

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 10 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|-----|-----|----|------------------------------|-------------------------------|------|---------|---------|---------|
| 285 | 1. | 1. | | Schmiemann, Petra | ESV Münster | 1956 | 1.W55 | 42:59 | 43:00 |
| 302 | 2. | 2. | | Steinke, Lisa | Dortmund | 1988 | 1.W20 | 46:09 | 46:09 |
| 300 | 3. | 3. | | Müller, Tabea | Team Erdinger Alkoholfrei | 1991 | 2.W20 | 47:28 | 47:28 |
| 305 | 4. | 4. | | Mittrop, Eva-Maria | TuS Deuz | 1989 | 3.W20 | 47:22 | 47:34 |
| 321 | 5. | 5. | | Dahlmeyer, Christina | Hamm | 1975 | 1.W35 | 47:51 | 47:52 |
| 364 | 6. | 6. | | Nolte, Petra | TUS Uentrop | 1972 | 1.W40 | 49:07 | 49:11 |
| 289 | 7. | 7. | | Zucht, Christine | Rot-Weiß Unna | 1976 | 2.W35 | 49:29 | 49:30 |
| 278 | 8. | 8. | | Heikhaus, Romy | Lauf Team Unna | 1975 | 3.W35 | 50:37 | 50:39 |
| 308 | 9. | 9. | | Glade, Anna Maria | Hamm | 1992 | 4.W20 | 52:01 | 52:16 |
| 325 | 10. | 10. | | Adolphs, Sabine | TUS Uentrop | 1969 | 1.W45 | 52:27 | 52:30 |
| 277 | 11. | 11. | | Elsenbruch, Christina | Lauf Team Unna | 1964 | 1.W50 | 52:41 | 52:41 |
| 65 | 12. | 12. | | Weßels-von-Bobart, Ursula | DJK Drensteinfurt | 1965 | 2.W45 | 52:55 | 53:02 |
| 71 | 13. | 13. | | Köster, Brigitte | vkm-running girls | 1959 | 2.W55 | 52:54 | 53:03 |
| 288 | 14. | 14. | | Hiddemann, Kornelia | Lauf Team Unna | 1955 | 3.W55 | 54:39 | 54:41 |
| 298 | 15. | 15. | | Pannewig, Ina | Hammer SC | 1974 | 2.W40 | 55:11 | 55:19 |
| 287 | 16. | 16. | | Dale, Hanne | Warstein | 1958 | 4.W55 | 55:09 | 55:19 |
| 69 | 17. | 17. | | Pastrick, Manuela | OSC 01 | 1968 | 3.W45 | 55:27 | 55:29 |
| 70 | 18. | 18. | | Karasch Huld, Manuela | OSC 01 | 1963 | 2.W50 | 55:27 | 55:30 |
| 324 | 19. | 19. | | Müller, Maria | Hamm | 1989 | 5.W20 | 55:50 | 56:04 |
| 41 | 20. | 20. | | Köhler, Ulrike | OSC 01 | 1962 | 3.W50 | 56:39 | 56:41 |
| 72 | 21. | 21. | | Reitz, Elisabeth | vkm-running girls | 1958 | 5.W55 | 56:32 | 56:41 |
| 296 | 22. | 22. | | Schefer, Lea | Delta Lauftreff | 1995 | 1.WJU20 | 57:27 | 57:27 |
| 62 | 23. | 23. | | Braun-Nott, Angelika | Lauftreff-Hohenlimburg | 1952 | 1.W60 | 57:52 | 57:58 |
| 64 | 24. | 24. | | König, Rita | Hamm | 1962 | 4.W50 | 58:07 | 58:10 |
| 301 | 25. | 25. | | Kleschnitzki, Pabea | Hamm | 1972 | 3.W40 | 58:44 | 58:48 |
| 82 | 26. | 26. | | Schroer, Silke | pro mamma | 1966 | 4.W45 | 58:38 | 58:48 |
| 299 | 27. | 27. | | Kiene, Anja | Hamm | 1971 | 4.W40 | 58:44 | 58:48 |
| 292 | 28. | 28. | | Baumeister, Elisabeth | SV Westfalia Rhynern | 1950 | 2.W60 | 58:56 | 59:04 |
| 290 | 29. | 29. | | Schulte, Alexandra | Nass Laufteam | 1963 | 5.W50 | 59:13 | 59:19 |
| 283 | 30. | 30. | | Remmert, Ursula | Anröchte | 1954 | 3.W60 | 59:10 | 59:22 |
| 322 | 31. | 31. | | Thomas, Jule | ASV Hamm | 2001 | 1.WJU14 | 1:00:35 | 1:00:44 |
| 323 | 32. | 32. | | Thomas, Kristina | Hamm | 1968 | 5.W45 | 1:00:35 | 1:00:44 |
| 291 | 33. | 33. | | Bierwolf, Monika | SV Westfalia Rhynern | 1954 | 4.W60 | 1:00:54 | 1:01:01 |
| 293 | 34. | 34. | | Eisemann, Helga | SV Westfalia Rhynern | 1953 | 5.W60 | 1:01:13 | 1:01:21 |
| 297 | 35. | 35. | | Brychlec, Claudia | Delta Lauftreff | 1996 | 2.WJU20 | 1:01:41 | 1:01:41 |
| 281 | 36. | 36. | | Brummel, Alexandra | Anröchte | 1990 | 6.W20 | 1:01:31 | 1:01:42 |
| 279 | 37. | 37. | | Marschewski, Susanne | Lauf Team Unna | 1962 | 6.W50 | 1:01:52 | 1:02:06 |
| 66 | 38. | 38. | | Geng, Andrea | Dortmund | 1969 | 6.W45 | 1:02:12 | 1:02:16 |
