

Ergebnisliste Exter FlexRun 2026

ALPLA Baukastenlauf 10,5 km

PL	SNR		Name	JG		AK	Verein	Netto	Ziel
1.	656	1.	M Lampe, Manuel	1997	1.	M20	Torpedo Steinbrück	41:11:00	41:14:00
2.	655	2.	M Klawuhn, Marcel	1991	1.	M35		41:08:00	41:15:00
3.	663	3.	M Harmening, Nils	1978	1.	M45	PlantBasedRunners	44:45:00	44:48:00
4.	513	4.	M Weking, Jannik	2001	2.	M20		45:53:00	45:55:00
5.	549	1.	W Klempt, Michelle	1997	1.	W20	Airbreaker	46:33:00	46:40:00
6.	519	2.	W Krüger-Reistel, Verena	1986	1.	W40	SGE Exter	46:45:00	47:10:00
7.	508	5.	M Sielemann, Dirk	1968	1.	M55	HF Runner	48:04:00	48:09:00
8.	514	6.	M Campos Silva, Antonio	1982	1.	M40	Vlotho Inferno	49:53:00	50:02:00
9.	546	3.	W Demberg, Pauline	2001	2.	W20		52:24:00	52:34:00
10.	540	4.	W Klempt, Fabienne	1999	3.	W20	Airbreaker	52:57:00	53:05:00
11.	629	7.	M Burchert, Max	2001	3.	M20	KissMyAssphalt	52:40:00	53:08:00
12.	563	5.	W Schumann, Moni	1970	1.	W55	Die VitaSol Krabbelgruppe	54:31:00	54:37:00
13.	650	8.	M Miljak, Tihomir	1988	2.	M35		55:08:00	55:26:00
14.	637	9.	M Korff, Lukas	2000	4.	M20		55:14:00	55:40:00
15.	580	10.	M Windelband, Kevin	1989	3.	M35		55:49:00	55:58:00
16.	576	6.	W Schütte, Kim Kaja	2006	4.	W20		55:49:00	55:58:00
17.	547	7.	W Demberg, Marie	2003	5.	W20		56:53:00	57:03:00
18.	613	11.	M Breitsprecher, Daniel	1987	4.	M35	Stadtverwaltung Bad Salzuflen	57:00:00	57:22:00
19.	585	12.	M Krone, Maximilian	1996	1.	M30	SV 06 Oetinghausen	57:14:00	57:32:00
20.	623	8.	W Kaiser, Janina	1993	1.	W30		57:48:00	58:05:00
21.	624	9.	W Kienlein, Franziska	1988	1.	W35		57:48:00	58:06:00

