











## Übersicht anzeigen

Platz	StNr.	Vorname	Nachname	Jg.	Verein	AK	AK-Pl.	Netto	Brutto	Runde 1	Runde 2	Runde 3	Runde 4	
1	1428	Beshir	Kolbo	1987		<a href="#">MH</a>	1	00:30:36	00:30:37	07:28	07:44	07:53	07:30	
2	1464	Manuel	Meyer	1981	LG Wattenscheid	<a href="#">M30</a>	1	00:32:02	00:32:03	08:12	08:07	07:47	07:56	
3	1398	Thorben	Dietz	1989	LG Dorsten	<a href="#">MH</a>	2	00:32:18	00:32:18	08:12	08:06	07:52	08:07	
4	1522	Gerold	Hartger	1980	LC Nordhorn	<a href="#">M30</a>	2	00:32:35	00:32:35	08:12	08:07	08:02	08:13	
5	1348	Torsten	Graw	1991	TV Wattenscheid 01	<a href="#">MH</a>	3	00:32:44	00:32:44	08:12	08:07	08:12	08:12	
6	1503	Sascha	Velten	1974	Lüttringhauser TV	<a href="#">M35</a>	1	00:33:13	00:33:14	08:13	08:18	08:21	08:21	
7	1515	Simon	Quent	1990		<a href="#">MH</a>	4	00:34:02	00:34:03	08:13	08:22	08:43	08:43	
8	1479	Stefan	Stroick	1994	SF Nordvelen	<a href="#">MJB</a>	1	00:34:11	00:34:13	08:14	08:43	08:39	08:35	
9	1289	Thorsten	Krüger	1975	SV Brackwede	<a href="#">M35</a>	2	00:34:34	00:34:34	08:13	08:26	08:56	08:58	
10	1312	Stefan	Ritte	1992	LAZ Rhede	<a href="#">MJA</a>	1	00:34:58	00:34:59	08:45	08:48	08:56	08:29	
11	1460	Ibrahim	Osman	1994	LSF Münster	<a href="#">MJB</a>	2	00:34:59	00:35:01	08:35	08:41	08:49	08:54	
12	1549	Philipp	Brouwer	1982	PTSV Rosenheim	<a href="#">MH</a>	5	00:34:59	00:35:01	08:34	08:38	08:56	08:51	
13	1427	Lem Lem	Abera	1988		<a href="#">WH</a>	1	00:35:06	00:35:07	08:45	08:47	08:58	08:36	
14	1420	Robert	Paassen	1993	Marathon Club Menden	<a href="#">MJA</a>	2	00:35:23	00:35:24	08:50	08:57	08:59	08:37	
15	1373	Claudia	Lokar	1964	SuS Olfen	<a href="#">W45</a>	1	00:35:27	00:35:28	08:49	08:55	08:56	08:48	
16	1210	Christl	Viebahn	1976	LAZ Puma Troisdorf/Siegburg	<a href="#">W35</a>	1	00:35:29	00:35:31	08:57	08:50	08:52	08:51	
17	1366	Maike	Schön	1989	LAZ Puma Troisdorf/Siegburg	<a href="#">WH</a>	2	00:36:00	00:36:02	08:57	08:50	09:03	09:10	
18	1238	Michael	Lübke	1966		<a href="#">M45</a>	1	00:36:06	00:36:08	09:08	09:04	09:02	08:53	
19	1213	Christian	Hunke	1969	Ten Club Coesfeld	<a href="#">M40</a>	1	00:36:40	00:36:41	08:56	09:14	09:18	09:12	
20	1388	Carolin	Aehling	1989	LG Coesfeld	<a href="#">WH</a>	3	00:36:48	00:36:49	09:23	09:12	09:11	09:02	
21	1496	Andreas	Dürholt	1993	Lüttringhauser TV	<a href="#">MJA</a>	3	00:36:53	00:36:54	09:08	09:26	09:20	08:59	
22	1344	Jörg	Kamp	1969	TV - Mettingen	<a href="#">M40</a>	2	00:37:04	00:37:06	08:57	09:13	09:37	09:17	
23	1504	Pia	Zajonz	1993	RLC	<a href="#">WJA</a>	1	00:38:06	00:38:09	09:20	09:31	09:42	09:34	
24	1435	Jens	Seggewiß	1992		<a href="#">MJA</a>	4	00:38:09	00:38:09	09:33	09:25	09:00	10:09	
25	1319	Herbert	Schwaninger	1979	SV Gescher 08	<a href="#">M30</a>	3	00:38:15	00:38:17	09:19	09:40	09:49	09:28	
26	1232	Christian	Maiworm	1983	Horst-Fans-Deutschland	<a href="#">MH</a>	6	00:38:16	00:38:19	09:40	09:38	09:35	09:25	
27	1282	Matti	Schneider	1984	FH Runners Berlin	<a href="#">MH</a>	7	00:38:17	00:38:24	09:26	09:33	09:47	09:37	
28	1541		Souerville	1966		<a href="#">M45</a>	2	00:38:21	00:38:27	09:17	09:35	09:49	09:45	
29	1487	Michel	Leclerc	1976		<a href="#">M35</a>	3	00:38:32	00:38:33	09:23	09:34	09:51	09:43	
30	1399	Jasmin	Laukamp	1991	LG Dorsten	<a href="#">WH</a>	4	00:38:40	00:38:42	09:34	09:32	09:50	09:45	
31	1425	Ralf	Gottheil	1981	KG Coesfeld	<a href="#">M30</a>	4	00:38:40	00:38:42	09:38	09:31	09:46	09:45	
32	1376	Daniel	Kosakowski	1973	TuS Germania Horstmar	<a href="#">M35</a>	4	00:38:47	00:38:50	09:28	09:46	09:58	09:37	
33	1359	Holger	Dietzgen	1966	Family-Runners	<a href="#">M45</a>	3	00:38:59	00:39:03	09:40	09:47	09:50	09:44	
