

Sudbracklauf 2018

Ergebnisliste AK

| Platz | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|----------------------|----------|----------------------|--------|-----|--------|------------|
| NW Lauf Gehts Lauf | | | | | | |
| weibliche Jugend U18 | | | | | | |
| 1. | 85 | Sophia Kersting | 2002 | W | | 1:17:16,00 |
| 2. | 72 | Aileen Honermeier | 2001 | W | | 1:20:47,70 |
| weibliche Jugend U20 | | | | | | |
| 1. | 54 | Chiara Finke | 2000 | W | | 1:07:36,70 |
| weibliche Jugend U23 | | | | | | |
| 1. | 66 | Larissa Thenhausen | 1997 | W | | 1:18:06,20 |
| Frauen | | | | | | |
| 1. | 116 | Lisa Honisch | 1995 | W | | 1:00:50,80 |
| 2. | 154 | Kristina Konschuh | 1991 | W | | 1:05:41,60 |
| 3. | 14 | Lena Vanessa Niewald | 1993 | W | | 1:08:30,60 |
| 4. | 65 | Yvonne Schliwa | 1993 | W | | 1:08:30,60 |
| 5. | 94 | Anja Kuhlert | 1992 | W | | 1:10:06,00 |
| 6. | 144 | Wiebke Bosel | 1992 | W | | 1:17:53,90 |
| 7. | 108 | Janna Bareis | 1989 | W | | 1:23:35,80 |
| Seniorinnen W30 | | | | | | |
| 1. | 147 | Karina Lindemann | 1984 | W | | 0:58:48,30 |
| 2. | 132 | Svenja Herkstroter | 1984 | W | | 1:06:50,40 |
| 3. | 130 | Christina Pasler | 1988 | W | | 1:14:52,60 |
| Seniorinnen W35 | | | | | | |
| 1. | 89 | Julia Brunken-Lowack | 1980 | W | | 0:58:44,80 |
| 2. | 142 | Diana Pantke | 1979 | W | | 1:03:35,60 |
| 3. | 20 | Dominika Dynowska | 1982 | W | | 1:07:52,50 |
| 4. | 151 | Sabrina Herkstroeter | 1979 | W | | 1:09:07,80 |
| 5. | 153 | Melanie Kessner | 1982 | W | | 1:14:56,30 |
| 6. | 129 | Antje Clausen | 1983 | W | | 1:16:13,80 |
| 7. | 98 | Friederike Heinze | 1979 | W | | 1:17:54,00 |
| 8. | 78 | Simone Szelag | 1982 | W | | 1:20:47,50 |
| Seniorinnen W40 | | | | | | |
| 1. | 24 | Angela Beiderbeck | 1974 | W | | 0:55:18,00 |
| 2. | 141 | Marion Kollenberg | 1978 | W | | 0:57:46,20 |
| 3. | 27 | Karina Reitemeier | 1976 | W | | 1:02:36,20 |
| 4. | 120 | Anika Schober | 1975 | W | | 1:05:43,40 |
| 5. | 32 | Tanja Filor | 1974 | W | | 1:10:05,90 |
| 6. | 100 | Katja Ramsbrock | 1976 | W | | 1:13:03,50 |
| 7. | 112 | Ann Katrin Baum | 1977 | W | | 1:16:09,20 |
| 8. | 119 | Eva Irina Lang | 1975 | W | | 1:17:13,70 |
| 9. | 136 | Karina Brinkrolf | 1978 | W | | 1:21:21,80 |
| Seniorinnen W45 | | | | | | |
| 1. | 272 | Sandra Imkamp | 1970 | W | | 0:55:15,80 |
| 2. | 170 | Dorothea Wilke | 1970 | W | | 1:04:45,30 |
| 3. | 150 | Stefanie Rust | 1972 | W | | 1:05:19,20 |
| 4. | 157 | Anne Dirkorte | 1970 | W | | 1:11:37,00 |
| 5. | 70 | Elke Venjakob | 1969 | W | | 1:14:04,40 |
| 6. | 82 | Susanne Jasper | 1970 | W | | 1:14:57,90 |

