

**3. Ostfrieslandlauf 1984**

05.06. bis 22.06.1984

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	11,10km	12,75km	11,80km	11,20km						
1	Ludwig	Reinhard	LG Ostfriesland	1959	1984	00:34:56	00:32:42	00:39:33	00:45:32	00:42:47	00:40:50	03:56:20	00:35:40	25	M20	1	6
2	Hommers	Gretus	LG Ostfriesland	1953	1984	00:35:46	00:33:15	00:40:41	00:46:06	00:43:30	00:42:02	04:01:20	00:36:26	31	M30	1	6
3	Hedemann	Hartmut	SC Dunum	1962	1984	00:35:57	00:34:07	00:41:04	00:46:21	00:44:04	00:42:25	04:03:58	00:36:50	22	M20	2	6
4	Tjarks	Eduard	LG Ostfriesland	1954	1984	00:36:33	00:34:04	00:40:56	00:46:24	00:44:43	00:42:56	04:05:36	00:37:04	30	M30	2	6
5	Cramer	Enno	SV Augustfehn	1957	1984	00:36:55	00:34:34	00:41:45	00:47:19	00:45:00	00:43:06	04:08:39	00:37:32	27	M20	3	6
6	Broek	Peter	Aurich		1984	00:37:40	00:34:52	00:42:03	00:47:35	00:44:49	00:43:04	04:10:03	00:37:45		M		6
7	Brahms	Georg	SV Stikelkamp	1943	1984	00:37:06	00:35:00	00:43:03	00:48:26	00:45:46	00:44:02	04:13:23	00:38:15	41	M40	1	6
8	Venenga	Hermann	Germania Leer		1984	00:38:11	00:35:30	00:43:33	00:48:41	00:46:10	00:43:58	04:16:03	00:38:39		M		6
9	Hinrichs	Gerhard	SC Dunum	1957	1984	00:38:03	00:35:44	00:47:09	00:48:23	00:45:33	00:43:02	04:17:54	00:38:56	27	M20	4	6
10	Müller	Hans-Hermann	SV Stikelkamp	1944	1984	00:38:29	00:35:50	00:44:02	00:48:52	00:46:45	00:44:13	04:18:11	00:38:58	40	M40	2	6
11	Jürgens	Hartwig	SV Holtland	1953	1984	00:38:06	00:36:23	00:43:40	00:49:25	00:46:58	00:45:03	04:19:35	00:39:11	31	M30	3	6
12	Siemens	Karl	MTV Wittmund	1951	1984	00:36:36	00:35:21	00:42:12	00:47:40	00:50:18	00:47:30	04:19:37	00:39:11	33	M30	4	6
13	Braams	Wilhelm	SC Dunum	1956	1984	00:38:44	00:35:45	00:45:59	00:48:36	00:47:43	00:44:44	04:21:31	00:39:29	28	M20	5	6
14	Vehnekamp	Werner	SC Dunum	1958	1984	00:39:26	00:37:15	00:44:27	00:49:52	00:47:25	00:45:32	04:23:57	00:39:51	26	M20	6	6
15	Steinke	Diedrich	Conc. Neermoor	1941	1984	00:39:38	00:36:46	00:44:13	00:49:54	00:48:03	00:46:35	04:25:09	00:40:01	43	M40	3	6
16	Fröhling	Erwin	SV Holtland	1948	1984	00:39:37	00:37:27	00:45:02	00:50:30	00:48:01	00:45:34	04:26:11	00:40:11	36	M30	5	6
17	Steinke	Peter	SV Warsingsfehn	1970	1984	00:39:38	00:37:01	00:45:06	00:49:57	00:49:11	00:46:25	04:27:18	00:40:21	14	MU20	1	6
18	Diessmann	Dieter	Germania Leer	1939	1984	00:40:02	00:37:57	00:44:10	00:49:50	00:48:07	00:48:42	04:28:48	00:40:34	45	M40	4	6
19	Saathoff	Michael	VFL Jheringsfehn	1967	1984	00:41:05	00:37:19	00:46:33	00:50:43	00:50:16	00:45:09	04:31:05	00:40:55	17	MU20	2	6
20	Albers	Franz	Germania Leer	1938	1984	00:39:50	00:37:46	00:45:40	00:51:58	00:49:25	00:47:18	04:31:57	00:41:03	46	M40	5	6
21	Kok	Bernhold	SV Holtland	1942	1984	00:40:11	00:38:13	00:46:08	00:51:35	00:49:14	00:47:02	04:32:23	00:41:07	42	M40	6	6
