

**2. Ostfrieslandlauf 1983**

27.05. bis 14.06.1983

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,00km	9,40km	11,20km	12,75km	11,80km	11,20km						
1	Janßen	Johann	LG Ostfriesland	1943	1983	00:34:06	00:32:12	00:39:45	00:43:48	00:42:28	00:41:00	03:53:19	00:35:10	40	M40	1	6
2	Wijnen	Jacobus	TuS Pewsum	1949	1983	00:37:05	00:34:11	00:41:32	00:47:05	00:44:02	00:42:41	04:06:36	00:37:10	34	M30	1	6
3	Venenga	Hermann	Germania Leer		1983	00:36:36	00:34:58	00:42:47	00:48:58	00:44:46	00:44:20	04:12:25	00:38:03		M		6
4	Fürst	Horst	LG Ostfriesland		1983	00:45:07	00:42:10	00:00:00	01:00:01	00:52:40	00:54:27	04:14:25	00:38:21		M		6
5	Cramer	Enno	SV Augustfehn	1957	1983	00:37:08	00:35:42	00:43:31	00:49:42	00:45:12	00:44:37	04:15:52	00:38:34	26	M20	1	6
6	Siemens	Karl	MTV Wittmund	1951	1983	00:37:28	00:36:43	00:43:39	00:49:44	00:45:00	00:44:41	04:17:15	00:38:46	32	M30	2	6
7	Albers	Franz	Germania Leer	1938	1983	00:38:24	00:36:17	00:44:16	00:50:43	00:46:37	00:45:09	04:21:26	00:39:24	45	M40	2	6
8	Brahms	Georg	SV Stikelkamp	1943	1983	00:38:43	00:36:16	00:44:49	00:50:47	00:46:42	00:45:31	04:22:48	00:39:36	40	M40	3	6
9	Hartmann	Günther	VFL Jheringsfehn	1941	1983	00:38:20	00:37:04	00:44:42	00:52:18	00:47:47	00:45:41	04:25:52	00:40:04	42	M40	4	6
10	Buß	Hermann	Wiesens	1948	1983	00:39:42	00:37:22	00:45:41	00:50:50	00:47:17	00:45:36	04:26:28	00:40:10	35	M30	3	6
11	Steinke	Diedrich	VFL Jheringsfehn	1941	1983	00:40:09	00:37:48	00:45:59	00:52:47	00:47:33	00:45:38	04:29:54	00:40:41	42	M40	5	6
12	Goldenstein	Uwe	Germania Leer		1983	00:40:42	00:37:21	00:45:56	00:53:10	00:47:44	00:45:34	04:30:27	00:40:46		M		6
13	Kok	Bernhold	SV Holtland	1942	1983	00:40:05	00:39:00	00:47:26	00:54:34	00:48:32	00:47:59	04:37:36	00:41:50	41	M40	6	6
14	Meinen	Wilhelm	LG Ostfriesland	1941	1983	00:41:25	00:40:03	00:48:21	00:53:33	00:48:59	00:48:02	04:40:23	00:42:15	42	M40	7	6
15	Hedemann	Helmut	SC Dunum		1983	00:43:07	00:40:17	00:48:45	00:56:26	00:49:04	00:47:44	04:45:23	00:43:01		M		6
16	Ackmann	Hans	Walle	1948	1983	00:42:54	00:40:46	00:49:15	00:54:40	00:50:03	00:49:56	04:47:34	00:43:20	35	M30	4	6
17	Steinke	Peter	Warsingsfehn	1970	1983	00:41:15	00:41:55	00:51:26	00:54:46	00:50:46	00:48:18	04:48:26	00:43:28	13	MU20	1	6
18	Janssen	Johannes	Burhafe	1935	1983	00:42:33	00:40:32	00:49:06	00:55:27	00:51:02	00:50:01	04:48:41	00:43:31	48	M40	8	6
19	Vehnekamp	Werner	SC Dunum	1958	1983	00:44:07	00:41:05	00:49:18	00:55:00	00:51:33	00:48:33	04:49:36	00:43:39	25	M20	2	6
20	Bontjer	Hilde	SV Holtland	1963	1983	00:40:52	00:40:35	00:48:26	00:57:05	00:53:41	00:49:10	04:49:49	00:43:41	20	W20	1	6
