

Männer - Frauen / Gender

13 Mai 2016 - 13 Mai 2016

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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	1115	Driesen, Erik	M35	DEU	*Vollenhove	1	05:07	05:18	05:22	05:23	05:22	05:12	0:31:39	0:31:41
2	1125	Rutgers, Henry	M35	DEU		2	05:07	05:17	05:21	05:23	05:21	05:15	0:31:41	0:31:43
3	1200	Hartger, Gerold	M35	DEU	LC Nordhorn	3	05:07	05:24	05:29	05:29	05:33	05:28	0:32:27	0:32:28
4	957	Eckstein, Klaus	M45	DEU	LC Nordhorn	1	05:37	05:41	05:48	05:51	05:51	05:51	0:34:34	0:34:36
5	998	Lembcke, Nicholas	M30	DEU	LC Nordhorn	1	05:40	05:47	05:59	06:01	06:03	05:56	0:35:22	0:35:24
6	950	Böttick, Carsten	M35	DEU	LC Nordhorn	4	06:02	06:08	06:07	06:09	06:05	06:03	0:36:29	0:36:31
7	1126	Harink, Heiner	M30	DEU	*Nordhorn	2	06:08	06:05	06:10	06:13	06:16	06:08	0:36:53	0:36:58
8	1164	Götz, Markus	M40	DEU	LC Nordhorn	1	05:59	06:08	06:12	06:18	06:21	06:18	0:37:13	0:37:15
9	1065	Mugraver, Rainer	M30	DEU	LLC Marathon Reg	3	05:58	06:09	06:30	06:24	06:23	06:18	0:37:37	0:37:40
10	1118	Bouwer, Guido	M45	DEU	LC Nordhorn	2	06:07	06:13	06:23	06:25	06:27	06:16	0:37:47	0:37:50
11	1011	Gerdemann, Frank	M40	DEU	TuS Haren Leicht	2	06:08	06:23	06:26	06:27	06:29	06:30	0:38:18	0:38:21
12	905	Korte, Sascha	M40	DEU	SCU	3	06:31	06:25	06:28	06:31	06:25	06:06	0:38:19	0:38:23
13	1117	Wassink, Alexaander	MM	DEU	LC Nordhorn	1	06:08	06:22	06:27	06:27	06:42	06:32	0:38:32	0:38:36
14	1103	Stockhorst, Jan	MM	DEU	FC Schüttorf 09	2	06:23	06:33	06:32	06:36	06:34	06:16	0:38:49	0:38:51
15	1133	Timmerman, Kevin	MM	DEU	AV Spurt '88	3	06:28	06:24	06:33	06:37	06:36	06:21	0:38:54	0:38:57
16	943	van Zon, Pascal	M30	DEU	Spurt '88	4	06:27	06:24	06:32	06:38	06:36	06:21	0:38:54	0:38:57
17	1119	Radtke, Christian	M40	DEU	LC Nordhorn	4	06:08	06:25	06:30	06:40	06:48	06:31	0:38:55	0:38:58
18	1049	Lampen, Otto	M45	DEU	TuS Haren	3	06:20	06:36	06:36	06:42	06:40	06:28	0:39:15	0:39:20
19	910	Landwehr, Michael	M30	DEU	VFL Lönigen	5	06:17	06:37	06:40	06:40	06:40	06:28	0:39:18	0:39:20
20	1163	Gerrits, Tim	MM	NLD	AV Twenterand	4	06:31	06:30	06:34	06:39	06:35	06:40	0:39:22	0:39:25
21	1123	Plascher, Berthold	M45	DEU	*Wilsum	4	06:31	06:33	06:43	06:50	06:50	06:24	0:39:43	0:39:49
22	1148	wolters, jan	MM	DEU	Team Wolters	5	06:23	06:34	06:37	06:50	06:58	06:53	0:40:10	0:40:13
23	965	Pol, Sebastiaan	M35	DEU	Coevorden	5	06:26	06:31	06:47	06:52	07:01	06:51	0:40:22	0:40:26
24	1033	Snyders, Ole	M30	DEU	Vechtelopers	6	06:32	06:39	06:50	07:00	06:57	06:40	0:40:27	0:40:34
25	1137	Palamar, Oleksander	MM	DEU	*Emlichheim	6	06:27	06:46	06:48	06:56	07:00	06:42	0:40:34	0:40:36
26	996	Schleinhege, Lars	M35	DEU	Lg Papenburg/Asc	6	06:27	06:47	06:52	06:54	06:57	06:53	0:40:45	0:40:47
27	901	Brink, Heino	M40	DEU	SV Cosmos Getelo	5	06:37	06:51	06:50	06:50	06:58	06:54	0:40:55	0:40:59