22	Fischer	Werner	Conc. Neermoor	1939	1984	00:39:46	00:37:21	00:46:35	00:51:08	00:51:14	00:47:18	04:33:22	00:41:16	45	M40	7	6
23	Stickfort	Peter	Augustfehn		1984	00:40:38	00:37:43	00:45:53	00:52:26	00:50:34	00:47:13	04:34:27	00:41:26		M		6
24	Heeren	Reinhard	VFL Jheringsfehn	1948	1984	00:41:26	00:38:14	00:47:09	00:51:52	00:49:21	00:46:48	04:34:50	00:41:29	36	M30	7	6
25	Meinen	Wilhelm	LG Ostfriesland	1941	1984	00:41:11	00:38:25	00:46:04	00:51:54	00:49:37	00:47:40	04:34:51	00:41:29	43	M40	8	6
26	Gerking	Klaus	Germania Leer	1955	1984	00:40:32	00:37:36	00:47:10	00:51:55	00:52:20	00:46:51	04:36:24	00:41:43	29	M20	7	6
27	Friedrichs	Hinrich	Armina Wolthusen	1939	1984	00:40:42	00:38:38	00:46:41	00:52:41	00:50:54	00:47:57	04:37:33	00:41:54	45	M40	9	6
28	Schut	Frank	TuRa Marienhafe	1968	1984	00:41:20	00:39:30	00:48:10	00:51:30	00:51:20	00:46:14	04:38:04	00:41:58	16	MU20	3	6
29	Lay	Jan	VFL Jheringsfehn	1954	1984	00:41:13	00:38:22	00:47:11	00:53:13	00:50:58	00:48:20	04:39:17	00:42:09	30	M30	8	6
30	Duis	Hermann	Ockenhausen	1947	1984	00:41:47	00:39:17	00:47:41	00:53:19	00:50:42	00:48:35	04:41:21	00:42:28	37	M30	9	6
31	Sappl	Günther	Germania Leer	1945	1984	00:42:22	00:39:45	00:47:10	00:52:59	00:50:48	00:48:25	04:41:29	00:42:29	39	M30	10	6
32	Gieseler	Wilfried	LG Ostfriesland	1961	1984	00:41:33	00:38:12	00:47:37	00:52:35	00:49:50	00:52:50	04:42:37	00:42:40	23	M20	8	6
33	Weidner	Detlef	SV Holtland	1954	1984	00:42:48	00:39:43	00:48:17	00:54:33	00:51:29	00:49:35	04:46:25	00:43:14	30	M30	11	6
34	Groen	Bernhard	Germania Leer	1940	1984	00:43:38	00:38:54	00:48:27	00:53:54	00:53:42	00:49:01	04:47:36	00:43:25	44	M40	10	6
35	König	Hinrich	TG Wiesmoor	1959	1984	00:42:47	00:39:48	00:48:58	00:54:54	00:51:51	00:49:30	04:47:48	00:43:27	25	M20	9	6
36	Ackmann	Hans	Walle	1948	1984	00:42:58	00:40:40	00:49:55	00:54:47	00:51:51	00:49:34	04:49:45	00:43:44	36	M30	12	6
37	Duden	Wilhelm	MTV Wittmund	1940	1984	00:42:54	00:40:41	00:49:22	00:55:08	00:52:44	00:49:46	04:50:35	00:43:52	44	M40	11	6
38	Fürst	Horst	LG Ostfriesland		1984	00:41:39	00:39:53	00:48:33	00:55:47	00:52:55	00:51:53	04:50:40	00:43:53		M		6
39	Kluge	Ines	Germania Leer		1984	00:38:50	00:37:01	00:50:37	00:56:09	00:54:07	00:54:07	04:50:51	00:43:54		W		6
40	Janssen	Johannes	Burhafe	1935	1984	00:43:33	00:40:50	00:50:10	00:55:02	00:52:36	00:50:17	04:52:28	00:44:09	49	M40	12	6
41	Pommer	Thorsten	Germania Leer	1968	1984	00:44:17	00:39:55	00:50:04	00:55:35	00:54:14	00:51:11	04:55:16	00:44:34	16	MU20	4	6
42	Aswegen	Ralf	SV Stikelkamp	1967	1984	00:45:05	00:40:50	00:50:38	00:57:34	00:52:56	00:49:13	04:56:16	00:44:43	17	MU20	5	6
43	Hesse	Helmut	Aurich	1946	1984	00:45:01	00:40:52	00:49:50	00:57:44	00:52:51	00:50:31	04:56:49	00:44:48	38	M30	13	6
