

## Jahresbestenliste 2005

MÄNNER

FRAUEN

300 m						
				Lisa	Schmiedeshoff	0:46,55
400 m						
Christian	Vogel	0:51,71	Heike	Frerick		1:09,28
800 m						
Christian	Vogel	1:56,15	Lisa	Schmiedeshoff		2:22,58
			Anne	Holtkötter		2:46,15
1000 m						
Christian	Vogel	2:32,82	Anne	Holtkötter		3:27,14
Michael	Holtkötter	2:59,18	Brigitte	Ziegler		3:47,98
Alexander	Milden	3:03,54	Maria	Feyerabend		4:01,16
Heinz	Hoveling	3:37,36	Kirsten	Hemsing		5:19
Miles	Geske	3:38,38				
Leonhardt	Eickhoff	4:20				
Jan-Henrik	Hemsing	5:20				
Lennart	Bruns	5:37				
3 km						
Michael	Holtkötter	10:28	Lisa	Schmiedeshoff		11:32
Bernhard	Kreienbaum	12:08	Anne	Holtkötter		11:53
Heinz	Hoveling	12:34	Brigitte	Ziegler		12:00
Jürgen	Sieme	13:29	Heike	Frerick		12:05
Manfred	Hoermann	14:17	Maria	Feyerabend		12:42
Leonhardt	Eickhoff	14:26	Ruth	Lutz		12:44
Jan-Henrik	Hemsing	18:11	Kirsten	Hemsing		19:57
5 km						
Christian	Vogel	16:53	Lisa	Schmiedeshoff		19:43
Michael	Hohenhorst	17:30	Anne	Holtkötter		20:44
Andreas	Clausing	17:52	Brigitte	Ziegler		20:54
Hans	Reimann	18:17	Maria	Feyerabend		21:10
Martin	Kanne	18:18	Heike	Frerick		21:10
Michael	Holtkötter	18:30	Daniela	Lembeck		21:31
Gregor	Veauthier	18:34	Claudia	Hartleb		22:10
Reinhard	Schröder	18:48	Ruth	Lutz		22:31
Detlev	Bruns	19:08	Maria	Hemsing		23:45
Stanislav	Bartusiak	19:25	Heike	Eickhoff		24:31
Robin	Hoffmann	19:36	Beate	Hagemann		24:41
Rafael	Dr. zu Vischering	19:41	Christine	Herbert		24:59
Alexander	Milden	19:42	Annette	Schwarzkopp		25:02
Andreas	Nergenu	19:56	Karin	Ortlepp		25:28
Thorsten	Ortlepp	19:58	Heidi	Dittrich		25:30
Werner	Fritsche	20:18	Christa	Papenkort		25:30
Dieter	Rosenbaum	20:33	Ruth	Farke		25:34
Magnus	Grüger	20:40	Judith	Pollmeier		25:58
Horst	Bodenberger	20:41	Bärbel	Ratering-Slüter		27:41
Rainer	Wachsmann	20:43	Sunniva	Schulz		27:56
Bernhard	Kreienbaum	20:58	Marietta	Geske		28:07
Josef	Rath	21:07	Gabi	Ringas		28:10
Simon	Rath	21:11	Angelika	Dohmann		28:19
Heinz	Hoveling	21:16	Elfi	Lorbach		29:57
Gottfried	Schäfers	21:31	Anja	Dringenberg		30:34
Thomas	Stöber	22:02	Ulrike	Deppe		31:14
Christian	Jabs	22:24	Sabine	England		32:50

