

LGO Ewige Bestenliste (1978-2010)

Distanz	MW	Zeit	Name	Ort	Datum
100 m	M	12,0	Hommers, Gretus	Bunde	15/07/1979
100 m		15.2	Janssen, Siegfried	Moorhusen	24/06/2009
400 m	M	61,0	Ludwig, Reinhard	Aurich	13/08/1993
400 m		61,1	Tjarks, Eduard	Aurich	13/08/1993
800 m	M	1:59,0	Lambertus, Dietmar	Oldenburg	07/07/1982
800 m		1:59,8	Klement, Friedel	Norden	17/06/1979
800 m		2:02,9	Hommers, Gretus	Oldenburg	25/07/1979
800 m		2:07,6	Menz, Jan	Uelzen	25/07/2001
800 m		2:08,9	Tjarks, Eduard	Aurich	12/07/1988
800 m		2:10,2	Ewen, Walter	Aurich	18/05/1996
800 m		2:17,5	Beitelmann, Alwin	Oldenburg	16/07/1997
800 m		2:24.7	Vlaardingerbroek, Kurt	Moorhusen	24/06/2009
800 m		2:32.6	Ludwig, Reinhard	Moorhusen	24/06/2009
800 m		2:33.9	Christians, Borchard	Moorhusen	24/06/2009
800 m		2:42,3	Jans, Peter	Oldenburg	15/08/2001
800 m	W	3:04.19	Fulfs, Juliane	Wilhelmsha	30/05/2010
3 x 800 m - Staffel	W	10:25.8	Keck-I.Janssen-A.Peters	Moorhusen	26/08/2008
4 x 800 m - Staffel	M	09:04,6	Mühlenbrock - Ibeling - Peyko - R. Ludwig	Remels	09/05/1998
4 x 800 m - Staffel		11:08,4	Jans - Meinen - Hesse - Romanowski	Remels	09/05/1998
1000 m	M	2:29,4	Klement, Friedel	Ludwigshafe	23/08/1979
1000 m		2:36,0	Lambertus, Dietmar	Oldenburg	14/07/1982
1000 m		2:38,0	Hommers, Gretus	Oldenburg	17/07/1981
1000 m		2:40,0	Ludwig, Reinhard	Aurich	29/08/1989
1000 m		2:45,4	Menz, Jan	Uelzen	01/08/2001
1000 m		2:53,2	Tjarks, Eduard	Aurich	05/08/1986
1000 m		2:54,7	Jans, Peter	Aurich	30/04/1989
1000 m		3:08,6	Kirschke, Helmut	Hinte	25/09/1985
1000 m		3:24.6	Neemann, Eike	Aurich	21/05/2010
1000 m		3:34.0	Löwenstein, Robert	Aurich	05/09/2007

3 x 1000 m - Staffel	M	08:45,7	Mühlenbrock - Saathoff - Peyko	Aurich	09/10/1999
3 x 1000 m - Staffel		08:48,7	J.Janssen - Rüst - Jans	Norden	17/06/1979
3 x 1000 m - Staffel		08:53,3	Tjarks - Reisewitz - R.Ludwig	Aurich	03/10/1987
3 x 1000 m - Staffel		08:59,0	Mühlenbrock - Albers - Menz	Remels	12/05/2001
3 x 1000 m - Staffel		09:30,8	Behrendt - Tjarks - R.Ludwig	Remels	08/05/1999
1500 m	M	3:56,5	Klement, Friedel	Ludwigshafe	23/08/1979
1500 m		4:10,7	Lambertus, Dietmar	Oldenburg	28/07/1982
1500 m		4:12,9	Hommers, Gretus	Oldenburg	31/07/1981
1500 m		4:14,3	Ludwig, Reinhard	Aurich	22/08/1989
1500 m		4:21,85	Ewen, Walter	Aurich	19/05/1996
1500 m		4:25,1	Tjarks, Eduard	Aurich	23/08/1986
1500 m		4:26,5	Rüst, Erich	Oldenburg	18/08/1979
1500 m		4:26,6	Jans, Peter	Oldenburg	29/07/1981
1500 m		4:35,0	Zakobielski, Uwe	Oldenburg	27/07/1983
1500 m		4:39,6	Beitelmann, Alwin	Oldenburg	09/07/1997
1500 m		4:41,3	Reisewitz, Karl-Heinz	Aurich	29/07/1986
1500 m	W	5:16,9	Ludwig, Sigrid	Westerholt	12/08/1981
1500 m		5:48,3	Gerdes, Insa	Ihlow	15/05/1983
4 x 1500 m - Staffel	M	17:47,6	J.Janssen - Jans - Hommers - Rüst	Ihlow	03/06/1981
4 x 1500 m - Staffel		18:34,0	Reisewitz - Tjarks - Jans - R.Ludwig	Remels	23/04/1988
4 x 1500 m - Staffel		19:01,0	Tjarks - Reisewitz - Jans - R.Ludwig	Aurich	22/04/1989
4 x 1500 m - Staffel		19:03,3	Mühlenbrock - Ibeling - Peyko - R. Ludwig	Remels	09/05/1998
4 x 1500 m - Staffel		19:07,39	Mühlenbrock - Christians - Peyko - R.Ludwig	Warsingsfehn	28/04/1997
1 Meile	M	4:59,7	Mühlenbrock, Wilfried	Emden	25/08/2000
1 Meile		5:12,6	Ibeling, Fred	Emden	09/08/2002
1 Meile		5:16,7	Vlaardingerbroek, Kurt	Emden	26/09/2008
1 Meile		5:21,5	Christians, Borchard	Emden	12/09/2003
1 Meile		5:24,4	Tjarks, Eduard	Emden	09/08/2002
1 Meile		5:36,0	Behrendt, Ulrich	Emden	13/09/1999
1 Meile		5:57,1	Jans, Peter	Emden	25/08/2000
1 Meile	W	6:07,9	Ludwig, Sigrid	Emden	25/08/2000
1 Meile		7:57,7	Tjarks, Gerhardine	Emden	12/09/2003
3000 m	M	08:56,0	Hommers, Gretus	Oldenburg	23/07/1981
3000 m		09:11,7	Lambertus, Dietmar	Oldenburg	21/07/1982
3000 m		09:12,9	Jans, Peter	Oldenburg	21/07/1982
3000 m		09:12,9	Ludwig, Reinhard	Oldenburg	22/07/1989
3000 m		09:14,3	Tjarks, Eduard	Oldenburg	16/07/1986

