

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### 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	0:38:10		3:05:18
2	MHK	2	21	Jan	Waschkau	77	Fryσιο Fit Physiotherapi	0:36:01	0:36:21	0:37:11	0:47:14	0:40:22		3:17:10
3	MHK	3	2	Achim	Groenhagen	68	LG Harlingerland	0:36:24	0:36:54	0:37:35	0:47:28	0:40:32		3:18:55
4	MHK	4	5	Onno	Ringering	68	lhlower Rennschnecken	0:37:04	0:37:28	0:38:30	0:48:58	0:42:20		3:24:23
5	MHK	5	31	Wilko	Willms	73	LG Harlingerland	0:37:46	0:37:57	0:39:42	0:49:57	0:42:46		3:28:10
6	MHK	6	9	Roland	Klaue	71	Biersalon Aurich	0:38:15	0:38:34	0:38:57	0:49:51	0:42:33		3:28:12
7	MHK	7	16	Stefan	de Jonge	76	TuS Weene	0:38:22	0:37:53	0:39:39	0:49:32	0:43:08		3:28:35
8	MJ	1	8	Hauke	Köller	90	TuS Weener	0:38:10	0:38:11	0:39:46	0:51:16	0:43:00		3:30:25
9	MHK	8	51	Michael	Schulze	72	Wasserschutzpolizei Em	0:38:14	0:37:56	0:39:58	0:50:38	0:44:02		3:30:50
10	MHK	9	82	Jann	Jürgens	67	EWE Wattloopers	0:38:47	0:38:47	0:40:28	0:50:32	0:43:48		3:32:22
11	MHK	10	20	Dieter	Weinberg	68	LG Harlingerland	0:39:08	0:39:10	0:40:36	0:51:17	0:44:10		3:34:22
12	MHK	11	44	Leander	Krawietz	71	Emder LG	0:39:06	0:38:54	0:40:37	0:52:01	0:43:55		3:34:36
13	MJ	2	49	Nils	Christians	93	LG Harlingerland	0:39:13	0:39:10	0:40:37	0:51:17	0:44:29		3:34:48
14	MHK	12	18	Heiko	Süthoff	87	ELV Elektronik AG	0:39:18	0:38:57	0:40:34	0:51:22	0:44:42		3:34:55
15	MHK	13	1178	Ralf	Bienow	66	lhlower Rennschnecken	0:39:22	0:39:04	0:41:07	0:51:28	0:43:59		3:35:03
16	MHK	14	1076	Benjamin	Wirdemann	83	LT Schafhauser Wald	0:39:38	0:39:13	0:40:57	0:51:23	0:44:04		3:35:17
17	MHK	15	26	Andreas	Aeilts	65	Emden	0:39:08	0:39:14	0:41:28	0:51:33	0:44:35		3:36:00
18	MHK	16	19	Marko	Wolf	76	KUH'S BEST-Team	0:39:12	0:38:58	0:41:06	0:52:05	0:45:21		3:36:43
19	MHK	17	80	Thomas	Oltmanns	74	Holterfehn	0:39:49	0:39:50	0:41:08	0:51:48	0:44:38		3:37:15
20	MHK	18	32	Anton	Sanders	61	LG Ostfriesland	0:39:25	0:39:26	0:40:43	0:52:05	0:45:51		3:37:32
21	MJ	3	54	Jan-Hiebo	Busch	91	SV Warsingsfehn	0:39:30	0:39:45	0:41:30	0:53:04	0:45:00		3:38:50
22	MHK	19	1059	Willi	Busker	75	VfR Eintracht Völlen	0:39:50	0:39:58	0:41:37	0:52:44	0:44:44		3:38:56
23	MHK	20	48	Ralf	Reents	69	LG Harlingerland	0:39:54	0:40:07	0:41:45	0:52:29	0:45:24		3:39:41
24	MHK	21	28	Bernd	Bruns	61	TSV Hesel	0:39:56	0:40:05	0:41:39	0:53:01	0:45:08		3:39:51
25	MHK	22	59	Frank	Schröder	70	Emder LG	0:39:53	0:40:10	0:42:02	0:52:31	0:45:32		3:40:10
26	MJ	4	75	Dirk	Hanken	92	Germania Leer	0:39:44	0:39:41	0:41:44	0:53:37	0:45:30		3:40:18
27	MHK	23	55	Berthold	Tuijter	69	Emder LG	0:40:20	0:40:38	0:41:48	0:52:32	0:45:11		3:40:31
28	MHK	24	65	Frank	Schulze-Ost	78	STV Barßel	0:39:32	0:39:01	0:41:29	0:52:48	0:48:58		3:41:49
29	MHK	25	47	André	Kleen	83	RVB Aurich/Uplengen	0:40:06	0:40:02	0:42:12	0:54:13	0:45:18		3:41:54
30	MHK	26	1046	Arnd	Siebelts	61	TV Norden	0:41:13	0:40:29	0:41:49	0:52:57	0:45:33		3:42:04
31	MHK	27	1072	Heinz	Taute	72	LG Uplengen	0:40:23	0:40:22	0:42:18	0:53:30	0:45:53		3:42:28
32	MHK	28	53	Wolfgang	Trebesch	57	MTV Aurich	0:40:41	0:40:47	0:42:35	0:53:14	0:45:32		3:42:51
33	MHK	29	57	Uwe	Hüls	63	TV Norden	0:40:05	0:40:12	0:42:47	0:54:17	0:45:31		3:42:54
34	MHK	30	50	Helmut	Ubben	80	ubben-haus Laufteam	0:41:04	0:40:55	0:42:48	0:53:12	0:45:49		3:43:50
35	MHK	31	1363	Hermann	Leemhuis	78	Spaß mit Sport	0:42:01	0:41:21	0:42:41	0:53:03	0:45:21		3:44:29
36	MHK	32	61	Michael	Akkermann	70	SV Jennelt-Uttum	0:41:19	0:41:05	0:42:44	0:53:39	0:46:04		3:44:53
37	MHK	33	64	Holger	Alts	64	VfL Berumbur	0:40:56	0:41:05	0:42:53	0:54:02	0:46:50		3:45:47
38	MHK	34	86	Andreas	Rühle, Dr.R	62	Lions Club Uplengen	0:41:41	0:41:16	0:42:57	0:53:54	0:46:18		3:46:08
39	MHK	35	1181	Siegmond	Krause	59	Rechtsweg	0:41:37	0:41:13	0:43:10	0:53:38	0:46:38		3:46:17
40	MHK	36	27	Borchard	Christians	58	LG Ostfriesland	0:40:58	0:41:45	0:42:31	0:54:06	0:47:11		3:46:32
41	MHK	37	1073	Volker	Trebesch	65	Team Enercon	0:41:37	0:41:13	0:43:09	0:54:18	0:46:23		3:46:42
42	MHK	38	81	Ralf	Lottmann	71	EWE Wattloopers	0:41:53	0:41:23	0:43:08	0:54:14	0:46:44		3:47:24
43	MHK	39	154	Michael	Weber	72	Oldersum	0:42:20	0:41:22	0:43:29	0:54:09	0:46:23		3:47:46
44	MHK	40	60	Josef	Laufenberg	65	LT TuS Aurich-Ost	0:42:11	0:41:25	0:43:37	0:54:15	0:46:31		3:48:02
45	MHK	41	76	Janno	Schmid	85	SV Nortmoor e.V.	0:42:35	0:41:29	0:43:36	0:53:41	0:46:47		3:48:10
46	MHK	42	1365	Christian	Rose	84	ENOVA Marketing + Ve	0:48:02	0:40:47	0:46:25	0:50:59	0:42:05		3:48:19
47	MHK	43	63	Karl-Heinz	Hoffmann	58	TSV Hesel	0:41:46	0:41:47	0:43:20	0:54:34	0:47:11		3:48:40
48	MJ	5	34	Karsten	de Wall	91	Jugendtreff Timmel	0:42:21	0:41:47	0:43:23	0:54:30	0:46:54		3:48:57
49	MHK	44	1180	Ralf	Geiken	71	BV Victorbur	0:41:58	0:41:42	0:43:18	0:55:20	0:46:49		3:49:08
50	MJ	6	114	André	Behrends	90	Crocodiles Ihlow	0:41:45	0:41:35	0:43:45	0:55:10	0:47:08		3:49:25
51	MHK	45	1044	Kurt	Eden	58	TV Norden	0:42:43	0:41:48	0:44:01	0:54:50	0:46:45		3:50:08
52	MHK	46	41	Andre	Blank	77	Sparkasse Leer Wittmun	0:42:07	0:42:16	0:43:55	0:55:04	0:47:10		3:50:35
53	MHK	47	45	Till	Wagenknecht	68	Emder LG	0:42:14	0:41:33	0:43:51	0:56:08	0:46:55		3:50:43
54	MHK	48	1290	Alfred	Pelka	68	Rettungsdienst Leer	0:43:10	0:42:24	0:43:26	0:54:46	0:47:10		3:50:59
55	MJ	7	104	Derk	Janssen	95	SV Wallinghausen	0:43:25	0:42:07	0:43:28	0:54:52	0:47:07		3:51:02

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	MHK	49	77	Jens-Peter	Grest	71	SV Warsingsfehn	0:42:25	0:42:11	0:44:12	0:55:05	0:47:08		3:51:04
57	MHK	50	168	Johann	Aden	69	Team Möbel Buss	0:42:11	0:41:58	0:43:53	0:55:23	0:47:45		3:51:11
58	MHK	51	66	Robert	Oremek	65	LG Ostfriesland	0:42:24	0:42:15	0:44:11	0:55:23	0:47:17		3:51:32
59	MHK	52	108	Clemens	Köster	73	MTV Aurich Triathlon	0:42:17	0:41:43	0:44:44	0:55:31	0:47:32		3:51:49
60	MJ	8	68	Carsten	Croon	92	TG Wiesmoor	0:43:12	0:41:22	0:44:26	0:55:16	0:47:34		3:51:52
61	MHK	53	110	Uwe	Rotte	60	LT TuS Aurich-Ost	0:42:16	0:41:49	0:44:43	0:55:49	0:47:31		3:52:10
62	MHK	54	69	Marco	Meyer	80	TV Bunde	0:43:00	0:42:25	0:43:55	0:55:15	0:47:48		3:52:24
63	MJ	9	367	Jens	Heyken	90	NIGE	0:43:13	0:42:14	0:44:23	0:55:23	0:47:11		3:52:26
64	MHK	55	1377	Hinrich	Puse	64	Laufftreff Burhafe	0:42:12	0:42:33	0:44:30	0:55:28	0:47:52		3:52:37
65	MHK	56	1291	Jürgen	de Buhr	63	SV Wiesmoor	0:43:04	0:42:47	0:44:11	0:55:01	0:47:37		3:52:43
66	MHK	57	1071	Manfred	Eden	59	TuS Eintracht Hinte	0:43:02	0:42:41	0:43:59	0:55:36	0:47:37		3:52:55
67	MHK	58	1079	Holger	Schulte	75	Hinte	0:43:11	0:43:02	0:44:21	0:55:21	0:47:15		3:53:12
68	MHK	59	235	Stephan	Henninga	86	RVB Aurich/Uplengen	0:43:14	0:42:33	0:43:31	0:56:22	0:47:37		3:53:18
69	MHK	60	42	Sönke	Biel	85	Sparkasse LeerWittmun	0:43:47	0:43:01	0:44:09	0:54:49	0:47:38		3:53:26
70	MHK	61	74	Andreas	Jacobs	72	Polizei Aurich	0:42:56	0:42:33	0:44:26	0:55:45	0:47:47		3:53:29
71	MHK	62	106	Folker	Bohlen	65	Team Möbel Buss	0:43:00	0:42:18	0:45:00	0:55:35	0:47:42		3:53:37
72	MHK	63	109	Martin	Wilts	72	LG Ostfriesland	0:42:41	0:42:44	0:44:39	0:55:48	0:47:55		3:53:49
73	MHK	64	116	Hermann	Hallmann	62	Emder LG	0:43:07	0:42:41	0:44:32	0:55:44	0:47:45		3:53:51
74	MHK	65	121	Martin	Poguntke	63	TV Norden	0:43:16	0:42:59	0:45:01	0:55:47	0:48:19		3:55:23
75	MHK	66	94	Thomas	Baxmann	66	Emden	0:43:14	0:42:57	0:44:59	0:56:22	0:48:22		3:55:56
76	MJ	10	1335	Christian	Rückbrod	90	TV Norden	0:42:48	0:41:35	0:45:44	0:56:37	0:49:10		3:55:57
77	MHK	67	1384	Uwe	Frühling	69	Polizei Aurich	0:42:14	0:42:35	0:44:20	0:58:25	0:48:29		3:56:06
78	MHK	68	89	Harm	Park	53	TuS Weene	0:43:03	0:42:42	0:44:53	0:56:09	0:49:25		3:56:14
79	MHK	69	221	Uwe	Sanders	86	Weener Plastik AG	0:43:20	0:42:35	0:45:01	0:57:54	0:47:40		3:56:32
80	MHK	70	212	Jürgen	Schmidt	63	TuS Detern	0:43:46	0:43:49	0:44:54	0:56:41	0:47:35		3:56:47
81	MHK	71	85	Wilfried	Sanders	68	Weener Plastik AG	0:43:08	0:42:38	0:44:43	0:57:55	0:48:25		3:56:51
82	MHK	72	1066	Claas	Feth	77	Oldenburg	0:43:22	0:43:03	0:44:52	0:56:33	0:49:13		3:57:04
83	MHK	73	1182	Karl	Baumann	83	Uplengen	0:43:28	0:43:07	0:45:25	0:56:34	0:48:36		3:57:12
84	MHK	74	72	Andreas	Langensiep	70	LT TuS Aurich-Ost	0:43:45	0:43:00	0:45:05	0:56:37	0:48:56		3:57:25
85	MJ	11	1374	Gerrit	Kuhlmann	90	VfL Jheringsfehn	0:42:36	0:41:22	0:45:47	0:58:08	0:49:36		3:57:31
86	MJ	12	119	Ralf	Wilken	92	Emder LG	0:43:51	0:44:03	0:44:33	0:56:18	0:49:23		3:58:10
87	MHK	75	130	Jann	Trauernicht	61	Wasserschutzpolizei Em	0:43:43	0:43:04	0:45:31	0:57:06	0:49:10		3:58:37
88	MHK	76	46	Tobi	Asche	59	SV Wiesede	0:43:41	0:43:12	0:45:30	0:57:07	0:49:10		3:58:43
89	MHK	77	164	Tönjes	Meyer	58	TSV Hesel	0:43:25	0:43:25	0:45:29	0:57:46	0:48:35		3:58:43
90	MHK	78	115	Michael	Habben	75	TuS Weene e. V.	0:44:14	0:43:05	0:45:01	0:57:18	0:49:21		3:59:01
91	MHK	79	118	Reinhard	de Vries	61	Ost-Victorbur	0:44:12	0:43:58	0:45:43	0:56:37	0:48:42		3:59:14
92	MHK	80	167	Wilhelm	Wilbers	62	OLB Ostfriesland	0:44:51	0:43:49	0:45:28	0:56:25	0:48:46		3:59:21
93	MHK	81	465	Wilfried	Steenhard	66	Weener Plastik AG	0:44:10	0:43:15	0:45:27	0:57:26	0:49:02		3:59:22
94	MHK	82	1188	Onno	Fleßner	79	Ihlowerfehn	0:44:12	0:44:36	0:45:06	0:56:56	0:48:53		3:59:45
95	MHK	83	1149	Hans-Dieter	Aden	58	TuS Eintracht Hinte	0:43:29	0:44:01	0:45:44	0:57:46	0:48:54		3:59:55
96	MJ	13	193	Jens	Willers	90	SV Warsingsfehn	0:44:39	0:44:11	0:45:24	0:57:11	0:48:39		4:00:05
97	MHK	84	92	Marc -	Siemens	71		0:44:06	0:44:02	0:45:47	0:57:19	0:48:49		4:00:06
98	MHK	85	964	Sven	Reeßing	71	Nordland Papier	0:45:13	0:44:09	0:44:59	0:57:26	0:48:32		4:00:21
99	MHK	86	151	Axel	Hesse	69	TEAM DEUTSCHE POS	0:45:01	0:44:38	0:45:03	0:57:00	0:48:52		4:00:37
100	MHK	87	1070	Karl-Heinz	Speckmann	57	H. T.-Gesamtschule Ihl	0:49:40	0:44:05	0:43:43	0:55:53	0:47:25		4:00:49
101	MJ	14	255	Markus	Lübbers	92	TuS Weener	0:45:07	0:42:54	0:46:02	0:57:19	0:49:30		4:00:54
102	MHK	88	56	Jan	Meyerhoff	67	LG Ostfriesland	0:44:21	0:44:45	0:45:38	0:57:09	0:49:12		4:01:08
103	MHK	89	105	Malte	Visser	85	VfL Germania Leer	0:44:03	0:43:16	0:45:29	0:58:13	0:50:06		4:01:10
104	MJ	15	232	Amko	Groeneveld	91	Gymnasium Rhauferfe	0:47:00	0:43:30	0:44:35	0:57:09	0:49:06		4:01:22
105	MJ	16	117	Eike	Heinen	90	Team Beck's nicht alk	0:44:10	0:44:09	0:45:00	0:59:02	0:49:07		4:01:29
106	MHK	90	1375	Ernst	Weerts	79	Das Boot Emden e.V.	0:45:45	0:44:14	0:45:48	0:57:00	0:49:13		4:02:02
107	MHK	91	178	Thomas	Alberts	81	Hinte	0:44:27	0:44:13	0:46:00	0:57:55	0:49:46		4:02:23
108	MHK	92	71	Detlef	Saathoff	66		0:43:54	0:44:04	0:46:11	0:58:34	0:49:43		4:02:29
109	MHK	93	180	Matthias	Bergmann	66	SV Georgsheil	0:44:43	0:44:13	0:45:54	0:58:21	0:49:19		4:02:33
110	MHK	94	29	Timo	Hanssen	87	TuS Norderney	0:44:10	0:44:20	0:44:54	0:59:21	0:49:52		4:02:39

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	MHK	95	1388	Conrad	Büurma	72	TuS Ditz.- Verlaat	0:44:54	0:44:33	0:45:41	0:57:50	0:49:42		4:02:42
112	MHK	96	113	Frank	Schaller	61	LT TuS Aurich-Ost	0:44:39	0:44:08	0:46:04	0:57:57	0:49:55		4:02:46
113	MHK	97	1185	Jörg	Müller	64	TV Leer	0:44:24	0:44:13	0:47:33	0:57:33	0:49:08		4:02:53
114	MHK	98	1381	Kai	Biermann	88	BS Werbetechnik	0:45:55	0:43:53	0:46:28	0:58:01	0:48:34		4:02:54
115	MHK	99	43	Christian	Jacobs	81	FC Frisia Neuharlingers	0:44:14	0:43:47	0:45:49	0:59:03	0:50:14		4:03:10
116	MHK	100	23	Marco	Gronewold	79	Team AURICHER EIER	0:44:45	0:44:30	0:46:17	0:58:02	0:49:42		4:03:18
117	MHK	101	201	Heiner	Janssen	81	Weener Plastik AG	0:44:59	0:44:17	0:45:57	0:59:01	0:49:39		4:03:55
118	MHK	102	238	Matthias	Beekmann	71	Raiffeisenbank Flachsme	0:44:43	0:44:56	0:46:04	0:58:33	0:49:57		4:04:14
119	MHK	103	112	Harald	Meyeraan	64	Hinte	0:45:38	0:45:12	0:46:07	0:57:52	0:49:27		4:04:18
120	MHK	104	192	Thomas	Willers	65	SV Warsingsfehn	0:44:54	0:44:24	0:47:06	0:58:13	0:50:01		4:04:39
121	MHK	105	1056	Heinz	Romaneess	66	Dekra-Aurich	0:44:54	0:44:24	0:46:22	0:58:11	0:50:57		4:04:50
122	MHK	106	273	Stefan	Bikker	77	Ihlow	0:45:52	0:44:42	0:46:02	0:57:57	0:50:22		4:04:56
123	MHK	107	204	Reiner	de Riese	59	Concordia Ihrhove	0:44:51	0:44:32	0:46:29	0:58:41	0:50:23		4:04:58
124	MJ	17	1075	Janno	Meenken	94	MTV Aurich	0:46:39	0:44:40	0:45:55	0:58:17	0:49:33		4:05:07
125	MJ	18	220	Tobias	Penning	91	2 glorreiche Halunken	0:45:22	0:45:33	0:47:07	0:58:08	0:49:06		4:05:18
126	MHK	108	213	Friedhelm	Pristat	72	KUH'S BEST-Team	0:45:05	0:44:44	0:47:25	0:58:20	0:49:43		4:05:19
127	MJ	19	1078	Volker	Dänekas	90	LG Uplengen	0:44:58	0:44:24	0:46:28	0:59:27	0:50:24		4:05:43
128	MJ	20	146	Christoph	Runden	91	Post SV Leer	0:43:16	0:42:37	0:51:25	0:58:18	0:50:23		4:06:01
129	MHK	109	173	Gerd	Puse	63	Sparkasse LeerWittmun	0:44:53	0:45:21	0:47:11	0:58:04	0:50:29		4:06:01
130	MJ	21	262	Maximilian	Corsten	94	Gymnasium Ulricianum	0:46:18	0:45:00	0:46:40	0:57:58	0:50:07		4:06:04
131	MHK	110	535	Ralf	Hellmers	65	TV Norden	0:45:18	0:45:03	0:47:06	0:58:03	0:50:38		4:06:10
132	MHK	111	253	Hilmar	Garrelts	72	KBV Reepsholt	0:45:46	0:45:39	0:46:29	0:58:56	0:49:19		4:06:10
133	MHK	112	203	Richard	Gastmann	61	Ammersum	0:45:57	0:45:08	0:46:33	0:58:12	0:50:28		4:06:19
134	MHK	113	1051	Torsten	Arends	74	TV Norden	0:45:29	0:45:13	0:46:52	0:58:03	0:50:49		4:06:28
135	MHK	114	136	Edgar	Aggen	66	Feuerwehr Lammertsfel	0:46:18	0:45:39	0:46:17	0:58:11	0:50:19		4:06:46
136	MHK	115	236	Henri	Schlachter	61	RVB Aurich/Uplengen	0:45:26	0:44:48	0:46:36	0:59:13	0:50:40		4:06:46
137	MHK	116	145	Marcus	Struckmeyer	70	Aurich	0:45:11	0:44:47	0:46:56	0:59:26	0:50:25		4:06:46
138	MHK	117	128	Uwe	Manssen	70	Westerende	0:45:52	0:44:09	0:47:22	0:58:54	0:50:29		4:06:48
139	MHK	118	444	Andreas	Löloff	57	TV Norden	0:44:55	0:45:16	0:47:12	0:59:12	0:50:12		4:06:49
140	MHK	119	166	Bernd	Recknagel	67	Hotel Waldquelle	0:45:46	0:44:55	0:47:39	0:58:25	0:50:03		4:06:50
141	MHK	120	242	Hartmut	Götz	72	SV Spetzerfehn	0:46:40	0:44:45	0:46:58	0:58:25	0:50:02		4:06:52
142	MHK	121	1183	Thomas	Meyer	69	SC Wiesens	0:44:59	0:44:31	0:47:07	0:59:28	0:50:45		4:06:53
143	MHK	122	459	Patrick	Decker	87	Team Möbel Buss	0:48:29	0:43:34	0:46:02	0:59:26	0:49:21		4:06:53
144	MHK	123	462	Meinhard	Harms	50	TSV Riepe	0:46:07	0:44:48	0:47:43	0:58:09	0:50:07		4:06:56
145	MHK	124	38	Lukas	Dendzik	82	Holterfehn	0:45:56	0:44:52	0:47:40	0:58:16	0:50:16		4:07:01
146	MHK	125	1190	Wilfried	Menken	76	Ihlower Loopers	0:44:33	0:44:04	0:46:43	0:59:10	0:52:34		4:07:05
147	MHK	126	326	Fritz	Backhaus	62	LG Harlingerland	0:45:26	0:44:44	0:47:01	0:59:37	0:50:20		4:07:10
148	MHK	127	127	Heyo	Hanssen	61	SC Wiesens	0:43:31	0:43:36	0:46:37	0:57:46	0:55:44		4:07:16
149	MHK	128	1343	Harald	Leu	71	VfB Uplengen	0:45:47	0:45:10	0:47:22	0:58:32	0:50:28		4:07:20
150	MHK	129	247	Gerrit	Müller	61	Team Möbel Buss	0:45:02	0:44:55	0:47:28	0:59:13	0:50:45		4:07:26
151	MJ	22	256	Justus	Bornemann	95	TuS Weener	0:48:17	0:43:42	0:46:25	0:59:40	0:49:34		4:07:40
152	MHK	130	231	Dirk Enno	Sundermey	88	Sportschule TAO Aurich	0:46:29	0:45:47	0:46:37	0:59:26	0:49:37		4:07:58
153	MHK	131	209	Friedhelm	Schmidt	68	Aurich	0:46:36	0:45:57	0:46:19	0:58:36	0:50:31		4:08:02
154	MHK	132	123	Holger	Aderhold	70	Wi sünd Holtriem	0:45:39	0:44:47	0:47:06	0:58:44	0:51:45		4:08:04
155	MHK	133	521	Jochem	Lübbers	70	Bunde - Wymeer	0:45:23	0:45:09	0:46:46	1:00:02	0:50:45		4:08:06
156	MHK	134	15	Heinz-Diete	Janssen	71	TSV Riepe	0:43:19	0:42:17	0:44:44	1:05:05	0:52:53		4:08:19
157	MJ	23	214	Hendrik	Peters	91	Emder LG	0:45:58	0:45:42	0:47:01	0:59:44	0:50:02		4:08:28
158	MHK	135	186	Gerold	Wilken	67	Emder LG	0:45:20	0:46:05	0:47:33	0:59:29	0:50:19		4:08:48
159	MHK	136	88	Friedhelm	Dickmann	65	Nordland Papier	0:46:19	0:45:53	0:47:12	0:59:18	0:50:05		4:08:49
160	MHK	137	1080	Jürren	Geiken	61	obw Emden	0:44:55	0:46:48	0:47:21	0:59:08	0:50:37		4:08:51
161	MHK	138	210	Benjamin	Wolthuis	81	BBS I Leer	0:46:47	0:45:26	0:46:52	0:59:12	0:50:33		4:08:51
162	MHK	139	327	Bernd	de Vries	66	Neermoor	0:45:52	0:45:34	0:46:49	1:00:06	0:50:31		4:08:53
163	MJ	24	241	Renko	Albe	90	TuS Weener	0:45:22	0:44:06	0:46:39	1:00:31	0:52:23		4:09:04
164	MHK	140	243	Fredy	Hedemann	62	Team Möbel Buss	0:45:32	0:45:14	0:48:11	0:59:30	0:50:58		4:09:27
165	MJ	25	867	Carsten	Diekmann	91	HRS Westerholt	0:47:05	0:44:41	0:48:59	0:58:59	0:49:42		4:09:28

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	MHK	141	90	Holger	de Vries	70	Pewsumer Ossiloopers	0:46:10	0:45:27	0:47:48	0:59:49	0:51:01		4:10:16
167	MHK	142	162	Martin	Rausch	65	Fortuna Wirdum	0:44:12	0:43:50	0:45:33	1:03:11	0:53:31		4:10:20
168	MJ	26	497	Matthias	Woortmann	94	Westoverledingen	0:46:44	0:45:46	0:47:19	0:59:31	0:51:00		4:10:21
169	MHK	143	140	Harald	de Buhr	62	Polizeiinspektion Leer/Er	0:45:43	0:45:32	0:47:48	1:00:11	0:51:14		4:10:31
170	MHK	144	1378	Joachim	Nordbrock	72	Moormerland	0:45:02	0:45:14	0:48:20	1:00:51	0:51:09		4:10:38
171	MHK	145	1184	Claus	Dirksen	56	Pollmann und Renken	0:46:20	0:45:46	0:48:00	0:59:35	0:51:16		4:11:00
172	MHK	146	252	Klaus-Diete	Mertins	56	obw Emden	0:45:55	0:46:16	0:47:29	1:00:14	0:51:07		4:11:03
173	MHK	147	217	Hermann	Görtmüller	63	Emden	0:46:23	0:45:49	0:47:47	1:00:02	0:51:11		4:11:14
174	MHK	148	237	Gerold	Janssen	66	Wallinghausen	0:46:32	0:45:29	0:47:50	1:00:09	0:51:17		4:11:20
175	MHK	149	337	Matthias	Aeilts	68	FeG Hesel	0:46:33	0:45:04	0:46:44	1:01:15	0:51:48		4:11:25
176	MHK	150	297	Mathias	Seewald	72	LG- Deichschleicher Ost	0:46:34	0:45:46	0:47:19	1:00:02	0:51:44		4:11:25
177	MHK	151	246	Uwe	Oltjes	66	Team Möbel Buss	0:46:04	0:46:07	0:47:40	0:59:30	0:52:04		4:11:27
178	MJ	27	1083	Tim	Harms	94	HTG Ihlow	0:46:28	0:45:52	0:47:41	1:00:07	0:51:21		4:11:30
179	MJ	28	150	Marcel	Bruns	90	SV Ochtersum	0:48:20	0:45:45	0:48:06	0:58:47	0:50:42		4:11:42
180	MHK	152	1280	Gerhard	Wolken	65	SiTV Berne Triathlon	0:47:47	0:46:02	0:47:56	0:59:09	0:50:48		4:11:43
181	MHK	153	1097	Rolf	Kirschke	65	Team ENERCON	0:46:16	0:45:50	0:47:51	1:00:00	0:51:54		4:11:53
182	MHK	154	233	Lothar	Geiselmeye	59	Bünting Tee	0:46:55	0:46:53	0:47:31	0:59:19	0:51:18		4:11:57
183	MHK	155	225	Stefan	Stomberg	68	Crocodiles Ihlow	0:46:36	0:46:07	0:47:26	0:59:35	0:52:21		4:12:07
184	MHK	156	1210	Christian	Vogelsang	83	4./ObjSRgt Lw	0:48:02	0:45:53	0:47:37	1:00:01	0:50:34		4:12:08
185	MHK	157	126	Gerold	Meinen	63	BSC Burhufe	0:46:16	0:46:07	0:47:46	1:00:22	0:51:41		4:12:14
186	MJ	29	345	Stephan	Penning	91	Crocodiles Ihlow	0:45:59	0:45:37	0:48:38	0:59:33	0:52:27		4:12:16
187	MHK	158	1193	Wilhelm	Kruse	66	Spetzerfehn	0:46:39	0:45:26	0:47:55	1:00:18	0:52:03		4:12:22
188	MHK	159	202	Jakobus	Feldkamp	75	Weener Plastik AG	0:46:21	0:44:51	0:46:58	1:01:31	0:52:46		4:12:29
189	MHK	160	472	Klaus	Reimann	68	Nordland Papier	0:47:53	0:46:29	0:47:10	0:59:42	0:51:13		4:12:29
190	MHK	161	323	Elmar	Tapper	79	LT TuS Aurich-Ost	0:46:32	0:45:41	0:47:31	1:00:41	0:52:11		4:12:37
191	MHK	162	137	Richard	Hartema	68	MTV Ditzum	0:46:53	0:46:13	0:47:52	1:00:52	0:51:11		4:13:02
192	MHK	163	272	Thomas	Stern	70	SZ Wiesbaden	0:47:14	0:45:59	0:47:21	0:59:41	0:52:50		4:13:07
193	MHK	164	161	Holger	Boekhoff-U	75	Kaufhaus Wreesmann	0:47:11	0:46:34	0:48:10	0:59:50	0:51:24		4:13:10
194	MHK	165	84	Heinz-Diete	Barkhoff	69	Störtebeker Loopers TV	0:46:53	0:46:39	0:48:08	0:59:40	0:51:55		4:13:16
195	MJ	30	240	Tobias	Martin	92	Ubbo-Emmius-Gymnasi	0:46:31	0:44:11	0:51:25	1:00:02	0:51:06		4:13:17
196	MHK	166	170	Jens	Konopka	72	Wiesmoor	0:46:30	0:46:04	0:47:46	1:01:06	0:51:50		4:13:18
197	MJ	31	96	Torben	Teepe	93	Ubbo-Emmius Gymnasi	0:46:23	0:44:18	0:50:16	1:00:46	0:51:56		4:13:41
198	MHK	167	1067	Siebind	Peters	77	TROM XUA SNOC	0:47:28	0:45:32	0:47:34	1:00:36	0:52:38		4:13:50
199	MHK	168	1122	Hajo	de Buhr	81	Team Erfolg im Stall	0:47:41	0:46:01	0:49:12	0:59:26	0:51:34		4:13:57
200	MJ	32	675	Tammo	Meinders	92	Briese Schifffahrt	0:48:06	0:46:06	0:47:30	1:00:40	0:51:37		4:14:01
201	MHK	169	886	Holger	Pries	67	Weener Plastik AG	0:50:30	0:46:41	0:46:52	0:59:05	0:51:02		4:14:12
202	MHK	170	172	Jens	Schädler	60	Schiffswerft Diedrich	0:46:06	0:46:28	0:48:40	1:00:56	0:52:02		4:14:14
203	MHK	171	141	Holger	Grasse	65	TuS Zetel	0:47:04	0:45:39	0:47:48	1:00:38	0:53:04		4:14:15
204	MHK	172	171	Oliver	de Vries	87	OLB Ostfriesland	0:46:52	0:47:21	0:47:39	1:00:58	0:51:37		4:14:29
205	MHK	173	1264	Hans-Jürge	Krems	59	Brok	0:46:40	0:45:56	0:48:57	1:00:44	0:52:12		4:14:31
206	MHK	174	250	Gerriet-Tho	Janßen	70	Team ENERCON	0:47:17	0:45:51	0:48:07	1:00:13	0:53:09		4:14:39
207	MJ	33	165	Martin	Meints	91	SV Ochtersum	0:45:04	0:53:19	0:47:00	0:59:44	0:49:31		4:14:40
208	MHK	175	1179	Siegfried	Janssen	55	LG Ostfriesland	0:46:45	0:46:36	0:48:29	1:00:15	0:52:42		4:14:50
209	MHK	176	218	Dieter	Schliep	72	Holterfehn	0:47:33	0:46:09	0:48:21	1:01:17	0:51:31		4:14:52
210	MJ	34	343	Thomas	Lüken	92	Ochtersum	0:50:37	0:46:33	0:47:08	1:00:26	0:50:15		4:15:01
211	MHK	177	234	Eric	Bootjer	66	RVB Aurich/Uplengen	0:46:35	0:46:13	0:48:45	1:01:02	0:52:42		4:15:18
212	MHK	178	259	Timo	Friedrichs	72	ELV Elektronik AG	0:46:46	0:46:29	0:48:29	1:00:56	0:52:43		4:15:24
213	MHK	179	224	Bernd	Voss	66	Ringhotel Voss	0:47:15	0:46:04	0:48:23	1:01:07	0:52:36		4:15:26
214	MHK	180	479	Holger	Schulte	75	Landjugend Filsum	0:48:19	0:46:18	0:48:25	1:00:58	0:51:44		4:15:46
215	MHK	181	1082	Helmut	Ludwig	58	LG Ostfriesland	0:47:14	0:45:53	0:48:24	1:01:16	0:52:57		4:15:47
216	MHK	182	341	Alfred	Doden	58	SV Ochtersum	0:47:04	0:46:43	0:48:34	1:00:39	0:52:46		4:15:48
217	MJ	35	1311	Henning	Janssen	93	Realschule Esens	0:48:12	0:45:19	0:48:21	1:01:47	0:52:11		4:15:53
218	MHK	183	67	Thomas	Plesse	66	FCSO	0:47:03	0:46:14	0:47:55	1:00:46	0:54:00		4:16:01
219	MHK	184	1389	Günther	Freerks	69	TV Bunde	0:47:12	0:46:11	0:48:35	1:01:44	0:52:26		4:16:09
220	MHK	185	159	Siegfried	Sweers	55	Emder LG	0:46:47	0:46:35	0:48:41	1:01:22	0:52:42		4:16:10

