

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	812	Sperver Michael	Sperver und die Hofdamen	0:38:54	0:34:14	1	MHK	04:40 / 06:33	06:55	06:58	07:03	06:42
2	806	Beckemper Marvin	New Point of Fitness Schüttorf	0:41:14	0:38:54	2	MHK	02:20 / 06:53	07:56	07:50	08:04	08:09
3	757	Heymann Sebastian	SVA Salzbergen	0:41:31	0:37:51	1	M35	03:40 / 07:16	07:42	07:35	07:37	07:40
4	18	Casum Oliver	Hafensänger United	0:44:43	0:42:43	2	M35	02:00 / 07:40	08:48	08:47	08:43	08:43
5	63	Ruffing Andre	GBS Plattfüße	0:46:38	0:43:58	3	M35	02:40 / 08:17	08:54	08:59	08:52	08:54
6	117	Jansen Christoph	Grafschafter Nachrichten	0:50:28	0:45:48	1	M30	04:40 / 08:26	09:20	09:29	09:20	09:10
7	603	Schulz Dieter	Crespel & Deiters	0:50:42	0:47:42	1	M50	03:00 / 09:58	09:17	09:27	09:24	09:30
8	161	Besgen Liam	*Köln	0:51:01	0:41:41	3	MHK	09:20 / 07:50	08:38	08:36	08:17	08:17
9	613	Büter Rainer	Early Birds by repairedome.de	0:51:42	0:48:22	2	M50	03:20 / 08:56	09:37	10:04	10:11	09:31
10	579	Thien Julian	*Nordhorn	0:53:05	0:47:45	2	M30	05:20 / 10:36	09:12	09:22	09:05	09:15
11	194	Mauer Udo	SV Dickenberg	0:53:08	0:48:48	3	M50	04:20 / 08:36	09:59	10:06	10:12	09:52
12	256	Tebbel Matthias	*Nordhorn	0:53:12	0:48:12	1	M40	05:00 / 09:37	09:44	09:49	09:28	09:28
13	781	Fräßdorf Chris	*Emlichheim	0:53:47	0:47:27	3	M30	06:20 / 08:33	09:17	09:46	09:51	09:53
14	623	Brockmann Sigi	*Nordhorn	0:53:58	0:50:18	4	M50	03:40 / 09:45	10:10	10:15	10:06	10:00
15	17	Scheve Björn	Hafensänger United	0:54:11	0:49:31	4	M30	04:40 / 08:24	10:02	10:37	10:34	09:52
16	808	Farwick Klaus	New Point of Fitness Schüttorf	0:54:32	0:52:52	5	M50	01:40 / 09:07	10:33	11:10	11:12	10:46
17	563	Hauschild Lars	Team Paus	0:54:43	0:53:03	1	M45	01:40 / 11:09	10:41	10:27	10:30	10:03
18	66	Stühl Robin	GBS super dry	0:54:49	0:46:29	2	M40	08:20 / 09:28	08:56	09:34	09:02	09:21
19	604	Manfred Jasper	Crespel & Deiters	0:55:01	0:48:41	6	M50	06:20 / 09:43	09:35	09:57	09:50	09:28
20	561	Simon Wassili	Team Paus	0:55:40	0:53:00	4	M35	02:40 / 11:39	10:18	10:17	10:28	10:04
21	175	Krey Markus	*Neuenkirchen	0:55:40	0:52:20	2	M45	03:20 / 09:28	10:31	10:46	10:40	10:53
22	770	Gierl Christian	Auf einem Auge blöd	0:55:53	0:49:13	3	M40	06:40 / 09:27	09:55	09:54	09:55	09:59
23	772	Neumann Jannik	Auf einem Auge blöd	0:55:54	0:50:34	4	MHK	05:20 / 09:28	10:11	10:38	10:10	10:05
24	582	Averes - Neumann Eckhard	LC - Nordhorn	0:56:38	0:51:58	7	M50	04:40 / 10:19	10:36	10:28	10:29	10:02
25	769	Weber Ingo	MSF Multi Sports Fighter	0:57:00	0:52:00	8	M50	05:00 / 09:38	10:20	10:40	10:57	10:22
26	10	Weimer Rene	Höllenhunde	0:57:00	0:51:20	4	M40	05:40 / 09:19	10:12	10:34	10:33	10:40
27	9	Hartmann Sven	Höllenhunde	0:57:24	0:54:04	5	M40	03:20 / 09:55	10:55	11:02	11:09	11:00
28	185	Potyka Nico	*Osnabrück	0:57:32	0:49:32	5	M35	08:00 / 09:38	10:11	10:21	09:48	09:29
29	3	Hanneken Stefan	*Geeste	0:57:40	0:49:40	3	M45	08:00 / 09:29	10:08	10:05	10:07	09:48
30	788	Tegeuder Benjamin	Team Busmann	0:57:49	0:52:09	6	M35	05:40 / 10:46	10:02	10:32	10:27	10:14
31	112	Röhr Christian	bitte wählen Sie	0:57:55	0:54:55	6	M40	03:00 / 11:05	10:48	11:15	11:06	10:31
32	600	Stermann Benjamin	Crespel & Deiters	0:58:00	0:48:40	7	M35	09:20 / 09:51	09:36	10:01	09:43	09:22
33	11	Busch Andreas	Höllenhunde	0:58:40	0:51:20	7	M40	07:20 / 09:19	10:12	10:34	10:33	10:39
34	95	Gröger Linus	Muskelkater	0:59:00	0:49:00	1	MU18	10:00 / 09:33	09:55	10:02	09:53	09:35
35	99	Dreinemann Jasper	Muskelkater	0:59:01	0:49:01	1	MU20	10:00 / 09:32	00:00	00:00	00:00	00:00
36	94	Glenn Gröger	Muskelkater	0:59:01	0:49:01	2	MU20	10:00 / 09:32	09:56	10:03	09:52	09:34
37	298	Olbrich Andre	*Nordhorn	0:59:18	0:50:38	8	M40	08:40 / 09:02	10:11	10:20	10:30	10:32
38	644	Kiewit Marco	Team Busmann	0:59:20	0:55:20	5	MHK	04:00 / 11:32	11:02	11:03	11:00	10:35
39	125	Schmelnik Matthias	Endgegner	0:59:33	0:50:53	9	M40	08:40 / 09:34	10:23	10:42	10:05	10:03
40	159	Janning Felix	MSC Schüttorf	0:59:59	0:51:19	6	MHK	08:40 / 09:07	10:42	10:37	10:43	10:06
41	149	Junge Johannes	*Nrdhorn	1:00:05	0:52:25	8	M35	07:40 / 10:00	11:08	10:36	10:25	10:09
42	526	Röttger Henning	*Rheine	1:00:06	0:57:46	10	M40	02:20 / 14:21	10:52	10:22	10:44	11:10
43	12	Wolken Stephan	*Meppen	1:00:08	0:51:28	9	M35	08:40 / 09:29	10:18	10:43	10:29	10:25
44	128	Londa Andre	*Wuppertal	1:00:11	0:51:51	11	M40	08:20 / 10:05	10:15	10:25	10:43	10:18
45	804	Paustian Sven	Team Busmann	1:00:32	0:55:32	10	M35	05:00 / 12:05	10:28	10:23	10:50	11:35
46	127	Viße Martin	Ibbenbüren	1:00:52	0:51:12	12	M40	09:40 / 10:05	10:05	10:49	10:08	10:00
47	578	Boge Tillman	Die Satansbraten	1:00:52	0:57:52	7	MHK	03:00 / 15:05	10:28	10:08	10:48	11:08
48	567	Schröter Achim	SchröLüLi	1:01:18	0:57:38	9	M50	03:40 / 10:20	11:39	12:06	12:00	11:27
49	599	Schröter Thomas	SchröLüLi	1:01:19	0:57:39	10	M50	03:40 / 10:20	11:39	12:11	11:57	11:26