| 294 | 39. | 39. | | Gurda, Ramona | Hamm | 1971 | 5.W40 | 1:04:01 | 1:04:03 |
| 76 | 40. | 40. | | von der Heydt, Beate | Hagen | 1964 | 7.W50 | 1:03:51 | 1:04:05 |
| 61 | 41. | 41. | | Haker, Jennifer | Hamm | 1984 | 1.W30 | 1:05:44 | 1:05:56 |
| 80 | 42. | 42. | | Rotermund, Vina | Hamm | 1973 | 6.W40 | 1:09:49 | 1:09:52 |
| 307 | 43. | 43. | | Telke, Stephanie | Hamm | 1981 | 2.W30 | 1:09:49 | 1:09:52 |
| 84 | 44. | 44. | | Martin, Susanne | SC SportlerInnen f.d. Frieden | 1966 | 7.W45 | 1:10:14 | 1:10:20 |
| 81 | 45. | 45. | | Keller, Lara | Hamm | 1990 | 7.W20 | 1:10:47 | 1:10:52 |
| 85 | 46. | 46. | | Kappelt, Silke | SC SportlerInnen f.d. Frieden | 1972 | 7.W40 | 1:10:53 | 1:10:59 |
| 67 | 47. | 47. | | Drewlo, Daniela | Hamm | 1976 | 4.W35 | 1:15:48 | 1:15:59 |
| 68 | 48. | 48. | | Lambardt, Ulrike | Hamm | 1970 | 8.W40 | 1:15:47 | 1:15:59 |
| 73 | 49. | 49. | | Borgschulze-Brinkis, Margret | vkm-running girls | 1958 | 6.W55 | 1:16:15 | 1:16:32 |
| 295 | 50. | 50. | | Tonn, Monika | Sportler für den Frieden | 1970 | 9.W40 | 1:17:05 | 1:17:11 |
| 284 | 51. | 51. | | Erley, Vanessa | Hamm | 1989 | 8.W20 | 1:17:10 | 1:17:23 |
| 83 | 52. | 52. | | Koel, Sabine | SC SportlerInnen f.d. Frieden | 1974 | 10.W40 | 1:17:34 | 1:17:39 |

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|-----|-----|----|----------------------------|-------------------------------|------|---------|---------|-------|
| 222 | 1. | 1. | | Walter, Katrin | Lauffreunde Bönen 1985 e.V. | 1980 | 1.W30 | 21:22 | 21:22 |
| 4 | 2. | 2. | | Jocksch, Céline | LSF Münster | 1999 | 1.WJU16 | 22:27 | 22:28 |
| 146 | 3. | 3. | | Weßling, Maria | ESV Münster | 1966 | 1.W45 | 22:38 | 22:39 |
| 224 | 4. | 4. | | Lassota, Roxana | Hamm | 1989 | 1.W20 | 22:56 | 22:56 |
| 192 | 5. | 5. | | Pelani, Beate | Triathlon TEAM TG Witten | 1969 | 2.W45 | 23:19 | 23:19 |
| 336 | 6. | 6. | | Mertens, Anne-Kathrin | TV Werne 03 | 1980 | 2.W30 | 23:20 | 23:21 |
| 28 | 7. | 7. | | Haack, Bianca | Marathon Soest | 1972 | 1.W40 | 23:39 | 23:41 |
| 26 | 8. | 8. | | Tank, Regina | Dortmund | 1959 | 1.W55 | 23:57 | 23:58 |
| 5 | 9. | 9. | | Trécul, Béatrice | ESV Münster | 1968 | 3.W45 | 24:00 | 24:01 |
| 219 | 10. | 10. | | Maletz, Manuela | Lauffreunde Bönen 1985 e.V. | 1964 | 1.W50 | 24:02 | 24:05 |
| 341 | 11. | 11. | | Hagenkötter-Börste, Andrea | TV Werne 03 | 1971 | 2.W40 | 24:09 | 24:11 |
| 235 | 12. | 12. | | Strätgen, Ines | Nass Laufteam | 1968 | 4.W45 | 24:13 | 24:17 |
| 175 | 13. | 13. | | Richter, Alexandra | Lauf Team Unna | 1968 | 5.W45 | 24:15 | 24:18 |
| 201 | 14. | 14. | | Claßen, Kerstin | LG Hamm | 1973 | 3.W40 | 24:31 | 24:31 |
| 361 | 15. | 15. | | Adolphs, Franziska | Freiher vom Stein Gymnasium | 1997 | 1.WJU18 | 24:39 | 24:43 |
| 10 | 16. | 16. | | Siemon, Katja | Hamm | 1966 | 6.W45 | 24:48 | 24:49 |
| 27 | 17. | 17. | | Tank, Desiree | Dortmund | 1990 | 2.W20 | 25:10 | 25:12 |
| 205 | 18. | 18. | | Krause, Anja | Nass Laufteam | 1987 | 3.W20 | 25:30 | 25:35 |
| 174 | 19. | 19. | | von Wenserski, Birgit | Lauf Team Unna | 1971 | 4.W40 | 25:38 | 25:41 |
| 187 | 20. | 20. | | Coimbra, Helena | Lauf Team Unna | 1975 | 1.W35 | 25:42 | 25:44 |
| 239 | 21. | 21. | | Dirkmann, Ulrike | SV Westfalia Rhynern | 1965 | 7.W45 | 25:39 | 25:46 |
| 188 | 22. | 22. | | Matos, Elsa | Lauf Team Unna | 1969 | 8.W45 | 25:47 | 25:49 |
| 329 | 23. | 23. | | General, Lena | Delta Lauftreff | 1995 | 1.WJU20 | 26:28 | 26:29 |
