

## Jahresbestenliste 2003

MÄNNER

FRAUEN

200 m					
Christian	Vogel	0:24,07			
400 m					
Christian	Vogel	0:51,80			
Matthias	Pröbsting	0:53,11			
800 m					
Christian	Vogel	1:56,33	Heike	Frerik	02:37,0
Matthias	Pröbsting	1:59,00	Anne	Holtkötter	02:40,0
Rafael	Dr. zu Vischering	2:03,15			
Michael	Holtkötter	2:21,00			
1 km					
Christian	Vogel	2:33,38	Anne	Holtkötter	03:30,22
Matthias	Pröbsting	2:34,00	Maria	Hemsing	03:52,18
Rafael	Dr. zu Vischering	2:44,00			
Michael	Holtkötter	2:58,01			
1500 m					
Matthias	Pröbsting	4:04,45			
Christian	Vogel	4:06,67			
3000 m / 3 km					
Matthias	Pröbsting	9:12,07	Anne	Holtkötter	11:55
Rafael	Dr. zu Vischering	9:19,60	Ruth	Lutz	12:23
Christian	Vogel	9:40,10	Heike	Frerick	12:37
Michael	Holtkötter	10:29	Maria	Hemsing	12:52
Stanislav	Bartusiak	11:24,41	Ruth	Farke	14:24
Bernhard	Kreienbaum	11:48,24			
Jürgen	Sieme	13:18			
Heinz	Hoveling	13:58			
Florian	Milden	16:02			
3000 m Hindernis					
Christian	Vogel	10:17,80			
Michael	Holtkötter	11:46,48			
5 km					
Christian	Vogel	16:15	Rita	Lanwer	19:12
Matthias	Pröbsting	16:21,70	Anne	Holtkötter	19:56
Christian	Schrandt	16:24	Hannelore	Horst	20:24
Markus	Ischner	17:20	Brigitte	Ziegler	20:32
Klaus	Schulte	17:27	Heike	Frerick	21:13
Andreas	Clausing	18:07	Ruth	Lutz	21:24
Ewald	Fikus	18:10	Maria	Feyerabend	21:59
Hans	Reimann	18:12	Maria	Hemsing	22:25
Michael	Holtkötter	18:18	Alida	Kranenburg	22:38
Martin	Kanne	18:19	Sabine	Roleff	22:43
Andreas	Nergenu	19:20	Heidi	Dittrich	23:07
Stanislav	Bartusiak	19:21	Ruth	Farke	24:21
Andreas	Beßeling	19:35	Christine	Herbert	25:02
Bernd	Huesker	19:47	Annette	Schwarzkopf	25:14
Alexander	Milden	19:47	Simone	Marseille	25:40
Reinhard	Schröder	19:47	Beate	Hagemann	25:59
Norbert	Mühlenkord	19:56	Karin	Grawe	26:35
Werner	Fritsche	19:56	Mechthild	Wolfgramm	27:09
Markus	Jaensch	20:02	Petra	Benz	27:17
Markus	Dombrowski	20:06	Elisabeth	Revering	27:38
Bernhard	Kreienbaum	20:16	Anke	Leßmann	28:40

