

10 km Walking (10 km) - 09:00

| Männer M70 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 78 | Rosa, Wolfgang | 1945 | Enger | 1:35:04 | 2 M70 |
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| Frauen W65 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|----|---------------------|------|---------------------|---------|-------|
| 1. | 83 | Rottschaef, Gerhild | 1949 | LC 92 Bad Salzuflen | 1:18:05 | 1 W65 |
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| Frauen W60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 82 | Körner, Ursula | 1951 | LC 92 Bad Salzuflen | 1:17:13 | 1 W60 |
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| Männer M55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|----|------------------|------|---------------------|---------|---------------|
| 1. | 81 | Wittmann, Jürgen | 1957 | BSG Sparkasse Lemgo | 1:07:24 | 1 M55 |
| 2. | 79 | Sander, Michael | 1960 | LC 92 Bad Salzuflen | 1:20:23 | + 12:59 3 M55 |

| Männer M45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|----|------------------|------|---------------|---------|-------|
| 1. | 80 | Diekmann, Stefan | 1970 | Billinghausen | 1:18:15 | 1 M45 |
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15 km Lauf (15 km) - 09:00

| Männer M70 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 408 | Hüther, Karl-Heinz | 1945 | VfB Salzkotten | 1:25:37 | 1 M70 |
| 2. | 420 | Trierweiler, Dieter | 1945 | Lage | 1:29:52 | + 4:15 2 M70 |

| Männer M65 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 425 | Reissmann, Bernd | 1948 | TG Ennigloh | 1:23:02 | 1 M65 |
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| Frauen W60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|---------------|------|----------------|---------|---------------|
| 1. | 405 | Hüther, Elfie | 1954 | VfB Salzkotten | 1:07:22 | 1 W60 |
| 2. | 416 | Deter, Marion | 1955 | TG Lage | 1:33:47 | + 26:25 2 W60 |

| Männer M60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

15 km Lauf (15 km) - 09:00

| Männer M60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 428 | Striewski, Gerhard | 1953 | SuS Phönix Bielefeld 09 | 1:07:30 | 1 M60 |
| 2. | 443 | Seithümmer, Karl-Wolfgang | 1953 | TG Lage | 1:15:58 | + 8:28 3 M60 |

| Frauen W55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|-----------------|------|-----------|---------|-------|
| 1. | 401 | Tausch, Claudia | 1960 | TG Werste | 1:25:56 | 1 W55 |
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| Männer M55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|--------------------|------|-------------------------|---------|---------------|
| 1. | 414 | Werner, Michael | 1958 | Leopoldshöhe | 1:02:54 | 1 M55 |
| 2. | 404 | Noltekuhlmann, Uwe | 1958 | TV Lemgo | 1:12:44 | + 9:50 5 M55 |
| 3. | 434 | Gurgel, Willi | 1959 | Volksläufer Grunenhagen | 1:27:14 | + 24:20 6 M55 |

| Frauen W50 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 431 | Säfken, Michaela | 1964 | TG Lage | 1:27:47 | 2 W50 |
| 2. | 413 | Harms, Petra | 1963 | Bad Salzuflen | 1:36:12 | + 8:25 4 W50 |

| Männer M50 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 440 | Frye, Jan | 1963 | LG Oerlinghausen | 1:08:34 | 3 M50 |
| 2. | 424 | Bergmann, Peter | 1963 | RSV Waddenhausen | 1:16:23 | + 7:49 7 M50 |
| 3. | 421 | Winter, Jörg | 1963 | TG Lage | 1:16:57 | + 8:23 8 M50 |
| 4. | 418 | Müller, Andreas | 1963 | TG Lage | 1:32:03 | + 23:29 10 M50 |
| 5. | 438 | Laureyns, Hendrik | 1961 | Team Egger | 1:32:56 | + 24:22 12 M50 |
| 6. | 441 | Pech-Larisch, Tassilo | 1963 | Team Erdinger Alkoholfrei | 1:36:13 | + 27:39 13 M50 |

