

LGO Bestenliste/Distanz 2009

Distanz	Zeit	Name	Ort	Datum	AK	
100 m	15.2	Janssen, Siegfried	Moorhusen	24/06/2009	M	50
800 m	2:24.7	Vlaardingerbroek, Kurt	Moorhusen	24/06/2009	M	40
	2:32.6	Ludwig, Reinhard	Moorhusen	24/06/2009		50
	2:33.9	Christians, Borchard	Moorhusen	24/06/2009		50
3000 m	10:21.9	Vlaardingerbroek, Kurt	Moorhusen	24/06/2009	M	40
	10:27.5	Ludwig, Reinhard	Moorhusen	24/06/2009		50
	10:48.2	Christians, Borchard	Moorhusen	24/06/2009		50
	11:30.2	Tjarks, Eduard	Aurich	07/08/2009		55
	11:47.4	Romanowski, Arnold	Moorhusen	24/06/2009		60
	12:26.8	Janssen, Siegfried	Moorhusen	24/06/2009		50
	12:31.4	Ludwig, Helmut	Moorhusen	24/06/2009		50
3000 m	13:43.0	Fulfs, Juliane	Moorhusen	24/06/2009	W	40
5000 m	19:00.5	Paul, Matthias	Breidenbach	04/09/2009	M	45
	19:47.72	Tjarks, Eduard	Leer	05/09/2009		55
	20:43.33	Ludwigs, Hanno	Leer	05/09/2009		40
5000 m	23:17.1	Fulfs, Juliane	Aurich	19/06/2009	W	40
10000 m	37:02.0	Vlaardingerbroek, Kurt	Warsingsfehn	04/08/2009	M	40
	37:25.6	Sanders, Anton	Warsingsfehn	04/08/2009		45
	37:27.2	Ludwig, Reinhard	Warsingsfehn	04/08/2009		50
	39:26.1	Paul, Matthias	Warsingsfehn	04/08/2009		45
	40:50.4	Tjarks, Eduard	Warsingsfehn	04/08/2009		55
	42:21.8	Romanowski, Arnold	Warsingsfehn	04/08/2009		60
	64:08.9	Gerdes, Heinz	Warsingsfehn	04/08/2009		65
10 KM	36:36	Vlaardingerbroek, Kurt	Lemwerder	22/03/2009	M	40
	36:54	Sanders, Anton	Lemwerder	22/03/2009		45
	37:32	Ludwig, Reinhard	Lemwerder	22/03/2009		50
	38:18	Ibeling, Fred	Lemwerder	22/03/2009		40
	38:46	Paul, Matthias	Schortens	29/08/2009		45
	38:48	Christians, Borchard	Norden	19/04/2009		50
	39:17	Frerichs, Christian	Marienhafe	13/04/2009		20
	39:24	Tjarks, Eduard	Emden	07/06/2009		55

10 KM	39:47	Oremek, Robert	Emden	07/06/2009	M	40
	39:48.0	Aden, Johann	Thuelsfeld	26/04/2009		40
	41:08	Romanowski, Arnold	Marienhafe	13/04/2009		60
	41:11	Wilts, Martin	Marienhafe	13/04/2009		35
	44:32	Kruse, Friedhelm	Marienhafe	14/08/2009		50
	44:37	Janssen, Siegfried	Marienhafe	13/04/2009		50
	45:37	Backer, Edgar	Marienhafe	13/04/2009		40
	47:20	Buenting, Johann	Marienhafe	13/04/2009		40
	47:30	Wallerowitz, Ewald	Dunum	28/06/2009		40
	48:36	Janssen, Drees	Norden	19/04/2009		45
	49:40	Uden, Hermann	Norden	19/04/2009		55
	49:48	Decker, Hartmut	Marienhafe	14/08/2009		45
	51:09	Eilers, Meint	Marienhafe	14/08/2009		50
	51:37	Weingart, Thomas	Marienhafe	13/04/2009		45
	54:36	Janssen, Jörg	Marienhafe	14/08/2009		40
	57:20	Meinen, Wilhelm	Oldenburg	15/03/2009		65
10 KM	44:05	Lübben, Astrid	Emstek	18/07/2009	W	35
	44:36	Maaß, Almuth	Marienhafe	14/08/2009		40
	49:26	Janssen, Ilka	Marienhafe	13/04/2009		15
	54:34	Mudder, Sandra	Emden	07/06/2009		45
	55:55	Keck, Birgit	Marienhafe	13/04/2009		40
	58:44	Redenius, Jutta	Norden	19/04/2009		45
	64:21	Gastmann, Karin	Marienhafe	13/04/2009		45
10 KM -	1:51:48	Vlaardingerbroek, Sanders, Ibeling	Lemwerder	22/03/2009	M	45
	1:56:27	Ludwig R., Christians, Tjarks	Lemwerder	22/03/2009		55
21.1 KM	1:20:17	Vlaardingerbroek, Kurt	Dunum	28/03/2009	M	40
	1:20:59	Sanders, Anton	Dunum	28/03/2009		45
	1:28:46	Tjarks, Eduard	Dunum	28/03/2009		55
	1:31:51	Romanowski, Arnold	Dunum	28/03/2009		60
	1:33:38	Romaneeßen, Heinz	Dunum	28/03/2009		40
21.1 KM	1:42:22	Maaß, Almuth	Dunum	28/06/2009	W	40
	1:59:05	Mudder, Sandra	Dunum	28/06/2009		45
25 KM	2:23:40	Ackmann, Heiko	Oldenburg	15/03/2009	M	40
42.2 KM	2:57:14	Sanders, Anton	Kandel	08/03/2009	M	45
	3:11:45	Wilts, Martin	Bremen	04/10/2009		35
	3:16:46	Ludwig, Reinhard	Bremen	04/10/2009		50
	3:18:26	Janssen, Siegfried	Steinfurt	21/03/2009		50
	3:44:17	Tjarks, Eduard	Wilhelmshav	17/05/2009		55

42.2 KM	3:50:43	Broer, Frank	Steinfurt	21/03/2009	M	35
	3:59:35	Wallerowitz, Ewald	Hamburg	26/04/2009		40
	3:59:57	Meyerhoff, Helmut	Bremen	04/10/2009		45
	4:09:36	Meyer, Uwe	Steinfurt	21/03/2009		45
24-St	165211	Tjarks, Eduard	Delmenhorst	20/06/2009	M	55