

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1	MHK	1	1351	Georg	Dietrich	70	LG Braunschweig	0:35:22	0:33:08	0:35:03	0:43:33			2:27:08
2	MHK	2	21	Jan	Waschkau	77	Fryσιο Fit Physiotherapi	0:36:01	0:36:21	0:37:11	0:47:14			2:36:48
3	MHK	3	2	Achim	Groenhage	68	LG Harlingerland	0:36:24	0:36:54	0:37:35	0:47:28			2:38:23
4	MHK	4	5	Onno	Ringering	68	lhlower Rennschnecken	0:37:04	0:37:28	0:38:30	0:48:58			2:42:02
5	MHK	5	31	Wilko	Willms	73	LG Harlingerland	0:37:46	0:37:57	0:39:42	0:49:57			2:45:24
6	MHK	6	16	Stefan	de Jonge	76	TuS Weene	0:38:22	0:37:53	0:39:39	0:49:32			2:45:27
7	MHK	7	9	Roland	Klaue	71	Biersalon Aurich	0:38:15	0:38:34	0:38:57	0:49:51			2:45:39
8	MHK	8	51	Michael	Schulze	72	Wasserschutzpolizei Em	0:38:14	0:37:56	0:39:58	0:50:38			2:46:48
9	MJ	1	8	Hauke	Köller	90	TuS Weener	0:38:10	0:38:11	0:39:46	0:51:16			2:47:25
10	MHK	9	82	Jann	Jürgens	67	EWE Wattloopers	0:38:47	0:38:47	0:40:28	0:50:32			2:48:34
11	MHK	10	20	Dieter	Weinberg	68	LG Harlingerland	0:39:08	0:39:10	0:40:36	0:51:17			2:50:12
12	MHK	11	18	Heiko	Süthoff	87	ELV Elektronik AG	0:39:18	0:38:57	0:40:34	0:51:22			2:50:13
13	MJ	2	49	Nils	Christians	93	LG Harlingerland	0:39:13	0:39:10	0:40:37	0:51:17			2:50:18
14	MHK	12	44	Leander	Krawietz	71	Emder LG	0:39:06	0:38:54	0:40:37	0:52:01			2:50:40
15	MHK	13	1178	Ralf	Bienow	66	lhlower Rennschnecken	0:39:22	0:39:04	0:41:07	0:51:28			2:51:03
16	MHK	14	1076	Benjamin	Wirdemann	83	LT Schafhauser Wald	0:39:38	0:39:13	0:40:57	0:51:23			2:51:13
17	MHK	15	19	Marko	Wolf	76	KUH'S BEST-Team	0:39:12	0:38:58	0:41:06	0:52:05			2:51:22
18	MHK	16	26	Andreas	Aeilts	65	Emden	0:39:08	0:39:14	0:41:28	0:51:33			2:51:25
19	MHK	17	32	Anton	Sanders	61	LG Ostfriesland	0:39:25	0:39:26	0:40:43	0:52:05			2:51:41
20	MHK	18	80	Thomas	Oltmanns	74	Holterfehn	0:39:49	0:39:50	0:41:08	0:51:48			2:52:37
21	MHK	19	65	Frank	Schulze-Ost	78	STV Barbel	0:39:32	0:39:01	0:41:29	0:52:48			2:52:51
22	MJ	3	54	Jan-Hiebo	Busch	91	SV Warsingsfehn	0:39:30	0:39:45	0:41:30	0:53:04			2:53:50
23	MHK	20	1059	Willi	Busker	75	VfR Eintracht Völlen	0:39:50	0:39:58	0:41:37	0:52:44			2:54:11
24	MHK	21	48	Ralf	Reents	69	LG Harlingerland	0:39:54	0:40:07	0:41:45	0:52:29			2:54:16
25	MHK	22	59	Frank	Schröder	70	Emder LG	0:39:53	0:40:10	0:42:02	0:52:31			2:54:37
26	MHK	23	28	Bernd	Bruns	61	TSV Hesel	0:39:56	0:40:05	0:41:39	0:53:01			2:54:43
27	MJ	4	75	Dirk	Hanken	92	Germania Leer	0:39:44	0:39:41	0:41:44	0:53:37			2:54:47
28	MHK	24	55	Berthold	Tuijter	69	Emder LG	0:40:20	0:40:38	0:41:48	0:52:32			2:55:19
29	MHK	25	1046	Arnd	Siebelts	61	TV Norden	0:41:13	0:40:29	0:41:49	0:52:57			2:56:31
30	MHK	26	1072	Heinz	Taute	72	LG Uplengen	0:40:23	0:40:22	0:42:18	0:53:30			2:56:34
31	MHK	27	47	André	Kleen	83	RVB Aurich/Uplengen	0:40:06	0:40:02	0:42:12	0:54:13			2:56:35
32	MHK	28	53	Wolfgang	Trebesch	57	MTV Aurich	0:40:41	0:40:47	0:42:35	0:53:14			2:57:19
33	MHK	29	57	Uwe	Hüls	63	TV Norden	0:40:05	0:40:12	0:42:47	0:54:17			2:57:22
34	MHK	30	50	Helmut	Ubben	80	ubben-haus Laufteam	0:41:04	0:40:55	0:42:48	0:53:12			2:58:00
35	MHK	31	61	Michael	Akkermann	70	SV Jennelt-Uttum	0:41:19	0:41:05	0:42:44	0:53:39			2:58:49
36	MHK	32	64	Holger	Alts	64	VfL Berumbur	0:40:56	0:41:05	0:42:52	0:54:02			2:58:57
37	MHK	33	1363	Hermann	Leemhuis	78	Spaß mit Sport	0:42:01	0:41:21	0:42:41	0:53:03			2:59:07
38	MHK	34	27	Borchard	Christians	58	LG Ostfriesland	0:40:58	0:41:45	0:42:31	0:54:06			2:59:21
39	MHK	35	1181	Siegmond	Krause	59	Rechtsweg	0:41:37	0:41:13	0:43:10	0:53:38			2:59:39
40	MHK	36	86	Andreas	Rühle, Dr.R	62	Lions Club Uplengen	0:41:41	0:41:16	0:42:57	0:53:54			2:59:50
41	MHK	37	1073	Volker	Trebesch	65	Team Enercon	0:41:37	0:41:13	0:43:09	0:54:18			3:00:18
42	MHK	38	81	Ralf	Lottmann	71	EWE Wattloopers	0:41:53	0:41:23	0:43:08	0:54:14			3:00:40
43	MHK	39	76	Janno	Schmid	85	SV Nortmoor e.V.	0:42:35	0:41:29	0:43:36	0:53:41			3:01:22
44	MHK	40	154	Michael	Weber	72	Oldersum	0:42:20	0:41:22	0:43:29	0:54:09			3:01:22
45	MHK	41	63	Karl-Heinz	Hoffmann	58	TSV Hesel	0:41:46	0:41:47	0:43:20	0:54:34			3:01:28
46	MHK	42	60	Josef	Laufenberg	65	LT TuS Aurich-Ost	0:42:11	0:41:25	0:43:37	0:54:15			3:01:30
47	MHK	43	30	Christian	Frerichs	86	LG Ostfriesland	0:41:11	0:41:13	0:43:57	0:55:22			3:01:44
48	MJ	5	34	Karsten	de Wall	91	Jugendtreff Timmel	0:42:21	0:41:47	0:43:23	0:54:30			3:02:03
49	MJ	6	114	André	Behrends	90	Crocodiles Ihlow	0:41:45	0:41:35	0:43:45	0:55:10			3:02:16
50	MHK	44	1180	Ralf	Geiken	71	BV Victorbur	0:41:58	0:41:42	0:43:18	0:55:20			3:02:18
51	MHK	45	152	Stefan	Schiller	76	TEAM DEUTSCHE POS	0:41:51	0:41:33	0:44:16	0:55:03			3:02:44
52	MHK	46	1044	Kurt	Eden	58	TV Norden	0:42:43	0:41:48	0:44:01	0:54:50			3:03:23
53	MHK	47	41	Andre	Blank	77	Sparkasse Leer Wittmun	0:42:07	0:42:16	0:43:55	0:55:04			3:03:24
54	MHK	48	168	Johann	Aden	69	Team Möbel Buss	0:42:11	0:41:58	0:43:53	0:55:23			3:03:26
55	MHK	49	45	Till	Wagenknecht	68	Emder LG	0:42:14	0:41:33	0:43:51	0:56:08			3:03:47

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	MHK	50	1290	Alfred	Pelka	68	Rettungsdienst Leer	0:43:10	0:42:24	0:43:26	0:54:46			3:03:48
57	MJ	7	104	Derk	Janssen	95	SV Wallinghausen	0:43:25	0:42:07	0:43:28	0:54:52			3:03:54
58	MHK	51	77	Jens-Peter	Grest	71	SV Warsingsfehn	0:42:25	0:42:11	0:44:12	0:55:05			3:03:55
59	MHK	52	66	Robert	Oremek	65	LG Ostfriesland	0:42:24	0:42:15	0:44:11	0:55:23			3:04:14
60	MHK	53	108	Clemens	Köster	73	MTV Aurich Triathlon	0:42:17	0:41:43	0:44:44	0:55:31			3:04:16
61	MJ	8	68	Carsten	Croon	92	TG Wiesmoor	0:43:12	0:41:22	0:44:26	0:55:16			3:04:18
62	MHK	54	69	Marco	Meyer	80	TV Bunde	0:43:00	0:42:25	0:43:55	0:55:15			3:04:36
63	MHK	55	110	Uwe	Rotte	60	LT TuS Aurich-Ost	0:42:16	0:41:49	0:44:43	0:55:49			3:04:39
64	MHK	56	1377	Hinrich	Puse	64	Laufftreff Burhufe	0:42:12	0:42:33	0:44:30	0:55:28			3:04:45
65	MHK	57	1291	Jürgen	de Buhr	63	SV Wiesmoor	0:43:04	0:42:47	0:44:11	0:55:01			3:05:05
66	MJ	9	367	Jens	Heyken	90	NIGE	0:43:13	0:42:14	0:44:23	0:55:23			3:05:14
67	MHK	58	1071	Manfred	Eden	59	TuS Eintracht Hinte	0:43:02	0:42:41	0:43:59	0:55:36			3:05:18
68	MHK	59	235	Stephan	Henninga	86	RVB Aurich/Uplengen	0:43:14	0:42:33	0:43:31	0:56:22			3:05:41
69	MHK	60	74	Andreas	Jacobs	72	Polizei Aurich	0:42:56	0:42:33	0:44:26	0:55:45			3:05:42
70	MHK	61	42	Sönke	Biel	85	Sparkasse LeerWittmun	0:43:47	0:43:01	0:44:09	0:54:49			3:05:47
71	MHK	62	109	Martin	Wilts	72	LG Ostfriesland	0:42:41	0:42:44	0:44:39	0:55:48			3:05:54
72	MHK	63	106	Folker	Bohlen	65	Team Möbel Buss	0:43:00	0:42:18	0:45:00	0:55:35			3:05:54
73	MHK	64	1079	Holger	Schulte	75	Hinte	0:43:11	0:43:02	0:44:21	0:55:21			3:05:57
74	MHK	65	116	Hermann	Hallmann	62	Emder LG	0:43:07	0:42:41	0:44:32	0:55:44			3:06:06
75	MHK	66	1365	Christian	Rose	84	ENOVA Marketing + Ve	0:48:02	0:40:47	0:46:25	0:50:59			3:06:14
76	MJ	10	1335	Christian	Rückbrod	90	TV Norden	0:42:48	0:41:35	0:45:44	0:56:37			3:06:46
77	MHK	67	89	Harm	Park	53	TuS Weene	0:43:03	0:42:42	0:44:53	0:56:09			3:06:49
78	MHK	68	121	Martin	Poguntke	63	TV Norden	0:43:16	0:42:59	0:45:01	0:55:47			3:07:04
79	MHK	69	52	Jann Dirk	Poppen	82	TG Wiesmoor	0:40:50	0:40:25	0:41:35	1:04:21			3:07:12
80	MHK	70	94	Thomas	Baxmann	66	Emden	0:43:14	0:42:57	0:44:59	0:56:22			3:07:34
81	MHK	71	1384	Uwe	Fruhling	69	Polizei Aurich	0:42:14	0:42:35	0:44:20	0:58:25			3:07:36
82	MHK	72	1066	Claas	Feth	77	Oldenburg	0:43:22	0:43:03	0:44:52	0:56:33			3:07:51
83	MJ	11	1374	Gerrit	Kuhlmann	90	VfL Jheringsfehn	0:42:36	0:41:22	0:45:47	0:58:08			3:07:55
84	MHK	73	85	Wilfried	Sanders	68	Weener Plastik AG	0:43:08	0:42:38	0:44:43	0:57:55			3:08:25
85	MHK	74	72	Andreas	Langensiep	70	LT TuS Aurich-Ost	0:43:45	0:43:00	0:45:05	0:56:37			3:08:28
86	MHK	75	1182	Karl	Baumann	83	Uplengen	0:43:28	0:43:07	0:45:25	0:56:34			3:08:35
87	MJ	12	119	Ralf	Wilken	92	Emder LG	0:43:51	0:44:03	0:44:33	0:56:18			3:08:47
88	MHK	76	221	Uwe	Sanders	86	Weener Plastik AG	0:43:20	0:42:35	0:45:01	0:57:54			3:08:52
89	MHK	77	212	Jürgen	Schmidt	63	TuS Detern	0:43:46	0:43:49	0:44:54	0:56:41			3:09:11
90	MHK	78	130	Jann	Trauernicht	61	Wasserschutzpolizei Em	0:43:43	0:43:04	0:45:31	0:57:06			3:09:26
91	MHK	79	46	Tobi	Asche	59	SV Wiesede	0:43:41	0:43:12	0:45:30	0:57:07			3:09:32
92	MHK	80	115	Michael	Habben	75	TuS Weene e. V.	0:44:14	0:43:05	0:45:01	0:57:18			3:09:40
93	MHK	81	164	Tönjes	Meyer	58	TSV Hesel	0:43:25	0:43:25	0:45:29	0:57:46			3:10:07
94	MHK	82	465	Wilfried	Steenhard	66	Weener Plastik AG	0:44:10	0:43:15	0:45:26	0:57:26			3:10:20
95	MHK	83	118	Reinhard	de Vries	61	Ost-Victorbur	0:44:12	0:43:58	0:45:43	0:56:37			3:10:31
96	MHK	84	167	Wilhelm	Wilbers	62	OLB Ostfriesland	0:44:51	0:43:49	0:45:28	0:56:25			3:10:35
97	MHK	85	1188	Onno	Fleßner	79	Ihlowerfehn	0:44:12	0:44:36	0:45:06	0:56:56			3:10:51
98	MHK	86	1149	Hans-Dieter	Aden	58	TuS Eintracht Hinte	0:43:29	0:44:01	0:45:44	0:57:46			3:11:01
99	MHK	87	105	Malte	Visser	85	VfL Germania Leer	0:44:03	0:43:16	0:45:29	0:58:13			3:11:03
100	MHK	88	92	Marc -	Siemens	71		0:44:06	0:44:02	0:45:47	0:57:19			3:11:16
101	MJ	13	255	Märkus	Lübbers	92	TuS Weener	0:45:07	0:42:54	0:46:02	0:57:19			3:11:23
102	MJ	14	193	Jens	Willers	90	SV Warsingsfehn	0:44:39	0:44:11	0:45:24	0:57:11			3:11:26
103	MHK	89	127	Heyo	Hanssen	61	SC Wiesens	0:43:31	0:43:36	0:46:37	0:57:46			3:11:32
104	MHK	90	151	Axel	Hesse	69	TEAM DEUTSCHE POS	0:45:01	0:44:38	0:45:03	0:57:00			3:11:44
105	MHK	91	964	Sven	Reeßing	71	Nordland Papier	0:45:13	0:44:09	0:44:59	0:57:26			3:11:48
106	MHK	92	56	Jan	Meyerhoff	67	LG Ostfriesland	0:44:21	0:44:45	0:45:38	0:57:09			3:11:55
107	MJ	15	232	Amko	Groeneveld	91	Gymnasium Rhauferde	0:47:00	0:43:30	0:44:35	0:57:09			3:12:15
108	MJ	16	117	Eike	Heinen	90	Team Beck`s nicht alk	0:44:10	0:44:09	0:45:00	0:59:02			3:12:22
109	MHK	93	178	Thomas	Alberts	81	Hinte	0:44:27	0:44:13	0:46:00	0:57:55			3:12:37
110	MHK	94	71	Detlef	Saathoff	66		0:43:54	0:44:04	0:46:11	0:58:34			3:12:45

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### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	MHK	95	29	Timo	Hanssen	87	TuS Norderney	0:44:10	0:44:20	0:44:54	0:59:21			3:12:47
112	MHK	96	1375	Ernst	Weerts	79	Das Boot Emden e.V.	0:45:45	0:44:14	0:45:48	0:57:00			3:12:48
113	MHK	97	113	Frank	Schaller	61	LT TuS Aurich-Ost	0:44:39	0:44:08	0:46:04	0:57:57			3:12:50
114	MHK	98	43	Christian	Jacobs	81	FC Frisia Neuuharlingers	0:44:14	0:43:47	0:45:49	0:59:03			3:12:55
115	MHK	99	1388	Conrad	Büürma	72	TuS Ditz.- Verlaat	0:44:54	0:44:33	0:45:41	0:57:50			3:13:00
116	MHK	100	180	Matthias	Bergmann	66	SV Georgsheil	0:44:43	0:44:13	0:45:54	0:58:21			3:13:13
117	MHK	101	1070	Karl-Heinz	Speckmann	57	H. T.-Gesamtschule Ihl	0:49:40	0:44:05	0:43:43	0:55:53			3:13:23
118	MHK	102	23	Marco	Gronewold	79	Team AURICHER EIER	0:44:45	0:44:30	0:46:17	0:58:02			3:13:36
119	MHK	103	1185	Jörg	Müller	64	TV Leer	0:44:24	0:44:13	0:47:33	0:57:33			3:13:44
120	MHK	104	1056	Heinz	Romaneess	66	Dekra-Aurich	0:44:54	0:44:24	0:46:22	0:58:11			3:13:52
121	MHK	105	201	Heiner	Janssen	81	Weener Plastik AG	0:44:59	0:44:17	0:45:57	0:59:01			3:14:16
122	MHK	106	238	Matthias	Beekmann	71	Raiffeisenbank Flachsme	0:44:43	0:44:56	0:46:04	0:58:33			3:14:17
123	MHK	107	1381	Kai	Biermann	88	BS Werbetechnik	0:45:55	0:43:53	0:46:28	0:58:01			3:14:20
124	MHK	108	1190	Wilfried	Menken	76	Ihlower Loopers	0:44:33	0:44:04	0:46:43	0:59:10			3:14:31
125	MHK	109	273	Stefan	Bikker	77	Ihlow	0:45:52	0:44:42	0:46:02	0:57:57			3:14:34
126	MHK	110	204	Reiner	de Riese	59	Concordia Ihrhove	0:44:51	0:44:32	0:46:29	0:58:41			3:14:35
127	MHK	111	192	Thomas	Willers	65	SV Warsingsfehn	0:44:54	0:44:24	0:47:06	0:58:13			3:14:38
128	MHK	112	112	Harald	Meyeraan	64	Hinte	0:45:38	0:45:12	0:46:07	0:57:52			3:14:51
129	MJ	17	1078	Volker	Dänekas	90	LG Uplengen	0:44:58	0:44:24	0:46:28	0:59:27			3:15:19
130	MHK	113	15	Heinz-Diete	Janssen	71	TSV Riepe	0:43:19	0:42:17	0:44:44	1:05:05			3:15:26
131	MHK	114	173	Gerd	Puse	63	Sparkasse LeerWittmun	0:44:53	0:45:21	0:47:11	0:58:04			3:15:31
132	MHK	115	535	Ralf	Hellmers	65	TV Norden	0:45:18	0:45:03	0:47:06	0:58:03			3:15:31
133	MJ	18	1075	Janno	Meenken	94	MTV Aurich	0:46:39	0:44:40	0:45:55	0:58:17			3:15:33
134	MHK	116	213	Friedhelm	Pristat	72	KUH'S BEST-Team	0:45:05	0:44:44	0:47:25	0:58:20			3:15:36
135	MJ	19	146	Christoph	Runden	91	Post SV Leer	0:43:16	0:42:37	0:51:25	0:58:18			3:15:37
136	MHK	117	1051	Torsten	Arends	74	TV Norden	0:45:29	0:45:13	0:46:52	0:58:03			3:15:38
137	MHK	118	203	Richard	Gastmann	61	Ammersum	0:45:57	0:45:08	0:46:33	0:58:12			3:15:51
138	MJ	20	262	Maximilian	Corsten	94	Gymnasium Ulricianum	0:46:18	0:45:00	0:46:40	0:57:58			3:15:57
139	MHK	119	236	Henri	Schlachter	61	RVB Aurich/Uplengen	0:45:26	0:44:48	0:46:36	0:59:13			3:16:06
140	MHK	120	1183	Thomas	Meyer	69	SC Wiesens	0:44:59	0:44:31	0:47:07	0:59:28			3:16:07
141	MJ	21	220	Tobias	Penning	91	2 glorreiche Halunken	0:45:22	0:45:33	0:47:07	0:58:08			3:16:11
142	MHK	121	128	Uwe	Manssen	70	Westerende	0:45:52	0:44:09	0:47:22	0:58:54			3:16:18
143	MHK	122	123	Holger	Aderhold	70	Wi sünd Holtriem	0:45:39	0:44:47	0:47:06	0:58:44			3:16:18
144	MHK	123	145	Marcus	Struckmeyer	70	Aurich	0:45:11	0:44:47	0:46:56	0:59:26			3:16:21
145	MHK	124	136	Edgar	Aggen	66	Feuerwehr Lammertsfeh	0:46:18	0:45:39	0:46:17	0:58:11			3:16:26
146	MHK	125	444	Andreas	Löloff	57	TV Norden	0:44:55	0:45:16	0:47:12	0:59:12			3:16:36
147	MHK	126	247	Gerrit	Müller	61	Team Möbel Buss	0:45:02	0:44:55	0:47:28	0:59:13			3:16:40
148	MJ	22	241	Renko	Albe	90	TuS Weener	0:45:22	0:44:06	0:46:39	1:00:31			3:16:41
149	MHK	127	38	Lukas	Dendzik	82	Holterfehn	0:45:56	0:44:52	0:47:40	0:58:16			3:16:45
150	MHK	128	219	Jannes	Vervoort	89	ELV Elektronik AG	0:48:59	0:45:14	0:45:00	0:57:32			3:16:46
151	MHK	129	166	Bernd	Recknagel	67	Hotel Waldquelle	0:45:46	0:44:55	0:47:39	0:58:25			3:16:46
152	MHK	130	162	Martin	Rausch	65	Fortuna Wirdum	0:44:12	0:43:50	0:45:33	1:03:11			3:16:48
153	MHK	131	462	Meinhard	Harms	50	TSV Riepe	0:46:07	0:44:48	0:47:43	0:58:09			3:16:48
154	MHK	132	326	Fritz	Backhaus	62	LG Harlingerland	0:45:26	0:44:44	0:47:01	0:59:37			3:16:49
155	MHK	133	242	Hartmut	Götz	72	SV Spetzerfehn	0:46:40	0:44:45	0:46:58	0:58:25			3:16:50
156	MHK	134	253	Hilmar	Garrelts	72	KBV Reepsholt	0:45:46	0:45:39	0:46:29	0:58:56			3:16:51
157	MHK	135	1343	Harald	Leu	71	VfB Uplengen	0:45:47	0:45:10	0:47:22	0:58:32			3:16:52
158	MHK	136	521	Jochem	Lübbers	70	Bunde - Wymeer	0:45:23	0:45:09	0:46:46	1:00:02			3:17:21
159	MHK	137	209	Friedhelm	Schmidt	68	Aurich	0:46:36	0:45:57	0:46:19	0:58:36			3:17:30
160	MHK	138	459	Patrick	Decker	87	Team Möbel Buss	0:48:29	0:43:34	0:46:02	0:59:26			3:17:32
161	MJ	23	256	Justus	Bornemann	95	TuS Weener	0:48:17	0:43:42	0:46:24	0:59:40			3:18:05
162	MHK	139	1080	Jürren	Geiken	61	obw Emden	0:44:55	0:46:48	0:47:21	0:59:08			3:18:13
163	MHK	140	210	Benjamin	Wolthuis	81	BBS I Leer	0:46:47	0:45:26	0:46:52	0:59:12			3:18:18
164	MHK	141	231	Dirk Enno	Sundermey	88	Sportschule TAO Aurich	0:46:29	0:45:47	0:46:37	0:59:26			3:18:20
165	MHK	142	327	Bernd	de Vries	66	Neermoor	0:45:52	0:45:34	0:46:49	1:00:06			3:18:22

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	MJ	24	214	Hendrik	Peters	91	Emder LG	0:45:58	0:45:42	0:47:01	0:59:44			3:18:26
167	MHK	143	243	Fredy	Hedemann	62	Team Möbel Buss	0:45:32	0:45:14	0:48:11	0:59:30			3:18:28
168	MHK	144	186	Gerold	Wilken	67	Emder LG	0:45:20	0:46:05	0:47:33	0:59:29			3:18:29
169	MHK	145	88	Friedhelm	Dickmann	65	Nordland Papier	0:46:19	0:45:53	0:47:12	0:59:18			3:18:43
170	MHK	146	90	Holger	de Vries	70	Pewsumer Ossiloopers	0:46:10	0:45:27	0:47:48	0:59:49			3:19:15
171	MHK	147	140	Harald	de Buhr	62	Polizeiinspektion Leer/Er	0:45:43	0:45:32	0:47:48	1:00:11			3:19:16
172	MJ	25	497	Matthias	Woortmann	94	Westoverledingen	0:46:44	0:45:46	0:47:19	0:59:31			3:19:21
173	MHK	148	246	Uwe	Oltjes	66	Team Möbel Buss	0:46:04	0:46:07	0:47:40	0:59:30			3:19:23
174	MHK	149	1378	Joachim	Nordbrock	72	Moormerland	0:45:02	0:45:14	0:48:20	1:00:51			3:19:28
175	MHK	150	337	Matthias	Aeilts	68	FeG Hesel	0:46:33	0:45:04	0:46:44	1:01:15			3:19:37
176	MHK	151	297	Mathias	Seewald	72	LG- Deichschleicher Ost	0:46:34	0:45:46	0:47:19	1:00:02			3:19:41
177	MHK	152	202	Jakobus	Feldkamp	75	Weener Plastik AG	0:46:21	0:44:51	0:46:58	1:01:31			3:19:42
178	MHK	153	1184	Claus	Dirksen	56	Pollmann und Renken	0:46:20	0:45:46	0:48:00	0:59:35			3:19:43
179	MJ	26	867	Carsten	Diekmann	91	HRS Westerholt	0:47:05	0:44:41	0:48:59	0:58:59			3:19:45
180	MHK	154	225	Stefan	Stomberg	68	Crocodiles Ihlow	0:46:36	0:46:07	0:47:26	0:59:35			3:19:45
181	MJ	27	345	Stephan	Penning	91	Crocodiles Ihlow	0:45:59	0:45:37	0:48:38	0:59:33			3:19:48
182	MHK	155	252	Klaus-Diete	Mertins	56	obw Emden	0:45:55	0:46:16	0:47:29	1:00:14			3:19:56
183	MHK	156	1097	Rolf	Kirschke	65	Team ENERCON	0:46:16	0:45:50	0:47:51	1:00:00			3:19:59
184	MJ	28	307	Maximilian	Zeidler	90	Rechtsweg	0:47:25	0:45:31	0:47:26	0:59:36			3:19:59
185	MHK	157	217	Hermann	Görtmöller	63	Emden	0:46:23	0:45:49	0:47:47	1:00:02			3:20:02
186	MHK	158	237	Gerold	Janssen	66	Wallinghausen	0:46:32	0:45:29	0:47:50	1:00:09			3:20:03
187	MJ	29	1083	Tim	Harms	94	HTG Ihlow	0:46:28	0:45:52	0:47:41	1:00:07			3:20:09
188	MHK	159	272	Thomas	Stern	70	SZ Wiesbaden	0:47:14	0:45:59	0:47:21	0:59:41			3:20:16
189	MHK	160	1193	Wilhelm	Kruse	66	Spetzerfehn	0:46:39	0:45:26	0:47:55	1:00:18			3:20:19
190	MHK	161	323	Elmar	Tapper	79	LT TuS Aurich-Ost	0:46:32	0:45:41	0:47:31	1:00:41			3:20:25
191	MHK	162	126	Gerold	Meinen	63	BSC Burhufe	0:46:16	0:46:07	0:47:46	1:00:22			3:20:33
192	MHK	163	233	Lothar	Geiselmeye	59	Bünting Tee	0:46:55	0:46:53	0:47:31	0:59:19			3:20:39
193	MHK	164	295	Hans	van der Karr	56	TB Twixlum	0:46:26	0:45:36	0:47:17	1:01:33			3:20:54
194	MHK	165	1280	Gerhard	Wolken	65	SiTV Berne Triathlon	0:47:47	0:46:02	0:47:56	0:59:09			3:20:55
195	MJ	30	150	Marcel	Bruns	90	SV Ochtersum	0:48:20	0:45:45	0:48:06	0:58:47			3:20:59
196	MHK	166	141	Holger	Grasse	65	TuS Zetel	0:47:04	0:45:39	0:47:48	1:00:38			3:21:10
197	MHK	167	1067	Siebind	Peters	77	TROM XUA SNOG	0:47:28	0:45:32	0:47:34	1:00:36			3:21:11
198	MHK	168	472	Klaus	Reimann	68	Nordland Papier	0:47:53	0:46:29	0:47:10	0:59:42			3:21:16
199	MHK	169	84	Heinz-Diete	Barkhoff	69	Störtebeker Loopers TV	0:46:53	0:46:39	0:48:08	0:59:40			3:21:21
200	MHK	170	170	Jens	Konopka	72	Wiesmoor	0:46:30	0:46:04	0:47:46	1:01:06			3:21:27
201	MHK	171	250	Gerriet-Tho	Janßen	70	Team ENERCON	0:47:17	0:45:51	0:48:06	1:00:13			3:21:29
202	MHK	172	1210	Christian	Vogelsang	83	4./ObjSRgt Lw	0:48:02	0:45:53	0:47:37	1:00:01			3:21:34
203	MJ	31	96	Torben	Teepe	93	Ubbo-Emmius Gymnasi	0:46:23	0:44:18	0:50:16	1:00:46			3:21:44
204	MHK	173	161	Holger	Boekhoff-U	75	Kaufhaus Wreesmann	0:47:11	0:46:34	0:48:10	0:59:50			3:21:46
205	MHK	174	137	Richard	Hartema	68	MTV Ditzum	0:46:53	0:46:13	0:47:52	1:00:52			3:21:51
206	MHK	175	67	Thomas	Plesse	66	FCSO	0:47:03	0:46:14	0:47:55	1:00:46			3:22:00
207	MJ	32	229	Timm	Neeland	94	Gymnasium Ulricianum /	0:48:20	0:45:50	0:47:46	1:00:04			3:22:01
208	MHK	176	879	Michael	Ihnen	62	Leinerstift e.V.	0:45:23	0:45:26	0:46:11	1:05:04			3:22:05
209	MHK	177	1179	Siegfried	Janssen	55	LG Ostfriesland	0:46:45	0:46:36	0:48:29	1:00:15			3:22:08
210	MJ	33	240	Tobias	Martin	92	Ubbo-Emmius-Gymnasi	0:46:31	0:44:11	0:51:25	1:00:02			3:22:11
211	MHK	178	172	Jens	Schädler	60	Schiffswerft Diedrich	0:46:06	0:46:28	0:48:40	1:00:56			3:22:11
212	MHK	179	1264	Hans-Jürge	Krems	59	Brok	0:46:40	0:45:56	0:48:57	1:00:44			3:22:19
213	MHK	180	1122	Hajo	de Buhr	81	Team Erfolg im Stall	0:47:41	0:46:01	0:49:12	0:59:26			3:22:22
214	MJ	34	675	Tammo	Meinders	92	Briese Schifffahrt	0:48:06	0:46:06	0:47:30	1:00:40			3:22:23
215	MHK	181	234	Eric	Bootjer	66	RVB Aurich/Uplengen	0:46:35	0:46:13	0:48:45	1:01:02			3:22:36
216	MHK	182	259	Timo	Friedrichs	72	ELV Elektronik AG	0:46:46	0:46:29	0:48:29	1:00:56			3:22:41
217	MHK	183	1082	Helmut	Ludwig	58	LG Ostfriesland	0:47:14	0:45:53	0:48:24	1:01:16			3:22:49
218	MHK	184	224	Bernd	Voss	66	Ringhotel Voss	0:47:15	0:46:04	0:48:23	1:01:07			3:22:50
219	MHK	185	171	Oliver	de Vries	87	OLB Ostfriesland	0:46:52	0:47:21	0:47:39	1:00:58			3:22:51
220	MHK	186	341	Alfred	Doden	58	SV Ochtersum	0:47:04	0:46:43	0:48:34	1:00:39			3:23:01