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5 km					
Miles	Geske	22:24	Marie-Anne	Thyron	33:04
Hermann	Hemsing	22:36	Vera	Dirks	34:19
Jörg	Bungeroth	22:39	Gabriele	Winter	35:16
Peter	Volkmer	23:03			
Wolfgang	Müller	23:53			
Helmut	Ortlepp	23:58			
Ulrich	Radusch	24:07			
Bernd	Kowalski	24:10			
Jürgen	Sieme	24:14			
Horst	Rapp	24:22			
Georg	Wetterau	24:40			
Leonhardt	Eickhoff	24:42			
Manfred	Hoermann	25:25			
Uwe	Veen/ter	25:30			
Klaus	Lietzow	26:08			
Karl-Josef	Hilger	26:40			
Rudi	Völlering	27:15			
Heinrich-J.	Hillesheim	28:03			
Oliver	Hasenkamp	28:27			
Ulrich	Maurer	29:31			
Christopher	Milden	29:39			
Siegfried	Milden	30:41			
Florian	Milden	30:42			
Roger	Cramer	31:07			
Florenz	Plassmann	33:05			
10 km					
Benoit	Varlet	34:09	Rita	Lanwer	41:18
Klaus	Schulte	34:39	Anne	Holtkötter	42:01
Michael	Hohenhorst	35:41	Daniela	Lembeck	42:48
Detlev	Bruns	36:27	Julia	Frie	42:50
Hans	Reimann	37:16	Maria	Feyerabend	43:07
Martin	Kanne	37:40	Brigitte	Ziegler	43:26
Gregor	Veauthier	38:00	Ruth	Lutz	45:55
Michael	Geske	38:23	Michaela	Zinke	46:44
Andreas	Clausing	38:34	Annette	Schwarzkopf	48:42
Michael	Holtkötter	38:35	Ute	König	49:10
Sven	Penaat	38:39	Heidi	Dittrich	49:30
Reinhard	Schröder	38:57	Ruth	Farke	51:19
Markus	van der Velde	39:00	Simone	Ruder	51:29
Bernd	Huesker	39:01	Karin	Ortlepp	52:27
Reinhard	Zumdick	39:29	Parvin	Kamp	52:35
Ewald	Fikus	39:31	Heike	Eickhoff	53:14
Stanislav	Bartusiak	39:46	Brigitte	Heckmann	53:31
Egon	Roth	39:58	Birgit	Karst	54:15
Jürgen	Düking	40:12	Andrea	Müller	54:38
Andreas	Leißing	40:50	Elisabeth	Revering	54:56
Norbert	Mühlenkord	41:03	Dorothee	Bruns	55:04
Ulrich	Schimanski	41:11	Simone	Löchte	55:27
Markus	Ischner	42:18	Renate	Lepkowski	55:57
Dieter	Sternberg	42:25	Gabi	Ringas	56:42
Bernhard	Kreienbaum	42:29	Birgit	Nathaus	56:51
Eberhard	Nutsch	42:40	Monika	Dropmann	56:59

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10 km					
Andreas	Krämer	42:44	Anke	Hasebrock	57:17
Gottfried	Schäfers	42:49	Uschi	Sypiena	57:36
Stefan	Lammers	43:03	Anne	Thonemann	57:57
Stefan	Chrzanowski	43:07	Heilswint	Dr. Siegmund	58:15
Andreas	Nergenu	43:28	Marietta	Geske	58:48
Horst	Bodenberger	44:27	Agnes	Scheipers	59:01
Stephan	Dr. Perpeet	44:28	Maria	Leifeld	59:18
Thorsten	Ortlepp	44:33	Andrea	Reisener	59:48
Andreas	Volbracht	44:35	Andrea	Rump	59:49
Magnus	Grüger	44:39	Cecilia	Pöpke	59:56
Heinz	Hoveling	44:52	Sunniva	Schulz	01:00:02
Holger	Venjakob	45:28	Anne-Kathrin	Willamowski	01:00:31
Dieter	Lammers	45:41	Elfi	Lorbach	01:00:36
Michael	Krapp	45:45	Elke	Schulz	01:11:02
Dieter	Feldhaus	45:48			
Christian	Jabs	46:25			
Markus	Dropmann	46:46			
Josef	Niehoff	47:01			
Wolfgang	Müller	47:05			
Georg	Wetterau	47:09			
Jürgen	Seidel	47:12			
Werner	Driese	47:21			
Horst	Blotenberg	47:35			
Karl Heinz	Dr. Prieß	47:54			
Hinz	Völkert	48:22			
Manfred	Werning	48:42			
Heinrich	Dörries	48:46			
Kai-Uwe	Kock	48:54			
Hartwig	Kerkhoff	48:55			
Ulrich	Budde	49:15			
Hermann	Hemsing	49:17			
Klaus	Becker	49:27			
Frank	Ludwig	49:31			
Wilhelm	Thonemann	49:42			
Heinz	Hengefeld	49:43			
Jörg	Reckers	49:46			
Olaf	Behrendt	49:49			
Jürgen	Sieme	50:11			
Achim	Wahle	50:18			
Manfred	Hoermann	50:51			
Frank	Schleicher	51:07			
Martin	Pöttker	51:33			
Michael	Goschke	51:46			
Horst	Rapp	52:32			
Peter	Volkmer	52:34			
Jürgen	Schmitz	53:06			
Stephan	Dr. Maykus	53:14			
Thorben	Fromme	53:17			
Peter	Samulski	53:39			
Friedhelm	Neuhaus	54:09			
Helmut	Ortlepp	54:29			
Robert	Lenger	54:51			

