

# Gesamtstatistik nach Veranstaltungen

sortiert nach Veranstaltungsdatum, Streckenlänge und Zeit

Berichtszeitraum vom 01.01.2017 bis 31.12.2017

| Strecken-<br>Länge                                        | Start-<br>geb. | Datum | Name                | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|-----------------------------------------------------------|----------------|-------|---------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| <b>06.01.2017 10. Dreikönigslauf in Grafenau</b>          |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                                     | 0 €            |       | Rheker, Jan         | M 20              | 00:39:48 | 15,1            | 2                 | 15            | 288             |
| <b>07.01.2017 40. Jahreswechsellauf in Brakel</b>         |                |       |                     |                   |          |                 |                   |               |                 |
| 4 km                                                      | 3 €            |       | Saage, Ansqar       | M 50              | 00:18:20 | 13,1            | 10                | 47            | 138             |
|                                                           | 3 €            |       | Wendschuh, Thorsten | M 40              | 00:19:55 | 12,1            | 2                 | 67            | 138             |
| 11 km                                                     | 5 €            |       | Niemann, Johannes   | M 20              | 00:44:47 | 14,7            | 3                 | 15            | 155             |
|                                                           | 5 €            |       | Niederprüm, David   | M 20              | 00:47:24 | 13,9            | 5                 | 30            | 155             |
|                                                           | 5 €            |       | Altmiks, Frank      | M 50              | 00:48:25 | 13,6            | 3                 | 37            | 155             |
|                                                           | 5 €            |       | Thomas, Axel        | M 50              | 00:49:18 | 13,4            | 4                 | 41            | 155             |
|                                                           | 5 €            |       | Niemeier, Frank     | M 45              | 00:49:29 | 13,3            | 9                 | 45            | 155             |
|                                                           | 5 €            |       | Koch, Mario         | M 45              | 00:50:14 | 13,1            |                   | 51            | 155             |
|                                                           | 5 €            |       | Rheker, Johannes    | M 60              | 00:50:56 | 13,0            | 1                 | 58            | 155             |
|                                                           | 5 €            |       | Walter, Klaus       | M 55              | 00:51:07 | 12,9            | 8                 | 60            | 155             |
|                                                           | 5 €            |       | Rheker, Heinrich    | M 60              | 00:51:23 | 12,8            | 2                 | 61            | 155             |
|                                                           | 5 €            |       | Fuhrmann, Georg     | M 55              | 00:53:48 | 12,3            | 11                | 81            | 155             |
|                                                           | 5 €            |       | Krüger, Maria       | W 50              | 00:55:54 | 11,8            | 1                 | 92            | 155             |
|                                                           | 5 €            |       | Voß, Reinhard       | M 60              | 01:07:14 | 9,8             | 8                 | 151           | 155             |
| <b>14.01.2017 Wi. Lauf Serie in Holzminden</b>            |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                                     | 0 €            |       | Koch, Mario         | M 45              | 00:49:44 | 12,1            | 1                 | 12            | 38              |
| 20 km                                                     | 0 €            |       | Niemeier, Frank     | M 45              | 01:44:15 | 11,5            | 3                 | 11            | 31              |
| <b>21.01.2017 29. Winterlaufserie Lauf 2 in Göppingen</b> |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                                     | 0 €            |       | Rheker, Jan         | M 20              | 00:40:39 | 14,8            | 6                 | 15            | 183             |
| <b>05.02.2017 OWL Cross in Lücktrungen</b>                |                |       |                     |                   |          |                 |                   |               |                 |
| 2.7 km                                                    | 0 €            |       | Lessmann, Simon     | M 18              | 00:10:58 | 14,8            | 2                 |               | 43              |
|                                                           | 0 €            |       | Reinhard, Matthias  | M 50              | 00:12:40 | 12,8            | 1                 |               | 43              |
|                                                           | 0 €            |       | Rheker, Johannes    | M 60              | 00:12:43 | 12,7            | 2                 |               | 43              |
|                                                           | 0 €            |       | Lensdorf, Johannes  | M 60              | 00:13:04 | 12,4            | 3                 |               | 43              |
|                                                           | 0 €            |       | Fuhrmann, Georg     | M 55              | 00:13:25 | 12,1            | 2                 |               | 43              |
|                                                           | 0 €            |       | Rheker, Heinrich    | M 60              | 00:13:26 | 12,1            | 4                 |               | 43              |
| 7.9 km                                                    | 0 €            |       | Altmiks, Frank      | M 50              | 00:38:11 | 12,4            | 4                 |               | 66              |
|                                                           | 0 €            |       | Walter, Klaus       | M 55              | 00:39:05 | 4,1             | 1                 |               | 66              |
| <b>25.02.2017 Marathon in Bad Salzungen</b>               |                |       |                     |                   |          |                 |                   |               |                 |
| 18 km                                                     | 17 €           |       | Niemeier, Frank     | M 45              | 01:23:24 | 12,9            | 18                | 74            | 395             |
|                                                           | 17 €           |       | Rheker, Heinrich    | M 60              | 01:23:26 | 12,9            | 2                 | 54            | 395             |
|                                                           | 17 €           |       | Walter, Klaus       | M 55              | 01:29:00 | 12,1            | 3                 | 38            | 395             |
|                                                           | 17 €           |       | Wendschuh, Thorsten | M 40              | 01:55:56 | 9,3             | 20                | 208           | 395             |