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	MHK	186	227	Jens	Middendorf	70	Gymnasium Rhauferfe	0:48:04	0:46:34	0:48:23	1:01:16	0:52:08		4:16:26
222	MHK	187	879	Michael	Ihnen	62	Leinerstift e.V.	0:45:23	0:45:26	0:46:11	1:05:04	0:54:22		4:16:27
223	MHK	188	103	Patrick	Best	87	RVB Aurich/Uplengen	0:49:11	0:46:09	0:48:43	1:01:04	0:51:40		4:16:49
224	MHK	189	315	Uwe	Görtzen	65	Emder LG	0:47:09	0:46:03	0:49:20	1:01:16	0:53:05		4:16:54
225	MHK	190	187	Roland	von Kentzi	48	TG Wiesmoor	0:46:25	0:46:36	0:49:03	1:02:03	0:52:47		4:16:55
226	MHK	191	1268	Helmut	Reiter	64	Simonswolde	0:47:48	0:47:04	0:48:40	1:01:08	0:52:19		4:17:01
227	MHK	192	79	Ewald	Wallerowitz	65	LG Ostfriesland	0:47:28	0:47:13	0:48:41	1:01:03	0:52:38		4:17:05
228	MHK	193	308	Kuno	Miethke	75	LT TuS Aurich-Ost	0:47:49	0:46:47	0:49:36	1:01:59	0:50:58		4:17:11
229	MHK	194	406	Peter	Ferdinand	70	RVB Aurich/Uplengen	0:48:12	0:46:54	0:48:50	1:00:49	0:52:31		4:17:17
230	MJ	36	139	Bernd	Heyen	91	Wi sünd Holtriem SV Oct	0:50:19	0:46:32	0:48:23	0:59:47	0:52:18		4:17:20
231	MHK	195	1053	Friedhelm	Schröder	60	TV Norden	0:47:29	0:46:26	0:49:31	1:01:06	0:52:47		4:17:22
232	MHK	196	1077	Richard	Bolte	59	LG Uplengen	0:47:19	0:46:35	0:49:51	1:01:21	0:52:44		4:17:52
233	MHK	197	91	Theodor	Hildebrandt	56	LG Ostfriesland	0:47:39	0:47:13	0:48:44	1:01:40	0:52:38		4:17:55
234	MHK	198	277	Udo	Kattenbeck	66	Emder LG	0:47:43	0:47:18	0:48:35	1:01:57	0:52:21		4:17:55
235	MHK	199	226	Matthias	Böse	70	SV Stikerkamp	0:47:33	0:47:08	0:48:50	1:01:58	0:52:30		4:18:02
236	MHK	200	174	Ephard	Baumann	60	Polizei Leer	0:47:29	0:47:12	0:48:53	1:01:41	0:53:07		4:18:26
237	MHK	201	1055	Friedrich	Ellerbroek	58	TV Norden	0:47:43	0:46:54	0:49:39	1:01:29	0:52:39		4:18:26
238	MHK	202	261	Arne	Beitelmann	87	OLB Ostfriesland	0:48:42	0:47:03	0:48:57	1:01:07	0:52:53		4:18:45
239	MJ	37	293	Tom	Ihnen	95	LT TuS Aurich-Ost	0:48:30	0:46:31	0:48:09	1:00:38	0:54:57		4:18:48
240	MHK	203	648	Hermann	Hinderks	68	Nordland Papier	0:48:39	0:47:28	0:49:04	1:01:44	0:51:58		4:18:54
241	MHK	204	399	Holger	Wempen	75	BHC Consulting GmbH	0:47:17	0:47:09	0:49:30	1:01:27	0:53:31		4:18:56
242	MHK	205	120	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:48:54	0:47:44	0:48:39	1:01:11	0:52:29		4:18:58
243	MHK	206	95	Marc	Sörensen	81	SV Wallinghausen	0:48:33	0:46:08	0:49:38	1:00:54	0:53:46		4:19:01
244	MHK	207	195	Nanno	Janssen	67	Germania Leer	0:48:01	0:47:03	0:49:04	1:02:14	0:52:41		4:19:06
245	MHK	208	324	Herbert	Buscher	66	OV Breinermoor	0:47:24	0:47:11	0:49:22	1:02:12	0:52:57		4:19:08
246	MJ	38	285	Jannis	Langensiep	94	MTV Aurich	0:48:43	0:46:32	0:49:49	1:02:09	0:52:05		4:19:21
247	MHK	209	711	Jens	Berghaus	59	LT TuS Aurich-Ost	0:47:00	0:46:53	0:49:46	1:02:05	0:53:36		4:19:23
248	MHK	210	1222	Stefan	Knottnerus-	65	Team ENERCON	0:49:58	0:47:24	0:48:49	1:01:15	0:52:00		4:19:28
249	MHK	211	848	Benno	Ahrens	61	Nordland Papier	0:49:57	0:47:11	0:49:00	1:01:26	0:51:52		4:19:29
250	MHK	212	190	Heinz	Schultz	49	VfR Heisfelde	0:47:15	0:47:09	0:49:15	1:02:36	0:53:16		4:19:33
251	MHK	213	1296	Rüdiger	Seele	65	Aurich	0:47:03	0:47:49	0:48:41	1:02:41	0:53:20		4:19:35
252	MHK	214	270	Alfred	Freeseaman	67	TV Oldersum	0:48:06	0:47:07	0:49:29	1:02:06	0:52:57		4:19:46
253	MHK	215	1300	Michael	Taaks	78	TV Moorerland	0:47:52	0:47:20	0:49:34	1:02:06	0:52:57		4:19:50
254	MJ	39	1341	Lukas	Ochmann	92	VfL Jheringsfehn	0:50:25	0:49:03	0:47:49	1:01:43	0:51:06		4:20:08
255	MHK	216	503	Stefan	Schild	64	Hartmann Group	0:49:07	0:47:38	0:49:12	1:01:20	0:52:56		4:20:15
256	MHK	217	386	Jens	Lüerßen	65	TG BarBel e.V.	0:49:36	0:46:54	0:49:20	1:01:24	0:53:15		4:20:31
257	MHK	218	244	Rolf	Birkoben	52	TSV Riepe	0:48:15	0:47:56	0:49:15	1:02:06	0:53:03		4:20:36
258	MHK	219	1240	Wilfried	Eichstädt	76	DLRG Leer	0:47:50	0:47:18	0:49:00	1:00:45	0:55:43		4:20:38
259	MJ	40	971	Rene	Buhr	93	VfL Ockenhausen	0:48:57	0:46:37	0:50:12	1:01:53	0:53:00		4:20:40
260	MHK	220	73	Matthias	Köhlke	74	Wi sünd Holtriem,SV Oct	0:46:40	0:46:49	0:49:59	1:02:57	0:54:20		4:20:48
261	MHK	221	245	Jörg-Hendri	Eilers	57	Moorerland	0:48:13	0:47:17	0:49:49	1:02:22	0:53:12		4:20:55
262	MHK	222	1205	Peter	Windhaus	65	Westoverledingen	0:47:45	0:47:08	0:49:20	1:02:47	0:53:56		4:20:58
263	MHK	223	156	Thomas	Heinzmann	73	Papenburg	0:47:59	0:47:28	0:49:15	1:01:57	0:54:17		4:20:58
264	MJ	41	1314	Alexander	Windt	92	Realschule Esens	0:50:56	0:46:18	0:48:37	1:02:51	0:52:17		4:21:02
265	MHK	224	395	Carsten	Strasser	68	Firrel	0:48:29	0:46:54	0:50:03	1:02:44	0:52:51		4:21:03
266	MHK	225	390	Michael	Brand	63	KUH' S BEST-Team	0:48:35	0:47:44	0:49:13	1:02:10	0:53:19		4:21:03
267	MHK	226	1098	Jens	Kirchhoff	80	Team ENERCON	0:48:52	0:47:13	0:49:32	1:01:51	0:53:37		4:21:07
268	MHK	227	196	Günter	Campen	74	Team ENERCON	0:49:20	0:47:48	0:50:11	1:01:40	0:52:19		4:21:20
269	MHK	228	1266	Günther	Klöver	83	BV Akelsbarg	0:50:48	0:47:34	0:48:42	1:01:16	0:53:02		4:21:24
270	MHK	229	304	Axel	Bunjes	60	Gymnasium Rhauferfe	0:48:34	0:47:51	0:50:07	1:01:18	0:53:42		4:21:33
271	MHK	230	1093	Manuel	Meyer	84	Sparkasse Aurich-Nord	0:47:27	0:47:41	0:49:46	1:02:35	0:54:04		4:21:34
272	MHK	231	318	Markus	Carstens	76	Team ENERCON	0:50:40	0:47:04	0:49:07	1:01:15	0:53:28		4:21:35
273	MHK	232	1369	Edgar	Backer	65	LG Ostfriesland	0:54:14	0:46:41	0:48:30	1:01:00	0:51:09		4:21:36
274	MHK	233	572	Frank	Krauledat	69	Emder LG	0:48:20	0:47:12	0:50:13	1:01:45	0:54:07		4:21:39
275	MJ	42	866	Hilko	Christians	94	HRS Westerholt	0:48:44	0:46:57	0:48:48	1:01:41	0:55:33		4:21:44

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	MHK	234	305	Josef	Wolbers	66	Deutsche Rentenversic	0:48:04	0:48:01	0:49:58	1:02:19	0:53:25		4:21:49
277	MHK	235	420	Berthold	Strömer	56	LT TuS Aurich-Ost	0:47:46	0:47:31	0:50:18	1:02:09	0:54:04		4:21:49
278	MHK	236	1285	Matthias	Brandt	80	Weeer	0:51:42	0:49:20	0:48:41	1:01:54	0:50:14		4:21:54
279	MHK	237	365	Günter	Müller	67		0:49:32	0:47:57	0:49:24	1:02:14	0:52:53		4:22:02
280	MHK	238	1337	Fritz	Büscher	54	LG-Glave-Gruppe	0:48:39	0:48:05	0:50:04	1:02:08	0:53:17		4:22:15
281	MHK	239	321	Klaus	Thörner	64	obw Emden	0:48:27	0:47:52	0:49:06	1:02:29	0:54:19		4:22:15
282	MHK	240	604	Frank	Habben	70	VfB Münkeboe	0:48:50	0:47:19	0:49:29	1:02:29	0:54:12		4:22:20
283	MHK	241	266	Theo	Ulrichs	50	Ogenbargen	0:48:50	0:47:46	0:50:30	1:01:19	0:53:55		4:22:22
284	MHK	242	208	Gerhard	Leemhuis	79	FEG Hesel	0:49:18	0:47:28	0:50:23	1:02:30	0:52:45		4:22:25
285	MHK	243	1278	Enno	Hinrichs	61	LT TuS Aurich-Ost	0:47:02	0:48:17	0:50:02	1:03:52	0:53:13		4:22:28
286	MHK	244	176	Onno	Baumann	68	Leinerstift e. V.	0:46:28	0:47:28	0:51:38	1:02:47	0:54:18		4:22:41
287	MHK	245	742	Gerold	Müller	53	Sparkasse Aurich-Nord	0:48:28	0:47:56	0:49:48	1:02:44	0:53:52		4:22:49
288	MHK	246	1279	Michael	Honczek	71	TSV Riepe	0:48:17	0:47:39	0:49:05	1:01:34	0:56:25		4:23:02
289	MHK	247	1	Stephan	Immega	84	Realschule Esens	0:51:28	0:48:49	0:50:28	1:01:04	0:51:39		4:23:29
290	MJ	43	409	Jan-Peter	Beekmann	96	Gymnasium Rhauferde	0:49:21	0:46:37	0:50:15	1:04:19	0:53:02		4:23:35
291	MJ	44	959	Axel	Rieken	91	NIGE	0:47:24	0:46:27	0:49:28	1:07:06	0:53:17		4:23:44
292	MHK	248	122	Marco	Waßmann	74	TG Wiesmoor	0:48:08	0:48:03	0:50:05	1:04:28	0:53:02		4:23:47
293	MHK	249	328	Detlef	Stanke	54	TSG Westerstede	0:47:53	0:48:04	0:50:02	1:03:26	0:54:21		4:23:49
294	MHK	250	673	Manni	Gerjets	60	RVB Aurich/Uplengen	0:49:17	0:47:38	0:49:41	1:03:44	0:53:29		4:23:51
295	MHK	251	1276	Uwe	Grimm	69	VfL Berumbur	0:48:49	0:47:52	0:50:02	1:02:59	0:54:07		4:23:52
296	MHK	252	269	Dieter	Saathoff	60	TG Wiesmoor	0:48:37	0:47:51	0:49:55	1:03:08	0:54:27		4:24:00
297	MHK	253	188	Heini	Martens	63	Stedesdorf	0:48:02	0:47:34	0:50:09	1:03:45	0:54:31		4:24:02
298	MHK	254	322	Olaf	Gerdas	72	TSV Riepe	0:48:54	0:48:52	0:50:47	1:02:21	0:53:23		4:24:18
299	MHK	255	379	Heiner	Friedrichs	77	Team ENERCON	0:50:57	0:47:58	0:50:24	1:01:58	0:53:01		4:24:21
300	MHK	256	286	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:27	0:49:32	0:49:11	1:02:56	0:54:17		4:24:25
301	MHK	257	1189	Adam	Ambrus	85	4./ObjSRgt Lw	0:50:29	0:46:29	0:49:59	1:03:51	0:53:49		4:24:38
302	MHK	258	1317	Frank	Duhlies	60	Tauchclub Beluga Auri	0:48:29	0:47:48	0:50:07	1:02:43	0:55:30		4:24:39
303	MHK	259	380	Gerd	Romaneeß	63	Theater Brockzetel-Wie	0:47:59	0:47:21	0:50:03	1:04:49	0:54:40		4:24:53
304	MHK	260	342	Volker	Lowin	55	BBS 1 Aurich	0:50:17	0:48:02	0:49:52	1:02:16	0:54:26		4:24:54
305	MHK	261	491	Hayo	Eggers	65	Team ENERCON	0:51:34	0:49:11	0:48:56	1:03:04	0:52:16		4:25:02
306	MHK	262	163	Folkert	Redenius	57	LT Tura 07 Westrauder	0:47:45	0:48:02	0:51:35	1:04:12	0:53:29		4:25:05
307	MHK	263	1087	Wilfried	Janssen	61	Sparkasse LeerWittmun	0:48:34	0:48:03	0:49:57	1:03:58	0:54:34		4:25:08
308	MHK	264	1084	Andreas	Müller-Deck	61	TSR Olympia Wilhelms	0:47:43	0:47:57	0:50:52	1:03:38	0:54:56		4:25:08
309	MHK	265	331	Andreas	Blaurock	68	obw Emden	0:49:14	0:49:00	0:50:27	1:02:40	0:53:47		4:25:10
310	MHK	266	1199	Hillers	Detlef	69	IGS Aurich WEST	0:49:50	0:48:09	0:50:08	1:03:03	0:54:02		4:25:13
311	MHK	267	621	Reiner	Heinks	61	TV Norden	0:48:45	0:48:16	0:50:52	1:03:04	0:54:31		4:25:29
312	MHK	268	851	Rainer	Dickmann	70	Nordland Papier	0:49:32	0:47:59	0:50:26	1:03:40	0:53:56		4:25:34
313	MJ	45	1248	Aike	Holl	91	SV Potshausen	0:48:15	0:47:11	0:50:54	1:04:57	0:54:24		4:25:44
314	MHK	269	1342	Johannes	Weers	54	VfB Uplengen	0:49:30	0:47:58	0:50:27	1:03:50	0:54:01		4:25:47
315	MHK	270	239	Jan-Bernd	Beekmann	67	Großwolde	0:47:06	0:47:16	0:51:47	1:04:17	0:55:24		4:25:51
316	MHK	271	336	Detlef	Penske	65	BBS 1 Aurich	0:49:34	0:48:03	0:49:54	1:03:21	0:55:03		4:25:57
317	MHK	272	439	Torsten	Gensicke	67	Wiesmoor	0:49:44	0:48:54	0:50:17	1:03:03	0:53:58		4:25:58
318	MHK	273	332	Hans-Herm	Joachim	50	Team Erdinger Alkohol	0:49:53	0:48:11	0:50:31	1:03:07	0:54:17		4:26:01
319	MHK	274	766	Hans	Feimann	66	Nordland Papier	0:50:51	0:49:13	0:50:43	1:02:31	0:52:45		4:26:04
320	MHK	275	169	Andreas	Janßen	67	SV Stikelkamp	0:51:16	0:49:15	0:50:57	1:01:37	0:53:03		4:26:08
321	MHK	276	383	Heiko	Freese	63	Extum	0:49:30	0:48:03	0:50:16	1:03:29	0:54:49		4:26:09
322	MHK	277	97	Christian	Merl	57	Papenburg	0:45:10	0:45:41	0:54:24	1:05:45	0:55:24		4:26:26
323	MHK	278	529	Wilhelm	Martens	57	Uplengen	0:49:31	0:48:08	0:50:54	1:03:35	0:54:18		4:26:29
324	MHK	279	410	Phillipp	Federkeil	56	SV Sprint WOL	0:48:48	0:48:03	0:50:05	1:04:34	0:55:01		4:26:32
325	MHK	280	248	Siegfried	Weber	62	Team Möbel Buss	0:49:47	0:48:16	0:50:16	1:03:57	0:54:21		4:26:40
326	MHK	281	352	Jochen	Nanninga	64	TV Norden	0:48:13	0:49:15	0:51:04	1:03:34	0:54:34		4:26:41
327	MHK	282	1271	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:48:09	0:48:12	0:50:59	1:02:28	0:56:53		4:26:42
328	MHK	283	1092	Frank	Siemens	74	Hinte	0:48:41	0:47:54	0:52:02	1:03:27	0:54:36		4:26:43
329	MHK	284	530	Rolf	Bauer	68	Nordland Papier	0:49:59	0:48:13	0:50:25	1:04:51	0:53:16		4:26:46
330	MHK	285	211	Andy	Albers	83	VfB Münkeboe	0:48:30	0:48:20	0:50:25	1:04:24	0:55:05		4:26:46

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	MHK	286	1301	Philipp	Olthoff	66	Emden	0:49:23	0:48:24	0:49:54	1:03:51	0:55:22		4:26:56
332	MHK	287	320	Manfred	Meyer	63	Papenburg	0:49:11	0:48:08	0:50:04	1:04:38	0:54:59		4:27:02
333	MHK	288	1383	Jakobus	Wirringa	57	Oldenburg	0:48:53	0:48:32	0:50:53	1:04:41	0:54:20		4:27:22
334	MHK	289	199	Gretus	Hoofdman	63	Störtebeker Loopers TV	0:48:21	0:48:38	0:50:59	1:03:58	0:55:26		4:27:25
335	MHK	290	265	Simon	Sühwold	71	Leer	0:47:30	0:47:30	0:53:01	1:04:50	0:54:42		4:27:34
336	MHK	291	283	Albert	Bronsema	56	Fitness-World, Emden	0:49:39	0:48:35	0:50:35	1:04:42	0:54:06		4:27:38
337	MHK	292	300	Matthias	Adick	62	Auricher Taxen Zentrale	0:48:27	0:48:14	0:52:12	1:04:00	0:54:46		4:27:42
338	MHK	293	457	Heiko	Peters	64	Team Möbel Buss	0:50:25	0:48:17	0:50:21	1:04:28	0:54:22		4:27:55
339	MHK	294	335	Wilfried	Harms	64	Team ENERCON	0:48:33	0:48:11	0:51:18	1:04:20	0:55:37		4:28:01
340	MHK	295	1292	Torsten	Müller	69	Agravis Ems Jade Esen	0:50:23	0:48:09	0:51:30	1:03:52	0:54:08		4:28:05
341	MHK	296	1089	Johann	Sandersfeld	55	LG Uplengen	0:49:12	0:48:26	0:51:20	1:04:20	0:54:45		4:28:05
342	MHK	297	316	Hartmut	Schmidt	62	Team ENERCON	0:49:24	0:48:53	0:50:16	1:04:01	0:55:33		4:28:09
343	MHK	298	1085	Ludger	Herzog	55	STV Barbel	0:49:17	0:48:32	0:50:44	1:04:02	0:55:35		4:28:11
344	MJ	46	576	Renko	Veldkamp	90	Stadt Weener gegen Ge	0:50:04	0:47:58	0:49:55	1:05:20	0:55:05		4:28:25
345	MHK	299	134	Jürgen	Sporré	55	Evang.-reform. Kirche	0:48:37	0:48:36	0:50:20	1:04:39	0:56:12		4:28:26
346	MJ	47	1388	Alexander	Zietlow	92	FCSO	0:49:30	0:48:10	0:51:08	1:05:06	0:54:37		4:28:33
347	MJ	48	437	Timo	Janßen	90	NIGE	0:49:39	0:47:41	0:52:03	1:04:48	0:54:25		4:28:36
348	MHK	300	438	Alfred	Scheepker	54	TV Norden	0:49:12	0:48:10	0:50:38	1:05:16	0:55:20		4:28:38
349	MHK	301	317	Hermann	Boekhoff	61	SV Bentstreek	0:49:21	0:49:11	0:50:42	1:04:30	0:54:58		4:28:44
350	MHK	302	223	Alwin	Janssen	70	Peiers	0:50:42	0:49:03	0:51:14	1:04:01	0:53:46		4:28:49
351	MHK	303	1257	Rainer	Bohlen	87	RVB Aurich/Uplengen	0:49:18	0:47:50	0:52:26	1:04:16	0:54:58		4:28:50
352	MJ	49	1247	Hendrik	Holl	95	Pohhausen	0:52:36	0:47:08	0:50:52	1:03:51	0:54:21		4:28:52
353	MHK	304	400	Klaus	Fröhling	72	Ludwigsdorf	0:50:48	0:48:53	0:51:03	1:03:47	0:54:20		4:28:53
354	MHK	305	183	Helmut	Meyerhoff	62	LG Ostfriesland	0:49:55	0:48:53	0:51:13	1:04:34	0:54:28		4:29:05
355	MHK	306	592	Ralf-Christia	Besemann	70	Wittmund	0:51:37	0:49:57	0:50:05	1:03:09	0:54:20		4:29:10
356	MHK	307	1237	Johannes	Kaspar	86	4./ObjSRgt Lw	0:53:05	0:47:59	0:50:29	1:03:53	0:53:48		4:29:16
357	MHK	308	1141	Matthias	Oldewurtel	72	Bauunternehmen Oldew	0:52:10	0:49:04	0:50:48	1:03:24	0:53:54		4:29:22
358	MHK	309	135	Arend	Koop	60	Weener Plastik AG	0:49:04	0:49:13	0:50:37	1:04:31	0:55:55		4:29:22
359	MHK	310	1088	Bernd	Ubben	59	ubben-haus Laufteam	0:49:45	0:49:30	0:50:38	1:04:13	0:55:18		4:29:26
360	MJ	50	1244	Thomas	Janssen	91	SV Potshausen	0:48:09	0:51:29	0:50:44	1:04:54	0:54:21		4:29:39
361	MHK	311	1099	Volker	Feldkamp	60	Schule am Deich	0:50:20	0:49:18	0:50:56	1:03:41	0:55:32		4:29:48
362	MHK	312	1094	Carsten	Kreienbrock	68	Briese Schifffahrt	0:48:54	0:49:55	0:50:45	1:04:54	0:55:20		4:29:50
363	MHK	313	1204	Lutz	Günsel	69	Druckerei Meyer, Aurich	0:50:06	0:48:48	0:50:46	1:05:04	0:55:25		4:30:10
364	MHK	314	1360	Dieter	Janßen	66	LG Glave Gruppe	0:50:04	0:49:29	0:51:57	1:03:51	0:54:52		4:30:15
365	MHK	315	469	Stefan	Voogd	74	Polizei Leer	0:50:30	0:48:21	0:50:54	1:03:03	0:57:26		4:30:17
366	MHK	316	384	Jörg	Ottersberg	70	Dwarsloopers Spetzerf	0:49:47	0:49:50	0:51:04	1:04:28	0:55:06		4:30:18
367	MJ	51	1299	Nils	Henken	94	KGS GroBefehn	0:51:24	0:48:34	0:50:50	1:05:02	0:54:27		4:30:20
368	MJ	52	1164	Markus	Ohling	92	HTG Ihlow	0:52:43	0:48:07	0:52:38	1:02:54	0:53:57		4:30:21
369	MHK	317	1373	Ludwig	Hummerich	60	Emder LG	0:51:47	0:48:55	0:51:34	1:04:08	0:53:58		4:30:23
370	MHK	318	179	Ingo	Renken	67	TV Friedeburg	0:50:23	0:48:55	0:50:49	1:04:55	0:55:20		4:30:24
371	MHK	319	344	Theo	Goldswear	53	TUS Collinghorst	0:49:11	0:49:40	0:50:50	1:05:03	0:55:39		4:30:25
372	MHK	320	1215	Jc	Coordes	69	Team ENERCON	0:49:40	0:48:41	0:50:44	1:06:31	0:54:48		4:30:26
373	MHK	321	430	Dietmar	Kluin	62	Leinerstift e.V.	0:49:30	0:49:04	0:51:23	1:04:52	0:55:54		4:30:45
374	MHK	322	967	Bernd	Poppen	72	Team ENERCON	0:51:51	0:48:18	0:52:49	1:02:39	0:55:08		4:30:47
375	MHK	323	339	Heinrich	Winter	57	LT TuS Aurich-Ost	0:50:03	0:48:44	0:51:48	1:05:07	0:55:14		4:30:57
376	MHK	324	575	Hermann	Welp	66	Stadt Weener gegen Ge	0:49:41	0:47:23	0:49:18	1:05:14	0:59:25		4:31:02
377	MHK	325	536	Heinz	Rohden	63	Wi sünd Holtriem SV Oct	0:50:08	0:49:02	0:52:14	1:03:58	0:55:44		4:31:08
378	MHK	326	78	Rolf	Steinke	67	SV Warsingsfehn	0:50:08	0:49:39	0:51:51	1:04:37	0:54:58		4:31:14
379	MHK	327	499	Michael	Groß	84	Team ENERCON	0:49:29	0:50:08	0:51:15	1:05:02	0:55:27		4:31:24
380	MHK	328	1315	Bernd	Frieden	68	LT TuS Aurich-Ost	0:50:31	0:49:30	0:51:33	1:04:03	0:55:50		4:31:28
381	MHK	329	1295	Michael	Schardt	54	Schwarz-Weiß Oldenbur	0:49:49	0:50:20	0:52:05	1:03:59	0:55:19		4:31:34
382	MHK	330	1281	Mike	Rost	63	PI Wilhelmshaven/Fries	0:49:26	0:50:15	0:51:28	1:05:14	0:55:21		4:31:46
383	MJ	53	1304	Kevin	Pree	93	Realschule Esens	0:51:49	0:48:54	0:51:23	1:05:03	0:54:45		4:31:56
384	MHK	331	1328	Helmut	Bobka	58	Ihlow	0:48:37	0:49:19	0:51:24	1:06:42	0:56:06		4:32:10
385	MHK	332	355	Friedrich	Folkerts	65	FFw Hollen	0:50:11	0:49:36	0:51:38	1:05:03	0:55:41		4:32:11

