

10 km - Gesamtwertung

8. OLB Citylauf Norden - 17. April 2010

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1770	Grigat Holger	VfL Germania Leer	0:33:55	0:33:55	1	M35	73	08:20 08:33 08:40 08:21
2	2210	Steinke Peter	VfL Germania Leer			1	M40	70	00:00 00:00 00:00 00:00
3	1904	Klaue Roland	Biersalon Aurich	0:36:32	0:36:32	2	M35	71	08:58 09:08 09:17 09:08
4	2731	Fleißner Hermann	LG Harlingerland	0:37:28	0:37:28	3	M35	74	09:14 09:32 09:37 09:04
5	1791	Hanken Dirk		0:38:08	0:38:09	1	MJA	92	09:12 09:36 09:50 09:29
6	2174	Schröder Frank	Emder LG	0:38:47	0:38:48	2	M40	70	09:25 09:49 09:58 09:33
7	2719	Husmann Florian		0:38:48	0:38:49	1	MHK	89	09:28 09:46 09:59 09:33
8	1632	Christians Borchard	LG Ostfriesland	0:38:49	0:38:50	1	M50	58	09:28 09:47 09:58 09:35
9	1899	Kisch DR Johannes	Freie Christliche Schule	0:38:56	0:38:56	3	M40	66	09:31 09:44 09:59 09:41
10	2542	Klüßer Bernhard		0:39:00	0:39:01	4	M40	69	09:27 09:49 10:01 09:42
11	2190	Siebelts Arnd	Laufftreff-Norden	0:39:21	0:39:22	5	M40	67	09:28 09:51 10:08 09:53
12	1555	Alts Holger	Vffl Berumbur	0:39:23	0:39:23	1	M45	64	09:28 09:55 10:07 09:51
13	2567	Tiemann Ivo	MTV Aurich Triathlon	0:39:54	0:39:54	2	M45	65	09:27 10:03 10:35 09:48
14	2060	Park DR Harm	TuS Weene	0:39:55	0:39:56	1	M55	53	09:53 10:06 10:05 09:49
15	2101	Regina Michael	TSV Krofdorf-Gleiberg	0:39:58	0:39:59	3	M45	61	10:02 10:10 10:09 09:45
15	1572	Becker Axel	Emder LG	0:39:58	0:40:00	2	M50	60	10:01 10:02 10:08 09:46
17	2704	Dietze Joachim	TSV 1863 Herdecke	0:39:59	0:39:59	4	M45	62	10:00 10:03 10:14 09:40
18	2658	Akkermann Michael	SV Jennelt - Uttum	0:40:04	0:40:05	6	M40	70	09:33 10:08 10:27 09:55
19	2662	Trebesch Volker	Tus Aurich Ost	0:40:17	0:40:19	5	M45	65	09:25 10:05 10:36 10:10
20	1842	Hoffmann Karl-Heinz	Team Laufrausch e.V.	0:40:19	0:40:20	3	M50	58	09:49 10:08 10:19 10:02
21	2346	De Groot Hartwig	Butterfly	0:40:43	0:40:46	7	M40	68	10:05 10:13 10:22 10:00
22	2535	Pristat Friedhelm		0:40:45	0:40:46	4	M35	72	09:41 10:18 10:30 10:15
23	1933	Kramer Stefan	Emder LG	0:40:55	0:40:58	8	M40	68	10:21 10:16 10:15 10:02
24	2729	Bartsch Frank	Emder LG	0:41:07	0:41:11	5	M35	72	10:03 10:06 10:36 10:21
25	2178	Schulte Holger	Hinte	0:41:12	0:41:13	6	M35	75	10:13 10:29 10:30 09:58
26	2551	Nowrouzi Ayub Ali	JFV Norden	0:41:27	0:41:29	2	MJA	91	10:05 10:33 10:26 10:22
27	2112	Rischke Lukas	MRRC München	0:41:33	0:41:33	1	M30	77	09:26 10:00 10:19 11:47
28	1663	Deinet Lars		0:41:36	0:41:38	2	M30	77	09:26 10:32 10:58 10:38
29	1689	Eickholt Matthias	Emden	0:41:39	0:41:39	2	MHK	86	09:42 10:30 10:51 10:35
30	1954	Langensiepen Andreas	LT TuS Aurich-Ost	0:42:35	0:42:37	9	M40	70	10:29 10:39 10:41 10:43
31	1733	Gastmann Stefan		0:43:17	0:43:19	3	M30	77	10:21 11:07 11:08 10:39
32	2652	Köhlke Matthias	SVO Wi sünd Holtriem	0:43:21	0:43:29	7	M35	74	10:25 10:44 11:07 11:04
33	1667	Dietz Ralf	emder lg	0:43:25	0:43:27	2	M55	52	10:44 10:57 10:59 10:43
34	2726	Meyeraan Harald	Hinte	0:43:30	0:43:33	6	M45	64	10:22 10:54 11:14 10:59
35	2194	Siemens Marc - Oliver	MTV Aurich Triathlon	0:43:34	0:43:37	8	M35	71	10:52 11:00 11:04 10:36
