

Hauptlauf 10km

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Ergebnisse Männer

Pl.	St-Nr.	Name	AK	NAT	Team	AK-Pl.	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Netto	Brutto
1	1145	Hartger, Gerold	M30	DEU	LC Nordhorn	1	05:03	05:12	05:19	05:16	05:21	05:13	0:31:20	0:31:21
2	946	Driesen, Erik	M35	NLD		1	05:03	05:13	05:19	05:23	05:28	05:37	0:31:58	0:32:00
3	1116	Bruns, Thomas	M35	DEU	SV Union Meppen	2	05:06	05:25	05:33	05:32	05:32	05:26	0:32:31	0:32:33
4	1032	Eckstein, Klaus	M45	DEU	LC Nordhorn	1	05:30	05:43	05:44	05:45	05:45	05:40	0:34:03	0:34:05
5	1117	Strotmann, Matthias	M35	DEU	LG Braunschweig	3	05:38	05:41	05:45	05:49	05:53	05:54	0:34:37	0:34:39
6	972	Nyhoff, Gerold	M45	DEU	LC Nordhorn	2	05:34	05:48	05:48	05:52	05:53	05:53	0:34:45	0:34:46
7	1019	Lembcke, Nicholas	MM	DEU	LC Nordhorn	1	05:35	05:45	05:50	05:56	05:59	05:56	0:34:55	0:34:57
8	975	Wessels, Torsten	MM	DEU	TuS Haren	2	05:38	05:42	05:54	06:01	06:02	05:54	0:35:07	0:35:09
9	740	Muke, Kilian	MJA	DEU	SV Union Meppen	1	05:40	05:41	05:54	06:04	05:44	06:28	0:35:26	0:35:28
10	947	Driesen, Arjen	M40	NLD		1	05:40	05:57	05:58	06:03	06:09	05:56	0:35:39	0:35:40
11	1147	Holboer, Jan	M40	DEU	LC Nordhorn	2	05:43	05:50	05:59	06:05	06:10	06:21	0:36:05	0:36:07
12	943	Böttick, Carsten	M35	DEU	LC Nordhorn	4	05:53	06:07	06:06	06:04	06:08	05:56	0:36:08	0:36:11
13	967	Gerdemann, Frank	M35	DEU	TuS Haren	5	05:42	06:06	06:14	06:16	06:14	06:03	0:36:31	0:36:33
14	1149	Hartwig, Matthias	M45	DEU	SC Baccum	3	05:41	06:07	06:14	06:16	06:15	06:05	0:36:32	0:36:36
15	974	Hasch, Matthias	M35	DEU	TuS Haren	6	05:45	06:04	06:15	06:16	06:23	06:19	0:36:57	0:36:59
16	1060	Klas, Bernd	M30	DEU	TuS Haren	2	06:01	06:15	06:20	06:23	06:21	06:05	0:37:20	0:37:23
17	1070	Beckemper, Ingo	M45	DEU	LC Nordhorn	4	06:05	06:21	06:27	06:32	06:33	06:33	0:38:24	0:38:29
18	914	Timmerman, Kevin	MM	NLD	Spurt '88	3	06:16	06:29	06:31	06:34	06:34	06:12	0:38:29	0:38:32
19	1053	Masselink, Thorsten	M35	DEU	Sv Bad Bentheim	7	06:06	06:26	06:40	06:40	06:38	06:30	0:38:52	0:38:58
20	940	van Zon, Pascal	MM	NLD	Spurt '88	4	06:16	06:29	06:30	06:34	06:36	06:36	0:38:57	0:38:59
21	968	Lampen, Otto	M45	DEU	TuS Haren	5	06:17	06:31	06:40	06:40	06:40	06:28	0:39:10	0:39:13
22	1031	Vorloeper, Klaus	M45	DEU	SV Germania Twis	6	06:10	06:37	06:39	06:40	06:39	06:34	0:39:14	0:39:17
23	935	Korte, Sascha	M35	DEU		8	06:21	06:32	06:44	06:43	06:45	06:26	0:39:22	0:39:28
24	1082	Snyders, Ole	MM	DEU	Blau Weiß Kalle	5	06:17	06:40	06:37	06:45	06:48	06:34	0:39:32	0:39:38
25	1039	Borriink, Jörn	MM	DEU	Münsteraner Prom	6	06:17	06:36	06:49	06:52	06:42	06:24	0:39:32	0:39:38
26	996	Hölmann, Gerd	MM	DEU	LC Nordhorn	7	06:30	06:36	06:43	06:46	06:42	06:32	0:39:35	0:39:47
27	1132	Brouwer, Guido	M40	DEU	LC Nordhorn	3	06:06	06:26	06:40	06:49	06:59	06:43	0:39:37	0:39:41
