

12. Ostfrieslandlauf 1993

18.05. bis 04.06.1993

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
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km						
1	Steinke	Peter	SV Warsingsfehn	1970	1993	00:37:10	00:30:50	00:37:43	00:44:14	00:40:51	00:37:42	03:48:30	00:34:22	23	M20	1	6
2	Ibeling	Fred	LT Aurich-Ost	1966	1993	00:37:52	00:31:19	00:38:02	00:44:19	00:40:57	00:37:34	03:50:03	00:34:36	27	M20	2	6
3	Polzin	Martin	SC Dunum	1960	1993	00:37:13	00:31:38	00:38:13	00:44:22	00:41:23	00:37:51	03:50:40	00:34:41	33	M30	1	6
4	Jürens	Harry	TuS Pewsum	1957	1993	00:37:36	00:32:18	00:38:07	00:44:27	00:41:42	00:37:30	03:51:40	00:34:50	36	M30	2	6
5	Tjarks	Eduard	LG Ostfriesland	1954	1993	00:37:57	00:32:58	00:39:31	00:46:53	00:42:35	00:38:36	03:58:30	00:35:52	39	M30	3	6
6	Uphoff	Christoph	TV Norden	1964	1993	00:38:39	00:33:39	00:40:40	00:46:14	00:43:06	00:39:13	04:01:31	00:36:19	29	M20	3	6
7	Fisser	Manfred	Emder LG	1950	1993	00:39:30	00:33:19	00:40:20	00:46:13	00:43:04	00:40:24	04:02:50	00:36:31	43	M40	1	6
8	Woltermann	Karsten	Germania Leer	1975	1993	00:38:51	00:32:51	00:40:00	00:48:32	00:44:16	00:39:44	04:04:14	00:36:44	18	MU20	1	6
9	Oldigs	Beene	Conc. Ihrhove	1961	1993	00:39:39	00:34:01	00:40:38	00:46:54	00:43:46	00:40:14	04:05:12	00:36:52	32	M30	4	6
10	Albers	Heiko	SC Dunum	1968	1993	00:40:03	00:33:18	00:41:25	00:46:34	00:44:02	00:40:09	04:05:31	00:36:55	25	M20	4	6
11	Woltermann	Peter	TuS Weener	1947	1993	00:39:19	00:33:06	00:43:23	00:46:53	00:46:59	00:39:23	04:09:03	00:37:27	46	M40	2	6
12	Park	Harm	TuS Weene	1953	1993	00:40:34	00:34:13	00:41:15	00:47:53	00:44:50	00:40:49	04:09:34	00:37:32	40	M40	3	6
13	Mouson	Heinz	LT Jheringsfehn	1960	1993	00:40:05	00:34:21	00:41:28	00:47:51	00:45:22	00:40:55	04:10:02	00:37:36	33	M30	5	6
14	Matzk	Klaus	SpVgg. Aurich	1947	1993	00:40:38	00:34:50	00:41:22	00:47:49	00:44:50	00:40:44	04:10:13	00:37:38	46	M40	4	6
15	Danehl	Richard	Emder LG	1945	1993	00:41:11	00:34:23	00:41:24	00:48:25	00:45:09	00:41:45	04:12:17	00:37:56	48	M40	5	6
16	Feth	Jan	Germania Leer	1976	1993	00:40:43	00:33:51	00:41:34	00:50:20	00:44:55	00:41:11	04:12:34	00:37:59	17	MU20	2	6
17	Hinrichs	Enno	TuS Aurich-Ost	1961	1993	00:41:27	00:35:16	00:41:59	00:48:26	00:46:02	00:41:34	04:14:44	00:38:18	32	M30	6	6
18	Jürgens	Hartwig	SV Holtland	1953	1993	00:42:23	00:35:30	00:41:38	00:48:41	00:45:31	00:41:34	04:15:17	00:38:23	40	M40	6	6
19	Sappl	Günther	Germania Leer	1945	1993	00:40:50	00:35:59	00:42:46	00:49:26	00:45:43	00:41:56	04:16:40	00:38:36	48	M40	7	6
20	König	Hero	CS Dunum	1948	1993	00:41:43	00:35:31	00:42:40	00:49:23	00:45:52	00:41:45	04:16:54	00:38:38	45	M40	8	6
21	Engels	Andreas			1993	00:43:56	00:36:03	00:42:38	00:50:30	00:46:28	00:42:51	04:22:26	00:39:28		M		6
22	Oest	Gilbert	Esens	1975	1993	00:42:59	00:35:53	00:43:51	00:50:16	00:48:08	00:43:22	04:24:29	00:39:46	18	MU20	3	6
23	Raveling	Hartmut	LT Schaffh. Wald	1969	1993	00:44:41	00:36:27	00:43:52	00:50:18	00:47:14	00:43:48	04:26:20	00:40:03	24	M20	5	6
24	Fröhiing	Erwin	SV Holtland	1948	1993	00:43:32	00:37:10	00:44:28	00:50:35	00:47:17	00:43:46	04:26:48	00:40:07	45	M40	9	6
25	Buss	Hermann	TuS Aurich-Ost	1948	1993	00:43:04	00:36:41	00:43:34	00:50:46	00:48:15	00:44:36	04:26:56	00:40:08	45	M40	10	6
26	Merl	Christian	DJK T. Waltrp	1957	1993	00:43:35	00:35:41	00:43:56	00:51:45	00:48:10	00:44:04	04:27:11	00:40:11	36	M30	7	6
27	Welzel	Wolfgang	VFL Jheringsfehn	1962	1993	00:44:11	00:36:37	00:44:31	00:50:38	00:47:32	00:43:45	04:27:14	00:40:11	31	M30	8	6
28	Brahms	Hans-Jörg	VFR Heisfelde	1974	1993	00:44:06	00:37:27	00:43:50	00:50:53	00:47:12	00:43:52	04:27:20	00:40:12	19	MU20	4	6
29	Kavelmann	Ulrich	Teut. Stapelmoor	1955	1993	00:43:41	00:36:31	00:44:58	00:50:48	00:48:38	00:43:38	04:28:14	00:40:20	38	M30	9	6
30	Burlage	Udo	TuS Aurich-Ost	1957	1993	00:44:07	00:36:43	00:44:21	00:51:05	00:48:01	00:44:07	04:28:24	00:40:22	36	M30	10	6
31	Engels	Focke	TuS Aurich-Ost	1955	1993	00:44:23	00:36:53	00:44:10	00:50:54	00:48:28	00:43:47	04:28:35	00:40:23	38	M30	11	6
32	Janssen	Rolf	LT Schaffh. Wald	1965	1993	00:45:30	00:36:58	00:44:41	00:50:55	00:47:18	00:43:29	04:28:51	00:40:26	28	M20	6	6
