

Jahresbestenliste 2004

MÄNNER

FRAUEN

800 m					
			Anne	Holtkötter	02:39,49
1000 m					
Dieter	Lammers	03:21,38	Anne	Holtkötter	03:28,14
Stefan	Lammers	03:25,08			
1500 m					
			Brigitte	Ziegler	05:42,78
3000 m					
Michael	Holtkötter	10:40,58	Rita	Lanwer	11:23
Bernhard	Kreienbaum	11:56	Anne	Holtkötter	11:45,28
Heinz	Hoveling	12:42	Maria	Feyerabend	12:51
			Maria	Hemsing	13:23
5 km					
Klaus	Schulte	16:46	Rita	Lanwer	19:03
Andreas	Clausing	17:56	Anne	Holtkötter	20:10
Martin	Kanne	17:58	Brigitte	Ziegler	20:18
Rafael	Dr. zu Vischering	18:03	Maria	Feyerabend	21:28
Uwe	Wolbeck	18:15	Ruth	Lutz	21:46
Ewald	Fikus	18:20	Elke	Buth	22:50
Hans	Reimann	18:31	Marlies	Sprenger	22:53
Michael	Holtkötter	18:49	Maria	Hemsing	22:57
Stanislav	Bartusiak	18:58	Heidi	Dittrich	23:28
Gregor	Veauthier	18:58	Beate	Hagemann	25:10
Stefan	Lammers	19:13	Annette	Schwarzkopf	25:23
Norbert	Mühlenkord	19:14	Agnes	Scheipers	26:25
Michael	Geske	19:15	Heike	Eickhoff	27:00
Reinhard	Schröder	19:30	Dorothee	Bruns	27:45
Bernd	Huesker	19:31	Renate	Lepkowski	27:56
Martin	Stahlberg	20:08	Anne	Thonemann	27:58
Bernhard	Kreienbaum	20:09	Petra	Benz	27:58
Dieter	Rosenbaum	20:12	Ulrike	Deppe	29:20
Dieter	Lammers	20:23	Barbara	Wigger	30:08
Christoph	Haecker	20:44	Hildegard	Huesker	30:09
Magnus	Grüger	20:52	Jutta	Tüllmann	31:06
Gottfried	Schäfers	20:59	Gaby	Brinck	31:23
Winfried	Tillmann	21:08	Sunniva	Schulz	31:23
Kai-Uwe	Kock	21:17	Ingrid	Limper	33:08
Simon	Rath	21:45	Johanna	Völkert	33:22
Heinz	Hoveling	21:52	Gisela	Hoischen	36:25
Markus	Jaensch	22:09			
Fritz	Koch	22:21			
Peter	Volkmer	22:24			
Christian	Jabs	22:25			
Wilhelm	Thonemann	22:26			
Hans	S. Schwienhorst	22:39			
Wolfgang	Müller	22:40			
Miles	Geske	22:40			
Thorsten	Ortlepp	22:54			
Ulrich	Radusch	22:59			
Jürgen	Sieme	23:01			
Theo	Lauhoff	23:12			
Frank	Ludwig	23:20			
Manfred	Hoermann	24:07			

