

Ossen-Cross 2004/2005

Osnabrücker Cross-Cup in Stadt und Land

Stand nach den Wettbewerben von
Melle, Ostercappeln und Osnabrück

Altersklassenwertungen

Der Charakter einer Crossstrecke
zeigt sich nicht, wo sie beginnt,
sondern wie man endet

| Name | Vorname | Verein | I. | II. | III. | gesamt | |
|------------------------|-------------|-----------|------------------------|-----|------|--------|-----|
| Schülerinnen W8 | | | | | | | |
| 1 | Brandenburg | Noa-Lynn | LG Osnabrück | 46 | 47 | 44 | 137 |
| 2 | Kipp | Johanna | Rasensport Osnabrück | 44 | 45 | 45 | 134 |
| 3 | Altendorf | Julia | LC Solbad Ravensberg | 45 | 46 | | 91 |
| 4 | Stöckel | Vicky | LG Osnabrück | | | 50 | 50 |
| 5 | Schröder | Anna | LG Osnabrück | | | 49 | 49 |
| 6 | Linkemeyer | Louisa | Ostercappelner FV | | 49 | | 49 |
| 7 | Nölker | Carina | Sandhorstschule Bruchm | 49 | | | 49 |
| 8 | Schröder | Theresa | LG Osnabrück | | | 48 | 48 |
| 9 | Sedlmeyer | Katharina | SC Herringhausen | | 48 | | 48 |
| 10 | Sedlmayr | Katharina | SC Herringhausen | 48 | | | 48 |
| 11 | Brehe | Linnea | pokalsieger.de Osnabrü | | | 47 | 47 |
| 12 | Aufdemkampe | Kira | Sandhorstschule Bruchm | 47 | | | 47 |
| 13 | Krug | Lara | ohne Verein | | | 46 | 46 |
| Schülerinnen W9 | | | | | | | |
| 1 | Möllers | Ria | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Mix | Nathalie | SC Herringhausen | 47 | 48 | | 95 |
| 3 | Schawe | Yvonne | Ostercappelner FV | 42 | 46 | | 88 |
| 4 | Bonin | Lena | LC Solbad Ravensberg | | 49 | | 49 |
| 5 | Kleemann | Annika | Sandhorstschule Bruchm | 49 | | | 49 |
| 6 | Schröder | Katharina | LG Osnabrück | | | 49 | 49 |
| 7 | Tietz | Ramona | LC Solbad Ravensberg | 48 | | | 48 |
| 8 | Stuke | Jana | LG Osnabrück | | | 48 | 48 |
| 9 | Schawe | Jana | Ostercappelner FV | | 47 | | 47 |
| 10 | Scheck | Carolina | LC Solbad Ravensberg | 46 | | | 46 |
| 11 | Prochnow | Svenja | LC Solbad Ravensberg | 45 | | | 45 |
| 12 | Jäger | Elisa | SC Melle 03 | 44 | | | 44 |
| 13 | Kühnel | Anabel | SC Melle 03 | 43 | | | 43 |

Schülerinnen W10

| | | | | | | | |
|----|------------|------------|------------------------|----|----|----|-----|
| 1 | Schulte | Kathrin | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Rasche | Johanna | GSS c/o LG Osnabrück | | 45 | 49 | 94 |
| 3 | Bollmeyer | Jasmin | LC Solbad Ravensberg | 44 | 48 | | 92 |
| 4 | Altendorf | Pia-Sophie | LC Solbad Ravensberg | 42 | 45 | | 87 |
| 5 | Höweler | Marie | GSS c/o LG Osnabrück | 40 | 44 | | 84 |
| 6 | Brehe | Lotta | pokalsieger.de Osnabrü | | | 48 | 48 |
| 7 | Girschner | Alexandra | LC Solbad Ravensberg | 47 | | | 47 |
| 8 | Gambietz | Nina | TSV Widukindland | | | 47 | 47 |
| 9 | Seichert | Karen | LC Solbad Ravensberg | 46 | | | 46 |
| 10 | Ristau | Anna | LC Solbad Ravensberg | 45 | | | 45 |
| 11 | Knaup | Maria | GSS c/o LG Osnabrück | 43 | | | 43 |
| 12 | Altmeyer | Chiara | ASC Düsseldorf | | 42 | | 42 |
| 13 | Niehäuser | Sabine | GSS c/o LG Osnabrück | 39 | | | 39 |
| 14 | Rotenhagen | Andrea | GSS c/o LG Osnabrück | 38 | | | 38 |

Schülerinnen W11

| | | | | | | | |
|----|-------------|-----------|----------------------|----|----|----|-----|
| 1 | Heile | Vanessa | SV Quitt Ankum | 50 | 50 | 50 | 150 |
| 2 | Brinkmann | Jana | SV Quitt Ankum | 49 | 49 | 47 | 145 |
| 3 | Gläser | Kathrin | GSS c/o LG Osnabrück | 48 | 47 | 48 | 143 |
| 4 | Michael | Fenja | GSS c/o LG Osnabrück | 41 | 46 | 49 | 136 |
| 5 | Zeisberg | Julia | GSS c/o LG Osnabrück | 43 | 42 | 45 | 130 |
| 6 | Escher | Malin | GSS c/o LG Osnabrück | 45 | 45 | | 90 |
| 7 | Huning | Kathrin | GSS c/o LG Osnabrück | | 43 | 46 | 89 |
| 8 | Nienhäuser | Sabine | GSS c/o LG Osnabrück | | 41 | 44 | 85 |
| 9 | Seelhöfer | Franziska | LC Solbad Ravensberg | 47 | | | 47 |
| 10 | Steffen | Isabel | GSS c/o LG Osnabrück | | 44 | | 44 |
| 11 | Rieke | Vanessa | LC Solbad Ravensberg | 44 | | | 44 |
| 12 | Rothenhagen | Andrea | GSS c/o LG Osnabrück | | | 43 | 43 |
| 13 | Senel | Aylin | GSS c/o LG Osnabrück | | 43 | | 43 |

Schülerinnen W12

| | | | | | | | |
|----|-------------|-----------|----------------------|----|----|----|-----|
| 1 | Dickob | Isabel | LC Solbad Ravensberg | 50 | 50 | 49 | 149 |
| 2 | Stockreiter | Julia | GSS c/o LG Osnabrück | 49 | 49 | 50 | 148 |
| 3 | Krebs-Abken | Laura | GSS c/o LG Osnabrück | 48 | 47 | 48 | 143 |
| 4 | Gerdes | Laura | SV Schwagstorf | 46 | 46 | 46 | 138 |
| 5 | Kenter | Franziska | LC Solbad Ravensberg | 49 | 49 | | 98 |
| 6 | Heidecker | Alexandra | GSS c/o LG Osnabrück | 48 | 48 | | 96 |
| 7 | Gerdes | Theresa | LG Osnabrück | | 48 | 47 | 95 |
| 8 | Scholz | Larissa | GSS c/o LG Osnabrück | 44 | 44 | | 88 |
| 9 | Schmitz | Lena | LC Solbad Ravensberg | 47 | | | 47 |
| 10 | Giesecking | Sarah | LG Osnabrück | 46 | | | 46 |
| 11 | Pollmann | Wiebke | SV Quitt Ankum | | 46 | | 46 |
| 12 | Stüke | Charlotte | GSS c/o LG Osnabrück | | 45 | | 45 |
| 13 | Novak | Sarah | GSS c/o LG Osnabrück | | | 45 | 45 |

Schülerinnen W13

| | | | | | | | |
|---|------------|-----------|----------------------|----|----|----|-----|
| 1 | Hölscher | Anna-Lena | SV Quitt Ankum | 50 | 50 | 49 | 149 |
| 2 | Atzler | Nele | LC Solbad Ravensberg | | 47 | 50 | 97 |
| 3 | Baum | Sina | SC Herringhausen | 45 | | 47 | 92 |
| 4 | Wittenborn | Anna | SC Melle 03 | | | 48 | 48 |
| 5 | Jörns | Jennifer | SV Quitt Ankum | | | 46 | 46 |

Schülerinnen W14

| | | | | | | | |
|---|-------------|-----------|----------------|----|----|----|-----|
| 1 | Stegmann | Sarah | SC Melle 03 | 50 | 50 | 44 | 144 |
| 2 | Wollherr | Tina | LG Osnabrück | 49 | 49 | | 98 |
| 3 | Konczalla | Leonie | Osnabrücker TB | | | 50 | 50 |
| 4 | Stockreiter | Farina | LG Osnabrück | | | 49 | 49 |
| 5 | Uhmansiek | Janine | LG Osnabrück | | 48 | | 48 |
| 6 | Thiele | Stephanie | Osnabrücker TB | | | 48 | 48 |
| 7 | Grätz | Sina | LG Osnabrück | | | 47 | 47 |
| 8 | Lingemann | Jesica | Osnabrücker TB | | | 46 | 46 |

| | | | | | | | |
|----|---------|-------|--------------|--|--|----|----|
| 9 | Wiese | Imke | LG Osnabrück | | | 45 | 45 |
| 10 | Basener | Tizia | LG Osnabrück | | | 43 | 43 |
| 11 | Schnase | Maike | LG Osnabrück | | | 42 | 42 |

Schülerinnen W15

| | | | | | | | |
|---|----------------|---------|----------------|----|----|----|-----|
| 1 | Koop | Alina | LG Osnabrück | 50 | 50 | 50 | 150 |
| 2 | Möllers | Swenja | SC Melle 03 | 46 | 47 | 44 | 137 |
| 3 | Suerbaum | Johanna | LG Osnabrück | 48 | | 49 | 97 |
| 4 | Uhlmannsiek | Janine | LG Osnabrück | 47 | | 48 | 95 |
| 5 | Kröner | Berit | Osnabrücker TB | | | 47 | 47 |
| 6 | Bonowicz | Kathrin | LG Osnabrück | | | 46 | 46 |
| 7 | Schulte | Corinna | LG Osnabrück | | | 45 | 45 |
| 8 | Raming-Freesen | Nicola | Osnabrücker TB | | | 43 | 43 |

Niemand siegt zufällig – siegen muss man lernen

Weibliche Jugend B

| | | | | | | | |
|---|-------------|--------|----------------|----|----|----|-----|
| 1 | Birkemeyer | Sonja | LG Osnabrück | 50 | 50 | 50 | 150 |
| 2 | Glüsenkamp | Petra | Osnabrücker TB | 50 | 49 | 49 | 148 |
| 3 | Hellmann | Louisa | Osnabrücker TB | 49 | 49 | 46 | 144 |
| 4 | Daskevic | Maria | Osnabrücker TB | 48 | 48 | | 96 |
| 5 | Heitmann | Hanna | SuS Vehrte | | | 48 | 48 |
| 6 | Lenger | Sarah | SC Melle 03 | | | 47 | 47 |
| 7 | Klimova | Katja | Osnabrücker TB | | | 45 | 45 |
| 8 | Klimova | Natia | Osnabrücker TB | | | 44 | 44 |
| 9 | Hachmeister | Anne | LG Osnabrück | | | 43 | 43 |

Weibliche Jugend A

| | | | | | | | |
|---|--------------|---------|------------------|----|----|----|-----|
| 1 | Bludau | Sirkka | LG Osnabrück | 49 | 50 | 49 | 148 |
| 2 | Trentmann | Anna | TSV Wallenhorst | 47 | 47 | 48 | 142 |
| 3 | Voß-Stemping | Judith | LG Osnabrück | | | 50 | 50 |
| 4 | Schönebeck | Martina | Spvg. Niedermark | | | 47 | 47 |
| 5 | Pelke | Andrea | Osnabrücker TB | | | 46 | 46 |

Schüler M8

| | | | | | | | |
|----|-----------|----------|------------------------|----|----|----|-----|
| 1 | Stegmann | Kevin | SC Melle 03 | 45 | 47 | 50 | 142 |
| 2 | Janott | Tobias | Ostercappelner FV | 47 | 46 | | 93 |
| 3 | Staege | Marc | SC Melle 03 | 50 | | | 50 |
| 4 | Rasche | Ben | GSS c/o LG Osnabrück | | | 49 | 49 |
| 5 | Bonin | Silas | LC Solbad Ravensberg | | 48 | | 48 |
| 6 | Steinkamp | Nils | Neuenkirchen-Vörden | | | 48 | 48 |
| 7 | Dietz | Benedikt | LG Osnabrück | | | 47 | 47 |
| 8 | Quante | Lars | LG Osnabrück | | | 46 | 46 |
| 9 | Nölker | Patrick | Sandhorstschule Bruchm | 46 | | | 46 |
| 10 | Abken | Niklas | GSS c/o LG Osnabrück | | 45 | | 45 |
| 11 | Rolwes | Leon | LG Osnabrück | | | 45 | 45 |
| 12 | Reuleaux | Aaron | Pidwise | | | 44 | 44 |
| 13 | Brehe | Michael | pokalsieger.de Osnabrü | | | 43 | 43 |

Schüler M9

| | | | | | | | |
|----|-------------|---------|------------------------|----|----|----|-----|
| 1 | Brandenburg | Jonas | LG Osnabrück | 49 | 50 | 50 | 149 |
| 2 | Krüwel | Jan | SC Herringhausen | 48 | 49 | 49 | 146 |
| 3 | Seelhöfer | Mathias | LC Solbad Ravensberg | 50 | | | 50 |
| 4 | Stockreiter | Marco | GSS c/o LG Osnabrück | | 49 | | 49 |
| 5 | Stöckel | Felix | LG Osnabrück | | | 48 | 48 |
| 6 | Schneider | Manuel | Sandhorstschule Bruchm | 48 | | | 48 |
| 7 | Eppers | Mirko | Ostercappelner FV | | 47 | | 47 |
| 8 | Pudel | Jonas | LC Solbad Ravensberg | 47 | | | 47 |
| 9 | Kipp | Jakob | Rasensport Osnabrück | | 45 | | 45 |
| 10 | Strakeljahn | Silas | Sandhorstschule Bruchm | 45 | | | 45 |
| 11 | Krämer | Niklas | LC Solbad Ravensberg | 44 | | | 44 |
| 12 | Duda | Julian | TV Georgsmarienhütte | 43 | | | 43 |

Schüler M10

| | | | | | | | |
|----|-------------|------------|----------------------|----|----|----|-----|
| 1 | Rohmann | Marius | Georgsmarienhütte | 49 | 50 | 48 | 147 |
| 2 | Kohlmeyer | Niklas | SuS Vehrte | 46 | 48 | 44 | 138 |
| 3 | Köhne | Maximilian | LC Solbad Ravensberg | 50 | 50 | | 100 |
| 4 | Heidemann | Tobias | TSV Wallenhorst | | 46 | 45 | 91 |
| 5 | Bieletzki | Jonas | GSS c/o LG Osnabrück | 42 | 42 | | 84 |
| 6 | Staas | Philipp | Osnabrück | 40 | 36 | | 76 |
| 7 | Plemper | Jonathan | LG Osnabrück | | | 50 | 50 |
| 8 | Dietz | Yannick | LG Osnabrück | | | 49 | 49 |
| 9 | Reinhardt | Johannes | LC Solbad Ravensberg | 48 | | | 48 |
| 10 | Koustrup | Andreas | Ostercappelner FV | | 47 | | 47 |
| 11 | Zandtke | Moritz | LC Solbad Ravensberg | 47 | | | 47 |
| 12 | Quante | Jörn | LG Osnabrück | | | 47 | 47 |
| 13 | Langschmidt | Niklas | GSS c/o LG Osnabrück | | 46 | | 46 |
| 14 | Weitzel | Thilo | ohne Verein | | | 46 | 46 |
| 15 | Hellmann | Philipp | Osnabrücker TB | 45 | | | 45 |
| 16 | Hildebrand | Eike | GSS c/o LG Osnabrück | 44 | | | 44 |
| 17 | Deimann | Fabian | Ostercappelner FV | | 44 | | 44 |
| 18 | Dröge | Matthis | Ostercappelner FV | | 43 | | 43 |
| 19 | Hertle | Emil | LG Osnabrück | 43 | | | 43 |
| 20 | Hillebrand | Eike | GSS c/o LG Osnabrück | | 41 | | 41 |
| 21 | Noss | Moritz | GSS c/o LG Osnabrück | 41 | | | 41 |
| 22 | Jürgens | Daniel | Ostercappelner FV | | 39 | | 39 |
| 23 | Bäcker | Maik | Ostercappelner FV | | 38 | | 38 |
| 24 | Kim | Michael | GSS c/o LG Osnabrück | | 37 | | 37 |

Schüler M11

| | | | | | | | |
|----|-------------|----------|----------------------|----|----|----|-----|
| 1 | Steins | Dominik | GSS c/o LG Osnabrück | 49 | 48 | 49 | 146 |
| 2 | Landwehr | Steffen | GSS c/o LG Osnabrück | 46 | 45 | 43 | 134 |
| 3 | Kipp | Carlos | GSS c/o LG Osnabrück | 42 | 45 | 44 | 131 |
| 4 | Möllers | Jan | SC Melle 03 | | 49 | 50 | 99 |
| 5 | Helm | Florian | SC Herringhausen | 47 | 46 | | 93 |
| 6 | Stüke | Tillmann | GSS c/o LG Osnabrück | 43 | 43 | | 86 |
| 7 | Huning | Fabian | GSS c/o LG Osnabrück | | 40 | 42 | 82 |
| 8 | Röwekamp | Mario | GSS c/o LG Osnabrück | | 49 | | 49 |
| 9 | Schnorfeil | Fabian | TV Bissendorf-Holte | | | 48 | 48 |
| 10 | Noß | Moritz | GSS c/o LG Osnabrück | | | 47 | 47 |
| 11 | Horstmann | Marvin | SV Quitt Ankum | | | 46 | 46 |
| 12 | Knippenberg | Jakob | GSS c/o LG Osnabrück | | | 45 | 45 |
| 13 | Lehker | Gunnar | LG Osnabrück | 45 | | | 45 |
| 14 | Wöldecke | Tobias | SC Melle 03 | 44 | | | 44 |
| 15 | Grützmaker | Lars | Ostercappelner FV | | 44 | | 44 |

