

Pl	tnr	Name	Zeit															
<b>Anfänger (Offen Mittel) (5)</b>				<b>3,9 km 40 Hm</b>					<b>11 P</b>									
			1(32)	2(41)	3(42)	4(34)	5(49)	6(124)	7(113)	8(115)	9(35)	10(48)	11(36)	Ziel				
1		<b>Ulli Friedrich</b>	<b>50:46</b>	<b>3:30</b>	<b>9:08</b>	12:48	<b>17:46</b>	23:54	25:30	36:24	41:35	44:59	48:04	<b>49:45</b>	<b>50:46</b>			
		<b>Oberodenthaler SC</b>		<b>3:30</b>	<b>5:38</b>	3:40	<b>4:58</b>	6:08	1:36	10:54	<b>5:11</b>	<b>3:24</b>	3:05	<b>1:41</b>	<b>1:01</b>			
2		<b>Nicole Sievers</b>	<b>51:12</b>	3:51	10:09	<b>12:30</b>	18:19	<b>22:33</b>	<b>24:17</b>	<b>31:04</b>	<b>40:19</b>	<b>44:11</b>	<b>47:46</b>	50:04	51:12			
		<b>Haan</b>		3:51	6:18	<b>2:21</b>	5:49	4:14	1:44	<b>6:47</b>	9:15	3:52	3:35	2:18	1:08			
3		<b>Barbara Höwer</b>	<b>1:20:28</b>	8:10	16:29	26:30	33:05	36:37	38:01	1:00:11	1:09:47	1:13:46	1:16:42	1:19:20	1:20:28			
		<b>DJK Adler 07 Bottro</b>		8:10	8:19	10:01	6:35	<b>3:32</b>	<b>1:24</b>	22:10	9:36	3:59	<b>2:56</b>	2:38	1:08			
4		<b>Silvia Woettki</b>	<b>1:27:07</b>	5:06	14:49	32:39	40:34	47:25	50:11	1:00:44	1:10:46	1:17:19	1:22:18	1:25:14	1:27:07			
		<b>DJK Adler 07 Bottro</b>		5:06	9:43	17:50	7:55	6:51	2:46	10:33	10:02	6:33	4:59	2:56	1:53			
		<b>Daniel Kegler</b>	<b>N Ang</b>															
		<b>Ohne Verein</b>																
<b>D10 (Damen bis 10) (2)</b>				<b>1,6 km 10 Hm</b>					<b>6 P</b>									
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	Ziel									
1		<b>Alva Reindl</b>	<b>14:05</b>	2:22	<b>4:06</b>	<b>5:51</b>	<b>8:21</b>	<b>10:31</b>	<b>13:03</b>	<b>14:05</b>								
		<b>Ohne Verein</b>		2:22	<b>1:44</b>	<b>1:45</b>	<b>2:30</b>	<b>2:10</b>	<b>2:32</b>	<b>1:02</b>								
2		<b>Emilia Kabbert</b>	<b>18:26</b>	<b>2:10</b>	4:11	7:30	10:40	14:05	17:23	18:26								
		<b>Ohne Verein</b>		<b>2:10</b>	2:01	3:19	3:10	3:25	3:18	1:03								
<b>D12 (Damen bis 12) (2)</b>				<b>2,2 km 15 Hm</b>					<b>8 P</b>									
			1(32)	2(33)	3(34)	4(49)	5(124)	6(35)	7(48)	8(36)	Ziel							
1		<b>Elin Zwikker</b>	<b>22:11</b>	3:07	6:07	8:09	12:01	<b>14:01</b>	<b>17:05</b>	<b>19:57</b>	<b>21:29</b>	<b>22:11</b>						
		<b>Argus Niederlande</b>		3:07	3:00	2:02	<b>3:52</b>	<b>2:00</b>	<b>3:04</b>	<b>2:52</b>	<b>1:32</b>	<b>0:42</b>						
AK		<b>Alva Reindl</b>	<b>30:20</b>	<b>2:49</b>	<b>4:29</b>	<b>6:29</b>	<b>11:21</b>	19:00	22:18	27:38	29:20	30:20						
		<b>Ohne Verein</b>		<b>2:49</b>	<b>1:40</b>	<b>2:00</b>	4:52	7:39	3:18	5:20	1:42	1:00						
<b>D14 (Damen bis 14) (3)</b>				<b>3,6 km 30 Hm</b>					<b>9 P</b>									
			1(47)	2(34)	3(49)	4(124)	5(113)	6(115)	7(117)	8(37)	9(36)	Ziel						
1		<b>Annkathrin Knoll</b>	<b>30:25</b>	5:16	7:40	10:22	11:48	16:13	20:00	23:02	<b>25:17</b>	<b>29:28</b>	<b>30:25</b>					
		<b>Bielefelder TG</b>		5:16	2:24	<b>2:42</b>	<b>1:26</b>	<b>4:25</b>	<b>3:47</b>	3:02	<b>2:15</b>	<b>4:11</b>	0:57					
2		<b>Marit Zwikker</b>	<b>30:41</b>	<b>3:55</b>	<b>6:01</b>	<b>9:19</b>	<b>10:59</b>	<b>15:30</b>	<b>19:56</b>	<b>22:41</b>	25:25	29:55	30:41					
		<b>Argus Niederlande</b>		<b>3:55</b>	<b>2:06</b>	3:18	1:40	4:31	4:26	<b>2:45</b>	2:44	4:30	<b>0:46</b>					
3		<b>Oksana Guskova</b>	<b>44:44</b>	6:03	8:34	13:32	16:54	22:33	28:35	33:09	36:31	43:48	44:44					
		<b>OLG Siegerland</b>		6:03	2:31	4:58	3:22	5:39	6:02	4:34	3:22	7:17	0:56					
<b>D16 (Damen bis 16) (5)</b>				<b>4,7 km 45 Hm</b>					<b>16 P</b>									
			1(39)	2(40)	3(41)	4(42)	5(49)	6(111)	7(112)	8(113)	9(114)	10(115)	11(117)	12(37)	13(121)	14(50)		
			15(120)	16(36)	Ziel													
1		<b>Chiara Pfromm</b>	<b>58:25</b>	8:20	9:45	12:01	14:07	<b>21:08</b>	<b>22:56</b>	<b>28:35</b>	<b>30:04</b>	<b>31:48</b>	<b>36:03</b>	<b>39:45</b>	<b>42:40</b>	<b>46:42</b>	<b>50:58</b>	
		<b>WOLF Haltern</b>		8:20	1:25	2:16	<b>2:06</b>	7:01	<b>1:48</b>	<b>5:39</b>	<b>1:29</b>	<b>1:44</b>	4:15	3:42	<b>2:55</b>	4:02	4:16	
				4:48	<b>57:25</b>	<b>58:25</b>												
				4:48	1:39	1:00												
2		<b>Lea Friedrich</b>	<b>1:03:27</b>	12:43	13:41	15:22	17:46	24:16	26:11	32:14	33:44	37:16	41:26	45:14	49:11	53:01	56:37	
		<b>Oberodenthaler SC</b>		12:43	<b>0:58</b>	<b>1:41</b>	2:24	<b>6:30</b>	1:55	6:03	1:30	3:32	<b>4:10</b>	3:48	3:57	<b>3:50</b>	<b>3:36</b>	
				1:00:36	1:02:33	1:03:27												
				<b>3:59</b>	1:57	0:54												
3		<b>Lisa Harms</b>	<b>1:03:37</b>	<b>6:47</b>	<b>7:48</b>	<b>9:41</b>	<b>12:13</b>	21:34	23:46	30:21	31:57	33:59	39:23	43:03	46:34	51:03	55:54	
		<b>WOLF Haltern</b>		<b>6:47</b>	1:01	1:53	2:32	9:21	2:12	6:35	1:36	2:02	5:24	<b>3:40</b>	3:31	4:29	4:51	
				1:01:01	1:02:29	1:03:37												
				5:07	<b>1:28</b>	1:08												
4		<b>Natalia Guskova</b>	<b>1:14:22</b>	9:15	10:29	13:29	15:50	24:00	26:26	33:47	35:30	37:28	43:07	47:34	50:51	55:16	1:03:59	
		<b>OLG Siegerland</b>		9:15	1:14	3:00	2:21	8:10	2:26	7:21	1:43	1:58	5:39	4:27	3:17	4:25	8:43	
				1:12:02	1:13:32	1:14:22												
				8:03	1:30	<b>0:50</b>												
		<b>Lotte Mathen</b>	<b>N Ang</b>															
		<b>Oberodenthaler SC</b>																
<b>D17k (Damen bis 17 kurz) (3)</b>				<b>4,7 km 45 Hm</b>					<b>16 P</b>									
