

2018



| Platz | Name, Vorname | Jahrg. AK | Gesamt | 3 aus 4 | Gretesch | Melle | Bissen- dorf | Bad Iburg | Verein |
|-------|---------------|-----------|--------|---------|----------|-------|-----------------|--------------|--------|
|-------|---------------|-----------|--------|---------|----------|-------|-----------------|--------------|--------|

LANGSTRECKE

| | | | | | | | | | |
|----|---------------------------|-------------|-----|-----|----|----|----|----|------------------------------|
| 1 | Abdalla, Abdelmajeed | 1992 MÄNNER | 9 | 5 | 2 | 4 | 2 | 1 | Jede Oma zählt |
| 2 | Huhtakangas, Nils | 1999 M U20 | 9 | 9 | | 5 | 1 | 3 | LG Osnabrück |
| 3 | Knoepke, Daniel | 1982 M35 | 25 | 14 | 3 | 11 | 7 | 4 | LC Solbad Ravensberg |
| 4 | Demmler, Marcus | 1980 M35 | 25 | 16 | 5 | 9 | 6 | 5 | Viva Con agua |
| 5 | Igelbrink, Hans Peter | 1963 M55 | 19 | 19 | 4 | 8 | | 7 | TV Georgsmarienhütte |
| 6 | Vogt, Christian | 1974 M40 | 27 | 27 | | 12 | 9 | 6 | TSG 07 Burg Gretesch |
| 7 | Salewsky, Dominik | 1981 M35 | 42 | 28 | 7 | 14 | 12 | 9 | Wilhelm-Fredemann-Oberschule |
| 8 | Spiekermann, Peter Willem | 2001 M U18 | 30 | 30 | 6 | 13 | 11 | | TV 01 Bohmte |
| 9 | Bäumer, Bastian | 1978 M40 | 36 | 36 | 8 | 15 | 13 | | Haecker Kuechen Run&fun |
| 10 | Klimza, Bernard | 1972 M45 | 40 | 40 | 10 | 18 | | 12 | Team Addidas |
| 11 | Wellensiek, Wolfgang | 1972 M45 | 42 | 42 | 9 | 17 | 16 | | Lübbecker Berglöwen |
| 12 | Grunwald, Börn | 1968 M50 | 45 | 45 | | 20 | 15 | 10 | LT Osnabrück Nord |
| 13 | Hensiek, Carsten | 1984 M30 | 69 | 46 | 13 | 23 | 19 | 14 | SC Melle 03 |
| 14 | Wennemer, Maik | 1974 M40 | 90 | 59 | 18 | 31 | 21 | 20 | Marathon Ibbenbüren |
| 15 | Linkemeyer, Martin | 1965 M50 | 88 | 60 | 21 | 28 | 20 | 19 | OFV Ostercappeln |
| 16 | Meier, Sebastian | 1975 M40 | 100 | 67 | 16 | 27 | 33 | 24 | RC Olympia Bünde e.V. |
| 17 | Büch, Thomas | 1966 M50 | 70 | 70 | 17 | 30 | 23 | | OS-Gretesch |
| 18 | Langen, Stefan | 1969 M45 | 107 | 73 | 24 | 34 | 26 | 23 | TV Georgsmarienhütte |
| 19 | Breeck, Christian | 1958 M60 | 75 | 75 | | 26 | 24 | 25 | SC Melle 03 |
| 20 | Rosenfeld, Jonas | 1994 MÄNNER | 79 | 79 | | 35 | 27 | 17 | VfR Voxtrup |
| 21 | Lührmann, Björn | 1966 M50 | 82 | 82 | 23 | 33 | | 26 | SC Melle 03 |
| 22 | Mayer, Andreas | 1990 MÄNNER | 82 | 82 | | 29 | 25 | 28 | BSG KSK Melle |
| 23 | Koch, Dennis | 1978 M40 | 133 | 93 | 29 | 40 | 34 | 30 | RC Olympia Bünde e.V. |
| 24 | Huppertz, Reiner | 1959 M55 | 99 | 99 | | 36 | 32 | 31 | SV Schwagstorf |
| 25 | Schniederalters, Bernd | 1991 MÄNNER | 145 | 103 | 30 | 42 | 40 | 33 | HLB Klein Mönstermann |
| 26 | Kohnert, Michael | 1980 M35 | 181 | 126 | 45 | 55 | 37 | 44 | RC Olympia Bünde e.V. |
| 27 | Glasow, Peter | 1957 M60 | 130 | 130 | 33 | | 48 | 49 | SV Eintracht Neuenkirchen |
| 28 | Langkopf, Heinrich | 1971 M45 | 132 | 132 | | 47 | 39 | 46 | SC Melle 03 |
| 29 | Weber, Wolfgang | 1967 M50 | 140 | 140 | 40 | | 41 | 59 | PUMA SE |
| 30 | Strotmann, Robert | 1970 M45 | 143 | 143 | 43 | | 45 | 55 | Marathon Ibbenbüren |
| 31 | Barkey, Lutz | 1970 M45 | 196 | 144 | 46 | 50 | 52 | 48 | LC Solbad Ravensberg |
| 32 | Krüwel, Friedrich | 1954 M60 | 202 | 146 | 44 | 53 | 49 | 56 | Hasbergen |
| 33 | Mertens, Ralf | 1967 M50 | 155 | 155 | 48 | 51 | 56 | | LKG-OSC |
| 34 | Huesmann, Mirko | 1982 M35 | 222 | 162 | 60 | 56 | 53 | 53 | |
| 35 | Lipinski, Thomas | 1967 M50 | 170 | 170 | 55 | 58 | 57 | | Vereinslos |
| 36 | Jakopovic, Thomas | 1977 M40 | 170 | 170 | 52 | 60 | 58 | | BTW Bünde |