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|-------|----------|----------------|--------|-----|--------|------------|
| 7. | 36 | Iris Ohmansiek | 1971 | W | | 1:17:09,00 |
| 8. | 41 | Gaby Abker | 1970 | W | | 1:17:12,10 |
| 9. | 165 | Meike Butzkies | 1973 | W | | 1:19:42,00 |

Seniorinnen W50

| | | | | | | |
|-----|-----|------------------------|------|---|--|------------|
| 1. | 105 | Tanja Honermeier | 1964 | W | | 0:59:01,20 |
| 2. | 86 | Sylvia Schnittker | 1967 | W | | 1:01:46,70 |
| 3. | 37 | Simone Bruntrup | 1967 | W | | 1:02:33,60 |
| 4. | 87 | Susanne Brinkdoepke | 1967 | W | | 1:03:35,60 |
| 5. | 163 | Doris Lungenstras | 1964 | W | | 1:05:03,00 |
| 6. | 128 | Jutta Hullinghorst | 1968 | W | | 1:06:01,80 |
| 7. | 106 | Christina Heer | 1965 | W | | 1:06:13,60 |
| 8. | 55 | Iris Reinken | 1968 | W | | 1:07:36,90 |
| 9. | 124 | Kirsten Kauss | 1967 | W | | 1:08:21,40 |
| 10. | 35 | Sabine Schuttforth | 1965 | W | | 1:09:57,20 |
| 11. | 43 | Silvia Scherler | 1966 | W | | 1:10:41,10 |
| 12. | 84 | Susanne Honer-Kersting | 1966 | W | | 1:17:16,00 |
| 13. | 51 | Martina Hunold | 1968 | W | | 1:17:18,80 |

Seniorinnen W55

| | | | | | | |
|-----|-----|----------------------|------|---|--|------------|
| 1. | 16 | Elke Grothues | 1962 | W | | 0:58:52,40 |
| 2. | 33 | Ute Padzikowski | 1962 | W | | 1:00:57,70 |
| 3. | 101 | Renate Zimmermann | 1960 | W | | 1:01:35,70 |
| 4. | 156 | Petra Steffen | 1960 | W | | 1:02:27,10 |
| 5. | 107 | Angelika Geesje Nack | 1961 | W | | 1:03:42,50 |
| 6. | 115 | Monika Paul-Hanhardt | 1959 | W | | 1:04:10,20 |
| 7. | 127 | Sabine Hesse | 1962 | W | | 1:05:25,10 |
| 8. | 158 | Frauke Heise-Dippel | 1961 | W | | 1:05:28,60 |
| 9. | 113 | Petra Vormfenne | 1961 | W | | 1:06:16,20 |
| 10. | 173 | Christa Stemberg | 1962 | W | | 1:07:04,60 |
| 11. | 57 | Dagmar Hemicker | 1960 | W | | 1:07:05,30 |
| 12. | 104 | Simone Honisch | 1963 | W | | 1:07:30,70 |
| 13. | 59 | Carola Tachil | 1962 | W | | 1:07:55,50 |
| 14. | 40 | Petra Warnath-Reck | 1959 | W | | 1:12:47,60 |
| 15. | 63 | Katrin Richters | 1962 | W | | 1:15:57,00 |
| 16. | 162 | Nicola Bareis | 1959 | W | | 1:16:18,30 |
| 17. | 48 | Bettina Jeschkowsky | 1961 | W | | 1:17:15,50 |

Seniorinnen W60

| | | | | | | |
|----|-----|--------------------|------|---|--|------------|
| 1. | 44 | Elke Holste | 1954 | W | | 1:09:01,50 |
| 2. | 56 | Renate Didzoleit | 1958 | W | | 1:17:20,90 |
| 3. | 161 | Bettina Kaltenback | 1957 | W | | 1:18:26,50 |
| 4. | 61 | Vera Claus | 1956 | W | | 1:19:42,30 |
| 5. | 26 | Heike Schulte | 1955 | W | | 1:21:47,10 |