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5 km					
Holger	Venjakob	24:16			
Hermann	Hemsing	24:16			
Heinz	Hengefeld	24:26			
Leonhard	Eickhoff	25:18			
Heinz	Bücker	25:26			
Horst	Schulz	25:33			
Ulrich	Janiesch	26:11			
Klaus	Lietzow	27:00			
Horst	Rapp	27:10			
Ulrich	Maurer	28:12			
Detlef	Bärhold	28:48			
Rudi	Völlering	29:11			
Volker	Wolfgramm	35:28			
Florenz	Plassmann	36:25			
10 km					
Benoit	Varlet	35:14	Rita	Lanwer	38:26
Klaus	Schulte	35:34	Anne	Holtkötter	41:44
Markus	Ischner	36:28	Brigitte	Ziegler	42:38
Martin	Kanne	37:25	Daniela	Lembeck	42:47
Andreas	Clausing	38:02	Ute	Eckenbach	43:00
Ewald	Fikus	38:07	Maria	Feyerabend	44:13
Jürgen	Düking	38:24	Hannelore	Horst	44:48
Michael	Holtkötter	38:39	Ruth	Lutz	45:12
Sven	Penaat	38:44	Heidi	Dittrich	47:42
Gregor	Veauthier	39:15	Marlies	Sprenger	48:11
Reinhard	Zumdick	39:25	Ute	König	48:34
Bernd	Huesker	39:29	Maria	Hemsing	48:48
Michael	Geske	39:39	Alida	Kranenburg	49:08
Stanislav	Bartusiak	39:50	Barbara	Schonebeck	49:38
Egon	Roth	39:51	Hildegard	Kerkhoff	49:42
Reinhard	Schröder	40:01	Gaby	Bäumker	50:52
Andreas	Leißing	40:04	Ruth	Farke	51:01
Stefan	Lammers	40:37	Beate	Hagemann	51:07
Bernhard	Kreienbaum	41:11	Kerstin	Loeser	52:26
Udo	Twelkemeier	41:12	Simone	Löchte	52:29
Gottfried	Schäfers	41:17	Claudia	Müller	54:23
Eberhard	Nutsch	41:51	Christa	Papenkort	54:31
Andreas	Nergenu	41:56	Andrea	Müller	54:35
Rainer	Uetz	42:00	Heike	Eickhoff	55:03
Winfried	Tillmann	42:12	Helga	Landfried-Teod.	55:22
Martin	Stahlberg	42:34	Annette	Schwarzkopf	55:56
Dieter	Rosenbaum	42:36	Renate	Lepkowski	56:52
Detlev	Bruns	42:40	Petra	Caspari	57:01
Stefan	Chrzanowski	43:17	Maria	Leifeld	57:14
Hans	Daldrop	43:19	Inke	Teodoruk	58:01
Christian	Jabs	43:22	Sunniva	Schulz	58:20
Jörg	Bungeroth	43:45	Uschi	Sypiena	59:17
Magnus	Grüger	43:45	Hildegard	Huesker	01:00:51
Arne	Fischer	43:58	Dorothea	Tewes	01:01:14
Klaus	Ehling	43:58	Michaela	Thier	01:03:23
Wolfgang	Klaiber	44:02	Brigitte	Korte	01:07:42
Dieter	Lammers	44:07	Dr. Heilswint	Siegmund	01:11:48
Kai-Uwe	Kock	44:24			

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10 km		
Josef	Niehoff	44:25
Frank	Schleicher	44:46
Werner	Driese	44:47
Ulrich	Budde	45:06
Ralf	Schmeing	45:43
Udo	Gehring	45:55
Heinz	Hoveling	46:10
Johannes	Horst	46:11
Dieter	Rohloff	46:11
Wolfgang	Müller	46:25
Hartwig	Kerkhoff	46:26
Frank	Ludwig	46:30
Stefan	Ranneberg	46:53
Peter	Volkmer	47:01
Dieter	Feldhaus	47:10
Heinrich	Dörries	47:15
Rolf	Tewes	47:18
Jürgen	Sieme	47:23
Theo	Lauhoff	47:36
Bruno	Roleff-Schweers	47:53
Manfred	Werning	47:57
Hinz	Völkert	48:07
Heinz	Hengefeld	48:11
Matthias	Lammerding	48:17
Oliver	Hasenkamp	48:36
Jörg	Reckers	49:08
Klaus	Becker	49:21
Wolfgang	Hübner	49:27
Sven	Kentrup	49:31
Holger	Venjakob	50:50
Hermann	Hemsing	51:14
Georg	Wetterau	51:41
Jürgen	Schmitz	51:52
Helmut	Ortlepp	52:01
Thomas	Strauß	52:25
Fritz	Koch	52:30
Uwe	Veen/ter	52:58
Rudi	Völlering	54:06
Dieter	Raestrup	54:32
Karl-Josef	Hilger	54:34
Ludger	Rosengarten	54:58
Georg	Wennekers	55:29
Horst	Schulz	55:45
Klaus	Bühn	55:45
John	Whiley	56:02
Thorsten	Spitta	56:04
Hilmar	Welpelo	57:57
Wolfgang	Schürmann	58:12
Ulrich	Maurer	58:18
Klaus	Wiemann	59:35
Jürgen	Koßmeier	01:03:26
Ulrich	Haselhoff	01:04:21
Jobst-Jürgen	Fricke	01:12:51