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	MHK	187	886	Holger	Pries	67	Weener Plastik AG	0:50:30	0:46:41	0:46:52	0:59:05			3:23:09
222	MHK	188	218	Dieter	Schliep	72	Holterfehn	0:47:33	0:46:09	0:48:21	1:01:17			3:23:21
223	MHK	189	159	Siegfried	Sweers	55	Emder LG	0:46:47	0:46:35	0:48:41	1:01:22			3:23:27
224	MJ	35	1311	Henning	Janssen	93	Realschule Esens	0:48:12	0:45:19	0:48:21	1:01:47			3:23:41
225	MHK	190	1389	Günther	Freerks	69	TV Bunde	0:47:12	0:46:11	0:48:35	1:01:44			3:23:43
226	MHK	191	315	Uwe	Görtzen	65	Emder LG	0:47:09	0:46:03	0:49:20	1:01:16			3:23:49
227	MJ	36	293	Tom	Ihnen	95	LT TuS Aurich-Ost	0:48:30	0:46:31	0:48:09	1:00:38			3:23:50
228	MHK	192	479	Holger	Schulte	75	Landjugend Filsum	0:48:19	0:46:18	0:48:25	1:00:58			3:24:02
229	MHK	193	187	Roland	von Kentzi	48	TG Wiesmoor	0:46:25	0:46:36	0:49:03	1:02:03			3:24:08
230	MHK	194	227	Jens	Middendorf	70	Gymnasium Rhaderfe	0:48:04	0:46:34	0:48:23	1:01:16			3:24:17
231	MHK	195	79	Ewald	Wallerowitz	65	LG Ostfriesland	0:47:28	0:47:13	0:48:41	1:01:03			3:24:27
232	MHK	196	1053	Friedhelm	Schröder	60	TV Norden	0:47:29	0:46:26	0:49:31	1:01:06			3:24:35
233	MHK	197	1268	Helmut	Reiter	64	Simonswolde	0:47:48	0:47:04	0:48:40	1:01:08			3:24:41
234	MJ	37	343	Thomas	Lüken	92	Ochtersum	0:50:37	0:46:33	0:47:08	1:00:26			3:24:45
235	MHK	198	406	Peter	Ferdinand	70	RVB Aurich/Uplengen	0:48:12	0:46:54	0:48:50	1:00:49			3:24:46
236	MHK	199	1240	Wilfried	Eichstädt	76	DLRG Leer	0:47:50	0:47:18	0:49:00	1:00:45			3:24:55
237	MJ	38	139	Bernd	Heyen	91	Wi sünd Holtriem SV Oct	0:50:19	0:46:32	0:48:23	0:59:47			3:25:02
238	MHK	200	1077	Richard	Bolte	59	LG Uplengen	0:47:19	0:46:35	0:49:51	1:01:21			3:25:07
239	MHK	201	103	Patrick	Best	87	RVB Aurich/Uplengen	0:49:11	0:46:09	0:48:43	1:01:04			3:25:08
240	MJ	39	165	Martin	Meints	91	SV Ochtersum	0:45:04	0:53:19	0:47:00	0:59:44			3:25:08
241	MHK	202	95	Marc	Sörensen	81	SV Wallinghausen	0:48:33	0:46:08	0:49:38	1:00:54			3:25:15
242	MHK	203	91	Theodor	Hildebrandt	56	LG Ostfriesland	0:47:39	0:47:13	0:48:44	1:01:40			3:25:17
243	MHK	204	174	Ephard	Baumann	60	Polizei Leer	0:47:29	0:47:12	0:48:53	1:01:41			3:25:18
244	MHK	205	399	Holger	Wempen	75	BHC Consulting GmbH	0:47:17	0:47:09	0:49:30	1:01:27			3:25:24
245	MHK	206	226	Matthias	Böse	70	SV Stikelkamp	0:47:33	0:47:08	0:48:50	1:01:58			3:25:31
246	MHK	207	277	Udo	Kattenbeck	66	Emder LG	0:47:43	0:47:18	0:48:35	1:01:57			3:25:34
247	MHK	208	711	Jens	Berghaus	59	LT TuS Aurich-Ost	0:47:00	0:46:53	0:49:46	1:02:05			3:25:47
248	MHK	209	1055	Friedrich	Ellerbroek	58	TV Norden	0:47:43	0:46:54	0:49:39	1:01:29			3:25:47
249	MHK	210	1095	Knut	Müller	65	Stadt Leer	0:47:21	0:46:51	0:49:11	1:02:24			3:25:48
250	MHK	211	261	Arne	Beitelmann	87	OLB Ostfriesland	0:48:42	0:47:03	0:48:57	1:01:07			3:25:51
251	MHK	212	324	Herbert	Buscher	66	OV Breinermoor	0:47:24	0:47:11	0:49:22	1:02:12			3:26:11
252	MJ	40	866	Hilko	Christians	94	HRS Westerholt	0:48:44	0:46:57	0:48:48	1:01:41			3:26:11
253	MHK	213	308	Kuno	Miethke	75	LT TuS Aurich-Ost	0:47:49	0:46:47	0:49:36	1:01:59			3:26:13
254	MHK	214	1296	Rüdiger	Seele	65	Aurich	0:47:03	0:47:49	0:48:41	1:02:41			3:26:15
255	MHK	215	190	Heinz	Schultz	49	VfR Heisfelde	0:47:15	0:47:09	0:49:15	1:02:36			3:26:17
256	MHK	216	195	Nanno	Janssen	67	Germania Leer	0:48:01	0:47:03	0:49:04	1:02:14			3:26:24
257	MHK	217	73	Matthias	Köhlke	74	Wi sünd Holtriem,SV Oct	0:46:40	0:46:49	0:49:59	1:02:57			3:26:28
258	MHK	218	120	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:48:54	0:47:44	0:48:39	1:01:11			3:26:29
259	MHK	219	1279	Michael	Honczek	71	TSV Riepe	0:48:17	0:47:39	0:49:05	1:01:34			3:26:37
260	MHK	220	156	Thomas	Heinzmann	73	Papenburg	0:47:59	0:47:28	0:49:15	1:01:57			3:26:40
261	MHK	221	270	Alfred	Freeseaman	67	TV Oldersum	0:48:06	0:47:07	0:49:29	1:02:06			3:26:49
262	MHK	222	1300	Michael	Taaks	78	TV Moormerland	0:47:52	0:47:20	0:49:34	1:02:06			3:26:53
263	MHK	223	648	Hermann	Hinderks	68	Nordland Papier	0:48:39	0:47:28	0:49:04	1:01:44			3:26:56
264	MHK	224	1205	Peter	Windhaus	65	Westoverledingen	0:47:45	0:47:08	0:49:20	1:02:47			3:27:01
265	MJ	41	285	Jannis	Langensiep	94	MTV Aurich	0:48:43	0:46:32	0:49:49	1:02:09			3:27:15
266	MHK	225	386	Jens	Lüerßen	65	TG BarBel e.V.	0:49:36	0:46:54	0:49:20	1:01:24			3:27:16
267	MHK	226	503	Stefan	Schild	64	Hartmann Group	0:49:07	0:47:38	0:49:12	1:01:20			3:27:19
268	MHK	227	1222	Stefan	Knottnerus-	65	Team ENERCON	0:49:58	0:47:24	0:48:49	1:01:15			3:27:28
269	MHK	228	1098	Jens	Kirchhoff	80	Team ENERCON	0:48:52	0:47:13	0:49:32	1:01:51			3:27:30
270	MHK	229	1093	Manuel	Meyer	84	Sparkasse Aurich-Nord	0:47:27	0:47:41	0:49:46	1:02:35			3:27:30
271	MHK	230	572	Frank	Krauledat	69	Emder LG	0:48:20	0:47:12	0:50:13	1:01:45			3:27:32
272	MHK	231	244	Rolf	Birkoben	52	TSV Riepe	0:48:15	0:47:56	0:49:15	1:02:06			3:27:33
273	MHK	232	848	Benno	Ahrens	61	Nordland Papier	0:49:57	0:47:11	0:49:00	1:01:26			3:27:36
274	MJ	42	971	Rene	Buhr	93	VfL Ockenhausen	0:48:57	0:46:37	0:50:12	1:01:53			3:27:40
275	MHK	233	245	Jörg-Hendri	Eilers	57	Moormerland	0:48:13	0:47:17	0:49:49	1:02:22			3:27:43

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### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	MHK	234	390	Michael	Brand	63	KUH S BEST-Team	0:48:35	0:47:44	0:49:13	1:02:10			3:27:44
277	MHK	235	420	Berthold	Strömer	56	LT TuS Aurich-Ost	0:47:46	0:47:31	0:50:18	1:02:09			3:27:45
278	MHK	236	304	Axel	Bunjes	60	Gymnasium Rhaderfe	0:48:34	0:47:51	0:50:07	1:01:18			3:27:51
279	MHK	237	321	Klaus	Thörner	64	obw Emden	0:48:27	0:47:52	0:49:06	1:02:29			3:27:56
280	MHK	238	318	Markus	Carstens	76	Team ENERCON	0:50:40	0:47:04	0:49:07	1:01:15			3:28:07
281	MHK	239	604	Frank	Habben	70	VfB Münkeboe	0:48:50	0:47:19	0:49:29	1:02:29			3:28:08
282	MHK	240	395	Carsten	Strasser	68	Firrel	0:48:29	0:46:54	0:50:03	1:02:44			3:28:11
283	MHK	241	1266	Günther	Klöver	83	BV Akelsbarg	0:50:48	0:47:34	0:48:42	1:01:16			3:28:22
284	MHK	242	176	Onno	Baumann	68	Leinerstift e. V.	0:46:28	0:47:28	0:51:38	1:02:47			3:28:23
285	MHK	243	305	Josef	Wolbers	66	Deutsche Rentenversic	0:48:04	0:48:01	0:49:58	1:02:19			3:28:23
286	MHK	244	266	Theo	Ulrichs	50	Ogenbargen	0:48:50	0:47:46	0:50:30	1:01:19			3:28:26
287	MJ	43	1314	Alexander	Windt	92	Realschule Esens	0:50:56	0:46:18	0:48:37	1:02:51			3:28:44
288	MHK	245	742	Gerold	Müller	53	Sparkasse Aurich-Nord	0:48:28	0:47:56	0:49:48	1:02:44			3:28:56
289	MHK	246	1337	Fritz	Büscher	54	LG-Glave-Gruppe	0:48:39	0:48:05	0:50:04	1:02:08			3:28:57
290	MHK	247	196	Günter	Campen	74	Team ENERCON	0:49:20	0:47:48	0:50:11	1:01:40			3:29:00
291	MJ	44	1341	Lukas	Ochmann	92	VfL Jheringsfehn	0:50:25	0:49:03	0:47:49	1:01:43			3:29:02
292	MHK	248	365	Günter	Müller	67		0:49:32	0:47:57	0:49:24	1:02:14			3:29:08
293	MHK	249	1317	Frank	Duhlies	60	Tauchclub Beluga Auri	0:48:29	0:47:48	0:50:07	1:02:43			3:29:08
294	MHK	250	1278	Enno	Hinrichs	61	LT TuS Aurich-Ost	0:47:02	0:48:17	0:50:02	1:03:52			3:29:14
295	MHK	251	328	Detlef	Stanke	54	TSG Westerstede	0:47:53	0:48:04	0:50:02	1:03:26			3:29:27
296	MHK	252	188	Heini	Martens	63	Stedesdorf	0:48:02	0:47:34	0:50:09	1:03:45			3:29:30
297	MHK	253	269	Dieter	Saathoff	60	TG Wiesmoor	0:48:37	0:47:51	0:49:55	1:03:08			3:29:33
298	MHK	254	254	Richard	Schwitters	50	Sparkasse LeerWittmun	0:48:08	0:48:07	0:50:05	1:03:11			3:29:34
299	MHK	255	208	Gerhard	Leemhuis	79	FEG Hesel	0:49:18	0:47:28	0:50:23	1:02:30			3:29:39
300	MHK	256	1276	Uwe	Grimm	69	VfL Berumbur	0:48:49	0:47:52	0:50:02	1:02:59			3:29:44
301	MHK	257	1271	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:48:09	0:48:12	0:50:59	1:02:28			3:29:49
302	MHK	258	286	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:27	0:49:32	0:49:11	1:02:56			3:30:08
303	MHK	259	1084	Andreas	Müller-Deck	61	TSR Olympia Wilhelms	0:47:43	0:47:57	0:50:52	1:03:38			3:30:11
304	MHK	260	380	Gerd	Romaneeß	63	Theater Brockzetel-Wie	0:47:59	0:47:21	0:50:03	1:04:49			3:30:12
305	MHK	261	673	Manni	Gerjets	60	RVB Aurich/Uplengen	0:49:17	0:47:38	0:49:41	1:03:44			3:30:21
306	MHK	262	1369	Edgar	Backer	65	LG Ostfriesland	0:54:14	0:46:41	0:48:30	1:01:00			3:30:26
307	MJ	45	959	Axel	Rieken	91	NIGE	0:47:24	0:46:27	0:49:28	1:07:06			3:30:26
308	MHK	263	239	Jan-Bernd	Beekmann	67	Großwolde	0:47:06	0:47:16	0:51:47	1:04:17			3:30:26
309	MHK	264	342	Volker	Lowin	55	BBS 1 Aurich	0:50:17	0:48:02	0:49:52	1:02:16			3:30:28
310	MJ	46	409	Jan-Peter	Beekmann	96	Gymnasium Rhaderfe	0:49:21	0:46:37	0:50:15	1:04:19			3:30:33
311	MHK	265	1087	Wilfried	Janssen	61	Sparkasse LeerWittmun	0:48:34	0:48:03	0:49:57	1:03:58			3:30:33
312	MHK	266	122	Marco	Waßmann	74	TG Wiesmoor	0:48:08	0:48:03	0:50:05	1:04:28			3:30:45
313	MHK	267	1189	Adam	Ambrus	85	4./ObjSRgt Lw	0:50:29	0:46:29	0:49:59	1:03:51			3:30:49
314	MHK	268	336	Detlef	Penske	65	BBS 1 Aurich	0:49:34	0:48:03	0:49:54	1:03:21			3:30:53
315	MHK	269	322	Olaf	Gerdes	72	TSV Riepe	0:48:54	0:48:52	0:50:47	1:02:21			3:30:55
316	MHK	270	621	Reiner	Heinks	61	TV Norden	0:48:45	0:48:16	0:50:52	1:03:04			3:30:58
317	MHK	271	97	Christian	Merl	57	Papenburg	0:45:10	0:45:41	0:54:24	1:05:45			3:31:02
318	MHK	272	1199	Hillers	Detlef	69	IGS Aurich WEST	0:49:50	0:48:09	0:50:08	1:03:03			3:31:11
319	MHK	273	379	Heiner	Friedrichs	77	Team ENERCON	0:50:57	0:47:58	0:50:24	1:01:58			3:31:19
320	MJ	47	1248	Aike	Holl	91	SV Potshausen	0:48:15	0:47:11	0:50:54	1:04:57			3:31:19
321	MHK	274	383	Heiko	Freese	63	Extum	0:49:30	0:48:03	0:50:16	1:03:29			3:31:19
322	MHK	275	331	Andreas	Blaurock	68	obw Emden	0:49:14	0:49:00	0:50:27	1:02:40			3:31:22
323	MHK	276	410	Phillipp	Federkeil	56	SV Sprint WOL	0:48:48	0:48:03	0:50:05	1:04:34			3:31:31
324	MHK	277	1301	Phillipp	Olthoff	66	Emden	0:49:23	0:48:24	0:49:53	1:03:51			3:31:33
325	MHK	278	163	Folkert	Redenius	57	LT Tura 07 Westrauder	0:47:45	0:48:02	0:51:35	1:04:12			3:31:36
326	MHK	279	575	Hermann	Welp	66	Stadt Weener gegen Gev	0:49:41	0:47:23	0:49:18	1:05:14			3:31:37
327	MHK	280	851	Rainer	Dickmann	70	Nordland Papier	0:49:32	0:47:59	0:50:26	1:03:40			3:31:38
328	MHK	281	1285	Matthias	Brandt	80	Weeer	0:51:42	0:49:20	0:48:41	1:01:54			3:31:39
329	MHK	282	211	Andy	Albers	83	VfB Münkeboe	0:48:30	0:48:20	0:50:25	1:04:24			3:31:41
330	MHK	283	332	Hans-Herm	Joachim	50	Team Erdinger Alkohol	0:49:53	0:48:11	0:50:31	1:03:07			3:31:43

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	MHK	284	1342	Johannes	Weers	54	VfB Uplengen	0:49:30	0:47:58	0:50:27	1:03:50			3:31:46
332	MJ	48	1119	Patrick	Francoovich	93	HTG Ihlow	0:47:56	0:47:30	0:51:05	1:05:15			3:31:47
333	MHK	285	1	Stephan	Immega	84	Realschule Esens	0:51:28	0:48:49	0:50:28	1:01:04			3:31:49
334	MHK	286	199	Gretus	Hoofdmann	63	Störtebeker Loopers TV	0:48:21	0:48:38	0:50:59	1:03:58			3:31:58
335	MHK	287	439	Torsten	Gensicke	67	Wiesmoor	0:49:44	0:48:54	0:50:17	1:03:03			3:31:59
336	MHK	288	320	Manfred	Meyer	63	Papenburg	0:49:11	0:48:08	0:50:04	1:04:38			3:32:03
337	MHK	289	1092	Frank	Siemens	74	Hinte	0:48:41	0:47:54	0:52:02	1:03:27			3:32:06
338	MHK	290	352	Jochen	Nanninga	64	TV Norden	0:48:13	0:49:15	0:51:04	1:03:34			3:32:07
339	MHK	291	529	Wilhelm	Martens	57	Uplengen	0:49:31	0:48:08	0:50:54	1:03:35			3:32:10
340	MHK	292	134	Jürgen	Sporré	55	Evang.-reform. Kirche	0:48:37	0:48:36	0:50:20	1:04:39			3:32:14
341	MHK	293	248	Siegfried	Weber	62	Team Möbel Buss	0:49:47	0:48:16	0:50:16	1:03:57			3:32:18
342	MHK	294	335	Wilfried	Harms	64	Team ENERCON	0:48:33	0:48:11	0:51:18	1:04:20			3:32:24
343	MHK	295	316	Hartmut	Schmidt	62	Team ENERCON	0:49:24	0:48:53	0:50:16	1:04:01			3:32:36
344	MHK	296	1085	Ludger	Herzog	55	STV Barbel	0:49:17	0:48:32	0:50:44	1:04:02			3:32:36
345	MHK	297	491	Hayo	Eggers	65	Team ENERCON	0:51:34	0:49:11	0:48:56	1:03:04			3:32:46
346	MHK	298	469	Stefan	Voogd	74	Polizei Leer	0:50:30	0:48:21	0:50:54	1:03:03			3:32:50
347	MHK	299	265	Simon	Sühwold	71	Leer	0:47:30	0:47:30	0:53:01	1:04:50			3:32:52
348	MHK	300	300	Matthias	Adick	62	Auricher Taxen Zentrale	0:48:27	0:48:14	0:52:12	1:04:00			3:32:55
349	MHK	301	1383	Jakobus	Wirringa	57	Oldenburg	0:48:53	0:48:32	0:50:53	1:04:41			3:33:01
350	MHK	302	169	Andreas	Janßen	67	SV Stikerkamp	0:51:16	0:49:15	0:50:57	1:01:37			3:33:05
351	MHK	303	330	Wilhelm	Badberg	44	TG Wiesmoor	0:48:25	0:48:20	0:51:00	1:05:26			3:33:12
352	MHK	304	438	Alfred	Scheepker	54	TV Norden	0:49:12	0:48:10	0:50:38	1:05:16			3:33:17
353	MHK	305	766	Hans	Feimann	66	Nordland Papier	0:50:51	0:49:13	0:50:43	1:02:31			3:33:19
354	MJ	49	576	Renko	Veldkamp	90	Stadt Weener gegen Gev	0:50:04	0:47:58	0:49:55	1:05:20			3:33:19
355	MHK	306	1089	Johann	Sandersfeld	55	LG Uplengen	0:49:12	0:48:26	0:51:20	1:04:20			3:33:19
356	MHK	307	135	Arend	Koop	60	Weener Plastik AG	0:49:04	0:49:13	0:50:37	1:04:31			3:33:27
357	MHK	308	530	Rolf	Bauer	68	Nordland Papier	0:49:59	0:48:13	0:50:25	1:04:51			3:33:30
358	MHK	309	283	Albert	Bronsema	56	Fitness-World, Emden	0:49:39	0:48:35	0:50:35	1:04:42			3:33:32
359	MHK	310	457	Heiko	Peters	64	Team Möbel Buss	0:50:25	0:48:17	0:50:21	1:04:28			3:33:32
360	MHK	311	317	Hermann	Boekhoff	61	SV Bentstreek	0:49:21	0:49:11	0:50:42	1:04:30			3:33:45
361	MHK	312	1257	Rainer	Bohlen	87	RVB Aurich/Uplengen	0:49:18	0:47:50	0:52:26	1:04:16			3:33:52
362	MHK	313	1292	Torsten	Müller	69	Agravis Ems Jade Esen	0:50:23	0:48:09	0:51:30	1:03:52			3:33:56
363	MJ	50	1388	Alexander	Zietlow	92	FCSO	0:49:30	0:48:10	0:51:08	1:05:06			3:33:56
364	MHK	314	1088	Bernd	Ubben	59	ubben-haus Laufteam	0:49:45	0:49:30	0:50:38	1:04:13			3:34:08
365	MJ	51	437	Timo	Janßen	90	NIGE	0:49:39	0:47:41	0:52:03	1:04:48			3:34:11
366	MHK	315	1099	Volker	Feldkamp	60	Schule am Deich	0:50:20	0:49:18	0:50:56	1:03:41			3:34:16
367	MHK	316	1094	Carsten	Kreienbrock	68	Briese Schifffahrt	0:48:54	0:49:55	0:50:45	1:04:54			3:34:30
368	MJ	52	1247	Hendrik	Holl	95	Pohhausen	0:52:36	0:47:08	0:50:52	1:03:51			3:34:30
369	MHK	317	400	Klaus	Fröhling	72	Ludwigsdorf	0:50:48	0:48:53	0:51:03	1:03:47			3:34:33
370	MHK	318	183	Helmut	Meyerhoff	62	LG Ostfriesland	0:49:55	0:48:53	0:51:13	1:04:34			3:34:37
371	MHK	319	1204	Lutz	Günsel	69	Druckerei Meyer, Aurich	0:50:06	0:48:48	0:50:46	1:05:04			3:34:44
372	MHK	320	344	Theo	Goldswear	53	TUS Collinghorst	0:49:11	0:49:40	0:50:50	1:05:03			3:34:45
373	MHK	321	592	Ralf-Christia	Besemann	70	Wittmund	0:51:37	0:49:57	0:50:05	1:03:09			3:34:49
374	MHK	322	430	Dietmar	Kluin	62	Leinerstift e.V.	0:49:30	0:49:04	0:51:23	1:04:52			3:34:51
375	MHK	323	223	Alwin	Janssen	70	Peiers	0:50:42	0:49:03	0:51:14	1:04:01			3:35:02
376	MHK	324	179	Ingo	Renken	67	TV Friedeburg	0:50:23	0:48:55	0:50:49	1:04:55			3:35:03
377	MHK	325	384	Jörg	Ottersberg	70	Dwarsloopers Spetzerf	0:49:47	0:49:50	0:51:04	1:04:28			3:35:11
378	MJ	53	1244	Thomas	Janssen	91	SV Potshausen	0:48:09	0:51:29	0:50:44	1:04:54			3:35:17
379	MHK	326	1360	Dieter	Janßen	66	LG Glave Gruppe	0:50:04	0:49:29	0:51:57	1:03:51			3:35:22
380	MHK	327	536	Heinz	Rohden	63	Wi sünd Holtriem SV Oct	0:50:08	0:49:02	0:52:14	1:03:58			3:35:24
381	MHK	328	1237	Johannes	Kaspar	86	4./ObjSRgt Lw	0:53:05	0:47:59	0:50:29	1:03:53			3:35:27
382	MHK	329	1141	Matthias	Oldewurtel	72	Bauunternehmen Oldew	0:52:10	0:49:04	0:50:48	1:03:24			3:35:28
383	MHK	330	1215	Jc	Coordes	69	Team ENERCON	0:49:40	0:48:41	0:50:44	1:06:31			3:35:37
384	MHK	331	1315	Bernd	Frieden	68	LT TuS Aurich-Ost	0:50:31	0:49:30	0:51:33	1:04:03			3:35:38
385	MHK	332	967	Bernd	Poppen	72	Team ENERCON	0:51:51	0:48:18	0:52:49	1:02:39			3:35:39

