

8. Ostfrieslandlauf 1989

23.05. bis 09.06.1989

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	11,40km	12,75km	11,80km	11,70km						
1	Steinke	Peter	SV Warsingsfehn	1970	1989	00:34:39	00:32:03	00:39:08	00:44:19	00:41:10	00:39:54	03:51:13	00:34:23	19	MU20	1	6
2	Tjarks	Eduard	LG Ostfriesland	1954	1989	00:34:36	00:32:27	00:39:12	00:44:21	00:41:41	00:40:30	03:52:47	00:34:37	35	M30	1	6
3	Hinrichs	Gerhard	SC Dunum	1957	1989	00:36:36	00:32:33	00:39:15	00:45:10	00:41:13	00:39:29	03:54:16	00:34:50	32	M30	2	6
4	Heidergott	Enno	Conc. Ihrhove	1971	1989	00:35:28	00:32:23	00:39:51	00:45:20	00:41:29	00:39:51	03:54:22	00:34:51	18	MU20	2	6
5	Polzin	Martin	SC Dunum	1960	1989	00:35:10	00:32:36	00:40:37	00:45:40	00:41:33	00:40:18	03:55:54	00:35:05	29	M20	1	6
6	Ohr	Detlef	Heidmühler FC	1962	1989	00:36:40	00:33:32	00:40:08	00:45:35	00:43:09	00:41:16	04:00:20	00:35:44	27	M20	2	6
7	Ludwig	Reinhard	LG Ostfriesland	1959	1989	00:39:26	00:34:12	00:41:03	00:46:35	00:42:05	00:41:16	04:04:37	00:36:22	30	M30	3	6
8	Schmidt	Gernot	Emder LG	1946	1989	00:37:25	00:34:07	00:41:44	00:47:07	00:43:46	00:41:49	04:05:58	00:36:34	43	M40	1	6
9	Fisser	Manfred	Emder LG	1950	1989	00:37:30	00:34:29	00:42:26	00:48:21	00:44:11	00:43:01	04:09:58	00:37:10	39	M30	4	6
10	Ludwig	Helmut	LG Ostfriesland	1958	1989	00:38:38	00:34:38	00:42:49	00:47:53	00:44:17	00:42:17	04:10:32	00:37:15	31	M30	5	6
11	Weissbach	Hermann			1989	00:38:02	00:34:55	00:42:51	00:48:03	00:44:02	00:43:00	04:10:53	00:37:18		M		6
12	Woltermann	Peter	Germania Leer	1947	1989	00:38:55	00:35:12	00:43:22	00:48:11	00:44:47	00:43:16	04:13:43	00:37:44	42	M40	2	6
13	Huhn	Thomas	Upschört	1969	1989	00:38:39	00:35:03	00:42:53	00:48:24	00:45:26	00:43:22	04:13:47	00:37:44	20	M20	3	6
14	Christians	Borchard	LG Ostfriesland	1958	1989	00:38:49	00:35:53	00:43:26	00:48:10	00:45:01	00:43:19	04:14:38	00:37:52	31	M30	6	6
15	Knobel	Karl-Heinz	LG Ostfriesland	1953	1989	00:38:36	00:35:27	00:43:04	00:48:33	00:45:52	00:44:23	04:15:55	00:38:03	36	M30	7	6
16	Braams	Wilhelm	SC Dunum	1956	1989	00:40:22	00:35:33	00:43:14	00:49:12	00:44:46	00:42:49	04:15:56	00:38:03	33	M30	8	6
17	König	Hero	SC Dunum	1948	1989	00:38:55	00:35:42	00:43:56	00:48:44	00:45:14	00:43:32	04:16:03	00:38:04	41	M40	3	6
18	Berendt	Ulrich	LG Ostfriesland	1946	1989	00:39:22	00:35:19	00:43:22	00:48:39	00:46:25	00:43:42	04:16:49	00:38:11	43	M40	4	6
19	Greulich	Thomas	PSV Aurich-West	1960	1989	00:40:04	00:35:52	00:43:55	00:48:52	00:45:17	00:43:49	04:17:49	00:38:20	29	M20	4	6
20	Plavenniks	Manfred	TuS Norderney	1950	1989	00:40:01	00:35:54	00:43:58	00:49:29	00:46:13	00:43:57	04:19:32	00:38:36	39	M30	9	6
21	Hinrichs	Enno	TuS Aurich-Ost	1961	1989	00:40:16	00:36:35	00:44:31	00:49:45	00:45:51	00:44:20	04:21:18	00:38:51	28	M20	5	6
22	Siemens	Karl	MTV Wittmund	1951	1989	00:39:34	00:36:38	00:44:18	00:50:20	00:46:30	00:44:24	04:21:44	00:38:55	38	M30	10	6
23	Tongers	Joern	Süd-Arie		1989	00:41:09	00:35:45	00:44:24	00:49:52	00:46:38	00:44:27	04:22:15	00:39:00		MU20	3	6
24	Venenga	Hermann	Germania Leer		1989	00:40:53	00:37:09	00:44:41	00:49:46	00:46:04	00:44:56	04:23:29	00:39:11		M		6
25	Sappl	Günther	Germania Leer	1945	1989	00:40:29	00:36:36	00:45:00	00:49:53	00:47:08	00:45:10	04:24:16	00:39:18	44	M40	5	6
26	Fischer	Helmut	Conc. Ihrhove	1971	1989	00:41:17	00:35:58	00:44:24	00:50:56	00:46:05	00:46:00	04:24:40	00:39:21	18	MU20	4	6
