

**15. Ostfrieslandlauf 1996**

21.05. bis 07.06.1996

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,80km	9,40km	11,05km	12,75km	11,90km	10,80km	66,70km	10km				
1	Steinke	Peter	SV Warsingsfehn	1970	1996	00:36:35	00:32:15	00:37:25	00:45:17	00:41:23	00:39:15	03:52:10	00:34:48	26	M20	1	6
2	Kaderhardt	Walter	Conc. Ihrhove	1957	1996	00:37:25	00:32:28	00:37:42	00:44:20	00:42:30	00:38:40	03:53:05	00:34:57	39	M30	1	6
3	Ludwig	Reinhard	LG Ostfriesland	1959	1996	00:38:02	00:33:03	00:38:07	00:46:21	00:42:07	00:39:45	03:57:25	00:35:36	37	M30	2	6
4	Jürrens	Harry	TuS Pewsum	1957	1996	00:38:33	00:33:23	00:39:04	00:46:10	00:43:08	00:39:55	04:00:13	00:36:01	39	M30	3	6
5	Waschkau	Jan	Germania Leer	1977	1996	00:37:55	00:32:26	00:38:37	00:48:08	00:41:58	00:42:53	04:01:57	00:36:16	19	MU20	1	6
6	Oldigs	Beene	Conc. Ihrhove	1961	1996	00:39:25	00:33:40	00:39:00	00:46:49	00:43:48	00:40:25	04:03:07	00:36:27	35	M30	4	6
7	Tjarks	Eduard	LG Ostfriesland	1954	1996	00:38:49	00:33:49	00:39:24	00:47:49	00:44:40	00:40:15	04:04:46	00:36:42	42	M40	1	6
8	Peyko	Maik	LG Ostfriesland	1978	1996	00:40:22	00:34:15	00:40:23	00:48:23	00:44:50	00:44:00	04:12:13	00:37:49	18	MU20	2	6
9	lbeling	Fred	LG Ostfriesland	1966	1996	00:40:21	00:34:13	00:40:22	00:49:13	00:44:15	00:44:00	04:12:24	00:37:50	30	M30	5	6
10	Ufkes	Frank	SSL Bremerhaven	1966	1996	00:40:34	00:34:42	00:40:31	00:49:00	00:44:59	00:43:34	04:13:20	00:37:59	30	M30	6	6
11	Müller	Stephan	Germania Leer	1978	1996	00:40:31	00:34:48	00:41:26	00:47:54	00:46:26	00:44:02	04:15:07	00:38:15	18	MU20	3	6
12	Gastmann	Richard	PB Jümme	1961	1996	00:41:11	00:35:13	00:40:57	00:49:23	00:45:48	00:43:17	04:15:49	00:38:21	35	M30	7	6
13	Ludwig	Helmut	LG Ostfriesland	1958	1996	00:41:34	00:33:55	00:41:35	00:49:52	00:47:12	00:44:18	04:18:26	00:38:45	38	M30	9	6
14	Rosenbohm	Heiko	TuS Esens	1966	1996	00:41:36	00:35:36	00:41:41	00:49:41	00:46:12	00:43:44	04:18:30	00:38:45	30	M30	8	6
15	Beitelmann	Alwin	LG Ostfriesland	1980	1996	00:40:38	00:35:29	00:41:45	00:49:41	00:48:26	00:45:25	04:21:24	00:39:11	16	MU20	4	6
16	Hinrichs	Enno	TSV Holtrop	1961	1996	00:41:40	00:36:34	00:42:11	00:50:48	00:47:21	00:45:49	04:24:23	00:39:38	35	M30	10	6
17	Mouson	Heinz	LT Jheringsfehn	1960	1996	00:41:27	00:36:20	00:43:06	00:51:29	00:47:51	00:44:37	04:24:50	00:39:42	36	M30	11	6
18	Saathoff	Friedhelm	LT Jheringsfehn	1970	1996	00:41:27	00:36:56	00:43:06	00:51:22	00:47:45	00:44:37	04:25:13	00:39:46	26	M20	2	6
19	Lammers	Joachim	Wiesmoor	1960	1996	00:41:10	00:35:58	00:41:13	00:49:54	00:48:37	00:48:31	04:25:23	00:39:47	36	M30	12	6
20	Vetter	Karl-Heinz	TV Norden	1972	1996	00:42:59	00:36:18	00:42:31	00:51:04	00:47:52	00:45:10	04:25:54	00:39:52	24	M20	3	6
21	Müller	Christian	Germania Leer	1979	1996	00:43:12	00:36:57	00:43:01	00:51:28	00:47:15	00:44:18	04:26:11	00:39:54	17	MU20	5	6
22	Landwehr	Bernhard	PSV Leer	1962	1996	00:43:55	00:37:49	00:42:58	00:50:25	00:47:41	00:44:23	04:27:11	00:40:03	34	M30	13	6
23	Sappl	Günther	Germania Leer	1945	1996	00:42:34	00:37:08	00:43:28	00:51:47	00:48:16	00:45:54	04:29:07	00:40:21	51	M50	1	6
24	Michalak	Karl-Heinz	Conordia Ihrhove	1957	1996	00:43:15	00:37:33	00:43:28	00:51:50	00:48:38	00:45:51	04:30:35	00:40:34	39	M30	14	6
25	Schmidt	Jürgen	TuS Detern	1963	1996	00:43:34	00:37:35	00:43:30	00:51:56	00:48:16	00:45:50	04:30:41	00:40:35	33	M30	15	6
26	Wijnen	Jacobus	TuS Pewsum	1949	1996	00:43:06	00:37:34	00:43:27	00:52:56	00:48:48	00:45:57	04:31:48	00:40:45	47	M40	2	6
27	Behrends	Johann	LG Ostfriesland	1943	1996	00:42:47	00:37:13	00:43:05	00:52:47	00:49:21	00:47:04	04:32:17	00:40:49	53	M50	2	6
28	Merl	Christian	Teutonia Waltrop	1957	1996	00:41:46	00:36:50	00:46:03	00:52:17	00:48:51	00:46:48	04:32:35	00:40:52	39	M30	16	6
29	Grunwald	Marc	VFR Heisfelde	1979	1996	00:43:36	00:37:43	00:43:05	00:53:59	00:48:34	00:45:53	04:32:50	00:40:54	17	MU20	6	6
30	Richter	Henry	Hinrichsfehn	1962	1996	00:43:22	00:37:32	00:44:04	00:53:00	00:48:54	00:46:49	04:33:41	00:41:02	34	M30	17	6
31	Eden	Kurt	TV Norden	1958	1996	00:44:03	00:38:14	00:44:50	00:52:11	00:49:41	00:46:13	04:35:12	00:41:16	38	M30	18	6
32	Wirtjes	Edzard	Germania Leer	1958	1996	00:44:33	00:37:48	00:44:27	00:53:08	00:49:33	00:45:48	04:35:17	00:41:16	38	M30	19	6
