

Jahresbestenliste 1993

MÄNNER

FRAUEN

3 km					
Michael	Holtkötter	10:47	Maria	Weßling	11:56
Lothar	Sohn	14:37	Maria	Sohn	14:37
Bernhard	Gepp	16:30			
5 km					
Antonio	Henrique	16:44	Brigitte	Ziegler	19:19
Paolo	Henrique	17:05	Renate	Müller	19:34
Carlos	Benedito	17:27	Maria	Weßling	20:06
Friedhelm	Hirche	17:37	Ruth	Lutz	20:08
Michael	Holtkötter	17:58	Anne	Holtkötter	21:02
Torsten	Driese	20:04	Elisabeth	Revering	27:24
Bernd	Kowalski	20:31	Jutta	Tüllmann	27:31
Holger	Venjakob	23:13	Marlies	Stöppler	27:32
Jürgen	Janutta	23:47	Ilonka	Ackermann	27:36
Michael	Möllers	25:26	Beate	Hagemann	27:50
Jürgen	Revering	27:24	Ruth	Vaessen	27:51
Udo	Fiegehenn	27:34	Maria	Sohn	27:52
Friedhelm	Neuhaus	27:35	Ursula	Claus	27:58
Wilfried	Sandbaumhüter	28:52	Hildegard	Busch	29:31
Alois	Teodoruk	34:56	Roswitha	Corsmeier	29:31
10 km					
Antonio	Henrique	34:16	Ute	Eckenbach	39:38
Egon	Roth	34:41	Renate	Müller	39:44
Carlos	Benedito	34:43	Brigitte	Ziegler	39:54
Ewald	Fikus	34:52	Ruth	Lutz	41:32
Patrick	Schnell	34:56	Maria	Weßling	41:32
Hans	Stöcker	35:26	Anne	Holtkötter	41:44
Wolfgang	Kunz	36:02	Dagmar	Großmann	44:04
Thomas	Rundle	36:15	Marlies	Sprenger	44:04
Friedhelm	Hirche	36:45	Sabine	Dropmann	45:32
Manfred	Fleige	36:49	Dagmar	Okoro	46:05
Martin	Braun	37:27	Christel	Herbert	46:50
Michael	Holtkötter	37:35	Renate	Bees	49:37
Gottfried	Schäfers	38:22	Gertrud	Unländer	50:25
Dieter	Feldhaus	38:53	Inke	Teodoruk	51:21
Eckhard	Müller	39:08	Maria	Sohn	51:35
Jens	Hafer	40:04	Helga	Landfried	52:38
Henning	Rinsche	40:21	Karin	Humpohl	54:14
Wolfgang	Schürmann	40:50	Christel	Löchte	55:14
Carsten	Gräfe	40:53	Marianne	Krügel	55:35
Stefan	Chrzanowski	41:08	Jutta	Tüllmann	55:59
Stefan	Priess	41:25	Ursula	Claus	56:31
Jörg	Bungeroth	41:34	Beate	Hagemann	59:21
Rüdiger	Buchholz	41:43	Ilonka	Ackermann	01:01:31
Werner	Driese	41:45			
Winfried	Tillmann	42:06			
Thomas	Düking	42:44			
Matthias	Pick	42:45			
Werner	Jonnek	42:57			
Martin	Möller	43:14			
Ralph	Sprenger	43:18			
Dieter	Wagner	43:20			
Detlef	Bärhold	43:30			