21	Stöhr	Ludwig	VFL Jheringsfehn		1983	00:42:37	00:41:59	00:49:56	00:56:32	00:50:56	00:50:35	04:52:35	00:44:06		M		6
22	Wehner	Clemens	SV Holtland	1943	1983	00:44:08	00:40:18	00:50:12	00:56:37	00:52:12	00:50:38	04:54:05	00:44:19	40	M40	9	6
23	Duden	Wilhelm	MTV Wittmund	1940	1983	00:43:11	00:41:29	00:50:16	00:57:05	00:52:02	00:50:50	04:54:53	00:44:27	43	M40	10	6
24	Groen	Bernhard	Germania Leer	1940	1983	00:42:51	00:41:01	00:50:03	00:58:00	00:52:40	00:51:03	04:55:38	00:44:33	43	M40	11	6
25	Duis	Hermann	Ockenhausen	1947	1983	00:44:06	00:42:21	00:50:11	00:58:03	00:52:44	00:50:03	04:57:28	00:44:50	36	M30	5	6
26	Müller	Hans-Hermann	SV Stikelkamp	1944	1983	00:40:48	00:46:23	00:52:32	00:55:26	00:53:07	00:49:58	04:58:14	00:44:57	39	M30	6	6
27	Saathoff	Michael	VFL Jheringsfehn	1967	1983	00:46:37	00:46:04	00:50:01	00:55:49	00:51:49	00:50:32	05:00:52	00:45:21	16	MU20	2	6
28	Stickfort	Peter	Augustfehn		1983	00:47:15	00:44:17	00:49:14	01:01:57	00:51:45	00:49:20	05:03:48	00:45:47		M		6
29	Ubben	Gerd-Arnold	Ihlow	1950	1983	00:45:26	00:43:30	00:52:24	01:00:08	00:54:23	00:53:40	05:09:31	00:46:39	33	M30	7	6
30	Beyen	Helmut	SV Stikelkamp		1983	00:45:32	00:42:52	00:53:57	01:00:10	00:54:28	00:53:48	05:10:47	00:46:50		M		6
31	Kroon	Sigrid	SV Holtland	1948	1983	00:45:47	00:42:51	00:52:48	01:00:10	00:55:18	00:54:11	05:11:05	00:46:53	35	W30	1	6
32	Meyer	Wolfgang	SV Stikelkamp	1970	1983	00:47:36	00:44:30	00:51:44	00:58:35	00:57:32	00:52:55	05:12:52	00:47:09	13	MU20	3	6
33	Steinke	Hilde	VFL Jheringsfehn	1945	1983	00:47:31	00:42:52	00:54:32	01:00:24	00:54:55	00:53:44	05:13:58	00:47:19	38	W30	2	6
34	Graalfs	Heiner	SV Stikelkamp	1967	1983	00:46:00	00:44:53	00:52:27	01:03:59	00:54:14	00:52:43	05:14:16	00:47:22	16	MU20	4	6
35	Kroon	Thorsten	SV Holtland	1968	1983	00:45:34	00:44:10	00:53:04	01:03:02	00:55:16	00:54:16	05:15:22	00:47:32	15	MU20	5	6
36	Kemper	Erwin	SV Stikelkamp		1983	00:47:55	00:46:23	00:53:55	01:01:41	00:54:19	00:52:48	05:17:01	00:47:47		M		6
37	Düselder	Guido	SV Stikelkamp	1966	1983	00:49:38	00:43:53	00:54:08	01:01:25	00:56:30	00:54:28	05:20:02	00:48:14	17	MU20	6	6
38	Janssen	Holger	SV Brinkum	1968	1983	00:46:28	00:45:35	00:56:14	01:02:00	00:57:07	00:53:59	05:21:23	00:48:26	15	MU20	7	6
39	Buß	Günther	VFL Jheringsfehn		1983	00:48:04	00:44:23	00:54:32	01:02:18	00:57:02	00:55:36	05:21:55	00:48:31		M		6
40	de Vries	Arno	Großfehn	1968	1983	00:47:20	00:45:39	00:53:49	01:03:02	00:57:25	00:55:35	05:22:50	00:48:39	15	MU20	8	6
41	Overlander	Diedrich	SV Holtland		1983	00:48:45	00:45:07	00:54:41	01:03:46	00:56:32	00:55:37	05:24:28	00:48:54		M		6
