

10 km - Gesamtwertung

Männer

7. OLB Citylauf Norden - 18. April 2009

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	2268	Isaya Dengw	Tansania	0:30:12	0:30:13	1	MHK	85	07:46 07:34 07:36 07:15
2	1692	Böckenholt Thomas	ESV Münster	0:33:35	0:33:36	1	M35	74	08:04 08:35 08:37 08:19
3	1779	Grigat Holger	VfL Germania Leer	0:34:16	0:34:16	2	M35	73	08:20 08:38 08:45 08:32
4	2472	Mäschig Michael	LG Wilhelmshaven	0:35:23	0:35:23	1	M30	77	08:39 08:55 09:06 08:41
5	1892	Ringering Onno	Ihlower Rennschnecken	0:35:51	0:35:52	1	M40	68	08:53 09:01 09:06 08:49
6	1828	Klaue Roland	Stammtisch Aurich	0:35:51	0:35:53	3	M35	71	08:53 09:02 09:06 08:49
7	1975	Vlaardingerbroek Kurt	UEK Norden Verein LGO	0:36:37	0:36:38	2	M40	68	08:53 09:08 09:25 09:10
8	1716	De Jonge Stefan	TuS Weene	0:37:02	0:37:03	2	M30	76	08:53 09:19 09:35 09:13
9	3027	Krawietz Leander	Emder LG	0:37:56	0:37:57	4	M35	71	09:15 09:36 09:42 09:21
10	2258	Klüver Bernhard		0:38:06	0:38:07	3	M40	69	09:18 09:37 09:47 09:22
11	1914	Schmidt Jörn		0:38:17	0:38:20	2	MHK	84	08:51 09:20 10:07 09:57
12	1870	Nowrozi Ayub Ali		0:38:34	0:38:35	1	MJA	91	08:54 09:53 10:04 09:43
13	3032	Reents Ralf	Lg-Harlingerland	0:38:39	0:38:41	4	M40	69	09:33 09:41 09:52 09:31
14	1704	Busse Peter	Emder Laufgemeinschaft	0:38:43	0:38:46	5	M40	65	09:21 09:47 09:57 09:36
15	3041	Christians Borchard	LGO	0:38:48	0:38:49	1	M50	58	09:23 09:47 10:00 09:36
16	1923	Schröder Frank	Emder LG	0:39:07	0:39:08	5	M35	70	09:23 09:46 10:04 09:52
17	1675	Alts Holger	VfIL Berumbur	0:39:39	0:39:40	1	M45	64	09:29 10:06 10:12 09:50
18	1722	Dietze Joachim	TSV 1863 Herdecke	0:39:52	0:39:53	2	M45	62	09:52 10:13 10:16 09:29
19	1808	Hoffmann Karl-Heinz	Team Laufrausch	0:40:21	0:40:22	2	M50	58	09:46 10:16 10:16 10:01
20	1799	Henkes Peter	Tus Norderney	0:40:24	0:40:27	1	M60	49	10:05 10:08 10:14 09:54
21	3018	Kathmann Aloys	TUS Norderney	0:40:28	0:40:30	1	M55	53	10:01 10:13 10:14 09:58
22	3049	Köster Clemens	MTV Aurich Triathlon	0:40:34	0:40:36	6	M35	73	09:39 10:24 10:29 10:00
23	3026	Fischer Matthias		0:40:34	0:40:37	3	M30	75	10:05 10:08 10:15 10:04
24	2459	Akkermann Michael	SV Jennelt	0:40:35	0:40:37	7	M35	70	09:40 10:23 10:30 10:01
25	1679	Bartsch Frank	Emder LG	0:40:45	0:40:50	8	M35	72	10:13 10:03 10:13 10:15
26	3034	Oremek Robert	LGO	0:40:47	0:40:51	6	M40	65	10:01 10:13 10:21 10:11
27	2289	Schulte Holger	Hinte	0:41:06	0:41:07	4	M30	75	10:10 10:26 10:35 09:53
28	1782	Großpietsch Axel	TSG Hatten-Sandkrug	0:41:08	0:41:14	2	M55	54	10:14 10:29 10:23 10:01
29	1695	Bojunga Sören		0:41:13	0:41:18	3	MHK	88	10:11 10:45 10:17 09:59
30	1873	Park Harm	TuS Weene	0:41:24	0:41:26	3	M55	53	10:09 10:24 10:40 10:09
31	1708	Daehne Bernd	TuS Norderney	0:41:26	0:41:29	7	M40	68	10:10 10:17 10:37 10:22