33	Hinrichs	Hans-Dieter	TV Norden	1955	1993	00:45:23	00:37:24	00:44:39	00:50:45	00:47:49	00:43:27	04:29:27	00:40:31	38	M30	12	6
34	Onken	Andreas	TuS Aurich-Ost	1975	1993	00:46:26	00:36:24	00:44:10	00:51:50	00:47:05	00:43:32	04:29:27	00:40:31	18	MU20	5	6
35	Hülsdünker	Heinz			1993	00:44:30	00:36:48	00:45:28	00:51:10	00:47:50	00:43:58	04:29:44	00:40:34		M		6
36	Scheelbaum	Stefan	Conc. Ihrhove	1963	1993	00:45:17	00:37:02	00:44:55	00:51:32	00:48:41	00:43:43	04:31:10	00:40:47	30	M30	13	6
37	Voss	Herrmann	Emder LG	1953	1993	00:43:30	00:36:33	00:45:03	00:53:08	00:49:25	00:44:00	04:31:39	00:40:51	40	M40	11	6
38	Vry	Ralf	Fortuna Logabirum	1960	1993	00:44:09	00:36:50	00:44:50	00:52:29	00:49:28	00:44:25	04:32:11	00:40:56	33	M30	14	6
39	Heibült	Christian	SV Holtland	1940	1993	00:45:26	00:37:52	00:45:26	00:51:52	00:48:59	00:44:10	04:33:45	00:41:10	53	M50	1	6
40	Müller	Stephan	Schlooth. Leer	1978	1993	00:44:54	00:36:52	00:44:55	00:52:47	00:49:04	00:45:19	04:33:51	00:41:11	15	MU20	6	6
41	Müller	Claas	TV Friedeburg	1978	1993	00:46:21	00:38:07	00:45:36	00:53:20	00:49:53	00:43:53	04:37:10	00:41:41	15	MU20	7	6
42	Kerkhoff	Helmut	Emder LG	1948	1993	00:45:11	00:38:02	00:45:52	00:52:40	00:49:59	00:45:49	04:37:33	00:41:44	45	M40	12	6
43	Reinken	Reinhold	TuS Aurich-Ost	1959	1993	00:45:34	00:38:36	00:45:01	00:52:57	00:50:38	00:45:05	04:37:51	00:41:47	34	M30	15	6
44	Vehenkamp	Werner	TV Friedeburg	1958	1993	00:46:15	00:38:42	00:45:35	00:53:10	00:49:46	00:45:41	04:39:09	00:41:59	35	M30	16	6
45	Scheepker	Alfred	TV Norden	1954	1993	00:45:38	00:38:15	00:46:20	00:53:41	00:50:08	00:46:06	04:40:08	00:42:07	39	M30	17	6
46	Lay	Jan	Fehntjer Lauftreff	1954	1993	00:45:55	00:37:56	00:46:27	00:53:54	00:50:04	00:46:04	04:40:20	00:42:09	39	M30	18	6
47	Hinrichs	Ansgar	TV Norden	1977	1993	00:46:17	00:39:10	00:44:39	00:55:12	00:49:27	00:46:00	04:40:45	00:42:13	16	MU20	8	6
48	Kock	Jans	SV Holtland	1931	1993	00:45:30	00:38:58	00:46:26	00:54:30	00:50:30	00:46:13	04:42:07	00:42:25	62	M60	1	6
49	Abt	Paul	TV Oldersum	1955	1993	00:46:20	00:38:05	00:46:09	00:53:47	00:51:45	00:46:22	04:42:28	00:42:29	38	M30	19	6
50	Wijnen	Jacobus	TuS Pewsum	1949	1993	00:45:50	00:39:46	00:48:17	00:54:11	00:49:38	00:45:08	04:42:50	00:42:32	44	M40	13	6
51	Drost	Fritz	MTV Wittmund	1943	1993	00:45:26	00:38:06	00:46:12	00:56:46	00:50:51	00:46:18	04:43:39	00:42:39	50	M50	2	6
52	Keplin	Otto	VFL Jheringsfehn	1948	1993	00:46:16	00:39:08	00:46:46	00:54:28	00:51:18	00:46:24	04:44:20	00:42:45	45	M40	14	6
53	Rahrt	Detlef	Germania Leer		1993	00:46:24	00:43:13	00:46:50	00:53:53	00:50:10	00:44:14	04:44:44	00:42:49		M		6
54	Bulicke	Reinhard	Emder LG	1949	1993	00:47:30	00:39:26	00:47:21	00:53:32	00:50:34	00:46:23	04:44:46	00:42:49	44	M40	15	6
55	Lohmeyer	Everwien	SV Holtland	1958	1993	00:46:49	00:40:05	00:47:32	00:54:25	00:51:02	00:46:33	04:46:26	00:43:04	35	M30	20	6
56	Heien	Ingo			1993	00:46:29	00:39:11	00:47:52	00:54:03	00:52:54	00:46:00	04:46:29	00:43:05		MU20	9	6
57	Imhoff	Matthias	PSV Aurich-West	1959	1993	00:47:39	00:39:18	00:47:27	00:54:54	00:50:54	00:46:28	04:46:40	00:43:06	34	M30	21	6
58	Steinke	Hilde	Conc. Neermoor	1945	1993	00:45:56	00:39:24	00:48:18	00:55:27	00:51:34	00:46:24	04:47:03	00:43:10	48	W40	1	6
59	Heeren	Reinhard	VFL Jheringsfehn	1948	1993	00:46:08	00:39:22	00:47:29	00:55:06	00:52:10	00:47:20	04:47:35	00:43:15	45	M40	16	6
60	Gumbrecht-Vinke	Dagmar	Aurich	1957	1993	00:46:23	00:39:15	00:48:22	00:55:31	00:51:36	00:46:29	04:47:36	00:43:15	36	W30	1	6
61	Busch	Jan	Neermoor	1948	1993	00:48:59	00:39:20	00:47:54	00:54:02	00:51:15	00:46:12	04:47:42	00:43:16	45	M40	17	6
62	Pöttker	Willi	OZ Team	1957	1993	00:47:53	00:39:26	00:47:57	00:54:40	00:51:43	00:46:31	04:48:10	00:43:20	36	M30	22	6
63	Elsbroek	Martin	Frisia Loga	1955	1993	00:50:51	00:40:28	00:46:17	00:54:27	00:51:52	00:45:57	04:49:52	00:43:35	38	M30	23	6
64	Hillbrands	Hans-Ludwig	TuS Collinghorst	1944	1993	00:47:34	00:39:31	00:48:14	00:55:35	00:51:38	00:47:28	04:50:00	00:43:37	49	M40	18	6
65	Willems	Heye	Fortuna Logabirum	1953	1993	00:48:34	00:38:58	00:47:02	00:56:15	00:51:40	00:48:51	04:51:20	00:43:49	40	M40	19	6
66																	