| 206 | 24. | 24. | | Balcerzak, Kornelia | LG Hamm Kamen Holzwickede | 1972 | 5.W40 | 26:26 | 26:36 |
| 207 | 25. | 25. | | Bartmann, Britta | Lauffreunde Bönen 1985 e.V. | 1967 | 9.W45 | 26:46 | 26:58 |
| 191 | 26. | 26. | | Wiercke-Kalkbrenner, Petra | Lauf Team Unna | 1954 | 1.W60 | 27:03 | 27:06 |
| 211 | 27. | 27. | | Jutta, Gutschow | Lauffreunde Bönen 1985 e.V. | 1966 | 10.W45 | 26:55 | 27:08 |
| 32 | 28. | 28. | | Holters, Yvonne | ASG | 1984 | 3.W30 | 27:14 | 27:16 |
| 204 | 29. | 29. | | Albon, Sabine | Nass Laufteam | 1969 | 11.W45 | 27:19 | 27:24 |
| 330 | 30. | 30. | | Albrecht, Karen | Delta Lauftreff | 1996 | 2.WJU20 | 27:27 | 27:28 |
| 22 | 31. | 31. | | Henne, Dr. Silke | TC Marl | 1973 | 6.W40 | 27:16 | 27:28 |
| 333 | 32. | 32. | | Hanning, Emelie | Nutuxxian | 1983 | 4.W30 | 27:23 | 27:31 |
| 199 | 33. | 33. | | Keller, Jennifer | Hamm | 1985 | 4.W20 | 28:14 | 28:21 |
| 225 | 34. | 34. | | Lassota, Bogumila | Hamm | 1961 | 2.W50 | 28:31 | 28:31 |
| 348 | 35. | 35. | | Daum, Heike | Arnsberg | 1965 | 12.W45 | 28:27 | 28:32 |
| 231 | 36. | 36. | | Mathei, Stefanie | TuS Hilstrup | 1961 | 3.W50 | 28:33 | 28:36 |
| 230 | 37. | 37. | | Kock, Doris | TuS Hilstrup | 1961 | 4.W50 | 28:31 | 28:36 |
| 240 | 38. | 38. | | Schulz, Petra | SV Westfalia Rhynern | 1964 | 5.W50 | 28:36 | 28:38 |
| 345 | 39. | 39. | | Gellert, Denise | Hamm | 1982 | 5.W30 | 28:33 | 28:48 |
| 36 | 40. | 40. | | Gutsche, Stefanie | SC SportlerInnen f.d. Frieden | 1986 | 5.W20 | 28:43 | 28:49 |
| 11 | 41. | 41. | | Unger-Jaschinski, Sandra | Kamen | 1974 | 7.W40 | 29:02 | 29:06 |
| 343 | 42. | 42. | | Rudolph, Esther | Hamm | 1999 | 2.WJU16 | 29:06 | 29:08 |
| 193 | 43. | 43. | | Datema, Marianne | LG Hamm | 1954 | 2.W60 | 29:12 | 29:13 |
| 12 | 44. | 44. | | Nölken, Nicole | Kamen | 1975 | 2.W35 | 29:11 | 29:14 |
| 48 | 45. | 45. | | Grosskopff, Amelie | Teigte | 1993 | 6.W20 | 29:21 | 29:26 |
| 49 | 46. | 46. | | Grosskopff, Gudrun | Teigte | 1960 | 6.W50 | 29:21 | 29:26 |
| 200 | 47. | 47. | | Keller, Jasmin | Hamm | 1993 | 7.W20 | 29:27 | 29:35 |
| 216 | 48. | 48. | | Knotte, Manuela | Lauffreunde Bönen 1985 e.V. | 1970 | 8.W40 | 29:23 | 29:36 |
| 169 | 49. | 49. | | Tracz, Eike | Lauf Team Unna | 1968 | 13.W45 | 29:37 | 29:40 |
| 54 | 50. | 50. | | Landgraf, Monika | Läuft | 1966 | 14.W45 | 29:45 | 29:49 |
| 173 | 51. | 51. | | Möhleke, Sandra | Lauf Team Unna | 1973 | 9.W40 | 29:53 | 30:07 |
| 164 | 52. | 52. | | Katzenberg, Regina | Lauf Team Unna | 1967 | 15.W45 | 30:03 | 30:15 |
| 162 | 53. | 53. | | Merle, Nina | Lauf Team Unna | 1999 | 3.WJU16 | 30:05 | 30:20 |
| 19 | 54. | 54. | | Kapica, Kamila | Hamm | 1980 | 6.W30 | 30:18 | 30:21 |
| 221 | 55. | 55. | | Sommer, Tina | Lauffreunde Bönen 1985 e.V. | 1967 | 16.W45 | 30:11 | 30:24 |
| 218 | 56. | 56. | | Lapainis, Karin | Lauffreunde Bönen 1985 e.V. | 1962 | 7.W50 | 30:12 | 30:24 |
| 170 | 57. | 57. | | Pereira, Isabel | Lauf Team Unna | 1962 | 8.W50 | 30:19 | 30:31 |
| 6 | 58. | 58. | | Möller, Michaela | Walking Club Hamm | 1970 | 10.W40 | 30:21 | 30:36 |
| 363 | 59. | 59. | | Kücüktas, İlayda | Hamm | 1999 | 4.WJU16 | 30:42 | 30:43 |
| 181 | 60. | 60. | | Domres, Amelie | Lauf Team Unna | 2001 | 1.WJU14 | 30:44 | 30:56 |
| 189 | 61. | 61. | | Neumann, Conny | Lauf Team Unna | 1962 | 9.W50 | 30:45 | 30:56 |
| 180 | 62. | 62. | | Domres, Heike | Lauf Team Unna | 1961 | 10.W50 | 30:48 | 31:01 |
| 51 | 63. | 63. | | Schüttelhöfer, Petra | Läuft | 1972 | 11.W40 | 30:58 | 31:02 |
