

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

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

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	MHK	49	66	Robert	Oremek	65	LG Ostfriesland	0:42:24	0:42:15	0:44:11	0:55:23	0:47:17	0:44:44	4:36:16
57	MJ	8	367	Jens	Heyken	90	NIGE	0:43:13	0:42:14	0:44:23	0:55:23	0:47:11	0:44:04	4:36:30
58	MHK	50	168	Johann	Aden	69	Team Möbel Buss	0:42:11	0:41:58	0:43:53	0:55:23	0:47:45	0:45:40	4:36:52
59	MHK	51	108	Clemens	Köster	73	MTV Aurich Triathlon	0:42:17	0:41:43	0:44:44	0:55:31	0:47:32	0:45:20	4:37:09
60	MHK	52	1291	Jürgen	de Buhr	63	SV Wiesmoor	0:43:04	0:42:47	0:44:11	0:55:01	0:47:37	0:44:41	4:37:24
61	MHK	53	69	Marco	Meyer	80	TV Bunde	0:43:00	0:42:25	0:43:55	0:55:15	0:47:48	0:45:04	4:37:29
62	MJ	9	68	Carsten	Croon	92	TG Wiesmoor	0:43:12	0:41:22	0:44:26	0:55:16	0:47:34	0:45:52	4:37:45
63	MHK	54	1377	Hinrich	Puse	64	Lauffreß Burhufe	0:42:12	0:42:33	0:44:30	0:55:28	0:47:52	0:45:09	4:37:46
64	MHK	55	110	Uwe	Rotte	60	LT TuS Aurich-Ost	0:42:16	0:41:49	0:44:43	0:55:49	0:47:31	0:45:40	4:37:51
65	MHK	56	1071	Manfred	Eden	59	TuS Eintracht Hinte	0:43:02	0:42:41	0:43:59	0:55:36	0:47:37	0:45:12	4:38:07
66	MHK	57	42	Sönke	Biel	85	Sparkasse LeerWittmun	0:43:47	0:43:01	0:44:09	0:54:49	0:47:38	0:44:52	4:38:18
67	MHK	58	1079	Holger	Schulte	75	Hinte	0:43:11	0:43:02	0:44:21	0:55:21	0:47:15	0:46:01	4:39:13
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	0:45:56	4:39:15
69	MHK	60	109	Martin	Wilts	72	LG Ostfriesland	0:42:41	0:42:44	0:44:39	0:55:48	0:47:55	0:45:29	4:39:18
70	MHK	61	74	Andreas	Jacobs	72	Polizei Aurich	0:42:56	0:42:33	0:44:26	0:55:45	0:47:47	0:46:04	4:39:34
71	MHK	62	116	Hermann	Hallmann	62	Emder LG	0:43:07	0:42:41	0:44:32	0:55:44	0:47:45	0:45:51	4:39:42
72	MHK	63	121	Martin	Poguntke	63	TV Norden	0:43:16	0:42:59	0:45:01	0:55:47	0:48:19	0:45:22	4:40:46
73	MHK	64	212	Jürgen	Schmidt	63	TuS Detern	0:43:46	0:43:49	0:44:54	0:56:41	0:47:35	0:44:41	4:41:28
74	MHK	65	1384	Uwe	Frühling	69	Polizei Aurich	0:42:14	0:42:35	0:44:20	0:58:25	0:48:29	0:45:28	4:41:34
75	MHK	66	94	Thomas	Baxmann	66	Emden	0:43:14	0:42:57	0:44:59	0:56:22	0:48:22	0:46:10	4:42:07
76	MHK	67	89	Harm	Park	53	TuS Weene	0:43:03	0:42:42	0:44:53	0:56:09	0:49:25	0:45:52	4:42:07
77	MJ	10	1335	Christian	Rückbrod	90	TV Norden	0:42:48	0:41:35	0:45:44	0:56:37	0:49:10	0:46:15	4:42:13
78	MHK	68	85	Wilfried	Sanders	68	Weener Plastik AG	0:43:08	0:42:38	0:44:43	0:57:55	0:48:25	0:46:05	4:42:56
79	MHK	69	72	Andreas	Langensiep	70	LT TuS Aurich-Ost	0:43:45	0:43:00	0:45:05	0:56:37	0:48:56	0:45:47	4:43:12
80	MHK	70	1066	Claas	Feth	77	Oldenburg	0:43:22	0:43:03	0:44:52	0:56:33	0:49:13	0:46:16	4:43:21
81	MHK	71	1182	Karl	Baumann	83	Uplengen	0:43:28	0:43:07	0:45:25	0:56:34	0:48:36	0:46:51	4:44:03
82	MHK	72	130	Jann	Trauernicht	61	Wasserschutzpolizei Em	0:43:43	0:43:04	0:45:31	0:57:06	0:49:10	0:46:05	4:44:42
83	MHK	73	46	Tobi	Asche	59	SV Wiesede	0:43:41	0:43:12	0:45:30	0:57:07	0:49:10	0:46:06	4:44:50
84	MHK	74	115	Michael	Habben	75	TuS Weene e. V.	0:44:14	0:43:05	0:45:01	0:57:18	0:49:21	0:46:06	4:45:08
85	MHK	75	167	Wilhelm	Wilbers	62	OLB Ostfriesland	0:44:51	0:43:49	0:45:28	0:56:25	0:48:46	0:45:56	4:45:18
86	MHK	76	465	Wilfried	Steenhard	66	Weener Plastik AG	0:44:10	0:43:15	0:45:27	0:57:26	0:49:02	0:46:00	4:45:22
87	MHK	77	164	Tönjes	Meyer	58	TSV Hesel	0:43:25	0:43:25	0:45:29	0:57:46	0:48:35	0:46:43	4:45:26
88	MHK	78	1070	Karl-Heinz	Speckmann	57	H. T.-Gesamtschule Ihl	0:49:40	0:44:05	0:43:43	0:55:53	0:47:25	0:44:38	4:45:28
89	MHK	79	118	Reinhard	de Vries	61	Ost-Victorbur	0:44:12	0:43:58	0:45:43	0:56:37	0:48:42	0:46:31	4:45:45
90	MJ	11	193	Jens	Willers	90	SV Warsingsfehn	0:44:39	0:44:11	0:45:24	0:57:11	0:48:39	0:45:51	4:45:57
91	MJ	12	255	Markus	Lübbers	92	TuS Weener	0:45:07	0:42:54	0:46:02	0:57:19	0:49:30	0:45:33	4:46:28
92	MHK	80	964	Sven	Reeßing	71	Nordland Papier	0:45:13	0:44:09	0:44:59	0:57:26	0:48:32	0:46:09	4:46:31
93	MHK	81	151	Axel	Hesse	69	TEAM DEUTSCHE POS	0:45:01	0:44:38	0:45:03	0:57:00	0:48:52	0:45:58	4:46:35
94	MHK	82	1188	Onno	Fleßner	79	Ihlowerfehn	0:44:12	0:44:36	0:45:06	0:56:56	0:48:53	0:46:55	4:46:40
95	MHK	83	92	Marc -	Siemens	71		0:44:06	0:44:02	0:45:47	0:57:19	0:48:49	0:46:52	4:46:59
96	MJ	13	1374	Gerrit	Kuhlmann	90	VfL Jheringsfehn	0:42:36	0:41:22	0:45:47	0:58:08	0:49:36	0:49:29	4:47:00
97	MHK	84	56	Jan	Meyerhoff	67	LG Ostfriesland	0:44:21	0:44:45	0:45:38	0:57:09	0:49:12	0:46:08	4:47:16
98	MHK	85	105	Malte	Visser	85	VfL Germania Leer	0:44:03	0:43:16	0:45:29	0:58:13	0:50:06	0:46:20	4:47:30
99	MJ	14	232	Amko	Groeneveld	91	Gymnasium Rhaderfe	0:47:00	0:43:30	0:44:35	0:57:09	0:49:06	0:46:31	4:47:53
100	MJ	15	117	Eike	Heinen	90	Team Beck's nicht alk	0:44:10	0:44:09	0:45:00	0:59:02	0:49:07	0:46:31	4:48:00
101	MHK	86	1375	Ernst	Weerts	79	Das Boot Emden e.V.	0:45:45	0:44:14	0:45:48	0:57:00	0:49:13	0:46:27	4:48:29
102	MHK	87	1381	Kai	Biermann	88	BS Werbetechnik	0:45:55	0:43:53	0:46:28	0:58:01	0:48:34	0:46:08	4:49:03
103	MHK	88	43	Christian	Jacobs	81	FC Frisia Neuhaarlingers	0:44:14	0:43:47	0:45:49	0:59:03	0:50:14	0:46:01	4:49:11
104	MHK	89	29	Timo	Hanssen	87	TuS Norderney	0:44:10	0:44:20	0:44:54	0:59:21	0:49:52	0:46:50	4:49:29
105	MHK	90	1185	Jörg	Müller	64	TV Leer	0:44:24	0:44:13	0:47:33	0:57:33	0:49:08	0:46:36	4:49:29
106	MHK	91	23	Marco	Gronewold	79	Team AURICHER EIER	0:44:45	0:44:30	0:46:17	0:58:02	0:49:42	0:46:24	4:49:42
107	MHK	92	178	Thomas	Alberts	81	Hinte	0:44:27	0:44:13	0:46:00	0:57:55	0:49:46	0:47:34	4:49:58
108	MHK	93	180	Matthias	Bergmann	66	SV Georgsheil	0:44:43	0:44:13	0:45:54	0:58:21	0:49:19	0:47:32	4:50:05
109	MJ	16	1075	Janno	Meenken	94	MTV Aurich	0:46:39	0:44:40	0:45:55	0:58:17	0:49:33	0:44:59	4:50:06
110	MHK	94	1149	Hans-Dieter	Aden	58	TuS Eintracht Hinte	0:43:29	0:44:01	0:45:44	0:57:46	0:48:54	0:50:14	4:50:10

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	MHK	95	113	Frank	Schaller	61	LT TuS Aurich-Ost	0:44:39	0:44:08	0:46:04	0:57:58	0:49:55	0:47:27	4:50:13
112	MHK	96	201	Heiner	Janssen	81	Weener Plastik AG	0:44:59	0:44:17	0:45:57	0:59:01	0:49:39	0:46:31	4:50:26
113	MHK	97	273	Stefan	Bikker	77	Ihlow	0:45:52	0:44:42	0:46:02	0:57:57	0:50:22	0:46:08	4:51:04
114	MHK	98	112	Harald	Meyeraan	64	Hinte	0:45:38	0:45:12	0:46:07	0:57:52	0:49:27	0:46:48	4:51:06
115	MHK	99	71	Detlef	Saathoff	66		0:43:54	0:44:04	0:46:11	0:58:34	0:49:43	0:48:39	4:51:08
116	MJ	17	220	Tobias	Penning	91	2 glorreiche Halunken	0:45:22	0:45:33	0:47:07	0:58:08	0:49:06	0:46:20	4:51:38
117	MHK	100	238	Matthias	Beekmann	71	Raiffeisenbank Flachsm	0:44:43	0:44:56	0:46:04	0:58:33	0:49:57	0:47:27	4:51:42
118	MHK	101	221	Uwe	Sanders	86	Weener Plastik AG	0:43:20	0:42:35	0:45:01	0:57:54	0:47:40	0:55:34	4:52:07
119	MJ	18	146	Christoph	Runden	91	Post SV Leer	0:43:16	0:42:37	0:51:25	0:58:18	0:50:23	0:46:07	4:52:09
120	MHK	102	1388	Conrad	Büurma	72	TuS Ditz. - Verlaat	0:44:54	0:44:33	0:45:41	0:57:50	0:49:42	0:49:43	4:52:25
121	MHK	103	204	Reiner	de Riese	59	Concordia Ihrhove	0:44:51	0:44:32	0:46:29	0:58:41	0:50:23	0:47:35	4:52:34
122	MHK	104	192	Thomas	Willers	65	SV Warsingsfehn	0:44:54	0:44:24	0:47:06	0:58:13	0:50:01	0:48:00	4:52:39
123	MHK	105	253	Hilmar	Garrelts	72	KBV Reepsholt	0:45:46	0:45:39	0:46:29	0:58:56	0:49:19	0:46:31	4:52:41
124	MHK	106	1056	Heinz	Romaness	66	Dekra-Aurich	0:44:54	0:44:24	0:46:22	0:58:11	0:50:57	0:47:58	4:52:48
125	MHK	107	213	Friedhelm	Pristat	72	KUH'S BEST-Team	0:45:05	0:44:44	0:47:25	0:58:20	0:49:43	0:47:54	4:53:14
126	MJ	19	262	Maximilian	Corsten	94	Gymnasium Ulricianum	0:46:18	0:45:00	0:46:40	0:57:58	0:50:07	0:47:25	4:53:30
127	MHK	108	173	Gerd	Puse	63	Sparkasse LeerWittmun	0:44:53	0:45:21	0:47:11	0:58:04	0:50:29	0:47:31	4:53:33
128	MHK	109	459	Patrick	Decker	87	Team Möbel Buss	0:48:29	0:43:34	0:46:02	0:59:26	0:49:21	0:46:41	4:53:35
129	MHK	110	166	Bernd	Recknagel	67	Hotel Waldquelle	0:45:46	0:44:55	0:47:39	0:58:25	0:50:03	0:47:16	4:54:06
130	MJ	20	1078	Volker	Dänekas	90	LG Uplengen	0:44:58	0:44:24	0:46:28	0:59:27	0:50:24	0:48:23	4:54:07
131	MHK	111	128	Uwe	Manssen	70	Westerende	0:45:52	0:44:09	0:47:22	0:58:54	0:50:29	0:47:21	4:54:10
132	MHK	112	136	Edgar	Aggen	66	Feuerwehr Lammertsfel	0:46:18	0:45:39	0:46:17	0:58:11	0:50:19	0:47:30	4:54:17
133	MHK	113	521	Jochem	Lübberts	70	Bunde - Wymeer	0:45:23	0:45:09	0:46:46	1:00:02	0:50:45	0:46:15	4:54:21
134	MHK	114	535	Ralf	Hellmers	65	TV Norden	0:45:18	0:45:03	0:47:06	0:58:03	0:50:38	0:48:14	4:54:25
135	MJ	21	256	Justus	Bornemann	95	TuS Weener	0:48:17	0:43:42	0:46:25	0:59:40	0:49:34	0:46:45	4:54:26
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	0:47:53	4:54:40
137	MHK	116	1051	Torsten	Arends	74	TV Norden	0:45:29	0:45:13	0:46:52	0:58:03	0:50:49	0:48:13	4:54:41
138	MHK	117	203	Richard	Gastmann	61	Ammersum	0:45:57	0:45:08	0:46:33	0:58:12	0:50:28	0:48:27	4:54:47
139	MHK	118	242	Hartmut	Götz	72	SV Spetzerfehn	0:46:40	0:44:45	0:46:58	0:58:25	0:50:02	0:47:55	4:54:47
140	MHK	119	145	Marcus	Struckmeyer	70	Aurich	0:45:11	0:44:47	0:46:56	0:59:26	0:50:25	0:48:02	4:54:49
141	MHK	120	38	Lukas	Dendzik	82	Holterfehn	0:45:56	0:44:52	0:47:40	0:58:16	0:50:16	0:48:02	4:55:04
142	MHK	121	231	Dirk Enno	Sundermey	88	Sportschule TAO Aurich	0:46:29	0:45:47	0:46:37	0:59:26	0:49:37	0:47:07	4:55:05
143	MHK	122	326	Fritz	Backhaus	62	LG Harlingerland	0:45:26	0:44:44	0:47:01	0:59:37	0:50:20	0:47:56	4:55:06
144	MHK	123	1183	Thomas	Meyer	69	SC Wiesens	0:44:59	0:44:31	0:47:07	0:59:28	0:50:45	0:48:15	4:55:08
145	MHK	124	462	Meinhard	Harms	50	TSV Riepe	0:46:07	0:44:48	0:47:43	0:58:09	0:50:07	0:48:42	4:55:38
146	MHK	125	1343	Harald	Leu	71	VfB Uplengen	0:45:47	0:45:10	0:47:22	0:58:32	0:50:28	0:48:19	4:55:40
147	MHK	126	247	Gerrit	Müller	61	Team Möbel Buss	0:45:02	0:44:55	0:47:28	0:59:13	0:50:45	0:48:18	4:55:44
148	MHK	127	209	Friedhelm	Schmidt	68	Aurich	0:46:36	0:45:57	0:46:19	0:58:36	0:50:31	0:47:43	4:55:46
149	MJ	22	867	Carsten	Diekmann	91	HRS Westerholt	0:47:05	0:44:41	0:48:59	0:58:59	0:49:42	0:46:37	4:56:06
150	MHK	128	123	Holger	Aderhold	70	Wi sünd Holtriem	0:45:39	0:44:47	0:47:06	0:58:44	0:51:45	0:48:05	4:56:10
151	MHK	129	1190	Wilfried	Menken	76	Ihlower Loopers	0:44:33	0:44:04	0:46:43	0:59:10	0:52:34	0:49:20	4:56:26
152	MJ	23	241	Renko	Albe	90	TuS Weener	0:45:22	0:44:07	0:46:39	1:00:31	0:52:23	0:47:50	4:56:54
153	MJ	24	214	Hendrik	Peters	91	Emder LG	0:45:58	0:45:42	0:47:01	0:59:44	0:50:02	0:48:26	4:56:55
154	MHK	130	1080	Jürren	Geiken	61	obw Emden	0:44:55	0:46:48	0:47:21	0:59:08	0:50:37	0:48:08	4:56:59
155	MHK	131	127	Heyo	Hanssen	61	SC Wiesens	0:43:31	0:43:36	0:46:37	0:57:46	0:55:44	0:49:53	4:57:10
156	MHK	132	327	Bernd	de Vries	66	Neermoor	0:45:52	0:45:34	0:46:49	1:00:06	0:50:31	0:48:31	4:57:25
157	MHK	133	88	Friedhelm	Dickmann	65	Nordland Papier	0:46:19	0:45:53	0:47:12	0:59:18	0:50:05	0:48:44	4:57:34
158	MHK	134	243	Fredy	Hedemann	62	Team Möbel Buss	0:45:32	0:45:14	0:48:11	0:59:30	0:50:58	0:48:09	4:57:36
159	MHK	135	186	Gerold	Wilken	67	Emder LG	0:45:20	0:46:05	0:47:33	0:59:29	0:50:19	0:49:03	4:57:52
160	MHK	136	1378	Joachim	Nordbrock	72	Moormerland	0:45:02	0:45:14	0:48:20	1:00:51	0:51:09	0:48:10	4:58:48
161	MHK	137	210	Benjamin	Wolthuis	81	BBS I Leer	0:46:47	0:45:26	0:46:52	0:59:12	0:50:33	0:49:58	4:58:50
162	MHK	138	1184	Claus	Dirksen	56	Pollmann und Renken	0:46:20	0:45:46	0:48:00	0:59:35	0:51:16	0:48:01	4:59:02
163	MHK	139	162	Martin	Rausch	65	Fortuna Wirdum	0:44:12	0:43:50	0:45:33	1:03:11	0:53:31	0:48:54	4:59:14
164	MHK	140	217	Hermann	Görtmöller	63	Emden	0:46:23	0:45:49	0:47:47	1:00:02	0:51:11	0:48:03	4:59:17
165	MJ	25	497	Matthias	Woortmann	94	Westoverledingen	0:46:44	0:45:46	0:47:19	0:59:31	0:51:00	0:48:59	4:59:21

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Endstand nach 6 Etappen

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	MHK	141	1280	Gerhard	Wolken	65	SiTV Berne Triathlon	0:47:47	0:46:02	0:47:56	0:59:09	0:50:48	0:47:40	4:59:24
167	MHK	142	90	Holger	de Vries	70	Pewsumer Ossiloopers	0:46:10	0:45:27	0:47:48	0:59:49	0:51:01	0:49:12	4:59:29
168	MHK	143	246	Uwe	Ottjes	66	Team Möbel Buss	0:46:04	0:46:07	0:47:40	0:59:30	0:52:04	0:48:19	4:59:47
169	MHK	144	233	Lothar	Geiselmeye	59	Bünting Tee	0:46:55	0:46:53	0:47:31	0:59:19	0:51:18	0:47:51	4:59:49
170	MJ	26	1083	Tim	Harms	94	HTG Ihlow	0:46:28	0:45:52	0:47:41	1:00:07	0:51:21	0:48:27	4:59:57
171	MHK	145	140	Harald	de Buhr	62	Polizeiinspektion Leer/Er	0:45:43	0:45:32	0:47:48	1:00:11	0:51:14	0:49:33	5:00:04
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	0:49:06	5:00:09
173	MHK	147	237	Gerold	Janssen	66	Wallinghausen	0:46:32	0:45:29	0:47:50	1:00:09	0:51:17	0:48:56	5:00:17
174	MHK	148	297	Mathias	Seewald	72	LG- Deichschleicher Ost	0:46:34	0:45:46	0:47:19	1:00:02	0:51:44	0:49:00	5:00:25
175	MHK	149	472	Klaus	Reimann	68	Nordland Papier	0:47:53	0:46:29	0:47:10	0:59:42	0:51:13	0:48:03	5:00:32
176	MHK	150	272	Thomas	Stern	70	SZ Wiesbaden	0:47:14	0:45:59	0:47:21	0:59:41	0:52:50	0:47:27	5:00:34
177	MHK	151	886	Holger	Pries	67	Weener Plastik AG	0:50:30	0:46:41	0:46:52	0:59:05	0:51:02	0:46:30	5:00:42
178	MHK	152	1210	Christian	Vogelsang	83	4./ObjSRgt Lw	0:48:02	0:45:53	0:47:37	1:00:01	0:50:34	0:48:39	5:00:47
179	MHK	153	1193	Wilhelm	Kruse	66	Spetzerfehn	0:46:39	0:45:26	0:47:55	1:00:18	0:52:03	0:48:52	5:01:15
180	MHK	154	225	Stefan	Stomberg	68	Crocodiles Ihlow	0:46:36	0:46:07	0:47:26	0:59:35	0:52:21	0:49:24	5:01:32
181	MJ	27	96	Torben	Teepe	93	Ubbo-Emmius Gymnasi	0:46:23	0:44:18	0:50:16	1:00:46	0:51:56	0:47:50	5:01:32
182	MHK	155	161	Holger	Boekhoff-U	75	Kaufhaus Wreesmann	0:47:11	0:46:34	0:48:10	0:59:50	0:51:24	0:48:23	5:01:33
183	MHK	156	1097	Rolf	Kirschke	65	Team ENERCON	0:46:16	0:45:50	0:47:51	1:00:00	0:51:54	0:49:39	5:01:33
184	MHK	157	126	Gerold	Meinen	63	BSC Burhufe	0:46:16	0:46:07	0:47:46	1:00:22	0:51:41	0:49:19	5:01:34
185	MHK	158	323	Elmar	Tapper	79	LT TuS Aurich-Ost	0:46:32	0:45:41	0:47:31	1:00:40	0:52:11	0:49:00	5:01:37
186	MHK	159	202	Jakobus	Feldkamp	75	Weener Plastik AG	0:46:21	0:44:51	0:46:58	1:01:31	0:52:46	0:49:12	5:01:41
187	MHK	160	84	Heinz-Diete	Barkhoff	69	Störtebeker Loopers TV	0:46:53	0:46:39	0:48:08	0:59:40	0:51:55	0:48:27	5:01:44
188	MHK	161	444	Andreas	Löloff	57	TV Norden	0:44:55	0:45:16	0:47:12	0:59:12	0:50:12	0:55:04	5:01:53
189	MHK	162	337	Matthias	Aeilts	68	FeG Hesel	0:46:33	0:45:04	0:46:44	1:01:15	0:51:48	0:50:33	5:01:58
190	MJ	28	240	Tobias	Martin	92	Ubbo-Emmius-Gymnasi	0:46:31	0:44:11	0:51:25	1:00:02	0:51:06	0:48:41	5:01:58
191	MHK	163	1122	Hajo	de Buhr	81	Team Erfolg im Stall	0:47:41	0:46:01	0:49:12	0:59:26	0:51:34	0:48:03	5:02:00
192	MJ	29	345	Stephan	Penning	91	Crocodiles Ihlow	0:45:59	0:45:37	0:48:38	0:59:33	0:52:27	0:49:51	5:02:07
193	MHK	164	170	Jens	Konopka	72	Wiesmoor	0:46:30	0:46:04	0:47:46	1:01:06	0:51:50	0:48:54	5:02:13
194	MHK	165	137	Richard	Hartema	68	MTV Ditzum	0:46:53	0:46:13	0:47:52	1:00:52	0:51:11	0:49:13	5:02:15
195	MJ	30	675	Tammo	Meinders	92	Briese Schifffahrt	0:48:06	0:46:06	0:47:30	1:00:40	0:51:37	0:48:16	5:02:17
196	MHK	166	218	Dieter	Schliep	72	Holterfehn	0:47:33	0:46:09	0:48:21	1:01:17	0:51:31	0:48:04	5:02:56
197	MHK	167	1067	Siebind	Peters	77	TROM XUA SNOG	0:47:28	0:45:32	0:47:34	1:00:36	0:52:38	0:49:16	5:03:06
198	MJ	31	165	Martin	Meints	91	SV Ochtersum	0:45:04	0:53:19	0:47:00	0:59:44	0:49:31	0:48:29	5:03:10
199	MJ	32	343	Thomas	Lüken	92	Ochtersum	0:50:37	0:46:33	0:47:08	1:00:26	0:50:15	0:48:29	5:03:31
200	MHK	168	172	Jens	Schädler	60	Schiffswerft Diedrich	0:46:06	0:46:28	0:48:40	1:00:56	0:52:02	0:49:32	5:03:47
201	MHK	169	141	Holger	Grasse	65	TuS Zetel	0:47:04	0:45:39	0:47:48	1:00:38	0:53:04	0:49:44	5:04:00
202	MHK	170	171	Oliver	de Vries	87	OLB Ostfriesland	0:46:52	0:47:21	0:47:39	1:00:58	0:51:37	0:49:44	5:04:14
203	MHK	171	1264	Hans-Jürge	Krems	59	Brok	0:46:40	0:45:56	0:48:57	1:00:44	0:52:12	0:49:43	5:04:14
204	MHK	172	250	Gerriet-Tho	Janßen	70	Team ENERCON	0:47:17	0:45:51	0:48:07	1:00:13	0:53:09	0:49:46	5:04:26
205	MHK	173	224	Bernd	Voss	66	Ringhotel Voss	0:47:15	0:46:03	0:48:23	1:01:07	0:52:36	0:49:09	5:04:36
206	MHK	174	234	Eric	Bootjer	66	RVB Aurich/Uplengen	0:46:35	0:46:13	0:48:45	1:01:02	0:52:42	0:49:34	5:04:53
207	MJ	33	1311	Henning	Janssen	93	Realschule Esens	0:48:12	0:45:19	0:48:21	1:01:47	0:52:11	0:49:02	5:04:55
208	MHK	175	479	Holger	Schulte	75	Landjugend Filsum	0:48:19	0:46:18	0:48:25	1:00:58	0:51:44	0:49:33	5:05:20
209	MHK	176	341	Alfred	Doden	58	SV Ochtersum	0:47:04	0:46:42	0:48:34	1:00:39	0:52:46	0:49:34	5:05:22
210	MHK	177	879	Michael	Ihnen	62	Leinerstift e.V.	0:45:23	0:45:26	0:46:11	1:05:04	0:54:22	0:48:57	5:05:24
211	MHK	178	259	Timo	Friedrichs	72	ELV Elektronik AG	0:46:46	0:46:29	0:48:29	1:00:56	0:52:43	0:50:05	5:05:30
212	MHK	179	67	Thomas	Plesse	66	FCSO	0:47:03	0:46:14	0:47:55	1:00:46	0:54:00	0:49:33	5:05:34
213	MHK	180	103	Patrick	Best	87	RVB Aurich/Uplengen	0:49:11	0:46:09	0:48:43	1:01:04	0:51:40	0:48:49	5:05:38
214	MHK	181	159	Siegfried	Sweers	55	Emder LG	0:46:47	0:46:35	0:48:41	1:01:22	0:52:42	0:49:35	5:05:46
215	MHK	182	1082	Helmut	Ludwig	58	LG Ostfriesland	0:47:14	0:45:53	0:48:24	1:01:16	0:52:57	0:49:59	5:05:46
216	MHK	183	1389	Günther	Freerks	69	TV Bunde	0:47:12	0:46:11	0:48:35	1:01:44	0:52:26	0:49:44	5:05:53
217	MHK	184	1268	Helmut	Reiter	64	Simonswolde	0:47:48	0:47:04	0:48:40	1:01:08	0:52:19	0:49:16	5:06:17
218	MHK	185	308	Kuno	Miethke	75	LT TuS Aurich-Ost	0:47:49	0:46:47	0:49:36	1:01:59	0:50:58	0:49:18	5:06:30
219	MHK	186	315	Uwe	Görtzen	65	Emder LG	0:47:09	0:46:03	0:49:20	1:01:16	0:53:05	0:49:44	5:06:38
220	MHK	187	79	Ewald	Wallerowitz	65	LG Ostfriesland	0:47:28	0:47:13	0:48:41	1:01:03	0:52:38	0:49:40	5:06:46

