

4. Ostfrieslandlauf 1985

21.05. bis 07.06.1985

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
						10,20km	9,40km	11,50km	12,75km	11,80km	11,80km						
1	Tjarks	Eduard	LG Ostfriesland	1954	1985	00:36:03	00:33:00	00:40:50	00:46:12	00:44:22	00:42:16	04:02:43	00:35:59	31	M30	1	6
2	Cramer	Enno	SV Augustfehn	1957	1985	00:35:55	00:33:01	00:40:51	00:46:30	00:45:12	00:42:12	04:03:41	00:36:08	28	M20	1	6
3	Reisewitz	Karl-Heinz	LG Ostfriesland	1951	1985	00:36:08	00:33:16	00:41:33	00:46:35	00:44:26	00:42:11	04:04:09	00:36:12	34	M30	2	6
4	Jürgens	Hartwig	SV Holtland	1953	1985	00:36:16	00:33:30	00:41:05	00:47:15	00:44:53	00:42:56	04:05:55	00:36:28	32	M30	3	6
5	Schmidt	Gernot	BW Borssum	1946	1985	00:37:37	00:33:59	00:41:17	00:47:32	00:45:37	00:42:40	04:08:42	00:36:52	39	M30	4	6
6	Meyer	Wolfgang	SV Holtland	1970	1985	00:37:31	00:35:45	00:41:05	00:47:37	00:45:39	00:42:56	04:10:33	00:37:09	15	MU20	1	6
7	Hartmann	Jens	Germania Leer	1968	1985	00:37:58	00:33:48	00:42:18	00:48:46	00:46:42	00:42:52	04:12:24	00:37:25	17	MU20	2	6
8	Braams	Wilhelm	SC Dunum	1956	1985	00:36:47	00:33:39	00:40:53	00:48:03	00:50:40	00:42:55	04:12:57	00:37:30	29	M20	2	6
9	Siemens	Karl	MTV Wittmund	1951	1985	00:38:24	00:35:37	00:42:36	00:49:02	00:46:21	00:42:58	04:14:58	00:37:48	34	M30	5	6
10	Brahms	Georg	SV Stikelkamp	1943	1985	00:37:59	00:34:13	00:43:44	00:48:19	00:47:25	00:43:51	04:15:31	00:37:53	42	M40	1	6
11	Caminada	Josef	TuS Augustfehn	1951	1985	00:38:31	00:35:29	00:42:58	00:48:27	00:46:38	00:43:54	04:15:57	00:37:57	34	M30	6	6
12	Albers	Franz	Germania Leer	1938	1985	00:39:14	00:35:54	00:43:43	00:50:09	00:47:45	00:45:05	04:21:50	00:38:49	47	M40	2	6
13	Fuß	Werner	Fehntjer LT	1959	1985	00:46:35	00:35:38	00:43:18	00:48:13	00:46:03	00:42:49	04:22:36	00:38:56	26	M20	3	6
14	Steinke	Diedrich	Conc. Neermoor	1941	1985	00:38:53	00:36:11	00:44:12	00:50:51	00:47:58	00:45:04	04:23:09	00:39:01	44	M40	3	6
15	Vehnekamp	Werner	SC Dunum	1958	1985	00:40:39	00:37:00	00:44:09	00:50:32	00:48:08	00:45:02	04:25:30	00:39:22	27	M20	4	6
16	Ufen	Jürgen	TV Norden	1946	1985	00:39:45	00:36:40	00:44:19	00:51:15	00:48:43	00:45:09	04:25:51	00:39:25	39	M30	7	6
17	Dorin	Karl-Heinz			1985	00:40:24	00:37:05	00:45:00	00:51:01	00:48:56	00:45:56	04:28:22	00:39:47		M		6
18	Heibült	Christian	SV Holtland	1940	1985	00:41:42	00:37:04	00:45:12	00:50:56	00:48:22	00:45:13	04:28:29	00:39:48	45	M40	4	6
19	Saathoff	Michael	VFL Jheringsfehn	1967	1985	00:40:35	00:36:01	00:46:24	00:50:29	00:50:41	00:45:29	04:29:39	00:39:59	18	MU20	3	6
20	Fischer	Werner	Conc. Neermoor	1939	1985	00:40:11	00:36:38	00:44:45	00:51:51	00:50:53	00:46:27	04:30:45	00:40:08	46	M40	5	6
21	Meinen	Wilhelm	LG Ostfriesland	1941	1985	00:40:50	00:37:20	00:45:02	00:52:11	00:49:07	00:46:38	04:31:08	00:40:12	44	M40	6	6