50	766	Maehlmann Tobias	Schnurrboarder	1:01:19	0:55:39	8	MHK	05:40 / 10:56	11:11	11:11	11:10	11:01
51	795	Mersch Hannes	Team Busmann	1:01:21	0:55:21	9	MHK	06:00 / 11:32	11:02	11:04	11:00	10:35
52	819	Hemme Marcel	*Lingen	1:01:22	0:59:42	10	MHK	01:40 / 13:39	11:20	11:35	11:37	11:18
53	799	Hogt Patrick	Team Busmann	1:01:27	0:54:27	11	M35	07:00 / 11:55	10:36	10:54	10:36	10:16
54	552	Gawlik Patrick	Power Rangers	1:01:35	0:58:35	11	MHK	03:00 / 10:50	12:08	11:28	12:03	11:56
55	199	Jansen Dennis	CVJM Veldhausen 1	1:01:38	0:55:38	5	M30	06:00 / 12:33	11:06	11:06	10:45	10:01
56	65	Bock Thorsten	GBS super dry	1:01:45	0:55:45	13	M40	06:00 / 12:17	11:02	11:13	10:39	10:21
57	189	Scholte-Wassink Hartmut	Rot Weiß Lage	1:02:09	0:57:29	4	M45	04:40 / 11:57	11:19	11:29	11:18	11:11
58	64	Strauß Kolja	GBS Plattfüße	1:02:24	0:55:44	6	M30	06:40 / 12:18	11:05	11:12	10:37	10:23
59	787	Oppel Christian	Team Busmann	1:02:28	1:00:08	12	M35	02:20 / 11:52	12:15	11:43	12:11	11:57
60	198	Jansen Guido	CVJM Veldhausen 1	1:02:38	0:55:38	7	M30	07:00 / 12:33	11:05	11:07	10:45	10:01

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
61	562	Potthoff Christian	Team Paus	1:02:41	0:55:41	13	M35	07:00 / 10:59	10:53	11:13	11:12	11:12
62	115	Hempel Dennis	*Nordhorn	1:02:53	0:58:33	8	M30	04:20 / 10:35	11:47	12:14	11:56	11:59
63	54	Wigger Maik	Bis einer weint	1:02:53	0:58:53	14	M35	04:00 / 11:07	12:08	11:40	12:02	11:53
64	634	Pastuschek Ralf		1:03:09	0:54:49	9	M30	08:20 / 09:45	10:49	11:32	11:21	11:21
65	170	Scholz Uwe	Hüggeljungs	1:03:11	0:59:51	11	M50	03:20 / 10:45	12:37	12:34	12:23	11:23
66	177	Rahn Andreas	OCR Team Dankern	1:03:16	0:57:36	14	M40	05:40 / 11:33	11:46	11:28	11:47	10:54
67	553	Gawlik Kevin	Power Rangers	1:03:16	0:58:36	12	MHK	04:40 / 10:54	12:07	11:43	11:47	11:56
68	173	Baumung Dirk	LG Fingeramfuss	1:03:21	0:58:21	5	M45	05:00 / 10:56	11:52	11:52	12:06	11:29
69	797	Möhring Lars	Team Busmann	1:03:23	0:57:03	15	M35	06:20 / 11:47	11:12	11:28	11:17	11:08
70	800	Vorfeld Martin	*Auetal	1:03:32	1:01:12	10	M30	02:20 / 13:25	11:45	12:04	12:06	11:40
71	551	Geibel Matthias	Power Rangers	1:03:35	0:58:35	13	MHK	05:00 / 10:50	12:11	11:41	11:47	11:56
72	132	Wewel Andreas	*Rheine	1:03:36	0:58:56	11	M30	04:40 / 10:20	13:07	11:48	11:49	11:42
73	58	Küper Arne	Bis einer weint	1:04:06	0:57:46	16	M35	06:20 / 11:07	12:16	11:42	11:50	10:45
74	67	Vorbrink Henning	GBS super dry	1:04:09	0:58:09	12	M30	06:00 / 12:27	11:00	11:52	11:37	11:01
75	77	Gruber Stephan	Team Eisenkarl	1:04:17	1:01:37	6	M45	02:40 / 12:00	11:52	12:29	13:05	12:04
76	167	Teich Gunter	Hüggeljungs	1:04:21	0:58:21	7	M45	06:00 / 10:41	11:58	11:55	11:56	11:42
77	612	Vrielmann Chris	Landwehr2	1:04:28	1:02:28	14	MHK	02:00 / 12:51	12:25	12:37	12:23	12:06
78	818	Roß Sebastian		1:04:30	0:54:30	13	M30	10:00 / 09:48	10:54	11:12	11:10	11:22
79	628	Siepkers Andre	*Rheine	1:04:30	0:54:30	15	M40	10:00 / 09:49	10:55	11:12	11:09	11:22
80	525	Depmann Andreas	*Nordhorn	1:04:43	0:54:43	17	M35	10:00 / 10:43	11:15	11:03	10:52	10:39
81	609	Olthoff Lars	Landwehr 1	1:04:48	1:02:28	15	MHK	02:20 / 12:50	12:28	12:34	12:22	12:07
82	796	Rötting Henner	Team Busmann	1:04:48	1:00:08	18	M35	04:40 / 11:56	12:11	12:05	11:49	11:58
83	62	Vorbrink Daniel	GBS Plattfüße	1:04:58	0:58:18	14	M30	06:40 / 12:23	11:04	11:51	11:37	11:10
84	56	Veldmann Hannes	Bis einer weint	1:05:01	0:59:41	15	M30	05:20 / 11:06	11:59	12:00	12:20	12:11
85	621	Büssis Guido	Quick Runners by repairedome.de	1:05:09	1:02:09	16	M40	03:00 / 11:23	12:37	12:51	12:49	12:24
86	114	Aschermann Lennart	LC Nordhorn	1:05:14	0:58:34	16	MHK	06:40 / 10:35	11:46	12:14	11:55	11:59
87	116	Peter Heiko	Hafensänger United	1:05:29	0:58:29	17	M40	07:00 / 10:53	12:30	11:47	11:51	11:25
88	820	Lambers Manuel	Bauunternehmen Hofschöer	1:05:42	0:59:42	16	M30	06:00 / 13:39	11:20	11:35	11:37	11:18
89	649	Geers Lukas	Geers+Kleier	1:05:44	1:03:44	3	MU20	02:00 / 14:22	12:17	12:20	12:26	12:07
90	790	Wanning-Vrielink Marc	Team Busmann	1:05:48	1:00:08	17	M30	05:40 / 12:01	12:11	12:03	11:59	11:46
91	760	Wagner Thomas	Schnurrboarder	1:05:57	1:02:37	18	M30	03:20 / 13:19	12:37	12:00	13:01	11:30
92	182	Habers Fabian	*Veldhausen	1:06:00	1:01:00	17	MHK	05:00 / 13:55	11:39	11:34	12:07	11:32
93	651	Kleier Justin	Geers+Kleier	1:06:03	1:03:43	18	MHK	02:20 / 14:22	12:16	12:22	12:26	12:06
94	758	Obermeyer Lars	Schnurrboarder	1:06:17	1:02:37	19	M30	03:40 / 18:38	10:12	11:39	11:20	10:37
95	798	Rexilius Sebastian	Team EGN	1:06:18	1:03:38	19	M35	02:40 / 13:05	12:36	12:51	12:22	12:35
96	254	Klompaker Arthur	*Nordhorn	1:06:22	1:00:22	12	M50	06:00 / 12:51	12:21	11:46	12:00	11:15
97	607	Latus Michael	Landwehr 1	1:06:48	1:02:28	20	M30	04:20 / 12:54	12:19	12:38	12:23	12:07
98	750	Bröker Dirk	*Emlichheim	1:06:48	1:01:08	13	M50	05:40 / 12:12	12:24	12:24	12:17	11:48
