# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|
| **Hauptlauf** | | | | | | |
| **w** | | | | | | |
| 1. | 1. W35 | 1519 | Hannah Arlom | Trl Team LG Emsdetten | **1:49:11** | 1:49:08 |
| 2. | 1. W | 1777 | Chiara Morelli | | **1:50:05** | 1:50:01 |
| 3. | 1. W40 | 1726 | Marie Bußmann | | **1:53:53** | 1:53:43 |
| 4. | 2. W | 1472 | Kira Konermann | SV Teuto Riesenbeck | **1:55:29** | 1:55:27 |
| 5. | 2. W40 | 1591 | Anna Schulte | TV Mettingen | **1:56:41** | 1:56:36 |
| 6. | 3. W | 1170 | Gerber Loman | Kronos | **1:58:15** | 1:58:12 |
| 7. | 4. W | 1193 | Minke Berghuis | LAAC Twente | **1:58:24** | 1:58:16 |
| 8. | 1. WJ U23 | 1172 | Noor Besselink | Kronos | **2:00:34** | 2:00:30 |
| 9. | 5. W | 1365 | Luisa Altegoer | Running Crew Münster | **2:01:09** | 2:01:05 |
| 10. | 2. W35 | 1299 | Carolin Krüll | LSF Münster | **2:03:21** | 2:03:14 |
| 11. | 1. W45 | 1682 | Arenda Könnecke-Scherpenkate | | **2:03:51** | 2:03:41 |
| 12. | 2. W45 | 1809 | Ulrike Hundertmark | | **2:04:12** | 2:04:10 |
| 13. | 6. W | 1520 | Elena Wissing | Triathlon Team Düsseldorf | **2:05:57** | 2:05:53 |
| 14. | 1. W30 | 1806 | Annika Hopster | | **2:09:04** | 2:08:37 |
| 15. | 1. W60 | 1375 | Anja Völkl | SC Falke Saerbeck 1924 e.V. | **2:10:02** | 2:09:53 |
| 16. | 7. W | 1571 | Benita Forst | TV Jahn-Rheine | **2:10:03** | 2:09:34 |
| 17. | 8. W | 1572 | Carolin Börger | | **2:12:04** | 2:11:49 |
| 18. | 3. W35 | 1844 | Marliz Altena | Slimmer Presteren | **2:12:16** | 2:12:09 |
| 19. | 9. W | 1171 | Isis Besselink | Kronos | **2:12:22** | 2:12:06 |
| 20. | 2. W30 | 1047 | Anna Wien | Ausdauerschule Bunert | **2:12:32** | 2:11:59 |
| 21. | 3. W45 | 1138 | Antien van der Vegt | HAC'63 | **2:12:51** | 2:12:43 |
| 22. | 4. W35 | 1729 | Kristina Zipter | | **2:13:04** | 2:12:52 |
| 23. | 5. W35 | 1023 | Henrieke Krommendijk | A.S.V. Atletics | **2:13:28** | 2:13:18 |
| 24. | 3. W40 | 1135 | Tamara de Vries | HAC'63 | **2:13:54** | 2:13:46 |
| 25. | 4. W40 | 1058 | Melanie Menger | Beermann Team | **2:15:17** | 2:15:08 |
| 26. | 10. W | 1167 | Theresa Kirschner | Kinderklinik Nordhorn | **2:15:28** | 2:15:26 |
| 27. | 4. W45 | 1862 | Stefanie Woltring | OTB Osnabrück | **2:15:46** | 2:15:32 |
| 28. | 11. W | 1560 | Inga Wiemer | TV Georgsmarienhütte | **2:16:52** | 2:16:30 |
| 29. | 3. W30 | 1561 | Pia Kleine Vorholt | TV Georgsmarienhütte | **2:16:52** | 2:16:29 |
| 30. | 12. W | 1367 | Hannah Kümper | RunThem Bochum | **2:17:00** | 2:16:32 |
| 31. | 6. W35 | 1693 | Theresa Boße | Crespel & Deiters | **2:17:13** | 2:17:04 |
| 32. | 13. W | 1041 | Louisa Hesping | LG Rheine-Elte | **2:17:17** | 2:17:01 |
| 33. | 5. W40 | 1410 | Yvonne Schneider | SuS Oberaden | **2:17:29** | 2:17:23 |
| 34. | 5. W45 | 1445 | Sandy Werner | SV Eintracht Oldenburg | **2:17:32** | 2:17:21 |
| 35. | 1. W50 | 1303 | Susanne Schmitz | LSF Oldenburg | **2:17:32** | 2:17:22 |
| 36. | 1. W55 | 1249 | Anja Wolters | LG Emsdetten | **2:17:46** | 2:17:41 |
| 37. | 2. W60 | 1406 | Irene Rautenberg | SuS Oberaden | **2:18:23** | 2:18:09 |
| 38. | 6. W45 | 1314 | Kirsten Lammerskitten | Marathon Ibbenbüren e.V. | **2:18:39** | 2:18:31 |
| 39. | 2. W55 | 1328 | Petra Stöppler | Marathon Steinfurt | **2:19:01** | 2:18:55 |
| 40. | 7. W45 | 1468 | Sabrina Dresselhaus | SV Teuto Riesenbeck | **2:19:56** | 2:19:45 |
| 41. | 6. W40 | 1565 | Jasmin Orschulik | TV Georgsmarienhütte | **2:20:09** | 2:19:51 |
| 42. | 7. W35 | 1230 | Lisa Schnieder | Lauftreff Lüdinghausen | **2:20:21** | 2:20:04 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|
| 43. | 4. W30 | 1743 | Anne Otten | | **2:20:41** | 2:20:16 |
| 44. | 3. W55 | 1530 | Petra Meihöfer | TSVE 1890 Bielefeld e.V. | **2:20:50** | 2:20:39 |
| 45. | 3. W60 | 1775 | Christiane Kempkes | | **2:21:41** | 2:21:25 |
| 46. | 8. W35 | 1277 | Lena Gartmann | LiVe - Lauftreff in Versmold | **2:22:54** | 2:22:34 |
| 47. | 9. W35 | 1291 | Jutta Gerber | LSF Münster | **2:22:57** | 2:22:05 |
| 48. | 5. W30 | 1725 | Victoria Pohlmeier | | **2:23:02** | 2:22:11 |
| 49. | 7. W40 | 1302 | Katja Steinert | LSF Oldenburg | **2:23:16** | 2:22:31 |
| 50. | 10. W35 | 1518 | Dorothe Stahljans | Trailteam Osnabrück | **2:23:54** | 2:23:28 |
| 51. | 11. W35 | 1767 | Jennifer Gosejohann | | **2:24:06** | 2:23:27 |
| 52. | 4. W60 | 1607 | Hildegard Beckmann | VfL Löningen | **2:24:10** | 2:23:26 |
| 53. | 8. W40 | 1581 | Anja Freude | TV Mettingen | **2:25:01** | 2:24:43 |
| 54. | 14. W | 1615 | Julia Meyer | Werkfeuerwehr VW Emden | **2:26:41** | 2:26:12 |
| 55. | 15. W | 1789 | Franziska Kühnlein | | **2:26:48** | 2:26:12 |
| 56. | 9. W40 | 1202 | Karin Richter | Laufcrew KoFi & dieSchweinehunde | **2:27:27** | 2:26:41 |
| 57. | 8. W45 | 1257 | Jessamyn Claßen | | **2:28:14** | 2:27:56 |
| 58. | 4. W55 | 1802 | Christine Wollschläger | | **2:28:26** | 2:28:09 |
| 59. | 2. W50 | 1549 | Miriam Konersmann | TV Georgsmarienhütte | **2:28:28** | 2:28:08 |
| 60. | 3. W50 | 1451 | Ann-Marie Lawrence-Dörner | SV Greven Triathlon | **2:28:41** | 2:27:58 |
| 61. | 5. W60 | 1454 | Doro Fitzlaff | SV Lembeck | **2:29:02** | 2:28:52 |
| 62. | 12. W35 | 1075 | Kirsten Althoff | Die Teckybeckys | **2:29:08** | 2:28:28 |
| 63. | 9. W45 | 1353 | Kathrin Adrian | NoseKäng | **2:29:17** | 2:28:27 |
| 64. | 4. W50 | 1050 | Evelien van Nieuwkuijk | av Iphitos | **2:29:40** | 2:28:57 |
| 65. | 5. W50 | 1357 | Sandra Meier | Piesberg Marmots | **2:30:16** | 2:29:24 |
| 66. | 6. W30 | 1456 | Jeanny Schreiber | SV Lembeck | **2:30:30** | 2:30:11 |
| 67. | 7. W30 | 1849 | Ieke Schrader | | **2:30:34** | 2:29:50 |
| 68. | 13. W35 | 1218 | Tina Wilken | Lauffreunde Emsland e.V. | **2:31:00** | 2:30:32 |
| 69. | 8. W30 | 1003 | Alexandra Eschbach | 1. TC Oldenburg „Die Bären“ | **2:31:04** | 2:30:30 |
| 70. | 10. W40 | 1675 | Carin Schipper | | **2:31:17** | 2:30:45 |
| 71. | 6. W50 | 1107 | Ruth Kotte | ETuS Rheine | **2:31:19** | 2:30:42 |
| 72. | 5. W55 | 1243 | Anja Weßeler | LG Emsdetten | **2:31:21** | 2:30:48 |
| 73. | 11. W40 | 1602 | Sarah Fehrrolfes | VfL Lingen | **2:31:37** | 2:30:53 |
| 74. | 14. W35 | 1311 | Kerstin Biekötter | Marathon Ibbenbüren | **2:31:44** | 2:30:52 |
| 75. | 10. W45 | 1476 | Stephanie Müller | SVGermania Hauenhorst | **2:32:06** | 2:31:45 |
| 76. | 7. W50 | 1669 | Susanne Wickers | | **2:32:58** | 2:32:45 |
| 77. | 9. W30 | 1436 | Alina Wiethölter | SV Dickenberg | **2:33:27** | 2:33:02 |
| 78. | 6. W60 | 1746 | Simone Budesheim-Thiel | | **2:33:52** | 2:33:29 |
| 79. | 12. W40 | 1855 | Britta Blaschke | | **2:33:59** | 2:33:34 |
| 80. | 6. W55 | 1191 | Rianne Vossers | LAAC Twente | **2:34:33** | 2:33:53 |
| 81. | 7. W55 | 1441 | Ingrid Lanwert | SV Eintracht Neuenkirchen | **2:34:49** | 2:34:27 |
| 82. | 7. W60 | 1159 | Hildegard Niehaus | Jede Oma zählt | **2:35:16** | 2:34:44 |
| 83. | 11. W45 | 1127 | Melanie Bühren | Grün-Weiß Steinbeck | **2:35:27** | 2:34:34 |
