

Männer

Altersklasse M30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		117	Jansen Christoph	Grafschafter Nachrichten	0:50:28	0:45:48	6	M30	87	04:40 / 08:26	09:20	09:29	09:20	09:10
2		579	Thien Julian	*Nordhorn	0:53:05	0:47:45	10	M30	88	05:20 / 10:36	09:12	09:22	09:05	09:15
3		781	Fräßdorf Chris	*Emlichheim	0:53:47	0:47:27	13	M30	86	06:20 / 08:33	09:17	09:46	09:51	09:53
4		17	Scheve Björn	Hafensänger United	0:54:11	0:49:31	15	M30	85	04:40 / 08:24	10:02	10:37	10:34	09:52
5		199	Jansen Dennis	CVJM Veldhausen 1	1:01:38	0:55:38	55	M30	88	06:00 / 12:33	11:06	11:06	10:45	10:01
6		64	Strauß Kolja	GBS Plattfüße	1:02:24	0:55:44	58	M30	86	06:40 / 12:18	11:05	11:12	10:37	10:23
7		198	Jansen Guido	CVJM Veldhausen 1	1:02:38	0:55:38	60	M30	85	07:00 / 12:33	11:05	11:07	10:45	10:01
8		115	Hempel Dennis	*Nordhorn	1:02:53	0:58:33	62	M30	89	04:20 / 10:35	11:47	12:14	11:56	11:59
9		634	Pastuschek Ralf		1:03:09	0:54:49	64	M30	85	08:20 / 09:45	10:49	11:32	11:21	11:21
10		800	Vorfeld Martin	*Auetal	1:03:32	1:01:12	70	M30	85	02:20 / 13:25	11:45	12:04	12:06	11:40
11		132	Wewel Andreas	*Rheine	1:03:36	0:58:56	72	M30	85	04:40 / 10:20	13:07	11:48	11:49	11:42
12		67	Vorbrink Henning	GBS super dry	1:04:09	0:58:09	74	M30	88	06:00 / 12:27	11:00	11:52	11:37	11:01
13		818	Roß Sebastian		1:04:30	0:54:30	78	M30	86	10:00 / 09:48	10:54	11:12	11:10	11:22
14		62	Vorbrink Daniel	GBS Plattfüße	1:04:58	0:58:18	83	M30	85	06:40 / 12:23	11:04	11:51	11:37	11:10
15		56	Veldmann Hannes	Bis einer weint	1:05:01	0:59:41	84	M30	88	05:20 / 11:06	11:59	12:00	12:20	12:11
16		820	Lambers Manuel	Bauunternehmen Hofschöer	1:05:42	0:59:42	88	M30	89	06:00 / 13:39	11:20	11:35	11:37	11:18
17		790	Wanning-Vrielink Marc	Team Busmann	1:05:48	1:00:08	90	M30	85	05:40 / 12:01	12:11	12:03	11:59	11:46
18		760	Wagner Thomas	Schnurrboarder	1:05:57	1:02:37	91	M30	89	03:20 / 13:19	12:37	12:00	13:01	11:30
19		758	Obermeyer Lars	Schnurrboarder	1:06:17	1:02:37	94	M30	89	03:40 / 18:38	10:12	11:39	11:20	10:37
20		607	Latus Michael	Landwehr 1	1:06:48	1:02:28	97	M30	86	04:20 / 12:54	12:19	12:38	12:23	12:07
21		789	Roo Alexander	Team Busmann	1:08:30	0:58:30	115	M30	85	10:00 / 11:56	11:02	11:50	11:51	11:41
22		168	Henning Florian	Hüggeljungs	1:08:45	1:02:45	118	M30	86	06:00 / 11:15	13:00	13:03	12:58	12:24
23		610	Brink Carsten	Landwehr2	1:08:48	1:02:28	119	M30	88	06:20 / 12:52	12:27	12:34	12:23	12:06
24		601	Kunze Fabian	Crespel & Deiters	1:10:15	1:04:35	134	M30	86	05:40 / 11:53	12:58	13:12	13:54	12:29
25		775	Wilken Markus	Helles Vollbier	1:10:27	1:04:47	136	M30	85	05:40 / 14:43	12:35	13:05	12:09	12:07
26		631	Boersma Kevin	Die Münsterländer	1:10:33	1:01:53	137	M30	88	08:40 / 10:45	12:17	13:36	12:51	12:19
27		152	Kreus Jens	*Nordhorn	1:13:03	1:06:03	163	M30	89	07:00 / 15:44	13:15	12:19	12:30	11:59
28		27	Dräger Odin	Super Yummy Team	1:13:29	1:09:09	172	M30	89	04:20 / 15:43	13:09	13:06	13:15	13:43
29		26	Manthei Mark	Super Yummy Team	1:13:31	1:09:11	173	M30	88	04:20 / 15:42	13:08	13:05	13:18	13:47
30		597	Schulze Bisping Fabian	*Bochum	1:13:39	1:05:19	175	M30	88	08:20 / 13:12	12:36	13:11	13:08	13:04
31		154	Harnack Stefan	*Wietmarschen	1:14:05	1:10:25	178	M30	85	03:40 / 16:23	13:47	14:32	12:26	13:05
32		522	Lammers Andreas	Die drei Muskelkater	1:15:30	1:09:50	186	M30	85	05:40 / 13:50	13:52	13:41	13:52	14:25
33		150	Rammelkamp Guido	*Nordhorn	1:16:01	1:06:01	189	M30	89	10:00 / 15:44	13:15	12:20	12:30	11:58
34		145	Mertin Andreas	*Halle Westfalen	1:16:13	1:10:13	190	M30	88	06:00 / 14:53	14:29	13:22	14:57	12:22
35		602	Lampe Sebastian	Crespel & Deiters	1:16:42	1:10:02	196	M30	87	06:40 / 12:24	14:24	14:42	14:28	13:55
36		900	Scheve Björn	Monster AG	1:17:15	1:12:35	202	M30	85	04:40 / 13:57	14:21	14:46	14:21	15:07
37		763	Dierker Patrick	Schnurrboarder	1:17:53	1:12:13	204	M30	88	05:40 / 18:40	13:00	12:48	13:22	14:12
38		761	Oesting Nils	Schnurrboarder	1:17:53	1:12:13	205	M30	89	05:40 / 18:53	12:46	12:48	13:23	14:12
39		290	Janda Jan	Alarm für Antje 08/15	1:17:57	1:12:57	207	M30	87	05:00 / 14:39	14:15	14:32	14:52	14:26
40		295	Bonk Michael	Alarm für Antje 08/15	1:22:58	1:12:58	240	M30	85	10:00 / 14:42	14:14	14:17	15:05	14:26
41		146	Dick Viktor	*Halle Westfalen	1:23:04	1:13:04	241	M30	87	10:00 / 15:00	14:27	14:28	14:31	14:28
42		131	Wesselmann André	*Rheine	1:24:42	1:15:22	246	M30	87	09:20 / 14:29	15:24	15:38	14:56	14:45
43		592	Ruschulte Jan	Tim's Kartenclub	1:28:09	1:23:49	251	M30	87	04:20 / 15:49	17:09	16:52	16:37	17:05
44		593	Schoormann Marc	*Nordhorn	1:28:49	1:23:49	253	M30	87	05:00 / 15:48	17:09	16:53	16:36	17:07
45		591	Van der Kamp DR Tim	Tim's Kartenclub	1:33:48	1:23:48	259	M30	87	10:00 / 15:52	17:10	16:51	16:39	17:00
46		532	Ahuis Florian	A-Team	1:42:39	1:35:39	266	M30	89	07:00 / 19:21	20:21	18:15	20:08	17:22