99	172	Brandebusemeier Phil	Hüggeljungs	1:06:54	0:56:54	19	MHK	10:00 / 09:44	12:03	12:17	11:34	11:13
100	265	Klümper Pascal	*Nordhorn	1:07:00	1:04:20	20	MHK	02:40 / 12:36	12:55	13:04	12:52	12:44
101	1	Hermesen Jonas	FC Schüttorf 09	1:07:13	0:59:13	21	MHK	08:00 / 12:52	13:51	10:41	10:57	10:47
102	588	Raben Andre	Die Unbelehrbaren	1:07:39	1:03:39	18	M40	04:00 / 13:05	13:05	12:54	12:16	12:10
103	650	Geers Henrik	Geers+Kleier	1:07:44	1:03:44	22	MHK	04:00 / 14:17	12:23	12:11	12:32	12:09
104	620	Heils Tobias	Quick Runners by repairedome.de	1:07:51	0:58:51	8	M45	09:00 / 12:26	11:30	11:49	11:39	11:22
105	587	Huttenhuis Andre	Die Unbelehrbaren	1:07:57	1:03:57	9	M45	04:00 / 13:27	12:55	12:55	12:27	12:03
106	545	Heuer Sebastian	Fachklinik Bad Bentheim	1:08:07	1:06:07	23	MHK	02:00 / 12:30	13:36	13:14	13:14	13:25
107	626	Vieler Thomas	Alphafit	1:08:13	1:06:13	19	M40	02:00 / 15:14	13:47	12:43	12:27	11:46
108	34	Hoppmann Dennis	SpVgg	1:08:17	0:58:17	20	M40	10:00 / 12:45	11:16	11:13	11:15	11:35
109	286	Wahlbrink Tim	Matschbirnen	1:08:22	1:02:42	24	MHK	05:40 / 13:11	11:55	12:23	12:30	12:40
110	43	Müller Norbert	*Altenberge	1:08:23	1:05:23	10	M45	03:00 / 14:47	12:42	12:51	12:13	12:39
111	590	Klokkers Arno	Tim's Kartencub	1:08:26	1:03:06	11	M45	05:20 / 12:11	12:42	12:53	12:47	12:18
112	793	Dalenbrook Christoph	Team Busmann	1:08:28	1:00:08	20	M35	08:20 / 11:59	12:13	12:15	11:52	11:40
113	1000	Bardenhorst Mirco	... dumm gelaufen 3.0	1:08:29	1:04:29	21	M35	04:00 / 12:37	12:36	13:12	13:31	12:28
114	614	Somberg Stefan	Early Birds by repairedome.de	1:08:29	1:02:09	22	M35	06:20 / 11:32	12:06	13:00	12:40	12:43
115	789	Roo Alexander	Team Busmann	1:08:30	0:58:30	21	M30	10:00 / 11:56	11:02	11:50	11:51	11:41
116	821	Schwenen Manfred		1:08:34	1:05:54	14	M50	02:40 / 13:54	13:24	12:52	13:05	12:31
117	811	Wegmann Stephan	*Nordhorn	1:08:43	1:05:03	15	M50	03:40 / 14:20	12:50	12:23	12:55	12:24
118	168	Henning Florian	Hüggeljungs	1:08:45	1:02:45	22	M30	06:00 / 11:15	13:00	13:03	12:58	12:24
119	610	Brink Carsten	Landwehr2	1:08:48	1:02:28	23	M30	06:20 / 12:52	12:27	12:34	12:23	12:06
120	633	Lombardi Valente Antonio	Die Münsterländer	1:08:53	1:01:53	25	MHK	07:00 / 10:46	12:17	13:35	12:51	12:20

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
121	782	Herold Denis	Team EGN	1:08:57	1:03:37	21	M40	05:20 / 13:05	12:36	12:52	12:27	12:29
122	783	Hardt Matthias	Team EGN	1:08:57	1:03:37	26	MHK	05:20 / 13:05	12:33	12:54	12:24	12:34
123	636	Böttich Johannes		1:08:58	1:02:38	27	MHK	06:20 / 12:25	12:20	12:42	12:38	12:26
124	773	Ütrecht Arne	Helles Vollbier	1:09:07	1:04:47	23	M35	04:20 / 14:41	12:35	12:56	12:19	12:09
125	822	Beelmann Thomas		1:09:14	1:05:54	22	M40	03:20 / 13:55	13:23	12:53	13:05	12:31
126	97	Löbbers Henri	Muskelkater	1:09:16	1:03:16	2	MU18	06:00 / 10:36	12:53	14:19	13:55	11:30
127	521	Foppe Daniel	Die drei Muskelkater	1:09:30	1:07:10	24	M35	02:20 / 13:48	13:52	13:40	12:49	12:50
128	40	Waterkamp Andreas	*Altenberge	1:09:42	1:05:22	16	M50	04:20 / 14:21	12:56	12:42	12:20	12:52
129	809	Schmitt Burkhard	*Nordhorn	1:09:42	1:05:02	12	M45	04:40 / 14:21	12:50	12:24	12:55	12:24
130	176	Berenbeck Jens	*Wuppertal	1:09:43	1:06:03	23	M40	03:40 / 14:41	12:58	12:37	12:31	13:03
131	171	Teich Justus	Hüggeljungs	1:09:48	1:07:48	4	MU20	02:00 / 13:28	13:54	14:12	13:18	12:40
132	803	Nolte Ulrich	*Rheine	1:10:01	1:05:21	17	M50	04:40 / 12:58	12:06	12:41	13:17	14:14
133	537	Ribeiro de Sá Benjamin	*Werne	1:10:03	1:06:23	25	M35	03:40 / 11:50	13:40	13:14	14:48	12:46
134	601	Kunze Fabian	Crespel & Deiters	1:10:15	1:04:35	24	M30	05:40 / 11:53	12:58	13:12	13:54	12:29
135	102	Evers Florian	Muskelkater	1:10:25	1:05:45	5	MU20	04:40 / 10:39	13:06	14:09	14:05	13:42
136	775	Wilken Markus	Helles Vollbier	1:10:27	1:04:47	25	M30	05:40 / 14:43	12:35	13:05	12:09	12:07
137	631	Boersma Kevin	Die Münsterländer	1:10:33	1:01:53	26	M30	08:40 / 10:45	12:17	13:36	12:51	12:19
138	573	Deiters Nils	Die Satansbraten	1:10:37	1:02:57	28	MHK	07:40 / 13:58	12:17	12:02	12:10	12:15
139	564	Schramm Marco	*Varenrode	1:10:47	1:07:07	24	M40	03:40 / 11:43	13:00	14:28	14:07	13:44
140	538	La Marcel	*Ibbenbüren	1:11:00	1:06:20	26	M35	04:40 / 11:51	13:40	13:15	14:47	12:43
141	55	Lücke Jörg	Bis einer weint	1:11:16	1:07:56	27	M35	03:20 / 13:10	13:29	13:35	13:45	13:51
142	41	Neumann Oliver	*Altenberge	1:11:23	1:05:23	13	M45	06:00 / 14:21	12:52	12:46	12:18	12:54
143	611	Herms Christopher	Landwehr2	1:11:29	1:02:29	29	MHK	09:00 / 12:53	12:24	12:34	12:23	12:06
144	622	Heidottink Christian	*Neuenhaus	1:11:31	1:01:31	30	MHK	10:00 / 12:41	12:04	11:52	12:11	12:34
145	179	Pasbrig Steffen	*Lingen	1:11:32	1:03:32	31	MHK	08:00 / 12:18	12:23	13:19	12:58	12:27
146	169	Niehaus Ralf	Hüggeljungs	1:11:37	1:08:17	1	M55	03:20 / 13:56	13:40	13:58	13:22	13:04