27	Wirtjes	Edzard	Germania Leer	1958	1989	00:40:52	00:37:09	00:44:40	00:49:37	00:48:09	00:45:18	04:25:45	00:39:31	31	M30	11	6
28	Buss	Hermann	TuS Aurich-Ost	1948	1989	00:44:15	00:37:24	00:45:31	00:50:26	00:46:59	00:45:20	04:29:55	00:40:08	41	M40	6	6
29	Oltmanns	Melle	SV Stikelkamp	1950	1989	00:40:55	00:37:22	00:45:37	00:51:24	00:48:13	00:46:38	04:30:09	00:40:10	39	M30	12	6
30	Janssen	Alfred	Emder LG	1951	1989	00:42:00	00:37:27	00:45:56	00:52:18	00:47:41	00:45:08	04:30:30	00:40:13	38	M30	13	6
31	Schaefer	Heiner		1951	1989	00:42:39	00:37:48	00:46:07	00:51:30	00:48:00	00:45:34	04:31:38	00:40:23	38	M30	14	6
32	Kavelmann	Ulrich	Teut. Stapelmoor	1955	1989	00:41:58	00:37:20	00:46:07	00:53:23	00:48:12	00:46:36	04:33:36	00:40:41	34	M30	15	6
33	Ehlert	Gerhard	LG Ostfriesland	1936	1989	00:42:19	00:37:29	00:46:20	00:53:18	00:47:11	00:47:01	04:33:38	00:40:41	53	M50	1	6
34	Gieseler	Dieter	TuS Aurich-Ost	1965	1989	00:43:53	00:37:59	00:47:59	00:51:32	00:47:07	00:46:44	04:35:14	00:40:56	24	M20	6	6
35	Pupkes	Lothar	VTB Varel	1951	1989	00:42:04	00:39:13	00:47:08	00:52:20	00:48:53	00:46:48	04:36:26	00:41:06	38	M30	16	6
36	Vehenkamp	Werner	Friedeburg	1958	1989	00:43:07	00:39:34	00:47:01	00:52:09	00:48:07	00:46:30	04:36:28	00:41:07	31	M30	17	6
37	Müller	Thorsten	SC Dunum	1969	1989	00:43:26	00:38:39	00:46:27	00:53:06	00:48:23	00:46:52	04:36:53	00:41:10	20	M20	7	6
38	Fischer	Siegfried			1989	00:43:00	00:39:13	00:47:06	00:52:17	00:48:50	00:46:48	04:37:14	00:41:13		M		6
39	Hillbrands	Johann	TuS Collinghorst	1954	1989	00:42:33	00:37:34	00:46:53	00:52:48	00:49:04	00:48:34	04:37:26	00:41:15	35	M30	18	6
40	Heidergott	Ralf	Conc. Ihrhove	1973	1989	00:43:41	00:38:43	00:47:35	00:52:21	00:49:15	00:46:33	04:38:08	00:41:21	16	MU20	5	6
41	Steinke	Diedrich	Conc. Neermoor	1941	1989	00:41:27	00:47:06	00:45:02	00:51:26	00:47:42	00:45:29	04:38:12	00:41:22	48	M40	7	6
42	Boden	Rudolf	SV Stikelkamp	1949	1989	00:42:08	00:38:41	00:46:54	00:52:53	00:49:39	00:48:18	04:38:33	00:41:25	40	M40	8	6
43	Waschkau	Jan	TuS Weene	1977	1989	00:45:15	00:39:32	00:46:59	00:52:14	00:48:52	00:46:34	04:39:26	00:41:33	12	MU20	6	6
44	Woehleke	Utz			1989	00:42:47	00:39:35	00:47:25	00:53:06	00:50:04	00:46:48	04:39:45	00:41:36		M		6
45	Fischer	Werner	PA Leer	1939	1989	00:43:15	00:38:51	00:47:09	00:52:29	00:50:04	00:48:18	04:40:06	00:41:39	50	M50	2	6
46	Bonk	Michael	Germania Leer	1971	1989	00:44:22	00:37:16	00:46:45	00:53:17	00:51:35	00:48:44	04:41:59	00:41:56	18	MU20	7	6
47	Füllenbach	Heinz-Gerhard	Polizei Leer	1949	1989	00:43:38	00:39:03	00:47:50	00:53:15	00:50:12	00:48:15	04:42:13	00:41:58	40	M40	9	6
48	Steinke	Hilde	Conc. Neermoor	1945	1989	00:43:34	00:39:02	00:48:11	00:54:13	00:49:12	00:48:22	04:42:34	00:42:01	44	W40	1	6
49	Otten	Ewald			1989	00:43:46	00:39:06	00:47:36	00:54:06	00:49:56	00:48:27	04:42:57	00:42:04		M		6
50	Ley	Helmut	TSG Westerstede	1948	1989	00:43:13	00:38:36	00:47:03	00:54:12	00:50:45	00:49:15	04:43:04	00:42:06	41	M40	10	6
51	Maier	Ralf			1989	00:45:48	00:38:45	00:47:34	00:52:19	00:50:41	00:47:59	04:43:06	00:42:06		M		6
52	Damm	Remmer	Loga	1951	1989	00:44:16	00:39:27	00:47:41	00:54:05	00:49:56	00:48:16	04:43:41	00:42:11	38	M30	19	6
53	Knuth-Voigt	Ralf	BSC Burhufe	1954	1989	00:45:38	00:40:11	00:47:42	00:54:11	00:50:08	00:47:20	04:45:10	00:42:24	35	M30	20	6
54	Doernath	Hermann	Moordorf	1939	1989	00:44:12	00:39:58	00:47:52	00:54:24	00:51:08	00:48:22	04:45:56	00:42:31	50	M	3	6
