*Hörstel-Bevergern	1:28:16	1:22:36	24	W30	05:40 / 16:50 16:35 16:22 16:14 16:25
103	216	Steinmetz Sarina	*Meppen	1:28:16	1:22:36	25	WHK	05:40 / 17:47 15:00 15:45 16:13 17:39
104	325	Löbberth Judith	2. Klasse	1:28:22	1:22:22	25	W30	06:00 / 19:16 16:07 16:39 15:27 14:29
105	131	Kamps Lea	RunningGag	1:28:33	1:22:53	26	WHK	05:40 / 15:08 15:56 17:44 17:43 16:10
106	2	Hüser Martina	*Meppen	1:28:55	1:22:35	27	WHK	06:20 / 17:48 14:59 15:46 16:11 17:40
107	79	Roelofs Wilma	Die Super-Seydels 2	1:29:09	1:20:09	4	W50	09:00 / 16:07 15:22 16:16 16:12 15:56
108	220	Gniechwitz Maren	*Greven	1:29:09	1:26:09	10	W35	03:00 / 18:38 17:47 16:38 15:54 16:54
109	337	Drees Katharina	*Rheine	1:29:19	1:25:19	28	WHK	04:00 / 20:33 15:59 16:27 16:15 15:45
110	28	Brunsfeld Finja	Team Heinz 1	1:29:21	1:23:01	29	WHK	06:20 / 16:55 16:15 17:26 17:00 15:10
111	324	Fehrmann Wiebke	2. Klasse	1:29:41	1:22:21	26	W40	07:20 / 19:20 16:07 16:40 15:26 14:28
112	452	Bischoff Heike	*Münster	1:29:54	1:21:54	30	WHK	08:00 / 17:44 16:11 16:02 16:09 15:32
113	438	Fehlau Melanie	Patchwork Truppe	1:30:10	1:24:50	31	WHK	05:20 / 18:25 16:45 16:22 16:46 16:15
114	439	Metzdorf Daniela	Patchwork Truppe	1:30:11	1:24:51	32	WHK	05:20 / 18:23 16:46 16:22 16:44 16:16
115	462	Bischoff Linda	*Rheine	1:30:15	1:21:55	26	W30	08:20 / 17:44 16:13 15:59 16:14 15:28
116	488	Trepohl Rebecca	Sportfreunde Chiller	1:30:20	1:22:00	27	W30	08:20 / 17:32 17:15 17:08 15:45 14:15
117	130	Tepen Julia	RunningGag	1:30:33	1:22:53	33	WHK	07:40 / 15:09 15:55 17:45 17:44 16:08
118	97	Koch Christina	*Lingen	1:30:38	1:24:58	34	WHK	05:40 / 17:53 16:40 17:07 16:42 16:23
119	26	Paetzel Nicole	Team Heinz 1	1:30:41	1:23:01	11	W35	07:40 / 16:53 16:15 17:26 17:00 15:11
120	215	Eikens Lisa	*Stavern	1:31:16	1:22:36	3	WU18	08:40 / 17:46 14:57 15:47 16:11 17:43

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Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	203	Koopmann Inga	*Nordhorn	1:31:20	1:27:20	12	W35	04:00 / 19:32	16:51	16:42	17:13	16:44
122	73	Ziethen Franziska	BIS EINE WEINT	1:31:26	1:25:06	28	W30	06:20 / 17:36	17:03	17:03	16:37	16:27
123	139	Konert-Uesbeck Sara	*Greven	1:31:28	1:26:08	29	W30	05:20 / 18:55	17:29	16:39	15:54	16:54
124	72	Ziethen-Turetzek Becky	BIS EINE WEINT	1:31:30	1:27:30	13	W35	04:00 / 17:29	17:21	17:33	17:10	17:40
125	204	Kovert Lisa	*Schüttorf	1:31:41	1:27:21	30	W30	04:20 / 19:34	16:54	16:42	17:12	16:40
