

Pl	tnr	Name	Zeit																	
D10 (Damen bis 10) (1)					1,7 km		6 P													
			1(31)	2(32)	3(33)	4(34)	5(35)	6(50)	Ziel											
1		Ylvie Gödde	49:35	2:10	6:11	12:35	14:27	20:22	43:48	49:35										
		DJK Adler 07 Bottro		2:10	4:01	6:24	1:52	5:55	23:26	5:47										
D12 (Damen bis 12) (1)					2,4 km		7 P													
			1(31)	2(32)	3(33)	4(104)	5(39)	6(35)	7(50)	Ziel										
1		Emilia Kabbert	41:18	1:47	4:18	10:11	19:13	23:58	32:28	39:56	41:18	40:30								
		DJK Adler 07 Bottro		1:47	2:31	5:53	9:02	4:45	8:30	7:28	1:22	*100								
D14 (Damen bis 14) (1)					3,3 km		12 P													
			1(37)	2(38)	3(36)	4(42)	5(33)	6(104)	7(119)	8(44)	9(39)	10(103)	11(35)	12(50)	Ziel					
1		Alva Reindl	47:27	2:44	5:21	9:06	14:39	17:22	20:24	24:51	28:44	30:33	35:49	39:43	46:35	47:27	0:52			
		DJK Adler 07 Bottro		2:44	2:37	3:45	5:33	2:43	3:02	4:27	3:53	1:49	5:16	3:54	6:52	0:52				
D17k (Damen bis 17 kurz) (4)					5,5 km 40 Hm		15 P													
			1(37)	2(38)	3(128)	4(42)	5(34)	6(117)	7(44)	8(120)	9(113)	10(122)	11(123)	12(125)	13(126)	14(121)	Ziel			
1		Eleonor Piaszenski	1:10:16	3:26	6:18	11:42	15:27	19:01	25:53	32:10	35:44	38:48	42:12	43:30	54:49	1:02:22	1:07:10	4:48		
		Oberodenthaler SC		3:26	2:52	5:24	3:45	3:34	6:52	6:17	3:34	3:04	3:24	1:18	11:19	7:33	4:48			
			1:09:33	1:10:16																
			2:23	0:43																
2		Annika Kegler	1:28:21	4:33	9:32	14:23	20:07	25:45	36:21	45:49	50:31	55:31	59:58	1:01:37	1:14:55	1:19:15	1:24:46	5:31		
		DJK Adler 07 Bottro		4:33	4:59	4:51	5:44	5:38	10:36	9:28	4:42	5:00	4:27	1:39	13:18	4:20	5:31			
			1:27:07	1:28:21																
			2:21	1:14																
		Chiara Pfromm	N Ang																	
		WOLF Haltern																		
		Lisa Harms	N Ang																	
		WOLF Haltern																		
D18 (Damen bis 18) (3)					5,5 km 40 Hm		15 P													
			1(37)	2(38)	3(128)	4(42)	5(34)	6(117)	7(44)	8(120)	9(113)	10(122)	11(123)	12(125)	13(126)	14(121)	Ziel			
1		Lea Friedrich	54:31	2:17	4:31	6:46	9:52	12:42	20:27	25:30	28:29	30:50	33:43	35:09	44:37	47:35	51:08	3:33		
		Oberodenthaler SC		2:17	2:14	2:15	3:06	2:50	7:45	5:03	2:59	2:21	2:53	1:26	9:28	2:58	3:33	3:33		
			53:34	54:31																
			2:26	0:57																
2		Lotte Mathen	1:15:58	3:23	6:19	11:22	18:48	24:46	31:32	37:56	41:29	44:29	47:51	49:13	1:00:35	1:08:08	1:12:52	4:44		
		Oberodenthaler SC		3:23	2:56	5:03	7:26	5:58	6:46	6:24	3:33	3:00	3:22	1:22	11:22	7:33	4:44	4:44		
			1:15:15	1:15:58																
			2:23	0:43																
3		Daria Tyshkovets	1:22:42	2:30	5:21	9:08	16:56	20:44	33:46	40:20	44:15	47:27	54:15	56:37	1:07:52	1:13:52	1:19:39	5:47		
