

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
1	Heidergott	Enno	LG Ihrh.-W'fehn	1971	2001	00:34:21	00:32:56	00:34:46	00:44:19	00:39:25	00:35:50	03:41:37	00:00:00	30	M30	1	6
2	Steinke	Peter	LG Ihrh.-W'fehn	1970	2001	00:35:17	00:33:33	00:35:40	00:44:19	00:39:11	00:35:45	03:43:45	02:18:37	31	M30	2	6
3	Ludwig	Reinhard	LG Ostfriesland	1959	2001	00:37:13	00:35:52	00:37:35	00:47:58	00:42:37	00:38:21	03:59:36	19:28:30	42	M40	1	6
4	Hörnemann	Lutz	LG Ostfriesland	1962	2001	00:37:50	00:35:49	00:38:15	00:47:56	00:42:07	00:38:11	04:00:08	20:03:10	39	M30	3	6
5	Taube	Ralf	Germ. Leer	1969	2001	00:38:59	00:36:58	00:38:14	00:48:12	00:43:57	00:39:13	04:05:33	01:55:07	32	M30	4	6
6	Wiegmann	Siebo	LT Schaffhaus.	1979	2001	00:40:12	00:37:38	00:39:13	00:49:45	00:42:14	00:38:10	04:07:12	03:42:20	22	M20	1	6
7	Wolzen	Gerd	SV Holtland	1983	2001	00:39:01	00:36:59	00:39:28	00:50:08	00:45:00	00:39:52	04:10:28	07:14:35	18	MU20	1	6
8	Trebesch	Wolfgang	MTV Aurich	1957	2001	00:39:43	00:37:49	00:39:41	00:50:10	00:44:13	00:40:01	04:11:37	08:29:19	44	M40	2	6
9	Fleßner	Herrmann	Deutsche Post	1974	2001	00:40:32	00:38:14	00:40:02	00:50:20	00:44:12	00:39:49	04:13:09	10:08:57	27	M20	2	6
10	Oldigs	Beene	Deutsche Post	1961	2001	00:40:02	00:38:04	00:39:45	00:50:43	00:45:39	00:40:02	04:14:15	11:20:25	40	M40	3	6
11	Lübben	Uwe	LT Schaffhaus.	1967	2001	00:40:13	00:38:43	00:40:07	00:50:47	00:44:28	00:40:24	04:14:42	11:49:39	34	M30	5	6
12	Landherr	Manfred	Nowebau	1964	2001	00:40:39	00:39:04	00:40:33	00:50:39	00:45:02	00:40:44	04:16:41	13:58:32	37	M30	6	6
13	Christians	Borhard	LG Ostfriesland	1958	2001	00:41:08	00:38:13	00:41:26	00:50:44	00:44:42	00:40:40	04:16:53	14:11:31	43	M40	4	6
14	Hoberg	Fabian	OZ Team	1973	2001	00:40:45	00:38:51	00:41:00	00:51:19	00:45:03	00:40:35	04:17:33	14:54:51	28	M20	3	6
15	de Freese	Frank	LG Ihrh.-W'fehn	1982	2001	00:40:53	00:38:50	00:40:56	00:51:23	00:45:28	00:40:05	04:17:35	14:57:01	19	MU20	2	6
16	Kiehl	Thorsten	SV Emden-H.	1984	2001	00:42:00	00:39:36	00:41:26	00:51:18	00:45:17	00:40:39	04:20:16	17:51:22	17	MU20	3	6
17	Bienow	Ralf	MTV Aurich	1966	2001	00:41:16	00:40:02	00:41:10	00:51:34	00:45:36	00:41:34	04:21:12	18:52:01	35	M30	7	6
18	Pflüger	Jan.	Fortuna Wirdum	1983	2001	00:40:44	00:39:13	00:41:25	00:52:39	00:45:34	00:43:22	04:22:57	20:45:43	18	MU20	4	6
19	Trauernicht	Edgar	SV Holtland	1961	2001	00:42:55	00:39:59	00:41:37	00:52:33	00:45:58	00:41:24	04:24:26	22:22:06	40	M40	5	6
20	Siebelts	Arnd	TV Norden	1967	2001	00:41:48	00:39:40	00:42:13	00:52:36	00:46:00	00:42:20	04:24:37	22:34:01	34	M30	8	6
21	Eden	Kurt	TV Norden	1958	2001	00:42:20	00:39:41	00:41:43	00:53:06	00:45:43	00:42:28	04:25:01	23:00:00	43	M40	6	6
22	Weber	Hartwig	LG Uplengen	1984	2001	00:42:05	00:41:18	00:42:25	00:53:36	00:45:53	00:41:17	04:26:34	00:40:43	17	MU20	5	6
23	Blank	Andre	Sparkasse Leer	1977	2001	00:42:34	00:40:25	00:42:38	00:53:26	00:46:27	00:42:13	04:27:43	01:55:27	24	M20	4	6
24	Schmidt	Jürgen	TuS Detern	1963	2001	00:42:18	00:39:56	00:42:39	00:53:35	00:47:44	00:42:11	04:28:23	02:38:46	38	M30	9	6
25	Trebesch	Heiko	MTV Aurich	1959	2001	00:42:27	00:40:40	00:42:30	00:53:35	00:47:15	00:42:31	04:28:58	03:16:40	42	M40	7	6
26	Nesvera	Werner	Conc. Ihrhove	1963	2001	00:43:31	00:40:52	00:42:50	00:54:03	00:47:25	00:42:53	04:31:34	06:05:36	38	M30	10	6
27	Steinke	Rolf	LG Ihrh.-W'fehn	1967	2001	00:42:44	00:41:06	00:43:02	00:54:15	00:47:53	00:42:58	04:31:58	06:31:36	34	M30	11	6
28	Löwe	Alexander	MTV Aurich	1982	2001	00:44:21	00:41:11	00:43:30	00:53:27	00:47:45	00:42:19	04:32:33	07:09:30	19	MU20	6	6
29	Weßels	Paul	Leer	1957	2001	00:42:22	00:43:58	00:42:57	00:53:53	00:47:18	00:43:11	04:33:39	08:20:58	44	M40	8	6
30	Fleßner	Joachim	Deutsche Post	1970	2001	00:43:21	00:41:10	00:43:15	00:54:39	00:47:28	00:43:57	04:33:50	08:32:53	31	M30	12	6
31	Schlaack	Andreas	LT Schaffhaus.	1970	2001	00:45:01	00:41:22	00:43:18	00:54:02	00:47:51	00:42:35	04:34:09	08:53:28	31	M30	13	6
32	Grest	Jens-Peter	LG Ihrh.-W'fehn	1971	2001	00:44:10	00:40:59	00:42:56	00:54:12	00:48:53	00:43:07	04:34:17	09:02:08	30	M30	14	6
