

Hauptlauf 10km

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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 | 1170 | Hartger, Gerold | M30 | DEU | LC Nordhorn | 1 | 05:04 | 05:16 | 05:19 | 05:20 | 05:19 | 05:16 | 0:31:29 | 0:31:31 |
| 2 | 1003 | Eckstein, Klaus | M45 | DEU | LC Nordhorn | 1 | 05:30 | 05:31 | 05:34 | 05:36 | 05:40 | 05:37 | 0:33:24 | 0:33:26 |
| 3 | 1131 | Lembcke, Nicholas | M30 | DEU | LC Nordhorn | 2 | 05:39 | 05:42 | 05:49 | 05:58 | 05:59 | 05:56 | 0:34:59 | 0:35:01 |
| 4 | 1168 | Amt, Jörg | M45 | DEU | LC Nordhorn | 2 | 05:35 | 05:46 | 05:54 | 06:02 | 06:02 | 05:53 | 0:35:07 | 0:35:09 |
| 5 | 975 | Nyhoff, Gerold | M50 | DEU | LC Nordhorn | 1 | 05:38 | 05:48 | 05:54 | 05:58 | 06:00 | 05:56 | 0:35:10 | 0:35:12 |
| 6 | 1183 | Holboer, Jan | M45 | DEU | | 3 | 05:35 | 05:45 | 05:57 | 06:08 | 06:18 | 06:17 | 0:35:54 | 0:35:57 |
| 7 | 945 | Böttick, Carsten | M35 | DEU | LC Nordhorn | 1 | 05:56 | 06:04 | 06:09 | 06:15 | 06:16 | 06:05 | 0:36:40 | 0:36:42 |
| 8 | 1164 | Schulte, Hendrik | MM | DEU | TUS Haren | 1 | 05:38 | 05:49 | 06:14 | 06:21 | 06:29 | 06:22 | 0:36:48 | 0:36:50 |
| 9 | 1136 | Gerdemann, Dirk | M35 | DEU | TUS Haren | 2 | 06:05 | 06:16 | 06:22 | 06:21 | 06:20 | 06:18 | 0:37:36 | 0:37:39 |
| 10 | 1102 | Wüppen, Hajo | M40 | DEU | Olympia Uelsen | 1 | 06:07 | 06:14 | 06:22 | 06:23 | 06:24 | 06:20 | 0:37:45 | 0:37:48 |
| 11 | 1129 | Ensink, Daniel | M30 | DEU | LC Nordhorn | 3 | 05:59 | 06:07 | 06:20 | 06:23 | 06:33 | 06:32 | 0:37:48 | 0:37:51 |
| 12 | 1008 | Beckemper, Ingo | M45 | DEU | LC Nordhorn | 4 | 06:05 | 06:16 | 06:22 | 06:23 | 06:34 | 06:36 | 0:38:09 | 0:38:13 |
| 13 | 1121 | Bouwer, Guido | M40 | DEU | LC Nordhorn | 2 | 06:07 | 06:16 | 06:23 | 06:30 | 06:34 | 06:28 | 0:38:13 | 0:38:16 |
| 14 | 1023 | Grabowsky, Klaus | M60 | DEU | SC Spelle Venhaus | 1 | 06:06 | 06:16 | 06:23 | 06:31 | 06:33 | 06:32 | 0:38:16 | 0:38:18 |
| 15 | 1163 | Hartwig, Matthias | M45 | DEU | SC Baccum e.V. | 5 | 06:04 | 06:17 | 06:23 | 06:38 | 06:54 | 06:38 | 0:38:48 | 0:38:52 |
| 16 | 918 | Landwehr, Michael | M30 | DEU | SV Molbergen | 4 | 06:08 | 06:25 | 06:34 | 06:41 | 06:45 | 06:28 | 0:38:55 | 0:38:59 |
| 17 | 1139 | Gries, Andreas | M50 | DEU | SV Union Meppen | 2 | 06:17 | 06:24 | 06:35 | 06:42 | 06:53 | 06:52 | 0:39:35 | 0:39:41 |
| 18 | 1155 | Stockhorst, Jan | MM | DEU | FC Schüttorf 09 | 2 | 06:29 | 06:39 | 06:46 | 06:46 | 06:44 | 06:29 | 0:39:47 | 0:39:51 |
| 19 | 934 | van Zon, Pascal | M30 | DEU | Spurt '88 | 5 | 06:25 | 06:38 | 06:51 | 06:45 | 06:45 | 06:40 | 0:39:58 | 0:40:01 |
| 20 | 947 | Kamphuis, Tim | MM | DEU | ASC Wielen | 3 | 06:07 | 06:16 | 06:54 | 07:04 | 07:02 | 06:55 | 0:40:05 | 0:40:14 |
| 21 | 1049 | Lampen, Otto | M45 | DEU | TuS Haren | 6 | 06:30 | 06:37 | 06:44 | 06:51 | 06:54 | 06:40 | 0:40:10 | 0:40:14 |
| 22 | 1099 | de Nie, Sandy | M30 | DEU | LC Nordhorn | 6 | 06:41 | 06:36 | 06:44 | 06:48 | 06:48 | 06:49 | 0:40:19 | 0:40:24 |
| 23 | 1028 | Borriink, Jörn | MM | DEU | Münsteraner Prom | 4 | 06:27 | 06:42 | 06:47 | 06:56 | 06:59 | 06:33 | 0:40:20 | 0:40:21 |
| 24 | 1154 | Wassink, Alexander | MJA | DEU | LC Nordhorn | 1 | 06:34 | 06:41 | 06:45 | 06:52 | 07:00 | 06:46 | 0:40:31 | 0:40:37 |
| 25 | 1132 | Revermann, Martin | M50 | DEU | SC Spelle - Venhau | 3 | 06:27 | 06:39 | 06:48 | 06:56 | 06:57 | 06:57 | 0:40:38 | 0:40:41 |
| 26 | 906 | Timmerman, Kevin | MM | DEU | Spurt '88 | 5 | 06:25 | 06:38 | 06:56 | 07:00 | 07:00 | 06:49 | 0:40:41 | 0:40:44 |
| 27 | 1082 | Plascher, Berthold | M40 | DEU | Wilsum | 3 | 06:42 | 06:36 | 06:45 | 06:55 | 07:03 | 06:53 | 0:40:45 | 0:40:52 |
| 28 | 981 | Veltrup, Hannes | MM | DEU | *Haren (Ems) | 6 | 06:30 | 06:38 | 06:59 | 07:08 | 07:02 | 06:39 | 0:40:49 | 0:40:53 |
| 29 | 991 | Hans, Ole | MJB | DEU | SV Veldhausen | 1 | 06:42 | 06:31 | 06:46 | 06:57 | 07:14 | 07:07 | 0:40:59 | 0:41:14 |