28	1021	Deters, Jan	M45	DEU	TuS Neuenhaus	7	06:30	06:45	06:44	06:43	06:43	06:33	0:39:53	0:39:57
29	1074	Plascher, Berthold	M40	DEU	Wilsum	4	06:18	06:39	06:42	06:53	06:53	06:36	0:39:54	0:39:58
30	1030	Harmsen, Alfred	M50	DEU	SG-Haftenkamp	1	06:24	06:37	06:43	06:49	06:52	06:44	0:40:02	0:40:06
31	1121	Stockhorst, Jan	MM	DEU	FC Schüttdorf 09	8	06:28	06:43	06:53	06:53	06:49	06:33	0:40:13	0:40:16
32	1104	Plescher, Günter	M45	DEU		8	06:30	06:46	06:45	06:45	06:51	06:44	0:40:15	0:40:19
33	1146	Holboer, Hartmut	M40	DEU	Spvvg Brandlecht t	5	06:37	06:38	06:45	06:48	06:51	06:50	0:40:17	0:40:27
34	945	Gosen, Günter	M45	DEU	SV Olympia Uelse	9	06:34	06:44	06:53	06:51	07:05	06:48	0:40:45	0:40:53
35	954	Landwehr, Michael	MM	DEU	SV Molbergen	9	06:17	06:44	06:53	07:10	07:06	06:48	0:40:53	0:40:56
36	994	Veltrup, Hannes	MM	DEU	TuS Haren	10	06:46	07:02	06:59	06:58	06:45	06:38	0:41:00	0:41:05
37	1079	De Nie, Sandy	M30	DEU	LC Nordhorn	3	06:34	06:55	07:03	06:54	06:57	06:44	0:41:02	0:41:05
38	952	Gerrits, Tim	MM	NLD	AV Twenterand	11	06:51	06:48	06:53	06:51	07:04	06:49	0:41:08	0:41:14
39	986	Brink, Jan	M40	DEU	SV Cosmos Getelo	6	06:29	06:47	06:54	07:02	07:03	07:00	0:41:10	0:41:12
40	999	Stroeve, Heinz	M60	DEU	SCU Emlichheim	1	06:35	06:47	06:59	07:02	07:04	06:57	0:41:18	0:41:21
41	1101	Kronshage, Kim	M40	DEU	kronshagept.de	7	06:46	07:01	06:59	07:02	06:57	06:53	0:41:31	0:41:37
42	929	Leferink, Bart	MM	NLD		12	07:02	06:53	06:52	07:01	07:03	06:57	0:41:38	0:41:46
43	1043	Busman, Bert	M45	NLD	Spurt88	10	06:42	06:54	06:59	07:02	07:08	06:59	0:41:38	0:41:42
44	1075	Venemann, Kai	MJA	DEU	Dynamo Tresen	2	07:05	07:02	07:08	07:04	07:05	06:50	0:41:57	0:42:11
45	1108	Hübers, Markus	MM	DEU	SCU Emlichheim	13	06:55	07:02	07:03	07:09	07:09	06:52	0:42:02	0:42:09
46	982	Lübbers, Josef	M50	DEU	SV Holthausen-Bie	2	06:51	07:03	07:06	07:10	07:08	06:53	0:42:03	0:42:09
47	1008	Schwarte, Dieter	M45	DEU	ENGEL.Quakenbrü	11	07:11	06:58	07:06	07:13	07:11	06:54	0:42:14	0:42:30
47	1097	Wöste, Rolf	M35	DEU		9	07:09	07:09	07:09	07:04	07:03	06:55	0:42:14	0:42:28

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Pl.	St-Nr.	Name	AK	NAT	Team	AK-Pl.	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Netto	Brutto
49	950	Veltmaat, Frank	M45	DEU	LC Nordhorn	12	06:59	07:02	07:06	07:09	07:14	07:03	0:42:20	0:42:31
50	1062	Schütten, Tim	MM	DEU	SV Grenzland Laa	14	07:16	07:02	07:11	06:59	07:21	07:10	0:42:34	0:42:56
51	1072	Wassink, Alexander	MJA	DEU	LC Nordhorn	3	07:09	07:10	07:05	07:04	07:13	07:07	0:42:34	0:42:47
52	981	Hengemühle, Guido	M40	DEU	Haselünner SV	8	06:51	07:06	07:08	07:15	07:13	07:10	0:42:36	0:42:41
53	992	John, Peter	M55	DEU	LC Nordhorn	1	06:59	07:02	07:04	07:10	07:17	07:16	0:42:38	0:42:44
54	1118	Temme, Eike	MM	DEU	Neuenhaus Süd	15	06:54	06:53	07:12	07:26	07:31	06:55	0:42:42	0:42:47
55	907	Nitzsche, Thomas	M30	DEU	-	4	07:11	07:07	07:14	07:24	07:18	07:01	0:43:01	0:43:13
