

| Platz | Name | Vorname | Verein | AK | AK Pl. | Zeit |
|-------|------|---------|--------|----|--------|------|
|-------|------|---------|--------|----|--------|------|

Ergebnis Samstag 19.11.2016

Frauen - 10 Kilometer

| | | | | | | |
|----|------------------|-----------|--------------------------|-----|---|----------|
| 1 | Siepler | Simone | Non Stop Ultra Brakel | W40 | 1 | 00:49:03 |
| 2 | Wagenknecht | Nicole | WBL Runners Derental | W30 | 1 | 00:50:59 |
| 3 | Stang | Ina | Bevern | W35 | 1 | 00:54:31 |
| 4 | Angsmann | Ingrid | Höxter | W55 | 1 | 00:54:50 |
| 5 | Terra | Imke | Halle/ Bremke | W20 | 1 | 00:55:09 |
| 6 | Henneken | Christin | Laufwerk Höxter | W20 | 2 | 00:55:24 |
| 7 | Meyer | Lea | Lauffahrt Höxter | W20 | 3 | 00:55:30 |
| 8 | Rauls | Heike | PSV Holzminden | W55 | 2 | 00:57:19 |
| 9 | Willeke | Alexandra | SV Albaxen | W40 | 2 | 00:58:09 |
| 10 | Balbuchta | Beate | Lauffahrt Höxter | W40 | 3 | 00:58:43 |
| 11 | Gerlach | Susanne | DLRG Holzminden | W35 | 2 | 01:00:04 |
| 12 | Wilhelm | Larissa | Lauenförde | W35 | 3 | 01:02:23 |
| 13 | Rüffer-Jahic | Marina | WBL Runners Derental | W55 | 3 | 01:02:26 |
| 14 | Müller-Lüke | Christa | SV Ottbergen-Bruchhausen | W40 | 4 | 01:02:49 |
| 15 | Kopp | Leonie | PSV Holzminden | W20 | 4 | 01:03:03 |
| 16 | Wolter | Nicole | Eschershausen | W45 | 1 | 01:07:15 |
| 17 | Dick | Ilona | Radsport Hochsolling | W55 | 4 | 01:08:13 |
| 18 | Magnus | Elfriede | Eschershausen | W45 | 2 | 01:08:30 |
| 19 | Dietrich | Sandra | PSV Holzminden | W30 | 2 | 01:15:54 |
| 20 | Lindhorst-Gömann | Annette | Altendorfer Schützen | W50 | 1 | 01:17:51 |
| 21 | Wiesbrock | Kerstin | Symrise | W50 | 2 | 01:21:17 |
| 22 | Brückner | Meike | Symrise | W50 | 3 | 01:21:18 |

Frauen - 20 Kilometer

| | | | | | | |
|---|-----------|---------|----------------|-----|---|----------|
| 1 | Rahns | Jutta | HLC Höxter | W45 | 1 | 01:34:40 |
| 2 | Behringer | Melanie | Symrise | W40 | 1 | 02:01:32 |
| 3 | Reinold | Claudia | TuS 13 Hembsen | W40 | 2 | 02:07:31 |