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	MHK	188	406	Peter	Ferdinand	70	RVB Aurich/Uplengen	0:48:12	0:46:54	0:48:50	1:00:49	0:52:31	0:49:35	5:06:52
222	MHK	189	1053	Friedhelm	Schröder	60	TV Norden	0:47:29	0:46:26	0:49:31	1:01:06	0:52:47	0:49:30	5:06:53
223	MHK	190	227	Jens	Middendorf	70	Gymnasium Rhaderfe	0:48:04	0:46:34	0:48:23	1:01:16	0:52:08	0:50:37	5:07:04
224	MHK	191	187	Roland	von Kentzi	48	TG Wiesmoor	0:46:25	0:46:36	0:49:03	1:02:03	0:52:47	0:50:09	5:07:04
225	MHK	192	1077	Richard	Bolte	59	LG Uplengen	0:47:19	0:46:35	0:49:51	1:01:21	0:52:44	0:49:36	5:07:28
226	MHK	193	261	Arne	Beitelmann	87	OLB Ostfriesland	0:48:42	0:47:03	0:48:57	1:01:07	0:52:53	0:48:54	5:07:39
227	MHK	194	277	Udo	Kattenbeck	66	Emder LG	0:47:43	0:47:18	0:48:35	1:01:57	0:52:21	0:49:48	5:07:44
228	MJ	34	293	Tom	Ihnen	95	LT TuS Aurich-Ost	0:48:30	0:46:31	0:48:09	1:00:38	0:54:57	0:49:02	5:07:50
229	MHK	195	91	Theodor	Hildebrandt	56	LG Ostfriesland	0:47:39	0:47:13	0:48:44	1:01:40	0:52:38	0:50:07	5:08:03
230	MHK	196	648	Hermann	Hinderks	68	Nordland Papier	0:48:39	0:47:28	0:49:04	1:01:44	0:51:58	0:49:19	5:08:14
231	MJ	35	139	Bernd	Heyen	91	Wi sünd Holtriem SV Oct	0:50:19	0:46:32	0:48:23	0:59:47	0:52:18	0:51:05	5:08:25
232	MHK	197	174	Ephard	Baumann	60	Polizei Leer	0:47:29	0:47:12	0:48:53	1:01:41	0:53:07	0:49:59	5:08:25
233	MHK	198	1055	Friedrich	Ellerbroek	58	TV Norden	0:47:43	0:46:54	0:49:39	1:01:29	0:52:39	0:49:59	5:08:25
234	MJ	36	1341	Lukas	Ochmann	92	VfL Jheringsfehn	0:50:25	0:49:03	0:47:49	1:01:43	0:51:06	0:48:18	5:08:26
235	MHK	199	226	Matthias	Böse	70	SV Stikkelkamp	0:47:33	0:47:08	0:48:50	1:01:58	0:52:30	0:50:26	5:08:29
236	MHK	200	1222	Stefan	Knottnerus-	65	Team ENERCON	0:49:58	0:47:24	0:48:49	1:01:15	0:52:00	0:49:13	5:08:41
237	MJ	37	285	Jannis	Langensiep	94	MTV Aurich	0:48:43	0:46:32	0:49:49	1:02:09	0:52:05	0:49:25	5:08:46
238	MHK	201	848	Benno	Ahrens	61	Nordland Papier	0:49:57	0:47:11	0:49:00	1:01:26	0:51:52	0:49:19	5:08:48
239	MHK	202	120	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:48:54	0:47:44	0:48:39	1:01:11	0:52:29	0:50:03	5:09:02
240	MJ	38	971	Rene	Buhr	93	VfL Ockenhausen	0:48:57	0:46:37	0:50:12	1:01:53	0:53:00	0:48:22	5:09:03
241	MHK	203	399	Holger	Wempen	75	BHC Consulting GmbH	0:47:17	0:47:09	0:49:30	1:01:27	0:53:31	0:50:10	5:09:06
242	MHK	204	195	Nanno	Janssen	67	Germania Leer	0:48:01	0:47:03	0:49:04	1:02:14	0:52:41	0:50:14	5:09:20
243	MHK	205	95	Marc	Sörensen	81	SV Wallinghausen	0:48:33	0:46:08	0:49:38	1:00:54	0:53:46	0:50:22	5:09:24
244	MHK	206	1285	Matthias	Brandt	80	Weeer	0:51:42	0:49:20	0:48:41	1:01:54	0:50:14	0:47:45	5:09:39
245	MHK	207	1296	Rüdiger	Seele	65	Aurich	0:47:03	0:47:49	0:48:41	1:02:41	0:53:20	0:50:14	5:09:50
246	MHK	208	711	Jens	Berghaus	59	LT TuS Aurich-Ost	0:47:00	0:46:53	0:49:46	1:02:05	0:53:36	0:50:29	5:09:52
247	MHK	209	190	Heinz	Schultz	49	VfR Heisfelde	0:47:15	0:47:09	0:49:15	1:02:36	0:53:16	0:50:22	5:09:55
248	MHK	210	1266	Günther	Klöver	83	BV Akelsberg	0:50:48	0:47:34	0:48:42	1:01:16	0:53:02	0:48:39	5:10:04
249	MHK	211	324	Herbert	Buscher	66	OV Breinermoor	0:47:24	0:47:11	0:49:22	1:02:12	0:52:57	0:51:12	5:10:21
250	MHK	212	386	Jens	Luerßen	65	TG BarBel e.V.	0:49:36	0:46:54	0:49:20	1:01:24	0:53:15	0:49:58	5:10:29
251	MHK	213	270	Alfred	Freeseaman	67	TV Oldersum	0:48:06	0:47:07	0:49:29	1:02:06	0:52:57	0:50:43	5:10:30
252	MJ	39	1314	Alexander	Windt	92	Realschule Esens	0:50:56	0:46:18	0:48:37	1:02:51	0:52:17	0:49:29	5:10:31
253	MHK	214	1240	Wilfried	Eichsteäd	76	DLRG Leer	0:47:50	0:47:18	0:49:00	1:00:45	0:55:43	0:49:54	5:10:33
254	MHK	215	1300	Michael	Taaks	78	TV Moorerland	0:47:52	0:47:20	0:49:34	1:02:06	0:52:57	0:50:43	5:10:34
255	MHK	216	1369	Edgar	Backer	65	LG Ostfriesland	0:54:14	0:46:41	0:48:30	1:01:00	0:51:09	0:49:01	5:10:37
256	MHK	217	503	Stefan	Schild	64	Hartmann Group	0:49:07	0:47:38	0:49:12	1:01:20	0:52:56	0:50:23	5:10:39
257	MHK	218	244	Rolf	Birkoben	52	TSV Riepe	0:48:15	0:47:56	0:49:15	1:02:06	0:53:03	0:50:08	5:10:45
258	MHK	219	245	Jörg-Hendri	Eilers	57	Moorerland	0:48:13	0:47:17	0:49:49	1:02:22	0:53:12	0:50:14	5:11:10
259	MHK	220	208	Gerhard	Leemhuis	79	FEG Hesel	0:49:18	0:47:28	0:50:23	1:02:30	0:52:45	0:48:50	5:11:15
260	MHK	221	390	Michael	Brand	63	KUH'S BEST-Team	0:48:35	0:47:44	0:49:13	1:02:10	0:53:19	0:50:18	5:11:22
261	MHK	222	1093	Manuel	Meyer	84	Sparkasse Aurich-Nord	0:47:27	0:47:41	0:49:46	1:02:35	0:54:04	0:49:53	5:11:28
262	MJ	40	866	Hilko	Christians	94	HRS Westerholt	0:48:44	0:46:57	0:48:48	1:01:41	0:55:33	0:49:45	5:11:29
263	MHK	223	196	Günter	Campen	74	Team ENERCON	0:49:20	0:47:48	0:50:11	1:01:40	0:52:19	0:50:10	5:11:30
264	MJ	41	150	Marcel	Bruns	90	SV Ochtersum	0:48:20	0:45:45	0:48:06	0:58:47	0:50:42	0:59:51	5:11:33
265	MHK	224	395	Carsten	Strasser	68	Firrel	0:48:29	0:46:54	0:50:03	1:02:44	0:52:51	0:50:45	5:11:48
266	MHK	225	304	Axel	Bunjes	60	Gymnasium Rhaderfe	0:48:34	0:47:51	0:50:07	1:01:18	0:53:42	0:50:18	5:11:52
267	MHK	226	1098	Jens	Kirchhoff	80	Team ENERCON	0:48:52	0:47:13	0:49:32	1:01:51	0:53:37	0:50:46	5:11:53
268	MHK	227	305	Josef	Wolbers	66	Deutsche Rentenversic	0:48:04	0:48:01	0:49:58	1:02:19	0:53:25	0:50:05	5:11:54
269	MHK	228	365	Günter	Müller	67		0:49:32	0:47:57	0:49:24	1:02:14	0:52:53	0:50:06	5:12:08
270	MHK	229	73	Matthias	Köhlke	74	Wi sünd Holtriem,SV Oct	0:46:40	0:46:49	0:49:59	1:02:57	0:54:20	0:51:33	5:12:22
271	MHK	230	1205	Peter	Windhaus	65	Westoverledingen	0:47:45	0:47:08	0:49:20	1:02:47	0:53:56	0:51:26	5:12:24
272	MHK	231	1	Stephan	Immega	84	Realschule Esens	0:51:28	0:48:49	0:50:28	1:01:04	0:51:39	0:48:55	5:12:24
273	MHK	232	1278	Enno	Hinrichs	61	LT TuS Aurich-Ost	0:47:02	0:48:17	0:50:02	1:03:52	0:53:13	0:50:04	5:12:32
274	MHK	233	321	Klaus	Thörner	64	obw Emden	0:48:27	0:47:52	0:49:06	1:02:29	0:54:19	0:50:25	5:12:41
275	MHK	234	266	Theo	Ulrichs	50	Ogenbargen	0:48:50	0:47:46	0:50:30	1:01:19	0:53:55	0:50:25	5:12:48

28. Ostfriesland Lauf 2009

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22. Mai 2009

Endstand nach 6 Etappen

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	MHK	235	1337	Fritz	Büscher	54	LG-Glave-Gruppe	0:48:39	0:48:05	0:50:04	1:02:08	0:53:18	0:50:37	5:12:53
277	MHK	236	176	Onno	Baumann	68	Leinerstift e. V.	0:46:28	0:47:28	0:51:38	1:02:47	0:54:18	0:50:18	5:13:00
278	MHK	237	420	Berthold	Strömer	56	LT TuS Aurich-Ost	0:47:46	0:47:31	0:50:18	1:02:09	0:54:04	0:51:11	5:13:01
279	MHK	238	572	Frank	Krauledat	69	Emder LG	0:48:20	0:47:12	0:50:13	1:01:45	0:54:07	0:51:23	5:13:03
280	MHK	239	318	Markus	Carstens	76	Team ENERCON	0:50:40	0:47:04	0:49:07	1:01:15	0:53:28	0:52:14	5:13:50
281	MHK	240	604	Frank	Habben	70	VfB Münkeboe	0:48:50	0:47:19	0:49:29	1:02:29	0:54:12	0:51:32	5:13:53
282	MHK	241	742	Gerold	Müller	53	Sparkasse Aurich-Nord	0:48:28	0:47:56	0:49:48	1:02:44	0:53:52	0:51:11	5:14:00
283	MHK	242	156	Thomas	Heinzmann	73	Papenburg	0:47:59	0:47:28	0:49:15	1:01:57	0:54:17	0:53:13	5:14:12
284	MJ	42	959	Axel	Rieken	91	NIGE	0:47:24	0:46:27	0:49:28	1:07:06	0:53:17	0:50:32	5:14:17
285	MHK	243	322	Olaf	Gerdas	72	TSV Riepe	0:48:54	0:48:52	0:50:47	1:02:21	0:53:23	0:50:01	5:14:20
286	MHK	244	673	Manni	Gerjets	60	RVB Aurich/Uplengen	0:49:17	0:47:38	0:49:41	1:03:44	0:53:29	0:50:53	5:14:44
287	MHK	245	491	Hayo	Eggers	65	Team ENERCON	0:51:34	0:49:11	0:48:56	1:03:04	0:52:16	0:49:51	5:14:53
288	MHK	246	379	Heiner	Friedrichs	77	Team ENERCON	0:50:57	0:47:58	0:50:24	1:01:58	0:53:01	0:50:33	5:14:54
289	MHK	247	1276	Uwe	Grimm	69	VfL Berumbur	0:48:49	0:47:52	0:50:02	1:02:59	0:54:07	0:51:17	5:15:09
290	MHK	248	163	Folkert	Redenius	57	LT Tura 07 Westrauder	0:47:45	0:48:02	0:51:35	1:04:12	0:53:29	0:50:05	5:15:10
291	MHK	249	328	Detlef	Stanke	54	TSG Westerstede	0:47:53	0:48:04	0:50:02	1:03:26	0:54:21	0:51:38	5:15:27
292	MHK	250	269	Dieter	Saathoff	60	TG Wiesmoor	0:48:37	0:47:51	0:49:55	1:03:08	0:54:27	0:51:28	5:15:28
293	MHK	251	342	Volker	Lowin	55	BBS 1 Aurich	0:50:17	0:48:02	0:49:52	1:02:16	0:54:26	0:50:45	5:15:39
294	MHK	252	188	Heini	Martens	63	Stedesdorf	0:48:02	0:47:34	0:50:09	1:03:45	0:54:31	0:51:53	5:15:55
295	MHK	253	331	Andreas	Blaurock	68	obw Emden	0:49:14	0:49:00	0:50:27	1:02:40	0:53:47	0:50:50	5:16:00
296	MHK	254	286	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:27	0:49:31	0:49:11	1:02:56	0:54:17	0:51:42	5:16:07
297	MHK	255	169	Andreas	Janßen	67	SV Stikkelkamp	0:51:16	0:49:15	0:50:57	1:01:37	0:53:03	0:50:00	5:16:08
298	MHK	256	380	Gerd	Romaneeß	63	Theater Brockzetel-Wie	0:47:59	0:47:21	0:50:03	1:04:49	0:54:40	0:51:50	5:16:44
299	MHK	257	1199	Hillers	Detlef	69	IGS Aurich WEST	0:49:50	0:48:09	0:50:08	1:03:03	0:54:02	0:51:30	5:16:44
300	MHK	258	410	Philipp	Federkeil	56	SV Sprint WOL	0:48:48	0:48:03	0:50:05	1:04:34	0:55:01	0:50:14	5:16:46
301	MHK	259	439	Torsten	Gensicke	67	Wiesmoor	0:49:44	0:48:54	0:50:17	1:03:03	0:53:58	0:50:52	5:16:51
302	MHK	260	766	Hans	Feimann	66	Nordland Papier	0:50:51	0:49:13	0:50:43	1:02:31	0:52:45	0:50:48	5:16:52
303	MHK	261	239	Jan-Bernd	Beekmann	67	Großwolde	0:47:06	0:47:16	0:51:47	1:04:17	0:55:24	0:51:08	5:16:59
304	MHK	262	1087	Wilfried	Janssen	61	Sparkasse LeerWittmun	0:48:34	0:48:03	0:49:57	1:03:58	0:54:34	0:51:52	5:17:00
305	MHK	263	1342	Johannes	Weers	54	VfB Uplengen	0:49:30	0:47:58	0:50:27	1:03:50	0:54:01	0:51:15	5:17:02
306	MHK	264	529	Wilhelm	Martens	57	Uplengen	0:49:31	0:48:08	0:50:54	1:03:35	0:54:18	0:50:36	5:17:05
307	MJ	43	1248	Aike	Holl	91	SV Potshausen	0:48:15	0:47:11	0:50:54	1:04:57	0:54:24	0:51:29	5:17:13
308	MHK	265	332	Hans-Herm	Joachim	50	Team Erdinger Alkohol	0:49:53	0:48:11	0:50:31	1:03:07	0:54:17	0:51:36	5:17:37
309	MHK	266	851	Rainer	Dickmann	70	Nordland Papier	0:49:32	0:47:59	0:50:26	1:03:40	0:53:56	0:52:08	5:17:43
310	MHK	267	621	Reiner	Heinks	61	TV Norden	0:48:45	0:48:16	0:50:52	1:03:04	0:54:31	0:52:16	5:17:46
311	MHK	268	336	Detlef	Penske	65	BBS 1 Aurich	0:49:34	0:48:03	0:49:54	1:03:21	0:55:03	0:52:14	5:18:12
312	MHK	269	1301	Philipp	Olthoff	66	Emden	0:49:23	0:48:24	0:49:54	1:03:51	0:55:22	0:51:24	5:18:20
313	MHK	270	352	Jochen	Nanninga	64	TV Norden	0:48:13	0:49:15	0:51:04	1:03:34	0:54:34	0:51:53	5:18:34
314	MHK	271	211	Andy	Albers	83	VfB Münkeboe	0:48:30	0:48:20	0:50:25	1:04:24	0:55:05	0:51:56	5:18:43
315	MHK	272	1383	Jakobus	Wirringa	57	Oldenburg	0:48:53	0:48:32	0:50:53	1:04:41	0:54:20	0:51:26	5:18:48
316	MHK	273	283	Albert	Bronsema	56	Fitness-World, Emden	0:49:39	0:48:35	0:50:35	1:04:42	0:54:06	0:51:11	5:18:50
317	MHK	274	248	Siegfried	Weber	62	Team Möbel Buss	0:49:47	0:48:16	0:50:16	1:03:57	0:54:21	0:52:20	5:19:00
318	MHK	275	530	Rolf	Bauer	68	Nordland Papier	0:49:59	0:48:13	0:50:25	1:04:51	0:53:16	0:52:17	5:19:04
319	MHK	276	223	Alwin	Janssen	70	Peiers	0:50:42	0:49:03	0:51:14	1:04:01	0:53:46	0:50:18	5:19:07
320	MHK	277	457	Heiko	Peters	64	Team Möbel Buss	0:50:25	0:48:17	0:50:21	1:04:28	0:54:22	0:51:20	5:19:15
321	MHK	278	1317	Frank	Duhlies	60	Tauchclub Beluga Auri	0:48:29	0:47:48	0:50:07	1:02:43	0:55:30	0:54:40	5:19:19
322	MHK	279	1092	Frank	Siemens	74	Hinte	0:48:41	0:47:54	0:52:02	1:03:27	0:54:36	0:52:38	5:19:21
323	MJ	44	1247	Hendrik	Holl	95	Pohhausen	0:52:36	0:47:08	0:50:52	1:03:51	0:54:21	0:50:32	5:19:24
324	MHK	280	1292	Torsten	Müller	69	Agravis Ems Jade Esen	0:50:23	0:48:09	0:51:30	1:03:52	0:54:08	0:51:22	5:19:27
325	MHK	281	592	Ralf-Christia	Besemann	70	Wittmund	0:51:37	0:49:57	0:50:05	1:03:09	0:54:20	0:50:18	5:19:29
326	MHK	282	320	Manfred	Meyer	63	Papenburg	0:49:11	0:48:08	0:50:04	1:04:38	0:54:59	0:52:33	5:19:35
327	MJ	45	409	Jan-Peter	Beekmann	96	Gymnasium Rhauferde	0:49:21	0:46:37	0:50:15	1:04:19	0:53:02	0:56:04	5:19:39
328	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	0:51:18	5:19:44
329	MHK	283	134	Jürgen	Sporré	55	Evang.-reform. Kirche	0:48:37	0:48:36	0:50:20	1:04:39	0:56:12	0:51:19	5:19:45
330	MHK	284	1237	Johannes	Kaspar	86	4./ObjSRgt Lw	0:53:05	0:47:59	0:50:29	1:03:53	0:53:48	0:50:33	5:19:49

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Endstand nach 6 Etappen

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	MHK	285	400	Klaus	Frohling	72	Ludwigsdorf	0:50:48	0:48:53	0:51:03	1:03:47	0:54:20	0:51:00	5:19:53
332	MHK	286	265	Simon	Sühwold	71	Leer	0:47:30	0:47:30	0:53:01	1:04:50	0:54:42	0:52:27	5:20:01
333	MHK	287	316	Hartmut	Schmidt	62	Team ENERCON	0:49:24	0:48:53	0:50:16	1:04:01	0:55:33	0:51:57	5:20:06
334	MHK	288	199	Gretus	Hoofdmann	63	Störtebeker Loopers TV	0:48:21	0:48:38	0:50:59	1:03:58	0:55:26	0:52:44	5:20:09
335	MHK	289	300	Matthias	Adick	62	Auricher Taxen Zentrale	0:48:27	0:48:14	0:52:12	1:04:00	0:54:46	0:52:29	5:20:12
336	MHK	290	1257	Rainer	Bohlen	87	RVB Aurich/Uplengen	0:49:18	0:47:50	0:52:26	1:04:16	0:54:58	0:51:34	5:20:25
337	MHK	291	1089	Johann	Sandersfeld	55	LG Uplengen	0:49:12	0:48:26	0:51:20	1:04:20	0:54:45	0:52:24	5:20:30
338	MHK	292	335	Wilfried	Harms	64	Team ENERCON	0:48:33	0:48:11	0:51:18	1:04:20	0:55:37	0:52:28	5:20:30
339	MHK	293	1141	Matthias	Oldewurtel	72	Bauunternehmen Oldew	0:52:10	0:49:04	0:50:48	1:03:24	0:53:54	0:51:12	5:20:35
340	MHK	294	317	Hermann	Boekhoff	61	SV Bentstreek	0:49:21	0:49:11	0:50:42	1:04:30	0:54:58	0:51:57	5:20:41
341	MHK	295	1271	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:48:09	0:48:12	0:50:59	1:02:28	0:56:53	0:53:59	5:20:41
342	MJ	47	1388	Alexander	Zietlow	92	FCSO	0:49:30	0:48:10	0:51:08	1:05:06	0:54:37	0:52:19	5:20:52
343	MHK	296	1085	Ludger	Herzog	55	STV Barßel	0:49:17	0:48:32	0:50:44	1:04:02	0:55:35	0:52:47	5:20:59
344	MJ	48	437	Timo	Janßen	90	NIGE	0:49:39	0:47:41	0:52:03	1:04:48	0:54:25	0:52:29	5:21:06
345	MHK	297	183	Helmut	Meyerhoff	62	LG Ostfriesland	0:49:55	0:48:53	0:51:13	1:04:34	0:54:28	0:52:28	5:21:34
346	MJ	49	1244	Thomas	Janssen	91	SV Potshausen	0:48:09	0:51:29	0:50:44	1:04:54	0:54:21	0:51:56	5:21:35
347	MHK	298	967	Bernd	Poppen	72	Team ENERCON	0:51:51	0:48:18	0:52:49	1:02:39	0:55:08	0:50:58	5:21:45
348	MHK	299	1094	Carsten	Kreienbrock	68	Briese Schifffahrt	0:48:54	0:49:55	0:50:45	1:04:54	0:55:20	0:52:01	5:21:51
349	MHK	300	135	Arend	Koop	60	Weener Plastik AG	0:49:04	0:49:13	0:50:37	1:04:31	0:55:55	0:52:31	5:21:54
350	MHK	301	1088	Bernd	Ubben	59	ubben-haus Laufteam	0:49:45	0:49:30	0:50:38	1:04:13	0:55:18	0:52:29	5:21:55
351	MHK	302	469	Stefan	Voogd	74	Polizei Leer	0:50:30	0:48:21	0:50:54	1:03:04	0:57:26	0:51:53	5:22:10
352	MHK	303	438	Alfred	Scheepker	54	TV Norden	0:49:12	0:48:10	0:50:38	1:05:16	0:55:20	0:53:36	5:22:14
353	MHK	304	1204	Lutz	Günsel	69	Druckerei Meyer, Aurich	0:50:06	0:48:48	0:50:46	1:05:04	0:55:25	0:52:09	5:22:20
354	MHK	305	1215	Jc	Coordes	69	Team ENERCON	0:49:40	0:48:41	0:50:44	1:06:31	0:54:48	0:51:59	5:22:26
355	MHK	306	384	Jörg	Ottersberg	70	Dwarloopers Spetzerf	0:49:47	0:49:50	0:51:04	1:04:28	0:55:06	0:52:10	5:22:28
356	MJ	50	657	Jens	Weets	92	Holtgast	0:50:26	0:47:53	0:53:12	1:06:33	0:54:54	0:49:34	5:22:35
357	MJ	51	1299	Nils	Henken	94	KGS GroBefehn	0:51:24	0:48:34	0:50:50	1:05:02	0:54:27	0:52:16	5:22:37
358	MHK	307	1373	Ludwig	Hummerich	60	Emder LG	0:51:47	0:48:55	0:51:34	1:04:08	0:53:58	0:52:14	5:22:37
359	MJ	52	1164	Markus	Ohling	92	HTG Ihlow	0:52:43	0:48:07	0:52:38	1:02:54	0:53:57	0:52:19	5:22:41
360	MHK	308	344	Theo	Goldsweer	53	TUS Collinghorst	0:49:11	0:49:40	0:50:50	1:05:03	0:55:39	0:52:26	5:22:51
361	MHK	309	179	Ingo	Renken	67	TV Friedeburg	0:50:23	0:48:55	0:50:49	1:04:55	0:55:20	0:52:38	5:23:02
362	MHK	310	1099	Volker	Feldkamp	60	Schule am Deich	0:50:20	0:49:18	0:50:56	1:03:41	0:55:32	0:53:18	5:23:06
363	MHK	311	339	Heinrich	Winter	57	LT TuS Aurich-Ost	0:50:03	0:48:44	0:51:48	1:05:07	0:55:14	0:52:13	5:23:10
364	MHK	312	575	Hermann	Welp	66	Stadt Weener gegen Gev	0:49:41	0:47:23	0:49:18	1:05:14	0:59:25	0:52:22	5:23:25
365	MJ	53	1304	Kevin	Pree	93	Realschule Esens	0:51:49	0:48:54	0:51:23	1:05:03	0:54:45	0:51:32	5:23:28
366	MHK	313	78	Rolf	Steinke	67	SV Warsingsfehn	0:50:08	0:49:39	0:51:51	1:04:37	0:54:58	0:52:23	5:23:38
367	MHK	314	1128	Michael	de Vries	72	quid pro quo	0:51:21	0:49:39	0:51:29	1:05:07	0:54:42	0:51:40	5:24:00
368	MHK	315	1281	Mike	Rost	63	PI Wilhelmshaven/Fries	0:49:26	0:50:15	0:51:28	1:05:14	0:55:21	0:52:21	5:24:07
369	MHK	316	1315	Bernd	Frieden	68	LT TuS Aurich-Ost	0:50:31	0:49:30	0:51:33	1:04:03	0:55:50	0:52:44	5:24:13
370	MJ	54	1306	Patrick	Janßen	93	Realschule Esens	0:51:41	0:49:29	0:52:22	1:04:13	0:55:02	0:51:52	5:24:42
371	MHK	317	1328	Helmut	Bobka	58	Ihlow	0:48:37	0:49:19	0:51:24	1:06:42	0:56:06	0:52:37	5:24:47
372	MHK	318	355	Friedrich	Folkerts	65	FFw Hollen	0:50:11	0:49:36	0:51:38	1:05:03	0:55:41	0:52:44	5:24:55
373	MHK	319	189	Harald	Schmidt	69	Wi sünd Holtriem	0:50:45	0:49:52	0:52:04	1:04:14	0:56:08	0:51:54	5:24:59
374	MHK	320	536	Heinz	Rohden	63	Wi sünd Holtriem SV Oct	0:50:08	0:49:02	0:52:14	1:03:58	0:55:44	0:53:51	5:24:59
375	MHK	321	377	Arno	Dreesman	76	Nendorp	0:49:12	0:48:13	0:50:53	1:08:35	0:55:46	0:52:28	5:25:10
376	MHK	322	1032	Johann	Reiners	59	Lions Club Uplengen	0:49:28	0:49:07	0:51:58	1:05:57	0:56:19	0:52:35	5:25:28
377	MHK	323	431	Richard	Kölber	66	TV Norden	0:51:48	0:49:24	0:51:44	1:04:51	0:55:19	0:52:30	5:25:39
378	MHK	324	434	Manfred	Cordes	60	Wiesmoor	0:50:13	0:49:25	0:51:13	1:05:57	0:55:44	0:53:08	5:25:41
379	MHK	325	1200	Arno	Saathoff	66	Werdum	0:51:31	0:49:55	0:52:25	1:04:17	0:55:01	0:52:37	5:25:49
380	MHK	326	678	Daniel	Sanders	79	GroBefehn	0:51:46	0:50:33	0:52:02	1:04:27	0:55:05	0:52:10	5:26:07
381	MHK	327	1295	Michael	Schardt	54	Schwarz-Weiß Oldenbur	0:49:49	0:50:20	0:52:05	1:03:59	0:55:19	0:54:34	5:26:08
382	MHK	328	361	Horst	Schneider	55	Kein / Norden	0:51:03	0:49:51	0:52:15	1:05:24	0:55:10	0:52:29	5:26:14
383	MHK	329	922	Bernd	Harms	79	RVB Aurich/Uplengen	0:50:49	0:49:00	0:50:50	1:07:10	0:55:39	0:52:47	5:26:17
384	MHK	330	222	Sven	Meyering	74	Frisia Loga III	0:48:42	0:49:13	0:55:27	1:05:18	0:55:32	0:52:12	5:26:27
385	MHK	331	1084	Andreas	Müller-Deck	61	TSR Olympia Wilhelms	0:47:43	0:47:57	0:50:52	1:03:38	0:54:56	1:01:37	5:26:45

28. Ostfriesland Lauf 2009

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Endstand nach 6 Etappen

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	MHK	332	313	Jörg	Hero	69	TCB Bremen	0:49:56	0:49:48	0:51:00	1:06:41	0:56:05	0:53:13	5:26:46
387	MHK	333	523	Gerold	Petersen	74	Großheide	0:50:23	0:49:45	0:52:01	1:05:18	0:56:45	0:52:32	5:26:47
388	MHK	334	443	Wolfgang	Friedrich	63	Leinerstift e.V.	0:50:30	0:49:34	0:52:00	1:05:18	0:55:53	0:53:30	5:26:47
389	MHK	335	249	Jens	Fecht	68	Apen	0:50:38	0:48:55	0:52:35	1:05:08	0:56:42	0:52:47	5:26:49
390	MJ	55	654	Marco	Fauerbach	93	Wi sünd Holtriem	0:54:12	0:49:59	0:52:03	1:03:58	0:55:07	0:51:47	5:27:08
391	MHK	336	1195	Andy	Strümpel	72	Autohaus Tekken	0:50:41	0:49:26	0:52:07	1:05:29	0:56:38	0:53:12	5:27:34
392	MHK	337	641	Johann	Nörder	61	EWE Wattloopers	0:50:23	0:49:38	0:52:03	1:05:16	0:56:57	0:53:17	5:27:36
393	MHK	338	464	Ansgar	Schulte	73	Weener Plastik AG	0:51:13	0:51:03	0:52:34	1:04:35	0:55:43	0:52:34	5:27:44
394	MHK	339	630	Jörg	Peters	66	Nortmoor	0:50:16	0:49:36	0:53:00	1:04:59	0:56:24	0:53:43	5:28:00
395	MHK	340	422	Manfred	Erfkamp	59	Ruder-Club Leer	0:50:18	0:49:26	0:51:58	1:06:28	0:56:07	0:53:42	5:28:01
396	MJ	56	1233	Olaf	Frerichs	94	HRS Westerholt	0:56:43	0:49:26	0:51:44	1:03:38	0:56:37	0:49:52	5:28:02
397	MJ	57	1310	Patrick	van de Kam	91	Realschule Esens	0:53:59	0:49:04	0:50:33	1:05:04	0:55:32	0:53:52	5:28:06
398	MHK	341	290	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:50:43	0:49:41	0:52:25	1:05:13	0:56:40	0:53:36	5:28:22
399	MHK	342	182	Alfred	Scholz	53	Emder LG	0:50:37	0:49:31	0:52:43	1:05:55	0:56:22	0:53:22	5:28:33
400	MJ	58	1308	Arne	Willms	92	Realschule Esens	0:55:30	0:48:13	0:52:51	1:05:18	0:55:24	0:51:27	5:28:44
401	MHK	343	368	Thomas	Eiken	87	Ländlicher Versicherung	0:52:07	0:50:10	0:52:27	1:05:10	0:56:55	0:51:54	5:28:46
402	MHK	344	296	Achim	Beckers	59	Germania Leer	0:52:19	0:50:13	0:53:25	1:05:03	0:55:50	0:52:08	5:29:00
403	MHK	345	311	Weert-Peter	Prikker	59	Holtland	0:50:28	0:50:09	0:52:43	1:05:50	0:56:50	0:53:03	5:29:06
404	MHK	346	143	Christian	Arens	81	TSV Riepe	0:52:47	0:51:10	0:52:28	1:05:10	0:55:43	0:51:52	5:29:12
405	MHK	347	264	Gerold	Severiens	48	Fortuna Logabirum	0:50:33	0:50:00	0:52:41	1:06:39	0:56:21	0:52:58	5:29:14
406	MHK	348	292	Jens	Brauer	67	Weener Plastik AG	0:52:02	0:50:46	0:51:15	1:05:28	0:56:15	0:53:35	5:29:23
407	MJ	59	1165	Lukas	Zager	94	HTG Ihlow	0:52:41	0:48:10	0:55:01	1:05:36	0:55:17	0:52:35	5:29:23
408	MHK	349	1367	Heiner	Saathoff	80	ELV Elektronik AG	0:52:19	0:51:12	0:52:21	1:06:04	0:55:03	0:52:23	5:29:24
409	MHK	350	363	Drees	Janssen	62	LG Ostfriesland	0:49:59	0:49:44	0:52:32	1:06:50	0:56:04	0:54:14	5:29:25
410	MHK	351	98	Günter	Möller	68	Sportschule TAO	0:54:17	0:50:22	0:51:05	1:05:10	0:56:04	0:52:26	5:29:27
411	MJ	60	1167	Jörg	Gerdes	92	HTG Ihlow	0:54:52	0:48:16	0:50:55	1:05:58	0:56:48	0:52:40	5:29:32
412	MJ	61	1201	Henning	Frerichs	90	Sportzentrum Crocodile	0:50:02	0:50:31	0:52:29	1:07:45	0:56:30	0:52:14	5:29:34
413	MHK	352	734	Helmut	Mäcken	78	Großbefehn	0:50:48	0:48:24	0:52:19	1:04:31	0:58:27	0:55:19	5:29:49
414	MHK	353	357	Hinrich	Rahn	73	LT TuS Aurich-Ost	0:51:41	0:50:45	0:52:16	1:06:01	0:56:22	0:52:56	5:30:03
415	MHK	354	1202	Manfred	Mohlmann	64	SC Wiesens	0:49:59	0:49:17	0:52:22	1:07:39	0:56:45	0:54:00	5:30:03
416	MHK	355	499	Michael	Groß	84	Team ENERCON	0:49:29	0:50:08	0:51:15	1:05:02	0:55:27	0:58:48	5:30:13
417	MHK	356	200	Jakobus	Hofmann	54	Weener Plastik AG	0:49:35	0:50:08	0:51:08	1:05:03	0:58:19	0:56:03	5:30:18
418	MHK	357	353	Josef	Baalmann	61	LT TuS Aurich-Ost	0:51:48	0:51:26	0:52:05	1:06:24	0:56:08	0:52:27	5:30:19
419	MHK	358	448	August	Jeron	56	LT TuS Aurich-Ost	0:51:46	0:50:15	0:52:30	1:06:16	0:56:48	0:52:43	5:30:21
420	MHK	359	779	Ehrenfried	Lüken	64	Ochtersum	0:52:47	0:51:33	0:51:40	1:05:13	0:55:51	0:53:15	5:30:22
421	MJ	62	527	Nikolai	Vossen	91	NIGE	0:54:23	0:50:15	0:53:26	1:05:44	0:55:16	0:51:31	5:30:38
422	MHK	360	216	Florian	Krohs	78	OFFIS	0:53:02	0:51:21	0:50:54	1:06:48	0:56:11	0:52:20	5:30:39
423	MHK	361	267	Hans-Jürge	Gippert	44	TG Wiesmoor	0:50:51	0:50:28	0:52:36	1:06:44	0:56:01	0:54:05	5:30:47
424	MHK	362	597	Bernd	Kruse	67	SV Stikerkamp	0:52:57	0:50:06	0:52:43	1:06:07	0:56:00	0:52:54	5:30:50
425	MHK	363	441	Martin	Thoben	70	ELV Elektronik AG	0:50:44	0:50:07	0:53:00	1:06:09	0:56:39	0:54:24	5:31:05
426	MHK	364	125	Johann	Lammers	63	SV Holtland	1:04:59	0:48:05	0:50:41	1:02:18	0:53:38	0:51:25	5:31:08
427	MJ	63	1119	Patrick	Francovich	93	HTG Ihlow	0:47:56	0:47:30	0:51:05	1:05:15	1:04:48	0:54:34	5:31:10
428	MHK	365	700	Johann	Harms	57	LT TuS Aurich-Ost	0:51:46	0:50:12	0:53:35	1:06:58	0:56:18	0:52:27	5:31:18
429	MJ	64	701	Okko	Harms	94	Gymnasium Ulricianum /	0:51:45	0:50:13	0:53:35	1:06:58	0:56:18	0:52:26	5:31:18
430	MHK	366	419	Kersten	Kiesé	64	TuS Esens	0:50:12	0:50:36	0:52:33	1:05:56	0:57:15	0:54:47	5:31:21
431	MHK	367	502	Egbert	de Groot	82	Team ENERCON	0:52:41	0:50:30	0:53:40	1:05:19	0:56:20	0:52:53	5:31:25
432	MHK	368	474	Manfred	Schulte	71	Nordland Papier	0:51:28	0:50:01	0:53:12	1:05:53	0:57:06	0:53:48	5:31:31
433	MJ	65	1261	Janek	Freudenber	96	Ulricianum Aurich	0:53:31	0:50:07	0:52:49	1:07:07	0:54:51	0:53:06	5:31:33
434	MHK	369	309	Volker	Griesheimer	61	LG Glave Gruppe	0:50:49	0:49:55	0:53:29	1:05:23	0:57:41	0:54:20	5:31:40
435	MHK	370	333	Michael	Daniel	59	Emder LG	1:00:39	0:49:22	0:50:53	1:04:34	0:54:28	0:51:55	5:31:53
436	MJ	66	524	Jan-Hauke	Rahmann	93	SV Ochtersum	0:54:49	0:48:42	0:52:51	1:01:09	1:00:05	0:54:19	5:31:58
437	MHK	371	585	Andre	Woortmann	64	Westoverledingen	0:51:51	0:50:44	0:52:10	1:06:14	0:57:34	0:53:36	5:32:11
438	MHK	372	412	Rainer	Finken	58	Laufftreff SV Ofenerndiek	0:52:30	0:50:07	0:52:40	1:09:03	0:55:51	0:52:03	5:32:15
439	MJ	67	1336	Jochen	Feecken	90	TV Norden	0:52:30	0:50:43	0:52:08	1:07:04	0:55:11	0:54:48	5:32:25
440	MJ	68	599	Hendrik	Rogge	90	SV Bentstreek	0:51:20	0:50:10	0:54:10	1:05:48	0:57:35	0:53:19	5:32:25