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	MHK	333	339	Heinrich	Winter	57	LT TuS Aurich-Ost	0:50:03	0:48:44	0:51:48	1:05:07			3:35:43
387	MJ	54	1299	Nils	Henken	94	KGS GroBefehn	0:51:24	0:48:34	0:50:50	1:05:02			3:35:52
388	MHK	334	200	Jakobus	Hofmann	54	Weener Plastik AG	0:49:35	0:50:08	0:51:08	1:05:03			3:35:55
389	MHK	335	499	Michael	Groß	84	Team ENERCON	0:49:29	0:50:08	0:51:15	1:05:02			3:35:56
390	MHK	336	734	Helmut	Mäcken	78	GroBefehn	0:50:48	0:48:24	0:52:19	1:04:31			3:36:03
391	MHK	337	1328	Helmut	Bobka	58	Ihlow	0:48:37	0:49:19	0:51:24	1:06:42			3:36:04
392	MHK	338	1295	Michael	Schardt	54	Schwarz-Weiß Oldenbur	0:49:49	0:50:20	0:52:05	1:03:59			3:36:14
393	MHK	339	78	Rolf	Steinke	67	SV Warsingsfehn	0:50:08	0:49:39	0:51:51	1:04:37			3:36:16
394	MJ	55	1164	Markus	Ohling	92	HTG Ihlow	0:52:43	0:48:07	0:52:38	1:02:54			3:36:24
395	MHK	340	1373	Ludwig	Hummerich	60	Emder LG	0:51:47	0:48:55	0:51:34	1:04:08			3:36:24
396	MHK	341	1281	Mike	Rost	63	PI Wilhelmshaven/Fries	0:49:26	0:50:15	0:51:28	1:05:14			3:36:25
397	MHK	342	506	Johann	Bünting	67	LG Ostfriesland	0:47:31	0:47:42	0:53:02	1:08:09			3:36:25
398	MHK	343	355	Friedrich	Folkerts	65	FFw Hollen	0:50:11	0:49:36	0:51:38	1:05:03			3:36:30
399	MHK	344	1032	Johann	Reiners	59	Lions Club Uplengen	0:49:28	0:49:07	0:51:58	1:05:57			3:36:33
400	MHK	345	434	Manfred	Cordes	60	Wiesmoor	0:50:13	0:49:25	0:51:13	1:05:57			3:36:48
401	MHK	346	377	Arno	Dreesman	76	Nendorp	0:49:12	0:48:13	0:50:53	1:08:35			3:36:54
402	MHK	347	189	Harald	Schmidt	69	Wi sünd Holtriem	0:50:45	0:49:52	0:52:04	1:04:14			3:36:57
403	MJ	56	1304	Kevin	Pree	93	Realschule Esens	0:51:49	0:48:54	0:51:23	1:05:03			3:37:10
404	MHK	348	249	Jens	Fecht	68	Apen	0:50:38	0:48:55	0:52:35	1:05:08			3:37:18
405	MHK	349	641	Johann	Nörder	61	EWE Wattloopers	0:50:23	0:49:38	0:52:03	1:05:16			3:37:21
406	MHK	350	443	Wolfgang	Friedrich	63	Leinerstift e.V.	0:50:30	0:49:34	0:52:00	1:05:18			3:37:23
407	MHK	351	313	Jörg	Hero	69	TCB Bremen	0:49:56	0:49:48	0:51:00	1:06:41			3:37:27
408	MHK	352	523	Gerold	Petersen	74	GroBheide	0:50:23	0:49:45	0:52:01	1:05:18			3:37:28
409	MJ	57	524	Jan-Hauke	Rahmann	93	SV Ochtersum	0:54:49	0:48:42	0:52:51	1:01:09			3:37:33
410	MHK	353	522	Jörg	Neeland	65	Aurich	0:51:55	0:49:01	0:51:39	1:04:57			3:37:34
411	MHK	354	1128	Michael	de Vries	72	quid pro quo	0:51:21	0:49:39	0:51:29	1:05:07			3:37:38
412	MHK	355	1195	Andy	Strümpel	72	Autohaus Tekken	0:50:41	0:49:26	0:52:07	1:05:29			3:37:44
413	MJ	58	1306	Patrick	Janßen	93	Realschule Esens	0:51:41	0:49:29	0:52:22	1:04:13			3:37:47
414	MHK	356	431	Richard	Kölber	66	TV Norden	0:51:48	0:49:24	0:51:44	1:04:51			3:37:49
415	MHK	357	922	Bernd	Harms	79	RVB Aurich/Uplengen	0:50:49	0:49:00	0:50:50	1:07:10			3:37:50
416	MHK	358	630	Jörg	Peters	66	Nortmoor	0:50:16	0:49:36	0:53:00	1:04:59			3:37:52
417	MHK	359	290	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:50:43	0:49:41	0:52:25	1:05:13			3:38:04
418	MJ	59	657	Jens	Weets	92	Holtgast	0:50:26	0:47:53	0:53:12	1:06:33			3:38:06
419	MHK	360	1200	Arno	Saathoff	66	Werdum	0:51:31	0:49:55	0:52:25	1:04:17			3:38:10
420	MHK	361	422	Manfred	Erfkamp	59	Ruder-Club Leer	0:50:18	0:49:26	0:51:58	1:06:28			3:38:11
421	MHK	362	361	Horst	Schneider	55	Kein / Norden	0:51:03	0:49:51	0:52:15	1:05:24			3:38:33
422	MJ	60	1310	Patrick	van de Kam	91	Realschule Esens	0:53:59	0:49:04	0:50:33	1:05:04			3:38:41
423	MHK	363	222	Sven	Meyering	74	Frisia Loga III	0:48:42	0:49:13	0:55:27	1:05:18			3:38:42
424	MHK	364	182	Alfred	Scholz	53	Emder LG	0:50:37	0:49:31	0:52:43	1:05:55			3:38:47
425	MHK	365	678	Daniel	Sanders	79	GroBefehn	0:51:46	0:50:33	0:52:02	1:04:27			3:38:50
426	MHK	366	329	Gerold	Janssen	65	Wi sünd Holtriem	0:51:02	0:49:49	0:51:51	1:06:11			3:38:54
427	MHK	367	1050	Graf	Glamann-S	65	TV Norden	0:51:29	0:50:18	0:52:21	1:04:58			3:39:07
428	MHK	368	363	Drees	Janssen	62	LG Ostfriesland	0:49:59	0:49:44	0:52:32	1:06:50			3:39:07
429	MHK	369	311	Weert-Peter	Prikker	59	Holtland	0:50:28	0:50:09	0:52:43	1:05:50			3:39:12
430	MHK	370	1202	Manfred	Möhlmann	64	SC Wiesens	0:49:59	0:49:17	0:52:22	1:07:39			3:39:17
431	MHK	371	419	Kersten	Kiesé	64	TuS Esens	0:50:12	0:50:36	0:52:33	1:05:56			3:39:18
432	MHK	372	464	Ansgar	Schulte	73	Weener Plastik AG	0:51:13	0:51:03	0:52:34	1:04:35			3:39:26
433	MHK	373	292	Jens	Brauer	67	Weener Plastik AG	0:52:02	0:50:46	0:51:15	1:05:28			3:39:32
434	MHK	374	1198	Jürgen	Eilerts	66	SC Wiesens	0:51:05	0:49:16	0:52:59	1:06:10			3:39:32
435	MHK	375	309	Volker	Griesheimer	61	LG Glave Gruppe	0:50:49	0:49:55	0:53:29	1:05:22			3:39:37
436	MJ	61	1115	Klaas	Soeken	91	BBS II Aurich	0:51:54	0:50:11	0:51:55	1:05:52			3:39:54
437	MHK	376	264	Gerold	Severiens	48	Fortuna Logabirum	0:50:33	0:50:00	0:52:41	1:06:39			3:39:54
438	MHK	377	368	Thomas	Eiken	87	Ländlicher Versicherung	0:52:07	0:50:10	0:52:27	1:05:10			3:39:56
439	MHK	378	791	Karl-Heinz	Benner	54	Ihlow	0:51:02	0:49:18	0:53:08	1:06:28			3:39:58
440	MHK	379	494	Hannes	Pott	54	VfL Germania Leer	0:52:14	0:50:05	0:52:12	1:05:27			3:39:59

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	MHK	380	441	Martin	Thoben	70	ELV Elektronik AG	0:50:44	0:50:07	0:53:00	1:06:09			3:40:00
442	MJ	62	1167	Jörg	Gerdes	92	HTG Ihlow	0:54:52	0:48:16	0:50:55	1:05:58			3:40:03
443	MJ	63	654	Marco	Fauerbach	93	Wi sünd Holtriem	0:54:12	0:49:59	0:52:03	1:03:58			3:40:13
444	MHK	381	185	Erwin	Flessner	68	Tus Holtriem	0:54:05	0:51:03	0:51:29	1:03:38			3:40:18
445	MHK	382	790	Franz	Beregszaszi	55	Aurich	0:51:04	0:50:01	0:53:08	1:06:08			3:40:23
446	MHK	383	474	Manfred	Schulte	71	Nordland Papier	0:51:28	0:50:01	0:53:12	1:05:53			3:40:36
447	MHK	384	282	Friedrich	Temme	68	Pewsumer Ossilooper	0:51:28	0:49:45	0:53:40	1:05:43			3:40:37
448	MHK	385	267	Hans-Jürge	Gippert	44	TG Wiesmoor	0:50:51	0:50:28	0:52:36	1:06:44			3:40:40
449	MHK	386	357	Hinrich	Rahn	73	LT TuS Aurich-Ost	0:51:41	0:50:45	0:52:16	1:06:01			3:40:44
450	MJ	64	1201	Henning	Frerichs	90	Sportzentrum Crocodile	0:50:02	0:50:31	0:52:29	1:07:45			3:40:49
451	MHK	387	448	August	Jeron	56	LT TuS Aurich-Ost	0:51:46	0:50:15	0:52:30	1:06:16			3:40:49
452	MHK	388	920	Michael	Sanders	80	Bünting Tee	0:52:31	0:49:27	0:51:44	1:07:12			3:40:55
453	MHK	389	98	Günter	Möller	68	Sportschule TAO	0:54:17	0:50:22	0:51:05	1:05:10			3:40:56
454	MHK	390	585	Andre	Woortmann	64	Westoverledingen	0:51:51	0:50:44	0:52:10	1:06:14			3:41:00
455	MHK	391	334	Daniel	Radekopp	87	Vffl Berumbur	0:50:43	0:49:02	0:51:29	1:09:45			3:41:00
456	MHK	392	296	Achim	Beckers	59	Germania Leer	0:52:19	0:50:13	0:53:25	1:05:03			3:41:02
457	MHK	393	779	Ehrenfried	Lüken	64	Ochtersum	0:52:47	0:51:33	0:51:40	1:05:13			3:41:15
458	MHK	394	573	Andreas	Broek	75	Stadt Weener gegen Ge	0:52:44	0:50:41	0:52:42	1:05:14			3:41:23
459	MJ	65	599	Hendrik	Rogge	90	SV Bentstreek	0:51:20	0:50:10	0:54:10	1:05:48			3:41:29
460	MJ	66	1165	Lukas	Zager	94	HTG Ihlow	0:52:41	0:48:10	0:55:01	1:05:36			3:41:30
461	MJ	67	1233	Olaf	Frerichs	94	HRS Westerholt	0:56:43	0:49:26	0:51:44	1:03:38			3:41:32
462	MHK	395	143	Christian	Arens	81	TSV Riepe	0:52:47	0:51:10	0:52:28	1:05:10			3:41:35
463	MHK	396	836	Detlef	Sebens	75	Weener Plastik AG	0:54:16	0:51:30	0:51:29	1:04:21			3:41:38
464	MHK	397	353	Josef	Baalmann	61	LT TuS Aurich-Ost	0:51:48	0:51:26	0:52:05	1:06:24			3:41:43
465	MHK	398	403	Hermann	Middendorf	61	Papenburg	0:50:57	0:50:21	0:53:03	1:07:29			3:41:51
466	MJ	68	1308	Arne	Willms	92	Realschule Esens	0:55:30	0:48:13	0:52:51	1:05:18			3:41:53
467	MHK	399	597	Bernd	Kruse	67	SV Stikelkamp	0:52:57	0:50:06	0:52:43	1:06:07			3:41:54
468	MHK	400	1367	Heiner	Saathoff	80	ELV Elektronik AG	0:52:19	0:51:12	0:52:21	1:06:04			3:41:57
469	MHK	401	216	Florian	Krohs	78	OFFIS	0:53:02	0:51:21	0:50:54	1:06:48			3:42:07
470	MHK	402	502	Egbert	de Groot	82	Team ENERCON	0:52:41	0:50:30	0:53:40	1:05:19			3:42:10
471	MHK	403	356	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	0:51:31	0:50:57	0:53:18	1:06:29			3:42:17
472	MHK	404	556	Sebastian	Heibült	75	Akkasakka Ostfriesl	0:51:32	0:50:32	0:53:13	1:07:06			3:42:24
473	MJ	69	1336	Jochen	Feeken	90	TV Norden	0:52:30	0:50:43	0:52:08	1:07:04			3:42:25
474	MHK	405	1207	Thomas	Grimm	61	VFFL Berumbur	0:51:04	0:50:10	0:54:05	1:07:10			3:42:30
475	MHK	406	700	Johann	Harms	57	LT TuS Aurich-Ost	0:51:46	0:50:12	0:53:35	1:06:58			3:42:32
476	MJ	70	701	Okko	Harms	94	Gymnasium Ulricianum /	0:51:45	0:50:13	0:53:35	1:06:58			3:42:33
477	MJ	71	1108	Tido	Willms	94	LG Harlingerland	0:49:40	0:49:45	0:57:17	1:05:50			3:42:34
478	MHK	407	649	Thomas	Schaffrath	66	Nordland Papier	0:52:32	0:49:48	0:52:32	1:07:42			3:42:36
479	MHK	408	1081	Andreas	Kerker	66	Heimatblatt	0:51:08	0:51:17	0:53:21	1:06:52			3:42:39
480	MHK	409	421	Reiner	Schoon	64	LG GroBefehn	0:50:54	0:50:39	0:53:53	1:07:13			3:42:41
481	MHK	410	402	Thorsten	Gastmann	81	Team ENERCON	0:53:06	0:50:45	0:52:47	1:06:08			3:42:47
482	MHK	411	346	Lars	Wollenstein	74	obw Emden	0:52:14	0:50:50	0:53:02	1:06:41			3:42:48
483	MJ	72	761	Johann	Niklaus	90	NIGE	0:52:17	0:49:50	0:52:29	1:08:12			3:42:49
484	MHK	412	370	Ingo	Janßen	67	Fun-Loopers	0:51:26	0:51:07	0:53:20	1:07:08			3:43:01
485	MHK	413	354	Volker	Rieken	67	Kurverein Neuharlingers	0:52:48	0:50:42	0:52:27	1:07:03			3:43:02
486	MHK	414	404	Siegfried	Tannen	56	Wittmund	0:51:38	0:51:30	0:53:14	1:06:40			3:43:03
487	MHK	415	426	Stephan	Weers	74	Sparkasse LeerWittmun	0:51:31	0:50:22	0:53:12	1:08:01			3:43:07
488	MHK	416	1074	Eckhard	Schröder	60	Heimatblatt	0:52:03	0:50:58	0:53:28	1:06:52			3:43:22
489	MHK	417	1362	Johann	Grüßing	58	LG Uplengen	0:52:05	0:51:28	0:53:13	1:06:36			3:43:23
490	MHK	418	215	Guido	Kammler	65	Polizei Oldenburg	0:52:34	0:49:25	0:54:54	1:06:31			3:43:26
491	MJ	73	570	Pascal	Immen	90	NIGE	0:53:55	0:49:35	0:52:29	1:07:26			3:43:26
492	MHK	419	436	Uwe	Heyen	60	LG GroBefehn	0:51:38	0:50:50	0:53:06	1:07:58			3:43:33
493	MJ	74	1261	Janek	Freudenber	96	Ulricianum Aurich	0:53:31	0:50:07	0:52:49	1:07:07			3:43:35
494	MHK	420	230	Frank	Ziegler	67	TEAM DEUTSCHE POS	0:51:29	0:50:52	0:53:40	1:07:34			3:43:36
495	MHK	421	144	Peter	Osterkamp	68	Pso. GmbH, Wittmund	0:53:03	0:50:30	0:53:16	1:06:49			3:43:40

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
496	MHK	422	397	Hartmut	Krzatala	68	Emden	0:52:24	0:51:11	0:53:50	1:06:15			3:43:41
497	MHK	423	520	Helmut	Bruns	51	TuS Eintracht Hinte	0:51:51	0:52:05	0:53:06	1:06:44			3:43:47
498	MHK	424	1127	Daniel	Fischer	80	Briese Schifffahrt	0:52:59	0:54:39	0:51:34	1:04:34			3:43:48
499	MJ	75	527	Nikolai	Vossen	91	NIGE	0:54:23	0:50:15	0:53:26	1:05:44			3:43:50
500	MHK	425	287	Hartmut	Penning	51	DRK Ortsverein Holtla	0:53:08	0:51:19	0:52:34	1:06:54			3:43:56
501	MHK	426	1376	Wilhelm	Eujen	68	Strackholt	0:53:17	0:50:52	0:52:34	1:07:18			3:44:02
502	MHK	427	1147	Jürgen	Kleemann	72	VFB Rajen Lauftreff	0:53:56	0:51:42	0:52:45	1:05:39			3:44:04
503	MHK	428	774	Andreas	Klene	76	Team ENERCON	0:54:15	0:50:26	0:52:48	1:06:37			3:44:07
504	MHK	429	131	Andrej	Veenhuis	85	Team LIMIT	0:47:31	0:46:37	0:51:48	1:18:14			3:44:11
505	MHK	430	458	Frank	Leeling	68	Emder LG	0:53:01	0:51:00	0:53:52	1:06:24			3:44:19
506	MHK	431	412	Rainer	Finken	58	Lauftreff SV Ofenerdiek	0:52:30	0:50:07	0:52:40	1:09:03			3:44:20
507	MHK	432	1284	Wichert	Brüsehoff	66	TV Oldersum	0:51:57	0:51:35	0:53:50	1:06:59			3:44:23
508	MHK	433	1124	Fritz	Drost	43	MTV Wittmund	0:52:50	0:50:43	0:53:03	1:07:51			3:44:28
509	MHK	434	387	Christian	Heibült	40	SV Holtland	0:51:56	0:51:42	0:53:37	1:07:15			3:44:30
510	MHK	435	1116	Freerk-H.	Hoek	56	TUS Wieder	0:52:57	0:51:13	0:54:07	1:06:15			3:44:33
511	MHK	436	415	Timo	Ubben	88	ubben-haus Laufteam	0:52:54	0:51:39	0:52:57	1:07:07			3:44:38
512	MHK	437	605	Dieter	Leemhuis	87	ELV Elektronik AG	0:51:35	0:50:50	0:53:59	1:08:15			3:44:40
513	MHK	438	413	Diedrich	Rogge	66	SV Bentstreek	0:52:05	0:51:14	0:53:57	1:07:33			3:44:51
514	MHK	439	526	Ludger	Schulze-Ost	68	STV Barßel	0:52:45	0:50:50	0:54:21	1:07:04			3:45:00
515	MHK	440	1353	Torsten	Alfers	73	LG Dachsweg Heerens	0:51:07	0:49:45	0:56:52	1:07:17			3:45:02
516	MHK	441	289	Alfred	Tjarks	59	EWE Wattloopers	0:52:00	0:51:48	0:53:43	1:07:30			3:45:03
517	MHK	442	1327	Hans-Herm	Brink	67	FC Frisia Völlenerkönigsf	0:51:06	0:49:45	0:56:53	1:07:18			3:45:03
518	MHK	443	600	Wilhelm	Müller	50	Emder LG	0:51:51	0:51:03	0:54:41	1:07:27			3:45:04
519	MHK	444	1150	Helmut	Kohle	53	TuS Eintracht Hinte	0:52:04	0:52:05	0:53:19	1:07:38			3:45:07
520	MHK	445	1120	Achim	Seidler	73	Nordwest-Blumen Wies	0:51:45	0:50:51	0:53:57	1:08:36			3:45:10
521	MHK	446	284	Eibo	Eiben	43	LT Schafhauser Wald	0:56:08	0:50:23	0:53:38	1:05:09			3:45:19
522	MHK	447	333	Michael	Daniel	59	Emder LG	1:00:39	0:49:22	0:50:53	1:04:34			3:45:29
523	MHK	448	606	Friedrich-Ka	Pennig	48	TGG Leer	0:52:21	0:52:20	0:53:38	1:07:14			3:45:34
524	MHK	449	393	Rainer	Broß	69	SV Ems Jemgum	0:52:40	0:52:15	0:53:35	1:07:03			3:45:34
525	MHK	450	481	Martin	Hagenbruch	58	Norden	0:52:18	0:51:40	0:54:11	1:07:26			3:45:36
526	MHK	451	525	Oskar	de Bühr	51	Schule am Patersweg I	0:52:59	0:51:34	0:53:22	1:07:41			3:45:37
527	MHK	452	423	Heiko	Ackmann	66	LG Ostfriesland	0:49:13	0:49:30	0:51:25	1:15:28			3:45:38
528	MHK	453	347	Friso	Alberts-Tam	72	Fortuna Wirdum	0:50:50	0:52:15	0:53:45	1:08:49			3:45:40
529	MHK	454	643	Thomas	Bolte	65	EWE Wattloopers	0:53:07	0:51:55	0:53:11	1:07:33			3:45:48
530	MHK	455	798	Stefan	Ulbrich	86	Bünting Tee	0:53:40	0:49:37	0:53:05	1:09:28			3:45:52
531	MHK	456	463	Rolf-Dieter	Vennen	62	EWE-Wattloopers	0:52:54	0:51:24	0:53:53	1:07:43			3:45:56
532	MJ	76	584	Jens	Saathoff	93	Werdum	0:51:31	0:51:00	0:54:11	1:09:14			3:45:58
533	MHK	457	567	Reinhard	Oltmanns	64	Moormerland	0:53:17	0:51:16	0:53:46	1:07:44			3:46:04
534	MHK	458	125	Johann	Lammers	63	SV Holtland	1:04:59	0:48:05	0:50:41	1:02:18			3:46:04
535	MHK	459	350	Günther	Fischer	52	LG Großefehn	0:52:32	0:52:04	0:54:19	1:07:09			3:46:05
536	MHK	460	408	Christian	Bauch	69	Heimatblatt	0:51:17	0:51:00	0:53:45	1:10:04			3:46:07
537	MHK	461	644	Nils	Friedrichs	70	Aurich	0:52:39	0:51:52	0:53:07	1:08:28			3:46:08
538	MHK	462	251	Michael	Ahrendt	70	Watt'n Looper SV Dornu	0:47:40	0:46:00	1:09:41	1:02:49			3:46:11
539	MHK	463	1355	Heye	Willems	53	DEVK-Versicherung	0:51:24	0:51:04	0:53:28	1:10:23			3:46:20
540	MHK	464	468	Andreas	Barth	75	Crocodiles Ihlow	0:53:44	0:51:24	0:52:28	1:08:43			3:46:20
541	MHK	465	486	Mario	Lauterbach	74	KUH'S BEST-Team	0:53:51	0:51:18	0:54:36	1:06:38			3:46:25
542	MHK	466	574	Benno	Renken	66	Stadt Weener gegen Gev	0:53:01	0:51:44	0:53:45	1:07:55			3:46:26
543	MJ	77	1217	Martin	Tannen	90	Team ENERCON	0:54:00	0:51:56	0:54:56	1:05:33			3:46:27
544	MHK	467	433	Andreas	Eichner	64	Polizeiinspektion WHV-F	0:51:08	0:51:49	0:54:31	1:08:57			3:46:27
545	MHK	468	453	Kai	Tammen	63	Briese Schifffahrt	0:52:36	0:51:54	0:54:26	1:07:32			3:46:30
546	MHK	469	480	Andreas	Schneider	61	Aurich	0:48:47	0:48:22	1:00:08	1:09:19			3:46:38
547	MHK	470	540	Jörg	Puschke	70	LT TuS Aurich-Ost	0:52:56	0:51:59	0:53:41	1:08:04			3:46:41
548	MHK	471	1103	Sören	Jakobs	88	Crocodiles Ihlow	0:52:48	0:51:24	0:55:17	1:07:12			3:46:41
549	MHK	472	378	Frank	Zacherl	65	keinen	0:53:16	0:51:13	0:53:31	1:08:43			3:46:46
550	MHK	473	175	Holger	Kleene	71	obw Emden	0:52:37	0:48:04	1:04:13	1:01:53			3:46:49

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15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
551	MHK	474	157	Udo	Reimers	71	Bünting Tee	0:53:35	0:52:57	0:53:36	1:06:42			3:46:52
552	MHK	475	418	Uwe	Lüdtke	65	RVB Aurich/Uplengen	0:53:11	0:51:37	0:54:52	1:07:13			3:46:55
553	MHK	476	325	Tim	Schlichter	87	Hartmann Group	0:53:08	0:52:52	0:54:36	1:06:21			3:46:59
554	MHK	477	1194	Jörn	Sievers	65	Sportschule TAO	0:54:14	0:51:52	0:54:15	1:06:43			3:47:05
555	MHK	478	447	Dieter	Dirks	65	SV Ochtersum	0:52:21	0:52:10	0:53:47	1:08:46			3:47:05
556	MHK	479	547	Uwe	Bock	61	LT TuS Aurich-Ost	0:52:46	0:51:49	0:54:09	1:08:22			3:47:07
557	MHK	480	432	Gerald	Kuehn	67	Westerende	0:53:37	0:51:43	0:54:00	1:07:49			3:47:11
558	MHK	481	467	Michael	Goldenstein	70	BV Victorbur	0:53:36	0:51:46	0:54:10	1:07:39			3:47:13
559	MHK	482	381	Günther	Schoon	50	Wiesmoor	0:52:53	0:51:53	0:54:11	1:08:25			3:47:24
560	MHK	483	724	Bernd	Schindler	68	TV Oldersum	0:53:15	0:51:23	0:54:16	1:08:29			3:47:25
561	MHK	484	1126	Wolfgang	Harms	77	Ihlower Loopers	0:48:11	0:47:16	0:50:16	1:21:53			3:47:37
562	MHK	485	1107	Erhard	Wagener	72	de Heizungsloopers	0:54:11	0:53:10	0:53:51	1:06:24			3:47:37
563	MHK	486	1364	Folkmar	Sinnen	66	Moormerland	0:53:34	0:52:16	0:53:56	1:07:50			3:47:37
564	MHK	487	1263	Andreas	Voßkuhl	75	Viktoria Flachsmeer	0:54:31	0:53:01	0:53:02	1:07:09			3:47:43
565	MHK	488	440	Stefan	Buchta	68	Emden	0:52:23	0:51:52	0:54:12	1:09:21			3:47:49
566	MHK	489	769	Andreas	Netthöfel	69	Rettungsdienst Leer	0:53:56	0:51:08	0:53:43	1:09:06			3:47:54
567	MHK	490	405	Richard	Wagner	58	Kanalratten LT Team Ih	0:52:26	0:52:22	0:54:20	1:08:47			3:47:56
568	MHK	491	913	Fred	Lüttich	65	TEAM DEUTSCHE POS	0:52:45	0:51:57	0:53:54	1:09:23			3:48:01
569	MHK	492	500	Helmut	Cramer	60	Stadtwerke Norden	0:54:05	0:52:12	0:54:01	1:07:50			3:48:09
570	MHK	493	429	Jürgen	Otto	64	VFFL Berumbur	0:53:14	0:51:55	0:53:59	1:09:01			3:48:09
571	MHK	494	1212	Hans-Wilhel	Sleur	43	Fortuna Logabirum	0:52:23	0:51:32	0:54:28	1:09:47			3:48:11
572	MHK	495	1117	Günther	Schmidt	59	LG Uplengen	0:53:03	0:51:56	0:54:06	1:09:07			3:48:13
573	MJ	78	744	Eike	Vienna	94	HRS Westerholt	0:54:07	0:52:05	0:53:04	1:09:01			3:48:18
574	MHK	496	1294	Remigius	Altenberg	78	Schwarz-Weiß Oldenbur	0:51:58	0:50:15	0:55:17	1:10:53			3:48:25
575	MHK	497	729	Ingo	Grenseman	89	Großheide	0:54:06	0:52:26	0:54:22	1:07:30			3:48:26
576	MHK	498	493	Heeschen	Wolfgang	71		0:52:57	0:51:21	0:54:44	1:09:25			3:48:28
577	MHK	499	1400	Reenard	Lindena	49	BV Canhusen	0:52:26	0:52:15	0:54:33	1:09:12			3:48:28
578	MHK	500	1096	Jens	Pagel	63	LG Uplengen	0:52:28	0:52:48	0:54:05	1:09:07			3:48:31
579	MHK	501	496	Axel	Klompoges	61	Auricher Taxen Zentrale	0:53:02	0:52:21	0:54:35	1:08:35			3:48:36
580	MHK	502	877	Enno	Fänders	66	Leinerstift e.V.	0:55:39	0:51:39	0:54:14	1:07:06			3:48:39
581	MHK	503	301	Fokke	Baumann	50	Stadtwerke Norden	0:54:40	0:52:11	0:54:01	1:07:50			3:48:44
582	MHK	504	288	Thorsten	Feikes	69	EWE Wattloopers	0:53:00	0:52:24	0:54:18	1:09:08			3:48:51
583	MHK	505	834	Jörg	Daro	62	EWE Wattloopers	0:52:54	0:53:05	0:54:25	1:08:28			3:48:53
584	MHK	506	730	Axel	Möhlmann	80	Team ENERCON	0:54:57	0:51:34	0:54:40	1:07:42			3:48:54
585	MHK	507	1045	Adolf	Meyer	58	TV Norden	0:53:37	0:52:57	0:54:13	1:08:10			3:48:58
586	MHK	508	1272	Wolfgang	Sattler	47	Fortuna Logabirum	0:53:24	0:52:00	0:54:22	1:09:14			3:49:01
587	MHK	509	452	Jürgen	Junker	71	Moormerland	0:53:38	0:52:57	0:54:13	1:08:14			3:49:02
588	MHK	510	364	Ewald	Kalkwarf	64	Pewsumer Ossilooper	0:52:12	0:50:16	0:53:40	1:12:57			3:49:08
589	MHK	511	638	Holger	Schwengels	74	EWE Wattloopers	0:53:39	0:51:54	0:54:19	1:09:20			3:49:13
590	MHK	512	1221	Johannes	Best	57	Aurich-Plaggenburg	0:53:23	0:51:44	0:55:30	1:08:38			3:49:16
591	MJ	79	1249	Malte	Holl	93	SV Potshausen	0:52:34	0:50:54	0:57:39	1:08:13			3:49:21
592	MHK	513	518	Thomas	Meyer zu B	70	Heimatblatt	0:53:32	0:52:07	0:55:16	1:08:46			3:49:42
593	MHK	514	376	Helmut	Fischer	64	Störtebeker Loopers TV	0:52:47	0:52:27	0:54:53	1:09:48			3:49:56
594	MHK	515	449	Coob	Buß	61	SV Eintracht Ihlow	0:50:47	0:49:25	0:52:20	1:17:23			3:49:57
595	MHK	516	1033	Holger	Janßen	68	SV Brinkum	0:54:34	0:52:05	0:54:19	1:08:57			3:49:57
596	MHK	517	425	Werner	Vehnekamp	58	Team Möbel Buss	0:54:06	0:53:23	0:54:01	1:08:28			3:49:59
597	MHK	518	921	Marco	Lotz	76	SV Stern Schwerinsdorf	0:53:09	0:52:32	0:54:00	1:10:17			3:49:59
598	MHK	519	392	Heinz	Brink	53	Teutonia Stapelmoor	0:52:31	0:52:07	0:55:33	1:09:50			3:50:02
599	MHK	520	853	Georg	Hesselbroc	63	Nordland Papier	0:52:05	0:50:54	0:56:10	1:10:59			3:50:09
600	MHK	521	1114	Ralf	Mühlenbroc	67	Team ENERCON	0:52:04	0:52:35	0:54:59	1:10:35			3:50:16
601	MHK	522	446	Enno	Klinkenborg	49	TV Norden	0:53:22	0:52:57	0:54:49	1:09:07			3:50:17
602	MHK	523	1330	Dieter	Heyen	67	Ochtersum	0:55:55	0:52:38	0:53:37	1:08:11			3:50:22
603	MHK	524	1203	Jörg	Schmeding	66	Druckerei Meyer, Aurich	0:50:06	1:04:30	0:50:46	1:05:04			3:50:26
604	MJ	80	1393	Heiko	Freese	90	Ochtersum	0:54:18	0:53:17	0:55:05	1:07:48			3:50:29
605	MHK	525	260	Stefan	Müller	61	Schleuse Leysiel	0:50:19	0:54:42	0:57:52	1:07:35			3:50:30