			1(39)	2(40)	3(41)	4(42)	5(49)	6(111)	7(112)	8(113)	9(114)	10(115)	11(117)	12(37)	13(121)	14(50)		
			15(120)	16(36)	Ziel													
1		<b>Johanna Renker</b>	<b>1:03:07</b>	<b>6:19</b>	12:10	13:58	15:52	21:50	24:17	30:09	31:43	33:17	38:06	41:32	44:51	<b>48:23</b>	<b>52:21</b>	
		<b>TSC Eintracht Dort</b>		<b>6:19</b>	5:51	<b>1:48</b>	<b>1:54</b>	<b>5:58</b>	2:27	<b>5:52</b>	<b>1:34</b>	1:34	<b>4:49</b>	3:26	<b>3:19</b>	<b>3:32</b>	<b>3:58</b>	
				<b>1:00:19</b>	<b>1:02:12</b>	<b>1:03:07</b>												
				<b>7:58</b>	<b>1:53</b>	<b>0:55</b>												
2		<b>Janine Glowka</b>	<b>1:06:50</b>	6:22	<b>7:25</b>	<b>10:43</b>	<b>12:46</b>	<b>19:23</b>	<b>21:28</b>	<b>28:35</b>	<b>30:26</b>	<b>32:03</b>	<b>37:00</b>	<b>40:26</b>	<b>43:54</b>	49:55	53:57	
		<b>TSC Eintracht Dort</b>		6:22	<b>1:03</b>	3:18	2:03	6:37	<b>2:05</b>	7:07	1:51	1:37	4:57	3:26	3:28	6:01	4:02	
				1:02:32	1:05:52	1:06:50												
				8:35	3:20	0:58												
3		<b>Mira Brodowski</b>	<b>1:08:51</b>	7:16	8:37	12:17	14:15	21:21	23:35	30:30	32:28	33:56	39:07	42:32	45:57	51:53	56:00	
		<b>TuS Lübbecke</b>		7:16	1:21	3:40	1:58	7:06	2:14	6:55	1:58	<b>1:28</b>	5:11	<b>3:25</b>	3:25	5:56	4:07	
				1:05:44	1:07:48	1:08:51												
				9:44	2:04	1:03												

Pl	tnr	Name	Zeit														
<b>D19L (Damen ab 19 lang) (10)</b>				<b>7,5 km 35 Hm</b>					<b>22 P</b>								
				1(46)	2(47)	3(118)	4(111)	5(112)	6(113)	7(126)	8(115)	9(116)	10(121)	11(101)	12(125)	13(102)	14(127)
				15(128)	16(103)	17(104)	18(122)	19(123)	20(50)	21(119)	22(36)	Ziel					
1	Emma Caspari	1:14:47	3:00	3:58	6:33	10:39	14:01	14:57	15:48	18:29	21:53	26:28	34:26	37:09	41:22	42:45	
	OL Team Lippe		3:00	0:58	2:35	4:06	3:22	0:56	0:51	2:41	3:24	4:35	7:58	2:43	4:13	1:23	
			49:59	53:19	54:40	58:00	59:12	1:01:57	1:11:47	1:14:09	1:14:47						
			7:14	3:20	1:21	3:20	1:12	2:45	9:50	2:22	0:38						
2	Natalie Menn	1:19:55	3:42	4:41	7:23	12:47	16:06	17:06	18:02	20:42	25:14	30:19	40:16	43:23	48:26	49:51	
	OLG Siegerland		3:42	0:59	2:42	5:24	3:19	1:00	0:56	2:40	4:32	5:05	9:57	3:07	5:03	1:25	
			58:31	1:03:10	1:04:48	1:08:41	1:11:12	1:14:13	1:16:45	1:19:02	1:19:55						
			8:40	4:39	1:38	3:53	2:31	3:01	2:32	2:17	0:53						
3	Ines Grunau	1:24:51	3:11	4:08	7:13	12:06	16:10	17:23	18:44	21:51	26:08	33:15	43:29	46:17	50:59	52:52	
	DJK Adler 07 Bottro		3:11	0:57	3:05	4:53	4:04	1:13	1:21	3:07	4:17	7:07	10:14	2:48	4:42	1:53	
			1:01:43	1:06:34	1:08:40	1:12:57	1:14:47	1:17:41	1:21:05	1:23:54	1:24:51						
			8:51	4:51	2:06	4:17	1:50	2:54	3:24	2:49	0:57						
4	Annika Kegler	1:31:22	3:28	4:15	7:25	14:23	19:24	21:30	22:22	26:07	30:29	36:49	47:16	50:46	56:40	59:14	
	DJK Adler 07 Bottro		3:28	0:47	3:10	6:58	5:01	2:06	0:52	3:45	4:22	6:20	10:27	3:30	5:54	2:34	
			1:06:15	1:11:26	1:13:04	1:18:51	1:20:26	1:24:15	1:28:02	1:30:14	1:31:22						
			7:01	5:11	1:38	5:47	1:35	3:49	3:47	2:12	1:08						
5	Inga Hollmann	1:35:00	3:50	4:55	8:07	14:59	19:23	20:46	21:58	27:35	32:37	39:36	49:41	53:30	59:40	1:01:12	
	Bielefelder TG		3:50	1:05	3:12	6:52	4:24	1:23	1:12	5:37	5:02	6:59	10:05	3:49	6:10	1:32	
			1:09:05	1:14:41	1:16:59	1:22:23	1:24:08	1:27:26	1:31:18	1:34:02	1:35:00						
			7:53	5:36	2:18	5:24	1:45	3:18	3:52	2:44	0:58						
6	Tatjana Kimmel	1:38:19	4:10	5:26	9:25	14:53	19:40	20:53	22:02	25:25	29:42	36:13	47:51	51:18	58:03	1:00:23	
	Oberodenthaler SC		4:10	1:16	3:59	5:28	4:47	1:13	1:09	3:23	4:17	6:31	11:38	3:27	6:45	2:20	
			1:11:15	1:17:20	1:19:37	1:24:41	1:26:37	1:29:29	1:32:50	1:37:27	1:38:19						
			10:52	6:05	2:17	5:04	1:56	2:52	3:21	4:37	0:52						
7	Katrin Koch	1:44:10	4:08	6:42	11:04	17:17	22:53	24:24	27:09	31:23	35:46	42:04	54:01	57:34	1:04:27	1:06:29	
	Oberodenthaler SC		4:08	2:34	4:22	6:13	5:36	1:31	2:45	4:14	4:23	6:18	11:57	3:33	6:53	2:02	
			1:17:19	1:23:23	1:25:41	1:30:45	1:32:42	1:35:32	1:38:54	1:43:27	1:44:10						
			10:50	6:04	2:18	5:04	1:57	2:50	3:22	4:33	0:43						
8	Anna Gierlach	1:49:04	3:17	4:37	8:58	15:18	21:40	23:39	25:05	29:20	35:11	42:28	54:34	58:39	1:05:58	1:08:48	
	WOLF Haltern		3:17	1:20	4:21	6:20	6:22	1:59	1:26	4:15	5:51	7:17	12:06	4:05	7:19	2:50	
			1:18:10	1:24:10	1:26:39	1:32:21	1:34:35	1:38:04	1:43:11	1:47:19	1:49:04						
			9:22	6:00	2:29	5:42	2:14	3:29	5:07	4:08	1:45						
9	Sabine Stähr	2:04:35	7:01	8:20	14:28	22:22	29:18	31:28	32:56	37:48	43:47	52:53	1:07:21	1:11:28	1:17:33	1:20:04	
	DJK Adler 07 Bottro		7:01	1:19	6:08	7:54	6:56	2:10	1:28	4:52	5:59	9:06	14:28	4:07	6:05	2:31	
			1:32:52	1:38:23	1:40:22	1:45:18	1:47:54	1:55:31	1:59:53	2:03:26	2:04:35						
			12:48	5:31	1:59	4:56	2:36	7:37	4:22	3:33	1:09						
10	Kathrin Wiaterek	2:42:17	5:42	23:12	27:08	32:44	38:02	39:37	40:33	44:20	50:06	58:14	1:11:48	1:16:35	1:22:49	1:24:37	
	Oberodenthaler SC		5:42	17:30	3:56	5:36	5:18	1:35	0:56	3:47	5:46	8:08	13:34	4:47	6:14	1:48	
			1:42:41	1:47:53	1:51:36	1:56:37	2:02:20	2:06:35	2:10:52	2:41:21	2:42:17						
			18:04	5:12	3:43	5:01	5:43	4:15	4:17	30:29	0:56						
<b>D35 (Damen ab 35) (3)</b>				<b>6,4 km 60 Hm</b>					<b>19 P</b>								
				1(46)	2(47)	3(118)	4(111)	5(126)	6(115)	7(117)	8(37)	9(121)	10(101)	11(125)	12(128)	13(103)	14(104)
