

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	1182	Hartger, Gerold	M35	DEU	LC Nordhorn	1	05:11	05:13	05:15	05:14	05:19	05:09	0:31:18	0:31:19
2	1169	Diettrich, Georg	M45	DEU	LC Wechloy	1	05:11	05:13	05:18	05:24	05:28	05:17	0:31:47	0:31:48
3	1080	Driesen, Erik	M35	DEU	BB-lopers	2	05:11	05:13	05:16	05:20	05:34	05:19	0:31:49	0:31:51
4	996	Eckstein, Klaus	M45	DEU	LC Nordhorn	2	05:31	05:36	05:36	05:36	05:42	05:36	0:33:34	0:33:35
5	1081	Driesen, Arjen	M45	DEU	BB lopers	3	05:22	05:34	05:41	05:42	05:45	05:41	0:33:41	0:33:43
6	1010	Lembcke, Nicholas	M30	DEU	LC Nordhorn	1	05:55	05:54	05:55	06:00	06:06	05:47	0:35:34	0:35:36
7	1163	Holboer, Jan	M45	DEU	LC Nordhorn	4	05:46	05:52	05:59	06:05	06:09	06:06	0:35:52	0:35:54
8	1150	Köhler, Jan-Aiko	MJU20	DEU	Emder LG	1	05:57	05:58	06:08	06:16	06:14	06:04	0:36:32	0:36:35
9	1097	Croon, Martijn	M35	DEU	*Coevorden	3	05:47	06:00	06:10	06:13	06:17	06:11	0:36:32	0:36:36
10	1156	Hüer, Tobias	MM	DEU	SV Concordia Schl	1	05:59	06:05	06:12	06:19	06:15	06:05	0:36:47	0:36:52
11	959	Böttick, Carsten	M35	DEU	LC Nordhorn	4	05:57	06:06	06:13	06:19	06:16	06:08	0:36:53	0:36:55
12	1160	Tiekstra, Gerben	MM	DEU		2	05:46	06:04	06:18	06:24	06:21	06:19	0:37:08	0:37:10
13	1177	Van Goor, Martijn	M30	DEU	*Hardenberg	2	05:55	06:10	06:09	06:21	06:21	06:22	0:37:12	0:37:16
14	993	Beckemper, Ingo	M45	DEU	LC Nordhorn	5	05:59	06:05	06:20	06:26	06:29	06:25	0:37:39	0:37:42
15	977	Harink, Heiner	M30	DEU	*Nordhorn	3	06:08	06:11	06:24	06:26	06:28	06:19	0:37:47	0:37:53
16	992	Ensink, Daniel	M30	DEU	LC Nordhorn	4	05:58	06:07	06:20	06:29	06:34	06:32	0:37:56	0:37:58
17	1036	Bouwer, Guido	M40	DEU	LC Nordhorn	1	06:01	06:17	06:34	06:45	06:50	06:34	0:38:54	0:38:58
18	940	Pol, Sebastiaan	M30	DEU	Coevorden	5	05:55	06:17	06:39	06:45	06:49	06:37	0:38:56	0:39:00
19	926	Timmerman, Kevin	MM	DEU	Spurt '88	3	06:33	06:36	06:32	06:37	06:32	06:20	0:39:05	0:39:08
20	935	Landwehr, Michael	M30	DEU	VFL Lönigen	6	06:21	06:36	06:37	06:44	06:42	06:14	0:39:09	0:39:12
21	1180	Hartwig, Matthias	M45	DEU	SC Baccum e.V.	6	06:01	06:15	06:36	06:45	06:50	06:49	0:39:11	0:39:14
22	1167	Snijders, Erik	M30	DEU		7	06:22	06:36	06:38	06:42	06:43	06:22	0:39:16	0:39:21
23	981	Van Zon, Pascal	M30	DEU	Spurt '88	8	06:33	06:36	06:32	06:37	06:33	06:33	0:39:20	0:39:23
24	1103	Lek, Johan	M50	DEU	De Sperwers Emmk	1	06:07	06:29	06:44	06:47	06:46	06:43	0:39:31	0:39:33
25	983	Schleinhege, Lars	M35	DEU	Team Erdinger Al	5	06:25	06:32	06:40	06:46	06:46	06:45	0:39:46	0:39:51
26	980	Lampen, Otto	M45	DEU	TuS Haren	7	06:30	06:39	06:43	06:46	06:51	06:37	0:39:59	0:40:03
27	905	Brink, Heino	M40	DEU	SV Cosmos Getelo	2	06:25	06:38	06:44	06:50	06:54	06:48	0:40:13	0:40:17
28	1171	Stockhorst, Jan	MM	DEU	FC Schüttof 09	4	06:42	06:53	06:48	06:50	06:47	06:38	0:40:33	0:40:36
29	991	Christmann, Lenz	M45	DEU	SG Neuenhaus-Uel	8	06:50	06:48	06:46	06:49	06:54	06:44	0:40:38	0:40:48
30	962	Harmsen, Alfred	M50	DEU	SG-Haftenkamp	2	06:41	06:45	06:46	06:54	06:54	06:50	0:40:39	0:40:47
31	1045	Snyders, Ole	M30	DEU	V"echte"looper	9	06:47	06:47	07:00	06:54	06:58	06:36	0:40:49	0:41:00
32	929	Korte, Sascha	M40	DEU	*Bedburg	3	07:15	06:45	06:46	06:54	06:56	06:33	0:40:51	0:41:06