| 30 | 1011 | Schütten, Tim | MM | DEU | SV Grenzland Laa | 7 | 06:39 | 06:38 | 06:56 | 06:55 | 07:12 | 06:57 | 0:41:05 | 0:41:15 |
| 31 | 965 | Korte, Sascha | M40 | DEU | *Bedburg | 4 | 06:36 | 06:51 | 07:00 | 07:03 | 07:07 | 06:51 | 0:41:19 | 0:41:25 |
| 32 | 985 | Brink, Jan | M40 | DEU | SV Cosmos Getelo | 5 | 06:45 | 06:49 | 06:53 | 06:57 | 07:03 | 06:59 | 0:41:20 | 0:41:23 |
| 33 | 1024 | Stroeve, Heinz | M65 | DEU | SCU Emlichheim | 1 | 06:34 | 06:51 | 06:58 | 07:04 | 07:05 | 06:56 | 0:41:23 | 0:41:26 |
| 34 | 1143 | Plescher, Günter | M45 | DEU | | 7 | 06:37 | 06:46 | 06:56 | 07:08 | 07:10 | 07:06 | 0:41:37 | 0:41:41 |
| 35 | 1037 | Jansen, Christoph | MM | DEU | Grafschafter Nach | 8 | 06:16 | 06:41 | 07:03 | 07:17 | 07:19 | 07:17 | 0:41:47 | 0:41:51 |
| 36 | 974 | Christmann, Lenz | M40 | DEU | Neuenhauser Sch | 6 | 06:43 | 06:48 | 07:02 | 07:19 | 07:23 | 07:09 | 0:42:14 | 0:42:22 |
| 37 | 1098 | Nykamp, Marco | MM | DEU | SCU Emlichheim | 9 | 06:11 | 06:52 | 07:06 | 07:21 | 07:45 | 07:09 | 0:42:16 | 0:42:21 |
| 38 | 1095 | Gosen, Günter | M45 | DEU | SV Olympia Uelse | 8 | 06:41 | 06:47 | 07:03 | 07:20 | 07:23 | 07:10 | 0:42:17 | 0:42:22 |
| 39 | 1038 | Hindriks, Julian | MM | DEU | Sv Dorfdackel 08 | 10 | 07:05 | 06:54 | 07:06 | 07:15 | 07:21 | 07:09 | 0:42:29 | 0:42:49 |
| 40 | 1111 | Weggebakker, Michael | M45 | DEU | SCU Emlicheim | 9 | 06:40 | 06:55 | 07:10 | 07:24 | 07:25 | 07:04 | 0:42:31 | 0:42:35 |
| 41 | 1020 | Meilink, egbert | M55 | DEU | Spurt '88 | 1 | 06:46 | 06:59 | 07:13 | 07:15 | 07:14 | 07:11 | 0:42:31 | 0:42:36 |
| 42 | 995 | Veltmaat, Frank | M45 | DEU | LC Nordhorn | 10 | 06:48 | 06:59 | 07:11 | 07:15 | 07:17 | 07:11 | 0:42:36 | 0:42:40 |
| 43 | 972 | van der Knaap, Erik | M50 | DEU | SV Cosmos Getelo | 4 | 06:56 | 07:04 | 07:12 | 07:12 | 07:18 | 07:06 | 0:42:41 | 0:42:45 |
| 44 | 971 | Halbmeyer, Torsten | M30 | DEU | Oldenburger RV | 7 | 07:09 | 07:13 | 07:31 | 07:18 | 07:24 | 06:39 | 0:43:01 | 0:43:12 |
| 45 | 926 | Brinkhaus, Jens | M30 | DEU | Die weißen Kenia | 8 | 06:52 | 07:08 | 07:16 | 07:26 | 07:27 | 07:10 | 0:43:09 | 0:43:16 |
| 46 | 1184 | Espeldoorn, Luuk | M50 | DEU | AV Spurt'88 | 5 | 06:53 | 07:02 | 07:24 | 07:19 | 07:30 | 07:12 | 0:43:11 | 0:43:17 |
| 47 | 1107 | Steinweg, Henning | MM | DEU | free Xactive | 11 | 06:43 | 07:04 | 07:27 | 07:30 | 07:32 | 07:08 | 0:43:13 | 0:43:22 |
| 48 | 978 | Nitzsche, Thomas | M30 | DEU | *Lübeck | 9 | 06:51 | 06:58 | 07:15 | 07:24 | 07:33 | 07:24 | 0:43:14 | 0:43:22 |

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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 |
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| 49 | 1125 | Brege, Bernd | M45 | DEU | LC Nordhorn | 11 | 06:41 | 07:02 | 07:21 | 07:26 | 07:37 | 07:23 | 0:43:25 | 0:43:28 |
| 50 | 910 | Nolting, René | M45 | DEU | SCU Emlichheim | 12 | 06:38 | 07:02 | 07:23 | 07:19 | 07:37 | 07:39 | 0:43:27 | 0:43:36 |
| 51 | 987 | Nadorp, Thomas | M40 | DEU | ASC | 7 | 06:49 | 07:09 | 07:21 | 07:31 | 07:32 | 07:14 | 0:43:28 | 0:43:33 |
| 52 | 1046 | Hunfeld, Norbert | M55 | DEU | LC Nordhorn | 2 | 06:52 | 07:04 | 07:18 | 07:29 | 07:34 | 07:19 | 0:43:28 | 0:43:33 |
| 53 | 1165 | Frohoff-Hülsmann, Ludwig | M60 | DEU | | 2 | 07:05 | 07:20 | 07:23 | 07:26 | 07:22 | 07:11 | 0:43:37 | 0:43:44 |
| 54 | 1126 | Katjüter, Burkhard | M45 | DEU | *Emsbüren | 13 | 07:05 | 07:20 | 07:26 | 07:22 | 07:24 | 07:09 | 0:43:38 | 0:43:44 |
| 55 | 1004 | Zintel, Andreas | M45 | DEU | Lauffreunde Emsla | 14 | 07:01 | 07:05 | 07:18 | 07:29 | 07:33 | 07:31 | 0:43:45 | 0:43:54 |
| 56 | 1039 | Spieker, Guido | M35 | DEU | Grafschafter Volk | 3 | 06:52 | 07:12 | 07:32 | 07:32 | 07:30 | 07:19 | 0:43:49 | 0:43:56 |
| 57 | 956 | Glasmeier, Nils | MM | DEU | DJK Arminia Ibbe | 12 | 06:53 | 07:02 | 07:20 | 07:30 | 07:28 | 07:52 | 0:43:54 | 0:44:01 |