Schüler M12

| | | | | | | | |
|----|-----------------|----------|----------------------|----|----|----|-----|
| 1 | Brandenburg | Luca | LG Osnabrück | 48 | 50 | 49 | 147 |
| 2 | Bäckermann | Eric | SC Melle 03 | 50 | 48 | 48 | 146 |
| 3 | Krüwel | Jonas | GSS c/o LG Osnabrück | 50 | 47 | 45 | 142 |
| 4 | Schubert | Marc | GSS c/o LG Osnabrück | 46 | | 46 | 92 |
| 5 | Mustafi | Alban | GSS c/o LG Osnabrück | 46 | 45 | | 91 |
| 6 | Glawion | Robin | LG Osnabrück | 44 | 40 | | 84 |
| 7 | Hahn | Gerrit | Osnabrücker TB | | | 50 | 50 |
| 8 | Schwalbe | Patrick | SC Melle 03 | 48 | | | 48 |
| 9 | Meyer zu Rahden | Gerke | LC Solbad Ravensberg | | | 47 | 47 |
| 10 | Taskesen | Deniz | GSS c/o LG Osnabrück | | 43 | | 43 |
| 11 | Keher | Roman | Ostercappelner FV | | 41 | | 41 |
| 12 | Reinhard | Valentin | LC Solbad Ravensberg | 41 | | | 41 |
| 13 | Caylak | Ersin | GSS c/o LG Osnabrück | | 39 | | 39 |
| 14 | Hofbüker | Kevin | LC Solbad Ravensberg | 39 | | | 39 |
| 15 | Riesberg | Pascal | Ostercappelner FV | | 38 | | 38 |
| 16 | Jansing | Andre | SuS Vehrte | | 37 | | 37 |
| 17 | Krzeminicki | Tim | GSS c/o LG Osnabrück | 36 | | | 36 |
| 18 | Wiengarten | Patrick | GSS c/o LG Osnabrück | | 35 | | 35 |

Schüler M13

| | | | | | | | |
|----|-------------|-----------|----------------------|----|----|----|-----|
| 1 | Möllers | Christian | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Janott | Robin | Ostercappelner FV | 45 | 49 | 48 | 142 |
| 3 | Karsch | Dustin | GSS c/o LG Osnabrück | 47 | 47 | 46 | 140 |
| 4 | Karsch | Marvin | GSS c/o LG Osnabrück | 42 | 46 | 44 | 132 |
| 5 | Langschmidt | Henrik | GSS c/o LG Osnabrück | 43 | 44 | 43 | 130 |
| 6 | Kipp | Moritz | Rasensport Osnabrück | 41 | 45 | 40 | 126 |
| 7 | Knippenberg | Felix | GSS c/o LG Osnabrück | 38 | 36 | 38 | 112 |
| 8 | Päsler | Robin | LG Osnabrück | 49 | | 49 | 98 |
| 9 | Koch | Jan | GSS c/o LG Osnabrück | | 48 | 47 | 95 |
| 10 | Langenberg | Lukas | Ostercappelner FV | 46 | 47 | | 93 |
| 11 | Jonas | Eduard | LG Osnabrück | 45 | 46 | | 91 |
| 12 | Klus | Nico | LG Osnabrück | | 42 | 45 | 87 |
| 13 | Rohmann | Kilian | TC Harderberg | 40 | | 41 | 81 |
| 14 | Lütje | Janosch | GSS c/o LG Osnabrück | 37 | | 39 | 76 |
| 15 | Siemer | Torben | LG Osnabrück | | | 42 | 42 |

Schüler M14

| | | | | | | | |
|----|-------------|-----------|------------------------|----|----|----|-----|
| 1 | Beckwermert | Niels | LC Solbad Ravensberg | 50 | 50 | 50 | 150 |
| 2 | Hüpel | Marius | LG Osnabrück | 49 | 49 | 48 | 146 |
| 3 | Schulte | Florian | SC Melle 03 | 48 | 48 | 45 | 141 |
| 4 | Opitz | David | SC Melle 03 | 47 | | 46 | 93 |
| 5 | Hellmann | Christoph | Osnabrücker TB | 47 | 45 | | 92 |
| 6 | Oelschlägel | Tobias | LG Osnabrück | 45 | 44 | | 89 |
| 7 | Gerdes | Christoph | SV Schwagstorf | 41 | 40 | | 81 |
| 8 | Hagemann | Robert | Osnabrück | | | 49 | 49 |
| 9 | Landwehr | Tobias | LG Osnabrück | | | 47 | 47 |
| 10 | Dietz | Yannik | LG Osnabrück | | | 44 | 44 |
| 11 | Brickwedde | Carsten | Forza Angela Osnabrück | | | 43 | 43 |
| 12 | Kutza | Olli | Osnabrück | | | 42 | 42 |
| 13 | Kopatz | Niels | LG Osnabrück | | | 41 | 41 |
| 14 | Quante | Jörn | LG Osnabrück | | | 40 | 40 |
| 15 | Heider | Christian | Belm | | | 39 | 39 |

Schüler M15

| | | | | | | | |
|----|-------------|----------|------------------------|----|----|----|-----|
| 1 | Köster | Jonathan | ATSV Espelkamp | 50 | 50 | 50 | 150 |
| 2 | Jochmann | Patrick | LG Osnabrück | 49 | 49 | 49 | 147 |
| 3 | Pahlmann | Carl | Osnabrücker TB | 48 | 48 | 48 | 144 |
| 4 | Kohlmeyer | Patrick | SC Melle 03 | 46 | 47 | 46 | 139 |
| 5 | Brandenburg | Manuel | LG Osnabrück | 44 | 46 | 47 | 137 |
| 6 | Dirkes | Steffen | SV Eintracht Neuenkirc | 43 | 43 | 44 | 130 |
| 7 | Rohmann | Felix | TC Harderberg | 42 | 42 | 43 | 127 |
| 8 | Trentmann | Tim | TSV Wallenhorst | 41 | 41 | 42 | 124 |
| 9 | Stolp | Moritz | Osnabrücker TB | 50 | 50 | | 100 |
| 10 | Zenner | Helge | LC Solbad Ravensberg | 46 | | | 46 |
| 11 | Giesecking | Tobias | LG Osnabrück | 45 | | | 45 |
| 12 | Dierkes | Dominik | Ostercappelner FV | | 45 | | 45 |
| 13 | Kienker | Hendrik | SV Rasensport | | | 45 | 45 |

Männliche Jugend B

| | | | | | | | |
|----|------------------|-----------|----------------|----|----|----|-----|
| 1 | Butterwege | Felix | Osnabrücker TB | 50 | 50 | 50 | 150 |
| 2 | Schweer | Jannek | LG Osnabrück | 49 | 48 | 49 | 146 |
| 3 | Bröcker | Benjamin | LG Osnabrück | 48 | 49 | 43 | 140 |
| 4 | Nikolaus | Max | LG Osnabrück | 47 | 47 | 45 | 139 |
| 5 | Sommer | Tobias | LG Osnabrück | 49 | 48 | 42 | 139 |
| 6 | Schröder | Christoph | SC Melle 03 | 45 | 46 | 46 | 137 |
| 7 | Grützmaker | Kai | LG Osnabrück | 43 | 45 | 44 | 132 |
| 8 | Mönkediek | Jan | LG Osnabrück | 39 | 44 | 36 | 119 |
| 9 | Di Bella | Luigi | SC Melle 03 | 47 | | 41 | 88 |
| 10 | Klus | Benedikt | LG Osnabrück | | 46 | 40 | 86 |
| 11 | Auf der Landwehr | Tim | LG Osnabrück | | 47 | 37 | 84 |
| 12 | Nerkamp | Jens | BV Garrel | | | 48 | 48 |
| 13 | Einhaus | Patrick | BV Garrel | | | 47 | 47 |

| | | | | | | | |
|----|----------|----------|-------------------|----|--|----|----|
| 14 | Rasper | Tobias | LG Osnabrück | 46 | | | 46 |
| 15 | Fink | Waldemar | LG Osnabrück | 44 | | | 44 |
| 16 | Gelhot | Manuel | SC Melle 03 | 42 | | | 42 |
| 17 | Ries | Sven | LG Osnabrück | 40 | | | 40 |
| 18 | Daskevic | Tim | ohne Verein | | | 39 | 39 |
| 19 | Marvan | Ali | SC Melle 03 | 38 | | | 38 |
| 20 | Dirkes | Dominik | Ostercappelner FV | | | 38 | 38 |
| 21 | Kopatz | Felix | LG Osnabrück | | | 35 | 35 |

Männliche Jugend A

| | | | | | | | |
|---|----------------|---------|----------------------|----|----|----|-----|
| 1 | Schäfermeier | Clemens | LC Solbad Ravensberg | 48 | 49 | 50 | 147 |
| 2 | Horstmannshoff | Kai | LG Osnabrück | 49 | 49 | 49 | 147 |
| 3 | Wachhorst | Philipp | LG Osnabrück | 48 | 48 | 47 | 143 |
| 4 | Kuhlenschmidt | Bernd | TV Bohmte | 47 | 47 | 48 | 142 |
| 5 | Wollherr | Maik | LG Osnabrück | 50 | 50 | | 100 |
| 6 | Meyer | Alan | LG Osnabrück | | | 46 | 46 |

Im laschen Training liegt stets der Keim des Scheiterns

Frauen W20 - Mittelstrecke

| | | | | | | | |
|---|-----------|--------|---------------------|----|----|----|-----|
| 1 | Kuhlmann | Sarah | LG Osnabrück | 50 | 50 | 50 | 150 |
| 2 | Thiemeier | Sonja | LG Osnabrück | 49 | 49 | 49 | 147 |
| 3 | Bludau | Bergit | TV Bissendorf-Holte | 50 | | 48 | 98 |
| 4 | Lenger | Nina | SC Melle 03 | 48 | | | 48 |

Frauen W30 - Mittelstrecke

| | | | | | | | |
|---|------------|-----------|-----------------------|----|----|----|-----|
| 1 | Kahmann | Kerstin | Ostercappelner FV | 50 | 50 | 50 | 150 |
| 2 | Gröne | Corinne | LG Osnabrück | 49 | 49 | | 98 |
| 3 | Koester | Martina | Coffeeclub Steinbruch | | | 49 | 49 |
| 4 | Forthmann | Silke | LG Osnabrück | 48 | | | 48 |
| 5 | Pleuter | Birgit | Die Pfortentrainer | | | 48 | 48 |
| 6 | Ellinghaus | Dr. Dörte | SC Melle 03 | 47 | | | 47 |

Frauen W35 - Mittelstrecke

| | | | | | | | |
|---|----------|-----------|-----------------------|----|----|----|-----|
| 1 | Borgmann | Ulrike | GSS c/o LG Osnabrück | 50 | 50 | | 100 |
| 2 | Janott | Silvia | Ostercappelner FV | 48 | 49 | | 97 |
| 3 | Kunde | Susanne | Osnabrücker TB | | | 50 | 50 |
| 4 | Siemer | Mechthild | LG Osnabrück | | | 49 | 49 |
| 5 | Dietz | Susanne | LG Osnabrück | | | 48 | 48 |
| 6 | Hirschle | Sandra | Coffeeclub Steinbruch | | | 47 | 47 |

Frauen W40 - Mittelstrecke

| | | | | | | | |
|---|-------------|----------|------------------|----|----|----|-----|
| 1 | Staas | Sabine | TuS Bramsche | 50 | 50 | 49 | 149 |
| 2 | Möllers | Petra | SC Melle 03 | 49 | 49 | 47 | 145 |
| 3 | Schulte | Theresia | SC Melle 03 | 48 | 48 | 46 | 142 |
| 4 | Koch | Beatrix | SC Melle 03 | 46 | 47 | 45 | 138 |
| 5 | Papenbrock | Brigitte | TuS Glane | 49 | | 44 | 93 |
| 6 | Kohlmeyer | Juliane | SuS Vehrte | | | 50 | 50 |
| 7 | Stöckel | Dagmar | LG Osnabrück | | | 48 | 48 |
| 8 | Oelschlägel | Anette | TSV Westerhausen | 47 | | | 47 |
| 9 | Lührmann | Susane | SC Melle 03 | | | 43 | 43 |

Frauen W45 - Mittelstrecke

| | | | | | | | |
|---|------------|------------|----------------------|----|----|----|----|
| 1 | Erdmann | Annegret | SC Melle 03 | 49 | | 50 | 99 |
| 2 | Gelhot | Christiane | SC Melle 03 | 48 | | 49 | 97 |
| 3 | Albersmann | Annegret | LC Solbad Ravensberg | | 50 | | 50 |
| 4 | Krennrich | Barbara | Hasbergen | | | 48 | 48 |
| 5 | Hamm | Elisabeth | SC Melle 03 | | | 47 | 47 |
| 6 | Grätz | Christina | LG Osnabrück | | | 46 | 46 |
| 7 | Langemeyer | Brunhilde | TSV Wallenhorst | | 46 | | 46 |

Frauen W50 - Mittelstrecke

| | | | | | | | |
|---|-----------|----------|----------------|----|----|----|-----|
| 1 | Harmeling | Marita | SV Quitt Ankum | 50 | 49 | 50 | 149 |
| 2 | Belt | Christel | SC Melle 03 | 49 | 50 | | 99 |
| 3 | Bode | Veronika | SuS Vehrte | | 48 | 49 | 97 |
| 4 | Gelhot | Veronika | SC Melle 03 | | 47 | 48 | 95 |

Frauen W55 - Mittelstrecke

| | | | | | | | |
|---|----------------|-----------|------------------------|----|----|----|----|
| 1 | Dettmer | Karin | SC Melle 03 | 50 | | 49 | 99 |
| 2 | Beer | Annemarie | Sandhorstschule Bruchm | 50 | | | 50 |
| 3 | Mitra | Inge | Osnabrücker TB | | 50 | | 50 |
| 4 | Winter-Stettin | Annegret | Osnabrücker TB | | | 50 | 50 |
| 5 | Otto | Margret | SC Melle 03 | 49 | | | 49 |
| 6 | Friedering | Hega | SC Melle 03 | | | 48 | 48 |

Frauen W60 - Mittelstrecke

| | | | | | | | |
|---|-----------|--------|-------------|--|--|----|----|
| 1 | Schlonski | Monika | SC Melle 03 | | | 50 | 50 |
|---|-----------|--------|-------------|--|--|----|----|

Männer M20 - Mittelstrecke

| | | | | | | | |
|----|------------|-----------|----------------------|----|----|----|-----|
| 1 | Scheiter | Sebastian | LG Osnabrück | 50 | 50 | 50 | 150 |
| 2 | Keil | Axel | SC Melle 03 | 49 | 49 | 48 | 146 |
| 3 | Jendretzki | Gero | LG Osnabrück | 46 | 45 | 47 | 138 |
| 4 | Gelhot | Patrick | SC Melle 03 | 45 | 44 | 45 | 134 |
| 5 | Pabst | Timo | SC Melle 03 | | 47 | 49 | 96 |
| 6 | Assmann | Ingo | SC Melle 03 | | 48 | 46 | 94 |
| 7 | Schönwald | Michael | SC Melle 03 | 44 | | 44 | 88 |
| 8 | Papst | Timo | SC Melle 03 | 48 | | | 48 |
| 9 | Limberg | Tobias | LC Solbad Ravensberg | 47 | | | 47 |
| 10 | Wrensch | Philipp | LG Osnabrück | | | 43 | 43 |
| 11 | Strunk | Sven | Team laufen-os.de | 43 | | | 43 |

Männer M30 - Mittelstrecke

| | | | | | | | |
|---|-------|--------|------------------|----|--|--|----|
| 1 | Kruse | Rainer | Viktoria Gesmold | 50 | | | 50 |
|---|-------|--------|------------------|----|--|--|----|

Männer M35 - Mittelstrecke

| | | | | | | | |
|----|---------------|-----------|----------------------|----|----|----|-----|
| 1 | Pohl | Ulrich | OSC Damme | 50 | 50 | 50 | 150 |
| 2 | Englich | Christian | LG Osnabrück | 49 | 49 | 48 | 146 |
| 3 | Romdane-Hebbe | Rene | SC Melle 03 | 47 | 47 | 47 | 141 |
| 4 | Heile | Stefan | SV Quitt Ankum | 45 | 44 | 43 | 132 |
| 5 | Rasche | Ludger | Osnabrücker RV | 48 | 48 | | 96 |
| 6 | Naumann | Carsten | LG Osnabrück | | 45 | 46 | 91 |
| 7 | Molitor | Roland | TV Georgsmarienhütte | | | 49 | 49 |
| 8 | Linkemeyer | Martin | Ostercappelner FV | | | 46 | 46 |
| 9 | Gerdes | Klaus | Ostercappelner FV | 46 | | | 46 |
| 10 | Geisler | Lars | SV Schinkel 04 | | | 45 | 45 |
| 11 | Brandenburg | Andre | LG Osnabrück | | | 44 | 44 |
| 12 | Sturm | Ralf | ohne Verein | | | 42 | 42 |

Männer M40 - Mittelstrecke

| | | | | | | | |
|---|-----------|---------|----------------------|----|----|----|-----|
| 1 | Hellmann | Ulrich | Osnabrücker TB | 50 | 50 | | 100 |
| 2 | Scheel | Jens | Melle | 46 | | 48 | 94 |
| 3 | Loughlin | Kenneth | TuS Borgloh | | | 50 | 50 |
| 4 | Leonhard | Peter | SV Schinkel 04 | | | 49 | 49 |
| 5 | Schweel | Jens | ohne Verein | | 48 | | 48 |
| 6 | Dickob | Michael | LC Solbad Ravensberg | 48 | | | 48 |
| 7 | Kohlmeyer | Frank | SuS Vehrte | | | 47 | 47 |
| 8 | Welkener | Jürgen | SC Melle 03 | 47 | | | 47 |

Männer M45 - Mittelstrecke

| | | | | | | | |
|---|---------------|--------------|---------------------|----|----|----|-----|
| 1 | Schulte | Stefan | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Bonse-Rohmann | Dr. Matthias | TV Gut Heil GMHütte | 49 | 49 | 48 | 146 |

| | | | | | | | |
|----|-------------|-------------|----------------------|----|----|----|----|
| 3 | Pahlmann | Heiner | SC Achmer | | | 49 | 49 |
| 4 | Vornholt | Gerd | LC Solbad Ravensberg | 49 | | | 49 |
| 5 | Suhrhoff | Rolf | SC Melle 03 | 49 | | | 49 |
| 6 | Kipp | Lothar | Rasensport Osnabrück | 48 | | | 48 |
| 7 | Brinker | Hans-Dieter | Osnabrück | | 47 | | 47 |
| 8 | Glasmeyer | Klaus | Spvg. Niedermark | 46 | | | 46 |
| 9 | Worthmann | Michael | SC Melle 03 | | 46 | | 46 |
| 10 | Franz | Udo | SC Melle 03 | 45 | | | 45 |
| 11 | Dietz | Detlef | LG Osnabrück | | 45 | | 45 |
| 12 | Brandenburg | Werner | LG Osnabrück | | 44 | | 44 |

