

LGO Bestenliste/Distanz 2008

<i>Distanz</i>	<i>M/W</i>	<i>Zeit</i>	<i>Name</i>	<i>Ort</i>	<i>Datum</i>	<i>AK</i>
3 x 800 m - Staffel	W	10:25.8	Keck-I.Janssen-A.Peters	Moorhusen	26/08/2008	40
3 x 1000 m - Staffel	M	09:39.9	J.Meyerhoff-R.Ludwig-Ibeling	Moorhusen	26/08/2008	40
		10:08.7	Dirksen-Tjarks-Christians	Moorhusen	26/08/2008	50
1 Meile	M	5:16.7	Vlaardingerbroek, Kurt	Emden	26/09/2008	40
		5:27.1	Christians, Borchard	Emden	26/09/2008	50
		5:45.8	Tjarks, Eduard	Emden	26/09/2008	50
3000 m	M	09:56.68	Mudder, Ingo	Bremen	15/06/2008	15
		11:37.7	Romanowski, Arnold	Moorhusen	21/05/2008	60
	W	12:27.1	Maaß, Almuth	Moorhusen	21/05/2008	40
5000 m	M	17:30.54	Mudder, Ingo	Leer	06/09/2008	15
		17:48.14	Ludwig, Reinhard	Papenburg	26/09/2008	45
		18:12.5	Ibeling, Fred	Aurich	18/04/2008	40
		19:41.1	Romanowski, Arnold	Aurich	18/04/2008	60
		20:07.1	Aden, Johann	Aurich	18/04/2008	35
		21:56.8	Tjarks, Eduard	Aurich	18/04/2008	50
		22:37.33	Gerken, Theo	Papenburg	26/09/2008	60
	W	21:56.4	Lübben, Astrid	Aurich	18/04/2008	35
10000 m	M	37:25.7	Sanders, Anton	Warsingsfehn	03/05/2008	45
		39:56.3	Paul, Matthias	Warsingsfehn	03/05/2008	45
		40:22.1	Romanowski, Arnold	Schortens	10/06/2008	60
		48:11.2	Gerken, Theo	Warsingsfehn	03/05/2008	60
	W	43:29.2	Maaß, Almuth	Warsingsfehn	03/05/2008	40
Stundenlauf	M	15730	Sanders, Anton	Emden	02/11/2008	45
		15080	Tjarks, Eduard	Emden	02/11/2008	50
		14625	Romanowski, Arnold	Schortens	10/06/2008	60
	W	12892	Maaß, Almuth	Emden	02/11/2008	40
10 KM	M	35:43	Mudder, Ingo	Ofen	03/10/2008	15
		36:24	Ludwig, Reinhard	Ofen	03/10/2008	45
			Ludwig, Reinhard	Oldenburg	12/10/2008	45
		36:30	Vlaardingerbroek, Kurt	Schortens	29/10/2008	40
		36:51	Wouk, Franz	Schortens	29/10/2008	40