44	Tjarks	Theo	Walle	1956	1984	00:44:27	00:41:48	00:49:35	00:56:17	00:53:23	00:51:38	04:57:08	00:44:51	28	M20	10	6
45	Stöhr	Ludwig	Jheringsfehn		1984	00:45:15	00:42:37	00:50:17	00:57:08	00:53:45	00:51:56	05:00:58	00:45:26		M		6
46	Zimmermann	Erwin	SV Stikelkamp		1984	00:45:24	00:41:22	00:51:38	00:58:35	00:53:26	00:52:20	05:02:45	00:45:42		M		6
47	Blank (jun)	Jürgen	SV Holtland	1971	1984	00:41:04	00:41:20	00:52:57	00:57:52	00:56:31	00:53:45	05:03:29	00:45:49	13	MU20	7	6
48	Oltmanns	Maike	SV Stikelkamp	1971	1984	00:45:21	00:41:20	00:51:33	00:58:19	00:55:30	00:52:17	05:04:20	00:45:56	13	WU20	1	6
49	de Vries	Arno	Großefehn	1968	1984	00:46:10	00:41:59	00:51:10	00:58:17	00:55:16	00:53:23	05:06:15	00:46:14	16	MU20	6	6
50	Buß	Günther	VFL Jheringsfehn		1984	00:45:42	00:43:43	00:50:57	00:58:30	00:55:21	00:53:14	05:07:27	00:46:25		M		6
51	Becker	Herbert	Germania Leer	1939	1984	00:44:35	00:45:20	00:51:13	00:57:36	00:56:22	00:52:51	05:07:57	00:46:29	45	M40	13	6
52	Remmers	Cathrin	SV Holtland	1965	1984	00:47:09	00:41:14	00:52:04	00:59:22	00:55:41	00:52:55	05:08:25	00:46:33	19	WU20	2	6
53	Graalfs	Heiner	SV Stikelkamp	1967	1984	00:45:22	00:42:17	00:55:22	00:57:57	00:57:15	00:51:27	05:09:40	00:46:45	17	MU20	8	6
54	Beyen	Helmut	SV Stikelkamp		1984	00:45:47	00:42:47	00:52:31	00:59:15	00:56:16	00:53:53	05:10:29	00:46:52		M		6
55	Kroon	Sigrid	SV Holtland	1948	1984	00:45:42	00:43:00	00:52:45	00:59:17	00:55:46	00:54:00	05:10:30	00:46:52	36	W30	1	6
56	Zimmermann	Horst	Germania Leer		1984	00:46:39	00:42:49	00:52:26	00:58:00	00:57:58	00:52:49	05:10:41	00:46:54		M		6
57	Stickfort	Jann	SV Holtland		1984	00:47:17	00:44:00	00:53:14	00:59:14	00:56:38	00:53:23	05:13:46	00:47:22		M		6
58	Düselder	Guido	SV Stikelkamp	1966	1984	00:46:11	00:43:04	00:51:57	00:59:10	00:59:54	00:53:44	05:14:00	00:47:24	18	MU20	9	6
59	Rosfeldt	Otto	SV Ihlow		1984	00:47:56	00:43:48	00:52:37	00:59:46	00:55:50	00:54:35	05:14:32	00:47:29		M		6
60	Ubben	Gerd-Arnold	Ihlow	1950	1984	00:47:30	00:43:48	00:53:12	00:59:49	00:57:01	00:54:35	05:15:55	00:47:41	34	M30	14	6
61	Fischer	Wilfried	Neermoor		1984	00:49:29	00:45:19	00:53:37	00:58:27	00:57:33	00:52:00	05:16:25	00:47:46		MU20	10	6
62	Bohlhuis	Wilhelm	Leezdorf	1943	1984	00:46:25	00:44:20	00:52:36	01:01:02	00:57:30	00:54:56	05:16:49	00:47:49	41	M40	14	6
63	Steinke	Hilde	Conc. Neermoor	1945	1984	00:47:27	00:44:57	00:53:13	01:01:06	00:56:36	00:54:58	05:18:17	00:48:03	39	W30	2	6
64	Schultze	Klaus	Emden		1984	00:47:56	00:45:00	00:54:09	01:00:20	00:57:52	00:54:57	05:20:14	00:48:20		M		6
65	Zielinski	Eberhard	Germania Leer	1939	1984	00:46:35	00:43:21	00:53:17	01:02:22	00:59:25	00:55:24	05:20:24	00:48:22	45	M40	15	6
