

9. Ostfrieslandlauf 1990

22.05. bis 08.06.1990

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
						10,40km	9,40km	11,10km	12,75km	11,80km	11,70km						
1	Hinrichs	Gerhard	SC Dunum	1957	1990	00:34:14	00:31:14	00:37:52	00:43:58	00:40:32	00:38:55	03:46:45	00:33:46	33	M30	1	6
2	Steinke	Peter	SV Warsingsfehn	1970	1990	00:34:38	00:31:13	00:37:49	00:43:46	00:41:00	00:39:13	03:47:39	00:33:54	20	M20	1	6
3	Groen	Frank	VFL Jheringsfehn	1962	1990	00:34:31	00:31:16	00:38:51	00:44:33	00:41:16	00:39:38	03:50:05	00:34:16	28	M20	2	6
4	Heidriggott	Enno	Conc. Ihrhove	1971	1990	00:34:01	00:31:19	00:38:51	00:44:59	00:41:40	00:39:38	03:50:28	00:34:19	19	MU20	1	6
5	Ludwig	Reinhard	LG Ostfriesland	1959	1990	00:34:51	00:31:52	00:39:20	00:45:06	00:41:42	00:40:13	03:53:04	00:34:43	31	M30	2	6
6	Koenigs	Lars			1990	00:35:50	00:32:34	00:40:23	00:46:34	00:42:38	00:40:14	03:58:13	00:35:29		MU20	2	6
7	Braams	Wilhelm	SC Dunum	1956	1990	00:36:24	00:33:17	00:40:38	00:46:53	00:43:29	00:42:09	04:02:50	00:36:10	34	M30	3	6
8	Ludwig	Helmut	LG Ostfriesland	1958	1990	00:36:32	00:33:23	00:40:34	00:47:29	00:43:31	00:42:05	04:03:34	00:36:16	32	M30	4	6
9	Fisser	Manfred	Emder LG	1950	1990	00:36:36	00:33:40	00:40:50	00:47:08	00:43:32	00:41:58	04:03:44	00:36:18	40	M40	1	6
10	Woltermann	Peter	Germania Leer	1947	1990	00:36:34	00:33:36	00:41:05	00:46:58	00:43:46	00:41:57	04:03:56	00:36:20	43	M40	2	6
11	Lampen	Alfred	Bären Oldenburg	1954	1990	00:36:20	00:33:58	00:41:37	00:48:29	00:44:07	00:42:21	04:06:52	00:36:46	36	M30	5	6
12	Peters	Carsten	BW Borssum	1961	1990	00:37:56	00:35:03	00:42:00	00:48:35	00:45:25	00:42:16	04:11:15	00:37:25	29	M20	3	6
13	Siemens	Karl	MTV Wittmund	1951	1990	00:38:02	00:35:05	00:42:42	00:49:45	00:45:45	00:43:51	04:15:10	00:38:00	39	M30	6	6
14	König	Hero	SC Dunum	1948	1990	00:38:30	00:35:29	00:42:39	00:49:39	00:45:27	00:43:40	04:15:24	00:38:02	42	M40	3	6
15	Brahms	Georg	SV Stikelkamp	1943	1990	00:38:35	00:34:49	00:43:02	00:49:37	00:46:12	00:43:40	04:15:55	00:38:07	47	M40	4	6
16	Fischer	Helmut	Conc. Ihrhove	1971	1990	00:38:26	00:35:17	00:42:15	00:50:51	00:45:53	00:45:07	04:17:49	00:38:24	19	MU20	3	6
17	Heibült	Christian	SV Holtland	1940	1990	00:39:23	00:36:23	00:43:15	00:49:43	00:45:26	00:44:16	04:18:26	00:38:29	50	M50	1	6
18	Ufen	Jürgen	TV Norden	1946	1990	00:39:09	00:36:00	00:43:15	00:50:39	00:46:21	00:44:02	04:19:26	00:38:38	44	M40	5	6
19	Berendt	Ulrich	LG Ostfriesland	1951	1990	00:38:32	00:35:23	00:43:31	00:51:04	00:47:36	00:44:33	04:20:39	00:38:49	39	M30	7	6
20	Romanowski	Arnold	LG Ostfriesland	1946	1990	00:39:03	00:35:53	00:43:23	00:51:09	00:46:57	00:44:24	04:20:49	00:38:50	44	M40	6	6
21	Fröhling	Erwin	SV Holtland	1948	1990	00:39:33	00:36:07	00:44:29	00:50:35	00:46:19	00:44:21	04:21:24	00:38:56	42	M40	7	6
22	Greulich	Thomas	PSV Aurich-West	1960	1990	00:40:20	00:36:27	00:43:13	00:50:52	00:46:34	00:44:55	04:22:21	00:39:04	30	M30	8	6
23	Schaefer	Heiner		1951	1990	00:39:58	00:36:12	00:43:42	00:51:30	00:46:32	00:44:29	04:22:23	00:39:04	39	M30	9	6
24	de Boer	Joachim	BW Borssum		1990	00:40:16	00:36:25	00:44:18	00:50:47	00:46:36	00:44:29	04:22:51	00:39:09		M		6
25	Hinrichs	Enno	TuS Aurich-Ost	1961	1990	00:39:41	00:36:13	00:44:06	00:51:19	00:47:27	00:44:40	04:23:26	00:39:14	29	M20	4	6
26	Sappl	Günther	Germania Leer	1945	1990	00:39:24	00:36:27	00:44:47	00:51:41	00:46:48	00:45:08	04:24:15	00:39:21	45	M40	8	6
27	Plavenicks	Manfred	TuS Norderney	1950	1990	00:40:02	00:37:01	00:44:14	00:50:59	00:48:31	00:44:57	04:25:44	00:39:34	40	M40	9	6
28	Koester	Rolf			1990	00:40:15	00:36:13	00:44:46	00:51:26	00:47:46	00:45:34	04:26:00	00:39:37		M		6
29	Oldigs	Beene	Conc. Ihrhove	1961	1990	00:39:50	00:36:40	00:44:12	00:52:23	00:48:29	00:45:20	04:26:54	00:39:45	29	M20	5	6
30	Heidriggott	Ralf	Conc. Ihrhove	1973	1990	00:40:44	00:36:47	00:45:27	00:52:27	00:48:51	00:45:38	04:29:54	00:40:12	17	MU20	4	6
31	Ufen	Hinrich	TV Norden	1946	1990	00:40:40	00:37:22	00:45:27	00:52:35	00:48:42	00:46:15	04:31:01	00:40:22	44	M40	10	6
32	Eiben	Eibo	SC Dunum	1942	1990	00:41:19	00:37:41	00:45:45	00:52:54	00:47:49	00:46:26	04:31:54	00:40:29	48	M40	11	6