22.	503	13.	M	Schlußmeier, Dag	1962	1.	M60		58:48:00	59:01:00
23.	661	14.	M	Plöger, Niklas	2003	5.	M20		59:30:00	01:00:01
24.	554	15.	M	Mawick, Jost	2003	6.	M20	FKG Solz vor der Hütte	59:46:00	01:00:01
25.	660	16.	M	Berges, Dirk	1984	2.	M40	CVJM Wehrendorf	01:00:06	01:00:33
26.	632	10.	W	Yao, Lida	2001	6.	W20	KissMyAssphalt	01:00:27	01:00:56
27.	606	11.	W	Tunnat, Jana	1991	2.	W35		01:02:50	01:03:09
28.	636	17.	M	Schneider, Thomas	1956	1.	M70	Alten Resten eine Chance	01:03:06	01:03:26
29.	501	12.	W	Bessel, Sonja	1980	1.	W45		01:03:58	01:04:04
30.	676	18.	M	Matthias, Yannick	1998	7.	M20		01:04:19	01:04:38
31.	664	13.	W	Tacke, Monika	1986	2.	W40	Die VitaSol Krabbelgruppe	01:04:36	01:04:43
32.	594	14.	W	Becker, Isabeau	2001	7.	W20		01:05:08	01:05:27
33.	614	15.	W	Ciraci, Gianna	2001	8.	W20	Stadtverwaltung Bad Salzuflen	01:05:09	01:05:27
34.	523	16.	W	Tariq, Tiara	2002	9.	W20	Vlotho Inferno	01:05:48	01:05:57
35.	536	17.	W	Rabus, Anna	1999	10.	W20	annarabus@yahoo.com	01:05:34	01:05:58
36.	537	19.	M	Weking, David	1995	2.	M30	david.weking1@gmail.com	01:05:36	01:05:59
37.	669	20.	M	Kele, Sebastian	1998	8.	M20		01:06:00	01:06:07
38.	603	18.	W	Kele, Ioana	1998	11.	W20		01:06:00	01:06:07
39.	619	19.	W	Schmidt, Birgit	1969	2.	W55	Stadtverwaltung Bad Salzuflen	01:05:53	01:06:15
40.	593	21.	M	Strömich, Bernd	1963	2.	M60		01:06:38	01:06:59
41.	596	20.	W	Philipps, Rebekka	1991	3.	W35		01:07:08	01:07:27
42.	668	21.	W	Richter, Laura	1989	4.	W35		01:07:24	01:07:50
43.	616	22.	W	Hennig, Christine	1978	2.	W45	Stadtverwaltung Bad Salzuflen	01:07:31	01:07:52
44.	633	23.	W	Tiemann, Klaudia	1970	3.	W55	Tura Löhne Lauftreff	01:07:42	01:07:59
45.	634	22.	M	Hawighorst, Jörg	1971	2.	M55	Tura Löhne Lauftreff	01:07:43	01:08:00
46.	531	23.	M	Stoyke, Peter	1956	2.	M70	TuS Hartum	01:07:47	01:08:07
47.	673	24.	W	Steinmann, Denise	1976	1.	W50		01:12:43	01:13:18
48.	675	24.	M	Katilar, Noris	1973	1.	M50		01:12:46	01:13:21
49.	517	25.	W	Salewski, Dagmara	1973	2.	W50		01:14:02	01:14:41
50.	522	25.	M	Schilling, Michael	1970	3.	M55		01:18:11	01:18:41

51.	521	26.	W	Schilling, Sandra	1979	3.	W45	01:18:11	01:18:41
52.	511	27.	W	Dirksen, Annika	1992	2.	W30	01:20:45	01:20:58

ALPLA Baukastenlauf 21 km

PL	SNR			Name	JG		AK	Verein	10,5 km	Netto	Ziel
1.	646	1.	M	Pampel, Florian	1995	1.	M30		41:49:00	01:24:44	01:24:46
2.	578	2.	M	Schrand, Ken Jakob	1996	2.	M30		45:30:00	01:30:33	01:30:39
3.	589	3.	M	Leßmann, Jan	1973	1.	M50	Bremer Tri Team	44:52:00	01:30:47	01:30:50
4.	666	4.	M	Paczkowski, Marek	1970	1.	M55	TV Einigkeit Langenberg	46:42:00	01:33:52	01:34:00
5.	535	5.	M	Panzner, Max-Fabio	2005	1.	M20		49:00:00	01:35:32	01:35:36
6.	618	6.	M	Rode, Andreas	1995	3.	M30	Stadtverwaltung Bad Salzuffen	46:56:00	01:35:52	01:36:14
7.	662	1.	W	Habbe, Alexandra	2004	1.	W20		49:40:00	01:38:39	01:39:03
8.	622	2.	W	Köster, Bea	1991	1.	W35		49:56:00	01:39:04	01:39:10
9.	626	7.	M	Johanniemann, Florian	1988	1.	M35		51:38:00	01:40:34	01:40:51
10.	590	8.	M	Hamacher, Matthis	2002	2.	M20		50:40:00	01:42:59	01:43:05
11.	509	9.	M	Leitner, Sebastian	1983	1.	M40		51:53:00	01:43:47	01:43:59
12.	625	10.	M	Wissmann, Markus	1979	1.	M45		51:52:00	01:46:01	01:46:17
13.	617	11.	M	Pollmann, Detlev	1967	2.	M55	Stadtverwaltung Bad Salzuffen	52:54:00	01:46:33	01:46:39
14.	670	3.	W	Kölling, Hannah	1995	1.	W30	RC Endspurt Herford	54:00:00	01:46:54	01:47:04
15.	582	12.	M	Egloff, Christian	1988	2.	M35		54:40:00	01:47:04	01:47:11
16.	562	13.	M	Bröking, Yannick	1995	4.	M30		54:18:00	01:47:37	01:48:07
17.	577	14.	M	Schmiedeskamp, Bernt	1954	1.	M70	TSVE 1890 Bielefeld	54:55:00	01:50:01	01:50:09
18.	608	4.	W	Wippich, Sara	1984	1.	W40		55:43:00	01:50:30	01:50:53
19.	627	5.	W	Nahrwold, Carolin	1983	2.	W40	SG Schamerloh Loperei	56:31:00	01:54:38	01:54:48
20.	553	15.	M	Krause, Tim	1996	5.	M30		56:58:00	01:54:44	01:55:15
21.	604	16.	M	Kuhlmann, Jan-Luca	1999	3.	M20		56:40:00	01:54:58	01:55:25
22.	566	6.	W	Maren, Walter	1995	2.	W30	OS.RunningClub	56:29:00	01:55:56	01:56:18
23.	648	17.	M	Hempelmann, Lukas	1994	6.	M30	SV 06 Oetinghausen	56:32:00	01:56:08	01:56:26