| 26 km                                                     | 17 €           |       | Saage, Ansqar       | M 50              | 02:24:33 | 10,8            | 22                | 113           | 401             |
| <b>05.03.2017 44. Luisenturmrunn in Borgholzhausen</b>    |                |       |                     |                   |          |                 |                   |               |                 |
| 21.1 km                                                   | 9 €            |       | Altmiks, Frank      | M 50              | 01:48:03 | 11,7            | 32                | 192           | 662             |
|                                                           | 9 €            |       | Niemeier, Frank     | M 45              | 01:50:24 | 11,5            | 59                | 227           | 662             |
| <b>18.03.2017 25. Sälzerlauf in Salzkotten</b>            |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                                     | 7 €            |       | Niemeier, Frank     | M 45              | 00:43:54 | 13,7            | 9                 | 80            | 295             |
|                                                           | 7 €            |       | Rheker, Johannes    | M 60              | 00:44:05 | 13,6            | 3                 | 84            | 295             |
|                                                           | 7 €            |       | Rheker, Heinrich    | M 60              | 00:44:23 | 13,5            | 4                 | 88            | 295             |
| <b>25.03.2017 25. Velmerstotlauf in Leopoldstal</b>       |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                                     | 6 €            |       | Walter, Klaus       | M 55              | 00:48:16 | 12,4            | 1                 | 27            | 74              |
|                                                           | 6 €            |       | Struck, Josef       | M 45              | 00:48:57 | 12,3            | 3                 | 32            | 74              |
|                                                           | 6 €            |       | Rheker, Heinrich    | M 60              | 00:49:07 | 12,2            | 1                 | 33            | 74              |
|                                                           | 6 €            |       | Lensdorf, Johannes  | M 60              | 00:51:08 | 11,7            | 3                 | 38            | 74              |
|                                                           | 6 €            |       | Fuhrmann, Georg     | M 55              | 00:51:44 | 11,6            | 3                 | 40            | 74              |
|                                                           | 6 €            |       | Saage, Ansqar       | M 50              | 00:53:57 | 11,1            | 7                 | 49            | 74              |
|                                                           | 6 €            |       | Voß, Reinhard       | M 60              | 01:09:00 | 8,7             | 4                 | 73            | 74              |

| Strecken-<br>Länge                                             | Start-<br>geb. | Datum | Name               | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|----------------------------------------------------------------|----------------|-------|--------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| <b>26.03.2017 32. Weser Werre Lauf in Bad Oyenhausen</b>       |                |       |                    |                   |          |                 |                   |               |                 |
| 20 km                                                          | 6 €            |       | Niemeier, Frank    | M 45              | 01:32:10 | 13,0            | 11                | 55            | 214             |
| <b>01.04.2017 20. Volkslauf in Leiberg</b>                     |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                          | 5 €            |       | Altmiks, Frank     | M 50              | 00:44:30 | 13,5            | 4                 | 23            | 131             |
|                                                                | 5 €            |       | Rheker, Johannes   | M 60              | 00:46:23 | 12,9            | 2                 | 37            | 131             |
| 20 km                                                          | 5 €            |       | Walter, Klaus      | M 55              | 01:39:00 | 12,1            | 2                 | 33            | 163             |
|                                                                | 5 €            |       | Niemeier, Frank    | M 45              | 01:43:12 | 11,6            | 11                | 51            | 163             |
| <b>08.04.2017 7. Diemellauf in Warburg</b>                     |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                          | 4,5 €          |       | Rheker, Heinrich   | M 60              | 00:46:10 | 13,0            | 3                 | 48            | 206             |
|                                                                | 4,5 €          |       | Walter, Klaus      | M 55              | 00:46:24 | 12,9            | 3                 | 51            | 206             |
| <b>09.04.2017 Marathon in Hannover</b>                         |                |       |                    |                   |          |                 |                   |               |                 |
| 42.2 km                                                        | 45 €           |       | Saage, Ansgar      | M 50              | 03:47:44 | 11,1            | 105               | 768           |                 |
| <b>15.04.2017 71. Osterlauf in Paderborn</b>                   |                |       |                    |                   |          |                 |                   |               |                 |
| 5 km                                                           | 0 €            |       | Lessmann, Simon    | M 18              | 00:19:45 | 15,2            | 7                 | 41            | 2763            |
| 10 km                                                          | 16 €           |       | Reinhard, Matthias | M 50              | 00:44:04 | 13,6            |                   |               | 4628            |
|                                                                | 16 €           |       | Rheker, Johannes   | M 60              | 00:44:16 | 13,6            | 3                 | 429           | 4628            |
|                                                                | 16 €           |       | Lensdorf, Johannes | M 60              | 00:48:04 | 12,5            | 14                | 829           | 4628            |
|                                                                | 16 €           |       | Werpup, Sabrina    | W 35              | 00:48:25 | 12,4            | 10                |               | 4628            |
|                                                                | 16 €           |       | Niederprüm, David  | M 20              | 00:49:16 | 12,2            | 270               | 975           | 4628            |
|                                                                | 16 €           |       | Voß, Reinhard      | M 60              | 01:01:24 | 9,8             | 120               | 2084          | 4628            |
| 21.1 km                                                        | 22 €           |       | Altmiks, Frank     | M 50              | 01:33:02 | 13,6            | 19                | 148           | 1871            |