33	Voss	Hermann	Emder LG	1953	1990	00:41:42	00:37:49	00:45:19	00:52:55	00:48:27	00:46:50	04:33:02	00:40:40	37	M30	10	6
34	Lauterjung	Marc	TuS Hinte	1973	1990	00:41:27	00:37:02	00:46:06	00:55:05	00:48:59	00:45:34	04:34:13	00:40:50	17	MU20	5	6
35	Boden	Rudolf	SV Stikelkamp	1949	1990	00:41:56	00:38:18	00:45:54	00:52:45	00:49:24	00:46:43	04:35:00	00:40:57	41	M40	12	6
36	Ringel	Christian	LT Schaff. Wald	1966	1990	00:41:17	00:39:20	00:45:23	00:53:45	00:48:45	00:46:53	04:35:23	00:41:01	24	M20	6	6
37	Dunz	Manfred			1990	00:41:04	00:37:52	00:46:20	00:53:59	00:49:43	00:47:00	04:35:58	00:41:06		M		6
38	Kock	Jans	SV Holtland	1931	1990	00:41:25	00:37:31	00:45:32	00:53:37	00:49:41	00:48:20	04:36:06	00:41:07	59	M50	2	6
39	Stromann	Irmgard	TV Norden	1962	1990	00:41:27	00:38:05	00:46:42	00:53:39	00:49:00	00:47:17	04:36:10	00:41:08	28	W20	1	6
40	Doernath	Hermann	Moordorf	1939	1990	00:41:53	00:38:19	00:46:33	00:54:09	00:49:26	00:46:44	04:37:04	00:41:16	51	M50	3	6
41	Voss	Klaus			1990	00:41:51	00:38:08	00:46:42	00:53:55	00:49:29	00:47:13	04:37:18	00:41:18		M		6
42	Gieseler	Dieter	TuS Aurich-Ost	1965	1990	00:42:48	00:37:17	00:47:37	00:54:05	00:49:27	00:46:26	04:37:40	00:41:21	25	M20	7	6
43	Tongers	Joern	Süd-Arle		1990	00:40:36	00:37:15	00:48:19	00:54:26	00:50:29	00:47:37	04:38:42	00:41:30		MU20	6	6
44	Oltmanns	Melle	SV Stikelkamp	1950	1990	00:41:47	00:39:29	00:46:58	00:53:46	00:49:42	00:47:32	04:39:14	00:41:35	40	M40	13	6
45	Müller	Thorsten	SC Dunum	1969	1990	00:41:51	00:37:51	00:47:13	00:54:35	00:50:56	00:46:59	04:39:25	00:41:37	21	M20	8	6
46	Holling	Manfred	PA Aurich	1953	1990	00:42:17	00:38:23	00:46:31	00:53:59	00:51:21	00:47:07	04:39:38	00:41:39	37	M30	11	6
47	Otten	Ewald			1990	00:41:54	00:38:41	00:46:54	00:54:08	00:50:50	00:47:16	04:39:43	00:41:39		M		6
48	Vehenkamp	Werner	TV Friedeburg	1958	1990	00:43:11	00:38:59	00:47:07	00:53:33	00:50:06	00:46:57	04:39:53	00:41:41	32	M30	12	6
49	Aden	Jacobus	VFL Jheringsfehn	1963	1990	00:41:49	00:38:56	00:46:49	00:54:07	00:50:50	00:47:27	04:39:58	00:41:42	27	M20	9	6
50	Odens	Ode	TV Norden	1935	1990	00:42:05	00:39:12	00:47:18	00:53:54	00:49:34	00:48:08	04:40:11	00:41:43	55	M50	4	6
51	Imhoff	Matthias	PSV Aurich-West	1959	1990	00:41:32	00:38:11	00:46:16	00:56:58	00:50:18	00:47:14	04:40:29	00:41:46	31	M30	13	6
52	Scheepker	Alfred	TV Norden	1954	1990	00:42:30	00:38:26	00:46:42	00:54:29	00:50:31	00:48:22	04:41:00	00:41:51	36	M30	14	6
53	Janssen	Alfred	Emder LG	1951	1990	00:43:17	00:39:38	00:47:02	00:53:27	00:50:42	00:47:30	04:41:36	00:41:56	39	M30	15	6
54	Park	Harm	TuS Weene	1953	1990	00:41:56	00:38:39	00:47:25	00:55:20	00:50:08	00:48:44	04:42:12	00:42:02	37	M30	16	6
55	Ruhnke	Olaf	SV Holtland	1975	1990	00:41:01	00:38:28	00:46:46	00:54:02	00:54:47	00:47:37	04:42:41	00:42:06	15	MU20	7	6
56	Steinke	Hilde	Conc. Neermoor	1945	1990	00:43:00	00:38:35	00:47:23	00:53:58	00:50:57	00:48:56	04:42:49	00:42:07	45	W40	1	6
57	Bootsmann	Heinz	VFL Jheringsfehn	1944	1990	00:42:48	00:38:32	00:46:55	00:55:19	00:50:44	00:48:35	04:42:53	00:42:08	46	M40	14	6
58	Brückmann	Heinz-Dieter			1990	00:41:33	00:39:54	00:48:22	00:55:38	00:51:03	00:47:47	04:44:17	00:42:20		M		6
59	Reemts	Gerda	Conc.Ihrhove	1949	1990	00:43:15	00:38:40	00:48:22	00:54:01	00:51:34	00:49:00	04:44:52	00:42:25	41	W40	2	6
60	Zimmermann	Klaus	Germania Leer	1965	1990	00:43:30	00:39:40	00:47:34	00:54:10	00:50:50	00:49:59	04:45:43	00:42:33	25	M20	10	6
61	Waschkau	Jan	TuS Weene	1977	1990	00:42:57	00:39:01	00:47:14	00:55:51	00:53:14	00:48:06	04:46:23	00:42:39	13	MU20	8	6
62	Lünemann	Wilfried			1990	00:43:17	00:38:42	00:48:19	00:56:03	00:51:21	00:48:52	04:46:34	00:42:41		M		6
63	Linse	Wilfried	Rhauderfehn	1955	1990	00:43:08	00:39:22	00:48:20	00:56:03	00:51:41	00:48:52	04:47:26	00:42:48	35	M30	17	6
64	Löschen	Holger	Sandhorst	1973	1990	00:45:02	00:39:32	00:47:46	00:56:06	00:51:37	00:48:22	04:48:25	00:42:57	17	MU20	9	6
65	Heeren	Reinhard	VFL Jheringsfehn	1948	1990	00:43:06	00:39:17	00:48:21	00:57:02	00:51:40	00:49:13	04:48:39	00:42:59	42	M40	15	6
66	Soeken	Johann	SV Holtland	1953	1990	00:44:01	00:39:25	00:49:06	00:55:55	00:51:12	00:49:42	04:49:21	00:43:05	37	M30	18	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
