

# LGO Ewige Bestenliste pro AK (1978-2010)

| Distanz | AK  | Zeit    | Name                   | Ort           | Datum      |
|---------|-----|---------|------------------------|---------------|------------|
| 100 m   | M20 | 12,0    | Hommers, Gretus        | Bunde         | 15/07/1979 |
| 100 m   | M50 | 15.2    | Janssen, Siegfried     | Moorhusen     | 24/06/2009 |
| 400 m   | M30 | 61,0    | Ludwig, Reinhard       | Aurich        | 13/08/1993 |
| 400 m   | M35 | 61,1    | Tjarks, Eduard         | Aurich        | 13/08/1993 |
| 800 m   | M16 | 2:17,5  | Beitelmann, Alwin      | Oldenburg     | 16/07/1997 |
| 800 m   | M18 | 1:59,0  | Lambertus, Dietmar     | Oldenburg     | 07/07/1982 |
| 800 m   | M20 | 1:59,8  | Klement, Friedel       | Norden        | 17/06/1979 |
| 800 m   | M30 | 2:08,9  | Tjarks, Eduard         | Aurich        | 12/07/1988 |
| 800 m   | M40 | 2:24.7  | Vlaardingerbroek, Kurt | Moorhusen     | 24/06/2009 |
| 800 m   | M50 | 2:32.6  | Ludwig, Reinhard       | Moorhusen     | 24/06/2009 |
| 800 m   | M60 | 2:42,3  | Jans, Peter            | Oldenburg     | 15/08/2001 |
| 800 m   | W40 | 3:04.19 | Fulfs, Juliane         | Wilhelmshaven | 30/05/2010 |
| 1000 m  | M14 | 3:24.6  | Neemann, Eike          | Aurich        | 21/05/2010 |
| 1000 m  | M18 | 2:36,0  | Lambertus, Dietmar     | Oldenburg     | 14/07/1982 |
| 1000 m  | M20 | 2:29,4  | Klement, Friedel       | Ludwigshafen  | 23/08/1979 |
| 1000 m  | M30 | 2:38,0  | Hommers, Gretus        | Oldenburg     | 17/07/1981 |
| 1000 m  | M45 | 2:54,7  | Jans, Peter            | Aurich        | 30/04/1989 |
| 1000 m  | M50 | 2:59,0  | Jans, Peter            | Oldenburg     | 17/07/1991 |
| 1000 m  | M55 | 3:21,74 | Jans, Peter            | Papenburg     | 25/09/1998 |
| 1000 m  | M60 | 3:32,28 | Jans, Peter            | Oldenburg     | 08/08/2001 |
| 1500 m  | M16 | 4:39,6  | Beitelmann, Alwin      | Oldenburg     | 09/07/1997 |
| 1500 m  | M18 | 4:10,7  | Lambertus, Dietmar     | Oldenburg     | 28/07/1982 |
| 1500 m  | M20 | 3:56,5  | Klement, Friedel       | Ludwigshafen  | 23/08/1979 |
| 1500 m  | M30 | 4:12,9  | Hommers, Gretus        | Oldenburg     | 31/07/1981 |
| 1500 m  | M35 | 4:26,7  | Jans, Peter            | Oldenburg     | 15/08/1979 |
| 1500 m  | M40 | 4:26,6  | Jans, Peter            | Oldenburg     | 29/07/1981 |
| 1500 m  | M45 | 4:36,4  | Jans, Peter            | Aurich        | 11/08/1989 |
| 1500 m  | M50 | 4:38,9  | Jans, Peter            | Oldenburg     | 14/08/1991 |
| 1500 m  | M55 | 5:11,24 | Jans, Peter            | Oldenburg     | 15/07/1998 |
| 1500 m  | M60 | 5:30,61 | Jans, Peter            | Oldenburg     | 11/07/2001 |

|                  |     |          |                        |            |            |
|------------------|-----|----------|------------------------|------------|------------|
| 1500 m           | W16 | 5:16,9   | Ludwig, Sigrid         | Westerholt | 12/08/1981 |
| 1 Meile          | M20 | 4:59.7   | Mühlenbrock, Wilfried  | Emden      | 25/08/2000 |
| 1 Meile          | M35 | 5:12.6   | Ibeling, Fred          | Emden      | 09/08/2002 |
| 1 Meile          | M40 | 5:16.7   | Vlaardingerbroek, Kurt | Emden      | 26/09/2008 |
