

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|----------|---------|-----|----------------------|-----------------------------|-------|--------|
| m | | | | | | |
| 1. | 1. M20 | 85 | QUENT Simon | Marathon-Club Menden | 31:29 | - |
| 2. | 1. M35 | 282 | SEVERIN Tobias | LGO Bochum | 32:25 | +0:56 |
| 3. | 1. M45 | 3 | ASMUTH Dominik | TGH Wetter | 32:50 | +1:21 |
| 4. | 2. M20 | 274 | EICKEL Klaus | LGO Bochum | 32:52 | +1:23 |
| 5. | 2. M45 | 81 | OEFLER Michael | Lauf Team Tenne Hagen | 32:57 | +1:28 |
| 6. | 3. M45 | 839 | HAARMANN Peter | | 33:15 | +1:46 |
| 7. | 3. M20 | 639 | FORTUNATO Marco | Turbo-Schnecken Lüdenscheid | 33:30 | +2:01 |
| 8. | 1. MJgd | 756 | VOGT Constatin | TV-Frisch Auf Lennep | 33:36 | +2:07 |
| 9. | 2. MJgd | 11 | BIERMANN Philipp | TSV 1863 Herdecke e.V. | 33:37 | +2:08 |
| 10. | 3. MJgd | 63 | KROKOWSKI Simon | TSV 1863 Herdecke e.V. | 33:37 | +2:08 |
| 11. | 4. M20 | 977 | EBNER Samuel | TGH Wetter | 33:43 | +2:14 |
| 12. | 5. M20 | 982 | SCHARRER Samuel | Triathlon TEAM TG Witten | 34:04 | +2:35 |
| 13. | 6. M20 | 260 | EBBING Jan | Triathlon TEAM TG | 34:09 | +2:40 |
| 14. | 1. M30 | 79 | NIESALLA Michael | Hagen | 34:24 | +2:55 |
| 15. | 2. M35 | 445 | KÖHLER Roman | Team Speiche Witten | 34:28 | +2:59 |
| 16. | 1. M50 | 27 | EHMSEN Wolfgang | DGA-Dortmund | 34:29 | +3:00 |
| 17. | 7. M20 | 129 | ZÖLLNER Johannes | TSV 1863 Herdecke e.V. | 34:35 | +3:06 |
| 18. | 2. M50 | 414 | SCHIMOWSKI Thomas | SF Ennepetal | 34:39 | +3:10 |
| 19. | 1. M40 | 844 | HELDT Michael | | 34:44 | +3:15 |
| 20. | 8. M20 | 83 | PASTOR Till | PV Triathlon Witten | 35:02 | +3:33 |
| 21. | 4. M45 | 179 | BAUMANN Karl-Heinz | Gevelsberg | 35:02 | +3:33 |
| 22. | 2. M40 | 758 | WILDSCHÜTZ Alexander | TV-Frisch Auf Lennep | 35:06 | +3:37 |
| 23. | 5. M45 | 558 | PARCHE Ingo | Tri-Geckos Dortmund | 35:07 | +3:38 |
| 24. | 3. M35 | 490 | NORITZSCH Jens | Triathlon TEAM TG Witten | 35:08 | +3:39 |
| 25. | 6. M45 | 93 | SCARAMUZZO Giuseppe | TGH Wetter | 35:08 | +3:39 |
| 26. | 9. M20 | 7 | BECKER Fabian | Aachen | 35:12 | +3:43 |
| 27. | 3. M40 | 562 | BAUMANN Jochen | Tri-Team Hagen | 35:24 | +3:55 |
| 28. | 4. M35 | 484 | DICK-CORTMANN Marcus | Triathlon TEAM TG Witten | 35:24 | +3:55 |
| 29. | 1. R32 | 380 | BELTERMANN Hubertus | Ruderclub Sorpesee | 35:33 | +4:04 |
| 30. | 1. M60 | 5 | AUGUSTIN Klaus | Triathlon TEAM TG Witten | 35:36 | +4:07 |
| 31. | 10. M20 | 561 | KOENIG Sascha | TSV Kabel 1882 | 35:41 | +4:12 |
| 32. | 1. MJgd | 49 | HOYER Jan | TuS Breckerfeld | 35:41 | +4:12 |
| 33. | 5. M35 | 1 | AEPFELBACH Tim | Triathlon TEAM TG Witten | 35:42 | +4:13 |
| 34. | 2. MJgd | 8 | BECKER Stephan | Herne | 35:43 | +4:14 |
| 35. | 7. M45 | 965 | MÖLLER Michael | Sportfreunde Ennepetal | 35:47 | +4:18 |
| 36. | 3. M50 | 967 | DOFF Franco | SSV Allendorf | 35:52 | +4:23 |
| 37. | 8. M45 | 377 | WEBER Burkhard | Rott Runner Wuppertal | 35:54 | +4:25 |
| 38. | 2. M30 | 700 | NOTTEBOHM Michael | TV Lössel | 36:00 | +4:31 |
| 39. | 11. M20 | 966 | QUENT Fabian | Marathon-Club Menden | 36:02 | +4:33 |
| 40. | 4. M40 | 769 | KAUP Frank | VINCI Team Schwerte | 36:05 | +4:36 |
| 41. | 4. MJgd | 986 | WOLBERT Martin | TuS Ende | 36:05 | +4:36 |
| 42. | 6. M35 | 459 | LOHKAMP Andreas | TGH Wetter | 36:17 | +4:48 |
| 43. | 4. M50 | 208 | AUSTINAT Ralf | Iserlohner-Tri-Team | 36:20 | +4:51 |
| 44. | 1. M55 | 40 | GARRIDO Roberto | TGH Wetter | 36:21 | +4:52 |
| 45. | 12. M20 | 480 | BRYLKA Michael | TriTeam TSG Sprockhövel | 36:23 | +4:54 |
| 46. | 5. M40 | 466 | TREICHEL Martin | TGH Wetter | 36:25 | +4:56 |
| 47. | 6. M40 | 506 | GRASS Ralph | Triathlon TEAM TG | 36:35 | +5:06 |
| 48. | 13. M20 | 216 | KLUSMANN Jens | LT TuS Iserlohn | 36:41 | +5:12 |
| 49. | 9. M45 | 82 | PANNEK Stephan | Herdecke | 36:43 | +5:14 |
| 50. | 7. M35 | 430 | LIPPMANN Sascha | Sportfreunde Ennepetal | 36:43 | +5:14 |

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Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|---------|-----|-----------------------|--------------------------------|-------|--------|
| 51. | 7. M40 | 412 | KIEHN Uwe | SF Ennepetal | 36:44 | +5:15 |
| 52. | 8. M40 | 475 | DECHANGE Andre | SFG Floratio | 36:44 | +5:15 |
| 53. | 9. M40 | 987 | ALBRECHT Jan | floratio | 36:50 | +5:21 |
| 54. | 8. M35 | 741 | KUHSTOSS Christian | TV-Frisch Auf Lennep | 36:51 | +5:22 |
| 55. | 10. M45 | 585 | CZIBOR Michael | TriTeam TSG Sprockhövel | 36:56 | +5:27 |
| 56. | 2. R32 | 381 | SCHLECHT Stefan | Ruderclub Sorpesee | 36:58 | +5:29 |
| 57. | 10. M40 | 367 | FREIBURG-SENSES Henry | RC Sorpesee Tri Team | 36:58 | +5:29 |
| 58. | 9. M35 | 594 | SITTIG Carsten | TSV 1860 Hagen | 37:03 | +5:34 |
| 59. | 11. M40 | 71 | MAGGIORELLI Claudio | Bosch Rexroth Witten | 37:06 | +5:37 |
| 60. | 10. M35 | 702 | FÄNGER Richard | TV Volmarstein | 37:12 | +5:43 |
| 61. | 11. M35 | 75 | MÜLLER Andre | TGH Wetter | 37:20 | +5:51 |
| 62. | 11. M45 | 970 | KOCH Christian | TriTeam TSG Sprockhövel | 37:21 | +5:52 |
| 63. | 12. M45 | 212 | NOBIS Dr. Frank | Iserlohner-Tri-Team | 37:35 | +6:06 |
| 64. | 5. M50 | 270 | KLAMROWSKI Mieczyslaw | LG Deiringsen | 37:36 | +6:07 |
| 65. | 12. M35 | 927 | SEDLACZEK Peter | | 37:40 | +6:11 |
| 66. | 5. MJgd | 451 | SCHÖNFELDT Marcel | Team Speiche Witten | 37:41 | +6:12 |
| 67. | 13. M45 | 64 | KUBAS Thorsten | TSV 1863 Herdecke e.V. | 37:42 | +6:13 |
| 68. | 12. M40 | 586 | GÜNTNER Jens | TriTeam TSG Sprockhövel | 37:46 | +6:17 |
| 69. | 14. M20 | 900 | PAWELLEK Karsten | | 37:47 | +6:18 |
| 70. | 13. M35 | 62 | KROEGE Mark | Triathlon TEAM TG Witten | 37:53 | +6:24 |
| 71. | 1. R31 | 783 | BORKENHAGEN Phil | Wassersportverein Honnef e. V. | 38:04 | +6:35 |
| 72. | 13. M40 | 587 | KARGE Ulrich | TriTeam TSG Sprockhövel | 38:14 | +6:45 |
| 73. | 3. M30 | 580 | PIENKNY Sven | Tri-Team Hagen | 38:16 | +6:47 |
| 74. | 6. M50 | 19 | CHROBOK Reiner | TGH Wetter | 38:23 | +6:54 |
| 75. | 15. M20 | 582 | REWIG Adrian | Tri-Team Hagen | 38:23 | +6:54 |
| 76. | 14. M40 | 294 | PANZLAFF Jürgen | LT Bittermark Dortmund | 38:24 | +6:55 |
| 77. | 2. R31 | 384 | LAMMERS Maik | Ruderverein Datteln | 38:27 | +6:58 |
| 78. | 14. M35 | 764 | BRUNNERT Christof | VINCI Team Schwerte | 38:28 | +6:59 |
| 79. | 15. M40 | 739 | KOTTHAUS Holger | TV-Frisch Auf Lennep | 38:33 | +7:04 |
| 80. | 7. M50 | 172 | KLASSEN Manfred | Ennepetal | 38:34 | +7:05 |
| 81. | 14. M45 | 70 | MAASS Michael | Hasper Fecht-Club | 38:41 | +7:12 |
| 82. | 16. M20 | 831 | GODDEN Kilian | | 38:41 | +7:12 |
| 83. | 2. M55 | 108 | STEINHAUER Ulrich | Turbo-Schnecken Lüdenscheid | 38:42 | +7:13 |
| 84. | 16. M40 | 630 | ACKERMANN Frank | Turbo-Schnecken Lüdenscheid | 38:42 | +7:13 |
| 85. | 15. M45 | 932 | SKUBALLA Stefan | | 38:44 | +7:15 |
| 86. | 3. M55 | 36 | FIOLKA Achim | TGH Wetter | 38:44 | +7:15 |
| 87. | 16. M45 | 530 | NOGA Michael | Triathlon TEAM TG | 38:47 | +7:18 |
| 88. | 8. M50 | 403 | HOHR Martin | SC "Wasserfreunde" 1923 Fulda | 38:48 | +7:19 |
| 89. | 17. M40 | 502 | DIETZ Thomas | Triathlon TEAM TG | 38:50 | +7:21 |
| 90. | 9. M50 | 617 | KROKOWSKI Rolf | TSV 1863 Herdecke e.V. | 38:50 | +7:21 |
| 91. | 18. M40 | 811 | DA SILVA Paulo | | 38:54 | +7:25 |
| 92. | 17. M20 | 584 | VOGT Christian | Tri-Team Hagen | 38:55 | +7:26 |