						10,40km	9,40km	11,10km	12,75km	11,80km	11,70km						
67	Seufer	Wolfgang	TuS Holtriem	1941	1990	00:43:04	00:39:36	00:49:04	00:55:57	00:51:54	00:49:52	04:49:27	00:43:06	49	M40	16	6
68	Glaubitz	Herbert	TV Marienhaf	1952	1990	00:44:32	00:40:35	00:48:29	00:56:11	00:51:36	00:48:50	04:50:13	00:43:13	38	M30	19	6
69	Ley	Helmut	TSG Westerstede	1948	1990	00:43:36	00:40:42	00:48:25	00:56:22	00:51:44	00:49:25	04:50:14	00:43:13	42	M40	17	6
70	Hillbrands	Johann	TuS Collinghorst	1954	1990	00:42:15	00:38:54	00:49:31	00:57:10	00:52:52	00:50:07	04:50:49	00:43:19	36	M30	20	6
71	Palma	Erhard			1990	00:44:43	00:39:47	00:49:15	00:57:07	00:51:33	00:49:04	04:51:29	00:43:24		M		6
72	Scholz	Hartmut			1990	00:43:55	00:40:33	00:48:22	00:57:20	00:52:26	00:49:13	04:51:49	00:43:27		M		6
73	Tjardes	Karl	Wittmund	1944	1990	00:43:28	00:40:26	00:49:22	00:56:26	00:53:13	00:50:24	04:53:19	00:43:41	46	M40	18	6
74	Lohmeyer	Everwien	SV Holtland	1958	1990	00:45:09	00:40:45	00:49:40	00:57:40	00:51:45	00:50:25	04:55:24	00:43:59	32	M30	21	6
75	Mühlhausen	Jürgen			1990	00:44:49	00:40:41	00:49:34	00:56:56	00:52:49	00:50:42	04:55:31	00:44:01		M		6
76	Maier	Ralf			1990	00:44:51	00:40:02	00:49:54	01:01:53	00:51:10	00:48:06	04:55:56	00:44:04		M		6
77	Buss	Manfred		1973	1990	00:44:49	00:40:38	00:49:51	00:57:07	00:53:06	00:50:51	04:56:22	00:44:08	17	MU20	10	6
78	Hillbrands	Hans-Ludwig	TuS Collinghorst		1990	00:45:00	00:40:23	00:50:10	00:58:09	00:52:54	00:50:22	04:56:58	00:44:13		M		6
79	Niebel	Werner	TV Norden	1941	1990	00:46:18	00:39:57	00:49:18	00:58:46	00:52:32	00:50:26	04:57:17	00:44:16	49	M40	19	6
80	Janssen	Eilert	TV Marienhaf	1945	1990	00:45:01	00:40:35	00:49:26	00:57:24	00:53:25	00:51:36	04:57:27	00:44:18	45	M40	20	6
81	Schewiola	Stefan	TuS Aurich-Ost	1966	1990	00:43:34	00:40:14	00:48:36	00:58:43	00:54:30	00:52:20	04:57:57	00:44:22	24	M20	11	6
82	Behrends	Enno	LG Uplengen	1953	1990	00:44:52	00:40:18	00:49:55	00:57:45	00:54:12	00:51:10	04:58:12	00:44:24	37	M30	22	6
83	Siefken	Johann	TuS Aurich-Ost	1944	1990	00:44:46	00:40:51	00:49:59	00:58:27	00:53:42	00:50:28	04:58:13	00:44:25	46	M40	21	6
84	Abt	Paul	TV Oldersum	1955	1990	00:45:39	00:41:03	00:50:07	00:58:14	00:53:28	00:49:48	04:58:19	00:44:26	35	M30	23	6
85	Czaja	Hans-Jürgen			1990	00:44:29	00:41:03	00:51:12	00:57:59	00:53:21	00:50:18	04:58:22	00:44:26		M		6
86	Harms	Johann	TV Norden	1942	1990	00:45:46	00:41:15	00:49:58	00:57:12	00:53:11	00:51:30	04:58:52	00:44:30	48	M40	22	6
87	Tirrel	Dieter	VFL Jheringsfehn	1954	1990	00:45:30	00:40:28	00:50:23	00:58:25	00:53:07	00:51:43	04:59:36	00:44:37	36	M30	24	6
88	Behrends	Emil	BAB Leer	1941	1990	00:45:08	00:41:40	00:50:08	00:58:10	00:54:10	00:52:18	05:01:34	00:44:55	49	M40	23	6
89	Lehmann	Ewald	TuS Aurich-Ost	1954	1990	00:45:58	00:41:03	00:50:04	00:59:35	00:54:20	00:50:51	05:01:51	00:44:57	36	M30	25	6
90	Finke	Karin	TuS Weener	1952	1990	00:46:04	00:41:15	00:50:09	00:58:28	00:54:14	00:51:47	05:01:57	00:44:58	38	W30	1	6
91	Züll	Matthias	VFL Jheringsfehn	1973	1990	00:43:49	00:39:52	00:50:27	00:55:56	00:53:36	00:58:31	05:02:11	00:45:00	17	MU20	11	6
92	Duden	Wilhelm	MTV Wittmund	1940	1990	00:45:04	00:41:06	00:50:49	00:59:13	00:54:17	00:51:57	05:02:26	00:45:02	50	M50	5	6
93	Janetzky	Hartmut	Wilhelmshaven	1959	1990	00:45:45	00:42:00	00:50:20	00:58:43	00:54:13	00:52:14	05:03:15	00:45:10	31	M30	26	6
94	Chilla	Uwe	PA Leer	1947	1990	00:44:52	00:40:49	00:50:44	00:59:37	00:53:56	00:53:56	05:03:54	00:45:15	43	M40	24	6
95	Wilken	Wilfried	SV Holtland	1950	1990	00:45:47	00:41:41	00:50:45	00:58:58	00:54:40	00:52:17	05:04:08	00:45:17	40	M40	25	6
96	Wessels	Herwig			1990	00:45:36	00:41:30	00:50:21	01:01:18	00:54:32	00:51:12	05:04:29	00:45:21		M		6
97	Hellwig	Michael	Aurich	1954	1990	00:46:43	00:42:06	00:51:17	00:59:33	00:54:15	00:51:51	05:05:45	00:45:32	36	M30	27	6
98	Krieger	Giesela	LT Jheringsfehn	1949	1990	00:46:48	00:42:54	00:50:25	00:58:56	00:54:28	00:52:29	05:06:00	00:45:34	41	W40	3	6
99	Groenewold	Anita	TuS Weener	1933	1990	00:45:41	00:41:38	00:51:20	01:00:52	00:54:18	00:52:43	05:06:32	00:45:39	57	W50	1	6
