

Gesamtergebnisliste

AK Ges MW Stnr Name Jahrg. Genus Verein Zeit

2 km Schüler (weiblich)

Schi W 8

| | | | | | | | | |
|-----|-----|-----|-----|------------------------|------|---|-------------------|-------|
| 1. | 27. | 27. | 129 | Wittstruck, Lisa | 1997 | w | TuS Haren | 09:30 |
| 2. | 29. | 29. | 146 | Achter, Ines | 1997 | w | Haren | 09:38 |
| 3. | 35. | 35. | 131 | Grönniger, Laura | 1997 | w | SV Germania Twist | 10:05 |
| 4. | 37. | 37. | 133 | Vorloeper, Frauke | 1997 | w | SV Germania Twist | 10:18 |
| 5. | 52. | 52. | 144 | Schemmer, Sophie | 1997 | w | TuS Haren | 10:55 |
| 6. | 57. | 57. | 117 | Albers, Anja | 1997 | w | TuS Haren | 11:13 |
| 7. | 58. | 58. | 122 | Gersema, Miriam | 1997 | w | TuS Haren | 11:17 |
| 8. | 59. | 59. | 108 | Einspanier, Jacqueline | 1997 | w | Haren | 11:27 |
| 9. | 60. | 60. | 132 | Becker, Katrin | 1997 | w | SV Germania Twist | 11:46 |
| 10. | 63. | 63. | 134 | Bernotat, Ann-Kristin | 1997 | w | TuS Haren | 12:28 |
| 11. | 68. | 68. | 185 | Pflug, Julia | 1997 | w | TSV Ronsdorf | 13:54 |
| 12. | 69. | 69. | 142 | Menke, Christina | 1997 | w | Haren | 13:59 |
| 13. | 72. | 72. | 176 | Hake, Hannah | 1997 | w | ohne | 14:50 |

Schi W 9

| | | | | | | | | |
|-----|-----|-----|-----|--------------------|------|---|------------------------|-------|
| 1. | 3. | 3. | 109 | Niermann, Verena | 1996 | w | SC Osterbrock | 08:04 |
| 2. | 17. | 17. | 169 | Wester, Eva-Maria | 1996 | w | FC Wesuwe | 09:16 |
| 3. | 19. | 19. | 157 | Ubbenjans, Nadine | 1996 | w | DJK Eintracht Börger | 09:17 |
| 4. | 24. | 24. | 126 | Spinneker, Helen | 1996 | w | TuS Haren | 09:24 |
| 5. | 28. | 28. | 128 | Wittstruck, Marie | 1996 | w | TuS Haren | 09:36 |
| 6. | 32. | 32. | 105 | Schulte, Eva | 1996 | w | SV Eintracht Neulangen | 09:57 |
| 7. | 33. | 33. | 138 | Wübben, Christina | 1996 | w | Team Altharen | 09:58 |
| 8. | 38. | 38. | 172 | Müller, Judith | 1996 | w | ohne | 10:21 |
| 9. | 39. | 39. | 107 | Herbers, Judith | 1996 | w | SV Haren | 10:22 |
| 10. | 43. | 43. | 140 | Fischer, Vanessa | 1996 | w | Haren | 10:40 |
| 11. | 48. | 48. | 171 | Dosquet, Jana | 1996 | w | Eintracht Emmeln | 10:49 |
| 12. | 51. | 51. | 127 | Wilken, Elina | 1996 | w | TuS Haren | 10:53 |
| 13. | 53. | 53. | 174 | Hake, Henrike | 1996 | w | ohne | 10:56 |
| 14. | 56. | 56. | 120 | Finke, Ann-Kathrin | 1996 | w | TuS Haren | 11:08 |
| 15. | 61. | 61. | 183 | Zeijer, Stefanie | 1996 | w | ohne | 11:46 |
| 16. | 62. | 62. | 173 | Herding, Jana | 1996 | w | ohne | 11:59 |
| 17. | 64. | 64. | 179 | Hunfeld, Maresa | 1996 | w | ohne | 12:41 |
| 18. | 65. | 65. | 135 | Grönniger, Sandra | 1996 | w | Haren | 12:42 |
| 19. | 66. | 66. | 177 | Stahl, Lena | 1996 | w | Lauftreff Haren | 13:12 |

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|-----|-----|-----|-----|----------------|------|---|-----------|-------|
| 19. | 66. | 66. | 114 | Schulte, Alina | 1996 | w | FC Wesuwe | 13:12 |
| 21. | 70. | 70. | 184 | Hoch, Jana | 1996 | w | ohne | 14:38 |

Schi W 10

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|---------------|-------|
| 1. | 4. | 4. | 110 | Berentzen, Annika | 1995 | w | SC Osterbrock | 08:06 |
| 2. | 31. | 31. | 143 | Schmitz, Annika | 1995 | w | Tus Haren | 09:52 |
| 3. | 50. | 50. | 164 | Wilken, Maike | 1995 | w | FC Wesuwe | 10:52 |
| 4. | 54. | 54. | 163 | Kathmann, Karina | 1995 | w | ohne | 10:58 |

Schi W 11

| | | | | | | | | |
|-----|-----|-----|-----|-------------------|------|---|------------------------|-------|
| 1. | 5. | 5. | 112 | Niermann, Mareike | 1994 | w | SC Osterbrock | 08:08 |
| 2. | 6. | 6. | 111 | Bruns, Vanessa | 1994 | w | SC Osterbrock | 08:21 |
| 3. | 15. | 15. | 106 | Schulte, Lea | 1994 | w | SV Eintracht Neulangen | 09:11 |
| 4. | 16. | 16. | 139 | Achter, Ellen | 1994 | w | Haren | 09:14 |
| 5. | 25. | 25. | 154 | Geers, Hanna | 1994 | w | DJK Eintracht Börger | 09:25 |
| 6. | 40. | 40. | 175 | Eiken, Maroon | 1994 | w | SV Haren | 10:27 |
| 7. | 41. | 41. | 152 | Grote, Lena | 1994 | w | DJK Eintracht Börger | 10:37 |
| 8. | 42. | 42. | 155 | Sievers, Henrike | 1994 | w | DJK Eintracht Börger | 10:38 |
| 9. | 45. | 45. | 158 | Wübben, Annika | 1994 | w | Team Altharen | 10:45 |
| 10. | 46. | 46. | 156 | Robben, Christina | 1994 | w | DJK Eintracht Börger | 10:46 |

Schi W 12

| | | | | | | | | |
|-----|-----|-----|-----|-----------------------|------|---|----------------------|-------|
| 1. | 8. | 8. | 113 | Meyer, Franzika | 1993 | w | LC Nordhorn | 08:24 |
| 2. | 13. | 13. | 136 | Temmen, Rieke | 1993 | w | SC Osterbrock | 09:08 |
| 3. | 21. | 21. | 181 | Kötter, Hannah | 1993 | w | TuS Haren | 09:19 |
| 4. | 23. | 23. | 137 | Lammers, Lena | 1993 | w | SC Osterbrock | 09:21 |
| 5. | 34. | 34. | 182 | Lohmann, Lina | 1993 | w | ohne | 10:00 |
| 6. | 36. | 36. | 168 | Specken, Sabrina | 1993 | w | Tus Haren | 10:16 |
| 7. | 44. | 44. | 151 | Schnieders, Franziska | 1993 | w | DJK Eintracht Börger | 10:42 |
| 8. | 47. | 47. | 165 | Dethlefsen, Wiebke | 1993 | w | ohne | 10:48 |
| 9. | 55. | 55. | 180 | Hunfeld, Carolin | 1993 | w | ohne | 11:08 |
| 10. | 71. | 71. | 178 | Fehrmann, Karolin | 1993 | w | ohne | 14:39 |

