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Ergebnis Wochenende: 16.12.2017 / 17.12. Gesamt:247, Sa:170, So:77

#### Frauen - 10 Kilometer

1	Köppelmann	Melina	Delligser SC	W20	1	00:42:31	
2	Grimm	Sandra	SV Brenkhausen/Bi	W40	1	00:43:41	
3	Albers	Marie	Warburger SV 1882	Schüler A	1	00:45:00	
4	Singer	Emilie	Symrise	W35	1	00:49:21	
5	Terra	Imke	PSV Holzminden	W30	1	00:51:54	
6	Lange	Manuela	Warburger SV 1882	W50	1	00:52:28	
7	Behringer	Melanie	Symrise	W40	2	00:53:23	
8	Ahlswede	Britta	MTV Mainzholzen	W35	2	00:55:28	
9	Rohlfing	Sarah	SV Albaxen	W35	1	00:56:29	So.
10	Rüffer-Jahic	Marina	WBL Runners Dere	W55	1	00:59:40	
11	Kopp	Leonie	PSV Holzminden	W20	1	00:59:45	So.
12	Kopp	Leonie	PSV Holzminden	W20	2	00:59:59	
13	Wolter	Nicole	Eschershausen	W45	1	01:04:06	So.
14	Wiesbrock	Kerstin	Symrise	W50	2	01:06:08	
15	Lindhorst-Gör	Annette	Altendorfer Schütz	W55	1	01:07:46	So.
16	Ohrmann	Christine		W50	3	01:08:18	
17	Dietrich	Sandra	PSV Holzminden	W35	3	01:08:51	
18	Reinold	Lena	TuS 13 Hembsen	Schüler B	1	01:11:23	So.
19	Wilkens	Tabea	Dasseler SC	Jugend B	1	01:11:54	

#### Frauen - 20 Kilometer

1	Siepler	Simone	Non Stop Ultra Bra	W40	1	01:38:02	
2	Reinold	Claudia	TuS 13 Hembsen	W40	1	01:48:05	So.
3	Wagenknecht	Nicole	WBL Runners Dere	W30	1	01:56:30	
4	Müller	Jennifer	WBL Runners Dere	W20	1	01:56:32	
5	Multhoff	Elke	PSV Holzminden	W50	1	02:02:51	
6	Jörger	Ariane	TSG Negenborn	W30	2	02:02:52	
7	Schäfers	Annette	LT Elsen-Wewer	W60	1	02:03:15	So.
8	Jörger	Ariane	TSG Negenborn	W30	1	02:09:19	So.

#### Frauen - 5 Kilometer

1	Kleck	Helena	TuS Amelunxen	Jugend B	1	00:22:49	
2	Busse	Ines	HLC Höxter	W40	1	00:24:07	
3	Zeit	Jana	LT Lieth	W40	1	00:24:39	So.
4	Schliephake	Julia	MTV Altendorf	W20	1	00:25:32	
5	Neehmu	Foza	TuS Ovenhausen	Jugend B	2	00:26:08	
6	Baumgardt	Claudia	HLC Höxter	W50	1	00:26:25	
7	Husemann	Karin	HLC Höxter	W40	2	00:26:40	So.
8	Tönnnes	Sabine	TuS Ovenhausen	W45	1	00:26:56	So.
9	Graefe	Grit	HLC Höxter	W50	2	00:27:31	
10	Dorusch	Elke	PSV Holzminden	W60	1	00:28:38	So.
11	Schliephake	Katrin	MTV Altendorf	W50	3	00:28:40	
12	Dogu	Nicole	Höxter	W35	1	00:28:57	So.
13	Meier	Franziska	PSV Holzminden	W35	1	00:29:08	
14	Lohre	Katharina	Islandpfeder	W50	1	00:29:19	So.
15	Hunger	Mandy	Symrise	W20	2	00:29:29	