33	Trauernicht	Heinz	PA Leer	1965	1996	00:44:28	00:38:21	00:45:03	00:52:32	00:48:40	00:46:13	04:35:17	00:41:16	31	M30	20	6
34	Bilski	Peter	Leer	1953	1996	00:44:19	00:37:56	00:44:21	00:53:07	00:49:10	00:46:25	04:35:18	00:41:16	43	M40	3	6
35	Buß	Hermann	TSV Holtrop	1948	1996	00:44:27	00:38:12	00:44:20	00:53:59	00:49:44	00:46:21	04:37:03	00:41:32	48	M40	4	6
36	Imhoff	Matthias	PSV Aurich-West	1959	1996	00:43:41	00:37:39	00:44:07	00:55:34	00:49:36	00:47:38	04:38:15	00:41:43	37	M30	21	6
37	Rieken	Helmut	Ihlower Loopers	1962	1996	00:44:22	00:37:29	00:43:21	00:57:53	00:50:07	00:45:47	04:38:59	00:41:50	34	M30	22	6
38	Redenius	Folkert	Holterfehn	1957	1996	00:45:08	00:38:51	00:44:52	00:53:57	00:50:09	00:46:28	04:39:25	00:41:53	39	M30	23	6
39	Nessen	Norbert	LG Ostfriesland	1964	1996	00:45:07	00:38:31	00:45:17	00:53:48	00:50:12	00:46:45	04:39:40	00:41:56	32	M30	24	6
40	Goudschaal	Ude	LT Bunde	1955	1996	00:44:27	00:38:19	00:43:54	00:55:35	00:49:43	00:47:47	04:39:45	00:41:56	41	M40	5	6
41	Houtrow	Enno	TuS Pewsum	1977	1996	00:44:20	00:39:27	00:45:01	00:54:39	00:49:52	00:46:40	04:39:59	00:41:59	19	MU20	25	6
42	Maier	Eugen	SV Holtland	1980	1996	00:44:10	00:38:41	00:49:01	00:53:03	00:49:07	00:46:30	04:40:32	00:42:04	16	MU20	7	6
43	Feth	Claas	SV Holtland	1977	1996	00:48:29	00:36:14	00:49:43	00:58:58	00:46:46	00:40:25	04:40:35	00:42:04	19	MU20	8	6
44	Berka	Frank	TuS Aurich-Ost	1970	1996	00:45:14	00:39:07	00:45:34	00:53:51	00:49:43	00:47:31	04:41:00	00:42:08	26	M20	4	6
45	Rabe-Frädriich	Günther	Germania Leer	1948	1996	00:44:39	00:38:44	00:45:06	00:54:06	00:50:22	00:48:04	04:41:01	00:42:08	48	M40	6	6
46	Steinke	Hiide	Conc. Neermoor	1945	1996	00:46:01	00:39:08	00:45:39	00:54:50	00:50:01	00:47:19	04:42:58	00:42:25	51	W50	1	6
47	Janssen	Johann	TV Friedeburg	1957	1996	00:43:50	00:37:47	00:44:16	00:54:05	00:51:23	00:51:52	04:43:13	00:42:28	39	M20	4	6
48	Burlage	Udo	TuS Aurich-Ost	1957	1996	00:44:34	00:38:48	00:44:56	00:54:00	00:52:07	00:49:18	04:43:43	00:42:32	39	M30	26	6
49	Siebelts	Arnd	TV Norden	1967	1996	00:45:58	00:39:05	00:45:37	00:55:09	00:50:20	00:47:38	04:43:47	00:42:33	29	M20	5	6
50	Lender	Maike	Germania Leer	1970	1996	00:45:15	00:39:13	00:45:21	00:54:48	00:51:36	00:47:44	04:43:57	00:42:34	26	W20	1	6
51	Hillbrands	Johann	TuS Collinghorst	1954	1996	00:44:00	00:38:36	00:45:10	00:56:10	00:51:15	00:48:48	04:43:59	00:42:35	42	M40	7	6
52	Heibült	Christian	SV Holtland	1940	1996	00:46:54	00:40:13	00:45:20	00:54:03	00:50:17	00:47:18	04:44:05	00:42:35	56	M50	3	6
53	Mauson	Peter	SV Hage	1949	1996	00:45:41	00:39:46	00:45:19	00:54:28	00:50:00	00:49:00	04:44:14	00:42:37	47	M40	8	6
54	Stecker	Bruno	Leer	1950	1996	00:45:03	00:39:04	00:45:24	00:54:48	00:51:27	00:48:43	04:44:29	00:42:39	46	M40	9	6
55	Reimann	Andreas	Bentstreek	1962	1996	00:45:49	00:39:31	00:45:51	00:54:35	00:50:27	00:48:53	04:45:06	00:42:45	34	M30	27	6
56	Erdmann	Ihno	TV Norden	1952	1996	00:46:00	00:39:56	00:46:07	00:54:58	00:50:51	00:47:54	04:45:46	00:42:51	44	M40	10	6
57	Meyer	Albrecht	LG Uplengen	1955	1996	00:45:12	00:39:33	00:45:10	00:54:41	00:50:40	00:50:39	04:45:55	00:42:52	41	M40	11	6
58	Eckhoff	Sven	SV Dornum	1979	1996	00:45:59	00:39:59	00:45:59	00:55:06	00:51:18	00:47:37	04:45:58	00:42:52	17	MU20	9	6
59	ter Fehr	Heino	LT Jheringsfehn	1964	1996	00:44:33	00:38:50	00:46:29	00:56:44	00:51:19	00:49:15	04:47:10	00:43:03	32	M30	28	6
60	Willems	Heye	Fortuna Logabirum	1954	1996	00:45:16	00:39:37	00:46:10	00:55:53	00:51:29	00:49:18	04:47:43	00:43:08	42	M40	12	6
61	Zeeden	Jörg	Fortuna Wirdum	1968	1996	00:44:57	00:37:46	00:43:39	00:54:05	00:48:48	00:58:47	04:48:02	00:43:11	28	M20	6	6
62	Gumbrecht-Vinke	Dagmar	Aurich	1957	1996	00:46:52	00:40:06	00:46:16	00:55:10	00:51:50	00:48:32	04:48:46	00:43:18	39	W30	1	6
63	Hartmann	Günther	LT Jheringsfehn	1941	1996	00:45:54	00:39:41	00:47:28	00:55:36	00:52:00	00:48:32	04:49:11	00:43:21	55	M50	4	6
64	Weizel	Wolfgang	LT Jheringsfehn	1962	1996	00:45:03	00:38:50	00:46:41	00:56:44	00:52:21	00:49:34	04:49:13	00:43:22	34	M30	29	6
65	Kepplin	Otto	VFL Jheringsfehn	1948	1996	00:46:32	00:40:00	00:47:17	00:56:12	00:52:09	00:48:55	04:51:05	00:43:38	48	M40	13	6
66	Sandersfeld	Johann	LG Uplegen	1955	1996	00:46:11	00:40										

