

13. Ostfrieslandlauf 1994

31.05. bis 17.06.1994

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	11,90km	10,80km						
	Kroh-Lammers	Erika	LT Jheringsfehn	1952	1994	00:53:44	00:45:35	00:54:12	01:04:04	01:00:23		04:37:58		42	W40		5
	Janßen	Christa	SV Holtland	1943	1994	00:55:50	00:48:27		01:07:14	01:05:17	00:57:00	04:53:48		51	W50		5
	Müller	Johannes	TV Norden	1954	1994	00:56:54	00:48:22	00:58:08	01:08:27	01:03:34		04:55:25		40	M40		5
	Schoon	Christel	Fortuna Logabirum	1957	1994	00:59:49	00:50:51	01:01:19	01:09:53		01:03:53	05:05:45		37	W30		5
	Happach	Gertrud	LT Schaffh. Wald	1941	1994	01:01:11	00:54:11	01:04:10		01:09:08	01:01:32	05:10:12		53	W50		5
	Nowak	Magdalene	TV Norden	1951	1994	00:59:06	00:55:31	01:05:40		01:10:21	01:04:40	05:15:18		43	W40		5
	Poeppel	Albert	SC Dunum	1947	1994	01:00:42	00:52:35	01:02:45	01:15:26	01:09:40		05:21:08		47	M40		5
	Ubben	Frauke	TuS Aurich-Ost	1968	1994		00:53:26	01:05:29	01:16:48	01:09:47	01:03:18	05:28:48		26	W20		5
	Tergast	Johann	Leer	1936	1994	01:04:19	00:54:29	01:05:47	01:17:11		01:07:45	05:29:31		58	M50		5
	Woltermann	Peter	TuS Weener	1947	1994	00:46:50		00:51:26		00:55:58	00:39:32	03:13:46		47	M40		4
	Löwen	Peter	Aurich	1967	1994			00:47:45	00:52:56	00:51:22	00:44:51	03:16:54		27	M20		4
	Groninga	Bernd	Schwerinsdorf	1967	1994	00:50:50	00:41:52	00:52:07	00:59:45			03:24:34		27	M20		4
	Behrens	Karl-Heinz	Ihlower Loopers	1956	1994	00:51:57	00:43:20	00:52:46		00:58:11		03:26:14		38	M30		4
	Hinrichs	Ernst	Fortuna Logabirum	1955	1994		00:44:57		01:01:23	00:57:14	00:49:37	03:33:11		39	M30		4
	Budroweit	Holger	TuS Glarum	1961	1994		00:45:04	00:53:42	01:03:29	00:58:33		03:40:48		33	M30		4
	Frühling	Kobus	Holtrop	1969	1994	00:52:10			01:06:22	01:00:12	00:51:37	03:50:21		25	M20		4
	Donadell	Hans	Moormelerand	1942	1994	01:00:55	00:52:11			01:06:39	01:03:08	04:02:53		52	M50		4
	Gembler	Johann	Aurich	1960	1994			00:57:39	01:08:10	01:02:02	00:55:51	04:03:42		34	M30		4
	Manssen	Hermann	VFL Jheringsfehn	1957	1994			00:58:50	01:08:32	01:02:30	00:55:25	04:05:17		37	M30		4
	Nowak	Anneke	TV Norden	1982	1994			01:05:24	01:16:49	01:09:38	01:04:39	04:36:30		12	WU20		4
	Taube	Ralf	Leer	1969	1994	00:39:48	00:33:35	00:40:51				01:54:14		25	M20		3
	Stromann	Johann	BW Borssum	1962	1994			00:37:39		00:40:58	00:36:57	01:55:34		32	M30		3
	Oldigs	Beene	Conc. Ihrhove	1961	1994		00:33:39	00:40:09		00:44:43		01:58:31		33	M30		3
	Siemens	Karl	MTV Wittmund	1951	1994	00:41:46	00:35:35				00:43:01	02:00:22		43	M40		3
	Valentin	Jörg	TV Norden	1962	1994			00:37:39	00:43:11	00:40:58		02:01:48		32	M30		3
	Bredenhorn	Horst	VFL Oldenburg	1943	1994	00:42:26	00:36:35	00:45:20				02:04:21		51	M50		3