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	MHK	333	1128	Michael	de Vries	72	quid pro quo	0:51:21	0:49:39	0:51:29	1:05:07	0:54:42		4:32:20
387	MHK	334	434	Manfred	Cordes	60	Wiesmoor	0:50:13	0:49:25	0:51:13	1:05:57	0:55:44		4:32:33
388	MHK	335	377	Arno	Dreesman	76	Nendorp	0:49:12	0:48:13	0:50:53	1:08:35	0:55:46		4:32:41
389	MHK	336	330	Wilhelm	Badberg	44	TG Wiesmoor	0:48:25	0:48:20	0:51:00	1:05:26	0:59:35		4:32:47
390	MJ	54	1306	Patrick	Janßen	93	Realschule Esens	0:51:41	0:49:29	0:52:22	1:04:13	0:55:02		4:32:50
391	MHK	337	1032	Johann	Reiners	59	Lions Club Uplengen	0:49:28	0:49:07	0:51:58	1:05:57	0:56:19		4:32:52
392	MJ	55	657	Jens	Weets	92	Holtgast	0:50:26	0:47:53	0:53:12	1:06:33	0:54:54		4:33:00
393	MHK	338	189	Harald	Schmidt	69	Wi sünd Holtriem	0:50:45	0:49:52	0:52:04	1:04:14	0:56:08		4:33:05
394	MHK	339	431	Richard	Kölber	66	TV Norden	0:51:48	0:49:24	0:51:44	1:04:51	0:55:19		4:33:08
395	MHK	340	1200	Arno	Saathoff	66	Werdum	0:51:31	0:49:55	0:52:25	1:04:17	0:55:01		4:33:12
396	MHK	341	443	Wolfgang	Friedrich	63	Leinerstift e.V.	0:50:30	0:49:34	0:52:00	1:05:18	0:55:53		4:33:17
397	MHK	342	922	Bernd	Harms	79	RVB Aurich/Uplengen	0:50:49	0:49:00	0:50:50	1:07:10	0:55:39		4:33:30
398	MHK	343	313	Jörg	Hero	69	TCB Bremen	0:49:56	0:49:48	0:51:00	1:06:41	0:56:05		4:33:32
399	MHK	344	361	Horst	Schneider	55	Kein / Norden	0:51:03	0:49:51	0:52:15	1:05:24	0:55:10		4:33:44
400	MHK	345	678	Daniel	Sanders	79	Großefehn	0:51:46	0:50:33	0:52:02	1:04:27	0:55:05		4:33:56
401	MHK	346	249	Jens	Fecht	68	Apen	0:50:38	0:48:55	0:52:35	1:05:08	0:56:42		4:34:01
402	MJ	56	1310	Patrick	van de Kam	91	Realschule Esens	0:53:59	0:49:04	0:50:33	1:05:04	0:55:32		4:34:13
403	MHK	347	523	Gerold	Petersen	74	Großheide	0:50:23	0:49:45	0:52:01	1:05:18	0:56:45		4:34:14
404	MHK	348	222	Sven	Meyering	74	Frisia Loga III	0:48:42	0:49:13	0:55:27	1:05:18	0:55:32		4:34:15
405	MHK	349	200	Jakobus	Hofmann	54	Weener Plastik AG	0:49:35	0:50:08	0:51:08	1:05:03	0:58:19		4:34:15
406	MHK	350	630	Jörg	Peters	66	Nortmoor	0:50:16	0:49:36	0:53:00	1:04:59	0:56:24		4:34:16
407	MHK	351	422	Manfred	Erfkamp	59	Ruder-Club Leer	0:50:18	0:49:26	0:51:58	1:06:28	0:56:07		4:34:18
408	MHK	352	641	Johann	Nörder	61	EWE Wattloopers	0:50:23	0:49:38	0:52:03	1:05:16	0:56:57		4:34:18
409	MHK	353	1195	Andy	Strümpel	72	Autohaus Tekken	0:50:41	0:49:26	0:52:07	1:05:29	0:56:38		4:34:22
410	MHK	354	734	Helmut	Mäcken	78	Großefehn	0:50:48	0:48:24	0:52:19	1:04:31	0:58:27		4:34:30
411	MHK	355	290	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:50:43	0:49:41	0:52:25	1:05:13	0:56:40		4:34:45
412	MHK	356	329	Gerold	Janssen	65	Wi sünd Holtriem	0:51:02	0:49:49	0:51:51	1:06:11	0:55:52		4:34:46
413	MHK	357	1050	Graf	Glamann-S	65	TV Norden	0:51:29	0:50:18	0:52:21	1:04:58	0:56:01		4:35:08
414	MHK	358	464	Ansgar	Schulte	73	Weener Plastik AG	0:51:13	0:51:03	0:52:34	1:04:35	0:55:43		4:35:10
415	MHK	359	182	Alfred	Scholz	53	Emder LG	0:50:37	0:49:31	0:52:43	1:05:55	0:56:22		4:35:10
416	MHK	360	363	Drees	Janssen	62	LG Ostfriesland	0:49:59	0:49:44	0:52:32	1:06:50	0:56:04		4:35:11
417	MJ	57	654	Marco	Fauerbach	93	Wi sünd Holtriem	0:54:12	0:49:59	0:52:03	1:03:58	0:55:07		4:35:20
418	MJ	58	1115	Klaas	Soeken	91	BBS II Aurich	0:51:54	0:50:11	0:51:55	1:05:52	0:55:36		4:35:30
419	MHK	361	292	Jens	Brauer	67	Weener Plastik AG	0:52:02	0:50:46	0:51:15	1:05:28	0:56:15		4:35:48
420	MHK	362	311	Weert-Peter	Prikker	59	Holtland	0:50:28	0:50:09	0:52:43	1:05:50	0:56:50		4:36:02
421	MHK	363	1202	Manfred	Möhlmann	64	SC Wiesens	0:49:59	0:49:17	0:52:22	1:07:39	0:56:45		4:36:03
422	MHK	364	264	Gerold	Severiens	48	Fortuna Logabirum	0:50:33	0:50:00	0:52:41	1:06:39	0:56:21		4:36:15
423	MHK	365	419	Kersten	Kiesé	64	TuS Esens	0:50:12	0:50:36	0:52:33	1:05:56	0:57:15		4:36:33
424	MJ	59	1119	Patrick	Francovich	93	HTG Ihlow	0:47:56	0:47:30	0:51:05	1:05:15	1:04:48		4:36:36
425	MHK	366	441	Martin	Thoben	70	ELV Elektronik AG	0:50:44	0:50:07	0:53:00	1:06:09	0:56:39		4:36:40
426	MHK	367	267	Hans-Jürge	Gippert	44	TG Wiesmoor	0:50:51	0:50:28	0:52:36	1:06:44	0:56:01		4:36:41
427	MJ	60	1165	Lukas	Zager	94	HTG Ihlow	0:52:41	0:48:10	0:55:01	1:05:36	0:55:17		4:36:48
428	MJ	61	1167	Jörg	Gerdes	92	HTG Ihlow	0:54:52	0:48:16	0:50:55	1:05:58	0:56:48		4:36:51
429	MHK	368	368	Thomas	Eiken	87	Ländlicher Versicherung	0:52:07	0:50:10	0:52:27	1:05:10	0:56:55		4:36:52
430	MHK	369	296	Achim	Beckers	59	Germania Leer	0:52:19	0:50:13	0:53:25	1:05:03	0:55:50		4:36:52
431	MHK	370	334	Daniel	Radekopp	87	VfL Berumbur	0:50:43	0:49:02	0:51:29	1:09:45	0:55:55		4:36:56
432	MHK	371	1367	Heiner	Saathoff	80	ELV Elektronik AG	0:52:19	0:51:12	0:52:21	1:06:04	0:55:03		4:37:00
433	MHK	372	98	Günter	Möller	68	Sportschule TAO	0:54:17	0:50:22	0:51:05	1:05:10	0:56:04		4:37:01
434	MHK	373	357	Hinrich	Rahn	73	LT TuS Aurich-Ost	0:51:41	0:50:45	0:52:16	1:06:01	0:56:22		4:37:06
435	MHK	374	779	Ehrenfried	Lüken	64	Ochtersum	0:52:47	0:51:33	0:51:40	1:05:13	0:55:51		4:37:06
436	MHK	375	185	Erwin	Flessner	68	Tus Holtriem	0:54:05	0:51:03	0:51:29	1:03:38	0:56:49		4:37:07
437	MJ	62	1308	Arne	Willms	92	Realschule Esens	0:55:30	0:48:13	0:52:51	1:05:18	0:55:24		4:37:17
438	MHK	376	309	Volker	Griesheimer	61	LG Glave Gruppe	0:50:49	0:49:55	0:53:29	1:05:22	0:57:41		4:37:19
439	MHK	377	143	Christian	Arens	81	TSV Riepe	0:52:47	0:51:10	0:52:28	1:05:10	0:55:43		4:37:19
440	MJ	63	1201	Henning	Frerichs	90	Sportcentrum Crocodile	0:50:02	0:50:31	0:52:29	1:07:45	0:56:30		4:37:19

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	MJ	64	1336	Jochen	Feeken	90	TV Norden	0:52:30	0:50:43	0:52:08	1:07:04	0:55:11		4:37:37
442	MHK	378	448	August	Jeron	56	LT TuS Aurich-Ost	0:51:46	0:50:15	0:52:30	1:06:16	0:56:48		4:37:37
443	MJ	65	524	Jan-Hauke	Rahmann	93	SV Ochtersum	0:54:49	0:48:42	0:52:51	1:01:09	1:00:05		4:37:38
444	MHK	379	474	Manfred	Schulte	71	Nordland Papier	0:51:28	0:50:01	0:53:12	1:05:53	0:57:06		4:37:42
445	MHK	380	353	Josef	Baalmann	61	LT TuS Aurich-Ost	0:51:48	0:51:26	0:52:05	1:06:24	0:56:08		4:37:51
446	MHK	381	597	Bernd	Kruse	67	SV Stikkelkamp	0:52:57	0:50:06	0:52:43	1:06:07	0:56:00		4:37:55
447	MHK	382	791	Karl-Heinz	Benner	54	Ihlow	0:51:02	0:49:18	0:53:08	1:06:28	0:57:58		4:37:56
448	MJ	66	1233	Olaf	Frerichs	94	HRS Westerholt	0:56:43	0:49:26	0:51:44	1:03:38	0:56:37		4:38:10
449	MHK	383	216	Florian	Krohs	78	OFFIS	0:53:02	0:51:21	0:50:54	1:06:48	0:56:11		4:38:19
450	MHK	384	790	Franz	Beregszaszi	55	Aurich	0:51:04	0:50:01	0:53:08	1:06:08	0:57:58		4:38:22
451	MJ	67	1261	Janek	Freudenber	96	Ulricianum Aurich	0:53:31	0:50:07	0:52:49	1:07:07	0:54:51		4:38:26
452	MHK	385	502	Egbert	de Groot	82	Team ENERCON	0:52:41	0:50:30	0:53:40	1:05:19	0:56:20		4:38:31
453	MHK	386	494	Hannes	Pott	54	VfL Germania Leer	0:52:14	0:50:05	0:52:12	1:05:27	0:58:33		4:38:33
454	MHK	387	585	Andre	Woortmann	64	Westoverledingen	0:51:51	0:50:44	0:52:10	1:06:14	0:57:34		4:38:34
455	MHK	388	700	Johann	Harms	57	LT TuS Aurich-Ost	0:51:46	0:50:12	0:53:35	1:06:58	0:56:18		4:38:50
456	MJ	68	701	Okko	Harms	94	Gymnasium Ulricianum /	0:51:45	0:50:13	0:53:35	1:06:58	0:56:18		4:38:51
457	MHK	389	215	Guido	Kammler	65	Polizei Oldenburg	0:52:34	0:49:25	0:54:54	1:06:31	0:55:37		4:39:03
458	MJ	69	599	Hendrik	Rogge	90	SV Bentstreek	0:51:20	0:50:10	0:54:10	1:05:48	0:57:35		4:39:05
459	MJ	70	527	Nikolai	Vossen	91	NIGE	0:54:23	0:50:15	0:53:26	1:05:44	0:55:16		4:39:06
460	MHK	390	649	Thomas	Schaffrath	66	Nordland Papier	0:52:32	0:49:48	0:52:32	1:07:42	0:56:49		4:39:25
461	MHK	391	402	Thorsten	Gastmann	81	Team ENERCON	0:53:06	0:50:45	0:52:47	1:06:08	0:56:39		4:39:27
462	MHK	392	556	Sebastian	Heibült	75	Akkasakka Ostfriesl	0:51:32	0:50:32	0:53:13	1:07:06	0:57:03		4:39:28
463	MHK	393	403	Hermann	Middendorf	61	Papenburg	0:50:57	0:50:21	0:53:03	1:07:29	0:57:39		4:39:31
464	MHK	394	1127	Daniel	Fischer	80	Briese Schifffahrt	0:52:59	0:54:39	0:51:34	1:04:34	0:55:44		4:39:33
465	MHK	395	175	Holger	Kleene	71	obw Emden	0:52:37	0:48:04	1:04:13	1:01:53	0:52:47		4:39:36
466	MHK	396	282	Friedrich	Temme	68	Pewsumer Ossilooper	0:51:28	0:49:45	0:53:40	1:05:43	0:58:59		4:39:37
467	MHK	397	125	Johann	Lammers	63	SV Holtland	1:04:59	0:48:05	0:50:41	1:02:18	0:53:38		4:39:42
468	MHK	398	404	Siegfried	Tannen	56	Wittmund	0:51:38	0:51:30	0:53:14	1:06:40	0:56:44		4:39:47
469	MHK	399	421	Reiner	Schoon	64	LG Großefehn	0:50:54	0:50:39	0:53:53	1:07:13	0:57:10		4:39:51
470	MJ	71	761	Johann	Niklaus	90	NIGE	0:52:17	0:49:50	0:52:29	1:08:12	0:57:03		4:39:53
471	MHK	400	774	Andreas	Klene	76	Team ENERCON	0:54:15	0:50:26	0:52:48	1:06:37	0:55:46		4:39:53
472	MHK	401	356	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	0:51:31	0:50:57	0:53:18	1:06:29	0:57:38		4:39:55
473	MJ	72	1108	Tido	Willms	94	LG Harlingerland	0:49:40	0:49:45	0:57:17	1:05:50	0:57:24		4:39:58
474	MHK	402	333	Michael	Daniel	59	Emder LG	1:00:39	0:49:22	0:50:53	1:04:34	0:54:28		4:39:58
475	MHK	403	370	Ingo	Janßen	67	Fun-Loopers	0:51:26	0:51:07	0:53:20	1:07:08	0:56:59		4:40:01
476	MHK	404	1074	Eckhard	Schröder	60	Heimatblatt	0:52:03	0:50:58	0:53:28	1:06:52	0:56:39		4:40:01
477	MHK	405	1081	Andreas	Kerker	66	Heimatblatt	0:51:08	0:51:17	0:53:21	1:06:52	0:57:23		4:40:02
478	MHK	406	346	Lars	Wollenstein	74	obw Emden	0:52:14	0:50:50	0:53:02	1:06:41	0:57:16		4:40:04
479	MHK	407	354	Volker	Rieken	67	Kurverein Neuharlingers	0:52:48	0:50:42	0:52:27	1:07:03	0:57:03		4:40:06
480	MHK	408	1207	Thomas	Grimm	61	VFFL Berumbur	0:51:04	0:50:10	0:54:05	1:07:10	0:57:35		4:40:06
481	MHK	409	412	Rainer	Finken	58	Laufftreff SV Ofenerdiek	0:52:30	0:50:07	0:52:40	1:09:03	0:55:51		4:40:12
482	MHK	410	520	Helmut	Bruns	51	TuS Eintracht Hinte	0:51:51	0:52:05	0:53:06	1:06:44	0:56:32		4:40:19
483	MHK	411	397	Hartmut	Krzatala	68	Emden	0:52:24	0:51:11	0:53:50	1:06:15	0:56:41		4:40:23
484	MHK	412	287	Hartmut	Penning	51	DRK Ortsverein Holtla	0:53:08	0:51:19	0:52:34	1:06:54	0:56:31		4:40:27
485	MHK	413	920	Michael	Sanders	80	Bünting Tee	0:52:31	0:49:27	0:51:44	1:07:12	0:59:38		4:40:34
486	MHK	414	573	Andreas	Broek	75	Stadt Weener gegen Gev	0:52:44	0:50:41	0:52:42	1:05:14	0:59:13		4:40:37
487	MHK	415	230	Frank	Ziegler	67	TEAM DEUTSCHE POS	0:51:29	0:50:52	0:53:40	1:07:34	0:57:01		4:40:37
488	MHK	416	1362	Johann	Grüßing	58	LG Uplengen	0:52:05	0:51:28	0:53:13	1:06:36	0:57:16		4:40:39
489	MHK	417	1284	Wichert	Brüsehoff	66	TV Oldersum	0:51:57	0:51:35	0:53:50	1:06:59	0:56:22		4:40:46
490	MHK	418	480	Andreas	Schneider	61	Aurich	0:48:47	0:48:22	1:00:08	1:09:19	0:54:08		4:40:47
491	MHK	419	1116	Freerk-H.	Hoek	56	TUS Wieder	0:52:57	0:51:13	0:54:07	1:06:15	0:56:18		4:40:52
492	MHK	420	458	Frank	Leeling	68	Emder LG	0:53:01	0:51:00	0:53:52	1:06:24	0:56:46		4:41:06
493	MHK	421	426	Stephan	Weers	74	Sparkasse LeerWittmun	0:51:31	0:50:22	0:53:12	1:08:01	0:58:04		4:41:11
494	MJ	73	570	Pascal	Immen	90	NIGE	0:53:55	0:49:35	0:52:29	1:07:26	0:57:46		4:41:13
495	MHK	422	251	Michael	Ahrendt	70	Watt'n Looper SV Dornu	0:47:40	0:46:00	1:09:41	1:02:49	0:55:15		4:41:26

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
496	MHK	423	144	Peter	Osterkamp	68	Pso. GmbH, Wittmund	0:53:03	0:50:30	0:53:16	1:06:49	0:57:54		4:41:35
497	MHK	424	1376	Wilhelm	Eujen	68	Strackholt	0:53:17	0:50:52	0:52:34	1:07:18	0:57:33		4:41:36
498	MHK	425	605	Dieter	Leemhuis	87	ELV Elektronik AG	0:51:35	0:50:50	0:53:59	1:08:15	0:56:59		4:41:40
499	MHK	426	284	Eibo	Eiben	43	LT Schafhauser Wald	0:56:08	0:50:23	0:53:38	1:05:09	0:56:24		4:41:43
500	MHK	427	436	Uwe	Heyen	60	LG Grobfehn	0:51:38	0:50:50	0:53:06	1:07:58	0:58:10		4:41:44
501	MHK	428	387	Christian	Heibült	40	SV Hollland	0:51:56	0:51:42	0:53:37	1:07:15	0:57:18		4:41:48
502	MHK	429	1147	Jürgen	Kleemann	72	VFB Rajen Lauftreff	0:53:56	0:51:42	0:52:45	1:05:39	0:57:51		4:41:55
503	MHK	430	643	Thomas	Bolte	65	EWE Wattloopers	0:53:07	0:51:55	0:53:11	1:07:33	0:56:12		4:42:00
504	MHK	431	393	Rainer	Broß	69	SV Ems Jemgum	0:52:40	0:52:15	0:53:35	1:07:03	0:56:48		4:42:23
505	MHK	432	1353	Torsten	Alfers	73	LG Dachsweg Heerens	0:51:07	0:49:45	0:56:53	1:07:17	0:57:22		4:42:25
506	MHK	433	1327	Hans-Herm	Brink	67	FC Frisia Völlenerkönigsf	0:51:06	0:49:45	0:56:53	1:07:18	0:57:22		4:42:26
507	MHK	434	413	Diedrich	Rogge	66	SV Bentstreek	0:52:05	0:51:14	0:53:57	1:07:33	0:57:40		4:42:31
508	MHK	435	526	Ludger	Schulze-Ost	68	STV Barßel	0:52:45	0:50:50	0:54:21	1:07:04	0:57:33		4:42:34
509	MHK	436	600	Wilhelm	Müller	50	Emder LG	0:51:51	0:51:03	0:54:41	1:07:27	0:57:30		4:42:35
510	MHK	437	157	Udo	Reimers	71	Bünting Tee	0:53:35	0:52:57	0:53:36	1:06:42	0:55:45		4:42:38
511	MJ	74	1217	Martin	Tannen	90	Team ENERCON	0:54:00	0:51:56	0:54:56	1:05:33	0:56:26		4:42:53
512	MHK	438	433	Andreas	Eichner	64	Polizeiinspektion WHV-F	0:51:08	0:51:49	0:54:31	1:08:57	0:56:41		4:43:08
513	MHK	439	486	Mario	Lauterbach	74	KUH'S BEST-Team	0:53:51	0:51:18	0:54:36	1:06:38	0:56:45		4:43:10
514	MHK	440	289	Alfred	Tjarks	59	EWE Wattloopers	0:52:00	0:51:48	0:53:43	1:07:30	0:58:18		4:43:22
515	MHK	441	567	Reinhard	Oltmanns	64	Moormerland	0:53:17	0:51:16	0:53:46	1:07:44	0:57:26		4:43:30
516	MHK	442	415	Timo	Ubben	88	ubben-haus Laufteam	0:52:54	0:51:39	0:52:57	1:07:07	0:58:52		4:43:31
517	MHK	443	1263	Andreas	Voßkuhl	75	Viktoria Flachsmeer	0:54:31	0:53:01	0:53:02	1:07:09	0:55:53		4:43:37
518	MHK	444	468	Andreas	Barth	75	Crocodiles Ihlow	0:53:44	0:51:24	0:52:28	1:08:43	0:57:20		4:43:40
519	MHK	445	525	Oskar	de Buhr	51	Schule am Patersweg I	0:52:59	0:51:34	0:53:22	1:07:41	0:58:07		4:43:44
520	MHK	446	423	Heiko	Ackmann	66	LG Ostfriesland	0:49:13	0:49:30	0:51:25	1:15:28	0:58:09		4:43:47
521	MHK	447	481	Martin	Hagenbruch	58	Norden	0:52:18	0:51:40	0:54:11	1:07:26	0:58:11		4:43:48
522	MHK	448	1198	Jürgen	Eilerts	66	SC Wiesens	0:51:05	0:49:16	0:52:59	1:06:10	1:04:17		4:43:49
523	MHK	449	453	Kai	Tammen	63	Briese Schifffahrt	0:52:36	0:51:54	0:54:26	1:07:32	0:57:23		4:43:53
524	MHK	450	325	Tim	Schlichter	87	Hartmann Group	0:53:08	0:52:52	0:54:36	1:06:21	0:57:00		4:43:59
525	MHK	451	432	Gerald	Kuehn	67	Westerende	0:53:37	0:51:43	0:54:00	1:07:49	0:56:49		4:44:00
526	MHK	452	1120	Achim	Seidler	73	Nordwest-Blumen Wies	0:51:45	0:50:51	0:53:57	1:08:36	0:58:55		4:44:06
527	MHK	453	463	Rolf-Dieter	Vennen	62	EWE-Wattloopers	0:52:54	0:51:24	0:53:53	1:07:43	0:58:12		4:44:09
528	MHK	454	606	Friedrich-Ka	Pennig	48	TGG Leer	0:52:21	0:52:20	0:53:38	1:07:14	0:58:39		4:44:14
529	MHK	455	769	Andreas	Netthöfel	69	Rettdienst Leer	0:53:56	0:51:08	0:53:43	1:09:06	0:56:24		4:44:19
530	MHK	456	350	Günther	Fischer	52	LG Grobfehn	0:52:32	0:52:04	0:54:19	1:07:09	0:58:14		4:44:20
531	MHK	457	1107	Erhard	Wagener	72	de Heizungsloopers	0:54:11	0:53:10	0:53:51	1:06:24	0:56:43		4:44:21
532	MHK	458	1194	Jörn	Sievers	65	Sportschule TAO	0:54:14	0:51:52	0:54:15	1:06:43	0:57:15		4:44:21
533	MHK	459	378	Frank	Zacherl	65	keinen	0:53:16	0:51:13	0:53:31	1:08:43	0:57:41		4:44:27
534	MHK	460	467	Michael	Goldenstein	70	BV Victorbur	0:53:36	0:51:46	0:54:10	1:07:39	0:57:43		4:44:56
535	MHK	461	1364	Folkmar	Sinnen	66	Moormerland	0:53:34	0:52:16	0:53:56	1:07:50	0:57:27		4:45:05
536	MHK	462	381	Günther	Schoon	50	Wiesmoor	0:52:53	0:51:53	0:54:11	1:08:25	0:57:53		4:45:18
537	MHK	463	418	Uwe	Lüdtke	65	RVB Aurich/Uplengen	0:53:11	0:51:37	0:54:52	1:07:13	0:58:24		4:45:19
538	MHK	464	574	Benno	Renken	66	Stadt Weener gegen Gev	0:53:01	0:51:44	0:53:45	1:07:55	0:58:54		4:45:21
539	MHK	465	440	Stefan	Buchta	68	Emden	0:52:23	0:51:52	0:54:12	1:09:21	0:57:34		4:45:23
540	MHK	466	644	Nils	Friedrichs	70	Aurich	0:52:39	0:51:52	0:53:07	1:08:28	0:59:16		4:45:24
541	MJ	75	584	Jens	Saathoff	93	Werdum	0:51:31	0:51:00	0:54:11	1:09:14	0:59:46		4:45:44
542	MHK	467	540	Jörg	Puschke	70	LT TuS Aurich-Ost	0:52:56	0:51:59	0:53:41	1:08:04	0:59:04		4:45:46
543	MHK	468	447	Dieter	Dirks	65	SV Ochtersum	0:52:21	0:52:10	0:53:47	1:08:46	0:58:44		4:45:50
544	MHK	469	1203	Jörg	Schmeding	66	Druckerei Meyer, Aurich	0:50:06	1:04:30	0:50:46	1:05:04	0:55:23		4:45:50
545	MHK	470	729	Ingo	Grenseman	89	Großheide	0:54:06	0:52:26	0:54:22	1:07:30	0:57:36		4:46:03
546	MHK	471	1355	Heye	Willems	53	DEVK-Versicherung	0:51:24	0:51:04	0:53:28	1:10:23	0:59:44		4:46:04
547	MHK	472	724	Bernd	Schindler	68	TV Oldersum	0:53:15	0:51:23	0:54:16	1:08:29	0:58:42		4:46:07
548	MHK	473	429	Jürgen	Otto	64	VFFL Berumbur	0:53:14	0:51:55	0:53:59	1:09:01	0:58:14		4:46:24
549	MJ	76	1249	Malte	Holl	93	SV Potshausen	0:52:34	0:50:54	0:57:39	1:08:13	0:57:04		4:46:25
550	MHK	474	797	Jens	Bachmann	86	Bünting Tee	0:53:22	0:49:39	0:51:23	1:16:56	0:55:11		4:46:33

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
551	MHK	475	405	Richard	Wagner	58	Kanalratten LT Team Ih	0:52:26	0:52:22	0:54:20	1:08:47	0:58:38		4:46:34
552	MHK	476	449	Coob	Buß	61	SV Eintracht Ihlow	0:50:47	0:49:25	0:52:20	1:17:23	0:56:38		4:46:36
553	MHK	477	730	Axel	Möhlmann	80	Team ENERCON	0:54:57	0:51:34	0:54:40	1:07:42	0:57:42		4:46:36
554	MHK	478	877	Enno	Fänders	66	Leinerstift e.V.	0:55:39	0:51:39	0:54:14	1:07:06	0:57:59		4:46:39
555	MHK	479	364	Ewald	Kalkwarf	64	Pewsumer Ossilooper	0:52:12	0:50:16	0:53:40	1:12:57	0:57:46		4:46:54
556	MHK	480	493	Heeschen	Wolfgang	71		0:52:57	0:51:21	0:54:44	1:09:25	0:58:29		4:46:57
557	MHK	481	798	Stefan	Ulbrich	86	Bünting Tee	0:53:40	0:49:37	0:53:05	1:09:28	1:01:10		4:47:02
558	MHK	482	408	Christian	Bauch	69	Heimatblatt	0:51:17	0:51:00	0:53:45	1:10:04	1:00:55		4:47:02
559	MHK	483	496	Axel	Klömpges	61	Auricher Taxen Zentrale	0:53:02	0:52:21	0:54:35	1:08:35	0:58:39		4:47:15
560	MHK	484	1117	Günther	Schmidt	59	LG Uplengen	0:53:03	0:51:56	0:54:06	1:09:07	0:59:05		4:47:19
561	MHK	485	834	Jörg	Daro	62	EWE Wattloopers	0:52:54	0:53:05	0:54:25	1:08:28	0:58:34		4:47:28
562	MHK	486	500	Helmut	Cramer	60	Stadtwerke Norden	0:54:05	0:52:12	0:54:01	1:07:50	0:59:22		4:47:32
563	MHK	487	452	Jürgen	Junker	71	Moormerland	0:53:38	0:52:57	0:54:13	1:08:14	0:58:29		4:47:32
564	MHK	488	1221	Johannes	Best	57	Aurich-Plaggenburg	0:53:23	0:51:44	0:55:30	1:08:38	0:58:16		4:47:33
565	MHK	489	913	Fred	Lüttich	65	TEAM DEUTSCHE POS	0:52:45	0:51:57	0:53:54	1:09:23	0:59:32		4:47:34
566	MHK	490	1096	Jens	Pagel	63	LG Uplengen	0:52:28	0:52:48	0:54:05	1:09:07	0:59:06		4:47:38
567	MHK	491	1033	Holger	Janßen	68	SV Brinkum	0:54:34	0:52:05	0:54:19	1:08:57	0:57:44		4:47:42
568	MHK	492	1272	Wolfgang	Sattler	47	Fortuna Logabirum	0:53:24	0:52:00	0:54:22	1:09:14	0:58:43		4:47:44
569	MHK	493	1330	Dieter	Heyen	67	Ochtersum	0:55:55	0:52:38	0:53:37	1:08:11	0:57:23		4:47:46
570	MHK	494	638	Holger	Schwengels	74	EWE Wattloopers	0:53:39	0:51:54	0:54:19	1:09:20	0:58:36		4:47:49
571	MHK	495	1045	Adolf	Meyer	58	TV Norden	0:53:37	0:52:57	0:54:13	1:08:10	0:58:52		4:47:51
572	MHK	496	1212	Hans-Wilhel	Sleur	43	Fortuna Logabirum	0:52:23	0:51:32	0:54:28	1:09:47	0:59:43		4:47:54
573	MJ	77	303	Jann	Basse	97	Gymnasium Ulricianum f	0:55:45	0:50:56	0:54:49	1:09:31	0:57:10		4:48:13
574	MHK	497	518	Thomas	Meyer zu B	70	Heimatblatt	0:53:32	0:52:07	0:55:16	1:08:46	0:58:40		4:48:22
575	MHK	498	446	Enno	Klinkenborg	49	TV Norden	0:53:22	0:52:57	0:54:49	1:09:07	0:58:09		4:48:27
576	MHK	499	547	Uwe	Bock	61	LT TuS Aurich-Ost	0:52:46	0:51:49	0:54:09	1:08:22	1:01:22		4:48:30
577	MHK	500	1294	Remigius	Altenberg	78	Schwarz-Weiß Oldenbur	0:51:58	0:50:15	0:55:17	1:10:53	1:00:06		4:48:31
578	MHK	501	543	Peter	Anscheit	65	Rettungsdienst Leer	0:54:51	0:52:53	0:53:53	1:09:33	0:57:25		4:48:36
579	MHK	502	301	Fokke	Baumann	50	Stadtwerke Norden	0:54:40	0:52:11	0:54:01	1:07:50	0:59:59		4:48:44
580	MJ	78	1393	Heiko	Freese	90	Ochtersum	0:54:18	0:53:17	0:55:05	1:07:48	0:58:18		4:48:48
581	MJ	79	1265	Jonas	Buja	92	SV Holtland	0:53:54	0:51:14	0:56:30	1:09:36	0:57:40		4:48:55
582	MHK	503	260	Stefan	Müller	61	Schleuse Leysiel	0:50:19	0:54:42	0:57:52	1:07:35	0:58:25		4:48:56
583	MHK	504	1206	Siegfried	Waczakows	56	Team ENERCON	0:54:30	0:53:37	0:54:30	1:08:26	0:57:52		4:48:58
584	MJ	80	744	Eike	Vienna	94	HRS Westerholt	0:54:07	0:52:05	0:53:04	1:09:01	1:00:51		4:49:09
585	MHK	505	969	Wolfgang	Behrens	69	ELV Elektronik AG	0:54:59	0:54:09	0:54:33	1:08:12	0:57:27		4:49:22
586	MHK	506	460	Bernd	Schmidtke	59	Wi sünd Holtriem	0:53:11	0:52:56	0:55:28	1:09:55	0:57:52		4:49:23
587	MHK	507	129	Michael	Hook	66	Watt'n Looper SV Dornu	0:54:55	0:52:49	0:54:39	1:08:37	0:58:26		4:49:28
588	MHK	508	1289	Mathias	Moser	80	Team ENERCON	0:54:21	0:51:30	0:53:56	1:10:46	0:58:54		4:49:29
589	MHK	509	725	Detlef	Meyer	59	FC Oldersum	0:53:37	0:52:54	0:55:42	1:08:42	0:58:37		4:49:35
590	MHK	510	853	Georg	Hesselbroc	63	Nordland Papier	0:52:05	0:50:54	0:56:10	1:10:59	0:59:26		4:49:35
591	MHK	511	596	Martin	Müller	66	Crocodiles Ihlow	0:52:08	0:51:15	0:52:13	1:16:21	0:57:37		4:49:36
592	MHK	512	376	Helmut	Fischer	64	Störtebeker Loopers TV	0:52:47	0:52:27	0:54:53	1:09:48	0:59:41		4:49:38
593	MHK	513	425	Werner	Vehnekamp	58	Team Möbel Buss	0:54:06	0:53:23	0:54:01	1:08:28	0:59:44		4:49:43
594	MHK	514	1130	Johann	Goudschaal	64	Christuskirchengemeind	0:53:31	0:52:41	0:55:06	1:09:13	0:59:19		4:49:52
595	MHK	515	921	Marco	Lotz	76	SV Stern Schwerinsdorf	0:53:09	0:52:32	0:54:00	1:10:17	1:00:07		4:50:06
596	MHK	516	388	Thomas	Weingart	62	LG Ostfriesland	0:54:46	0:52:15	0:54:35	1:10:15	0:58:23		4:50:16
597	MHK	517	552	Jens	Hüttinga	68	Wymeer	0:53:54	0:53:13	0:55:28	1:08:35	0:59:13		4:50:25
598	MHK	518	1321	Detlef	Folkerts	61	Großefehn	0:54:08	0:52:18	0:54:23	1:10:55	0:58:45		4:50:31
599	MHK	519	392	Heinz	Brink	53	Teutonia Stapelmoor	0:52:31	0:52:07	0:55:33	1:09:50	1:00:30		4:50:33
600	MHK	520	682	Harald	Trauernicht	69	praxisfuernaturheilkunde	0:53:18	0:52:46	0:55:29	1:09:50	0:59:09		4:50:35
601	MHK	521	1103	Sören	Jakobs	88	Crocodiles Ihlow	0:52:48	0:51:24	0:55:17	1:07:12	1:03:56		4:50:38
602	MHK	522	590	Derk	Thiems	71	EWE-Wattloopers	0:53:37	0:51:56	0:54:21	1:12:09	0:58:37		4:50:42
603	MHK	523	1225	Arno	Goudschaal	80	Weener Plastik AG	0:56:16	0:53:12	0:54:15	1:08:13	0:58:48		4:50:46
604	MHK	524	359	Torsten	Welling	64	MTV Wittmund	0:54:31	0:52:42	0:55:29	1:08:59	0:59:06		4:50:48
605	MHK	525	546	Heinz-Fried	Schüler	56	MTV Wittmund	0:53:35	0:52:46	0:55:27	1:09:48	0:59:11		4:50:49