33	1126	Adam Musa, Mustafa	MM	DEU	*Nordhorn	5	07:09	06:41	06:45	06:49	07:03	06:57	0:40:55	0:41:21
34	1029	Sikken, John	MM	DEU	EAC De Sperwers	6	06:34	06:42	06:54	06:58	07:04	06:50	0:40:56	0:41:00
35	1152	Schrant, Jürgen	M45	DEU	SV Bokeloh	9	06:37	06:47	06:56	06:56	06:59	06:53	0:40:59	0:41:06
36	1105	Plascher, Berthold	M40	DEU	Wilsum	4	06:47	06:47	07:00	06:54	06:58	06:46	0:41:01	0:41:10
37	1094	Schütten, Tim	MM	DEU	SV Grenzland Laa	7	06:29	06:43	07:09	07:07	07:03	06:54	0:41:04	0:41:22
38	1164	Plescher, Günter	M45	DEU	*Neuenhaus	10	06:41	06:47	06:54	06:58	07:04	06:59	0:41:17	0:41:20
39	1024	Jansen, Christoph	MM	DEU	Grafschafter Nach	8	06:36	06:52	07:01	07:02	07:02	06:54	0:41:19	0:41:25
40	1046	Haskamp, Clemens	M60	DEU	VfL Kloster Oesed	1	06:42	06:53	07:00	07:01	07:02	07:01	0:41:33	0:41:37
41	1001	Plescher, Jan	MM	DEU	SV Esche	9	06:58	06:46	06:49	07:05	07:14	06:59	0:41:38	0:41:49
42	1174	De Nie, Sandy	M35	DEU	LC Nordhorn	6	07:02	06:49	06:53	06:55	07:07	07:11	0:41:43	0:41:55
43	1125	Wolterink, Heiko	M45	DEU	SV Vorwärts Nordh	11	06:33	06:54	07:07	07:08	07:12	07:10	0:41:57	0:42:01
44	1035	wolters, jan	MM	DEU	Neuenhaus	10	06:43	06:53	07:03	07:06	07:16	07:13	0:42:05	0:42:11
45	1109	Krans, Frank	M30	DEU	V "echte" Cooper	10	06:49	06:52	07:07	07:20	07:22	06:52	0:42:12	0:42:21
46	1058	Dykhuys, Florian	M30	DEU	V"echte"looper	11	06:49	06:52	07:08	07:18	07:24	07:01	0:42:20	0:42:29
47	911	Nadorp, Thomas	M40	DEU	Itter Runner	5	06:38	07:01	07:12	07:17	07:17	07:04	0:42:23	0:42:27

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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
48	1048	Nitzsche, Thomas	M35	DEU	*Lübeck	7	06:44	06:53	07:06	07:20	07:29	07:10	0:42:28	0:42:39
49	1121	Brettschneider, Dirk	M50	DEU		3	07:11	07:10	07:11	07:10	07:14	06:54	0:42:36	0:42:49
50	976	Oeverink, Fabian	MM	DEU	SC Union Emlichhe	11	06:31	06:40	07:00	07:24	07:36	07:36	0:42:39	0:42:44
51	953	Zintel, Andreas	M45	DEU	Lauffreunde Emsla	12	07:02	07:08	07:15	07:17	07:15	06:52	0:42:40	0:42:47
52	1146	Ranters, Hermann	M50	DEU	SV Grenzland Laa	4	07:14	07:05	07:07	07:11	07:05	07:14	0:42:40	0:42:53
53	1033	Stroeve, Heinz	M65	DEU	SC Union Emlichhe	1	06:54	07:02	07:10	07:16	07:18	07:10	0:42:45	0:42:47
54	1016	kalus, Karl-Heinz	M55	DEU	SC Union Emlichhe	1	06:38	06:56	07:05	07:19	07:30	07:24	0:42:45	0:42:51
55	1133	Steffny, Herbert	M60	DEU		2	06:44	06:59	07:08	07:21	07:22	07:21	0:42:49	0:42:53
56	985	Brinkhaus, Jens	M35	DEU	LC Nordhorn	8	07:04	07:12	07:14	07:12	07:14	07:01	0:42:49	0:42:55
57	1129	Wassink, Alexander	MM	DEU	LC Nordhorn	12	07:05	07:12	07:14	07:12	07:12	07:07	0:42:54	0:43:00
58	927	Pötter, Stephan	MM	DEU	*Lingen	13	07:46	06:55	07:09	07:14	07:22	07:00	0:42:55	0:43:24
59	913	Gelsmann-Kaspers, Hendr	MM	DEU	SV Esche	14	07:17	07:02	06:57	07:21	07:19	07:16	0:42:56	0:43:09
60	1162	Temme, Eike	MM	DEU	freexactive	15	06:40	07:12	07:16	07:19	07:31	07:04	0:42:57	0:43:00
61	1111	Wolbert, Henning	MM	DEU	SV Grenzland	16	07:05	06:59	07:30	07:28	07:31	07:06	0:43:06	0:43:36
62	967	Spieker, Guido	M35	DEU	Grafschafter Volk	9	07:14	07:18	07:22	07:17	07:17	06:54	0:43:11	0:43:20
63	1159	Van Wieren, Jan	M45	DEU		13	06:54	07:08	07:09	07:17	07:28	07:22	0:43:13	0:43:15