34	1390	Rene	Brune	1982	ASV-Iserlohn	<a href="#">MH</a>	8	00:39:02	00:39:06	09:53	09:50	09:49	09:32	
35	1490	Linda	Wrede	1993	ASV Iserlohn	<a href="#">WJA</a>	2	00:39:03	00:39:06	09:53	09:50	09:49	09:32	
36	1507	Daniel	Wies	1993		<a href="#">MJA</a>	5	00:39:09	00:39:11	09:35	09:52	10:01	09:42	
37	1536	Johanna	Rellensmann	1990	LSF Münster	<a href="#">WH</a>	5	00:39:09	00:39:12	09:54	09:50	09:49	09:38	
38	1500	Sami	Ritzmann	1998	ASV Iserlohn	<a href="#">M13</a>	1	00:39:10	00:39:13	09:53	09:50	09:53	09:36	
39	1247	Georg	Stüben	1955	Osterather TV	<a href="#">M55</a>	1	00:39:12	00:39:15	09:51	09:51	09:51	09:40	
40	1294	Günter	Severt	1967	Laufteam Gescher	<a href="#">M40</a>	3	00:39:13	00:39:18	09:41	09:49	09:59	09:48	
41	1475	Frank	Urbanowski	1968		<a href="#">M40</a>	4	00:39:16	00:39:19	09:54	09:50	09:51	09:42	
42	1534	Michael	Holtkötter	1956	LSF Münster	<a href="#">M55</a>	2	00:39:16	00:39:19	09:54	09:49	09:52	09:43	
43	1354	Christian	Fischer	1974	TV Beckum	<a href="#">M35</a>	5	00:39:18	00:39:20	09:31	09:53	10:01	09:54	









Platz	Startnr.	Name	Vorname	Jahr	Verein	Zeit	0	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
44	1518	Benedikt	Klinge	1967	DJK Coesfeld	<a href="#">M40</a>	5	00:39:22	00:39:24	09:38	09:51	10:03	09:50				
45	1221	Arne	Fischer	1968	LSF Münster	<a href="#">M40</a>	6	00:39:23	00:39:26	09:53	09:48	09:52	09:51				
46	1454	Dieter	Stapelbroek	1967	DJK Coesfeld	<a href="#">M40</a>	7	00:39:26	00:39:27	09:35	10:02	09:59	09:48				
47	1250	Sven	Fels	1990		<a href="#">MH</a>	9	00:39:32	00:39:44	10:06	10:08	09:58	09:31				
48	1493	Dieter	Kopp	1949	Lüttringhauser TV	<a href="#">M60</a>	1	00:39:39	00:39:42	09:42	09:56	10:01	10:02				
49	1280	André	Niederberghaus	1974	DJK Coesfeld VBRS	<a href="#">M35</a>	6	00:39:46	00:39:47	09:41	10:06	10:00	09:58				
50	1311	Jasmin	Nieland	1995	LAZ Rhede	<a href="#">WJB</a>	1	00:39:48	00:39:50	09:40	09:58	10:09	10:01				
51	1229	Marco	Hüwe	1976	RSV Coesfeld/Rose Bikes	<a href="#">M35</a>	7	00:39:51	00:39:55	09:31	10:03	10:24	09:56				
52	1494	Marc	Reichert	1971	Lüttringhauser TV	<a href="#">M40</a>	8	00:39:57	00:40:00	09:49	09:58	10:09	10:03				
53	1527	Björn	Kuhlmann	1983		<a href="#">MH</a>	10	00:40:02	00:40:05	09:48	10:01	10:12	10:02				
54	1290	Peter	Topheide	1965	LG Coesfeld	<a href="#">M45</a>	4	00:40:40	00:40:44	09:56	10:08	10:23	10:17				
55	1259	Christiane	Graeber	1963	LG Coesfeld	<a href="#">W45</a>	2	00:40:46	00:40:48	10:15	10:16	10:09	10:07				
56	1430	Michael	Wittig	1964	BTC Herne	<a href="#">M45</a>	5	00:40:54	00:40:55	09:47	10:14	10:27	10:26				
57	1261	Michael	Thentje	1965	LG Coesfeld	<a href="#">M45</a>	6	00:40:57	00:41:02	09:56	10:14	10:28	10:22				
58	1423	Ingmar	Wenzel	1978	Team Sparkasse Westmünsterland	<a href="#">M30</a>	5	00:41:05	00:41:11	10:11	10:23	10:21	10:15				
59	1412	Johann	Hensel	1991	Trifinish Muenster	<a href="#">MH</a>	11	00:41:08	00:41:19	10:33	10:20	10:28	09:57				
60	1495	Michael	Scholz	1958	Lüttringhauser TV	<a href="#">M50</a>	1	00:41:08	00:41:12	10:03	10:21	10:25	10:21				
61	1393	Thomas	Nagel-Stuewe	1963		<a href="#">M45</a>	7	00:41:23	00:41:27	10:23	10:16	10:18	10:28				
62	1401	Barbara	Thiel	1966	USC Bochum	<a href="#">W45</a>	3	00:41:30	00:41:32	10:23	10:33	10:23	10:11				
63	1260	Katja	Kanditt	1977	Mönchengladbacher LG	<a href="#">W30</a>	1	00:41:34	00:41:38	09:56	10:37	10:41	10:23				
64	1502	Kai	Kukielka	1994	DJK Coesfeld	<a href="#">MJB</a>	3	00:41:38	00:41:51	10:38	10:23	10:27	10:21				
65	1462	Timo	Reckmann	1985	DJK Coesfeld	<a href="#">MH</a>	12	00:41:39	00:41:49	10:38	10:27	10:27	10:15				
66	1262	Malte	Kremer	1976	Linden-Dahlhauser Kanu-Club	<a href="#">M35</a>	8	00:41:42	00:41:47	10:14	10:33	10:34	10:24				