100	Tjarks	Johann	Walle		1990	00:45:40	00:41:23	00:51:27	01:01:22	00:55:03	00:52:38	05:07:33	00:45:48		M		6
101	Willerts	Elfriede	LG Wilhelmshaven	1936	1990	00:46:11	00:42:36	00:51:46	00:58:57	00:56:06	00:52:21	05:07:57	00:45:52	54	W50		6
102	Binder	Hans	Rasteder LT		1990	00:47:44	00:44:01	00:50:50	00:59:43	00:55:06	00:52:02	05:09:26	00:46:05		M		6
103	Saathoff	Arnold			1990	00:46:36	00:42:25	00:52:06	01:00:36	00:55:33	00:53:00	05:10:16	00:46:12		M		6
104	Heyen	Jann	TV Norden	1941	1990	00:46:06	00:42:24	00:52:02	01:00:42	00:56:04	00:53:20	05:10:38	00:46:16	49	M40	26	6
105	Willems	Heye	Fortuna Logabirum	1953	1990	00:45:06	00:43:14	00:53:41	01:01:15	00:55:39	00:52:13	05:11:08	00:46:20	37	M30	28	6
106	Sinning	Franz			1990	00:46:23	00:42:16	00:52:01	01:00:11	00:57:38	00:53:05	05:11:34	00:46:24		M		6
107	Romaneeßen	Gerhard	LG Ostfriesland	1963	1990	00:46:37	00:41:57	00:52:49	01:03:11	00:56:02	00:51:06	05:11:42	00:46:25	27	M20	12	6
108	Janssen	Frank	TuS Pewsum	1966	1990	00:48:34	00:42:27	00:52:31	01:01:48	00:54:07	00:52:16	05:11:43	00:46:25	24	M20	13	6
109	Lücks	Hilrich			1990	00:46:35	00:43:36	00:52:58	01:00:18	00:55:56	00:52:27	05:11:50	00:46:26		M		6
110	Buss	Hermann	TuS Aurich-Ost	1948	1990	00:45:21	00:40:38	00:54:43	01:03:04	00:53:24	00:54:50	05:12:00	00:46:28	42	M40	27	6
111	Ihlow	Werner	TV Norden	1945	1990	00:47:02	00:42:46	00:52:09	01:00:53	00:56:24	00:53:20	05:12:34	00:46:33	45	M40	28	6
112	Waschkau	Klaus-Peter	TuS Weene	1946	1990	00:46:31	00:43:01	00:52:34	01:02:35	00:55:33	00:52:23	05:12:37	00:46:33	44	M40	29	6
113	Müller	Enno	OZ Team Leer	1950	1990	00:48:03	00:42:28	00:51:41	01:00:39	00:56:12	00:53:44	05:12:47	00:46:35	40	M40	30	6
114	Wehmhörner	Rewert	KPI Aurich	1947	1990	00:47:16	00:42:46	00:52:19	01:02:30	00:56:00	00:52:05	05:12:56	00:46:36	43	M40	31	6
115	Hinrichs	Gunda	SC Dunum	1962	1990	00:48:20	00:43:36	00:52:10	01:01:15	00:55:12	00:53:09	05:13:42	00:46:43	28	W20	2	6
116	Fechter	Herbert	Moordorf	1943	1990	00:48:22	00:43:46	00:53:29	01:00:56	00:55:21	00:51:55	05:13:49	00:46:44	47	M40	32	6
117	Schoon	Gunda	Aurich	1963	1990	00:48:32	00:43:40	00:53:22	01:00:47	00:55:07	00:52:48	05:14:16	00:46:48	27	W20	3	6
118	Ahting	Herbert	FTC Hollen	1932	1990	00:48:13	00:43:21	00:52:58	01:00:57	00:56:07	00:52:59	05:14:35	00:46:51	58	M50	6	6
119	Buss	Imme	SV Holtland	1948	1990	00:48:03	00:43:15	00:52:13	01:01:23	00:55:39	00:54:02	05:14:35	00:46:51	42	W40	4	6
120	Weber	Thomas	TuS Aurich-Ost	1969	1990	00:48:42	00:44:12	00:53:42	01:02:06	00:55:21	00:50:46	05:14:49	00:46:53	21	M20	15	6
121	Schröder Dr.	Heiner		1958	1990	00:48:45	00:43:37	00:54:08	01:00:43	00:55:39	00:52:32	05:15:24	00:46:58	32	M30	29	6
122	Frerichs	Thomas	Fehntjer LT	1966	1990	00:46:48	00:43:31	00:52:00	01:00:48	00:58:40	00:54:17	05:16:04	00:47:04	24	M20	16	6
123	Boekhoff	Martin	LT Jheringsfehn	1962	1990	00:48:40	00:43:50	00:53:33	01:02:04	00:56:38	00:53:52	05:18:37	00:47:27	28	M20	17	6
124	Gross	Karl-Heinz	SV Holtland		1990	00:48:30	00:42:45	00:53:54	01:02:46	00:56:44	00:54:08	05:18:47	00:47:28		W		6
125	Busker	Traute	TuS Aurich-Ost	1953	1990	00:48:26	00:43:40	00:54:07	01:02:40	00:57:06	00:53:21	05:19:20	00:47:33	37	W30	2	6
126	Janssen	Johannes	Burhufe	1935	1990	00:48:23	00:43:56	00:53:19	01:01:57	00:56:57	00:54:50	05:19:22	00:47:34	55	M50	7	6
127	Schaar	Karl-Heinz			1990	00:47:21	00:43:16	00:53:00	01:02:49	00:58:21	00:54:45	05:19:32	00:47:35		M		6
128	Leerhoff	Christoff			1990	00:48:04	00:42:54	00:52:21	01:04:26	00:56:59	00:54:54	05:19:38	00:47:36		M		6
129	Meiners	Thanja	SC Dunum		1990	00:52:02	00:43:33	00:53:36	01:03:38	00:55:33	00:52:28	05:20:50	00:47:47		W		6
130	Gerjets	Erhard	PSV Aurich-West	1958	1990	00:49:16	00:44:16	00:54:12	01:02:53	00:55:51	00:54:51	05:21:19	00:47:51	32	M30	30	6
131	Reis	Michael			1990	00:49:42	00:43:52	00:52:54	01:03:36	00:58:01	00:53:51	05:21:56	00:47:57		M		6
132	Woltermann	Hannelore	TuS Weener	1955	1990	00:47:07	00:43:57	00:53:44	01:02:42	00:59:33	00:56:00	05:23:03	00:48:07	35	W30	3	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
						10,40km	9,40km	11,10km	12,75km	11,80km	11,70km						