Seniorinnen W65

| | | | | | | |
|----|-----|----------------------------------|------|---|--|------------|
| 1. | 298 | Christiane Schmidtke-Katzenstein | 1953 | W | | 1:02:27,60 |
|----|-----|----------------------------------|------|---|--|------------|

Männer

| | | | | | | |
|----|----|---------------|------|---|--|------------|
| 1. | 19 | Sven Kowalski | 1994 | M | | 1:01:54,50 |
|----|----|---------------|------|---|--|------------|

Senioren M35

| | | | | | | |
|----|-----|-------------------|------|---|--|------------|
| 1. | 109 | Fabian Generotzky | 1981 | M | | 0:49:22,10 |
| 2. | 139 | Oliver Schnittger | 1981 | M | | 0:50:04,50 |

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| Platz | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|---------------------|----------|--------------------------|--------|-----|--------|------------|
| Senioren M40 | | | | | | |
| 1. | 83 | Philipp Rother | 1978 | M | | 0:53:21,80 |
| 2. | 138 | Fabian Lohmann | 1977 | M | | 0:58:23,70 |
| 3. | 45 | Pierre Kummer | 1976 | M | | 0:58:49,40 |
| 4. | 46 | Sascha Janic | 1977 | M | | 0:58:52,30 |
| 5. | 135 | Lars Breder | 1974 | M | | 1:01:06,80 |
| 6. | 254 | Heiko Lückemeier | 1975 | M | | 1:11:41,30 |
| Senioren M45 | | | | | | |
| 1. | 146 | Sascha Walbaum | 1971 | M | | 0:53:08,20 |
| 2. | 30 | Volker Boger | 1970 | M | | 0:54:10,20 |
| 3. | 52 | Robert Wagner | 1969 | M | | 0:57:06,00 |
| 4. | 77 | Andreas Hunold | 1969 | M | | 0:57:40,00 |
| 5. | 92 | Holger Nord | 1970 | M | | 0:58:43,00 |
| 6. | 53 | Mario Stieghorst | 1969 | M | | 1:03:43,70 |
| 7. | 160 | Jorg Bringewatt | 1970 | M | | 1:12:56,70 |
| 8. | 17 | Kai Oetzel | 1970 | M | | 1:16:22,30 |
| 9. | 67 | Katrin Nolders | 1973 | M | | 1:20:28,10 |
| Senioren M50 | | | | | | |
| 1. | 103 | Andreas Lindahl | 1968 | M | | 0:44:11,00 |
| 2. | 148 | Ulrich Lutje | 1966 | M | | 0:53:08,30 |
| 3. | 111 | Ernst Lange | 1966 | M | | 0:53:44,50 |
| 4. | 152 | Jens Hullinghorst | 1968 | M | | 0:55:48,50 |
| 5. | 110 | Stefan Thenhausen | 1967 | M | | 1:01:02,60 |
| 6. | 74 | Ralph Drechsler | 1965 | M | | 1:01:35,90 |
| 7. | 164 | Thomas Bott | 1968 | M | | 1:02:36,00 |
| 8. | 159 | Arnd Zirkler | 1964 | M | | 1:03:19,50 |
| 9. | 58 | Ekkehart Tachil | 1964 | M | | 1:03:39,90 |
| 10. | 28 | Bernd Beschorner | 1965 | M | | 1:04:11,10 |
| 11. | 81 | Jens Peter Strahnz | 1968 | M | | 1:05:57,70 |
| 12. | 42 | Dirk Riekenberg | 1964 | M | | 1:06:16,60 |
| 13. | 39 | Michael Oppers | 1964 | M | | 1:07:05,30 |
| 14. | 123 | Dirk Schirmer | 1965 | M | | 1:08:16,20 |
| 15. | 25 | Andreas Ecke | 1966 | M | | 1:09:30,60 |
| 16. | 49 | Michael Maag | 1967 | M | | 1:10:41,00 |
| 17. | 131 | Eckhard Hellmann | 1964 | M | | 1:11:41,40 |
| Senioren M55 | | | | | | |
| 1. | 22 | Martin Reimann | 1961 | M | | 0:53:08,60 |
| 2. | 60 | Marcus Klein | 1963 | M | | 0:56:35,50 |
| 3. | 102 | Peter Schuchhardt | 1959 | M | | 0:57:46,50 |
| 4. | 114 | Gisbert Brockbals | 1959 | M | | 1:00:57,10 |
| 5. | 68 | Hans Peter Sommer | 1959 | M | | 1:01:57,70 |
| 6. | 64 | Klaus Konemann-Grabowski | 1959 | M | | 1:33:09,40 |
| Senioren M60 | | | | | | |
| 1. | 122 | Reinhard Nack | 1956 | M | | 0:55:23,50 |
| 2. | 149 | Rudiger Weisenberger | 1954 | M | | 0:57:41,70 |
| 3. | 137 | Ralf Boge | 1956 | M | | 1:01:04,30 |
| 4. | 91 | Klaus-Dieter Hoeft | 1957 | M | | 1:06:16,60 |
| 5. | 95 | Dirk Thomas | 1958 | M | | 1:12:50,10 |
| 6. | 47 | Reinhard Gerling | 1956 | M | | 1:18:02,50 |

