

	Vorname	Verein	Jahrg.	AK	7.11.15	28.11.15	5.12.51	19.12.15	16.1.16	31.1.16	beste Drei	Platz	Gesamt
12km Kurs													
Hartmann	Lucy	ESV Hameln	1994	WHK				01:03:28					
Schmitz	Verena-Alex	ESV	1981	W35	00:58:45		00:58:49	00:56:43		00:53:45	2:49:13		2.
Anderson	Britta	ESV	1968	W45	00:55:25				00:56:25	00:55:51	2:47:41		1.
Groebler	Kerstin	Hottenbergst	1964	W50	01:11:49	01:11:01		01:09:30			3:32:20		
Roine	Karen		1966	W50			01:04:02		01:02:22	01:06:41	3:13:05		
Koeppen	Ulla	Vfl H.O.	1956	W60		00:59:57	00:58:41	00:58:36		01:00:12	2:57:14		3.
Garbe	Salomo	TC hameln	2005	MU12	01:07:31	01:15:46	01:06:09				3:29:26		
Bergmann	Silas	ESV Hameln	1997	Junioren	00:43:21	00:48:38				00:43:46	2:15:45		2.
Anderson	Scott	ESV	1996	MHK			00:43:36						
Hoppe	Niklas	ESV	1989	MHK				00:43:24					
Nowak	Christoph	Hameln	1992	MHK		00:43:57							
Grote	Lauritz	ESV Hameln		MHK	00:44:58								
Spiess	Andy	TV Jahn We	1994	MHK	00:46:59								
Schwekendie	Jonas	ESV	1992	MHK	01:03:25								
Köberle	Fabian		1992	MHK		01:04:00							
Winterholler	Andreas	ESV	1983	M30	00:43:20			00:45:36					
Schrell	Steffen		1986	M30		00:52:26	00:51:14	00:50:53		00:49:48	2:31:55		
Baumeister	Andreas		1980	M35				00:55:30	00:56:03	00:55:18	2:46:51		
Decker	Björn	Weserbergla	1980	M35	01:00:18		01:01:06	01:06:06			3:07:30		
Aal	Jelle	Lauftreff Har	1980	M35	01:15:25								
Gruppe	Christian	Hottenbergst	1980	M35	00:57:30		00:57:47						
Schmalkuch	Uwe		1977	M35	00:56:47								
Jakobi	Eyck		1980	M35			01:01:31	00:58:49					
Priebe	Philip	ESV	1976	M40		00:51:12	00:49:07						
Jochim	Tobias	SC Bad Mün	1973	M40		00:56:08	00:54:58		00:58:32	00:59:50	2:49:38		
Hage	Christian	Delta Runne	1972	M40	00:54:59			00:54:32		00:55:38	2:45:09		

Plutte	Hauke	VfL H.O.	1975	M40	00:44:49		00:45:46	00:45:03		00:44:54	2:14:46		1.
Pahnke-Wal	Matthias	ESV	1972	M40				01:06:41					
Fanslau	Tobias	Spartakus H	1967	M45				00:55:25	00:56:12	00:55:44	2:47:21		
Meyer	Jörg	Hameln	1967	M45	01:00:30								
Willmann	Frank	TSV Halle	1969	M45	00:58:08		00:59:34			00:59:26	2:57:08		
Mußmann	Kai	ESV	1968	M45	00:52:51	00:51:07	00:49:06				2:33:04		
Winkel	Carsten	SV Victoria L	1967	M45	00:59:36			00:58:51					
Gruppe	Marius	ESV	1968	M45		00:52:33	00:51:53		00:51:54		2:36:20		
Tietze	Olaf		1967	M45	00:53:54	00:52:40	00:51:20	00:51:26	00:52:53	00:52:55	2:35:26		
Özkan	Hacimehmet		1969	M45		01:00:11	00:59:17	00:57:35		00:57:11	2:54:03		
Boose	Karsten		1971	M45		01:04:59							
Mortzfeld	Ulrich	ESV	1966	M50			00:54:46		00:52:03				
Vetter	Carsten	ESV		M50	00:56:49		00:56:25	00:55:32		00:57:20	2:48:46		
Engelbrecht	Thomas	RRV Hameln	1963	M50			00:46:07	00:46:47	00:48:10	00:47:42	2:20:36		3.
Stephan	Andreas	Delta Runne	1963	M50	00:54:31		00:53:15	00:51:53		00:53:11	2:38:19		
Ray	Leon	Hameln	1963	M50	01:02:01								
Sander	Frank	Reintjes Spe	1963	M50	00:55:20	00:54:40	00:55:10				2:45:10		
Wuttke	Heiko	ESV	1963	M50	01:14:47		01:16:13		01:20:45		3:51:45		
Bache	Thomas	Spartakus H	1964	M50	00:59:52	00:59:59	01:00:14	01:00:36	01:01:19	01:04:32	3:00:05		
Bergmann	Andreas	SSG Marien	1965	M50	00:53:46								
Garbe	Christian	ESV	1965	M50	01:07:38	01:06:25	01:06:12	01:04:15	01:05:41	01:04:40	3:14:36		
Jahnke	Ingolf	ESV	1963	M50		01:16:06	01:12:43	01:10:14		01:12:58	3:35:55		
Bettels	Gregor	ESV	1962	M50		01:17:00							
Sutmar	Sven-Chr.		1963	M50			01:04:04						
Weege	Johannes		1964	M50			01:05:51						
Fasold	Markus	VfL Hameln	1966	M50			01:03:32						
Siebert	Jürgen	Hameln	1966	M50					00:50:56				
Lücke	Ronald		1960	M55			01:05:20		01:18:08	01:11:55	3:35:23		
Kalmus	Michael	ESV	1960	M55		01:06:08	01:04:50	01:04:07			3:15:05		
Ringe	Karsten	TSG Emmer	1958	M55				00:56:43					
Gurgel	Willi	Volksl. Grup	1959	M55	01:08:14	01:07:41	01:08:36				3:24:31		
Härtel	Dirk	Hottenbergsf	1960	M55	01:11:50			01:09:30					
Jermis	Dieter	ESV Hameln	1956	M60				00:56:13					
Bölter	Klaus	VfL Hameln	1953	M60	01:10:37								
Werner	Herbert	ESV Hameln	1948	M65		00:56:42		00:57:35					