32	1768	Geiken Ralf	BV Victorbur	0:41:27	0:41:28	9	M35	71	09:40 10:25 10:47 10:32
33	1875	Perrey Tobias		0:41:36	0:41:43	10	M35	70	10:20 10:29 10:32 10:14
34	3035	Regina Michael	TSV Krofdorf Gleinberg	0:41:39	0:41:40	3	M45	61	10:16 10:23 10:46 10:12
35	1939	Siemens Marc - Oliver	ohne	0:41:50	0:41:52	11	M35	71	10:09 10:37 10:40 10:22
36	1986	Wilken Ralf	EmderLg	0:41:51	0:41:51	1	MJB	92	10:14 10:40 10:55 10:00
37	1790	Hanssen Heyo	SC-Wiesens	0:41:57	0:42:03	4	M45	61	10:23 10:32 10:42 10:19
38	1694	Bohlen Folker		0:41:59	0:42:02	8	M40	65	10:22 10:40 10:36 10:19
39	1966	Ubben Helmut	Stammtisch Aurich	0:42:06	0:42:07	4	MHK	80	09:32 10:16 10:25 11:51
40	1883	Poguntke Martin	TV Norden	0:42:11	0:42:18	5	M45	63	10:50 10:47 10:33 09:59
41	1688	Beyer Uwe	TuS Norderney	0:42:31	0:42:34	9	M40	68	10:10 10:41 11:01 10:38
42	1862	Müller Thorsten	TG Wiesmoor	0:42:41	0:42:44	5	M30	76	10:28 10:46 10:48 10:36
43	2367	Riemeyer Günter	Emder LG	0:42:48	0:42:52	3	M50	59	10:23 10:50 11:03 10:30
44	3045	Peters Hans-Wilhelm	Emder LG	0:42:56	0:43:04	4	M55	54	10:40 10:48 10:54 10:32
45	1714	De Groot Hardwig	butterfly	0:43:11	0:43:19	10	M40	68	10:49 10:58 11:01 10:21
46	1673	Aderhold Holger	Wi sünd Holtriem SV Ochtersum	0:43:17	0:43:29	12	M35	70	10:32 10:48 11:07 10:49
47	1933	Seewald Mathias	Ig-deichschleicher	0:43:19	0:43:25	13	M35	72	10:28 10:58 11:08 10:44
48	1983	Wenholt Frank		0:43:28	0:43:34	14	M35	73	10:49 10:58 11:02 10:37
49	1835	Langensiepen Andreas	LT TuS Aurich-Ost	0:43:28	0:43:37	15	M35	70	10:54 11:06 11:00 10:27
50	2467	Halsband Erhard	Berumerfehn	0:43:29	0:43:34	2	M60	47	10:34 10:57 11:06 10:51
51	2368	Pristat Friedhelm	SV Fulkum	0:43:38	0:43:52	16	M35	72	10:25 10:54 11:15 11:03
52	1686	Bergmann Matthias	SV Georgsheil	0:43:39	0:43:48	11	M40	66	10:38 10:55 11:13 10:51
53	1925	Schröder Torsten	Lauf Team Unna	0:43:44	0:43:48	6	M45	64	10:38 11:05 11:08 10:52
54	1793	Harms Meinhard	TSV Riepe	0:43:45	0:43:53	5	M55	50	10:47 10:55 11:10 10:51
55	1881	Ploch Hajo	Wi sünd Holtriem	0:43:46	0:43:59	6	M30	76	10:51 11:04 11:11 10:39
56	1841	Löloff Andreas	TV Norden	0:43:55	0:44:01	4	M50	57	10:54 11:02 11:12 10:45
57	1765	Gastmann Stefan		0:44:00	0:44:09	7	M30	77	10:44 11:09 11:11 10:54
58	1971	Van der Kamp Hans Jürgen	TB Twixlum	0:44:08	0:44:10	5	M50	56	10:41 11:15 11:14 10:56
59	3052	Manken Wilfried	Inlower Loopers	0:44:11	0:44:15	8	M30	76	10:40 11:11 11:25 10:53
60	1717	De Vries Holger	TUS Pewsum	0:44:17	0:44:21	17	M35	70	10:25 11:03 11:34 11:13
61	3042	Meinen Gerold	Laufftreff BSC Burhufe	0:44:21	0:44:22	7	M45	63	10:38 11:17 11:24 11:00
62	3044	Cramer Enno	TUS Augustfehn	0:44:26	0:44:29	6	M50	57	10:32 11:09 11:26 11:17

