

## Jahresbestenliste 2008

MÄNNER

FRAUEN

| 50m          |            |          |           |               |          |
|--------------|------------|----------|-----------|---------------|----------|
| Torolv       | Prokosch   | 8,35     | Cèline    | Jocksch       | 9,00     |
| 75 m         |            |          |           |               |          |
|              |            |          | Agnès     | Jocksch       | 11,26    |
|              |            |          | Maeva     | Jocksch       | 11,98    |
| 800 m        |            |          |           |               |          |
| Michael      | Beetz      | 2:09,99  | Lisa      | Schmiedeshoff | 2:24,81  |
| Torolv       | Prokosch   | 2:57,80  | Johanna   | Rellensmann   | 2:29,95  |
| Heinz-Jürgen | Loos       | 3:03,27  | Magdalena | Mayerhoffer   | 2:30,26  |
|              |            |          | Agnès     | Jocksch       | 2:45,12  |
|              |            |          | Maeva     | Jocksch       | 2:50,91  |
|              |            |          | Cèline    | Jocksch       | 3:02,61  |
| 1000 m       |            |          |           |               |          |
| David        | Veauthier  | 3:11,15  |           |               |          |
| Alexander    | Lenfort    | 3:24,87  |           |               |          |
| Torolv       | Prokosch   | 3:47,70  |           |               |          |
| 1 km         |            |          |           |               |          |
| David        | Veauthier  | 3:23     | Cèline    | Jocksch       | 3:42     |
| Alexander    | Lenfort    | 3:26     | Hanna     | Pösentrup     | 4:05     |
| Simon        | Pösentrup  | 3:45     | Imke      | Leimbach      | 5:02     |
| Philip       | Slüter     | 3:54     |           |               |          |
| Jari         | Bender     | 4:01     |           |               |          |
| Lennart      | Leimbach   | 4:16     |           |               |          |
| Christopher  | Milden     | 4:37     |           |               |          |
| 2000 m       |            |          |           |               |          |
| Alexander    | Lenfort    | 7:20,63  | Agnès     | Jocksch       | 7:31,12  |
|              |            |          | Maeva     | Jocksch       | 8:06,97  |
|              |            |          | Cèline    | Jocksch       | 8:12,79  |
| 2 km         |            |          |           |               |          |
| Alexander    | Lenfort    | 6:58     | Agnès     | Jocksch       | 7:22     |
|              |            |          | Maeva     | Jocksch       | 7:38     |
|              |            |          | Cèline    | Jocksch       | 8:28     |
| 3000 m       |            |          |           |               |          |
| Markus       | Ischner    | 9:46,79  | Daniela   | Lembeck       | 10:38,27 |
| Michael      | Beetz      | 9:48,98  | Magdalena | Mayerhoffer   | 10:49,03 |
| Michael      | Holtkötter | 10:43,38 | Katharina | Hauertmann    | 11:24,59 |
| Thomas       | Stöber     | 11:40,22 | Anne      | Holtkötter    | 11:27,81 |
|              |            |          | Valerie   | Ludwig        | 11:39,37 |
|              |            |          | Johanna   | Rellensmann   | 11:47,15 |
|              |            |          | Kirsten   | Mühlenkamp    | 11:50,40 |
|              |            |          | Marion    | Rother        | 14:20,76 |
| 3 km         |            |          |           |               |          |
| David        | Veauthier  | 11:19    | Agnès     | Jocksch       | 12:19    |
| Alexander    | Lenfort    | 11:27    | Cèline    | Jocksch       | 12:46    |
| Klaus        | Bühn       | 12:03    | Marion    | Rother        | 13:39    |
| Simon        | Pösentrup  | 12:31    | Maeva     | Jocksch       | 13:44    |
| Jari         | Bender     | 12:39    | Maria     | Hemsing       | 14:12    |
| Ulrich       | Müntes     | 12:44    |           |               |          |
| Hermann      | Hemsing    | 12:58    |           |               |          |
| 5000 m       |            |          |           |               |          |
| Michael      | Beetz      | 17:24,08 | Marion    | Rother        | 24:03,62 |

