

## Jahresbestenliste 2009

MÄNNER

FRAUEN

200m					
Noureddine	Boulouh	24,78			
Dr. Arne	Fischer	26,31			
Michael	Holtkötter	28,82			
Torolv	Prokosch	32,76			
800 m					
Michael	Beetz	2:07,66	Lisa	Schmiedeshoff	2:25,09
Michael	Scheel	2:15,73	Johanna	Rellensmann	2:27,66
Dr. Arne	Fischer	2:20,78	Jana	Hempelmann	2:30,81
Torolv	Prokosch	2:54,33	Ronja	Reinhard	2:31,47
Heinz-Jürgen	Loos	3:02,03	Diana	Rösner	2:59,89
800 m Hindernis					
			Cèline	Jocksch	3:02,93
1000 m					
Noureddine	Boulouh	2:39,27			
Michael	Beetz	2:50,08			
Thomas	Stöber	3:04,55			
Dr. Arne	Fischer	3:08,95			
David	Veauthier	3:17,02			
Antonio	Henrique	3:18,81			
Axel	Wiedenhues	3:25,52			
Dr. Karl Heinz	Prieß	3:30,60			
Torolv	Prokosch	3:42,30			
Jürgen	Lanwer	3:48,65			
Rolf	Wiedenhues	4:02,43			
1 km					
David	Veauthier	3:15	Cèline	Jocksch	3:47
Alexander	Lenfort	3:21	Hanna	Pösentrup	3:58
Simon	Pösentrup	3:37	Ines	Beike	4:10
Jari	Bender	3:43	Paula	Krapp	4:32
Florian	Warnke	4:11	Imke	Leimbach	4:58
			Leonie Chiava	Düring	5:02
1500 m					
Noureddine	Boulouh	4:11,09	Lisa	Schmiedeshoff	4:51,35
Michael	Scheel	4:42,39	Marion	Rother	6:35,84
Thomas	Stöber	4:53,32			
Antonio	Henrique	5:03,88			
Dr. Karl Heinz	Prieß	5:25,38			
Torolv	Prokosch	6:02,80			
1500 m Hindernis					
			Agnes	Jocksch	5:37,22
			Maeva	Jocksch	5:42,64
2000 m					
Michael	Beetz	6:10,99	Agnes	Jocksch	7:33,70
David	Veauthier	7:01,67			
2 km					
Alexander	Lenfort	7:18			
Rolf	Wiedenhues	8:33			

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3000 m					
Michael	Beetz	9:23,81	Barbara	Riesmeier	13:08,27
Markus van der	Velde	10:23,91	Marion	Rother	13:54,09
Bastian	Bathen	10:47,32			
Antonio	Henrique	10:50,14			
Thomas	Stöber	10:50,98			
Michael	Holtkötter	10:55,88			
Sebastian	Klein	11:06,65			
Dr. Karl Heinz	Prieß	11:57,86			
Dr. Arne	Fischer	12:04,77			
Rolf	Wiedenhues	13:30,33			
3 km					
Noureddine	Boulouh	9:59	Lisa	Schmiedeshoff	11:06
Michael	Scheel	10:42	Anne	Holtkötter	12:08
Michael	Holtkötter	10:51	Barbara	Riesmeier	12:42
Sven	Penaat	11:07	Heike	Frerick	13:04
Alexander	Lenfort	11:25	Maria	Hemsing	13:51
Hermann	Hemsing	12:49	Marion	Rother	14:00
Jari	Bender	14:47			
Christopher	Milden	18:03			
5000 m					
Michael	Beetz	16:42,77	Lisa	Schmiedeshoff	19:32,00
Antonio	Henrique	18:45,97	Johanna	Rellensmann	20:09,59
Dr. Karl Heinz	Prieß	20:14,83			
5 km					
Michael	Beetz	16:39	Jana	Hempelmann	18:54
Fritz	Koch	16:52	Johanna	Rellensmann	19:09
Noureddine	Boulouh	16:57	Lisa	Schmiedeshoff	19:29
Benoit	Varlet	17:21	Magdalena	Mayerhoffer	19:36
Dr. Björn	Reiß	17:21	Anne	Holtkötter	20:21
Markus van der	Velde	17:31	Nadine	Borgmeier	20:24
Antonio	Balbino	17:35	Rita	Lanwer	20:37
Michael	Scheel	17:45	Daniela	Lembeck	20:43
Marco	Hampel	17:50	Kirsten	Mühlenkamp	21:13
Andreas	Leißing	17:56	Susanne	Rellensmann	21:13
Florian	Braun	18:06	Agnès	Jocksch	21:52
Marc	Ziegler	18:13	Maria	Feyerabend	21:54
Reinhard	Zumdick	18:20	Britta	Wemmer	21:54
Reinhard	Schröder	18:22	Ronja	Reinhard	22:01
Andreas	Reckmann	18:27	Dorothee	Maneke	22:05
Antonio	Henrique	18:28	Juliana	Rotthauwe	22:19
Hendrik	Auf'mKolk	18:34	Barbara	Riesmeier	22:30
Andreas	Clausing	18:35	Maike	Schulthoff	22:46
Michael	Holtkötter	18:46	Mechthild	Lange	23:47
Andre	Riesmeier	18:46	Maria	Hemsing	23:51
Sven	Penaat	18:48	Birgit	Nathaus	23:51
Alexander	Lenfort	19:11	Britta	Drude	23:51
Thomas	Fricke	19:13	Marion	Rother	24:02
Sebastian	Klein	19:16	Delia	Krell-Witte	24:08
Holger	Stadthaus	19:24	Heidi	Dittrich	24:29
Peter	Blauth	19:29	Ute	König	24:39
Stefan	Lenfort	19:33	Magdalena	Cantu	25:16

