

14. Ostfrieslandlauf 1995

16.05. bis 02.06.1995

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						
1	Groen	Frank	VFL Jheringsfehn	1962	1995	00:36:22	00:31:11	00:38:43	00:43:22	00:40:39	00:36:37	03:46:54	00:34:01	33	M30	1	6
2	Ibeling	Fred	LT Aurich-Ost	1966	1995	00:37:35	00:32:05	00:39:35	00:45:07	00:42:17	00:37:55	03:54:34	00:35:10	29	M20	1	6
3	Trebesch	Wolfgang	MTV Aurich	1957	1995	00:38:03	00:32:09	00:39:13	00:46:37	00:42:14	00:38:54	03:57:10	00:35:33	38	M30	2	6
4	Oldigs	Beene	Conc. Ihrhove	1961	1995	00:38:45	00:32:58	00:39:15	00:45:55	00:42:20	00:38:54	03:58:07	00:35:42	34	M30	3	6
5	Taube	Ralf	DLRG Leer	1969	1995	00:39:28	00:32:45	00:39:48	00:47:35	00:43:53	00:39:05	04:02:34	00:36:22	26	M20	2	6
6	Woltermann	Peter	TuS Weener	1947	1995	00:40:22	00:33:02	00:39:56	00:47:38	00:43:49	00:39:19	04:04:06	00:36:36	48	M40	1	6
7	Speckmann	Karl-Heinz	MTV Aurich	1957	1995	00:39:47	00:33:51	00:40:15	00:47:39	00:43:46	00:39:43	04:05:01	00:36:44	38	M30	4	6
8	Schnoor	Heinrich	VFL Germania Leer	1960	1995	00:39:29	00:33:44	00:40:34	00:48:40	00:44:58	00:41:08	04:08:33	00:37:16	35	M30	5	6
9	Waschkau	Jan	Germania Leer	1977	1995	00:41:21	00:34:13	00:40:44	00:48:56	00:44:18	00:39:22	04:08:54	00:37:19	18	MU20	1	6
10	Peyko	Maik	LT Aurich-Ost	1978	1995	00:40:40	00:34:29	00:41:50	00:49:03	00:44:27	00:39:58	04:10:27	00:37:33	17	MU20	2	6
11	Mouson	Heinz	LT Jheringsfehn	1960	1995	00:40:31	00:34:34	00:41:43	00:49:16	00:45:10	00:41:36	04:12:50	00:37:54	35	M30	6	6
12	Gastmann	Richard	BW Filsun	1961	1995	00:40:39	00:34:45	00:41:38	00:48:48	00:44:04	00:44:40	04:14:34	00:38:10	34	M30	7	6
13	Ludwig	Helmut	LG Ostfriesland	1958	1995	00:40:33	00:34:56	00:41:58	00:49:32	00:46:07	00:41:49	04:14:55	00:38:13	37	M30	8	6
14	Feldiek	Georg	TuS Weener	1956	1995	00:41:26	00:34:47	00:42:42	00:50:29	00:46:00	00:41:39	04:17:03	00:38:32	39	M30	9	6
15	Merl	Christian	DJK T. Waltrip	1957	1995	00:40:54	00:34:48	00:43:35	00:49:41	00:46:40	00:41:53	04:17:31	00:38:36	38	M30	10	6
16	Sappl	Günther	Germania Leer	1945	1995	00:41:48	00:35:16	00:42:48	00:50:38	00:46:11	00:41:49	04:18:30	00:38:45	50	M50	1	6
17	Jürgens	Hartwig	SV Holtland	1953	1995	00:41:29	00:35:14	00:42:50	00:52:01	00:47:40	00:42:43	04:21:57	00:39:16	42	M40	2	6
18	Schneider	Rüdiger	VFL Jheringsfehn	1962	1995	00:43:08	00:35:35	00:43:19	00:51:21	00:47:52	00:41:35	04:22:50	00:39:24	33	M30	11	6
19	Rieken	Helmut	Inhlower Loopers	1962	1995	00:43:38	00:36:34	00:44:29	00:51:41	00:47:14	00:43:03	04:26:39	00:39:59	33	M30	12	6
20	Antkowiak	Erich	TV Norden	1949	1995	00:42:29	00:35:53	00:44:24	00:52:06	00:48:10	00:44:04	04:27:06	00:40:03	46	M40	3	6
21	Hillbrands	Johann	TuS Collinghorst	1954	1995	00:42:56	00:36:11	00:43:56	00:52:31	00:48:56	00:43:56	04:28:26	00:40:15	41	M40	4	6
22	Feth	Claas	SV Holtland	1977	1995	00:44:07	00:36:31	00:44:11	00:52:47	00:48:21	00:43:14	04:29:11	00:40:21	18	MU20	3	6
23	Park	Harm	TuS Weene	1953	1995	00:43:24	00:36:51	00:44:36	00:52:42	00:48:28	00:43:35	04:29:36	00:40:25	42	M40	5	6
24	Gastmann	Wilfried	LT Jheringsfehn	1956	1995	00:43:52	00:37:10	00:44:27	00:52:35	00:48:11	00:43:58	04:30:13	00:40:31	39	M30	13	6
25	Vry	Ralf	Fortuna Logabirum	1960	1995	00:43:39	00:37:00	00:45:28	00:52:16	00:48:22	00:43:52	04:30:37	00:40:34	35	M30	14	6
26	Penning	Günther	Polizei Leer	1967	1995	00:44:14	00:37:15	00:45:11	00:53:12	00:48:15	00:45:02	04:33:09	00:40:57	28	M20	3	6
27	Klaaßen	Peter	TuS Weener	1952	1995	00:44:46	00:37:55	00:44:47	00:53:07	00:48:46	00:44:37	04:33:58	00:41:04	43	M40	6	6
28	Weizel	Wolfgang	LT Jheringsfehn	1962	1995	00:44:01	00:36:50	00:46:43	00:53:11	00:49:28	00:44:26	04:34:39	00:41:11	33	M30	15	6
29	Buß	Hermann	TuS Aurich-Ost	1948	1995	00:44:58	00:37:45	00:44:49	00:53:56	00:49:53	00:44:15	04:35:36	00:41:19	47	M40	7	6
30	Lay	Jan	LT Jheringsfehn	1954	1995	00:44:45	00:38:21	00:45:55	00:54:03	00:49:13	00:43:59	04:36:16	00:41:25	41	M40	8	6
31	Wijnen	Jacobus	TuS Pewsum	1949	1995	00:46:35	00:38:40	00:46:38	00:53:48	00:48:49	00:43:36	04:38:06	00:41:42	46	M40	9	6
32	Kohlbus	Maik	TG Wiesmoor	1975	1995	00:44:08	00:37:27	00:47:30	00:54:19	00:49:30	00:45:20	04:38:14	00:41:43	20	M20	4	6
33	Hartmann	Günther	LT Jheringsfehn	1941	1995	00:45:09	00:38:28	00:46:11	00:54:00	00:49:57	00:45:11	04:38:56	00:41:49	54	M50	2	6
34	Beyer	Claudia	Conc. Ihrhove	1961	1995	00:43:53	00:37:24	00:46:13	00:54:51	00:51:03	00:45:33	04:38:57	00:41:49	34	W30	1	6
35	Eden	Kurt	TV Norden	1958	1995	00:45:06	00:37:42	00:47:07	00:55:37	00:49:20	00:44:31	04:39:23	00:41:53	37	M30	16	6
36	Redenius	Folkert	Germania Holterfehn	1957	1995	00:46:28	00:38:41	00:46:18	00:54:30	00:49:44	00:44:27	04:40:08	00:42:00	38	M30	17	6
37	Ehrlich	Heinz	Emder LG	1961	1995	00:45:27	00:38:43	00:46:49	00:54:22	00:50:31	00:44:41	04:40:33	00:42:04	34	M30	18	6
38	Wittmann	Benjamin	SV Holtland	1981	1995	00:44:33	00:37:08	00:47:01	00:56:18	00:51:30	00:45:30	04:42:00	00:42:17	14	MU20	4	6
39	Fleßner	Jörg	Germania Leer	1960	1995	00:44:29	00:37:27	00:46:01	00:53:27	00:52:17	00:49:45	04:43:26	00:42:30	35	M30	19	6
40	Sweers	Siegfried	Emden	1955	1995	00:46:03	00:39:06	00:46:49	00:54:26	00:50:59	00:46:05	04:43:28	00:42:30	40	M40	10	6
41	Keplin	Otto	VFL Jheringsfehn	1948	1995	00:45:17	00:39:09	00:47:15	00:55:53	00:50:44	00:45:45	04:44:03	00:42:35	47	M40	11	6
42	Drost	Fritz	MTV Wittmund	1943	1995	00:45:17	00:39:49	00:47:09	00:55:38	00:50:47	00:45:29	04:44:09	00:42:36	52	M50	3	6
43	Steinke	Hilde	Conc. Neermoor	1945	1995	00:45:50	00:39:34	00:47:34	00:54:32	00:50:51	00:46:01	04:44:22	00:42:38	50	W50	1	6
44	Willems	Heye	Fortuna Logabirum	1953	1995	00:44:40	00:38:13	00:46:33	00:55:07	00:51:41	00:48:19	04:44:33	00:42:40	42	M40	12	6
45	Imhoff	Matthias	PSV Aurich-West	1959	1995	00:46:11	00:38:47	00:47:09	00:56:09	00:50:48	00:45:43	04:44:47	00:42:42	36	M30	20	6
46	Janssen	Werner	MTV Aurich	1956	1995	00:45:31	00:39:31	00:47:14	00:55:12	00:51:08	00:46:44	04:45:20	00:42:47	39	M30	21	6
47	Krutow	Uwe	LG Uplengen	1962	1995	00:45:22	00:38:37	00:47:23	00:57:11	00:51:01	00:45:56	04:45:30	00:42:48	33	M30	22	6