66	Kok	Helga	SV Holtland	1948	1984	00:48:55	00:45:32	00:55:32	01:02:51	00:58:55	00:55:59	05:27:44	00:49:28	36	W30		

## 3. Ostfrieslandlauf 1984

05.06. bis 22.06.1984

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	11,10km	12,75km	11,80km	11,20km						
67	Buss	Imme	SV Holtland	1948	1984	00:50:03	00:47:18	00:55:33	01:02:04	00:58:45	00:54:59	05:28:42	00:49:37	36	W30	4	6
68	Janßen	Christa	SV Holtland	1943	1984	00:49:05	00:46:00	00:56:56	01:02:10	00:59:02	00:55:30	05:28:43	00:49:37	41	W40	1	6
69	Meyer	Gerd	SV Holtland		1984	00:51:08	00:46:39	00:56:54	01:02:42	00:58:43	00:53:46	05:29:52	00:49:48		MU20	11	6
70	Gerdes	Heinz	LG Ostfriesland	1943	1984	00:50:05	00:47:24	00:56:20	01:01:08	00:59:29	00:55:37	05:30:03	00:49:49	41	M40	16	6
71	Meyer	Gerda	SV Holtland		1984	00:50:33	00:46:39	00:55:58	01:02:52	00:58:56	00:56:41	05:31:39	00:50:04		W		6
72	Meyer	Erich	SV Holtland		1984	00:49:22	00:46:22	00:56:05	01:03:15	00:59:59	00:57:37	05:32:40	00:50:13		M		6
73	Blank (sen)	Jürgen	SV Holtland		1984	00:47:59	00:47:17	00:55:27	01:04:55	01:03:21	00:56:38	05:35:37	00:50:40		M		6
74	Schulz	Ernst	Germania Leer	1916	1984	00:50:19	00:46:50	00:57:17	01:04:42	00:59:58	00:57:58	05:37:04	00:50:53	68	M60	1	6
75	Hecht	Caroline	Germania Leer	1965	1984	00:49:41	00:46:43	00:56:55	01:02:05	01:07:23	00:57:13	05:40:00	00:51:19	19	WU20	4	6
76	Thiems	Ursula	SV Stikelkamp	1953	1984	00:50:34	00:46:03	00:57:18	01:05:23	01:02:55	00:59:25	05:41:38	00:51:34	31	W30	5	6
77	Müller	Mario	SV Stikelkamp		1984	00:56:24	00:46:44	01:00:55	01:04:13	00:58:35	00:54:54	05:41:45	00:51:35		MU20	12	6
78	Meyer	Johann	SV Stikelkamp		1984	00:50:51	00:47:31	00:56:17	01:04:49	01:04:49	00:59:25	05:43:42	00:51:53		M		6
79	Duis	Linie	Ockenhausen		1984	00:51:23	00:48:38	00:59:26	01:05:53	01:04:04	01:00:42	05:50:06	00:52:51		W		6
80	Weber	Martha	VFL Jheringsfehn		1984	00:51:22	00:49:40	00:59:26	01:05:53	01:04:04	01:00:30	05:50:55	00:52:58		W		6
81	Wilken	Elke	SV Holtland	1950	1984	00:51:17	00:47:58	00:57:26	01:09:48	01:06:11	01:05:24	05:58:04	00:54:03	34	W30	6	6
82	Erben	Silke	SV Holtland		1984	00:59:59	00:48:38	01:01:59	01:10:13	01:06:12	00:57:12	06:04:13	00:54:59		WU20	3	6
83	Beyer	Inga	SV Holtland	1974	1984	00:52:40	00:50:40	01:04:10	01:08:25	01:07:22	01:04:27	06:07:44	00:55:30	10	WU20	4	6
84	Seemann	Gerhard	VFL Jheringsfehn	1925	1984	00:54:32	00:51:34	01:02:04	01:10:01	01:10:00	01:00:59	06:09:10	00:55:43	59	M50	1	6
85	Beyer	Hedda	SV Holtland		1984	00:52:48	00:50:58	01:04:30	01:11:34	01:08:00	01:01:57	06:09:47	00:55:49		W		6
86	Hecht	Andreas	Germania Leer		1984	01:04:32	00:49:15	01:07:00	01:10:02	01:01:58	01:00:52	06:13:39	00:56:24		MU20	13	6
87	Roßkamp	Mirjam	Aurich	1972	1984	00:57:30	00:52:51	01:05:18	01:13:02	01:07:15	01:02:18	06:18:14	00:57:05	12	WU20	5	6