| 215 | 64. | 64. | | Kazmierczak, Anke | Lauffreunde Bönen 1985 e.V. | 1969 | 17.W45 | 30:57 | 31:06 |
| 210 | 65. | 65. | | Ganswind, Susanne | Lauffreunde Bönen 1985 e.V. | 1962 | 11.W50 | 30:58 | 31:07 |

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|------|------|----|-------------------------------|-------------------------------|------|---------|---------|-------|
| 190 | 66. | 66. | | Bonin, Monika | Lauf Team Unna | 1950 | 3.W60 | 31:01 | 31:13 |
| 179 | 67. | 67. | | Groß, Anette | Lauf Team Unna | 1963 | 12.W50 | 31:05 | 31:17 |
| 183 | 68. | 68. | | Hugo, Sarah | Lauf Team Unna | 1991 | 8.W20 | 31:06 | 31:19 |
| 208 | 69. | 69. | | Blank, Manuela | Lauffreunde Bönen 1985 e.V. | 1964 | 13.W50 | 31:06 | 31:20 |
| 185 | 70. | 70. | | Wrobel, Michaela | Lauf Team Unna | 1968 | 18.W45 | 31:13 | 31:26 |
| 47 | 71. | 71. | | Parchow, Anke | OSC 01 | 1961 | 14.W50 | 31:27 | 31:30 |
| 160 | 72. | 72. | | Henkel, Kirsten | Lauf Team Unna | 1973 | 12.W40 | 31:19 | 31:31 |
| 334 | 73. | 73. | | Mielke, Susanne | TV - Flerke | 1958 | 2.W55 | 31:31 | 31:34 |
| 15 | 74. | 74. | | Heimhardt, Ingrid | TG-Voerde | 1945 | 1.W65 | 31:43 | 31:47 |
| 24 | 75. | 75. | | Beckers, Angelika | Betriebssport Bertelsmann | 1954 | 4.W60 | 31:53 | 31:54 |
| 53 | 76. | 76. | | Jochheim, Claudia | Läuft | 1967 | 19.W45 | 31:51 | 31:56 |
| 171 | 77. | 77. | | Schumacher, Ann-Christin | Lauf Team Unna | 1988 | 9.W20 | 31:45 | 31:57 |
| 161 | 78. | 78. | | Stüber, Michaela | Lauf Team Unna | 1968 | 20.W45 | 31:57 | 32:03 |
| 17 | 79. | 79. | | Tombrink, Maike | Münster | 1992 | 10.W20 | 32:04 | 32:12 |
| 16 | 80. | 80. | | Tombrink, Maria | Tus Hilstrup | 1961 | 15.W50 | 32:04 | 32:12 |
| 220 | 81. | 81. | | Schlüter, Helga | Lauffreunde Bönen 1985 e.V. | 1949 | 2.W65 | 32:24 | 32:29 |
| 163 | 82. | 82. | | Merle, Sonja | Lauf Team Unna | 1969 | 21.W45 | 32:17 | 32:32 |
| 360 | 83. | 83. | | Nau, Gertrud | DJK Grün Weiss Werl | 1948 | 3.W65 | 32:23 | 32:33 |
| 356 | 84. | 84. | | Schlüter, Monika | DJK Werl | 1965 | 22.W45 | 32:24 | 32:33 |
| 34 | 85. | 85. | | Hegemann, Sibylle | SC SportlerInnen f.d. Frieden | 1957 | 3.W55 | 32:23 | 32:37 |
| 223 | 86. | 86. | | Linnenlücke, Monika | TV Deutsche Treue Wiescherhöf | 1950 | 5.W60 | 32:34 | 32:39 |
| 217 | 87. | 87. | | Koniczny, Heike | Lauffreunde Bönen 1985 e.V. | 1961 | 16.W50 | 32:37 | 32:51 |
| 165 | 88. | 88. | | Zahar, Barbara | Lauf Team Unna | 1958 | 4.W55 | 32:37 | 32:52 |
| 157 | 89. | 89. | | Faller, Gabi | Lauf Team Unna | 1959 | 5.W55 | 32:41 | 32:53 |
| 176 | 90. | 90. | | von Wenserski, Angelina | Lauf Team Unna | 2001 | 2.WJU14 | 32:46 | 32:55 |
| 20 | 91. | 91. | | Breitenbach-Siepmann, Annette | Hamm | 1966 | 23.W45 | 32:54 | 33:00 |
| 232 | 92. | 92. | | Müller, Karin | TuS Hilstrup | 1953 | 6.W60 | 32:59 | 33:07 |
| 202 | 93. | 93. | | Sturm, Ulrike | Hamm | 1979 | 3.W35 | 33:03 | 33:08 |
| 40 | 94. | 94. | | Kraski, Monika | HSC 08 | 1956 | 6.W55 | 33:35 | 33:38 |
| 167 | 95. | 95. | | Wiedenau, Sandra | Lauf Team Unna | 1981 | 7.W30 | 33:30 | 33:39 |
| 168 | 96. | 96. | | Inga, Kißing-Beck | Lauf Team Unna | 1981 | 8.W30 | 33:30 | 33:39 |
| 350 | 97. | 97. | | Quenter, Svenja | HSC 08 Hamm | 1983 | 9.W30 | 33:37 | 33:46 |
| 352 | 98. | 98. | | Korte, Adeline | HSC Hamm | 1980 | 10.W30 | 33:36 | 33:46 |
| 57 | 99. | 99. | | von Bobart, Henrike | DJK Drensteinfurt | 1997 | 2.WJU18 | 33:38 | 33:46 |