24.	520	7.	W	Klaiber, Mona	2003	2.	W20		57:56:00	01:56:46	01:56:55
25.	565	8.	W	Lange, Milena	2000	3.	W20	Die VitaSol-Krabbelgruppe	56:53:00	01:57:49	01:57:54
26.	620	18.	M	Weege, Dirk	1964	1.	M60	Stadtverwaltung Bad Salzuflen	55:45:00	01:58:55	01:59:14
27.	653	19.	M	Görg, Christian	1980	2.	M45		01:00:37	01:59:15	01:59:37
28.	506	20.	M	Biere, Matthias	1973	2.	M50		58:19:00	01:59:31	02:00:06
29.	600	21.	M	Jonas, Simon	1990	3.	M35		01:00:28	02:01:57	02:02:07
30.	631	22.	M	Gandras, Ben	1998	4.	M20	KissMyAssphalt	01:00:56	02:01:50	02:02:19
31.	615	23.	M	Buchhorn, Marcus	1967	3.	M55	Stadtverwaltung Bad Salzuflen	58:53:00	02:03:54	02:04:02
32.	510	24.	M	Pruschke, Carsten	1983	2.	M40		58:18:00	02:04:26	02:04:39
33.	671	25.	M	Weishaupt, Sven	2000	5.	M20		57:16:00	02:04:19	02:04:49
34.	630	26.	M	Niedernolte, Ralf	1965	2.	M60	KissMyAssphalt	01:04:46	02:05:23	02:05:53
35.	642	27.	M	Schröder, Jan	1988	4.	M35		01:02:38	02:06:08	02:06:20
36.	516	28.	M	Wunram, Markus	1970	4.	M55		01:04:25	02:08:05	02:08:21
37.	586	9.	W	Krone, Theresa	1996	3.	W30		01:03:02	02:09:43	02:10:00
38.	543	29.	M	Meyer, Tobias	1991	5.	M35		01:03:45	02:09:52	02:10:22
39.	542	10.	W	Riedel, Bettina	1975	1.	W50		01:05:03	02:10:29	02:10:43
40.	515	30.	M	Oberbeckmann, Andre	1974	3.	M50	LK BOEH	01:05:03	02:10:29	02:10:43
41.	584	31.	M	Kaiser, Mario	1976	4.	M50		01:02:21	02:12:23	02:12:39
42.	674	11.	W	Valnion, Marie- Christine	1986	3.	W40		01:05:28	02:15:27	02:15:41
43.	579	12.	W	Lohmann, Friederike	1992	4.	W30		01:07:43	02:15:57	02:16:30
44.	672	13.	W	Neubert, Stella	2005	4.	W20		01:06:17	02:16:45	02:16:52
45.	587	32.	M	Wilkening, Erik	2000	6.	M20	TuS Westfalia Vlotho-Uffeln	01:07:42	02:17:31	02:17:57
46.	658	33.	M	Klocke, Nico	2008	1.	MJU20		01:06:56	02:17:55	02:18:07
47.	583	34.	M	Hartwig, Manuel	1986	3.	M40	TG Werste	01:06:58	02:17:51	02:18:07
48.	621	35.	M	Liers, Thomas	1968	5.	M55		01:03:56	02:19:01	02:19:25
49.	607	14.	W	Weishaupt, Joanni	2008	1.	WJU20		01:08:03	02:19:32	02:20:00
50.	645	36.	M	David, David	1975	5.	M50	Teuto Run & Fun	01:07:26	02:19:48	02:20:18
51.	559	15.	W	Psotta, Ida	1999	5.	W20		01:05:45	02:21:04	02:21:25
52.	570	37.	M	Pönnighaus, Patrick	1988	6.	M35		01:07:16	02:21:39	02:21:56