33	Geiken	Ralf	BV Victorbur	1971	2001	00:45:19	00:41:57	00:42:32	00:55:13	00:47:24	00:42:31	04:34:56	09:44:22	30	M30	15	6
34	Schmidt	Melchior	MTV Wittmund	1985	2001	00:43:15	00:41:06	00:44:07	00:55:20	00:47:41	00:43:36	04:35:05	09:54:06	16	MU20	7	6
35	Redenius	Folkert	LG Ihrh.-W'fehn	1957	2001	00:46:52	00:42:16	00:42:24	00:53:44	00:47:23	00:42:39	04:35:18	10:08:11	44	M40	9	6
36	Bruns	Bernd	TSV Hesel	1961	2001	00:44:45	00:41:29	00:42:45	00:56:04	00:47:43	00:43:10	04:35:56	10:49:20	40	M40	10	6
37	Heibült	Christian	SV Holtland	1940	2001	00:43:58	00:41:33	00:43:09	00:55:22	00:47:48	00:44:44	04:36:34	11:30:29	61	M60	1	6
38	Hinrichs	Enno	TuS Aurich-Ost	1961	2001	00:43:30	00:42:15	00:43:41	00:55:37	00:48:06	00:43:46	04:36:55	11:53:14	40	M40	11	6
39	Ringering	Onno	Ihlow	1968	2001	00:44:18	00:41:56	00:43:42	00:55:07	00:47:27	00:45:10	04:37:40	12:41:58	33	M30	16	6
40	Fecht	Michael	Oldenburg	1971	2001	00:44:18	00:41:56	00:43:43	00:55:06	00:47:28	00:45:10	04:37:41	12:43:03	30	M30	17	6
41	Jauken	Michael	SV Komet Walle	1968	2001	00:44:31	00:41:20	00:44:15	00:55:43	00:47:33	00:44:40	04:38:02	13:05:47	33	M30	18	6
42	Woltermann	Jan.	BHD Runners	1978	2001	00:42:40	00:43:41	00:44:07	00:58:25	00:47:36	00:42:13	04:38:42	13:49:06	23	M20	5	6
43	Lalk	Meyel	LG Ihrh.-W'fehn	1960	2001	00:43:41	00:42:19	00:44:17	00:56:02	00:49:07	00:44:42	04:40:08	15:22:14	41	M40	12	6
44	Buß	Albrecht	Germania Leer	1957	2001	00:44:19	00:42:27	00:45:03	00:55:41	00:49:27	00:44:48	04:41:45	17:07:17	44	M40	13	6
45	Schlachter	Henri	LG Uplengen	1954	2001	00:44:55	00:42:29	00:45:12	00:57:18	00:48:01	00:43:54	04:41:49	17:11:37	47	M40	14	6
46	Reimann	Andreas	TG Wiesmoor	1962	2001	00:43:58	00:42:03	00:44:29	00:56:19	00:49:55	00:45:41	04:42:25	17:50:36	39	M30	19	6
47	Schoone	Helmut	LG Uplengen	1957	2001	00:44:55	00:42:30	00:45:02	00:56:49	00:49:18	00:43:54	04:42:28	17:53:51	44	M40	15	6
48	Albers	Jens	LG Ostfriesland	1978	2001	00:44:38	00:42:57	00:44:54	00:56:27	00:49:24	00:44:15	04:42:35	18:01:26	23	M20	6	6
49	Möhlmann	Folker	SV Hinrichsfehn	1969	2001	00:45:34	00:42:19	00:45:31	00:56:37	00:48:30	00:44:25	04:42:56	18:24:11	32	M30	20	6
50	Leemhuis	Herrmann	Ditzum	1978	2001	00:45:53	00:43:47	00:44:51	00:56:28	00:48:54	00:44:05	04:43:58	19:31:19	23	M20	7	6
51	Osterthun	Henning	Zetel	1963	2001	00:44:54	00:43:36	00:45:05	00:56:21	00:49:25	00:44:43	04:44:04	19:37:49	38	M30	21	6
52	Hildebrandt	Theodor	LG Ostriesland	1956	2001	00:44:52	00:42:49	00:44:49	00:56:53	00:49:42	00:45:34	04:44:39	20:15:43	45	M40	16	6
53	Aden	Holger	Matadors Aurich	1971	2001	00:46:21	00:42:42	00:45:57	00:56:50	00:49:30	00:44:41	04:46:01	21:44:31	30	M30	22	6
54	Schürmann	Karl	BV Plaggenburg	1972	2001	00:45:25	00:43:31	00:44:29	00:57:40	00:49:49	00:45:17	04:46:11	21:55:21	29	M20	8	6
55	Sörensen	Marc	MTV Aurich	1981	2001	00:45:28	00:42:28	00:45:49	00:56:43	00:51:19	00:44:46	04:46:33	22:19:11	20	M20	9	6
56	Hinken	Jürgen	KBV Wiesede	1963	2001	00:47:19	00:43:01	00:45:06	00:56:54	00:49:29	00:44:45	04:46:34	22:20:16	38	M30	23	6
57	Tuitjer	Berthold	Matadors	1969	2001	00:44:56	00:43:59	00:45:46	00:56:44	00:49:28	00:46:05	04:46:58	22:46:15	32	M30	24	6
58	Saathoff	Hinrich	Fortuna Wirdum	1952	2001	00:46:15	00:43:03	00:45:24	00:57:06	00:49:33	00:45:52	04:47:13	23:02:30	49	M40	17	6
59	Jung	Lutz	Fresena Ihren	1960	2001	00:46:13	00:42:52	00:45:33	00:57:27	00:50:18	00:45:12	04:47:35	23:26:19	41	M40	18	6
60	Schoon	Ingo	TG Wiesmoor	1957	2001	00:45:49	00:43:35	00:46:11	00:57:00	00:50:01	00:45:11	04:47:47	23:39:19	44	M40	19	6
61	Gumbrecht-V.	Dagmar	Aurich	1957	2001	00:45:41	00:43:04	00:45:49	00:57:34	00:50:56	00:45:50	04:48:54	00:51:52	44	W40	1	6
62	Ennen	Hans Diet.	LT Schaffhaus.	1973	2001	00:43:35	00:44:33	00:46:02	00:57:47	00:51:48	00:45:19	04:49:04	01:02:42	28	M20	10	6
63	Frühling	Uwe	SV Georgsheil	1969	2001	00:45:56	00:43:44	00:45:58	00:58:23	00:49:55	00:45:12	04:49:08	01:07:02	32	M30	25	6
64	Sawatz	Gerda	LG Ihrh.-W'fehn	1956	2001	00:45:02	00:43:09	00:46:07	00:57:40	00:51:15	00:45:55	04:49:08	01:07:02	45	W40	2	6