	Trebesch	Wolfgang	MTV Aurich	1957	1994	00:47:17				00:45:54	00:42:16	02:15:27		37	M30		3
	Wilcke	Alexander	Leer	1951	1994	00:45:48	00:39:11			00:52:31		02:17:30		43	M40		3
	Niebel	Werner	TV Norden	1941	1994	00:48:12	00:43:23	00:49:31				02:21:06		53	M50		3
	Pleis	Ingo	BW Filsum	1980	1994	00:51:04	00:42:15	00:49:37				02:22:56		14	MU20		3
	Gerlach	Ortwin	Leer	1952	1994	00:45:55				00:51:51	00:46:50	02:24:36		42	M40		3
	Soeken	Johann	SV Holtland	1953	1994	00:48:34		00:49:56		00:53:44		02:32:14		41	M40		3
	Dannemann	Helmut	TuS Glarum	1952	1994	00:48:37				00:58:33	00:51:35	02:38:45		42	M40		3
	Lammers	Udo	LT Jheringsfehn	1953	1994		00:45:46	00:53:15	01:02:55			02:41:56		41	M40		3
	Schneider	Christiane	Emder LG	1948	1994	00:51:05			00:59:42		00:52:35	02:43:22		46	W40		3
	Brinker	Werner	Leer	1955	1994	00:50:09		00:52:38	01:01:10			02:43:57		39	M30		3
	Veith	Manfred	TuS Aurich-Ost	1956	1994	00:50:49			01:00:55	00:56:53		02:48:37		38	M30		3
	Uhlendorf	Hans-Joachim	Wilhelmshaven	1949	1994	00:58:06			01:07:02	01:05:40		03:10:48		45	M40		3
	Lunz	Dieter	SC Dunum	1941	1994			01:02:39		01:08:58	01:05:27	03:17:04		53	M50		3
	Dirks	Heike	Germania Leer	1963	1994	00:59:49		01:08:11		01:09:09		03:17:09		31	W30		3
	Schmidt	Klaus	LOK Blankenburg	1938	1994	01:05:32	00:54:05		01:18:23			03:18:00		56	M50		3
	Greulich-Wam	Regina	BW Borssum	1962	1994		00:57:16		01:20:10		01:05:30	03:22:56		32	W30		3
	Temme	Ursula	TV Norden	1943	1994				01:11:51	01:11:51	01:05:17	03:28:59		51	W50		3
	Mouson	Heinz	LT Jheringsfehn	1960	1994	00:41:27	00:35:38					01:17:05		34	M30		2
	Gumbrecht-Vinke	Dagmar	Aurich	1957	1994	00:45:16	00:38:06					01:23:22		37	W30		2
	Albers	Franz	Germania Leer	1938	1994	00:40:42				00:47:21		01:28:03		56	M50		2
	Janssen	Rolf	LT Schaffh. Wald	1965	1994					00:48:18	00:42:25	01:30:43		29	M20		2
	Braams	Wilhelm	LT Schaffh. Wald	1956	1994					00:48:21	00:42:29	01:30:50		38	M30		2
	Heidergott	Enno	Conc. Ihrhove	1971	1994			00:45:02		00:46:21		01:31:23		23	M20		2
	Zembski	Marek	Emden	1957	1994				00:50:41	00:40:58		01:31:39		37	M30		2
	Schild	Gerhard	Aurich	1965	1994	00:50:13	00:42:44					01:32:57		29	M20		2
	Seeger	Ulrich	Lohne		1994			00:47:22		00:45:40		01:33:02			M		2
	Boden	Rudolf	SV Stikelkamp	1949	1994	00:50:10	00:44:11					01:34:21		45	M40		2
	Behrends	Enno	LG Uplengen	1953	1994	00:49:22					00:50:38	01:40:00		41	M40		2
	Rynas	Heinrich	Germania Leer	1955	1994	00:54:16		00:45:59				01:40:15		39	M30		2
	Damm	Remmer	Frisia Loga	1951	1994	00:45:17			00:56:18			01:41:35		43	M40		2
	Duis	Hermann	LG Uplengen	1947	1994			00:48:32		00:53:19		01:41:51		47	M40		2
	Steinke	Ralf	SV Warsingsfehn	1967	1994			00:49:51		00:52:03		01:41:54		27	M20		2
	Feth	Jan	Germania Leer	1976	1994	00:49:25				00:52:46		01:42:11		18	MU20		2