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
606	MHK	526	583	Christian	Hansen	62	MTV Aurich	0:53:15	0:51:08	0:54:12	1:13:32	0:58:41		4:50:50
607	MHK	527	442	Rainer	Müller	42	TV Friedeburg	0:53:55	0:53:08	0:55:17	1:09:31	0:59:01		4:50:54
608	MHK	528	925	Jan-Hendrik	Deitenbach	76	Leer	0:54:58	0:51:58	0:54:41	1:10:57	0:58:22		4:50:58
609	MHK	529	534	Armin	Beening	67	Backemoor	0:55:49	0:53:01	0:54:56	1:08:40	0:58:32		4:51:00
610	MHK	530	498	Christian	Vredenburg	76	Leer	0:52:30	0:50:17	0:52:20	1:18:54	0:56:59		4:51:01
611	MHK	531	1114	Ralf	Mühlenbroc	67	Team ENERCON	0:52:04	0:52:35	0:54:59	1:10:35	1:00:59		4:51:15
612	MJ	81	660	Jann-Jeffre	Aukes	92	LG Großefehn	0:56:17	0:53:31	0:52:45	1:09:59	0:58:48		4:51:21
613	MHK	532	533	Lars	Logemann	75	BZN, Aurich	0:54:26	0:54:01	0:55:40	1:08:26	0:58:48		4:51:23
614	MHK	533	461	Tim	Pretl	78	Wi sünd Holtriem	0:54:32	0:52:51	0:56:17	1:09:42	0:57:59		4:51:24
615	MHK	534	1069	Rudi	Brasch	61	Angeln-Ostfriesland.de	0:54:57	0:52:28	0:55:40	1:09:40	0:58:39		4:51:26
616	MHK	535	548	Günter	Janssen	43	MTV Aurich Tria	0:54:13	0:53:03	0:54:48	1:09:40	0:59:44		4:51:30
617	MHK	536	672	Frank	Rüthemann	61	Bünting Tee	0:53:12	0:53:10	0:55:54	1:09:56	0:59:24		4:51:38
618	MHK	537	559	Bernd	Janssen	65	Emder LG	0:53:36	0:51:52	0:55:48	1:10:13	1:00:09		4:51:40
619	MHK	538	312	Gerhard	Janssen	62	JVA Emden	0:54:45	0:52:20	0:56:04	1:09:19	0:59:12		4:51:41
620	MHK	539	1155	Sven	Bergmann	83	SV Georgsheil	0:54:39	0:52:43	0:55:19	1:09:42	0:59:20		4:51:45
621	MHK	540	1136	Arend	Duis	57	Lions Club Uplengen	0:54:57	0:52:28	0:55:48	1:09:36	0:58:57		4:51:47
622	MHK	541	512	Detlef	Wallenstein	73	Borromäus-Hospital	0:55:18	0:54:34	0:55:16	1:08:22	0:58:17		4:51:49
623	MHK	542	1132	Michael	Glinkowski	69	JVA Emden	0:54:46	0:53:01	0:54:47	1:10:08	0:59:11		4:51:54
624	MHK	543	1036	Gabriel	Fabbi	68	Team Möbel Buss	0:54:39	0:53:13	0:54:31	1:09:17	1:00:14		4:51:56
625	MHK	544	911	Hartmut	Decker	62	TEAM DEUTSCHE POS	0:54:56	0:52:44	0:55:19	1:10:14	0:58:44		4:51:59
626	MHK	545	1058	Achim	Gerdas	52	Lions-Club Uplengen	0:54:56	0:53:03	0:55:00	1:09:33	0:59:26		4:51:59
627	MHK	546	1352	Manuel	Saathoff	80	Westersander	0:57:47	0:52:00	0:54:06	1:10:15	0:57:55		4:52:05
628	MHK	547	557	Wilfried	Foorden	64	TG Wiesmoor	0:54:37	0:51:50	0:55:03	1:10:30	1:00:13		4:52:15
629	MHK	548	478	Frank	Fengkohl	60	Fortuna Wirdum	0:54:49	0:53:24	0:55:16	1:09:19	0:59:26		4:52:16
630	MHK	549	347	Friso	Alberts-Tam	72	Fortuna Wirdum	0:50:50	0:52:15	0:53:45	1:08:49	1:06:46		4:52:26
631	MHK	550	625	Jens	Iken	69	Blersum	0:55:06	0:52:47	0:55:05	1:10:03	0:59:22		4:52:26
632	MHK	551	291	Andreas	Dirks	64	Störtebeker Loopers TV	0:53:45	0:53:11	0:56:02	1:09:48	0:59:41		4:52:29
633	MHK	552	473	Peter	Reisige	71	Nordland Papier	0:52:44	0:51:33	0:55:33	1:12:21	1:00:18		4:52:30
634	MHK	553	275	Wilfried	Willms	61	KBV Langefeld	0:55:28	0:52:25	0:55:45	1:09:49	0:59:05		4:52:34
635	MHK	554	1144	Rudolf	Buse	67	Moormerland	0:54:23	0:53:31	0:55:00	1:10:32	0:59:12		4:52:39
636	MHK	555	652	Reinhold	Daniels	57	LT TuS Aurich-Ost	0:54:27	0:52:39	0:55:55	1:09:34	1:00:02		4:52:39
637	MHK	556	569	Rolf	Popp	59	Emden	0:55:01	0:52:39	0:55:15	1:10:30	0:59:20		4:52:47
638	MJ	82	830	Sebastian	Niggemeier	90	NIGE	0:56:04	0:51:48	0:54:48	1:09:54	1:00:15		4:52:51
639	MHK	557	539	Jan	Busch	48	SV Holtland	0:50:56	0:51:00	0:56:09	1:12:55	1:02:10		4:53:12
640	MHK	558	777	Rainer	Hoek	78	SuS Steenfelde	0:54:52	0:53:08	0:56:12	1:09:52	0:59:08		4:53:14
641	MHK	559	537	Joachim	Ludwigs	69		0:54:38	0:54:00	0:54:59	1:10:14	0:59:25		4:53:18
642	MHK	560	874	Werner	Borchert	62	Filsum	0:57:39	0:53:06	0:56:00	1:07:56	0:58:36		4:53:19
643	MJ	83	1236	Keno	Ackmann	92	Gymnasium Ulricianum /	0:53:15	0:52:32	0:55:33	1:12:07	0:59:57		4:53:26
644	MHK	561	1125	Gerhard	Oltmanns	64	EC Hollen	0:55:14	0:53:58	0:55:28	1:09:39	0:59:17		4:53:38
645	MHK	562	485	Michael	Runden	61	DEKRA	0:55:12	0:52:47	0:55:36	1:10:50	0:59:26		4:53:52
646	MHK	563	1171	Uwe	Baumgart	86	Raiffeisenbank eG, Moor	0:55:35	0:53:41	0:57:26	1:08:26	0:58:46		4:53:56
647	MHK	564	609	Helmut	Ruh	51	TC Wittmund	0:53:55	0:53:46	0:55:48	1:10:20	1:00:24		4:54:15
648	MJ	84	1390	Moritz	Dirks	96	Fortuna Logabirum	0:49:55	0:53:05	0:52:37	1:17:44	1:00:54		4:54:17
649	MHK	565	1370	Martin	Groenhagen	46	Emden	0:55:10	0:53:55	0:55:47	1:10:19	0:59:18		4:54:30
650	MHK	566	653	Frerich	Dreesch-Ro	68	TuRa 07 Westrhauderfe	0:55:04	0:53:42	0:55:11	1:11:28	0:59:09		4:54:35
651	MJ	85	338	Wilko	Herten	92	Gymnasium Westerste	0:50:59	0:48:36	0:50:54	1:20:15	1:03:54		4:54:40
652	MHK	567	372	Harald	Hanken	65	Fun-Loopers	0:53:14	0:52:17	0:54:05	1:15:26	0:59:50		4:54:53
653	MHK	568	743	Martin	Janssen	51	TuS Sandhorst/Polizei A	0:54:49	0:53:47	0:55:38	1:10:52	0:59:47		4:54:54
654	MHK	569	391	Thomas	Schmitz	80	LP KT	0:52:22	1:02:50	0:54:20	1:08:04	0:57:18		4:54:56
655	MHK	570	541	Jakobus	Willms	40	LT TuS Aurich-Ost	0:54:17	0:54:03	0:56:48	1:10:21	0:59:27		4:54:58
656	MHK	571	1109	Jörg	Heine	65	Zeitungsgruppe Ostfrie	0:55:24	0:53:42	0:56:52	1:09:37	0:59:23		4:54:59
657	MHK	572	628	Torsten	Blank	77	-Selverde-	0:56:30	0:54:57	0:56:46	1:08:50	0:57:55		4:55:00
658	MHK	573	471	Lothar	Geiken	61	Nordland Papier	0:54:55	0:52:58	0:55:36	1:10:21	1:01:15		4:55:07
659	MHK	574	131	Andrej	Veenhuis	85	Team LIMIT	0:47:31	0:46:37	0:51:48	1:18:14	1:11:06		4:55:17
660	MHK	575	340	Peter	Wittenburg	49	obw Emden	0:54:20	0:53:14	0:56:22	1:11:30	0:59:49		4:55:18

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
661	MJ	86	768	Keno	Janßen	90	NIGE	0:56:59	0:52:20	0:54:40	1:10:15	1:01:02		4:55:19
662	MHK	576	934	Jörg	Klüver	70	ENOVA Marketing+Ver	0:56:09	0:53:07	0:52:07	1:17:29	0:56:29		4:55:24
663	MHK	577	1348	Claus	Becker	49	Leer	0:54:39	0:53:28	0:55:42	1:11:30	1:00:12		4:55:34
664	MHK	578	1091	Udo	Fleißner	67	MTV Aurich	0:54:24	0:54:23	0:56:52	1:11:07	0:58:46		4:55:35
665	MHK	579	640	Harald	Eilts	64	EWE Wattloopers	0:54:20	0:54:09	0:55:41	1:11:01	1:00:26		4:55:40
666	MHK	580	483	Manfred	Schulz	57	TuRa 07 Westrhauderfe	0:56:22	0:54:58	0:55:17	1:10:09	0:59:00		4:55:48
667	MJ	87	623	Kjell	Wollmann	94	Gymnasium Ulricianum /	0:56:01	0:55:00	0:57:41	1:08:33	0:58:37		4:55:54
668	MHK	581	1368	Thomas	Schmidt	63	MTV Aurich	0:57:34	0:56:25	0:59:18	1:11:27	0:51:10		4:55:56
669	MHK	582	532	Hermann	Hildebrand	59	Polizei Aurich	0:56:32	0:54:36	0:54:21	1:11:13	0:59:14		4:55:58
670	MHK	583	445	Michael	Sommer	82	Emder LG	0:55:31	0:52:55	0:55:25	1:12:13	1:00:02		4:56:08
671	MHK	584	577	Stefan	Behrends	71	Nücke	0:54:52	0:54:01	0:56:42	1:10:17	1:00:21		4:56:14
672	MHK	585	1062	Bodo	Brouwer	71	DPI AG	0:54:11	0:54:41	0:56:14	1:10:42	1:00:27		4:56:17
673	MJ	88	511	Helge	Kellner	90	Gymnasium Rhauderfe	1:01:19	0:54:41	0:44:34	1:13:50	1:01:53		4:56:18
674	MHK	586	495	Matthijs	van Rossu	62	Westoverledingen	0:53:54	0:53:12	0:57:12	1:10:49	1:01:12		4:56:22
675	MHK	587	1173	Frank	Gedes	82	Ostgroßefehn	0:55:30	0:52:58	0:54:47	1:13:24	0:59:42		4:56:22
676	MHK	588	360	Harald	Budde	58	TG Wiesmoor	0:54:33	0:54:34	0:55:45	1:11:00	1:00:29		4:56:23
677	MHK	589	554	Alexander	Klein	69	HRS Westerholt	0:55:14	0:54:02	0:55:56	1:11:00	1:00:13		4:56:28
678	MHK	590	553	Hans-Günthe	Bruhnken	54	BSG Voba Jever	0:54:45	0:53:32	0:56:16	1:10:44	1:01:12		4:56:31
679	MHK	591	861	Friedhelm	Hillers	63	Leer	0:53:13	0:53:36	0:55:13	1:13:59	1:00:36		4:56:39
680	MHK	592	1191	Heinz-Diete	Seeberg	62	Südbrookmerland	0:53:58	0:53:31	0:57:02	1:11:09	1:01:03		4:56:45
681	MHK	593	1038	Wolfgang	König	54	NIGE	0:53:15	0:52:17	0:58:35	1:12:15	1:00:23		4:56:46
682	MJ	89	918	Dustin	Brandt	93	Gymnasium Rhauderfe	0:56:55	0:54:19	0:54:23	1:11:16	0:59:56		4:56:50
683	MHK	594	571	Rudolf	Puls	58	Fun-Loopers	0:55:30	0:53:57	0:55:58	1:11:31	1:00:14		4:57:11
684	MHK	595	484	Holger	Steinmetz	70	Emder LG	0:54:34	0:54:12	0:56:21	1:10:53	1:01:15		4:57:18
685	MHK	596	531	Herbert	Kanthak	61	obw Emden	0:57:06	0:53:37	0:57:21	1:10:39	0:58:39		4:57:24
686	MHK	597	608	Uwe	Schwarz	63	Fun-Loopers	0:55:39	0:53:55	0:55:57	1:11:48	1:00:14		4:57:35
687	MHK	598	1110	Steffen	Gerbers	86	Raiffeisenbank eG, Moor	0:56:43	0:53:46	0:57:41	1:10:05	0:59:19		4:57:36
688	MHK	599	1235	Christiano	Vollbrecht	87	Löwenzahn	0:57:07	0:55:18	0:56:10	1:08:49	1:00:10		4:57:36
689	MHK	600	1061	Menno	Schmidt	64	Weener Plastik AG	0:52:08	0:54:08	0:55:59	1:11:25	1:03:58		4:57:40
690	MHK	601	580	Sascha	Stolorz	77	Oldenburg	0:56:15	0:53:07	0:56:43	1:10:57	1:00:42		4:57:45
691	MHK	602	373	Holger	Heyrmann	70	Eden, Jans, Fischer Par	0:57:05	0:55:30	0:56:45	1:10:01	0:58:27		4:57:50
692	MHK	603	416	Helmut	Tjards	64	LT TuS Aurich-Ost	0:58:40	0:54:23	0:56:07	1:09:18	0:59:21		4:57:52
693	MHK	604	1230	Robert	Neumann	82	4./ObjSRgt Lw	0:56:25	0:53:00	0:56:10	1:11:59	1:00:17		4:57:52
694	MHK	605	489	Wilfried	Wilken	50	Holtland	0:55:13	0:54:17	0:57:07	1:10:34	1:00:45		4:57:58
695	MHK	606	1154	Gerhard	Rother	75	Raiffeisenbank eG, Moor	0:56:06	0:55:15	0:55:47	1:11:17	0:59:45		4:58:11
696	MHK	607	1223	Wulf	Graef	48	Rhauderfehn	0:54:16	0:53:30	0:56:44	1:13:06	1:00:36		4:58:12
697	MHK	608	550	Rainer	Rulfs	60	SV Eintracht Ihlow e.V.	0:54:33	0:54:25	0:56:20	1:11:14	1:02:02		4:58:36
698	MHK	609	1063	Karl-Heinz	Nowinski	67	Team ENERCON	0:55:07	0:54:12	0:56:28	1:11:47	1:01:02		4:58:37
699	MHK	610	1126	Wolfgang	Harms	77	Ihlower Loopers	0:48:11	0:47:16	0:50:16	1:21:53	1:11:04		4:58:42
700	MHK	611	1209	Daniel	Schuurmann	64	LT TuS Aurich-Ost	0:52:00	0:50:55	0:56:04	1:19:24	1:00:25		4:58:51
701	MHK	612	684	Michael	Gorzawski	61	TV Norden	0:54:57	0:54:18	0:56:40	1:11:13	1:01:46		4:58:56
702	MHK	613	1246	Dietmar	Sich	69	VfB Münkeboe	0:55:57	0:53:17	0:57:21	1:12:27	1:00:24		4:59:28
703	MHK	614	896	Jens	Müller	77	Hartmann Group	0:56:39	0:54:01	0:56:57	1:11:22	1:00:28		4:59:28
704	MHK	615	517	Stephan	Dänekas	70	Schnapsidee	0:55:38	0:54:39	0:57:27	1:10:50	1:01:02		4:59:39
705	MHK	616	455	Matthias	Rudolph	69	MTV Jever	0:56:19	0:54:32	0:54:57	1:13:58	1:00:07		4:59:55
706	MHK	617	563	Heinrich	Willems	59	Berumbur	0:57:15	0:55:29	0:56:07	1:11:02	1:00:06		5:00:01
707	MHK	618	544	Volker	Rasner	60	MTV Wittmund	0:54:54	0:53:40	0:57:26	1:11:43	1:02:19		5:00:04
708	MHK	619	1208	Werner	Stahnke	56	Finanzamt Aurich	0:55:11	0:54:04	0:56:24	1:12:11	1:02:16		5:00:07
709	MHK	620	466	Oswald	Tinnemeyer	52	LT TuRa 07 Westrhaude	0:56:35	0:53:55	0:56:25	1:11:58	1:01:29		5:00:24
710	MJ	90	1305	Hendrik	Harling	93	Realschule Esens	0:55:20	0:51:10	0:58:51	1:12:56	1:02:08		5:00:27
711	MHK	621	519	Hinrich	Uphoff	50	TC Aurich-West	0:55:31	0:53:00	0:56:34	1:14:12	1:01:19		5:00:39
712	MJ	91	588	Oliver	Alberts	95	Gymnasium Ulricianum /	0:58:09	0:55:46	0:57:46	1:09:35	0:59:41		5:00:59
713	MHK	622	665	Christian	Wowrek	55	TEAM DEUTSCHE POS	0:55:49	0:54:20	0:56:18	1:13:02	1:01:29		5:01:00
714	MHK	623	704	Axel	van der Ber	73	Moormerland	0:56:33	0:55:17	0:57:13	1:11:27	1:00:44		5:01:16
715	MHK	624	456	Andreas	Heckhoff	64	Borromäus-Hospital Lee	0:56:33	0:55:15	0:57:01	1:11:58	1:00:35		5:01:24

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
716	MHK	625	666	Erik	Janssen	71	TEAM DEUTSCHE POS	0:56:19	0:54:14	0:57:15	1:12:48	1:00:56		5:01:34
717	MHK	626	555	Gerhold	Wilken	54	Sparkasse LeerWittmun	0:55:22	0:53:16	0:58:06	1:13:15	1:01:47		5:01:47
718	MHK	627	720	Dietmar	Rudnick	65	Onno Crämer Handelsg	0:55:44	0:55:03	0:57:58	1:12:29	1:00:33		5:01:49
719	MHK	628	778	Bernd	de Vries	70	T.B Twixlum Alte Herren	0:58:52	0:56:11	0:56:50	1:11:23	0:58:47		5:02:05
720	MHK	629	650	Karl-Heinz	Steenken	74	Nordland Papier	0:58:24	0:55:19	0:56:46	1:11:54	0:59:54		5:02:19
721	MHK	630	610	Norbert	Block	77	BW Ramsloh	0:56:01	0:53:03	0:57:02	1:12:45	1:03:31		5:02:23
722	MHK	631	375	Wilfried	Rosendahl	68	Störtebeker Loopers TV	0:57:44	0:54:58	0:57:05	1:10:58	1:01:40		5:02:27
723	MHK	632	1112	Berni	Habben	60	Wybelsum	0:53:54	0:57:05	0:57:56	1:10:44	1:02:46		5:02:27
724	MHK	633	482	Stefan	Trännapp	71	VfL Berumbur	0:56:40	0:55:53	0:56:59	1:11:05	1:01:49		5:02:29
725	MHK	634	919	Ralf	Pollmann	54	Wittmund	0:58:16	0:54:48	0:56:43	1:12:19	1:00:23		5:02:30
726	MHK	635	884	Thomas	Feldhoff	68	Leer	0:55:28	0:54:13	0:55:56	1:16:04	1:00:51		5:02:33
727	MHK	636	1227	Temmo	Dreesmann	61	VG Veenhusen/Warsin	0:54:30	0:53:35	0:58:37	1:13:15	1:02:36		5:02:35
728	MHK	637	616	Henning	Hülshof	65	TuRa 07 Westrhauderfe	0:55:57	0:53:50	0:56:44	1:13:21	1:02:42		5:02:36
729	MHK	638	873	Uwe	Schöning	71	Polizei Leer	0:58:43	0:55:17	0:57:12	1:11:57	0:59:30		5:02:41
730	MHK	639	908	Burkhard	Rösingh	73	Team ENERCON	0:58:04	0:55:45	0:56:35	1:12:52	0:59:28		5:02:45
731	MHK	640	705	Bernhard	Herten	59	Neufirrel	0:55:47	0:54:40	0:57:21	1:13:01	1:02:00		5:02:50
732	MJ	92	612	Philipp	Eisenhauer	92	Wi sünd Holtriem/SV Oct	0:59:07	0:53:23	1:02:03	1:08:41	0:59:46		5:03:01
733	MHK	641	538	Andreas	Günther	70	Wasserschutzpolizei Em	0:58:53	0:55:09	0:58:16	1:11:16	0:59:42		5:03:17
734	MHK	642	299	Matthias	Frikke	79	Fortuna Logabirum	0:55:51	0:51:56	0:53:37	1:20:05	1:02:02		5:03:34
735	MHK	643	680	Ingo	Poppen	82	LT TuS Aurich-Ost	0:58:26	0:56:23	0:55:57	1:12:14	1:00:32		5:03:34
736	MHK	644	1219	Gerd	Peeken	73	Tus-Esens	0:56:08	0:54:59	0:57:37	1:11:42	1:03:33		5:04:01
737	MJ	93	1134	Julian	Edzards	92	Lauftreff Schafhauser W:	1:02:42	0:54:01	0:53:34	1:13:24	1:00:20		5:04:03
738	MHK	645	1104	Heiner	Steenhoff	60	TSV Germania Holterf	0:57:26	0:55:40	0:58:08	1:11:09	1:01:39		5:04:04
739	MHK	646	924	Uwe	Rahmann	80	Hartmann Group	0:59:26	0:53:47	0:54:24	1:17:35	0:58:51		5:04:04
740	MHK	647	1325	Ewald	Mühlenbroc	63	Druckerei Meyer, Aurich	1:01:03	0:55:04	0:56:33	1:11:09	1:00:14		5:04:05
741	MHK	648	562	Heiko	Frohlich	46	SCC Berlin	0:55:45	0:55:13	0:57:05	1:13:49	1:02:16		5:04:11
742	MHK	649	820	Manfred	Doejen	73	Wasserschutzpolizei Em	0:57:10	0:54:59	0:57:32	1:12:39	1:01:58		5:04:19
743	MHK	650	881	Günter	Kroes	62	Leer	0:56:59	0:54:13	0:56:16	1:16:02	1:00:51		5:04:22
744	MHK	651	1344	Jann	Holthuis	64	Kautex-Textron-Leer	0:57:00	0:55:09	0:56:44	1:13:15	1:02:22		5:04:32
745	MJ	94	298	Simon	Gather	90	Emden	0:58:41	0:53:45	0:58:46	1:10:47	1:02:48		5:04:49
746	MHK	652	1231	Thomas	Diener	63	LG -Großefehn	0:59:10	0:54:45	0:57:51	1:12:05	1:01:04		5:04:58
747	MHK	653	1106	Werner	Schröter	43	Hockey-Club	0:56:26	0:55:23	0:58:19	1:12:57	1:02:10		5:05:16
748	MHK	654	692	Hermann	Wilts	46	TV Norden	0:56:24	0:55:47	0:58:13	1:12:42	1:02:10		5:05:18
749	MHK	655	1319	Stephan	Watermeyer	62	Leer	0:58:08	0:53:58	0:55:43	1:14:53	1:02:47		5:05:31
750	MJ	95	1309	Hauke	Antons	94	Realschule Esens	0:58:25	0:53:11	0:59:26	1:11:33	1:02:55		5:05:31
751	MHK	656	602	Enno	Wolckenha	38	TC GW Leer	0:57:21	0:54:25	0:57:31	1:12:17	1:03:57		5:05:33
752	MHK	657	862	Torsten	Träger	72	Rettungsdienst Leer	0:56:30	0:56:20	0:57:13	1:13:58	1:01:36		5:05:40
753	MHK	658	1186	Frank	Nissen	61	Aurich	0:48:31	0:57:48	1:00:07	1:17:19	1:01:52		5:05:40
754	MHK	659	586	Jürgen	Dreessen	71	Westerende-Holzloog	0:56:34	0:56:17	0:57:46	1:12:51	1:02:13		5:05:43
755	MHK	660	601	Cornelius	Berning	63	Leinerstift e.V.	0:57:00	0:55:31	0:58:49	1:12:12	1:02:27		5:06:00
756	MHK	661	707	Helmut	Falkenberg	65	TV Norden	0:55:37	0:54:20	0:57:47	1:14:54	1:03:38		5:06:17
757	MHK	662	362	Andre	Gehrke	66	Privat	0:56:38	0:55:26	0:57:15	1:14:47	1:02:22		5:06:31
758	MHK	663	1174	Dirk	Damm	64	FA Wybelsum	1:01:56	0:56:05	0:56:09	1:11:50	1:00:57		5:07:00
759	MHK	664	1175	Ulrich	Eggers	66	Emden	1:01:57	0:56:05	0:56:09	1:11:50	1:00:57		5:07:01
760	MHK	665	1269	Martin	Krömer	64	Nordland Papier	1:00:38	0:56:21	0:56:46	1:12:31	1:00:50		5:07:08
761	MHK	666	1039	Paul	Lindemann	39	TV Norden	0:56:33	0:56:14	0:58:39	1:13:15	1:02:33		5:07:15
762	MHK	667	1018	Heiko	Hempfen	70	Team ENERCON	1:00:05	0:56:20	0:57:47	1:12:06	1:01:03		5:07:23
763	MHK	668	1259	Martin	Wildemann	60	WfbM-Aurich-Wittmund C	1:00:37	0:55:39	0:58:03	1:13:02	1:00:12		5:07:35
764	MJ	96	688	Marvin	Winkler	92	Leinerstift e.V.	0:57:35	0:58:04	0:58:22	1:11:56	1:01:40		5:07:39
765	MHK	669	1162	Hans	Rosema	63	Nordland Papier	0:59:59	0:56:53	0:57:35	1:12:58	1:00:20		5:07:46
766	MHK	670	699	Helmut	Buß	68	Raiffeisenbank Wieseder	0:56:47	0:54:54	0:58:16	1:13:25	1:04:28		5:07:53
767	MHK	671	613	Martin	Köster	50	obw Emden	0:57:11	0:54:35	1:01:03	1:11:44	1:03:20		5:07:53
768	MHK	672	832	Jens	Mintken	79	KBV Stedesdorf	0:57:36	0:55:59	0:59:17	1:13:17	1:01:49		5:08:01
769	MHK	673	1211	Albert	Mulder	77	4./ObjSRgt Lw	1:00:12	0:54:00	0:55:01	1:15:51	1:02:57		5:08:02
770	MHK	674	1346	Hans-Herm	Müller	44	SV Stikelkamp	0:57:48	0:56:18	0:57:51	1:13:22	1:02:51		5:08:12

