

Homert Laufserie 2011

- Gesamtwertung -

Rang	Name	Vorname	Verein/Ort	Klasse	Allendorf			Balve			Amecke			Mellen			Fretter			Auswertung				
					Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Teilnahme	1.	2.	3.	Punkte nach 4 Läufen
1	Kraus	Andre	LAC Veltins Hochsauerland	M35	1	0:37:54	12	2	00:41:22	10	2	00:57:52	10	1	00:38:30	12	0	0	0	8	12	12	10	42
2	Laqua	Michael	RC Sorpese Tri Team	M45	2	0:38:58	10	0		0	1	00:56:53	12	2	00:39:10	10	0	0	0	6	12	10	10	38
3	Dally	Tim	Netphen	MHK	3	0:40:02	8	1	00:41:05	12	4	01:02:15	6	3	00:40:32	8	0	0	0	8	12	8	8	36
4	Prause	Thomas	Marathon Club Menden	M30	5	0:41:59	4	3	00:42:45	8	3	01:02:01	8	0		0	0	0	6	8	8	4	26	
5	Brüggemann	Matteo	LAC Veltins Hochsauerland	MHK	8	0:43:55	0	4	00:44:41	6	6	01:03:54	2	5	00:43:37	4	0	0	0	8	6	4	2	20
6	Doff	Franco	SSV Allendorf	M50	4	0:40:53	6	0		0	5	01:02:25	4	0		0	0	0	4	6	4	0	14	
7	Wortmann	Dirk	LAC Veltins Hochsauerland	M45	6	0:42:31	2	0		0	0		0	4	00:41:51	6	0	0	4	6	2	0	12	
8	Kleinichen	Markus	TV Neheim	M35	8	0:43:55	0	5	00:45:51	4	7	01:05:39	0	0		0	0	0	6	4	0	0	10	
9	Wegener	Peter	LAC Veltins Hochsauerland	M40	10	0:44:07	0	9	00:46:33	0	20	01:10:52	0	13	00:47:10	0	0	0	8	0	0	0	8	
9	Rudewig	Michael	TSV Altena	M45	12	0:45:08	0	7	00:46:17	0	10	01:08:01	0	9	00:45:27	0	0	0	8	0	0	0	8	
9	Schwarberg	Jürgen	Stadtwerke Sundern	M45	16	0:47:36	0	11	00:48:26	0	15	01:09:46	0	12	00:46:49	0	0	0	8	0	0	0	8	
9	Pavone	Klaus	SSV Allendorf	M45	20	0:49:29	0	19	00:52:32	0	19	01:10:40	0	18	00:48:09	0	0	0	8	0	0	0	8	
9	Rademacher	Frank	Elektro Bongard	M40	21	0:49:40	0	16	00:51:19	0	24	01:13:18	0	22	00:51:56	0	0	0	8	0	0	0	8	
9	Dunker	Wilhelm	Tauchclub Sorpese	M45	22	0:49:53	0	14	00:50:19	0	17	01:10:01	0	14	00:47:22	0	0	0	8	0	0	0	8	
9	Wiebke	Lars	Riese Blitze Werdohl	M35	23	0:50:23	0	17	00:51:53	0	31	01:17:26	0	21	00:50:12	0	0	0	8	0	0	0	8	
9	Hilber	Uli	SC Fretter	M60	30	0:51:59	0	30	00:54:35	0	34	01:20:21	0	25	00:52:43	0	0	0	8	0	0	0	8	
9	Lau	Stephan	Marathon-Club Menden	M45	32	0:52:21	0	29	00:54:28	0	32	01:17:52	0	29	00:53:49	0	0	0	8	0	0	0	8	
9	Rauer	Reinhard	LG Neuenrade	M50	34	0:53:40	0	27	00:54:19	0	33	01:19:57	0	27	00:53:24	0	0	0	8	0	0	0	8	
9	Nalbantis	Jörg	Turbo-Schnecken Lüdenscheid	M45	35	0:53:44	0	24	00:53:41	0	29	01:17:11	0	23	00:52:05	0	0	0	8	0	0	0	8	
9	Klose	Volker	Imberg Runners Affeln	M60	38	0:54:09	0	28	00:54:25	0	36	01:21:51	0	26	00:53:16	0	0	0	8	0	0	0	8	
9	Nüßgen	René	Laufruppe RMK	M35	41	1:00:27	0	38	01:03:16	0	41	01:46:48	0	35	01:07:39	0	0	0	8	0	0	0	8	
22	Reinersmann	Michael	Skiclub Sundern	M55	14	0:46:34	0	12	00:48:27	0	16	01:09:57	0	0		0	0	0	6	0	0	0	6	
22	Riecke	Volker	TUS Neuenrade	M50	18	0:48:33	0	13	00:50:03	0	23	01:12:15	0	0		0	0	0	6	0	0	0	6	
22	Schumacher	Dieter	SuS Grün-Weiß Amecke	M55	25	0:51:11	0	21	00:53:02	0	30	01:17:13	0	0		0	0	0	6	0	0	0	6	