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5 km					
Bernhard	Paßlick	19:43	Beate	Hagemann	25:22
Hans	Reimann	19:47	Hiltrud	Mertens	25:50
Dr. Arne	Fischer	19:47	Simone	Löchte	26:23
Dr. Karl Heinz	Prieß	19:49	Lucia	Dießel	27:52
Andreas	Sontopski	19:51	Angelika	Dohmann	27:58
Thomas	Stöber	19:53	Julia	Kaiser-Mariani	29:31
Norbert	Fasel	19:54	Annegret	Hageneier	29:35
Andre	Arendt	20:10	Sabine	Decker	30:03
Alexander	Milden	20:13	Ulrike	Deppe	30:16
Stanislav	Bartusiak	20:22	Angelika	Syska	30:16
Achim	Aretz	20:24	Ulrike	Wegener	30:18
Christian	Middelhoff	20:27	Angela	Niemann	30:48
Simon	Pösentrup	20:33	Claudia	Gentes	30:59
Klaus	Bühn	20:38	Gaby	Spatz	31:00
Heinz	Hoveling	20:48	Martina	Pösentrup	31:14
Bernd	Huesker	20:51	Edith	Thier	31:33
Siegfried	Milden	20:56	Christiane	Hölscher	32:02
Frank	Overkott	21:10	Dr. Josefa	Neuhaus-Mertens	32:09
Magnus	Grüger	21:13	Christiane	Schulte	40:33
Clemens	Wolking	21:18			
Peter	Dittrich	21:36			
Klaus	Ehling	21:43			
Jürgen	Seidel	21:43			
Axel	Wiedenhues	21:52			
Mathias	Koch	21:52			
Hermann	Hemsing	21:53			
Rainer	Wachsmann	21:53			
Jürgen	Lanwer	21:55			
Henning	Lange	21:58			
David	Veauthier	22:06			
Florian	Milden	22:07			
Hans-Peter	Leimbach	22:10			
Dirk	Keggenhoff	22:31			
Martin	Dahlmann	22:34			
Thorsten	Ortlepp	22:37			
Gottfried	Schäfers	22:44			
Georg	Ludewig	22:45			
Michael	Goschke	22:55			
Kai-Uwe	Kock	23:02			
Rolf	Wiedenhues	23:10			
Heinz-Jürgen	Loos	23:19			
Torolv	Prokosch	23:36			
Martin	Pöttker	23:55			
Helmut	Neuhaus	24:21			
Werner	Driese	24:28			
Helmut	Ortlepp	25:09			
Heinz-Jürgen	Revering	25:12			
Manfred	Hoermann	25:25			
Sven	Gedig	25:43			
Jari	Bender	26:39			
Udo	Goldberg	27:27			
Klaus	Lietzow	28:14			