| 84. | 15. W35 | 1668 | Hanna Leißing | | **2:36:06** | 2:35:16 |
| 85. | 10. W30 | 1395 | Jessica Bode | Stadt Ibbenbüren | **2:36:54** | 2:35:55 |
| 86. | 11. W30 | 1510 | Annika Monkau | Team LC Stefan | **2:37:08** | 2:36:41 |
| 87. | 8. W50 | 1122 | Hiltrud Bufe | Fortuna Logabirum | **2:37:28** | 2:36:36 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 88. | 9. | W50 | 1584 | Ute Marin | TV Mettingen | **2:37:31** | 2:37:01 |
| 89. | 8. | W60 | 1813 | Anne Gerlach | | **2:38:30** | 2:37:41 |
| 90. | 16. | W | 1078 | Franziska Grotjohann | Die Teckybeckys | **2:39:01** | 2:38:19 |
| 91. | 17. | W | 1214 | Franziska Robben | Lauffreunde Emsland e.V. | **2:40:41** | 2:40:10 |
| 92. | 16. | W35 | 1741 | Daniela Sutmöller | | **2:41:05** | 2:40:30 |
| 93. | 8. | W55 | 1288 | Silke Baar | LSF Münster | **2:41:35** | 2:41:13 |
| 94. | 10. | W50 | 1424 | Annette Hayck | SuS Stadtlohn Laufabteilung | **2:41:45** | 2:40:57 |
| 95. | 17. | W35 | 1348 | Kira Kahlich | Northwood Runners e.V. | **2:42:24** | 2:41:41 |
| 96. | 18. | W35 | 1647 | Stefanie Rentzow | | **2:43:25** | 2:42:23 |
| 97. | 12. | W45 | 1208 | Astrid van Voorst | Lauffreunde Emsland | **2:43:30** | 2:43:11 |
| 98. | 13. | W45 | 1115 | Julia Witte | FC Stella Bevergern | **2:43:40** | 2:43:06 |
| 99. | 11. | W50 | 1498 | Birgit Schlaugk | Team Laufrausch Oldenburg | **2:44:01** | 2:43:05 |
| 100. | 13. | W40 | 1681 | Sina Krohn | | **2:44:05** | 2:43:37 |
| 101. | 12. | W50 | 1065 | Ruth Oevermann | Bramscher Rumläufer | **2:44:18** | 2:43:39 |
| 102. | 9. | W55 | 1506 | Charlotte Malich | Team Laufrausch Oldenburg | **2:44:19** | 2:44:10 |
| 103. | 13. | W50 | 1221 | Heide Rüther | Lauftreff Hohenholte | **2:44:19** | 2:43:34 |
| 104. | 9. | W60 | 1103 | Claudia Werning | ETU | **2:44:27** | 2:43:50 |
| 105. | 12. | W30 | 1863 | Femke Reurik | | **2:44:38** | 2:43:41 |
| 106. | 19. | W35 | 1667 | Alena Deistler | | **2:44:44** | 2:43:43 |
| 107. | 14. | W40 | 1024 | Jolien Entjes | A.S.V. Atletics | **2:45:05** | 2:44:39 |
| 108. | 10. | W55 | 1391 | Barbara Bruns | SG Borken | **2:45:15** | 2:44:53 |
| 109. | 15. | W40 | 1842 | Hesther Hemssems | | **2:45:22** | 2:44:57 |
| 110. | 14. | W50 | 1578 | Daniele Bäthker | TV Mettingen | **2:45:22** | 2:44:32 |
| 111. | 13. | W30 | 1843 | Nienke Darthuizen | | **2:45:22** | 2:44:58 |
| 112. | 16. | W40 | 1671 | Hannah Fleck | | **2:45:59** | 2:45:45 |
| 113. | 14. | W45 | 1757 | Tonia Hundertmark | | **2:46:13** | 2:45:41 |
| 114. | 18. | W | 1491 | Hanna Kleemann | Team Goethe | **2:46:31** | 2:45:45 |
| 115. | 14. | W30 | 1039 | Stephanie Thomann | agn | **2:46:36** | 2:45:41 |
| 116. | 19. | W | 1242 | Stephanie Pietrunko | LG Emsdetten | **2:46:59** | 2:46:25 |
| 117. | 15. | W45 | 1386 | Verena Brinkmann | SG Borken | **2:47:04** | 2:46:39 |
| 118. | 17. | W40 | 1387 | Nicola Wewers | SG Borken | **2:47:04** | 2:46:40 |
| 119. | 15. | W50 | 1225 | Christiane Lage | Lauftreff Hopsten | **2:47:07** | 2:46:19 |
| 120. | 16. | W50 | 1852 | Imme Meyer | | **2:47:37** | 2:46:57 |
| 121. | 11. | W55 | 1776 | Bettina Bremer | | **2:47:54** | 2:47:26 |
| 122. | 15. | W30 | 1640 | Seline Thormählen | | **2:47:54** | 2:46:55 |
| 123. | 16. | W45 | 1267 | Anna Wawrzyniak | LG Oerlinghausen | **2:48:11** | 2:47:28 |
| 124. | 20. | W35 | 1294 | Anne-Christine Kastrup | LSF Münster | **2:48:39** | 2:47:46 |
| 125. | 12. | W55 | 1217 | Claudia Lübbers | Lauffreunde Emsland e.V. | **2:48:58** | 2:48:23 |
| 126. | 21. | W35 | 1616 | Anne Jacobs | Westfalia Hopsten 07 | **2:49:03** | 2:48:15 |
| 127. | 20. | W | 1858 | Lea Empting | | **2:50:12** | 2:49:36 |
| 128. | 17. | W50 | 1235 | Andrea Grube | LC Solbad Ravensberg | **2:50:20** | 2:49:52 |
| 129. | 18. | W50 | 1104 | Britta Holthaus | ETuS Rheine | **2:50:40** | 2:50:03 |
| 130. | 17. | W45 | 1521 | Uta Conrads | TSG 07 Burg Getesch | **2:52:47** | 2:52:15 |
| 131. | 18. | W45 | 1102 | Kathrin Wessalowski | ESV Lingen e. V. | **2:52:59** | 2:52:02 |
| 132. | 16. | W30 | 1238 | Stephanie Tepe | LF SFN Vechta | **2:53:19** | 2:52:53 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|
| 133. | 10. W60 | 1142 | Marian Booijink | HAC'63 | **2:53:29** | 2:53:11 |
| 134. | 19. W50 | 1471 | Jenny Wallmeier | SV Teuto Riesenbeck | **2:53:37** | 2:52:55 |
| 135. | 21. W | 1705 | Sophia Scheele | | **2:53:40** | 2:52:41 |
| 136. | 20. W50 | 1383 | Birgit Hoppmann | SG Borken | **2:54:04** | 2:53:45 |
| 137. | 18. W40 | 1513 | Hanna Schroeder | Teuto Run and Fun Bielefeld | **2:54:22** | 2:53:38 |
| 138. | 21. W50 | 1327 | Yvonne Fleige | Marathon Steinfurt | **2:54:45** | 2:54:12 |
| 139. | 19. W40 | 1320 | Verena Vehoff | Marathon Steinfurt | **2:54:45** | 2:54:16 |
| 140. | 22. W50 | 1482 | Petra Jansing | SW Esch | **2:54:54** | 2:54:06 |
| 141. | 13. W55 | 1077 | Birgit Bickmann | Die Teckybeckys | **2:54:58** | 2:54:18 |
| 142. | 11. W60 | 1134 | Alida Jansma | HAC'63 | **2:56:11** | 2:55:52 |
| 143. | 19. W45 | 1027 | Erica Rompelman | AC TION | **2:56:49** | 2:55:48 |
| 144. | 20. W45 | 1811 | Ruth Tenbusch | | **2:57:35** | 2:56:41 |
| 145. | 17. W30 | 1856 | Phillis Gertken | | **2:58:13** | 2:57:14 |
| 146. | 18. W30 | 1720 | Nora Oelgemöller | | **2:58:13** | 2:57:14 |
| 147. | 19. W30 | 1514 | Frederike Schockmann | TGA | **2:58:13** | 2:57:13 |
| 148. | 20. W40 | 1355 | Nina Mölderink | Not fast - just furious :-) | **2:58:45** | 2:58:15 |
| 149. | 21. W40 | 1785 | Hanna van den Berg | | **2:58:45** | 2:58:02 |
| 150. | 21. W45 | 1213 | Katrin Haake | Lauffreunde Emsland e.V. | **2:59:18** | 2:58:43 |
| 151. | 23. W50 | 1219 | Sandra Over-Deymann | Lauffreunde Emsland e.V. | **2:59:19** | 2:58:45 |
| 152. | 20. W30 | 1661 | Julia Langen | | **2:59:25** | 2:58:47 |
| 153. | 22. W45 | 1220 | Melanie Schiffke | Lauffreunde in NRW | **2:59:27** | 2:58:29 |
| 154. | 22. W40 | 1293 | Jennifer Warbinger | LSF Münster | **3:00:22** | 2:59:29 |
| 155. | 23. W45 | 1670 | Verena Wewer | | **3:00:37** | 3:00:15 |
| 156. | 24. W45 | 1782 | Swantje Hepke | | **3:00:55** | 3:00:24 |
| 157. | 23. W40 | 1783 | Moni Schwinning | | **3:00:55** | 3:00:24 |
| 158. | 22. W | 1751 | Anne-Sophie Vogt | | **3:01:37** | 3:01:01 |
| 159. | 24. W40 | 1552 | Sabrina Grunwald | TV Georgsmarienhütte | **3:02:43** | 3:02:23 |
| 160. | 25. W40 | 1624 | Kim Dana Struck | | **3:03:31** | 3:02:31 |
| 161. | 24. W50 | 1423 | Tanja Almering | SuS Stadtlohn Laufabteilung | **3:03:42** | 3:02:48 |
| 162. | 25. W45 | 1405 | Anne Saalmann | SuS Laufabteilung Stadtlohn | **3:03:43** | 3:02:51 |
| 163. | 26. W40 | 1422 | Dijana Stojanac | SuS Stadtlohn Laufabteilung | **3:03:43** | 3:02:50 |
| 164. | 26. W45 | 1403 | Karin Lammers-Schücker | SuS Laufabteilung Stadtlohn | **3:03:44** | 3:02:50 |
| 165. | 22. W35 | 1770 | Julia Schoo | | **3:04:23** | 3:03:42 |