Schi W 13

| | | | | | | | | |
|----|-----|-----|-----|----------------------|------|---|----------------------|-------|
| 1. | 1. | 1. | 104 | Arling, Katrin | 1992 | w | LG Emstal Dörpen | 07:36 |
| 2. | 7. | 7. | 125 | Pelzer, Laura | 1992 | w | TuS Haren | 08:23 |
| 3. | 9. | 9. | 166 | Landwehr, Lara | 1992 | w | Erika | 08:29 |
| 4. | 10. | 10. | 149 | Pohlgeers, Elisabeth | 1992 | w | DJK Eintracht Börger | 08:43 |
| 5. | 18. | 18. | 170 | Müller, Frederike | 1992 | w | ohne | 09:17 |
| 6. | 22. | 22. | 145 | Haar, Kerstin | 1992 | w | FC Wesuwe | 09:20 |
| 7. | 49. | 49. | 124 | Lüer, Vera | 1992 | w | TuS Haren | 10:50 |

Schi W 14

| | | | | | | | | |
|----|----|----|-----|--------------|------|---|-----------|-------|
| 1. | 2. | 2. | 123 | Lampen, Lena | 1991 | w | TuS Haren | 07:37 |
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| 2. | 11. | 11. | 130 | Auris, Judith | 1991 | w | ohne | 08:44 |
| 3. | 12. | 12. | 121 | Gersema, Julia | 1991 | w | TuS Haren | 09:06 |
| 4. | 20. | 20. | 148 | Gertken, Milena | 1991 | w | DJK Eintracht Börger | 09:18 |
| 5. | 26. | 26. | 160 | Stegmann, Sarah | 1991 | w | SC Melle 03 | 09:27 |
| 6. | 30. | 30. | 167 | Deymann, Ines | 1991 | w | ohne | 09:47 |

Schi W 15

| | | | | | | | | |
|----|-----|-----|-----|----------------|------|---|----------------------|-------|
| 1. | 14. | 14. | 147 | Krömer, Sabine | 1990 | w | DJK Eintracht Börger | 09:10 |
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AK Ges MW Stnr Name

Jahrg. Genus Verein

Zeit

2 km Schüler (männlich)

Schü M 8

| | | | | | | | | |
|-----|-----|-----|-----|--------------------|------|---|------------------------|-------|
| 1. | 26. | 26. | 259 | Holthaus, Oliver | 1997 | m | SV Eintracht Neulangen | 08:40 |
| 2. | 29. | 29. | 263 | Gravemann, Steffen | 1997 | m | SC Osterbrock | 08:54 |
| 3. | 36. | 36. | 276 | Gertken, Johannes | 1997 | m | DJK Eintracht Börger | 09:30 |
| 4. | 39. | 39. | 322 | Lampen, Alexander | 1997 | m | TuS Haren | 09:43 |
| 5. | 41. | 41. | 260 | Grove, Simon | 1997 | m | SV Eintracht Neulangen | 09:57 |
| 6. | 46. | 46. | 272 | Gerdes, Justin | 1997 | m | DJK Tinnen | 10:16 |
| 7. | 51. | 51. | 279 | Stegmann, Kevin | 1997 | m | SC Melle 03 | 10:35 |
| 8. | 53. | 53. | 268 | Held, Jonas | 1997 | m | TuS Haren F-Jugend | 10:39 |
| 9. | 54. | 54. | 277 | Lindemann, Patrick | 1997 | m | DJK Eintracht Börger | 10:41 |
| 10. | 55. | 55. | 306 | Hermes, Niklas | 1997 | m | Eintracht Emmeln | 10:44 |
| 11. | 56. | 56. | 282 | Neuhaus, Robin | 1997 | m | Bissendorf | 11:07 |
| 12. | 67. | 67. | 304 | Beimesche, Philipp | 1997 | m | SV Haren | 12:57 |

Schü M 9

| | | | | | | | | |
|----|-----|-----|-----|--------------------|------|---|------------------|-------|
| 1. | 15. | 15. | 281 | Schepers, Steffen | 1996 | m | TuS Haren | 08:06 |
| 2. | 32. | 32. | 311 | Schulte, Pascal | 1996 | m | ohne | 09:11 |
| 3. | 44. | 44. | 308 | Borghorst, Henning | 1996 | m | FC Wesuwe | 10:13 |
| 4. | 48. | 48. | 312 | Drosten, Marcus | 1996 | m | Eintracht Emmeln | 10:24 |
| 5. | 59. | 59. | 313 | Lohmann, Henry | 1996 | m | ohne | 11:20 |
| 6. | 60. | 60. | 291 | Albers, Simon | 1996 | m | FC Wesuwe | 11:21 |
| 7. | 68. | 68. | 251 | Bohlen, Leon | 1996 | m | Haren | 14:09 |

Schü M 10

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|------------------|-------|
| 1. | 11. | 11. | 285 | Luttermann, Timo | 1995 | m | TuS Haren | 07:52 |
| 2. | 16. | 16. | 298 | Thyen, Niklas | 1995 | m | TV Meppen | 08:08 |
| 3. | 22. | 22. | 271 | Gebben, Hendrik | 1995 | m | ohne | 08:34 |
| 4. | 25. | 25. | 264 | Bruns, Marcel | 1995 | m | SC Osterbrock | 08:37 |
| 5. | 27. | 27. | 255 | Wittstruck, Simon | 1995 | m | Haren | 08:47 |
| 6. | 31. | 31. | 302 | Gaida, Nico | 1995 | m | TSV Marl - Huels | 08:55 |

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|-----|-----|-----|-----|---------------------|------|---|----------------------|-------|
| 7. | 37. | 37. | 261 | Schepers, Nico | 1995 | m | Haren | 09:30 |
| 8. | 38. | 38. | 275 | Voss, Tobias | 1995 | m | DJK Eintracht Börger | 09:31 |
| 9. | 40. | 40. | 284 | Lüer, Fiete | 1995 | m | TuS Haren | 09:55 |
| 10. | 49. | 49. | 309 | Kanz, Frederic | 1995 | m | ohne | 10:25 |
| 11. | 50. | 50. | 270 | Lüdtke, Martin | 1995 | m | Georgschule Haren | 10:31 |
| 12. | 52. | 52. | 316 | El Khechem, Hussein | 1995 | m | TuS Haren | 10:37 |
| 13. | 57. | 57. | 314 | Brozic, Stefan | 1995 | m | ohne | 11:15 |