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FRAUEN

15 km					
Christian	Vogel	58:12	Anne	Holtkötter	01:06:11
Michael	Holtkötter	59:48	Hannelore	Horst	01:09:36
Ewald	Fikus	01:00:33	Maria	Hemsing	01:16:56
Bernd	Huesker	01:00:56	Agnes	Scheipers	01:27:43
Reinhard	Zumdick	01:02:25	Sunniva	Schulz	01:33:44
Stanislav	Bartusiak	01:02:26	Dorothea	Tewes	01:33:44
Gregor	Veauthier	01:02:31	Bärbel	Sinke	01:38:48
Stefan	Lammers	01:05:02			
Winfried	Tillmann	01:05:51			
Eberhard	Nutsch	01:06:02			
Dieter	Lammers	01:07:17			
Gottfried	Schäfers	01:07:39			
Magnus	Grüger	01:08:36			
Manfred	Otto	01:08:47			
Johannes	Horst	01:12:10			
Theo	Lauhoff	01:12:32			
Ulrich	Budde	01:12:59			
Ralf	Schmeing	01:13:58			
Heinrich	Dörries	01:14:01			
Wolfgang	Müller	01:14:48			
Dieter	Rohloff	01:14:51			
Wilhelm	Thonemann	01:15:54			
Helmut	Ortlepp	01:22:15			
Heinz	Bücker	01:25:27			
Horst	Schulz	01:27:05			
Halbmarathon					
Benoit	Varlet	01:16:05	Rita	Lanwer	01:26:27
Ewald	Fikus	01:20:55	Anne	Holtkötter	01:33:20
Markus	Ischner	01:21:36	Brigitte	Ziegler	01:34:48
Andreas	Clausing	01:23:08	Ute	Eckenbach	01:34:58
Gregor	Veauthier	01:24:49	Hannelore	Horst	01:36:09
Martin	Kanne	01:25:10	Maria	Feyerabend	01:40:54
Michael	Holtkötter	01:25:28	Marlies	Sprenger	01:44:23
Andreas	Krämer	01:25:44	Ruth	Lutz	01:44:30
Bernd	Huesker	01:25:48	Julia	Suwelack	01:44:31
Egon	Roth	01:26:30	Maria	Hemsing	01:44:37
Hans	Reimann	01:26:32	Hildegard	Kerkhoff	01:47:10
Stanislav	Bartusiak	01:26:51	Heidi	Dittrich	01:47:41
Reinhard	Zumdick	01:28:05	Barbara	Schonebeck	01:48:57
Udo	Twelkemeier	01:29:55	Dagmar	Großmann	01:49:08
Norbert	Mühlenkord	01:30:01	Annette	Schwarzkopp	01:51:41
Sven	Penaat	01:30:13	Christel	Löchte	01:54:55
Bernhard	Kreienbaum	01:31:29	Ruth	Farke	01:55:28
Werner	Fritsche	01:31:45	Kerstin	Loeser	01:57:01
Stefan	Lammers	01:32:05	Birgit	Karst	01:59:46
Eberhard	Nutsch	01:32:08	Christa	Papenkort	02:00:12
Stefan	Chrzanowski	01:33:09	Helga	Landfried-Teod.	02:00:46
Gottfried	Schäfers	01:33:14	Maria-Theres.	Lüders	02:04:10
Andreas	Nergenu	01:33:35	Ute	König	02:05:25
Dieter	Sternberg	01:36:03	Almut	Mecking	02:05:27
Berthold	Kökelsum	01:36:15	Brigitte	Heckmann	02:08:33
Hans	Daldrop	01:36:28	Gabi	Ringas	02:10:20
Dieter	Lammers	01:36:58	Annette	Traud	02:11:48