55	Linse	Wlfrid	Rhauderfehn	1955	1989	00:44:24	00:39:15	00:48:00	00:55:08	00:50:24	00:48:48	04:45:59	00:42:32	34	M30	21	6
56	Dunz	Manfred			1989	00:44:51	00:39:11	00:48:25	00:54:40	00:49:36	00:49:29	04:46:12	00:42:33		M		6
57	Ringel	Christian	LT Schaff. Wald	1966	1989	00:46:17	00:38:57	00:47:29	00:53:29	00:49:45	00:50:38	04:46:35	00:42:37	23	M20	8	6
58	Trauernicht	Manfred	Remels	1970	1989	00:43:53	00:40:20	00:48:16	00:55:38	00:50:07	00:48:48	04:47:02	00:42:41	19	MU20	8	6
59	Wilken	Gerhold	SV Holtland	1954	1989	00:45:00	00:39:45	00:48:52	00:54:46	00:50:28	00:48:20	04:47:11	00:42:42	35	M30	22	6
60	Rücker	Jörn	TV Norden		1989	00:43:50	00:40:41	00:48:42	00:54:14	00:51:23	00:48:33	04:47:23	00:42:44		M		6
61	Watermann	Horst			1989	00:43:00	00:39:18	00:50:49	00:54:06	00:50:49	00:49:42	04:47:44	00:42:47		M		6
62	Ruhnke	Olaf			1989	00:44:41	00:39:48	00:47:37	00:56:50	00:50:26	00:48:44	04:48:06	00:42:50		MU20	9	6
63	Reemts	Gerda	Conc. Ihrhove	1949	1989	00:46:00	00:39:15	00:51:17	00:54:11	00:49:26	00:48:24	04:48:33	00:42:54	40	W40	2	6
64	Kok	Bernhold	SV Holtland	1942	1989	00:45:28	00:40:25	00:48:48	00:54:34	00:50:17	00:49:03	04:48:35	00:42:55	47	M40	11	6
65	Seufer	Wolfgang	TuS Holtriem	1941	1989	00:42:39	00:40:05	00:48:32	00:54:16	00:53:32	00:50:16	04:49:20	00:43:01	48	M40	12	6
66	Tjardes	Karl	Wittmund	1944	1989	00:44:48	00:39:56	00:48:47	00:55:01	00:51:40	00:49:12	04:49:24	00:				

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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	11,40km	12,75km	11,80km	11,70km						
76	Eyhusen	Joachim			1989	00:46:24	00:40:32	00:50:54	00:55:47	00:51:59	00:50:43	04:56:19	00:44:04		MU20	10	6
77	Behrends	Enno	LG Uplengen	1953	1989	00:45:26	00:40:49	00:50:29	00:56:46	00:52:38	00:50:43	04:56:51	00:44:08	36	M30	26	6
78	Fokken	Harald	TuS Weener	1942	1989	00:45:20	00:41:48	00:49:59	00:56:44	00:52:36	00:50:46	04:57:13	00:44:12	47	M40	16	6
79	Klein-Gansey	Jürgen			1989	00:48:48	00:41:53	00:51:28	00:55:31	00:51:25	00:49:50	04:58:55	00:44:27		MU20	11	6
80	Schneider	Christine	Emder LG	1948	1989	00:45:27	00:41:33	00:51:04	00:57:56	00:53:40	00:50:52	05:00:32	00:44:41	41	W40	3	6
81	Lehmann	Ewald	TuS Aurich-Ost	1954	1989	00:47:39	00:41:31	00:51:02	00:57:33	00:52:46	00:50:46	05:01:17	00:44:48	35	M30	27	6
82	Tecklenburg	Werner			1989	00:48:48	00:40:55	00:50:26	00:56:35	00:54:07	00:50:28	05:01:19	00:44:48		M		6
83	Penning	Günter	Holtland	1967	1989	00:47:49	00:39:51	00:50:59	00:58:28	00:51:33	00:53:15	05:01:55	00:44:54	22	M20	11	6
84	Janssen	Hermann	VFL Jheringsfehn		1989	00:47:43	00:42:00	00:51:00	00:57:44	00:53:17	00:50:52	05:02:36	00:45:00		M		6
85	Wilken	Wilfried	SV Holtland	1950	1989	00:47:02	00:41:33	00:51:22	00:57:52	00:53:16	00:52:00	05:03:05	00:45:04	39	M30	28	6
86	Duden	Wilhelm	MTV Wittmund	1940	1989	00:46:19	00:42:12	00:51:55	00:57:49	00:53:41	00:51:57	05:03:53	00:45:11	49	M40	17	6
87	Harms	Johann	TV Norden	1942	1989	00:47:03	00:42:33	00:51:19	00:57:46	00:53:27	00:51:45	05:03:53	00:45:11	47	M40	18	6
88	Ungermann	Hans			1989	00:47:45	00:41:37	00:51:18	01:00:12	00:53:02	00:51:22	05:05:16	00:45:24		M		6
89	Schürmann	Karl	TuS Aurich-Ost	1972	1989	00:52:08	00:39:59	00:51:45	00:55:57	00:53:45	00:51:58	05:05:32	00:45:26	17	MU20	12	6
90	Luepkes	Hillich			1989	00:47:35	00:42:08	00:51:54	00:58:15	00:54:01	00:51:46	05:05:39	00:45:27		M		6
91	Buss	Manfred		1973	1989	00:48:48	00:41:43	00:53:49	00:57:29	00:52:44	00:51:59	05:06:32	00:45:35	16	MU20	13	6