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| 5 km           |               |       |            |                  |       |
|----------------|---------------|-------|------------|------------------|-------|
| Steffen        | Schnieders    | 16:23 | Daniela    | Lembeck          | 18:50 |
| Benoit         | Varlet        | 16:24 | Magdalena  | Mayerhoffer      | 19:24 |
| Fritz          | Koch          | 16:36 | Johanna    | Rellensmann      | 19:37 |
| Michael        | Beetz         | 16:39 | Valerie    | Ludwig           | 20:06 |
| Markus         | Ischner       | 17:34 | Sabine     | Knothe           | 20:07 |
| Robin          | Hoffmann      | 17:40 | Anne       | Holtkötter       | 20:13 |
| Dr. Björn      | Reiß          | 17:44 | Agnès      | Jocksch          | 20:35 |
| Markus         | van der Velde | 17:46 | Maria      | Feyerabend       | 21:08 |
| Andreas        | Leißing       | 17:49 | Kirsten    | Mühlenkamp       | 21:15 |
| Michael        | Scheel        | 17:56 | Ruth       | Lutz             | 22:38 |
| Marco          | Hampel        | 18:12 | Katrin     | Ritzenhöfer      | 23:36 |
| Michael        | Hohenhorst    | 18:13 | Marion     | Rother           | 24:03 |
| Reinhard       | Zumdick       | 18:20 | Ronja      | Reinhard         | 24:05 |
| Andreas        | Clausing      | 18:20 | Birgit     | Nathaus          | 24:10 |
| Antonio        | Henrique      | 18:37 | Heidi      | Dittrich         | 24:18 |
| Antonio        | Balbino       | 18:42 | Maria      | Hemsing          | 24:23 |
| Ludger         | Pösentrup     | 18:44 | Annette    | Schwarzkopf      | 24:33 |
| Reinhard       | Schröder      | 18:49 | Beate      | Hagemann         | 24:48 |
| Michael        | Holtkötter    | 18:52 | Ute        | König            | 24:56 |
| Sven           | Penaat        | 19:05 | Jutta      | Zimmer           | 25:17 |
| Hans           | Reimann       | 19:18 | Mechthild  | Lange            | 25:34 |
| Bastian        | Bathen        | 19:22 | Mechthild  | Schubert         | 26:16 |
| Alexander      | Milden        | 19:22 | Gabi       | Ringas           | 27:29 |
| David          | Veauthier     | 19:22 | Vera       | Raidt            | 27:54 |
| Gregor         | Veauthier     | 19:24 | Cecilia    | Pöpke            | 28:04 |
| Andre          | Riesmeier     | 19:24 | Monika     | Dropmann         | 28:08 |
| Alexander      | Lenfort       | 19:24 | Uschi      | Sypiena          | 28:34 |
| Thomas         | Stöber        | 19:46 | Angelika   | Dohmann          | 28:40 |
| Terk           | Korte         | 19:49 | Parvin     | Kamp             | 28:40 |
| Klaus          | Bühn          | 19:57 | Sabine     | England          | 28:40 |
| Stanislav      | Bartusiak     | 20:01 | Magdalene  | Everke-Mecheln   | 28:41 |
| Simon          | Rath          | 20:02 | Brigitte   | Averdiek         | 28:46 |
| Stefan         | Lenfort       | 20:12 | Sunniva    | Schulz           | 29:16 |
| Dr. Karl Heinz | Prieß         | 20:18 | Marietta   | Geske            | 30:08 |
| Werner         | Fritsche      | 20:33 | Dorothea   | Tewes            | 30:10 |
| Gerhard        | Menke         | 20:37 | Serpil     | Celik            | 30:27 |
| Simon          | Pösentrup     | 20:43 | Ilse       | Grühsinger       | 30:47 |
| Miles          | Geske         | 20:50 | Angela     | Niemann          | 30:49 |
| Klaus          | Ehling        | 20:51 | Edith      | Thier            | 31:29 |
| Kai            | Nierhoff      | 20:51 | Christiane | Hölscher         | 31:32 |
| Heinz          | Hoveling      | 20:54 | Annegret   | Hageneier        | 31:36 |
| Guiseppe       | Mariani       | 21:03 | Andrea     | Beigel           | 32:01 |
| Siegfried      | Möller        | 21:05 | Angelika   | Syska            | 32:11 |
| Markus         | Dropmann      | 21:20 | Ulrike     | Deppe            | 32:42 |
| Andre          | Arendt        | 21:26 | Andrea     | Reisener         | 33:20 |
| Peter          | Dittrich      | 21:45 | Andrea     | Rump             | 33:21 |
| Henning        | Lange         | 22:07 | Petra      | Urbaniak         | 33:50 |
| Axel           | Wiedenhues    | 22:07 | Petra      | Olschewski       | 34:50 |
| Lukas          | Lenfort       | 22:22 | Kornelia   | Sommerfeld-Poell | 39:08 |
| Gottfried      | Schäfers      | 22:25 | Christiane | Schulte          | 42:03 |
| Magnus         | Grüger        | 22:30 |            |                  |       |
| Ulrich         | Müntten       | 22:40 |            |                  |       |

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| 5 km           |                     |          |           |             |          |
|----------------|---------------------|----------|-----------|-------------|----------|
| Rolf           | Wiedenhues          | 22:43    |           |             |          |
| Bernhard       | Kreienbaum          | 22:53    |           |             |          |
| Hermann        | Hemsing             | 22:56    |           |             |          |
| Florian        | Milden              | 22:58    |           |             |          |
| Eric           | Menke               | 23:20    |           |             |          |
| Philip         | Slüter              | 23:22    |           |             |          |
| Uwe            | Slüter              | 23:24    |           |             |          |
| Torolv         | Prokosch            | 23:26    |           |             |          |
| Heinz-Jürgen   | Loos                | 23:33    |           |             |          |
| Jari           | Bender              | 23:36    |           |             |          |
| Peter          | Volkmer             | 23:49    |           |             |          |
| Michael        | Goschke             | 24:13    |           |             |          |
| Helmut         | Neuhaus             | 24:17    |           |             |          |
| Leonhardt      | Eickhoff            | 24:24    |           |             |          |
| Hinz           | Völkert             | 24:40    |           |             |          |
| Kai-Uwe        | Kock                | 24:41    |           |             |          |
| Ulrich         | Radusch             | 24:42    |           |             |          |
| Colin          | Geske               | 24:46    |           |             |          |
| Manfred        | Hoermann            | 25:28    |           |             |          |
| Lennart        | Bruns               | 25:29    |           |             |          |
| Detlev         | Bruns               | 25:30    |           |             |          |
| Achim          | Wahle               | 25:33    |           |             |          |
| Dieter         | Fischer             | 26:08    |           |             |          |
| Lennart        | Leimbach            | 26:18    |           |             |          |
| Hans-Peter     | Leimbach            | 27:23    |           |             |          |
| Werner         | Aye                 | 27:36    |           |             |          |
| Heinz          | Hengefeld           | 27:38    |           |             |          |
| Klaus          | Lietzow             | 27:41    |           |             |          |
| Detlef         | Bärhold             | 28:17    |           |             |          |
| Horst          | Schulz              | 29:18    |           |             |          |
| Ulrich         | Maurer              | 29:27    |           |             |          |
| Wolfgang       | Jonas               | 31:13    |           |             |          |
| Dominik        | Thyron              | 31:36    |           |             |          |
| Rainer         | Wachsmann           | 31:53    |           |             |          |
| Christopher    | Milden              | 31:54    |           |             |          |
| Heinrich-Josef | Brockötter          | 34:37    |           |             |          |
| Florenz        | Plassmann           | 35:53    |           |             |          |
| Bodo           | Bruder              | 38:21    |           |             |          |
| 10000 m        |                     |          |           |             |          |
| Stefan         | Langenbach          | 34:58,38 | Daniela   | Lembeck     | 39:32,23 |
| 10 km          |                     |          |           |             |          |
| Steffen        | Schnieders          | 34:07    | Magdalena | Mayerhoffer | 39:06    |
| Benoit         | Varlet              | 34:35    | Daniela   | Lembeck     | 39:23    |
| Rafael         | Droste zu Vischerir | 34:36    | Sabine    | Knothe      | 41:07    |
| Stefan         | Langenbach          | 34:48    | Jana      | Hempelmann  | 41:18    |
| Dr. Björn      | Reiß                | 34:50    | Julia     | Frie        | 41:34    |
| Antonio        | Balbino             | 35:01    | Anne      | Holtkötter  | 42:05    |
| Fritz          | Koch                | 35:06    | Maria     | Feyerabend  | 42:11    |
| Markus         | Ischner             | 35:11    | Johanna   | Rellensmann | 42:53    |
| Michael        | Beetz               | 35:12    | Valerie   | Ludwig      | 42:57    |
| Detlev         | Bruns               | 35:34    | Rita      | Lanwer      | 43:05    |