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Halbmarathon					
Jörg	Bungeroth	01:37:44	Agnes	Scheipers	02:12:18
Ulrich	Budde	01:37:46	Petra	Caspari	02:13:23
Magnus	Grüger	01:38:03	Marita	Reimann	02:17:50
Winfried	Tillmann	01:38:22	Petra	Benz	02:18:37
Klaus	Neufend	01:39:06	Jutta	Tüllmann	02:19:12
Hartwig	Kerkhoff	01:39:45	Barbara	Wigger	02:19:13
Josef	Niehoff	01:39:56	Anne	Wiedemann	02:21:05
Dieter	Rohloff	01:40:06	Uschi	Sypiena	02:21:10
Burkhard	Blumberger	01:40:45	Maria	Leifeld	02:21:10
Manfred	Werning	01:40:51	Mechthild	Wolfgramm	02:21:49
Peter	Samulski	01:41:14	Sunniva	Schulz	02:21:50
Christian	Jabs	01:41:21	Dorothea	Tewes	02:21:50
Werner	Driese	01:42:56	Ursula	Claus	02:22:02
Ulrich	Badde	01:42:56	Christa	Wolgast-Azouz	02:22:49
Jürgen	Sieme	01:43:32	Gaby	Brinck	02:24:17
Wilhelm	Thonemann	01:43:54	Claudia	Mühlenkord	02:25:31
Martin	Stahlberg	01:44:23	Simone	Marseille	02:25:45
Wolfgang	Müller	01:44:51	Anke	Leßmann	02:26:03
Ulrich	Radusch	01:46:08	Irmgard	Rüpp	02:26:05
Heinrich	Dörries	01:46:20	Brunhilde	Dargel	02:26:05
Theo	Lauhoff	01:46:26	Christiane	Bodenberger	02:28:39
Fred	Uerdingen	01:46:30	Bärbel	Sinke	02:28:39
Ralf	Schmeing	01:46:49	Monika	Kristowiak	02:33:34
Klaus	Kampelmann	01:48:15	Gisela	Hoischen	02:45:15
Klaus	Becker	01:48:32	Kornelia	Sommerfeld-P.	02:47:00
Dirk	Fahrenhorst	01:49:37			
Heinz	Hoveling	01:49:42			
Heinz	Hengefeld	01:49:43			
Michael	Leinz	01:49:51			
Frank	Ludwig	01:49:54			
Stefan	Ranneberg	01:49:59			
Robert	Lenger	01:50:32			
Georg	Wetterau	01:51:02			
Ralf	Stötzel	01:52:19			
Peter	Volkmer	01:52:24			
Johannes	Horst	01:53:08			
Thomas	Strauß	01:53:34			
Hermann	Hemsing	01:54:19			
Helmuth	Eiken	01:54:41			
Georg	Wennekers	01:54:49			
Horst	Blotenberg	01:56:01			
Achim	Wahle	01:56:03			
Kai-Uwe	Kock	01:56:38			
Oliver	Hasenkamp	01:57:07			
Thomas	Stöber	01:57:16			
Hans-Jürgen	Wolfgramm	01:57:36			
Klaus	Bühn	01:58:10			
Detlev	Brecklinghaus	01:58:55			
Thomas	Vogt	01:59:08			
Hans Hermann	Karst	01:59:41			
Thorben	Fromme	02:00:00			
Markus	Brauck/vom	02:01:17			
Bodo	Bruder	02:01:37			