Männer

Altersklasse M35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		757	Heymann Sebastian	SVA Salzbergen	0:41:31	0:37:51	3	M35	81	03:40 / 07:16 07:42 07:35 07:37 07:40
2		18	Casum Oliver	Hafensänger United	0:44:43	0:42:43	4	M35	84	02:00 / 07:40 08:48 08:47 08:43 08:43
3		63	Ruffing Andre	GBS Plattfüße	0:46:38	0:43:58	5	M35	84	02:40 / 08:17 08:54 08:59 08:52 08:54
4		561	Simon Wassili	Team Paus	0:55:40	0:53:00	20	M35	83	02:40 / 11:39 10:18 10:17 10:28 10:04
5		185	Potyka Nico	*Osnabrück	0:57:32	0:49:32	28	M35	82	08:00 / 09:38 10:11 10:21 09:48 09:29
6		788	Tegeder Benjamin	Team Busmann	0:57:49	0:52:09	30	M35	82	05:40 / 10:46 10:02 10:32 10:27 10:14
7		600	Stermann Benjamin	Crespel & Deiters	0:58:00	0:48:40	32	M35	84	09:20 / 09:51 09:36 10:01 09:43 09:22
8		149	Junge Johannes	*Nprdhorn	1:00:05	0:52:25	41	M35	81	07:40 / 10:00 11:08 10:36 10:25 10:09
9		12	Wolken Stephan	*Meppen	1:00:08	0:51:28	43	M35	81	08:40 / 09:29 10:18 10:43 10:29 10:25
10		804	Paustian Sven	Team Busmann	1:00:32	0:55:32	45	M35	81	05:00 / 12:05 10:28 10:23 10:50 11:35
11		799	Hogt Patrick	Team Busmann	1:01:27	0:54:27	53	M35	82	07:00 / 11:55 10:36 10:54 10:36 10:16
12		787	Oppel Christian	Team Busmann	1:02:28	1:00:08	59	M35	82	02:20 / 11:52 12:15 11:43 12:11 11:57
13		562	Potthoff Christian	Team Paus	1:02:41	0:55:41	61	M35	84	07:00 / 10:59 10:53 11:13 11:12 11:12
14		54	Wigger Maik	Bis einer weint	1:02:53	0:58:53	63	M35	82	04:00 / 11:07 12:08 11:40 12:02 11:53
15		797	Möhring Lars	Team Busmann	1:03:23	0:57:03	69	M35	82	06:20 / 11:47 11:12 11:28 11:17 11:08
16		58	Küper Arne	Bis einer weint	1:04:06	0:57:46	73	M35	81	06:20 / 11:07 12:16 11:42 11:50 10:45
17		525	Depmann Andreas	*Nordhorn	1:04:43	0:54:43	80	M35	80	10:00 / 10:43 11:15 11:03 10:52 10:39
18		796	Rötting Henner	Team Busmann	1:04:48	1:00:08	82	M35	82	04:40 / 11:56 12:11 12:05 11:49 11:58
19		798	Rexilius Sebastian	Team EGN	1:06:18	1:03:38	95	M35	84	02:40 / 13:05 12:36 12:51 12:22 12:35
20		793	Dalenbrook Christoph	Team Busmann	1:08:28	1:00:08	112	M35	84	08:20 / 11:59 12:13 12:15 11:52 11:40
21		1000	Bardenhorst Mirco	... dumm gelaufen 3.0	1:08:29	1:04:29	113	M35	81	04:00 / 12:37 12:36 13:12 13:31 12:28
22		614	Somberg Stefan	Early Birds by repairedome.d	1:08:29	1:02:09	114	M35	82	06:20 / 11:32 12:06 13:00 12:40 12:43
23		773	Ütrecht Arne	Helles Vollbier	1:09:07	1:04:47	124	M35	84	04:20 / 14:41 12:35 12:56 12:19 12:09
24		521	Foppe Daniel	Die drei Muskelkater	1:09:30	1:07:10	127	M35	84	02:20 / 13:48 13:52 13:40 12:49 12:50
25		537	Ribeiro de Sá Benjamin	*Werne	1:10:03	1:06:23	133	M35	83	03:40 / 11:50 13:40 13:14 14:48 12:46
26		538	La Marcel	*Ibbenbüren	1:11:00	1:06:20	140	M35	84	04:40 / 11:51 13:40 13:15 14:47 12:43
27		55	Lücke Jörg	Bis einer weint	1:11:16	1:07:56	141	M35	83	03:20 / 13:10 13:29 13:35 13:45 13:51
28		785	Dreier Steffen	Team EGN	1:11:37	1:03:37	147	M35	80	08:00 / 13:04 12:33 12:54 12:24 12:34
29		629	Werner Markus	Baukonzept Johannes Hens	1:11:39	1:06:39	148	M35	81	05:00 / 14:17 12:53 13:02 13:14 13:01
30		786	Völker Tobias	*Schüttorf	1:11:47	1:04:47	152	M35	83	07:00 / 14:42 12:35 12:57 12:20 12:07
31		792	Wellen Markus	Team Busmann	1:13:19	1:08:59	168	M35	82	04:20 / 13:13 13:31 14:15 14:05 13:44
32		23	Doedt Stefan	Super Yummy Team	1:13:29	1:09:09	170	M35	82	04:20 / 15:43 13:02 13:07 13:18 13:46
33		119	Meyer Björn	Grafschafter Nachrichten	1:14:50	1:09:50	182	M35	82	05:00 / 12:50 15:56 14:27 13:21 13:13
34		21	Steingröver André	Super Yummy Team	1:15:30	1:09:10	187	M35	84	06:20 / 15:39 13:04 13:08 13:23 13:45
35		57	Lambers Hanjo	Bis einer weint	1:16:40	1:14:20	195	M35	83	02:20 / 13:46 15:39 14:46 15:19 14:43
36		292	Rust Sebastian	Alarm für Antje 08/15	1:16:56	1:12:56	199	M35	83	04:00 / 14:38 14:20 14:39 14:37 14:27
37		595	Wolf Sascha	Deppe Backstein I	1:17:12	1:13:12	201	M35	83	04:00 / 16:09 14:12 14:22 14:10 14:06
38		778	Grote Jörg	*Dohren	1:18:05	1:08:05	209	M35	81	10:00 / 13:20 13:35 13:18 13:27 14:17
39		776	Schulte Andy	*Dohren	1:18:05	1:08:05	210	M35	80	10:00 / 13:21 13:58 12:56 13:24 14:19
40		777	Steffens Franz	*Dohren	1:18:05	1:08:05	211	M35	81	10:00 / 13:20 13:38 13:17 13:22 14:22
41		59	Scholten Jens	Bis einer weint	1:18:51	1:12:31	214	M35	82	06:20 / 13:44 14:31 14:36 14:39 14:53
42		33	Vennes Bernd	*Nordhorn	1:18:55	1:08:55	216	M35	80	10:00 / 14:44 14:23 13:24 13:04 13:05
43		25	Baumeister Andre	Super Yummy Team	1:19:08	1:09:08	218	M35	83	10:00 / 15:41 13:01 13:10 13:18 13:45
44		124	Leferink Dirk	*Nordhorn	1:19:09	1:13:29	219	M35	80	05:40 / 14:21 15:18 15:17 14:25 14:00
45		909	Casum Oliver	Krümelmonster AG	1:19:18	1:12:38	221	M35	83	06:40 / 13:56 14:22 14:46 14:20 15:11
46		294	Schoneveld Holger	Alarm für Antje 08/15	1:20:57	1:12:57	232	M35	81	08:00 / 14:43 14:17 14:51 14:25 14:27
47		288	Jünkerink Frank	Alarm für Antje 08/15	1:20:58	1:12:58	233	M35	83	08:00 / 15:07 14:23 14:21 14:33 14:19
48		524	Börjes Yves	*Nordhorn	1:24:01	1:14:01	245	M35	80	10:00 / 13:18 14:40 14:56 15:14 15:44
49		262	Letzel Jens	*Schüttorf	1:35:41	1:25:41	261	M35	83	10:00 / 17:54 16:54 16:58 17:11 16:30