Männer M50 - Mittelstrecke

| | | | | | | | |
|----|-------------|------------|---------------------|----|----|----|-----|
| 1 | Reehuis | Alfred | SC Melle 03 | 47 | 48 | 47 | 142 |
| 2 | Mannig | Hannes | TV Bissendorf-Holte | 47 | 47 | 45 | 139 |
| 3 | Belt | Johannes | SC Melle 03 | 48 | 45 | 46 | 139 |
| 4 | Schönwald | Edmund | SC Melle 03 | 45 | 42 | 40 | 127 |
| 5 | Arens | Manfred | SC Melle 03 | 50 | | 49 | 99 |
| 6 | Spiekermann | Peter | SC Melle 03 | 49 | 49 | | 98 |
| 7 | Gelhot | Werner | SC Melle 03 | | 43 | 42 | 85 |
| 8 | Kutza | Heiner | ohne Verein | | | 50 | 50 |
| 9 | Doehmen | Burckhard | SC Herringhausen | | 50 | | 50 |
| 10 | Seefeld | Karl-Heinz | OLG Bramgau | | | 48 | 48 |
| 11 | Bludau | Jürgen | TV Bissendorf-Holte | | 48 | | 48 |
| 12 | Hanebutt | Volker | TSV Horst | | | 44 | 44 |
| 13 | Leenen | Johann | TSV Wallenhorst | | 44 | | 44 |
| 14 | Kutza | Dieter | Osnabrück | | | 43 | 43 |
| 15 | Tiesing | Wilfried | TC Dielingen | | 41 | | 41 |
| 16 | Lönker | Bernhard | SC Melle 03 | | | 41 | 41 |

Männer M55 - Mittelstrecke

| | | | | | | | |
|---|-------------|------------|-------------------|----|----|----|-----|
| 1 | Abraham | Lothar | SC Schölerberg | 50 | 50 | 50 | 150 |
| 2 | Harmeling | Alois | SV Quitt Ankum | 48 | 48 | 48 | 144 |
| 3 | Schmidtkunz | Jürgen | SC Melle 03 | 46 | 46 | 47 | 139 |
| 4 | Berghegger | Dieter | Ostercappelner FV | 46 | 47 | 44 | 137 |
| 5 | Friedering | Ulrich | SC Melle 03 | 47 | 46 | 43 | 136 |
| 6 | Meyer | Bernhard | SC Melle 03 | | | 49 | 49 |
| 7 | Rehme | Willi | SC Melle 03 | | | 46 | 46 |
| 8 | Middendorf | Hans-Georg | LG Osnabrück | | | 45 | 45 |

Männer M60 - Mittelstrecke

| | | | | | | | |
|---|-----------|---------|------------------------|----|----|----|-----|
| 1 | Baasch | Peter | SV Eintracht Neuenkirc | 49 | 49 | 50 | 148 |
| 2 | Thomas | Carsten | SV Eintracht Neuenkirc | 50 | 50 | 48 | 148 |
| 3 | Schlonski | Walter | SC Melle 03 | | | 49 | 49 |
| 4 | Badehorn | Rolf | SC Melle 03 | | | 47 | 47 |

Männer M65 - Mittelstrecke

| | | | | | | | |
|---|------------|---------|----------------|----|----|----|-----|
| 1 | Glüsenkamp | Friedel | Osnabrücker TB | 49 | 49 | 50 | 148 |
| 2 | Raube | Horst | LG Osnabrück | | | 49 | 49 |

Männer M70 - Mittelstrecke

| | | | | | | | |
|---|-----------|--------|---------------------|----|----|----|-----|
| 1 | Keil | Egon | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Göbel | Günter | TuS Bad Essen | | 49 | 47 | 96 |
| 3 | Brockfeld | Dieter | Osnabrücker TB | | | 49 | 49 |
| 4 | Dölle | Peter | LG Osnabrück | | | 48 | 48 |
| 5 | Rehkate | Werner | TuS Eintracht Rulle | | | 46 | 46 |

Männer M75 - Mittelstrecke

| | | | | | | | |
|---|--------|----------|----------------------|----|----|----|-----|
| 1 | Vocke | Heinrich | Ostercappelner FV | 49 | 50 | 49 | 148 |
| 2 | Radtke | Manfred | LC Solbad Ravensberg | 50 | | 50 | 100 |

Frauen W20 - Langstrecke

| | | | | | | | |
|---|------------|------------|-------------------------|----|----|----|-----|
| 1 | Hagemann | Noemi | ohne | 48 | 50 | 50 | 148 |
| 2 | Heuck | Swantje | Osnabrück | 50 | | | 50 |
| 3 | Andres | Barbara | SV Schinkel 04 | 49 | | | 49 |
| 4 | Hettlage | Constanze | ohn | | 49 | | 49 |
| 5 | Riedemann | Katrin | Team-medic.os | | | 49 | 49 |
| 6 | Dettmer | Nina | SC Melle 03 | | | 48 | 48 |
| 7 | Schee | Johana | BW Hollage | 47 | | | 47 |
| 8 | Kulgemeyer | Sarah | BSG Sparkasse Osnabrück | | | 47 | 47 |
| 9 | Bertram | Annkristin | TV Georgsmarienhütte | | | 46 | 46 |

Frauen W30 - Langstrecke

| | | | | | | | |
|---|----------------|---------|-------------------|----|----|----|-----|
| 1 | Kahmann | Kerstin | Ostercappelner FV | 50 | 50 | 50 | 150 |
| 2 | Gelhot | Cindy | SC Melle 03 | | 48 | 48 | 96 |
| 3 | Grote | Doris | OSC Damme | | | 49 | 49 |
| 4 | Grote-Scholten | Susanne | TuS Bramsche | | | 47 | 47 |
| 5 | Jelonek | Martina | TSV Widukindland | | | 46 | 46 |
| 6 | Wagner | Claudia | ohne Verein | | | 45 | 45 |

Frauen W35 - Langstrecke

| | | | | | | | |
|----|-----------------|----------|------------------------|----|----|----|-----|
| 1 | Brandenburg | Barbara | LG Osnabrück | 50 | 50 | 50 | 150 |
| 2 | Pinke | Marion | SV Eintracht Neuenkirc | 49 | 48 | 48 | 145 |
| 3 | Mosel | Susanne | Ostercappelner FV | 47 | 45 | 44 | 136 |
| 4 | Eser | Britta | SC Melle 03 | 45 | 44 | 38 | 127 |
| 5 | Sollmann | Bianka | LG Osnabrück | | 49 | 49 | 98 |
| 6 | Forthmann | Silke | LG Osnabrück | | 49 | 47 | 96 |
| 7 | Menebröcker | Karin | TV Hohne | 46 | 46 | | 92 |
| 8 | Bitter | Anja | SC Melle 03 | 48 | | | 48 |
| 9 | Wiemer | Stefanie | Sportfreunde Lotte | | 47 | | 47 |
| 10 | Lanwert | Ingrid | SV Eintracht Neuenkirc | | | 46 | 46 |
| 11 | Ruczynski | Bettina | LG Osnabrück | | | 45 | 45 |
| 12 | Hans | Regine | Osnabrück | | | 43 | 43 |
| 13 | Papenbrock | Brigitte | TuS Glane | | 43 | | 43 |
| 14 | Fischer-Rüterb. | Sandra | LG Osnabrück | | | 42 | 42 |
| 15 | Koustrup | Inger | Ostercappelner FV | | 42 | | 42 |
| 16 | Strakeljahn | Brittra | LG Osnabrück | | | 41 | 41 |
| 17 | Düvel | Heike | ohne Verein | | | 40 | 40 |
| 18 | Pohl | Ariane | Damme | | | 39 | 39 |
| 19 | Eichmeyer | Anne | ohne Verein | | | 37 | 37 |
| 20 | Hilbers | Petra | LG DDD Hannover | | | 36 | 36 |

Frauen W40 - Langstrecke

| | | | | | | | |
|----|------------------|----------|---------------------|----|----|----|-----|
| 1 | Keil | Kornelia | SC Melle 03 | 49 | 49 | 47 | 145 |
| 2 | Schawe | Hedwig | Ostercappelner FV | 47 | 47 | 44 | 138 |
| 3 | Elfring | Beate | Marathon Ibbenbüren | 46 | 44 | 40 | 130 |
| 4 | Schmidt | Manuela | TSG Harsewinkel | 50 | 50 | | 100 |
| 5 | Rosner | Evelyn | ohne Verein | | 46 | 45 | 91 |
| 6 | Korff | Ulrike | SC Achmer | | 45 | 43 | 88 |
| 7 | Köhne | Manuela | LG Osnabrück | | | 50 | 50 |
| 8 | Karsch | Jutta | Ostercappelner FV | | | 49 | 49 |
| 9 | Löckener | Marita | ohne Verein | | 48 | | 48 |
| 10 | Schröder | Andrea | LG Osnabrück | | | 48 | 48 |
| 11 | Whitefield | Aynur | Lübbecker Berglöwen | 48 | | | 48 |
| 12 | Wagner-Stallkamp | Claudia | TSV Wallenhorst | | | 46 | 46 |
| 13 | Klausing | Elisbeth | TV Neuenkirchen | | | 42 | 42 |
| 14 | Middendorf | Ulla | TV Neuenkirchen | | | 41 | 41 |
| 15 | Behrends | Sonja | BC 82 Osnabrück | | | 39 | 39 |

Frauen W45 - Langstrecke

| | | | | | | | |
|---|------------|-----------|----------------------|----|----|----|-----|
| 1 | Kaller | Eva-Maria | SC Melle 03 | 45 | 43 | 48 | 136 |
| 2 | Weith | Beate | TV Bissendorf-Holte | | 48 | 50 | 98 |
| 3 | Albersmann | Annegret | LC Solbad Ravensberg | 50 | | | 50 |

| | | | | | | | |
|----|----------------|-----------|------------------------|----|----|----|----|
| 4 | Modrei | Inge | LG Bad Essen | | 49 | | 49 |
| 5 | Schmidt | Helga | SV Kettenkamp | | | 49 | 49 |
| 6 | Arnold | Gudrun | SC Melle 03 | 48 | | | 48 |
| 7 | Drogies | Heike | ohne Verein | | | 47 | 47 |
| 8 | Meyer zu Berg. | Maria | SV Eintracht Neuenkirc | | | 46 | 46 |
| 9 | Langemeyer | Brunhilde | TSV Wallenhorst | | | 45 | 45 |
| 10 | Witte | Monika | TSV Wallenhorst | | | 44 | 44 |

Frauen W50 - Langstrecke

| | | | | | | | |
|---|-----------|---------|-------------------|----|----|----|-----|
| 1 | Harmeling | Marita | SV Quitt Ankum | 49 | 50 | 50 | 149 |
| 2 | Dröge | Maria | Ostercappelner FV | 50 | 49 | 49 | 148 |
| 3 | Gieske | Agnes | TuS Neuemkirchen | | 50 | | 50 |
| 4 | Voges | Jutta | ohne Verein | | | 48 | 48 |
| 5 | Graschtat | Alice | Vorwärts Nettetal | | | 47 | 47 |
| 6 | Belt | Chrstel | SC Melle 03 | | | 46 | 46 |

Frauen W55 - Langstrecke

| | | | | | | | |
|---|-------------|---------|--------------|----|----|----|-----|
| 1 | Lauxtermann | Annelie | LG Osnabrück | | 50 | 50 | 100 |
| 2 | Eser | Renate | SC Melle 03 | 50 | 49 | | 99 |
| 3 | Morris | Maire | ohne Verein | | | 49 | 49 |

Frauen W60 - Langstrecke

| | | | | | | | |
|---|-------|--------|-------------|--|--|----|----|
| 1 | Kupke | Ingrid | SC Melle 03 | | | 50 | 50 |
|---|-------|--------|-------------|--|--|----|----|

Crosslaufen in Bissendorf: Body-painting auf höchster Ebene

Männer M20 - Langstrecke

| | | | | | | | |
|----|------------|-----------|------------------------|----|----|----|-----|
| 1 | Assmann | Ingo | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Kusainov | Ruslan | LG Osnabrück | 49 | 49 | 48 | 146 |
| 3 | Gelhot | Patrick | SC Melle 03 | 47 | 46 | 44 | 137 |
| 4 | Schönebeck | Stefan | Spvg. Niedermark | 42 | 39 | 33 | 114 |
| 5 | Rank | Alexander | TSV Erbach | | 48 | 46 | 94 |
| 6 | Hüsemann | Matthias | LG Osnabrück | 45 | 44 | | 89 |
| 7 | Pallaske | Perry | ohne Verein | 44 | 43 | | 87 |
| 8 | Remus | Elmar | LC Solbad Ravensberg | | | 49 | 49 |
| 9 | Keil | Axel | SC Melle 03 | 48 | | | 48 |
| 10 | Heemcke | Alexander | ohne Verein | | 47 | | 47 |
| 11 | Diekmann | Sebastian | SC Melle 03 | | | 47 | 47 |
| 12 | Rohmann | Johannes | LG Osnabrück | | 46 | | 46 |
| 13 | Rath | Ulrich | Uli's Läufershop | 46 | | | 46 |
| 14 | Herrmann | Michael | ohne Verein | | 45 | | 45 |
| 15 | Sivanathan | Muguntha | BSV Leeden-Ledde | | | 45 | 45 |
| 16 | Schönhoff | Moritz | ohne Verein | | | 43 | 43 |
| 17 | Fleer | Florian | Osnabrück | 43 | | | 43 |
| 18 | Börger | Marco | Viktoria 08 Georgsmari | | | 42 | 42 |
| 19 | Mijangos | Luis | ohne Verein | | 42 | | 42 |
| 20 | Prakaj | Florian | Viktoria 08 Georgsmari | | | 41 | 41 |
| 21 | Wübker | Matthias | Rettungswache Ostercap | | 41 | | 41 |
| 22 | Feldkamp | Daniel | Viktoria 08 Georgsmari | | | 40 | 40 |
| 23 | Ritter | Julian | ohne Verein | | 40 | | 40 |
| 24 | Escherhaus | Christoph | Viktoria 08 Georgsmari | | | 39 | 39 |
| 25 | Wichner | Thomas | ohne Verein | | 38 | | 38 |
| 26 | Seliger | Jannik | VfL Osnabrück | | | 38 | 38 |
| 27 | Janke | Alexander | LT Wersen | | | 37 | 37 |
| 28 | Krause | Nils | ohne Verein | | | 36 | 36 |
| 29 | Potts | Simon | Viktoria 08 Georgsmari | | | 35 | 35 |
| 30 | Liebeck | Jörg | Team-medic.os | | | 34 | 34 |
| 31 | Kurkmazli | Ümit | Viktoria 08 Georgsmari | | | 32 | 32 |
| 32 | Gambietz | Max | TSV Widukindland | | | 31 | 31 |
| 33 | Hoffmann | Ingo | Viktoria 08 Georgsmari | | | 30 | 30 |
| 34 | Meier | Tobias | ohne Verein | | | 29 | 29 |
| 35 | Graschtat | Daniel | Vorwärts Nettetal | | | 28 | 28 |
| 36 | Sandkühler | Justus | ohne Verein | | | 27 | 27 |

Männer M30 - Langstrecke

| | | | | | | | |
|----|---------------|-------------|------------------------|----|----|----|-----|
| 1 | Anders | Maik | SV Schinkel 04 | 42 | 43 | 45 | 130 |
| 2 | Wendland | Carsten | SC Melle 03 | 34 | 36 | 35 | 105 |
| 3 | Bußmann | Jens | SV Schwagstorf | 45 | 47 | | 92 |
| 4 | Köll | Stefan | LSF Natbergen | 46 | 46 | | 92 |
| 5 | Horstmann | André | Team laufen-os.de | 39 | 42 | | 81 |
| 6 | Eser | Ingo | SC Melle 03 | 40 | 40 | | 80 |
| 7 | Ehrlich | Markus | Bahama Sports Osnabrüc | 36 | 37 | | 73 |
| 8 | Mc Culloch-F. | Heiko | ohne Verein | | 32 | 38 | 70 |
| 9 | Bussmann | Jens | SV Schwagstorf | | | 50 | 50 |
| 10 | Bucchioni | Nico | VfL Lönningen | | 50 | | 50 |
| 11 | Wellensiek | Wolfgang | SV Brackwede | 50 | | | 50 |
| 12 | Rolwes | Sven | Team-medic.os | | | 49 | 49 |
| 13 | Wingbergmühle | Frank | Osnabrück | 48 | | | 48 |
| 14 | Chriske | Elmar | Weiterlaufen Osnabrück | | | 48 | 48 |
| 15 | Zobel | Andreas | TuS Stemwede | | | 47 | 47 |
| 16 | Düweling | Carsten | SV Eintracht Neuenkirc | | | 46 | 46 |
| 17 | Grim | Casper | TuS Engter | 44 | | | 44 |
| 18 | Westhof | Frank | SV Eintracht Neuenkirc | | | 44 | 44 |
| 19 | Plogmann | Ingo | TV Georgsmarienhütte | | | 43 | 43 |
| 20 | Kiesow | Sven | Grün-Weiß Steinbeck | | | 42 | 42 |
| 21 | Tholey | Michael | Tritonic St. Wendel | | | 41 | 41 |
| 22 | Fürer | Michael | ohne | 41 | | | 41 |
| 23 | Ronning | Christian | SC Melle 03 | | | 40 | 40 |
| 24 | Bergmann | Martin | SV Schwagstorf | | 39 | | 39 |
| 25 | Knieper | Tino | ohne Verein | | | 39 | 39 |
| 26 | Schnurpfeil | Andre | SV Quitt Ankum | 38 | | | 38 |
| 27 | Berghegger | Andre | SC Melle 03 | | | 37 | 37 |
| 28 | Rittinghaus | Volker | SC Melle 03 | | | 36 | 36 |
| 29 | Zöllner | Jens | Rettungswache Ostercap | | 35 | | 35 |
| 30 | Wiewel | Jürgen | SC Melle 03 | 35 | | | 35 |
| 31 | Pelz | Stefan | SC Melle 03 | | | 34 | 34 |
| 32 | Winkler | Stephan | Düsseldorf | | 34 | | 34 |
| 33 | Schulte | Frank | Ostercappelner FV | | 33 | | 33 |
| 34 | Meier | Marc Ulrich | Hagen a.T.W. | | | 33 | 33 |
| 35 | Guß | Marcel | ohne | 33 | | | 33 |
| 36 | Bettig | Uwe | Osnabrück | | | 32 | 32 |
| 37 | Longkopf | Heinrich | DARC Bielefeld | | 31 | | 31 |
| 38 | Böhmman | Olaf | Osnabrück | | | 31 | 31 |
| 39 | Thole | Hermann | BSC Bippen | | | 30 | 30 |
| 40 | Selent | Rolf | SC Melle 03 | | | 29 | 29 |
| 41 | Bentlin | Mario | ohne Verein | | | 27 | 27 |