| 93. | 18. M20 | 219 | AKSEKI Muhammed | Kickbox Verein Contact Sport | 38:59 | +7:30 |
| 94. | 17. M45 | 275 | IGLA Holger | LGO Bochum | 39:03 | +7:34 |
| 95. | 19. M40 | 778 | THEIMANN Thorsten | VINCI Team Schwerte | 39:05 | +7:36 |
| 96. | 3. R31 | 385 | PRAUTZSCH Felix | Ruderverein Datteln | 39:06 | +7:37 |
| 97. | 18. M45 | 446 | MAKUC Darko | Team Speiche Witten | 39:06 | +7:37 |
| 98. | 10. M50 | 21 | CZERNIK Johann | Wetter | 39:06 | +7:37 |
| 99. | 20. M40 | 210 | KETZER Christoph | Iserlohner-Tri-Team | 39:07 | +7:38 |
| 100. | 19. M45 | 557 | LEHMKÜHLER Stefan | Tri-Geckos Dortmund | 39:08 | +7:39 |
| 101. | 15. M35 | 314 | WEIß Stephan | LT TUS Iserlohn | 39:08 | +7:39 |
| 102. | 16. M35 | 137 | ROSENTRÄGER Stefan | Bochum | 39:10 | +7:41 |

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Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|---------|-----|--------------------------|--------------------------------|-------|--------|
| 103. | 20. M45 | 123 | WIECHA Rufin | kriwett.net | 39:11 | +7:42 |
| 104. | 21. M45 | 760 | WOLF Martin | TV-Frisch Auf Lennep | 39:13 | +7:44 |
| 105. | 11. M50 | 770 | KUHLMANN Odo | VINCI Team Schwerte | 39:14 | +7:45 |
| 106. | 21. M40 | 525 | REHBERG Thorsten | Triathlon TEAM TG | 39:16 | +7:47 |
| 107. | 22. M45 | 709 | APPEL Uwe | TVA Dortmund - Wickede | 39:18 | +7:49 |
| 108. | 3. R32 | 985 | DEMTRÖDER Axel | RC "Westfalen" Herdecke | 39:22 | +7:53 |
| 109. | 23. M45 | 140 | KERN Michael | Bratwurststand Smith | 39:25 | +7:56 |
| 110. | 22. M40 | 776 | MIEKUS Matthias | VINCI Team Schwerte | 39:29 | +8:00 |
| 111. | 17. M35 | 455 | LOSCH Marco | team-fotorista.de | 39:31 | +8:02 |
| 112. | 24. M45 | 238 | NÖTHE Jürgen | Kurs 8-9-10 Therapiezentrum am | 39:38 | +8:09 |
| 113. | 25. M45 | 120 | WEBER-ALBERS, DR Joachim | TSV 1860 Hagen | 39:39 | +8:10 |
| 114. | 18. M35 | 77 | NIEDERHOFER Stefan | TuS Breckerfeld | 39:40 | +8:11 |
| 115. | 23. M40 | 12 | BISCHOP Martin | Herdecke | 39:42 | +8:13 |
| 116. | 26. M45 | 278 | PURAT Joerg | LGO Bochum | 39:43 | +8:14 |
| 117. | 27. M45 | 706 | WOHLFAHRT Norbert | | 39:45 | +8:16 |
| 118. | 28. M45 | 661 | WETZMÜLLER Peter | Turbo-Schnecken Lüdenscheid | 39:48 | +8:19 |
| 119. | 24. M40 | 791 | ZEPPA Daniel | Witten | 39:50 | +8:21 |
| 120. | 29. M45 | 57 | KONTNY Thomas | TSV 1863 Herdecke e.V. | 39:52 | +8:23 |
| 121. | 25. M40 | 13 | BOMBIEN Jörg | TSV 1863 Herdecke e.V. | 39:55 | +8:26 |
| 122. | 1. R30 | 784 | FAßBENDER David | Wassersportverein Honnef e. V. | 40:00 | +8:31 |
| 123. | 19. M20 | 478 | WIDLICH Tristan | Eintracht Ergste | 40:03 | +8:34 |
| 124. | 4. M30 | 209 | BECKER Tilo | Iserlohner-Tri-Team | 40:13 | +8:44 |
| 125. | 5. M30 | 59 | KRAUSE Christopher | Triathlon TEAM TG Witten | 40:15 | +8:46 |
| 126. | 4. M55 | 711 | DENKE Wernfried | TVA Dortmund - Wickede | 40:17 | +8:48 |
| 127. | 26. M40 | 341 | BRÜCHERT-PASTOR Nils | PV Triathlon Witten | 40:21 | +8:52 |
| 128. | 27. M40 | 33 | FABER Stephan | Roadrunner Stadtanzeiger Hagen | 40:21 | +8:52 |
| 129. | 19. M35 | 519 | KLIEM Holger | Triathlon TEAM TG | 40:22 | +8:53 |
| 130. | 20. M35 | 74 | MORA Dirk | powerstarter | 40:22 | +8:53 |
| 131. | 30. M45 | 2 | AHLERT-DE GRAAT Jörg | TSV 1863 Herdecke e.V. | 40:25 | +8:56 |
| 132. | 3. MJgd | 581 | REHM Tobias | Tri-Team Hagen | 40:25 | +8:56 |
| 133. | 12. M50 | 837 | GROBE Reinert | | 40:28 | +8:59 |
| 134. | 4. R32 | 164 | KOSTREWA, DR. Stefan | Dörki Jogger | 40:39 | +9:10 |
| 135. | 13. M50 | 147 | BERGNER Matthias | PV Triathlon Witten | 40:41 | +9:12 |
| 136. | 6. M30 | 774 | MARTENS Marcel | VINCI Team Schwerte | 40:45 | +9:16 |
| 137. | 28. M40 | 504 | FUEST Andreas | Triathlon TEAM TG | 40:48 | +9:19 |
| 138. | 31. M45 | 957 | JANASIK Tadeusz | Team Lohmann Witten | 40:56 | +9:27 |
| 139. | 29. M40 | 781 | WEIß Andreas | VINCI Team Schwerte | 40:58 | +9:29 |
| 140. | 32. M45 | 95 | SCHADWILL Thomas | TuS Iserlohn | 41:06 | +9:37 |
| 141. | 14. M50 | 834 | GRABOWSKI Bert | | 41:12 | +9:43 |
| 142. | 4. MJgd | 677 | SCHULTHEIS Lennart | Tus Ende | 41:30 | +10:01 |
| 143. | 5. M55 | 439 | RUPPERT Peter | STV | 41:34 | +10:05 |
| 144. | 30. M40 | 61 | KRIWETT Martin R. | kriwett.net | 41:37 | +10:08 |
| 145. | 33. M45 | 817 | DRILLING Norbert | | 41:40 | +10:11 |
| 146. | 7. M30 | 298 | PREUß Simon | LT Bittermark Dortmund | 41:43 | +10:14 |
| 147. | 34. M45 | 307 | KORNEMANN Olaf | LT Hagen-Emst | 41:45 | +10:16 |
| 148. | 21. M35 | 782 | MÜLLER Peter | Tri-Team Hagen | 41:51 | +10:22 |
| 149. | 31. M40 | 29 | ENGEMANN Dirk | Witten-Stockum | 41:52 | +10:23 |
| 150. | 20. M20 | 652 | KOCH Sebastian | Turbo-Schnecken Lüdenscheid | 42:01 | +10:32 |
| 151. | 22. M35 | 223 | ENGLERT Oliver A. | kriwett.net | 42:07 | +10:38 |
| 152. | 35. M45 | 330 | KRIEGER Mike | MKE - Dortmund | 42:08 | +10:39 |
| 153. | 1. M65 | 60 | KREMER Hans-Peter | Tri-Team Hagen | 42:12 | +10:43 |
| 154. | 8. M30 | 158 | HEIDENREICH Gregor | Corrado Club Germany e.V. | 42:16 | +10:47 |

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Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|---------|-----|-------------------------|--------------------------------|-------|--------|
| 155. | 9. M30 | 402 | MAINS Sebastian | RV Dahlsen | 42:17 | +10:48 |
| 156. | 6. M55 | 130 | ZÖLLNER Jörg-Peter | TSV 1863 Herdecke e.V. | 42:18 | +10:49 |
| 157. | 23. M35 | 984 | DILLMANN Sergej | | 42:19 | +10:50 |
| 158. | 36. M45 | 619 | PALEIT Christof | TSV 1863 Herdecke e.V. | 42:19 | +10:50 |
| 159. | 24. M35 | 634 | KÜSTERS Christian | Specki | 42:21 | +10:52 |
| 160. | 32. M40 | 299 | EKRUTT Kai-Uwe | LT Ende Herdecke | 42:23 | +10:54 |
| 161. | 10. M30 | 322 | RINSCHÉ-PINGEL Jens | Marathon-Club Menden | 42:27 | +10:58 |
| 162. | 15. M50 | 310 | PRZYBECKI Janusz | LT Hagen-Emst | 42:28 | +10:59 |
| 163. | 33. M40 | 596 | STEINKÜHLER Thomas | TSV 1860 Hagen | 42:29 | +11:00 |
| 164. | 2. M60 | 978 | KULMS Heinrich | RC Lüdenscheid 98 | 42:29 | +11:00 |
| 165. | 16. M50 | 464 | SCHESCHONKA Claus | TGH Wetter | 42:31 | +11:02 |
| 166. | 7. M55 | 463 | SCHACHTSCHNEIDER Alfred | TGH Wetter | 42:31 | +11:02 |
| 167. | 34. M40 | 22 | DA SILVA Paulo | Hattingen | 42:32 | +11:03 |
| 168. | 11. M30 | 768 | GUNIA Tobias | VINCI Team Schwerte | 42:32 | +11:03 |
| 169. | 21. M20 | 50 | HUNOLD Maximilian | Hagen | 42:34 | +11:05 |
| 170. | 5. R32 | 787 | WITTEN Elmar | Wassersportverein Honnef e. V. | 42:35 | +11:06 |
| 171. | 17. M50 | 551 | NAR Sucha Singh | Triathlon TEAM TG | 42:38 | +11:09 |
| 172. | 37. M45 | 127 | WOHLFAHRT Detlef | TuS Ende | 42:40 | +11:11 |
| 173. | 38. M45 | 143 | AFFLERBACH Volker | BSG Commerzbank | 42:45 | +11:16 |
| 174. | 18. M50 | 182 | HEINE Harald | Turbo-Schnecken Lüdenscheid | 42:48 | +11:19 |
| 175. | 39. M45 | 777 | ROEING Frank | VINCI Team Schwerte | 42:49 | +11:20 |
| 176. | 8. M55 | 757 | VOGT Josef | TV-Frisch Auf Lennep | 42:53 | +11:24 |
| 177. | 19. M50 | 606 | GÖRDES Dieter | TSV 1863 Herdecke e.V. | 42:56 | +11:27 |
| 178. | 25. M35 | 128 | ZEH Stefan | Hagen | 42:57 | +11:28 |
| 179. | 35. M40 | 750 | PACHNER Stefan | TV-Frisch Auf Lennep | 43:02 | +11:33 |
| 180. | 36. M40 | 297 | ZARGES Olaf | LT Bittermark Dortmund | 43:04 | +11:35 |