42	Tinnemeyer	Ute	SV Holtland	1954	1983	00:47:37	00:45:40	00:55:39	01:02:46	00:57:31	00:55:38	05:24:51	00:48:58	29	W20	2	6
43	Tinnemeyer	Helmut	SV Holtland		1983	00:47:48	00:45:41	00:55:39	01:02:47	00:57:31	00:55:45	05:25:11	00:49:01		M		6
44	Kok	Helga	SV Holtland	1948	1983	00:47:24	00:46:30	00:56:13	01:02:37	00:59:25	00:56:12	05:28:21	00:49:29	35	W30	3	6
45	Hecht	Caroline	Germania Leer	1965	1983	00:47:48	00:47:38	00:59:58	01:02:33	00:56:50	00:55:29	05:30:16	00:49:47	18	WU20	1	6
46	Meyer	Ulrich	SV Stikelkamp	1968	1983	00:52:54	00:50:39	00:52:29	01:08:16	00:57:32	00:53:47	05:35:37	00:50:35	15	MU20	9	6
47	Bohlhuis	Wilhelm	Nadörst	1943	1983	00:50:14	00:47:39	00:56:08	01:04:38	00:58:36	00:59:55	05:37:10	00:50:49	40	M40	11	6
48	Oltmanns	Arthur	SV Stikelkamp	1943	1983	00:49:50	00:47:41	00:57:17	01:07:37	00:59:51	00:56:34	05:38:50	00:51:04	40	M40	12	6
49	Oltmanns	Maike	SV Stikelkamp	1971	1983	00:49:51	00:47:42	00:57:18	01:07:35	00:59:51	00:56:33	05:38:50	00:51:04	12	WU20	2	6
50	Weber	Martha	VFL Jheringsfehn		1983	00:49:59	00:47:54	01:00:44	01:06:12	01:00:40	00:58:23	05:43:52	00:51:50		W		6
51	Bontjer	Gesa	SV Holtland	1970	1983	00:50:12	00:50:59	01:00:11	01:09:05	00:58:42	00:55:34	05:44:43	00:51:57	13	WU20	3	6
52	Weber	Hans	VFL Jheringsfehn		1983	00:50:00	00:49:36	01:00:44	01:06:12	01:00:40	00:58:22	05:45:34	00:52:05		M		6
53	Meyer	Johann	SV Stikelkamp		1983	00:52:41	00:52:36	00:56:46	01:07:33	00:59:43	00:56:40	05:45:59	00:52:09		M		6
54	Pommer	Heinz	RC Leer		1983	00:50:24	00:49:40	01:00:17	01:08:19	01:00:24	00:57:15	05:46:19	00:52:12		M		6
55	Bruns	Elke	SV Holtland	1965	1983	00:53:07	00:49:42	00:57:35	01:13:19	00:58:14	00:56:13	05:48:10	00:52:28	18	WU20	4	6
56	de Grave	Olga	SV Holtland		1983	00:52:51	00:48:36	00:58:03	01:07:15	01:04:03	00:57:50	05:48:38	00:52:33		W		6
57	Koch	Gerd	Germania Leer		1983	00:52:14	00:47:39	01:00:13	01:07:44	01:02:02	01:00:50	05:50:42	00:52:51		M		6
58	Kottke	Jürgen	SV Holtland		1983	00:51:50	00:50:24	00:59:12	01:10:09	01:01:33	00:59:49	05:52:57	00:53:12		M		6
59	Janssen	Christa	SV Brinkum	1943	1983	00:52:50	00:50:17	01:00:17	01:09:05	01:02:30	00:59:53	05:54:52	00:53:29	40	W40	1	6
60	Woltermann	Bernd	Germania Leer	1974	1983	00:53:18	00:49:55	01:00:16	01:10:13	01:03:21	01:00:47	05:57:50	00:53:56	9	MU20	10	6
61	Woltermann	Johann	Germania Leer		1983	00:53:19	00:49:55	01:00:16	01:10:13	01:03:21	01:00:50	05:57:54	00:53:56		M		6
62	Hecht	Jutta	Germania Leer	1928	1983	00:53:31	00:50:07	01:00:29	01:11:11	01:04:12	01:00:48	06:00:18	00:54:18	55	W50	1	6