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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
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km						
72	Krieger	Giesela	LT Jheringsfehn	1949	1993	00:47:37	00:40:43	00:48:44	00:57:05	00:53:06	00:48:47	04:56:02	00:44:31	44	W40	2	6
73	Fokken	Harald	TuS Weener	1942	1993	00:48:09	00:41:04	00:48:35	00:56:08	00:52:47	00:49:35	04:56:18	00:44:33	51	M50	4	6
74	Janssen	Johann	TV Friedeburg	1957	1993	00:40:46	00:41:31	00:50:56	00:57:39	00:56:19	00:49:55	04:57:06	00:44:41	36	M30	32	6
75	Schmidt	Karl-Heinz	TuS Aurich-Ost	1957	1993	00:48:18	00:41:33	00:48:59	00:57:10	00:53:31	00:48:00	04:57:31	00:44:44	36	M30	25	6
76	Schewiola	Stefan	TuS Aurich-Ost	1966	1993	00:48:05	00:40:37	00:49:04	00:57:07	00:53:49	00:49:00	04:57:42	00:44:46	27	M20	7	6
77	Janssen	Werner	Aurich	1956	1993	00:48:32	00:42:11	00:48:37	00:56:06	00:53:45	00:48:33	04:57:44	00:44:46	37	M30	26	6
78	Buhr de	Harald			1993	00:50:18	00:41:20	00:49:48	00:55:56	00:54:35	00:48:28	05:00:25	00:45:10		M		6
79	Melchior	Dirk	TV Friedeburg	1955	1993	00:51:23	00:41:04	00:49:21	00:56:52	00:53:23	00:48:33	05:00:36	00:45:12	38	M30	27	6
80	Becker	Herbert	Germania Leer	1939	1993	00:48:32	00:41:04	00:49:52	00:57:36	00:54:09	00:49:41	05:00:54	00:45:15	54	M50	5	6
81	Mittmann	Paul	OZ Team Leer	1952	1993	00:49:20	00:40:46	00:48:27	00:57:56	00:54:21	00:50:17	05:01:07	00:45:17	41	M40	21	6
82	Türk	Hermann	VFR Heisfelde	1971	1993	00:49:38	00:41:10	00:48:31	00:57:24	00:55:00	00:49:30	05:01:13	00:45:18	22	M20	8	6
83	Steinke	Diedrich	Conc. Neermoor	1941	1993	00:43:48	00:36:40	00:44:37	00:53:19	01:05:20	00:57:42	05:01:26	00:45:20	52	M50	6	6
84	Behrends	Emil	PA Leer	1941	1993	00:49:44	00:41:24	00:49:54	00:58:07	00:53:40	00:49:13	05:02:02	00:45:25	52	M50	7	6
85	Janssen	Focko	IGS Aurich-West	1949	1993	00:47:37	00:41:23	00:49:59	00:57:45	00:54:53	00:50:31	05:02:08	00:45:26	44	M40	22	6
86	Lehmann	Ewald	TuS Aurich-Ost	1954	1993	00:49:18	00:40:41	00:48:40	00:56:41	00:53:24	00:53:29	05:02:13	00:45:27	39	M30	28	6
87	Borchering	Dirk	TG Ardorf	1960	1993	00:50:37	00:41:25	00:49:44	00:56:49	00:54:45	00:49:00	05:02:20	00:45:28	33	M30	29	6
88	Ihlow	Werner	TV Norden	1945	1993	00:48:28	00:40:41	00:49:49	00:58:15	00:54:37	00:50:50	05:02:40	00:45:31	48	M40	23	6
89	Hillbrands	Johann	TuS Collinghorst	1954	1993	00:50:16	00:41:18	00:49:30	00:57:17	00:56:47	00:48:08	05:03:16	00:45:36	39	M30	30	6
90	Danehl	Annette	Emders LG	1950	1993	00:48:47	00:41:36	00:50:48	00:58:16	00:55:08	00:49:09	05:03:44	00:45:40	43	W40	3	6
91	Weets	Joachim	Stedesdorf	1960	1993	00:54:01	00:41:35	00:50:18	00:56:39	00:52:56	00:48:23	05:03:52	00:45:42	33	M30	31	6
92	Eckhoff	Sven	SV Dornum	1979	1993	00:50:16	00:43:13	00:50:29	00:57:58	00:53:54	00:48:39	05:04:29	00:45:47	14	MU20	11	6
93	Hillbrands	Hillrich	TuS Collinghorst	1948	1993	00:48:44	00:41:57	00:51:18	00:57:28	00:54:56	00:50:09	05:04:32	00:45:48	45	M40	24	6
94	Busker	Traute	TuS Aurich-Ost	1953	1993	00:50:28	00:41:36	00:50:26	00:58:05	00:54:18	00:49:42	05:04:35	00:45:48	40	W40	4	6
95	Müller	Rainer	TV Friedeburg	1942	1993	00:49:59	00:42:03	00:50:22	00:58:06	00:54:29	00:49:45	05:04:44	00:45:49	51	M50	8	6
96	Broers	Holger			1993	00:49:29	00:40:52	00:49:00	01:03:02	00:53:46	00:48:51	05:05:00	00:45:52		M		6
97	Züll	Matthias	VFL Jheringsfehn	1973	1993	00:57:09	00:40:34	00:49:50	00:55:26	00:54:13	00:48:43	05:05:55	00:46:00	20	M20	9	6
98	Matzk	Karin	MTV Aurich	1951	1993	00:50:30	00:41:39	00:50:53	00:58:46	00:54:34	00:49:40	05:06:02	00:46:01	42	W40	5	6
99	Wilken	Hanke	Friedeburg	1951	1993	00:50:40	00:42:22	00:50:44	00:57:47	00:54:41	00:50:04	05:06:18	00:46:04	42	M40	25	6
100	de Buhr	Heinz	Siebestock	1959	1993	00:50:29	00:42:22	00:50:39	00:59:31	00:55:22	00:48:45	05:07:08	00:46:11	34	M30	33	6
101	Hilberts	Antje	SV Holtland	1975	1993	00:50:55	00:42:06	00:50:20	00:58:35	00:54:57	00:50:16	05:07:09	00:46:11	18	WU20	1	6
102	Sandersfeld	Johann	LG Uplengen	1955	1993	00:53:20	00:42:33	00:51:09	00:57:13	00:54:28	00:49:26	05:08:09	00:46:20	38	M30	34	6
103	Piela	Joachim	IGS Aurich-West	1951	1993	00:51:15	00:42:50	00:50:26	00:59:13	00:55:55	00:50:06	05:09:45	00:46:35	42	M40	26	6