65	Mouson	Heinz	LG Ihrh.-W'fehn	1960	2001	00:45:03	00:43:08	00:46:12	00:57:39	00:51:21	00:45:57	04:49:20					

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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	10,20km	11,50km	13,60km	11,90km	10,80km						
72	Wilbers	Wilhelm	Ochtersum	1962	2001	00:46:03	00:45:09	00:46:15	00:57:50	00:50:35	00:45:14	04:51:06	03:14:49	39	M30	27	6
73	Grest	Henning	LG Ihrh.-W'fehn	1979	2001	00:46:44	00:43:21	00:46:28	00:57:29	00:51:59	00:45:36	04:51:37	03:48:24	22	M20	11	6
74	Weerts	Holger	LT Schaffhaus.	1973	2001	00:45:33	00:43:34	00:45:59	00:59:43	00:51:10	00:45:49	04:51:48	04:00:18	28	M20	12	6
75	Lay	Jann	Fehntjer LT	1954	2001	00:45:48	00:43:28	00:46:09	00:59:03	00:50:38	00:47:11	04:52:17	04:31:43	47	M40	25	6
76	Romaneeßen	Heinz	LG Ostfriesland	1966	2001	00:46:07	00:44:06	00:46:02	00:58:19	00:52:09	00:46:06	04:52:49	05:06:22	35	M30	28	6
77	Penning	Günter	Polizei Leer	1967	2001	00:45:37	00:44:31	00:47:09	00:58:42	00:49:59	00:47:04	04:53:02	05:20:27	34	M30	29	6
78	Heerdegen	Yves	Leer	1972	2001	00:46:39	00:44:26	00:46:49	00:57:53	00:51:56	00:45:21	04:53:04	05:22:37	29	M20	13	6
79	Recknagel	Bernd	Egels	1967	2001	00:47:53	00:45:30	00:45:55	00:56:42	00:51:30	00:45:40	04:53:10	05:29:07	34	M30	30	6
80	Becker	Wolfgang	LT Schaffhaus.	1970	2001	00:48:25	00:45:40	00:47:03	00:57:25	00:49:37	00:45:42	04:53:52	06:14:36	31	M30	31	6
81	Sandersfeld	Johann	LG Uplengen	1955	2001	00:46:36	00:44:35	00:46:30	00:58:59	00:51:20	00:46:25	04:54:25	06:50:20	46	M40	26	6
82	Brederlow	Julian	SV Holtland	1984	2001	00:47:25	00:44:08	00:46:29	00:59:25	00:51:14	00:45:46	04:54:27	06:52:30	17	MU20	9	6
83	de Buhr	Jürgen	S. Wiesmoor	1963	2001	00:48:48	00:45:39	00:46:13	00:58:08	00:49:50	00:45:56	04:54:34	07:00:05	38	M30	32	6
84	Hinrichs	Johann	MTV Wittmund	1953	2001	00:46:31	00:44:44	00:46:46	00:58:14	00:51:31	00:46:54	04:54:40	07:06:34	48	M40	27	6
85	Winkler	Lars	LT Schaffhaus.	1962	2001	00:47:01	00:45:12	00:46:16	00:58:52	00:51:16	00:46:31	04:55:08	07:36:54	39	M30	33	6
86	Steinke	Hilde	Conc. Neermoor	1945	2001	00:45:44	00:43:54	00:46:32	00:59:50	00:52:07	00:47:24	04:55:31	08:01:48	56	W50	1	6
87	Wilken	Holger	SV Stikelkamp	1976	2001	00:47:14	00:44:29	00:47:05	00:59:29	00:51:00	00:46:17	04:55:34	08:05:03	25	M20	14	6
88	Rector	Thomas	SV Georgsheil	1976	2001	00:46:13	00:45:51	00:47:45	00:58:57	00:51:01	00:45:50	04:55:37	08:08:18	25	M20	15	6
89	Stecker	Bruno	VfR Heisfelde	1950	2001	00:46:24	00:44:16	00:47:20	00:59:26	00:51:25	00:46:51	04:55:42	08:13:43	51	M50	1	6
90	Schäfer	Heiner	Conc. Ihrhove	1951	2001	00:47:02	00:45:02	00:46:19	00:59:51	00:51:43	00:45:55	04:55:52	08:24:33	50	M50	2	6
91	Englisch	Stefan	Ostfriesl.-Online	1985	2001	00:47:16	00:45:13	00:47:58	01:00:43	00:49:41	00:45:25	04:56:16	08:50:32	16	MU20	10	6
92	Sinning	Uwe	MTV Ditzum	1970	2001	00:47:25	00:45:15	00:47:02	00:58:17	00:50:54	00:47:29	04:56:22	08:57:02	31	M30	34	6
93	Christians	Torsten	TV Norden	1965	2001	00:48:28	00:44:42	00:47:34	01:00:07	00:51:33	00:44:16	04:56:40	09:16:32	36	M30	35	6
94	Aeissen	Etteus	Wymeer	1958	2001	00:47:02	00:45:18	00:46:48	00:59:24	00:51:13	00:47:01	04:56:46	09:23:02	43	M40	28	6
95	de Buhr	Harald	Polizei Leer	1962	2001	00:45:42	00:44:32	00:47:11	01:00:00	00:52:36	00:47:05	04:57:06	09:44:41	39	M30	36	6
96	Töbelmann	Olaf	TuS Augustfehn	1971	2001	00:47:13	00:45:17	00:45:34	00:57:15	00:52:06	00:49:44	04:57:09	09:47:56	30	M30	37	6
97	Heibült	Werner	LG Uplengen	1964	2001	00:47:10	00:44:35	00:47:15	00:59:32	00:51:54	00:46:44	04:57:10	09:49:01	37	M30	38	6
98	Hartmann	Johann	ELG Emden	1954	2001	00:45:46	00:45:42	00:46:27	00:58:11	00:53:33	00:47:47	04:57:26	10:06:21	47	M40	29	6
99	Willems	Heye	Fort. Logabirum	1953	2001	00:45:50	00:44:24	00:46:00	00:59:20	00:52:43	00:49:26	04:57:43	10:24:45	48	M40	30	6
100	Bogena	Martin	Leer	1961	2001	00:46:48	00:45:32	00:46:45	00:59:33	00:53:02	00:46:21	04:58:01	10:44:15	40	M40	31	6