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7. OLB Citylauf Norden - 18. April 2009

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	1967	Ulmann Theo	KGS Hage	0:44:30	0:44:33	8	M45	60	10:53 11:16 11:16 11:04
64	1762	Friedrichs Wolfgang	TV Norden	0:44:33	0:44:38	9	M45	64	10:47 11:15 11:22 11:08
65	3028	Kirschke Rolf		0:44:48	0:44:53	12	M40	65	10:36 11:14 11:32 11:24
66	1944	Sörensen Marc	Sv Wallinghausen	0:44:53	0:44:56	5	MHK	81	10:29 11:23 11:48 11:12
67	1798	Hellhund Kai	Cafe Einstein	0:44:54	0:45:00	9	M30	76	11:43 11:35 11:19 10:16
68	1763	Friesenborg Jens	Cafe Einstein	0:44:54	0:45:00	18	M35	70	11:43 11:35 11:19 10:16
69	1713	De Boer Holger	Cafe Einstein Emden	0:44:55	0:45:00	19	M35	73	11:07 11:27 11:30 10:49
70	3043	Grasse Holger	TuS Zetel	0:45:02	0:45:08	13	M40	65	10:57 11:15 11:31 11:17
71	1820	Janßen Gerriet	Team Enercon	0:45:08	0:45:11	20	M35	70	10:38 11:14 11:38 11:36
72	2371	Neblich Norman	Physio á Mare	0:45:10	0:45:30	2	MJB	92	10:53 11:26 11:43 11:07
73	1783	Gutzmann Manfred	TuS Norderney	0:45:13	0:45:17	6	M55	50	10:49 11:25 11:43 11:15
74	3040	Hinrichs Herr Johann		0:45:16	0:45:24	7	M55	52	11:02 11:27 11:40 11:06
75	1952	Stern Thomas	Skizunft Wiesbaden	0:45:16	0:45:25	21	M35	70	11:26 11:23 11:46 10:39
76	1715	De Groot Jakobus	Norder Ruderclub	0:45:18	0:45:48	14	M40	68	10:56 11:16 11:42 11:22
77	1773	Gniechwitz Peter	Hamburger SV	0:45:22	0:45:32	15	M40	65	11:21 11:19 11:51 10:50
78	1924	Schröder Friedhelm	OLB Norden	0:45:26	0:45:39	10	M45	60	11:00 11:29 11:44 11:12
79	1831	Köhlke Matthias	Wi sünd Holtriem,SV Ochtersum	0:45:29	0:45:42	22	M35	74	11:06 11:25 11:37 11:21
80	1726	Doden Alfred	SV Ochtersum	0:45:31	0:45:42	7	M50	58	11:14 11:35 11:39 11:03
81	1866	Niedanowski Detlev		0:45:33	0:45:37	8	M50	56	10:42 11:22 11:55 11:33
82	1777	Götz Hartmut	SV Spetzerfehn	0:45:38	0:45:42	23	M35	72	10:31 11:35 12:00 11:31
83	1685	Berghaus Jens	LT Tus Aurich Ost	0:45:38	0:45:47	9	M50	59	10:59 11:26 11:42 11:30
84	3039	Kramer Manfred	LG Werder-Ossis	0:45:40	0:45:45	11	M45	62	11:02 11:18 11:45 11:34
85	1927	Schultz Heinz	FC Old Schmuggler Norden	0:45:42	0:45:49	3	M60	49	11:09 11:33 11:43 11:15
86	1802	Heyen Bernd	Wi sünd Holtriem SV Ochtersum	0:45:44	0:45:57	2	MJA	91	11:10 11:15 11:53 11:24
87	1741	Esen Michael		0:45:52	0:46:05	12	M45	63	11:23 11:46 11:31 11:09
88	2356	Kramer Stefan	Emder LG	0:46:07	0:46:16	16	M40	68	11:35 11:19 11:46 11:25
89	3006	Eichstädt Wilfried	Spaß mit Sport	0:46:17	0:46:39	10	M30	76	11:51 11:27 11:33 11:24
90	1834	Kutscher Nils	Süderneulander SV	0:46:18	0:46:37	17	M40	68	11:23 11:35 11:58 11:20
91	1992	Wulle Thomas	Laufftreff TuS Aurich-Ost	0:46:19	0:46:29	13	M45	63	11:35 11:48 11:41 11:13
92	1674	Albers Franz	Vfl.Germania Leer	0:46:20	0:46:25	1	M70	38	11:15 11:37 11:52 11:35
93	1901	Sass Günther	LT Hengstforde	0:46:29	0:46:40	14	M45	62	10:55 11:50 12:03 11:40
94	1874	Penning H-D.	Fortuna logabirum	0:46:34	0:46:55	15	M45	62	11:22 11:42 11:53 11:35
95	1880	Platz Ralf		0:46:35	0:46:47	24	M35	70	11:27 11:44 12:00 11:23
96	1982	Welz Eckhard	GSV-Oldenburg	0:46:47	0:46:49	16	M45	64	11:10 11:51 12:01 11:43
97	1740	Erken Ralf	LG Donatus Ertstadt	0:46:50	0:46:56	17	M45	64	11:23 11:52 12:03 11:31
98	1864	Nanninga Jochen	TV Norden	0:46:55	0:47:08	18	M40	67	11:34 11:47 12:00 11:33
99	1737	Ellerbroek Friedrich	TV-Norden	0:46:56	0:47:03	10	M50	58	11:40 11:46 11:54 11:34
100	1943	Söll Jürgen		0:46:56	0:47:09	18	M45	61	11:51 12:00 11:58 11:06
101	1745	Fehnders Jan-Emmo	Norder Ruderclub	0:46:58	0:47:13	6	MHK	89	11:32 11:52 12:19 11:13
102	1786	Haddenge David		0:47:06	0:47:13	19	M40	69	11:24 12:04 12:08 11:28
103	3030	Hummerich Ludwig	Emder LG	0:47:12	0:47:22	19	M45	60	12:01 12:02 11:51 11:17
104	1954	Strupp Manfred	TV Norden	0:47:16	0:47:34	4	M60	45	11:50 11:50 11:57 11:38
105	1888	Redenius Harald		0:47:17	0:47:21	20	M45	64	11:25 11:46 12:09 11:55
106	1907	Schepker Alfred	TV Norden	0:47:19	0:47:57	8	M55	54	12:08 11:48 11:50 11:31
107	1920	Schober Tido	TSV Riepe	0:47:19	0:47:30	11	M50	55	11:49 11:54 11:53 11:41
108	1968	Ulrichs Theo		0:47:23	0:47:28	9	M55	50	11:29 11:53 11:55 12:04
109	1709	Damm Dirk	FA Wybelsum	0:47:27	0:47:30	21	M45	64	10:40 11:17 12:45 12:44
110	2136	Dirks Jan	EWE Wattloopers	0:47:28	0:47:37	20	M40	66	11:27 11:49 12:14 11:58
111	3033	Heinks Reiner	TV Norden	0:47:29	0:47:47	22	M45	61	11:47 11:56 12:05 11:39
112	1739	Engelmann Wolter		0:47:33	0:47:44	5	M60	46	11:58 11:53 12:06 11:35
113	1879	Petersen Gerold		0:47:43	0:47:53	25	M35	74	11:25 12:02 12:23 11:51
114	1886	Pree Michael		0:47:46	0:48:00	23	M45	63	11:28 12:05 12:22 11:50
114	1885	Pree Manny	Wi sünd Holtriem	0:47:46	0:48:00	23	M45	62	11:28 12:05 12:23 11:50
116	1804	Hillers Dr Gerd-Uwe	TSG Hatten-Sandkrug	0:47:47	0:48:07	25	M45	60	11:38 12:00 12:13 11:55
117	3005	Kohl Andreas	TV Norden	0:47:50	0:47:58	11	M30	75	11:37 11:57 12:14 12:01
118	1980	Vossen Nikolai	SV Dornum	0:47:54	0:48:10	3	MJA	91	11:25 11:43 12:28 12:16
119	2359	Ubben Bernd	Ubben-Haus Aurich	0:47:56	0:48:05	12	M50	59	11:43 11:54 12:10 12:09
120	1931	Schulz Michael	Stammtisch Aurich	0:47:59	0:48:12	13	M50	58	11:52 12:00 12:11 11:55
121	1951	Steinke Rolf	SV Warsingsfehn	0:48:00	0:48:09	21	M40	67	11:45 12:09 12:15 11:50
122	2429	Pahl Azel		0:48:02	0:48:11	26	M45	62	11:39 12:02 12:21 11:59
123	3037	Winter Heinrich	LT TuS Aurich-Ost	0:48:05	0:48:18	14	M50	57	11:38 12:04 12:18 12:03
124	2369	Hoofdman Gretus	Störtebeker Loopers	0:48:05	0:48:12	27	M45	63	11:44 12:10 12:14 11:55