104	Narr	Werner	Germania Leer	1949	1993	00:51:19	00:42:10	00:51:11	00:59:03	00:55:19	00:50:48	05:09:50	00:46:35	44	M40	27	6
105	Schild	Gerhard	Aurich	1965	1993	00:52:30	00:42:46	00:51:16	00:57:32	00:56:56	00:49:04	05:10:04	00:46:38	28	M20	10	6
106	Tjardes	Karl	Wittmund	1944	1993	00:49:15	00:42:30	00:53:48	00:59:52	00:55:38	00:49:23	05:10:26	00:46:41	49	M40	28	6
107	Hoegen	Franz	OZ-Team	1942	1993	00:49:55	00:41:44	00:51:32	01:00:22	00:56:35	00:50:31	05:10:39	00:46:43	51	M50		6
108	Schlichting	Jens	Aurich	1964	1993	00:52:31	00:44:00	00:50:56	00:57:56	00:54:46	00:50:30	05:10:39	00:46:43	29	M20	11	6
109	Sauerbrey	Bernd	TV Friedeburg	1950	1993	00:52:01	00:42:18	00:51:30	00:59:29	00:55:53	00:49:45	05:10:56	00:46:45	43	M40	29	6
110	Kruse	Stefan	TV Bunde	1980	1993	00:55:31	00:44:27	00:50:26	00:57:29	00:54:47	00:48:51	05:11:31	00:46:51	13	MU20	12	6
111	Aue	Hendrik	FTC Hollen	1977	1993	00:55:21	00:40:11	00:51:51	00:59:33	00:55:36	00:49:00	05:11:32	00:46:51	16	MU20	13	6
112	Buss	Imme	SV Holtland	1948	1993	00:50:30	00:42:42	00:51:51	00:59:40	00:55:52	00:51:27	05:12:02	00:46:55	45	W40	6	6
113	Hedemann	Hartmut	SC Dunum	1962	1993	00:47:48	00:40:54	00:54:26	00:59:17	00:57:38	00:52:07	05:12:10	00:46:57	31	M30	35	6
114	Schoormann	Wilhelm	TV Bunde	1955	1993	00:51:49	00:42:07	00:51:30	00:59:08	00:57:00	00:51:17	05:12:51	00:47:03	38	M30	36	6
115	Wilken	Gerhold	SV Holtland	1954	1993	00:51:35	00:42:38	00:51:22	01:00:00	00:56:02	00:51:23	05:13:00	00:47:04	39	M30	37	6
116	Jürgens	Rolf	Eddy Eagle	1961	1993	00:52:25	00:42:35	00:51:24	01:00:10	00:56:50	00:49:59	05:13:23	00:47:07	32	M30	38	6
117	Feth	Claas	Schloothuis Leer	1977	1993	00:55:21	00:42:09	00:51:51	00:59:33	00:55:36	00:49:00	05:13:30	00:47:09	16	MU20	14	6
118	Budde	Jörg	Fortuna Logabirum	1961	1993	00:52:08	00:43:10	00:51:34	01:00:07	00:56:15	00:51:42	05:14:56	00:47:21	32	M30	39	6
119	Odens	Inge	TV Norden	1941	1993	00:50:22	00:42:55	00:52:32	01:00:44	00:55:57	00:52:34	05:15:04	00:47:23	52	W50	1	6
120	Gerken	Theo	VFB Mönkeboe	1944	1993	00:50:39	00:43:17	00:51:35	01:00:20	00:57:40	00:52:45	05:16:16	00:47:33	49	M40	30	6
121	Lienemann	Eckhard	TV Friedeburg	1950	1993	00:52:17	00:43:21	00:51:41	01:00:17	00:57:13	00:52:00	05:16:49	00:47:38	43	M40	31	6
122	Fleißner	Jörg	Germania Leer	1960	1993	00:48:49	00:40:36	00:49:38	01:06:17	00:53:03	00:58:33	05:16:56	00:47:40	33	M30	40	6
123	Watzema	Antke	Germania Leer	1968	1993	00:52:44	00:43:26	00:52:28	01:01:03	00:56:49	00:50:44	05:17:14	00:47:42	25	W20	2	6
124	Rumkorff	Marco	Fortuna Logabirum	1976	1993	00:53:25	00:43:36	00:51:45	01:00:09	00:56:41	00:51:43	05:17:19	00:47:43	17	MU20	15	6
125	Janssen	Eilert	TV Marienhafe	1945	1993	00:50:14	00:49:28	00:51:14	00:58:43	00:56:56	00:50:46	05:17:21	00:47:43	48	M40	32	6
126	Holz kämpfer	Andreas			1993	00:54:09	00:43:46	00:53:01	00:59:47	00:56:39	00:51:15	05:18:37	00:47:55		M		6
127	Schneider	Rüdiger	VFL Jheringsfehn	1962	1993	00:57:09	00:41:17	01:01:35	00:56:28	00:54:13	00:49:13	05:19:55	00:48:06	31	M30	41	6
128	Nagelmann	Thomas	Polizei Leer	1963	1993	00:52:41	00:44:42	00:54:28	01:01:04	00:56:37	00:50:44	05:20:16	00:48:10	30	M30	42	6
129	Fecht	Erwin	SV Holtland		1993	00:54:10	00:43:25	00:51:30	01:00:04	00:58:28	00:52:57	05:20:34	00:48:12		M		6
130	Tirrel	Dieter	VFL Jheringsfehn	1954	1993	00:52:20	00:44:18	00:55:33	01:02:32	00:58:57	00:47:20	05:21:00	00:48:16	39	M30	43	6
131	Woltermann	Hannelore	TuS Weener	1955	1993	00:51:50	00:43:39	00:53:00	01:01:33	00:58:03	00:53:06	05:21:11	00:48:18	38	W30	2	6
132	Benthien	Uwe	TuS Aurich-Ost	1945	1993	00:53:42	00:43:42	00:52:53	01:00:33	00:58:00	00:53:06	05:21:56	00:48:25	48	M40	33	6
133	Boekhoff	Martin	LT Jheringsfehn	1962	1993	00:55:58	00:51:56	00:50:56	00:59:34	00:55:24	00:48:26	05:22:14	00:48:27	31	M30	47	6
134	Maschuff	Rolf	JG 71 Richthofen	1963	1993	00:52:43	00:44:32	00:52:41	00:59:39	00:59:26	00:53:17	05:22:18	00:48:28	30	M30	44	6
135	Janssen	Frank	TuS Pewsum	1966	1993	00:54:34	00:43:38	00:51:55	00:59:54	00:59:33	00:53:01	05:22:35	00:48:30	27	M20	12	6
136	Neessen	Uwe	Kickers Leer	1948	1993	00:52:46	00:44:55	00:52:52	01:00:38	00:57:33	00:54:20	05:23:04	00				

