

Ergebnisliste 10 km 13.09.03

| Platz | Vorname | Nachname | Jhg. | Verein | Klasse | AK | Brutto |
|-------|-----------|----------------|------|----------------------|--------|----|---------|
| 1 | Dirk | Strothmann | 69 | TUS Solb. Ravensberg | M30 | 1 | 31:34,1 |
| 2 | Thomas | Bruns | 78 | SV Union Meppen | M20 | 1 | 31:43,8 |
| 3 | Klaus | Eckstein | 67 | LC Nordhorn | M35 | 1 | 31:59,9 |
| 4 | Thomas | B"ckenholt | 74 | ESV Mnster | M20 | 2 | 33:05,1 |
| 5 | Joerg | Muelstegen | 79 | Team HGU | M20 | 3 | 33:51,5 |
| 6 | Thomas | Otting | 87 | Concordia Emsbren | MJB | 1 | 33:56,2 |
| 7 | J"rg | Amt | 68 | SG Bad Bentheim | M35 | 2 | 34:31,4 |
| 8 | Michael | Karsch | 57 | SC Herringhausen | M45 | 1 | 35:30,8 |
| 9 | Oliver | Kleine | 68 | | M35 | 3 | 35:40,5 |
| 10 | Hanko | van den Giezen | 67 | OLC'93 | M35 | 4 | 35:57,8 |
| 11 | Tonnie | Bruns | 58 | OLC'93 | M45 | 2 | 35:58,0 |
| 12 | Jose | Driussi | 61 | TuS Gildehaus | M40 | 1 | 36:24,8 |
| 13 | Manuel | Mahler | 80 | FSV Fchtenfeld | M20 | 4 | 36:29,1 |
| 14 | Thorsten | Kindling | 68 | LC Nordhorn | M35 | 5 | 36:50,9 |
| 15 | Georg | van Ringe | 61 | SV Hoogstede | M40 | 2 | 36:55,0 |
| 16 | Jens | Dieckmann | 64 | Waspo Nordhorn | M35 | 6 | 36:58,7 |
| 17 | Heino | Brink | 72 | Team HGU | M30 | 2 | 37:07,7 |
| 18 | Reiner | Vorrath | 67 | LTV Lippstadt | M35 | 7 | 37:16,2 |
| 19 | Jan | Holboer | 69 | SpVG Brandl.-Hestrup | M30 | 3 | 37:33,4 |
| 20 | Harry | uit het Broek | 59 | OLC'93 | M40 | 3 | 37:36,8 |
| 21 | Frans | Oonk | 58 | SISU | M45 | 3 | 37:40,7 |
| 22 | Hajo | Wppen | 70 | Olympia Uelsen | M30 | 4 | 37:57,3 |
| 23 | Peter | John | 54 | BSG Nordh. Krankenh. | M45 | 4 | 38:04,8 |
| 24 | Andreas | Vischer | 76 | | M20 | 5 | 38:05,5 |
| 25 | Oliver | Becker | 68 | | M35 | 8 | 38:09,6 |
| 26 | Jan | Everding | 78 | SV Werder Bremen | M20 | 6 | 38:21,2 |
| 27 | Werner | Blt | 65 | Team Werkst,,tten | M35 | 9 | 38:30,4 |
| 28 | Dierk | Wulf | 64 | SC Herringhausen | M35 | 10 | 38:42,1 |
| 29 | Gerrit | Jurijens | 53 | SISU | M50 | 1 | 38:44,6 |
| 30 | Antje | Strothmann | 68 | TUS Solb. Ravensberg | W35 | 1 | 38:50,2 |
| 31 | Alfred | Harmsen | 61 | BSG Nordh. Krankenh. | M40 | 4 | 38:55,8 |
| 32 | Jan | Deters | 64 | BSG Nordh. Krankenh. | M35 | 11 | 39:16,0 |
| 33 | Lennart | Henny | 83 | | M20 | 7 | 39:21,2 |
| 34 | Kai-Harry | Sander | 64 | MTV Bispingen | M35 | 12 | 39:22,4 |
| 35 | J"rg | Nieáing | 68 | Urenco Gronau | M35 | 13 | 39:35,3 |
| 36 | Jan | Oostergetelo | 69 | Laufftreff Uelsen | M30 | 5 | 39:41,4 |
| 37 | Jan | Lohuis | 64 | OLC'93 | M35 | 14 | 39:42,7 |
| 38 | Cornelia | Schwennen | 87 | Concordia Emsbren | WJB | 1 | 39:48,1 |
| 39 | Gert | Rakers | 60 | SV Veldhausen | M40 | 5 | 39:51,9 |
| 40 | Klara | Davina | 61 | | W40 | 1 | 39:52,9 |
| 41 | Harald | Grimme | 64 | Urenco Gronau | M35 | 15 | 40:01,9 |
| 42 | Timo | Reeker | 77 | Stella Bevergern | M20 | 8 | 40:06,4 |
| 43 | Jan | Brink | 70 | Team HGU | M30 | 6 | 40:09,5 |
| 44 | Alfred | Kramer | 55 | BSG Nordh. Krankenh. | M45 | 5 | 40:10,6 |
| 45 | Gerwin | Kleefmann | 63 | BSG Nordh. Krankenh. | M40 | 6 | 40:12,4 |
| 46 | Peter | Patzelt | 65 | SV-Hoogstede | M35 | 16 | 40:17,2 |
| 47 | Siegfried | Mack | 79 | POINT-Fitness-Schtt | M20 | 9 | 40:17,2 |
| 48 | Stephan | Blankmann | 76 | RaiVo Nordhorn | M20 | 10 | 40:29,0 |
| 49 | Theo | Kampherbeck | 61 | | M40 | 7 | 40:32,1 |
| 50 | Thomas | Klus | 80 | | M20 | 11 | 40:34,5 |
| 51 | Gerhard | Kotman | 56 | FC Schttorf 09 | M45 | 6 | 40:34,6 |
| 52 | Heinz | Koops | 66 | Team Werkst,,tten | M35 | 17 | 40:41,0 |