		37:01	Sanders, Anton	Schortens	29/10/2008	45
		37:38	Ludwigs, Hanno	Oldenburg	09/03/2008	40
		37:42	Ibeling, Fred	Marienhafe	13/06/2008	40
		37:58	Christians, Borchard	Garrel	20/09/2008	50
		38:47	Tjarks, Eduard	Garrel	20/09/2008	50
		39:13	Hinrichs, Andreas	Marienhafe	24/03/2008	40
		39:19	Paul, Matthias	Neustadt	14/06/2008	45
		39:39	Fasshauer, Andreas	Marienhafe	24/03/2008	40
		40:04	Oremek, Robert	Emden	31/05/2008	40
		40:28	Romanowski, Arnold	Emden	31/05/2008	60
		41:39	Wilts, Martin	Marienhafe	24/03/2008	35
		41:56	Dirksen, Claus	Schortens	29/10/2008	50
		42:49	Aden, Johann	Cloppenburg	27/04/2008	35
		43:10	Wallerowitz, Ewald	Emden	31/05/2008	40
		43:33	Kruse, Friedhelm	Marienhafe	24/03/2008	50
		43:51	Backer, Edgar	Marienhafe	24/03/2008	40
		44:16	Behrendt, Ulrich	Norden	20/04/2008	55
		44:18	Ludwig, Helmut	Norden	20/04/2008	50
		45:00	Janssen, Siegfried	Emden	31/05/2008	50
		45:35	Broer, Frank	Marienhafe	24/03/2008	35
		46:18	Meyer, Uwe	Aurich	22/08/2008	45
		47:12	Meyerhoff, Helmut	Marienhafe	24/03/2008	45
		47:21	Janssen, Gerhard	Norden	20/04/2008	45
		47:52	Decker, Hartmut	Marienhafe	13/06/2008	45
		49:16	Janssen, Drees	Aurich	22/08/2008	45
		52:36	Weingart, Thomas	Marienhafe	13/06/2008	45
		58:58	Gerdes, Heinz	Schortens	29/10/2008	65
	W	43:30	Maaß, Almuth	Wilhelmshaven	18/05/2008	40
		45:06	Lübben, Astrid	Marienhafe	13/06/2008	35
		48:48	Ludwig, Sigrid	Marienhafe	13/06/2008	40
		54:40	Peters, Angela	Marienhafe	13/06/2008	40
		55:39	Keck, Birgit	Marienhafe	13/06/2008	40
		57:41	Mudder, Sandra	Oldenburg	12/10/2008	40
		62:10	Janssen, Karola	Marienhafe	13/06/2008	35
10 KM - Mannschaft	M	1:57:45	Ibeling-Hinrichs-Fasshauer	Marienhafe	24/03/2008	40
		2:09:43	Paul-Backer-Wallerowitz	Marienhafe	24/03/2008	45
10 Meilen	M	69:09	Romanowski, Arnold	Schortens	16/08/2008	60
		88:50	Weingart, Thomas	Schortens	16/08/2008	45
21.1 KM	M	1:21:21	Sanders, Anton	Dunum	29/03/2008	45
		1:21:58	Vlaardingerbroek, Kurt	Enschede	27/04/2008	40
		1:22:10	Ludwigs, Hanno	Berlin	06/04/2008	40
		1:25:08	Meyerhoff, Jan	Dunum	29/06/2008	40
		1:26:09	Christians, Borchard	Dunum	29/03/2008	50
		1:27:54	Tjarks, Eduard	Lingen	05/10/2008	50
		1:31:55	Wilts, Martin	Dunum	29/03/2008	35
		1:32:14	Romanowski, Arnold	Dunum	29/03/2008	60
		1:33:04	Oremek, Robert	Dunum	29/06/2008	40

		1:38:54	Meyer, Uwe	Dunum	29/03/2008	45
		1:39:17	Meyerhoff, Helmut	Dunum	29/03/2008	45
		1:40:49	Wallerowitz, Ewald	Dunum	29/03/2008	40
		1:41:57	Dirksen, Claus	Dunum	29/03/2008	50
		1:48:54	Gerken, Theo	Dunum	29/03/2008	60
		2:15:58	Janssen, Jörg	Dunum	29/03/2008	40
	W	1:36:09	Maaß, Almuth	Dunum	29/03/2008	40
		2:07:42	Janssen, Engeline	Dunum	29/03/2008	40
21.1 KM - Mannschaft	M	4:12:23	Sanders-Vlaardingerbroek-	Dunum	29/03/2008	45
		4:41:10	Christians-Tjarks-Dirksen	Dunum	29/03/2008	50
		4:50:07	Meyerhoff,J.-Meyer-	Dunum	29/03/2008	45
25 KM	M	1:51:50	Romanowski, Arnold	Oldenburg	09/03/2008	60
		1:53:15	Kruse, Friedhelm	Oldenburg	09/03/2008	50
		1:57:52	Meyerhoff, Helmut	Oldenburg	09/03/2008	45
42.2 KM	M	3:11:48	Meyerhoff, Jan	Hamburg	27/04/2008	40
		3:22:00	Fasshauer, Andreas	Hamburg	27/04/2008	40
		3:23:10	Wilts, Martin	Hamburg	27/04/2008	35
		3:45:26	Broer, Frank	Hamburg	27/04/2008	35
		3:49:44	Wallerowitz, Ewald	Hamburg	27/04/2008	40
		3:49:48	Meyer, Uwe	Hamburg	27/04/2008	45
		3:55:09	Meyerhoff, Helmut	Hamburg	27/04/2008	45
		5:37:57	Janssen, Jörg	Hamburg	27/04/2008	40
	W	6:04:03	Janssen, Karola	Hamburg	27/04/2008	35