## 15. Ostfrieslandlauf 1996

21.05. bis 07.06.1996

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	Weelborg	Michael	Germania Leer	1981	1996	00:46:57	00:40:24	00:49:06	00:56:17	00:54:49	00:49:10	04:56:43	00:44:29	15	MU20	10	6
73	Odens	Ode	TV Norden	1935	1996	00:46:45	00:42:26	00:48:02	00:56:47	00:53:56	00:49:35	04:57:31	00:44:36	61	M60	1	6
74	Lohmeyer	Everwien	SV Holtland	1958	1996	00:47:30	00:41:15	00:48:10	00:57:40	00:52:36	00:50:44	04:57:55	00:44:40	38	M30	31	6
75	Duis	Herrmann	LG Uplengen	1947	1996	00:47:02	00:40:55	00:47:12	00:56:15	00:53:33	00:53:03	04:58:00	00:44:41	49	M40	16	6
76	Fröhling	Erwin	SV Holtland	1948	1996	00:46:30	00:40:42	00:47:27	00:57:43	00:53:01	00:52:53	04:58:16	00:44:43	48	M40	17	6
77	Bohlen	Manfred	LT Jheringsfehn		1996	00:49:05	00:41:15	00:48:31	00:57:14	00:52:17	00:50:18	04:58:40	00:44:47		M		6
78	Hoffmann	Johannes	Leer	1954	1996	00:46:50	00:41:24	00:47:58	00:57:54	00:53:49	00:51:06	04:59:01	00:44:50	42	M40	18	6
79	Gawlick-Daniel	Jürgen	TuS Aurich-Ost	1958	1996	00:48:09	00:41:59	00:48:15	00:57:41	00:52:55	00:50:49	04:59:48	00:44:57	38	M30	32	6
80	Hillbrands	Hillich	TuS Collinghorst	1948	1996	00:47:20	00:42:04	00:48:12	00:57:57	00:53:51	00:50:36	05:00:00	00:44:59	48	M40	19	6
81	Rose	Udo	VFR Hiesfelde	1964	1996	00:48:07	00:41:12	00:48:28	00:58:55	00:53:53	00:49:33	05:00:08	00:45:00	32	M30	33	6
82	Kock	Jans	SV Holtland	1931	1996	00:47:10	00:40:54	00:48:13	00:58:48	00:53:58	00:51:11	05:00:14	00:45:01	65	M60	2	6
83	Heeren	Reinhard	LT Jheringsfehn	1948	1996	00:47:22	00:41:29	00:48:37	00:58:24	00:53:43	00:50:43	05:00:18	00:45:01	48	M40	20	6
84	Eichhorn	Björn	Wiesmoor	1971	1996	00:49:21	00:42:09	00:45:46	00:57:50	00:53:45	00:51:34	05:00:25	00:45:02	25	M20	8	6
85	Wykhoff	Hans-Tiddo	PB Jümme	1954	1996	00:47:57	00:42:05	00:48:01	00:57:37	00:53:32	00:51:36	05:00:48	00:45:06	42	M40	21	6
86	Plesse	Thomas	Warsingsfehn	1966	1996	00:47:56	00:41:41	00:49:59	01:00:35	00:53:52	00:46:45	05:00:48	00:45:06	30	M30	34	6
87	Albers	Jens	TuS Middels	1975	1996	00:48:42	00:41:09	00:48:20	00:58:19	00:53:02	00:51:33	05:01:05	00:45:08	21	M20	9	6
88	Tietz	Michael	LG Uplengen	1965	1996	00:48:00	00:41:40	00:48:09	00:57:51	00:53:34	00:51:54	05:01:08	00:45:09	31	M30	35	6
89	Buß	Albrecht	LT Bunde	1957	1996	00:48:15	00:41:38	00:47:40	00:58:17	00:53:39	00:51:59	05:01:28	00:45:12	39	M30	36	6
90	Stautmeister	Heike	Germania Leer	1962	1996	00:47:42	00:41:49	00:48:31	00:58:48	00:54:14	00:51:11	05:02:15	00:45:19	34	W30	3	6
91	Seufer	Wolfgang	TuS Holtriem	1941	1996	00:48:49	00:42:43	00:49:05	00:57:25	00:53:54	00:50:22	05:02:18	00:45:19	55	M50	6	6
92	Drost	Fritz	MTV Wittmund	1943	1996	00:48:09	00:42:07	00:48:07	00:59:10	00:53:59	00:50:52	05:02:24	00:45:20	53	M50	7	6
93	Raveling	Hartmut	LT Schaffh. Wald	1969	1996	00:50:03	00:42:13	00:49:04	00:57:45	00:53:06	00:50:39	05:02:50	00:45:24	27	M20	10	6
94	Schmidt	Christiane	Germania Leer	1959	1996	00:48:02	00:41:34	00:48:16	00:59:13	00:54:59	00:51:00	05:03:04	00:45:26	37	W30	4	6
95	Brinker	Werner	Leer	1955	1996	00:46:46	00:41:56	00:49:41	00:58:46	00:54:14	00:52:10	05:03:33	00:45:31	41	M40	22	6
96	Wilken	Gerhold	SV Holtland	1954	1996	00:48:24	00:41:43	00:48:37	00:58:56	00:55:03	00:51:03	05:03:46	00:45:33	42	M40	23	6
97	Veith	Manfred	TuS Aurich-Ost	1956	1996	00:49:38	00:41:54	00:49:04	00:59:01	00:53:15	00:51:00	05:03:52	00:45:33	40	M40	24	6
98	Brahms	Ude-Hajo	VFR Heisfelde	1978	1996	00:48:27	00:41:33	00:48:22	00:58:59	00:54:31	00:52:46	05:04:38	00:45:40	18	MU20	11	6
99	Kloß	Margret	KBV Fulikum	1958	1996	00:50:12	00:42:08	00:49:17	00:58:04	00:54:41	00:50:24	05:04:46	00:45:42	38	W30	5	6
100	Schmeier	Lutz	PA Aurich	1956	1996	00:48:53	00:42:05	00:48:34	00:59:42	00:54:56	00:51:21	05:05:31	00:45:48	40	M40	25	6
101	Illig	Reinhard	TuS Aurich-Ost	1942	1996	00:49:22	00:42:03	00:50:53	00:59:28	00:54:39	00:50:06	05:06:31	00:45:57	54	M50	8	6
102	de Buhr	Harald	PA Leer	1962	1996	00:48:44	00:42:40	00:49:20	00:58:05	00:54:47	00:52:57	05:06:33	00:45:58	34	M30	37	6
103	Busch	Jan	Neermoor	1948	1996	00:48:35	00:42:55	00:49:11	00:58:52	00:55:08	00:51:54	05:06:35	00:45:58	48	M40	26	6
104	Vehnekamp	Werner	Friedeburg	1958	1996	00:49:46	00:42:56	00:48:46	00:59:47	00:55:35	00:50:55	05:07:45	00:46:08	38	M30	38	6
105	Schoormann	Willem	Wymeer	1944	1996	00:48:00	00:42:45	00:49:24	00:59:15	00:54:58	00:53:32	05:07:54	00:46:10	52	M50	9	6
106	Ernst	Hinrich	Germania Leer	1955	1996	00:48:47	00:42:45	00:49:47	01:00:41	00:54:56	00:51:00	05:07:56	00:46:10	41	M40		6
107	Lehmann	Ewald	TuS Aurich-Ost	1954	1996	00:48:28	00:42:18	00:48:48	00:59:04	00:54:38	00:54:44	05:08:00	00:46:11	42	M40	28	6
108	Busker	Traute	TuS Aurich-Ost	1953	1996	00:48:54	00:42:10	00:49:20	00:59:26	00:55:24	00:52:53	05:08:07	00:46:12	43	W40	1	6
109	Janssen	Ludwig	TSV Holtrop	1956	1996	00:48:50	00:42:30	00:49:14	00:59:35	00:55:15	00:53:17	05:08:41	00:46:17	40	M30	25	6
110	Pupkes	Hendrik	VTB Varel	1980	1996	00:51:08	00:42:01	00:49:02	01:03:08	00:54:52	00:49:23	05:09:34	00:46:25	16	MU20	12	6
111	Ansheit	Rainer	Germania Leer	1963	1996	00:49:36	00:42:27	00:50:55	00:59:30	00:54:49	00:53:01	05:10:18	00:46:31	33	M30	39	6
112	Vry	Ralf	Fortuna Logabirum	1960	1996	00:57:07	00:41:47	00:49:03	00:58:20	00:53:46	00:50:27	05:10:30	00:46:33	36	M30	40	6
113	Pupkes	Lothar	VTB Varel	1951	1996	00:47:27	00:42:00	00:51:15	01:00:06	00:57:16	00:52:31	05:10:35	00:46:34	45	M40	30	6
114	Ihlow	Werner	TV Norden	1945	1996	00:49:39	00:43:21	00:50:24	00:59:40	00:55:21	00:52:36	05:11:01	00:46:38	51	M50	10	6
115	Löwe	Alexander	MTV Aurich	1982	1996	00:49:37	00:46:30	00:48:26	00:59:33	00:54:44	00:52:12	05:11:02	00:46:38	14	MU20	13	6
116	Broers	Harald	SV Holtland	1980	1996	00:48:22	00:41:46	00:47:54	01:01:59	00:55:54	00:55:26	05:11:21	00:46:41	16	MU20	14	6
117	Stammwitz	Ekkehard	VFR Heisfelde	1945	1996	00:50:00	00:43:17	00:51:03	01:00:28	00:55:22	00:51:20	05:11:30	00:46:42	51	M50	11	6
118	Lübber	Astrid	LT Schaffh. Wald	1971	1996	00:50:12	00:43:02	00:51:00	00:59:27	00:55:41	00:52:58	05:12:20	00:46:50	25	W20	2	6
119	Müller	Rainer	TV Friedeburg	1942	1996	00:50:15	00:43:39	00:50:03	01:00:27	00:54:56	00:53:18	05:12:38	00:46:52	54	M50	12	6
120	Fischer	Werner	PA Leer	1939	1996	00:49:20	00:44:03	00:49:57	01:00:19	00:55:46	00:53:39	05:13:04	00:46:56	57	M50	13	6
121	Kruse	Stefan	LT Bunde	1979	1996	00:53:55	00:44:37	00:50:33	00:58:47	00:54:43	00:51:55	05:14:30	00:47:09	17	MU20	15	6
122	Woltermann	Hannelore	TuS Weener	1955	1996	00:50:00	00:43:28	00:50:57	01:00:37	00:56:28	00:53:01	05:14:31	00:47:09	41	W40	2	6
123	Baumann	Arno	MTV Aurich	1952	1996	00:51:51	00:43:04	00:51:09	01:00:36	00:56:05	00:53:43	05:16:28	00:47:27	44	M40	31	6
124	Ulbrich	Egon	Seefeldler TV	1947	1996	00:50:41	00:43:10	00:50:26	01:00:16	00:57:13	00:54:43	05:16:29	00:47:27	49	M40	32	6
125	Blank	Wilhelm	TuS Aurich-Ost	1949	1996	00:50:39	00:43:34	00:50:40	01:01:18	00:56:49	00:53:35	05:16:35	00:47:28	47	M40	33	6
126	Sawatz	Gerda	LT Jheringsfehn	1956	1996	00:50:57	00:43:13	00:50:58	01:02:04	00:56:59	00:52:29	05:16:40	00:47:29	40	W40	3	6
127	Englisch	Peter	PSV Leer	1954	1996	00:52:04	00:41:46	00:51:19	01:01:47	00:55:23	00:54:33	05:16:52	00:47:30	42	M40	34	6
128	Lienemann	Eckhard	Friedeburg	1950	1996	00:51:30	00:43:03	00:50:13	01:00:44	00:57:07	00:54:36	05:17:13	00:47:34	46	M40	35	6
129	Wilken	Hanke	Friedeburg	1951	1996	00:50:55	00:44:02	00:51:07	01:00:52	00:56:23	00:54:58	05:18:17	00:47:43	45	M40	36	6
130	Boumann	Arnold	LT Jheringsfehn	1955	1996	00:51:14	00:44:05	00:52:04	01:01:13	00:56:29	00:53:14	05:18:19	00:47:43	41	M40	37	6
131	Peters	Jörg	Aurich	1973	1996	00:50:00	00:43:27	00:49:39	01:01:29	00:57:16	00:56:51	05:18:42	00:47:47	23	M20	11	6
132	Wilken	Eric	PA Leer	1963	1996	00:51:30	00:44:07	00:51:00	01:00:37	00:56:50	00:55:02	05:19:06	00:47:50	33	M30	41	6
133	Schewiola	Axel	TuS Aurich-Ost	1938	1996	00:50:21	00:43:19	00:50:04	01:02:01	00:57:18	00:56:10	05:19:13	00:47:52	58	M50	14	6
134	Jürrens	Inga	TuS Pewsum	1982	1996	00:50:25	00:43:00	00:51:48	00:59:44	00:57:56	00:56:33	05:19:26	00:47:53	14	WU20	1	6
135	Sauerbrey	Bernd	Friedeburg	1950	1996	00:50:42	00:44:31	00:50:59	01:02:03	00:55:48	00:55:26	05:19:29	00:47:54	46	M40	38	6
136	Mauson	Gerold	SV Hage	1980	1996	00:50:07	00:43:01	00:49:36	01:02:								