28	902	Meyer, Dirk	M30	DEU	*Nordhorn	7	06:57	06:55	06:54	06:54	06:54	06:41	0:41:07	0:41:12
29	1019	Jansen, Christoph	MM	DEU	Grafschafter Nach	7	06:51	06:55	06:57	07:02	06:58	06:42	0:41:19	0:41:23
30	948	Zintel, Andreas	M45	DEU	Lauffreunde Emsla	5	06:45	06:58	06:55	07:01	07:02	06:49	0:41:22	0:41:27
31	1081	Wolterink, Heiko	M45	DEU	SV Vorwärts Nordh	6	06:41	06:53	07:02	07:03	07:04	06:58	0:41:33	0:41:37
32	1024	Deters, Jan	M50	DEU	TuS Neuenhaus	1	06:52	06:58	07:02	07:00	07:00	06:53	0:41:35	0:41:42
33	1034	Krans, Frank	M30	DEU	Vechtelopers	8	06:44	06:58	07:01	07:06	07:08	06:52	0:41:40	0:41:47
34	1083	Plescher, Günter	M45	DEU	*Neuenhaus	7	06:47	06:58	07:02	07:05	07:04	07:03	0:41:52	0:41:55
35	963	Schievink, Thomas	MM	DEU	TuS Gildehaus	8	06:55	06:56	06:59	07:05	07:09	06:59	0:41:55	0:42:01
36	973	Schäfer, Tim	MM	DEU	*Obershagen	9	06:09	06:39	07:12	07:17	07:33	07:13	0:41:58	0:42:00
37	1092	Steinweg, Henning	MM	DEU	free Xactive	10	06:49	07:08	07:10	07:08	07:10	06:43	0:42:02	0:42:07
38	1132	Bres, Rense	M50	DEU	AV Spurt '88	2	06:29	06:50	07:12	07:20	07:19	07:03	0:42:08	0:42:11
39	915	Harmsen, Alfred	M55	DEU	SG-Haftenkamp	1	06:53	06:55	07:02	07:05	07:12	07:09	0:42:08	0:42:13
40	1146	Brink, Jan	M45	DEU	SV Cosmos Getelo	8	06:51	07:00	07:04	07:07	07:09	07:04	0:42:09	0:42:13
41	1160	Kessler, Sidney	M40	DEU		6	07:17	07:08	07:01	07:03	07:03	06:59	0:42:23	0:42:30
42	903	Heils, Michael	M45	DEU	Lauftreff Olympia	9	06:51	07:00	07:10	07:15	07:15	07:15	0:42:39	0:42:43
43	1138	De Nie, Sandy	M35	DEU	LC Nordhorn	7	06:51	07:04	07:12	07:22	07:17	07:05	0:42:45	0:42:49
44	1080	Deiters, Luca	MM	DEU	LC Nordhorn	11	06:36	07:03	07:18	07:21	07:22	07:11	0:42:46	0:42:49
45	997	van der Knaap, Erik	M50	DEU	SV Cosmos Getelo	3	06:55	07:07	07:13	07:16	07:14	07:10	0:42:49	0:42:53
46	911	Jedamzik, Lars	M40	DEU	VfL Lönigen	7	07:01	07:08	07:16	07:18	07:13	07:04	0:42:52	0:42:56
47	1027	Ekkel, Andreas	MM	DEU	SV Grenzland Laa	12	06:50	07:03	07:06	07:17	07:26	07:24	0:42:54	0:43:02
48	995	Stroeve, Heinz	M65	DEU	SCU Emlichheim	1	06:51	06:59	07:14	07:25	07:23	07:15	0:43:02	0:43:05

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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	1155	Dykhuis, Marc	M35	DEU	*Hoogstede	8	07:21	07:19	07:23	07:18	07:20	06:49	0:43:19	0:43:26
50	918	Kotten, Thomas	M35	DEU	*Emlichheim	9	07:21	07:18	07:23	07:18	07:20	06:50	0:43:20	0:43:28
50	1060	Stroeve, Andre	M30	DEU	*Emlichheim	9	07:04	07:16	07:21	07:25	07:23	06:59	0:43:20	0:43:25
52	1150	Cholin, Dawid	MJU20	DEU	SCU Emlichheim	1	07:20	07:20	06:58	07:17	07:23	07:10	0:43:22	0:43:27
53	1161	Hartman, Henk	M50	NLD	EAC Desperwers	4	07:20	07:17	07:18	07:18	07:22	06:59	0:43:27	0:43:32
54	1135	Schoonmann, Ton	M45	DEU		10	07:21	07:16	07:18	07:18	07:23	07:01	0:43:30	0:43:35