|                                                                | 22 €           |       | Rheker, Heinrich   | M 60              | 01:37:35 | 13,0            | 4                 | 240           | 1871            |
|                                                                | 22 €           |       | Rheker, Jan        | M 20              | 01:58:33 | 10,7            | 125               | 875           | 1871            |
| <b>30.04.2017 46. Hermannslauf in Bielefeld</b>                |                |       |                    |                   |          |                 |                   |               |                 |
| 31.1 km                                                        | 45 €           |       | Niemann, Johannes  | M 20              | 02:25:09 | 12,9            | 34                | 242           | 5601            |
|                                                                | 45 €           |       | Struck, Josef      | M 45              | 02:29:11 | 12,5            | 49                | 343           | 5601            |
|                                                                | 45 €           |       | Walter, Klaus      | M 55              | 02:39:04 | 11,7            | 110               | 702           | 5601            |
|                                                                | 45 €           |       | Altmiks, Frank     | M 50              | 02:40:19 | 11,6            | 122               | 757           | 5601            |
|                                                                | 45 €           |       | Rheker, Heinrich   | M 60              | 02:43:46 | 11,4            | 15                | 928           | 5601            |
|                                                                | 45 €           |       | Saage, Ansgar      | M 50              | 02:51:23 | 10,9            | 201               | 1357          | 5601            |
|                                                                | 45 €           |       | Niemeier, Frank    | M 45              | 02:56:45 | 10,6            | 288               | 1766          | 5601            |
|                                                                | 45 €           |       | Krüger, Maria      | W 50              | 03:17:34 | 9,4             | 48                | 3291          | 5601            |
| <b>05.05.2017 4. Dorflauf in Niedermeiser</b>                  |                |       |                    |                   |          |                 |                   |               |                 |
| 21.1 km                                                        | 4,5 €          |       | Niemeier, Frank    | M 45              | 01:44:06 | 12,2            | 6                 | 19            | 47              |
|                                                                | 4,5 €          |       | Saage, Ansgar      | M 50              | 01:50:51 | 11,4            | 5                 | 27            | 47              |
| <b>10.05.2017 Kolpingmailauf in Brakel</b>                     |                |       |                    |                   |          |                 |                   |               |                 |
| 4.8 km                                                         | 5 €            |       | Voß, Reinhard      | M 60              | 00:28:14 | 10,2            | 35                |               | 57              |
| 9.2 km                                                         | 5 €            |       | Struck, Josef      | M 45              | 00:36:16 | 15,2            | 3                 | 6             | 57              |
|                                                                | 5 €            |       | Niemann, Johannes  | M 20              | 00:39:04 | 14,1            | 1                 | 9             | 57              |
|                                                                | 5 €            |       | Niemeier, Frank    | M 45              | 00:41:00 | 13,5            | 5                 | 13            | 57              |
|                                                                | 5 €            |       | Koch, Mario        | M 45              | 00:42:13 | 13,1            | 6                 | 18            | 57              |
|                                                                | 5 €            |       | Rubel, Joachim     | M                 | 00:42:22 | 13,0            | 1                 | 19            | 57              |
|                                                                | 5 €            |       | Rheker, Heinrich   | M 60              | 00:42:51 | 12,9            | 1                 | 22            | 57              |
| <b>12.05.2017 30. Residenzabendlauf in Schloß Neuhaus</b>      |                |       |                    |                   |          |                 |                   |               |                 |
| 5 km                                                           | 5 €            |       | Voß, Reinhard      | M 60              | 00:30:30 | 19,7            | 11                |               |                 |
| 10 km                                                          | 7 €            |       | Altmiks, Frank     | M 50              | 00:42:30 | 14,1            | 5                 | 63            | 468             |
|                                                                | 7 €            |       | Walter, Klaus      | M 55              | 00:45:56 | 13,1            | 7                 | 123           | 468             |
|                                                                | 7 €            |       | Saage, Ansgar      | M 50              | 00:47:28 | 12,6            | 23                | 155           | 468             |
| <b>14.05.2017 Mensch gegen Maschine in Bruchhausen Vielsen</b> |                |       |                    |                   |          |                 |                   |               |                 |
| 7.8 km                                                         | 6 €            |       | Niemeier, Frank    | M 45              | 00:36:28 | 12,8            |                   |               |                 |
| <b>20.05.2017 34. Sollinglauf in Dassel</b>                    |                |       |                    |                   |          |                 |                   |               |                 |
| 13.5 km                                                        | 8 €            |       | Rheker, Heinrich   | M 60              | 01:07:03 | 12,1            | 3                 | 18            | 94              |
| 22 km                                                          | 8 €            |       | Saage, Ansgar      | M 50              | 02:17:53 | 9,6             | 5                 | 22            | 35              |
| <b>20.05.2017 45. Rennsteiglauf in Rennsteig</b>               |                |       |                    |                   |          |                 |                   |               |                 |
| 21.1 km                                                        | 30 €           |       | Altmiks, Frank     | M 50              | 01:43:38 | 12,2            | 66                | 640           | 4296            |
| <b>21.05.2017 6. Lauffieber in Esslingen</b>                   |                |       |                    |                   |          |                 |                   |               |                 |
