

Rang	Nachname	Vorname	Mannschaft	TOP 3 (h:m:s)	DM 2013	DM 2014	DM 2015	DM 2016	TOP 3 (h:m:s)2
1	Karsten	Irene	Warstade	03:17:43	01:08:00	01:05:10	00:51:42	01:04:33	03:17:43
2	Buck	Erna	Warstade	02:54:53	00:52:15	00:52:20		01:10:18	02:54:53
3	Söhl	Helga	Westersode	02:43:10	00:54:25	00:48:20	00:36:50	01:00:25	02:43:10
4	Kowald	Annegret	Neuengamme	02:42:51	01:05:52	00:36:58	01:00:01	00:32:12	02:42:51
5	Barthelmann	Gertrud	Jesserndorf	02:29:37	00:42:20	01:02:00	00:29:51	00:45:17	02:29:37
6	Schulz	Käte	Warstade	02:10:11	00:41:20		00:40:10	00:48:41	02:10:11
7	Beckmann	Marita	Westersode	02:05:23	00:53:11	00:30:50	00:41:22		02:05:23
8	Driessen	Ute	Würselen-Haal	02:03:01	00:48:03	00:38:58	00:36:00	00:18:31	02:03:01
9	Müller	Silvia	Warstade	02:02:25		00:53:52	00:36:21	00:32:12	02:02:25
10	Reimer	Marion	Westersode	02:02:07	00:22:10	00:59:45	00:34:41	00:27:41	02:02:07
11	Mocha	Helga	Würselen-Haal	02:01:33	00:43:38	00:42:30	00:32:32	00:35:25	02:01:33
12	Krott	Silvia	Würselen-Haal	02:01:14	00:34:24	00:53:00	00:33:50		02:01:14
13	Prümm	Betty	Würselen-Haal	01:55:02	00:33:48	00:41:20	00:18:16	00:39:54	01:55:02
14	Scheel	Ute	Neuengamme	01:52:47	00:34:55	00:41:25		00:36:27	01:52:47
15	Weber	Elke	Warstade	01:51:48		00:51:30	00:48:48	00:11:30	01:51:48
16	Huppmann	Michaela	Jesserndorf	01:42:11	00:51:01	00:51:10			01:42:11
17	Angermann	Jaqueline	Jesserndorf	01:37:22	00:27:20	00:34:01	00:36:01		01:37:22
18	Tropartz	Irmgard	Würselen-Haal	01:30:10	00:34:00	00:33:40	00:22:30		01:30:10
19	Hampel	Rita	Arnsberg-Voßwinkel	01:29:29	00:51:58	00:37:31			01:29:29
20	Mock	Carmen	Jesserndorf	01:21:14	00:38:52	00:42:22			01:21:14