22	Gerking	Klaus	Germania Leer	1955	1985	00:41:10	00:37:14	00:45:53	00:51:23	00:51:16	00:46:09	04:33:05	00:40:29	30	M30	8	6
23	Steinke	Peter	Conc. Neermoor	1970	1985	00:43:00	00:37:55	00:46:51	00:52:18	00:49:09	00:46:33	04:35:46	00:40:53	15	MU20	4	6
24	König	Hinrich	TG Wiesmoor	1959	1985	00:41:34	00:37:36	00:45:56	00:53:12	00:51:44	00:47:20	04:37:22	00:41:07	26	M20	5	6
25	Vasterling	Frank	SV Holtland	1970	1985	00:40:59	00:38:28	00:45:27	00:53:27	00:52:35	00:46:54	04:37:50	00:41:11	15	MU20	5	6
26	Knoop	Reinhard	Germania Leer	1946	1985	00:41:24	00:37:11	00:45:31	00:53:10	00:52:57	00:47:50	04:38:03	00:41:13	39	M30	9	6
27	Francovech	Cornelius	LG Ostfriesland		1985	00:41:53	00:37:43	00:46:36	00:53:31	00:51:34	00:48:08	04:39:25	00:41:26		M		6
28	Gieseler	Wilfried	LG Ostfriesland	1961	1985	00:41:55	00:38:05	00:47:14	00:53:20	00:52:29	00:46:37	04:39:40	00:41:28	24	M20	6	6
29	Fröhling	Erwin	SV Holtland	1948	1985	00:41:38	00:38:37	00:47:06	00:54:11	00:50:49	00:47:26	04:39:47	00:41:29	37	M30	10	6
30	Stickfort	Peter			1985	00:41:42	00:38:02	00:46:44	00:52:50	00:53:23	00:49:10	04:41:51	00:41:47		M		6
31	von Aswegen	Ralf	SV Stikelkamp		1985	00:42:53	00:38:20	00:47:15	00:55:06	00:52:05	00:47:37	04:43:16	00:42:00		MU20	6	6
32	Antkowiak	Erich	TV Neermoor	1949	1985	00:42:34	00:38:30	00:48:22	00:53:29	00:52:22	00:48:10	04:43:27	00:42:01	36	M30	11	6
33	Werner	Rainer	TSV Riepe	1942	1985	00:41:56	00:37:44	00:48:13	00:56:10	00:52:23	00:47:57	04:44:23	00:42:10	43	M40	7	6
34	Winkel	Gerd			1985	00:43:12	00:38:31	00:47:57	00:54:42	00:52:07	00:48:31	04:45:00	00:42:15		M		6
35	Behrendt	Barbara	TV Norden		1985	00:43:04	00:38:38	00:48:25	00:55:11	00:51:53	00:49:20	04:46:31	00:42:29		W		6
36	Tjarks	Theo	Walle	1956	1985	00:43:49	00:39:21	00:47:54	00:54:08	00:52:43	00:48:57	04:46:52	00:42:32	29	M20	7	6
37	Brandt	Herbert	Ihrhove		1985	00:44:26	00:39:43	00:48:19	00:54:20	00:52:10	00:48:28	04:47:26	00:42:37		M		6
38	Dahl	Hans-Joachim			1985	00:43:25	00:40:42	00:48:23	00:54:18	00:52:04	00:48:44	04:47:36	00:42:38		M		6
39	Kluge	Ines	Germania Leer		1985	00:43:50	00:40:30	00:48:32	00:55:30	00:53:11	00:48:54	04:50:27	00:43:04		W		6
40	Gerietzen	Johann	LG Ostfriesland	1932	1985	00:43:20	00:38:52	00:49:26	00:54:52	00:53:58	00:50:12	04:50:40	00:43:06	53	M50	1	6
41	Duden	Wilhelm	MTV Wittmund	1940	1985	00:43:50	00:39:28	00:49:04	00:56:19	00:52:37	00:50:18	04:51:36	00:43:14	45	M40	8	6
42	Greve	Jochen	SV Holtland	1972	1985	00:44:22	00:40:17	00:50:43	00:54:02	00:53:57	00:49:46	04:53:07	00:43:27	13	MU20	7	6
43	Graalfs	Heiner	SV Stikelkamp	1967	1985	00:51:45	00:38:20	00:47:51	00:55:06	00:53:05	00:48:35	04:54:42	00:43:41	18	MU20	8	6