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	MJ	69	1115	Klaas	Soeken	91	BBS II Aurich	0:51:54	0:50:11	0:51:55	1:05:52	0:55:36	0:56:55	5:32:26
442	MHK	373	1127	Daniel	Fischer	80	Briese Schifffahrt	0:52:59	0:54:39	0:51:34	1:04:34	0:55:44	0:53:15	5:32:48
443	MHK	374	480	Andreas	Schneider	61	Aurich	0:48:47	0:48:22	1:00:08	1:09:19	0:54:08	0:52:13	5:33:01
444	MHK	375	97	Christian	Merl	57	Papenburg	0:45:10	0:45:41	0:54:24	1:05:45	0:55:24	1:06:40	5:33:06
445	MHK	376	354	Volker	Rieken	67	Kurverein Neuharlingers	0:52:48	0:50:42	0:52:27	1:07:03	0:57:03	0:53:03	5:33:09
446	MHK	377	403	Hermann	Middendorf	61	Papenburg	0:50:57	0:50:21	0:53:03	1:07:29	0:57:39	0:53:42	5:33:13
447	MHK	378	649	Thomas	Schaffrath	66	Nordland Papier	0:52:32	0:49:48	0:52:32	1:07:42	0:56:49	0:53:48	5:33:14
448	MHK	379	1050	Graif	Glamann-S	65	TV Norden	0:51:29	0:50:18	0:52:21	1:04:58	0:56:01	0:58:16	5:33:24
449	MHK	380	1081	Andreas	Kerker	66	Heimatblatt	0:51:08	0:51:17	0:53:21	1:06:52	0:57:23	0:53:32	5:33:35
450	MHK	381	920	Michael	Sanders	80	Bünting Tee	0:52:31	0:49:27	0:51:44	1:07:12	0:59:38	0:53:02	5:33:36
451	MHK	382	494	Hannes	Pott	54	VfL Germania Leer	0:52:14	0:50:05	0:52:12	1:05:27	0:58:33	0:55:05	5:33:38
452	MHK	383	402	Thorsten	Gastmann	81	Team ENERCON	0:53:06	0:50:45	0:52:47	1:06:08	0:56:39	0:54:12	5:33:39
453	MHK	384	397	Hartmut	Krzatala	68	Emden	0:52:24	0:51:11	0:53:50	1:06:15	0:56:41	0:53:16	5:33:39
454	MHK	385	520	Helmut	Bruns	51	TuS Eintracht Hinte	0:51:51	0:52:05	0:53:06	1:06:44	0:56:32	0:53:26	5:33:45
455	MHK	386	404	Siegfried	Tannen	56	Wittmund	0:51:38	0:51:30	0:53:14	1:06:40	0:56:44	0:53:58	5:33:45
456	MHK	387	1074	Eckhard	Schröder	60	Heimatblatt	0:52:03	0:50:58	0:53:28	1:06:52	0:56:39	0:53:47	5:33:49
457	MJ	70	570	Pascal	Immen	90	NIGE	0:53:55	0:49:35	0:52:29	1:07:26	0:57:46	0:52:38	5:33:51
458	MHK	388	370	Ingo	Janßen	67	Fun-Loopers	0:51:26	0:51:07	0:53:20	1:07:08	0:56:59	0:53:51	5:33:53
459	MHK	389	356	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	0:51:31	0:50:57	0:53:18	1:06:29	0:57:38	0:53:58	5:33:53
460	MJ	71	761	Johann	Niklaus	90	NIGE	0:52:17	0:49:50	0:52:29	1:08:12	0:57:03	0:54:09	5:34:02
461	MHK	390	774	Andreas	Klene	76	Team ENERCON	0:54:15	0:50:26	0:52:48	1:06:37	0:55:46	0:54:12	5:34:05
462	MHK	391	791	Karl-Heinz	Benner	54	Ihlow	0:51:02	0:49:18	0:53:08	1:06:28	0:57:58	0:56:16	5:34:12
463	MHK	392	185	Erwin	Flessner	68	Tus Holtriem	0:54:05	0:51:03	0:51:29	1:03:38	0:56:49	0:57:05	5:34:12
464	MHK	393	556	Sebastian	Heibült	75	Akkasakka Ostfriesl	0:51:32	0:50:32	0:53:13	1:07:06	0:57:03	0:54:55	5:34:23
465	MHK	394	251	Michael	Ahrendt	70	Watt'n Looper SV Dornu	0:47:40	0:46:00	1:09:41	1:02:49	0:55:15	0:52:57	5:34:24
466	MHK	395	421	Reiner	Schoon	64	LG Grobfehn	0:50:54	0:50:39	0:53:53	1:07:13	0:57:10	0:54:35	5:34:27
467	MHK	396	282	Friedrich	Temme	68	Pewsumer Ossilooper	0:51:28	0:49:45	0:53:40	1:05:43	0:58:59	0:54:49	5:34:27
468	MHK	397	1284	Wichert	Brüsehoff	66	TV Oldersum	0:51:57	0:51:35	0:53:50	1:06:59	0:56:22	0:53:41	5:34:28
469	MHK	398	573	Andreas	Broek	75	Stadt Weener gegen Gev	0:52:44	0:50:41	0:52:42	1:05:14	0:59:14	0:53:55	5:34:32
470	MHK	399	1362	Johann	Grüßing	58	LG Uplengen	0:52:05	0:51:28	0:53:13	1:06:36	0:57:16	0:53:55	5:34:35
471	MHK	400	790	Franz	Beregszaszi	55	Aurich	0:51:04	0:50:01	0:53:08	1:06:08	0:57:58	0:56:17	5:34:39
472	MHK	401	605	Dieter	Leemhuis	87	ELV Elektronik AG	0:51:35	0:50:50	0:53:59	1:08:15	0:56:59	0:53:02	5:34:42
473	MHK	402	1116	Freerk-H.	Hoek	56	TUS Wieder	0:52:57	0:51:13	0:54:07	1:06:15	0:56:18	0:53:51	5:34:43
474	MHK	403	287	Hartmut	Penning	51	DRK Ortsverein Holtla	0:53:08	0:51:19	0:52:34	1:06:54	0:56:31	0:54:21	5:34:48
475	MHK	404	346	Lars	Wöllenstein	74	obw Emden	0:52:14	0:50:50	0:53:02	1:06:41	0:57:16	0:54:50	5:34:55
476	MHK	405	458	Frank	Leeling	68	Emder LG	0:53:01	0:51:00	0:53:52	1:06:24	0:56:46	0:53:51	5:34:58
477	MHK	406	1327	Hans-Herm	Brink	67	FC Frisia Völlenerkönigs	0:51:06	0:49:45	0:56:53	1:07:18	0:57:22	0:52:33	5:34:59
478	MHK	407	230	Frank	Ziegler	67	TEAM DEUTSCHE POS	0:51:29	0:50:52	0:53:40	1:07:34	0:57:01	0:54:31	5:35:08
479	MHK	408	643	Thomas	Bolte	65	EWE Wattloopers	0:53:07	0:51:55	0:53:11	1:07:33	0:56:12	0:53:28	5:35:28
480	MHK	409	325	Tim	Schlichter	87	Hartmann Group	0:53:08	0:52:52	0:54:36	1:06:21	0:57:00	0:51:42	5:35:42
481	MHK	410	393	Rainer	Broß	69	SV Ems Jemgum	0:52:40	0:52:15	0:53:35	1:07:03	0:56:48	0:53:19	5:35:42
482	MHK	411	157	Udo	Reimers	71	Bünting Tee	0:53:35	0:52:57	0:53:36	1:06:42	0:55:45	0:53:13	5:35:52
483	MHK	412	1263	Andreas	Voßkuhl	75	Viktoria Flachsmeer	0:54:31	0:53:01	0:53:02	1:07:09	0:55:53	0:52:15	5:35:52
484	MHK	413	486	Mario	Lauterbach	74	KUH'S BEST-Team	0:53:51	0:51:18	0:54:36	1:06:38	0:56:45	0:52:49	5:35:59
485	MHK	414	436	Uwe	Heyen	60	LG Grobfehn	0:51:38	0:50:50	0:53:06	1:07:58	0:58:10	0:54:27	5:36:12
486	MHK	415	144	Peter	Osterkamp	68	Pso. GmbH, Wittmund	0:53:03	0:50:30	0:53:16	1:06:49	0:57:54	0:54:40	5:36:16
487	MHK	416	413	Diedrich	Rogge	66	SV Bentstreek	0:52:05	0:51:14	0:53:57	1:07:33	0:57:40	0:53:59	5:36:31
488	MHK	417	1353	Torsten	Alfers	73	LG Dachsweg Heerens	0:51:07	0:49:45	0:56:53	1:07:17	0:57:22	0:54:08	5:36:33
489	MHK	418	526	Ludger	Schulze-Ost	68	STV Barßel	0:52:45	0:50:50	0:54:21	1:07:04	0:57:33	0:54:03	5:36:37
490	MHK	419	1107	Erhard	Wagener	72	de Heizungsloopers	0:54:11	0:53:10	0:53:51	1:06:24	0:56:43	0:52:19	5:36:40
491	MHK	420	387	Christian	Heibült	40	SV Holtland	0:51:56	0:51:42	0:53:37	1:07:15	0:57:18	0:54:57	5:36:46
492	MHK	421	1147	Jürgen	Kleemann	72	VfB Rajen Laufftreff	0:53:56	0:51:42	0:52:45	1:05:39	0:57:51	0:54:53	5:36:49
493	MHK	422	426	Stephan	Weers	74	Sparkasse LeerWittmun	0:51:31	0:50:22	0:53:12	1:08:01	0:58:04	0:55:45	5:36:57
494	MHK	423	433	Andreas	Eichner	64	Polizeiinspektion WHV-F	0:51:08	0:51:49	0:54:31	1:08:57	0:56:41	0:53:49	5:36:58
495	MHK	424	769	Andreas	Netthöfel	69	Rettungsdienst Leer	0:53:56	0:51:08	0:53:43	1:09:06	0:56:24	0:52:41	5:37:00

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
496	MHK	425	468	Andreas	Barth	75	Crocodiles Ihlow	0:53:44	0:51:24	0:52:28	1:08:43	0:57:20	0:53:23	5:37:04
497	MHK	426	1207	Thomas	Grimm	61	VFFL Berumbur	0:51:04	0:50:10	0:54:05	1:07:10	0:57:35	0:57:07	5:37:14
498	MHK	427	432	Gerald	Kuehn	67	Westerende	0:53:37	0:51:43	0:54:00	1:07:49	0:56:49	0:53:28	5:37:28
499	MHK	428	1376	Wilhelm	Eujen	68	Strackholt	0:53:17	0:50:52	0:52:34	1:07:18	0:57:33	0:56:03	5:37:39
500	MHK	429	481	Martin	Hagenbruch	58	Norden	0:52:18	0:51:40	0:54:11	1:07:26	0:58:11	0:53:53	5:37:41
501	MHK	430	1194	Jörn	Sievers	65	Sportschule TAO	0:54:14	0:51:52	0:54:15	1:06:43	0:57:15	0:53:22	5:37:43
502	MHK	431	415	Timo	Ubben	88	ubben-haus Laufteam	0:52:54	0:51:39	0:52:57	1:07:07	0:58:52	0:54:18	5:37:49
503	MHK	432	567	Reinhard	Oltmanns	64	Moormerland	0:53:17	0:51:16	0:53:46	1:07:44	0:57:26	0:54:22	5:37:52
504	MHK	433	1203	Jörg	Schmeding	66	Druckerei Meyer, Aurich	0:50:06	1:04:30	0:50:46	1:05:04	0:55:23	0:52:10	5:38:00
505	MJ	72	1217	Martin	Tannen	90	Team ENERCON	0:54:00	0:51:56	0:54:56	1:05:33	0:56:26	0:55:13	5:38:06
506	MHK	434	1198	Jürgen	Eilerts	66	SC Wiesens	0:51:05	0:49:16	0:52:59	1:06:10	1:04:17	0:54:22	5:38:12
507	MHK	435	423	Heiko	Ackmann	66	LG Ostfriesland	0:49:13	0:49:30	0:51:25	1:15:28	0:58:09	0:54:29	5:38:16
508	MHK	436	378	Frank	Zacherl	65	keinen	0:53:16	0:51:13	0:53:31	1:08:43	0:57:41	0:53:58	5:38:25
509	MHK	437	453	Kai	Tammen	63	Briese Schifffahrt	0:52:36	0:51:54	0:54:26	1:07:32	0:57:23	0:54:56	5:38:50
510	MHK	438	289	Alfred	Tjarks	59	EWE Wattloopers	0:52:00	0:51:48	0:53:43	1:07:30	0:58:18	0:55:38	5:39:00
511	MHK	439	525	Oskar	de Buhr	51	Schule am Patersweg I	0:52:59	0:51:34	0:53:22	1:07:41	0:58:07	0:55:22	5:39:07
512	MHK	440	606	Friedrich-Ka	Pennig	48	TGG Leer	0:52:21	0:52:20	0:53:38	1:07:14	0:58:39	0:54:58	5:39:12
513	MHK	441	600	Wilhelm	Müller	50	Emder LG	0:51:51	0:51:03	0:54:41	1:07:27	0:57:30	0:56:37	5:39:13
514	MHK	442	350	Günther	Fischer	52	LG Grobfehn	0:52:32	0:52:04	0:54:19	1:07:09	0:58:14	0:55:00	5:39:20
515	MHK	443	440	Stefan	Buchta	68	Emden	0:52:23	0:51:52	0:54:12	1:09:21	0:57:34	0:54:04	5:39:27
516	MHK	444	1364	Folkmar	Sinnen	66	Moormerland	0:53:34	0:52:16	0:53:56	1:07:50	0:57:27	0:54:39	5:39:44
517	MHK	445	797	Jens	Bachmann	86	Bünting Tee	0:53:22	0:49:39	0:51:23	1:16:57	0:55:11	0:53:18	5:39:51
518	MHK	446	574	Benno	Renken	66	Stadt Weener gegen Ge	0:53:01	0:51:44	0:53:45	1:07:55	0:58:54	0:54:38	5:40:00
519	MHK	447	449	Coob	Buß	61	SV Eintracht Ihlow	0:50:47	0:49:25	0:52:20	1:17:23	0:56:38	0:53:37	5:40:13
520	MHK	448	1120	Achim	Seidler	73	Nordwest-Blumen Wies	0:51:45	0:50:51	0:53:57	1:08:36	0:58:55	0:56:09	5:40:16
521	MHK	449	798	Stefan	Ulbrich	86	Bünting Tee	0:53:40	0:49:37	0:53:05	1:09:28	1:01:10	0:53:39	5:40:42
522	MHK	450	447	Dieter	Dirks	65	SV Ochtersum	0:52:21	0:52:10	0:53:47	1:08:46	0:58:44	0:54:53	5:40:43
523	MJ	73	1249	Malte	Holl	93	SV Potshausen	0:52:34	0:50:54	0:57:39	1:08:13	0:57:04	0:54:21	5:40:46
524	MHK	451	877	Enno	Fänders	66	Leinerstift e.V.	0:55:39	0:51:39	0:54:14	1:07:06	0:57:59	0:54:12	5:40:51
525	MHK	452	467	Michael	Goldenstein	70	BV Victorbur	0:53:36	0:51:46	0:54:10	1:07:39	0:57:43	0:55:59	5:40:56
526	MHK	453	381	Günther	Schoon	50	Wiesmoor	0:52:53	0:51:53	0:54:11	1:08:25	0:57:53	0:55:38	5:40:56
527	MHK	454	540	Jörg	Puschke	70	LT TuS Aurich-Ost	0:52:56	0:51:59	0:53:41	1:08:04	0:59:04	0:55:17	5:41:03
528	MHK	455	724	Bernd	Schindler	68	TV Oldersum	0:53:15	0:51:23	0:54:16	1:08:29	0:58:42	0:55:07	5:41:15
529	MJ	74	303	Jann	Basse	97	Gymnasium Ulricianum /	0:55:45	0:50:56	0:54:49	1:09:31	0:57:10	0:53:16	5:41:29
530	MJ	75	1108	Tido	Willms	94	LG Harlingerland	0:49:40	0:49:45	0:57:17	1:05:50	0:57:24	1:01:32	5:41:31
531	MHK	456	644	Nils	Friedrichs	70	Aurich	0:52:39	0:51:52	0:53:07	1:08:28	0:59:16	0:56:21	5:41:46
532	MHK	457	638	Holger	Schwengels	74	EWE Wattloopers	0:53:39	0:51:54	0:54:19	1:09:20	0:58:36	0:53:56	5:41:46
533	MHK	458	429	Jürgen	Otto	64	VFFL Berumbur	0:53:14	0:51:55	0:53:59	1:09:01	0:58:14	0:55:27	5:41:51
534	MHK	459	1355	Heye	Willems	53	DEVK-Versicherung	0:51:24	0:51:04	0:53:28	1:10:23	0:59:44	0:55:49	5:41:54
535	MJ	76	584	Jens	Saathoff	93	Werdum	0:51:31	0:51:00	0:54:11	1:09:14	0:59:46	0:56:12	5:41:57
536	MHK	460	1330	Dieter	Heyen	67	Ochtersum	0:55:55	0:52:38	0:53:37	1:08:11	0:57:23	0:54:16	5:42:02
537	MHK	461	1221	Johannes	Best	57	Aurich-Plaggenburg	0:53:23	0:51:44	0:55:30	1:08:38	0:58:16	0:54:39	5:42:12
538	MHK	462	1033	Holger	Janßen	68	SV Brinkum	0:54:34	0:52:05	0:54:19	1:08:57	0:57:44	0:54:38	5:42:20
539	MHK	463	493	Heeschen	Wolfgang	71		0:52:57	0:51:21	0:54:44	1:09:25	0:58:29	0:55:25	5:42:23
540	MHK	464	463	Rolf-Dieter	Vennen	62	EWE-Wattloopers	0:52:54	0:51:24	0:53:53	1:07:43	0:58:12	0:58:24	5:42:33
541	MHK	465	730	Axel	Möhlmann	80	Team ENERCON	0:54:57	0:51:34	0:54:40	1:07:42	0:57:42	0:56:06	5:42:42
542	MHK	466	1117	Günther	Schmidt	59	LG Uplengen	0:53:03	0:51:56	0:54:06	1:09:07	0:59:05	0:55:35	5:42:55
543	MHK	467	913	Fred	Lüttich	65	TEAM DEUTSCHE POS	0:52:45	0:51:57	0:53:54	1:09:23	0:59:32	0:55:23	5:42:57
544	MJ	77	744	Eike	Vienna	94	HRS Westerholt	0:54:07	0:52:05	0:53:04	1:09:01	1:00:51	0:53:52	5:43:02
545	MHK	468	1096	Jens	Pagel	63	LG Uplengen	0:52:28	0:52:48	0:54:05	1:09:07	0:59:06	0:55:26	5:43:05
546	MHK	469	446	Enno	Klinkenberg	49	TV Norden	0:53:22	0:52:57	0:54:49	1:09:07	0:58:09	0:54:47	5:43:14
547	MJ	78	1393	Heiko	Freese	90	Ochtersum	0:54:18	0:53:17	0:55:05	1:07:48	0:58:18	0:54:25	5:43:14
548	MHK	470	364	Ewald	Kalkwarf	64	Pewsumer Ossilooper	0:52:12	0:50:16	0:53:40	1:12:57	0:57:46	0:56:24	5:43:18
549	MHK	471	500	Helmut	Cramer	60	Stadtwerke Norden	0:54:05	0:52:12	0:54:01	1:07:50	0:59:22	0:55:56	5:43:28
550	MHK	472	496	Axel	Klömpges	61	Auricher Taxen Zentrale	0:53:02	0:52:21	0:54:35	1:08:35	0:58:39	0:56:18	5:43:33

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
551	MHK	473	969	Wolfgang	Behrens	69	ELV Elektronik AG	0:54:59	0:54:09	0:54:33	1:08:12	0:57:27	0:54:15	5:43:37
552	MHK	474	1272	Wolfgang	Sattler	47	Fortuna Logabirum	0:53:24	0:52:00	0:54:22	1:09:14	0:58:43	0:55:55	5:43:40
553	MHK	475	834	Jörg	Daro	62	EWE Wattloopers	0:52:54	0:53:05	0:54:25	1:08:28	0:58:34	0:56:21	5:43:50
554	MHK	476	359	Torsten	Welling	64	MTV Wittmund	0:54:31	0:52:42	0:55:29	1:08:59	0:59:06	0:53:04	5:43:53
555	MHK	477	408	Christian	Bauch	69	Heimatblatt	0:51:17	0:51:00	0:53:45	1:10:04	1:00:55	0:56:55	5:43:58
556	MHK	478	452	Jürgen	Junker	71	Moormerland	0:53:38	0:52:57	0:54:13	1:08:14	0:58:29	0:56:28	5:44:00
557	MHK	479	405	Richard	Wagner	58	Kanalratten LT Team Ih	0:52:26	0:52:22	0:54:20	1:08:47	0:58:38	0:57:28	5:44:03
558	MHK	480	1212	Hans-Wilhel	Sleur	43	Fortuna Logabirum	0:52:23	0:51:32	0:54:28	1:09:47	0:59:43	0:56:15	5:44:10
559	MHK	481	1045	Adolf	Meyer	58	TV Norden	0:53:37	0:52:57	0:54:13	1:08:10	0:58:52	0:56:30	5:44:22
560	MHK	482	518	Thomas	Meyer zu B	70	Heimatblatt	0:53:32	0:52:07	0:55:16	1:08:47	0:58:40	0:56:00	5:44:23
561	MHK	483	498	Christian	Vredenburg	76	Leer	0:52:30	0:50:17	0:52:20	1:18:54	0:56:59	0:53:25	5:44:26
562	MHK	484	596	Martin	Müller	66	Crocodiles Ihlow	0:52:08	0:51:15	0:52:13	1:16:21	0:57:37	0:54:53	5:44:29
563	MJ	79	660	Jann-Jeffre	Aukes	92	LG Grobfehn	0:56:17	0:53:31	0:52:45	1:09:59	0:58:48	0:53:14	5:44:35
564	MHK	485	129	Michael	Hook	66	Watt'n Looper SV Dornu	0:54:55	0:52:49	0:54:39	1:08:37	0:58:26	0:55:07	5:44:35
565	MHK	486	543	Peter	Anscheit	65	Rettungsdienst Leer	0:54:51	0:52:53	0:53:53	1:09:33	0:57:25	0:56:00	5:44:37
566	MHK	487	301	Fokke	Baumann	50	Stadtwerke Norden	0:54:40	0:52:11	0:54:01	1:07:50	0:59:59	0:55:56	5:44:40
567	MHK	488	1289	Mathias	Moser	80	Team ENERCON	0:54:21	0:51:30	0:53:56	1:10:46	0:58:54	0:55:34	5:45:03
568	MHK	489	425	Werner	Vehnekamp	58	Team Möbel Buss	0:54:06	0:53:23	0:54:01	1:08:28	0:59:44	0:55:32	5:45:15
569	MHK	490	725	Detlef	Meyer	59	FC Oldersum	0:53:37	0:52:54	0:55:42	1:08:42	0:58:37	0:55:42	5:45:17
570	MHK	491	552	Jens	Hüttinga	68	Wymeer	0:53:54	0:53:13	0:55:28	1:08:35	0:59:13	0:54:58	5:45:23
571	MHK	492	583	Christian	Hansen	62	MTV Aurich	0:53:15	0:51:08	0:54:12	1:13:32	0:58:41	0:54:33	5:45:23
572	MHK	493	175	Holger	Kleene	71	obw Emden	0:52:37	0:48:04	1:04:13	1:01:53	0:52:47	1:05:50	5:45:26
573	MHK	494	547	Uwe	Bock	61	LT TuS Aurich-Ost	0:52:46	0:51:49	0:54:09	1:08:22	1:01:22	0:57:08	5:45:39
574	MHK	495	1130	Johann	Goudschaal	64	Christuskirchengemeind	0:53:31	0:52:41	0:55:06	1:09:13	0:59:19	0:55:53	5:45:45
575	MHK	496	590	Derk	Thiems	71	EWE-Wattloopers	0:53:37	0:51:56	0:54:21	1:12:09	0:58:37	0:55:05	5:45:47
576	MJ	80	1265	Jonas	Buja	92	SV Holtland	0:53:54	0:51:14	0:56:30	1:09:36	0:57:40	0:56:52	5:45:48
577	MHK	497	1352	Manuel	Saathoff	80	Westersander	0:57:47	0:52:00	0:54:06	1:10:15	0:57:55	0:53:43	5:45:48
578	MHK	498	461	Tim	Pretl	78	Wi sünd Holtriem	0:54:32	0:52:51	0:56:17	1:09:42	0:57:59	0:54:26	5:45:50
579	MHK	499	853	Georg	Hesselbroc	63	Nordland Papier	0:52:05	0:50:54	0:56:10	1:10:59	0:59:26	0:56:15	5:45:51
580	MHK	500	388	Thomas	Weingart	62	LG Ostfriesland	0:54:46	0:52:15	0:54:35	1:10:15	0:58:23	0:55:40	5:45:57
581	MHK	501	1294	Remigius	Altenberg	78	Schwarz-Weiß Oldenbur	0:51:58	0:50:15	0:55:17	1:10:53	1:00:06	0:57:33	5:46:04
582	MHK	502	376	Helmut	Fischer	64	Störtebeker Loopers TV	0:52:47	0:52:27	0:54:53	1:09:48	0:59:41	0:56:38	5:46:16
583	MHK	503	1321	Detlef	Folkerts	61	Grobfehn	0:54:08	0:52:18	0:54:23	1:10:55	0:58:45	0:55:48	5:46:19
584	MHK	504	682	Harald	Trauernicht	69	praxisfuernaturheilkunde	0:53:18	0:52:46	0:55:29	1:09:50	0:59:09	0:55:46	5:46:21
585	MHK	505	1225	Arno	Goudschaal	80	Weener Plastik AG	0:56:16	0:53:12	0:54:15	1:08:13	0:58:48	0:55:38	5:46:24
586	MHK	506	534	Armin	Beening	67	Backemoor	0:55:49	0:53:01	0:54:56	1:08:40	0:58:32	0:55:34	5:46:35
587	MHK	507	921	Marco	Lotz	76	SV Stern Schwerinsdorf	0:53:09	0:52:32	0:54:00	1:10:17	1:00:07	0:56:30	5:46:37
588	MHK	508	392	Heinz	Brink	53	Teutonia Stapelmoor	0:52:31	0:52:07	0:55:33	1:09:50	1:00:30	0:56:10	5:46:43
589	MHK	509	512	Detlef	Wallenstein	73	Borromäus-Hospital	0:55:18	0:54:34	0:55:16	1:08:22	0:58:17	0:55:14	5:47:03
590	MHK	510	1058	Achim	Gerdes	52	Lions-Club Uplengen	0:54:56	0:53:03	0:55:00	1:09:33	0:59:26	0:55:08	5:47:08
591	MHK	511	925	Jan-Hendrik	Deitenbach	76	Leer	0:54:58	0:51:58	0:54:41	1:10:57	0:58:22	0:56:18	5:47:16
592	MHK	512	546	Heinz-Fried	Schüler	56	MTV Wittmund	0:53:35	0:52:46	0:55:27	1:09:48	0:59:11	0:56:28	5:47:17
593	MHK	513	1069	Rudi	Brasch	61	Angeln-Ostfriesland.de	0:54:57	0:52:28	0:55:40	1:09:40	0:58:39	0:55:54	5:47:20
594	MHK	514	442	Rainer	Müller	42	TV Friedeburg	0:53:55	0:53:08	0:55:17	1:09:31	0:59:01	0:56:28	5:47:22
595	MHK	515	460	Bernd	Schmidtke	59	Wi sünd Holtriem	0:53:11	0:52:56	0:55:28	1:09:55	0:57:52	0:58:02	5:47:26
596	MHK	516	1036	Gabriel	Fabbi	68	Team Möbel Buss	0:54:39	0:53:13	0:54:31	1:09:17	1:00:14	0:55:33	5:47:29
597	MHK	517	1136	Arend	Duis	57	Lions Club Uplengen	0:54:57	0:52:28	0:55:48	1:09:36	0:58:57	0:55:53	5:47:41
598	MHK	518	548	Günter	Janssen	43	MTV Aurich Tria	0:54:13	0:53:03	0:54:48	1:09:40	0:59:44	0:56:21	5:47:52
599	MHK	519	533	Lars	Logemann	75	BZN, Aurich	0:54:26	0:54:01	0:55:40	1:08:26	0:58:48	0:56:33	5:47:57
600	MHK	520	478	Frank	Fengkohl	60	Fortuna Wirdum	0:54:49	0:53:24	0:55:16	1:09:19	0:59:26	0:55:51	5:48:07
601	MHK	521	260	Stefan	Müller	61	Schleuse Leysiel	0:50:19	0:54:42	0:57:52	1:07:35	0:58:25	0:59:12	5:48:09
602	MHK	522	559	Bernd	Janssen	65	Emder LG	0:53:36	0:51:52	0:55:48	1:10:13	1:00:09	0:56:31	5:48:11
603	MHK	523	1155	Sven	Bergmann	83	SV Georgsheil	0:54:39	0:52:43	0:55:19	1:09:42	0:59:20	0:56:26	5:48:12
604	MHK	524	874	Werner	Borchert	62	Filsum	0:57:39	0:53:06	0:56:00	1:07:56	0:58:36	0:55:00	5:48:19
605	MHK	525	557	Wilfried	Foorden	64	TG Wiesmoor	0:54:37	0:51:50	0:55:03	1:10:30	1:00:13	0:56:10	5:48:25