101	Ottersbus	Holger	FT Spetzerfehn	1972	2001	00:47:11	00:44:40	00:46:31	00:59:21	00:53:17	00:47:03	04:58:03	10:46:25	29	M20	16	6
102	Bruns	Helmut	Raiba Moormerl.	1964	2001	00:45:59	00:43:49	00:46:25	00:58:05	00:53:55	00:49:54	04:58:07	10:50:45	37	M30	39	6
103	Duin	Johann-B.	Schwerinsdorf	1962	2001	00:50:36	00:46:47	00:47:30	00:58:48	00:49:36	00:45:06	04:58:23	11:08:04	39	M30	40	6
104	Schaa	Johann	Weenermoor	1954	2001	00:46:43	00:45:19	00:47:04	00:58:58	00:54:05	00:46:56	04:59:05	11:53:33	47	M40	32	6
105	Hoffmann	Karl-Heinz	Hasselt	1958	2001	00:47:20	00:46:29	00:47:51	00:59:50	00:51:48	00:46:04	04:59:22	12:11:58	43	M40	33	6
106	Baumann	Friedhelm	TSV Hesel	1960	2001	00:47:27	00:45:10	00:47:28	01:00:11	00:52:02	00:47:08	04:59:26	12:16:18	41	M40	34	6
107	Glaubitz	Herbert	TV Norden	1952	2001	00:48:22	00:44:59	00:46:57	00:59:49	00:51:22	00:48:08	04:59:37	12:28:13	49	M40	35	6
108	Busboom	Wilfried	Detern	1971	2001	00:47:41	00:45:50	00:47:18	00:59:37	00:52:23	00:47:17	05:00:06	12:59:37	30	M30	41	6
109	Töbelmann	Thorsten	TuS Augustfehn	1968	2001	00:47:12	00:45:00	00:46:33	01:00:09	00:52:01	00:49:28	05:00:23	13:18:02	33	M30	42	6
110	Schoon	Jann	Conc. Neermoor	1960	2001	00:46:55	00:45:36	00:47:35	00:59:54	00:52:57	00:47:26	05:00:23	13:18:02	41	M40	36	6
111	Mouson	Peter	TV Norden	1949	2001	00:48:57	00:44:47	00:49:39	00:58:46	00:51:39	00:46:43	05:00:31	13:26:41	52	M50	3	6
112	Waltke	Gerd	TG Wiesmoor	1958	2001	00:47:06	00:46:18	00:47:25	01:00:34	00:52:32	00:46:48	05:00:43	13:39:41	43	M40	37	6
113	Janssen	Hero	Ogenbargen	1965	2001	00:47:26	00:45:16	00:47:36	00:59:42	00:53:26	00:47:31	05:00:57	13:54:51	36	M30	43	6
114	Tammena	Tamme-G.	PSV Leer	1951	2001	00:47:15	00:45:47	00:47:40	00:59:52	00:52:35	00:47:53	05:01:02	14:00:16	50	M50	4	6
115	Hillbrands	Hilrich	TuS Collinghorst	1948	2001	00:47:17	00:45:06	00:47:16	01:00:16	00:53:08	00:48:02	05:01:05	14:03:31	53	M50	5	6
116	Kohle	Helmut	TuS Hinte	1953	2001	00:47:08	00:45:37	00:47:13	01:00:13	00:53:05	00:47:57	05:01:13	14:12:10	48	M40	38	6
117	Borcherding	Dirk	MTV Wittmund	1960	2001	00:48:00	00:46:19	00:47:27	00:59:30	00:52:25	00:47:38	05:01:19	14:18:40	41	M40	39	6
118	Keplin	Otto	VfL Jheringsfehn	1948	2001	00:47:30	00:44:34	00:47:07	01:00:20	00:53:23	00:48:32	05:01:26	14:26:15	53	M50	6	6
119	Elsner	Ralf	TSV Hesel	1985	2001	00:47:09	00:45:07	00:47:43	01:01:18	00:52:08	00:48:24	05:01:49	14:51:10	16	MU20	11	6
120	Tietjendiers	Sascha	Ostfriesl.-Online	1980	2001	00:48:35	00:45:38	00:47:01	01:00:25	00:53:04	00:47:22	05:02:05	15:08:29	21	M20	17	6
121	Park	Stephan	VfB Uplengen	1971	2001	00:48:52	00:45:56	00:47:41	00:59:46	00:52:33	00:47:21	05:02:09	15:12:49	30	M30	44	6
122	Schmidt	Hinrich	IGS Aurich	1946	2001	00:47:03	00:45:25	00:48:15	01:00:19	00:52:56	00:48:31	05:02:29	15:34:29	55	M50	7	6
123	Schröder	Carlo	Sparkasse Leer	1978	2001	00:50:54	00:46:57	00:47:42	00:59:38	00:51:36	00:45:58	05:02:45	15:51:48	23	M20	18	6
124	Janssen	Wilfried	LT Schaffhaus.	1961	2001	00:48:26	00:45:26	00:47:06	01:00:32	00:52:41	00:48:58	05:03:09	16:17:48	40	M40	40	6
125	Müller	Wilfried	EWE Norden	1966	2001	00:47:52	00:46:38	00:48:07	01:00:12	00:52:11	00:48:12	05:03:12	16:21:03	35	M30	45	6
126	Schiel	Andreas	TuS Augustfehn	1967	2001	00:48:06	00:46:15	00:48:06	01:00:18	00:53:03	00:47:30	05:03:18	16:27:33	34	M30	46	6
127	Lamschus	Jan-Lüder	TuS Hinte	1958	2001	00:47:08	00:45:29	00:48:02	01:00:44	00:54:08	00:48:05	05:03:36	16:47:02	43	M40	41	6
128	Scheepker	Alfred	TV Norden	1954	2001	00:48:00	00:45:45	00:48:23	01:00:36	00:52:55	00:48:06	05:03:45	16:56:47	47	M40	42	6
129	Janssen	Stephan	SV Brinkum	1972	2001	00:48:45	00:45:08	00:47:37	00:59:58	00:54:46	00:47:35	05:03:49	17:01:07	29	M20	19	6
130	Hoofdmann	Gretus	TV Marienhaf	1963	2001	00:47:51	00:46:37	00:48:01	01:00:08	00:53:13	00:48:03	05:03:53	17:05:27	38	M30	47	6
131	Kollenbroich	Bernd	MTV Wittmund	1953	2001	00:47:07	00:45:34	00:47:19	00:59:44	00:55:31	00:48:39	05:03:54	17:06:32	48	M40	43	6
132	Baumann	Hermann	GW Firrel	1970	2001	00:47:58	00:47:53	00:47:12	01:00:14	00:53:06	00:47:34	05:03:57	17:09:47	31	M30	48	6