3000 m		09:15,0	Janssen, Johann	Oldenburg	09/09/1979
3000 m		09:16,4	Rüst, Erich	Oldenburg	23/07/1981
3000 m		09:20,66	Ewen, Walter	Oldenburg	07/08/1996
3000 m		09:35,8	Bönsch, Fritz	Oldenburg	08/08/1984
3000 m		09:38,1	Hörnemann, Lutz	Aurich	28/06/1996
3000 m		09:38,1	Mühlenbrock, Wilfried	Aurich	22/07/1997
3000 m		09:46,36	Ludwig, Helmut	Flein	27/08/1991
3000 m		09:47,2	Peyko, Maik	Aurich	28/06/1996
3000 m		09:52,23	Knobel, Karl-Heinz	Oldenburg	07/08/1996
3000 m		09:52,6	Kirschke, Helmut	Oldenburg	26/07/1989
3000 m		09:53,9	Ibeling, Fred	Aurich	22/07/1997
3000 m		09:56,80	Ludwigs, Hanno	Aurich	28/06/1996
3000 m		09:56.68	Mudder, Ingo	Bremen	15/06/2008
3000 m		10:00,0	Christians, Borchard	Aurich	27/07/1990
3000 m		10:10,75	Immel, Hans	Breidenbach	29/02/1992
3000 m		10:12,7	Romanowski, Arnold	Aurich	03/09/1993
3000 m		10:15,0	Brüning, Johann	Marienhafe	05/07/1985
3000 m		10:18,6	Gieseler, Dieter	Leer	13/09/1981
3000 m		10:18,7	Beitelmann, Alwin	Aurich	19/05/1996
3000 m		10:21.9	Vlaardingerbroek, Kurt	Moorhusen	24/06/2009
3000 m		10:40,0	Pals, Günter	Marienhafe	05/07/1985
3000 m		10:47,9	Haren, Andreas	Aurich	18/07/1989
3000 m		10:51,0	Gieseler, Wilfried	Marienhafe	05/07/1985
3000 m		10:55,8	Ullrichs, Harm	Brinkum	13/07/1979
3000 m		11:10,2	Ludwig, Gunter	Westerholt	12/08/1981
3000 m		11:12,9	Holtgreffe, Werner	Norden	20/05/2000
3000 m		11:21,4	Hesse, Helmut	Aurich	08/07/1988
3000 m		11:21.67	Paul, Matthias	Stadtallendorf	23/01/2010
3000 m		11:23,6	Francovich, Cornelius	Hinte	14/05/1986
3000 m		12:26.8	Janssen, Siegfried	Moorhusen	24/06/2009
3000 m		12:43.2	Neemann, Eike	Wilhelmsha	26/05/2010
3000 m		13:36,4	Paul, Ernst	Brinkum	13/07/1979
3000 m	W	10:58,9	Ludwig, Sigrid	Leer	11/04/1981
3000 m		11:05,4	Maaß, Almuth	Aurich	26/06/1998
3000 m		11:43,7	Böhm, Claudia	Aurich	16/06/2000
3000 m		13:10,5	Köbke, Charlotte	Emden	09/05/1979
3000 m		13:43.0	Fulfs, Juliane	Moorhusen	24/06/2009
3000 m		14:33,3	Reinders, Karin	Emden	09/05/1979
3000 m-Hindernis	M	10:40,2	Tjarks, Eduard	Aurich	12/08/1986
3000 m-Hindernis		10:41,6	Ludwig, Reinhard	Aurich	30/06/1989

3000 m-Hindernis		10:43,2	Rüst, Erich	Oldenburg	15/08/1979
3000 m-Hindernis		10:44,3	Hommers, Gretus	Norden	06/05/1983
5000 m	M	15:27,3	Janssen, Johann	Norden	17/06/1979
5000 m		15:35,0	Hommers, Gretus	Oldenburg	06/06/1981
5000 m		15:50,1	Ludwig, Reinhard	Oldenburg	16/08/1989
5000 m		15:53,4	Jans, Peter	Oldenburg	31/07/1985
5000 m		16:00,4	Lambertus, Dietmar	Leer	26/09/1982
5000 m		16:12,3	Menz, Jan	Aurich	12/07/2002
5000 m		16:15,1	Rüst, Erich	Oldenburg	17/08/1981
5000 m		16:17,9	Bönsch, Fritz	Oldenburg	01/08/1984
5000 m		16:24,38	Mühlenbrock, Wilfried	Aurich	17/05/1998
5000 m		16:25,1	Tjarks, Eduard	Leer	06/06/1986
5000 m		16:38,9	Ewen, Walter	Delmenhorst	11/08/1996
5000 m		16:41,3	Ludwig, Helmut	Leer	15/09/1990
5000 m		16:47,6	Reisewitz, Karl-Heinz	Papenburg	27/09/1991
5000 m		16:48,8	Ibeling, Fred	Aurich	05/07/1996
5000 m		16:54,42	Knobel, Karl-Heinz	Delmenhorst	11/08/1996
5000 m		16:55,5	Peyko, Maik	Aurich	05/07/1996
5000 m		16:55,8	Kirschke, Helmut	Papenburg	29/09/1990
5000 m		17:02,1	Romanowski, Arnold	Leer	12/09/1992
5000 m		17:07,0	Zakobielski, Uwe	Leer	13/09/1981
5000 m		17:08,1	Haren, Andreas	Norden	13/05/1979
5000 m		17:08,76	Hörnemann, Lutz	Aurich	17/05/1998
5000 m		17:15,1	Ludwigs, Hanno	Aurich	05/07/1996
5000 m		17:15,6	Christians, Borchart	Leer	28/03/1992
5000 m		17:30.54	Mudder, Ingo	Leer	06/09/2008
5000 m		17:34,0	Fisser, Manfred	Leer	16/04/1988
5000 m		17:35,0	Müller, Jürgen	Norden	19/09/1981
5000 m		17:38,9	Ehlert, Gerhard	Leer	11/04/1981
5000 m		17:43,5	Immel, Hans	Oldenburg	05/08/1992
5000 m		17:44,17	Vlaardingerbroek, Kurt	Aurich	17/05/1998
5000 m		17:45,3	Brüning, Johann	Aurich	15/07/1988
5000 m		17:54,9	Saathoff, Ingo	Letter	14/07/1999
5000 m		18:00,9	Meyer, Edo	Leer	21/04/1990
5000 m		18:05,4	Wunderlich, Karl-Frieder	Norden	06/08/1983
5000 m		18:12,8	von Dewitz-Krebs, Goswin	Leer	23/05/1981
5000 m		18:16,2	Behrendt, Ulrich	Leer	20/04/1991
5000 m		18:30,9	Ullrichs, Harm	Leer	18/04/1980
5000 m		18:46,2	Holtgreffe, Werner	Leer	09/09/2001
5000 m		18:48,4	Pals, Günter	Norden	15/08/1982