| 53 | Monique | Kropmans | 64 | LAAC Twente | W35 | 2 | 40:54,1 |
| 54 | Hermann | Wbben | 57 | SV Veldhausen 07 | M45 | 7 | 40:57,1 |

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|-----|-------------|-----------------|----|----------------------|-----|----|---------|
| 55 | Jos | Dijkhuis | 59 | OLC'93 | M40 | 8 | 40:59,9 |
| 56 | Erich | Aschenbrenner | 42 | TV Meppen | M60 | 1 | 41:01,9 |
| 57 | Heinz-Jrgen | Hes | 69 | SpVG Brandl.-Hestrup | M30 | 7 | 41:06,8 |
| 58 | Erik | van der Knaap | 64 | Team HGU | M35 | 18 | 41:08,0 |
| 59 | Jutta | Hugenberg | 72 | | W30 | 1 | 41:11,0 |
| 60 | Walter | Homes | 72 | Waspo Nordhorn | M30 | 8 | 41:23,2 |
| 61 | Michael | Feldmann | 86 | VFL Weisse Elf | MJB | 2 | 41:29,1 |
| 62 | Ulla | Hornbostel | 60 | TSV Arminia V"hrum | W40 | 2 | 41:30,7 |
| 63 | Marijn | Jonge de | 87 | AV Athletics / NL | MJB | 3 | 41:36,7 |
| 64 | Michael | Busche | 65 | LC Nordhorn | M35 | 19 | 41:39,1 |
| 65 | Dietmar | Vorloeper | 57 | Urenco Gronau | M45 | 8 | 41:42,0 |
| 66 | Jens | Sterthaus | 85 | LG Fichtenvenn Rhein | MJA | 1 | 41:48,7 |
| 67 | Manfred | Wbben | 60 | SV Veldhausen 07 | M40 | 9 | 41:55,5 |
| 68 | Bennie | Roetgerink | 52 | TUS Gildehaus | M50 | 2 | 41:56,5 |
| 69 | Karsten | Ebel | 66 | Seevetal | M35 | 20 | 41:57,0 |
| 70 | Benno | Dues | 63 | | M40 | 10 | 41:57,0 |
| 71 | Matthias | Dagen | 79 | | M20 | 12 | 42:14,6 |
| 72 | Klaus | Czymai | 59 | SC Herringhausen | M40 | 11 | 42:15,6 |
| 73 | Reinhold | Kerk | 59 | SV Veldhausen | M40 | 12 | 42:17,2 |
| 74 | Frank | Achteresch | 79 | Rot-Weiá Lage | M20 | 13 | 42:21,0 |
| 75 | Harald | Schaffrick | 67 | FC Schttorf 09 | M35 | 21 | 42:28,1 |
| 76 | Marcus | Jurgeleit | 76 | Roadrunner | M20 | 14 | 42:30,7 |
| 77 | Carsten | Kpers | 79 | Roadrunner | M20 | 15 | 42:30,9 |
| 78 | Andreas | Hanewinkel | 63 | LC Nordhorn | M40 | 13 | 42:40,0 |
| 79 | Britta | Meierkord | 71 | LC Nordhorn | W30 | 2 | 42:41,6 |
| 80 | Eckhard | Jrriens | 58 | TUS Neuenhaus | M45 | 9 | 42:49,1 |
| 81 | Bernhard | Hemker | 65 | WAS Wietmarschen | M35 | 22 | 42:49,9 |
| 82 | Karl-Heinz | Strbbe | 67 | FC Schttorf 09 | M35 | 23 | 43:00,4 |
| 83 | David | El Bovabidi | 79 | SpVgg Brandlecht | M20 | 16 | 43:03,0 |
| 84 | Hermann | Weening | 59 | AV Spurt'88 Hardenb | M40 | 14 | 43:03,0 |
| 85 | Sven | Koning | 85 | VFL Weisse Elf | MJA | 2 | 43:03,6 |
| 86 | Eckhard | Busch | 66 | | M35 | 24 | 43:06,2 |
| 87 | Arend | Brink | 66 | SCU Emlichheim | M35 | 25 | 43:07,8 |
| 88 | Holger | Reinhold | 60 | | M40 | 15 | 43:09,7 |
| 89 | Martin | Lken | 71 | | M30 | 9 | 43:13,1 |
| 90 | Bernhard | Veelders | 49 | TUS Gildehaus | M50 | 3 | 43:18,6 |
| 91 | Frank | Scholte Wassink | 75 | Telekom | M20 | 17 | 43:19,9 |
| 92 | Berthold | Nykamp | 46 | LC Nordhorn | M55 | 1 | 43:22,7 |
| 93 | Klaus | Linschmann | 61 | Gymnasium Nordhorn | M40 | 16 | 43:25,7 |
| 94 | Wolfgang | Redmann | 73 | FC Schttorf 09 | M30 | 10 | 43:29,2 |
| 95 | Gnter | Plescher | 67 | | M35 | 26 | 43:29,7 |
| 96 | Eric | Mannhoff | 69 | Baja-Sport | M30 | 11 | 43:44,9 |
| 97 | Frank | Keiser | 73 | LC Nordhorn | M30 | 12 | 43:46,4 |
| 98 | Dietmar | Brookmann | 69 | VFL Weisse Elf | M30 | 13 | 43:49,0 |
| 99 | Peter | Br"ker | 62 | SCU Emlichheim | M40 | 17 | 43:51,5 |
| 100 | Holger | Klus | 78 | SpVG Brandl.-Hestrup | M20 | 18 | 43:52,1 |
| 101 | Dieter | Hoesmann | 52 | RaiVo Nordhorn | M50 | 4 | 43:52,6 |
| 102 | Siegfried | Kalweit | 42 | TSV Victoria Mlheim | M60 | 2 | 43:54,6 |
| 103 | Friedel | Glsenkamp | 40 | Osnabrcker TB | M60 | 3 | 43:59,4 |
| 104 | Thomas | Fleischmann | 68 | Team Werkst,,tten | M35 | 27 | 44:00,4 |
