

27. Hammer Frauenlauf - 7. Mai 2016  
Gesamtergebnisliste - 10 km

| SNR | PL. | W.  | M. | Hausname, Vorname         | Verein                 | JG   | AK    | (Netto) | Zeit    |
|-----|-----|-----|----|---------------------------|------------------------|------|-------|---------|---------|
| 17  | 1.  | 1.  |    | Tank, Regina              | Dortmund               | 1959 | 1.W55 | 46:59   | 46:59   |
| 13  | 2.  | 2.  |    | Thiemann, Tanja           |                        | 1971 | 1.W45 | 47:50   | 47:52   |
| 20  | 3.  | 3.  |    | Rüther-Sebbel, Ronja      | Oer-Erkenschwick       | 1992 | 1.W20 | 54:59   | 55:08   |
| 15  | 4.  | 4.  |    | Rotermund, Vina           |                        | 1973 | 1.W40 | 57:16   | 57:19   |
| 9   | 5.  | 5.  |    | Weßels-von Bobart, Ursula | DJK Drensteinfurt      | 1965 | 1.W50 | 57:59   | 58:01   |
| 3   | 6.  | 6.  |    | Braun-Nott, Angelika      | Lauftreff-Hohenlimburg | 1952 | 1.W60 | 59:51   | 59:57   |
| 12  | 7.  | 7.  |    | Linke, Gertrud            | Lauftreff-Hohenlimburg | 1961 | 2.W55 | 59:51   | 59:57   |
| 8   | 8.  | 8.  |    | König, Rita               | OSC 01 Hamm            | 1962 | 2.W50 | 1:02:13 | 1:02:15 |
| 36  | 9.  | 9.  |    | Wenig, Jackeline          | Power Piepe            | 1991 | 2.W20 | 1:02:11 | 1:02:20 |
| 23  | 10. | 10. |    | Kirchner, Jessica         | SFDF                   | 1987 | 3.W20 | 1:03:08 | 1:03:19 |
| 19  | 11. | 11. |    | Gerling, Kirsten          | Hammer SC 08           | 1989 | 4.W20 | 1:03:38 | 1:03:44 |
| 16  | 12. | 12. |    | Leufen, Raphaela          | Hammer SC 08           | 1979 | 1.W35 | 1:03:38 | 1:03:44 |
| 18  | 13. | 13. |    | Jungeilges, Britta        | Hammer SC 08           | 1991 | 5.W20 | 1:03:38 | 1:03:44 |
| 1   | 14. | 14. |    | Kohn, Yvonne              | Handball Hamm          | 1986 | 1.W30 | 1:06:30 | 1:06:37 |
| 35  | 15. | 15. |    | Föckel, Sina-Vanessa      | Power Piepe            | 1992 | 6.W20 | 1:06:55 | 1:07:04 |
| 4   | 16. | 16. |    | Möller, Michaela          |                        | 1970 | 2.W45 | 1:07:33 | 1:07:41 |
| 22  | 17. | 17. |    | Keller, Lara              | SFDF                   | 1990 | 7.W20 | 1:07:34 | 1:07:45 |
| 21  | 18. | 18. |    | Martin, Susanne           | SFDF                   | 1966 | 3.W50 | 1:08:06 | 1:08:17 |
| 2   | 19. | 19. |    | Thalmann, Martina         |                        | 1966 | 4.W50 | 1:10:20 | 1:10:27 |
| 38  | 20. | 20. |    | Steimann, Evelyn          | Hamm                   | 1979 | 2.W35 | 1:13:09 | 1:13:17 |
| 37  | 21. | 21. |    | Kreuter, Nadine           | Hamm                   | 1979 | 3.W35 | 1:13:09 | 1:13:17 |

## 27. Hammer Frauenlauf - 7. Mai 2016

## Gesamtergebnisliste - 5 km

| SNR | PL. | W.  | M. | Hausname, Vorname          | Verein              | JG   | AK      | (Netto) | Zeit  |
|-----|-----|-----|----|----------------------------|---------------------|------|---------|---------|-------|