5000 m		19:00.5	Paul, Matthias	Breidenbach	04/09/2009
5000 m		19:01,7	Francovich, Cornelius	Leer	19/04/1986
5000 m		19:09,6	Gieseler, Dieter	Leer	18/04/1980
5000 m		19:17,7	Meinen, Wilhelm	Leer	15/04/1989
5000 m		19:26,6	Gerrietzen, Johann	Leer	25/04/1987
5000 m		19:34,3	Hesse, Helmut	Aurich	15/07/1988
5000 m		19:44,1	Gerdes, Heinz	Leer	18/04/1980
5000 m		20:07.1	Aden, Johann	Aurich	18/04/2008
5000 m		21:25,8	Ludwig, Gernot	Aurich	28/07/2000
5000 m		21:46.7	Meyer-Kay, Walter	Sulingen	24/04/2005
5000 m		21:54.4	Groen, Albert	Aurich	22/07/2005
5000 m		22:37.33	Gerken, Theo	Papenburg	26/09/2008
5000 m		22:50,0	Paul, Ernst	Leer	23/04/1982
5000 m	W	18:54,9	Maaß, Almuth	Aurich	12/07/1996
5000 m		21:17,3	Ludwig, Sigrid	Aurich	28/07/2000
5000 m		21:56.4	Lübben, Astrid	Aurich	18/04/2008
5000 m		22:13.3	Neemann, Jannette	Aurich	04/06/2010
5000 m		23:17.1	Fulfs, Juliane	Aurich	19/06/2009
5000 m		24:42,4	Krebs, Wiebke	Aurich	27/06/1997
10000 m	M	32:14,2	Janssen, Johann	Bunde	20/05/1983
10000 m		32:43,0	Klement, Friedel	Emden	09/05/1979
10000 m		32:43,8	Ludwig, Reinhard	Esens	08/09/1989
10000 m		33:12,2	Hommers, Gretus	Leer	11/04/1981
10000 m		33:16,38	Jans, Peter	Itzehoe	20/07/1984
10000 m		33:18,3	Tjarks, Eduard	Rendsburg	02/09/1987
10000 m		33:40,2	Mühlenbrock, Wilfried	Warsingsfehn	25/04/1998
10000 m		33:47,12	Bönsch, Fritz	Itzehoe	20/07/1984
10000 m		33:58,8	Rüst, Erich	Emden	09/05/1979
10000 m		34:28,6	Reisewitz, Karl-Heinz	Esens	20/09/1991
10000 m		34:32,6	Hörnemann, Lutz	Warsingsfehn	25/04/1998
10000 m		34:48,1	Knobel, Karl-Heinz	Delmenhorst	02/08/1996
10000 m		34:50,82	Ludwig, Helmut	Crailsheim	18/07/1992
10000 m		34:53,2	Kirschke, Helmut	Aurich	21/09/1985
10000 m		35:03,8	Lambertus, Dietmar	Leer	23/04/1982
10000 m		35:08,3	Haren, Andreas	Emden	09/05/1979
10000 m		35:15,9	Zakobielski, Uwe	Leer	23/04/1982
10000 m		35:40,2	Christians, Borchard	Esens	20/09/1991
10000 m		35:44,8	Menz, Jan	Warsingsfehn	31/07/2002
10000 m		35:45,2	Romanowski, Arnold	Esens	20/09/1991
10000 m		35:58,9	Ewen, Walter	Warsingsfehn	20/04/1996

10000 m		36:00,5	Meyer, Edo	Esens	08/09/1990
10000 m		36:28,6	Saathoff, Ingo	Warsingsfehn	22/08/1999
10000 m		36:29,1	Brüning, Johann	Leer	19/08/1987
10000 m		36:41,2	Peyko, Maik	Aurich	12/07/1996
10000 m		36:54,1	Strunz, Enrico	Esens	10/08/1988
10000 m		36:54,3	Behrendt, Ulrich	Leer	16/04/1994
10000 m		36:56,76	Ludwigs, Hanno	Delmenhorst	21/07/1995
10000 m		37:02,0	Vlaardingerbroek, Kurt	Warsingsfehn	04/08/2009
10000 m		37:16,1	von Drewitz-Krebs, Goswin	Ihlow	01/07/1981
10000 m		37:25,6	Sanders, Anton	Warsingsfehn	04/08/2009
10000 m		37:26,4	Hagemann, Herbert	Leer	12/04/1986
10000 m		37:35,4	Meinen, Wilhelm	Bunde	06/09/1991
10000 m		37:46,8	Francovich, Cornelius	Leer	19/08/1987
10000 m		38:27,9	Ehlert, Gerhard	Esens	10/08/1988
10000 m		38:53,4	Nessen, Norbert	Remels	09/04/1997
10000 m		38:55,6	Wunderlich, Karl-Frieder	Westerholt	12/08/1981
10000 m		39:00,1	Pals, Günter	Leer	19/08/1987
10000 m		39:26,1	Paul, Matthias	Warsingsfehn	04/08/2009
10000 m		40:26,7	Holtgreffe, Werner	Aurich	23/06/2000
10000 m		40:31,8	Hesse, Helmut	Norderney	05/09/1992
10000 m		40:44,0	Behrend, Ulrich	Warsingsfehn	20/08/2003
10000 m		41:04,6	Gerrietzen, Johann	Leer	19/08/1987
10000 m		42:17,3	Gerdes, Heinz	Ihlow	01/07/1981
10000 m		44:43,9	Gust, Detlef	Aurich	11/07/1997
10000 m		45:37,7	Löwenstein, Robert	Warsingsfehn	29/08/2007
10000 m		45:57,9	Ludwig, Gernot	Aurich	11/07/1997
10000 m		47:00,6	Gerken, Theo	Warsingsfehn	29/08/2007
10000 m		48:05,5	Paul, Ernst	Leer	19/08/1987
10000 m		51:30,7	Nordbrock, Johannes	Leer	19/08/1987
10000 m		55:23,5	Evers, Karl-Heinz	Aurich	08/04/2006
10000 m	W	39:12,9	Maaß, Almuth	Aurich	12/07/1996
10000 m		44:19,2	Ludwig, Sigrid	Aurich	23/06/2000
10000 m		50:28,6	Fritsch, Doris	Aurich	12/04/2002
10000 m		50:31,0	Janssen, Engeline	Warsingsfehn	30/07/2002
1/2-Stundenlauf	M	8620	Jans, Peter	Norden	16/11/1988
1/2-Stundenlauf		7850	Haren, Andreas	Norden	21/11/1979
1/2-Stundenlauf		7550	Gieseler, Wilfried	Ihlow	01/10/1983
1/2-Stundenlauf		6750	Köbke, Richard	Ihlow	29/08/1981
1/2-Stundenlauf	W	5132	Janssen, Marion	Pewsum	17/07/1980

