

	Vorname	Verein	Jahrg.	AK	5.11.16	26.11.16	3.12.16	17.12.16	7.1.17	22.1.17	beste Drei
Hartmann	Lucy	ESV Hameln	1994	WHK	01:08:12			01:08:58	01:09:09		3:26:19
Winterholler	Finja	ESV Hameln	1985	W30			00:52:52				
Klingebiel	Verena-Alexandra	ESV	1981	W35			00:54:27	00:52:57			#ZAHL!
Lippelt	Christine	ESV Hameln	1974	W40				01:08:21	01:00:50		#ZAHL!
Roine	Karen		1966	W50	01:07:10		01:05:26		01:08:15		3:20:51
Hamann	Simone	Skiclub Springe	1966	W50					00:57:44		
Schmidt	Stephan	Hameln	1992	MHK	00:54:50						
Sikora	Gregor	Stöcken 3	1992	MHK	01:04:24						
Olivier	Pierre		1991	MHK	00:50:28	00:49:30	00:49:19				2:29:17
Grote	Lauritz	ESV Hameln	1993	MHK		00:46:02	00:45:27	00:45:27	00:46:11		2:16:56
Spiess	Andy	TV Jahn Welsede	1994	MHK				00:49:32	00:48:11		#ZAHL!
Evers	Thore		1984	M30	00:47:12	00:46:13	00:46:08				2:19:33
Veith	Lukas	ESV Hameln	1984	M30					00:56:48		
Baumeister	Andreas	ESV	1980	M35							
Decker	Björn	Weserbergland Runners	1980	M35	01:03:11	01:02:54					#ZAHL!
Gruppe	Christian	Hottenbergfeld	1980	M35	01:02:46	00:55:17		00:52:45			2:50:48
Kowallik	Mathias	ESV Hameln	1980	M35		00:50:43					
Lüth	Andre	Rinteln	1979	M35					00:59:30		
Jochim	Tobias	SC Bad Münder	1973	M40	01:02:36	00:56:02					#ZAHL!
Plutte	Hauke	VfL H.O.	1975	M40			00:45:44	00:45:34			#ZAHL!
Brendel	Dennis	Hameln	1974	M40	00:51:57						
Hage	Christian	Delta Runners	1972	M45	01:01:43		00:59:54	00:55:52			2:57:29
Frondt	Georg		1969	M45	01:05:17						
Willmann	Frank	TSV Halle	1969	M45		00:56:17	00:57:04	00:55:47			2:49:08
Mußmann	Kai	ESV	1968	M45	00:51:30	00:50:03	00:49:20				2:30:53

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Nolte	Oliver	TBV Jahn Alv.	1971	M45						
Gruppe	Marius	ESV	1968	M45		00:53:20		00:52:36		#ZAHL!
Köhler	Tobias	Gr0ß Berkel	1971	M45				00:53:12		
Fanslau	Tobias	Spartakus Holtensen	1967	M50				00:52:54		
Mortzfeld	Ulrich	ESV	1966	M50	00:52:38	00:51:24			00:51:39	2:35:41
Lemke	Detlef	ESV	1966	M50	01:05:18					
Gellert	Ralf	ESV	1966	M50	01:04:59					
Engelbrecht	Thomas	RRV Hameln	1963	M50			00:47:26			
Stephan	Andreas	Delta Runners	1963	M50	00:53:12		00:53:12	00:53:01		2:39:25
Bache	Thomas	Spartakus Holtensen	1964	M50	01:04:20	01:04:08	01:02:43	01:02:24	01:02:22	3:07:29
Garbe	Christian	ESV	1965	M50				01:04:39		
Lücke	Ronald		1960	M55	01:07:38		01:09:04			#ZAHL!
Ringe	Karsten	TSG Emmerthal	1958	M55		00:56:30	00:55:23	01:00:37		2:52:30
Klose	Frank	Sportbox	1960	M55		01:01:43				
Hamann	Thomas	Skiclub Springe	1961	M55					00:54:34	
Jermis	Dieter	ESV Hameln	1956	M60			00:55:09		00:56:57	#ZAHL!
Bölter	Klaus	VfL Hameln	1953	M60						
Biock	Wolfgang	TSG Emmerthal	1953	M60		00:59:50	00:58:53	01:00:43		2:59:26
Werner	Herbert	ESV Hameln	1948	M65		00:55:28	00:54:57	00:57:16		2:47:41