56	1126	Vos, Hermann	M50	DEU	LC Nordhorn	3	06:59	07:17	07:10	07:17	07:21	07:10	0:43:07	0:43:11
57	998	Kalus, Karl-Heinz	M50	DEU	SCU Emlichheim	4	06:33	07:10	07:15	07:21	07:33	07:26	0:43:15	0:43:16
58	938	Stahl, Philipp	MM	DEU		16	07:17	07:02	07:10	07:14	07:32	07:22	0:43:19	0:43:35
59	1096	Klomp, Jens	MM	DEU	Borussia Neuenhau	17	06:55	06:32	07:13	07:16	07:54	07:48	0:43:20	0:43:35
60	1017	Spieker, Guido	M35	DEU	Grafschafter Volk	10	07:33	07:23	07:11	07:24	07:15	06:50	0:43:22	0:43:33
61	1003	Teeuwen, John	M50	NLD		5	07:30	07:11	07:18	07:26	07:16	07:03	0:43:26	0:43:40
62	1018	Smemann, Helmut	M50	DEU	LC Nordhorn	6	06:49	07:08	07:17	07:26	07:32	07:29	0:43:33	0:43:38
63	1135	Van der Scheer, Albert	M65	NLD	Loopgroep Schoon	1	07:10	07:08	07:13	07:24	07:28	07:24	0:43:36	0:43:46
64	963	Christmann, Lenz	M40	DEU		9	07:03	07:17	07:13	07:23	07:28	07:24	0:43:38	0:43:47
65	969	Krans, Frank	MM	DEU	SV Hoogstede	18	07:03	07:21	07:24	07:29	07:25	07:05	0:43:38	0:43:44
66	1013	de Vries, Gerco	M35	NLD	Spurt '88	11	06:45	07:10	07:25	07:38	07:37	07:13	0:43:41	0:43:45
67	915	Timmerman, Jan	M50	DEU	Spurt '88	7	07:06	07:16	07:21	07:25	07:26	07:14	0:43:41	0:43:46
68	1125	Kortmann, Mirco	M35	DEU	LT Wettringen	12	08:01	07:07	07:18	07:22	07:32	07:03	0:43:44	0:44:20
69	1050	Scholte-Wassink, Frank	M35	DEU	Radsport S.V Olym	13	06:49	07:09	07:22	07:38	07:37	07:24	0:43:47	0:43:55
70	1048	Busman, Jan Peter	M45	NLD	SV Veendam	13	07:15	07:16	07:22	07:26	07:26	07:15	0:43:48	0:43:59
71	903	Konjer, Henning	M35	DEU		14	07:21	07:18	07:27	07:26	07:23	07:21	0:44:02	0:44:13
72	971	Dykhuys, Florian	MM	DEU	Team Lebenshilfe	19	07:07	07:17	07:24	07:31	07:28	07:32	0:44:04	0:44:17
73	976	Stroeve, Andre	MM	DEU	SV Veldhausen	20	07:54	07:14	07:22	07:26	07:36	07:10	0:44:05	0:44:39
74	1111	Kremer, Marc	MM	DEU	SCU Emlichheim	21	07:53	07:15	07:22	07:26	07:36	07:11	0:44:05	0:44:39
75	1140	Even, Martin	M45	DEU	SV Wietmarschen	14	07:11	07:11	07:28	07:35	07:43	07:20	0:44:05	0:44:26
76	1015	Somberg, Frank	M35	DEU	Team Somberg	15	07:01	07:20	07:32	07:40	07:37	07:07	0:44:08	0:44:15
77	924	Schubert, Christian	MM	DEU		22	08:18	07:24	07:11	07:16	07:30	07:11	0:44:13	0:44:49
77	1112	Aschermann, Lennart	MM	DEU	Spvvg Brandlecht t	22	07:49	07:29	07:23	07:21	07:19	07:05	0:44:13	0:44:22
79	1133	Heijnen, René	M40	NLD	Loopgroep Schoon	10	07:30	07:13	07:19	07:28	07:29	07:45	0:44:20	0:44:42
80	928	Keen, Holger	M30	DEU	Sportgemeinschaft	5	07:37	07:27	07:28	07:28	07:21	07:23	0:44:20	0:44:41
81	961	Veltrup, Holger	MM	DEU	TuS Haren	24	07:33	07:30	07:30	07:31	07:24	07:08	0:44:27	0:44:33
82	949	Brettschneider, Dirk	M45	DEU	CW-Meyer	15	08:03	07:32	07:24	07:23	07:27	07:14	0:44:44	0:45:01
83	1033	Grote-Wiegerink, Gerold	M50	DEU	Lauftreff Olympia	8	07:28	07:28	07:28	07:35	07:43	07:26	0:44:53	0:45:05
84	1131	Gozevoort, Cristian	M40	NLD		11	07:21	07:25	07:38	07:37	07:40	07:38	0:44:55	0:45:16