16	Dogu	Nicole	Höxter	W35	2	00:29:33
17	Seydler	Stefanie	PSV Holzminden	W45	2	00:29:46 So.
18	Behn	Vera	HLC Höxter	W40	2	00:29:51
19	Hoffmann	Daniela	Kirche laufend dab	W40	3	00:30:16
20	Meier	Andrea	WBL Runners Dere	W45	3	00:30:29 So.
21	Möller-Trautn	Astrid	MTV Bevern	W45	1	00:30:31
22	Oelecer	Brigitte	PSV Holzminden	W55	1	00:30:41 So.
23	von Holly	Julia	Symrise	W20	3	00:31:34
24	Kopp	Heidi	PSV Holzminden	W55	1	00:31:44
25	Hülsmann	Regina	WBL Runners Dere	W60	1	00:32:45
26	von Heesen	Nadine	HLC Höxter	W35	3	00:33:29
27	Schoppmeier	Annette	Symrise	W45	4	00:33:30 So.
28	Hettling	Lena-Alicia	Negenborn	W20	4	00:33:44
29	Magnus	Elfriede	Eschershausen	W50	2	00:33:52 So.
30	Titze	Nicole	MTV 49 Holzminde	W35	2	00:34:21 So.
31	Titze	Nicole	MTV 49 Holzminde	W35	4	00:34:29
32	Robelski	Susanne	PSV Holzminden	W45	5	00:36:08 So.
33	Körtner	Marisa	Symrise	W20	5	00:39:09
34	Kubiak	Jutta	Kirche laufend dab	W50	4	00:43:01
35	Roßbach	Annemarie	MTV Bevern	W65	1	00:43:08

#### Schülerinnen - 5 Kilometer

1	Albers	Lea	Warburger SV 188	Schüler B	1	00:23:47
2	von Heesen	Jo-Ann	HLC Höxter	Schüler B	2	00:25:21
3	Schlue	Jaqueline	WBL Runners Dere	Schüler A	1	00:30:17 So.
4	Langer	Stella	HLC Höxter	Schüler A	1	00:30:36

#### Männer - 10 Kilometer

1	Berkemeier	Matthias	Nieheim-Eversen	Jugend B	1	00:37:39
2	Beier	Thomas	MTV Mainzholzen	M45	1	00:40:06
3	Thomas	Stefan	USC Kiel	M50	1	00:41:07
4	Knackstedt	Thomas	Delligser SC	M55	1	00:42:28
5	Schmidt	Sebastian	LG Höxter	M35	1	00:43:12
6	Ghasemi	Zeyneddin	PSV Holzminden	Jugend A	1	00:43:34 So.
7	Möller	Christof	MTV Bevern	M45	2	00:44:28
8	Fergert	Andrei	Symrise	M30	1	00:44:36 So.
9	Klüver	Jörg	Symrise	M50	2	00:44:37
10	Rohlfing	Holger	PSV Holzminden	M40	1	00:45:46 So.
11	Jünemann	Sven	SV Kollerbeck	M45	3	00:45:55
12	Griebel	Dr. Thomas	Delligser SC	M60	1	00:45:58
13	Begemann	Thomas	Symrise	M40	2	00:46:16 So.
14	Talke	Michael	MTV 49 Holzminde	M45	1	00:47:51 So.
15	Fromme	Volker	SV Brenkhausen/Bi	M35	2	00:48:03
16	Memis	Ihsan	Team Egger	M45	4	00:48:04
17	Krause	Detlef	TSV Lenne	M50	3	00:48:23
18	Trube	Mario	PSV Holzminden	M50	4	00:48:54
19	Sturm	Arne	Delligser SC	M40	1	00:49:16
20	Gömann	Marcel	Symrise	M35	1	00:49:17 So.
21	Taube	Ingo	PSV Holzminden	M40	2	00:50:13
22	Gömann	Gerd	Symrise	M50	5	00:50:55