| 105 | Jrgen | Egbers | 56 | SC Union Emlichheim | M45 | 10 | 44:07,4 |
| 106 | Bernd | Janning | 60 | Urenco Gronau | M40 | 18 | 44:08,1 |
| 107 | Gerold | Wilms | 72 | Run 4 Fun Nordhorn | M30 | 14 | 44:09,2 |
| 108 | Thorsten | Knief | 69 | BSG Nordh. Krankenh. | M30 | 15 | 44:10,7 |
| 109 | Dietrich | Baumann | 55 | | M45 | 11 | 44:14,0 |
| 110 | Werner | Dreher | 66 | SC Union Emlichheim | M35 | 28 | 44:19,0 |
| 111 | Heinz | V"lker | 58 | Team HGU | M45 | 12 | 44:23,3 |
| 112 | Heinrich | Engbers | 52 | FC Schttorf 09 | M50 | 5 | 44:24,0 |
| 113 | Ingrid | Bossink | 63 | OLC'93 | W40 | 3 | 44:32,8 |

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|-----|-------------|------------|----|-----------------------|-----|----|---------|
| 114 | Sarah | Wiethoff | 85 | LC Nordhorn | WJA | 1 | 44:33,5 |
| 115 | Sebastian | Rakers | 80 | VFL Weisse Elf | M20 | 19 | 44:38,5 |
| 116 | Martin | Jonge de | 56 | AV Athletics / NL | M45 | 13 | 44:39,7 |
| 117 | Volker | Riepe | 67 | Der schwere Gegner | M35 | 29 | 44:41,2 |
| 118 | Ludwig | Faber | 58 | Nino Sport | M45 | 14 | 44:45,3 |
| 119 | Ralf | Beitzel | 68 | FC Schttorf 09 | M35 | 30 | 44:51,1 |
| 120 | Michael | Bernsen | 62 | SV Vorw.,rts Nordhorn | M40 | 19 | 44:53,5 |
| 121 | Bernd | Horstmann | 42 | ENO-Gruppe | M60 | 4 | 44:56,1 |
| 122 | Stephan | Hettwer | 75 | | M20 | 20 | 44:56,4 |
| 123 | Monika | Hagels | 70 | Team Hagels | W30 | 3 | 44:58,1 |
| 124 | Patric | Marquez | 65 | Team Werkst.,tten | M35 | 31 | 44:58,1 |
| 125 | Jan | van Ringe | 56 | | M45 | 15 | 45:01,9 |
| 126 | Hermann | H"lter | 64 | SG Haftenkamp | M35 | 32 | 45:06,2 |
| 127 | Carsten | Brockhoff | 71 | SV Klausheide | M30 | 16 | 45:07,4 |
| 128 | Dietmar | Hampel | 61 | Urenco Gronau | M40 | 20 | 45:10,7 |
| 129 | Bruno | Papenhoff | 55 | SC Herford | M45 | 16 | 45:13,2 |
| 130 | J"rg | Dietz | 66 | Fachklinik Bentheim | M35 | 33 | 45:15,3 |
| 131 | Jrgen | Brgemann | 58 | SG Bad Bentheim | M45 | 17 | 45:16,3 |
| 132 | Norbert | Hosemann | 55 | Polizei Nordhorn | M45 | 18 | 45:17,0 |
| 133 | Wolfgang | Auffenberg | 67 | | M35 | 34 | 45:17,1 |
| 134 | Marie-Luise | Bleumer | 63 | BSG KSK Nordhorn | W40 | 4 | 45:17,7 |
| 135 | J"rg | Lampen | 67 | | M35 | 35 | 45:19,7 |
| 136 | Jrgen | Stockhorst | 63 | Point-Fitness Schtt | M40 | 21 | 45:21,7 |
| 137 | Gabriele | Leferink | 77 | | W20 | 1 | 45:23,9 |
| 138 | Christoph | Hugenberg | 65 | | M35 | 36 | 45:24,9 |
| 139 | Jrgen | Lehmann | 52 | SC Union Emlichheim | M50 | 6 | 45:25,4 |
| 140 | Josef | Lhrmann | 56 | | M45 | 19 | 45:27,4 |
| 141 | Bettina | Richter | 70 | LC Nordhorn | W30 | 4 | 45:27,8 |
| 142 | Dirk | Br"ker | 66 | SCU Emlichheim | M35 | 37 | 45:31,3 |
| 143 | Ralf | Holboer | 77 | SpVG Brandl.-Hestrup | M20 | 21 | 45:32,3 |
| 144 | Heinrich | Wbben | 59 | Polizei Nordhorn | M40 | 22 | 45:34,0 |
| 145 | Susanne | Sloot | 69 | LC Nordhorn | W30 | 5 | 45:37,0 |
| 146 | Jonas | Warning | 78 | Nino Sport | M20 | 22 | 45:37,2 |
| 147 | Volker | Flucht | 70 | Waspo Nordhorn | M30 | 17 | 45:40,7 |
| 148 | Klaus | Durschlag | 58 | FC Schttorf 09 | M45 | 20 | 45:43,8 |
| 149 | Peter | Neugebauer | 46 | Eintracht Nordhorn | M55 | 2 | 45:44,6 |
| 150 | Ansgar | Wocken | 66 | SV Eintracht Tisch. | M35 | 38 | 45:50,7 |
| 151 | Hermann | Holtfester | 58 | BGSI Bad Bentheim | M45 | 21 | 45:52,7 |
| 152 | Edith | Thys | 82 | SG Haftenkamp | W20 | 2 | 45:56,4 |
| 153 | Werner | Landwehr | 70 | Roadrunner | M30 | 18 | 45:57,2 |
| 154 | Bj"rn | Strathmann | 72 | | M30 | 19 | 45:59,7 |
| 155 | Andreas | Feldmann | 60 | Team Kreisverwaltung | M40 | 23 | 46:01,6 |