		DJK Adler 07 Bottro		2:30	2:51	3:47	7:48	3:48	13:02	6:34	3:55	3:12	6:48	2:22	11:15	6:00	5:47	5:47		
			1:21:55	1:22:42																
			2:16	0:47																
D19- (Damen ab 19) (5)					7,6 km 80 Hm		18 P													
			1(101)	2(128)	3(32)	4(102)	5(118)	6(111)	7(112)	8(41)	9(114)	10(115)	11(116)	12(117)	13(45)	14(48)	Ziel			
1		Natalie Menn	1:24:14	2:16	9:51	11:34	17:35	25:49	30:36	34:45	38:47	46:05	49:49	54:31	1:00:50	1:03:06	1:08:35	5:29		
		OLG Siegerland		2:16	7:35	1:43	6:01	8:14	4:47	4:09	4:02	7:18	3:44	4:42	6:19	2:16	5:29	5:29		
			1:15:42	1:18:12	1:20:31	1:23:07	1:24:14													
			7:07	2:30	2:19	2:36	1:07													
2		Julia Gierlach	1:30:12	2:07	6:07	7:53	14:23	23:50	27:50	31:15	35:59	42:57	46:44	52:44	58:58	1:01:24	1:08:03	6:38		
		WOLF Haltern		2:07	3:59	1:46	6:30	9:26	4:00	3:24	4:43	6:57	3:47	5:59	6:13	2:25	6:38	6:38		
			1:16:25	1:19:26	1:22:25	1:29:17	1:30:12													
			8:22	3:01	2:59	6:51	0:55													
3		Katrin Koch	1:42:39	1:49	6:42	9:41	16:43	27:29	32:43	35:58	41:50	49:47	53:58	1:01:49	1:10:08	1:12:35	1:23:39	11:04		
		Oberodenthaler SC		1:49	4:53	2:59	7:02	10:46	5:14	3:15	5:52	7:57	4:11	7:51	8:19	2:27	11:04	11:04		
			1:32:55	1:36:05	1:39:04	1:41:38	1:42:39													
			9:16	3:10	2:59	2:34	1:01													
4		Anna Tausendfreun	1:45:30	6:58	11:32	13:21	20:53	33:29	38:51	42:05	47:48	55:55	1:00:36	1:06:56	1:15:16	1:18:22	1:25:22	7:00		
		WOLF Haltern		6:58	4:34	1:48	7:32	12:35	5:22	3:13	5:43	8:07	4:40	6:20	8:20	3:05	7:00	7:00		
			1:35:02	1:38:40	1:41:36	1:44:29	1:45:30													
			9:40	3:38	2:55	2:53	1:01													
		Mira Brodowski	N Ang																	
		TuS Lübbecke																		
D35 (Damen ab 35) (4)					6,7 km 50 Hm		15 P													
			1(40)	2(32)	3(102)	4(118)	5(112)	6(41)	7(114)	8(115)	9(116)	10(119)	11(48)	12(103)	13(125)	14(127)	Ziel			
1		Esther Schulte-Zurh	58:43	1:56	3:29	9:28	16:50	19:36	24:35	30:07	33:27	37:55	44:17	47:26	49:22	53:22	55:32	2:09		
		DJK Adler 07 Bottro		1:56	1:32	5:59	7:21	2:45	4:58	5:31	3:20	4:28	6:22	3:08	1:56	4:00	2:09	2:09		
			58:00	58:43																
			2:28	0:43																

Pl	tnr	Name	Zeit														
D35 (Damen ab 35) (4)				6,7 km 50 Hm			15 P			<i>(Forts.)</i>							
				1(40) 15(100)	2(32) Ziel	3(102)	4(118)	5(112)	6(41)	7(114)	8(115)	9(116)	10(119)	11(48)	12(103)	13(125)	14(127)
2		Annika Kabbert DJK Adler 07 Bottro	1:09:19	2:54 2:54 1:08:28 3:25	4:39 1:45 1:09:19 0:51	10:16 5:36	18:13 7:57	20:31 2:17	27:21 6:50	34:09 6:48	37:46 3:36	42:59 5:13	51:45 8:45	55:05 3:19	57:28 2:23	1:02:15 4:47	1:05:03 2:47