| 58 | 919 | Schwering, Mike | M35 | DEU | VFL Weisse Elf | 4 | 06:29 | 07:03 | 07:21 | 07:41 | 07:52 | 07:35 | 0:43:54 | 0:43:58 |
| 59 | 925 | Vries, Gerco | M35 | DEU | Spurt '88 | 5 | 06:54 | 07:14 | 07:27 | 07:31 | 07:34 | 07:30 | 0:44:03 | 0:44:07 |
| 60 | 997 | Brüna, Jan | M45 | DEU | SV Esche | 15 | 07:18 | 07:22 | 07:28 | 07:29 | 07:27 | 07:18 | 0:44:06 | 0:44:19 |
| 61 | 980 | Veltrup, Holger | M30 | DEU | TuS Haren | 10 | 07:15 | 07:21 | 07:24 | 07:32 | 07:32 | 07:13 | 0:44:10 | 0:44:14 |
| 62 | 1151 | Reinelt, Ulli | M55 | DEU | BV Garrel | 3 | 06:52 | 07:11 | 07:23 | 07:39 | 07:43 | 07:31 | 0:44:12 | 0:44:16 |
| 63 | 1169 | Gozevoort, Cristian | M40 | DEU | Loopgroep Schoon | 8 | 07:04 | 07:19 | 07:36 | 07:38 | 07:31 | 07:22 | 0:44:14 | 0:44:29 |
| 64 | 1010 | Stroeve, Andre | M30 | DEU | SV Veldhausen | 11 | 07:06 | 07:16 | 07:37 | 07:47 | 07:56 | 07:11 | 0:44:33 | 0:44:49 |
| 65 | 1120 | Geerds, Sascha | M30 | DEU | SV Veldhausen | 12 | 07:06 | 07:16 | 07:37 | 07:47 | 07:56 | 07:12 | 0:44:34 | 0:44:51 |
| 66 | 1156 | Rehers, Stephan | MM | DEU | FC Schüttoorf 09 | 13 | 07:07 | 07:17 | 07:19 | 07:36 | 07:51 | 07:39 | 0:44:41 | 0:44:47 |
| 67 | 990 | Collet, Sebastian | M30 | DEU | LC Nordhorn | 13 | 07:04 | 07:32 | 07:33 | 07:42 | 07:36 | 07:29 | 0:44:49 | 0:44:54 |
| 68 | 929 | Timmerman, Jan | M55 | DEU | Spurt '88 | 4 | 07:06 | 07:27 | 07:37 | 07:41 | 07:42 | 07:27 | 0:44:52 | 0:44:58 |
| 69 | 1066 | Grote-Wiegerink, Gerold | M50 | DEU | Lauftreff Olympia | 6 | 07:21 | 07:34 | 07:32 | 07:39 | 07:43 | 07:20 | 0:44:56 | 0:45:06 |
| 70 | 957 | Höllmann, Jürgen | M45 | DEU | Lauftreff Olympia | 16 | 07:21 | 07:33 | 07:33 | 07:39 | 07:44 | 07:29 | 0:45:05 | 0:45:17 |
| 71 | 1161 | Hertlage, Bernd | M50 | DEU | SV Vorwärts Nordh | 7 | 07:16 | 07:23 | 07:39 | 07:48 | 07:43 | 07:32 | 0:45:07 | 0:45:18 |
| 72 | 1025 | Lucas, Jürgen | M50 | DEU | SV Grenzland Laa | 8 | 07:19 | 07:23 | 07:33 | 07:46 | 07:52 | 07:50 | 0:45:27 | 0:45:41 |
| 73 | 1159 | Lübbbers, Tim | MM | DEU | HESEPER SV | 14 | 07:03 | 07:37 | 07:51 | 07:50 | 07:50 | 07:33 | 0:45:28 | 0:45:42 |
| 74 | 1053 | Wortelen, Enno | MM | DEU | SV Hoogstede | 15 | 07:08 | 07:07 | 07:33 | 07:56 | 08:10 | 08:08 | 0:45:36 | 0:46:00 |
| 75 | 1089 | Schönefeld, Tim | M35 | DEU | SV Werder Breme | 6 | 07:17 | 07:36 | 07:48 | 07:45 | 07:53 | 07:37 | 0:45:46 | 0:45:53 |
| 76 | 1119 | Oude Rengerink, Hans | M50 | DEU | *Ootmarsum | 9 | 07:15 | 07:35 | 07:41 | 07:50 | 07:55 | 07:41 | 0:45:48 | 0:45:55 |
| 77 | 1093 | Schmidt, Karl-Heinz | M65 | DEU | VFL Lingen | 2 | 07:19 | 07:30 | 07:45 | 07:50 | 07:54 | 07:45 | 0:45:56 | 0:45:59 |
| 78 | 1075 | Woronowic, Viktor | M30 | DEU | Fa. Wintershall Gn | 14 | 07:16 | 07:28 | 07:44 | 07:56 | 08:01 | 07:46 | 0:45:59 | 0:46:09 |
| 79 | 1076 | Gorbachev, Vadim | M45 | DEU | Fa. Wintershall Gn | 17 | 07:02 | 07:16 | 07:36 | 07:50 | 08:10 | 08:16 | 0:46:01 | 0:46:09 |
| 80 | 1158 | Aalken, Christian | MM | DEU | BW Bookholt | 16 | 07:17 | 07:37 | 07:51 | 07:56 | 08:04 | 07:50 | 0:46:19 | 0:46:33 |
| 81 | 911 | Matenaar, Steffen | MJB | DEU | *Georgsdorf | 2 | 06:59 | 07:25 | 07:44 | 08:04 | 08:27 | 08:06 | 0:46:37 | 0:46:42 |
| 82 | 976 | Laumeyer, Manuel | MM | DEU | SG Eintracht Frank | 17 | 07:09 | 07:31 | 07:50 | 08:03 | 08:26 | 07:51 | 0:46:40 | 0:46:48 |
| 83 | 952 | Strootmann, Mark | M35 | DEU | *Nordhorn | 7 | 07:17 | 07:23 | 07:41 | 07:55 | 08:23 | 08:18 | 0:46:45 | 0:46:54 |
| 84 | 1069 | Pötter, Dennis | MM | DEU | Fa. Wintershall Gn | 18 | 07:16 | 07:28 | 07:56 | 08:09 | 08:11 | 08:02 | 0:46:50 | 0:47:00 |
| 85 | 928 | Staib, Marvin | MJA | DEU | *Uelsen | 2 | 06:57 | 07:26 | 07:41 | 07:52 | 08:25 | 08:38 | 0:46:51 | 0:46:56 |
| 86 | 1140 | Wortel, Hermann | M30 | DEU | | 15 | 07:23 | 07:33 | 07:48 | 08:08 | 08:23 | 07:52 | 0:46:53 | 0:47:05 |