63	Beyer	Hedda	SV Holtland		1983	00:52:52	00:52:29	01:01:12	01:10:49	01:03:36	01:02:23	06:03:21	00:54:46		W		6
64	Siefjediers	Heinz	SV Augustfehn		1983	00:55:47	00:52:21	01:01:08	01:11:04	01:05:43	01:03:09	06:09:12	00:55:39		M		6
65	Dornbusch	Eckhard	SV Holtland		1983	00:54:51	00:53:06	01:05:22	01:14:33	01:07:57	01:05:18	06:21:07	00:57:26		M		6
66	Overlander	Käthe	SV Holtland	1940	1983	00:59:59	00:54:58	01:13:36	01:15:19	01:07:52	01:05:22	06:37:06	00:59:51	43	W40	2	6

**2. Ostfrieslandlauf 1983**

27.05. bis 14.06.1983

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,00km	9,40km	11,20km	12,75km	11,80km	11,20km						
67	Maichel	Brigitte	SV Holtland	1950	1983	00:59:58	00:54:30	01:16:25	01:16:52	01:07:27	01:05:20	06:40:32	01:00:22	33	W30	4	6
68	Janssen	Sonja	VFL Jheringsfehn	1968	1983	01:02:32	00:56:15	01:16:22	01:17:38	01:15:50	01:10:32	06:59:09	01:03:10	15	WU20	5	6
69	Beckering	Helga	SV Holtland	1950	1983	01:02:45	01:00:43	01:16:34	01:26:11	01:12:34	01:10:35	07:09:22	01:04:43	33	W30	5	6
70	Gerdes	Christa	SV Holtland		1983	01:06:16	01:04:13	01:20:29	01:28:47	01:16:20	01:15:48	07:31:53	01:08:06		W		6
71	Beckering	Gesa	SV Holtland		1983	01:06:16	01:04:13	01:20:29	01:28:47	01:16:20	01:15:48	07:31:53	01:08:06		W		6
	Eiben	Eibo	SC Dunum	1942	1983	00:38:15	00:36:15	00:43:36	00:49:40		00:45:09	03:32:55		41	M40		5
	Braams	Wilhelm	SC Dunum	1956	1983	00:40:16	00:38:29	00:46:38	00:52:42	00:52:35		03:50:40		27	M20		5
	Heeren	Reinhard	VFL Jheringsfehn	1948	1983	00:41:17	00:39:00		00:55:18	00:49:29	00:48:18	03:53:22		35	M30		5
	Saathoff	Jürgen	VFL Jheringsfehn	1931	1983	00:44:10	00:42:52	00:49:46	00:58:28	00:51:40		04:06:56		52	M50		5
	Tjarks	Eduard	Walle	1954	1983		00:40:06	00:48:26	01:03:39	00:52:17	00:48:14	04:12:42		29	M20		5
	Geerdes	Gerhard	SV Stikelkamp		1983	00:46:15	00:45:14	00:52:40	01:02:43		00:53:49	04:20:41			M		5
	Zimmermann	Erwin	SV Stikelkamp		1983		00:42:52	00:53:40	01:00:10	00:54:18	00:53:42	04:24:42			M		5
	Meyer	Erich	SV Holtland		1983		00:45:23	00:54:48	01:02:36	00:57:05	00:54:47	04:34:39			M		5
	Zimmermann	Horst	Germania Leer		1983	00:47:35		00:55:45	01:08:36	00:56:39	00:54:35	04:43:10			M		5
	Duis	Linie	Ockenhausen		1983	00:52:25	00:50:44	01:00:51	01:13:19		01:00:50	04:58:09			W		5
	Pommer	Thorsten	RC Leer	1968	1983		00:45:17	00:59:12	01:05:20		00:54:38	03:44:27		15	MU20		4
	Seemann	Gerhard	VFL Jheringsfehn	1925	1983	00:49:18			01:10:01	01:00:16	00:59:06	03:58:41		58	M50		4
	Zielinski	Eberhard	Germania Leer	1939	1983			00:59:40	01:07:34	00:59:03	00:56:05	04:02:22		44	M40		4