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10 km					
Heinz-Jürgen	Revering	54:57			
Horst	Schulz	57:03			
Rudi	Völlering	57:37			
Dieter	Raestrup	57:55			
Ludger	Rosengarten	57:56			
Heinz	Bücker	59:00			
Klaus	Wiemann	01:00:25			
Ulrich	Scharf	01:02:02			
Oliver	Hasenkamp	01:03:39			
Fred	Uerdingen	01:10:30			
15 km					
Benoit	Varlet	53:23	Anne	Holtkötter	01:06:59
Detlev	Bruns	56:38	Maria	Feyerabend	01:09:04
Michael	Hohenhorst	56:41	Anne	Thonemann	01:26:17
Andreas	Clausing	58:35	Cecilia	Pöpke	01:26:35
Hans	Reimann	59:23			
Gregor	Veauthier	59:35			
Ewald	Fikus	59:46			
Michael	Holtkötter	59:59			
Egon	Roth	01:00:44			
Stanislav	Bartusiak	01:01:26			
Bernd	Huesker	01:01:28			
Reinhard	Zumdick	01:01:47			
Eberhard	Nutsch	01:06:38			
Stefan	Lammers	01:06:58			
Bernhard	Kreienbaum	01:08:01			
Gottfried	Schäfers	01:09:22			
Magnus	Grüger	01:09:38			
Dieter	Lammers	01:11:42			
Wolfgang	Müller	01:11:47			
Klaus	Becker	01:12:19			
Heinz	Hoveling	01:13:06			
Ulrich	Budde	01:13:34			
Thorsten	Ortlepp	01:14:37			
Martin	Dahlmann	01:14:41			
Manfred	Hoermann	01:16:49			
Jürgen	Sieme	01:17:02			
Dieter	Rohloff	01:17:15			
Hinz	Völkert	01:18:42			
Helmut	Ortlepp	01:19:13			
Horst	Schulz	01:25:00			
Halbmarathon					
Benoit	Varlet	01:12:28	Rita	Lanwer	01:30:13
Michael	Hohenhorst	01:17:57	Brigitte	Ziegler	01:35:06
Detlev	Bruns	01:22:30	Anne	Holtkötter	01:35:13
Gregor	Veauthier	01:22:40	Maria	Feyerabend	01:36:29
Michael	Geske	01:24:40	Daniela	Lembeck	01:39:35
Jürgen	Düking	01:25:15	Hannelore	Horst	01:39:37
Reinhard	Zumdick	01:25:45	Dagmar	Großmann	01:43:05
Ewald	Fikus	01:25:46	Ruth	Lutz	01:43:06
Egon	Roth	01:26:00	Michaela	Zinke	01:43:37
Markus	van der Velde	01:26:14	Ute	König	01:45:46