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5 km					
Magnus	Grüger	20:28	Brunhilde	Dargel	28:41
Winfried	Tillmann	20:42	Johanna	Völkert	30:51
Gottfried	Schäfers	21:14	Ulrike	Deppe	31:01
Theo	Lauhoff	21:25	Monika	Kristowiak	34:01
Christian	Jabs	21:31	Gisela	Hoischen	35:52
Hans	Sch.Schwienhorst	21:47	Kornelia	Sommerfeld-Poell	38:17
Georg	Wetterau	21:50	Lore	Falter	44:46
Bruno	Roleff-Schweers	21:56	Dr. Sylvia	Krawinkel	44:56
Detlev	Brecklinghaus	22:00	Bärbel	Mecklenbrauck	46:31
Jürgen	Sieme	22:02	Marleen	Watty	48:40
Ulrich	Radusch	22:29			
Dieter	Rohloff	22:33			
Holger	Venjakob	22:39			
Heinz	Hoveling	22:51			
Peter	Volkmer	22:53			
Heinz	Hengefeld	22:56			
Simon	Rath	23:30			
Heinz	Alberty	23:43			
Heinz-Jürgen	Revering	23:51			
Georg	Wennekers	24:17			
Thorsten	Ortlepp	24:35			
Lutz	Ernst	24:44			
Klaus	Lietzow	24:57			
Gregor	Veauthier	25:16			
Helmut	Ortlepp	25:20			
Ulrich	Maurer	27:18			
Lars	Haußer	27:23			
Walter	Blume	28:29			
Kai-Uwe	Kock	29:23			
Arne	Fischer	29:48			
Florenz	Plassmann	32:18			
Udo	Kristowiak	36:20			
Rudolf	Heymer	36:30			
Ludwig	Dornseif	38:07			
10 km					
Christian	Schrandt	32:39	Rita	Lanwer	39:19
Matthias	Pröbsting	33:19	Anne	Holtkötter	41:51
Markus	Ischner	35:17	Brigitte	Ziegler	42:20
Christian	Vogel	35:19	Hannelore	Horst	42:23
Klaus	Schulte	36:07	Sigrid	Petry	43:05
Ewald	Fikus	37:07	Maria	Feyerabend	44:13
Martin	Kanne	37:21	Ruth	Lutz	44:15
Hans	Reimann	37:23	Ute	Eckenbach	44:59
Rafael	Dr. zu Vischering	37:24	Maria	Hemsing	46:19
Manfred	Otto	38:16	Heidi	Dittrich	48:11
Andreas	Clausing	38:22	Marlies	Sprenger	49:03
Uwe	Wolbeck	38:42	Barbara	Schonebeck	49:07
Egon	Roth	38:43	Elke	Buth	51:00
Michael	Holtkötter	38:47	Helga	Landfried-Teod.	51:23
Reinhard	Zumdick	39:24	Rike	Ruland	51:24
Dieter	Rosenbaum	39:41	Kerstin	Loeser	51:32
Udo	Twelkemeier	39:44	Ruth	Farke	51:34
Stanislav	Bartusiak	40:01	Simone	Löchte	52:49

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10 km

Gregor	Veauthier	40:12	Anne	Thonemann	53:51
Reinhard	Schröder	40:34	Beate	Hagemann	55:26
Bernd	Huesker	40:37	Karin	Ortlepp	55:36
Berthold	Kökelsum	41:14	Cecilia	Pöpke	55:51
Winfried	Tillmann	41:25	Inke	Teodoruk	58:56
Bernhard	Kreienbaum	41:43	Birgit	Nathaus	59:02
Andreas	Nergenu	41:49	Gesine	Kiesel	59:03
Rainer	Uetz	42:08	Ursula	Claus	59:16
Gottfried	Schäfers	42:25	Sunniva	Schulz	59:33
Markus	Dombrowski	42:38	Gabi	Ringas	59:48
Christian	Jabs	42:47	Monika	Herding	01:00:12
Theo	Lauhoff	42:53	Anusch	Melkonyan	01:00:55
Stefan	Lammers	43:22	Andrea	Beigel	01:00:58
Dr. Benedikt	Vennemann	43:30	Marita	Reimann	01:00:59
Magnus	Grüger	44:00	Dorothea	Tewes	01:01:53
Klaus	Ehling	44:17	Petra	Caspari	01:02:24
Wolfgang	Klaiber	44:19	Irmgard	Rüpp	01:03:06
Frank	Schleicher	44:37	Christiane	Bodenberger	01:03:23
Gregor	Hensen	44:54	Bärbel	Sinke	01:03:38
Stefan	Chrzanowski	44:57	Uschi	Sypiena	01:05:37
Ulrich	Budde	45:01	Monika	Hanke	01:09:48
Josef	Niehoff	45:37			
Hans	Daldrop	45:39			
Horst	Bodenberger	45:54			
Holger	Venjakob	46:11			
Wilhelm	Thonemann	46:30			
Helmuth	Eiken	46:40			
Johannes	Horst	46:41			
Peter	Volkmer	46:58			
Heinrich	Dörries	46:59			
Stefan	Werding	47:11			
Bernhard	Homann	47:27			
Heinz	Hengefeld	47:37			
Heinz	Hoveling	47:44			
Dieter	Feldhaus	47:47			
Hinz	Völkert	47:57			
Ulrich	Badde	48:08			
Werner	Driese	48:09			
Jürgen	Onasch	48:17			
Ulrich	Radusch	48:22			
Gerd	Jahn	48:27			
Hans-Werner	Stöcker	48:34			
Jürgen	Sieme	48:53			
Dieter	Rohloff	49:01			
Jürgen	Kallerhoff	49:09			
Klaus	Becker	49:16			
Andreas	Hasebrock	49:19			
Jürgen	Schmitz	49:40			
Klaus	Neufend	49:47			
Bodo	Bruder	50:18			
Achim	Wahle	50:19			
Bernd	Polhuis	50:33			
Helmut	Ortlepp	50:43			
Uwe	Veen/ter	51:32			