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5 km					
Wolfgang	Jonas	28:52			
Bernhard	Kreienbaum	29:04			
Friedhelm	Neuhaus	29:48			
Markus	Jaensch	30:01			
Ulrich	Maurer	30:05			
Florenz	Plassmann	30:56			
Roger	Cramer	33:27			
Klaus	Pieper	34:56			
Rudolf	Heymer	47:02			
10 km					
Steffen	Schnieders	33:50	Jana	Hempelmann	37:27
Achim	Aretz	33:51	Katharina	Hauertmann	39:31
Michael	Beetz	34:32	Johanna	Rellensmann	40:25
Benoit	Varlet	35:07	Sarah	Senske	41:43
Stefan	Langenbach	35:10	Magdalena	Mayerhoffer	41:52
Fritz	Koch	35:36	Rita	Lanwer	42:26
Antonio	Balbino	35:52	Anne	Holtkötter	42:28
Markus van der	Velde	36:08	Lisa	Schmiedeshoff	42:33
Dr. Björn	Reiß	36:11	Nadine	Borgmeier	42:36
Timo	Mersmann	36:35	Maria	Feyerabend	42:52
Michael	Scheel	36:39	Susanne	Rellensmann	43:26
Hendrik	Auf'mKolk	37:34	Brigitte	Ziegler	44:35
Marco	Hampel	37:41	Verena	Draude	44:35
Florian	Braun	37:42	Britta	Wemmer	45:26
Andreas	Leißing	37:47	Maike	Schulthoff	45:36
Marc	Ziegler	37:51	Barbara	Riesmeier	46:53
Andre	Karneth	38:07	Ruth	Lutz	47:30
Reinhard	Schröder	38:12	Marion	Rother	47:47
Antonio	Henrique	38:21	Mechthild	Lange	48:19
Martin	Luig	38:25	Katrin	Bräutigam	48:58
Martin	Kanne	38:28	Annette	Schmitz	48:59
Markus	Ischner	38:49	Delia	Krell-Witte	49:15
Reinhard	Zumdick	38:53	Parvin	Kamp	49:25
Michael	Holtkötter	39:08	Jutta	Zimmer	49:32
Andreas	Krämer	39:10	Juliana	Rotthauwe	50:07
Sven	Penaat	39:12	Birgit	Nathaus	50:47
Ludger	Pösentrup	39:18	Beate	Hagemann	50:49
Peter	Blauth	39:22	Heidi	Dittrich	50:50
Andre	Riesmeier	39:23	Maria	Hemsing	50:52
Andreas	Clausing	39:38	Ute	König	50:56
Thomas	Fricke	39:56	Hiltrud	Mertens	50:59
Bernd	Huesker	39:58	Lucia	Dießel	52:07
Bastian	Bathen	40:06	Christel	Löchte	53:30
Gerhard	Menke	40:07	Andrea	Müller	53:36
Dr. Arne	Fischer	40:17	Anke	Hasebrock	53:46
Thomas	Stöber	40:20	Carola	Kuhlmann	53:47
Dieter	Sternberg	40:40	Brigitte	Heckmann	54:12
Ewald	Fikus	40:43	Annette	Schwarzkopf	54:50
Andreas	Sontopski	40:48	Dzemila	Muratovic	55:10
Jürgen	Düking	41:10	Karin	Ortlepp	56:11
Norbert	Fasel	41:24	Gabriele	Rotering	56:25
Stephan	Meyer	41:28	Cecilia	Pöpke	56:54