22	Hill	Detlef	TEAM WIKINGER	M40	26	0:51:17	0	25	00:53:51	0	35	01:20:38	0	0		0	0	0	6	0	0	0	6	
22	Mertens	Burkhard	Alte Herren Garbeck	M45	28	0:51:32	0	20	00:52:55	0	28	01:16:45	0	0		0	0	0	6	0	0	0	6	
22	Halilovic	Edin	Bosnien	M55	39	0:55:46	0	34	00:58:02	0	38	01:23:38	0	0		0	0	0	6	0	0	0	6	
22	Boelter	Lutz	TUS Neuenrade	M55	40	0:58:15	0	35	00:58:53	0	40	01:28:40	0	0		0	0	0	6	0	0	0	6	
22	Teutenberg	Wolfgang	LT Olsberg	M55	7	0:43:03	0	0		0	11	01:08:12	0	10	00:45:31	0	0	0	6	0	0	0	6	
22	Schulte	Klaus		M45	11	0:44:50	0	8	00:46:20	0	0		0	7	00:44:40	0	0	0	6	0	0	0	6	
22	Ebe	Guido	TV Deilinghofen	M35	13	0:45:50	0	0		0	9	01:07:18	0	11	00:46:42	0	0	0	6	0	0	0	6	
22	Besler	Karl-Heinz	TUS Breckerfeld	M60	24	0:50:36	0	23	00:53:34	0	0		0	19	00:48:44	0	0	0	6	0	0	0	6	
22	Bullert	Lothar	Tus Breckerfeld	M65	42	1:01:25	0	39	01:06:13	0	0		0	33	01:03:00	0	0	0	6	0	0	0	6	
22	Meinecke	Adalbert	TUS Breckerfeld	M75	43	1:09:29	0	0		0	42	1:47:19	0	34	01:07:35	0	0	0	6	0	0	0	6	
22	Gräf	Jürgen	SSV Küntrop	M45	0		0	26	00:53:53	0	26	01:15:22	0	24	00:52:34	0	0	0	6	0	0	0	6	
22	Arens	Michael		M50	0		0	32	00:55:42	0	37	01:23:02	0	31	00:55:15	0	0	0	6	0	0	0	6	
22	Sip	Björn	LG Neuenrade	M45	0		0	37	00:59:08	0	39	01:27:34	0	32	00:56:38	0	0	0	6	0	0	0	6	
22	Kramer	Stefan	SC Fretter	M35	0		0	0		0	12	01:08:49	0	6	00:44:00	2	0	0	4	2	0	0	6	
22	Midderhoff	Phil	SC Fretter	MHK	0		0	6	00:45:56	2	0		0	15	00:47:33	0	0	0	4	2	0	0	6	
40	Sommerhoff	Sven		M40	15	0:47:10	0	0		0	14	01:09:19	0	0		0	0	0	4	0	0	0	4	
40	Blome	Uwe	SSV Allendorf	M50	19	0:49:19	0	0		0	22	01:12:08	0	0		0	0	0	4	0	0	0	4	
40	Schültke	Andre	SC Hagen-Wildewiese	MHK	29	0:51:40	0	0		0	27	01:15:52	0	0		0	0	0	4	0	0	0	4	
40	Midderhoff	Bernward	Laufen in Balve	M55	31	0:52:12	0	31	00:55:08	0	0		0	0		0	0	0	4	0	0	0	4	
40	Steimann	Dirk	Walking Club	M50	33	0:53:37	0	36	00:59:05	0	0		0	0		0	0	0	4	0	0	0	4	
40	Kleinschmidt	Karl	Marathon Soest	MJgdB	36	0:53:50	0	22	00:53:22	0	0		0	0		0	0	0	4	0	0	0	4	
40	Berghoff	Egbert	GW Amecke	M55	37	0:54:06	0	33	00:56:55	0	0		0	0		0	0	0	4	0	0	0	4	
40	Just	Michael	Marathon Club Menden	M40	0		0	10	00:47:16	0	8	01:06:23	0	0		0	0	0	4	0	0	0	4	
40	Schneider	Georg	Marathon Club Menden	M55	0		0	15	00:50:25	0	18	01:10:04	0	0		0	0	0	4	0	0	0	4	
40	Mitzscherling	Rolf	LAC Veltins Hochsauerland	M45	17	0:48:22	0	0		0	0		0	17	00:48:01	0	0	0	4	0	0	0	4	
40	Wiggeshoff	Michael	RC Sorpese	M45	27	0:51:20	0	0		0	0		0	28	00:53:45	0	0	0	4	0	0	0	4	
40	Moschek	Stefan		M35	0		0	0		0	13	01:08:57	0	8	00:45:18	0	0	0	4	0	0	0	4	
40	Normann	Horst	SCSW Attendorn	M60	0		0	0		0	21	01:11:48	0	20	00:49:30	0	0	0	4	0	0	0	4	
40	Gatesch	Martin	TuS Plettenberg	MJgDA	0		0	0		0	25	01:14:45	0	16	00:47:56	0	0	0	4	0	0	0	4	
40	Schulte	Markus	Marathon Soest	M40	0		0	18	00:52:27	0	0		0	30	00:54:17	0	0	0	4	0	0	0	4	