| 246 | 1.  | 1.  |    | Walter, Katrin             | Lauffreunde Bönen   | 1980 | 1.W35   | 20:20   | 20:21 |
| 219 | 2.  | 2.  |    | Lassota, Roxana            | Hamm                | 1989 | 1.W20   | 22:42   | 22:43 |
| 276 | 3.  | 3.  |    | Claßen, Kerstin            | OSC Hamm            | 1973 | 1.W40   | 23:53   | 23:54 |
| 218 | 4.  | 4.  |    | Hallmann, Ruth             | Walking Club Hamm   | 1960 | 1.W55   | 24:08   | 24:09 |
| 201 | 5.  | 5.  |    | Mashiter, Cornelia         | Lauf Team Unna      | 1958 | 2.W55   | 24:43   | 24:44 |
| 291 | 6.  | 6.  |    | Tank, Desiree              | Dortmund            | 1990 | 2.W20   | 24:53   | 24:58 |
| 207 | 7.  | 7.  |    | Weimann, Bozena            | Hamm                | 1979 | 2.W35   | 25:10   | 25:11 |
| 229 | 8.  | 8.  |    | Siemon, Katja              |                     | 1966 | 1.W50   | 25:32   | 25:33 |
| 185 | 9.  | 9.  |    | Neumann, Conny             | Lauf Team Unna      | 1962 | 2.W50   | 25:36   | 25:43 |
| 165 | 10. | 10. |    | Pukropski, Rica            | PV-Triathlon Witten | 1992 | 3.W20   | 25:43   | 25:45 |
| 296 | 11. | 11. |    | Glade, Anna Maria          | Hamm                | 1992 | 4.W20   | 25:58   | 26:02 |
| 173 | 12. | 12. |    | Friedemann, Angelika       | Lauf Team Unna      | 1952 | 1.W60   | 26:11   | 26:14 |
| 230 | 13. | 13. |    | Hiddemann, Kornelia        | Lauf Team Unna      | 1955 | 2.W60   | 26:25   | 26:27 |
| 178 | 14. | 14. |    | Klos, Stefanie             | Lauf Team Unna      | 1983 | 1.W30   | 26:59   | 27:06 |
| 284 | 15. | 15. |    | Waller, Insa               | Power Piepe         | 1991 | 5.W20   | 27:02   | 27:09 |
| 169 | 16. | 16. |    | Bonin, Monika              | Lauf Team Unna      | 1950 | 1.W65   | 27:16   | 27:21 |
| 183 | 17. | 17. |    | Matos, Elsa                | Lauf Team Unna      | 1969 | 1.W45   | 27:27   | 27:35 |
| 301 | 18. | 18. |    | Ziethmann, Susann          | Hamm                | 1969 | 2.W45   | 27:46   | 27:51 |
| 162 | 19. | 19. |    | Schmidt, Yvonne            | Hammer SC 08        | 1993 | 6.W20   | 27:59   | 28:06 |
| 163 | 20. | 20. |    | Meyer, Melanie             | Hammer SC 08        | 1989 | 7.W20   | 28:28   | 28:35 |
| 221 | 21. | 21. |    | Schulte, Alexandra         |                     | 1963 | 3.W50   | 28:34   | 28:37 |
| 186 | 22. | 22. |    | Oberstein, Bärbel          | Lauf Team Unna      | 1964 | 4.W50   | 28:41   | 28:48 |
| 243 | 23. | 23. |    | Moritz, Janine             | Lauffreunde Bönen   | 1983 | 2.W30   | 28:46   | 28:50 |
| 222 | 24. | 24. |    | Linnenlücke, Astrid        |                     | 1985 | 3.W30   | 28:47   | 28:51 |
| 223 | 25. | 25. |    | Linnenlücke, Britta        |                     | 1979 | 3.W35   | 28:48   | 28:52 |
| 188 | 26. | 26. |    | Pereira, Isabel            | Lauf Team Unna      | 1962 | 5.W50   | 29:07   | 29:13 |
| 164 | 27. | 27. |    | Schellok, Juliane          | Hammer SC 08        | 1996 | 8.W20   | 29:14   | 29:21 |