| 326 | 100. | 100. | | Berghoff, Ingrid | SC Sportler für den Frieden | 1961 | 17.W50 | 33:44 | 33:48 |
| 209 | 101. | 101. | | Breidenbroich, Monika | Lauffreunde Bönen 1985 e.V. | 1955 | 7.W55 | 33:48 | 33:53 |
| 212 | 102. | 102. | | Hahnemann, Rosi | Lauffreunde Bönen 1985 e.V. | 1960 | 18.W50 | 33:51 | 34:04 |
| 1 | 103. | 103. | | Schäfer, Daniela | HSC 08 | 1984 | 11.W30 | 33:58 | 34:15 |
| 59 | 104. | 104. | | Brüggemann, Kerstin | HSC 08 | 1981 | 12.W30 | 33:58 | 34:15 |
| 60 | 105. | 105. | | Baur, Barbara | HSC 08 | 1982 | 13.W30 | 33:58 | 34:15 |
| 178 | 106. | 106. | | Schweers, Christin | Lauf Team Unna | 1992 | 11.W20 | 34:06 | 34:20 |
| 177 | 107. | 107. | | Marschewski, Julia | Lauf Team Unna | 1992 | 12.W20 | 34:07 | 34:20 |
| 214 | 108. | 108. | | Kaftan, Petra | Lauffreunde Bönen 1985 e.V. | 1969 | 24.W45 | 34:08 | 34:22 |
| 346 | 109. | 109. | | Janke, Marion | Hamm | 1971 | 13.W40 | 35:12 | 35:24 |
| 29 | 110. | 110. | | von Radetzky, Viktoria | Walking Club Hamm | 1971 | 14.W40 | 35:17 | 35:24 |
| 347 | 111. | 111. | | Liesegang, Andrea | Hamm | 1970 | 15.W40 | 35:13 | 35:24 |
| 7 | 112. | 112. | | Erdmann, Karin | Laufftreff-Hohenlimburg | 1946 | 4.W65 | 35:18 | 35:28 |
| 351 | 113. | 113. | | Henkel, Christine | Lauf Team Unna | 1956 | 8.W55 | 35:19 | 35:34 |
| 184 | 114. | 114. | | Harhoff, Christiane | Lauf Team Unna | 1970 | 16.W40 | 35:21 | 35:34 |
| 172 | 115. | 115. | | Kühn, Sylvia | Lauf Team Unna | 1956 | 9.W55 | 35:26 | 35:38 |
| 86 | 116. | 116. | | Schnickmann, Claudia | Hamm | 1964 | 19.W50 | 35:21 | 35:38 |
| 158 | 117. | 117. | | Basilowski, Anita | Lauf Team Unna | 1954 | 7.W60 | 35:22 | 35:38 |
| 145 | 118. | 118. | | Ecker, Martina | Hamm | 1988 | 13.W20 | 35:22 | 35:38 |
| 50 | 119. | 119. | | Pitz, Catherine | Läuft | 1979 | 4.W35 | 35:38 | 35:43 |
| 52 | 120. | 120. | | Hille, Andrea | Läuft | 1972 | 17.W40 | 35:39 | 35:43 |
| 144 | 121. | 121. | | Tziotis, Mariana | Ahlen | 1982 | 14.W30 | 35:32 | 35:49 |
| 339 | 122. | 122. | | Danne, Sabine | Walking-Club Hamm | 1965 | 25.W45 | 36:18 | 36:24 |
| 198 | 123. | 123. | | Zielke, Frauke | Walking Club Hamm | 1981 | 15.W30 | 36:19 | 36:25 |
| 338 | 124. | 124. | | Wilhelm, Elke | Walking-Club Hamm | 1962 | 20.W50 | 36:19 | 36:25 |
| 337 | 125. | 125. | | Funken, Kerstin | Walking-Club Hamm | 1972 | 18.W40 | 36:20 | 36:25 |
| 340 | 126. | 126. | | Strickmann, Tanja | Walking-Club Hamm | 1972 | 19.W40 | 36:20 | 36:26 |
| 14 | 127. | 127. | | Jürgens, Julia | Ahlen | 1991 | 14.W20 | 36:26 | 36:34 |
| 13 | 128. | 128. | | Harms, Laura | Ahlen | 1991 | 15.W20 | 36:26 | 36:34 |
| 335 | 129. | 129. | | Schlupp, Gabriele | Sportlerinnen für den Frieden | 1955 | 10.W55 | 36:39 | 36:43 |
| 238 | 130. | 130. | | Schockenhoff, Barbara | SV Westfalia Rhyern | 1965 | 26.W45 | 36:42 | 36:51 |

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 5 km

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|------|------|----|-----------------------|-------------------------------|------|--------|---------|-------|
| 229 | 131. | 131. | | Jaspers, Elisabeth | TuS Hilstrup | 1962 | 21.W50 | 37:04 | 37:11 |
| 226 | 132. | 132. | | Gadau, Conny | TuS Hilstrup | 1965 | 27.W45 | 37:04 | 37:11 |
| 228 | 133. | 133. | | Gunsthövel, Kirsten | TuS Hilstrup | 1970 | 20.W40 | 37:04 | 37:11 |
| 23 | 134. | 134. | | Höring, Brigitta | Bad Bentheim | 1959 | 11.W55 | 37:24 | 37:26 |
| 195 | 135. | 135. | | Graß, Elke | SC SportlerInnen f.d. Frieden | 1965 | 28.W45 | 37:23 | 37:30 |