Schü M 11

| | | | | | | | | |
|----|-----|-----|-----|---------------------|------|---|----------------------|-------|
| 1. | 10. | 10. | 265 | Muke, Kilian | 1994 | m | SC Osterbrock | 07:51 |
| 2. | 12. | 12. | 321 | Langels, Nico | 1994 | m | TSV 05 Ronsdorf | 08:00 |
| 3. | 21. | 21. | 300 | Wessels, Niklas | 1994 | m | Bunkai Haren | 08:33 |
| 4. | 33. | 33. | 274 | Ubbenjans, Christof | 1994 | m | DJK Eintracht Börger | 09:11 |
| 5. | 42. | 42. | 293 | Tieben, Simon | 1994 | m | SV Eintracht Emmeln | 10:06 |
| 6. | 43. | 43. | 320 | Orbach, Lukas | 1994 | m | TSV 05 Ronsdorf | 10:12 |
| 7. | 45. | 45. | 292 | Book, Lucas | 1994 | m | SV Eintracht Emmeln | 10:15 |
| 8. | 47. | 47. | 325 | Arnold, Lucas | 1994 | m | TuS Ennepetal | 10:22 |
| 9. | 66. | 66. | 324 | Eswers, Niklas | 1994 | m | TuS Haren | 12:57 |

Schü M 12

| | | | | | | | | |
|-----|-----|-----|-----|-------------------|------|---|---------------------|-------|
| 1. | 13. | 13. | 266 | Lammers, Jonas | 1993 | m | SC Osterbrock | 08:03 |
| 2. | 14. | 14. | 287 | Schmitz, Timo | 1993 | m | TuS Haren | 08:04 |
| 3. | 18. | 18. | 315 | Tengen, Dennis | 1993 | m | ohne | 08:17 |
| 4. | 19. | 19. | 307 | Wester, Jonas | 1993 | m | Wesuwe | 08:20 |
| 5. | 23. | 23. | 254 | Eiken, Sebastian | 1993 | m | ohne | 08:35 |
| 6. | 28. | 28. | 288 | Schmitz, Daniel | 1993 | m | TuS Haren | 08:48 |
| 7. | 35. | 35. | 323 | Cosse, Carsten | 1993 | m | TuS Haren | 09:28 |
| 8. | 58. | 58. | 310 | Schulte, Marcel | 1993 | m | ohne | 11:16 |
| 9. | 61. | 61. | 278 | Lüdtke, Reinhard | 1993 | m | Gymnasium Haren | 11:25 |
| 10. | 64. | 64. | 257 | Schmitz, Matthias | 1993 | m | SV Eintracht Emmeln | 11:39 |
| 11. | 65. | 65. | 290 | Albers, Hendrik | 1993 | m | FC Wesuwe | 11:45 |

Schü M 13

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|---------------|-------|
| 1. | 1. | 1. | 252 | Velvis, Chiljen | 1992 | m | ATC 75 Haren | 07:17 |
| 2. | 3. | 3. | 280 | Schwalbe, Patrick | 1992 | m | SC Melle 03 | 07:20 |
| 3. | 8. | 8. | 267 | Gravemann, Dennis | 1992 | m | SC Osterbrock | 07:44 |
| 4. | 9. | 9. | 299 | Thyen, Pascal | 1992 | m | TV Meppen | 07:49 |
| 5. | 24. | 24. | 317 | Cordes, Lukas | 1992 | m | SV Haren | 08:35 |
| 6. | 30. | 30. | 303 | Gaida, Christian | 1992 | m | 1. FBC Marl | 08:54 |
| 7. | 62. | 62. | 319 | Krause, Marcel | 1992 | m | ohne | 11:29 |
| 8. | 63. | 63. | 296 | Gudert, David | 1992 | m | ohne | 11:35 |

Schü M 14

| | | | | | | | | |
|----|-----|-----|-----|--------------------|------|---|------------------------|-------|
| 1. | 2. | 2. | 258 | Fehrmann, Jannik | 1991 | m | SV Eintracht Neulangen | 07:18 |
| 2. | 6. | 6. | 305 | Pietschmann, Kevin | 1991 | m | ohne | 07:39 |
| 3. | 20. | 20. | 297 | Schmidt, Daniel | 1991 | m | SVC Laggenbeck | 08:21 |
| 4. | 34. | 34. | 318 | De Bona, Gianluca | 1991 | m | Atletica Longarone | 09:26 |

Schü M 15

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|------------------------|-------|
| 1. | 4. | 4. | 269 | Uhlen, Thomas | 1990 | m | SV Eintracht Neulangen | 07:35 |
| 2. | 5. | 5. | 273 | Ubbenjans, Markus | 1990 | m | DJK Eintracht Börger | 07:36 |
| 3. | 7. | 7. | 286 | Schmitz, Marcel | 1990 | m | TuS Haren | 07:42 |
| 4. | 17. | 17. | 262 | Kock, Berislaw | 1990 | m | SV SW Lindern | 08:11 |

Jedermann / frau Lauf

Schi W 12

| | | | | | | | | |
|----|-----|----|-----|------------------|------|---|-------------|-------|
| 1. | 37. | 1. | 491 | Kronbügel, Janin | 1993 | w | LT - Lübeck | 18:05 |
|----|-----|----|-----|------------------|------|---|-------------|-------|

wJgd.B

| | | | | | | | | |
|----|-----|-----|-----|-----------------|------|---|-------------------|-------|
| 1. | 46. | 2. | 420 | Kock, Jennifer | 1988 | w | SV SW Lindern | 18:50 |
| 2. | 58. | 4. | 407 | Verkerk, Denise | 1988 | w | SV Germania Twist | 20:44 |
| 3. | 84. | 16. | 440 | Gerdes, Kerstin | 1988 | w | TuS Haren | 23:57 |

wJgd.A

| | | | | | | | | |
|----|-----|-----|-----|------------------|------|---|-------|-------|
| 1. | 81. | 14. | 423 | Snijders, Andrea | 1987 | w | Twist | 23:28 |
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W 20

| | | | | | | | | |
|----|-----|-----|-----|----------------|------|---|-----------------------|-------|
| 1. | 74. | 10. | 419 | Stroot, Simone | 1977 | w | Haren | 22:39 |
| 2. | 77. | 13. | 418 | Greve, Verena | 1980 | w | Haren | 23:06 |
| 3. | 82. | 15. | 425 | Jagt, Marianne | 1980 | w | Emmer-Compascuum (NL) | 23:42 |

W 30

| | | | | | | | | |
|----|-----|----|-----|------------------|------|---|------------------|-------|
| 1. | 52. | 3. | 512 | Glandorf, Dagmar | 1974 | w | Eintracht Emmeln | 19:17 |
| 2. | 69. | 7. | 518 | Busse, Beatrix | 1973 | w | ohne | 22:17 |

W 35

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|-------------------------|-------|
| 1. | 71. | 8. | 409 | Klene, Elfi | 1970 | w | Haren | 22:20 |
| 2. | 73. | 9. | 415 | Deymann, Silvia | 1967 | w | SV Eintracht Emmeln | 22:28 |
| 3. | 76. | 12. | 403 | Wilde, Alice | 1970 | w | Klub Kaputt Haren / Ems | 22:55 |
| 4. | 85. | 17. | 496 | Hagen, Andrea | 1966 | w | ohne | 23:59 |
| 5. | 86. | 18. | 472 | Luttermann, Heike | 1968 | w | Haren | 24:02 |
| 6. | 88. | 20. | 473 | Schmitz, Andrea | 1966 | w | Haren | 24:05 |
| 7. | 93. | 21. | 426 | Stahl, Kornelia | 1967 | w | Lauftreff Haren | 24:59 |