| 166. | 23. W35 | 1771 | Melanie Grix | | **3:04:23** | 3:03:42 |
| 167. | 14. W55 | 1340 | Silvia Lautenschläger | Morgenläuferinnen | **3:04:40** | 3:03:38 |
| 168. | 12. W60 | 1732 | Evelyn Rosner | | **3:04:48** | 3:03:53 |
| 169. | 27. W40 | 1634 | Marieke Knol | | **3:05:26** | 3:05:10 |
| 170. | 27. W45 | 1840 | Emmely van der Meer | | **3:05:27** | 3:05:09 |
| 171. | 15. W55 | 1475 | Andrea Dohm | SVEintracht Neuenkirchen | **3:05:42** | 3:05:09 |
| 172. | 28. W40 | 1448 | Christine Böneker | SV Eintracht Oldenburg | **3:06:12** | 3:05:21 |
| 173. | 28. W45 | 1443 | Lena Walter | SV Eintracht Oldenburg | **3:07:43** | 3:06:53 |
| 174. | 2. WJ U23 | 1332 | Clara Köning | Marathon Steinfurt | **3:08:29** | 3:07:52 |
| 175. | 29. W45 | 1444 | Julia Hohenner | SV Eintracht Oldenburg | **3:09:48** | 3:08:56 |
| 176. | 21. W30 | 1197 | Katharina Albers | Laufcrew KoFi & dieSchweinehunde | **3:11:07** | 3:10:13 |
| 177. | 24. W35 | 1275 | Jennifer Hoppe | Linguine die laufenden Pinguine | **3:11:57** | 3:11:16 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 178. | 13. | W60 | 1479 | Maria Helena Jänen | SVLangen | **3:12:37** | 3:12:00 |
| 179. | 16. | W55 | 1211 | Ulrike Grothe | Lauffreunde Emsland | **3:12:37** | 3:12:02 |
| 180. | 25. | W50 | 1816 | Silvia Book | Lauffreunde Emsland e.V. | **3:12:37** | 3:12:02 |
| 181. | 30. | W45 | 1517 | Nina Danzer-Kisse | TrailSeekers Ostbevern | **3:13:58** | 3:12:57 |
| 182. | 31. | W45 | 1485 | Tanja Lorenz | Tatkraft Neuenhaus | **3:14:39** | 3:13:59 |
| 183. | 29. | W40 | 1600 | Yvonne Askin | UltraRudel / WeRun4fun e. V. | **3:14:40** | 3:14:01 |
| 184. | 17. | W55 | 1212 | Petra Abrams-Böwer | Lauffreunde Emsland | **3:14:50** | 3:14:11 |
| 185. | 25. | W35 | 1452 | Esta Koytek | SV Lembeck | **3:16:39** | 3:15:53 |
| 186. | 14. | W60 | 1457 | Ruth Borrosch | SV Lembeck | **3:16:39** | 3:15:53 |
| 187. | 15. | W60 | 1364 | Ariane van Treeck | Runlab Liternum Albanova Briano | **3:24:04** | 3:23:16 |
| 188. | 32. | W45 | 1206 | Anja Fritzen | Laufen gegen Leiden e.V. | **3:26:40** | 3:25:45 |
| 189. | 16. | W60 | 1087 | Simone van Treeck | DJK Coesfeld | **3:30:37** | 3:29:44 |

**m**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | 1. | MJ U23 | 1175 | Jelmer Otten | Kronos | **1:31:38** | 1:31:35 |
| 2. | 1. | M35 | 1136 | Erik Leusink | HAC'63 | **1:34:05** | 1:34:03 |
| 3. | 1. | M30 | 1344 | Manuel Schweers | MTV Stuttgart Triathlon e.V. | **1:36:15** | 1:36:13 |
| 4. | 2. | MJ U23 | 1316 | Jan Keller | Marathon Ibbenbüren e.V. | **1:38:11** | 1:38:09 |
| 5. | 1. | M45 | 1133 | Erwin Akkerman | HAC'63 | **1:38:15** | 1:38:13 |
| 6. | 2. | M30 | 1246 | Simon Hilt | LG Emsdetten | **1:38:47** | 1:38:44 |
| 7. | 1. | M | 1183 | Jonas Valentijn | Kronos | **1:39:28** | 1:39:25 |
| 8. | 1. | MJ U20 | 1174 | Milan Veul | Kronos | **1:42:25** | 1:42:22 |
| 9. | 2. | M35 | 1139 | Robin Vos | HAC'63 | **1:42:45** | 1:42:43 |
| 10. | 1. | M40 | 1733 | Steffen Schoenhut | | **1:42:51** | 1:42:48 |
| 11. | 2. | M | 1181 | Ivo Varenhorst | Kronos | **1:43:19** | 1:43:17 |
| 12. | 3. | M | 1178 | Nart Pistorius | Kronos | **1:43:35** | 1:43:31 |
| 13. | 3. | M35 | 1829 | Slawa Blumenstein | | **1:44:01** | 1:43:53 |
| 14. | 3. | M30 | 1488 | Marius Neyer | Team Elend | **1:45:35** | 1:45:30 |
| 15. | 2. | M40 | 1739 | Philipp Tillmanns | | **1:45:54** | 1:45:52 |
| 16. | 3. | M40 | 1059 | Gerrit Jan Kastenberg | BERG-Läufer | **1:46:52** | 1:46:50 |
| 17. | 4. | M40 | 1673 | Christof Kappelhoff | | **1:47:09** | 1:47:00 |
| 18. | 4. | M30 | 1834 | Auke Hieronimus | | **1:47:12** | 1:47:10 |
| 19. | 4. | M | 1177 | Thies Eeltink | Kronos | **1:47:21** | 1:47:18 |
| 20. | 5. | M30 | 1469 | Lennard Peters | SV Teuto Riesenbeck | **1:50:33** | 1:50:28 |
| 21. | 1. | M55 | 1583 | Jörg Kamp | TV Mettingen | **1:50:33** | 1:50:31 |
| 22. | 5. | M | 1501 | Korbinian Gerner | Team Laufrausch Oldenburg | **1:51:41** | 1:51:37 |
| 23. | 2. | M55 | 1131 | Aard van der Vinne | HAC'63 | **1:51:48** | 1:51:41 |
| 24. | 3. | M55 | 1310 | Helmut Karwinkel | LV Oelde | **1:51:59** | 1:51:49 |
| 25. | 4. | M35 | 1098 | Simon Evers | Eintracht Rodde | **1:52:13** | 1:52:09 |
| 26. | 2. | M45 | 1761 | Michael Tesche | | **1:52:23** | 1:52:20 |
| 27. | 5. | M40 | 1596 | Florian Skirde | TV Wolbeck | **1:52:36** | 1:52:30 |
| 28. | 3. | M45 | 1847 | Mark Feldschnieders | | **1:53:14** | 1:53:05 |
| 29. | 5. | M35 | 1063 | Jason Ballard | Bramscher Rumläufer | **1:53:27** | 1:53:24 |
| 30. | 6. | M | 1465 | Lars Henrik Book | SV Teuto Riesenbeck | **1:53:42** | 1:53:32 |
| 31. | 6. | M40 | 1548 | Sebastian Fischer | TV Friesen Telgte | **1:54:05** | 1:54:04 |
| 32. | 7. | M | 1269 | Luka Dankbar | LG Rheine-Elte | **1:54:12** | 1:54:03 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 33. | 6. | M35 | 1307 | Jan Ferneding | Lsf-Münster | **1:54:46** | 1:54:41 |
| 34. | 7. | M40 | 1657 | Christoph Schlüter | | **1:54:55** | 1:54:44 |
| 35. | 4. | M45 | 1544 | Frank Lehnhof | TuS S Eversten | **1:55:05** | 1:54:54 |
| 36. | 5. | M45 | 1233 | Carsten Böttick | LC Nordhorn | **1:55:18** | 1:55:08 |
| 37. | 7. | M35 | 1756 | Lutz Horster | | **1:55:29** | 1:55:24 |
| 38. | 6. | M30 | 1296 | Joshua Kipp | LSF Münster | **1:55:31** | 1:55:25 |
| 39. | 1. | M60 | 1248 | Ansgar Wissing | LG Emsdetten | **1:55:36** | 1:55:32 |
| 40. | 6. | M45 | 1545 | Jörg Tombrink | TuS St. Arnold | **1:55:41** | 1:55:26 |
| 41. | 2. | M60 | 1140 | Gerrit Voortman | HAC'63 | **1:55:51** | 1:55:49 |
| 42. | 1. | M50 | 1793 | Niel Waldren | | **1:55:58** | 1:55:55 |
| 43. | 8. | M | 1173 | Yorick Smit | Kronos | **1:56:01** | 1:55:57 |
| 44. | 9. | M | 1760 | Jannik Feder | | **1:56:03** | 1:55:58 |
| 45. | 8. | M40 | 1366 | Armin Schmitz | Running Crew Münster | **1:56:28** | 1:56:23 |
| 46. | 2. | M50 | 1129 | Michael Siegbert | GW Steinbeck | **1:56:35** | 1:56:28 |
| 47. | 8. | M35 | 1539 | Matthias Fingerhut | TuS Altenberge 09 e.V. | **1:56:35** | 1:56:28 |
| 48. | 9. | M35 | 1112 | Jan Stockhorst | FC Schüttorf 09 | **1:56:38** | 1:56:34 |
| 49. | 7. | M30 | 1568 | Jonas Frankenberg | | **1:56:41** | 1:56:28 |
| 50. | 7. | M45 | 1076 | Dirk Betz | Die Teckybeckys | **1:56:41** | 1:56:36 |
| 51. | 10. | M | 1562 | Manuel Schneider | TV Georgsmarienhütte | **1:56:41** | 1:56:28 |
| 52. | 10. | M35 | 1083 | Stefan Spanel | Die Teckybeckys | **1:56:56** | 1:56:51 |
| 53. | 11. | M35 | 1680 | Pier Jaroschek | | **1:57:32** | 1:57:29 |
| 54. | 8. | M45 | 1612 | Peter Sendfeld | Warendorfer SU | **1:57:38** | 1:57:28 |
| 55. | 12. | M35 | 1287 | Martin Krüll | LSF Münster | **1:57:42** | 1:57:37 |
| 56. | 3. | M50 | 1599 | Cord Zacharias | Ultrafriesen e.V. | **1:58:08** | 1:57:21 |
| 57. | 11. | M | 1292 | Leonard Brenner | LSF Münster | **1:58:13** | 1:58:09 |
| 58. | 9. | M45 | 1145 | Erwin Kip | HAC'63 | **1:58:19** | 1:58:14 |
