

Jahresbestenliste 1990

MÄNNER

FRAUEN

5 km					
Torsten	Driese	19:14	Petra	Benz	27:29
			Maria	Sohn	28:44
			Gila von	Cölln	28:49
10 km					
Egon	Roth	34:19	Ruth	Lutz	43:16
Ewald	Fikus	35:22	Renate	Müller	43:27
Friedhelm	Hirche	37:41	Anne	Holtkötter	44:04
Ulrich	Budde	38:24	Hildegard	Durynek	46:13
Gottfried	Schäfers	38:56	Annegret	Böske	47:01
Dieter	Hölmer	42:25	Eva	Wulfheide	47:09
Werner	Driese	42:26	Hildegard	Kerkhoff	47:41
Holger	Venjakob	42:32	Brigitte	Hölmer	48:43
Matthias	Pick	43:50	Dagmar	Börner	52:03
Michael	Holtkötter	44:04	Maria	Sohn	53:17
Manfred	Kiewitt	44:05	Beate	Heiber	53:27
Werner	Hillebrand	44:41	Ursula	Claus	53:36
Jürgen	Böhm	45:21	Gaby	Brinck	58:25
Günter	Antemann	45:29	Karin	Humpohl	59:11
Jochen	Posmyk	46:08			
Alfons	Spitzer	46:37			
Jürgen	Janutta	47:47			
Dieter	Raestrup	47:52			
Manfred	Ritter	49:07			
Heinz	Koßmeier	49:20			
Lothar	Sohn	49:56			
Rudolf	Jacobs	50:17			
Peter	Strenge von	50:21			
Horst	Helmerich	50:23			
Richard	Ravensberg	50:38			
Rudolf	Heymer	52:04			
Willi	Pommerening	52:10			
Ludwig	Dornseif	52:13			
Heinz	Piepenbrock	55:03			
Karl-Heinz	Brüse	56:01			
Paul	Gärtner	58:43			
15 km					
Ewald	Fikus	56:46	Ruth	Lutz	01:08:50
Wolfgang	Schürmann	58:10	Anne	Holtkötter	01:09:07
Werner	Driese	01:05:55	Hildegard	Durynek	01:09:53
Holger	Venjakob	01:06:22	Renate	Müller	01:10:04
Dieter	Hölmer	01:07:42	Annegret	Böske	01:12:01
Michael	Holtkötter	01:09:07	Brigitte	Hölmer	01:16:10
Matthias	Pick	01:09:08			
Dieter	Raestrup	01:13:35			
20 km					
Egon	Roth	01:13:09	Marlies	Sprenger	01:48:09
Jürgen	Tetzlaff	01:17:22	Christel	Herbert	01:58:03
Friedhelm	Hirche	01:18:20			
Ulrich	Budde	01:19:48			
Werner	Driese	01:24:49			
Jörg	Bungeroth	01:35:50			
Dieter	Wagner	01:37:25			
Lothar	Bodenberger	01:50:55			

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Halbmarathon					
Wolfgang	Schürmann	01:28:39	Christel	Herbert	01:49:25
Manfred	Kiewitt	01:40:42	Hildegard	Kerkhoff	01:56:19
Dieter	Wagner	01:40:52	Hildegard	Korte	01:56:27
Dieter	Raestrup	01:43:36	Marlies	Sprenger	02:10:39
Paul	Gärtner	01:43:38	Irmgard	Kiewitt	02:13:02
Jürgen	Janutta	01:48:54			
Lothar	Bodenberger	01:56:39			
25 km					
Egon	Roth	01:32:44	Renate	Müller	01:58:01
Jürgen	Tetzlaff	01:33:34	Ruth	Lutz	01:59:39
Ewald	Fikus	01:35:56	Christel	Herbert	02:12:48
Friedhelm	Hirche	01:39:39	Eva	Wulfheide	02:13:59
Wolfgang	Schürmann	01:46:46	Brigitte	Hölmer	02:16:52
Ulrich	Budde	01:46:52	Dagmar	Börner	02:24:01
Dieter	Hölmer	01:56:28	Hildegard	Kerkhoff	02:27:27
Werner	Driese	01:56:38	Marlies	Sprenger	02:29:11
Manfred	Kiewitt	01:59:18	Hildegard	Korte	02:39:11
Matthias	Pick	02:01:15	Irmgard	Kiewitt	02:52:49
Paul	Gärtner	02:09:13			
Jürgen	Janutta	02:14:32			
Wolfgang	Andexer	02:16:50			
Ludwig	Dornseif	02:39:11			
Horst	Helmerich	02:47:42			
Marathon					
Egon	Roth	02:49:00	Renate	Müller	03:34:20
Jürgen	Tetzlaff	02:50:30	Ruth	Lutz	03:35:58
Gottfried	Schäfers	02:57:01	Hildegard	Durynek	03:37:49
Ewald	Fikus	02:57:15	Marion	Appel	03:47:00
Ulrich	Budde	02:58:54	Eva	Wulfheide	04:11:43
Friedhelm	Hirche	02:59:49	Christel	Herbert	04:18:33
Werner	Driese	03:11:30	Brigitte	Hölmer	04:21:02
Hermann	Löchte	03:28:33			
Wolfgang	Schürmann	03:33:36			
Peter	De Neidels	03:34:21			
Herbert	Durynek	03:37:06			
Dieter	Hölmer	03:39:56			
Jürgen	Böhm	03:41:24			
Matthias	Pick	03:41:36			
Dieter	Wagner	03:49:47			
Manfred	Kiewitt	04:11:39			
Werner	Hillebrand	04:12:38			
Jürgen	Janutta	04:21:30			
Horst	Helmerich	04:42:45			