Männer M35 - Langstrecke

| | | | | | | | |
|----|---------------|-----------|------------------------|----|----|----|-----|
| 1 | Flatau | Martin | Osnabrück | 47 | 48 | 49 | 144 |
| 2 | Buchwald | Bernd | Team laufen-os.de | 47 | 48 | 48 | 143 |
| 3 | Wagenfeld | Ralf | ATSV Espelkamp | 49 | 49 | 45 | 143 |
| 4 | Avermann | Jörg | BW Hollage | 43 | 47 | 44 | 134 |
| 5 | Westerkamp | Martin | SC Melle 03 | 44 | 42 | 39 | 125 |
| 6 | Friedrich | Karsten | Blau Weiß Schinkel | 43 | 44 | 36 | 123 |
| 7 | Fistarol | Marcus | R+O Fahrradshop Osnabr | 38 | 38 | 37 | 113 |
| 8 | Pleuter | Lutz | Die Pfortentrainer | 37 | 38 | 29 | 104 |
| 9 | Auf dem Kampe | Bernhard | TV Bissendorf-Holte | 32 | 36 | 35 | 103 |
| 10 | Tischler | Jörg | SC Herringhausen | | 50 | 50 | 100 |
| 11 | Glose | Frank | TuS Bersenbrück | 46 | | 47 | 93 |
| 12 | Geisler | Lars | SV Schinkel 04 | | 45 | 42 | 87 |
| 13 | Ellinghaus | Dr. Peter | SC Melle 03 | 45 | | 41 | 86 |
| 14 | Englich | Christian | LG Osnabrück | 41 | 41 | | 82 |
| 15 | Kentsch | Stefan | SV Wissingen | 39 | 39 | | 78 |
| 16 | Brewe | Markus | TV Georgsmarienhütte | | 41 | 32 | 73 |
| 17 | Ulrichs | Wolfgang | Lübbecker Berglöwen | 33 | 34 | | 67 |
| 18 | Frost | Axel | ohne Verein | | 31 | 23 | 54 |
| 19 | Kleinschmidt | Stefan | LC Solbad Ravensberg | 50 | | | 50 |
| 20 | Theis | Hlger | TuS Bersenbrück | 49 | | | 49 |

| | | | | | | |
|----|---------------|----------|------------------------|----|----|----|
| 21 | Zander | Olaf | Luhdener SV | 49 | | 49 |
| 22 | Mitra | Frank | SC Herringhausen | 29 | 18 | 47 |
| 23 | Böger | Frank | Luhdener SV | 46 | | 46 |
| 24 | Wagner | Thomas | BSG Sparkasse Osnabrüc | | 46 | 46 |
| 25 | Reichelt | Thorsten | Team laufen-os.de | 45 | | 45 |
| 26 | Molitor | Roland | TV Georgsmarienhütte | 44 | | 44 |
| 27 | Seker | Ferit | ohne Verein | | 43 | 43 |
| 28 | Meyer | Helmut | TuS Bersenbrück | 43 | | 43 |
| 29 | Lundström | Sven | LC Solbad Ravensberg | 42 | | 42 |
| 30 | Köhler | Bernd | TVSE Bielefeld | 40 | | 40 |
| 31 | Naumann | Carsten | LG Osnabrück | | 40 | 40 |
| 32 | Stöckel | Uwe | LG Osnabrück | | 40 | 40 |
| 33 | Bittner | Thorsten | Belm | | 38 | 38 |
| 34 | Heimann | Michael | Team laufen-os.de | 37 | | 37 |
| 35 | Habighorst | Wilhelm | LC Solbad Ravensberg | 36 | | 36 |
| 36 | Linkemeyer | Ansgar | Ostercappelner FV | | 35 | 35 |
| 37 | Romdane-Hebbe | Rene | SC Melle 03 | 35 | | 35 |
| 38 | Meyer | Volker | VfL Kloster Oesede | | 34 | 34 |
| 39 | Duda | Ingo | TV Georgsmarienhütte | 34 | | 34 |
| 40 | Steinkamp | Helmut | Neuekirchen-Vörden | | 33 | 33 |
| 41 | Lippold | Jörg | TuS Engter | | 31 | 31 |
| 42 | Cymann | Sascha | TSV Erbach | | 30 | 30 |
| 43 | Goudarzi | Touraj | SC Melle 03 | 29 | | 29 |
| 44 | Kreimeyer | Randolf | ohne Verein | | 28 | 28 |
| 45 | Pöthe | Thomas | Lüneburg | 28 | | 28 |
| 46 | Niehaus | Dirk | TuS Nahne | | 28 | 28 |
| 47 | Meyer | Jan | BSG Sparkasse Osnabrüc | | 27 | 27 |
| 48 | Sensse | Andreas | Osnabrücker TB | | 26 | 26 |
| 49 | Solbach | Ulrich | Team laufen-os.de | | 25 | 25 |
| 50 | Kellermann | Hans-B. | ohne Verein | | 24 | 24 |
| 51 | Österreich | Claas | SC Melle 03 | | 22 | 22 |
| 52 | Enger | Ralf | Osnabrück | | 21 | 21 |
| 53 | Hartung | Peter | ohne Verein | | 20 | 20 |
| 54 | Henning | Frank | LG Osnabrück | | 19 | 19 |
| 55 | Kuper | Ralf | SV Ohrbeck | | 17 | 17 |
| 56 | Amm | Dirk | BSG Sparkasse Osnabrüc | | 16 | 16 |
| 57 | Breuer | Frank | BSC Bippen | | 15 | 15 |
| 58 | Rüterbories | Martin | LG Osnabrück | | 14 | 14 |

Männer M40 - Langstrecke

| | | | | | | | |
|----|------------------|------------|----------------------|----|----|----|-----|
| 1 | Rottmann | Rainer | Marathon Ibbenbüren | 45 | 39 | 35 | 119 |
| 2 | da Vinci | Bruno | SC Melle 03 | 48 | | 48 | 96 |
| 3 | Gegner | Stefan | Ostercappelner FV | 36 | 33 | 22 | 91 |
| 4 | Busch | Ludger | Hunteburger SV | | 45 | 45 | 90 |
| 5 | Gausmann | Klaus | ohne | 35 | 30 | 24 | 89 |
| 6 | Kolkmeyer | Martin | LSF Natbergen | | 42 | 47 | 89 |
| 7 | Wempe | Thomas | Ostercappelner FV | | 44 | 44 | 88 |
| 8 | Gerdes | Klaus | Ostercappelner FV | 30 | 33 | 21 | 84 |
| 9 | Lübbert zur Lage | Robert | Bramsche | 31 | 32 | 17 | 80 |
| 10 | Budweg | Frank | TuS Vehrte | | 41 | 36 | 77 |
| 11 | Krone | Stephan | TV Bissendorf-Holte | | 37 | 39 | 76 |
| 12 | Ortkras | Stefan | LG Osnabrück | 40 | 35 | | 75 |
| 13 | Knollmeyer | Thomas | ohne Verein | | 38 | 37 | 75 |
| 14 | Wernsing | Ulrich | SV Quitt Ankum | 41 | | 30 | 71 |
| 15 | Luckmann | Tom | Ostercappelner FV | 27 | 30 | 13 | 70 |
| 16 | Welslau | Johannes | SV Schinkel 04 | 37 | 28 | | 65 |
| 17 | Dickob | Michael | LC Solbad Ravensberg | | 36 | 23 | 59 |
| 18 | Reisinger | Dr. Chris | Rad Union Wangen | | | 50 | 50 |
| 19 | Tiesing | Werner | SV Schwagstorf | | 34 | 16 | 50 |
| 20 | Nehls | Herald | TuS Bersenbrück | 49 | | | 49 |
| 21 | Gottmann | Lars | JSG Eversburg | | | 49 | 49 |
| 22 | Igelbrink | Hans-Peter | VfL Kloster Oesede | | 49 | | 49 |
| 23 | Köhler | Michael | SV Brackwede | 48 | | | 48 |
| 24 | Schnelle | Holger | TuS Bersenbrück | | 47 | | 47 |
| 25 | Averdiek | Rainer | TV Georgsmarienhütte | 47 | | | 47 |

| | | | | | | |
|----|--------------|-----------|--------------------------|----|----|----|
| 26 | Leonhard | Peter | SV Schinkel 04 | | 46 | 46 |
| 27 | Wulf | Dirk | SC Herringhausen | 46 | | 46 |
| 28 | Wittling | Robert | City-Squash-Club Osnab | | 43 | 43 |
| 29 | Ruczynski | Jürgen | LG Osnabrück | | 42 | 42 |
| 30 | Abken | Dirk | GSS c/o LG Osnabrück | 30 | 11 | 41 |
| 31 | Rasche | Christoph | OSC Damme | | 41 | 41 |
| 32 | Woltring | Stefan | SVC Laggenbeck | | 40 | 40 |
| 33 | Boden | René | BSV Leeden-Ledde | | 38 | 38 |
| 34 | Küthe | Andreas | TuS Bersenbrück | 38 | | 38 |
| 35 | Holle | Jörg | ATSV Espelkamp | | 34 | 34 |
| 36 | Queckenstedt | Hermann | SV Grün-Schwarz Altenb | | 33 | 33 |
| 37 | Welkener | Jürgen | SC Melle 03 | 33 | | 33 |
| 38 | Wohlschläger | Gernot | OSC Damme | | 32 | 32 |
| 39 | Budweg | Uwe | ohne Verein | 32 | | 32 |
| 40 | Brinkwedde | Peter | TuS Bramsche | 32 | | 32 |
| 41 | Landwehr | Ulrich | LG Osnabrück | | 31 | 31 |
| 42 | Hagspihl | Christoph | TV Schleddehausen | 31 | | 31 |
| 43 | Goltsche | Thomas | SV Eintracht Neuenkirc | | 29 | 29 |
| 44 | Brickwedde | Peter | TuS Bramsche | 29 | | 29 |
| 45 | Bertscheit | Wolfgang | SV Atter | | 28 | 28 |
| 46 | Farthmann | Fred | LG Osnabrück | | 27 | 27 |
| 47 | Langer | Winni | ohne Verein | 27 | | 27 |
| 48 | Nikutta | Norbert | BSG Sparkasse Osnabrück | | 26 | 26 |
| 49 | Averbeck | Andreas | ohne Verein | 26 | | 26 |
| 50 | Hinternesch | Thomas | LG Osnabrück | | 25 | 25 |
| 51 | Koustrup | Claus | Ostercappelner FV | 25 | | 25 |
| 52 | Boerger | Thomas | Hagen a.T.W. | | 20 | 20 |
| 53 | Hoffmeister | Wilhelm | Osnabrück | | 19 | 19 |
| 54 | Nicolay | Dirk | Osnabrück | | 18 | 18 |
| 55 | Kaumkötter | Michael | SV Ohrbeck | | 15 | 15 |
| 56 | Scherer | Armin | Trier | | 14 | 14 |
| 57 | Gambietz | Dirk | TSV Widukindland | | 12 | 12 |
| 58 | Maaß | Jürgen | ohne Verein | | 10 | 10 |
| 59 | Lange | Claus | Hagener SV | | 9 | 9 |
| 60 | Weigandt | Udo | SV Hellern | | 8 | 8 |
| 61 | Heuer | Harry | LG DDD Hannover | | 7 | 7 |
| 62 | Schwietz | Jürgen | Spielverein 16 Osnabrück | | 6 | 6 |
| 63 | Hartung | Helmut | SV Atter | | 5 | 5 |
| 64 | Wegmann | Rolf | ohne Verein | | 5 | 5 |
| 65 | Klekamp | Martin | SV Eintracht Neuenkirc | | 5 | 5 |

Männer M45 - Langstrecke

| | | | | | | | |
|----|-------------|-------------|------------------------|----|----|----|-----|
| 1 | Breeck | Christian | SC Melle 03 | 50 | 50 | 50 | 150 |
| 2 | Pikutzki | Claus | Ostercappelner FV | 50 | 50 | 49 | 149 |
| 3 | Schäfer | Ulrich | Lübbecker Berglöwen | 46 | 48 | 43 | 137 |
| 4 | Dirkes | Franz-Josef | SV Eintracht Neuenkirc | 44 | 46 | 40 | 130 |
| 5 | Weihmann | Thomas | Osnabrück | 46 | 43 | 41 | 130 |
| 6 | Clausing | Andreas | LSF Münster | 42 | 40 | 42 | 124 |
| 7 | Siebert | Ralph | SV Schwagstorf | 43 | 37 | 35 | 115 |
| 8 | Hanemann | Siegfried | Marathon Ibbenbüren | 38 | 37 | 33 | 108 |
| 9 | Weimer | Claus | TV Georgsmarienhütte | 39 | 35 | 28 | 102 |
| 10 | Rosenkötter | Volker | SC Melle 03 | 40 | 36 | 25 | 101 |
| 11 | Schweer | Helmut | Ostercappelner FV | 48 | 49 | | 97 |
| 12 | Siekmeyer | Uwe | Team laufen-os.de | | 48 | 47 | 95 |
| 13 | Schmidt | Walter | TuS Bersenbrück | | 47 | 45 | 92 |
| 14 | Glasow | Peter | SC Melle 03 | 35 | 33 | 21 | 89 |
| 15 | Pfeiffer | Wolfgang | RRG Osnabrück | 43 | 41 | | 84 |
| 16 | Hellmann | Ulrich | Osnabrücker TB | 44 | | 37 | 81 |
| 17 | Florian | Martin | TV Georgsmarienhütte | | 45 | 36 | 81 |
| 18 | Armbrüster | Ralf | Bad Iburg | 39 | 31 | 11 | 81 |
| 19 | Seifert | Jürgen | SC Melle 03 | | 44 | 34 | 78 |
| 20 | Lüssenheide | Dietmar | SC Melle 03 | | 43 | 31 | 74 |
| 21 | Eversmeyer | Willi | Team laufen-os.de | | 38 | 29 | 67 |
| 22 | Elfring | Jürgen | Marathon Ibbenbüren | 33 | 34 | | 67 |
| 23 | Steen | Martin | ohne | 26 | 25 | 5 | 56 |

| | | | | | | | |
|----|--------------|--------------|------------------------|----|----|----|----|
| 24 | Hornung | Matthias | TV Bissendorf-Holte | | 32 | 18 | 50 |
| 25 | Peters | Willi | SV Teuto Riesenbeck | 49 | | | 49 |
| 26 | Hagspihl | Jörg | TuS Nahne | 34 | | 14 | 48 |
| 27 | Klingbeil | Heinz | SV Teuto Riesenbeck | | | 48 | 48 |
| 28 | Euscher | Wolfgang | LC Solbad Ravensberg | 47 | | | 47 |
| 29 | Muraska | Rainer | SC Schölerberg | | | 46 | 46 |
| 30 | Baumann | Olaf | Post SV Osnabrück | | | 44 | 44 |
| 31 | Hölscher | Michael | Einsamer Wolf | 42 | | | 42 |
| 32 | Liegmann | Günter | TV Georgsmarienhütte | | 42 | | 42 |
| 33 | Pilgrim | Uwe | OSC Damme | | | 39 | 39 |
| 34 | Brehe | Michael | pokalsieger.de Osnabrü | | | 38 | 38 |
| 35 | Kleine | Ulrich | TV Bissendorf-Holte | 37 | | | 37 |
| 36 | Franz | Udo | SC Melle 03 | 36 | | | 36 |
| 37 | Toepler | Rolf | ohne | 32 | | | 32 |
| 38 | Oppemann | Achim | Coffeeclub Steinbruch | | | 32 | 32 |
| 39 | Schawe | Wolfgang | Ostercappelner FV | | 26 | 5 | 31 |
| 40 | Trost | Daniel | GSS c/o LG Osnabrück | 25 | | 5 | 30 |
| 41 | Nagel | Hartmut | BSG Sparkasse Osnabrü | | | 30 | 30 |
| 42 | Junker | Gerd | TSV Wallenhorst | | | 27 | 27 |
| 43 | Rodloff | Norbert | ohne Verein | | 27 | | 27 |
| 44 | Scheller | Klaus | BSG LVM Münster | 27 | | | 27 |
| 45 | Tappe | Friedhelm | Neuenkirchen-Vörden | | | 26 | 26 |
| 46 | Winkelmann | Heiko | Ostercappelner FV | | 24 | | 24 |
| 47 | Klesse | Michael | Osnabrück | | | 24 | 24 |
| 48 | Kipp | Lothar | Rasensport Osnabrück | | 23 | | 23 |
| 49 | Berg | Hans-Joachim | Münster | | | 23 | 23 |
| 50 | Hadderfeld | Michael | VfL Kloster Oesede | | | 22 | 22 |
| 51 | Brinker | Hans-Dieter | Osnabrück | | | 20 | 20 |
| 52 | Esters | Helmut | TV Georgsmarienhütte | | | 19 | 19 |
| 53 | Koch | Peter | ohne Verein | | | 17 | 17 |
| 54 | Krzeminicki | Peter | BSG Stadtwerke Osnabrü | | | 16 | 16 |
| 55 | Schulze | Holger | ohne Verein | | | 15 | 15 |
| 56 | Konczalla | Matthias | Osnabrück | | | 13 | 13 |
| 57 | Cehlius | Rainer | TuS Engter | | | 12 | 12 |
| 58 | Feldmann | Michael | BC 82 Osnabrück | | | 10 | 10 |
| 59 | Pöppelmann | Helmut | ohne Verein | | | 9 | 9 |
| 60 | Bergmann | Lothar | SV Eintracht Neuenkirc | | | 8 | 8 |
| 61 | Kleinschmidt | Karlfr. | ohne Verein | | | 7 | 7 |
| 62 | Abromeit | Jürgen | Viktoria 08 Georgsmari | | | 6 | 6 |
| 63 | Kunze | Klaus | LT Bippener SC | | | 5 | 5 |
| 64 | Lindner | Adolf | SC Melle 03 | | | 5 | 5 |
| 65 | Beckmann | Jörg | ohne | | | 5 | 5 |
| 66 | Behrends | Kay-Uwe | SV Rasensport | | | 5 | 5 |
| 67 | Hess | Thomas | Viktoria 08 Georgsmari | | | 5 | 5 |