| 240 | 28. | 28. |    | Homeyer, Gisela            | Lauffreunde Bönen   | 1949 | 2.W65   | 29:26   | 29:31 |
| 231 | 29. | 29. |    | Grobbe, Jana               | FIT PLUS Hamm       | 1993 | 9.W20   | 29:27   | 29:35 |
| 237 | 30. | 30. |    | Donkiewicz, Julie          | Lauffreunde Bönen   | 2001 | 1.WJU16 | 29:40   | 29:44 |
| 200 | 31. | 31. |    | Wiercke-Kalkbrenner, Petra | Lauf Team Unna      | 1954 | 3.W60   | 29:44   | 29:49 |
| 159 | 32. | 32. |    | Kolasinski, Jessica        |                     | 1979 | 4.W35   | 29:44   | 29:58 |
| 199 | 33. | 33. |    | Wrobel, Michaela           | Lauf Team Unna      | 1968 | 3.W45   | 30:07   | 30:13 |
| 156 | 34. | 34. |    | Bienert, Bettina           | Lauffreunde Bönen   | 1970 | 4.W45   | 30:17   | 30:21 |
| 244 | 35. | 35. |    | Post, Melanie              | Lauffreunde Bönen   | 1981 | 5.W35   | 30:15   | 30:26 |
| 293 | 36. | 36. |    | Oertel, Beate              | Hamm                | 1957 | 3.W55   | 30:23   | 30:29 |
| 270 | 37. | 37. |    | Wöllhaf, Astrid            |                     | 1965 | 6.W50   | 30:32   | 30:36 |
| 216 | 38. | 38. |    | Jäger, Christiane          | Walking Club Hamm   | 1972 | 2.W40   | 30:45   | 30:46 |
| 192 | 39. | 39. |    | Rosin, Anja                | Lauf Team Unna      | 1970 | 5.W45   | 30:41   | 30:48 |
| 204 | 40. | 40. |    | Wengeler, Elke             |                     | 1966 | 7.W50   | 30:47   | 30:51 |
| 273 | 41. | 41. |    | Heinemann, Heike           | Hamm                | 1967 | 6.W45   | 30:50   | 31:01 |
| 220 | 42. | 42. |    | Jürgenliemke, Iris         |                     | 1967 | 7.W45   | 31:11   | 31:21 |
| 161 | 43. | 43. |    | Göbmann, Bianca            | Werne               | 1990 | 10.W20  | 31:16   | 31:27 |
| 190 | 44. | 44. |    | Proll, Kirsten             | Lauf Team Unna      | 1979 | 6.W35   | 31:38   | 31:45 |
| 196 | 45. | 45. |    | Staar, Elisabeth           | Lauf Team Unna      | 1963 | 8.W50   | 31:38   | 31:46 |
| 189 | 46. | 46. |    | Pothoff, Karin             | Lauf Team Unna      | 1965 | 9.W50   | 32:08   | 32:22 |
| 206 | 47. | 47. |    | Kursawe, Karin             | Lauf Team Unna      | 1961 | 4.W55   | 32:08   | 32:23 |
| 241 | 48. | 48. |    | Janetzki, Martina          | Lauffreunde Bönen   | 1964 | 10.W50  | 32:20   | 32:24 |
| 151 | 49. | 49. |    | Mürmann, Olivia            |                     | 1975 | 3.W40   | 32:19   | 32:24 |
| 299 | 50. | 50. |    | Schönfeld, Christa         | Hamm                | 1955 | 4.W60   | 32:39   | 32:43 |
| 215 | 51. | 51. |    | Bodenheimer, Tanja         | Walking Club Hamm   | 1971 | 8.W45   | 32:42   | 32:43 |
| 247 | 52. | 52. |    | Senftleben, Carolin        |                     | 1996 | 11.W20  | 33:00   | 33:06 |
| 157 | 53. | 53. |    | von Radetzky, Viktoria     | Walking Club Hamm   | 1971 | 9.W45   | 33:05   | 33:16 |
| 274 | 54. | 54. |    | Heinsch, Stefanie          | Hamm                | 1983 | 4.W30   | 33:07   | 33:18 |