23	Berkemeier	Marian David	Nieheim	Jugend A	1	00:50:58
24	Dörffler	Christoph	Holzminden	M55	2	00:51:12
25	Jacek	Janusz	Team Egger	M55	1	00:51:53 So.
26	Reese	Oliver	PSV Holzminden	M40	3	00:53:58
27	Bizouard	Pierre	Symrise	M20	1	00:54:26
28	Gömann	Gerd	Symrise	M50	1	00:54:38 So.
29	Riess	Thomas	Radsport Hochsolli	M50	6	00:54:49
30	Vauth	Jürgen	Non Stop Ultra Bra	M50	7	00:54:54
31	Hruschka	Constantin	SVL Weilheim	M45	5	00:54:59
32	Schaumann	Michael	MTV Wangelnstedt	M35	3	00:56:08
33	Klages	Andreas	WBL Runners Dere	M55	3	00:57:14
34	Kopp	Andreas	PSV Holzminden	M55	4	00:57:57
35	Klocke	Christoph	Runbugg-TUS Over	M35	4	00:58:08
36	Rüsing	Hans	Kirche laufend dab	M65	1	00:58:33
37	Vauth	Jürgen	Non Stop Ultra Bra	M50	2	00:58:48 So.
38	Rettberg	Sven	TSV Hilwartshause	M45	6	00:59:51
39	Derlot	Pierre	Symrise	M20	2	01:00:07
40	Laureyns	Hendrik	Team Egger	M55	2	01:01:16 So.
41	Gliewe	Holger	PSV Holzminden	M55	3	01:01:29 So.
42	Welz	Harald	PSV Holzminden	M60	2	01:02:25
43	Gliewe	Holger	PSV Holzminden	M55	5	01:02:39
44	Gottwald	Dirk	PSV Holzminden	M65	1	01:04:45 So.
45	Laureyns	Hendrik	Team Egger	M55	6	01:10:00
46	Hillebrand	Josef	TuS 13 Hembsen	M60	1	01:11:30 So.

#### Männer - 20 Kilometer

1	Hesse	Jörn	Delligser SC	M40	1	01:19:39
2	Meier	Lars	PSV Holzminden	M45	1	01:23:06
3	Weinholz	Dieter	SV Brenkhausen/B	M50	1	01:23:57
4	Schoppmeier	Martin	SV Brenkhausen/B	M45	2	01:28:34
5	Klink	Andreas	Höxter	M35	1	01:29:42
6	Radtke	Ulrich	RunArtist Holzminc	M55	1	01:33:56
7	Lange	Jörg	TUS Lühtringen	M50	2	01:35:29
8	Messerschmic	Michael	Delligser SC	M55	2	01:36:31
9	Quest	Hubert	Non Stop Ultra Bra	M55	3	01:38:02
10	Disselhoff	Moritz		M35	1	01:40:04 So.
11	Hoblitz	Sebastian	TuS 13 Hembsen	M30	1	01:40:05 So.
12	Seydler	Jörg	Symrise	M40	2	01:40:31
13	Disselhoff	Bernhard	TuS Amelunxen	M30	2	01:40:34 So.
14	Joppe	Holger	Symrise	M50	3	01:40:56
15	Loges	Hermann	Non Stop Ultra Bra	M50	1	01:41:18 So.
16	Ullrich	Rüdiger	LG Kreis Verden	M65	1	01:41:56
17	Rudolph	Markus	TUS Hembsen	M30	3	01:43:57 So.
18	Opitz	Peter	Emmerthal	M45	3	01:44:19
19	Joppe	Holger	Symrise	M50	2	01:46:05 So.
20	Jacek	Janusz	Team Egger	M55	4	01:46:28
21	Echterling	Udo	Team Egger	M40	3	01:52:18
22	Wilkens	Carsten	Dasseler SC	M45	4	01:53:29
23	Sonnenburg	Christian	WBL Runners Dere	M40	4	01:56:29
24	Flormann	Ralf	Holzminden	M50	4	02:01:19