133	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	1990	00:48:58	00:44:31	00:55:57	01:03:22	00:57:44	00:54:07	05:24:39	00:48:21	43	M40	33	6
134	Bolhuis	Wilhelm	Leezdorf	1943	1990	00:49:00	00:44:50	00:54:17	01:04:01	00:57:56	00:55:37	05:25:41	00:48:30	47	M40	34	6
135	Kuhr	Jürgen	PSV Aurich-West	1942	1990	00:48:58	00:44:42	00:54:40	01:03:01	00:58:52	00:56:20	05:26:33	00:48:38	48	M40	35	6
136	Evers	Gerhard	TV Marienhafe	1952	1990	00:50:05	00:45:09	00:56:05	01:02:24	00:58:26	00:58:08	05:30:17	00:49:11	38	M30	31	6
137	Saathoff	Jürgen	LT Jheringsfehn	1931	1990	00:49:16	00:45:57	00:55:47	01:04:34	00:58:17	00:56:31	05:30:22	00:49:12	59	M50	8	6
138	Broek	Manfred	Conc. Irlhove	1949	1990	00:52:23	00:45:05	00:55:34	01:03:49	00:58:18	00:55:39	05:30:48	00:49:16	41	M40	36	6
139	Nothdurft	Wolfgang	LT Wilhelmshaven	1950	1990	00:49:21	00:45:59	00:56:21	01:04:13	00:59:27	00:56:05	05:31:26	00:49:21	40	M40	37	6
140	Frost	Heinz	LT Schaffh. Wald	1953	1990	00:50:37	00:45:15	00:56:00	01:04:33	00:59:12	00:56:04	05:31:41	00:49:24	37	M30	32	6
141	Erben	Berndt	TuS Westerstede	1945	1990	00:49:50	00:45:25	00:55:19	01:04:37	00:59:10	00:57:21	05:31:42	00:49:24	45	M40	38	6
142	Sauer	Gerhard	MTV Aurich	1934	1990	00:49:40	00:45:17	00:54:36	01:05:01	00:59:35	00:57:35	05:31:44	00:49:24	56	M50	9	6
143	Wilken	Elke	SV Holtland	1950	1990	00:49:37	00:45:49	00:55:42	01:04:03	00:59:52	00:56:53	05:31:56	00:49:26	40	W40	5	6
144	Kok	Helga	SV Holtland	1948	1990	00:49:38	00:45:49	00:55:42	01:04:03	00:59:52	00:56:53	05:31:57	00:49:26	42	W40	6	6
145	Sassen	Günther	Germania Leer	1945	1990	00:49:40	00:45:31	00:56:20	01:04:46	00:59:21	00:57:37	05:33:15	00:49:38	45	M40	39	6
146	Badtke	Irene	TuS Sande	1950	1990	00:48:54	00:44:42	00:54:15	01:04:34	00:59:38	01:01:27	05:33:30	00:49:40	40	W40	7	6
147	de Vries	Erich	TuRa Marienhafe	1946	1990	00:49:50	00:45:09	00:56:04	01:05:45	01:01:02	00:58:08	05:35:58	00:50:02	44	M40	40	6
148	Schaa	Harald	OZ Team	1968	1990	00:49:21	00:44:09	00:58:05	01:05:27	01:02:10	00:56:57	05:36:09	00:50:04	22	M20	18	6
149	Elias	Johann	Teut. Stapelmoor	1951	1990	00:49:06	00:45:20	00:56:36	01:07:48	01:01:50	00:57:10	05:37:50	00:50:19	39	M30	33	6
150	Matzk	Karin	MTV Aurich	1951	1990	00:51:12	00:46:05	00:56:53	01:06:25	01:00:29	00:57:06	05:38:10	00:50:22	39	W30	4	6
151	Benthien	Matthias	TuS Aurich-Ost	1973	1990	00:51:07	00:43:40	00:59:43	01:05:58	01:00:23	00:57:38	05:38:29	00:50:24	17	MU20	12	6
152	Hauser	Manfred			1990	00:54:02	00:45:51	00:58:44	01:04:03	00:59:53	00:56:55	05:39:28	00:50:33		M		6
153	Janssen	Helga	Aurich	1950	1990	00:51:23	00:46:34	00:57:27	01:06:14	01:00:51	00:57:14	05:39:43	00:50:35	40	W40	8	6
154	Schwiering	Manfred			1990	00:52:52	00:45:14	00:56:50	01:06:21	01:01:54	00:57:02	05:40:13	00:50:40		M		6
155	Evers	Hinrikus	LT Schaff. Wald	1949	1990	00:51:33	00:46:28	00:57:51	01:08:00	01:01:04	00:58:11	05:43:07	00:51:06	41	M40	41	6
156	Gieseler	Thomas	TuS Aurich-Ost	1969	1990	00:52:45	00:45:20	00:59:02	01:06:38	01:02:11	00:57:16	05:43:12	00:51:07	21	M20	19	6
157	Schmidt	Karl-Heinz	LT Aurich-Ost	1957	1990	00:52:03	00:47:24	00:57:21	01:06:01	01:02:11	00:58:16	05:43:16	00:51:07	33	M30	34	6
158	Knobel	Christa	LG Ostfriesland		1990	00:51:33	00:47:22	00:57:39	01:07:25	01:02:18	00:58:31	05:44:48	00:51:21		W		6
159	Bierbach	Agnes	SC Dunum		1990	00:53:15	00:48:40	00:58:17	01:07:53	00:59:40	00:58:08	05:45:53	00:51:31		W		6
160	Kalutza	Werner	MTV Aurich	1957	1990	00:52:38	00:48:06	00:57:44	01:07:05	01:02:28	00:58:15	05:46:16	00:51:34	33	M30	35	6
161	Meyer	Holger		1967	1990	00:52:31	00:47:10	00:58:07	01:09:03	01:01:54	00:58:02	05:46:47	00:51:39	23	M20	20	6
162	Klünder	Manfred	Polizei Aurich	1938	1990	00:54:07	00:47:33	00:58:17	01:08:08	01:01:26	00:58:54	05:48:25	00:51:53	52	M50	10	6
163	Buss	Gertrud	LT Aurich-Ost	1952	1990	00:53:41	00:48:08	00:57:52	01:08:14	01:02:28	00:59:55	05:50:18	00:52:10	38	W30	5	6
164	Sassen	Ingrid	DLRG Bockhorn	1948	1990	00:51:41	00:47:36	01:00:10	01:09:46	01:02:57	00:58:51	05:51:01	00:52:16	42	W40	9	6
165	Weiss	Helga			1990	00:52:52	00:47:56	00:58:10	01:09:25	01:03:09	00:59:52	05:51:24	00:52:20		W		6
166	Braams	Herma	LT Schaffh. Wald	1961	1990	00:53:18	00:48:07	00:58:31	01:08:55	01:03:45	01:00:32	05:53:08	00:52:35	29	W20	4	6