85	1150	Gazming, Jan	M50	NLD	Codac Coevorden	9	07:30	07:27	07:32	07:42	07:38	07:24	0:45:01	0:45:10
86	1080	Geerds, Sascha	M30	DEU	SV Veldhausen	6	07:54	07:15	07:32	07:50	08:07	07:43	0:45:45	0:46:18
87	983	Busche, Michael	M45	DEU	LC Nordhorn	16	07:30	07:40	07:40	07:45	07:51	07:33	0:45:46	0:45:57
88	1036	Kerk, Reinhold	M50	DEU	SV Esche	10	07:35	07:36	07:35	07:44	07:55	07:51	0:45:56	0:46:13
89	908	Koster, Bert	M45	NLD	HAC 63	17	08:06	07:25	07:40	07:53	08:01	07:47	0:46:19	0:46:49
90	931	Krol, Frederik	MM	DEU	Lauftreff Olympia	25	08:22	07:45	07:35	07:55	07:57	07:28	0:46:22	0:47:00
91	900	Klever, Uwe	M40	DEU		12	07:50	07:45	07:40	07:57	07:47	07:41	0:46:25	0:46:38
92	1010	Borghorst, Vinzent	MM	DEU	Laufgruppe SCU E	26	08:07	08:11	08:14	07:46	07:36	06:52	0:46:31	0:46:44
93	959	Hosemann, Norbert	M55	DEU	LC Nordhorn	2	07:29	07:52	07:51	08:00	07:59	07:42	0:46:47	0:46:51
94	979	Everding, Fritz	M60	DEU	laufmitmir	2	07:59	07:49	07:46	07:54	07:58	07:54	0:47:01	0:47:17
95	1134	Beerling, Bennie	M50	NLD	Schoonebeck	11	07:36	07:49	08:05	07:56	08:01	07:55	0:47:06	0:47:20
96	965	Ophof, Gerwin	MM	DEU	Laufend dabei	27	07:27	07:52	07:56	08:09	08:18	07:59	0:47:31	0:47:38

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Pl.	St-Nr.	Name	AK	NAT	Team	AK-Pl.	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Netto	Brutto
97	977	Van Wieren, Gebhard	M50	DEU	Lauftreff Olympia	12	07:29	07:45	08:00	08:10	08:15	08:18	0:47:44	0:47:56
98	1069	Cozeinsen, Lothar	M55	DEU		3	07:22	07:41	07:59	08:16	08:22	08:16	0:47:44	0:47:54
99	956	Jansen, Karl-Heinz	M45	DEU	BSG Sparkasse Em	18	08:03	07:53	08:00	08:10	08:11	07:57	0:47:50	0:48:12
100	1103	Over, Gerhard	M60	DEU	TV Meppen	3	07:45	07:57	08:11	08:14	08:17	07:45	0:47:59	0:48:06
101	1136	Germe, Paul	M50	DEU	SV Wietmarschen	13	08:18	07:52	07:56	08:11	08:17	08:00	0:48:11	0:48:31
102	1081	Jansen, Alwin	M	DEU	Olympia Uelsen		08:06	08:01	07:55	08:11	08:11	08:03	0:48:16	0:48:26
103	957	Vermann, Hermann	M60	DEU	TuS Haren	4	07:53	07:59	08:07	08:12	08:15	08:05	0:48:19	0:48:28
103	958	Veltrup, Hermann	M60	DEU	TuS Haren	4	07:53	07:59	08:07	08:12	08:15	08:05	0:48:19	0:48:28
105	1083	Eberhard, Jörg	M40	DEU	Team Grafenschaft	13	07:49	07:52	08:05	08:26	08:25	07:59	0:48:20	0:48:32
106	933	Stegeman, Markus	MM	DEU		28	08:09	08:09	08:01	08:17	08:10	07:52	0:48:22	0:48:36
107	1139	Korte, Rainer	M45	DEU	SV Wietmarschen	19	07:56	07:59	08:06	08:14	08:22	08:00	0:48:24	0:48:34
108	936	Koenders, Dieter	M50	DEU		14	08:10	07:50	08:02	08:09	08:20	08:19	0:48:30	0:48:47
109	1110	Wolterink, Henning	M40	DEU	Olympia Uelsen	14	07:51	08:04	08:11	08:20	08:12	08:06	0:48:37	0:48:41
110	1094	Oldekamp, Geert	M40	DEU	*Wilsum	15	07:54	08:04	08:14	08:25	08:19	08:05	0:48:39	0:48:58
111	1001	Holtvlüwer, Helmut	M50	DEU	Lauftreff Olympia	15	07:50	08:01	08:12	08:16	08:23	08:13	0:48:41	0:48:52
