

# LGO Bestenliste/Mitglied 2010

<b>Ackmann, Heiko</b>		<b>M</b>	<b>40</b>
10 KM	48:49	Aurich	18/06/2010
<b>Aden, Johann</b>		<b>M</b>	<b>40</b>
10 KM	39:54	Schortens	18/04/2010
<b>Backer, Edgar</b>		<b>M</b>	<b>45</b>
10 KM	41:55	Marienhafē	11/06/2010
<b>Broer, Frank</b>		<b>M</b>	<b>40</b>
10 KM	46:48	Marienhafē	05/04/2010
<b>Christians, Borchard</b>		<b>M</b>	<b>50</b>
10000 m	39:06.8	Warsingsfehn	10/08/2010
10 KM	38:49	Norden	17/04/2010
<b>Decker, Hartmut</b>		<b>M</b>	<b>45</b>
21.1 KM	2:11:02	Marienhafē	11/06/2010
<b>Dirksen, Claus</b>		<b>M</b>	<b>50</b>
10 KM	43:58	Aurich	18/06/2010
<b>Evers, Karl-Heinz</b>		<b>M</b>	<b>50</b>
10 KM	51:56	Emden	29/05/2010
<b>Fasshauer, Andreas</b>		<b>M</b>	<b>40</b>
42.2 KM	3:35:49	Hamburg	25/04/2010
<b>Fulfs, Juliane</b>		<b>W</b>	<b>40</b>
800 m	3:04.19	Wilhelmshaven	30/05/2010
<b>Groen, Albert</b>		<b>M</b>	<b>50</b>
10 KM	48:07	Marienhafē	11/06/2010
<b>Groen, Talea</b>		<b>W</b>	<b>50</b>
10 KM	62:06	Marienhafē	11/06/2010
<b>Hildebrandt, Theodor</b>		<b>M</b>	<b>50</b>
10 KM	47:06	Marienhafē	11/06/2010

<b>Ibeling, Fred</b>		<b>M</b>	<b>40</b>
10 KM	38:42	Marienhafe	11/06/2010
42.2 KM	4:08:08	Bremen	19/09/2010
<b>Janssen, Drees</b>		<b>M</b>	<b>45</b>
10 KM	49:44	Emden	29/05/2010
<b>Janssen, Engeline</b>		<b>W</b>	<b>45</b>
10 KM	49:43	Schortens	18/04/2010
<b>Janssen, Gerhard</b>		<b>M</b>	<b>45</b>
42.2 KM	4:09:53	Hamburg	25/04/2010
<b>Janssen, Ilka</b>		<b>W</b>	<b>15</b>
10 KM	50:35	Emden	29/05/2010
<b>Janssen, Siegfried</b>		<b>M</b>	<b>55</b>
10 KM	42:17	Emden	29/05/2010
21.1 KM	1:34:50	Marienhafe	11/06/2010
<b>Kahmann, Margret</b>		<b>W</b>	<b>50</b>
10 KM	59:46	Marienhafe	11/06/2010
<b>Keck, Birgit</b>		<b>W</b>	<b>40</b>
21.1 KM	2:03:33	Bremen	19/09/2010
<b>Kruse, Friedhelm</b>		<b>M</b>	<b>50</b>
10 KM	44:18	Aurich	18/06/2010
<b>Lübben, Astrid</b>		<b>W</b>	<b>35</b>
10 KM	42:58	Wittmund	28/08/2010
<b>Ludwig, Reinhard</b>		<b>M</b>	<b>50</b>
5000 m	18:31.10	Leer	04/09/2010
10000 m	39:04.7	Warsingsfehn	10/08/2010
10 KM	37:54	Schortens	18/04/2010
21.1 KM	1:28:11	Lingen	03/10/2010
<b>Ludwigs, Hanno</b>		<b>M</b>	<b>40</b>
10 KM	44:08	Norden	17/04/2010

<b>Maaß, Almuth</b>		<b>W</b>	<b>40</b>
10000 m	46:53.7	Warsingsfehn	10/08/2010
Stundenlauf	12755	Emden	31/10/2010
10 KM	45:38	Emden	29/05/2010
21.1 KM	1:43:42	Dunum	27/06/2010
<b>Meinen, Wilhelm</b>		<b>M</b>	<b>65</b>
10 KM	59:32.4	Thülsfelde	25/04/2010
<b>Meyer, Uwe</b>		<b>M</b>	<b>45</b>
10 KM	46:52	Marienhafe	11/06/2010
<b>Meyerhoff, Helmut</b>		<b>M</b>	<b>45</b>
10 KM	47:07	Aurich	18/06/2010
42.2 KM	4:03:17	Hamburg	25/04/2010
<b>Mudder, Sandra</b>		<b>W</b>	<b>45</b>
10 KM	52:41	Marienhafe	05/04/2010
<b>Neemann, Eike</b>		<b>M</b>	<b>15</b>
1000 m	3:24.6	Aurich	21/05/2010
3000 m	12:43.2	Wilhelmshaven	26/05/2010
<b>Neemann, Jannette</b>		<b>W</b>	<b>40</b>
5000 m	22:13.3	Aurich	04/06/2010
<b>Oremek, Robert</b>		<b>M</b>	<b>45</b>
10 KM	40:56	Emden	29/05/2010
21.1 KM	1:32:15	Dunum	27/06/2010
42.2 KM	3:27:36	Berlin	26/09/2010
<b>Paul, Matthias</b>		<b>M</b>	<b>45</b>
3000 m	11:21.67	Stadtallendorf	23/01/2010
10 KM	38:59	Marburg	02/05/2010
<b>Romanowski, Arnold</b>		<b>M</b>	<b>60</b>
3000 m	12:11.9	Moorhusen	31/08/2010
10000 m	43:25.4	Warsingsfehn	10/08/2010

Stundenlauf	13520	Schortens	08/06/2010
10 KM	42:53	Aurich	18/06/2010
10 Meilen	73:56	Schortens	21/08/2010
21.1 KM	1:46:00	Dunum	27/06/2010
<b>Sanders, Anton</b>		<b>M</b>	<b>45</b>
10000 m	39:28.0	Warsingsfehn	10/08/2010
Stundenlauf	15980	Emden	31/10/2010
10 KM	36:57	Jever/Fliegerhorst	27/10/2010
10 Meilen	62:55	Winschoten	27/03/2010
21.1 KM	1:23:48	Lingen	03/10/2010
<b>Tjarks, Eduard</b>		<b>M</b>	<b>55</b>
3000 m	12:43.8	Moorhusen	31/08/2010
Stundenlauf	13375	Emden	31/10/2010
10 KM	43:58	Marienhafe	05/04/2010
10 Meilen	73:31	Winschoten	27/03/2010
<b>Uden, Hermann</b>		<b>M</b>	<b>60</b>
21.1 KM	1:50:42	Marienhafe	11/06/2010
<b>Vlaardingerbroek, Kurt</b>		<b>M</b>	<b>40</b>
10 KM	37:27	Marienhafe	11/06/2010
<b>Wallerowitz, Ewald</b>		<b>M</b>	<b>45</b>
21.1 KM	1:43:52	Marienhafe	11/06/2010
42.2 KM	3:53:14	Hamburg	25/04/2010
<b>Weingart, Thomas</b>		<b>M</b>	<b>45</b>
21.1 KM	2:06:06	Marienhafe	11/06/2010
<b>Wilts, Martin</b>		<b>M</b>	<b>35</b>
42.2 KM	3:07:18	Hamburg	25/04/2010

Montag, 17. Januar 2011