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FRAUEN

10 km					
Heinz	Alberty	51:49			
Jürgen	Breforth	51:54			
Andreas	Volbracht	53:05			
Bernhard	Lauhoff	53:21			
Thorben	Fromme	53:35			
Thorsten	Spitta	53:48			
Ulrich	Maurer	54:40			
Dieter	Raestrup	55:01			
Bernd-Rudolf	Jarschel	55:13			
Richard	Mol	55:34			
Georg	Wennekers	55:47			
Rolf	Ottensarend	56:35			
Rudi	Völlering	57:28			
Oliver	Hasenkamp	59:31			
Horst	Schulz	59:33			
Klaus	Wiemann	59:33			
Arne	Fischer	01:00:24			
Jürgen	Gottszky	01:02:39			
15 km					
Hans	Reimann	56:57	Rita	Lanwer	01:01:37
Manfred	Otto	58:44	Eva	Kammer	01:02:39
Ewald	Fikus	58:56	Anne	Holtkötter	01:06:21
Michael	Holtkötter	59:09	Maria	Feyerabend	01:07:22
Egon	Roth	59:47	Ruth	Lutz	01:08:40
Stanislav	Bartusiak	01:01:09	Barbara	Schonebeck	01:12:45
Bernd	Huesker	01:01:24	Marlies	Sprenger	01:15:51
Markus	Ischner	01:01:24	Heidi	Dittrich	01:16:12
Reinhard	Zumdick	01:01:40	Cecilia	Pöpke	01:26:48
Andreas	Clausing	01:05:13	Marita	Reimann	01:32:46
Dieter	Korte	01:05:39	Andrea	Beigel	01:33:00
Magnus	Grüger	01:06:22	Agnes	Scheipers	01:35:41
Gottfried	Schäfers	01:06:30	Irmgard	Rüpp	01:35:43
Winfried	Tillmann	01:07:34	Christiane	Bodenberger	01:42:07
Stefan	Lammers	01:08:00	Bärbel	Sinke	01:42:22
Holger	Venjakob	01:09:48			
Wilhelm	Thonemann	01:11:37			
Ulrich	Budde	01:11:41			
Klaus	Becker	01:13:10			
Jürgen	Kallerhoff	01:16:30			
Bernd	Böckers	01:19:07			
Hinz	Völkert	01:21:07			
Dieter	Rohloff	01:24:13			
Horst	Schulz	01:24:37			
Oliver	Hasenkamp	01:31:08			
Heinz	Bücker	01:33:09			