Stundenlauf	M	17660	Hommers, Gretus	Norden	18/11/1981
Stundenlauf		17650	Janssen, Johann	Norden	16/11/1983
Stundenlauf		17365	Tjarks, Eduard	Leer	03/05/1989
Stundenlauf		17275	Jans, Peter	Norden	15/11/1984
Stundenlauf		17120	Ludwig, Reinhard	Norden	15/11/1984
Stundenlauf		16995	Mühlenbrock, Wilfried	Emden	31/10/1999
Stundenlauf		16700	Reisewitz, Karl-Heinz	Norden	18/11/1987
Stundenlauf		16300	Bönsch, Fritz	Norden	15/11/1984
Stundenlauf		16275	Rüst, Erich	Norden	18/11/1981
Stundenlauf		16075	Brüning, Johann	Leer	07/05/1986
Stundenlauf		15980	Sanders, Anton	Emden	31/10/2010
Stundenlauf		15850	Müller, Jürgen	Norden	18/11/1981
Stundenlauf		15803	Sigl, Ahlrich	Holtland	22/05/1981
Stundenlauf		15785	Behrendt, Ulrich	Leer	03/05/1989
Stundenlauf		15650	Ehlert, Gerhard	Norden	18/11/1981
Stundenlauf		15565	Hagemann, Herbert	Leer	07/05/1986
Stundenlauf		15550	Strunz, Enrico	Norden	18/11/1987
Stundenlauf		15500	Ullrichs, Harm	Norden	17/11/1982
Stundenlauf		15340	Romanowski, Arnold	Leer	16/05/1990
Stundenlauf		15250	Haren, Andreas	Norden	18/11/1981
Stundenlauf		15230	Hesse, Helmut	Leer	16/05/1990
Stundenlauf		15175	Wunderlich, Karl-Frieder	Norden	17/11/1982
Stundenlauf		14950	Meyer, Edo	Leer	03/05/1989
Stundenlauf		14860	Christians, Borchard	Emden	29/10/2000
Stundenlauf		14659	Meinen, Wilhelm	Leer	30/05/1984
Stundenlauf		14610	Ludwigs, Hanno	Emden	30/10/2005
Stundenlauf		14562	Gieseler, Dieter	Pewsum	17/06/1981
Stundenlauf		14440	Behrendt, Ulrich	Emden	29/10/2006
Stundenlauf		14310	Holtgreffe, Werner	Leer	31/10/1999
Stundenlauf		13710	Janssen, Siegfried	Leer	29/10/2000
Stundenlauf		13450	Paul, Ernst	Norden	18/11/1981
Stundenlauf		12575	Gerdes, Heinz	Pewsum	17/06/1981
Stundenlauf		11275	Nordbrock, Johannes	Norden	19/11/1980
Stundenlauf	W	14200	Ludwig, Sigrid	Norden	18/11/1980
Stundenlauf		13848	Maaß, Almuth	Emden	27/10/2002
Stundenlauf		11650	Köbke, Charlotte	Pewsum	17/06/1981
Stundenlauf		11230	Reinders, Karin	Norden	21/11/1979
Stundenlauf		10435	Tjarks, Gerhardine	Emden	26/10/2003
2-Stundenlauf	M	30120	Haren, Andreas	Norden	24/03/1979

10 KM	M	32:56	Mühlenbrock, Wilfried	Ofen	03/10/2000
10 KM		33:44	Hörnemann, Lutz	Ofen	03/10/1997
10 KM		33:56	Ludwig, Reinhard	Alfeld	15/03/1998
10 KM		34:20	Tjarks, Eduard	Ofen	03/10/1998
10 KM		34:22	Menz, Jan	Emden	01/06/2002
10 KM		34:34	Ibeling, Fred	Alfeld	15/03/1998
10 KM		35:34	Ludwigs, Hanno	Ofen	03/10/2005
10 KM		35:40	Reisewitz, Karl-Heinz	Oldenburg	19/10/1997
10 KM		35:43	Mudder, Ingo	Ofen	03/10/2008
10 KM		35:52	Wouk, Franz	Marienhafe	01/04/2002
10 KM		35:56	Knobel, Karl-Heinz	Moslesfehn	30/05/1998
10 KM		36:02	Saathoff, Ingo	Ofen	03/10/1999
10 KM		36:23	Ewen, Walter	Marienhafe	08/04/1996
10 KM		36:27	Fisser, Manfred	Wilhelmsha	25/05/1995
10 KM		36:30	Vlaardingerbroek, Kurt	Schortens	29/10/2008
10 KM		36:42	Romanowski, Arnold	Ofen	03/10/1998
10 KM		36:45	Peyko, Maik	Wilhelmsha	16/05/1996
10 KM		36:54	Sanders, Anton	Lemwerder	22/03/2009
10 KM		36:58	Christians, Borchard	Bremerhaven	30/03/2003
10 KM		36:59	Jans, Peter	Wilhelmsha	16/05/1996
10 KM		37:18	Henning, Peter	Oldenburg	19/10/1997
10 KM		37:59	Fasshauer, Andreas	Emden	02/06/2007
10 KM		38:03	Behrendt, Ulrich	Wilhelmsha	16/05/1996
10 KM		38:10	Beitelmann, Alwin	Ofen	03/10/1997
10 KM		38:17	Ludwig, Helmut	Ofen	03/10/1997
10 KM		38:46	Paul, Matthias	Schottens	29/08/2009
10 KM		39:10	Meyerhoff, Jan	Schortens	27/10/2004
10 KM		39:13	Hinrichs, Andreas	Marienhafe	24/03/2008
10 KM		39:15	Lengert, Johann	Emden	01/06/2002
10 KM		39:17	Frerichs, Christian	Marienhafe	13/04/2009
10 KM		39:18	Nessen, Norbert	Oldenburg	20/09/1997
10 KM		39:32	Janssen, Siegfried	Marienhafe	28/03/2005
10 KM		39:47	Holtgreffe, Werner	Emden	31/05/2003
10 KM		39:47	Oremek, Robert	Emden	07/06/2009
10 KM		39:48.0	Aden, Johann	Thuelsfeld	26/04/2009
10 KM		39:54	Schürmann, Karl	Fliegerhorst	24/10/2001
10 KM		40:01	Romaneessen, Heinz	Marienhafe	28/03/2005
10 KM		40:23	Meyer, Joachim	Marienhafe	12/04/2004
10 KM		40:36	Albers, Jens	Emden	01/06/2002
10 KM		40:40	Hildebrandt, Theodor	Bremerhaven	30/03/2003
10 KM		41:02	Kruse, Friedhelm	Ofen	03/10/2007
10 KM		41:11	Wilts, Martin	Marienhafe	13/04/2009