| 87 | 942 | Wortelen, Berthold | M30 | DEU | Blau-Weiß Kalle | 16 | 07:18 | 07:30 | 07:39 | 08:02 | 08:26 | 08:20 | 0:47:00 | 0:47:12 |
| 88 | 1054 | Ewert, Thorsten | M30 | DEU | SV Grenzland Laa | 17 | 07:04 | 07:39 | 07:57 | 08:08 | 08:12 | 08:13 | 0:47:01 | 0:47:11 |
| 89 | 1077 | Cozijnsen, Lothar | M55 | DEU | | 5 | 07:12 | 07:38 | 07:52 | 08:07 | 08:20 | 08:03 | 0:47:02 | 0:47:09 |
| 90 | 1022 | van Wieren, Gebhard | M50 | DEU | Lauftreff Olympia | 10 | 07:22 | 07:37 | 07:52 | 08:01 | 08:16 | 08:10 | 0:47:05 | 0:47:16 |
| 91 | 1019 | Lambers, Kevin | MM | DEU | Die Bullen | 19 | 07:41 | 07:50 | 07:53 | 07:57 | 08:12 | 07:59 | 0:47:10 | 0:47:30 |
| 92 | 1097 | Beerlink, Jan | M45 | DEU | Borussia Ringe | 18 | 07:32 | 07:28 | 07:51 | 08:06 | 08:14 | 08:17 | 0:47:11 | 0:47:25 |
| 93 | 1141 | Somberg, Frank | M35 | DEU | *Nordhorn | 8 | 07:06 | 07:33 | 07:52 | 08:15 | 08:19 | 08:15 | 0:47:13 | 0:47:18 |
| 94 | 1135 | Oldekamp, Geert | M45 | DEU | *Wilsum | 19 | 07:39 | 07:38 | 07:43 | 08:02 | 08:32 | 08:08 | 0:47:22 | 0:47:39 |
| 95 | 1048 | Klemp, Sebastian | MM | DEU | *Ringe, Neugnader | 20 | 07:44 | 07:50 | 07:54 | 08:01 | 08:22 | 08:03 | 0:47:27 | 0:47:50 |
| 96 | 1160 | Beerling, Bennie | M55 | NLD | Schoonebeck | 6 | 07:44 | 07:54 | 07:57 | 08:04 | 08:09 | 08:02 | 0:47:32 | 0:47:48 |

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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 |
|-----|--------|-------------------------|-----|-----|-------------------|--------|-------|-------|-------|-------|-------|-------|---------|---------|
| 97 | 1152 | Averes-Neumann, Eckhard | M45 | DEU | LC Nordhorn | 20 | 07:08 | 07:55 | 07:55 | 08:16 | 08:20 | 08:10 | 0:47:34 | 0:47:41 |
| 98 | 966 | Heesbeen, Ad | M65 | DEU | Spurt '88 | 3 | 07:33 | 08:02 | 08:00 | 08:04 | 08:10 | 08:03 | 0:47:43 | 0:47:48 |
| 99 | 982 | Pötter, André | M45 | DEU | laufend dabei | 21 | 07:17 | 07:47 | 08:06 | 08:22 | 08:30 | 07:54 | 0:47:45 | 0:47:53 |
| 10 | 958 | Riesenbeck, Juergen | M55 | DEU | *Emmen | 7 | 07:26 | 08:05 | 08:09 | 08:13 | 08:17 | 07:59 | 0:48:01 | 0:48:07 |
| 10 | 909 | Koenders, Dieter | M50 | DEU | | 11 | 07:44 | 07:40 | 08:03 | 08:20 | 08:29 | 08:05 | 0:48:04 | 0:48:19 |
| 10 | 1051 | Kohl, Alexander | M30 | DEU | *Kalle | 18 | 07:26 | 07:49 | 08:10 | 08:14 | 08:28 | 08:16 | 0:48:07 | 0:48:20 |
| 10 | 1173 | Klaassen, Herman | M55 | DEU | Loopgroep Schoon | 8 | 07:48 | 07:54 | 08:05 | 08:13 | 08:22 | 08:06 | 0:48:12 | 0:48:27 |
| 10 | 1013 | Pamann, Erich | M45 | DEU | Lauftreff SV Esch | 22 | 08:02 | 07:53 | 08:07 | 08:08 | 08:12 | 08:08 | 0:48:14 | 0:48:28 |
| 10 | 1182 | Meijerink, Remko | M40 | DEU | Codas | 9 | 08:10 | 08:01 | 08:10 | 08:13 | 08:14 | 07:56 | 0:48:31 | 0:48:41 |
| 10 | 964 | Over, Gerhard | M60 | DEU | TV Meppen | 3 | 07:22 | 07:52 | 32:51 | | | | 0:48:35 | 0:48:40 |
| 10 | 1116 | Germer, Paul | M55 | DEU | SV Wietmarschen | 9 | 08:22 | 07:55 | 07:51 | 08:18 | 08:20 | 08:13 | 0:48:38 | 0:48:57 |
| 10 | 968 | Brünink, Lukes | MJB | DEU | SCU Emlichheim | 3 | 09:07 | 08:26 | 08:00 | 08:05 | 07:51 | 07:35 | 0:48:43 | 0:49:03 |
| 10 | 1033 | Zwafelink, Joerg | M40 | DEU | Cosmos Getelo | 10 | 07:27 | 08:02 | 08:13 | 08:29 | 08:33 | 08:18 | 0:48:49 | 0:49:00 |
| 11 | 1060 | Wolbink, Gerwin | M35 | DEU | SV Cosmos Getelo | 9 | 07:40 | 08:07 | 08:17 | 08:17 | 08:20 | 08:21 | 0:48:50 | 0:49:00 |
| 11 | 1108 | Zander, Michael | MM | DEU | free Xactive | 21 | 06:43 | 07:45 | 08:23 | 08:41 | 08:52 | 08:37 | 0:48:51 | 0:49:00 |
| 11 | 1035 | Wolterink, Henning | M40 | DEU | Grafschafter Nach | 11 | 07:53 | 08:00 | 08:14 | 08:15 | 08:20 | 08:26 | 0:48:56 | 0:49:06 |
| 11 | 979 | Veltrup, Hermann | M60 | DEU | TuS Haren | 4 | 07:41 | 08:11 | 08:15 | 08:23 | 08:24 | 08:12 | 0:48:57 | 0:49:03 |