12. Ostfrieslandlauf 1993

18.05. bis 04.06.1993

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	
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km							66,60km
143	Nieberg	Alfons	SC Dunum	1950	1993	00:54:42	00:44:48	00:53:49	01:02:14	00:57:41	00:52:59	05:26:13	00:49:03	43	M40	37	6	
144	Backer	Bernhard	Leer	1951	1993	00:55:30	00:44:36	00:53:37	01:01:35	00:58:13	00:53:13	05:26:44	00:49:08	42	M40	36	6	
145	Spanjer	Alfred	Fortuna Logabirum	1937	1993	00:53:09	00:45:13	00:54:19	01:03:05	00:58:35	00:53:31	05:27:52	00:49:18	56	M50	9	6	
146	Nowak	Peter	TV Norden	1950	1993	00:44:34	00:37:56	00:46:22	01:18:44	00:56:30	01:03:54	05:28:00	00:49:19	43	M40	38	6	
147	Frerichs	Thomas	Fehntjer LT	1966	1993	00:53:52	00:43:13	00:54:57	01:03:06	00:58:53	00:54:01	05:28:02	00:49:20	27	M20	14	6	
148	Brahms	Ude-Hajo	VFR Heisfelde	1978	1993	00:53:24	00:45:32	00:53:05	01:03:37	00:58:32	00:54:17	05:28:27	00:49:23	15	MU20	16	6	
149	Ubben	Gerd-Arnold	Ihlower Loopers	1950	1993	00:54:56	00:44:48	00:53:58	01:01:53	00:59:58	00:53:24	05:28:57	00:49:28	43	M40	39	6	
150	Hause	Wolfgang			1993	00:53:28	00:47:36	00:54:15	01:03:16	00:58:04	00:53:26	05:30:05	00:49:38		M		6	
151	Lübben	Astrid	LT Schaffh. Wald	1971	1993	00:58:11	00:46:46	00:55:13	01:01:33	00:57:01	00:52:15	05:30:59	00:49:46	22	W20	3	6	
152	Rieken	Günter	Germania Leer	1963	1993	00:55:07	00:45:12	00:54:36	01:02:41	00:59:03	00:54:29	05:31:08	00:49:48	30	M30	48	6	
153	Rolf	Uwe			1993	00:56:44	00:46:43	00:54:44	01:02:38	00:57:50	00:52:30	05:31:09	00:49:48		M		6	
154	Bolhuis	Wilhelm	TV Marienhaf	1943	1993	00:54:43	00:45:51	00:54:57	01:03:49	00:58:01	00:53:54	05:31:15	00:49:49	50	M50	10	6	
155	Gerd	Heinz	PSV Leer	1942	1993	00:53:47	00:45:26	00:55:20	01:03:13	01:00:01	00:54:01	05:31:48	00:49:54	51	M50	11	6	
156	Moosler	Horst	Germania Leer	1937	1993	00:54:05	00:46:09	00:54:29	01:04:12	00:59:39	00:53:32	05:32:06	00:49:56	56	M50	12	6	
157	Schewiola	Axel	TuS Aurich-Ost	1938	1993	01:00:41	00:48:04	00:53:55	00:59:28	00:57:29	00:52:35	05:32:12	00:49:57	55	M50	13	6	
158	Evers	Gerhard	TV Marienhaf	1952	1993	00:58:06	00:44:49	00:54:17	01:03:58	00:59:00	00:53:21	05:33:31	00:50:09	41	M40	40	6	
159	Heyen	Jann	TV Norden	1941	1993	00:55:12	00:45:28	00:56:27	01:02:24	00:57:31	00:56:37	05:33:39	00:50:10	52	M50	14	6	
160	Sauer	Gerhard	MTV Aurich	1934	1993	00:54:47	00:46:05	00:55:59	01:03:21	00:59:50	00:53:50	05:33:52	00:50:12	59	M50	15	6	
161	Frost	Heinz	LT Schaffh. Wald	1953	1993	00:55:09	00:45:34	00:55:41	01:03:47	00:59:16	00:55:15	05:34:42	00:50:20	40	M40	41	6	
162	Heien	Elisabeth	SC Dunum	1958	1993	00:55:29	00:46:48	00:56:29	01:03:24	00:59:05	00:53:32	05:34:47	00:50:21	35	W30	4	6	
163	Siemons	Heinrich	Stapelmoor	1948	1993	00:55:29	00:45:56	00:55:21	01:04:11	01:00:07	00:54:20	05:35:24	00:50:26	45	M40	42	6	
164	Bierbach	Agnes	SC Dunum		1993	00:57:16	00:46:53	00:55:12	01:03:28	00:59:10	00:53:28	05:35:27	00:50:27		W		6	
165	Poppen	Karl	Wiesmoor	1947	1993	00:57:40	00:45:35	00:55:37	01:03:07	00:59:34	00:54:37	05:36:10	00:50:33	46	M40	43	6	
166	Grahmann	Uwe			1993	00:56:12	00:46:17	00:57:26	01:02:51	00:59:24	00:54:03	05:36:13	00:50:33		M		6	
167	Ramaker	Harald	SV Stikelkamp	1963	1993	00:57:37	00:45:21	00:55:28	01:03:04	01:00:11	00:54:55	05:36:36	00:50:37	30	M30	49	6	
168	Fecht	Helmut	SV Holtland	1960	1993	00:56:00	00:45:14	00:55:47	01:04:36	01:00:50	00:54:24	05:36:51	00:50:39	33	M30	50	6	
169	Evers	Hinrikus	LT Schaffh. Wald	1949	1993	00:56:27	00:45:30	00:55:01	01:02:45	01:01:13	00:56:32	05:37:28	00:50:45	44	M40	44	6	
170	Janssen	Johannes	Burhaf	1935	1993	00:55:28	00:47:24	00:55:43	01:03:22	01:00:48	00:54:57	05:37:42	00:50:47	58	M50	16	6	
171	Wilken	Elke	SV Holtland	1950	1993	00:55:45	00:47:29	00:55:34	01:04:13	00:59:56	00:54:47	05:37:44	00:50:47	43	W40	7	6	
172	Boumann	Uwe	TV Marienhaf	1944	1993	00:56:19	00:46:28	00:55:42	01:02:58	01:01:58	00:54:44	05:38:09	00:50:51	49	M40	45	6	
173	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	1993	01:12:26	00:44:52	00:52:54	00:59:24	00:56:56	00:51:48	05:38:20	00:50:53	46	M40	46	6	
174	Kok	Helga	SV Holtland		1948	1993	00:55:45	00:47:29	00:55:45	01:04:41	00:59:56	00:54:47	05:38:23	00:50:53	45	W40	8	6