147	785	Dreier Steffen	Team EGN	1:11:37	1:03:37	28	M35	08:00 / 13:04	12:33	12:54	12:24	12:34
148	629	Werner Markus	Baukonzept Johannes Hensen	1:11:39	1:06:39	29	M35	05:00 / 14:17	12:53	13:02	13:14	13:01
149	42	Geuker Jens	*Altenberge	1:11:43	1:05:23	14	M45	06:20 / 14:45	12:31	12:49	12:18	12:50
150	543	Uphaus Andre	Fachklinik Bad Bentheim	1:11:45	1:06:05	32	MHK	05:40 / 12:31	13:34	13:09	13:20	13:24
151	544	Dietz Jörg	Fachklinik Bad Bentheim	1:11:46	1:06:06	18	M50	05:40 / 12:58	13:11	13:06	13:21	13:25
152	786	Völker Tobias	*Schüttorf	1:11:47	1:04:47	30	M35	07:00 / 14:42	12:35	12:57	12:20	12:07
153	632	Handrup Markus	Die Münsterländer	1:11:53	1:01:53	33	MHK	10:00 / 10:46	12:17	13:35	12:51	12:21
154	196	Plescher Henrik	CVJM Veldhausen 2	1:12:03	1:02:03	34	MHK	10:00 / 14:11	11:49	11:47	11:58	12:11
155	549	Gehrmann Wulf	Fachklinik Bad Bentheim	1:12:06	1:06:06	19	M50	06:00 / 12:37	13:35	13:08	13:20	13:19
156	565	Strohmann Bernhard	*Varenrode	1:12:07	1:07:07	25	M40	05:00 / 11:43	13:07	14:21	14:10	13:40
157	625	Kappenberg Marco	Alphafit	1:12:33	1:06:13	35	MHK	06:20 / 15:16	13:49	12:39	12:25	11:48
158	753	Wolters Bernd	*Gölenkamp	1:12:34	1:05:14	15	M45	07:20 / 15:25	12:57	12:19	12:38	11:41
159	8	Mebben Bernd	*Meppen	1:12:45	1:07:45	16	M45	05:00 / 13:04	13:21	13:38	13:49	13:50
160	637	Schowe Anka		1:12:54	1:06:34	26	M40	06:20 / 12:43	13:38	12:57	13:50	13:21
161	104	Dreinemann Michael	Muskelkater	1:13:01	1:06:41	20	M50	06:20 / 16:00	13:10	12:17	12:37	12:24
162	764	Lanwert Felix	Schnurrboarder	1:13:02	1:03:22	36	MHK	09:40 / 13:18	12:37	12:27	12:35	12:14
163	152	Kreus Jens	*Nordhorn	1:13:03	1:06:03	27	M30	07:00 / 15:44	13:15	12:19	12:30	11:59
164	269	Bockholt Stefan	Die Captains	1:13:11	1:09:51	27	M40	03:20 / 15:04	14:05	13:25	13:56	13:12
165	183	Geesen Lukas	*Meppen	1:13:12	1:08:32	37	MHK	04:40 / 14:33	13:03	13:23	13:30	13:54
166	156	Reefman Thorben	*Emlichheim	1:13:15	1:10:55	38	MHK	02:20 / 17:19	13:48	13:30	13:25	12:35
167	660	Bardenhart Holger	FC Schüttorf 09	1:13:17	1:03:17	2	M55	10:00 / 11:34	12:31	13:02	13:03	13:04
168	792	Wellen Markus	Team Busmann	1:13:19	1:08:59	31	M35	04:20 / 13:13	13:31	14:15	14:05	13:44
169	174	Althoetmar Ralf	*Ennepetal	1:13:22	1:06:02	39	MHK	07:20 / 14:42	12:57	12:37	12:31	13:01
170	23	Doedt Stefan	Super Yummy Team	1:13:29	1:09:09	32	M35	04:20 / 15:43	13:02	13:07	13:18	13:46
171	72	Hogarth David	*Nordhorn	1:13:29	1:04:29	1	M60	09:00 / 13:02	12:24	12:56	13:09	12:43
172	27	Dräger Odin	Super Yummy Team	1:13:29	1:09:09	28	M30	04:20 / 15:43	13:09	13:06	13:15	13:43
173	26	Manthei Mark	Super Yummy Team	1:13:31	1:09:11	29	M30	04:20 / 15:42	13:08	13:05	13:18	13:47
174	784	Oostergetelo Marcel	Team EGN	1:13:37	1:03:37	40	MHK	10:00 / 13:04	12:32	12:55	12:24	12:34
175	597	Schulze Bisping Fabian	*Bochum	1:13:39	1:05:19	30	M30	08:20 / 13:12	12:36	13:11	13:08	13:04
176	61	Bookholt Tom	keine Hölle, ohne Obstler	1:13:53	1:09:33	41	MHK	04:20 / 12:53	13:51	14:11	13:34	15:00
177	81	Peters Kalle	*Niedersachsen - Emlichheim	1:13:55	1:09:15	21	M50	04:40 / 14:56	13:28	13:16	14:03	13:18
178	154	Harnack Stefan	*Wietmarschen	1:14:05	1:10:25	31	M30	03:40 / 16:23	13:47	14:32	12:26	13:05
179	823	Otto Sascha	Vikings Nordhorn	1:14:13	1:04:13	17	M45	10:00 / 10:47	15:26	12:40	12:31	12:45
180	641	Siner Johannes	1.SC Heide	1:14:26	1:04:26	42	MHK	10:00 / 11:54	13:42	11:58	12:51	13:57

Männer

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
181	589	Zwafing Andreas	Die Unbelehrbaren	1:14:39	1:04:59	28	M40	09:40 / 13:21 13:04 12:41 12:41 13:01
182	119	Meyer Björn	Grafschafter Nachrichten	1:14:50	1:09:50	33	M35	05:00 / 12:50 15:56 14:27 13:21 13:13
183	68	Wesker Thorsten	Trio mit vier Fäusten	1:14:56	1:08:16	29	M40	06:40 / 15:02 13:50 13:22 13:07 12:45
184	268	Ten Bosch Thorsten	Die Captains	1:15:12	1:09:52	18	M45	05:20 / 15:05 14:04 13:26 13:59 13:08
185	568	Gehrs Christian	Die Muskelkater II	1:15:13	1:10:53	19	M45	04:20 / 14:10 14:12 14:01 14:02 14:17
186	522	Lammers Andreas	Die drei Muskelkater	1:15:30	1:09:50	32	M30	05:40 / 13:50 13:52 13:41 13:52 14:25
187	21	Steingröver André	Super Yummy Team	1:15:30	1:09:10	34	M35	06:20 / 15:39 13:04 13:08 13:23 13:45
188	184	Deters Christoph	*Meppen	1:15:32	1:08:32	43	MHK	07:00 / 14:29 13:07 13:15 13:32 14:01
189	150	Rammelkamp Guido	*Nordhorn	1:16:01	1:06:01	33	M30	10:00 / 15:44 13:15 12:20 12:30 11:58
190	145	Mertin Andreas	*Halle Westfalen	1:16:13	1:10:13	34	M30	06:00 / 14:53 14:29 13:22 14:57 12:22
191	570	Menke Johannes	Die Muskelkater II	1:16:14	1:10:54	2	M60	05:20 / 14:11 14:10 13:59 14:02 14:20
192	630	Hensen Johannes	Baukonzept Johannes Hensen	1:16:18	1:06:38	30	M40	09:40 / 14:18 12:54 13:02 13:17 12:57
193	619	Horstmann Peter	Quick Runners by repairedome.de	1:16:23	1:10:43	20	M45	05:40 / 13:07 14:31 14:04 14:19 14:37