W 40

| | | | | | | | | |
|----|-----|----|-----|--------------------|------|---|------------------|-------|
| 1. | 68. | 6. | 493 | Pietschmann, Karin | 1963 | w | TuS Jahn Werdohl | 22:15 |
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| 2. | 75. | 11. | 507 | Book, Maria | 1965 | w | ohne | 22:45 |
|----|-----|-----|-----|-------------|------|---|------|-------|

W 45

| | | | | | | | | |
|----|-----|----|-----|----------------|------|---|-----------|-------|
| 1. | 65. | 5. | 439 | Boven, Marlies | 1959 | w | TuS Haren | 21:12 |
|----|-----|----|-----|----------------|------|---|-----------|-------|

W 50

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|------|-------|
| 1. | 87. | 19. | 488 | Deters, Elisabeth | 1955 | w | ohne | 24:04 |
|----|-----|-----|-----|-------------------|------|---|------|-------|

mJgd.B

| | | | | | | | | |
|----|-----|-----|-----|-----------|------|---|--------------------|-------|
| 1. | 40. | 39. | 484 | Held, Tim | 1988 | m | TuS Haren A-Jugend | 18:26 |
|----|-----|-----|-----|-----------|------|---|--------------------|-------|

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| 2. | 42. | 41. | 481 | Robben, Matthias | 1988 | m | TuS Haren A-Jugend | 18:27 |
|----|-----|-----|-----|------------------|------|---|--------------------|-------|

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| 3. | 60. | 56. | 486 | Hintze, Andreas | 1988 | m | TuS Haren A-Jugend | 20:49 |
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| 4. | 61. | 57. | 482 | Rosendahl, Class | 1988 | m | TuS Haren A-Jugend | 20:50 |
|----|-----|-----|-----|------------------|------|---|--------------------|-------|

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| 5. | 62. | 58. | 480 | Jansen, Christian | 1988 | m | TuS Haren A-Jugend | 20:54 |
|----|-----|-----|-----|-------------------|------|---|--------------------|-------|

mJgd.A

| | | | | | | | | |
|----|----|----|-----|-------------------------|------|---|-------|-------|
| 1. | 8. | 8. | 475 | Suelmann, Heinz-Hermann | 1987 | m | Haren | 15:15 |
|----|----|----|-----|-------------------------|------|---|-------|-------|

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|----|-----|-----|-----|-------------------|------|---|-------------------------|-------|
| 2. | 17. | 17. | 448 | Gerlach, Thorsten | 1986 | m | TuS Haren Fussball Sen. | 16:19 |
|----|-----|-----|-----|-------------------|------|---|-------------------------|-------|

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|----|-----|-----|-----|-------------------|------|---|-------------|-------|
| 3. | 19. | 19. | 521 | Meyering, Henning | 1986 | m | SV Landegge | 16:39 |
|----|-----|-----|-----|-------------------|------|---|-------------|-------|

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| 4. | 28. | 28. | 517 | Kötter, Bernd | 1987 | m | TuS Haren A-Jgd. | 17:19 |
|----|-----|-----|-----|---------------|------|---|------------------|-------|

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| 5. | 32. | 32. | 421 | Friesacher, Pascal | 1987 | m | SV SW Lindern | 17:28 |
|----|-----|-----|-----|--------------------|------|---|---------------|-------|

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| 6. | 41. | 40. | 483 | Chao, Saon | 1987 | m | TuS Haren A-Jugend | 18:26 |
|----|-----|-----|-----|------------|------|---|--------------------|-------|

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| 7. | 79. | 66. | 485 | Leupold, Oliver | 1987 | m | TuS Haren A-Jugend | 23:17 |
|----|-----|-----|-----|-----------------|------|---|--------------------|-------|

M 20

| | | | | | | | | |
|----|----|----|-----|-----------------|------|---|------|-------|
| 1. | 1. | 1. | 500 | Schlangen, Dirk | 1979 | m | ohne | 14:22 |
|----|----|----|-----|-----------------|------|---|------|-------|

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| 2. | 3. | 3. | 453 | Kiepe, Christian | 1981 | m | TuS Haren Fussball Sen. | 14:36 |
|----|----|----|-----|------------------|------|---|-------------------------|-------|

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|----|----|----|-----|---------------------|------|---|-------------------|-------|
| 3. | 5. | 5. | 492 | Stachowski, Michael | 1980 | m | TC Rot-Weiß Haren | 14:41 |
|----|----|----|-----|---------------------|------|---|-------------------|-------|

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|----|----|----|-----|---------------|------|---|-----------|-------|
| 4. | 6. | 6. | 514 | Bölle, Markus | 1985 | m | FC Wesuwe | 15:00 |
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| 5. | 7. | 7. | 508 | Wobken, Christian | 1983 | m | FC Wesuwe | 15:01 |
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| 6. | 14. | 14. | 494 | Landwehr, Michael | 1984 | m | SG Essen-Garthe-Molbergen | 15:54 |
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| 7. | 15. | 15. | 461 | Schulte, Tobias | 1979 | m | TuS Haren Fussball Sen. | 16:03 |
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| 8. | 16. | 16. | 502 | Varnhorn, Michael | 1983 | m | Haselünner SV | 16:11 |
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| 9. | 21. | 21. | 503 | Borrmann, Felix | 1982 | m | Haselünner SV | 16:53 |
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| 10. | 22. | 22. | 515 | Kröger, Florian | 1985 | m | FC Wesuwe | 17:03 |
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| 11. | 24. | 24. | 449 | Gevers, Thorsten | 1982 | m | TuS Haren Fussball Sen. | 17:08 |
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| 12. | 30. | 30. | 459 | Robben, Andre | 1980 | m | TuS Haren Fussball Sen. | 17:26 |
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| 13. | 31. | 31. | 462 | Schöning, Patrick | 1982 | m | TuS Haren Fussball Sen. | 17:27 |
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| 14. | 33. | 33. | 469 | Zuchgan, Ralf | 1978 | m | TuS Haren Fussball Sen. | 17:29 |
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| 15. | 36. | 36. | 447 | Albers, Jens | 1982 | m | TuS Haren Fussball Sen. | 18:01 |
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| 16. | 44. | 43. | 458 | Plagge, Christian | 1984 | m | TuS Haren Fussball Sen. | 18:41 |
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| 17. | 49. | 47. | 460 | Rüther, Thomas | 1984 | m | TuS Haren Fussball Sen. | 18:54 |
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| 18. | 50. | 48. | 522 | Kiepe, Kai | 1982 | m | SV Landegge | 18:56 |
| 19. | 54. | 51. | 487 | Specken, Ralf | 1977 | m | TuS Haren A-Jugend | 19:34 |
| 20. | 63. | 59. | 520 | Kiepe, Alexander | 1979 | m | TuS Haren | 21:05 |
| 21. | 78. | 65. | 444 | Lucht, Thorsten | 1979 | m | Feuerwehr Haren | 23:15 |
| 22. | 80. | 67. | 509 | Einspanier, Andre | 1982 | m | FC Wesuwe | 23:24 |