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	1938	Siemens Frank		0:48:07	0:48:10	26	M35	74	10:52 12:17 12:50 12:07
126	1979	Voß Friedrich	NPorts	0:48:07	0:48:17	28	M45	61	11:53 12:01 12:11 12:00
127	1761	Frieden Bernd	LT TuS Aurich-Ost	0:48:12	0:48:33	22	M40	68	11:48 12:17 12:28 11:37
128	1669	Ackermann Jörg	Emder-Ig ,Weythe Laufftreff	0:48:14	0:48:19	23	M40	69	11:42 12:13 12:16 12:01
129	1955	Tamsen Erik	Norder Ruderclub	0:48:24	0:48:41	4	MJA	90	11:37 12:17 12:46 11:44
130	1948	Sporré Jürgen	Borussia Mönchengladbach	0:48:27	0:48:31	15	M50	55	11:21 12:11 12:36 12:18
131	1859	Meyerhoff Lothar	Störtebeker Loopers Marienhaf	0:48:27	0:48:35	29	M45	61	11:37 12:00 12:44 12:05
132	1719	Decker Albert	Butterfly	0:48:28	0:48:33	24	M40	67	11:39 12:16 12:27 12:04
133	1890	Reinecke Erik		0:48:32	0:49:01	27	M35	73	11:47 12:10 12:28 12:05
134	1680	Beckermann Christoph		0:48:33	0:48:38	3	MJB	93	12:10 12:41 12:19 11:22
135	1810	Hollwedel-Alberts Enno		0:48:34	0:48:52	25	M40	67	11:33 12:15 12:31 12:14
136	1750	Finken Rainer	LG Fröhliche Finken	0:48:35	0:48:59	16	M50	58	11:54 11:55 12:12 12:33
137	1816	Janssen Drees	LG Ostfriesland	0:48:36	0:48:47	30	M45	62	11:39 12:12 12:38 12:05
138	1749	Fenne Andreas	TSG Hatten Sandkrug	0:48:36	0:48:59	26	M40	66	12:00 12:12 12:22 12:01
139	1728	DODEN Johann	Emder LG	0:48:42	0:48:46	17	M50	59	11:29 12:20 12:33 12:18
140	1947	Sonnenschein Olaf	SV Ochtersum	0:48:44	0:48:58	27	M40	66	11:49 12:15 12:42 11:57
141	1918	Schneider Horst	Kein / Norden	0:48:47	0:48:55	18	M50	55	11:30 12:20 12:37 12:18
142	1690	Blase Rüdiger	SRT Race-Miner	0:48:47	0:48:54	10	M55	53	12:03 12:19 12:19 12:05
143	2468	Eiben Elbo	SC Dunum	0:48:52	0:48:59	1	M65	43	12:10 12:19 12:25 11:57
144	2460	Rahmann Jan-Hauke	SV Ochtersum	0:48:52	0:48:57	4	MJB	93	11:58 12:15 12:42 11:55
145	1935	Severiens Gerold	Fortuna Logabirum	0:48:54	0:49:16	6	M60	48	11:52 12:19 12:34 12:08
146	1887	Räth Mathias	Norder Ruderclub	0:48:54	0:49:09	28	M40	65	11:06 11:48 12:59 12:59
147	1930	Schulz Michael	LT TuS Aurich-Ost	0:48:56	0:49:06	31	M45	62	11:33 12:13 12:42 12:26
148	1747	Feistel Ernst		0:48:59	0:49:05	19	M50	55	11:37 12:25 12:56 11:59
149	1825	Jenssen Jörg	Ars Movendi	0:49:02	0:49:17	32	M45	60	12:03 12:23 12:29 12:05
150	1807	Hoffmann Hans-Joachim	LT TuS Aurich-Ost	0:49:02	0:49:09	7	M60	48	11:58 12:30 12:34 12:00
151	1707	Cremer Benjamin	FlgHSStf Schortens	0:49:06	0:49:16	7	MHK	80	11:49 12:17 12:48 12:10
152	3047	Willems Heye	Fortuna Logabirum	0:49:10	0:49:22	11	M55	53	11:45 12:13 12:36 12:35
153	1833	Kuhlmann Folkert	Störtebeker Loopers TVM	0:49:13	0:49:24	8	M60	48	12:03 12:23 12:28 12:17
154	1865	Neeland Jörg	Aurich	0:49:17	0:49:31	29	M40	65	11:49 12:39 12:32 12:15
155	3008	Zovak Eduard		0:49:19	0:49:31	28	M35	74	11:41 12:10 12:39 12:47
156	1899	Saathoff Holger		0:49:33	0:49:52	30	M40	67	11:47 12:38 12:49 12:17
157	1826	Junker Jürgen		0:49:35	0:49:55	29	M35	71	12:04 12:30 12:44 12:16
158	1756	Folkerts Friedrich	FFw Hollen	0:49:37	0:49:44	31	M40	65	12:01 12:29 12:47 12:19
159	1903	Sauerbrey Jann	TUS Norderney	0:49:38	0:50:05	32	M40	67	12:34 12:31 12:41 11:51
160	1742	Extra Jochen	TUS Norderney	0:49:39	0:50:05	20	M50	59	12:34 12:31 12:41 11:51
161	3046	Uden Hermann	LG Ostfriesland	0:49:40	0:50:13	12	M55	50	12:36 12:30 12:25 12:07
162	3031	Honcsek Michael	TSV Riepe	0:49:41	0:49:51	30	M35	71	12:19 12:32 12:45 12:03
163	1780	Grimm Uwe	Vfll Berumbur	0:49:44	0:50:02	33	M40	69	12:26 12:43 12:37 11:56
164	3048	Baron Torsten	TSG Hatten Sandkrug	0:49:44	0:50:05	34	M40	67	12:10 12:38 12:42 12:12
165	2373	Harms Karsten	Vfll Berumhur	0:49:44	0:49:46	8	MHK	87	10:17 11:14 12:39 15:32
166	1977	Von Goldammer Christian	TSV Riepe	0:49:47	0:49:57	12	M30	75	12:20 12:33 12:45 12:07
167	1882	Poelmann Bernhard	Laufftreff BSC Burhufe	0:49:59	0:50:13	33	M45	60	11:42 12:26 12:58 12:51
168	1788	Hagenbruch Martin	Butterfly	0:50:00	0:50:32	21	M50	58	12:42 12:45 12:35 11:57
169	1812	Holzappel Lutz	TV Norden	0:50:05	0:50:20	22	M50	58	12:24 12:32 12:46 12:22
170	2237	Mees Michael		0:50:15	0:50:18	35	M40	66	11:44 12:46 13:03 12:40
171	1853	Meyer Adolf	TV Norden	0:50:17	0:50:38	23	M50	58	12:16 12:43 12:52 12:24
172	1748	Fengkohl Frank	Fortuna Wirdum	0:50:22	0:50:46	34	M45	60	11:53 12:48 13:04 12:36
173	1836	Leeling Frank	Emder LG	0:50:23	0:50:35	36	M40	68	11:45 12:14 13:04 13:19
174	1852	Mennenga Reinhard		0:50:32	0:50:35	9	M60	48	12:27 12:49 12:54 12:21
175	1667	Achlerberg Günter	Elternv. f. Krebskranke Kinder	0:50:32	0:50:48	37	M40	66	12:26 12:49 12:52 12:24
176	1693	Börchers Bernd		0:50:35	0:50:49	35	M45	64	11:44 12:27 12:55 13:29
177	1932	Seeger Martin	Norder Ruderclub	0:50:36	0:50:54	9	MHK	89	11:50 12:39 13:47 12:19
178	1794	Harms Okko	Gymnasium Ulricianum Aurich	0:50:40	0:51:15	1	MSc	94	12:55 12:50 12:56 11:58
179	1792	Harms Johann	LT TuS Aurich-Ost	0:50:41	0:51:16	24	M50	57	12:54 12:51 12:56 11:58
180	1815	Janssen Bernd	ELG	0:50:47	0:51:00	38	M40	65	11:51 12:36 13:17 13:01
181	2364	Freudenberg Janek		0:50:49	0:51:07	1	MSc	96	12:41 12:34 12:46 12:48
182	1771	Glamann-Schulzek Graf		0:50:51	0:51:02	39	M40	65	12:22 12:39 13:01 12:48
183	2372	Dittrich Peter	LSF Münster	0:50:51	0:50:58	13	M55	52	12:24 12:46 12:55 12:44
184	1855	Meyer Enno	LG Großheide	0:50:53	0:50:58	13	M30	75	11:09 12:48 13:35 13:20
185	1837	Lehmann Sven		0:50:56	0:51:14	14	M30	75	13:35 13:09 12:33 11:37
186	1795	Harms Wilfried	SV Eintracht Plaggenburg	0:50:59	0:51:06	36	M45	64	11:37 12:30 13:31 13:19