25 Mau Thomas Radsport Hochsolli M50 5 02:01:20

Männer - 5 Kilometer

1	Wagemann	Jan-Erik	LC Paderborn	Jugend A	1	00:18:55
2	Freise	Dennis	LG Solling	Jugend B	1	00:19:30
3	Fischer	Jan	Altendorfer Schütz	Jugend B	2	00:20:30
4	Spieker	Markus	TuS Ovenhausen	M35	1	00:20:37 So.
5	Spieker	Markus	TuS Ovenhausen	M35	1	00:20:46
6	Gömann	Felix	Altendorfer Schütz	M20	1	00:20:59
7	Neehmu	Firas	TuS Ovenhausen	Jugend A	2	00:22:04
8	Loges	Hermann	Non Stop Ultra Bra	M50	1	00:22:12
9	Loges	Fabrice	Non Stop Ultra Bra	Jugend B	3	00:22:30
10	Gebreyanas	Debesay	Non Stop Ultra Bra	M30	1	00:22:43 So.
11	Müller	Götz	TUS Germania Hag	Jugend B	4	00:22:45
12	Khalili	Yusouf	Non Stop Ultra Bra	Jugend B	1	00:23:09 So.
13	Schliephake	Olaf	MTV Altendorf	M50	2	00:23:11
14	Badorrek	Niels	SV Heinum	M40	1	00:23:14
15	Mohammadi	Jalal-Aldeen	Non Stop Ultra Bra	Jugend A	1	00:23:22 So.
16	Vauth	Hermann	Non Stop Ultra Bra	M35	2	00:23:36 So.
17	Klie	Bernd	Symrise	M45	1	00:23:39
18	Versen	Dietmar	Only Eichholz	M50	1	00:23:41 So.
19	Klie	Bernd	Symrise	M45	1	00:23:44 So.
19	Scheifhacken	Dennis	TuS 13 Hembsen	M30	1	00:23:44
21	Scheifhacken	Dennis	TuS 13 Hembsen	M30	2	00:23:49 So.
21	Vauth	Michael	Non Stop Ultra Bra	M35	2	00:23:49
23	Kumlehn	Matthias	MTV Altendorf	M45	2	00:23:51
24	Bahl	Eckhard	PSV Holzminden	M55	1	00:24:11
25	Herzke	Bernd	SV Heinum	M60	1	00:24:26
26	Mantel	Edward	Team Egger	Jugend A	3	00:24:33
27	Mense	Raphael	PSV Holzminden	Jugend A	4	00:24:39
28	Klute	Ulrich	LT Lieth	M45	2	00:24:40 So.
29	Freise	Hartmut	LG Solling	M55	2	00:24:48
30	Gerling	Carsten	PSV Holzminden	M45	3	00:25:05
31	Ebeling	Matthias	PSV Holzminden	M50	3	00:26:02
32	Kohrs	Andreas	Symrise	M45	3	00:26:04 So.
33	Schwekendiek	Ingo	Symrise	M55	3	00:26:07
34	Baratali	Alimada	Non Stop Ultra Bra	M20	1	00:26:17 So.
35	Schwekendiek	Ingo	Symrise	M55	1	00:26:23 So.
36	Schulze	Torsten	LG Solling	M40	2	00:26:26
37	Ebeling	Matthias	PSV Holzminden	M50	2	00:26:27 So.
38	Kohrs	Andreas	Symrise	M45	4	00:26:33
39	Brandl	Uwe	HLC Höxter	M50	3	00:26:35 So.
40	Warnecke	Bodo	PSV Holzminden	M60	1	00:27:01 So.
41	Brandl	Uwe	HLC Höxter	M50	4	00:27:14
42	Worms	Reinhold	TuS Ovenhausen	M60	2	00:27:20
43	Gerling	Carsten	PSV Holzminden	M45	4	00:27:25 So.
44	Golüke	Werner	PSV Holzminden	M60	2	00:27:26 So.
44	Warnecke	Bodo	PSV Holzminden	M60	3	00:27:26
46	Overmöhle	Bernd	DJK Brakel	M50	5	00:28:14
47	Micus	Dr. Thomas	PSV Holzminden	M60	3	00:29:11 So.