10 KM		41:47	Behrend, Ulrich	Emden	27/05/2006
10 KM		41:55	Backer, Edgar	Marienhafe	11/06/2010
10 KM		41:56	Dirksen, Claus	Schortens	29/10/2008
10 KM		42:19	Behrends, Johann	Augustfehn	08/09/2001
10 KM		42:25	Hesse, Helmut	Ofen	03/10/1997
10 KM		42:31	Janssen, Reno	Emden	28/05/2005
10 KM		42:37	Meier, Joachim	Marienhafe	17/04/2006
10 KM		43:10	Wallerowitz, Ewald	Emden	31/05/2008
10 KM		43:23	Gerken, Theo	Oldenburg	21/10/2001
10 KM		43:28	Meinen, Wilhelm	Wilhelmsha	13/05/1999
10 KM		43:41	Gust, Detlef	Löningen	26/10/1997
10 KM		44:46	Löwenstein, Robert	Schortens	24/10/2007
10 KM		44:51	Meyer-Kay, Walter	Otterndorf	20/03/2005
10 KM		45:21	Meyer, Uwe	Schortens	04/04/2004
10 KM		45:35	Broer, Frank	Marienhafe	24/03/2008
10 KM		45:59	Meier-Kay, Walter	Wittmund	30/08/2003
10 KM		46:00	Decker, Hartmut	Schortens	04/04/2004
10 KM		46:00	Meyerhoff, Helmut	Schortens	04/04/2004
10 KM		46:10	Kusnierz, Peter	Dunum	18/06/2005
10 KM		46:55	Ehlert, Gerhard	Löningen	26/10/1997
10 KM		47:06	Haren, Andreas	Bremerhaven	30/03/2003
10 KM		47:20	Buenting, Johann	Marienhafe	13/04/2009
10 KM		47:21	Janssen, Gerhard	Norden	20/04/2008
10 KM		48:07	Groen, Albert	Marienhafe	11/06/2010
10 KM		48:14	Kalkwarf, Udo	Marienhafe	28/03/2005
10 KM		48:36	Janssen, Drees	Norden	19/04/2009
10 KM		48:49	Ackmann, Heiko	Aurich	18/06/2010
10 KM		49:40	Uden, Hermann	Norden	19/04/2009
10 KM		49:53	Eilers, Jens	Emden	27/05/2006
10 KM		51:03	Janssen, Johann	Norden	22/04/2006
10 KM		51:06	Eilers, Meint	Marienhafe	17/04/2006
10 KM		51:37	Weingart, Thomas	Marienhafe	13/04/2009
10 KM		51:56	Evers, Karl-Heinz	Emden	29/05/2010
10 KM		54:36	Janssen, Jörg	Marienhafe	14/08/2009
10 KM		55:10	Gerdes, Heinz	Marienhafe	12/04/2004
10 KM	W	38:35	Maaß, Almuth	Ofen	13/10/1998
10 KM		42:58	Lübben, Astrid	Wittmund	28/08/2010
10 KM		48:05	Fritsch, Doris	Bremerhaven	30/03/2003
10 KM		48:48	Ludwig, Sigrid	Marienhafe	13/06/2008
10 KM		49:26	Janssen, Ilka	Marienhafe	13/04/2009
10 KM		49:26	Knobel, Christa	Moslesfehn	30/05/1998
10 KM		49:29	Janssen, Engeline	Wittmund	30/08/2003

10 KM		51:20	Janssen, Gudrun	Marienhafe	28/03/2005
10 KM		52:41	Mudder, Sandra	Marienhafe	05/04/2010
10 KM		54:40	Peters, Angela	Marienhafe	13/06/2008
10 KM		55:39	Keck, Birgit	Marienhafe	13/06/2008
10 KM		56:12	Tjarks, Gerhardine	Emden	12/06/2004
10 KM		58:44	Redenius, Jutta	Norden	19/04/2009
10 KM		59:17	Groen, Talea	Ofen	03/10/2003
10 KM		59:46	Kahmann, Margret	Marienhafe	11/06/2010
10 KM		61:24	Behrends, Karin	Schortens	31/03/1996
10 KM		61:56	Janssen, Karola	Marienhafe	17/04/2006
10 KM		64:21	Gastmann, Karin	Marienhafe	13/04/2009
10 KM -	M	1:41:37	Mühlenbrock - R.Ludwig - Ibeling	Alfeld	15/03/1998
10 KM -		1:43:15	Mühlenbrock - Hörnemann - Reisewitz	Ofen	03/10/1997
10 KM -		1:45:17	Hörnemann - Tjarks - Reisewitz	Ofen	03/10/1998
10 KM -		1:45:26	Mühlenbrock - Hörnemann - Romanowski	Ofen	03/10/2000
10 KM -		1:47:07	R.Ludwig - Wouk - Ibeling	Marienhafe	01/04/2002
10 KM -		1:51:48	Vlaardingerbroek, Sanders, Ibeling	Lemwerder	22/03/2009
10 KM -		1:56:27	Ludwig R., Christians, Tjarks	Lemwerder	22/03/2009
5*10KM-Staffel	M	2:59:59	R.Ludwig - Ibeling - Tjarks - Hörnemann -	Oldenburg	21/09/1996
5*10KM-Staffel		3:03:40	Behrendt - Fisser - Knobel - Reisewitz - Tjarks	Stuhr	07/05/1994
5*10KM-Staffel		3:05:09	Behrendt - Tjarks - Knobel - Christians - R. Ludwig	Oldenburg	26/06/1999
5*10KM-Staffel		3:05:10	Christians - Knobel - Reisewitz - Tjarks - R. Ludwig	Oldenburg	24/06/2000
5*10KM-Staffel		3:06:26	Christians - Tjarks - Menz - R.Ludwig - Hörnemann	Oldenburg	23/06/2001
10*10KM-Staffel	M	6:00:45	U. Behrendt - H. Ludwig - B. Christians - P. Jans - E.	Rheine-Elte	07/09/1991
10*10KM-Staffel		6:06:59	U. Behrendt - B. Christians - A. Romanowski - E. Tjarks -	Winschoten	13/09/1997
10*10KM-Staffel		6:35:29	J. Brüning - E. Tjarks - H. Gerdes - K.H. Reisewitz - H.	Winschoten	14/09/1985
10*10KM-Staffel		7:11:31	M. Boldt - G. Ehlert - P. Jans - D. Gust - H. Hesse - W.	Winschoten	13/09/1997
10 Meilen	M	53:10	Janssen, Johann	Borgholzhau	20/06/1981
10 Meilen		53:43	Tjarks, Eduard	Schortens	29/08/1987
10 Meilen		53:57	Hommers, Gretus	Borgholzhau	20/06/1981
10 Meilen		53:59	Ludwig, Reinhard	Schortens	26/08/1989
10 Meilen		55:03	Jans, Peter	Borgholzhau	17/08/1985
10 Meilen		55:16	Reisewitz, Karl-Heinz	Schortens	29/08/1987
10 Meilen		56:50	Rüst, Erich	Borgholzhau	20/06/1981
10 Meilen		57:26	Kirschke, Helmut	Borgholzhau	17/08/1985
10 Meilen		57:43	Ludwig, Helmut	Schortens	25/08/1990
10 Meilen		57:44	Bönsch, Fritz	Borgholzhau	20/06/1981

