

# LGO Bestenliste/Mitglied 2009

<b>Ackmann, Heiko</b>		<b>M</b>	<b>40</b>
25 KM	2:23:40	Oldenburg	15/03/2
<b>Aden, Johann</b>		<b>M</b>	<b>40</b>
10 KM	39:48.0	Thuelsfeld	26/04/2
<b>Backer, Edgar</b>		<b>M</b>	<b>40</b>
10 KM	45:37	Marienhafe	13/04/2
<b>Broer, Frank</b>		<b>M</b>	<b>35</b>
42.2 KM	3:50:43	Steinfurt	21/03/2
<b>Buening, Johann</b>		<b>M</b>	<b>40</b>
10 KM	47:20	Marienhafe	13/04/2
<b>Christians, Borchard</b>		<b>M</b>	<b>50</b>
800 m	2:33.9	Moorhusen	24/06/2
3000 m	10:48.2	Moorhusen	24/06/2
10 KM	38:48	Norden	19/04/2
<b>Decker, Hartmut</b>		<b>M</b>	<b>45</b>
10 KM	49:48	Marienhafe	14/08/2
<b>Eilers, Meint</b>		<b>M</b>	<b>50</b>
10 KM	51:09	Marienhafe	14/08/2
<b>Frerichs, Christian</b>		<b>M</b>	<b>20</b>
10 KM	39:17	Marienhafe	13/04/2
<b>Fulfs, Juliane</b>		<b>W</b>	<b>40</b>
3000 m	13:43.0	Moorhusen	24/06/2
5000 m	23:17.1	Aurich	19/06/2
<b>Gastmann, Karin</b>		<b>W</b>	<b>45</b>
10 KM	64:21	Marienhafe	13/04/2
<b>Gerdes, Heinz</b>		<b>M</b>	<b>65</b>

10000 m	64:08.9	Warsingsfehn	04/08/2
<b>Ibeling, Fred</b>		<b>M</b>	<b>40</b>
10 KM	38:18	Lemwerder	22/03/2
<b>Janssen, Drees</b>		<b>M</b>	<b>45</b>
10 KM	48:36	Norden	19/04/2
<b>Janssen, Ilka</b>		<b>W</b>	<b>15</b>
10 KM	49:26	Marienhafe	13/04/2
<b>Janssen, Jörg</b>		<b>M</b>	<b>40</b>
10 KM	54:36	Marienhafe	14/08/2
<b>Janssen, Siegfried</b>		<b>M</b>	<b>50</b>
100 m	15.2	Moorhusen	24/06/2
3000 m	12:26.8	Moorhusen	24/06/2
10 KM	44:37	Marienhafe	13/04/2
42.2 KM	3:18:26	Steinfurt	21/03/2
<b>Keck, Birgit</b>		<b>W</b>	<b>40</b>
10 KM	55:55	Marienhafe	13/04/2
<b>Kruse, Friedhelm</b>		<b>M</b>	<b>50</b>
10 KM	44:32	Marienhafe	14/08/2
<b>Lübben, Astrid</b>		<b>W</b>	<b>35</b>
10 KM	44:05	Emstek	18/07/2
<b>Ludwig R., Christians, Tjarks</b>		<b>M</b>	<b>55</b>
10 KM -	1:56:27	Lemwerder	22/03/2
<b>Ludwig, Helmut</b>		<b>M</b>	<b>50</b>
3000 m	12:31.4	Moorhusen	24/06/2
<b>Ludwig, Reinhard</b>		<b>M</b>	<b>50</b>
800 m	2:32.6	Moorhusen	24/06/2
3000 m	10:27.5	Moorhusen	24/06/2
10000 m	37:27:2	Warsingsfehn	04/08/2
10 KM	37:32	Lemwerder	22/03/2