112	1020	Pötter, Andre	M45	DEU	laufend dabei	20	07:26	08:00	08:16	08:33	08:26	08:10	0:48:42	0:48:49
113	1026	Weßling, Michael	M50	DEU	Wilfried Jeurink S	16	08:11	07:58	08:13	08:19	08:22	08:13	0:48:50	0:49:14
114	1114	Warmes, Rob	M45	DEU	OLC '93	21	07:53	08:01	08:11	08:21	08:23	08:15	0:48:52	0:49:01
115	1090	Groene, Helmut	M50	DEU	Blau-Weiß Bookho	17	08:18	08:06	08:17	08:22	08:27	07:55	0:48:53	0:49:23
116	1115	Dümmer, Dieter	M50	DEU	TC RW Neuenhaus	18	09:00	08:21	08:23	08:11	08:07	07:38	0:49:00	0:49:37
117	1059	Bröring, Andreas	M45	DEU		22	09:00	08:18	08:14	08:19	08:08	07:41	0:49:00	0:49:37
118	1007	Pamann, Erich	M45	DEU	Lauftreff Olympia	23	08:17	08:16	08:14	08:19	08:16	07:55	0:49:00	0:49:14
119	1138	Schnieders, Werner	M50	DEU	SV Wietmarschen	19	08:03	08:05	08:12	08:19	08:27	08:14	0:49:07	0:49:18
120	1064	Weerd, Jan	M45	DEU		24	08:09	08:03	08:16	08:20	08:22	08:14	0:49:08	0:49:21
121	1044	Beniermann, Egbert	M30	DEU		7	08:46	08:10	08:11	08:17	08:17	08:04	0:49:13	0:49:43
122	1093	Riesenbeck, Jürgen	M55	DEU	*Emmen	4	08:27	08:09	08:12	08:22	08:24	08:19	0:49:17	0:49:51
123	925	Duling, Matthias	M40	DEU	VfR Voxtrup	16	09:19	08:12	08:11	08:11	08:07	07:50	0:49:23	0:49:48
124	909	Jeurink, André	MM	DEU	SV Veldhausen 07	29	08:33	08:20	08:29	08:31	08:27	07:50	0:49:33	0:50:07
125	1042	Boedecker, Jörg	M40	DEU	Mia Pötters	17	08:34	08:18	08:26	08:22	08:29	07:57	0:49:36	0:50:04
126	1137	Nyhuis, Gerhard	M65	DEU	Olympia Uelsen	2	08:51	08:19	08:20	08:24	08:26	07:56	0:49:37	0:50:14
127	905	Meier, Andree	M45	DEU		25	08:49	08:17	08:21	08:18	08:22	08:05	0:49:38	0:50:10
128	1105	Kotting, Ingo	M30	DEU		8	08:04	07:55	08:16	08:45	08:42	08:29	0:49:40	0:50:09
129	1122	Meijerrink, Remko	M40	DEU		18	08:48	08:17	08:20	08:28	08:29	07:56	0:49:50	0:50:16
130	1143	Heesbeen, Ad	M60	DEU	Spurt '88	6	08:26	08:10	08:24	08:26	08:33	08:22	0:49:54	0:50:18
131	1100	Grundmann, Jörg	M40	DEU		19	09:01	08:19	08:24	08:15	08:29	08:07	0:49:59	0:50:34
132	1089	Schoemaker, Jan	M45	DEU	SV Hoogstede	26	09:00	08:20	08:23	08:23	08:34	08:03	0:50:02	0:50:42
133	1041	Steinkamp, Achim	M45	DEU		27	08:34	08:18	08:25	08:21	08:29	08:22	0:50:03	0:50:29
134	1119	Postma, Gertjan	M50	DEU		20	08:48	08:18	08:20	08:27	08:30	08:13	0:50:09	0:50:33
135	912	Reurik, Jan	M45	DEU	Lauftreff TuS Neue	28	09:12	08:16	08:17	08:22	08:33	08:11	0:50:12	0:50:49
136	990	van der Knaap, Erik	M45	DEU	SV Cosmos Getelo	29	08:17	08:37	08:35	08:34	08:17	08:04	0:50:13	0:50:22
137	1063	ten Broek, Jan	M30	DEU	SV Grenzland Laa	9	08:52	08:41	08:49	08:47	08:25	07:10	0:50:17	0:50:43
138	1065	Hans, Holger	M45	DEU	*Itterbeck	30	08:29	08:26	08:34	08:35	08:36	08:16	0:50:37	0:50:54
138	1066	Legtenborg, Henning	M40	DEU	*Itterbeck	20	08:29	08:26	08:35	08:35	08:36	08:16	0:50:37	0:50:54
140	1022	Somberg, Stefan	M30	DEU	Team Somberg	10	09:19	08:37	08:33	08:32	08:22	07:59	0:50:52	0:51:21