92	Fuchs	Michael			1989	00:47:20	00:43:51	00:51:45	00:58:46	00:53:29	00:51:25	05:06:36	00:45:35		M		6
93	Buss	Imme	SV Holtland	1948	1989	00:48:27	00:42:59	00:52:02	00:57:55	00:53:44	00:51:44	05:06:51	00:45:38	41	W40	4	6
94	Sanders	Astrid	Germania Leer	1971	1989	00:47:19	00:42:59	00:51:53	00:57:55	00:55:15	00:51:42	05:07:03	00:45:39	18	WU20	1	6
95	Heidrigott	Wilfried	Conc. Ihrhove		1989	00:49:18	00:42:56	00:52:00	00:58:39	00:53:37	00:51:22	05:07:52	00:45:47		M		6
96	Buss	Hermann-Johan	SV Holtland	1948	1989	00:48:54	00:43:56	00:53:15	00:57:45	00:53:28	00:50:42	05:08:00	00:45:48	41	M40	19	6
97	Stevens	Rainer			1989	00:50:56	00:43:28	00:51:48	00:58:20	00:53:22	00:50:41	05:08:35	00:45:53		M		6
98	Hedemann	Hartmut	SC Dunum	1962	1989	00:53:53	00:49:47	00:43:15	00:57:24	00:44:33	00:59:54	05:08:46	00:45:55	27	M20	12	6
99	Janssen	Eilert	TV Marienhaf	1945	1989	00:48:10	00:42:33	00:52:31	00:58:58	00:54:46	00:52:26	05:09:24	00:46:00	44	M40	20	6
100	Uphoff	Hinrich	PSV Aurich-West	1951	1989	00:49:14	00:45:17	00:51:22	00:57:16	00:53:47	00:53:33	05:10:29	00:46:10	38	M30	29	6
101	Ihlow	Werner	TV Norden	1945	1989	00:47:18	00:42:54	00:52:44	00:59:15	00:54:24	00:54:33	05:11:08	00:46:16	44	M40	21	6
102	Schneider	Uwe	Emder LG	1945	1989	00:48:29	00:42:05	00:51:40	00:59:59	00:54:31	00:54:26	05:11:10	00:46:16	44	M40	22	6
103	Franken	Fritz	BW Borssum		1989	00:50:07	00:43:42	00:53:14	00:58:52	00:54:13	00:51:54	05:12:02	00:46:24		M		6
104	Wessels	Werner	TuS Weener	1950	1989	00:48:33	00:42:29	00:52:56	01:00:27	00:53:59	00:53:48	05:12:12	00:46:25	39	M30	30	6
105	Blank	Wilhelm	TuS Aurich-Ost	1949	1989	00:48:54	00:42:46	00:52:22	00:59:44	00:55:50	00:52:49	05:12:25	00:46:27	40	M40	23	6
106	Hicken	Wilm	TV Marienhaf	1940	1989	00:48:37	00:42:58	00:52:18	00:59:57	00:55:30	00:53:38	05:12:58	00:46:32	49	M40	24	6
107	Janetzky	Hartmut	Wilhelmshaven	1959	1989	00:49:23	00:43:34	00:53:15	00:59:47	00:55:25	00:52:08	05:13:32	00:46:37	30	M30	31	6
108	Krieger	Giesela	LT Jheringsfehn	1949	1989	00:49:34	00:43:13	00:53:23	00:59:41	00:54:51	00:53:07	05:13:49	00:46:40	40	W40	5	6
109	Heyen	Jann	TV Norden	1941	1989	00:49:21	00:43:53	00:52:48	00:59:42	00:54:54	00:53:14	05:13:52	00:46:40	48	M40	25	6
110	Gross	Karl-Heinz	SV Holtland		1989	00:49:54	00:44:20	00:54:52	01:00:41	00:54:39	00:52:17	05:16:43	00:47:06		M		6
111	Groenewold	Anita	TuS Weener	1933	1989	00:49:02	00:43:26	00:52:37	01:00:23	00:56:34	00:55:05	05:17:07	00:47:09	56	W50	1	6
112	Müller	Andre			1989	00:48:30	00:41:44	00:52:42	00:58:11	01:05:23	00:50:51	05:17:21	00:47:11		MU20	14	6
113	Waschkau	Klaus-Peter	TuS Weene	1946	1989	00:48:54	00:44:02	00:53:21	01:00:46	00:56:38	00:53:41	05:17:22	00:47:12	43	M40	26	6
114	Finke	Karin	TuS Weener	1952	1989	00:48:43	00:43:58	00:54:01	01:00:13	00:56:22	00:54:08	05:17:25	00:47:12	37	W30	1	6
115	Peters	Michael			1989	00:49:19	00:42:39	00:55:49	00:59:34	00:58:29	00:53:27	05:19:17	00:47:29		MU20	15	6
116	Kammer	Karl			1989	00:48:39	00:44:35	00:54:34	01:01:41	00:55:58	00:54:29	05:19:56	00:47:34		M		6
117	Leerhoff	Christoff			1989	00:50:00	00:45:36	00:54:12	01:00:33	00:55:45	00:54:31	05:20:37	00:47:41		M		6
118	Sund	Thomas			1989	00:50:34	00:44:32	00:54:00	01:01:25	00:56:19	00:54:29	05:21:19	00:47:47		M		6
119	Evers	Gerhard	TV Marienhaf	1952	1989	00:49:37	00:46:11	00:53:57	01:00:45	00:56:10	00:54:52	05:21:32	00:47:49	37	M30	32	6
120	Behrends	Emil	BAB Leer	1941	1989	00:48:57	00:43:57	00:54:08	01:02:18	00:56:37	00:55:36	05:21:33	00:47:49	48	M40	27	6