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| 10 km          |               |       |           |                    |          |
|----------------|---------------|-------|-----------|--------------------|----------|
| Andre          | Karneth       | 35:45 | Sarah     | Senske             | 43:21    |
| Andreas        | Leißing       | 36:29 | Lisa      | Schmiedeshoff      | 44:08    |
| Michael        | Hohenhorst    | 36:42 | Brigitte  | Ziegler            | 45:00    |
| Markus         | van der Velde | 36:42 | Ruth      | Lutz               | 45:39    |
| Michael        | Scheel        | 36:50 | Verena    | Draude             | 47:42    |
| Andreas        | Reckmann      | 37:24 | Gabriele  | Rotering           | 47:50    |
| Holger         | Stadthaus     | 37:54 | Julia     | Suwelack           | 48:56    |
| Andreas        | Clausing      | 37:57 | Marion    | Rother             | 49:24    |
| Martin         | Luig          | 38:15 | Heidi     | Dittrich           | 50:12    |
| Martin         | Kanne         | 38:30 | Ute       | König              | 50:20    |
| Ludger         | Pösentrup     | 38:37 | Birgit    | Nathaus            | 50:38    |
| Reinhard       | Schröder      | 38:38 | Beate     | Hagemann           | 50:44    |
| Marco          | Hampel        | 38:42 | Hiltrud   | Mertens            | 51:06    |
| Reinhard       | Zumdick       | 39:04 | Carola    | Kuhlmann           | 51:16    |
| Heiko          | Bastigkeit    | 39:11 | Jutta     | Zimmer             | 51:24    |
| Florian        | Braun         | 39:15 | Dzemila   | Muratovic          | 51:53    |
| Michael        | Holtkötter    | 39:23 | Iris      | Determann          | 52:11    |
| Philipp        | Schirmacher   | 39:24 | Maria     | Hemsing            | 52:16    |
| Stephan        | Meyer         | 39:33 | Bärbel    | Ratering-Slüter    | 52:41    |
| Andre          | Riesmeier     | 39:34 | Ilona     | Bredebusch         | 53:03    |
| Jürgen         | Düking        | 39:41 | Karin     | Ortlepp            | 53:13    |
| Gregor         | Veauthier     | 39:44 | Magdalena | Cantu              | 53:18    |
| Sven           | Penaat        | 39:48 | Lucia     | Dießel             | 54:34    |
| Hans           | Reimann       | 40:11 | Brigitte  | Heckmann           | 54:38    |
| Dieter         | Sternberg     | 40:12 | Anne      | Thonemann          | 56:00    |
| Antonio        | Henrique      | 40:14 | Lucia     | Röttger            | 56:38    |
| Marc           | Ziegler       | 40:20 | Almut     | Mecking            | 56:54    |
| Bernd          | Huesker       | 40:39 | Sabine    | England            | 57:19    |
| Arne Dr.       | Fischer       | 41:01 | Cecilia   | Pöpke              | 57:55    |
| Ulrich         | Schimanski    | 41:16 | Susanne   | Brinck             | 58:00    |
| Stanislav      | Bartusiak     | 41:36 | Heike     | Berndt             | 59:20    |
| Ewald          | Fikus         | 41:43 | Elfi      | Lorbach            | 59:27    |
| Achim          | Hauertmann    | 41:59 | Petra     | Olschewski         | 59:33    |
| Bernhard       | Paßlick       | 42:05 | Daniela   | Schönherr          | 59:37    |
| Alexander      | Milden        | 42:11 | Anke      | Rohm               | 01:00:54 |
| Thomas         | Stöber        | 42:35 | Sarah     | Hacke              | 01:01:15 |
| Terk           | Korte         | 42:38 | Monika    | Dropmann           | 01:01:25 |
| Frank          | Overkott      | 42:41 | Angelika  | Syska              | 01:04:59 |
| Karl Heinz Dr. | Prieß         | 42:43 | Jutta     | Homann             | 01:05:17 |
| Mohamede       | Chraibi       | 42:44 | Gaby      | Spatz              | 01:05:40 |
| Andreas        | Krämer        | 42:50 | Parvin    | Kamp               | 01:06:47 |
| Heinz          | Hoveling      | 42:52 | Sabine    | Decker             | 01:08:14 |
| Norbert        | Fasel         | 42:55 | Johanna   | Völkert            | 01:08:43 |
| Klaus          | Bühn          | 43:20 | Helga     | Landfried-Teodorul | 01:15:52 |
| Kai            | Nierhoff      | 43:24 | Christa   | Ruten              | 01:16:26 |
| Andreas        | Baggeroer     | 43:37 |           |                    |          |
| Kai-Uwe        | Kock          | 43:50 |           |                    |          |
| Stefan         | Lenfort       | 43:58 |           |                    |          |
| Johannes       | Möllhoff      | 44:31 |           |                    |          |
| Siegfried      | Möller        | 44:35 |           |                    |          |
| Rainer         | Wachsmann     | 44:56 |           |                    |          |
| Gerhard        | Menke         | 45:00 |           |                    |          |