44	Janssen	Johann	LG Ostfriesland	1943	1985	00:43:36	00:39:36	00:49:02	00:56:15	00:54:25	00:51:53	04:54:47	00:43:42	42	M40	10	6
45	Zimmermann	Erwin	SV Stikelkamp		1985	00:43:33	00:40:00	00:49:51	00:55:38	00:56:20	00:50:48	04:56:10	00:43:55		M		6
46	Petter	Wolfgang			1985	00:45:08	00:40:45	00:49:29	00:56:02	00:54:33	00:50:14	04:56:11	00:43:55		M		6
47	Darthyer	Hartwig			1985	00:45:33	00:40:24	00:50:46	00:54:56	00:56:27	00:49:12	04:57:18	00:44:05		M		6
48	Odens	Ode	TV Norden	1935	1985	00:45:09	00:40:32	00:49:44	00:55:26	00:55:49	00:50:47	04:57:27	00:44:06	50	M50	2	6
49	Oltmanns	Maike	SV Stikelkamp	1971	1985	00:43:22	00:40:00	00:51:04	00:56:57	00:54:15	00:51:53	04:57:31	00:44:07	14	WU20	1	6
50	Steinke	Hilde	Conc. Neermoor	1945	1985	00:45:23	00:41:21	00:51:05	00:57:27	00:54:23	00:50:47	05:00:26	00:44:32	40	W40	1	6
51	Becker	Herbert	Germania Leer	1939	1985	00:44:37	00:41:00	00:49:28	00:58:04	00:56:22	00:52:15	05:01:46	00:44:44	46	M40	9	6
52	Redenius	Rudolf	TuS Aurich-Ost	1952	1985	00:44:17	00:41:06	00:50:26	00:56:43	00:58:44	00:51:38	05:02:54	00:44:54	33	M30	12	6
53	Hinrichs	Johannes	MTV Wittmund	1952	1985	00:45:24	00:41:00	00:51:13	00:57:49	00:57:32	00:51:30	05:04:28	00:45:08	33	M30	13	6
54	Hellwig	Jan			1985	00:49:01	00:40:43	00:49:49	00:58:19	00:56:01	00:53:34	05:07:27	00:45:35		M		6
55	Redenius	Harald	Extum	1961	1985	00:47:11	00:42:43	00:51:03	00:57:56	00:57:32	00:52:03	05:08:28	00:45:44	24	M20	8	6
56	Trabert	Wolfgang	Germania Leer	1950	1985	00:46:50	00:42:52	00:51:36	00:57:14	00:58:18	00:52:33	05:09:23	00:45:52	35	M30	14	6
57	Stickfort	Jann	SV Holtland		1985	00:47:10	00:43:26	00:51:08	00:58:28	00:57:15	00:53:08	05:10:35	00:46:03		M		6
58	Buss	Imme	SV Holtland	1948	1985	00:46:53	00:42:22	00:52:57	00:59:04	00:56:45	00:52:34	05:10:35	00:46:03	37	W30	1	6
59	Jungenkrüger	Georg			1985	00:47:12	00:41:33	00:52:27	00:58:34	00:58:42	00:52:24	05:10:52	00:46:05		M		6
60	Bruns	Helmut	SV Stikelkamp		1985	00:50:11	00:42:57	00:49:26	01:00:30	00:57:51	00:49:57	05:10:52	00:46:05		M		6
61	Hillbrands	Johann	Ihrhove	1954	1985	00:45:32	00:41:48	00:52:59	00:57:44	01:02:30	00:53:17	05:13:50	00:46:32	31	M30	15	6
62	Blank (jun)	Jürgen	SV Holtland	1971	1985	00:48:38	00:42:21	00:52:44	00:59:55	00:57:07	00:53:57	05:14:42	00:46:39		MU20	9	6
63	Saathoff	Jürgen	VFL Jheringsfehn	1931	1985	00:46:23	00:42:00	00:51:14	01:01:32	00:59:21	00:54:19	05:14:49	00:46:40	54	M50	3	6
64	Bolhuis	Wilhelm	Leezdorf	1943	1985	00:46:45	00:42:17	00:52:06	00:59:01	00:59:35	00:55:42	05:15:26	00:46:46	42	M40	11	6
65	Seden	Johann			1985	00:48:18	00:43:07	00:52:34	01:01:11	01:00:23	00:53:23	05:18:56	00:47:17		M		6
66	Odens	Inge	TV Norden	1941	1985	00:47:50	00:43:16	00:54:36	01:00:35	00:58:30	00:54:22	05:19:09	00:47:19	44	W40	2	6