M 30

| | | | | | | | | |
|-----|-----|-----|-----|---------------------|------|---|-------------------------|-------|
| 1. | 2. | 2. | 505 | Nintemann, Mathias | 1975 | m | SV Neurhede | 14:29 |
| 2. | 9. | 9. | 450 | Hake, Wolfgang | 1974 | m | TuS Haren Fussball Sen. | 15:16 |
| 3. | 11. | 11. | 454 | Koop, Günther | 1974 | m | TuS Haren Fussball Sen. | 15:35 |
| 4. | 18. | 18. | 501 | Hagen, Klaus | 1972 | m | TuS Haren | 16:29 |
| 5. | 27. | 27. | 470 | Bransmann, Stephan | 1973 | m | TuS Haren Fussball Sen. | 17:18 |
| 6. | 64. | 60. | 443 | Schmitt, Thomas | 1971 | m | Feuerwehr Haren | 21:08 |
| 7. | 66. | 61. | 466 | Jüngerhans, Rainer | 1972 | m | TuS Haren Fussball Sen. | 21:21 |
| 8. | 72. | 64. | 519 | Specken, Jürgen | 1972 | m | TuS Haren Alte Herren | 22:27 |
| 9. | 89. | 69. | 516 | Schepers, Hans-Jörg | 1971 | m | ohne | 24:14 |
| 10. | 92. | 72. | 465 | Jüngerhans, Jörg | 1973 | m | TuS Haren Fussball Sen. | 24:44 |

M 35

| | | | | | | | | |
|-----|------|-----|-----|----------------------|------|---|-------------------------|-------|
| 1. | 4. | 4. | 451 | Hamm, Thomas | 1966 | m | TuS Haren Fussball Sen. | 14:39 |
| 2. | 10. | 10. | 412 | Wittstruck, Heinz | 1968 | m | TuS Haren Fussball Sen. | 15:30 |
| 3. | 13. | 13. | 471 | Mörker, Klaus | 1968 | m | TuS Haren Badminton | 15:43 |
| 4. | 20. | 20. | 468 | Schepers, Heinz-Herm | 1968 | m | TuS Haren Fussball Sen. | 16:42 |
| 5. | 23. | 23. | 478 | Riddering, Hermann | 1968 | m | Haren | 17:05 |
| 6. | 25. | 25. | 463 | Hagen, Hannes | 1968 | m | TuS Haren Fussball Sen. | 17:12 |
| 7. | 34. | 34. | 457 | Niemeyer, Werner | 1969 | m | TuS Haren Fussball Sen. | 17:33 |
| 8. | 38. | 37. | 428 | Lampen, Otto | 1967 | m | Haren | 18:18 |
| 9. | 39. | 38. | 510 | Wobken, Helmut | 1969 | m | TuS Haren | 18:19 |
| 10. | 45. | 44. | 504 | Gravel, Dieter | 1970 | m | FC Wesuwe | 18:49 |
| 11. | 47. | 45. | 405 | Lübbbers, Andreas | 1969 | m | Hamburger SV | 18:51 |
| 12. | 48. | 46. | 474 | Albers, Bernd | 1966 | m | FC Wesuwe | 18:54 |
| 13. | 53. | 50. | 441 | Bartling, Christoph | 1967 | m | Malle | 19:31 |
| 14. | 56. | 53. | 467 | Luttermann, Dieter | 1968 | m | TuS Haren Fussball Sen. | 20:05 |
| 15. | 67. | 62. | 456 | Niemeyer, Günter | 1968 | m | TuS Haren Fussball Sen. | 21:29 |
| 16. | 70. | 63. | 442 | Drees, Holger | 1967 | m | TuS Haren | 22:18 |
| 17. | 101. | 80. | 408 | Klene, Jan | 1966 | m | Haren | 27:53 |

M 40

| | | | | | | | | |
|----|-----|-----|-----|-------------------|------|---|-------------------------|-------|
| 1. | 35. | 35. | 479 | Cordes, Hermann | 1964 | m | TuS Haren Fussball Sen. | 17:55 |
| 2. | 43. | 42. | 464 | Jüngerhans, Hans | 1965 | m | TuS Haren Fussball Sen. | 18:38 |
| 3. | 51. | 49. | 411 | Wittstruck, Willi | 1965 | m | Haren | 19:04 |
| 4. | 55. | 52. | 511 | Schepers, Bernd | 1964 | m | ohne | 19:41 |

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|-------------|------|-----|-----|----------------------------|------|---|-----------------------|-------|
| 5. | 57. | 54. | 495 | Wobken, Günter | 1962 | m | FC Wesuwe | 20:36 |
| 6. | 95. | 74. | 431 | Klitzke, Fredi | 1961 | m | Unnawechens | 26:58 |
| 7. | 96. | 75. | 437 | Sanders, Heinz- Hermann | 1964 | m | Unnawechens | 26:58 |
| 8. | 97. | 76. | 435 | Piechot, Ferdi | 1965 | m | Unnawechens | 26:59 |
| 9. | 98. | 77. | 429 | Esders, Bernd | 1963 | m | Unnawechens | 26:59 |
| 10. | 99. | 78. | 430 | Jansing, Hermann Josef | 1961 | m | Unnawechens | 26:59 |
| 11. | 100. | 79. | 436 | Pinkernell, Hermann | 1965 | m | Unnawechens | 27:00 |
| M 45 | | | | | | | | |
| 1. | 12. | 12. | 490 | Kronbügel, Andreas | 1960 | m | ohne | 15:42 |
| 2. | 26. | 26. | 416 | Tengen, Josef | 1957 | m | Lauftreff Haren | 17:17 |
| 3. | 59. | 55. | 506 | Meentken, Peter | 1956 | m | TuS Haren Alte Herren | 20:47 |
| M 50 | | | | | | | | |
| 1. | 29. | 29. | 413 | Veltrup, Hermann | 1951 | m | TuS Haren | 17:24 |
| 2. | 83. | 68. | 424 | Jagt, Jans | 1951 | m | Klazienaveen (NL) | 23:42 |
| M 65 | | | | | | | | |
| 1. | 94. | 73. | 489 | Bartels, Fritz | 1938 | m | ohne | 25:37 |
| M 70 | | | | | | | | |
| 1. | 90. | 70. | 477 | Möhlenkamp, Heinz | 1935 | m | Eintracht Emmeln | 24:42 |
| 2. | 91. | 71. | 476 | Kollmer, Hermann | 1931 | m | Eintracht Emmeln | 24:43 |

