

LGO Bestenliste/Distanz 2010

Distanz	Zeit	Name	Ort	Datum	AK	
800 m	3:04.19	Fulfs, Juliane	Wilhelmshav	30/05/2010	W	40
1000 m	3:24.6	Neemann, Eike	Aurich	21/05/2010	M	15
3000 m	11:21.67	Paul, Matthias	Stadtallendorf	23/01/2010	M	45
	12:11.9	Romanowski, Arnold	Moorhusen	31/08/2010		60
	12:43.2	Neemann, Eike	Wilhelmshav	26/05/2010		15
	12:43.8	Tjarks, Eduard	Moorhusen	31/08/2010		55
5000 m	18:31.10	Ludwig, Reinhard	Leer	04/09/2010	M	50
5000 m	22:13.3	Neemann, Jannette	Aurich	04/06/2010	W	40
10000 m	39:04.7	Ludwig, Reinhard	Warsingsfehn	10/08/2010	M	50
	39:06.8	Christians, Borchard	Warsingsfehn	10/08/2010		50
	39:28.0	Sanders, Anton	Warsingsfehn	10/08/2010		45
	43:25.4	Romanowski, Arnold	Warsingsfehn	10/08/2010		60
10000 m	46:53.7	Maaß, Almuth	Warsingsfehn	10/08/2010	W	40
Stundenlauf	15980	Sanders, Anton	Emden	31/10/2010	M	45
	13520	Romanowski, Arnold	Schortens	08/06/2010		60
	13375	Tjarks, Eduard	Emden	31/10/2010		55
Stundenlauf	12755	Maaß, Almuth	Emden	31/10/2010	W	40
10 KM	36:57	Sanders, Anton	Jever/Flieger	27/10/2010	M	45
	37:27	Vlaardingerbroek, Kurt	Marienhafe	11/06/2010		40
	37:54	Ludwig, Reinhard	Schortens	18/04/2010		50
	38:42	Ibeling, Fred	Marienhafe	11/06/2010		40
	38:49	Christians, Borchard	Norden	17/04/2010		50
	38:59	Paul, Matthias	Marburg	02/05/2010		45
	39:54	Aden, Johann	Schortens	18/04/2010		40
	40:56	Oremek, Robert	Emden	29/05/2010		45
	41:55	Backer, Edgar	Marienhafe	11/06/2010		45
	42:17	Janssen, Siegfried	Emden	29/05/2010		55
	42:53	Romanowski, Arnold	Aurich	18/06/2010		60

10 KM	43:58	Dirksen, Claus	Aurich	18/06/2010	M	50
	43:58	Tjarks, Eduard	Marienhafe	05/04/2010		55
	44:08	Ludwigs, Hanno	Norden	17/04/2010		40
	44:18	Kruse, Friedhelm	Aurich	18/06/2010		50
	46:48	Broer, Frank	Marienhafe	05/04/2010		40
	46:52	Meyer, Uwe	Marienhafe	11/06/2010		45
	47:06	Hildebrandt, Theodor	Marienhafe	11/06/2010		50
	47:07	Meyerhoff, Helmut	Aurich	18/06/2010		45
	48:07	Groen, Albert	Marienhafe	11/06/2010		50
	48:49	Ackmann, Heiko	Aurich	18/06/2010		40
	49:44	Janssen, Drees	Emden	29/05/2010		45
	51:56	Evers, Karl-Heinz	Emden	29/05/2010		50
	59:32.4	Meinen, Wilhelm	Thülsfelde	25/04/2010		65
	10 KM	42:58	Lübben, Astrid	Wittmund		28/08/2010
45:38		Maaß, Almuth	Emden	29/05/2010	40	
49:43		Janssen, Engeline	Schortens	18/04/2010	45	
50:35		Janssen, Ilka	Emden	29/05/2010	15	
52:41		Mudder, Sandra	Marienhafe	05/04/2010	45	
59:46		Kahmann, Margret	Marienhafe	11/06/2010	50	
62:06		Groen, Talea	Marienhafe	11/06/2010	50	
10 Meilen		62:55	Sanders, Anton	Winschoten	27/03/2010	M
	73:31	Tjarks, Eduard	Winschoten	27/03/2010	55	
	73:56	Romanowski, Arnold	Schortens	21/08/2010	60	
21.1 KM	1:23:48	Sanders, Anton	Lingen	03/10/2010	M	45
	1:28:11	Ludwig, Reinhard	Lingen	03/10/2010		50
	1:32:15	Oremek, Robert	Dunum	27/06/2010		45
	1:34:50	Janssen, Siegfried	Marienhafe	11/06/2010		55
	1:43:52	Wallerowitz, Ewald	Marienhafe	11/06/2010		45
	1:46:00	Romanowski, Arnold	Dunum	27/06/2010		60
	1:50:42	Uden, Hermann	Marienhafe	11/06/2010		60
	2:06:06	Weingart, Thomas	Marienhafe	11/06/2010		45
	2:11:02	Decker, Hartmut	Marienhafe	11/06/2010		45
21.1 KM	1:43:42	Maaß, Almuth	Dunum	27/06/2010	W	40
	2:03:33	Keck, Birgit	Bremen	19/09/2010		40
42.2 KM	3:07:18	Wilts, Martin	Hamburg	25/04/2010	M	35
	3:27:36	Oremek, Robert	Berlin	26/09/2010		45
	3:35:49	Fasshauer, Andreas	Hamburg	25/04/2010		40
	3:53:14	Wallerowitz, Ewald	Hamburg	25/04/2010		45
	4:03:17	Meyerhoff, Helmut	Hamburg	25/04/2010		45
	4:08:08	Ibeling, Fred	Bremen	19/09/2010		40

42.2 KM 4:09:53 Janssen, Gerhard Hamburg 25/04/2010 M 45