67	1519	Markus	Altmüller	1991	Fc Schalke 04	<a href="#">MH</a>	13	00:41:48	00:41:51	09:52	10:51	10:47	10:20				
68	1409	Lisa	Schmiedeshoff	1991	LSF Münster	<a href="#">WH</a>	6	00:41:59	00:42:02	10:28	10:36	10:38	10:19				
69	1236	Heinz	Stockbrink	1959	Laufteam Gescher	<a href="#">M50</a>	2	00:42:00	00:42:05	10:15	10:28	10:46	10:35				
70	1547	Britta	Wemmer	1986	LSF Münster	<a href="#">WH</a>	7	00:42:02	00:42:05	10:27	10:36	10:32	10:29				
71	1413	Timo	Barenbrügge	1974	LG Coesfeld	<a href="#">M35</a>	9	00:42:03	00:42:17	10:54	10:27	10:29	10:26				
72	1535	Anne	Holtkötter	1958	LSF Münster	<a href="#">W50</a>	1	00:42:03	00:42:07	10:40	10:32	10:29	10:24				
73	1533	Thomas	Rogge	1961	Dülmen läuft	<a href="#">M50</a>	3	00:42:07	00:42:11	10:21	10:33	10:41	10:34				
74	1270	Julia	Große Leusbrock	1986	Laufteam Gescher	<a href="#">WH</a>	8	00:42:07	00:42:13	10:16	10:34	10:46	10:35				
75	1422	Kai	Schimmel	1993	Marathon Club Menden	<a href="#">MJA</a>	6	00:42:23	00:42:27	09:54	10:39	10:57	10:55				
76	1440	Sascha	Terbeck	1975		<a href="#">M35</a>	10	00:42:43	00:42:52	10:39	10:38	11:01	10:33				
77	1310	Luca	Palm	1993	LAZ Rhede	<a href="#">WJA</a>	3	00:42:46	00:42:48	10:03	10:47	11:02	10:53				
78	1418	Manfred	Eissing	1964	LG Coesfeld	<a href="#">M45</a>	8	00:42:51	00:43:04	11:03	10:43	10:44	10:33				
79	1379	Christian	Möllers	1975		<a href="#">M35</a>	11	00:42:53	00:43:07	11:02	10:37	10:47	10:40				
80	1235	Ralf	Lammerding	1963	Turo Darfeld	<a href="#">M45</a>	9	00:42:53	00:43:07	10:58	10:40	10:45	10:43				
81	1322	Guido	Bresler	1966	Team J.W. Ostendorf	<a href="#">M45</a>	10	00:42:53	00:42:59	10:43	10:39	10:50	10:46				
82	1219	Patrick	Nagelski	1974		<a href="#">M35</a>	12	00:42:56	00:43:01	10:38	10:35	10:56	10:50				
83	1455	Bernd	Stöhler	1963	LG Coesfeld	<a href="#">M45</a>	11	00:42:58	00:43:05	10:52	10:46	10:55	10:31				
84	1386	Carsten	Bäumer	1974	LG Coesfeld	<a href="#">M35</a>	13	00:43:02	00:43:06	10:43	10:55	10:55	10:32				
85	1524	Alex	Erpenbeck	1984		<a href="#">MH</a>	14	00:43:13	00:43:16	10:10	10:44	11:04	11:17				
86	1406	Thomas	Laukamp	1979	LG Coesfeld	<a href="#">M30</a>	6	00:43:17	00:43:22	11:11	11:02	10:52	10:16				
87	1448	Stephan	Salchert	1979	LG Coesfeld	<a href="#">M30</a>	7	00:43:17	00:43:22	11:11	11:01	10:52	10:16				

88	1204	Veit	Reeker	1981		<a href="#">M30</a>	8	00:43:17	00:43:25	11:10	11:01	10:53	10:20	
89	1203	Ralf	Woltering	1979		<a href="#">M30</a>	9	00:43:22	00:43:31	11:10	11:02	10:52	10:25	
90	1457	Michael	Wieskus	1967	LG Coesfeld	<a href="#">M40</a>	9	00:43:23	00:43:41	11:21	10:52	10:52	10:35	
91	1297	Herbert	Mess	1969	Germania Asbeck	<a href="#">M40</a>	10	00:43:24	00:43:31	10:34	10:55	11:03	10:57	
92	1361	Martin	Stöhler	1965	LG Coesfeld	<a href="#">M45</a>	12	00:43:25	00:43:33	10:52	10:46	10:56	10:58	
93	1436		zzz	1911		<a href="#">MH</a>	15	00:43:27	00:43:32	11:11	11:02	10:53	10:26	
94	1471	Rembert	Schütte	1955	TV Gronau	<a href="#">M55</a>	3	00:43:30	00:43:38	10:40	10:55	11:08	10:54	
95	1331	Nina	Holthoff	1970	LG Coesfeld	<a href="#">W40</a>	1	00:43:31	00:43:36	10:48	10:54	10:58	10:54	
96	1281	Sebastian	Mentemeier	1985		<a href="#">MH</a>	16	00:43:33	00:43:41	10:26	10:50	11:25	10:58	
97	1472	Günther	Poggemann	1954		<a href="#">M55</a>	4	00:43:39	00:43:49	11:03	10:49	10:51	11:04	
98	1288	Carsten	Jugel	1979	TUS Hiltrup	<a href="#">M30</a>	10	00:43:47	00:43:57	11:00	10:45	11:06	11:04	
99	1313	Christof	Rieken	1966		<a href="#">M45</a>	13	00:43:48	00:43:58	11:02	10:58	11:05	10:51	
100	1458	Burkhard	Kajüter	1966		<a href="#">M45</a>	14	00:43:50	00:43:53	10:28	11:05	11:09	11:11	