Frauen - 5 Kilometer

| | | | | | | |
|----|-------------|----------------|----------------------|----------|---|----------|
| 1 | Werner | Josefine Marie | SG Mogono Leipzig | Jugend B | 1 | 00:21:28 |
| 2 | Rosner | Nadja | SG Mogono Leipzig | Jugend B | 2 | 00:25:16 |
| 3 | Busse | Ines | HLC Höxter | W40 | 1 | 00:26:38 |
| 4 | Husemann | Karin | HLC Höxter | W40 | 2 | 00:27:47 |
| 5 | Tewes | Fabian | Höxter | W30 | 1 | 00:27:58 |
| 6 | Schliephake | Katrin | MTV Altendorf | W50 | 1 | 00:28:06 |
| 7 | Hasse | Penolope | SC Schoningen | Jugend A | 1 | 00:30:34 |
| 8 | Schrader | Irmgard | WBL Runners Derental | W60 | 1 | 00:30:47 |
| 9 | Meyer | Natalie | Symrise | W20 | 1 | 00:30:56 |
| 10 | Behrens | Sabrina | PSV Holzminden | W35 | 1 | 00:30:58 |
| 11 | Meier | Andrea | WBL Runners Derental | W45 | 1 | 00:30:59 |
| 12 | Graefe | Grit | HLC Höxter | W50 | 2 | 00:31:03 |
| 13 | Brett | Judith | HLC Höxter | W40 | 3 | 00:31:49 |
| 14 | Schreiber | Constanze | HLC Höxter | W50 | 3 | 00:31:50 |
| 15 | Krebs | Sabine | WBL Runners Derental | W50 | 4 | 00:32:13 |
| 16 | Hülsmann | Regina | WBL Runners Derental | W60 | 2 | 00:32:14 |
| 17 | Behn | Vera | HLC Höxter | W40 | 4 | 00:32:28 |

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|----|------------|-----------|----------------------|-----|---|----------|
| 18 | Robelski | Susanne | PSV Holzminden | W45 | 2 | 00:32:30 |
| 19 | von Holly | Julia | Symrise | W20 | 2 | 00:34:42 |
| 20 | König | Heike | WBL Runners Derental | W45 | 3 | 00:35:11 |
| 21 | Uiden | Tanja | | W45 | 4 | 00:35:12 |
| 22 | von Heesen | Nadine | HLC Höxter | W35 | 2 | 00:35:50 |
| 23 | Franke | Andrea | Eschershausen | W45 | 5 | 00:36:41 |
| 24 | Körtner | Marisa | Symrise | W20 | 3 | 00:38:35 |
| 25 | Linke | Christina | DLRG Holzminden | W30 | 2 | 00:40:06 |

Frauen - Walking 10 Kilometer

| | | | | | | |
|---|-------------|-----------|---------|-----|---|----------|
| 1 | Geffert | Christine | Symrise | W45 | 1 | 01:12:21 |
| 2 | Wedekin | Maria | Symrise | W55 | 1 | 01:15:54 |
| 3 | Brünig | Sandra | Symrise | W40 | 1 | 01:22:18 |
| 4 | Greifenberg | Karola | Symrise | W45 | 2 | 01:23:07 |
| 5 | Jago | Heike | Symrise | W55 | 2 | 01:26:27 |

Frauen - Walking 5 Kilometer

| | | | | | | |
|----|-------------|-------------|----------------------|-----|---|----------|
| 1 | Meese | Antje | Symrise | W55 | 1 | 00:35:22 |
| 2 | Müller | Petra | TuS 13 Hembsen | W50 | 1 | 00:37:26 |
| 3 | Dörrier | Gisela | MTV Altendorf | W65 | 1 | 00:40:25 |
| 4 | Beismann | Anna-Carina | Kirche laufend dabei | W30 | 1 | 00:42:18 |
| 5 | Müller | Maria | Symrise | W55 | 2 | 00:43:23 |
| 6 | Ehlers | Ulrike | PSV Holzminden | W55 | 3 | 00:43:26 |
| 7 | Kumlehn | Gisela | PSV Holzminden | W65 | 2 | 00:44:44 |
| 8 | Lange | Margot | PSV Holzminden | W75 | 1 | 00:44:45 |
| 9 | Reifenstein | Anna-Lena | Symrise | W20 | 1 | 00:47:54 |
| 10 | Reifenstein | Sabine | Symrise | W55 | 4 | 00:48:07 |