		Katharina Pommere DJK Adler 07 Bottro	Aufg	9:29 9:29 -----	11:57 2:28 -----	19:48 7:51	39:38 19:50	45:48 6:10	54:06 8:18	1:05:16 11:10	-----	-----	-----	-----	-----	-----	-----
		Barbara Höwer DJK Adler 07 Bottro	N Ang														
D45 (Damen ab 45) (3)				5,5 km 40 Hm			15 P										
				1(37) 15(100)	2(38) Ziel	3(128)	4(42)	5(34)	6(117)	7(44)	8(120)	9(113)	10(122)	11(123)	12(125)	13(126)	14(121)
1		Asja Niederland DJK Adler 07 Bottro	59:22	2:27 2:27 58:26 2:24 0:56	5:03 2:36 59:22 0:56	8:25 3:22	12:08 3:43	15:13 3:05	22:59 7:46	28:26 5:27	31:34 3:08	34:32 2:58	38:13 3:41	39:45 1:32	48:42 8:57	52:14 3:32	56:02 3:48
2		Claudia Kleist TSC Eintracht Dort	1:25:09	3:06 3:06 1:24:16 4:25	5:57 2:51 1:25:09 0:53	14:31 8:34	24:17 9:46	27:39 3:22	34:03 6:24	41:27 7:24	44:45 3:18	48:05 3:20	1:00:00 11:55	1:01:24 1:24	1:10:34 9:10	1:14:14 3:40	1:19:51 5:37
3		Martina Harms WOLF Haltern	1:31:13	4:44 4:44 1:29:45 3:32	8:24 3:39 1:31:13 1:27	11:50 3:26	22:33 10:42	28:27 5:54	37:39 9:11	44:39 7:00	48:42 4:02	52:49 4:06	58:01 5:12	1:01:37 3:36	1:14:19 12:41	1:20:52 6:32	1:26:12 5:20
D55 (Damen ab 55) (5)				5,0 km 40 Hm			14 P										
				1(101) Ziel	2(36)	3(42)	4(33)	5(117)	6(45)	7(39)	8(120)	9(113)	10(122)	11(123)	12(103)	13(126)	14(100)
1		Silke Gedig-Küpper LC Duisburg	55:48	2:57 2:57 55:48 4:49	6:18 3:21 3:13	9:31 3:13	12:16 2:45	18:24 6:08	20:45 2:21	26:40 5:55	30:08 3:28	33:15 3:07	35:43 2:28	36:54 1:11	39:52 2:58	46:24 6:32	50:59 4:35
2		Kirsten Kolbe TuS Lübbecke	57:57	2:03 2:03 57:57 1:07	4:51 2:48	13:47 8:55	16:42 2:55	23:45 7:03	25:54 2:08	29:45 3:50	33:39 3:54	36:36 2:57	39:29 2:52	40:56 1:27	44:16 3:20	51:30 7:13	56:49 5:18
3		Gabi Friedrich Oberodenthaler SC	1:03:27	3:27 3:27 1:03:27 1:34	7:31 4:04	10:54 3:23	13:46 2:52	20:31 6:45	23:02 2:31	30:26 7:24	34:32 4:06	37:43 3:11	41:17 3:34	43:42 2:25	48:36 4:54	56:01 7:25	1:01:53 5:52
4		Barbara Glowka TSC Eintracht Dort	1:19:50	4:19 4:19 1:19:50 2:19	9:10 4:51	14:45 5:35	19:24 4:39	27:22 7:58	32:26 5:04	39:20 6:54	45:05 5:45	48:58 3:53	53:18 4:20	56:13 2:55	1:00:57 4:44	1:09:30 8:33	1:17:31 8:01
5		Olga Margolina DJK Adler 07 Bottro	1:53:22	4:38 4:38 1:53:22 1:30	26:07 21:29	36:11 10:04	41:03 4:52	50:46 9:43	53:39 2:53	1:01:35 7:56	1:07:08 5:33	1:11:50 4:42	1:24:30 12:40	1:26:51 2:21	1:32:34 5:43	1:43:19 10:45	1:51:52 8:33
D65 (Damen ab 65) (4)				3,7 km			11 P										
				1(36)	2(33)	3(104)	4(119)	5(39)	6(120)	7(113)	8(122)	9(123)	10(121)	11(100)	Ziel		
1		Birgit May OLF Mainz	51:22	4:53 4:53	10:46 5:53	18:11 7:25	21:07 2:56	23:40 2:33	28:30 4:50	32:44 4:14	35:59 3:15	37:33 1:34	47:14 9:41	50:03 2:49	51:22 1:19		
2		Christa Zwickler Argus	53:37	5:50 5:50	11:28 5:37	15:21 3:53	19:13 3:51	22:21 3:08	27:49 5:28	32:08 4:18	36:36 4:27	38:18 1:42	49:21 11:03	52:22 3:00	53:37 1:14		