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
606	MHK	526	1130	Johann	Goudschaal	64	Christuskirchengemeind	0:53:31	0:52:41	0:55:06	1:09:13			3:50:33
607	MHK	527	1289	Mathias	Moser	80	Team ENERCON	0:54:21	0:51:30	0:53:56	1:10:46			3:50:34
608	MJ	81	338	Wilko	Herten	92	Gymnasium Westerste	0:50:59	0:48:36	0:50:54	1:20:15			3:50:45
609	MHK	528	725	Detlef	Meyer	59	FC Oldersum	0:53:37	0:52:54	0:55:42	1:08:42			3:50:57
610	MHK	529	539	Jan	Busch	48	SV Hollland	0:50:56	0:51:00	0:56:09	1:12:55			3:51:01
611	MJ	82	303	Jann	Basse	97	Gymnasium Ulricianum /	0:55:45	0:50:56	0:54:49	1:09:31			3:51:02
612	MHK	530	129	Michael	Hook	66	Watt'n Looper SV Dornu	0:54:55	0:52:49	0:54:39	1:08:37			3:51:02
613	MHK	531	1206	Siegfried	Waczakows	56	Team ENERCON	0:54:30	0:53:37	0:54:30	1:08:26			3:51:05
614	MHK	532	552	Jens	Hüttinga	68	Wymeer	0:53:54	0:53:13	0:55:28	1:08:35			3:51:11
615	MHK	533	543	Peter	Anscheit	65	Rettungsdienst Leer	0:54:51	0:52:53	0:53:53	1:09:33			3:51:11
616	MJ	83	1265	Jonas	Buja	92	SV Hollland	0:53:54	0:51:14	0:56:30	1:09:36			3:51:14
617	MJ	84	1394	Tjark	Flügge	96	VfL Germania Leer	0:50:58	0:49:30	0:58:40	1:12:07			3:51:16
618	MHK	534	797	Jens	Bachmann	86	Bünting Tee	0:53:22	0:49:39	0:51:23	1:16:56			3:51:22
619	MHK	535	682	Harald	Trauernicht	69	praxisfuernaturheilkunde	0:53:18	0:52:46	0:55:29	1:09:50			3:51:25
620	MHK	536	559	Bernd	Janssen	65	Emder LG	0:53:36	0:51:52	0:55:48	1:10:13			3:51:31
621	MHK	537	460	Bernd	Schmidtke	59	Wi sünd Holtriem	0:53:11	0:52:56	0:55:28	1:09:55			3:51:31
622	MHK	538	546	Heinz-Fried	Schüler	56	MTV Wittmund	0:53:35	0:52:46	0:55:27	1:09:48			3:51:37
623	MHK	539	1036	Gabriel	Fabbi	68	Team Möbel Buss	0:54:39	0:53:13	0:54:31	1:09:17			3:51:42
624	MHK	540	359	Torsten	Welling	64	MTV Wittmund	0:54:31	0:52:42	0:55:29	1:08:59			3:51:42
625	MHK	541	1321	Detlef	Folkerts	61	Großefehn	0:54:08	0:52:18	0:54:23	1:10:55			3:51:45
626	MHK	542	548	Günter	Janssen	43	MTV Aurich Tria	0:54:13	0:53:03	0:54:48	1:09:40			3:51:46
627	MHK	543	442	Rainer	Müller	42	TV Friedeburg	0:53:55	0:53:08	0:55:17	1:09:31			3:51:52
628	MHK	544	388	Thomas	Weingart	62	LG Ostfriesland	0:54:46	0:52:15	0:54:35	1:10:15			3:51:53
629	MHK	545	969	Wolfgang	Behrens	69	ELV Elektronik AG	0:54:59	0:54:09	0:54:33	1:08:12			3:51:55
630	MHK	546	1225	Arno	Goudschaal	80	Weener Plastik AG	0:56:16	0:53:12	0:54:15	1:08:13			3:51:58
631	MHK	547	596	Martin	Müller	66	Crocodiles Ihlow	0:52:08	0:51:15	0:52:13	1:16:21			3:51:59
632	MHK	548	557	Wilfried	Foorden	64	TG Wiesmoor	0:54:37	0:51:50	0:55:03	1:10:30			3:52:02
633	MHK	549	590	Derk	Thiems	71	EWE-Wattloopers	0:53:37	0:51:56	0:54:21	1:12:09			3:52:05
634	MHK	550	583	Christian	Hansen	62	MTV Aurich	0:53:15	0:51:08	0:54:12	1:13:32			3:52:08
635	MHK	551	473	Peter	Reisige	71	Nordland Papier	0:52:44	0:51:33	0:55:33	1:12:21			3:52:11
636	MHK	552	672	Frank	Rüthemann	61	Bünting Tee	0:53:12	0:53:10	0:55:54	1:09:56			3:52:13
637	MHK	553	1155	Sven	Bergmann	83	SV Georgsheil	0:54:39	0:52:43	0:55:19	1:09:42			3:52:25
638	MHK	554	534	Armin	Beening	67	Backemoor	0:55:49	0:53:01	0:54:56	1:08:40			3:52:27
639	MHK	555	312	Gerhard	Janssen	62	JVA Emden	0:54:45	0:52:20	0:56:04	1:09:19			3:52:29
640	MJ	85	660	Jann-Jeffre	Aukes	92	LG Großefehn	0:56:17	0:53:31	0:52:45	1:09:59			3:52:33
641	MHK	556	1058	Achim	Gerdas	52	Lions-Club Uplengen	0:54:56	0:53:03	0:55:00	1:09:33			3:52:33
642	MHK	557	533	Lars	Logemann	75	BZN, Aurich	0:54:26	0:54:01	0:55:40	1:08:26			3:52:35
643	MHK	558	925	Jan-Hendrik	Deitenbach	76	Leer	0:54:58	0:51:58	0:54:41	1:10:57			3:52:35
644	MJ	86	830	Sebastian	Niggemeier	90	NIGE	0:56:04	0:51:48	0:54:48	1:09:54			3:52:35
645	MHK	559	652	Reinhold	Daniels	57	LT TuS Aurich-Ost	0:54:27	0:52:39	0:55:55	1:09:34			3:52:36
646	MHK	560	1132	Michael	Glinkowski	69	JVA Emden	0:54:46	0:53:01	0:54:47	1:10:08			3:52:43
647	MHK	561	1069	Rudi	Brasch	61	Angeln-Ostfriesland.de	0:54:57	0:52:28	0:55:40	1:09:40			3:52:46
648	MHK	562	291	Andreas	Dirks	64	Störtebeker Loopers TV	0:53:45	0:53:11	0:56:02	1:09:48			3:52:47
649	MHK	563	1136	Arend	Duis	57	Lions Club Uplengen	0:54:57	0:52:28	0:55:48	1:09:36			3:52:50
650	MHK	564	478	Frank	Fengkohl	60	Fortuna Wirdum	0:54:49	0:53:24	0:55:16	1:09:19			3:52:50
651	MHK	565	625	Jens	Iken	69	Blersum	0:55:06	0:52:47	0:55:05	1:10:03			3:53:04
652	MHK	566	911	Hartmut	Decker	62	TEAM DEUTSCHE POS	0:54:56	0:52:44	0:55:19	1:10:14			3:53:15
653	MJ	87	1390	Moritz	Dirks	96	Fortuna Logabirum	0:49:55	0:53:05	0:52:37	1:17:44			3:53:23
654	MHK	567	461	Tim	Pretl	78	Wi sünd Holtriem	0:54:32	0:52:51	0:56:17	1:09:42			3:53:24
655	MHK	568	569	Rolf	Popp	59	Emden	0:55:01	0:52:39	0:55:15	1:10:30			3:53:27
656	MHK	569	1144	Rudolf	Buse	67	Moormerland	0:54:23	0:53:31	0:55:00	1:10:32			3:53:27
657	MHK	570	275	Wilfried	Willms	61	KBV Langefeld	0:55:28	0:52:25	0:55:45	1:09:49			3:53:28
658	MJ	88	1236	Keno	Ackmann	92	Gymnasium Ulricianum /	0:53:15	0:52:32	0:55:33	1:12:07			3:53:29
659	MHK	571	512	Detlef	Wallenstein	73	Borromäus-Hospital	0:55:18	0:54:34	0:55:16	1:08:22			3:53:32
660	MHK	572	1061	Menno	Schmidt	64	Weener Plastik AG	0:52:08	0:54:08	0:55:59	1:11:25			3:53:41

# 28. Ostfriesland Lauf 2009

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### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
661	MHK	573	609	Helmut	Ruh	51	TC Wittmund	0:53:55	0:53:46	0:55:48	1:10:20			3:53:51
662	MHK	574	471	Lothar	Geiken	61	Nordland Papier	0:54:55	0:52:58	0:55:36	1:10:21			3:53:52
663	MHK	575	537	Joachim	Ludwigs	69		0:54:38	0:54:00	0:54:59	1:10:14			3:53:53
664	MHK	576	498	Christian	Vredenburg	76	Leer	0:52:30	0:50:17	0:52:20	1:18:54			3:54:02
665	MHK	577	777	Rainer	Hoek	78	SuS Steenfelde	0:54:52	0:53:08	0:56:12	1:09:52			3:54:05
666	MHK	578	1352	Manuel	Saathoff	80	Westersander	0:57:47	0:52:00	0:54:06	1:10:15			3:54:09
667	MJ	89	768	Keno	Janßen	90	NIGE	0:56:59	0:52:20	0:54:40	1:10:15			3:54:16
668	MHK	579	1125	Gerhard	Oltmanns	64	EC Hollen	0:55:14	0:53:58	0:55:28	1:09:39			3:54:20
669	MJ	90	511	Helge	Kellner	90	Gymnasium Rhaderfe	1:01:19	0:54:41	0:44:34	1:13:50			3:54:25
670	MHK	580	485	Michael	Runden	61	DEKRA	0:55:12	0:52:47	0:55:36	1:10:50			3:54:25
671	MHK	581	874	Werner	Borchert	62	Filsum	0:57:39	0:53:06	0:56:00	1:07:56			3:54:42
672	MHK	582	372	Harald	Hanken	65	Fun-Loopers	0:53:14	0:52:17	0:54:05	1:15:26			3:55:03
673	MHK	583	743	Martin	Janssen	51	TuS Sandhorst/Polizei A	0:54:49	0:53:47	0:55:38	1:10:52			3:55:07
674	MHK	584	495	Matthijs	van Rossu	62	Westoverledingen	0:53:54	0:53:12	0:57:12	1:10:49			3:55:09
675	MHK	585	1171	Uwe	Baumgart	86	Raiffeisenbank eG, Moor	0:55:35	0:53:41	0:57:26	1:08:26			3:55:10
676	MHK	586	1370	Martin	Groenhagen	46	Emden	0:55:10	0:53:55	0:55:47	1:10:19			3:55:12
677	MHK	587	640	Harald	Eilts	64	EWE Wattloopers	0:54:20	0:54:09	0:55:41	1:11:01			3:55:14
678	MHK	588	553	Hans-Günthe	Bruhnken	54	BSG Voba Jever	0:54:45	0:53:32	0:56:16	1:10:44			3:55:18
679	MHK	589	1348	Claus	Becker	49	Leer	0:54:39	0:53:28	0:55:42	1:11:30			3:55:21
680	MHK	590	653	Frerich	Dreesch-Ro	68	TuRa 07 Westrhaderfe	0:55:04	0:53:42	0:55:10	1:11:28			3:55:25
681	MHK	591	340	Peter	Wittenburg	49	obw Emden	0:54:20	0:53:14	0:56:22	1:11:30			3:55:28
682	MHK	592	541	Jakobus	Willms	40	LT TuS Aurich-Ost	0:54:17	0:54:03	0:56:48	1:10:21			3:55:31
683	MHK	593	1109	Jörg	Heine	65	Zeitungsgruppe Ostfrie	0:55:24	0:53:42	0:56:52	1:09:37			3:55:35
684	MHK	594	1191	Heinz-Diete	Seeberg	62	Südbrookmerland	0:53:58	0:53:31	0:57:02	1:11:09			3:55:42
685	MHK	595	1062	Bodo	Brouwer	71	DPI AG	0:54:11	0:54:41	0:56:14	1:10:42			3:55:50
686	MHK	596	577	Stefan	Behrends	71	Nücke	0:54:52	0:54:01	0:56:42	1:10:17			3:55:53
687	MHK	597	360	Harald	Budde	58	TG Wiesmoor	0:54:33	0:54:34	0:55:45	1:11:00			3:55:54
688	MHK	598	1160	Lars	Schönnema	75	BBC Chartering	0:55:50	0:54:06	0:55:56	1:10:01			3:55:55
689	MHK	599	861	Friedhelm	Hillers	63	Leer	0:53:13	0:53:36	0:55:13	1:13:59			3:56:02
690	MHK	600	484	Holger	Steinmetz	70	Emder LG	0:54:34	0:54:12	0:56:21	1:10:53			3:56:03
691	MHK	601	445	Michael	Sommer	82	Emder LG	0:55:31	0:52:55	0:55:25	1:12:13			3:56:06
692	MHK	602	554	Alexander	Klein	69	HRS Westerholt	0:55:14	0:54:02	0:55:56	1:11:00			3:56:14
693	MHK	603	1038	Wolfgang	König	54	NIGE	0:53:15	0:52:17	0:58:35	1:12:15			3:56:22
694	MHK	604	550	Rainer	Rulfs	60	SV Eintracht Ihlow e.V.	0:54:33	0:54:25	0:56:20	1:11:14			3:56:34
695	MHK	605	1173	Frank	Gerdes	82	Ostgroßefehn	0:55:30	0:52:58	0:54:47	1:13:24			3:56:40
696	MHK	606	532	Hermann	Hildebrand	59	Polizei Aurich	0:56:32	0:54:36	0:54:21	1:11:13			3:56:44
697	MHK	607	483	Manfred	Schulz	57	TuRa 07 Westrhaderfe	0:56:22	0:54:58	0:55:17	1:10:09			3:56:48
698	MHK	608	1091	Udo	Fleßner	67	MTV Aurich	0:54:24	0:54:23	0:56:52	1:11:07			3:56:48
699	MJ	91	918	Dustin	Brandt	93	Gymnasium Rhaderfe	0:56:55	0:54:19	0:54:23	1:11:16			3:56:53
700	MHK	609	571	Rudolf	Puls	58	Fun-Loopers	0:55:30	0:53:57	0:55:58	1:11:31			3:56:57
701	MHK	610	580	Sascha	Stolorz	77	Oldenburg	0:56:15	0:53:07	0:56:43	1:10:57			3:57:02
702	MHK	611	628	Torsten	Blank	77	-Selverde-	0:56:30	0:54:57	0:56:46	1:08:50			3:57:05
703	MHK	612	684	Michael	Gorzawski	61	TV Norden	0:54:57	0:54:18	0:56:40	1:11:13			3:57:10
704	MHK	613	489	Wilfried	Wilken	50	Hottland	0:55:13	0:54:17	0:57:07	1:10:34			3:57:13
705	MJ	92	623	Kjell	Wollmann	94	Gymnasium Ulricianum f	0:56:01	0:55:00	0:57:41	1:08:33			3:57:16
706	MHK	614	608	Uwe	Schwarz	63	Fun-Loopers	0:55:39	0:53:55	0:55:57	1:11:48			3:57:21
707	MHK	615	1235	Christiano	Vollbrecht	87	Löwenzahn	0:57:07	0:55:18	0:56:10	1:08:49			3:57:26
708	MHK	616	1063	Karl-Heinz	Nowinski	67	Team ENERCON	0:55:07	0:54:12	0:56:28	1:11:47			3:57:35
709	MHK	617	1230	Robert	Neumann	82	4./ObjSRgt Lw	0:56:25	0:53:00	0:56:10	1:11:59			3:57:35
710	MHK	618	1223	Wulf	Graef	48	Rhaderfehn	0:54:16	0:53:30	0:56:44	1:13:06			3:57:36
711	MHK	619	391	Thomas	Schmitz	80	LP KT	0:52:22	1:02:50	0:54:20	1:08:04			3:57:38
712	MHK	620	544	Volker	Rasner	60	MTV Wittmund	0:54:54	0:53:40	0:57:26	1:11:43			3:57:45
713	MHK	621	1208	Werner	Stahnke	56	Finanzamt Aurich	0:55:11	0:54:04	0:56:24	1:12:11			3:57:51
714	MHK	622	1110	Steffen	Gerbers	86	Raiffeisenbank eG, Moor	0:56:43	0:53:46	0:57:41	1:10:05			3:58:17
715	MJ	93	1305	Hendrik	Harling	93	Realschule Esens	0:55:20	0:51:10	0:58:51	1:12:56			3:58:18

# 28. Ostfriesland Lauf 2009

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15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
716	MHK	623	1154	Gerhard	Rother	75	Raiffeisenbank eG, Moor	0:56:06	0:55:15	0:55:47	1:11:17			3:58:25
717	MHK	624	1209	Daniel	Schuirmann	64	LT TuS Aurich-Ost	0:52:00	0:50:55	0:56:04	1:19:24			3:58:26
718	MHK	625	416	Helmut	Tjards	64	LT TuS Aurich-Ost	0:58:40	0:54:23	0:56:07	1:09:18			3:58:30
719	MHK	626	517	Stephan	Dänekas	70	Schnapsidee	0:55:38	0:54:39	0:57:27	1:10:50			3:58:36
720	MHK	627	531	Herbert	Kanthak	61	obw Emden	0:57:06	0:53:37	0:57:21	1:10:39			3:58:45
721	MHK	628	610	Norbert	Block	77	BW Ramsloh	0:56:01	0:53:03	0:57:02	1:12:45			3:58:51
722	MJ	94	1354	Martin	Post	92	Großefehn	0:56:50	0:53:58	0:54:54	1:13:08			3:58:52
723	MHK	629	934	Jörg	Klüver	70	ENOVA Marketing+Ver	0:56:09	0:53:07	0:52:07	1:17:29			3:58:54
724	MHK	630	466	Oswald	Tinnemeyer	52	LT TuRa 07 Westraude	0:56:35	0:53:55	0:56:25	1:11:58			3:58:54
725	MHK	631	896	Jens	Müller	77	Hartmann Group	0:56:39	0:54:01	0:56:57	1:11:22			3:59:00
726	MHK	632	1246	Dietmar	Sich	69	VfB Münkeboe	0:55:57	0:53:17	0:57:21	1:12:27			3:59:04
727	MHK	633	519	Hinrich	Uphoff	50	TC Aurich-West	0:55:31	0:53:00	0:56:34	1:14:12			3:59:19
728	MHK	634	373	Holger	Heyrmann	70	Eden, Jans, Fischer Par	0:57:05	0:55:30	0:56:45	1:10:01			3:59:22
729	MHK	635	371	Ewald	Schröder	64	LT TuS Aurich-Ost	0:55:03	0:53:31	0:57:23	1:13:27			3:59:25
730	MHK	636	665	Christian	Wowrek	55	TEAM DEUTSCHE POS	0:55:49	0:54:20	0:56:18	1:13:02			3:59:31
731	MHK	637	1112	Berni	Habben	60	Wybelsum	0:53:54	0:57:05	0:57:56	1:10:44			3:59:41
732	MHK	638	455	Matthias	Rudolph	69	MTV Jever	0:56:19	0:54:32	0:54:57	1:13:58			3:59:48
733	MHK	639	1287	Johannes	Ackermann	54	Stiekelkamperfehn	0:51:18	0:49:15	0:54:29	1:24:49			3:59:52
734	MHK	640	616	Henning	Hülshof	65	TuRa 07 Westrauderfe	0:55:57	0:53:50	0:56:44	1:13:21			3:59:53
735	MHK	641	563	Heinrich	Willems	59	Berumbur	0:57:15	0:55:29	0:56:07	1:11:02			3:59:55
736	MHK	642	1227	Temmo	Dreesmann	61	VG Veenhusen/Warsin	0:54:30	0:53:35	0:58:37	1:13:15			3:59:58
737	MHK	643	555	Gerhold	Wilken	54	Sparkasse LeerWittmun	0:55:22	0:53:16	0:58:06	1:13:15			4:00:00
738	MHK	644	1219	Gerd	Peeken	73	Tus-Esens	0:56:08	0:54:59	0:57:37	1:11:42			4:00:27
739	MHK	645	704	Axel	van der Ber	73	Moormerland	0:56:33	0:55:17	0:57:13	1:11:27			4:00:31
740	MHK	646	666	Erik	Janssen	71	TEAM DEUTSCHE POS	0:56:19	0:54:14	0:57:15	1:12:48			4:00:37
741	MHK	647	482	Stefan	Trännapp	71	VfL Berumbur	0:56:40	0:55:53	0:56:59	1:11:05			4:00:39
742	MHK	648	375	Wilfried	Rosendahl	68	Störtebeker Loopers TV	0:57:44	0:54:58	0:57:05	1:10:58			4:00:46
743	MHK	649	456	Andreas	Heckhoff	64	Borromäus-Hospital Lee	0:56:33	0:55:15	0:57:01	1:11:58			4:00:49
744	MHK	650	705	Bernhard	Herten	59	Neufirrel	0:55:47	0:54:40	0:57:21	1:13:01			4:00:49
745	MHK	651	720	Dietmar	Rudnick	65	Onno Krämer Handelsg	0:55:44	0:55:03	0:57:58	1:12:29			4:01:15
746	MJ	95	588	Oliver	Alberts	95	Gymnasium Ulricianum /	0:58:09	0:55:46	0:57:46	1:09:35			4:01:17
747	MHK	652	299	Matthias	Frikke	79	Fortuna Logabirum	0:55:51	0:51:56	0:53:37	1:20:05			4:01:31
748	MHK	653	602	Enno	Wolckenha	38	TC GW Leer	0:57:21	0:54:25	0:57:31	1:12:17			4:01:36
749	MHK	654	884	Thomas	Feldhoff	68	Leer	0:55:28	0:54:13	0:55:56	1:16:04			4:01:42
750	MHK	655	562	Heiko	Fröhlich	46	SCC Berlin	0:55:45	0:55:13	0:57:05	1:13:49			4:01:54
751	MJ	96	298	Simon	Gather	90	Emden	0:58:41	0:53:45	0:58:46	1:10:47			4:02:01
752	MHK	656	919	Ralf	Pollmann	54	Wittmund	0:58:16	0:54:48	0:56:43	1:12:19			4:02:07
753	MHK	657	1344	Jann	Holthuis	64	Kautex-Textron-Leer	0:57:00	0:55:09	0:56:44	1:13:15			4:02:09
754	MHK	658	820	Manfred	Doejen	73	Wasserschutzpolizei Em	0:57:10	0:54:59	0:57:32	1:12:39			4:02:21
755	MHK	659	650	Karl-Heinz	Steenken	74	Nordland Papier	0:58:24	0:55:19	0:56:46	1:11:54			4:02:24
756	MHK	660	1104	Heiner	Steenhoff	60	TSV Germania Holterf	0:57:26	0:55:40	0:58:08	1:11:09			4:02:25
757	MJ	97	1309	Hauke	Antons	94	Realschule Esens	0:58:25	0:53:11	0:59:26	1:11:33			4:02:36
758	MHK	661	707	Helmut	Falkenberg	65	TV Norden	0:55:37	0:54:20	0:57:47	1:14:54			4:02:39
759	MHK	662	1319	Stephan	Watermeyer	62	Leer	0:58:08	0:53:58	0:55:43	1:14:53			4:02:43
760	MHK	663	680	Ingo	Poppen	82	LT TuS Aurich-Ost	0:58:26	0:56:23	0:55:57	1:12:14			4:03:01
761	MHK	664	1106	Werner	Schröter	43	Hockey-Club	0:56:26	0:55:23	0:58:19	1:12:57			4:03:06
762	MHK	665	692	Hermann	Wilts	46	TV Norden	0:56:24	0:55:47	0:58:13	1:12:42			4:03:08
763	MHK	666	873	Uwe	Schöning	71	Polizei Leer	0:58:43	0:55:17	0:57:12	1:11:57			4:03:11
764	MJ	98	612	Phillipp	Eisenhauer	92	Wi sünd Holtriem/SV Oct	0:59:07	0:53:23	1:02:03	1:08:41			4:03:14
765	MHK	667	99	Volkmar	Hildebrandt	55	TuS Weene	0:53:54	0:51:46	0:54:13	1:23:20			4:03:15
766	MHK	668	908	Burkhard	Rösingh	73	Team ENERCON	0:58:04	0:55:45	0:56:35	1:12:52			4:03:17
767	MHK	669	778	Bernd	de Vries	70	T.B Twixlum Alte Herren	0:58:52	0:56:11	0:56:50	1:11:23			4:03:18
768	MHK	670	699	Helmut	Buß	68	Raiffeisenbank Wieseder	0:56:47	0:54:54	0:58:16	1:13:25			4:03:24
769	MHK	671	586	Jürgen	Dreessen	71	Westerende-Holzloog	0:56:34	0:56:17	0:57:46	1:12:51			4:03:29
770	MHK	672	601	Cornelius	Berning	63	Leinerstift e.V.	0:57:00	0:55:31	0:58:49	1:12:12			4:03:33

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### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
771	MHK	673	538	Andreas	Günther	70	Wasserschutzpolizei Em	0:58:53	0:55:09	0:58:16	1:11:16			4:03:35
772	MJ	99	1134	Julian	Edzards	92	Laufftreff Schafhauser Wi	1:02:42	0:54:01	0:53:34	1:13:24			4:03:42
773	MHK	674	1186	Frank	Nissen	61	Aurich	0:48:31	0:57:48	1:00:07	1:17:19			4:03:47
774	MHK	675	1325	Ewald	Mühlenbroc	63	Druckerei Meyer, Aurich	1:01:03	0:55:04	0:56:33	1:11:09			4:03:50
775	MHK	676	1231	Thomas	Diener	63	LG -Großefehn	0:59:10	0:54:45	0:57:51	1:12:05			4:03:53
776	MHK	677	862	Torsten	Träger	72	Rettungsdienst Leer	0:56:30	0:56:20	0:57:13	1:13:58			4:04:03
777	MHK	678	362	Andre	Gehrke	66	Privat	0:56:38	0:55:26	0:57:15	1:14:47			4:04:08
778	MHK	679	514	Hans-Günthe	Schoneboo	66	Emder LG	0:55:19	0:57:06	0:58:21	1:13:22			4:04:10
779	MHK	680	618	Eckhard	Neumann	53	LG Großefehn	0:58:01	0:54:59	0:59:04	1:12:20			4:04:26
780	MHK	681	613	Martin	Köster	50	obw Emden	0:57:11	0:54:35	1:01:03	1:11:44			4:04:33
781	MJ	100	358	Jann	Janssen	93	Sportpark Tannenhouse	0:54:08	0:53:48	1:00:17	1:16:23			4:04:36
782	MHK	682	915	Walter	Broer	53	Aurich	0:56:33	0:56:40	0:58:43	1:12:43			4:04:40
783	MHK	683	1047	Jan Gerd	Jelden	55	TV Norden	0:56:37	0:55:56	0:58:56	1:13:11			4:04:41
784	MHK	684	1039	Paul	Lindemann	39	TV Norden	0:56:33	0:56:14	0:58:38	1:13:15			4:04:41
785	MHK	685	508	Joachim	Scherf	64	TEAM DEUTSCHE POS	0:56:22	0:54:37	0:59:55	1:13:46			4:04:42
786	MHK	686	1129	Georg Ihno	Baumann	61	WT Loppersum	0:57:09	0:54:50	0:58:07	1:14:36			4:04:44
787	MHK	687	1368	Thomas	Schmidt	63	MTV Aurich	0:57:34	0:56:25	0:59:18	1:11:27			4:04:46
788	MHK	688	982	Eelko	Siefken	83	Aurich	0:58:19	0:54:49	0:57:56	1:13:48			4:04:55
789	MHK	689	545	Karl	Tjardes	44	MTV Wittmund	0:57:34	0:55:34	0:58:19	1:13:30			4:04:58
790	MHK	690	1211	Albert	Mulder	77	4./ObjSRgt Lw	1:00:12	0:54:00	0:55:01	1:15:51			4:05:04
791	MHK	691	924	Uwe	Rahmann	80	Hartmann Group	0:59:26	0:53:47	0:54:24	1:17:35			4:05:13
792	MHK	692	1346	Hans-Herm	Müller	44	SV Stikelkamp	0:57:48	0:56:18	0:57:51	1:13:22			4:05:20
793	MHK	693	655	Peter	Janßen	77	SV Frisia Brinkum	0:57:23	0:55:37	0:58:22	1:13:59			4:05:22
794	MHK	694	620	Manfred	Wollermann	42	MTV Wittmund	0:57:34	0:56:02	0:58:21	1:13:31			4:05:29
795	MHK	695	487	Wilfried	Franzen	45	Teutonia Stapelmoor	0:56:33	0:55:59	0:59:10	1:13:57			4:05:41
796	MHK	696	687	Hermann	Schmidt	55	Stern Völlenerfehn	0:57:06	0:54:48	0:59:04	1:14:54			4:05:53
797	MJ	101	688	Marvin	Winkler	92	Leinerstift e.V.	0:57:35	0:58:04	0:58:22	1:11:56			4:05:59
798	MHK	697	1174	Dirk	Damm	64	FA Wybelsum	1:01:56	0:56:05	0:56:09	1:11:50			4:06:02
799	MHK	698	1175	Ulrich	Eggers	66	Emden	1:01:57	0:56:05	0:56:09	1:11:50			4:06:03
800	MHK	699	111	Werner	Narr	49	Loga	0:57:22	0:57:48	0:58:21	1:12:37			4:06:09
801	MHK	700	683	Rolf	Schneider	62	SC Ihrhove 07	0:58:26	0:56:23	0:57:47	1:13:31			4:06:09
802	MHK	701	854	Heinz-Herm	Hoppe	67	Nordland Papier	0:55:30	0:55:28	0:55:45	1:19:26			4:06:10
803	MHK	702	832	Jens	Mintken	79	KBV Stedesdorf	0:57:36	0:55:59	0:59:17	1:13:17			4:06:11
804	MHK	703	1269	Martin	Krömer	64	Nordland Papier	1:00:38	0:56:21	0:56:46	1:12:31			4:06:18
805	MHK	704	1018	Heiko	Hempfen	70	Team ENERCON	1:00:05	0:56:20	0:57:47	1:12:06			4:06:19
806	MHK	705	763	Holger	Baller	71	privat	0:58:58	0:56:00	0:57:43	1:13:45			4:06:27
807	MHK	706	741	Siegfried	Janßen	53	Südbrookmerland	0:56:31	0:56:04	0:59:32	1:14:22			4:06:31
808	MHK	707	691	Helmut	Ackmann	54	LT TuS Aurich-Ost	0:57:00	0:56:22	0:59:19	1:13:51			4:06:33
809	MHK	708	617	Uwe	Feldmann	67	Vfll Berumbur	0:56:42	0:56:16	0:59:31	1:14:17			4:06:48
810	MHK	709	1137	Jörg	Janssen	67	LG Ostfriesland	0:57:43	0:56:21	0:59:06	1:13:49			4:07:01
811	MHK	710	1100	Fred	Kuhlmann	60	Heimatblatt	0:57:59	0:55:19	0:57:27	1:16:21			4:07:08
812	MHK	711	490	Manfred	Anneken	61	Polizei Oldenburg	0:55:18	0:55:00	1:03:08	1:13:43			4:07:09
813	MHK	712	1213	Mark	Großmann	79	Druckerei Meyer, Aurich	0:58:02	0:56:45	0:58:47	1:13:33			4:07:10
814	MHK	713	928	Michael	Gerdas	72	Großefehn	0:58:56	0:55:15	0:57:42	1:15:19			4:07:13
815	MHK	714	1259	Martin	Wildemann	60	WfbM-Aurich-Wittmund C	1:00:37	0:55:39	0:58:03	1:13:02			4:07:22
816	MHK	715	1162	Hans	Rosema	63	Nordland Papier	0:59:59	0:56:53	0:57:35	1:12:58			4:07:26
817	MHK	716	619	Detlef	Densow	65	LT TuS Aurich-Ost	0:56:40	0:55:55	0:59:12	1:15:38			4:07:27
818	MHK	717	1267	Richard	Niemann	61	Westoverledingen	0:57:26	0:57:12	0:59:25	1:13:25			4:07:29
819	MHK	718	677	Jens	Suntken	65	VfB Munkeboe	0:58:05	0:54:48	0:59:02	1:15:33			4:07:29
820	MHK	719	739	Gerd	Busboom	68	ELV Elektronik AG	0:58:59	0:56:46	0:58:16	1:13:31			4:07:32
821	MHK	720	794	Jan-Dieter	Wessels	64	Nordland Papier	0:59:39	0:55:38	0:57:19	1:15:01			4:07:39
822	MHK	721	582	Gerd	Siebels	53	Fortuna Logabirum	0:57:41	0:55:54	0:58:50	1:15:16			4:07:43
823	MHK	722	1192	Georg	Buß	58	Moormerland	0:58:22	0:56:09	0:58:57	1:14:17			4:07:46
824	MHK	723	634	Albert	Hobbie	51	Hobbyläufer	0:56:55	0:56:49	0:58:30	1:15:41			4:07:56
825	MHK	724	632	Detlef	Abrahams	61	Hobbyläufer	0:56:56	0:56:50	0:58:30	1:15:41			4:07:59

