

Name, Vorname	Verein	Herdecker Lauf	Kirchender Lauf	Nikolaus Lauf	Gesamtzeit	Platz	Klasse
Bischoping, Andrea	TSV 1863 Herdecke	0:40:52	0:42:50	0:41:05	2:04:47	1	FJB
Naunheim, Miriam	SG Suderwich	0:58:57	0:56:55	1:03:09	2:59:01	1	F20
Naunheim, Verena	Oer-Erkenschwick	0:59:00	1:05:26	0:56:18	3:00:44	2	F20
Semmer, Diana	Spvg Hagen 1911	0:59:34	0:59:37	0:58:27	2:57:38	1	F30
Schriever, Andrea	LT Hagen	1:04:11	1:07:27	1:01:50	3:13:28	2	F30
Doyscher, Uta	LT Bittermark Dortmund	0:39:58	0:39:43	0:37:27	1:57:08	1	F35
Lolies, Jutta	TuS Ende	0:49:23	0:48:19	0:44:11	2:21:53	2	F35
Lüling, Andrea	LG Hagen-Potsdam	0:59:37	1:03:13	0:58:27	3:01:17	3	F35
Conradi-Loska, Ines	TGH Wetter	0:48:21	0:51:43	0:47:15	2:27:19	1	F40
Koolbergen, Birgit	TV Hasperbach	0:51:13	0:52:47	0:49:54	2:33:54	2	F40
Wiemer, Beate	Laufftreff Hagen-Emst	0:55:55	0:59:25	0:52:14	2:47:34	3	F40
Knips, Ute	Herdecke	0:57:41	0:59:18	0:53:53	2:50:52	4	F40
vom Lehn, Frauke	LG Hagen-Potsdam	0:56:16	1:01:55	0:55:17	2:53:28	5	F40
Stich, Heike	TuS Ende	0:44:31	0:47:00	0:43:14	2:14:45	1	F45
Preuß, Michaela	Polizei-SV Hagen	0:44:55	0:45:49	0:45:03	2:15:47	2	F45
Hildebrandt-Billig, Claudia	TGH Wetter	0:55:51	0:59:49	0:54:54	2:50:34	3	F45
Braun-Nott, Angelika	Laufftreff Hohenlimburg	0:52:44	0:53:44	0:50:46	2:37:14	1	F50
Bullert, Hildegard	TuS Breckerfeld	1:00:16	1:01:21	0:56:15	2:57:52	1	F55
Heimhardt, Ingrid	TG Voerde	0:50:48	0:52:04	0:48:23	2:31:15	1	F60
Sievers, Marcel	TSV 1863 Herdecke	0:36:15	0:37:48	0:37:01	1:51:04	1	MJB
Mensing, Maximilian	TuS Ende	0:37:10	0:38:40	0:37:06	1:52:56	2	MJB
Quent, Fabian	SV Berchum	0:39:36	0:38:54	0:37:25	1:55:55	3	MJB
Quent, Simon	SV Berchum	0:39:06	0:41:32	0:38:25	1:59:03	4	MJB
Krokowski, Philipp	TSV 1863 Herdecke	0:39:39	0:42:45	0:44:10	2:06:34	5	MJB
Pistor, Rene	TuS Ende	0:43:43	0:42:20	0:44:06	2:10:09	6	MJB
Zöllner, Johannes	TSV 1863 Herdecke	0:42:54	0:46:05	0:41:32	2:10:31	7	MJB
Schmitz, Wilhelm	TSV 1863 Herdecke	0:50:57	0:55:45	0:51:30	2:38:12	8	MJB
Weckelmann, Matthias	Triathlon Team Witten	0:41:09	0:40:17	0:40:08	2:01:34	1	M20
Pastor, Till	PV Triathlon Witten	0:46:49	0:41:48	0:39:43	2:08:20	2	M20
Sandmann, Matthias	Herdecke	0:47:41	0:47:33	0:45:25	2:20:39	3	M20
Dick-Cortmann, Marcus	LG Schwerte	0:37:21	0:37:53	0:36:41	1:51:55	1	M30
Schulte-Trux, Jörg	TuS Ende, Tischtennis	0:49:06	0:47:00	0:43:45	2:19:51	2	M30
Sprave, Karsten	Herdecke	0:56:14	0:55:48	0:54:19	2:46:20	3	M30
Lebermann, Malte	Bochum	0:42:35	0:45:45	0:42:26	2:10:46	1	M35
Faber, Stephan	Roadrenner Stadtanzeiger	0:43:47	0:45:50	0:44:48	2:14:25	2	M35
Junk, Andreas	Weddia	0:46:21	0:48:11	0:44:25	2:18:57	3	M35
Nieder, Ingo	Herdecke	0:46:34	0:48:10	0:44:47	2:19:31	4	M35
Koch, Jörg	Herdecke	0:51:27	0:52:17	0:50:07	2:33:51	5	M35
Sonnenberg, Harry	TSV Kabel 1882	0:36:01	0:35:53	0:34:35	1:46:29	1	M40