	Türk	Hermann	VFR Heisfelde	1971	1994	00:40:46			01:02:11			01:42:57		23	M20		2
	Haren	Andreas	LG Ostfriesland	1949	1994			00:48:43	00:56:51			01:45:34		45	M40		2
	Steenhoff	Heiner	Ostrhauderfehn	1960	1994			00:52:41			00:53:04	01:45:45		34	M30		2
	Fleißner	Jörg	Germania Leer	1960	1994	00:56:37		00:49:47				01:46:24		34	M30		2
	Rodewald	Jörg	Fallingbostel		1994			00:51:53		00:56:14		01:48:07			M		2
	Schoon	Gunda	Moordorf	1963	1994	00:54:08		00:54:22				01:48:30		31	W30		2
	Moldenhauer	Helmut	Wiesmoor	1950	1994	00:53:35		00:55:22				01:48:57		44	M50		2
	Kloß	Margret	SV Fulkum	1958	1994					01:00:13	00:51:59	01:52:12		36	W30		2
	Evers	Hinrikus	SV Dornum	1949	1994	00:56:34					00:57:12	01:53:46		45	M40		2

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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	11,90km	10,80km						
	Uphoff	Walter	TuS Aurich-Ost	1960	1994	00:55:38					00:58:09	01:53:47		34	M30		2
	Schoormann	Willem	LT Bunde	1944	1994			00:53:08	01:01:46			01:54:54		50	M50		2
	Müller	Leni	TG 1881 Düsseldorf	1934	1994	00:59:23		01:00:50				02:00:13		60	W60		2
	Jürgens	Philip	Hesel	1980	1994			00:58:16	01:05:38			02:03:54		14	MU20		2
	Krause	Margret	SC Dunum	1947	1994					01:05:39	00:58:38	02:04:17		47	W40		2
	Patzwald	Magitta	SC Dunum	1965	1994					01:05:39	00:58:38	02:04:17		29	W20		2
	Patzwald	Margret	SC Dunum	1958	1994					01:05:39	00:58:39	02:04:18		36	W30		2
	Temme	Wilhelm	TV Norden	1936	1994			01:00:01	01:05:55			02:05:56		58	M50		2
	Braams	Herma	LT Schaffh. Wald	1956	1994					01:09:09	00:59:13	02:08:22		38	W30		2
	Esdorn	Bettina	Germania Leer	1961	1994	01:03:13		01:08:11				02:11:24		33	W30		2
	Flessner	Elke	Germania Leer	1964	1994	01:03:13				01:08:37		02:11:50		30	W30		2
	Smit	Dorle	BW Borssum	1941	1994		00:57:17		01:20:29			02:17:46		53	W50		2
	Sauer	Gudrun	MTV Aurich	1965	1994			01:11:28		01:15:01		02:26:29		29	W20		2
	Weber	Gudrun	TuS Weener	1994	1994			01:11:07	01:21:09			02:32:16			W		2
	Klaassen	Hilkea	BW Borssum	1946	1994				01:20:29	01:15:37		02:36:06		48	W40		2
	Koschelow	Jewgeni	Archangelsk		1994	00:33:34						00:33:34			M		1
	Lauterjung	Kai	TuS Hinte	1980	1994		00:33:36					00:33:36		14	MU20		1
	Jedowin	Wasilij	Archangelsk		1994	00:34:16						00:34:16			M		1
	Tiedt	Hartmut		1966	1994		00:34:19					00:34:19		28	M20		1
	Ufkes	Frank	Bremerhaven	1966	1994		00:35:22					00:35:22		28	M20		1
	Jürgens	Hartwig	SV Holtland	1953	1994		00:35:30					00:35:30		41	M40		1
	Menne	Jörn	MTV Wittmund	1968	1994						00:35:57	00:35:57		26	M20		1
	Ylebow	Alexander	Archangelsk	1961	1994	00:36:19						00:36:19		33	M30		1
	Koenen	Hermann	Germania Leer	1950	1994			00:40:26				00:40:26		44	M40		1