101	1431	Ute	Ladage	1968	BTC Herne	<a href="#">W40</a>	2	00:43:53	00:43:55	10:43	10:56	11:08	11:06	
102	1499	Ludger	Niehaus	1964	Laufteam Gescher	<a href="#">M45</a>	15	00:43:58	00:44:04	10:45	11:02	11:11	11:05	
103	1510	Heinz	Öhmann	1956		<a href="#">M55</a>	5	00:43:58	00:44:05	10:44	10:54	11:13	11:14	
104	1477	Wolfgang	Hessing	1974	Evil-Runners	<a href="#">M35</a>	14	00:43:59	00:44:04	10:49	10:49	11:10	11:14	
105	1265	Tino	Jonas	1964	Ten Club Coesfeld	<a href="#">M45</a>	16	00:44:01	00:44:07	10:56	10:56	11:06	11:07	
106	1429	Gerhard	Schulze-Tenberge	1960	SV Lembeck	<a href="#">M50</a>	4	00:44:21	00:44:27	10:59	11:04	11:14	11:08	
107	1254	Marianne	Spronk	1948	SV Viktoria Goch	<a href="#">W60</a>	1	00:44:27	00:44:32	11:20	11:08	11:08	10:55	
108	1437	Markus	Sauer	1965		<a href="#">M45</a>	17	00:44:28	00:44:45	11:51	11:15	10:43	10:55	
109	1352	Josef	Heming	1964	SW Holtwick	<a href="#">M45</a>	18	00:44:28	00:44:34	10:50	10:53	11:04	11:46	
110	1258	Mathias	Wolters	1966		<a href="#">M45</a>	19	00:44:36	00:44:51	11:14	10:59	11:22	11:14	
111	1252	Klaus	Mann	1961		<a href="#">M50</a>	5	00:44:37	00:44:46	11:34	11:16	11:07	10:48	
112	1383	Wilma	Florien	1976	TV Gescher	<a href="#">W35</a>	2	00:44:39	00:44:47	11:02	11:10	11:27	11:06	
113	1433	Jürgen	Stippel	1954	LG Coesfeld	<a href="#">M55</a>	6	00:44:41	00:44:49	10:57	11:10	11:22	11:19	
114	1467	Michael	Graff	1964		<a href="#">M45</a>	20	00:44:42	00:44:50	11:23	11:10	11:12	11:05	
115	1249	Hubert	Fels	1960		<a href="#">M50</a>	6	00:44:45	00:44:58	11:28	11:21	11:07	11:00	
116	1483	Robert	Amankwah	1996	FC Schalke 04	<a href="#">M15</a>	1	00:44:53	00:44:57	10:26	11:11	11:28	11:51	
117	1302	Andre	Hook	1965		<a href="#">M45</a>	21	00:44:58	00:45:03	10:58	11:30	11:27	11:06	
118	1405	Rüdiger	Ahrens	1963	LG Coesfeld	<a href="#">M45</a>	22	00:44:59	00:45:13	11:11	11:03	11:37	11:21	
119	1414	Ralf	Borgert	1967	LG Coesfeld	<a href="#">M40</a>	11	00:45:02	00:45:17	11:14	11:11	11:31	11:19	
120	1272	Uwe	Kayser	1964	SG 06 Coesfeld	<a href="#">M45</a>	23	00:45:04	00:45:20	11:34	11:24	11:17	11:04	
121	1403	Nils	Niemeyer	2000	TV Lengerich	<a href="#">M12</a>	1	00:45:04	00:45:06	10:40	11:13	11:25	11:47	
122	1389	Torsten	Wilkes	1985	DLRG-Coesfeld	<a href="#">MH</a>	17	00:45:06	00:45:24	11:12	11:16	11:50	11:04	
123	1509	Sonja	Kortmann	1993	LG Ems Everswinkel	<a href="#">WJA</a>	4	00:45:13	00:45:21	11:20	11:19	11:22	11:18	
124	1370	Andreas	Bomert	1981		<a href="#">M30</a>	11	00:45:13	00:45:24	11:37	11:23	11:19	11:04	
125	1295	Jochen	Hülsmann	1974	DJK Tennis	<a href="#">M35</a>	15	00:45:16	00:45:31	11:21	11:19	11:27	11:23	
126	1215	Jessica	Frerick	1989		<a href="#">WH</a>	9	00:45:18	00:45:27	11:17	11:22	11:26	11:20	
127	1278	Michael	Thering	1982	Runners Club Münster	<a href="#">MH</a>	18	00:45:20	00:45:32	11:32	11:21	11:26	11:11	
128	1508	Rainer	Gierse	1955		<a href="#">M55</a>	7	00:45:22	00:45:34	11:35	11:27	11:21	11:09	
129	1380	Peter	Lönz	1958	SuS Bertlich	<a href="#">M50</a>	7	00:45:26	00:45:39	11:33	11:17	11:30	11:17	
130	1400	Matthias	Alfert	1969	SC Rot-Weiss Nienborg	<a href="#">M40</a>	12	00:45:28	00:45:45	11:25	11:14	11:34	11:32	
131	1382	Hans-Bernd	Mertmann	1964	Tus Sythen	<a href="#">M45</a>	24	00:45:33	00:45:48	11:27	11:16	11:40	11:22	
132	1233	Christoph	Grundmann	1993	LV Marathon Kleve	<a href="#">MJA</a>	7	00:45:36	00:45:43	11:26	11:35	11:33	11:07	
133	1291	Josef	Große Leusbrock	1958	Laufteam Gescher	<a href="#">M50</a>	8	00:45:37	00:45:43	10:45	11:43	11:43	11:32	
134	1338	Carolin	Knüwer	1995	FC Viktoria Heiden	<a href="#">WJB</a>	2	00:45:37	00:45:43	10:59	11:29	11:48	11:26	

135	1337	Ines	Möllenbruck	1995	FC Viktoria Heiden	<a href="#">WJB</a>	3	00:45:41	00:45:47	10:58	11:30	11:48	11:29	