				15(122)	16(123)	17(50)	18(120)	19(36)	Ziel								
1	Annika Kabbert	1:06:58	5:12	5:59	9:00	13:47	17:45	20:46	23:09	25:17	28:29	39:30	42:16	45:44	49:58	51:37	
	DJK Adler 07 Bottro		5:12	0:47	3:01	4:47	3:58	3:01	2:23	2:08	3:12	11:01	2:46	3:28	4:14	1:39	
			55:40	57:34	59:59	1:04:35	1:06:09	1:06:58									
			4:03	1:54	2:25	4:36	1:34	0:49									
2	Asja Niederland	1:17:00	3:46	4:45	8:24	14:30	19:39	23:55	27:30	30:30	34:46	45:46	49:15	52:59	58:10	1:00:02	
	DJK Adler 07 Bottro		3:46	0:59	3:39	6:06	5:09	4:16	3:35	3:00	4:16	11:00	3:29	3:44	5:11	1:52	
			1:05:07	1:06:55	1:10:33	1:14:33	1:16:03	1:17:00									
			5:05	1:48	3:38	4:00	1:30	0:57									
3	Olga Zwikker	1:19:25	4:06	5:04	8:32	15:19	20:26	24:27	28:11	31:14	35:51	47:08	50:58	55:00	1:00:23	1:02:20	
	Argus Niederlande		4:06	0:58	3:28	6:47	5:07	4:01	3:44	3:03	4:37	11:17	3:50	4:02	5:23	1:57	
			1:07:35	1:09:19	1:12:43	1:17:08	1:18:30	1:19:25									
			5:15	1:44	3:24	4:25	1:22	0:55									
<b>D45 (Damen ab 45) (8)</b>				<b>5,7 km 60 Hm</b>					<b>22 P</b>								
				1(43)	2(44)	3(45)	4(46)	5(47)	6(40)	7(41)	8(118)	9(49)	10(111)	11(112)	12(113)	13(114)	14(115)
				15(116)	16(121)	17(122)	18(123)	19(50)	20(119)	21(120)	22(36)	Ziel					
1	Caroline Knoll	1:18:39	8:56	10:01	10:55	12:41	13:55	18:58	21:21	26:29	30:24	32:31	37:25	39:02	40:54	44:54	
	Bielefelder TG		8:56	1:05	0:54	1:46	1:14	5:03	2:23	5:08	3:55	2:07	4:54	1:37	1:52	4:00	
			51:24	1:00:34	1:04:14	1:06:30	1:10:17	1:14:03	1:15:42	1:17:39	1:18:39						
			6:30	9:10	3:40	2:16	3:47	3:46	1:39	1:57	1:00						
2	Kirsten Kolbe	1:21:02	14:04	15:54	16:41	18:08	19:08	25:45	27:14	32:25	36:15	38:22	43:08	44:35	46:08	50:31	
	TuS Lübbecke		14:04	1:50	0:47	1:27	1:00	6:37	1:29	5:11	3:50	2:07	4:46	1:27	1:33	4:23	
			55:03	1:02:03	1:06:31	1:08:22	1:13:21	1:16:55	1:18:17	1:19:53	1:21:02						
			4:32	7:00	4:28	1:51	4:59	3:34	1:22	1:36	1:09						
3	Pia Caspari	1:30:55	7:53	9:18	10:19	12:19	18:02	22:50	25:15	31:00	36:18	39:11	50:27	52:22	54:11	1:00:04	
	OL Team Lippe		7:53	1:25	1:01	2:00	5:43	4:48	2:25	5:45	5:18	2:53	11:16	1:55	1:49	5:53	
			1:05:11	1:12:05	1:16:12	1:18:25	1:23:25	1:26:59	1:28:19	1:29:54	1:30:55						
			5:07	6:54	4:07	2:13	5:00	3:34	1:20	1:35	1:01						
4	Nadezda Zakharova	1:49:04	6:32	9:37	10:38	13:28	14:49	21:15	24:07	47:05	53:09	55:34	1:03:13	1:05:03	1:07:05	1:12:53	
	OLG Siegerland		6:32	3:05	1:01	2:50	1:21	6:26	2:52	22:58	6:04	2:25	7:39	1:50	2:02	5:48	
			1:19:36	1:28:36	1:33:07	1:35:51	1:39:58	1:44:12	1:45:35	1:							

Pl	tnr	Name	Zeit														
<b>D45 (Damen ab 45) (8)</b>				<b>5,7 km 60 Hm</b>			<b>22 P</b>			<i>(Forts.)</i>							
				1(43) 15(116)	2(44) 16(121)	3(45) 17(122)	4(46) 18(123)	5(47) 19(50)	6(40) 20(119)	7(41) 21(120)	8(118) 22(36)	9(49) Ziel	10(111)	11(112)	12(113)	13(114)	14(115)
5		<b>Sylke Höfner</b> <b>OLV Uslar</b>	<b>2:11:11</b>	10:15 10:15 1:29:42 10:49	19:54 9:39 1:38:57 9:15	21:01 1:07 1:44:15 5:18	24:51 3:50 1:48:08 3:53	27:03 2:12 1:53:35 5:27	35:11 8:08 2:05:25 11:50	38:51 3:40 2:07:00 1:35	48:10 9:19 2:09:12 2:12	55:38 7:28 2:11:11 1:59	57:44 <b>2:06</b>	1:07:23 9:39	1:09:23 2:00	1:12:11 2:48	1:18:53 6:42
		<b>Gabi Friedrich</b> <b>Oberodenthaler SC</b>	<b>Aufg</b>	10:30 10:30 -----	13:15 2:45 -----	18:02 4:47 -----	39:19 21:17 -----	45:42 6:23 -----	54:05 8:23 -----	56:01 1:56 -----	1:06:07 10:06 -----	1:10:34 4:27 1:37:06 26:32	-----	-----	-----	-----	-----
		<b>Claudia Kleist</b> <b>TSC Eintracht Dort</b>	<b>Aufg</b>	8:35 8:35 1:04:20 6:53	11:26 2:51 1:12:14 7:54	12:28 1:02 1:17:06 4:52	14:20 1:52 1:21:51 4:45	15:22 1:02 1:27:39 5:48	21:17 5:55 1:35:17 7:38	24:07 2:50 1:37:18 2:01	43:14 19:07 1:40:16 2:58	49:52 6:38 1:42:58 2:42	-----	-----	-----	-----	57:27 7:35
		<b>Martina Harms</b> <b>WOLF Haltern</b>	<b>N Ang</b>														
<b>D55 (Damen ab 55) (8)</b>				<b>4,7 km 45 Hm</b>			<b>16 P</b>										
				1(39) 15(120)	2(40) 16(36)	3(41) Ziel	4(42)	5(49)	6(111)	7(112)	8(113)	9(114)	10(115)	11(117)	12(37)	13(121)	14(50)
1		<b>Almut Kammholz</b> <b>Kölner OL-Team</b>	<b>51:58</b>	<b>5:14</b> <b>5:14</b> <b>49:12</b> <b>5:09</b>	<b>6:03</b> <b>0:49</b> <b>50:59</b> <b>1:47</b>	<b>7:30</b> <b>1:27</b> <b>51:58</b> <b>0:59</b>	<b>9:35</b> 2:05	<b>16:12</b> <b>6:37</b>	<b>18:08</b> <b>1:56</b>	<b>22:50</b> <b>4:42</b>	<b>24:04</b> <b>1:14</b>	<b>26:02</b> <b>1:58</b>	<b>29:36</b> <b>3:34</b>	<b>32:40</b> <b>3:04</b>	3:35	<b>36:15</b> <b>3:26</b>	<b>39:41</b> 4:22
2		<b>Martina Hollmann</b> <b>Bielefelder TG</b>	<b>1:05:09</b>	7:17 7:17 1:02:06	8:28 1:11 1:03:47	10:19 1:51 1:05:09	12:16 <b>1:57</b>	19:08 6:52	21:11 2:03	27:06 5:55	28:57 1:51	31:31 2:34	38:24 6:53	42:24 4:00	45:30 <b>3:06</b>	51:46 6:16	56:50 5:04
3		<b>Iris Hohberg</b> <b>ASG Teutoburger W</b>	<b>1:08:50</b>	7:56 7:56 1:05:53	9:11 1:15 1:07:47	12:32 3:21 1:08:50	15:06 2:34	23:48 8:42 <i>1:04:10</i>	26:14 2:26	33:17 7:03	36:43 3:26	38:51 2:08	43:53 5:02	48:17 4:24	51:40 3:23	56:17 4:37	1:00:35 <b>4:18</b>