55	1111	Weggebakker, Michael	M50	DEU	SCU Emlichheim	5	06:49	07:16	07:26	07:41	07:27	06:59	0:43:33	0:43:36
56	991	Ewert, Thorsten	M35	DEU	Vechtelopers	10	07:20	07:19	07:23	07:17	07:20	07:07	0:43:36	0:43:44
57	1061	Nitzsche, Thomas	M35	DEU	*Lübeck	11	06:50	07:09	07:21	07:32	07:37	07:24	0:43:46	0:43:51
58	936	Aschermann, Lennart	MM	DEU	Spvgg Brandlecht	13	07:22	07:16	07:17	07:19	07:23	07:22	0:43:47	0:43:57
59	966	kalus, Karl-Heinz	M55	DEU	SCU Emlichheim	2	06:50	07:06	07:28	07:34	07:33	07:27	0:43:50	0:43:55
60	1105	Ekenhorst, Jan	MM	DEU	*Laar	14	07:06	07:18	07:26	07:37	07:39	07:20	0:44:13	0:44:22
61	1091	Zander,	M	DEU	*Neuenhaus		06:49	07:18	07:32	07:41	07:42	07:24	0:44:18	0:44:23
62	1141	Timmermann, Jan	M55	DEU		3	07:14	07:29	07:27	07:31	07:32	07:18	0:44:24	0:44:27
63	1063	Oldekamp, Geert	M45	DEU	*Wilsum	11	07:16	07:28	07:36	07:31	07:35	07:14	0:44:31	0:44:38
64	1010	Keen, Holger	M35	DEU	*Düsseldorf	12	07:20	07:18	07:28	07:32	07:34	07:31	0:44:32	0:44:42
65	1046	Höllmann, Malte	MM	DEU	Peters Stahlbau G	15	08:37	07:27	07:18	07:18	07:18	06:58	0:44:36	0:44:55
66	1002	Hesselink, Hartwig	M30	DEU	Vechtelopers	10	07:05	07:20	07:30	07:37	07:44	07:38	0:44:45	0:44:52
67	1097	Beckmann, Ralf	M35	DEU	*Bad Bentheim	13	07:26	07:21	07:31	07:35	07:40	07:26	0:44:45	0:44:56
68	992	Brüna, Jan	M50	DEU	SV Esche	6	07:17	07:24	07:24	07:34	07:41	07:40	0:44:47	0:44:57
69	916	Geerds, Jörg	M40	DEU	TUS Neuenhaus	8	08:12	07:38	07:33	07:22	07:19	07:02	0:44:47	0:45:04
70	1136	Marquez, Patric	M50	DEU	LC Nordhorn	7	07:19	07:25	07:38	07:34	07:39	07:31	0:44:54	0:45:02
71	1156	Matenaar, Steffen	MJU18	DEU	Red Dot Chillip	1	07:20	07:31	07:36	07:38	07:43	07:26	0:45:09	0:45:12
72	1016	Beckhuis, Günter	M50	DEU	Lauftreff Olympia	8	07:14	07:29	07:38	07:35	07:40	07:42	0:45:09	0:45:15
73	981	Nolting, René	M45	DEU	Sc Union Emlichhe	12	07:09	07:25	07:37	07:43	07:49	07:47	0:45:21	0:45:28
74	990	Gozevoort, Cristian	M45	DEU	Schoonebeek	13	07:24	07:27	07:33	07:45	07:49	07:42	0:45:30	0:45:38
75	1047	Höllmann, Jürgen	M45	DEU	Peters Stahlbau G	14	07:15	07:28	07:37	07:46	07:53	07:48	0:45:39	0:45:45
76	1104	Albers, Günter	M45	DEU		15	07:17	07:27	07:37	07:44	07:50	07:55	0:45:41	0:45:48
77	1122	Groene, Helmut	M55	DEU		4	07:10	07:34	07:40	07:54	08:01	07:35	0:45:49	0:45:52
78	1162	Brege, Bernd	M45	DEU	LC Nordhorn	16	07:24	07:30	07:39	07:47	07:56	07:48	0:45:51	0:46:00
79	979	Duling, Ansgar	M45	DEU	SC Union Emlichhe	17	07:43	07:40	07:37	07:46	07:46	07:43	0:46:00	0:46:13
80	1232	Grote-Wiegerink, Gerold	M55	DEU	Lauftreff SV Olym	5	07:24	07:34	07:42	07:51	07:50	07:52	0:46:05	0:46:11
81	1087	Nykamp, Berthold	M70	DEU	LC Nordhorn	1	07:24	07:42	07:46	07:50	07:52	07:45	0:46:11	0:46:16
82	1050	Griep, Klaus	M45	DEU	SC Osterbrock	18	07:12	07:34	07:51	07:59	07:58	07:53	0:46:19	0:46:24