133	Gottschlich	Tomke	LG Ihrh.-W'fehn	1980	2001	00:49:34	00:45:52	00:47:40	01:00:24	00:53:04	00:48:04	05:04:38	17:54:11	21	W20	1	6
134	Lüpkes	Reiner	GW Firrel	1975	2001	00:48:47	00:46:11	00:48:11	01:02:02	00:52:22	00:47:06	05:04:39	17:55:16	26	M20	20	6
135	Meyer	Andree	Leer	1975	2001	00:46:40	00:45:41	00:46:39	01:03:50	00:54:24	00:47:37	05:04:51	18:08:15	26	M20	21	6
136	Schachtschn.	Holger	TV Norden	1965	2001	00:55:28	0										

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
143	Wippich	Dirk	TSV Hesel	1953	2001	00:48:05	00:47:23	00:48:05	01:00:28	00:53:20	00:48:01	05:05:22	18:41:50	48	M40	44	6
144	Kiehl	Werner	Emden	1951	2001	00:47:49	00:45:24	00:48:09	01:00:46	00:53:42	00:49:45	05:05:35	18:55:54	50	M50	10	6
145	Sanders	Thomas	BSV Bingum	1975	2001	00:46:58	00:45:35	00:47:10	01:04:04	00:54:22	00:47:36	05:05:45	19:06:44	26	M20	23	6
146	Janßen	Ilka	LG Ihrh.-W'fehn	1976	2001	00:46:16	00:47:03	00:48:21	01:01:27	00:54:58	00:47:59	05:06:04	19:27:19	25	W20	2	6
147	Limbeck	Dirk	TG Wiesmoor	1961	2001	00:48:30	00:46:52	00:48:11	01:00:47	00:53:10	00:48:36	05:06:06	19:29:29	40	M40	45	6
148	Müller	Gerold	SV Georgsheil	1953	2001	00:48:05	00:46:53	00:48:18	01:01:07	00:53:14	00:48:30	05:06:07	19:30:34	48	M40	46	6
149	Boekhoff	Holger	TC Aurich-West	1975	2001	00:50:49	00:46:12	00:48:34	01:00:58	00:52:47	00:46:53	05:06:13	19:37:04	26	M20	24	6
150	Hanken	Harald	VfL Ockenhaus.	1965	2001	00:50:01	00:46:58	00:48:32	01:00:45	00:52:40	00:47:24	05:06:20	19:44:38	36	M30	53	6
151	Bakker	Heinz	Rhauderfehn	1956	2001	00:48:01	00:48:31	00:48:25	00:59:57	00:53:12	00:48:23	05:06:29	19:54:23	45	M40	47	6
152	Welzel	Wolfgang	Moormerland	1962	2001	00:50:44	00:45:46	00:50:14	01:00:15	00:51:24	00:48:10	05:06:33	19:58:43	39	M30	54	6
153	Häfner	Michael	BW Varel	1961	2001	00:48:31	00:46:06	00:49:30	01:01:00	00:54:01	00:47:25	05:06:33	19:58:43	40	M40	48	6
154	Ohling	Benjamin	Tura Rhauderfehn	1981	2001	00:47:34	00:47:48	00:48:08	01:02:28	00:52:24	00:48:50	05:07:12	20:40:57	20	M20	25	6
155	Linnemann	Joachim	TuS Esens	1968	2001	00:47:48	00:44:39	00:47:23	00:59:53	00:58:42	00:48:49	05:07:14	20:43:07	33	M30	55	6
156	Groen	Albert	SG Egels-Pop.	1956	2001	00:48:03	00:47:34	00:48:34	01:01:27	00:53:31	00:48:42	05:07:51	21:23:11	45	M40	49	6
157	Hillbrands	Johann	TuS Collinghorst	1954	2001	00:47:47	00:47:39	00:50:09	00:59:48	00:53:54	00:48:34	05:07:51	21:23:11	47	M40	50	6
158	Janssen	Johann	LG Ostfriesland	1938	2001	00:48:34	00:47:00	00:48:28	01:01:38	00:54:12	00:48:00	05:07:52	21:24:16	63	M60	2	6
159	Taute	Heinz	VfB Uplengen	1972	2001	00:50:31	00:47:50	00:48:16	01:00:26	00:52:34	00:48:16	05:07:53	21:25:21	29	M20	26	6
160	Lübben	Astrid	LG Ostfriesland	1971	2001	00:48:57	00:47:23	00:48:31	01:01:32	00:53:25	00:48:35	05:08:23	21:57:51	30	W30	1	6
161	Siebls	Heinz	Sandhorst	1968	2001	00:48:03	00:46:50	00:48:05	01:01:28	00:54:38	00:49:23	05:08:27	22:02:10	33	M30	56	6
162	Claußen	Michael	Polizei Leer	1961	2001	00:48:29	00:46:03	00:49:07	01:01:37	00:54:03	00:49:12	05:08:31	22:06:30	40	M40	51	6
163	Hanssen	Heyo	SV E. Wiesens	1961	2001	00:50:53	00:48:07	00:49:14	01:00:41	00:52:10	00:47:27	05:08:32	22:07:35	40	M40	52	6
164	Fokken	Jürren	Ostfriesl.-Online	1977	2001	00:47:46	00:47:28	00:50:07	01:03:26	00:53:46	00:46:03	05:08:36	22:11:55	24	M20	27	6
165	Schmidt	Onno	Germania Leer	1953	2001	00:48:02	00:46:04	00:48:46	01:02:43	00:54:48	00:48:15	05:08:38	22:14:05	48	M40	53	6
166	Behrends	Behrend	MTV Aurich	1951	2001	00:49:01	00:46:44	00:49:13	01:01:13	00:54:07	00:48:44	05:09:02	22:40:05	50	M50	11	6
167	Marschall	Iris	TV Norden	1966	2001	00:48:27	00:46:23	00:48:42	01:01:53	00:54:46	00:48:56	05:09:07	22:45:30	35	W30	2	6
168	Lammers	Rolf	TG Wiesmoor	1962	2001	00:49:23	00:47:54	00:48:54	01:00:47	00:54:04	00:48:17	05:09:19	22:58:29	39	M30	57	6
169	Narr	Werner	GW Leer	1949	2001	00:48:50	00:46:43	00:48:05	01:02:21	00:54:33	00:48:52	05:09:24	23:03:54	52	M50	12	6
170	Rausch	Martin	Fortuna Wirdum	1965	2001	00:48:04	00:46:04	00:49:29	01:02:31	00:55:03	00:48:19	05:09:30	23:10:24	36	M30	58	6