| 156 | Frank | Beernink | 72 | | M30 | 20 | 46:02,5 |
| 157 | Joachim | Ziencyk | 66 | FH Lippe | M35 | 39 | 46:07,8 |
| 158 | Marc | Jansen | 70 | LC Nordhorn | M30 | 21 | 46:09,3 |
| 159 | Michael | Mechtel | 59 | BSG Nordh. Krankenh. | M40 | 24 | 46:10,0 |
| 160 | Johannes | Beerlink | 80 | SpVgg Brandlecht | M20 | 23 | 46:10,7 |
| 161 | Gerold | Wiegerink | 61 | Lauffreff Uelsen | M40 | 25 | 46:11,3 |
| 162 | Gebhard | van Wieren | 63 | Lauffreff Uelsen | M40 | 26 | 46:14,6 |
| 163 | Detlef | Naussen | 66 | Run 4 Fun Nordhorn | M35 | 40 | 46:15,8 |
| 164 | Werner | Hagels | 63 | Team Hagels | M40 | 27 | 46:18,1 |
| 165 | Hartmut | Aasman | 65 | BSG Nordh. Krankenh. | M35 | 41 | 46:18,6 |
| 166 | Theodor | Hagels | 60 | Team Hagels | M40 | 28 | 46:20,1 |
| 167 | Christoph | Klus | 83 | SpVG Brandl.-Hestrup | M20 | 24 | 46:23,6 |
| 168 | Gerhard | B"ttick | 64 | | M35 | 42 | 46:26,7 |
| 169 | | Kleinat | 79 | | M20 | 25 | 46:27,8 |
| 170 | Horst | Vorbrock | 54 | | M45 | 22 | 46:28,9 |
| 171 | Guido | Kerkdyk | 77 | WAS Wietmarschen | M20 | 26 | 46:30,4 |
| 172 | Bernhard | Alsmeier | 59 | BSG Nordh. Krankenh. | M40 | 29 | 46:30,5 |

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|-----|-------------|-----------------|----|-----------------------|-----|----|---------|
| 173 | Timo | Akerstoff | 83 | Theaterwerkstatt NOH | M20 | 27 | 46:35,7 |
| 174 | J. | Hammingh | 38 | ATC 75 Haren | M65 | 1 | 46:36,0 |
| 175 | Geert | Broenink | 51 | RaiVo Nordhorn | M50 | 7 | 46:38,0 |
| 176 | Gnter | Beckhuis | 63 | Laufftreff Uelsen | M40 | 30 | 46:39,3 |
| 177 | Frank | Somberg | 75 | Roadrunner | M20 | 28 | 46:40,6 |
| 178 | Hans | Rickhoff | 48 | SV Wietmarschen | M55 | 3 | 46:41,3 |
| 179 | Heinz-Gnter | Schlter | 55 | RaiVo Nordhorn | M45 | 23 | 46:41,7 |
| 180 | Frank | Joehrendt | 66 | Deutsche Bank BSV HH | M35 | 43 | 46:42,8 |
| 181 | Andreas | Herbers | 61 | Nino Sport | M40 | 31 | 46:44,5 |
| 182 | Udo | Zeisberg | 49 | | M50 | 8 | 46:50,5 |
| 183 | Daniel | Albes | 67 | | M35 | 44 | 46:54,6 |
| 184 | Kai | Lichtendonk | 87 | | MJB | 4 | 46:55,0 |
| 185 | Heico | Stegink | 70 | Der schwere Gegner | M30 | 22 | 46:56,0 |
| 186 | Detlev | Rger | 53 | | M50 | 9 | 46:59,1 |
| 187 | Wolfgang | Cebulla | 52 | LCN Lauftr. Tillenb. | M50 | 10 | 47:03,3 |
| 188 | Andre | Httenhuis | 74 | Karateverein Nordh. | M20 | 29 | 47:06,0 |
| 189 | Helmut | Heils | 51 | Polizei Nordhorn | M50 | 11 | 47:07,9 |
| 190 | Hartmut | Scholte-Wassink | 73 | RWG | M30 | 23 | 47:08,2 |
| 191 | Gerhard | Kalter | 57 | | M45 | 24 | 47:10,6 |
| 192 | Martin | Httenhuis | 68 | Karateverein Nordh. | M35 | 45 | 47:14,0 |
| 193 | Jochen | Zweers | 68 | | M35 | 46 | 47:15,9 |
| 194 | Ulrike | Elsbernd | 74 | Urenco Gronau | W20 | 3 | 47:16,7 |
| 195 | Jochen | Wessels | 66 | | M35 | 47 | 47:18,3 |
| 196 | Arno | Vos | 57 | SV Vorw.,rts Nordhorn | M45 | 25 | 47:18,6 |
| 197 | Johannes | Ketteler | 56 | FC Schttorf 09 | M45 | 26 | 47:19,3 |
| 198 | Ludger | Pels | 57 | TV Nordhorn | M45 | 27 | 47:20,7 |
| 199 | Heinrich | Niemeyer | 37 | LC Nordhorn | M65 | 2 | 47:27,5 |
| 200 | Frank | Veltmaat | 67 | BSG Nordh. Krankenh. | M35 | 48 | 47:31,2 |
| 201 | Jan | Stockhorst | 88 | Point-Fitness Schtt | MJB | 5 | 47:38,5 |
| 202 | Frank | Mers | 66 | SV Hesepe | M35 | 49 | 47:41,1 |
| 203 | Harald | Schrader | 66 | Polizei Nordhorn | M35 | 50 | 47:50,6 |
| 204 | Hansi | Sparka | 66 | Urenco Gronau | M35 | 51 | 47:52,5 |
| 205 | Reiner | Hsemann | 63 | SC Herringhausen | M40 | 32 | 47:52,9 |
| 206 | Dieter | Pundt | 57 | SC Herringhausen | M45 | 28 | 47:53,0 |