3		Maria Gierlach WOLF Haltern	1:30:31	7:46 7:46	15:56 8:09	21:21 5:24	26:08 4:47	30:09 4:01	44:39 14:30	50:01 5:21	57:33 7:31	1:03:24 5:51	1:23:43 20:18	1:28:36 4:53	1:30:31 1:55		
4		Monika Herbrand TV Wanheimerort D	2:06:24	17:26 17:26	27:40 10:14	39:34 11:54	46:54 7:20	52:24 5:30	59:34 7:10	1:06:15 6:41	1:20:10 13:55	1:22:58 2:48	1:59:22 36:24	2:04:36 5:14	2:06:24 1:48		
D75 (Damen ab 75) (1)				2,9 km			10 P										
				1(37)	2(38)	3(128)	4(33)	5(34)	6(119)	7(44)	8(39)	9(123)	10(100)	Ziel			
1		Uta Breckle Bielefelder TG	57:42	4:57 4:57	9:49 4:52	14:57 5:08	20:48 5:51	23:34 2:46	32:07 8:33	35:21 3:14	38:16 2:55	42:43 4:27	55:31 12:48	57:42 2:11			
DirKL (Direktbahn, kurz & leicht) (4)				3,8 km			11 P										
				1(31)	2(40)	3(32)	4(104)	5(39)	6(48)	7(103)	8(125)	9(126)	10(121)	11(100)	Ziel		
1		Michael Auge DJK Adler 07 Bottro	1:17:28	2:25 2:25	4:26 2:01	10:10 5:44	17:07 6:57	21:38 4:31	26:10 4:32	30:57 4:47	1:02:17 31:20	1:06:17 4:00	1:11:42 5:25	1:15:33 3:51	1:17:28 1:55		
2		Jan Ryjacek DJK Adler 07 Bottro	1:43:46	3:14 3:14	7:29 4:15	12:08 4:39	27:40 15:32	40:48 13:08	50:26 9:38	1:01:42 11:16	1:15:18 13:36	1:25:34 10:16	1:37:36 12:02	1:41:42 4:06	1:43:46 2:04		

Pl	tnr	Name	Zeit														
H55 (Herren ab 55) (7)				5,5 km 40 Hm		15 P		<i>(Forts.)</i>									
			1(37) 15(100)	2(38) Ziel	3(128)	4(42)	5(34)	6(117)	7(44)	8(120)	9(113)	10(122)	11(123)	12(125)	13(126)	14(121)	
4		Jan Bouwman Kölner OL-Team	1:01:51 3:08 3:08 1:00:44	5:59 2:51 1:01:51	8:43 2:44	14:19 5:35	17:41 3:22	24:26 6:44	30:31 6:04	33:47 3:16	36:55 3:07	39:54 2:58	41:34 1:40	50:10 8:36	53:56 3:45	58:02 4:05	
5		Rainer Stephan DJK Adler 07 Bottro	1:04:09 3:08 3:08 1:02:52	5:38 2:30 1:04:09	8:30 2:52	13:09 4:39	16:29 3:20	22:49 6:20	29:35 6:46	32:43 3:08	36:10 3:27	40:45 4:35	42:39 1:54	52:23 9:44	56:17 3:54	1:00:28 4:11	
6		Tom Eric Schmidt Bielefelder TG	1:27:36 3:14 3:14 1:26:26	9:23 6:08 1:27:36	12:34 3:10	18:54 6:19	25:44 6:50	32:41 6:57	39:08 6:26	42:52 3:44	47:19 4:26	53:37 6:18	1:03:04 9:27	1:13:37 10:32	1:17:56 4:18	1:22:23 4:27	
		Thomas Cieslewicz TSC Eintracht Dort	N Ang														
H65 (Herren ab 65) (8)				5,0 km 40 Hm		14 P											
			1(101) Ziel	2(36)	3(42)	4(33)	5(117)	6(45)	7(39)	8(120)	9(113)	10(122)	11(123)	12(103)	13(126)	14(100)	
1		Helmut Wollgarten Hansa Simmerath	52:10 1:52 1:52 52:10	5:21 3:28	8:28 3:06	11:04 2:36	17:27 6:23	20:33 3:05	24:24 3:51	28:21 3:57	31:22 3:01	34:06 2:43	35:41 1:34	38:50 3:09	46:00 7:09	51:02 5:02	