Männer M50 - Langstrecke

| | | | | | | | |
|----|-------------|-------------|----------------------|----|----|----|-----|
| 1 | Placke | Reinhard | Lübbecker Berglöwen | 48 | 49 | 50 | 147 |
| 2 | Diessel | Dr. Clemens | Osnabrücker TB | 49 | 47 | 47 | 143 |
| 3 | Arens | Manfred | SC Melle 03 | 47 | 48 | 44 | 139 |
| 4 | Weber | Herbert | VfL Kloster Oesede | 44 | 45 | 43 | 132 |
| 5 | Belt | Johannes | SC Melle 03 | 40 | 40 | 39 | 119 |
| 6 | Reehuis | Alfred | SC Melle 03 | 41 | 40 | 36 | 117 |
| 7 | Trentmann | Werner | SV Schwagstorf | 34 | 39 | 38 | 111 |
| 8 | Nielsen | Erhard | Team WMB | 39 | 39 | 30 | 108 |
| 9 | Mannig | Hannes | TV Bissendorf-Holte | 37 | 37 | 32 | 106 |
| 10 | Blome | Hermann | SV Quitt Ankum | 50 | | 49 | 99 |
| 11 | Gelhot | Werner | SC Melle 03 | 36 | 36 | 22 | 94 |
| 12 | Schulte | Gerd | Marathon Ibbenbüren | 45 | 46 | | 91 |
| 13 | Lüssing | Bernd | GSS c/o LG Osnabrück | 45 | | 46 | 91 |
| 14 | Fehling | Wolf-Dieter | SC Melle 03 | 34 | 35 | 17 | 86 |
| 15 | Spiekermann | Peter | SC Melle 03 | 41 | 44 | | 85 |
| 16 | Wiemann | Peter | TuS Bad Essen | 30 | 30 | 24 | 84 |
| 17 | Bludau | Jürgen | TV Bissendorf-Holte | 42 | 42 | | 84 |
| 18 | Hakemeyer | Günter | SC Melle 03 | 43 | | 41 | 84 |
| 19 | Hagemann | Dr. Joachim | ohne Verein | 28 | 28 | 25 | 81 |

| | | | | | | | |
|----|---------------|-------------|------------------------|----|----|----|----|
| 20 | Grobe | Hartwig | SC Melle 03 | 29 | 29 | 19 | 77 |
| 21 | Glasmeier | Klaus | Spvg. Niedermark | 31 | | 35 | 66 |
| 22 | Arnold | Wolfgang | SC Melle 03 | 38 | | 27 | 65 |
| 23 | Papenbaum | Heiner | CHKS Chojnice PL | | 31 | 26 | 57 |
| 24 | Leimbach | Harald | Lübbecker Berglöwen | | 50 | | 50 |
| 25 | Dettmer | Dietrich-W. | Osnabrücker TB | | | 48 | 48 |
| 26 | Wollherr | Andreas | Ostercappelner FV | 46 | | | 46 |
| 27 | In der Stroth | Reinhard | Osnabrücker TB | | | 45 | 45 |
| 28 | Kutza | Heiner | Osnabrück | | 43 | | 43 |
| 29 | Wünsch | Joachim | LT Bippener SC | | | 42 | 42 |
| 30 | Blieffert | Manfred | Osnabrück | | | 40 | 40 |
| 31 | Gieske | Heiner | TuS Neuemkirchen | | 38 | | 38 |
| 32 | Kemper | Helmut | ohne Verein | | | 37 | 37 |
| 33 | Wöldecke | Wolfgang | SC Melle 03 | 35 | | | 35 |
| 34 | Schulze | Heiko | Vorwärts Nettetal | | | 34 | 34 |
| 35 | Brockmann | Ulrich | ohne Verein | | 34 | | 34 |
| 36 | Wiebrock | Claus | TV Georgsmarienhütte | | | 33 | 33 |
| 37 | Fischer | Hermann | ohne Verein | | | 31 | 31 |
| 38 | Bruning | Franz-Josef | TuS Eintracht Rulle | | | 29 | 29 |
| 39 | Thole | Reinhard | BSC Bippen | | | 28 | 28 |
| 40 | Middendorf | Werner | SV Eintracht Neuenkirc | | | 23 | 23 |
| 41 | Leenen | Johann | TSV Wallenhorst | | | 21 | 21 |
| 42 | Hüneke | Gerhard | BW Hollage | | | 20 | 20 |
| 43 | Ellerbrock | Rolf | LC Solbad Ravensberg | | | 18 | 18 |
| 44 | Bolte | Heribert | LT Werscher Berg | | | 16 | 16 |
| 45 | Marek | Klaus | LC Solbad Ravensberg | | | 15 | 15 |
| 46 | Pantel | Andreas | Osnabrück | | | 14 | 14 |

Männer M55 - Langstrecke

| | | | | | | | |
|----|-------------|-------------|----------------------|----|----|----|-----|
| 1 | Deckers | Wilfried | Marathon Ibbenbüren | 50 | 50 | 50 | 150 |
| 2 | Abraham | Lothar | SC Schölerberg | 49 | 49 | 49 | 147 |
| 3 | Hoffmann | Wilfried | SV Schwagstorf | 47 | 46 | 43 | 136 |
| 4 | Michels | Herbert | SC Melle 03 | 46 | 45 | | 91 |
| 5 | Meyer | Bernhard | SC Melle 03 | | 41 | 47 | 88 |
| 6 | Kiel | Raimund | SC Schölerberg | | 44 | 42 | 86 |
| 7 | Friedering | Ulrich | SC Melle 03 | | 42 | 40 | 82 |
| 8 | Temme | Hans-Hubert | GW Spanharrenstätte | | 43 | 37 | 80 |
| 9 | Loheide | Heinz | Loslaufen | | 48 | | 48 |
| 10 | Hoeft | Hans-Dieter | TuS Engter | | | 48 | 48 |
| 11 | Neumann | Reinhard | ohne Verein | | | 46 | 46 |
| 12 | Jonas | Wolfgang | ohne | | | 45 | 45 |
| 13 | Karschewski | Klaus | TV Georgsmarienhütte | | | 44 | 44 |
| 14 | Ewerlin | Dieter | TV Hohne | | | 41 | 41 |
| 15 | Simon | Horst | Vorwärts Nettetal | | | 39 | 39 |
| 16 | Dettmer | Karl-Heinz | SC Melle 03 | | | 38 | 38 |
| 17 | Ehrenberg | Christoph | Vorwärts Nettetal | | | 36 | 36 |

Männer M60 - Langstrecke

| | | | | | | | |
|---|---------------|----------|------------------------|----|----|----|-----|
| 1 | Thomas | Carsten | SV Eintracht Neuenkirc | 50 | 50 | 47 | 147 |
| 2 | Baasch | Peter | SV Eintracht Neuenkirc | 48 | 47 | 50 | 145 |
| 3 | Gößmann | Reinhard | SV Ohrbeck | 49 | 48 | 44 | 141 |
| 4 | Mitra | Borun | Osnabrücker TB | | 47 | 45 | 92 |
| 5 | Lammerschmidt | Heinz | SC Melle 03 | | 46 | 43 | 89 |
| 6 | Keisker | Jürgen | SV Schwagstorf | | 45 | 42 | 87 |
| 7 | Hauptvogel | Dieter | Dortmund | | | 49 | 49 |
| 8 | Stettin | Heinz | Osnabrücker TB | | | 48 | 48 |
| 9 | Blümel | Kurt | Team laufen-os.de | | | 46 | 46 |

Männer M65 - Langstrecke

| | | | | | | | |
|---|------------|-----------|-------------------|----|----|----|-----|
| 1 | Friedrich | Ekkehardt | Team laufen-os.de | 50 | 50 | | 100 |
| 2 | Glüsenkamp | Friedel | Osnabrücker TB | | 49 | 50 | 99 |
| 3 | Eser | Günter | SC Melle 03 | 49 | 49 | | 98 |
| 4 | Wottke | Clemens | Osnabrück | | | 49 | 49 |

| | | | | | | | |
|---|------------|--------|-----------------|----|----|--|--|
| 5 | Neugebauer | Peter | LG DDD Hannover | 48 | 48 | | |
| 6 | Kuper | Klaus | TSV Osnabrück | 47 | 47 | | |
| 7 | Gehre | Jürgen | LG Osnabrück | 46 | 46 | | |

Männer M70 - Langstrecke

| | | | | | | | |
|---|-----------|---------|-------------------|----|----|----|-----|
| 1 | Ungemach | Andreas | Team laufen-os.de | 50 | 50 | 50 | 150 |
| 2 | Schlüter | Ewald | SC Melle 03 | 49 | 49 | 49 | 147 |
| 3 | Bendzulla | Otto | ohne | 48 | 48 | 48 | 144 |

Männer M75 - Langstrecke

| | | | | | | | |
|---|-------|----------|-------------------|----|----|--|-----|
| 1 | Vocke | Heinrich | Ostercappelner FV | 50 | 50 | | 100 |
|---|-------|----------|-------------------|----|----|--|-----|

**Der Sieger hat hundert Wünsche -
der Verlierer nur einen**

Pokalwertungen

| Name | Vorname | Verein | I. | II. | III. | gesamt | |
|-------------------------------|----------------|------------|------------------------|-----|------|--------|------|
| Frauen - Mittelstrecke | | | | | | | |
| 1 | Kahmann | Kerstin | Ostercappelner FV | 500 | 500 | 500 | 1500 |
| 2 | Kuhlmann | Sarah | LG Osnabrück | 499 | 499 | 499 | 1497 |
| 3 | Harmeling | Marita | SV Quitt Ankum | 496 | 495 | 497 | 1488 |
| 4 | Thiemeier | Sonja | LG Osnabrück | 494 | 494 | 498 | 1486 |
| 5 | Staas | Sabine | TuS Bramsche | 491 | 493 | 492 | 1476 |
| 6 | Möllers | Petra | SC Melle 03 | 488 | 492 | 486 | 1466 |
| 7 | Schulte | Theresia | SC Melle 03 | 486 | 491 | 484 | 1461 |
| 8 | Koch | Beatrix | SC Melle 03 | 482 | 490 | 482 | 1454 |
| 9 | Gröne | Corinne | LG Osnabrück | 497 | 498 | | 995 |
| 10 | Borgmann | Ulrike | GSS c/o LG Osnabrück | 498 | 496 | | 994 |
| 11 | Erdmann | Annegret | SC Melle 03 | 493 | | 494 | 987 |
| 12 | Gelhot | Christiane | SC Melle 03 | 492 | | 487 | 979 |
| 13 | Bode | Veronika | SuS Vehrte | | 489 | 489 | 978 |
| 14 | Dettmer | Karin | SC Melle 03 | 489 | | 487 | 976 |
| 15 | Janott | Silvia | Ostercappelner FV | 480 | 487 | | 967 |
| 16 | Belt | Christel | SC Melle 03 | 479 | 486 | | 965 |
| 17 | Gelhot | Veronika | SC Melle 03 | | 488 | 477 | 965 |
| 18 | Papenbrock | Brigitte | TuS Glane | 481 | | 480 | 961 |
| 19 | Albersmann | Annegret | LC Solbad Ravensberg | | 497 | | 497 |
| 20 | Bludau | Bergit | TV Bissendorf-Holte | | | 496 | 496 |
| 21 | Kohlmeyer | Juliane | SuS Vehrte | | | 495 | 495 |
| 22 | Forthmann | Silke | LG Osnabrück | 495 | | | 495 |
| 23 | Winter-Stettin | Annegret | Osnabrücker TB | | | 493 | 493 |
| 24 | Kunde | Susanne | Osnabrücker TB | | | 491 | 491 |
| 25 | Ellinghaus | Dr. Dörte | SC Melle 03 | 490 | | | 490 |
| 26 | Stöckel | Dagmar | LG Osnabrück | | | 490 | 490 |
| 27 | Lenger | Nina | SC Melle 03 | 487 | | | 487 |
| 28 | Siemer | Mechthild | LG Osnabrück | | | 485 | 485 |
| 29 | Langemeyer | Brunhilde | TSV Wallenhorst | | 485 | | 485 |
| 30 | Beer | Annemarie | Sandhorstschule Bruchm | 485 | | | 485 |
| 31 | Mitra | Inge | Osnabrücker TB | | 484 | | 484 |
| 32 | Otto | Margret | SC Melle 03 | 484 | | | 484 |
| 33 | Dietz | Susanne | LG Osnabrück | | | 483 | 483 |
| 34 | Oelschlägel | Anette | TSV Westerhausen | 483 | | | 483 |
| 35 | Koester | Martina | Coffeeclub Steinbruch | | | 481 | 481 |
| 36 | Krennrich | Barbara | Hasbergen | | | 479 | 479 |
| 37 | Hamm | Elisabeth | SC Melle 03 | | | 478 | 478 |
| 38 | Hirschle | Sandra | Coffeeclub Steinbruch | | | 476 | 476 |
| 39 | Grätz | Christina | LG Osnabrück | | | 475 | 475 |
| 40 | Lührmann | Susane | SC Melle 03 | | | 474 | 474 |
| 41 | Pleuter | Birgit | Die Pfortentrainer | | | 473 | 473 |
| 42 | Schlonski | Monika | SC Melle 03 | | | 472 | 472 |
| 43 | Friedering | Hega | SC Melle 03 | | | 471 | 471 |

Männer - Mittelstrecke

| | | | | | | | |
|----|---------------|--------------|------------------------|-----|-----|-----|------|
| 1 | Scheiter | Sebastian | LG Osnabrück | 500 | 500 | 500 | 1500 |
| 2 | Keil | Axel | SC Melle 03 | 499 | 499 | 498 | 1496 |
| 3 | Pohl | Ulrich | OSC Damme | 497 | 497 | 499 | 1493 |
| 4 | Jendretzki | Gero | LG Osnabrück | 494 | 492 | 496 | 1482 |
| 5 | Englich | Christian | LG Osnabrück | 495 | 494 | 491 | 1480 |
| 6 | Schulte | Stefan | SC Melle 03 | 493 | 493 | 494 | 1480 |
| 7 | Romdane-Hebbe | Rene | SC Melle 03 | 488 | 488 | 489 | 1465 |
| 8 | Gelhot | Patrick | SC Melle 03 | 491 | 483 | 484 | 1458 |
| 9 | Bonse-Rohmann | Dr. Matthias | TV Gut Heil GMHütte | 484 | 487 | 486 | 1457 |
| 10 | Abraham | Lothar | SC Schölerberg | 487 | 481 | 483 | 1451 |
| 11 | Baasch | Peter | SV Eintracht Neuenkirc | 479 | 480 | 480 | 1439 |
| 12 | Thomas | Carsten | SV Eintracht Neuenkirc | 477 | 478 | 473 | 1428 |
| 13 | Reehuis | Alfred | SC Melle 03 | 478 | 474 | 469 | 1421 |
| 14 | Belt | Johannes | SC Melle 03 | 480 | 470 | 468 | 1418 |
| 15 | Glüsenkamp | Friedel | Osnabrücker TB | 475 | 477 | 464 | 1416 |
| 16 | Harmeling | Alois | SV Quitt Ankum | 469 | 475 | 465 | 1409 |
| 17 | Schmidtkunz | Jürgen | SC Melle 03 | 468 | 472 | 462 | 1402 |
| 18 | Heile | Stefan | SV Quitt Ankum | 467 | 473 | 461 | 1401 |
| 19 | Keil | Egon | SC Melle 03 | 465 | 467 | 455 | 1387 |
| 20 | Schönwald | Edmund | SC Melle 03 | 461 | 466 | 452 | 1379 |
| 21 | Berghegger | Dieter | Ostercappelner FV | 462 | 465 | 447 | 1374 |
| 22 | Friedering | Ulrich | SC Melle 03 | 463 | 464 | 442 | 1369 |
| 23 | Vocke | Heinrich | Ostercappelner FV | 460 | 461 | 441 | 1362 |
| 24 | Pabst | Timo | SC Melle 03 | | 496 | 498 | 994 |
| 25 | Assmann | Ingo | SC Melle 03 | | 498 | 492 | 990 |
| 26 | Rasche | Ludger | Osnabrücker RV | 492 | 489 | | 981 |
| 27 | Hellmann | Ulrich | Osnabrücker TB | 489 | 491 | | 980 |
| 28 | Naumann | Carsten | LG Osnabrück | | 484 | 488 | 972 |
| 29 | Spiekermann | Peter | SC Melle 03 | 481 | 482 | | 963 |
| 30 | Schönwald | Michael | SC Melle 03 | 482 | | 481 | 963 |
| 31 | Arens | Manfred | SC Melle 03 | 486 | | 477 | 963 |
| 32 | Mannig | Hannes | TV Bissendorf-Holte | | 476 | 467 | 943 |
| 33 | Gelhot | Werner | SC Melle 03 | | 468 | 456 | 924 |
| 34 | Radtke | Manfred | LC Solbad Ravensberg | 464 | | 454 | 918 |
| 35 | Göbel | Günter | TuS Bad Essen | | 462 | 443 | 905 |
| 36 | Scheel | Jens | Melle | 466 | | 63 | 529 |
| 37 | Papst | Timo | SC Melle 03 | 498 | | | 498 |
| 38 | Limberg | Tobias | LC Solbad Ravensberg | 496 | | | 496 |
| 39 | Loughlin | Kenneth | TuS Borgloh | | | 495 | 495 |
| 40 | Molitor | Roland | TV Georgsmarienhütte | | | 493 | 493 |
| 41 | Leonhard | Peter | SV Schinkel 04 | | | 490 | 490 |
| 42 | Suhrhoff | Rolf | SC Melle 03 | 490 | | | 490 |
| 43 | Doehmen | Burckhard | SC Herringhausen | | 490 | | 490 |
| 44 | Dickob | Michael | LC Solbad Ravensberg | 489 | | | 489 |
| 45 | Pahlmann | Heiner | SC Achmer | | | 487 | 487 |
| 46 | Vornholt | Gerd | LC Solbad Ravensberg | | 486 | | 486 |
| 47 | Linkemeyer | Martin | Ostercappelner FV | | 485 | | 485 |
| 48 | Geisler | Lars | SV Schinkel 04 | | | 485 | 485 |
| 49 | Kipp | Lothar | Rasensport Osnabrück | 485 | | | 485 |
| 50 | Kruse | Rainer | Viktoria Gesmold | 484 | | | 484 |
| 51 | Brandenburg | Andre | LG Osnabrück | | | 482 | 482 |
| 52 | Bludau | Jürgen | TV Bissendorf-Holte | | 479 | | 479 |
| 53 | Kutza | Heiner | ohne Verein | | | 479 | 479 |
| 54 | Brockfeld | Dieter | Osnabrücker TB | | | 479 | 479 |
| 55 | Wrensch | Philipp | LG Osnabrück | | | 478 | 478 |
| 56 | Glasmeyer | Klaus | Spvg. Niedermark | 476 | | | 476 |
| 57 | Schlonski | Walter | SC Melle 03 | | | 476 | 476 |
| 58 | Seefeld | Karl-Heinz | OLG Bramgau | | | 475 | 475 |
| 59 | Meyer | Bernhard | SC Melle 03 | | | 474 | 474 |
| 60 | Franz | Udo | SC Melle 03 | 473 | | | 473 |
| 61 | Brinker | Hans-Dieter | Osnabrück | | | 472 | 472 |
| 62 | Gerdes | Klaus | Ostercappelner FV | 471 | | | 471 |
| 63 | Schweel | Jens | ohne Verein | | 471 | | 471 |
| 64 | Welkener | Jürgen | SC Melle 03 | 470 | | | 470 |

| | | | | | | |
|----|-------------|------------|---------------------|-----|-----|-----|
| 65 | Worthmann | Michael | SC Melle 03 | | 470 | 470 |
| 66 | Leenen | Johann | TSV Wallenhorst | 469 | | 469 |
| 67 | Hanebutt | Volker | TSV Horst | | 466 | 466 |
| 68 | Tiesing | Wilfried | TC Dielingen | 463 | | 463 |
| 69 | Raube | Horst | LG Osnabrück | | 460 | 460 |
| 70 | Rehme | Willi | SC Melle 03 | | 459 | 459 |
| 71 | Strunk | Sven | Team laufen-os.de | 459 | | 459 |
| 72 | Kohlmeyer | Frank | SuS Vehrte | | 458 | 458 |
| 73 | Kutza | Dieter | Osnabrück | | 457 | 457 |
| 74 | Dölle | Peter | LG Osnabrück | | 456 | 456 |
| 75 | Lönker | Bernhard | SC Melle 03 | | 453 | 453 |
| 76 | Middendorf | Hans-Georg | LG Osnabrück | | 451 | 451 |
| 77 | Badehorn | Rolf | SC Melle 03 | | 445 | 445 |
| 78 | Brandenburg | Werner | LG Osnabrück | | 442 | 442 |
| 79 | Rehkate | Werner | TuS Eintracht Rulle | | 440 | 440 |
| 80 | Sturm | Ralf | ohne Verein | | 50 | 50 |
| 81 | Dietz | Detlef | LG Osnabrück | | 49 | 49 |

