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Ergebnis Wochenende: 09.12.2017 / 10.12. Gesamt:246, Sa:170, So:76

Frauen - 10 Kilometer

1	Köppelmann	Melina	Delligser SC	W20	1	00:43:29	
2	Grimm	Sandra	SV Brenkhausen/Bosseborn	W40	1	00:44:33	
3	Albers	Marie	Warburger SV 1884	Schüler A	1	00:45:48	
4	Singer	Emilie	Symrise	W35	1	00:49:47	
5	Terra	Imke	PSV Holzminden	W30	1	00:51:43	
6	Behringer	Melanie	Symrise	W40	2	00:52:21	
7	Lange	Manuela	Warburger SV 1884	W50	1	00:52:36	
8	Stang	Ina	PSV Holzminden	W35	2	00:53:17	
9	Gerlach	Susanne	DLRG Holzminden	W35	3	00:54:18	
10	Ahlswede	Britta	MTV Mainzholzen	W35	4	00:54:32	
11	Menke	Gabi	Non Stop Ultra Brakel	W45	1	00:54:40	
12	Rohlfing	Sarah	SV Albaxen	W35	5	00:56:41	
13	Gerlach	Susanne	DLRG Holzminden	W35	1	00:57:01	So.
14	Koch	Mechthild	Warburger SV 1884	W45	2	00:58:48	
15	Koch	Mechthild	Warburger SV 1884	W45	1	00:59:41	So.
16	Rüffer-Jahic	Marina	WBL Runners Derental	W55	1	01:00:13	
17	Reinold	Lena	TuS 13 Hembsen	Schüler B	1	01:03:00	
18	Rüffer-Jahic	Marina	WBL Runners Derental	W55	1	01:03:25	So.
19	Wolter	Nicole	Eschershausen	W45	3	01:05:04	
20	Brockmann	Anna-Lena		W20	2	01:06:42	
21	Dietrich	Sandra	PSV Holzminden	W35	6	01:07:59	
22	Ohrmann	Christine		W50	2	01:10:36	
23	Wilkens	Tabea	Dasseler SC	Jugend B	1	01:11:45	
24	Wiesbrock	Kerstin	Symrise	W50	3	01:20:32	
25	Brückner	Meike	Symrise	W50	4	01:20:34	

Frauen - 20 Kilometer

1	Reinold	Claudia	TuS 13 Hembsen	W40	1	01:57:46	
2	Multhoff	Elke	PSV Holzminden	W50	1	02:03:01	
3	Wagenknecht	Nicole	WBL Runners Derental	W30	1	02:03:40	
4	Müller	Jennifer	WBL Runners Derental	W20	1	02:03:41	

Frauen - 5 Kilometer

1	Kleck	Helena	TuS Amelunxen	Jugend B	1	00:23:19	
2	Busse	Ines	HLC Höxter	W40	1	00:24:13	
3	Schliephake	Julia	MTV Altendorf	W20	1	00:24:47	
3	Zeit	Jana	LT Lieth	W40	2	00:24:47	
5	Neehmu	Foza	TuS Ovenhausen	Jugend B	1	00:25:49	So.
6	Pöppe	Carolin	Non Stop Ultra Brakel	W20	2	00:26:09	
7	Baumgardt	Claudia	HLC Höxter	W50	1	00:26:53	
8	Tönnnes	Sabine	TuS Ovenhausen	W45	1	00:27:10	So.
9	Husemann	Karin	HLC Höxter	W40	1	00:27:16	So.
10	Graefe	Grit	HLC Höxter	W50	2	00:27:46	
11	Schliephake	Katrin	MTV Altendorf	W50	3	00:28:55	
12	Dorusch	Elke	PSV Holzminden	W60	1	00:29:02	So.
13	Lohre	Katharina	Islandpfeder	W50	1	00:29:10	So.