171	Baumann	Arno	TuS Aurich-Ost	1952	2001	00:49:26	00:46:56	00:48:39	01:01:01	00:54:37	00:48:53	05:09:32	23:12:34	49	M40	54	6
172	Günter	Hermann	SV E. Wiesens	1967	2001	00:50:10	00:47:33	00:49:02	01:00:40	00:52:31	00:49:38	05:09:34	23:14:44	34	M30	59	6
173	Dr. Bernhardt	Frithjof	TuS Aurich-Ost	1937	2001	00:48:24	00:46:49	00:48:04	01:00:32	00:55:44	00:50:04	05:09:37	23:17:59	64	M60	3	6
174	Graf	Karin	SV Dornum	1969	2001	00:48:13	00:46:57	00:49:41	01:02:36	00:54:03	00:48:21	05:09:51	23:33:09	32	W30	3	6
175	Folkerts	Detlef	SUS Timmel	1961	2001	00:49:31	00:47:23	00:48:30	01:01:45	00:53:51	00:49:02	05:10:02	23:45:03	40	M40	55	6
176	Gulich	Henrike	MTV Aurich	1985	2001	00:50:29	00:46:14	00:47:55	01:01:21	00:55:57	00:48:25	05:10:21	00:05:38	16	WU20	1	6
177	Meyer	Schweer	TV Apen	1952	2001	00:50:07	00:47:06	00:49:38	01:02:06	00:53:22	00:48:22	05:10:41	00:27:17	49	M40	56	6
178	Bootjer	Eric	RVB Uplengen	1966	2001	00:49:49	00:48:15	00:49:00	01:00:42	00:54:10	00:48:48	05:10:44	00:30:32	35	M30	60	6
179	de Buhr	Oskar	Germania Leer	1951	2001	00:48:04	00:46:05	00:49:49	01:01:33	00:55:07	00:50:19	05:10:57	00:44:37	50	M50	13	6
180	Buss	Hermann	Werkst. Aurich	1959	2001	00:52:57	00:46:14	00:47:57	01:02:40	00:53:18	00:47:59	05:11:05	00:53:17	42	M40	57	6
181	Kasten	Jörg	Barmer Aurich	1967	2001	00:50:09	00:47:04	00:48:56	01:02:19	00:54:23	00:48:18	05:11:09	00:57:37	34	M30	61	6
182	Olberding	Siegfried	MTV Wittmund	1965	2001	00:48:44	00:47:19	00:49:35	01:02:03	00:53:57	00:49:31	05:11:09	00:57:37	36	M30	62	6
183	Hinders	Lambertus	Leer	1966	2001	00:49:25	00:49:36	00:48:43	01:00:59	00:53:44	00:48:46	05:11:13	01:01:57	35	M30	63	6
184	Boekhoff	Claudia	LG Ihrh.-W'fehn	1981	2001	00:50:41	00:47:53	00:49:11	01:00:26	00:54:17	00:49:00	05:11:28	01:18:11	20	W20	3	6
185	Freitag	Norbert	MTV Aurich	1948	2001	00:49:05	00:46:55	00:49:08	01:01:31	00:55:20	00:49:42	05:11:41	01:32:16	53	M50	14	6
186	Beheshty	Hossein	SuS Timmel	1953	2001	00:49:42	00:46:48	00:49:42	01:02:16	00:53:45	00:49:52	05:12:05	01:58:15	48	M40	58	6
187	Romaneußen	Gerd	Deutsche Post	1963	2001	00:49:48	00:47:01	00:48:55	01:02:49	00:55:22	00:48:25	05:12:20	02:14:30	38	M30	64	6
188	Berghaus	Wilfried	Germania Leer	1953	2001	00:47:18	00:46:39	00:48:36	01:02:47	00:55:18	00:51:51	05:12:29	02:24:15	48	M40	59	6
189	Friedrich	Hans	MTV Aurich	1952	2001	00:50:27	00:46:42	00:49:12	01:01:02	00:55:21	00:49:57	05:12:41	02:37:15	49	M40	60	6
190	Barz	Gerhard	LG Ostfriesland	1967	2001	00:49:37	00:46:59	00:49:55	01:01:32	00:54:53	00:49:47	05:12:43	02:39:25	34	M30	65	6
191	Pott	Hannes	Germ. Leer	1954	2001	00:49:40	00:47:57	00:49:40	01:02:20	00:53:11	00:50:07	05:12:55	02:52:24	47	M40	61	6
192	Jakobs	Johann	VfL Jheringsfehn	1964	2001	00:50:26	00:46:36	00:49:37	01:02:37	00:55:04	00:48:43	05:13:03	03:01:04	37	M30	66	6
193	Birkoben	Rolf	TSV Riepe	1952	2001	00:50:00	00:48:17	00:49:33	01:03:38	00:53:07	00:48:37	05:13:12	03:10:49	49	M40	62	6
194	Duitsmann	Stephan	BW Weener	1969	2001	00:51:42	00:49:38	00:49:50	01:00:20	00:53:25	00:48:20	05:13:15	03:14:04	32	M30	67	6
195	Arends	Renke	LT Schaffhaus.	1985	2001	00:50:38	00:47:51	00:50:34	01:01:41	00:54:13	00:49:36	05:14:33	04:38:32	16	MU20	12	6
196	Alts	Holger	VffL Berumbur	1964	2001	00:51:01	00:48:03	00:50:15	01:02:17	00:53:21	00:49:55	05:14:52	04:59:07	37	M30	68	6
197	Wolbers	Josef	LT Last Mile	1966	2001	00:50:19	00:46:40	00:50:59	01:01:10	00:54:59	00:50:51	05:14:58	05:05:37	35	M30	69	6
198	Kloß	Margret	LT Schaffhaus.	1958	2001	00:49:50	00:47:36	00:49:44	01:02:33	00:55:35	00:49:41	05:14:59	05:06:42	43	W40	3	6
199	Olthoff	Phillip	Emden	1966	2001	00:49:29	00:47:56	00:49:19	01:04:24	00:54:06	00:49:56	05:15:10	05:18:36	35	M30	70	6
200	Barth	Uwe	SF Möhlenwarf	1987	2001	00:51:38	00:47:04	00:48:24	01:03:00	00:56:45	00:48:55	05:15:46	05:57:35	14	MU20	13	6
201	Hesse	Michael	LT Schaffhaus.	1943	2001	00:50:56	00:48:08	00:49:09	01:03:19	00:54:44	00:49:49	05:16:05	06:18:10	58	M50	15	6