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
606	MHK	526	1144	Rudolf	Buse	67	Moormerland	0:54:23	0:53:31	0:55:00	1:10:32	0:59:12	0:55:57	5:48:36
607	MHK	527	934	Jörg	Klüver	70	ENOVA Marketing+Ver	0:56:09	0:53:07	0:52:07	1:17:29	0:56:29	0:53:14	5:48:38
608	MHK	528	569	Rolf	Popp	59	Emden	0:55:01	0:52:39	0:55:15	1:10:31	0:59:20	0:55:51	5:48:39
609	MHK	529	1125	Gerhard	Oltmanns	64	EC Hollen	0:55:14	0:53:58	0:55:28	1:09:39	0:59:17	0:55:08	5:48:47
610	MJ	81	1236	Keno	Ackmann	92	Gymnasium Ulricianum /	0:53:15	0:52:32	0:55:33	1:12:07	0:59:57	0:55:23	5:48:50
611	MHK	530	275	Wilfried	Willms	61	KBV Langefeld	0:55:28	0:52:25	0:55:45	1:09:49	0:59:05	0:56:22	5:48:56
612	MHK	531	628	Torsten	Blank	77	-Selverde-	0:56:30	0:54:57	0:56:46	1:08:50	0:57:55	0:53:59	5:49:00
613	MHK	532	625	Jens	Iken	69	Blersum	0:55:06	0:52:47	0:55:05	1:10:03	0:59:22	0:56:34	5:49:01
614	MHK	533	911	Hartmut	Decker	62	TEAM DEUTSCHE POS	0:54:56	0:52:44	0:55:19	1:10:14	0:58:44	0:57:01	5:49:01
615	MHK	534	652	Reinhold	Daniels	57	LT TuS Aurich-Ost	0:54:27	0:52:39	0:55:55	1:09:34	1:00:02	0:56:22	5:49:02
616	MHK	535	291	Andreas	Dirks	64	Störtebeker Loopers TV	0:53:45	0:53:11	0:56:02	1:09:48	0:59:41	0:56:38	5:49:08
617	MHK	536	312	Gerhard	Janssen	62	JVA Emden	0:54:45	0:52:20	0:56:04	1:09:19	0:59:11	0:57:38	5:49:19
618	MHK	537	391	Thomas	Schmitz	80	LP KT	0:52:22	1:02:50	0:54:20	1:08:04	0:57:18	0:54:24	5:49:20
619	MHK	538	777	Rainer	Hoek	78	SuS Steenfelde	0:54:52	0:53:08	0:56:12	1:09:52	0:59:08	0:56:06	5:49:21
620	MJ	82	768	Keno	Janßen	90	NIGE	0:56:59	0:52:20	0:54:40	1:10:15	1:01:02	0:54:07	5:49:27
621	MHK	539	1132	Michael	Glinkowski	69	JVA Emden	0:54:46	0:53:01	0:54:47	1:10:08	0:59:11	0:57:38	5:49:33
622	MHK	540	537	Joachim	Ludwigs	69		0:54:38	0:54:00	0:54:59	1:10:14	0:59:25	0:56:32	5:49:50
623	MHK	541	372	Harald	Hanken	65	Fun-Loopers	0:53:14	0:52:17	0:54:05	1:15:26	0:59:50	0:55:01	5:49:55
624	MJ	83	830	Sebastian	Niggemeier	90	NIGE	0:56:04	0:51:48	0:54:48	1:09:54	1:00:15	0:57:06	5:49:57
625	MHK	542	1171	Uwe	Baumgart	86	Raiffeisenbank eG, Moor	0:55:35	0:53:41	0:57:26	1:08:26	0:58:46	0:56:33	5:50:29
626	MHK	543	539	Jan	Busch	48	SV Holtland	0:50:56	0:51:00	0:56:09	1:12:55	1:02:10	0:57:17	5:50:30
627	MHK	544	1370	Martin	Groenhagen	46	Emden	0:55:10	0:53:55	0:55:47	1:10:19	0:59:18	0:55:59	5:50:30
628	MHK	545	653	Frerich	Dreesch-Ro	68	TuRa 07 Westrhauderfe	0:55:04	0:53:42	0:55:11	1:11:28	0:59:09	0:55:58	5:50:34
629	MHK	546	1114	Ralf	Mühlenbroc	67	Team ENERCON	0:52:04	0:52:35	0:54:59	1:10:35	1:00:59	0:59:23	5:50:38
630	MHK	547	1091	Udo	Fleßner	67	MTV Aurich	0:54:24	0:54:23	0:56:52	1:11:08	0:58:46	0:55:10	5:50:45
631	MHK	548	485	Michael	Runden	61	DEKRA	0:55:12	0:52:47	0:55:36	1:10:50	0:59:26	0:57:26	5:51:19
632	MHK	549	541	Jakobus	Willms	40	LT TuS Aurich-Ost	0:54:17	0:54:03	0:56:48	1:10:21	0:59:27	0:56:37	5:51:35
633	MHK	550	609	Helmut	Ruh	51	TC Wittmund	0:53:55	0:53:46	0:55:48	1:10:20	1:00:24	0:57:20	5:51:36
634	MHK	551	743	Martin	Janssen	51	TuS Sandhorst/Polizei A	0:54:49	0:53:47	0:55:38	1:10:52	0:59:47	0:56:44	5:51:38
635	MHK	552	1109	Jörg	Heine	65	Zeitungsgruppe Ostfrie	0:55:24	0:53:42	0:56:52	1:09:37	0:59:23	0:56:39	5:51:39
636	MHK	553	483	Manfred	Schulz	57	TuRa 07 Westrhauderfe	0:56:22	0:54:58	0:55:17	1:10:09	0:59:00	0:56:00	5:51:48
637	MHK	554	672	Frank	Rüthemann	61	Bünting Tee	0:53:12	0:53:10	0:55:54	1:09:56	0:59:24	1:00:18	5:51:56
638	MHK	555	1348	Claus	Becker	49	Leer	0:54:39	0:53:28	0:55:42	1:11:30	1:00:12	0:56:41	5:52:15
639	MHK	556	531	Herbert	Kanthak	61	obw Emden	0:57:06	0:53:37	0:57:21	1:10:39	0:58:39	0:54:55	5:52:19
640	MJ	84	623	Kjell	Wollmann	94	Gymnasium Ulricianum /	0:56:01	0:55:00	0:57:41	1:08:33	0:58:37	0:56:29	5:52:24
641	MHK	557	340	Peter	Wittenburg	49	obw Emden	0:54:20	0:53:14	0:56:22	1:11:30	0:59:49	0:57:29	5:52:48
642	MHK	558	861	Friedhelm	Hillers	63	Leer	0:53:13	0:53:36	0:55:13	1:13:59	1:00:36	0:56:20	5:52:59
643	MHK	559	577	Stefan	Behrends	71	Nücke	0:54:52	0:54:01	0:56:42	1:10:17	1:00:21	0:56:56	5:53:10
644	MHK	560	1038	Wolfgang	König	54	NIGE	0:53:15	0:52:17	0:58:35	1:12:15	1:00:23	0:56:26	5:53:12
645	MHK	561	471	Lothar	Geiken	61	Nordland Papier	0:54:55	0:52:58	0:55:36	1:10:21	1:01:15	0:58:14	5:53:22
646	MHK	562	1154	Gerhard	Rother	75	Raiffeisenbank eG, Moor	0:56:06	0:55:15	0:55:47	1:11:17	0:59:45	0:55:30	5:53:41
647	MJ	85	1390	Moritz	Dirks	96	Fortuna Logabirum	0:49:55	0:53:05	0:52:37	1:17:44	1:00:54	0:59:23	5:53:41
648	MHK	563	495	Matthijs	van Rossu	62	Westoverledingen	0:53:54	0:53:12	0:57:12	1:10:49	1:01:12	0:57:24	5:53:46
649	MHK	564	640	Harald	Eilts	64	EWE Wattloopers	0:54:20	0:54:09	0:55:41	1:11:01	1:00:26	0:58:06	5:53:46
650	MHK	565	473	Peter	Reisige	71	Nordland Papier	0:52:44	0:51:33	0:55:33	1:12:21	1:00:18	1:01:19	5:53:49
651	MHK	566	1191	Heinz-Diete	Seeberg	62	Südbrookmerland	0:53:58	0:53:31	0:57:02	1:11:09	1:01:03	0:57:09	5:53:55
652	MHK	567	1110	Steffen	Gerbers	86	Raiffeisenbank eG, Moor	0:56:43	0:53:46	0:57:41	1:10:05	0:59:19	0:56:20	5:53:56
653	MHK	568	554	Alexander	Klein	69	HRS Westerholt	0:55:14	0:54:02	0:55:56	1:11:00	1:00:13	0:57:40	5:54:08
654	MHK	569	360	Harald	Budde	58	TG Wiesmoor	0:54:33	0:54:34	0:55:45	1:11:00	1:00:29	0:57:44	5:54:08
655	MHK	570	553	Hans-Günthe	Bruhnken	54	BSG Voba Jever	0:54:45	0:53:32	0:56:16	1:10:44	1:01:12	0:57:39	5:54:11
656	MHK	571	299	Matthias	Frikke	79	Fortuna Logabirum	0:55:51	0:51:56	0:53:37	1:20:05	1:02:02	0:50:42	5:54:16
657	MHK	572	571	Rudolf	Puls	58	Fun-Loopers	0:55:30	0:53:57	0:55:58	1:11:31	1:00:14	0:57:17	5:54:29
658	MHK	573	1062	Bodo	Brouwer	71	DPI AG	0:54:11	0:54:41	0:56:14	1:10:42	1:00:27	0:58:14	5:54:32
659	MHK	574	416	Helmut	Tjards	64	LT TuS Aurich-Ost	0:58:40	0:54:23	0:56:07	1:09:18	0:59:21	0:56:49	5:54:42
660	MJ	86	338	Wilko	Herten	92	Gymnasium Westerste	0:50:59	0:48:36	0:50:54	1:20:15	1:03:54	1:00:07	5:54:48

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
661	MHK	575	608	Uwe	Schwarz	63	Fun-Loopers	0:55:39	0:53:55	0:55:57	1:11:48	1:00:14	0:57:17	5:54:52
662	MJ	87	918	Dustin	Brandt	93	Gymnasium Rhauferde	0:56:55	0:54:19	0:54:23	1:11:16	0:59:56	0:58:17	5:55:08
663	MHK	576	1223	Wulf	Graef	48	Rhauferdehn	0:54:16	0:53:30	0:56:44	1:13:06	1:00:36	0:56:58	5:55:11
664	MHK	577	896	Jens	Müller	77	Hartmann Group	0:56:39	0:54:01	0:56:57	1:11:22	1:00:28	0:55:56	5:55:25
665	MHK	578	1173	Frank	Gerdes	82	Ostgroßbefehn	0:55:30	0:52:58	0:54:47	1:13:24	0:59:42	0:59:15	5:55:38
666	MHK	579	373	Holger	Heyrmann	70	Eden, Jans, Fischer Par	0:57:05	0:55:30	0:56:45	1:10:01	0:58:27	0:58:06	5:55:56
667	MHK	580	517	Stephan	Dänekas	70	Schnapsidee	0:55:38	0:54:39	0:57:27	1:10:50	1:01:02	0:56:16	5:55:56
668	MHK	581	489	Wilfried	Wilken	50	Holtland	0:55:13	0:54:17	0:57:07	1:10:34	1:00:45	0:58:00	5:55:59
669	MJ	88	1305	Hendrik	Harling	93	Realschule Esens	0:55:20	0:51:10	0:58:51	1:12:56	1:02:08	0:55:40	5:56:07
670	MHK	582	532	Hermann	Hildebrand	59	Polizei Aurich	0:56:32	0:54:36	0:54:21	1:11:13	0:59:14	1:00:11	5:56:10
671	MHK	583	484	Holger	Steinmetz	70	Emder LG	0:54:34	0:54:12	0:56:21	1:10:53	1:01:15	0:58:54	5:56:13
672	MHK	584	580	Sascha	Stolorz	77	Oldenburg	0:56:15	0:53:07	0:56:43	1:10:57	1:00:42	0:58:41	5:56:26
673	MHK	585	445	Michael	Sommer	82	Emder LG	0:55:31	0:52:55	0:55:25	1:12:13	1:00:02	1:00:17	5:56:26
674	MHK	586	563	Heinrich	Willems	59	Berumbur	0:57:15	0:55:29	0:56:07	1:11:02	1:00:06	0:56:35	5:56:36
675	MJ	89	588	Oliver	Alberts	95	Gymnasium Ulricianum /	0:58:09	0:55:46	0:57:46	1:09:35	0:59:41	0:55:57	5:56:57
676	MHK	587	1063	Karl-Heinz	Nowinski	67	Team ENERCON	0:55:07	0:54:12	0:56:28	1:11:47	1:01:02	0:58:20	5:56:57
677	MHK	588	1235	Christiano	Vollbrecht	87	Löwenzahn	0:57:07	0:55:18	0:56:10	1:08:49	1:00:10	0:59:22	5:56:59
678	MHK	589	550	Rainer	Ruffs	60	SV Eintracht Ihlow e.V.	0:54:33	0:54:25	0:56:20	1:11:14	1:02:02	0:58:39	5:57:16
679	MHK	590	704	Axel	van der Ber	73	Moormerland	0:56:33	0:55:17	0:57:13	1:11:27	1:00:44	0:56:24	5:57:40
680	MHK	591	519	Hinrich	Uphoff	50	TC Aurich-West	0:55:31	0:53:00	0:56:34	1:14:12	1:01:19	0:57:02	5:57:41
681	MHK	592	684	Michael	Gorzawski	61	TV Norden	0:54:57	0:54:18	0:56:40	1:11:13	1:01:46	0:58:58	5:57:54
682	MHK	593	935	Dirk	Warnecke	69	ENOVA Marketing+Ver	1:06:07	1:00:21	0:48:40	1:21:10	0:52:03	0:49:32	5:57:55
683	MHK	594	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	0:56:09	5:58:14
684	MHK	595	466	Oswald	Tinnemeyer	52	LT TuRa 07 Westraude	0:56:35	0:53:55	0:56:25	1:11:58	1:01:29	0:58:01	5:58:25
685	MHK	596	544	Volker	Rasner	60	MTV Wittmund	0:54:54	0:53:40	0:57:26	1:11:43	1:02:19	0:58:24	5:58:29
686	MJ	90	511	Helge	Kellner	90	Gymnasium Rhauferde	1:01:19	0:54:41	0:44:34	1:13:50	1:01:53	1:02:15	5:58:33
687	MHK	597	1208	Werner	Stahnke	56	Finanzamt Aurich	0:55:11	0:54:04	0:56:24	1:12:11	1:02:16	0:58:35	5:58:42
688	MHK	598	919	Ralf	Pollmann	54	Wittmund	0:58:16	0:54:48	0:56:43	1:12:19	1:00:23	0:56:23	5:58:54
689	MHK	599	1246	Dietmar	Sich	69	VfB Münkeboe	0:55:57	0:53:17	0:57:21	1:12:27	1:00:24	0:59:47	5:59:16
690	MHK	600	456	Andreas	Heckhoff	64	Borromäus-Hospital Lee	0:56:33	0:55:15	0:57:01	1:11:58	1:00:35	0:58:07	5:59:31
691	MHK	601	666	Erik	Janssen	71	TEAM DEUTSCHE POS	0:56:19	0:54:14	0:57:15	1:12:48	1:00:56	0:57:57	5:59:32
692	MHK	602	720	Dietmar	Rudnick	65	Onno Crämer Handelsg	0:55:44	0:55:03	0:57:58	1:12:29	1:00:33	0:57:49	5:59:38
693	MHK	603	455	Matthias	Rudolph	69	MTV Jever	0:56:19	0:54:32	0:54:57	1:13:58	1:00:07	0:59:42	5:59:38
694	MHK	604	665	Christian	Wowrek	55	TEAM DEUTSCHE POS	0:55:49	0:54:20	0:56:18	1:13:02	1:01:29	0:58:40	5:59:40
695	MHK	605	908	Burkhard	Rösingh	73	Team ENERCON	0:58:04	0:55:45	0:56:35	1:12:52	0:59:28	0:57:05	5:59:51
696	MHK	606	680	Ingo	Poppen	82	LT TuS Aurich-Ost	0:58:26	0:56:23	0:55:57	1:12:14	1:00:32	0:56:25	5:59:59
697	MHK	607	1325	Ewald	Mühlenbroc	63	Druckerei Meyer, Aurich	1:01:03	0:55:04	0:56:33	1:11:09	1:00:14	0:55:57	6:00:03
698	MHK	608	418	Uwe	Lüdtke	65	RVB Aurich/Uplengen	0:53:11	0:51:37	0:54:52	1:07:13	0:58:24	1:14:57	6:00:17
699	MHK	609	538	Andreas	Günther	70	Wasserschutzpolizei Em	0:58:53	0:55:09	0:58:16	1:11:16	0:59:42	0:57:03	6:00:20
700	MHK	610	924	Uwe	Rahmann	80	Hartmann Group	0:59:26	0:53:47	0:54:24	1:17:35	0:58:51	0:56:16	6:00:21
701	MHK	611	884	Thomas	Feldhoff	68	Leer	0:55:28	0:54:13	0:55:56	1:16:04	1:00:51	0:57:55	6:00:29
702	MJ	91	1134	Julian	Edzards	92	Laufftreff Schafhauser W:	1:02:42	0:54:01	0:53:34	1:13:24	1:00:20	0:56:40	6:00:43
703	MHK	612	482	Stefan	Trännapp	71	VfL Berumbur	0:56:40	0:55:53	0:56:59	1:11:05	1:01:49	0:58:18	6:00:47
704	MJ	92	298	Simon	Gather	90	Emden	0:58:41	0:53:45	0:58:46	1:10:47	1:02:48	0:56:02	6:00:51
705	MHK	613	1227	Temmo	Dreesmann	61	VG Veenhusen/Warsin	0:54:30	0:53:35	0:58:37	1:13:15	1:02:36	0:58:38	6:01:13
706	MHK	614	555	Gerhold	Wilken	54	Sparkasse LeerWittmun	0:55:22	0:53:16	0:58:06	1:13:15	1:01:47	0:59:31	6:01:18
707	MHK	615	1112	Berni	Habben	60	Wybelsum	0:53:54	0:57:05	0:57:56	1:10:44	1:02:46	0:58:57	6:01:25
708	MHK	616	610	Norbert	Block	77	BW Ramsloh	0:56:01	0:53:03	0:57:02	1:12:45	1:03:31	0:59:16	6:01:39
709	MHK	617	1231	Thomas	Diener	63	LG -Großbefehn	0:59:10	0:54:45	0:57:51	1:12:05	1:01:04	0:57:00	6:01:59
710	MJ	93	1309	Hauke	Antons	94	Realschule Esens	0:58:25	0:53:11	0:59:26	1:11:33	1:02:55	0:56:40	6:02:12
711	MHK	618	562	Heiko	Fröhlich	46	SCC Berlin	0:55:45	0:55:13	0:57:05	1:13:49	1:02:16	0:58:07	6:02:19
712	MHK	619	616	Henning	Hülshof	65	TuRa 07 Westrauderfe	0:55:57	0:53:50	0:56:44	1:13:21	1:02:42	0:59:51	6:02:27
713	MHK	620	1368	Thomas	Schmidt	63	MTV Aurich	0:57:34	0:56:25	0:59:18	1:11:27	0:51:10	1:06:35	6:02:32
714	MHK	621	1219	Gerd	Peeken	73	Tus-Esens	0:56:08	0:54:59	0:57:37	1:11:42	1:03:33	0:58:36	6:02:38
715	MHK	622	783	Frank	Fischer	72	Reederei Buss	0:58:46	1:00:45	0:58:22	1:13:02	0:57:36	0:54:18	6:02:51

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
716	MHK	623	705	Bernhard	Herten	59	Neufirrel	0:55:47	0:54:40	0:57:21	1:13:01	1:02:00	1:00:08	6:02:58
717	MHK	624	687	Hermann	Schmidt	55	Stern Völlenerfehn	0:57:06	0:54:48	0:59:04	1:14:54	1:02:58	0:54:21	6:03:14
718	MHK	625	862	Torsten	Träger	72	Rettungsdienst Leer	0:56:30	0:56:20	0:57:13	1:13:58	1:01:36	0:57:44	6:03:24
719	MHK	626	1211	Albert	Mulder	77	4./ObjSRgt Lw	1:00:12	0:54:00	0:55:01	1:15:51	1:02:57	0:55:28	6:03:30
720	MHK	627	692	Hermann	Wills	46	TV Norden	0:56:24	0:55:47	0:58:13	1:12:42	1:02:10	0:58:25	6:03:44
721	MHK	628	820	Manfred	Doejen	73	Wasserschutzpolizei Em	0:57:10	0:54:59	0:57:32	1:12:39	1:01:58	0:59:25	6:03:44
722	MHK	629	1018	Heiko	Hempfen	70	Team ENERCON	1:00:05	0:56:20	0:57:47	1:12:06	1:01:03	0:56:48	6:04:11
723	MJ	94	688	Marvin	Winkler	92	Leinerstift e.V.	0:57:35	0:58:04	0:58:22	1:11:56	1:01:40	0:56:34	6:04:14
724	MHK	630	1106	Werner	Schröter	43	Hockey-Club	0:56:26	0:55:23	0:58:19	1:12:57	1:02:10	0:59:08	6:04:25
725	MJ	95	612	Philipp	Eisenhauer	92	Wi sünd Holtriem/SV Oct	0:59:07	0:53:23	1:02:03	1:08:41	0:59:46	1:01:26	6:04:28
726	MHK	631	1186	Frank	Nissen	61	Aurich	0:48:31	0:57:48	1:00:07	1:17:19	1:01:52	0:59:07	6:04:47
727	MHK	632	1269	Martin	Krömer	64	Nordland Papier	1:00:38	0:56:21	0:56:46	1:12:31	1:00:50	0:57:40	6:04:49
728	MHK	633	1319	Stephan	Watermeyer	62	Leer	0:58:08	0:53:58	0:55:43	1:14:53	1:02:47	0:59:22	6:04:53
729	MHK	634	545	Karl	Tjardes	44	MTV Wittmund	0:57:34	0:55:34	0:58:19	1:13:30	1:03:16	0:56:38	6:04:54
730	MHK	635	881	Günter	Kroes	62	Leer	0:56:59	0:54:13	0:56:16	1:16:02	1:00:51	1:00:33	6:04:56
731	MHK	636	601	Cornelius	Berning	63	Leinerstift e.V.	0:57:00	0:55:31	0:58:49	1:12:12	1:02:27	0:58:56	6:04:56
732	MHK	637	1126	Wolfgang	Harms	77	Ihlower Loopers	0:48:11	0:47:16	0:50:16	1:21:53	1:11:04	1:06:22	6:05:04
733	MHK	638	1344	Jann	Holthuis	64	Kautex-Textron-Leer	0:57:00	0:55:09	0:56:44	1:13:15	1:02:22	1:00:47	6:05:19
734	MHK	639	707	Helmut	Falkenberg	65	TV Norden	0:55:37	0:54:20	0:57:47	1:14:54	1:03:38	0:59:03	6:05:21
735	MHK	640	490	Manfred	Anneken	61	Polizei Oldenburg	0:55:18	0:55:00	1:03:08	1:13:43	1:01:13	0:57:11	6:05:35
736	MHK	641	1104	Heiner	Steenhoff	60	TSV Germania Holterf	0:57:26	0:55:40	0:58:08	1:11:09	1:01:39	1:01:31	6:05:35
737	MHK	642	362	Andre	Gehrke	66	Privat	0:56:38	0:55:26	0:57:15	1:14:47	1:02:22	0:59:08	6:05:39
738	MHK	643	1259	Martin	Wildemann	60	WfBM-Aurich-Wittmund C	1:00:37	0:55:39	0:58:03	1:13:02	1:00:12	0:58:14	6:05:50
739	MHK	644	586	Jürgen	Dreessen	71	Westerende-Holzloog	0:56:34	0:56:17	0:57:46	1:12:51	1:02:13	1:00:16	6:06:00
740	MHK	645	1162	Hans	Rosema	63	Nordland Papier	0:59:59	0:56:53	0:57:35	1:12:58	1:00:20	0:58:14	6:06:01
741	MHK	646	655	Peter	Janßen	77	SV Frisia Brinkum	0:57:23	0:55:37	0:58:22	1:13:59	1:02:51	0:57:59	6:06:14
742	MHK	647	832	Jens	Mintken	79	KBV Stedesdorf	0:57:36	0:55:59	0:59:17	1:13:17	1:01:49	0:58:35	6:06:36
743	MHK	648	1213	Mark	Großmann	79	Druckerei Meyer, Aurich	0:58:02	0:56:45	0:58:48	1:13:33	1:01:30	0:58:22	6:07:03
744	MHK	649	699	Helmut	Buß	68	Raiffeisenbank Wieseder	0:56:47	0:54:54	0:58:16	1:13:25	1:04:28	0:59:11	6:07:04
745	MHK	650	677	Jens	Suntken	65	VfB Münkeboe	0:58:05	0:54:48	0:59:02	1:15:33	1:01:23	0:58:12	6:07:05
746	MHK	651	854	Heinz-Herm	Hoppe	67	Nordland Papier	0:55:30	0:55:28	0:55:45	1:19:26	1:02:15	0:58:47	6:07:13
747	MHK	652	1346	Hans-Herm	Müller	44	SV Stikerkamp	0:57:48	0:56:18	0:57:51	1:13:22	1:02:51	0:59:03	6:07:16
748	MHK	653	763	Holger	Baller	71	privat	0:58:58	0:56:00	0:57:43	1:13:45	1:02:27	0:58:23	6:07:18
749	MHK	654	739	Gerd	Busboom	68	ELV Elektronik AG	0:58:59	0:56:46	0:58:16	1:13:31	1:01:27	0:58:19	6:07:19
750	MHK	655	613	Martin	Köster	50	obw Emden	0:57:11	0:54:35	1:01:03	1:11:44	1:03:20	0:59:35	6:07:28
751	MHK	656	712	Hans-Jürge	Hedemann	63	Team AURICHER EIER	1:01:23	0:56:51	0:58:46	1:13:12	1:00:21	0:57:01	6:07:38
752	MHK	657	375	Wilfried	Rosendahl	68	Störtebeker Loopers TV	0:57:44	0:54:58	0:57:05	1:10:58	1:01:40	1:05:14	6:07:41
753	MHK	658	1039	Paul	Lindemann	39	TV Norden	0:56:33	0:56:14	0:58:39	1:13:15	1:02:33	1:00:42	6:07:57
754	MHK	659	683	Rolf	Schneider	62	SC Ihrhove 07	0:58:26	0:56:23	0:57:47	1:13:31	1:03:21	0:58:29	6:08:01
755	MHK	660	602	Enno	Wolckenha	38	TC GW Leer	0:57:21	0:54:25	0:57:31	1:12:17	1:03:57	1:02:30	6:08:04
756	MHK	661	1129	Georg Ihno	Baumann	61	WT Loppersum	0:57:09	0:54:50	0:58:07	1:14:36	1:03:28	0:59:52	6:08:05
757	MHK	662	508	Joachim	Scherf	64	TEAM DEUTSCHE POS	0:56:22	0:54:37	0:59:55	1:13:46	1:03:39	0:59:45	6:08:07
758	MHK	663	928	Michael	Gerdes	72	Großefehn	0:58:56	0:55:15	0:57:42	1:15:19	1:01:53	0:59:16	6:08:23
759	MHK	664	617	Uwe	Feldmann	67	Vfll Berumbur	0:56:42	0:56:16	0:59:31	1:14:17	1:03:04	0:58:57	6:08:50
760	MHK	665	620	Manfred	Wollermann	42	MTV Wittmund	0:57:34	0:56:02	0:58:21	1:13:31	1:03:17	1:00:12	6:08:58
761	MHK	666	1065	Jens-Peter	Wolters	60	AKTIVA GmbH Wolters &	1:02:39	0:58:25	0:58:51	1:10:49	1:01:14	0:57:06	6:09:06
762	MHK	667	632	Detlef	Abrahams	61	Hobbyläufer	0:56:56	0:56:50	0:58:30	1:15:41	1:02:23	0:58:57	6:09:19
763	MHK	668	514	Hans-Günthe	Schoneboe	66	Emder LG	0:55:19	0:57:06	0:58:21	1:13:22	1:05:01	1:00:32	6:09:44
764	MHK	669	487	Wilfried	Franzen	45	Teutonia Stapelmoor	0:56:33	0:55:59	0:59:10	1:13:57	1:04:23	0:59:55	6:09:59
765	MHK	670	594	Holger	Janssen	63	Tus Esens	0:59:37	0:55:57	0:58:37	1:14:17	1:01:50	0:59:39	6:10:00
766	MHK	671	794	Jan-Dieter	Wessels	64	Nordland Papier	0:59:39	0:55:38	0:57:19	1:15:01	1:02:11	1:00:16	6:10:07
767	MHK	672	589	Peter	Nippen	76	Fortuna 1895 Düsseldorf	0:57:52	0:56:50	0:58:42	1:16:32	1:01:26	0:58:43	6:10:08
768	MHK	673	1267	Richard	Niemann	61	Westoverledingen	0:57:26	0:57:12	0:59:25	1:13:25	1:02:46	0:59:55	6:10:12
769	MHK	674	691	Helmut	Ackmann	54	LT TuS Aurich-Ost	0:57:00	0:56:22	0:59:19	1:13:51	1:03:27	1:00:13	6:10:14
770	MHK	675	634	Albert	Hobbie	51	Hobbyläufer	0:56:55	0:56:49	0:58:30	1:15:41	1:02:29	0:59:50	6:10:16

28. Ostfriesland Lauf 2009

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Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
771	MHK	676	618	Eckhard	Neumann	53	LG Grobefehn	0:58:01	0:54:59	0:59:04	1:12:20	1:04:22	1:01:38	6:10:26
772	MHK	677	1137	Jörg	Janssen	67	LG Ostfriesland	0:57:43	0:56:21	0:59:06	1:13:49	1:03:28	1:00:30	6:10:59
773	MHK	678	111	Werner	Narr	49	Loga	0:57:22	0:57:48	0:58:21	1:12:37	1:03:18	1:01:37	6:11:04
774	MHK	679	1192	Georg	Buß	58	Moormerland	0:58:22	0:56:09	0:58:57	1:14:17	1:03:37	0:59:43	6:11:07
775	MHK	680	1047	Jan Gerd	Jelden	55	TV Norden	0:56:37	0:55:56	0:58:56	1:13:11	1:05:23	1:01:18	6:11:23
776	MHK	681	741	Siegfried	Janßen	53	Südbrookmerland	0:56:31	0:56:04	0:59:32	1:14:22	1:03:20	1:01:41	6:11:32
777	MHK	682	776	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:59:19	0:56:56	0:57:44	1:14:13	1:04:13	0:59:20	6:11:46
778	MHK	683	619	Detlef	Densow	65	LT TuS Aurich-Ost	0:56:40	0:55:55	0:59:12	1:15:38	1:03:51	1:01:00	6:12:18
779	MHK	684	718	Uwe	Tschorr	62	EWE Wattloopers	0:57:35	0:57:04	0:58:53	1:15:19	1:02:30	1:00:56	6:12:18
780	MHK	685	1100	Fred	Kuhlmann	60	Heimatblatt	0:57:59	0:55:19	0:57:27	1:16:21	1:04:10	1:01:08	6:12:27
781	MHK	686	748	Willi	Schulte	41	Barßel	0:57:42	0:57:25	0:59:40	1:14:23	1:03:36	1:00:08	6:12:56
782	MHK	687	661	Alois	Albers	57	Zeitungsgruppe Ostfrie	0:57:22	0:57:21	0:58:51	1:16:10	1:03:53	0:59:21	6:13:01
783	MHK	688	1121	Heiko	Adams	72	Team ENERCON	0:58:58	0:56:17	0:59:10	1:13:46	1:03:33	1:01:17	6:13:03
784	MHK	689	781	Haralt	Theilken	59	T G Wiesmoor	0:59:02	0:56:03	0:59:53	1:14:09	1:03:16	1:00:50	6:13:16
785	MJ	96	1166	Daniel	Francovich	97	HTG Ihlow	0:56:46	0:56:41	1:01:41	1:15:05	1:04:49	0:58:36	6:13:39
786	MHK	690	681	Gerd	Janssen	53	Sandhorst	0:58:25	0:58:01	0:59:22	1:15:01	1:03:34	0:59:41	6:14:07
787	MJ	97	358	Jann	Janssen	93	Sportpark Tannenhouse	0:54:08	0:53:48	1:00:17	1:16:23	1:09:23	1:00:10	6:14:11
788	MHK	691	565	Dietrich	Steinke	41	SV Concordia Neermoor	0:57:48	0:56:32	0:59:45	1:15:18	1:04:03	1:00:49	6:14:18
789	MHK	692	1216	Hartmut	Garten	50	TuS Garum	0:56:26	0:55:58	0:58:47	1:22:25	1:02:15	0:58:27	6:14:20
790	MHK	693	582	Gerd	Siebels	53	Fortuna Logabirum	0:57:41	0:55:54	0:58:50	1:15:16	1:05:09	1:01:31	6:14:24
791	MHK	694	581	Albert	Conring	47	SV Nortmoor	0:56:46	0:57:15	1:00:00	1:16:02	1:04:31	1:00:23	6:15:00
792	MHK	695	1174	Dirk	Damm	64	FA Wybelsum	1:01:56	0:56:05	0:56:09	1:11:50	1:00:57	1:08:15	6:15:16
793	MHK	696	1175	Ulrich	Eggers	66	Emden	1:01:57	0:56:05	0:56:09	1:11:50	1:00:57	1:08:16	6:15:17
794	MHK	697	624	Jan	Meinders	64	Wittmund	0:58:25	0:57:22	0:59:34	1:15:39	1:04:02	1:00:18	6:15:23
795	MHK	698	1220	Marco	Grüger	74	Moormerland	1:02:15	0:55:37	0:57:59	1:15:50	1:03:50	0:59:52	6:15:25
796	MHK	699	505	Klaus	Heilmann	70	Seefahrtsschule Leer	0:57:54	0:58:04	0:59:14	1:16:10	1:04:17	0:59:51	6:15:34
797	MHK	700	719	Heinrich	Kleen	59	Onno Crämer Handelge	0:57:51	0:56:38	0:59:20	1:16:07	1:04:20	1:01:29	6:15:49
798	MHK	701	727	Heinz	de Buhr	59	Lions Club Uplengen	0:56:52	0:58:52	0:59:53	1:16:35	1:04:38	0:59:08	6:16:00
799	MJ	98	1151	Eike	Siebers	90	Neuharlingersiel	0:57:52	0:54:17	0:57:38	1:29:24	0:58:15	0:58:48	6:16:17
800	MHK	702	808	Derk	Burghardt	68	Team Möbel Buss	0:58:03	0:57:00	1:00:48	1:15:47	1:04:04	1:00:33	6:16:18
801	MHK	703	878	Thorsten	Dettmer	65	Leinerstift e.V.	1:00:21	0:57:41	1:00:41	1:15:05	1:03:17	0:59:13	6:16:21
802	MJ	99	1395	Tilo	Kuiper	92	SV Holtland	1:04:36	0:55:10	0:59:12	1:14:04	1:02:41	1:00:43	6:16:29
803	MHK	704	837	Werner	Ludewigs	57	Weener Plastik AG	1:01:12	0:56:11	1:00:11	1:15:34	1:03:50	0:59:28	6:16:29
804	MJ	100	454	Daniel	Brinkmann	91	SV Dornum	0:59:44	0:55:53	0:59:46	1:14:42	1:05:00	1:01:39	6:16:47
805	MHK	705	131	Andrej	Veenhuis	85	Team LIMIT	0:47:31	0:46:37	0:51:48	1:18:14	1:11:06	1:21:38	6:16:55
806	MHK	706	1254	Michael	Schlump	65	Saterland	1:02:20	0:57:21	1:00:08	1:16:50	1:02:56	0:57:43	6:17:21
807	MHK	707	810	Manfred	Palma	60	TUS Leerhufe	0:58:24	0:57:30	1:00:03	1:16:29	1:04:15	1:00:46	6:17:29
808	MHK	708	702	Helmut	Höft	59	LT TuS Aurich-Ost	0:57:24	0:59:20	0:59:32	1:15:24	1:04:24	1:01:28	6:17:35
809	MHK	709	1177	Harald	Grüter	60	Heilpraxis Grüter	0:59:16	0:57:12	0:59:32	1:15:23	1:04:51	1:01:23	6:17:39
810	MHK	710	1218	Daniel	Pöhl	79	4./ObjSRgt Lw	1:00:11	0:56:48	1:03:13	1:12:31	1:06:47	0:58:20	6:17:53
811	MHK	711	1209	Daniel	Schuirmann	64	LT TuS Aurich-Ost	0:52:00	0:50:55	0:56:04	1:19:25	1:00:25	1:19:13	6:18:04
812	MHK	712	636	Harald	Schäfer	56	EWE Wattloopers	0:57:59	0:56:57	0:59:50	1:16:38	1:04:01	1:02:39	6:18:07
813	MHK	713	856	Wubbo	Nanninga	66	Nordland Papier	0:58:33	0:55:05	0:59:25	1:15:52	1:06:17	1:03:09	6:18:24
814	MHK	714	513	Julian	Cremer	87	Team LIMIT	0:58:46	1:01:06	0:59:22	1:17:30	1:02:53	0:59:02	6:18:41
815	MHK	715	793	Günther	Fritz	59	Spielmanszug Marx	0:59:49	0:57:36	1:00:52	1:16:20	1:03:25	1:00:54	6:18:58
816	MHK	716	1357	Jörg	Engelbarts	63	Druckerei Meyer, Aurich	1:00:00	0:56:49	1:00:55	1:13:58	1:04:06	1:03:16	6:19:08
817	MHK	717	764	Jan	Richter	75	Team ENERCON	0:55:31	0:54:18	1:01:04	1:18:42	1:10:38	0:59:02	6:19:17
818	MHK	718	558	Sascha	Paul	81	Team ENERCON	1:00:28	0:57:43	1:01:24	1:16:04	1:03:24	1:00:28	6:19:34
819	MHK	719	714	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	0:58:59	0:57:56	0:59:45	1:16:10	1:05:12	1:01:50	6:19:54
820	MHK	720	1316	Marcus	Hippen	76	VGH-Versicherung	0:59:32	0:57:46	0:58:36	1:14:06	1:04:41	1:05:17	6:20:00
821	MHK	721	840	Ingo	Malchus	72	Weener Plastik AG	1:00:34	0:57:16	1:00:34	1:18:38	1:03:51	0:59:16	6:20:11
822	MHK	722	615	Friedhard	Cramer	52	Emder LG	0:56:40	0:57:05	1:00:45	1:18:12	1:04:23	1:03:18	6:20:27
823	MHK	723	806	Heino	Heynen	64	Strücklingen	1:02:20	0:57:55	1:00:46	1:16:47	1:02:58	0:59:40	6:20:28
824	MHK	724	831	Alwin	Groen	65	Westoverledingen	1:00:14	0:57:21	1:00:59	1:16:53	1:03:53	1:01:18	6:20:41
825	MHK	725	912	Dietmar	Schultz	65	TEAM DEUTSCHE POS	1:00:43	0:56:37	1:01:16	1:17:33	1:04:30	1:00:07	6:20:48