Stuhldreier, Jörg	SC Concordia Hagen	0:37:10	0:38:06	0:35:53	1:51:09	2	M40
Kubsch, Dietmar	TGH Wetter	0:38:59	0:39:26	0:38:37	1:57:02	3	M40
Czerlinski, Manfred	Georg-Müller-Schule	0:39:20	0:41:10	0:38:48	1:59:18	4	M40
Schadwill, Thomas	LG Iserlohn	0:45:28	0:43:42	0:40:33	2:09:43	5	M40
Korge, Christian	TSV 1863 Herdecke	0:46:40	0:46:14	0:42:22	2:15:16	6	M40
van der Horst, Uwe	Wetter	0:43:45	0:49:05	0:42:48	2:15:38	7	M40

Wagner, Torsten	TuS Ende	0:44:18	0:48:07	0:45:41	2:18:06	8	M40
Laffin, Jörg	Iserlohn	0:47:39	0:48:01	0:45:08	2:20:48	9	M40
Limburg, Ulrich	FC Herdecke Ende	0:48:50	0:49:55	0:50:14	2:28:59	10	M40
Tropschug, Knut	Herdecke	0:53:05	0:57:15	0:54:50	2:45:10	11	M40
Lutz, Joachim	Laufftreff Ende	0:38:13	0:38:44	0:37:12	1:54:09	1	M45
Chrobok, Reiner	TGH Wetter	0:39:36	0:39:24	0:39:48	1:58:48	2	M45
Fritz, Ulrich	HTC Blau-Golg Hagen	0:41:03	0:41:43	0:39:06	2:01:52	3	M45
Czernik, Johann	Wetter	0:43:08	0:44:58	0:41:47	2:09:53	4	M45
Richter, Michael	Solingen	0:44:43	0:44:52	0:43:35	2:13:10	5	M45
Koolbergen, Roland	TV Hasperbach	0:47:47	0:46:23	0:42:08	2:16:18	6	M45
Meiser, Karl-Heinz	TuS Ende	0:47:42	0:50:02	0:51:43	2:29:27	7	M45
Köthemann, Martin	LT Hagen-Emst	0:52:33	0:51:58	0:47:24	2:31:55	8	M45
Vogel, Siegfried	TuS Breckerfeld	0:56:47	0:57:44	0:55:59	2:50:30	9	M45
Müller, Bernd	SV Hohenlimburg 10	0:59:43	1:02:45	1:02:15	3:04:43	10	M45
Garrido, Roberto	TGH Wetter	0:38:48	0:38:11	0:36:54	1:53:53	1	M50
Vorberg, Stefan	TGH Wetter	0:40:55	0:44:09	0:39:32	2:04:36	2	M50
Jäckel, Norbert	TGH Wetter	0:43:04	0:42:41	0:40:59	2:06:44	3	M50
Schreifels, Wolf-Edgar	LGO Dortmund	0:45:14	0:42:35	0:39:42	2:07:31	4	M50
Richter, Jürgen	Herdecke	0:47:09	0:46:52	0:43:32	2:17:33	5	M50
Weckelmann, Günter	Dortmund	0:47:45	0:46:10	0:44:31	2:18:26	6	M50
Pastor, Jobst	PV Triathlon Witten	0:46:50	0:47:02	0:47:54	2:21:46	7	M50
Zeschky, Walter	Herdecke	0:47:53	0:47:46	0:47:52	2:23:31	8	M50
Seubert, Martin	TuS Ende	0:57:02	1:01:44	0:56:39	2:55:25	9	M50
Domnik, Dietmar	Herdecke	0:46:58	0:48:47	0:46:35	2:22:20	1	M55
Quaisser, Kurt	Laufftreff Emst	0:53:17	0:57:40	0:53:05	2:44:02	2	M55
Lutter, Wilhelm	Put-Marathonteam Witten	0:54:35	0:57:33	0:54:31	2:46:39	3	M55
Keller, Adolf	LC Wuppertal	0:40:41	0:41:53	0:39:30	2:02:04	1	M60
Bullert, Lothar	TuS Breckerfeld	0:46:29	0:47:18	0:44:20	2:18:07	2	M60
Flamme, Heinz-Adolf	Stadtverwaltung Dortmund	0:47:05	0:47:58	0:47:06	2:22:09	3	M60
Rüßmann, Alfred	LT Wischlingen Dortmund	0:47:24	0:51:15	0:45:40	2:24:19	1	M65
Brahmann, Bruno	Witten	0:50:37	0:51:11	0:49:40	2:31:28	2	M65
Cieslibak, Heinz	LT Emst	1:00:14	1:00:26	0:57:48	2:58:28	3	M65
Preuß, Dieter	Spvg Hagen 1911	1:02:57	1:03:05	1:04:34	3:10:36	4	M65
Beecker, Werner	LC Wuppertal	0:43:44	0:43:36	0:42:14	2:09:34	1	M70
Engelbracht, Heinz	BSG Hagen	0:53:09	0:53:19	1:03:35	2:50:03	2	M70