| 182 | 55. | 55. |    | Matos, Fani                | Lauf Team Unna      | 1995 | 12.W20  | 33:10   | 33:19 |
| 184 | 56. | 56. |    | Matos, Tania               | Lauf Team Unna      | 1989 | 13.W20  | 33:10   | 33:19 |
| 175 | 57. | 57. |    | Heinsius, Christina        | Lauf Team Unna      | 1966 | 11.W50  | 33:20   | 33:34 |
| 302 | 58. | 58. |    | HeIm, Alessa               | DJK Drensteinfurt   | 2005 | 1.WKU12 | 33:46   | 33:48 |
| 205 | 59. | 59. |    | Sengotta, Tanja            | Lauf Team Unna      | 1974 | 4.W40   | 33:36   | 33:49 |
| 238 | 60. | 60. |    | Donkiewicz, Nadine         | Lauffreunde Bönen   | 1995 | 14.W20  | 33:46   | 33:50 |
| 290 | 61. | 61. |    | Goldschmidt, Irina         | TVG 1877            | 1984 | 5.W30   | 33:41   | 33:53 |
| 303 | 62. | 62. |    | Brinkötter, Birgit         | SV Drensteinfurt    | 1973 | 5.W40   | 33:58   | 33:59 |
| 211 | 63. | 63. |    | Werner, Diana              | Walking Club Hamm   | 1967 | 10.W45  | 34:08   | 34:08 |
| 213 | 64. | 64. |    | Danne, Sabine              | Walking Club Hamm   | 1965 | 12.W50  | 34:00   | 34:10 |
| 181 | 65. | 65. |    | Leitner, Elisabeth         | Lauf Team Unna      | 1954 | 5.W60   | 34:08   | 34:14 |

## 27. Hammer Frauenlauf - 7. Mai 2016

## Gesamtergebnisliste - 5 km

| SNR | PL.  | W.   | M. | Hausname, Vorname     | Verein                    | JG   | AK      | (Netto) | Zeit  |
|-----|------|------|----|-----------------------|---------------------------|------|---------|---------|-------|
| 232 | 66.  | 66.  |    | Sczesny, Nina         | HSC 08                    | 1973 | 6.W40   | 34:10   | 34:15 |
| 249 | 67.  | 67.  |    | Meyer, Pia            |                           | 1997 | 1.WJU20 | 34:16   | 34:22 |
| 248 | 68.  | 68.  |    | Humpert, Ina          |                           | 1996 | 15.W20  | 34:28   | 34:34 |
| 236 | 69.  | 69.  |    | Blank, Manuela        | Lauffreunde Bönen         | 1964 | 13.W50  | 34:41   | 34:45 |
| 155 | 70.  | 70.  |    | Beckers, Angelika     | Betriebssport Bertelsmann | 1954 | 6.W60   | 34:44   | 34:45 |
| 294 | 71.  | 71.  |    | Nau, Gertrud          | DJK Grün Weiss Werl       | 1948 | 3.W65   | 35:24   | 35:31 |
| 289 | 72.  | 72.  |    | Hölscher, Martina     | HSC                       | 1962 | 14.W50  | 35:42   | 35:47 |
| 193 | 73.  | 73.  |    | Schmelzer, Stephanie  | Lauf Team Unna            | 1980 | 7.W35   | 35:39   | 35:52 |
| 179 | 74.  | 74.  |    | Krause, Sandra        | Lauf Team Unna            | 1981 | 8.W35   | 35:40   | 35:53 |
| 171 | 75.  | 75.  |    | Frabke, Cathrin       | Lauf Team Unna            | 1973 | 7.W40   | 35:38   | 35:53 |
| 242 | 76.  | 76.  |    | Kaftan, Petra         | Lauffreunde Bönen         | 1969 | 11.W45  | 35:52   | 35:55 |
| 225 | 77.  | 77.  |    | Böhmer, Janine        | SFDF                      | 1989 | 16.W20  | 35:57   | 36:08 |