| 342 | 136. | 136. | | Delker, Petra | SC Friedenssportler | 1968 | 29.W45 | 37:23 | 37:30 |
| 45 | 137. | 137. | | Linhoff, Nicole | OSC 01 | 1991 | 16.W20 | 37:21 | 37:30 |
| 46 | 138. | 138. | | Hiltenkamp, Katharina | OSC 01 | 1987 | 17.W20 | 37:20 | 37:31 |
| 44 | 139. | 139. | | Linhoff, Jessica | OSC 01 | 1986 | 18.W20 | 37:21 | 37:31 |
| 37 | 140. | 140. | | Zey, Sandra | SC SportlerInnen f.d. Frieden | 1977 | 5.W35 | 37:34 | 37:40 |
| 233 | 141. | 141. | | Schluer, Andrea | TuS Hilstrup | 1984 | 16.W30 | 37:41 | 37:49 |
| 197 | 142. | 142. | | Schröder, Eva | SC SportlerInnen f.d. Frieden | 1966 | 30.W45 | 37:48 | 37:55 |
| 227 | 143. | 143. | | Gehrke, Marlies | TuS Hilstrup | 1960 | 22.W50 | 37:49 | 37:56 |
| 38 | 144. | 144. | | Schockenhoff, Kordula | vkm-running girls | 1965 | 31.W45 | 39:10 | 39:19 |
| 147 | 145. | 145. | | Knothe, Anja | vkm-running girls | 1966 | 32.W45 | 39:14 | 39:22 |
| 159 | 146. | 146. | | Pinto, Emilia | Lauf Team Unna | 1956 | 12.W55 | 39:19 | 39:32 |
| 42 | 147. | 147. | | Bücker, Tanja | OSC 01 | 1987 | 19.W20 | 40:17 | 40:28 |
| 194 | 148. | 148. | | Pothhoff, Susanne | Wilhelmshaven | 1974 | 21.W40 | 40:46 | 40:57 |
| 357 | 149. | 149. | | Kahl, Hanna | Hamm | 1986 | 20.W20 | 41:02 | 41:16 |
| 2 | 150. | 150. | | Murer, Charlotte | Hamm | 1987 | 21.W20 | 41:12 | 41:23 |
| 362 | 151. | 151. | | Hegemann, Birte | Hamburg | 1983 | 17.W30 | 41:25 | 41:40 |
| 332 | 152. | 152. | | Wörmann, Garielle | BSV Stadtwerke Bielefeld | 1957 | 13.W55 | 47:21 | 47:39 |
| 331 | 153. | 153. | | Herrmann, Else | BSV Bielefeld | 1951 | 8.W60 | 47:20 | 47:39 |

25. Hammer Frauenlauf - 10. Mai 2014
Gesamtergebnisliste - 10 km Walking

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|-----|-----|----|-----------------------|--------------------------|------|---------|---------|---------|
| 152 | 1. | 1. | | Betz, Andrea | Nordic-Walking Werl | 1969 | 1.W-WA | 1:13:42 | 1:14:02 |
| 143 | 2. | 2. | | Karabulut, Sengül | OSC 01 | 1971 | 2.W-WA | 1:14:30 | 1:14:33 |
| 306 | 3. | 3. | | Kaina, Ggina | Hamm | 1965 | 3.W-WA | 1:16:39 | 1:16:49 |
| 156 | 4. | 4. | | Gamon, Birgit | Nordic-Walking Werl | 1979 | 4.W-WA | 1:17:36 | 1:17:56 |
| 138 | 5. | 5. | | Lieske, Heidrun | TV Flerke | 1956 | 5.W-WA | 1:22:32 | 1:22:54 |
| 139 | 6. | 6. | | Beckmann, Susanne | TV Flerke | 1959 | 6.W-WA | 1:22:32 | 1:22:54 |
| 155 | 7. | 7. | | Schulze-Allen, Birgit | Nordic-Walking Werl | 1967 | 7.W-WA | 1:23:30 | 1:23:52 |
| 153 | 8. | 8. | | Knauer, Svetlana | Nordic-Walking Werl | 1968 | 8.W-WA | 1:23:29 | 1:23:52 |
| 303 | 9. | 9. | | Schmidt, Heike | TuS Uentrop | 1953 | 9.W-WA | 1:26:12 | 1:26:23 |
| 304 | 10. | 10. | | Kohle, Edeltraud | TuS Uentrop | 1953 | 10.W-WA | 1:26:13 | 1:26:24 |
| 137 | 11. | 11. | | Cercinli, Petra | pro mamma | 1955 | 11.W-WA | 1:31:08 | 1:31:29 |
| 136 | 12. | 12. | | Achtstetter, Regina | pro mamma | 1964 | 12.W-WA | 1:31:19 | 1:31:40 |
| 135 | 13. | 13. | | Kabouris, Tina | pro mamma | 1968 | 13.W-WA | 1:31:53 | 1:32:13 |
| 142 | 14. | 14. | | Rehbein, Lydia | OSC 01 | 1956 | 14.W-WA | 1:31:49 | 1:32:14 |
| 151 | 15. | 15. | | Asshoff, Martina | Walking-Team Die Flotten | 1965 | 15.W-WA | 1:32:51 | 1:33:10 |
| 148 | 16. | 16. | | Schünemann, Andrea | Walking-Team Die Flotten | 1975 | 16.W-WA | 1:32:51 | 1:33:10 |
| 149 | 17. | 17. | | Kühnhenrich, Jutta | Walking-Team Die Flotten | 1965 | 17.W-WA | 1:32:50 | 1:33:11 |
| 150 | 18. | 18. | | Borkner, Petra | Walking-Team Die Flotten | 1961 | 18.W-WA | 1:32:52 | 1:33:12 |