| 11 | 1006 | Wannink, Christian | M30 | DEU | LG Gazelle | 19 | 07:33 | 08:14 | 08:18 | 08:24 | 08:26 | 08:12 | 0:48:57 | 0:49:05 |
| 11 | 1050 | Horstkamp, uwe | M50 | DEU | Sv.Wietmarschen | 12 | 08:28 | 08:12 | 08:14 | 08:19 | 08:21 | 07:59 | 0:49:12 | 0:49:30 |
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| 11 | 1145 | Aschermann, Gerfried | M50 | DEU | SPVGG Brandlech | 13 | 08:05 | 08:20 | 08:26 | 08:25 | 08:22 | 08:05 | 0:49:28 | 0:49:41 |
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| 12 | 1106 | Bavinck, Arno | M45 | DEU | FC Schüttorf 09 L | 24 | 08:14 | 08:15 | 08:18 | 08:31 | 08:31 | 08:14 | 0:49:45 | 0:50:00 |
| 12 | 1101 | Brinkhaus, Hermann | M60 | DEU | Die weißen Kenia | 5 | 08:24 | 08:20 | 08:23 | 08:29 | 08:24 | 08:10 | 0:49:53 | 0:50:07 |
| 12 | 916 | Beckmann, Ralf | M30 | DEU | kein | 20 | 07:18 | 07:44 | 08:24 | 09:01 | 08:44 | 08:58 | 0:49:54 | 0:50:07 |
| 12 | 1137 | Lautenbag, Frits | M65 | DEU | de Gemzen | 4 | 08:04 | 08:20 | 08:27 | 08:31 | 08:27 | 08:17 | 0:49:55 | 0:50:03 |
| 12 | 1083 | Trüün, Dieter | M45 | DEU | | 25 | 07:26 | 07:58 | 08:15 | 08:48 | 09:04 | 08:52 | 0:50:03 | 0:50:20 |
| 12 | 1012 | Diener, Stefan | MM | DEU | *Emlichheim | 22 | 08:25 | 08:08 | 08:20 | 08:30 | 08:41 | 08:22 | 0:50:05 | 0:50:24 |
| 12 | 950 | Weiden, Michael | MM | DEU | SCU Emlichheim | 23 | 07:34 | 08:03 | 08:29 | 08:46 | 09:03 | 08:33 | 0:50:15 | 0:50:26 |
| 12 | 954 | Somberg, Stefan | M30 | DEU | Somberg | 21 | 08:07 | 08:18 | 08:23 | 08:35 | 08:51 | 08:33 | 0:50:29 | 0:50:44 |
| 12 | 1021 | Weggebakker, Timo | MM | DEU | - | 24 | 08:35 | 08:27 | 08:33 | 08:34 | 08:38 | 08:08 | 0:50:33 | 0:50:52 |
| 13 | 1176 | Arens, Eva | MM | DEU | Team Eddy | 25 | 08:41 | 08:43 | 08:33 | 08:29 | 08:25 | 08:09 | 0:50:46 | 0:50:57 |
| 13 | 1041 | Kingal, Rolf | M65 | DEU | SC Spelle Venhaus | 5 | 08:06 | 08:24 | 08:28 | 08:41 | 08:43 | 08:36 | 0:50:51 | 0:50:57 |
| 13 | 1128 | Roolfs, Peter | MM | DEU | *Itterbeck | 26 | 08:53 | 08:37 | 08:38 | 08:33 | 08:26 | 08:11 | 0:50:56 | 0:51:16 |
| 13 | 1122 | Reurik, Johannes | M50 | DEU | *Uelsen | 14 | 08:00 | 08:10 | 08:26 | 08:41 | 09:05 | 09:01 | 0:51:08 | 0:51:21 |
| 13 | 1123 | Grundmann, Jörg | M45 | DEU | *Nordhorn | 26 | 08:37 | 08:18 | 08:24 | 08:42 | 08:43 | 08:45 | 0:51:10 | 0:51:27 |
| 13 | 1115 | Klinge, Hermann | M50 | DEU | | 15 | 07:32 | 07:59 | 08:26 | 08:53 | 09:21 | 09:28 | 0:51:28 | 0:51:37 |
| 13 | 924 | Stegeman, Markus | MM | DEU | *Emlichheim | 27 | 07:32 | 07:43 | 08:38 | 09:25 | 09:30 | 08:53 | 0:51:30 | 0:51:40 |
| 13 | 1130 | Kerk, Reinhold | M55 | DEU | SV Esche | 11 | 07:23 | 08:10 | 08:37 | 09:02 | 09:18 | 09:08 | 0:51:30 | 0:51:36 |
| 13 | 1177 | Partman, Vinzenz | M55 | DEU | SV Wietmarschen | 12 | 08:28 | 08:12 | 08:34 | 08:59 | 09:09 | 08:38 | 0:51:40 | 0:51:58 |
| 13 | 1124 | Grote Hölmann, Erwin | M35 | DEU | | 11 | 08:45 | 08:50 | 08:55 | 08:51 | 08:33 | 08:09 | 0:51:46 | 0:52:00 |
| 14 | 1016 | Koenders, Jürgen | M55 | DEU | SCU Emlichheim | 13 | 08:32 | 08:34 | 08:41 | 08:50 | 08:55 | 08:44 | 0:51:55 | 0:52:12 |
| 14 | 903 | Wiggerink, Jan | M35 | DEU | *Emlichheim | 12 | 08:32 | 08:47 | 08:39 | 08:54 | 08:53 | 08:30 | 0:52:00 | 0:52:13 |
| 14 | 941 | Duling, Ansgar | M45 | DEU | SCU Emlichheim | 27 | 08:29 | 08:41 | 08:46 | 08:54 | 08:52 | 08:39 | 0:52:04 | 0:52:19 |
| 14 | 1079 | Arends, Heiko | M40 | DEU | *Itterbeck | 13 | 08:29 | 08:13 | 08:23 | 08:47 | 09:19 | 09:17 | 0:52:07 | 0:52:26 |
| 14 | 939 | Reiners, Peter | M45 | DEU | *Wesel | 28 | 07:51 | 08:33 | 08:51 | 09:11 | 09:10 | 08:41 | 0:52:08 | 0:52:15 |

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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 | 927 | Keen, Guido | M35 | DEU | Laufgruppe SCU E | 13 | 08:42 | 08:36 | 08:39 | 08:54 | 08:53 | 08:41 | 0:52:11 | 0:52:23 |
| 14 | 1015 | Steinkamp, Achim | M45 | DEU | | 29 | 08:34 | 08:34 | 08:41 | 08:52 | 08:59 | 08:49 | 0:52:12 | 0:52:26 |