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10 km					
Terk	Korte	41:45	Simone	Löchte	57:04
Lukas	Kuhlmann	41:46	Yvonne	Bender	57:37
Martin	Beckmann	41:50	Brunhilde	Dargel	58:40
Julian	Lanvermann	41:50	Julia	Kaiser-Mariani	58:42
Hans	Reimann	42:08	Gabi	Ringas	59:47
Achim	Hauertmann	42:13	Heike	Höing	01:01:17
Stefan	Lenfort	42:13	Ilona	Bredebusch	01:01:49
Carsten	Ilgemann	42:41	Maria	Stiemert	01:02:00
Andre	Arendt	42:45	Sunniva	Schulz	01:02:11
Sirus	Pezeschgi	42:47	Annegret	Hageneier	01:03:09
Stanislav	Bartusiak	42:51	Angelika	Syska	01:05:37
Klaus	Bühn	43:10	Edith	Thier	01:05:41
Frank	Overkott	43:23	Christiane	Hölscher	01:06:11
Stefan	Chrzanowski	43:44	Sabine	Harbering	01:06:29
Guiseppe	Mariani	43:46	Christa	Ruten	01:06:35
Heinz	Hoveling	43:51	Gaby	Spatz	01:07:38
Dr. Karl Heinz	Prieß	44:00	Dorothea	Tewes	01:10:54
Kai	Nierhoff	44:01			
Siegfried	Möller	44:03			
Martin	Dahlmann	44:19			
Heiko	Bastigkeit	44:19			
Andreas	Höwedés	44:37			
Michael	Krapp	44:45			
Clemens	Wolking	45:02			
Markus	Dropmann	45:08			
Christian	Kintrup	45:14			
Stefan	Hahn	45:24			
Kai-Simon	Havers	45:38			
Stefan	Gottschall	45:51			
Peter	Dittrich	45:56			
Kai-Uwe	Kock	46:06			
Siegfried	Milden	46:18			
Dirk	Schwienheer	46:19			
Gottfried	Schäfers	46:23			
Ulrich	Schimanski	46:23			
Magnus	Grüger	46:31			
Henning	Lange	46:36			
Martin	Pöttker	46:38			
Frank	Schleicher	46:53			
Dieter	Feldhaus	47:04			
Mathias	Koch	47:33			
Hermann	Hemsing	47:41			
Axel	Wiedenhues	47:46			
Ralf	Schmeing	48:03			
Uwe	Slüter	48:03			
Heinz-Jürgen	Loos	48:07			
Dirk	Keggenhoff	48:11			
Rolf	Wiedenhues	48:13			
Torolv	Prokosch	48:17			
Frank	Burghoff	48:30			
Stefan	Kuhlmann	48:56			
Jose Antonio	Cavaco	48:57			

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10 km					
Werner	Driese	48:58			
Peter	Strelow	49:01			
Klaus	Ehling	49:14			
Philip	Slüter	49:25			
Dieter	Rohloff	49:26			
Jürgen	Seidel	49:37			
Ludger	Fliß	49:42			
Stefan	Lammers	50:26			
Manuel	Stöppel	50:30			
Udo	Gehring	50:55			
Thorsten	Ortlepp	51:16			
Sven	Gedig	51:32			
Peter	Volkmer	51:41			
Wilhelm	Thonemann	51:45			
Uli	Schindler	51:46			
Hinz	Völkert	51:52			
Gernot	Hauke	52:01			
Ulrich	Müntes	52:22			
Jürgen	Schmitz	52:32			
Manfred	Hoermann	52:35			
Dieter	Fischer	53:21			
Markus	Luig	53:23			
Rüdiger	Claus	55:08			
Georg	Wetterau	55:28			
Heinz	Bücker	55:41			
Heinz	Hengefeld	55:49			
Helmut	Ortlepp	56:12			
Udo	Rapelius	58:01			
Kornelius	Westerholt	59:09			
Jürgen	Koßmeier	01:04:52			
15 km					
Stefan	Langenbach	54:14	Sarah	Senske	01:04:14
Dr. Björn	Reiß	54:36	Anne	Holtkötter	01:06:06
Markus van der	Velde	54:51	Nadine	Borgmeier	01:07:03
Michael	Beetz	55:46	Johanna	Rellensmann	01:07:40
Marco	Hampel	57:38	Maria	Feyerabend	01:08:33
Reinhard	Schröder	59:11	Susanne	Rellensmann	01:08:40
Antonio	Henrique	59:39	Ruth	Lutz	01:16:43
Florian	Braun	01:00:58	Jutta	Zimmer	01:18:30
Bernd	Huesker	01:01:22	Beate	Hagemann	01:20:50
Andre	Riesmeier	01:01:34	Maria	Hemsing	01:22:30
Michael	Holtkötter	01:02:04	Marion	Rother	01:22:47
Reinhard	Zumdick	01:03:29	Christel	Löchte	01:23:02
Marc	Ziegler	01:03:34	Ilona	Bredebusch	01:25:19
Terk	Korte	01:03:43	Annette	Schwarzkopp	01:25:28
Dieter	Sternberg	01:03:49	Angelika	Syska	01:39:25
Hendrik	Auf'mKolk	01:03:50			
Andreas	Clausing	01:03:55			
Martin	Luig	01:04:51			
Stanislav	Bartusiak	01:05:43			
Klaus	Bühn	01:07:11			
Sirus	Pezeschgi	01:07:23			