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
771	MHK	675	1129	Georg	Ihno Baumann	61	WT Loppersum	0:57:09	0:54:50	0:58:07	1:14:36	1:03:28		5:08:12
772	MHK	676	655	Peter	Janßen	77	SV Frisia Brinkum	0:57:23	0:55:37	0:58:22	1:13:59	1:02:51		5:08:14
773	MHK	677	545	Karl	Tjardes	44	MTV Wittmund	0:57:34	0:55:34	0:58:19	1:13:30	1:03:16		5:08:15
774	MHK	678	508	Joachim	Scherf	64	TEAM DEUTSCHE POS	0:56:22	0:54:37	0:59:55	1:13:46	1:03:39		5:08:21
775	MHK	679	935	Dirk	Warnecke	69	ENOVA Marketing+Ver	1:06:07	1:00:21	0:48:40	1:21:10	0:52:03		5:08:23
776	MHK	680	490	Manfred	Anneken	61	Polizei Oldenburg	0:55:18	0:55:00	1:03:08	1:13:43	1:01:13		5:08:23
777	MHK	681	854	Heinz-Herm	Hoppe	67	Nordland Papier	0:55:30	0:55:28	0:55:45	1:19:26	1:02:15		5:08:26
778	MHK	682	783	Frank	Fischer	72	Reederei Buss	0:58:46	1:00:45	0:58:22	1:13:02	0:57:36		5:08:33
779	MHK	683	1213	Mark	Großmann	79	Druckerei Meyer, Aurich	0:58:02	0:56:45	0:58:48	1:13:33	1:01:30		5:08:40
780	MHK	684	620	Manfred	Wollermann	42	MTV Wittmund	0:57:34	0:56:02	0:58:21	1:13:31	1:03:17		5:08:46
781	MHK	685	618	Eckhard	Neumann	53	LG Grobfehn	0:58:01	0:54:59	0:59:04	1:12:20	1:04:22		5:08:48
782	MHK	686	687	Hermann	Schmidt	55	Stern Völlenerfehn	0:57:06	0:54:48	0:59:04	1:14:54	1:02:58		5:08:52
783	MHK	687	677	Jens	Suntken	65	VfB Münkeboe	0:58:05	0:54:48	0:59:02	1:15:33	1:01:23		5:08:53
784	MHK	688	763	Holger	Baller	71	privat	0:58:58	0:56:00	0:57:43	1:13:45	1:02:27		5:08:55
785	MHK	689	739	Gerd	Busboom	68	ELV Elektronik AG	0:58:59	0:56:46	0:58:16	1:13:31	1:01:27		5:08:59
786	MHK	690	928	Michael	Gerdes	72	Grobfehn	0:58:56	0:55:15	0:57:42	1:15:19	1:01:53		5:09:07
787	MHK	691	514	Hans-Günthe	Schoneboe	66	Emder LG	0:55:19	0:57:06	0:58:21	1:13:22	1:05:01		5:09:11
788	MHK	692	111	Werner	Narr	49	Loga	0:57:22	0:57:48	0:58:21	1:12:37	1:03:18		5:09:27
789	MHK	693	683	Rolf	Schneider	62	SC Ihrhove 07	0:58:26	0:56:23	0:57:47	1:13:31	1:03:21		5:09:31
790	MHK	694	794	Jan-Dieter	Wessels	64	Nordland Papier	0:59:39	0:55:38	0:57:19	1:15:01	1:02:11		5:09:50
791	MHK	695	741	Siegfried	Janßen	53	Südbrookmerland	0:56:31	0:56:04	0:59:32	1:14:22	1:03:20		5:09:51
792	MHK	696	617	Uwe	Feldmann	67	Vfll Berumbur	0:56:42	0:56:16	0:59:31	1:14:17	1:03:04		5:09:52
793	MHK	697	691	Helmut	Ackmann	54	LT TuS Aurich-Ost	0:57:00	0:56:22	0:59:19	1:13:51	1:03:27		5:10:00
794	MHK	698	487	Wilfried	Franzen	45	Teutonia Stapelmoor	0:56:33	0:55:59	0:59:10	1:13:57	1:04:23		5:10:04
795	MHK	699	1047	Jan Gerd	Jelden	55	TV Norden	0:56:37	0:55:56	0:58:56	1:13:11	1:05:23		5:10:05
796	MHK	700	1267	Richard	Niemann	61	Westoverledingen	0:57:26	0:57:12	0:59:25	1:13:25	1:02:46		5:10:16
797	MHK	701	594	Holger	Janssen	63	Tus Esens	0:59:37	0:55:57	0:58:37	1:14:17	1:01:50		5:10:20
798	MHK	702	632	Detlef	Abrahams	61	Hobbyläufer	0:56:56	0:56:50	0:58:30	1:15:41	1:02:23		5:10:22
799	MHK	703	634	Albert	Hobbie	51	Hobbyläufer	0:56:55	0:56:49	0:58:30	1:15:41	1:02:29		5:10:26
800	MHK	704	1137	Jörg	Janssen	67	LG Ostfriesland	0:57:43	0:56:21	0:59:06	1:13:49	1:03:28		5:10:29
801	MHK	705	712	Hans-Jürge	Hedemann	63	Team AURICHER EIER	1:01:23	0:56:51	0:58:46	1:13:12	1:00:21		5:10:36
802	MHK	706	1100	Fred	Kuhlmann	60	Heimatblatt	0:57:59	0:55:19	0:57:27	1:16:21	1:04:10		5:11:18
803	MHK	707	619	Detlef	Densow	65	LT TuS Aurich-Ost	0:56:40	0:55:55	0:59:12	1:15:38	1:03:51		5:11:18
804	MHK	708	718	Uwe	Tschorr	62	EWE Wattloopers	0:57:35	0:57:04	0:58:53	1:15:19	1:02:30		5:11:22
805	MHK	709	1192	Georg	Buß	58	Moormerland	0:58:22	0:56:09	0:58:57	1:14:17	1:03:37		5:11:23
806	MHK	710	589	Peter	Nippen	76	Fortuna 1895 Düsseldorf	0:57:52	0:56:50	0:58:42	1:16:32	1:01:26		5:11:25
807	MHK	711	1121	Heiko	Adams	72	Team ENERCON	0:58:58	0:56:17	0:59:10	1:13:46	1:03:33		5:11:46
808	MHK	712	1065	Jens-Peter	Wolters	60	AKTIVA GmbH Wolters &	1:02:39	0:58:25	0:58:51	1:10:49	1:01:14		5:11:59
809	MHK	713	781	Haralt	Theilken	59	T G Wiesmoor	0:59:02	0:56:03	0:59:53	1:14:09	1:03:16		5:12:26
810	MHK	714	776	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:59:19	0:56:56	0:57:44	1:14:13	1:04:13		5:12:27
811	MHK	715	748	Willi	Schulte	41	Barßel	0:57:42	0:57:25	0:59:40	1:14:23	1:03:36		5:12:47
812	MHK	716	582	Gerd	Siebels	53	Fortuna Logabirum	0:57:41	0:55:54	0:58:50	1:15:16	1:05:09		5:12:52
813	MHK	717	1349	Everwien	Lohmeyer	58	SV Frisia Beinkum	0:57:49	0:56:04	0:58:46	1:17:11	1:03:08		5:12:59
814	MHK	718	565	Dietrich	Steinke	41	SV Concordia Neermoor	0:57:48	0:56:32	0:59:45	1:15:18	1:04:03		5:13:28
815	MHK	719	661	Alois	Albers	57	Zeitungsgruppe Ostfrie	0:57:22	0:57:21	0:58:51	1:16:10	1:03:53		5:13:39
816	MJ	97	358	Jann	Janssen	93	Sportpark Tannenhouse	0:54:08	0:53:48	1:00:17	1:16:23	1:09:23		5:14:00
817	MHK	720	719	Heinrich	Kleen	59	Onno Crämer Handelge	0:57:51	0:56:38	0:59:20	1:16:07	1:04:20		5:14:19
818	MHK	721	681	Gerd	Janssen	53	Sandhorst	0:58:25	0:58:01	0:59:22	1:15:01	1:03:34		5:14:25
819	MHK	722	581	Albert	Conring	47	SV Nortmoor	0:56:46	0:57:15	1:00:00	1:16:02	1:04:31		5:14:36
820	MHK	723	1316	Marcus	Hippen	76	VGH-Versicherung	0:59:32	0:57:47	0:58:36	1:14:06	1:04:41		5:14:43
821	MJ	98	1166	Daniel	Francovich	97	HTG Ihlow	0:56:46	0:56:41	1:01:41	1:15:05	1:04:49		5:15:03
822	MHK	724	624	Jan	Meinders	64	Wittmund	0:58:25	0:57:22	0:59:34	1:15:39	1:04:02		5:15:05
823	MJ	99	454	Daniel	Brinkmann	91	SV Dornum	0:59:44	0:55:53	0:59:46	1:14:42	1:05:00		5:15:08
824	MHK	725	856	Wubbo	Nanninga	66	Nordland Papier	0:58:33	0:55:05	0:59:25	1:15:52	1:06:17		5:15:14
825	MHK	726	636	Harald	Schäfer	56	EWE Wattloopers	0:57:59	0:56:57	0:59:50	1:16:38	1:04:01		5:15:27

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
826	MHK	727	1220	Marco	Grüger	74	Moormerland	1:02:15	0:55:37	0:57:59	1:15:50	1:03:50		5:15:33
827	MHK	728	505	Klaus	Heilmann	70	Seefahrtsschule Leer	0:57:54	0:58:04	0:59:14	1:16:10	1:04:17		5:15:42
828	MHK	729	808	Derk	Burghardt	68	Team Möbel Buss	0:58:03	0:57:00	1:00:48	1:15:47	1:04:04		5:15:44
829	MJ	100	1395	Tilo	Kuiper	92	SV Hollland	1:04:36	0:55:10	0:59:12	1:14:04	1:02:41		5:15:46
830	MHK	730	1357	Jörg	Engelbarts	63	Druckerei Meyer, Aurich	1:00:00	0:56:49	1:00:55	1:13:58	1:04:06		5:15:51
831	MHK	731	1216	Hartmut	Garten	50	TuS Glarum	0:56:26	0:55:58	0:58:47	1:22:25	1:02:15		5:15:52
832	MHK	732	702	Helmut	Höft	59	LT TuS Aurich-Ost	0:57:24	0:59:20	0:59:32	1:15:24	1:04:24		5:16:06
833	MHK	733	1177	Harald	Grüter	60	Heilpraxis Grüter	0:59:16	0:57:12	0:59:32	1:15:23	1:04:51		5:16:16
834	MHK	734	810	Manfred	Palma	60	TUS Leerhafe	0:58:24	0:57:30	1:00:03	1:16:29	1:04:15		5:16:43
835	MHK	735	727	Heinz	de Buhr	59	Lions Club Uplengen	0:56:52	0:58:52	0:59:53	1:16:35	1:04:38		5:16:52
836	MHK	736	837	Werner	Ludewigs	57	Weener Plastik AG	1:01:12	0:56:11	1:00:11	1:15:34	1:03:50		5:17:01
837	MHK	737	878	Thorsten	Dettmer	65	Leinerstift e.V.	1:00:21	0:57:41	1:00:41	1:15:05	1:03:17		5:17:07
838	MHK	738	615	Friedhard	Cramer	52	Emder LG	0:56:40	0:57:05	1:00:45	1:18:12	1:04:23		5:17:08
839	MJ	101	1151	Eike	Sieberns	90	Neuharlingersiel	0:57:52	0:54:17	0:57:38	1:29:24	0:58:15		5:17:28
840	MHK	739	793	Günther	Fritz	59	Spielmanszug Marx	0:59:49	0:57:36	1:00:52	1:16:20	1:03:25		5:18:04
841	MHK	740	714	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	0:58:59	0:57:56	0:59:45	1:16:10	1:05:12		5:18:04
842	MHK	741	703	Günther	Schmidt	56	Wiede-Wiede Günnie	0:56:40	0:56:45	1:02:39	1:16:21	1:05:48		5:18:15
843	MHK	742	1382	Stefan	Adelmund	84	Aurich	0:58:20	0:58:06	1:01:50	1:17:31	1:03:11		5:19:00
844	MHK	743	558	Sascha	Paul	81	Team ENERCON	1:00:28	0:57:43	1:01:24	1:16:04	1:03:24		5:19:05
845	MHK	744	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	0:56:38	0:55:14	0:58:04	1:18:18	1:10:55		5:19:11
846	MHK	745	713	Manfred	Böde	62	Emder LG	0:58:03	0:57:46	1:00:44	1:18:11	1:04:27		5:19:13
847	MHK	746	823	Gebhard	Gayken	81	GFI Treuhand GmbH	1:04:51	1:03:33	1:01:24	1:09:28	1:00:00		5:19:19
848	MHK	747	831	Alwin	Groen	65	Westoverledingen	1:00:14	0:57:21	1:00:59	1:16:53	1:03:53		5:19:22
849	MHK	748	1218	Daniel	Pöhl	79	4./ObjSRgt Lw	1:00:11	0:56:48	1:03:13	1:12:31	1:06:47		5:19:32
850	MHK	749	1254	Michael	Schlump	65	Saterland	1:02:20	0:57:21	1:00:08	1:16:50	1:02:56		5:19:37
851	MHK	750	513	Julian	Cremer	87	Team LIMIT	0:58:46	1:01:06	0:59:22	1:17:30	1:02:53		5:19:39
852	MHK	751	1226	Günter	Zierleyn	51	Leer	1:00:53	0:56:58	1:00:41	1:16:44	1:04:26		5:19:45
853	MHK	752	1049	Enno	Nannen	47	TV Norden	0:59:11	0:57:46	1:01:25	1:16:39	1:05:05		5:20:08
854	MHK	753	764	Jan	Richter	75	Team ENERCON	0:55:31	0:54:18	1:01:04	1:18:42	1:10:38		5:20:15
855	MHK	754	912	Dietmar	Schultz	65	TEAM DEUTSCHE POS	1:00:43	0:56:37	1:01:16	1:17:33	1:04:30		5:20:41
856	MHK	755	560	Frank	Lüken	68	Leer	1:00:01	0:58:02	1:01:59	1:16:48	1:03:55		5:20:46
857	MHK	756	806	Heino	Heynen	64	Strücklingen	1:02:20	0:57:55	1:00:46	1:16:47	1:02:58		5:20:47
858	MHK	757	840	Ingo	Malchus	72	Weener Plastik AG	1:00:34	0:57:16	1:00:34	1:18:38	1:03:51		5:20:54
859	MHK	758	1345	Heinz-Jürge	Neddermey	42	LG Veenhusen	1:00:00	0:57:47	1:00:44	1:16:46	1:05:37		5:20:56
860	MJ	102	917	Jonas	Dreesch-Ro	92	Gymnasium Rhauderfe	1:01:18	0:58:26	1:01:52	1:15:23	1:04:06		5:21:07
861	MHK	759	561	Herbert	Buss	59	Neukamperfehn	1:05:03	0:56:33	0:59:35	1:15:43	1:04:12		5:21:07
862	MHK	760	1242	Jörg	Zimmerman	63	Autohaus Südema Gmb	0:59:52	0:55:50	1:01:03	1:17:17	1:07:07		5:21:10
863	MHK	761	633	Wolfgang	Wöhrle	44	MTV Wittmund	1:00:08	0:58:37	1:01:07	1:16:06	1:05:26		5:21:26
864	MHK	762	945	Stefan	Hauschild	70	Rettungsdienst Leer	0:58:37	0:58:07	1:01:06	1:18:08	1:05:26		5:21:27
865	MHK	763	475	Ulrich	Linser	54	MTV Wittmund	1:01:34	0:58:26	1:01:03	1:16:20	1:04:14		5:21:40
866	MHK	764	933	Helmuth A.	Brümmer	57	ENOVA Marketing+Ver	1:02:35	0:56:30	0:58:37	1:17:38	1:06:27		5:21:48
867	MJ	103	607	Jan	Schmidt	92	Wi sünd Holtriem/SV Oct	1:01:17	0:57:09	1:02:10	1:16:12	1:05:00		5:21:49
868	MHK	765	752	Boris	Bergmann	71	JVA Emden	1:00:03	0:56:39	1:00:33	1:21:31	1:03:05		5:21:52
869	MHK	766	595	Gerrit	Hoppmann	63	LG Ihrhove	1:00:11	0:57:34	1:01:18	1:16:53	1:05:54		5:21:52
870	MHK	767	736	Jens	Sick	65	JVA Emden	0:59:25	0:58:08	1:01:15	1:17:06	1:05:59		5:21:56
871	MHK	768	817	Günther	Kloster	54	Leer	0:59:48	0:58:29	1:00:17	1:18:05	1:05:15		5:21:56
872	MHK	769	1224	Klaus	Nikolie	48	VFFL Berumbur	0:58:09	1:01:07	1:01:44	1:16:22	1:04:35		5:21:59
873	MHK	770	690	Ralf	Akkermann	68	TV Oldersum	0:59:29	0:59:40	0:59:52	1:17:56	1:05:02		5:22:00
874	MHK	771	772	Günther	Heykes	67	VfB Germania Wiesmoo	1:03:42	1:00:53	0:59:47	1:15:18	1:02:52		5:22:33
875	MHK	772	1326	Dietmar	Sädtler	59	KBV Altharlingersiel	1:00:03	0:57:42	0:59:40	1:19:19	1:05:54		5:22:40
876	MHK	773	974	Martin	Meyer	81	Leer	1:06:52	1:03:19	0:53:34	1:22:01	0:57:03		5:22:51
877	MHK	774	598	Thomas	Hollweg	84	Papenburg	0:59:33	0:58:46	1:00:53	1:19:50	1:04:02		5:23:06
878	MHK	775	788	Gero	Hirsch	68	Raiffeisenbank Wieseder	1:00:23	0:58:58	1:01:12	1:16:43	1:05:57		5:23:17
879	MHK	776	1010	Roof	Buß	67	www.A22-Nie.de	1:03:36	0:58:56	1:00:45	1:18:26	1:01:32		5:23:17
880	MHK	777	626	Marcel	Ebbelaar	63	TSV Holtrop	1:04:13	1:00:39	0:59:06	1:14:40	1:04:42		5:23:21

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
881	MHK	778	1339	Gerrit	Kruse	62	Polizei Leer	0:59:49	0:57:59	1:00:58	1:16:59	1:07:44		5:23:30
882	MHK	779	732	Jürgen	Harbers	68	WSC Rhaderfehn	1:01:20	0:59:02	1:01:10	1:16:29	1:05:46		5:23:48
883	MHK	780	737	Heinrich	van Lengen	40	LG Grobefehn	0:59:33	0:59:17	1:01:18	1:17:22	1:06:17		5:23:49
884	MHK	781	802	Jan	Zellmer	75	ENOVA Marketing+Ver	1:00:20	0:57:38	1:03:34	1:18:05	1:04:24		5:24:03
885	MHK	782	1318	Wilhelm	Mammen	56	BBS 1 Aurich	1:00:19	0:57:50	1:00:40	1:19:32	1:05:42		5:24:04
886	MHK	783	909	Gerald	Koch	62	Baptisten Firrel	1:02:42	0:58:41	1:01:56	1:16:19	1:04:30		5:24:10
887	MHK	784	813	Claus	Röstel	59	LT TuS Aurich-Ost	1:00:48	0:58:32	1:01:31	1:17:00	1:06:20		5:24:13
888	MHK	785	923	Ralf	Koch	70	RuB GmbH	1:02:04	0:58:26	1:01:05	1:18:33	1:04:13		5:24:22
889	MHK	786	622	Thomas	Schön	65	Leer	1:01:52	0:59:57	1:02:12	1:16:34	1:04:03		5:24:39
890	MHK	787	716	Geiken	Gerd	60	LOOP DOCH SÜLMST	0:59:30	0:58:10	1:00:49	1:20:20	1:05:51		5:24:42
891	MHK	788	986	Gerd	Wilken	60	Team Wilts	1:01:08	0:59:14	1:03:46	1:18:22	1:03:14		5:25:47
892	MHK	789	642	Johann	Tjaden	52	Störtebeker Loopers TV	0:59:05	0:59:41	1:02:24	1:17:26	1:07:13		5:25:52
893	MHK	790	980	Hartmut	Vogel	60	Schnapsidee	1:04:56	0:59:33	1:00:10	1:16:28	1:04:45		5:25:55
894	MHK	791	756	Helmut	Loers	52	DAK Oldenburg	1:01:13	0:59:02	1:01:40	1:17:44	1:06:30		5:26:12
895	MHK	792	698	Marc	Hohmann	77	Leinerstift e.V.	0:59:44	0:58:32	1:00:16	1:16:55	1:10:56		5:26:25
896	MHK	793	1163	Leo	Berling	58	Nordland Papier	1:02:45	0:59:22	1:02:30	1:17:13	1:04:41		5:26:33
897	MHK	794	686	Horst	Franke	58	SV Ochtersum	1:04:38	0:58:30	1:01:46	1:15:46	1:06:08		5:26:50
898	MHK	795	1176	Robin	Paschant	70	Team ENERCON	1:02:12	0:59:14	1:00:02	1:20:04	1:05:18		5:26:51
899	MHK	796	1156	Ewald	Ennen	61	AOK Niedersachsen	1:01:35	0:59:03	1:00:51	1:19:18	1:06:13		5:27:01
900	MHK	797	717	Johann	Heinks	50	Neu-Wiegboldsbur	1:01:35	0:59:02	1:00:55	1:19:19	1:06:13		5:27:06
901	MHK	798	1135	Holger	Poppen	72	de Heizungsloopers	0:55:54	0:57:00	1:04:13	1:21:38	1:08:43		5:27:30
902	MHK	799	1397	Stefan	Störmer	68		1:01:52	0:58:42	1:02:56	1:15:50	1:08:19		5:27:41
903	MHK	800	1140	Ingo	Tränapp	70	Peiers	1:02:57	0:58:46	1:00:34	1:18:25	1:06:58		5:27:42
904	MHK	801	1007	Tjarko	Grünfeld	61	Nortmoor	1:03:04	0:59:51	1:01:36	1:17:40	1:05:31		5:27:44
905	MHK	802	738	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:00:22	0:58:54	1:02:32	1:18:00	1:07:57		5:27:47
906	MHK	803	1105	Rainer	Wiechmann	58	Germania Leer	1:06:12	0:57:24	1:08:04	1:13:45	1:02:28		5:27:55
907	MHK	804	749	Erhard	Meyer	62	Sparkasse LeerWittmun	1:00:20	0:54:14	1:01:50	1:24:11	1:07:22		5:27:59
908	MHK	805	1293	Werner	Meyer	71	Wiesmoor	1:01:24	1:00:36	1:01:00	1:18:22	1:06:46		5:28:10
909	MHK	806	907	Arthur	Engelbrecht	51	Schützenspielmannszug	1:01:45	1:00:04	1:01:59	1:15:45	1:08:35		5:28:10
910	MHK	807	872	Björn	Nauschutt	73	Ostfriesische Volksbank	1:02:52	1:00:36	1:01:59	1:17:18	1:05:24		5:28:12
911	MHK	808	693	Eilert	Juilfs	45	LG Grobefehn	1:02:56	0:59:09	1:01:46	1:18:48	1:05:38		5:28:19
912	MHK	809	696	Hinrich	Thedinga	55	LT TuS Aurich-Ost	1:01:26	1:00:16	1:01:42	1:17:30	1:07:36		5:28:31
913	MJ	104	1102	David	Boekhoff	91	VfB Rajen	0:59:12	0:56:59	1:00:33	1:21:08	1:11:06		5:29:01
914	MHK	810	1258	Hauko	Wenninga	50	Leer	0:59:57	1:01:25	1:01:33	1:19:26	1:06:43		5:29:05
915	MHK	811	1123	Dennis	Rodenbäck	84	Esens	1:04:03	0:59:12	1:02:05	1:18:05	1:05:40		5:29:08
916	MHK	812	1286	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:00:47	0:57:55	1:01:45	1:20:49	1:08:19		5:29:37
917	MHK	813	1340	Timo	Buss	74	Reederei Buss	1:07:31	1:04:51	0:58:22	1:20:09	0:58:49		5:29:43
918	MHK	814	943	Thomas	Junker	65	Emder LG	1:00:52	1:00:09	1:01:50	1:19:23	1:07:37		5:29:54
919	MHK	815	880	Hans-Dieter	Erdwiens	57	RuB GmbH	1:03:40	0:59:19	1:01:38	1:19:01	1:06:40		5:30:20
920	MHK	816	1142	Rüdiger	Weißsohn	56	JVA Emden	0:58:28	0:59:05	1:01:52	1:22:13	1:09:06		5:30:45
921	MHK	817	875	Ernst	Loesing	66	VHS Laufen	1:02:44	0:59:58	1:01:40	1:18:51	1:07:38		5:30:52
922	MJ	105	792	Tung	Do	92	Gymnasium Ulricianum /	1:09:50	0:57:59	1:02:05	1:14:55	1:06:17		5:31:07
923	MHK	818	1064	Hans	Grenseman	52	Großheide	1:02:29	1:01:49	1:02:04	1:18:02	1:06:42		5:31:08
924	MHK	819	733	Joachim	Piela	51	IGS Aurich-West	1:00:28	1:00:15	1:02:22	1:19:57	1:08:06		5:31:09
925	MHK	820	1145	Eike	Saathoff	89	de Heizungsloopers	0:58:36	0:59:43	1:04:03	1:20:28	1:08:37		5:31:28
926	MHK	821	1003	Jörg	Cornelius	70	Sparkasse LeerWittmun	1:01:59	1:01:51	1:02:12	1:17:17	1:08:51		5:32:12
927	MJ	106	1313	Marco	Schäfer	92	BBS 1 Aurich	1:09:58	1:02:54	1:02:27	1:14:44	1:02:07		5:32:12
928	MHK	822	664	Günter	Fitzner	48	TEAM DEUTSCHE POS	1:01:14	1:00:19	1:02:36	1:18:25	1:09:46		5:32:23
929	MHK	823	804	Karl	Poppen	47	TG Wiesmoor	1:01:31	1:01:09	1:00:57	1:21:02	1:07:48		5:32:29
930	MHK	824	796	Egon	Freeseaman	66	Bünting Tee	1:03:10	1:00:41	1:03:40	1:19:27	1:05:39		5:32:39
931	MHK	825	816	Stephan	Schulz	83	Moormerland	1:01:33	1:00:48	1:03:36	1:19:20	1:07:25		5:32:44
932	MHK	826	773	Werner	Böwe	44	Emder LG	1:01:47	1:00:43	1:02:23	1:19:54	1:08:01		5:32:50
933	MHK	827	578	Habbo	Freudenber	66	Ihlowerfehn	1:00:57	1:00:14	1:02:03	1:22:04	1:07:32		5:32:51
934	MHK	828	668	Jörg	Seybold	49	Frisia Loga	0:59:45	0:59:43	1:02:33	1:21:49	1:09:11		5:33:02
935	MHK	829	1146	Henning	Libner	52	SV Grobefehn	1:01:47	1:00:24	1:03:27	1:18:37	1:08:58		5:33:16

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
936	MHK	830	757	Helge	Böttcher	89	NIGE	0:57:54	0:57:27	1:00:36	1:29:33	1:07:51		5:33:23
937	MHK	831	833	Christoph	Göhler	39	Aurich	1:01:18	1:01:24	1:02:49	1:19:28	1:08:26		5:33:26
938	MHK	832	946	Jörg	Baumann	74	BSG Hinte	1:03:51	0:59:23	1:02:47	1:21:02	1:06:24		5:33:28
939	MHK	833	805	Alfred	Trännapp	41	TV Norden	1:02:57	1:00:34	1:02:44	1:19:21	1:07:54		5:33:33
940	MHK	834	941	Frank	Wagenhaus	72	Team Wilts	1:05:19	1:01:00	1:04:40	1:18:32	1:04:12		5:33:46
941	MHK	835	869	Giovanni	Pasca	73	KUH S BEST-Team	1:02:53	0:58:38	1:01:32	1:22:41	1:08:08		5:33:54
942	MHK	836	676	Heinz	Hoyer	43	Norden	1:02:14	1:00:35	1:02:43	1:20:37	1:07:47		5:33:57
943	MHK	837	728	Hermann	Reiter	65	SV Stikelkamp	1:00:35	1:01:43	1:04:46	1:19:30	1:08:04		5:34:38
944	MHK	838	839	Helmut	Swart	64	Weener Plastik AG	1:01:24	0:59:58	1:04:56	1:21:54	1:06:44		5:34:58
945	MHK	839	1238	Manfred	Gerdas	59	Laufftreff Middels	1:02:03	1:01:15	1:04:03	1:19:39	1:08:03		5:35:05
946	MHK	840	882	Meinhard	Bunjes	52	Ruderverein Barßel	1:03:49	1:01:59	1:03:46	1:21:32	1:04:16		5:35:24
947	MHK	841	1356	Markus-Hin	Brouwer	75	VFB Rajen	1:06:23	1:00:34	1:02:49	1:21:05	1:04:34		5:35:27
948	MHK	842	771	Gerd	Jans	64	Eden, Jans, Fischer Par	1:02:16	1:00:01	1:02:07	1:23:00	1:08:14		5:35:41
949	MHK	843	731	Reinhard	Wodak	50	TV Leer	1:03:22	1:02:38	1:02:31	1:19:12	1:08:01		5:35:46
950	MHK	844	197	Norbert	Freitag	48	LT TuS Aurich-Ost	1:01:33	1:01:32	1:04:20	1:20:21	1:08:49		5:36:36
951	MHK	845	847	Johann	Hippen	67	Aurich	1:00:55	0:59:33	1:02:49	1:21:04	1:12:14		5:36:37
952	MHK	846	960	Jochen	Hinderks	80	Aurich	1:02:54	1:00:38	1:04:39	1:19:16	1:09:12		5:36:41
953	MHK	847	747	Dieter	August	60	SuS Timmel	1:01:22	0:59:28	1:04:49	1:20:16	1:10:46		5:36:43
954	MHK	848	294	Eike	Willms	89	Sparkasse LeerWittmun	1:04:07	1:01:03	1:01:03	1:22:30	1:08:05		5:36:49
955	MHK	849	963	Oliver	Gruis	77	Nordland Papier	1:09:05	1:00:12	1:01:10	1:20:42	1:05:41		5:36:52
956	MHK	850	942	André	Ley	67	Polizei Aurich	1:03:30	1:03:24	1:03:25	1:19:15	1:07:20		5:36:57
957	MHK	851	988	Christian	Pruin	81	Team Wilts	1:05:11	1:01:08	1:04:41	1:18:33	1:07:59		5:37:33
958	MHK	852	1172	Ewald	Schröder	48	Laufftreff Tura 07	1:05:55	1:04:05	1:07:17	1:17:34	1:02:54		5:37:47
959	MHK	853	755	Michael	Sanders	75	Moormerland	1:09:01	1:03:44	1:02:56	1:16:54	1:05:14		5:37:51
960	MHK	854	1000	Karl-Dieter	Haken	51	HAKA	1:01:35	1:01:40	1:04:35	1:20:59	1:09:01		5:37:53
961	MHK	855	887	Hermann	Oltmanns	64	Sparkasse LeerWittmun	1:01:46	1:01:22	1:02:56	1:21:43	1:10:09		5:37:58
962	MHK	856	740	Olaf	Sweers	68	SV Wittmund	1:01:33	1:03:56	1:04:06	1:22:42	1:05:50		5:38:10
963	MHK	857	1228	Bernhard	Reiners	68	TUS Victorbur	1:05:03	1:00:01	1:04:36	1:20:50	1:07:57		5:38:29
964	MJ	107	1232	Steffen	Reiners	96	Gymnasium Ulricianum /	1:05:03	1:00:01	1:04:36	1:20:50	1:07:58		5:38:30
965	MJ	108	1251	Sven	Wagne	93	HRS Moormerland	1:07:47	1:01:23	1:03:20	1:18:48	1:07:46		5:39:07
966	MHK	858	927	Bernhard	Mäcken	66	Großefehn	1:02:24	0:59:25	1:04:46	1:25:14	1:07:24		5:39:15
967	MHK	859	1273	Eric	Leuchters	64	Leer	1:04:08	1:02:39	1:02:01	1:22:56	1:07:53		5:39:39
968	MHK	860	976	Anton	Gruben	42	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47	1:10:21		5:39:43
969	MHK	861	1386	Wiard	Meyer	62	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47	1:10:21		5:39:43
970	MHK	862	803	Ralf	Brinschwitz	67	LT TuS Aurich-Ost	1:09:14	1:02:44	1:03:32	1:17:53	1:06:31		5:39:55
971	MJ	109	1371	Robert	Schmidt	93	LT TuS Aurich	1:02:16	0:57:26	1:11:38	1:22:34	1:06:22		5:40:17
972	MHK	863	637	Ottmar	Dirksen	62	EWE Wattloopers	1:05:23	1:01:36	1:04:58	1:20:50	1:08:11		5:40:59
973	MHK	864	950	Uwe	Remmers	59	Crocodiles Ihlow	1:07:32	1:00:48	1:04:16	1:19:48	1:08:45		5:41:11
974	MHK	865	1277	Wolfgang	Girts	52	LT TuS Aurich-Ost	1:04:10	1:03:08	1:05:16	1:21:11	1:07:41		5:41:28
975	MHK	866	689	Axel	Schewiola	38	TV Norden	1:02:17	1:02:22	1:05:20	1:22:40	1:08:56		5:41:36
976	MHK	867	1270	Harald	Ramaker	63	SV Warsingsfehn	1:02:31	1:04:06	1:05:13	1:21:35	1:08:17		5:41:44
977	MHK	868	1040	Jann	Heyen	41	TV Norden	1:01:12	1:02:20	1:05:18	1:22:05	1:10:47		5:41:44
978	MHK	869	952	Dennis	Haken	78	HAKA	1:03:36	1:01:30	1:03:33	1:22:23	1:10:48		5:41:53
979	MHK	870	983	Jan	Mueller	68	VFB Rajen	1:03:23	1:02:32	1:04:47	1:21:57	1:09:14		5:41:54
980	MHK	871	970	Sebastiao	Engracia Me	73	Emder LG	1:04:34	1:03:29	1:05:02	1:21:42	1:07:42		5:42:30
981	MHK	872	428	Andreas	Kohl	75	TV Norden	1:00:14	0:59:59	1:08:55	1:19:45	1:13:37		5:42:33
982	MHK	873	1385	Benjamin	Nobel	86	*Leer	1:06:16	1:01:03	1:04:35	1:19:02	1:11:37		5:42:35
983	MJ	110	1243	Daniel	Busse	98	de Heizungsloopers	1:06:16	0:59:49	1:03:54	1:21:32	1:11:33		5:43:07
984	MHK	874	679	Roland	Mammen	60	SV Ochtersum	1:02:55	1:03:40	1:04:11	1:22:02	1:10:18		5:43:09
985	MHK	875	800	Feeko	Heinrichsdo	56	obw Emden	0:59:08	1:16:42	1:04:48	1:17:39	1:05:00		5:43:19
986	MHK	876	807	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:04:34	1:02:59	1:05:41	1:21:17	1:08:53		5:43:26
987	MHK	877	257	Johann	Keiser	62	TSV Hesel	1:05:43	1:02:40	1:05:01	1:22:13	1:08:41		5:44:21
988	MHK	878	1043	Peter	Reimund	54	TV Norden	1:03:54	1:02:06	1:05:47	1:22:46	1:10:15		5:44:50
989	MHK	879	809	Wolfgang	Heilemann	57	Team Erdinger Alkohol	1:05:41	1:04:13	1:04:03	1:22:49	1:08:09		5:44:56
990	MHK	880	1282	Helge	Drost	74	Wittmund	1:07:39	1:04:08	1:04:16	1:22:01	1:07:20		5:45:25