10 Meilen		59:23	Müller, Jürgen	Borgholzchau	20/06/1981
10 Meilen		59:38	Romanowski, Arnold	Schortens	17/08/1996
10 Meilen		59:50	Strunz, Enrico	Schortens	03/09/1988
10 Meilen		60:41	Fisser, Manfred	Schortens	26/08/1989
10 Meilen		60:56	Ehlert, Gerhard	Borgholzchau	20/06/1981
10 Meilen		61:01	Meyer, Edo	Schortens	26/08/1989
10 Meilen		61:18	Brüning, Johann	Schortens	03/09/1988
10 Meilen		61:53	Christians, Borchard	Schortens	25/08/1990
10 Meilen		62:00	Pals, Günter	Borgholzchau	17/08/1985
10 Meilen		62:55	Sanders, Anton	Winschoten	27/03/2010
10 Meilen		63:31	Francovich, Cornelius	Schortens	29/08/1987
10 Meilen		64:25	Haren, Andreas	Borgholzchau	17/08/1985
10 Meilen		65:23	Hesse, Helmut	Borgholzchau	23/06/1990
10 Meilen		65:42	Meinen, Wilhelm	Borgholzchau	25/08/1990
10 Meilen		72:42	Gerdes, Heinz	Borgholzchau	20/06/1981
10 Meilen		76:51	Paul, Ernst	Borgholzchau	20/06/1981
10 Meilen		88:50	Weingart, Thomas	Schortens	16/08/2008
10 Meilen	W	70:20	Maaß, Almuth	Schortens	16/08/2003
21.1 KM	M	1:13:36	Mühlenbrock, Wilfried	Schortens	02/04/2000
21.1 KM		1:14:09	Tjarks, Eduard	Himmelfor	23/04/1995
21.1 KM		1:14:34	Hörnemann, Lutz	Wilhelmsha	21/05/1998
21.1 KM		1:14:38	Ludwig, Reinhard	Emmerthal	01/03/1998
21.1 KM		1:15:56	Ibeling, Fred	Schortens	05/04/1998
21.1 KM		1:17:01	Knobel, Karl-Heinz	Himmelfor	23/04/1995
21.1 KM		1:17:41	Reisewitz, Karl-Heinz	Bertlich	15/05/1994
21.1 KM		1:17:50	Jans, Peter	Winschoten	28/12/1985
21.1 KM		1:17:55	Fisser, Manfred	Bertlich	15/05/1994
21.1 KM		1:18:46	Ludwigs, Hanno	Bremen	10/09/1995
21.1 KM		1:20:07	Romanowski, Arnold	Hamburg	15/09/1996
21.1 KM		1:20:17	Vlaardingerbroek, Kurt	Dunum	28/03/2009
21.1 KM		1:20:43	Menz, Jan	Dunum	15/09/2001
21.1 KM		1:20:56	Sanders, Anton	Dunum	25/03/2006
21.1 KM		1:21:17	Kirschke, Helmut	Bawinkel	02/04/1994
21.1 KM		1:21:31	Ludwig, Helmut	Erlangen	28/03/1993
21.1 KM		1:21:49	Christians, Borchard	Dunum	22/10/1995
21.1 KM		1:22:40	Behrendt, Ulrich	Emmerthal	08/08/1993
21.1 KM		1:22:55	Saathoff, Ingo	Schortens	02/04/2000
21.1 KM		1:24:35	Fasshauer, Andreas	Dunum	31/03/2007
21.1 KM		1:25:08	Meyerhoff, Jan	Dunum	29/06/2008
21.1 KM		1:25:34	Nessen, Norbert	Emmerthal	11/05/1997

21.1 KM	1:25:55	Holtgreffe, Werner	Hannover	02/05/2004
21.1 KM	1:26:36	Henning, Peter	Schortens	05/04/1998
21.1 KM	1:26:40	Lengert, Johann	Springe	24/03/2001
21.1 KM	1:28:24	Behrends, Johann	Bremen	10/09/1995
21.1 KM	1:28:33	Immel, Hans	Wilhelmsha	20/05/1993
21.1 KM	1:28:38	Hesse, Helmut	Dunum	10/10/1993
21.1 KM	1:28:53	Meinen, Wilhelm	Dunum	10/10/1993
21.1 KM	1:29:14	Romaneessen, Heinz	Dunum	09/04/2005
21.1 KM	1:30:14	Hildebrandt, Theodor	Dunum	15/09/2001
21.1 KM	1:31:23	Janssen, Siegfried	Dunum	25/03/2006
21.1 KM	1:31:55	Wilts, Martin	Dunum	29/03/2008
21.1 KM	1:32:15	Oremek, Robert	Dunum	27/06/2010
21.1 KM	1:33:31	Hinrichs, Andreas	Dunum	25/03/2006
21.1 KM	1:33:56	Kruse, Friedhelm	Dunum	25/03/2006
21.1 KM	1:33:58	Backer, Edgar	Dunum	09/04/2005
21.1 KM	1:34:42	Wallerowitz, Ewald	Dunum	25/03/2006
21.1 KM	1:34:56	Paul, Matthias	Marburg	31/03/2007
21.1 KM	1:37:13	Schürmann, Karl	Dunum	09/04/2005
21.1 KM	1:37:30	Gerken, Theo	Dunum	15/09/2001
21.1 KM	1:38:00	Immel, Jan	Wilhelmsha	20/05/1993
21.1 KM	1:38:04	Meier, Joachim	Dunum	09/04/2005
21.1 KM	1:38:12	Haren, Andreas	Dunum	09/10/1994
21.1 KM	1:38:54	Meyer, Uwe	Dunum	29/03/2008
21.1 KM	1:39:17	Meyerhoff, Helmut	Dunum	29/03/2008
21.1 KM	1:39:41	Barz, Gerhard	Dunum	15/09/2001
21.1 KM	1:40:52	Meyer-Kay, Walter	Dunum	09/04/2005
21.1 KM	1:41:09	Gust, Detlef	Xanten	27/03/1999
21.1 KM	1:41:57	Dirksen, Claus	Dunum	29/03/2008
21.1 KM	1:42:08	Kusnierz, Peter	Dunum	09/04/2005
21.1 KM	1:42:50	Meier-Kay, Walter	Dunum	27/09/2003
21.1 KM	1:46:00	Kalkwarf, Udo	Dunum	09/04/2005
21.1 KM	1:47:22	Groen, Albert	Dunum	25/03/2006
21.1 KM	1:49:18	Decker, Hartmut	Bremerhaven	21/03/2004
21.1 KM	1:50:42	Uden, Hermann	Marienhafe	11/06/2010
21.1 KM	2:05:36	Evers, Karl-Heinz	Dunum	25/03/2006
21.1 KM	2:06:06	Weingart, Thomas	Marienhafe	11/06/2010
21.1 KM	2:15:58	Janssen, Jörg	Dunum	29/03/2008
21.1 KM	W 1:30:54	Maaß, Almuth	Dunum	15/09/2001
21.1 KM	1:39:25	Lübben, Astrid	Dunum	15/09/2001
21.1 KM	1:49:34	Fritsch, Doris	Dunum	27/09/2003
21.1 KM	1:49:35	Janssen, Engeline	Dunum	27/09/2003
21.1 KM	1:53:25	Kalkwarf, Birgit	Dunum	25/03/2006