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15 km					
Heinz	Hoveling	01:08:52			
Magnus	Grüger	01:09:06			
Frank	Overkott	01:09:32			
Gottfried	Schäfers	01:10:23			
Siegfried	Milden	01:10:27			
Markus	Dropmann	01:11:09			
Jürgen	Seidel	01:12:05			
Stefan	Chrzanowski	01:12:56			
Henning	Lange	01:13:27			
Andreas	Höwedes	01:13:28			
Ralf	Schmeing	01:14:17			
Andre	Arendt	01:14:36			
Heinz-Jürgen	Loos	01:15:00			
Dirk	Keggenhoff	01:16:13			
Hermann	Hemsing	01:17:00			
Dieter	Rohloff	01:17:41			
Peter	Volkmer	01:18:56			
Uli	Schindler	01:19:04			
Wilhelm	Thonemann	01:19:12			
Udo	Gehring	01:19:22			
Hinz	Völkert	01:24:58			
Manfred	Hoermann	01:25:41			
Kornelius	Westerholt	01:34:59			
Halbmarathon					
Steffen	Schnieders	01:14:39	Jana	Hempelmann	01:29:34
Timo	Mersmann	01:17:20	Sarah	Senske	01:31:06
Dr. Björn	Reiß	01:18:40	Anne	Holtkötter	01:34:20
Benoit	Varlet	01:18:46	Maria	Feyerabend	01:35:21
Markus van der	Velde	01:18:52	Nadine	Borgmeier	01:36:48
Stefan	Langenbach	01:20:36	Susanne	Rellensmann	01:36:55
Marco	Hampel	01:21:35	Verena	Draude	01:38:41
Reinhard	Schröder	01:22:42	Ruth	Lutz	01:43:55
Reinhard	Zumdick	01:23:48	Parvin	Kamp	01:47:22
Andreas	Reckmann	01:23:52	Juliana	Rotthauwe	01:47:41
Ludger	Pösentrup	01:23:55	Britta	Drude	01:47:50
Michael	Scheel	01:24:09	Christel	Kersebaum	01:48:45
Andreas	Leißing	01:24:16	Birgit	Nathaus	01:49:27
Florian	Braun	01:24:21	Jutta	Zimmer	01:49:29
Sven	Penaat	01:25:31	Annette	Schmitz	01:49:40
Martin	Luig	01:25:45	Katrin	Bräutigam	01:50:19
Marc	Ziegler	01:25:50	Britta	Wemmer	01:50:29
Peter	Blauth	01:26:26	Beate	Hagemann	01:50:46
Andre	Riesmeier	01:26:59	Marion	Rother	01:52:28
Hendrik	Auf'mKolk	01:27:00	Carola	Kuhlmann	01:55:10
Antonio	Henrique	01:27:29	Sarah	Hacke	01:56:55
Bernd	Huesker	01:28:30	Christel	Löchte	01:57:10
Michael	Holtkötter	01:28:54	Kerstin	Loeser	01:57:18
Bernhard	Paßlick	01:29:00	Magdalena	Cantu	01:58:03
Klaus	Hellwig	01:29:16	Annette	Schwarzkopf	01:58:16
Michael	Geske	01:29:19	Dorothee	Maneke	01:59:13
Martin	Beckmann	01:29:20	Bärbel	Ratering-Slüter	01:59:21
Andreas	Clausing	01:29:27	Heike	Frerick	01:59:32