Männer

Altersklasse M40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten					
1		256	Tebbel Matthias	*Nordhorn	0:53:12	0:48:12	12	M40	79	05:00	09:37	09:44	09:49	09:28	09:28
2		66	Stühl Robin	GBS super dry	0:54:49	0:46:29	18	M40	79	08:20	09:28	08:56	09:34	09:02	09:21
3		770	Gierl Christian	Auf einem Auge blöd	0:55:53	0:49:13	22	M40	76	06:40	09:27	09:55	09:54	09:55	09:59
4		10	Weimer Rene	Höllenhunde	0:57:00	0:51:20	26	M40	75	05:40	09:19	10:12	10:34	10:33	10:40
5		9	Hartmann Sven	Höllenhunde	0:57:24	0:54:04	27	M40	77	03:20	09:55	10:55	11:02	11:09	11:00
6		112	Röhr Christian	bitte wählen Sie	0:57:55	0:54:55	31	M40	79	03:00	11:05	10:48	11:15	11:06	10:31
7		11	Busch Andreas	Höllenhunde	0:58:40	0:51:20	33	M40	78	07:20	09:19	10:12	10:34	10:33	10:39
8		298	Olbrich Andre	*Nordhorn	0:59:18	0:50:38	37	M40	77	08:40	09:02	10:11	10:20	10:30	10:32
9		125	Schmelnik Matthias	Endgegner	0:59:33	0:50:53	39	M40	78	08:40	09:34	10:23	10:42	10:05	10:03
10		526	Röttger Henning	*Rheine	1:00:06	0:57:46	42	M40	76	02:20	14:21	10:52	10:22	10:44	11:10
11		128	Londa Andre	*Wuppertal	1:00:11	0:51:51	44	M40	78	08:20	10:05	10:15	10:25	10:43	10:18
12		127	Viße Martin	Ibbenbüren	1:00:52	0:51:12	46	M40	79	09:40	10:05	10:05	10:49	10:08	10:00
13		65	Bock Thorsten	GBS super dry	1:01:45	0:55:45	56	M40	75	06:00	12:17	11:02	11:13	10:39	10:21
14		177	Rahn Andreas	OCR Team Dankern	1:03:16	0:57:36	66	M40	77	05:40	11:33	11:46	11:28	11:47	10:54
15		628	Siepkner Andre	*Rheine	1:04:30	0:54:30	79	M40	79	10:00	09:49	10:55	11:12	11:09	11:22
16		621	Büssis Guido	Quick Runners by repairedo	1:05:09	1:02:09	85	M40	76	03:00	11:23	12:37	12:51	12:49	12:24
17		116	Peter Heiko	Hafensänger United	1:05:29	0:58:29	87	M40	75	07:00	10:53	12:30	11:47	11:51	11:25
18		588	Raben Andre	Die Unbelehrbaren	1:07:39	1:03:39	102	M40	76	04:00	13:05	13:05	12:54	12:16	12:10
19		626	Vieler Thomas	Alphafit	1:08:13	1:06:13	107	M40	75	02:00	15:14	13:47	12:43	12:27	11:46
20		34	Hoppmann Dennis	SpVgg	1:08:17	0:58:17	108	M40	78	10:00	12:45	11:16	11:13	11:15	11:35
21		782	Herold Denis	Team EGN	1:08:57	1:03:37	121	M40	79	05:20	13:05	12:36	12:52	12:27	12:29
22		822	Beelmann Thomas		1:09:14	1:05:54	125	M40	78	03:20	13:55	13:23	12:53	13:05	12:31
23		176	Berenbeck Jens	*Wuppertal	1:09:43	1:06:03	130	M40	75	03:40	14:41	12:58	12:37	12:31	13:03
24		564	Schramm Marco	*Varenrode	1:10:47	1:07:07	139	M40	75	03:40	11:43	13:00	14:28	14:07	13:44
25		565	Strohmann Bernhard	*Varenrode	1:12:07	1:07:07	156	M40	79	05:00	11:43	13:07	14:21	14:10	13:40
26		637	Schowe Anka		1:12:54	1:06:34	160	M40	75	06:20	12:43	13:38	12:57	13:50	13:21
27		269	Bockholt Stefan	Die Captains	1:13:11	1:09:51	164	M40	76	03:20	15:04	14:05	13:25	13:56	13:12
28		589	Zwafing Andreas	Die Unbelehrbaren	1:14:39	1:04:59	181	M40	76	09:40	13:21	13:04	12:41	12:41	13:01
29		68	Wesker Thorsten	Trio mit vier Fäusten	1:14:56	1:08:16	183	M40	78	06:40	15:02	13:50	13:22	13:07	12:45
30		630	Hensen Johannes	Baukonzept Johannes Hens	1:16:18	1:06:38	192	M40	75	09:40	14:18	12:54	13:02	13:17	12:57
31		584	Koops Benjamin	Deppe Backstein I	1:16:55	1:08:35	198	M40	76	08:20	16:06	14:13	14:19	14:13	09:29
32		780	Kramer Thorsten	*Dohren	1:18:05	1:08:05	208	M40	78	10:00	13:20	13:35	13:16	13:27	14:20
33		586	Lerwicz Karol	El Polako	1:18:22	1:13:42	212	M40	75	04:40	13:55	14:33	14:36	15:18	15:10
34		585	Deppe Dirk	Deppe Backstein I	1:18:51	1:13:11	214	M40	75	05:40	16:11	14:18	14:13	14:11	14:05
35		289	Tenfelde Tobias	Alarm für Antje 08/15	1:19:18	1:12:58	220	M40	75	06:20	14:36	14:13	14:38	14:50	14:29
36		291	Menger Raimund	Alarm für Antje 08/15	1:20:57	1:12:57	231	M40	79	08:00	14:38	14:16	14:46	14:37	14:25
37		52	Gromball Mike	*Geeste	1:29:15	1:22:15	254	M40	75	07:00	18:29	16:07	15:43	15:49	15:51
38		276	Göcke Sascha	Hellboys	1:36:59	1:33:39	262	M40	79	03:20	18:17	18:05	18:43	19:36	18:53
39		275	Rath Thomas	Hellboys	1:40:39	1:33:39	263	M40	77	07:00	18:00	18:19	18:39	19:35	19:00
40		278	Bätjer Inga	Hellboys Inga	1:40:40	1:33:40	264	M40	79	07:00	18:04	18:21	18:41	19:37	18:52