| 37 | Pletschmüllers, Achim | 1973 M45 | 176 | 176 | 64 | 57 | 55 | | Artiva Athletix |
| 38 | Wolfgramm, Klaus | 1957 M60 | 260 | 182 | 53 | 65 | 64 | 78 | RC Olympia Bünde e.V. |
| 39 | Randelhoff, Michael | 1972 M45 | 263 | 185 | 66 | 78 | 72 | 47 | TV Bad Iburg |
| 40 | Gemke, Jörg | 1979 M35 | 192 | 192 | 63 | | 62 | 67 | Melle |
| 41 | Nordmann, Christian | 1973 M45 | 193 | 193 | | 70 | 60 | 63 | Lauftreff Wissingen |
| 42 | Hüffmeyer, Volkert | 1972 M45 | 268 | 194 | 70 | 66 | 74 | 58 | |
| 43 | Temme, Guido | 1969 M45 | 261 | 194 | 67 | 63 | 66 | 65 | TV Bad Iburg |
| 44 | Möllering, Frank | 1972 M45 | 197 | 197 | 71 | 67 | 59 | | SuS Buer |
| 45 | Suhrhoff, Rolf | 1957 M60 | 197 | 197 | 68 | 68 | | 61 | SC Melle 03 |
| 46 | Boberg, Friedel | 1948 M70 | 273 | 198 | 62 | 71 | 65 | 75 | TV Georgsmarienhütte |
| 47 | Dierker, Christian | 1975 M40 | 201 | 201 | 59 | | 69 | 73 | ohne |
| 48 | Krause, Marc | 1989 MÄNNER | 206 | 206 | 65 | | 67 | 74 | VfR Voxtrup |
| 49 | Kötter, Jochen | 1967 M50 | 295 | 214 | 74 | 72 | 68 | 81 | ohne |

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| LANGSTRECKE | | | | | | | | | |
| 50 | Suliga, Pawel | 1983 M35 | 319 | 225 | 77 | 75 | 73 | 94 | HLB Klein Mönstermann |
| 51 | Jackisch, Uwe | 1969 M45 | 232 | 232 | 83 | | 70 | 79 | SV Rasensport |
| 52 | Drewing, Harald | 1956 M60 | 234 | 234 | 84 | 74 | 76 | | Reitverein Engter |
| 53 | Wilke, Frank | 1970 M45 | 332 | 235 | 81 | 79 | 75 | 97 | Active Sportshop Osnabrück |
| 54 | Lehde, Tom | 1992 MÄNNER | 243 | 243 | 79 | 88 | | 76 | |
| 55 | Bahr, Peter | 1968 M50 | 249 | 249 | | 76 | 78 | 95 | SC Melle 03 |
| 56 | Ronning, Thorsten | 1970 M45 | 253 | 253 | | 82 | 82 | 89 | Melle |
| 57 | Peppel, Thomas | 1960 M55 | 258 | 258 | 87 | 85 | 86 | | Ohne Verein |
| 58 | Kater, Daniel | 1987 M30 | 262 | 262 | 85 | | 89 | 88 | L&T |
| 59 | Hornung, Mathias | 1956 M60 | 266 | 266 | | 90 | 85 | 91 | Jede Oma zählt |
| 60 | Otto, Mathias | 1979 M35 | 363 | 267 | 88 | 92 | 87 | 96 | SC Melle 03 |
| 61 | Tepe, Eugen | 1949 M65 | 283 | 283 | 86 | 101 | 96 | | SV Kettenkamp |
| 62 | Kallmeyer, Andre | 1977 M40 | 287 | 287 | 94 | 96 | 97 | | |
| 63 | Voß, Carsten | 1972 M45 | 288 | 288 | 97 | 97 | 94 | | Lauf die Hacken ab Lüstringen |
| 64 | Albrecht, Manfred | 1967 M50 | 289 | 289 | 95 | 91 | | 103 | |
| 65 | Speldrich, Michael | 1960 M55 | 292 | 292 | 103 | | 91 | 98 | VfR Voxtrup |
| 66 | Meyer, Bernard | 1950 M65 | 296 | 296 | | 106 | 90 | 100 | SC Melle 03 |
| 67 | Gelhot, Werner | 1952 M65 | 420 | 301 | 98 | 105 | 98 | 119 | SC Melle 03 |
| 68 | Wredenhausen, Torsten | 1964 M50 | 304 | 304 | 96 | 107 | 101 | | RC Olympia Bünde e.V. |
| 69 | Joswig, Dr. Michael | 1964 M50 | 308 | 308 | 92 | | 105 | 111 | HLB Klein Mönstermann |
| 70 | Esslage, Michael | 1970 M45 | 317 | 317 | | 110 | 102 | 105 | Bramsche |
| 71 | Ungemach, Andreas | 1933 M85 | 359 | 359 | | 113 | 114 | 132 | TV Georgsmarienhütte |
| | Seelhöfer, Jannik | 1997 M U23 | 1 | --- | | 1 | | | SC Melle 03 |
| | Seidel, Ronny | 1980 M35 | 2 | --- | | | | 2 | TG Witten |
| | Vennemann, Linus | 2000 M U20 | 2 | --- | | 2 | | | LG Osnabrück |
| | Seelhöfer, Mathis | 2000 M U20 | 3 | --- | | | 3 | | SC Melle 03 |
| | Karsch, Dustin | 1992 MÄNNER | 4 | --- | 1 | 3 | | | OTB |
| | Siemer, Erik | 2000 M U20 | 4 | --- | | | 4 | | VfL Lönigen |
| | Habighorst, Tim | 1999 M U20 | 5 | --- | | | 5 | | SC Melle 03 |
| | Jozelon, Pierre | 1980 M35 | 6 | --- | | 6 | | | Stade Niortais Athletisme (F) |