175	Köhlers	Helga	SV Holtland	1948	1993	00:55:45	00:47:29	00:55:45	01:04:41	00:59:56	00:54:47	05:38:23	00:50:53	45	M50		6	
176	Janssen	Christa	SV Brinkum	1943	1993	00:56:32	00:47:29	00:55:45	01:04:27	00:59:58	00:54:47	05:38:58	00:50:58	50	W50	2	6	
177	Buss	Janna	TV Norden	1955	1993	00:58:57	00:46:15	00:55:14	01:03:57	01:00:16	00:55:26	05:40:05	00:51:08	38	W30	5	6	
178	Gemler	Johann	Aurich	1960	1993	00:56:04	00:46:35	00:55:27	01:05:34	01:01:49	00:55:46	05:41:15	00:51:19	33	M30	51	6	
179	Heyen	Anita	TV Norden	1946	1993	00:57:49	00:46:43	00:56:28	01:02:53	01:01:07	00:56:37	05:41:37	00:51:22	47	W40	9	6	
180	Moldenhauer	Helmut	Wiesmoor	1950	1993	00:57:06	00:47:29	00:56:25	01:05:58	01:01:13	00:55:06	05:43:17	00:51:37	43	M40	47	6	
181	Madena	Jakob	VFB Münkeboe	1943	1993	00:56:36	00:47:31	00:57:37	01:04:24	01:02:05	00:55:08	05:43:21	00:51:38	50	M50	17	6	
182	Wasserberg	Thomas			1993	00:56:21	00:45:13	00:53:51	01:02:38	01:06:52	00:59:09	05:44:04	00:51:44		MU20	17	6	
183	Christoffers	Gabriele	TV Norden	1958	1993	00:59:14	00:47:51	00:57:02	01:05:37	01:00:13	00:56:09	05:46:06	00:52:03	35	W30	6	6	
184	Erdmann	Marlies	TV Norden	1953	1993	00:59:14	00:47:51	00:57:02	01:05:37	01:00:13	00:56:09	05:46:06	00:52:03	40	W40	10	6	
185	Eisenhauer	Annelore	LT Schaffh. Wald	1955	1993	00:56:59	00:47:31	00:57:04	01:06:14	01:05:31	00:57:10	05:50:29	00:52:42	38	W30	7	6	
186	Saathoff	Annemarie	SC Dunum	1951	1993	00:59:10	00:48:14	00:58:24	01:07:04	01:02:44	00:56:43	05:52:19	00:52:59	42	W40	11	6	
187	Eisenhauer	Elisabeth	SC Dunum	1949	1993	00:59:10	00:48:14	00:58:24	01:07:04	01:02:44	00:56:43	05:52:19	00:52:59	44	W40	12	6	
188	Frost	Hildegard	LT Schaffh. Wald	1955	1993	00:57:55	00:48:16	00:57:50	01:07:30	01:04:02	00:57:02	05:52:35	00:53:01	38	W30	8	6	
189	Flessner	Elke	Schloothuis Leer	1964	1993	00:57:09	00:47:24	00:59:17	01:06:17	01:04:05	00:58:33	05:52:45	00:53:03	29	W20	4	6	
190	Boumann	Klara	TV Marienhaf	1945	1993	00:58:52	00:49:10	00:58:29	01:07:30	01:02:51	00:57:13	05:54:05	00:53:15	48	W40	13	6	
191	von Garrel	Wolfgang	VFR Heisfelde	1952	1993	00:57:19	00:47:51	00:59:13	01:08:46	01:04:59	00:57:00	05:55:08	00:53:24	41	M40	48	6	
192	Eisenhauer	Elke	TuS Esens	1977	1993	00:59:10	00:48:32	00:58:51	01:08:01	01:03:42	00:56:55	05:55:11	00:53:25	16	WU20	2	6	
193	Vinke	Hans-Georg	Aurich	1953	1993	00:58:11	00:46:55	00:59:05	01:05:11	01:04:14	01:01:43	05:55:19	00:53:26	40	M40	49	6	
194	Schmidt	Karin	LT Aurich-Ost	1960	1993	00:59:07	00:49:27	00:58:26	01:06:17	01:04:15	00:58:29	05:56:01	00:53:32	33	W30	9	6	
195	Stautmeister	Heike	Northmoor	1962	1993	00:59:01	00:51:54	00:59:18	01:07:24	01:03:26	00:55:50	05:56:53	00:53:40	31	W30	10	6	
196	Jürrens	Philipp	TuS Pewsum		1993	00:58:55	00:50:11	01:00:36	01:10:24	01:01:24	00:55:47	05:57:17	00:53:44		MU20	18	6	
197	Happach	Gertrud	LT Schaffh. Wald	1941	1993	01:00:57	00:49:23	00:58:41	01:08:01	01:04:00	00:58:44	05:59:46	00:54:06	52	W50	3	6	
198	Burlage	Rita	TuS Aurich-Ost	1960	1993	01:00:26	00:50:29	00:59:23	01:08:29	01:04:12	00:59:29	06:02:28	00:54:30	33	W30	11	6	
199	Buss	Gertrud	LT Aurich-Ost	1952	1993	01:00:47	00:53:03	01:02:50	01:09:15	01:04:14	00:56:45	06:06:54	00:55:10	41	W40	14	6	
200	Remmers	Wilfried	TV Friedeburg	1951	1993	01:01:07	00:51:32	01:00:17	01:09:36	01:05:24	00:59:36	06:07:32	00:55:16	42	M40	50	6	
201	Remmers	Grietje	TV Friedeburg	1952	1993	01:01:07	00:51:32	01:00:17	01:09:36	01:05:24	00:59:36	06:07:32	00:55:16	41	W40	15	6	
202	Watzema	Frauke	Germania Leer		1993	00:59:54	00:50:24	01:00:09	01:08:56	01:07:37	01:00:58	06:07:58	00:55:20		W		6	
203	Peters	Hans-Jürgen	TV Bunde	1949	1993	01:01:38	00:50:39	01:00:02	01:11:09	01:05:02	01:00:46	06:09:16	00:55:32	44	M40	51	6	
204	Lammers	Udo	LT Jheringsfehn	1953	1993	01:05:53	00:52:01	01:02:13	01:10:52	01:07:00	00:57:41	06:15:40	00:56:29	40	M40	52	6	
205	Donadell	Hans	SV Warsingsfehn	1942	1993	01:05:53	00:53:38	01:03:23	01:12:15	01:07:46	00:53:43	06:16:38	00:56:38	51	M50	18	6	
206	Huisinga	Anne	TV Bunde	1967	1993	01:07:31	00:54:36	00:59:59	01:11:09	01:05:02	00:59:24	06:17:41	00:56:48	26	W20	5	6	
207	Fitzner	Adele	TuS Aurich-Ost	1949	1993	01:02:55	00:53:03	01:02:51	01:11:08	01:08:58	01:02:44	06:						