10 km - Gesamtwertung

7. OLB Citylauf Norden - 18. April 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
187	1711	Daro Jörg	EWE Wattloopers	0:51:00	0:51:09	37	M45	62	12:19 12:51 12:52 12:57
188	1884	Poppen Ingo	Koffje gift imme...	0:51:03	0:51:33	10	MHK	82	12:36 12:36 13:11 12:39
189	1832	Kröger Karl-Heinz	EWE-Wattloopers	0:51:03	0:51:22	38	M45	64	12:20 12:30 13:08 13:04
190	3022	Uphoff Hinrich	TC Aurich-West	0:51:10	0:51:17	14	M55	50	11:59 12:57 13:20 12:53
191	3023	Klaaßen Thorsten	LG Deichschleicher	0:51:12	0:51:25	31	M35	74	12:54 12:39 12:53 12:44
192	3038	Olthoff Uwe	LG Deichschleicher	0:51:12	0:51:25	40	M40	68	12:55 12:39 12:53 12:44
193	2473	Löbbel Michael	OZB Betriebssport	0:51:14	0:51:33	15	M30	78	11:32 12:51 13:36 13:13
194	1724	Dirks Dieter	SV Ochtersum	0:51:18	0:51:32	41	M40	65	12:26 12:55 13:12 12:44
195	1775	Göring Armin	TSV Riepe	0:51:28	0:51:36	25	M50	56	12:52 13:13 12:56 12:26
196	1857	Meyer Günter	EWE Wattloopers	0:51:37	0:51:46	42	M40	65	12:05 12:57 13:15 13:19
197	1957	Thole Dirk	EWE Wattloopers	0:51:40	0:52:11	43	M40	68	12:34 13:01 13:11 12:53
198	1872	Osterkamp Jens		0:51:40	0:52:00	11	MHK	87	13:06 13:23 12:58 12:12
199	1751	Fischer Helmut	Störtebeker Loopers TVM	0:51:42	0:51:49	39	M45	64	12:08 12:59 13:35 12:58
200	1702	Broß Rainer	SV Ems Jemgum	0:51:54	0:52:20	44	M40	69	13:30 13:07 12:55 12:21
201	2433	Marks Johann	EWE Wattloopers	0:52:01	0:52:28	26	M50	58	12:45 13:19 13:14 12:41
202	2178	von Thienen Lars	Onno Behrends	0:52:03	0:52:21	32	M35	74	14:03 14:15 12:05 11:39
203	1818	Janssen Jochen		0:52:16	0:52:39	40	M45	64	11:52 12:57 13:23 14:03
204	1991	Wilts Hermann	TV Norden	0:52:29	0:52:47	10	M60	46	12:37 13:04 13:24 13:23
205	1909	Schewiola Stefan	LT TuS Aurich-Ost	0:52:33	0:52:52	45	M40	66	12:24 13:14 13:37 13:16
206	3020	Habben Bernd	SV Wybelsum	0:52:43	0:52:50	41	M45	60	12:27 13:15 13:42 13:18
207	3004	Grimm Thomas	Vfll Berumbur	0:52:47	0:53:11	42	M45	61	13:24 13:22 13:28 12:32
208	3025	Hußmann Jürgen		0:52:48	0:53:17	15	M55	53	13:42 13:20 13:15 12:29
209	3009	Wiethoff David		0:52:58	0:53:21	12	MHK	80	13:33 13:14 13:18 12:52
210	1963	Trauernicht Harald	praxisfurnaturheilkunde.com	0:53:00	0:53:11	46	M40	69	12:51 13:18 13:40 13:10
211	1897	Rudolph Matthias	MTV Jever	0:53:00	0:53:27	47	M40	69	13:40 13:41 13:13 12:24
212	1743	Fänders Enno		0:53:01	0:53:30	48	M40	66	13:34 13:40 13:16 12:30
213	1988	Willers Gerold		0:53:01	0:53:28	49	M40	66	13:38 13:24 13:19 12:38
214	1696	Bos Siep	Aquilo	0:53:04	0:53:14	11	M60	46	12:47 13:22 13:43 13:10
215	1760	Freese Oliver		0:53:05	0:53:32	50	M40	69	13:54 13:31 13:16 12:22
215	1906	Schenke Winfried		0:53:05	0:53:21	12	M60	48	13:06 13:32 13:31 12:55
217	1973	Vennen Rolf-Dieter	EWE Wattloopers	0:53:05	0:53:22	43	M45	62	12:58 13:16 13:39 13:10
218	1766	Gehrke Andre		0:53:09	0:53:17	51	M40	66	12:03 13:02 13:51 14:11
219	1821	Janßen Siegfried	Butterfly	0:53:15	0:53:47	16	M55	53	12:47 13:17 13:47 13:22
220	1840	Lindemann Paul	TV Norden	0:53:16	0:53:33	2	M70	39	12:48 13:20 13:40 13:27
221	1781	Großmann Mark		0:53:23	0:53:44	16	M30	79	12:38 13:32 13:55 13:18
222	1668	Ackermann Detlev		0:53:29	0:53:59	27	M50	57	13:40 13:36 13:28 12:43
223	1758	Frank Ingo	Esens	0:53:29	0:54:00	33	M35	71	13:31 13:21 13:22 13:14
224	1842	Lübben Joachim		0:53:41	0:54:06	52	M40	69	14:15 13:27 13:28 12:29
225	1987	Willems Heinrich		0:53:45	0:54:04	28	M50	59	13:11 13:28 13:41 13:24
226	1990	Willms Jakobus	LT TuS Aurich-Ost	0:53:46	0:53:57	2	M65	40	13:27 13:45 13:34 12:58
227	1776	Görlich Andreas	Norder Ruderclub	0:53:46	0:54:00	29	M50	57	13:45 13:51 13:40 12:29
228	1945	Sommer Michael	Emder LG	0:53:51	0:54:06	13	MHK	82	12:18 13:00 14:03 14:28
229	1989	Willms Heiko	Lg Deichschleicher Ostfriesl.	0:53:53	0:53:58	53	M40	69	12:37 13:26 14:00 13:49
230	1904	Saueressig Jann		0:53:54	0:53:56	34	M35	70	13:14 13:59 13:35 13:04
231	1962	Trännapp Stefan	Vfll Berumbur	0:54:11	0:54:37	35	M35	71	12:58 13:39 13:53 13:40
232	1805	Hilpert Frank		0:54:18	0:54:49	54	M40	67	13:09 13:38 13:53 13:36
233	1969	Uphoff Hans Werner		0:54:27	0:54:45	36	M35	72	12:59 13:27 14:29 13:31
234	2219	Oldendorf Günther	BSG Doepke	0:54:30	0:54:58	44	M45	62	13:59 14:01 13:35 12:54
235	1733	Eggers Ulrich		0:54:31	0:54:35	55	M40	66	12:34 13:52 14:11 13:53
236	1921	Schoening Roger	TSG Hatten-Sandkrug	0:54:34	0:54:56	37	M35	70	13:19 13:43 14:04 13:27
237	1850	Meijer Frans	Aquilo	0:54:38	0:54:50	13	M60	46	13:37 13:49 13:52 13:18
238	1896	Rudnick Dietmar	Onno Crämer Handelsgesellsch.	0:54:43	0:55:06	56	M40	65	13:28 13:38 13:53 13:43
239	1965	Triebner Michael		0:54:51	0:55:09	38	M35	74	13:50 13:53 13:59 13:07
240	1744	Falkenberg Helmut	TV Norden	0:55:07	0:55:35	57	M40	65	13:34 13:56 14:10 13:26
241	1754	Flessner Jörg	Jugendhilfsstelle Nortmoor	0:55:10	0:55:35	45	M45	60	14:18 14:12 13:31 13:08
242	1905	Scharfenort Ralf	SV-Leybucht	0:55:13	0:55:30	39	M35	73	13:58 14:04 14:00 13:09
243	1698	Brau Oliver	Norder Ruderclub	0:55:14	0:55:29	40	M35	73	13:32 13:47 14:03 13:51
244	1950	Steinke Dietrich	SV Concordia Neermoor	0:55:18	0:55:24	3	M65	41	13:00 14:10 14:16 13:50
245	1814	Janssen Arjen	SUS Berumerfehn	0:55:19	0:55:32	46	M45	61	12:27 13:27 14:49 14:35
246	1830	Kleen Heinrich	Onno Crämer Handelsgesellsch.	0:55:20	0:55:43	30	M50	59	13:28 13:38 14:09 14:03
247	1981	Vry Ralf	Fortuna Logabirum	0:55:22	0:55:45	47	M45	60	13:39 13:51 14:40 13:11
248	1734	Eisel Dieter	TV 03 Breitenbach	0:55:38	0:55:54	31	M50	57	13:22 13:46 14:17 14:11