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
991	MHK	881	639	Johann	Marks	58	EWE Wattloopers	1:03:33	1:01:46	1:05:06	1:24:18	1:10:50		5:45:34
992	MHK	882	815	Richard	Lücht	57		1:04:13	1:02:36	1:04:43	1:23:06	1:10:59		5:45:39
993	MHK	883	695	Focko	Janssen	49	IGS Aurich-West	1:02:02	1:00:18	1:05:30	1:22:34	1:16:14		5:46:39
994	MHK	884	394	Ralf	Hollwege	62	VfL Berumbur	1:04:03	1:03:35	1:05:40	1:22:19	1:11:03		5:46:42
995	MHK	885	662	Michael	Jacob	54	Leer	1:06:38	1:03:48	1:04:29	1:22:18	1:09:37		5:46:52
996	MHK	886	883	Andre	Kaiser	67	Leer	1:04:44	1:03:35	1:05:39	1:20:49	1:12:18		5:47:06
997	MHK	887	1322	Wolfgang	Hagena	65	Druckerei Meyer, Aurich	1:04:55	1:08:04	1:04:56	1:25:06	1:04:06		5:47:09
998	MHK	888	930	Arno	Hamel	64	VfB Rajen	1:03:31	1:02:13	1:04:45	1:21:55	1:14:52		5:47:18
999	MHK	889	799	Duke	Berends	52	Gemeinschaft u. EC Fi	1:06:42	1:03:40	1:05:57	1:22:03	1:09:25		5:47:49
1.000	MHK	890	706	Wilhelm	Bolhuis	43	TV Norden	1:05:33	1:04:21	1:05:41	1:22:12	1:10:08		5:47:58
1.001	MHK	891	898	Jan	Lüdeling	70	Hartmann Group	1:05:10	1:03:17	1:05:41	1:26:16	1:08:35		5:49:01
1.002	MHK	892	754	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:05:45	1:04:45	1:05:49	1:22:09	1:10:58		5:49:28
1.003	MHK	893	280	Heinrich	Janssen	34	MTV Aurich Tria	1:04:45	1:04:45	1:05:35	1:23:11	1:11:27		5:49:45
1.004	MHK	894	939	Norbert	Bakker	64	Team Wilts	1:08:44	1:03:33	1:05:38	1:23:02	1:08:58		5:49:56
1.005	MJ	111	868	Jannes	Janssen	95	HRS Westerholt	1:08:29	1:03:08	1:05:40	1:24:38	1:08:05		5:50:02
1.006	MJ	112	811	Jonas	Schürmann	95	SV Warsingsfehn	0:56:00	1:00:48	1:00:57	1:27:17	1:25:19		5:50:23
1.007	MHK	895	999	Thorsten	Huisman	85	obw Emden	1:09:46	1:11:26	1:04:04	1:20:04	1:07:02		5:52:24
1.008	MHK	896	1016	Dieter	Erdmann	49	SuS Berumerfehn	1:12:53	1:04:17	1:05:16	1:22:15	1:07:51		5:52:34
1.009	MHK	897	968	Klaus	Weichers	69	VfR eintracht Völlen	1:07:02	1:02:51	1:05:52	1:26:30	1:11:11		5:53:28
1.010	MHK	898	1041	Werner	Ihlow	45	TV Norden	1:05:32	1:03:45	1:07:32	1:24:51	1:12:23		5:54:05
1.011	MJ	113	1307	Andre	Tattje	93	Realschule Esens	1:08:27	1:01:31	1:06:02	1:27:19	1:11:04		5:54:25
1.012	MHK	899	477	Gerrit	Janßen	75	Ihlow / Westerende-K.	1:03:59	1:04:29	1:08:49	1:26:10	1:11:21		5:54:51
1.013	MHK	900	635	Karl	Habben	48	EWE Wattloopers	1:03:02	1:03:31	1:07:16	1:25:07	1:16:11		5:55:09
1.014	MHK	901	955	Gerd	Claassen	45	LG Ostfriesland	1:06:05	1:04:19	1:08:15	1:25:07	1:12:05		5:55:53
1.015	MHK	902	818	Wolfgang	Schmidtke	53	Loga	1:04:03	1:07:34	1:06:50	1:24:51	1:13:14		5:56:35
1.016	MHK	903	953	Burghardt	Zirpins	57	obw Emden	1:07:54	1:05:29	1:07:35	1:24:00	1:11:43		5:56:42
1.017	MHK	904	870	Andre	Mennenga	61	Emder Lg	1:05:35	1:04:02	1:06:16	1:26:30	1:14:24		5:56:49
1.018	MHK	905	814	Hermann	Tannen	61	MTV Wittmund	1:08:24	1:04:28	1:07:48	1:23:49	1:12:41		5:57:11
1.019	MHK	906	947	Heiko	Heyen	57	LG Grobfehn	1:03:33	1:04:18	1:07:00	1:29:09	1:13:27		5:57:29
1.020	MJ	114	819	Bernd	Dirks	96	Wi sünd Holtriem	1:03:33	1:00:55	1:07:45	1:28:09	1:17:12		5:57:37
1.021	MHK	907	951	Henri	Hüls	68	obw Emden	1:06:16	1:05:26	1:08:01	1:25:33	1:13:54		5:59:12
1.022	MHK	908	1138	Timo	Langheinric	83	de Heizungsloopers	1:06:26	1:06:23	1:10:28	1:24:22	1:11:30		5:59:12
1.023	MHK	909	1169	Rainer	Busse	71	de Heizungsloopers	1:06:26	1:06:23	1:10:29	1:24:23	1:11:34		5:59:16
1.024	MHK	910	949	Helmut	Schneider	62	BV Vorwärts Plaggenbur	1:08:56	0:51:35	1:11:34	1:30:32	1:18:02		6:00:41
1.025	MHK	911	579	Holger	Becker	74	vereinslos!	1:06:59	1:02:48	1:07:46	1:29:36	1:13:44		6:00:55
1.026	MHK	912	966	Harald	Gröning	70	Emder LG	1:06:23	1:05:07	1:06:16	1:28:19	1:15:27		6:01:33
1.027	MHK	913	958	Erdwin	Brinkmann	61	Sparkasse Aurich-Nord	1:05:47	1:04:43	1:09:35	1:26:27	1:15:10		6:01:45
1.028	MHK	914	900	Berend	Schutte	79	Hartmann Group	1:08:12	1:08:05	1:05:36	1:24:17	1:15:34		6:01:45
1.029	MHK	915	975	Heinrich	Doyen	59	TG Wiesmoor	1:07:04	1:05:16	1:08:59	1:27:59	1:12:27		6:01:48
1.030	MHK	916	822	Martin	Erb	62	obw Emden	1:08:49	1:04:19	1:09:06	1:26:43	1:12:49		6:01:49
1.031	MHK	917	864	Michael	Rühling	71	Aurich	1:08:44	1:08:44	1:07:03	1:25:20	1:12:31		6:02:24
1.032	MHK	918	863	Joachim	Busker	55	Kok-Reisen	1:08:07	1:07:18	1:06:12	1:24:36	1:16:32		6:02:47
1.033	MJ	115	871	Yannik	Ihmels	91	HRS Westerholt	1:11:38	1:03:57	1:12:23	1:24:38	1:10:35		6:03:14
1.034	MHK	919	753	Erich	Pruin	64	VfL Germania Leer	1:11:45	1:06:18	1:08:29	1:24:39	1:12:04		6:03:16
1.035	MHK	920	944	Manfred	Middelborg	49	Bünting Tee	1:05:35	1:04:33	1:09:02	1:28:27	1:16:04		6:03:44
1.036	MHK	921	758	Markus	Herden	77	Schortens	1:12:25	1:06:15	1:07:50	1:25:25	1:11:52		6:03:49
1.037	MHK	922	795	Thomas	Tamling	77	Friesoythe	1:07:25	1:05:15	1:07:50	1:28:47	1:15:32		6:04:50
1.038	MHK	923	1002	Harm	Diddens	70	Leer	1:07:40	1:09:05	1:08:55	1:25:30	1:13:41		6:04:54
1.039	MHK	924	938	Jürgen	Wedeken	58	Team Wilts	1:09:43	1:06:00	1:10:11	1:26:04	1:13:44		6:05:43
1.040	MHK	925	987	Christian	Lay	88	Team Wilts	1:11:10	1:07:32	1:08:19	1:28:18	1:10:55		6:06:15
1.041	MHK	926	994	Henning	Brandt	77	Ostfriesische Volksbank	1:05:15	1:05:45	1:10:06	1:30:31	1:15:05		6:06:44
1.042	MJ	116	1013	Jannik	Schindler	97	VfL Jheringsfehn	1:14:57	1:08:05	1:09:30	1:25:05	1:09:13		6:06:51
1.043	MHK	927	916	Heinz	Prange	61	terre des hommes	1:09:35	1:06:22	1:10:19	1:29:12	1:12:15		6:07:45
1.044	MHK	928	1035	Kai	Kruse	84	Team Möbel Buss	1:08:30	1:08:33	1:09:38	1:28:37	1:15:52		6:11:12
1.045	MHK	929	451	Tole	Krull	58	KBV Langefeld	1:09:24	1:08:26	1:10:48	1:26:58	1:15:59		6:11:36

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### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.046	MHK	930	1011	Johann	Freese	39	LT Schafhauserwald	1:09:24	1:08:27	1:10:50	1:26:58	1:15:59		6:11:41
1.047	MHK	931	995	Gerold	Huismann	76	obw Emden	1:10:54	1:06:14	1:10:03	1:29:10	1:15:35		6:11:59
1.048	MHK	932	785	Harald	Bruns	88	Hartmann Group	1:12:05	1:05:51	1:09:47	1:29:24	1:15:29		6:12:37
1.049	MHK	933	1253	Roland	Peters	51	SV Strücklingen	1:11:57	1:07:03	1:09:04	1:28:53	1:15:55		6:12:54
1.050	MHK	934	821	Uwe	Weber	55	VHS-Laufen	1:14:45	1:08:53	1:09:08	1:26:09	1:14:26		6:13:22
1.051	MHK	935	979	Willi	Tammen	59	Westoverledingen	1:09:40	1:07:13	1:10:32	1:29:25	1:16:31		6:13:23
1.052	MHK	936	1158	Günther	Siemens	74	BBC Chartering	1:14:42	1:04:43	1:08:49	1:29:48	1:16:07		6:14:10
1.053	MHK	937	972	Jens	Hinrichs	69	Stadtwerke Norden	1:09:24	1:07:54	1:09:57	1:32:45	1:16:32		6:16:34
1.054	MHK	938	1009	Bodo	von Preyss	39	Pro Senis	1:09:44	1:09:03	1:10:10	1:29:47	1:18:00		6:16:45
1.055	MHK	939	890	Manfred	Dirks	61	Stadtwerke Norden	1:09:22	1:08:24	1:09:50	1:33:22	1:16:31		6:17:31
1.056	MHK	940	1358	Detlef	Hermann	48	Flachsmeer	1:10:50	1:09:05	1:11:24	1:30:27	1:16:52		6:18:39
1.057	MHK	941	978	Walter	Behrens	37	Großefehn	1:13:18	1:08:29	1:12:20	1:30:09	1:15:15		6:19:32
1.058	MHK	942	891	Hans-Jürge	Peters	49	Polizei	1:15:01	1:08:46	1:11:18	1:28:48	1:16:00		6:19:57
1.059	MHK	943	926	Erich	Harmeier-M	60	obw Emden	1:08:50	1:08:50	1:10:23	1:33:20	1:18:32		6:19:57
1.060	MHK	944	846	Johann	Bartels	71	Milchlabor Weser Ems e	1:14:25	1:07:20	1:10:24	1:32:09	1:15:57		6:20:17
1.061	MHK	945	784	Christian	Meyering	83	Reederei Buss	1:11:06	1:12:03	1:12:14	1:29:12	1:15:55		6:20:32
1.062	MHK	946	1020	Frank	Niehuisen	70	AOK	1:13:29	1:07:06	1:09:50	1:33:06	1:17:08		6:20:40
1.063	MHK	947	1015	Uwe	Rethschulte	70	obw Emden	1:12:43	1:09:03	1:09:15	1:33:31	1:16:19		6:20:52
1.064	MHK	948	1274	Horst Dieter	Wulf	39	Sparkasse Leer Wittmun	1:12:06	1:09:17	1:11:47	1:30:51	1:17:00		6:21:03
1.065	MHK	949	993	Ralf	Siemens	64	Hartmann Group	1:11:02	1:07:14	1:13:04	1:33:10	1:17:05		6:21:36
1.066	MHK	950	762	Andreas	Meinen	54	Team Möbel Buss	1:09:39	1:09:39	1:12:48	1:30:54	1:19:03		6:22:04
1.067	MHK	951	948	Peter	Niens	49	DEKRA	1:10:55	1:06:16	1:10:01	1:28:53	1:27:50		6:23:57
1.068	MHK	952	1006	Gert-R.	Poppen	59	EDEKA	1:11:11	1:02:59	1:08:20	1:34:23	1:27:13		6:24:08
1.069	MHK	953	893	Nils	Eggert	77	Reederei Buss	1:11:40	1:12:03	1:12:15	1:28:03	1:21:19		6:25:22
1.070	MHK	954	1048	Lemmy	Cüsters	39	TV Norden	1:11:29	1:10:06	1:13:47	1:31:08	1:20:00		6:26:31
1.071	MJ	117	1320	Bastian	Folkerts	93	Großefehn	1:14:45	1:10:27	1:13:10	1:33:43	1:16:43		6:28:51
1.072	MHK	955	789	Hans	Tjarks	56	Aurich	1:13:15	1:15:54	1:13:19	1:30:12	1:16:29		6:29:09
1.073	MHK	956	991	Horst	Moosler	37	VfL Germania Leer	1:16:02	1:12:27	1:12:24	1:31:45	1:17:38		6:30:19
1.074	MHK	957	1260	Stefan	Burlager	84	MTV Ditzum	1:15:08	1:10:38	1:11:41	1:33:13	1:20:03		6:30:45
1.075	MHK	958	990	Manfred	Diener	49	LG Großefehn	1:12:02	1:12:43	1:15:21	1:34:14	1:16:45		6:31:07
1.076	MHK	959	859	Gerahrd	Weinberg	66	Nordland Papier	1:14:52	1:11:40	1:14:46	1:33:50	1:16:42		6:31:52
1.077	MHK	960	962	Johnny	Visser	53	SV Norderney	1:12:21	1:09:42	1:15:07	1:34:58	1:20:30		6:32:41
1.078	MHK	961	957	Wilfried	Gieseler	61	LT TuS Aurich-Ost	1:12:45	1:11:55	1:15:12	1:35:24	1:17:47		6:33:05
1.079	MHK	962	1111	Günther	Saathoff	46	TSV Hesel	1:11:04	1:10:33	1:15:53	1:34:04	1:21:51		6:33:27
1.080	MHK	963	1017	Karl	Davids	50	SuS Berumerfehn	1:12:53	1:13:42	1:14:36	1:36:56	1:15:31		6:33:40
1.081	MHK	964	1008	Sören	Schmalwas	64	SV Nortmoor	1:14:11	1:11:47	1:13:57	1:34:11	1:20:12		6:34:20
1.082	MHK	965	845	Michael	Ringelberg	68	Strackholt	1:16:03	1:14:33	1:15:31	1:32:34	1:21:10		6:39:52
1.083	MHK	966	996	Volker	Rudolph	54	IGS Aurich-West	1:14:48	1:13:07	1:16:37	1:34:04	1:22:45		6:41:22
1.084	MJ	118	760	Heiner	Steffens	91	NIGE	1:15:13	1:09:10	1:13:06	1:39:43	1:24:46		6:42:01
1.085	MHK	967	889	Andreas	Arends	66	Aurich	1:14:12	1:15:54	1:16:53	1:36:10	1:21:18		6:44:29
1.086	MHK	968	1255	Klaas	Niemeyer-S	71	VHS Kurs	1:15:23	1:11:52	1:16:30	1:38:00	1:24:03		6:45:50
1.087	MHK	969	998	Jens	Saueressig	82	obw Emden	1:24:24	1:12:01	1:25:53	1:32:39	1:15:23		6:50:22
1.088	MJ	119	1297	Matthias	Reese	90	NIGE	1:16:39	1:10:57	1:17:35	1:40:21	1:25:07		6:50:41
1.089	MHK	970	723	Günther	Rühling	44	Wilhelmshaven	1:19:41	1:13:03	1:15:03	1:38:24	1:25:31		6:51:45
1.090	MHK	971	1372	Alexander	Wiebel	59	Aurich	1:15:56	1:13:40	1:17:18	1:39:09	1:27:59		6:54:04
1.091	MHK	972	977	Theodor	Niehof	52	Bünting Tee	1:24:26	1:16:08	1:16:37	1:37:05	1:21:10		6:55:28
1.092	MHK	973	992	Martin	Schürmann	60	Poseldon Leer	1:19:21	1:14:29	1:16:55	1:39:31	1:26:04		6:56:22
1.093	MHK	974	901	Ingo	Rabenberg	76	Hartmann Group	1:18:04	1:14:27	1:19:17	1:40:02	1:24:39		6:56:30

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gedruckt 19.05.2009 22:26:52

#### 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	0:45:41		3:41:43
2	WHK	2	F651	Christina	Günsel	70	Druckerei Meyer, Aurich	0:44:50	0:42:39	0:45:02	0:56:41	0:48:32		3:57:47
3	WHK	3	F479	Petra	Romberg	70	MTV Aurich Triathlon	0:45:08	0:45:00	0:45:56	0:58:12	0:50:28		4:04:46
4	WHK	4	F9	Frauke	Bronn	89	VfL Germania Leer	0:45:19	0:45:20	0:47:10	0:58:50	0:50:57		4:07:37
5	WHK	5	F46	Nicole	Hübscher	77	Plümers Gaststätte	0:47:27	0:45:12	0:46:49	0:59:30	0:52:49		4:11:48
6	WHK	6	F5	Susanne	Hellmers	66	TV Norden	0:45:58	0:46:01	0:48:19	1:00:45	0:52:09		4:13:14
7	WHK	7	F11	Astrid	Lübben	71	Team Möbel Buss	0:46:45	0:46:36	0:48:29	1:00:15	0:52:42		4:14:50
8	WHK	8	F23	Gunda	Barsuhn	67	EWE Wattloopers	0:47:00	0:46:00	0:48:25	1:00:50	0:52:58		4:15:15
9	WHK	9	F4	Karin	Graf	69	Watt'n Loopers SV Dorn	0:47:15	0:46:55	0:49:54	1:02:21	0:53:00		4:19:27
10	WJ	1	F21	Janna	Fangmann	90	Aurich	0:48:20	0:47:53	0:49:49	1:01:37	0:53:01		4:20:43
11	WHK	10	F478	Katharina	Hubert	82	Emder LG	0:47:59	0:47:33	0:49:16	1:03:14	0:54:57		4:23:02
12	WHK	11	F483	Mareike	Brahms	81	BBC Chartering	0:47:22	0:48:02	0:50:03	1:04:48	0:54:44		4:25:01
13	WHK	12	F7	Heike	Jünke	66	LG Uplengen	0:48:29	0:48:25	0:50:36	1:03:36	0:54:11		4:25:20
14	WHK	13	F14	Herma	Janßen-Fre	64	LT Schafhauser Wald	0:49:03	0:48:46	0:50:25	1:03:49	0:54:20		4:26:24
15	WHK	14	F39	Katrin	Schilz	71	Laufftreff Schafhauser Wz	0:49:47	0:48:13	0:50:10	1:04:09	0:55:12		4:27:34
16	WHK	15	F13	Jannette	Neemann	67	LT TuS Aurich-Ost	0:49:02	0:48:50	0:50:51	1:04:26	0:55:24		4:28:34
17	WHK	16	F44	Insa	Neumann	83	Briese Schifffahrt	0:50:00	0:48:59	0:50:44	1:03:55	0:55:08		4:28:47
18	WHK	17	F28	Bettina	Pilney	62	LT SV Ems Jemgum	0:49:31	0:49:16	0:51:12	1:04:02	0:54:47		4:28:51
19	WHK	18	F15	Gesa	Freudenber	82	Ihlowerfehn	0:48:39	0:48:14	0:50:38	1:04:43	0:56:45		4:29:01
20	WHK	19	F33	Ingrid	Folkerts	66	FTC Hollen	0:49:13	0:49:07	0:51:24	1:04:29	0:56:23		4:30:39
21	WHK	20	F16	Melanie	Meints	76	Polizei Oldenburg	0:48:54	0:50:37	0:50:45	1:04:23	0:56:12		4:30:52
22	WHK	21	F41	Silvia	Buscher	75	SV Borussia Leer	0:50:34	0:48:39	0:51:24	1:05:32	0:55:45		4:31:57
23	WHK	22	F17	Elfriede	Glanzer	61	Wi sund Holtriem	0:50:21	0:49:23	0:52:36	1:06:29	0:57:08		4:35:58
24	WHK	23	F31	Andrea	Rückbrod	64	Großheide	0:49:28	0:48:35	0:51:32	1:04:35	1:01:48		4:35:59
25	WHK	24	F30	Renate	Barkhoff	78	Polizei Oldenburg	0:50:58	0:49:28	0:53:13	1:05:54	0:57:02		4:36:37
26	WHK	25	F42	Elisabeth	Heien	58	Tus Esens	0:50:40	0:50:21	0:52:44	1:06:11	0:56:47		4:36:45
27	WJ	2	F20	Mareike	Bruhnken	92	LG Harlingerland	0:50:44	0:49:51	0:53:05	1:06:01	0:57:10		4:36:53
28	WHK	26	F38	Linda	Böhme	82	obw Emden	0:51:11	0:50:15	0:51:59	1:05:39	0:57:57		4:37:03
29	WHK	27	F24	Nicole	Benkendorf	80	LT TuS Aurich-Ost	0:52:17	0:50:49	0:52:22	1:05:31	0:56:26		4:37:27
30	WHK	28	F80	Gitta	Peters	62	Potshausen	0:51:49	0:50:46	0:53:03	1:05:46	0:56:50		4:38:16
31	WHK	29	F598	Monika	Foorden	68	LG Großefehn	0:53:17	0:50:36	0:52:43	1:05:10	0:56:35		4:38:23
32	WHK	30	F465	Iris	Marschall	66	TV Norden	0:50:53	0:50:28	0:53:11	1:06:55	0:57:38		4:39:06
33	WHK	31	F69	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:50:40	0:50:22	0:53:28	1:06:44	0:57:59		4:39:15
34	WHK	32	F47	Ulla	Gralfs	65	Wittmund	0:52:37	0:51:08	0:53:31	1:05:58	0:56:24		4:39:41
35	WHK	33	F18	Imke	Brückmann	75	Raiffeisenbank eG Moorr	0:52:04	0:50:54	0:52:56	1:07:14	0:56:49		4:39:59
36	WHK	34	F48	Brigitte	Langens	59	Privat	0:52:35	0:50:44	0:53:48	1:06:38	0:56:46		4:40:32
37	WHK	35	F72	Janina	Borchert	87	Landjugend Filsum	0:52:58	0:51:22	0:54:24	1:05:29	0:56:25		4:40:39
38	WHK	36	F35	Roswitha	Schön	69	Leer	0:52:22	0:52:13	0:53:46	1:06:46	0:56:46		4:41:55
39	WHK	37	F481	Heidrun	Keiser	57	LG Uplengen	0:51:56	0:51:43	0:53:45	1:07:02	0:57:55		4:42:24
40	WHK	38	F25	Antke	Watzema	68	Westoverledingen	0:53:13	0:52:32	0:53:07	1:06:23	0:57:18		4:42:34
41	WJ	3	F37	Ilka	Janssen	92	LG Ostfriesland	0:51:42	0:51:11	0:54:33	1:07:33	0:58:21		4:43:23
42	WHK	39	F22	Hilde	Steinke	45	SV Concordia Neermoor	0:50:20	0:53:31	0:58:14	1:06:03	0:55:55		4:44:06
43	WHK	40	F26	Anja	Goos	72	Emder LG	0:50:55	0:51:11	0:55:17	1:08:48	0:57:54		4:44:07
44	WHK	41	F99	Gudrun	Reismann	60	TV Norden	0:52:35	0:52:23	0:54:08	1:08:03	0:58:19		4:45:30
45	WHK	42	F190	Anne	Trauernicht	69	Großefehn	0:53:25	0:52:53	0:54:25	1:07:36	0:58:05		4:46:26
46	WJ	4	F32	Aylin	Schmidt	94	Gymnasium Ulricianum /	0:53:02	0:51:35	0:54:12	1:09:24	0:58:49		4:47:04
47	WHK	43	F91	Miriam	Busch	71	obw Emden	0:52:38	0:52:24	0:54:37	1:08:42	0:58:44		4:47:07
48	WHK	44	F104	Eva	Post	73	TSV Riepe	0:52:48	0:51:59	0:54:08	1:09:27	0:59:09		4:47:33
49	WHK	45	F68	Werena	Broers	79	VfR Eintracht Völlen	0:54:06	0:52:30	0:54:18	1:08:10	0:58:38		4:47:44
50	WJ	5	F184	Lisa	Speckmann	90	mtv aurich	0:54:18	0:52:19	0:54:36	1:08:31	0:58:27		4:48:13
51	WHK	46	F485	Anke	Schrader	61	Pestalozzischule Weene	0:53:10	0:52:29	0:55:18	1:08:51	0:58:27		4:48:18
52	WHK	47	F98	Michaela	Tammen	77	Borromäus Hospital	0:54:12	0:52:34	0:54:59	1:08:22	0:58:13		4:48:21
53	WHK	48	F327	Lena	Speckmann	89	Aurich	0:55:13	0:52:34	0:54:02	1:08:31	0:58:44		4:49:06
54	WHK	49	F62	Johanna	Wolken	84	TG Wiesmoor	0:54:01	0:53:36	0:55:19	1:08:17	0:58:00		4:49:14
55	WHK	50	F70	Claudia	Behnke	74	Schwimmverein Wiesmo	0:53:33	0:53:08	0:54:30	1:08:38	0:59:29		4:49:20

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	WHK	51	F589	Marga	Tuitjer	56	Freie Lunge Bentstreek	0:54:01	0:52:21	0:54:57	1:09:02	0:58:58		4:49:22
57	WHK	52	F49	Imke	Janssen	76	LT TuS Aurich-Ost	0:53:12	0:52:04	0:55:29	1:09:58	0:58:44		4:49:30
58	WJ	6	F74	Anke	Hanssen	91	SC-Wiesens	0:53:00	0:51:13	0:57:02	1:08:57	1:00:11		4:50:26
59	WHK	53	F334	Amke	Boelsen	61	Leer	0:53:26	0:53:01	0:54:59	1:08:55	1:00:17		4:50:41
60	WHK	54	F63	Karin	Schmidt	60	LT TuS Aurich-Ost	0:51:57	0:52:26	0:55:29	1:11:09	1:00:28		4:51:31
61	WHK	55	F567	Trijntje	Falkena	82	Druckerei Meyer, Aurich	0:54:07	0:53:01	0:54:59	1:10:17	0:59:22		4:51:48
62	WHK	56	F60	Hiltrud	Pfthast	72	HC Moormerland	0:53:52	0:53:54	0:56:02	1:09:32	0:59:04		4:52:26
63	WHK	57	F92	Sandra	Lübbers	87	Eden, Jans, Fischer Par	0:54:08	0:53:00	0:56:06	1:08:53	1:00:24		4:52:33
64	WHK	58	F623	Andrea	Ziemann	62	TSV Hesel	0:55:31	0:53:14	0:54:08	1:10:06	0:59:40		4:52:41
65	WHK	59	F71	Kerstin	Schmidt	65	Milchlabor Weser Ems e	0:54:26	0:53:36	0:55:19	1:10:13	0:59:10		4:52:46
66	WHK	60	F575	Gaby	Hommers	62	LT SV Ems Jemgum	0:54:07	0:52:21	0:55:59	1:09:49	1:00:29		4:52:46
67	WHK	61	F45	Ina	Weber	85	Studio Larisca	0:54:05	0:52:11	0:54:56	1:11:47	0:59:57		4:52:59
68	WHK	62	F59	Brigitte	Diekmann	60	SV Holtland	0:54:35	0:53:34	0:55:56	1:09:40	0:59:50		4:53:36
69	WHK	63	F486	Karen	Kurp	71	DPI AG Leer	0:54:19	0:52:13	0:56:11	1:10:20	1:00:33		4:53:37
70	WJ	7	F594	Saskia	Bakker	92	LG Deichschleicher Ost	0:52:43	0:52:37	0:55:52	1:10:39	1:01:49		4:53:42
71	WHK	64	F296	Andrea	Kurrelvink	72	Hartmann Group	0:55:34	0:53:48	0:55:30	1:10:17	0:59:08		4:54:18
72	WHK	65	F64	Claudia	Hafen	80	Emden	0:54:29	0:53:26	0:55:34	1:10:15	1:00:33		4:54:20
73	WHK	66	F603	Christina	Stoye-Grun	54	Trainingszentrum Emsstr	0:55:12	0:52:52	0:55:39	1:10:49	0:59:48		4:54:22
74	WHK	67	F271	Regina	Gerken	65	Fortuna Wirdum	0:54:50	0:53:24	0:57:22	1:09:19	0:59:25		4:54:22
75	WHK	68	F81	Britta	Canenbley	68	Dethmers & Co.	0:54:22	0:53:11	0:57:16	1:09:54	0:59:42		4:54:26
76	WHK	69	F141	Romana	Apostel	71	Pro Senis	0:55:43	0:53:54	0:55:40	1:09:31	0:59:54		4:54:45
77	WHK	70	F524	Petra	Wist-Hamel	69	VfB Rajen	0:54:23	0:54:40	0:56:02	1:10:26	0:59:28		4:55:01
78	WHK	71	F61	Adda	Janssen	66	Wallinghausen	0:53:42	0:54:13	0:57:04	1:09:44	1:00:20		4:55:04
79	WJ	8	F90	Maja	Dirks	93	Fortuna Logabirum	0:53:27	0:53:48	0:56:30	1:10:48	1:01:14		4:55:49
80	WHK	72	F58	Irene	Wagner	66	Emder LG	0:54:09	0:53:35	0:57:26	1:10:56	1:00:03		4:56:11
81	WHK	73	F88	Petra	Boekhoff	67	SV Bentstreek Freie Lun	0:56:37	0:54:14	0:56:07	1:09:46	0:59:51		4:56:37
82	WHK	74	F130	Ilona	Wien	72	Sparkasse Aurich-Nord	0:54:50	0:54:04	0:56:06	1:11:24	1:00:16		4:56:42
83	WHK	75	F65	Gabi	Sünkel	72	Emder LG	0:53:58	0:55:58	0:56:17	1:11:06	1:00:02		4:57:23
84	WHK	76	F604	Anja	Wachtendor	71	Westersander	0:57:57	0:52:59	0:56:46	1:10:16	0:59:24		4:57:24
85	WHK	77	F67	Sabine	Mansholt	71	VfB Uplengen	0:54:57	0:54:11	0:57:09	1:11:06	1:01:14		4:58:38
86	WHK	78	F487	Antje	Meyer	56	LG Uplengen	0:53:46	0:55:00	0:56:32	1:12:16	1:01:08		4:58:44
87	WHK	79	F531	Petra	Müller	64	Realschule Aurich	0:55:02	0:54:41	0:56:15	1:12:08	1:00:52		4:59:00
88	WHK	80	F83	Angelika	Janßen	63	LT Schafhauser Wald	0:55:27	0:53:59	0:57:05	1:11:37	1:00:59		4:59:08
89	WJ	9	F583	Ines	Patzwald	93	Realschule Esens	0:57:00	0:52:02	0:56:41	1:12:53	1:00:41		4:59:19
90	WHK	81	F158	Sabine	Fecht	66	Neukamperfehn	0:55:57	0:54:15	0:57:21	1:11:22	1:00:26		4:59:23
91	WHK	82	F649	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:57:36	0:53:44	0:56:57	1:11:04	1:01:06		5:00:30
92	WHK	83	F466	Gisela	Fisser	65	TV Norden	0:55:11	0:54:08	0:57:40	1:11:53	1:01:48		5:00:40
93	WHK	84	F472	Lydia	Schmidt	63	SV Holtland	0:55:41	0:54:03	0:57:17	1:13:01	1:01:12		5:01:16
94	WHK	85	F66	Monika	Friesenborg	69	Emder LG	0:54:57	0:55:26	0:57:20	1:11:59	1:01:33		5:01:17
95	WHK	86	F230	Anja	Wilken	70	Uplengen	0:56:33	0:55:15	0:57:01	1:11:58	1:00:35		5:01:23
96	WJ	10	F507	Anke	Hölscher	93	HTG Ihlow	0:54:53	0:54:44	0:56:54	1:13:16	1:01:40		5:01:28
97	WHK	87	F97	Marion	Geiken	66	LT TuS Aurich-Ost	0:55:56	0:54:24	0:57:52	1:12:54	1:00:22		5:01:29
98	WHK	88	F95	Monika	Loers	75	TG Wiesmoor	0:55:11	0:54:01	0:57:26	1:12:47	1:02:25		5:01:51
99	WHK	89	F121	Doris	Hüser	64	Moormerland	0:56:57	0:54:33	0:57:00	1:11:21	1:02:09		5:02:00
100	WHK	90	F57	Anke	Huismann	74	Team ENERCON	0:54:14	0:53:09	0:57:41	1:13:19	1:03:37		5:02:02
101	WHK	91	F522	Carla	Tapia	80	Team ENERCON	0:56:42	0:54:47	0:57:06	1:11:42	1:02:22		5:02:41
102	WJ	11	F273	Tamara	König	93	HRS Westerholt	0:58:55	0:55:13	0:58:25	1:09:39	1:00:57		5:03:12
103	WHK	92	F328	Bärbel	Terviel	57	VfB Uplengen	0:56:54	0:54:39	0:57:35	1:12:21	1:02:05		5:03:37
104	WHK	93	F107	Karen	Löhn	63	Neermoor	0:56:08	0:54:13	0:57:11	1:13:08	1:03:20		5:04:02
105	WHK	94	F317	Meike	Flügge	66	VfL Germania Leer	0:55:22	0:55:47	0:56:43	1:12:07	1:04:33		5:04:35
106	WHK	95	F82	Gisela	Haida	48	Laufftreff Schafhauser Wz	0:56:27	0:55:19	0:58:06	1:12:31	1:02:23		5:04:47
107	WHK	96	F124	Rita	Stoyke	69	Elisabethfehn	0:55:24	0:55:38	0:57:24	1:13:29	1:02:57		5:04:53
108	WHK	97	F471	Nadja	Bondarenko	86	ELV Elektronik AG	0:56:17	0:53:59	0:57:48	1:13:30	1:03:30		5:05:06
109	WHK	98	F484	Martina	Schomerus-	78	Raiffeisenbank eG, Moor	0:57:05	0:55:46	0:57:52	1:12:54	1:01:55		5:05:34
110	WHK	99	F137	Frauke	Becker-de B	66	Emden	0:56:52	0:54:51	0:57:25	1:13:31	1:03:05		5:05:46