121	Wilken	Elke	SV Holtland	1950	1989	00:49:08	00:44:34	00:54:51	01:00:55	00:56:40	00:55:44	05:21:52	00:47:52	39	W30	2	6
122	Janssen	Johannes	Burhufe	1935	1989	00:49:48	00:45:11	00:54:18	01:01:38	00:57:17	00:54:40	05:22:52	00:48:01	54	M50	4	6
123	Gieseler	Thomas	TuS Aurich-Ost	1969	1989	00:50:20	00:43:42	00:53:50	01:01:15	00:59:35	00:54:29	05:23:11	00:48:03	20	M20	14	6
124	Frerichs	Thomas	Fehntjer LT	1966	1989	00:48:22	00:44:06	00:53:18	01:02:42	00:58:29	00:56:23	05:23:20	00:48:05	23	M20	13	6
125	Meyer	Peter			1989	00:51:38	00:45:13	00:54:19	01:01:37	00:57:16	00:54:37	05:24:40	00:48:17		M		6
126	Busker	Traute	TuS Aurich-Ost	1953	1989	00:51:35	00:45:27	00:55:18	01:01:52	00:56:39	00:54:31	05:25:22	00:48:23	36	W30	3	6
127	de Vries	Erich	TuRa Marienhaf	1946	1989	00:50:28	00:45:16	00:55:15	01:01:46	00:57:25	00:56:11	05:26:21	00:48:32	43	M40	28	6
128	Broek	Manfred	Conc. Ihrhove	1949	1989	00:51:46	00:45:23	00:55:16	01:03:58	00:56:52	00:54:52	05:28:07	00:48:47	40	M40	29	6
129	Kuhr	Jürgen	PSV Aurich-West	1942	1989	00:51:06	00:45:35	00:55:08	01:01:59	00:58:15	00:56:42	05:28:45	00:48:53	47	M40	30	6
130	Woltermann	Hannelore	TuS Weener	1955	1989	00:51:16	00:45:46	00:55:34	01:02:21	00:57:58	00:56:42	05:29:37	00:49:01	34	W30	4	6
131	Schmidt	Hans-Jürgen	Neermoor		1989	00:52:17	00:45:50	00:55:21	01:02:09	00:58:41	00:55:42	05:30:00	00:49:04		M		6
132	Tirrel	Dieter	VFL Jheringsfehn	1954	1989	00:50:31	00:44:04	00:53:28	01:01:31	00:57:30	01:03:07	05:30:11	00:49:06	35	M30	33	6
133	Madena	Jakob	VFB Münkeboe	1943	1989	00:52:20	00:46:34	00:56:22	01:01:49	00:57:32	00:56:06	05:30:43	00:49:11	46	M40	31	6
134	Remmers	Cathrin	SV Holtland	1965	1989	00:49:26	00:45:44	00:57:17	01:03:25	00:58:52	00:56:02	05:30:46	00:49:11	24	W20	1	6
135	Boumann	Uwe	TV Marienhaf	1944	1989	00:51:42	00:45:07	00:55:15	01:03:34	00:59:20	00:56:11	05:31:09	00:49:14	45	M40	32	6
136	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	1989	00:51:26	00:46:38	00:57:09	01:02:59	00:57:59	00:56:11	05:32:22	00:49:25	42	M40	33	6
137	Knopf	Wilhelm			1989	00:53:22	00:45:51	00:56:51	01:04:37	00:59:04	00:54:26	05:34:11	00:49:42		M		6
138	Buss	Gertrud	LT Aurich-Ost	1952	1989	00:51:49	00:46:37	00:56:26	01:03:47	00:59:07	00:56:47	05:34:33	00:49:45	37	W30	5	6
139	Müller	Enno	OZ Team Leer	1950	1989	00:52:24	00:46:33	00:56:57	01:04:26	01:00:13	00:55:50	05:36:23	00:50:01	39	M30	34	6
140	Tjarks	Johann	Walle		1989	00:54:23	00:46:56	00:56:06	01:03:45	00:58:46	00:56:27	05:36:23	00:50:01		M		6
141	Redenius	Rudolf	TuS Aurich-Ost	1952	1989	00:52:43	00:46:36	00:57:18	01:04:19	01:00:11	00:55:50	05:36:57	00:50:06	37	M30	35	6
142	Friesenborg																

8. Ostfrieslandlauf 1989

23.05. bis 09.06.1989

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	11,40km	12,75km	11,80km	11,70km							67,25km
151	Klünder	Manfred	Polizei Aurich		1938	1989	00:52:58	00:47:33	00:57:32	01:07:21	00:59:33	00:59:10	05:44:07	00:51:10	51	M50	5	6
152	Rücker	Nils	TV Norden			1989	00:58:13	00:49:28	00:58:07	01:03:35	00:58:52	00:56:02	05:44:17	00:51:12		MU20	16	6
153	Kalutza	Werner	MTV Aurich		1957	1989	00:53:07	00:47:11	00:57:53	01:06:04	01:01:36	00:58:49	05:44:40	00:51:15	32	M30	37	6
154	Heresthal	Albert			1955	1989	00:51:38	00:48:47	00:59:40	01:05:59	01:00:15	00:59:18	05:45:37	00:51:24	34	M30	38	6
155	Sassen	Ingrid	DLRG Bockhorn		1948	1989	00:53:57	00:48:09	00:58:22	01:06:04	01:00:17	00:59:39	05:46:28	00:51:31	41	W40	6	6