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| Platz | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|-------|----------|----------------------|--------|-----|--------|------------|
| 7. | 38 | Klaus-Peter Knemeyer | 1958 | M | | 1:33:09,20 |

Senioren M65

| | | | | | | |
|----|-----|-----------------------|------|---|--|------------|
| 1. | 73 | Hans-Heinrich Schmitz | 1952 | M | | 1:03:38,70 |
| 2. | 134 | Willy Schneider | 1952 | M | | 1:08:26,80 |

5 km Volkslauf

Senioren M50

| | | | | | | |
|----|-----|----------------|------|---|--|------------|
| 1. | 288 | Roger Sprenger | 1966 | M | | 1:12:37,40 |
|----|-----|----------------|------|---|--|------------|

NW Lauf Gehts Lauf 5km

weibliche Jugend U18

| | | | | | | |
|----|----|-----------------|------|---|--|------------|
| 1. | 21 | Carlota Reimann | 2001 | W | | 0:36:23,20 |
|----|----|-----------------|------|---|--|------------|

Seniorinnen W45

| | | | | | | |
|----|-----|----------------|------|---|--|------------|
| 1. | 99 | Sandra Sieraad | 1973 | W | | 0:39:44,00 |
| 2. | 166 | Andrea Huser | 1973 | W | | 0:45:34,20 |
| 3. | 31 | Anja Boger | 1971 | W | | 1:07:06,40 |

Seniorinnen W50

| | | | | | | |
|----|----|----------------------|------|---|--|------------|
| 1. | 75 | Petra Lindlar | 1966 | W | | 0:36:12,30 |
| 2. | 34 | Silke Borgsen | 1967 | W | | 0:36:31,20 |
| 3. | 15 | Anja Obermeier | 1966 | W | | 0:42:35,90 |
| 4. | 50 | Susanne Scheibe-Wenk | 1964 | W | | 0:44:54,50 |
| 5. | 76 | Andrea Thulke | 1968 | W | | 1:09:10,70 |

Seniorinnen W55

| | | | | | | |
|----|----|--------------|------|---|--|------------|
| 1. | 18 | Nina Clausen | 1960 | W | | 1:24:45,00 |
|----|----|--------------|------|---|--|------------|

Kinder (männlich) U12

| | | | | | | |
|----|-----|--------------|------|---|--|------------|
| 1. | 171 | Ben Berger | 2007 | M | | 0:23:33,50 |
| 2. | 71 | Nick Venherm | 2007 | M | | 0:24:08,90 |

Senioren M55

| | | | | | | |
|----|-----|--------------|------|---|--|------------|
| 1. | 126 | Dieter Hesse | 1961 | M | | 0:37:53,40 |
|----|-----|--------------|------|---|--|------------|