83	1082	Winter, Oliver	M30	DEU	Stiefelclub Nordho	11	07:26	07:44	07:55	07:57	08:03	07:29	0:46:27	0:46:33
84	1195	Smit, Michel	M35	DEU	AV Spurt '88	14	08:05	07:45	07:53	07:50	07:51	07:36	0:46:47	0:46:57
85	1014	Heetlage, Bernd	M50	DEU	Vorwärts Nordhor	9	07:50	07:59	07:55	07:53	07:54	07:39	0:47:01	0:47:08
86	1149	Gort, Herman	M70	DEU	*Hoogeveen	2	07:45	07:51	08:00	07:58	07:58	07:42	0:47:07	0:47:12
87	946	Lübbermann, Holger	M50	DEU	*Uelsen	10	08:02	07:49	07:54	07:56	08:01	07:43	0:47:08	0:47:22
88	969	Jansen, Marc	M45	DEU	LC Nordhorn	19	08:18	07:56	07:55	07:55	07:47	07:34	0:47:09	0:47:23
89	1004	Holtvlüwer, Helmut	M55	DEU	Lauftreff Olympia	6	07:26	07:45	07:55	07:57	08:09	08:08	0:47:10	0:47:17
90	1095	Wolbink, Gerwin	M35	DEU	SV Cosmos Getelo	15	08:15	07:57	07:58	07:54	07:47	07:32	0:47:11	0:47:21
91	1067	Lucas, Jürgen	M50	DEU	SV Grenzland Laa	11	07:38	07:50	08:04	08:10	08:09	08:00	0:47:37	0:47:48
92	962	Klaassen, Herman	M60	DEU	Loopgroep schoon	1	07:55	07:50	07:58	08:01	08:09	07:56	0:47:38	0:47:46
93	1072	Holtkamp, Carsten	MM	DEU	Heseperv SV	16	07:51	07:59	07:53	07:57	08:03	08:04	0:47:39	0:47:45
94	1073	Aalken, Christian	MM	DEU	*Nordhorn	17	07:52	07:59	07:53	07:57	08:03	08:11	0:47:46	0:47:51
95	939	Stahl, Philipp	MM	DEU	*Braunschweig	18	07:46	07:50	08:00	08:07	08:14	08:13	0:47:50	0:48:08
96	935	Wiggerink, Jan	M40	DEU	Laufgruppe SCU E	9	08:13	08:06	07:55	08:02	08:12	07:54	0:48:06	0:48:19

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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	907	Scheve, Michael	M45	DEU Lauftreff SV Olym	20	07:41	07:59	08:05	08:08	08:16	08:05	0:48:06	0:48:12
98	1056	Veenaas, Heinrich	M50	DEU *Emlichheim	12	07:44	07:51	08:01	08:11	08:31	08:09	0:48:15	0:48:25
99	1099	Koster, Bert	M45	DEU HAC 63	21	09:30	07:31	07:43	07:54	08:06	07:49	0:48:15	0:48:31
10	1109	Goeree, Iwan	M45	DEU *Emmen	22	08:32	08:08	08:06	07:58	08:01	07:50	0:48:17	0:48:33
10	913	Koenders, Dieter	M50	DEU Emlichheim	13	08:07	07:54	08:10	08:07	08:17	07:58	0:48:19	0:48:31
10	985	Fornol, Alexander	M30	DEU Grundschule Itte	12	09:15	08:28	08:02	07:53	07:43	07:19	0:48:23	0:48:38
10	1157	Waldt, Rene	MM	DEU Inbalance Itterbe	19	08:10	07:59	07:58	08:04	08:16	08:13	0:48:28	0:48:38
10	1110	Germer, Paul	M55	DEU SV Wietmarschen	7	08:34	08:04	08:07	08:02	08:02	07:59	0:48:30	0:48:46
10	1151	Kremer, Jordi	MJU18	SCU Emlichheim	2	07:20	07:31	07:51	08:23	09:10	08:24	0:48:32	0:48:37
10	1158	Venemann, Kai	MM	DEU Inbalance Itterbe	20	08:11	07:59	07:57	08:04	08:16	08:19	0:48:34	0:48:44
10	1108	Alberecht, Carsten	M45	DEU *Nordhorn	23	08:12	08:12	08:05	08:18	08:12	07:55	0:48:36	0:48:51
10	1069	Brinker, Marco	M40	DEU Gölencamper	10	08:54	08:14	08:11	08:03	07:59	07:36	0:48:39	0:48:55
10	1068	Rammelkamp, Frank	M40	DEU Gölencamper	11	08:54	08:14	08:11	08:03	07:58	07:37	0:48:39	0:48:55