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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
						10,20km	9,40km	11,50km	12,75km	11,80km	11,80km						
67	Blank (sen)	Jürgen	SV Holtland		1985	00:45:38	00:43:31	00:52:57	01:01:11	01:02:16	00:54:57	05:20:30	00:47:31		M		6
68	Zielinski	Eberhard	Germania Leer	1939	1985	00:48:44	00:43:14	00:52:38	01:00:21	01:02:56	00:54:19	05:22:12	00:47:46	46	M40	12	6
69	Oltmanns	Arthur	SV Stikelkamp	1943	1985	00:47:43	00:44:18	00:54:21	01:01:36	00:59:39	00:55:52	05:23:29	00:47:58	42	M40	13	6
70	Janßen	Christa	SV Holtland	1943	1985	00:49:26	00:44:39	00:55:11	01:02:19	01:01:10	00:56:23	05:29:08	00:48:48	42	W40	3	6
71	Zimmermann	Horst	Germania Leer		1985	00:49:24	00:44:51	00:53:43	01:01:23	01:05:58	00:54:15	05:29:34	00:48:52		M		6
72	Madena	Jakob	VFB Münkeboe	1943	1985	00:49:08	00:44:25	00:55:09	01:01:56	01:01:20	00:58:11	05:30:09	00:48:57	42	M40	14	6
73	Sandammeer	Ludwig			1985	00:49:30	00:44:51	00:53:58	01:05:01	01:02:02	00:57:04	05:32:26	00:49:17		M		6
74	Gieseler	Gisela	TV Norden	1938	1985	00:51:58	00:48:51	00:57:33	01:06:10	01:02:55	00:59:24	05:46:51	00:51:25	47	W40	4	6
75	Hecht	Caroline	Germania Leer	1965	1985	00:54:15	00:48:36	00:58:47	01:07:03	01:04:41	00:59:01	05:52:23	00:52:15	20	W20	1	6
76	Kok	Helga	SV Holtland	1948	1985	00:54:15	00:48:36	00:58:47	01:07:03	01:04:41	00:59:01	05:52:23	00:52:15	37	W30	2	6
77	Meinen	Harro			1985	00:55:39	00:50:30	00:58:17	01:05:06	01:04:15	00:58:43	05:52:30	00:52:16		M		6
78	Duden	Marco			1985	00:54:45	00:46:30	00:56:23	01:08:07	01:05:46	01:03:26	05:54:57	00:52:37		MU20	10	6
79	Meyer	Erich	SV Holtland		1985	00:54:03	00:48:50	00:59:18	01:07:20	01:08:31	00:59:41	05:57:43	00:53:02		M		6
80	Martens	Hermann	VFL Jheringsfehn	1924	1985	00:53:31	00:49:55	00:59:24	01:07:48	01:05:56	01:01:40	05:58:14	00:53:07	61	M60	1	6
81	Frerichs	Thomas	VFL Jheringsfehn	1966	1985	00:54:08	00:50:10	00:58:41	01:09:09	01:14:03	00:59:47	06:05:58	00:54:15	19	MU20	11	6
82	Kottke	Jürgen	SV Holtland		1985	00:56:29	00:49:49	01:01:13	01:10:32	01:09:40	01:03:53	06:11:36	00:55:06		M		6
83	Sinnen	Oltmann	SV Holtland		1985	00:56:23	00:51:18	01:02:07	01:11:46	01:09:22	01:03:46	06:14:42	00:55:33		M		6
84	Maichel	Brigitte	SV Holtland	1950	1985	00:56:41	00:50:59	01:02:18	01:10:29	01:10:02	01:04:23	06:14:52	00:55:35	35	W30	3	6
85	Hecht	Jutta	Germania Leer	1928	1985	00:57:47	00:52:17	01:04:53	01:14:44	01:12:55	01:06:04	06:28:40	00:57:37	57	W50	1	6
86	Ihmels	Hans-Jürgen	TV Norden	1918	1985	00:57:56	00:54:19	01:03:29	01:13:59	01:15:45	01:05:09	06:30:37	00:57:55	67	M60	2	6
87	Rogalla	Silke	SV Holtland		1985	00:56:23	00:49:37	01:04:17	01:16:39	01:10:56	01:13:30	06:31:22	00:58:01		W		6
88	Braams	Herma	SC Dunum	1961	1985	00:58:02	00:52:56	01:05:57	01:15:07	01:14:56	01:06:45	06:33:43	00:58:22	24	W20	2	6