Schülerinnen - 5 Kilometer

| | | | | | | |
|---|------------|--------|-------------------|-----------|---|----------|
| 1 | Albers | Marie | Warburger SV 1884 | Schüler A | 1 | 00:23:32 |
| 2 | Albers | Lea | Warburger SV 1884 | Schüler C | 1 | 00:25:36 |
| 3 | Reinold | Lena | TuS 13 Hembsen | Schüler B | 1 | 00:27:45 |
| 4 | von Heesen | Jo-Ann | HLC Höxter | Schüler C | 2 | 00:28:43 |

Männer - 10 Kilometer

| | | | | | | |
|----|--------------|-----------|-----------------------|----------|---|----------|
| 1 | Berkemeier | Matthias | TV Jahn Bad Driburg | Jugend B | 1 | 00:41:53 |
| 2 | Einwohlt | Dennis | Symrise | M35 | 1 | 00:44:53 |
| 2 | Hettmann | Sascha | RunArtist Holzminden | M20 | 1 | 00:44:53 |
| 4 | Schmidt | Sebastian | LG Höxter | M35 | 2 | 00:46:36 |
| 5 | Quest | Hubert | Non Stop Ultra Brakel | M55 | 1 | 00:46:52 |
| 6 | Holzlehner | Kaisten | Golmbach | M45 | 1 | 00:47:11 |
| 7 | Rohlfing | Holger | PSV Holzminden | M40 | 1 | 00:47:51 |
| 8 | Peter | Simon | Symrise | M30 | 1 | 00:48:36 |
| 9 | Qarin | Shafiq | Kirche laufend dabei | Jugend B | 2 | 00:48:59 |
| 10 | Brett | Thorsten | SV Fürstenau/Bödexen | M40 | 2 | 00:49:05 |
| 11 | Barth | Volker | LF Lühtringen | M50 | 1 | 00:49:07 |
| 12 | Trube | Mario | PSV Holzminden | M45 | 2 | 00:49:14 |
| 13 | Mangal | Saknimal | Kirche laufend dabei | Jugend B | 3 | 00:49:23 |
| 14 | Geese | Rainer | Symrise | M55 | 2 | 00:49:28 |
| 15 | Hilgenrainer | Jan | | M20 | 2 | 00:49:57 |

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|----|-------------|-----------|--------------------------|-----|---|----------|
| 16 | Seydler | Jörg | Symrise | M40 | 3 | 00:50:08 |
| 17 | Engelhardt | Dirk | Symrise | M45 | 3 | 00:50:18 |
| 18 | Krause | Detlef | TSV Lenne | M50 | 2 | 00:50:36 |
| 19 | Fromme | Volker | SV Brenkhausen/Bosseborn | M30 | 2 | 00:51:26 |
| 20 | Quaas | Holger | PSV Holzminden | M40 | 4 | 00:52:09 |
| 21 | Wolter | Andreas | Symrise | M45 | 4 | 00:54:20 |
| 22 | Gömann | Marcel | Symrise | M35 | 3 | 00:54:43 |
| 23 | Sonnenburg | Christian | WBL Runners Derental | M40 | 5 | 00:54:48 |
| 24 | Morgenstern | Stefan | TUS Istrup | M35 | 4 | 00:55:50 |
| 25 | Taube | Ingo | Halle/ Bremke | M40 | 6 | 00:55:57 |
| 26 | Spiegelberg | Ludger | TuS Ottbergen | M50 | 3 | 00:56:33 |
| 27 | Drobnik | Thomas | Symrise | M50 | 4 | 00:57:09 |
| 28 | Dörffler | Christoph | Holzminden | M55 | 3 | 00:57:13 |
| 29 | Gronstedt | Holger | PSV Holzminden | M45 | 5 | 00:57:30 |
| 30 | Meier | Klemens | Warbsen | M50 | 5 | 00:57:36 |
| 31 | Hecker | Christoph | Non Stop Ullm | M30 | 3 | 00:58:18 |
| 32 | Pramann | Frank | Symrise | M50 | 6 | 00:59:41 |
| 33 | Riess | Thomas | Symrise | M50 | 7 | 01:00:11 |
| 34 | Schaumann | Michael | MTV Wangelnstedt | M35 | 5 | 01:00:25 |
| 35 | Reese | Oliver | PSV Holzminden | M35 | 6 | 01:01:47 |
| 36 | Proebsting | Reinhard | Radsport Hochsolling | M50 | 8 | 01:02:09 |
| 37 | Wilhelm | Eric | Lauenförde | M50 | 9 | 01:02:31 |
| 38 | Rüsing | Hans | Kirche laufend dabei | M65 | 1 | 01:04:53 |
| 39 | Mehrlin | Daniel | DLRG Holzminden | M20 | 3 | 01:05:16 |
| 40 | Laureyns | Hendrik | Team Egger | M55 | 4 | 01:06:55 |
| 41 | Grüner | Adalbert | Non Stop Ultra Brakel | M65 | 2 | 01:06:56 |
| 42 | Hoffmeister | Florian | Laufen gegen Leiden | M35 | 7 | 01:07:26 |
| 43 | Gottwald | Dirk | PSV Holzminden | M60 | 1 | 01:08:21 |
| 44 | Osterhold | Andreas | TSV 1850 Korbach | M55 | 5 | 01:09:26 |