10 km - Gesamtwertung

7. OLB Citylauf Norden - 18. April 2009

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
249	1974	Vienna Andreas		0:55:42	0:56:10	41	M35	72	14:20 14:05 13:56 13:21
250	1867	Nikolic Klaus	vffl berumbur	0:55:46	0:56:11	14	M60	48	14:00 13:58 14:09 13:38
251	2450	Watermeyer Stephan	Sportius Emden	0:55:51	0:56:12	48	M45	62	13:16 13:44 14:31 14:19
252	1937	Siebels Gerd	Fortuna Logabirum	0:55:55	0:56:17	17	M55	53	13:40 13:51 14:13 14:10
253	1993	Wunder Uwe	Berumbur	0:55:55	0:56:25	58	M40	67	13:36 13:46 14:31 14:00
254	1928	Schulz Enrico		0:55:56	0:56:09	17	M30	79	12:01 14:15 14:51 14:48
255	1697	Bosveld Gerard	Aquilo	0:55:57	0:56:08	3	M70	37	13:58 14:12 14:10 13:35
256	1785	Haan Ben	Aquilo	0:55:58	0:56:09	15	M60	47	13:38 13:49 13:54 14:36
257	1863	Nannen Enno	TV Norden	0:55:59	0:56:14	16	M60	47	13:44 14:05 14:20 13:48
258	1960	Tillmann Stefan	Norder Ruderclub	0:56:01	0:56:17	5	MJA	91	14:05 14:12 13:57 13:45
259	1894	Roß Jochen	PV-Triathlon Witten	0:56:05	0:56:19	4	M65	42	13:49 14:02 14:25 13:48
260	1769	Gerbers Steffen		0:56:18	0:56:43	14	MHK	86	14:05 14:11 14:26 13:34
261	2461	Franke Horst	SV Ochtersum	0:56:24	0:56:39	32	M50	58	13:34 14:07 14:25 14:15
262	1827	Kamann Friedhelm		0:56:28	0:57:01	33	M50	56	14:11 14:05 14:11 13:59
263	1683	Beninga Hauke	Norder Ruderclub	0:56:43	0:57:00	6	MJA	90	14:04 14:14 14:12 14:12
264	2401	Schmidt Jurij	Christof Lammers	0:56:52	0:57:21	18	M55	52	14:07 14:16 14:30 13:59
265	1797	Heinks Johann Johann		0:56:59	0:57:27	19	M55	50	13:53 14:16 14:26 14:22
266	1791	Harbrecht Thomas	FFF Berumerfehn	0:57:04	0:57:32	59	M40	68	13:09 14:30 14:47 14:36
267	1891	Reiners Erhard	TTC Norden	0:57:07	0:57:34	34	M50	58	13:41 14:13 14:43 14:30
268	1706	Cramer Friedhard	Emder LG	0:57:14	0:57:40	20	M55	52	14:24 14:26 14:46 13:37
269	3010	Wiethoff Hubert		0:57:25	0:57:50	21	M55	51	13:54 14:20 14:34 14:36
270	2376	Wallert Martin	Wasserschutzpolizei Emden	0:57:49	0:58:03	60	M40	67	12:53 14:27 15:16 15:12
271	1961	Trännapp Alfred	TV Norden	0:58:04	0:58:23	5	M65	41	14:08 14:37 14:54 14:24
272	1770	Gerken Theelko	Norder Ruderclub	0:58:12	0:58:31	5	MJB	93	13:47 14:33 15:04 14:47
273	1895	Roß Manfred	ohne	0:58:48	0:59:21	22	M55	51	14:00 14:10 15:21 15:15
274	1984	Wienrank Horst	Watt'n Looper SV Dornum	0:58:49	0:59:05	49	M45	60	14:22 14:47 14:57 14:42
275	1806	Höft Helmut	LT TuS Aurich-Ost	0:58:49	0:59:05	35	M50	59	14:38 14:58 14:52 14:19
276	1829	Kleemann Heiko	Ars Movendi	0:58:56	0:59:16	61	M40	69	14:27 14:39 15:00 14:48
277	2475	Dirks Christian	Dr. Bocker Physio-Gymnasium	0:58:57	0:59:24	62	M40	68	14:17 14:46 15:10 14:42
278	1917	Schneckener Wilfried		0:58:58	0:59:24	6	M65	42	14:19 14:46 15:11 14:42
279	1851	Mennebäck Hero	TuS Heidkrug	0:59:00	0:59:34	50	M45	62	14:23 14:46 15:08 14:41
280	1823	Jelden Jan-Gerd	TV Norden	0:59:03	0:59:33	36	M50	55	14:51 14:49 14:56 14:27
281	1843	Lumert Frank	TUS Norderney	0:59:06	0:59:29	51	M45	64	14:22 15:07 15:08 14:27
282	1956	Thiele Andreas	Doepke Schaltgeräte	0:59:16	0:59:44	52	M45	63	13:59 14:07 15:33 15:36
283	3016	Janssen Jörg	LGO	0:59:25	0:59:53	63	M40	67	13:56 14:39 15:27 15:21
284	1684	Beninga Reint-Enno	Norder Ruderclub	0:59:35	0:59:51	7	MJA	90	14:04 14:15 15:32 15:42
285	1784	Haake Werner	WSV Norden	0:59:35	1:00:09	4	M70	39	14:59 15:05 15:11 14:19
286	0	Jürgens Jann		1:00:52	1:01:42	64	M40	67	14:47 14:59 14:48 16:16
287	1809	Hollander Reinder	Aquilo	1:00:59	1:01:10	17	M60	46	14:33 15:09 15:54 15:22
288	1844	Maan John	Aquilo	1:01:01	1:01:14	23	M55	52	14:43 15:28 15:37 15:12
289	1934	Selinski Markus		1:01:05	1:01:27	42	M35	74	14:36 15:35 16:00 14:52
290	1936	Sick Jens	JVA Emden	1:01:09	1:01:28	65	M40	65	13:23 15:07 16:14 16:24
291	3013	Teike Rolf		1:01:42	1:02:13	18	M60	47	14:49 15:15 15:41 15:56
292	1725	Dirksen Ralf	E.L.G.	1:01:49	1:02:26	53	M45	63	15:16 15:21 16:23 14:47
293	1723	Dirks Bernd	Wi sünd Holtriem	1:03:35	1:04:00	2	MSc	96	15:15 15:29 16:10 16:39
294	1824	Jelting Carsten	Team Erdinger Alkoholfrei	1:03:50	1:04:21	54	M45	63	14:36 15:23 17:19 16:32
295	1736	Eisenhauer Philipp	Wi sünd Holtriem/SV Ochtersum	1:04:22	1:04:47	6	MJB	92	15:15 15:29 16:00 17:36
296	1919	Schneider Manfred	TV Norden	1:07:48	1:07:48	7	M65	41	14:24 16:43 18:11 18:29
297	1958	Thoma Peter	PSV Norden Karate Abteilung	1:24:36	1:25:08	8	M65	43	19:42 21:23 22:13 21:16