89	Overlander	Käthe	SV Holtland	1940	1985	00:59:15	00:53:25	01:06:23	01:15:12	01:15:01	01:07:23	06:36:39	00:58:48	45	W40	5	6
90	Beyer	Gunnar	SV Holtland	1975	1985	00:56:26	00:49:42	01:04:42	01:17:49	01:17:11	01:13:30	06:39:20	00:59:12		MU20	12	6
91	Beckering	Helga	SV Holtland	1950	1985	00:59:15	00:55:23	01:07:44	01:17:23	01:17:44	01:07:23	06:44:52	01:00:01	35	W30	4	6
92	Müller	Elke	Germania Leer		1985	01:05:44	00:54:27	01:10:09	01:26:29	01:26:24	01:18:55	07:22:08	01:05:33		W		6
93	Dierks	Joachim			1985	01:07:15	01:02:17	01:16:29	01:20:44	01:25:46	01:18:55	07:31:26	01:06:56		M		6
94	Beckering	Gesa	SV Holtland		1985	01:11:32	01:04:56	01:17:20	01:27:27	01:30:13	01:21:50	07:53:18	01:10:10		W		6
95	Meyer	Johanne	SV Holtland		1985	01:11:59	01:05:45	01:17:34	01:28:54	01:30:15	01:21:52	07:56:19	01:10:37		W		6
	Broek	Peter	Aurich		1985	00:38:16	00:33:36	00:42:13		00:46:19	00:42:30	03:22:54			M		5
	Mennenga	Keno			1985	00:39:17	00:35:20		00:48:20	00:44:57	00:42:31	03:30:25			M		5
	Koenen	Hermann	Germania Leer	1950	1985	00:36:43		00:40:55	00:47:21	00:44:43	00:44:04	03:33:46		35	M30		5
	Diesmann	Dieter	Germania Leer	1939	1985	00:40:28		00:44:29	00:51:42	00:48:41	00:45:21	03:50:41		46	M40		5
	Trauernicht	Manfred	SV Holtland	1970	1985		00:39:32	00:47:03	00:54:09	00:51:05	00:48:45	04:00:34		15	MU20		5
	Boelmann	Manfred	Ihrhove		1985	00:44:26	00:39:43	00:48:31		00:54:16	00:53:45	04:00:41			M		5
	Niebel	Werner	SV Hage	1941	1985	00:47:19	00:41:15	00:51:56		00:55:30	00:52:18	04:08:18		44	M40		5
	van Loo	Gerda	RC Leer	1949	1985	00:45:26	00:41:23	00:51:07	00:57:33	00:54:23		04:09:52		36	W30		5
	Ackmann	Hans	Walle	1948	1985	00:43:29		00:48:24	00:55:38	00:52:22	00:49:59	04:09:52		37	M30		5
	Lachmund	Klaus	Germania Leer		1985		00:41:03	00:50:47	00:57:25	00:57:10	00:51:01	04:17:26			M		5
	Kruse	Bernd			1985	00:47:18	00:41:53	00:49:03	01:00:07	01:00:50		04:19:11			MU20		5
	Schmidt	Gustav	TV Norden	1931	1985	00:50:03	00:44:20	00:55:05	01:02:19	01:02:37		04:34:24		54	M50		5
	Ludewigs	Uwe	SV Holtland		1985		00:43:55	00:53:32	00:57:47	01:01:41	00:58:00	04:34:55			M		5
	Siefjediers	Heinz	Ausgustfehn		1985	00:49:09		00:57:31	01:03:17	01:00:00	00:56:35	04:46:32			M		5
	Blanke	Dieter	ETV Emden		1985	00:53:31	00:51:30	01:00:08	01:11:30	01:09:26		05:06:05			M		5
	Beyer	Hedda	SV Holtland		1985	00:56:07	00:51:50	01:02:45	01:11:56		01:05:34	05:08:12			W		5
	Seemann	Gerhard	VFL Jheringsfehn	1925	1985	00:53:51	00:59:02		01:07:13	01:12:16	01:01:40	05:14:02		60	M60		5
	Groß	Doris	SV Holtland		1985		00:52:56	01:05:57	01:15:07	01:14:55	01:06:44	05:35:39			W		5
	Fecht	Gertrud	SV Holtland		1985	01:09:43	01:02:19	01:16:28	01:26:50		01:19:23	06:14:43			W		5