12. Ostfrieslandlauf 1993

18.05. bis 04.06.1993

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
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km						
214	Jochum-Nowak	Magdalene			1993	01:04:55	00:56:57	01:08:28	01:18:44	01:13:17	01:04:08	06:46:29	01:01:07		W		6
215	Temme	Ursula	TV Norden	1943	1993	01:05:35	00:57:36	01:10:24	01:21:04	01:14:36	01:04:33	06:53:48	01:02:13	50	W50	4	6
216	Backer	Petra			1993	01:08:40	00:55:49	01:08:47	01:18:20	01:16:32	01:08:23	06:56:31	01:02:38		W		6
217	Peters	Renate	TV Bunde	1952	1993	01:11:13	01:00:03	01:12:11	01:21:14	01:14:49	01:09:52	07:09:22	01:04:34	41	W40	17	6
218	Hecht	Jutta	Germania Leer	1928	1993	01:11:25	01:00:03	01:12:11	01:21:16	01:16:29	01:09:52	07:11:16	01:04:51	65	W20		6
219	Eiben	Eibo	LT Schaff. Wald	1942	1993	01:19:19	01:06:07	01:20:31	01:32:17	01:24:34	01:17:04	07:59:52	01:12:10	51	M50	20	6
220	Eiben	Martha	LT Schaff. Wald		1993	01:19:19	01:06:07	01:20:31	01:32:17	01:24:34	01:17:04	07:59:52	01:12:10		W		6
	Aden	Rainer	BW Borssum	1971	1993	00:39:36	00:33:30	00:39:17	00:45:58			02:38:21		22	M20		4
	Feldiek	Georg	TuS Weener	1956	1993	00:44:19	00:37:51	00:44:53	00:53:09			03:00:12		37	M30		4
	Kruse	Bernd	VFL Jheringsfehn	1967	1993	00:57:22	00:41:26	00:49:17	00:56:36			03:24:41		26	M20		4
	Hildebrandt	Volkmar	TuS Weene	1955	1993			00:50:41	00:58:10	00:55:00	00:49:02	03:32:53		38	M30		4
	Frühling	Kobus	Holtrop	1969	1993		00:43:50	00:51:08	01:02:46	00:56:18		03:34:02		24	M20		4
	Springer	Sabine	LT Schaff. Wald	1966	1993		00:51:56		01:10:52	00:58:55	00:58:45	04:00:28		27	W20		4
	Greulich	Ines	PSV Aurich-West	1966	1993	01:04:39	00:54:41	01:03:21			01:02:10	04:04:51		27	W20		4
	Lunz	Dieter	SC Dunum	1941	1993		00:52:13		01:11:24	01:07:31	01:02:20	04:13:28		52	M50		4
	Tewes	Ute	PSV Aurich-West	1965	1993			01:03:23	01:10:48	01:07:40	01:02:10	04:24:01		28	W20		4
	Benteler	Sandra	Germania Leer	1971	1993	01:10:47		01:08:34		01:14:14	01:09:29	04:43:04		22	W20		4
	Hörnemann	Lutz	TuS Aurich-Ost	1962	1993		00:33:13	00:40:09	00:46:03			01:59:25		31	M30		3
	Siemens	Karl	MTV Wittmund	1951	1993	00:41:35	00:36:21	00:43:13				02:01:09		42	M40		3
	Klaaßen	Peter	TuS Weener	1952	1993		00:37:22		00:53:59		00:47:37	02:18:58		41	M40		3
	Niebel	Werner	TV Norden	1941	1993		00:39:23	00:48:14		00:53:45		02:21:22		52	M50		3
	Schröder	Eckhard	Eddie Eagle	1960	1993			00:45:54	00:52:26		00:46:38	02:24:58		33	M30		3
	Stegmann	Karl-Ulfert	MTV Norden	1940	1993	00:56:12	00:47:03			00:48:56		02:32:11		53	M50		3
	Behrends	Enno	LG Uplengen	1953	1993		00:44:22		01:00:22		00:50:42	02:35:26		40	M40		3
	Sweers	Siegfried	Emder LG	1955	1993				00:57:25	00:53:59	00:48:52	02:40:16		38	M30		3
	Kelm	Axel	SV Holtland	1952	1993		00:46:05	00:53:37	01:01:49			02:41:31		41	M40		3
	Peters	Gundel	Emder LG	1957	1993				00:58:17	00:54:42	00:50:49	02:43:48		36	W30		3
	Baselau	Ulrich	MTV Wittmund	1947	1993	00:54:55				01:00:21	00:54:57	02:50:13		46	M40		3
	Henner	Christian	Oldenburg	1970	1993	00:51:54			01:02:32	01:00:47		02:55:13		23	M20		3
	Wessels	Fritz	Teut. Stapelmoor	1942	1993		00:58:02	01:08:42	01:17:23			03:24:07		51	M50		3
	Schulz	Ernst	Germania Leer	1916	1993	01:16:57				01:18:28	01:08:55	03:44:20		77	M70		3
	Bonk	Michael	Schlooth. Leer	1971	1993	00:38:19			00:44:52			01:23:11		22	M20		2
	Greve	Jochen	Uplengen	1972	1993	00:42:10		00:41:36				01:23:46		21	M20		2
	Penning	Günther	SV Holtland	1967	1993	00:46:05	00:39:09					01:25:14		26	M20		2
	Wilcke	Alexander	Leer	1951	1993	00:46:58	00:39:12					01:26:10		42	M40		2
	Stöter	Jens	VFB Uplengen	1967	1993	00:45:35	00:40:48					01:26:23		26	M20		2
	Steinke	Ralf	SV Warsingsfehn	1967	1993		00:39:27	00:46:58				01:26:25		26	M20		2
	Kleen	Harald	Leer	1964	1993	00:48:38	00:40:05					01:28:43		29	M20		2
	Diekhoff	Frank	VFL Jheringsfehn	1968	1993	00:48:45	00:42:02					01:30:47		25	M20		2
	Brahms	Jan-Rainer	VFR Heisfelde	1970	1993	00:51:18	00:41:37					01:32:55		23	M20		2
	Waschkau	Jan	Germania Leer	1977	1993			00:44:56		00:48:06		01:33:02		16	MU20		2
	Bach	Henning	SV Warsingsfehn	1980	1993	00:45:59					00:47:24	01:33:23		13	MU20		2
	Narr, Dr.	Werner	Frisia Loga	1949	1993	00:51:19	00:42:10					01:33:29		44	M40		2
	Pals	Günter	Emder LG	1941	1993					00:51:15	00:44:34	01:35:49		52	M50		2
	Donadell	Nils	SV Warsingsfehn	1973	1993				00:49:45	00:48:25		01:38:10		20	M20		2
	Könnicke	Heiner	Schlooth. Leer		1993	00:49:40		00:48:53				01:38:33			M		2
	Teubner	Alfred	PSV Aurich-West	1955	1993				00:54:10		00:46:17	01:40:27		38	M30		2
	lwwerks	Reiner	Groothusen	1967	1993			00:50:58			00:51:05	01:42:03		26	M20		2
	Greulich	Thomas	PSV Aurich-West	1960	1993			00:50:52			00:51:54	01:42:46		33	M30		2
	Ringel	Christian	LT Schaff. Wald	1966	1993					00:53:47	00:49:25	01:43:12		27	M20		2
	König	Dieter	Emder LG	1939	1993				00:56:54		00:47:56	01:44:50		54	M50		2
	Bock	Ulrike	Oldenburg	1965	1993	00:47:35			00:57:35			01:45:10		28	W20		2
	Lübben	Uwe	LT Werdum	1967	1993					00:55:05	00:50:37	01:45:42		26	M20		2
	Groninga	Bernd	Schwerinsdorf	1967	1993					00:56:22	00:51:16	01:47:38		26	M20		2
	ter Fehr	Heino	Neermoor	1964	1993				00:59:37		00:50:50	01:50:27		29	M20		2
	Behrends	Heiko	Plaggenburg	1948	1993				00:57:12	00:53:45		01:50:57		45	M40		2
	Garrelts	Christiane	TuS Aurich-Ost	1960	1993			00:54:07	01:01:07			01:55:14		33	W30		2
	Billker	Hans-Bernd	Neermoor	1974	1993				01:05:13		00:50:59	01:56:12		19	MU20		2
	Temme	Wilhelm	TV Norden	1936	1993	00:58:58		00:57:53				01:56:51		57	M50		2
	Janssen	Gerold	Wallinghausen	1966	1993					01:01:19	00:55:48	01:57:07		27	M20		2
	Held	Thomas	Aurich	1969	1993				01:04:19		00:54:40	01:58:59		24	M20		2
	Schwedler	Helga	LT Friedeburg	1939	1993				01:05:27		00:55:15	02:00:42		54	W50		2
	Krause	Margret	SC Dunum	1947	1993					01:03:26	00:58:19	02:01:45		46	W40		2
	Buskohl	Petra	Wittmund	1968	1993				01:02:29	01:00:48		02:03:17		25	M20		2
	Krebs	Wiebke	LG Ostfriesland	1952	1993					01:07:34	00:58:10	02:05:44		41	W40		2
	Patzwald	Margret	SC Dunum	1958	1993					01:05:44	01:03:07	02:08:51		35	W30		2
	Voß	Käthe	Emder LG	1954	1993					01:15:34	00:56:54	02:12:28		39	W30		2
	Kok	Klaus	TuS Weener	1935	1993	01:04:47					01:11:58	02:16:45		58	M50		2