64	1062	Hunfeld, Norbert	M55	DEU	LC Nordhorn	2	06:43	06:58	07:16	07:29	07:33	07:20	0:43:13	0:43:16
65	1147	Lankhorst, Sebastian	MM	DEU	Grafschafter Volk	17	06:45	07:09	07:20	07:45	07:34	06:47	0:43:15	0:43:18
66	975	Wortelen, Enno	MM	DEU	V"echte"looper	18	06:58	06:55	07:15	07:21	07:30	07:30	0:43:17	0:43:26
67	1172	Schepers, Hermann	M45	DEU	*Schoonebeek	14	06:41	07:06	07:16	07:30	07:39	07:18	0:43:24	0:43:27
68	901	Brinker, Marco	M40	DEU	Gölencamper	6	06:59	07:17	07:22	07:22	07:27	07:13	0:43:27	0:43:39
69	903	Rammelkamp, Frank	M40	DEU	Gölencamper	7	06:49	07:09	07:19	07:28	07:40	07:18	0:43:29	0:43:41
70	1017	Koopman, Bas	MJU20	DEU	BuurContact	2	07:23	07:16	07:17	07:17	07:22	07:21	0:43:39	0:43:53
71	1074	Ottink, Mirco	M35	DEU	*Schüttorf	10	07:05	07:12	07:15	07:17	07:31	07:29	0:43:42	0:43:47
72	950	Stroeve, Andre	M30	DEU	*Neuenhaus	12	06:59	07:11	07:21	07:31	07:41	07:13	0:43:44	0:43:55
73	910	Krol, Frederik	MM	DEU	SV Olympia Uelse	19	07:17	07:02	07:10	07:26	07:38	07:28	0:43:47	0:43:59
74	1065	Halbmeyer, Torsten	M30	DEU	Oldenburger Rude	13	07:03	07:17	07:28	07:32	07:32	07:14	0:43:55	0:44:03
75	1131	Egbers, Jens	M30	DEU	*Bad Bentheim	14	06:55	06:59	07:17	07:43	07:42	07:32	0:43:57	0:44:06
76	1117	Steinweg, Henning	MM	DEU	free Xactive	20	06:40	07:13	07:26	07:37	07:46	07:24	0:44:01	0:44:04
77	902	Timmerman, Jan	M55	DEU	Spurt'88 Hardenbe	3	07:02	07:19	07:23	07:35	07:34	07:20	0:44:06	0:44:10
78	999	Heetlage, Bernd	M50	DEU	Vorwärts Nordhor	5	06:58	07:14	07:27	07:35	07:43	07:22	0:44:11	0:44:17
79	944	Höllmann, Jürgen	M45	DEU	Lauftreff Uelsen	15	07:16	07:19	07:30	07:33	07:35	07:16	0:44:14	0:44:27
80	1037	Matenaar, Steffen	MJU18	DEU	VIPA	1	07:09	07:10	07:25	07:33	07:42	07:34	0:44:23	0:44:30
81	1157	Oldekamp, Geert	M45	DEU	ASC GW Itterbeck	16	07:19	07:19	07:29	07:36	07:41	07:23	0:44:30	0:44:44
82	1170	Van der Scheer, Albert	M65	NLD	Loopgroep Schoon	2	07:04	07:18	07:29	07:37	07:43	07:32	0:44:36	0:44:40
83	912	Strootmann, Mark	M35	DEU	*Nordhorn	11	07:18	07:21	07:33	07:33	07:45	07:28	0:44:43	0:44:56
84	1132	Schönfeld, Tim	M35	DEU	SV Werder Breme	12	07:25	07:25	07:28	07:48	07:34	07:23	0:44:48	0:45:01
85	1005	Beckhuis, Günter	M50	DEU	SV Olympia Uelse	6	07:11	07:23	07:31	07:33	07:43	07:40	0:44:52	0:45:00
86	966	Kajüter, Burkhard	M45	DEU	*Emsbüren	17	07:17	07:21	07:35	07:40	07:44	07:32	0:44:58	0:45:07
87	1137	Heetlage, Tom	MM	DEU	BW Bookholt	21	07:10	07:27	07:41	07:47	07:55	07:27	0:45:17	0:45:24
88	1047	Grote-Wiegerink, Gerold	M50	DEU	SV Olympia Uelse	7	07:17	07:29	07:41	07:47	07:47	07:36	0:45:27	0:45:34
89	1043	Eggenoor, Heino	M35	DEU	SV Grenzland Laa	13	07:14	07:19	07:28	07:47	08:05	07:46	0:45:27	0:45:37
90	1007	Frohoff-Hülsmann, Ludwig	M60	DEU	Team Eddy	3	07:14	07:36	07:41	07:48	07:47	07:33	0:45:30	0:45:36
91	1084	Fleßner, Heiko	M45	DEU	DLRG Marienhafe	18	08:10	07:40	07:38	07:32	07:42	07:23	0:45:41	0:46:02
92	1122	Pötter, André	M45	DEU	laufend dabei	19	07:18	07:33	07:46	07:47	07:57	07:35	0:45:44	0:45:53
93	1119	Horstmann, Bodo	M50	DEU	*Schüttorf	8	07:12	07:25	07:38	07:57	08:00	07:47	0:45:45	0:45:57
94	1120	Cozeinsen, Lothar	M55	DEU		4	07:18	07:40	07:44	07:49	07:51	07:38	0:45:51	0:45:57

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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