| 1 Meile          | M45 | 5:21.5   | Christians, Borchard   | Emden      | 12/09/2003 |
| 1 Meile          | M50 | 5:27.1   | Christians, Borchard   | Emden      | 26/09/2008 |
| 1 Meile          | M60 | 5:57.1   | Jans, Peter            | Emden      | 25/08/2000 |
| 1 Meile          | W35 | 6:07.9   | Ludwig, Sigrid         | Emden      | 25/08/2000 |
| 1 Meile          | W45 | 7:57.7   | Tjarks, Gerhardine     | Emden      | 12/09/2003 |
| 3000 m           | M14 | 11:10,2  | Ludwig, Gunter         | Westerholt | 12/08/1981 |
| 3000 m           | M16 | 09:56.68 | Mudder, Ingo           | Bremen     | 15/06/2008 |
| 3000 m           | M18 | 09:11,7  | Lambertus, Dietmar     | Oldenburg  | 21/07/1982 |
| 3000 m           | M20 | 09:38,1  | Mühlenbrock, Wilfried  | Aurich     | 22/07/1997 |
| 3000 m           | M30 | 08:56,0  | Hommers, Gretus        | Oldenburg  | 23/07/1981 |
| 3000 m           | M35 | 09:45,4  | Jans, Peter            | Brinkum    | 13/07/1979 |
| 3000 m           | M40 | 09:12,9  | Jans, Peter            | Oldenburg  | 21/07/1982 |
| 3000 m           | M45 | 09:13,7  | Jans, Peter            | Oldenburg  | 24/07/1985 |
| 3000 m           | M50 | 09:38,2  | Jans, Peter            | Oldenburg  | 18/07/1990 |
| 3000 m           | M55 | 10:44,55 | Jans, Peter            | Oldenburg  | 03/07/1996 |
| 3000 m           | M60 | 11:30,21 | Jans, Peter            | Oldenburg  | 25/08/2001 |
| 3000 m           | W16 | 10:58,9  | Ludwig, Sigrid         | Leer       | 11/04/1981 |
| 3000 m           | W20 | 14:33,3  | Reinders, Karin        | Emden      | 09/05/1979 |
| 3000 m           | W30 | 11:05,4  | Maaß, Almuth           | Aurich     | 26/06/1998 |
| 3000 m           | W40 | 12:27.1  | Maaß, Almuth           | Moorhusen  | 21/05/2008 |
| 3000 m-Hindernis | M20 | 10:43,2  | Rüst, Erich            | Oldenburg  | 15/08/1979 |
| 3000 m-Hindernis | M30 | 10:40,2  | Tjarks, Eduard         | Aurich     | 12/08/1986 |
| 5000 m           | M14 | 19:09,6  | Gieseler, Dieter       | Leer       | 18/04/1980 |
| 5000 m           | M16 | 17:30.54 | Mudder, Ingo           | Leer       | 06/09/2008 |
| 5000 m           | M18 | 16:00,4  | Lambertus, Dietmar     | Leer       | 26/09/1982 |
| 5000 m           | M20 | 16:12,3  | Menz, Jan              | Aurich     | 12/07/2002 |
| 5000 m           | M30 | 15:35,0  | Hommers, Gretus        | Oldenburg  | 06/06/1981 |
| 5000 m           | M35 | 16:43,9  | Jans, Peter            | Norden     | 17/06/1979 |
| 5000 m           | M40 | 15:27,3  | Janssen, Johann        | Norden     | 17/06/1979 |
| 5000 m           | M45 | 15:28,6  | Janssen, Johann        | Ihlow      | 15/05/1983 |

|                 |     |          |                     |              |            |
|-----------------|-----|----------|---------------------|--------------|------------|
| 5000 m          | M50 | 16:28.19 | Jans, Peter         | Wunstorf     | 16/06/1990 |
| 5000 m          | M55 | 17:49,14 | Jans, Peter         | Delmenhorst  | 06/08/1995 |
| 5000 m          | M60 | 19:35,20 | Jans, Peter         | Dörpen / Ems | 03/08/2001 |
| 5000 m          | W30 | 18:54,9  | Maaß, Almuth        | Aurich       | 12/07/1996 |