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| 10 km          |                 |       |
|----------------|-----------------|-------|
| Sirus          | Pezeschgi       | 45:05 |
| Markus         | Dropmann        | 45:16 |
| Manfred        | Sandmann        | 45:22 |
| Martin         | Lübke           | 45:27 |
| Stefan         | Chrzanowski     | 45:30 |
| Gottfried      | Schäfers        | 45:32 |
| Peter          | Dittrich        | 45:37 |
| Henning        | Lange           | 45:42 |
| Magnus         | Grüger          | 45:50 |
| Martin         | Dahlmann        | 45:51 |
| Stefan         | Gottschall      | 45:51 |
| Hermann        | Hemsing         | 46:33 |
| Jochen         | Altmann         | 46:35 |
| Dirk           | Keggenhoff      | 46:36 |
| Klaus          | Neufend         | 46:45 |
| Ralf           | Schmeing        | 46:51 |
| Stefan         | Lammers         | 47:04 |
| Siegfried      | Milden          | 47:15 |
| Martin         | Pöttker         | 47:17 |
| Hans-Peter     | Leimbach        | 47:19 |
| Andreas        | Höwedde         | 47:24 |
| Uwe            | Slüter          | 47:34 |
| Wilhelm        | Thonemann       | 47:39 |
| Dieter         | Feldhaus        | 47:46 |
| Andreas        | Nergenu         | 47:59 |
| Dieter         | Rohloff         | 47:59 |
| Bernhard       | Kreienbaum      | 48:14 |
| Josef          | Niehoff         | 48:17 |
| Eberhard       | Nutsch          | 48:25 |
| Torolv         | Prokosch        | 48:34 |
| Jürgen         | Seidel          | 48:41 |
| Jürgen         | Schmitz         | 48:44 |
| Ulrich         | Münter          | 49:15 |
| Heinz-Jürgen   | Loos            | 49:58 |
| Axel           | Wiedenhues      | 50:13 |
| Hinz           | Völkert         | 50:35 |
| Frank          | Schleicher      | 50:43 |
| Werner         | Driese          | 50:46 |
| Uli            | Schindler       | 51:01 |
| Michael        | Drewes-Kuhlmann | 51:17 |
| Rüdiger        | Claus           | 51:21 |
| Michael        | Goschke         | 51:22 |
| Thomas Patrick | Rundle          | 51:34 |
| Markus         | Rasche          | 51:41 |
| Dirk           | Schwienheer     | 52:04 |
| Manfred        | Hoermann        | 52:07 |
| Frank          | Burghoff        | 52:09 |
| Helmut         | Ortlepp         | 52:11 |
| Peter          | Kanter          | 52:21 |
| Heinz          | Hengefeld       | 53:04 |
| Klaus          | Wandres         | 53:06 |
| Heinz          | Bücker          | 53:18 |

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| 10 km     |               |          |           |             |          |
|-----------|---------------|----------|-----------|-------------|----------|
| Markus    | Luig          | 53:37    |           |             |          |
| Dirk      | Fahrenhorst   | 54:45    |           |             |          |
| Peter     | Strelow       | 54:51    |           |             |          |
| Udo       | Rapelius      | 55:00    |           |             |          |
| Dieter    | Fischer       | 55:09    |           |             |          |
| Jörg      | Reckers       | 55:12    |           |             |          |
| Uwe       | Veen/ter      | 55:47    |           |             |          |
| Horst     | Schulz        | 56:40    |           |             |          |
| Dieter    | Raestrup      | 56:47    |           |             |          |
| Heinrich  | Dörries       | 57:19    |           |             |          |
| Sven      | Gedig         | 57:30    |           |             |          |
| Markus    | vom Brauck    | 58:08    |           |             |          |
| Ulrich    | Scharf        | 58:45    |           |             |          |
| Kornelius | Westerholt    | 59:12    |           |             |          |
| Jürgen    | Koßmeier      | 59:18    |           |             |          |
| Johannes  | Horst         | 01:01:16 |           |             |          |
| Bodo      | Bruder        | 01:11:14 |           |             |          |
| 15 km     |               |          |           |             |          |
| Steffen   | Schnieders    | 52:07    | Magdalena | Mayerhoffer | 59:48    |
| Benoit    | Varlet        | 52:09    | Daniela   | Lembeck     | 01:02:39 |
| Stefan    | Langenbach    | 52:49    | Jana      | Hempelmann  | 01:02:58 |
| Dr. Björn | Reiß          | 53:25    | Sabine    | Knothe      | 01:03:54 |
| Antonio   | Balbino       | 53:39    | Julia     | Frie        | 01:04:08 |
| Markus    | van der Velde | 55:49    | Anne      | Holtkötter  | 01:04:39 |
| Andreas   | Reckmann      | 57:23    | Sarah     | Senske      | 01:05:28 |
| Martin    | Luig          | 57:28    | Katharina | Hauertmann  | 01:07:12 |
| Andreas   | Clausing      | 57:52    | Maria     | Feyerabend  | 01:07:16 |
| Marco     | Hampel        | 58:03    | Ruth      | Lutz        | 01:12:22 |
| Andreas   | Leißing       | 58:29    | Silvia    | Lehnert     | 01:12:55 |
| Florian   | Braun         | 58:54    | Julia     | Suwelack    | 01:13:18 |
| Reinhard  | Schröder      | 59:06    | Gabriele  | Rotering    | 01:16:39 |
| Reinhard  | Zumdick       | 59:36    | Beate     | Hagemann    | 01:20:48 |
| Ludger    | Pösentrup     | 59:47    | Karin     | Ortlepp     | 01:20:51 |
| Hans      | Reimann       | 59:56    | Maria     | Hemsing     | 01:22:00 |
| Dieter    | Sternberg     | 01:00:22 | Anne      | Thonemann   | 01:25:36 |
| Michael   | Holtkötter    | 01:00:28 | Magdalena | Cantu       | 01:26:03 |
| Sven      | Penaat        | 01:02:59 | Cecilia   | Pöpke       | 01:26:05 |
| Bernd     | Huesker       | 01:03:00 | Ilona     | Bredebusch  | 01:27:51 |
| Andre     | Riesmeier     | 01:03:51 | Sabine    | England     | 01:31:25 |
| Stephan   | Meyer         | 01:04:02 | Annette   | Schwarzkopf | 01:40:07 |
| Stanislav | Bartusiak     | 01:06:00 |           |             |          |
| Michael   | Leinz         | 01:06:45 |           |             |          |
| Markus    | Dropmann      | 01:07:35 |           |             |          |
| Stefan    | Gottschall    | 01:07:49 |           |             |          |
| Mohamede  | Chraibi       | 01:07:51 |           |             |          |
| Andreas   | Baggeroer     | 01:08:06 |           |             |          |
| Heinz     | Hoveling      | 01:08:50 |           |             |          |
| Gottfried | Schäfers      | 01:09:17 |           |             |          |
| Magnus    | Grüger        | 01:10:49 |           |             |          |
| Achim     | Hauertmann    | 01:11:20 |           |             |          |
| Eberhard  | Nutsch        | 01:11:26 |           |             |          |
| Frank     | Overkott      | 01:11:48 |           |             |          |