10 km - Gesamtwertung

7. OLB Citylauf Norden - 18. April 2009

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1699	Brinkmann Eva	VfL Germania Leer	0:38:49	0:38:50	1	W45	64	09:35 09:48 09:51 09:34
2	3051	Romberg Petra	MTV Aurich	0:43:18	0:43:22	1	W35	70	10:44 10:54 11:02 10:37
3	1687	Berndt Dr Suliko	Lauf Team Unna	0:43:43	0:43:47	2	W45	63	10:47 11:06 11:14 10:35
4	1701	Bronn Frauke	VfL Germania Leer	0:43:52	0:43:58	1	WHK	89	10:38 11:03 11:13 10:57
5	1878	Peters Pauline	Norder Ruderclub	0:44:04	0:44:20	1	WJB	93	10:45 11:05 11:10 11:02
6	1678	Bakker Marion	Emder LG	0:44:57	0:45:03	3	W45	62	10:54 11:10 11:31 11:20
7	1822	Janssen-Frerichs Herma	Schafhauser Wald	0:47:56	0:48:04	4	W45	64	11:59 12:08 12:13 11:34
8	1703	Büscher Maria	LT TuS Aurich-Ost	0:48:40	0:49:02	5	W45	60	11:58 12:09 12:27 12:06
9	1819	Janssen Kyra	Norder Ruderclub	0:49:00	0:49:19	1	WJA	90	12:15 12:19 12:31 11:54
10	1877	Peters Charlotte	Norder Ruderclub	0:49:04	0:49:22	2	WHK	89	12:15 12:20 12:32 11:56
11	1910	Schilz Katrin	Laufftreff Schafhauserwald	0:49:07	0:49:14	2	W35	71	12:25 12:24 12:37 11:40
12	1772	Glanzer Elfriede	Wi sünd Holtriem	0:49:16	0:49:29	6	W45	61	11:56 12:21 12:37 12:21
13	1757	Folkerts Ingrid	FTC Hollen	0:49:28	0:49:35	1	W40	66	12:01 12:29 12:45 12:11
14	1778	Goos Anja	Emder LG	0:49:36	0:49:39	3	W35	72	11:55 12:14 12:51 12:36
15	1838	Liebertz Petra		0:50:35	0:50:41	7	W45	60	12:22 12:49 12:49 12:34
16	2336	Thies Ingrid-Marie		0:50:37	0:50:53	4	W35	73	12:55 12:59 12:57 11:44
17	3050	Dittrich Heidi	LSF Münster	0:50:51	0:50:58	1	W55	51	12:23 12:47 12:55 12:44
18	1817	Janssen Ilka	LG Ostfriesland	0:51:45	0:51:49	2	WJB	92	12:03 12:48 13:35 13:18
19	1915	Schmidt Kerstin	Fortuna Logabirum	0:51:45	0:52:08	2	W40	65	12:43 13:07 13:13 12:41
20	1712	De Boer Dagmar		0:51:47	0:51:57	3	W40	69	12:28 12:48 13:21 13:08
21	1764	Friesenborg Monika	Emder LG	0:53:05	0:53:22	4	W40	69	12:57 13:16 13:40 13:10
22	2471	Dirks Julia	LG Wilhelmshaven	0:53:14	0:53:36	1	W30	76	12:44 13:45 13:41 13:03
23	1752	Fisser Gisela	TV Norden	0:53:30	0:53:56	5	W40	65	13:13 13:39 13:35 13:02
24	2382	Schiller Ulrike		0:53:51	0:54:18	5	W35	71	13:51 13:43 13:21 12:55
25	2470	Schneider Chrstine	Emder LG	0:54:12	0:54:19	1	W60	48	13:19 13:41 13:46 13:25
26	1700	Brinkmann Heike	EWE Wattloopers	0:54:13	0:54:41	6	W35	73	13:01 13:48 13:58 13:25
27	1940	Siepert Maria	MTV Wittmund	0:54:21	0:54:35	1	W50	56	13:13 13:41 13:46 13:39
28	1994	Ziemann Pia-Natascha	DJK Preussen Bochum 1911 e.V.	0:54:49	0:55:04	6	W40	66	13:24 13:44 14:00 13:39
29	1767	Geiken Marion	LT TuS Aurich-Ost	0:54:58	0:55:19	7	W40	66	13:32 13:58 14:02 13:25
30	1666	Abrams Swantje		0:55:04	0:55:22	3	WHK	82	13:35 13:29 14:14 13:44
31	2464	Anscheit Mareike	Fortuna Logabirum	0:55:14	0:55:41	1	WSc	97	14:12 13:59 13:53 13:08
32	1789	Hanssen Anke	SC-Wiesens	0:55:27	0:55:42	2	WJA	91	13:03 13:59 14:34 13:50
