



Männer

Platz	St-Nr.	Name	JG	Verein/*Ort	AK	AK-Pl	Pos	Netto	Brutto
1	111	Wiechmann, Steffen	88	VfL Germania Leer	MHK	1	1	0:36:19	0:36:19
2	15	Jänicke, Sascha	80	LaufLeer	MHK	2	2	0:43:14	0:43:31
3	90	Joachim, Goudschaal	83		MHK	3	3	0:44:45	0:45:00
4	93	Jan, de Vries	71		MHK	4	4	0:45:21	0:47:29
5	137	Plock, Hajo	76	SV Ochtersum	MHK	5	5	0:45:39	0:46:28
6	34	Uwe, Geuken	65		MHK	6	6	0:45:50	0:45:51
7	135	Tromaneefßen, Steffen	92	Aurich	MHK	7	7	0:46:11	0:48:20
8	47	Arne, Janáen	90	FCSO	MHK	8	8	0:46:44	0:48:24
9	74	Freerks, Günther	69	TV Bunde	MHK	9	9	0:47:12	0:48:21
10	139	Meyer, Christian	88	Stapelermoor	MHK	10	10	0:47:39	0:47:49
11	84	Ulrich, Kavelmann	55		MHK	11	11	0:48:12	0:48:38
12	142	Goudschaal, Ude	55	Bunde	MHK	12	12	0:48:17	0:48:33
13	35	Ralf, Vry	60	Fortuna Logabirum	MHK	13	13	0:48:30	0:48:34
14	123	Lay, Jan	54	SV Warsingsfehn	MHK	14	14	0:48:56	0:49:50
15	138	Pree, Manfred	62	Wi sünd Holtriem	MHK	15	15	0:49:17	0:50:09
16	38	Alexander, Zietlow	92	FCSO	MHK	16	16	0:49:30	0:51:11
17	55	Horst, Strohmeyer	72	Nordland Papier	MHK	17	17	0:49:34	0:52:46
18	53	Wenzel, Kisch	96	FCSO	MHK	18	18	0:49:43	0:51:23
19	136	Lübßen, Uwe	72	AOK Ostfriesland	MHK	19	19	0:49:48	0:50:46
20	124	Dirks, Moritz	96	Fortuna Logabirum	MHK	20	20	0:49:55	0:51:23
21	5	Ulrich, Daron	67	Nordland Papier	MHK	21	21	0:50:04	0:52:34
22	89	Eduard, Tjarks	54	LG Ostfriesland	MHK	22	22	0:50:08	0:51:43
23	83	Wilfried, Rehbock	64	RSC-P	MHK	23	23	0:50:12	0:51:45
24	59	Christian, Fecht	85	VfL Germania Leer	MHK	24	24	0:50:37	0:52:05
25	49	Thobe, Meinen	95	FCSO	MHK	25	26	0:50:57	0:52:36
26	17	Strohbehn, Jens	70	Bünting Tee	MHK	26	27	0:50:58	0:51:56
27	106	Flügge, Tjark	96	VfL Germania Leer	MHK	27	28	0:50:58	0:54:14
28	42	Hanno, Garthe	68	FCSO	MHK	28	29	0:51:00	0:52:40
29	78	Busboom, Wilfried	71	tus detern	MHK	29	30	0:51:05	0:52:51
30	21	Jens, Strauch	73	BBC Chartering	MHK	30	31	0:51:20	0:55:03
31	51	Felix, Wollenhaupt	91	FCSO	MHK	31	32	0:51:56	0:53:37
32	52	Tobias, Reimers	90	FCSO	MHK	32	33	0:51:56	0:53:37
33	129	Limbeck, Thilko	91	FCSO ITG Wiesmoor	MHK	33	34	0:52:00	0:53:40
34	86	Olaf, Schatt	67		MHK	34	35	0:52:15	0:59:16
35	41	Thees, Bohlsen	96	FCSO	MHK	35	36	0:52:29	0:54:08
36	107	Beekmann, Wilko Bernd	97	Westoverledingen	MHK	36	38	0:53:18	0:55:21
37	108	Exner, Thomas	64	DLRG Leer	MHK	37	39	0:53:22	0:55:55
38	70	Jan, Warfsmann	88		MHK	38	42	0:54:07	0:57:58
39	145	Freese, Heiko	90	Ochtersum	MHK	39	43	0:54:18	0:55:29
40	127	Kramer, Matthias	89	Leer	MHK	40	45	0:55:20	0:59:09
41	101	Helfried, Goetz	71	KBV Wiesedermeer	MHK	41	46	0:55:28	0:58:59