| | Keil, Axel | 1982 M35 | 7 | --- | | 7 | | | SC Melle 03 |
| | Maschmeyer, Sebastian | 1978 M40 | 8 | --- | | | 8 | | SC Herringhausen |
| | Neumann, Arne | 1988 M30 | 11 | --- | 11 | | | | Team Röwer |
| | Kähler, Lars | 1993 MÄNNER | 12 | --- | 12 | | | | Lahme Enten Osnabrück |
| | Magga, Sebastian | 1984 M30 | 14 | --- | 14 | | | | VfR Voxtrup |
| | Sprehe, Rainer | 1971 M45 | 15 | --- | | | | 15 | TUS Eintracht Bielefeld |
| | Buller, Dominik | 1984 M30 | 18 | --- | | | 18 | | PVG Niedermark |
| | Eikmeier, Niklas | 1997 M U23 | 18 | --- | | 10 | | 8 | TG Ennigloh |
| | Kramer, Nils | 1978 M40 | 19 | --- | | 19 | | | VfR Voxtrup |
| | Hinrichs, Jörg | 1968 M50 | 20 | --- | 20 | | | | LC Solbad Ravensberg |
| | Dresselhaus, Jan | 2001 M U18 | 21 | --- | | | 10 | 11 | SV Eintracht Neuenkirchen |
| | Hölscher, Jost | 2005 M13 | 21 | --- | | | | 21 | Gymnasium Bad Iburg |
| | Hohenbrink, Jannis | 2002 M U18 | 22 | --- | | | | 22 | Gymnasium Bad Iburg |
| | Huppertz, Christian | 1992 MÄNNER | 22 | --- | | | 22 | | |
| | Pieper, Tobias | 1980 M35 | 22 | --- | 22 | | | | RC Olympia Bünde e.V. |
| | Stiegelmeyer, Mario | 1989 MÄNNER | 22 | --- | | 22 | | | SV Victoria Gesmold |
| | Kruse, Daniel | 1982 M35 | 25 | --- | | 25 | | | Organic Gin O49 |
| | Wohlschläger, Gernot | 1964 M50 | 25 | --- | 25 | | | | Lokomotive Nettetal |
| | Konermann, Burkhard | 1967 M50 | 26 | --- | 26 | | | | Borgloh |

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| Platz | Name, Vorname | Jahrg. AK | Gesamt | 3 aus 4 | Gretesch | Melle | Bissen- dorf | Bad Iburg | Verein |
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| LANGSTRECKE | | | | | | | | | |
| | Flohre, Sebastian | 1979 M35 | 27 | --- | | | | 27 | Hossa |
| | Schieße, Peer | 1963 M55 | 28 | --- | 28 | | | | Tri-OSC |
| | Huppertz, Max | 1998 M U23 | 29 | --- | | | | 29 | Zipfelkiatscher |
| | Kampeter, Maik | 1974 M40 | 29 | --- | | | 29 | | |
| | Hüsemann, Matthias | 1977 M40 | 30 | --- | | 16 | 14 | | TV 01 Bohmte |
| | Otto, Daniel | 1973 M45 | 30 | --- | | | 17 | 13 | SC Melle 03 |
| | Reichelt, Volker | 1966 M50 | 31 | --- | 31 | | | | Osnabrück |
| | Bröskamp, Kai | 2001 M U18 | 32 | --- | | | | 32 | Gymnasium Bad Iburg |
| | Kröger, Sebastian | 1983 M35 | 32 | --- | 32 | | | | TSV Wallenhorst |
| | Hamid, Abdelrahman | 1970 M45 | 34 | --- | 34 | | | | Jede Oma zählt |
| | Walgern, Max | 2004 M14 | 34 | --- | | | | 34 | TV Bad Iburg |
| | Brand, Oliver | 1970 M45 | 35 | --- | | | | 35 | Gymnasium Bad Iburg |
| | Macke, Thorsten | 1973 M45 | 35 | --- | | | 35 | | Vechta |
| | Lienesch, Raphael | 1983 M35 | 36 | --- | 36 | | | | TV Georgsmarienhütte |
| | Niederdalhoff, Paul | 1973 M45 | 36 | --- | | | | 36 | Ohne |
| | Touzard, Anthony | 1985 M30 | 36 | --- | | | 36 | | TV 01 Bohmte |
| | Zagratzki, Jonas | 1986 M30 | 37 | --- | | 37 | | | Rubbenbruchsee parkrun |
| | Calmer, Clemens | 2004 M14 | 38 | --- | | | | 38 | Gymnasium Bad Iburg |
| | Lux, Sebastian | 1985 M30 | 38 | --- | 38 | | | | Osnabrück |
| | Kuse, Julian | 2001 M U18 | 39 | --- | | 21 | | 18 | BSV-Holzhausen |
| | Lahrmann, Johannes | 1986 M30 | 39 | --- | | | | 39 | Ohne |
| | Bokern, Markus | 1972 M45 | 40 | --- | | 24 | | 16 | TSG 07 Burg Gretesch |
| | Knemeyer, Felix | 2003 M15 | 40 | --- | | | | 40 | Gymnasium Bad Iburg |
| | Bente, Adrian | 1982 M35 | 41 | --- | 41 | | | | TSG 07 Burg Gretesch |
| | Klaßen, Daniel | 1976 M40 | 41 | --- | | | | 41 | Gymnasium Bad Iburg |