48	Janssen	Johann	TV Friedeburg	1957	1995	00:44:41	00:38:12	00:47:40	00:56:45	00:52:03	00:46:28	04:45:49	00:42:51	38	M30	23	6
49	Sandersfeld	Johann	VFB Uplengen	1955	1995	00:45:47	00:38:57	00:47:37	00:56:02	00:51:42	00:45:58	04:46:03	00:42:53	40	M40	13	6
50	Tscherney	Bernd-Ulrich	MTV Hooksiel	1948	1995	00:45:49	00:39:03	00:47:52	00:56:07	00:50:36	00:46:40	04:46:07	00:42:54	47	M40	14	6
51	Meyer	Albrecht	LG Uplengen	1955	1995	00:45:34	00:38:27	00:47:24	00:58:11	00:51:02	00:45:56	04:46:34	00:42:58	40	M40	15	6
52	Erdmann	Ilhno	SuS Berumerfehn	1952	1995	00:46:24	00:39:30	00:48:07	00:56:24	00:50:52	00:46:00	04:47:17	00:43:04	43	M40	16	6
53	Heyen	Johann	TuS Esens	1953	1995	00:46:40	00:39:16	00:47:22	00:55:52	00:51:49	00:46:18	04:47:17	00:43:04	42	M40	17	6
54	Janssen	Johann	VFL Jheringsfehn	1960	1995	00:47:01	00:39:25	00:47:35	00:56:08	00:51:44	00:46:10	04:48:03	00:43:11	35	M30	24	6
55	Scheepker	Alfred	TV Norden	1954	1995	00:46:02	00:38:48	00:48:37	00:56:42	00:52:04	00:46:22	04:48:35	00:43:16	41	M40	18	6
56	Plesse	Thomas	Warsingsfehn	1966	1995	00:45:12	00:38:46	00:48:09	00:57:16	00:52:24	00:47:00	04:48:47	00:43:18	29	M20	5	6
57	Hesse	Axel	PSV Aurich-West	1969	1995	00:47:47	00:40:02	00:49:29	00:55:30	00:51:47	00:44:21	04:48:56	00:43:19	26	M20	6	6
58	Bilker	Hans-Bernd	Eintr. Nüttermoor	1974	1995	00:48:11	00:41:58	00:48:14	00:54:31	00:50:44	00:45:39	04:49:17	00:43:22	21	M20	7	6
59	Lehmann	Ewald	TuS Aurich-Ost	1954	1995	00:46:05	00:39:36	00:48:13	00:57:47	00:51:45	00:46:44	04:50:10	00:43:30	41	M40	19	6
60	Stammwitz	Eckhard	VFR Heisfelde	1973	1995	00:47:16	00:39:32	00:47:56	00:56:41	00:52:25	00:46:26	04:50:16	00:43:31	22	M20	8	6
61	Jürgens	Rolf	Eddy Eagle	1961	1995	00:46:51	00:39:20	00:49:07	00:56:54	00:51:51	00:46:20	04:50:23	00:43:32	34	M30	25	6
62	Eckhoff	Sven	SV Dornum	1979	1995	00:46:20	00:40:46	00:48:46	00:56:54	00:51:43	00:46:06	04:50:35	00:43:34	16	MU20	5	6
63	Hesse	Helmut	LG Ostfriesland	1946	1995	00:46:56	00:39:35	00:48:35	00:55:45	00:52:31	00:47:32	04:50:54	00:43:37	49	M40	20	6
64	Christoffers	Dieter	SuS Berumerfehn	1953	1995	00:46:25	00:39:30	00:48:07	00:56:24	00:53:31	00:47:05	04:51:02	00:43:38	42	M40	21	6
65	Seele	Rüdiger	PSV Aurich-West	1965	1995	00:47:59	00:40:54	00:48:15	00:56:29	00:51:16	00:46:15</						

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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						
72	Wilbers	Wilhelm	Ochtersum	1962	1995	00:53:25	00:38:49	00:47:56	00:56:30	00:51:14	00:46:25	04:54:19	00:44:08	33	M30	27	6
73	Buss	Otto	Teutonia Stapelmoor	1960	1995	00:47:12	00:41:20	00:47:44	00:59:55	00:51:46	00:46:43	04:54:40	00:44:11	35	M30	28	6
74	Eilers	Joachim	TV Norden	1954	1995	00:46:43	00:40:24	00:48:20	00:57:43	00:53:22	00:48:25	04:54:57	00:44:13	41	M40	24	6
75	Bruns	Jan	Emder LG	1938	1995	00:47:41	00:41:00	00:48:36	00:57:11	00:53:06	00:47:41	04:55:15	00:44:16	57	M50	6	6
76	Soeken	Johann	SV Holtland	1953	1995	00:47:56	00:40:47	00:49:01	00:57:17	00:52:20	00:48:00	04:55:21	00:44:17	42	M40	25	6
77	Reimann	Andreas	SV Benstreek	1962	1995	00:48:14	00:40:14	00:48:25	00:58:08	00:53:12	00:47:34	04:55:47	00:44:21	33	M30	29	6
78	ter Fehr	Heino	LT Jheringsfehn	1964	1995	00:49:14	00:41:55	00:48:52	00:56:50	00:53:06	00:45:57	04:55:54	00:44:22	31	M30	30	6
79	Schewiola	Stefan	TuS Aurich-Ost	1966	1995	00:46:39	00:39:47	00:49:59	00:58:06	00:52:52	00:48:32	04:55:55	00:44:22	29	M20	10	6
80	Hillbrands	Hillich	TuS Collinghorst	1948	1995	00:47:20	00:40:32	00:49:22	00:57:51	00:53:29	00:47:53	04:56:27	00:44:27	47	M40	26	6
81	Sonnenberg	Horst	TuS Weener	1963	1995	00:48:19	00:40:06	00:49:20	00:58:03	00:53:55	00:46:51	04:56:34	00:44:28	32	M30	31	6
82	Onken	Andreas	TuS Aurich-Ost	1975	1995	00:46:52	00:39:44	00:51:33	00:59:10	00:52:48	00:46:51	04:56:58	00:44:31	20	M20	11	6
83	Heise	Arend	TuS Aurich-Ost	1941	1995	00:47:35	00:40:44	00:49:13	00:57:39	00:53:43	00:48:07	04:57:01	00:44:32	54	M50	7	6
84	Duis	Hermann	LG Uplengen	1947	1995	00:46:36	00:40:45	00:48:38	00:59:13	00:54:20	00:47:54	04:57:26	00:44:36	48	M40	27	6
85	Wilken	Gerhold	SV Holtland	1954	1995	00:47:57	00:40:27	00:49:35	00:58:30	00:53:16	00:47:43	04:57:28	00:44:36	41	M40	28	6
86	Hilbers	Antje	SV Holtland	1975	1995	00:48:07	00:40:37	00:49:37	00:58:11	00:53:15	00:48:10	04:57:57	00:44:40	20	W20	1	6
87	Fecht	Heinz-Günter	LT Jheringsfehn		1995	00:47:04	00:41:25	00:48:48	00:58:58	00:53:21	00:48:25	04:58:01	00:44:41		M		6
88	Kock	Jans	SV Holtland	1931	1995	00:47:56	00:41:01	00:50:19	00:58:11	00:54:02	00:47:39	04:59:08	00:44:51	64	M60	1	6
89	Breninck	Heinrich	TV Norden	1952	1995	00:47:13	00:40:59	00:49:23	00:59:00	00:54:28	00:48:33	04:59:36	00:44:55	43	M40	29	6
90	Brinker	Werner	Leer	1955	1995	00:48:06	00:41:49	00:50:02	00:58:10	00:53:41	00:48:38	05:00:26	00:45:03	40	M40	30	6
91	Schmidt	Hinrich	IGS Aurich	1946	1995	00:48:12	00:41:41	00:49:05	00:58:22	00:54:12	00:49:05	05:00:37	00:45:04	49	M40	31	6
92	Odens	Ode	TV Norden	1935	1995	00:46:54	00:39:37	00:47:10	01:08:28	00:51:35	00:47:04	05:00:48	00:45:06	60	M60	5	6
93	Schlichting	Jens	Aurich	1964	1995	00:48:51	00:41:15	00:49:54	01:00:37	00:53:51	00:48:01	05:02:29	00:45:21	31	M30	32	6
94	Seufer	Wolfgang	TuS Holtriem	1941	1995	00:48:34	00:41:45	00:49:55	00:58:22	00:54:48	00:49:08	05:02:32	00:45:21	54	M50	8	6
95	Oltmanns	Heino	Jheringsfehn	1969	1995	00:47:41	00:41:43	00:50:33	01:00:01	00:52:35	00:50:00	05:02:33	00:45:22	26	M20	12	6
96	Schneider	Christiane	Emder LG	1948	1995	00:48:21	00:41:21	00:49:44	00:58:28	00:54:28	00:50:12	05:02:34	00:45:22	47	W40	1	6
97	Romaneeßen	Heinz	Komet Walle	1966	1995	00:48:08	00:40:52	00:52:56	00:58:35	00:53:58	00:48:31	05:03:00	00:45:26	29	M20	13	6
98	Preiss	Klaus	Ihlow	1956	1995	00:49:15	00:41:13	00:49:43	00:59:29	00:55:18	00:48:27	05:03:25	00:45:29	39	M30	33	6
99	de Buhr	Harald	Polizei Leer	1962	1995	00:48:19	00:41:42	00:50:44	01:00:10	00:54:20	00:49:09	05:04:24	00:45:38	33	M30	34	6
100	Gawlick-Daniel	Jürgen	TuS Aurich-Ost	1958	1995	00:49:36	00:42:35	00:50:47	00:58:41	00:54:53	00:49:12	05:05:44	00:45:50	37	M30	35	6