| Männer M45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|---------------------|------|------------------------|---------|----------------|
| 1. | 430 | Weege, Guido | 1969 | RSV Waddenhausen | 1:06:17 | 1 M45 |
| 2. | 429 | Koppmann, Lars | 1969 | LG Oerlinghausen | 1:09:33 | + 3:16 3 M45 |
| 3. | 422 | Sander, Andreas | 1968 | TuS Brake/Lippe | 1:10:20 | + 4:03 4 M45 |
| 4. | 402 | Rimkus, Karsten | 1967 | Team 79 | 1:13:00 | + 6:43 6 M45 |
| 5. | 403 | Stratmann, Olivier | 1966 | Team 79 | 1:13:43 | + 7:26 7 M45 |
| 6. | 417 | Kallenbach, Marco | 1969 | RSV Waddenhausen | 1:14:36 | + 8:19 9 M45 |
| 7. | 411 | Scharf, Karl-Ulrich | 1970 | TSG Holzhausen-Sylbach | 1:17:29 | + 11:12 10 M45 |
| 8. | 410 | Mowitz, Stefan | 1968 | TSG Holzhausen-Sylbach | 1:25:20 | + 19:03 11 M45 |
| 9. | 409 | Küthe, Rolf | 1966 | TSG Holzhausen-Sylbach | 1:25:22 | + 19:05 12 M45 |

| Frauen W40 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 426 | Strauß, Stefanie | 1972 | LC 92 Bad Salzuflen | 1:25:01 | 2 W40 |
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| Männer M40 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|-----------------|------|-----------------------------------|---------|---------------|
| 1. | 415 | Daubel, Andreas | 1972 | Die Luschen / BSG Sparkasse Lemgo | 58:51 | 1 M40 |
| 2. | 427 | Ruthe, Jens | 1975 | Laufen gegen Leiden Leopoldshöhe | 59:24 | + 33 2 M40 |
| 3. | 437 | Echterling, Udo | 1974 | Team Egger | 1:15:55 | + 17:04 4 M40 |

| Frauen W35 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|------------------------------------|---------|---------------|
| 1. | 419 | Noack, Antje | 1979 | Laufspass SW Sende | 1:15:47 | 1 W35 |
| 2. | 439 | Larisch, Eveline | 1979 | LG Oerlinghausen/Team Erdinger Alk | 1:27:30 | + 11:43 2 W35 |

| Männer M35 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 407 | Kipkoge, Stanley | 1980 | SuS Phönix Bielefeld 09 | 50:49 | 1 M35 |
| 2. | 435 | Bohle, Björn | 1977 | Bielefeld | 56:17 | + 5:28 2 M35 |
| 3. | 432 | Ridderbusch, Ronald | 1979 | TSV Bösingfeld | 56:37 | + 5:48 3 M35 |
| 4. | 406 | Fritzsch, Benjamin | 1980 | SuS Phönix Bielefeld 09 | 1:03:11 | + 12:22 5 M35 |
| 5. | 412 | Kehde, Christian | 1980 | Bad Salzuflen | 1:04:42 | + 13:53 7 M35 |
| 6. | 423 | Zalar, Raphael | 1977 | TG Herford von 1860 | 1:06:02 | + 15:13 9 M35 |
| 7. | 436 | Richter, Lars | 1976 | Team Egger | 1:22:31 | + 31:42 12 M35 |

| Frauen | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 400 | Herrmann, Annika | 1994 | Die Luschen | 1:13:05 | 2 W |
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| Männer | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 433 | Ridderbusch, Micha | 1992 | TSV Bösingfeld | 56:53 | 1 M |
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5 km Lauf (5 km) - 09:10

| Männer M80 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 143 | Neumann, Dieter | 1934 | VFB Salzkotten | 39:32 | 2 M80 |
| 2. | 110 | Segebade, Helmut | 1933 | VFL Bückeberg | 55:15 | + 15:43 3 M80 |