167	Kohls	Gerriet	Polizei Leer	1959	1990	00:54:57	00:47:33	00:58:44	01:07:25	01:03:45	01:04:40	05:57:04	00:53:10	31	M30	36	6
168	Rücker	Nils	TV Norden		1990	00:49:29	00:44:19	00:58:37	01:18:22	01:10:04	00:57:36	05:58:27	00:53:23		MU20	13	6
169	Krebs	Wiebke	LG Ostfriesland	1952	1990	00:53:14	00:49:21	01:01:05	01:10:30	01:04:13	01:01:36	05:59:59	00:53:37	38	W30	6	6
170	Peters	Gundel		1957	1990	00:54:47	00:50:07	01:00:22	01:11:07	01:04:54	01:01:59	06:03:16	00:54:06	33	W30	7	6
171	Voss	Käthe	Emden	1954	1990	00:54:47	00:50:07	01:00:22	01:11:07	01:04:54	01:01:59	06:03:16	00:54:06	36	W30	8	6
172	Martens	Hermann	VFL Jheringsfehn	1924	1990	00:54:18	00:52:42	01:00:52	01:10:36	01:05:34	01:02:40	06:06:42	00:54:37	66	M60	1	6
173	Buldt	Horst			1990	00:56:51	00:52:11	01:01:47	01:11:52	01:04:21	01:00:11	06:07:13	00:54:41		M		6
174	Beckering	Helga	SV Holtland	1950	1990	00:55:54	00:50:21	01:00:59	01:12:24	01:06:23	01:02:56	06:08:57	00:54:57	40	W40	10	6
175	Seufer	Heike	TuS Holttriem	1951	1990	00:56:22	00:50:25	01:01:53	01:13:10	01:05:47	01:02:05	06:09:42	00:55:03	39	W30	9	6
176	Fecht	Gertrud	SV Holtland		1990	00:55:54	00:50:21	01:00:59	01:12:54	01:07:04	01:03:42	06:10:54	00:55:14		W		6
177	Fokken	Bernhard			1990	00:58:24	00:51:41	01:00:11	01:13:34	01:06:56	01:01:16	06:12:02	00:55:24		M		6
178	Ortel	Hans	SV Dornum	1943	1990	00:58:45	00:51:51	01:01:19	01:12:27	01:05:29	01:02:56	06:12:47	00:55:31	47	M40	42	6
179	Zogall	Hans-Werner	TUS Aurich-Ost	1950	1990	00:56:22	00:50:33	01:05:11	01:13:36	01:06:12	01:01:45	06:13:39	00:55:39	40	M40	43	6
180	Boldt	Manfred			1990	00:58:56	00:53:20	01:03:54	01:12:20	01:04:24	01:01:50	06:14:44	00:55:48		M		6
181	Dunker	Peter	LT Schaffh. Wald	1940	1990	00:57:32	00:51:25	01:03:57	01:14:52	01:06:56	01:03:16	06:17:58	00:56:17	50	M50	11	6
182	Schröder	Uta		1959	1990	01:00:06	00:53:52	01:04:42	01:13:43	01:06:57	01:02:49	06:22:09	00:56:55	31	W30	10	6
183	Witte	Bruni	Aurich	1944	1990	00:58:39	00:51:51	01:03:57	01:13:55	01:09:15	01:05:51	06:23:28	00:57:06	46	W40	11	6
184	Ihmels	Hans-Jürgen	TV Norden	1918	1990	00:58:51	00:54:08	01:05:16	01:17:21	01:10:04	01:06:33	06:32:13	00:58:25	72	M70	1	6
185	Korpilla	Johanna			1990	01:02:38	00:54:25	01:07:07	01:17:20	01:11:50	01:06:33	06:39:53	00:59:33		W		6
186	Hecht	Jutta	Germania Leer	1928	1990	01:01:47	00:54:12	01:06:38	01:18:14	01:10:51	01:08:43	06:40:25	00:59:38	62	W60	1	6
187	Friese	Bernd			1990	01:02:38	00:55:13	01:06:59	01:17:22	01:13:46	01:10:17	06:46:15	01:00:30		M		6
188	Pommer	Marga	RC Leer		1990	01:00:13	00:55:27	01:08:46	01:21:11	01:14:45	01:10:48	06:51:10	01:01:14		W		6
189	Peschel	Gottfried			1990	01:02:41	00:55:27	01:07:40	01:21:15	01:14:46	01:10:58	06:52:47	01:01:28		M		6
190	Müller	Hans			1990	01:01:49	00:58:38	01:08:56	01:21:31	01:13:43	01:10:50	06:55:27	01:01:52		M		6
191	Müller	Leni	LT AOK Düsseldorf	1934	1990	01:01:49	00:58:38	01:08:56	01:21:31	01:13:43	01:10:50	06:55:27	01:01:52	56	W50	2	6
192	Poepfel	Albert	SC Dunum	1947	1990	01:03:39	00:58:23	01:12:39	01:29:25	01:19:38	01:17:38	07:21:22	01:05:44	43	M40	44	6
193	Weber	Gudrun	TuS Weener		1990	01:08:11	00:58:36	01:11:16	01:29:24	01:18:59	01:17:37	07:24:03	01:06:08		W		6
194	Teyen	Tomma	TuS Weener	1955	1990	01:08:11	00:58:36	01:12:39	01:29:24	01:18:59	01:17:37	07:25:26	01:06:20	35	W30		6
	Bracht	Hendrik			1990	00:36:47	00:32:52	00:40:37	00:44:45		00:41:47	03:16:48			M		5
	Füllenbach	Heinz-Gerhard	Polizei Leer	1949	1990	00:41:31		00:46:19	00:53:48	00:50:05	00:47:59	03:59:42		41	M40		5
	Fokken	Harald	TuS Weener	1942	1990	00:46:18	00:41:12	00:50:18	00:53:31		00:50:27	04:01:46		48	M40		5

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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
						10,40km	9,40km	11,10km	12,75km	11,80km	11,70km	67,15km					
	Steinke	Diedrich	Conc. Neermeer	1941	1990		00:54:18	00:51:09	00:57:27	00:51:48	00:49:29	04:24:11		49	M40		5
	Sleur	Hans-Wilhelm	Fort. Logabirum	1943	1990	00:48:41	00:43:30	00:54:30	01:03:56		00:56:53	04:27:30		47	M40		5
	Tadema	Joachim	VFL Jheringsfehn	1965	1990		00:41:15	00:58:28	01:02:03	00:59:10	00:52:14	04:33:10		25	M20		5