| | Mathews, Henry | 2002 M U18 | 42 | --- | 42 | | | | Lokomotive Nettetal |
| | Valle Escamilla, Antonio José | 1986 M30 | 42 | --- | | | | 42 | Ohne |
| | Bachmann, Kevin | 1980 M35 | 43 | --- | | | 43 | | Schledehausen |
| | Hilder, Robin | 1964 M50 | 43 | --- | | | | 43 | Ohne |
| | Reitel, Daniel | 1975 M40 | 43 | --- | | 43 | | | ohne |
| | Szameitat, Wolfgang | 1979 M35 | 44 | --- | | | 44 | | Jede Oma zählt |
| | Heinrich, Marco | 1992 MÄNNER | 45 | --- | | | | 45 | TV 01 Bohmte |
| | Schneekloth, Wolfgang | 1961 M55 | 45 | --- | | 45 | | | Marathon Ibbenbüren |
| | Kamper, Norman | 1971 M45 | 46 | --- | | 46 | | | TEAM Klinikum Nürnberg |
| | Lukas-Nülle, Uwe | 1961 M55 | 46 | --- | | | 46 | | VfR Voxtrup |
| | Bugiel, Daniel | 1980 M35 | 47 | --- | 19 | | 28 | | BBC Osnabrück |
| | Gruhn, David | 1982 M35 | 47 | --- | | | 47 | | Sv-Dsw E:v: |
| | Knölker, Lukas | 2002 M U18 | 47 | --- | 47 | | | | |
| | Vennemann, Markus | 1980 M35 | 48 | --- | | 48 | | | OFV Ostercappeln |
| | Solbach, Ulli | 1968 M50 | 49 | --- | 49 | | | | Team Laufen OS |
| | Hinrichs, Lennart | 2002 M U18 | 50 | --- | | | | 50 | Gymnasium Bad Iburg |
| | Reese, Tim | 1983 M35 | 50 | --- | 50 | | | | RW Sutthausen |
| | Jutzi, Daniel | 1982 M35 | 51 | --- | 51 | | | | Gesamtschule Schinkel |
| | Lindthorst, Maximilian | 2001 M U18 | 51 | --- | | | | 51 | Gymnasium Bad Iburg |
| | Richter, Maximilian | 2006 M12 | 51 | --- | | | 51 | | TSG 07 Burg Gretesch |
| | Lippold, Marc | 2001 M U18 | 52 | --- | | | | 52 | Gymnasium Bad Iburg |
| | Läkamp, Stefan | 1970 M45 | 54 | --- | | | | 54 | Melle |
| | Nesemeyer, Micha | 1986 M30 | 54 | --- | | 54 | | | TSV Westerhausen |
| | von Reeken, Ingo | 1971 M45 | 54 | --- | 54 | | | | Sloopy Haste 05 |

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| LANGSTRECKE | | | | | | | | | |
| | Averdiek-Bolwin, Christoph | 1967 M50 | 56 | --- | 15 | 41 | | | |
| | Wellenbüscher, Rene | 1976 M40 | 57 | --- | 57 | | | | Lokomotive Nettetal |
| | Mehlhase, Frank | 1961 M55 | 59 | --- | | 59 | | | SC Melle 03 |
| | Rohr, Jörg | 1969 M45 | 60 | --- | | | | 60 | Bad Iburg |
| | Mathews, Christian | 1971 M45 | 61 | --- | 61 | | | | Lokomotive Nettetal |
| | Niehaus, Jürgen | 1971 M45 | 61 | --- | | | 61 | | |
| | Brockmeyer, Steffen | 1988 M30 | 63 | --- | | 32 | 31 | | ohne |
| | Hagen, Heinz | 1967 M50 | 63 | --- | | | 63 | | Jede Oma zählt |
| | Malanczuk, Patryk Jakub | 2002 M U18 | 64 | --- | | 64 | | | Wilhelm-Fredemann-Oberschule |
| | Meyer, Florian | 1992 MÄNNER | 65 | --- | 27 | 38 | | | TV Bissendorf-Holte |
| | Meyer, Niklas | 2003 M15 | 66 | --- | | | | 66 | Gymnasium Bad Iburg |
| | Isevang, Stefan | 1979 M35 | 69 | --- | | 69 | | | ohne |
| | Nees, Simon | 1974 M40 | 69 | --- | | 39 | 30 | | TuS Bersenbrück |
| | Wewel, Julius | 2002 M U18 | 69 | --- | | | | 69 | Gymnasium Bad Iburg |
| | Neumann, Lasse | 2002 M U18 | 70 | --- | | | | 70 | Gymnasium Bad Iburg |
| | Müller, Adrian | 1981 M35 | 71 | --- | | | 71 | | Laufkader Bissendorf |
| | Stockkamp, Matthias | 1981 M35 | 72 | --- | | | | 72 | Osnabrück |
| | Dittmer, Martin | 1964 M50 | 73 | --- | 73 | | | | Nettetal Jungs |
| | Groll, Matthias | 1999 M U20 | 73 | --- | | 73 | | | Häufig Läufer |
| | Goerke, Peer | 2007 M11 | 75 | --- | 75 | | | | Osnabrueck |
| | Starr, Günther | 1969 M45 | 75 | --- | | | 38 | 37 | SC Melle 03 |
| | Bietendorf, Ulrich | 1967 M50 | 76 | --- | 76 | | | | SV Oldendorf |
| | Bunse, Daniel | 1974 M40 | 77 | --- | | | 77 | | BBL Osnabrück |