| 59. | 3. | M60 | 1271 | Klaus Hirle | LG Ultralauf | **1:58:30** | 1:58:14 |
| 60. | 10. | M45 | 1553 | Henrik Hüntelmann | TV Georgsmarienhütte | **1:58:34** | 1:58:06 |
| 61. | 9. | M40 | 1464 | Toni Hecker | SV Teuto Riesenbeck | **1:58:40** | 1:58:32 |
| 62. | 10. | M40 | 1132 | Jan-Bart Kip | HAC'63 | **1:58:43** | 1:58:37 |
| 63. | 4. | M60 | 1019 | Bertil Krukkert | A.S.V. Atletics | **1:58:49** | 1:58:42 |
| 64. | 13. | M35 | 1579 | Moritz Stöttner | SV Dickenberg | **1:59:02** | 1:58:52 |
| 65. | 8. | M30 | 1192 | Huub Koster | LAAC Twente | **1:59:03** | 1:58:55 |
| 66. | 11. | M40 | 1582 | Manfred Freude | TV Mettingen | **1:59:15** | 1:59:09 |
| 67. | 9. | M30 | 1564 | Jannis Steffan | TV Georgsmarienhütte | **1:59:27** | 1:59:15 |
| 68. | 14. | M35 | 1018 | Ronald Oostra | A.S.V. Atletics | **1:59:35** | 1:59:22 |
| 69. | 4. | M50 | 1272 | Heinz Taute | LG Uplengen | **1:59:51** | 1:59:44 |
| 70. | 11. | M45 | 1279 | Matthias Klocke | LiVe-Lauftreff in Versmold | **1:59:56** | 1:59:46 |
| 71. | 10. | M30 | 1232 | Jannik Feldhaus | Lauftreff SV Uffeln | **2:00:10** | 2:00:03 |
| 72. | 11. | M30 | 1654 | Tom Gertzen | | **2:00:29** | 2:00:23 |
| 73. | 12. | M | 1184 | Willem Bosch | Kronos | **2:00:34** | 2:00:30 |
| 74. | 15. | M35 | 1315 | Henrik Sandherm | Marathon Ibbenbüren e.V. | **2:00:35** | 2:00:31 |
| 75. | 12. | M45 | 1143 | Ronald van Lubek | HAC'63 | **2:01:09** | 2:01:02 |
| 76. | 12. | M30 | 1774 | Sil Spanjer | | **2:01:20** | 2:01:12 |
| 77. | 16. | M35 | 1658 | Oliver Hövel | | **2:01:27** | 2:01:21 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 78. | 13. | M45 | 1062 | Karsten Grube | Borgholzhausen | **2:01:42** | 2:01:27 |
| 79. | 13. | M | 1040 | Lars Bossink | Aloha | **2:01:58** | 2:01:54 |
| 80. | 12. | M40 | 1015 | Gijs Ratering | A.S.V. Atletics | **2:02:07** | 2:01:55 |
| 81. | 4. | M55 | 1025 | Jeroen Machielsen | A.S.V. Atletics | **2:02:13** | 2:02:07 |
| 82. | 5. | M55 | 1611 | Norbert Zumdieck | Warendorfer SU | **2:02:18** | 2:02:10 |
| 83. | 14. | M45 | 1265 | Maik Hinsen | LG Marienfeld | **2:02:26** | 2:02:08 |
| 84. | 6. | M55 | 1609 | Thomas Ehl | Warendorfer SU | **2:02:38** | 2:02:29 |
| 85. | 13. | M40 | 1677 | Thomas Kemper | | **2:02:44** | 2:02:33 |
| 86. | 5. | M60 | 1298 | Reinhard Zumdick | LSF Münster | **2:02:46** | 2:02:36 |
| 87. | 14. | M | 1828 | Magnus Schieder | | **2:02:47** | 2:02:00 |
| 88. | 17. | M35 | 1239 | Sven Fels | LG Coesfeld | **2:03:21** | 2:03:15 |
| 89. | 15. | M | 1182 | Stan Heijnen | Kronos | **2:03:23** | 2:03:20 |
| 90. | 16. | M | 1648 | Florian Britzwein | | **2:03:26** | 2:03:15 |
| 91. | 18. | M35 | 1731 | Patrick Bramlage | | **2:03:42** | 2:03:28 |
| 92. | 19. | M35 | 1392 | Julian Franke | SG Diepholz | **2:03:58** | 2:03:49 |
| 93. | 15. | M45 | 1430 | Tobias Höflich | SV Cheruskia Laggenbeck | **2:04:29** | 2:04:23 |
| 94. | 7. | M55 | 1111 | Fabrice Boessinger | FC Ottenstein Lauftreff | **2:04:47** | 2:04:22 |
| 95. | 5. | M50 | 1499 | Eckard Böde | Team Laufrausch Oldenburg | **2:05:01** | 2:04:53 |
| 96. | 6. | M60 | 1097 | Johan Lek | EAC de Sperwers | **2:05:33** | 2:05:31 |
| 97. | 13. | M30 | 1573 | Kai Schönhoff | | **2:05:34** | 2:05:20 |
| 98. | 6. | M50 | 1254 | Stefan Kisse | LG Marienfeld | **2:05:39** | 2:05:16 |
| 99. | 20. | M35 | 1559 | Marco Raddatz | TV Georgsmarienhütte | **2:05:47** | 2:05:32 |
| 100. | 7. | M60 | 1617 | Wolfgang Rohmann | Wildeshauser Geestschleicher | **2:05:52** | 2:05:47 |
| 101. | 21. | M35 | 1011 | Raymond Aman | A.S.V. Atletics | **2:05:56** | 2:05:43 |
| 102. | 22. | M35 | 1343 | Kai Ruppertz | MTV Stuttgart | **2:06:14** | 2:05:54 |
| 103. | 14. | M40 | 1534 | Jan-Benjamin Peters | TuS Altenberge 09 e.V. | **2:06:15** | 2:05:46 |
| 104. | 16. | M45 | 1337 | Stefan Neuhaus | Milers Colonia 2020 | **2:06:27** | 2:06:21 |
| 105. | 15. | M40 | 1085 | Alexander König | Disko Partizani | **2:06:37** | 2:05:41 |
| 106. | 14. | M30 | 1071 | Jochen Greiling | Canu Club Emsdetten | **2:06:37** | 2:06:26 |
| 107. | 15. | M30 | 1188 | Jonas Böggemann | L&S Osna | **2:06:46** | 2:06:25 |
| 108. | 16. | M30 | 1620 | Tobias Schnitker | | **2:07:05** | 2:06:57 |
| 109. | 23. | M35 | 1347 | Mirco Hüseman | NOHRUNNERS-TRITEAM | **2:07:06** | 2:06:50 |
| 110. | 17. | M45 | 1169 | Sebastian Trautmann | Kröner Stärke | **2:07:19** | 2:07:11 |
| 111. | 17. | M30 | 1710 | Nico Liedmeyer | | **2:07:21** | 2:07:15 |
| 112. | 16. | M40 | 1728 | Jan-Alrik Zipter | | **2:07:34** | 2:07:23 |
| 113. | 17. | M40 | 1631 | Michael Schlüter | | **2:07:36** | 2:07:22 |
| 114. | 1. | M65 | 1370 | Michael Mittelberg | SC Altenrheine | **2:07:44** | 2:07:33 |
| 115. | 8. | M60 | 1195 | Markus Sauer | LAG Saarbrücken | **2:07:53** | 2:07:33 |
| 116. | 7. | M50 | 1151 | Alwin Hockmann | Injoy Papenburg | **2:08:00** | 2:07:33 |
| 117. | 24. | M35 | 1160 | Shaun Touchie | Jede Oma zählt | **2:08:14** | 2:07:58 |
| 118. | 8. | M50 | 1010 | John Ekkel | A.S.V. Atletics | **2:08:23** | 2:08:10 |
| 119. | 18. | M45 | 1429 | Andre Pott | SV Cheruskia Laggenbeck | **2:08:48** | 2:08:42 |
| 120. | 17. | M | 1747 | Jakko Buitenhuis | | **2:08:54** | 2:08:45 |
| 121. | 9. | M50 | 1618 | Michael Dahlkamp | SuS Olfen | **2:09:03** | 2:08:56 |
| 122. | 18. | M30 | 1805 | Christoph Reeker | | **2:09:04** | 2:08:35 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 123. | 19. | M30 | 1748 | Reinder Buitenhuis | | **2:09:25** | 2:09:16 |
| 124. | 8. | M55 | 1660 | Stefan van der Wal | | **2:09:31** | 2:09:16 |
| 125. | 19. | M45 | 1831 | Joost Visschedijk | | **2:09:31** | 2:08:55 |
| 126. | 20. | M45 | 1605 | Theo Holtkamp | VfL Löningen | **2:09:32** | 2:09:23 |
| 127. | 9. | M55 | 1425 | Jürgen Schrant | SV Bokeloh | **2:09:38** | 2:09:25 |
| 128. | 21. | M45 | 1850 | Martijn Mes | | **2:09:48** | 2:09:05 |
| 129. | 18. | M | 1845 | Fabian Akkerman | | **2:09:49** | 2:09:06 |
| 130. | 10. | M50 | 1113 | Volker Enseling | FC Stella Bevergern | **2:09:53** | 2:09:40 |
| 131. | 25. | M35 | 1695 | Thomas Eilermann | Crespel & Deiters | **2:09:56** | 2:09:07 |
| 132. | 18. | M40 | 1333 | Nicolai Hofer | #TurneBisZurUrne | **2:10:03** | 2:09:49 |
| 133. | 22. | M45 | 1264 | Marcel Prante | LG Marienfeld | **2:10:10** | 2:09:53 |
| 134. | 19. | M40 | 1461 | Thomas Voet | SV Olympia Uelsen | **2:10:44** | 2:10:35 |
| 135. | 10. | M55 | 1361 | Michael Konermann | Rennschweine Greffen | **2:10:46** | 2:10:24 |
| 136. | 23. | M45 | 1260 | Thomas Dissmann | LG Marienfeld | **2:10:53** | 2:10:35 |
| 137. | 24. | M45 | 1207 | Dirk Clasberg | Ski-Club Beckum | **2:10:55** | 2:10:10 |
| 138. | 25. | M45 | 1853 | Kai Beinke | TG Ennigloh | **2:11:05** | 2:11:00 |
| 139. | 11. | M55 | 1156 | Norbert Dulle | Jede Oma zählt | **2:11:09** | 2:10:53 |
| 140. | 26. | M45 | 1261 | Stephan Graute | LG Marienfeld | **2:11:12** | 2:10:55 |