| 181. | 22. M20 | 875 | LINDEMANN Tim | | 43:05 | +11:36 |
| 182. | 26. M35 | 449 | SCHIEMANN Oliver | Team Speiche Witten | 43:06 | +11:37 |
| 183. | 12. M30 | 853 | HUMPERT Stefan | | 43:06 | +11:37 |
| 184. | 37. M40 | 23 | DA SILVA CARVA Joaquim | Dortmund | 43:08 | +11:39 |
| 185. | 27. M35 | 665 | BUTTERWECK Andreas | TuS Breckerfeld | 43:08 | +11:39 |
| 186. | 2. M65 | 37 | FLAMME Heinz-Adolf | Rentner Stadtverwaltung | 43:12 | +11:43 |
| 187. | 20. M50 | 320 | HOFF Klaus | Marathon-Club Menden | 43:13 | +11:44 |
| 188. | 21. M50 | 418 | WATSON Paul | SG Demag | 43:16 | +11:47 |
| 189. | 40. M45 | 119 | VAN DER HORST Uwe | Wetter | 43:17 | +11:48 |
| 190. | 5. MJgd | 670 | FRENK Julian | TuS ENDE | 43:25 | +11:56 |
| 191. | 23. M20 | 434 | WEIßBACH Tim | Sportfreunde Funkenhausen | 43:26 | +11:57 |
| 192. | 38. M40 | 481 | BOSCHANSKI Martin | Triathlon TEAM TG Witten | 43:31 | +12:02 |
| 193. | 41. M45 | 254 | WESSEL Bernd | www.bewes63.de | 43:32 | +12:03 |
| 194. | 42. M45 | 110 | STRATE Andreas | Triathlon TEAM TG Witten | 43:37 | +12:08 |
| 195. | 43. M45 | 494 | SCHMIDT Martin | Triathlon TEAM TG Witten | 43:37 | +12:08 |
| 196. | 44. M45 | 847 | HERMANECK Andreas | | 43:39 | +12:10 |
| 197. | 45. M45 | 976 | PILLATH Frank | | 43:42 | +12:13 |
| 198. | 6. MJgd | 548 | UTKE Henry | Triathlon TEAM TG | 43:43 | +12:14 |
| 199. | 6. MJgd | 554 | WENZEL Lars | Triathlon TEAM TG | 43:44 | +12:15 |
| 200. | 39. M40 | 460 | MARINO Adelfo | TGH Wetter | 43:46 | +12:17 |
| 201. | 46. M45 | 962 | RISKE Thomas | VINCI Team Schwerte | 43:52 | +12:23 |
| 202. | 9. M55 | 748 | NORBISRATH Gerd | TV-Frisch Auf Lennep | 43:56 | +12:27 |
| 203. | 1. M70 | 9 | BEECKER Werner | LC Wuppertal | 43:59 | +12:30 |
| 204. | 6. R32 | 378 | KLOBEDANTZ Klaus Uwe | RTHC Bayer Leverkusen | 44:00 | +12:31 |
| 205. | 40. M40 | 526 | MECKEL Christian | Triathlon TEAM TG | 44:01 | +12:32 |
| 206. | 41. M40 | 751 | REDECKER Thorsten | TV-Frisch Auf Lennep | 44:02 | +12:33 |

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| Rang | LK | SNR | Name | Verein | Zeit | zurück | |
|------|-----|------|------|-------------------------|--------------------------------|--------|--------|
| 207. | 47. | M45 | 421 | HAGEDORN Vi Van | SG Dorma Ennepetal | 44:09 | +12:40 |
| 208. | 13. | M30 | 226 | KRONE Thorsten | kriwett.net | 44:15 | +12:46 |
| 209. | 24. | M20 | 431 | ARNOLD Daniel | Sportfreunde Funkenhausen | 44:20 | +12:51 |
| 210. | 28. | M35 | 681 | LÜTHGENS Eike | Tus Karlsknall 48 | 44:20 | +12:51 |
| 211. | 22. | M50 | 54 | KARIUS Wolfgang | Kanu Club Hagen | 44:24 | +12:55 |
| 212. | 23. | M50 | 170 | VOß Hartmut | Elseyer Turnverein | 44:24 | +12:55 |
| 213. | 24. | M50 | 974 | HEIDKMP Rainer | Lauftreff Emst | 44:33 | +13:04 |
| 214. | 42. | M40 | 869 | KREFT Markus | | 44:35 | +13:06 |
| 215. | 29. | M35 | 135 | IWANOWSKI Dirk | Bike-Team Iwanowski | 44:40 | +13:11 |
| 216. | 48. | M45 | 646 | MALCUS Burkhard | Turbo-Schnecken Lüdenscheid | 44:41 | +13:12 |
| 217. | 43. | M40 | 6 | BANGERT Thomas | SG Dorma | 44:45 | +13:16 |
| 218. | 25. | M20 | 51 | HUSBERG Jochen | Feuerwehr Herdecke | 44:46 | +13:17 |
| 219. | 7. | MJgd | 171 | VOß Timo | Elseyer Turnverein | 44:47 | +13:18 |
| 220. | 10. | M55 | 516 | BONKOWSKI Roland | Triathlon TEAM TG Witten | 44:49 | +13:20 |
| 221. | 30. | M35 | 680 | DZELLAK Helge | Tus Karlsknall 48 | 44:51 | +13:22 |
| 222. | 49. | M45 | 650 | RETTIG Frank | Turbo-Schnecken Lüdenscheid | 44:52 | +13:23 |
| 223. | 2. | M70 | 35 | FIGGE Fred | LT Hagen-Emst | 44:53 | +13:24 |
| 224. | 31. | M35 | 136 | KASTEN Rüdiger | Bike-Team Iwanowski | 44:57 | +13:28 |
| 225. | 14. | M30 | 293 | MERTEN Dennis | LT Bittermark Dortmund | 45:13 | +13:44 |
| 226. | 44. | M40 | 42 | GRAP Andreas | TuS Westfalia Hombruch Triathl | 45:14 | +13:45 |
| 227. | 50. | M45 | 852 | HOLLMANN Eckehart | | 45:23 | +13:54 |
| 228. | 3. | M65 | 762 | REITHMAYER Lutz | VC 75 Dortmund | 45:25 | +13:56 |
| 229. | 15. | M30 | 889 | MÜLLER Matthias | | 45:26 | +13:57 |
| 230. | 25. | M50 | 888 | MÜLLER Hermann | | 45:28 | +13:59 |
| 231. | 51. | M45 | 765 | ERLER Thomas | VINCI Team Schwerte | 45:33 | +14:04 |
| 232. | 52. | M45 | 228 | MÜLLER Roger | kriwett.net | 45:34 | +14:05 |
| 233. | 16. | M30 | 227 | LEVIEN Nils | kriwett.net | 45:34 | +14:05 |
| 234. | 53. | M45 | 165 | LINDEMANN Uwe | Dörki Jogger | 45:36 | +14:07 |
| 235. | 26. | M50 | 657 | THIESSIES Michael | Turbo-Schnecken Lüdenscheid | 45:37 | +14:08 |
| 236. | 3. | M60 | 956 | SCHRÖDER Bernd | LT Hagen-Emst | 45:37 | +14:08 |
| 237. | 27. | M50 | 640 | GANG Walter | Turbo-Schnecken Lüdenscheid | 45:37 | +14:08 |
| 238. | 4. | M65 | 78 | NIEMANN Lothar | PV Triathlon Witten | 45:38 | +14:09 |
| 239. | 28. | M50 | 183 | TIMMER Bernd | Stadtwerke Witten | 45:38 | +14:09 |
| 240. | 8. | MJgd | 593 | SCHUMANN Veit | TSV 1860 Hagen | 45:42 | +14:13 |
| 241. | 54. | M45 | 555 | BINGEL Uli | Tri-Geckos Dortmund | 45:45 | +14:16 |
| 242. | 55. | M45 | 409 | HÜBENTHAL Götz Heinrich | SC"GutNass"Altena | 45:47 | +14:18 |
| 243. | 17. | M30 | 796 | AHRENKIEL Christian | | 45:48 | +14:19 |
| 244. | 29. | M50 | 740 | SOBETZKO Martin | TV-Frisch Auf Lennep | 45:51 | +14:22 |
| 245. | 9. | MJgd | 592 | SCHUMANN Nils | TSV 1860 Hagen | 45:52 | +14:23 |
| 246. | 56. | M45 | 241 | SCHNEIDER Thomas | LALGG Essen | 45:53 | +14:24 |
| 247. | 11. | M55 | 866 | KÖHLER Frank | | 46:03 | +14:34 |
| 248. | 32. | M35 | 705 | LANGENBACH Frank | TV Volmarstein | 46:06 | +14:37 |
| 249. | 30. | M50 | 325 | VÖLLKOPF Hagen | Marathon-Club Menden | 46:08 | +14:39 |
| 250. | 31. | M50 | 788 | KILLIAN Thomas | Wetter | 46:14 | +14:45 |
| 251. | 57. | M45 | 473 | ICUS-ROTHE Michael | Tottis Mitläufer | 46:19 | +14:50 |
| 252. | 26. | M20 | 331 | GREESE Tobias | Mufc | 46:20 | +14:51 |
| 253. | 27. | M20 | 433 | KAMINSKI Dennis | Sportfreunde Funkenhausen | 46:29 | +15:00 |
| 254. | 12. | M55 | 659 | VOGELSSANG Volker | Turbo-Schnecken Lüdenscheid | 46:35 | +15:06 |
| 255. | 58. | M45 | 423 | MARUS Wislaw | SG Dorma Ennepetal | 46:44 | +15:15 |
| 256. | 59. | M45 | 203 | GRUN Michael | Hobbyläufer | 46:46 | +15:17 |
| 257. | 13. | M55 | 667 | GRUNDMANN Alfred | TuS Breckerfeld | 46:49 | +15:20 |
| 258. | 32. | M50 | 426 | WOZNY Georg | SG Dorma Ennepetal | 46:49 | +15:20 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|-----------------------|------------------------------|-------|--------|
| 259. | 14. M55 | 91 | RICHTER, DR. Jürgen | RC "Westfalen" Herdecke | 46:51 | +15:22 |
| 260. | 45. M40 | 816 | DREVE Olaf | | 46:51 | +15:22 |
| 261. | 46. M40 | 823 | FELLER Jürgen | | 46:55 | +15:26 |
| 262. | 33. M50 | 822 | EWERS-HESSE Ingo | | 46:55 | +15:26 |
| 263. | 10. MJgd | 679 | SCHADWILL Damian | TuS Iserlohn | 47:04 | +15:35 |
| 264. | 47. M40 | 496 | BECKER Thomas | Triathlon TEAM TG | 47:09 | +15:40 |
| 265. | 34. M50 | 830 | GLAUS Dieter | | 47:10 | +15:41 |
| 266. | 35. M50 | 713 | JOSEPHS Uwe | TVA Dortmund - Wickede | 47:20 | +15:51 |
| 267. | 7. MJgd | 805 | BLEUL Dennis | | 47:24 | +15:55 |
| 268. | 3. M70 | 919 | SALIC Franjo | | 47:27 | +15:58 |
| 269. | 15. M55 | 896 | NITTKA Detlef | | 47:34 | +16:05 |
| 270. | 28. M20 | 949 | WYNANDS Chrisotph | | 47:35 | +16:06 |