36	1781	Haake Ingo	TaeBo Nord e.V. SBL	0:43:38	0:43:45	10	M40	69	10:22 11:00 11:16 10:58
37	1776	Groß Sven	Werkstätten f. behin. Menschen	0:43:40	0:43:49	3	MHK	90	10:46 11:03 11:12 10:38
38	1849	Hommers Rolf	SV Concordia Suurhusen	0:43:42	0:43:44	4	M30	79	10:30 11:10 11:19 10:42
39	1588	Beyer Uwe	TuS Norderney	0:43:47	0:43:48	11	M40	68	10:15 11:08 11:24 10:59
40	2710	Lange Bodo	SV Beeckerwerth	0:43:52	0:43:54	1	M65	41	10:42 11:07 11:08 10:53
41	1885	Janßen Gerriet	Uthwerdum	0:44:00	0:44:08	12	M40	70	10:39 11:06 11:16 10:57
42	2705	Ahlert-de Graat Jörg		0:44:02	0:44:04	7	M45	64	10:54 11:03 11:10 10:53
43	2728	Ludwig Helmut	LG Ostfriesland	0:44:08	0:44:15	4	M50	58	10:40 11:06 11:16 11:05
44	1766	Grasse Holger	TuS Zetel	0:44:19	0:44:24	8	M45	65	10:56 11:13 11:15 10:54
45	2655	Habben Bernd	Wiesmoor	0:44:23	0:44:24	4	MHK	82	10:27 11:20 11:38 10:57
46	2312	Wulle Thomas	LT TuS Aurich-Ost	0:44:38	0:44:46	9	M45	63	10:56 11:15 11:28 10:57
47	1989	Meyer Ewald	VW Emden	0:44:40	0:44:46	5	M50	60	10:56 11:06 11:19 11:18
48	2725	Ihnen Michael	Leinerstift	0:44:44	0:44:54	10	M45	62	10:57 11:21 11:29 10:55
49	2199	Smit Siebo		0:44:45	0:44:50	13	M40	67	10:59 11:13 11:33 10:58
50	2727	Sanders Eckhard	SuS Emden	0:44:52	0:44:55	14	M40	66	10:29 11:14 11:39 11:29
51	2105	Remmers Guenter	Marathon-Mülheim	0:44:53	0:45:00	1	M60	49	11:19 11:19 11:22 10:52
52	1819	Hermesen Wilhelm	FC Schüttorf 09 / OLB	0:45:06	0:45:13	15	M40	67	11:08 11:20 11:28 11:08
53	2213	Stern Thomas	Skizunft Wiesbaden	0:45:06	0:45:13	16	M40	70	10:57 11:44 11:45 10:39
54	1793	Hanssen Heyo	SC-Wiesens	0:45:18	0:45:25	11	M45	61	11:16 11:31 11:35 10:55
55	2053	Ortwig Klaus	TV Meppen	0:45:28	0:45:33	2	M60	47	10:55 11:19 11:47 11:26
56	1758	Götz Hartmut	SV Spetzerfehn	0:45:58	0:46:01	9	M35	72	10:11 11:51 12:08 11:47
57	2092	Räth Mathias	Norder Ruderclub	0:46:04	0:46:07	12	M45	65	10:58 11:34 11:47 11:44
58	2218	Strupp Manfred	Norder TV	0:46:10	0:46:17	2	M65	45	11:26 11:36 11:42 11:26
59	1581	Berghaus Jens	LT TuS Aurich - Ost	0:46:14	0:46:21	6	M50	59	10:59 11:29 11:53 11:51
60	2671	Löloff Andreas	TV Norden	0:46:15	0:46:19	7	M50	57	11:24 11:39 11:50 11:22
61	2180	Schulz Michael	LT TuS Aurich-Ost	0:46:19	0:46:28	13	M45	62	11:24 11:24 11:49 11:41
62	1685	Eden Lars	MTV Wittmund	0:46:25	0:46:42	5	MHK	88	11:14 11:42 12:09 11:19

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8. OLB Citylauf Norden - 17. April 2010

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	2016	Nanninga Jochen	TV Norden	0:46:26	0:46:31	17	M40	67	11:10 11:41 11:59 11:35
64	2246	Ulferts Oltmann	LT Holtland	0:46:27	0:46:30	14	M45	64	11:08 11:44 11:56 11:37
65	1642	Daniel Michael	Emder LG	0:46:27	0:46:33	8	M50	59	11:28 11:41 11:50 11:28
66	2722	Hinrichs Herr Johann	MTV Wittmund	0:46:29	0:46:39	3	M55	52	11:20 11:38 11:59 11:31
67	1772	Grimm Uwe	VfFL Berumbur	0:46:29	0:46:35	18	M40	69	11:19 11:49 11:52 11:28
68	1546	Adams Peter		0:46:31	0:46:34	4	M55	55	10:40 11:50 12:06 11:53
69	1671	Doden Alfred	LT TuS Holtriem	0:46:33	0:46:35	9	M50	58	10:55 11:50 12:06 11:41