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Halbmarathon					
Hans	Reimann	01:26:43	Gertrud	Twent	01:46:44
Andreas	Clausing	01:26:57	Heidi	Dittrich	01:48:55
Bernd	Huesker	01:27:12	Marlies	Sprenger	01:49:36
Michael	Holtkötter	01:27:15	Kerstin	Loeser	01:49:40
Sven	Penaat	01:27:17	Elke	Buth	01:54:14
Stanislav	Bartusiak	01:27:36	Parvin	Kamp	01:55:03
Markus	Ischner	01:28:00	Simone	Ruder	01:55:35
Bernhard	Paßlick	01:28:42	Beate	Hagemann	01:56:08
Stefan	Lammers	01:29:28	Gaby	Bäumker	01:58:09
Werner	Fritsche	01:32:06	Heike	Eickhoff	01:59:09
Eberhard	Nutsch	01:32:36	Christa	Papenkort	01:59:37
Michael	Tombrink	01:33:18	Erika	Weber	02:01:06
Bernhard	Kreienbaum	01:33:21	Anne	Thonemann	02:05:21
Norbert	Mühlenkord	01:34:00	Cecilia	Pöpke	02:05:48
Andreas	Leißing	01:34:57	Anke	Hasebrock	02:06:19
Christoph	Haecker	01:35:49	Simone	Löchte	02:06:40
Arne	Dr. Fischer	01:36:09	Elfi	Lorbach	02:09:12
Gottfried	Schäfers	01:36:34	Uschi	Sypiana	02:11:22
Klaus	Ehling	01:36:54	Monika	Herding	02:11:29
Magnus	Grüger	01:37:03	Jutta	Zimmer	02:11:40
Berthold	Kökelsum	01:37:08	Brigitte	Averdiek	02:11:45
Andreas	Nergenu	01:37:14	Annette	Schwarzkopf	02:11:57
Karl Heinz	Dr. Prieß	01:38:41	Anne-Kathrin	Willamowski	02:12:22
Udo	Gehring	01:39:40	Birgit	Nathaus	02:12:26
Josef	Niehoff	01:39:45	Vera	Raidt	02:12:32
Stefan	Chrzanowski	01:40:04	Monika	Kökelsum	02:12:40
Hartwig	Kerkhoff	01:40:38	Gabi	Ringas	02:13:17
Klaus	Neufend	01:40:56	Christine	Herbert	02:13:48
Heinz	Hoveling	01:41:52	Hildegard	Durynek	02:14:07
Jürgen	Seidel	01:43:04	Christa	Sieme	02:17:11
Werner	Driese	01:43:37	Andrea	Müller	02:17:29
Christian	Jabs	01:43:38	Margret	Neumann	02:17:43
Klaus	Becker	01:43:54	Irmgard	Rüpp	02:18:06
Kai-Uwe	Kock	01:44:43	Brunhilde	Dargel	02:18:07
Ulrich	Budde	01:44:49	Barbara	Wigger	02:19:16
Thomas	Stöber	01:45:33	Jutta	Tüllmann	02:19:25
Martin	Stahlberg	01:45:38	Anusch	Melkonyan	02:20:04
Dirk	Fahrenhorst	01:45:41	Sunniva	Schulz	02:20:32
Frank	Ludwig	01:45:52	Dorothea	Tewes	02:20:32
Dieter	Rohloff	01:46:09	Elke	Schulz	02:21:32
Georg	Wetterau	01:47:27	Christiane	Bodenberger	02:22:00
Wolfgang	Müller	01:47:30	Marita	Reimann	02:22:00
Michael	Leinz	01:47:42	Theresia	Winkelhaus	02:38:38
Ralf	Stötzel	01:47:50	Ursula	Krahl	02:38:40
Thorsten	Ortlepp	01:48:22	Gabriele	Schulte	02:38:40
Heinz	Hengefeld	01:48:59	Annette	Krabbe	02:40:51
Dieter	Lammers	01:49:05	Stefanie	Anders	02:40:52
Jürgen	Sieme	01:49:09	Anja	Dringenberg	02:40:52
Manfred	Werning	01:49:23	Gisela	Hoischen	02:42:53
Hinz	Völkert	01:49:39	Ingeborg	Kanter	02:42:53
Manfred	Hoermann	01:49:40	Kornelia	Sommerfeld-P.	02:53:19
Heiner	Cloppenburg	01:49:41			