| 197 | 78.  | 78.  |    | Tracz, Elke           | Lauf Team Unna            | 1968 | 12.W45  | 36:02   | 36:09 |
| 168 | 79.  | 79.  |    | Bluhm, Steffi         | Lauf Team Unna            | 1968 | 13.W45  | 36:02   | 36:09 |
| 154 | 80.  | 80.  |    | Böcker, Barbara       |                           | 1970 | 14.W45  | 36:13   | 36:23 |
| 203 | 81.  | 81.  |    | Wegener, Insa         |                           | 1985 | 6.W30   | 36:50   | 36:59 |
| 217 | 82.  | 82.  |    | Olschewski, Ulrike    | Walking Club Hamm         | 1967 | 15.W45  | 36:54   | 37:06 |
| 224 | 83.  | 83.  |    | Linnenlücke, Monika   | Turnverein Wiescherhöfen  | 1950 | 4.W65   | 37:17   | 37:21 |
| 166 | 84.  | 84.  |    | Osthof, Sylwia        | Walking Club Hamm         | 1964 | 15.W50  | 37:10   | 37:22 |
| 202 | 85.  | 85.  |    | Wegener, Dina         |                           | 1955 | 7.W60   | 37:42   | 37:52 |
| 170 | 86.  | 86.  |    | Dlugosch, Johanna     | Lauf Team Unna            | 1983 | 7.W30   | 37:54   | 38:06 |
| 174 | 87.  | 87.  |    | Groß, Anette          | Lauf Team Unna            | 1963 | 16.W50  | 37:54   | 38:07 |
| 209 | 88.  | 88.  |    | Zielke, Frauke        | Walking Club Hamm         | 1981 | 9.W35   | 38:02   | 38:13 |
| 280 | 89.  | 89.  |    | Wilhelm, Elke         | walkingclub               | 1962 | 17.W50  | 38:02   | 38:13 |
| 41  | 90.  | 90.  |    | Ebel-Michael, Isabell | Hamm                      | 1979 | 10.W35  | 38:01   | 38:14 |
| 187 | 91.  | 91.  |    | Oppitz, Birgit        | Lauf Team Unna            | 1965 | 18.W50  | 38:05   | 38:17 |
| 287 | 92.  | 92.  |    | Kirsten, Katharina    | Power Piepe               | 1988 | 17.W20  | 38:07   | 38:25 |
| 172 | 93.  | 93.  |    | Freidank, Christine   | Lauf Team Unna            | 1963 | 19.W50  | 38:16   | 38:28 |
| 167 | 94.  | 94.  |    | Basilowski, Anita     | Lauf Team Unna            | 1954 | 8.W60   | 38:14   | 38:28 |
| 271 | 95.  | 95.  |    | Stoffer-Schur, Anke   | Sportler für den Frieden  | 1965 | 20.W50  | 38:32   | 38:44 |
| 198 | 96.  | 96.  |    | Wessmann, Annegret    | Lauf Team Unna            | 1964 | 21.W50  | 38:51   | 38:56 |
| 214 | 97.  | 97.  |    | Spiek, Silvia         | Walking Club Hamm         | 1970 | 16.W45  | 38:54   | 39:07 |
| 158 | 98.  | 98.  |    | Erley, Vanessa        |                           | 1989 | 18.W20  | 39:23   | 39:34 |
| 286 | 99.  | 99.  |    | Uhde-Wehde, Bruni     | Power Piepe               | 1958 | 5.W55   | 39:20   | 39:37 |
| 277 | 100. | 100. |    | Kihans, Jessica       | Power Piepe               | 1977 | 11.W35  | 39:20   | 39:37 |
| 153 | 101. | 101. |    | Völlkopf, Angelika    |                           | 1960 | 6.W55   | 40:11   | 40:24 |
| 208 | 102. | 102. |    | Ahlert, Julia         | Walking Club Hamm         | 1994 | 19.W20  | 40:13   | 40:26 |
| 176 | 103. | 103. |    | Kämper, Diana         | Lauf Team Unna            | 1963 | 22.W50  | 40:21   | 40:37 |