14	Schliephake	Katrin	MTV Altendorf	W50	2	00:29:15 So.
15	Schreiber	Constanze	HLC Höxter	W50	3	00:30:16 So.
16	Meier	Franziska	PSV Holzminden	W35	1	00:30:20 So.
17	Behn	Vera	HLC Höxter	W40	3	00:30:30
18	Möller-Trautmar	Astrid	MTV Bevern	W45	1	00:30:42
19	Mewes	Sarah	Höxter	W30	1	00:30:46 So.
20	Hoffmann	Daniela	Kirche laufend dabei	W40	4	00:30:51
21	Rose	Carina	Symrise	W20	1	00:30:54 So.
22	Meier	Andrea	WBL Runners Derental	W45	2	00:31:02 So.
23	Seydler	Stefanie	PSV Holzminden	W45	3	00:31:06 So.
24	Oelecer	Brigitte	PSV Holzminden	W55	1	00:31:54
25	Kopp	Heidi	PSV Holzminden	W55	2	00:32:16
26	Hülsmann	Regina	WBL Runners Derental	W60	1	00:32:51
27	Zeit	Jana	LT Lieth	W40	2	00:33:07 So.
28	Schoppmeier	Annette	Symrise	W45	2	00:33:59
29	von Heesen	Nadine	HLC Höxter	W35	1	00:34:12
30	Magnus	Elfriede	Eschershausen	W50	4	00:34:30
31	Schoppmeier	Annette	Symrise	W45	4	00:34:44 So.
32	Robelski	Susanne	PSV Holzminden	W45	3	00:36:03
33	Frost	Sabine	MTV Bevern	W50	5	00:36:36
34	Roßbach	Annemarie	MTV Bevern	W65	1	00:42:41

Schülerinnen - 5 Kilometer

1	Albers	Lea	Warburger SV 1884	Schüler B	1	00:24:36
2	von Heesen	Jo-Ann	HLC Höxter	Schüler B	2	00:24:53
3	Siepler	Lisa	DJK Adler Brakel	Schüler B	3	00:27:30

Männer - 10 Kilometer

1	Berkemeier	Matthias	Nieheim-Eversen	Jugend B	1	00:39:41 So.
2	Beier	Thomas	MTV Mainzholzen	M45	1	00:39:54
3	Beier	Thomas	MTV Mainzholzen	M45	1	00:41:40 So.
4	Berkemeier	Matthias	Nieheim-Eversen	Jugend B	1	00:42:17
5	Ghasemi	Zeyneddin	PSV Holzminden	Jugend A	1	00:43:27 So.
6	Heise	Achim	Delligser SC	M45	2	00:43:30
7	Marworth	Hendrik	Symrise	M40	1	00:43:47 So.
8	Schmidt	Sebastian	LG Höxter	M35	1	00:44:37 So.
9	Klüver	Jörg	Symrise	M50	1	00:45:03
10	Möller	Christof	MTV Bevern	M45	3	00:45:18
11	Altmiks	Frank	SV Kollerbeck	M50	2	00:45:39
12	Griebel	Dr. Thomas	Delligser SC	M60	1	00:45:51
13	Begemann	Thomas	Symrise	M40	2	00:45:58 So.
14	Raulfs	Thorsten	RunArtist Holzminden	M45	4	00:46:26
15	Saage	Ansgar	SV Kollerbeck	M50	3	00:46:49
16	Rheker	Heinrich	SV Kollerbeck	M60	2	00:47:22
17	Jünemann	Sven	SV Kollerbeck	M45	5	00:48:19
18	Talke	Michael	MTV 49 Holzminden	M45	6	00:48:36
19	Fromme	Volker	SV Brenkhausen/Bosseborn	M35	1	00:48:44
20	Trube	Mario	PSV Holzminden	M50	4	00:48:50
21	Krause	Detlef	TSV Lenne	M50	5	00:49:28
22	Sturm	Arne	Delligser SC	M40	1	00:49:58