| 14 | 1052 | Grzelkowski, Roman | MM | DEU | Lebenshilfe | 28 | 07:24 | 07:57 | 08:40 | 09:49 | 09:36 | 09:28 | 0:52:42 | 0:52:51 |
| 14 | 993 | Balderhaar, Jan Hindrik | M50 | DEU | TuS Neuenhaus | 16 | 08:23 | 08:38 | 08:51 | 09:06 | 09:04 | 09:03 | 0:52:55 | 0:53:03 |
| 14 | 977 | van Münster, Jürgen | M45 | DEU | *Emlichheim | 30 | 08:33 | 08:44 | 08:54 | 09:01 | 09:08 | 08:56 | 0:52:57 | 0:53:13 |
| 15 | 1181 | Kok, Jan-Marc | M35 | DEU | AV Spurt'88 | 14 | 07:42 | 08:32 | 08:53 | 09:17 | 09:32 | 09:22 | 0:53:09 | 0:53:16 |
| 15 | 1172 | Kramer, Harrie | M65 | DEU | Loopgroep Schoon | 6 | 09:10 | 09:07 | 09:08 | 09:04 | 09:04 | 08:53 | 0:54:07 | 0:54:22 |
| 15 | 1096 | Baumann, Dietrich | M55 | DEU | *Wilsum | 14 | 08:34 | 08:53 | 09:06 | 09:29 | 09:20 | 09:13 | 0:54:15 | 0:54:33 |
| 15 | 1084 | Snippe, Tobias | MM | DEU | SV Veldhausen | 29 | 09:08 | 09:17 | 09:16 | 09:19 | 09:24 | 08:22 | 0:54:23 | 0:54:44 |
| 15 | 996 | Jedamzik, Lars | M40 | DEU | ASG Lastrup | 14 | 08:17 | 08:37 | 08:56 | 09:20 | 09:39 | 09:46 | 0:54:24 | 0:54:32 |
| 15 | 948 | Jans, Hendrik | MM | DEU | *Neuenhaus | 30 | 08:59 | 09:10 | 09:24 | 09:24 | 09:24 | 08:25 | 0:54:28 | 0:54:45 |
| 15 | 1114 | Albrecht, Carsten | M40 | DEU | Lauf mit mir | 15 | 08:54 | 09:12 | 09:14 | 09:22 | 09:31 | 09:00 | 0:54:52 | 0:55:11 |
| 15 | 1090 | Elbeshausen, Christian | MM | DEU | *Nordhorn | 31 | 08:50 | 09:17 | 09:30 | 09:22 | 09:23 | 09:03 | 0:55:12 | 0:55:23 |
| 15 | 1005 | Jannemann, Frank | M30 | DEU | LG Gazelle | 22 | 07:33 | 08:14 | 09:06 | 12:51 | 08:53 | 08:48 | 0:55:15 | 0:55:23 |
| 15 | 1074 | Mahdavi-Azar, Mazdak | MM | DEU | Fa. Wintershall Gn | 32 | 07:16 | 08:23 | 09:38 | 09:52 | 09:58 | 10:22 | 0:55:18 | 0:55:26 |
| 16 | 1080 | Kösters, Andreas | M45 | DEU | SCU Emlichheim | 31 | 08:55 | 09:04 | 09:17 | 09:34 | 09:36 | 09:13 | 0:55:19 | 0:55:37 |
| 16 | 1088 | Große Brookhuis, Wolfgan | M45 | DEU | | 32 | 08:50 | 08:50 | 09:17 | 09:30 | 09:41 | 09:45 | 0:55:33 | 0:55:51 |
| 16 | 1100 | Bouws, Matthias | M30 | DEU | *Oldenburg | 23 | 08:08 | 08:40 | 09:18 | 09:35 | 10:06 | 10:10 | 0:55:41 | 0:55:54 |
| 16 | 1081 | Hartmut, Bisschop | M45 | DEU | SCU Emlichheim | 33 | 09:02 | 09:10 | 09:15 | 09:26 | 09:34 | 09:44 | 0:55:51 | 0:56:09 |
| 16 | 1027 | Schmidt, Andreas | M45 | DEU | Polizei Gronau | 34 | 09:07 | 09:08 | 09:31 | 09:43 | 09:46 | 09:11 | 0:56:07 | 0:56:23 |
| 16 | 1061 | Holt, John | M40 | DEU | | 16 | 09:10 | 09:13 | 09:29 | 09:47 | 10:03 | 09:27 | 0:56:47 | 0:57:08 |
| 16 | 937 | Mittelstädt, Arnulf | M30 | DEU | | 24 | 08:26 | 09:07 | 09:24 | 09:46 | 10:00 | 10:19 | 0:56:50 | 0:56:59 |
| 16 | 1113 | Bartels, Heiko | M35 | DEU | *Uelsen | 15 | 08:01 | 09:02 | 09:37 | 10:00 | 10:10 | 10:15 | 0:56:52 | 0:57:03 |
| 16 | 1142 | Jagt, Jans | M60 | DEU | Marathon Drenthe | 6 | 09:06 | 09:17 | 09:26 | 09:39 | 09:55 | 10:06 | 0:57:14 | 0:57:26 |
| 16 | 1153 | Nätte, Mario | M45 | DEU | BSG Clever Market | 35 | 09:26 | 09:23 | 09:52 | 10:07 | 10:31 | 09:55 | 0:58:51 | 0:59:11 |
| 17 | 1180 | ten Velde, Arie | M60 | DEU | Loopgroep Klazie. | 7 | 09:45 | 10:01 | 10:11 | 10:17 | 10:06 | 09:45 | 0:59:48 | 1:00:04 |
| 17 | 1134 | Hinderink, Gerd | M55 | DEU | *Itterbeck | 15 | 10:08 | 10:10 | 10:05 | 10:02 | 10:10 | 09:48 | 1:00:01 | 1:00:20 |
| 17 | 1167 | Lücken, Guido | M35 | DEU | Lauffreunde Emsla | 16 | 09:15 | 09:59 | 10:12 | 10:24 | 10:56 | 10:07 | 1:00:45 | 1:00:51 |
| 17 | 1087 | Austel, Rüdiger | M45 | DEU | SV Vorwärts Nordh | 36 | 09:42 | 09:57 | 10:11 | 10:41 | 10:54 | 10:25 | 1:01:31 | 1:01:47 |
| 17 | 904 | Küpers, Manfred | M65 | DEU | SV Klausheide e.V | 7 | 09:32 | 10:11 | 10:38 | 11:07 | 11:18 | 11:04 | 1:03:32 | 1:03:47 |

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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 |