70	1751	Glamann-Schulzek Graf	TV Norden	0:46:33	0:46:38	15	M45	65	11:22 11:38 11:55 11:38
71	2175	Schröder Torsten	Team Erdinger Alkoholfrei	0:46:34	0:46:40	16	M45	64	11:24 11:46 11:51 11:31
72	2018	Neblich Norman	Physio í Mare	0:46:41	0:46:59	3	MJA	92	11:42 11:51 11:55 11:11
73	2009	Müller Lothar		0:46:41	0:46:44	19	M40	68	11:07 11:46 12:09 11:39
74	2001	Meyerhoff Lothar	Störtebeker Loopers TVM	0:46:46	0:46:48	17	M45	61	11:16 11:47 12:02 11:40
75	2064	Penning Hans-Dieter	Fortuna Logabirum	0:47:06	0:47:17	18	M45	62	11:48 11:54 11:53 11:29
76	1925	Kößler Hans-Joachim	RSV Schwalbe Oelde	0:47:10	0:47:18	10	M50	59	11:14 11:47 12:09 11:59
77	2505	Kruu Gordon	MTV Aurich	0:47:14	0:47:20	20	M40	70	11:16 11:58 12:06 11:53
78	2186	Seeger Martin	Norder Ruderclub	0:47:22	0:47:29	6	MHK	89	12:11 12:06 11:51 11:12
79	2347	Wurps Jan	Butterfly	0:47:24	0:47:31	7	MHK	82	12:07 12:10 11:51 11:15
80	2088	Pree Manny	SVO Wi sünd Holtriem	0:47:24	0:47:35	19	M45	62	11:56 11:59 11:56 11:32
81	2089	Pree Michael		0:47:24	0:47:35	20	M45	63	11:56 11:59 11:55 11:32
82	2653	Kutscher Ralf	1. TCO Die Bären	0:47:26	0:47:32	21	M40	68	11:33 11:58 12:07 11:46
83	2344	Janssen Stefan	Butterfly	0:47:29	0:47:42	5	M30	78	11:39 11:39 11:56 12:14
84	1980	Mauson Peter	KGS Hage-Norden	0:47:29	0:47:42	3	M60	49	11:40 11:39 11:55 12:14
85	2248	Ulmann Theo	KGS Hage-Norden	0:47:29	0:47:42	11	M50	60	11:40 11:39 11:55 12:14
86	2669	Gerbers Steffen		0:47:36	0:47:51	8	MHK	86	12:23 12:01 11:59 11:12
87	1992	Meyer Georg	Großsander	0:47:39	0:47:48	12	M50	58	11:53 12:12 12:06 11:27
88	2249	Ulrichs Theo		0:47:43	0:47:46	4	M60	50	11:37 11:49 12:15 12:02
89	2167	Scholle Peter	-	0:47:46	0:47:54	22	M40	66	11:56 11:59 12:10 11:40
90	2131	Sass Günther	LG Hengstforde	0:47:52	0:47:59	21	M45	62	11:21 12:05 12:21 12:04
91	2720	Eden Kurt	TV Norden	0:47:54	0:48:03	13	M50	58	11:55 12:05 12:11 11:41
92	1720	Folkerts Friedrich	FFW Hollen	0:47:57	0:48:05	22	M45	65	11:44 12:15 12:13 11:44
93	2268	Vry Ralf	Fortuna Logabirum	0:47:59	0:48:10	14	M50	60	11:54 12:02 12:14 11:48
94	2733	Eiben Eibo	SC Dunum	0:48:00	0:48:11	3	M65	43	12:08 12:17 12:09 11:25
95	2267	Voß Friedrich	Firma NPorts	0:48:01	0:48:16	23	M45	61	11:47 12:00 12:16 11:56
96	1557	Apetz Anton	TV Norden	0:48:01	0:48:15	4	M65	43	11:48 12:11 12:22 11:39
97	2390	Poppen Walter		0:48:02	0:48:06	23	M40	67	11:14 12:00 12:28 12:19
98	1928	Kohl Andreas	TV Norden	0:48:03	0:48:08	10	M35	75	11:13 11:54 12:25 12:29
99	1830	Hillers DR Gerd-Uwe	TSG Hatten-Sandkrug	0:48:05	0:48:12	15	M50	60	11:36 12:01 12:27 11:59
100	2297	Willms Johann	Einzelläufer	0:48:07	0:48:11	16	M50	56	11:54 12:12 12:12 11:48
101	1538	Achterberg Günter	ev-krebskranke-Kinder Norden	0:48:12	0:48:22	24	M40	66	12:19 12:11 12:05 11:35
102	2108	Richter-Alten Henrik	Norder Ruderclub	0:48:14	0:48:27	1	MJB	93	11:45 12:09 12:12 12:06
103	1832	Hinrichs Enno	LG Großefehn	0:48:22	0:48:35	24	M45	61	13:03 11:22 12:03 11:52
104	2243	Ubben Bernd	ubben haus Laufteam	0:48:26	0:48:41	17	M50	59	11:39 12:12 12:24 12:10
105	2074	Petersen Gerold		0:48:27	0:48:35	11	M35	74	11:16 12:27 12:43 11:59