Männer

Altersklasse M45

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	563	Hauschild Lars	Team Paus	0:54:43	0:53:03	17	M45	71	01:40 / 11:09 10:41 10:27 10:30 10:03
2	175	Krey Markus	*Neuenkirchen	0:55:40	0:52:20	21	M45	72	03:20 / 09:28 10:31 10:46 10:40 10:53
3	3	Hanneken Stefan	*Geeste	0:57:40	0:49:40	29	M45	74	08:00 / 09:29 10:08 10:05 10:07 09:48
4	189	Scholte-Wassink Hartmut	Rot Weiß Lage	1:02:09	0:57:29	57	M45	73	04:40 / 11:57 11:19 11:29 11:18 11:11
5	173	Baumung Dirk	LG Fingeramfuss	1:03:21	0:58:21	68	M45	72	05:00 / 10:56 11:52 11:52 12:06 11:29
6	77	Gruber Stephan	Team Eisenkarl	1:04:17	1:01:37	75	M45	72	02:40 / 12:00 11:52 12:29 13:05 12:04
7	167	Teich Gunter	Hüggeljungs	1:04:21	0:58:21	76	M45	70	06:00 / 10:41 11:58 11:55 11:56 11:42
8	620	Heils Tobias	Quick Runners by repairedo	1:07:51	0:58:51	104	M45	74	09:00 / 12:26 11:30 11:49 11:39 11:22
9	587	Huttenhuis Andre	Die Unbelehrbaren	1:07:57	1:03:57	105	M45	74	04:00 / 13:27 12:55 12:55 12:27 12:03
10	43	Müller Norbert	*Altenberge	1:08:23	1:05:23	110	M45	70	03:00 / 14:47 12:42 12:51 12:13 12:39
11	590	Klokkers Arno	Tim's Kartenclub	1:08:26	1:03:06	111	M45	71	05:20 / 12:11 12:42 12:53 12:47 12:18
12	809	Schmitt Burkhard	*Nordhorn	1:09:42	1:05:02	129	M45	73	04:40 / 14:21 12:50 12:24 12:55 12:24
13	41	Neumann Oliver	*Altenberge	1:11:23	1:05:23	142	M45	71	06:00 / 14:21 12:52 12:46 12:18 12:54
14	42	Geuker Jens	*Altenberge	1:11:43	1:05:23	149	M45	74	06:20 / 14:45 12:31 12:49 12:18 12:50
15	753	Wolters Bernd	*Gölenkamp	1:12:34	1:05:14	158	M45	72	07:20 / 15:25 12:57 12:19 12:38 11:41
16	8	Mebben Bernd	*Meppen	1:12:45	1:07:45	159	M45	74	05:00 / 13:04 13:21 13:38 13:49 13:50
17	823	Otto Sascha	Vikings Nordhorn	1:14:13	1:04:13	179	M45	73	10:00 / 10:47 15:26 12:40 12:31 12:45
18	268	Ten Bosch Thorsten	Die Captains	1:15:12	1:09:52	184	M45	73	05:20 / 15:05 14:04 13:26 13:59 13:08
19	568	Gehrs Christian	Die Muskelkater II	1:15:13	1:10:53	185	M45	71	04:20 / 14:10 14:12 14:01 14:02 14:17
20	619	Horstmann Peter	Quick Runners by repairedo	1:16:23	1:10:43	193	M45	70	05:40 / 13:07 14:31 14:04 14:19 14:37
21	28	Vöcker Markus	Super Yummy Team	1:17:50	1:09:10	203	M45	73	08:40 / 15:42 13:10 13:10 13:12 13:43
22	635	Steiner Thomas	*Bad Bentheim	1:17:54	1:13:14	206	M45	71	04:40 / 14:29 14:24 14:18 14:46 15:11
23	166	Becker Ansgar	*Neuenkirchen	1:18:50	1:15:10	213	M45	74	03:40 / 14:18 15:33 15:52 14:37 14:43
24	638	Nortmann Rainer	Quick and Dirty	1:20:02	1:10:02	223	M45	73	10:00 / 14:21 13:45 13:50 14:03 13:58
25	160	Dziallas Markus	*Köln	1:22:30	1:15:50	237	M45	70	06:40 / 15:59 14:57 15:11 14:54 14:41
26	74	Suelmann Gerd	codia - Das Team	1:27:11	1:22:11	250	M45	70	05:00 / 18:25 16:08 15:43 15:44 15:55

Altersklasse M50

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	603	Schulz Dieter	Crespel & Deiters	0:50:42	0:47:42	7	M50	68	03:00 / 09:58 09:17 09:27 09:24 09:30
2	613	Büter Rainer	Early Birds by repairedome.d	0:51:42	0:48:22	9	M50	69	03:20 / 08:56 09:37 10:04 10:11 09:31
3	194	Mauer Udo	SV Dickenberg	0:53:08	0:48:48	11	M50	66	04:20 / 08:36 09:59 10:06 10:12 09:52
4	623	Brockmann Sigi	*Nordhorn	0:53:58	0:50:18	14	M50	68	03:40 / 09:45 10:10 10:15 10:06 10:00
5	808	Fanwick Klaus	New Point of Fitness Schüt	0:54:32	0:52:52	16	M50	68	01:40 / 09:07 10:33 11:10 11:12 10:46
6	604	Manfred Jasper	Crespel & Deiters	0:55:01	0:48:41	19	M50	69	06:20 / 09:43 09:35 09:57 09:50 09:28
7	582	Averes - Neumann Eckha	LC - Nordhorn	0:56:38	0:51:58	24	M50	65	04:40 / 10:19 10:36 10:28 10:29 10:02
8	769	Weber Ingo	MSF Multi Sports Fighter	0:57:00	0:52:00	25	M50	69	05:00 / 09:38 10:20 10:40 10:50 10:22
9	567	Schröter Achim	SchröLüLi	1:01:18	0:57:38	48	M50	69	03:40 / 10:20 11:39 12:06 12:07 11:27
10	599	Schröter Thomas	SchröLüLi	1:01:19	0:57:39	49	M50	66	03:40 / 10:20 11:39 12:11 11:57 11:26
11	170	Scholz Uwe	Hüggeljungs	1:03:11	0:59:51	65	M50	66	03:20 / 10:45 12:37 12:34 12:23 11:23
12	254	Klompaker Arthur	*Nordhorn	1:06:22	1:00:22	96	M50	65	06:00 / 12:51 12:21 11:46 12:00 11:15
13	750	Bröker Dirk	*Emlichheim	1:06:48	1:01:08	98	M50	66	05:40 / 12:12 12:24 12:24 12:17 11:48
14	821	Schwenen Manfred		1:08:34	1:05:54	116	M50	67	02:40 / 13:54 13:24 12:52 13:05 12:31
15	811	Wegmann Stephan	*Nordhorn	1:08:43	1:05:03	117	M50	65	03:40 / 14:20 12:50 12:23 12:55 12:24
16	40	Waterkamp Andreas	*Altenberge	1:09:42	1:05:22	128	M50	67	04:20 / 14:21 12:56 12:42 12:20 12:52
17	803	Nolte Ulrich	*Rheine	1:10:01	1:05:21	132	M50	69	04:40 / 12:58 12:06 12:41 13:17 14:14
18	544	Dietz Jörg	Fachklinik Bad Bentheim	1:11:46	1:06:06	151	M50	66	05:40 / 12:58 13:11 13:06 13:21 13:25
19	549	Gehrmann Wulf	Fachklinik Bad Bentheim	1:12:06	1:06:06	155	M50	69	06:00 / 12:37 13:35 13:08 13:20 13:19
20	104	Dreinemann Michael	Muskelkater	1:13:01	1:06:41	161	M50	69	06:20 / 16:00 13:10 12:17 12:37 12:24
21	81	Peters Kalle	*Niedersachsen - Emlichhei	1:13:55	1:09:15	177	M50	66	04:40 / 14:56 13:28 13:16 14:03 13:18
22	144	Schneider Jörg	*Meppen	1:17:11	1:08:31	200	M50	69	08:40 / 14:30 13:07 13:15 13:36 13:56
23	136	Klass Florian	Powerslaves	1:19:33	1:13:13	222	M50	68	06:20 / 15:29 15:16 14:55 14:00 13:26
24	91	Seiler Ingo	Werbeartikel Fuxx	1:20:17	1:10:17	228	M50	68	10:00 / 16:47 14:00 13:14 13:17 12:41
25	529	Wilde Jürgen	The walking dead	1:22:56	1:18:56	239	M50	69	04:00 / 16:03 15:21 15:14 16:21 15:40
26	140	Steinmetz Thomas	*Meppen	1:25:51	1:22:11	248	M50	69	03:40 / 18:27 16:05 15:45 15:46 15:52
27	139	Westhoff Hans-Peter	DSK Meppen	1:29:31	1:22:11	255	M50	68	07:20 / 18:29 16:07 15:45 15:43 15:52
28	6	Lüppe Rüdiger	keine Hölle, ohne Obstler	1:31:30	1:25:30	257	M50	68	06:00 / 18:14 16:49 17:03 16:50 16:22
29	148	Bohlen Thomas	*Coburg	1:32:13	1:22:13	258	M50	69	10:00 / 18:27 16:04 15:46 15:34 16:06
30	277	Janßen Thomas	Hellboys Inga	1:40:40	1:33:40	265	M50	68	07:00 / 18:00 18:20 18:40 19:32 19:02

Männer**Altersklasse M55**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		169	Niehaus Ralf	Hüggeljungs	1:11:37	1:08:17	146	M55	62	03:20 / 13:56	13:40	13:58	13:22	13:04
2		660	Bardenhart Holger	FC Schüttorf 09	1:13:17	1:03:17	167	M55	64	10:00 / 11:34	12:31	13:02	13:03	13:04
3		16	Dove Sigggi	keine Hölle, ohne Obstler	1:20:29	1:15:29	229	M55	62	05:00 / 15:03	15:11	15:26	14:57	14:42
4		164	Winkelmann Bernold	SV Veldhausen	1:25:50	1:19:10	247	M55	63	06:40 / 17:26	15:13	15:12	15:29	15:35
5		29	KEER KLAUS	BIS AUFS ZAHNFLEISCH	1:34:25	1:29:25	260	M55	61	05:00 / 18:17	17:34	18:03	18:14	16:59
6		297	Ahuis Sigi	A-Team	1:43:59	1:35:39	267	M55	64	08:20 / 19:23	20:16	18:19	20:03	17:26