| 141. | 26. | M35 | 1666 | Stephan Wessels | | **2:11:25** | 2:10:54 |
| 142. | 20. | M40 | 1626 | Raphael Untiedt | | **2:11:33** | 2:11:18 |
| 143. | 27. | M45 | 1861 | Stefan George | | **2:11:33** | 2:10:58 |
| 144. | 19. | M | 1722 | Carl Rix | | **2:12:02** | 2:11:55 |
| 145. | 21. | M40 | 1061 | Bernd Kleffmann | Blau Weiss Oberbauerschaft | **2:12:08** | 2:12:01 |
| 146. | 20. | M | 1250 | Julian Meinert | LG Emsdetten | **2:12:12** | 2:12:07 |
| 147. | 28. | M45 | 1836 | Gerrit Heijkoop | | **2:12:15** | 2:12:08 |
| 148. | 20. | M30 | 1636 | Dominik Hagemann | | **2:12:17** | 2:11:48 |
| 149. | 21. | M | 1185 | Jacob Franssen | Kronos | **2:12:22** | 2:12:05 |
| 150. | 22. | M | 1186 | Twan Wildeboer | Kronos | **2:12:22** | 2:12:06 |
| 151. | 12. | M55 | 1117 | Michael Kordsmeyer | FC Stella Bevergern | **2:12:41** | 2:12:31 |
| 152. | 29. | M45 | 1846 | Remco Polhuis | | **2:12:49** | 2:12:01 |
| 153. | 30. | M45 | 1358 | Oliver Glatzer | Piesberg Marmots | **2:12:49** | 2:11:56 |
| 154. | 21. | M30 | 1276 | Thimo Wellenbrink | LiVe - Lauftreff in Versmold | **2:12:55** | 2:12:33 |
| 155. | 13. | M55 | 1095 | Martin Houkes | EAC de Sperwers | **2:13:01** | 2:12:58 |
| 156. | 22. | M30 | 1851 | Henning Ferneding | | **2:13:01** | 2:12:55 |
| 157. | 22. | M40 | 1715 | Karsten Haßelmann | | **2:13:10** | 2:12:43 |
| 158. | 27. | M35 | 1574 | Julian Lindemann | TV Lengerich | **2:13:10** | 2:12:43 |
| 159. | 14. | M55 | 1014 | Mark Steggink | A.S.V. Atletics | **2:13:28** | 2:13:15 |
| 160. | 9. | M60 | 1580 | Dieter Elstrodt | TV Mettingen | **2:13:42** | 2:13:20 |
| 161. | 15. | M55 | 1588 | Mario Pösse | TV Mettingen | **2:13:42** | 2:13:31 |
| 162. | 31. | M45 | 1412 | Thorsten Ide | SuS Oberaden | **2:13:50** | 2:13:34 |
| 163. | 2. | M65 | 1527 | Winand Schlattmann | TSV Raesfeld | **2:14:15** | 2:14:02 |
| 164. | 16. | M55 | 1020 | Igor ter Halle | A.S.V. Atletics | **2:14:31** | 2:14:00 |
| 165. | 11. | M50 | 1569 | Reiner Görlich | TV Hohne | **2:14:38** | 2:14:28 |
| 166. | 12. | M50 | 1166 | Michael Muhr | Kein Verein | **2:14:59** | 2:14:36 |
| 167. | 13. | M50 | 1533 | Mathias Katzer | TuS Altenberge 09 e.V. | **2:15:00** | 2:14:25 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 168. | 23. | M | 1687 | Jonathan Wensing | | **2:15:00** | 2:14:45 |
| 169. | 23. | M40 | 1623 | Christian Lachmann | | **2:15:13** | 2:14:40 |
| 170. | 24. | M40 | 1057 | Andre Menger | Beermann Team | **2:15:22** | 2:15:12 |
| 171. | 14. | M50 | 1536 | Karsten Schult | TuS Altenberge 09 e.V. | **2:15:25** | 2:14:55 |
| 172. | 32. | M45 | 1556 | Björn Lorenz | TV Georgsmarienhütte | **2:15:38** | 2:15:20 |
| 173. | 33. | M45 | 1672 | Peter Hembrock | | **2:15:51** | 2:14:55 |
| 174. | 34. | M45 | 1334 | Daniel Hoffmann | Marathon Steinfurt | **2:16:03** | 2:15:35 |
| 175. | 23. | M30 | 1480 | Jan Ahmann | SW Esch | **2:16:09** | 2:15:49 |
| 176. | 24. | M30 | 1110 | Ivo Middendorf | Every Friday Night | **2:16:25** | 2:15:31 |
| 177. | 35. | M45 | 1598 | Hammadi Demirdag | TV-Wolbeck | **2:16:29** | 2:16:18 |
| 178. | 24. | M | 1168 | Konstantin Kröner | Kröner Stärke | **2:16:51** | 2:16:28 |
| 179. | 25. | M | 1563 | Florian Laubrock | TV Georgsmarienhütte | **2:16:53** | 2:16:28 |
| 180. | 28. | M35 | 1324 | Thorsten Zeder | Marathon Steinfurt | **2:17:14** | 2:17:08 |
| 181. | 29. | M35 | 1116 | Matthias Witt | | **2:17:17** | 2:17:00 |
| 182. | 10. | M60 | 1418 | Dirk Dannowski | SuS Schalke 96 | **2:17:23** | 2:17:11 |
| 183. | 17. | M55 | 1547 | Dieter Lüttermann | TuS SW Wehe | **2:18:01** | 2:17:48 |
| 184. | 18. | M55 | 1101 | Volker Frenzel | ERDINGER Active TEAM | **2:18:16** | 2:17:58 |
| 185. | 15. | M50 | 1285 | Stefan Werner | LSF CoeBi | **2:18:16** | 2:17:53 |
| 186. | 11. | M60 | 1734 | Roman Solich | | **2:18:18** | 2:18:08 |
| 187. | 19. | M55 | 1270 | Jürgen Mattern | LG Totes Viertel | **2:18:25** | 2:18:10 |
| 188. | 20. | M55 | 1158 | Andreas Landwehr | Jede Oma zählt | **2:18:27** | 2:18:09 |
| 189. | 21. | M55 | 1373 | Holger Vormann | SC Falke Saerbeck 1924 e.V. | **2:18:29** | 2:18:03 |
| 190. | 12. | M60 | 1297 | Peter Leonard | LSF Münster | **2:18:52** | 2:18:31 |
| 191. | 16. | M50 | 1711 | Sebastian Meier | | **2:18:56** | 2:18:50 |
| 192. | 22. | M55 | 1703 | Andreas Büning | | **2:19:00** | 2:18:37 |
| 193. | 30. | M35 | 1467 | Andreas Nitsche | SV Teuto Riesenbeck | **2:19:08** | 2:18:59 |
| 194. | 31. | M35 | 1808 | Pieter Jelier | | **2:19:09** | 2:19:04 |
| 195. | 36. | M45 | 1629 | Adri Jelier | | **2:19:09** | 2:19:04 |
| 196. | 25. | M40 | 1352 | Henning Laumann | Northwood Runners e.V. | **2:19:12** | 2:18:35 |
| 197. | 26. | M40 | 1619 | Hajo de Buhr | Zahnwerk Westerstede | **2:19:13** | 2:18:28 |
| 198. | 23. | M55 | 1528 | Volker Mohrahrend | TSV Ueffeln | **2:19:15** | 2:18:55 |
| 199. | 27. | M40 | 1546 | Thorben Siebe | TuS Stemwede | **2:19:15** | 2:18:19 |
| 200. | 28. | M40 | 1393 | Thomas Temmen | St. Pro Runners | **2:19:25** | 2:18:48 |
| 201. | 32. | M35 | 1827 | Tim Lange | | **2:19:27** | 2:19:19 |
| 202. | 25. | M30 | 1537 | Felix Sommer | TuS Altenberge 09 e.V. | **2:19:31** | 2:19:05 |
| 203. | 26. | M | 1712 | Jonas Berger | | **2:19:32** | 2:19:02 |
| 204. | 33. | M35 | 1016 | Jeroen Vliermaat | A.S.V. Atletics | **2:19:38** | 2:19:24 |
| 205. | 26. | M30 | 1481 | Mario Heeke | SW Esch | **2:20:03** | 2:19:43 |
| 206. | 34. | M35 | 1487 | Tobias Mann | TEAM bps software | **2:20:14** | 2:19:50 |
| 207. | 24. | M55 | 1255 | Daniel Engbert | LG Marienfeld | **2:20:15** | 2:19:55 |
| 208. | 27. | M30 | 1740 | Melvin Heijmerikx | | **2:20:21** | 2:19:37 |
| 209. | 25. | M55 | 1503 | Volker Horn | Team Laufrausch Oldenburg | **2:20:21** | 2:20:06 |
| 210. | 35. | M35 | 1031 | Christian Thomann | agn | **2:20:23** | 2:19:29 |
| 211. | 26. | M55 | 1251 | Thomas Wille | LG Emsdetten | **2:20:24** | 2:19:49 |
| 212. | 3. | M65 | 1001 | Holger Schulze | #einfachzusammenlaufen | **2:20:31** | 2:20:00 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 213. | 37. | M45 | 1152 | Imre Miholics | Injoy Papenburg | **2:20:36** | 2:20:10 |
| 214. | 17. | M50 | 1460 | Heino Brink | SV Olympia Uelsen | **2:20:45** | 2:20:10 |
| 215. | 38. | M45 | 1256 | Michael Hermann | LG Marienfeld | **2:20:57** | 2:20:30 |
| 216. | 4. | M65 | 1283 | Hubert Fels | LSF CoeBi | **2:20:58** | 2:20:38 |
| 217. | 27. | M55 | 1758 | Bert Smid | | **2:21:08** | 2:20:37 |
| 218. | 29. | M40 | 1854 | Jan Frederik Finger | | **2:21:22** | 2:20:59 |
| 219. | 27. | M | 1350 | Eddi Diepenbrock | Northwood Runners e.V. | **2:21:29** | 2:20:52 |
| 220. | 13. | M60 | 1788 | Stefan Woltring | SVC Laggenbeck | **2:21:36** | 2:21:23 |
| 221. | 30. | M40 | 1072 | Oliver Madla | COBL | **2:21:37** | 2:21:22 |
| 222. | 18. | M50 | 1121 | Wilfried Busboom | Fortuna Logabirum | **2:21:40** | 2:20:52 |