21.1 KM		1:59:05	Mudder, Sandra	Dunum	28/06/2009
21.1 KM		2:00:35	Tjarks, Gerhardine	Dunum	27/09/2003
21.1 KM		2:03:33	Keck, Birgit	Bremen	19/09/2010
21.1 KM -	M	3:44:19	Mühlenbrock - Hörnemann - R. Ludwig	Schortens	02/04/2000
21.1 KM -		3:46:33	Mühlenbrock - Hörnemann - Ibeling	Schortens	05/04/1998
21.1 KM -		3:49:38	R. Ludwig - Tjarks - Reisewitz	Emmerthal	01/03/1998
21.1 KM -		3:50:13	Tjarks - Hörnemann - R.Ludwig	Hamburg	15/09/1996
21.1 KM -		3:50:23	Tjarks - Knobel - Reisewitz	Himmelpfor	23/04/1995
25 KM	M	1:22:02	Janssen, Johann	Paderborn	02/04/1983
25 KM		1:24:34	Hommers, Gretus	Paderborn	02/04/1983
25 KM		1:26:14	Ludwig, Reinhard	Schortens	02/04/1983
25 KM		1:26:26	Tjarks, Eduard	Papenburg	12/10/1986
25 KM		1:26:35	Bönsch, Fritz	Daverden	17/06/1984
25 KM		1:27:15	Jans, Peter	Papenburg	14/10/1984
25 KM		1:27:40	Klement, Friedel	Pewsum	22/04/1979
25 KM		1:28:27	Rüst, Erich	Daverden	29/09/1979
25 KM		1:28:56	Reisewitz, Karl-Heinz	Bremen	22/03/1986
25 KM		1:29:07	Lambertus, Dietmar	Oldenburg	05/03/1982
25 KM		1:31:17	Knobel, Karl-Heinz	Papenburg	11/10/1992
25 KM		1:31:30	Haren, Andreas	Oldenburg	10/03/1979
25 KM		1:33:11	Zakobielski, Uwe	Oldenburg	05/03/1982
25 KM		1:33:12	Ludwig, Helmut	Schortens	08/04/1990
25 KM		1:33:16	Fisser, Manfred	Löningen	11/03/1989
25 KM		1:33:59	Christians, Borchart	Oldenburg	14/03/1992
25 KM		1:34:01	Kirschke, Helmut	Wilhelmsha	09/11/1985
25 KM		1:35:42	Romanowski, Arnold	Papenburg	13/10/1991
25 KM		1:36:30	Brüning, Johann	Papenburg	13/10/1985
25 KM		1:36:36	Sigl, Ahlrich	Pewsum	27/04/1980
25 KM		1:37:09	Pals, Günter	Papenburg	13/10/1985
25 KM		1:37:20	Immel, Hans	Ihrhove	26/06/1991
25 KM		1:37:34	Hagemann, Herbert	Papenburg	12/10/1986
25 KM		1:37:37	Strunz, Enrico	Papenburg	13/10/1985
25 KM		1:38:54	Meyer, Edo	Papenburg	09/10/1988
25 KM		1:38:59	Meinen, Wilhelm	Papenburg	14/10/1984
25 KM		1:39:15	Wunderlich, Karl-Frieder	Oldenburg	06/03/1982
25 KM		1:39:22	von Dewitz-Krebs, Goswin	Scheeßel	08/05/1982
25 KM		1:39:39	Ehlert, Gerhard	Dülmen	28/04/1984
25 KM		1:40:03	Ullrichs, Harm	Pewsum	26/04/1981
25 KM		1:42:09	Francovich, Cornelius	Pewsum	16/08/1987

25 KM		1:44:04	Gerrietzen, Johann	Papenburg	13/10/1985
25 KM		1:46:31	Fasshauer, Andreas	Oldenburg	11/03/2007
25 KM		1:46:55	Hesse, Helmut	Schortens	22/09/1990
25 KM		1:47:57	Francovich, Peter	Schortens	12/04/1987
25 KM		1:52:45	Gerdes, Heinz	Pewsum	27/04/1980
25 KM		1:53:15	Kruse, Friedhelm	Oldenburg	09/03/2008
25 KM		1:57:52	Meyerhoff, Helmut	Oldenburg	09/03/2008
25 KM		1:58:54	Paul, Ernst	Papenburg	26/09/1981
25 KM		2:12:47	Nordbrock, Johannes	Schwanheim	19/04/1986
25 KM		2:23:40	Ackmann, Heiko	Oldenburg	15/03/2009
25 KM	W	1:46:00	Ludwig, Sigrid	Pewsum	27/04/1980
25 KM		2:00:59	Maaß, Almuth	Oldenburg	13/03/2004
25 KM		2:07:38	Dygas, Karin	Pewsum	17/04/1982
25 KM		2:08:01	Lübben, Astrid	Oldenburg	13/03/2004
25 KM		2:17:17	Köbke, Charlotte	Oldenburg	10/03/1979
25 KM		2:17:51	Janssen, Engeline	Oldenburg	13/03/2004
25 KM		2:52:53	Reinders, Karin	Pewsum	27/04/1980
25 KM -	M	4:15:45	J.Janssen - Hommers - Bönsch	Paderborn	02/04/1983
25 KM -		4:18:58	J.Janssen - R.Ludwig - Hommers	Oldenburg	14/03/1981
25 KM -		4:23:37	Bönsch - Jans - Tjarks	Bremen	22/03/1986
25 KM -		4:23:43	J.Janssen - Bönsch - Jans	Scheeßel	08/05/1982
25 KM -		4:25:10	Tjarks - Jans - Reisewitz	Papenburg	11/10/1987
42.2 KM	M	2:26:41	Janssen, Johann	Bremen	24/04/1983
42.2 KM		2:30:07	Hommers, Gretus	Bremen	24/04/1983
42.2 KM		2:30:08	Tjarks, Eduard	Bremen	09/04/1989
42.2 KM		2:35:20	Bönsch, Fritz	Bremen	06/05/1984
42.2 KM		2:35:37	Jans, Peter	Bremen	06/05/1984
42.2 KM		2:39:55	Reisewitz, Karl-Heinz	Bremen	27/04/1986
42.2 KM		2:40:35	Ludwig, Reinhard	Dunum	11/10/1981
42.2 KM		2:40:46	Rüst, Erich	Herzlake	17/05/1981
42.2 KM		2:41:22	Hörnemann, Lutz	Hamburg	16/04/2000
42.2 KM		2:41:45	Haren, Andreas	Hmb-	29/04/1979
42.2 KM		2:44:44	Knobel, Karl-Heinz	München	05/05/1996
42.2 KM		2:44:47	Kirschke, Helmut	Herzlake	27/10/1985
42.2 KM		2:48:49	Sigl, Ahlrich	Dülmen	28/03/1981
42.2 KM		2:48:49	Immel, Hans	Steinfurt	21/03/1992
42.2 KM		2:50:00	Christians, Borchard	Bremen	28/04/1991
42.2 KM		2:50:10	Brüning, Johann	Dortmund	27/10/1985
42.2 KM		2:51:05	Romanowski, Arnold	Bremervörd	16/10/1994