101	Houtrow	Enno	Canum	1977	1995	00:50:28	00:40:35	00:50:07	00:59:46	00:56:04	00:48:57	05:05:57	00:45:52	18	MU20	6	6
102	Feth	Jan	Germania Leer	1976	1995	00:48:21	00:36:15	00:53:47	01:03:06	00:54:24	00:50:13	05:06:06	00:45:54	19	MU20	7	6
103	Grimm	Thomas	SV Hage	1961	1995	00:48:27	00:40:34	00:50:58	01:01:30	00:54:46	00:50:08	05:06:23	00:45:56	34	M30	36	6
104	Ensuleit	Udo	TC GW Leer	1948	1995	00:52:24	00:42:34	00:50:41	00:58:26	00:53:23	00:49:29	05:06:57	00:46:01	47	M40	32	6
105	Boeljes, Dr.	Uwe	TV Bunde	1947	1995	01:03:27	00:39:27	00:49:45	00:56:44	00:51:34	00:46:05	05:07:02	00:46:02	48	M40	33	6
106	Schmidt	Christiane	Germania Leer	1959	1995	00:48:39	00:42:08	00:51:32	01:00:10	00:55:00	00:49:35	05:07:04	00:46:02	36	W30	3	6
107	Lammers	Udo	LT Jheringsfehn	1953	1995	00:49:51	00:42:14	00:50:56	00:59:59	00:55:14	00:49:08	05:07:22	00:46:05	42	M40	34	6
108	Boekhoff	Martin	LT Jheringsfehn	1962	1995	00:49:25	00:42:52	00:51:08	01:00:00	00:55:11	00:48:57	05:07:33	00:46:07	33	M30	37	6
109	Narr, Dr.	Werner	Frisia Loga	1949	1995	00:49:39	00:42:34	00:51:43	00:59:06	00:55:03	00:50:04	05:08:09	00:46:12	46	M40	35	6
110	Eckhoff	Arno	Schortens	1959	1995	00:50:29	00:42:13	00:51:41	00:59:51	00:54:42	00:49:29	05:08:25	00:46:14	36	M30	38	6
111	Kloß	Margret	KBV Fulikum	1958	1995	00:49:49	00:41:57	00:51:48	01:00:40	00:55:36	00:48:44	05:08:34	00:46:16	37	W30	4	6
112	Lienemann	Eckhard	TV Friedeburg	1950	1995	00:49:29	00:41:50	00:51:21	01:00:41	00:55:40	00:49:41	05:08:42	00:46:17	45	M40	36	6
113	Schoormann	Wilhelm	TV Bunde	1955	1995	00:49:27	00:41:47	00:51:03	01:00:39	00:55:37	00:50:12	05:08:45	00:46:17	40	M40	37	6
114	Füllenbach	Heinz-Gerhard	Uplengen	1949	1995	00:48:19	00:41:28	00:50:32	01:01:18	00:57:04	00:50:17	05:08:58	00:46:19	46	M40	38	6
115	Ottersberg	Holger	Spetzerfehn	1972	1995	00:49:03	00:42:15	00:52:14	00:59:50	00:56:03	00:49:43	05:09:08	00:46:21	23	M20	14	6
116	Sauerbrey	Bernd	TV Friedeburg	1950	1995	00:49:29	00:42:49	00:51:22	01:00:48	00:55:20	00:49:27	05:09:15	00:46:22	45	M40	39	6
117	Schild	Gerhard	Aurich	1965	1995	00:50:08	00:42:32	00:51:18	01:00:17	00:55:49	00:49:39	05:09:43	00:46:26	30	M30	39	6
118	Schewiola	Axel	TuS Aurich-Ost	1938	1995	00:49:16	00:41:17	00:52:12	01:02:16	00:54:45	00:50:23	05:10:09	00:46:30	57	M50	9	6
119	Broers	Harald	SV Holtland	1980	1995	00:50:02	00:41:56	00:51:46	01:02:27	00:55:05	00:48:56	05:10:12	00:46:30	15	MU20	8	6
120	Busch	Jan	SV Holtland	1948	1995	00:50:48	00:42:07	00:51:38	01:00:08	00:55:27	00:50:06	05:10:14	00:46:31	47	M40	40	6
121	Rose	Udo	Hesel	1964	1995	00:52:21	00:45:48	00:53:29	00:58:20	00:52:43	00:48:01	05:10:42	00:46:35	31	M30	40	6
122	Hagemann	Hans-Dieter	LT Jheringsfehn	1949	1995	00:50:44	00:43:24	00:52:45	00:57:06	00:57:59	00:49:24	05:11:22	00:46:41	46	M40	41	6
123	Janssen	Focko	IGS Aurich	1949	1995	00:49:01	00:42:11	00:51:08	01:00:16	00:57:34	00:51:35	05:11:45	00:46:44	46	M40	42	6
124	Lübben	Astrid	LT Schaff. Wald	1971	1995	00:50:09	00:43:10	00:51:47	01:00:56	00:55:44	00:50:18	05:12:04	00:46:47	24	W20	2	6
125	König	Dieter	Emder LG	1939	1995	00:51:22	00:41:44	00:52:28	01:01:08	00:55:29	00:50:24	05:12:35	00:46:52	56	M50	10	6
126	Matzk	Karin	MTV Aurich	1951	1995	00:49:54	00:42:46	00:51:49	01:00:39	00:56:25	00:51:11	05:12:44	00:46:53	44	W40	2	6
127	Hinrichs	Gunda	SC Dunum	1962	1995	00:50:42	00:43:15	00:52:04	01:00:55	00:55:45	00:50:38	05:13:19	00:46:58	33	W30	5	6
128	Krieger	Giesela	LT Jheringsfehn	1949	1995	00:50:10	00:43:31	00:51:04	01:01:07	00:56:25	00:51:08	05:13:25	00:46:59	46	W40	3	6
129	Vehnekamp	Frank	TV Friedeburg	1982	1995	00:54:56	00:41:53	00:53:12	01:03:17	00:54:33	00:45:50	05:13:41	00:47:02	13	MU20	9	6
130	Walper	Gerhard	Warsingsfehn	1956	1995	00:50:03	00:42:28	00:52:51	01:00:49	00:56:54	00:51:30	05:14:35	00:47:10	39	M30	41	6
131	Vehnekamp	Werner	TV Friedeburg	1958	1995	00:54:57	00:41:54	00:53:12	01:03:17	00:54:33	00:46:48	05:14:41	00:47:11	37	M30	42	6
132	Hans	Friedrich	Aurich	1952	1995	00:49:56	00:41:48	00:53:18	01:01:10	00:58:06	00:50:31	05:14:49	00:47:12	43	M40	43	6
133	Madena	Jakob	VFB Mönkeboe	1943	1995	00:51:54	00:43:39	00:51:54	01:01:56	00:55:50	00:50:12	05:15:25	00:47:17	52	M50	11	6
134	Piela	Joachim	IGS Aurich-West	1951	1995	00:49:32	00:42:57	00:51:41	01:04:24	00:56:47	00:50:50	05:16:11	00:47:24	44	M40	44	6
135	Küch	Andreas	SV Warsingsfehn	1973	1995	00:53:33	00:44:25	00:51:19	01:00:17	00:59:06	00:50:55	05:19:35	00:47:55	22	M20	15	6
136	Wykhoff	Hans-Tiddo	TuS Detern	1954	1995	00:52:54	00:43:52	00:53:50	01:0								

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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						
143	Manssen	Hermann	LT Jheringsfehn	1957	1995	00:52:23	00:44:20	00:53:43	01:03:04	00:57:09	00:52:09	00:52:48	00:48:24	38	M30	45	6
144	Behrends	Emil	PA Leer	1941	1995	00:51:27	00:44:09	00:53:02	01:03:40	00:58:32	00:52:00	00:52:50	00:48:24	54	M50	12	6
145	Janssen	Helga	Aurich	1950	1995	00:52:11	00:44:40	00:53:00	01:02:45	00:58:37	00:52:43	00:53:56	00:48:34	49	W40	6	6
146	Janssen	Gerold	Aurich-Wallingshs.	1966	1995	00:53:25	00:44:19	00:54:12	01:03:36	00:57:43	00:51:38	00:52:53	00:48:42	29	M20	16	6
147	Fuß	Arthur	LT Jheringsfehn	1950	1995	00:53:15	00:44:57	00:53:51	01:03:36	00:57:29	00:52:07	00:52:15	00:48:46	45	M40	47	6
148	Schwedler	Helga	TV Friedeburg	1938	1995	00:52:19	00:44:16	00:54:10	01:03:35	00:58:57	00:52:17	00:52:34	00:48:49	57	W50	2	6
149	Baumann	Arnold	LT Jheringsfehn		1995	00:53:15	00:44:55	00:53:52	01:03:38	00:58:09	00:52:10	00:52:59	00:48:52		M		6
150	Dreesmann	Siemen	SV Jemgum	1939	1995	00:52:44	00:45:15	00:55:17	01:05:15	00:54:23	00:53:15	00:52:09	00:48:54	56	M50	13	6
151	Frerichs	Thomas	LT Jheringsfehn	1966	1995	00:52:03	00:44:23	00:54:48	01:04:48	00:58:34	00:51:39	00:52:15	00:48:55	29	M20	17	6
152	Ihlow	Werner	TV Norden	1945	1995	00:52:01	00:44:33	00:53:50	01:02:22	00:59:21	00:54:19	00:52:26	00:48:56	50	M50	14	6
153	Janssen	Berend	TuS Aurich-Ost	1944	1995	00:52:22	00:44:11	00:57:13	01:02:36	00:58:10	00:51:59	00:52:31	00:48:57	51	M50	15	6