136	1220	Marcus	Brockhoff	1969	DJK Coesfeld	<a href="#">M40</a>	13	00:45:45	00:46:04	11:44	11:22	11:29	11:27	
137	1277	Bernd	Holdschlag	1960	SF Nordvelen	<a href="#">M50</a>	9	00:45:48	00:46:05	11:58	11:30	11:28	11:08	
138	1317	Stefan	Schulz	1967		<a href="#">M40</a>	14	00:45:51	00:46:12	12:03	11:54	11:22	10:52	
139	1465	Michael	Kormann	1993	VFR Büttgen	<a href="#">MJA</a>	8	00:45:52	00:45:56	09:34	11:02	13:18	12:00	
140	1546	Harald	Modro	1970		<a href="#">M40</a>	15	00:45:56	00:46:04	10:55	11:22	11:53	11:52	
141	1351	Andre	Wiegand	1972	DLRG OG Coesfeld e.V.	<a href="#">M35</a>	16	00:45:57	00:46:05	11:32	11:43	11:37	11:12	
142	1314	Reinhard	Lange	1959		<a href="#">M50</a>	10	00:46:00	00:46:07	11:30	11:29	11:38	11:28	
143	1501	Karel	Paassen	1957	Marathon-Club-Menden	<a href="#">M50</a>	11	00:46:05	00:46:17	11:54	11:38	11:33	11:10	
144	1523	Dirk	Erpenbeck	1978		<a href="#">M30</a>	12	00:46:18	00:46:20	10:39	11:40	12:05	11:55	
145	1450	Thomas	Liedec	1968	TLC Coesfeld	<a href="#">M40</a>	16	00:46:25	00:46:32	11:32	11:30	11:36	11:53	
146	1334	Petra	Claeßen	1973	LG Coesfeld	<a href="#">W35</a>	3	00:46:31	00:46:48	11:42	11:37	11:40	11:47	
147	1298	Janine	Topp	1989	Horst-Fans-Deutschland	<a href="#">WH</a>	10	00:46:31	00:46:36	11:21	11:31	11:42	12:01	
148	1296	Dirk	Röttger	1972	CoeBolde	<a href="#">M35</a>	17	00:46:33	00:46:45	11:43	11:35	11:44	11:41	
149	1513	Henning	Lange	1960		<a href="#">M50</a>	12	00:46:33	00:46:48	11:52	11:43	11:41	11:31	
150	1217	Jürgen	Rawert	1972	CoeBolde	<a href="#">M35</a>	18	00:46:34	00:46:45	11:43	11:35	11:45	11:41	
151	1244	Michael	Hecking	1967	SuS Stadtlohn	<a href="#">M40</a>	17	00:46:37	00:46:48	11:22	11:53	12:05	11:27	
152	1285	Thomas	Averkamp	1967	LG Coesfeld	<a href="#">M40</a>	18	00:46:38	00:46:51	12:02	11:45	11:41	11:23	
153	1466	Dirk	Hachmann	1971	DJK Coesfeld	<a href="#">M40</a>	19	00:46:39	00:46:54	11:30	11:37	11:49	11:56	
154	1375	Frank	Siebenbrock	1977		<a href="#">M30</a>	13	00:46:43	00:47:01	11:41	11:36	12:01	11:41	
155	1489	Sebastian	Averesch	1976	DJK Coesfeld	<a href="#">M35</a>	19	00:46:48	00:47:04	13:02	11:06	11:30	11:26	
156	1377	Bernhard	Laukötter	1967	Germania Asbeck	<a href="#">M40</a>	20	00:46:50	00:47:00	11:46	11:42	11:50	11:40	
157	1335	Markus	Claeßen	1967	LG Coesfeld	<a href="#">M40</a>	21	00:46:52	00:47:09	11:55	11:37	11:55	11:41	
158	1321	Dariusz	Dubiel	1970	Team J.W. Ostendorf	<a href="#">M40</a>	22	00:46:54	00:47:01	11:35	11:41	11:57	11:47	
159	1441	Martin	Althoff	1962		<a href="#">M45</a>	25	00:46:55	00:47:07	11:41	11:47	11:52	11:46	
160	1402	Anika	Fels	1995	DJK-VfL Billerbeck	<a href="#">WJB</a>	4	00:47:03	00:47:17	11:28	11:34	12:28	11:45	
161	1444	Klaus	Tillmann	1962	DJK Coesfeld	<a href="#">M45</a>	26	00:47:17	00:47:40	12:06	11:50	11:52	11:50	
162	1257	Ralf	Häder	1966		<a href="#">M45</a>	27	00:47:23	00:47:39	11:26	11:57	12:26	11:48	
163	1234	Jürgen	Bertels	1962	DJK Coesfeld	<a href="#">M45</a>	28	00:47:25	00:47:33	11:14	12:35	11:52	11:50	
164	1214	Andrea	Tebhumberg	1967	DJK-Coesfeld	<a href="#">W40</a>	3	00:47:26	00:47:33	11:34	11:54	12:06	11:57	
165	1525		zzz	1911		<a href="#">MH</a>	19	00:47:32	00:47:48	11:57	11:53	12:15	11:41	
166	1248	Georg	Kramer	1966	Laufteam Gescher	<a href="#">M45</a>	29	00:47:37	00:47:52	12:16	11:56	11:53	11:45	
167	1505	Rita	Buschmann	1955	LG Coesfeld	<a href="#">W55</a>	1	00:47:38	00:47:46	11:39	11:58	12:04	12:03	
168	1253	Wolfgang	Schäfer	1958	LV Marathon Kleve	<a href="#">M50</a>	13	00:47:39	00:47:50	12:04	12:06	12:00	11:39	
169	1305	Uwe	Beekmans	1963	LG Coesfeld	<a href="#">M45</a>	30	00:47:47	00:47:59	12:02	12:09	12:07	11:40	