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FRAUEN

Halbmarathon					
Christian	Schrandt	01:18:42	Rita	Lanwer	01:27:45
Markus	Ischner	01:19:19	Eva	Kammer	01:29:46
Ewald	Fikus	01:20:50	Hannelore	Horst	01:30:13
Hans	Reimann	01:21:26	Brigitte	Ziegler	01:32:20
Egon	Roth	01:22:09	Anne	Holtkötter	01:33:17
Jürgen	Düking	01:24:22	Maria	Feyerabend	01:37:15
Ralf	Böckenholt	01:24:29	Ruth	Lutz	01:40:46
Manfred	Otto	01:24:50	Maria	Hemsing	01:45:10
Andreas	Clausing	01:25:28	Barbara	Schonebeck	01:46:51
Michael	Holtkötter	01:25:41	Heidi	Dittrich	01:48:22
Andreas	Löcken	01:26:30	Ingrid	Johannes	01:54:34
Bernd	Huesker	01:27:18	Parvin	Kamp	01:54:52
Christian	Vogel	01:27:28	Elke	Buth	01:54:52
Reinhard	Zumdick	01:27:32	Marlies	Sprenger	01:54:57
Stanislav	Bartusiak	01:27:52	Mechthild	Neuer	01:55:48
Martin	Kanne	01:28:41	Christa	Papenkort	01:56:26
Udo	Twelkemeier	01:29:24	Helga	Landfried-Teod.	01:57:04
Gregor	Veauthier	01:29:42	Beate	Hagemann	01:58:18
Andreas	Nergenau	01:30:25	Cecilia	Pöpke	02:01:21
Markus	Dombrowski	01:30:49	Renate	Lepkowski	02:03:01
Bernhard	Kreienbaum	01:30:54	Simone	Marseille	02:04:27
Andreas	Krämer	01:31:17	Gabi	Ringas	02:09:07
Winfried	Tillmann	01:31:39	Mechthild	Wolfgramm	02:09:27
Bernhard	Paßlick	01:32:13	Birgit	Karst	02:11:27
Gottfried	Schäfers	01:32:59	Ruth	Farke	02:11:29
Stefan	Chrzanowski	01:33:15	Kerstin	Loeser	02:11:53
Ulrich	Budde	01:33:35	Simone	Löchte	02:15:01
Berthold	Kökelsum	01:35:00	Anusch	Melkonyan	02:15:18
Dieter	Korte	01:35:32	Inke	Teodoruk	02:15:42
Dieter	Sternberg	01:35:37	Sunniva	Schulz	02:16:29
Christian	Jabs	01:37:06	Marita	Reimann	02:16:39
Christoph	Haecker	01:37:32	Anne-Kathrin	Willamowski	02:18:06
Magnus	Grüger	01:37:58	Brigitte	Averdiek	02:18:15
Stefan	Lammers	01:38:32	Birgit	Nathaus	02:18:37
Hans-Werner	Stöcker	01:40:47	Irmgard	Rüpp	02:19:39
Dr. Benedikt	Vennemann	01:42:15	Dorothea	Tewes	02:19:39
Burkhard	Blumberger	01:42:16	Annette	Traud	02:20:50
Joachim	Lorek	01:42:20	Brigitte	Heckmann	02:21:04
Theo	Lauhoff	01:42:31	Andrea	Beigel	02:22:41
Wilhelm	Thonemann	01:42:54	Elke	Schulz	02:24:05
Heinrich	Dörries	01:44:10	Rita	v. Borzyskowski	02:27:37
Dirk	Fahrenhorst	01:44:30	Jutta	Tüllmann	02:30:11
Peter	Samulski	01:44:32	Monika	Kristowiak	02:32:14
Dieter	Rohloff	01:44:34	Monika	Hanke	02:33:47
Georg	Wetterau	01:44:42	Christa	Barlogie	02:36:55
Heinz	Hengefeld	01:45:22			
Klaus	Becker	01:48:05			
Manfred	Werning	01:48:08			
Johannes	Horst	01:48:43			
Josef	Niehoff	01:49:06			
Heinz	Hoveling	01:49:30			
Helmuth	Eiken	01:50:05			
Jürgen	Onasch	01:50:10			
Bruno	Roleff-Schweers	01:51:19			