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
826	MHK	726	752	Boris	Bergmann	71	JVA Emden	1:00:03	0:56:39	1:00:33	1:21:31	1:03:05	0:59:12	6:21:05
827	MHK	727	1010	Roof	Buß	67	www.A22-Nie.de	1:03:36	0:58:56	1:00:45	1:18:26	1:01:32	0:57:54	6:21:11
828	MHK	728	713	Manfred	Böde	62	Emder LG	0:58:03	0:57:46	1:00:44	1:18:11	1:04:27	1:02:35	6:21:49
829	MHK	729	561	Herbert	Buss	59	Neukamperfehn	1:05:03	0:56:33	0:59:35	1:15:43	1:04:12	1:00:58	6:22:06
830	MHK	730	1345	Heinz-Jürge	Neddermey	42	LG Veenhusen	1:00:00	0:57:47	1:00:44	1:16:46	1:05:37	1:01:10	6:22:07
831	MHK	731	1226	Günter	Zierleyn	51	Leer	1:00:53	0:56:58	1:00:41	1:16:44	1:04:26	1:02:22	6:22:07
832	MHK	732	772	Günther	Heykes	67	VfB Germania Wiesmoo	1:03:42	1:00:53	0:59:47	1:15:18	1:02:52	0:59:36	6:22:09
833	MHK	733	933	Helmuth A.	Brümmer	57	ENOVA Marketing+Ver	1:02:35	0:56:30	0:58:37	1:17:38	1:06:27	1:00:21	6:22:10
834	MHK	734	817	Günther	Kloster	54	Leer	0:59:48	0:58:29	1:00:17	1:18:05	1:05:15	1:00:19	6:22:16
835	MHK	735	475	Ulrich	Linser	54	MTV Wittmund	1:01:34	0:58:26	1:01:03	1:16:20	1:04:14	1:00:50	6:22:30
836	MHK	736	1049	Enno	Nannen	47	TV Norden	0:59:11	0:57:46	1:01:25	1:16:39	1:05:05	1:02:29	6:22:37
837	MHK	737	560	Frank	Lüken	68	Leer	1:00:01	0:58:01	1:01:59	1:16:48	1:03:55	1:01:55	6:22:42
838	MHK	738	690	Ralf	Akkermann	68	TV Oldersum	0:59:29	0:59:40	0:59:52	1:17:56	1:05:02	1:01:00	6:23:01
839	MJ	101	607	Jan	Schmidt	92	Wi sünd Holtriem/SV Oct	1:01:17	0:57:09	1:02:10	1:16:12	1:05:00	1:01:26	6:23:16
840	MHK	739	1224	Klaus	Nikolie	48	VFFL Berumbur	0:58:09	1:01:07	1:01:44	1:16:22	1:04:35	1:01:20	6:23:19
841	MHK	740	1340	Timo	Buss	74	Reederei Buss	1:07:31	1:04:51	0:58:22	1:20:09	0:58:49	0:53:37	6:23:20
842	MJ	102	917	Jonas	Dreesch-Ro	92	Gymnasium Rhauderfe	1:01:18	0:58:26	1:01:52	1:15:23	1:04:06	1:02:15	6:23:23
843	MHK	741	945	Stefan	Hauschild	70	Rettungsdienst Leer	0:58:37	0:58:07	1:01:06	1:18:08	1:05:26	1:02:13	6:23:40
844	MHK	742	1242	Jörg	Zimmerman	63	Autohaus Südema Gmb	0:59:52	0:55:50	1:01:03	1:17:17	1:07:07	1:02:40	6:23:51
845	MHK	743	736	Jens	Sick	65	JVA Emden	0:59:25	0:58:08	1:01:15	1:17:06	1:05:59	1:01:57	6:23:53
846	MHK	744	802	Jan	Zellmer	75	ENOVA Marketing+Ver	1:00:20	0:57:38	1:03:34	1:18:05	1:04:24	0:59:50	6:23:54
847	MHK	745	823	Gebhard	Gayken	81	GFI Treuhand GmbH	1:04:51	1:03:33	1:01:24	1:09:28	1:00:00	1:04:54	6:24:13
848	MHK	746	788	Gero	Hirsch	68	Raiffeisenbank Wieseder	1:00:23	0:58:58	1:01:12	1:16:43	1:05:57	1:01:08	6:24:26
849	MHK	747	622	Thomas	Schön	65	Leer	1:01:52	0:59:57	1:02:12	1:16:34	1:04:03	0:59:55	6:24:35
850	MHK	748	626	Marcel	Ebbelaar	63	TSV Holtrop	1:04:13	1:00:39	0:59:06	1:14:40	1:04:42	1:01:15	6:24:37
851	MHK	749	595	Gerrit	Hoppmann	63	LG Ihrhove	1:00:11	0:57:34	1:01:18	1:16:53	1:05:54	1:03:26	6:25:19
852	MHK	750	1339	Gerrit	Kruse	62	Polizei Leer	0:59:49	0:57:59	1:00:58	1:16:59	1:07:44	1:01:51	6:25:22
853	MHK	751	1326	Dietmar	Sädttler	59	KBV Altharlingersiel	1:00:03	0:57:42	0:59:40	1:19:19	1:05:54	1:02:42	6:25:22
854	MHK	752	923	Ralf	Koch	70	RuB GmbH	1:02:04	0:58:26	1:01:05	1:18:33	1:04:13	1:01:17	6:25:40
855	MHK	753	909	Gerald	Koch	62	Baptisten Firrel	1:02:42	0:58:41	1:01:56	1:16:19	1:04:30	1:01:46	6:25:57
856	MHK	754	732	Jürgen	Harbers	68	WSC Rhauderfehn	1:01:20	0:59:02	1:01:10	1:16:29	1:05:46	1:02:14	6:26:03
857	MHK	755	1318	Wilhelm	Mammen	56	BBS 1 Aurich	1:00:19	0:57:50	1:00:40	1:19:32	1:05:42	1:02:10	6:26:14
858	MHK	756	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	0:56:38	0:55:14	0:58:04	1:18:18	1:10:55	1:07:23	6:26:34
859	MHK	757	598	Thomas	Hollweg	84	Papenburg	0:59:33	0:58:46	1:00:53	1:19:51	1:04:02	1:03:29	6:26:35
860	MHK	758	716	Geiken	Gerd	60	LOOP DOCH SÜLMST	0:59:30	0:58:10	1:00:49	1:20:20	1:05:51	1:02:09	6:26:52
861	MHK	759	703	Günther	Schmidt	56	Wiede-Wiede Günnie	0:56:40	0:56:45	1:02:39	1:16:21	1:05:48	1:08:43	6:26:58
862	MHK	760	813	Claus	Röstel	59	LT TuS Aurich-Ost	1:00:48	0:58:32	1:01:31	1:17:00	1:06:20	1:02:49	6:27:02
863	MHK	761	737	Heinrich	van Lengen	40	LG GroBefehn	0:59:33	0:59:17	1:01:18	1:17:22	1:06:17	1:03:31	6:27:20
864	MHK	762	986	Gerd	Wilken	60	Team Wilts	1:01:08	0:59:14	1:03:46	1:18:22	1:03:14	1:02:00	6:27:47
865	MHK	763	1163	Leo	Berling	58	Nordland Papier	1:02:45	0:59:22	1:02:30	1:17:13	1:04:41	1:01:15	6:27:49
866	MJ	103	1313	Marco	Schäfer	92	BBS 1 Aurich	1:09:58	1:02:54	1:02:27	1:14:44	1:02:07	0:55:45	6:27:58
867	MHK	764	980	Hartmut	Voget	60	Schnapsidee	1:04:56	0:59:33	1:00:10	1:16:28	1:04:45	1:02:04	6:27:59
868	MHK	765	633	Wolfgang	Wöhrle	44	MTV Wittmund	1:00:08	0:58:37	1:01:07	1:16:06	1:05:26	1:06:43	6:28:10
869	MHK	766	1397	Stefan	Störmer	68		1:01:52	0:58:42	1:02:56	1:15:50	1:08:19	1:00:31	6:28:12
870	MHK	767	756	Helmut	Loers	52	DAK Oldenburg	1:01:13	0:59:02	1:01:40	1:17:44	1:06:30	1:02:25	6:28:38
871	MHK	768	749	Erhard	Meyer	62	Sparkasse LeerWittmun	1:00:20	0:54:14	1:01:50	1:24:11	1:07:22	1:00:45	6:28:45
872	MHK	769	1382	Stefan	Adelmund	84	Aurich	0:58:20	0:58:06	1:01:50	1:17:31	1:03:11	1:09:50	6:28:51
873	MHK	770	872	Björn	Nauschutt	73	Ostfriesische Volksbank	1:02:52	1:00:36	1:01:59	1:17:18	1:05:24	1:01:05	6:29:17
874	MHK	771	1007	Tjarko	Grünefeld	61	Nortmoor	1:03:04	0:59:51	1:01:36	1:17:40	1:05:31	1:01:58	6:29:42
875	MHK	772	1135	Holger	Poppen	72	de Heizungsloopers	0:55:54	0:57:00	1:04:13	1:21:38	1:08:43	1:02:25	6:29:56
876	MHK	773	974	Martin	Meyer	81	Leer	1:06:52	1:03:19	0:53:34	1:22:01	0:57:03	1:07:18	6:30:09
877	MHK	774	1140	Ingo	Tränapp	70	Peiers	1:02:57	0:58:46	1:00:34	1:18:25	1:06:58	1:02:39	6:30:22
878	MHK	775	1123	Dennis	Rodenbäck	84	Esens	1:04:03	0:59:12	1:02:05	1:18:05	1:05:40	1:01:47	6:30:55
879	MHK	776	1156	Ewald	Ennen	61	AOK Niedersachsen	1:01:35	0:59:03	1:00:51	1:19:18	1:06:13	1:04:02	6:31:04
880	MHK	777	717	Johann	Heinks	50	Neu-Wiegboldsbur	1:01:35	0:59:02	1:00:55	1:19:19	1:06:13	1:03:59	6:31:06

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
881	MHK	778	686	Horst	Franke	58	SV Ochtersum	1:04:38	0:58:30	1:01:46	1:15:46	1:06:08	1:04:24	6:31:15
882	MHK	779	1176	Robin	Paschant	70	Team ENERCON	1:02:12	0:59:14	1:00:02	1:20:04	1:05:18	1:04:40	6:31:32
883	MJ	104	1102	David	Boekhoff	91	VfB Rajen	0:59:12	0:56:59	1:00:33	1:21:08	1:11:06	1:02:35	6:31:36
884	MHK	780	698	Marc	Hohmann	77	Leinerstift e.V.	0:59:44	0:58:32	1:00:16	1:16:55	1:10:56	1:05:17	6:31:42
885	MHK	781	907	Arthur	Engelbrecht	51	Schützenspielmannszug	1:01:45	1:00:04	1:01:59	1:15:45	1:08:35	1:03:36	6:31:47
886	MHK	782	738	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:00:22	0:58:54	1:02:32	1:18:00	1:07:57	1:04:01	6:31:49
887	MHK	783	696	Hinrich	Thedinga	55	LT TuS Aurich-Ost	1:01:26	1:00:16	1:01:42	1:17:30	1:07:36	1:03:18	6:31:50
888	MHK	784	1286	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:00:47	0:57:55	1:01:45	1:20:49	1:08:19	1:02:31	6:32:08
889	MHK	785	693	Eilert	Juilfs	45	LG Grobfehn	1:02:56	0:59:09	1:01:46	1:18:48	1:05:38	1:04:00	6:32:20
890	MHK	786	1293	Werner	Meyer	71	Wiesmoor	1:01:24	1:00:36	1:01:00	1:18:22	1:06:46	1:04:13	6:32:23
891	MHK	787	1003	Jörg	Cornelius	70	Sparkasse LeerWittmun	1:01:59	1:01:51	1:02:12	1:17:17	1:08:51	1:01:18	6:33:30
892	MHK	788	1258	Hauko	Wenninga	50	Leer	0:59:57	1:01:25	1:01:33	1:19:26	1:06:43	1:04:29	6:33:34
893	MHK	789	642	Johann	Tjaden	52	Störtebeker Loopers TV	0:59:05	0:59:41	1:02:24	1:17:26	1:07:13	1:07:46	6:33:39
894	MJ	105	792	Tung	Do	92	Gymnasium Ulricianum /	1:09:50	0:57:59	1:02:05	1:14:55	1:06:17	1:02:48	6:33:55
895	MHK	790	943	Thomas	Junker	65	Emder LG	1:00:52	1:00:09	1:01:50	1:19:23	1:07:37	1:04:02	6:33:56
896	MHK	791	880	Hans-Dieter	Erdwiens	57	RuB GmbH	1:03:40	0:59:19	1:01:38	1:19:01	1:06:40	1:03:41	6:34:02
897	MHK	792	804	Karl	Poppen	47	TG Wiesmoor	1:01:31	1:01:09	1:00:57	1:21:02	1:07:48	1:01:37	6:34:06
898	MHK	793	1356	Markus-Hin	Brouwer	75	VfB Rajen	1:06:23	1:00:33	1:02:49	1:21:05	1:04:34	0:59:33	6:35:00
899	MHK	794	1142	Rüdiger	Weißsohn	56	JVA Emden	0:58:28	0:59:05	1:01:52	1:22:13	1:09:06	1:04:23	6:35:08
900	MHK	795	875	Ernst	Loesing	66	VHS Laufen	1:02:44	0:59:58	1:01:40	1:18:51	1:07:38	1:04:25	6:35:18
901	MHK	796	941	Frank	Wagenhaus	72	Team Wilts	1:05:19	1:01:00	1:04:40	1:18:32	1:04:12	1:01:37	6:35:23
902	MHK	797	796	Egon	Freeseaman	66	Bünting Tee	1:03:10	1:00:41	1:03:40	1:19:27	1:05:39	1:02:45	6:35:24
903	MHK	798	1105	Rainer	Wiechmann	58	Germania Leer	1:06:12	0:57:24	1:08:04	1:13:45	1:02:28	1:07:42	6:35:38
904	MHK	799	816	Stephan	Schulz	83	Moormerland	1:01:33	1:00:48	1:03:36	1:19:20	1:07:25	1:02:57	6:35:42
905	MHK	800	946	Jörg	Baumann	74	BSG Hinte	1:03:51	0:59:23	1:02:47	1:21:02	1:06:24	1:02:23	6:35:52
906	MHK	801	733	Joachim	Piela	51	IGS Aurich-West	1:00:28	1:00:15	1:02:22	1:19:57	1:08:06	1:04:49	6:35:59
907	MHK	802	664	Günter	Fitzner	48	TEAM DEUTSCHE POS	1:01:14	1:00:19	1:02:36	1:18:25	1:09:46	1:03:44	6:36:08
908	MHK	803	869	Giovanni	Pasca	73	KUH'S BEST-Team	1:02:53	0:58:38	1:01:32	1:22:41	1:08:08	1:02:20	6:36:15
909	MHK	804	1064	Hans	Grenseman	52	Großheide	1:02:29	1:01:49	1:02:04	1:18:02	1:06:42	1:05:17	6:36:25
910	MHK	805	805	Alfred	Trännapp	41	TV Norden	1:02:57	1:00:34	1:02:44	1:19:20	1:07:54	1:03:13	6:36:46
911	MHK	806	1172	Ewald	Schröder	48	Laufftreff Tura 07	1:05:55	1:04:05	1:07:17	1:17:34	1:02:54	0:59:03	6:36:50
912	MHK	807	1146	Henning	Libner	52	SV Grobfehn	1:01:47	1:00:24	1:03:27	1:18:37	1:08:58	1:04:01	6:37:17
913	MHK	808	578	Habbo	Freudenber	66	Ihlowerfeh	1:00:57	1:00:14	1:02:03	1:22:04	1:07:32	1:04:26	6:37:17
914	MHK	809	676	Heinz	Hoyer	43	Norden	1:02:14	1:00:35	1:02:43	1:20:37	1:07:47	1:03:37	6:37:35
915	MHK	810	1145	Eike	Saathoff	89	de Heizungsloopers	0:58:36	0:59:43	1:04:03	1:20:28	1:08:37	1:06:09	6:37:38
916	MHK	811	833	Christoph	Göhler	39	Aurich	1:01:18	1:01:24	1:02:49	1:19:28	1:08:26	1:05:10	6:38:36
917	MHK	812	728	Hermann	Reiter	65	SV Stikkelkamp	1:00:35	1:01:43	1:04:46	1:19:30	1:08:04	1:04:10	6:38:49
918	MHK	813	771	Gerd	Jans	64	Eden, Jans, Fischer Par	1:02:16	1:00:01	1:02:07	1:23:00	1:08:14	1:03:10	6:38:51
919	MHK	814	839	Helmut	Swart	64	Weener Plastik AG	1:01:24	0:59:58	1:04:56	1:21:54	1:06:44	1:04:21	6:39:19
920	MHK	815	773	Werner	Böwe	44	Emder LG	1:01:47	1:00:43	1:02:23	1:19:54	1:08:01	1:06:40	6:39:31
921	MHK	816	963	Oliver	Gruis	77	Nordland Papier	1:09:05	1:00:12	1:01:10	1:20:42	1:05:41	1:02:54	6:39:47
922	MHK	817	942	André	Ley	67	Polizei Aurich	1:03:30	1:03:24	1:03:25	1:19:15	1:07:20	1:03:03	6:40:00
923	MHK	818	740	Olaf	Sweers	68	SV Wittmund	1:01:33	1:03:56	1:04:06	1:22:42	1:05:50	1:01:53	6:40:04
924	MHK	819	755	Michael	Sanders	75	Moormerland	1:09:01	1:03:44	1:02:56	1:16:54	1:05:14	1:02:13	6:40:04
925	MHK	820	668	Jörg	Seybold	49	Frisia Loga	0:59:45	0:59:43	1:02:33	1:21:49	1:09:11	1:07:06	6:40:08
926	MHK	821	1238	Manfred	Gedes	59	Laufftreff Middels	1:02:03	1:01:15	1:04:03	1:19:39	1:08:03	1:05:16	6:40:22
927	MHK	822	731	Reinhard	Wodak	50	TV Leer	1:03:22	1:02:38	1:02:31	1:19:12	1:08:01	1:04:53	6:40:39
928	MHK	823	197	Norbert	Freitag	48	LT TuS Aurich-Ost	1:01:33	1:01:32	1:04:20	1:20:21	1:08:49	1:04:14	6:40:50
929	MHK	824	882	Meinhard	Bunjes	52	Ruderverein Barßel	1:03:49	1:01:59	1:03:46	1:21:32	1:04:16	1:05:29	6:40:53
930	MHK	825	1228	Bernhard	Reiners	68	TUS Victorbur	1:05:03	1:00:01	1:04:36	1:20:50	1:07:57	1:02:58	6:41:27
931	MJ	106	1232	Steffen	Reiners	96	Gymnasium Ulricianum /	1:05:03	1:00:01	1:04:36	1:20:50	1:07:58	1:02:58	6:41:28
932	MHK	826	294	Eike	Willms	89	Sparkasse LeerWittmun	1:04:07	1:01:03	1:01:03	1:22:30	1:08:05	1:04:54	6:41:44
933	MHK	827	960	Jochen	Hinderks	80	Aurich	1:02:54	1:00:38	1:04:39	1:19:16	1:09:12	1:05:26	6:42:08
934	MHK	828	988	Christian	Pruin	81	Team Wilts	1:05:11	1:01:08	1:04:41	1:18:33	1:07:59	1:04:48	6:42:22
935	MJ	107	1251	Sven	Wagner	93	HRS Moormerland	1:07:47	1:01:23	1:03:20	1:18:48	1:07:46	1:03:34	6:42:41

28. Ostfriesland Lauf 2009

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Endstand nach 6 Etappen

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
936	MHK	829	803	Ralf	Brinschwitz	67	LT TuS Aurich-Ost	1:09:14	1:02:44	1:03:32	1:17:53	1:06:31	1:02:59	6:42:55
937	MJ	108	1371	Robert	Schmidt	93	LT TuS Aurich	1:02:16	0:57:26	1:11:38	1:22:34	1:06:22	1:02:49	6:43:07
938	MHK	830	639	Johann	Marks	58	EWE Wattloopers	1:03:33	1:01:46	1:05:06	1:24:18	1:10:50	0:57:44	6:43:19
939	MHK	831	927	Bernhard	Mäcken	66	Großefehn	1:02:24	0:59:25	1:04:46	1:25:14	1:07:24	1:04:20	6:43:36
940	MHK	832	1273	Eric	Leuchters	64	Leer	1:04:08	1:02:39	1:02:01	1:22:56	1:07:53	1:04:25	6:44:05
941	MHK	833	1000	Karl-Dieter	Haken	51	HAKA	1:01:35	1:01:40	1:04:35	1:20:59	1:09:01	1:06:15	6:44:08
942	MHK	834	1277	Wolfgang	Girts	52	LT TuS Aurich-Ost	1:04:10	1:03:08	1:05:16	1:21:11	1:07:41	1:03:03	6:44:32
943	MHK	835	887	Hermann	Oltmanns	64	Sparkasse LeerWittmun	1:01:46	1:01:22	1:02:56	1:21:43	1:10:09	1:06:45	6:44:43
944	MHK	836	800	Feeko	Heinrichsdo	56	obw Emden	0:59:08	1:16:42	1:04:48	1:17:39	1:05:00	1:02:08	6:45:27
945	MHK	837	950	Uwe	Remmers	59	Crocodiles Ihlow	1:07:32	1:00:48	1:04:16	1:19:48	1:08:44	1:04:36	6:45:47
946	MHK	838	637	Ottmar	Dirksen	62	EWE Wattloopers	1:05:23	1:01:36	1:04:58	1:20:50	1:08:11	1:04:50	6:45:49
947	MHK	839	1386	Wiard	Meyer	62	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47	1:10:21	1:06:24	6:46:07
948	MHK	840	976	Anton	Gruben	42	SV Potshausen	1:02:43	1:00:52	1:04:58	1:20:47	1:10:21	1:06:24	6:46:07
949	MHK	841	970	Sebastiao	Engracia Me	73	Emder LG	1:04:34	1:03:29	1:05:02	1:21:41	1:07:42	1:03:38	6:46:08
950	MHK	842	747	Dieter	August	60	SuS Timmel	1:01:22	0:59:28	1:04:49	1:20:16	1:10:46	1:09:35	6:46:19
951	MHK	843	1270	Harald	Ramaker	63	SV Warsingsfehn	1:02:31	1:04:06	1:05:13	1:21:35	1:08:17	1:05:08	6:46:52
952	MHK	844	428	Andreas	Kohl	75	TV Norden	1:00:14	0:59:59	1:08:55	1:19:45	1:13:37	1:04:20	6:46:53
953	MHK	845	952	Dennis	Haken	78	HAKA	1:03:36	1:01:30	1:03:33	1:22:23	1:10:48	1:05:35	6:47:29
954	MHK	846	807	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:04:34	1:02:59	1:05:41	1:21:17	1:08:53	1:04:15	6:47:42
955	MHK	847	689	Axel	Schewiola	38	TV Norden	1:02:17	1:02:22	1:05:20	1:22:40	1:08:56	1:06:17	6:47:53
956	MHK	848	1040	Jann	Heyen	41	TV Norden	1:01:12	1:02:20	1:05:18	1:22:05	1:10:47	1:06:46	6:48:31
957	MJ	109	811	Jonas	Schürmann	95	SV Warsingsfehn	0:56:00	1:00:48	1:00:57	1:27:17	1:25:19	0:58:22	6:48:46
958	MHK	849	809	Wolfgang	Heilemann	57	Team Erdinger Alkohol	1:05:41	1:04:13	1:04:03	1:22:49	1:08:09	1:04:08	6:49:05
959	MHK	850	983	Jan	Mueller	68	VfB Rajen	1:03:23	1:02:32	1:04:47	1:21:57	1:09:14	1:07:14	6:49:09
960	MHK	851	1282	Helge	Drost	74	Wittmund	1:07:39	1:04:08	1:04:16	1:22:01	1:07:20	1:03:45	6:49:11
961	MHK	852	679	Roland	Mammen	60	SV Ochtersum	1:02:55	1:03:40	1:04:11	1:22:02	1:10:18	1:06:21	6:49:30
962	MHK	853	1322	Wolfgang	Hagena	65	Druckerei Meyer, Aurich	1:04:55	1:08:04	1:04:56	1:25:06	1:04:06	1:03:32	6:50:42
963	MHK	854	898	Jan	Lüdeling	70	Hartmann Group	1:05:10	1:03:17	1:05:41	1:26:16	1:08:36	1:02:56	6:51:58
964	MHK	855	257	Johann	Keiser	62	TSV Hesel	1:05:43	1:02:40	1:05:01	1:22:13	1:08:41	1:08:27	6:52:48
965	MHK	856	815	Richard	Lücht	57		1:04:13	1:02:36	1:04:43	1:23:06	1:10:59	1:07:16	6:52:56
966	MHK	857	799	Duke	Berends	52	Gemeinschaft u. EC Fi	1:06:42	1:03:40	1:05:57	1:22:03	1:09:25	1:05:28	6:53:17
967	MHK	858	1043	Peter	Reimund	54	TV Norden	1:03:54	1:02:06	1:05:47	1:22:46	1:10:15	1:08:41	6:53:32
968	MJ	110	1243	Daniel	Busse	98	de Heizungsloopers	1:06:16	0:59:49	1:03:54	1:21:32	1:11:33	1:10:51	6:53:58
969	MHK	859	394	Ralf	Hollwege	62	VfL Berumbur	1:04:03	1:03:35	1:05:40	1:22:19	1:11:03	1:07:17	6:54:00
970	MHK	860	930	Arno	Hamel	64	VfB Rajen	1:03:31	1:02:13	1:04:45	1:21:55	1:14:52	1:07:14	6:54:32
971	MHK	861	706	Wilhelm	Bolhuis	43	TV Norden	1:05:33	1:04:21	1:05:41	1:22:12	1:10:08	1:07:22	6:55:20
972	MJ	111	868	Jannes	Janssen	95	HRS Westerholt	1:08:29	1:03:08	1:05:40	1:24:38	1:08:05	1:05:32	6:55:35
973	MHK	862	754	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:05:45	1:04:45	1:05:49	1:22:09	1:10:58	1:07:34	6:57:02
974	MHK	863	1016	Dieter	Erdmann	49	SuS Berumerfehn	1:12:53	1:04:17	1:05:16	1:22:15	1:07:51	1:04:36	6:57:11
975	MHK	864	695	Focko	Janssen	49	IGS Aurich-West	1:02:02	1:00:18	1:05:30	1:22:34	1:16:14	1:11:02	6:57:41
976	MHK	865	999	Thorsten	Huisman	85	obw Emden	1:09:46	1:11:26	1:04:04	1:20:04	1:07:02	1:05:27	6:57:51
977	MHK	866	280	Heinrich	Janssen	34	MTV Aurich Tria	1:04:45	1:04:45	1:05:35	1:23:11	1:11:27	1:08:38	6:58:23
978	MHK	867	968	Klaus	Weichers	69	VfR eintracht Völlen	1:07:02	1:02:51	1:05:52	1:26:30	1:11:11	1:06:53	7:00:22
979	MHK	868	1385	Benjamin	Nobel	86	*Leer	1:06:16	1:01:03	1:04:35	1:19:02	1:11:37	1:18:13	7:00:48
980	MHK	869	477	Gerrit	Janßen	75	Ihlow / Westerende-K.	1:03:59	1:04:29	1:08:49	1:26:10	1:11:21	1:06:34	7:01:25
981	MJ	112	819	Bernd	Dirks	96	Wi sünd Holtriem	1:03:33	1:00:55	1:07:45	1:28:09	1:17:12	1:03:49	7:01:27
982	MHK	870	883	Andre	Kaiser	67	Leer	1:04:44	1:03:35	1:05:39	1:20:49	1:12:18	1:14:30	7:01:36
983	MJ	113	1307	Andre	Tattje	93	Realschule Esens	1:08:27	1:01:31	1:06:02	1:27:19	1:11:04	1:08:04	7:02:29
984	MHK	871	635	Karl	Habben	48	EWE Wattloopers	1:03:02	1:03:31	1:07:16	1:25:07	1:16:11	1:07:46	7:02:56
985	MHK	872	818	Wolfgang	Schmidtke	53	Loga	1:04:03	1:07:34	1:06:50	1:24:51	1:13:14	1:06:50	7:03:26
986	MHK	873	955	Gerd	Claassen	45	LG Ostfriesland	1:06:05	1:04:19	1:08:15	1:25:07	1:12:05	1:08:35	7:04:29
987	MHK	874	870	Andre	Mennenga	61	Emder Lg	1:05:35	1:04:02	1:06:16	1:26:30	1:14:24	1:07:41	7:04:30
988	MHK	875	947	Heiko	Heyen	57	LG Großefehn	1:03:33	1:04:18	1:07:00	1:29:09	1:13:27	1:07:50	7:05:20
989	MHK	876	1041	Werner	Ihlow	45	TV Norden	1:05:32	1:03:45	1:07:32	1:24:51	1:12:23	1:12:03	7:06:08
990	MHK	877	953	Burghardt	Zirpins	57	obw Emden	1:07:54	1:05:29	1:07:35	1:24:00	1:11:43	1:09:31	7:06:14