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Halbmarathon					
Rudi	Völlering	02:02:12			
Peter	Kanter	02:02:26			
Friedhelm	Neuhaus	02:02:55			
Horst	Schulz	02:03:54			
Heinz	Bücker	02:04:32			
Dieter	Raestrup	02:06:22			
Rolf	Tewes	02:08:18			
Uwe	Veen/ter	02:09:07			
Ludger	Rosengarten	02:09:42			
Helmut	Ortlepp	02:10:28			
Dr. Wilfried	Wiedemann	02:10:56			
Arne	Fischer	02:19:48			
Udo	Greger	02:20:20			
Florenz	Plassmann	02:26:50			
Volker	Wolfgramm	02:34:12			
Udo	Kristowiak	02:48:14			
25 km					
Stanislav	Bartusiak	01:46:22	Eva	Kammer	01:51:17
Bernd	Huesker	01:47:57	Ute	König	02:12:32
Stefan	Chrzanowski	01:58:48	Annette	Schwarzkopp	02:24:48
Wolfgang	Müller	02:03:47	Simone	Löchte	02:24:53
Robert	Lenger	02:04:29	Agnes	Scheipers	02:33:35
Bernd	Polhuis	02:08:09	Maria	Leifeld	02:45:37
Jürgen	Schmitz	02:20:55	Christa	Wolgast-Azouz	02:45:45
Heinz	Bücker	02:31:14	Birgit	Nathaus	02:48:25
Klaus	Wiemann	02:45:51	Monika	Hanke	02:51:02
Hallvard	Pinz	03:01:10	Brunhilde	Dargel	02:51:07
			Anke	Leßmann	02:51:07
			Monika	Herding	02:54:15
Marathon					
Detlev	Bruns	02:55:20	Brigitte	Ziegler	03:12:14
Gunnar	Lange	02:56:24	Rita	Lanwer	03:12:15
Benoit	Varlet	02:57:46	Anne	Holtkötter	03:15:47
Gregor	Veauthier	02:59:12	Hannelore	Horst	03:17:09
Andreas	Krämer	02:59:29	Ute	Eckenbach	03:29:33
Michael	Geske	03:03:16	Maria	Feyerabend	03:29:33
Egon	Roth	03:04:58	Julia	Suwelack	03:34:58
Sven	Penaat	03:06:48	Christiane	Nienhaus	03:43:39
Ewald	Fikus	03:08:22	Ruth	Lutz	03:46:25
Bernd	Huesker	03:08:24	Heidi	Dittrich	03:50:16
Stanislav	Bartusiak	03:08:41	Marlies	Sprenger	03:53:41
Michael	Holtkötter	03:10:24	Angelika	Dohmann	03:54:28
Andreas	Clausing	03:11:07	Alida	Kranenburg	03:56:04
Reinhard	Zumdick	03:13:51	Ute	König	04:02:16
Udo	Twelkemeier	03:14:01	Hildegard	Kerkhoff	04:03:05
Hans	Reimann	03:15:08	Parvin	Kamp	04:04:05
Jürgen	Düking	03:15:23	Elke	Buth	04:04:05
Gottfried	Schäfers	03:15:47	Christel	Löchte	04:05:14
Berthold	Kökelsum	03:16:20	Annette	Schwarzkopp	04:11:12
Andreas	Nergenau	03:17:51	Magdalene	Everke-Mecheln	04:16:35
Bernhard	Paßlick	03:18:19	Hildegard	Durynek	04:18:15
Martin	Kanne	03:19:38	Anne	Thonemann	04:18:29
Reinhard	Schröder	03:22:53	Kerstin	Loeser	04:19:02