4		<b>Alexandra Wanner</b> <b>OLG Siegerland</b>	<b>1:45:30</b>	5:18 11:12 1:41:52	1:54 12:26 1:43:55	1:03 14:19 1:45:30	16:41 2:22	46:43 30:02	50:42 3:59	57:17 6:35	58:58 1:41	1:01:14 2:16	1:07:59 6:45	1:13:03 5:04	1:18:27 5:24	1:27:34 9:07	1:35:19 7:45
5		<b>Joanna Arnold</b> <b>TSC Eintracht Dort</b>	<b>1:58:43</b>	6:33 8:30 8:30 1:56:09 20:01	2:03 11:46 3:16 1:57:27 <b>1:18</b>	1:35 13:57 2:11 1:58:43 1:16	19:15 5:18	26:55 7:40	29:04 2:09	39:31 10:27	42:31 3:00	46:42 4:11	55:01 8:19	1:05:22 10:21	1:20:30 15:08	1:25:50 5:20	1:36:08 10:18
6		<b>Maria Gierlach</b> <b>WOLF Haltern</b>	<b>2:01:20</b>	10:18 10:18 1:57:15 8:36	13:33 3:15 1:59:54 2:39	17:38 4:05 2:01:20 1:26	23:15 5:37	33:25 10:10	52:10 18:45	1:05:20 13:10	1:09:59 4:39	1:14:22 4:23	1:21:37 7:15	1:29:02 7:25	1:33:59 4:57	1:40:49 6:50	1:48:39 7:50
AK		<b>Olga Margolina</b> <b>GSV Düsseldorf</b>	<b>1:51:04</b>	13:58 13:58 1:46:18 7:42	19:27 5:29 1:49:43 3:25	23:51 4:24 1:51:04 1:21	31:23 7:32	40:58 9:35	44:15 3:17	52:31 8:16	58:20 5:49	1:03:14 4:54	1:13:58 10:44	1:19:08 5:10	1:24:51 5:43	1:30:34 5:43	1:38:36 8:02
		<b>Barbara Glowka</b> <b>TSC Eintracht Dort</b>	<b>N Ang</b>														
<b>D65 (Damen ab 65) (7)</b>				<b>3,8 km 25 Hm</b>			<b>12 P</b>										
				1(43)	2(44)	3(111)	4(112)	5(126)	6(115)	7(117)	8(37)	9(121)	10(50)	11(120)	12(36)	Ziel	
1		<b>Kornelia Mock</b> <b>TSC Eintracht Dort</b>	<b>1:07:14</b>	<b>7:18</b> <b>7:18</b>	<b>10:23</b> 3:05	<b>17:14</b> 6:51	<b>24:17</b> <b>7:03</b>	<b>28:10</b> 3:53	<b>33:35</b> 5:25	<b>38:02</b> <b>4:27</b>	<b>41:25</b> <b>3:23</b>	<b>48:01</b> 6:36	<b>56:05</b> 8:04	<b>1:03:32</b> 7:27	<b>1:05:59</b> <b>2:27</b>	<b>1:07:14</b> 1:15	
2		<b>Christa Zwickler</b> <b>Argus Niederlande</b>	<b>1:08:14</b>	9:28 9:28	12:39 3:11	19:01 <b>6:22</b>	31:15 12:14	34:40 <b>3:25</b>	39:39 <b>4:59</b>	44:14 4:35	48:33 4:19	54:47 6:14	59:28 <b>4:41</b>	1:04:33 <b>5:05</b>	1:07:02 2:29	1:08:14 <b>1:12</b>	
3		<b>Hildegard Rehorst</b> <b>TSC Eintracht Dort</b>	<b>1:38:01</b>	22:55 22:55	32:05 9:10	40:02 7:57	49:02 9:00	54:11 5:09	1:00:11 6:00	1:06:11 6:00	1:11:13 5:02	1:17:15 <b>6:02</b>	1:23:14 5:59	1:33:20 10:06	1:36:37 3:17	1:38:01 1:24	
4		<b>Karin Schlaefke</b> <b>DJK Adler 07 Bottro</b>	<b>1:38:05</b>	8:55 8:55	12:17 3:22	24:42 12:25	37:06 12:24	42:13 5:07	49:19 7:06	55:11 5:52	1:00:00 4:49	1:08:04 8:04	1:17:42 9:38	1:33:40 15:58	1:36:09 2:29	1:38:05 1:56	
5		<b>Monika Herbrand</b> <b>TV Wanheimerort</b>	<b>1:39:59</b>	11:51 11:51	16:41 4:50	26:36 9:55	40:11 13:35	44:29 4:18	51:06 6:37	1:00:55 9:49	1:07:21 6:26	1:15:01 7:40	1:24:40 9:39	1:35:07 10:27	1:37:59 2:52	1:39:59 2:00	
6		<b>Silvia Kempin</b> <b>Oberodenthaler SC</b>	<b>1:46:35</b>	11:32 11:32	14:28 <b>2:56</b>	24:51 10:23	50:46 25:55	57:22 6:36	1:03:38 6:16	1:09:35 5:57	1:14:56 5:21	1:21:21 6:25	1:30:53 9:32	1:41:48 10:55	1:44:33 2:45	1:46:35 2:02	
		<b>Sabine Bohl</b> <b>Ski-Club Unna</b>	<b>Aufg</b>	56:03 56:03	1:06:21 10:18	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>D75 (Damen ab 75) (1)</b>				<b>3,2 km 30 Hm</b>			<b>10 P</b>										
				1(47)	2(45)	3(111)	4(126)	5(115)	6(117)	7(37)	8(116)	9(48)	10(36)	Ziel			
1		<b>Uta Breckle</b> <b>Bielefelder TG</b>	<b>1:37:23</b>	<b>11:25</b> <b>11:25</b>	<b>22:51</b> <b>11:26</b>	<b>47:49</b> <b>24:58</b>	<b>55:43</b> <b>7:54</b>	<b>1:01:40</b> <b>5:57</b>	<b>1:08:46</b> <b>7:06</b>	<b>1:12:50</b> <b>4:04</b>	<b>1:28:29</b> <b>15:39</b>	<b>1:33:30</b> <b>5:01</b>	<b>1:35:54</b> <b>2:24</b>	<b>1:37:23</b> <b>1:29</b>			

Pl	tnr	Name	Zeit																	
<b>H10 (Herren bis 10) (1)</b>				<b>1,6 km 10 Hm</b>			<b>6 P</b>													
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	Ziel											
1		<b>August-Friedrich Re SV Fortuna Schmöll</b>	<b>35:21</b>	<b>9:48</b>	<b>13:06</b>	<b>17:23</b>	<b>23:49</b>	<b>28:47</b>	<b>34:01</b>	<b>35:21</b>										
			<b>9:48</b>	<b>3:18</b>	<b>4:17</b>	<b>6:26</b>	<b>4:58</b>	<b>5:14</b>	<b>1:20</b>											
<b>H12 (Herren bis 12) (1)</b>				<b>2,2 km 15 Hm</b>			<b>8 P</b>													
			1(32)	2(33)	3(34)	4(49)	5(124)	6(35)	7(48)	8(36)	Ziel									
1		<b>Matthias Harms WOLF Haltern</b>	<b>45:33</b>	<b>3:16</b>	<b>5:16</b>	<b>7:29</b>	<b>12:28</b>	<b>15:43</b>	<b>39:02</b>	<b>42:36</b>	<b>44:22</b>	<b>45:33</b>								
			<b>3:16</b>	<b>2:00</b>	<b>2:13</b>	<b>4:59</b>	<b>3:15</b>	<b>23:19</b>	<b>3:34</b>	<b>1:46</b>	<b>1:11</b>									
<b>H14 (Herren bis 14) (3)</b>				<b>3,6 km 30 Hm</b>			<b>9 P</b>													
			1(47)	2(34)	3(49)	4(124)	5(113)	6(115)	7(117)	8(37)	9(36)	Ziel								
1		<b>Sönke Wiebelitz OLG Siegerland</b>	<b>31:21</b>	<b>4:23</b>	<b>6:55</b>	<b>10:00</b>	<b>11:11</b>	<b>16:19</b>	<b>21:04</b>	<b>23:51</b>	<b>26:53</b>	<b>30:44</b>	<b>31:21</b>							
			<b>4:23</b>	<b>2:32</b>	<b>3:05</b>	<b>1:11</b>	<b>5:08</b>	<b>4:45</b>	<b>2:47</b>	<b>3:02</b>	<b>3:51</b>	<b>0:37</b>								
2		<b>Malte Lindemann Bielefelder TG</b>	<b>35:13</b>	<b>4:36</b>	<b>6:43</b>	<b>12:22</b>	<b>13:48</b>	<b>18:36</b>	<b>22:49</b>	<b>25:58</b>	<b>29:02</b>	<b>34:30</b>	<b>35:13</b>							