|-----|--------|----------------------|-----|-----|--------------------|--------|-------|-------|-------|-------|-------|-------|---------|---------|
| 1 | 983 | Evers, Kerstin | W35 | DEU | LG Papenburg-Asc | 1 | 06:22 | 06:44 | 06:51 | 06:55 | 07:00 | 06:59 | 0:40:46 | 0:40:48 |
| 2 | 1040 | Sumbeck, Imke | W30 | DEU | LC Nordhorn | 1 | 06:40 | 06:46 | 07:00 | 07:10 | 07:14 | 07:11 | 0:41:55 | 0:41:58 |
| 3 | 935 | Herbert, Marleen | WW | DEU | Spurt '88 | 1 | 06:49 | 07:03 | 07:07 | 07:14 | 07:11 | 06:55 | 0:42:15 | 0:42:18 |
| 4 | 998 | Schnieders, Kirsten | WW | DEU | TuS Gildehaus | 2 | 06:40 | 06:49 | 07:13 | 07:24 | 07:15 | 07:05 | 0:42:19 | 0:42:24 |
| 5 | 1030 | Berkemeyer, Ariane | WW | DEU | LF OGH | 3 | 07:12 | 07:05 | 07:15 | 07:24 | 07:25 | 07:13 | 0:43:19 | 0:43:31 |
| 6 | 1042 | Baarlink, Jutta | W40 | DEU | LC Nordhorn | 1 | 06:53 | 07:04 | 07:18 | 07:28 | 07:34 | 07:19 | 0:43:29 | 0:43:33 |
| 7 | 944 | Kerk, Mariell | WW | DEU | SV Veldhausen | 4 | 06:44 | 07:08 | 07:27 | 07:37 | 07:50 | 07:45 | 0:44:24 | 0:44:29 |
| 8 | 1002 | Jacobs, Heike | W45 | DEU | Lauftreff Olympia | 1 | 06:57 | 07:23 | 07:32 | 07:38 | 07:42 | 07:31 | 0:44:34 | 0:44:39 |
| 9 | 1127 | Buchalla, Claudia | W35 | DEU | SV Vorwärts Nordh | 2 | 07:15 | 07:36 | 07:50 | 07:47 | 07:49 | 07:30 | 0:45:35 | 0:45:44 |
| 10 | 1056 | Göcken, Julia | WW | DEU | | 5 | 07:47 | 07:46 | 07:54 | 07:49 | 07:46 | 07:23 | 0:46:11 | 0:46:23 |
| 11 | 1031 | Singraven, Dita | W45 | DEU | *Emlichheim | 2 | 07:36 | 07:55 | 07:55 | 07:58 | 08:08 | 07:54 | 0:47:18 | 0:47:23 |
| 12 | 1162 | Gijlers, Hannie | W35 | DEU | LAAC Twente | 3 | 07:14 | 07:38 | 08:21 | 08:10 | 08:21 | 07:57 | 0:47:30 | 0:47:39 |
| 13 | 1149 | Dokters, Frauuke | W40 | DEU | Lauftreff Olympia | 2 | 07:47 | 08:05 | 08:12 | 08:18 | 08:17 | 08:18 | 0:48:43 | 0:48:55 |
| 14 | 1147 | Kuite, Tanja | W40 | DEU | Lauftreff Olympia | 3 | 07:47 | 08:05 | 08:13 | 08:17 | 08:17 | 08:18 | 0:48:43 | 0:48:55 |
| 15 | 1105 | Voet, Marianne | W40 | DEU | Lauftreff Uelsen | 4 | 07:47 | 08:04 | 08:13 | 08:20 | 08:28 | 08:17 | 0:48:55 | 0:49:07 |
| 16 | 917 | Gosink, Annika | WW | DEU | *Osnabrück | 6 | 07:42 | 08:06 | 08:19 | 08:27 | 08:37 | 08:18 | 0:49:16 | 0:49:27 |
| 17 | 946 | Kaalmink, Svenja | WW | DEU | *Münster | 7 | 07:55 | 08:11 | 08:18 | 08:23 | 08:26 | 08:18 | 0:49:16 | 0:49:29 |
| 18 | 940 | Richter, Gerlinde | W40 | DEU | SV Esche | 5 | 07:56 | 08:16 | 08:21 | 08:29 | 08:33 | 08:37 | 0:49:55 | 0:50:09 |
| 19 | 1171 | Heyting, Roelie | W50 | DEU | Loopgroep Schoon | 1 | 08:30 | 08:19 | 08:20 | 08:22 | 08:27 | 08:26 | 0:50:06 | 0:50:21 |
| 20 | 1029 | Gülker, Rebecca | W30 | DEU | SV Bad Bentheim | 2 | 07:55 | 08:14 | 08:30 | 08:43 | 08:50 | 08:36 | 0:50:34 | 0:50:46 |
| 21 | 1157 | Brüna, Gunda | W40 | DEU | Lauftreff Olympia | 6 | 08:02 | 08:29 | 08:39 | 08:40 | 08:52 | 08:35 | 0:51:02 | 0:51:14 |
| 22 | 1092 | Olthaus, Simone | W35 | DEU | SV Vorwärts Nordh | 4 | 08:27 | 08:26 | 08:33 | 08:38 | 08:48 | 08:35 | 0:51:08 | 0:51:24 |
| 23 | 1117 | Germer, Edith | WW | DEU | SV Wietmarschen | 8 | 08:47 | 08:28 | 08:49 | 08:52 | 08:51 | 08:25 | 0:51:50 | 0:52:09 |
| 24 | 1148 | Morhaus, Elke | W35 | DEU | SC Spelle - Venhau | 5 | 07:53 | 08:29 | 08:36 | 09:06 | 09:06 | 08:55 | 0:51:54 | 0:52:01 |
| 25 | 933 | Maatmann, Marina | WW | DEU | Wilsum läuft... | 9 | 08:17 | 08:33 | 08:42 | 08:56 | 08:56 | 08:52 | 0:52:04 | 0:52:14 |
| 26 | 1110 | Reiners, Birte | WW | DEU | SCU Emlichheim | 10 | 08:41 | 08:39 | 08:46 | 09:01 | 08:57 | 08:41 | 0:52:27 | 0:52:43 |
| 27 | 1146 | Aschermann, Petra | W50 | DEU | Spvgg Brandlecht t | 2 | 08:47 | 08:51 | 08:54 | 08:52 | 08:59 | 08:46 | 0:52:53 | 0:53:06 |
| 28 | 1166 | Maul, Mandy | W45 | DEU | Laufteam Eddy | 3 | 08:40 | 08:43 | 08:33 | 08:42 | 09:15 | 09:18 | 0:52:59 | 0:53:10 |