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
826	MHK	725	1121	Heiko	Adams	72	Team ENERCON	0:58:58	0:56:17	0:59:10	1:13:46			4:08:12
827	MHK	726	776	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:59:19	0:56:56	0:57:44	1:14:13			4:08:13
828	MHK	727	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	0:56:38	0:55:14	0:58:04	1:18:18			4:08:16
829	MHK	728	594	Holger	Janssen	63	Tus Esens	0:59:37	0:55:57	0:58:37	1:14:17			4:08:29
830	MHK	729	718	Uwe	Tschorr	62	EWE Wattloopers	0:57:35	0:57:04	0:58:53	1:15:19			4:08:51
831	MHK	730	856	Wubbo	Nanninga	66	Nordland Papier	0:58:33	0:55:05	0:59:25	1:15:52			4:08:57
832	MHK	731	781	Haralt	Theilken	59	T G Wiesmoor	0:59:02	0:56:03	0:59:53	1:14:09			4:09:09
833	MHK	732	748	Willi	Schulte	41	Barßel	0:57:42	0:57:25	0:59:40	1:14:23			4:09:11
834	MHK	733	565	Dietrich	Steinke	41	SV Concordia Neermoor	0:57:48	0:56:32	0:59:45	1:15:18			4:09:24
835	MHK	734	764	Jan	Richter	75	Team ENERCON	0:55:31	0:54:18	1:01:04	1:18:42			4:09:37
836	MHK	735	661	Alois	Albers	57	Zeitungsgruppe Ostfrie	0:57:22	0:57:21	0:58:51	1:16:10			4:09:46
837	MHK	736	1349	Everwien	Lohmeyer	58	SV Frisia Beinkum	0:57:49	0:56:04	0:58:45	1:17:11			4:09:51
838	MHK	737	719	Heinrich	Kleen	59	Onno Crämer Handelge	0:57:51	0:56:38	0:59:20	1:16:07			4:09:58
839	MHK	738	589	Peter	Nippen	76	Fortuna 1895 Düsseldorf	0:57:52	0:56:50	0:58:42	1:16:32			4:09:58
840	MHK	739	1316	Marcus	Hippen	76	VGH-Versicherung	0:59:32	0:57:47	0:58:36	1:14:06			4:10:01
841	MHK	740	581	Albert	Conring	47	SV Nortmoor	0:56:46	0:57:15	1:00:00	1:16:02			4:10:05
842	MJ	102	454	Daniel	Brinkmann	91	SV Dornum	0:59:44	0:55:53	0:59:46	1:14:42			4:10:07
843	MJ	103	1166	Daniel	Francovich	97	HTG Ihlow	0:56:46	0:56:41	1:01:41	1:15:05			4:10:14
844	MHK	741	712	Hans-Jürge	Hedemann	63	Team AURICHER EIER	1:01:23	0:56:51	0:58:46	1:13:12			4:10:14
845	MHK	742	1065	Jens-Peter	Wolters	60	AKTIVA GmbH Wolters &	1:02:39	0:58:25	0:58:51	1:10:49			4:10:45
846	MHK	743	603	Thomas	Janßen	81	RVB Aurich/Uplengen	0:57:25	0:56:19	0:59:13	1:17:49			4:10:47
847	MHK	744	681	Gerd	Janssen	53	Sandhorst	0:58:25	0:58:01	0:59:22	1:15:01			4:10:51
848	MHK	745	783	Frank	Fischer	72	Reederei Buss	0:58:46	1:00:45	0:58:22	1:13:02			4:10:56
849	MHK	746	624	Jan	Meinders	64	Wittmund	0:58:25	0:57:22	0:59:34	1:15:39			4:11:02
850	MHK	747	505	Klaus	Heilmann	70	Seefahrtsschule Leer	0:57:54	0:58:04	0:59:14	1:16:10			4:11:24
851	MHK	748	1177	Harald	Grüter	60	Heilpraxis Grüter	0:59:16	0:57:12	0:59:32	1:15:23			4:11:24
852	MHK	749	636	Harald	Schäfer	56	EWE Wattloopers	0:57:59	0:56:57	0:59:50	1:16:38			4:11:25
853	MHK	750	808	Derk	Burghardt	68	Team Möbel Buss	0:58:03	0:57:00	1:00:48	1:15:47			4:11:40
854	MHK	751	702	Helmut	Höft	59	LT TuS Aurich-Ost	0:57:24	0:59:20	0:59:32	1:15:24			4:11:42
855	MHK	752	1220	Marco	Grüger	74	Moormerland	1:02:15	0:55:37	0:57:59	1:15:50			4:11:42
856	MHK	753	1357	Jörg	Engelbarts	63	Druckerei Meyer, Aurich	1:00:00	0:56:49	1:00:55	1:13:58			4:11:44
857	MHK	754	727	Heinz	de Buhr	59	Lions Club Uplengen	0:56:52	0:58:52	0:59:53	1:16:35			4:12:13
858	MHK	755	703	Günther	Schmidt	56	Wiede-Wiede Günnie	0:56:40	0:56:45	1:02:39	1:16:21			4:12:26
859	MHK	756	810	Manfred	Palma	60	TUS Leerhufe	0:58:24	0:57:30	1:00:03	1:16:29			4:12:28
860	MHK	757	615	Friedhard	Cramer	52	Emder LG	0:56:40	0:57:05	1:00:45	1:18:12			4:12:44
861	MHK	758	1218	Daniel	Pöhl	79	4./ObjSRgt Lw	1:00:11	0:56:48	1:03:13	1:12:31			4:12:45
862	MHK	759	714	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	0:58:59	0:57:56	0:59:45	1:16:10			4:12:52
863	MJ	104	1395	Tilo	Kuiper	92	SV Holtland	1:04:36	0:55:10	0:59:12	1:14:04			4:13:04
864	MHK	760	837	Werner	Ludewigs	57	Weener Plastik AG	1:01:12	0:56:11	1:00:11	1:15:34			4:13:10
865	MHK	761	1216	Hartmut	Garten	50	TuS Glarum	0:56:26	0:55:58	0:58:47	1:22:25			4:13:37
866	MHK	762	878	Thorsten	Dettmer	65	Leinerstift e.V.	1:00:21	0:57:41	1:00:41	1:15:05			4:13:49
867	MHK	763	1242	Jörg	Zimmerman	63	Autohaus Südema Gmb	0:59:52	0:55:50	1:01:03	1:17:17			4:14:03
868	MHK	764	793	Günther	Fritz	59	Spielmanszug Marx	0:59:49	0:57:36	1:00:52	1:16:20			4:14:38
869	MHK	765	713	Manfred	Böde	62	Emder LG	0:58:03	0:57:46	1:00:44	1:18:11			4:14:46
870	MHK	766	1049	Enno	Nannen	47	TV Norden	0:59:11	0:57:46	1:01:25	1:16:39			4:15:02
871	MHK	767	1226	Günter	Zierleyn	51	Leer	1:00:53	0:56:58	1:00:41	1:16:44			4:15:18
872	MHK	768	1345	Heinz-Jürge	Neddermey	42	LG Veenhusen	1:00:00	0:57:47	1:00:44	1:16:46			4:15:19
873	MHK	769	933	Helmuth A.	Brümmer	57	ENOVA Marketing+Ver	1:02:35	0:56:30	0:58:37	1:17:38			4:15:21
874	MHK	770	698	Marc	Hohmann	77	Leinerstift e.V.	0:59:44	0:58:32	1:00:16	1:16:55			4:15:28
875	MHK	771	831	Alwin	Groen	65	Westoverledingen	1:00:14	0:57:21	1:00:59	1:16:53			4:15:28
876	MHK	772	558	Sascha	Paul	81	Team ENERCON	1:00:28	0:57:43	1:01:24	1:16:04			4:15:41
877	MHK	773	1339	Gerrit	Kruse	62	Polizei Leer	0:59:49	0:57:59	1:00:58	1:16:59			4:15:46
878	MHK	774	1382	Stefan	Adelmund	84	Aurich	0:58:20	0:58:06	1:01:50	1:17:31			4:15:48
879	MHK	775	736	Jens	Sick	65	JVA Emden	0:59:25	0:58:08	1:01:15	1:17:06			4:15:56
880	MHK	776	595	Gerrit	Hoppmann	63	LG Ihrhove	1:00:11	0:57:34	1:01:18	1:16:53			4:15:58

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## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
881	MHK	777	945	Stefan	Hauschild	70	Rettungsdienst Leer	0:58:37	0:58:07	1:01:06	1:18:08			4:16:00
882	MHK	778	633	Wolfgang	Wöhrle	44	MTV Wittmund	1:00:08	0:58:37	1:01:07	1:16:06			4:16:00
883	MHK	779	912	Dietmar	Schultz	65	TEAM DEUTSCHE POS	1:00:43	0:56:37	1:01:16	1:17:33			4:16:11
884	MHK	780	935	Dirk	Warnecke	69	ENOVA Marketing+Ver	1:06:07	1:00:21	0:48:40	1:21:10			4:16:19
885	MHK	781	1254	Michael	Schlump	65	Saterland	1:02:20	0:57:21	1:00:08	1:16:50			4:16:40
886	MHK	782	817	Günther	Kloster	54	Leer	0:59:48	0:58:29	1:00:17	1:18:05			4:16:41
887	MHK	783	513	Julian	Cremer	87	Team LIMIT	0:58:46	1:01:06	0:59:22	1:17:30			4:16:45
888	MHK	784	1326	Dietmar	Sädtler	59	KBV Altharlingersiel	1:00:03	0:57:42	0:59:40	1:19:19			4:16:46
889	MJ	105	607	Jan	Schmidt	92	Wi sünd Holtriem/SV Oct	1:01:17	0:57:09	1:02:10	1:16:12			4:16:49
890	MHK	785	560	Frank	Lüken	68	Leer	1:00:01	0:58:02	1:01:59	1:16:48			4:16:51
891	MHK	786	561	Herbert	Buss	59	Neukamperfehn	1:05:03	0:56:33	0:59:35	1:15:43			4:16:55
892	MHK	787	690	Ralf	Akkermann	68	TV Oldersum	0:59:29	0:59:40	0:59:52	1:17:56			4:16:57
893	MJ	106	917	Jonas	Dreesch-Ro	92	Gymnasium Rhauferfe	1:01:18	0:58:26	1:01:52	1:15:23			4:17:01
894	MHK	788	840	Ingo	Malchus	72	Weener Plastik AG	1:00:34	0:57:16	1:00:34	1:18:38			4:17:03
895	MHK	789	788	Gero	Hirsch	68	Raiffeisenbank Wieseder	1:00:23	0:58:58	1:01:12	1:16:43			4:17:19
896	MHK	790	1224	Klaus	Nikolie	48	VFFL Berumbur	0:58:09	1:01:07	1:01:44	1:16:22			4:17:24
897	MHK	791	475	Ulrich	Linser	54	MTV Wittmund	1:01:34	0:58:26	1:01:03	1:16:20			4:17:25
898	MHK	792	806	Heino	Heynen	64	Strücklingen	1:02:20	0:57:55	1:00:46	1:16:47			4:17:49
899	MHK	793	813	Claus	Röstel	59	LT TuS Aurich-Ost	1:00:48	0:58:32	1:01:31	1:17:00			4:17:52
900	MJ	107	1102	David	Boekhoff	91	VfB Rajen	0:59:12	0:56:59	1:00:33	1:21:08			4:17:54
901	MHK	794	732	Jürgen	Harbers	68	WSC Rhauferfehn	1:01:20	0:59:02	1:01:10	1:16:29			4:18:02
902	MHK	795	1318	Wilhelm	Mammen	56	BBS 1 Aurich	1:00:19	0:57:50	1:00:40	1:19:32			4:18:22
903	MHK	796	642	Johann	Tjaden	52	Störtebeker Loopers TV	0:59:05	0:59:41	1:02:24	1:17:26			4:18:39
904	MHK	797	626	Marcel	Ebbelaar	63	TSV Holtrop	1:04:13	1:00:39	0:59:06	1:14:40			4:18:39
905	MHK	798	752	Boris	Bergmann	71	JVA Emden	1:00:03	0:56:39	1:00:33	1:21:31			4:18:47
906	MHK	799	1135	Holger	Poppen	72	de Heizungsloopers	0:55:54	0:57:00	1:04:13	1:21:38			4:18:47
907	MHK	800	716	Geiken	Gerd	60	LOOP DOCH SÜLMST	0:59:30	0:58:10	1:00:49	1:20:20			4:18:50
908	MHK	801	598	Thomas	Hollweg	84	Papenburg	0:59:33	0:58:46	1:00:53	1:19:50			4:19:04
909	MJ	108	1151	Eike	Sieberns	90	Neuharlingersiel	0:57:52	0:54:17	0:57:38	1:29:24			4:19:13
910	MHK	802	823	Gebhard	Gayken	81	GFI Treuhand GmbH	1:04:51	1:03:33	1:01:24	1:09:28			4:19:18
911	MHK	803	1397	Stefan	Störmer	68		1:01:52	0:58:42	1:02:56	1:15:50			4:19:21
912	MHK	804	907	Arthur	Engelbrecht	51	Schützenspielmannszug	1:01:45	1:00:04	1:01:59	1:15:45			4:19:35
913	MHK	805	802	Jan	Zellmer	75	ENOVA Marketing+Ver	1:00:20	0:57:38	1:03:34	1:18:05			4:19:39
914	MHK	806	909	Gerald	Koch	62	Baptisten Firrel	1:02:42	0:58:41	1:01:56	1:16:19			4:19:40
915	MHK	807	772	Günther	Heykes	67	VfB Germania Wiesmoo	1:03:42	1:00:53	0:59:47	1:15:18			4:19:41
916	MHK	808	756	Helmut	Loers	52	DAK Oldenburg	1:01:13	0:59:02	1:01:40	1:17:44			4:19:41
917	MHK	809	738	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:00:22	0:58:54	1:02:32	1:18:00			4:19:50
918	MHK	810	923	Ralf	Koch	70	RuB GmbH	1:02:04	0:58:26	1:01:05	1:18:33			4:20:09
919	MHK	811	1139	Stefan	Wirdemann	72	Emder LG	1:00:47	1:02:11	1:00:59	1:16:24			4:20:23
920	MHK	812	622	Thomas	Schön	65	Leer	1:01:52	0:59:57	1:02:12	1:16:34			4:20:36
921	MHK	813	749	Erhard	Meyer	62	Sparkasse LeerWittmun	1:00:20	0:54:14	1:01:50	1:24:11			4:20:36
922	MHK	814	686	Horst	Franke	58	SV Ochtersum	1:04:38	0:58:30	1:01:46	1:15:46			4:20:41
923	MHK	815	1140	Ingo	Tränapp	70	Peiers	1:02:57	0:58:46	1:00:34	1:18:25			4:20:44
924	MHK	816	1156	Ewald	Ennen	61	AOK Niedersachsen	1:01:35	0:59:03	1:00:51	1:19:18			4:20:48
925	MHK	817	717	Johann	Heinks	50	Neu-Wieboldsbur	1:01:35	0:59:02	1:00:55	1:19:19			4:20:53
926	MHK	818	696	Hinrich	Thedinga	55	LT TuS Aurich-Ost	1:01:26	1:00:16	1:01:42	1:17:30			4:20:55
927	MHK	819	980	Hartmut	Voget	60	Schnapsidee	1:04:56	0:59:33	1:00:10	1:16:28			4:21:09
928	MHK	820	1286	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:00:47	0:57:55	1:01:45	1:20:49			4:21:17
929	MHK	821	1293	Werner	Meyer	71	Wiesmoo	1:01:24	1:00:36	1:01:00	1:18:22			4:21:23
930	MHK	822	1176	Robin	Paschant	70	Team ENERCON	1:02:12	0:59:14	1:00:02	1:20:04			4:21:32
931	MHK	823	1142	Rüdiger	Weißsohn	56	JVA Emden	0:58:28	0:59:05	1:01:52	1:22:13			4:21:39
932	MHK	824	1010	Roof	Buß	67	www.A22-Nie.de	1:03:36	0:58:56	1:00:45	1:18:26			4:21:45
933	MHK	825	1163	Leo	Berling	58	Nordland Papier	1:02:45	0:59:22	1:02:30	1:17:13			4:21:51
934	MHK	826	1007	Tjarko	Grünefeld	61	Nortmoo	1:03:04	0:59:51	1:01:36	1:17:40			4:22:12
935	MHK	827	943	Thomas	Junker	65	Emder LG	1:00:52	1:00:09	1:01:50	1:19:23			4:22:16

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
936	MHK	828	1258	Hauko	Wenninga	50	Leer	0:59:57	1:01:25	1:01:33	1:19:26			4:22:22
937	MHK	829	986	Gerd	Wilken	60	Team Wilts	1:01:08	0:59:14	1:03:46	1:18:22			4:22:32
938	MHK	830	664	Günter	Fitzner	48	TEAM DEUTSCHE POS	1:01:14	1:00:19	1:02:36	1:18:25			4:22:36
939	MHK	831	693	Eilert	Juilfs	45	LG Großefehn	1:02:56	0:59:09	1:01:46	1:18:48			4:22:41
940	MHK	832	872	Björn	Nauschutt	73	Ostfriesische Volksbank	1:02:52	1:00:36	1:01:59	1:17:18			4:22:47
941	MHK	833	1145	Eike	Saathoff	89	de Heizungsloopers	0:58:36	0:59:43	1:04:03	1:20:28			4:22:51
942	MHK	834	733	Joachim	Piela	51	IGS Aurich-West	1:00:28	1:00:15	1:02:22	1:19:57			4:23:03
943	MHK	835	875	Ernst	Loesing	66	VHS Laufen	1:02:44	0:59:58	1:01:40	1:18:51			4:23:14
944	MHK	836	1003	Jörg	Cornelius	70	Sparkasse LeerWittmun	1:01:59	1:01:51	1:02:12	1:17:17			4:23:21
945	MHK	837	1123	Dennis	Rodenbäck	84	Esens	1:04:03	0:59:12	1:02:05	1:18:05			4:23:27
946	MHK	838	880	Hans-Dieter	Erdwiens	57	RuB GmbH	1:03:40	0:59:19	1:01:38	1:19:01			4:23:40
947	MHK	839	668	Jörg	Seybold	49	Frisia Loga	0:59:45	0:59:43	1:02:33	1:21:49			4:23:51
948	MHK	840	1146	Henning	Libner	52	SV Großefehn	1:01:47	1:00:24	1:03:27	1:18:37			4:24:17
949	MHK	841	847	Johann	Hippen	67	Aurich	1:00:55	0:59:33	1:02:49	1:21:04			4:24:22
950	MHK	842	1064	Hans	Grenseman	52	Großheide	1:02:29	1:01:49	1:02:04	1:18:02			4:24:25
951	MHK	843	804	Karl	Poppen	47	TG Wiesmoor	1:01:31	1:01:09	1:00:57	1:21:02			4:24:41
952	MHK	844	773	Werner	Böwe	44	Emder LG	1:01:47	1:00:43	1:02:23	1:19:54			4:24:49
953	MJ	109	792	Tung	Do	92	Gymnasium Ulricianum /	1:09:50	0:57:59	1:02:05	1:14:55			4:24:49
954	MHK	845	833	Christoph	Göhler	39	Aurich	1:01:18	1:01:24	1:02:48	1:19:28			4:24:59
955	MJ	110	811	Jonas	Schürmann	95	SV Warsingsfehn	0:56:00	1:00:48	1:00:57	1:27:17			4:25:04
956	MHK	846	611	Horst	Wienrank	60	Watt'n Looper SV Dornu	0:57:22	0:56:08	1:00:27	1:31:11			4:25:10
957	MHK	847	816	Stephan	Schulz	83	Moormerland	1:01:33	1:00:48	1:03:36	1:19:20			4:25:18
958	MHK	848	578	Habbo	Freudenber	66	Ihlowerfehn	1:00:57	1:00:14	1:02:03	1:22:04			4:25:18
959	MHK	849	1105	Rainer	Wiechmann	58	Germania Leer	1:06:12	0:57:24	1:08:04	1:13:45			4:25:27
960	MHK	850	757	Helge	Böttcher	89	NIGE	0:57:54	0:57:27	1:00:36	1:29:33			4:25:31
961	MHK	851	805	Alfred	Trännapp	41	TV Norden	1:02:57	1:00:34	1:02:44	1:19:21			4:25:38
962	MHK	852	869	Giovanni	Pasca	73	KUH'S BEST-Team	1:02:53	0:58:38	1:01:32	1:22:41			4:25:46
963	MHK	853	974	Martin	Meyer	81	Leer	1:06:52	1:03:19	0:53:34	1:22:01			4:25:47
964	MHK	854	747	Dieter	August	60	SuS Timmel	1:01:22	0:59:28	1:04:49	1:20:16			4:25:57
965	MHK	855	676	Heinz	Hoyer	43	Norden	1:02:14	1:00:35	1:02:43	1:20:37			4:26:10
966	MHK	856	728	Hermann	Reiter	65	SV Stikerkamp	1:00:35	1:01:43	1:04:46	1:19:30			4:26:34
967	MHK	857	796	Egon	Freeseeman	66	Bünting Tee	1:03:10	1:00:41	1:03:40	1:19:27			4:26:59
968	MHK	858	1238	Manfred	Gerdas	59	Lauftreff Middels	1:02:03	1:01:15	1:04:03	1:19:39			4:27:01
969	MHK	859	946	Jörg	Baumann	74	BSG Hinte	1:03:51	0:59:23	1:02:47	1:21:02			4:27:04
970	MHK	860	771	Gerd	Jans	64	Eden, Jans, Fischer Par	1:02:16	1:00:01	1:02:07	1:23:00			4:27:26
971	MHK	861	960	Jochen	Hinderks	80	Aurich	1:02:54	1:00:38	1:04:39	1:19:16			4:27:29
972	MHK	862	731	Reinhard	Wodak	50	TV Leer	1:03:22	1:02:38	1:02:31	1:19:12			4:27:45
973	MHK	863	197	Norbert	Freitag	48	LT TuS Aurich-Ost	1:01:33	1:01:32	1:04:20	1:20:21			4:27:47
974	MHK	864	887	Hermann	Oltmanns	64	Sparkasse LeerWittmun	1:01:46	1:01:22	1:02:56	1:21:43			4:27:48
975	MHK	865	839	Helmut	Swart	64	Weener Plastik AG	1:01:24	0:59:58	1:04:56	1:21:54			4:28:14
976	MHK	866	587	Thomas	Zacher	64	Emden	1:00:15	0:58:40	1:05:46	1:23:36			4:28:18
977	MHK	867	294	Eike	Willms	89	Sparkasse LeerWittmun	1:04:07	1:01:03	1:01:03	1:22:30			4:28:44
978	MHK	868	1000	Karl-Dieter	Haken	51	HAKA	1:01:35	1:01:40	1:04:35	1:20:59			4:28:51
979	MHK	869	428	Andreas	Kohl	75	TV Norden	1:00:14	0:59:59	1:08:55	1:19:45			4:28:55
980	MHK	870	1386	Wiard	Meyer	62	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47			4:29:21
981	MHK	871	976	Anton	Gruben	42	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47			4:29:21
982	MHK	872	941	Frank	Wagenhaus	72	Team Wilts	1:05:19	1:01:00	1:04:40	1:18:32			4:29:33
983	MHK	873	988	Christian	Pruin	81	Team Wilts	1:05:11	1:01:08	1:04:41	1:18:33			4:29:34
984	MHK	874	942	André	Ley	67	Polizei Aurich	1:03:30	1:03:24	1:03:25	1:19:15			4:29:36
985	MJ	111	1313	Marco	Schäfer	92	BBS 1 Aurich	1:09:58	1:02:54	1:02:27	1:14:44			4:30:05
986	MHK	875	695	Focko	Janssen	49	IGS Aurich-West	1:02:02	1:00:18	1:05:30	1:22:34			4:30:25
987	MJ	112	1232	Steffen	Reiners	96	Gymnasium Ulricianum /	1:05:03	1:00:01	1:04:36	1:20:50			4:30:31
988	MHK	876	1228	Bernhard	Reiners	68	TUS Victorbur	1:05:03	1:00:01	1:04:36	1:20:50			4:30:31
989	MHK	877	1356	Markus-Hin	Brouwer	75	VFB Rajen	1:06:23	1:00:34	1:02:49	1:21:05			4:30:52
990	MHK	878	1340	Timo	Buss	74	Reederei Buss	1:07:31	1:04:51	0:58:22	1:20:09			4:30:54

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
991	MHK	879	1040	Jann	Heyen	41	TV Norden	1:01:12	1:02:20	1:05:18	1:22:05			4:30:56
992	MHK	880	1385	Benjamin	Nobel	86	*Leer	1:06:16	1:01:03	1:04:35	1:19:02			4:30:58
993	MHK	881	952	Dennis	Haken	78	HAKA	1:03:36	1:01:30	1:03:33	1:22:23			4:31:04
994	MHK	882	882	Meinhard	Bunjes	52	Ruderverein Barßel	1:03:49	1:01:59	1:03:46	1:21:32			4:31:07
995	MHK	883	963	Oliver	Gruis	77	Nordland Papier	1:09:05	1:00:12	1:01:10	1:20:42			4:31:10
996	MJ	113	1251	Sven	Wagne	93	HRS Moormerland	1:07:47	1:01:23	1:03:20	1:18:48			4:31:20
997	MJ	114	1243	Daniel	Busse	98	de Heizungsloopers	1:06:16	0:59:49	1:03:54	1:21:32			4:31:33
998	MHK	884	1273	Eric	Leuchters	64	Leer	1:04:08	1:02:39	1:02:01	1:22:56			4:31:46
999	MHK	885	927	Bernhard	Mäcken	66	Großefehn	1:02:24	0:59:25	1:04:46	1:25:14			4:31:51
1.000	MHK	886	740	Olaf	Sweers	68	SV Wittmund	1:01:33	1:03:56	1:04:06	1:22:42			4:32:19
1.001	MHK	887	930	Arno	Hamel	64	VfB Rajen	1:03:31	1:02:13	1:04:45	1:21:55			4:32:26
1.002	MHK	888	950	Uwe	Remmers	59	Crocodiles Ihlow	1:07:32	1:00:48	1:04:16	1:19:48			4:32:26
1.003	MHK	889	755	Michael	Sanders	75	Moormerland	1:09:01	1:03:44	1:02:56	1:16:54			4:32:37
1.004	MHK	890	689	Axel	Schewiola	38	TV Norden	1:02:17	1:02:22	1:05:20	1:22:40			4:32:40
1.005	MHK	891	983	Jan	Mueller	68	VfB Rajen	1:03:23	1:02:32	1:04:47	1:21:57			4:32:40
1.006	MHK	892	637	Ottmar	Dirksen	62	EWE Wattloopers	1:05:23	1:01:36	1:04:58	1:20:50			4:32:48
1.007	MHK	893	679	Roland	Mammen	60	SV Ochtersum	1:02:55	1:03:40	1:04:11	1:22:02			4:32:50
1.008	MHK	894	803	Ralf	Brinschwitz	67	LT TuS Aurich-Ost	1:09:14	1:02:44	1:03:32	1:17:53			4:33:24
1.009	MHK	895	1270	Harald	Ramaker	63	SV Warsingsfehn	1:02:31	1:04:06	1:05:13	1:21:35			4:33:26
1.010	MHK	896	1277	Wolfgang	Girts	52	LT TuS Aurich-Ost	1:04:10	1:03:08	1:05:16	1:21:11			4:33:46
1.011	MJ	115	1371	Robert	Schmidt	93	LT TuS Aurich	1:02:16	0:57:26	1:11:38	1:22:34			4:33:55
1.012	MHK	897	807	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:04:34	1:02:59	1:05:41	1:21:17			4:34:33
1.013	MHK	898	1043	Peter	Reimund	54	TV Norden	1:03:54	1:02:06	1:05:47	1:22:46			4:34:35
1.014	MHK	899	815	Richard	Lücht	57		1:04:13	1:02:36	1:04:43	1:23:06			4:34:40
1.015	MHK	900	639	Johann	Marks	58	EWE Wattloopers	1:03:33	1:01:46	1:05:06	1:24:18			4:34:44
1.016	MHK	901	970	Sebastiao	Engracia Me	73	Emder LG	1:04:34	1:03:29	1:05:02	1:21:42			4:34:48
1.017	MHK	902	883	Andre	Kaiser	67	Leer	1:04:44	1:03:35	1:05:39	1:20:49			4:34:48
1.018	MHK	903	1172	Ewald	Schröder	48	Lauftreff Tura 07	1:05:55	1:04:05	1:07:17	1:17:34			4:34:53
1.019	MHK	904	257	Johann	Keiser	62	TSV Hesel	1:05:43	1:02:40	1:05:01	1:22:13			4:35:39
1.020	MHK	905	394	Ralf	Hollwege	62	VfL Berumbur	1:04:03	1:03:35	1:05:40	1:22:19			4:35:39
1.021	MHK	906	809	Wolfgang	Heilemann	57	Team Erdinger Alkohol	1:05:41	1:04:13	1:04:03	1:22:49			4:36:47
1.022	MHK	907	662	Michael	Jacob	54	Leer	1:06:38	1:03:48	1:04:29	1:22:18			4:37:14
1.023	MHK	908	706	Wilhelm	Bolhuis	43	TV Norden	1:05:33	1:04:21	1:05:41	1:22:12			4:37:50
1.024	MHK	909	1282	Helge	Drost	74	Wittmund	1:07:39	1:04:08	1:04:16	1:22:01			4:38:04
1.025	MHK	910	280	Heinrich	Janssen	34	MTV Aurich Tria	1:04:45	1:04:45	1:05:35	1:23:11			4:38:17
1.026	MHK	911	800	Feeko	Heinrichsdo	56	obw Emden	0:59:08	1:16:42	1:04:48	1:17:39			4:38:18
1.027	MHK	912	799	Duke	Berends	52	Gemeinschaft u. EC Fi	1:06:42	1:03:40	1:05:57	1:22:03			4:38:23
1.028	MHK	913	754	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:05:45	1:04:45	1:05:49	1:22:09			4:38:29
1.029	MHK	914	635	Karl	Habben	48	EWE Wattloopers	1:03:02	1:03:31	1:07:16	1:25:07			4:38:57
1.030	MJ	116	819	Bernd	Dirks	96	Wi sünd Holtriem	1:03:33	1:00:55	1:07:45	1:28:09			4:40:24
1.031	MHK	915	898	Jan	Lüdeling	70	Hartmann Group	1:05:10	1:03:17	1:05:41	1:26:16			4:40:25
1.032	MHK	916	939	Norbert	Bakker	64	Team Wilts	1:08:44	1:03:33	1:05:38	1:23:02			4:40:58
1.033	MHK	917	1041	Werner	Ihlow	45	TV Norden	1:05:32	1:03:45	1:07:32	1:24:51			4:41:42
1.034	MJ	117	868	Jannes	Janssen	95	HRS Westerholt	1:08:29	1:03:08	1:05:40	1:24:38			4:41:56
1.035	MHK	918	968	Klaus	Weichers	69	VfR eintracht Völlen	1:07:02	1:02:51	1:05:52	1:26:30			4:42:16
1.036	MHK	919	870	Andre	Mennenga	61	Emder Lg	1:05:35	1:04:02	1:06:16	1:26:30			4:42:24
1.037	MHK	920	949	Helmut	Schneider	62	BV Vorwärts Plaggenbur	1:08:56	0:51:35	1:11:34	1:30:32			4:42:38
1.038	MHK	921	1322	Wolfgang	Hagena	65	Druckerei Meyer, Aurich	1:04:55	1:08:04	1:04:56	1:25:06			4:43:02
1.039	MHK	922	818	Wolfgang	Schmidtke	53	Loga	1:04:03	1:07:34	1:06:50	1:24:51			4:43:20
1.040	MJ	118	1307	Andre	Tattje	93	Realschule Esens	1:08:27	1:01:31	1:06:02	1:27:19			4:43:20
1.041	MHK	923	477	Gerrit	Janßen	75	Ihlow / Westerende-K.	1:03:59	1:04:29	1:08:49	1:26:10			4:43:29
1.042	MHK	924	955	Gerd	Claassen	45	LG Ostfriesland	1:06:05	1:04:19	1:08:15	1:25:07			4:43:48
1.043	MHK	925	947	Heiko	Heyen	57	LG Großefehn	1:03:33	1:04:18	1:07:00	1:29:09			4:44:02
1.044	MHK	926	814	Hermann	Tannen	61	MTV Wittmund	1:08:24	1:04:28	1:07:48	1:23:49			4:44:29
1.045	MHK	927	1016	Dieter	Erdmann	49	SuS Berumerfehn	1:12:53	1:04:17	1:05:16	1:22:15			4:44:42