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| 15 km        |           |          |
|--------------|-----------|----------|
| Wilhelm      | Thonemann | 01:13:02 |
| Henning      | Lange     | 01:13:46 |
| Jürgen       | Seidel    | 01:13:47 |
| Dieter       | Feldhaus  | 01:13:59 |
| Rainer       | Wachsmann | 01:14:52 |
| Hermann      | Hemsing   | 01:15:29 |
| Klaus        | Neufend   | 01:15:41 |
| Dieter       | Rohloff   | 01:15:51 |
| Ulrich       | Müntes    | 01:16:30 |
| Udo          | Gehring   | 01:17:20 |
| Helmut       | Ortlepp   | 01:18:06 |
| Markus       | Rasche    | 01:18:30 |
| Hinz         | Völkert   | 01:18:41 |
| Heinz        | Bücker    | 01:21:33 |
| Uli          | Schindler | 01:25:41 |
| Andre        | Arendt    | 01:26:06 |
| Heinz-Jürgen | Revering  | 01:30:24 |

| Halbmarathon |               |          |           |             |          |
|--------------|---------------|----------|-----------|-------------|----------|
| Steffen      | Schnieders    | 01:14:23 | Magdalena | Mayerhoffer | 01:27:47 |
| Benoit       | Varlet        | 01:15:05 | Jana      | Hempelmann  | 01:30:27 |
| Markus       | Ischner       | 01:16:14 | Katharina | Hauertmann  | 01:31:46 |
| Dr. Björn    | Reiß          | 01:17:19 | Sabine    | Knothe      | 01:31:55 |
| Antonio      | Balbino       | 01:17:40 | Daniela   | Lembeck     | 01:32:13 |
| Stefan       | Langenbach    | 01:19:37 | Julia     | Frie        | 01:33:13 |
| Markus       | van der Velde | 01:19:43 | Anne      | Holtkötter  | 01:34:06 |
| Andre        | Karneth       | 01:20:42 | Maria     | Feyerabend  | 01:34:57 |
| Andreas      | Reckmann      | 01:21:40 | Hannelore | Horst       | 01:35:18 |
| Michael      | Hohenhorst    | 01:22:28 | Sarah     | Senske      | 01:37:55 |
| Andreas      | Leißing       | 01:23:20 | Verena    | Draude      | 01:39:40 |
| Reinhard     | Zumdick       | 01:23:35 | Brigitte  | Ziegler     | 01:41:22 |
| Marco        | Hampel        | 01:24:01 | Dagmar    | Großmann    | 01:42:19 |
| Andreas      | Clausing      | 01:24:19 | Hildegard | Kerkhoff    | 01:43:09 |
| Florian      | Braun         | 01:24:53 | Julia     | Suwelack    | 01:43:40 |
| Reinhard     | Schröder      | 01:25:20 | Ruth      | Lutz        | 01:45:35 |
| Ludger       | Pösentrup     | 01:25:41 | Gabriele  | Roterling   | 01:49:18 |
| Martin       | Luig          | 01:25:51 | Beate     | Hagemann    | 01:50:42 |
| Hans         | Reimann       | 01:26:57 | Heidi     | Dittrich    | 01:51:00 |
| Heiko        | Bastigkeit    | 01:27:13 | Marion    | Rother      | 01:51:56 |
| Michael      | Holtkötter    | 01:27:47 | Claudia   | Hartleb     | 01:52:05 |
| Christian    | Middelhoff    | 01:28:29 | Birgit    | Nathaus     | 01:53:28 |
| Antonio      | Henrique      | 01:28:32 | Dzemila   | Muratovic   | 01:54:03 |
| Andre        | Riesmeier     | 01:28:57 | Parvin    | Kamp        | 01:55:44 |
| Bernd        | Huesker       | 01:29:00 | Silvia    | Lehnert     | 01:55:52 |
| Jürgen       | Düking        | 01:29:28 | Ilona     | Bredibusch  | 01:56:08 |
| Stephan      | Meyer         | 01:30:19 | Jutta     | Zimmer      | 01:56:45 |
| Marc         | Ziegler       | 01:31:03 | Katrin    | Ritzenhöfer | 01:56:45 |
| Bernhard     | Paßlick       | 01:31:50 | Karin     | Ortlepp     | 01:57:44 |
| Stanislav    | Bartusiak     | 01:32:15 | Annette   | Schwarzkopf | 01:57:57 |
| Terk         | Korte         | 01:32:19 | Carola    | Kuhlmann    | 01:59:37 |
| Ulrich       | Schimanski    | 01:32:58 | Monika    | Herding     | 02:00:00 |
| Guiseppe     | Mariani       | 01:33:48 | Anne      | Thonemann   | 02:00:45 |
| Michael      | Leinz         | 01:34:43 | Magdalena | Cantu       | 02:01:00 |