	Kuhnt	Christoph	Wolthusen		1983		00:57:57		01:19:14	01:12:34	01:10:00	04:39:45			M		4
	Jans	Peter	LG Ostfriesland	1940	1983	00:35:23			00:46:43		00:42:19	02:04:25		43	M40		3
	Hanken	Johann	SV Stikelkamp		1983	00:46:52	00:44:18	00:54:10				02:25:20			M		3
	Tjarks	Theo	Walle	1956	1983		00:43:54	00:53:52			00:53:18	02:31:04		27	M20		3
	Wilken	Gerhold	SV Holtland	1954	1983		00:42:57	00:51:27				01:34:24		29	M20		2
	Lenwerder	Kai	TuS Pewsum		1983				00:52:40		00:45:33	01:38:13			M		2
	Onken	Helmut	Mittegroßefehn		1983		00:45:10	00:53:31				01:38:41			M		2
	Sluiter	Henry	SV Holtland	1966	1983	00:42:43					00:56:13	01:38:56		17	MU20		2
	Bontjer	Helmut	SV Holtland	1972	1983	00:53:57	00:46:15					01:40:12		11	MU20		2
	Lippe	Peter	SV Holtland	1946	1983		00:46:51	00:56:53				01:43:44		37	M30		2
	Buß	Rüdiger	VFL Jheringsfehn	1968	1983	00:55:28	00:53:06					01:48:34		15	MU20		2
	Overlander	Anja	SV Holtland		1983		00:55:27		01:18:06			02:13:33			W		2
	Stromann	Melchert	SV Holtland	1948	1983	00:38:13						00:38:13		35	M30		1
	Haats	Focko	SV Holtland		1983		00:40:11					00:40:11			M		1
	Haats	Joachim	SV Holtland		1983		00:42:17					00:42:17			M		1
	Groß	Karl-Heinz	SV Holtland		1983		00:43:09					00:43:09			M		1
	Blank (sen)	Jürgen	SV Holtland		1983		00:44:13					00:44:13			M		1
	Damm	Dirk	Twixlum	1964	1983					00:46:11		00:46:11		19	MU20		1
	Blank (jun)	Jürgen	SV Holtland	1971	1983		00:50:02					00:50:02		12	MU20		1
	Neeland	Ingo	Twixlum		1983					00:50:42		00:50:42			M		1
	Neeland	Heinrich	Twixlum		1983					00:50:43		00:50:43			M		1
	Humb	Roland	MTV Wittmund		1983						00:51:30	00:51:30			M		1
	Bruns	Gunda	SV Holtland		1983		00:52:29					00:52:29			W		1
	Ketterer	Franz	Wilhelmshaven		1983					00:52:52		00:52:52			M		1
	Janssen	Hermann	VFL Jheringsfehn		1983					00:53:53		00:53:53			M		1
	Kroon	Helmut	Strackholt		1983			00:54:31				00:54:31			M		1
	Schellenberg	Waltraud	Wilhelmshaven		1983					00:54:45		00:54:45			W		1
	Knieper	Heinz	TuRa Marienhefe		1983				00:55:11			00:55:11			M		1
	Schellenberg	Gert	Wilhelmshaven		1983					00:56:20		00:56:20			M		1
	Schellenberg	Markus	Wilhelmshaven		1983					00:56:20		00:56:20			M		1
	Bode	Erhard	Aurich	1939	1983	00:56:56						00:56:56		44	M40		1
	Christians	Theodor	Twixlum		1983					00:57:24		00:57:24			M		1
	Bolte	Carsten	SV Holtland		1983		00:57:25					00:57:25			M		1
	Meyer	Bernhard	Twixlum		1983					01:01:28		01:01:28			M		1
	Beyer	Gunnar	SV Holtland		1983		01:03:05					01:03:05			M		1
	Meyer	Johanne	SV Holtland		1983		01:04:24					01:04:24			W		1