Altersklasse M60

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		72	Hogarth David	*Nordhorn	1:13:29	1:04:29	171	M60	57	09:00 / 13:02	12:24	12:56	13:09	12:43
2		570	Menke Johannes	Die Muskelkater II	1:16:14	1:10:54	191	M60	56	05:20 / 14:11	14:10	13:59	14:02	14:20
3		569	Kock Ernst	Die Muskelkater II	1:16:54	1:10:54	197	M60	59	06:00 / 14:07	14:14	13:58	14:04	14:19

Männer

Altersklasse MHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	812	Sperver Michael	Sperver und die Hofdamen	0:38:54	0:34:14	1	MHK	90	04:40 / 06:33 06:55 06:58 07:03 06:42
2	806	Beckemper Marvin	New Point of Fitness Schüt	0:41:14	0:38:54	2	MHK	98	02:20 / 06:53 07:56 07:50 08:04 08:09
3	161	Besgen Liam	*Köln	0:51:01	0:41:41	8	MHK	96	09:20 / 07:50 08:38 08:36 08:17 08:17
4	772	Neumann Jannik	Auf einem Auge blöd	0:55:54	0:50:34	23	MHK	99	05:20 / 09:28 10:11 10:38 10:10 10:05
5	644	Kiewit Marco	Team Bussmann	0:59:20	0:55:20	38	MHK	95	04:00 / 11:32 11:02 11:03 11:00 10:35
6	159	Janning Felix	MSC Schüttorf	0:59:59	0:51:19	40	MHK	90	08:40 / 09:07 10:42 10:37 10:43 10:06
7	578	Boge Tillman	Die Satansbraten	1:00:52	0:57:52	47	MHK	98	03:00 / 15:05 10:28 10:08 10:48 11:08
8	766	Maehlmann Tobias	Schnurrboarder	1:01:19	0:55:39	50	MHK	91	05:40 / 10:56 11:11 11:11 11:10 11:01
9	795	Mersch Hannes	Team Busmann	1:01:21	0:55:21	51	MHK	96	06:00 / 11:32 11:02 11:04 11:00 10:35
10	819	Hemme Marcel	*Lingen	1:01:22	0:59:42	52	MHK	94	01:40 / 13:39 11:20 11:35 11:37 11:18
11	552	Gawlik Patrick	Power Rangers	1:01:35	0:58:35	54	MHK	93	03:00 / 10:50 12:08 11:28 12:03 11:56
12	553	Gawlik Kevin	Power Rangers	1:03:16	0:58:36	67	MHK	95	04:40 / 10:54 12:07 11:43 11:47 11:56
13	551	Geibel Matthias	Power Rangers	1:03:35	0:58:35	71	MHK	93	05:00 / 10:50 12:11 11:41 11:47 11:56
14	612	Vriemann Chris	Landwehr2	1:04:28	1:02:28	77	MHK	93	02:00 / 12:51 12:25 12:37 12:23 12:06
15	609	Olthoff Lars	Landwehr 1	1:04:48	1:02:28	81	MHK	92	02:20 / 12:50 12:28 12:34 12:22 12:07
16	114	Aschermann Lennart	LC Nordhorn	1:05:14	0:58:34	86	MHK	91	06:40 / 10:35 11:46 12:14 11:55 11:59
17	182	Habers Fabian	*Veldhausen	1:06:00	1:01:00	92	MHK	91	05:00 / 13:55 11:39 11:34 12:07 11:32
18	651	Kleier Justin	Geers+Kleier	1:06:03	1:03:43	93	MHK	98	02:20 / 14:22 12:16 12:22 12:26 12:06
19	172	Brandebusemeier Phil	Hüggelungs	1:06:54	0:56:54	99	MHK	97	10:00 / 09:44 12:03 12:17 11:34 11:13
20	265	Klümper Pascal	*Nordhorn	1:07:00	1:04:20	100	MHK	95	02:40 / 12:36 12:55 13:04 12:52 12:44
21	1	Hermesen Jonas	FC Schüttorf 09	1:07:13	0:59:13	101	MHK	96	08:00 / 12:52 13:51 10:41 10:57 10:47
22	650	Geers Henrik	Geers+Kleier	1:07:44	1:03:44	103	MHK	99	04:00 / 14:17 12:23 12:11 12:32 12:09
23	545	Heuer Sebastian	Fachklinik Bad Bentheim	1:08:07	1:06:07	106	MHK	92	02:00 / 12:30 13:36 13:14 13:14 13:25
24	286	Wahlbrink Tim	Matschbirnen	1:08:22	1:02:42	109	MHK	99	05:40 / 13:11 11:55 12:23 12:30 12:40
25	633	Lombardi Valente Antonio	Die Münsterländer	1:08:53	1:01:53	120	MHK	94	07:00 / 10:46 12:17 13:35 12:51 12:20
26	783	Hardt Matthias	Team EGN	1:08:57	1:03:37	122	MHK	90	05:20 / 13:05 12:33 12:54 12:24 12:34
27	636	Böttich Johannes		1:08:58	1:02:38	123	MHK	92	06:20 / 12:25 12:20 12:42 12:38 12:26
28	573	Deiters Nils	Die Satansbraten	1:10:37	1:02:57	138	MHK	98	07:40 / 13:58 12:17 12:02 12:10 12:15
29	611	Hermes Christopher	Landwehr2	1:11:29	1:02:29	143	MHK	93	09:00 / 12:53 12:24 12:34 12:23 12:06
30	622	Heidottink Christian	*Neuenhaus	1:11:31	1:01:31	144	MHK	90	10:00 / 12:41 12:04 11:52 12:11 12:34
31	179	Pasbrig Steffen	*Lingen	1:11:32	1:03:32	145	MHK	92	08:00 / 12:18 12:23 13:19 12:58 12:27
32	543	Uphaus Andre	Fachklinik Bad Bentheim	1:11:45	1:06:05	150	MHK	94	05:40 / 12:31 13:34 13:09 13:20 13:24
33	632	Handrup Markus	Die Münsterländer	1:11:53	1:01:53	153	MHK	91	10:00 / 10:46 12:17 13:35 12:51 12:21
34	196	Plescher Henrik	CVJM Veldhausen 2	1:12:03	1:02:03	154	MHK	96	10:00 / 14:11 11:49 11:47 11:58 12:11
35	625	Kappenberg Marco	Alphafit	1:12:33	1:06:13	157	MHK	97	06:20 / 15:16 13:49 12:39 12:25 11:48
36	764	Lanwert Felix	Schnurrboarder	1:13:02	1:03:22	162	MHK	91	09:40 / 13:18 12:37 12:27 12:35 12:14
37	183	Geesen Lukas	*Meppen	1:13:12	1:08:32	165	MHK	90	04:40 / 14:33 13:03 13:23 13:30 13:54
38	156	Reefman Thorben	*Emlichheim	1:13:15	1:10:55	166	MHK	93	02:20 / 17:19 13:48 13:30 13:25 12:35
39	174	Althoetmar Ralf	*Ennepetal	1:13:22	1:06:02	169	MHK	91	07:20 / 14:42 12:57 12:37 12:31 13:01
40	784	Oostergetelo Marcel	Team EGN	1:13:37	1:03:37	174	MHK	93	10:00 / 13:04 12:32 12:55 12:24 12:34
41	61	Bookholt Tom	keine Hölle, ohne Obstler	1:13:53	1:09:33	176	MHK	99	04:20 / 12:53 13:51 14:11 13:34 15:00
42	641	Siner Johannes	1.SC Heide	1:14:26	1:04:26	180	MHK	93	10:00 / 11:54 13:42 11:58 12:51 13:57
43	184	Deters Christoph	*Meppen	1:15:32	1:08:32	188	MHK	90	07:00 / 14:29 13:07 13:15 13:32 14:01
44	577	Eickhoff Adrian	Die Satansbraten	1:16:24	1:09:44	194	MHK	98	06:40 / 14:04 13:30 14:15 14:40 13:01
45	576	Schulte Fabian	Die Satansbraten	1:18:56	1:15:56	217	MHK	98	03:00 / 17:06 16:46 13:45 14:08 13:57
46	643	Möller Marcel	Quick and Dirty	1:20:02	1:10:02	224	MHK	98	10:00 / 11:54 13:41 15:04 15:14 14:04
47	639	Wilming Timon	1.SC Heide	1:20:02	1:10:02	225	MHK	99	10:00 / 11:57 13:41 15:04 15:18 13:58
48	642	Specken Matthias	*1.SC Heide	1:20:04	1:10:04	226	MHK	90	10:00 / 14:21 13:46 13:49 13:58 14:06
49	572	Bicks Florian	Die Satansbraten	1:20:15	1:15:55	227	MHK	99	04:20 / 20:44 13:07 13:46 14:07 13:56
50	197	Kramp Daniel	CVJM Veldhausen 2	1:20:51	1:16:51	230	MHK	96	04:00 / 14:55 14:42 15:08 15:14 16:45
51	193	Vu David Minh	*Lüdinghausen	1:21:55	1:15:55	234	MHK	99	06:00 / 20:44 13:07 13:45 14:07 13:56
52	825	Lefers Sven	CVJM Veldhausen	1:22:11	1:14:31	235	MHK	96	07:40 / 16:00 14:05 14:55 14:49 14:24
53	824	Scholten Nico	CVJM Veldhausen	1:22:14	1:14:34	236	MHK	96	07:40 / 15:59 14:06 14:55 14:40 14:36
54	815	Blickwedel DR Lucas	Hauptsache Alessio gehts g	1:23:05	1:13:05	242	MHK	93	10:00 / 14:14 14:28 14:57 14:35 14:46
55	816	Salomon Georg	*Köln	1:23:05	1:13:05	243	MHK	91	10:00 / 14:15 14:32 14:53 14:35 14:46
56	163	Winkelmann Sascha	SV Veldhausen	1:23:49	1:19:09	244	MHK	91	04:40 / 16:39 15:56 15:06 15:17 15:57
57	73	Hüser Dennis	codia - Das Team	1:26:28	1:22:08	249	MHK	95	04:20 / 18:26 16:07 15:43 15:43 15:54
58	200	Averes Michael	CVJM Veldhausen 1	1:29:38	1:19:38	256	MHK	96	10:00 / 15:26 15:47 15:59 16:18 16:00
59	533	Ahuis Sebastian	A-Team	1:44:39	1:35:39	268	MHK	94	09:00 / 19:22 20:35 18:05 20:11 17:14