| 9 km                                                           | 0 €            |       | Rheker, Jan        | M 20              | 00:51:59 | 10,4            |                   | 45            | 87              |

| Strecken-<br>Länge                                | Start-<br>geb. | Datum | Name                | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|---------------------------------------------------|----------------|-------|---------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| <b>27.05.2017 Stoppelberglauf in Rolfzen</b>      |                |       |                     |                   |          |                 |                   |               |                 |
| 5.5 km                                            | 5 €            |       | Niemeier, Klaus     | M 55              | 00:26:52 | 12,3            | 1                 | 3             |                 |
|                                                   | 5 €            |       | Voß, Reinhard       | M 60              | 00:38:12 | 8,6             | 1                 |               |                 |
| 10 km                                             | 5 €            |       | Walter, Klaus       | M 55              | 00:49:29 | 12,1            |                   |               |                 |
| <b>04.06.2017 45. Pfingstlauf in Kollerbeck</b>   |                |       |                     |                   |          |                 |                   |               |                 |
| 5.7 km                                            | 0 €            |       | Lessmann, Simon     | M 18              | 00:23:39 | 14,5            | 2                 | 7             | 106             |
|                                                   | 0 €            |       | Klocke, Christin    | W 35              | 00:30:20 | 11,3            | 1                 | 13            | 106             |
|                                                   | 0 €            |       | Multhaupt, Henrieke | W 20              | 00:39:19 | 8,7             | 3                 | 37            | 106             |
| 10 km                                             | 0 €            |       | Struck, Josef       | M 45              | 00:41:13 | 14,6            | 1                 | 5             | 143             |
|                                                   | 0 €            |       | Altmiks, Frank      | M 50              | 00:45:37 | 13,2            | 3                 | 15            | 143             |
|                                                   | 0 €            |       | Walter, Klaus       | M 55              | 00:47:29 | 12,6            | 2                 | 22            | 143             |
|                                                   | 0 €            |       | Eikermann, Anja     | W 30              | 00:58:39 | 10,2            | 4                 | 19            | 143             |
| <b>09.06.2017 29. Volkalauf in Donop</b>          |                |       |                     |                   |          |                 |                   |               |                 |
| 7.8 km                                            | 6 €            |       | Walter, Klaus       | M 55              | 00:36:01 | 13,0            | 4                 | 41            | 258             |
|                                                   | 6 €            |       | Rheker, Johannes    | M 60              | 00:36:37 | 12,8            | 2                 | 48            | 258             |
|                                                   | 6 €            |       | Rubel, Joachim      | M 65              | 00:36:59 | 12,7            | 1                 | 53            | 258             |
|                                                   | 6 €            |       | Voß, Reinhard       | M 60              | 00:50:31 | 9,3             | 13                | 164           | 258             |
| <b>14.06.2017 Kreismeisterschaft in Brakel</b>    |                |       |                     |                   |          |                 |                   |               |                 |
| 5 km                                              | 4 €            |       | Altmiks, Frank      | M 50              | 00:20:43 | 14,5            | 3                 | 11            | 33              |
| <b>16.06.2017 28. Volkslauf in Wöbbel</b>         |                |       |                     |                   |          |                 |                   |               |                 |
| 8.1 km                                            | 6 €            |       | Struck, Josef       | M 45              | 00:31:01 | 15,7            | 1                 | 14            | 255             |
|                                                   | 6 €            |       | Altmiks, Frank      | M 50              | 00:34:38 | 14,0            | 8                 | 37            | 255             |
|                                                   | 6 €            |       | Walter, Klaus       | M 55              | 00:35:31 | 13,7            | 4                 | 49            | 255             |
|                                                   | 6 €            |       | Rubel, Joachim      | M 65              | 00:35:41 | 13,6            | 1                 | 52            | 255             |
|                                                   | 6 €            |       | Rheker, Johannes    | M 60              | 00:35:45 | 13,6            | 2                 | 53            | 255             |
|                                                   | 6 €            |       | Voß, Reinhard       | M 60              | 00:50:39 | 9,6             | 11                |               | 255             |
| <b>17.06.2017 20. Köterberglauf in Kollerbeck</b> |                |       |                     |                   |          |                 |                   |               |                 |
| 12.5 km                                           | 0 €            |       | Altmiks, Frank      | M 50              | 00:54:55 | 13,7            | 1                 | 8             | 66              |
|                                                   | 0 €            |       | Rheker, Johannes    | M 60              | 00:57:55 | 12,9            | 1                 | 17            | 66              |
|                                                   | 0 €            |       | Werpup, Sabrina     | W 35              | 01:03:51 | 11,7            | 2                 | 27            | 66              |
| 24 km                                             | 0 €            |       | Rheker, Jan         | M 20              | 01:45:30 | 13,6            | 1                 | 7             |                 |
| <b>23.06.2017 Schiederseelauf in Schieder</b>     |                |       |                     |                   |          |                 |                   |               |                 |
| 8 km                                              | 6 €            |       | Struck, Josef       | M 45              | 00:31:19 | 15,3            | 3                 | 15            | 336             |
|                                                   | 6 €            |       | Rheker, Johannes    | M 60              | 00:35:31 | 13,5            | 2                 | 65            | 336             |
|                                                   | 6 €            |       | Rubel, Joachim      | M 65              | 00:35:45 | 13,4            | 1                 | 70            | 336             |