53.	534	16.	W	Thiermann, Christina	1977	1.	W45	SG Schamerloh - Loperei	01:07:36	02:22:50	02:23:01
54.	644	17.	W	Krämer, Anke	1985	4.	W40		01:11:02	02:23:28	02:23:43
55.	581	38.	M	Klose, Ulrich	1972	6.	M50		01:10:09	02:23:26	02:24:05
56.	641	18.	W	Berlinger, Lisa	2002	6.	W20		01:09:24	02:24:56	02:25:00
57.	639	19.	W	Lage, Andrea	1978	2.	W45	Tura Löhne Lauftreff	01:10:03	02:28:01	02:28:13
58.	601	20.	W	Niemeier-Vogt, Simone	1966	1.	W60	Active Sportshop Herford	01:13:48	02:32:54	02:33:08
59.	555	21.	W	Diekwisch, Greta	2007	2.	WJU20		01:16:48	02:36:52	02:37:16
60.	610	22.	W	Fasanella, Katrin	1967	1.	W55		01:16:50	02:38:33	02:38:53
61.	649	23.	W	Tausch, Claudia	1960	1.	W65	Sunday Run Club	01:16:51	02:42:42	02:42:59
62.	541	24.	W	Pauli, Manja	1993	5.	W30		01:18:27	02:54:08	02:54:28

ALPLA Baukastenlauf 31,5 km

PL	SNR		Name	JG		AK	Verein	10,5 km	21,0 km	Netto	Ziel	
1.	640	1.	M	Griese, Sven	1976	1.	M50	Tura Löhne Lauftreff	42:13:00	01:25:17	02:08:36	02:08:39
2.	659	2.	M	Maschmeyer, Sebastian	1978	1.	M45	Hillpower Laufteam	47:36:00	01:34:05	02:20:27	02:20:47
3.	611	3.	M	Krüger, Torsten	1976	2.	M50	Die Luschen	47:45:00	01:36:24	02:25:08	02:25:14
4.	504	4.	M	Eikmeier, Niklas	1997	1.	M20	T.G.Ennigloh	45:48:00	01:33:20	02:26:53	02:26:59
5.	560	5.	M	Sprott, Alexander	1994	1.	M30	Die VitaSol Krabbelgruppe	49:10:00	01:39:49	02:32:38	02:32:45
6.	588	6.	M	Deppe, Christopher	1997	2.	M20		55:40:00	01:50:48	02:50:37	02:51:02
7.	609	7.	M	Wippich, Jens	1979	2.	M45	LAV Habbelrath-Grefrath	55:45:00	01:52:23	02:55:28	02:55:51
8.	545	8.	M	Kohlstädt, Jan	1995	2.	M30		59:55:00	01:57:36	02:58:48	02:59:13
9.	591	9.	M	Engelking, Marco	1985	1.	M40	Sunday Run Club Vlotho	57:22:00	01:56:38	02:59:02	02:59:19
10.	548	10.	M	Richter, Mario	1982	2.	M40		01:02:23	02:05:15	03:07:21	03:07:46
11.	574	11.	M	Daldrup, Thomas	1987	1.	M35		01:02:23	02:05:16	03:07:22	03:07:48
12.	550	1.	W	Von der Ahe, Rebecca	1987	1.	W35		01:00:28	02:02:07	03:08:16	03:08:25
13.	635	2.	W	Wenzel, Regina	1966	1.	W60	Alten Resten eine Chance	59:55:00	02:02:31	03:09:03	03:09:18
14.	512	12.	M	Thomas, Frank	1967	1.	M55	BTG 1848 Bielefeld	01:05:29	02:12:21	03:20:05	03:20:29
15.	638	3.	W	Rimatзки, Franziska	2003	1.	W20	TV Lemgo	01:06:07	02:15:26	03:21:57	03:22:05

