

Start-Nr.	Name	Vorname	Verein	Jahrgang	AK	17.11.18	1.12.18	8.12.18	5.1.19	19.1.19	26.1.19	9.2.19	3.3.19	Gesamt	beste Drei	Platz
						29	23	18	19	18	14	15	14	150		
948	Poß	Katharina		1993	WHK		01:25:10							#ZAHL!		
890	Klingebliel	Verena-Alexandra	ESV	1981	W35					00:51:51	00:52:04	00:52:29	00:51:51	2:35:46		1
998	Busch	Barbara	RRV Hameln	1972	W45	00:55:52	00:56:48	00:56:39		00:56:54		00:57:11	00:57:06	2:49:19	1	2
946	Hellmich	Bianka		1974	W45		01:27:25							#ZAHL!		
852	Kettle	Sarah	ESV	1972	W45			01:02:12						#ZAHL!		
943	Küchler	Birgit	TSC Fischbeck	1971	W45	01:06:18		01:07:17		01:05:25				3:19:00	3	
911	Lippelt	Christine	ESV	1974	W45	01:05:51	01:08:38		01:00:54	00:58:03	00:58:23			2:57:20	2	3
965	Anderson	Britta	ESV	1968	W50					00:59:07				#ZAHL!		
909	Gruppe	Mechthild	SSG Marienau	1965	W50	01:10:43	01:12:13	01:11:56						3:34:52	2	
797	Hamann	Simone	SSC Springe	1966	W50							01:00:42	01:02:03	#ZAHL!		
915	Roine	Karen	Laufzone	1966	W50	01:01:56	01:03:23		01:06:59	01:03:19				3:08:38	1	
994	Majewski	Petra	ESV	1959	W60	00:55:42			01:00:48					#ZAHL!		
					MU16									#ZAHL!		
913/882	Grote	Lauritz	ESV	1993	MHK	00:45:12		00:46:02						#ZAHL!		