|                                                   | 6 €            |       | Walter, Klaus       | M 55              | 00:38:58 | 12,3            | 9                 | 131           | 336             |
| <b>24.06.2017 Eggelauf in Meerhof</b>             |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 5 €            |       | Walter, Klaus       | M 55              | 00:45:22 | 13,2            | 4                 | 21            | 131             |
| <b>29.06.2017 23. Volkslauf in Belle</b>          |                |       |                     |                   |          |                 |                   |               |                 |
| 8.45 km                                           | 5 €            |       | Walter, Klaus       | M 55              | 00:39:01 | 13,0            | 4                 | 22            | 99              |
| <b>30.06.2017 31. Volkslauf in Amelunxen</b>      |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 4 €            |       | Struck, Josef       | M 45              | 00:38:55 | 15,4            | 1                 | 2             | 34              |
| <b>08.07.2017 4. Buke-L-Run in Buke</b>           |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 5 €            |       | Walter, Klaus       | M 55              | 00:46:59 | 12,8            | 3                 | 28            | 149             |
| <b>28.07.2017 13. Drei Dörferlauf in Hembsen</b>  |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 3,5 €          |       | Struck, Josef       | M 45              | 00:40:18 | 14,9            | 2                 | 5             | 110             |
|                                                   | 3,5 €          |       | Rubel, Joachim      | M 65              | 00:45:53 | 13,1            | 1                 | 21            | 110             |
|                                                   | 3,5 €          |       | Rheker, Johannes    | M 60              | 00:46:28 | 12,9            | 1                 | 25            | 110             |
| 18 km                                             | 4 €            |       | Saage, Ansgar       | M 50              | 01:36:33 | 11,2            | 6                 | 40            | 77              |
|                                                   | 4 €            |       | Niemeier, Frank     | M 45              | 01:36:36 | 11,2            | 7                 | 41            | 77              |
| <b>28.07.2017 29. Marathon in Bad Pyrmont</b>     |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 6 €            |       | Niederprüm, David   | M 20              | 00:40:47 | 14,7            | 1                 | 10            | 274             |
| <b>06.08.2017 40 Volkslauf in Vinsebeck</b>       |                |       |                     |                   |          |                 |                   |               |                 |
| 10 km                                             | 4 €            |       | Altmiks, Frank      | M 50              | 00:45:07 | 13,3            | 5                 |               | 111             |
|                                                   | 4 €            |       | Rheker, Johannes    | M 60              | 00:45:25 | 13,2            | 1                 |               | 111             |
|                                                   | 4 €            |       | Walter, Klaus       | M 55              | 00:46:34 | 12,9            | 3                 |               | 111             |
|                                                   | 4 €            |       | Fuhrmann, Georg     | M 55              | 00:49:10 | 12,2            | 4                 |               | 111             |

| Strecken-<br>Länge                                                  | Start-<br>geb. | Datum | Name               | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|---------------------------------------------------------------------|----------------|-------|--------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| 10 km                                                               | 4 €            |       | Rheker, Heinrich   | M 60              | 00:49:43 | 12,1            | 2                 |               | 111             |
| 20 km                                                               | 4 €            |       | Saage, Ansgar      | M 50              | 01:44:50 | 11,4            | 7                 |               | 85              |
| <b>13.08.2017 32. Brunnenlauf in Bad Driburg</b>                    |                |       |                    |                   |          |                 |                   |               |                 |
| 10,5 km                                                             | 5 €            |       | Struck, Josef      | M 45              | 00:44:36 | 14,1            | 1                 | 10            | 145             |
|                                                                     | 5 €            |       | Rubel, Joachim     | M 65              | 00:49:03 | 12,8            | 1                 | 25            | 145             |
|                                                                     | 5 €            |       | Altmiks, Frank     | M 50              | 00:49:12 | 12,8            | 3                 | 22            | 145             |
|                                                                     | 5 €            |       | Rheker, Johannes   | M 60              | 00:49:31 | 12,7            | 2                 | 29            | 145             |
|                                                                     | 5 €            |       | Walter, Klaus      | M 55              | 00:50:38 | 12,4            | 4                 | 33            | 145             |
|                                                                     | 5 €            |       | Rheker, Heinrich   | M 60              | 00:54:06 | 11,6            | 5                 | 55            | 145             |
|                                                                     | 5 €            |       | Lensdorf, Johannes | M 60              | 00:57:05 | 11,0            | 6                 | 72            | 145             |
|                                                                     | 5 €            |       | Saage, Ansgar      | M 50              | 01:05:09 | 9,7             | 22                | 109           | 145             |
| <b>20.08.2017 35. Rund um die Aabachtalsperre in Bad Wünnenberg</b> |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 6 €            |       | Walter, Klaus      | M 55              | 00:43:59 | 13,6            | 6                 | 56            | 329             |
| 21,1 km                                                             | 6 €            |       | Saage, Ansgar      | M 50              | 01:43:45 | 12,2            | 14                |               | 227             |
| <b>26.08.2017 8. Rünninger 24 Std Lauf in Rünningen</b>             |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 5 €            |       | Niederprüm, David  | M 20              | 00:41:24 | 14,5            | 2                 | 3             | 21              |
| <b>27.08.2017 23. Bültelauf in Holzminden</b>                       |                |       |                    |                   |          |                 |                   |               |                 |
| 22,6 km                                                             | 7 €            |       | Saage, Ansgar      | M 50              | 01:57:19 | 11,6            | 3                 | 9             | 22              |