16.	654	4.	W	Fründ, Sandra	1984	1.	W40	01:03:56	02:15:40	03:22:24	03:22:46
17.	647	5.	W	Richtzenhain, Jutta	1982	2.	W40	01:02:29	02:12:15	03:24:01	03:24:13
18.	572	13.	M	Agethen, Bennet	2008	1.	MJU20	01:03:50	02:11:52	03:28:23	03:28:34
19.	528	6.	W	Sturhan, Judy	2005	2.	W20	01:06:56	02:17:48	03:31:02	03:31:14
20.	665	14.	M	Bergmann, Dennis	1987	2.	M35	01:06:58	02:17:49	03:31:08	03:31:39
21.	533	15.	M	Rieger, Enno	2005	3.	M20	01:03:14	02:07:37	03:36:21	03:36:34
22.	530	7.	W	Jost, Isabelle	1997	3.	W20	01:14:34	02:27:06	03:42:01	03:42:24
23.	552	8.	W	Brakemann, Vanessa	1994	1.	W30	01:07:15	02:22:58	03:45:04	03:45:25
24.	605	9.	W	Hemicker, Dagmar	1960	1.	W65	01:13:48	02:33:10	03:51:46	03:52:01

ALPLA Baukastenlauf 42 km

PL	SNR		Name	JG		AK	Verein	10,5 km	21,0 km	31,5 km	Netto	Ziel	
1.	567	1.	M	Berg, Martin	1968	1.	M55	Sunday Run Club Vlotho	43:21:00	01:28:33	02:14:32	03:00:53	03:00:56
2.	652	2.	M	Reese, Kevin	1998	1.	M20	TG Lage	41:18:00	01:25:32	02:14:32	03:03:08	03:03:10
3.	573	3.	M	Radünz, Marc	1974	1.	M50		44:48:00	01:30:46	02:17:48	03:07:09	03:07:14
4.	561	1.	W	Leefken, Johanna	1999	1.	W20	Die VitaSol Krabbelgruppe	49:07:00	01:39:27	02:28:17	03:14:50	03:14:54
5.	551	4.	M	Simon, Jannik	2000	2.	M20	Running Gooses	50:15:00	01:43:05	02:43:15	03:54:56	03:55:00
6.	568	5.	M	Kuhl, Paul Fritz	2004	3.	M20		50:15:00	01:43:05	02:43:15	03:54:57	03:55:02
7.	575	6.	M	Viebahn, Jan	1980	1.	M45		57:16:00	01:57:08	02:58:13	03:56:25	03:56:43
8.	598	7.	M	Beckmeier, Ingo	1982	1.	M40	TG Lage	52:34:00	01:47:28	02:49:08	03:59:29	03:59:37
9.	643	8.	M	Krämer, Florian	1984	2.	M40	ERDINGER Active TEAM	54:25:00	01:50:07	02:48:55	04:01:34	04:01:45
10.	599	2.	W	Brakhage, Sarah-Ann	1990	1.	W35		01:02:38	02:06:21	03:10:04	04:13:08	04:13:19
11.	526	3.	W	Rodenjohannshenrich, Lena	2001	2.	W20	Laufspass SW Sende	01:00:20	01:58:42	03:00:50	04:14:50	04:15:15
12.	527	4.	W	Rodenjohannshenrich, Ronja	1997	3.	W20	Laufspass SW Sende	01:00:20	01:58:42	03:00:50	04:14:51	04:15:16
13.	612	5.	W	Galla, Katharina	1986	1.	W40		01:00:52	02:04:55	03:11:04	04:18:31	04:18:51
14.	505	9.	M	Wilken, Rocco	1974	2.	M50	SGE Exter	01:00:21	02:01:16	03:08:22	04:20:09	04:20:36
15.	602	10.	M	Kubrak, Viktor	2006	4.	M20		58:53:00	02:04:03	03:06:48	04:26:12	04:26:39
16.	657	11.	M	Lenger, Leo Moritz	2007	1.	MJU20		01:06:56	02:17:47	03:30:10	04:34:44	04:34:56