Hauptlauf 10 km

wJgd.B

| | | | | | | | | |
|----|------|-----|-----|-------------------|------|---|----------------|---------|
| 1. | 62. | 6. | 661 | Boven, Anja | 1988 | w | TuS Haren | 0:45:06 |
| 2. | 94. | 9. | 632 | Veltrup, Heidrun | 1989 | w | TuS Haren | 0:48:38 |
| 3. | 113. | 15. | 699 | Weiden, Sabrina | 1988 | w | SCU Emlichheim | 0:50:39 |
| 4. | 137. | 22. | 695 | Schnellen, Theres | 1989 | w | Haselünne | 0:54:19 |
| 5. | 147. | 26. | 701 | Stegmann, Sarah | 1989 | w | SC Melle 03 | 1:01:05 |

W 20

| | | | | | | | | |
|----|------|-----|-----|-----------------|------|---|------|---------|
| 1. | 105. | 12. | 721 | Kurz, Andrea | 1978 | w | ohne | 0:49:43 |
| 2. | 141. | 24. | 741 | Albers, Susanne | 1977 | w | ohne | 0:55:21 |

W 30

| | | | | | | | | |
|----|------|-----|-----|-------------------------|------|---|---------------------|---------|
| 1. | 1. | 1. | 620 | Bultmann, Birte | 1974 | w | LG Braunschweig | 0:35:04 |
| 2. | 90. | 7. | 629 | Kerperien, Ebbe | 1972 | w | SV Union Meppen | 0:47:49 |
| 3. | 91. | 8. | 743 | Schmitz, Irmgard | 1973 | w | Club Kaputt | 0:47:57 |
| 4. | 95. | 10. | 618 | Over-Deymann, Sandra | 1972 | w | Lauffreunde Emsland | 0:49:05 |
| 5. | 121. | 17. | 758 | Tillar, Doris | 1971 | w | VfL Lingen | 0:51:37 |

W 35

| | | | | | | | | |
|----|------|-----|-----|------------------|------|---|-------------------------|---------|
| 1. | 37. | 2. | 656 | Lübbers, Claudia | 1966 | w | LAV Meppen | 0:42:09 |
| 2. | 42. | 4. | 648 | Sloot, Susanne | 1969 | w | LC Nordhorn | 0:42:21 |
| 3. | 96. | 11. | 749 | Hoffmann, Doris | 1969 | w | TuS Ofen | 0:49:13 |
| 4. | 111. | 14. | 617 | Grothe, Ulrike | 1969 | w | Lauffreunde Emsland | 0:50:17 |
| 5. | 127. | 20. | 608 | Sissoko, Silvia | 1966 | w | Kilometerfresser Lingen | 0:52:20 |
| 6. | 144. | 25. | 713 | Sibum, Gaby | 1968 | w | Hirschberg | 0:57:11 |

W 40

| | | | | | | | | |
|----|------|-----|-----|------------------------------|------|---|----------------|---------|
| 1. | 38. | 3. | 675 | Bido, Jutta | 1961 | w | LAV Oberhausen | 0:42:09 |
| 2. | 124. | 19. | 694 | Jänen, Marlen | 1961 | w | SV Langen | 0:52:10 |
| 3. | 140. | 23. | 642 | Brüsse-Haunstein, Daniela | 1961 | w | Tus Haren | 0:55:19 |
| 4. | 149. | 28. | 693 | Gerdes, Martina | 1965 | w | SV Langen | 1:03:05 |

W 45

| | | | | | | | | |
|----|------|-----|-----|---------------|------|---|-----------|---------|
| 1. | 123. | 18. | 691 | Winkler, Leni | 1958 | w | SV Langen | 0:52:07 |
|----|------|-----|-----|---------------|------|---|-----------|---------|

W 50

| | | | | | | | | |
|----|------|-----|-----|--------------------|------|---|-------------------------|---------|
| 1. | 50. | 5. | 698 | Kies, Mechtild | 1953 | w | LG Emsdetten | 0:43:16 |
| 2. | 108. | 13. | 769 | Müller, Margret | 1955 | w | DjK SV Neubörger | 0:50:06 |
| 3. | 115. | 16. | 676 | Schnieders, Renate | 1954 | w | Kilometerfresser Lingen | 0:51:07 |
| 4. | 134. | 21. | 760 | Peters, Wilma | 1955 | w | ohne | 0:53:29 |
| 5. | 148. | 27. | 755 | Berning, Gertrud | 1953 | w | Kilometerfresser Lingen | 1:02:00 |

mJgd.B

| | | | | | | | | |
|----|-----|-----|-----|------------------|------|---|---------------|---------|
| 1. | 10. | 9. | 643 | Kock, Christofer | 1988 | m | SV SW Lindern | 0:37:47 |
| 2. | 18. | 17. | 633 | Brümmer, Jan | 1989 | m | TuS Haren | 0:39:21 |

mJgd.A

| | | | | | | | | |
|----|-----|-----|-----|------------------|------|---|-----------|---------|
| 1. | 5. | 4. | 662 | Wessels, Torsten | 1986 | m | TuS Haren | 0:36:26 |
| 2. | 19. | 18. | 634 | Veltrup, Hannes | 1986 | m | TuS Haren | 0:39:41 |

M 20

| | | | | | | | | |
|----|------|-----|-----|-----------------|------|---|-----------------|---------|
| 1. | 8. | 7. | 735 | Fischer, Stefan | 1978 | m | SV Union Meppen | 0:37:13 |
| 2. | 16. | 15. | 684 | Gerdemann, Dirk | 1979 | m | TuS Haren | 0:38:52 |
| 3. | 31. | 30. | 681 | Kramer, Markus | 1976 | m | SV Justicia | 0:41:18 |
| 4. | 47. | 43. | 635 | Veltrup, Holger | 1980 | m | TuS Haren | 0:42:54 |
| 5. | 63. | 57. | 728 | Joswig, Oliver | 1980 | m | SC Osterbrock | 0:45:16 |
| 6. | 81. | 75. | 768 | Mammes, Henning | 1981 | m | ohne | 0:47:26 |
| 7. | 98. | 87. | 665 | Klene, Jens | 1979 | m | Feuerwehr Haren | 0:49:15 |
| 8. | 102. | 91. | 747 | Lüssing, Stefan | 1977 | m | TuS Haren | 0:49:35 |
| 9. | 106. | 94. | 663 | Leugers, Frank | 1976 | m | Feuerwehr Haren | 0:49:45 |

M 30

| | | | | | | | | |
|----|----|----|-----|----------------|------|---|---------------|---------|
| 1. | 2. | 1. | 645 | Josch, Michael | 1971 | m | Haselünner SV | 0:35:22 |
|----|----|----|-----|----------------|------|---|---------------|---------|