| 212 | 104. | 104. |    | Falkenhain, Birgit    | Walking Club Hamm         | 1955 | 9.W60   | 40:27   | 40:38 |
| 282 | 105. | 105. |    | Hoffmann, Barbara     | Power Piepe               | 1964 | 23.W50  | 40:47   | 41:03 |
| 285 | 106. | 106. |    | Franke, Elke          | Power Piepe               | 1957 | 7.W55   | 42:19   | 42:34 |
| 279 | 107. | 107. |    | Hachmeister, Andrea   | Power Piepe               | 1974 | 8.W40   | 43:29   | 43:44 |
| 278 | 108. | 108. |    | Ising, Daniela        | Power Piepe               | 1970 | 17.W45  | 43:30   | 43:45 |
| 235 | 109. | 109. |    | Wahlich, Karin        | HSC 08                    | 1960 | 8.W55   | 45:03   | 45:19 |
| 152 | 110. | 110. |    | Schulte, Christel     | MCM                       | 1939 | 1.W75   | 45:41   | 45:53 |
| 233 | 111. | 111. |    | Osinski, Christine    | HSC 08                    | 1941 | 2.W75   | 58:49   | 59:11 |

27. Hammer Frauenlauf - 7. Mai 2016  
Gesamtergebnisliste - 10 km Walking

| SNR | PL. | W. | M. | Hausname, Vorname     | Verein                 | JG   | AK | (Netto) | Zeit    |
|-----|-----|----|----|-----------------------|------------------------|------|----|---------|---------|
| 24  |     |    |    | Bangemann, Brenda     | NW Werl                | 1968 |    | 1:24:43 | 1:25:02 |
| 30  |     |    |    | Blech, Sabrina        | Hamm                   | 1983 |    | 1:33:02 | 1:33:20 |
| 31  |     |    |    | Firsov, Susanne       | Hamm                   | 1967 |    | 1:33:02 | 1:33:20 |
| 26  |     |    |    | Gamon, Birgit         | NW Werl                | 1979 |    | 1:24:45 | 1:25:04 |
| 39  |     |    |    | Horn, Gordana         | Radbad Runners         | 1972 |    | 1:34:46 | 1:35:07 |
| 33  |     |    |    | Jabss, Olga           | Hamm                   | 1987 |    | 1:25:15 | 1:25:31 |
| 27  |     |    |    | Johna, Martina        | Lauftreff-Hohenlimburg | 1964 |    | 1:37:12 | 1:37:30 |
| 34  |     |    |    | Karabulut, Sengül     | Power Piepe            | 1971 |    | 1:12:55 | 1:13:04 |
| 29  |     |    |    | Kracht-Zinn, Karin    | Lauftreff-Hohenlimburg | 1961 |    | 1:37:13 | 1:37:31 |
| 28  |     |    |    | Rüther, Susanne       |                        | 1961 |    | 1:18:11 | 1:18:23 |
| 25  |     |    |    | Schulze-Allen, Birgit | NW Werl                | 1967 |    | 1:24:43 | 1:25:03 |
| 40  |     |    |    | White, Andrea         | Radbad Runners         | 1964 |    | 1:34:49 | 1:35:10 |
| 32  |     |    |    | Wulf, Svenja          | Hamm                   | 1988 |    | 1:25:15 | 1:25:31 |

27. Hammer Frauenlauf - 7. Mai 2016  
Gesamtergebnisliste - 5 km Walking

| SNR | PL. | W. | M. | Hausname, Vorname     | Verein            | JG   | AK | (Netto) | Zeit  |
|-----|-----|----|----|-----------------------|-------------------|------|----|---------|-------|
| 267 |     |    |    | Adler, Elke           |                   | 1951 |    | 51:42   | 52:01 |
| 260 |     |    |    | Beilenhoff, Hermine   | HSC 08            | 1937 |    | 59:26   | 59:50 |