106	1694	Engelmann Wolter		0:48:28	0:48:32	5	M60	46	11:51 12:11 12:24 12:01
107	2721	Heinks Reiner	TV Norden	0:48:30	0:48:42	25	M45	61	11:35 12:18 12:29 12:07
108	2342	Decker Albert	Butterfly	0:48:30	0:48:35	25	M40	68	11:40 12:24 12:27 11:58
109	2221	Tamsen Erik	Norder Ruderclub	0:48:35	0:48:41	9	MHK	90	12:10 12:12 12:33 11:38
110	2185	Schwinn Alexander	Leinerstift e.V.	0:48:37	0:48:51	10	MHK	89	12:18 12:19 12:31 11:28
111	2073	Peters Jörg		0:48:41	0:48:51	26	M40	66	11:44 12:19 12:28 12:08
112	2205	Sporré Jürgen	Borussia Mönchengladbach	0:48:42	0:48:56	5	M55	55	11:56 12:23 12:26 11:56
113	1712	Fischer Helmut	Störtebeker Loopers TVM	0:48:42	0:48:52	26	M45	64	12:00 12:18 12:34 11:49
114	2098	Redenius Harald	Fasan Zeeg Grootheid	0:48:50	0:48:53	27	M45	64	11:34 12:09 12:39 12:26
115	1559	Arends Stefan		0:48:52	0:48:57	27	M40	70	11:57 12:12 12:25 12:17
116	1798	Harms Johann	LT TuS Aurich-Ost	0:48:56	0:49:00	18	M50	57	11:38 12:26 12:40 12:10
117	1800	Harms Okko	Gymnasium Ulricianum Aurich	0:48:57	0:49:00	2	MJB	94	11:39 12:26 12:40 12:10
118	1725	Friedrich Wolfgang	Leinerstift e.V.	0:48:57	0:49:08	28	M45	63	11:35 12:28 12:34 12:19
119	2019	Neeland Jörg	Aurich	0:48:57	0:49:05	29	M45	65	12:14 12:21 12:27 11:54
120	2045	Oostinga Dirk		0:49:06	0:49:17	30	M45	62	12:28 12:18 12:26 11:52
121	1701	Extra Jochen	TUS Norderney e.V.	0:49:07	0:49:15	19	M50	59	12:28 12:19 12:30 11:48
122	2132	Sauerbrey Jann	TUS Norderney e.V.	0:49:07	0:49:15	28	M40	67	12:28 12:19 12:30 11:48
123	1987	Meyer Adolf	TV Norden	0:49:09	0:49:18	20	M50	58	11:56 12:21 12:35 12:15
124	1552	Albers Franz	Vfl.Germania Leer	0:49:13	0:49:17	1	M70	38	12:09 12:22 12:28 12:13

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	1623	Busboom Wilfried	Tus Detern	0:49:17	0:49:21	12	M35	71	11:41 12:27 12:50 12:17
126	1876	Janssen Bernd	Emder LG	0:49:17	0:49:23	31	M45	65	11:49 12:08 12:51 12:27
127	2111	Ripken Jörg		0:49:24	0:49:43	6	M30	77	12:11 12:18 12:43 12:11
128	2308	Friedrichs Wolfgang	TV Norden	0:49:26	0:49:36	32	M45	64	12:58 12:19 12:26 11:41
129	1672	Doden Johann	Emder Lauf Gemeinschaft	0:49:28	0:49:35	21	M50	59	11:55 12:22 12:41 12:28
130	1892	Junker Jürgen		0:49:31	0:49:47	13	M35	71	11:35 12:33 12:55 12:26
131	1887	JENSSEN JOERG	TV NORDEN	0:49:46	0:50:00	22	M50	60	12:21 12:41 12:40 12:02
132	2661	Willems Horst	SV JU 58	0:49:46	0:50:00	29	M40	69	12:21 12:41 12:41 12:02
133	1934	Krems Hans-Jürgen	MC Canhusen	0:49:47	0:49:55	23	M50	59	12:04 12:30 12:48 12:23
134	1844	Hollwege Ralf	Verein für feine Lebensart	0:49:51	0:50:03	33	M45	62	12:56 12:20 12:28 12:06
135	1857	Hübner Florian	Norder Ruderclub	0:49:52	0:50:05	3	MJB	93	11:50 12:43 12:45 12:32
136	1841	Hoffmann Hans-Joachim	LT Tus Aurich-Ost	0:49:56	0:50:12	6	M60	48	12:21 12:34 12:48 12:11
137	2294	Willers Gerold		0:50:22	0:50:31	30	M40	66	12:44 12:36 12:49 12:11
138	1578	Beninga Reint-Enno	Norder Ruderclub	0:50:32	0:50:38	11	MHK	90	11:58 12:43 13:14 12:36
139	2293	Willems Heye	Fortuna Logabirum	0:50:46	0:50:58	6	M55	53	12:07 12:26 12:51 13:20
140	1877	Janssen Drees	LG Ostfriesland	0:50:53	0:50:58	34	M45	62	12:13 12:53 13:08 12:37