	Brahms	Jan-Reiner	VFR Heisfelde	1970	1990	00:48:43		00:55:01	01:03:34	00:56:06	00:53:27	04:36:51		20	M20		5
	Branner	Siegfried			1990	00:49:37		00:54:27	01:02:39	00:58:09	00:54:33	04:39:25			M		5
	Lamping	Christina	TV Norden	1957	1990	00:52:36	00:47:24	01:08:50	01:03:01		00:58:21	04:50:12		33	W30		5
	Brahms	Bernd-Volker	VFR Heisfelde	1969	1990	00:50:25		00:56:47	01:07:01	00:59:00	00:58:06	04:51:19		21	M20		5
	Iken	Johannes	SC Dunum	1951	1990	00:55:14		01:00:24	01:11:30	01:03:45	01:01:25	05:12:18		39	M30		5
	Brauner	Erika	BW Borssum	1941	1990	00:56:07		01:05:05	01:14:21	01:08:07	01:03:52	05:27:32		49	W40		5
	Antkowiak	Erich	TV Norden	1949	1990			00:44:13	00:51:36	00:47:53	00:45:48	03:09:30		41	M40		4
	Fuß	Arthur	VFL Jheringsfehn	1950	1990		00:49:53		01:10:36	01:04:12	00:58:30	04:03:11		40	M40		4
	Classen	Käthe	BW Borssum	1946	1990			01:06:14	01:18:54	01:10:46	01:06:53	04:42:47		44	W40		4
	Claassen	Derk	PSV Aurich-West	1971	1990		00:36:00	00:44:06			00:45:06	02:05:12		19	MU20		3
	Heiken	Ingo			1990	00:40:51	00:38:30				00:48:41	02:08:02			M		3
	Trebesch	Wolfgang	MTV Aurich	1957	1990			00:40:56	00:46:46	00:43:02		02:10:44		33	M30		3
	Hesse	Helmut	LG Ostfriesland	1946	1990		00:37:45	00:45:03		00:49:19		02:12:07		44	M40		3
	Reiter	Johann	SV Holtland	1955	1990		00:37:35	00:45:43	00:53:44			02:17:02		35	M30		3
	Matzk	Klaus	SpVg Aurich	1947	1990				00:49:05	00:45:28	00:43:30	02:18:03		43	M40		3
	Schlundt	Jürgen	LT Wilhelmshaven		1990		00:42:02	00:51:41			00:51:50	02:25:33			M		3
	Romaneeßen	Heinz	TuS Sandhorst	1966	1990		00:38:55		00:57:25	00:51:50		02:28:10		24	M20		3
	Sanders	Astrid	Germania Leer	1971	1990		00:41:03	00:53:47	00:57:49			02:32:39		19	WU20		3
	König	Dieter	Emder LG	1939	1990		00:44:20		00:59:47		00:55:58	02:40:05		51	M50		3
	Hartmann	Herbert	SC Dunum	1936	1990		00:44:20		01:03:08		00:55:16	02:42:44		54	M50		3
	Kühnnast	Horst	LT Wilhelmshaven		1990		00:46:10		01:03:06	00:57:55		02:47:11			M		3
	Gauer	Bernhard	LT Wilhelmshaven		1990		00:48:40	00:58:22			01:06:16	02:53:18			M		3
	Binder	Traute	Rastereder LT		1990		00:49:35	01:00:09		01:05:59		02:55:43			W		3
	Lunz	Dieter	SC Dunum	1941	1990		00:54:41		01:13:54		01:04:18	03:12:53		49	M40		3
	Kühnnast	Ursula	LT Wilhelmshaven		1990				01:03:06	01:09:11	01:06:34	03:18:51			W		3
	Bonk	Michael	Schlooth.- Leer	1971	1990		00:35:45				00:44:02	01:19:47		19	MU20		2
	Schäfer	Georg	Borsig Berlin		1990					00:42:23	00:40:27	01:22:50			M		2
	Müller	Hans-Hermann	SV Stikkelkamp	1944	1990		00:37:26	00:45:28				01:22:54		46	M40		2
	Oltmanns	Maike	SV Stikkelkamp	1971	1990	00:43:57	00:42:10					01:26:07		19	WU20		2
	Boden	Heiner	Utarp		1990					00:45:12	00:44:37	01:29:49			M		2
	Rücker	Jörn	TV Norden		1990			00:47:53			00:49:28	01:37:21			M		2
	Kracht	Georg	LC Weilerswist		1990					00:49:37	00:48:10	01:37:47			M		2
	Haren	Andreas	LG Ostfriesland	1949	1990				00:54:00		00:47:31	01:41:31		41	M40		2
	De Witte	Bennie	Aqillo Winschoten		1990					00:53:36	00:49:00	01:42:36			M		2
	Wirtjes	Edzard	Schlooth. Leer	1958	1990			00:53:48		00:50:00		01:43:48		32	M30		2
	Trebesch	Heiko	MTV Aurich	1957	1990			00:48:38	00:55:53			01:44:31		33	M30		2
	Hetche	Karl-Heinz	TuS Weener	1949	1990			00:51:03			00:54:59	01:46:02		41	M40		2
	Lubenow	Timo	PSV Aurich-West	1968	1990			00:52:13			00:54:36	01:46:49		22	M20		2
	Bolinus	Klaus	LT Wilhelmshaven		1990		00:44:58		01:02:59			01:47:57			M		2
	Hedemann	Hartmut	SC Dunum	1962	1990					00:48:09	01:00:33	01:48:42		28	M20		2
	Fokken	Harald			1990			00:51:20	01:02:20			01:53:40			M40		2
	Zeit	Erwin	Olypia Wilhelmshv	1949	1990				01:07:42		00:56:28	02:04:10		41	M40		2
	Nothdurft	Elsa	LT Wilhelmshaven	1953	1990				01:13:11		01:03:28	02:16:39		37	W30		2
	Olthoff	Eise	Concordia Ihrhove	1923	1990					01:11:21	01:07:38	02:18:59		67	W60		2
	Jürgens	Hartwig	SV Holtland	1953	1990		00:35:34					00:35:34		37	M30		1
	Meints	Harm	TuS Aurich-Ost	1946	1990		00:39:27					00:39:27		44	M40		1
	Dänekas	Stephan	Frísia Loga	1970	1990		00:39:48					00:39:48		20	M20		1
	Damm	Remmer	Loga	1951	1990		00:41:19					00:41:19		39	M30		1