			<b>4:36</b>	<b>2:07</b>	<b>5:39</b>	<b>1:26</b>	<b>4:48</b>	<b>4:13</b>	<b>3:09</b>	<b>3:04</b>	<b>5:28</b>	<b>0:43</b>								
AK		<b>Tobias Schlaefke DJK Adler 07 Bottro</b>	<b>1:05:01</b>	<b>5:22</b>	<b>10:37</b>	<b>15:31</b>	<b>20:40</b>	<b>31:15</b>	<b>46:04</b>	<b>52:27</b>	<b>57:00</b>	<b>1:03:55</b>	<b>1:05:01</b>							
			<b>5:22</b>	<b>5:15</b>	<b>4:54</b>	<b>5:09</b>	<b>10:35</b>	<b>14:49</b>	<b>6:23</b>	<b>4:33</b>	<b>6:55</b>	<b>1:06</b>								
<b>H16 (Herren bis 16) (4)</b>				<b>4,7 km 45 Hm</b>			<b>16 P</b>													
			1(39)	2(40)	3(41)	4(42)	5(49)	6(111)	7(112)	8(113)	9(114)	10(115)	11(117)	12(37)	13(121)	14(50)				
			15(120)	16(36)	Ziel															
1		<b>Ole-Johan Wittiber Skiclub Bonn</b>	<b>35:57</b>	<b>3:57</b>	<b>4:31</b>	<b>5:22</b>	<b>6:41</b>	<b>11:17</b>	<b>12:45</b>	<b>16:16</b>	<b>17:03</b>	<b>17:56</b>	<b>20:15</b>	<b>22:40</b>	<b>24:23</b>	<b>27:17</b>	<b>29:47</b>			
			<b>3:57</b>	<b>0:34</b>	<b>0:51</b>	<b>1:19</b>	<b>4:36</b>	<b>1:28</b>	<b>3:31</b>	<b>0:47</b>	<b>0:53</b>	<b>2:19</b>	<b>2:25</b>	<b>1:43</b>	<b>2:54</b>	<b>2:30</b>				
			<b>34:26</b>	<b>35:21</b>	<b>35:57</b>															
			<b>4:39</b>	<b>0:55</b>	<b>0:36</b>															
2		<b>Arvid Wittiber Skiclub Bonn</b>	<b>35:59</b>	<b>3:45</b>	<b>4:18</b>	<b>5:29</b>	<b>6:35</b>	<b>10:32</b>	<b>11:34</b>	<b>14:53</b>	<b>15:48</b>	<b>16:47</b>	<b>19:28</b>	<b>21:28</b>	<b>23:05</b>	<b>26:18</b>	<b>28:59</b>			
			<b>3:45</b>	<b>0:33</b>	<b>1:11</b>	<b>1:06</b>	<b>3:57</b>	<b>1:02</b>	<b>3:19</b>	<b>0:55</b>	<b>0:59</b>	<b>2:41</b>	<b>2:00</b>	<b>1:37</b>	<b>3:13</b>	<b>2:41</b>				
			<b>34:20</b>	<b>35:20</b>	<b>35:59</b>															
			<b>5:21</b>	<b>1:00</b>	<b>0:39</b>															
3		<b>Felix von Oertzen Ohne Verein</b>	<b>1:01:32</b>	<b>5:19</b>	<b>7:09</b>	<b>10:07</b>	<b>14:17</b>	<b>20:28</b>	<b>23:42</b>	<b>29:01</b>	<b>30:26</b>	<b>33:31</b>	<b>37:19</b>	<b>40:17</b>	<b>43:45</b>	<b>47:09</b>	<b>50:54</b>			
			<b>5:19</b>	<b>1:50</b>	<b>2:58</b>	<b>4:10</b>	<b>6:11</b>	<b>3:14</b>	<b>5:19</b>	<b>1:25</b>	<b>3:05</b>	<b>3:48</b>	<b>2:58</b>	<b>3:28</b>	<b>3:24</b>	<b>3:45</b>				
			<b>59:29</b>	<b>1:00:47</b>	<b>1:01:32</b>															
			<b>8:35</b>	<b>1:18</b>	<b>0:45</b>															
4		<b>Danil Sigarev DJK Adler 07 Bottro</b>	<b>1:11:18</b>	<b>5:26</b>	<b>5:56</b>	<b>7:21</b>	<b>8:44</b>	<b>14:31</b>	<b>16:21</b>	<b>22:23</b>	<b>23:32</b>	<b>25:02</b>	<b>27:58</b>	<b>49:19</b>	<b>51:31</b>	<b>54:57</b>	<b>1:01:41</b>			
			<b>5:26</b>	<b>0:30</b>	<b>1:25</b>	<b>1:23</b>	<b>5:47</b>	<b>1:50</b>	<b>6:02</b>	<b>1:09</b>	<b>1:30</b>	<b>2:56</b>	<b>21:21</b>	<b>2:12</b>	<b>3:26</b>	<b>6:44</b>				
			<b>1:09:38</b>	<b>1:10:38</b>	<b>1:11:18</b>															
			<b>7:57</b>	<b>1:00</b>	<b>0:40</b>															
<b>H17k (Herren bis 17 kurz) (9)</b>				<b>5,7 km 60 Hm</b>			<b>22 P</b>													
			1(43)	2(44)	3(45)	4(46)	5(47)	6(40)	7(41)	8(118)	9(49)	10(111)	11(112)	12(113)	13(114)	14(115)				
			15(116)	16(121)	17(122)	18(123)	19(50)	20(119)	21(120)	22(36)	Ziel									
1		<b>Till Kleine TuS Lübbecke</b>	<b>51:41</b>	<b>3:15</b>	<b>4:05</b>	<b>4:35</b>	<b>5:34</b>	<b>6:20</b>	<b>9:47</b>	<b>10:41</b>	<b>14:45</b>	<b>19:56</b>	<b>21:26</b>	<b>25:41</b>	<b>26:42</b>	<b>27:54</b>	<b>31:28</b>			
			<b>3:15</b>	<b>0:50</b>	<b>0:30</b>	<b>0:59</b>	<b>0:46</b>	<b>3:27</b>	<b>0:54</b>	<b>4:04</b>	<b>5:11</b>	<b>1:30</b>	<b>4:15</b>	<b>1:01</b>	<b>1:12</b>	<b>3:34</b>				
			<b>34:57</b>	<b>39:50</b>	<b>42:11</b>	<b>43:27</b>	<b>45:51</b>	<b>48:40</b>	<b>49:42</b>	<b>50:55</b>	<b>51:41</b>									
			<b>3:29</b>	<b>4:53</b>	<b>2:21</b>	<b>1:16</b>	<b>2:24</b>	<b>2:49</b>	<b>1:02</b>	<b>1:13</b>	<b>0:46</b>									
2		<b>Daniel Wollgarten Kölner OL-Team</b>	<b>57:34</b>	<b>4:06</b>	<b>5:57</b>	<b>6:47</b>	<b>8:17</b>	<b>9:04</b>	<b>13:36</b>	<b>15:03</b>	<b>19:46</b>	<b>22:59</b>	<b>24:33</b>	<b>29:00</b>	<b>30:13</b>	<b>31:31</b>	<b>34:50</b>			
			<b>4:06</b>	<b>1:51</b>	<b>0:50</b>	<b>1:30</b>	<b>0:47</b>	<b>4:32</b>	<b>1:27</b>	<b>4:43</b>	<b>3:13</b>	<b>1:34</b>	<b>4:27</b>	<b>1:13</b>	<b>1:18</b>	<b>3:19</b>				
			<b>40:08</b>	<b>45:14</b>	<b>48:22</b>	<b>49:33</b>	<b>52:10</b>	<b>54:28</b>	<b>55:46</b>	<b>56:51</b>	<b>57:34</b>									
			<b>5:18</b>	<b>5:06</b>	<b>3:08</b>	<b>1:11</b>	<b>2:37</b>	<b>2:18</b>	<b>1:18</b>	<b>1:05</b>	<b>0:43</b>									
3		<b>Tobias Gödde DJK Adler 07 Bottro</b>	<b>1:03:44</b>	<b>5:38</b>	<b>6:26</b>	<b>7:02</b>	<b>8:23</b>	<b>9:20</b>	<b>13:28</b>	<b>14:45</b>	<b>20:43</b>	<b>24:32</b>	<b>26:29</b>	<b>31:06</b>	<b>32:20</b>	<b>36:08</b>	<b>39:42</b>			
			<b>5:38</b>	<b>0:48</b>	<b>0:36</b>	<b>1:21</b>	<b>0:57</b>	<b>4:08</b>	<b>1:17</b>	<b>5:58</b>	<b>3:49</b>	<b>1:57</b>	<b>4:37</b>	<b>1:14</b>	<b>3:48</b>	<b>3:34</b>				
			<b>44:09</b>	<b>49:41</b>	<b>52:33</b>	<b>54:10</b>	<b>57:38</b>	<b>1:00:36</b>	<b>1:01:51</b>	<b>1:02:54</b>	<b>1:03:44</b>									
			<b>4:27</b>	<b>5:32</b>	<b>2:52</b>	<b>1:37</b>	<b>3:28</b>	<b>2:58</b>	<b>1:15</b>	<b>1:03</b>	<b>0:50</b>									