141	2349	Hagenbrust Martin	Butterfly	0:50:56	0:51:16	24	M50	58	13:11 12:58 12:39 12:06
142	1915	Koch Ralf	ohne	0:51:00	0:51:12	31	M40	70	12:28 12:39 12:56 12:56
143	2240	Trebsdorf Thorsten	TuS Norderney	0:51:07	0:51:16	14	M35	75	12:35 13:02 13:08 12:20
144	2265	Von Fehren Hans-Joachim		0:51:07	0:51:20	32	M40	68	12:58 12:56 12:59 12:13
145	2732	Ebel Rainer	LT TuS Aurich-Ost	0:51:13	0:51:29	35	M45	62	13:13 12:46 12:49 12:23
146	2144	Scheepker Alfred	TV Norden	0:51:21	0:51:49	7	M55	54	12:47 12:38 12:56 12:59
147	1665	Dettmer Thorsten	Leinerstift e.V.	0:51:25	0:51:38	36	M45	65	12:20 12:55 13:20 12:50
148	1747	Gerken Theelko	Norder Ruderclub	0:51:42	0:51:55	4	MJB	93	12:27 12:41 13:20 13:13
149	1706	Feistel Wilhelm Ernst		0:51:44	0:51:46	8	M55	55	11:40 13:09 13:56 12:58
150	1890	Johnen Joshua	Norder Ruderclub	0:51:52	0:51:58	1	MSc	95	11:15 12:27 14:28 13:41
151	2348	Herold Dennis	Butterfly	0:51:57	0:52:03	7	M30	80	12:13 13:08 13:31 13:04
152	1831	Hilpert Frank		0:51:57	0:52:17	33	M40	67	13:19 12:59 13:01 12:36
153	2127	Sander Markus		0:51:57	0:52:02	34	M40	66	12:48 13:13 13:14 12:42
154	2313	Wunder Uwe	Berumbur	0:52:06	0:52:19	35	M40	67	12:58 12:55 13:18 12:53
155	1993	Meyer Günter	EWE-Wattloopers	0:52:10	0:52:28	37	M45	65	13:14 13:01 13:09 12:45
156	2259	Vennen Rolf-Dieter	EWE-Wattloopers	0:52:23	0:52:39	38	M45	62	13:14 13:12 13:21 12:34
157	2232	Thum Reiner		0:52:34	0:52:49	25	M50	59	13:28 13:16 13:16 12:32
158	2114	Rößing Hermann	Werkstätten f. behin. Menschen	0:52:51	0:53:14	39	M45	65	13:41 13:16 13:14 12:38
159	1550	Ahrens Ole	Werkstätten f. behin. Menschen	0:53:27	0:53:49	12	MHK	90	14:46 14:12 12:51 11:36
160	2660	Wöhling Thomas	Lauffreff SV Ofenerdiek	0:53:45	0:53:54	40	M45	62	12:38 13:33 14:21 13:11
161	1893	Kamann Friedhelm		0:53:54	0:54:08	26	M50	56	13:07 13:30 13:45 13:31
162	1669	Dirks Christian	Dr. Becker PhysioGym	0:53:58	0:54:18	36	M40	68	13:19 13:32 13:37 13:29
163	2216	Strube Johann	Störtebeker-Loopers TVM	0:53:58	0:54:09	27	M50	58	13:04 13:27 13:55 13:31
164	1973	Lübben Joachim		0:53:59	0:54:15	37	M40	69	13:24 13:32 13:40 13:21
165	2102	Reinecke Erik		0:54:00	0:54:19	15	M35	73	12:33 13:11 14:05 14:09
166	1967	Löbbel Michael	OLB Norden	0:54:13	0:54:22	8	M30	78	12:28 13:37 14:31 13:36
167	2300	Wilts Hermann	TV Norden	0:54:24	0:54:42	7	M60	46	13:45 13:37 13:39 13:22
168	2122	Rudnick Dietmar	LG Großefehn	0:54:30	0:54:44	41	M45	65	13:14 13:35 14:02 13:39
169	2296	Willms Heiko	LG Deichschleicher Ostfr.	0:54:34	0:54:43	38	M40	69	13:04 13:27 14:01 14:00
170	1734	Gehrke Andre	Wi sünd Holtriem	0:54:37	0:54:46	39	M40	66	12:28 13:28 14:20 14:19
171	2211	Steinmeier Fritz		0:54:43	0:54:52	8	M60	48	13:17 13:44 13:59 13:41
172	2125	Saliger Heiner		0:55:02	0:55:11	9	M30	76	13:10 13:52 14:10 13:49
173	2734	Watermeyer Stephan	Sportivo Emden	0:55:07	0:55:22	42	M45	62	13:15 13:43 14:32 13:35
174	2519	Brands Michael		0:55:10	0:55:24	43	M45	61	13:02 13:29 14:08 14:30
175	2103	Reiners Erhard	TTC NORDEN	0:55:20	0:55:39	28	M50	58	13:43 14:12 14:17 13:07