170	1459	Anke	Herbstmann	1977		<a href="#">W30</a>	2	00:47:48	00:47:56	12:09	12:12	12:00	11:34	
171	1368	Dirk	Glößner	1975		<a href="#">M35</a>	20	00:47:59	00:48:21	11:48	12:01	12:20	12:12	
172	1363	Peter	Beule	1966		<a href="#">M45</a>	31	00:47:59	00:48:21	11:49	12:00	12:20	12:11	
173	1345	Carlo	Niewerth	1999	DJK Fußball	<a href="#">M12</a>	2	00:48:00	00:48:05	11:50	12:04	12:11	11:59	
174	1528	Helmut	Ebbing	1963		<a href="#">M45</a>	32	00:48:01	00:48:16	11:57	12:02	12:17	11:59	
175	1381	Monika	Mertmann	1969	Tus Sythen	<a href="#">W40</a>	4	00:48:01	00:48:15	12:05	11:59	12:12	11:58	
176	1411	Christian	Althues	1972	Althues GmbH	<a href="#">M35</a>	21	00:48:02	00:48:10	11:46	12:04	12:18	12:01	
177	1447	Daniel	Bieber	1980		<a href="#">M30</a>	14	00:48:08	00:48:16	11:54	12:10	12:12	11:59	
178	1445	Ulrich	Reckert	1954		<a href="#">M55</a>	8	00:48:09	00:48:15	11:54	12:09	12:12	11:59	
179	1283	Oliver	Niemann	1970		<a href="#">M40</a>	23	00:48:18	00:48:28	11:55	11:47	12:16	12:28	
180	1343	Joachim	Sandmann	1971	Lottokönig	<a href="#">M40</a>	24	00:48:25	00:48:39	11:58	12:02	12:21	12:16	
181	1452	Dirk	Tombrink	1974		<a href="#">M35</a>	22	00:48:25	00:48:47	12:24	12:09	12:16	11:56	

Platz	Startnr.	Name	Vorname	Jahr	Club	Kategorie	Zeit	00:40:20	00:40:40	12:27	12:09	12:10	11:00	
182	1211	Tim	Seemann	1981		M30	15	00:48:31	00:48:48	12:06	12:17	12:22	12:01	
183	1263	Maria	Kröger	1966	TV Vreden	W45	4	00:48:37	00:48:58	12:01	12:15	12:31	12:10	
184	1307	Petra	Beekmans	1964	LG Coesfeld	W45	5	00:48:46	00:48:57	12:02	12:09	12:21	12:24	
185	1439	Dennis	Hunke	1980		M30	16	00:48:57	00:49:10	11:54	12:17	12:31	12:27	
186	1474	Ralf	Köchling	1966		M45	33	00:49:12	00:49:18	12:15	12:14	12:28	12:19	
187	1339	Thomas	Voßkuhl	1974		M35	23	00:49:12	00:49:30	12:53	12:20	12:19	11:56	
188	1453	Brigitte	Stapelbrock	1966	LG Legden	W45	6	00:49:14	00:49:24	12:05	12:33	12:47	11:58	
189	1275	Jürgen	Baumeister	1969		M40	25	00:49:21	00:49:36	12:11	12:24	12:34	12:26	
190	1446	Carsten	Schmitt	1965		M45	34	00:49:28	00:49:43	12:42	12:42	12:32	11:46	
191	1369	Klaus	Schneider	1966	DJK	M45	35	00:49:29	00:49:50	12:53	12:35	12:31	11:50	
192	1478	Dirk	Niestadt	1969	Evil-Runners	M40	26	00:49:29	00:49:45	12:41	12:42	12:32	11:48	
193	1360	Paul	Hantke	1943	Team Erdinger Alkoholfrei	M65	1	00:49:35	00:49:44	12:44	12:22	12:19	12:18	
194	1415	Erwin	Uepping	1945	46342 Velen	M65	2	00:49:38	00:49:57	12:48	12:18	12:22	12:27	
195	1327	Stefan	Höink	1977	Team J.W. Ostendorf	M30	17	00:49:41	00:49:48	12:15	12:30	12:40	12:22	
196	1287	Stefan	Kohl	1977		M30	18	00:49:42	00:49:53	12:34	12:30	12:30	12:18	
197	1342	Stephanie	Hoppe	1985	LSF Münster	WH	11	00:49:44	00:49:49	11:45	12:40	12:55	12:27	
198	1517	Rainer	Vens	1971		M40	27	00:49:47	00:49:57	12:06	12:24	12:51	12:34	
199	1326	Janosch	Kalde	1981	Team J.W. Ostendorf	M30	19	00:49:58	00:50:24	12:21	12:08	12:50	13:03	
200	1492	Alexander	Puls	1991	TV Mesum	MH	20	00:50:03	00:50:25	13:27	12:49	12:11	11:55	
201	1530	Tobias	Sueck	1977	LG Coesfeld	M30	20	00:50:15	00:50:28	12:21	12:33	12:45	12:48	
202	1268	Peter	Reufer	1965	SG Coesfeld 06 e.V.	M45	36	00:50:18	00:50:32	12:38	12:34	12:45	12:33	
203	1531	Dorothee	Schwieters	1991	SUS Legden	WH	12	00:50:19	00:50:35	13:03	12:52	12:42	11:57	
204	1497	Stefan	Nieländer	1980	TV Mesum	M30	21	00:50:28	00:50:51	13:27	12:49	12:26	12:06	
205	1216	Ann-Christin	Becker	1988		WH	13	00:50:31	00:50:40	12:24	12:37	12:48	12:50	
206	1449	Michael	Niewerth	1964		W45	7	00:50:37	00:50:43	11:50	12:43	13:10	12:58	
207	1328	Petra	Köhpccke	1980	tri finish Münster	W30	3	00:50:46	00:50:58	13:03	12:46	12:47	12:20	