| 271. | 33. M35 | 386 | THETMANN Denis | Stadt Bochum Team | 47:39 | +16:10 |
| 272. | 16. M55 | 882 | LÜTZ Hans-Gernot | | 47:39 | +16:10 |
| 273. | 5. M65 | 647 | MEIER Hans-Jürgen | Turbo-Schnecken Lüdenscheid | 47:49 | +16:20 |
| 274. | 29. M20 | 821 | EGGERT Matthias | | 47:50 | +16:21 |
| 275. | 36. M50 | 910 | PYDE Dieter | | 47:51 | +16:22 |
| 276. | 60. M45 | 954 | THOMA Andreas | Ich & Ich | 47:55 | +16:26 |
| 277. | 6. M65 | 953 | BRECHTEFELD Walter | | 47:55 | +16:26 |
| 278. | 48. M40 | 656 | GUTMANN Stefan | | 48:00 | +16:31 |
| 279. | 37. M50 | 343 | DIX Matthias | PV Triathlon Witten | 48:00 | +16:31 |
| 280. | 61. M45 | 794 | KAHL Oliver | Zee Aylienz e.V. MTB - Hagen | 48:00 | +16:31 |
| 281. | 49. M40 | 638 | BILLE Dirk | | 48:01 | +16:32 |
| 282. | 38. M50 | 126 | WILL Peter | Funteam Tinum | 48:01 | +16:32 |
| 283. | 62. M45 | 841 | HEINRICH Ludger | | 48:01 | +16:32 |
| 284. | 7. R32 | 785 | SCHÜLER Helmut | RCW | 48:02 | +16:33 |
| 285. | 17. M55 | 465 | TIMMERMAN Rene | TGH Wetter | 48:02 | +16:33 |
| 286. | 34. M35 | 153 | MEISTER Marcus | BSV Volmarstein Heroes e.V. | 48:06 | +16:37 |
| 287. | 63. M45 | 983 | HAACKE Gisbert | | 48:07 | +16:38 |
| 288. | 30. M20 | 94 | SCHADWILL Markus | Hagen | 48:10 | +16:41 |
| 289. | 50. M40 | 369 | VOLLMERT Rainer | RC Sorpensee Tri Team | 48:10 | +16:41 |
| 290. | 51. M40 | 743 | LÜDENBACH Andreas | TV-Frisch Auf Lennep | 48:16 | +16:47 |
| 291. | 52. M40 | 601 | BUSSE Marcus | TSV 1863 Herdecke e.V. | 48:22 | +16:53 |
| 292. | 64. M45 | 84 | PFLICHTENHÖFER Hardo | PFLICHTY | 48:23 | +16:54 |
| 293. | 53. M40 | 38 | FRIEDRICH Jochen | Hagen | 48:23 | +16:54 |
| 294. | 18. M55 | 635 | EWERTZ Karl-Heinz | Turbo-Schnecken Lüdenscheid | 48:24 | +16:55 |
| 295. | 65. M45 | 813 | DIAS Jose | | 48:24 | +16:55 |
| 296. | 39. M50 | 624 | SIEVERS Manfred | TSV 1863 Herdecke e.V. | 48:31 | +17:02 |
| 297. | 7. M65 | 632 | BERG Karl Heinz | Turbo-Schnecken Lüdenscheid | 48:32 | +17:03 |
| 298. | 31. M20 | 798 | AZOBI Fon | | 48:44 | +17:15 |
| 299. | 32. M20 | 912 | RAMIREZ Hiram | | 48:44 | +17:15 |
| 300. | 33. M20 | 906 | POHL Manuel | | 48:45 | +17:16 |
| 301. | 66. M45 | 175 | LIMBURG Ulrich | Fortuna Duesseldorf | 48:47 | +17:18 |
| 302. | 4. M60 | 877 | LINDENLAUB Matthias | | 48:56 | +17:27 |
| 303. | 67. M45 | 518 | KIEHM Matthias | Triathlon TEAM TG | 48:58 | +17:29 |
| 304. | 19. M55 | 355 | PASTOR Jobst | PV Triathlon Witten | 49:08 | +17:39 |
| 305. | 54. M40 | 579 | OTROMKE Dirk | Tri-Team Hagen | 49:08 | +17:39 |
| 306. | 35. M35 | 304 | RÜTHER Dieter | LT Hagen | 49:10 | +17:41 |
| 307. | 20. M55 | 353 | NEUMANN Klaus | PV Triathlon Witten | 49:18 | +17:49 |
| 308. | 40. M50 | 471 | PÜRSCHHEL Hans-Dieter | SC Zur Strasse 70 | 49:18 | +17:49 |
| 309. | 11. MJgd | 936 | STRACKFELDT Timo | | 49:25 | +17:56 |
| 310. | 5. M60 | 300 | EXNER Ralf | LT Ende Herdecke | 49:26 | +17:57 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|---------------------|-------------------------------|-------|--------|
| 311. | 68. M45 | 935 | STRACKFELDT Jürgen | | 49:28 | +17:59 |
| 312. | 55. M40 | 214 | CORDT Thomas | ISG Lüdenscheid | 49:29 | +18:00 |
| 313. | 56. M40 | 959 | STEINKE Uwe | | 49:29 | +18:00 |
| 314. | 34. M20 | 404 | HOHR Timo | SC "Wasserfreunde" 1923 Fulda | 49:29 | +18:00 |
| 315. | 57. M40 | 222 | BÖDEKER Jörg | kriwett.net | 49:31 | +18:02 |
| 316. | 41. M50 | 695 | BRUHN Janus | | 49:33 | +18:04 |
| 317. | 58. M40 | 890 | MUTZ Bernd | | 49:40 | +18:11 |
| 318. | 8. MJgd | 972 | NÖTHE Bastian | | 49:46 | +18:17 |
| 319. | 36. M35 | 400 | KAWCZAK Gabriel | RV Dahlsen | 49:52 | +18:23 |
| 320. | 18. M30 | 479 | VÖBEL Timm | Tottis Mitläufer | 49:53 | +18:24 |
| 321. | 42. M50 | 86 | QUICK Ulrich | Wetter | 49:54 | +18:25 |
| 322. | 37. M35 | 88 | RECKERT Holger | Triathlon TEAM TG Witten | 49:56 | +18:27 |
| 323. | 59. M40 | 899 | PANNING Michael | | 50:02 | +18:33 |
| 324. | 69. M45 | 339 | BODE Frank | PV Triathlon Witten | 50:05 | +18:36 |
| 325. | 70. M45 | 415 | WESTESEN Gerd | SG Eintracht Ergste | 50:08 | +18:39 |
| 326. | 71. M45 | 694 | KREIS Uwe | TV Asseln 1885 eV | 50:16 | +18:47 |
| 327. | 60. M40 | 67 | LIPPMANN Michael | Herdecke | 50:17 | +18:48 |
| 328. | 61. M40 | 636 | FELDMANN Frank | Turbo-Schnecken Lüdenscheid | 50:17 | +18:48 |
| 329. | 12. MJgd | 559 | PARCHE Philipp | Tri-Geckos Dortmund | 50:26 | +18:57 |
| 330. | 35. M20 | 772 | MAREK Eike | VINCI Team Schwerte | 50:34 | +19:05 |
| 331. | 62. M40 | 720 | MEIER Frank | TVA Dortmund - Wickede | 50:39 | +19:10 |
| 332. | 19. M30 | 826 | GALLWAS Carsten | | 50:40 | +19:11 |
| 333. | 13. MJgd | 184 | ADA Mehdi | Hauptschule Vorhalle | 50:40 | +19:11 |
| 334. | 63. M40 | 191 | KONIECZKA Jörg | Hauptschule Vorhalle | 50:40 | +19:11 |
| 335. | 6. M60 | 627 | PIQUÉ Ulrich | TSV Fichte Hagen | 50:44 | +19:15 |
| 336. | 1. WM | 687 | SCHÜRMAN Hubert | TuS Stockum | 50:51 | +19:22 |
| 337. | 36. M20 | 824 | FRANZ Matthias | | 50:54 | +19:25 |
| 338. | 7. M60 | 436 | SCHRUMPF Hans-Georg | Stadt Bochum Team | 51:01 | +19:32 |
| 339. | 43. M50 | 232 | SCHALK Eckhard | Kühle Dose | 51:02 | +19:33 |
| 340. | 21. M55 | 468 | WINKELMANN Udo | TGH Wetter | 51:07 | +19:38 |
| 341. | 64. M40 | 141 | HENSEL Peter | BSC Ennepetal | 51:10 | +19:41 |
| 342. | 65. M40 | 825 | FRANZ Michael | | 51:12 | +19:43 |
| 343. | 8. M65 | 642 | HARDT Gunter | Turbo-Schnecken Lüdenscheid | 51:14 | +19:45 |
| 344. | 37. M20 | 810 | BREHMER Johannes | | 51:16 | +19:47 |
| 345. | 44. M50 | 157 | LÜCKEL Detlef | BV Borussia Dortmund 09 | 51:18 | +19:49 |
| 346. | 14. MJgd | 671 | FRENK Justus | TuS Ende | 51:19 | +19:50 |
| 347. | 9. M65 | 305 | FICHTEL Horst - H. | LT Hagen-Emst | 51:20 | +19:51 |
| 348. | 66. M40 | 989 | SÜß Andreas | | 51:21 | +19:52 |
| 349. | 22. M55 | 467 | VORBERG Paul | TGH Wetter | 51:24 | +19:55 |
| 350. | 67. M40 | 146 | JASCHEWSKI Jens | BSG JAHOB I Hagen | 51:25 | +19:56 |
| 351. | 38. M35 | 510 | HUPE Stefan | Triathlon TEAM TG | 51:25 | +19:56 |
| 352. | 72. M45 | 940 | WAGENER Torsten | | 51:27 | +19:58 |
| 353. | 73. M45 | 944 | WEICHHOLD Christoph | | 51:35 | +20:06 |
| 354. | 74. M45 | 163 | PÖLL Gerd | die Kasseler | 51:35 | +20:06 |
| 355. | 2. WM | 458 | BILLIG Gerhard | TGH Wetter | 51:36 | +20:07 |
| 356. | 4. M70 | 461 | MARINO Nicola | TGH Wetter | 51:36 | +20:07 |
| 357. | 39. M35 | 441 | BLAAK Jürgen | SV Olympia Uelsen | 51:37 | +20:08 |
| 358. | 68. M40 | 133 | KEMMSIES Klaus | Aktion Canchanabury | 51:38 | +20:09 |
| 359. | 40. M35 | 401 | KLUGE Martin | RV Dahlsen | 51:38 | +20:09 |
| 360. | 41. M35 | 196 | SCHWARZHÖFER Sascha | Hauptschule Vorhalle | 51:40 | +20:11 |
| 361. | 45. M50 | 550 | VÖLKEL Klaus | Triathlon TEAM TG | 51:40 | +20:11 |
| 362. | 20. M30 | 408 | CAMEN Philip | SC Hennen | 51:41 | +20:12 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|-----------------------|------------------------------|-------|--------|
| 363. | 23. M55 | 728 | PLIESKE Manfred | TVA Dortmund - Wickede | 51:51 | +20:22 |
| 364. | 42. M35 | 169 | SPELSBERG, DR Henner | Dörki Jogger | 51:55 | +20:26 |
| 365. | 75. M45 | 287 | SAMATIN Volker | LT Bamp Herne | 52:05 | +20:36 |
| 366. | 8. M60 | 168 | PAAS, DR Reinhold | Dörki Jogger | 52:09 | +20:40 |