176	2273	Weege Thomas	Feuerwehr Norden	0:55:23	0:55:44	13	MHK	81	14:35 13:47 13:53 13:06
177	2524	Renken Bernd		0:55:33	0:55:47	9	M60	49	13:31 13:58 14:07 13:55
178	1966	Lindemann Paul	TV Norden	0:55:44	0:56:01	2	M70	39	13:17 13:52 14:20 14:14
179	2663	Grimm Thomas	VffL Berumbur	0:55:45	0:55:58	44	M45	61	12:59 13:46 14:34 14:26
180	2189	Sick Jens	JAA Emden	0:56:01	0:56:17	45	M45	65	13:04 13:47 14:28 14:40
181	1812	Hedemann Holger		0:56:04	0:56:14	16	M35	72	13:36 14:12 14:28 13:46
182	1972	Ludwigs Joachim	Stadt Emden	0:56:05	0:56:22	40	M40	69	13:49 14:33 14:33 13:09
183	2276	Welke Andreas	Emder LG	0:56:08	0:56:23	29	M50	57	13:54 14:26 14:30 13:17
184	1884	Janssen Tobias	Werkstätten f. behin. Menschen	0:56:14	0:56:35	14	MHK	90	14:48 14:12 13:51 13:22
185	2523	Brahms Wilfried		0:56:19	0:56:37	9	M55	52	13:59 14:12 14:23 13:43
186	2172	Schoppe Lutz		0:56:24	0:56:41	15	MHK	84	14:11 14:33 14:12 13:26

10 km - Gesamtwertung

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
187	1645	Daro Jörg	EWE-Wattloopers	0:56:25	0:56:41	46	M45	62	13:45 14:13 14:20 14:06
188	1560	Arends Torsten	TV Norden	0:56:32	0:56:46	17	M35	74	14:09 14:25 14:14 13:43
189	1855	Horn Ingo	FW Eppstein Vockenhausen	0:56:33	0:56:55	10	M30	77	14:35 14:05 14:09 13:43
190	1703	Falkenberg Helmut	TV Norden	0:56:36	0:56:57	47	M45	65	13:22 14:05 14:50 14:18
191	2345	Janßen Siegfried	Butterfly	0:56:50	0:57:10	10	M55	53	14:23 14:30 14:24 13:33
192	1544	Ackmann Helmut	LT TuS Aurich-Ost	0:56:55	0:57:11	11	M55	54	13:45 14:22 14:46 14:00
193	2527	Wagenschütz Daniel	UEK Aurich	0:56:58	0:57:10	16	MHK	83	13:35 14:17 14:41 14:23
194	1905	Kleen Heinrich	LG Großefehn	0:57:03	0:57:17	30	M50	59	13:16 14:07 15:08 14:31
195	1585	Bertus Hermann	Hobbyläufer	0:57:58	0:58:15	12	M55	55	14:13 14:43 14:54 14:06
196	2159	Schneckener Wilfried		0:58:06	0:58:16	5	M65	42	14:20 14:42 14:29 14:34
197	1670	Dirksen Ralf	Emder.L.G.	0:58:11	0:58:40	48	M45	63	14:42 14:36 14:54 13:57
198	2572	Räller Sebastian		0:58:11	0:58:21	18	M35	71	13:34 14:29 15:03 15:03
199	1886	Jelden Jan Gerd	TV Norden	0:58:12	0:58:30	13	M55	55	14:37 14:30 14:41 14:21
200	1978	Marks Johann	EWE-Wattloopers	0:58:30	0:58:47	31	M50	58	14:18 14:38 14:55 14:37
201	2528	Stürenburg Albertus		0:58:56	0:59:17	11	M30	76	14:51 13:43 13:48 16:32
202	1723	Frank Ingo	Ostfrieslands letzte Hoffnung	0:59:02	0:59:25	19	M35	71	14:15 15:03 15:12 14:30
203	2015	Nannen Enno	TV Norden	0:59:15	0:59:30	10	M60	47	14:12 14:34 15:03 15:24
204	2717	Habben Berend	SV Wybelsum	0:59:35	0:59:45	32	M50	60	13:31 14:05 15:27 16:31
205	2237	Trännapp Alfred	TV Norden	1:00:11	1:00:29	6	M65	41	14:53 15:12 15:20 14:44
206	2170	Schoolmann Marcel	OLB-Ostfriesland	1:01:44	1:01:57	17	MHK	83	14:34 15:22 15:58 15:49
207	2226	Thiele Andreas	Doepke Schaltgeräte	1:01:53	1:01:59	49	M45	63	13:48 15:22 16:20 16:22
208	1541	Ackermann Detlev	Himmelsstürmer	1:02:44	1:03:04	33	M50	57	15:35 15:30 16:12 15:26
209	2147	Schewiola Axel	TV Norden	1:03:06	1:03:25	3	M70	38	15:09 15:33 16:33 15:50
210	2286	Wieland Christian	Werkstätten f. behin. Menschen	1:03:41	1:04:03	18	MHK	90	16:05 14:58 16:31 16:05