88	Hecht	Jutta	Germania Leer	1928	1984	00:55:38	00:51:48	01:03:03	01:12:37	01:10:25	01:06:17	06:19:48	00:57:20	56	W50	1	6
89	Maichel	Brigitte	SV Holtland	1950	1984	00:57:32	00:52:50	01:04:57	01:11:33	01:08:21	01:06:35	06:21:48	00:57:38	34	W30	7	6
90	Poppen	Anneliese	SV Stikelkamp	1952	1984	00:57:22	00:52:45	01:05:22	01:14:38	01:11:03	01:06:33	06:27:43	00:58:31	32	W30	8	6
91	Böse	Hertha	SV Stikelkamp		1984	00:56:40	00:52:46	01:06:00	01:14:45	01:11:19	01:06:34	06:28:04	00:58:34		W		6
92	Groß	Doris	SV Holtland		1984	00:57:18	00:53:50	01:05:37	01:14:05	01:11:21	01:06:36	06:28:47	00:58:41		WU20	6	6
93	Beckering	Helga	SV Holtland	1950	1984	00:57:33	00:52:56	01:05:32	01:14:13	01:11:55	01:07:58	06:30:07	00:58:53	34	W30	9	6
94	Overlander	Käthe	SV Holtland	1940	1984	00:57:34	00:53:24	01:05:32	01:14:13	01:11:54	01:07:58	06:30:35	00:58:57	44	W40	2	6
95	Müller	Birgit	SV Stikelkamp		1984	00:59:59	00:55:10	01:05:30	01:13:05	01:16:48	01:06:25	06:36:57	00:59:55		WU20	7	6
96	Beyer	Gunnar	SV Holtland	1975	1984	00:58:56	00:55:23	01:11:47	01:21:22	01:22:51	01:15:38	07:05:57	01:04:18	9	MU20	14	6
97	Fecht	Gertrud	SV Holtland		1984	01:08:16	01:02:45	01:14:58	01:25:57	01:23:11	01:16:38	07:31:45	01:08:11		W		6
	Janssen	Johann	LG Ostfriesland	1943	1984	00:34:54	00:33:46	00:42:15		00:43:48	00:42:02	03:16:45		41	M40		5
	Brahms	Erwin	VFL Jheringsfehn		1984	00:41:39	00:39:20		00:53:12	00:52:11	00:50:38	03:57:00			M		5
	Meyer	Wolfgang	SV Stikelkamp	1970	1984	00:40:56		00:47:22	00:52:02	00:51:49	00:47:41	03:59:50		14	MU20		5
	Goldenstein	Uwe	Germania Leer		1984		00:39:08	00:48:21	00:53:52	00:50:30	00:48:21	04:00:12			M		5
	Behrendt	Barbara	TV Norden		1984		00:41:08	00:48:31	00:55:45	00:52:52	00:53:13	04:11:29			W		5
	Niebel	Werner	SV Hage	1941	1984		00:44:24	00:52:28	00:59:45	00:55:49	00:54:41	04:27:07		43	M40		5
	Oltmanns	Johanne	SV Stikelkamp	1941	1984	00:57:18	00:52:47	01:05:43	01:14:40	01:11:20		05:21:48		43	W40	3	5
	Kuhnt	Christoph	Conc. Ihrhove		1984	01:01:42	00:56:08	01:07:12		01:11:57	01:10:19	05:27:18			M		5
	Gerdes	Christa	SV Holtland		1984		01:03:52	01:21:40	01:27:55	01:24:35	01:21:19	06:39:21			W		5
	Meyer	Johanne	SV Holtland		1984		01:03:52	01:21:40	01:27:59	01:24:35	01:21:19	06:39:25			W		5
	Groenewold	Harald	SV Holtland		1984	00:44:50	00:41:19	00:52:20			00:51:51	03:10:20			M		4
	Meyer	Ulrich	SV Stikelkamp	1968	1984	00:46:09	00:40:35		01:01:29		00:51:10	03:19:23		16	MU20		4
	Bruns	Helmut	SV Stikelkamp		1984	00:46:30	00:42:05	00:52:07	00:59:02			03:19:44			M		4
	Bassler	Sascha	SV Stikelkamp		1984	00:46:11	00:43:40		01:01:42		01:00:59	03:32:32			MU20		4
	Janssen	Hero	Germania Leer	1941	1984			00:54:48	01:01:49	00:59:35	00:55:47	03:51:59		43	M40		4