	Martens	Andreas	Oldenburg	1962	1994		00:42:01					00:42:01		32	M30		1
	Schoon	Volker	MTV Aurich	1976	1994					00:42:02		00:42:02		18	MU20		1
	Reemts	Gerda	Conc. Ihrhove	1949	1994		00:42:39					00:42:39		45	W40		1
	Kruse	Bernd	VFL Jheringsfehn	1967	1994	00:43:33						00:43:33		27	M20		1
	Emken	Gerd	SC Dunum	1962	1994						00:43:37	00:43:37		32	M30		1
	Schröder	Eckhard	Eddie Eagle	1960	1994	00:44:25						00:44:25		34	M30		1
	Brahms	Jan-Rainer	VFR Heisfelde	1970	1994		00:44:37					00:44:37		24	M20		1
	Beyer	Walter	Germania Leer	1958	1994						00:44:52	00:44:52		36	M30		1
	Bonk	Michael	Schlooth. Leer	1971	1994				00:45:16			00:45:16		23	M20		1
	Lippe	Peter	SV Holtland	1946	1994		00:46:29					00:46:29		48	M40		1
	Könnicke	Heiner	Schlooth. Leer		1994	00:46:50						00:46:50			M		1
	Kusmitschew	Boris	Archangelsk	1962	1994	00:46:51						00:46:51		32	M30		1
	Kruse	Stefan	TuS Glarum	1977	1994	00:47:36						00:47:36		17	MU20		1
	Heyen	Ingo	TuS Esens	1978	1994						00:47:44	00:47:44		16	MU20		1
	Schultz	Timo	TuS Esens	1977	1994						00:48:06	00:48:06		17	MU20		1
	Frers	Andrea	Conc. Ihrhove	1975	1994						00:48:22	00:48:22		19	WU20		1
	Frers	Birgit	Conc. Ihrhove	1975	1994						00:48:25	00:48:25		19	WU20		1
	Schmidt	Karl-Heinz	TuS Aurich-Ost	1957	1994						00:48:36	00:48:36		37	M30		1
	Behrends	Emil	PA Leer	1941	1994	00:48:38						00:48:38		53	M50		1
	Siefken	Günther	Aurich	1972	1994	00:48:39						00:48:39		22	M20		1
	Christians	Borchard	LG Ostriesland	1958	1994				00:48:55			00:48:55		36	M30		1
	Sonnenberg	Horst	TuS Weener	1963	1994			00:49:23				00:49:23		31	M30		1
	Janssen	Stephan	Germania Leer	1973	1994	00:49:25						00:49:25		21	M20		1
	Voß	Hermann	Emder LG	1953	1994				00:49:42			00:49:42		41	M40		1
	Schmidt	Gernot	Emder LG	1946	1994				00:49:50			00:49:50		48	M40		1
	Meentz	Malte	TuS Esens	1978	1994						00:50:07	00:50:07		16	MU20		1
	Fisser	Manfred	LG Ostfriesland	1950	1994				00:50:13			00:50:13		44	M40		1
	Kirschke	Helmut	LG Ostfriesland	1953	1994				00:50:13			00:50:13		41	M40		1
	Scheebaum	Stefan	TV Papenburg	1963	1994					00:50:32		00:50:32		31	M30		1
	Lüken	Hermann	Emder LG	1953	1994				00:50:41			00:50:41		41	M40		1
	Zunken	Gerhard	TuS Glarum	1959	1994						00:50:42	00:50:42		35	M30		1
	Köhlers	Klaus	TuS Weener	1935	1994		00:51:14					00:51:14		59	M50		1
	Krutow	Uwe	LG Uplengen	1962	1994						00:51:16	00:51:16		32	M30		1
	Jürrens	Harry	TuS Pewsum	1957	1994			00:51:27		01.03.28		00:51:27		37	M30		1
	Jürrens	Inga	TuS Pewsum	1982	1994			00:51:29				00:51:29		12	WU20		1
	Kortylack	Gisela	Emder LG	1956	1994						00:52:02	00:52:02		38	W30		1
	Wilken	Hauke	TV Friedeburg	1951	1994			00:52:04				00:52:04		43	M40		1