## 15. Ostfrieslandlauf 1996

21.05. bis 07.06.1996

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	Glaubitz	Herbert	TV Marienhäfe	1952	1996	00:51:37	00:45:21	00:53:22	01:01:35	00:58:08	00:53:46	05:23:49	00:48:33	44	M40	41	6
144	Vehnekamp	Frank	Friedeburg	1982	1996	00:52:51	00:45:51	00:54:38	01:01:18	00:57:18	00:52:59	05:24:55	00:48:43	14	MU20	17	6
145	Fokken	Harald	TuS Weener	1942	1996	00:52:17	00:45:15	00:52:17	01:02:55	00:57:17	00:55:02	05:25:03	00:48:44	54	M50	15	6
146	Peters	Holger	LT Bunde	1974	1996	00:53:59	00:45:06	00:51:45	01:02:10	00:57:57	00:54:44	05:25:41	00:48:50	22	M20	12	6
147	Mittmann	Paul	OZ Team Leer	1952	1996	00:51:49	00:45:35	00:51:39	01:03:41	00:57:10	00:56:49	05:26:43	00:48:59	44	M40	42	6
148	Janssen	Focko	IGS Aurich-West	1949	1996	00:51:28	00:45:08	00:52:58	01:02:29	00:58:14	00:56:30	05:26:47	00:49:00	47	M20		6
149	Groen	Albert	TuS Aurich-Ost	1956	1996	00:50:50	00:44:18	00:52:10	01:05:13	00:59:03	00:55:18	05:26:52	00:49:00	40	M40	44	6
150	Jürrens	Frank	TuS Pewsum	1981	1996	00:50:26	00:43:17	00:52:53	01:02:02	00:59:59	00:58:35	05:27:12	00:49:03	15	MU20	18	6
151	Heinks	Reiner	TV Norden	1961	1996	00:51:31	00:45:02	00:52:50	01:02:34	00:56:36	00:58:42	05:27:15	00:49:04	35	M30	43	6
152	Fuß	Arthur	LT Jheringsfehn	1950	1996	00:52:01	00:44:50	00:53:25	01:03:45	00:58:30	00:55:13	05:27:44	00:49:08	46	M40	45	6
153	Krieger	Giesela	LT Jheringsfehn	1949	1996	00:51:27	00:45:06	00:53:06	01:03:10	00:59:43	00:55:12	05:27:44	00:49:08	47	W40	5	6
154	Grampes	Hans	MTV Wittmund	1960	1996	00:51:54	00:45:40	00:51:46	01:03:25	00:58:56	00:56:31	05:28:12	00:49:12	36	M30	44	6
155	Ensuleit	Jan-Udo	TC GW Leer	1980	1996	00:51:33	00:44:47	00:53:30	01:02:44	00:59:41	00:56:09	05:28:24	00:49:14	16	MU20	19	6
156	Ensuleit	Udo	TC GW Leer	1948	1996	00:51:33	00:44:47	00:53:30	01:02:44	00:59:41	00:56:13	05:28:28	00:49:15	48	M40	46	6
157	Keiser	Heidrun	LG Uplengen	1957	1996	00:53:07	00:45:24	00:52:40	01:03:31	00:58:36	00:55:28	05:28:46	00:49:17	39	W30	7	6
158	Rohden	Heinz	Neu-Schoo	1963	1996	00:52:32	00:45:31	00:52:51	01:02:49	00:58:33	00:56:34	05:28:50	00:49:18	33	M30		6
159	Janssen	Eilert	TV Marienhäfe	1945	1996	00:51:40	00:44:50	00:52:14	01:04:08	01:00:19	00:56:12	05:29:23	00:49:23	51	M50	2	6
160	Dreesmann	Gerhard	DLRG Leer	1958	1996	00:48:10	00:46:00	00:52:45	01:05:10	00:59:51	00:58:16	05:30:12	00:49:30	38	M30	46	6
161	Behrends	Emil	PA Leer	1941	1996	00:51:53	00:47:18	00:53:14	01:03:27	00:58:41	00:55:52	05:30:25	00:49:32	55	M50	17	6
162	Meiborg	Alfred	OZ Team	1955	1996	00:53:06	00:45:39	00:52:41	01:03:55	00:57:51	00:57:15	05:30:27	00:49:33	41	M40	47	6
163	Krems	Uta	TV Norden	1970	1996	00:52:47	00:45:27	00:51:44	01:03:40	00:58:41	00:58:13	05:30:32	00:49:33	26	W20	3	6
164	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	1996	00:52:40	00:46:16	00:51:58	01:03:23	00:58:50	00:59:27	05:32:34	00:49:52	49	M40	48	6
165	Nowak	Peter	TV Norden	1950	1996	00:45:03	00:39:38	00:59:16	01:09:37	00:52:37	01:06:50	05:33:01	00:49:56	46	M40	14	6
166	Hagemann	Hans-Dieter	LT Jheringsfehn	1949	1996	00:55:07	00:44:58	00:55:20	01:04:22	00:58:54	00:54:32	05:33:13	00:49:57	47	M40	50	6
167	Narr, Dr.	Werner	Frisia Loga	1949	1996	00:48:51	00:43:51	00:50:37	00:52:01	00:55:59	01:22:20	05:33:39	00:50:01	47	M40	51	6
168	Kroon	Sigrid	SV Holtland	1948	1996	00:53:19	00:46:40	00:53:45	01:03:57	00:59:35	00:56:36	05:33:52	00:50:03	48	W40	6	6
169	Wahlich	Peter	Aurich	1957	1996	00:54:29	00:46:26	00:54:21	01:03:47	00:58:37	00:56:41	05:34:21	00:50:08	39	M30	47	6
170	Benthien	Uwe	TuS Aurich-Ost	1945	1996	00:52:46	00:45:46	00:52:19	01:05:39	00:58:28	00:59:27	05:34:25	00:50:08	51	M50	18	6
171	Grüßing	Johann	LG Uplengen	1958	1996	00:54:32	00:46:35	00:51:59	01:03:05	00:57:53	01:00:33	05:34:37	00:50:10	38	M30	48	6
172	Venema	Dagmar	TuS Weener	1960	1996	00:53:09	00:45:27	00:53:01	01:05:02	01:00:38	00:57:27	05:34:44	00:50:11	36	W30	8	6
173	Ramaker	Harald	LT Jheringsfehn	1963	1996	00:53:27	00:45:20	00:53:24	01:04:20	00:59:53	00:59:02	05:35:26	00:50:17	33	M30	49	6
174	Mütz	Arnold	Concor. Irlhove	1952	1996	00:53:53	00:47:56	00:55:10	01:03:47	00:58:34	00:58:01	05:37:21	00:50:35	44	M40	52	6
175	Rausch	Martin	Fortuna Wirdum	1954	1996	00:52:22	00:47:02	00:54:17	01:03:17	00:55:33	01:05:36	05:38:07	00:50:42	42	M40	53	6
176	Harms	Johann	TV Norden	1942	1996	00:53:48	00:45:33	00:54:57	01:08:04	01:00:51	00:55:41	05:38:54	00:50:49	54	M50	19	6
177	Frerichs	Thomas	LT Jheringsfehn	1966	1996	00:52:13	00:45:22	00:53:35	01:06:19	01:03:16	00:58:24	05:39:09	00:50:51	30	M30	50	6
178	Janßen	Ilka	SV Holtland	1976	1996	00:52:34	00:45:36	00:53:17	01:07:14	01:01:02	00:59:31	05:39:14	00:50:52	20	W20	4	6
179	Boumann	Uwe	TV Marienhäfe	1944	1996	00:52:57	00:46:29	00:54:17	01:05:12	00:59:35	01:01:03	05:39:33	00:50:54	52	M50	20	6
180	Dreesmann	Siemen	SV Jerngum	1939	1996	00:55:04	00:45:58	00:54:46	01:05:39	01:01:49	00:56:34	05:39:50	00:50:57	57	M50	21	6
181	Janssen	Günther	TuS Aurich-Ost	1943	1996	00:55:45	00:48:02	00:53:42	01:04:38	01:00:23	00:57:50	05:40:20	00:51:01	53	M30	51	6
182	Walper	Gerhard	Moormerland	1956	1996	00:53:44	00:47:19	00:54:57	01:04:42	00:59:31	01:01:01	05:41:14	00:51:10	40	M40	54	6
183	Lehmann	Michael	TuS Pewsum	1953	1996	00:52:10	00:47:42	00:52:38	01:05:43	01:00:57	01:02:08	05:41:18	00:51:10	43	M40	55	6
184	Wijnen	Dirk	TuS Pewsum	1982	1996	00:53:00	00:47:52	00:55:10	01:03:31	01:03:56	00:58:35	05:42:04	00:51:17	14	MU20	20	6
185	Siemons	Heinrich	Stapelmoor	1948	1996	00:54:51	00:47:49	00:54:46	01:06:42	01:00:31	00:57:31	05:42:10	00:51:18	48	M40	56	6
186	Cibes	Stefan	VTB Varel	1970	1996	00:57:22	00:47:13	00:52:43	01:05:59	00:59:47	00:59:07	05:42:11	00:51:18	26	M20	13	6
187	Piela	Joachim	IGS Aurich-West	1951	1996	00:54:28	00:46:16	00:54:08	01:05:01	00:58:30	01:03:52	05:42:15	00:51:19	45	M40	57	6
188	Wilken	Elke	SV Holtland	1950	1996	00:54:19	00:47:12	00:55:24	01:04:53	01:00:36	01:00:13	05:42:37	00:51:22	46	W40	7	6
189	König	Thilo	LG Ostfriesland	1981	1996	00:57:37	00:49:12	00:54:23	01:04:17	01:01:33	00:55:56	05:42:58	00:51:25	15	MU20	21	6
190	Kroh-Lammers	Erika	LT Jheringsfehn	1952	1996	00:55:32	00:47:22	00:55:15	01:05:02	01:00:36	00:59:37	05:43:24	00:51:29	44	W40	8	6
191	Janssen	Frank	TuS Pewsum	1966	1996	00:55:18	00:47:02	00:53:36	01:04:58	01:00:33	01:02:17	05:43:44	00:51:32	30	M40	43	6
192	Steinke	Diedrich	LT Jheringsfehn	1941	1996	00:54:10	00:45:37	00:53:42	01:11:25	00:55:36	01:04:34	05:45:04	00:51:44	55	M50	23	6
193	Schoon	Cunda	Aurich	1963	1996	00:57:39	00:49:13	00:56:59	01:05:46	01:00:17	00:56:18	05:46:12	00:51:54	33	W30	9	6
194	Bremer	Hans-Jürgen	PD Friesland	1957	1996	00:53:45	00:47:53	00:56:57	01:07:10	01:00:21	01:00:07	05:46:13	00:51:54	39	M30	52	6
195	Peters	Gerda	Westerholt	1959	1996	00:54:56	00:48:02	00:55:09	01:06:26	01:01:22	01:00:26	05:46:21	00:51:56	37	W30	10	6
196	Janssen	Sonja	TuS Aurich-Ost	1979	1996	00:54:36	00:47:30	00:56:15	01:06:42	01:03:47	00:58:03	05:46:53	00:52:00	17	WU20	2	6
197	Schewiolo	Stefan	TuS Aurich-Ost	1966	1996	00:55:15	00:48:06	00:54:46	01:04:24	01:02:02	01:02:32	05:47:05	00:52:02	30	M30	53	6
198	Poppen	Jann	Wiesmoor	1982	1996	00:56:14	00:46:33	01:00:22	01:08:49	00:58:58	00:56:37	05:47:33	00:52:06	14	MU20	22	6
199	Meyer	Helmut	Neermoor	1960	1996	00:54:09	00:48:28	00:56:53	01:06:35	01:01:42	00:59:56	05:47:43	00:52:08	36	M30	54	6
200	Evers	Gerhard	TV Marienhäfe	1952	1996	00:56:11	00:47:12	00:56:27	01:05:05	01:01:38	01:01:56	05:48:29	00:52:15	44	M40	58	6
201	Madena	Jakob	VFB Mönkeboe	1943	1996	00:56:26	00:48:04	00:55:09	01:06:08	01:01:22	01:01:31	05:48:40	00:52:16	53	M50	24	6
202	Mennen	Maike	TuS Aurich-Ost	1957	1996	00:54:37	00:48:17	00:56:29	01:07:21	01:01:59	01:00:04	05:48:47	00:52:17	39	W30	11	6
203	Janßen	Christa	SV Brinkum	1945	1996	00:56:24	00:48:55	00:56:13	01:06:56	01:01:42	00:59:14	05:49:24	00:52:23	51	W50	2	6
204	Poppen	Karl	TG Wiesmoor	1947	1996	00:57:08	00:47:53	00:54:58	01:06:39	01:01:12	01:02:23	05:50:13	00:52:30	49	M40	59	6
205	Schwedler	Helga	Friedeburg	1939	1996	00:55:23	00:47:30	00:56:15	01:08:13	01:02:23	01:01:22	05:51:06	00:52:38	57	W50	3	6
206	Romaneeßen	Gerhard	Popens	1963	1996	00:50:46	00:44:05	00:51:14	01:03:11	00:57:00	01:24:58	05:51:14	00:52:40	33	M30	55	6
207	Eisenhauer	Elke	TuS Esens	1977	1996	00:55:21	00:48:55	00:56:12	01:07:49	01:02:41	01:00:39	05:51:3					