141	1091	Wortel, Hermann	M30	DEU		11	08:21	08:23	08:36	08:49	08:51	08:15	0:50:53	0:51:13
142	980	Heinink, Arnd	M40	DEU	TUS Gildehaus	21	09:32	08:20	08:27	08:32	08:35	08:05	0:50:55	0:51:29
143	1144	Kok, Jan-Marc	M35	DEU		16	07:44	08:16	08:32	08:38	08:48	09:17	0:51:01	0:51:12
144	918	Voet, Hans	M40	DEU	Lauftreff Uelsen	22	08:22	08:41	08:40	08:40	08:51	08:21	0:51:20	0:51:33

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Pl.	St-Nr.	Name	AK	NAT	Team	AK-Pl.	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Netto	Brutto
145	1087	Dekker, Harron	M30	DEU	HAC 63	12	08:21	08:31	08:59	09:04	08:28	08:18	0:51:23	0:51:39
146	913	Gaalken, Bernd	M50	DEU	ASC Grün Weiß Wi	21	08:20	08:34	08:31	08:38	08:55	08:43	0:51:24	0:51:40
147	1067	Holt, Jan Willem	M40	DEU		23	08:46	08:37	08:46	08:52	08:57	08:04	0:51:27	0:51:59
148	1095	Weiden, Michael	MM	DEU	SV Grenzland Laa	30	08:08	08:11	08:15	09:10	09:11	08:56	0:51:33	0:51:48
149	1085	Wolf, Gerald	M50	DEU	LC Nordhorn	22	09:17	08:33	08:34	08:39	08:41	08:42	0:51:45	0:52:23
150	1028	Holthus, Hermann	M60	DEU	Förderverein KBS t	7	09:08	08:40	08:42	08:38	08:43	08:38	0:51:51	0:52:25
151	989	Neekamp, Franz-Josef	MM	DEU		31	07:53	08:27	08:56	08:59	09:15	09:00	0:52:20	0:52:28
152	1071	Hindriksen, Gerd-Jürgen	M45	DEU	Die Brücke e.V.	31	09:49	08:43	08:52	08:41	08:44	08:13	0:52:21	0:53:00
153	964	Koenders, Jürgen	M50	DEU	Emlichheim	23	09:01	08:37	08:52	08:53	08:47	08:51	0:52:26	0:52:58
154	1086	Baumann, Dietrich	M55	DEU	kein	5	08:19	08:34	08:48	08:59	09:07	09:00	0:52:31	0:52:45
155	1061	van Münster, Jürgen	M45	DEU		32	09:17	08:48	08:56	08:41	08:56	08:33	0:52:35	0:53:09
156	1142	Berling, Reinhard	M50	DEU	SV Wietmarschen	24	08:17	08:13	08:25	09:00	09:28	09:28	0:52:35	0:52:48
157	1127	Kramer, Harrie	M60	NLD	Loopgroep Schoon	8	09:07	08:47	08:51	08:50	08:52	08:31	0:52:36	0:52:55
158	1078	Reefmann, Jörg	M45	DEU		33	08:59	08:21	08:26	08:47	09:19	09:27	0:52:38	0:53:16
159	1016	Hoffmann, Peter	M50	DEU	Run4Fun	25	09:00	08:49	08:52	08:53	09:01	08:37	0:52:44	0:53:08
160	1029	Dreher, Gerhard	M55	DEU		6	09:32	08:52	08:48	08:51	08:44	08:37	0:52:45	0:53:21
161	988	Schroven, Jörg	M45	DEU		34	09:18	09:05	08:52	09:04	08:43	08:23	0:53:01	0:53:24
162	1024	Olsman, Jan	M70	NLD	Laac Twente	1	08:46	08:49	08:57	08:59	08:55	08:51	0:53:03	0:53:16
163	1038	Radtke, Christian	M40	DEU		24	08:47	08:47	08:59	08:57	09:07	08:53	0:53:12	0:53:28
164	1037	Wiethoff, Hubert	M60	DEU	Sparta Nordhorn	9	08:47	08:48	08:58	08:59	09:06	08:53	0:53:12	0:53:28
165	1099	Oink, Andreas	M30	DEU	SV Veldhausen	13	09:18	08:53	08:55	08:56	09:01	08:52	0:53:20	0:53:52
166	1046	Kuite, Jürgen	M40	DEU	SV Olympia Uelse	25	08:20	09:01	09:14	09:20	09:18	08:33	0:53:33	0:53:44
167	953	Jans, Hendrik	MM	DEU		32	09:15	08:54	09:04	09:18	09:20	08:39	0:53:52	0:54:26