| | Kern, Kristian | 2001 M U18 | 77 | --- | | | | 77 | Gymnasium Bad Iburg |
| | Borcherding, Ralf | 1956 M60 | 78 | --- | 78 | | | | VFL Osnabrück |
| | Brill, Bernd | 1960 M55 | 79 | --- | | | 79 | | Ohne |
| | Fabian, Maik | 1987 M30 | 80 | --- | 80 | | | | |
| | Müller, Christian | 1963 M55 | 80 | --- | | | 80 | | Ohne |
| | Pohlkötter, Christoph | 1983 M35 | 80 | --- | | | | 80 | HLB Klein Mönstermann |
| | Schaffer, Thomas | 1964 M50 | 80 | --- | | 80 | | | Blomberg |
| | Derhake, Nils | 2004 M14 | 81 | --- | | | 81 | | Marathon Ibbenbüren |
| | Pohlmann, Ulf | 1991 MÄNNER | 81 | --- | | 81 | | | TV Georgsmarienhütte |
| | Spiekermann, Peter | 1954 M60 | 81 | --- | 39 | | 42 | | SC Melle 03 |
| | Tiit, Kasim | 2000 M U20 | 82 | --- | | | | 82 | Gymnasium Bad Iburg |
| | Kovermann, Markus | 1977 M40 | 83 | --- | | 83 | | | OFV Ostercappeln |
| | Verlage, Daniel | 1979 M35 | 83 | --- | | | 83 | | Marathon Ibbenbüren |
| | Wortmann, Erik | 2002 M U18 | 83 | --- | | | | 83 | Gymnasium Bad Iburg |
| | Hollermann, Markus | 1979 M35 | 84 | --- | | 84 | | | OFV Ostercappeln |
| | Lehmann, Luka | 1999 M U20 | 84 | --- | | | 84 | | Sv-Dsw E:v: |
| | Schilling, David | 2002 M U18 | 84 | --- | | | | 84 | Gymnasium Bad Iburg |
| | Leimkühler, Jürgen | 1965 M50 | 85 | --- | | | | 85 | TV Georgsmarienhütte |
| | Althaus, Thomas | 1957 M60 | 86 | --- | 37 | 49 | | | SC Melle 03 |
| | Meißner, Nicolas | 2002 M U18 | 86 | --- | | | | 86 | Gymnasium Bad Iburg |
| | Kolkmeier, Martin | 1963 M55 | 87 | --- | 35 | 52 | | | LSF Natbergen |
| | Sille, Marc | 1974 M40 | 87 | --- | | | | 87 | Bad Iburg |
| | Kammler, Andreas | 1976 M40 | 89 | --- | 89 | | | | AktivPark |
| | Propach, Ralf | 1966 M50 | 89 | --- | | 89 | | | ohne |
| | Brinkmann, Markus | 1968 M50 | 90 | --- | | | | 90 | SC Melle 03 |
| | Schwarz, Torsten | 1971 M45 | 90 | --- | 90 | | | | VfR Voxtrup |

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| LANGSTRECKE | | | | | | | | | |
| | Mählmann, Yannick | 2005 M13 | 91 | --- | 91 | | | | |
| | Brinkmann, Markus | 1995 MÄNNER | 92 | --- | | | 92 | | SC Melle 03 |
| | Steenken, Erik | 2001 M U18 | 92 | --- | | | | 92 | Gymnasium Bad Iburg |
| | Mittendorf, Guido | 1965 M50 | 93 | --- | | 93 | | | SC Melle 03 |
| | Richter, Björn | 1976 M40 | 93 | --- | | | 93 | | VfR Voxtrup |
| | Groll, Andreas | 1963 M55 | 94 | --- | | 94 | | | Häufig Läufer |
| | Slowikowski, Lukaz | 1982 M35 | 95 | --- | | 95 | | | ohne |
| | Haak, Alexander | 1973 M45 | 98 | --- | | 44 | 54 | | Georgsmarienhütte |
| | Bower, Jörg | 1964 M50 | 99 | --- | | | | 99 | SM - Treff |
| | Vennemann, Wilhelm | 1950 M65 | 99 | --- | | 99 | | | LG Osnabrück |
| | Gerdas, Klaus | 1965 M50 | 100 | --- | | 100 | | | SV Schwagstorf |
| | Unnasch, Dieter | 1953 M65 | 100 | --- | 100 | | | | MTV Immensen |
| | Badjoko, Christian | 2000 M U20 | 101 | --- | | | | 101 | Gymnasium Bad Iburg |
| | Herbermann, Nico | 2002 M U18 | 102 | --- | | | | 102 | Gymnasium Bad Iburg |
| | Wiesing, Andreas | 1984 M30 | 102 | --- | | 102 | | | Organic Gin O49 |
| | Kluhs, Peter | 1962 M55 | 104 | --- | | | 104 | | Ohne |
| | Lauxtermann, Thorben | 1991 MÄNNER | 104 | --- | | 104 | | | ohne |
| | Tubesing, Louis | 2002 M U18 | 104 | --- | | | | 104 | Gymnasium Bad Iburg |
| | Winter, Heinz | 1936 M80 | 104 | --- | 104 | | | | TV Georgsmarienhütte |
| | Fische, B. | 1957 M60 | 105 | --- | 105 | | | | L&T |
| | Andree, Christian | 1985 M30 | 106 | --- | | | 106 | | Sv-Dsw E:v: |