154	Kroh-Lammers	Erika	LT Jheringsfehn	1952	1995	00:52:42	00:45:08	00:54:51	01:03:09	00:58:05	00:53:35	00:52:30	00:49:06	43	W40	7	6
155	Spanjer	Alfred	Fortuna Logabirum	1937	1995	00:51:44	00:45:30	00:54:00	01:05:08	00:59:45	00:51:51	00:52:58	00:49:10	58	M50	16	6
156	Lehmann	Michael	Emden	1960	1995	00:52:09	00:44:47	00:54:55	01:04:52	01:00:09	00:51:58	00:52:50	00:49:18	35	M30	46	6
157	Mütz	Arnold	Concor. Irlhove	1952	1995	00:52:16	00:44:10	00:55:37	01:03:41	00:58:56	00:54:12	00:52:52	00:49:18	43	M40	48	6
158	Venema	Dagmar	TuS Weener	1960	1995	00:52:24	00:44:41	00:57:48	01:04:07	00:58:11	00:51:54	00:52:05	00:49:20	35	W30	6	6
159	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	1995	00:52:15	00:45:26	00:54:09	01:05:45	00:58:55	00:53:15	00:52:45	00:49:26	48	M40	49	6
160	Benthien	Uwe	TuS Aurich-Ost	1945	1995	00:53:28	00:45:00	00:54:32	01:04:28	00:59:19	00:53:07	00:52:54	00:49:28	50	M50	17	6
161	Peters	Holger	TV Bunde	1974	1995	00:57:57	00:44:14	00:54:24	01:03:41	00:58:08	00:52:39	00:51:03	00:49:38	21	M20	18	6
162	Post	Joachim	LT Aurich-Ost	1959	1995	00:53:07	00:44:25	00:55:19	01:06:56	00:59:10	00:52:28	00:51:25	00:49:41	36	M30	47	6
163	Erdmann	Maries	TV Norden	1953	1995	00:52:47	00:45:29	00:55:32	01:05:14	00:59:24	00:53:09	00:51:35	00:49:43	42	W40	8	6
164	Christoffers	Gabriele	TV Norden	1958	1995	00:52:47	00:45:30	00:55:35	01:05:14	00:59:24	00:53:08	00:51:38	00:49:43	37	W30	7	6
165	Ramaker	Harald	LT Jheringsfehn	1963	1995	00:53:06	00:44:52	00:54:47	01:06:53	00:59:37	00:52:38	00:51:53	00:49:45	32	M30	48	6
166	Stautmeister	Heike	LT Leer	1962	1995	00:52:33	00:45:58	00:55:55	01:05:46	00:58:54	00:53:47	00:52:53	00:49:54	33	W30	8	6
167	Tjardes	Karl	MTV Wittmund	1944	1995	00:50:46	00:44:42	00:59:33	01:04:09	00:57:38	00:56:10	00:52:58	00:49:55	51	M50	18	6
168	Rohden	Heinz	Blomberg-Neuschoo	1963	1995	00:54:26	00:45:50	00:54:46	01:07:00	00:59:08	00:53:14	00:53:24	00:50:08	32	M30	49	6
169	Boden	Markus	SV Stikelkamp	1979	1995	00:52:06	00:45:00	00:54:26	01:11:50	00:56:55	00:54:23	00:53:40	00:50:10	16	MU20	11	6
170	Mannott	Wilhelm	LT Schaffh. Wald	1934	1995	00:52:48	00:46:42	00:55:41	01:05:16	01:00:54	00:53:22	00:53:43	00:50:11	61	M60	2	6
171	Nieberg	Alfons	LT Schaffh. Wald	1950	1995	00:55:24	00:46:40	00:55:24	01:04:59	00:59:19	00:53:06	00:53:52	00:50:12	45	M40	50	6
172	Poppen	Jann	TG Wiesmoor	1982	1995	00:56:16	00:46:00	00:56:57	01:07:05	00:58:11	00:51:18	00:53:47	00:50:21	13	MU20	12	6
173	Mosseuv	Ljudmilla	TV Norden	1965	1995	00:58:52	00:45:28	00:53:12	01:09:39	00:57:53	00:51:03	00:56:07	00:50:24	30	W30	9	6
174	Poppen	Karl	TG Wiesmoor	1947	1995	00:56:19	00:46:04	00:56:57	01:07:08	00:58:22	00:51:47	00:53:37	00:50:28	48	M40	51	6
175	Elias	Johann	Teutonia Stapelmoor	1951	1995	00:52:39	00:45:27	00:56:29	01:06:10	01:02:05	00:54:00	00:53:50	00:50:30	44	M40	52	6
176	Meiborg	Alfred	OZ Team	1955	1995	00:55:06	00:45:47	00:55:22	01:07:27	00:59:57	00:53:27	00:53:06	00:50:32	40	M40	53	6
177	Groen	Albert	LT Aurich-Ost	1956	1995	00:58:40	00:45:02	00:55:19	01:05:40	00:59:37	00:53:18	00:53:36	00:50:37	39	M30	50	6
178	Boumann	Uwe	TV Marienhaf	1944	1995	00:52:59	00:45:20	00:55:34	01:06:02	01:00:21	00:57:40	00:53:56	00:50:40	51	M50	19	6
179	Bernhardt	Fritjof-Hans	Schorrens	1937	1995	00:55:19	00:45:53	00:56:17	01:07:52	00:59:43	00:53:09	00:53:13	00:50:42	58	M50	20	6
180	Moosler	Horst	Germania Leer	1937	1995	00:55:26	00:47:00	00:55:41	01:06:15	00:59:58	00:54:36	00:53:56	00:50:49	58	M50	21	6
181	Keiser	Heidrun	LG Uplengen	1957	1995	00:55:21	00:46:35	00:55:11	01:06:03	01:01:05	00:55:02	00:53:17	00:50:52	38	W30	10	6
182	Aue	Reinhard	FTC Hollen	1947	1995	00:54:07	00:46:37	00:56:06	01:06:32	01:00:51	00:55:24	00:53:37	00:50:55	48	M40	54	6
183	Schmidt	Karin	LT Aurich-Ost	1960	1995	00:54:12	00:46:33	00:56:43	01:06:02	01:01:18	00:55:09	00:53:57	00:50:58	35	W30	11	6
184	Neessen	Uwe	Kickers Leer	1948	1995	00:54:00	00:46:09	00:56:40	01:07:13	01:01:53	00:55:21	00:54:16	00:51:10	47	M40	55	6
185	Moldenhauer	Helmut	Wiesmoor	1950	1995	00:53:22	00:46:14	00:55:47	01:07:59	01:02:42	00:55:47	00:54:51	00:51:15	45	M40	56	6
186	Penning	Hermann	LT Jheringsfehn	1947	1995	00:55:31	00:46:55	00:56:46	01:06:20	01:01:20	00:55:24	00:52:16	00:51:19	48	M40	57	6
187	Budde	Jörg	Fortuna Logabirum	1961	1995	00:56:08	00:46:20	00:54:41	01:05:06	01:06:02	00:54:27	00:52:44	00:51:23	34	M30	51	6
188	Sauer	Gerhard	MTV Aurich	1934	1995	00:55:57	00:47:38	00:56:36	01:07:21	01:00:53	00:54:57	00:53:22	00:51:29	61	M60	3	6
189	Huisinga	Anne	TV Bunde	1967	1995	00:53:12	00:45:43	00:56:39	01:09:45	01:03:39	00:56:23	00:54:21	00:51:47	28	W20	3	6
190	Oltmanns	Arthur	SV Stikelkamp	1943	1995	00:55:36	00:46:28	00:57:57	01:08:15	01:01:47	00:55:34	00:54:37	00:51:49	52	M50	22	6
191	Brechtters	Horst	Emder LG	1933	1995	00:58:50	00:47:25	00:56:21	01:07:28	01:01:34	00:54:02	00:54:40	00:51:49	62	M60	4	6
192	Nessen	Norbert	Großefehn	1964	1995	00:58:00	00:47:16	00:53:15	01:08:05	01:01:54	00:58:01	00:56:31	00:51:57	31	M30	52	6
193	Wilken	Elke	SV Holtland	1950	1995	00:57:30	00:47:19	00:57:12	01:07:03	01:02:07	00:56:00	00:54:11	00:52:03	45	W40	9	6
194	Thusen	Gesine	LT Aurich-Ost	1974	1995	00:58:04	00:46:04	00:57:08	01:08:07	01:02:23	00:56:24	00:54:10	00:52:12	21	W20	3	6
195	Kameniv	Roman	SV Holtland	1981	1995	00:57:54	00:45:12	00:57:32	01:05:08	01:05:03	00:58:12	00:54:01	00:52:20	14	MU20	13	6
196	Eisenhauer	Elke	LT Schaffh. Wald	1977	1995	00:57:00	00:48:31	00:58:29	01:07:19	01:01:41	00:56:05	00:54:05	00:52:20	18	WU20	1	6
197	Kok	Helga	SV Holtland	1948	1995	00:57:30	00:49:14	00:57:12	01:07:35	01:02:07	00:56:00	00:54:38	00:52:25	47	W40	10	6
198	Gerken	Theo	VFB Münkeboe	1944	1995	00:56:48	00:50:50	01:00:06	01:02:57	01:03:30	00:55:41	00:54:52	00:52:27	51	M50	23	6
199	Pajewski	Elke	LT Aurich-Ost	1955	1995	00:58:00	00:47:43	00:58:27	01:07:27	01:02:07	00:56:25	00:55:09	00:52:30	40	W40	11	6
200	Mammen	Egon	TuS Esens		1995	00:56:24	00:47:57	00:58:30	01:08:29	01:01:38	00:57:44	00:55:42	00:52:35		M		6
201	Saathoff	Annermarie	LT Schaffh. Wald	1951	1995	00:57:07	00:48:39	00:59:25	01:09:32	01:02:52	00:56:39	00:54:14	00:53:07	44	W40	12	6