Frauen - Langstrecke

| | | | | | | | |
|----|------------------|-----------|------------------------|-----|-----|-----|------|
| 1 | Brandenburg | Barbara | LG Osnabrück | 500 | 500 | 499 | 1499 |
| 2 | Kahmann | Kerstin | Ostercappelner FV | 499 | 499 | 500 | 1498 |
| 3 | Pinke | Marion | SV Eintracht Neuenkirc | 498 | 497 | 495 | 1490 |
| 4 | Keil | Kornelia | SC Melle 03 | 495 | 495 | 493 | 1483 |
| 5 | Harmeling | Marita | SV Quitt Ankum | 491 | 493 | 492 | 1476 |
| 6 | Hagemann | Noemi | ohne | 489 | 486 | 496 | 1471 |
| 7 | Schawe | Hedwig | Ostercappelner FV | 487 | 488 | 487 | 1462 |
| 8 | Mosel | Susanne | Ostercappelner FV | 488 | 487 | 479 | 1454 |
| 9 | Dröge | Maria | Ostercappelner FV | 485 | 481 | 474 | 1440 |
| 10 | Elfring | Beate | Marathon Ibbenbüren | 484 | 480 | 468 | 1432 |
| 11 | Kaller | Eva-Maria | SC Melle 03 | 483 | 476 | 467 | 1426 |
| 12 | Eser | Britta | SC Melle 03 | 479 | 474 | 454 | 1407 |
| 13 | Sollmann | Bianka | LG Osnabrück | | 498 | 496 | 994 |
| 14 | Schmidt | Manuela | TSG Harsewinkel | 497 | 496 | | 993 |
| 15 | Forthmann | Silke | LG Osnabrück | | 490 | 491 | 981 |
| 16 | Menebröcker | Karin | TV Hohne | 486 | 489 | | 975 |
| 17 | Rosner | Evelyn | ohne Verein | | 485 | 488 | 973 |
| 18 | Korff | Ulrike | SC Achmer | | 484 | 480 | 964 |
| 19 | Weith | Beate | TV Bissendorf-Holte | | 483 | 481 | 964 |
| 20 | Gelhot | Cindy | SC Melle 03 | | 479 | 485 | 964 |
| 21 | Eser | Renate | SC Melle 03 | 480 | 475 | | 955 |
| 22 | Lauxtermann | Annelie | LG Osnabrück | | 477 | 465 | 942 |
| 23 | Köhne | Manuela | LG Osnabrück | | | 498 | 498 |
| 24 | Karsch | Jutta | Ostercappelner FV | | | 497 | 497 |
| 25 | Albersmann | Annegret | LC Solbad Ravensberg | 496 | | | 496 |
| 26 | Bitter | Anja | SC Melle 03 | 494 | | | 494 |
| 27 | Schröder | Andrea | LG Osnabrück | | | 494 | 494 |
| 28 | Wiemer | Stefanie | Sportfreunde Lotte | | 494 | | 494 |
| 29 | Heuck | Swantje | Osnabrück | 493 | | | 493 |
| 30 | Whitefield | Aynur | Lübbecker Bergglöwen | 492 | | | 492 |
| 31 | Löckener | Marita | ohne Verein | | 492 | | 492 |
| 32 | Modrei | Inge | LG Bad Essen | | 491 | | 491 |
| 33 | Andres | Barbara | SV Schinkel 04 | 490 | | | 490 |
| 34 | Wagner-Stallkamp | Claudia | TSV Wallenhorst | | | 490 | 490 |
| 35 | Grote | Doris | OSC Damme | | | 489 | 489 |
| 36 | Schmidt | Helga | SV Kettenkamp | | | 486 | 486 |
| 37 | Lanwert | Ingrid | SV Eintracht Neuenkirc | | | 484 | 484 |
| 38 | Riedemann | Katrin | Team-medic.os | | | 483 | 483 |
| 39 | Gieske | Agnes | TuS Neuemkirchen | | 482 | | 482 |
| 40 | Arnold | Gudrun | SC Melle 03 | 482 | | | 482 |
| 41 | Ruczynski | Bettina | LG Osnabrück | | | 482 | 482 |
| 42 | Schee | Johana | BW Hollage | 481 | | | 481 |
| 43 | Hettlage | Constanze | ohn | | 478 | | 478 |
| 44 | Klausing | Elisbeth | TV Neuenkirchen | | | 478 | 478 |
| 45 | Dettmer | Nina | SC Melle 03 | | | 477 | 477 |
| 46 | Middendorf | Ulla | TV Neuenkirchen | | | 475 | 475 |

| | | | | | | |
|----|-----------------|------------|-------------------------|-----|-----|-----|
| 47 | Voges | Jutta | ohne Verein | | 473 | 473 |
| 48 | Papenbrock | Brigitte | TuS Glane | 473 | | 473 |
| 49 | Koustrup | Inger | Ostercappelner FV | 472 | | 472 |
| 50 | Kulgemeyer | Sarah | BSG Sparkasse Osnabrück | | 472 | 472 |
| 51 | Hans | Regine | Osnabrück | | 471 | 471 |
| 52 | Fischer-Rüterb. | Sandra | LG Osnabrück | | 470 | 470 |
| 53 | Strakeljahn | Brittra | LG Osnabrück | | 469 | 469 |
| 54 | Düvel | Heike | ohne Verein | | 466 | 466 |
| 55 | Grote-Scholten | Susanne | TuS Bramsche | | 464 | 464 |
| 56 | Drogies | Heike | ohne Verein | | 463 | 463 |
| 57 | Kupke | Ingrid | SC Melle 03 | | 462 | 462 |
| 58 | Graschtat | Alice | Vorwärts Nettetal | | 461 | 461 |
| 59 | Pohl | Ariane | Damme | | 460 | 460 |
| 60 | Behrends | Sonja | BC 82 Osnabrück | | 459 | 459 |
| 61 | Meyer zu Berg. | Maria | SV Eintracht Neuenkirc | | 458 | 458 |
| 62 | Langemeyer | Brunhilde | TSV Wallenhorst | | 457 | 457 |
| 63 | Jelonek | Martina | TSV Widukindland | | 456 | 456 |
| 64 | Belt | Chrstel | SC Melle 03 | | 455 | 455 |
| 65 | Eichmeyer | Anne | ohne Verein | | 453 | 453 |
| 66 | Witte | Monika | TSV Wallenhorst | | 452 | 452 |
| 67 | Morris | Maire | ohne Verein | | 451 | 451 |
| 68 | Bertram | Annkristin | TV Georgsmarienhütte | | 450 | 450 |
| 69 | Hilbers | Petra | LG DDD Hannover | | 449 | 449 |
| 70 | Wagner | Claudia | ohne Verein | | 448 | 448 |

Männer - Langstrecke

| | | | | | | | |
|----|------------------|-------------|------------------------|-----|-----|-----|------|
| 1 | Assmann | Ingo | SC Melle 03 | 500 | 500 | 500 | 1500 |
| 2 | Kusainov | Ruslan | LG Osnabrück | 496 | 499 | 498 | 1493 |
| 3 | Pikutzki | Claus | Ostercappelner FV | 498 | 498 | 496 | 1492 |
| 4 | Breeck | Christian | SC Melle 03 | 497 | 496 | 497 | 1490 |
| 5 | Wagenfeld | Ralf | ATSV Espelkamp | 493 | 494 | 482 | 1469 |
| 6 | Flatau | Martin | Osnabrück | 487 | 492 | 490 | 1469 |
| 7 | Buchwald | Bernd | Team laufen-os.de | 490 | 489 | 488 | 1467 |
| 8 | Avermann | Jörg | BW Hollage | 481 | 484 | 481 | 1446 |
| 9 | Schäfer | Ulrich | Lübbecker Bergglöwen | 470 | 476 | 470 | 1416 |
| 10 | Weihmann | Thomas | Osnabrück | 472 | 468 | 461 | 1401 |
| 11 | Deckers | Wilfried | Marathon Ibbenbüren | 467 | 473 | 457 | 1397 |
| 12 | Westerkamp | Martin | SC Melle 03 | 483 | 469 | 444 | 1396 |
| 13 | Placke | Reinhard | Lübbecker Bergglöwen | 456 | 464 | 465 | 1385 |
| 14 | Dirkes | Franz-Josef | SV Eintracht Neuenkirc | 462 | 465 | 456 | 1383 |
| 15 | Clausing | Andreas | LSF Münster | 451 | 459 | 468 | 1378 |
| 16 | Abraham | Lothar | SC Schölerberg | 460 | 463 | 453 | 1376 |
| 17 | Gelhot | Patrick | SC Melle 03 | 465 | 455 | 440 | 1360 |
| 18 | Fistarol | Marcus | R+O Fahrradshop Osnabr | 468 | 458 | 433 | 1359 |
| 19 | Rottmann | Rainer | Marathon Ibbenbüren | 461 | 451 | 434 | 1346 |
| 20 | Anders | Maik | SV Schinkel 04 | 448 | 452 | 443 | 1343 |
| 21 | Friedrich | Karsten | Blau Weiß Schinkel | 457 | 454 | 426 | 1337 |
| 22 | Siebert | Ralph | SV Schwagstorf | 455 | 442 | 438 | 1335 |
| 23 | Baasch | Peter | SV Eintracht Neuenkirc | 439 | 444 | 450 | 1333 |
| 24 | Arens | Manfred | SC Melle 03 | 454 | 449 | 429 | 1332 |
| 25 | Weber | Herbert | VfL Kloster Oesede | 444 | 445 | 425 | 1314 |
| 26 | Auf dem Kampe | Bernhard | TV Bissendorf-Holte | 434 | 436 | 416 | 1286 |
| 27 | Thomas | Carsten | SV Eintracht Neuenkirc | 450 | 418 | 397 | 1265 |
| 28 | Hanemann | Siegfried | Marathon Ibbenbüren | 419 | 422 | 420 | 1261 |
| 29 | Belt | Johannes | SC Melle 03 | 433 | 413 | 404 | 1250 |
| 30 | Reehuis | Alfred | SC Melle 03 | 438 | 430 | 376 | 1244 |
| 31 | Rosenkötter | Volker | SC Melle 03 | 432 | 417 | 381 | 1230 |
| 32 | Weimer | Claus | TV Georgsmarienhütte | 421 | 415 | 390 | 1226 |
| 33 | Trentmann | Werner | SV Schwagstorf | 410 | 424 | 388 | 1222 |
| 34 | Gegner | Stefan | Ostercappelner FV | 413 | 416 | 391 | 1220 |
| 35 | Gerdes | Klaus | Ostercappelner FV | 409 | 421 | 387 | 1217 |
| 36 | Gausmann | Klaus | ohne | 407 | 402 | 396 | 1205 |
| 37 | Lübbert zur Lage | Robert | Bramsche | 420 | 405 | 366 | 1191 |
| 38 | Nielsen | Erhard | Team WMB | 422 | 410 | 349 | 1181 |
| 39 | Pleuter | Lutz | Die Pfortentrainer | 412 | 400 | 368 | 1180 |

| | | | | | | | |
|-----|-------------|-------------|-------------------------|-----|-----|-----|------|
| 40 | Glasow | Peter | SC Melle 03 | 411 | 407 | 360 | 1178 |
| 41 | Hoffmann | Wilfried | SV Schwagstorf | 406 | 414 | 351 | 1171 |
| 42 | Armbrüster | Ralf | Bad Iburg | 424 | 404 | 331 | 1159 |
| 43 | Mannig | Hannes | TV Bissendorf-Holte | 402 | 398 | 354 | 1154 |
| 44 | Steen | Martin | ohne | 380 | 373 | 394 | 1147 |
| 45 | Ungemach | Andreas | Team laufen-os.de | 395 | 390 | 344 | 1129 |
| 46 | Schönebeck | Stefan | Spvg. Niedermark | 386 | 394 | 327 | 1107 |
| 47 | Wiemann | Peter | TuS Bad Essen | 399 | 383 | 320 | 1102 |
| 48 | Wendland | Carsten | SC Melle 03 | 387 | 393 | 317 | 1097 |
| 49 | Luckmann | Tom | Ostercappelner FV | 389 | 386 | 321 | 1096 |
| 50 | Hagemann | Dr. Joachim | ohne Verein | 391 | 378 | 325 | 1094 |
| 51 | Gelhot | Werner | SC Melle 03 | 397 | 381 | 311 | 1089 |
| 52 | Grobe | Hartwig | SC Melle 03 | 398 | 382 | 299 | 1079 |
| 53 | Schlüter | Ewald | SC Melle 03 | 382 | 367 | 296 | 1045 |
| 54 | Fehling | Wolf-Dieter | SC Melle 03 | 384 | 372 | 285 | 1041 |
| 55 | Gößmann | Reinhard | SV Ohrbeck | 379 | 366 | 283 | 1028 |
| 56 | Rank | Alexander | TSV Erbach | | 495 | 494 | 989 |
| 57 | Tischler | Jörg | SC Herringhausen | | 491 | 491 | 982 |
| 58 | Bendzulla | Otto | ohne | 374 | 356 | 251 | 981 |
| 59 | Schweer | Helmut | Ostercappelner FV | 488 | 493 | | 981 |
| 60 | da Vinci | Bruno | SC Melle 03 | 491 | | 485 | 976 |
| 61 | Glose | Frank | TuS Bersenbrück | 486 | | 486 | 972 |
| 62 | Siekmeyer | Uwe | Team laufen-os.de | | 486 | 484 | 970 |
| 63 | Ellinghaus | Dr. Peter | SC Melle 03 | 485 | | 472 | 957 |
| 64 | Busch | Ludger | Hunteburger SV | | 477 | 475 | 952 |
| 65 | Bußmann | Jens | SV Schwagstorf | 473 | 479 | | 952 |
| 66 | Köll | Stefan | LSF Natbergen | 476 | 474 | | 950 |
| 67 | Schmidt | Walter | TuS Bersenbrück | | 471 | 476 | 947 |
| 68 | Kolkmeier | Martin | LSF Natbergen | | 466 | 480 | 946 |
| 69 | Geisler | Lars | SV Schinkel 04 | | 472 | 474 | 946 |
| 70 | Englich | Christian | LG Osnabrück | 478 | 467 | | 945 |
| 71 | Wempe | Thomas | Ostercappelner FV | | 470 | 473 | 943 |
| 72 | Kentsch | Stefan | SV Wissingen | 469 | 461 | | 930 |
| 73 | Krone | Stephan | TV Bissendorf-Holte | | 457 | 460 | 917 |
| 74 | Blome | Hermann | SV Quitt Ankum | 464 | | 451 | 915 |
| 75 | Hellmann | Ulrich | Osnabrücker TB | 458 | | 446 | 904 |
| 76 | Florian | Martin | TV Georgsmarienhütte | | 456 | 445 | 901 |
| 77 | Lüssing | Bernd | GSS c/o LG Osnabrück | 466 | | 435 | 901 |
| 78 | Knollmeyer | Thomas | ohne Verein | | 450 | 448 | 898 |
| 79 | Budweg | Frank | TuS Vehrte | | 460 | 437 | 897 |
| 80 | Schulte | Gerd | Marathon Ibbenbüren | 446 | 447 | | 893 |
| 81 | Diessel | Dr. Clemens | Osnabrücker TB | | 448 | 441 | 889 |
| 82 | Pfeiffer | Wolfgang | RRG Osnabrück | 442 | 437 | | 879 |
| 83 | Seifert | Jürgen | SC Melle 03 | | 446 | 432 | 878 |
| 84 | Spiekermann | Peter | SC Melle 03 | 436 | 440 | | 876 |
| 85 | Ulrichs | Wolfgang | Lübbecker Berglöwen | 435 | 431 | | 866 |
| 86 | Bludau | Jürgen | TV Bissendorf-Holte | 437 | 427 | | 864 |
| 87 | Horstmann | André | Team laufen-os.de | 425 | 439 | | 864 |
| 88 | Hakemeyer | Günter | SC Melle 03 | 443 | | 421 | 864 |
| 89 | Ortkras | Stefan | LG Osnabrück | 426 | 433 | | 859 |
| 90 | Lüssenheide | Dietmar | SC Melle 03 | | 443 | 415 | 858 |
| 91 | Hüsemann | Matthias | LG Osnabrück | 429 | 428 | | 857 |
| 92 | Eser | Ingo | SC Melle 03 | 431 | 419 | | 850 |
| 93 | Friedrich | Ekkehardt | Team laufen-os.de | 427 | 420 | | 847 |
| 94 | Wernsing | Ulrich | SV Quitt Ankum | 430 | | 411 | 841 |
| 95 | Pallaske | Perry | ohne Verein | 428 | 412 | | 840 |
| 96 | Meyer | Bernhard | SC Melle 03 | | 425 | 413 | 838 |
| 97 | Brewe | Markus | TV Georgsmarienhütte | | 438 | 395 | 833 |
| 98 | Dickob | Michael | LC Solbad Ravensberg | | 434 | 394 | 828 |
| 99 | Elfring | Jürgen | Marathon Ibbenbüren | 408 | 408 | | 816 |
| 100 | Eversmeyer | Willi | Team laufen-os.de | | 423 | 393 | 816 |
| 101 | Welslau | Johannes | SV Schinkel 04 | 414 | 391 | | 805 |
| 102 | Ehrlich | Markus | Bahama Sports Osnabrück | 396 | 395 | | 791 |
| 103 | Tiesing | Werner | SV Schwagstorf | | 426 | 364 | 790 |
| 104 | Michels | Herbert | SC Melle 03 | 393 | 396 | | 789 |