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
991	MHK	878	1138	Timo	Langheinric	83	de Heizungsloopers	1:06:26	1:06:23	1:10:28	1:24:22	1:11:30	1:07:21	7:06:33
992	MHK	879	951	Henri	Hüls	68	obw Emden	1:06:16	1:05:26	1:08:01	1:25:33	1:13:54	1:08:54	7:08:07
993	MJ	114	871	Yannik	Ihmels	91	HRS Westerholt	1:11:38	1:03:57	1:12:23	1:24:38	1:10:35	1:05:42	7:08:56
994	MHK	880	975	Heinrich	Doyen	59	TG Wiesmoor	1:07:04	1:05:16	1:08:59	1:27:59	1:12:27	1:07:49	7:09:37
995	MHK	881	949	Helmut	Schneider	62	BV Vorwärts Plaggenbur	1:08:56	0:51:35	1:11:34	1:30:32	1:18:02	1:09:01	7:09:43
996	MHK	882	864	Michael	Rühling	71	Aurich	1:08:44	1:08:44	1:07:03	1:25:20	1:12:31	1:07:21	7:09:46
997	MHK	883	758	Markus	Herden	77	Schortens	1:12:25	1:06:15	1:07:50	1:25:25	1:11:52	1:05:58	7:09:47
998	MHK	884	1169	Rainer	Busse	71	de Heizungsloopers	1:06:26	1:06:23	1:10:29	1:24:23	1:11:34	1:10:50	7:10:07
999	MHK	885	822	Martin	Erb	62	obw Emden	1:08:49	1:04:19	1:09:06	1:26:43	1:12:49	1:08:21	7:10:10
1.000	MHK	886	987	Christian	Lay	88	Team Wilts	1:11:10	1:07:32	1:08:19	1:28:18	1:10:55	1:04:00	7:10:16
1.001	MHK	887	814	Hermann	Tannen	61	MTV Wittmund	1:08:24	1:04:27	1:07:48	1:23:49	1:12:41	1:13:07	7:10:19
1.002	MJ	115	1013	Jannik	Schindler	97	VFL Jheringsfehn	1:14:57	1:08:05	1:09:30	1:25:05	1:09:13	1:03:33	7:10:24
1.003	MHK	888	753	Erich	Pruin	64	VfL Germania Leer	1:11:45	1:06:18	1:08:29	1:24:39	1:12:04	1:07:37	7:10:54
1.004	MHK	889	579	Holger	Becker	74	vereinslos!	1:06:59	1:02:48	1:07:46	1:29:36	1:13:44	1:10:37	7:11:33
1.005	MHK	890	863	Joachim	Busker	55	Kok-Reisen	1:08:07	1:07:18	1:06:12	1:24:36	1:16:33	1:09:35	7:12:22
1.006	MHK	891	958	Erdwin	Brinkmann	61	Sparkasse Aurich-Nord	1:05:47	1:04:43	1:09:35	1:26:27	1:15:10	1:10:44	7:12:30
1.007	MHK	892	944	Manfred	Middelborg	49	Bünting Tee	1:05:35	1:04:33	1:09:02	1:28:27	1:16:04	1:10:17	7:14:01
1.008	MHK	893	1002	Harm	Diddens	70	Leer	1:07:40	1:09:05	1:08:55	1:25:30	1:13:41	1:09:52	7:14:46
1.009	MHK	894	938	Jürgen	Wedeken	58	Team Wilts	1:09:43	1:06:00	1:10:11	1:26:04	1:13:44	1:09:15	7:14:58
1.010	MHK	895	795	Thomas	Tamling	77	Friesoythe	1:07:25	1:05:15	1:07:50	1:28:47	1:15:32	1:11:57	7:16:48
1.011	MHK	896	900	Berend	Schutte	79	Hartmann Group	1:08:12	1:08:05	1:05:36	1:24:17	1:15:34	1:15:04	7:16:50
1.012	MHK	897	966	Harald	Gröning	70	Emder LG	1:06:23	1:05:07	1:06:16	1:28:19	1:15:27	1:15:33	7:17:06
1.013	MHK	898	916	Heinz	Prange	61	terre des hommes	1:09:35	1:06:22	1:10:19	1:29:12	1:12:15	1:10:49	7:18:34
1.014	MHK	899	994	Henning	Brandt	77	Ostfriesische Volksbank	1:05:15	1:05:45	1:10:06	1:30:31	1:15:05	1:12:37	7:19:22
1.015	MHK	900	1253	Roland	Peters	51	SV Strücklingen	1:11:57	1:07:03	1:09:04	1:28:53	1:15:55	1:09:45	7:22:39
1.016	MHK	901	785	Harald	Bruns	88	Hartmann Group	1:12:05	1:05:51	1:09:47	1:29:24	1:15:29	1:10:17	7:22:55
1.017	MHK	902	821	Uwe	Weber	55	VHS-Laufen	1:14:45	1:08:53	1:09:08	1:26:09	1:14:26	1:09:55	7:23:18
1.018	MHK	903	995	Gerold	Huismann	76	obw Emden	1:10:54	1:06:14	1:10:03	1:29:10	1:15:35	1:11:19	7:23:18
1.019	MHK	904	451	Tole	Krull	58	KBV Langefeld	1:09:24	1:08:26	1:10:48	1:26:58	1:15:59	1:12:25	7:24:01
1.020	MHK	905	979	Willi	Tammen	59	Westoverledingen	1:09:40	1:07:13	1:10:32	1:29:25	1:16:31	1:10:53	7:24:17
1.021	MHK	906	1011	Johann	Freese	39	LT Schafhauserwald	1:09:24	1:08:27	1:10:50	1:26:58	1:15:59	1:12:47	7:24:29
1.022	MHK	907	1158	Günther	Siemens	74	BBC Chartering	1:14:42	1:04:43	1:08:49	1:29:48	1:16:07	1:10:44	7:24:55
1.023	MHK	908	784	Christian	Meyering	83	Reederei Buss	1:11:06	1:12:03	1:12:14	1:29:12	1:15:55	1:08:40	7:29:12
1.024	MHK	909	972	Jens	Hinrichs	69	Stadtwerke Norden	1:09:24	1:07:54	1:09:57	1:32:45	1:16:32	1:13:07	7:29:41
1.025	MHK	910	1358	Detlef	Hermann	48	Flachsmeer	1:10:50	1:09:05	1:11:24	1:30:27	1:16:52	1:11:03	7:29:42
1.026	MHK	911	978	Walter	Behrens	37	GroBefehn	1:13:18	1:08:29	1:12:20	1:30:09	1:15:15	1:10:18	7:29:50
1.027	MHK	912	890	Manfred	Dirks	61	Stadtwerke Norden	1:09:22	1:08:24	1:09:50	1:33:22	1:16:31	1:13:06	7:30:37
1.028	MHK	913	1009	Bodo	von Preyss	39	Pro Senis	1:09:44	1:09:03	1:10:10	1:29:47	1:18:00	1:13:54	7:30:40
1.029	MHK	914	891	Hans-Jürge	Peters	49	Polizei	1:15:01	1:08:46	1:11:18	1:28:48	1:16:00	1:11:22	7:31:19
1.030	MHK	915	1015	Uwe	Rethschulte	70	obw Emden	1:12:43	1:09:03	1:09:15	1:33:31	1:16:19	1:12:22	7:33:15
1.031	MHK	916	1274	Horst Dieter	Wulf	39	Sparkasse Leer Wittmun	1:12:06	1:09:17	1:11:47	1:30:51	1:17:00	1:12:14	7:33:18
1.032	MHK	917	846	Johann	Bartels	71	Milchlabor Weser Ems e	1:14:25	1:07:20	1:10:24	1:32:09	1:15:57	1:13:23	7:33:40
1.033	MHK	918	993	Ralf	Siemens	64	Hartmann Group	1:11:02	1:07:14	1:13:04	1:33:10	1:17:05	1:12:11	7:33:48
1.034	MHK	919	762	Andreas	Meinen	54	Team Möbel Buss	1:09:39	1:09:39	1:12:48	1:30:54	1:19:03	1:12:38	7:34:43
1.035	MHK	920	1020	Frank	Niehuisen	70	AOK	1:13:29	1:07:06	1:09:50	1:33:06	1:17:08	1:14:50	7:35:31
1.036	MHK	921	789	Hans	Tjarks	56	Aurich	1:13:15	1:15:54	1:13:19	1:30:12	1:16:29	1:10:33	7:39:43
1.037	MHK	922	948	Peter	Niens	49	DEKRA	1:10:55	1:06:16	1:10:01	1:28:53	1:27:50	1:16:43	7:40:40
1.038	MHK	923	991	Horst	Moosler	37	VfL Germania Leer	1:16:02	1:12:27	1:12:24	1:31:45	1:17:38	1:10:44	7:41:03
1.039	MJ	116	1320	Bastian	Folkerts	93	GroBefehn	1:14:45	1:10:27	1:13:10	1:33:43	1:16:43	1:14:08	7:42:59
1.040	MHK	924	990	Manfred	Diener	49	LG GroBefehn	1:12:02	1:12:43	1:15:21	1:34:14	1:16:45	1:12:17	7:43:24
1.041	MHK	925	893	Nils	Eggert	77	Reederei Buss	1:11:40	1:12:03	1:12:15	1:28:03	1:21:19	1:18:03	7:43:25
1.042	MHK	926	859	Gerahrd	Weinberg	66	Nordland Papier	1:14:52	1:11:40	1:14:46	1:33:50	1:16:42	1:11:49	7:43:41
1.043	MHK	927	957	Wilfried	Gieseler	61	LT TuS Aurich-Ost	1:12:45	1:11:55	1:15:12	1:35:24	1:17:47	1:11:22	7:44:27
1.044	MHK	928	1017	Karl	Davids	50	SuS Berumerfehn	1:12:53	1:13:42	1:14:36	1:36:56	1:15:31	1:12:43	7:46:23
1.045	MHK	929	1260	Stefan	Burlager	84	MTV Ditzum	1:15:08	1:10:38	1:11:41	1:33:13	1:20:03	1:15:54	7:46:40

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Männer

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.046	MHK	930	1048	Lemmy	Cüsters	39	TV Norden	1:11:29	1:10:06	1:13:47	1:31:08	1:20:00	1:21:13	7:47:44
1.047	MHK	931	1008	Sören	Schmalwas	64	SV Nortmoor	1:14:11	1:11:47	1:13:57	1:34:11	1:20:12	1:14:29	7:48:50
1.048	MHK	932	1111	Günther	Saathoff	46	TSV Hesel	1:11:04	1:10:33	1:15:53	1:34:04	1:21:51	1:15:58	7:49:25
1.049	MHK	933	962	Johnny	Visser	53	SV Norderney	1:12:21	1:09:42	1:15:07	1:34:58	1:20:30	1:17:36	7:50:18
1.050	MHK	934	845	Michael	Ringelberg	68	Strackholt	1:16:03	1:14:33	1:15:31	1:32:34	1:21:10	1:11:40	7:51:33
1.051	MJ	117	760	Heiner	Steffens	91	NIGE	1:15:13	1:09:10	1:13:06	1:39:43	1:24:46	1:14:48	7:56:49
1.052	MHK	935	996	Volker	Rudolph	54	IGS Aurich-West	1:14:48	1:13:07	1:16:37	1:34:04	1:22:45	1:16:06	7:57:28
1.053	MHK	936	998	Jens	Saueressig	82	obw Emden	1:24:24	1:12:01	1:25:53	1:32:39	1:15:23	1:08:22	7:58:44
1.054	MHK	937	889	Andreas	Arends	66	Aurich	1:14:12	1:15:54	1:16:53	1:36:10	1:21:18	1:17:20	8:01:50
1.055	MHK	938	1255	Klaas	Niemeyer-S	71	VHS Kurs	1:15:23	1:11:52	1:16:30	1:38:00	1:24:03	1:16:16	8:02:07
1.056	MJ	118	1297	Matthias	Reese	90	NIGE	1:16:39	1:10:57	1:17:35	1:40:21	1:25:07	1:16:48	8:07:30
1.057	MHK	939	723	Günther	Rühling	44	Wilhelmshaven	1:19:41	1:13:03	1:15:03	1:38:24	1:25:31	1:18:01	8:09:46
1.058	MHK	940	1372	Alexander	Wiebel	59	Aurich	1:15:56	1:13:40	1:17:18	1:39:09	1:27:59	1:18:31	8:12:35
1.059	MHK	941	977	Theodor	Niehof	52	Bünting Tee	1:24:26	1:16:08	1:16:37	1:37:05	1:21:10	1:17:29	8:12:57
1.060	MHK	942	992	Martin	Schürmann	60	Poseidon Leer	1:19:21	1:14:29	1:16:55	1:39:31	1:26:04	1:16:42	8:13:04
1.061	MHK	943	901	Ingo	Rabenberg	76	Hartmann Group	1:18:04	1:14:27	1:19:17	1:40:02	1:24:39	1:18:23	8:14:54

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1	WHK	1	F3	Eva	Brinkmann	64	VfL Germania Leer	0:40:11	0:40:57	0:41:40	0:53:12	0:45:41	0:43:18	4:25:02
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	0:45:50	4:43:37
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	0:47:26	4:52:12
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	0:48:43	4:56:21
5	WHK	5	F46	Nicole	Hübscher	77	Plümers Gaststätte	0:47:27	0:45:12	0:46:49	0:59:30	0:52:49	0:48:22	5:00:11
6	WHK	6	F5	Susanne	Hellmers	66	TV Norden	0:45:58	0:46:01	0:48:19	1:00:45	0:52:09	0:49:21	5:02:36
7	WHK	7	F11	Astrid	Lübber	71	Team Möbel Buss	0:46:45	0:46:36	0:48:29	1:00:15	0:52:42	0:49:31	5:04:21
8	WHK	8	F23	Gunda	Barsuhn	67	EWE Wattloopers	0:47:00	0:46:00	0:48:25	1:00:50	0:52:58	0:51:13	5:06:28
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	0:50:07	5:09:34
10	WJ	1	F21	Janna	Fangmann	90	Aurich	0:48:20	0:47:53	0:49:49	1:01:37	0:53:01	0:51:03	5:11:46
11	WHK	10	F478	Katharina	Hubert	82	Emder LG	0:47:59	0:47:33	0:49:16	1:03:14	0:54:57	0:50:08	5:13:10
12	WHK	11	F7	Heike	Jünke	66	LG Uplengen	0:48:29	0:48:25	0:50:36	1:03:36	0:54:11	0:51:02	5:16:23
13	WHK	12	F14	Herma	Janßen-Fre	64	LT Schafhauser Wald	0:49:03	0:48:46	0:50:25	1:03:49	0:54:20	0:51:40	5:18:05
14	WHK	13	F483	Mareike	Brahms	81	BBC Chartering	0:47:22	0:48:02	0:50:03	1:04:48	0:54:44	0:53:15	5:18:16
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	0:52:15	5:19:49
16	WHK	15	F28	Bettina	Pilney	62	LT SV Ems Jemgum	0:49:31	0:49:16	0:51:12	1:04:02	0:54:47	0:52:21	5:21:12
17	WHK	16	F13	Jannette	Neemann	67	LT TuS Aurich-Ost	0:49:02	0:48:50	0:50:51	1:04:26	0:55:24	0:52:39	5:21:14
18	WHK	17	F44	Insa	Neumann	83	Briese Schifffahrt	0:50:00	0:48:59	0:50:44	1:03:55	0:55:08	0:52:29	5:21:16
19	WHK	18	F33	Ingrid	Folkerts	66	FTC Hollen	0:49:13	0:49:07	0:51:24	1:04:29	0:56:23	0:52:28	5:23:07
20	WHK	19	F41	Silvia	Buscher	75	SV Borussia Leer	0:50:34	0:48:39	0:51:24	1:05:32	0:55:45	0:51:34	5:23:31
21	WHK	20	F15	Gesa	Freudenber	82	Ihlowerfehn	0:48:39	0:48:14	0:50:38	1:04:43	0:56:45	0:55:42	5:24:44
22	WHK	21	F30	Renate	Barkhoff	78	Polizei Oldenburg	0:50:58	0:49:28	0:53:13	1:05:54	0:57:02	0:53:02	5:29:39
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	0:53:48	5:29:46
24	WHK	23	F24	Nicole	Benkendorf	80	LT TuS Aurich-Ost	0:52:17	0:50:49	0:52:22	1:05:31	0:56:26	0:52:38	5:30:05
25	WJ	2	F20	Mareike	Bruhnken	92	LG Harlingerland	0:50:44	0:49:51	0:53:05	1:06:01	0:57:10	0:53:31	5:30:24
26	WHK	24	F42	Elisabeth	Heien	58	Tus Esens	0:50:40	0:50:21	0:52:44	1:06:11	0:56:47	0:53:56	5:30:42
27	WHK	25	F31	Andrea	Rückbrod	64	Großheide	0:49:28	0:48:35	0:51:32	1:04:35	1:01:48	0:55:53	5:31:52
28	WHK	26	F598	Monika	Foorden	68	LG Großefehn	0:53:17	0:50:36	0:52:43	1:05:10	0:56:35	0:53:35	5:31:59
29	WHK	27	F38	Linda	Böhme	82	obw Emden	0:51:11	0:50:15	0:51:59	1:05:39	0:57:57	0:55:01	5:32:05
30	WHK	28	F80	Gitta	Peters	62	Potshausen	0:51:49	0:50:46	0:53:03	1:05:46	0:56:50	0:54:09	5:32:25
31	WHK	29	F72	Janina	Borchert	87	Landjugend Filsum	0:52:58	0:51:22	0:54:24	1:05:29	0:56:25	0:52:27	5:33:06
32	WHK	30	F18	Imke	Brückmann	75	Raiffeisenbank eG Moorr	0:52:04	0:50:54	0:52:56	1:07:14	0:56:49	0:53:10	5:33:09
33	WHK	31	F47	Ulla	Gralfs	65	Wittmund	0:52:37	0:51:08	0:53:31	1:05:58	0:56:24	0:53:42	5:33:23
34	WHK	32	F48	Brigitte	Langens	59	Privat	0:52:35	0:50:44	0:53:48	1:06:38	0:56:46	0:53:32	5:34:05
35	WHK	33	F69	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:50:40	0:50:22	0:53:28	1:06:44	0:57:59	0:54:51	5:34:07
36	WHK	34	F465	Iris	Marschall	66	TV Norden	0:50:53	0:50:28	0:53:11	1:06:55	0:57:38	0:55:06	5:34:12
37	WHK	35	F25	Antke	Watzema	68	Westoverledingen	0:53:13	0:52:32	0:53:07	1:06:23	0:57:18	0:53:16	5:35:50
38	WHK	36	F35	Roswitha	Schön	69	Leer	0:52:22	0:52:13	0:53:46	1:06:46	0:56:46	0:54:48	5:36:43
39	WHK	37	F22	Hilde	Steinke	45	SV Concordia Neermoor	0:50:20	0:53:31	0:58:14	1:06:03	0:55:55	0:52:40	5:36:47
40	WHK	38	F481	Heidrun	Keiser	57	LG Uplengen	0:51:56	0:51:43	0:53:45	1:07:02	0:57:55	0:54:59	5:37:23
41	WJ	3	F37	Ilka	Janssen	92	LG Ostfriesland	0:51:42	0:51:11	0:54:33	1:07:33	0:58:21	0:55:01	5:38:24
42	WHK	39	F99	Gudrun	Reismann	60	TV Norden	0:52:35	0:52:23	0:54:08	1:08:03	0:58:19	0:55:15	5:40:46
43	WHK	40	F26	Anja	Goos	72	Emder LG	0:50:55	0:51:11	0:55:17	1:08:48	0:57:54	0:57:55	5:42:03
44	WHK	41	F190	Anne	Trauernicht	69	Großefehn	0:53:25	0:52:53	0:54:25	1:07:36	0:58:05	0:55:38	5:42:04
45	WHK	42	F68	Werena	Broers	79	VfR Eintracht Völlen	0:54:06	0:52:30	0:54:18	1:08:10	0:58:38	0:55:22	5:43:06
46	WHK	43	F91	Miriam	Busch	71	obw Emden	0:52:38	0:52:24	0:54:37	1:08:42	0:58:44	0:56:09	5:43:16
47	WJ	4	F184	Lisa	Speckmann	90	mtv aurich	0:54:18	0:52:19	0:54:36	1:08:31	0:58:27	0:55:14	5:43:28
48	WHK	44	F104	Eva	Post	73	TSV Riepe	0:52:48	0:51:59	0:54:08	1:09:27	0:59:09	0:56:00	5:43:33
49	WHK	45	F485	Anke	Schrader	61	Pestalozzischule Weene	0:53:10	0:52:29	0:55:18	1:08:51	0:58:27	0:55:22	5:43:41
50	WHK	46	F98	Michaela	Tammen	77	Borromäus Hospital	0:54:12	0:52:34	0:54:59	1:08:22	0:58:13	0:55:22	5:43:44
51	WHK	47	F62	Johanna	Wolken	84	TG Wiesmoor	0:54:01	0:53:36	0:55:19	1:08:17	0:58:00	0:54:44	5:43:58
52	WHK	48	F589	Marga	Tuijter	56	Freie Lunge Bentstreek	0:54:01	0:52:21	0:54:57	1:09:02	0:58:58	0:55:34	5:44:56
53	WHK	49	F70	Claudia	Behnke	74	Schwimmverein Wiesmo	0:53:33	0:53:08	0:54:30	1:08:38	0:59:29	0:56:10	5:45:31
54	WHK	50	F49	Imke	Janssen	76	LT TuS Aurich-Ost	0:53:12	0:52:04	0:55:29	1:09:58	0:58:44	0:56:23	5:45:53
55	WJ	5	F74	Anke	Hanssen	91	SC-Wiesens	0:53:00	0:51:13	0:57:02	1:08:57	1:00:11	0:56:01	5:46:27

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
56	WHK	51	F334	Amke	Boelsen	61	Leer	0:53:26	0:53:01	0:54:59	1:08:55	1:00:17	0:55:51	5:46:33
57	WJ	6	F32	Aylin	Schmidt	94	Gymnasium Ulricianum /	0:53:02	0:51:35	0:54:12	1:09:24	0:58:49	0:59:29	5:46:33
58	WHK	52	F327	Lena	Speckmann	89	Aurich	0:55:13	0:52:34	0:54:02	1:08:31	0:58:44	0:58:17	5:47:23
59	WHK	53	F567	Trijntje	Falkena	82	Druckerei Meyer, Aurich	0:54:07	0:53:01	0:54:59	1:10:17	0:59:22	0:56:09	5:47:58
60	WHK	54	F60	Hiltrud	Pfthast	72	HC Moormerland	0:53:52	0:53:54	0:56:02	1:09:32	0:59:04	0:56:33	5:48:59
61	WHK	55	F71	Kerstin	Schmidt	65	Milchlabor Weser Ems e	0:54:26	0:53:36	0:55:19	1:10:13	0:59:10	0:56:14	5:49:00
62	WHK	56	F623	Andrea	Ziemann	62	TSV Hesel	0:55:31	0:53:14	0:54:08	1:10:06	0:59:40	0:56:21	5:49:03
63	WHK	57	F59	Brigitte	Diekmann	60	SV Hollland	0:54:35	0:53:34	0:55:56	1:09:40	0:59:50	0:55:45	5:49:22
64	WHK	58	F575	Gaby	Hommers	62	LT SV Ems Jemgum	0:54:07	0:52:21	0:55:59	1:09:49	1:00:29	0:57:25	5:50:11
65	WHK	59	F92	Sandra	Lübbers	87	Eden, Jans, Fischer Par	0:54:08	0:53:00	0:56:06	1:08:53	1:00:24	0:57:39	5:50:12
66	WHK	60	F271	Regina	Gerken	65	Fortuna Wirdum	0:54:50	0:53:24	0:57:22	1:09:19	0:59:25	0:55:51	5:50:14
67	WHK	61	F63	Karin	Schmidt	60	LT TuS Aurich-Ost	0:51:57	0:52:26	0:55:29	1:11:10	1:00:28	0:58:54	5:50:26
68	WHK	62	F524	Petra	Wist-Hamel	69	VfB Rajen	0:54:23	0:54:40	0:56:02	1:10:26	0:59:28	0:55:52	5:50:53
69	WHK	63	F141	Romana	Apostel	71	Pro Senis	0:55:43	0:53:54	0:55:40	1:09:31	0:59:55	0:56:10	5:50:55
70	WHK	64	F81	Britta	Canenbley	68	Dethmers & Co.	0:54:22	0:53:11	0:57:16	1:09:54	0:59:42	0:56:54	5:51:21
71	WHK	65	F45	Ina	Weber	85	Studio Larisca	0:54:05	0:52:11	0:54:56	1:11:47	0:59:57	0:58:29	5:51:28
72	WHK	66	F296	Andrea	Kurrelvink	72	Hartmann Group	0:55:34	0:53:48	0:55:30	1:10:17	0:59:08	0:57:16	5:51:35
73	WJ	7	F594	Saskia	Bakker	92	LG Deichschleicher Ost	0:52:43	0:52:37	0:55:52	1:10:39	1:01:49	0:57:59	5:51:41
74	WHK	67	F603	Christina	Stoye-Grun	54	Trainingszentrum Emsstr	0:55:12	0:52:52	0:55:39	1:10:49	0:59:48	0:57:26	5:51:49
75	WHK	68	F64	Claudia	Hafen	80	Emden	0:54:29	0:53:26	0:55:34	1:10:15	1:00:33	0:57:37	5:51:58
76	WJ	8	F90	Maja	Dirks	93	Fortuna Logabirum	0:53:27	0:53:48	0:56:30	1:10:48	1:01:14	0:56:14	5:52:04
77	WHK	69	F61	Adda	Janssen	66	Wallinghausen	0:53:42	0:54:13	0:57:04	1:09:44	1:00:20	0:57:15	5:52:19
78	WHK	70	F88	Petra	Boekhoff	67	SV Bentstreek Freie Lun	0:56:37	0:54:14	0:56:07	1:09:46	0:59:51	0:56:47	5:53:24
79	WHK	71	F604	Anja	Wachtendor	71	Westersander	0:57:57	0:52:59	0:56:46	1:10:16	0:59:24	0:56:39	5:54:04
80	WHK	72	F130	Ilona	Wien	72	Sparkasse Aurich-Nord	0:54:50	0:54:04	0:56:06	1:11:24	1:00:16	0:58:04	5:54:47
81	WHK	73	F65	Gabi	Sünkel	72	Emder LG	0:53:58	0:55:58	0:56:17	1:11:06	1:00:02	0:58:20	5:55:44
82	WHK	74	F531	Petra	Müller	64	Realschule Aurich	0:55:02	0:54:41	0:56:15	1:12:08	1:00:52	0:56:48	5:55:48
83	WHK	75	F67	Sabine	Mansholt	71	VfB Uplengen	0:54:57	0:54:11	0:57:09	1:11:06	1:01:14	0:57:14	5:55:53
84	WHK	76	F158	Sabine	Fecht	66	Neukamperfehn	0:55:57	0:54:15	0:57:21	1:11:22	1:00:26	0:56:58	5:56:22
85	WHK	77	F83	Angelika	Janßen	63	LT Schafhauser Wald	0:55:27	0:53:59	0:57:05	1:11:37	1:00:59	0:57:21	5:56:29
86	WHK	78	F649	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:57:36	0:53:44	0:56:57	1:11:04	1:01:06	0:56:08	5:56:38
87	WHK	79	F487	Antje	Meyer	56	LG Uplengen	0:53:46	0:55:00	0:56:32	1:12:16	1:01:08	0:58:21	5:57:06
88	WJ	9	F583	Ines	Patzwald	93	Realschule Esens	0:57:00	0:52:02	0:56:41	1:12:53	1:00:41	0:58:18	5:57:38
89	WHK	80	F97	Marion	Geiken	66	LT TuS Aurich-Ost	0:55:56	0:54:24	0:57:52	1:12:54	1:00:22	0:57:11	5:58:41
90	WHK	81	F472	Lydia	Schmidt	63	SV Hollland	0:55:41	0:54:03	0:57:17	1:13:01	1:01:12	0:57:59	5:59:15
91	WHK	82	F230	Anja	Wilken	70	Uplengen	0:56:33	0:55:15	0:57:01	1:11:58	1:00:35	0:58:07	5:59:31
92	WJ	10	F273	Tamara	König	93	HRS Westerholt	0:58:55	0:55:13	0:58:25	1:09:39	1:00:57	0:56:27	5:59:40
93	WHK	83	F66	Monika	Friesenborg	69	Emder LG	0:54:57	0:55:26	0:57:20	1:11:59	1:01:33	0:58:26	5:59:43
94	WJ	11	F507	Anke	Hölscher	93	HTG Ihlow	0:54:53	0:54:44	0:56:54	1:13:16	1:01:40	0:58:28	5:59:56
95	WHK	84	F95	Monika	Loers	75	TG Wiesmoor	0:55:11	0:54:01	0:57:26	1:12:47	1:02:25	0:59:18	6:01:09
96	WHK	85	F121	Doris	Hüser	64	Moormerland	0:56:57	0:54:33	0:57:00	1:11:21	1:02:09	0:59:11	6:01:12
97	WHK	86	F522	Carla	Tapia	80	Team ENERCON	0:56:42	0:54:47	0:57:06	1:11:42	1:02:22	0:58:40	6:01:22
98	WHK	87	F466	Gisela	Fisser	65	TV Norden	0:55:11	0:54:08	0:57:40	1:11:53	1:01:48	1:00:47	6:01:28
99	WHK	88	F328	Bärbel	Terviel	57	VfB Uplengen	0:56:54	0:54:39	0:57:35	1:12:21	1:02:05	0:59:13	6:02:50
100	WHK	89	F124	Rita	Stoyke	69	Elisabethfehn	0:55:24	0:55:38	0:57:24	1:13:29	1:02:57	0:58:30	6:03:23
101	WHK	90	F317	Meike	Flügge	66	VfL Germania Leer	0:55:22	0:55:47	0:56:43	1:12:07	1:04:33	0:59:39	6:04:14
102	WHK	91	F484	Martina	Schomerus-	78	Raiffeisenbank eG, Moor	0:57:05	0:55:46	0:57:52	1:12:54	1:01:55	0:58:49	6:04:23
103	WHK	92	F471	Nadja	Bondarenko	86	ELV Elektronik AG	0:56:17	0:53:59	0:57:48	1:13:30	1:03:30	0:59:18	6:04:25
104	WHK	93	F57	Anke	Huisman	74	Team ENERCON	0:54:14	0:53:09	0:57:41	1:13:19	1:03:37	1:02:33	6:04:35
105	WHK	94	F137	Frauke	Becker-de B	66	Emden	0:56:52	0:54:51	0:57:25	1:13:31	1:03:05	0:59:19	6:05:05
106	WHK	95	F55	Edith	Freudenber	68	Ihlowerfehn	0:56:46	0:55:42	0:58:18	1:12:11	1:03:33	0:58:49	6:05:21
107	WHK	96	F643	Martina	Dreyer	64	TuS Weener	0:56:22	0:55:15	0:58:30	1:13:01	1:03:06	0:59:07	6:05:24
108	WHK	97	F76	Adrienne	Downey	83	Team ENERCON	0:55:07	0:54:38	1:00:25	1:12:41	1:04:39	0:58:01	6:05:33
109	WHK	98	F153	Kerstin	Alexy	71	VfB Uplengen	0:57:05	0:55:35	0:57:54	1:13:49	1:02:02	0:59:15	6:05:42
110	WHK	99	F131	Marion	Hüls	66	TV Norden	0:57:54	0:55:45	0:57:21	1:12:35	1:02:59	0:59:11	6:05:46