| 272 |     |    |    | Beine, Heike          | Cellagon-Team     | 1968 |    | 35:05   | 35:08 |
| 300 |     |    |    | Dörner, Roswitha      | Hamm              | 1957 |    | 44:00   | 44:14 |
| 264 |     |    |    | Freitag, Karin        | Lauffreunde Bönen | 1952 |    | 44:48   | 45:08 |
| 255 |     |    |    | Gausepohl, Beate      | DJK Borussia Hamm | 1957 |    | 47:20   | 47:30 |
| 297 |     |    |    | Glade, Ute            | Hamm              | 1957 |    | 52:13   | 52:30 |
| 266 |     |    |    | Hegemann, Sibylle     | SFDF              | 1957 |    | 46:53   | 47:13 |
| 288 |     |    |    | Held, Britta          | Power Piepe       | 1970 |    | 42:07   | 42:25 |
| 234 |     |    |    | Hünnebeck, Helga      | HSC 08            | 1937 |    | 59:24   | 59:47 |
| 228 |     |    |    | Kistner, Andrea       |                   | 1971 |    | 43:37   | 43:55 |
| 257 |     |    |    | Klönne, Katharina     | DJK Borussia Hamm | 1946 |    | 48:47   | 48:56 |
| 258 |     |    |    | Koch, Hildegard       | HSC 08            | 1938 |    | 59:24   | 59:48 |
| 295 |     |    |    | Krömer, Beatrix       | VHS Hamm          | 1952 |    | 47:05   | 47:19 |
| 269 |     |    |    | Lang, Dagmar          |                   | 1964 |    | 47:03   | 47:24 |
| 262 |     |    |    | Lohmann, Irene        | HSC 08            | 1952 |    | 43:04   | 43:14 |
| 298 |     |    |    | Makuhn, Christa       | VHS               | 1956 |    | 47:25   | 47:39 |
| 275 |     |    |    | Manthey, Ingeborg     | Hamm              | 1957 |    | 39:48   | 40:01 |
| 226 |     |    |    | Mielek, Heike         | BTC Herne         | 1969 |    | 50:29   | 50:47 |
| 251 |     |    |    | Poschmann, Marita     | DJK Borussia Hamm | 1950 |    | 43:03   | 43:07 |
| 253 |     |    |    | Reimann, Heidi        | DJK Borussia Hamm | 1947 |    | 47:33   | 47:42 |
| 256 |     |    |    | Rubbert, Angelika     | DJK Borussia Hamm | 1957 |    | 47:33   | 47:42 |
| 268 |     |    |    | Sadat Mir, Gabriele   |                   | 1963 |    | 47:03   | 47:25 |
| 281 |     |    |    | Schallenberg, Marina  | VHS               | 1958 |    | 45:36   | 45:51 |
| 254 |     |    |    | Schmidt, Brigitte     | DJK Borussia Hamm | 1946 |    | 49:00   | 49:09 |
| 250 |     |    |    | Sommer, Annelie       | DJK Borussia Hamm | 1950 |    | 47:18   | 47:27 |
| 259 |     |    |    | Sorge, Lydia          | HSC 08            | 1936 |    | 59:25   | 59:49 |
| 283 |     |    |    | Sutholt, Claudia      | Hamm              | 1956 |    | 47:25   | 47:39 |
| 261 |     |    |    | Vanscheidt, Hannelore | HSC 08            | 1952 |    | 40:08   | 40:18 |
| 252 |     |    |    | von Eicken, Rita      | DJK Borussia Hamm | 1940 |    | 48:45   | 48:55 |
| 265 |     |    |    | Walter, Ingrid        | Lauffreunde Bönen | 1953 |    | 44:49   | 45:09 |
| 292 |     |    |    | Wollschläger, Britta  | Fortuna Walstedde | 1968 |    | 34:58   | 35:12 |