202	Tammen	Willi	Westoverleding.	1959	2001	00:51:40	00:47:32	00:49:10	01:02:42	00:54:32	00:50:39	05:16:15	06:29:00	42	M40	63	6
203	Bloem	Meint	TSV Riepe	1952	2001	00:52:16	00:47:26	00:49:32	01:03:10	00:53:19	00:50:33	05:16:16	06:30:05	49	M40	64	6
204	Müller	Jörg	KBV Uтары	1970	2001	00:50:12	00:49:17	00:50:52	01:03:14	00:53:39	00:49:10	05:16:24	06:38:45	31	M30	71	6
205	Rademacher	Helmut	SV Fulkm	1947	2001	00:49:56	00:47:52	00:49:51	01:03:06	00:55:14	00:50:26	05:16:25	06:39:50	54	M50	16	6
206	Bruns	Helmut	TuS Hinte	1951	2001	00:49:09	00:47:55	00:49:48	01:03:11	00:55:43	00:51:04	05:16:50	07:06:54	50	M50	17	6
207	Ihnken	Jörg	LT Schaffhaus.	1967	2001												

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
214	Abbas	Heiko	Weenermoor	1987	2001	00:49:09	00:45:54	00:47:33	01:01:09	01:04:09	00:50:01	05:17:55	08:17:17	14	MU20	14	6
215	Schmitz	Jürgen	SV E-Harsweg	1955	2001	00:51:51	00:48:06	00:49:46	01:03:09	00:54:39	00:50:30	05:18:01	08:23:47	46	M40	67	6
216	Patwald	Christian	LT Schaffhaus.	1985	2001	00:51:08	00:49:46	00:50:24	01:03:01	00:54:11	00:49:33	05:18:03	08:25:57	16	MU20	15	6
217	Hedlefs	Enno	LT Schaffhaus.	1965	2001	00:51:46	00:48:33	00:49:44	01:02:30	00:55:06	00:50:36	05:18:15	08:38:57	36	M30	75	6
218	Heidergott	Andre	Conc. Ihrhove	1986	2001	00:51:55	00:49:02	00:49:57	01:03:52	00:55:17	00:49:00	05:19:03	09:30:56	15	MU20	16	6
219	Bohlen	Hans-Peter	Nowebau	1966	2001	00:51:16	00:48:43	00:50:05	01:03:42	00:55:05	00:50:17	05:19:08	09:36:21	35	M30	76	6
220	Drosten	Jürgen	Fortuna Wirdum	1960	2001	00:50:04	00:49:48	00:51:07	01:02:46	00:54:59	00:50:29	05:19:13	09:41:46	41	M40	68	6
221	Penning	Jacobus	Nowebau	1968	2001	00:51:14	00:48:40	00:49:58	01:03:43	00:55:28	00:50:16	05:19:19	09:48:16	33	M30	77	6
222	Dänekas	Jürgen	LG Uplengen	1958	2001	00:51:12	00:48:57	00:50:28	01:03:12	00:54:52	00:50:42	05:19:23	09:52:35	43	M40	69	6
223	Martens	Gerd	TG Wiesmoor	1957	2001	00:48:59	00:46:51	00:50:10	01:05:25	00:56:00	00:52:04	05:19:29	09:59:05	44	M40	70	6
224	Löwe	Michaela	LG Ihrh.-W'fehn	1985	2001	00:51:25	00:48:12	00:49:52	01:04:05	00:57:14	00:48:49	05:19:37	10:07:45	16	WU20	2	6
225	Rücker	Thomas	ZMA Aurich	1960	2001	00:51:09	00:49:25	00:50:43	01:04:18	00:55:38	00:48:27	05:19:40	10:11:00	41	M40	71	6
226	Kusche	Holger	Raiba Moormerl.	1972	2001	00:51:28	00:48:37	00:50:11	01:03:08	00:55:45	00:50:34	05:19:43	10:14:15	29	M20	28	6
227	Wilken	Gerhold	SV Hollland	1954	2001	00:50:28	00:48:14	00:51:36	01:03:36	00:55:34	00:50:27	05:19:55	10:27:15	47	M40	72	6
228	Stürmer	Jürgen	BW Borssum	1948	2001	00:50:24	00:48:30	00:50:26	01:02:55	00:56:41	00:51:13	05:20:09	10:42:24	53	M50	19	6
229	Evers	Marcus	SV Dornum	1978	2001	00:53:05	00:50:25	00:50:36	01:02:18	00:55:48	00:48:07	05:20:19	10:53:14	23	M20	29	6
230	Sangen	Uwe	BGS Bunde	1967	2001	00:50:08	00:49:49	00:52:24	01:03:25	00:54:18	00:50:31	05:20:35	11:10:34	34	M30	78	6
231	Ulbrich	Egon	Seefeldler TV	1947	2001	00:51:04	00:46:54	00:50:12	01:04:28	00:57:30	00:51:02	05:21:10	11:48:28	54	M50	20	6
232	Sattler	Wolfgang	Deutsche Post	1947	2001	00:46:49	00:45:14	00:48:03	01:08:54	01:00:52	00:51:34	05:21:26	12:05:48	54	M50	21	6
233	Borgmann	Helmut	Germania Leer	1953	2001	00:50:14	00:47:29	00:50:03	01:03:20	00:56:53	00:53:29	05:21:28	12:07:58	48	M40	73	6
234	Hollwege	Ralf	VfL Berumbur	1962	2001	00:49:35	00:47:58	00:50:33	01:06:12	00:54:35	00:52:37	05:21:30	12:10:08	39	M30	79	6
235	Englisch	Peter	Ostfriesl.-Online	1954	2001	00:48:07	00:47:26	00:51:38	01:02:53	00:57:16	00:54:25	05:21:45	12:26:22	47	M40	74	6
236	Krutow	Uwe	LG Uplengen	1962	2001	00:50:11	00:48:29	00:52:03	01:04:41	00:56:39	00:50:14	05:22:17	13:01:01	39	M30	80	6
237	Klün	Klaus-Di.	VfR Heisfelde	1962	2001	00:51:26	00:50:16	00:51:01	01:04:30	00:54:56	00:50:11	05:22:20	13:04:16	39	M30	81	6
238	Federkiel	Phillip	Leer	1956	2001	00:51:27	00:50:14	00:51:02	01:04:31	00:54:54	00:50:12	05:22:20	13:04:16	45	M40	75	6
239	Saathoff	Holger	Raiba Moormerl.	1973	2001	00:53:26	00:45:53	00:51:12	01:04:01	00:57:03	00:50:59	05:22:34	13:19:26	28	M20	30	6