23	Berkemeier	Marian David	Nieheim	Jugend A	1	00:50:08
24	Weisbender	Marco	HLC Höxter	M40	3	00:50:35 So.
25	Grüner	Lukas	Non Stop Ultra Brakel	M30	1	00:50:50
26	Taube	Ingo	PSV Holzminden	M40	2	00:51:22
27	Engelhardt	Dirk	Symrise	M45	2	00:51:26 So.
28	Radtke	Ulrich	RunArtist Holzminden	M55	1	00:51:27 So.
29	Gömann	Gerd	Symrise	M50	6	00:51:47
30	Reese	Oliver	PSV Holzminden	M40	4	00:52:28 So.
31	Gundelach	Mike	Symrise	M40	5	00:53:16 So.
32	Gömann	Gerd	Symrise	M50	1	00:53:25 So.
33	Dörffler	Christoph	Holzminden	M55	2	00:53:49 So.
34	Bizouard	Pierre	Symrise	M20	1	00:53:58
35	Derlot	Pierre	Symrise	M20	2	00:54:34
36	Kopp	Andreas	PSV Holzminden	M55	3	00:55:46 So.
37	Schaumann	Michael	MTV Wangelstedt	M35	2	00:56:05
38	Klages	Andreas	WBL Runners Derental	M55	1	00:58:32
39	Kopp	Andreas	PSV Holzminden	M55	2	00:59:28
40	Rüsing	Hans	Kirche laufend dabei	M65	1	01:00:18
41	Mehrlein	Daniel	DLRG Holzminden	M20	1	01:00:27 So.
42	Klocke	Christoph	Runbugg-TUS Ovenhausen	M35	3	01:01:12
43	Laureyns	Hendrik	Team Egger	M55	4	01:01:36 So.
44	Gliewe	Holger	PSV Holzminden	M55	3	01:02:08
45	Hillebrand	Josef	TuS 13 Hembsen	M60	3	01:03:07
46	Welz	Harald	PSV Holzminden	M60	4	01:04:50
47	Gottwald	Dirk	PSV Holzminden	M65	2	01:04:55
48	Fromme	Erich	SV Brenkhausen/Bosseborn	M65	3	01:05:22
49	Wiechers	Alexander	TuS 13 Hembsen	M20	2	01:08:51 So.

Männer - 20 Kilometer

1	Hesse	Jörn	Delligser SC	M40	1	01:20:52
2	Meier	Lars	PSV Holzminden	M45	1	01:26:30
3	Weinholz	Dieter	SV Brenkhausen/Bosseborn	M50	1	01:29:27
4	Koch	Lars	WSV Beverungen	M45	2	01:31:23
5	Meier	Lars	PSV Holzminden	M45	1	01:32:40 So.
6	Schoppmeier	Martin	SV Brenkhausen/Bosseborn	M45	3	01:32:50
7	Klink	Andreas	Höxter	M35	1	01:32:51
8	Radtke	Ulrich	RunArtist Holzminden	M55	1	01:38:40
9	Lange	Jörg	TUS Lühtringen	M50	2	01:38:41
10	Hansen	Dirk	LAG Wesertal	M50	3	01:42:39
11	Seydler	Jörg	Symrise	M40	2	01:44:36
12	Quest	Hubert	Non Stop Ultra Brakel	M55	2	01:46:41
13	Jacek	Janusz	Team Egger	M55	3	01:47:45
14	Rudolph	Markus	TUS Hembsen	M30	1	01:48:03 So.
15	Hoblitz	Sebastian	TuS 13 Hembsen	M30	2	01:48:04 So.
16	Loges	Hermann	Non Stop Ultra Brakel	M50	1	01:48:05 So.
16	Müller	Josef	TuS 13 Hembsen	M55	1	01:48:05 So.
18	Memis	Ihsan	Team Egger	M45	4	01:50:26
19	Echterling	Udo	Team Egger	M40	3	01:51:42
20	Wilkens	Carsten	Dasseler SC	M45	5	01:54:25
21	Driessen-van Sch Tom		PSV Holzminden	M35	2	01:56:40

22 Klughardt	Markus	Steinmann Fensterbau	M45	6	02:04:49
23 Flormann	Ralf	Holzminden	M50	4	02:05:15
24 Mau	Thomas	Radsport Hochsolling	M50	5	02:05:19