202	Eisenhauer	Elisabeth	LT Schaffh. Wald	1949	1995	00:57:07	00:48:40	00:59:25	01:09:32	01:02:52	00:56:39	00:54:15	00:53:07	46	W40	13	6
203	Tadema	Fred	Emden	1965	1995	00:59:03	00:49:39	01:00:25	01:10:10	01:02:51	00:53:33	00:55:41	00:53:20	30	M30	53	6
204	Boumann	Klara	TV Marienhaf	1945	1995	00:56:58	00:48:37	00:58:26	01:09:48	01:04:26	00:58:11	00:56:26	00:53:26	50	W50	3	6
205	Janssen	Berthold	OZ Team	1962	1995	00:58:31	00:49:26	00:59:31	01:11:55	01:02:47	00:54:59	00:57:09	00:53:33	33	M30	54	6
206	Steinke	Diedrich	Conc. Neermoor	1941	1995	00:59:13	00:49:12	00:57:00	01:11:53	01:01:39	00:59:03	00:58:00	00:53:40	54	M50	24	6
207	Janßen	Christa	SV Holtland	1943	1995												

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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						
214	Eisenhauer	Martina	LT Schaffh. Wald	1980	1995	01:00:07	00:49:55	01:03:59	01:12:05	01:03:56	00:56:02	06:06:04	00:54:53	15	WU20	2	6
215	Witte	Bruni	Aurich	1944	1995	00:59:02	00:50:08	01:00:37	01:11:14	01:06:31	00:58:44	06:06:16	00:54:55	51	W50	5	6
216	Gieseler	Gisela	TV Norden	1938	1995	00:59:12	00:49:20	01:00:31	01:11:47	01:07:33	00:59:32	06:07:55	00:55:10	57	W50	6	6
217	Franzen	Wilfried	Teutonia Stapelmoor	1945	1995	00:59:05	00:50:22	01:01:58	01:11:44	01:07:13	00:59:07	06:09:29	00:55:24	50	M50	26	6
218	Frerichs	Rieke	SuS Strackholt	1948	1995	01:00:18	00:50:58	01:01:00	01:14:22	01:05:28	00:58:43	06:10:49	00:55:36	47	M40	59	6
219	Voss	Käthe	Emder LG	1954	1995	01:04:17	00:55:02	00:57:53	01:09:04	01:04:10	01:01:51	06:12:17	00:55:49	41	W40	14	6
220	Remmers	Grietje	TV Friedeburg	1952	1995	00:59:28	00:51:10	01:02:11	01:12:46	01:06:21	01:00:40	06:12:36	00:55:52	43	W40	15	6
221	Feth	Wolfgang	BV Hesel	1942	1995	01:04:37	00:52:05	01:01:07	01:10:42	01:04:31	01:00:11	06:13:13	00:55:57	53	M50	27	6
222	Huhne	Anne	TV Marienhaf	1954	1995	01:02:32	00:50:07	01:01:53	01:13:21	01:06:06	01:00:09	06:14:08	00:56:06	41	W40	16	6
223	Müller	Leni	LT AOK Düsseldorf	1934	1995	00:58:22	00:51:16	01:01:31	01:13:47	01:08:03	01:01:28	06:14:27	00:56:08	61	W60	1	6
224	Winzenborg	Johann	TV Bunde	1951	1995	01:01:06	00:50:09	01:01:38	01:16:21	01:08:13	00:59:02	06:16:29	00:56:27	44	M40	60	6
225	Kant	Andreas	LT Jheringsfehn	1957	1995	01:05:36	00:50:54	01:04:37	01:14:09	01:05:33	00:57:48	06:18:37	00:56:46	38	M30	55	6
226	Kießitz	Jan	SV Holtland	1980	1995	01:02:19	00:50:40	01:02:56	01:13:14	01:10:13	01:01:36	06:20:58	00:57:07	15	MU20	16	6
227	Fitzner	Günther	TuS Aurich-Ost	1948	1995	00:59:04	00:51:19	01:02:19	01:14:45	01:10:54	01:02:50	06:21:11	00:57:09	47	M40	61	6
228	Fitzner	Adele	TuS Aurich-Ost	1949	1995	00:59:04	00:51:19	01:02:19	01:14:45	01:10:54	01:02:50	06:21:11	00:57:09	46	W40	17	6
229	König	Heinfried	LT Aurich	1950	1995	01:02:12	00:49:05	00:59:23	01:17:35	01:09:19	01:03:52	06:21:26	00:57:11	45	M40	62	6
230	Janssen	Holger	Middels	1978	1995	01:01:00	00:52:15	01:06:59	01:14:30	01:06:21	01:00:33	06:21:38	00:57:13	17	MU20	17	6
231	Zogall	Hans-Werner	TUS Aurich-Ost	1950	1995	01:00:19	00:50:28	01:04:58	01:15:57	01:08:40	01:02:35	06:22:57	00:57:25	45	M40	63	6
232	Eilers	Elisabeth	TV Norden	1958	1995	01:00:50	00:53:22	01:04:46	01:14:49	01:10:01	01:01:47	06:25:35	00:57:49	37	W30	13	6
233	Rabenberg	Dora	TV Bunde	1952	1995	01:01:40	00:51:06	01:05:28	01:16:21	01:09:22	01:03:05	06:27:02	00:58:02	43	W40	18	6
234	Neelen	Marie-Luise	Germania Leer	1938	1995	01:04:10	00:54:14	01:05:08	01:16:11	01:08:10	01:00:27	06:28:20	00:58:13	57	W50	7	6
235	van Garrel	Wolfgang	VFR Heisfelde	1952	1995	01:02:33	00:52:06	01:03:22	01:17:05	01:11:50	01:04:12	06:31:08	00:58:38	43	M40	64	6
236	Saathoff	Günther	TSV Hesel	1946	1995	01:03:50	00:52:40	01:05:05	01:18:29	01:11:15	01:02:25	06:33:44	00:59:02	49	M40	65	6
237	Brauer	Monika	Ihlow	1956	1995	01:03:21	00:51:56	01:08:04	01:17:52	01:11:18	01:01:13	06:33:44	00:59:02	39	W30	14	6
238	Sweers	Olaf	SV Wittmund	1968	1995	01:00:46	00:49:55	01:03:59	01:12:06	01:12:38	01:15:19	06:34:43	00:59:11	27	M20	19	6
239	Böcke	Petra	LT Schaff. Wald	1951	1995	01:04:13	00:54:01	01:05:30	01:17:35	01:09:34	01:03:55	06:34:48	00:59:11	44	W40	19	6
240	Peters	Hans-Jürgen	TV Bunde	1949	1995	01:03:27	00:53:12	01:06:23	01:20:34	01:12:44	01:03:05	06:39:25	00:59:53	46	M40	66	6
241	Wagner	Irene	Emder LG	1966	1995	01:04:16	00:55:03	01:07:22	01:17:53	01:11:54	01:03:26	06:39:54	00:59:57	29	W20	5	6
242	Heise	Hedwig	LT Aurich-Ost	1953	1995	01:06:10	00:54:32	01:07:58	01:19:46	01:10:23	01:03:02	06:41:51	01:00:15	42	W40	20	6
243	Vry	Renate	TV Bunde	1955	1995	01:03:27	00:54:55	01:07:30	01:19:34	01:13:06	01:08:13	06:46:45	01:00:59	40	W40	21	6
244	ter Fehr	Insa	LT Jheringsfehn	1965	1995	01:08:20	00:54:56	01:08:24	01:18:15	01:11:59	01:05:32	06:47:26	01:01:05	30	W30	15	6
245	Seufer	Heike	TuS Holtriem	1951	1995	01:04:22	00:56:33	01:10:14	01:21:18	01:13:10	01:03:12	06:48:49	01:01:18	44	W40	22	6
246	Oltmanns	Johanne	SV Stikelkamp	1941	1995	01:06:01	00:54:31	01:07:58	01:19:46	01:14:23	01:06:15	06:48:54	01:01:18	54	W50	8	6
247	Peters	Ilse	LT Jheringsfehn	1959	1995	01:08:59	00:55:22	01:08:24	01:18:45	01:12:00	01:05:31	06:49:01	01:01:19	36	W30	16	6
248	Tjarks	Heike	LG Ostfriesland	1981	1995	01:08:16	00:56:19	01:09:27	01:20:02	01:13:32	01:03:21	06:50:57	01:01:37	14	WU20	3	6
249	Buß	Gertrud	LT Aurich-Ost	1952	1995	01:06:10	00:55:04	01:09:41	01:20:42	01:14:26	01:06:15	06:52:18	01:01:49	43	W40	23	6
250	Behrends	Karin	LG Ostfriesland	1946	1995	01:08:20	00:56:46	01:08:27	01:21:57	01:14:11	01:05:58	06:55:39	01:02:19	49	W40	24	6
251	Tjarks	Gerhardine	LG Ostfriesland	1957	1995	01:08:20	00:56:46	01:08:27	01:21:57	01:14:11	01:05:58	06:55:39	01:02:19	38	W30	17	6
252	Ihlow	Giseltraud	TV Norden	1949	1995	01:06:27	00:56:49	01:11:01	01:24:08	01:15:23	01:07:28	07:01:16	01:03:10	46	W40	25	6
253	Engelhardt	Petra	LT Aurich-Ost	1976	1995	01:06:43	00:56:40	01:09:30	01:28:57	01:15:08	01:07:48	07:04:46	01:03:41	19	WU20	4	6
254	Otten	Anni	LT Jheringsfehn	1946	1995	01:12:07	01:00:13	01:14:30	01:27:25	01:19:11	01:09:03	07:22:29	01:06:20	49	W40	26	6