194	577	Eickhoff Adrian	Die Satansbraten	1:16:24	1:09:44	44	MHK	06:40 / 14:04 13:30 14:15 14:40 13:01
195	57	Lambers Hanjo	Bis einer weint	1:16:40	1:14:20	35	M35	02:20 / 13:46 15:39 14:46 15:19 14:43
196	602	Lampe Sebastian	Crespel & Deiters	1:16:42	1:10:02	35	M30	06:40 / 12:24 14:24 14:42 14:28 13:55
197	569	Kock Ernst	Die Muskelkater II	1:16:54	1:10:54	3	M60	06:00 / 14:07 14:14 13:58 14:04 14:19
198	584	Koops Benjamin	Deppe Backstein I	1:16:55	1:08:35	31	M40	08:20 / 16:06 14:13 14:19 14:13 09:29
199	292	Rust Sebastian	Alarm für Antje 08/15	1:16:56	1:12:56	36	M35	04:00 / 14:38 14:20 14:39 14:37 14:27
200	144	Schneider Jörg	*Meppen	1:17:11	1:08:31	22	M50	08:40 / 14:30 13:07 13:15 13:36 13:56
201	595	Wolf Sascha	Deppe Backstein I	1:17:12	1:13:12	37	M35	04:00 / 16:09 14:12 14:22 14:10 14:06
202	900	Scheve Björn	Monster AG	1:17:15	1:12:35	36	M30	04:40 / 13:57 14:21 14:46 14:21 15:07
203	28	Vöcker Markus	Super Yummy Team	1:17:50	1:09:10	21	M45	08:40 / 15:42 13:10 13:10 13:12 13:43
204	763	Dierker Patrick	Schnurrboarder	1:17:53	1:12:13	37	M30	05:40 / 18:40 13:00 12:48 13:22 14:12
205	761	Oesting Nils	Schnurrboarder	1:17:53	1:12:13	38	M30	05:40 / 18:53 12:46 12:48 13:23 14:12
206	635	Steiner Thomas	*Bad Bentheim	1:17:54	1:13:14	22	M45	04:40 / 14:29 14:24 14:18 14:46 15:11
207	290	Janda Jan	Alarm für Antje 08/15	1:17:57	1:12:57	39	M30	05:00 / 14:39 14:15 14:32 14:52 14:26
208	780	Kramer Thorsten	*Dohren	1:18:05	1:08:05	32	M40	10:00 / 13:20 13:35 13:16 13:27 14:20
209	778	Grote Jörg	*Dohren	1:18:05	1:08:05	38	M35	10:00 / 13:20 13:35 13:18 13:27 14:17
210	776	Schulte Andy	*Dohren	1:18:05	1:08:05	39	M35	10:00 / 13:21 13:58 12:56 13:24 14:19
211	777	Steffens Franz	*Dohren	1:18:05	1:08:05	40	M35	10:00 / 13:20 13:38 13:17 13:22 14:22
212	586	Lerwicz Karol	El Polako	1:18:22	1:13:42	33	M40	04:40 / 13:55 14:33 14:36 15:18 15:10
213	166	Becker Ansgar	*Neuenkirchen	1:18:50	1:15:10	23	M45	03:40 / 14:18 15:33 15:52 14:37 14:43
214	59	Scholten Jens	Bis einer weint	1:18:51	1:12:31	41	M35	06:20 / 13:44 14:31 14:36 14:39 14:53
214	585	Deppe Dirk	Deppe Backstein I	1:18:51	1:13:11	34	M40	05:40 / 16:11 14:18 14:13 14:11 14:05
216	33	Vennes Bernd	*Nordhorn	1:18:55	1:08:55	42	M35	10:00 / 14:44 14:23 13:24 13:04 13:05
217	576	Schulte Fabian	Die Satansbraten	1:18:56	1:15:56	45	MHK	03:00 / 17:06 16:46 13:45 14:08 13:57
218	25	Baumeister Andre	Super Yummy Team	1:19:08	1:09:08	43	M35	10:00 / 15:41 13:01 13:10 13:18 13:45
219	124	Leferink Dirk	*Nordhorn	1:19:09	1:13:29	44	M35	05:40 / 14:21 15:18 15:17 14:25 14:00
220	289	Tenfelde Tobias	Alarm für Antje 08/15	1:19:18	1:12:58	35	M40	06:20 / 14:36 14:13 14:38 14:50 14:29
221	909	Casum Oliver	Krümelmonster AG	1:19:18	1:12:38	45	M35	06:40 / 13:56 14:22 14:46 14:20 15:11
222	136	Klass Florian	Powerslaves	1:19:33	1:13:13	23	M50	06:20 / 15:29 15:16 14:55 14:00 13:26
223	638	Nortmann Rainer	Quick and Dirty	1:20:02	1:10:02	24	M45	10:00 / 14:21 13:45 13:50 14:03 13:58
224	643	Möller Marcel	Quick and Dirty	1:20:02	1:10:02	46	MHK	10:00 / 11:54 13:41 15:04 15:14 14:04
225	639	Wilming Timon	1.SC Heide	1:20:02	1:10:02	47	MHK	10:00 / 11:57 13:41 15:04 15:18 13:58
226	642	Specken Matthias	*1.SC Heide	1:20:04	1:10:04	48	MHK	10:00 / 14:21 13:46 13:49 13:58 14:06
227	572	Bicks Florian	Die Satansbraten	1:20:15	1:15:55	49	MHK	04:20 / 20:44 13:07 13:46 14:07 13:56
228	91	Seiler Ingo	Werbeartikel Fuxx	1:20:17	1:10:17	24	M50	10:00 / 16:47 14:00 13:14 13:17 12:41
229	16	Dove Sigggi	keine Hölle, ohne Obstler	1:20:29	1:15:29	3	M55	05:00 / 15:03 15:11 15:26 14:57 14:42
230	197	Kramp Daniel	CVJM Veldhausen 2	1:20:51	1:16:51	50	MHK	04:00 / 14:55 14:42 15:08 15:14 16:45
231	291	Menger Raimund	Alarm für Antje 08/15	1:20:57	1:12:57	36	M40	08:00 / 14:38 14:16 14:46 14:37 14:25
232	294	Schoneveld Holger	Alarm für Antje 08/15	1:20:57	1:12:57	46	M35	08:00 / 14:43 14:17 14:51 14:25 14:27
233	288	Jüngerink Frank	Alarm für Antje 08/15	1:20:58	1:12:58	47	M35	08:00 / 15:07 14:23 14:21 14:33 14:19
234	193	Vu David Minh	*Lüdinghausen	1:21:55	1:15:55	51	MHK	06:00 / 20:44 13:07 13:45 14:07 13:56
235	825	Lefers Sven	CVJM Veldhausen	1:22:11	1:14:31	52	MHK	07:40 / 16:00 14:05 14:55 14:49 14:24
236	824	Scholten Nico	CVJM Veldhausen	1:22:14	1:14:34	53	MHK	07:40 / 15:59 14:06 14:55 14:40 14:36
237	160	Dziallas Markus	*Köln	1:22:30	1:15:50	25	M45	06:40 / 15:59 14:57 15:11 14:54 14:41
238	605	Manthey Leon	*Salzbergen	1:22:55	1:15:55	3	MU18	07:00 / 14:42 15:20 15:45 15:29 14:31
239	529	Wilde Jürgen	The walking dead	1:22:56	1:18:56	25	M30	04:00 / 16:03 15:21 15:14 16:21 15:40
240	295	Bonk Michael	Alarm für Antje 08/15	1:22:58	1:12:58	40	M30	10:00 / 14:42 14:14 14:17 15:05 14:26

Männer

Platz	Startnr	Name	Verein/*Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