Männer - 5 Kilometer

1 Wagemann	Jan-Erik	LC Paderborn	Jugend A	1	00:19:02
2 Freise	Dennis	LG Solling	Jugend B	1	00:19:33
3 Mußmann	Kai	ESV Ein. Hameln	M45	1	00:20:12
4 Gebreyanas	Debesay	Non Stop Ultra Brakel	M30	1	00:20:44
5 Gömann	Felix	Altendorfer Schützen	M20	1	00:20:49
6 Okbamichael	Fikadu	Non Stop Ultra Brakel	Jugend A	1	00:20:53 So.
7 Spieker	Markus	TuS Ovenhausen	M35	1	00:21:08 So.
8 Spieker	Markus	TuS Ovenhausen	M35	1	00:21:20
9 Loges	Hermann	Non Stop Ultra Brakel	M50	1	00:22:29
10 Badorrek	Niels	SV Heinum	M40	1	00:22:40
11 Loges	Fabrice	Non Stop Ultra Brakel	Jugend B	2	00:22:54
12 Schliephake	Olaf	MTV Altendorf	M50	1	00:23:05 So.
13 Schliephake	Olaf	MTV Altendorf	M50	2	00:23:16
14 Klie	Bernd	Symrise	M45	2	00:23:24
15 Versen	Dietmar	Only Eichholz	M50	3	00:23:32
16 Müller	Götz	TUS Germania Hagen	Jugend B	1	00:23:40 So.
17 Freise	Hartmut	LG Solling	M55	1	00:24:00
18 Scheifhacken	Dennis	TuS 13 Hembsen	M30	2	00:24:09
18 Vauth	Michael	Non Stop Ultra Brakel	M35	2	00:24:09
20 Vauth	Hermann	Non Stop Ultra Brakel	M35	2	00:24:14 So.
21 Mauve	Carsten	Symrise	M50	4	00:24:33
22 Mantel	Edward	Team Egger	Jugend A	2	00:24:34
23 Talke	Michael	MTV 49 Holzminden	M45	1	00:24:39 So.
24 Mohammadi	Jalal-Aldeen	Non Stop Ultra Brakel	Jugend A	3	00:24:40
25 Herzke	Bernd	SV Heinum	M60	1	00:24:44
26 Gerling	Carsten	PSV Holzminden	M45	3	00:24:51
27 Mohammadi	Jalal-Aldeen	Non Stop Ultra Brakel	Jugend A	2	00:24:59 So.
28 Chastenier	Andre Philipp	Blomberg	Jugend A	3	00:25:03 So.
29 Kumlehn	Matthias	MTV Altendorf	M45	2	00:25:31 So.
30 Werner	Pascal	Team Egger	Jugend B	3	00:25:43
31 Kohrs	Andreas	Symrise	M45	4	00:25:51
32 Hillebrand	Josef	TuS 13 Hembsen	M60	1	00:25:56 So.
33 Weber	Berthold	Symrise	M45	5	00:26:03
34 Ebeling	Matthias	PSV Holzminden	M50	2	00:26:18 So.
35 Schwekendiek	Ingo	Symrise	M55	2	00:26:42
36 Kohrs	Andreas	Symrise	M45	3	00:26:43 So.
37 Grüner	Adalbert	Non Stop Ultra Brakel	M65	1	00:27:17
38 Grüner	Adalbert	Non Stop Ultra Brakel	M65	1	00:27:39 So.
39 Schulze	Torsten	LG Solling	M40	2	00:27:51
40 Schulze	Torsten	LG Solling	M40	1	00:27:52 So.
41 Gerling	Carsten	PSV Holzminden	M45	4	00:28:00 So.
42 Golüke	Werner	PSV Holzminden	M60	2	00:28:02 So.
43 Worms	Reinhold	TuS Ovenhausen	M60	3	00:28:43 So.
44 Tewes	Fabian	Höxter	M30	1	00:29:05 So.
45 Pramann	Frank	Symrise	M50	5	00:29:11