Männer**Altersklasse MU18**

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		95	Gröger Linus	Muskelkater	0:59:00	0:49:00	34	MU18	02	10:00 / 09:33	09:55	10:02	09:53	09:35
2		97	Löbbers Henri	Muskelkater	1:09:16	1:03:16	126	MU18	02	06:00 / 10:36	12:53	14:19	13:55	11:30
3		605	Manthey Leon	*Salzbergen	1:22:55	1:15:55	238	MU18	02	07:00 / 14:42	15:20	15:45	15:29	14:31

Altersklasse MU20

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		99	Dreinemann Jasper	Muskelkater	0:59:01	0:49:01	35	MU20	01	10:00 / 09:32	00:00	00:00	00:00	00:00
2		94	Glenn Gröger	Muskelkater	0:59:01	0:49:01	36	MU20	01	10:00 / 09:32	09:56	10:03	09:52	09:34
3		649	Geers Lukas	Geers+Kleier	1:05:44	1:03:44	89	MU20	01	02:00 / 14:22	12:17	12:20	12:26	12:07
4		171	Teich Justus	Hüggeljungs	1:09:48	1:07:48	131	MU20	00	02:00 / 13:28	13:54	14:12	13:18	12:40
5		102	Evers Florian	Muskelkater	1:10:25	1:05:45	135	MU20	01	04:40 / 10:39	13:06	14:09	14:05	13:42
6		142	Steinmetz Jan	*Meppen	1:28:48	1:22:08	252	MU20	00	06:40 / 18:25	16:04	15:46	15:35	16:02

Frauen

Altersklasse W30

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		134	Kottmann Sonja	*Rheine	1:04:36	0:58:56	12	W30	86	05:40 / 12:16 11:21 11:37 11:50 11:42
2		618	Somberg Sarah	Frauenpower by repairdom	1:05:30	1:02:10	13	W30	85	03:20 / 11:34 12:13 12:53 12:40 12:44
3		70	Hilbers Katharina	Trio mit vier Fäusten	1:05:43	1:02:23	14	W30	86	03:20 / 12:25 12:43 12:24 12:52 11:52
4		69	Rüger Ellen	Trio mit vier Fäusten	1:07:43	1:02:23	18	W30	87	05:20 / 12:25 12:47 12:23 12:35 12:05
5		756	Warqers Judith	SVA Salzbergen	1:07:47	1:02:07	19	W30	88	05:40 / 12:46 11:50 12:14 12:52 12:19
6		999	Bardenhorst Sabrina	... dumm gelaufen 3.0	1:09:49	1:04:29	21	W30	85	05:20 / 12:38 12:37 13:12 13:30 12:27
7		36	Bäurich Marijke	Die Laufscheine	1:11:46	1:06:46	28	W30		05:00 / 12:32 13:53 13:42 13:25 13:09
8		548	Bill Vanessa	Fachklinik Bad Bentheim	1:12:06	1:06:06	33	W30	87	06:00 / 12:33 13:37 13:08 13:18 13:25
9		520	Menke Martina	Die drei Muskelkater	1:14:50	1:07:10	39	W30	88	07:40 / 13:51 13:51 13:41 12:47 12:50
10		31	ZIETHEN FRANZISKA	BIS AUFS ZAHNFLEISCH	1:15:51	1:12:51	42	W30	88	03:00 / 14:33 14:43 14:24 14:37 14:27
11		546	Oppel Anna	Fachklinik Bad Bentheim	1:16:06	1:06:06	44	W30	87	10:00 / 12:58 13:08 13:08 13:24 13:23
12		122	Frese Anna	*Nordhorn	1:16:08	1:13:28	45	W30	86	02:40 / 14:20 15:20 15:16 14:25 13:59
13		293	Wolbers Tanja	Alarm für Antje 08/15	1:18:18	1:12:58	49	W30	89	05:20 / 15:08 14:23 14:22 14:33 14:18
14		123	Leferink Anja	*Nordhorn	1:18:28	1:13:28	51	W30	85	05:00 / 14:20 15:19 15:16 14:25 14:00
15		135	Griep Manuela	*Rheine	1:21:02	1:15:22	63	W30	89	05:40 / 14:25 15:28 15:39 14:55 14:44
16		802	Dehnert-Vorfeld Anna	*Auetal	1:26:57	1:18:17	87	W30	89	08:40 / 18:25 19:59 19:45 00:00 00:00
17		260	Ensink Maike	Therapiezentrum Sünne	1:28:55	1:20:55	96	W30	86	08:00 / 17:59 16:03 15:49 15:19 15:35
18		191	Mersch Carmen	*Mettingen	1:37:26	1:29:26	111	W30	85	08:00 / 18:20 17:09 17:33 18:07 18:02
19		523	Dreier Katharina	A-Team	1:42:58	1:35:38	115	W30	86	07:20 / 19:23 20:35 18:01 20:21 17:05