| 367. | 69. M40 | 864 | KLEFF Marc | | 52:14 | +20:45 |
| 368. | 76. M45 | 870 | KRUBER Reinhard | | 52:23 | +20:54 |
| 369. | 70. M40 | 845 | HENTSCHEL Volker | | 52:23 | +20:54 |
| 370. | 71. M40 | 672 | FROHNE Holger | TuS Ende | 52:36 | +21:07 |
| 371. | 77. M45 | 501 | DIEMLING Volker | Triathlon TEAM TG | 52:37 | +21:08 |
| 372. | 78. M45 | 492 | OSTENDORF Markus | Triathlon TEAM TG Witten | 52:49 | +21:20 |
| 373. | 46. M50 | 391 | BACHMANN Andreas | running under pressure | 52:52 | +21:23 |
| 374. | 72. M40 | 988 | ARNDT Michael | | 52:54 | +21:25 |
| 375. | 9. M60 | 710 | BRUDERMANNNS Johannes | TVA Dortmund - Wickede | 52:57 | +21:28 |
| 376. | 79. M45 | 485 | GERBER Andreas | Triathlon TEAM TG Witten | 52:58 | +21:29 |
| 377. | 43. M35 | 848 | HILDEBRAND Mirko | | 52:59 | +21:30 |
| 378. | 47. M50 | 829 | GERKAU Ralf | | 53:00 | +21:31 |
| 379. | 5. M70 | 746 | MAIER Roland | TV-Frisch Auf Lennep | 53:03 | +21:34 |
| 380. | 10. M60 | 351 | LUTTER Wilhelm | PV Triathlon Witten | 53:10 | +21:41 |
| 381. | 44. M35 | 138 | MIELENHAUSEN Jan | BORN@jogmap | 53:17 | +21:48 |
| 382. | 15. MJgd | 819 | ECKERLE Leo | | 53:20 | +21:51 |
| 383. | 80. M45 | 828 | GAMPE Jürgen | | 53:20 | +21:51 |
| 384. | 38. M20 | 112 | STRAUß Danny | TSV 1863 Herdecke e.V. | 53:23 | +21:54 |
| 385. | 73. M40 | 174 | MARCONI Marco | Flottweg langendreer | 53:24 | +21:55 |
| 386. | 10. M65 | 257 | BOCKTING Gerd | LAV WTB Essen | 53:28 | +21:59 |
| 387. | 39. M20 | 616 | KROKOWSKI Philipp | TSV 1863 Herdecke e.V. | 53:29 | +22:00 |
| 388. | 24. M55 | 542 | SCHWARZ Reinhard | Triathlon TEAM TG | 53:32 | +22:03 |
| 389. | 40. M20 | 160 | KOLODZIEJ Matthias | Die gestiefelten Muskelkater | 53:33 | +22:04 |
| 390. | 41. M20 | 802 | BELLMANN Bernd | | 53:34 | +22:05 |
| 391. | 48. M50 | 346 | IBURG Ansgar | PV Triathlon Witten | 53:35 | +22:06 |
| 392. | 74. M40 | 590 | SCHUMANN Christof | TSV 1860 Hagen | 53:41 | +22:12 |
| 393. | 49. M50 | 145 | DITTMANN Erik | BSG Commerzbank | 54:00 | +22:31 |
| 394. | 45. M35 | 335 | KUSZPA Maciej | Peperoni | 54:15 | +22:46 |
| 395. | 75. M40 | 291 | LELITKO Jens | LT Bittermark Dortmund | 54:21 | +22:52 |
| 396. | 25. M55 | 715 | KIRCH Peter | TVA Dortmund - Wickede | 54:29 | +23:00 |
| 397. | 46. M35 | 682 | SCHMACK Arno | Tus Karlsknall 48 | 54:30 | +23:01 |
| 398. | 47. M35 | 683 | STRACKE Andree | Tus Karlsknall 48 | 54:30 | +23:01 |
| 399. | 81. M45 | 725 | PACHECO Francisco | TVA Dortmund - Wickede | 54:33 | +23:04 |
| 400. | 76. M40 | 842 | HEISE Rudolf | | 54:35 | +23:06 |
| 401. | 82. M45 | 708 | VIETH Günter | TV Volmarstein | 54:35 | +23:06 |
| 402. | 50. M50 | 89 | REDING Hans-Jörg | STC Volmarstein | 54:39 | +23:10 |
| 403. | 51. M50 | 539 | SCHINDLER Dieter | Triathlon TEAM TG | 54:55 | +23:26 |
| 404. | 83. M45 | 543 | SIEGMUND Thomas | Triathlon TEAM TG | 55:19 | +23:50 |
| 405. | 11. M65 | 734 | EGERLAND Wilfried | TV-Frisch Auf Lennep | 55:20 | +23:51 |
| 406. | 52. M50 | 546 | STREEK Ingo | Triathlon TEAM TG | 55:27 | +23:58 |
| 407. | 84. M45 | 727 | PETER Klaus | TVA Dortmund - Wickede | 55:42 | +24:13 |
| 408. | 77. M40 | 453 | KOHLER Steffen | team-fotorista.de | 55:43 | +24:14 |
| 409. | 26. M55 | 607 | GÖRDES Thomas | TSV 1863 Herdecke e.V. | 55:47 | +24:18 |
| 410. | 85. M45 | 547 | UTKE Achim | Triathlon TEAM TG | 55:48 | +24:19 |
| 411. | 78. M40 | 357 | REIßLAND Stefan | PV Triathlon Witten | 56:06 | +24:37 |
| 412. | 3. WM | 429 | SIEWER Hajo | Skiclub Olpe | 56:17 | +24:48 |
| 413. | 86. M45 | 26 | EBELT Peter | Wetter | 56:23 | +24:54 |
| 414. | 12. M65 | 52 | HUWALD Klaus-Rainer | VINCI Team Schwerte | 56:28 | +24:59 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|-----|------|------|----------------------|--------------------------------|------------------|
| 415. | 79. | M40 | 948 | WORTMANN Achim | | 56:30 +25:01 |
| 416. | 87. | M45 | 763 | SPYROU Wassilios | | 56:52 +25:23 |
| 417. | 11. | M60 | 851 | HOHAUS Hans | | 56:57 +25:28 |
| 418. | 53. | M50 | 663 | WITT Karsten | Turbo-Schnecken Lüdenscheid | 57:01 +25:32 |
| 419. | 54. | M50 | 252 | PLEHN Detlef | PV Triathlon Witten | 57:01 +25:32 |
| 420. | 21. | M30 | 363 | NIEHUES Marc | Radiergummiliga.de | 57:07 +25:38 |
| 421. | 27. | M55 | 552 | BUTTERWEGGE Ansgar | Triathlon TEAM TG | 57:16 +25:47 |
| 422. | 88. | M45 | 718 | LASKOWSKI Sven | TVA Dortmund - Wickede | 57:23 +25:54 |
| 423. | 48. | M35 | 730 | STANGL Holger | TVA Dortmund - Wickede | 57:29 +26:00 |
| 424. | 80. | M40 | 678 | BLAAK Wilfried | TuS Iserlohn | 57:49 +26:20 |
| 425. | 28. | M55 | 99 | SCHÖNKNECHT Wolfgang | LT Ende Herdecke | 58:28 +26:59 |
| 426. | 81. | M40 | 969 | POTCAFKE Frank | Schalksmühler TV | 58:47 +27:18 |
| 427. | 29. | M55 | 968 | WIEBUSCH Klaus-Peter | Schalksmühler TV | 58:48 +27:19 |
| 428. | 82. | M40 | 39 | GACA Frank | Hasper Fecht-Club | 58:56 +27:27 |
| 429. | 49. | M35 | 190 | HAUPT Andreas | Hauptschule Vorhalle | 59:29 +28:00 |
| 430. | 42. | M20 | 148 | GEIPEL Felix | BSG Sparkasse Witten | 59:29 +28:00 |
| 431. | 43. | M20 | 920 | SALTMANN Daniel | | 59:33 +28:04 |
| 432. | 13. | M65 | 428 | VOGT Rainer | BSG Sparkasse Witten | 59:38 +28:09 |
| 433. | 50. | M35 | 231 | SEIFERT Marcus | kriwett.net | 1:00:39 +29:10 |
| 434. | 12. | M60 | 747 | NEW Rolf | TV-Frisch Auf Lennep | 1:00:46 +29:17 |
| 435. | 14. | M65 | 180 | SEVERIN Manfred | Golf Club Unna-Fröndenberg | 1:01:10 +29:41 |
| 436. | 30. | M55 | 406 | CAMEN Heinz Jürgen | SC Hennen | 1:01:10 +29:41 |
| 437. | 22. | M30 | 240 | SEMRAU Ingo | Kurs 8-9-10 Therapiezentrum am | 1:02:07 +30:38 |
| 438. | 51. | M35 | 867 | KÖNIG Markus | | 1:03:33 +32:04 |
| 439. | 6. | M70 | 641 | GELHAUSEN Horst | Turbo-Schnecken Lüdenscheid | 1:03:49 +32:20 |
| 440. | 55. | M50 | 980 | HOLLOP Joachim | Holli 51 | 1:04:01 +32:32 |
| 441. | 9. | MJgd | 284 | KALDEMORGEN Dirk | LT Bamp Herne | 1:04:41 +33:12 |
| 442. | 56. | M50 | 696 | DANIELS Paul | TV Hasperbach e.V. | 1:04:41 +33:12 |
| 443. | 83. | M40 | 393 | JUNGESBLUTH Jublu | Running.Jublu.de | 1:04:41 +33:12 |
| 444. | 52. | M35 | 261 | GOEBEL Markus | Leitstelle EN | 1:04:47 +33:18 |
| 445. | 4. | WM | 973 | FLAßNÖCKER Holger | TGH Wetter | 1:05:44 +34:15 |
| 446. | 16. | MJgd | 766 | VENUS Renee | Hauptschule Vorhalle | 1:05:59 +34:30 |
| 447. | 7. | M70 | 633 | BITTNER Siegfried | Turbo-Schnecken Lüdenscheid | 1:06:04 +34:35 |
| 448. | 5. | WM | 961 | EMMERT Gerhold | TGH Wetter | 1:07:10 +35:41 |
| 449. | 17. | MJgd | 188 | GÜLMEZ Dersim | Hauptschule Vorhalle | 1:07:35 +36:06 |
| 450. | 53. | M35 | 356 | REIßLAND Roberta | PV Triathlon Witten | 1:08:13 +36:44 |
| 451. | 6. | WM | 200 | BALD Oskar | Himmelsstürmer Plettenberg | 1:08:43 +37:14 |
| 452. | 7. | WM | 854 | IMLE, DR Klaus | | 1:11:07 +39:38 |
| 453. | 8. | WM | 457 | KRIEBEL Ralf | Teutonen-Plettenberg | 1:11:11 +39:42 |
| 454. | 9. | WM | 654 | STRAUBE Andreas | Turbo-Schnecken Lüdenscheid | 1:13:26 +41:57 |
| 455. | 10. | WM | 218 | TODT Klaus | Kanu-Club Herdecke | 1:14:07 +42:38 |
| 456. | 11. | WM | 253 | KÖNIG Karlheinz | Lauftreff-Hohenlimburg | 1:14:44 +43:15 |
| 457. | 18. | MJgd | 189 | GÜLMEZ Firat | Hauptschule Vorhalle | 1:16:41 +45:12 |