Anzahl Teilnehmer: 140

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Zieleinlaufliste NW Lauf Gehts Lauf

| Platz | Startnr. | Name | Jahrg. | m/w | AK | Verein | Zeit |
|--------------------|----------|----------------------------------|--------|-----|-----------------|--------|------------|
| NW Lauf Gehts Lauf | | | | | | | |
| 1. | 103 | Andreas Lindahl | 1968 | M | Senioren M50 | | 0:44:11,00 |
| 2. | 109 | Fabian Generotzky | 1981 | M | Senioren M35 | | 0:49:22,10 |
| 3. | 139 | Oliver Schnittger | 1981 | M | Senioren M35 | | 0:50:04,50 |
| 4. | 146 | Sascha Walbaum | 1971 | M | Senioren M45 | | 0:53:08,20 |
| 5. | 148 | Ulrich Lutje | 1966 | M | Senioren M50 | | 0:53:08,30 |
| 6. | 22 | Martin Reimann | 1961 | M | Senioren M55 | | 0:53:08,60 |
| 7. | 83 | Philipp Rother | 1978 | M | Senioren M40 | | 0:53:21,80 |
| 8. | 111 | Ernst Lange | 1966 | M | Senioren M50 | | 0:53:44,50 |
| 9. | 30 | Volker Boger | 1970 | M | Senioren M45 | | 0:54:10,20 |
| 10. | 272 | Sandra Imkamp | 1970 | W | Seniorinnen W45 | | 0:55:15,80 |
| 11. | 24 | Angela Beiderbeck | 1974 | W | Seniorinnen W40 | | 0:55:18,00 |
| 12. | 122 | Reinhard Nack | 1956 | M | Senioren M60 | | 0:55:23,50 |
| 13. | 152 | Jens Hullinghorst | 1968 | M | Senioren M50 | | 0:55:48,50 |
| 14. | 60 | Marcus Klein | 1963 | M | Senioren M55 | | 0:56:35,50 |
| 15. | 52 | Robert Wagner | 1969 | M | Senioren M45 | | 0:57:06,00 |
| 16. | 77 | Andreas Hunold | 1969 | M | Senioren M45 | | 0:57:40,00 |
| 17. | 149 | Rudiger Weisenberger | 1954 | M | Senioren M60 | | 0:57:41,70 |
| 18. | 141 | Marion Kollenberg | 1978 | W | Seniorinnen W40 | | 0:57:46,20 |
| 19. | 102 | Peter Schuchhardt | 1959 | M | Senioren M55 | | 0:57:46,50 |
| 20. | 138 | Fabian Lohmann | 1977 | M | Senioren M40 | | 0:58:23,70 |
| 21. | 92 | Holger Nord | 1970 | M | Senioren M45 | | 0:58:43,00 |
| 22. | 89 | Julia Brunken-Lowack | 1980 | W | Seniorinnen W35 | | 0:58:44,80 |
| 23. | 147 | Karina Lindemann | 1984 | W | Seniorinnen W30 | | 0:58:48,30 |
| 24. | 45 | Pierre Kummer | 1976 | M | Senioren M40 | | 0:58:49,40 |
| 25. | 46 | Sascha Janic | 1977 | M | Senioren M40 | | 0:58:52,30 |
| 26. | 16 | Elke Grothues | 1962 | W | Seniorinnen W55 | | 0:58:52,40 |
| 27. | 105 | Tanja Honermeier | 1964 | W | Seniorinnen W50 | | 0:59:01,20 |
| 28. | 116 | Lisa Honisch | 1995 | W | Frauen | | 1:00:50,80 |
| 29. | 114 | Gisbert Brockbals | 1959 | M | Senioren M55 | | 1:00:57,10 |
| 30. | 33 | Ute Padzikowski | 1962 | W | Seniorinnen W55 | | 1:00:57,70 |
| 31. | 110 | Stefan Thenhausen | 1967 | M | Senioren M50 | | 1:01:02,60 |
| 32. | 137 | Ralf Boge | 1956 | M | Senioren M60 | | 1:01:04,30 |
| 33. | 135 | Lars Breder | 1974 | M | Senioren M40 | | 1:01:06,80 |
| 34. | 101 | Renate Zimmermann | 1960 | W | Seniorinnen W55 | | 1:01:35,70 |
| 35. | 74 | Ralph Drechsler | 1965 | M | Senioren M50 | | 1:01:35,90 |
| 36. | 86 | Sylvia Schnittker | 1967 | W | Seniorinnen W50 | | 1:01:46,70 |
| 37. | 19 | Sven Kowalski | 1994 | M | Männer | | 1:01:54,50 |
| 38. | 68 | Hans Peter Sommer | 1959 | M | Senioren M55 | | 1:01:57,70 |
| 39. | 156 | Petra Steffen | 1960 | W | Seniorinnen W55 | | 1:02:27,10 |
| 40. | 298 | Christiane Schmidtke-Katzenstein | 1953 | W | Seniorinnen W65 | | 1:02:27,60 |
| 41. | 37 | Simone Bruntrup | 1967 | W | Seniorinnen W50 | | 1:02:33,60 |
| 42. | 164 | Thomas Bott | 1968 | M | Senioren M50 | | 1:02:36,00 |
| 43. | 27 | Karina Reitemeier | 1976 | W | Seniorinnen W40 | | 1:02:36,20 |
| 44. | 159 | Arnd Zirkler | 1964 | M | Senioren M50 | | 1:03:19,50 |
| 45. | 142 | Diana Pantke | 1979 | W | Seniorinnen W35 | | 1:03:35,60 |
| 46. | 87 | Susanne Brinkdoepke | 1967 | W | Seniorinnen W50 | | 1:03:35,60 |
| 47. | 73 | Hans-Heinrich Schmitz | 1952 | M | Senioren M65 | | 1:03:38,70 |
| 48. | 58 | Ekkehart Tachil | 1964 | M | Senioren M50 | | 1:03:39,90 |
| 49. | 107 | Angelika Geesje Nack | 1961 | W | Seniorinnen W55 | | 1:03:42,50 |
| 50. | 53 | Mario Stieghorst | 1969 | M | Senioren M45 | | 1:03:43,70 |