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Platz	St-Nr.	Name	JG	Verein/*Ort	AK	AK-Pl	Pos	Netto	Brutto
42	73	Reiner, Heidebroek	65	Germania Leer	MHK	42	48	0:55:41	0:58:19
43	46	Heye, Erchinger	97	FCSO	MHK	43	50	0:56:38	0:58:17
44	120	Flessner, Jörg	60	Schloothissis Leer	MHK	44	51	0:56:47	0:59:36
45	45	Carsten, Hemmes	92	FCSO	MHK	45	53	0:57:30	0:59:11
46	23	Ole, K"chemann	86	BBC Chartering	MHK	46	56	0:58:00	1:00:56
47	43	René, Lemke	92	FCSO	MHK	47	57	0:58:19	1:00:00
48	72	Budde, Jörg	61	Fortuna Loqabirum	MHK	48	58	0:58:20	1:02:15
49	130	Köhler, Thomas	82	Oldenburg	MHK	49	60	0:58:37	1:01:13
50	112	Harms, Thorben	93	UEG-Leer	MHK	50	61	0:58:47	1:02:03
51	126	Schwill, Hans-Jürgen	64	VfL Germania	MHK	51	65	0:59:29	1:02:13
52	115	Werkmeister, Johannes	57	Spaß muss sein	MHK	52	66	0:59:34	1:02:51
53	97	Köhler, Philipp	98		MHK	53	67	0:59:38	1:06:03
54	113	Werkmeister, Simon	90	Spaß muss sein	MHK	54	68	0:59:43	1:03:01
55	44	Ihno, Gellmers	97	FCSO	MHK	55	69	0:59:48	1:01:27
56	95	Jan, Zumdohme	80	HRS Moormerland	MHK	56	70	0:59:53	1:06:17
57	82	Hilmar, Nicolai	58		MHK	57	74	1:00:18	1:05:42
58	11	Stefan, Trepohl	67	Nordland Papier	MHK	58	75	1:00:26	1:05:40
59	119	Warfsmann, Sven	88		MHK	59	76	1:00:36	1:05:45
60	39	Tiedo, Behrends	96	FCSO	MHK	60	77	1:00:45	1:02:24
61	54	Johannes, Kisch	66	FCSO	MHK	61	79	1:00:53	1:02:32
62	48	Tim, Gossmann	93	FCSO	MHK	62	80	1:00:54	1:02:33
63	117	Grundhöfer, Ulrich	64	TSV Pansdorf	MHK	63	81	1:01:17	1:02:51
64	12	Aiko, Stellamans	93	Gymnasium Rhaderfehn	MHK	64	82	1:01:19	1:02:29
65	144	Störmer, Stefan	68	Leer	MHK	65	83	1:01:52	1:07:21
66	10	Kösters, Wilhelm	53	Nordland Papier	MHK	66	85	1:02:29	1:08:47
67	79	Wiard, Meyer	62	Sv Potshausen	MHK	67	86	1:02:43	1:08:18
68	87	Lehmann, Erwin	62	Fortuna Loqabirum	MHK	68	87	1:02:46	1:06:42
69	131	Nolte, Andreas	64	Westoverledingen	MHK	69	88	1:02:54	1:09:21
70	121	Kuiper, Tilo	92	SV-Holtland	MHK	70	94	1:04:36	1:06:53
71	1	Lars, Grundmann	66	LLG Herzkasper	MHK	71	98	1:06:02	1:12:33
72	33	Achim, Schör	59		MHK	72	99	1:06:12	1:13:04
73	7	Lambert, Hebbelmann	53	Nordland Papier	MHK	73	103	1:07:57	1:13:22
74	98	Thorsten, Heberle	69	HRS Moormerland	MHK	74	110	1:08:49	1:15:14
75	28	Mathias, Licht	68	Fortuna Loqabirum	MHK	75	114	1:09:13	1:15:36
76	8	Falk, Hofmann	79	Nordland Papier	MHK	76	118	1:10:06	1:17:12
77	27	Jänicke, Elto	48		MHK	77	120	1:11:55	1:18:47
78	9	Hannu, Jokisalo	75	Nordland Papier	MHK	78	121	1:12:45	1:19:53
79	147	Müller, Magnus	41	VfL Ockerhausen	MHK	79	122	1:13:43	1:14:04
80	26	Asif, Kahn	83	BBC Chartering	MHK	80	124	1:14:35	1:17:32
81	22	Lilian, Klamus	80		MHK	81	125	1:14:53	1:22:01
82	6	Heinz-Hermann, Fuehrs	68	Nordland Papier	MHK	82	129	1:22:19	1:29:26



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83	134	Beck, Joachim	61	*Nordsemmen	MHK	83	132	1:23:45	1:31:05
84	143	Trüger, Hermann	61	Ihlow	MHK	84	133	1:23:46	1:31:05