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Halbmarathon					
Thomas	Fricke	01:29:39	Ilona	Bredebusch	01:59:50
Dieter	Sternberg	01:30:14	Barbara	Schulte-Rath	02:00:21
Stanislav	Bartusiak	01:30:46	Dzemila	Muratovic	02:00:46
Egon	Roth	01:31:09	Dr. Diana	Schilling	02:01:09
Heiko	Bastigkeit	01:31:15	Brigitte	Heckmann	02:01:51
Dr. Arne	Fischer	01:31:44	Monika	Herding	02:02:49
Klaus	Buchterkirche	01:31:47	Simone	Löchte	02:03:32
Ewald	Fikus	01:32:09	Jutta	Tüllmann	02:03:57
Hans	Reimann	01:32:11	Lucia	DieBel	02:04:08
Stephan	Meyer	01:32:12	Vera	Raidt	02:04:25
Terk	Korte	01:33:03	Cecilia	Pöpke	02:06:48
Stefan	Lenfort	01:34:26	Anne	Thonemann	02:07:47
Achim	Hauertmann	01:35:04	Mechthild	Schubert	02:08:17
Klaus	Bühn	01:35:37	Gabi	Ringas	02:14:52
Sirus	Pezeschgi	01:36:36	Susanne	Brinck	02:15:54
Gerhard	Menke	01:36:40	Uschi	Sypiena	02:16:01
Dr. Karl Heinz	Prieß	01:36:47	Julia	Kaiser-Mariani	02:16:14
Heinz	Hoveling	01:36:57	Brigitte	Averdiek	02:16:31
Andre	Arendt	01:37:49	Maria	Leifeld	02:16:34
Kai	Nierhoff	01:38:03	Angelika	Syska	02:17:08
Martin	Dahlmann	01:38:21	Anne	Wiedemann	02:18:19
Siegfried	Möller	01:38:26	Brunhilde	Dargel	02:21:17
Dirk	Schwienheer	01:38:54	Christa	Ruten	02:21:45
Markus	Dropmann	01:39:01	Annegret	Hageneier	02:23:02
Magnus	Grüger	01:39:15	Doris	Ring	02:23:30
Rainer	Wachsmann	01:39:25	Sabine	England	02:29:18
Dieter	Rosenbaum	01:39:41	Christa	Sieme	02:29:24
Jürgen	Seidel	01:40:22	Barbara	Wigger	02:30:15
Achim	Aretz	01:40:26	Christiane	Bodenberger	02:33:48
Clemens	Wolking	01:40:47	Sabine	Decker	02:34:06
Frank	Overkott	01:40:57	Monika	Dropmann	02:47:25
Stefan	Hahn	01:41:15	Petra	Benz	02:49:57
Henning	Lange	01:41:17	Gaby	Brinck	02:49:58
Kai-Simon	Havers	01:41:35	Christiane	Schulte	02:57:11
Michael	Tombrink	01:41:42	Bärbel	Sinke	02:59:57
Gottfried	Schäfers	01:42:06			
Stefan	Chrzanowski	01:42:15			
Dr. Stephan	Perpeet	01:43:52			
Lukas	Kuhlmann	01:44:45			
Mathias	Koch	01:44:53			
Siegfried	Milden	01:45:04			
Dirk	Keggenhoff	01:45:04			
Klaus	Neufend	01:46:01			
Georg	Ludewig	01:47:50			
Dieter	Rohloff	01:48:32			
Heinz-Jürgen	Loos	01:48:43			
Frank	Burghoff	01:49:20			
Ralf	Schmeing	01:49:26			
Martin	Pöttker	01:49:52			
Michael	Drewes-Kuhlm.	01:49:57			
Uli	Schindler	01:50:06			
Hans-Peter	Leimbach	01:50:06			

## Jahresbestenliste 2009

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FRAUEN

Halbmarathon					
Hermann	Hemsing	01:50:47			
Klaus	Ehling	01:50:59			
Michael	Goschke	01:51:06			
Jürgen	Schmitz	01:51:15			
Udo	Gehring	01:51:25			
Wilhelm	Thonemann	01:51:50			
Peter	Kanter	01:53:13			
Peter	Volkmer	01:54:05			
Stefan	Kuhlmann	01:54:09			
Rüdiger	Claus	01:54:20			
Werner	Driese	01:54:53			
Stefan	Lammers	01:55:05			
Achim	Wahle	01:55:20			
Marcel	Bahnemann	01:55:40			
Heiner	Cloppenburg	01:57:18			
Ulrich	Münter	01:57:59			
Peter	Strelow	01:59:54			
Guissepe	Mariani	02:00:50			
Hinz	Völkert	02:02:22			
Heinz-Jürgen	Revering	02:04:00			
Heinz	Bücker	02:04:21			
Peter	Kaiser	02:05:06			
Uwe ter	Veen	02:06:24			
Ulrich	Budde	02:06:36			
Markus	Luig	02:09:09			
Bodo	Bruder	02:09:40			
Jürgen	Sieme	02:13:26			
Dr. Wilfried	Wiedemann	02:25:00			
Kornelius	Westerholt	02:29:56			
25 km					
Benoit	Varlet	01:36:24	Jana	Hempelmann	01:45:56
Markus van der	Velde	01:39:04	Anne	Holtkötter	01:56:31
Florian	Braun	01:41:17	Maria	Feyerabend	02:00:34
Marco	Hampel	01:42:58	Parvin	Kamp	02:09:48
Michael	Holtkötter	01:48:33	Beate	Hagemann	02:10:54
Bernd	Huesker	01:49:51	Jutta	Zimmer	02:11:42
Stanislav	Bartusiak	01:53:28	Christel	Löchte	02:21:31
Ewald	Fikus	01:53:56	Heidi	Dittrich	02:24:24
Dr. Arne	Fischer	01:56:14	Annette	Schmitz	02:25:39
Robert	Lenger	01:56:39	Magdalena	Cantu	02:27:23
Andreas	Clausing	01:58:50	Brigitte	Heckmann	02:31:53
Heinz	Hoveling	01:59:36	Almut	Mecking	02:32:58
Andreas	Wegener	01:59:38	Annette	Schwarzkopp	02:34:43
Henning	Lange	02:03:20	Mechthild	Schubert	02:34:44
Siegfried	Möller	02:08:22	Maria	Hemsing	02:34:47
Michael	Tombrink	02:12:59	Sabine	England	02:58:13
Michael	Goschke	02:21:01	Jutta	Homann	03:01:13
Frank	Burghoff	02:25:40	Angelika	Syska	03:10:23
Peter	Strelow	02:27:23			
Peter	Kaiser	02:28:29			
Thomas	Vogt	02:32:55			
Hermann	Hemsing	02:34:47			