| | Rauer, Klaus Marvin | 2002 M U18 | 106 | --- | | | | 106 | Gymnasium Bad Iburg |
| | Beckmann, Lucas | 2000 M U20 | 107 | --- | | | | 107 | Gymnasium Bad Iburg |
| | Glatzer, Oliver | 1979 M35 | 107 | --- | | | 50 | 57 | OSC |
| | Hambrink, Dirk | 1978 M40 | 107 | --- | | | 107 | | Sv-Dsw E:v: |
| | Jaenicke, Wilhelm-Johannes | 1963 M55 | 108 | --- | | | 108 | | |
| | Kleine Ausberg, Thomas | 1968 M50 | 108 | --- | | | | 108 | Ohne |
| | Kennepohl, Klaus | 1960 M55 | 109 | --- | | | 109 | | Jede Oma zählt |
| | Bohnenkamp, Tim | 1994 MÄNNER | 110 | --- | | | 110 | | Sv-Dsw E:v: |
| | Pelz, Georg | 1972 M45 | 110 | --- | | | | 110 | kein Verein |
| | Nathanael Frindte, Paul | 1979 M35 | 111 | --- | | | 111 | | Sv-Dsw E:v: |
| | Paulsen, Jens | 1966 M50 | 111 | --- | | 111 | | | ohne |
| | Schulze-Osthoff, Daniel | 2002 M U18 | 112 | --- | | | | 112 | Gymnasium Bad Iburg |
| | Schwersmann, Lucas | 2002 M U18 | 113 | --- | | | | 113 | Gymnasium Bad Iburg |
| | Sowacki, Bernhard | 1974 M40 | 113 | --- | | | 113 | | LT Osnabrück Nord |
| | Taschenmacher, Lukas | 2002 M U18 | 114 | --- | | | | 114 | Gymnasium Bad Iburg |
| | Richter, Reinhard | 1952 M65 | 115 | --- | | | 115 | | |
| | Tellkamp, Maximilian | 2002 M U18 | 115 | --- | | | | 115 | Gymnasium Bad Iburg |
| | Ort, Andreas | 1992 MÄNNER | 116 | --- | | | 116 | | SC Melle 03 |
| | ter Veen, Dirk | 1963 M55 | 116 | --- | | | | 116 | Bad Iburg Kängurus |
| | Bock, Jörg | 1967 M50 | 117 | --- | | | | 117 | SM - Treff |
| | Uhrberg, Michael | 1965 M50 | 118 | --- | | | | 118 | SM - Treff |
| | Leufke, Sascha | 1985 M30 | 119 | --- | 58 | 61 | | | TV Bissendorf-Holte |
| | Kusnezow, Daniel | 2000 M U20 | 120 | --- | | | | 120 | Gymnasium Bad Iburg |
| | Tiedeken, Sven | 1980 M35 | 121 | --- | | | | 121 | L&T |
| | Rose, Kevin | 2001 M U18 | 122 | --- | | | | 122 | Gymnasium Bad Iburg |
| | Köstner, Louis | 2000 M U20 | 123 | --- | | | | 123 | Gymnasium Bad Iburg |
| | Beckmann, Philipp | 2002 M U18 | 124 | --- | | | | 124 | Gymnasium Bad Iburg |
| | Heuer, Manfred | 1961 M55 | 124 | --- | 56 | | | 68 | |

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| Platz | Name, Vorname | Jahrg. AK | Gesamt | 3 aus 4 | Gretesch | Melle | Bissen- dorf | Bad Iburg | Verein |
|--------------------|----------------------------|------------|--------|---------|----------|-------|-----------------|--------------|----------------------------------|
| LANGSTRECKE | | | | | | | | | |
| | Notthoff, Timo | 2002 M U18 | 125 | --- | | | | 125 | Gymnasium Bad Iburg |
| | Zerr, Kevin | 1998 M U23 | 126 | --- | | | | 126 | Gymnasium Bad Iburg |
| | Weber, Ole | 2001 M U18 | 128 | --- | | | | 128 | Gymnasium Bad Iburg |
| | Döge, Robin | 1996 M U23 | 129 | --- | | | | 129 | SV Viktoria 08 Georgsmarienhütte |
| | Fischer, Markus | 1984 M30 | 130 | --- | | | | 130 | Hamburg |
| | Fischer, Benjamin | 1980 M35 | 131 | --- | | | | 131 | Wilhelmshaven |
| | Preuß, Torsten | 1968 M50 | 133 | --- | | 62 | | 71 | BSG KSK Melle |
| | Jackisch, Luke | 1996 M U23 | 136 | --- | 72 | | | 64 | SV Rasensport |
| | Ernst, Jo | 1965 M50 | 139 | --- | | 77 | | 62 | ohne |
| | Riestenpatt, Claus | 1964 M50 | 156 | --- | 69 | 87 | | | TV Schleddehausen |
| | Buchholz, Robert | 1973 M45 | 170 | --- | 82 | | 88 | | |
| | Buhrtz, Philipp | 2001 M U18 | 179 | --- | | 86 | | 93 | BSV-Holzhausen |
| | Eikmeier, Frank | 1968 M50 | 193 | --- | | 98 | 95 | | ohne |
| | Grunewald, Wolfgang | 1946 M70 | 196 | --- | 93 | | 103 | | TSG 07 Burg Gretesch |