42.2 KM	2:51:10	Ludwigs, Hanno	Hamburg	24/04/2005
42.2 KM	2:53:54	Ehlert, Gerhard	Bremen	24/04/1983
42.2 KM	2:53:57	Ludwig, Helmut	Herzlake	28/10/1990
42.2 KM	2:54:00	Meyer, Edo	Herzlake	29/10/1989
42.2 KM	2:55:00	Strunz, Enrico	Bremen	09/04/1989
42.2 KM	2:55:51	Zakobielski, Uwe	Daverden	17/06/1982
42.2 KM	2:55:59	Wunderlich, Karl-Frieder	Bremen	24/04/1983
42.2 KM	2:56:18	Vlaardingerbroek, Kurt	Hamburg	19/04/1998
42.2 KM	2:56:39	von Dewitz-Krebs, Goswin	Dunum	10/10/1982
42.2 KM	2:56:44	Ullrichs, Harm	Bremen	24/04/1983
42.2 KM	2:57:14	Sanders, Anton	Kandel	08/03/2009
42.2 KM	2:57:15	Saathoff, Ingo	Hannover	16/05/1999
42.2 KM	2:57:17	Pals, Günter	Bremen	28/04/1985
42.2 KM	2:58:16	Holtgreffe, Werner	Hamburg	21/04/2002
42.2 KM	2:59:00	Meinen, Wilhelm	Bremen	11/09/1988
42.2 KM	3:01:11	Müller, Jürgen	Dunum	11/10/1981
42.2 KM	3:03:00	Ibeling, Fred	Hamburg	21/04/1996
42.2 KM	3:03:03	Lengert, Johann	Hannover	13/05/2001
42.2 KM	3:04:05	Hagemann, Herbert	Bremen	28/04/1985
42.2 KM	3:04:13	Nessen, Norbert	Hamburg	27/04/1997
42.2 KM	3:05:04	Janssen, Siegfried	Hannover	08/05/2005
42.2 KM	3:05:04	Francovich, Cornelius	Bremen	09/04/1989
42.2 KM	3:07:18	Wilts, Martin	Hamburg	25/04/2010
42.2 KM	3:07:47	Gerrietzen, Johann	Herzlake	27/10/1985
42.2 KM	3:08:15	Ludwig, Gunter	Bremen	06/05/1984
42.2 KM	3:08:32	Fasshauer, Andreas	Hamburg	29/04/2007
42.2 KM	3:10:31	Hildebrandt, Theodor	Hannover	04/05/2003
42.2 KM	3:11:48	Meyerhoff, Jan	Hamburg	27/04/2008
42.2 KM	3:18:51	Romaneessen, Heinz	Hamburg	24/04/2005
42.2 KM	3:22:08	Hesse, Helmut	Bremen	29/04/1990
42.2 KM	3:22:36	Schürmann, Karl	Hamburg	21/04/2002
42.2 KM	3:26:26	Henning, Peter	Hamburg	19/04/1998
42.2 KM	3:27:36	Oremek, Robert	Berlin	26/09/2010
42.2 KM	3:30:44	Kruse, Friedhelm	Hamburg	29/04/2007
42.2 KM	3:33:56	Paul, Ernst	Berlin	24/09/1983
42.2 KM	3:35:36	Meier, Joachim	Hamburg	23/04/2006
42.2 KM	3:36:24	Meyer, Uwe	Hamburg	29/04/2007
42.2 KM	3:36:37	Gieseler, Dieter	Dunum	10/10/1982
42.2 KM	3:38:15	Meyerhoff, Helmut	Köln	07/10/2007
42.2 KM	3:40:32	Wöllnitz, Gerhard	Berlin	28/09/1981
42.2 KM	3:41:09	Wallerowitz, Ewald	Hamburg	29/04/2007
42.2 KM	3:42:00	Gust, Detlef	Berlin	20/09/1998

42.2 KM		3:43:08	Backer, Edgar	Hamburg	24/04/2005
42.2 KM		3:44:25	Fürst, Horst	Bremen	06/05/1984
42.2 KM		3:45:26	Broer, Frank	Hamburg	27/04/2008
42.2 KM		3:48:56	Köbke, Richard	Berlin	24/09/1983
42.2 KM		4:05:38	Tapper, Elmar	Berlin	27/09/2009
42.2 KM		4:09:53	Janssen, Gerhard	Hamburg	25/04/2010
42.2 KM		4:12:16	Nordbrock, Johannes	Frankfurt	13/05/1984
42.2 KM		4:18:45	Barz, Gerhard	Berlin	30/09/2001
42.2 KM		4:41:39	Decker, Hartmut	Hamburg	24/04/2005
42.2 KM		4:57:44	Britz, Werner	Dunum	07/10/1984
42.2 KM		5:37:57	Janssen, Jörg	Hamburg	27/04/2008
42.2 KM	W	3:26:51	Maaß, Almuth	Bremen	30/09/2007
42.2 KM		3:42:04	Lübber, Astrid	Hamburg	23/04/2006
42.2 KM		3:50:38	Dygas, Karin	Rodenbach	02/10/1982
42.2 KM		3:55:40	Knobel, Christa	Hannover	16/05/1999
42.2 KM		4:14:45	Köbke, Charlotte	Pewsum	22/04/1979
42.2 KM		4:20:43	Janssen, Engeline	Hamburg	18/04/2004
42.2 KM		4:20:46	Tjarks, Gerhardine	Husum	28/02/2004
42.2 KM		4:24:59	Janssen, Gudrun	Steinfurt	22/03/2003
42.2 KM		4:29:40	Krebs, Wiebke	Hamburg	19/04/1998
42.2 KM		6:04:03	Janssen, Karola	Hamburg	27/04/2008
42.2 KM -	M	7:32:46	J.Janssen - Hommers - Bönsch	Bremen	24/04/1983
42.2 KM -		7:43:26	J.Janssen - Bönsch - Jans	Bremen	06/05/1984
42.2 KM -		7:50:44	Tjarks - Bönsch - Reisewitz	Bremen	27/04/1986
42.2 KM -		7:51:21	J.Janssen - Hommers - Rüst	Herzlake	17/05/1981
42.2 KM -		7:55:17	J.Janssen - Bönsch - Rüst	Daverden	17/06/1982
100 KM	M	7:59:16	Tjarks, Eduard	Kienbaum	27/03/2004
100 KM		8:53:30	Sigl, Ahlrich	Unna	07/09/1980

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