	Hartmann	Günther	VFL Jheringsfehn	1941	1985	00:39:50	00:36:48	00:44:13	00:51:02			02:51:53		44	M40		4
	Eiben	Eibo	SC Dunum	1942	1985	00:38:22		00:43:45	00:50:33	00:47:44		03:00:24		43	M40		4
	Kelm	Axel		1952	1985	00:43:44	00:39:40	00:50:25	00:55:55			03:09:44		33	M30		4
	Remmers	Cathrin	SV Holtland	1965	1985	00:45:57	00:43:51	00:52:08		01:00:57		03:22:53		20	W20		4
	Bontjer	Helmut	SV Holtland	1972	1985	00:46:39	00:43:54	00:57:38	01:04:43			03:32:54		13	MU20		4
	George	Herbert	Germania Leer		1985			00:48:34	00:55:35	01:00:45	00:48:46	03:33:40			M		4
	Duis	Linie	Hollsand		1985	00:54:15	00:48:36	00:58:48	01:07:30			03:49:09			W		4
	Damm	Ralf			1985	00:56:43	00:48:40	00:58:43		01:09:25		03:53:31			MU20		4
	Buß	Ikka	SV Holtland		1985	00:56:49	00:50:16	01:01:57	01:10:01			03:59:03			W		4
	Janßen	Lina	SC Dunum		1985			00:58:16	01:05:43	01:03:52	00:58:06	04:05:57			W		4
	Fecht	Jens	SV Holtland	1968		01:02:59	01:00:48	01:12:15	01:20:51			04:36:53			MU20		4
	Murrer	Karl-Heinz	SV Holtland		1985		01:00:16	01:08:56	01:20:48	01:20:11		04:50:11			M		4
	Betten	Gerhardine	TV Norden	1928	1985			01:08:47	01:18:10	01:14:14	01:09:13	04:50:24		57	W50		4
	Lay	Jan	VFL Jheringsfehn	1954	1985	00:39:03	00:36:29				00:46:10	02:01:42		31	M30		3
	Drahtjer	Johann	Conc. Ihrhove		1985		00:35:35	00:42:39	00:48:15			02:06:29			M		3

4. Ostfrieslandlauf 1985

21.05. bis 07.06.1985

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
						10,20km	9,40km	11,50km	12,75km	11,80km	11,80km						
	Neeland	Heinrich	Twixlum		1985	00:43:02	00:39:08	00:48:26				02:10:36			M		3
	Bekaan	Wilhelm			1985	00:43:05	00:39:07	00:48:27				02:10:39			M		3
	Duis	Hermann	Hollsand	1947	1985		00:38:34	00:47:41	00:53:55			02:20:10		38	M30		3
	Damm	Jann-Dieter			1985	00:52:50	00:43:20	00:51:02				02:27:12			MU20		3
	Hedemann	Hartmut	SC Dunum	1962	1985			00:46:16	00:53:01		00:52:34	02:31:51		23	M20		3
	Rothenburg	Herbert			1985	00:48:04				01:02:49	00:56:23	02:47:16			M		3
	Remmers	Karl			1985	00:56:43	00:50:16	01:04:17				02:51:16			M		3
	Groß	Ingo			1985		00:48:55	00:57:50	01:05:31			02:52:16			MU20		3
	Blanke	Ingrid	ETV Emden		1985		00:51:30		01:11:30		01:04:49	03:07:49			W		3
	Lachmund	Hilde	Germania Leer		1985		00:51:35	01:08:04	01:14:11			03:13:50			W		3
	Ludwig	Reinhard	LG Ostfriesland	1959	1985	00:35:17	00:32:04					01:07:21		26	M20		2
	Sluiter	Henry	SV Holtland	1966	1985	00:38:45	00:35:45					01:14:30		19	MU20		2
	Friedrichs	Hinrich	Armina Wolthusen	1939	1985	00:39:09	00:37:28					01:16:37		46	M40		2
	Hommers	Gretus	LG Ostfriesland	1953	1985		00:32:56		00:47:31			01:20:27		32	M30		2
	Ostermeyer	Werner	Germania Leer	1940	1985	00:41:24		00:46:21				01:27:45		45	M40		2
	König	Antoni	Warsingsfehn		1985			00:46:22		00:55:41		01:42:03			M		2