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.046	MHK	928	953	Burghardt	Zirpins	57	obw Emden	1:07:54	1:05:29	1:07:35	1:24:00			4:44:59
1.047	MHK	929	951	Henri	Hüls	68	obw Emden	1:06:16	1:05:26	1:08:01	1:25:33			4:45:18
1.048	MHK	930	999	Thorsten	Huismann	85	obw Emden	1:09:46	1:11:26	1:04:04	1:20:04			4:45:22
1.049	MHK	931	966	Harald	Gröning	70	Emder LG	1:06:23	1:05:07	1:06:16	1:28:19			4:46:05
1.050	MHK	932	900	Berend	Schutte	79	Hartmann Group	1:08:12	1:08:05	1:05:36	1:24:17			4:46:11
1.051	MHK	933	863	Joachim	Busker	55	Kok-Reisen	1:08:07	1:07:18	1:06:12	1:24:36			4:46:14
1.052	MHK	934	958	Erdwin	Brinkmann	61	Sparkasse Aurich-Nord	1:05:47	1:04:43	1:09:35	1:26:27			4:46:34
1.053	MHK	935	579	Holger	Becker	74	vereinslos!	1:06:59	1:02:48	1:07:46	1:29:36			4:47:11
1.054	MHK	936	944	Manfred	Middelborg	49	Bünting Tee	1:05:35	1:04:33	1:09:02	1:28:27			4:47:39
1.055	MHK	937	1138	Timo	Langheinric	83	de Heizungsloopers	1:06:26	1:06:23	1:10:28	1:24:22			4:47:41
1.056	MHK	938	1169	Rainer	Busse	71	de Heizungsloopers	1:06:26	1:06:23	1:10:29	1:24:23			4:47:42
1.057	MHK	939	822	Martin	Erb	62	obw Emden	1:08:49	1:04:19	1:09:06	1:26:43			4:48:59
1.058	MHK	940	795	Thomas	Tamling	77	Friesoythe	1:07:25	1:05:15	1:07:50	1:28:47			4:49:18
1.059	MHK	941	975	Heinrich	Doyen	59	TG Wiesmoor	1:07:04	1:05:16	1:08:59	1:27:59			4:49:20
1.060	MHK	942	864	Michael	Rühling	71	Aurich	1:08:44	1:08:44	1:07:03	1:25:20			4:49:52
1.061	MHK	943	1002	Harm	Diddens	70	Leer	1:07:40	1:09:05	1:08:55	1:25:30			4:51:12
1.062	MHK	944	753	Erich	Pruin	64	VfL Germania Leer	1:11:45	1:06:18	1:08:29	1:24:39			4:51:12
1.063	MHK	945	994	Henning	Brandt	77	Ostfriesische Volksbank	1:05:15	1:05:45	1:10:06	1:30:31			4:51:39
1.064	MHK	946	758	Markus	Herden	77	Schortens	1:12:25	1:06:15	1:07:50	1:25:25			4:51:56
1.065	MHK	947	938	Jürgen	Wedeken	58	Team Wilts	1:09:43	1:06:00	1:10:11	1:26:04			4:51:59
1.066	MJ	119	871	Yannik	Ihmels	91	HRS Westerholt	1:11:38	1:03:57	1:12:23	1:24:38			4:52:38
1.067	MHK	948	984	Schweitzer	Felix	59	Leer	1:15:52	1:05:39	1:05:13	1:26:47			4:53:33
1.068	MHK	949	1035	Kai	Kruse	84	Team Möbel Buss	1:08:30	1:08:33	1:09:38	1:28:37			4:55:19
1.069	MHK	950	987	Christian	Lay	88	Team Wilts	1:11:10	1:07:32	1:08:19	1:28:18			4:55:20
1.070	MHK	951	916	Heinz	Prange	61	terre des hommes	1:09:35	1:06:22	1:10:19	1:29:12			4:55:30
1.071	MHK	952	985	Hans	Dreyer	71	Team Wilts	1:06:58	1:03:53	1:15:38	1:29:02			4:55:31
1.072	MHK	953	451	Tole	Krull	58	KBV Langefeld	1:09:24	1:08:26	1:10:48	1:26:58			4:55:37
1.073	MHK	954	1011	Johann	Freese	39	LT Schafhauserwald	1:09:24	1:08:27	1:10:50	1:26:58			4:55:41
1.074	MHK	955	948	Peter	Niens	49	DEKRA	1:10:55	1:06:16	1:10:01	1:28:53			4:56:06
1.075	MHK	956	995	Gerold	Huismann	76	obw Emden	1:10:54	1:06:14	1:10:03	1:29:10			4:56:23
1.076	MHK	957	979	Willi	Tammen	59	Westoverledingen	1:09:40	1:07:13	1:10:32	1:29:25			4:56:52
1.077	MHK	958	1006	Gert-R.	Poppen	59	EDEKA	1:11:11	1:02:59	1:08:20	1:34:23			4:56:55
1.078	MHK	959	1253	Roland	Peters	51	SV Strücklingen	1:11:57	1:07:03	1:09:04	1:28:53			4:56:58
1.079	MHK	960	785	Harald	Bruns	88	Hartmann Group	1:12:05	1:05:51	1:09:47	1:29:24			4:57:08
1.080	MJ	120	1013	Jannik	Schindler	97	VfL Jheringsfehn	1:14:57	1:08:05	1:09:30	1:25:05			4:57:38
1.081	MHK	961	1158	Günther	Siemens	74	BBC Chartering	1:14:42	1:04:43	1:08:49	1:29:48			4:58:03
1.082	MHK	962	1009	Bodo	von Preyss	39	Pro Senis	1:09:44	1:09:03	1:10:10	1:29:47			4:58:45
1.083	MHK	963	821	Uwe	Weber	55	VHS-Laufen	1:14:45	1:08:53	1:09:08	1:26:09			4:58:56
1.084	MHK	964	972	Jens	Hinrichs	69	Stadtwerke Norden	1:09:24	1:07:54	1:09:57	1:32:45			5:00:02
1.085	MHK	965	890	Manfred	Dirks	61	Stadtwerke Norden	1:09:22	1:08:24	1:09:50	1:33:22			5:00:59
1.086	MHK	966	926	Erich	Harmeier-M	60	obw Emden	1:08:50	1:08:50	1:10:23	1:33:20			5:01:24
1.087	MHK	967	1358	Detlef	Hermann	48	Flachsmeer	1:10:50	1:09:05	1:11:24	1:30:27			5:01:47
1.088	MHK	968	762	Andreas	Meinen	54	Team Möbel Buss	1:09:39	1:09:39	1:12:48	1:30:54			5:03:01
1.089	MHK	969	1020	Frank	Niehuisen	70	AOK	1:13:29	1:07:06	1:09:50	1:33:06			5:03:32
1.090	MHK	970	891	Hans-Jürge	Peters	49	Polizei	1:15:01	1:08:46	1:11:18	1:28:48			5:03:56
1.091	MHK	971	893	Nils	Eggert	77	Reederei Buss	1:11:40	1:12:03	1:12:15	1:28:03			5:04:02
1.092	MHK	972	1274	Horst Dieter	Wulf	39	Sparkasse Leer Wittmun	1:12:06	1:09:17	1:11:47	1:30:51			5:04:03
1.093	MHK	973	978	Walter	Behrens	37	Großefehn	1:13:18	1:08:29	1:12:20	1:30:09			5:04:17
1.094	MHK	974	846	Johann	Bartels	71	Milchlabor Weser Ems e	1:14:25	1:07:20	1:10:24	1:32:09			5:04:19
1.095	MHK	975	993	Ralf	Siemens	64	Hartmann Group	1:11:02	1:07:14	1:13:04	1:33:10			5:04:31
1.096	MHK	976	1015	Uwe	Rethschulte	70	obw Emden	1:12:43	1:09:03	1:09:15	1:33:31			5:04:33
1.097	MHK	977	784	Christian	Meyering	83	Reederei Buss	1:11:06	1:12:03	1:12:14	1:29:12			5:04:36
1.098	MHK	978	1048	Lemmy	Cüsters	39	TV Norden	1:11:29	1:10:06	1:13:47	1:31:08			5:06:31
1.099	MHK	979	1260	Stefan	Burlager	84	MTV Ditzum	1:15:08	1:10:38	1:11:41	1:33:13			5:10:42
1.100	MHK	980	1111	Günther	Saathoff	46	TSV Hesel	1:11:04	1:10:33	1:15:53	1:34:04			5:11:35

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### Zwischenstand nach 4. Etappe

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#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.101	MJ	121	1320	Bastian	Folkerts	93	Großefehn	1:14:45	1:10:27	1:13:10	1:33:43			5:12:07
1.102	MHK	981	962	Johnny	Visser	53	SV Norderney	1:12:21	1:09:42	1:15:07	1:34:58			5:12:10
1.103	MHK	982	991	Horst	Moosler	37	VfL Germania Leer	1:16:02	1:12:27	1:12:24	1:31:45			5:12:40
1.104	MHK	983	789	Hans	Tjarks	56	Aurich	1:13:15	1:15:54	1:13:19	1:30:12			5:12:40
1.105	MHK	984	1008	Sören	Schmalwas	64	SV Nortmoor	1:14:11	1:11:47	1:13:57	1:34:11			5:14:08
1.106	MHK	985	990	Manfred	Diener	49	LG Großefehn	1:12:02	1:12:43	1:15:21	1:34:14			5:14:21
1.107	MHK	986	859	Gerahrd	Weinberg	66	Nordland Papier	1:14:52	1:11:40	1:14:46	1:33:50			5:15:10
1.108	MHK	987	957	Wilfried	Gieseler	61	LT TuS Aurich-Ost	1:12:45	1:11:55	1:15:12	1:35:24			5:15:17
1.109	MJ	122	760	Heiner	Steffens	91	NIGE	1:15:13	1:09:10	1:13:06	1:39:43			5:17:14
1.110	MHK	988	1017	Karl	Davids	50	SuS Berumerfehn	1:12:53	1:13:42	1:14:36	1:36:56			5:18:08
1.111	MHK	989	996	Volker	Rudolph	54	IGS Aurich-West	1:14:48	1:13:07	1:16:37	1:34:04			5:18:37
1.112	MHK	990	845	Michael	Ringelberg	68	Strackholt	1:16:03	1:14:33	1:15:31	1:32:34			5:18:41
1.113	MHK	991	1255	Klaas	Niemeyer-S	71	VHS Kurs	1:15:23	1:11:52	1:16:30	1:38:00			5:21:47
1.114	MHK	992	889	Andreas	Arends	66	Aurich	1:14:12	1:15:54	1:16:53	1:36:10			5:23:10
1.115	MJ	123	1297	Matthias	Reese	90	NIGE	1:16:39	1:10:57	1:17:35	1:40:21			5:25:34
1.116	MHK	993	1372	Alexander	Wiebel	59	Aurich	1:15:56	1:13:40	1:17:18	1:39:09			5:26:05
1.117	MHK	994	723	Günther	Rühling	44	Wilhelmshaven	1:19:41	1:13:03	1:15:03	1:38:24			5:26:13
1.118	MHK	995	992	Martin	Schürmann	60	Poseidon Leer	1:19:21	1:14:29	1:16:55	1:39:31			5:30:17
1.119	MHK	996	901	Ingo	Rabenberg	76	Hartmann Group	1:18:04	1:14:27	1:19:17	1:40:02			5:31:51
1.120	MHK	997	977	Theodor	Niehof	52	Bünting Tee	1:24:26	1:16:08	1:16:37	1:37:05			5:34:17
1.121	MHK	998	998	Jens	Saueressig	82	obw Emden	1:24:24	1:12:01	1:25:53	1:32:39			5:34:58
1.122	MHK	999	973	Gerrit	Faber	54	Hartmann Group	1:21:18	1:19:52	1:27:16	1:47:52			5:56:19

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1	WHK	1	F3	Eva	Brinkmann	64	VfL Germania Leer	0:40:11	0:40:57	0:41:40	0:53:12			2:56:02
2	WHK	2	F651	Christina	Günsel	70	Druckerei Meyer, Aurich	0:44:50	0:42:39	0:45:02	0:56:41			3:09:14
3	WHK	3	F479	Petra	Romberg	70	MTV Aurich Triathlon	0:45:08	0:45:00	0:45:56	0:58:12			3:14:17
4	WHK	4	F9	Frauke	Bronn	89	VfL Germania Leer	0:45:19	0:45:20	0:47:10	0:58:50			3:16:40
5	WHK	5	F46	Nicole	Hübscher	77	Plümers Gaststätte	0:47:27	0:45:12	0:46:49	0:59:30			3:18:59
6	WHK	6	F5	Susanne	Hellmers	66	TV Norden	0:45:58	0:46:01	0:48:19	1:00:45			3:21:05
7	WHK	7	F11	Astrid	Lübber	71	Team Möbel Buss	0:46:45	0:46:36	0:48:29	1:00:15			3:22:07
8	WHK	8	F23	Gunda	Barsuhn	67	EWE Wattloopers	0:47:00	0:46:00	0:48:25	1:00:50			3:22:17
9	WHK	9	F4	Karin	Graf	69	Watt'n Loopers SV Dorn	0:47:15	0:46:55	0:49:54	1:02:21			3:26:27
10	WJ	1	F21	Janna	Fangmann	90	Aurich	0:48:20	0:47:53	0:49:49	1:01:37			3:27:41
11	WHK	10	F478	Katharina	Hubert	82	Emder LG	0:47:59	0:47:33	0:49:16	1:03:14			3:28:04
12	WHK	11	F483	Mareike	Brahms	81	BBC Chartering	0:47:22	0:48:02	0:50:02	1:04:48			3:30:16
13	WHK	12	F7	Heike	Jünke	66	LG Uplengen	0:48:29	0:48:25	0:50:36	1:03:36			3:31:08
14	WHK	13	F14	Herma	Janßen-Fre	64	LT Schafhauser Wald	0:49:03	0:48:46	0:50:25	1:03:49			3:32:04
15	WHK	14	F15	Gesa	Freudenber	82	Ihlowerfehn	0:48:39	0:48:14	0:50:38	1:04:43			3:32:16
16	WHK	15	F39	Katrin	Schilz	71	Lauftreff Schafhauser Wz	0:49:47	0:48:13	0:50:10	1:04:09			3:32:21
17	WHK	16	F13	Jannette	Neemann	67	LT TuS Aurich-Ost	0:49:02	0:48:50	0:50:51	1:04:26			3:33:09
18	WHK	17	F44	Insa	Neumann	83	Briese Schifffahrt	0:50:00	0:48:59	0:50:44	1:03:55			3:33:39
19	WHK	18	F28	Bettina	Pilney	62	LT SV Ems Jemgum	0:49:31	0:49:16	0:51:12	1:04:02			3:34:03
20	WHK	19	F31	Andrea	Rückbrod	64	Großheide	0:49:28	0:48:35	0:51:32	1:04:35			3:34:11
21	WHK	20	F33	Ingrid	Folkerts	66	FTC Hollen	0:49:13	0:49:07	0:51:24	1:04:29			3:34:15
22	WHK	21	F16	Melanie	Meints	76	Polizei Oldenburg	0:48:54	0:50:37	0:50:45	1:04:23			3:34:40
23	WHK	22	F41	Silvia	Buscher	75	SV Borussia Leer	0:50:34	0:48:39	0:51:24	1:05:32			3:36:11
24	WHK	23	F17	Elfriede	Glanzer	61	Wi sund Holtriem	0:50:21	0:49:23	0:52:36	1:06:29			3:38:50
25	WHK	24	F38	Linda	Böhme	82	obw Emden	0:51:11	0:50:15	0:51:59	1:05:39			3:39:06
26	WHK	25	F30	Renate	Barkhoff	78	Polizei Oldenburg	0:50:58	0:49:28	0:53:13	1:05:54			3:39:34
27	WJ	2	F20	Mareike	Bruhnken	92	LG Harlingerland	0:50:44	0:49:51	0:53:05	1:06:01			3:39:43
28	WHK	26	F42	Elisabeth	Heien	58	Tus Esens	0:50:40	0:50:21	0:52:44	1:06:11			3:39:57
29	WHK	27	F24	Nicole	Benkendorf	80	LT TuS Aurich-Ost	0:52:17	0:50:49	0:52:22	1:05:31			3:41:00
30	WHK	28	F69	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:50:40	0:50:22	0:53:28	1:06:44			3:41:16
31	WHK	29	F80	Gitta	Peters	62	Potshausen	0:51:49	0:50:46	0:53:03	1:05:46			3:41:25
32	WHK	30	F465	Iris	Marschall	66	TV Norden	0:50:53	0:50:28	0:53:11	1:06:55			3:41:27
33	WHK	31	F598	Monika	Foorden	68	LG Großefehn	0:53:17	0:50:36	0:52:43	1:05:10			3:41:47
34	WHK	32	F18	Imke	Brückmann	75	Raiffeisenbank eG Moorr	0:52:04	0:50:54	0:52:56	1:07:14			3:43:09
35	WHK	33	F47	Ulla	Gralfs	65	Wittmund	0:52:37	0:51:08	0:53:31	1:05:58			3:43:16
36	WHK	34	F48	Brigitte	Langens	59	Privat	0:52:35	0:50:44	0:53:48	1:06:38			3:43:46
37	WHK	35	F72	Janina	Borchert	87	Landjugend Filsum	0:52:58	0:51:22	0:54:24	1:05:29			3:44:14
38	WHK	36	F481	Heidrun	Keiser	57	LG Uplengen	0:51:56	0:51:43	0:53:45	1:07:02			3:44:28
39	WJ	3	F37	Ilka	Janssen	92	LG Ostfriesland	0:51:42	0:51:11	0:54:33	1:07:33			3:45:01
40	WHK	37	F35	Roswitha	Schön	69	Leer	0:52:22	0:52:13	0:53:46	1:06:46			3:45:08
41	WHK	38	F25	Antke	Watzema	68	Westoverledingen	0:53:13	0:52:32	0:53:07	1:06:23			3:45:16
42	WHK	39	F26	Anja	Goos	72	Emder LG	0:50:55	0:51:11	0:55:17	1:08:48			3:46:12
43	WHK	40	F99	Gudrun	Reismann	60	TV Norden	0:52:35	0:52:23	0:54:08	1:08:03			3:47:11
44	WHK	41	F22	Hilde	Steinke	45	SV Concordia Neermoor	0:50:20	0:53:31	0:58:14	1:06:03			3:48:10
45	WJ	4	F32	Aylin	Schmidt	94	Gymnasium Ulricianum /	0:53:02	0:51:35	0:54:12	1:09:24			3:48:15
46	WHK	42	F190	Anne	Trauernicht	69	Großefehn	0:53:25	0:52:53	0:54:25	1:07:36			3:48:20
47	WHK	43	F91	Miriam	Busch	71	obw Emden	0:52:38	0:52:24	0:54:37	1:08:42			3:48:22
48	WHK	44	F104	Eva	Post	73	TSV Riepe	0:52:48	0:51:59	0:54:08	1:09:27			3:48:24
49	WHK	45	F68	Werena	Broers	79	VfR Eintracht Völlen	0:54:06	0:52:30	0:54:18	1:08:10			3:49:05
50	WJ	5	F184	Lisa	Speckmann	90	mtv aurich	0:54:18	0:52:19	0:54:36	1:08:31			3:49:46
51	WHK	46	F485	Anke	Schrader	61	Pestalozzischule Weene	0:53:10	0:52:29	0:55:18	1:08:51			3:49:51
52	WHK	47	F70	Claudia	Behnke	74	Schwimmverein Wiesmo	0:53:33	0:53:08	0:54:30	1:08:38			3:49:51
53	WHK	48	F98	Michaela	Tammen	77	Borromäus Hospital	0:54:12	0:52:34	0:54:59	1:08:22			3:50:08
54	WJ	6	F74	Anke	Hanssen	91	SC-Wiesens	0:53:00	0:51:13	0:57:02	1:08:57			3:50:14
55	WHK	49	F327	Lena	Speckmann	89	Aurich	0:55:13	0:52:34	0:54:02	1:08:31			3:50:21

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	WHK	50	F334	Amke	Boelsen	61	Leer	0:53:26	0:53:01	0:54:59	1:08:55			3:50:23
57	WHK	51	F589	Marga	Tuijter	56	Freie Lunge Bentstreek	0:54:01	0:52:21	0:54:57	1:09:02			3:50:23
58	WHK	52	F49	Imke	Janssen	76	LT TuS Aurich-Ost	0:53:12	0:52:04	0:55:29	1:09:58			3:50:45
59	WHK	53	F63	Karin	Schmidt	60	LT TuS Aurich-Ost	0:51:57	0:52:26	0:55:29	1:11:09			3:51:03
60	WHK	54	F62	Johanna	Wolken	84	TG Wiesmoor	0:54:01	0:53:36	0:55:19	1:08:17			3:51:14
61	WJ	7	F594	Saskia	Bakker	92	LG Deichschleicher Ost	0:52:43	0:52:37	0:55:52	1:10:39			3:51:53
62	WHK	55	F92	Sandra	Lübbers	87	Eden, Jans, Fischer Par	0:54:08	0:53:00	0:56:06	1:08:53			3:52:08
63	WHK	56	F575	Gaby	Hommers	62	LT SV Ems Jemgum	0:54:07	0:52:21	0:55:59	1:09:49			3:52:16
64	WHK	57	F567	Trijntje	Falkena	82	Druckerei Meyer, Aurich	0:54:07	0:53:01	0:54:59	1:10:17			3:52:26
65	WHK	58	F623	Andrea	Ziemann	62	TSV Hesel	0:55:31	0:53:14	0:54:08	1:10:06			3:53:01
66	WHK	59	F45	Ina	Weber	85	Studio Larisca	0:54:05	0:52:11	0:54:56	1:11:47			3:53:01
67	WHK	60	F486	Karen	Kurp	71	DPI AG Leer	0:54:19	0:52:13	0:56:11	1:10:20			3:53:04
68	WHK	61	F60	Hiltrud	Pfthast	72	HC Moormerland	0:53:52	0:53:54	0:56:02	1:09:32			3:53:21
69	WHK	62	F71	Kerstin	Schmidt	65	Milchlabor Weser Ems e	0:54:26	0:53:36	0:55:19	1:10:13			3:53:36
70	WHK	63	F59	Brigitte	Diekmann	60	SV Holtland	0:54:35	0:53:34	0:55:56	1:09:40			3:53:46
71	WHK	64	F64	Claudia	Hafen	80	Emden	0:54:29	0:53:26	0:55:34	1:10:15			3:53:46
72	WHK	65	F603	Christina	Stoye-Grun	54	Trainingszentrum Emsstr	0:55:12	0:52:52	0:55:39	1:10:49			3:54:34
73	WJ	8	F90	Maja	Dirks	93	Fortuna Logabirum	0:53:27	0:53:48	0:56:30	1:10:48			3:54:35
74	WHK	66	F81	Britta	Canenbley	68	Dethmers & Co.	0:54:22	0:53:11	0:57:16	1:09:54			3:54:43
75	WHK	67	F61	Adda	Janssen	66	Wallinghausen	0:53:42	0:54:13	0:57:04	1:09:44			3:54:44
76	WHK	68	F141	Romana	Apostel	71	Pro Senis	0:55:43	0:53:54	0:55:40	1:09:31			3:54:50
77	WHK	69	F271	Regina	Gerken	65	Fortuna Wirdum	0:54:50	0:53:24	0:57:22	1:09:19			3:54:56
78	WHK	70	F296	Andrea	Kurrelvink	72	Hartmann Group	0:55:34	0:53:48	0:55:30	1:10:17			3:55:10
79	WHK	71	F524	Petra	Wist-Hamel	69	VfB Rajen	0:54:23	0:54:40	0:56:02	1:10:26			3:55:32
80	WHK	72	F58	Irene	Wagner	66	Emder LG	0:54:09	0:53:35	0:57:26	1:10:56			3:56:07
81	WHK	73	F130	Ilona	Wien	72	Sparkasse Aurich-Nord	0:54:50	0:54:04	0:56:06	1:11:24			3:56:25
82	WHK	74	F88	Petra	Boekhoff	67	SV Bentstreek Freie Lun	0:56:37	0:54:14	0:56:07	1:09:46			3:56:46
83	WHK	75	F65	Gabi	Sünkel	72	Emder LG	0:53:58	0:55:58	0:56:17	1:11:06			3:57:20
84	WHK	76	F67	Sabine	Mansholt	71	VfB Uplengen	0:54:57	0:54:11	0:57:09	1:11:06			3:57:24
85	WHK	77	F487	Antje	Meyer	56	LG Uplengen	0:53:46	0:55:00	0:56:32	1:12:16			3:57:36
86	WHK	78	F604	Anja	Wachtendor	71	Westersander	0:57:57	0:52:59	0:56:46	1:10:16			3:57:59
87	WHK	79	F531	Petra	Müller	64	Realschule Aurich	0:55:02	0:54:41	0:56:15	1:12:08			3:58:07
88	WHK	80	F83	Angelika	Janßen	63	LT Schafhauser Wald	0:55:27	0:53:59	0:57:05	1:11:37			3:58:08
89	WHK	81	F57	Anke	Huismann	74	Team ENERCON	0:54:14	0:53:09	0:57:41	1:13:19			3:58:25
90	WJ	9	F583	Ines	Patzwald	93	Realschule Esens	0:57:00	0:52:02	0:56:41	1:12:53			3:58:37
91	WHK	82	F466	Gisela	Fisser	65	TV Norden	0:55:11	0:54:08	0:57:40	1:11:53			3:58:52
92	WHK	83	F158	Sabine	Fecht	66	Neukamperfehn	0:55:57	0:54:15	0:57:21	1:11:22			3:58:57
93	WHK	84	F649	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:57:36	0:53:44	0:56:57	1:11:04			3:59:23
94	WHK	85	F95	Monika	Loers	75	TG Wiesmoor	0:55:11	0:54:01	0:57:26	1:12:47			3:59:25
95	WHK	86	F488	Karin	Böke-Aden	59	TuS Eintracht Hinte	0:55:11	0:55:18	0:57:01	1:11:57			3:59:28
96	WHK	87	F66	Monika	Friesenborg	69	Emder LG	0:54:57	0:55:26	0:57:20	1:11:59			3:59:43
97	WJ	10	F507	Anke	Hölscher	93	HTG Ihlow	0:54:53	0:54:44	0:56:54	1:13:16			3:59:48
98	WHK	88	F121	Doris	Hüser	64	Moormerland	0:56:57	0:54:33	0:57:00	1:11:21			3:59:51
99	WHK	89	F317	Meike	Flügge	66	VfL Germania Leer	0:55:22	0:55:47	0:56:43	1:12:07			4:00:01
100	WHK	90	F472	Lydia	Schmidt	63	SV Holtland	0:55:41	0:54:03	0:57:17	1:13:01			4:00:03
101	WHK	91	F522	Carla	Tapia	80	Team ENERCON	0:56:42	0:54:47	0:57:06	1:11:42			4:00:19
102	WHK	92	F107	Karen	Löhn	63	Neermoor	0:56:08	0:54:13	0:57:11	1:13:08			4:00:41
103	WHK	93	F230	Anja	Wilken	70	Uplengen	0:56:33	0:55:15	0:57:01	1:11:58			4:00:48
104	WHK	94	F97	Marion	Geiken	66	LT TuS Aurich-Ost	0:55:56	0:54:24	0:57:52	1:12:54			4:01:06
105	WHK	95	F77	Karin	Meints	62	LG GroBefehn	0:56:01	0:54:47	0:58:04	1:12:23			4:01:16
106	WHK	96	F328	Bärbel	Terviel	57	VfB Uplengen	0:56:54	0:54:39	0:57:35	1:12:21			4:01:31
107	WHK	97	F471	Nadja	Bondarenko	86	ELV Elektronik AG	0:56:17	0:53:59	0:57:48	1:13:30			4:01:36
108	WHK	98	F124	Rita	Stoyke	69	Elisabethfehn	0:55:24	0:55:38	0:57:24	1:13:29			4:01:56
109	WHK	99	F50	Magret	Kloster	56	Fortuna Logabirum	0:54:58	0:55:12	0:57:48	1:13:56			4:01:56
110	WJ	11	F273	Tamara	König	93	HRS Westerholt	0:58:55	0:55:13	0:58:25	1:09:39			4:02:14