| 458. | 12. | WM | 249 | BEWERSDORFF Walter | Lauftreff-Hohenlimburg | 1:21:26 +49:57 |
| 459. | 54. | M35 | 239 | SCHULZ Lars | Kurs 8-9-10 Therapiezentrum am | 1:23:30 +52:01 |
| 460. | 84. | M40 | 265 | SCHACHT Frank | Leitstelle EN | 1:24:03 +52:34 |
| 461. | 57. | M50 | 264 | REHM Rolf-Erich | Leitstelle EN | 1:24:03 +52:34 |
| 462. | 58. | M50 | 266 | STADEN Volkmar | Leitstelle EN | 1:24:03 +52:34 |
| 463. | 31. | M55 | 318 | SEUBERT Martin | LT Witten-Stockum | 1:25:52 +54:23 |
| 464. | 15. | M65 | 350 | KÖSTER Karl-Heinz | PV Triathlon Witten | 1:38:26 +1:06:57 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|----------|---------|-----|----------------------|------------------------------|-------|--------|
| w | | | | | | |
| 1. | 1. W40 | 156 | DOYSCHER-LUTZ Uta | Bunert Running Team Dortmund | 37:46 | - |
| 2. | 1. WJgd | 577 | NAUMANN Lisanne | Tri-Team Hagen | 38:14 | +0:28 |
| 3. | 1. W20 | 327 | BÄHNER Svenja | Medisport Dortmund | 39:01 | +1:15 |
| 4. | 1. W35 | 321 | QUINCKE Anja | Marathon-Club Menden | 39:17 | +1:31 |
| 5. | 1. WJgd | 563 | BAUMANN Sara | Tri-Team Hagen | 39:20 | +1:34 |
| 6. | 1. W45 | 651 | RÖTHER Claudia | Turbo-Schnecken Lüdenscheid | 39:31 | +1:45 |
| 7. | 2. W35 | 521 | KOHLER Iris | Triathlon TEAM TG | 39:39 | +1:53 |
| 8. | 2. W20 | 669 | WECKER Sonja | TuS Breckerfeld | 40:02 | +2:16 |
| 9. | 3. W20 | 761 | HOLLMANN Lena | USC Bochum | 40:26 | +2:40 |
| 10. | 2. W40 | 922 | SCHAFFLAND Nicole | | 40:45 | +2:59 |
| 11. | 2. WJgd | 666 | FALKENROTH Carina | TuS Breckerfeld | 41:14 | +3:28 |
| 12. | 4. W20 | 629 | SCHOLZ Miriam | Tübingen | 41:27 | +3:41 |
| 13. | 3. W35 | 701 | FÄNGER Astrid | TV Volmarstein | 42:41 | +4:55 |
| 14. | 4. W35 | 370 | WORTMANN Helga | RC Sorpensee Tri Team | 43:11 | +5:25 |
| 15. | 2. WJgd | 313 | OSSENBERG Denise | LT TuS Iserlohn | 43:17 | +5:31 |
| 16. | 2. W45 | 564 | BAUMANN Susanne | Tri-Team Hagen | 43:18 | +5:32 |
| 17. | 5. W35 | 92 | ROUTABOUL DE | PV Triathlon Witten | 43:56 | +6:10 |
| 18. | 6. W35 | 529 | NOBBE-JAEHNKE Anja | Triathlon TEAM TG | 44:00 | +6:14 |
| 19. | 5. W20 | 771 | LUTTROP Annika | VINCI Team Schwerte | 44:02 | +6:16 |
| 20. | 1. W30 | 815 | DREVE Christiane | | 44:17 | +6:31 |
| 21. | 1. W50 | 113 | STURM Christine | Kanu Club Hagen | 44:24 | +6:38 |
| 22. | 3. W40 | 122 | WEINREICH Claudia | Herdecke | 44:25 | +6:39 |
| 23. | 4. W40 | 66 | LINK-HOLTERMANN Eike | TuS Breckerfeld | 44:34 | +6:48 |
| 24. | 5. W40 | 868 | KREFT Henrike | | 44:35 | +6:49 |
| 25. | 3. W45 | 205 | SANDER Ingrid | IPA BG-RCI | 44:47 | +7:01 |
| 26. | 4. W45 | 107 | STEINAU Sabine | PV Triathlon Witten | 45:08 | +7:22 |
| 27. | 6. W20 | 289 | DROSTE Nadine | LT Bittermark Dortmund | 45:13 | +7:27 |
| 28. | 7. W35 | 55 | KIRCH Annemarie | LT Bittermark | 45:14 | +7:28 |
| 29. | 7. W20 | 486 | GRABENGIEßER Henrike | Triathlon TEAM TG Witten | 45:16 | +7:30 |
| 30. | 3. WJgd | 575 | MÖLLER Jule | Tri-Team Hagen | 45:33 | +7:47 |
| 31. | 6. W40 | 111 | STRATE Antje Simone | Triathlon TEAM TG Witten | 45:52 | +8:06 |
| 32. | 4. WJgd | 676 | JUNG Anne-Marie | TUS Ende | 45:53 | +8:07 |
| 33. | 8. W20 | 780 | VOLKE-RUMP Katharina | VINCI Team Schwerte | 45:55 | +8:09 |
| 34. | 2. W50 | 109 | STICH Heike | TGH Wetter | 46:03 | +8:17 |
| 35. | 8. W35 | 895 | NIESTROJ Sandra | | 46:03 | +8:17 |
| 36. | 7. W40 | 735 | GORSELINK Rosa Maria | TV-Frisch Auf Lennep | 46:25 | +8:39 |
| 37. | 1. R16 | 364 | GOLÜKE Katharina | RC "Westfalen" Herdecke | 46:47 | +9:01 |
| 38. | 9. W20 | 90 | RICHTER Judith | RC "Westfalen" Herdecke | 46:51 | +9:05 |
| 39. | 5. W45 | 964 | HOYER Julia | TuS Breckerfeld | 47:06 | +9:20 |
| 40. | 3. W50 | 255 | NAUMANN Marion | Lauftreff-Hohenlimburg | 47:10 | +9:24 |
| 41. | 6. W45 | 211 | KETZER Ina | Iserlohner-Tri-Team | 47:20 | +9:34 |
| 42. | 2. W30 | 4 | ASMUTH Sandra | TGH Wetter | 47:27 | +9:41 |
| 43. | 5. WJgd | 273 | KIONKA Gesina | LG Plettenberg-Herscheid | 47:28 | +9:42 |
| 44. | 9. W35 | 509 | HOOß Andrea | Triathlon TEAM TG | 47:48 | +10:02 |
| 45. | 10. W20 | 955 | HOLDT Kathrin | Ich & Ich | 47:55 | +10:09 |
| 46. | 1. R15 | 382 | ECKERT Maïke | Ruderverein Datteln | 47:58 | +10:12 |
| 47. | 2. R15 | 383 | KÖNIG Aylin | Ruderverein Datteln | 47:58 | +10:12 |
| 48. | 1. W55 | 44 | HEIBING Anne | PV Triathlon Witten | 48:00 | +10:14 |
| 49. | 11. W20 | 572 | MASCHIN Kim | Tri-Team Hagen | 48:07 | +10:21 |
| 50. | 4. W50 | 573 | MASCHIN Petra | Tri-Team Hagen | 48:07 | +10:21 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|--------------------------|---------------------------------|-------|--------|
| 51. | 1. W65 | 45 | HEIMHARDT Ingrid | TG-Voerde | 48:09 | +10:23 |
| 52. | 7. W45 | 645 | KELTING Eveline | Turbo-Schnecken Lüdenscheid | 48:13 | +10:27 |
| 53. | 12. W20 | 820 | EGGERT Ariane | | 48:14 | +10:28 |
| 54. | 1. W60 | 448 | SCHIEMANN Monika | Team Speiche Witten | 48:17 | +10:31 |
| 55. | 10. W35 | 456 | LOSCH Tanja | team-fotorista.de | 48:21 | +10:35 |
| 56. | 8. W40 | 722 | MITTERNÜLLER Elke | TVA Dortmund - Wickede | 48:24 | +10:38 |
| 57. | 6. WJgd | 532 | OSTENDORF Meike | Triathlon TEAM TG | 48:42 | +10:56 |
| 58. | 13. W20 | 476 | SCHULTE Annika | Tottis Mitläufer | 48:48 | +11:02 |
| 59. | 7. WJgd | 124 | WILL Elaine | TSV 1860 Hagen | 49:04 | +11:18 |
| 60. | 8. WJgd | 125 | WILL Janine | TSV 1860 Hagen | 49:05 | +11:19 |
| 61. | 11. W35 | 861 | KAUTH Ilona | | 49:05 | +11:19 |
| 62. | 9. W40 | 628 | QUICK Susanne | TSV Vorhalle | 49:16 | +11:30 |
| 63. | 12. W35 | 477 | TERRAHE Julia | Tottis Mitläufer | 49:19 | +11:33 |
| 64. | 14. W20 | 648 | MENZNER Rebecca | Turbo-Schnecken Lüdenscheid | 49:31 | +11:45 |
| 65. | 10. W40 | 775 | MIEKUS Iris | VINCI Team Schwerte | 49:34 | +11:48 |
| 66. | 5. W50 | 503 | FEHRS Andrea | Triathlon TEAM TG | 49:39 | +11:53 |
| 67. | 11. W40 | 301 | MOLDENHAUER Petra | LT Ende Herdecke | 49:43 | +11:57 |
| 68. | 9. WJgd | 931 | SIMSHÄUßER Jennifer | | 49:46 | +12:00 |
| 69. | 12. W40 | 315 | HALBE Andrea | LT Witten-Stockum | 49:52 | +12:06 |
| 70. | 13. W35 | 602 | BUSSE Simone | TSV 1863 Herdecke e.V. | 50:01 | +12:15 |
| 71. | 3. R15 | 379 | BÜRGER Anna | Ruderclub Sorpensee | 50:05 | +12:19 |
| 72. | 13. W40 | 345 | HELLMONDS Christiane | PV Triathlon Witten | 50:05 | +12:19 |
| 73. | 14. W35 | 958 | ZEH Heike | Ich-vergess-mich-immer-anzumeld | 50:05 | +12:19 |
| 74. | 8. W45 | 595 | SITTIG Uschi | TSV 1860 Hagen | 50:08 | +12:22 |
| 75. | 14. W40 | 637 | FELDMANN Silke | Turbo-Schnecken Lüdenscheid | 50:17 | +12:31 |
| 76. | 10. WJgd | 599 | BIERMANN Katharina | TSV 1863 Herdecke e.V. | 50:29 | +12:43 |
| 77. | 15. W20 | 779 | VOLKE Juliane | VINCI Team Schwerte | 50:34 | +12:48 |
| 78. | 3. W30 | 827 | GALLWAS Helen | | 50:40 | +12:54 |
| 79. | 4. R15 | 786 | MIELKE Lisa | Wassersportverein Honnef e. V. | 50:50 | +13:04 |
| 80. | 6. W50 | 611 | HERRMANN Sonja | TSV 1863 Herdecke e.V. | 51:00 | +13:14 |
| 81. | 15. W40 | 960 | DOMRÖSE Christine | | 51:03 | +13:17 |
| 82. | 16. W40 | 759 | WILDSCHÜTZ Andrea | TV-Frisch Auf Lennep | 51:05 | +13:19 |
| 83. | 16. W20 | 290 | LANDSKRÖNER Sarah | LT Bittermark Dortmund | 51:18 | +13:32 |
| 84. | 2. W55 | 801 | BECKER Andrea | | 51:35 | +13:49 |
| 85. | 17. W40 | 807 | BÖCHER Marion | | 51:38 | +13:52 |