42.2 KM	3:16:46	Bremen	04/10/2
<b>Ludwigs, Hanno</b>		<b>M</b>	<b>40</b>
5000 m	20:43.33	Leer	05/09/2
<b>Maaß, Almuth</b>		<b>W</b>	<b>40</b>
10 KM	44:36	Marienhafe	14/08/2
21.1 KM	1:42:22	Dunum	28/06/2
<b>Meinen, Wilhelm</b>		<b>M</b>	<b>65</b>
10 KM	57:20	Oldenburg	15/03/2
<b>Meyer, Uwe</b>		<b>M</b>	<b>45</b>
42.2 KM	4:09:36	Steinfurt	21/03/2
<b>Meyerhoff, Helmut</b>		<b>M</b>	<b>45</b>
42.2 KM	3:59:57	Bremen	04/10/2
<b>Mudder, Sandra</b>		<b>W</b>	<b>45</b>
10 KM	54:34	Emden	07/06/2
21.1 KM	1:59:05	Dunum	28/06/2
<b>Oremek, Robert</b>		<b>M</b>	<b>40</b>
10 KM	39:47	Emden	07/06/2
<b>Paul, Matthias</b>		<b>M</b>	<b>45</b>
5000 m	19:00.5	Breidenbach	04/09/2
10000 m	39:26.1	Warsingsfehn	04/08/2
10 KM	38:46	Schortens	29/08/2
<b>Redenius, Jutta</b>		<b>W</b>	<b>45</b>
10 KM	58:44	Norden	19/04/2
<b>Romaneeßen, Heinz</b>		<b>M</b>	<b>40</b>
21.1 KM	1:33:38	Dunum	28/03/2
<b>Romanowski, Arnold</b>		<b>M</b>	<b>60</b>
3000 m	11:47.4	Moorhusen	24/06/2
10000 m	42:21.8	Warsingsfehn	04/08/2
10 KM	41:08	Marienhafe	13/04/2

21.1 KM	1:31:51	Dunum	28/03/2
<b>Sanders, Anton</b>		<b>M</b>	<b>45</b>
10000 m	37:25.6	Warsingsfehn	04/08/2
10 KM	36:54	Lemwerder	22/03/2
21.1 KM	1:20:59	Dunum	28/03/2
42.2 KM	2:57:14	Kandel	08/03/2
<b>Tjarks, Eduard</b>		<b>M</b>	<b>55</b>
3000 m	11:30.2	Aurich	07/08/2
5000 m	19:47.72	Leer	05/09/2
10000 m	40:50.4	Warsingsfehn	04/08/2
10 KM	39:24	Emden	07/06/2
21.1 KM	1:28:46	Dunum	28/03/2
42.2 KM	3:44:17	Wilhelmshaven	17/05/2
24-Stundenlauf	165211	Delmenhorst	20/06/2
<b>Uden, Hermann</b>		<b>M</b>	<b>55</b>
10 KM	49:40	Norden	19/04/2
<b>Vlaardingerbroek, Kurt</b>		<b>M</b>	<b>40</b>
800 m	2:24.7	Moorhusen	24/06/2
3000 m	10:21.9	Moorhusen	24/06/2
10000 m	37:02.0	Warsingsfehn	04/08/2
10 KM	36:36	Lemwerder	22/03/2
21.1 KM	1:20:17	Dunum	28/03/2
<b>Vlaardingerbroek, Sanders, Ibeling</b>		<b>M</b>	<b>45</b>
10 KM -	1:51:48	Lemwerder	22/03/2
<b>Wallerowitz, Ewald</b>		<b>M</b>	<b>40</b>
10 KM	47:30	Dunum	28/06/2
42.2 KM	3:59:35	Hamburg	26/04/2
<b>Weingart, Thomas</b>		<b>M</b>	<b>45</b>

10 KM	51:37	Marienhafe	13/04/2
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**Wilts, Martin**

**M**

**35**

10 KM	41:11	Marienhafe	13/04/2
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42.2 KM	3:11:45	Bremen	04/10/2
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**Sonntag, 7. März 2010**