255	Runge	Lenchen	LT Jheringsfehn	1947	1995	01:12:07	01:00:13	01:14:30	01:27:25	01:19:11	01:09:03	07:22:29	01:06:20	48	W40	27	6
256	Schmidtke	Wolfgang	Germania Leer	1953	1995	01:15:29	01:03:28	01:18:51	01:33:16	01:23:50	01:16:34	07:51:28	01:10:41	42	M40	67	6
257	Hecht	Jutta	Germania Leer	1928	1995	01:15:29	01:03:28	01:18:51	01:33:16	01:23:50	01:16:34	07:51:28	01:10:41	67	W60	2	6
	Schmidt	Jürgen	TuS Weener	1963	1995	00:43:21	00:35:26	00:43:43	00:50:36	00:46:00		03:39:06	00:32:51	32	M30		5
	Behrends	Johann	LG Ostfriesland	1943	1995		00:36:14	00:43:34	00:51:03	00:47:13	00:42:44	03:40:48	00:33:06	52	M50		5
	Müller	Claas	TV Friedeburg	1978	1995	00:42:26		00:45:21	00:51:04	00:47:20	00:43:09	03:49:20		17	MU20		5
	Veith	Manfred	LT Aurich-Ost	1956	1995	00:46:08	00:39:29	00:47:27		00:52:31	00:46:27	03:52:02	00:34:47	39	M30		5
	Lohmeyer	Everwien	SV Holtland	1958	1995	00:47:10	00:40:20	00:48:19		00:52:41	00:47:02	03:55:32	00:35:19	37	M30		5
	Maier	Eugen	SV Holtland	1980	1995		00:39:02	00:49:15	00:55:34	00:52:49	00:47:40	04:04:20		15	MU20		5
	Rabe-Frädrieh	Günther	LT Leer	1948	1995	00:49:25	00:42:29	00:50:19		00:54:41	00:50:21	04:07:15	00:37:04	47	M40		5
	Hollwege	Ralf	STV Lütetsburg	1962	1995	00:48:28	00:40:33	00:50:59		00:57:23	00:51:44	04:09:07	00:37:21	33	M30		5
	Grüßing	Johann	LG Uplengen	1958	1995	00:51:20	00:43:27	00:53:17		00:56:22	00:49:36	04:14:02	00:38:05	37	M30		5
	Eiben	Eibo	SC Dunum	1942	1995	00:50:14	00:43:05	00:52:20	01:00:01		00:48:47	04:14:27	00:38:09	53	M50		5
	Buss	Imme	SV Holtland	1948	1995	00:48:11		00:49:37	00:58:09	00:53:59	00:47:26	04:17:22		47	W40		5
	Meentz	Malte	TV Bunde	1978	1995	00:55:27	00:41:59	00:52:10	00:59:48	00:53:08		04:22:32		17	MU20		5
	Ernst	Hinrich	Germania Leer	1955	1995	00:50:05	00:42:19	00:52:53	01:02:06	00:55:21		04:22:44	00:39:23	40	M40		5
	Heyen	Jann	TV Norden	1941	1995	00:56:54	00:46:32	00:53:37		00:59:55	00:55:30	04:32:28	00:40:51	54	M50		5
	Kehne	Helmut	VFL Jheringsfehn	1947	1995	00:52:43	00:42:58	00:54:53	01:04:49	00:57:26		04:32:49	00:40:54	48	M40		5
	Ahrends	Peter	OZ Team	1966	1995	00:58:31	00:49:26	00:57:59		01:01:52	00:57:01	04:44:49	00:42:42	29	M20		5
	Exner	Thomas	DLRG Leer	1964	1995	00:52:17	00:45:24	00:55:15	01:20:32		00:54:19	04:47:47	00:43:09	31	M30		5
	König	Käthe	Emder LG	1936	1995	00:56:46	00:48:35	00:57:52		01:14:26	01:01:46	04:59:25		59	W50		5
	Nowak	Magdalene	TV Norden	1951	1995	00:58:53	00:49:06	01:04:47	01:14:48	00:54:28		05:02:02		44	W40		5
	Müller	Johannes	TV Norden	1954	1995		00:50:21	01:00:30	01:10:41	01:06:13	00:56:20	05:04:05	00:45:35	41	M40		5
	Blank	Wilhelm	TuS Aurich-Ost	1949	1995	00:55:52		01:01:11	01:09:31	01:03:14	00:56:00	05:05:48	00:45:51	46	M40		5
	Schoon	Hildegard	LT Aurich-Ost	1951	1995	01:00:49	00:51:44	01:03:10		01:10:21	01:02:31	05:08:35		44	W40		5
	Latz-Wilken	Birgit	SV Friedrichsfehn	1965	1995	01:02:50	00:53:										

14. Ostfrieslandlauf 1995

16.05. bis 02.06.1995

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						
	Geiken	Andrea	Emder LG	1967	1995	01:03:39	00:55:01	01:07:15		01:11:35	01:03:26	05:20:56		28	W20		5
	Modder	Gertrud	TV Friedeburg	1952	1995	01:03:49	00:51:06	01:06:23	01:18:11		01:01:48	05:21:17		43	W40		5
	Bulicke	Reinhard	Emder LG	1949	1995	01:03:39	00:55:14	01:07:15	01:18:11		01:03:27	05:27:46	00:49:08	46	M40		5
	Freyland	Ursula	TuS Aurich-Ost	1953	1995	01:01:57		01:06:12	01:17:28	01:10:46	01:02:11	05:38:34		42	W40		5
	Mühmel	Martin	TV Norden	1983	1995	01:13:00	00:55:55	01:11:04	01:25:41		01:01:22	05:47:02		12	MU20		5
	Peters	Renate	TV Bunde	1952	1995	01:13:00	00:56:47	01:11:08	01:26:09		01:08:13	05:55:17		43	W40		5
	Hörnemann	Lutz	LT Aurich-Ost	1962	1995	00:37:59	00:32:07	00:39:31	00:45:46			02:35:23	00:23:18	33	M30		4
	Wirjets	Edzard	Germania Leer	1958	1995	00:40:51	00:34:27	00:41:50	00:49:54			02:47:02	00:25:03	37	M30		4
	Steinke	Peter	Conc. Ihrhove	1970	1995	00:37:22	00:32:02		01:00:17		00:39:34	02:49:15	00:25:22	25	M20		4
	Nowak	Peter	TV Norden	1950	1995	00:44:15	00:37:48	00:46:24	00:55:37			03:04:04	00:27:36	45	M40		4
	Smarsch	Harald	DLRG Leer	1971	1995	00:43:29		00:45:39		00:52:27	00:44:12	03:05:47	00:27:51	24	M20		4
	Böse	Ralf	Fortuna Logabirum	1968	1995	00:46:18	00:38:39	00:48:36	00:56:54			03:10:27	00:28:33	27	M20		4
	Kettwig	Enno	SV Stikelkamp	1979	1995	00:46:43		00:48:43	00:56:56		00:46:25	03:18:47		16	MU20		4
	Neumann	Eckhard	FT Spetzerfehn	1953	1995		00:44:40	00:54:31		00:58:21	00:51:45	03:29:17	00:31:23	42	M40		4
	Züll	Matthias	VFL Jheringsfehn	1973	1995	00:53:20	00:39:16	00:54:58	01:02:40			03:30:14	00:31:31	22	M20		4
	Peters	Peter	Wiesmoor	1951	1995		00:36:15	00:52:20	01:03:32	00:59:23		03:31:30	00:31:43	44	M40		4
	de Vries	Eduard	SG Freepsum	1950	1995	00:54:48	00:46:38	00:55:10	01:05:53			03:42:29	00:33:21	45	M40		4
	Eichhorn	Björn	Wiesmoor	1971	1995			00:56:45	01:00:34	00:54:23	00:54:35	03:46:17	00:33:56	24	M20		4
	Happach	Gertrud	TuS Esens	1941	1995	00:56:23	00:47:58	00:58:37	01:08:29			03:51:27		54	W50		4
	Grampes	Hans	MTV Wittmund	1960	1995	00:51:24		00:55:45	01:05:02	01:00:40		03:52:51	00:34:55	35	M30		4
	Heyen	Anita	TV Norden	1946	1995	00:58:54	00:48:21	01:00:32		01:05:21		03:53:08		49	W40		4
	Schulz	Jürgen	TuS Holttriem	1942	1995	01:02:32	00:52:07	01:03:08	01:13:20			04:11:07	00:37:39	53	M50		4
	Romanowski	Barbara	MTV Aurich	1950	1995	01:03:33	00:52:04	01:08:11		01:12:03		04:15:51		45	W40		4
	Ohlrich	Helga	LT Jheringsfehn	1947	1995	01:08:07	00:54:32	01:07:57	01:19:47			04:30:23		48	W40		4
	Michalak	Karl-Heinz	TV Bunde	1957	1995	00:44:39	00:36:07	00:44:18				02:05:04	00:18:45	38	M30		3
	Wilcke	Alexander	Leer	1951	1995	00:43:36	00:39:19			00:51:33		02:14:28	00:20:10	44	M40		3
	Frers	Birgit	Conc. Ihrhove	1975	1995	00:47:14	00:41:06	00:50:05				02:18:25		20	W20		3
	Gerlach	Ortwin	Leer	1952	1995	00:44:22				00:50:19	00:43:51	02:18:32	00:20:46	43	M40		3
	Odens-Kruse	Anja	TV Norden	1962	1995	00:48:26	00:40:36	00:50:00				02:19:02		33	W30		3