241	146	Dick Viktor	*Halle Westfalen	1:23:04	1:13:04	41	M30	10:00 / 15:00 14:27 14:28 14:31 14:28
242	815	Blickwedel DR Lucas	Hauptsache Alessio gehts gut	1:23:05	1:13:05	54	MHK	10:00 / 14:14 14:28 14:57 14:35 14:46
243	816	Salomon Georg	*Köln	1:23:05	1:13:05	55	MHK	10:00 / 14:15 14:32 14:53 14:35 14:46
244	163	Winkelmann Sascha	SV Veldhausen	1:23:49	1:19:09	56	MHK	04:40 / 16:39 15:56 15:06 15:17 15:57
245	524	Börjes Yves	*Nordhorn	1:24:01	1:14:01	48	M35	10:00 / 13:18 14:40 14:56 15:14 15:44
246	131	Wesselmann André	*Rheine	1:24:42	1:15:22	42	M30	09:20 / 14:29 15:24 15:38 14:56 14:45
247	164	Winkelmann Bernold	SV Veldhausen	1:25:50	1:19:10	4	M55	06:40 / 17:26 15:13 15:12 15:29 15:35
248	140	Steinmetz Thomas	*Meppen	1:25:51	1:22:11	26	M50	03:40 / 18:27 16:05 15:45 15:46 15:52
249	73	Hüser Dennis	codia - Das Team	1:26:28	1:22:08	57	MHK	04:20 / 18:26 16:07 15:43 15:43 15:54
250	74	Suelmann Gerd	codia - Das Team	1:27:11	1:22:11	26	M45	05:00 / 18:25 16:08 15:43 15:44 15:55
251	592	Ruschulte Jan	Tim's Kartenclub	1:28:09	1:23:49	43	M30	04:20 / 15:49 17:09 16:52 16:37 17:05
252	142	Steinmetz Jan	*Meppen	1:28:48	1:22:08	6	MU20	06:40 / 18:25 16:04 15:46 15:35 16:02
253	593	Schoormann Marc	*Nordhorn	1:28:49	1:23:49	44	M30	05:00 / 15:48 17:09 16:53 16:36 17:07
254	52	Gromball Mike	*Geeste	1:29:15	1:22:15	37	M40	07:00 / 18:29 16:07 15:43 15:49 15:51
255	139	Westhoff Hans-Peter	DSK Meppen	1:29:31	1:22:11	27	M50	07:20 / 18:29 16:07 15:45 15:43 15:52
256	200	Averes Michael	CVJM Veldhausen 1	1:29:38	1:19:38	58	MHK	10:00 / 15:26 15:47 15:59 16:18 16:00
257	6	Lüppe Rüdiger	keine Hölle, ohne Obstler	1:31:30	1:25:30	28	M50	06:00 / 18:14 16:49 17:03 16:50 16:22
258	148	Bohlen Thomas	*Coburg	1:32:13	1:22:13	29	M50	10:00 / 18:27 16:04 15:46 15:34 16:06
259	591	Van der Kamp DR Tim	Tim's Kartenclub	1:33:48	1:23:48	45	M30	10:00 / 15:52 17:10 16:51 16:39 17:00
260	29	KEER KLAUS	BIS AUFS ZAHNFLEISCH	1:34:25	1:29:25	5	M55	05:00 / 18:17 17:34 18:03 18:14 16:59
261	262	Letzel Jens	*Schüttorf	1:35:41	1:25:41	49	M35	10:00 / 17:54 16:54 16:58 17:11 16:30
262	276	Göcke Sascha	Hellboys	1:36:59	1:33:39	38	M40	03:20 / 18:17 18:05 18:43 19:36 18:53
263	275	Rath Thomas	Hellboys	1:40:39	1:33:39	39	M40	07:00 / 18:00 18:19 18:39 19:35 19:00
264	278	Bätjer Inga	Hellboys Inga	1:40:40	1:33:40	40	M40	07:00 / 18:04 18:21 18:41 19:37 18:52
265	277	Janßen Thomas	Hellboys Inga	1:40:40	1:33:40	30	M50	07:00 / 18:00 18:20 18:40 19:32 19:02
266	532	Ahuis Florian	A-Team	1:42:39	1:35:39	46	M30	07:00 / 19:21 20:21 18:15 20:08 17:22
267	297	Ahuis Sigi	A-Team	1:43:59	1:35:39	6	M55	08:20 / 19:23 20:16 18:19 20:03 17:26
268	533	Ahuis Sebastian	A-Team	1:44:39	1:35:39	59	MHK	09:00 / 19:22 20:35 18:05 20:11 17:14

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten				
1	807	Sumbeck Imke	New Point of Fitness Schüttorf	0:46:41	0:45:21	1	W35	01:20 / 08:45	09:00	09:14	09:09	09:10
2	252	Roters Luisa	*Salzbergen	0:54:45	0:48:25	1	WHK	06:20 / 09:18	09:58	09:54	09:43	09:30
3	666	Vosskötter Margit	Sperver und die Hofdamen	0:56:08	0:52:48	1	W55	03:20 / 10:09	10:38	10:39	10:48	10:33
4	120	Seiger Jutta	*Rheine	0:57:57	0:54:17	1	W45	03:40 / 10:14	10:50	10:51	11:13	11:06
5	190	Scholte-Wassink Meleen	Rot Weiß Lage	0:59:48	0:57:28	1	WU20	02:20 / 11:55	11:21	11:28	11:18	11:12
6	255	Tebbel Kathrin	Sperver und die Hofdamen	1:00:10	0:51:50	2	W35	08:20 / 10:19	10:16	10:11	10:19	10:38
7	594	Gosink Anne	Vechte cruiser	1:00:24	0:55:04	3	W35	05:20 / 11:07	10:52	11:07	11:08	10:43
8	253	Kaiser Sonja	*Düsseldorf	1:00:28	0:56:48	1	W40	03:40 / 11:04	11:28	11:41	11:28	11:04
9	547	Sackbrook Petra	Fachklinik Bad Bentheim	1:00:47	0:55:27	2	W45	05:20 / 10:04	10:49	11:41	11:34	11:15
10	37	Höfer Maike	Die Laufschweine	1:01:48	0:59:48	2	W40	02:00 / 12:13	12:29	11:55	11:35	11:31
11	771	Neumann Carla	Auf einem Auge blöd	1:04:15	0:58:15	1	WU18	06:00 / 09:55	13:17	12:44	11:44	10:31
12	134	Kottmann Sonja	*Rheine	1:04:36	0:58:56	1	W30	05:40 / 12:16	11:21	11:37	11:50	11:42
13	618	Somberg Sarah	Frauenpower by repairedome.de	1:05:30	1:02:10	2	W30	03:20 / 11:34	12:13	12:53	12:40	12:44
14	70	Hilbers Katharina	Trio mit vier Fäusten	1:05:43	1:02:23	3	W30	03:20 / 12:25	12:43	12:24	12:52	11:52
15	646	Fransbach Nina	Dorfkinder 1	1:07:04	1:03:44	2	WHK	03:20 / 14:22	12:17	12:11	12:35	12:08
16	608	Latus Jaqueline	Landwehr 1	1:07:08	1:02:28	3	WHK	04:40 / 12:50	12:22	12:38	12:23	12:07
17	645	van Noorloos Anja	*Ochtrop	1:07:21	1:04:01	4	W35	03:20 / 14:42	12:48	12:17	11:58	12:07
18	69	Rüger Ellen	Trio mit vier Fäusten	1:07:43	1:02:23	4	W30	05:20 / 12:25	12:47	12:23	12:35	12:05
19	756	Wargers Judith	SVA Salzbergen	1:07:47	1:02:07	5	W30	05:40 / 12:46	11:50	12:14	12:52	12:19
20	655	Kerkhoff Gabi	FC Schüttorf 09	1:08:27	1:03:27	1	W50	05:00 / 13:32	12:31	12:24	12:28	12:26