4		<b>Phillip Rehorst TSC Eintracht Dort</b>	<b>1:09:11</b>	<b>6:11</b>	<b>6:55</b>	<b>7:41</b>	<b>9:01</b>	<b>10:28</b>	<b>15:31</b>	<b>17:16</b>	<b>23:02</b>	<b>26:46</b>	<b>28:30</b>	<b>33:39</b>	<b>34:51</b>	<b>36:06</b>	<b>40:27</b>			
			<b>6:11</b>	<b>0:44</b>	<b>0:46</b>	<b>1:20</b>	<b>1:27</b>	<b>5:03</b>	<b>1:45</b>	<b>5:46</b>	<b>3:44</b>	<b>1:44</b>	<b>5:09</b>	<b>1:12</b>	<b>1:15</b>	<b>4:21</b>				
			<b>46:48</b>	<b>52:52</b>	<b>55:55</b>	<b>57:42</b>	<b>1:01:30</b>	<b>1:05:36</b>	<b>1:06:39</b>	<b>1:08:18</b>	<b>1:09:11</b>									
			<b>6:21</b>	<b>6:04</b>	<b>3:03</b>	<b>1:47</b>	<b>3:48</b>	<b>4:06</b>	<b>1:03</b>	<b>1:39</b>	<b>0:53</b>									
5		<b>Christian Gieseler OLG Siegerland</b>	<b>1:15:25</b>	<b>5:38</b>	<b>6:45</b>	<b>7:27</b>	<b>9:08</b>	<b>10:09</b>	<b>15:29</b>	<b>16:52</b>	<b>23:09</b>	<b>31:57</b>	<b>34:00</b>	<b>39:35</b>	<b>40:55</b>	<b>42:18</b>	<b>46:35</b>			
			<b>5:38</b>	<b>1:07</b>	<b>0:42</b>	<b>1:41</b>	<b>1:01</b>	<b>5:20</b>	<b>1:23</b>	<b>6:17</b>	<b>8:48</b>	<b>2:03</b>	<b>5:35</b>	<b>1:20</b>	<b>1:23</b>	<b>4:17</b>				
			<b>50:50</b>	<b>59:07</b>	<b>1:02:02</b>	<b>1:03:49</b>	<b>1:07:09</b>	<b>1:11:39</b>	<b>1:12:36</b>	<b>1:13:56</b>	<b>1:15:25</b>									
			<b>4:15</b>	<b>8:17</b>	<b>2:55</b>	<b>1:47</b>	<b>3:20</b>	<b>4:30</b>	<b>0:57</b>	<b>1:20</b>	<b>1:29</b>									
6		<b>Leo Klotz Ohne Verein</b>	<b>1:19:33</b>	<b>7:25</b>	<b>9:45</b>	<b>10:38</b>	<b>14:45</b>	<b>18:29</b>	<b>22:51</b>	<b>24:43</b>	<b>32:42</b>	<b>37:26</b>	<b>40:04</b>	<b>44:56</b>	<b>46:45</b>	<b>48:05</b>	<b>54:30</b>			
			<b>7:25</b>	<b>2:20</b>	<b>0:53</b>	<b>4:07</b>	<b>3:44</b>	<b>4:22</b>	<b>1:52</b>	<b>7:59</b>	<b>4:44</b>	<b>2:38</b>	<b>4:52</b>	<b>1:49</b>	<b>1:20</b>	<b>6:25</b>				
			<b>58:28</b>	<b>1:04:56</b>	<b>1:07:11</b>	<b>1:08:51</b>	<b>1:11:21</b>	<b>1:17:14</b>	<b>1:17:48</b>	<b>1:18:51</b>	<b>1:19:33</b>									
			<b>3:58</b>	<b>6:28</b>	<b>2:15</b>	<b>1:40</b>	<b>2:30</b>	<b>5:53</b>	<b>0:34</b>	<b>1:03</b>	<b>0:42</b>									
7		<b>Lukas Bersuck Bielefelder TG</b>	<b>1:27:26</b>	<b>9:02</b>	<b>9:51</b>	<b>10:38</b>	<b>12:01</b>	<b>13:00</b>	<b>23:11</b>	<b>24:55</b>	<b>40:19</b>	<b>44:46</b>	<b>47:50</b>	<b>53:12</b>	<b>54:42</b>	<b>56:09</b>	<b>1:00:32</b>			
			<b>9:02</b>	<b>0:49</b>	<b>0:47</b>	<b>1:23</b>	<b>0:59</b>	<b>10:11</b>	<b>1:44</b>	<b>15:24</b>	<b>4:27</b>	<b>3:04</b>	<b>5:22</b>	<b>1:30</b>	<b>1:27</b>	<b>4:23</b>				
			<b>1:04:39</b>	<b>1:10:36</b>	<b>1:13:34</b>	<b>1:15:44</b>	<b>1:20:29</b>	<b>1:23:35</b>	<b>1:25:05</b>	<b>1:26:34</b>	<b>1:27:26</b>									
			<b>4:07</b>	<b>5:57</b>	<b>2:58</b>	<b>2:10</b>	<b>4:45</b>	<b>3:06</b>	<b>1:30</b>	<b>1:29</b>	<b>0:52</b>									
8		<b>Kay Tausendfreund WOLF Haltern</b>	<b>1:31:50</b>	<b>13:08</b>	<b>13:47</b>	<b>14:42</b>	<b>16:13</b>	<b>17:25</b>	<b>22:55</b>	<b>24:46</b>	<b>31:00</b>	<b>36:06</b>	<b>38:23</b>	<b>44:28</b>	<b>46:21</b>	<b>48:29</b>	<b>53:38</b>			
			<b>13:08</b>	<b>0:39</b>	<b>0:55</b>	<b>1:31</b>	<b>1:12</b>	<b>5:30</b>	<b>1:51</b>	<b>6:14</b>	<b>5:06</b>	<b>2:17</b>	<b>6:05</b>	<b>1:53</b>	<b>2:08</b>	<b>5:09</b>				
			<b>1:00:01</b>	<b>1:08:44</b>	<b>1:12:30</b>	<b>1:14:58</b>	<b>1:21:15</b>	<b>1:25:53</b>	<b>1:29:00</b>	<b>1:30:47</b>	<b>1:31:50</b>									
			<b>6:23</b>	<b>8:43</b>	<b>3:46</b>	<b>2:28</b>	<b>6:17</b>	<b>4:38</b>	<b>3:07</b>	<b>1:47</b>	<b>1:03</b>									
		<b>Markus Anneken ASG Teutoburger W</b>	<b>N Ang</b>																	



Pl	tnr	Name	Zeit														
<b>H45 (Herren ab 45) (8)</b>				<b>6,4 km 60 Hm</b>				<b>19 P</b>		<i>(Forts.)</i>							
				1(46)	2(47)	3(118)	4(111)	5(126)	6(115)	7(117)	8(37)	9(121)	10(101)	11(125)	12(128)	13(103)	14(104)
				15(122)	16(123)	17(50)	18(120)	19(36)	Ziel								
2		<b>Andreas Maltig</b>	<b>57:34</b>	<b>2:43</b>	3:33	6:01	10:08	<b>12:52</b>	<b>15:19</b>	17:50	19:42	22:22	31:59	34:58	37:51	41:59	43:24
		<b>DJK Adler 07 Bottro</b>		<b>2:43</b>	0:50	2:28	4:07	<b>2:44</b>	<b>2:27</b>	2:31	1:52	2:40	9:37	2:59	<b>2:53</b>	4:08	1:25
				49:15	50:37	52:44	55:46	56:38	57:34								
				5:51	1:22	2:07	<b>3:02</b>	<b>0:52</b>	0:56								
3		<b>Marc Schnell</b>	<b>57:37</b>	2:56	3:37	6:09	10:17	13:13	15:52	18:04	20:06	22:45	31:23	34:02	37:12	41:17	42:52
		<b>Hansa Simmerath</b>		2:56	0:41	2:32	4:08	2:56	2:39	<b>2:12</b>	2:02	2:39	8:38	2:39	3:10	4:05	1:35
				46:50	48:29	52:25	55:28	56:39	57:37								
				3:58	1:39	3:56	3:03	1:11	0:58								
4		<b>Andreas Mohren</b>	<b>1:03:57</b>	3:41	4:36	8:55	13:26	16:57	19:44	22:58	25:07	28:01	36:32	39:16	44:02	48:22	50:27
		<b>Hansa Simmerath</b>		3:41	0:55	4:19	4:31	3:31	2:47	3:14	2:09	2:54	8:31	2:44	4:46	4:20	2:05
				55:21	56:37	58:48	1:02:02	1:03:06	1:03:57								
				4:54	1:16	2:11	3:14	1:04	0:51								
5		<b>Volker Caspari</b>	<b>1:07:10</b>	2:48	3:26	6:02	10:02	14:31	18:38	22:55	24:52	27:25	35:28	37:53	46:09	50:16	51:53
		<b>OL Team Lippe</b>		2:48	<b>0:38</b>	2:36	4:00	4:29	4:07	4:17	1:57	<b>2:33</b>	8:03	<b>2:25</b>	8:16	4:07	1:37
				55:33	56:57	59:02	1:05:27	1:06:20	1:07:10								
				3:40	1:24	<b>2:05</b>	6:25	0:53	<b>0:50</b>								