| 140 | 19. | 19. | | Micka, Silvia | OSC 01 | 1952 | 19.W-WA | 1:32:48 | 1:33:13 |
| 141 | 20. | 20. | | Peters, Sybille | OSC 01 | 1954 | 20.W-WA | 1:32:49 | 1:33:13 |

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 5 km Walking

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|-----|-----|----|----------------------------|-------------------------------|------|---------|---------|-------|
| 129 | 1. | 1. | | Schulte, Doris | TV Flerke | 1957 | 1.W-WA | 36:55 | 37:16 |
| 276 | 2. | 2. | | Zurek-Imhoff, Beatrix | TuS Hilstrup | 1959 | 2.W-WA | 37:08 | 37:18 |
| 247 | 3. | 3. | | van Bergerem, Susanne | Nordic Walking Hobbygruppe Ah | 1966 | 3.W-WA | 37:38 | 37:56 |
| 246 | 4. | 4. | | van Bergerem, Carolin | Nordic Walking Hobbygruppe Ah | 1995 | 4.W-WA | 37:40 | 37:56 |
| 269 | 5. | 5. | | Matthes, Regina | TuS Hilstrup | 1945 | 5.W-WA | 37:47 | 38:00 |
| 274 | 6. | 6. | | Wagener, Heike | TuS Hilstrup | 1965 | 6.W-WA | 38:01 | 38:12 |
| 118 | 7. | 7. | | Schibilla, Karin | HSC 08 | 1959 | 7.W-WA | 38:07 | 38:22 |
| 90 | 8. | 8. | | Michel, Judith | HSC 08 | 1968 | 8.W-WA | 38:07 | 38:23 |
| 244 | 9. | 9. | | Groh, Marie Luise | Nordic Walking Hobbygruppe Ah | 1935 | 9.W-WA | 38:10 | 38:27 |
| 96 | 10. | 10. | | Klein, Susanne | HSC 08 | 1963 | 10.W-WA | 38:12 | 38:28 |
| 120 | 11. | 11. | | Aust, Petra | HSC 08 | 1965 | 11.W-WA | 38:13 | 38:29 |
| 349 | 12. | 12. | | Drinkmann, Waltraud | Post SV Unna | 1954 | 12.W-WA | 39:14 | 39:25 |
| 272 | 13. | 13. | | Schaefer, Veronika | TuS Hilstrup | 1957 | 13.W-WA | 39:50 | 40:03 |
| 270 | 14. | 14. | | Neumann-Steinbreier, Petra | TuS Hilstrup | 1957 | 14.W-WA | 39:54 | 40:04 |
| 255 | 15. | 15. | | Gruß-Klemme, Martina | HSC 08 | 1969 | 15.W-WA | 40:08 | 40:15 |
| 124 | 16. | 16. | | Mersmann, Luise | TV Flerke | 1952 | 16.W-WA | 40:17 | 40:35 |
| 252 | 17. | 17. | | Poschmann, Marita | DJK Borussia Hamm 1920 e.V. | 1950 | 17.W-WA | 40:51 | 40:52 |
| 99 | 18. | 18. | | Tolksdorf, Christa | HSC 08 | 1956 | 18.W-WA | 40:52 | 41:08 |
| 273 | 19. | 19. | | Stolle, Andrea | TuS Hilstrup | 1957 | 19.W-WA | 41:32 | 41:43 |
| 91 | 20. | 20. | | Dankwart, Manuela | HSC 08 | 1968 | 20.W-WA | 41:27 | 41:44 |
| 125 | 21. | 21. | | Müller, Brigitte | TV Flerke | 1954 | 21.W-WA | 41:33 | 41:55 |
| 93 | 22. | 22. | | Büttner, Imtraud | HSC 08 | 1948 | 22.W-WA | 42:04 | 42:10 |
| 94 | 23. | 23. | | Lohmann, Irene | HSC 08 | 1952 | 23.W-WA | 42:11 | 42:17 |
| 95 | 24. | 24. | | Wessel, Waltraud | HSC 08 | 1951 | 24.W-WA | 42:00 | 42:17 |
| 134 | 25. | 25. | | Kortmann, Brunni | SC SportlerInnen f.d. Frieden | 1933 | 25.W-WA | 42:13 | 42:18 |
| 251 | 26. | 26. | | Wendt, Ingrid | DJK Borussia Hamm 1920 e.V. | 1953 | 26.W-WA | 42:29 | 42:29 |
| 254 | 27. | 27. | | Tinius, Katharina | DJK Borussia Hamm 1920 e.V. | 1959 | 27.W-WA | 42:29 | 42:29 |
| 245 | 28. | 28. | | Neubert, Ulla | Nordic Walking Hobbygruppe Ah | 1949 | 28.W-WA | 42:22 | 42:39 |
| 248 | 29. | 29. | | Gommen-Rechau, Gaby | Nordic Walking Hobbygruppe Ah | 1963 | 29.W-WA | 42:20 | 42:39 |
| 328 | 30. | 30. | | Wittenborn, Tanja | BSV Stadtwerke Bielefeld | 1966 | 30.W-WA | 42:49 | 43:08 |
| 327 | 31. | 31. | | Heywinkel, Teresa | BSV Stadtwerke Bielefeld | 1953 | 31.W-WA | 42:52 | 43:09 |
| 359 | 32. | 32. | | Macszek, Bärbel | TV Flerke | 1956 | 32.W-WA | 43:13 | 43:34 |
| 107 | 33. | 33. | | Kruse, Heike | Laufftreff-Hohenlimburg | 1961 | 33.W-WA | 44:34 | 44:50 |