| | Hoffmann, Wilfried | 1949 M65 | 202 | --- | | 103 | 99 | | SV Schwagstorf |
| | Wolff, Stephan | 1974 M40 | 207 | --- | 99 | 108 | | | |
| | Fehling, Wolf-Dieter | 1952 M65 | 209 | --- | | | 100 | 109 | SC Melle 03 |
| | Michalski, Christoph Maria | 1962 M55 | 210 | --- | 101 | 109 | | | SC Melle 03 |
| | Daniel, Wolf-Dieter | 1942 M75 | 224 | --- | | 112 | 112 | | SV Eintracht Neuenkirchen |
| | Heermann, Florian | 2003 M15 | 229 | --- | 102 | | | 127 | SC Melle 03 |

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| Platz | Name, Vorname | Jahrg. AK | Gesamt | 3 aus 4 | Gretesch | Melle | Bissen- dorf | Bad Iburg | Verein |
|----------------------|-------------------------|-------------|--------|------------|----------|-------|-----------------|--------------|-----------------------------------|
| MITTELSTRECKE | | | | | | | | | |
| 1 | Vennemann, Linus | 2000 M U20 | 4 | 4 | 1 | 2 | 1 | | LG Osnabrück |
| 2 | Kosmella, Matthias | 1976 M40 | 15 | 10 | 3 | 5 | 3 | 4 | TV Georgsmarienhütte |
| 3 | Streit, Eric | 1999 M U20 | 15 | 15 | 4 | 6 | 5 | | LT Osnabrück Nord |
| 4 | Kulgemeyer, Jonas | 2004 M14 | 29 | 17 | 6 | 8 | 12 | 3 | OTB |
| 5 | Walker, Philip | 2003 M15 | 31 | 17 | 5 | 7 | 14 | 5 | TSG 07 Burg Gretesch |
| 6 | Kulgemeyer, Christoph | 1965 M50 | 45 | 29 | 7 | 15 | 16 | 7 | TV Georgsmarienhütte |
| 7 | Wolf, Marius | 2001 M U18 | 30 | 30 | 8 | 11 | 11 | | TV Bad Iburg |
| 8 | Berger, Lukas | 2002 M U18 | 55 | 34 | 11 | 17 | 21 | 6 | TV Bad Iburg |
| 9 | Bröskamp, Kai | 2001 M U18 | 36 | 36 | 10 | 13 | 13 | | TV Bad Iburg |
| 10 | Breeck, Christian | 1958 M60 | 36 | 36 | 9 | 12 | 15 | | SC Melle 03 |
| 11 | Kassen, Felix | 2002 M U18 | 44 | 44 | | 19 | 17 | 8 | TV Bad Iburg |
| 12 | Schellenberg, Vincent | 2004 M14 | 72 | 47 | 14 | 25 | 22 | 11 | TV Bad Iburg |
| 13 | Partetzke, Bjarne | 2004 M14 | 50 | 50 | | 22 | 19 | 9 | TV Bad Iburg |
| 14 | Hunke, Elias | 2004 M14 | 74 | 50 | 15 | 24 | 23 | 12 | TV Bad Iburg |
| 15 | Nikolov, Tim | 2003 M15 | 85 | 57 | 16 | 26 | 28 | 15 | TV Bad Iburg |
| 16 | Langkopf, Heinrich | 1971 M45 | 58 | 58 | | 21 | 24 | 13 | SC Melle 03 |
| 17 | Brune, Benjamin | 2004 M14 | 103 | 68 | 21 | 28 | 35 | 19 | TV Bad Iburg |
| 18 | Suliga, Jakob | 2004 M14 | 129 | 91 | 27 | 36 | 38 | 28 | HLB Klein Mönstermann |
| 19 | Otto, Ben | 2010 M8 | 95 | 95 | 29 | | 39 | 27 | SC Melle 03 |
| 20 | Koopmann, Andre | 1965 M50 | 102 | 102 | 31 | 37 | | 34 | Snuffels Ranch |
| 21 | Nordmann, Max | 2003 M15 | 104 | 104 | | 38 | 40 | 26 | Lauftreff Wissingen |
| 22 | Schröder, Günter | 1944 M70 | 110 | 110 | 30 | 39 | 41 | | Hunteburger SV |
| | Seelhöfer, Jannik | 1997 M U23 | 1 | --- | | 1 | | | SC Melle 03 |
| | Huhtakangas, Nils | 1999 M U20 | 3 | --- | 2 | | | 1 | LG Osnabrück |
| | Geisemeier, Jan | 1996 M U23 | 4 | --- | | 4 | | | LC Solbad Ravensberg |
| | Wienke, Sören | 2001 M U18 | 4 | --- | | | 4 | | LG Osnabrück |
| | Schöning, Timon | 1999 M U20 | 5 | --- | | 3 | 2 | | LG Osnabrück |
| | Ebel, Felix | 2003 M15 | 6 | --- | | | 6 | | Emder Eg |
| | Michalowski, Jonas | 2002 M U18 | 7 | --- | | | 7 | | OTB |
| | Bruse, Maik | 2003 M15 | 8 | --- | | | 8 | | LG Göttingen |
| | Loughlin, Kenny | 1965 M50 | 10 | --- | | | | 10 | Glane |
| | Odin, Léonard | 2004 M14 | 10 | --- | | 10 | | | Stade Niortais Athletisme (F) |
| | Kugler, Robin | 2003 M15 | 11 | --- | | | 9 | 2 | LG Osnabrück |
| | Wechsel, Thomas | 1981 M35 | 12 | --- | 12 | | | | |