95	1165	Zander, Michael	MM	DEU		22	06:46	07:31	07:55	08:08	07:59	07:40	0:45:51	0:45:56
96	1038	Börger, Walter	M60	DEU	VfL Kloster Oesed	4	07:34	07:41	07:42	07:46	07:48	07:42	0:46:04	0:46:10
97	1054	Lucas, Christian	MM	DEU	SV Grenzland Laa	23	07:28	07:35	07:46	07:53	08:01	07:46	0:46:13	0:46:26
98	1052	Lucas, Jürgen	M50	DEU	SV Grenzland Laa	9	07:26	07:37	07:45	07:53	07:59	07:48	0:46:13	0:46:26
99	1100	Hans, Heiner	MJU20	DEU	Peters Stahlbau	3	07:15	07:34	07:59	07:53	08:00	07:47	0:46:13	0:46:26
10	1118	Pieper, Torben	MM	DEU	*Georgsdorf	24	08:33	08:02	08:05	07:50	07:22	06:51	0:46:16	0:46:39
10	987	Grefen, Michael	M50	DEU	FC Schüttorf 09	10	07:14	07:29	07:45	08:02	08:06	07:59	0:46:24	0:46:32
10	1136	Aalken, Christian	MM	DEU	BW Bookholt	25	07:10	07:27	07:58	08:02	08:06	07:55	0:46:28	0:46:35
10	1089	Taubayev, Ruslan	MM	DEU	Wintershall	26	07:27	07:37	08:36	08:05	07:57	07:21	0:46:35	0:47:01
10	1127	Collet, Sebastian	M30	DEU	LC Nordhorn	15	07:48	07:56	08:00	07:54	07:51	07:22	0:46:37	0:46:49
10	948	Koster, Bert	M45	DEU	HAC 63	20	07:47	07:57	08:06	07:58	07:37	07:25	0:46:38	0:46:47
10	1090	Schuber, Christian	MM	DEU	Wintershall	27	07:44	07:28	08:29	08:06	07:57	07:24	0:46:39	0:47:04
10	923	Koenders, Dieter	M50	DEU	Emlichheim	11	07:31	07:30	07:46	07:58	08:07	07:59	0:46:40	0:46:49
10	1009	Deters, Philipp	MM	DEU	SV Veldhausen	28	06:49	07:21	08:07	08:27	08:31	07:37	0:46:43	0:46:49
10	1008	Deters, Jan	M50	DEU	TuS Neuenhaus	12	06:49	07:20	08:07	08:28	08:32	07:37	0:46:43	0:46:50
11	938	Wallis, Holger	M50	DEU	*Bad Bentheim	13	07:24	07:37	07:53	08:05	08:08	07:54	0:46:50	0:46:59
11	946	Beckmann, Ralf	M35	DEU	Nix	14	06:55	07:21	07:56	08:36	08:22	07:54	0:46:53	0:47:02
11	1039	Weber, Herbert	M60	DEU	VfL Kloster Oesed	5	07:36	07:50	07:53	07:55	07:57	07:51	0:46:53	0:46:59
11	1070	Jansen, Alwin	M40	DEU	SV Olympia Uelse	8	08:04	07:46	07:48	07:46	07:53	08:00	0:46:54	0:47:14
11	1138	Röttgers, Michael	M40	DEU	Blau-Weiß Bookho	9	08:05	07:49	07:56	07:55	07:55	07:42	0:47:00	0:47:20
11	1124	Baumann, Dietrich	M60	DEU	Wilsum	6	07:57	07:50	08:02	08:11	08:08	07:52	0:47:36	0:47:56
11	1023	Wolterink, Henning	M45	DEU	Grafschafter Nach	21	07:59	07:54	07:59	08:07	08:08	07:46	0:47:36	0:47:50
11	1145	Wolbink, Gerwin	M35	DEU	SV Cosmos Getelo	15	08:03	07:50	08:01	08:00	08:12	07:53	0:47:39	0:47:58
11	1175	Jansen, Marc	M45	DEU	LC Nordhorn	22	08:29	07:48	07:39	07:50	08:09	08:16	0:47:46	0:48:10
11	1148	Hüsken, Ludger	M45	DEU	*Lingen	23	08:27	08:16	08:10	07:58	07:52	07:26	0:47:47	0:48:06
12	1096	Riesenbeck, Jürgen	M55	DEU	*Emmen	5	07:45	08:00	08:07	08:09	08:11	07:57	0:47:48	0:48:06
12	945	Brünink, Lukes	MJU18	DEU	*Emlichheim	2	07:58	07:46	07:52	07:58	08:12	08:21	0:47:52	0:48:04
12	942	Duling, Ansgar	M45	DEU	SC Union Emlichhe	24	08:12	07:50	07:58	07:59	08:13	08:07	0:47:53	0:48:16
12	1130	John, Peter	M60	DEU	LC Nordhorn	7	07:59	07:54	07:55	07:59	08:11	08:17	0:47:54	0:48:11
12	968	Lübbermann, Holger	M45	DEU	*Uelsen	25	08:22	07:54	08:04	08:08	08:08	07:42	0:47:54	0:48:15
12	1021	Bouwknegt, Erik	M45	DEU	HAC '63	26	07:46	07:58	08:06	08:07	08:16	08:01	0:48:03	0:48:11
12	1015	Heyn, Wolfgang	M55	DEU	Wolfs Revier	6	08:06	07:48	08:00	08:13	08:16	08:04	0:48:04	0:48:24