46	Laabs	Thomas	Lauftreff Feuerwehr	M50	6	00:29:27
47	Pramann	Frank	Symrise	M50	3	00:29:28 So.
48	Queren	Rainer	HLC Hörter	M55	3	00:29:31
49	Micus	Dr. Thomas	PSV Holzminden	M60	2	00:29:37
50	Brömsen	Matthias	WBL Runners Derental	M55	1	00:29:45 So.
51	Hofmann	Wolfgang	PSV Holzminden	M65	2	00:29:54
52	Brömsen	Matthias	WBL Runners Derental	M55	4	00:30:18
53	Risse	Stefan	TuS Ovenhausen	M50	7	00:30:25
54	Laabs	Thomas	Lauftreff Feuerwehr	M50	4	00:30:32 So.
55	Müller	Thomas	Symrise	M55	5	00:30:45
56	Ehling	Andreas	RunArtist Holzminden	M50	8	00:31:01
57	Ebeling	Rudolf	PSV Holzminden	M75	1	00:31:18
58	Meier	Lars aus Dere	WBL Runners Derental	M45	6	00:32:00
59	Rogas	Siegfried	PSV Holzminden	M65	3	00:32:52
60	Hoffmeister	Florian	Laufen gegen Leiden	M35	3	00:32:56
61	Klute	Ulrich	LT Lieth	M45	5	00:33:08 So.
62	Meier	Lars aus Dere	WBL Runners Derental	M45	6	00:33:10 So.
63	Talke	Karl August	PSV Holzminden	M65	4	00:33:22
64	Müller	Engelbert	TSV Warzen	M80	1	00:33:27
65	Berke	Mathias		M20	2	00:33:41
66	Wehrmann	Wilhelm	PSV Holzminden	M80	2	00:34:22
67	Schulze	Ulrich	Wesertal	M65	5	00:34:33
68	Mense	Rainer	PSV Holzminden	M55	2	00:35:48 So.
69	Winter	Gerd	PSV Holzminden	M65	6	00:35:53
70	Heinze	Hardi	FC Herta Lütgenade	M55	6	00:36:48
71	Warnecke	Bodo	PSV Holzminden	M60	4	00:40:03 So.
71	Warnecke	Lukas	Freiwillige Feuerwhr Boffzen	M20	1	00:40:03 So.
73	Bettermann	Edgar	PSV Holzminden	M80	3	00:40:59

Schüler - 5 Kilometer

1	Neehmu	Yaser	TuS Ovenhausen	Schüler A	1	00:21:19 So.
2	Harsing	Raul	WeserBerg-Laufwerk	Schüler B	1	00:26:32 So.
3	Schulze	Finn	LG Solling	Schüler B	2	00:26:51 So.
4	Schulze	Finn	LG Solling	Schüler B	1	00:26:58

Walking 10 Kilometer

Beuster	Udo	Symrise	M60	01:08:52
Beuster	Udo	Symrise	M60	01:10:39 So.
Greifenberg	Andreas	Symrise	M50	01:12:27 So.
Krüger	Herbert	Symrise	M60	01:17:19
Steingräber	Klaus	LG Solling	M70	01:16:11
Stimpel	Burkhard	Uslar	M60	01:11:29
Thomczyk	Elke	Symrise	W65	01:16:33

Walking 5 Kilometer

Beismann	Anna-Carina	Kirche laufend dabei	W30	00:41:26
Dörrier	Gisela	MTV Altendorf	W65	00:39:44
Dörrier	Willi	MTV Altendorf	M65	00:38:19
Franke	Andrea	Eschershausen	W45	00:36:35
Hohm	Friedrich	PSV Holzminden	M70	00:39:37

Horstmann	Rita	HLC Höxter	W50	00:41:28
Kaufhold	Erich	PSV Holzminden	M80	00:44:16
Klages	Magdalena	PSV Holzminden	W65	00:44:58 So.
Klages	Magdalena	PSV Holzminden	W65	00:44:32
Klüver	Maike	Symrise	W45	00:43:58
Langheim	Günther	DSC Dassel	M70	00:45:33
Lüke	Josef	Team Egger	M50	00:36:07 So.
Meese	Antje	Symrise	W55	00:35:16
Meese	Antje	Symrise	W55	00:35:29 So.
Müller	Maria	Symrise	W60	00:44:51
Müller	Maria	Symrise	W60	00:44:58 So.
Risto	Barbara	MTV Altendorf	W50	00:42:23
Risto	Bernd	MTV Altendorf	M55	00:37:24
Rothmann	Anette	TV 87 Stadtoldendorf	W55	00:39:31 So.
Schüler	Martin	LG Solling	M70	00:36:13
Schütte	Friedrich	MTV Altendorf	M55	00:41:54
Sprenger	Corinna	Holzminden	W55	00:44:55 So.
Wilmes	Hannelore	HLC Höxter	W75	00:49:14