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- Gesamtwertung -

Rang	Name	Vorname	Verein/Ort	Klasse	Allendorf			Balve			Amecke			Mellen			Fretter			Auswertung				
					Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Teilnahme	1.	2.	3.	Punkte nach 4 Läufen
1	Hoff-Gerke	Carolina	SSV Allendorf	W35	1	0:47:42	12	1	00:48:38	12	1	01:10:52	12	0	0	0	0	0	0	6	12	12	12	42
2	Kleinschmidt	Gabi	Marathon Soest	W40	2	0:51:31	10	2	00:53:38	10	2	01:15:40	10	0	0	0	0	0	0	6	10	10	10	36
3	Baumeister	Melanie	Tauchclub Sarpesee	W35	5	0:56:04	4	3	00:56:52	8	5	01:23:36	4	3	00:53:35	8	0	0	0	8	8	8	4	28
4	Görres	Julia	Praxis Brink/Lehmann	WJgdB	3	0:52:27	8	7	01:02:20	0	0		0	2	00:53:20	10	0	0	0	6	10	8	0	24
5	Wandmacher	Dorothee	LT Olsberg	W40	4	0:54:54	6	0		0	4	01:23:27	6	5	00:56:08	4	0	0	0	6	6	6	4	22
6	Lehmann	Petra		W45	0		0	8	01:02:22	0	9	01:27:36	0	1	00:53:01	12	0	0	0	6	12	0	0	18
6	Tonscheidt	Ilona	TV Büschergrund	W40	0		0	0		0	3	01:22:08	8	4	00:54:55	6	0	0	0	4	8	6	0	18
8	Müller	Christa	Laufen in Balve	W50	6	0:56:37	2	6	00:59:48	2	10	01:27:43	0	6	00:58:03	2	0	0	0	8	2	2	2	14
8	Geck	Martina	Regionalgruppe MK e.V.	W45	8	0:57:36	0	4	00:57:30	6	7	01:26:03	0	9	01:02:08	0	0	0	0	8	6	0	0	14
10	Schwartzenberg	Edith		W40	7	0:57:16	0	5	00:59:33	4	6	01:24:22	2	0		0	0	0	0	6	4	2	0	12
11	Koch-Steffen	Anja	RLV Lennetal e.V.	W40	9	0:59:01	0	10	01:03:36	0	8	01:26:38	0	11	01:13:11	0	0	0	0	8	0	0	0	8
11	Rauer	Bettina	LG Neuenrade	W45	10	1:04:48	0	11	01:05:44	0	12	01:38:09	0	10	01:03:03	0	0	0	0	8	0	0	0	8
13	Riecke	Elisabeth	DLRG Neuenrade	W45	0		0	12	01:08:19	0	13	01:43:14	0	0		0	0	0	0	4	0	0	0	4
13	Kramer	Christa	Laufen in Balve	W55	0		0	9	01:02:30	0	0		0	8	01:02:06	0	0	0	0	4	0	0	0	4
13	Brandt	Nadine		W35	0		0	0		0	11	01:34:23	0	7	01:00:02	0	0	0	0	4	0	0	0	4