| | | | | | | | |
|-----|---------------|-------------|-------------------------|-----|-----|-----|-----|
| 105 | Glasmeyer | Klaus | Spvg. Niedermark | 404 | 373 | 777 | |
| 106 | Schawe | Wolfgang | Ostercappelner FV | | 374 | 395 | 769 |
| 107 | Eser | Günter | SC Melle 03 | 383 | 377 | 760 | |
| 108 | Glüsenkamp | Friedel | Osnabrücker TB | | 397 | 353 | 750 |
| 109 | Arnold | Wolfgang | SC Melle 03 | 403 | | 336 | 739 |
| 110 | Hagspihl | Jörg | TuS Nahne | 394 | | 335 | 729 |
| 111 | Hornung | Matthias | TV Bissendorf-Holte | | 387 | 341 | 728 |
| 112 | Frost | Axel | ohne Verein | | 388 | 333 | 721 |
| 113 | Papenbaum | Heiner | CHKS Chojnice PL | | 384 | 329 | 713 |
| 114 | Mc Culloch-F. | Heiko | ohne Verein | | 375 | 326 | 701 |
| 115 | Abken | Dirk | GSS c/o LG Osnabrück | 376 | | 306 | 682 |
| 116 | Mitra | Frank | SC Herringhausen | | 369 | 304 | 673 |
| 117 | Niehaus | Dirk | TuS Nahne | | | 662 | 662 |
| 118 | Kiel | Raimund | SC Schölerberg | | 370 | 292 | 662 |
| 119 | Mitra | Borun | Osnabrücker TB | | 365 | 284 | 649 |
| 120 | Trost | Daniel | GSS c/o LG Osnabrück | 375 | | 267 | 642 |
| 121 | Friedering | Ulrich | SC Melle 03 | | 358 | 272 | 630 |
| 122 | Lammerschmidt | Heinz | SC Melle 03 | | 361 | 264 | 625 |
| 123 | Temme | Hans-Hubert | GW Spanharrenstätte | | 364 | 256 | 620 |
| 124 | Keisker | Jürgen | SV Schwagstorf | | 357 | 260 | 617 |
| 125 | Vocke | Heinrich | Ostercappelner FV | | 363 | 246 | 609 |
| 126 | Remus | Elmar | LC Solbad Ravensberg | | | 499 | 499 |
| 127 | Wellensiek | Wolfgang | SV Brackwede | 499 | | | 499 |
| 128 | Bucchioni | Nico | VfL Lönningen | | 497 | | 497 |
| 129 | Kleinschmidt | Stefan | LC Solbad Ravensberg | 495 | | | 495 |
| 130 | Diekmann | Sebastian | SC Melle 03 | | | 495 | 495 |
| 131 | Rohmann | Johannes | LG Osnabrück | | 495 | | 495 |
| 132 | Peters | Willi | SV Teuto Riesenbeck | 494 | | | 494 |
| 133 | Klingbeil | Heinz | SV Teuto Riesenbeck | | | 493 | 493 |
| 134 | Reisinger | Dr. Chris | Rad Union Wangen | | | 492 | 492 |
| 135 | Theis | Hlger | TuS Bersenbrück | 492 | | | 492 |
| 136 | Zander | Olaf | Luhdener SV | | 490 | | 490 |
| 137 | Wingbergmühle | Frank | Osnabrück | 489 | | | 489 |
| 138 | Gottmann | Lars | JSG Eversburg | | | 489 | 489 |
| 139 | Igelbrink | Hans-Peter | VfL Kloster Oesede | | 489 | | 489 |
| 140 | Heemcke | Alexander | ohne Verein | | 487 | | 487 |
| 141 | Bussmann | Jens | SV Schwagstorf | | | 487 | 487 |
| 142 | Schnelle | Holger | TuS Bersenbrück | | 485 | | 485 |
| 143 | Keil | Axel | SC Melle 03 | 484 | | | 484 |
| 144 | Böger | Frank | Luhdener SV | | 483 | | 483 |
| 145 | Wagner | Thomas | BSG Sparkasse Osnabrück | | | 483 | 483 |
| 146 | Leimbach | Harald | Lübbecker Berglöwen | | 482 | | 482 |
| 147 | Nehls | Harald | TuS Bersenbrück | 482 | | | 482 |
| 148 | Wulf | Dirk | SC Herringhausen | | 481 | | 481 |
| 149 | Lundström | Sven | LC Solbad Ravensberg | 480 | | | 480 |
| 150 | Reichelt | Thorsten | Team laufen-os.de | | 480 | | 480 |
| 151 | Euscher | Wolfgang | LC Solbad Ravensberg | 479 | | | 479 |
| 152 | Leonhard | Peter | SV Schinkel 04 | | | 479 | 479 |
| 153 | Molitor | Roland | TV Georgsmarienhütte | | 478 | | 478 |
| 154 | Seker | Ferit | ohne Verein | | | 478 | 478 |
| 155 | Köhler | Bernd | TVSE Bielefeld | 477 | | | 477 |
| 156 | Muraska | Rainer | SC Schölerberg | | | 477 | 477 |
| 157 | Köhler | Michael | SV Brackwede | 475 | | | 475 |
| 158 | Meyer | Helmut | TuS Bersenbrück | | 475 | | 475 |
| 159 | Averdiek | Rainer | TV Georgsmarienhütte | 474 | | | 474 |
| 160 | Grim | Casper | TuS Engter | 471 | | | 471 |
| 161 | Baumann | Olaf | Post SV Osnabrück | | | 471 | 471 |
| 162 | Wittling | Robert | City-Squash-Club Osnab | | | 469 | 469 |
| 163 | Ruczynski | Jürgen | LG Osnabrück | | | 467 | 467 |
| 164 | Rasche | Christoph | OSC Damme | | | 466 | 466 |
| 165 | Stöckel | Uwe | LG Osnabrück | | | 464 | 464 |
| 166 | Heimann | Michael | Team laufen-os.de | 463 | | | 463 |
| 167 | Rolwes | Sven | Team-medic.os | | | 463 | 463 |
| 168 | Woltring | Stefan | SVC Laggenbeck | | | 462 | 462 |
| 169 | Naumann | Carsten | LG Osnabrück | | 462 | | 462 |

| | | | | | | |
|-----|---------------|-------------|------------------------|-----|-----|-----|
| 170 | Chriske | Elmar | Weiterlaufen Osnabrück | | 459 | 459 |
| 171 | Sivanathan | Muguntha | BSV Leeden-Ledde | | 458 | 458 |
| 172 | Zobel | Andreas | TuS Stemwede | | 455 | 455 |
| 173 | Boden | René | BSV Leeden-Ledde | | 454 | 454 |
| 174 | Habighorst | Wilhelm | LC Solbad Ravensberg | 453 | | 453 |
| 175 | Loheide | Heinz | Loslaufen | | 453 | 453 |
| 176 | Romdane-Hebbe | Rene | SC Melle 03 | 452 | | 452 |
| 177 | Pilgrim | Uwe | OSC Damme | | 452 | 452 |
| 178 | Duda | Ingo | TV Georgsmarienhütte | 449 | | 449 |
| 179 | Düweling | Carsten | SV Eintracht Neuenkirc | | 449 | 449 |
| 180 | Brehe | Michael | pokalsieger.de Osnabrü | | 447 | 447 |
| 181 | Wollherr | Andreas | Ostercappelner FV | 447 | | 447 |
| 182 | Rath | Ulrich | Uli's Läufershop | 445 | | 445 |
| 183 | Dettmer | Dietrich-W. | Osnabrücker TB | | 442 | 442 |
| 184 | Liegmann | Günter | TV Georgsmarienhütte | | 441 | 441 |
| 185 | Hölscher | Michael | Einsamer Wolf | 441 | | 441 |
| 186 | Fürer | Michael | ohne | 440 | | 440 |
| 187 | Westhof | Frank | SV Eintracht Neuenkirc | | 439 | 439 |
| 188 | Bittner | Thorsten | Belm | | 436 | 436 |
| 189 | Herrmann | Michael | ohne Verein | | 435 | 435 |
| 190 | Linkemeyer | Ansgar | Ostercappelner FV | | 432 | 432 |
| 191 | Hauptvogel | Dieter | Dortmund | | 431 | 431 |
| 192 | In der Stroth | Reinhard | Osnabrücker TB | | 430 | 430 |
| 193 | Kutza | Heiner | Osnabrück | | 429 | 429 |
| 194 | Hoeft | Hans-Dieter | TuS Engter | | 428 | 428 |
| 195 | Plogmann | Ingo | TV Georgsmarienhütte | | 427 | 427 |
| 196 | Holle | Jörg | ATSV Espelkamp | | 424 | 424 |
| 197 | Küthe | Andreas | TuS Bersenbrück | 423 | | 423 |
| 198 | Wünsch | Joachim | LT Bippener SC | | 423 | 423 |
| 199 | Queckenstedt | Hermann | SV Grün-Schwarz Altenb | | 422 | 422 |
| 200 | Wohlschläger | Gernot | OSC Damme | | 419 | 419 |
| 201 | Schönhoff | Moritz | ohne Verein | | 418 | 418 |
| 202 | Kleine | Ulrich | TV Bissendorf-Holte | 418 | | 418 |
| 203 | Schnurpfeil | Andre | SV Quitt Ankum | 417 | | 417 |
| 204 | Oppemann | Achim | Coffeeclub Steinbruch | | 417 | 417 |
| 205 | Fleer | Florian | Osnabrück | 416 | | 416 |
| 206 | Franz | Udo | SC Melle 03 | 415 | | 415 |
| 207 | Börger | Marco | Viktoria 08 Georgsmari | | 414 | 414 |
| 208 | Landwehr | Ulrich | LG Osnabrück | | 412 | 412 |
| 209 | Mijangos | Luis | ohne Verein | | 411 | 411 |
| 210 | Meyer | Volker | VfL Kloster Oesede | | 410 | 410 |
| 211 | Budweg | Uwe | ohne Verein | | 409 | 409 |
| 212 | Goltsche | Thomas | SV Eintracht Neuenkirc | | 409 | 409 |
| 213 | Blieffert | Manfred | Osnabrück | | 408 | 408 |
| 214 | Kiesow | Sven | Grün-Weiß Steinbeck | | 407 | 407 |
| 215 | Gieske | Heiner | TuS Neuemkirchen | | 406 | 406 |
| 216 | Nagel | Hartmut | BSG Sparkasse Osnabrüc | | 406 | 406 |
| 217 | Bertscheit | Wolfgang | SV Atter | | 405 | 405 |
| 218 | Toepler | Rolf | ohne | 405 | | 405 |
| 219 | Bergmann | Martin | SV Schwagstorf | | 403 | 403 |
| 220 | Farthmann | Fred | LG Osnabrück | | 403 | 403 |
| 221 | Nikutta | Norbert | BSG Sparkasse Osnabrüc | | 402 | 402 |
| 222 | Wübker | Matthias | Rettungswache Ostercap | | 401 | 401 |
| 223 | Steinkamp | Helmut | Neuekirchen-Vörden | | 401 | 401 |
| 224 | Goudarzi | Touraj | SC Melle 03 | 401 | | 401 |
| 225 | Pöthe | Thomas | Lüneburg | 400 | | 400 |
| 226 | Stettin | Heinz | Osnabrücker TB | | 400 | 400 |
| 227 | Ritter | Julian | ohne Verein | | 399 | 399 |
| 228 | Hinternesch | Thomas | LG Osnabrück | | 399 | 399 |
| 229 | Tholey | Michael | Tritonic St. Wendel | | 398 | 398 |
| 230 | Brickwedde | Peter | TuS Bramsche | | 392 | 392 |
| 231 | Wöldecke | Wolfgang | SC Melle 03 | 392 | | 392 |
| 232 | Neumann | Reinhard | ohne Verein | | 392 | 392 |
| 233 | Wiewel | Jürgen | SC Melle 03 | 390 | | 390 |
| 234 | Junker | Gerd | TSV Wallenhorst | | 389 | 389 |

| | | | | | |
|-----|-------------|--------------|--------------------------|-----|-----|
| 235 | Zöllner | Jens | Rettungswache Ostercap | 389 | 389 |
| 236 | Welkener | Jürgen | SC Melle 03 | 388 | 388 |
| 237 | Boerger | Thomas | Hagen a.T.W. | | 386 |
| 238 | Brinkwedde | Peter | TuS Bramsche | 385 | 385 |
| 239 | Winkler | Stephan | Düsseldorf | 385 | 385 |
| 240 | Lippold | Jörg | TuS Engter | | 385 |
| 241 | Kemper | Helmut | ohne Verein | | 384 |
| 242 | Prakaj | Florian | Viktoria 08 Georgsmari | | 383 |
| 243 | Tappe | Friedhelm | Neuenkirchen-Vörden | | 382 |
| 244 | Scheller | Klaus | BSG LVM Münster | 381 | 381 |
| 245 | Langer | Winni | ohne Verein | 380 | 380 |
| 246 | Klesse | Michael | Osnabrück | | 380 |
| 247 | Jonas | Wolfgang | ohne | | 379 |
| 248 | Schulte | Frank | Ostercappelner FV | 379 | 379 |
| 249 | Hagspihl | Christoph | TV Schleddehausen | 378 | 378 |
| 250 | Berg | Hans-Joachim | Münster | | 378 |
| 251 | Hoffmeister | Wilhelm | Osnabrück | | 377 |
| 252 | Guß | Marcel | ohne | 377 | 377 |
| 253 | Rodloff | Norbert | ohne Verein | 376 | 376 |
| 254 | Feldkamp | Daniel | Viktoria 08 Georgsmari | | 375 |
| 255 | Karschewski | Klaus | TV Georgsmarienhütte | | 374 |
| 256 | Ronning | Christian | SC Melle 03 | | 372 |
| 257 | Cymann | Sascha | TSV Erbach | | 371 |
| 258 | Winkelmann | Heiko | Ostercappelner FV | 371 | 371 |
| 259 | Nicolay | Dirk | Osnabrück | | 370 |
| 260 | Hadderfeld | Michael | VfL Kloster Oesede | | 369 |
| 261 | Averbeck | Andreas | ohne Verein | 368 | 368 |
| 262 | Escherhaus | Christoph | Viktoria 08 Georgsmari | | 367 |
| 263 | Seliger | Jannik | VfL Osnabrück | | 365 |
| 264 | Schulze | Heiko | Vorwärts Nettetal | | 363 |
| 265 | Wichner | Thomas | ohne Verein | 363 | 363 |
| 266 | Longkopf | Heinrich | DARC Bielefeld | 362 | 362 |
| 267 | Meyer | Jan | BSG Sparkasse Osnabrück | | 361 |
| 268 | Brockmann | Ulrich | ohne Verein | 360 | 360 |
| 269 | Koustrup | Claus | Ostercappelner FV | 359 | 359 |
| 270 | Wiebrock | Claus | TV Georgsmarienhütte | | 359 |
| 271 | Janke | Alexander | LT Wersen | | 358 |
| 272 | Knieper | Tino | ohne Verein | | 357 |
| 273 | Krause | Nils | ohne Verein | | 356 |
| 274 | Sensse | Andreas | Osnabrücker TB | | 355 |
| 275 | Kipp | Lothar | Rasensport Osnabrück | 355 | 355 |
| 276 | Kreimeyer | Randolf | ohne Verein | 354 | 354 |
| 277 | Fischer | Hermann | ohne Verein | | 352 |
| 278 | Solbach | Ulrich | Team laufen-os.de | | 350 |
| 279 | Brinker | Hans-Dieter | Osnabrück | | 348 |
| 280 | Potts | Simon | Viktoria 08 Georgsmari | | 347 |
| 281 | Bruning | Franz-Josef | TuS Eintracht Rulle | | 346 |
| 282 | Kellermann | Hans-B. | ohne Verein | | 345 |
| 283 | Kaumkötter | Michael | SV Ohrbeck | | 343 |
| 284 | Esters | Helmut | TV Georgsmarienhütte | | 342 |
| 285 | Thole | Reinhard | BSC Bippen | | 340 |
| 286 | Koch | Peter | ohne Verein | | 339 |
| 287 | Krzeminicki | Peter | BSG Stadtwerke Osnabrück | | 338 |
| 288 | Schulze | Holger | ohne Verein | | 337 |
| 289 | Konczalla | Matthias | Osnabrück | | 334 |
| 290 | Cehlius | Rainer | TuS Engter | | 332 |
| 291 | Liebeck | Jörg | Team-medic.os | | 330 |
| 292 | Scherer | Armin | Trier | | 328 |
| 293 | Österreich | Claas | SC Melle 03 | | 324 |
| 294 | Feldmann | Michael | BC 82 Osnabrück | | 323 |
| 295 | Berghegger | Andre | SC Melle 03 | | 322 |
| 296 | Middendorf | Werner | SV Eintracht Neuenkirc | | 319 |
| 297 | Rittinghaus | Volker | SC Melle 03 | | 318 |
| 298 | Enger | Ralf | Osnabrück | | 316 |
| 299 | Pöppelmann | Helmut | ohne Verein | | 315 |

| | | | | | |
|-----|--------------|-------------|------------------------|-----|-----|
| 300 | Pelz | Stefan | SC Melle 03 | 314 | 314 |
| 301 | Hartung | Peter | ohne Verein | 313 | 313 |
| 302 | Henning | Frank | LG Osnabrück | 312 | 312 |
| 303 | Bergmann | Lothar | SV Eintracht Neuenkirc | 310 | 310 |
| 304 | Kurkmazli | Ümit | Viktoria 08 Georgsmari | 309 | 309 |
| 305 | Gambietz | Max | TSV Widukindland | 308 | 308 |
| 306 | Gambietz | Dirk | TSV Widukindland | 307 | 307 |
| 307 | Leenen | Johann | TSV Wallenhorst | 305 | 305 |
| 308 | Kleinschmidt | Karlfr. | ohne Verein | 303 | 303 |
| 309 | Kuper | Ralf | SV Ohrbeck | 302 | 302 |
| 310 | Hüneke | Gerhard | BW Hollage | 301 | 301 |
| 311 | Abromeit | Jürgen | Viktoria 08 Georgsmari | 300 | 300 |
| 312 | Maaß | Jürgen | ohne Verein | 298 | 298 |
| 313 | Blümel | Kurt | Team laufen-os.de | 297 | 297 |
| 314 | Kunze | Klaus | LT Bippener SC | 293 | 293 |
| 315 | Ellerbrock | Rolf | LC Solbad Ravensberg | 291 | 291 |
| 316 | Lange | Claus | Hagener SV | 290 | 290 |
| 317 | Amm | Dirk | BSG Sparkasse Osnabrüc | 289 | 289 |
| 318 | Weigandt | Udo | SV Hellern | 288 | 288 |
| 319 | Heuer | Harry | LG DDD Hannover | 287 | 287 |
| 320 | Meier | Marc Ulrich | Hagen a.T.W. | 286 | 286 |
| 321 | Hoffmann | Ingo | Viktoria 08 Georgsmari | 282 | 282 |
| 322 | Bettig | Uwe | Osnabrück | 281 | 281 |
| 323 | Böhmman | Olaf | Osnabrück | 280 | 280 |
| 324 | Schwietz | Jürgen | Spielverein 16 Osnabrü | 279 | 279 |
| 325 | Ewerlin | Dieter | TV Hohne | 278 | 278 |
| 326 | Wottke | Clemens | Osnabrück | 277 | 277 |
| 327 | Breuer | Frank | BSC Bippen | 276 | 276 |
| 328 | Beckmann | Jörg | ohne | 275 | 275 |
| 329 | Bolte | Heribert | LT Werscher Berg | 274 | 274 |
| 330 | Meier | Tobias | ohne Verein | 273 | 273 |
| 331 | Hartung | Helmut | SV Atter | 271 | 271 |
| 332 | Rüterbories | Martin | LG Osnabrück | 270 | 270 |
| 333 | Marek | Klaus | LC Solbad Ravensberg | 269 | 269 |
| 334 | Hess | Thomas | Viktoria 08 Georgsmari | 268 | 268 |
| 335 | Thole | Hermann | BSC Bippen | 266 | 266 |
| 336 | Simon | Horst | Vorwärts Nettetal | 265 | 265 |
| 337 | Pantel | Andreas | Osnabrück | 263 | 263 |
| 338 | Lindner | Adolf | SC Melle 03 | 262 | 262 |
| 339 | Dettmer | Karl-Heinz | SC Melle 03 | 261 | 261 |
| 340 | Neugebauer | Peter | LG DDD Hannover | 259 | 259 |
| 341 | Graschtat | Daniel | Vorwärts Nettetal | 258 | 258 |
| 342 | Kuper | Klaus | TSV Osnabrück | 257 | 257 |
| 343 | Selent | Rolf | SC Melle 03 | 255 | 255 |
| 344 | Ehrenberg | Christoph | Vorwärts Nettetal | 254 | 254 |
| 345 | Behrends | Kay-Uwe | SV Rasensport | 253 | 253 |
| 346 | Klekamp | Martin | SV Eintracht Neuenkirc | 252 | 252 |
| 347 | Gehre | Jürgen | LG Osnabrück | 250 | 250 |
| 348 | Sandkühler | Justus | ohne Verein | 249 | 249 |
| 349 | Wegmann | Rolf | ohne Verein | 248 | 248 |
| 350 | Bentlin | Mario | ohne Verein | 247 | 247 |

