

LGO Bestenliste/Mitglied 2008

<i>Distanz</i>	<i>Zeit</i>	<i>Ort</i>	<i>Datum</i>
<i>Aden, Johann M 35</i>			
5000 m	20:07.1	Aurich	18/04/2008
10 KM	42:49	Cloppenburg	27/04/2008
<i>Backer, Edgar M 40</i>			
10 KM	43:51	Marienhafe	24/03/2008
<i>Behrendt, Ulrich M 55</i>			
10 KM	44:16	Norden	20/04/2008
<i>Broer, Frank M 35</i>			
10 KM	45:35	Marienhafe	24/03/2008
42.2 KM	3:45:26	Hamburg	27/04/2008
<i>Christians, Borchard M 50</i>			
10 KM	37:58	Garrel	20/09/2008
21.1 KM	1:26:09	Dunum	29/03/2008
<i>Decker, Hartmut M 45</i>			
10 KM	47:52	Marienhafe	13/06/2008
<i>Dirksen, Claus M 50</i>			
21.1 KM	1:41:57	Dunum	29/03/2008
10 KM	41:56	Schortens	29/10/2008
<i>Fasshauer, Andreas M 40</i>			
42.2 KM	3:22:00	Hamburg	27/04/2008
10 KM	39:39	Marienhafe	24/03/2008
<i>Gerdes, Heinz M 65</i>			
10 KM	58:58	Schortens	29/10/2008
<i>Gerken, Theo M 60</i>			

10000 m	48:11.2	Warsingsfehn	03/05/2008
21.1 KM	1:48:54	Dunum	29/03/2008
5000 m	22:37.33	Papenburg	26/09/2008

Hinrichs, Andreas M 40

10 KM	39:13	Marienhafe	24/03/2008
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Ibeling, Fred M 40

10 KM	37:42	Marienhafe	13/06/2008
5000 m	18:12.5	Aurich	18/04/2008

Janssen, Drees M 45

10 KM	49:16	Aurich	22/08/2008
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Janssen, Engeline W 40

21.1 KM	2:07:42	Dunum	29/03/2008
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Janssen, Gerhard M 45

10 KM	47:21	Norden	20/04/2008
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Janssen, Jörg M 40

21.1 KM	2:15:58	Dunum	29/03/2008
42.2 KM	5:37:57	Hamburg	27/04/2008

Janssen, Karola W 35

10 KM	62:10	Marienhafe	13/06/2008
42.2 KM	6:04:03	Hamburg	27/04/2008

Janssen, Siegfried M 50

10 KM	45:00	Emden	31/05/2008
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Keck, Birgit W 40

10 KM	55:39	Marienhafe	13/06/2008
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Kruse, Friedhelm M 50

25 KM	1:53:15	Oldenburg	09/03/2008
10 KM	43:33	Marienhafe	24/03/2008

Lübben, Astrid **W** **35**

10 KM	45:06	Marienhafe	13/06/2008
5000 m	21:56.4	Aurich	18/04/2008

Ludwig, Helmut **M** **50**

10 KM	44:18	Norden	20/04/2008
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Ludwig, Reinhard **M** **45**

10 KM	36:24	Oldenburg	12/10/2008
10 KM	36:24	Ofen	03/10/2008
5000 m	17:48.14	Papenburg	26/09/2008

Ludwig, Sigrid **W** **40**

10 KM	48:48	Marienhafe	13/06/2008
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Ludwigs, Hanno **M** **40**

10 KM	37:38	Oldenburg	09/03/2008
21.1 KM	1:22:10	Berlin	06/04/2008

Maaß, Almuth **W** **40**

3000 m	12:27.1	Moorhusen	21/05/2008
10 KM	43:30	Wilhelmshaven	18/05/2008
10000 m	43:29.2	Warsingsfehn	03/05/2008
Stundenlauf	87108	Emden	02/11/2008
21.1 KM	1:36:09	Dunum	29/03/2008

Meyer, Uwe **M** **45**

10 KM	46:18	Aurich	22/08/2008
21.1 KM	1:38:54	Dunum	29/03/2008
42.2 KM	3:49:48	Hamburg	27/04/2008

Meyerhoff, Helmut **M** **45**

10 KM	47:12	Marienhafe	24/03/2008
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21.1 KM	1:39:17	Dunum	29/03/2008
25 KM	1:57:52	Oldenburg	09/03/2008
42.2 KM	3:55:09	Hamburg	27/04/2008

Meyerhoff, Jan M 40

21.1 KM	1:25:08	Dunum	29/06/2008
42.2 KM	3:11:48	Hamburg	27/04/2008

Mudder, Ingo M 15

10 KM	35:43	Ofen	03/10/2008
3000 m	09:56.68	Bremen	15/06/2008
5000 m	17:30.54	Leer	06/09/2008

Mudder, Sandra W 40

10 KM	57:41	Oldenburg	12/10/2008
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Oremek, Robert M 40

10 KM	40:04	Emden	31/05/2008
21.1 KM	1:33:04	Dunum	29/06/2008

Paul, Matthias M 45

10 KM	39:19	Neustadt	14/06/2008
10000 m	39:56.3	Warsingsfehn	03/05/2008

Peters, Angela W 40

10 KM	54:40	Marienhafe	13/06/2008
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Romanowski, Arnold M 60

10000 m	40:22.1	Schortens	10/06/2008
Stundenlauf	85375	Schortens	10/06/2008
5000 m	19:41.1	Aurich	18/04/2008
3000 m	11:37.7	Moorhusen	21/05/2008
25 KM	1:51:50	Oldenburg	09/03/2008
10 Meilen	69:09	Schortens	16/08/2008
10 KM	40:28	Emden	31/05/2008
21.1 KM	1:32:14	Dunum	29/03/2008

Sanders, Anton **M** **45**

10 KM	37:01	Schortens	29/10/2008
10000 m	37:25.7	Warsingsfehn	03/05/2008
21.1 KM	1:21:21	Dunum	29/03/2008
Stundenlauf	84270	Emden	02/11/2008

Tjarks, Eduard **M** **50**

5000 m	21:56.8	Aurich	18/04/2008
Stundenlauf	84920	Emden	02/11/2008
21.1 KM	1:27:54	Lingen	05/10/2008
10 KM	38:47	Garrel	20/09/2008

Vlaardingerbroek, **M** **40**

21.1 KM	1:21:58	Enschede	27/04/2008
10 KM	36:30	Schortens	29/10/2008

Wallerowitz, Ewald **M** **40**

10 KM	43:10	Emden	31/05/2008
21.1 KM	1:40:49	Dunum	29/03/2008
42.2 KM	3:49:44	Hamburg	27/04/2008

Weingart, Thomas **M** **45**

10 KM	52:36	Marienhafe	13/06/2008
10 Meilen	88:50	Schortens	16/08/2008

Wilts, Martin **M** **35**

10 KM	41:39	Marienhafe	24/03/2008
21.1 KM	1:31:55	Dunum	29/03/2008
42.2 KM	3:23:10	Hamburg	27/04/2008

Wouk, Franz **M** **40**

10 KM	36:51	Schortens	29/10/2008
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