11	1094	Snyders, Guido	M40	DEU SV Cosmos Getelo	12	08:19	08:21	08:17	08:10	08:12	07:44	0:48:51	0:49:00
11	978	Hosemann, Norbert	M60	DEU LC Nordhorn	2	08:18	08:06	08:09	08:10	08:16	08:08	0:48:51	0:49:05
11	1096	Vahl, Jens	MM	DEU Stadtwerke Schüt	21	08:56	08:21	08:24	08:21	08:00	07:12	0:48:52	0:49:12
11	1043	Beuker, Frank	M30	DEU Peters Stahlbau G	13	08:40	08:17	08:16	08:12	08:09	07:40	0:48:54	0:49:13
11	1134	Hartmann, Andreas	M30	DEU LC Rückwärts Uel	14	08:32	08:07	08:10	08:10	08:14	08:02	0:48:59	0:49:14
11	1070	Baumann, Dietrich	M60	DEU Wilsum	3	08:01	08:05	08:17	08:18	08:23	08:12	0:49:05	0:49:14
11	1093	Grefen, Michael	M50	DEU FC Schüttorf 09	14	08:16	08:14	08:12	08:19	08:21	07:59	0:49:10	0:49:19
11	1058	Rzeczulski, Jakob	MM	DEU	22	08:47	07:59	08:12	08:07	08:29	08:04	0:49:16	0:49:35
11	1145	Meijerink, Remko	M40	DEU Codas	13	08:21	08:15	08:11	08:18	08:15	08:05	0:49:17	0:49:23
11	1048	Scholte, Nico	MJU18	DEU Peters Stahlbau G	3	08:37	07:51	08:24	08:22	08:10	08:13	0:49:18	0:49:36
12	1044	Hans, Heiner	MM	DEU Peters Stahlbau G	23	08:40	08:18	08:16	08:14	08:12	08:05	0:49:25	0:49:42
12	1250	Beur, Rutger	MM	DEU Spurt '88	24	08:36	08:12	08:17	08:21	08:18	08:02	0:49:32	0:49:43
12	945	Somberg, Stefan	M30	DEU Somberg	15	08:06	08:04	08:21	08:28	08:28	08:19	0:49:34	0:49:44
12	1062	Tyman, Guido	M45	DEU ASC GW Itterbeck	24	08:08	08:27	08:34	08:26	08:16	08:06	0:49:47	0:49:55
12	1055	Teeuwen, John	M50	NLD Trio fleur	15	08:21	08:18	08:21	08:25	08:28	08:16	0:49:58	0:50:07
12	982	Meier, Andree	M45	DEU *Salzkotten	25	08:02	08:27	08:16	08:28	08:34	08:23	0:50:01	0:50:08
12	1020	Wolterink, Henning	M45	DEU Grafschafter Nach	26	08:12	08:09	08:16	08:27	08:33	08:35	0:50:01	0:50:10
12	1045	Hans, Holger	M45	DEU Peters Stahlbau G	27	08:46	08:24	08:18	08:27	08:19	08:07	0:50:01	0:50:19
12	942	Gaalken, Berend	M55	DEU Holtkämper	8	08:10	08:19	08:22	08:31	08:33	08:26	0:50:11	0:50:19
12	967	Veltrup, Hermann	M65	DEU TuS Haren	2	08:08	08:22	08:24	08:34	08:25	08:27	0:50:11	0:50:17
12	1039	Wortel, Hermann	M30	DEU	16	08:30	08:26	08:28	08:30	08:22	08:10	0:50:13	0:50:24
13	1144	Zimmer, Daniel	MM	DEU Schnecken tempo €	25	08:43	08:24	08:24	08:25	08:27	08:07	0:50:14	0:50:27
13	1022	Lamberink, Christian	MM	DEU *Neuenhaus	26	08:43	08:24	08:23	08:26	08:27	08:08	0:50:15	0:50:28
13	1030	Berends, Henny	M50	DEU AV Spurt '88	16	08:24	08:19	08:18	08:22	08:31	08:43	0:50:27	0:50:35
13	1018	Grundmann, Jörg	M45	DEU ---	28	08:50	08:29	08:25	08:25	08:36	08:16	0:50:42	0:50:58
13	1036	Hindriks, Guido	M35	DEU	16	08:56	08:35	08:30	08:26	08:37	08:00	0:50:44	0:51:02
13	1089	Reurik, Jan	M45	DEU TuS Neuenhaus	29	08:45	08:23	08:25	08:29	08:35	08:25	0:50:46	0:51:00
13	934	Over, Gerhard	M60	DEU TV Meppen	4	08:07	08:21	08:24	08:36	08:51	08:40	0:50:53	0:50:57
13	1124	Hoff, Harry	M50	DEU *Klazienaveen	17	08:34	08:32	08:36	08:42	08:42	08:09	0:50:54	0:51:11