17.	569	6.	W	Brömmelmeier, Josefine	1992	1.	W30	01:07:17	02:22:57	03:39:01	04:39:15	04:39:37
18.	571	12.	M	Lenger, Levi Mats	2008	2.	MJU20	01:03:49	02:11:52	03:28:34	04:40:37	04:40:48

Rewe FitRun 5 km

PL	SNR		Name	JG		AK	Verein	Netto	Ziel	
1.	119	1.	M	Tütermann, Lars	2003	1.	M20	DJK Gütersloh	20:02:00	20:03:00
2.	114	2.	M	Rosemeier, Toni	2014	1.	MKU14		20:42:00	20:43:00
3.	124	3.	M	Meier, Friedrich-Wilhelm	1973	1.	M50		21:00:00	21:04:00
4.	102	4.	M	Bessel, Dennis	1977	1.	M45		22:09:00	22:12:00
5.	148	5.	M	Lauber, Luis	2014	2.	MKU14	LAV Bünde	22:32:00	22:33:00
6.	104	6.	M	Campos Silva, Luan	2012	1.	MJU16	Vlotho Inferno	22:33:00	22:37:00
7.	120	1.	W	Monath, Katrin	1996	1.	W30		22:40:00	22:43:00
8.	145	7.	M	Krämer, Jannis	2014	3.	MKU14	VfL Holsen	24:08:00	24:10:00
9.	142	2.	W	Golomski, Malea	2013	1.	WJU14	SGE Exter	24:16:00	24:19:00
10.	110	8.	M	Lenger, Joshua Nik	2012	2.	MJU16		24:18:00	24:22:00
11.	121	9.	M	Barnstaple, Paul	1962	1.	M60	Tanzmeister	25:26:00	25:30:00
12.	103	3.	W	Hanau, Fiona	2014	2.	WJU14	SGE Exter	25:50:00	25:54:00
13.	111	4.	W	Wolf, Stefanie	1981	1.	W45		26:19:00	26:23:00
14.	151	5.	W	Siepmann, Ada	2004	1.	W20		26:44:00	26:49:00
15.	149	10.	M	Althoff, Björn	1978	2.	M45	LAV Habbelrath-Grefrath	27:25:00	27:28:00
16.	112	6.	W	Meiners, Kira	2009	1.	WJU18		28:00:00	28:04:00
17.	150	7.	W	Althoff, Emma	2012	1.	WJU16	LAV Habbelrath-Grefrath	29:32:00	29:36:00
18.	152	8.	W	Stille, Kristina	1986	1.	W40	SGE Exter	29:38:00	29:44:00
19.	144	9.	W	Schade, Liv	2006	2.	W20	SV Wüsten	32:08:00	32:14:00
20.	143	11.	M	Nemeyer, Michael	1972	2.	M50	SV Wüsten	32:09:00	32:15:00
21.	123	10.	W	Sytnik, Kateryna	1995	2.	W30	Stadtverwaltung Bad Salzuflen	32:17:00	32:20:00
22.	122	11.	W	Pigagiene, Ona	1964	1.	W60	Sexy Oma	32:39:00	32:44:00
23.	113	12.	W	Saito, Yuki	2005	3.	W20		32:52:00	32:57:00