## Jahresbestenliste 2009

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FRAUEN

25 km					
Guiseppe	Mariani	02:35:37			
Markus	Brauck/vom	02:47:06			
30 km					
Andre	Arendt	02:29:46			
Marathon					
Steffen	Schnieders	02:32:54	Jana	Hempelmann	03:11:15
Detlev	Bruns	02:44:50	Anne	Holtkötter	03:19:08
Markus van der	Velde	02:48:09	Sarah	Senske	03:22:19
Dr. Björn	Reiß	02:49:35	Susanne	Rellensmann	03:22:55
Marco	Hampel	02:52:37	Verena	Draude	03:26:47
Reinhard	Schröder	02:52:59	Maria	Feyerabend	03:27:16
Andreas	Leißing	02:57:53	Brigitte	Ziegler	03:28:41
Sven	Penaat	02:58:49	Christel	Kersebaum	03:42:52
Reinhard	Zumdick	02:59:05	Juliana	Rotthauwe	03:45:45
Florian	Braun	02:59:13	Dagmar	Großmann	03:49:17
Marc	Ziegler	03:03:19	Parvin	Kamp	03:49:17
Andre	Riesmeier	03:03:48	Ruth	Lutz	03:49:25
Ludger	Pösentrup	03:04:40	Birgit	Nathaus	03:50:23
Bernd	Huesker	03:06:43	Annette	Schmitz	03:55:12
Terk	Korte	03:07:34	Angelika	Dohmann	03:56:41
Martin	Luig	03:08:13	Julia	Suwelack	03:57:35
Achim	Aretz	03:08:42	Beate	Hagemann	03:58:02
Egon	Roth	03:09:13	Katrin	Bräutigam	03:58:31
Martin	Beckmann	03:11:16	Jutta	Zimmer	03:58:39
Andreas	Krämer	03:12:02	Elke	Buth	04:08:37
Holger	Stadthaus	03:14:15	Marion	Rother	04:09:04
Klaus	Buchterkirche	03:14:45	Bärbel	Ratering-Slüter	04:09:57
Bernhard	Paßlick	03:17:38	Christel	Löchte	04:10:37
Michael	Holtkötter	03:19:27	Nicole	Bäcker-Kintrup	04:12:45
Thomas	Fricke	03:20:01	Almut	Mecking	04:16:34
Norbert	Fasel	03:20:40	Hildegard	Kerkhoff	04:22:33
Gerhard	Menke	03:20:47	Gabriele	Rotering	04:24:42
Klaus	Bühn	03:21:10	Heike	Eickhoff	04:25:17
Dieter	Sternberg	03:22:50	Annette	Schwarzkopf	04:30:25
Dr. Arne	Fischer	03:22:58	Magdalena	Cantu	04:31:19
Klaus	Ehling	03:23:21	Simone	Löchte	04:32:49
Michael	Geske	03:23:32	Brigitte	Heckmann	04:33:45
Christian	Kintrup	03:23:34	Alida	Kranenburg	04:33:53
Christoph	Haecker	03:25:48	Vera	Raidt	04:36:16
Hans	Reimann	03:27:42	Anne	Thonemann	04:36:45
Heiko	Bastigkeit	03:28:26	Ilona	Bredebusch	04:36:52
Martin	Kanne	03:29:36	Sarah	Hacke	04:37:37
Gottfried	Schäfers	03:29:56	Cecilia	Pöpke	04:39:47
Andreas	Sontopski	03:30:50	Carola	Kuhlmann	04:53:28
Martin	Dahlmann	03:33:41	Angelika	Syska	04:54:59
Dr. Stephan	Perpeet	03:33:42	Hildegard	Durynek	04:56:31
Andre	Arendt	03:34:56	Christine	Herbert	04:56:31
Henning	Lange	03:35:03	Heike	Berndt	05:08:07
Berthold	Kökelsum	03:36:29	Christa	Ruten	05:14:58
Werner	Fritsche	03:36:39	Anke	Leßmann	05:25:25
Ralf	Schmeing	03:37:38	Jutta	Homann	05:29:51
Stefan	Hahn	03:38:01	Sabine	England	05:32:11