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10 km					
Rolf	Rosema	44:03			
Peter	Schäfers	44:33			
Wilfried	Grünewald	44:39			
Josef	Hillebrand	44:57			
Michael	Schmeckel	45:14			
Martin	Hemmelgarn	45:17			
Winfried	Tillmann	46:06			
Jürgen	Grote	46:43			
Marcel	Middendorf	47:22			
Michael	Möllers	47:22			
Paul	Gärtner	48:04			
Klaus	Lietzow	48:08			
Jürgen	Janutta	48:50			
Bernhard	Düllmann	49:22			
Dieter	Raestrup	49:44			
Walter	Elsinghorst	50:33			
Horst	Helmerich	53:04			
Jürgen	Wolfgramm	53:34			
Lothar	Bodenberger	54:51			
Heinz	Koßmeier	55:08			
Jürgen	Revering	55:54			
Lothar	Sohn	56:00			
Karl-Heinz	Brüse	56:06			
Rudolf	Heymer	57:17			
Heinz	Piepenbrock	59:22			
Wolfgang	Kinas	01:00:08			
Werner	Riemann	01:02:38			
Achim	Große-Inkrott	01:12:02			
15 km					
Hans	Stöcker	54:33	Brigitte	Ziegler	01:02:15
Ewald	Fikus	54:41	Renate	Müller	01:02:30
Thomas	Rundle	55:27	Ruth	Lutz	01:04:16
Paulo	Henrique	56:10	Ute	Eckenbach	01:04:17
Wolfgang	Kunz	56:40	Anne	Holtkötter	01:06:23
Manfred	Fleige	57:35	Marlies	Sprenger	01:12:23
Michael	Holtkötter	59:37			
Martin	Braun	59:38			
Gottfried	Schäfers	59:51			
Jens	Hafer	01:00:08			
Eckhard	Müller	01:00:17			
Dieter	Feldhaus	01:02:06			
Bodo	Bruder	01:03:23			
Wolfgang	Schürmann	01:03:46			
Rüdiger	Buchholz	01:04:00			
Werner	Driese	01:04:18			
Jörg	Bungeroth	01:04:45			
Stefan	Chrzanowski	01:05:32			
Stefan	Priess	01:06:23			
Wilfried	Grünewald	01:07:21			
Ralph	Sprenger	01:13:21			
Michael	Möllers	01:13:38			
Jürgen	Janutta	01:18:52			

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20 km					
Thomas	Fabian	01:05:37	Renate	Müller	01:25:03
Egon	Roth	01:15:09	Gertrud	Unländer	01:41:21
Thomas	Rundle	01:15:12	Marlies	Sprenger	01:44:10
Carlos	Benedito	01:18:46	Dagmar	Okoro	01:44:52
Ewald	Fikus	01:18:54	Mariethres	Kellmann	01:51:11
Antonio	Henrique	01:19:07	Inke	Teodoruk	02:00:06
Patrick	Schnell	01:19:07	Helga	Landfried	02:01:20
Peter	Samulski	01:22:33			
Eckhard	Müller	01:24:08			
Hermann	Löchte	01:27:29			
Werner	Driese	01:28:30			
Stefan	Chrzanowski	01:28:36			
Dieter	Feldhaus	01:28:55			
Dieter	Wagner	01:29:17			
Rüdiger	Buchholz	01:29:53			
Rolf	Rosema	01:36:19			
Jörg	Bungeruth	01:39:52			
Günter	Antemann	01:41:01			
Walter	Elsinghorst	01:46:43			
Karl-Heinz	Brüse	01:59:55			
Halbmarathon					
Carlos	Benedito	01:16:30	Ute	Eckenbach	01:25:38
Antonio	Henrique	01:16:30	Brigitte	Ziegler	01:29:06
Egon	Roth	01:16:55	Renate	Müller	01:30:31
Patrick	Schnell	01:18:23	Ruth	Lutz	01:33:33
Ewald	Fikus	01:18:28	Anne	Holtkötter	01:38:19
Thomas	Rundle	01:18:48	Hildegard	Kerkhoff	01:39:30
Hans	Stöcker	01:20:46	Hildegard	Durynek	01:39:31
Manfred	Fleige	01:21:40	Marlies	Sprenger	01:42:30
Gottfried	Schäfers	01:23:50	Dagmar	Okoro	01:45:54
Martin	Braun	01:24:19	Monika	Herding	01:47:19
Jens	Hafer	01:25:34	Christel	Herbert	01:48:13
Eckhard	Müller	01:26:44	Mariethres	Kellmann	01:56:07
Michael	Holtkötter	01:27:55	Petra	Benz	01:58:33
Dieter	Feldhaus	01:28:14	Gertrud	Unländer	01:59:58
Stefan	Chrzanowski	01:31:59	Inke	Teodoruk	02:00:19
Wolfgang	Schürmann	01:32:25	Helga	Landfried	02:01:31
Werner	Driese	01:32:28	Gaby	Brinck	02:03:13
Rüdiger	Buchholz	01:33:54	Maria	Sohn	02:05:53
Peter	Samulski	01:36:03			
Wilfried	Grünewald	01:37:37			
Manfred	Kiewitt	01:37:56			
Stefan	Priess	01:38:20			
Timo	Kellmann	01:39:54			
Michael	Möllers	01:41:01			
Jörg	Bungeroth	01:42:10			
Ralph	Sprenger	01:43:50			
Paul	Gärtner	01:53:37			
Peter	Kellmann	02:06:09			
Jürgen	Janutta	02:09:41			