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- Altersklassenwertung -

Rang	Name	Vorname	Verein/Ort	Klasse	Allendorf			Balve			Amecke			Mellen			Fretter			Teilnahme	Auswertung			
					Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.		1.	2.	3.	Punkte nach 4 Läufen
1	Prause	Thomas	Marathon Club Menden	M30	1	0:41:59	12	1	00:42:45	12	1	01:02:01	12	0		0	0	0	0	6	12	12	12	42
1	Kraus	Andre	LAC Veltins Hochsauerland	M35	1	0:37:54	12	1	00:41:22	12	1	00:57:52	12	1	00:38:30	12	0	0	0	8	12	12	12	44
2	Kleinichen	Markus	TV Neheim	M35	2	0:43:55	10	2	00:45:51	10	2	01:05:39	10	0		0	0	0	6	10	10	10	36	
3	Ebe	Guido	TV Deilinghofen	M35	3	0:45:50	8	0		0	3	01:07:18	8	4	00:46:42	6	0	0	6	8	8	6	28	
4	Wiebke	Lars	Riese Blitze Werdohl	M35	4	0:50:23	6	3	00:51:53	8	6	01:17:26	2	5	00:50:12	4	0	0	8	8	6	4	26	
5	Nüßgen	René	Lauftruppe RMK	M35	5	1:00:27	4	4	01:03:16	6	7	01:46:48	0	6	01:07:39	2	0	0	8	6	4	2	20	
5	Kramer	Stefan	SC Fretter	M35	0		0	0		0	4	01:08:49	6	2	00:44:00	10	0	0	4	10	6	0	20	
7	Moschek	Stefan		M35	0		0	0		0	5	01:08:57	4	3	00:45:18	8	0	0	4	8	4	0	16	
1	Wegener	Peter	LAC Veltins Hochsauerland	M40	1	0:44:07	12	1	00:46:33	12	3	01:10:52	8	1	00:47:10	12	0	0	8	12	12	12	44	
2	Rademacher	Frank	Elektro Bongard	M40	3	0:49:40	8	3	00:51:19	8	4	01:13:18	6	2	00:51:56	10	0	0	8	10	8	8	34	
3	Just	Michael	Marathon Club Menden	M40	0		0	2	00:47:16	10	1	01:06:23	12	0		0	0	0	4	12	10	0	26	
4	Sommerhoff	Sven		M40	2	0:47:10	10	0		0	2	01:09:19	10	0		0	0	0	4	10	10	0	24	
5	Hill	Detlef	TEAM WIKINGER	M40	4	0:51:17	6	5	00:53:51	4	5	01:20:38	4	0		0	0	0	6	6	4	4	20	
6	Schulte	Markus	Marathon Soest	M40	0		0	4	00:52:27	6	0		0	3	00:54:17	8	0	0	4	8	6	0	18	
1	Laqua	Michael	RC Sorpesee Tri Team	M45	1	0:38:58	12	0		0	1	00:56:53	12	1	00:39:10	12	0	0	6	12	12	12	42	
2	Rudewig	Michael	TSV Altena	M45	4	0:45:08	6	1	00:46:17	12	2	01:08:01	10	4	00:45:27	6	0	0	8	12	10	6	36	
3	Schulte	Klaus		M45	3	0:44:50	8	2	00:46:20	10	0		0	3	00:44:40	8	0	0	6	10	8	8	32	
4	Schwarberg	Jürgen	Stadtwerke Sundern	M45	5	0:47:36	4	3	00:48:26	8	3	01:09:46	8	5	00:46:49	4	0	0	8	8	8	4	28	
5	Wortmann	Dirk	LAC Veltins Hochsauerland	M45	2	0:42:31	10	0		0	0		0	2	00:41:51	10	0	0	4	10	10	0	24	
6	Dunker	Wilhelm	Tauchclub Sorpesee	M45	8	0:49:53	0	4	00:50:19	6	4	01:10:01	6	6	00:47:22	2	0	0	8	6	6	2	22	
7	Pavone	Klaus	SSV Allendorf	M45	7	0:49:29	0	5	00:52:32	4	5	01:10:40	4	8	00:48:09	0	0	0	8	4	4	0	16	
8	Lau	Stephan	Marathon-Club Menden	M45	11	0:52:21	0	9	00:54:28	0	9	01:17:52	0	12	00:53:49	0	0	0	8	0	0	0	8	
8	Nalbantis	Jörg	Turbo-Schnecken Lüdenscheid	M45	12	0:53:44	0	7	00:53:41	0	8	01:17:11	0	9	00:52:05	0	0	0	8	0	0	0	8	
8	Mertens	Burkhard	Alte Herren Garbeck	M45	10	0:51:32	0	6	00:52:55	2	7	01:16:45	0	0		0	0	0	6	2	0	0	8	
8	Gräf	Jürgen	SSV Küntrop	M45	0		0	8	00:53:53	0	6	01:15:22	2	10	00:52:34	0	0	0	6	2	0	0	8	
12	Sip	Björn	LG Neuenrade	M45	0		0	10	00:59:08	0	10	01:27:34	0	13	00:56:38	0	0	0	6	0	0	0	6	
12	Mitzscherling	Rolf	LAC Veltins Hochsauerland	M45	6	0:48:22	2	0		0	0		0	7	00:48:01	0	0	0	4	2	0	0	6	
14	Wiggeshoff	Michael	RC Sorpesee	M45	9	0:51:20	0	0		0	0		0	11	00:53:45	0	0	0	4	0	0	0	4	
1	Rauer	Reinhard	LG Neuenrade	M50	5	0:53:40	4	2	00:54:19	10	4	01:19:57	6	1	00:53:24	12	0	0	8	12	10	6	36	
1	Riecke	Volker	TUS Neuenrade	M50	2	0:48:33	10	1	00:50:03	12	3	01:12:15	8	0		0	0	0	6	12	10	8	36	
3	Doff	Franco	SSV Allendorf	M50	1	0:40:53	12	0		0	1	01:02:25	12	0		0	0	0	4	12	12	0	28	
3	Arens	Michael		M50	0		0	3	00:55:42	8	5	01:23:02	4	2	00:55:15	10	0	0	6	10	8	4	28	
5	Blome	Uwe	SSV Allendorf	M50	3	0:49:19	8	0		0	2	01:12:08	10	0		0	0	0	4	10	8	0	22	
6	Steimann	Dirk	Walking Club	M50	4	0:53:37	6	4	00:59:05	6	0		0	0		0	0	0	4	6	6	0	16	