| Männer M75 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 142 | Ohesenbrink, Horst | 1938 | VFL Bückeberg | 26:27 | 1 M75 |
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| Frauen W65 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 154 | Pankoke, Brigitte | 1949 | LG Oerlinghausen | 26:28 | 1 W65 |
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| Männer M65 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 103 | Schulze, Ulrich | 1950 | BSG Wesertal Hameln | 29:10 | 2 M65 |
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| Männer M60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 102 | Michel, Wolfgang | 1955 | LC Bad Arolsen | 26:41 | 2 M60 |
| 2. | 150 | Popidlek, Norbert | 1952 | Rheda-Widenbrück | 31:38 | + 4:57 5 M60 |
| 3. | 152 | Körner, Roland | 1951 | LC 92 Bad Salzufflen | 37:01 | + 10:20 6 M60 |

| Frauen W55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 108 | Zinn, Astrid | 1957 | ohne | 36:40 | 2 W55 |
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| Männer M55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 151 | Gray, Gordon | 1959 | LC 92 Bad Salzufflen | 24:23 | 1 M55 |
| 2. | 101 | Fiedler, Bernd | 1958 | VFL Bückeburg | 28:10 | + 3:47 5 M55 |

| Männer M50 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 146 | Schlueter, Christof | 1965 | TSVE 1890 Bielefeld | 20:20 | 1 M50 |
| 2. | 153 | Barnstaple, Paul | 1962 | LG Obersee Bielefeld | 22:14 | + 1:54 2 M50 |
| 3. | 144 | Schnelle, Bernd | 1963 | LC 92 Bad Salzufflen | 25:08 | + 4:48 5 M50 |
| 4. | 111 | Leor, Reiner | 1962 | Bechterdissen | 32:39 | + 12:19 7 M50 |
| 5. | 109 | Segebade, Hartmut | 1965 | VFL Bückeburg | 33:11 | + 12:51 8 M50 |

| Frauen W45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 104 | Diekmann, Anja | 1969 | TuS Kachtenhausen | 28:21 | 2 W45 |
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| Männer M45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 155 | Kroll, Thomas | 1966 | LC 92 Bad Salzufflen | 23:14 | 2 M45 |
| 2. | 149 | Duening, Burkhard | 1969 | Leopoldshöhe | 31:00 | + 7:46 4 M45 |

| Frauen W40 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 113 | Duening, Svenja | 1972 | Leopoldshöhe | 31:01 | 1 W40 |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 145 | Helbig, Sonja | 1989 | Veltheimer Laufftreff | 35:42 | | 2 W |
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| Männer | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 107 | Berkemeier, Manuel | 1995 | Nieheim-Eversen | 20:58 | | 1 M |
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| Weibliche Jugend U18 | | | | | | | |
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|----|-----|--------------------|------|--------------------------|-------|--------|---------|
| 1. | 148 | Erdmann, Katharina | 1999 | TSVE 1890 Bielefeld | 19:59 | | 1 WJU18 |
| 2. | 105 | Düsterwald, Karen | 1999 | Di-Do-Sa Laufftreff Lage | 26:39 | + 6:40 | 2 WJU18 |

| männliche Jugend U16 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 147 | Erdmann, Clemens | 2001 | TSVE 1890 Bielefeld | 17:53 | | 1 MJU16 |
| 2. | 106 | Berkemeier, Matthias | 2000 | Nieheim-Eversen | 19:32 | + 1:39 | 2 MJU16 |

| Weibliche Jugend U14 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 112 | Czerny, Isabella | 2002 | TSVE 1890 Bielefeld | 22:18 | | 1 WJU14 |
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1,2 km Schülerlauf (1,2 km) - 09:30

| Weibliche Jugend U14 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 269 | Meier, Lina | 2002 | TuS Bexterhagen | 6:24 | | 2 WJU14 |
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| Weibliche Kinder U12 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff | Klassenergebnis |