12	1099	Beuker, Frank	MM	DEU	Peters Stahlbau G	29	07:14	07:35	08:16	08:19	08:37	08:19	0:48:05	0:48:18
12	1178	Over, Gerhard	M60	DEU	TV Meppen	8	07:33	07:55	08:12	08:20	08:11	08:05	0:48:06	0:48:12
12	918	Kalter, Matthias	M35	DEU	Gölencamper	16	07:33	08:01	08:16	08:36	08:05	08:06	0:48:23	0:48:34
13	1003	Albrecht, Carsten	M40	DEU	Lauf mit mir	10	08:15	08:02	08:03	08:10	08:18	08:02	0:48:24	0:48:46
13	1032	Schäfer, Marco Julian	MM	DEU	Manitowoc Runner	30	07:30	08:09	08:13	08:17	08:18	08:13	0:48:31	0:48:38
13	1144	Snyders, Guido	M40	DEU	SV Cosmos Getelo	11	08:04	07:50	08:08	08:22	08:35	07:59	0:48:37	0:48:56
13	1095	Trüün, Dieter	M50	DEU	SC Union Emlichhe	14	08:46	08:11	08:05	08:05	08:02	08:00	0:48:38	0:49:06
13	1141	Germer, Paul	M55	DEU	SV Wietmarschen	7	08:29	07:53	08:00	08:07	08:16	08:20	0:48:44	0:49:03
13	1154	Schulte, Willi	M50	DEU	Haselünner SV	15	08:21	08:16	08:21	08:18	08:11	08:01	0:49:06	0:49:26
13	919	veldsink, mans	M55	DEU	geen	8	08:28	08:20	08:12	08:19	08:08	07:57	0:49:07	0:49:22
13	1102	Hesselink, Hartwig	M30	DEU	Kalle	16	07:40	07:59	08:19	08:28	08:29	08:27	0:49:09	0:49:20
13	1083	Fleßner, Keno	MJU18	DEU	DLRG Marienhaf	3	08:09	07:49	08:00	08:24	08:35	08:45	0:49:18	0:49:39
13	1183	Heesbeen, Ad	M65	NLD	Spurt 88	3	07:49	08:10	08:20	08:25	08:30	08:17	0:49:18	0:49:28
14	904	Meier, Andree	M45	DEU	*Salzkotten	27	08:14	08:19	08:20	08:18	08:22	08:14	0:49:21	0:49:45
14	1108	Müller, Alexander	M30	DEU		17	09:26	08:59	08:47	08:07	07:34	06:57	0:49:22	0:49:48

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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
14	1040	Reurik, Jan	M45	DEU	Lauftreff Tus Neue	28	08:35	08:13	08:11	08:20	08:19	08:16	0:49:28	0:49:52
14	1011	Wolf, Gerald	M50	DEU	LC Nordhorn	16	08:39	08:25	08:16	08:09	08:16	08:10	0:49:31	0:49:52
14	1086	Prei, Horst	M45	DEU	Wintershall	29	08:39	08:06	08:14	08:22	08:24	08:15	0:49:32	0:49:57
14	1087	Brüning, Jürgen	M40	DEU	Wintershall	12	08:48	08:33	08:23	08:21	08:18	07:36	0:49:32	0:49:57
14	1168	Beerling, Benny	M55	NLD	Schoonebeck	9	07:24	08:10	08:07	08:47	08:59	08:33	0:49:52	0:49:57
14	924	Wiggerink, Jan	M35	DEU	SC Union Emlichhe	17	08:47	08:13	08:20	08:21	08:30	08:00	0:49:52	0:50:08
14	990	Jansen, Karl-Heinz	M50	DEU	SV Dalum	17	08:08	08:08	08:33	08:35	08:33	08:17	0:49:56	0:50:13
14	1075	Reefmann, Jörg	M50	DEU	*Neuenhaus	18	08:28	08:08	08:20	08:24	08:32	08:32	0:49:57	0:50:21
15	1139	Steinkamp, Achim	M45	DEU	*Nordhorn	30	08:24	08:12	08:21	08:31	08:36	08:27	0:50:06	0:50:28
15	988	Balderhaar, Jan Hindrik	M50	DEU	TuS Neuenhaus	19	08:37	08:11	08:14	08:39	08:35	08:27	0:50:18	0:50:41
15	965	Krüger, Dietmar	M50	DEU	0	20	09:01	08:27	08:22	08:23	08:20	08:22	0:50:31	0:50:53
15	964	Stahl, Philipp	MM	DEU	0	31	09:01	08:27	08:22	08:23	08:21	08:22	0:50:32	0:50:53
15	1091	Fischer, Christian	M30	DEU	Wintershall	18	08:39	08:20	08:33	08:43	08:42	08:14	0:50:42	0:51:08
15	1034	van Wieren, Gebhard	M50	DEU	SV Olympia Uelse	21	08:09	08:14	08:21	08:34	08:48	09:01	0:50:46	0:51:04
15	961	Grosse Brookhuis, Wolfgan	M50	DEU	ASC Grün Weiß	22	08:33	08:22	08:33	08:34	08:45	08:32	0:50:49	0:51:16
15	958	Veltrup, Hermann	M60	DEU	TuS Haren	9	08:19	08:30	08:33	08:38	08:38	08:36	0:50:57	0:51:11