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|-------|----------|----------------------|--------|-----|----------------------|--------|------------|
| 51. | 115 | Monika Paul-Hanhardt | 1959 | W | Seniorinnen W55 | | 1:04:10,20 |
| 52. | 28 | Bernd Beschorner | 1965 | M | Senioren M50 | | 1:04:11,10 |
| 53. | 170 | Dorothea Wilke | 1970 | W | Seniorinnen W45 | | 1:04:45,30 |
| 54. | 163 | Doris Lungenstras | 1964 | W | Seniorinnen W50 | | 1:05:03,00 |
| 55. | 150 | Stefanie Rust | 1972 | W | Seniorinnen W45 | | 1:05:19,20 |
| 56. | 127 | Sabine Hesse | 1962 | W | Seniorinnen W55 | | 1:05:25,10 |
| 57. | 158 | Frauke Heise-Dippel | 1961 | W | Seniorinnen W55 | | 1:05:28,60 |
| 58. | 154 | Kristina Konschuh | 1991 | W | Frauen | | 1:05:41,60 |
| 59. | 120 | Anika Schober | 1975 | W | Seniorinnen W40 | | 1:05:43,40 |
| 60. | 81 | Jens Peter Strahnz | 1968 | M | Senioren M50 | | 1:05:57,70 |
| 61. | 128 | Jutta Hullinghorst | 1968 | W | Seniorinnen W50 | | 1:06:01,80 |
| 62. | 106 | Christina Heer | 1965 | W | Seniorinnen W50 | | 1:06:13,60 |
| 63. | 113 | Petra Vormfenne | 1961 | W | Seniorinnen W55 | | 1:06:16,20 |
| 64. | 42 | Dirk Riekenberg | 1964 | M | Senioren M50 | | 1:06:16,60 |
| 65. | 91 | Klaus-Dieter Hoeft | 1957 | M | Senioren M60 | | 1:06:16,60 |
| 66. | 132 | Svenja Herkstroter | 1984 | W | Seniorinnen W30 | | 1:06:50,40 |
| 67. | 173 | Christa Stemberg | 1962 | W | Seniorinnen W55 | | 1:07:04,60 |
| 68. | 39 | Michael Oppers | 1964 | M | Senioren M50 | | 1:07:05,30 |
| 69. | 57 | Dagmar Hemicker | 1960 | W | Seniorinnen W55 | | 1:07:05,30 |
| 70. | 104 | Simone Honisch | 1963 | W | Seniorinnen W55 | | 1:07:30,70 |
| 71. | 54 | Chiara Finke | 2000 | W | weibliche Jugend U20 | | 1:07:36,70 |
| 72. | 55 | Iris Reinken | 1968 | W | Seniorinnen W50 | | 1:07:36,90 |
| 73. | 20 | Dominika Dynowska | 1982 | W | Seniorinnen W35 | | 1:07:52,50 |
| 74. | 59 | Carola Tachil | 1962 | W | Seniorinnen W55 | | 1:07:55,50 |
| 75. | 123 | Dirk Schirmer | 1965 | M | Senioren M50 | | 1:08:16,20 |