| 207 | Uwe | Niehaus | 83 | SpVG Brandl.-Hestrup | M20 | 30 | 47:53,9 |
| 208 | Manfred | Viol | 55 | | M45 | 29 | 48:00,4 |
| 209 | Jens | Lbben | 73 | Team Kreisverwaltung | M30 | 24 | 48:04,7 |
| 210 | Dieter | Tien | 57 | | M45 | 30 | 48:06,8 |
| 211 | Mario | Gehrke | 78 | Polizei Nordhorn | M20 | 31 | 48:14,9 |
| 212 | Andreas | Jebramzik | 69 | | M30 | 25 | 48:16,9 |
| 213 | Heiko | Schtmaat | 67 | | M35 | 52 | 48:21,8 |
| 214 | Torsten | Rieger | 67 | | M35 | 53 | 48:23,9 |
| 215 | Jan | Busch | 48 | SV Holtland | M55 | 4 | 48:25,1 |
| 216 | Horst | Hilmer | 58 | Waspo Nordhorn | M45 | 31 | 48:25,4 |
| 217 | Marten | Geisen | 92 | GLS Nordhorn | MJB | 6 | 48:27,3 |
| 218 | Gerhard | Dreher | 55 | SC Union Emlichheim | M45 | 32 | 48:36,3 |
| 219 | Markus | Werner | 81 | RaiVo Nordhorn | M20 | 32 | 48:38,9 |
| 220 | Catharina | Ziethen | 82 | UNI Osnabrck | W20 | 4 | 48:39,3 |
| 221 | Carsten | Hennekes | 90 | VFL Weisse Elf | MJB | 7 | 48:40,2 |
| 222 | Holger | Brockmann | 65 | | M35 | 54 | 48:44,9 |
| 223 | Anke | Hauser | 73 | | W30 | 6 | 48:53,9 |
| 224 | Achim | Hauser | 63 | | M40 | 33 | 48:54,6 |
| 225 | Michael | Evers | 67 | | M35 | 55 | 48:55,4 |
| 226 | Roland | Meinders | 61 | | M40 | 34 | 48:56,7 |
| 227 | Heidi | Jrriens | 62 | | W40 | 5 | 49:00,2 |
| 228 | Christian | Deymann | 77 | | M20 | 33 | 49:00,3 |
| 229 | Franz-Gnter | Fleege | 51 | TUS Gildehaus | M50 | 12 | 49:00,9 |
| 230 | Gerald | Voet | 59 | BSG Stadt Nordhorn | M40 | 35 | 49:02,4 |
| 231 | Thorsten | Franzke | 74 | FC Schttorf 09 | M20 | 34 | 49:02,8 |

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| 232 | Rainer | Loepke | 55 | LC Nordhorn | M45 | 33 | 49:04,3 |
| 233 | Steffi | Hsken | 82 | Fachklinik Bentheim | W20 | 5 | 49:06,4 |
| 234 | David | Wiethoff | 80 | | M20 | 35 | 49:10,2 |
| 235 | Jantine | Vennegerts | 71 | SC Union Emlichheim | W30 | 7 | 49:11,4 |
| 236 | Maike | Geesen | 78 | LC Nordhorn | W20 | 6 | 49:15,4 |
| 237 | Anne | Ude | 50 | SG Bramsche | W50 | 1 | 49:16,3 |
| 238 | Klaus | Hennekes | 60 | VFL Weisse Elf | M40 | 36 | 49:18,2 |
| 239 | Heurik | Nyhuis | 82 | TC RW Neuenhaus | M20 | 36 | 49:32,0 |
| 240 | Johannes | Feldmann | 78 | | M20 | 37 | 49:32,8 |
| 241 | Martin | Grzelkowski | 64 | | M35 | 56 | 49:34,3 |
| 242 | J"rn | Harink | 76 | Fachklinik Bentheim | M20 | 38 | 49:40,6 |
| 243 | Horst | Tabbert | 37 | TUS Gildehaus | M65 | 3 | 49:43,0 |
| 244 | Elke | Grzelkowski | 65 | | W35 | 3 | 49:47,4 |
| 245 | Hans | Reiter | 57 | Team Kreisverwaltung | M45 | 34 | 49:47,8 |
| 246 | Johann | V"lkers | 62 | Point-Fitness Schtt | M40 | 37 | 49:49,4 |
| 247 | Werner | Beck | 41 | LG Fichtenvenn Rhein | M60 | 5 | 49:51,2 |
| 248 | Martin | Graw | 64 | Tri-Sport Schwerin | M35 | 57 | 49:53,6 |
| 249 | Siegmund | Schievink | 57 | Team Kreisverwaltung | M45 | 35 | 49:55,5 |
| 250 | Ina | Schwarz | 69 | Deutsche Bank BSV HH | W30 | 8 | 49:55,9 |
| 251 | Berthold | Vorloeper | 52 | Flotte Socke Metelen | M50 | 13 | 49:56,2 |
| 252 | Udo | Kribber | 55 | BSG KSK Nordhorn | M45 | 36 | 50:00,1 |
| 253 | Claus | Kutzleb | 67 | | M35 | 58 | 50:02,7 |
| 254 | Gnter | Fr"scher | 59 | | M40 | 38 | 50:02,8 |
| 255 | D"rte | Reinhold-Hollmann | 59 | Montessori-Initiat. | W40 | 6 | 50:03,5 |
| 256 | Alfred | Franzke | 52 | FC Schttorf 09 | M50 | 14 | 50:03,7 |
| 257 | Siegfried | Volkers | 61 | Team Werkst,,tten | M40 | 39 | 50:05,4 |
| 258 | Guido | Gravemann | 73 | | M30 | 26 | 50:09,3 |
| 259 | J"rg | Westenberg | 61 | Nino Sport | M40 | 40 | 50:13,6 |
| 260 | Zeki | Dikmen | 58 | | M45 | 37 | 50:20,2 |
| 261 | Michael | Lammers | 59 | GLS Nordhorn | M40 | 41 | 50:23,9 |