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	WHK	100	F643	Martina	Dreyer	64	TuS Weener	0:56:22	0:55:15	0:58:30	1:13:01	1:03:06		5:06:17
112	WHK	101	F204	Herta	de Buhr	60	Neukamperfehn	0:56:48	0:55:25	0:58:20	1:13:03	1:02:39		5:06:17
113	WHK	102	F50	Magret	Kloster	56	Fortuna Logabirum	0:54:58	0:55:12	0:57:48	1:13:56	1:04:23		5:06:19
114	WHK	103	F153	Kerstin	Alexy	71	VfB Uplengen	0:57:05	0:55:35	0:57:54	1:13:49	1:02:02		5:06:27
115	WHK	104	F55	Edith	Freudenber	68	Ihlowerfehn	0:56:46	0:55:42	0:58:18	1:12:11	1:03:33		5:06:32
116	WHK	105	F131	Marion	Hüls	66	TV Norden	0:57:54	0:55:45	0:57:21	1:12:35	1:02:59		5:06:35
117	WHK	106	F193	Kristina	Pospisil	71	Aurich	0:58:04	0:55:45	0:56:45	1:15:26	1:01:27		5:07:28
118	WHK	107	F76	Adrienne	Downey	83	Team ENERCON	0:55:07	0:54:38	1:00:25	1:12:41	1:04:39		5:07:31
119	WHK	108	F564	Martina	Janssen	64	UEK Aurich	0:57:24	0:56:14	0:58:12	1:13:15	1:03:17		5:08:23
120	WHK	109	F160	Angelika	Kühl-Giese	67	Emden	0:58:29	0:56:35	0:57:31	1:14:10	1:01:48		5:08:34
121	WHK	110	F108	Sandra	Buß	82	Wasserschutzpolizei Em	0:57:17	0:55:01	0:59:08	1:12:45	1:04:45		5:08:58
122	WHK	111	F529	Elke	Fleßner	64	HTG Ihlow	0:56:45	0:56:21	0:58:31	1:13:58	1:03:28		5:09:05
123	WHK	112	F93	Sabine	Maciejewski	67	Aurich	0:56:33	0:55:57	0:59:33	1:13:29	1:03:36		5:09:09
124	WJ	12	F577	Rena	Hinrichs	94	KGS GroBefehn	0:58:33	0:56:30	0:57:33	1:13:17	1:03:17		5:09:12
125	WHK	113	F156	Ulrike	Füllgrabe	51	LT TuS Aurich-Ost	0:57:50	0:56:21	0:58:37	1:13:33	1:02:57		5:09:20
126	WHK	114	F78	Frieda	Brinkmann	60	Fortuna Logabirum	0:57:38	0:56:11	0:58:57	1:13:21	1:03:33		5:09:43
127	WHK	115	F29	Anja	de Witte	75	Norden	0:55:57	0:56:02	0:59:46	1:15:19	1:03:14		5:10:20
128	WHK	116	F530	Marianne	Loeschen	60	Holtrop	0:57:33	0:57:15	0:58:42	1:13:32	1:03:20		5:10:24
129	WHK	117	F146	Anja	Gronewold	77	Team AURICHER EIER	0:56:55	0:56:31	0:58:49	1:14:16	1:04:10		5:10:43
130	WHK	118	F489	Ria	Nitschke	63	Froschläufer	0:57:00	0:56:47	0:59:43	1:13:56	1:03:28		5:10:57
131	WHK	119	F148	Annelene	Eisenhauer	55	LT Schafhauser Wald	0:57:57	0:56:14	0:59:42	1:13:45	1:04:12		5:11:52
132	WHK	120	F144	Elke	Osterhagen	76	Holthusen	1:01:38	0:56:48	0:58:48	1:14:00	1:00:47		5:12:02
133	WJ	13	F105	Deike	de Riese	90	Lauftreff Ihrhove	0:58:46	0:56:20	0:59:47	1:13:56	1:03:15		5:12:06
134	WHK	121	F528	Elke	Janssen	73	Lauftreff Spß mit Sport	1:00:27	0:57:01	0:58:23	1:14:06	1:02:22		5:12:22
135	WHK	122	F126	Uschi	Klimaschka-	57	MTV Aurich	0:57:42	0:56:54	0:58:28	1:14:23	1:05:14		5:12:42
136	WHK	123	F183	Linda	Broers	75	Rettungsdienst Leer	0:56:58	0:56:35	0:59:19	1:15:24	1:04:49		5:13:07
137	WHK	124	F169	Gunda	Heyen	67	LT TuS Aurich-Ost	0:58:17	0:56:45	0:59:28	1:14:38	1:05:11		5:14:20
138	WJ	14	F576	Inga	Fischer	94	KGS GroBefehn	0:58:55	0:56:36	0:59:05	1:14:39	1:05:22		5:14:40
139	WJ	15	F591	Antje	Mühlenbroc	96	Druckerei Meyer, Aurich	1:01:02	0:56:42	0:59:05	1:13:59	1:04:05		5:14:54
140	WHK	125	F255	Ilona	Tuve	68	Milchlabor Weser Ems e	0:59:54	0:57:44	0:58:55	1:14:50	1:03:48		5:15:13
141	WHK	126	F129	Marion	Unger	70	LT TuS Aurich-Ost	0:59:52	0:56:37	0:59:49	1:15:20	1:03:39		5:15:19
142	WHK	127	F177	Petra	Tammen	75	Briese Schifffahrt	1:00:41	0:57:36	0:59:01	1:14:50	1:03:45		5:15:55
143	WHK	128	F535	Britta	Seeberg	63	Südbrookmerland	0:57:51	0:57:48	0:59:31	1:14:57	1:05:48		5:15:58
144	WHK	129	F599	Imke	Junker	87	Leer	1:02:15	0:55:45	0:58:05	1:16:11	1:04:08		5:16:26
145	WHK	130	F117	Birgit	Keck	67	LG Ostfriesland	0:58:30	0:57:14	0:59:29	1:15:56	1:05:18		5:16:29
146	WHK	131	F210	Petra	Palma	65	TUS Leerhufe	0:58:24	0:57:31	1:00:03	1:16:29	1:04:14		5:16:42
147	WHK	132	F154	Insa	Schipper	68	Leer	0:57:38	0:57:07	1:01:40	1:16:05	1:04:25		5:16:57
148	WHK	133	F464	Thea Agena	Schoon	62	LG GroBefehn	0:57:52	0:57:20	1:00:42	1:16:31	1:04:31		5:16:58
149	WJ	16	F476	Simone	Bramer	96	KGS Grossrfehn	1:04:26	0:57:14	0:57:13	1:16:03	1:02:12		5:17:10
150	WHK	134	F56	Anja	Janssen	68	SV Stikelkamp	0:59:26	0:56:59	0:59:50	1:16:12	1:04:47		5:17:16
151	WHK	135	F165	Marike	Heislitz	83	Roadrunner-Sport.de	0:59:03	0:56:24	1:00:41	1:15:38	1:05:34		5:17:23
152	WHK	136	F501	Frauke	Aden	71	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35	1:04:02		5:17:44
153	WHK	137	F500	Melanie	Aden	72	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35	1:04:02		5:17:44
154	WHK	138	F168	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	0:58:56	0:57:55	0:59:45	1:16:09	1:05:12		5:17:58
155	WHK	139	F286	Ingrid	Meyer	72	AOK Aurich	1:00:29	0:57:01	1:00:40	1:16:04	1:03:51		5:18:06
156	WHK	140	F136	Hanna	Ottersberg	73	Team Möbel Buss	0:58:36	0:57:14	1:00:31	1:17:08	1:04:46		5:18:17
157	WJ	17	F235	Wiebke	Nannen	93	SV WUW	1:00:04	0:56:42	1:00:49	1:17:04	1:03:52		5:18:34
158	WJ	18	F563	Swea	Eden	91	Westerholt	0:59:35	0:57:50	1:03:17	1:15:01	1:02:52		5:18:36
159	WHK	141	F234	Theda	Nannen	58	AOK	1:00:27	0:57:02	1:00:47	1:16:51	1:03:54		5:19:04
160	WHK	142	F159	Giesela	Schulz	77	AKTIVA GmbH Wolters &	1:00:43	0:57:33	1:00:51	1:15:42	1:04:22		5:19:12
161	WHK	143	F295	Svea	Malinowski	89	Hartmann Group	1:00:28	0:57:11	1:01:06	1:16:33	1:04:05		5:19:25
162	WHK	144	F266	Traute	Hommers	63	LT TuS Aurich-Ost	1:02:21	0:57:48	1:00:07	1:17:19	1:01:52		5:19:29
163	WHK	145	F415	Birte	Schott	71	Sport Peters Wittmund	0:59:44	0:58:36	1:00:34	1:15:47	1:04:50		5:19:32
164	WJ	19	F135	Tessa	Behrends	90	Ulricianum Aurich	0:58:18	0:56:51	1:01:21	1:17:49	1:05:14		5:19:34
165	WHK	146	F103	Mira	Hinrichs	81	LT TuS Aurich-Ost	0:58:40	0:57:00	1:00:09	1:16:10	1:07:36		5:19:37

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	WHK	147	F147	Heidi	Hinrichs	67	KBV Reepsholt	1:00:27	0:57:30	1:00:59	1:16:49	1:03:53		5:19:41
167	WHK	148	F132	Edith	Lienemann	63	Kanalratten Ihlow	0:58:25	0:58:37	1:00:32	1:16:16	1:05:58		5:19:50
168	WHK	149	F171	Venke	Becker	67	LT BSC Burhufe	0:59:30	0:57:39	1:01:54	1:16:50	1:04:01		5:19:56
169	WHK	150	F53	Helga	Schmidt	65	EWE-Wattloopers	1:01:16	0:59:14	1:00:12	1:15:42	1:03:40		5:20:07
170	WHK	151	F462	Christa	Janßen	43	SV Frisia Brinkum	1:00:21	0:58:03	0:59:47	1:16:16	1:05:44		5:20:12
171	WHK	152	F496	Dora	Rabenberg	52	LG TV Bunde	0:59:02	0:58:42	1:00:34	1:16:16	1:05:38		5:20:14
172	WHK	153	F498	Andrea	Wübbenhor	73	LT BSC Burhufe	0:59:47	0:58:33	1:00:49	1:16:50	1:04:13		5:20:15
173	WHK	154	F490	Edith	Akkermann	53	Concordia Ihrhove	0:58:37	0:57:36	1:01:18	1:16:52	1:05:53		5:20:18
174	WHK	155	F122	Heike	Lübßen	68	Kanalratten LT Team I	0:59:08	0:58:14	1:00:50	1:17:08	1:04:57		5:20:19
175	WHK	156	F40	Susanne	Jacobs	79	EWE Wattloopers	1:00:00	0:58:20	1:01:10	1:16:34	1:04:16		5:20:23
176	WHK	157	F199	Maria	Siepert	56	MTV Wittmund	0:59:44	0:58:43	1:00:59	1:16:04	1:04:56		5:20:28
177	WHK	158	F506	Margaretha	Welz	63	Lingen	1:02:14	0:57:55	0:59:34	1:16:46	1:04:04		5:20:34
178	WHK	159	F140	Christa	Claaßen	60	Sandhorst	0:59:50	0:59:05	1:01:08	1:15:42	1:04:47		5:20:35
179	WJ	20	F570	Elena	Buß	97	KGS GroBefehn	1:02:21	0:59:00	0:58:53	1:17:21	1:03:08		5:20:46
180	WHK	160	F94	Roswitha	Klaaßen	58	IHK Emden	0:59:16	0:58:17	1:01:10	1:17:10	1:05:16		5:21:12
181	WHK	161	F182	Britta	Hülshof	69	TuRa 07 Westrhauderfe	0:58:56	0:58:44	1:00:56	1:17:08	1:05:42		5:21:28
182	WHK	162	F618	Brigitte	Baumann	63	Loppersum	1:00:40	0:58:42	1:01:13	1:16:38	1:04:14		5:21:29
183	WHK	163	F157	Tina	Sluiter	84	Emden	1:01:03	0:58:48	1:02:12	1:16:43	1:02:48		5:21:36
184	WHK	164	F166	Heidi	Sollermann	53	TuRa 07 Westrhauderfe	0:59:07	0:58:42	1:01:03	1:17:08	1:05:40		5:21:43
185	WHK	165	F331	Anke	Mannel	66	ENOVA Marketing+Ver	1:02:34	0:56:30	0:58:35	1:17:38	1:06:27		5:21:46
186	WHK	166	F622	Rita	Bruns	63	TSV Hesel	1:00:01	0:58:26	1:00:55	1:16:30	1:06:01		5:21:55
187	WHK	167	F113	Silvia	Vosberg	65	Fortuna Logabirum	0:59:33	0:57:52	1:03:36	1:15:58	1:05:12		5:22:12
188	WHK	168	F278	Annelie	Bremer-Bus	60	TURA 07 Westrhauder	0:59:07	0:58:42	1:00:56	1:17:54	1:05:41		5:22:22
189	WHK	169	F188	Insa	Köster	74	FT Spetzerfehn	1:03:43	1:00:53	0:59:47	1:15:18	1:02:51		5:22:34
190	WHK	170	F134	Simone	Daniel	62	Emder Kanu Club	1:00:38	0:57:54	1:00:43	1:18:12	1:05:04		5:22:34
191	WHK	171	F533	Birgit	Pruin	67	Leer	1:01:09	0:58:40	1:00:49	1:16:40	1:05:32		5:22:52
192	WHK	172	F559	Lena	Bonar	88	WfbM-Aurich-Wittmund C	1:02:20	1:00:59	0:59:04	1:15:31	1:05:41		5:23:37
193	WHK	173	F277	Engeline	Robbe	71	MTV Ditzum	1:01:03	0:58:22	1:03:31	1:15:34	1:05:16		5:23:48
194	WHK	174	F142	Gunda	Schwegma	61	www.urologie-leer.de	1:01:50	0:57:13	1:01:36	1:17:13	1:05:56		5:23:49
195	WHK	175	F617	Hanne	Meyer	59	Ihlow/Simonswolde	0:59:30	0:58:50	1:02:21	1:17:11	1:06:07		5:24:00
196	WHK	176	F310	Ontja	Ebbers	70	Baptisten Firrel	1:02:42	0:58:40	1:01:56	1:16:19	1:04:31		5:24:10
197	WHK	177	F252	Elke	Necknig	75	Milchlabor Weser Ems e	1:01:02	0:58:05	1:00:08	1:18:12	1:06:59		5:24:29
198	WHK	178	F206	Sandra	Mudder	64	LG Ostfriesland	1:00:21	0:58:36	1:01:26	1:17:20	1:06:52		5:24:37
199	WHK	179	F198	Carola	Best	76	Sportschule TAO Aurich	1:02:49	0:58:06	1:00:59	1:18:20	1:04:26		5:24:42
200	WHK	180	F34	Mareke	Janßen	65	KBV Langefeld	0:58:39	0:58:36	1:01:55	1:17:42	1:07:53		5:24:48
201	WHK	181	F497	Helga	Boden	50	Wi sünd Holtriem	0:59:26	0:59:32	1:00:51	1:18:27	1:06:30		5:24:48
202	WHK	182	F127	Elisabeth	Bohlen	61	Victorbur	1:00:43	0:59:51	1:01:35	1:16:49	1:06:09		5:25:08
203	WHK	183	F203	Mareike	Ahlers	85	Leer	0:59:36	0:59:58	1:00:39	1:18:02	1:06:51		5:25:09
204	WHK	184	F110	Daniela	Förster-Rie	67	EWE Wattloopers	1:00:46	0:58:18	1:01:54	1:17:56	1:06:36		5:25:32
205	WHK	185	F611	Imke	Grüßing	70		0:59:42	0:59:34	1:02:10	1:17:59	1:06:40		5:26:08
206	WHK	186	F111	Gesa	Hagedorn	77	EWE Wattloopers	1:01:48	1:01:07	1:04:05	1:09:30	1:10:20		5:26:52
207	WHK	187	F561	Wilma	Harken-RöB	65	WfbM-Aurich-Wittmund C	1:01:58	0:59:31	1:02:12	1:17:18	1:06:13		5:27:14
208	WHK	188	F544	Sylvia	Bülte	71	Leer	1:03:03	0:59:41	1:02:30	1:17:25	1:04:38		5:27:20
209	WHK	189	F362	Janneke	Peters	77	Nortmoor	1:03:03	0:59:50	1:01:36	1:17:41	1:05:31		5:27:44
210	WHK	190	F200	Claudia	Brandau	63	Leer	1:00:45	1:00:36	1:03:11	1:17:25	1:06:04		5:28:04
211	WHK	191	F374	Renate	Ukena	55	Emder LG	1:00:46	0:58:10	1:01:59	1:19:42	1:07:29		5:28:08
212	WHK	192	F290	Silke	Neumann	81	Ostfriesische Volksbank	1:02:52	1:00:38	1:01:58	1:17:17	1:05:24		5:28:12
213	WHK	193	F644	Maren	Saul	87	Leer	1:02:55	0:58:08	1:02:29	1:16:55	1:08:01		5:28:31
214	WHK	194	F101	Sabine	Kula	78	Team Möbel Buss	0:59:10	0:59:29	1:01:53	1:18:59	1:09:07		5:28:40
215	WHK	195	F470	Giesela	Heynen	62	Strücklingen	1:02:22	0:58:39	1:02:43	1:17:48	1:07:09		5:28:43
216	WHK	196	F174	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:00:05	1:03:38	1:02:15	1:16:37	1:07:04		5:29:41
217	WHK	197	F461	Gertje	Kessler	52	Emder LG	1:02:03	0:58:59	1:01:56	1:19:29	1:07:24		5:29:54
218	WJ	21	F552	Saskia	Bohlken	94	HRS Moormerland	1:06:26	1:01:06	1:02:01	1:16:59	1:03:22		5:29:56
219	WJ	22	F348	Melanie	Cornelius	90	NIGE	1:02:33	1:00:12	1:02:33	1:19:31	1:05:27		5:30:18
220	WHK	198	F253	Else	Pruin	56	Milchlabor Weser Ems e	1:01:08	1:00:34	1:03:24	1:18:19	1:07:01		5:30:28

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	WHK	199	F540	Britta	Matzk	83	KGS Hage	1:03:17	1:00:49	1:01:45	1:18:16	1:06:23		5:30:31
222	WHK	200	F202	Traute	Voß	67	Kanalratten Ihlow	1:01:25	1:00:11	1:01:49	1:19:18	1:07:55		5:30:40
223	WJ	23	F557	Mareike	Hemberger	90	Alexander-von-Humboldt	1:04:15	1:00:34	1:04:49	1:17:08	1:03:55		5:30:43
224	WHK	201	F519	Nele	Bakker	70	Emder LG	1:01:06	1:00:15	1:02:26	1:19:29	1:07:31		5:30:48
225	WHK	202	F133	Sonja	Kehmeier	76	Team ENERCON	1:02:59	1:00:31	1:02:46	1:18:04	1:06:26		5:30:49
226	WHK	203	F593	Anke	Mühlenbroc	68	Druckerei Meyer, Aurich	1:00:24	0:59:22	1:02:19	1:19:07	1:09:42		5:30:55
227	WHK	204	F102	Melanie	Beutter	75	Polizei Leer	1:02:34	1:00:01	1:01:53	1:18:30	1:07:57		5:30:57
228	WHK	205	F318	Geda	Gruben	49	SV Potshausen	1:01:00	1:00:15	1:03:16	1:18:35	1:07:49		5:30:58
229	WHK	206	F139	Ulrike	Schürmann	62	Germania Leer	1:01:08	1:00:36	1:02:33	1:19:50	1:06:51		5:31:00
230	WHK	207	F572	Sylvia	Cordes	63	Wiesmoor	1:01:17	1:01:00	1:02:15	1:19:22	1:07:06		5:31:01
231	WJ	24	F510	Eske	Hilbrands	96	de Heizungsloopers	0:58:30	0:58:41	1:03:20	1:22:56	1:07:40		5:31:10
232	WHK	208	F79	Frauke	Tillmann	83	HRS Moorerland	1:06:46	1:01:27	1:02:10	1:17:31	1:03:49		5:31:45
233	WHK	209	F116	Ute	Struß	86	SV Nortmoor	1:00:39	0:59:18	1:01:51	1:20:05	1:09:49		5:31:45
234	WJ	25	F571	Leska	Schmidt	97	KGS GroBefehn	1:04:26	1:01:05	1:01:27	1:18:56	1:05:55		5:31:51
235	WHK	210	F149	Manuela	Jacobs	61	Emder LG	1:02:03	0:58:55	1:01:53	1:19:34	1:09:37		5:32:03
236	WHK	211	F189	Martina	Foltrichs	75	Eden, Jans, Fischer Par	1:02:15	1:00:51	1:03:30	1:19:25	1:06:05		5:32:08
237	WHK	212	F87	Marie	Ubben	58	EDEKA Laufteam	1:03:02	1:00:41	1:01:58	1:18:45	1:07:51		5:32:18
238	WHK	213	F212	Birgit	Olbrich	57	Leinerstift e.V.	1:01:40	1:00:00	1:03:24	1:20:03	1:07:32		5:32:41
239	WHK	214	F164	Inga	Pleis	81	Polizei Leer	1:01:34	0:59:45	1:02:31	1:20:13	1:08:45		5:32:50
240	WHK	215	F309	Rita	Kramer	79	Barßel	1:01:17	0:59:33	1:02:38	1:20:12	1:09:33		5:33:15
241	WHK	216	F525	Martina	Klasen	58	Leer	1:00:35	1:02:15	1:02:30	1:19:36	1:08:56		5:33:53
242	WHK	217	F527	Tomke	Barfknecht	85	Kurverein Esens7 Bense	1:02:36	1:00:01	1:02:43	1:23:44	1:04:56		5:34:02
243	WJ	26	F275	Sabine	Meiners	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:08	1:08:13		5:34:19
244	WJ	27	F274	Tasmin	König	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:09	1:08:13		5:34:20
245	WHK	218	F389	Regina	Klenzendorf	65	Leer	1:03:04	1:01:39	1:02:36	1:18:21	1:08:42		5:34:24
246	WHK	219	F311	Agnes	Wilken	70	Baptisten Firrel	1:02:42	1:01:46	1:03:31	1:18:06	1:08:19		5:34:26
247	WHK	220	F307	Beate	Reiter	66	SV Stikkelkamp	1:00:35	1:01:43	1:04:47	1:19:30	1:08:03		5:34:39
248	WHK	221	F259	Gaby	Mennen	72	LOOP DOCH SÜLMST	1:04:14	1:00:18	1:03:15	1:20:22	1:06:39		5:34:50
249	WHK	222	F192	Sabrina	Veldkamp	81	Pro Senis	1:01:16	1:00:30	1:03:17	1:21:14	1:08:32		5:34:51
250	WHK	223	F624	Kristlin	Leesch	79	OVb	1:02:54	1:02:25	1:02:01	1:18:54	1:08:42		5:34:58
251	WHK	224	F284	Rosemarie	Gerdas	60	Pro Senis	1:01:13	1:00:38	1:03:18	1:21:18	1:09:30		5:35:59
252	WHK	225	F89	Margret	Budnick	54	TSV Jahn Carolinensiel	1:00:36	0:59:46	1:03:19	1:22:35	1:09:45		5:36:03
253	WHK	226	F285	Sonja	Bruns	64	Pro Senis	1:01:16	1:00:38	1:03:19	1:21:18	1:09:30		5:36:03
254	WHK	227	F551	Ingrid	Mennebäck	62	SC 13 Eichen Wiesens	1:04:11	1:01:52	1:03:23	1:18:23	1:08:35		5:36:26
255	WHK	228	F178	Theda	Freitag	51	LT TuS Aurich-Ost	1:01:33	1:01:33	1:04:20	1:20:20	1:08:49		5:36:36
256	WHK	229	F223	Susanne	Janßen-Hak	66	SV Nortmoor	1:01:36	1:01:48	1:04:18	1:20:37	1:08:23		5:36:44
257	WJ	28	F509	Fenna	Hilbrands	92	de Heizungsloopers	1:00:26	0:59:28	1:03:31	1:22:56	1:10:30		5:36:53
258	WHK	230	F265	Anja	Musiol	73	Emder LG	1:03:50	1:01:08	1:02:55	1:20:01	1:09:21		5:37:17
259	WHK	231	F292	Kathrin	de Vries	75	Ruderverein Emden	1:01:03	1:00:37	1:04:49	1:19:56	1:11:03		5:37:29
260	WHK	232	F187	Manu	Kappernage	72	Veenhusen	1:01:58	1:01:49	1:03:30	1:21:07	1:09:04		5:37:30
261	WHK	233	F423	Petra	Baumgarten	70	HS-Aurich	1:02:41	1:02:16	1:03:32	1:20:13	1:09:07		5:37:51
262	WHK	234	F347	Birgit	Müller	66	Emder LG	1:03:40	1:00:50	1:03:45	1:20:48	1:08:58		5:38:04
263	WHK	235	F560	Ingrid	Janssen	68	WfbM-Aurich-Wittmund C	1:04:08	1:01:47	1:02:18	1:23:29	1:06:23		5:38:08
264	WHK	236	F350	Petra	Conrads	70	Emder LG	1:03:12	1:01:08	1:04:50	1:20:00	1:09:09		5:38:21
265	WHK	237	F289	Tomke	Frikke	80	BSV Bingum	1:05:32	1:01:35	1:02:03	1:21:23	1:07:57		5:38:32
266	WHK	238	F323	Daniela	Schilling	77	RVB Aurich/Uplengen	1:01:31	0:59:13	1:04:49	1:22:48	1:10:24		5:38:47
267	WHK	239	F220	Karin	Buschmeier	71	Leer	1:02:56	1:01:57	1:04:24	1:20:54	1:08:52		5:39:03
268	WHK	240	F219	Michaela	Flessner	69	SV Blomberg	1:02:01	1:01:27	1:03:56	1:22:06	1:09:38		5:39:10
269	WHK	241	F211	Monika	Rohden	66	Wi sünd Holtriem SV Oct	1:01:57	1:01:26	1:03:50	1:23:00	1:09:33		5:39:48
270	WJ	29	F51	Bianca	Oltmanns	91	IGS Aurich-West	1:04:09	1:00:51	1:02:39	1:22:22	1:09:54		5:39:56
271	WHK	242	F493	Regina	Zeiler	57	Südbrookmerland	1:06:38	1:01:51	1:09:05	1:19:36	1:03:13		5:40:25
272	WHK	243	F176	Ingrid	Kaluza	59	LG GroBefehn	1:03:52	1:01:58	1:04:39	1:21:21	1:08:49		5:40:42
273	WHK	244	F352	Bärbel	Neugebaue	65	TV Norden	1:07:30	1:00:46	1:04:15	1:19:30	1:08:46		5:40:49
274	WHK	245	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	1:02:48	1:01:46	1:04:05	1:22:12	1:10:00		5:40:52
275	WJ	30	F340	Deike	Hofmann	91	Holthusen	1:01:36	1:01:39	1:05:46	1:20:59	1:11:02		5:41:04