156	Schmidt	Gustav	TV Norden		1931	1989	00:57:46	00:48:09	00:57:44	01:06:04	01:00:52	00:58:30	05:49:05	00:51:54	58	M50	6	6
157	Heyen	Anita	TV Norden		1946	1989	00:57:12	00:47:47	00:57:45	01:06:04	01:02:34	00:58:35	05:49:57	00:52:02	43	W40	7	6
158	Janssen	Lina	SC Dunum			1989	00:53:51	00:48:38	00:59:20	01:07:13	01:01:38	00:59:51	05:50:31	00:52:07		W		6
159	Stepan	Susanne	Ihlow			1989	00:56:29	00:48:47	00:59:41	01:05:59	01:01:08	00:59:18	05:51:22	00:52:15		W		6
160	Evers	Hinrikus	LT Schaff. Wald		1949	1989	00:55:52	00:49:28	00:58:45	01:06:42	01:02:03	01:00:44	05:53:34	00:52:34	40	M40	37	6
161	Bolewski	Glinsy				1989	00:55:00	00:48:24	00:58:51	01:07:00	01:03:30	01:01:06	05:53:51	00:52:37		W		6
162	Klempin	Gertrud			1955	1989	00:56:13	00:50:21	01:01:01	01:08:54	01:02:32	00:59:53	05:58:54	00:53:22	34	W30	8	6
163	Krey	Johann				1989	00:56:01	00:50:26	01:01:27	01:08:53	01:03:56	00:59:36	06:00:19	00:53:35		M		6
164	Bilker	Hertha	Jheringsfehn			1989	00:57:57	00:50:19	01:02:00	01:09:39	01:02:15	00:59:35	06:01:45	00:53:48		W		6
165	Dunker	Peter	LT Schaffh. Wald		1940	1989	00:56:55	00:49:47	01:00:59	01:09:18	01:03:11	01:04:22	06:04:32	00:54:12	49	M40	38	6
166	Seufer	Heike	TuS Holttriem		1951	1989	00:57:29	00:50:23	01:01:51	01:09:20	01:04:36	01:01:01	06:04:40	00:54:14	38	W30	9	6
167	Meinen	Harro				1989	00:57:46	00:51:14	01:01:03	01:08:54	01:02:34	01:05:15	06:06:46	00:54:32		M		6
168	Brahms	Margit	VFR Heisfelde			1989	00:57:01	00:50:53	01:02:49	01:11:44	01:04:52	01:03:01	06:10:20	00:55:04		W		6
169	Boumann	Klara	TV Marienhafte		1945	1989	00:58:13	00:51:53	01:02:49	01:11:48	01:05:46	01:03:16	06:13:45	00:55:35	44	W40	8	6
170	Spitzer	Hans-Jürgen			1962	1989	00:59:25	00:51:36	01:04:11	01:11:23	01:06:05	01:03:16	06:15:56	00:55:54	27	M20	15	6
171	Beckerling	Helga	SV Holtland		1950	1989	00:58:53	00:51:47	01:06:04	01:11:13	01:07:00	01:05:14	06:20:11	00:56:32	39	W30	10	6
172	Ortel	Hans	SV Dornum		1943	1989	01:00:08	00:53:22	01:03:57	01:12:29	01:07:38	01:05:51	06:23:25	00:57:01	46	M40	39	6
173	Witte	Bruni	Aurich		1944	1989	00:58:00	00:51:14	01:02:10	01:10:37	01:16:02	01:05:28	06:23:31	00:57:02	45	W40	9	6
174	Meyer	Erich	SV Holtland			1989	01:00:13	00:53:27	01:06:03	01:15:45	01:08:09	01:06:01	06:29:38	00:57:56		M		6
175	Fecht	Gertrud	SV Holtland			1989	01:00:13	00:53:27	01:06:04	01:15:45	01:08:09	01:06:01	06:29:39	00:57:56		W		6
176	Hecht	Jutta	Germania Leer		1928	1989	01:09:11	00:58:11	01:07:17	01:21:31	01:11:40	01:12:12	07:00:02	01:02:28	61	W60	1	6
177	Betten	Gerhardine	TV Norden		1928	1989	01:09:11	01:02:12	01:15:21	01:25:27	01:18:48	01:16:01	07:27:00	01:06:28	61	W60	2	6
	Heibült	Christian	SV Holtland		1940	1989	00:38:28		00:44:42	00:49:41	00:46:20	00:44:45	03:43:56		49	M40		5
	Ihnen	Hinderk	Kickers Emden			1989		00:41:22		00:57:13	00:53:26	00:49:10	03:21:11			M		4
	Berghaus	Joachim	Holtland			1989	00:47:49		00:51:01	00:58:29		00:53:27	03:30:46			M		4
	Zapf	Olaf	PSV Aurich-West			1989			00:51:16	00:57:08	00:53:24	00:51:01	03:32:49			M		4
	Braams	Herma	LT Schaffh. Wald		1956	1989	00:55:18	00:48:17			01:01:36	01:00:46	03:45:57		33	W		4
	Zogall	Hans-Werner	PSV Aurich-West		1950	1989	00:56:52	00:49:13	01:01:32	01:09:42			03:57:19		39	M30		4
	Könen	Hermann	Germania Leer		1950	1989	00:34:50	00:32:22	00:40:10				01:47:22		39	M30		3
	Jürgens	Hartwig	SV Holtland		1953	1989	00:34:52	00:32:33	00:40:03				01:47:28		36	M30		3