| 262 | Rdiger | Austel | 66 | Team Kreisverwaltung | M35 | 59 | 50:27,3 |
| 263 | Hildegard | Redmann | 50 | Fachklinik Bentheim | W50 | 2 | 50:29,7 |
| 264 | Christoph | Exeler | 74 | | M20 | 39 | 50:40,2 |
| 265 | Berend | Elbert | 53 | | M50 | 15 | 50:43,0 |
| 266 | Jens | Maschmeyer | 81 | VFL Weisse Elf | M20 | 40 | 50:44,6 |
| 267 | Heino | Kortmann | 63 | Point-Fitness Schtt | M40 | 42 | 50:44,8 |
| 268 | Jan | Weerd | 64 | Lauftreff Uelsen | M35 | 60 | 50:47,5 |
| 269 | Bodo | Horstmeier | 65 | FC Schttorf 09 | M35 | 61 | 50:51,5 |
| 270 | Kirsten | Dselder | 67 | | W35 | 4 | 51:14,9 |
| 271 | Klaus-Dieter | Nyhuis | 61 | | M40 | 43 | 51:16,7 |
| 272 | Frank | Averwald | 68 | Techniker Krankenk. | M35 | 62 | 51:18,0 |
| 273 | Burkhard | Richterink | 58 | | M45 | 38 | 51:18,3 |
| 274 | Ditmar | Feldmann | 59 | | M40 | 44 | 51:23,6 |
| 275 | Ansgar | Geisen | 86 | GLS Nordhorn | MJB | 8 | 51:31,1 |
| 276 | Ralf | Sagasser | 64 | RaiVo Nordhorn | M35 | 63 | 51:31,9 |
| 277 | Johann | Streng | 59 | RaiVo Nordhorn | M40 | 45 | 51:32,2 |
| 278 | Wolfgang | Spring | 57 | TuS Gildehaus | M45 | 39 | 51:33,6 |
| 279 | J"rn | Zygmanowski | 79 | | M20 | 41 | 51:35,9 |
| 280 | Ingo | Kasten | 75 | Roadrunner | M20 | 42 | 51:42,9 |
| 281 | Ralf | Schulte | 61 | POINT-Fitness Schtt | M40 | 46 | 51:46,4 |
| 282 | Tim | Sch"nfeld | 76 | Fachklinik Bentheim | M20 | 43 | 51:50,0 |
| 283 | Karl-Heinz | Weiden | 56 | Lauftreff Uelsen | M45 | 40 | 51:51,1 |
| 284 | Catrin | de Groot | 75 | Team Kreisverwaltung | W20 | 7 | 51:52,4 |
| 285 | Holger | Hoffmann | 67 | VFL Weisse Elf | M35 | 64 | 51:52,7 |
| 286 | Ingo | Raduschewski | 60 | | M40 | 47 | 51:56,8 |
| 287 | Herbert | Geisen | 55 | GLS Nordhorn | M45 | 41 | 51:58,7 |
| 288 | Rdiger | Barth | 57 | SV Neugnadenfeld | M45 | 42 | 52:00,7 |
| 289 | John-Frieda | VarVeen | 63 | BSG Nordh. Krankenh. | W40 | 7 | 52:02,1 |
| 290 | Andrea | Seuffert | 60 | SG Haftenkamp | W40 | 8 | 52:11,5 |

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| 291 | Hermann | Hofhus | 64 | | M35 | 65 | 52:12,1 |
| 292 | Andreas | Norder | 67 | | M35 | 66 | 52:13,3 |
| 293 | Silke | Hotze | 73 | | W30 | 9 | 52:14,6 |
| 294 | Iris | Busmann | 75 | | W20 | 8 | 52:17,1 |
| 295 | Michael | Schwickert | 56 | GLS Nordhorn | M45 | 43 | 52:23,3 |
| 296 | J"rg | Gommer | 69 | Laufftreff Uelsen | M30 | 27 | 52:25,2 |
| 297 | Bernd | Idelmann | 56 | Fachklinik Bentheim | M45 | 44 | 52:26,7 |
| 298 | Sabine | Einhaus | 66 | Fachklinik Bentheim | W35 | 5 | 52:27,1 |
| 299 | Katja | Glombitza | 81 | | W20 | 9 | 52:30,2 |
| 300 | Christoph | Schoen | 70 | | M30 | 28 | 52:36,3 |
| 301 | Gerald | Wolf | 63 | LC Nordhorn | M40 | 48 | 52:42,0 |
| 302 | Anke | Deters | 70 | BSG Nordh. Krankenh. | W30 | 10 | 52:42,9 |
| 303 | Silvia | Schaffer | 68 | LC Nordhorn | W35 | 6 | 52:45,5 |
| 304 | Joachim | Fr"scher | 55 | | M45 | 45 | 52:47,0 |
| 305 | Tina | Schievink | 77 | | W20 | 10 | 52:52,0 |
| 306 | Friedrich | Meese | 37 | BW Bookholt | M65 | 4 | 52:55,6 |
| 307 | J"rg | Essink | 72 | | M30 | 29 | 52:59,7 |
| 308 | Hubert | Wiethoff | 51 | Sparta Nordhorn | M50 | 16 | 53:00,6 |
| 309 | Frank | Bentz | 65 | | M35 | 67 | 53:06,2 |
| 310 | Reinhard | Wismer | 54 | | M45 | 46 | 53:06,5 |
| 311 | Holger | Stuckwisch | 63 | Berlin | M40 | 49 | 53:08,0 |
| 312 | Thomas | Bleckwehl | 69 | Die Springsteens | M30 | 30 | 53:12,2 |
| 313 | Vaskon | Palka | 89 | Theaterwerkstatt NOH | MJB | 9 | 53:23,4 |
| 314 | Rudolf | Bremer | 42 | SV Vorw.,rts Nordhorn | M60 | 6 | 53:32,4 |
| 315 | Daniel | Holthuis | 82 | WAS Wietmarschen | M20 | 44 | 53:33,4 |