24.	138	12.	M	Kölling, Jano	2012	3.	MJU16		34:10:00	34:16:00
25.	139	13.	M	Kölling, Noah	2012	4.	MJU16		34:11:00	34:17:00
26.	108	13.	W	Kölling, Lara	2000	4.	W20		34:30:00	34:34:00
27.	109	14.	M	Mitrugno, Fabio	1999	2.	M20		34:31:00	34:35:00
28.	116	14.	W	Ünal, Yeliz	1993	3.	W30		39:22:00	39:28:00
29.	115	15.	W	Bärenfänger, Anna-Lina	1997	5.	W20		39:56:00	40:01:00
30.	101	16.	W	Diekmann, Yvonne	1980	2.	W45		44:18:00	44:24:00
31.	131	17.	W	Bauer, Elke	1961	1.	W65	Landfrauen Vlotho	52:18:00	52:30:00
32.	128	18.	W	Wiese-Twele, Marion	1956	1.	W70	Landfrauen	52:16:00	52:30:00
33.	1505	19.	W	Wöhler, Brigitte	1956	2.	W70	Landfrauen	52:14:00	52:30:00
34.	130	20.	W	Althoff, Kornelia	1957	2.	W65	Landfrauen Vlotho	53:26:00	53:41:00
35.	133	21.	W	Rethemeier, Karin	1959	3.	W65	Landfrauen Vlotho	53:27:00	53:42:00
36.	125	22.	W	Linke, Silke	1967	1.	W55	Landfrauen Vlotho	01:05:59	01:06:11
37.	140	23.	W	Wiemann, Claudia	1959	4.	W65	Landfrauen	01:05:56	01:06:12
38.	132	24.	W	Kabbeck, Petra	1955	3.	W70	Landfrauen Vlotho	01:05:59	01:06:12
39.	126	25.	W	Sellmann, Marlies	1957	5.	W65	Landfrauen Vlotho	01:06:01	01:06:15
40.	137	26.	W	Hagedorn, Jutta	1952	4.	W70	Landfrauen Vlotho	01:06:00	01:06:16
41.	129	27.	W	Krüger, Simone	1968	2.	W55	Landfrauen Vlotho	01:06:05	01:06:18
42.	136	28.	W	Sorhage, Anke	1965	2.	W60	Landfrauen Vlotho	01:06:02	01:06:19
43.	135	29.	W	Päckmann, Margit	1939	1.	W85	Landfrauen Vlotho	01:06:08	01:06:23
44.	134	30.	W	Upmeier, Susanne	1957	6.	W65	Landfrauen Vlotho	01:06:08	01:06:24

Stadtwerke KidsRun 1,6 km

PL	SNR		Name	JG	AK	Verein	Netto	Ziel
1.	5	1.	M Campos Silva, Paulo	2017	1.	MKU10 Vlotho Inferno	07:00	07:04
2.	2	2.	M Hanau, Florian	2017	2.	MKU10 FC Exter	07:02	07:05
3.	3	1.	W Hanau, Fiona	2014	1.	WJU14 SGE Exter	07:06	07:10
4.	10	2.	W Herting, Finja	2016	1.	WKU12 SGE Exter	07:10	07:13

5.	4	3.	W	Campos Silva, Jonna	2014	2.	WJU14	Vlotho Inferno	07:17	07:22
6.	18	4.	W	Görg, Miriam	2014	1.	WJU14		07:17	07:23
7.	9	5.	W	Herting, Marla	2016	2.	WKU12	SGE Exter	07:26	07:31
8.	22	6.	W	Wollny, Lotta-Maria	2015	1.	WKU12	Sc Vlotho	07:48	07:54
9.	11	3.	M	Brakhage, Max	2014	1.	MJU14		07:49	07:54
10.	13	4.	M	Obernolte, Stefan	2018	3.	MKU10		07:56	08:01
11.	7	5.	M	Hadamitzky, Lucas	2016	1.	MKU12	FC Exter	08:14	08:20
12.	14	7.	W	Krämer, Mirja	2017	1.	WKU10	VfL Holsen	08:16	08:20
13.	20	6.	M	Berges, Theo	2017	1.	MKU10		08:19	08:24
14.	1	8.	W	Bessel, Franziska	2015	3.	WKU12		08:42	08:46
15.	8	9.	W	Meier, Lenja	2017	2.	WKU10	SG Exter	08:56	09:01
16.	17	7.	M	Dyck, Tilo	2019	1.	MKU8		09:48	09:52
17.	12	8.	M	Leitner, Nicolai	2018	4.	MKU10		09:58	10:04
18.	25	9.	M	Schleef, Louis	2018	2.	MKU10		10:04	10:09
19.	15	10.	M	Ellermann, Jannes	2017	3.	MKU10		10:05	10:12
20.	19	11.	M	Hayes, Finley Wilson	2017	4.	MKU10		10:07	10:13
21.	6	12.	M	Macha, Luis Noel	2017	5.	MKU10	FC Exter	10:46	10:53
22.	23	10.	W	Sharma, Malisha	2018	1.	WKU10	SGE Exter	11:13	11:18
23.	21	13.	M	Jungton, Paul	2014	1.	MKU14	FC Exter	13:21	13:27
24.	24	11.	W	Sharma, Mikita	2019	1.	WKU8	SGE Exter	14:24	14:29
25.	16	12.	W	Nordlohne, Liara	2020	2.	WKU8		14:26	14:32