	Janssen	Stephan	Germania Leer	1973	1995	00:49:56	00:40:00	00:49:21				02:19:17	00:20:53	22	M20		3
	Tadema	Joachim	LT Jheringsfehn	1965	1995	00:48:13	00:40:07	00:52:58				02:21:18	00:21:11	30	M30		3
	Lippe	Peter	SV Holtland	1946	1995	00:55:27	00:46:30	00:56:27				02:38:24	00:23:45	49	M40		3
	Janssen	Eilert	TV Marienhofe	1945	1995	00:53:26	00:45:57	01:00:11				02:39:34	00:23:55	50	M50		3
	Kohlbus	Torsten	SV Wiesmoor	1974	1995	00:53:40		00:53:31		00:57:49		02:45:00	00:24:44	21	M20		3
	Schoon	Christel	Fortuna Logabirum	1957	1995	00:58:19	00:49:14	01:01:30				02:49:03		38	W30		3
	Weisheit	Christine	Germania Leer	1958	1995	00:59:46	00:51:52	01:04:22				02:56:00		37	W30		3
	Bartsch	Christoph	Norden	1960	1995			00:55:49		01:00:45	01:00:20	02:56:54	00:26:31	35	M30		3
	Tergast	Johann	Leer	1936	1995	01:01:23	00:52:17	01:08:57				03:02:37	00:27:23	59	M50		3
	Lunz	Dieter	SC Dunum	1941	1995		00:51:22			01:09:57	01:03:04	03:04:23	00:27:39	54	M50		3
	Odens	Inge	TV Norden	1941	1995				01:08:31	01:00:44	00:55:30	03:04:45		54	W50		3
	Schmidt	Karl-Heinz	Nesse	1957	1995	01:05:03		01:03:00		01:03:47		03:11:50	00:28:46	38	M30		3
	Steenhoff	Heiner	Ostrhauderfehn	1960	1995				01:14:23	01:04:22	00:55:19	03:14:04	00:29:06	35	M30		3
	Uphoff	Walter	TuS Aurich-Ost	1960	1995	00:57:16			01:18:05	01:04:44		03:20:05	00:30:00	35	M30		3
	Diersmann	Kristina	Germania Leer	1974	1995	01:07:33		01:12:40		01:14:26		03:34:39		21	W20		3
	Sjuts	Heiko	Nesse	1971	1995	01:15:02		01:11:30		01:14:36		03:41:08	00:33:09	24	M20		3
	Specht	Dieter	Leer	1969	1995			01:15:54		01:16:17	01:10:56	03:43:07	00:33:27	26	M20		3
	Heidergott	Enno	Conc. Ihrhove	1971	1995	00:45:02	00:29:28					01:14:30	00:11:10	24	M20		2
	Albers	Franz	Germania Leer	1938	1995	00:40:39	00:34:55					01:15:34	00:11:20	57	M50		2
	Metzler	Hans-Joachim	Germania Leer	1973	1995	00:45:01	00:30:41					01:15:42	00:11:21	22	M20		2
	Valentin	Jörg	TV Norden	1962	1995			00:37:49		00:40:39		01:18:28	00:11:46	33	M30		2
	Schoon	Volker	MTV Aurich	1976	1995			00:39:02			00:39:30	01:18:32		19	MU20		2
	Ludwigs	Hanno	LG Ostfriesland	1967	1995	00:39:13		00:39:43				01:18:56	00:11:50	28	M20		2
	Meints	Harm	TuS Aurich-Ost	1946	1995		00:37:25				00:44:48	01:22:13	00:12:20	49	M40		2
	Fisser	Manfred	Emder LG	1950	1995		00:37:46			00:44:38		01:22:24	00:12:21	45	M40		2
	Rieken	Günter	Germania Leer	1963	1995	00:43:42	00:40:01					01:23:43	00:12:33	32	M30		2
	Landwehr	Bernhard	PSV Leer	1962	1995	00:43:23		00:42:11				01:25:34	00:12:50	33	M30		2
	Güldener	Gerriet	Eddie Eagle	1959	1995		00:35:20		00:50:47			01:26:07	00:12:55	36	M30		2
	Löwen	Peter	TuS Aurich-Ost	1967	1995	00:46:53	00:39:33					01:26:26	00:12:58	28	M20		2
	Schröder	Friedrich	Frisia Loga	1957	1995	00:48:02	00:38:46					01:26:48	00:13:01	38	M30		2
	Lammers	Joachim	TG Wiesmoor	1960	1995			00:43:39			00:43:19	01:26:58	00:13:02	35	M30		2
	Voß	Hermann	Emder LG	1953	1995		00:37:46		00:51:37			01:29:23	00:13:24	42	M40		2
	Damm	Remmer	Frisia Loga	1951	1995	00:43:41		00:47:06				01:30:47	00:13:37	44	M40		2
	Clemens	Erich	Tergast	1948	1995	00:52:41	00:44:32					01:37:13	00:14:35	47	M40		2
	Matzk	Klaus	SpVgg. Aurich	1947	1995				00:49:46	00:56:26		01:46:12	00:15:55	48	M40		2
	Rynas	Sebastian	Germania Leer	1983	1995		00:47:40	00:58:52				01:46:32		12	MU20		2
	Sweers	Ralf	Emder LG	1963	1995	00:54:27		00:53:42				01:48:09	00:16:13	32	M30		2
	Benthien	Andrea	TuS Aurich-Ost	1968	1995	00:59:01	00:49:37					01:48:38		27	W20		2
	Hetche	Karl-Heinz	TuS Weener	1949	1995		00:51:35	01:03:11				01:54:46	00:17:12	46	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						
	Temme	Ursula	TV Norden	1943	1995	01:05:43	00:54:22					02:00:05		52	W50		2
	Kortylack	Gisela	Emder LG	1956	1995	00:56:48				01:04:12		02:01:00		39	W30		2
	Peters	Gerda	Westerholt	1959	1995	00:57:00				01:05:17		02:02:17		36	W30		2
	Ihmels	Hans-Jürgen	TV Norden	1918	1995	01:05:44					01:07:32	02:13:16	00:19:59	77	M70		2
	Sweers	Imkea	Emder LG	1957	1995		00:55:14		01:18:12			02:13:26		38	W30		2
	Gast	Volker	Berlin	1967	1995			01:15:09		01:17:29		02:32:38	00:22:53	28	M20		2
	Woltermann	Karsten	Germania Leer	1975	1995		00:30:58					00:30:58	00:04:39	20	M20		1
	Menne	Jörn	MTV Wittmund	1968	1995						00:36:05	00:36:05	00:05:25	27	M20		1
	Beitelmann	Alwin	LG Ostfriesland	1980	1995		00:37:12					00:37:12		15	MU20		1
	Kruska	Sabine	Conc. Ihrhove	1963	1995		00:37:22					00:37:22		32	W30		1
	Bonk	Michael	Schlooth. Leer	1971	1995	00:37:26						00:37:26	00:05:37	24	M20		1
	Schröder	Eckhard	Eddie Eagle	1960	1995		00:37:28					00:37:28	00:05:37	35	M30		1
	Wilken	Klaus	Emder LG	1974	1995						00:37:53	00:37:53	00:05:41	21	M20		1
	Vasterling	Frank	RV Leer	1970	1995		00:38:58					00:38:58	00:05:51	25	M20		1
	Schürmann	Karl	Lübeck	1972	1995		00:38:59					00:38:59	00:05:51	23	M20		1
	Schoon	Volker	MTV Aurich	1976	1995			00:39:02				00:39:02		19	MU20		1
	Bergmann	Oliver	Hamburg	1967	1995					00:41:17		00:41:17	00:06:11	28	M20		1
	Zimmermann	Stephan	SV Nortmoor	1973	1995		00:41:30					00:41:30	00:06:13	22	M20		1
	Loers	Wilfried	Filsum	1959	1995		00:41:52					00:41:52	00:06:17	36	M30		1
	Teubner	Alfred	PSV Aurich-West	1955	1995						00:42:16	00:42:16	00:06:20	40	M40		1
	Onken	Gerhard	Germania Leer	1949	1995						00:42:35	00:42:35	00:06:23	46	M40		1
	Brahms	Ude-Hajo	VFR Heisfelde	1978	1995		00:43:06					00:43:06		17	MU20		1
	Tjarks	Eduard	LG Ostfriesland	1954	1995					00:43:36		00:43:36	00:06:32	41	M40		1
	Siebels	Jens	SC Dunum	1971	1995						00:43:44	00:43:44	00:06:33	24	M20		1
	Lücht	Arno	Eddie Eagle	1962	1995						00:43:48	00:43:48	00:06:34	33	M30		1
	Poppe	Uwe	Jheringsfehn	1966	1995						00:43:48	00:43:48	00:06:34	29	M20		1
	Schulte	Gerd	Marath. Ibbenbüren	1951	1995						00:44:09	00:44:09	00:06:37	44	M40		1
	Lüken	Hermann	Emder LG	1953	1995			00:44:21				00:44:21	00:06:39	42	M40		1
	Boldt	Manfred	LT Jheringsfehn		1995	00:46:11						00:46:11	00:06:55	M			1
	Pöschke	Oliver	Borkum	1975	1995	00:46:13						00:46:13	00:06:56	20	M20		1
	Meinen	Wilhelm	LG Ostfriesland	1941	1995						00:46:35	00:46:35	00:06:59	54	M50		1