168	1098	Gesdink, Harry	M40	DEU	BSG Clever Market	26	09:13	08:53	09:07	09:14	09:31	08:52	0:54:14	0:54:48
169	904	Keen, Guido	M35	DEU	Laufgruppe SCU E	17	09:36	09:14	09:15	09:10	08:57	08:50	0:54:39	0:54:59
170	1092	Bisschop, Hartmut	M45	DEU	*Emlichheim	35	08:58	09:00	09:17	09:20	09:25	09:07	0:54:46	0:55:05
171	985	Balderhaar, Jan Hindrik	M50	DEU		26	09:42	09:06	09:15	09:04	09:15	09:24	0:55:09	0:55:44
172	1123	De Vries, Maurits	M35	NLD	Schoonebeek	18	10:14	09:22	09:13	09:16	09:10	08:21	0:55:12	0:55:34
173	1058	Hans, Hermann	M45	DEU		36	09:53	09:07	09:19	09:21	09:21	08:54	0:55:15	0:55:53
174	984	Egbers, Hanjo	M35	DEU	SV Wietmarschen	19	10:14	09:17	09:13	09:28	09:38	08:41	0:55:51	0:56:28
175	1088	Konjer, Heino	M40	DEU	SC Union Emlichhe	27	09:09	09:27	09:35	09:43	09:57	09:33	0:57:09	0:57:22
176	939	Grunert, Herbert	M70	DEU	SCU Emlichheim	2	09:45	09:26	09:32	09:41	09:47	09:29	0:57:17	0:57:38
177	1106	Weiden, Karl-Heinz	M55	DEU	Lauftreff Uelsen	7	09:54	09:18	09:17	09:38	09:56	10:10	0:57:35	0:58:11
178	991	Borghorst, Hermann	M55	DEU	SCU Emlichheim	8	09:45	09:26	09:32	09:57	10:19	10:12	0:58:47	0:59:09
179	911	Brünink, Lukes	MJB	DEU	Scu Emlichheim	1	09:59	10:15	09:57	10:18	10:22	08:36	0:59:08	0:59:24
180	1004	Rotmann, Dirk	M50	DEU	Grafschafter Auge	27	11:22	10:53	10:19	08:57	09:20	09:09	0:59:17	0:59:57
181	1014	Küpers, Manfred	M60	DEU	SV Klausheide e.V	10	10:05	09:53	10:08	10:23	10:30	09:59	1:00:21	1:00:55
182	1045	Pastunink, Jürgen	M40	DEU		28	10:33	10:22	10:24	10:25	10:32	09:27	1:01:11	1:01:40

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Pl.	St-Nr.	Name	AK	NAT	Team	AK-Pl.	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Netto	Brutto
1	1035	Vedder, Elke	W45	DEU	SV Germania Twis	1	06:17	06:33	06:39	06:40	06:40	06:34	0:39:17	0:39:20
2	960	Stiepel, Edith	W30	DEU	LC Nordhorn	1	06:32	06:45	06:56	07:00	06:58	06:53	0:40:58	0:41:01
3	926	Herbert, Manon	WW	NLD	Spurt 88	1	06:44	07:00	07:11	07:11	07:12	06:56	0:42:08	0:42:12
4	1000	Baarlink, Jutta	W35	DEU		1	06:57	07:03	07:07	07:08	07:08	07:02	0:42:16	0:42:23
5	941	Herbert, Marleen	WW	NLD	Spurt '88	2	06:44	07:05	07:10	07:21	07:21	07:11	0:42:48	0:42:50
6	902	Berkemeyer, Ariane	WW	DEU	LF OGH	3	07:36	07:14	07:18	07:28	07:35	07:21	0:44:04	0:44:29
7	1148	Willems, Janneke	W45	DEU	Spurt 88	2	07:05	07:23	07:28	07:37	07:37	07:25	0:44:31	0:44:34
8	917	Jacobs, Heike	W45	DEU	Lauftreff Olympia	3	07:24	07:27	07:32	07:38	07:47	07:38	0:45:13	0:45:24
9	1141	Mülstegen, Tanja	W35	DEU	VfL Lingen	2	07:29	07:44	07:55	08:00	08:06	07:33	0:46:41	0:46:45
10	1006	Singraven, Dita	W40	DEU		1	07:56	07:47	07:54	08:01	08:04	08:01	0:47:21	0:47:39
11	1034	Leloux, Hilde	W40	DEU		2	08:15	08:07	08:03	08:03	07:53	07:48	0:47:50	0:48:06
12	919	Voet, Marianne	W40	DEU	Lauftreff Uelsen	3	07:50	08:00	08:12	08:16	08:23	08:08	0:48:34	0:48:46
13	978	Dokters, Frauke	W40	DEU	Lauftreff Olympia	4	07:49	08:01	08:11	08:17	08:23	08:13	0:48:40	0:48:52