13	1140	Bartels, Heiko	M35	DEU LC Rückwärts Uel	17	08:33	08:12	08:22	08:43	08:43	08:40	0:50:55	0:51:10
14	922	Veenstra, Bertus	MM	DEU Sperwers Emmen	27	08:09	08:25	08:50	08:42	08:55	08:12	0:51:09	0:51:12
14	1159	Heijnen, Willy	M45	NLD EAS Desperwers	30	08:09	08:25	08:50	08:42	08:56	08:13	0:51:10	0:51:13
14	993	John, Peter	M60	DEU LC Nordhorn	5	08:15	08:39	08:54	08:41	08:37	08:24	0:51:18	0:51:28
14	1112	Berling, Reinhard	M50	DEU SV Wietmarschen	18	08:47	08:28	08:30	08:33	08:46	08:33	0:51:18	0:51:34
14	1154	Otten, Ron	M45	DEU Kimetto Runners	31	09:30	08:21	08:27	08:31	08:38	08:25	0:51:33	0:51:50

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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	952	Berends, Hartwig	M50	DEU *Uelsen	19	09:21	08:48	08:30	08:35	08:30	08:13	0:51:38	0:51:56
14	960	Große Brookhuis, Wolfgan	M50	DEU ASC Grün Weiß	20	08:08	08:27	08:34	08:40	08:58	09:11	0:51:49	0:51:56
14	1059	van Münster, Jürgen	M45	DEU *Emlichheim	32	09:22	08:49	08:43	08:39	08:35	08:04	0:51:50	0:52:10
14	1194	Bakker, Niels	M30	DEU Spurt '88	17	08:54	08:49	08:43	08:53	08:44	08:37	0:52:25	0:52:37
14	927	Köhler, Peter	M50	DEU Freunde aus Stut	21	09:18	09:10	08:56	08:51	08:37	08:28	0:53:05	0:53:17
15	920	Westenberg, Jan	MJU18DEU	TSV Bemerode	4	08:43	08:46	08:57	09:01	09:14	08:38	0:53:05	0:53:17
15	921	Westenberg, Gerfried	M45	DEU	33	08:46	08:44	08:57	09:01	09:14	08:38	0:53:05	0:53:17
15	1054	Sentker, Lucas	MM	DEU Sc Union emlichhe	28	09:28	09:02	09:02	09:01	08:55	08:00	0:53:08	0:53:26
15	1057	Brink, Yannick	MM	DEU SCU Emlichheim	29	09:28	09:03	09:02	09:00	08:56	08:10	0:53:18	0:53:36
15	1114	Wever, Jens	M30	DEU LC Rückwärts Uel	18	08:44	08:30	08:52	09:01	09:16	09:21	0:53:27	0:53:41
15	1147	Tyman, Achim	M40	DEU Wilsun Lläuft	14	08:46	08:29	08:55	09:08	09:17	09:15	0:53:32	0:53:48
15	1084	Elbershausen, Christian	MM	DEU Marienschule Nord	30	09:15	09:00	09:06	09:11	08:58	08:43	0:53:55	0:54:10
15	1128	Leusmann, Fernando	M40	DEU	15	09:12	08:56	08:57	09:08	09:02	09:01	0:53:59	0:54:14
15	1031	ter Steege, Henk	M60	DEU Laufgrupp Averees	6	08:51	09:01	09:00	09:12	09:16	09:03	0:54:13	0:54:21
15	999	Kramer, Harrie	M65	DEU Loopgroep Schoon	3	09:14	09:08	09:03	09:07	09:02	08:53	0:54:13	0:54:25
16	1098	Oink, Andreas	M35	DEU SV Veldhausen	18	09:05	09:00	09:04	09:08	09:13	09:02	0:54:15	0:54:30
16	1090	Hans, Jan-Hermann	M50	DEU *Neuenhaus	22	09:08	09:07	09:07	09:12	09:09	08:59	0:54:25	0:54:39
16	968	Hoppmann, Dennis	M35	DEU *Nordhorn	19	09:42	09:33	09:39	08:35	08:49	08:34	0:54:33	0:54:50
16	940	Krüger, Dietmar	M50	DEU *Ringe	23	09:23	08:57	09:07	09:17	09:18	09:09	0:54:49	0:55:09
16	1032	Balderhaar, Jan Hindrik	M50	DEU *Emlichheim	24	09:22	08:58	09:07	09:17	09:19	09:11	0:54:52	0:55:12