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| 1. | 268 | Schoening, Nele | 2004 | TuS Bexterhagen | 6:40 | | 1 WKU12 |
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| männliche Kinder U12 | | | | | | | |
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| 1. | 271 | Meier, Hagen | 2005 | TuS Bexterhagen | 5:24 | | 1 MKU12 |
| 2. | 274 | Dück, Dennis | 2004 | TuS Bexterhagen | 5:26 | + 2 | 2 MKU12 |
| 3. | 275 | Heiland, Felix | 2004 | LC 92 Bad Salzuflen | 5:34 | + 10 | 3 MKU12 |

| Weibliche Kinder U10 | | | | | | | |
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| 1. | 276 | Dueck, Maya Louise | 2007 | Bechterdissen Leopoldshöhe | 6:30 | | 1 WKU10 |
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| männliche Kinder U10 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 272 | Eickmeyer, Karl Luis | 2008 | LG Lage Detmold Bad Salzuflen | 5:49 | 2 MKU10 |
| 2. | 267 | Czerny, Cedric | 2009 | Bielefelder TG | 6:25 | + 36 5 MKU10 |

10 km Lauf (10 km) - 09:45

| Männer M80 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 314 | Saamen, Gernhard | 1935 | LC 92 Bad Salzuflen | 1:02:24 | 1 M80 |
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| Männer M70 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 315 | Kammer, Franz | 1941 | TV Paderborn | 1:01:14 | 1 M70 |
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| Männer M65 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 313 | Thielke, Albert | 1950 | TG Lage | 51:31 | 1 M65 |
| 2. | 308 | Sörensen, Axel | 1948 | Tus Leopoldshöhe | 55:54 | + 4:23 2 M65 |

| Männer M60 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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| 1. | 309 | Koebe-Helbrich, Thomas | 1954 | Detmold | 58:48 | 1 M60 |
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| Männer M55 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|---------------|------|------------------|-------|---------------|
| 1. | 307 | Lose, Joachim | 1958 | LG Oerlinghausen | 46:02 | 1 M55 |
| 2. | 333 | Grote, Günter | 1960 | LF Ehberg 02 | 57:34 | + 11:32 3 M55 |

| Frauen W50 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|--------------------|------|-------------------------------|-------|--------------|
| 1. | 312 | Büschemann, Bärbel | 1965 | LG Lage Detmold Bad Salzuflen | 41:59 | 1 W50 |
| 2. | 341 | Heiland, Renate | 1965 | LC 92 Bad Salzuflen | 46:23 | + 4:24 2 W50 |

| Männer M50 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|----------------------|-------|--------------|
| 1. | 318 | Schäfer, Hermann | 1965 | End Armaturen, Enger | 42:13 | 1 M50 |
| 2. | 349 | Stukenbrok, Dirk | 1965 | MSC Wüsten | 48:39 | + 6:26 2 M50 |
| 3. | 324 | Günzel, Klaus | 1962 | TSVE 1890 Bielefeld | 48:50 | + 6:37 3 M50 |
| 4. | 332 | Erfkamp, Peter | 1961 | LF Ehberg 02 | 49:59 | + 7:46 5 M50 |

| Frauen W45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------------|------|-------------------|-------|--------------|
| 1. | 301 | Nolte, Anja | 1969 | Laufpass SW Sende | 49:22 | 2 W45 |
| 2. | 311 | Kebesch-Ruthe, Claudia | 1970 | LG Oerlinghausen | 56:34 | + 7:12 3 W45 |