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FRAUEN

Marathon					
Andreas	Beßeling	03:23:27	Beate	Hagemann	04:24:04
Thomas	Braun	03:24:15	Rita	Ruland	04:24:08
Dieter	Lammers	03:24:53	Christine	Herbert	04:24:23
Manfred	Otto,	03:25:31	Gaby	Bäumker	04:29:45
Klaus	Neufend	03:26:30	Almut	Mecking	04:29:49
Rainer	Uetz	03:26:31	Cecilia	Pöpke	04:36:45
Stefan	Lammers	03:27:47	Helga	Landfried-Teod.	04:38:30
Eberhard	Nutsch	03:28:10	Karin	Grawe	04:39:28
Michael	Drewes-Kuhlman	03:28:34	Anusch	Melkonyan	04:51:12
Stefan	Priess	03:28:47	Elisabeth	Revering	04:51:19
Wolfgang	Klaiber	03:29:05	Inke	Teodoruk	04:51:47
Klaus	Ehling	03:29:08	Ruth	Farke	04:54:20
Jörg	Bungeroth	03:30:32	Hildegard	Huesker	04:54:49
Stefan	Chrzanowski	03:31:30	Barbara	Wigger	04:56:00
Tobias	Korber	03:31:58	Elfi	Lorbach	04:59:20
Matthias	Lammerding	03:35:28	Andrea	Beigel	05:02:24
Winfried	Tillmann	03:35:44	Jutta	Tüllmann	05:08:27
Dieter	Rosenbaum	03:35:46	Petra	Benz	05:17:34
Hans	Daldrop	03:35:51	Petra	Caspari	05:22:10
Horst	Bodenberger	03:36:59	Hildegard	Brummel	05:22:38
Wolfgang	Müller	03:39:55	Gisela	Hoischen	05:34:50
Werner	Fritsche	03:40:42	Gertrud	Unländer	05:41:12
Bernhard	Kreienbaum	03:40:56	Anne	Wiedemann	05:49:21
Wilhelm	Thonemann	03:41:57	Monika	Kristowiak	06:06:46
Peter	Samulski	03:42:00			
Frank	Schleicher	03:42:16			
Ulrich	Budde	03:47:22			
Johannes	Horst	03:49:10			
Christoph	Haecker	03:49:25			
Martin	Obst	03:52:12			
Heiner	Cloppenburg	03:52:31			
Martin	Stahlberg	03:53:41			
Magnus	Grüger	03:55:07			
Gregor	Hensen	03:55:19			
Jürgen	Sieme	03:56:57			
Ulrich	Badde	03:57:45			
Werner	Driese	03:57:46			
Josef	Niehoff	03:57:55			
Jürgen	Onasch	03:59:27			
Heinz	Hengefeld	04:00:05			
Ludger	Koch	04:01:15			
Manfred	Werning	04:02:27			
Hartwig	Kerkhoff	04:04:38			
Christian	Jabs	04:04:48			
Hinz	Völkert	04:09:10			
Kai-Uwe	Kock	04:09:28			
Udo	Gehring	04:09:41			
Michael	Leinz	04:09:57			
Thomas	Stöber	04:14:15			
Bruno	Roleff-Schweers	04:15:15			
Peter	Volkmer	04:16:00			
Dieter	Rohloff	04:16:15			
Manfred	Hoermann	04:17:43			

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Marathon					
Ralf	Schmeing	04:18:06			
Heinz	Hoveling	04:19:58			
Ulrich	Radusch	04:19:59			
Stefan	Ranneberg	04:21:01			
Bodo	Bruder	04:22:16			
Peter	Kanter	04:22:38			
Achim	Wahle	04:25:43			
Robert	Lenger	04:26:31			
Klaus	Bühn	04:27:38			
Frank	Ludwig	04:28:51			
Fred	Uerdingen	04:29:55			
Ralf	Stötzel	04:31:26			
Oliver	Hasenkamp	04:35:14			
Theo	Lauhoff	04:43:20			
Thomas	Vogt	04:43:33			
Jürgen	Breforth	04:43:33			
Georg	Wetterau	04:49:02			
Heinz-Jürgen	Revering	04:51:19			
Andreas	Hasebrock	04:57:17			
Georg	Wennekers	04:57:24			
Detlev	Brecklinghaus	04:59:07			
Rudi	Völlering	05:06:04			
Jürgen	Koßmeier	05:10:12			
Friedhelm	Neuhaus	05:15:28			
Dr. Wilfried	Wiedemann	05:16:17			
Volker	Wolfgramm	05:27:03			
Udo	Kristowiak	06:06:48			
50 km					
Matthias	Lammerding	04:46:01	Julia	Suwelack	04:23:54
			Helga	Landfried- Teodoruk	06:34:26
			Annette	Schwarzkopf	06:37:14
100 km					
Michael	Geske	09:28:19	Julia	Suwelack	12:45:23