21	999	Bardenhorst Sabrina	... dumm gelaufen 3.0	1:09:49	1:04:29	6	W30	05:20 / 12:38	12:37	13:12	13:30	12:27
22	647	Heider Jeannina	Dorfkinder 1	1:10:44	1:03:44	4	WHK	07:00 / 14:22	12:17	12:11	12:34	12:08
23	794	Börchers Stefanie	Fc Schüttorf 09	1:10:59	1:04:59	3	W40	06:00 / 12:21	13:07	13:12	13:01	13:15
24	810	Behrendt Sandra	*Nordhorn	1:11:22	1:05:02	4	W40	06:20 / 14:21	12:50	12:24	12:55	12:23
25	38	Gehltholt Petra	*Altenberge	1:11:22	1:05:22	2	W50	06:00 / 14:20	12:55	13:04	12:23	12:29
26	51	Bültmann Melanie	*Schüttorf	1:11:26	1:08:46	5	W40	02:40 / 15:11	13:50	13:02	13:13	13:12
27	178	Gerling Eva	*Lingen	1:11:32	1:03:32	5	W35	08:00 / 12:19	12:23	13:18	12:58	12:27
28	36	Bäurich Marijke	Die Laufschweine	1:11:46	1:06:46	7	W30	05:00 / 12:32	13:53	13:42	13:25	13:09
29	535	Schroven Jane	Klappspaten	1:11:51	1:10:11	6	W35	01:40 / 15:23	13:57	13:25	13:50	13:16
30	550	Hüsken Steffi	Fachklinik Bad Bentheim	1:11:55	1:05:35	7	W35	06:20 / 11:52	11:29	12:49	14:04	15:15
31	79	Rohlf's Mara	*Emlichheim	1:11:55	1:09:15	5	WHK	02:40 / 14:56	13:28	13:16	14:03	13:18
32	129	Münninghoff Jasmin	*Rheine	1:11:56	1:06:16	6	WHK	05:40 / 13:06	13:18	12:58	13:21	13:23
33	548	Bill Vanessa	Fachklinik Bad Bentheim	1:12:06	1:06:06	8	W30	06:00 / 12:33	13:37	13:08	13:18	13:25
34	285	Wahlbrink Pia	Matschbirnen	1:12:42	1:02:42	2	WU20	10:00 / 13:12	11:54	12:22	12:31	12:40
35	39	Winking Esther	*Altenberge	1:12:43	1:05:23	3	W45	07:20 / 14:46	12:36	12:57	12:11	12:42
36	624	Kappenberg Simone	Alphafit	1:12:50	1:06:30	7	WHK	06:20 / 00:00	00:00	00:00	00:00	00:00
37	20	Steingröver Christina	Super Yummy Team	1:13:10	1:09:10	8	W35	04:00 / 15:40	13:06	13:07	13:22	13:43
38	162	Ender Angela	Lingen	1:14:25	1:10:25	9	W35	04:00 / 16:23	14:36	13:43	12:47	12:44
39	520	Menke Martina	Die drei Muskelkater	1:14:50	1:07:10	9	W30	07:40 / 13:51	13:51	13:41	12:47	12:50
40	32	KRÖNER SARA	BIS AUFS ZAHNFLEISCH	1:14:51	1:12:51	8	WHK	02:00 / 14:34	14:43	14:24	14:38	14:28
41	536	Voet Svenja	Klappspaten	1:15:50	1:10:10	9	WHK	05:40 / 15:49	13:34	13:49	13:24	13:15
42	31	ZIETHEN FRANZISKA	BIS AUFS ZAHNFLEISCH	1:15:51	1:12:51	10	W30	03:00 / 14:33	14:43	14:24	14:37	14:27
43	541	Jonker Hannah	Klappspaten	1:15:59	1:10:19	10	WHK	05:40 / 15:50	13:38	13:45	13:28	13:19
44	546	Oppel Anna	Fachklinik Bad Bentheim	1:16:06	1:06:06	11	W30	10:00 / 12:58	13:08	13:08	13:24	13:23
45	122	Frese Anna	*Nordhorn	1:16:08	1:13:28	12	W30	02:40 / 14:20	15:20	15:16	14:25	13:59
46	5	Penkert Wilma	*Hoogstede	1:16:13	1:11:33	4	W45	04:40 / 15:55	13:58	13:27	13:51	14:12
47	534	Indzoan Narina	Klappspaten	1:17:37	1:10:17	11	WHK	07:20 / 16:05	13:28	13:47	13:21	13:15
48	110	Paetzel Nicole	Team Heinz	1:18:17	1:14:17	6	W40	04:00 / 15:13	14:46	15:01	14:45	14:23
49	293	Wolbers Tanja	Alarm für Antje 08/15	1:18:18	1:12:58	13	W30	05:20 / 15:08	14:23	14:22	14:33	14:18
50	98	Floth Kim	Muskelkater	1:18:25	1:15:25	3	WU20	03:00 / 16:30	14:58	14:47	14:38	14:19
51	123	Leferink Anja	*Nordhorn	1:18:28	1:13:28	14	W30	05:00 / 14:20	15:19	15:16	14:25	14:00
52	581	Van Wieren Julia	Sturmvogel Hilten	1:18:42	1:14:02	12	WHK	04:40 / 15:26	14:38	14:09	14:30	15:01
53	296	Schaefer Anna	Alarm für Antje 08/15	1:19:16	1:12:56	10	W35	06:20 / 14:39	14:13	14:52	14:31	14:28
54	111	Brunsfeld Nicole	Team Heinz	1:19:17	1:14:17	5	W45	05:00 / 15:13	14:45	15:02	14:46	14:22
55	137	Klass Heike	Powerslaves	1:19:33	1:13:13	7	W40	06:20 / 15:26	15:18	14:56	14:00	13:26
56	13	Ziethen-Turetzek Becky	BIS EINE WEINT 2.0	1:19:33	1:17:53	11	W35	01:40 / 15:59	15:11	15:29	15:40	15:24
57	531	Wilde Pia	The walking dead	1:19:41	1:12:41	4	WU20	07:00 / 14:23	14:07	14:35	14:48	14:32
58	596	Große Höötmann Kathrin	*Schüttorf	1:19:49	1:11:29	13	WHK	08:20 / 12:46	13:52	14:19	14:59	15:28
59	4	Kamps Kirsten	*Twist	1:19:54	1:11:34	6	W45	08:20 / 15:55	13:58	13:32	13:46	14:12
60	640	Möller Laura	Quick and Dirty	1:20:06	1:10:06	5	WU20	10:00 / 14:21	13:46	13:51	14:02	14:03

Frauen

Platz	Startnr	Name	Verein*/Ort	GESAMT	Lauf	AK-PI	AK	Strafzeit / Rundenzeiten
61	101	Gehring Sophia	Muskelkater	1:20:44	1:15:24	2	WU18	05:20 / 16:30 14:58 14:47 14:38 14:17
62	155	Tepen Julia	*Esche	1:20:55	1:10:55	14	WHK	10:00 / 17:19 13:48 13:30 13:26 12:36
63	135	Griep Manuela	*Rheine	1:21:02	1:15:22	15	W30	05:40 / 14:25 15:28 15:39 14:55 14:44
64	103	Berning Carolin	Muskelkater	1:21:04	1:15:24	3	WU18	05:40 / 16:30 14:58 14:47 14:38 14:17
65	138	Specken Ruth	Powerslaves	1:21:14	1:13:14	7	W45	08:00 / 15:30 15:16 14:55 14:01 13:26
66	188	Joostberends Manuela	*Neuenhaus	1:22:05	1:15:45	15	WHK	06:20 / 16:48 15:45 15:09 14:05 13:44
67	994	Kellner Doris		1:22:17	1:17:37	3	W50	04:40 / 16:52 15:12 15:24 15:16 14:43
68	109	Röhr Sandra	Team Heinz	1:22:37	1:14:17	8	W40	08:20 / 15:12 14:46 15:00 14:46 14:24
69	187	Egbers Alicia	*Neuenhaus	1:22:45	1:15:45	16	WHK	07:00 / 16:48 15:45 15:10 14:05 13:45