| 223. | 28. | M55 | 1081 | Uwe Mende | Die Teckybeckys | **2:21:45** | 2:21:20 |
| 224. | 14. | M60 | 1575 | Uwe Rogge | TV Lengerich | **2:21:51** | 2:21:40 |
| 225. | 31. | M40 | 1713 | Patrick Düvell | | **2:22:11** | 2:21:11 |
| 226. | 19. | M50 | 1331 | Horst Hartmann | Marathon Steinfurt | **2:22:16** | 2:21:45 |
| 227. | 20. | M50 | 1417 | Heiner Tapken | SuS Olfen | **2:22:23** | 2:21:55 |
| 228. | 28. | M30 | 1084 | Ole Stecker-Schürmann | Die Teckybeckys | **2:22:31** | 2:21:50 |
| 229. | 21. | M50 | 1477 | Markus Nobbe | svgreven | **2:22:32** | 2:21:47 |
| 230. | 5. | M65 | 1300 | John Taylor | LSF Münster - Vegan | **2:22:35** | 2:22:07 |
| 231. | 32. | M40 | 1696 | Benjamin Stermann | Crespel & Deiters | **2:22:43** | 2:21:56 |
| 232. | 29. | M30 | 1325 | Christoph Suuck | Marathon Steinfurt | **2:22:46** | 2:22:14 |
| 233. | 29. | M55 | 1093 | Willie Heijnen | EAC de Sperwers | **2:22:51** | 2:22:39 |
| 234. | 33. | M40 | 1531 | Manuel Rautenberg | TuS Altenberge 09 | **2:22:55** | 2:22:14 |
| 235. | 28. | M | 1643 | Felix Dittmar | | **2:23:02** | 2:22:11 |
| 236. | 36. | M35 | 1608 | Julian Pott | VfL Marburg Triathlon | **2:23:02** | 2:22:10 |
| 237. | 30. | M30 | 1689 | Severin Möller | | **2:23:03** | 2:22:34 |
| 238. | 30. | M55 | 1613 | Lars Korfmacher | | **2:23:04** | 2:22:29 |
| 239. | 34. | M40 | 1198 | Ingo Hellmers | Laufcrew KoFi & dieSchweinehunde | **2:23:12** | 2:22:32 |
| 240. | 22. | M50 | 1203 | Eddi Schoonhofen | Laufcrew KoFi & dieSchweinehunde | **2:23:12** | 2:22:32 |
| 241. | 39. | M45 | 1664 | Knut Hindersmann | | **2:23:16** | 2:22:31 |
| 242. | 31. | M55 | 1055 | Gerrit Panhuis | AV Lionitas | **2:23:20** | 2:23:09 |
| 243. | 15. | M60 | 1262 | Bernhard Uckelmann | LG Marienfeld | **2:23:22** | 2:23:00 |
| 244. | 16. | M60 | 1656 | Hermann Penno | | **2:23:25** | 2:23:05 |
| 245. | 40. | M45 | 1385 | Stefan Haane | SG Borken | **2:24:02** | 2:23:44 |
| 246. | 35. | M40 | 1317 | Michael Upmann | Marathon Ibbenbüren e.V. | **2:24:05** | 2:23:56 |
| 247. | 1. | M70 | 1368 | Vicente Campos Ribas | Sa Milana | **2:24:24** | 2:24:15 |
| 248. | 32. | M55 | 1105 | Andreas Thesing | ETuS Rheine | **2:24:27** | 2:23:54 |
| 249. | 33. | M55 | 1381 | Andreas Tenhagen | Sensationelle Motivationstiere | **2:24:30** | 2:24:13 |
| 250. | 34. | M55 | 1526 | Martin Schmitz | TSV Ladbergen | **2:24:31** | 2:23:44 |
| 251. | 36. | M40 | 1053 | Jordi Nijhuis | av Iphitos | **2:24:34** | 2:23:49 |
| 252. | 35. | M55 | 1282 | Michael Wieskus | LSF CoeBi | **2:24:35** | 2:23:55 |
| 253. | 41. | M45 | 1830 | Stephan Holl | | **2:24:46** | 2:24:19 |
| 254. | 37. | M40 | 1280 | Markus Springsguth | LiVe-Lauftreff in Versmold | **2:24:46** | 2:24:24 |
| 255. | 31. | M30 | 1398 | Jonas Janz | Stadt Ibbenbüren | **2:24:47** | 2:24:05 |
| 256. | 37. | M35 | 1165 | Marvin Büchter | KCSV | **2:24:51** | 2:23:59 |
| 257. | 38. | M35 | 1744 | Philippe Büchter | | **2:24:51** | 2:23:58 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 258. | 38. | M40 | 1164 | Christopher Lehmeyer | KCSV | **2:24:51** | 2:24:00 |
| 259. | 23. | M50 | 1762 | Alexander Bauer | | **2:25:01** | 2:24:35 |
| 260. | 17. | M60 | 1627 | Joachim Wickers | | **2:25:09** | 2:25:00 |
| 261. | 24. | M50 | 1096 | Berrie Sulman | EAC de Sperwers | **2:25:13** | 2:25:10 |
| 262. | 36. | M55 | 1109 | Jürgen Mersch | ETuS Rheine | **2:25:16** | 2:24:40 |
| 263. | 39. | M35 | 1594 | Jan Trautwein | TV Mettingen | **2:25:38** | 2:25:19 |
| 264. | 40. | M35 | 1857 | Justus Döring | | **2:25:50** | 2:25:17 |
| 265. | 18. | M60 | 1700 | Klaus Mann | | **2:26:19** | 2:25:58 |
| 266. | 25. | M50 | 1380 | Markus Hanke | Schwindelfuss96 | **2:26:24** | 2:25:51 |
| 267. | 19. | M60 | 1822 | Jürgen Horst | | **2:26:30** | 2:25:58 |
| 268. | 6. | M65 | 1118 | Thomas Deiting | FC Stella Bevergern | **2:26:32** | 2:26:17 |
| 269. | 26. | M50 | 1735 | Florian Dälken | | **2:26:32** | 2:25:57 |
| 270. | 41. | M35 | 1764 | Andre Minnerup | | **2:26:41** | 2:25:56 |
| 271. | 27. | M50 | 1490 | Achim Bruder | Team Goethe | **2:26:52** | 2:26:40 |
| 272. | 28. | M50 | 1150 | Martin Bonner | Injoy Papenburg | **2:26:58** | 2:26:41 |
| 273. | 39. | M40 | 1535 | Gerrit Schlüters | TuS Altenberge 09 e.V. | **2:27:18** | 2:26:48 |
| 274. | 42. | M45 | 1786 | Stefan Lenger | | **2:27:21** | 2:26:43 |
| 275. | 20. | M60 | 1130 | Martin Sand | GW Steinbeck | **2:27:24** | 2:26:34 |
| 276. | 40. | M40 | 1755 | Piotr Wilczek | | **2:27:24** | 2:26:27 |
| 277. | 41. | M40 | 1002 | Benjamin Voss | #kommandofischfrikadelle | **2:27:27** | 2:26:41 |
| 278. | 42. | M40 | 1199 | Kai Heupel | Laufcrew KoFi & dieSchweinehunde | **2:27:32** | 2:26:47 |
| 279. | 29. | M50 | 1437 | Norbert Robbe | SV Dickenberg | **2:27:48** | 2:27:06 |
| 280. | 30. | M50 | 1346 | Christian Kaufmann | Münster | **2:27:49** | 2:27:22 |
| 281. | 42. | M35 | 1037 | Peter Clostermann | agn | **2:27:57** | 2:27:04 |
| 282. | 37. | M55 | 1247 | Dirk Terhorst | LG Emsdetten | **2:28:18** | 2:27:43 |
| 283. | 31. | M50 | 1401 | Gerold Rembert Schwarberg | Steinfeld | **2:28:22** | 2:27:44 |
| 284. | 38. | M55 | 1190 | Gert-Jan Kootstra | RST | **2:28:24** | 2:27:46 |
| 285. | 32. | M50 | 1558 | Volker Dembowsky | TV Georgsmarienhütte | **2:28:28** | 2:28:06 |
| 286. | 33. | M50 | 1092 | Hans Geuzinge | EAC de Sperwers | **2:28:29** | 2:28:17 |
| 287. | 32. | M30 | 1555 | Thorben Lauxtermann | TV Georgsmarienhütte | **2:28:39** | 2:28:18 |
| 288. | 21. | M60 | 1049 | Bas Noordkamp | av Iphitos | **2:28:42** | 2:27:57 |
| 289. | 39. | M55 | 1431 | Jan Brink | SV Cosmos Getelo | **2:28:50** | 2:28:40 |
| 290. | 33. | M30 | 1633 | Torben Hoppe | | **2:28:57** | 2:28:47 |
| 291. | 43. | M45 | 1006 | Jeroen Gerrits | A.S.V. Atletics | **2:28:59** | 2:28:27 |
| 292. | 43. | M35 | 1625 | Tobias Wagner | | **2:29:09** | 2:28:08 |
| 293. | 34. | M30 | 1787 | Kevin Plagge | | **2:29:15** | 2:28:42 |
| 294. | 34. | M50 | 1645 | Holger Tappe | | **2:29:24** | 2:28:50 |
| 295. | 40. | M55 | 1753 | Ralf Sextro | | **2:29:31** | 2:28:42 |
| 296. | 41. | M55 | 1268 | Matthias Kraft | LG Oerlinghausen | **2:29:38** | 2:29:27 |
| 297. | 42. | M55 | 1153 | Jeroen Loskamp | Iphitos | **2:29:43** | 2:29:00 |
| 298. | 35. | M50 | 1662 | Dietmar Aldejohann | | **2:29:46** | 2:29:14 |
| 299. | 22. | M60 | 1738 | Rick Bosma | | **2:29:47** | 2:29:34 |
| 300. | 35. | M30 | 1759 | Marco Lindemeier | | **2:29:50** | 2:29:35 |
| 301. | 23. | M60 | 1833 | Uwe Lukas-Nülle | | **2:29:57** | 2:29:17 |
| 302. | 44. | M35 | 1798 | Eduard Massold | | **2:30:02** | 2:29:54 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 303. | 43. | M40 | 1718 | Henning von der Werth | | **2:30:17** | 2:29:44 |
| 304. | 24. | M60 | 1259 | Yaron Engel | LG Marienfeld | **2:30:19** | 2:29:56 |