Männer - 20 Kilometer

| | | | | | | |
|----|-------------|--------------|--------------------------|----------|---|----------|
| 1 | Dohmann | Christoph | Höxter | Jugend A | 1 | 01:21:35 |
| 2 | Schoppmeier | Martin | SV Brenkhausen/Bosseborn | M40 | 1 | 01:28:17 |
| 3 | Gundelach | Benjamin | Symrise | M35 | 1 | 01:32:43 |
| 4 | Radtke | Ulrich | RunArtist Holzminden | M55 | 1 | 01:32:44 |
| 5 | Ghasemi | Zeyneddin | PSV Holzminden | Jugend A | 2 | 01:34:40 |
| 6 | Walgers | Arien | DSC Dassel | M45 | 1 | 01:36:15 |
| 7 | Opitz | Peter | Emmerthal | M45 | 2 | 01:37:11 |
| 8 | Griebel | Dr. Thomas | Delligser SC | M55 | 2 | 01:40:25 |
| 9 | Drüke | Harald | SV Brenkhausen/Bosseborn | M45 | 3 | 01:45:11 |
| 10 | Saage | Ansgar | SV Kollerbeck | M50 | 1 | 01:45:54 |
| 11 | Almeida | Luis Roberto | Symrise | M20 | 1 | 01:47:19 |
| 12 | Jacek | Janusz | Team Egger | M50 | 2 | 01:47:26 |
| 13 | Appelt | Heiko | Stadtoldendorf | M40 | 2 | 01:50:43 |
| 14 | Echterling | Udo | Team Egger | M40 | 3 | 01:51:11 |
| 15 | Janele | Alexander | RunArtist Holzminden | M30 | 1 | 01:53:55 |
| 16 | Wagner | Oliver | Höxter | M40 | 4 | 01:54:44 |
| 17 | Tensi | Klaus | Non Stop Ultra Brakel | M65 | 1 | 01:55:09 |
| 18 | Vauth | Jürgen | Non Stop Ultra Brakel | M50 | 3 | 01:55:10 |
| 19 | Bosch | Franz | TV Hessisch Lichtenau | M50 | 4 | 01:55:49 |