208	1267	Franz	Franeck	1949	Team WN	M60	2	00:50:54	00:51:03	12:42	12:50	12:47	12:43	
209	1482	Tobias	Brockmeyer	1978		M30	22	00:50:56	00:51:21	13:01	12:30	12:52	12:57	
210	1202	Kurt	Hölscher	1971		M40	28	00:51:03	00:51:24	12:57	12:55	13:05	12:26	
211	1451	Dirk	Breuer	1973		M35	24	00:51:04	00:51:26	12:57	12:55	13:06	12:26	
212	1318	Stefanie	Schwaninger	1985		WH	14	00:51:07	00:51:22	13:03	12:46	12:47	12:45	
213	1392	Matthias	Masytalerz	1966		M45	37	00:51:12	00:51:19	11:56	12:56	13:18	13:07	
214	1544	Barbara	Heuer	1963	LSF Münster	W45	8	00:51:21	00:51:45	13:17	12:50	12:50	12:46	
215	1240	Michael	Schröder	1974	TuS Haltern	M35	25	00:51:27	00:51:33	12:23	13:19	13:06	12:44	
216	1545	Yannick	Böckenholt	1999		M12	3	00:51:31	00:51:35	12:11	13:01	13:26	12:55	
217	1346	Bernd	Niewerth	1965		M45	38	00:51:31	00:51:36	12:10	13:11	13:06	13:07	
218	1222	Kristian	Obermann	1970		M40	29	00:51:33	00:51:49	13:05	12:55	12:58	12:50	
219	1484	Berthold	Langener	1958	Dülmen läuft	M50	14	00:51:35	00:51:46	12:47	12:57	13:05	12:55	
220	1266	Helmut	Kremer	1948	BSG Springorum Bochum	M60	3	00:51:45	00:52:03	12:49	12:59	13:06	13:07	
221	1419	Jörg	Dussak	1963	FC Schalke 04	M45	39	00:51:46	00:52:02	12:43	12:47	13:16	13:15	
222	1358	Rüdiger	Omelanowsky	1961		M50	15	00:51:48	00:52:12	13:48	13:04	12:57	12:22	
223	1385	Jörg	Bussmann	1966	BussFamily	M45	40	00:51:49	00:52:03	12:47	12:59	13:13	13:03	
224	1521	Hans	Schmill	1966		M45	41	00:51:53	00:52:08	12:44	13:12	13:11	12:59	
225	1481	Nico	Althermeler	1978		M30	23	00:51:58	00:52:22	13:15	12:51	13:05	13:09	
226	1394	Jens	Klupiec	1969		M40	30	00:52:08	00:52:15	12:17	13:40	13:24	12:52	
227	1223	Manuela	Brinkmann	1968		W40	5	00:52:27	00:52:49	13:45	13:06	12:57	12:59	

228	1424	Uli	Früchting	1968	Team Sparkasse Westmünsterland	<a href="#">M40</a>	31	00:52:34	00:52:54	13:35	13:16	13:17	12:45	
229	1292	Josef	Osterkamp	1938	DJK-Coesfeld	<a href="#">M70</a>	1	00:52:36	00:52:56	13:32	13:15	13:12	12:55	
230	1264	Tim	Heckmann	1981		<a href="#">M30</a>	24	00:52:36	00:52:42	11:00	12:01	15:46	13:53	
231	1231	Paul	Venker	1947	LG Emsdetten	<a href="#">M60</a>	4	00:52:37	00:52:47	12:39	13:02	13:33	13:31	
232	1491	Nils	Hörnemann	1997	LG Coesfeld	<a href="#">M14</a>	1	00:52:38	00:52:58	12:53	12:26	13:04	14:33	
233	1461	Harrie	Morssinkhof	1945	De Voshaar	<a href="#">M65</a>	3	00:52:38	00:52:51	13:14	13:13	13:15	13:07	
234	1350	Michael	Lieding	1960		<a href="#">M50</a>	16	00:52:39	00:53:05	13:20	13:04	13:21	13:19	
235	1456	Klaus	Hörnemann	1966	LG Coesfeld	<a href="#">M45</a>	42	00:52:39	00:52:58	13:14	12:57	13:15	13:30	
236	1271	Jürgen	Kröger	1961	LG Coesfeld	<a href="#">M50</a>	17	00:52:43	00:53:04	13:39	13:05	13:16	13:04	
237	1333	Daniel	Holtmann	1982		<a href="#">MH</a>	21	00:52:47	00:52:59	12:35	13:16	13:37	13:29	
238	1416	Christian	Stemmann	1974	SG Coesfeld 06 - Alte Herrn	<a href="#">M35</a>	26	00:52:54	00:53:12	13:02	13:05	13:31	13:32	
239	1239	Peter	Lindemann	1951		<a href="#">M60</a>	5	00:53:04	00:53:24	13:34	13:23	13:22	13:03	
240	1384	Christiane	Bussmann	1966	BussFamily	<a href="#">W45</a>	9	00:53:07	00:53:20	13:03	13:08	13:36	13:32	
241	1324	Melanie	Ruwe	1981	Team J.W. Ostendorf	<a href="#">W30</a>	4	00:53:12	00:53:33	13:19	13:24	13:29	13:20	
242	1371	Ulrich	Thünte	1963	Tus Laer	<a href="#">M45</a>	43	00:53:28	00:53:48	13:27	13:27	13:31	13:23	
243	1442	Johanne	Terbeck	1979		<a href="#">W30</a>	5	00:53:33	00:53:42	13:57	13:39	13:36	12:28	
244	1279	Stefanie	Wulfert	1980	LG Coesfeld	<a href="#">W30</a>	6	00:53:34	00:53:54	13:27	13:27	13:32	13:26	
245	1242	Andrea	Peirick	1978		<a href="#">W30</a>	7	00:53:34	00:53:54	13:27	13:27	13:31	13:27	