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
111	WHK	100	F193	Kristina	Pospisil	71	Aurich	0:58:04	0:55:45	0:56:45	1:15:26	1:01:27	0:58:18	6:05:47
112	WHK	101	F204	Herta	de Buhr	60	Neukamperfehn	0:56:48	0:55:25	0:58:20	1:13:03	1:02:39	0:59:33	6:05:50
113	WHK	102	F50	Magret	Kloster	56	Fortuna Logabirum	0:54:58	0:55:12	0:57:48	1:13:56	1:04:23	1:00:08	6:06:28
114	WHK	103	F564	Martina	Janssen	64	UEK Aurich	0:57:24	0:56:14	0:58:12	1:13:15	1:03:17	0:58:52	6:07:15
115	WHK	104	F160	Angelika	Kühl-Giese	67	Emden	0:58:29	0:56:35	0:57:31	1:14:10	1:01:48	0:59:20	6:07:55
116	WHK	105	F107	Karen	Löhn	63	Neermoor	0:56:08	0:54:13	0:57:11	1:13:08	1:03:20	1:04:18	6:08:20
117	WHK	106	F156	Ulrike	Füllgrabe	51	LT TuS Aurich-Ost	0:57:50	0:56:21	0:58:37	1:13:33	1:02:57	0:59:02	6:08:23
118	WHK	107	F529	Elke	Fleßner	64	HTG Ihlow	0:56:45	0:56:21	0:58:31	1:13:58	1:03:28	0:59:51	6:08:56
119	WHK	108	F489	Ria	Nitschke	63	Froschläufer	0:57:00	0:56:47	0:59:43	1:13:56	1:03:28	0:58:10	6:09:07
120	WHK	109	F78	Frieda	Brinkmann	60	Fortuna Logabirum	0:57:38	0:56:11	0:58:57	1:13:21	1:03:33	0:59:46	6:09:29
121	WJ	12	F577	Rena	Hinrichs	94	KGS GroBefehn	0:58:33	0:56:30	0:57:33	1:13:17	1:03:17	1:00:30	6:09:43
122	WHK	110	F93	Sabine	Maciejewski	67	Aurich	0:56:33	0:55:57	0:59:33	1:13:29	1:03:36	1:00:37	6:09:47
123	WHK	111	F108	Sandra	Buß	82	Wasserschutzpolizei Em	0:57:17	0:55:01	0:59:08	1:12:45	1:04:45	1:01:03	6:10:02
124	WHK	112	F530	Marianne	Loeschen	60	Holtrop	0:57:33	0:57:15	0:58:42	1:13:32	1:03:20	0:59:40	6:10:05
125	WHK	113	F144	Elke	Osterhagen	76	Holthusen	1:01:38	0:56:48	0:58:48	1:14:00	1:00:47	0:58:24	6:10:27
126	WHK	114	F29	Anja	de Witte	75	Norden	0:55:57	0:56:02	0:59:46	1:15:19	1:03:14	1:00:10	6:10:30
127	WHK	115	F146	Anja	Gronewold	77	Team AURICHER EIER	0:56:55	0:56:31	0:58:49	1:14:16	1:04:10	1:00:17	6:11:01
128	WHK	116	F528	Elke	Janssen	73	Lauftreff Spß mit Sport	1:00:27	0:57:01	0:58:23	1:14:06	1:02:22	0:58:50	6:11:12
129	WJ	13	F105	Deike	de Riese	90	Lauftreff Ihrhove	0:58:46	0:56:20	0:59:47	1:13:56	1:03:15	0:59:20	6:11:26
130	WHK	117	F126	Uschi	Klimaschka-	57	MTV Aurich	0:57:42	0:56:54	0:58:28	1:14:23	1:05:14	0:58:51	6:11:34
131	WHK	118	F148	Annelene	Eisenhauer	55	LT Schafhauser Wald	0:57:57	0:56:14	0:59:42	1:13:45	1:04:12	1:00:27	6:12:20
132	WHK	119	F183	Linda	Broers	75	Rettungsdienst Leer	0:56:58	0:56:35	0:59:19	1:15:24	1:04:49	1:00:41	6:13:48
133	WHK	120	F255	Ilona	Tuve	68	Milchlabor Weser Ems e	0:59:54	0:57:44	0:58:55	1:14:50	1:03:48	0:59:24	6:14:38
134	WHK	121	F129	Marion	Unger	70	LT TuS Aurich-Ost	0:59:52	0:56:37	0:59:49	1:15:20	1:03:39	0:59:39	6:14:58
135	WHK	122	F169	Gunda	Heyen	67	LT TuS Aurich-Ost	0:58:17	0:56:45	0:59:28	1:14:38	1:05:11	1:00:46	6:15:07
136	WHK	123	F177	Petra	Tammen	75	Briese Schifffahrt	1:00:41	0:57:36	0:59:01	1:14:50	1:03:45	0:59:26	6:15:21
137	WJ	14	F591	Antje	Mühlenbroc	96	Druckerei Meyer, Aurich	1:01:02	0:56:42	0:59:05	1:13:59	1:04:05	1:00:34	6:15:28
138	WHK	124	F599	Imke	Junker	87	Leer	1:02:15	0:55:45	0:58:05	1:16:11	1:04:08	1:00:03	6:16:30
139	WJ	15	F576	Inga	Fischer	94	KGS GroBefehn	0:58:55	0:56:36	0:59:05	1:14:39	1:05:23	1:01:59	6:16:39
140	WHK	125	F154	Insa	Schipper	68	Leer	0:57:38	0:57:07	1:01:40	1:16:05	1:04:25	1:00:21	6:17:18
141	WHK	126	F210	Petra	Palma	65	TUS Leerhufe	0:58:24	0:57:31	1:00:03	1:16:29	1:04:14	1:00:47	6:17:29
142	WHK	127	F286	Ingrid	Meyer	72	AOK Aurich	1:00:29	0:57:01	1:00:40	1:16:04	1:03:51	0:59:34	6:17:41
143	WHK	128	F56	Anja	Janssen	68	SV Stikelkamp	0:59:26	0:56:59	0:59:50	1:16:12	1:04:47	1:00:40	6:17:57
144	WHK	129	F501	Frauke	Aden	71	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35	1:04:02	1:00:24	6:18:08
145	WHK	130	F500	Melanie	Aden	72	LG -GroBefehn	0:58:52	0:56:27	1:00:46	1:17:35	1:04:02	1:00:25	6:18:09
146	WHK	131	F165	Marike	Heislitz	83	Roadrunner-Sport.de	0:59:03	0:56:24	1:00:41	1:15:38	1:05:34	1:00:53	6:18:17
147	WJ	16	F563	Swea	Eden	91	Westerholt	0:59:35	0:57:50	1:03:17	1:15:01	1:02:52	0:59:52	6:18:28
148	WJ	17	F135	Tessa	Behrends	90	Ulricianum Aurich	0:58:18	0:56:51	1:01:21	1:17:49	1:05:14	0:58:55	6:18:29
149	WHK	132	F266	Traute	Hommers	63	LT TuS Aurich-Ost	1:02:21	0:57:48	1:00:07	1:17:19	1:01:52	0:59:07	6:18:36
150	WHK	133	F117	Birgit	Keck	67	LG Ostfriesland	0:58:30	0:57:14	0:59:29	1:15:56	1:05:18	1:02:17	6:18:47
151	WHK	134	F535	Britta	Seeberg	63	Südbrookmerland	0:57:51	0:57:48	0:59:31	1:14:57	1:05:48	1:03:30	6:19:28
152	WHK	135	F464	Thea Agena	Schoon	62	LG GroBefehn	0:57:52	0:57:20	1:00:42	1:16:31	1:04:31	1:02:32	6:19:31
153	WJ	18	F235	Wiebke	Nannen	93	SV WUW	1:00:04	0:56:42	1:00:49	1:17:04	1:03:52	1:01:10	6:19:44
154	WHK	136	F415	Birte	Schott	71	Sport Peters Wittmund	0:59:44	0:58:36	1:00:34	1:15:47	1:04:50	1:00:12	6:19:44
155	WHK	137	F168	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	0:58:56	0:57:55	0:59:45	1:16:09	1:05:12	1:01:50	6:19:49
156	WHK	138	F159	Giesela	Schulz	77	AKTIVA GmbH Wolters &	1:00:43	0:57:33	1:00:51	1:15:42	1:04:22	1:00:38	6:19:51
157	WHK	139	F147	Heidi	Hinrichs	67	KBV Reepsholt	1:00:27	0:57:30	1:00:59	1:16:49	1:03:53	1:00:28	6:20:09
158	WHK	140	F234	Theda	Nannen	58	AOK	1:00:27	0:57:02	1:00:47	1:16:51	1:03:54	1:01:08	6:20:12
159	WJ	19	F476	Simone	Bramer	96	KGS Grossrfehn	1:04:26	0:57:14	0:57:13	1:16:03	1:02:12	1:03:10	6:20:20
160	WHK	141	F136	Hanna	Ottersberg	73	Team Möbel Buss	0:58:36	0:57:14	1:00:31	1:17:08	1:04:46	1:02:06	6:20:23
161	WHK	142	F199	Maria	Siepert	56	MTV Wittmund	0:59:44	0:58:43	1:00:59	1:16:04	1:04:56	1:00:04	6:20:32
162	WHK	143	F295	Svea	Malinowski	89	Hartmann Group	1:00:28	0:57:11	1:01:06	1:16:33	1:04:05	1:01:20	6:20:45
163	WHK	144	F498	Andrea	Wübbenhor	73	LT BSC Burhufe	0:59:47	0:58:33	1:00:49	1:16:50	1:04:13	1:00:33	6:20:48
164	WHK	145	F490	Edith	Akkermann	53	Concordia Ihrhove	0:58:37	0:57:36	1:01:18	1:16:52	1:05:53	1:00:32	6:20:51
165	WHK	146	F496	Dora	Rabenberg	52	LG TV Bunde	0:59:02	0:58:42	1:00:34	1:16:16	1:05:38	1:00:50	6:21:04

28. Ostfriesland Lauf 2009

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Endstand nach 6 Etappen

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
166	WHK	147	F171	Venke	Becker	67	LT BSC Burhufe	0:59:30	0:57:39	1:01:54	1:16:50	1:04:01	1:01:37	6:21:33
167	WHK	148	F40	Susanne	Jacobs	79	EWE Wattloopers	1:00:00	0:58:20	1:01:10	1:16:34	1:04:16	1:01:25	6:21:49
168	WHK	149	F113	Silvia	Vosberg	65	Fortuna Logabirum	0:59:33	0:57:52	1:03:36	1:15:58	1:05:12	0:59:48	6:22:01
169	WHK	150	F331	Anke	Mannel	66	ENOVA Marketing+Ver	1:02:34	0:56:30	0:58:35	1:17:38	1:06:27	1:00:18	6:22:05
170	WHK	151	F506	Margaretha	Welz	63	Lingen	1:02:14	0:57:55	0:59:34	1:16:46	1:04:04	1:01:31	6:22:05
171	WHK	152	F188	Insa	Köster	74	FT Spetzerfehn	1:03:43	1:00:53	0:59:47	1:15:18	1:02:51	0:59:35	6:22:10
172	WHK	153	F462	Christa	Janßen	43	SV Frisia Brinkum	1:00:21	0:58:03	0:59:47	1:16:16	1:05:44	1:02:12	6:22:25
173	WHK	154	F132	Edith	Lienemann	63	Kanalratten Ihlow	0:58:25	0:58:37	1:00:32	1:16:16	1:05:58	1:02:40	6:22:31
174	WHK	155	F53	Helga	Schmidt	65	EWE-Wattloopers	1:01:16	0:59:14	1:00:12	1:15:42	1:03:40	1:02:27	6:22:34
175	WHK	156	F122	Heike	Lübßen	68	Kanalratten LT Team I	0:59:08	0:58:14	1:00:50	1:17:08	1:04:57	1:02:15	6:22:35
176	WHK	157	F618	Brigitte	Baumann	63	Loppersum	1:00:40	0:58:42	1:01:13	1:16:38	1:04:14	1:01:06	6:22:35
177	WHK	158	F140	Christa	Claaßen	60	Sandhorst	0:59:50	0:59:05	1:01:08	1:15:42	1:04:47	1:02:05	6:22:41
178	WHK	159	F94	Roswitha	Klaaßen	58	IHK Emden	0:59:16	0:58:17	1:01:10	1:17:10	1:05:16	1:02:27	6:23:39
179	WHK	160	F157	Tina	Sluiter	84	Emden	1:01:03	0:58:48	1:02:12	1:16:43	1:02:48	1:02:05	6:23:42
180	WHK	161	F103	Mira	Hinrichs	81	LT TuS Aurich-Ost	0:58:40	0:57:00	1:00:09	1:16:10	1:07:36	1:04:32	6:24:09
181	WHK	162	F559	Lena	Bonar	88	WfbM-Aurich-Wittmund C	1:02:20	1:00:59	0:59:04	1:15:31	1:05:41	1:00:32	6:24:09
182	WJ	20	F570	Elena	Buß	97	KGS GroBefehn	1:02:21	0:59:00	0:58:53	1:17:21	1:03:08	1:03:49	6:24:36
183	WHK	163	F182	Britta	Hülshof	69	TuRa 07 Westrhauderfe	0:58:56	0:58:44	1:00:56	1:17:08	1:05:42	1:03:13	6:24:41
184	WHK	164	F622	Rita	Bruns	63	TSV Hesel	1:00:01	0:58:26	1:00:55	1:16:30	1:06:01	1:02:59	6:24:55
185	WHK	165	F166	Heidi	Sollermann	53	TuRa 07 Westrhauderfe	0:59:07	0:58:42	1:01:03	1:17:08	1:05:40	1:03:13	6:24:56
186	WHK	166	F277	Engeline	Robbe	71	MTV Ditzum	1:01:03	0:58:22	1:03:31	1:15:34	1:05:16	1:01:11	6:24:59
187	WHK	167	F134	Simone	Daniel	62	Emder Kanu Club	1:00:38	0:57:54	1:00:43	1:18:12	1:05:04	1:02:35	6:25:09
188	WHK	168	F533	Birgit	Pruin	67	Leer	1:01:09	0:58:40	1:00:49	1:16:40	1:05:32	1:02:24	6:25:17
189	WHK	169	F278	Annelie	Bremer-Bus	60	TURA 07 Westrhauder	0:59:07	0:58:42	1:00:56	1:17:54	1:05:41	1:03:12	6:25:34
190	WHK	170	F310	Ontja	Ebbers	70	Baptisten Firrel	1:02:42	0:58:40	1:01:56	1:16:19	1:04:31	1:01:46	6:25:56
191	WHK	171	F617	Hanne	Meyer	59	Ihlow/Simonswolde	0:59:30	0:58:50	1:02:21	1:17:11	1:06:07	1:02:53	6:26:54
192	WHK	172	F497	Helga	Boden	50	Wi sund Holtriem	0:59:26	0:59:32	1:00:51	1:18:27	1:06:30	1:02:09	6:26:57
193	WHK	173	F142	Gunda	Schwegma	61	www.urologie-leer.de	1:01:50	0:57:13	1:01:36	1:17:13	1:05:56	1:03:23	6:27:13
194	WHK	174	F252	Elke	Necknig	75	Milchlabor Weser Ems e	1:01:02	0:58:05	1:00:08	1:18:12	1:07:00	1:02:47	6:27:17
195	WHK	175	F198	Carola	Best	76	Sportschule TAO Aurich	1:02:49	0:58:06	1:00:59	1:18:20	1:04:26	1:02:57	6:27:39
196	WHK	176	F203	Mareike	Ahlers	85	Leer	0:59:36	0:59:58	1:00:39	1:18:02	1:06:51	1:02:38	6:27:47
197	WHK	177	F206	Sandra	Mudder	64	LG Ostfriesland	1:00:21	0:58:36	1:01:26	1:17:20	1:06:52	1:03:13	6:27:51
198	WHK	178	F34	Mareike	Janßen	65	KBV Langefeld	0:58:39	0:58:36	1:01:55	1:17:42	1:07:53	1:04:17	6:29:05
199	WHK	179	F127	Elisabeth	Bohlen	61	Victorbur	1:00:43	0:59:51	1:01:35	1:16:49	1:06:09	1:04:06	6:29:14
200	WHK	180	F290	Silke	Neumann	81	Ostfriesische Volksbank	1:02:52	1:00:38	1:01:58	1:17:17	1:05:24	1:01:06	6:29:18
201	WHK	181	F544	Sylvia	Bülte	71	Leer	1:03:03	0:59:41	1:02:30	1:17:25	1:04:38	1:02:07	6:29:27
202	WHK	182	F611	Imke	Grüßing	70		0:59:42	0:59:34	1:02:10	1:17:59	1:06:40	1:03:31	6:29:39
203	WHK	183	F110	Daniela	Förster-Rie	67	EWE Wattloopers	1:00:46	0:58:18	1:01:54	1:17:56	1:06:36	1:04:08	6:29:40
204	WHK	184	F362	Janneke	Peters	77	Nortmoor	1:03:03	0:59:50	1:01:36	1:17:41	1:05:31	1:01:57	6:29:42
205	WHK	185	F561	Wilma	Harken-Röß	65	WfbM-Aurich-Wittmund C	1:01:58	0:59:31	1:02:12	1:17:18	1:06:13	1:03:35	6:30:49
206	WHK	186	F470	Giesela	Heynen	62	Strücklingen	1:02:22	0:58:39	1:02:43	1:17:48	1:07:09	1:02:16	6:30:59
207	WJ	21	F552	Saskia	Bohlken	94	HRS Moormerland	1:06:26	1:01:06	1:02:01	1:16:59	1:03:22	1:01:09	6:31:06
208	WHK	187	F540	Britta	Matzk	83	KGS Hage	1:03:17	1:00:49	1:01:45	1:18:16	1:06:23	1:00:47	6:31:19
209	WHK	188	F644	Maren	Saul	87	Leer	1:02:55	0:58:09	1:02:29	1:16:55	1:08:01	1:03:07	6:31:38
210	WHK	189	F374	Renate	Ukena	55	Emder LG	1:00:46	0:58:10	1:01:59	1:19:42	1:07:29	1:03:53	6:32:01
211	WHK	190	F200	Claudia	Brandau	63	Leer	1:00:45	1:00:36	1:03:11	1:17:25	1:06:04	1:04:26	6:32:30
212	WHK	191	F111	Gesa	Hagedorn	77	EWE Wattloopers	1:01:48	1:01:07	1:04:05	1:09:30	1:10:20	1:06:09	6:33:01
213	WHK	192	F79	Frauke	Tillmann	83	HRS Moormerland	1:06:46	1:01:27	1:02:10	1:17:31	1:03:49	1:01:28	6:33:14
214	WHK	193	F253	Else	Pruin	56	Milchlabor Weser Ems e	1:01:08	1:00:34	1:03:24	1:18:19	1:07:01	1:02:54	6:33:22
215	WHK	194	F139	Ulrike	Schürmann	62	Germania Leer	1:01:08	1:00:36	1:02:33	1:19:50	1:06:51	1:02:22	6:33:23
216	WHK	195	F174	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:00:05	1:03:38	1:02:15	1:16:37	1:07:04	1:04:07	6:33:48
217	WHK	196	F461	Gertje	Kessler	52	Emder LG	1:02:03	0:58:59	1:01:56	1:19:29	1:07:24	1:03:54	6:33:48
218	WHK	197	F133	Sonja	Kehmeier	76	Team ENERCON	1:02:59	1:00:31	1:02:46	1:18:04	1:06:26	1:03:07	6:33:56
219	WJ	22	F348	Melanie	Cornelius	90	NIGE	1:02:33	1:00:12	1:02:33	1:19:31	1:05:27	1:03:40	6:33:59
220	WJ	23	F557	Mareike	Hemberger	90	Alexander-von-Humbold	1:04:15	1:00:34	1:04:49	1:17:08	1:03:55	1:03:23	6:34:06

28. Ostfriesland Lauf 2009

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Endstand nach 6 Etappen

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
221	WHK	198	F101	Sabine	Kula	78	Team Möbel Buss	0:59:10	0:59:29	1:01:53	1:18:59	1:09:07	1:05:29	6:34:09
222	WHK	199	F593	Anke	Mühlenbroc	68	Druckerei Meyer, Aurich	1:00:24	0:59:22	1:02:19	1:19:07	1:09:42	1:03:15	6:34:11
223	WHK	200	F572	Sylvia	Cordes	63	Wiesmoor	1:01:17	1:01:00	1:02:15	1:19:22	1:07:06	1:03:18	6:34:19
224	WHK	201	F318	Geda	Gruben	49	SV Potshausen	1:01:00	1:00:15	1:03:16	1:18:35	1:07:49	1:03:55	6:34:53
225	WHK	202	F102	Melanie	Beutter	75	Polizei Leer	1:02:34	1:00:01	1:01:53	1:18:30	1:07:57	1:03:56	6:34:53
226	WHK	203	F202	Traute	Voß	67	Kanalratten Ihlow	1:01:25	1:00:11	1:01:49	1:19:18	1:07:55	1:04:15	6:34:55
227	WJ	24	F571	Leska	Schmidt	97	KGS GroBefehn	1:04:26	1:01:05	1:01:27	1:18:56	1:05:55	1:03:21	6:35:13
228	WHK	204	F519	Nele	Bakker	70	Emder LG	1:01:06	1:00:15	1:02:26	1:19:29	1:07:31	1:04:36	6:35:25
229	WHK	205	F189	Martina	Follrichs	75	Eden, Jans, Fischer Par	1:02:15	1:00:51	1:03:30	1:19:25	1:06:05	1:03:22	6:35:31
230	WHK	206	F87	Marie	Ubben	58	EDEKA Laufteam	1:03:02	1:00:41	1:01:58	1:18:45	1:07:51	1:03:32	6:35:51
231	WHK	207	F116	Ute	Struß	86	SV Nortmoor	1:00:39	0:59:18	1:01:51	1:20:05	1:09:49	1:04:30	6:36:16
232	WHK	208	F149	Manuela	Jacobs	61	Emder LG	1:02:03	0:58:55	1:01:53	1:19:34	1:09:37	1:04:23	6:36:27
233	WJ	25	F275	Sabine	Meiners	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:08	1:08:13	1:02:32	6:36:51
234	WJ	26	F274	Tasmin	König	95	HRS Westerholt	1:02:04	0:59:12	1:04:40	1:20:09	1:08:13	1:02:32	6:36:52
235	WHK	209	F527	Tomke	Barfknecht	85	Kurverein Esens7 Bense	1:02:36	1:00:01	1:02:43	1:23:44	1:04:56	1:03:03	6:37:05
236	WHK	210	F525	Martina	Klasen	58	Leer	1:00:35	1:02:15	1:02:30	1:19:36	1:08:56	1:03:59	6:37:53
237	WHK	211	F309	Rita	Kramer	79	Barßel	1:01:17	0:59:33	1:02:38	1:20:12	1:09:33	1:04:54	6:38:10
238	WHK	212	F164	Inga	Pleis	81	Polizei Leer	1:01:34	0:59:45	1:02:31	1:20:13	1:08:45	1:05:23	6:38:14
239	WHK	213	F212	Birgit	Olbrich	57	Leinerstift e.V.	1:01:40	1:00:00	1:03:24	1:20:03	1:07:32	1:05:47	6:38:28
240	WHK	214	F560	Ingrid	Janssen	68	WfBM-Aurich-Wittmund C	1:04:08	1:01:47	1:02:18	1:23:29	1:06:23	1:00:22	6:38:31
241	WHK	215	F311	Agnes	Wilken	70	Baptisten Firrel	1:02:42	1:01:46	1:03:31	1:18:06	1:08:19	1:04:19	6:38:45
242	WHK	216	F307	Beate	Reiter	66	SV Stikkelkamp	1:00:35	1:01:43	1:04:47	1:19:30	1:08:03	1:04:10	6:38:49
243	WHK	217	F259	Gaby	Mennen	72	LOOP DOCH SÜLMST	1:04:14	1:00:18	1:03:15	1:20:22	1:06:39	1:04:01	6:38:51
244	WHK	218	F389	Regina	Klenzendorf	65	Leer	1:03:04	1:01:39	1:02:36	1:18:21	1:08:42	1:04:32	6:38:56
245	WJ	27	F510	Eske	Hilbrands	96	de Heizungsloopers	0:58:30	0:58:41	1:03:20	1:22:56	1:07:40	1:07:59	6:39:10
246	WHK	219	F192	Sabrina	Veldkamp	81	Pro Senis	1:01:16	1:00:30	1:03:17	1:21:14	1:08:32	1:05:15	6:40:06
247	WHK	220	F89	Margret	Budnick	54	TSV Jahn Carolinensiel	1:00:36	0:59:46	1:03:19	1:22:35	1:09:45	1:04:34	6:40:37
248	WHK	221	F551	Ingrid	Mennebäck	62	SC 13 Eichen Wiesens	1:04:11	1:01:52	1:03:23	1:18:23	1:08:35	1:04:23	6:40:50
249	WHK	222	F178	Theda	Freitag	51	LT TuS Aurich-Ost	1:01:33	1:01:33	1:04:20	1:20:20	1:08:49	1:04:14	6:40:50
250	WHK	223	F223	Susanne	Janßen-Hak	66	SV Nortmoor	1:01:36	1:01:47	1:04:18	1:20:37	1:08:23	1:04:28	6:41:12
251	WHK	224	F493	Regina	Zeiler	57	Südbrookmerland	1:06:38	1:01:51	1:09:05	1:19:36	1:03:13	1:01:00	6:41:25
252	WHK	225	F187	Manu	Kappernage	72	Veenhusen	1:01:58	1:01:49	1:03:30	1:21:07	1:09:04	1:04:44	6:42:14
253	WHK	226	F292	Kathrin	de Vries	75	Ruderverein Emden	1:01:03	1:00:37	1:04:49	1:19:56	1:11:03	1:05:10	6:42:40
254	WHK	227	F265	Anja	Musiol	73	Emder LG	1:03:50	1:01:08	1:02:55	1:20:01	1:09:21	1:05:28	6:42:46
255	WHK	228	F423	Petra	Baumgarten	70	HS-Aurich	1:02:41	1:02:16	1:03:32	1:20:13	1:09:07	1:05:01	6:42:52
256	WHK	229	F289	Tomke	Frikke	80	BSV Bingum	1:05:32	1:01:35	1:02:03	1:21:23	1:07:57	1:04:28	6:43:00
257	WHK	230	F284	Rosemarie	Gerdas	60	Pro Senis	1:01:13	1:00:38	1:03:18	1:21:18	1:09:30	1:07:01	6:43:01
258	WHK	231	F285	Sonja	Bruns	64	Pro Senis	1:01:16	1:00:38	1:03:19	1:21:18	1:09:30	1:07:01	6:43:05
259	WHK	232	F350	Petra	Conrads	70	Emder LG	1:03:12	1:01:08	1:04:50	1:20:00	1:09:09	1:05:27	6:43:48
260	WHK	233	F220	Karin	Buschmeier	71	Leer	1:02:56	1:01:57	1:04:24	1:20:54	1:08:52	1:05:09	6:44:13
261	WHK	234	F323	Daniela	Schilling	77	RVB Aurich/Uplengen	1:01:31	0:59:13	1:04:49	1:22:48	1:10:24	1:05:52	6:44:39
262	WJ	28	F509	Fenna	Hilbrands	92	de Heizungsloopers	1:00:26	0:59:28	1:03:31	1:22:56	1:10:30	1:08:00	6:44:54
263	WHK	235	F352	Bärbel	Neugebaue	65	TV Norden	1:07:30	1:00:46	1:04:15	1:19:30	1:08:46	1:04:36	6:45:25
264	WHK	236	F219	Michaela	Flessner	69	SV Blomberg	1:02:01	1:01:27	1:03:56	1:22:06	1:09:38	1:06:29	6:45:40
265	WJ	29	F51	Bianca	Oltmanns	91	IGS Aurich-West	1:04:09	1:00:51	1:02:39	1:22:22	1:09:54	1:06:13	6:46:10
266	WHK	237	F211	Monika	Rohden	66	Wi sünd Holtriem SV Oct	1:01:57	1:01:26	1:03:50	1:23:00	1:09:33	1:06:26	6:46:14
267	WHK	238	F176	Ingrid	Kaluza	59	LG GroBefehn	1:03:52	1:01:58	1:04:39	1:21:21	1:08:49	1:05:49	6:46:31
268	WHK	239	F163	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:02:28	1:02:04	1:03:44	1:21:59	1:10:50	1:05:25	6:46:32
269	WJ	30	F340	Deike	Hofmann	91	Holthusen	1:01:36	1:01:39	1:05:46	1:20:59	1:11:02	1:05:44	6:46:48
270	WJ	31	F641	Kohl	Marie-There	97	TV Norden	1:00:14	0:59:58	1:08:56	1:19:46	1:13:37	1:04:20	6:46:53
271	WHK	240	F115	Christina	Swalve	76	DLRG Weener	1:03:54	1:02:07	1:04:10	1:23:32	1:08:49	1:04:34	6:47:09
272	WHK	241	F650	Gunda	Nippen	77	DRK Leer	1:03:42	1:02:38	1:04:59	1:22:57	1:08:44	1:04:27	6:47:30
273	WHK	242	F436	Andrea	Mintken	82	TAO-Schule Aurich	1:04:42	1:02:05	1:04:27	1:23:05	1:09:06	1:04:03	6:47:31
274	WHK	243	F191	Birgit	Tergast	75	BSV Bingum	1:06:00	1:05:31	1:02:05	1:21:27	1:08:01	1:04:28	6:47:34
275	WHK	244	F343	Helga	Sluiter	63	Nordgeorgsfehnh	1:02:18	1:01:56	1:05:26	1:22:37	1:09:40	1:05:40	6:47:39