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FRAUEN

Halbmarathon					
Holger	Venjakob	01:52:54			
Gregor	Hensen	01:53:21			
Werner	Driese	01:53:38			
Bodo	Bruder	01:55:36			
Jürgen	Schmitz	01:55:46			
Hinz	Völkert	01:55:48			
Erich	Rührup	01:56:51			
Richard	Mol	01:57:56			
Detlev	Brecklinghaus	02:00:26			
Frank	Bolhaar	02:01:00			
Horst	Schulz	02:01:38			
Andreas	Hasebrock	02:03:32			
Uwe	Veen/ter	02:04:38			
Horst	Blotenberg	02:08:13			
Heinz	Bücker	02:09:20			
Hans Hermann	Karst	02:11:33			
Michael	Schlenkhoff	02:11:54			
Rolf	Ottensarend	02:18:37			
Arne	Fischer	02:19:24			
Hans-Jürgen	Wolfgramm	02:19:36			
Bernd-Rudolf	Jarschel	02:23:48			
Klaus	Wiemann	02:24:34			
Florenz	Plassmann	02:26:54			
Volker	Wolfgramm	02:32:05			
Udo	Kristowiak	02:40:59			
25 km					
Bernd	Huesker	01:48:32	Hannelore	Horst	01:51:35
Stanislav	Bartusiak	01:49:13	Brigitte	Ziegler	01:52:15
Andreas	Nergenu	01:56:38	Ruth	Lutz	02:05:39
Horst	Schulz	02:31:03	Helga	Landfried-Teod.	02:37:26
Heinz	Bücker	02:40:18	Agnes	Scheipers	02:43:23
Jürgen	Koßmeier	02:46:32	Brigitte	Averdiek	02:44:19
			Anne-Kathrin	Willamowski	02:46:06
			Ursula	Claus	02:47:40
			Elke	Schulz	02:50:43
			Sunniva	Schulz	02:52:21
			Dorothea	Tewes	02:52:21
			Annette	Schwarzkopp	03:04:26
			Inke	Teodoruk	03:06:22
30 km					
Andreas	Clausing	02:27:31			

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FRAUEN

Marathon					
Markus	Ischner	02:45:56	Eva	Kammer	03:02:50
Egon	Roth	02:57:11	Hannelore	Horst	03:10:15
Klaus	Schulte	02:57:43	Brigitte	Ziegler	03:16:10
Ewald	Fikus	02:57:45	Anne	Holtkötter	03:29:12
Ralf	Böckenholt	03:02:31	Ruth	Lutz	03:34:16
Jürgen	Düking	03:04:51	Maria	Feyerabend	03:35:49
Andreas	Clausing	03:06:48	Barbara	Schonebeck	03:48:55
Michael	Geske	03:07:11	Marlies	Sprenger	03:49:21
Bernd	Huesker	03:08:07	Julia	Suwelack	03:50:48
Manfred	Otto	03:13:26	Maria	Hemsing	03:54:05
Hans	Reimann	03:13:58	Christiane	Nienhaus	03:57:06
Bernhard	Paßlick	03:14:06	Hildegard	Kerkhoff	04:04:39
Reinhard	Zumdick	03:14:22	Heidi	Dittrich	04:06:15
Udo	Twelkemeier	03:15:43	Christel	Löchte	04:09:02
Gregor	Veauthier	03:15:51	Ingrid	Johannes	04:11:57
Dieter	Korte	03:17:22	Ute	König	04:13:27
Andreas	Löcken	03:18:05	Elke	Buth	04:14:56
Stefan	Chrzanowski	03:20:14	Beate	Hagemann	04:15:09
Gottfried	Schäfers	03:22:17	Cecilia	Pöpke	04:17:36
Berthold	Kökelsum	03:24:21	Anne	Thonemann	04:19:04
Dieter	Sternberg	03:27:27	Mechthild	Neuer	04:20:36
Andreas	Krämer	03:28:13	Alida	Kranenburg	04:22:16
Michael	Sippel	03:28:41	Tatjana	Bialas	04:25:32
Bernhard	Kreienbaum	03:29:02	Almut	Mecking	04:25:37
Andreas	Beßeling	03:29:09	Magdalene	Everke-Mecheln	04:26:02
Rainer	Uetz	03:31:03	Parvin	Kamp	04:27:42
Marcus	Averbeck	03:32:27	Kirsten	Brand	04:28:11
Ulrich	Budde	03:32:31	Christa	Papenkort	04:29:40
Dieter	Rosenbaum	03:33:51	Helga	Landfried-Teod.	04:38:19
Stefan	Priess	03:33:53	Angelika	Dohmann	04:38:52
Andreas	Nergenu	03:33:56	Ulrike	Hartkopf	04:39:17
Heiner	Cloppenburg	03:34:27	Antje	Leidiger	04:39:57
Manfred	Werning	03:35:29	Elisabeth	Revering	04:41:15
Tobias	Korber	03:37:50	Kerstin	Loeser	04:43:06
Horst	Bodenberger	03:38:19	Gabi	Ringas	04:52:09
Thomas	Braun	03:38:31	Annette	Schwarzkopf	04:53:38
Hans-Werner	Stöcker	03:39:00	Christine	Herbert	04:54:21
Michael	Holtkötter	03:40:20	Hildegard	Durynek	04:54:22
Magnus	Grüger	03:42:33	Barbara	Wigger	04:54:44
Stefan	Lammers	03:43:33	Inke	Teodoruk	05:11:10
Thomas P.	Rundle	03:43:52	Anusch	Melkonyan	05:16:34
Dirk	Fahrenhorst	03:44:04	Christa	Sieme	05:19:05
Hans	Daldrop	03:44:41	Doris	Ring	05:19:05
Klaus	Neufend	03:48:13	Eva-Maria	Rochau	05:24:42
Winfried	Tillmann	03:50:09	Bärbel	Sinke	05:27:09
Wilhelm	Thonemann	03:50:48	Brunhilde	Dargel	05:27:09
Martin	Obst	03:51:32	Andrea	Beigel	05:27:10
Fred	Uerdingen	03:51:59			
Martin	Braun	03:53:42			
Klaus	Kampelmann	03:53:47			
Werner	Driese	03:53:52			
Christian	Jabs	03:54:12			
Helmuth	Eiken	03:55:13			
Jürgen	Sieme	03:55:19			