12. Ostfrieslandlauf 1993

18.05. bis 04.06.1993

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
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km						
	Jedowin	Wasilij	Archangelsk		1993	00:34:05						00:34:05			M		1
	Schnoor	Heinrich	Germania Leer	1960	1993		00:34:06					00:34:06		33	M30		1
	Brahms	Georg	SV Stikkelkamp	1942	1993		00:34:19					00:34:19		51	M50		1
	Tschernow	Andrej	Archangelsk	1960	1993	00:36:09						00:36:09		33	M30		1
	Slastin	Valery	Archangelsk	1962	1993	00:37:18						00:37:18		31	M30		1
	Saathoff	Friedhelm	Großefehn	1970	1993		00:37:20					00:37:20		23	M20		1
	Stegmann	Karl-Ulfert	MTV Norden	1969	1993		00:38:37					00:38:37		24	M20		1
	Coenen	Rudolf	CSV Krefeld	1948	1993						00:39:11	00:39:11		45	M40		1
	Strömer	Gerhard	BW Filsum	1955	1993			00:42:14				00:42:14		38	M30		1
	Roes	Helmut	Münster	1965	1993						00:42:21	00:42:21		28	M20		1
	Güldener	Gerriet	Eddie Eagle	1959	1993						00:42:26	00:42:26		34	M30		1
	Rosenbohm	Heiko	TuS Esens	1966	1993						00:43:38	00:43:38		27	M20		1
	Trebesch	Wolfgang	MTV Aurich	1957	1993					00:43:40		00:43:40		36	M30		1
	Dietrich	Georg	LG Wilhelmshaven	1970	1993				00:43:40			00:43:40		23	M20		1
	Fouyer	Alain	Le Havre	1970	1993		00:43:42					00:43:42		23	M20		1
	Looger	Gerhard	VFL Oldenburg	1959	1993			00:44:36				00:44:36		34	M30		1
	van Rahden	Erich	Germania Leer	1955	1993			00:44:54				00:44:54		38	M30		1
	Gastmann	Wilfried	VFL Jheringsfehn	1956	1993	00:44:59						00:44:59		37	M30		1
	Clemens	Erich	Tergast	1948	1993		00:45:02					00:45:02		45	M40		1
	Beyer	Claudia	Conc. Ihrhove	1961	1993	00:45:30						00:45:30		32	W30		1
	Hedemann	Klaus	TV Norden	1955	1993						00:45:39	00:45:39		38	M30		1
	Elsbroek	Ulrich	Münster	1962	1993		00:46:04					00:46:04		31	M30		1
	Jacobs	Johann	SV Holtland	1958	1993	00:46:11						00:46:11		35	M30		1
	Rynas	Heinrich	Schlooth. Leer	1955	1993	00:47:08						00:47:08		38	M30		1
	Seele	Rüdiger	PSV Aurich-West	1965	1993						00:47:35	00:47:35		28	M20		1
	Behrendt	Ulrich	LG Ostfriesland	1951	1993				00:47:41			00:47:41		42	M40		1
	Lubenow	Timo	Werder Bremen	1968	1993		00:48:52					00:48:52		25	M20		1
	Ewald	Wolfgang	Germania Leer	1929	1993	00:49:00						00:49:00		64	M60		1
	Rottmann	Jürgen	SG 74 Hannover	1955	1993		00:49:00					00:49:00		38	M30		1
	Witte	Gernot	PSV Aurich-West	1972	1993						00:49:43	00:49:43		21	M20		1
	Tammen	Holger	Conc. Ihrhove	1969	1993	00:49:44						00:49:44		24	M20		1
	Coordes	Jens	Conc. Ihrhove	1970	1993	00:50:04						00:50:04		23	M20		1
	Blank (jun)	Jürgen	SV Holtland	1971	1993	00:50:13						00:50:13		22	M20		1
	Elsbroek	Matthias	Frisia Loga	1981	1993		00:50:15					00:50:15		12	MU20		1
	Schneider	Christiane	Emder LG	1948	1993	00:50:16						00:50:16		45	W40		1
	Brahms	Bernd-Volker	VFR Heisfelde	1969	1993	00:50:20						00:50:20		24	M20		1
	Sanders	Astrid	Germania Leer	1971	1993					00:50:24		00:50:24		22	W20		1
	Backhaus	Ralf	TuS Esens	1967	1993						00:50:28	00:50:28		26	M20		1
	Schultze	Hartmut	Emder RV	1945	1993						00:50:47	00:50:47		48	M40		1
	Hesse	Helmut	LG Ostfriesland	1946	1993					00:51:00		00:51:00		47	M20		1
	Oltmanns	Maike	SV Stikkelkamp	1971	1993		00:51:22					00:51:22		22	M20		1
	Olivier	Sophie	Charles	1972	1993		00:51:22					00:51:22		21	W20		1
	Remmers	Mario	LT Schaff. Wald	1978	1993					00:51:31		00:51:31		15	MU20		1
	Rose	Udo	VFR Heisfelde	1964	1993	00:52:02						00:52:02		29	M20		1
	Freese	Detlef	SV Fulkum	1970	1993						00:52:07	00:52:07		23	M20		1
	Grampes	Hans	MTV Wittmund	1960	1993						00:52:07	00:52:07		33	M30		1
	Stammwitz	Ekkehard	VFR Heisfelde	1945	1993	00:52:19						00:52:19		48	M40		1
	Wübbena	Hannes	Eddie Eagle	1960	1993				00:52:29			00:52:29		33	M30		1
	Soeken	Johann	SV Holtland	1953	1993						00:52:43	00:52:43		40	M40		1
	Meier	Thomas	SC Dunum	1975	1993						00:52:57	00:52:57		18	MU20		1
	Sattler	Wolfgang	Germania Leer	1955	1993				00:53:08			00:53:08		38	M30		1
	Stützer	Harald	Ger. Holterfehn	1947	1993	00:53:08						00:53:08		46	M40		1
	Jakobs	Ingo	SV Dornum	1973	1993				00:53:31			00:53:31		20	M20		1
	Hesse	Axel	PSV Aurich-West	1969	1993						00:53:35	00:53:35		24	M40		1
	Buss	Manfred	TuS Aurich-Ost	1973	1993						00:53:48	00:53:48		20	M20		1
	Donadell	Arne	SV Warsingsfehn	1982	1993			00:53:59				00:53:59		11	MU20		1
	Schönnagel	Kai-Uwe	SV Warsingsfehn	1978	1993	00:53:59						00:53:59		15	MU20		1
	Pagel	Jens-Dieter	Remels	1963	1993		00:53:59					00:53:59		30	M30		1
	Jans	Peter	LG Ostfriesland	1940	1993			00:54:28				00:54:28		53	M50		1
	Loers	Uwe	SG Aurich	1969	1993						00:54:30	00:54:30		24	M20		1
	Reck	Helmut	MTV Wittmund	1951	1993	00:54:55						00:54:55		42	M40		1
	Grote	Jörg	PSV Aurich-West	1966	1993						00:55:05	00:55:05		27	M20		1
	Janssen	Alfred	Emder LG	1951	1993				00:55:17			00:55:17		42	M40		1
	Greve	Werner	Remels		1993	00:55:22						00:55:22			M		1
	Sieferding	Vitus	Marienhaf	1951	1993					00:56:02		00:56:02		42	M40		1
	Saathoff	Johann	Emden	1967	1993					00:56:15		00:56:15		26	M20		1
	Reinken	Ewald	SG Egels-Popens	1954	1993	00:56:47						00:56:47		39	M30		1
	Gawlick-Daniel	Jürgen	TuS Aurich-Ost	1958	1993				00:57:31			00:57:31		35	M30		1
	Jürgens	Philip	Hesel	1980	1993	00:58:55						00:58:55		13	MU20		1
	Meinen	Jens	Aurich	1968	1993					00:59:04		00:59:04		25	M20		1

12. Ostfrieslandlauf 1993

18.05. bis 04.06.1993

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
						10,80km	9,40km	11,05km	12,75km	11,80km	10,80km						
	Janssen	Ludwig	TSV Holtrop	1956	1993					00:59:46		00:59:46		37	M30		1
	Tjarks	Heike	LG Ostfriesland	1981	1993						01:00:25	01:00:25		12	WU20		1
	Sweers	Hans-Joachim	Emder LG	1951	1993				01:01:32			01:01:32		42	M40		1
	Damm	Remmer	Frisia Loga	1951	1993				01:01:34			01:01:34		42	M40		1
	Hetche	Karl-Heinz	TuS Weener	1949	1993				01:02:34			01:02:34		44	M40		1
	Hans	Friedrich	Sandhorst	1952	1993					01:03:22		01:03:22		41	M40		1
	Schmidt	Hans-Jürgen	SV Waltersheim		1993			01:03:34				01:03:34			M		1
	Gruben	Hilda	Filsum	1964	1993			01:11:08				01:11:08		29	W20		1
	Teyen	Tomma	TuS Weener	1955	1993	01:12:15						01:12:15		38	W30		1
	Wübbenhorst	Bernd	OZ Team Leer	1975	1993	01:12:21						01:12:21		18	MU20		1
	König	Käthe	Emder LG	1936	1993					01:15:34		01:15:34		57	W50		1
	Hecht	Caroline	LG Ostfriesland	1965	1993					01:15:55		01:15:55		28	W60		1
	Schmidt	Gustav	TV Norden	1931	1993					01:15:57		01:15:57		62	M60		1
	Schuchardt	Christa	Emder LG	1947	1993	01:16:57						01:16:57		46	W40		1
	Eden	Birgit	OZ Team Leer	1965	1993	01:19:20						01:19:20		28	M20		1