| 5000 m          | W35 | 20:51.2  | Maaß, Almuth        | Aurich       | 02/09/2003 |
| 5000 m          | W40 | 20:42.76 | Maaß, Almuth        | Delmenhorst  | 05/08/2007 |
| 5000 m          | W45 | 24:42,4  | Krebs, Wiebke       | Aurich       | 27/06/1997 |
| 10000 m         | M18 | 35:03,8  | Lambertus, Dietmar  | Leer         | 23/04/1982 |
| 10000 m         | M20 | 32:43,0  | Klement, Friedel    | Emden        | 09/05/1979 |
| 10000 m         | M30 | 32:43,8  | Ludwig, Reinhard    | Esens        | 08/09/1989 |
| 10000 m         | M35 | 33:53,9  | Ludwig, Reinhard    | Remels       | 19/04/1997 |
| 10000 m         | M40 | 32:28,8  | Janssen, Johann     | Leer         | 18/04/1980 |
| 10000 m         | M45 | 32:14,2  | Janssen, Johann     | Bunde        | 20/05/1983 |
| 10000 m         | M50 | 34:28,0  | Jans, Peter         | Bunde        | 06/09/1991 |
| 10000 m         | M55 | 36:44,6  | Jans, Peter         | Emden        | 01/09/1995 |
| 10000 m         | M60 | 39:52.1  | Romanowski, Arnold  | Warsingsfehn | 29/08/2007 |
| 10000 m         | M65 | 51:30,7  | Nordbrock, Johannes | Leer         | 19/08/1987 |
| 10000 m         | W30 | 39:12,9  | Maaß, Almuth        | Aurich       | 12/07/1996 |
| 10000 m         | W35 | 42:41,7  | Maaß, Almuth        | Warsingsfehn | 20/08/2003 |
| 10000 m         | W40 | 41:25.3  | Maaß, Almuth        | Warsingsfehn | 29/08/2007 |
| 1/2-Stundenlauf | M14 | 6750     | Köbke, Richard      | Ihlow        | 29/08/1981 |
| 1/2-Stundenlauf | M20 | 7550     | Gieseler, Wilfried  | Ihlow        | 01/10/1983 |
| 1/2-Stundenlauf | M30 | 7850     | Haren, Andreas      | Norden       | 21/11/1979 |
| 1/2-Stundenlauf | M45 | 8620     | Jans, Peter         | Norden       | 16/11/1988 |
| 1/2-Stundenlauf | W14 | 5132     | Janssen, Marion     | Pewsum       | 17/07/1980 |
| Stundenlauf     | M16 | 14562    | Gieseler, Dieter    | Pewsum       | 17/06/1981 |
| Stundenlauf     | M20 | 17120    | Ludwig, Reinhard    | Norden       | 15/11/1984 |
| Stundenlauf     | M30 | 17660    | Hommers, Gretus     | Norden       | 18/11/1981 |
| Stundenlauf     | M35 | 17365    | Tjarks, Eduard      | Leer         | 03/05/1989 |
| Stundenlauf     | M40 | 17385    | Janssen, Johann     | Norden       | 24/03/1979 |
| Stundenlauf     | M45 | 17650    | Janssen, Johann     | Norden       | 16/11/1983 |
| Stundenlauf     | M50 | 16780    | Jans, Peter         | Leer         | 16/05/1990 |
| Stundenlauf     | M55 | 15525    | Jans, Peter         | Norden       | 01/10/1995 |
| Stundenlauf     | M60 | 14625    | Romanowski, Arnold  | Schortens    | 10/06/2008 |

|               |     |       |                       |                |            |
|---------------|-----|-------|-----------------------|----------------|------------|
| Stundenlauf   | M65 | 12426 | Jans, Peter           | Emden          | 29/10/2006 |
| Stundenlauf   | W16 | 14200 | Ludwig, Sigrid        | Norden         | 18/11/1980 |
| Stundenlauf   | W20 | 11230 | Reinders, Karin       | Norden         | 21/11/1979 |
| Stundenlauf   | W35 | 13848 | Maaß, Almuth          | Emden          | 27/10/2002 |
| Stundenlauf   | W40 | 13400 | Maaß, Almuth          | Emden          | 04/11/2007 |