## Jahresbestenliste 2009

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FRAUEN

Marathon					
Hendrik	Auf'mKolk	03:38:30	Dzemila	Muratovic	05:34:25
Christian	Vogel	03:39:17			
Rainer	Uetz	03:39:37			
Robert	Lenger	03:40:59			
Mohamede	Chraibi	03:41:29			
Ulrich	Badde	03:41:55			
Stanislav	Bartusiak	03:42:30			
Klaus	Neufend	03:43:32			
Andreas	Wegener	03:44:09			
Guiseppe	Mariani	03:45:16			
Siegfried	Milden	03:47:54			
Eberhard	Nutsch	03:48:15			
Sirus	Pezeschgi	03:50:34			
Stefan	Petermann	03:51:21			
Ewald	Fikus	03:51:48			
Magnus	Grüger	03:51:48			
Martin	Pöttker	03:52:18			
Markus	Dropmann	03:52:40			
Uwe	Slüter	03:53:34			
Siegfried	Möller	03:54:02			
Kai	Nierhoff	03:54:10			
Jürgen	Schmitz	03:56:06			
Uli	Schindler	03:56:33			
Gregor	Hensen	03:56:42			
Frank	Burghoff	03:59:02			
Lukas	Kuhlmann	04:04:19			
Julian	Lanvermann	04:04:19			
Werner	Driese	04:05:25			
Dirk	Keggenhoff	04:09:16			
Mathias	Koch	04:12:55			
Rolf	Kückelmann	04:14:00			
Rainer	Wachsmann	04:14:40			
Peter	Kaiser	04:16:53			
Andreas	Nergenu	04:16:54			
Dieter	Lammers	04:17:19			
Wilhelm	Thonemann	04:17:25			
Jürgen	Seidel	04:18:00			
Heiner	Cloppenburg	04:18:21			
Andreas	Höwedes	04:22:12			
Stefan	Lammers	04:23:58			
Stefan	Kuhlmann	04:26:15			
Michael	Tombrink	04:29:07			
Hinz	Völkert	04:33:14			
Heinz	Hengefeld	04:33:55			
Dieter	Rohloff	04:35:56			
Bodo	Bruder	04:37:02			
Ulrich	Münter	04:37:14			
Michael	Goschke	04:37:39			
Stefan	Gottschall	04:41:07			
Peter	Strelow	04:45:16			
Bernd	Düllmann	04:45:53			
Marcel	Bahnemann	04:46:36			

## Jahresbestenliste 2009

MÄNNER

FRAUEN

Marathon					
Kai-Simon	Havers	04:49:21			
Rainer	Wilde	04:50:41			
Markus	Rasche	04:52:48			
Michael	Drewes-Kuhlmann	04:53:27			
Josef	Niehoff	04:55:04			
Ulrich	Budde	05:10:50			
Heinz	Bücker	05:24:39			
50 km					
Norbert	Fasel	04:01:19	Brigitte	Ziegler	04:20:41
Stefan	Petermann	05:52:02			
100 km					
Dr. Stephan	Perpeet	11:20:51	Julia	Suwelack	11:50:38
Stefan	Petermann	12:03:36			