211	2120	Roß Manfred		1:04:20	1:04:40	14	M55	51	14:58 15:42 16:27 17:12
212	2442	Hausmann Günther	TUS-Mandorf Laufftreff	1:07:24	1:07:35	4	M70	37	16:04 16:51 17:09 17:18
213	1561	Arendt Horst	Werkstätten f. behin. Menschen	1:18:50	1:19:08	20	M35	73	16:23 18:24 20:49 23:13
214	2250	Uphoff Christian	Leinerstift e.V.	1:19:11	1:19:25	19	MHK	90	17:17 20:12 20:46 20:54

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1609	Brinkmann Eva	VFL Germania Leer	0:40:24	0:40:24	1	W45	64	09:42 10:13 10:26 10:01
2	1806	Hartmann Irm	TV Norden	0:42:48	0:42:54	2	W45	62	10:31 10:46 10:47 10:43
3	1724	Franzen Insa	LG TV Bunde	0:44:24	0:44:28	1	WHK	83	10:47 11:16 11:20 11:00
4	1584	Berndt DR Suliko	Marathon-Club-Menden	0:44:46	0:44:51	3	W45	63	11:07 11:33 11:23 10:42
5	1579	Benkendorf Nicole	LT TuS Aurich-Ost	0:45:31	0:45:39	1	W30	80	11:28 11:16 11:22 11:24
6	2081	Pilney Bettina	LT SV Ems Jemgum	0:46:16	0:46:20	4	W45	62	11:08 11:45 11:53 11:28
7	1774	Gronewold Elke	TV Norden	0:46:31	0:46:37	1	W40	67	11:14 11:44 11:58 11:34
8	1721	Folkerts Ingrid	FTC Hollen	0:47:49	0:47:57	2	W40	66	11:46 12:18 12:16 11:29
9	2067	Peters Charlotte	Norder Ruderclub	0:48:50	0:49:04	2	WHK	89	12:10 12:31 12:28 11:40
10	1898	Kisch Annette	spass mit sport	0:48:53	0:49:06	3	W40	66	11:55 12:02 12:26 12:29
11	1762	Goos Anja	Emder LG	0:50:15	0:50:19	1	W35	72	12:06 12:42 12:55 12:30
12	1858	Huisinga Anne	TV Bunde	0:51:04	0:51:15	4	W40	67	12:02 12:40 13:20 13:02
13	2155	Schmidt Kerstin	Fortuna Logabirum	0:51:07	0:51:19	5	W45	65	12:59 12:56 12:57 12:14
14	2730	Süßen Sonja	LT TuS Aurich-Ost	0:51:34	0:51:40	2	W30	78	12:38 13:01 13:04 12:50
15	2520	Janssen Elke	Fortuna Logabirum	0:51:41	0:51:54	2	W35	73	12:43 13:06 13:12 12:39
16	1610	Brinkmann Heike	EWE-Wattloopers	0:51:46	0:51:59	3	W35	73	12:14 13:01 13:28 13:01
17	1878	Janssen Ilka	LG Ostfriesland	0:51:47	0:51:53	1	WJA	92	12:09 12:56 13:46 12:55
18	1847	Hommers Gaby	LT SV Ems Jemgum	0:52:09	0:52:21	6	W45	62	12:44 13:06 13:17 13:01
19	1727	Friesenborg Monika	Emder LG	0:52:23	0:52:40	5	W40	69	13:14 13:13 13:21 12:34
20	2193	Siefkens Elke	Emder LG	0:52:33	0:52:39	6	W40	69	12:42 13:41 13:35 12:33
21	2231	Thum Kerstin		0:52:33	0:52:49	1	W50	59	13:28 13:16 13:16 12:32
22	2343	De Boer Dagmar	Butterfly	0:52:59	0:53:09	7	W40	69	12:47 13:17 13:37 13:17
23	2072	Peters Janneke		0:53:13	0:53:27	3	W30	77	13:19 13:29 13:36 12:47
24	1738	Geiken Marion	LT TuS Aurich-Ost	0:53:14	0:53:29	8	W40	66	13:13 13:28 13:43 12:48
25	1792	Hanssen Anke	SC-Wiesens	0:53:18	0:53:25	2	WJA	91	12:40 13:51 13:54 12:52
26	1549	Ahrends Helga		0:53:34	0:53:39	7	W45	64	13:26 13:14 13:36 13:17
27	2014	Mumme Edeltraut	Dr. Becker PhysioGym	0:53:58	0:54:18	1	W55	53	13:19 13:32 13:36 13:29
28	1836	Hinrichs Rena	KGS Großefehn	0:54:12	0:54:25	1	WJB	94	13:44 13:54 13:32 13:00
29	2207	Steffens Viola	Canum	0:54:27	0:54:29	4	W35	75	12:42 13:47 14:11 13:46
30	1692	Engelbarts Foline	Emder LG	0:54:49	0:54:58	1	W60	49	13:31 13:50 13:57 13:30
31	1997	Meyer Marion	Ubbo-Emmius-Klinik	0:55:09	0:55:18	9	W40	69	13:16 13:48 14:01 14:02