16	1078	Arends, Heiko	M45	DEU Peters Stahlbau G	34	08:46	08:24	09:19	09:42	09:52	09:54	0:55:39	0:55:56
16	1102	Holtkamp, Enke	M50	DEU	25	09:30	09:00	09:21	09:10	09:27	09:45	0:55:54	0:56:11
16	917	Keen, Guido	M40	DEU Laufgruppe SCU E	16	09:07	09:22	09:23	09:38	09:24	09:31	0:56:12	0:56:22
16	1071	Hans, Jan	M35	DEU *Lingen	20	09:34	09:16	09:30	09:31	09:42	09:37	0:56:48	0:57:08
16	1064	Kuiper, Harm	M50	DEU *Hoogstede	26	09:34	09:16	09:31	09:31	09:42	09:49	0:57:00	0:57:20
17	1086	Jacobs, Arne	MM	DEU SV Olympia Uelse	31	09:41	09:36	09:43	09:58	10:00	09:30	0:58:08	0:58:25
17	1153	Vennes, Bernd	M35	DEU *Nordhorn	21	09:43	09:33	09:43	09:46	10:01	10:02	0:58:28	0:58:45
17	1008	Egerer, Hartmut	M55	DEU BW Bookholt	9	09:49	10:08	10:22	10:35	10:46	10:16	1:01:35	1:01:54

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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	964	Evers, Kerstin	W35	DEU	LG Papenburg-Asc	1	06:23	06:33	06:37	06:41	06:41	06:37	0:39:27	0:39:31
2	984	Stiepel, Edith	W30	DEU	LC Nordhorn	1	06:53	06:55	07:03	07:05	07:11	07:04	0:42:05	0:42:09
3	1023	Baarlink, Jutta	W40	DEU	LC Nordhorn	1	07:05	07:03	07:02	07:05	07:07	06:54	0:42:09	0:42:13
4	941	Sumbeck, Imke	W30	DEU	LC Nordhorn	2	06:42	06:57	07:09	07:11	07:17	07:25	0:42:36	0:42:39
5	928	Jacobs, Heike	W45	DEU	Lauftreff Olympia	1	07:05	07:14	07:20	07:20	07:22	07:10	0:43:25	0:43:30
6	1143	Ottec, Manon	WW	DEU	Klazienaveen	1	07:04	07:11	07:24	07:31	07:23	06:58	0:43:25	0:43:29
7	989	Düselder, Kirsten	W45	DEU	Lebenshilfe Nordh	2	07:25	07:39	07:39	07:41	07:42	07:36	0:45:33	0:45:40
8	1107	Plas, Tonnie	W55	DEU		1	07:55	07:51	07:55	07:53	07:57	07:45	0:47:05	0:47:13
9	1015	Klompemaker, Mareen	W40	DEU	arnies laufbande	2	07:41	08:04	08:07	08:13	08:16	08:06	0:48:19	0:48:26
10	908	Goosmann, Miriam	W35	DEU	SV Esche	2	08:11	08:02	08:11	08:19	08:21	08:16	0:49:08	0:49:18
11	949	Lange, Alexia	W40	DEU	Team Eddy	3	08:16	08:21	08:15	08:15	08:14	08:04	0:49:16	0:49:22
12	987	Maatmann, Marina	WW	DEU	Lebenshilfe Nordh	2	08:25	08:16	08:17	08:27	08:14	08:09	0:49:32	0:49:45
13	1076	Jürriens, Heidi	W50	DEU	*Nordhorn	1	08:10	08:16	08:16	08:18	08:24	08:22	0:49:35	0:49:43
14	1037	Wortel, Silke	W40	DEU		4	08:30	08:26	08:28	08:30	08:22	08:10	0:50:13	0:50:24
15	1038	Wortel, Andrea	W35	DEU		3	08:30	08:26	08:28	08:30	08:22	08:11	0:50:14	0:50:25
16	1007	Kretschmann, Sabine	W45	DEU	VfL Lingen LLL	3	08:23	08:21	08:29	08:26	08:37	08:32	0:50:35	0:50:45
17	1127	Kerperin, Gunda	W35	DEU	*Uelsen	4	08:58	08:28	08:32	08:28	08:34	08:04	0:50:44	0:51:01
18	958	Dokters, Frauke	W40	DEU	Lauftreff SV Olym	5	08:17	08:28	08:27	08:32	08:43	08:40	0:50:55	0:51:04
19	1074	Eersink, Gertrud	W50	DEU	SV Vorwärts Nordh	2	08:10	08:19	08:32	08:44	08:41	08:49	0:51:05	0:51:13
20	933	Krajewski, Juriena	W35	DEU	*Emlichheim	5	08:08	08:29	08:50	08:47	08:45	08:25	0:51:09	0:51:22