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FRAUEN

### Marathon

Joachim	Lorek	03:55:48
Peter	Samulski	03:55:55
Dr. Benedikt	Vennemann	03:56:49
Markus	Hawel	03:58:02
Peter	Volkmer	03:59:17
Hinz	Völkert	04:02:00
Dieter	Rohloff	04:03:16
Georg	Wetterau	04:04:06
Bodo	Bruder	04:04:18
Gregor	Hensen	04:04:30
Ludger	Koch	04:04:35
Heinz	Hengefeld	04:04:51
Theo	Lauhoff	04:05:29
Klaus	Ehling	04:11:29
Hans-Jürgen	Wolfgramm	04:13:39
Peter	Kanter	04:14:14
Bruno	Roleff-Schweers	04:14:20
Jürgen	Onasch	04:15:42
Johannes	Horst	04:16:42
Dr. Horst	Bürger	04:16:52
Wolfgang	Hübner	04:21:53
Josef	Niehoff	04:23:17
Markus	Brauck/vom	04:24:22
Robert	Lenger	04:25:16
Richard	Mol	04:26:12
Heinz-Jürgen	Revering	04:41:15
Friedhelm	Neuhaus	04:42:48
Jürgen	Breforth	04:49:28
Andreas	Hasebrock	04:50:04



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FRAUEN

Marathon					
Udo	Greger	04:58:48			
Uwe	Veen/ter	05:07:31			
Horst	Schulz	05:18:24			
Helmut	Ortlepp	05:27:12			
50 km					
Michael	Geske	03:55:32	Heidi	Dittrich	04:54:51
Thomas	Braun	04:17:38			
Wilhelm	Thonemann	04:42:04			
Jürgen	Sieme	05:06:24			
Georg	Wetterau	06:09:25			
100 km					
			Christine	Herbert	14:27:29
			Angelika	Dohmann	14:27:29
			Hildegard	Durynek	14:27:29
			Annette	Schwarzkopp	17:58:01