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|--------------------------|-----------|----------------------|-----|---|----------|
| 20 Giefers | Christoph | TuS 13 Hembsen | M45 | 4 | 01:56:21 |
| 20 Müller | Rainer | TuS 13 Hembsen | M50 | 5 | 01:56:21 |
| 22 Müller | Josef | TuS 13 Hembsen | M55 | 3 | 01:56:22 |
| 23 Große | Siegmund | Höxter | M55 | 4 | 01:57:18 |
| 24 Dick | Hans | Radsport Hochsolling | M50 | 6 | 01:57:43 |
| 24 Mau | Thomas | Radsport Hochsolling | M45 | 5 | 01:57:43 |
| 26 Schaper | Ulrich | PSV Holzminden | M50 | 7 | 02:00:34 |
| 27 Driessen-van Scharrel | Tom | PSV Holzminden | M35 | 2 | 02:01:35 |
| 28 Probst | Heiko | Schelphe Jogger | M45 | 6 | 02:16:00 |

Männer - 5 Kilometer

| | | | | | |
|-----------------|-------------|-----------------------|----------|---|----------|
| 1 Thiemann | Tim | LC Paderborn | Jugend A | 1 | 00:21:18 |
| 2 Werner | Ronald | HLC Höxter | M45 | 1 | 00:21:29 |
| 3 Held | Leon | HLC Höxter | Jugend B | 1 | 00:21:45 |
| 4 Vauth | Hermann | Non Stop Ultra Brakel | M35 | 1 | 00:21:50 |
| 5 Knuth | Bastian | RunArtist Holzminden | M35 | 2 | 00:22:34 |
| 6 Scheifhacken | Dennis | TuS 13 Hembsen | M30 | 1 | 00:23:25 |
| 7 Gömann | Felix | Altendorfer Schützen | M20 | 1 | 00:23:36 |
| 8 Mauve | Carsten | Symrise | M45 | 2 | 00:24:00 |
| 9 Talke | Michael | MTV 49 Holzminden | M45 | 3 | 00:24:31 |
| 10 Jones | Gary | TUS Lütmarsen | M45 | 4 | 00:24:46 |
| 11 Pytlik | Maximilian | TuS Ovenhausen | M20 | 2 | 00:25:09 |
| 12 Berkemeier | Merian | Nieheim | Jugend A | 2 | 00:25:25 |
| 13 Schwekendiek | Ingo | Symrise | M55 | 1 | 00:25:32 |
| 14 Frewer | Thomas | TUS Hembsen | M40 | 1 | 00:25:40 |
| 15 Weisbender | Marco | HLC Höxter | M40 | 2 | 00:26:01 |
| 16 Brandl | Uwe | HLC Höxter | M50 | 1 | 00:26:03 |
| 17 Overmöhle | Bernd | DJK Brakel | M50 | 2 | 00:26:51 |
| 18 Freise | Hartmut | LG Solling | M55 | 2 | 00:27:03 |
| 19 Klocke | Christoph | Runbugg | M35 | 3 | 00:27:17 |
| 20 Bahl | Eckhard | PSV Holzminden | M55 | 3 | 00:27:36 |
| 21 von Heesen | Jörg | SV Fürstenau/Bödexen | M35 | 4 | 00:28:43 |
| 22 Strauß | Thomas | PSV Holzminden | M55 | 4 | 00:29:35 |
| 23 Harsing | Markus | WeserBerg-Laufwerk | M40 | 3 | 00:29:54 |
| 24 Zimmermann | Andreas | PSV Holzminden | M55 | 5 | 00:30:11 |
| 25 Laabs | Thomas | Lauftreff Feuerwehr | M50 | 3 | 00:30:27 |
| 26 Scholz | Heinrich | Uslar | M70 | 1 | 00:30:36 |
| 27 Dörrier | Willi | MTV Altendorf | M65 | 1 | 00:30:37 |
| 28 Ebeling | Rudolf | PSV Holzminden | M75 | 1 | 00:30:53 |
| 29 Gebauer | Klaus Peter | PSV Holzminden | M65 | 2 | 00:31:30 |
| 30 Mohamed | Yousef | Kirche laufend dabei | Jugend B | 2 | 00:31:36 |
| 31 Brömsen | Matthias | WBL Runners Derental | M50 | 4 | 00:31:38 |
| 32 Ehling | Andreas | MTV Altendorf | M50 | 5 | 00:31:42 |
| 33 Klefmann | Jürgen | PSV Holzminden | M65 | 3 | 00:32:02 |
| 34 Kohrs | Andreas | Symrise | M45 | 5 | 00:32:09 |
| 35 Welz | Harald | Bad Pyrmont | M60 | 1 | 00:32:34 |
| 36 Schulze | Ulrich | Wesertal | M65 | 4 | 00:32:37 |
| 37 Bruchhäuser | Jens | Symrise | M50 | 6 | 00:32:39 |
| 38 Borgolte | Ralf | PSV Holzminden | M45 | 6 | 00:32:45 |
| 39 Eberhardt | Andreas | Symrise | M50 | 7 | 00:33:04 |