| <b>02.09.2017 47. Brockenlauf in Ilsenburg</b>                      |                |       |                    |                   |          |                 |                   |               |                 |
| 26,2 km                                                             | 18 €           |       | Altmiks, Frank     | M 50              | 02:28:32 | 10,6            | 28                | 166           | 496             |
|                                                                     | 18 €           |       | Saage, Ansgar      | M 50              | 02:39:33 | 9,9             | 44                | 245           | 496             |
| <b>03.09.2017 40. Altenaulauf in Borchten</b>                       |                |       |                    |                   |          |                 |                   |               |                 |
| 5 km                                                                | 5 €            |       | Saage, Ansgar      | M 50              | 00:23:27 | 12,8            | 7                 | 34            | 153             |
| 10 km                                                               | 5 €            |       | Walter, Klaus      | M 55              | 00:44:18 | 6,8             | 4                 | 30            | 170             |
| <b>08.09.2017 14. Abendlauf in Westenholz</b>                       |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 5 €            |       | Altmiks, Frank     | M 50              | 00:43:10 | 13,9            | 3                 | 20            | 141             |
| 20 km                                                               | 5 €            |       | Saage, Ansgar      | M 50              | 01:37:42 | 12,3            | 5                 | 30            | 63              |
| <b>08.09.2017 AOK Lauf in Horn Bad-Meinberg</b>                     |                |       |                    |                   |          |                 |                   |               |                 |
| 5 km                                                                | 0 €            |       | Walter, Klaus      | M 55              | 00:22:33 | 13,3            |                   |               |                 |
|                                                                     | 0 €            |       | Lensdorf, Johannes | M 60              | 00:24:35 | 12,2            |                   |               |                 |
| <b>15.09.2017 19. Katharinenlauf in Delbrück</b>                    |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 5 €            |       | Rheker, Johannes   | M 60              | 00:43:58 | 13,6            | 1                 | 68            | 236             |
|                                                                     | 5 €            |       | Saage, Ansgar      | M 50              | 00:45:20 | 13,2            | 11                | 79            | 236             |
| <b>16.09.2017 15. Bädleslauf in Zuffenhausen</b>                    |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 0 €            |       | Rheker, Jan        | M 20              | 00:37:56 | 15,8            | 3                 | 6             | 119             |
| <b>23.09.2017 16. Klostermannlauf in Lichtenau</b>                  |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 5 €            |       | Walter, Klaus      | M 55              | 00:45:02 | 13,3            | 3                 | 16            | 73              |
| 21,1 km                                                             | 5 €            |       | Saage, Ansgar      | M 50              | 01:44:25 | 12,1            | 5                 | 23            | 56              |
| <b>24.09.2017 38. Schurwaldlauf in Esslingen</b>                    |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 0 €            |       | Rheker, Jan        | M 20              | 00:38:46 | 15,5            | 3                 | 17            | 403             |
| <b>01.10.2017 39. Herbstlauf in Ovenhausen</b>                      |                |       |                    |                   |          |                 |                   |               |                 |
| 4,5 km                                                              | 4 €            |       | Klocke, Christin   | W 35              | 00:21:57 | 12,3            | 1                 | 38            | 105             |
| 10 km                                                               | 5 €            |       | Struck, Josef      | M 45              | 00:40:24 | 14,9            | 1                 | 2             | 76              |
|                                                                     | 5 €            |       | Altmiks, Frank     | M 50              | 00:43:17 | 13,9            | 1                 | 6             | 76              |
|                                                                     | 5 €            |       | Rubel, Joachim     | M 65              | 00:44:47 | 13,4            | 1                 | 17            | 76              |
|                                                                     | 5 €            |       | Rheker, Johannes   | M 60              | 00:45:24 | 13,2            | 1                 | 19            | 76              |
|                                                                     | 5 €            |       | Lensdorf, Johannes | M 60              | 00:48:54 | 12,3            | 2                 | 29            | 76              |
|                                                                     | 5 €            |       | Koch, Mario        | M 45              | 00:49:11 | 12,2            | 8                 | 30            | 76              |
|                                                                     | 5 €            |       | Rheker, Heinrich   | M 60              | 01:00:31 | 9,9             | 5                 | 70            | 76              |
| 20,8 km                                                             | 5 €            |       | Saage, Ansgar      | M 50              | 01:58:37 | 10,5            | 5                 | 29            | 54              |
| <b>03.10.2017 12. Brunnenlauf in Bösingfeld</b>                     |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 5 €            |       | Saage, Ansgar      | M 50              | 00:47:08 | 12,7            | 3                 | 21            | 52              |
|                                                                     | 5 €            |       | Rheker, Heinrich   | M 60              | 00:49:48 | 12,0            | 2                 | 28            | 52              |
| <b>06.10.2017 12. Tour de Tirol in Söller</b>                       |                |       |                    |                   |          |                 |                   |               |                 |
| 10 km                                                               | 0 €            |       | Altmiks, Frank     | M 50              | 00:48:45 | 12,3            | 26                | 255           | 537             |

| Strecken-<br>Länge                                | Start-<br>geb. | Datum | Name               | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|---------------------------------------------------|----------------|-------|--------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| <b>06.10.2017 Sponsorenlauf in Bad Pyrmont</b>    |                |       |                    |                   |          |                 |                   |               |                 |