	Hellwig	Michael	Aurich	1954	1995		00:46:52					00:46:52	00:07:02	41	M40		1
	Stecker	Bruno	Leer	1950	1995	00:47:02						00:47:02	00:07:03	45	M40		1
	Krieger	Stefan	VFL Jheringsfehn	1969	1995						00:47:06	00:47:06	00:07:04	26	M20		1
	Jauch	Peter	LT Uelzen	1942	1995		00:47:17					00:47:17	00:07:05	53	M50		1
	Burlage	Udo	TuS Aurich-Ost	1957	1995			00:47:19				00:47:19	00:07:06	38	M30		1
	Ringel	Christian	LT Schaff. Wald	1966	1995						00:47:21	00:47:21	00:07:06	29	M20		1
	Hollwege	Reiner	Lütesburg	1967	1995						00:47:48	00:47:48	00:07:10	28	M20		1
	Weber	Thomas	VTB Vare	1969	1995						00:47:48	00:47:48	00:07:10	26	M20		1
	Severiens	Gerold	Frisia Loga	1948	1995	00:47:52						00:47:52	00:07:11	47	M40		1
	Mirzalla	Heinz	VFB Uplengen	1940	1995		00:48:16					00:48:16	00:07:14	55	M50		1
	Hinrichs	Enno	TuS Aurich-Ost	1961	1995					00:48:25		00:48:25	00:07:16	34	M30		1
	Steinke	Ralf	SV Warsingsfehn	1967	1995			00:48:30				00:48:30	00:07:16	28	M20		1
	Esdorn	Susanne	Germania Leer	1975	1995		00:48:48					00:48:48		20	W20		1
	Cramer	Michael	Mohnheim	1964	1995			00:48:49				00:48:49	00:07:19	31	M30		1
	Pupkes	Lothar	VTB Vare	1951	1995						00:49:28	00:49:28	00:07:25	44	M40		1
	Gabriel	Thomas	SSV Ulm	1964	1995						00:49:48	00:49:48	00:07:28	31	M30		1
	Cibes	Stefan	VTB Vare	1970	1995						00:49:51	00:49:51	00:07:28	25	M		1
	Broers	Broer	TuS Determ	1980	1995	00:49:55						00:49:55		15	MU20		1
	Baumann	Hermann	LG Uplengen	1970	1995	00:49:59						00:49:59	00:07:30	25	M20		1
	Kohls	Gerrit	Oldenburg	1959	1995		00:50:13					00:50:13	00:07:32	36	M30		1
	Müller	Christian	Grmania Leer	1979	1995					00:50:20		00:50:20		16	MU20		1
	Siemens	Karl	MTV Wittmund	1951	1995				00:50:43			00:50:43	00:07:36	44	M40		1
	Ufkes	Frank	VFL Bremerhaven	1966	1995				00:50:59			00:50:59	00:07:39	29	M20		1
	Woltermann	Hannelore	TuS Weener	1953	1995	00:51:26						00:51:26		42	W40		1
	Ohlrich	Helmut	LT Jheringsfehn	1945	1995		00:51:38					00:51:38	00:07:44	50	M50		1
	Kleen	Gerald	VFB Uplengen	1946	1995		00:51:56					00:51:56	00:07:47	49	M40		1
	Gaida	Martina	VTB Vare	1960	1995						00:51:56	00:51:56		35	W30		1
	Backer	Gerd	Fortuna Logabirum	1957	1995	00:51:57						00:51:57	00:07:47	38	M30		1
	Dannen	Bernhard	TSV Bielefeld	1956	1995						00:52:01	00:52:01	00:07:48	39	M30		1
	van Rahden	Erich	Germania Leer	1955	1995				00:52:39			00:52:39	00:07:54	40	M40		1
	Lottmann	Amke	VFL Jheringsfehn	1962	1995				00:52:43			00:52:43		33	W30		1
	Bretschneider	Herbert	BSV Emden	1962	1995			00:52:44				00:52:44	00:07:54	33	M30		1
	Maichel	Brigitte	SV Holtland	1950	1995		00:52:53					00:52:53		45	W40		1
	Ulbrich	Olaf	VFL Jheringsfehn	1969	1995				00:53:02			00:53:02	00:07:57	26	M20		1
	Kohrt	Silke	TuS Weener	1966	1995		00:54:03					00:54:03		29	W20		1
	Siemoneit	Karl	Eddie Eagle	1959	1995				00:54:50			00:54:50	00:08:13	36	M30		1
	Kobow	Gerhard	Bad Nauheim	1964	1995				00:54:55			00:54:55	00:08:14	31	M30		1
	Ukena	Ralf	VFL Ockenhausen	1968	1995					00:55:33		00:55:33	00:08:20	27	M20		1
	Link	Christoph	LT Rielasingen	1961	1995					00:55:34		00:55:34	00:08:20	34	M30		1

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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						
	Reck	Wolfgang	Plaggenburg	1965	1995					00:56:38		00:56:38	00:08:29	30	M30		1
	Schad	Wolfgang	Hainburg	1946	1995				00:57:08			00:57:08	00:08:34	49	M40		1
	Reinken	Reinhold	TuS Aurich-Ost	1951	1995				00:57:45			00:57:45	00:08:39	44	M40		1
	Meints	Berta	TuS Aurich-Ost	1949	1995		00:58:07					00:58:07		46	W40		1
	Stöver	Erika	TuS Aurich-Ost	1946	1995		00:58:07					00:58:07		49	W40		1
	Neumann	Hans	TuS Esens	1935	1995						00:58:17	00:58:17	00:08:44	60	M60		1
	Happach	Heiko	TuS Esens	1957	1995						00:58:18	00:58:18	00:08:44	38	M30		1
	Peternelly	Bernd	Nordgeorgsfehn	1950	1995	00:58:19						00:58:19	00:08:45	45	M40		1
	Hetche	Christoph	Germania Leer	1982	1995			00:58:52				00:58:52		13	MU20		1
	Wiemann	Franz	TV Unna	1946	1995				00:59:21			00:59:21	00:08:54	49	M40		1
	Salamann	Dieter	Niederrodenbach	1952	1995				00:59:30			00:59:30	00:08:55	43	M40		1
	Haren	Andreas	LG Ostfriesland	1949	1995				00:59:39			00:59:39	00:08:57	46	M40		1
	Harders	Fokko	Leer	1939	1995					01:00:08		01:00:08	00:09:01	56	M50		1
	Lindena	Uwe	Moordorf	1957	1995					01:00:21		01:00:21	00:09:03	38	M30		1
	Weets	Joachim	TuS Esens	1960	1995					01:01:03		01:01:03	00:09:09	35	M30		1
	Severiens	Henriette	Fortuna Logabirum	1954	1995	01:01:23						01:01:23		41	W40		1
	Mauson	Erwin	TV Moormerland	1966	1995				01:01:45			01:01:45		29	W20		1
	Martenzien	Marion	TV Norden	1961	1995						01:01:47	01:01:47		34	W30		1
	Froen	Bernhard	VFL Jheringsfehn	1940	1995				01:02:26			01:02:26	00:09:22	55	M50		1
	Schwarz	Harry	PSV Aurich-West	1953	1995				01:02:36			01:02:36	00:09:23	42	M40		1
	Tjarks	Werner	MTV Aurich	1983	1995						01:03:19	01:03:19		12	MU20		1
	Weers	Eske	Emder LG	1977	1995						01:03:22	01:03:22		18	WU20		1
	Romaneeßen	Gerhard	Popens	1963	1995				01:03:55			01:03:55	00:09:35	32	M30		1
	Danehl	Annette	Emder LG	1950	1995					01:04:13		01:04:13		45	W40		1
	Peters	Gundel	Emder LG	1957	1995					01:04:14		01:04:14		38	W30		1
	Bulicke	Uschi	Emder LG	1951	1995	01:04:17						01:04:17		44	W40		1
	Park	Matthias	TuS Weene	1984	1995						01:04:20	01:04:20		11	MU20		1
	Ulrichs	Theo	TuS Aurich-Ost	1950	1995					01:04:43		01:04:43	00:09:42	45	M40		1
	Hollwege	Inge	Lütesburg	1931	1995						01:04:52	01:04:52		64	W60		1
	Siemer	Heinz-Werner	Leer	1960	1995					01:05:14		01:05:14	00:09:47	35	M30		1
	Fleißner	Karl-Heinz	Wiesens	1964	1995				01:10:15			01:10:15	00:10:32	31	M30		1
	Schulz	Ernst	Germania Leer	1916	1995	01:13:37						01:13:37	00:11:02	79	M70		1
	Madena	Holger	Südbrookmerland	1978	1995						01:14:32	01:14:32		17	MU20		1
	Amtsbüchler	Joachim	Aurich	1951	1995				01:17:03			01:17:03	00:11:33	44	M40		1
	Köhlers	Klaus	TuS Weener	1935	1995				01:24:09			01:24:09	00:12:37	60	M60		1
	Giesenberg	Talea	TuS Holtriem	1962	1995					01:26:20		01:26:20		33	W30		1