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Halbmarathon					
Markus	Dropmann	01:51:49			
Hermann	Hemsing	01:53:23			
Patrik	Werner	01:54:30			
Jürgen	Schmitz	01:55:46			
Ludger	Rosengarten	01:55:50			
Bodo	Bruder	01:56:42			
Helmuth	Eiken	01:56:47			
Uwe	Veen/ter	01:57:06			
Joachim	Lorek	01:57:20			
Jörg	Reckers	01:57:20			
Wilfried	Dr. Wiedemann	01:58:19			
Horst	Schulz	01:58:22			
Matthias	Lammerding	01:59:08			
Thomas	Strauß	02:01:38			
Dieter	Raestrup	02:01:43			
Friedhelm	Neuhaus	02:02:21			
Stefan	Ranneberg	02:02:46			
Oliver	Hasenkamp	02:04:41			
Rudi	Völlering	02:05:08			
Helmut	Ortlepp	02:09:42			
Michael	Goschke	02:11:15			
Rolf	Ottensarend	02:12:25			
Klaus	Wiemann	02:12:51			
Georg	Wennekers	02:15:51			
Berthold	Ostlinning	02:19:20			
Heinrich-Jürgen	Hillesheim	02:37:48			
Ferdinand	Trampczynska	02:41:16			
Florenz	Plassmann	02:41:16			
Volker	Wolfgang	02:42:51			
Udo	Kristowiak	02:53:19			
25 km					
Andreas	Clausing	01:45:39	Maria	Feyerabend	01:58:13
Bernd	Huesker	01:48:04	Ruth	Farke	02:22:49
Stanislav	Bartusiak	01:48:37	Renate	Lepkowski	02:23:08
Josef	Niehoff	02:02:01	Birgit	Karst	02:24:38
Heinz	Hoveling	02:07:53	Annette	Traud	02:32:36
Jürgen	Seidel	02:10:55	Andrea	Beigel	02:41:35
Fred	Uerdingen	02:18:50	Monika	Herding	02:41:53
Horst	Blotenberg	02:19:47	Anke	Leßmann	02:46:31
Hans Hermann	Karst	02:24:37	Brunhilde	Dargel	02:46:32
Carsten	Freydank	02:27:29	Brigitte	Heckmann	03:32:34
30 km					
Andreas	Clausing	02:14:34			
Stefan	Chrzanowski	02:26:32			