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	WHK	100	F82	Gisela	Haida	48	Lauftreff Schafhauser W	0:56:27	0:55:19	0:58:06	1:12:31			4:02:24
112	WHK	101	F137	Frauke	Becker-de B	66	Emden	0:56:52	0:54:51	0:57:25	1:13:31			4:02:41
113	WHK	102	F76	Adrienne	Downey	83	Team ENERCON	0:55:07	0:54:38	1:00:25	1:12:41			4:02:52
114	WHK	103	F55	Edith	Freudenber	68	Ihlowerfehn	0:56:46	0:55:42	0:58:18	1:12:11			4:02:58
115	WHK	104	F643	Martina	Dreyer	64	TuS Weener	0:56:22	0:55:15	0:58:30	1:13:01			4:03:11
116	WHK	105	F131	Marion	Hüls	66	TV Norden	0:57:54	0:55:45	0:57:21	1:12:35			4:03:36
117	WHK	106	F204	Herta	de Buhr	60	Neukamperfehn	0:56:48	0:55:25	0:58:20	1:13:03			4:03:38
117	WHK	106	F484	Martina	Schomerus-	78	Raiffeisenbank eG, Moor	0:57:05	0:55:46	0:57:52	1:12:54			4:03:38
119	WHK	108	F108	Sandra	Buß	82	Wasserschutzpolizei Em	0:57:17	0:55:01	0:59:08	1:12:45			4:04:13
120	WHK	109	F153	Kerstin	Alexy	71	VfB Uplengen	0:57:05	0:55:35	0:57:54	1:13:49			4:04:24
121	WHK	110	F564	Martina	Janssen	64	UEK Aurich	0:57:24	0:56:14	0:58:12	1:13:15			4:05:06
122	WHK	111	F93	Sabine	Maciejewski	67	Aurich	0:56:33	0:55:57	0:59:33	1:13:29			4:05:33
123	WHK	112	F529	Elke	Fleßner	64	HTG Ihlow	0:56:45	0:56:21	0:58:31	1:13:58			4:05:36
124	WJ	12	F577	Rena	Hinrichs	94	KGS GroBefehn	0:58:33	0:56:30	0:57:33	1:13:17			4:05:55
125	WHK	113	F193	Kristina	Pospisil	71	Aurich	0:58:04	0:55:45	0:56:45	1:15:26			4:06:01
126	WHK	114	F78	Frieda	Brinkmann	60	Fortuna Logabirum	0:57:38	0:56:11	0:58:57	1:13:21			4:06:09
127	WHK	115	F156	Ulrike	Füllgrabe	51	LT TuS Aurich-Ost	0:57:50	0:56:21	0:58:37	1:13:33			4:06:23
128	WHK	116	F146	Anja	Gronewold	77	Team AURICHER EIER	0:56:55	0:56:31	0:58:49	1:14:16			4:06:32
129	WHK	117	F160	Angelika	Kühl-Giese	67	Emden	0:58:29	0:56:35	0:57:31	1:14:10			4:06:45
130	WHK	118	F530	Marianne	Loeschen	60	Holtrop	0:57:33	0:57:15	0:58:42	1:13:32			4:07:03
131	WHK	119	F29	Anja	de Witte	75	Norden	0:55:57	0:56:02	0:59:46	1:15:19			4:07:05
132	WHK	120	F126	Uschi	Klimaschka-	57	MTV Aurich	0:57:42	0:56:54	0:58:28	1:14:23			4:07:28
133	WHK	121	F489	Ria	Nitschke	63	Froschläufer	0:57:00	0:56:47	0:59:43	1:13:56			4:07:28
134	WHK	122	F148	Annelene	Eisenhauer	55	LT Schafhauser Wald	0:57:57	0:56:14	0:59:42	1:13:45			4:07:40
135	WHK	123	F183	Linda	Broers	75	Rettungsdienst Leer	0:56:58	0:56:35	0:59:19	1:15:24			4:08:17
136	WJ	13	F105	Deike	de Riese	90	Lauftreff Ihrhove	0:58:46	0:56:20	0:59:47	1:13:56			4:08:50
137	WHK	124	F169	Gunda	Heyen	67	LT TuS Aurich-Ost	0:58:17	0:56:45	0:59:28	1:14:38			4:09:09
138	WJ	14	F576	Inga	Fischer	94	KGS GroBefehn	0:58:55	0:56:36	0:59:05	1:14:39			4:09:17
139	WHK	125	F528	Elke	Janssen	73	Lauftreff Spaß mit Sport	1:00:27	0:57:01	0:58:23	1:14:06			4:10:00
140	WHK	126	F535	Britta	Seeberg	63	Südbrookmerland	0:57:51	0:57:48	0:59:31	1:14:57			4:10:09
141	WJ	15	F591	Antje	Muhlenbroc	96	Druckerei Meyer, Aurich	1:01:02	0:56:42	0:59:05	1:13:59			4:10:49
142	WHK	127	F117	Birgit	Keck	67	LG Ostfriesland	0:58:30	0:57:14	0:59:29	1:15:56			4:11:10
143	WHK	128	F144	Elke	Osterhagen	76	Holthusen	1:01:38	0:56:48	0:58:48	1:14:00			4:11:14
144	WHK	129	F255	Ilona	Tuve	68	Milchlabor Weser Ems e	0:59:54	0:57:44	0:58:55	1:14:50			4:11:25
145	WHK	130	F129	Marion	Unger	70	LT TuS Aurich-Ost	0:59:52	0:56:37	0:59:49	1:15:20			4:11:39
146	WHK	131	F165	Marike	Heislitz	83	Roadrunner-Sport.de	0:59:03	0:56:24	1:00:41	1:15:38			4:11:48
147	WHK	132	F103	Mira	Hinrichs	81	LT TuS Aurich-Ost	0:58:40	0:57:00	1:00:09	1:16:10			4:12:00
148	WHK	133	F177	Petra	Tammen	75	Briese Schifffahrt	1:00:41	0:57:36	0:59:01	1:14:50			4:12:10
149	WHK	134	F599	Imke	Junker	87	Leer	1:02:15	0:55:45	0:58:05	1:16:11			4:12:18
150	WHK	135	F464	Thea Agena	Schoon	62	LG GroBefehn	0:57:52	0:57:20	1:00:42	1:16:31			4:12:27
151	WHK	136	F210	Petra	Palma	65	TUS Leerhufe	0:58:24	0:57:31	1:00:03	1:16:29			4:12:28
152	WHK	137	F56	Anja	Janssen	68	SV Stikelkamp	0:59:26	0:56:59	0:59:50	1:16:12			4:12:29
153	WHK	138	F154	Insa	Schipper	68	Leer	0:57:38	0:57:07	1:01:40	1:16:05			4:12:32
154	WHK	139	F168	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	0:58:56	0:57:55	0:59:45	1:16:09			4:12:46
155	WHK	140	F136	Hanna	Ottersberg	73	Team Möbel Buss	0:58:36	0:57:14	1:00:31	1:17:08			4:13:30
156	WHK	141	F501	Frauke	Aden	71	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35			4:13:42
157	WHK	142	F500	Melanie	Aden	72	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35			4:13:42
158	WHK	143	F132	Edith	Lienemann	63	Kanalratten Ihlow	0:58:25	0:58:37	1:00:32	1:16:16			4:13:52
159	WHK	144	F286	Ingrid	Meyer	72	AOK Aurich	1:00:29	0:57:01	1:00:40	1:16:04			4:14:15
160	WJ	16	F135	Tessa	Behrends	90	Ulricianum Aurich	0:58:18	0:56:51	1:01:21	1:17:49			4:14:20
161	WHK	145	F490	Edith	Akkermann	53	Concordia Ihrhove	0:58:37	0:57:36	1:01:18	1:16:52			4:14:25
162	WHK	146	F462	Christa	Janßen	43	SV Frisia Brinkum	1:00:21	0:58:03	0:59:47	1:16:16			4:14:28
163	WHK	147	F496	Dora	Rabenberg	52	LG TV Bunde	0:59:02	0:58:42	1:00:34	1:16:16			4:14:35
164	WJ	17	F235	Wiebke	Nannen	93	SV WUW	1:00:04	0:56:42	1:00:49	1:17:04			4:14:41
165	WHK	148	F415	Birte	Schott	71	Sport Peters Wittmund	0:59:44	0:58:36	1:00:34	1:15:47			4:14:42

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	WHK	149	F159	Giesela	Schulz	77	AKTIVA GmbH Wolters &	1:00:43	0:57:33	1:00:51	1:15:42			4:14:49
167	WJ	18	F476	Simone	Bramer	96	KGS Grossfehn	1:04:26	0:57:14	0:57:13	1:16:03			4:14:57
168	WHK	150	F234	Theda	Nannen	58	AOK	1:00:27	0:57:02	1:00:47	1:16:51			4:15:09
169	WHK	151	F331	Anke	Mannel	66	ENOVA Marketing+Ver	1:02:34	0:56:30	0:58:35	1:17:38			4:15:19
170	WHK	152	F295	Svea	Malinowski	89	Hartmann Group	1:00:28	0:57:11	1:01:06	1:16:33			4:15:19
171	WHK	153	F122	Heike	Lübßen	68	Kanalratten LT Team I	0:59:08	0:58:14	1:00:50	1:17:08			4:15:21
172	WHK	154	F199	Maria	Siepert	56	MTV Wittmund	0:59:44	0:58:43	1:00:59	1:16:04			4:15:31
173	WJ	19	F563	Swea	Eden	91	Westerholt	0:59:35	0:57:50	1:03:17	1:15:01			4:15:43
174	WHK	155	F182	Britta	Hülshof	69	TuRa 07 Westrhauderfe	0:58:56	0:58:44	1:00:56	1:17:08			4:15:46
175	WHK	156	F147	Heidi	Hinrichs	67	KBV Reepsholt	1:00:27	0:57:30	1:00:59	1:16:49			4:15:47
176	WHK	157	F140	Christa	Claaßen	60	Sandhorst	0:59:50	0:59:05	1:01:08	1:15:42			4:15:47
177	WHK	158	F622	Rita	Bruns	63	TSV Hesel	1:00:01	0:58:26	1:00:55	1:16:30			4:15:54
178	WHK	159	F171	Venke	Becker	67	LT BSC Burhufe	0:59:30	0:57:39	1:01:54	1:16:50			4:15:54
179	WHK	160	F94	Roswitha	Klaaßen	58	IHK Emden	0:59:16	0:58:17	1:01:10	1:17:10			4:15:55
180	WHK	161	F498	Andrea	Wübbenhor	73	LT BSC Burhufe	0:59:47	0:58:33	1:00:49	1:16:50			4:16:01
181	WHK	162	F166	Heidi	Sollermann	53	TuRa 07 Westrhauderfe	0:59:07	0:58:42	1:01:03	1:17:08			4:16:03
182	WHK	163	F40	Susanne	Jacobs	79	EWE Wattloopers	1:00:00	0:58:20	1:01:10	1:16:34			4:16:06
183	WHK	164	F53	Helga	Schmidt	65	EWE-Wattloopers	1:01:16	0:59:14	1:00:12	1:15:42			4:16:26
184	WHK	165	F506	Margaretha	Welz	63	Lingen	1:02:14	0:57:55	0:59:34	1:16:46			4:16:30
185	WHK	166	F111	Gesa	Hagedorn	77	EWE Wattloopers	1:01:48	1:01:07	1:04:05	1:09:30			4:16:32
186	WHK	167	F278	Annelie	Bremer-Bus	60	TURA 07 Westrhauder	0:59:07	0:58:42	1:00:56	1:17:54			4:16:40
187	WHK	168	F34	Mareke	Janßen	65	KBV Langefeld	0:58:39	0:58:36	1:01:55	1:17:42			4:16:54
188	WHK	169	F113	Silvia	Vosberg	65	Fortuna Logabirum	0:59:33	0:57:52	1:03:36	1:15:58			4:16:59
189	WHK	170	F618	Brigitte	Baumann	63	Loppersum	1:00:40	0:58:42	1:01:13	1:16:38			4:17:14
190	WHK	171	F533	Birgit	Pruin	67	Leer	1:01:09	0:58:40	1:00:49	1:16:40			4:17:19
191	WHK	172	F252	Elke	Necknig	75	Milchlabor Weser Ems e	1:01:02	0:58:05	1:00:08	1:18:12			4:17:29
192	WHK	173	F134	Simone	Daniel	62	Emder Kanu Club	1:00:38	0:57:54	1:00:43	1:18:12			4:17:29
193	WHK	174	F266	Traute	Hommers	63	LT TuS Aurich-Ost	1:02:21	0:57:48	1:00:07	1:17:19			4:17:36
194	WJ	20	F570	Elena	Buß	97	KGS GroBefehn	1:02:21	0:59:00	0:58:53	1:17:21			4:17:38
195	WHK	175	F206	Sandra	Mudder	64	LG Ostfriesland	1:00:21	0:58:36	1:01:26	1:17:20			4:17:45
196	WHK	176	F617	Hanne	Meyer	59	Ihlow/Simonswolde	0:59:30	0:58:50	1:02:21	1:17:11			4:17:53
197	WHK	177	F142	Gunda	Schwegma	61	www.urologie-leer.de	1:01:50	0:57:13	1:01:36	1:17:13			4:17:53
198	WHK	178	F559	Lena	Bonar	88	WfbM-Aurich-Wittmund C	1:02:20	1:00:59	0:59:04	1:15:31			4:17:55
199	WHK	179	F203	Mareike	Ahlers	85	Leer	0:59:36	0:59:58	1:00:39	1:18:02			4:18:17
200	WHK	180	F497	Helga	Boden	50	Wi sünd Holtriem	0:59:26	0:59:32	1:00:51	1:18:27			4:18:17
201	WHK	181	F277	Engeline	Robbe	71	MTV Ditzum	1:01:03	0:58:22	1:03:31	1:15:34			4:18:32
202	WHK	182	F157	Tina	Sluiter	84	Emden	1:01:03	0:58:48	1:02:12	1:16:43			4:18:48
203	WHK	183	F110	Daniela	Förster-Rie	67	EWE Wattloopers	1:00:46	0:58:18	1:01:54	1:17:56			4:18:55
204	WHK	184	F127	Elisabeth	Bohlen	61	Victorbur	1:00:43	0:59:51	1:01:35	1:16:49			4:18:59
205	WHK	185	F611	Imke	Grüßing	70		0:59:42	0:59:34	1:02:10	1:17:59			4:19:27
206	WHK	186	F101	Sabine	Kula	78	Team Möbel Buss	0:59:10	0:59:29	1:01:53	1:18:59			4:19:33
207	WHK	187	F310	Ontja	Ebbers	70	Baptisten Firrel	1:02:42	0:58:40	1:01:56	1:16:19			4:19:39
208	WHK	188	F188	Insa	Köster	74	FT Spetzerfehn	1:03:43	1:00:53	0:59:47	1:15:18			4:19:42
209	WHK	189	F198	Carola	Best	76	Sportschule TAO Aurich	1:02:49	0:58:06	1:00:59	1:18:20			4:20:16
210	WHK	190	F644	Maren	Saul	87	Leer	1:02:55	0:58:08	1:02:29	1:16:55			4:20:29
211	WHK	191	F374	Renate	Ukena	55	Emder LG	1:00:46	0:58:10	1:01:59	1:19:42			4:20:38
212	WHK	192	F561	Wilma	Harken-RöB	65	WfbM-Aurich-Wittmund C	1:01:58	0:59:31	1:02:12	1:17:18			4:21:00
213	WHK	193	F593	Anke	Mühlenbroc	68	Druckerei Meyer, Aurich	1:00:24	0:59:22	1:02:19	1:19:07			4:21:12
214	WHK	194	F470	Giesela	Heynen	62	Strücklingen	1:02:22	0:58:39	1:02:43	1:17:48			4:21:34
215	WHK	195	F116	Ute	Struß	86	SV Nortmoor	1:00:39	0:59:18	1:01:51	1:20:05			4:21:55
216	WHK	196	F200	Claudia	Brandau	63	Leer	1:00:45	1:00:36	1:03:11	1:17:25			4:21:59
217	WHK	197	F362	Janneke	Peters	77	Nortmoor	1:03:03	0:59:50	1:01:36	1:17:41			4:22:12
218	WHK	198	F149	Manuela	Jacobs	61	Emder LG	1:02:03	0:58:55	1:01:53	1:19:34			4:22:26
219	WHK	199	F461	Gertje	Kessler	52	Emder LG	1:02:03	0:58:59	1:01:56	1:19:29			4:22:29
220	WHK	200	F174	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:00:05	1:03:38	1:02:15	1:16:37			4:22:36

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	WHK	201	F544	Sylvia	Bülte	71	Leer	1:03:03	0:59:41	1:02:30	1:17:25			4:22:41
222	WHK	202	F202	Traute	Voß	67	Kanalratten Ihlow	1:01:25	1:00:11	1:01:49	1:19:18			4:22:45
223	WHK	203	F290	Silke	Neumann	81	Ostfriesische Volksbank	1:02:52	1:00:38	1:01:58	1:17:17			4:22:47
224	WHK	204	F102	Melanie	Beutter	75	Polizei Leer	1:02:34	1:00:01	1:01:53	1:18:30			4:23:00
225	WHK	205	F318	Geda	Gruben	49	SV Potshausen	1:01:00	1:00:15	1:03:16	1:18:35			4:23:08
226	WHK	206	F519	Nele	Bakker	70	Emder LG	1:01:06	1:00:15	1:02:26	1:19:29			4:23:17
227	WHK	207	F253	Else	Pruin	56	Milchlabor Weser Ems e	1:01:08	1:00:34	1:03:24	1:18:19			4:23:26
228	WJ	21	F510	Eske	Hilbrands	96	de Heizungsloopers	0:58:30	0:58:41	1:03:20	1:22:56			4:23:29
229	WHK	208	F309	Rita	Kramer	79	Barßel	1:01:17	0:59:33	1:02:38	1:20:12			4:23:41
230	WHK	209	F572	Sylvia	Cordes	63	Wiesmoor	1:01:17	1:01:00	1:02:15	1:19:22			4:23:55
231	WHK	210	F164	Inga	Pleis	81	Polizei Leer	1:01:34	0:59:45	1:02:31	1:20:13			4:24:05
232	WHK	211	F540	Britta	Matzk	83	KGS Hage	1:03:17	1:00:49	1:01:45	1:18:16			4:24:08
233	WHK	212	F139	Ulrike	Schürmann	62	Germania Leer	1:01:08	1:00:36	1:02:33	1:19:50			4:24:08
234	WHK	213	F133	Sonja	Kehmeier	76	Team ENERCON	1:02:59	1:00:31	1:02:46	1:18:04			4:24:22
235	WHK	214	F87	Marie	Ubben	58	EDEKA Laufteam	1:03:02	1:00:41	1:01:58	1:18:45			4:24:27
236	WJ	22	F348	Melanie	Cornelius	90	NIGE	1:02:33	1:00:12	1:02:33	1:19:31			4:24:51
237	WHK	215	F525	Martina	Klasen	58	Leer	1:00:35	1:02:15	1:02:30	1:19:36			4:24:57
238	WHK	216	F212	Birgit	Olbrich	57	Leinerstift e.V.	1:01:40	1:00:00	1:03:24	1:20:03			4:25:08
239	WHK	217	F389	Regina	Klenzendorf	65	Leer	1:03:04	1:01:39	1:02:36	1:18:21			4:25:42
240	WJ	23	F571	Leska	Schmidt	97	KGS GroBefehn	1:04:26	1:01:05	1:01:27	1:18:56			4:25:56
241	WHK	218	F189	Martina	Foltrichs	75	Eden, Jans, Fischer Par	1:02:15	1:00:51	1:03:30	1:19:25			4:26:02
242	WJ	24	F275	Sabine	Meiners	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:08			4:26:06
243	WJ	25	F274	Tasmin	König	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:09			4:26:06
244	WHK	219	F311	Agnes	Wilken	70	Baptisten Firrel	1:02:42	1:01:46	1:03:31	1:18:06			4:26:07
245	WHK	220	F624	Kristin	Leesch	79	OVb	1:02:54	1:02:25	1:02:01	1:18:54			4:26:15
246	WHK	221	F89	Margret	Budnick	54	TSV Jahn Carolinensiel	1:00:36	0:59:46	1:03:19	1:22:35			4:26:17
247	WHK	222	F192	Sabrina	Veldkamp	81	Pro Senis	1:01:16	1:00:30	1:03:17	1:21:14			4:26:18
248	WJ	26	F509	Fenna	Hilbrands	92	de Heizungsloopers	1:00:26	0:59:28	1:03:31	1:22:56			4:26:23
249	WHK	223	F292	Kathrin	de Vries	75	Ruderverein Emden	1:01:03	1:00:37	1:04:49	1:19:56			4:26:26
250	WHK	224	F284	Rosemarie	Gerdes	60	Pro Senis	1:01:13	1:00:38	1:03:18	1:21:18			4:26:28
251	WHK	225	F285	Sonja	Bruns	64	Pro Senis	1:01:16	1:00:38	1:03:19	1:21:18			4:26:32
252	WJ	27	F552	Saskia	Bohlken	94	HRS Moormerland	1:06:26	1:01:06	1:02:01	1:16:59			4:26:34
253	WHK	226	F307	Beate	Reiter	66	SV Stikkelkamp	1:00:35	1:01:43	1:04:47	1:19:30			4:26:35
254	WJ	28	F557	Mareike	Hemberger	90	Alexander-von-Humboldt	1:04:15	1:00:34	1:04:49	1:17:08			4:26:47
255	WHK	227	F178	Theda	Freitag	51	LT TuS Aurich-Ost	1:01:33	1:01:33	1:04:19	1:20:20			4:27:47
256	WHK	228	F551	Ingrid	Mennebäck	62	SC 13 Eichen Wiesens	1:04:11	1:01:52	1:03:23	1:18:23			4:27:50
257	WHK	229	F79	Frauke	Tillmann	83	HRS Moormerland	1:06:46	1:01:27	1:02:10	1:17:31			4:27:56
258	WHK	230	F265	Anja	Musiol	73	Emder LG	1:03:50	1:01:08	1:02:55	1:20:01			4:27:56
259	WHK	231	F259	Gaby	Mennen	72	LOOP DOCH SÜLMST	1:04:14	1:00:18	1:03:15	1:20:22			4:28:11
260	WHK	232	F223	Susanne	Janßen-Hak	66	SV Nortmoor	1:01:36	1:01:48	1:04:18	1:20:37			4:28:20
261	WHK	233	F323	Daniela	Schilling	77	RVB Aurich/Uplengen	1:01:31	0:59:13	1:04:49	1:22:48			4:28:22
262	WHK	234	F187	Manu	Kappernage	72	Veenhusen	1:01:58	1:01:49	1:03:30	1:21:07			4:28:25
263	WHK	235	F423	Petra	Baumgarten	70	HS-Aurich	1:02:41	1:02:16	1:03:32	1:20:13			4:28:43
264	WJ	29	F641	Kohl	Marie-There	97	TV Norden	1:00:14	0:59:58	1:08:56	1:19:46			4:28:55
265	WHK	236	F527	Tomke	Barfknecht	85	Kurverein Esens7 Bense	1:02:36	1:00:01	1:02:43	1:23:44			4:29:05
266	WHK	237	F347	Birgit	Müller	66	Emder LG	1:03:40	1:00:50	1:03:45	1:20:48			4:29:05
267	WHK	238	F350	Petra	Conrads	70	Emder LG	1:03:12	1:01:08	1:04:50	1:20:00			4:29:11
268	WHK	239	F219	Michaela	Flessner	69	SV Blomberg	1:02:01	1:01:27	1:03:56	1:22:06			4:29:31
269	WJ	30	F340	Deike	Hofmann	91	Holthusen	1:01:36	1:01:39	1:05:46	1:20:59			4:30:01
270	WJ	31	F51	Bianca	Oltmanns	91	IGS Aurich-West	1:04:09	1:00:51	1:02:39	1:22:22			4:30:02
271	WHK	240	F220	Karin	Buschmeier	71	Leer	1:02:56	1:01:57	1:04:24	1:20:54			4:30:11
272	WHK	241	F211	Monika	Rohden	66	Wi sünd Holtriem SV Oct	1:01:57	1:01:26	1:03:50	1:23:00			4:30:14
273	WHK	242	F163	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:02:28	1:02:04	1:03:44	1:21:59			4:30:17
274	WHK	243	F289	Tomke	Frikke	80	BSV Bingum	1:05:32	1:01:35	1:02:03	1:21:23			4:30:34
275	WHK	244	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	1:02:48	1:01:46	1:04:05	1:22:12			4:30:52

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	WHK	245	F173	Andrea	Hinderks	81	VfB Münkeboe	1:01:56	1:00:41	1:05:38	1:23:10			4:31:26
277	WHK	246	F162	Doris	Rieken	61	LT TuS Aurich-Ost	1:02:28	1:02:15	1:04:53	1:21:58			4:31:35
278	WHK	247	F560	Ingrid	Janssen	68	WfbM-Aurich-Wittmund C	1:04:08	1:01:47	1:02:18	1:23:29			4:31:44
279	WHK	248	F294	Sonja	Becker	67	Reederei Buss	1:02:40	1:02:27	1:05:03	1:21:38			4:31:49
280	WHK	249	F299	Ina	Erdmann	78	Hartmann Group	1:04:24	1:00:00	1:03:07	1:24:18			4:31:50
281	WHK	250	F176	Ingrid	Kaluza	59	LG Großefehn	1:03:52	1:01:58	1:04:39	1:21:21			4:31:52
282	WHK	251	F352	Bärbel	Neugebaue	65	TV Norden	1:07:30	1:00:46	1:04:15	1:19:30			4:32:02
283	WHK	252	F264	Anneke	Hinrichs	87	OLB Ostfriesland	1:05:49	1:02:24	1:03:45	1:20:11			4:32:09
284	WHK	253	F181	Petra	Helmerichs	69	Fun-Loopers	1:03:59	1:02:08	1:05:56	1:20:06			4:32:11
285	WHK	254	F216	Gisela	Möhlmann	69	VfB Uplengen	1:03:24	1:01:44	1:05:04	1:21:59			4:32:12
286	WHK	255	F343	Helga	Sluiter	63	Nordgeorgsfehn	1:02:18	1:01:56	1:05:26	1:22:37			4:32:18
287	WHK	256	F207	Margret	Schoon	63	TG Wiesmoor	1:03:19	1:01:53	1:05:36	1:21:37			4:32:26
288	WHK	257	F338	Susan	Schädler	59	Leer	1:02:39	1:02:53	1:04:35	1:22:52			4:33:02
289	WJ	32	F387	Sarah	Kaletsch	93	Gymnasuim Ulricianum /	1:03:06	1:02:43	1:05:31	1:21:42			4:33:04
290	WHK	258	F115	Christina	Swalve	76	DLRG Weener	1:03:54	1:02:07	1:04:10	1:23:32			4:33:45
291	WHK	259	F513	Andrea	Teske-Völk	79	Holtland	1:03:26	1:01:37	1:04:53	1:23:59			4:33:57
292	WHK	260	F539	Katrin	Meinders	67	Stadt Weener	1:00:23	1:00:58	1:06:32	1:26:20			4:34:13
293	WHK	261	F650	Gunda	Nippen	77	DRK Leer	1:03:42	1:02:38	1:04:59	1:22:57			4:34:17
294	WHK	262	F208	Maike	Zimmerman	80	VfB Rajen	1:03:21	1:02:46	1:06:19	1:21:52			4:34:21
295	WHK	263	F436	Andrea	Mintken	82	TAO-Schule Aurich	1:04:42	1:02:05	1:04:27	1:23:05			4:34:21
296	WHK	264	F616	Wilma	Groenhagen	46	Emden	1:03:26	1:03:02	1:04:57	1:22:59			4:34:26
297	WHK	265	F375	Andrea	Sonderman	81	KUH'S BEST-Team	1:02:56	1:02:54	1:04:56	1:23:43			4:34:31
298	WHK	266	F378	Andrea	Sordon	59	Fortuna Logabirum	1:03:32	1:01:44	1:05:06	1:24:17			4:34:40
299	WHK	267	F422	Katja	Schrage	70	Schrage Conveying Sys	1:05:16	1:01:47	1:04:46	1:22:57			4:34:47
300	WHK	268	F205	Elke	Meiners	50	TuRa 07 Westrhauderfe	1:04:13	1:02:21	1:05:30	1:22:46			4:34:51
301	WHK	269	F152	Dagmar	Schön	64	LT TuS Aurich-Ost	1:09:14	1:00:35	1:01:37	1:23:29			4:34:56
302	WHK	270	F191	Birgit	Tergast	75	BSV Bingum	1:06:00	1:05:31	1:02:05	1:21:27			4:35:04
303	WHK	271	F386	Martina	Plaisier	82	SV Strücklingen	1:06:51	1:03:19	1:03:20	1:22:01			4:35:33
304	WHK	272	F441	Susanne	Brink	69	FC Frisia Völlenerkönigsf	1:05:42	1:02:39	1:05:01	1:22:12			4:35:35
305	WHK	273	F521	Richada	Theermann	62	Raiffeisenbank eG, Moor	1:04:06	1:02:47	1:05:25	1:23:37			4:35:57
306	WHK	274	F549	Gerda	Möhlmann	65	SC Wiesens	1:04:25	1:03:01	1:06:24	1:22:38			4:36:30
307	WHK	275	F109	Angelika	Picksak	63	TSV Riepe	1:02:01	1:01:27	1:03:53	1:29:10			4:36:32
308	WHK	276	F339	Helga	Middelborg	52	LT SV Ems Jemgum	1:04:07	1:04:11	1:06:12	1:22:24			4:36:55
309	WHK	277	F268	Tanja	Pauw	86	Hollen	1:04:48	1:03:32	1:05:03	1:23:34			4:36:59
310	WHK	278	F267	Anja	Bünting	67	Hollen	1:04:50	1:03:33	1:05:03	1:23:34			4:37:01
311	WHK	279	F493	Regina	Zeiler	57	Südbrookmerland	1:06:38	1:01:51	1:09:05	1:19:36			4:37:12
312	WHK	280	F371	Birgit	Krefter	72	Team Möbel Buss	1:03:52	1:03:23	1:05:47	1:24:12			4:37:15
313	WJ	33	F229	Lina	Heckhoff	90	Gymnasium Westerste	1:08:20	1:05:11	1:05:10	1:18:55			4:37:38
314	WHK	281	F270	Elke	Dirksen	66	Aurich	1:04:10	1:03:08	1:05:25	1:25:06			4:37:51
315	WHK	282	F214	Theresia	Jansen	71	ELV Elektronik AG	1:04:41	1:03:47	1:05:11	1:24:19			4:38:00
316	WHK	283	F172	Helga	Buss	62	Neukamperfehn	1:05:03	1:03:03	1:07:15	1:23:04			4:38:28
317	WHK	284	F100	Anja	Hedemann	64	Team Möbel Buss	1:04:38	1:03:03	1:06:56	1:24:03			4:38:41
318	WHK	285	F269	Karin	Fellensiek	66	BV Plaggenburg	1:04:10	1:03:14	1:06:27	1:25:07			4:38:59
319	WHK	286	F565	Margret	Kahmann	58	Laufgemeinschaft Ostfr	1:03:49	1:05:18	1:07:31	1:22:20			4:39:01
320	WJ	34	F420	Annika	Janssen	90	RuB GmbH	1:06:24	1:05:32	1:05:27	1:21:42			4:39:06
321	WHK	287	F536	Karin	Wiese	80	Team ENERCON	1:05:20	1:03:19	1:07:07	1:23:21			4:39:09
322	WHK	288	F287	Ina	Doden	72	SV-Arle	1:07:24	1:05:08	1:08:27	1:18:59			4:39:58
323	WJ	35	F221	Martina	Abbas	90	TGG Leer	1:06:08	1:03:46	1:06:18	1:23:45			4:39:58
324	WHK	289	F297	Sonja	Einhaus	70	Hartmann Group	1:03:37	1:03:55	1:06:10	1:26:18			4:40:02
325	WHK	290	F262	Sigrid	Kok	63	Kok-Reisen	1:08:07	1:03:31	1:06:13	1:22:21			4:40:13
326	WHK	291	F499	Christine	Ehmen	78	Andree Buß Orthopädie	1:07:07	1:03:41	1:05:59	1:23:41			4:40:30
327	WHK	292	F397	Martina	Bakker	65	Die Vier	1:08:41	1:03:32	1:05:30	1:23:02			4:40:46
328	WHK	293	F452	Käthe	Voß	54	Emder LG	1:02:50	1:03:12	1:10:14	1:24:32			4:40:50
329	WHK	294	F346	Edda	Buß	53	Pewsumer Ossiloopers	1:04:00	1:02:33	1:05:58	1:28:26			4:40:59
330	WHK	295	F179	Heidi	Meyer	70	EWE Wattloopers	1:07:51	1:04:56	1:05:28	1:22:52			4:41:08