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|-----|------|------|-----|-----------------------|------|---|-------------------------|---------|
| 2. | 3. | 2. | 762 | Rolfes, Dieter | 1972 | m | SV Germania Twist | 0:35:26 |
| 3. | 4. | 3. | 668 | Gerdelmann, Frank | 1975 | m | TuS Haren | 0:35:32 |
| 4. | 6. | 5. | 712 | Eck, Oliver | 1975 | m | LG Rheine-Elte | 0:36:58 |
| 5. | 7. | 6. | 653 | Schleinhege, Thorsten | 1972 | m | Oldenburger Bären | 0:37:08 |
| 6. | 23. | 22. | 723 | Brandt, Harald | 1974 | m | SV Neurhede | 0:40:27 |
| 7. | 27. | 26. | 736 | Kleene, Jürgen | 1974 | m | SV Groß Hesepe | 0:40:42 |
| 8. | 35. | 34. | 766 | Lammers, Dieter | 1973 | m | Eintracht Emmeln | 0:42:03 |
| 9. | 36. | 35. | 614 | Schepers, Konni | 1974 | m | TuS Haren | 0:42:06 |
| 10. | 45. | 41. | 678 | Walkenhorst, Daniel | 1975 | m | Feuerwehr Melle | 0:42:25 |
| 11. | 52. | 47. | 605 | Menke, Thomas | 1972 | m | Haren | 0:43:57 |
| 12. | 60. | 55. | 714 | Motyl, Marco | 1972 | m | Vfl Marl - Huels | 0:44:56 |
| 13. | 65. | 59. | 658 | Rübertus, Holger | 1971 | m | ohne | 0:45:24 |
| 14. | 69. | 63. | 601 | Borghorst, Klaus | 1973 | m | TuS Haren | 0:45:43 |
| 15. | 71. | 65. | 636 | Heymann, Wilfried | 1972 | m | Team Altharen | 0:46:29 |
| 16. | 74. | 68. | 610 | Hilmes, Carsten | 1972 | m | Lauffreunde Emsland | 0:46:38 |
| 17. | 75. | 69. | 609 | Heller, Matthias | 1975 | m | Haren-Erika | 0:46:48 |
| 18. | 78. | 72. | 742 | Albers, Jens | 1974 | m | ohne Verein | 0:47:12 |
| 19. | 117. | 101. | 715 | Gerdelmann, Frank | 1972 | m | TuS Haren | 0:51:25 |
| 20. | 119. | 103. | 707 | Janzen, Stefan | 1971 | m | ohne | 0:51:28 |
| 21. | 120. | 104. | 709 | Wilgmann, Holger | 1972 | m | ohne | 0:51:36 |
| 22. | 128. | 108. | 719 | Lüken, Guido | 1975 | m | Kilometerfresser Lingen | 0:52:24 |
| 23. | 142. | 118. | 706 | Kramer, Jürgen | 1973 | m | ohne | 0:55:46 |
| 24. | 150. | 122. | 710 | Pöttker, Martin | 1973 | m | TuS Haren | 1:12:09 |

M 35

| | | | | | | | | |
|-----|-----|-----|-----|-----------------------|------|---|----------------------|---------|
| 1. | 12. | 11. | 660 | Vorloeper, Klaus | 1967 | m | SV Germania Twist | 0:38:14 |
| 2. | 14. | 13. | 626 | Achter, Georg | 1966 | m | Tus Haren | 0:38:45 |
| 3. | 15. | 14. | 647 | Tuitjer, Berthold | 1969 | m | Ender LG | 0:38:51 |
| 4. | 22. | 21. | 649 | Wagenknecht, Till | 1968 | m | Ich-LG | 0:40:04 |
| 5. | 32. | 31. | 669 | Albers, Günter | 1968 | m | TuS Haren | 0:41:27 |
| 6. | 41. | 38. | 716 | Hagen, Heinz | 1967 | m | ohne | 0:42:14 |
| 7. | 44. | 40. | 622 | Hes, Gerwin | 1967 | m | LC Nordhorn | 0:42:24 |
| 8. | 46. | 42. | 733 | Schade, Bernd | 1967 | m | SV Herbrum | 0:42:25 |
| 9. | 49. | 45. | 612 | Jansen, Marc | 1970 | m | LC Nordhorn | 0:43:13 |
| 10. | 53. | 48. | 720 | Dirks, Stefan | 1968 | m | VdK Betreuungsverein | 0:44:02 |
| 11. | 56. | 51. | 751 | Tattermusch, Reinhold | 1967 | m | ohne | 0:44:38 |
| 12. | 59. | 54. | 732 | Wemken, Ralf | 1970 | m | SV Herbrum | 0:44:43 |
| 13. | 64. | 58. | 630 | Kerperien, Lothar | 1967 | m | SV Union Meppen | 0:45:22 |
| 14. | 66. | 60. | 613 | Dickmann, Jürgen | 1969 | m | TV Erika-Altenberge | 0:45:30 |

| | | | | | | | | |
|-----|------|------|-----|-------------------------|------|---|----------------------------|---------|
| 15. | 85. | 79. | 659 | Seidler, Kim | 1966 | m | Hamburger SV | 0:47:40 |
| 16. | 92. | 84. | 739 | Kanne, Hermann | 1967 | m | BSG Sparkasse Emsland | 0:47:58 |
| 17. | 101. | 90. | 764 | Germing, Thomas | 1968 | m | Eintracht Emmeln | 0:49:34 |
| 18. | 107. | 95. | 726 | Meiners, Dieter | 1967 | m | Sttv. Berne | 0:50:00 |
| 19. | 118. | 102. | 740 | Wältermann, Burkhard | 1969 | m | Club Kaputt | 0:51:27 |
| 20. | 135. | 114. | 603 | Schuster, Klaus | 1970 | m | Klub Kaputt Haren / Ems | 0:53:34 |
| 21. | 136. | 115. | 604 | Lübbers, Andreas | 1969 | m | Emsland Fighters | 0:54:18 |
| 22. | 139. | 117. | 640 | Hettwer, Ralf | 1969 | m | DSC Arminia Bielefeld | 0:54:30 |
| 23. | 151. | 123. | 711 | Becker, Martin | 1970 | m | ohne | 1:12:10 |

M 40

| | | | | | | | | |
|-----|------|------|-----|---------------------------|------|---|-------------------------|---------|
| 1. | 9. | 8. | 754 | Wegmann, Heinz - Josef | 1964 | m | SV Dersum | 0:37:29 |
| 2. | 11. | 10. | 746 | Bruns, Hubert | 1963 | m | TuS Haren | 0:37:52 |
| 3. | 13. | 12. | 685 | Stamereilers, Rolf | 1962 | m | TuS Eversten | 0:38:37 |
| 4. | 17. | 16. | 730 | Klene, Andreas | 1961 | m | SV Teglingen | 0:39:10 |
| 5. | 21. | 20. | 606 | Knopp, Michael | 1965 | m | Kilometerfresser Lingen | 0:39:57 |
| 6. | 25. | 24. | 655 | Hermsen, Helmut | 1965 | m | LAV Meppen | 0:40:30 |
| 7. | 29. | 28. | 753 | Schulte, Hans - Theo | 1964 | m | SV Surwold | 0:41:08 |
| 8. | 30. | 29. | 700 | Ahlers, Josef | 1965 | m | SV Langen | 0:41:11 |
| 9. | 33. | 32. | 718 | Vorjans, Laurenz | 1965 | m | Lauftreff Haren | 0:41:45 |
| 10. | 55. | 50. | 765 | Greven, Koos | 1961 | m | AV Aquilo | 0:44:23 |
| 11. | 67. | 61. | 750 | Deutmeyer, Hans | 1965 | m | ohne | 0:45:39 |
| 12. | 76. | 70. | 724 | Brockmann, Norbert | 1961 | m | SUS Darne | 0:46:58 |
| 13. | 79. | 73. | 650 | Stahl, Günter | 1963 | m | Lauftreff Haren | 0:47:22 |
| 14. | 80. | 74. | 672 | Unkenholz, Karl-Otto | 1962 | m | LG Bawinkel | 0:47:25 |
| 15. | 82. | 76. | 623 | Ahrens, Peter | 1962 | m | Lauffreunde Emsland | 0:47:33 |
| 16. | 89. | 83. | 731 | Schulte, Hermann | 1965 | m | ohne | 0:47:43 |
| 17. | 97. | 86. | 717 | Vehring, Ludger | 1961 | m | ohne | 0:49:14 |
| 18. | 99. | 88. | 763 | Lammers, Josef | 1961 | m | SV Teglingen | 0:49:24 |
| 19. | 100. | 89. | 637 | Kossen, Gerd | 1962 | m | Team Altharen | 0:49:25 |
| 20. | 103. | 92. | 654 | Hundehege, Dr. Bernd | 1962 | m | Haren | 0:49:37 |
| 21. | 104. | 93. | 638 | Wübben, Helmut | 1963 | m | Team Altharen | 0:49:38 |
| 22. | 116. | 100. | 738 | Jansen, Karl - Heinz | 1965 | m | BSG Sparkasse Emsland | 0:51:15 |
| 23. | 129. | 109. | 703 | Schepers, Bernd | 1963 | m | ohne | 0:52:44 |
| 24. | 132. | 112. | 734 | Husmann, Hermann | 1965 | m | SV Herbrum | 0:53:14 |
| 25. | 138. | 116. | 657 | Santen, Hermann- Josef | 1962 | m | SV GW Dersum | 0:54:24 |