2		Serhii Fokin Bielefelder TG	54:07 2:25 2:25 54:07	5:06 9:14 2:41 38:28	12:01 4:08	18:59 2:47	21:16 6:58	25:23 2:17	30:15 4:07	34:09 4:52	36:57 3:54	----- 2:48	41:18 4:21	48:11 6:53	53:03 4:52		
3		Matthias Berse WOLF Haltern	59:10 2:32 2:32 59:10	5:39 3:07	9:46 4:07	13:12 3:26	19:27 6:15	21:55 2:28	28:07 6:12	32:03 3:56	35:08 3:05	38:21 3:13	41:44 3:23	45:10 3:26	52:32 7:22	57:53 5:21	
4		Peter Gierlach WOLF Haltern	1:00:04 1:17 2:30 2:30 1:00:04	8:23 5:52	12:10 3:47	15:10 2:59	21:38 6:27	24:02 2:23	29:33 5:30	33:24 3:51	37:58 4:33	40:49 2:51	42:05 1:15	45:38 3:33	52:51 7:12	58:41 5:50	
5		Rüdiger Hagner HSG Merseburg	1:01:49 1:22 2:41 2:41 1:01:49	6:13 3:32	10:01 3:48	13:08 3:07	20:21 7:13	22:59 2:38	27:39 4:40	32:03 4:24	36:50 4:47	40:17 3:27	42:30 2:13	46:17 3:47	54:35 8:18	1:00:45 6:10	
6		Joachim May OLF Mainz	1:03:43 2:21 2:21 1:03:43	5:36 3:15	11:49 6:13	15:14 3:25	23:28 8:14	26:06 2:38	30:29 4:23	34:51 4:22	38:37 3:46	42:09 3:32	44:29 2:20	48:25 3:56	56:37 8:12	1:02:31 5:54	
7		Manfred Knörngen HSG Merseburg	1:13:16 6:29 6:29 1:13:16	9:37 3:08	23:12 13:35	26:12 3:00	32:30 6:18	34:59 2:29	40:55 5:56	45:12 4:17	48:30 3:18	52:01 3:31	54:20 2:19	58:41 4:21	1:05:46 7:05	1:11:08 5:22	
8		Hans-Joachim Glow TSC Eintracht Dort	1:15:13 2:31 2:31 1:15:13	6:32 4:01	10:26 3:54	13:32 3:06	21:46 8:14	24:23 2:37	28:53 4:30	34:03 5:10	37:33 3:30	40:34 3:01	49:03 8:29	52:58 3:55	1:01:34 8:36	1:14:07 12:33	
H75 (Herren ab 75) (4)				3,7 km		11 P											
			1(36)	2(33)	3(104)	4(119)	5(39)	6(120)	7(113)	8(122)	9(123)	10(121)	11(100)	Ziel			
1		Dirk Zwikker Argus	51:00 5:04 5:04	9:47 4:42	13:23 3:36	17:44 4:21	20:15 2:31	25:15 4:59	29:11 3:56	34:05 4:54	35:54 1:49	46:54 10:59	49:38 2:44	51:00 1:21			
2		Gerrit Krause TSC Eintracht Dort	57:13 6:15 6:15	11:16 5:01	15:11 3:55	19:19 4:08	22:02 2:43	27:04 5:02	31:43 4:39	35:46 4:03	37:32 1:46	51:26 13:54	55:27 4:01	57:13 1:46			
3		Dieter Schlaefke DJK Adler 07 Bottro	1:04:11 4:25 5:09	9:34 3:09	12:43 13:18	26:01 1:57	27:58 4:02	32:00 3:17	35:17 4:18	39:35 1:23	40:58 19:27	1:00:25 2:37	1:03:02 1:09	1:04:11			
4		Jörg Herbrand TV Wanheimerort D	1:24:15 8:05 8:05	15:52 7:47	21:46 5:54	28:13 6:27	32:43 4:30	39:48 7:05	45:48 6:00	51:56 6:08	54:07 2:11	1:16:01 21:54	1:20:41 4:40	1:24:15 3:34			
H85 (Herren ab 85) (2)				2,9 km		10 P											
			1(37)	2(38)	3(128)	4(33)	5(34)	6(119)	7(44)	8(39)	9(123)	10(100)	Ziel				
1		Siegmar Breckle Bielefelder TG	52:30 5:41 5:41	9:46 4:05	13:28 3:42	17:59 4:31	20:06 2:07	28:52 8:46	32:14 3:22	34:57 2:43	38:20 3:23	49:31 11:11	52:30 2:59				
2		Edmund Keil Bielefelder TG	1:28:23 7:40 7:40	15:18 7:38	21:59 6:41	29:24 7:25	34:18 4:54	44:29 10:11	47:59 3:30	50:39 2:40	55:00 4:21	1:25:30 30:30	1:28:23 2:53				