Frauen

Platz	St-Nr.	Name	JG	Verein/*Ort	AK	AK-Pl	Pos	Netto	Brutto
1	77	Uta, Diekmann	69	Plock Elektro GmbH	WHK	1	25	0:50:46	0:53:59
2	140	Lünemann, Lena	90	Ihrhove	WHK	2	37	0:52:58	0:53:51
3	75	Helma, Janssen	81	LG Driever	WHK	3	40	0:53:24	0:56:01
4	57	Michaela, Janssen	74	Fortuna Loqabirum	WHK	4	41	0:53:27	0:54:55
5	125	Schwill, Sara	90	Vfl Germania	WHK	5	44	0:55:05	0:56:41
6	68	Andrea, Ziemann	62		WHK	6	47	0:55:31	1:00:02
7	88	Melanie, Eyhusen	75		WHK	7	49	0:56:18	0:59:09
8	67	Imke, Ruge	80		WHK	8	52	0:56:56	0:56:56
9	103	Svenja, Kruse	88	1. Damen Mühlenwarf	WHK	9	54	0:57:31	1:00:04
10	118	Thien-Reinders, Miriam	64	Fortuna Loqabirum	WHK	10	55	0:57:52	1:01:33
11	25	Rex, Marina	57	TURA 07 Westrhauderfehn	WHK	11	59	0:58:25	1:01:42
12	56	Viola, Brahms	81	Studio Larisca	WHK	12	62	0:59:13	1:01:36
13	19	Carola, Fiegel	64	Studio Larisca	WHK	13	63	0:59:13	1:01:36
14	18	Mareike, Anscheit	97	Fortuna Loqabirum	WHK	14	64	0:59:22	1:02:16
15	71	Rita, Bruns	63	TSV Hesel	WHK	15	71	1:00:01	1:04:32
16	133	Klitzka, Marion	66	ISV	WHK	16	72	1:00:05	1:05:33
17	91	Marie-Theres, Kohl	97	TV-Norden	WHK	17	73	1:00:14	1:06:43
18	110	Schoel, Sophia	92	LG Spaß muss sein	WHK	18	78	1:00:52	1:04:10
19	20	Mühenkamp, Annika	84	BBC Chartering	WHK	19	84	1:02:06	1:09:15
20	132	Leesch, Kristin	79	OVb	WHK	20	89	1:02:54	1:09:20
21	105	Neumann, Andrea	70	Leer	WHK	21	90	1:03:03	1:08:17
22	24	Maren, Geruin	85	BBC Chartering	WHK	22	91	1:03:27	1:10:37
23	128	Duken, Lisa	90	Esens	WHK	23	92	1:03:32	1:05:10
24	36	Uta, Jabben	60	Sport DUO Esens	WHK	24	93	1:03:40	1:07:16
25	141	Aufleyer, Birte	94	FCSO Veenhusen	WHK	25	95	1:04:43	1:06:23
26	94	Emily, Watermeyer	94	FCSO	WHK	26	96	1:04:44	1:06:25
27	102	Maike, Lammers	93	Holtland	WHK	27	97	1:04:59	1:07:15
28	63	Gerdas, Desire	92	Gymnasium Ulricianum Aurich	WHK	28	100	1:06:57	1:13:43
29	104	Steinebach, Kerstin	88	Leer	WHK	29	101	1:07:12	1:13:16
30	66	Schröder, Anna	89		WHK	30	102	1:07:30	1:14:33
31	100	Corinna, Holl	97	HRS Moormerland	WHK	31	104	1:07:58	1:14:22
32	99	Fenja, Brockelmann	97	HRS Moormerland	WHK	32	105	1:07:58	1:14:22
33	114	Werkmeister, Freya	92	Spaß muss sein	WHK	33	106	1:08:21	1:11:38
34	85	Lürsen, Birgit	68		WHK	34	107	1:08:45	1:15:19
35	62	Irina, Kameniv	92	Gymnasium Ulricianum Aurich	WHK	35	108	1:08:47	1:15:33
36	96	Patricia, Heberle	98	HRS Moormerland	WHK	36	109	1:08:49	1:15:14
37	40	Jutta, Redenius	61	LGO	WHK	37	111	1:08:52	1:14:12
38	31	Karin, Gastmann	63	LGO	WHK	38	112	1:08:52	1:14:12
39	29	Fenna, Licht	01	Fortuna Loqabirum	WHK	39	113	1:09:13	1:15:36
40	69	Kirsten, Busemann	78	BSV Binaum	WHK	40	115	1:09:48	1:16:04
41	65	Steffi, Hutter	74	Schule am Patersweg	WHK	41	116	1:09:54	1:16:37



Frauen

Platz	St-Nr.	Name	JG	Verein/*Ort	AK	AK-Pl	Pos	Netto	Brutto
42	64	Corinna, Kaiser	71	Schule am Patersweg	WHK	42	117	1:09:54	1:16:37
43	13	Kerstin, Bernards	76		WHK	43	119	1:10:14	1:17:17
44	14	Elke, Andres	76		WHK	44	123	1:14:34	1:21:37
45	146	Debelts, Kerstin	80	Tannenhäusen	WHK	45	126	1:15:23	1:18:02
46	116	Kramer, Martina	93	Spaß muss sein	WHK	46	127	1:17:16	1:20:32
47	92	Heike, Gossling	90	Plock Elektro GmbH	WHK	47	128	1:19:56	1:24:27
48	81	Maria, Kramer	61		WHK	48	130	1:22:22	1:29:08
49	80	Michaela, Fitzke, Elisabeth	61	LT Spaá mit Sport	WHK	49	131	1:22:22	1:29:08
50	16	de Vries, Sigrid	64	Bünting Tee	WHK	50	134	1:24:25	1:30:42