21.05. bis 07.06.1996

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,80km	9,40km	11,05km	12,75km	11,90km	10,80km	66,70km	10km				
214	Speckmann	Elke	Aurich	1959	1996	00:57:32	00:49:03	00:56:16	01:07:35	01:02:30	01:02:00	05:54:56	00:53:13	37	W30	13	6
215	Herget	Richard	TuS Glarum	1931	1996	00:57:03	00:50:10	00:57:07	01:08:10	01:02:29	01:00:18	05:55:17	00:53:16	65	M60	4	6
216	Christoffers	Gabriele	TV Norden	1953	1996	00:51:40	00:45:27	00:51:43	01:03:00	00:58:13	01:25:15	05:55:18	00:53:16	43	W40	10	6
217	van Loo	Manfred	PA Leer	1962	1996	00:56:52	00:48:07	00:57:15	01:08:37	01:02:39	01:02:23	05:55:53	00:53:21	34	M30	58	6
218	Schmidt	Hermann	Schwerinsdorf	1948	1996	00:55:32	00:49:17	00:55:27	01:08:06	01:04:34	01:04:00	05:56:56	00:53:31	48	M40	61	6
219	Park	Harm	TuS Weene	1953	1996	01:01:14	00:49:55	00:56:23	01:02:49	00:58:12	01:08:41	05:57:14	00:53:33	43	M40	62	6
220	Wübbena	Hermann	TV Norden	1949	1996	00:56:40	00:50:21	00:56:33	01:09:52	01:02:28	01:02:35	05:58:29	00:53:45	47	M40	63	6
221	Mönkemeyer	Maikel	Großefehn	1981	1996	00:59:39	00:50:20	00:56:03	01:06:51	01:02:21	01:03:18	05:58:32	00:53:45	15	MU20	23	6
222	Kant	Andreas	VFL Jheringsfehn	1957	1996	00:55:54	00:49:04	00:55:41	01:09:01	01:05:33	01:04:10	05:59:23	00:53:53	39	M30	59	6
223	Krohn	Gudrun	TV Leer	1958	1996	00:57:59	00:49:41	00:57:34	01:08:43	01:03:46	01:01:44	05:59:27	00:53:53	38	W30	14	6
224	Pajewski	Elke	TuS Aurich-Ost	1955	1996	00:57:38	00:49:01	00:58:41	01:09:16	01:04:56	01:00:23	05:59:55	00:53:58	41	W40	11	6
225	Franzen	Wilfried	Teutonia Stapelmoor	1945	1996	00:56:53	00:49:15	00:58:52	01:08:53	01:06:04	01:00:49	06:00:46	00:54:05	51	M50	25	6
226	Sauer	Gudrun	MTV Aurich	1965	1996	00:56:57	00:49:10	00:58:23	01:08:57	01:04:44	01:02:57	06:01:08	00:54:09	31	W30	15	6
227	Tomdiel	Erich	Kinder u. JT Leer	1954	1996	00:56:52	00:49:41	00:57:34	01:09:36	01:03:16	01:04:33	06:01:32	00:54:12	42	M40	66	6
228	Mannott	Wilhelm	LT Schaff. Wald	1934	1996	00:54:46	00:53:57	00:59:27	01:08:06	01:03:32	01:01:45	06:01:33	00:54:12	62	M60	5	6
229	Loers	Helmut	PB Jümme	1952	1996	00:57:29	00:49:29	00:56:59	01:09:32	01:04:25	01:04:28	06:02:22	00:54:20	44	M40	65	6
230	Feth	Wolfgang	BV Hesel	1942	1996	01:00:44	00:51:46	00:59:11	01:07:44	01:03:44	01:01:04	06:04:13	00:54:36	54	M50	26	6
231	Rodewald	Klaus	Norddeich	1941	1996	01:00:28	00:51:58	00:57:26	01:09:38	01:03:04	01:01:45	06:04:19	00:54:37	55	M50	27	6
232	van Garrel	Wolfgang	VFR Heisfelde	1952	1996	00:57:45	00:49:57	00:58:42	01:08:59	01:04:56	01:04:05	06:04:24	00:54:38	44	M40	67	6
233	Sauer	Gerhard	MTV Aurich	1934	1996	00:58:52	00:50:24	00:58:39	01:11:18	01:03:01	01:02:17	06:04:31	00:54:39	62	M60	6	6
234	Eisenhauer	Elisabeth	SC Dunum	1949	1996	00:59:03	00:50:32	00:58:06	01:09:54	01:05:23	01:02:59	06:05:57	00:54:52	47	W40	12	6
235	Saathoff	Annemarie	SC Dunum	1951	1996	00:59:03	00:50:32	00:58:06	01:09:54	01:05:23	01:03:08	06:06:06	00:54:53	45	W40	13	6
236	Nowak	Magdalene	TV Norden	1951	1996	00:57:05	00:58:31	00:56:33	01:09:49	01:02:28	01:02:33	06:06:59	00:55:01	45			6
237	Manssen	Hermann	LT Jheringsfehn	1957	1996	00:58:26	00:52:19	00:58:16	01:09:43	01:03:49	01:04:28	06:07:01	00:55:01	39	M30	60	6
238	Kock-Michaelis	Ingrid	Germania Leer	1959	1996	00:58:30	00:50:47	00:58:48	01:10:58	01:05:15	01:03:31	06:07:49	00:55:09	37	W30	16	6
239	Kreckel-Fröb	Magdalene	SV Hage	1952	1996	00:58:56	00:50:17	00:58:41	01:10:33	01:05:09	01:04:15	06:07:51	00:55:09	44	W40	14	6
240	Michaelis	Bernhard	Germania Leer	1955	1996	00:58:30	00:50:46	00:58:48	01:10:58	01:05:15	01:03:36	06:07:53	00:55:09	41	M40	68	6
241	Boumann	Klara	TV Marienhäfe	1945	1996	00:58:48	00:51:16	00:59:04	01:11:04	01:05:51	01:02:01	06:08:04	00:55:11	51	W50	4	6
242	Sweers	Olaf	SV Wittmund	1968	1996	00:57:10	00:48:44	00:57:19	01:10:59	01:01:46	01:12:49	06:08:47	00:55:17	28	M20	14	6
243	Weber	Maik	LT Jheringsfehn	1962	1996	01:00:13	00:51:07	00:57:48	01:09:42	01:07:07	01:03:11	06:09:08	00:55:21	34	W30	17	6
244	Janssen	Berthold	OZ Team	1962	1996	01:00:56	00:49:42	00:56:32	01:11:50	01:04:03	01:06:28	06:09:31	00:55:24	34	M40	69	6
245	Witte	Bruni	Aurich	1944	1996	00:57:18	00:51:06	00:58:13	01:10:50	01:06:00	01:07:03	06:10:30	00:55:33	52	W50	5	6
246	Penning	Hermann	LT Jheringsfehn	1947	1996	00:58:36	00:52:36	00:59:12	01:09:45	01:07:06	01:03:16	06:10:31	00:55:33	49	M40	70	6
247	Ohlrich	Helmut	LT Jheringsfehn	1945	1996	01:00:16	00:53:29	01:02:32	01:14:55	01:07:50	00:54:00	06:13:02	00:55:56	51	M50	28	6
248	Gerken	Theo	VFB Münkeboe	1944	1996	01:02:00	00:45:23	01:03:02	01:11:34	01:08:31	01:02:33	06:13:03	00:55:56	52	M50	29	6
249	Iken	Johannes	LT Schaff. Wald	1951	1996	01:01:12	00:50:48	00:59:26	01:12:13	01:07:27	01:02:40	06:13:46	00:56:02	45	M40	71	6
250	Wilke	Heinz	TuS Glarum	1934	1996	00:59:29	00:52:33	01:00:24	01:11:00	01:06:26	01:04:33	06:14:25	00:56:08	62	M60	7	6
251	Moosler	Horst	Germania Leer	1937	1996	01:02:21	00:53:27	01:00:50	01:11:40	01:05:32	01:02:44	06:16:34	00:56:27	59	M50	30	6
252	Frerichs	Rieke	SuS Strackholt	1948	1996	00:59:17	00:51:02	00:58:55	01:14:33	01:05:22	01:10:02	06:19:11	00:56:51	48	M40	72	6
253	Bolinus	Edith	LT Jheringsfehn	1956	1996	01:00:13	00:53:32	01:01:04	01:13:57	01:07:08	01:04:20	06:20:14	00:57:00	40	W40	15	6
254	Remmers	Grietje	TV Friedeburg	1952	1996	01:00:09	00:52:33	00:59:14	01:14:56	01:07:46	01:06:37	06:21:15	00:57:10	44	W40	16	6
255	ter Fehr	Insa	LT Jheringsfehn	1965	1996	01:02:01	00:51:45	01:00:08	01:16:30	01:07:08	01:04:22	06:21:54	00:57:15	31	W30	18	6
256	Frost	Hildegard	LT Schaff. Wald	1955	1996	01:01:47	00:53:44	01:02:01	01:13:55	01:08:23	01:03:31	06:23:21	00:57:28	41	W40	17	6
257	Weers	Eske	Emder LG	1977	1996	01:05:03	00:55:13	01:00:57	01:12:45	01:06:05	01:04:09	06:24:12	00:57:36	19	WU20	4	6
258	Fitzner	Adele	TuS Aurich-Ost	1949	1996	01:05:22	00:53:19	01:00:24	01:13:40	01:07:23	01:05:20	06:25:28	00:57:47	47	W40	18	6
259	Theusen	Julia	TuS Aurich-Ost	1972	1996	01:04:13	00:53:47	01:00:51	01:15:20	01:07:47	01:04:32	06:26:30	00:57:57	24	W20	6	6
260	Peeken	Gerd	SV Wittmund	1973	1996	01:01:50	00:52:53	01:01:40	01:14:49	01:07:36	01:08:18	06:27:06	00:58:02	23	M20	15	6
261	Eilers	Jakob	Emden	1941	1996	00:59:26	00:52:32	01:01:16	01:15:23	01:07:47	01:10:48	06:27:12	00:58:03	55	M50	31	6
262	Peters	Johann	LT Jheringsfehn		1996	01:07:17	00:53:36	01:00:53	01:13:51	01:07:44	01:04:13	06:27:34	00:58:06		M		6
263	Eisenhauer	Martina	TuS Esens	1980	1996	01:06:15	00:54:57	01:01:39	01:14:48	01:07:35	01:04:39	06:29:53	00:58:27	16	WU20	5	6
264	Menzel, Dr.	Dorothe	LT Schaff. Wald	1961	1996	01:05:52	00:54:34	01:04:09	01:15:31	01:08:45	01:04:31	06:33:22	00:58:59	35	W30	19	6
265	Brauer	Monika	Ihlow	1956	1996	01:02:54	00:55:15	01:01:27	01:17:53	01:08:35	01:11:04	06:37:08	00:59:32	40	W40	19	6
266	König	Heinfried	LT Aurich	1950	1996	01:07:46	00:55:27	01:05:53	01:16:48	01:08:27	01:04:47	06:39:08	00:59:50	46	M40	73	6
267	Severiens	Henriette	Fortuna Logabirum	1954	1996	01:04:41	00:55:38	01:03:09	01:18:26	01:11:28	01:10:29	06:43:51	01:00:33	42	W40	20	6
268	Romanowski	Barbara	LG Ostfriesland	1950	1996	01:03:13	00:55:33	01:01:32	01:18:32	01:14:19	01:11:28	06:44:37	01:00:40	46	W40	21	6
269	Böcke	Petra	Aurich	1951	1996	01:05:47	00:55:28	01:05:53	01:16:48	01:12:56	01:08:26	06:45:18	01:00:46	45	W40	22	6
270	Seufer	Heike	TuS Holtriem	1951	1996	01:04:51	00:56:18	01:04:40	01:19:13	01:09:47	01:10:43	06:45:32	01:00:48	45	W40	23	6
271	Schulz	Jürgen	TuS Holtriem	1942	1996	01:05:13	00:57:56	01:05:08	01:16:30	01:11:58	01:09:00	06:45:45	01:00:50	54	M50	32	6
272	Braams	Herma	LT Schaffh. Wald	1961	1996	01:04:15	00:53:58	01:06:33	01:18:36	01:11:56	01:10:29	06:45:47	01:00:50	35	W30	20	6
273	van Thünen	Robert	Großefehn	1982	1996	01:25:55	00:57:35	01:04:17	01:08:17	01:04:39	01:06:06	06:46:49	01:01:00	14	MU20	24	6
274	Winzenborg	Johann	LT Bunde	1951	1996	01:00:21	00:50:16	01:00:05	01:15:25	01:26:22	01:14:48	06:47:17	01:01:04	45	M40	74	6
275	Evers	Hannely	LT Schaffh. Wald	1950	1996	01:04:34	00:56:41	01:06:27	01:18:37	01:11:57	01:11:31	06:49:47	01:01:26	46	W40	24	6
276	Peters	Hans-Jürgen	LT Bunde	1949	1996	01:04:59	00:54:56	01:02:46	01:17:13	01:14:55	01:16:45	06:51:34	01:01:42	47	M40	75	6
277	Tjarks	Heike	LG Ostfriesland	1981	1996	01:06:35	00:57:57	01:05:40	01:17:50	01:12:06	01:12:40	06:52:48	01:01:53	15	WU20	6	6
278	Weisheit	Christine															