126	81	Schareina Christel	Die Super-Seydels 2	1:31:52	1:23:52	27	W40	08:00 / 19:10	15:03	15:41	16:15	17:26
127	316	Wilde Iris	*Rheine	1:32:38	1:25:18	5	W50	07:20 / 20:21	16:08	16:28	16:12	15:47
128	323	Wiesmann Frauke	*Neuenkirchen	1:32:39	1:25:19	35	WHK	07:20 / 20:15	16:18	16:26	16:12	15:48
129	321	Berning Lena	*Rheine	1:32:39	1:25:19	36	WHK	07:20 / 20:32	16:08	16:18	16:12	15:49
130	99	Huning Daniela	Super Yummy Team	1:32:40	1:29:40	31	W30	03:00 / 18:13	17:24	18:00	17:34	18:09
131	102	Thesing Ilka	Volleyrunners	1:32:42	1:24:42	37	WHK	08:00 / 18:33	15:53	16:58	16:41	16:16
132	101	Even Carina	Volleyrunners	1:33:03	1:24:43	38	WHK	08:20 / 18:32	15:53	16:58	16:41	16:16
133	98	Hense Lea	*Lingen	1:33:18	1:24:58	39	WHK	08:20 / 17:53	16:42	17:06	16:42	16:22
134	133	Borker Maleen	*Greven	1:33:28	1:26:08	40	WHK	07:20 / 18:54	17:29	16:38	15:54	16:55
135	219	Verst Teresa	*Münster	1:33:41	1:27:21	32	W30	06:20 / 19:34	16:53	16:43	17:10	16:42
136	103	Pläß Jarina	Volleyrunners	1:33:43	1:24:43	4	WU20	09:00 / 18:33	15:53	16:58	16:41	16:16
137	74	Bergjan Sonja	BIS EINE WEINT	1:33:50	1:27:30	14	W35	06:20 / 17:38	17:19	17:26	17:10	17:39
138	317	Wilde Pia	*Rheine	1:33:58	1:25:18	4	WU18	08:40 / 20:12	16:20	16:26	16:12	15:48
139	234	Rabe Tatjana	*Greven	1:35:09	1:26:09	41	WHK	09:00 / 18:38	17:47	16:38	15:54	16:55
140	61	Steingröver Dr. Christina	Super Yummy Team	1:35:21	1:29:41	33	W30	05:40 / 18:20	17:21	18:11	17:51	17:39
141	185	Wallmeyer Annika	*Hörstel	1:36:35	1:28:55	42	WHK	07:40 / 19:09	17:12	18:01	17:04	17:16
142	405	Dopheide Melanie	*Warendorf	1:36:50	1:26:50	43	WHK	10:00 / 18:02	17:37	17:24	16:23	17:12
143	404	Bückmann Greta	*Warendorf	1:36:51	1:26:51	44	WHK	10:00 / 18:01	17:38	17:25	16:26	17:09
144	444	Lange Daniela	Altenlingener Sportverein	1:37:13	1:27:13	10	W45	10:00 / 18:45	17:24	17:09	17:18	16:20
145	445	Szczesny Christin	Team Lu-Ki	1:37:13	1:27:13	45	WHK	10:00 / 18:38	17:27	16:58	17:26	16:23
146	400	Többen Felicia	Hofschröer GmbH	1:37:23	1:28:23	46	WHK	09:00 / 17:11	18:20	18:26	17:55	16:26
147	162	Schölzel Marlana	FürstenVikings	1:38:27	1:32:27	47	WHK	06:00 / 18:27	18:32	18:08	18:22	18:52
148	63	Doedt Nadine	Super Yummy Team	1:39:41	1:29:41	34	W30	10:00 / 18:12	17:26	18:03	17:34	18:07
149	159	Wielage Nadine	FürstenVikings	1:42:08	1:32:28	48	WHK	09:40 / 18:28	18:31	18:07	18:23	18:51
150	80	Roelofs Lisa	Die Super-Seydels 2	1:58:21	1:49:41	49	WHK	08:40 / 21:16	21:23	23:04	22:38	21:01