	Schindler	Waldemar	LT Wilhelmshaven		1990		00:41:51					00:41:51			M		1
	Reisewitz	Karl-Heinz	LG Ostfriesland	1951	1990			00:42:32				00:42:32		39	M30		1
	Hartmann	Jens	Germania Leer	1968	1990					00:42:50		00:42:50		22	M20		1
	Albers	Heiko	SC Dunum	1968	1990						00:43:09	00:43:09		22	M20		1
	Borgmann	Michael	TC Aurich-West	1952	1990		00:43:17					00:43:17		38	M30		1
	Kuhr	Wolfgang	PSV Aurich-West	1967	1990					00:43:43		00:43:43		23	M20		1
	Cramer	Enno	SV Augustfehn	1957	1990			00:43:51				00:43:51		33	M30		1
	Brauner	Michael	BW Borssum	1971	1990					00:43:58		00:43:58		19	MU20		1
	Immel	Hans	Norden	1949	1990						00:44:23	00:44:23			M40		1
	Jürrens	Harry	TuS Pewsum	1957	1990				00:44:54			00:44:54		33	M30		1
	Duhm	Karl-Heinz	Westoverledigen		1990		00:46:28					00:46:28			M		1

9. Ostfrieslandlauf 1990

22.05. bis 08.06.1990

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
						10,40km	9,40km	11,10km	12,75km	11,80km	11,70km						
	Steinke	Ralf	SV Warsingsfehn	1967	1990			00:46:52				00:46:52		23	M20		1
	Bergmann	Oliver	MTV Hamburg	1967	1990				00:47:12			00:47:12		23	M20		1
	Billker	Hertha	Jheringsfehn		1990		00:48:18					00:48:18			W		1
	Schwarting	Heiko	LT Wilhelmshaven		1990		00:48:39					00:48:39			M		1
	Jans	Peter	LG Ostfriesland	1940	1990				00:49:19			00:49:19		50	M50		1
	Tjarks	Eduard	LG Ostfriesland	1954	1990				00:49:19			00:49:19		36	M30		1
	Christians	Borchard	LG Ostfriesland	1958	1990				00:49:32			00:49:32		32	M30		1
	Janssen	Ralf	SV Großefehn	1977	1990			00:49:39				00:49:39		13	MU20		1
	Ehlert	Gerhard	LG Ostfriesland	1936	1990						00:49:42	00:49:42		54	M50		1
	Benthien	Uwe	TuS Aurich-Ost	1945	1990	00:50:12						00:50:12		45	M40		1
	Ennen	Hartmut	Holtgast	1970	1990						00:50:22	00:50:22		20	M20		1
	Dübbelde	Uwe	Germ. Wiesmoor		1990					00:51:51		00:51:51			M		1
	Backhaus	Ralf	TuS Esens	1967	1990						00:52:58	00:52:58		23	M20		1
	Peters	Hans-Wilhelm	Emder LG	1954	1990				00:53:49			00:53:49		36	M30		1
	Ahrends	Sabine	HFC Heidmühle	1942	1990				00:53:52			00:53:52		48	W40		1
	Plavenicks	Helge	TuS Norderney	1977	1990				00:53:55			00:53:55		13	MU20		1
	Suntken	Martin	LT Schaffh. Wald		1990						00:54:02	00:54:02			M		1
	Kirchske	Helmut	LG Ostfriesland	1953	1990				00:54:17			00:54:17		37	M30		1
	Groninga	Linda	VFL Jheringsfehn		1990		00:54:18					00:54:18			W		1
	Schmidt	Jürgen	LT Wilhelmshaven	1963	1990					00:54:28		00:54:28		27	M20		1
	Lüttich	Gerd	TuS Esens		1990						00:54:50	00:54:50			M		1
	Penning	Günter	SV Holtland	1967	1990				00:55:15			00:55:15		23	M20		1
	Straube	Franziska	TV Norden		1990			00:55:16				00:55:16			W		1
	Kühnnast	Herbert	LT Wilhelmshaven		1990						00:55:20	00:55:20			M		1
	Peters	Hinrich	LT Wilhelmshaven		1990					00:56:06		00:56:06			M		1
	Rynas	Heinrich	Schlooth. Leer	1955	1990				00:57:50			00:57:50		35	M30		1
	Maiborg	Alfred	OZ Team		1990			00:58:14				00:58:14			M		1
	Schulken	Martin	LT Schaffh. Wald		1990					00:58:32		00:58:32			M		1
	Meints	Berta	TuS Aurich-Ost	1949	1990		00:59:03					00:59:03		41	W40		1
	Tinnemeyer	Helmut	Bochum		1990				00:59:45			00:59:45			M		1
	Tinnemeyer	Ute	Bochum	1954	1990				00:59:45			00:59:45		36	W30		1
	Hicken	Wilm	TV Marienhafe	1940	1990					00:59:48		00:59:48		50	M50		1
	Debus	Bernd	LT TV Herborn		1990				01:01:44			01:01:44			M		1
	Schmidt	Gustav	TV Norden	1931	1990					01:02:49		01:02:49		59	M50		1
	Zeit	Helga	Olypia Wilhelmshv	1963	1990						01:03:29	01:03:29		27	W20		1
	König	Käthe	Emder LG	1936	1990						01:05:03	01:05:03		54	W50		1
	Reents	Jelto	TuS Holtriem		1990			01:05:12				01:05:12			M		1
	de Boer	Anne Steffe	Emder LG		1990						01:05:31	01:05:31			W		1
	Trebesch	Volker	MTV Aurich	1965	1990				01:06:45			01:06:45		25	M20		1
	Hasbergen	Heiko	Leer		1990					01:07:45		01:07:45			M		1
	Kremer	Helga	LT Wilhelmshaven		1990						01:10:52	01:10:52			W		1
	Kremer	Georg	LT Wilhelmshaven		1990						01:11:15	01:11:15			M		1
	Maichel	Brigitte	SV Holtland	1950	1990				01:12:35			01:12:35		40	W40		1
	Schwarz	Hilke	LT Wilhelmshaven		1990				01:16:32			01:16:32			W		1
	Haase	Ellen	LT Wilhelmshaven		1990				01:20:28			01:20:28			W		1