Garbe	Salomo		2005	MU10				00:36:56		00:38:35		
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	00:30:20			
Peddinghans	Till	TSG	1998					00:37:25				
Lachendro	Marcel	ESV	1987	MHK	00:42:10	00:41:48		00:39:20				2:03:18
Meyer	Matthias	HM	1988	MHK	00:36:50	00:33:30	00:34:35	00:34:20				1:42:25
Spieß	Andreas	Jahn Welse	1994	MHK		00:25:49	00:25:51		00:26:39	00:25:34		1:17:14 1.
Raasch	André	ESV	1992	MHK	00:28:38	00:27:37	00:26:50	00:27:05				1:21:32 3.
Schwekendiel	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		00:25:45		1:17:31 2.
Grote	Lauritz	ESV	1993	MHK		00:26:30	00:27:06					
Garbe	Sven		1995	MHK						00:31:24		
Veith	Lukas	ESV	1984	M30		00:30:40	00:29:48					
Baumeister	Andreas	Hamel	1980	M35	00:30:47	00:31:02	00:31:04					1:32:53
Grundmeyer	Thorsten		1977	M35	00:39:05	00:35:36		00:35:03				1:49:44
Aal	Jelle	auftreff Hame	1980	M35		00:39:55	00:38:38	00:38:31	00:38:25	00:38:55		1:55:34
Klematowitz	Manuel	rbergland Ru	1980	M35		00:36:29						
Priebe	Philip	ESV	1976	M40					00:26:19			
ahnke Walde	Mathias	LGW	1972	M40	00:39:14	00:38:24	00:39:03					1:56:41
Schmalkuche	Uwe	Emmerthal	1972	M40	00:32:38							
Franke	Hans-P.	ESV	1974	M40	00:39:48		00:38:42					
Benze	Nils	LGW	1972	M40	00:29:54		00:29:11					
Korschinek	Enrico		1976	M40			00:35:55					
König	Nils	ESV	1974	M40					00:29:50	00:29:00		
Semmler	Peter		1971	M45	00:35:03	00:33:33	00:33:37	00:33:17				1:40:27
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	rtakus Holter	1967	M45	00:32:18	00:31:28	00:44:23					1:48:09
Köhler	Tobias		1971	M45	00:31:53	00:30:44						
Mosel	Andreas	ESV	1969	M45		00:27:25	00:26:56					
Schrader	Thorsten	Hameln-Pyrr	1965	M50	00:30:35	00:30:51	00:30:17	00:30:27	00:40:06	00:31:21		1:31:19
Sprute	Thomas		1963	M50	00:41:06							
Küchler	Olaf	SC Fischbec	1966	M50		00:33:55	00:33:56	00:32:45				1:40:36
Thaler	Markus	T Bad Münde	1964	M50				00:38:53				
Weinhagen	Malte		1960	M55				00:35:49	00:35:51	00:36:14		1:47:54
Lücke	Ronald	Hameln	1960	M55	00:37:42	00:37:23		00:37:53				1:52:58
Kornas	René	ildcats Hame	1962	M55		00:46:33						
Gurgel	Willi		1959	M55				00:39:23		00:39:58		
Jugovic	Drago	C Bad Münde	1952	M60	00:34:37	00:34:11	00:34:25					1:43:13
Grasmück	Waldemar	FC Klüt HM	1952	M60	00:33:09	00:32:35	00:32:03	00:32:09	00:33:19	00:32:46		1:36:47
Jermis	Dieter	ESV	1956	M60	00:32:36	00:32:24	00:31:29					1:36:29
Keller	Jürgen	C Bad Münde	1956	M60						00:39:28		
Bradley	Terry	ESV	1949	M65	00:48:37	00:48:03	00:45:44	00:48:59	00:48:05	00:50:01		2:21:52
Wittkopp	Wolfram	C Preussen H	1949	M65		00:51:43	00:52:14	00:53:18				2:37:15
Werner	Herbert	ESV	1948	M65			00:33:50					
Kallikat	Horst	ESV	1938	M75	00:48:54	00:49:14	00:49:34					2:27:42