Altersklasse W35

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		807	Sumbeck Imke	New Point of Fitness Schüt	0:46:41	0:45:21	1	W35	84	01:20 / 08:45 09:00 09:14 09:09 09:10
2		255	Tebbel Kathrin	Sperver und die Hofdamen	1:00:10	0:51:50	6	W35	82	08:20 / 10:19 10:16 10:11 10:19 10:38
3		594	Gosink Anne	Vechtecruiser	1:00:24	0:55:04	7	W35	82	05:20 / 11:07 10:52 11:07 11:08 10:43
4		645	van Noorloos Anja	*Ochtrop	1:07:21	1:04:01	17	W35	80	03:20 / 14:42 12:48 12:17 11:58 12:07
5		178	Gerling Eva	*Lingen	1:11:32	1:03:32	27	W35	82	08:00 / 12:19 12:23 13:18 12:58 12:27
6		535	Schroven Jane	Klappspaten	1:11:51	1:10:11	29	W35	80	01:40 / 15:23 13:57 13:25 13:50 13:16
7		550	Hüsken Steffi	Fachklinik Bad Bentheim	1:11:55	1:05:35	30	W35	82	06:20 / 11:52 11:29 12:49 14:04 15:15
8		20	Steingröver Christina	Super Yummy Team	1:13:10	1:09:10	37	W35	84	04:00 / 15:40 13:06 13:07 13:22 13:43
9		162	Ender Angela	Lingen	1:14:25	1:10:25	38	W35	83	04:00 / 16:23 14:36 13:43 12:47 12:44
10		296	Schaefer Anna	Alarm für Antje 08/15	1:19:16	1:12:56	53	W35	84	06:20 / 14:39 14:13 14:52 14:31 14:28
11		13	Ziethen-Turetzek Becky	BIS EINE WEINT 2.0	1:19:33	1:17:53	56	W35	82	01:40 / 15:59 15:11 15:29 15:40 15:24
12		14	Bergjan Sonja	BIS EINE WEINT 2.0	1:26:13	1:17:53	84	W35	81	08:20 / 16:02 15:11 15:27 15:40 15:22
13		558	Valenta Andrea	Team Paus	1:26:38	1:20:38	86	W35	83	06:00 / 16:56 15:42 15:40 16:33 15:30
14		192	Kaufmann Doris	*Mettingen	1:35:45	1:29:25	108	W35	83	06:20 / 18:19 17:12 17:32 18:07 18:00
15		87	Kattke Mirjam	Team Eisenkarl	1:43:09	1:37:09	116	W35	82	06:00 / 19:38 21:15 20:19 19:47 16:04

Altersklasse W40

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1		253	Kaiser Sonja	*Düsseldorf	1:00:28	0:56:48	8	W40	78	03:40 / 11:04 11:28 11:41 11:28 11:04
2		37	Höfer Maike	Die Laufscheine	1:01:48	0:59:48	10	W40	77	02:00 / 12:13 12:29 11:55 11:35 11:31
3		794	Börchers Stefanie	Fc Schüttorf 09	1:10:59	1:04:59	23	W40	77	06:00 / 12:21 13:07 13:12 13:01 13:15
4		810	Behrendt Sandra	*Nordhorn	1:11:22	1:05:02	24	W40	78	06:20 / 14:21 12:50 12:24 12:55 12:23
5		51	Bültmann Melanie	*Schüttorf	1:11:26	1:08:46	26	W40	75	02:40 / 15:11 13:50 13:02 13:13 13:12
6		110	Paetzel Nicole	Team Heinz	1:18:17	1:14:17	48	W40	79	04:00 / 15:13 14:46 15:01 14:45 14:23
7		137	Klass Heike	Powerslaves	1:19:33	1:13:13	55	W40	77	06:20 / 15:26 15:18 14:56 14:00 13:26
8		109	Röhr Sandra	Team Heinz	1:22:37	1:14:17	68	W40	77	08:20 / 15:12 14:46 15:00 14:46 14:24
9		755	Giere Sandra	*Holdorf	1:24:25	1:18:45	76	W40	76	05:40 / 16:11 15:34 15:34 16:10 15:03
10		754	Huesmann Judith	*Neuenkirchen - Vörden	1:27:08	1:18:48	88	W40	77	08:20 / 16:06 15:38 15:17 16:22 15:10
11		752	Paters Karin	TIME / OUT UELSEN	1:27:24	1:18:44	89	W40	78	08:40 / 16:03 15:42 15:16 16:21 15:08
12		261	Töben Anke	Therapiezentrum Sünne	1:30:55	1:20:55	102	W40	76	10:00 / 17:59 16:02 15:51 15:19 15:34
13		7	Lüppe Mareike	keine Hölle, ohne Obstler	1:32:31	1:25:31	105	W40	76	07:00 / 18:15 16:50 17:02 16:51 16:22

Frauen

Altersklasse W45

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		120	Seiger Jutta	*Rheine	0:57:57	0:54:17	4	W45	73	03:40 / 10:14	10:50	10:51	11:13	11:06
2		547	Sackbrook Petra	Fachklinik Bad Bentheim	1:00:47	0:55:27	9	W45	74	05:20 / 10:04	10:49	11:41	11:34	11:15
3		39	Winking Esther	*Altenberge	1:12:43	1:05:23	35	W45	74	07:20 / 14:46	12:36	12:57	12:11	12:42
4		5	Penkert Wilma	*Hoogstede	1:16:13	1:11:33	46	W45	74	04:40 / 15:55	13:58	13:27	13:51	14:12
5		111	Brunsfeld Nicole	Team Heinz	1:19:17	1:14:17	54	W45	70	05:00 / 15:13	14:45	15:02	14:46	14:22
6		4	Kamps Kirsten	*Twist	1:19:54	1:11:34	59	W45	71	08:20 / 15:55	13:58	13:32	13:46	14:12
7		138	Specken Ruth	Powerslaves	1:21:14	1:13:14	65	W45	72	08:00 / 15:30	15:16	14:55	14:01	13:26
8		93	Gröger Kirsten	Muskelkater	1:23:45	1:15:25	72	W45	74	08:20 / 16:30	14:56	14:50	14:39	14:14
9		158	Thien Steffi	Muskelkater	1:24:25	1:15:25	75	W45	72	09:00 / 16:29	14:58	14:47	14:41	14:15
10		157	Pomp Silke	Muskelkater	1:25:25	1:15:25	79	W45	73	10:00 / 16:29	14:57	14:48	14:40	14:15
11		141	Steinmetz Renate	*Meppen	1:28:30	1:22:10	95	W45	70	06:20 / 18:26	16:04	15:46	15:43	15:55

Altersklasse W50

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		655	Kerkhoff Gabi	FC Schüttorf 09	1:08:27	1:03:27	20	W50	69	05:00 / 13:32	12:31	12:24	12:28	12:26
2		38	Gehltholt Petra	*Altenberge	1:11:22	1:05:22	25	W50	67	06:00 / 14:20	12:55	13:04	12:23	12:29
3		994	Kellner Doris		1:22:17	1:17:37	67	W50	69	04:40 / 16:52	15:12	15:24	15:16	14:43
4		530	Wilde Iris	The walking dead	1:24:15	1:18:55	74	W50	67	05:20 / 16:03	15:20	15:14	16:21	15:40
5		817	Scharf-Leusmann Marion		1:29:03	1:22:23	97	W50	69	06:40 / 15:22	16:37	16:17	16:06	17:52
6		30	KEER SABINE	BIS AUFS ZAHNFLEISCH	1:37:24	1:29:24	110	W50	69	08:00 / 18:17	17:33	17:52	18:06	17:19

Altersklasse W55

Platz	AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten				
1		666	Vosskötter Margit	Sperver und die Hofdamen	0:56:08	0:52:48	3	W55	61	03:20 / 10:09	10:38	10:39	10:48	10:33
2		801	Dehnert Nadja	*Auetal	1:54:01	1:46:41	117	W55	64	07:20 / 22:25	21:30	21:01	21:16	20:15