	Menne	Jörn	MTV Wittmund		1968	1989	00:33:51				00:39:39	00:38:25	01:51:55		21	M20		3
	Mouson	Heinz	VFL Jheringsfehn		1960	1989	00:39:29		00:44:03		00:46:53		02:10:25		29	M20		3
	Claassen	Derk	PSV Aurich-West		1971	1989			00:44:52		00:47:22	00:45:44	02:17:58		18	MU20		3
	Matzk	Klaus	SpVgg. Aurich		1947	1989				00:51:07	00:46:16	00:45:14	02:22:37		42	M40		3
	Rosendahl	Günther	VFL Jheringsfehn			1989	00:49:35	00:43:40	00:53:24				02:26:39			M		3
	Cavigelli	Kirsten	Germania Leer		1953	1989	00:50:34	00:44:32	00:54:03				02:29:09		36	M30		3
	Heyen	Dietmar	TV Norden		1969	1989	00:49:14				00:52:19	00:52:25	02:33:58		20	M20		3
	Bierbach	Agnes	SC Dunum			1989		00:49:17			01:01:54	01:00:03	02:51:14			W		3
	Hinrichs	Gunda	SC Dunum		1962	1989				01:01:29	00:56:21	00:55:58	02:53:48		27	W20		3
	Sinnen	Oltmann	SV Holtland			1989			00:57:55		01:00:34	00:59:52	02:58:21			M		3
	Brauner	Erika	BW Borssum		1941	1989		00:52:57		01:13:50		01:05:38	03:12:25		48	W40		3
	Klaasen	Käthe	BW Borssum		1952	1989		00:52:57		01:13:50		01:07:53	03:14:40		37	W30		3
	Giesenberg	Talea	TuS Holttriem		1962	1989	01:07:13		01:10:42			01:11:11	03:29:06		27	W20		3
	Jürrens	Harry	TuS Pewsum		1957	1989	00:34:45		00:39:36				01:14:21		32	M30		2
	Hartmann	Jens	Germania Leer		1968	1989		00:31:31		00:43:21			01:14:52		21	M20		2
	Janßen	Udo	LG Uplengen			1989	00:41:38	00:35:40					01:17:18			M		2
	Stromann	Johann	BW Borssum		1962	1989					00:40:06	00:39:30	01:19:36		27	M20		2
	Köster	Rolf	TV Norden			1989		00:36:02				00:44:50	01:20:52			M		2
	Jans	Peter	LG Ostfriesland		1940	1989	00:40:13		00:44:37				01:24:50		49	M40		2
	Reisewitz	Karl-Heinz	LG Ostfriesland		1951	1989			00:40:21	00:46:17			01:26:38		38	M30		2
	Aden	Rainer	BW Borssum		1971	1989			00:42:13		00:44:47		01:27:00		18	MU20		2
	Müller	Werner	VFB Münkeboe			1989					00:47:22	00:46:22	01:33:44			M		2
	Peters	Carsten	BW Borssum		1961	1989				00:48:11	00:46:03		01:34:14		28	M20		2
	Eschen	Holger	Klosterchoo			1989					00:49:02	00:46:51	01:35:53			M		2
	Brahms	Georg	SV Stikkelkamp		1943	1989				00:55:05		00:43:14	01:38:19		46	M40		2
	Meyer	Rudolf	Mainz			1989			00:54:19			00:48:34	01:42:53			M		2
	Hesse	Helmut	LG Ostfriesland		1946	1989		00:48:22	00:54:52				01:43:14		43	M40		2
	Appel	Alfred	BW Borssum			1989					00:56:35	00:54:02	01:50:37			M		2
	Gerjets	Erhard	PSV Aurich-West		1958	1989					00:58:16	00:55:28	01:53:44		31	M30		2
	Janßen	Jörg	Leer			1989					00:58:14	00:57:00	01:55:14			M		2
	Hartmann	Herbert	SC Dunum		1936	1989				01:02:43		00:55:30	01:58:13		53	M50		2
	Westermann	Herta	TuS Großheide			1989	01:03:31		01:10:42				02:14:13			W		2
	Gieseler	Hartmut	TV Norden			1989	01:04:01		01:11:37				02:15:38			M		2
	Voss	Käthe	Emden		1954	1989					01:15:04	01:05:28	02:20:32		35	W30		2
	Jaspers	Christel	BW Borssum		1947	1989				01:22:54		01:14:14	02:37:08		42	W40		2

8. Ostfrieslandlauf 1989

23.05. bis 09.06.1989

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	11,40km	12,75km	11,80km	11,70km						
	Rudolph	Markus	GW Kassel	1961	1989	00:35:42						00:35:42		28	M20		1
	Friedrichs	Ulrich	Aurich	1953	1989		00:36:44					00:36:44		36	M30		1
	Kuhr	Wolfgang	PSV Aurich-West	1967	1989	00:37:14						00:37:14		22	M20		1
	Trebesch	Wolfgang	MTV Aurich	1957	1989	00:37:21						00:37:21		32	M30		1
	Rynas	Heinrich	Germania Leer	1955	1989		00:37:51					00:37:51		34	M30		1
	Albers	Franz	Germania Leer	1938	1989	00:39:03						00:39:03		51	M50		1