| <b>12 km</b>                                      | €              |       | Struck, Josef      | M 45              | 00:01:00 | 60,0            |                   |               |                 |
|                                                   | €              |       | Saage, Ansgar      | M 50              | 00:01:00 | 60,0            |                   |               |                 |
|                                                   | €              |       | Rheker, Margret    | W 60              | 00:01:00 | 60,0            |                   |               |                 |
|                                                   | €              |       | Rheker, Johannes   | M 60              | 00:01:00 | 60,0            |                   |               |                 |
|                                                   | €              |       | Rheker, Heinrich   | M 60              | 00:01:00 | 60,0            |                   |               |                 |
|                                                   | €              |       | Rubel, Joachim     | M 65              | 00:01:00 | 60,0            |                   |               |                 |
| <b>07.10.2017 5. Turmlauf in Entrup</b>           |                |       |                    |                   |          |                 |                   |               |                 |
| <b>5.4 km</b>                                     | 4 €            |       | Lensdorf, Johannes | M 60              | 00:29:05 | 11,1            | 1                 | 11            | 21              |
|                                                   | 4 €            |       | Niemeier, Frank    | M 45              | 00:36:00 | 9,0             | 3                 | 16            | 21              |
| <b>10.8 km</b>                                    | 4 €            |       | Walter, Klaus      | M 55              | 00:53:58 | 12,0            | 1                 | 4             | 21              |
|                                                   | 4 €            |       | Saage, Ansgar      | M 50              | 00:58:03 | 11,2            | 2                 | 7             | 21              |
|                                                   | 4 €            |       | Rheker, Johannes   | M 60              | 01:01:14 | 10,6            | 1                 | 10            | 21              |
|                                                   | 4 €            |       | Rheker, Heinrich   | M 60              | 01:01:38 | 10,5            | 3                 | 12            | 21              |
| <b>07.10.2017 Kaisermarathon in Söller</b>        |                |       |                    |                   |          |                 |                   |               |                 |
| <b>42.2 km</b>                                    | 42 €           |       | Altmiks, Frank     | M 50              | 05:57:45 | 7,1             | 40                | 346           | 493             |
| <b>08.10.2017 12. Tour de Tirol in Söller</b>     |                |       |                    |                   |          |                 |                   |               |                 |
| <b>23 km</b>                                      | 0 €            |       | Altmiks, Frank     | M 50              | 03:30:44 | 6,5             | 32                | 390           | 333             |
| <b>14.10.2017 12. Volkslauf in Brakelsiek</b>     |                |       |                    |                   |          |                 |                   |               |                 |
| <b>5 km</b>                                       | 4 €            |       | Thomas, Axel       | M 50              | 00:24:24 | 12,3            | 4                 |               |                 |
| <b>9 km</b>                                       | 5 €            |       | Lensdorf, Johannes | M 60              | 00:47:48 | 11,3            | 1                 | 14            | 34              |
| <b>15 km</b>                                      | 5 €            |       | Struck, Josef      | M 45              | 01:04:56 | 13,9            | 1                 | 3             | 39              |
|                                                   | 5 €            |       | Rubel, Joachim     | M 65              | 01:13:04 | 12,3            | 1                 | 11            | 39              |
|                                                   | 5 €            |       | Walter, Klaus      | M 55              | 01:14:23 | 12,1            | 4                 | 15            | 39              |
|                                                   | 5 €            |       | Rheker, Johannes   | M 60              | 01:15:30 | 11,9            | 3                 | 17            | 39              |
|                                                   | 5 €            |       | Saage, Ansgar      | M 50              | 01:17:55 | 11,6            | 3                 | 19            | 39              |
| <b>21.10.2017 35. Schiederseelauf in Schieder</b> |                |       |                    |                   |          |                 |                   |               |                 |
| <b>10 km</b>                                      | 6 €            |       | Niederprüm, David  | M 20              | 00:43:00 | 14,0            | 5                 | 32            | 289             |
|                                                   | 6 €            |       | Saage, Ansgar      | M 50              | 00:44:56 | 13,4            | 10                | 51            | 289             |
|                                                   | 6 €            |       | Rubel, Joachim     | M 65              | 00:45:07 | 13,3            | 1                 | 56            | 289             |
|                                                   | 6 €            |       | Koch, Mario        | M 45              | 00:46:11 | 13,0            | 9                 | 67            | 289             |
|                                                   | 6 €            |       | Lensdorf, Johannes | M 60              | 00:47:48 | 12,6            | 4                 | 90            | 289             |
|                                                   | 6 €            |       | Altmiks, Frank     | M 50              | 01:10:18 | 8,5             | 41                | 279           | 289             |
| <b>21.10.2017 Kirbelauf in Nellingen</b>          |                |       |                    |                   |          |                 |                   |               |                 |
| <b>7 km</b>                                       | 14 €           |       | Rheker, Jan        | M 20              | 00:26:35 | 15,8            | 3                 | 18            | 377             |
|                                                   | 14 €           |       | Rheker, Johannes   | M 60              | 00:31:35 | 13,3            | 4                 | 103           | 377             |
| <b>30.10.2017 9. MTR Open in Steinheim</b>        |                |       |                    |                   |          |                 |                   |               |                 |
| <b>5.5 km</b>                                     | 5 €            |       | Thomas, Axel       | M 50              | 00:26:32 | 12,4            | 2                 | 17            | 218             |
|                                                   | 5 €            |       | Saage, Ansgar      | M 50              | 00:28:21 | 11,6            | 4                 | 38            | 218             |