| 86. | 7. W50 | 937 | STRICKER Christiane | | 51:38 | +13:52 |
| 87. | 2. R16 | 365 | GOLÜKE Stefanie | RC "Westfalen" Herdecke | 51:43 | +13:57 |
| 88. | 9. W45 | 537 | RUMPEL Manuela | Triathlon TEAM TG | 51:43 | +13:57 |
| 89. | 4. W30 | 803 | BIGALK-BEHRENS Madeleine | | 51:45 | +13:59 |
| 90. | 15. W35 | 452 | KOHLER Melanie | team-fotorista.de | 51:52 | +14:06 |
| 91. | 17. W20 | 166 | PAAS Fiona | Dörki Jogger | 51:54 | +14:08 |
| 92. | 16. W35 | 167 | PAAS Maiken | Dörki Jogger | 51:55 | +14:09 |
| 93. | 11. WJgd | 604 | DE GRAAT Patrizia | TSV 1863 Herdecke e.V. | 52:11 | +14:25 |
| 94. | 18. W40 | 215 | NOELLE Tanja | Jan's Radland Outdoor | 52:19 | +14:33 |
| 95. | 19. W40 | 417 | WATSON Aline | SG Demag | 52:25 | +14:39 |
| 96. | 20. W40 | 614 | KRANEFELD Heike | TSV 1863 Herdecke e.V. | 52:25 | +14:39 |
| 97. | 12. WJgd | 612 | HÖHL Laura | TSV 1863 Herdecke e.V. | 52:27 | +14:41 |
| 98. | 3. W55 | 18 | BRAUN-NOTT Angelika | Lauftreff-Hohenlimburg | 52:30 | +14:44 |
| 99. | 21. W40 | 569 | HEUER Heike | Tri-Team Hagen | 52:33 | +14:47 |
| 100. | 5. W30 | 795 | AHRENKIEL Annette | | 52:36 | +14:50 |
| 101. | 4. W55 | 799 | BAUST Barbara | | 52:36 | +14:50 |
| 102. | 10. W45 | 500 | DIEMLING Bettina | Triathlon TEAM TG | 52:37 | +14:51 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|----------------------------|------------------------------|-------|--------|
| 103. | 18. W20 | 440 | BEYER Anna | SV Olympia Uelsen | 52:46 | +15:00 |
| 104. | 11. W45 | 491 | OSTENDORF Birgit | Triathlon TEAM TG Witten | 52:56 | +15:10 |
| 105. | 12. W45 | 620 | PALEIT Dörte | TSV 1863 Herdecke e.V. | 52:56 | +15:10 |
| 106. | 22. W40 | 598 | BIERMANN Gabriele | TSV 1863 Herdecke e.V. | 52:57 | +15:11 |
| 107. | 13. WJgd | 603 | DE GRAAT Katharina | TSV 1863 Herdecke e.V. | 52:57 | +15:11 |
| 108. | 13. W45 | 556 | LEHMKÜHLER Petra | Tri-Geckos Dortmund | 52:58 | +15:12 |
| 109. | 6. W30 | 527 | JÖRGES Anke | Triathlon TEAM TG | 53:00 | +15:14 |
| 110. | 14. W45 | 591 | SCHUMANN Kerstin | TSV 1860 Hagen | 53:01 | +15:15 |
| 111. | 7. W30 | 566 | BUSCHHERM Jennifer | Tri-Team Hagen | 53:04 | +15:18 |
| 112. | 19. W20 | 368 | VIERA DA SILVA Dany | RC Sorpensee Tri Team | 53:08 | +15:22 |
| 113. | 17. W35 | 139 | MIELENHAUSEN Maren | BORN@jogmap | 53:17 | +15:31 |
| 114. | 23. W40 | 649 | PADBERG Franziska | Turbo-Schnecken Lüdenscheid | 53:18 | +15:32 |
| 115. | 15. W45 | 924 | SCHNEIDER Barbara | | 53:21 | +15:35 |
| 116. | 24. W40 | 435 | HÄHNEL Nicole | Stadt Bochum Team | 53:25 | +15:39 |
| 117. | 2. W60 | 258 | BOCKTING Monika | LAV WTB Essen | 53:28 | +15:42 |
| 118. | 14. WJgd | 613 | KRAHN Paulina | TSV 1863 Herdecke e.V. | 53:29 | +15:43 |
| 119. | 16. W45 | 498 | BRAß Ulrike | Triathlon TEAM TG | 53:32 | +15:46 |
| 120. | 18. W35 | 514 | JESCHKE Simone | Triathlon TEAM TG | 53:32 | +15:46 |
| 121. | 17. W45 | 523 | KÜPER Anja | Triathlon TEAM TG | 53:32 | +15:46 |
| 122. | 25. W40 | 495 | SCHMIDT Martina | Triathlon TEAM TG Witten | 53:32 | +15:46 |
| 123. | 18. W45 | 544 | STRATMANN Sabine | Triathlon TEAM TG | 53:32 | +15:46 |
| 124. | 5. W55 | 336 | BACH Ulla | PV Triathlon Witten | 53:33 | +15:47 |
| 125. | 8. W50 | 541 | SCHWARZ Angelika | Triathlon TEAM TG | 53:33 | +15:47 |
| 126. | 26. W40 | 717 | LASKOWSKI Anke | TVA Dortmund - Wickede | 53:35 | +15:49 |
| 127. | 3. W60 | 876 | LINDENLAUB Inge | | 53:36 | +15:50 |
| 128. | 9. W50 | 716 | KÖNIG Hannelore | TVA Dortmund - Wickede | 53:37 | +15:51 |
| 129. | 6. W55 | 714 | KIRCH Mechthild | TVA Dortmund - Wickede | 53:40 | +15:54 |
| 130. | 10. W50 | 733 | ZARSKE-JOSEPHS Jutta | TVA Dortmund - Wickede | 53:40 | +15:54 |
| 131. | 20. W20 | 207 | AUSTINAT Nadine | Iserlohner-Tri-Team | 53:51 | +16:05 |
| 132. | 19. W45 | 655 | STRAUBE Christine | Turbo-Schnecken Lüdenscheid | 53:53 | +16:07 |
| 133. | 20. W45 | 938 | STRUPP Christiane | | 53:54 | +16:08 |
| 134. | 8. W30 | 942 | WECKWERTH Christina | | 53:58 | +16:12 |
| 135. | 11. W50 | 47 | HILDEBRANDT-BILLIG Claudia | TGH Wetter | 54:08 | +16:22 |
| 136. | 21. W20 | 161 | VERGOSSEN Judith | Die gestiefelten Muskelkater | 54:10 | +16:24 |
| 137. | 9. W30 | 773 | MARTENS Jana | VINCI Team Schwerte | 54:13 | +16:27 |
| 138. | 22. W20 | 809 | BOSHOFF Stephanie | | 54:17 | +16:31 |
| 139. | 27. W40 | 658 | TURCK Inge | Turbo-Schnecken Lüdenscheid | 54:17 | +16:31 |
| 140. | 23. W20 | 202 | KEIL Lisa | Himmelsstürmer Plettenberg | 54:31 | +16:45 |
| 141. | 12. W50 | 915 | RIEGSINGER Theresia | | 54:33 | +16:47 |
| 142. | 21. W45 | 724 | PACHECO Edith | TVA Dortmund - Wickede | 54:34 | +16:48 |
| 143. | 22. W45 | 729 | SCHAUER-WENDLAND Antje | TVA Dortmund - Wickede | 54:49 | +17:03 |
| 144. | 4. W60 | 250 | ERDMANN Karin | Lauftreff-Hohenlimburg | 54:53 | +17:07 |
| 145. | 19. W35 | 719 | MEID Daniela | TVA Dortmund - Wickede | 54:53 | +17:07 |
| 146. | 13. W50 | 703 | GÄDEKE Petra | TV Volmarstein | 54:56 | +17:10 |
| 147. | 14. W50 | 545 | STREEK Christine | Triathlon TEAM TG | 55:01 | +17:15 |
| 148. | 28. W40 | 246 | BEHLAU Birgit | Lauftreff Loh | 55:06 | +17:20 |
| 149. | 29. W40 | 248 | RAUE Nicole | Lauftreff Loh | 55:06 | +17:20 |
| 150. | 23. W45 | 615 | KROKOWSKI Barbara | TSV 1863 Herdecke e.V. | 55:09 | +17:23 |
| 151. | 30. W40 | 818 | ECKERLE Anke | | 55:20 | +17:34 |
| 152. | 24. W45 | 533 | POTTHOFF Marlies | Triathlon TEAM TG | 55:22 | +17:36 |
| 153. | 31. W40 | 524 | KÜSENER Bettina | Triathlon TEAM TG | 55:22 | +17:36 |
| 154. | 10. W30 | 487 | KRAUSE-HOLTZ Angelika | Triathlon TEAM TG Witten | 55:24 | +17:38 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|-------------------------|-----------------------------|---------|--------|
| 155. | 20. W35 | 856 | JENKS Andrea | | 55:29 | +17:43 |
| 156. | 25. W45 | 142 | AFFLERBACH Natascha | BSG Commerzbank | 55:42 | +17:56 |
| 157. | 26. W45 | 726 | PETER Gabi | TVA Dortmund - Wickede | 55:42 | +17:56 |
| 158. | 21. W35 | 454 | KÖSTER Annett | team-fotorista.de | 55:43 | +17:57 |
| 159. | 27. W45 | 553 | WENZEL Heike | Triathlon TEAM TG | 55:44 | +17:58 |
| 160. | 22. W35 | 328 | KARAU Miriam | MK Running Team | 55:45 | +17:59 |
| 161. | 15. W50 | 206 | AUSTINAT Angela | Iserlohner-Tri-Team | 55:45 | +17:59 |
| 162. | 15. WJgd | 515 | JÜTTE Sophie | Triathlon TEAM TG | 55:46 | +18:00 |
| 163. | 16. WJgd | 608 | GÖRDES Luana | TSV 1863 Herdecke e.V. | 55:47 | +18:01 |
| 164. | 17. WJgd | 610 | HEIDEN Josepha | TSV 1863 Herdecke e.V. | 55:47 | +18:01 |
| 165. | 23. W35 | 963 | LIßING Michaela | | 55:52 | +18:06 |
| 166. | 24. W35 | 704 | JOHANNSEN Kirsten | TV Volmarstein | 55:55 | +18:09 |
| 167. | 28. W45 | 907 | POINSITT Christine | | 56:00 | +18:14 |
| 168. | 32. W40 | 348 | KONTELETZIDIS Antonella | PV Triathlon Witten | 56:06 | +18:20 |
| 169. | 29. W45 | 723 | NÜRNBERG Susanne | TVA Dortmund - Wickede | 56:10 | +18:24 |
| 170. | 25. W35 | 880 | LÜBKE Diana | | 56:14 | +18:28 |
| 171. | 11. W30 | 482 | BUHLMANN Kerstin | Triathlon TEAM TG Witten | 56:14 | +18:28 |
| 172. | 12. W30 | 857 | JOSWIG Cornelia | | 56:14 | +18:28 |
| 173. | 30. W45 | 309 | NORDMEIER Heidi | LT Hagen-Emst | 56:25 | +18:39 |
| 174. | 16. W50 | 742 | LEERS Claudia | TV-Frisch Auf Lennep | 56:35 | +18:49 |