## 15. Ostfrieslandlauf 1996

21.05. bis 07.06.1996

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						
285	Behrends	Karin	LG Ostfriesland	1946	1996	01:07:07	00:58:13	01:06:26	01:23:10	01:15:15	01:15:48	07:05:59	01:03:52	50	W50	8	6
286	Tjarks	Gerhardine	LG Ostfriesland	1957	1996	01:07:07	00:58:13	01:06:27	01:23:10	01:15:15	01:15:48	07:06:00	01:03:52	39	W30	22	6
287	König	Käthe	Emder LG	1936	1996	01:05:03	00:58:04	01:07:27	01:24:28	01:19:22	01:13:01	07:07:25	01:04:05	60	W60	1	6
288	Peters	Ilse	LT Jheringsfehn	1959	1996	01:12:32	00:58:01	01:09:28	01:22:28	01:14:16	01:11:53	07:08:38	01:04:16	37	W30	23	6
289	Ryll	Hannelore	VFL Jheringsfehn	1956	1996	01:14:31	00:56:43	01:06:44	01:20:40	01:14:16	01:16:53	07:09:47	01:04:26	40	W40	27	6
290	Diersmann	Kristina	Germania Leer	1974	1996	01:08:14	00:58:36	01:08:55	01:25:48	01:19:03	01:16:46	07:17:22	01:05:34	22	W20	7	6
291	Julius	Heidi	LT Schaffh. Wald	1970	1996	01:07:05	01:01:47	01:10:49	01:28:40	01:18:47	01:16:49	07:23:57	01:06:34	26	W20	8	6
292	Runge	Lenchen	LT Jheringsfehn	1947	1996	01:14:32	01:03:11	01:12:18	01:29:11	01:23:13	01:16:52	07:39:17	01:08:51	49	W40	28	6
293	Schulz	Ernst	Germania Leer	1916	1996	01:16:49	01:03:41	01:14:04	01:29:57	01:21:37	01:21:54	07:48:02	01:10:10	80	M80	8	6
294	Feldkamp	Roline	VFL Flachsmeer	1954	1996	01:22:07	01:03:46	01:12:18	01:29:32	01:21:31	01:20:55	07:50:09	01:10:29	42	W40	29	6
295	Schmidtke	Wolfgang	Germania Leer	1953	1996	01:26:28	01:14:23	01:28:33	01:41:02	01:33:44	01:28:40	08:52:50	01:19:53	43	M40	77	6
296	Hecht	Jutta	Germania Leer	1928	1996	01:26:28	01:14:23	01:28:33	01:41:02	01:33:44	01:38:40	09:02:50	01:21:23	68	W60	2	6
	Hörnemann	Lutz	LG Ostfriesland	1962	1996		00:33:29	00:38:54	00:49:41	00:42:57	00:39:50	03:24:51	00:30:43	34	M30		5
	Penning	Günther	Siebestock	1967	1996	00:43:40	00:37:20	00:44:05		00:47:58	00:46:51	03:39:54	00:32:58	29	M20		5
	Schneider	Rüdiger	VFL Jheringsfehn	1962	1996	00:42:23	00:37:42	00:46:24		00:52:17	00:58:15	03:57:01	00:35:32	34	M30		5
	Klaaßen	Peter	TuS Weener	1952	1996	00:45:03	00:39:48	00:45:16	00:53:30	00:54:55		03:58:32	00:35:46	44	M40		5
	Dorn	Nadine	Wolmirstedt	1975	1996	00:49:40	00:41:35	00:48:30		00:52:54	00:49:29	04:02:08	00:36:18	21	W20		5
	Buss	Imme	SV Holtland	1948	1996	00:48:27	00:41:47	00:48:17		00:56:16	00:52:03	04:06:50	00:37:00	48	W40		5
	Meentz	Malte	SC Dunum	1978	1996	00:46:21		00:47:14	00:56:18	00:53:05	00:48:19	04:11:17	00:37:40	18	MU20		5
	Eckhoff	Arno	Schortens	1959	1996	00:49:27	00:42:25	00:48:42	00:59:52	00:54:42		04:15:08	00:38:15	37	M30		5
	Munier	Ahmad	Norddeich	1980	1996	00:51:32	00:42:28		00:58:26	00:59:51	00:56:42	04:28:59	00:40:20	16	MU20		5
	Lindena	Uwe	Moordorf	1957	1996	00:55:24	00:46:14	00:55:41		00:57:51	00:56:03	04:31:13	00:40:40	39	M30		5
	Schmidt	Karl-Heinz	Nesse	1957	1996	00:52:58	00:45:50	00:52:40	01:03:31	00:58:32		04:33:31	00:41:00	39	M30		5
	Erdmann	Marlies	TV Norden	1953	1996		00:45:27	00:51:50	01:03:00	00:58:13	00:55:49	04:34:19	00:41:08	43	W40		5
	Salik	Abdurra	Norddeich	1980	1996	00:53:40	00:44:51		00:59:25	00:59:53	00:57:05	04:34:54	00:41:13	16	MU20		5
	Bernhardt	Fritjof-Hans	Schortens	1937	1996	00:50:56		00:51:56	01:02:56	00:58:04	00:54:48	04:38:40	00:41:47	59	M50		5
	Müller	Johannes	TV Norden	1954	1996	00:50:29		00:50:39	01:01:31	00:58:17	00:58:18	04:39:14	00:41:52	42	M40		5
	Lender	Walter	TuS Weener	1942	1996	00:54:55	00:45:41	00:53:52	01:06:36	00:59:47		04:40:51	00:42:06	54	M50		5
	Severiens	Gerold	Frisia Loga	1948	1996	00:49:24	00:50:30		01:01:38	01:11:31	01:03:07	04:56:10	00:44:24	48	M40		5
	Gerjets	Erhard	Aurich-West	1958	1996	00:57:35	00:48:48	00:57:41	01:12:26		01:04:16	05:00:46	00:45:06	38	M30		5
	Sjuts	Heiko	Nesse	1971	1996	00:58:42	00:50:21	00:58:28	01:12:52	01:05:26		05:05:49	00:45:51	25	M20		5
	Janssen	Enno	SV Holtland	1967	1996		00:52:42	00:56:38	01:09:50	01:02:44	01:04:16	05:06:10	00:45:54	29	M50		5
	Ölscher	Heinz	BW Filsum	1954	1996	01:02:23	00:49:52	00:58:00	01:17:40	01:09:48		05:17:43	00:47:38	42	M40		5
	Freyland	Ursula	TuS Aurich-Ost	1953	1996	01:00:40	00:53:59	01:01:39	01:13:54	01:07:44		05:17:56	00:47:40	43	W40		5
	Konzok	Steve	Großefehn	1979	1996	00:55:52	01:28:41		01:01:52	00:57:45	00:55:00	05:19:10	00:47:51	17	MU20		5
	Gieseler	Cisela	TV Norden	1938	1996	01:01:25		01:00:43	01:13:23	01:08:22	01:05:04	05:28:57	00:49:19	58	W50		5
	Dunker	Peter	LT Schaffh. Waid	1940	1996	01:03:56	00:54:33	01:04:08	01:16:30	01:11:15		05:30:22	00:49:32	56	M50		5
	Neelen	Marie-Luise	Germania Leer	1938	1996	01:04:01	00:57:34	01:07:22		01:12:08	01:11:07	05:32:12	00:49:48	58	W50		5
	Fitzner	Günther	TuS Aurich-Ost	1948	1996	01:06:37		01:00:24	01:13:40	01:07:23	01:05:13	05:33:17	00:49:58	48	M40		5
	Bui-The	Dan	Norddeich	1953	1996	01:22:51	01:07:48		01:20:23	01:28:03	01:26:22	06:45:27	01:00:47	43	M40		5
	Groen	Frank	VFL Jheringsfehn	1962	1996	00:35:47	00:31:46	00:37:01	00:45:46			02:30:20	00:22:32	34	M30		4
	Füllenbach	Hans-Günther	Westerstede	1949	1996	00:47:14	00:41:20	00:48:03	00:57:47			03:14:24	00:29:09	47	M40		4
	Eiben	Eibo	SC Dunum	1942	1996	00:49:04	00:43:00			00:54:22	00:52:17	03:18:43	00:29:48	54	M50		4
	Grimm	Thomas	SV Hage	1961	1996	00:49:34	00:42:53	00:50:15	01:00:34			03:23:16	00:30:28	35	M30		4
	de Buhr	Oskar	Germania Leer	1951	1996	00:51:08	00:44:08	00:50:12	01:01:02			03:26:30	00:30:58	45	M40		4
	Steffens Dr.	Otto	MTV Aurich	1952	1996	00:52:05		00:52:36		00:59:13	00:58:24	03:42:18	00:33:20	44	M40		4
	Damm	Dirk	TB Twixlum	1964	1996	00:44:56		00:46:47		00:50:41	01:25:19	03:47:43	00:34:08	32	M30		4
	Wiegand	Karl-Heinz	Aurich	1939	1996	00:56:55	00:48:30	00:56:13	01:08:04			03:49:42	00:34:26	57	M50		4
	Rietz	Albrecht	Leer	1954	1996	00:58:04	00:47:32	00:57:52	01:10:49			03:54:17	00:35:07	42	M40		4
	Meyer	Rolf	TSV Hesel	1969	1996			00:53:22	01:06:56	00:56:47	00:57:39	03:54:44	00:35:12	27	M20		4
	Frühling	Kobus	Holtrop	1969	1996	00:53:55	00:48:39		01:10:43		01:06:47	04:00:04	00:36:00	27	M20		4
	Nannen	Enno	TV Norden	1947	1996			00:55:33	01:07:56	01:01:36	01:01:03	04:06:08	00:36:54	49	M40		4
	Uphoff	Walter	Middels	1960	1996	01:02:04	00:50:24			01:09:33	01:05:05	04:07:06	00:37:03	36	M30		4
	Lunz	Dieter	SC Dunum	1941	1996		00:54:03	00:59:27		01:08:56	01:09:43	04:12:09	00:37:48	55	M50		4
	Meyer	Hedy	TV Norden	1939	1996	00:56:47			01:11:44	01:05:28	01:02:59	04:16:58	00:38:32	57	W50		4
	Olthoff	Else	Conc. Ihrhove	1924	1996		01:00:01	01:08:11		01:19:22	01:13:02	04:40:36	00:42:04	72	W70		4
	Peters	Renate	LT Bunde	1952	1996		01:03:49	01:11:20	01:28:50	01:18:50		05:02:49	00:45:24	44	W40		4
	de Buhr	Heike	LT Jheringsfehn	1969	1996		01:02:54	01:12:18	01:29:10	01:23:13		05:07:35	00:46:07	27	W20		4
	Valentin	Jörg	TV Norden	1962	1996	00:35:47	00:31:03			00:41:09		01:47:59	00:16:11	34	M30		3
	Schoon	Volker	MTV Aurich	1976	1996		00:34:34	00:38:57			00:41:30	01:55:01	00:17:15	20	M20		3
	Bonk	Michael	Schlooth. Leer	1971	1996	00:39:44	00:33:48		00:46:48			02:00:20	00:18:02	25	M20		3
	van Rhaden	Erich	Conc. Ihrhove	1955	1996	00:43:32	00:38:01	00:44:10				02:05:43	00:18:51	41	M40		3
	Woltermann	Peter	Germania Leer	1945	1996	00:41:19	00:40:03	00:45:25				02:06:47	00:19:00	51	M50		3
	Steinke	Ralf	SV Warsingsfehn	1967	1996	00:46:56	00:39:55			00:52:27		02:19:18	00:20:53	29	M20		3
	Lübbers	Uwe	LT Werdum	1967	1996			00:43:12	00:52:26		00:44:48	02:20:26	00:21:03	29	M20		3
	Remmers	Martin	TB Twixlum	1973	1996			00:46:45		00:48:15	00:45:30	02:20:30	00:21:04	23	M40		3
	van der Huir	Werner	GW Leer	1948	1996	00:50:14	00:42:16	00:49:40				02:22:10	00:21:19	48	M40		3
	Tjardes	Karl	Wittmund	1944	1996	00:49:04	00:42:46	00:50:38				02:22:28	00:21:22	52	M50		3