	Behrends	Heiko	Aurich-Plaggenburg	1948	1985					00:54:25	00:52:16	01:46:41		37	M30		2
	Damm	Gerd	Twixlum		1985	00:56:43	00:50:16					01:46:59			M		2
	Klempin	Winfried	SV Holtland		1985	00:48:31				01:02:52		01:51:23			M		2
	Apel	Johann	SV Großefehn	1944	1985			00:55:22	01:01:00			01:56:22		41	M40		2
	Ostermeyer	Carsten	Germania Leer		1985	00:58:44		01:08:04				02:06:48			M		2
	Grebe	Hella			1985	01:06:16	01:02:28					02:08:44			W		2
	Graeber	Wilhelm	LG Göttingen	1955	1985		00:30:30					00:30:30		30	M30		1
	Damm	Dirk	Twixlum	1964	1985		00:35:35					00:35:35		21	M20		1
	Beyer	Walter	Ostrhauderfehn	1958	1985	00:36:51						00:36:51		27	M20		1
	Duis	Hermann	SV Holtland	1947	1985		00:37:32					00:37:32		38	M30		1
	Meyer	Ulrich	SV Stikelkamp	1968	1985		00:37:55					00:37:55		17	MU20		1
	Haats	Joachim	SV Holtland		1985		00:39:22					00:39:22			M		1
	Poppen	Rolf	SV Stikelkamp		1985		00:41:31					00:41:31			M		1
	Kirschke	Helmut	LG Ostfriesland	1953	1985						00:42:23	00:42:23		32	M30		1
	Wehner	Clemens	SV Holtland	1943	1985		00:42:41					00:42:41		42	M40		1
	Wilhelms	Olaf		1969	1985		00:44:03					00:44:03		16	MU20		1
	Leendarts	Nainhard	Hollsand		1985		00:44:15					00:44:15			M		1
	Dublitz	Manfred	Germania Leer	1942	1985				00:45:08			00:45:08		43	M40		1
	Bontjer	Hilde	SV Holtland	1963	1985						00:46:26	00:46:26		22	W20		1
	Kroon	Sigrid	SV Holtland	1948	1985	00:46:55						00:46:55		37	W30		1
	Diekmann	Peter	SV Holtland		1985		00:47:00					00:47:00			M		1
	Junker	Folkmar	Conc. Ihrhove		1985						00:49:17	00:49:17			M		1
	Krcatala	Hartmut	Twixlum	1948	1985			00:50:37				00:50:37		37	M30		1
	Wunderlich	Karl-Friedrich	LG Ostfriesland	1945	1985				00:52:05			00:52:05		40	M40		1
	Beyer	Inga	SV Holtland	1974	1985	00:53:16						00:53:16		11	WU20		1
	Braams	Dieter	Holtgast	1970	1985						00:53:41	00:53:41		15	MU20		1
	Ennen	Hartmut	Holtgast	1970	1985						00:53:53	00:53:53		15	MU20		1
	Koch	Gerd	Germania Leer		1985	00:56:07						00:56:07			M		1
	Held	Günter	Haren		1985					00:57:47		00:57:47			M		1
	Girgott	Thorsten	Germania Leer		1985					00:58:52		00:58:52			M		1
	Menken	Hartmut			1985			00:59:05				00:59:05			M		1
	Albers	Peter	Germania Leer		1985					01:02:03		01:02:03			M		1
	Hartmann	Herbert	TuS Holtriem	1936	1985						01:02:14	01:02:14		49	M40		1
	Gerdes	Heinz	LG Ostfriesland	1943	1985					01:03:36		01:03:36		42	M40		1
	Schütte	Gerd		1948	1985					01:03:57		01:03:57		37	M30		1
	Groenewold	Margarethe	SV Holtland		1985	01:06:46						01:06:46			W		1
	Lücht	Richard	Emden		1985					01:09:27		01:09:27			M		1
	Janßen	Hans-Hermann	Emden		1985					01:11:23		01:11:23			M		1
	Seeberg	Walter	TuS Holtriem		1985						01:18:38	01:18:38			M		1
	Stern	Olaf	Nadörst		1985						01:19:31	01:19:31			M		1