| Männer M45 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|--------------------|------|----------------------------|-------|----------------|
| 1. | 304 | Niemeyer, Dirk | 1969 | SV 06 Oetinghausen | 39:56 | 1 M45 |
| 2. | 329 | Bolte, Stephan | 1968 | TV Lemgo | 41:57 | + 2:01 2 M45 |
| 3. | 327 | Tautz, Guido | 1967 | g.t.design II teato runner | 44:15 | + 4:19 3 M45 |
| 4. | 348 | Hebrock, Karsten | 1970 | Bad Salzuflen | 44:38 | + 4:42 4 M45 |
| 5. | 322 | Sielemann, Dirk | 1968 | Herford | 46:28 | + 6:32 6 M45 |
| 6. | 325 | Baltrusch, Torsten | 1966 | LC Solbad Ravensberg | 48:03 | + 8:07 8 M45 |
| 7. | 303 | Speckbrock, Thomas | 1967 | Lage | 48:35 | + 8:39 9 M45 |
| 8. | 342 | Frey, Reinhard | 1966 | Lauftreff Bexterhagen | 49:07 | + 9:11 10 M45 |
| 9. | 319 | Osanko, Ulli | 1970 | Leopoldshöhe | 54:56 | + 15:00 15 M45 |

| Frauen W40 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|-------------------|---------|---------------|
| 1. | 323 | Brinkmann, Diana | 1974 | Leopoldshöhe | 55:04 | 1 W40 |
| 2. | 345 | Duncan, Paula | 1975 | Bielefeld Fitness | 1:04:51 | + 9:47 3 W40 |
| 3. | 346 | Thompson, Tracey | 1971 | Bielefeld Fitness | 1:07:29 | + 12:25 4 W40 |

| Männer M40 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|--------------------|-------|--------------|
| 1. | 320 | Butschkat, Guido | 1974 | SV 06 Oetinghausen | 36:53 | 1 M40 |
| 2. | 340 | Rost, Lucas | 1972 | RSV Waddenhausen | 41:18 | + 4:25 3 M40 |

| Frauen W35 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|-------------|---------|---------------|
| 1. | 310 | Koch, Simone | 1978 | Detmold | 58:48 | 2 W35 |
| 2. | 339 | Taeuber, Melanie | 1978 | Die Luschen | 1:14:05 | + 15:17 3 W35 |

| Männer M35 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|----------------------|------|----------------------------------|-------|---------------|
| 1. | 328 | Krüger, Torsten | 1976 | Die Luschen | 39:28 | 1 M35 |
| 2. | 317 | Sauerland, Jörn | 1979 | BSG Sparkasse Lemgo/Leopoldshöhe | 40:24 | + 56 2 M35 |
| 3. | 306 | Gärtner, Marcel | 1976 | LG Oerlinghausen | 43:25 | + 3:57 3 M35 |
| 4. | 347 | Cole, Derek | 1979 | Bielefeld Fitness | 43:28 | + 4:00 4 M35 |
| 5. | 316 | Strohmann, Alexander | 1977 | Bielefeld | 47:34 | + 8:06 5 M35 |
| 6. | 343 | Krökel, Sven | 1977 | Lauftreff Bexterhagen | 49:13 | + 9:45 7 M35 |
| 7. | 305 | Stotzm, Marlel | 1979 | Leopoldshöhe | 56:37 | + 17:09 9 M35 |

| Frauen W30 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

10 km Lauf (10 km) - 09:45

| Frauen W30 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|----------------|------|-------------------|-------|-------|
| 1. | 344 | Devlin, Kirsty | 1985 | Bielefeld Fitness | 59:49 | 1 W30 |
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| Männer M30 | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|------------------|------|----------------------------|-------|--------------|
| 1. | 321 | Bauer, Florian | 1985 | Die Luschen / Leopoldshöhe | 43:11 | 1 M30 |
| 2. | 331 | Bergfeld, Fabian | 1983 | Sport Reha Herford | 43:18 | + 7 2 M30 |
| 3. | 302 | Helbig, Florian | 1984 | TUS Eintracht Minden | 49:06 | + 5:55 3 M30 |
| 4. | 330 | Yilmaz, Karaca | 1984 | Team Kenia | 49:15 | + 6:04 4 M30 |

| Männer | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. Verein | Zeit | Diff Klassenergebnis |

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|----|-----|-------------------|------|---------------------|-------|-----|
| 1. | 326 | Günzel, Christian | 1993 | TSVE 1890 Bielefeld | 39:55 | 1 M |
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