|                                                   | 5 €            |       | Niemeier, Frank    | M 45              | 00:34:19 | 9,6             | 9                 | 106           | 218             |
| <b>11 km</b>                                      | 5 €            |       | Struck, Josef      | M 45              | 00:49:13 | 13,4            | 3                 | 15            | 156             |
|                                                   | 5 €            |       | Koch, Mario        | M 45              | 00:52:02 | 12,7            | 5                 | 25            | 156             |
|                                                   | 5 €            |       | Rubel, Joachim     | M 65              | 00:52:05 | 12,7            | 1                 | 26            | 156             |
|                                                   | 5 €            |       | Walter, Klaus      | M 55              | 00:52:37 | 12,5            | 4                 | 28            | 156             |
|                                                   | 5 €            |       | Rheker, Heinrich   | M 60              | 01:00:50 | 10,8            | 4                 | 88            | 156             |
| <b>03.11.2017 Flutlichtcross in Lühtringen</b>    |                |       |                    |                   |          |                 |                   |               |                 |
| <b>4 km</b>                                       | 0 €            |       | Rheker, Heinrich   | M 60              | 00:20:45 | 11,6            | 2                 |               | 44              |
|                                                   | 0 €            |       | Fuhrmann, Georg    | M 55              | 00:21:04 | 11,4            | 1                 |               | 44              |
| <b>7.9 km</b>                                     | 0 €            |       | Altmiks, Frank     | M 50              | 00:38:03 | 12,5            | 2                 |               | 31              |
|                                                   | 0 €            |       | Walter, Klaus      | M 55              | 00:39:50 | 11,9            | 1                 |               | 31              |
|                                                   | 0 €            |       | Rubel, Joachim     | M 65              | 00:39:56 | 11,9            | 1                 |               | 31              |
|                                                   | 0 €            |       | Saage, Ansgar      | M 50              | 00:41:44 | 11,4            | 3                 |               | 31              |
|                                                   | 0 €            |       | Rheker, Johannes   | M 60              | 00:41:44 | 11,4            | 1                 |               | 31              |
| <b>10.11.2017 37. Herbstlauf in Distelbruch</b>   |                |       |                    |                   |          |                 |                   |               |                 |
| <b>18.6 km</b>                                    | 8,5 €          |       | Walter, Klaus      | M 55              | 01:30:16 | 12,4            | 1                 | 35            | 113             |
|                                                   | 8,5 €          |       | Rheker, Johannes   | M 60              | 01:33:17 | 12,0            | 5                 | 48            | 113             |
|                                                   | 8,5 €          |       | Saage, Ansgar      | M 50              | 01:36:18 | 11,6            | 13                | 60            | 113             |

| Strecken-<br>Länge                                        | Start-<br>geb. | Datum | Name             | Alters-<br>Klasse | Zeit     | Tempo<br>[km/h] | Klassen<br>-platz | Ges-<br>platz | Teil-<br>nehmer |
|-----------------------------------------------------------|----------------|-------|------------------|-------------------|----------|-----------------|-------------------|---------------|-----------------|
| <b>18.11.2017 19. Stromberglauf in Bönningheim</b>        |                |       |                  |                   |          |                 |                   |               |                 |
| 10 km                                                     | 0 €            |       | Rheker, Jan      | M 20              | 00:37:15 | 16,1            | 8                 | 15            | 502             |
| <b>18.11.2017 33. Wi. Lauf-Serie Lauf 1 in Holzminden</b> |                |       |                  |                   |          |                 |                   |               |                 |
| 10 km                                                     | 6,5 €          |       | Koch, Mario      | M 45              | 00:46:11 | 13,0            | 2                 | 8             | 39              |
|                                                           | 6,5 €          |       | Rheker, Heinrich | M 60              | 00:49:03 | 12,2            | 2                 | 22            | 39              |
| 20 km                                                     | 6,5 €          |       | Saage, Ansgar    | M 50              | 01:42:43 | 11,7            | 3                 | 10            | 24              |
| <b>25.11.2017 33. Wi. Laufserie Lauf 2 in Holzminden</b>  |                |       |                  |                   |          |                 |                   |               |                 |
| 10 km                                                     | 6,5 €          |       | Rheker, Heinrich | M 60              | 00:49:00 | 12,2            | 1                 | 19            | 43              |
|                                                           | 6,5 €          |       | Saage, Ansgar    | M 50              | 00:49:01 | 12,2            | 3                 | 20            | 43              |
| <b>02.12.2017 33. Wi. Laufserie Lauf 3 in Holzminden</b>  |                |       |                  |                   |          |                 |                   |               |                 |
| 10 km                                                     | 6,5 €          |       | Rheker, Johannes | M 60              | 00:46:10 | 13,0            | 2                 | 10            | 46              |
| <b>09.12.2017 33. Wi. Laufserie Lauf 4 in Holzminden</b>  |                |       |                  |                   |          |                 |                   |               |                 |
| 10 km                                                     | 6,5 €          |       | Altmiks, Frank   | M 50              | 00:45:39 | 13,1            | 2                 | 11            | 49              |
|                                                           | 6,5 €          |       | Saage, Ansgar    | M 50              | 00:46:49 | 12,8            | 3                 | 15            | 49              |
|                                                           | 6,5 €          |       | Rheker, Heinrich | M 60              | 00:47:22 | 12,7            | 2                 | 16            | 49              |
| <b>31.12.2017 Silvesterlauf in Emmertal</b>               |                |       |                  |                   |          |                 |                   |               |                 |
| 6.9 km                                                    | 7 €            |       | Struck, Josef    | M 45              | 00:25:51 | 16,0            | 2                 | 23            | 400             |

2.730 km in 228 Läufen von der Gruppe gelaufen

Gesamtsumme Startgebühren: 1.616 €