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| Halbmarathon   |             |          |           |          |          |
|----------------|-------------|----------|-----------|----------|----------|
| Siegfried      | Möller      | 01:35:23 | Cecilia   | Pöpke    | 02:01:07 |
| Achim          | Hauertmann  | 01:35:39 | Vera      | Raidt    | 02:01:13 |
| Heinz          | Hoveling    | 01:36:17 | Brigitte  | Heckmann | 02:02:05 |
| Arne Dr.       | Fischer     | 01:36:18 | Mechthild | Schubert | 02:02:14 |
| Stefan         | Gottschall  | 01:36:30 | Gabi      | Ringas   | 02:07:48 |
| Stefan         | Chrzanowski | 01:36:43 | Elisabeth | Revering | 02:08:42 |
| Karl Heinz Dr. | Prieß       | 01:37:25 | Lucia     | Dießel   | 02:09:51 |
| Klaus          | Ehling      | 01:37:46 | Sarah     | Hacke    | 02:14:25 |
| Andre          | Arendt      | 01:38:24 | Barbara   | Wigger   | 02:20:59 |
| Markus         | Dropmann    | 01:38:27 | Sabine    | Decker   | 02:21:12 |
| Andreas        | Baggeroer   | 01:38:56 | Sabine    | England  | 02:21:43 |
| Frank          | Overkott    | 01:38:59 | Christa   | Ruten    | 02:26:14 |
| Manfred        | Sandmann    | 01:39:10 | Angelika  | Syska    | 02:27:37 |
| Martin         | Dahlmann    | 01:39:53 | Elfi      | Lorbach  | 02:29:44 |
| Magnus         | Grüger      | 01:39:54 | Jutta     | Tüllmann | 02:34:15 |
| Andreas        | Höwedde     | 01:39:55 | Gaby      | Brinck   | 02:48:29 |
| Mohamede       | Chraibi     | 01:40:01 | Petra     | Benz     | 02:48:29 |
| Jürgen         | Seidel      | 01:40:37 | Monika    | Dropmann | 02:57:29 |
| Kai-Uwe        | Kock        | 01:41:06 |           |          |          |
| Gottfried      | Schäfers    | 01:41:28 |           |          |          |
| Gerhard        | Menke       | 01:41:29 |           |          |          |
| Eberhard       | Nutsch      | 01:42:07 |           |          |          |
| Martin         | Lübke       | 01:42:37 |           |          |          |
| Henning        | Lange       | 01:42:43 |           |          |          |
| Peter          | Dittrich    | 01:44:00 |           |          |          |
| Dirk           | Keggenhoff  | 01:44:51 |           |          |          |
| Thomas         | Stöber      | 01:45:08 |           |          |          |
| Klaus          | Neufend     | 01:45:10 |           |          |          |
| Hans-Peter     | Leimbach    | 01:45:28 |           |          |          |
| Jochen         | Altmann     | 01:45:38 |           |          |          |
| Gregor         | Hensen      | 01:45:49 |           |          |          |
| Wilhelm        | Thonemann   | 01:46:18 |           |          |          |
| Martin         | Pöttker     | 01:46:48 |           |          |          |
| Ulrich         | Münter      | 01:47:05 |           |          |          |
| Hermann        | Löchte      | 01:47:17 |           |          |          |
| Josef          | Niehoff     | 01:47:56 |           |          |          |
| Uwe            | Slüter      | 01:48:20 |           |          |          |
| Heinz-Jürgen   | Loos        | 01:49:44 |           |          |          |
| Udo            | Gehring     | 01:50:26 |           |          |          |
| Thomas Patrick | Rundle      | 01:50:56 |           |          |          |
| Dieter         | Rohloff     | 01:51:10 |           |          |          |
| Johannes       | Möllhoff    | 01:51:40 |           |          |          |
| Jürgen         | Schmitz     | 01:51:54 |           |          |          |
| Andreas        | Nergenu     | 01:53:10 |           |          |          |
| Michael        | Goschke     | 01:53:22 |           |          |          |
| Uli            | Schindler   | 01:53:30 |           |          |          |
| Frank          | Burghoff    | 01:53:56 |           |          |          |
| Werner         | Driese      | 01:54:00 |           |          |          |
| Klaus          | Wandres     | 01:54:09 |           |          |          |
| Markus         | Rasche      | 01:54:40 |           |          |          |
| Rüdiger        | Claus       | 01:54:55 |           |          |          |
| Hinz           | Völkert     | 01:55:51 |           |          |          |