15	954	van Münster, Jürgen	M45	DEU	*Emlichheim	31	08:53	08:38	08:34	08:30	08:36	08:16	0:51:01	0:51:25
15	1013	Kerperien, Lothar	M45	DEU	Union Meppen	32	08:46	08:27	08:47	08:33	08:36	08:19	0:51:09	0:51:27
16	1072	Klemp, Sebastian	MM	DEU		32	08:48	08:36	08:36	08:32	08:32	08:19	0:51:10	0:51:20
16	1076	Nossels, Maik	M40	DEU	*Nordhorn	13	07:20	08:16	08:44	09:04	09:17	08:40	0:51:14	0:51:18
16	949	Franke, Matthias	M45	DEU	FC Schüttorf 09	33	08:22	08:28	08:42	08:45	08:49	08:27	0:51:16	0:51:29
16	1142	Berling, Reinhard	M50	DEU	SV Wietmarschen	23	08:30	08:02	08:20	08:41	09:05	09:00	0:51:17	0:51:36
16	1101	Arends, Heiko	M45	DEU	*Itterbeck	34	07:41	07:55	08:42	09:02	09:18	09:05	0:51:27	0:51:41
16	1018	Koopman, Gerben	M50	DEU	BuurContact	24	08:27	08:25	08:26	08:41	09:04	08:51	0:51:35	0:51:50
16	1134	Esmann, Hendrik	MM	DEU	SG Neuenhaus/Ue	33	08:06	08:03	08:23	08:52	09:20	09:16	0:51:44	0:51:57
16	931	Arends, Bert	M30	DEU	*Uelsen	19	08:04	07:55	08:19	08:43	09:08	10:00	0:51:47	0:52:07
16	1166	Schoemaker, Jan	M50	DEU	SV Hoogstede	25	08:37	08:15	08:34	08:53	09:09	08:53	0:51:52	0:52:19
16	1143	Zwafelink, Joerg	M40	DEU	SV Cosmos Getelo	14	08:21	08:11	08:28	08:48	09:11	09:16	0:51:54	0:52:13
17	1114	Hindriksen, Gerd-Jürgen	M45	DEU	SV Hoogstede	35	08:52	08:44	08:51	09:02	08:52	08:32	0:52:27	0:52:50
17	997	Otten, Ron	M45	DEU	*Dwingeloo	36	08:14	08:50	09:05	09:00	09:01	08:51	0:52:49	0:52:58
17	1082	Kwant, Erik	M45	DEU	*Laar (Duitsland)	37	08:34	08:35	08:50	08:56	09:10	09:02	0:52:50	0:53:04
17	1116	Albers, Heinz-Jürgen	M45	DEU	SV Hoogstede	38	08:48	08:41	08:54	09:05	09:06	08:44	0:52:52	0:53:15
17	1140	Korte, Rainer	M45	DEU	SV Wietmarschen	39	08:41	08:40	08:51	08:58	09:06	08:56	0:52:52	0:53:09
17	1044	Bartels, Heiko	M35	DEU	*Uelsen	18	08:25	08:20	08:22	09:51	09:12	09:09	0:52:55	0:53:16
17	969	Kramer, Harrie	M65	DEU	Loopgroep Schoon	4	08:35	08:40	09:24	08:55	08:56	08:43	0:53:03	0:53:11
17	941	Keen, Guido	M40	DEU	SC Union Emlichhe	15	09:15	09:01	08:58	08:46	09:01	08:25	0:53:09	0:53:23
17	920	Rakers, Andreas	M45	DEU		40	08:47	08:43	08:54	09:07	09:16	08:51	0:53:13	0:53:35
17	1115	Elbeshausen, Christian	MM	DEU	*Nordhorn	34	09:26	08:59	08:47	08:46	09:05	08:39	0:53:15	0:53:40
18	1067	Knelangen, Stefan	M45	DEU	BBS Lingen	41	08:36	09:06	09:01	08:55	09:06	08:49	0:53:20	0:53:31
18	1060	Geerds, Jörg	M40	DEU	Lauftreff Neuenha	16	08:45	08:33	08:47	08:59	09:15	09:33	0:53:25	0:53:50
18	1068	Essink, Jörg	M40	DEU	CA Brill	17	08:40	08:56	09:06	09:18	09:28	08:43	0:53:49	0:54:09
18	909	Arends, Birgo	MM	DEU	*uelsen	35	08:37	08:32	09:02	09:19	09:25	09:16	0:53:50	0:54:09
18	1173	Lüken, Guido	M40	DEU	Kilometerfresser L	18	08:49	08:51	08:59	09:12	09:30	08:55	0:54:07	0:54:14
18	960	Klein, Patrik	MM	DEU	*Ringe	36	08:53	08:53	08:58	08:56	09:25	09:35	0:54:08	0:54:37
18	921	Wübker, Tobias	M30	DEU		20	09:04	09:14	09:15	09:18	09:09	08:34	0:54:08	0:54:32
18	1030	Weggebakker, Bernold	M40	DEU	*Emlichheim	19	09:10	08:59	08:57	09:03	09:20	09:09	0:54:18	0:54:35
18	1158	Tyman, Guido	M45	DEU	ASC GW Itterbeck	42	08:58	09:16	09:15	09:23	09:06	08:51	0:54:32	0:54:47

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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