**15. Ostfrieslandlauf 1996**

21.05. bis 07.06.1996

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,80km	9,40km	11,05km	12,75km	11,90km	10,80km						
	Damm	Remmer	Frisia Loga	1951	1996	00:44:59	00:40:37		00:58:18			02:23:54	00:21:34	45	M40		3
	Ringel	Christian	LT Schaff. Wald	1966	1996		00:40:46	00:47:24	00:57:05			02:25:15	00:21:47	30	M30		3
	Klaus	SpVgg. Aurich		1947	1996		00:44:25			00:58:19	00:43:30	02:26:14	00:21:55	49	M40		3
	Teubner	Alfred	PSV Aurich-West	1955	1996		00:36:59		01:04:49		00:46:38	02:28:26	00:22:15	41	M40		3
	Soeken	Johann	SV Holtland	1953	1996	00:49:17		00:50:13		00:55:41		02:35:11	00:23:16	43	M40		3
	Gembler	Johann	Aurich	1960	1996	00:55:05	00:48:24	00:55:32				02:39:01	00:23:50	36	M30		3
	Brahms	Bernd-Volker	VFR Heisfelde	1969	1996		00:46:46	00:54:45	01:04:22			02:45:53	00:24:52	27	M20		3
	Rynas	Sebastian	Germania Leer	1983	1996	00:55:56	00:49:55				01:00:17	02:46:08	00:24:54	13	MU20		3
	Stromann	Johann	BW Borssum	1962	1996	00:35:05					00:37:22	01:12:27	00:10:52	34	M30		2
	Lauterjung	Kai	Eintracht Hinte	1980	1996	00:36:50					00:37:58	01:14:48	00:11:13	16	MU20		2
	Feldiek	Georg	Germania Leer	1956	1996	00:40:14	00:35:03					01:15:17	00:11:17	40	M40		2
	Ludwigs	Hanno	LG Ostfriesland	1967	1996	00:38:56		00:39:13				01:18:09	00:11:43	29	M20		2
	Speckmann	Karl-Heinz	MTV Aurich	1957	1996		00:35:01				00:44:00	01:19:01	00:11:51	39	M30		2
	Gerlach	Ortwin	Leer	1952	1996	00:43:09	00:38:02					01:21:11	00:12:10	44	M40		2
	Plavenieks	Helge	TuS Norderney	1977	1996	00:41:04		00:40:25				01:21:29	00:12:13	19	MU20		2
	Wilcke	Alexander	Leer	1951	1996	00:43:45	00:38:02					01:21:47	00:12:16	45	M40		2
	Hollwege	Reiner	Lütesburg	1967	1996	00:44:05	00:37:49					01:21:54	00:12:17	29	M20		2
	Trebesch	Wolfgang	MTV Aurich	1957	1996			00:40:03			00:42:29	01:22:32	00:12:22	39	M30		2
	Hesse	Axel	PSV Aurich-West	1969	1996	00:45:09	00:39:26					01:24:35	00:12:41	27	M20		2
	Polzin	Martin	SC Dunum	1960	1996				00:47:39		00:41:25	01:29:04	00:13:21	36	M30		2
	Grundmann	Werner	SV Moslefehn	1952	1996		00:38:56			00:50:55		01:29:51	00:13:28	44	M40		2
	Giertz	Mario	Emden	1970	1996		00:41:11	00:48:59				01:30:10	00:13:31	26	M20		2
	Albers	Franz	Germania Leer	1938	1996			00:43:50		00:48:18		01:32:08	00:13:49	58	M50		2
	Lay	Jan	VFL Jheringsfehn	1954	1996	00:46:45		00:48:12				01:34:57	00:14:14	42	M40		2
	Sattler	Wolfgang	Germania Leer	1955	1996		00:40:35		00:57:19			01:37:54	00:14:41	41	M40		2
	Weerts	Holger	TuS Esens	1975	1996	00:52:03	00:46:01					01:38:04	00:14:42	21	M20		2
	Stuke	Thorsten	SV Dornum	1974	1996					00:51:27	00:47:35	01:39:02	00:14:51	22	M20		2
	Fisser	Manfred	Emder LG	1950	1996					00:51:38	00:47:45	01:39:23	00:14:54	46	M40		2
	Nessen	Uwe	Leer	1959	1996	00:53:31	00:46:15					01:39:46	00:14:57	37	M30		2
	Tammen	Kai	Hesel	1973	1996	00:55:57	00:43:56					01:39:53	00:14:59	23	M20		2
	Rynas	Heinrich	Germania Leer	1955	1996	00:47:43					00:52:31	01:40:14	00:15:02	41	M40		2
	Berghaus	Wilfried	Germania Leer	1953	1996	00:54:55		00:50:21				01:45:16	00:15:47	43	M40		2
	Preiss	Klaus	TSH Achen	1956	1996		00:42:55				01:05:39	01:48:34	00:16:17	40	M40		2
	Janssen	Heinrich	TuS Aurich-Ost	1934	1996			00:50:09	00:59:44			01:49:53	00:16:28	62	M40		2
	Jürgens	Matthias	MTV Aurich	1976	1996					00:57:41	00:52:13	01:49:54	00:16:29	20	M20		2
	Janssen	Hero	Leer	1941	1996	00:51:06				00:59:32		01:50:38	00:16:35	55	M60		2
	Remmers	Wilfried	TV Friedeburg	1951	1996	01:00:09	00:52:33					01:52:42	00:16:54	45	M40		2
	Sineaux	Christoff	MTV Aurich	1976	1996					00:58:05	00:54:51	01:52:56	00:16:56	20	M20		2
	Nieberg	Alfons	SC Dunum	1950	1996	00:54:57				01:00:26		01:55:23	00:17:18	46	M40		2
	Lammers	Udo	LT Jheringsfehn	1953	1996			00:53:08	01:02:50			01:55:58	00:17:23	43	M40		2
	Klingenberg	Jens	MTV Aurich	1976	1996					00:58:15	00:58:03	01:56:18	00:17:26	20	M20		2
	Loers	Uwe	SG Aurich	1969	1996					01:01:40	00:55:09	01:56:49	00:17:31	27	M20		2
	Hollwege	Inge	Lütesburg	1931	1996	01:02:48	00:55:10					01:57:58	00:17:41	65	W60		2
	Wilken	Wilfried	SV Holtland	1950	1996	00:54:19			01:06:47			02:01:06	00:18:09	46	M40		2
	Schoon	Heike	VFB Uplengen	1972	1996			00:56:33	01:04:55			02:01:28	00:18:13	24	W20		2
	Bulicke	Uschi	Emder LG	1951	1996		00:55:30			01:06:05		02:01:35	00:18:14	45	W40		2
	Janssen	Erik	TuS Aurich-Ost	1971	1996	01:06:35	00:55:11					02:01:46	00:18:15	25	M20		2
	Rieken	Frank	MTV Aurich	1969	1996					01:04:01	00:59:28	02:03:29	00:18:31	27	M20		2
	Janssen	Ralf	MTV Aurich	1977	1996					01:02:01	01:01:54	02:03:55	00:18:35	19	MU20		2
	König	Dieter	Emder LG	1939	1996	00:57:22			01:06:52			02:04:14	00:18:38	57	M50		2
	Nowak	Anneke	TV Norden	1982	1996			00:59:16			01:05:31	02:04:47		14	WU20		2
	Esdorn	Bettina	Germania Leer	1961	1996		00:57:59	01:07:18				02:05:17	00:18:47	35	W30		2
	Kortylack	Gisela	Emder LG	1956	1996			01:00:58		01:06:07		02:07:05	00:19:03	40	W40		2
	Frädrich	Annelore	LT Leer	1953	1996	01:09:55	00:58:00					02:07:55	00:19:11	43	W40		2
	Bulicke	Reinhard	Emder LG	1949	1996		00:55:11		01:12:45			02:07:56	00:19:11	47	M40		2
	Jürgens	Ursula	Hesel	1952	1996	01:09:14	01:01:05					02:10:19	00:19:32	44	W40		2
	Weers	Anne	Hesel	1954	1996	01:09:13	01:01:06					02:10:19	00:19:32	42	W40		2
	Wehuis	Dieter	MTV Aurich	1972	1996					01:05:38	01:05:44	02:11:22	00:19:42	24	M20		2
	Freyland Dr.	Max	TuS Aurich-Ost	1939	1996		00:58:19			01:14:40		02:12:59	00:19:56	57	M50		2
	Schmidt	Thomas	MTV Aurich	1963	1996					01:12:32	01:05:45	02:18:17	00:20:44	33	M30		2
	Poeppel	Albert	LT Schaffh. Wald	1947	1996	01:16:08	01:03:50					02:19:58	00:20:59	49	M40		2
	Beitelmann	Andreas	LG Ostfriesland	1946	1996			01:09:55		01:14:55		02:24:50	00:21:43	50	M50		2
	Ostermeyer	Ilse	Germania Leer	1939	1996			01:11:20		01:18:49		02:30:09	00:22:31	57	W50		2
	Hesse	Sven	Großefehn	1980	1996	01:25:55	01:28:41					02:54:36	00:26:11	16	MU20		2
	Greve	Jochen	Uplengen	1972	1996		00:34:56					00:34:56	00:05:14	24	M20		1
	Menne	Jörn	MTV Wittmund	1968	1996	00:35:05						00:35:05	00:05:16	28	M20		1
	Siemens	Karl	MTV Wittmund	1951	1996		00:36:49					00:36:49	00:05:31	45	M40		1
	Brink	Niko	Hinte	1969	1996		00:36:51					00:36:51	00:05:31	27	M20		1
	Reimann	Wolfgang	VFL Jesterburg	1964	1996		00:39:31					00:39:31	00:05:55	32	M30		1