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|----------------|------------|----------------------|----------|---|----------|
| 40 Gliewe | Jannik | Symrise | Jugend A | 3 | 00:33:11 |
| 41 Bitterberg | Tobias | Team Egger | M40 | 4 | 00:33:26 |
| 42 Micus | Dr. Thomas | PSV Holzminden | M60 | 2 | 00:33:38 |
| 43 Hillebrand | Josef | TuS 13 Hembsen | M60 | 3 | 00:33:42 |
| 44 Bode | Christian | Kirche laufend dabei | M35 | 5 | 00:34:28 |
| 45 Kreykenbohm | Wilhelm | PSV Holzminden | M65 | 5 | 00:35:47 |
| 46 Queren | Rainer | HLC Höxter | M55 | 6 | 00:36:29 |
| 47 Wehrmann | Wilhelm | PSV Holzminden | M80 | 1 | 00:37:10 |
| 48 Naderpour | Ako | Kirche laufend dabei | M30 | 2 | 00:41:51 |
| 49 Düker | Hans-Georg | LF Lühtringen | M45 | 7 | 00:45:11 |

Männer - Walking 10 Kilometer

| | | | | | |
|-----------|--------|------------|-----|---|----------|
| 1 Schüler | Martin | LG Solling | M70 | 1 | 01:10:55 |
|-----------|--------|------------|-----|---|----------|

Männer - Walking 5 Kilometer

| | | | | | |
|----------|-----------|----------------|-----|---|----------|
| 1 Hohm | Friedrich | PSV Holzminden | M65 | 1 | 00:38:11 |
| 2 Risto | Bernd | MTV Altendorf | M50 | 1 | 00:38:45 |
| 3 Ehlers | Bernd | PSV Holzminden | M65 | 2 | 00:40:51 |
| 4 Gömann | Tobias | Grave | M50 | 2 | 00:42:19 |

Schüler - 5 Kilometer

| | | | | | |
|---------------|------------|--------------------------|-----------|---|----------|
| 1 Freise | Dennis | LG Solling | Schüler A | 1 | 00:19:43 |
| 2 Jones | Konnor | LF Lühtringen | Schüler A | 2 | 00:22:26 |
| 3 Helpenstein | Maximilian | DJK Adler Brakel | Schüler C | 1 | 00:23:15 |
| 4 Jones | Kyle Liam | HLC Höxter | Schüler B | 1 | 00:24:25 |
| 5 Brett | Luis | SV Fürstenau/Bödexen | Schüler A | 3 | 00:24:56 |
| 6 Loges | Fabrice | TV RW Höxter | Schüler A | 4 | 00:24:58 |
| 7 Harsing | Raul | WeserBerg-Laufwerk | Schüler B | 2 | 00:29:02 |
| 8 Brune | Gerold | WBL Runners Derental | Schüler A | 5 | 00:29:31 |
| 9 Schlue | Jaqueline | Weserbergland Runners De | Schüler B | 3 | 00:30:43 |
| 10 Guse | Vinzent | TuS 13 Hembsen | Schüler C | 1 | 00:33:32 |

Tag

Gesamt:205