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

15. Mai 2009

### Zwischenstand nach 4. Etappe

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	WHK	296	F647	Andrea	Hafner	74	Leer	1:05:48	1:04:16	1:06:32	1:24:32			4:41:09
332	WHK	297	F546	Gisela	Heddinga	57	LT TuS Aurich-Ost	1:04:11	1:03:54	1:08:41	1:24:51			4:41:40
333	WHK	298	F27	Kathrin	Evers	89	KBV Langefeld	1:00:07	0:56:39	1:02:17	1:42:46			4:41:51
334	WHK	299	F474	Alide	Wendeling	57	IHK Emden	1:04:30	1:03:19	1:08:34	1:25:30			4:41:54
335	WHK	300	F316	Meta	Samuels	64	Sportschule TAO Aurich	1:07:35	1:04:04	1:05:55	1:24:29			4:42:04
336	WHK	301	F601	Angelika	Schmidt	61	Hesel	1:05:41	1:05:23	1:06:32	1:24:31			4:42:08
337	WHK	302	F613	Henni	Severiens	54	Fortuna Logabirum	1:06:37	1:04:33	1:07:01	1:23:59			4:42:12
338	WHK	303	F194	Insa	Ideus	66	TSV Holtrop	1:04:23	1:04:50	1:08:56	1:24:03			4:42:13
339	WHK	304	F588	Stefanie	Koch	80	EWE Wattloopers	1:07:52	1:05:41	1:05:14	1:23:29			4:42:18
340	WHK	305	F555	Annette	Stanke	58	SC Wiesens	1:05:48	1:04:55	1:07:27	1:24:06			4:42:18
341	WHK	306	F621	Birgit	Lüursen	68	Weener	1:08:45	1:04:03	1:07:12	1:22:23			4:42:25
342	WHK	307	F467	Herta	Meyer	49	TV Norden	1:05:46	1:04:12	1:07:55	1:24:30			4:42:25
343	WHK	308	F468	Christa	Spinneker	48	TV Norden	1:05:46	1:04:12	1:07:56	1:24:31			4:42:26
344	WHK	309	F580	Kerstin	Haskamp	76	TuRa 07 Westrhauderfe	1:05:55	1:04:05	1:07:18	1:25:29			4:42:48
345	WHK	310	F505	Almuth	Eden	65	BSC Burhufe	1:02:24	1:03:27	1:09:52	1:27:29			4:43:13
346	WHK	311	F155	Insa	Bock	64	DLRG Esens	1:08:06	1:04:11	1:07:00	1:23:56			4:43:15
347	WHK	312	F180	Angelika	Janßen-Har	59	Stadt Weener gegen Ge	1:04:46	1:04:32	1:07:39	1:26:23			4:43:21
348	WHK	313	F341	Hedwig	Steinbömer	58	LT TuS Aurich-Ost	1:05:20	1:04:20	1:08:41	1:25:20			4:43:44
349	WHK	314	F170	Petra	Engelhardt	76	Team ENERCON	1:05:38	1:05:30	1:07:10	1:25:29			4:43:49
350	WHK	315	F233	Johanne	Dieken-Wall	66	LG Ostfriesland	1:08:32	1:06:14	1:07:35	1:21:27			4:43:50
351	WHK	316	F215	Jutta	Christoffers	61	TG Wiesmoor	1:08:38	1:04:13	1:06:14	1:24:54			4:44:00
352	WHK	317	F410	Gitta	Seifert	67	Lauftreff Middels	1:05:02	1:04:21	1:07:51	1:26:50			4:44:05
353	WHK	318	F381	Hanna	Sanwald	62	Fehntjer Lauftreff	1:05:12	1:04:40	1:07:32	1:26:45			4:44:11
354	WHK	319	F586	Hannelore	Immega	53	LG Harlingerland	1:06:44	1:05:01	1:07:21	1:25:21			4:44:29
355	WHK	320	F218	Marion	Boé	47	Esens	1:06:45	1:05:01	1:07:21	1:25:21			4:44:30
356	WHK	321	F494	Silvia	Geiken	71	BV Victorbur	1:05:26	1:05:08	1:08:03	1:26:06			4:44:44
357	WHK	322	F344	Valentina	Ott	73	LT TuS Aurich-Ost	1:06:44	1:04:07	1:09:14	1:24:55			4:45:02
358	WHK	323	F150	Helke	Stürenburg-	61	EWE Wattloopers	1:05:30	1:05:42	1:09:48	1:24:07			4:45:08
359	WHK	324	F492	Annemarie	Saathoff	51	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:54			4:45:19
360	WHK	325	F491	Elisabeth	Eisenhauer	49	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:55			4:45:19
361	WJ	36	F579	Anna	Harms	97	KGS GroBefehn	1:08:19	1:02:59	1:09:03	1:25:04			4:45:26
362	WHK	326	F197	Danja	Bruns	81	Hartmann Group	1:04:59	1:07:33	1:08:59	1:24:36			4:46:09
363	WHK	327	F512	Heike	Baumann	76	Raiffeisenbank eG, Moor	1:05:24	1:03:32	1:09:19	1:27:59			4:46:15
364	WJ	37	F553	Anna-Lena	Ubben	95	HRS Moormerland	1:09:41	1:04:17	1:07:27	1:25:13			4:46:39
365	WHK	328	F626	Anna	Schröder	89		1:07:30	1:05:35	1:07:22	1:26:30			4:46:59
366	WHK	329	F547	Kathrin	Mayr	83	4./ObjSRgt Lw	1:07:05	1:04:33	1:07:34	1:27:48			4:47:01
367	WJ	38	F541	Anna	Pleis	93	Blau-Weiß-Filsum	1:02:00	1:09:48	1:12:20	1:22:59			4:47:08
368	WJ	39	F652	Inka	Freerks	93	Blau-Weiß-Filsum	1:01:59	1:09:49	1:12:20	1:22:59			4:47:08
369	WHK	330	F240	Jana	Voße	89	Team Beck`s nicht alk	1:09:16	1:06:02	1:13:43	1:18:22			4:47:25
370	WHK	331	F359	Andrea	Foorden	65	Team ENERCON	1:04:55	1:04:48	1:08:05	1:29:39			4:47:28
371	WHK	332	F473	Wilma	Denker	66	Ostfriesische Volksbank	1:06:27	1:05:13	1:09:31	1:26:27			4:47:39
372	WHK	333	F336	Anke	Fahnster	89	Team Möbel Buss	1:06:14	1:05:13	1:08:17	1:28:02			4:47:47
373	WHK	334	F143	Heike	Kleen	77	Team Möbel Buss	1:06:37	1:05:13	1:08:17	1:28:02			4:48:10
374	WHK	335	F261	Bettina	Oberfeuer	74	Leer	1:11:02	1:06:31	1:07:57	1:23:09			4:48:41
375	WJ	40	F437	Marieke	Beier	90	NIGE	1:09:23	1:06:19	1:08:58	1:24:06			4:48:48
376	WHK	336	F417	Silvia	Hieronimus	79	VHS-Laufen	1:11:02	1:06:32	1:08:01	1:23:12			4:48:49
377	WHK	337	F238	Anja	de Buhr-Har	65	Fun-Loopers	1:07:12	1:05:36	1:09:25	1:26:57			4:49:11
378	WHK	338	F408	Barbara	Leeling	65	Emder LG	1:09:41	1:03:31	1:08:18	1:28:00			4:49:31
379	WHK	339	F357	Felicitas	John	76	AKTIVA GmbH Wolters &	1:09:15	1:06:30	1:08:16	1:26:05			4:50:07
380	WHK	340	F337	Anne	Honefeld	71	Moormerland	1:09:32	1:06:46	1:09:00	1:24:52			4:50:12
381	WHK	341	F383	Ilka	Hartmann	71	Hartmann Group	1:08:58	1:06:15	1:07:52	1:27:13			4:50:19
382	WHK	342	F569	Wilma	Haseborg	61	SV Dornum	1:05:41	1:03:46	1:09:42	1:31:11			4:50:22
383	WHK	343	F421	Andrea	Fangmann	83	RuB GmbH	1:09:52	1:06:01	1:08:16	1:26:55			4:51:06
384	WHK	344	F384	Claudia	Kuper	72	Hartmann Group	1:06:23	1:05:34	1:10:06	1:29:08			4:51:12
385	WHK	345	F596	Dorothee	Schäfer-Hor	50	Westoverledingen	1:10:59	1:07:12	1:08:13	1:24:56			4:51:22

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	WHK	346	F258	Jutta	Hardy	65	TG Wiesmoor	1:08:06	1:06:04	1:08:47	1:28:58			4:51:57
387	WHK	347	F195	Claudia	Korpilla	66	Zeitungsgruppe Ostfrie	1:07:38	1:06:52	1:08:52	1:28:50			4:52:13
388	WHK	348	F538	Adele	Fitzner	49	LT TuS Aurich-Ost	1:07:15	1:06:43	1:11:11	1:27:21			4:52:31
389	WHK	349	F550	Sabine	Göbel	62	Pro-Senis	1:08:50	1:06:28	1:09:48	1:27:49			4:52:56
390	WHK	350	F537	Marlies	Kromminga	76	Hollland	1:11:06	1:06:48	1:09:09	1:26:15			4:53:20
391	WHK	351	F355	Ulrike	Richter	59	MTV Wittmund	1:08:58	1:06:40	1:10:16	1:27:29			4:53:25
392	WJ	41	F85	Nina	Peckmann	93	Gymnasium Ulricianum /	1:05:34	1:04:55	1:12:08	1:30:56			4:53:34
393	WHK	352	F517	Antje	Feige	62	LG -Großefehn	1:08:07	1:05:25	1:11:02	1:29:03			4:53:38
394	WHK	353	F225	Janina	Feldiek	85	GFI Treuhand GmbH	0:58:46	0:55:46	1:12:00	1:47:04			4:53:38
395	WHK	354	F627	Jutta	Redenius	61	LGO	1:08:52	1:06:57	1:08:38	1:29:19			4:53:47
396	WHK	355	F628	Karin	Gastmann	63	LGO	1:08:52	1:06:58	1:08:38	1:29:19			4:53:49
397	WHK	356	F281	Anne	Dirks	62	TG Wiesmoor	1:12:52	1:03:42	1:08:32	1:28:43			4:53:50
398	WHK	357	F353	Susanne	Hiltmann	56	LT TuS Aurich-Ost	1:07:12	1:08:34	1:09:14	1:28:51			4:53:53
399	WHK	358	F380	Insa	Kompaan	59	Pro Senis	1:08:47	1:07:05	1:09:42	1:28:50			4:54:26
400	WHK	359	F534	Christiane	Dahlweg	80	Heinrich - Middendorf - S	1:07:24	1:08:20	1:10:30	1:28:51			4:55:07
401	WHK	360	F315	Susanne	Tunder	67	Sportschule TAO Aurich	1:07:56	1:07:29	1:10:28	1:29:15			4:55:09
402	WHK	361	F226	Liuba	Bekker	87	GFI Treuhand GmbH	1:23:03	1:03:33	1:05:23	1:23:20			4:55:21
403	WHK	362	F370	Heike	Lombek	68	Team Möbel Buss	1:07:41	1:09:08	1:09:33	1:29:36			4:55:59
404	WHK	363	F426	Susanne	Finger	75	Leer	1:09:58	1:07:13	1:10:32	1:29:25			4:57:08
405	WHK	364	F279	Inge	Böwe	45	Emder LG	1:08:35	1:08:49	1:10:34	1:29:12			4:57:11
406	WHK	365	F379	Britta	Dietzel	67	Emden	1:07:53	1:07:28	1:12:17	1:30:07			4:57:46
407	WHK	366	F445	Erika	Meyer	70	Bingum	1:09:16	1:08:40	1:09:13	1:30:48			4:57:59
408	WHK	367	F545	Hiltrud	Spekker-Ed	58	LT Spaß mit Sport	1:09:33	1:08:15	1:10:32	1:29:41			4:58:02
409	WHK	368	F376	Petra	de Wall	72	Team ENERCON	1:08:53	1:06:55	1:12:54	1:29:38			4:58:21
410	WHK	369	F272	Petra	Weerts	70	IHK Emden	1:10:13	1:08:37	1:10:30	1:29:11			4:58:32
411	WHK	370	F120	Karina	Woortmann	78	LP KT	1:10:15	1:09:35	1:12:19	1:26:31			4:58:40
412	WHK	371	F413	Frauke	Giebelhaus	74	Pro Senis	1:09:43	1:08:58	1:10:09	1:29:58			4:58:50
413	WHK	372	F515	Veronika	Malzahn	50	TC Wittmund	1:10:04	1:07:45	1:11:52	1:29:22			4:59:05
414	WHK	373	F358	Helga	Potzler	49	MTV-Wittmund	1:10:05	1:07:45	1:11:52	1:29:22			4:59:06
415	WHK	374	F167	Margit	Klinkenborg	52	TV Norden	1:11:05	1:08:13	1:10:25	1:29:51			4:59:35
416	WHK	375	F392	Birgit	Weber	58	Heimatblatt	1:10:30	1:09:08	1:10:34	1:29:33			4:59:47
417	WHK	376	F566	Ute	Heuer	61	emder laufgemeinschaft	1:10:19	1:08:26	1:09:34	1:31:43			5:00:03
418	WHK	377	F407	Haike	Heuer	66	Emder Laufgemeinscha	1:10:19	1:08:26	1:09:36	1:31:42			5:00:04
419	WHK	378	F367	Rita	Höland	50	TuRa 07 Westrhauderfe	1:09:50	1:08:35	1:12:38	1:29:24			5:00:28
420	WHK	379	F388	Dunja	Ottjes	86	RVB Aurich/Uplengen	1:09:53	1:06:40	1:12:15	1:31:40			5:00:29
421	WHK	380	F428	Anja	Renken	68	Nortmoor	1:10:56	1:09:50	1:11:09	1:28:48			5:00:45
422	WHK	381	F516	Tanja	Fischer	81	Reepsholt	1:14:07	1:08:42	1:08:08	1:29:50			5:00:49
423	WHK	382	F333	Stefanie	Schlegel	78	Rhauserfehn	1:11:12	1:09:50	1:11:09	1:28:49			5:01:02
424	WHK	383	F282	Tina	Cramer	88	IHK	1:14:25	1:10:42	1:09:19	1:26:49			5:01:17
425	WHK	384	F185	Annchen	Post	43	Weener	1:08:30	1:08:15	1:13:43	1:31:04			5:01:34
426	WJ	42	F612	Lisa	Tunder	91	Großefehn	1:14:29	1:05:03	1:07:24	1:34:45			5:01:43
427	WHK	385	F595	Elke	Petersen	56	Westoverledingen	1:10:59	1:09:09	1:11:25	1:30:27			5:02:01
428	WHK	386	F414	Claudia	Freese	67	DPI AG	1:09:21	1:08:08	1:14:20	1:30:14			5:02:05
429	WHK	387	F224	Petra	Simon	69	obw Emden	1:12:29	1:06:56	1:13:26	1:29:50			5:02:42
430	WHK	388	F542	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:09:50	1:08:23	1:12:12	1:32:23			5:02:49
431	WHK	389	F411	Insa	Meinen	55	Team Möbel Buss	1:09:39	1:09:39	1:12:51	1:30:54			5:03:04
432	WHK	390	F393	Martina	Ennen	81	AOK	1:13:29	1:07:06	1:09:49	1:33:06			5:03:32
433	WJ	43	F609	Helke	Strüfing	95	Gymnasium Ulricianum /	1:13:24	1:07:28	1:12:14	1:30:56			5:04:03
434	WHK	391	F342	Astrid	Nophut	64	TV Friedeburg	1:10:15	1:11:50	1:12:02	1:30:48			5:04:57
435	WHK	392	F251	Mathilde	Georgs	64	keinen	1:13:30	1:09:05	1:11:59	1:30:28			5:05:03
436	WJ	44	F578	Wiebke	Martens	97	KGS Großefehn	1:13:51	1:05:38	1:11:28	1:34:59			5:05:57
437	WHK	393	F283	Marieanne	Petersen	54	Moormerland	1:15:51	1:09:41	1:12:47	1:27:37			5:05:57
438	WHK	394	F439	Marion	Dauids	62	Emder Laufgemeinscha	1:12:24	1:09:03	1:12:57	1:31:47			5:06:13
439	WHK	395	F435	Petra	Freese	69	Emder-LG	1:12:26	1:09:03	1:12:57	1:31:49			5:06:17
440	WHK	396	F451	Lisai	Groenewold	81	Aurich	1:15:20	1:09:50	1:12:18	1:29:10			5:06:39

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	WHK	397	F648	Petra	Lengsfeld	76	Logabirum	1:12:38	1:10:02	1:13:33	1:30:32			5:06:47
442	WHK	398	F394	Insa	Broß-Ansch	72	Fortuna Logabirum	1:12:41	1:10:02	1:13:34	1:30:33			5:06:51
443	WJ	45	F582	Kerstin	Ballmann	92	Realschule Esens	1:09:47	1:10:14	1:14:12	1:32:37			5:06:51
444	WJ	46	F363	Janna	Antons	90	NIGE	1:10:23	1:10:14	1:14:12	1:32:37			5:07:27
445	WHK	399	F312	Anja	Theilken	63	TEAM DEUTSCHE POS	1:12:57	1:07:17	1:13:09	1:35:09			5:08:33
446	WHK	400	F431	Kerstin	van Hese	67	Papenburg	1:12:23	1:10:40	1:15:07	1:31:33			5:09:46
447	WHK	401	F412	Edith	Cornelius	82	OLB Ostfriesland	1:14:32	1:10:05	1:11:49	1:33:20			5:09:47
448	WHK	402	F151	Käthe	König	36	Emder LG	1:10:46	1:10:04	1:12:48	1:36:51			5:10:30
449	WHK	403	F562	Anna	Penning	87	MTV Ditzum	1:15:09	1:10:39	1:11:41	1:33:13			5:10:42
450	WHK	404	F548	Marianne	Dreesch	62	Blomberg	1:14:35	1:11:18	1:16:09	1:28:44			5:10:47
451	WHK	405	F372	Greta	Rennings	76	Nordland Papier	1:12:18	1:11:41	1:12:43	1:34:37			5:11:20
452	WHK	406	F314	Elke	Hespe	60	Sportschule TAO Aurich	1:12:13	1:12:10	1:14:35	1:32:44			5:11:44
453	WHK	407	F406	Sabine	Ulferts	67	Team Wilts	1:13:54	1:11:48	1:10:57	1:35:35			5:12:16
454	WHK	408	F556	Anja	Tiefriinger	68	Leer	1:14:11	1:11:49	1:13:54	1:32:24			5:12:19
455	WHK	409	F432	Sabine	Kröger	69	SV Nortmoor	1:12:41	1:11:47	1:13:56	1:34:11			5:12:36
456	WHK	410	F523	Rieke	Frerichs	48	LG Großefehn	1:13:56	1:11:38	1:11:56	1:35:37			5:13:08
457	WHK	411	F222	Marion	Kumler	65	Polizei Aurich	1:16:01	1:10:24	1:14:04	1:32:43			5:13:13
458	WHK	412	F360	Sigrid	von Goldam	75	TSV Riepe	1:16:01	1:10:24	1:14:04	1:32:43			5:13:14
459	WHK	413	F434	Hauke-Kata	Welp	78	SV Eintracht Nüttermoor	1:17:40	1:12:09	1:13:37	1:29:51			5:13:18
460	WHK	414	F416	Helga	Christians	50	EWE Wattloopers	1:10:13	1:12:18	1:14:30	1:36:56			5:13:59
461	WHK	415	F373	Verena	Wegmann	82	Nordland Papier	1:12:58	1:12:16	1:14:47	1:34:37			5:14:40
462	WHK	416	F361	Karin	Petersitzke	59	LT Ihrhove	1:12:33	1:11:06	1:14:53	1:36:07			5:14:41
463	WHK	417	F354	Meike	Bohlen	83	AKTIVA GmbH Wolters &	1:13:37	1:11:11	1:15:43	1:35:00			5:15:32
464	WHK	418	F475	Barbara	Strüfing	64	Aurich	1:13:52	1:08:14	1:19:02	1:34:24			5:15:33
465	WHK	419	F592	Marion	Schmidt	71	Moormerland	1:12:42	1:12:04	1:16:38	1:35:15			5:16:40
466	WHK	420	F502	Astrid	Fimmen	75	BBC Chartering	1:15:19	1:10:46	1:15:48	1:34:55			5:16:49
467	WHK	421	F236	Elke	Hedemann	62	Fun-Loopers	1:12:18	1:09:41	1:16:38	1:38:33			5:17:12
468	WHK	422	F400	Marlis	Willms	60	Zahnarztpraxis Dunkel	1:16:14	1:12:07	1:13:31	1:35:37			5:17:30
469	WJ	47	F429	Jana	Leuchtman	90	Zahnarztpraxis Dunkel	1:16:14	1:13:42	1:13:31	1:35:38			5:19:07
470	WHK	423	F291	Sonja	Strasser	71	Firrel	1:14:47	1:13:50	1:15:24	1:35:15			5:19:18
471	WHK	424	F606	Helga	Meyer	63	SV Potshausen	1:14:19	1:11:52	1:16:26	1:36:50			5:19:28
472	WJ	48	F610	Sarah	Lüdtke	90	NIGE	1:12:00	1:11:00	1:17:12	1:39:43			5:19:57
473	WJ	49	F449	Alke	Eggers	90	NIGE	1:12:02	1:11:01	1:17:13	1:39:45			5:20:03
474	WJ	50	F280	Jana	Geuken	94	SV Warsingsfehn	1:14:48	1:13:34	1:17:53	1:34:00			5:20:16
475	WHK	425	F293	Marion	Bokelmann	60	VHS-Laufen	1:15:01	1:11:26	1:18:47	1:35:42			5:20:57
476	WHK	426	F558	Petra	Niemeyer	69	VHS Kurs	1:15:22	1:11:52	1:16:31	1:38:00			5:21:46
477	WJ	51	F615	Bianca	Ottersberg	91	Großefehn	1:15:24	1:10:48	1:14:05	1:41:50			5:22:08
478	WHK	427	F298	Ines	Eberlei	88	Hartmann Group	1:26:17	1:08:27	1:12:21	1:35:09			5:22:17
479	WHK	428	F469	Susanne	Winkler	48	TV Norden	1:14:02	1:14:26	1:16:46	1:37:31			5:22:47
480	WHK	429	F409	Esther	Gembruch	60		1:18:36	1:12:16	1:15:30	1:36:41			5:23:03
481	WHK	430	F263	Tomma	Teyen	55	TuS Weener	1:18:14	1:13:42	1:16:18	1:34:50			5:23:06
482	WHK	431	F433	Karin	Meyer	55	Moormerland	1:14:42	1:14:48	1:13:04	1:41:58			5:24:34
483	WHK	432	F425	Gaby	Janssen	79	Saterland-Ramsloh	1:15:27	1:14:19	1:14:48	1:40:31			5:25:07
484	WHK	433	F320	Petra	Tamling	77	Friesoythe	1:15:28	1:14:19	1:14:47	1:40:32			5:25:08
485	WHK	434	F257	Monika	Heyken	65	Weight- watchers	1:16:55	1:13:27	1:17:37	1:37:39			5:25:41
486	WHK	435	F401	Corinna	Schild	64	VHS-Laufen	1:15:54	1:12:37	1:18:46	1:38:52			5:26:11
487	WHK	436	F520	Elke	Memenga	72	Südbrookmerland 1	1:18:19	1:14:30	1:17:29	1:37:33			5:27:53
488	WHK	437	F446	Tanja	de Haan	75	Emder LG	1:15:42	1:14:47	1:18:51	1:39:04			5:28:26
489	WHK	438	F419	Anke	Garrelts	79	Therapiehuus Tannenhai	1:20:54	1:17:15	1:15:58	1:37:35			5:31:44
490	WHK	439	F430	Marei	Dunkel, Dr	52	Zahnarztpraxis Dunkel	1:16:59	1:16:30	1:19:55	1:38:27			5:31:52
491	WHK	440	F602	Heide	Löhdefink	46	Leer	1:16:58	1:16:30	1:19:56	1:38:26			5:31:52
492	WHK	441	F382	Christel	Werkmeiste	52	VHS-Laufen	1:17:46	1:11:58	1:21:57	1:40:38			5:32:20
493	WHK	442	F217	Beate	Müller	65	Team ENERCON	1:19:10	1:16:18	1:20:22	1:37:57			5:33:48
494	WHK	443	F503	Kathrin	Rosendahl	83	BBC Chartering	1:16:14	1:16:58	1:18:14	1:44:21			5:35:49
495	WHK	444	F448	Johanne	Buse	60	Moormerland	1:16:53	1:14:48	1:23:23	1:41:58			5:37:04

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#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
496	WHK	445	F605	Hiltrud	Schellenber	69	LG Grobfehn	1:18:43	1:17:15	1:19:54	1:43:40			5:39:33
497	WHK	446	F321	Hiltrud	Stöhr	60	SC Ihrhove 07	1:19:37	1:17:07	1:21:42	1:41:47			5:40:16
498	WHK	447	F366	Sandra	Kruse	77	Team Möbel Buss	1:19:41	1:17:14	1:19:54	1:43:40			5:40:30
499	WHK	448	F248	Gisela	Groenhoff	55	Milchlabor Weser Ems e	1:21:05	1:17:22	1:22:16	1:41:07			5:41:51
500	WHK	449	F247	Gerda	Frey	56	Milchlabor Weser Ems e	1:21:05	1:17:16	1:22:16	1:42:56			5:43:35
501	WHK	450	F405	Susanne	Dreyer	72	Team Wilts	1:23:18	1:16:06	1:22:49	1:45:44			5:47:58
502	WHK	451	F227	Silke	Furch	75	GFI Treuhand GmbH	1:23:03	1:15:53	1:24:14	1:47:04			5:50:15
503	WHK	452	F568	Inga	Nanninga	76	Wilts Team	1:23:42	1:17:46	1:27:26	1:48:21			5:57:16
504	WHK	453	F335	Petra	Müller	65	Team Wilts	1:23:42	1:21:05	1:27:22	1:48:21			6:00:31
505	WJ	52	F365	Frauke	Janssen	90	NIGE	1:23:53	1:19:09	1:25:38	1:53:35			6:02:16
506	WHK	454	F447	Margret	Störk-Müller	67	obw Emden	1:30:27	1:31:07	1:31:19	1:54:59			6:27:54
507	WHK	455	F256	Christine	Wilhelm	61	Milchlabor Weser Ems e	1:30:41	1:29:09	1:38:03	1:55:27			6:33:22
508	WHK	456	F250	Gisela	Lemke	64	Milchlabor Weser Ems e	1:31:39	1:33:12	1:37:38	2:01:02			6:43:32
509	WHK	457	F246	Johanne	de Vries	45	Milchlabor Weser Ems e	1:31:40	1:33:12	1:37:38	2:01:02			6:43:34
510	WHK	458	F244	Antje	Feldiek	71	Stadt Weener gegen Ge	1:35:00	1:31:13	1:42:10	1:57:59			6:46:24
511	WHK	459	F590	Insa	Kruizenga	79	Weener	1:35:02	1:31:37	1:42:12	2:00:33			6:49:26