	Ostermeyer	Werner	Germania Leer	1940	1994			00:52:05				00:52:05		54	M50		1
	Brauner	Siegfried	BW Borssum	1940	1994	00:52:13						00:52:13		54	M50		1
	Stützer	Harald	Ger. Holterfehn	1947	1994	00:53:24						00:53:24		47	M40		1
	Ibeling	Fred	TuS Aurich-Ost	1966	1994				00:53:45			00:53:45		28	M20		1
	Zimmermann	Klaus	Germania Leer	1965	1994					00:53:51		00:53:51		29	M20		1
	Evers	Marcus	SV Dornum	1978	1994						00:53:51	00:53:51		16	MU20		1
	Rynas	Sebastian	Germania Leer	1983	1994	00:54:16						00:54:16		11	MU20		1
	Mohrherr	Manfred	Norderney	1947	1994	00:54:31						00:54:31		47	M40		1
	Ulrichs	Theo	TuS Aurich-Ost	1950	1994	00:55:02						00:55:02		44	M40		1

13. Ostfrieslandlauf 1994

31.05. bis 17.06.1994

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						10,80km	9,40km	11,05km	12,75km	11,90km	10,80km						
	Opfermann	Uwe	TuS Esens	1966	1994						00:55:14	00:55:14		28	M20		1
	Luitjens	Heidi	Emder LG	1971	1994						00:55:18	00:55:18		23	W20		1
	Lauterjung	Anita	Emder LG	1946	1994		00:57:22					00:57:22		48	W40		1
	Lehmann	Michael	Emden	1960	1994						00:57:49	00:57:49		34	M30		1
	Fiss	Holger	Emder LG	1959	1994				00:57:57			00:57:57		35	M30		1
	Kruse	Jakob	Emden	1946	1994						00:58:04	00:58:04		48	M40		1
	Böcke	Udo	Wolfenbüttel	1948	1994						00:59:20	00:59:20		46	M40		1
	Henken	Rolf	Middels	1978	1994						00:59:36	00:59:36		16	MU20		1
	Post	Arno	Middels	1978	1994						00:59:38	00:59:38		16	MU20		1
	Jans	Peter	LG Ostfriesland	1940	1994				01:00:03			01:00:03		54	M50		1
	Wilken	Wilfried	SV Holtand	1950	1994					01:02:18		01:02:18		44	M40		1
	Bade	Hans-Joachim	Emden	1942	1994				01:03:05			01:03:05		52	M50		1
	Nannen	Bärbel	TV Norden	1947	1994	01:04:10						01:04:10		47	W40		1
	Bulicke	Reinhard	Emder LG	1949	1994					01:04:13		01:04:13		45	M40		1
	Jaspers	Christel	BW Borssum	1947	1994	01:04:27						01:04:27		47	W50		1
	Esdorn	Susanne	Germania Leer	1975	1994			01:04:56				01:04:56		19	WU20		1
	Gerdes	Frerich	Aurich	1948	1994	01:05:43						01:05:43		46	M40		1
	Siedenburg	Berndt	Spekendorf	1969	1994					01:05:58		01:05:58		25	M20		1
	Lottmann	Amke	VFL Jheringsfehn	1962	1994				01:06:53			01:06:53		32	W30		1
	Gröger	Harald	Jahn Brinkum	1968	1994			01:08:07				01:08:07		26	M20		1
	Held	Thomas	Aurich	1969	1994				01:08:32			01:08:32		25	M20		1
	Janssen	Willm	BV Sandhorst	1950	1994					01:10:04		01:10:04		44	M40		1
	Janssen	Michaela	Leer	1974	1994						01:10:28	01:10:28		20	W20		1
	Ostermeyer	Ilse	Germania Leer	1939	1994			01:13:02				01:13:02		55	W50		1
	König	Heinfried	LT Aurich	1950	1994					01:13:03		01:13:03		44	M40		1
	Böcke	Petra	LT Aurich	1951	1994					01:13:10		01:13:10		43	W40		1
	Klement	Wilma	Moormerland	1949	1994					01:15:17		01:15:17		45	W40		1