| 76. | 124 | Kirsten Kauss | 1967 | W | Seniorinnen W50 | | 1:08:21,40 |
| 77. | 134 | Willy Schneider | 1952 | M | Senioren M65 | | 1:08:26,80 |
| 78. | 14 | Lena Vanessa Niewald | 1993 | W | Frauen | | 1:08:30,60 |
| 79. | 65 | Yvonne Schliwa | 1993 | W | Frauen | | 1:08:30,60 |
| 80. | 44 | Elke Holste | 1954 | W | Seniorinnen W60 | | 1:09:01,50 |
| 81. | 151 | Sabrina Herkstroeter | 1979 | W | Seniorinnen W35 | | 1:09:07,80 |
| 82. | 25 | Andreas Ecke | 1966 | M | Senioren M50 | | 1:09:30,60 |
| 83. | 35 | Sabine Schuttforth | 1965 | W | Seniorinnen W50 | | 1:09:57,20 |
| 84. | 32 | Tanja Filor | 1974 | W | Seniorinnen W40 | | 1:10:05,90 |
| 85. | 94 | Anja Kuhlert | 1992 | W | Frauen | | 1:10:06,00 |
| 86. | 49 | Michael Maag | 1967 | M | Senioren M50 | | 1:10:41,00 |
| 87. | 43 | Silvia Scherler | 1966 | W | Seniorinnen W50 | | 1:10:41,10 |
| 88. | 157 | Anne Dirkorte | 1970 | W | Seniorinnen W45 | | 1:11:37,00 |
| 89. | 254 | Heiko Lückemeier | 1975 | M | Senioren M40 | | 1:11:41,30 |
| 90. | 131 | Eckhard Hellmann | 1964 | M | Senioren M50 | | 1:11:41,40 |
| 91. | 40 | Petra Warnath-Reck | 1959 | W | Seniorinnen W55 | | 1:12:47,60 |
| 92. | 95 | Dirk Thomas | 1958 | M | Senioren M60 | | 1:12:50,10 |
| 93. | 160 | Jorg Bringewatt | 1970 | M | Senioren M45 | | 1:12:56,70 |
| 94. | 100 | Katja Ramsbrock | 1976 | W | Seniorinnen W40 | | 1:13:03,50 |
| 95. | 70 | Elke Venjakob | 1969 | W | Seniorinnen W45 | | 1:14:04,40 |
| 96. | 130 | Christina Pasler | 1988 | W | Seniorinnen W30 | | 1:14:52,60 |
| 97. | 153 | Melanie Kessner | 1982 | W | Seniorinnen W35 | | 1:14:56,30 |
| 98. | 82 | Susanne Jasper | 1970 | W | Seniorinnen W45 | | 1:14:57,90 |
| 99. | 63 | Katrin Richters | 1962 | W | Seniorinnen W55 | | 1:15:57,00 |
| 100. | 112 | Ann Katrin Baum | 1977 | W | Seniorinnen W40 | | 1:16:09,20 |
| 101. | 129 | Antje Clausen | 1983 | W | Seniorinnen W35 | | 1:16:13,80 |
| 102. | 162 | Nicola Bareis | 1959 | W | Seniorinnen W55 | | 1:16:18,30 |