| | Schubert, Marius | 2001 M U18 | 14 | --- | | 14 | | | TV Bad Iburg |
| | Pelz, Jonas | 2006 M12 | 16 | --- | | | | 16 | TuS Glane |
| | Wurm, Moritz | 1991 MÄNNER | 16 | --- | | 16 | | | SC Melle 03 |
| | Deters, Jan Paul | 1986 M30 | 18 | --- | 18 | | | | |
| | Haferkamp, Linus | 2004 M14 | 18 | --- | | | | 18 | Gymnasium Bad Iburg |
| | Brune, Pascal | 1972 M45 | 19 | --- | 19 | | | | Tri-Team Warendorf |
| | Langkopf, Paul | 2004 M14 | 19 | --- | | 9 | 10 | | SC Melle 03 |
| | Kubela, Berthold | 1983 M35 | 20 | --- | | | | 20 | Dynamo Kreuzband |
| | Marahrens, Paul | 2004 M14 | 20 | --- | 20 | | | | LG Osnabrück |
| | Müller, Niklas | 2004 M14 | 21 | --- | | | | 21 | Gymnasium Bad Iburg |
| | Humphrey, Rudi | 2006 M12 | 23 | --- | | | | 23 | Gymnasium Bad Iburg |
| | Müller, Christian | 1963 M55 | 23 | --- | 23 | | | | Sportler 4 a childrens world e.V. |
| | Högemann, Paul | 2004 M14 | 24 | --- | | | | 24 | Gymnasium Bad Iburg |
| | In der Stroth, Reinhard | 1951 M65 | 24 | --- | 24 | | | | OTB |
| | Eißing, Thomas | 1980 M35 | 25 | --- | | | 25 | | |

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| Platz | Name, Vorname | Jahrg. AK | Gesamt | 3 aus 4 | Gretesch | Melle | Bissen- dorf | Bad Iburg | Verein |
|----------------------|----------------------------|-----------|--------|---------|----------|-------|-----------------|--------------|------------------------------|
| MITTELSTRECKE | | | | | | | | | |
| | Ludwig, Simon | 1986 M30 | 25 | --- | 25 | | | | ohne |
| | Wesner, Nick | 2003 M15 | 25 | --- | | | | 25 | Gymnasium Bad Iburg |
| | Schiffmann, Finn | 1988 M30 | 26 | --- | 26 | | | | |
| | Derhake, Nils | 2004 M14 | 29 | --- | | | 29 | | Marathon Ibbenbüren |
| | Hartlage, Jakob | 2003 M15 | 29 | --- | | | | 29 | Gymnasium Bad Iburg |
| | Breuer, Tobias | 2003 M15 | 30 | --- | | 30 | | | LT Osnabrück Nord |
| | Völler, Andreas | 1968 M50 | 30 | --- | | | | 30 | Ohne |
| | Mehlhase, Frank | 1961 M55 | 31 | --- | | 31 | | | SC Melle 03 |
| | Zöllner, Paul | 2003 M15 | 31 | --- | | | | 31 | Gymnasium Bad Iburg |
| | Lüke, Gunnar | 2004 M14 | 32 | --- | | | 32 | | TuS Bad Essen |
| | Neumann, Max | 2006 M12 | 32 | --- | | | | 32 | Gymnasium Bad Iburg |
| | Goerke, Peer | 2007 M11 | 33 | --- | | | 33 | | Osnabrück |
| | Rohe, Marlon | 2004 M14 | 33 | --- | | | | 33 | Gymnasium Bad Iburg |
| | Veddeler, Constantin | 2007 M11 | 34 | --- | | 34 | | | OSC |
| | Heermann, Florian | 2003 M15 | 35 | --- | | 35 | | | SC Melle 03 |
| | Flaschel-Steiniger, Lars | 1968 M50 | 36 | --- | | 18 | 18 | | LC Solbad Ravensberg |
| | Imsiepen, Uwe | 1964 M50 | 36 | --- | | | 36 | | TV Bissendorf-Holte |
| | Badelt, Jannick | 2004 M14 | 40 | --- | | 20 | 20 | | LG Osnabrück |
| | Stahmer, Frank | 1959 M55 | 40 | --- | 17 | 23 | | | TV Georgsmarienhütte |
| | Glatzer, Oliver | 1979 M35 | 41 | --- | | | 27 | 14 | OSC |
| | Spiekermann, Peter | 1954 M60 | 43 | --- | 13 | | 30 | | SC Melle 03 |
| | Lorenz, Björn | 1979 M35 | 48 | --- | | | 31 | 17 | Ohne |
| | Jaenicke, Wilhelm-Johannes | 1963 M55 | 55 | --- | 28 | 27 | | | |
| | Mohs, Justus | 2007 M11 | 55 | --- | 22 | 33 | | | OTB |
| | Schleef, Bastian | 2004 M14 | 55 | --- | | 29 | 26 | | Wilhelm-Fredemann-Oberschule |
| | Hollefeld, Andreas | 1965 M50 | 56 | --- | | | 34 | 22 | SV Harderberg |
| | Geisemeier, Fritz | 1961 M55 | 69 | --- | | 32 | 37 | | LC Solbad Ravensberg |

3 aus 4: Jede Wertung (MW oder AK) holt sich die Summe der besten 3 Ergebnisse aus allen absolvierten Läufen.