| Stundenlauf   | W45 | 11650 | Köbke, Charlotte      | Pewsum         | 17/06/1981 |
| 2-Stundenlauf | M30 | 30120 | Haren, Andreas        | Norden         | 24/03/1979 |
| 10 KM         | M16 | 35:43 | Mudder, Ingo          | Ofen           | 03/10/2008 |
| 10 KM         | M18 | 36:45 | Peyko, Maik           | Wilhelmshaven  | 16/05/1996 |
| 10 KM         | M20 | 32:56 | Mühlenbrock, Wilfried | Ofen           | 03/10/2000 |
| 10 KM         | M30 | 34:34 | Ibeling, Fred         | Alfeld         | 15/03/1998 |
| 10 KM         | M35 | 33:44 | Hörnemann, Lutz       | Ofen           | 03/10/1997 |
| 10 KM         | M40 | 34:20 | Tjarks, Eduard        | Ofen           | 03/10/1998 |
| 10 KM         | M45 | 35:40 | Reisewitz, Karl-Heinz | Oldenburg      | 19/10/1997 |
| 10 KM         | M50 | 36:42 | Romanowski, Arnold    | Ofen           | 03/10/1998 |
| 10 KM         | M55 | 36:59 | Jans, Peter           | Wilhelmshaven  | 16/05/1996 |
| 10 KM         | M60 | 39:47 | Romanowski, Arnold    | Ofen           | 03/10/2007 |
| 10 KM         | M65 | 46:12 | Jans, Peter           | Emden          | 27/05/2006 |
| 10 KM         | W16 | 49:26 | Janssen, Ilka         | Marienhafte    | 13/04/2009 |
| 10 KM         | W18 | 50:35 | Janssen, Ilka         | Emden          | 29/05/2010 |
| 10 KM         | W30 | 38:35 | Maaß, Almuth          | Ofen           | 13/10/1998 |
| 10 KM         | W35 | 41:41 | Maaß, Almuth          | Oldenburg      | 20/10/2002 |
| 10 KM         | W40 | 42:24 | Maaß, Almuth          | Schortens      | 24/10/2007 |
| 10 KM         | W45 | 49:43 | Janssen, Engeline     | Schortens      | 18/04/2010 |
| 10 KM         | W50 | 59:46 | Kahmann, Margret      | Marienhafte    | 11/06/2010 |
| 10 KM         | W55 | 64:45 | Behrends, Karin       | Oldenburg      | 21/08/2004 |
| 10 Meilen     | M30 | 53:43 | Tjarks, Eduard        | Schortens      | 29/08/1987 |
| 10 Meilen     | M35 | 55:16 | Reisewitz, Karl-Heinz | Schortens      | 29/08/1987 |
| 10 Meilen     | M40 | 53:10 | Janssen, Johann       | Borgholzhausen | 20/06/1981 |
| 10 Meilen     | M45 | 55:03 | Jans, Peter           | Borgholzhausen | 17/08/1985 |
| 10 Meilen     | M50 | 56:57 | Jans, Peter           | Schortens      | 25/08/1990 |
| 10 Meilen     | M55 | 65:20 | Jans, Peter           | Schortens      | 19/08/1995 |
| 10 Meilen     | M60 | 69:09 | Romanowski, Arnold    | Schortens      | 16/08/2008 |
| 10 Meilen     | W35 | 70:20 | Maaß, Almuth          | Schortens      | 16/08/2003 |

|         |     |         |                       |               |            |
|---------|-----|---------|-----------------------|---------------|------------|
| 21.1 KM | M16 | 1:38:00 | Immel, Jan            | Wilhelmshaven | 20/05/1993 |
| 21.1 KM | M20 | 1:13:36 | Mühlenbrock, Wilfried | Schortens     | 02/04/2000 |
| 21.1 KM | M30 | 1:15:56 | Ibeling, Fred         | Schortens     | 05/04/1998 |
| 21.1 KM | M35 | 1:14:34 | Hörnemann, Lutz       | Wilhelmshaven | 21/05/1998 |
| 21.1 KM | M40 | 1:14:09 | Tjarks, Eduard        | Himmelpforten | 23/04/1995 |
| 21.1 KM | M45 | 1:17:50 | Jans, Peter           | Winschoten    | 28/12/1985 |
| 21.1 KM | M50 | 1:19:28 | Jans, Peter           | Bawinkel      | 10/04/1993 |