21	919	Bossink, Vera	WJU1	DEU	SCU Emlichheim	1	08:28	08:39	08:42	08:49	08:49	08:28	0:51:40	0:51:53
22	944	Somberg, Sarah	W30	DEU	Somberg	3	08:26	08:28	08:36	08:53	08:57	08:49	0:51:55	0:52:06
22	1131	Bres, Ina	W50	DEU	AV Spurt '88	3	08:52	08:43	08:44	08:49	08:38	08:21	0:51:55	0:52:04
24	1017	Wesselink, Wiebke	W30	DEU	SV Grenzland Laa	4	08:54	08:51	08:47	08:56	08:51	08:18	0:52:21	0:52:34
25	1066	Smit, Denise	W30	DEU	Trockeneis - SCU v	5	08:54	08:51	08:47	08:56	08:54	08:32	0:52:40	0:52:52
26	1006	Meyerink, Bianca	WW	DEU	*Emlichheim	3	09:40	08:56	08:55	09:05	08:53	07:50	0:52:57	0:53:17
27	1120	Jans, Judith	W30	DEU		6	09:40	08:57	08:56	09:03	08:53	07:58	0:53:05	0:53:25
28	1130	Wolken, Simone	W40	DEU	*Emmen	6	08:54	08:49	08:45	08:56	09:05	08:54	0:53:06	0:53:21
29	1113	Ekkel, Lisa	WW	DEU	LC Rückwärts Uel	4	08:44	08:31	08:52	09:01	09:15	09:21	0:53:27	0:53:42
30	938	Hackfort, Sharin	WJU2	DEU		1	09:27	09:02	08:59	09:07	09:02	08:12	0:53:27	0:53:46
31	937	Alsmeier, Charlotte	WW	DEU		5	09:27	09:02	08:59	09:07	09:01	08:12	0:53:28	0:53:46
32	1152	Wanink, Jessica	W30	DEU	*Veldhausen	7	09:06	08:51	08:56	09:01	09:11	09:08	0:53:51	0:54:11
33	1009	Egerer, Vicky	WW	DEU	SV Veldhausen	6	09:06	08:51	08:56	09:01	09:11	09:08	0:53:51	0:54:11
34	1129	Rakers, Linda	W35	DEU	*Emmen	6	09:12	08:56	08:57	09:08	09:02	09:01	0:53:59	0:54:14
35	951	Reiners, Birte	WW	DEU	*Münster	7	09:27	09:02	09:00	09:07	09:05	08:53	0:54:13	0:54:31
36	994	Legtenborg, Anne	WW	DEU	SV Olympia Uelse	8	08:46	09:04	09:07	09:17	09:32	09:08	0:54:40	0:54:51
37	1040	Schepers, Julia	WW	DEU	SV Hoogstede	9	08:46	09:04	09:21	09:21	09:31	09:09	0:54:58	0:55:09
38	929	Doeker-Vedder, Petra	W45	DEU	*Emlichheim	4	09:40	09:27	09:17	09:09	09:07	08:47	0:55:10	0:55:24
39	1234	Klompemaker, Wilma	W50	DEU	*Emlichheim	4	09:40	09:27	09:17	09:08	09:07	08:47	0:55:11	0:55:24
40	1035	Bruning, Alice	W35	DEU	loopgroep Schoone	7	09:29	09:11	09:11	09:06	09:13	09:18	0:55:15	0:55:28
41	926	Pohlman, Petra (Groschi)	W50	DEU	Laufgruppe SCU E	5	09:39	09:28	09:31	09:38	09:37	09:19	0:56:57	0:57:10
42	975	Meyer, Franziska	WW	DEU	VfL Lingen	10	08:47	09:22	09:41	09:55	10:01	09:49	0:57:24	0:57:33
43	1077	Van Wieren, Julia	WW	DEU	Sturmvögel Hilten	11	09:12	09:20	09:55	09:58	10:12	09:33	0:57:53	0:58:07
44	1085	Jacobs, Antje	W35	DEU		8	09:41	09:36	09:43	09:58	09:59	09:30	0:58:08	0:58:25
45	1005	Schepers, Nicole	W35	DEU	Loopgroep Schoon	9	09:43	09:33	09:43	09:54	09:53	09:47	0:58:17	0:58:30
46	986	de Leeuw, Geke	W50	DEU	Loopgroep Schoon	6	09:40	09:28	09:34	09:54	10:20	10:32	0:59:13	0:59:25
47	914	List, Dita	W45	DEU	SC Union Emlichhe	5	09:44	09:43	09:49	10:01	10:23	10:31	0:59:55	1:00:08
48	1088	Schütte, Kerstin	W45	DEU	*Uelsen	6	10:30	10:06	10:05	10:04	10:06	10:06	1:00:40	1:00:55

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