246	1251	Agnes	Schulze Bisping	1962		<a href="#">W45</a>	10	00:53:40	00:53:49	13:00	13:22	13:38	13:47	
247	1529	Judith	Schürmann	1970		<a href="#">W40</a>	6	00:53:44	00:54:03	13:55	13:18	13:32	13:16	
248	1315	Ulrike	Wilhelm	1960		<a href="#">W50</a>	2	00:53:50	00:54:13	13:54	13:29	13:24	13:25	
249	1520	Ruth	Köpcke	1973		<a href="#">W35</a>	4	00:54:15	00:54:27	13:06	13:29	13:53	13:58	
250	1514	Mechtild	Lange	1959	LSF Münster	<a href="#">W50</a>	3	00:54:17	00:54:32	13:50	13:35	13:28	13:38	
251	1511	Rosy	Skorsinskiy	1966		<a href="#">W45</a>	11	00:54:21	00:54:37	13:52	13:37	13:38	13:29	
252	1488	Alfred	Beck	1951		<a href="#">M60</a>	6	00:54:33	00:54:51	13:46	13:42	13:43	13:38	
253	1486	Mathilde	Kruska	1953	Dülmen läuft	<a href="#">W55</a>	2	00:54:33	00:54:44	13:34	13:44	13:41	13:43	
254	1469	Silke	Kötterheinrich	1958		<a href="#">W50</a>	4	00:54:33	00:54:51	13:46	13:41	13:44	13:38	
255	1516	Gerti	Erdmann	1945	Viermärker Dortmund	<a href="#">W65</a>	1	00:54:51	00:54:59	13:46	13:44	13:44	13:44	
256	1349	Reinhard	Liewald	1953	BSG Arbeitsagentur Münster	<a href="#">M55</a>	9	00:55:02	00:55:20	14:06	13:39	14:02	13:31	
257	1218	Michael	Haumann	1979		<a href="#">M30</a>	25	00:55:04	00:55:21	12:59	13:38	14:22	14:20	
258	1284	Manfred	Rexing	1969	LG Coesfeld	<a href="#">M40</a>	32	00:55:05	00:55:17	13:48	13:57	13:51	13:38	
259	1230	Margret	Venker	1947	LG Emsdetten	<a href="#">W60</a>	2	00:55:06	00:55:27	14:04	13:48	13:55	13:39	
260	1498	Monika	Voss	1951	LN Nütterden	<a href="#">W60</a>	3	00:55:36	00:55:50	14:05	13:54	13:58	13:52	
261	1208	Mark	Koitka	1978		<a href="#">M30</a>	26	00:55:42	00:55:54	13:20	14:03	14:14	14:16	
262	1443	Anne	Thier	1965	LG Coesfeld	<a href="#">W45</a>	12	00:56:01	00:56:20	14:05	13:54	14:08	14:11	
263	1304	Michael	Bleuel	1969		<a href="#">M40</a>	33	00:56:16	00:56:40	14:20	14:15	14:18	13:45	
264	1286	Heinz	Plesker	1951	LG Coesfeld	<a href="#">M60</a>	7	00:56:21	00:56:41	14:04	14:07	14:30	13:59	
265	1473	Gereon	Spiegeler	1965	LG Coesfeld	<a href="#">M45</a>	44	00:56:26	00:56:46	13:35	14:11	14:54	14:04	
266	1463	Bernd	Terwey	1986		<a href="#">MH</a>	22	00:56:26	00:56:36	13:59	14:05	14:14	14:17	
267	1550	Johannes	Lügering	1965	Der Baumberg läuft	<a href="#">M45</a>	45	00:56:36	00:56:50	14:03	14:03	14:27	14:16	
268	1372	Petra	Hütt	1966	LG Coesfeld	<a href="#">W45</a>	13	00:57:22	00:57:41	14:17	14:18	14:35	14:31	
269	1485	Ingrid	Spiegeler	1966	LG COESFELD	<a href="#">W45</a>	14	00:57:46	00:58:06	14:17	14:17	14:35	14:56	
270	1356	Jürgen	Gerick	1965	Sparda-Bank Münster eG	<a href="#">M45</a>	46	00:58:26	00:58:49	14:43	14:35	14:53	14:36	
271	1353	Tim	Seeberger	1978	Sparda-Bank Münster eG	<a href="#">M30</a>	27	00:58:27	00:58:49	14:43	14:36	14:55	14:34	

272	1355	Tina	Fischer	1976	TV Beckum	<a href="#">W35</a>	5	00:58:27	00:58:48	14:43	14:37	14:54	14:33	
273	1364	Stephan	Holtmann	1965		<a href="#">M45</a>	47	00:58:32	00:58:56	14:58	14:32	14:41	14:44	
274	1347	Kirsten	Liesner	1993	FC Viktoria Heiden	<a href="#">WJA</a>	5	00:58:58	00:59:05	13:56	15:06	15:35	14:26	
275	1404	Klara	Niemeyer	2003	TV Lengerich	<a href="#">W12</a>	1	00:59:05	00:59:23	15:00	14:32	14:56	14:54	
276	1480	Dirk	Strotmeier	1977		<a href="#">M30</a>	28	00:59:39	01:00:03	15:04	15:09	15:19	14:29	
277	1323	Peter	Reuter	1960	Team J.W. Ostendorf	<a href="#">M50</a>	18	01:01:01	01:01:21	15:11	15:14	15:28	15:27	
278	1325	Thomas	Tendieck	1960	Team J.W. Ostendorf	<a href="#">M50</a>	19	01:01:02	01:01:21	15:12	15:14	15:27	15:27	
279	1206	Stefanie	Reuter	1983	TV Epe	<a href="#">WH</a>	15	01:03:34	01:03:57	16:04	15:54	15:56	16:02	
280	1205	Berthold	Deitermann	1972	DAV Gronau	<a href="#">M35</a>	27	01:03:35	01:03:58	16:04	15:54	15:56	16:02	