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FRAUEN

Marathon					
Benoit	Varlet	02:40:50	Brigitte	Ziegler	03:16:57
Markus	Ischner	02:42:58	Anne	Holtkötter	03:21:45
Detlev	Bruns	02:48:37	Hannelore	Horst	03:25:17
Gregor	Veauthier	02:56:18	Maria	Feyerabend	03:33:34
Egon	Roth	02:58:01	Julia	Suwelack	03:42:22
Jürgen	Düking	03:03:54	Angelika	Dohmann	03:42:25
Reinhard	Schröder	03:05:32	Dagmar	Großmann	03:44:29
Bernd	Huesker	03:07:43	Ruth	Lutz	03:46:38
Markus	van der Velde	03:08:13	Elke	Buth	03:50:27
Hans	Reimann	03:09:38	Parvin	Kamp	03:51:36
Andreas	Clausing	03:11:46	Ute	König	03:51:56
Michael	Geske	03:14:38	Barbara	Schonebeck	03:53:25
Stanislav	Bartusiak	03:16:35	Michaela	Zinke	03:53:51
Michael	Holtkötter	03:16:40	Heidi	Dittrich	03:56:16
Manfred	Fleige	03:16:52	Hildegard	Kerkhoff	04:01:02
Werner	Fritsche	03:17:10	Alida	Kranenburg	04:05:23
Andreas	Beßeling	03:18:14	Simone	Ruder	04:10:39
Sven	Penaat	03:18:42	Christel	Löchte	04:14:16
Andreas	Löcken	03:18:49	Beate	Hagemann	04:14:22
Reinhard	Zumdick	03:20:25	Magdalene	Everke-Mecheln	04:16:29
Christoph	Haecker	03:22:06	Simone	Löchte	04:22:22
Rainer	Wachsmann	03:22:35	Gaby	Bäumker	04:24:37
Berthold	Kökelsum	03:22:38	Heike	Eickhoff	04:26:45
Stefan	Lammers	03:23:42	Ulrike	Hartkopf	04:27:01
Eberhard	Nutsch	03:23:43	Annette	Schwarzkopf	04:30:48
Andreas	Leißing	03:26:54	Almut	Mecking	04:35:03
Ewald	Fikus	03:28:12	Carola	Pörschke	04:37:43
Horst	Bodenberger	03:28:19	Helga	Landfried-Teod.	04:41:20
Gottfried	Schäfers	03:28:24	Hildegard	Durynek	04:44:17
Bernhard	Paßlick	03:28:56	Jutta	Zimmer	04:49:39
Marco	Hampel	03:29:18	Birgit	Nathaus	04:49:43
Dieter	Sternberg	03:29:24	Elisabeth	Revering	04:53:02
Andreas	Nergenu	03:30:45	Elfi	Lorbach	04:55:22
Arne	Dr. Fischer	03:31:32	Anne-Kathrin	Willamowski	04:58:54
Manfred	Werning	03:33:08	Vera	Raidt	04:58:56
Dieter	Lammers	03:34:00	Monika	Herding	05:02:43
Magnus	Grüger	03:34:13	Uschi	Sypiana	05:02:45
Christoph	Damwerth	03:37:42	Maria	Leifeld	05:02:47
Martin	Dahlmann	03:39:37	Anke	Hasebrock	05:09:05
Peter	Samulski	03:40:58	Andrea	Beigel	05:17:35
Klaus	Neufend	03:41:15	Anke	Leßmann	05:17:35
Norbert	Mühlenkord	03:41:40	Andrea	Müller	05:17:59
Heinz	Hoveling	03:43:28	Elke	Schulz	05:25:02
Klaus	Ehling	03:43:38	Christa	Sieme	05:41:33
Karl Heinz	Dr. Prieß	03:45:24	Doris	Ring	05:41:33
Josef	Niehoff	03:45:56			
Ulrich	Budde	03:46:23			
Thomas	Ischner	03:46:30			
Peter	Kaiser	03:48:06			
Werner	Driese	03:49:48			
Matthias	Lammerding	03:51:43			
Thomas	Stöber	03:51:56			

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FRAUEN

Marathon			
Christian	Jabs		03:52:36
Michael	Leinz		03:53:54
Gregor	Hensen		03:54:39
Stefan	Ranneberg		03:55:05
Wilhelm	Thonemann		03:56:18
Udo	Gehring		03:56:53
Bernd	Kowalski		03:58:42
Hermann	Hemsing		03:58:57
Jürgen	Sieme		03:59:07
Jürgen	Seidel		04:00:30
Robert	Lenger		04:00:45
Hinz	Völkert		04:00:46
Peter	Volkmer		04:01:33
Manfred	Hoermann		04:04:27
Dieter	Rosenbaum		04:06:30
Nico	Rinelli		04:06:52
Dieter	Rohloff		04:08:38
Heinz	Hengefeld		04:10:39
Theo	Lauhoff		04:11:41
Fred	Uerdingen		04:11:57
Frank	Ludwig		04:13:05
Wolfgang	Müller		04:13:37
Jörn	Thoden		04:15:35
Martin	Pöttker		04:17:31
Bodo	Bruder		04:19:07
Jürgen	Schmitz		04:20:08
Georg	Wennekers		04:25:46
Nikolai	Kempka		04:32:25
Gerd	Jahn		04:34:00
Wilfried	Dr. Wiedemann		04:35:00
Klaus	Bühn		04:35:09
Friedhelm	Neuhaus		04:35:49
Uwe	Veen/ter		04:41:31
Michael	Goschke		04:46:12
Rolf	Ottensarend		04:50:30
Rudi	Völlering		04:52:20
Heinz-Jürgen	Revering		04:53:02
Klaus	Wiemann		05:03:43
Dieter	Raestrup		05:15:06
Volker	Wolfgramm		05:15:25
Oliver	Hasenkamp		05:23:51
Hans Günter	Neuer		05:33:20
50 km			
	Julia	Suwelack	05:42:53
	Annette	Schwarzkopp	06:20:52
	Helga	Landfried-Teod.	06:38:02