| 29 | 984 | Krajewski, Juriena | W35 | DEU | *Emlichheim | 6 | 08:22 | 09:06 | 09:02 | 09:10 | 09:07 | 09:00 | 0:53:29 | 0:53:44 |
| 30 | 907 | Wijnia-Kwant, Reina | W55 | DEU | avVN Niederlande | 1 | 08:33 | 08:46 | 08:58 | 09:13 | 09:13 | 08:59 | 0:53:35 | 0:53:40 |
| 31 | 1174 | Colmen, Alice | W30 | DEU | Loopgroep Schoon | 3 | 09:10 | 09:07 | 09:08 | 09:03 | 09:04 | 08:53 | 0:54:07 | 0:54:23 |
| 32 | 1009 | Doeker-Vedder, Petra | W40 | DEU | SCU Emlichheim | 7 | 08:44 | 08:50 | 09:09 | 09:18 | 09:17 | 09:10 | 0:54:12 | 0:54:25 |
| 33 | 949 | Meyerink, Bianca | WW | DEU | *Emlichheim | 11 | 08:59 | 09:10 | 09:24 | 09:24 | 09:24 | 08:25 | 0:54:27 | 0:54:44 |
| 34 | 1026 | Penkert, Wilma | W40 | DEU | *Hoogstede | 8 | 08:54 | 09:19 | 09:19 | 09:25 | 09:15 | 08:57 | 0:54:58 | 0:55:06 |
| 35 | 989 | van Wieren, Julia | WW | DEU | SV Cosmos Getelo | 12 | 08:43 | 08:49 | 08:58 | 09:29 | 09:35 | 09:37 | 0:54:59 | 0:55:09 |
| 36 | 905 | Pohlman, Petra | W50 | DEU | Laufgruppe SCU E | 3 | 08:49 | 09:19 | 09:30 | 09:22 | 09:23 | 09:03 | 0:55:11 | 0:55:23 |
| 37 | 1091 | Egbers, Esther | W40 | DEU | SV Vorwärts Nordh | 9 | 09:06 | 09:04 | 09:15 | 09:16 | 09:29 | 09:21 | 0:55:12 | 0:55:29 |
| 38 | 1103 | Kieft, Beate | W35 | DEU | SG Neuenhaus / U | 7 | 08:44 | 09:05 | 09:23 | 09:35 | 09:41 | 09:11 | 0:55:25 | 0:55:38 |
| 39 | 1109 | Avers, Gerlinde | WW | DEU | Laufend dabei | 13 | 08:22 | 09:13 | 09:21 | 09:38 | 09:49 | 09:23 | 0:55:34 | 0:55:44 |
| 40 | 1112 | Steffen, Linda | WW | DEU | SCU Emlichheim L | 14 | 08:32 | 09:03 | 09:20 | 09:40 | 09:46 | 09:37 | 0:55:43 | 0:55:55 |
| 41 | 953 | Klompmaker, Wilma | W45 | DEU | Laufgruppe SCU E | 4 | 08:32 | 09:03 | 09:20 | 09:40 | 09:46 | 09:37 | 0:55:43 | 0:55:55 |
| 42 | 920 | Willms, Adrie | W45 | DEU | SV Esche | 5 | 09:15 | 09:26 | 09:27 | 09:35 | 09:40 | 09:15 | 0:56:17 | 0:56:35 |
| 43 | 1034 | kamps, Kirsten | W40 | DEU | *Twist | 10 | 09:06 | 09:18 | 09:26 | 09:41 | 09:46 | 09:28 | 0:56:32 | 0:56:41 |
| 44 | 1036 | Mülstegen, Sigrid | W40 | DEU | Grafschafter Nach | 11 | 09:07 | 09:38 | 09:53 | 09:46 | 09:22 | 09:05 | 0:56:39 | 0:56:49 |
| 45 | 1070 | Paradowski, Natali | W30 | DEU | Fa. Wintershall Gn | 4 | 09:25 | 09:39 | 09:31 | 09:33 | 09:42 | 09:15 | 0:56:55 | 0:57:03 |
| 46 | 999 | Gülker, Esther | WW | DEU | Laufgruppe SCU E | 15 | 09:06 | 09:38 | 09:54 | 09:51 | 09:59 | 09:29 | 0:57:42 | 0:57:54 |
| 47 | 1032 | Zingraven, Hanna | WW | DEU | *Emlichheim | 16 | 09:07 | 09:37 | 09:54 | 09:51 | 09:59 | 09:31 | 0:57:43 | 0:57:56 |
| 48 | 1047 | Snieders, Jutta | W35 | DEU | Lauftreff Esche | 8 | 09:24 | 09:42 | 10:04 | 09:59 | 10:08 | 09:47 | 0:58:42 | 0:59:01 |

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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 | 1118 | Kip, Heidi | W40 | DEU | *Nordhorn | 12 | 09:07 | 09:39 | 09:53 | 10:54 | 10:10 | 10:02 | 0:59:33 | 0:59:42 |
| 50 | 1179 | ten Velde, Eline | WW | DEU | Loopgroep Noord t | 17 | 09:45 | 10:01 | 10:11 | 10:17 | 10:06 | 09:34 | 0:59:36 | 0:59:52 |
| 51 | 1178 | Schotanus, Anne-May | WW | DEU | Loopgroep Noord t | 18 | 09:46 | 10:01 | 10:11 | 10:17 | 10:06 | 09:44 | 0:59:47 | 1:00:03 |
| 52 | 1133 | Hinderink, Annegret | W45 | DEU | *Itterbeck | 6 | 10:08 | 10:10 | 10:05 | 10:01 | 10:09 | 09:47 | 0:59:59 | 1:00:19 |
| 53 | 959 | Alsmeier, Charlotte | WJA | DEU | SCU Emlichheim V | 1 | 10:22 | 10:10 | 10:23 | 10:25 | 09:50 | 09:32 | 1:00:24 | 1:00:41 |
| 54 | 960 | Bröker, Viviane | WJA | DEU | SCU Emlichheim V | 2 | 10:22 | 10:11 | 10:23 | 10:25 | 09:51 | 09:33 | 1:00:25 | 1:00:42 |
| 55 | 992 | Züwerink, Kathrin | WW | DEU | *Nordhorn | 19 | 09:52 | 10:15 | 10:38 | 10:22 | 10:04 | 09:53 | 1:00:52 | 1:01:02 |
| 56 | 1086 | Austel, Jutta | W45 | DEU | SV Vorwärts Nordh | 7 | 09:42 | 09:57 | 10:11 | 10:42 | 10:54 | 10:24 | 1:01:31 | 1:01:47 |