

Name	Vorname	Verein	Jahrgang	AK	7.11.15	28.11.15	5.12.15	19.12.15	9.1.16	31.01.16	beste Drei					
Waldeck	Johanna	LGW	1998	Jun W A		00:33:55	00:33:41									7 Km
Pflughaupt	Carina	Hameln	1989	WHK												
Hartmann	Lucy	ESV	1994	WHK	00:35:50	00:35:35	00:36:09									
Schlinkmann	Julia	ESV	1995	WHK	00:40:55											
Adamczik	Melissa	ESV	1995	WHK	00:41:42	00:39:32	00:38:40									
Rosenau	Julia		1989	WHK	00:41:16		00:41:52									
Korschinek	Mandy		1989	WHK			00:35:48									
Hedemann	Oda	VfL Hameln	1989	WHK				00:35:44								
Bönicke	Sandra		1983	W30												
Eichwald	Tatjana		1985	W30	00:43:51											
Teichmann	Sarah	Laufftreff Hameln	1986	W30	00:43:16											
Krug	Monika	Laufftreff Hameln	1981	W35		00:43:18		00:45:28								
Reckemeier	Rebecca	ESV	1979	W35			00:31:34	00:31:28								
Blankenagel	Yvonne		1981	W35			00:47:48									
Hoppe	Claudia	RV Hameln-Pyrmont		W40												
Lippelt	Christine	ESV	1974	W40	00:34:45	00:35:44	00:34:53	00:34:21								
Stolzenburg	Andrea	ESV	1976	W40	00:39:35		00:36:55									
O'Dell	Irina	Laufftreff Hameln	1973	W40	00:39:41	00:40:38	00:38:42	00:38:50								
Gruppe	Susanne	ESV	1971	W45												
Waldeck	Kirsten	MTV Weibek	1969	W45	00:38:02	00:36:57	00:36:20	00:36:26								
Johnson	Susanne		1969	W45	00:45:39											
Anderson	Britta	ESV	1968	W45												
Heller	Jana		1970	W45												
Weege	Susanne		1968	W45			00:44:22									
Hamann	Simone	Springe	1966	W50												
Haskamp	Ulrike		1966	W50			00:35:18									
Majewski	Petra	ESV	1959	W55	00:33:13		00:32:50									
Müller	Heike	ESV	1961	W55		00:34:39		00:34:37								
Müller	Marion	ESV	1955	W60	00:42:27			00:42:45								
Meyer	Sigrid	ESV	1946	W70	00:44:27	00:44:04	00:42:51	00:43:09								
Garbe	Salomo		2005	MU10				00:36:56								
Böttcher	Niklas		2000	Jugend A			00:32:37									
Semmler	Tim	LGW	1999	Jugend A	00:30:07		00:31:02									
Küchler	Jan	LGW	1997	Junioren				00:32:37								
Heise	Niklas	RV Hameln-Pyrmont		Junioren												
Bergmann	Silas		1997	Junioren												

Peddinghans	Till	TSG	1998					00:37:25										
Lachendro	Marcel	ESV	1987	MHK	00:42:10	00:41:48		00:39:20										
Meyer	Matthias	HM	1988	MHK	00:36:50	00:33:30	00:34:35	00:34:20										
Spiess	Andreas	TV Jahn Welsede	1994	MHK		00:25:49	00:25:51											
Raasch	André	ESV	1992	MHK	00:28:38	00:27:37	00:26:50	00:27:05										
Schwekendiek	Jonas	ESV	1992	MHK		00:27:42												
Köberle	Fabian		1992	MHK	00:36:49		00:34:36											
Reckemeier	Claas	ESV	1996	MHK		00:26:39	00:26:02	00:25:44										
Grote	Lauritz	ESV	1993	MHK		00:26:30	00:27:06											
Truschinski	Jörg	RV hameln-Pyrmd	1985	M30														
Veith	Lukas	ESV	1984	M30		00:30:40	00:29:48											
Propfen	Nils	ESV	1977	M35														
Baumeister	Andreas	Hameln	1980	M35	00:30:47	00:31:02	00:31:04											
Grundmeyer	Thorsten		1977	M35	00:39:05	00:35:36		00:35:03										
Aal	Jelle	Lauffreff Hameln	1980	M35		00:39:55	00:38:38	00:38:31										
Klematowitz	Manuel	serbergland Runr	1980	M35		00:36:29												
Priebe	Philip	ESV	1976	M40														
Pahnke Waldeck	Mathias	LGW	1972	M40	00:39:14	00:38:24	00:39:03											
Schmalkuche	Uwe	Emmerthal	1972	M40	00:32:38													
Franke	Hans-P.	ESV	1974	M40	00:39:48		00:38:42											
Lippelt	Falk	ESV	1973	M40														
Jochim	Tobias	ESV	1973	M40														
Benze	Nils	LGW	1972	M40	00:29:54		00:29:11											
Korschinek	Enrico		1976	M40			00:35:55											
Semmler	Peter		1971	M45	00:35:03	00:33:33	00:33:37	00:33:17										
Riechert	Thomas	TSC Fischbeck	1966	M45														
Hinzman	Franz	ESV	1968	M45	00:32:45	00:31:59												
Stoll	Lothar		1967	M45	00:35:11	00:36:57												
Klöpper	Markus		1970	M45	00:32:44	00:34:52												
Fanslau	Tobias	partakus Holtense	1967	M45	00:32:18	00:31:28	00:44:23											
Köhler	Tobias		1971	M45	00:31:53	00:30:44												
Mosel	Andreas	ESV	1969	M45		00:27:25	00:26:56											
Schrader	Thorsten	RV Hameln-Pyrmd	1965	M50	00:30:35	00:30:51	00:30:17	00:30:27										
Bettels	Gregor	ESV		M50														
Wuttke	Heiko	ESV	1963	M50														
Sprute	Thomas		1963	M50	00:41:06													
Küchler	Olaf	TSC Fischbeck	1966	M50		00:33:55	00:33:56	00:32:45										
Thaler	Markus	LT Bad Münder	1964	M50				00:38:53										
Weinhagen	Malte		1960	M55				00:35:49										
Lücke	Ronald	Hameln	1960	M55	00:37:42	00:37:23		00:37:53										
Kalmus	Michael	ESV	1960	M55														
Helbig	Burkhard	ESV	1956	M55														
Meyer	Ulrich		1960	M55														
Keller	Jürgen	SC Bad Münder	1956	M55														

Kornas	René	Wildcats Hameln	1962	M55		00:46:33									
Gurgel	Willi		1959	M55				00:39:23							
Jugovic	Drago	SC Bad Münder	1952	M60	00:34:37	00:34:11	00:34:25								
Grasmück	Waldemar	FC Klüt HM	1952	M60	00:33:09	00:32:35	00:32:03	00:32:09							
Jermis	Dieter	ESV	1956	M60	00:32:36	00:32:24	00:31:29								
Bradley	Terry	ESV	1949	M65	00:48:37	00:48:03	00:45:44	00:48:59							
Wittkopp	Wolfram	FC Preussen HM	1949	M65		00:51:43	00:52:14	00:53:18							
Schulze	Ulrich	Hameln	1950	M65											
Werner	Herbert	ESV	1948	M65			00:33:50								
Koch	Hermann	SC Bad Münder	1943	M70											
Kallikat	Horst	ESV	1938	M75	00:48:54	00:49:14	00:49:34								