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
276	WHK	245	F294	Sonja	Becker	67	Reederei Buss	1:02:40	1:02:27	1:05:03	1:21:38	1:09:17	1:07:11	6:48:18
277	WHK	246	F162	Doris	Rieken	61	LT TuS Aurich-Ost	1:02:28	1:02:15	1:04:53	1:21:58	1:10:50	1:05:58	6:48:24
278	WHK	247	F216	Gisela	Möhlmann	69	VFB Uplengen	1:03:24	1:01:44	1:05:04	1:21:59	1:10:45	1:05:29	6:48:27
279	WHK	248	F152	Dagmar	Schön	64	LT TuS Aurich-Ost	1:09:14	1:00:35	1:01:37	1:23:29	1:07:23	1:06:19	6:48:38
280	WHK	249	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	1:02:48	1:01:46	1:04:05	1:22:12	1:10:00	1:07:48	6:48:40
281	WHK	250	F181	Petra	Helmerichs	69	Fun-Loopers	1:03:59	1:02:08	1:05:56	1:20:06	1:10:32	1:06:10	6:48:54
282	WHK	251	F338	Susan	Schädler	59	Leer	1:02:39	1:02:53	1:04:35	1:22:52	1:09:47	1:06:55	6:49:45
283	WHK	252	F207	Margret	Schoon	63	TG Wiesmoor	1:03:19	1:01:53	1:05:36	1:21:37	1:09:48	1:07:32	6:49:47
284	WHK	253	F422	Katja	Schrage	70	Schrage Conveying Sys	1:05:16	1:01:47	1:04:46	1:22:57	1:09:46	1:05:30	6:50:05
285	WJ	32	F387	Sarah	Kaletsch	93	Gymnasuim Ulricianum /	1:03:06	1:02:43	1:05:31	1:21:42	1:10:12	1:06:53	6:50:10
286	WHK	254	F173	Andrea	Hinderks	81	VfB Münkeboe	1:01:56	1:00:41	1:05:38	1:23:10	1:11:23	1:07:43	6:50:34
287	WHK	255	F616	Wilma	Groenhagen	46	Emden	1:03:26	1:03:02	1:04:57	1:22:59	1:10:12	1:06:08	6:50:47
288	WHK	256	F513	Andrea	Teske-Völk	79	Holtland	1:03:26	1:01:37	1:04:53	1:23:59	1:11:50	1:05:21	6:51:09
289	WHK	257	F375	Andrea	Sonderman	81	KUH S BEST-Team	1:02:56	1:02:54	1:04:56	1:23:43	1:09:56	1:06:42	6:51:10
290	WHK	258	F539	Katrin	Meinders	67	Stadt Weener	1:00:23	1:00:58	1:06:32	1:26:20	1:11:21	1:05:40	6:51:15
291	WHK	259	F208	Maike	Zimmerman	80	VfB Rajen	1:03:21	1:02:46	1:06:19	1:21:52	1:11:06	1:06:21	6:51:48
292	WHK	260	F386	Martina	Plaisier	82	SV Strucklingen	1:06:51	1:03:19	1:03:20	1:22:01	1:09:03	1:07:18	6:51:55
293	WHK	261	F109	Angelika	Picksak	63	TSV Riepe	1:02:01	1:01:27	1:03:53	1:29:10	1:09:32	1:06:30	6:52:35
294	WHK	262	F441	Susanne	Brink	69	FC Frisia Völlenerkönigsf	1:05:42	1:02:39	1:05:01	1:22:12	1:08:43	1:08:27	6:52:46
295	WHK	263	F268	Tanja	Pauw	86	Hollen	1:04:48	1:03:32	1:05:03	1:23:34	1:10:05	1:05:43	6:52:48
296	WHK	264	F267	Anja	Bünting	67	Hollen	1:04:50	1:03:33	1:05:03	1:23:34	1:10:05	1:05:44	6:52:50
297	WHK	265	F205	Elke	Meiners	50	TuRa 07 Westrhauderfe	1:04:13	1:02:21	1:05:30	1:22:46	1:11:11	1:07:30	6:53:33
298	WHK	266	F397	Martina	Bakker	65	Die Vier	1:08:41	1:03:32	1:05:30	1:23:02	1:08:57	1:03:52	6:53:37
299	WHK	267	F521	Richada	Theermann	62	Raiffeisenbank eG, Moor	1:04:06	1:02:47	1:05:25	1:23:37	1:11:12	1:06:29	6:53:39
300	WHK	268	F172	Helga	Buss	62	Neukamperfehn	1:05:03	1:03:03	1:07:15	1:23:04	1:10:05	1:06:55	6:55:29
301	WJ	33	F221	Martina	Abbas	90	TGG Leer	1:06:08	1:03:46	1:06:18	1:23:45	1:08:58	1:06:49	6:55:46
302	WHK	269	F270	Elke	Dirksen	66	Aurich	1:04:10	1:03:08	1:05:25	1:25:06	1:10:39	1:07:22	6:55:53
303	WHK	270	F371	Birgit	Krefter	72	Team Möbel Buss	1:03:52	1:03:23	1:05:47	1:24:12	1:11:26	1:07:47	6:56:29
304	WJ	34	F229	Lina	Heckhoff	90	Gymnasium Westerste	1:08:20	1:05:11	1:05:10	1:18:55	1:10:33	1:08:20	6:56:32
305	WHK	271	F339	Helga	Middelborg	52	LT SV Ems Jemgum	1:04:07	1:04:11	1:06:12	1:22:24	1:11:05	1:08:34	6:56:35
306	WHK	272	F100	Anja	Hedemann	64	Team Möbel Buss	1:04:38	1:03:03	1:06:56	1:24:03	1:11:10	1:07:21	6:57:14
307	WHK	273	F588	Stefanie	Koch	80	EWE Wattloopers	1:07:52	1:05:41	1:05:14	1:23:29	1:09:19	1:05:37	6:57:15
308	WHK	274	F647	Andrea	Hafner	74	Leer	1:05:48	1:04:16	1:06:32	1:24:32	1:10:31	1:05:37	6:57:19
309	WHK	275	F549	Gerda	Möhlmann	65	SC Wiesens	1:04:25	1:03:01	1:06:24	1:22:38	1:12:07	1:09:00	6:57:38
310	WHK	276	F214	Theresia	Jansen	71	ELV Elektronik AG	1:04:41	1:03:47	1:05:11	1:24:19	1:11:20	1:08:26	6:57:47
311	WHK	277	F536	Karin	Wiese	80	Team ENERCON	1:05:20	1:03:19	1:07:07	1:23:21	1:12:18	1:06:44	6:58:12
312	WHK	278	F565	Margret	Kahmann	58	Laufgemeinschaft Ostrf	1:03:49	1:05:18	1:07:31	1:22:20	1:11:26	1:07:51	6:58:18
313	WHK	279	F27	Kathrin	Evers	89	KBV Langefeld	1:00:07	0:56:39	1:02:17	1:42:46	1:04:38	1:12:15	6:58:45
314	WHK	280	F262	Sigrid	Kok	63	Kok-Reisen	1:08:07	1:03:31	1:06:13	1:22:21	1:10:52	1:07:45	6:58:51
315	WHK	281	F316	Meta	Samuels	64	Sportschule TAO Aurich	1:07:35	1:04:04	1:05:55	1:24:29	1:10:22	1:06:26	6:58:52
316	WHK	282	F297	Sonja	Einhaus	70	Hartmann Group	1:03:37	1:03:55	1:06:10	1:26:18	1:11:38	1:08:35	7:00:15
317	WHK	283	F269	Karin	Fellensiek	66	BV Plaggenburg	1:04:10	1:03:14	1:06:27	1:25:07	1:11:36	1:10:01	7:00:37
318	WJ	35	F579	Anna	Harms	97	KGS GroBefehn	1:08:19	1:02:59	1:09:03	1:25:04	1:11:54	1:03:32	7:00:53
319	WHK	284	F621	Birgit	Lüürsen	68	Weener	1:08:45	1:04:03	1:07:12	1:22:23	1:12:50	1:05:55	7:01:11
320	WJ	36	F541	Anna	Pleis	93	Blau-Weiß-Filsum	1:02:00	1:09:48	1:12:20	1:22:59	1:09:53	1:04:42	7:01:44
321	WJ	37	F652	Inka	Freerks	93	Blau-Weiß-Filsum	1:01:59	1:09:49	1:12:20	1:22:59	1:09:53	1:04:42	7:01:44
322	WHK	285	F179	Heidi	Meyer	70	EWE Wattloopers	1:07:51	1:04:56	1:05:28	1:22:52	1:11:31	1:09:28	7:02:08
323	WHK	286	F240	Jana	Voße	89	Team Beck's nicht alk	1:09:16	1:06:02	1:13:43	1:18:22	1:03:24	1:11:32	7:02:21
324	WHK	287	F601	Angelika	Schmidt	61	Hesel	1:05:41	1:05:23	1:06:32	1:24:31	1:12:09	1:08:26	7:02:43
325	WHK	288	F155	Insa	Bock	64	DLRG Esens	1:08:06	1:04:11	1:07:00	1:23:56	1:11:22	1:08:17	7:02:55
326	WHK	289	F287	Ina	Doden	72	SV-Arle	1:07:24	1:05:08	1:08:27	1:18:59	1:13:10	1:10:06	7:03:15
327	WHK	290	F613	Henni	Severiens	54	Fortuna Logabirum	1:06:37	1:04:33	1:07:01	1:23:59	1:12:13	1:08:49	7:03:15
328	WHK	291	F467	Herta	Meyer	49	TV Norden	1:05:46	1:04:12	1:07:55	1:24:30	1:11:28	1:09:42	7:03:36
329	WHK	292	F468	Christa	Spinneker	48	TV Norden	1:05:46	1:04:12	1:07:56	1:24:31	1:11:28	1:09:43	7:03:38
330	WHK	293	F215	Jutta	Christoffers	61	TG Wiesmoor	1:08:38	1:04:13	1:06:14	1:24:54	1:11:27	1:08:39	7:04:07

28. Ostfriesland Lauf 2009

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
331	WHK	294	F417	Silvia	Hieronimus	79	VHS-Laufen	1:11:02	1:06:32	1:08:01	1:23:12	1:09:07	1:06:32	7:04:29
332	WHK	295	F555	Annette	Stanke	58	SC Wiesens	1:05:48	1:04:55	1:07:27	1:24:06	1:12:49	1:09:44	7:04:52
333	WHK	296	F194	Insa	Ideus	66	TSV Holtrop	1:04:23	1:04:50	1:08:56	1:24:03	1:12:19	1:10:19	7:04:52
334	WHK	297	F546	Gisela	Heddinga	57	LT TuS Aurich-Ost	1:04:11	1:03:54	1:08:41	1:24:51	1:14:02	1:09:11	7:04:54
335	WHK	298	F233	Johanne	Dieken-Wall	66	LG Ostfriesland	1:08:32	1:06:14	1:07:35	1:21:27	1:12:55	1:08:18	7:05:04
336	WJ	38	F553	Anna-Lena	Ubben	95	HRS Moormerland	1:09:41	1:04:17	1:07:27	1:25:13	1:11:48	1:06:38	7:05:06
337	WJ	39	F437	Marieke	Beier	90	NIGE	1:09:23	1:06:19	1:08:58	1:24:06	1:11:22	1:05:11	7:05:21
338	WHK	299	F381	Hanna	Sanwald	62	Fehntjer Laufftreff	1:05:12	1:04:40	1:07:32	1:26:45	1:12:07	1:09:32	7:05:52
339	WHK	300	F494	Silvia	Geiken	71	BV Victorbur	1:05:26	1:05:08	1:08:03	1:26:06	1:11:59	1:09:15	7:06:00
340	WHK	301	F492	Annemarie	Saathoff	51	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:54	1:11:42	1:09:01	7:06:03
341	WHK	302	F491	Elisabeth	Eisenhauer	49	TuS Esens	1:06:38	1:06:11	1:08:34	1:23:55	1:11:42	1:09:01	7:06:03
342	WHK	303	F547	Kathrin	Mayr	83	4./ObjSRgt Lw	1:07:05	1:04:33	1:07:34	1:27:48	1:11:46	1:07:38	7:06:26
343	WHK	304	F170	Petra	Engelhardt	76	Team ENERCON	1:05:38	1:05:30	1:07:10	1:25:29	1:13:22	1:09:49	7:07:01
344	WHK	305	F180	Angelika	Janßen-Har	59	Stadt Weener gegen Ge	1:04:46	1:04:32	1:07:39	1:26:23	1:14:48	1:09:09	7:07:19
345	WHK	306	F499	Christine	Ehmen	78	Andree Buß Orthopädie	1:07:07	1:03:41	1:05:59	1:23:41	1:16:39	1:10:10	7:07:20
346	WHK	307	F586	Hannelore	Immega	53	LG Harlingerland	1:06:44	1:05:01	1:07:21	1:25:21	1:13:17	1:09:36	7:07:23
347	WHK	308	F218	Marion	Boé	47	Esens	1:06:45	1:05:01	1:07:21	1:25:21	1:13:17	1:09:36	7:07:24
348	WHK	309	F410	Gitta	Seifert	67	Laufftreff Middels	1:05:02	1:04:21	1:07:51	1:26:50	1:14:16	1:09:05	7:07:27
349	WHK	310	F341	Hedwig	Steinbömer	58	LT TuS Aurich-Ost	1:05:20	1:04:20	1:08:41	1:25:20	1:14:15	1:09:45	7:07:46
350	WHK	311	F150	Helke	Stürenburg-	61	EWE Wattloopers	1:05:30	1:05:42	1:09:48	1:24:07	1:13:33	1:09:12	7:07:53
351	WHK	312	F505	Almuth	Eden	65	BSC Burhufe	1:02:24	1:03:27	1:09:52	1:27:29	1:14:18	1:10:33	7:08:06
352	WHK	313	F596	Dorothee	Schäfer-Hor	50	Westoverledingen	1:10:59	1:07:12	1:08:13	1:24:56	1:10:24	1:06:20	7:08:07
353	WHK	314	F580	Kerstin	Haskamp	76	TuRa 07 Westrhauderfe	1:05:55	1:04:05	1:07:18	1:25:29	1:16:18	1:09:05	7:08:12
354	WHK	315	F238	Anja	de Buhr-Har	65	Fun-Loopers	1:07:12	1:05:36	1:09:25	1:26:57	1:11:38	1:07:44	7:08:34
355	WHK	316	F344	Valentina	Ott	73	LT TuS Aurich-Ost	1:06:44	1:04:07	1:09:14	1:24:55	1:12:30	1:12:28	7:10:01
356	WHK	317	F357	Felicitas	John	76	AKTIVA GmbH Wolters &	1:09:15	1:06:30	1:08:16	1:26:05	1:13:27	1:08:17	7:11:52
357	WHK	318	F512	Heike	Baumann	76	Raiffeisenbank eG, Moor	1:05:24	1:03:32	1:09:19	1:27:59	1:15:03	1:10:57	7:12:16
358	WHK	319	F626	Anna	Schröder	89		1:07:30	1:05:35	1:07:22	1:26:30	1:13:24	1:12:21	7:12:44
359	WHK	320	F337	Anne	Honefeld	71	Moormerland	1:09:32	1:06:46	1:09:00	1:24:52	1:13:17	1:09:37	7:13:07
360	WHK	321	F421	Andrea	Fangmann	83	RuB GmbH	1:09:52	1:06:01	1:08:16	1:26:55	1:13:45	1:08:15	7:13:07
361	WHK	322	F359	Andrea	Foorden	65	Team ENERCON	1:04:55	1:04:48	1:08:05	1:29:39	1:15:19	1:10:56	7:13:44
362	WHK	323	F408	Barbara	Leeling	65	Emder LG	1:09:41	1:03:31	1:08:18	1:28:00	1:13:31	1:10:49	7:13:52
363	WHK	324	F569	Wilma	Haseborg	61	SV Dornum	1:05:41	1:03:46	1:09:42	1:31:11	1:13:35	1:10:13	7:14:11
364	WHK	325	F473	Wilma	Denker	66	Ostfriesische Volksbank	1:06:27	1:05:13	1:09:31	1:26:27	1:15:22	1:12:03	7:15:04
365	WHK	326	F143	Heike	Kleen	77	Team Möbel Buss	1:06:37	1:05:13	1:08:17	1:28:02	1:16:02	1:10:57	7:15:10
366	WHK	327	F281	Anne	Dirks	62	TG Wiesmoor	1:12:52	1:03:42	1:08:32	1:28:43	1:13:37	1:08:05	7:15:33
367	WHK	328	F258	Jutta	Hardy	65	TG Wiesmoor	1:08:06	1:06:04	1:08:47	1:28:58	1:14:49	1:09:49	7:16:36
368	WHK	329	F384	Claudia	Kuper	72	Hartmann Group	1:06:23	1:05:34	1:10:06	1:29:08	1:15:49	1:11:00	7:18:02
369	WHK	330	F195	Claudia	Korpilla	66	Zeitungsgruppe Ostfrie	1:07:38	1:06:52	1:08:52	1:28:50	1:15:22	1:10:34	7:18:10
370	WJ	40	F85	Nina	Peckmann	93	Gymnasium Ulricianum /	1:05:34	1:04:55	1:12:08	1:30:56	1:17:26	1:07:17	7:18:19
371	WHK	331	F226	Liuba	Bekker	87	GFI Treuhand GmbH	1:23:03	1:03:33	1:05:23	1:23:20	1:14:26	1:08:52	7:18:40
372	WHK	332	F538	Adele	Fitzner	49	LT TuS Aurich-Ost	1:07:15	1:06:43	1:11:11	1:27:21	1:16:02	1:10:45	7:19:19
373	WHK	333	F517	Antje	Feige	62	LG -Großefehn	1:08:07	1:05:25	1:11:02	1:29:03	1:15:25	1:10:16	7:19:19
374	WHK	334	F355	Ulrike	Richter	59	MTV Wittmund	1:08:58	1:06:40	1:10:16	1:27:29	1:15:11	1:10:58	7:19:35
375	WHK	335	F353	Susanne	Hiltmann	56	LT TuS Aurich-Ost	1:07:12	1:08:34	1:09:14	1:28:51	1:16:03	1:11:33	7:21:29
376	WHK	336	F315	Susanne	Tunder	67	Sportschule TAO Aurich	1:07:56	1:07:29	1:10:28	1:29:15	1:15:59	1:10:28	7:21:37
377	WHK	337	F550	Sabine	Göbel	62	Pro-Senis	1:08:50	1:06:28	1:09:48	1:27:49	1:17:59	1:11:41	7:22:38
378	WHK	338	F534	Christiane	Dahlweg	80	Heinrich - Middendorf - S	1:07:24	1:08:20	1:10:30	1:28:51	1:14:32	1:13:03	7:22:43
379	WHK	339	F370	Heike	Lombeck	68	Team Möbel Buss	1:07:41	1:09:08	1:09:33	1:29:36	1:16:06	1:11:15	7:23:21
380	WHK	340	F120	Karina	Woortmann	78	LP KT	1:10:15	1:09:35	1:12:19	1:26:31	1:11:11	1:13:57	7:23:50
381	WHK	341	F627	Jutta	Redenius	61	LGO	1:08:52	1:06:57	1:08:38	1:29:19	1:18:11	1:12:04	7:24:04
382	WHK	342	F628	Karin	Gastmann	63	LGO	1:08:52	1:06:58	1:08:38	1:29:19	1:18:12	1:12:04	7:24:06
383	WHK	343	F426	Susanne	Finger	75	Leer	1:09:58	1:07:13	1:10:32	1:29:25	1:16:30	1:10:53	7:24:32
384	WHK	344	F376	Petra	de Wall	72	Team ENERCON	1:08:53	1:06:55	1:12:54	1:29:38	1:15:40	1:10:56	7:24:57
385	WHK	345	F379	Britta	Dietzel	67	Emden	1:07:53	1:07:28	1:12:17	1:30:07	1:15:18	1:11:59	7:25:05

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Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
386	WHK	346	F388	Dunja	Ottjes	86	RVB Aurich/Uplengen	1:09:53	1:06:40	1:12:15	1:31:40	1:15:46	1:08:49	7:25:05
387	WHK	347	F566	Ute	Heuer	61	emder laufgemeinschaft	1:10:19	1:08:26	1:09:34	1:31:43	1:12:11	1:13:24	7:25:39
388	WHK	348	F515	Veronika	Malzahn	50	TC Wittmund	1:10:04	1:07:45	1:11:52	1:29:22	1:15:33	1:11:02	7:25:41
389	WHK	349	F358	Helga	Potzler	49	MTV-Wittmund	1:10:05	1:07:45	1:11:52	1:29:22	1:15:33	1:11:01	7:25:41
390	WJ	41	F612	Lisa	Tunder	91	Großefehn	1:14:29	1:05:03	1:07:24	1:34:45	1:13:18	1:11:03	7:26:05
391	WHK	350	F545	Hiltrud	Spekker-Ed	58	LT Spaß mit Sport	1:09:33	1:08:15	1:10:32	1:29:41	1:15:56	1:12:20	7:26:19
392	WHK	351	F380	Insa	Kompaan	59	Pro Senis	1:08:47	1:07:05	1:09:42	1:28:50	1:17:58	1:13:55	7:26:20
393	WHK	352	F279	Inge	Böwe	45	Emder LG	1:08:35	1:08:49	1:10:34	1:29:12	1:16:10	1:13:24	7:26:46
394	WHK	353	F224	Petra	Simon	69	obw Emden	1:12:29	1:06:56	1:13:26	1:29:50	1:15:02	1:09:08	7:26:54
395	WHK	354	F516	Tanja	Fischer	81	Reepsholt	1:14:07	1:08:42	1:08:08	1:29:50	1:15:45	1:10:32	7:27:07
396	WHK	355	F445	Erika	Meyer	70	Bingum	1:09:16	1:08:40	1:09:13	1:30:48	1:19:17	1:10:37	7:27:53
397	WHK	356	F333	Stefanie	Schlegel	78	TuS Collinghorst	1:11:12	1:09:50	1:11:09	1:28:49	1:14:39	1:12:22	7:28:03
398	WHK	357	F167	Margit	Klinkenborg	52	TV Norden	1:11:05	1:08:13	1:10:25	1:29:51	1:15:56	1:12:47	7:28:19
399	WHK	358	F413	Frauke	Giebelhaus	74	Pro Senis	1:09:43	1:08:58	1:10:09	1:29:58	1:17:51	1:12:42	7:29:24
400	WHK	359	F428	Anja	Renken	68	Nortmoor	1:10:56	1:09:50	1:11:09	1:28:48	1:15:28	1:13:28	7:29:42
401	WHK	360	F283	Marieanne	Petersen	54	Moormerland	1:15:51	1:09:41	1:12:47	1:27:37	1:13:40	1:10:06	7:29:44
402	WHK	361	F595	Elke	Petersen	56	Westoverledingen	1:10:59	1:09:09	1:11:25	1:30:27	1:16:52	1:11:02	7:29:56
403	WHK	362	F407	Haike	Heuer	66	Emder Laufgemeinscha	1:10:19	1:08:26	1:09:36	1:31:42	1:16:44	1:13:24	7:30:14
404	WHK	363	F185	Annchen	Post	43	Weener	1:08:30	1:08:15	1:13:43	1:31:04	1:16:56	1:12:42	7:31:12
405	WHK	364	F367	Rita	Höland	50	TuRa 07 Westrhauderfe	1:09:50	1:08:35	1:12:38	1:29:24	1:17:46	1:13:13	7:31:28
406	WHK	365	F282	Tina	Cramer	88	IHK	1:14:25	1:10:42	1:09:19	1:26:49	1:19:59	1:11:11	7:32:28
407	WHK	366	F392	Birgit	Weber	58	Heimatblatt	1:10:30	1:09:08	1:10:34	1:29:33	1:18:03	1:14:38	7:32:29
408	WHK	367	F542	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:09:50	1:08:23	1:12:12	1:32:23	1:17:47	1:14:04	7:34:41
409	WHK	368	F411	Insa	Meinen	55	Team Möbel Buss	1:09:39	1:09:39	1:12:51	1:30:54	1:19:02	1:12:37	7:34:44
410	WHK	369	F393	Martina	Ennen	81	AOK	1:13:29	1:07:06	1:09:50	1:33:06	1:17:08	1:14:50	7:35:31
411	WHK	370	F251	Mathilde	Georgs	64	keinen	1:13:30	1:09:05	1:11:59	1:30:28	1:16:56	1:15:14	7:37:14
412	WHK	371	F439	Marion	Davids	62	Emder Laufgemeinscha	1:12:24	1:09:03	1:12:57	1:31:47	1:17:42	1:13:24	7:37:20
413	WHK	372	F342	Astrid	Nophut	64	TV Friedeburg	1:10:15	1:11:50	1:12:02	1:30:48	1:19:25	1:13:04	7:37:26
414	WHK	373	F435	Petra	Freese	69	Emder-LG	1:12:26	1:09:03	1:12:57	1:31:49	1:17:45	1:13:53	7:37:56
415	WHK	374	F394	Insa	Broß-Ansch	72	Fortuna Logabirum	1:12:41	1:10:02	1:13:34	1:30:33	1:18:00	1:13:16	7:38:08
416	WJ	42	F582	Kerstin	Ballmann	92	Realschule Esens	1:09:47	1:10:14	1:14:12	1:32:37	1:17:33	1:15:02	7:39:28
417	WHK	375	F372	Greta	Rennings	76	Nordland Papier	1:12:18	1:11:41	1:12:43	1:34:37	1:16:37	1:12:01	7:39:59
418	WJ	43	F363	Janna	Antons	90	NIGE	1:10:23	1:10:14	1:14:12	1:32:37	1:17:33	1:15:02	7:40:03
419	WHK	376	F451	Lisai	Groenewold	81	Aurich	1:15:20	1:09:50	1:12:18	1:29:10	1:18:48	1:15:22	7:40:49
420	WHK	377	F414	Claudia	Freese	67	DPI AG	1:09:21	1:08:08	1:14:20	1:30:14	1:22:51	1:15:56	7:40:52
421	WHK	378	F556	Anja	Tiefriinger	68	Leer	1:14:11	1:11:49	1:13:54	1:32:24	1:17:16	1:12:12	7:41:48
422	WHK	379	F434	Hauke-Kata	Welp	78	SV Eintracht Nüttermoor	1:17:40	1:12:09	1:13:37	1:29:51	1:16:48	1:12:10	7:42:17
423	WHK	380	F312	Anja	Theilken	63	TEAM DEUTSCHE POS	1:12:57	1:07:17	1:13:09	1:35:09	1:16:50	1:17:22	7:42:46
424	WHK	381	F373	Verena	Wegmann	82	Nordland Papier	1:12:58	1:12:16	1:14:47	1:34:37	1:16:40	1:12:02	7:43:22
425	WHK	382	F151	Käthe	König	36	Emder LG	1:10:46	1:10:04	1:12:48	1:36:51	1:17:31	1:15:24	7:43:26
426	WJ	44	F609	Helke	Strüfing	95	Gymnasium Ulricianum /	1:13:24	1:07:28	1:12:14	1:30:56	1:27:14	1:12:23	7:43:42
427	WHK	383	F548	Marianne	Dreesch	62	Blomberg	1:14:35	1:11:18	1:16:09	1:28:44	1:18:30	1:14:37	7:43:54
428	WHK	384	F406	Sabine	Ulferts	67	Team Wilts	1:13:54	1:11:48	1:10:57	1:35:35	1:17:24	1:15:57	7:45:38
429	WHK	385	F562	Anna	Penning	87	MTV Ditzum	1:15:09	1:10:39	1:11:41	1:33:13	1:20:03	1:15:54	7:46:41
430	WHK	386	F431	Kerstin	van Hese	67	Papenburg	1:12:23	1:10:40	1:15:07	1:31:33	1:23:09	1:15:57	7:48:53
431	WHK	387	F314	Elke	Hespe	60	Sportschule TAO Aurich	1:12:13	1:12:10	1:14:35	1:32:44	1:20:03	1:17:19	7:49:07
432	WHK	388	F222	Marion	Kumler	65	Polizei Aurich	1:16:01	1:10:24	1:14:04	1:32:43	1:19:29	1:16:28	7:49:11
433	WHK	389	F360	Sigrid	von Goldam	75	TSV Riepe	1:16:01	1:10:24	1:14:04	1:32:43	1:19:30	1:16:28	7:49:13
434	WHK	390	F400	Marlis	Willms	60	Zahnarztpraxis Dunkel	1:16:14	1:12:07	1:13:31	1:35:37	1:21:30	1:11:11	7:50:12
435	WHK	391	F432	Sabine	Kröger	69	SV Nortmoor	1:12:41	1:11:47	1:13:56	1:34:11	1:20:15	1:18:06	7:50:58
436	WJ	45	F429	Jana	Leuchtman	90	Zahnarztpraxis Dunkel	1:16:14	1:13:42	1:13:31	1:35:38	1:21:30	1:11:12	7:51:49
437	WHK	392	F416	Helga	Christians	50	EWE Wattloopers	1:10:13	1:12:18	1:14:30	1:36:56	1:22:09	1:15:44	7:51:53
438	WHK	393	F293	Marion	Bokelmann	60	VHS-Laufen	1:15:01	1:11:26	1:18:47	1:35:42	1:17:56	1:13:52	7:52:47
439	WHK	394	F502	Astrid	Fimmen	75	BBC Chartering	1:15:19	1:10:46	1:15:48	1:34:55	1:20:52	1:16:38	7:54:19
440	WHK	395	F291	Sonja	Strasser	71	Firrel	1:14:47	1:13:50	1:15:24	1:35:15	1:20:21	1:15:19	7:54:59

28. Ostfriesland Lauf 2009

OSSILOOP - 2009

22. Mai 2009

Endstand nach 6 Etappen

gedruckt 22.05.2009 22:22:00

Frauen

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
441	WHK	396	F236	Elke	Hedemann	62	Fun-Loopers	1:12:18	1:09:41	1:16:38	1:38:33	1:20:17	1:17:30	7:55:00
442	WJ	46	F578	Wiebke	Martens	97	KGS GroBefehn	1:13:51	1:05:38	1:11:28	1:34:59	1:30:48	1:19:16	7:56:01
443	WHK	397	F354	Meike	Bohlen	83	AKTIVA GmbH Wolters &	1:13:37	1:11:11	1:15:43	1:35:00	1:23:35	1:17:24	7:56:31
444	WHK	398	F361	Karin	Petersitzke	59	LT Ihrhove	1:12:33	1:11:06	1:14:53	1:36:07	1:22:33	1:19:29	7:56:44
445	WHK	399	F263	Tomma	Teyen	55	TuS Weener	1:18:14	1:13:42	1:16:18	1:34:50	1:19:59	1:14:36	7:57:43
446	WJ	47	F280	Jana	Geuken	94	SV Warsingsfehn	1:14:48	1:13:34	1:17:53	1:34:00	1:22:00	1:15:39	7:57:56
447	WHK	400	F433	Karin	Meyer	55	Moormerland	1:14:42	1:14:48	1:13:04	1:41:58	1:27:58	1:06:14	7:58:47
448	WHK	401	F298	Ines	Eberlei	88	Hartmann Group	1:26:17	1:08:27	1:12:21	1:35:09	1:20:31	1:16:04	7:58:52
449	WJ	48	F610	Sarah	Lüdtke	90	NIGE	1:12:00	1:11:00	1:17:12	1:39:43	1:24:38	1:14:51	7:59:26
450	WHK	402	F475	Barbara	Strüfing	64	Aurich	1:13:52	1:08:14	1:19:02	1:34:24	1:31:40	1:12:23	7:59:36
451	WJ	49	F449	Alke	Eggers	90	NIGE	1:12:02	1:11:01	1:17:13	1:39:45	1:24:38	1:14:58	7:59:40
452	WHK	403	F409	Esther	Gembruch	60		1:18:36	1:12:16	1:15:30	1:36:41	1:21:43	1:16:55	8:01:42
453	WHK	404	F558	Petra	Niemeyer	69	VHS Kurs	1:15:22	1:11:52	1:16:31	1:38:00	1:24:03	1:16:17	8:02:07
454	WHK	405	F523	Rieke	Frerichs	48	LG GroBefehn	1:13:56	1:11:38	1:11:56	1:35:37	1:30:48	1:19:34	8:03:31
455	WHK	406	F425	Gaby	Janssen	79	Saterland-Ramsloh	1:15:27	1:14:19	1:14:48	1:40:31	1:20:33	1:18:00	8:03:40
456	WHK	407	F320	Petra	Tamling	77	Friesoythe	1:15:28	1:14:19	1:14:47	1:40:32	1:20:33	1:18:00	8:03:42
457	WHK	408	F606	Helga	Meyer	63	SV Potshausen	1:14:19	1:11:52	1:16:26	1:36:50	1:22:58	1:21:33	8:03:59
458	WHK	409	F520	Elke	Memenga	72	Südbrookmerland 1	1:18:19	1:14:30	1:17:29	1:37:33	1:21:41	1:16:54	8:06:29
459	WJ	50	F615	Bianca	Ottersberg	91	GroBefehn	1:15:24	1:10:48	1:14:05	1:41:50	1:27:54	1:17:26	8:07:29
460	WHK	410	F257	Monika	Heyken	65	Weight- watchers	1:16:55	1:13:27	1:17:37	1:37:39	1:23:41	1:18:22	8:07:44
461	WHK	411	F469	Susanne	Winkler	48	TV Norden	1:14:02	1:14:26	1:16:46	1:37:31	1:26:29	1:19:25	8:08:43
462	WHK	412	F401	Corinna	Schild	64	VHS-Laufen	1:15:54	1:12:37	1:18:46	1:38:52	1:26:28	1:17:47	8:10:27
463	WHK	413	F419	Anke	Garrelts	79	Therapiehuus Tannenhai	1:20:54	1:17:15	1:15:58	1:37:35	1:23:12	1:17:27	8:12:24
464	WHK	414	F446	Tanja	de Haan	75	Emder LG	1:15:42	1:14:47	1:18:51	1:39:04	1:25:53	1:19:07	8:13:26
465	WHK	415	F430	Marei	Dunkel, Dr	52	Zahnarztpraxis Dunkel	1:16:59	1:16:30	1:19:55	1:38:27	1:24:36	1:17:44	8:14:12
466	WHK	416	F602	Heide	Löhdefink	46	Leer	1:16:58	1:16:30	1:19:56	1:38:26	1:24:36	1:17:43	8:14:13
467	WHK	417	F382	Christel	Werkmeiste	52	VHS-Laufen	1:17:46	1:11:58	1:21:57	1:40:38	1:23:33	1:18:30	8:14:24
468	WHK	418	F217	Beate	Müller	65	Team ENERCON	1:19:10	1:16:18	1:20:22	1:37:57	1:26:31	1:17:49	8:18:09
469	WHK	419	F503	Kathrin	Rosendahl	83	BBC Chartering	1:16:14	1:16:58	1:18:14	1:44:21	1:28:06	1:21:42	8:25:38
470	WHK	420	F321	Hiltrud	Stöhr	60	SC Ihrhove 07	1:19:37	1:17:07	1:21:42	1:41:47	1:26:53	1:21:19	8:28:29
471	WHK	421	F605	Hiltrud	Schellenber	69	LG GroBefehn	1:18:43	1:17:15	1:19:54	1:43:40	1:27:58	1:21:28	8:28:59
472	WHK	422	F448	Johanne	Buse	60	Moormerland	1:16:53	1:14:48	1:23:23	1:41:58	1:27:58	1:24:13	8:29:15
473	WHK	423	F366	Sandra	Kruse	77	Team Möbel Buss	1:19:41	1:17:14	1:19:54	1:43:40	1:27:58	1:21:28	8:29:57
474	WHK	424	F248	Gisela	Groenhoff	55	Milchlabor Weser Ems e	1:21:05	1:17:22	1:22:16	1:41:07	1:27:36	1:21:31	8:30:58
475	WHK	425	F247	Gerda	Frey	56	Milchlabor Weser Ems e	1:21:05	1:17:16	1:22:16	1:42:56	1:27:35	1:21:31	8:32:42
476	WHK	426	F405	Susanne	Dreyer	72	Team Wilts	1:23:18	1:16:06	1:22:49	1:45:44	1:28:19	1:24:52	8:41:10
477	WHK	427	F227	Silke	Furch	75	GFI Treuhand GmbH	1:23:03	1:15:53	1:24:14	1:47:04	1:29:56	1:26:07	8:46:18
478	WHK	428	F568	Inga	Nanninga	76	Wilts Team	1:23:42	1:17:46	1:27:26	1:48:21	1:32:08	1:25:59	8:55:25
479	WHK	429	F335	Petra	Müller	65	Team Wilts	1:23:42	1:21:05	1:27:22	1:48:21	1:32:08	1:26:00	8:58:40
480	WJ	51	F365	Frauke	Janssen	90	NIGE	1:23:53	1:19:09	1:25:38	1:53:35	1:34:56	1:26:22	9:03:35
481	WHK	430	F256	Christine	Wilhelm	61	Milchlabor Weser Ems e	1:30:41	1:29:09	1:38:03	1:55:27	1:37:04	1:31:46	9:42:13
482	WHK	431	F447	Margret	Störk-Müller	67	obw Emden	1:30:27	1:31:07	1:31:19	1:54:59	1:39:26	1:35:25	9:42:46
483	WHK	432	F244	Antje	Feldiek	71	Stadt Weener gegen Gev	1:35:00	1:31:13	1:42:10	1:57:59	1:41:38	1:35:37	0:03:40
484	WHK	433	F250	Gisela	Lemke	64	Milchlabor Weser Ems e	1:31:39	1:33:12	1:37:38	2:01:02	1:46:00	1:39:05	0:08:38
485	WHK	434	F246	Johanne	de Vries	45	Milchlabor Weser Ems e	1:31:40	1:33:12	1:37:38	2:01:02	1:46:00	1:39:05	0:08:39
486	WHK	435	F590	Insa	Kruizenga	79	Weener	1:35:02	1:31:37	1:42:12	2:00:33	1:44:40	1:38:47	0:12:53