# 15. Ostfrieslandlauf 1996

21.05. bis 07.06.1996

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						
	Kruska	Sabine	Conc. Ihrhove	1963	1996	00:40:40						00:40:40	00:06:06	33	W30		1
	Wilttscheck	Samy	Blaustein	1958	1996		00:41:13					00:41:13	00:06:11	38	M30		1
	Züll	Matthias	SV Holtland	1973	1996		00:41:57					00:41:57	00:06:17	23	M20		1
	Schlichting	Jens	PSV Aurich-West	1964	1996		00:42:00					00:42:00	00:06:18	32	M30		1
	Reemits	Gerda	Conc. Ihrhove	1949	1996		00:42:23					00:42:23	00:06:21	47	W40		1
	Heidergott	Enno	Conc. Ihrhove	1971	1996				00:42:49			00:42:49	00:06:25	25	M20		1
	Ukena	Ralf	VFL Ockenhausen	1968	1996		00:42:52					00:42:52	00:06:26	28	M20		1
	Bach	Henning	SV Warsingsfehn	1980	1996	00:43:07						00:43:07	00:06:28	16	MU20		1
	Edowina	Wassili	Archangelsk	1956	1996				00:43:15			00:43:15	00:06:29	40	M40		1
	Kasten	Bodo	Emder LG	1948	1996		00:43:52					00:43:52	00:06:35	48	M40		1
	Glebow	Alexander	Archangelsk	1957	1996				00:44:55			00:44:55	00:06:44	39	M30		1
	Schneider	Christiane	Emder LG	1948	1996		00:45:06					00:45:06	00:06:46	48	W40		1
	Edowina	Nina	Archangelsk	1960	1996				00:45:35			00:45:35	00:06:50	36	W40		1
	Behrends	Behrend	Aurich	1951	1996		00:45:37					00:45:37	00:06:50	45	M40		1
	Dietz	Ralf	Emder LG	1952	1996					00:46:04		00:46:04	00:06:54	44	M40		1
	Schwaepppe	Harald	Bonner Rg	1958	1996						00:46:11	00:46:11	00:06:55	38	M30		1
	Busker	Kai	SppVg Aurich	1978	1996			00:46:12				00:46:12	00:06:56	18	MU20		1
	Kohlbus	Maik	SV Wiesmoor	1975	1996						00:46:43	00:46:43	00:07:00	21	M20		1
	Peters	Holger	Fortuna Wirdum	1975	1996			00:46:45				00:46:45	00:07:01	21	M20		1
	Fiss	Holger	Emder LG	1959	1996	00:47:29						00:47:29	00:07:07	37	M30		1
	Lohmeyer	Everwien	SV Holtland	1958	1996	00:47:30						00:47:30	00:07:07	38	M30		1
	Schierz	Gerold	Leer		1996	00:47:47						00:47:47	00:07:10		M		1
	Janssen	Heiko	PSV Aurich-West	1951	1996		00:47:48					00:47:48	00:07:10	45	M50		1
	Burchard	Alexander	TSV Verden		1996	00:47:50						00:47:50	00:07:10		M		1
	de Witt	Jens	Kder und JuT Leer	1975	1996			00:47:54				00:47:54	00:07:11	21	M20		1
	Coordes	Jens	Conc. Ihrhove	1970	1996		00:48:18					00:48:18	00:07:14	26	M20		1
	Smarsch	Harald	DLRG Leer	1971	1996			00:48:28				00:48:28	00:07:16	25	M20		1
	Jans	Peter	LG Ostfriesland	1940	1996			00:48:30				00:48:30	00:07:16	56	M50		1
	Moldenhauer	Helmut	Wiesmoor	1950	1996		00:48:54					00:48:54	00:07:20	46	M40		1
	Franken	Stephan	BW Borssum	1970	1996			00:49:02				00:49:02	00:07:21	26	M20		1
	Tinnemeyer	Ute	USC Bochum	1954	1996						00:49:05	00:49:05	00:07:22	42	W40		1
	Backer	Gerd	Fortuna Logabirum	1957	1996	00:50:05						00:50:05	00:07:31	39	M30		1
	Fehr	Kurt	MC Menden	1941	1996						00:51:37	00:51:37	00:07:44	55	M50		1
	Kortzerke	Wilfried	SV Holtland	1935	1996		00:51:53					00:51:53	00:07:47	61	M60		1
	Huisinga	Anne	LT Bunde	1967	1996		00:52:43					00:52:43	00:07:54	29	W20		1
	Busch	Inga	Neermoor	1984	1996		00:52:44					00:52:44	00:07:54	12	WU20		1
	Groninga	Bernd	BW Filsum	1967	1996			00:53:00				00:53:00	00:07:57	29	M20		1
	Cornelius	Gerriet	TSV Carolinensiel	1968	1996	00:53:02						00:53:02	00:07:57	28	M20		1
	Maaß	Almuth	LG Ostfriesland	1966	1996				00:53:06			00:53:06	00:07:58	30	W30		1
	Schwarz	Harry	PSV Aurich-West	1953	1996						00:53:13	00:53:13	00:07:59	43	M40		1
	Ubben	Dietmar	Aurich	1965	1996				00:53:38			00:53:38	00:08:02	31	M30		1
	Bojars	Andreas	Sandhorst	1978	1996					00:54:16		00:54:16	00:08:08	18	MU20		1
	Hegemann	Ludwig	Heisfelde	1956	1996	00:54:37						00:54:37	00:08:11	40	M40		1
	Jauch	Peter	LT Uelzen	1942	1996	00:54:45						00:54:45	00:08:13	54	M50		1
	Ottersberg	Holger	Spetzerfehn	1972	1996						00:54:54	00:54:54	00:08:14	24	M20		1
	Akischew	Dimitri	Archangelsk	1958	1996				00:54:55			00:54:55	00:08:14	38	M30		1
	Lender	Walter	TuS Weener	1942	1996	00:54:55						00:54:55	00:08:14	54	M50		1
	Wagner	Irena	Emder LG	1966	1996		00:55:12					00:55:12	00:08:17	30	W30		1
	Weber	Thomas	VTB Varel	1969	1996				00:55:13			00:55:13	00:08:17	27	M30		1
	Kirschke	Helmut	LG Ostfriesland	1953	1996						00:55:15	00:55:15	00:08:17	43	M40		1
	Kockelmann	Alfons	Emder LG	1956	1996						00:55:15	00:55:15	00:08:17	40	M40		1
	van der Kamp	Hans-Jürgen	TB Twixlum	1956	1996					00:55:21		00:55:21	00:08:18	40	M40		1
	Jürgens	Mareke	Hesel	1982	1996		00:55:27					00:55:27		14	WU20		1
	Exner	Thomas	DLRG Leer	1964	1996			00:55:33				00:55:33	00:08:20	32	M30		1
	Link	Christoph	LT Rielasingen	1961	1996			00:56:21				00:56:21	00:08:27	35	M30		1
	Uken	Frank	Wilhelmshaven	1964	1996				00:56:52			00:56:52	00:08:32	32	M30		1
	Neumann	Eckhard	FT Spetzerfehn	1953	1996			00:57:02				00:57:02	00:08:33	43	M40		1
	Hagemann	Wilma	Fort. Logabirum	1957	1996	00:57:07						00:57:07	00:08:34	39	W40		1
	Spanjer	Alfred	Fort. Logabirum	1937	1996			00:58:17				00:58:17	00:08:44	59	M50		1
	Groen	Bernhard	VFL Jheringsfehn	1940	1996	00:58:24						00:58:24	00:08:45	56	M50		1
	Ihmels	Hans-Jürgen	TV Norden	1918	1996		00:58:32					00:58:32	00:08:47	78	M70		1
	Doberstein	Anneliese	Conc. Ihrhove	1969	1996			01:00:26				01:00:26	00:09:04	27	W20		1
	Tjarks	Werner	MTV Aurich	1983	1996	01:01:43						01:01:43	00:09:15	13	MU20		1
	Schweser	Lothar	Ugant-Schott	1947	1996						01:01:47	01:01:47	00:09:16	49	M40		1
	Ottersberg	Eckhard	MTV Aurich	1962	1996					01:01:56		01:01:56	00:09:17	34	M30		1
	Schmidt	Karin	TuS Aurich-Ost	1957	1996					01:02:30		01:02:30	00:09:22	39	W30		1
	Dürr	Christian	Holtrop	1984	1996				01:03:38			01:03:38	00:09:32	12	MU20		1
	Romaneeßen	Thomas	MTV Aurich	1964	1996					01:04:30		01:04:30	00:09:40	32	M30		1
	Meyerhoff	Martin	Aurich	1949	1996				01:06:57			01:06:57	00:10:02	47	M40		1
	Beneke	Dieter	TG Wiesmoor	1936	1996				01:07:00			01:07:00	00:10:03	60	M60		1
	Köhlers	Klaus	TuS Weener	1935	1996			01:07:38				01:07:38	00:10:08	61	M60		1

**15. Ostfrieslandlauf 1996**

21.05. bis 07.06.1996

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						
	Happach	Gertrud	TuS Esens	1941	1996						01:07:49	01:07:49	00:10:10	55	W50		1
	Odens	Inge	TV Norden	1941	1996				01:08:05			01:08:05	00:10:12	55	W50		1
	Ohlrich	Helga	LT Jheringsfehn	1947	1996	01:08:07						01:08:07	00:10:13	49	W40		1
	Bartsch	Chistoph	Norden	1960	1996						01:08:31	01:08:31	00:10:16	36	M30		1
	Weets	Joachim	TuS Esens	1960	1996				01:08:42			01:08:42	00:10:18	36	M30		1
	Backes	Adam	Köln	1940	1996					01:11:17		01:11:17	00:10:41	56	M50		1
	Flohr	Herbert	Köln-Frechen	1939	1996						01:13:58	01:13:58	00:11:05	57	M50		1
	de Buhr	Wilko	Moormerland	1964	1996						01:15:01	01:15:01	00:11:15	32	M30		1
	Saathoff	Frank	Fortuna Wirdum	1970	1996						01:15:44	01:15:44	00:11:21	26	M20		1
	Kruse	Jakob	TuS Wybelsum	1946	1996						01:16:39	01:16:39	00:11:30	50	M50		1
	Dürr	Rudolf	Holtrop	1949	1996				01:17:19			01:17:19	00:11:36	47	M40		1
	Sievers	Rene	MTV Aurich	1976	1996					01:20:10		01:20:10	00:12:01	20	M20		1
	Westermayer	Fabian	MTV Aurich	1977	1996					01:20:53		01:20:53	00:12:08	19	MU20		1
	Schützeck	Katja	TuS Aurich-Ost	1972	1996						01:22:06	01:22:06	00:12:19	24	W20		1
	Sanders	Anenliese	Frisia Königsfehn		1996	01:22:07						01:22:07	00:12:19		W		1