954	Köberle	Sascha		1990	MHK	01:07:20		01:12:20			01:09:14			3:28:54	2	
953	Köberle	Fabian	LLG Springe	1992	MHK	01:07:16					01:09:01			#ZAHL!		
963	Reckemeier	Claas	ESV	1996	MHK			00:44:06						#ZAHL!		
829	Roine	George	Laufzone	1995	MHK				00:58:09					#ZAHL!		
871	Spieß	Andreas	ESV	1994	MHK	00:43:26	00:43:30		00:44:07					2:11:03	1	1
972	Quere	Manuel		1990	MHK						01:09:39			#ZAHL!		
886	Behrens	Daniel	ESV	1986	M30			00:54:45						#ZAHL!		
900	Markus	Walz	OCR Heidesprinter	1985	M30	00:48:19		00:47:21	00:46:49					2:22:29	1	3
917	Plarl	Alexander	OCR Heidesprinter	1985	M30		01:02:32							#ZAHL!		
967	Schrell	Steffen		1986	M30					00:50:44		00:51:45	00:51:56	2:34:25	2	
943	John	Philipp	ESV	1988	M30								00:59:56			
951	Budde	Manuel	Manteon Renner	1980	M35						01:08:06			#ZAHL!		
920	Decker	Björn	Team H.U.L.K.	1980	M35	01:03:37	01:02:33							#ZAHL!		
992	Evers	Thore		1984	M35	00:46:06			00:47:23	00:46:54			00:49:04	2:20:23	1	2
952	Gruppe	Christian		1980	M35	00:52:54	00:52:29		00:55:11					2:40:34	3	
958	Hoyer	Thomas	KDF	1982	M35	00:51:12	00:49:49							#ZAHL!		
807	Kowallik	Mathais	ESV	1980	M35	00:48:28	00:49:38							#ZAHL!		
962	Sokolowski	Sascha	ESV	1981	M35			00:53:07						#ZAHL!		
934	Strohdeicher	Manuel	OCR Heidesprinter	1981	M35	01:03:37	01:02:29							#ZAHL!		
836	Veith	Lukas	ESV	1984	M35				00:53:24	00:50:59		00:53:46	00:50:12	2:34:35	2	
912	Winterholler	Andreas	ESV	1983	M35			00:41:16						#ZAHL!		
918	Klocke	Axel	Alles Paletti	1975	M40	00:55:44		00:57:47					00:58:05	2:51:36		
1000	Luth	Andre		1979	M40					01:00:50				#ZAHL!		

899	Plutte	Hauke	VfL Hess. Oldendorf	1975	M40				00:46:25					#ZAHL!		
908	Rehmet	Stefan	TSC Fischbeck	1977	M40	00:50:31								#ZAHL!		
971	Richter	Lars	Team EGGER	1976	M40						01:15:40	01:29:15		#ZAHL!		
964	Schwarz	Stefan	ESV	1979	M40		00:45:52							#ZAHL!		
997	Staub	Michael		1979	M40		01:27:25							#ZAHL!		
976	Rekate	Sebastian	SSG Halvestorf	1974	M45								00:51:12			
816/956	Brendel	Dennis	Laufen gegen Leiden	1974	M45	00:53:43				00:53:16				#ZAHL!		
(951)	Echterling	Vota	Team EGGER	1974	M45							01:00:31		#ZAHL!		
996	Jochim	Tobias	Alles Paletti	1973	M45	00:55:02	00:55:53					00:54:29		2:45:24	1	
804	Liebe	Andy	OCR Heidesprinter	1974	M45	01:03:37	01:02:30							#ZAHL!		
916/989	Schmalkuche	Uwe		1972	M45		00:57:46					00:57:37		#ZAHL!		
966	Zieseniß	Marco		1971	M45					00:56:28	00:57:29	00:57:04		2:51:01	2	
993	Mußmann	Kai	ESV	1968	M50									#ZAHL!		
961	Voges	Frank	LT SC Bad Münden	1967	M50			01:06:15						#ZAHL!		
919	Tietze	Olaf		1967	M50	00:51:48	00:51:22				00:51:53		00:53:25	2:35:03	1	
877	Fanslau	Tobias	Spartakus Holtensen	1967	M50					00:53:02	00:54:48	00:53:51	00:52:51	2:39:44	2	
907	Küchler	Olaf	TSC Fischbeck	1966	M50	00:54:26	00:53:30	00:54:39					00:54:35	2:42:31	3	
950	Böttcher	Ralf-Peter	Alles Paletti	1969	M50	00:54:18	00:56:27	00:56:47	00:54:12					2:44:57	4	
819	Willmann	Frank	TSV Halle	1969	M50				00:56:56	00:57:40		00:59:42		2:54:18	5	
895	Anderson	Ian	ESV	1964	M55				00:49:42	00:54:42				#ZAHL!		
872	Bettels	Gregor	ESV	1962	M55						01:07:08			#ZAHL!		
945	Düwel	Karl	Manteon Renner	1961	M55						01:08:07			#ZAHL!		
910	Engelbrecht	Thomas	RRV Hameln	1963	M55	00:49:07								#ZAHL!		
889	Hamann	Thomas	SSC Springe	1961	M55				00:56:20	00:55:17	00:55:53	00:56:45	00:54:14	2:45:24	1	
973	Jaco	Janusz	Team EGGER	1962	M55							01:00:31		#ZAHL!		
990	Kretschmer	Dietmar	SC Bad Münden	1963	M55			00:59:04						#ZAHL!		
991	Laureyns	Hendrik	Team EGGER	1961	M55						01:15:41	01:29:13		#ZAHL!		
999	Ray	Leon	Hameln	1963	M55	01:02:55			01:07:00	01:03:20		01:02:17		3:08:32	3	
845	Schultz	Heiner	LG TUS Lügde	1961	M55				00:48:23					#ZAHL!		
969	Stephan	Andreas	Delta Runners	1963	M55	00:55:35	00:55:28						00:55:15	2:46:18	2	
975	Harmeling	Ewald	SuS Stadtlohn	1962	M55								00:57:14			
947	Jermis	Dieter		1956	M60		00:58:32	00:58:10	00:57:42	00:56:38				2:52:30	1	
995	Gurgel	Willi		1959	M60	01:10:55		01:12:10	01:11:15					3:34:20	2	