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Zieleinlaufliste NW Lauf Gehts Lauf

| Platz | Startnr. | Name | Jahrg. | m/w | AK | Verein | Zeit |
|-------|----------|--------------------------|--------|-----|----------------------|--------|------------|
| 103. | 17 | Kai Oetzel | 1970 | M | Senioren M45 | | 1:16:22,30 |
| 104. | 36 | Iris Ohmansiek | 1971 | W | Seniorinnen W45 | | 1:17:09,00 |
| 105. | 41 | Gaby Abker | 1970 | W | Seniorinnen W45 | | 1:17:12,10 |
| 106. | 119 | Eva Irina Lang | 1975 | W | Seniorinnen W40 | | 1:17:13,70 |
| 107. | 48 | Bettina Jeschkowsky | 1961 | W | Seniorinnen W55 | | 1:17:15,50 |
| 108. | 84 | Susanne Honer-Kersting | 1966 | W | Seniorinnen W50 | | 1:17:16,00 |
| 109. | 85 | Sophia Kersting | 2002 | W | weibliche Jugend U18 | | 1:17:16,00 |
| 110. | 51 | Martina Hunold | 1968 | W | Seniorinnen W50 | | 1:17:18,80 |
| 111. | 56 | Renate Didzoleit | 1958 | W | Seniorinnen W60 | | 1:17:20,90 |
| 112. | 144 | Wiebke Bosel | 1992 | W | Frauen | | 1:17:53,90 |
| 113. | 98 | Friederike Heinze | 1979 | W | Seniorinnen W35 | | 1:17:54,00 |
| 114. | 47 | Reinhard Gerling | 1956 | M | Senioren M60 | | 1:18:02,50 |
| 115. | 66 | Larissa Thenhausen | 1997 | W | weibliche Jugend U23 | | 1:18:06,20 |
| 116. | 161 | Bettina Kaltenback | 1957 | W | Seniorinnen W60 | | 1:18:26,50 |
| 117. | 165 | Meike Butzkies | 1973 | W | Seniorinnen W45 | | 1:19:42,00 |
| 118. | 61 | Vera Claus | 1956 | W | Seniorinnen W60 | | 1:19:42,30 |
| 119. | 67 | Katrin Nolders | 1973 | W | Seniorinnen W45 | | 1:20:28,10 |
| 120. | 78 | Simone Szelag | 1982 | W | Seniorinnen W35 | | 1:20:47,50 |
| 121. | 72 | Aileen Honermeier | 2001 | W | weibliche Jugend U18 | | 1:20:47,70 |
| 122. | 136 | Karina Brinkrolf | 1978 | W | Seniorinnen W40 | | 1:21:21,80 |
| 123. | 26 | Heike Schulte | 1955 | W | Seniorinnen W60 | | 1:21:47,10 |
| 124. | 108 | Janna Bareis | 1989 | W | Frauen | | 1:23:35,80 |
| 125. | 38 | Klaus-Peter Knemeyer | 1958 | M | Senioren M60 | | 1:33:09,20 |
| 126. | 64 | Klaus Konemann-Grabowski | 1959 | M | Senioren M55 | | 1:33:09,40 |

Anzahl Teilnehmer: 126

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Siegerliste NW Lauf Gehts Lauf

| Platz | Startnr. | Name | Jahrg. | m/w | AK | Verein | Zeit |
|--------------------|----------|-------------------|--------|-----|-----------------|--------|------------|
| NW Lauf Gehts Lauf | | | | | | | |
| Männlich | | | | | | | |
| 1. | 103 | Andreas Lindahl | 1968 | M | Senioren M50 | | 0:44:11,00 |
| 2. | 109 | Fabian Generotzky | 1981 | M | Senioren M35 | | 0:49:22,10 |
| 3. | 139 | Oliver Schnittger | 1981 | M | Senioren M35 | | 0:50:04,50 |
| Weiblich | | | | | | | |
| 1. | 272 | Sandra Imkamp | 1970 | W | Seniorinnen W45 | | 0:55:15,80 |
| 2. | 24 | Angela Beiderbeck | 1974 | W | Seniorinnen W40 | | 0:55:18,00 |
| 3. | 141 | Marion Kollenberg | 1978 | W | Seniorinnen W40 | | 0:57:46,20 |