M 45

| | | | | | | | | |
|-----|------|------|-----|-----------------------|------|---|-------------------------|---------|
| 1. | 24. | 23. | 646 | Borchardt, Karl-Heinz | 1958 | m | Meppen | 0:40:29 |
| 2. | 39. | 36. | 674 | Pallin, Rüdiger | 1959 | m | LAV Oberhausen | 0:42:09 |
| 3. | 40. | 37. | 631 | Cistjakov, Vasilij | 1958 | m | Kilometerfresser Lingen | 0:42:12 |
| 4. | 43. | 39. | 759 | Schweizer, Peter | 1959 | m | ohne | 0:42:24 |
| 5. | 68. | 62. | 692 | Winkler, Hermann | 1956 | m | SV Langen | 0:45:40 |
| 6. | 70. | 64. | 702 | Thater, Ralf | 1960 | m | SVE Wildenloh | 0:46:21 |
| 7. | 72. | 66. | 641 | Jansen, Bernd | 1960 | m | TuS Haren | 0:46:36 |
| 8. | 93. | 85. | 664 | Hermes, Tim | 1958 | m | Feuerwehr Haren | 0:48:09 |
| 9. | 110. | 97. | 770 | Schuitema, Johan | 1959 | m | LG Vlagtwedde | 0:50:16 |
| 10. | 131. | 111. | 607 | Hogarth, David | 1957 | m | Nordhorn | 0:53:07 |
| 11. | 143. | 119. | 696 | Schnellen, Christoph | 1958 | m | Haselünne | 0:55:57 |

M 50

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|-----|------|------|-----|-----------------------------|------|---|-------------------------|---------|
| 1. | 20. | 19. | 686 | Schütte, Günther | 1953 | m | TuS Eversten | 0:39:43 |
| 2. | 28. | 27. | 767 | Rendering, Wubbe | 1953 | m | AV Aquilo | 0:41:08 |
| 3. | 34. | 33. | 757 | Vehmeyer, Ernst - August | 1955 | m | VfL Lingen | 0:41:47 |
| 4. | 48. | 44. | 624 | Veenker, Hermann | 1955 | m | Lauftreff Haren | 0:43:07 |
| 5. | 73. | 67. | 600 | Veltrup, Hermann | 1951 | m | TuS Haren | 0:46:37 |
| 6. | 83. | 77. | 748 | Schardt, Michael | 1954 | m | Igel Verlag | 0:47:38 |
| 7. | 87. | 81. | 667 | Upmann, Rudi | 1952 | m | LG Rheine-Elte | 0:47:42 |
| 8. | 88. | 82. | 677 | Schnelting, Uli | 1955 | m | Kilometerfresser Lingen | 0:47:43 |
| 9. | 112. | 98. | 697 | Van Santen, Johan | 1953 | m | Veteranen Nederland | 0:50:18 |
| 10. | 125. | 106. | 682 | Jänen, Hermann | 1954 | m | Raspo Lathen | 0:52:11 |
| 11. | 126. | 107. | 644 | Meyer, Ernst-August | 1954 | m | LC Nordhorn | 0:52:16 |
| 12. | 130. | 110. | 761 | Pels, Reinhard | 1954 | m | ohne | 0:52:58 |
| 13. | 133. | 113. | 690 | Pelzer, Hans Peter | 1954 | m | ohne | 0:53:23 |

M 55

| | | | | | | | | |
|----|------|------|-----|-------------------|------|---|-----------------------------|---------|
| 1. | 51. | 46. | 679 | Stroeve, Heinz | 1949 | m | SCU Emlichheim | 0:43:52 |
| 2. | 54. | 49. | 745 | Nykamp, Berthold | 1946 | m | LC Nordhorn | 0:44:18 |
| 3. | 57. | 52. | 752 | Kingal, Rolf | 1947 | m | SC Spelle Venhaus | 0:44:41 |
| 4. | 58. | 53. | 722 | Schmtiz, Rudi | 1950 | m | DJK Eintracht Börger | 0:44:41 |
| 5. | 77. | 71. | 727 | Högemann, Johann | 1949 | m | SV Holthausen Biene | 0:47:00 |
| 6. | 86. | 80. | 625 | Peter, Klaus | 1948 | m | LG Rheine-Elte | 0:47:41 |
| 7. | 109. | 96. | 725 | Schuitema, Gerrit | 1947 | m | Globerunners Stadskanaal | 0:50:08 |
| 8. | 146. | 121. | 666 | Forster, Peter | 1948 | m | Nordhorn | 1:01:05 |

M 60

| | | | | | | | | |
|----|-----|-----|-----|-----------------|------|---|---------------|---------|
| 1. | 26. | 25. | 627 | Frense, Horst | 1941 | m | VFL Oldenburg | 0:40:33 |
| 2. | 61. | 56. | 651 | Sprick, Wilhelm | 1942 | m | VFL Oldenburg | 0:44:59 |

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|-------------|------|------|-----|-------------------|------|---|----------------------------|---------|
| 3. | 84. | 78. | 756 | Junghänel, Jürgen | 1945 | m | Emslaanske Speelfroinde | 0:47:39 |
| 4. | 145. | 120. | 737 | Schwanke, Lothar | 1943 | m | ohne | 0:58:34 |
| M 70 | | | | | | | | |
| 1. | 114. | 99. | 652 | Scholz, Lothar | 1932 | m | LC Wuppertal | 0:50:58 |
| 2. | 122. | 105. | 744 | Brinkmann, Ernst | 1934 | m | ohne | 0:51:43 |