| 316 | Wilfried | Scholten | 50 | GLS Nordhorn | M50 | 17 | 53:33,9 |
| 317 | Vesna | Wieking | 78 | ENO-Gruppe | W20 | 11 | 53:36,3 |
| 318 | Christopher | Bach | 78 | | M20 | 45 | 53:37,2 |
| 319 | Anja | Blekker | 79 | | W20 | 12 | 53:38,1 |
| 320 | Jens | Maschke | 78 | RaiVo Nordhorn | M20 | 46 | 53:40,3 |
| 321 | Felix | Szymkowiak | 81 | Fit and Joy | M20 | 47 | 53:42,8 |
| 322 | Albert | Veldmann | 54 | | M45 | 47 | 53:45,4 |
| 323 | Michael | Schnieders | 74 | | M20 | 48 | 53:46,4 |
| 324 | Stefan | Temme | 81 | SpVG Brandl.-Hestrup | M20 | 49 | 53:52,6 |
| 325 | Karin | Eilering | 62 | FC Schttorf 09 | W40 | 9 | 54:02,9 |
| 326 | Doris | Ketteler | 63 | FC Schttorf 09 | W40 | 10 | 54:03,5 |
| 327 | Gertrud | Rosenski | 41 | TUS Gildehaus | W60 | 1 | 54:03,7 |
| 328 | Lothar | Rosenski | 39 | TUS Gildehaus | M60 | 7 | 54:04,3 |
| 329 | Jan | Koops | 59 | WAS Wietmarschen | M40 | 50 | 54:11,5 |
| 330 | Carsten | Pitzer | 69 | | M30 | 31 | 54:12,4 |
| 331 | Heiner | Feldmann | 72 | | M30 | 32 | 54:12,9 |
| 332 | Petra | Lbbers | 68 | ENO-Gruppe | W35 | 7 | 54:16,5 |
| 333 | Dietmar | Eisenhardt | 57 | | M45 | 48 | 54:18,2 |
| 334 | Dieter | Huth | 65 | | M35 | 68 | 54:18,7 |
| 335 | Gerlinde | Warnecke | 65 | Team Hagels | W35 | 8 | 54:22,9 |
| 336 | Anna | Buchwald | 47 | TV Friesen Telgte | W55 | 1 | 54:27,0 |
| 337 | Anneliese | Gortmann | 58 | Laufftreff Uelsen | W45 | 1 | 54:28,2 |
| 338 | Oliver | Back | 91 | | MJB | 10 | 54:31,1 |
| 339 | Holger | Auerbach | 64 | SV Hesepe | M35 | 69 | 54:31,4 |
| 340 | Rolf | Unkenholz | 65 | | M35 | 70 | 54:35,0 |
| 341 | Daniela | Haase | 67 | | W35 | 9 | 54:36,2 |
| 342 | Nicole | Harland | 82 | RaiVo Nordhorn | W20 | 13 | 54:37,2 |
| 343 | Astrid | Birth | 70 | Point-Fitness Schtt | W30 | 11 | 54:38,0 |
| 344 | Gnther | Warrink | 70 | Theaterwerkstatt NOH | M30 | 33 | 54:41,1 |
| 345 | Hanna | Reurick | 64 | Laufftreff Uelsen | W35 | 10 | 54:49,0 |
| 346 | Sigrid | Herms | 61 | BSG Nordh. Krankenh. | W40 | 11 | 54:58,2 |
| 347 | Andre | Ekkel | 69 | | M30 | 34 | 55:07,4 |
| 348 | Nicole | Pinke | 71 | | W30 | 12 | 55:13,6 |
| 349 | Dr. Rainer | Henrichs | 51 | BSG Nordh. Krankenh. | M50 | 18 | 55:15,6 |

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| 350 | Jrgen | Lambers | 61 | | M40 | 51 | 55:23,1 |
| 351 | Kirstin | Geisen | 89 | GLS Nordhorn | WJB | 2 | 55:24,6 |
| 352 | Manfred | Langhammer | 37 | TuS Gildehaus | M65 | 5 | 55:37,3 |
| 353 | Inga | Ltkes | 69 | BSG Nordh. Krankenh. | W30 | 13 | 55:38,9 |
| 354 | Michael | Ltkes | 64 | BSG Nordh. Krankenh. | M35 | 71 | 55:39,2 |
| 355 | Hanno | Eersink | 74 | RaiVo Nordhorn | M20 | 50 | 55:39,4 |
| 356 | Thomas | Kolde | 61 | Der schwere Gegner | M40 | 52 | 55:46,0 |
| 357 | Mirco | Meinderink | 76 | Rot-Weiá Lage | M20 | 51 | 55:52,0 |
| 358 | Jutta | Austel | 68 | Team Kreisverwaltung | W35 | 11 | 56:02,0 |
| 359 | Francois | Lanners | 57 | TSV Worpswede | M45 | 49 | 56:06,0 |
| 360 | Frank | Preuá | 70 | SV Hesepe | M30 | 35 | 56:07,3 |
| 361 | Wolfgang | Sch"nfeld | 50 | RaiVo Nordhorn | M50 | 19 | 56:12,2 |
| 362 | Hannelore | Fr"scher | 57 | | W45 | 2 | 56:21,1 |
| 363 | Werner | Schubert | 45 | GLS Nordhorn | M55 | 5 | 56:23,8 |
| 364 | Christopher | Wrobel | 83 | WAS Wietmarschen | M20 | 52 | 56:29,9 |
| 365 | Dorothea | Hormann | 53 | GLS Nordhorn | W50 | 3 | 56:33,3 |
| 366 | Herbert | Hans | 67 | WAS Wietmarschen | M35 | 72 | 56:38,8 |
| 367 | Anke | Stegemerten-Wilhelm | 71 | | W30 | 14 | 56:44,1 |
| 368 | Daniela | ter Horst | 72 | | W30 | 15 | 56:44,2 |