48	Harsing	Markus	WeserBerg-Laufwe	M40	3	00:29:23
49	Queren	Rainer	HLC Höxter	M55	4	00:29:37
50	Grüner	Adalbert	Non Stop Ultra Bra	M65	1	00:29:40 So.
51	Risse	Stefan	TuS Ovenhausen	M50	6	00:29:44
52	Hofmann	Wolfgang	PSV Holzminden	M65	1	00:30:02
53	Müller	Thomas	Symrise	M55	5	00:31:18
54	Ebeling	Rudolf	PSV Holzminden	M75	1	00:31:27
55	Pramann	Frank	Symrise	M50	4	00:31:35 So.
56	Rogas	Siegfried	PSV Holzminden	M65	2	00:32:02
57	Scholz	Heinrich	Uslar	M75	2	00:32:09
58	Ehling	Andreas	RunArtist Holzminc	M50	5	00:32:18 So.
59	Meier	Lars aus Dere	WBL Runners Dere	M45	5	00:32:28 So.
60	Meier	Lars aus Dere	WBL Runners Dere	M45	5	00:32:35
61	Rogas	Siegfried	PSV Holzminden	M65	2	00:32:37 So.
62	Micus	Stefan	DJK Adler Brakel	M45	6	00:32:53 So.
63	Stimpel	Burkhard	Uslar	M60	4	00:33:01
64	Müller	Engelbert	TSV Warzen	M80	1	00:33:28
65	Heinze	Hardi	FC Herta Lütgenad	M55	2	00:34:01 So.
66	Berke	Mathias		M20	2	00:34:31
67	Wielert	Tim	Hannover 96	M30	2	00:34:35
68	Wehrmann	Wilhelm	PSV Holzminden	M80	2	00:35:15
69	Winter	Gerd	PSV Holzminden	M65	3	00:36:17
70	Bettermann	Edgar	PSV Holzminden	M80	3	00:40:18

#### Schüler - 5 Kilometer

1	Neehmu	Yaser	TuS Ovenhausen	Schüler A	1	00:21:13
2	Helpenstein	Maximilian	DJK Adler Brakel	Schüler C	1	00:22:22
3	Helpenstein	Moritz	DJK Adler Brakel	Schüler D	1	00:25:57
4	Schulze	Finn	LG Solling	Schüler B	1	00:26:14
5	Harsing	Raul	WeserBerg-Laufwe	Schüler B	2	00:26:18
6	Titze	Jasper	MTV 49 Holzminde	Schüler C	2	00:28:28
7	Stenz	Leon-Adriano	TuS 13 Hembsen	Schüler C	1	00:30:50 So.
8	Micus	Hugo	DJK Brakel	Schüler D	1	00:32:51 So.
9	Micus	Theo	DJK Brakel	Schüler D	2	00:32:52 So.

#### Walking 10 Kilometer

Beuster	Udo	Symrise	M60	01:07:53
Geffert	Christine	Symrise	W45	01:07:53
Krüger	Herbert	Symrise	M60	01:20:45 So.
Müller	Petra	TuS 13 Hembsen	W50	01:10:40
Niekerken	Jörg	Symrise	M45	01:14:47
Steingräber	Klaus	LG Solling	M70	01:14:54
Thomczyk	Elke	Symrise	W65	01:16:52
Wedekin	Maria	Symrise	W55	01:10:56

#### Walking 5 Kilometer

Dörrier	Gisela	MTV Altendorf	W65	00:39:30
Dörrier	Willi	MTV Altendorf	M65	00:37:27
Gömann	Tobias	Grave	M55	00:42:46 So.
Greifenberg	Karola	Symrise	W50	00:40:58

Grohs	Wolfram	Kirche laufend dab	M80	00:46:11
Hohm	Friedrich	PSV Holzminden	M70	00:38:07
Horstmann	Rita	HLC Höxter	W50	00:41:41
Kaufhold	Erich	PSV Holzminden	M80	00:45:15
Klages	Magdalena	PSV Holzminden	W65	00:44:07
Klüver	Maike	Symrise	W45	00:43:35
Knebel	Petra	Symrise	W45	00:46:50 So.
Lange	Margot	PSV Holzminden	W75	00:42:13
Lüke	Josef	Team Egger	M50	00:33:28 So.
Niekerken	Doris	Symrise	W45	00:38:02
Risto	Barbara	MTV Altendorf	W50	00:42:04
Risto	Bernd	MTV Altendorf	M55	00:37:28
Rothmann	Anette	TV 87 Stadtoldendorf	W55	00:39:05 So.
Schüler	Martin	LG Solling	M70	00:34:30 So.
Schüler	Martin	LG Solling	M70	00:35:32
Schütte	Friedrich	MTV Altendorf	M55	00:42:00 So.
Sprenger	Corinna	Holzminden	W55	00:44:07
Sprenger	Corinna	Holzminden	W55	00:44:32 So.
Vogt	Hans-Georg	LS Altenbeken	M70	00:35:21