| 275 | 34. | 34. | | Ziegler, Ruth | TuS Hilstrup | 1936 | 34.W-WA | 44:55 | 45:08 |
| 266 | 35. | 35. | | Neuhann, Elfi | TuS Hilstrup | 1953 | 35.W-WA | 44:56 | 45:10 |
| 365 | 36. | 36. | | Voß, Beate | Hamm | 1957 | 36.W-WA | 45:46 | 46:06 |
| 358 | 37. | 37. | | Herrmann, Kornelia | TV Flerke | 1956 | 37.W-WA | 45:50 | 46:11 |
| 122 | 38. | 38. | | Sternschulte, Ute | TV Flerke | 1957 | 38.W-WA | 45:50 | 46:12 |
| 271 | 39. | 39. | | Pagenkemper, Angelika | TuS Hilstrup | 1956 | 39.W-WA | 46:02 | 46:13 |
| 268 | 40. | 40. | | Fels, Christa | TuS Hilstrup | 1952 | 40.W-WA | 46:03 | 46:14 |
| 121 | 41. | 41. | | Look, Birgitt | TV Flerke | 1951 | 41.W-WA | 46:00 | 46:22 |
| 242 | 42. | 42. | | Lütgebaucks, Cornelia | Mrs Sporty | 1954 | 42.W-WA | 46:15 | 46:33 |
| 249 | 43. | 43. | | Sutholt, Claudia | Hamm | 1956 | 43.W-WA | 46:15 | 46:33 |
| 109 | 44. | 44. | | Seidel, Stefanie | OSC 01 | 1955 | 44.W-WA | 46:25 | 46:50 |
| 267 | 45. | 45. | | Felmet, Gisela | TuS Hilstrup | 1935 | 45.W-WA | 46:54 | 47:07 |
| 261 | 46. | 46. | | Olschewsky, Gisela | Lauffreunde Bönen 1985 e.V. | 1950 | 46.W-WA | 47:25 | 47:44 |
| 260 | 47. | 47. | | Tessarek, Ingrid | Lauffreunde Bönen 1985 e.V. | 1950 | 47.W-WA | 47:25 | 47:44 |
| 257 | 48. | 48. | | Herud, Gisela | Lauffreunde Bönen 1985 e.V. | 1954 | 48.W-WA | 47:26 | 47:44 |
| 259 | 49. | 49. | | Munk, Esther | Lauffreunde Bönen 1985 e.V. | 1967 | 49.W-WA | 47:26 | 47:44 |
| 256 | 50. | 50. | | Fliescher, Brigitte | Lauffreunde Bönen 1985 e.V. | 1950 | 50.W-WA | 47:25 | 47:45 |
| 344 | 51. | 51. | | Heilmann, Renate | TuS Hilstrup | 1934 | 51.W-WA | 48:09 | 48:24 |
| 110 | 52. | 52. | | Förster, Kerstin | OSC 01 | 1969 | 52.W-WA | 48:17 | 48:41 |
| 116 | 53. | 53. | | Kramer, Claudia | OSC 01 | 1960 | 53.W-WA | 48:18 | 48:41 |
| 100 | 54. | 54. | | Motschull, Gabriele | HSC 08 | 1945 | 54.W-WA | 48:34 | 48:57 |
| 131 | 55. | 55. | | Dütz, Gisa | pro mamma | 1950 | 55.W-WA | 48:43 | 49:05 |
| 113 | 56. | 56. | | Wagner, Susanne | OSC 01 | 1962 | 56.W-WA | 48:41 | 49:05 |
| 123 | 57. | 57. | | Rogge, Barbara | TV Flerke | 1960 | 57.W-WA | 48:44 | 49:07 |
| 243 | 58. | 58. | | Radau, Rita | TV Flerke | 1951 | 58.W-WA | 48:45 | 49:08 |
| 112 | 59. | 59. | | Mandel, Regina | OSC 01 | 1963 | 59.W-WA | 49:42 | 49:57 |
| 353 | 60. | 60. | | Walter, Ingrid | LF Bönen | 1953 | 60.W-WA | 49:47 | 50:07 |
| 132 | 61. | 61. | | Wegener, Dina | Hamm | 1955 | 61.W-WA | 49:47 | 50:10 |
| 133 | 62. | 62. | | Aulmann, Annette | Hamm | 1959 | 62.W-WA | 49:47 | 50:11 |
| 258 | 63. | 63. | | Kunze, Brigitta | Lauffreunde Bönen 1985 e.V. | 1948 | 63.W-WA | 49:52 | 50:12 |
| 355 | 64. | 64. | | Glade, Ute | Hamm | 1957 | 64.W-WA | 50:37 | 50:55 |
| 354 | 65. | 65. | | Otto, Mechtild | Hamm | 1963 | 65.W-WA | 50:37 | 50:56 |

25. Hammer Frauenlauf - 10. Mai 2014

Gesamtergebnisliste - 5 km Walking

| SNR | PL. | W. | M. | Hausname, Vorname | Verein | JG | AK | (Netto) | Zeit |
|-----|-----|-----|----|--------------------------|--------|------|---------|---------|-------|
| 105 | 66. | 66. | | Koch, Hildegard | HSC 08 | 1938 | 66.W-WA | 52:01 | 52:01 |
| 87 | 67. | 67. | | Paulfeuerborn, Marlies | HSC 08 | 1947 | 67.W-WA | 51:52 | 52:02 |
| 92 | 68. | 68. | | Quadflieg, Erika | HSC 08 | 1935 | 68.W-WA | 51:40 | 52:05 |
| 104 | 69. | 69. | | Scholz-Roesler, Liesbeth | HSC 08 | 1937 | 69.W-WA | 51:56 | 52:05 |
| 101 | 70. | 70. | | Kirchner, Doris | HSC 08 | 1940 | 70.W-WA | 51:41 | 52:05 |