14	1047	Kuite, Tanja	W40	DEU	Lauftreff Olympia	5	07:50	08:00	08:12	08:16	08:24	08:14	0:48:41	0:48:53
15	1113	Warmes, Anne	WW	DEU	OLC '93	4	07:53	08:02	08:11	08:21	08:22	08:09	0:48:47	0:48:55
16	987	Schroven, Heike	W45	DEU		4	08:20	08:05	08:18	08:24	08:24	08:06	0:49:12	0:49:35
17	942	Wijnia-Kwant, Reina	W55	DEU	avVN Niederlande	1	07:49	08:12	08:21	08:25	08:23	08:14	0:49:18	0:49:21
18	1076	Olthaus, Simone	W35	DEU	SV Vorwärts Nordh	3	08:01	08:08	08:15	08:23	08:33	08:22	0:49:29	0:49:40
19	1052	Göcken, Julia	WW	DEU		5	08:21	08:26	08:33	08:34	08:26	07:36	0:49:41	0:49:54
20	1102	Over, Margarete	WW	DEU		6	08:27	08:19	08:25	08:31	08:38	08:15	0:50:10	0:50:32
21	1051	Kaalmink, Svenja	WW	DEU		7	08:22	08:27	08:33	08:33	08:27	08:26	0:50:32	0:50:45
22	1027	Brüna, Gunda	W40	DEU	Lauftreff Olympia	6	08:21	08:25	08:28	08:35	08:40	08:30	0:50:40	0:50:56
23	1068	Strothmann, Anke	W45	DEU	*Uelsen	5	08:48	08:27	08:28	08:32	08:41	08:31	0:51:08	0:51:25
24	1084	Wolf, Christine	W50	DEU	LC Nordhorn	1	09:17	08:32	08:33	08:39	08:41	08:41	0:51:45	0:52:23
25	910	Dierkes, Rebecca	W30	DEU	LF OHG	2	08:45	08:50	08:49	08:48	08:55	08:44	0:52:23	0:52:49
26	1077	Eersink, Gertrud	W45	DEU	SV Vorwärts Nordh	6	08:29	08:42	08:50	09:03	09:01	08:52	0:52:44	0:52:55
27	1005	Lammering, Karen	WW	DEU	LF OGH	8	08:46	08:50	08:57	09:08	09:16	09:06	0:53:35	0:54:01
28	1025	Gosen, Carmen	WW	DEU	/	9	09:49	09:15	09:13	09:08	08:58	08:17	0:54:01	0:54:37
29	1130	Rotmann, Sonja	W45	DEU		7	08:46	09:02	09:14	09:23	09:28	09:09	0:54:38	0:55:00
30	962	Doeker-Vedder, Petra	W40	DEU	Laufgruppe SCU E	7	08:49	09:05	09:14	09:21	09:26	09:28	0:55:13	0:55:20
31	901	Köster, Rita	W40	DEU	Laufgruppe SCU E	8	08:49	09:05	09:14	09:21	09:27	09:28	0:55:14	0:55:21
32	937	Pohlman, Petra	W50	DEU	Laufgruppe SCU E	2	09:37	09:22	09:22	09:24	09:24	09:03	0:55:47	0:56:09
33	966	Oudehinkel, Jutta	W50	DEU	Laufgruppe SCU E	3	09:37	09:21	09:23	09:24	09:23	09:11	0:55:56	0:56:17
34	1012	klompmaker, wilma	W45	DEU		8	09:45	09:16	09:20	09:13	09:30	09:34	0:56:03	0:56:35
35	1023	Somberg, Sarah	WW	DEU	Team Somberg	10	09:28	09:15	09:39	09:33	09:39	09:19	0:56:22	0:56:50
36	1073	Stevens-Beckhuis, Gerfr	W40	DEU	*Nordhorn	9	09:36	09:18	09:27	09:24	09:24	09:50	0:56:25	0:56:56
37	1129	Steffens, Silvia	W40	NLD	Loopgroep Schoon	10	09:48	09:33	09:31	09:34	09:33	09:31	0:57:07	0:57:27
38	1128	Bruning, Alice	W30	NLD	Loopgroep Schoon	3	09:48	09:33	09:31	09:34	09:33	09:31	0:57:07	0:57:27
39	1120	Postma, Silvia	W45	DEU		9	10:10	09:48	09:41	09:42	09:38	09:23	0:57:53	0:58:20
40	995	Van Wieren, Julia	WW	DEU		11	10:07	09:48	09:42	09:51	09:36	09:18	0:57:54	0:58:19
41	973	Eberhard, Helga	W45	DEU	Team Grafschaft	10	10:00	09:43	09:49	10:08	10:16	09:51	0:59:12	0:59:45
42	1040	Wiesch, Rebekka	WW	DEU	Münsteraner Prom	12	08:57	09:31	09:55	10:23	10:29	10:12	0:59:18	0:59:26