Frauen

Altersklasse WHK

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	252	Roters Luisa	*Salzbergen	0:54:45	0:48:25	2	WHK	97	06:20 / 09:18 09:58 09:54 09:43 09:30
2	646	Fransbach Nina	Dorfkinder 1	1:07:04	1:03:44	15	WHK	98	03:20 / 14:22 12:17 12:11 12:35 12:08
3	608	Latus Jaqueline	Landwehr 1	1:07:08	1:02:28	16	WHK	90	04:40 / 12:50 12:22 12:38 12:23 12:07
4	647	Heider Jeannina	Dorfkinder 1	1:10:44	1:03:44	22	WHK	99	07:00 / 14:22 12:17 12:11 12:34 12:08
5	79	Rohlf's Mara	*Emlichheim	1:11:55	1:09:15	31	WHK	95	02:40 / 14:56 13:28 13:16 14:03 13:18
6	129	Münninghoff Jasmin	*Rheine	1:11:56	1:06:16	32	WHK	92	05:40 / 13:06 13:18 12:58 13:21 13:23
7	624	Kappenberg Simone	Alphafit	1:12:50	1:06:30	36	WHK	92	06:20 / 00:00 00:00 00:00 00:00 00:00
8	32	KRÖNER SARA	BIS AUFS ZAHNFLEISCH	1:14:51	1:12:51	40	WHK	90	02:00 / 14:34 14:43 14:24 14:38 14:28
9	536	Voet Svenja	Klappspaten	1:15:50	1:10:10	41	WHK	91	05:40 / 15:49 13:34 13:49 13:24 13:15
10	541	Jonker Hannah	Klappspaten	1:15:59	1:10:19	43	WHK	96	05:40 / 15:50 13:38 13:45 13:28 13:19
11	534	Indzoan Narina	Klappspaten	1:17:37	1:10:17	47	WHK	97	07:20 / 16:05 13:28 13:47 13:21 13:15
12	581	Van Wieren Julia	Sturmvoegel Hilten	1:18:42	1:14:02	52	WHK	91	04:40 / 15:26 14:38 14:09 14:30 15:01
13	596	Große Höötmann Kathrin	*Schüttorf	1:19:49	1:11:29	58	WHK	90	08:20 / 12:46 13:52 14:19 14:59 15:28
14	155	Tepen Julia	*Esche	1:20:55	1:10:55	62	WHK	95	10:00 / 17:19 13:48 13:30 13:26 12:36
15	188	Joostberends Manuela	*Neuenhaus	1:22:05	1:15:45	66	WHK	93	06:20 / 16:48 15:45 15:09 14:05 13:44
16	187	Egbers Alicia	*Neuenhaus	1:22:45	1:15:45	69	WHK	93	07:00 / 16:48 15:45 15:10 14:05 13:45
17	813	Nicola DR Bongartz	Hauptsache Alessio gehts g	1:23:05	1:13:05	70	WHK	90	10:00 / 14:15 14:28 14:58 14:34 14:46
18	814	Hochscheid PROF Nina	Hauptsache Alessio gehts g	1:23:06	1:13:06	71	WHK	90	10:00 / 14:14 14:33 14:53 14:35 14:46
19	615	Vennegerts Nadine	Early Birds by repairedome.d	1:23:48	1:14:28	73	WHK	91	09:20 / 14:19 15:04 14:56 15:03 14:58
20	826	Kladders Pia	CVJM Veldhausen	1:24:31	1:14:31	77	WHK	98	10:00 / 16:00 14:05 14:55 14:49 14:24
21	83	Hense Lea	*Wietmarschen	1:25:00	1:17:20	78	WHK	97	07:40 / 17:21 15:27 15:13 14:30 14:40
22	266	Pertsch Ghina	*Nordhorn	1:25:45	1:16:45	80	WHK	92	09:00 / 15:42 14:59 14:37 14:27 16:50
23	557	Broßio Nina	The walking dead	1:25:54	1:18:54	81	WHK	91	07:00 / 16:03 15:21 15:13 16:24 15:37
24	84	Koch Christina	*Lingen	1:26:00	1:17:20	82	WHK	97	08:40 / 17:21 15:27 15:13 14:30 14:40
25	554	Dove Eileen	Waikiki Sandbremser	1:26:03	1:22:23	83	WHK	94	03:40 / 15:22 16:39 16:17 17:01 16:55
26	527	Berning Lena	*Rheine	1:26:14	1:18:54	85	WHK	95	07:20 / 16:03 15:21 15:12 16:23 15:39
27	108	Szczepanek Alina	*Schüttorf	1:27:47	1:18:27	91	WHK	92	09:20 / 16:04 15:44 15:44 15:44 15:00
28	258	Kathorst Christin	Therapiezentrum Sünne	1:28:15	1:20:55	92	WHK	91	07:20 / 18:00 16:03 15:49 15:20 15:33
29	598	Drees Katharina	*Münster	1:28:17	1:18:57	93	WHK	95	09:20 / 16:03 15:22 15:14 16:22 15:40
30	105	Borchardt Carolin	*Schüttorf	1:28:27	1:18:27	94	WHK	94	10:00 / 16:05 15:45 15:44 15:44 14:59
31	616	Berens Alina	Frauenpower by repairedom	1:29:29	1:25:09	98	WHK	94	04:20 / 17:52 16:40 17:16 17:10 16:04
32	617	Helm Ulita	Frauenpower by repairedom	1:30:51	1:25:11	101	WHK	93	05:40 / 17:52 16:41 17:16 17:10 16:05
33	113	Hüser Martina	*Meppen	1:31:11	1:22:11	103	WHK	90	09:00 / 18:27 16:08 15:43 15:42 15:56
34	571	Schlangen Mareike	Die Satansbraten	1:31:55	1:26:35	104	WHK	98	05:20 / 28:21 15:44 14:05 14:13 13:57
35	575	Alberternst Maylien	Die Satansbraten	1:33:36	1:26:36	106	WHK	98	07:00 / 28:22 15:43 14:05 14:13 13:58
36	767	Oesting Anja	Schnurrboarder	1:35:28	1:30:28	107	WHK	90	05:00 / 18:55 17:40 17:54 17:55 17:54
37	580	Wiegmann Mareike	*Nordhorn	1:37:19	1:33:39	109	WHK	94	03:40 / 18:02 18:21 18:37 19:37 18:57
38	768	Obermeyer Claudia	Schnurrboarder	1:39:28	1:30:28	112	WHK	90	09:00 / 18:52 17:42 17:54 17:55 17:53
39	759	Mantei Maren	Schnurrboarder	1:40:28	1:30:28	113	WHK	92	10:00 / 18:56 17:42 17:56 17:57 17:48
40	88	Büter Stephanie	Team Eisenkarl	1:41:27	1:37:07	114	WHK	93	04:20 / 19:38 21:16 20:21 19:45 16:01

Altersklasse WU18

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	771	Neumann Carla	Auf einem Auge blöd	1:04:15	0:58:15	11	WU18	03	06:00 / 09:55 13:17 12:44 11:44 10:31
2	101	Gehring Sophia	Muskelkater	1:20:44	1:15:24	61	WU18	02	05:20 / 16:30 14:58 14:47 14:38 14:17
3	103	Berning Carolin	Muskelkater	1:21:04	1:15:24	64	WU18	02	05:40 / 16:30 14:58 14:47 14:38 14:17
4	143	Steinmetz Marie	*Meppen	1:27:30	1:22:10	90	WU18	02	05:20 / 18:26 16:05 15:46 15:42 15:56
5	153	Eikens Lisa	AFC Emden Tigers	1:30:11	1:22:11	100	WU18	02	08:00 / 18:25 16:09 15:50 15:37 15:53

Altersklasse WU20

Platz AK	Startnr	Name	*Ort/Verein	GESAMT	Lauf	Platz	AK	Jahr	Strafzeit / Rundenzeiten
1	190	Scholte-Wassink Meleen	Rot Weiß Lage	0:59:48	0:57:28	5	WU20	01	02:20 / 11:55 11:21 11:28 11:18 11:12
2	285	Wahlbrink Pia	Matschbirnen	1:12:42	1:02:42	34	WU20	01	10:00 / 13:12 11:54 12:22 12:31 12:40
3	98	Floth Kim	Muskelkater	1:18:25	1:15:25	50	WU20	01	03:00 / 16:30 14:58 14:47 14:38 14:19
4	531	Wilde Pia	The walking dead	1:19:41	1:12:41	57	WU20	01	07:00 / 14:23 14:07 14:35 14:48 14:32
5	640	Möller Laura	Quick and Dirty	1:20:06	1:10:06	60	WU20	01	10:00 / 14:21 13:46 13:51 14:02 14:03
6	195	Brouwer Lena	CVJM Veldhausen 2	1:29:38	1:19:38	99	WU20	00	10:00 / 15:26 15:47 15:59 16:18 15:59