32	2156	Schmidt Magdalena		0:55:09	0:55:28	5	W35	72	13:40 14:11 14:12 13:05
33	1767	Grauer Severine		0:55:23	0:55:33	4	W30	76	13:40 14:03 14:02 13:37
34	1995	Meyer Ingrid	AOK Ostfriesland	0:56:04	0:56:23	6	W35	72	14:38 14:11 13:54 13:20
35	1611	Broers Linda	TuS Detern	0:56:08	0:56:20	7	W35	75	13:37 14:14 14:18 13:58
36	2360	Krey Marion	Team OLB	0:56:10	0:56:18	8	W35	71	13:10 14:09 14:36 14:14
37	1566	Balßen Alke	Norder Ruderclub	0:56:14	0:56:20	3	WJA	92	13:28 14:10 14:16 14:18
38	1558	Arends Sandra	TV Norden	0:56:31	0:56:46	5	W30	77	14:08 14:25 14:14 13:42
39	1575	Beier Marieke	SVO - Wi sünd Holtriem	0:56:39	0:56:55	3	WHK	90	14:04 14:28 14:25 13:41
40	1603	Bonar Lena	Werkstätten f. behin. Menschen	0:56:58	0:57:20	4	WHK	87	14:47 14:11 14:19 13:40
41	1825	Heyen Elke	SVO Wi sünd Holtriem	0:57:05	0:57:22	9	W35	71	14:04 14:28 14:25 14:08
42	1795	Harken Rößing Wilma	Werkstätten f. behin. Menschen	0:57:17	0:57:40	8	W45	65	14:30 14:30 14:31 13:45
43	2037	Olbrich Birgit	Leinerstift e.V.	0:58:04	0:58:20	2	W50	57	13:48 14:43 14:53 14:39
44	2723	Sordon Andrea	Fortuna Logabirum	0:58:29	0:58:47	3	W50	59	14:18 14:39 14:54 14:37
45	2570	Ubben Marie		0:58:37	0:58:44	4	W50	57	13:59 14:52 15:02 14:41
46	2651	Ihnen Gunda	LT TuS Aurich-Ost	0:59:06	0:59:21	9	W45	64	13:45 14:37 15:27 15:16
47	2521	Schneider Christine	Emder LG	0:59:16	0:59:24	2	W60	48	14:49 15:00 14:57 14:29
48	2158	Schneckener Beate		0:59:20	0:59:30	2	W55	55	14:19 14:50 15:17 14:52
49	1909	Klinkenberg Margit	TV Norden	0:59:26	0:59:46	3	W55	52	14:48 14:55 14:59 14:42
50	1679	Drüke Petra	TV Norden	0:59:49	1:00:07	5	W50	59	14:50 14:56 15:08 14:53
51	2217	Strupp Julia		1:00:12	1:00:24	6	W30	76	14:58 15:03 15:22 14:48
52	2126	Sander Ines		1:00:23	1:00:28	10	W40	68	14:26 15:33 15:21 15:02
53	1790	Hallenga Gunda	Therapiehuus Tannenhausen	1:00:41	1:00:53	5	WHK	83	14:34 15:21 15:48 14:57
54	1964	Lewicki Alexandra	Physio a Mare	1:01:08	1:01:26	6	WHK	83	14:30 15:23 15:39 15:34
55	1872	Janke-Neeland Susanne	Aurich	1:01:12	1:01:28	10	W45	63	14:43 15:39 15:38 15:11
56	1677	Drieling Janke		1:01:57	1:02:13	11	W45	63	14:58 15:50 15:48 15:21
57	2271	Weber Hilke	LT TuS Aurich-Ost	1:01:57	1:02:03	1	WSc	95	14:05 15:32 16:23 15:56
58	1924	Könnecke Heike	UEK Aurich	1:01:58	1:02:12	11	W40	70	14:57 15:55 15:46 15:19
59	1542	Ackermann Marlies	Himmelsstürmer	1:02:44	1:03:04	6	W50	56	15:36 15:29 16:12 15:26
60	1935	Kreye Ilka		1:02:56	1:03:18	10	W35	71	14:55 15:53 16:21 15:46
61	2116	Rohlf's Ronja	SVO Wi sond Holtriem	1:03:07	1:03:23	1	WSc	97	15:00 15:52 16:24 15:49
62	1704	Fauerbach Thea	Wi sünd Holtriem	1:03:09	1:03:25	12	W45	63	15:00 15:53 16:24 15:51

10 km - Gesamtwertung

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Rundenzeiten			
63	2724	Hanssen Maria	SC Wiesens	1:05:27	1:05:34	2	WJB	93	14:29	16:02	17:15	17:40
64	1693	Engelhardt Petra	LT TuS Aurich-Ost	1:05:41	1:06:00	7	W30	76	15:49	16:35	16:49	16:26
65	1616	Bruns Birgit	Werkstätten f. behin. Menschen	1:13:37	1:13:58	7	WHK	87	16:14	18:30	20:03	18:48
66	2202	Soffner Judith	Leinerstift e.V.	1:19:07	1:19:25	12	W40	66	17:13	20:12	20:47	20:54