	Aschenbrenner	Erich	TV Meppen	1942	1989		00:40:38					00:40:38		47	M40		1
	Walljes	Wolfgang	TV Meppen		1989		00:40:38					00:40:38			M		1
	Bontjer	Hilde	SV Holtland	1963	1989	00:40:42						00:40:42		26	W20		1
	Oldigs	Beene	Conc. Ihrhove	1961	1989	00:40:51						00:40:51		28	M20		1
	Blank	Eckhard	Hesel	1959	1989		00:40:56					00:40:56		30	M30		1
	Bronsema	Albert	Borssum	1956	1989		00:41:01					00:41:01		33	M30		1
	Watzema	Antke	Conc. Ihrhove	1968	1989	00:41:50						00:41:50		21	W20		1
	Donnerstag	Werner	Heidmühler FC	1946	1989						00:41:59	00:41:59		43	M40		1
	Rathert	Johann	BW Borssum	1946	1989			00:42:48				00:42:48		43	M40		1
	Dörn	Menno	MTV Wittmund		1989					00:43:19		00:43:19			M		1
	Frers	Thomas	LG Uplengen	1969	1989					00:44:08		00:44:08		20	M20		1
	Krieger	Richard	VFL Jheringsfehn	1946	1989			00:46:09				00:46:09		43	M40		1
	de Boer	Joachim	BW Borssum		1989					00:46:29		00:46:29			M		1
	Ewald	Wolfgang	Germania Leer	1929	1989	00:46:36						00:46:36		60	M60		1
	Boekhoff	Martin	Rorichmoor	1962	1989		00:46:53					00:46:53		27	M20		1
	Kühne	Hans	Rottweil		1989		00:46:54					00:46:54			M		1
	Boden	Heiner	SC Dunum		1989						00:47:14	00:47:14			M		1
	Haren	Andreas	LG Ostfriesland	1949	1989					00:47:58		00:47:58		40	M40		1
	De Witte	Bennie	Aquillo Winschot		1989						00:48:22	00:48:22			M		1
	Heeren	Reinhard	VFL Jheringsfehn	1948	1989			00:48:41				00:48:41		41	M40		1
	Ehmen	Martin	Moormerland		1989			00:48:43				00:48:43			M		1
	Reents	Jelto	Willmsfeld		1989		00:49:41					00:49:41			M		1
	Ostermeyer	Werner	Germania Leer	1940	1989			00:50:03				00:50:03		49	M40		1
	Welzel	Wolfgang	Moormerland	1962	1989			00:50:07				00:50:07		27	M20		1
	Tjarks	Theo	Walle	1956	1989					00:51:07		00:51:07		33	M30		1
	Steinke	Ralf	SV Warsingsfehn	1967	1989					00:51:18		00:51:18		22	M20		1
	Templin	Thorsten	BW Borssum		1989				00:51:22			00:51:22			M		1
	Lüken	Sigrit	TuS Holtriem	1969	1989	00:52:24						00:52:24		20	W20		1
	Kerkhoff	Helmut	Emden	1948	1989					00:53:36		00:53:36		41	M40		1
	Lay	Jan	VFL Jheringsfehn	1954	1989				00:53:56			00:53:56		35	M30		1
	Janssen	Ralf	SV Großefehn	1977	1989			00:54:24				00:54:24		12	MU20		1
	Janssen	Jürgen	Bensersiel		1989						00:55:35	00:55:35			M		1
	Hetche	Karl-Heinz	TuS Weener	1949	1989					00:55:41		00:55:41		40	M40		1
	Janssen	Bärbel	TV Norden	1938	1989						00:55:41	00:55:41		51	W50		1
	Bootsmann	Heinz	VFL Jheringsfehn	1944	1989				00:57:02			00:57:02		45	M40		1
	Martens	Hermann	VFL Jheringsfehn	1924	1989			00:57:03				00:57:03		65	M60		1
	Kassar	Hans	Aurich	1965	1989				00:58:15			00:58:15		24	M20		1
	Kok	Helga	SV Holtland	1948	1989	00:58:53						00:58:53		41	W40		1
	Odens	Inge	TV Norden	1941	1989					01:00:51		01:00:51		48	W40		1
	Müller	Marianne	SV Stikelkamp		1989		01:00:59					01:00:59			W		1
	Brockt	Maria	Germania Leer		1989	01:09:11						01:09:11			W		1
	Maichel	Brigitte	SV Holtland	1950	1989				01:11:13			01:11:13		39	W30		1
	Kohls	Gerriet	Polizei Leer	1959	1989					01:11:22		01:11:22		30	M30		1
	Ihmels	Hans-Jürgen	TV Norden	1918	1989				01:14:53			01:14:53		71	M70		1
	Mennenga	Fokke	Barenburg	1953	1989					01:15:04		01:15:04		36	M30		1
	Ohlrich	Helga	VFL Jheringsfehn	1947	1989			01:15:21				01:15:21		42	M40		1
	Krämer	Gisela	VFL Jheringsfehn		1989			01:15:44				01:15:44			W		1
	Runge	Lenchen	VFL Jheringsfehn	1947	1989			01:15:45				01:15:45		42	W40		1