70	813	Nicola DR Bongartz	Hauptsache Alessio gehts gut	1:23:05	1:13:05	17	WHK	10:00 / 14:15 14:28 14:58 14:34 14:46
71	814	Hochscheid PROF Nina	Hauptsache Alessio gehts gut	1:23:06	1:13:06	18	WHK	10:00 / 14:14 14:33 14:53 14:35 14:46
72	93	Gröger Kirsten	Muskelkater	1:23:45	1:15:25	8	W45	08:20 / 16:30 14:56 14:50 14:39 14:14
73	615	Vennegerts Nadine	Early Birds by repairedome.de	1:23:48	1:14:28	19	WHK	09:20 / 14:19 15:04 14:56 15:03 14:58
74	530	Wilde Iris	The walking dead	1:24:15	1:18:55	4	W50	05:20 / 16:03 15:20 15:14 16:21 15:40
75	158	Thien Steffi	Muskelkater	1:24:25	1:15:25	9	W45	09:00 / 16:29 14:58 14:47 14:41 14:15
76	755	Giere Sandra	*Holdorf	1:24:25	1:18:45	9	W40	05:40 / 16:11 15:34 15:34 16:10 15:03
77	826	Kladders Pia	CVJM Veldhausen	1:24:31	1:14:31	20	WHK	10:00 / 16:00 14:05 14:55 14:49 14:24
78	83	Hense Lea	*Wietmarschen	1:25:00	1:17:20	21	WHK	07:40 / 17:21 15:27 15:13 14:30 14:40
79	157	Pomp Silke	Muskelkater	1:25:25	1:15:25	10	W45	10:00 / 16:29 14:57 14:48 14:40 14:15
80	266	Pertsch Ghina	*Nordhorn	1:25:45	1:16:45	22	WHK	09:00 / 15:42 14:59 14:37 14:27 16:50
81	557	Broßio Nina	The walking dead	1:25:54	1:18:54	23	WHK	07:00 / 16:03 15:21 15:13 16:24 15:37
82	84	Koch Christina	*Lingen	1:26:00	1:17:20	24	WHK	08:40 / 17:21 15:27 15:13 14:30 14:40
83	554	Dove Eileen	Waikiki Sandbremser	1:26:03	1:22:23	25	WHK	03:40 / 15:22 16:39 16:17 17:01 16:55
84	14	Bergjan Sonja	BIS EINE WEINT 2.0	1:26:13	1:17:53	12	W35	08:20 / 16:02 15:11 15:27 15:40 15:22
85	527	Berning Lena	*Rheine	1:26:14	1:18:54	26	WHK	07:20 / 16:03 15:21 15:12 16:23 15:39
86	558	Valenta Andrea	Team Paus	1:26:38	1:20:38	13	W35	06:00 / 16:56 15:42 15:40 16:33 15:30
87	802	Dehnert-Vorfeld Anna	*Auetal	1:26:57	1:18:17	16	W30	08:40 / 18:25 19:59 19:45 00:00 00:00
88	754	Huesmann Judith	*Neuenkirchen - Vörden	1:27:08	1:18:48	10	W40	08:20 / 16:06 15:38 15:17 16:22 15:10
89	752	Paters Karin	TIME / OUT UELSEN	1:27:24	1:18:44	11	W40	08:40 / 16:03 15:42 15:16 16:21 15:08
90	143	Steinmetz Marie	*Meppen	1:27:30	1:22:10	4	WU18	05:20 / 18:26 16:05 15:46 15:42 15:56
91	108	Szczepanek Alina	*Schüttorf	1:27:47	1:18:27	27	WHK	09:20 / 16:04 15:44 15:44 15:44 15:00
92	258	Kathorst Christin	Therapiezentrum Sünneberg	1:28:15	1:20:55	28	WHK	07:20 / 18:00 16:03 15:49 15:20 15:33
93	598	Drees Katharina	*Münster	1:28:17	1:18:57	29	WHK	09:20 / 16:03 15:22 15:14 16:22 15:40
94	105	Borchardt Carolin	*Schüttorf	1:28:27	1:18:27	30	WHK	10:00 / 16:05 15:45 15:44 15:44 14:59
95	141	Steinmetz Renate	*Meppen	1:28:30	1:22:10	11	W45	06:20 / 18:26 16:04 15:46 15:43 15:55
96	260	Ensink Maike	Therapiezentrum Sünneberg	1:28:55	1:20:55	17	W30	08:00 / 17:59 16:03 15:49 15:19 15:35
97	817	Scharf-Leusmann Marion		1:29:03	1:22:23	5	W50	06:40 / 15:22 16:37 16:17 16:06 17:52
98	616	Berens Alina	Frauenpower by repairedome.de	1:29:29	1:25:09	31	WHK	04:20 / 17:52 16:40 17:16 17:10 16:04
99	195	Brouwer Lena	CVJM Veldhausen 2	1:29:38	1:19:38	6	WU20	10:00 / 15:26 15:47 15:59 16:18 15:59
100	153	Eikens Lisa	AFC Emden Tigers	1:30:11	1:22:11	5	WU18	08:00 / 18:25 16:09 15:50 15:37 15:53
101	617	Helm Ulita	Frauenpower by repairedome.de	1:30:51	1:25:11	32	WHK	05:40 / 17:52 16:41 17:16 17:10 16:05
102	261	Töben Anke	Therapiezentrum Sünneberg	1:30:55	1:20:55	12	W40	10:00 / 17:59 16:02 15:51 15:19 15:34
103	113	Hüser Martina	*Meppen	1:31:11	1:22:11	33	WHK	09:00 / 18:27 16:08 15:43 15:42 15:56
104	571	Schlangen Mareike	Die Satansbraten	1:31:55	1:26:35	34	WHK	05:20 / 28:21 15:44 14:05 14:13 13:57
105	7	Lüppe Mareike	keine Hölle, ohne Obstler	1:32:31	1:25:31	13	W40	07:00 / 18:15 16:50 17:02 16:51 16:22
106	575	Alberternst Maylien	Die Satansbraten	1:33:36	1:26:36	35	WHK	07:00 / 28:22 15:43 14:05 14:13 13:58
107	767	Oesting Anja	Schnurrboarder	1:35:28	1:30:28	36	WHK	05:00 / 18:55 17:40 17:54 17:55 17:54
108	192	Kaufmann Doris	*Mettingen	1:35:45	1:29:25	14	W35	06:20 / 18:19 17:12 17:32 18:07 18:00
109	580	Wiegmann Mareike	*Nordhorn	1:37:19	1:33:39	37	WHK	03:40 / 18:02 18:21 18:37 19:37 18:57
110	30	KEER SABINE	BIS AUFS ZAHNFLEISCH	1:37:24	1:29:24	6	W50	08:00 / 18:17 17:33 17:52 18:06 17:19
111	191	Mersch Carmen	*Mettingen	1:37:26	1:29:26	18	W30	08:00 / 18:20 17:09 17:33 18:07 18:02
112	768	Obermeyer Claudia	Schnurrboarder	1:39:28	1:30:28	38	WHK	09:00 / 18:52 17:42 17:54 17:55 17:53
113	759	Mantei Maren	Schnurrboarder	1:40:28	1:30:28	39	WHK	10:00 / 18:56 17:42 17:56 17:57 17:48
114	88	Büter Stephanie	Team Eisenkarl	1:41:27	1:37:07	40	WHK	04:20 / 19:38 21:16 20:21 19:45 16:01
115	523	Dreier Katharina	A-Team	1:42:58	1:35:38	19	W30	07:20 / 19:23 20:35 18:01 20:21 17:05
116	87	Kattke Mirjam	Team Eisenkarl	1:43:09	1:37:09	15	W35	06:00 / 19:38 21:15 20:19 19:47 16:04
117	801	Dehnert Nadja	*Auetal	1:54:01	1:46:41	2	W55	07:20 / 22:25 21:30 21:01 21:16 20:15