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| Halbmarathon |                 |          |            |                |          |
|--------------|-----------------|----------|------------|----------------|----------|
| Markus       | Luig            | 01:57:39 |            |                |          |
| Helmut       | Ortlepp         | 01:57:56 |            |                |          |
| Heinz        | Hengefeld       | 01:58:13 |            |                |          |
| Peter        | Strelow         | 01:58:24 |            |                |          |
| Heinz        | Bücker          | 01:58:52 |            |                |          |
| Stefan       | Petermann       | 01:59:02 |            |                |          |
| Michael      | Drewes-Kuhlmann | 01:59:37 |            |                |          |
| Achim        | Wahle           | 02:01:55 |            |                |          |
| Horst        | Blotenberg      | 02:02:27 |            |                |          |
| Horst        | Schulz          | 02:05:04 |            |                |          |
| Dieter       | Raestrup        | 02:05:26 |            |                |          |
| Heinz-Jürgen | Revering        | 02:07:03 |            |                |          |
| Georg        | Wennekers       | 02:09:57 |            |                |          |
| Berthold     | Ostlinning      | 02:14:00 |            |                |          |
| Dieter       | Fischer         | 02:22:47 |            |                |          |
| 25 km        |                 |          |            |                |          |
| Benoit       | Varlet          | 01:35:35 | Anne       | Holtkötter     | 01:52:34 |
| Michael      | Hohenhorst      | 01:41:22 | Julia      | Frie           | 01:56:56 |
| Andre        | Karneth         | 01:42:54 | Maria      | Feyerabend     | 01:57:45 |
| Andreas      | Clausing        | 01:45:17 | Dagmar     | Großmann       | 02:11:49 |
| Michael      | Holtkötter      | 01:47:35 | Beate      | Hagemann       | 02:12:30 |
| Bernd        | Huesker         | 01:51:56 | Parvin     | Kamp           | 02:13:10 |
| Stanislav    | Bartusiak       | 01:54:57 | Birgit     | Nathaus        | 02:27:01 |
| Ewald        | Fikus           | 01:55:36 | Monika     | Herding        | 02:27:21 |
| Robert       | Lenger          | 01:57:05 | Anne       | Thonemann      | 02:33:02 |
| Klaus        | Bühn            | 01:58:40 | Magdalene  | Everke-Mecheln | 02:35:33 |
| Heinz        | Hoveling        | 02:03:55 | Gabi       | Ringas         | 02:35:56 |
| Henning      | Lange           | 02:04:50 | Simone     | Löchte         | 02:36:59 |
| Jochen       | Altmann         | 02:11:52 | Vera       | Raidt          | 02:37:30 |
| Wilhelm      | Thonemann       | 02:14:53 | Jutta      | Zimmer         | 02:39:22 |
| Ulrich       | Scharf          | 02:20:59 | Almut      | Mecking        | 02:39:33 |
| Peter        | Kanter          | 02:22:33 | Uschi      | Sypiena        | 02:42:29 |
| Jürgen       | Breforth        | 02:22:33 | Daniela    | Lohm           | 02:42:46 |
| Jürgen       | Seidel          | 02:24:31 | Sabine     | England        | 02:44:32 |
| Michael      | Goschke         | 02:24:49 | Maria      | Leifeld        | 02:45:06 |
| Jürgen       | Schmitz         | 02:24:50 | Brigitte   | Averdiek       | 02:45:07 |
| Hermann      | Löchte          | 02:31:20 | Ilse       | Grühsinger     | 02:46:18 |
| Peter        | Strelow         | 02:31:35 | Anja       | Leiers         | 02:49:28 |
| Georg        | Wetterau        | 02:35:42 | Alida      | Kranenburg     | 02:51:50 |
| Thomas       | Vogt            | 02:39:31 | Marie-Anne | Thyron         | 03:08:08 |
| Markus       | Brauck/vom      | 02:44:27 |            |                |          |
| Hubert       | Pilk            | 02:46:52 |            |                |          |
| Rudi         | Völlering       | 02:49:02 |            |                |          |
| Rolf         | Ottensarend     | 02:53:34 |            |                |          |
| 30 km        |                 |          |            |                |          |
| Stefan       | Chrzanowski     | 02:54:16 |            |                |          |

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| Marathon  |               |          |           |                    |          |
|-----------|---------------|----------|-----------|--------------------|----------|
| Steffen   | Schnieders    | 02:35:04 | Sabine    | Knothe             | 03:14:29 |
| Markus    | Ischner       | 02:35:07 | Anne      | Holtkötter         | 03:14:47 |
| Detlev    | Bruns         | 02:39:56 | Hannelore | Horst              | 03:16:47 |
| Andre     | Karneth       | 02:47:07 | Sarah     | Senske             | 03:22:17 |
| Stefan    | Langenbach    | 02:47:27 | Maria     | Feyerabend         | 03:23:39 |
| Dr. Björn | Reiß          | 02:47:43 | Verena    | Draude             | 03:34:18 |
| Holger    | Stadthaus     | 02:48:51 | Jana      | Hempelmann         | 03:37:40 |
| Markus    | van der Velde | 02:54:21 | Julia     | Suwelack           | 03:44:29 |
| Andreas   | Leißing       | 02:55:36 | Ruth      | Lutz               | 03:46:04 |
| Andreas   | Reckmann      | 02:56:40 | Brigitte  | Ziegler            | 03:46:45 |
| Florian   | Braun         | 02:57:30 | Elke      | Buth               | 03:48:33 |
| Marco     | Hampel        | 02:57:32 | Dagmar    | Großmann           | 03:50:35 |
| Benoit    | Varlet        | 02:57:36 | Angelika  | Dohmann            | 03:51:51 |
| Ludger    | Pösentrup     | 02:58:37 | Parvin    | Kamp               | 03:53:16 |
| Reinhard  | Zumdick       | 02:58:53 | Silvia    | Lehnert            | 03:57:39 |
| Reinhard  | Schröder      | 02:59:59 | Birgit    | Nathaus            | 04:01:31 |
| Martin    | Luig          | 03:01:52 | Marion    | Rother             | 04:02:28 |
| Michael   | Hohenhorst    | 03:02:36 | Hildegard | Kerkhoff           | 04:06:25 |
| Heiko     | Bastigkeit    | 03:05:49 | Ilona     | Bredebusch         | 04:10:47 |
| Andre     | Riesmeier     | 03:07:04 | Almut     | Mecking            | 04:12:36 |
| Christoph | Haecker       | 03:08:06 | Heidi     | Dittrich           | 04:13:30 |
| Jürgen    | Düking        | 03:10:43 | Christel  | Löchte             | 04:14:12 |
| Dieter    | Sternberg     | 03:12:15 | Vera      | Raidt              | 04:19:09 |
| Christian | Middelhoff    | 03:12:22 | Brigitte  | Heckmann           | 04:26:29 |
| Bernhard  | Paßlick       | 03:12:54 | Dzemila   | Muratovic          | 04:29:09 |
| Bernd     | Huesker       | 03:13:03 | Mechthild | Schubert           | 04:29:12 |
| Stefan    | Petermann     | 03:14:00 | Lucia     | Röttger            | 04:29:42 |
| Egon      | Roth          | 03:14:29 | Magdalena | Cantu              | 04:33:10 |
| Marc      | Ziegler       | 03:15:30 | Carola    | Kuhlmann           | 04:35:31 |
| Michael   | Leinz         | 03:16:29 | Annette   | Schwarzkopf        | 04:37:01 |
| Terk      | Korte         | 03:16:49 | Lucia     | Dießel             | 04:40:02 |
| Ulrich    | Badde         | 03:16:52 | Susanne   | Brinck             | 04:52:54 |
| Sven      | Penaat        | 03:17:27 | Sarah     | Hacke              | 04:53:12 |
| Rainer    | Uetz          | 03:17:58 | Hildegard | Durynek            | 05:04:03 |
| Stanislav | Bartusiak     | 03:18:51 | Helga     | Landfried-Teodoruf | 05:04:03 |
| Gerhard   | Menke         | 03:23:44 | Daniela   | Lohm               | 05:05:06 |
| Arne Dr.  | Fischer       | 03:26:19 | Carola    | Pörschke           | 05:09:15 |
| Klaus     | Buchterkirche | 03:26:48 | Elfi      | Lorbach            | 05:10:05 |
| Alexander | Milden        | 03:27:47 | Sabine    | Decker             | 05:10:11 |
| Werner    | Fritsche      | 03:28:07 | Sabine    | England            | 05:11:34 |
| Klaus     | Bühn          | 03:28:27 | Andrea    | Beigel             | 05:15:28 |
| Andreas   | Krämer        | 03:29:29 | Jutta     | Homann             | 05:21:36 |
| Heinz     | Hoveling      | 03:32:00 | Angelika  | Syska              | 05:31:06 |
| Reinhard  | Ennen         | 03:32:03 | Christine | Herbert            | 06:05:24 |
| Stephan   | Meyer         | 03:32:23 |           |                    |          |
| Michael   | Holtkötter    | 03:32:32 |           |                    |          |
| Gottfried | Schäfers      | 03:33:07 |           |                    |          |
| Thomas    | Braun         | 03:33:26 |           |                    |          |
| Kai       | Nierhoff      | 03:33:26 |           |                    |          |
| Ewald     | Fikus         | 03:34:04 |           |                    |          |
| Achim     | Hauertmann    | 03:35:42 |           |                    |          |
| Magnus    | Grüger        | 03:36:17 |           |                    |          |