6		<b>Jan Bouwman</b>	<b>1:33:22</b>	8:34	9:34	13:58	20:06	25:06	29:25	33:01	35:57	40:15	52:09	56:34	1:01:10	1:06:52	1:09:20
		<b>Kölner OL-Team</b>		8:34	1:00	4:24	6:08	5:00	4:19	3:36	2:56	4:18	11:54	4:25	4:36	5:42	2:28
				1:19:12	1:21:26	1:24:59	1:30:46	1:32:13	1:33:22								
				9:52	2:14	3:33	5:47	1:27	1:09								
		<b>Vladimir Sigarev</b>	<b>Fehlst</b>	3:02	4:18	9:27	17:05	21:52	27:08	29:42	31:41	36:13	43:47	46:49	51:04	54:50	56:18
		<b>DJK Adler 07 Bottro</b>		3:02	1:16	5:09	7:38	4:47	5:16	2:34	1:59	4:32	<b>7:34</b>	3:02	4:15	3:46	1:28
				1:00:09	-----	1:02:43	1:10:56	1:11:54	1:12:36								
				3:51		2:34	8:13	0:58	0:42								
		<b>Christian Harms</b>	<b>Aufg</b>	3:18	4:15	7:15	12:57	17:07	20:06	22:44	25:04	28:25	38:52	-----	-----	-----	-----
		<b>WOLF Haltern</b>		3:18	0:57	3:00	5:42	4:10	2:59	2:38	2:20	3:21	10:27				
				-----	51:33	54:59	-----	-----	58:52								
					12:41	3:26			3:53								
<b>H55 (Herren ab 55) (15)</b>				<b>5,7 km 60 Hm</b>				<b>22 P</b>									
				1(43)	2(44)	3(45)	4(46)	5(47)	6(40)	7(41)	8(118)	9(49)	10(111)	11(112)	12(113)	13(114)	14(115)
				15(116)	16(121)	17(122)	18(123)	19(50)	20(119)	21(120)	22(36)	Ziel					
1		<b>Nikolaj Wanner</b>	<b>55:38</b>	<b>3:17</b>	<b>5:14</b>	<b>5:42</b>	<b>6:46</b>	<b>7:21</b>	<b>11:57</b>	<b>13:20</b>	<b>16:51</b>	<b>21:59</b>	<b>23:03</b>	<b>29:01</b>	<b>29:57</b>	<b>32:11</b>	<b>35:17</b>
		<b>OLG Siegerland</b>		<b>3:17</b>	1:57	<b>0:28</b>	<b>1:04</b>	<b>0:35</b>	4:36	1:23	<b>3:31</b>	5:08	<b>1:04</b>	5:58	<b>0:56</b>	2:14	3:06
				<b>38:52</b>	<b>43:23</b>	<b>45:36</b>	<b>46:56</b>	<b>49:22</b>	<b>52:09</b>	<b>53:41</b>	<b>54:42</b>	<b>55:38</b>		4:11	11:07		
				3:35	<b>4:31</b>	<b>2:13</b>	<b>1:20</b>	2:26	2:47	1:32	<b>1:01</b>	0:56		*34	*39		
2		<b>Peter Depta</b>	<b>57:47</b>	6:15	7:40	8:19	9:33	10:13	13:32	14:54	23:06	25:53	27:24	30:51	31:56	33:13	36:20
		<b>OLG Siegerland</b>		6:15	1:25	0:39	1:14	0:40	<b>3:19</b>	1:22	8:12	<b>2:47</b>	1:31	<b>3:27</b>	1:05	1:17	3:07
				39:49	44:59	47:19	48:46	51:32	54:38	55:49	56:58	57:47					
				3:29	5:10	2:20	1:27	2:46	3:06	1:11	1:09	<b>0:49</b>					
3		<b>Steffen Lange</b>	<b>1:00:21</b>	5:38	7:34	8:11	9:19	10:04	13:53	15:26	23:57	26:57	28:46	33:31	34:27	35:30	38:20
		<b>DJK Adler 07 Bottro</b>		5:38	1:56	0:37	1:08	0:45	3:49	1:33	8:31	3:00	1:49	4:45	<b>0:56</b>	<b>1:03</b>	<b>2:50</b>
				41:36	46:22	48:50	50:36	52:54	55:55	58:11	59:20	1:00:21					
				<b>3:16</b>	4:46	2:28	1:46	<b>2:18</b>	3:01	2:16	1:09	1:01					
4		<b>Thomas Reinitz</b>	<b>1:02:55</b>	4:32	6:06	6:41	7:56	8:39	12:37	14:00	19:31	23:18	24:42	29:56	31:09	32:38	36:29
		<b>TSC Eintracht Dort</b>		4:32	1:34	0:35	1:15	0:43	3:58	1:23	5:31	3:47	1:24	5:14	1:13	1:29	3:51
				40:49	46:29	50:42	53:14	56:06	59:42	1:00:51	1:02:03	1:02:55					
				4:20	5:40	4:13	2:32	2:52	3:36	1:09	1:12	0:52					
5		<b>Rainer Brandt</b>	<b>1:03:54</b>	6:04	9:30	10:22	12:51	14:36	18:55	20:15	24:17	27:47	29:06	33:06	34:14	35:57	39:35
		<b>Hansa Simmerath</b>		6:04	3:26	0:52	2:29	1:45	4:19	1:20	4:02	3:30	1:19	4:00	1:08	1:43	3:38
				44:13	49:00	51:17	53:04	56:18	59:37	1:00:59	1:03:01	1:03:54					
				4:38	4:47	2:17	1:47	3:14	3:19	1:22	2:02	0:53					
6		<b>Rüdiger Baack</b>	<b>1:04:59</b>	4:42	6:56	7:44	9:02	10:47	14:30	15:36	22:10	25:22	26:40	31:34	32:46	34:00	37:38
		<b>Hansa Simmerath</b>		4:42	2:14	0:48	1:18	1:45	3:43	<b>1:06</b>	6:34	3:12	1:18	4:54	1:12	1:14	3:38
				45:51	51:23	53:57	55:52	58:41	1:01:26	1:02:41	1:03:54	1:04:59					
				8:13	5:32	2:34	1:55	2:49	<b>2:45</b>	1:15	1:13	1:05					
7		<b>Thomas Hohberg</b>	<b>1:09:27</b>	5:14	6:13	6:56	8:13	9:02	13:55	15:27	21:17	25:03	26:40	31:13	32:25	33:58	37:50
		<b>ASG Teutoburger W</b>		5:14	0:59	0:43	1:17	0:49	4:53	1:32	5:50	3:46	1:37	4:33	1:12	1:33	3:52
				44:45	51:31	55:04	56:43	1:01:15	1:04:39	1:06:13	1:08:35	1:09:27					
				6:55	6:46	3:33	1:39	4:32	3:24	1:34	2:22	0:52					
8		<b>Peter Gierlach</b>	<b>1:13:47</b>	6:10	9:33	10:20	12:00	12:59	17:50	19:43	26:18	30:37	32:28	37:39	39:05	40:44	45:06
		<b>WOLF Haltern</b>		6:10	3:23	0:47	1:40	0:59	4:51	1:53	6:35	4:19	1:51	5:11	1:26	1:39	4:22
				49:36	56:40	1:00:41	1:02:39	1:05:54	1:09:40	1:10:56	1:12:45	1:13:47					
				4:30	7:04	4:01	1:58	3:15	3:46	1:16	1:49	1:02					
9		<b>Richard Karski</b>	<b>1:17:29</b>	5:42	6:32	7:06	8:17	9:10	12:50	14:07	25:56	30:20	37:10	40:39	41:40	44:40	48:12
		<b>OLG Siegerland</b>		5:42	<b>0:50</b>	0:34	1:11	0:53	3:40	1:17	11:49	4:24	6:50	3:29	1:01	3:00	3:32
				52:23	59:33	1:04:01	1:06:36	1:09:20	1:14:15	1:15:13	1:16:27	1:17:29					
				4:11	7:10	4:28	2:35	2:44	4:55	<b>0:58</b>	1:14	1:02					
10		<b>Michael Margolin</b>	<b>1:19:29</b>	13:48	17:02	17:30	20:40	22:00	28:22	29:45	35:24	38:58	40:26	45:00	46:10	49:18	52:32
		<b>GSV Düsseldorf</b>		13:48	3:14	<b>0:28</b>	3:10	1:20	6:22	1:23	5:39	3:34	1:28	4:34	1:10	3:08	3:14
				58:34	1:05:41	1:08:21	1:10:06	1:13:12	1:16:06	1:17:05	1:18:31	1:19:29					

Pl	tnr	Name	Zeit														
<b>H55 (Herren ab 55) (15)</b>				<b>5,7 km 60 Hm</b>			<b>22 P</b>			<i>(Forts.)</i>							