Walking / Nordic Walking 10,5 km

PL	SNR		Name	JG	AK	Verein	Netto	Ziel
1.	1522	1.	M Bauer, Ralf	1961	1.	M65 ESG Exter	01:15:16	01:15:21
2.	1509	1.	W Linnemann, Martina	1968	1.	W55 SGE Exter	01:20:50	01:20:53
3.	1504	2.	W Jesse, Marina	1974	1.	W50	01:23:11	01:23:15
4.	1512	3.	W Kuhlmann, Ingrid	1954	1.	W70 VfL Bückeburg	01:23:32	01:23:35

5.	1503	4.	W	Grons, Anke	1967	2.	W55	SGEE	01:24:21	01:24:24
6.	1502	2.	M	Krocker, Michael	1966	1.	M60		01:30:34	01:30:40
7.	1508	5.	W	Macha, Mandy Lou	1984	1.	W40	FC Exter	01:30:48	01:30:56
8.	1513	6.	W	Buschkamp, Sarah	1995	1.	W30		01:30:50	01:30:58
9.	1519	7.	W	Mahlow, Jutta	1966	1.	W60		01:32:00	01:32:04
10.	1514	3.	M	Pörtner, Michael	1974	1.	M50	SG Vlotho von 1862 e.V.	01:32:00	01:32:05
11.	1501	4.	M	Treu, Thorsten	1968	1.	M55	FC Exter	01:34:41	01:34:48
12.	1515	8.	W	Schock, Jana-Marisa	1990	1.	W35		01:35:00	01:35:08
13.	1521	9.	W	Cronjäger, Astrid	1975	2.	W50	SGE Exter	01:40:23	01:40:30
14.	1511	10.	W	König, Jennifer	1987	2.	W35		01:42:54	01:43:03
15.	1510	11.	W	Oeldemann, Sarah	1990	3.	W35		01:42:55	01:43:04
16.	1518	12.	W	Bartneck, Magdalena	1951	1.	W75	TuS Bonneberg	01:43:17	01:43:23
17.	1517	5.	M	Bartneck, Klaus	1950	1.	M75	1 BC Vlotho	01:43:18	01:43:24
18.	1520	13.	W	Hermes, Monika	1956	2.	W70	Lauftreff Vlotho	01:45:03	01:45:08

Walking / Nordic Walking 21 km

PL	SNR		Name	JG	AK	Verein	Netto	Ziel
1.	1601	1.	M Agethen, Michael	1970	1.	M55	02:38:12	02:38:16
2.	1602	2.	M Klimt, Wolfgang	1952	1.	M70 Stimbergopas	03:06:17	03:06:23

2. Exter FlexRun 22. August 2026 - Ergebnisliste

Marathon Staffel



PL	AK	SNR	Verein	1. Läufer		2. Läufer		3. Läufer		4. Läufer		(Netto)	Ziel
1.	STAF	1002	Depenbrock	Blaha Cosima	1:02:48	Jübner Joost	51:37	Smekal Leon	55:37	Hohmeier Bjarne	45:12	3:35:15	3:35:36
2.	STAF	1003	Lauftreff Vlotho	Pilgrim Meike	1:03:00	Hoffmann Ulrich	57:38	Jansen Jan	1:05:23	Laqua Klaus	50:17	3:56:18	3:56:24
3.	STAF	1001	Triple U	Siedler Wolfgang	1:01:01	Schneedhorst Ute	1:10:02	Siedler Wolfgang	1:03:35	Schneedhorst Ute	1:17:14	4:31:52	4:32:33

Anzahl Teilnehmer: 3