| 305. | 36. | M30 | 1400 | Nico Brockmann | Stadt Ibbenbüren | **2:30:25** | 2:29:24 |
| 306. | 25. | M60 | 1453 | Helmut Rentmeister | SV Lembeck | **2:30:31** | 2:30:12 |
| 307. | 37. | M30 | 1848 | Rogier Harmelink | | **2:30:44** | 2:30:00 |
| 308. | 44. | M45 | 1814 | Heiner Mebben | | **2:30:56** | 2:30:37 |
| 309. | 44. | M40 | 1209 | Christian Knese | Lauffreunde Emsland | **2:30:59** | 2:30:27 |
| 310. | 45. | M40 | 1630 | Armin Sternberg | | **2:31:09** | 2:30:38 |
| 311. | 26. | M60 | 1281 | Ralf Häusler | LiVe-Lauftreff in Versmold | **2:31:11** | 2:30:50 |
| 312. | 43. | M55 | 1128 | Michael Recker | Grün-Weiß Steinbeck | **2:31:16** | 2:30:25 |
| 313. | 44. | M55 | 1832 | Albert Leunge | | **2:31:18** | 2:30:46 |
| 314. | 45. | M45 | 1236 | Ingo Lindmeier | Lehen Läuft | **2:31:18** | 2:31:01 |
| 315. | 36. | M50 | 1336 | Kai Schnückler | Marathon Steinfurt Northwood Runners | **2:31:20** | 2:30:45 |
| 316. | 3. | MJ U23 | 1714 | Till Agnischock | | **2:31:32** | 2:31:17 |
| 317. | 27. | M60 | 1266 | Martin Strototte | LG Marienfeld | **2:31:33** | 2:31:10 |
| 318. | 45. | M55 | 1706 | Frank Schroven | | **2:31:37** | 2:30:53 |
| 319. | 46. | M40 | 1826 | Gennadij Harms | | **2:31:40** | 2:30:46 |
| 320. | 47. | M40 | 1194 | Dolf Trieschnigg | LAAC Twente | **2:31:58** | 2:31:09 |
| 321. | 46. | M45 | 1566 | Philipp Vogelsang | TV Georgsmarienhütte | **2:31:59** | 2:31:35 |
| 322. | 37. | M50 | 1176 | Jurgen Pallast | Kronos | **2:32:02** | 2:31:45 |
| 323. | 48. | M40 | 1433 | Michael Ratersmann | SV Dickenberg | **2:32:06** | 2:31:27 |
| 324. | 49. | M40 | 1231 | Alexander Boll | Lauftreff Ottenstein | **2:32:14** | 2:31:51 |
| 325. | 38. | M50 | 1525 | Olaf Erich | TSV Gnarrenburg | **2:32:15** | 2:31:37 |
| 326. | 50. | M40 | 1576 | Jens Sterthaus | TV Mesum | **2:32:23** | 2:31:40 |
| 327. | 39. | M50 | 1154 | Mario Bentlin | Jede Oma zählt | **2:32:23** | 2:31:40 |
| 328. | 29. | M | 1493 | Jonas Przesang | Team Goethe | **2:32:56** | 2:32:25 |
| 329. | 51. | M40 | 1263 | Thorsten Steinkröger | LG Marienfeld | **2:33:18** | 2:32:49 |
| 330. | 46. | M55 | 1374 | Ulrich Hoppe | SC Falke Saerbeck 1924 e.V. | **2:33:19** | 2:32:52 |
| 331. | 47. | M55 | 1022 | Henk Braker | A.S.V. Atletics | **2:33:29** | 2:32:58 |
| 332. | 47. | M45 | 1592 | Tobias Stillings | TV Mettingen | **2:33:42** | 2:33:24 |
| 333. | 45. | M35 | 1792 | Stephan Weber | ERDINGER Active TEAM | **2:33:43** | 2:33:26 |
| 334. | 40. | M50 | 1073 | Jochen Bien | | **2:33:48** | 2:33:11 |
| 335. | 38. | M30 | 1754 | Jannik Lübke | | **2:33:57** | 2:33:11 |
| 336. | 28. | M60 | 1455 | Andreas Fitzlaff | SV Lembeck | **2:34:47** | 2:33:59 |
| 337. | 7. | M65 | 1438 | Clemens Völkert | SV Dickenberg | **2:34:55** | 2:34:12 |
| 338. | 39. | M30 | 1694 | Christoph Bußmann | Crespel & Deiters | **2:35:04** | 2:34:15 |
| 339. | 30. | M | 1679 | Claas Benecke | | **2:35:14** | 2:34:29 |
| 340. | 48. | M45 | 1651 | Carsten Rückmann | | **2:35:16** | 2:34:18 |
| 341. | 41. | M50 | 1446 | Sven Seebergen | SV Eintracht Oldenburg | **2:35:21** | 2:34:33 |
| 342. | 48. | M55 | 1301 | Klaus Hempen | LSF Oldenburg | **2:35:35** | 2:34:47 |
| 343. | 29. | M60 | 1351 | Karl-Heinz Töns | Northwood Runners e.V. | **2:36:10** | 2:35:30 |
| 344. | 52. | M40 | 1372 | Torsten Muntau | SC Falke Saerbeck | **2:36:11** | 2:35:41 |
| 345. | 8. | M65 | 1540 | Peter Bekermann | TuS Bersenbrück | **2:36:18** | 2:35:40 |
| 346. | 53. | M40 | 1504 | Sebastien Jacobs | Team Laufrausch Oldenburg | **2:36:21** | 2:35:22 |
| 347. | 30. | M60 | 1439 | Peter Rohlmann | SV Dickenberg | **2:36:21** | 2:35:38 |

# Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 348. | 40. | M30 | 1226 | Benedikt Nesseler | | **2:36:45** | |
| 349. | 49. | M55 | 1449 | Christian Dingenotto | SV Eintracht Oldenburg | **2:36:52** | 2:36:01 |
| 350. | 50. | M55 | 1359 | Reinhard Suelmann | Piesberger SV | **2:36:56** | 2:36:35 |
| 351. | 41. | M30 | 1187 | Philipp Engelsberg | L&S Osna | **2:36:57** | 2:35:57 |
| 352. | 51. | M55 | 1043 | Frank Brechmann | ASG Teutoburger Wald e. V. | **2:37:06** | 2:36:53 |
| 353. | 49. | M45 | 1690 | Stefan Ruhr | | **2:37:11** | 2:36:38 |
| 354. | 31. | M60 | 1056 | Frank Baldrich | Ballonathonis | **2:37:22** | 2:37:04 |
| 355. | 32. | M60 | 1473 | Michael Weßling | SVA-Salzbergen | **2:37:36** | 2:37:12 |
| 356. | 50. | M45 | 1308 | Jochen Mohrig | Wienburgpark parkrun Münster | **2:37:38** | 2:36:57 |
| 357. | 51. | M45 | 1389 | Marco Ridder | SG Borken | **2:38:09** | 2:37:42 |
| 358. | 9. | M65 | 1532 | Klaus Bühn | Meerwiese | **2:38:10** | 2:37:43 |
| 359. | 42. | M50 | 1066 | Maik Mittmann | #einfachzusammenlaufen | **2:38:37** | 2:38:07 |
| 360. | 52. | M45 | 1278 | René Brinkmann | LiVe - Lauftreff in Versmold | **2:38:42** | 2:38:17 |
| 361. | 52. | M55 | 1229 | Reinhard Fohrmann | Lauftreff Lüdinghausen | **2:38:51** | 2:38:39 |
| 362. | 1. | M75 | 1089 | Hermann Lütke Schelhowe | DJK Dyckburg-Münster | **2:38:56** | 2:38:30 |
| 363. | 33. | M60 | 1784 | Anton Stoorvogel | | **2:38:58** | 2:38:10 |
| 364. | 53. | M55 | 1044 | Ben Timmer | ATC75 | **2:39:02** | 2:38:52 |
| 365. | 34. | M60 | 1349 | Thomas Diepenbrock | Northwood Runners e.V. | **2:39:27** | 2:38:45 |
| 366. | 54. | M55 | 1411 | Dirk Wittkowski | SuS Oberaden | **2:39:36** | 2:39:22 |
| 367. | 31. | M | 1717 | Johannes Franken | | **2:39:48** | 2:39:40 |
| 368. | 42. | M30 | 1601 | Tobias Jens Höhle | VfL Lingen | **2:40:09** | 2:39:56 |
| 369. | 55. | M55 | 1590 | Jürgen Schoppe | TV Mettingen | **2:40:17** | 2:39:48 |
| 370. | 46. | M35 | 1032 | Lukas Haake | agn | **2:40:22** | 2:39:27 |
| 371. | 43. | M30 | 1644 | Max Leser | | **2:40:28** | 2:39:30 |
| 372. | 10. | M65 | 1502 | Michael Hinze | Team Laufrausch Oldenburg | **2:40:50** | 2:39:52 |
| 373. | 54. | M40 | 1458 | Justin Jackson | SV Lembeck | **2:41:30** | 2:41:11 |
| 374. | 35. | M60 | 1108 | Klaus Brinkmann | ETuS Rheine | **2:41:44** | 2:41:05 |
| 375. | 43. | M50 | 1420 | Peter Wittland | SuS Stadtlohn Laufabteilung | **2:41:45** | 2:40:56 |
| 376. | 44. | M50 | 1421 | Frank Lammers-Schücker | SuS Stadtlohn Laufabteilung | **2:41:45** | 2:40:56 |
| 377. | 11. | M65 | 1414 | Georg Bünder | SuS Olfen | **2:42:02** | 2:41:50 |
| 378. | 53. | M45 | 1511 | Markus Gräwers | Team Stadtlohn | **2:42:04** | 2:41:17 |
| 379. | 47. | M35 | 1030 | Anton Antonij | | **2:42:17** | 2:41:22 |
| 380. | 45. | M50 | 1881 | Marco Slotosch | | **2:42:24** | 2:41:43 |
| 381. | 56. | M55 | 1388 | Stephan Bruns | SG Borken | **2:42:26** | 2:42:04 |
| 382. | 48. | M35 | 1157 | Jo Finster | Jede Oma zählt | **2:43:06** | 2:42:41 |
| 383. | 57. | M55 | 1149 | Dietmar Lienesch | Ibbenbüren | **2:43:23** | 2:42:51 |
| 384. | 46. | M50 | 1665 | Dirk Röttgers | | **2:43:24** | 2:42:47 |
| 385. | 58. | M55 | 1427 | Helmut Brink | SV Bokeloh | **2:43:27** | 2:42:52 |