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- Altersklassenwertung -

Rang	Name	Vorname	Verein/Ort	Klasse	Allendorf			Balve			Amecke			Mellen			Fretter			Teilnahme	Auswertung			
					Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.		1.	2.	3.	Punkte nach 4 Läufen
1	Teutenberg	Wolfgang	LT Olsberg	M55	1	0:43:03	12	0		0	1	01:08:12	12	1	00:45:31	12	0		0	6	12	12	12	42
2	Reinersmann	Michael	Skiclub Sundern	M55	2	0:46:34	10	1	00:48:27	12	2	01:09:57	10	0		0	0		0	6	12	10	10	38
3	Schumacher	Dieter	SuS Grün-Weiß Amecke	M55	3	0:51:11	8	3	00:53:02	8	4	01:17:13	6	0		0	0		0	6	8	8	6	28
4	Schneider	Georg	Marathon Club Menden	M55	0		0	2	00:50:25	10	3	01:10:04	8	0		0	0		0	4	10	8	0	22
5	Midderhoff	Bernward	Laufen in Balve	M55	4	0:52:12	6	4	00:55:08	6	0		0	0		0	0		0	4	6	6	0	16
6	Halilovic	Edin	Bosnien	M55	6	0:55:46	2	6	00:58:02	2	5	01:23:38	4	0		0	0		0	6	4	2	2	14
7	Berghoff	Egbert	GW Amecke	M55	5	0:54:06	4	5	00:56:55	4	0		0	0		0	0		0	4	4	4	0	12
8	Boelter	Lutz	TUS Neuenrade	M55	7	0:58:15	0	7	00:58:53	0	6	01:28:40	2	0		0	0		0	6	2	0	0	8
1	Besler	Karl-Heinz	TUS Breckerfeld	M60	1	0:50:36	12	1	00:53:34	12	0		0	1	00:48:44	12	0		0	6	12	12	12	42
2	Hilber	Uli	SC Fretter	M60	2	0:51:59	10	3	00:54:35	8	2	01:20:21	10	3	00:52:43	8	0		0	8	10	10	8	36
3	Klose	Volker	Imberg Runners Affeln	M60	3	0:54:09	8	2	00:54:25	10	3	01:21:51	8	4	00:53:16	6	0		0	8	10	8	8	34
4	Normann	Horst	SCSW Attendorn	M60	0		0	0		0	1	01:11:48	12	2	00:49:30	10	0		0	4	12	10	0	26
1	Bullert	Lothar	Tus Breckerfeld	M65	1	1:01:25	12	1	01:06:13	12	0		0	1	01:03:00	12	0		0	6	12	12	12	42
1	Meinecke	Adalbert	TUS Breckerfeld	M75	1	1:09:29	12	0		0	1	1:47:19	12	1	01:07:35	12	0		0	6	12	12	12	42
1	Dally	Tim	Netphen	MHK	1	0:40:02	12	1	00:41:05	12	1	01:02:15	12	1	00:40:32	12	0		0	8	12	12	12	44
2	Brüggemann	Matteo	LAC Veltins Hochsauerland	MHK	2	0:43:55	10	2	00:44:41	10	2	01:03:54	10	2	00:43:37	10	0		0	8	10	10	10	38
3	Midderhoff	Phil	SC Fretter	MHK	0		0	3	00:45:56	8	0		0	3	00:47:33	8	0		0	4	8	8	0	20
3	Schültke	Andre	SC Hagen-Wildewiese	MHK	3	0:51:40	8	0		0	3	01:15:52	8	0		0	0		0	4	8	8	0	20
1	Gatesch	Martin	TuS Plettenberg	MJgdA	0		0	0		0	1	01:14:45	12	1	00:47:56	12	0		0	4	12	12	0	28
1	Kleinschmidt	Karl	Marathon Soest	MJgdB	1	0:53:50	12	1	00:53:22	12	0		0	0		0	0		0	4	12	12	0	28