| 175. | 17. W50 | 971 | LOLLERT Bettina | Lauftreff Iserlohn | 56:40 | +18:54 |
| 176. | 31. W45 | 689 | RICHTER-MÜLLER Dagmar | TuS Westfalia Hombruch 1891 | 56:43 | +18:57 |
| 177. | 32. W45 | 688 | ALBUSCHEIT Christiane | TuS Westfalia Hombruch 1891 | 56:44 | +18:58 |
| 178. | 26. W35 | 872 | KUNKIS Nicolé | | 56:48 | +19:02 |
| 179. | 33. W45 | 893 | NEUMANN-MAHLKAU Anne | | 56:52 | +19:06 |
| 180. | 34. W45 | 644 | KAISER Anne | Turbo-Schnecken Lüdenscheid | 57:02 | +19:16 |
| 181. | 18. W50 | 662 | WITT Heidi | Turbo-Schnecken Lüdenscheid | 57:02 | +19:16 |
| 182. | 19. W50 | 362 | NIEHUES Daniela | Radiergummiliga.de | 57:07 | +19:21 |
| 183. | 33. W40 | 286 | NEUWIRTH Kerstin | LT Bamp Herne | 57:13 | +19:27 |
| 184. | 2. W65 | 349 | KÖSTER Ingelore | PV Triathlon Witten | 57:19 | +19:33 |
| 185. | 7. W55 | 340 | BÖRINGSCHULTE Barbara | PV Triathlon Witten | 57:22 | +19:36 |
| 186. | 27. W35 | 303 | SOLENE Liane | LT Ende Herdecke | 57:24 | +19:38 |
| 187. | 34. W40 | 721 | MERTEN Anja | TVA Dortmund - Wickede | 57:29 | +19:43 |
| 188. | 35. W45 | 531 | NOGA Monika | Triathlon TEAM TG | 58:03 | +20:17 |
| 189. | 36. W45 | 754 | SUCIC Karen | TV-Frisch Auf Lennep | 58:06 | +20:20 |
| 190. | 24. W20 | 979 | KLUG Anja | | 58:07 | +20:21 |
| 191. | 1. WW | 538 | SÄNGER Angela | Triathlon TEAM TG | 58:21 | +20:35 |
| 192. | 37. W45 | 302 | SIEFERT Sigrid | LT Ende Herdecke | 58:28 | +20:42 |
| 193. | 38. W45 | 925 | SCHNEIDER Dagmar | | 58:33 | +20:47 |
| 194. | 28. W35 | 755 | ÜFFING Jeanette | TV-Frisch Auf Lennep | 58:39 | +20:53 |
| 195. | 25. W20 | 625 | TSCHIESCHE Melanie | TSV 1863 Herdecke e.V. | 58:50 | +21:04 |
| 196. | 5. W60 | 416 | HOHAUS Elisabeth | SG Demag | 58:56 | +21:10 |
| 197. | 8. W55 | 101 | SELBACH Petra | Hasper Fecht-Club | 58:57 | +21:11 |
| 198. | 35. W40 | 520 | KLIEM Silke | Triathlon TEAM TG | 59:01 | +21:15 |
| 199. | 9. W55 | 512 | JAHNKE Angelika | Triathlon TEAM TG | 59:01 | +21:15 |
| 200. | 13. W30 | 901 | PIASTOWSKI Anke | | 59:33 | +21:47 |
| 201. | 29. W35 | 881 | LÜCKE Astrid | | 59:34 | +21:48 |
| 202. | 20. W50 | 317 | SEUBERT Christiane | LT Witten-Stockum | 59:38 | +21:52 |
| 203. | 3. W65 | 217 | TODT Ingrid | Kanu-Club Herdecke | 59:47 | +22:01 |
| 204. | 21. W50 | 699 | STEINBERG Silvia | TV Hasperbach e.V. | 59:55 | +22:09 |
| 205. | 30. W35 | 225 | KRIWETT Daniela | kriwett.net | 1:00:04 | +22:18 |
| 206. | 39. W45 | 392 | BACHMANN Felicitas | running under pressure | 1:00:19 | +22:33 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|------|----------|-----|-------------------------|---------------------------------|---------|--------|
| 207. | 22. W50 | 873 | LAWRENZ Eva | | 1:00:19 | +22:33 |
| 208. | 26. W20 | 224 | KRAFFT Kirsten | kriwett.net | 1:00:39 | +22:53 |
| 209. | 23. W50 | 470 | EBBING Susanna | Tottis Mitläufer | 1:01:46 | +24:00 |
| 210. | 40. W45 | 245 | RITSCHEL Carmen | Lauftreff Haspe / TV Hasperbach | 1:01:49 | +24:03 |
| 211. | 41. W45 | 697 | EICKER Petra | TV Hasperbach e.V. | 1:01:49 | +24:03 |
| 212. | 31. W35 | 943 | WECKWERTH Katja | | 1:02:05 | +24:19 |
| 213. | 42. W45 | 233 | BAUER Elke | Kurs 8-9-10 Therapiezentrum am | 1:02:07 | +24:21 |
| 214. | 36. W40 | 891 | MUTZ Catrin | | 1:02:33 | +24:47 |
| 215. | 37. W40 | 178 | GRAP Monika | Germanwings Running Team | 1:02:51 | +25:05 |
| 216. | 27. W20 | 405 | CAMEN Anne | SC Hennen | 1:03:04 | +25:18 |
| 217. | 10. W55 | 407 | CAMEN Monika | SC Hennen | 1:03:04 | +25:18 |
| 218. | 24. W50 | 929 | SEVERIN Beate | | 1:03:04 | +25:18 |
| 219. | 25. W50 | 981 | HOLLOP Renate | Holli 51 | 1:03:18 | +25:32 |
| 220. | 14. W30 | 898 | NÜNNING Katharina | | 1:03:19 | +25:33 |
| 221. | 38. W40 | 990 | KAYSER Andrea | | 1:03:46 | +26:00 |
| 222. | 43. W45 | 797 | ARGIBAY Dolores | | 1:04:18 | +26:32 |
| 223. | 39. W40 | 884 | MEIER Mirjam | | 1:04:20 | +26:34 |
| 224. | 32. W35 | 846 | HERING Michaela | | 1:04:31 | +26:45 |
| 225. | 33. W35 | 684 | HOMEIER Karin | TuS Lohfeld-Hainholz | 1:04:40 | +26:54 |
| 226. | 44. W45 | 885 | MEINBROK Martina | | 1:04:40 | +26:54 |
| 227. | 26. W50 | 975 | SCHWARZ Ilona | | 1:04:41 | +26:55 |
| 228. | 40. W40 | 242 | HAMP Elke | Laufen-in-Erwitte.de | 1:04:41 | +26:55 |
| 229. | 34. W35 | 262 | GOEBEL Nicole | Leitstelle EN | 1:04:47 | +27:01 |
| 230. | 35. W35 | 862 | JÜNGLING Sonja | | 1:05:15 | +27:29 |
| 231. | 18. WJgd | 197 | STEIN Kimberly | Hauptschule Vorhalle | 1:05:48 | +28:02 |
| 232. | 27. W50 | 536 | RICHELMANN Bärbel | Triathlon TEAM TG | 1:05:54 | +28:08 |
| 233. | 15. W30 | 522 | KOWALEWSKI Jessica | Triathlon TEAM TG | 1:05:55 | +28:09 |
| 234. | 41. W40 | 528 | MERTENS Annette | Triathlon TEAM TG | 1:06:48 | +29:02 |
| 235. | 11. W55 | 144 | BAYERL-DITTMANN Christa | BSG Commerzbank | 1:06:55 | +29:09 |
| 236. | 2. WW | 263 | BELTERMANN Birgit | | 1:06:59 | +29:13 |
| 237. | 1. W70 | 323 | SCHULTE Christel | Marathon-Club Menden | 1:07:42 | +29:56 |
| 238. | 28. W50 | 324 | VÖLLKOPF Angelika | Marathon-Club Menden | 1:07:42 | +29:56 |
| 239. | 28. W20 | 438 | RUPPERT Inga | STV | 1:07:44 | +29:58 |
| 240. | 29. W50 | 499 | BRUCKHOFF Vera | Triathlon TEAM TG | 1:08:42 | +30:56 |
| 241. | 36. W35 | 469 | ALBRECHT Ulrike | Tottis Mitläufer | 1:08:43 | +30:57 |
| 242. | 3. WW | 201 | BALD Wiltrud | Himmelsstürmer Plettenberg | 1:08:44 | +30:58 |
| 243. | 30. W50 | 354 | OSTROWSKI-WENZEL Ursula | PV Triathlon Witten | 1:09:17 | +31:31 |
| 244. | 45. W45 | 879 | LORENZ Jola | | 1:09:17 | +31:31 |
| 245. | 37. W35 | 513 | JESCHKE Nicole | Triathlon TEAM TG | 1:11:10 | +33:24 |
| 246. | 29. W20 | 894 | NIEDERMOWE Sabine | | 1:11:10 | +33:24 |
| 247. | 4. WW | 878 | LOERCH Sydney | | 1:11:15 | +33:29 |
| 248. | 5. WW | 804 | BLEUL Bettina | | 1:11:38 | +33:52 |
| 249. | 38. W35 | 534 | RATH Silke | Triathlon TEAM TG | 1:12:24 | +34:38 |
| 250. | 6. WW | 673 | GIES IRMDARD | TuS ENDE | 1:12:24 | +34:38 |
| 251. | 12. W55 | 251 | EWERT Susanne | Lauftreff-Hohenlimburg | 1:14:05 | +36:19 |
| 252. | 7. WW | 256 | ZINN-KRACHT Karin | Lauftreff-Hohenlimburg | 1:14:59 | +37:13 |
| 253. | 8. WW | 904 | PLANERT Kerstin | | 1:15:44 | +37:58 |
| 254. | 9. WW | 177 | BOCK Jutta | Freizeitreiter Eisborn e.V. | 1:16:18 | +38:32 |
| 255. | 10. WW | 176 | BOCK Jasmina | Freizeitreiter Eisborn e.V. | 1:16:19 | +38:33 |
| 256. | 11. WW | 698 | MITTELBACH Almut | TV Hasperbach e.V. | 1:16:32 | +38:46 |
| 257. | 30. W20 | 236 | KELLER Alexandra | Kurs 8-9-10 Therapiezentrum am | 1:23:29 | +45:43 |
| 258. | 12. WW | 540 | SCHOLZ Gabi | Triathlon TEAM TG | 1:24:18 | +46:32 |

27. Nikolauslauf des Ruderclub "Westfalen" Herdecke e.V.

Ergebnisliste MW+AK

| Rang | LK | SNR | Name | Verein | Zeit | zurück |
|-------------|-----------|------------|-------------------|--------------------------------|-------------|---------------|
| 259. | 13. WW | 549 | UTKE Sabine | Triathlon TEAM TG | 1:24:19 | +46:33 |
| 260. | 14. WW | 508 | HIESEL Heike | Triathlon TEAM TG | 1:24:20 | +46:34 |
| 261. | 46. W45 | 237 | NÖTHE Birgit | Kurs 8-9-10 Therapiezentrum am | 1:30:02 | +52:16 |
| 262. | 16. W30 | 235 | DOBBERSTEIN Tanja | Kurs 8-9-10 Therapiezentrum am | 1:30:04 | +52:18 |
| 263. | 19. WJgd | 194 | ÖZGÜL Funda | Hauptschule Vorhalle | 1:59:00 | +1:21:14 |