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	WHK	246	F294	Sonja	Becker	67	Reederei Buss	1:02:40	1:02:27	1:05:03	1:21:38	1:09:17		5:41:06
277	WHK	247	F163	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:02:28	1:02:04	1:03:44	1:21:59	1:10:50		5:41:07
278	WHK	248	F343	Helga	Sluiter	63	Nordgeorgsfehn	1:02:18	1:01:56	1:05:26	1:22:37	1:09:40		5:41:59
279	WHK	249	F207	Margret	Schoon	63	TG Wiesmoor	1:03:19	1:01:53	1:05:36	1:21:37	1:09:48		5:42:14
280	WHK	250	F152	Dagmar	Schön	64	LT TuS Aurich-Ost	1:09:14	1:00:35	1:01:37	1:23:29	1:07:23		5:42:19
281	WHK	251	F162	Doris	Rieken	61	LT TuS Aurich-Ost	1:02:28	1:02:15	1:04:53	1:21:58	1:10:50		5:42:25
282	WJ	31	F641	Kohl	Marie-There	97	TV Norden	1:00:14	0:59:58	1:08:56	1:19:46	1:13:37		5:42:33
283	WHK	252	F115	Christina	Swalve	76	DLRG Weener	1:03:54	1:02:07	1:04:10	1:23:32	1:08:49		5:42:35
284	WHK	253	F181	Petra	Helmerichs	69	Fun-Loopers	1:03:59	1:02:08	1:05:56	1:20:06	1:10:32		5:42:44
285	WHK	254	F338	Susan	Schädler	59	Leer	1:02:39	1:02:53	1:04:35	1:22:52	1:09:47		5:42:49
286	WHK	255	F173	Andrea	Hinderks	81	VfB Münkeboe	1:01:56	1:00:41	1:05:38	1:23:10	1:11:23		5:42:50
287	WHK	256	F216	Gisela	Möhlmann	69	VfB Uplengen	1:03:24	1:01:44	1:05:04	1:21:59	1:10:45		5:42:57
288	WHK	257	F650	Gunda	Nippen	77	DRK Leer	1:03:42	1:02:38	1:04:59	1:22:57	1:08:44		5:43:02
289	WHK	258	F191	Birgit	Tergast	75	BSV Bingum	1:06:00	1:05:31	1:02:05	1:21:27	1:08:01		5:43:05
290	WJ	32	F387	Sarah	Kaletsch	93	Gymnasuim Ulricianum /	1:03:06	1:02:43	1:05:31	1:21:42	1:10:12		5:43:16
291	WHK	259	F436	Andrea	Mintken	82	TAO-Schule Aurich	1:04:42	1:02:05	1:04:27	1:23:05	1:09:06		5:43:28
292	WHK	260	F441	Susanne	Brink	69	FC Frisia Völlenerkönigsf	1:05:42	1:02:39	1:05:01	1:22:12	1:08:43		5:44:18
293	WHK	261	F375	Andrea	Sonderman	81	KUH S BEST-Team	1:02:56	1:02:54	1:04:56	1:23:43	1:09:56		5:44:27
294	WHK	262	F422	Katja	Schrage	70	Schrage Conveying Sys	1:05:16	1:01:47	1:04:46	1:22:57	1:09:46		5:44:34
295	WHK	263	F386	Martina	Plaisier	82	SV Strücklingen	1:06:51	1:03:19	1:03:20	1:22:01	1:09:03		5:44:36
296	WHK	264	F616	Wilma	Groenhagen	46	Emden	1:03:26	1:03:02	1:04:57	1:22:59	1:10:12		5:44:38
297	WHK	265	F208	Maike	Zimmerman	80	VfB Rajen	1:03:21	1:02:46	1:06:19	1:21:52	1:11:06		5:45:27
298	WHK	266	F378	Andrea	Sordon	59	Fortuna Logabirum	1:03:32	1:01:44	1:05:06	1:24:17	1:10:50		5:45:31
299	WHK	267	F539	Katrin	Meinders	67	Stadt Weener	1:00:23	1:00:58	1:06:32	1:26:20	1:11:21		5:45:35
300	WHK	268	F513	Andrea	Teske-Volk	79	Holtland	1:03:26	1:01:37	1:04:53	1:23:59	1:11:50		5:45:47
301	WHK	269	F205	Elke	Meiners	50	TuRa 07 Westrhauderfe	1:04:13	1:02:21	1:05:30	1:22:46	1:11:11		5:46:03
302	WHK	270	F109	Angelika	Picksak	63	TSV Riepe	1:02:01	1:01:27	1:03:53	1:29:10	1:09:32		5:46:04
303	WHK	271	F27	Kathrin	Evers	89	KBV Langefeld	1:00:07	0:56:39	1:02:17	1:42:46	1:04:38		5:46:29
304	WHK	272	F268	Tanja	Pauw	86	Hollen	1:04:48	1:03:32	1:05:03	1:23:34	1:10:05		5:47:04
305	WHK	273	F267	Anja	Bünting	67	Hollen	1:04:50	1:03:33	1:05:03	1:23:34	1:10:05		5:47:06
306	WHK	274	F521	Richada	Theermann	62	Raiffeisenbank eG, Moor	1:04:06	1:02:47	1:05:25	1:23:37	1:11:12		5:47:09
307	WHK	275	F339	Helga	Middelborg	52	LT SV Ems Jemgum	1:04:07	1:04:11	1:06:12	1:22:24	1:11:05		5:48:00
308	WJ	33	F229	Lina	Heckhoff	90	Gymnasium Westerste	1:08:20	1:05:11	1:05:10	1:18:55	1:10:33		5:48:12
309	WHK	276	F270	Elke	Dirksen	66	Aurich	1:04:10	1:03:08	1:05:25	1:25:06	1:10:39		5:48:31
310	WHK	277	F172	Helga	Buss	62	Neukamperfehn	1:05:03	1:03:03	1:07:15	1:23:04	1:10:05		5:48:33
311	WHK	278	F549	Gerda	Möhlmann	65	SC Wiesens	1:04:25	1:03:01	1:06:24	1:22:38	1:12:07		5:48:38
312	WHK	279	F371	Birgit	Krefter	72	Team Möbel Buss	1:03:52	1:03:23	1:05:47	1:24:12	1:11:26		5:48:41
313	WJ	34	F221	Martina	Abbas	90	TGG Leer	1:06:08	1:03:46	1:06:18	1:23:45	1:08:58		5:48:56
314	WHK	280	F214	Theresia	Jansen	71	ELV Elektronik AG	1:04:41	1:03:47	1:05:11	1:24:19	1:11:20		5:49:20
315	WHK	281	F397	Martina	Bakker	65	Die Vier	1:08:41	1:03:32	1:05:30	1:23:02	1:08:57		5:49:44
316	WHK	282	F100	Anja	Hedemann	64	Team Möbel Buss	1:04:38	1:03:03	1:06:56	1:24:03	1:11:10		5:49:52
317	WHK	283	F565	Margret	Kahmann	58	Laufgemeinschaft Ostfr	1:03:49	1:05:18	1:07:31	1:22:20	1:11:26		5:50:27
318	WHK	284	F269	Karin	Fellensiek	66	BV Plaggenburg	1:04:10	1:03:14	1:06:27	1:25:07	1:11:36		5:50:36
319	WHK	285	F240	Jana	Voße	89	Team Beck`s nicht alk	1:09:16	1:06:02	1:13:43	1:18:22	1:03:24		5:50:49
320	WHK	286	F452	Käthe	Voß	54	Emder LG	1:02:50	1:03:12	1:10:14	1:24:32	1:10:11		5:51:01
321	WHK	287	F262	Sigrid	Kok	63	Kok-Reisen	1:08:07	1:03:31	1:06:13	1:22:21	1:10:52		5:51:06
322	WHK	288	F536	Karin	Wiese	80	Team ENERCON	1:05:20	1:03:19	1:07:07	1:23:21	1:12:18		5:51:27
323	WHK	289	F588	Stefanie	Koch	80	EWE Wattloopers	1:07:52	1:05:41	1:05:14	1:23:29	1:09:19		5:51:37
324	WHK	290	F297	Sonja	Einhaus	70	Hartmann Group	1:03:37	1:03:55	1:06:10	1:26:18	1:11:38		5:51:40
325	WHK	291	F647	Andrea	Hafner	74	Leer	1:05:48	1:04:16	1:06:32	1:24:32	1:10:31		5:51:41
326	WHK	292	F316	Meta	Samuels	64	Sportschule TAO Aurich	1:07:35	1:04:04	1:05:55	1:24:29	1:10:22		5:52:26
327	WHK	293	F179	Heidi	Meyer	70	EWE Wattloopers	1:07:51	1:04:56	1:05:28	1:22:52	1:11:31		5:52:40
328	WHK	294	F287	Ina	Doden	72	SV-Arle	1:07:24	1:05:08	1:08:27	1:18:59	1:13:10		5:53:08
329	WHK	295	F346	Edda	Buß	53	Pewsumer Ossilooers	1:04:00	1:02:33	1:05:58	1:28:26	1:12:43		5:53:42
330	WHK	296	F467	Herta	Meyer	49	TV Norden	1:05:46	1:04:12	1:07:55	1:24:30	1:11:28		5:53:53

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	WHK	297	F468	Christa	Spinneker	48	TV Norden	1:05:46	1:04:12	1:07:56	1:24:31	1:11:28		5:53:55
332	WHK	298	F601	Angelika	Schmidt	61	Hesel	1:05:41	1:05:23	1:06:32	1:24:31	1:12:09		5:54:17
333	WHK	299	F613	Henni	Severiens	54	Fortuna Logabirum	1:06:37	1:04:33	1:07:01	1:23:59	1:12:13		5:54:26
334	WHK	300	F194	Insa	Ideus	66	TSV Holtrop	1:04:23	1:04:50	1:08:56	1:24:03	1:12:19		5:54:32
335	WHK	301	F155	Insa	Bock	64	DLRG Esens	1:08:06	1:04:11	1:07:00	1:23:56	1:11:22		5:54:37
336	WHK	302	F555	Annette	Stanke	58	SC Wiesens	1:05:48	1:04:55	1:07:27	1:24:06	1:12:49		5:55:08
337	WHK	303	F621	Birgit	Lüürsen	68	Weener	1:08:45	1:04:03	1:07:12	1:22:23	1:12:50		5:55:16
338	WHK	304	F215	Jutta	Christoffers	61	TG Wiesmoor	1:08:38	1:04:13	1:06:14	1:24:54	1:11:27		5:55:27
339	WHK	305	F546	Gisela	Heddinga	57	LT TuS Aurich-Ost	1:04:11	1:03:54	1:08:41	1:24:51	1:14:02		5:55:42
340	WHK	306	F381	Hanna	Sanwald	62	Fehntjer Laufftreff	1:05:12	1:04:40	1:07:32	1:26:45	1:12:07		5:56:19
341	WHK	307	F494	Silvia	Geiken	71	BV Victorbur	1:05:26	1:05:08	1:08:03	1:26:06	1:11:59		5:56:44
342	WHK	308	F233	Johanne	Dieken-Wall	66	LG Ostfriesland	1:08:32	1:06:14	1:07:35	1:21:27	1:12:55		5:56:46
343	WHK	309	F492	Annemarie	Saathoff	51	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:54	1:11:42		5:57:01
344	WHK	310	F491	Elisabeth	Eisenhauer	49	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:55	1:11:42		5:57:02
344	WJ	35	F541	Anna	Pleis	93	Blau-Weiß-Filsum	1:02:00	1:09:48	1:12:20	1:22:59	1:09:53		5:57:02
346	WJ	36	F652	Inka	Freerks	93	Blau-Weiß-Filsum	1:01:59	1:09:49	1:12:20	1:22:59	1:09:53		5:57:02
347	WHK	311	F261	Bettina	Oberfeuer	74	Leer	1:11:02	1:06:31	1:07:57	1:23:09	1:08:22		5:57:04
348	WHK	312	F499	Christine	Ehmen	78	Andree Buß Orthopädie	1:07:07	1:03:41	1:05:59	1:23:41	1:16:39		5:57:09
349	WHK	313	F170	Petra	Engelhardt	76	Team ENERCON	1:05:38	1:05:30	1:07:10	1:25:29	1:13:22		5:57:12
350	WJ	37	F579	Anna	Harms	97	KGS Großefehn	1:08:19	1:02:59	1:09:03	1:25:04	1:11:54		5:57:21
351	WHK	314	F505	Almuth	Eden	65	BSC Burhufe	1:02:24	1:03:27	1:09:52	1:27:29	1:14:18		5:57:32
352	WHK	315	F344	Valentina	Ott	73	LT TuS Aurich-Ost	1:06:44	1:04:07	1:09:14	1:24:55	1:12:30		5:57:32
353	WHK	316	F586	Hannelore	Immega	53	LG Harlingerland	1:06:44	1:05:01	1:07:21	1:25:21	1:13:17		5:57:47
354	WHK	317	F218	Marion	Boé	47	Esens	1:06:45	1:05:01	1:07:21	1:25:21	1:13:17		5:57:47
355	WHK	318	F417	Silvia	Hieronimus	79	VHS-Laufen	1:11:02	1:06:32	1:08:01	1:23:12	1:09:07		5:57:56
356	WHK	319	F341	Hedwig	Steinbömer	58	LT TuS Aurich-Ost	1:05:20	1:04:20	1:08:41	1:25:20	1:14:15		5:58:00
357	WHK	320	F180	Angelika	Janßen-Har	59	Stadt Weener gegen Ge	1:04:46	1:04:32	1:07:39	1:26:23	1:14:48		5:58:10
358	WHK	321	F410	Gitta	Seifert	67	Laufftreff Middels	1:05:02	1:04:21	1:07:51	1:26:50	1:14:16		5:58:21
359	WJ	38	F553	Anna-Lena	Ubben	95	HRS Moormerland	1:09:41	1:04:17	1:07:27	1:25:13	1:11:48		5:58:28
360	WHK	322	F150	Helke	Stürenburg-	61	EWE Wattloopers	1:05:30	1:05:42	1:09:48	1:24:07	1:13:33		5:58:41
361	WHK	323	F547	Kathrin	Mayr	83	4./ObjSRgt Lw	1:07:05	1:04:33	1:07:34	1:27:48	1:11:46		5:58:47
362	WHK	324	F580	Kerstin	Haskamp	76	TuRa 07 Westrhauderfe	1:05:55	1:04:05	1:07:18	1:25:29	1:16:18		5:59:06
363	WJ	39	F437	Marieke	Beier	90	NIGE	1:09:23	1:06:19	1:08:58	1:24:06	1:11:22		6:00:10
364	WHK	325	F626	Anna	Schröder	89		1:07:30	1:05:35	1:07:22	1:26:30	1:13:24		6:00:23
365	WHK	326	F238	Anja	de Buhr-Har	65	Fun-Loopers	1:07:12	1:05:36	1:09:25	1:26:57	1:11:38		6:00:50
366	WHK	327	F512	Heike	Baumann	76	Raiffeisenbank eG, Moor	1:05:24	1:03:32	1:09:19	1:27:59	1:15:03		6:01:19
367	WHK	328	F596	Dorothee	Schäfer-Hor	50	Westoverledingen	1:10:59	1:07:12	1:08:13	1:24:56	1:10:24		6:01:46
368	WHK	329	F359	Andrea	Foorden	65	Team ENERCON	1:04:55	1:04:48	1:08:05	1:29:39	1:15:19		6:02:47
369	WHK	330	F473	Wilma	Denker	66	Ostfriesische Volksbank	1:06:27	1:05:13	1:09:31	1:26:27	1:15:22		6:03:01
370	WHK	331	F408	Barbara	Leeling	65	Emder LG	1:09:41	1:03:31	1:08:18	1:28:00	1:13:31		6:03:02
371	WHK	332	F337	Anne	Honefeld	71	Moormerland	1:09:32	1:06:46	1:09:00	1:24:52	1:13:17		6:03:30
372	WHK	333	F357	Felicitas	John	76	AKTIVA GmbH Wolters &	1:09:15	1:06:30	1:08:16	1:26:05	1:13:27		6:03:34
373	WHK	334	F569	Wilma	Haseborg	61	SV Dornum	1:05:41	1:03:46	1:09:42	1:31:11	1:13:35		6:03:57
374	WHK	335	F143	Heike	Kleen	77	Team Möbel Buss	1:06:37	1:05:13	1:08:17	1:28:02	1:16:02		6:04:13
375	WHK	336	F421	Andrea	Fangmann	83	RuB GmbH	1:09:52	1:06:01	1:08:16	1:26:55	1:13:45		6:04:51
376	WHK	337	F258	Jutta	Hardy	65	TG Wiesmoor	1:08:06	1:06:04	1:08:47	1:28:58	1:14:49		6:06:46
377	WHK	338	F384	Claudia	Kuper	72	Hartmann Group	1:06:23	1:05:34	1:10:06	1:29:08	1:15:49		6:07:02
378	WHK	339	F281	Anne	Dirks	62	TG Wiesmoor	1:12:52	1:03:42	1:08:32	1:28:43	1:13:37		6:07:28
379	WHK	340	F197	Danja	Bruns	81	Hartmann Group	1:04:59	1:07:33	1:08:59	1:24:36	1:21:24		6:07:33
380	WHK	341	F195	Claudia	Korpilla	66	Zeitungsgruppe Ostfrie	1:07:38	1:06:52	1:08:52	1:28:50	1:15:22		6:07:35
381	WHK	342	F538	Adele	Fitzner	49	LT TuS Aurich-Ost	1:07:15	1:06:43	1:11:11	1:27:21	1:16:02		6:08:33
382	WHK	343	F355	Ulrike	Richter	59	MTV Wittmund	1:08:58	1:06:40	1:10:16	1:27:29	1:15:11		6:08:36
383	WHK	344	F517	Antje	Feige	62	LG - Großefehn	1:08:07	1:05:25	1:11:02	1:29:03	1:15:25		6:09:03
384	WHK	345	F534	Christiane	Dahlweg	80	Heinrich - Middendorf - S	1:07:24	1:08:20	1:10:30	1:28:51	1:14:32		6:09:40
385	WHK	346	F226	Liuba	Bekker	87	GFI Treuhand GmbH	1:23:03	1:03:33	1:05:23	1:23:20	1:14:26		6:09:47

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	WHK	347	F120	Karina	Woortmann	78	LP KT	1:10:15	1:09:35	1:12:19	1:26:31	1:11:11		6:09:52
387	WHK	348	F353	Susanne	Hiltmann	56	LT TuS Aurich-Ost	1:07:12	1:08:34	1:09:14	1:28:51	1:16:03		6:09:56
388	WHK	349	F550	Sabine	Göbel	62	Pro-Senis	1:08:50	1:06:28	1:09:48	1:27:49	1:17:59		6:10:56
389	WJ	40	F85	Nina	Peckmann	93	Gymnasium Ulricianum /	1:05:34	1:04:55	1:12:08	1:30:56	1:17:26		6:11:01
390	WHK	350	F315	Susanne	Tunder	67	Sportschule TAO Aurich	1:07:56	1:07:29	1:10:28	1:29:15	1:15:59		6:11:09
391	WHK	351	F627	Jutta	Redenius	61	LGO	1:08:52	1:06:57	1:08:38	1:29:19	1:18:11		6:11:59
392	WHK	352	F628	Karin	Gastmann	63	LGO	1:08:52	1:06:58	1:08:38	1:29:19	1:18:12		6:12:01
393	WHK	353	F370	Heike	Lombek	68	Team Möbel Buss	1:07:41	1:09:08	1:09:33	1:29:36	1:16:06		6:12:05
394	WHK	354	F566	Ute	Heuer	61	emder laufgemeinschaft	1:10:19	1:08:26	1:09:34	1:31:43	1:12:11		6:12:15
395	WHK	355	F380	Insa	Kompaan	59	Pro Senis	1:08:47	1:07:05	1:09:42	1:28:50	1:17:58		6:12:25
396	WHK	356	F379	Britta	Dietzel	67	Emden	1:07:53	1:07:28	1:12:17	1:30:07	1:15:18		6:13:05
397	WHK	357	F279	Inge	Böwe	45	Emder LG	1:08:35	1:08:49	1:10:34	1:29:12	1:16:10		6:13:21
398	WHK	358	F426	Susanne	Finger	75	Leer	1:09:58	1:07:13	1:10:32	1:29:25	1:16:30		6:13:39
399	WHK	359	F545	Hiltrud	Spekker-Ed	58	LT Spaß mit Sport	1:09:33	1:08:15	1:10:32	1:29:41	1:15:56		6:13:58
400	WHK	360	F376	Petra	de Wall	72	Team ENERCON	1:08:53	1:06:55	1:12:54	1:29:38	1:15:40		6:14:01
401	WHK	361	F515	Veronika	Malzahn	50	TC Wittmund	1:10:04	1:07:45	1:11:52	1:29:22	1:15:33		6:14:39
402	WHK	362	F358	Helga	Potzler	49	MTV-Wittmund	1:10:05	1:07:45	1:11:52	1:29:22	1:15:33		6:14:39
403	WJ	41	F612	Lisa	Tunder	91	Großefehn	1:14:29	1:05:03	1:07:24	1:34:45	1:13:18		6:15:02
404	WHK	363	F167	Margit	Klinkenborg	52	TV Norden	1:11:05	1:08:13	1:10:25	1:29:51	1:15:56		6:15:31
405	WHK	364	F333	Stefanie	Schlegel	78	TuS Collinghorst	1:11:12	1:09:50	1:11:09	1:28:49	1:14:39		6:15:41
406	WHK	365	F428	Anja	Renken	68	Nortmoor	1:10:56	1:09:50	1:11:09	1:28:48	1:15:28		6:16:14
407	WHK	366	F388	Dunja	Ottjes	86	RVB Aurich/Uplengen	1:09:53	1:06:40	1:12:15	1:31:40	1:15:46		6:16:16
408	WHK	367	F516	Tanja	Fischer	81	Reepsholt	1:14:07	1:08:42	1:08:08	1:29:50	1:15:45		6:16:35
409	WHK	368	F413	Frauke	Giebelhaus	74	Pro Senis	1:09:43	1:08:58	1:10:09	1:29:58	1:17:51		6:16:41
410	WHK	369	F407	Haike	Heuer	66	Emder Laufgemeinscha	1:10:19	1:08:26	1:09:36	1:31:42	1:16:44		6:16:49
411	WHK	370	F445	Erika	Meyer	70	Bingum	1:09:16	1:08:40	1:09:13	1:30:48	1:19:17		6:17:16
412	WHK	371	F224	Petra	Simon	69	obw Emden	1:12:29	1:06:56	1:13:26	1:29:50	1:15:02		6:17:45
413	WHK	372	F392	Birgit	Weber	58	Heimatblatt	1:10:30	1:09:08	1:10:34	1:29:33	1:18:03		6:17:51
414	WHK	373	F367	Rita	Höland	50	TuRa 07 Westrhauderfe	1:09:50	1:08:35	1:12:38	1:29:24	1:17:46		6:18:14
415	WHK	374	F185	Annchen	Post	43	Weener	1:08:30	1:08:15	1:13:43	1:31:04	1:16:56		6:18:30
416	WHK	375	F595	Elke	Petersen	56	Westoverledingen	1:10:59	1:09:09	1:11:25	1:30:27	1:16:52		6:18:53
417	WHK	376	F283	Marieanne	Petersen	54	Moormerland	1:15:51	1:09:41	1:12:47	1:27:37	1:13:40		6:19:38
418	WHK	377	F542	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:09:50	1:08:23	1:12:12	1:32:23	1:17:47		6:20:37
419	WHK	378	F393	Martina	Ennen	81	AOK	1:13:29	1:07:06	1:09:50	1:33:06	1:17:08		6:20:40
420	WHK	379	F282	Tina	Cramer	88	IHK	1:14:25	1:10:42	1:09:19	1:26:49	1:19:59		6:21:16
421	WHK	380	F251	Mathilde	Georgs	64	keinen	1:13:30	1:09:05	1:11:59	1:30:28	1:16:56		6:21:59
422	WHK	381	F411	Insa	Meinen	55	Team Möbel Buss	1:09:39	1:09:39	1:12:51	1:30:54	1:19:02		6:22:07
423	WHK	382	F439	Marion	Davids	62	Emder Laufgemeinscha	1:12:24	1:09:03	1:12:57	1:31:47	1:17:42		6:23:55
424	WHK	383	F435	Petra	Freese	69	Emder-LG	1:12:26	1:09:03	1:12:57	1:31:49	1:17:45		6:24:03
425	WHK	384	F342	Astrid	Nophut	64	TV Friedeburg	1:10:15	1:11:50	1:12:02	1:30:48	1:19:25		6:24:22
426	WJ	42	F582	Kerstin	Ballmann	92	Realschule Esens	1:09:47	1:10:14	1:14:12	1:32:37	1:17:33		6:24:25
427	WHK	385	F394	Insa	Broß-Ansch	72	Fortuna Logabirum	1:12:41	1:10:02	1:13:34	1:30:33	1:18:00		6:24:52
428	WHK	386	F414	Claudia	Freese	67	DPI AG	1:09:21	1:08:08	1:14:20	1:30:14	1:22:51		6:24:56
429	WJ	43	F363	Janna	Antons	90	NIGE	1:10:23	1:10:14	1:14:12	1:32:37	1:17:33		6:25:01
430	WHK	387	F312	Anja	Theilken	63	TEAM DEUTSCHE POS	1:12:57	1:07:17	1:13:09	1:35:09	1:16:50		6:25:23
431	WHK	388	F451	Lisai	Groenewold	81	Aurich	1:15:20	1:09:50	1:12:18	1:29:10	1:18:48		6:25:27
432	WHK	389	F372	Greta	Rennings	76	Nordland Papier	1:12:18	1:11:41	1:12:43	1:34:37	1:16:37		6:27:57
433	WHK	390	F151	Käthe	König	36	Emder LG	1:10:46	1:10:04	1:12:48	1:36:51	1:17:31		6:28:01
434	WHK	391	F548	Marianne	Dreesch	62	Blomberg	1:14:35	1:11:18	1:16:09	1:28:44	1:18:30		6:29:17
435	WHK	392	F556	Anja	Tiefinger	68	Leer	1:14:11	1:11:49	1:13:54	1:32:24	1:17:16		6:29:35
436	WHK	393	F406	Sabine	Ulferts	67	Team Wilts	1:13:54	1:11:48	1:10:57	1:35:35	1:17:24		6:29:40
437	WHK	394	F434	Hauke-Kata	Welp	78	SV Eintracht Nüttermoor	1:17:40	1:12:09	1:13:37	1:29:51	1:16:48		6:30:06
438	WHK	395	F562	Anna	Penning	87	MTV Ditzum	1:15:09	1:10:39	1:11:41	1:33:13	1:20:03		6:30:46
439	WJ	44	F609	Helke	Strüfing	95	Gymnasium Ulricianum /	1:13:24	1:07:28	1:12:14	1:30:56	1:27:14		6:31:18
440	WHK	396	F373	Verena	Wegmann	82	Nordland Papier	1:12:58	1:12:16	1:14:47	1:34:37	1:16:40		6:31:20

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

#### Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	WHK	397	F314	Elke	Hespe	60	Sportschule TAO Aurich	1:12:13	1:12:10	1:14:35	1:32:44	1:20:03		6:31:47
442	WHK	398	F222	Marion	Kumler	65	Polizei Aurich	1:16:01	1:10:24	1:14:04	1:32:43	1:19:29		6:32:43
443	WHK	399	F360	Sigrid	von Goldam	75	TSV Riepe	1:16:01	1:10:24	1:14:04	1:32:43	1:19:30		6:32:45
444	WHK	400	F432	Sabine	Kröger	69	SV Nortmoor	1:12:41	1:11:47	1:13:56	1:34:11	1:20:15		6:32:52
445	WHK	401	F431	Kerstin	van Hese	67	Papenburg	1:12:23	1:10:40	1:15:07	1:31:33	1:23:09		6:32:55
446	WHK	402	F416	Helga	Christians	50	EWE Wattloopers	1:10:13	1:12:18	1:14:30	1:36:56	1:22:09		6:36:08
447	WJ	45	F578	Wiebke	Martens	97	KGS GroBefehn	1:13:51	1:05:38	1:11:28	1:34:59	1:30:48		6:36:45
448	WHK	403	F361	Karin	Petersitzke	59	LT Ihrhove	1:12:33	1:11:06	1:14:53	1:36:07	1:22:33		6:37:15
449	WHK	404	F236	Elke	Hedemann	62	Fun-Loopers	1:12:18	1:09:41	1:16:38	1:38:33	1:20:17		6:37:29
450	WHK	405	F502	Astrid	Fimmen	75	BBC Chartering	1:15:19	1:10:46	1:15:48	1:34:55	1:20:52		6:37:41
451	WHK	406	F293	Marion	Bokelmann	60	VHS-Laufen	1:15:01	1:11:26	1:18:47	1:35:42	1:17:56		6:38:54
452	WHK	407	F400	Marlis	Willms	60	Zahnarztpraxis Dunkel	1:16:14	1:12:07	1:13:31	1:35:37	1:21:30		6:39:00
453	WHK	408	F354	Meike	Bohlen	83	AKTIVA GmbH Wolters &	1:13:37	1:11:11	1:15:43	1:35:00	1:23:35		6:39:07
454	WHK	409	F291	Sonja	Strasser	71	Firrel	1:14:47	1:13:50	1:15:24	1:35:15	1:20:21		6:39:40
455	WJ	46	F429	Jana	Leuchtman	90	Zahnarztpraxis Dunkel	1:16:14	1:13:42	1:13:31	1:35:38	1:21:30		6:40:37
456	WJ	47	F280	Jana	Geuken	94	SV Warsingsfehn	1:14:48	1:13:34	1:17:53	1:34:00	1:22:00		6:42:17
457	WHK	410	F606	Helga	Meyer	63	SV Potshausen	1:14:19	1:11:52	1:16:26	1:36:50	1:22:58		6:42:26
458	WHK	411	F298	Ines	Eberlei	88	Hartmann Group	1:26:17	1:08:27	1:12:21	1:35:09	1:20:31		6:42:48
459	WHK	412	F263	Tomma	Teyen	55	TuS Weener	1:18:14	1:13:42	1:16:18	1:34:50	1:19:59		6:43:06
460	WHK	413	F523	Rieke	Frerichs	48	LG GroBefehn	1:13:56	1:11:38	1:11:56	1:35:37	1:30:48		6:43:56
461	WJ	48	F610	Sarah	Lüdtke	90	NIGE	1:12:00	1:11:00	1:17:12	1:39:43	1:24:38		6:44:35
462	WJ	49	F449	Alke	Eggers	90	NIGE	1:12:02	1:11:01	1:17:13	1:39:45	1:24:38		6:44:41
463	WHK	414	F409	Esther	Gembruch	60		1:18:36	1:12:16	1:15:30	1:36:41	1:21:43		6:44:47
464	WHK	415	F425	Gaby	Janssen	79	Saterland-Ramsloh	1:15:27	1:14:19	1:14:48	1:40:31	1:20:33		6:45:40
465	WHK	416	F320	Petra	Tamling	77	Friesoythe	1:15:28	1:14:19	1:14:47	1:40:32	1:20:33		6:45:41
466	WHK	417	F558	Petra	Niemeyer	69	VHS Kurs	1:15:22	1:11:52	1:16:31	1:38:00	1:24:03		6:45:50
467	WHK	418	F475	Barbara	Strüfing	64	Aurich	1:13:52	1:08:14	1:19:02	1:34:24	1:31:40		6:47:13
468	WHK	419	F469	Susanne	Winkler	48	TV Norden	1:14:02	1:14:26	1:16:46	1:37:31	1:26:29		6:49:17
469	WHK	420	F257	Monika	Heyken	65	Weight- watchers	1:16:55	1:13:27	1:17:37	1:37:39	1:23:41		6:49:22
470	WHK	421	F520	Elke	Memenga	72	Südbrookmerland 1	1:18:19	1:14:30	1:17:29	1:37:33	1:21:41		6:49:35
471	WJ	50	F615	Bianca	Ottersberg	91	GroBefehn	1:15:24	1:10:48	1:14:05	1:41:50	1:27:54		6:50:02
472	WHK	422	F433	Karin	Meyer	55	Moormerland	1:14:42	1:14:48	1:13:04	1:41:58	1:27:58		6:52:32
473	WHK	423	F401	Corinna	Schild	64	VHS-Laufen	1:15:54	1:12:37	1:18:46	1:38:52	1:26:28		6:52:40
474	WHK	424	F446	Tanja	de Haan	75	Emder LG	1:15:42	1:14:47	1:18:51	1:39:04	1:25:53		6:54:19
475	WHK	425	F419	Anke	Garrelts	79	Therapiehuus Tannenhai	1:20:54	1:17:15	1:15:58	1:37:35	1:23:12		6:54:57
476	WHK	426	F382	Christel	Werkmeiste	52	VHS-Laufen	1:17:46	1:11:58	1:21:57	1:40:38	1:23:33		6:55:53
477	WHK	427	F430	Marei	Dunkel, Dr	52	Zahnarztpraxis Dunkel	1:16:59	1:16:30	1:19:55	1:38:27	1:24:36		6:56:28
478	WHK	428	F602	Heide	Löhdefink	46	Leer	1:16:58	1:16:30	1:19:56	1:38:26	1:24:36		6:56:29
479	WHK	429	F217	Beate	Müller	65	Team ENERCON	1:19:10	1:16:18	1:20:22	1:37:57	1:26:31		7:00:20
480	WHK	430	F503	Kathrin	Rosendahl	83	BBC Chartering	1:16:14	1:16:58	1:18:14	1:44:21	1:28:06		7:03:56
481	WHK	431	F448	Johanne	Buse	60	Moormerland	1:16:53	1:14:48	1:23:23	1:41:58	1:27:58		7:05:02
482	WHK	432	F321	Hiltrud	Stöhr	60	SC Ihrhove 07	1:19:37	1:17:07	1:21:42	1:41:47	1:26:53		7:07:09
483	WHK	433	F605	Hiltrud	Schellenber	69	LG GroBefehn	1:18:43	1:17:15	1:19:54	1:43:40	1:27:58		7:07:31
484	WHK	434	F366	Sandra	Kruse	77	Team Möbel Buss	1:19:41	1:17:14	1:19:54	1:43:40	1:27:58		7:08:29
485	WHK	435	F248	Gisela	Groenhoff	55	Milchlabor Weser Ems e	1:21:05	1:17:22	1:22:16	1:41:07	1:27:36		7:09:27
486	WHK	436	F247	Gerda	Frey	56	Milchlabor Weser Ems e	1:21:05	1:17:16	1:22:16	1:42:56	1:27:35		7:11:10
487	WHK	437	F405	Susanne	Dreyer	72	Team Wilts	1:23:18	1:16:06	1:22:49	1:45:44	1:28:19		7:16:18
488	WHK	438	F227	Silke	Furch	75	GFI Treuhand GmbH	1:23:03	1:15:53	1:24:14	1:47:04	1:29:56		7:20:11
489	WHK	439	F568	Inga	Nanninga	76	Wilts Team	1:23:42	1:17:46	1:27:26	1:48:21	1:32:08		7:29:25
490	WHK	440	F335	Petra	Müller	65	Team Wilts	1:23:42	1:21:05	1:27:22	1:48:21	1:32:08		7:32:40
491	WJ	51	F365	Frauke	Janssen	90	NIGE	1:23:53	1:19:09	1:25:38	1:53:35	1:34:56		7:37:12
492	WHK	441	F447	Margret	Störk-Müller	67	obw Emden	1:30:27	1:31:07	1:31:19	1:54:59	1:39:26		8:07:20
493	WHK	442	F256	Christine	Wilhelm	61	Milchlabor Weser Ems e	1:30:41	1:29:09	1:38:03	1:55:27	1:37:04		8:10:26
494	WHK	443	F244	Antje	Feldiek	71	Stadt Weener gegen Gev	1:35:00	1:31:13	1:42:10	1:57:59	1:41:38		8:28:03
495	WHK	444	F250	Gisela	Lemke	64	Milchlabor Weser Ems e	1:31:39	1:33:12	1:37:38	2:01:02	1:46:00		8:29:32

# 28. Ostfriesland Lauf 2009

## OSSILOOP - 2009

19. Mai 2009

### Zwischenstand nach 5. Etappe

gedruckt 19.05.2009 22:26:52

Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
496	WHK	445	F246	Johanne	de Vries	45	Milchlabor Weser Ems e	1:31:40	1:33:12	1:37:38	2:01:02	1:46:00		8:29:34
497	WHK	446	F590	Insa	Kruizenga	79	Weener	1:35:02	1:31:37	1:42:12	2:00:33	1:44:40		8:34:06