				1(43)	2(44)	3(45)	4(46)	5(47)	6(40)	7(41)	8(118)	9(49)	10(111)	11(112)	12(113)	13(114)	14(115)
				15(116)	16(121)	17(122)	18(123)	19(50)	20(119)	21(120)	22(36)	Ziel					
12		<b>Uwe Bürger</b>	<b>1:31:47</b>	7:15	11:20	12:17	14:17	15:24	21:46	23:41	30:24	35:36	37:52	44:02	45:54	48:23	54:49
		<b>TSC Eintracht Dort</b>		7:15	4:05	0:57	2:00	1:07	6:22	1:55	6:43	5:12	2:16	6:10	1:52	2:29	6:26
				1:00:43	1:09:54	1:14:11	1:17:11	1:21:25	1:26:50	1:28:36	1:30:42	1:31:47					
				5:54	9:11	4:17	3:00	4:14	5:25	1:46	2:06	1:05					
13		<b>Thomas Cieslewicz</b>	<b>1:37:11</b>	5:25	8:24	10:20	12:09	13:14	19:11	21:13	28:02	32:47	35:01	40:58	42:48	47:09	54:17
		<b>TSC Eintracht Dort</b>		5:25	2:59	1:56	1:49	1:05	5:57	2:02	6:49	4:45	2:14	5:57	1:50	4:21	7:08
				1:02:28	1:13:29	1:19:08	1:22:41	1:26:26	1:32:24	1:34:13	1:35:52	1:37:11					
				8:11	11:01	5:39	3:33	3:45	5:58	1:49	1:39	1:19					
		<b>Joachim Menn</b>	<b>Aufg</b>	7:07	9:27	10:14	12:24	13:43	20:23	22:49	36:01	41:55	44:26	55:04	59:02	1:04:54	1:14:49
		<b>OLG Siegerland</b>		7:07	2:20	0:47	2:10	1:19	6:40	2:26	13:12	5:54	2:31	10:38	3:58	5:52	9:55
				-----	-----	-----	-----	-----	-----	-----	-----	-----					
		<b>Hans-Joachim Glow</b>	<b>N Ang</b>														
		<b>TSC Eintracht Dort</b>															
<b>H65 (Herren ab 65) (6)</b>				<b>4,7 km 35 Hm</b>			<b>18 P</b>										
				1(38)	2(39)	3(40)	4(41)	5(42)	6(49)	7(111)	8(126)	9(115)	10(117)	11(37)	12(121)	13(122)	14(123)
				15(50)	16(119)	17(120)	18(36)	Ziel									
1		<b>Helmut Wollgarten</b>	<b>48:07</b>	2:13	5:06	5:51	7:40	9:21	14:37	16:31	20:57	23:45	26:27	29:27	33:15	36:21	37:58
		<b>Hansa Simmerath</b>		2:13	2:53	0:45	1:49	1:41	5:16	1:54	4:26	2:48	2:42	3:00	3:48	3:06	1:37
				41:20	44:55	45:56	47:07	48:07									
				3:22	3:35	1:01	1:11	1:00									
2		<b>Hermann Wollgarte</b>	<b>53:26</b>	2:29	6:13	7:03	9:21	10:53	16:18	18:11	22:16	25:35	28:25	32:12	36:06	42:36	44:13
		<b>Hansa Simmerath</b>		2:29	3:44	0:50	2:18	1:32	5:25	1:53	4:05	3:19	2:50	3:47	3:54	6:30	1:37
				47:00	50:02	50:56	52:26	53:26									
				2:47	3:02	0:54	1:30	1:00									
3		<b>Nikolaus Risch</b>	<b>54:10</b>	2:29	6:16	7:03	8:44	10:20	17:12	18:34	22:23	26:41	30:04	33:22	37:43	40:38	42:22
		<b>ASG Teutoburger W</b>		2:29	3:47	0:47	1:41	1:36	6:52	1:22	3:49	4:18	3:23	3:18	4:21	2:55	1:44
				46:35	49:35	51:40	53:19	54:10									
				4:13	3:00	2:05	1:39	0:51									
4		<b>Dieter Kleist</b>	<b>1:08:11</b>	2:36	7:50	9:02	11:47	13:47	20:31	22:25	27:59	33:00	36:30	39:48	44:57	49:23	52:37
		<b>TSC Eintracht Dort</b>		2:36	5:14	1:12	2:45	2:00	6:44	1:54	5:34	5:01	3:30	3:18	5:09	4:26	3:14
				56:37	1:03:22	1:04:59	1:07:02	1:08:11									
				4:00	6:45	1:37	2:03	1:09									
5		<b>Manfred Thallner</b>	<b>1:21:52</b>	4:02	8:57	13:25	20:56	24:09	31:47	34:14	40:33	45:09	49:20	54:40	1:00:25	1:05:44	1:08:37
		<b>TSC Eintracht Dort</b>		4:02	4:55	4:28	7:31	3:13	7:38	2:27	6:19	4:36	4:11	5:20	5:45	5:19	2:53
				1:13:19	1:17:13	1:18:54	1:20:47	1:21:52									
				4:42	3:54	1:41	1:53	1:05									
6		<b>Lothar Kempin</b>	<b>1:23:51</b>	3:56	11:04	16:28	22:54	26:02	34:06	35:57	44:56	49:26	53:01	55:55	1:00:10	1:06:49	1:09:50
		<b>Oberodenthaler SC</b>		3:56	7:08	5:24	6:26	3:08	8:04	1:51	8:59	4:30	3:35	2:54	4:15	6:39	3:01
				1:15:14	1:19:08	1:20:54	1:22:46	1:23:51									
				5:24	3:54	1:46	1:52	1:05									
<b>H75 (Herren ab 75) (7)</b>				<b>3,8 km 25 Hm</b>			<b>12 P</b>										
				1(43)	2(44)	3(111)	4(112)	5(126)	6(115)	7(117)	8(37)	9(121)	10(50)	11(120)	12(36)	Ziel	
1		<b>Walter Gieseler</b>	<b>49:34</b>	6:26	10:16	16:05	21:17	23:32	27:11	30:37	33:37	37:47	41:51	46:28	48:15	49:34	
		<b>OLG Siegerland</b>		6:26	3:50	5:49	5:12	2:15	3:39	3:26	3:00	4:10	4:04	4:37	1:47	1:19	
2		<b>Dirk Zwicker</b>	<b>58:12</b>	14:12	18:03	23:11	28:42	31:08	35:02	38:26	41:22	45:21	49:11	54:26	57:08	58:12	
		<b>Argus Niederlande</b>		14:12	3:51	5:08	5:31	2:26	3:54	3:24	2:56	3:59	3:50	5:15	2:42	1:04	
3		<b>Gerrit Krause</b>	<b>58:52</b>	5:14	6:21	12:00	17:38	20:01	24:12	29:50	32:57	38:15	45:34	50:58	53:05	58:52	
		<b>TSC Eintracht Dort</b>		5:14	1:07	5:39	5:38	2:23	4:11	5:38	3:07	5:18	7:19	5:24	2:07	5:47	
				55:59													
				*48													
4		<b>Jörg Herbrand</b>	<b>1:18:07</b>	8:19	10:18	18:25	27:00	39:31	45:53	51:08	56:21	1:02:08	1:08:31	1:14:36	1:16:40	1:18:07	
		<b>TV Wanheimerort</b>		8:19	1:59	8:07	8:35	12:31	6:22	5:15	5:13	5:47	6:23	6:05	2:04	1:27	
5		<b>Siegmar Breckle</b>	<b>1:24:14</b>	24:53	26:56	36:31	44:15	47:44	54:17	59:10	1:03:05	1:08:48	1:14:35	1:20:25	1:22:45	1:24:14	
		<b>Bielefelder TG</b>		24:53	2:03	9:35	7:44	3:29	6:33	4:53	3:55	5:43	5:47	5:50	2:20	1:29	
6		<b>Karl Keddy</b>	<b>1:30:24</b>	10:19	14:45	33:19	42:32	47:35	53:37	59:03	1:03:23	1:09:28	1:17:05	1:26:03	1:28:23	1:30:24	
		<b>TSC Eintracht Dort</b>		10:19	4:26	18:34	9:13	5:03	6:02	5:26	4:20	6:05	7:37	8:58	2:20	2:01	
7		<b>Edmund Keil</b>	<b>1:34:53</b>	26:10	31:15	40:57	49:05	54:20	1:01:36	1:08:55	1:12:54	1:18:37	1:24:01	1:31:14	1:33:22	1:34:53	
		<b>Bielefelder TG</b>		26:10	5:05	9:42	8:08	5:15	7:16	7:19	3:59	5:43	5:24	7:13	2:08	1:31	