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25 km					
Walter	Elsinghorst	02:11:22	Christel	Löchte	02:23:16
Hermann	Löchte	02:23:18			
30 km					
Stefan	Chrzanowski	02:19:05	Ute	Eckenbach	02:17:01
Timo	Kellmann	02:59:29	Renate	Müller	02:17:06
Paul	Gärtner	03:03:28	Maritheres	Kellmann	02:59:29
Marathon					
Thomas	Fabian	02:37:53	Renate	Müller	03:07:48
Manfred	Fleige	02:50:13	Brigitte	Ziegler	03:08:35
Ewald	Fikus	02:53:09	Ruth	Lutz	03:15:15
Patrick	Schnell	02:53:15	Hildegard	Durynek	03:29:51
Peter	Samulski	02:56:43	Hildegard	Kerkhoff	03:34:59
Hans	Stöcker	02:56:45	Marlies	Sprenger	03:36:29
Jens	Hafer	02:59:58	Anne	Holtkötter	03:37:18
Gottfried	Schäfers	03:00:14	Barbara	Lerch	03:49:53
Carlos	Benedito	03:07:11	Dagmar	Okoro	04:01:30
Martin	Braun	03:11:04	Anne	Thonemann	04:02:48
Bernd	Huesker	03:11:21	Bruni	Rickmann	04:20:09
Stefan	Priess	03:12:40	Christel	Herbert	04:24:34
Carsten	Gräfe	03:20:10	Maritheres	Kellmann	04:24:50
Bodo	Bruder	03:24:43	Gertrud	Unländer	04:28:21
Hermann	Löchte	03:27:07	Dagmar	Pitzler	04:31:39
Ulrich	Radusch	03:27:28	Renate	Bees	05:01:04
Stefan	Chrzanowski	03:27:37	Irmgard	Kiewitt	05:12:24
Dieter	Feldhaus	03:29:09	Petra	Benz	05:12:25
Eckhard	Müller	03:30:59	Gaby	Brinck	05:12:25
Jürgen	Sieme	03:31:53			
Jörg	Bungeroth	03:32:33			
Matthias	Pick	03:32:53			
Winfried	Tillmann	03:33:54			
Manfred	Kiewitt	03:34:48			
Werner	Driese	03:35:40			
Michael	Holtkötter	03:37:19			
Ralph	Sprenger	03:43:34			
Peter	Schäfers	03:46:20			
Dieter	Wagner	03:47:55			
Thomas	Düking	03:48:59			
Walter	Elsinghorst	03:56:22			
Wolfgang	Andexer	03:59:00			
Jürgen	Grote	03:59:52			
Hartwig	Kerkhoff	04:03:39			
Jürgen	Janutta	04:04:11			
Wilfried	Grünewald	04:05:45			
Paul	Gärtner	05:01:03			
50 km					
Thomas	Rundle	03:43:00			