	Ihmels	Hans-Jürgen	TV Norden	1918	1984			01:05:12	01:12:15	01:12:05	01:06:37	04:36:09		66	M60		4
	Ihmels	Hans-Joachim	TV Norden		1984			01:05:12	01:12:15	01:12:05	01:06:37	04:36:09			M		4
	Eiben	Eibo	SC Dunum	1942	1984	00:40:03				00:46:53	00:45:04	02:12:00		42	M40		3
	Caminada	Josef	SV Augustfehn	1951	1984				00:49:21	00:46:30	00:44:08	02:19:59		33	M30		3
	Knoop	Reinhard	Germania Leer	1946	1984	00:42:00		00:48:38	00:54:38			02:25:16		38	M30		3
	Damm	Dirk	TB Twixlum	1964	1984		00:41:14		00:59:22		00:52:56	02:33:32		20	M20		3
	Weber	Hans	VFL Jheringsfehn		1984	00:51:31	00:49:28	00:59:24				02:40:23			M		3
	Redenius	Rudolf	Extum	1952	1984			00:55:43		00:55:42	00:53:22	02:44:47		32	M30		3
	Glaubitz	Herbert	KPI Aurich	1952	1984				01:00:08	00:56:08	00:53:05	02:49:21		32	M30		3
	Ostermeyer	Werner	Germania Leer	1940	1984			00:47:11		00:49:33		01:36:44		44	M40		2
	Krzatala	Hartmut	TuS Pewsum		1984		00:46:55				00:50:44	01:37:39			M		2
	Redenius	Harald	Extum	1961	1984			00:57:27		00:58:25		01:55:52		23	M20		2
	Damm	Gerd	TB Twixlum		1984		00:53:09		01:12:58			02:06:07			M		2
	Schmidt-D-	Andrea			1984	01:04:32		01:07:00				02:11:32			W		2
	Kirschke	Helmut	LG Ostfriesland	1953	1984		00:35:53					00:35:53		31	M30		1

**3. Ostfrieslandlauf 1984**

05.06. bis 22.06.1984

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	11,10km	12,75km	11,80km	11,20km						
	de Vries	Harry			1984		00:42:00					00:42:00			M		1
	Röben	Heino			1984		00:44:07					00:44:07			M		1
	Wunderlich	Karl-Friedrich	LG Ostfriesland	1945	1984					00:47:51		00:47:51		39	M30		1
	Janssen	Holger	SV Brinkum	1968	1984	00:48:49						00:48:49		16	MU20		1
	Gläser	Günter			1984						00:50:37	00:50:37			M		1
	Remmers	Karl			1984		00:53:09					00:53:09			M		1
	Overlander	Anja	SV Holtland		1984		00:56:09					00:56:09			W		1
	Fröhling	Gretchen	SV Holtland	1949	1984		00:57:05					00:57:05		35	W30		1
	Steenblock	Werner			1984					00:57:11		00:57:11			M		1
	Schwertfeger	Jürgen		1952	1984					00:57:12		00:57:12		32	M30		1
	Overlander	Diedrich	SV Holtland		1984					00:59:21		00:59:21			M		1
	Baarfs	Adolf			1984					00:59:27		00:59:27			M		1
	Klaasen	Siegfried			1984					00:59:28		00:59:28			M		1
	Ostermeyer	Ilse	Germania Leer	1939	1984					01:00:10		01:00:10		45	W40		1
	Tinnemeyer	Helmut	SV Holtland		1984				01:00:45			01:00:45			M		1
	Tinnemeyer	Ute	SV Holtland	1954	1984				01:00:45			01:00:45		30	W30		1
	Ubben	Maria	Ihlow	1951	1984		01:02:35					01:02:35		33	W30		1
	Meyer	Annegret			1984		01:02:46					01:02:46			W		1
	Damm	Ralf	TB Twixlum		1984						01:03:15	01:03:15			M		1
	Oltmanns	Arthur	SV Stikelkamp	1943	1984				01:03:57			01:03:57		41	M40		1
	Stern	Olaf			1984			01:15:40				01:15:40			M		1