Homert Laufserie 2011 - Altersklassenwertung -

Rang	Name	Vorname	Verein/Ort	Klasse	Allendorf			Balve			Amecke			Mellen			Fretter			Teilnahme	Auswertung			
					Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.	Platz	Zeit	Pkt.		1.	2.	3.	Punkte nach 4 Läufen
1	Hoff-Gerke	Carolina	SSV Allendorf	W35	1	0:47:42	12	1	00:48:38	12	1	01:10:52	12	0		0	0	0	0	6	12	12	12	42
2	Baumeister	Melanie	Tauchclub Sorpese	W35	2	0:56:04	10	2	00:56:52	10	2	01:23:36	10	1	00:53:35	12	0	0	0	8	12	10	10	40
3	Brandt	Nadine		W35	0		0	0		0	3	01:34:23	8	2	01:00:02	10	0	0	0	4	10	8	0	22
1	Kleinschmidt	Gabi	Marathon Soest	W40	1	0:51:31	12	1	00:53:38	12	1	01:15:40	12	0		0	0	0	6	12	12	12	42	
2	Wandmacher	Dorothee	LT Olsberg	W40	2	0:54:54	10	0		0	3	01:23:27	8	2	00:56:08	10	0	0	6	10	10	8	34	
3	Schwartzberg	Edith		W40	3	0:57:16	8	2	00:59:33	10	4	01:24:22	6	0		0	0	0	6	10	8	6	30	
3	Koch-Steffen	Anja	RLV Lennetal e.V.	W40	4	0:59:01	6	3	01:03:36	8	5	01:26:38	4	3	01:13:11	8	0	0	8	8	8	6	30	
5	Tonscheidt	Ilona	TV Büschergrund	W40	0		0	0		0	2	01:22:08	10	1	00:54:55	12	0	0	4	12	10	0	26	
1	Geck	Martina	Regionalgruppe MK e.V.	W45	1	0:57:36	12	1	00:57:30	12	1	01:26:03	12	2	01:02:08	10	0	0	8	12	12	12	44	
2	Lehmann	Petra		W45	0		0	2	01:02:22	10	2	01:27:36	10	1	00:53:01	12	0	0	6	12	10	10	38	
3	Rauer	Bettina	LG Neuenrade	W45	2	1:04:48	10	3	01:05:44	8	3	01:38:09	8	3	01:03:03	8	0	0	8	10	8	8	34	
4	Riecke	Elisabeth	DLRG Neuenrade	W45	0		0	4	01:08:19	6	4	01:43:14	6	0		0	0	0	4	6	6	0	16	
1	Müller	Christa	Laufen in Balve	W50	1	0:56:37	12	1	00:59:48	12	1	01:27:43	12	1	00:58:03	12	0	0	8	12	12	12	44	
1	Kramer	Christa	Laufen in Balve	W55	0		0	1	01:02:30	12	0		0	1	01:02:06	12	0	0	4	12	12	0	28	
1	Görres	Julia	Praxis Brink/Lehmann	WJgdB	1	0:52:27	12	1	01:02:20	12	0		0	1	00:53:20	12	0	0	6	12	12	12	42	