18	1049	Heck, Gerwin	M45	DEU	SV Veldhausen	43	09:37	09:17	09:21	09:21	09:25	08:32	0:55:06	0:55:30
19	1041	Meijer, Henk	M65	DEU	SV. Friesland	5	09:13	09:18	09:21	09:22	09:16	09:07	0:55:19	0:55:34
19	1181	Bisschop, Hartmut	M45	DEU	*Emlichheim	44	08:57	09:15	09:16	09:25	09:32	09:52	0:56:00	0:56:14
19	1107	Westenberg, Gerfried	M45	DEU	*Hannover	45	09:04	09:14	09:22	09:50	10:02	09:09	0:56:12	0:56:40
19	1106	Westenberg, Jan	MJU18	DEU	*Hannover	4	09:03	09:14	09:22	09:50	10:03	09:09	0:56:12	0:56:40
19	1020	Vos, Martijn	M45	DEU	Haile Gebr	46	08:45	09:09	09:21	09:35	09:48	09:50	0:56:16	0:56:26
19	1135	Eek, Patrick	MM	DEU	*Hoogstede	37	08:10	08:28	09:15	09:42	10:45	11:14	0:57:19	0:57:32
19	1025	Wiethoff, Hubert	M60	DEU	Sparta Nordhorn	10	09:09	09:17	09:30	09:45	10:01	10:06	0:57:25	0:57:46
19	1088	Lau, Ludger	M55	DEU	Wintershall	10	09:26	09:11	09:29	09:43	10:18	09:58	0:57:37	0:58:03
19	1093	Schäfer, Matthias	M45	DEU	Wintershall	47	09:26	09:12	09:28	09:43	10:18	10:03	0:57:42	0:58:08
19	1110	De Klein, Gerrit	M70	DEU	LAAC Twente	1	09:08	09:27	09:45	10:01	10:13	09:43	0:58:04	0:58:16
20	928	Paulsen, Martin	M30	DEU		21	09:18	09:18	09:49	10:13	10:24	10:16	0:58:54	0:59:15
20	1112	Kuiper, Harm	M50	DEU	*Hoogstede	26	09:17	09:20	09:53	10:14	10:26	10:30	0:59:17	0:59:37
20	998	Ensink, Heiko	M35	DEU		19	08:40	09:35	10:07	10:27	10:41	10:42	0:59:59	1:00:11
20	932	Wolterink, Gerald	M45	DEU	kein	48	08:35	09:42	10:17	10:52	10:36	10:24	1:00:09	1:00:24
20	1113	Wübber, Michael	M30	DEU	*Veldhausen	22	10:00	10:05	10:24	10:25	10:33	09:39	1:00:34	1:01:03
20	1077	Küpers, Manfred	M65	DEU	SV Klausheide eV	6	09:57	10:28	10:51	11:13	11:42	11:29	1:05:11	1:05:38
20	952	Schweer, Marcel	MM	DEU	*Emlichheim	38	09:44	10:57	11:57	12:06	11:36	11:15	1:07:06	1:07:33

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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
1	1028	Vedder, Elke	W45	DEU	SV Germania Twis	1	06:22	06:35	06:39	06:45	06:43	06:39	0:39:38	0:39:41
2	995	Evers, Kerstin	W35	DEU	LG Papenburg-Asc	1	06:21	06:35	06:39	06:46	06:45	06:50	0:39:50	0:39:53
3	1071	Schnieders, Kirsten	WW	DEU	LC Nordhorn	1	06:34	07:06	07:19	07:27	07:29	07:06	0:42:55	0:42:59
4	1187	Herbert, Manon	WW	DEU	Spurt '88	2	06:54	07:22	07:26	07:25	07:19	07:05	0:43:24	0:43:28
5	994	Jacobs, Heike	W45	DEU	SV Olympia Uelse	2	07:11	07:23	07:31	07:32	07:35	07:17	0:44:19	0:44:27
6	1184	Otter, Manon	WJU1	DEU	*Klazienaveen	1	07:34	07:33	07:36	07:38	07:37	07:16	0:45:07	0:45:11
7	1098	Düselder, Kirsten	W45	DEU	Lebenshilfe	3	07:17	07:29	07:39	07:46	07:50	07:42	0:45:31	0:45:42
8	1151	Ellßel, Sandra	W30	DEU	Emder LG	1	07:29	07:37	07:43	07:52	07:52	07:32	0:45:55	0:46:03
9	957	Bossink, Vera	WJU1	DEU	*Emlichheim	2	07:59	07:45	07:52	07:57	07:54	07:20	0:46:17	0:46:44
10	1085	Gründing, Sarah	WW	DEU	*Bramsche	3	07:45	07:59	08:00	08:03	08:06	07:55	0:47:34	0:47:45
11	1186	Plas, Tonnie	W55	DEU		1	08:01	07:56	07:58	08:03	08:08	07:52	0:47:39	0:47:56
12	978	Heinig, Mareike	W35	DEU	VFL Lingen	2	08:26	08:21	08:06	07:57	07:51	07:20	0:47:52	0:47:59
13	972	Gosink, Annika	WW	DEU	*Osnabrück	4	08:23	08:00	08:01	08:05	08:06	07:48	0:48:13	0:48:20
14	1179	Kuite, Tanja	W40	DEU	Lauftreff Olympia	1	08:07	08:04	08:08	08:08	08:07	07:59	0:48:13	0:48:32