| 21.1 KM | M55 | 1:22:13 | Jans, Peter           | Dunum         | 22/10/1995 |
| 21.1 KM | M60 | 1:29:32 | Romanowski, Arnold    | Neuenkirchen  | 13/10/2007 |
| 21.1 KM | M65 | 1:51:01 | Meinen, Wilhelm       | Dunum         | 25/03/2006 |
| 21.1 KM | W30 | 1:39:25 | Lübben, Astrid        | Dunum         | 15/09/2001 |
| 21.1 KM | W35 | 1:30:54 | Maaß, Almuth          | Dunum         | 15/09/2001 |
| 21.1 KM | W40 | 1:33:04 | Maaß, Almuth          | Dunum         | 31/03/2007 |
| 21.1 KM | W45 | 1:59:05 | Mudder, Sandra        | Dunum         | 28/06/2009 |
| 25 KM   | M16 | 1:47:57 | Francovich, Peter     | Schortens     | 12/04/1987 |
| 25 KM   | M18 | 1:29:07 | Lambertus, Dietmar    | Oldenburg     | 05/03/1982 |
| 25 KM   | M20 | 1:26:14 | Ludwig, Reinhard      | Schortens     | 02/04/1983 |
| 25 KM   | M30 | 1:24:34 | Hommers, Gretus       | Paderborn     | 02/04/1983 |
| 25 KM   | M35 | 1:28:56 | Reisewitz, Karl-Heinz | Bremen        | 22/03/1986 |
| 25 KM   | M40 | 1:25:41 | Janssen, Johann       | Oldenburg     | 14/03/1981 |
| 25 KM   | M45 | 1:22:02 | Janssen, Johann       | Paderborn     | 02/04/1983 |
| 25 KM   | M50 | 1:31:05 | Jans, Peter           | Schortens     | 22/09/1990 |
| 25 KM   | M60 | 1:51:50 | Romanowski, Arnold    | Oldenburg     | 09/03/2008 |
| 25 KM   | M65 | 2:12:47 | Nordbrock, Johannes   | Schwanheim    | 19/04/1986 |
| 25 KM   | W16 | 1:46:00 | Ludwig, Sigrid        | Pewsum        | 27/04/1980 |
| 25 KM   | W20 | 2:52:53 | Reinders, Karin       | Pewsum        | 27/04/1980 |
| 25 KM   | W30 | 2:07:38 | Dygas, Karin          | Pewsum        | 17/04/1982 |
| 25 KM   | W35 | 2:00:59 | Maaß, Almuth          | Oldenburg     | 13/03/2004 |
| 25 KM   | W40 | 2:17:17 | Köbke, Charlotte      | Oldenburg     | 10/03/1979 |
| 42.2 KM | M16 | 3:08:15 | Ludwig, Gunter        | Bremen        | 06/05/1984 |
| 42.2 KM | M20 | 2:40:35 | Ludwig, Reinhard      | Dunum         | 11/10/1981 |
| 42.2 KM | M30 | 2:30:07 | Hommers, Gretus       | Bremen        | 24/04/1983 |
| 42.2 KM | M35 | 2:30:08 | Tjarks, Eduard        | Bremen        | 09/04/1989 |
| 42.2 KM | M40 | 2:31:39 | Janssen, Johann       | Herzlake      | 17/05/1981 |
| 42.2 KM | M45 | 2:26:41 | Janssen, Johann       | Bremen        | 24/04/1983 |

|         |     |         |                     |             |            |
|---------|-----|---------|---------------------|-------------|------------|
| 42.2 KM | M50 | 2:42:58 | Jans, Peter         | Bremen      | 29/04/1990 |
| 42.2 KM | M55 | 3:33:56 | Paul, Ernst         | Berlin      | 24/09/1983 |
| 42.2 KM | M60 | 4:12:16 | Nordbrock, Johannes | Frankfurt   | 13/05/1984 |
| 42.2 KM | W30 | 3:50:38 | Dygas, Karin        | Rodenbach   | 02/10/1982 |
| 42.2 KM | W35 | 3:30:44 | Maaß, Almuth        | Bremen      | 25/09/2005 |
| 42.2 KM | W40 | 3.26.51 | Maaß, Almuth        | Bremen      | 30/09/2007 |
| 42.2 KM | W45 | 4:20:46 | Tjarks, Gerhardine  | Husum       | 28/02/2004 |
| 100 KM  | M40 | 8:53:30 | Sigl, Ahlrich       | Unna        | 07/09/1980 |
| 100 KM  | M45 | 9:38:48 | Tjarks, Eduard      | Rheine-Elte | 31/08/2002 |
| 100 KM  | M50 | 7:59:16 | Tjarks, Eduard      | Kienbaum    | 27/03/2004 |

Montag, 17. Januar 2011