Familienwertung

| | | | |
|---|-------------|--------------|-----|
| 1 | Brandenburg | LG Osnabrück | 764 |
| | Andre | 44 | 44 |
| | Barbara | 50 50 50 | 150 |
| | Jonas | 49 50 50 | 149 |
| | Luca | 48 50 49 | 147 |
| | Manuel | 44 46 47 | 137 |
| | Noa-Lynn | 46 47 44 | 137 |

Wenn auf der Erde
Liebe herrschte,
gäb es keinen
Crosslauf

| | | | | |
|----|----------------|--------------------|----|-----|
| 2 | Möllers | SC Melle 03 | | 681 |
| | Christian | 50 | 50 | 150 |
| | Jan | | 49 | 50 |
| | Petra | 49 | 49 | 47 |
| | Ria | 50 | 50 | 50 |
| | Swenja | 46 | 47 | 44 |
| 3 | Gelhot | SC Melle 03 | | 641 |
| | Cindy | | 48 | 48 |
| | Patrick | 45 | 44 | 45 |
| | Patrick | 47 | 46 | 44 |
| | Veronika | | 47 | 48 |
| | Werner | | 43 | 42 |
| | Werner | 36 | 36 | 22 |
| 4 | Schulte | SC Melle 03 | | 583 |
| | Kathrin | 50 | 50 | 50 |
| | Stefan | 50 | 50 | 50 |
| | Theresia | 48 | 48 | 46 |
| | Florian | 48 | 48 | 45 |
| 5 | Bonse-Rohmann | TV GMHütte | | 547 |
| | Dr. Matthias | 49 | 49 | 48 |
| | Rohm. Felix | 42 | 42 | 43 |
| | Rohm. Johannes | | 46 | 46 |
| | Rohm. Kilian | 40 | | 41 |
| | Rohm. Marius | 49 | 50 | 48 |
| 6 | Kipp | GSS c/o Rasensport | | 507 |
| | Carlos | 42 | 45 | 44 |
| | Jakob | | | 45 |
| | Johanna | 44 | 45 | 45 |
| | Lothar | | 23 | 23 |
| | Lothar | 48 | | 48 |
| | Moritz | 41 | 45 | 40 |
| 7 | Hellmann | Osnabrücker TB | | 462 |
| | Christoph | 47 | 45 | |
| | Louisa | 49 | 49 | 46 |
| | Philipp | 45 | | |
| | Ulrich | 44 | | 37 |
| | Ulrich | 50 | 50 | |
| 8 | Eser | SC Melle 03 | | 404 |
| | Britta | 45 | 44 | 38 |
| | Günter | 49 | 49 | |
| | Ingo | 40 | 40 | |
| | Renate | 50 | 49 | |
| 9 | Bludau | TV Bissendorf-H. | | 378 |
| | Bergit | 50 | | 48 |
| | Jürgen | | 48 | |
| | Jürgen | 42 | 42 | |
| | Sirkka | 49 | 50 | 49 |
| 10 | Trentmann | TSV Wallenhorst | | 377 |
| | Anna | 47 | 47 | 48 |
| | Tim | 41 | 41 | 42 |
| | Werner | 34 | 39 | 38 |
| 11 | Gerdes | Ostercappelner FV | | 349 |
| | Christoph | 41 | 40 | |
| | Klaus | 30 | 33 | 21 |
| | Klaus | 46 | | |
| | Laura | 46 | 46 | 46 |

Wer sich im Sommer über die Sonne freut, kommt im Winter besser durch den Cross

| | | | |
|----|-------------|-------------------|-----|
| 12 | Janott | Ostercappelner FV | 332 |
| | Robin | 45 49 48 | 142 |
| | Silvia | 48 49 | 97 |
| | Tobias | 47 46 | 93 |
| 13 | Karsch | SC Herringhausen | 321 |
| | Dustin | 47 47 46 | 140 |
| | Jutta | 49 | 49 |
| | Marvin | 42 46 44 | 132 |
| 14 | Schawe | Ostercappelner FV | 304 |
| | Hedwig | 47 47 44 | 138 |
| | Jana | 47 | 47 |
| | Wolfgang | 26 5 | 31 |
| | Yvonne | 42 46 | 88 |
| 15 | Stockreiter | LG Osnabrück | 246 |
| | Farina | 49 | 49 |
| | Julia | 49 49 50 | 148 |
| | Marco | 49 | 49 |
| 16 | Wollherr | LG Osnabrück | 244 |
| | Andreas | 46 | 46 |
| | Maik | 50 50 | 100 |
| | Tina | 49 49 | 98 |
| 17 | Kohlmeyer | SuS Vehrte | 235 |
| | Frank | 47 | 47 |
| | Juliane | 50 | 50 |
| | Niklas | 46 48 44 | 138 |
| 18 | Dietz | LG Osnabrück | 233 |
| | Benedikt | 47 | 47 |
| | Detlef | 45 | 45 |
| | Susanne | 48 | 48 |
| | Yannick | 49 | 49 |
| | Yannik | 44 | 44 |
| 19 | Stöckel | LG Osnabrück | 186 |
| | Dagmar | 48 | 48 |
| | Felix | 48 | 48 |
| | Uwe | 40 | 40 |
| | Vicky | 50 | 50 |
| 20 | Dettmer | SC Melle 03 | 185 |
| | Karin | 50 49 | 99 |
| | Karl-Heinz | 38 | 38 |
| | Nina | 48 | 48 |
| 21 | Brehe | pokalsieger.de os | 176 |
| | Linnea | 47 | 47 |
| | Lotta | 48 | 48 |
| | Michael | 38 | 38 |
| | Michael | 43 | 43 |
| 22 | Linkemeyer | Ostercappelner FV | 130 |
| | Ansgar | 35 | 35 |
| | Louisa | 49 | 49 |
| | Martin | 46 | 46 |
| 23 | Koustrup | Ostercappelner FV | 114 |
| | Andreas | 47 | 47 |
| | Claus | 25 | 25 |
| | Inger | 42 | 42 |

Was man einmal
bezwungen hat,
fürchtet man nicht
mehr

Viele klagen über
die schwere
Strecke - wenige
über das fehlende
Training

Mannschaftswertung

Zeichenerklärung:

A = Schülerinnen, WJ

C = Frauen Mittelstrecke (MS)

E = Frauen Lange Strecke (LS)

B = Schüler, MJ

D = Männer MS

F = Männer LS

| Verein | Summe | A | B | C | D | E | F | gesamt |
|--------------------------|-------|-----|------|-----|-----|-----|------|--------|
| 1 SC Melle 03 | 9911 | | | | | | | |
| Melle | | 283 | 600 | 483 | 285 | 806 | 1177 | 3634 |
| Ostercappeln | | 197 | 335 | 241 | 233 | 654 | 964 | 2624 |
| Osnabrück | | 283 | 422 | 522 | 325 | 971 | 1130 | 3653 |
| 2 LG Osnabrück | 8027 | | | | | | | |
| Melle | | 385 | 1107 | 196 | 50 | 145 | 175 | 2058 |
| Ostercappeln | | 342 | 937 | 148 | 198 | 189 | 255 | 2069 |
| Osnabrück | | 991 | 1396 | 290 | 422 | 509 | 292 | 3900 |
| 3 GSS c/o LG Osnabrück | 4247 | | | | | | | |
| Melle | | 526 | 692 | 50 | | | 100 | 1368 |
| Ostercappeln | | 673 | 960 | 50 | | | | 1683 |
| Osnabrück | | 467 | 667 | | | | 62 | 1196 |
| 4 Ostercappelner FV | 3087 | | | | | | | |
| Melle | | 42 | 138 | 98 | 194 | 141 | 237 | 850 |
| Ostercappeln | | 142 | 568 | 99 | 233 | 143 | 432 | 1617 |
| Osnabrück | | | 86 | 50 | 187 | 93 | 204 | 620 |
| 5 LC Solbad Ravensberg | 2592 | | | | | | | |
| Melle | | 645 | 510 | | 50 | 145 | 175 | 1525 |
| Ostercappeln | | 334 | 197 | 50 | | 49 | 36 | 666 |
| Osnabrück | | 99 | 147 | | | 50 | 105 | 401 |
| 6 Osnabrücker TB | 2367 | | | | | | | |
| Melle | | 147 | 240 | | | 99 | 93 | 579 |
| Ostercappeln | | 146 | 193 | 50 | | 99 | 143 | 631 |
| Osnabrück | | 464 | 148 | 100 | | 99 | 346 | 1157 |
| 7 SV Quitt Ankum | 1364 | | | | | | | |
| Melle | | 149 | | 50 | 49 | 93 | 129 | 470 |
| Ostercappeln | | 195 | | 49 | 50 | 92 | | 386 |
| Osnabrück | | 192 | 46 | 50 | 50 | 91 | 79 | 508 |
| 8 SV Eintracht Neuenkirc | 1240 | | | | | | | |
| Melle | | | 43 | | 49 | 99 | 142 | 333 |
| Ostercappeln | | | 43 | | 48 | 99 | 143 | 333 |
| Osnabrück | | | 44 | | 140 | 98 | 292 | 574 |
| 9 SV Schwagstorf | 899 | | | | | | | |
| Melle | | 46 | 41 | | | | 169 | 256 |
| Ostercappeln | | 46 | 40 | | | | 287 | 373 |
| Osnabrück | | 46 | | | | | 224 | 270 |
| 10 TV Bissendorf-Holte | 887 | | | | | | | |
| Melle | | | | 50 | | 47 | 148 | 245 |
| Ostercappeln | | | | | 48 | 95 | 184 | 327 |
| Osnabrück | | | 48 | 48 | 50 | 45 | 124 | 315 |
| 11 Team laufen-os.de | 832 | | | | | | | |
| Melle | | | | | | 43 | 223 | 266 |
| Ostercappeln | | | | | | | 321 | 321 |
| Osnabrück | | | | | | | 245 | 245 |

| | | | | | |
|---------------------------|-----|----|----|-----|-----|
| Ostercappeln | | | | 39 | 39 |
| Osnabrück | 47 | | | 68 | 115 |
| 26 Viktoria 08 Georgsmari | 270 | | | | |
| Osnabrück | | | | 270 | 270 |
| 27 TuS Bramsche | 257 | | | | |
| Melle | | 50 | | 32 | 82 |
| Ostercappeln | | 50 | | 29 | 79 |
| Osnabrück | | 49 | 47 | | 96 |
| 28 VfL Kloster Oesede | 237 | | | | |
| Melle | | | | 44 | 44 |
| Ostercappeln | | | | 94 | 94 |
| Osnabrück | | | | 99 | 99 |
| 29 TC Harderberg | 208 | | | | |
| Melle | | 82 | | | 82 |
| Ostercappeln | | 42 | | | 42 |
| Osnabrück | | 84 | | | 84 |
| 30 BW Hollage | 201 | | | | |
| Melle | | | 47 | 43 | 90 |
| Ostercappeln | | | | 47 | 47 |
| Osnabrück | | | | 64 | 64 |
| 31 BSG Sparkasse OS | 192 | | | | |
| 32 LSF Natbergen | 181 | | | | |
| 33 TuS Bad Essen | 180 | | | | |
| 34 pokalsieger.de OS | 176 | | | | |
| 35 SV Ohrbeck | 173 | | | | |
| 36 Die Pfortentrainer | 152 | | | | |
| 37 Vorwärts Nettetal | 145 | | | | |
| 38 TV Bohmte | 142 | | | | |
| 39 SC Achmer | 137 | | | | |
| 40 TSV Widukindland | 136 | | | | |
| 41 TuS Glane | 136 | | | | |
| 42 TuS Engter | 135 | | | | |
| 43 TV Hohne | 133 | | | | |
| 44 Team-medic.os | 132 | | | | |
| 45 coffeecub steinbruch | 128 | | | | |
| 46 TSV Erbach | 124 | | | | |
| 47 LSF Münster | 124 | | | | |
| 48 Blau Weiß Schinkel | 123 | | | | |
| 49 R+O Fahrradshop OS | 113 | | | | |
| 50 TSG Harsewinkel | 100 | | | | |
| 51 SV Brackwede | 98 | | | | |
| 52 SV Teuto Riesenbeck | 97 | | | | |
| 53 Osnabrücker RV | 96 | | | | |
| 54 BV Garrel | 95 | | | | |
| 55 Luhdener SV | 95 | | | | |
| 56 LG DDD Hannover | 91 | | | | |
| 57 Hunteburger SV | 90 | | | | |
| 58 TuS Neuemkirchen | 88 | | | | |
| 59 RRG Osnabrück | 84 | | | | |
| 60 TV Neuenkirchen | 83 | | | | |
| 61 BSV Leeden-Ledde | 83 | | | | |
| 62 GW Spanharrenstätte | 80 | | | | |
| 63 SV Wissingen | 78 | | | | |
| 64 TuS Vehrte | 77 | | | | |
| 65 TuS Nahne | 76 | | | | |
| 66 Rettungswache Ostercap | 76 | | | | |
| 67 TuS Eintracht Rulle | 75 | | | | |
| 68 Bahama Sports OS | 73 | | | | |
| 69 SC Bippen | 73 | | | | |

Ein echter
Crosslauf beginnt
dort,
wo der Vergleich
aufhört

| | | |
|-----|------------------------|----|
| 70 | CHKS Chojnice PL | 57 |
| 71 | Rad Union Wangen | 50 |
| 72 | VfL Löningen | 50 |
| 73 | SV Rasensport | 50 |
| 74 | TuS Borgloh | 50 |
| 75 | Viktoria Gesmold | 50 |
| 76 | LG Bad Essen | 49 |
| 77 | JSG Eversburg | 49 |
| 78 | SV Kettenkamp | 49 |
| 79 | BC 82 Osnabrück | 49 |
| 80 | Weiterlaufen Osnabrück | 48 |
| 81 | Loslaufen | 48 |
| 82 | OLG Bramgau | 48 |
| 83 | LT Bippener SC | 47 |
| 84 | TSV Osnabrück | 47 |
| 85 | LT Bippen | 47 |
| 86 | TuS Stemwede | 47 |
| 87 | Sportfreunde Lotte | 47 |
| 88 | TSV Westerhausen | 47 |
| 89 | Uli's Läufershop | 46 |
| 90 | TSV Horst | 44 |
| 91 | Pidwise | 44 |
| 92 | Forza Angela Osnabrück | 43 |
| 93 | City-Squash-Club OS | 43 |
| 94 | ASC Düsseldorf | 42 |
| 95 | Grün-Weiß Steinbeck | 42 |
| 96 | Einsamer Wolf | 42 |
| 97 | Tritonic St. Wendel | 41 |
| 98 | TC Dielingen | 41 |
| 99 | SVC Laggenbeck | 40 |
| 100 | TVSE Bielefeld | 40 |
| 101 | Vorwärts Nettetal | 39 |
| 102 | VfL Osnabrück | 38 |
| 103 | LT Wersen | 37 |
| 104 | SV Atter | 33 |
| 105 | TV Schleddehausen | 31 |
| 106 | DARC Bielefeld | 31 |
| 107 | BSG LVM Münster | 27 |
| 108 | BSG Stadtwerke OS | 16 |
| 109 | LT Werscher Berg | 16 |
| 110 | Hagener SV | 9 |
| 111 | SV Hellern | 8 |
| 112 | Spielverein 16 OS | 6 |

Alle wollen
zurück zur
Natur - doch
die wenigsten
laufen Cross

Ergebnislisten werden von Menschen erstellt – Auswertungen von einem.
Daher liegen Fehler in der Natur desselben.

Bitte eventuelle Korrekturen, Hinweise und Verbesserungen ohne Hemmungen weitergeben an:

Georg P.F. Rollfing

Riedenstraße 11

49124 Georgsmarienhütte

Telefon: 05401/ 43618 (zu 99% in den Abendstunden bis 21.00 Uhr Erfolg versprechend)

E-Mail: gmhuetter-null@rollfing.de (erreichbar rund um die Uhr)

Alternative zum kurzen Cross:

Ein langer Cross!

Siehe: www.rollfing.de