15	1149	Jürriens, Heidi	W50	DEU	*Nordhorn	1	08:03	07:56	08:01	08:07	08:11	08:11	0:48:14	0:48:26
16	1153	Schrant, Heike	W40	DEU	*Meppen	2	08:13	08:10	08:10	08:12	08:09	08:05	0:48:37	0:48:56
17	1055	Morhaus, Elke	W35	DEU	SC Spelle-Venhaus	3	08:28	08:14	08:11	08:10	08:12	07:59	0:48:55	0:49:11
18	1063	Eersink, Gertrud	W50	DEU	SV Vorwärts Nordh	2	08:05	08:13	08:25	08:24	08:29	08:21	0:49:42	0:49:54
19	1019	Dokters, Frauke	W40	DEU	SV Olympia Uelse	3	08:07	08:13	08:19	08:29	08:35	08:35	0:49:56	0:50:15
20	917	Klompemaker, Mareen	W40	DEU	arnie's laufbande	4	08:13	08:15	08:27	08:34	08:41	08:19	0:50:07	0:50:26
21	1078	Jacobs, Antje	W30	DEU		2	08:15	08:15	08:25	08:35	08:41	08:30	0:50:19	0:50:37
22	925	Hagedorn, Femke	WW	DEU	*osterwald	5	08:32	08:14	08:17	08:31	08:59	08:16	0:50:30	0:50:47
23	989	Pol, Gea	W35	DEU	*Coevorden	4	08:36	08:20	08:33	08:38	08:42	08:33	0:50:58	0:51:20
24	1014	Kerperien, Ebby	W40	DEU	Union Meppen	5	08:35	08:23	08:29	08:37	08:46	08:43	0:51:13	0:51:30
25	937	Maul, Mandy	W45	DEU	Laufteam Eddy	4	07:51	08:15	08:43	09:00	09:02	08:38	0:51:19	0:51:26
26	1056	Flosdorf, Betty	W45	DEU	SC Spelle-Venhaus	5	08:16	08:31	08:41	08:49	08:58	08:46	0:51:43	0:51:59
27	922	Krajewski, Juriena	W35	DEU	*Emlichheim	5	08:12	08:36	08:36	08:50	08:58	09:15	0:52:07	0:52:25
28	979	Bollmann, Ines	W35	DEU	VFL Lingen	6	08:26	08:29	08:55	08:59	08:59	08:47	0:52:26	0:52:33
29	1059	Berens, Judith	W30	DEU	Loopgroep Schoon	3	08:47	09:00	08:54	08:55	08:56	08:40	0:52:59	0:53:08
30	1188	Bruning, Alice	W30	NLD	Loopgroep Schoon	4	08:47	09:00	08:54	08:55	08:55	08:54	0:53:14	0:53:22
31	1000	Meyerink, Bianca	WW	DEU	Tornado Geestere	6	09:21	08:58	09:01	09:03	09:08	08:12	0:53:14	0:53:41
32	1031	Schnieders, Iris	W45	DEU	Team Eddy	6	08:35	08:47	09:02	09:06	09:06	08:49	0:53:16	0:53:23
33	971	Steffen, Linda	WW	DEU	SC Union Emlichhe	7	09:16	09:03	09:01	09:03	09:08	08:23	0:53:36	0:53:51
34	943	Klompemaker, Wilma	W45	DEU	SC Union Emlichhe	7	09:15	09:02	09:01	09:03	09:08	08:52	0:54:04	0:54:19
35	1104	Doeker-Vedder, Petra	W45	DEU	SC Union Emlichhe	8	09:16	09:02	09:01	09:03	09:08	08:51	0:54:05	0:54:19
36	1022	Mülstegen, Sigrid	W45	DEU	Grafschafter Nach	9	09:02	09:10	09:10	09:18	09:26	09:11	0:54:57	0:55:15
37	1079	Düselder, Femke	WW	DEU	SV Vorwärts Nordh	8	09:03	09:14	09:16	09:25	09:25	09:10	0:55:19	0:55:31
38	1053	de Leeuw, Geke	W50	DEU	Loopgroep Schoon	3	08:47	09:01	09:16	09:19	09:37	09:32	0:55:20	0:55:29
39	1185	Plas, Jessica	WW	DEU		9	08:48	08:52	09:13	09:37	09:45	09:32	0:55:27	0:55:43
40	939	Pohlman, Petra	W50	DEU	SC Union Emlichhe	4	09:16	09:14	09:27	09:24	09:28	09:04	0:55:36	0:55:51
41	1050	Heck, Anja	W40	DEU	SV Veldhausen	6	09:38	09:17	09:20	09:21	09:25	09:22	0:55:58	0:56:20
42	1066	Legtenborg, Anne	WW	DEU	SV Olympia Uelse	10	09:39	09:18	09:31	09:35	09:25	09:03	0:56:04	0:56:29
43	947	Altendeitering, Elke	W30	DEU	Team Eddy	5	09:41	09:22	09:27	09:31	09:30	09:07	0:56:09	0:56:36
44	1027	Wesselink, Wiebke	W30	DEU	SV Grenzland Laa	6	09:20	09:36	09:38	09:34	09:35	08:47	0:56:09	0:56:27
45	1064	Schepers, Julia	WW	DEU	SV Hoogstede	11	09:39	09:18	09:31	09:35	09:27	09:09	0:56:12	0:56:37
46	1002	Heres, Tineke	W65	DEU	Zuidwolde	1	10:09	10:17	10:26	10:39	10:58	10:50	1:03:01	1:03:18