| 386. | 36. | M60 | 1550 | Christian Glasmeier | TV Georgsmarienhütte | **2:43:53** | 2:43:31 |
| 387. | 12. | M65 | 1507 | Stephan Rakelmann | Team Laufrausch Oldenburg | **2:44:01** | 2:43:10 |
| 388. | 59. | M55 | 1378 | Manfred Heet | SC Spelle-Venhaus eV | **2:44:14** | 2:43:36 |
| 389. | 4. | MJ U23 | 1864 | Luca Röhlke | Vfl Eintracht Mettingen | **2:44:15** | 2:44:00 |
| 390. | 44. | M30 | 1543 | Moritz Peter Fritschle | TuS Klotten | **2:44:39** | 2:43:43 |
| 391. | 32. | M | 1819 | Leonhard Bürger | | **2:44:39** | 2:43:42 |
| 392. | 49. | M35 | 1772 | Thomas Schaper | | **2:44:53** | 2:44:19 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|---|
| 393. | 54. | M45 | 1215 | Jörg Köbbe | Lauffreunde Emsland e.V. | **2:44:54** | 2:44:34 |
| 394. | 47. | M50 | 1005 | Eelco Tjeersma | A.S.V. Atletics | **2:44:58** | 2:44:31 |
| 395. | 48. | M50 | 1012 | Marc Bolhaar | A.S.V. Atletics | **2:44:58** | 2:44:32 |
| 396. | 49. | M50 | 1017 | Richard Berentschot | A.S.V. Atletics | **2:45:10** | 2:44:46 |
| 397. | 60. | M55 | 1589 | Heiner Richter | TV Mettingen | **2:45:22** | 2:44:32 |
| 398. | 50. | M50 | 1551 | Markus Fels | TV Georgsmarienhütte | **2:45:27** | 2:44:31 |
| 399. | 13. | M65 | 1509 | Axel Tübben | Team Laufrausch Oldenburg | **2:45:30** | 2:44:38 |
| 400. | 2. | M75 | 1330 | Rolf Ebbing | Marathon Steinfurt | **2:45:44** | 2:45:07 |
| 401. | 14. | M65 | 1478 | Gerd Schulze-Tenberge | SV Lembeck | **2:45:47** | 2:45:01 |
| 402. | 15. | M65 | 1125 | Martin Kappelhoff | Grenzläufer | **2:45:50** | 2:45:28 |
| 403. | 61. | M55 | 1205 | Harald Faber | Laufen gegen Leiden e. V. | **2:45:53** | 2:44:51 |
| 404. | 62. | M55 | 1384 | Achim Kowalski | SG Borken | **2:46:30** | 2:46:10 |
| 405. | 55. | M45 | 1595 | Karsten Berges | TV Westfalia 07 Epe | **2:47:44** | 2:46:49 |
| 406. | 45. | M30 | 1642 | Matthis Thormählen | | **2:47:54** | 2:46:55 |
| 407. | 46. | M30 | 1641 | Dennis Thormählen | | **2:47:54** | 2:46:55 |
| 408. | 33. | M | 1708 | Lukas Laroche | | **2:48:02** | 2:47:40 |
| 409. | 51. | M50 | 1034 | Carsten Kunkemöller | agn | **2:48:25** | 2:47:27 |
| 410. | 52. | M50 | 1686 | Michael Wittag | | **2:48:54** | 2:47:58 |
| 411. | 56. | M45 | 1309 | Daniel Baumhöver | LSFSCP | **2:49:22** | 2:48:41 |
| 412. | 63. | M55 | 1060 | Gijs Elfrink | Bibulus | **2:49:41** | 2:48:56 |
| 413. | 55. | M40 | 1222 | Michael Jacobs | Lauftreff Hopsten | **2:50:07** | 2:49:20 |
| 414. | 50. | M35 | 1860 | Jan Büchter | | **2:50:10** | 2:49:12 |
| 415. | 64. | M55 | 1447 | Andreas Kornmann | SV Eintracht Oldenburg | **2:50:27** | 2:49:38 |
| 416. | 57. | M45 | 1684 | Marco Gövert | | **2:50:27** | 2:49:42 |
| 417. | 58. | M45 | 1646 | Holger Schmidt | | **2:50:47** | 2:50:06 |
| 418. | 53. | M50 | 1614 | Stephan Reiter | Werkfeuerwehr VW Emden | **2:51:01** | 2:50:34 |
| 419. | 65. | M55 | 1450 | Mike Müller | SV Germania Hauenhorst | **2:51:20** | 2:50:34 |
| 420. | 16. | M65 | 1086 | Bernd Mevenkamp | DJK Coesfeld | **2:51:21** | 2:50:48 |
| 421. | 54. | M50 | 1223 | Thorsten Knieper | Lauftreff Hopsten | **2:51:35** | 2:50:47 |
| 422. | 47. | M30 | 1804 | Robert Hader | | **2:51:42** | 2:51:09 |
| 423. | 66. | M55 | 1803 | Thomas Menge | | **2:51:43** | 2:51:10 |
| 424. | 2. | M70 | 1335 | Josef Grond | Marathon Steinfurt / Northwood Runners | **2:51:52** | 2:51:15 |
| 425. | 51. | M35 | 1163 | Christian Fenske | JVA Bielefeld-Senne | **2:51:54** | 2:51:41 |
| 426. | 52. | M35 | 1716 | Markus Barta | | **2:51:56** | 2:51:43 |
| 427. | 53. | M35 | 1791 | Christoph Van Kampen | | **2:51:59** | 2:51:03 |
| 428. | 59. | M45 | 1245 | Sven Böyng | LG Emsdetten | **2:52:18** | 2:51:36 |
| 429. | 60. | M45 | 1621 | Pawel Suliga | | **2:52:29** | 2:52:01 |
| 430. | 54. | M35 | 1237 | Sven Litzmanski | LF SFN Vechta | **2:53:19** | 2:52:54 |
| 431. | 55. | M50 | 1284 | Daniel Kleingries | LSF CoeBi | **2:54:20** | 2:53:40 |
| 432. | 56. | M50 | 1319 | Timo Ohlscher | Marathon Steinfurt | **2:54:45** | 2:54:16 |
| 433. | 17. | M65 | 1323 | Michael Bülter | Marathon Steinfurt | **2:54:45** | 2:54:08 |
| 434. | 48. | M30 | 1396 | Jan Hellweg | Stadt Ibbenbüren | **2:55:28** | 2:54:30 |
| 435. | 57. | M50 | 1148 | Karsten Hippe | Happy Hippes Running Team | **2:55:44** | 2:55:20 |
| 436. | 61. | M45 | 1345 | Torsten Brockmann | Münster | **2:56:54** | 2:56:18 |
| 437. | 67. | M55 | 1419 | Andreas Hintemann | SuS Stadtlohn | **2:57:34** | 2:56:40 |

# Ibbenbürener Klippenlauf

## Ergebnisliste MW+AK Hauptlauf

| Pl. | AK | SNR | Name | Verein | BRUTTO | NETTO |
|---|---|---|---|---|---|---|
| 438. | 55. M35 | 1655 | Patrick Fenske | | **2:58:13** | 2:58:01 |
| 439. | 37. M60 | 1500 | Franz-Josef Ferneding | Team Laufrausch Oldenburg | **2:58:26** | 2:57:33 |
| 440. | 62. M45 | 1841 | Niels Verboom | | **2:59:49** | 2:59:03 |
| 441. | 49. M30 | 1515 | Raphael Tietmeyer | TGA | **3:00:08** | 2:59:09 |
| 442. | 50. M30 | 1189 | Nils Kümper | L&S Osna | **3:00:09** | 2:59:08 |
| 443. | 18. M65 | 1088 | Klaus Nientiedt | DJK Dyckburg Münster | **3:01:28** | 3:00:29 |
| 444. | 56. M40 | 1742 | Christopher Tietz | | **3:02:29** | 3:01:26 |
| 445. | 57. M40 | 1745 | Matthias Deege | | **3:03:03** | 3:02:04 |
| 446. | 19. M65 | 1046 | Atze Artz | Atze, the running Grandpa | **3:03:20** | 3:02:30 |
| 447. | 63. M45 | 1750 | Andre Londa | | **3:03:30** | 3:02:35 |
| 448. | 68. M55 | 1704 | Uwe Scheele | | **3:04:09** | 3:03:10 |
| 449. | 58. M40 | 1769 | Jens Schoo | | **3:04:23** | 3:03:45 |
| 450. | 38. M60 | 1126 | Martin Struck | Grün-Weiß Steinbeck | **3:04:48** | 3:03:54 |
| 451. | 20. M65 | 1321 | Erich Borgmann | Marathon Steinfurt | **3:08:29** | 3:07:53 |
| 452. | 39. M60 | 1028 | Ronald Aarts | AC TION | **3:09:25** | 3:08:23 |
| 453. | 64. M45 | 1637 | Martin Deicke | | **3:09:30** | 3:08:32 |
| 454. | 56. M35 | 1196 | Thorsten Janssen | Laufcrew KoFi & dieSchweinehunde | **3:11:07** | 3:10:12 |
| 455. | 57. M35 | 1274 | Daniel Hoppe | Linguine die laufenden Pinguine | **3:11:57** | 3:11:17 |
| 456. | 58. M35 | 1766 | Pascal Hofmann | | **3:13:38** | 3:13:22 |
| 457. | 65. M45 | 1516 | Gabriel Danzer | TrailSeekers Ostbevern | **3:13:58** | 3:12:55 |
| 458. | 66. M45 | 1484 | Andreas Lorenz | Tatkraft Neuenhaus | **3:14:39** | 3:13:58 |
| 459. | 69. M55 | 1557 | Ingo Schumacher | UltraRudel | **3:14:40** | 3:13:58 |
| 460. | 59. M40 | 1683 | Matthias Stockkamp | | **3:15:22** | 3:14:21 |
| 461. | 60. M40 | 1069 | Marcel Kraatz | Bundeswehr Sanitätsbatillon Leer | **3:17:11** | 3:16:42 |
| 462. | 58. M50 | 1354 | Markus Adrian-Emkow | NoseKäng | **3:26:41** | 3:25:49 |
| 463. | 70. M55 | 1007 | Johan Kamp | A.S.V. Atletics | **3:29:04** | 3:28:49 |
| 464. | 40. M60 | 1252 | Dietmar Wilmsen | LG Marienfeld | **3:29:50** | 3:29:27 |
| 465. | 61. M40 | 1312 | Kai Schrameyer | Marathon Ibbenbüren | **DNF** | DNF |

Anzahl Teilnehmer: 654