| 369 | Maike | Stemberg | 78 | Roadrunner | W20 | 14 | 56:45,2 |
| 370 | Lydia | Hans | 68 | BSG Nordh. Krankenh. | W35 | 12 | 57:03,5 |
| 371 | Birgit | Ennen | 72 | Run 4 Fun Nordhorn | W30 | 16 | 57:03,7 |
| 372 | Heiner | Ennen | 72 | SV Vorw.,rts Nordhorn | M30 | 36 | 57:03,9 |
| 373 | Gerd-Holger | Kolde | 71 | Team Kreisverwaltung | M30 | 37 | 57:05,4 |
| 374 | Hans | Maas | 52 | Team Kreisverwaltung | M50 | 20 | 57:13,2 |
| 375 | Klaus-Dieter | Sanning | 63 | Nino Sport | M40 | 53 | 57:15,7 |
| 376 | Hartmut | Brinkmann | 67 | WAS Wietmarschen | M35 | 73 | 57:16,7 |
| 377 | Sven | Euskirchen | 67 | BGSI Bad Bentheim | M35 | 74 | 57:21,4 |
| 378 | Martin | Pape | 70 | Theaterwerkstatt NOH | M30 | 38 | 57:31,5 |
| 379 | Jutta | Konjer-Belt | 62 | BSG Nordh. Krankenh. | W40 | 12 | 57:35,3 |
| 380 | Christa | Brink-Albers | 60 | RaiVo Nordhorn | W40 | 13 | 57:38,8 |
| 381 | Britta | Nykamp | 74 | | W20 | 15 | 57:49,8 |
| 382 | Richard | Duhn | 59 | | M40 | 54 | 57:50,5 |
| 383 | Marion | Witteveen | 63 | | W40 | 14 | 57:50,7 |
| 384 | Rainer | Herms | 60 | Kreisverwaltung | M40 | 55 | 58:02,7 |
| 385 | Angelika | Vorbrock | 55 | | W45 | 3 | 58:09,1 |
| 386 | Harald | Steveker | 60 | RaiVo Nordhorn | M40 | 56 | 58:12,9 |
| 387 | Andreas | Duscha | 62 | | M40 | 57 | 58:20,3 |
| 388 | Rita | L"gers da Silva | 67 | TV Nordhorn | W35 | 13 | 58:25,9 |
| 389 | Ilona | Kotmann | 72 | ENO-Gruppe | W30 | 17 | 58:36,6 |
| 390 | Bianca | Hagels | 73 | Team Hagels | W30 | 18 | 58:40,3 |
| 391 | Wolfgang | Sanning | 56 | Nino Sport | M45 | 50 | 58:48,9 |
| 392 | Ewald | Moddemann | 64 | FaBi Nordhorn | M35 | 75 | 58:52,2 |
| 393 | Jan | Jonker | 71 | WAS Wietmarschen | M30 | 39 | 58:54,0 |
| 394 | Gaby | Mechtel | 59 | | W40 | 15 | 58:54,3 |
| 395 | Traute | Schareina | 52 | BSG Nordh. Krankenh. | W50 | 4 | 59:09,8 |
| 396 | Ralf | Witte | 59 | Nino Sport | M40 | 58 | 59:12,0 |
| 397 | Horst | Gross | 51 | Theaterwerkstatt NOH | M50 | 21 | 59:16,0 |
| 398 | Ulrich | Elsen | 59 | BV Quakenbrck | M40 | 59 | 59:17,0 |
| 399 | Fenna | Gosen-Voet | 62 | | W40 | 16 | 59:17,2 |
| 400 | Gudrun | Klinge-Lambers | 67 | | W35 | 14 | 59:19,3 |
| 401 | Kristin | Duwenbeck | 78 | Nino Sport | W20 | 16 | 59:26,5 |
| 402 | Elsa | Duwenbeck | 53 | Nino Sport | W50 | 5 | 59:26,8 |
| 403 | Sabine | Reinelt | 70 | Die Springsteens | W30 | 19 | 59:30,8 |
| 404 | Anne | Heskamp | 77 | WAS Wietmarschen | W20 | 17 | 59:34,2 |
| 405 | Hans | Mayr | 30 | LC Nordhorn | M70 | 1 | 59:48,4 |
| 406 | Gerhard | Keiser | 46 | Polizei Nordhorn | M55 | 6 | 1:00:35,0 |
| 407 | Astrid | Bruins | 72 | | W30 | 20 | 1:00:47,0 |
| 408 | Andrea | Back | 66 | | W35 | 15 | 1:00:47,6 |

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| 409 | Elke | Kuepers | 58 | BSG Nordh. Krankenh. | W45 | 4 | 1:00:52,3 |
| 410 | Petra | Ziegemeyer | 62 | RaiVo Nordhorn | W40 | 17 | 1:01:09,9 |
| 411 | Elfriede | Geesen | 75 | | W20 | 18 | 1:01:14,6 |
| 412 | J"rg | Eberhard | 71 | WAS Wietmarschen | M30 | 40 | 1:01:27,2 |
| 413 | Aloysius | Tjahjadi | 47 | BSG Nordh. Krankenh. | M55 | 7 | 1:02:53,5 |
| 414 | Friedegunde | Schler | 56 | Fachklinik Bentheim | W45 | 5 | 1:03:14,8 |
| 415 | Ellen | Geisen | 58 | GLS Nordhorn | W45 | 6 | 1:03:35,4 |
| 416 | Brigitte | Wissing | 69 | | W30 | 21 | 1:05:22,5 |
| 417 | Karen | Timmer | 70 | | W30 | 22 | 1:05:22,6 |
| 418 | Claudia | Lindschulte | 64 | BSG Nordh. Krankenh. | W35 | 16 | 1:08:03,3 |
| 419 | Anita | Heinen | 74 | Team Kreisverwaltung | W20 | 19 | 1:08:23,7 |
| 420 | Lars | Lescher | 74 | | M20 | 53 | 1:08:40,7 |
| 421 | Ulf | Schmidt | 56 | | M45 | 51 | 1:11:38,7 |