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| Marathon       |             |          |
|----------------|-------------|----------|
| Stefan         | Gottschall  | 03:36:17 |
| Martin         | Dahlmann    | 03:36:45 |
| Klaus          | Neufend     | 03:37:32 |
| Siegfried      | Möller      | 03:37:58 |
| Manfred        | Sandmann    | 03:38:03 |
| Stephan Dr.    | Perpeet     | 03:38:54 |
| Andreas        | Clausing    | 03:41:22 |
| Hans           | Reimann     | 03:41:31 |
| Eberhard       | Nutsch      | 03:41:45 |
| Frank          | Overkott    | 03:43:13 |
| Stefan         | Chrzanowski | 03:43:25 |
| Mohamede       | Chraibi     | 03:43:31 |
| Andreas        | Baggeroer   | 03:43:33 |
| Markus         | Dropmann    | 03:44:37 |
| Rainer         | Wachsmann   | 03:44:40 |
| Henning        | Lange       | 03:45:43 |
| Karl Heinz Dr. | Prieß       | 03:45:46 |
| Andreas        | Wegener     | 03:45:58 |
| Ulrich         | Schimanski  | 03:45:59 |
| Robert         | Lenger      | 03:47:12 |
| Jürgen         | Seidel      | 03:48:17 |
| Martin         | Pöttker     | 03:48:36 |
| Peter          | Kaiser      | 03:50:02 |
| Stefan         | Lammers     | 03:51:42 |
| Hans-Peter     | Leimbach    | 03:53:45 |
| Gregor         | Hensen      | 03:54:13 |
| Dirk           | Keggenhoff  | 03:54:36 |
| Johannes       | Möllhoff    | 03:56:46 |
| Uli            | Schindler   | 03:56:54 |
| Wilhelm        | Thonemann   | 03:57:16 |
| Dieter         | Rohloff     | 04:01:21 |
| Anton          | Edenhofer   | 04:01:36 |
| Michael        | Goschke     | 04:01:37 |
| Dieter         | Lammers     | 04:02:02 |
| Jürgen         | Schmitz     | 04:02:36 |
| Manfred        | Werning     | 04:03:26 |
| Siegfried      | Milden      | 04:03:32 |
| Udo            | Gehring     | 04:03:57 |
| Peter          | Dittrich    | 04:05:31 |
| Achim          | Wahle       | 04:08:30 |
| Ulrich         | Budde       | 04:10:08 |
| Uwe            | Slüter      | 04:11:29 |
| Jochen         | Altmann     | 04:11:35 |
| Rolf           | Kückelmann  | 04:13:35 |
| Klaus          | Ehling      | 04:13:41 |
| Markus         | Rasche      | 04:14:03 |
| Hinz           | Völkert     | 04:14:21 |
| Josef          | Niehoff     | 04:14:42 |
| Pantaleone     | Squillace   | 04:17:17 |
| Frank          | Burghoff    | 04:19:47 |
| Christian      | Jabs        | 04:22:27 |
| Heinz          | Hengefeld   | 04:23:50 |

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FRAUEN

| Marathon     |                 |          |       |          |          |
|--------------|-----------------|----------|-------|----------|----------|
| Klaus        | Wandres         | 04:27:58 |       |          |          |
| Klaus        | Schultze        | 04:28:01 |       |          |          |
| Bodo         | Bruder          | 04:28:03 |       |          |          |
| Manfred      | Hoermann        | 04:29:43 |       |          |          |
| Michael      | Drewes-Kuhlmann | 04:35:30 |       |          |          |
| Wilfried Dr. | Wiedemann       | 04:41:48 |       |          |          |
| Theo         | Lauhoff         | 04:50:10 |       |          |          |
| Berthold     | Ostlinning      | 04:52:18 |       |          |          |
| Horst        | Schulz          | 05:03:17 |       |          |          |
| Peter        | Strelow         | 05:05:03 |       |          |          |
| 100 km       |                 |          |       |          |          |
| Stefan       | Petermann       | 10:55:19 | Julia | Suwelack | 11:53:42 |
| Peter        | Kaiser          | 12:27:50 |       |          |          |