33	2381	Moencck Regina	BW Aasee Münster	0:55:37	0:55:58	8	W45	60	13:29 14:06 14:24 13:37
34	2421	Janssen Elke		0:55:52	0:56:23	7	W35	73	13:56 14:06 14:19 13:30
35	1978	Vosberg Silvia	Fortuna Logabirum	0:55:52	0:56:22	8	W40	65	13:56 14:12 14:05 13:38
36	1858	Meyer Ingrid	AOK	0:55:54	0:56:24	8	W35	72	15:19 14:08 13:33 12:52
37	1718	De Witte Anja		0:55:54	0:56:20	2	W30	75	13:51 14:14 14:21 13:27
38	3011	Erthel Annette	BW Aasee Münster	0:55:57	0:56:17	2	W50	57	13:29 14:06 14:24 13:56
39	1922	Schomerus Martina		0:56:18	0:56:43	3	W30	78	14:05 14:11 14:26 13:34
40	1813	Huisman Anke	Butterfly	0:56:36	0:56:55	9	W35	74	13:55 14:19 14:30 13:51
41	3003	Buß Sandra	Wasserschutzpolizei Emden	0:57:14	0:57:28	4	WHK	82	12:52 14:28 15:07 14:46
42	1869	Nowak-jochum Magdalene	tv-norden	0:57:24	0:57:53	2	W55	51	13:58 14:12 14:38 14:35
43	1731	Drüke Petra	TV Norden	0:58:16	0:58:43	3	W50	59	14:24 14:38 14:48 14:24
44	1755	Förster-Riemann Daniela	EWE Wattloopers	0:58:30	0:58:55	9	W40	67	14:25 14:26 14:55 14:43
45	1889	Redenius Jutta	LGO	0:58:44	0:58:55	9	W45	61	14:42 14:38 14:58 14:25
46	2474	Mumme Edeltraut	Dr. Becker-Physio-Gymnasium	0:58:58	0:59:24	3	W55	53	14:18 14:46 15:10 14:42
47	1916	Schneckener Beate		0:58:58	0:59:24	4	W50	55	14:19 14:46 15:11 14:41
48	1787	Hagedorn Gesa	EWE Wattloopers	0:59:02	0:59:31	4	W30	77	14:50 14:50 14:56 14:25
49	1970	Uphoff Thea		0:59:15	0:59:43	10	W35	71	14:10 14:10 15:20 15:33
50	1730	Drieling Janke		0:59:16	0:59:40	10	W45	63	14:34 14:41 15:03 14:57
51	1672	Aden Melanie		0:59:30	0:59:50	11	W35	72	14:44 14:59 15:15 14:31
52	1671	Aden Frauke		0:59:31	0:59:51	12	W35	71	14:45 14:59 15:15 14:31
53	1705	Cornelius Melanie		0:59:33	0:59:50	3	WJA	90	14:22 14:50 15:24 14:56
54	2358	Ubben Marie	Ubben-Haus-Aurich	0:59:59	1:00:09	5	W50	57	14:17 15:11 15:26 15:04
55	3036	Kück Leonie		1:00:12	1:00:37	5	W30	78	14:21 14:52 15:25 15:33
56	1800	Herms Bianca		1:00:35	1:01:00	10	W40	69	15:13 15:00 15:13 15:07
57	1876	Petermeier Petra		1:00:46	1:00:58	11	W40	69	14:48 15:12 15:34 15:10
58	594	Barsuhn Gunda	Butterfly 1	1:00:52	1:01:42	12	W40	67	14:46 14:59 14:49 16:16
59	1738	Engelhardt Petra	LT TuS Aurich-Ost	1:00:59	1:01:22	6	W30	76	14:43 15:18 15:38 15:19
60	1727	Doden Ina	SV-Arle	1:03:11	1:03:42	13	W35	72	15:20 15:23 16:33 15:53
61	1854	Meyer Britta		1:04:19	1:04:51	7	W30	79	15:55 16:12 16:24 15:46
62	1803	Heyen Elke	Wi sünd Holtriem SV Ochtersum	1:04:50	1:05:15	14	W35	71	15:40 16:06 16:47 16:15

10 km - Gesamtwertung

7. OLB Citylauf Norden - 18. April 2009

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten			
63	1893	Rohlf's Ronja	Wi sund Holtriem-SV Ochtersum	1:04:50	1:05:15	2	WSc	97	15:40	16:07	16:47	16:15
64	1746	Feige Antje		1:06:23	1:06:42	11	W45	62	14:50	16:33	17:32	17:26
65	1848	Marschall Patricia	LT Siebengebirge	1:06:53	1:07:18	15	W35	73	16:05	17:09	17:22	16:15
66	1839	Lind Anna		1:11:47	1:11:47	6	W50	58	16:33	18:09	18:31	18:33