240	Ter Fehr	Heino	Moormerland	1964	2001	00:50:46	00:48:00	00:51:10	01:02:34	00:59:32	00:50:32	05:22:34	13:19:26	37	M30	82	6
241	Richter	Werner	MTV Wittmund	1952	2001	00:50:42	00:48:49	00:50:58	01:03:59	00:57:12	00:51:00	05:22:40	13:25:56	49	M40	76	6
242	Seele	Rüdiger	OHV Aurich	1965	2001	00:54:39	00:47:18	00:49:53	01:02:48	00:55:27	00:52:35	05:22:40	13:25:56	36	M30	83	6
243	Wiechmann	Rainer	Germania Leer	1958	2001	00:49:47	00:49:24	00:51:35	01:04:54	00:55:08	00:51:59	05:22:47	13:33:31	43	M40	77	6
244	Grimm	Thomas	VfL Berumbur	1961	2001	00:50:02	00:47:59	00:50:57	01:06:13	00:54:34	00:53:05	05:22:50	13:36:46	40	M40	78	6
245	Grüßing	Johann	LG Uplengen	1958	2001	00:50:33	00:48:51	00:50:50	01:04:44	00:56:38	00:51:46	05:23:22	14:11:25	43	M40	79	6
246	Hüls	Bernhard	Komet Walle	1951	2001	00:52:31	00:49:30	00:51:03	01:02:58	00:54:29	00:52:56	05:23:27	14:16:50	50	M50	22	6
247	Odens	Ode	TV Norden	1935	2001	00:50:42	00:48:41	00:51:21	01:03:34	00:56:51	00:52:33	05:23:42	14:33:05	66	M60	4	6
248	Sollermann	Peter	Deutsche Post	1954	2001	00:50:17	00:49:53	00:51:11	01:04:07	00:56:29	00:51:48	05:23:45	14:36:19	47	M40	80	6
249	Buss	Imme	SV Hollland	1948	2001	00:50:32	00:49:28	00:51:34	01:04:03	00:57:19	00:50:54	05:23:50	14:41:44	53	W50	2	6
250	Tunder	Garrelt	SV E. Wiesens	1955	2001	00:51:56	00:49:06	00:52:01	01:05:32	00:56:35	00:48:56	05:24:06	14:59:04	46	M40	81	6
251	Kollenbroich	Gertud	MTV Wittmund	1951	2001	00:51:24	00:49:10	00:51:04	01:04:43	00:56:39	00:51:11	05:24:11	15:04:29	50	W50	3	6
252	Becker	Ralf	Neuharlingersiel	1973	2001	00:53:07	00:51:31	00:51:19	01:03:13	00:54:58	00:50:23	05:24:31	15:26:08	28	M20	31	6
253	Schmidt	Karl-Heinz	TV Norden	1957	2001	00:51:31	00:49:26	00:51:41	01:05:02	00:55:32	00:51:57	05:25:09	16:07:18	44	M40	82	6
254	Grampes	Hans	MTV Wittmund	1968	2001	00:50:21	00:49:20	00:51:13	01:04:13	00:57:20	00:53:08	05:25:35	16:35:27	33	M30	84	6
255	Hillmer	Steffen	TuS Esens	1962	2001	00:50:51	00:50:47	00:49:47	01:06:25	00:57:13	00:50:37	05:25:40	16:40:52	39	M30	85	6
256	Pennig	Friedrich-K.	VfR Heisfelde	1948	2001	00:51:44	00:49:45	00:50:13	01:04:56	00:56:52	00:52:22	05:25:52	16:53:52	53	M50	23	6
257	Dresler	Hans-Joa.	LT Schaffhaus.	1948	2001	00:51:28	00:48:46	00:50:31	01:04:21	00:58:04	00:52:43	05:25:53	16:54:57	53	M50	24	6
258	Damm	Thilo	Frisia Loga	1985	2001	00:57:32	00:51:22	00:52:14	01:03:35	00:52:54	00:48:26	05:26:03	17:05:46	16	MU20	17	6
259	Betz	Mathias	BW Filsum	1975	2001	00:52:43	00:49:42	00:50:55	01:05:03	00:57:02	00:50:58	05:26:23	17:27:26	26	M20	32	6
260	Damm	Remmer	LG Ihrh.-W'fehn	1951	2001	00:57:07	00:51:23	00:52:19	01:03:51	00:53:09	00:48:41	05:26:30	17:35:01	50	M50	25	6
261	Lohmeyer	Everwien	Frisia Brinkum	1958	2001	00:53:22	00:51:12	00:51:08	01:04:45	00:55:37	00:50:43	05:26:47	17:53:25	43	M40	83	6
262	Lowin	Volker	Aurich	1955	2001	00:49:52	00:48:42	00:51:18	01:03:15	01:01:46	00:52:01	05:26:54	18:01:00	46	M40	84	6
263	Ihnen	Michael	Aurich	1962	2001	00:58:00	00:48:50	00:51:16	01:05:20	00:54:25	00:49:08	05:26:59	18:06:25	39	M30	86	6
264	Friedrichs	Wolfgang	TV Norden	1964	2001	00:49:17	00:48:13	00:52:58	01:03:23	00:55:46	00:57:26	05:27:03	18:10:45	37	M30	87	6
265	Jünke	Heike	LG Uplengen	1966	2001	00:52:41	00:49:31	00:51:34	01:04:52	00:56:44	00:51:41	05:27:03	18:10:45	35	W30	4	6
266	Kameniw	Alexander	Aurich	1951	2001	00:51:16	00:49:31	00:51:09	01:04:42	00:58:01	00:52:25	05:27:04	18:11:50	50	M50	26	6
267	Einnolf	Frank	TSV Riepe	1975	2001	00:52:27	00:50:19	00:53:01	01:04:59	00:56:14	00:50:21	05:27:21	18:30:14	26	M20	33	6
268	Tjardes	Karl	MTV Wittmund	1944	2001	00:50:34	00:51:36	00:51:40	01:04:34	00:57:49	00:51:17	05:27:30	18:39:59	57	M50	27	6
269	Fellensiek	Wilfried	E. Plaggenburg	1963	2001	00:51:29	00:50:00	00:51:30	01:05:46	00:56:34	00:52:13	05:27:32	18:42:09	38	M30	88	6
270	Vogel	Günther	TuS Aurich-Ost	1948	2001	00:51:53	00:48:35	00:51:42	01:04:25	00:57:18	00:53:43	05:27:36	18:46:29	53	M50	28	6
271	Janssen	Günther	Deutsche Post	1943	2001	00:52:10	00:49:00	00:52:07	01:04:03	00:57:43	00:52:41	05:27:44	18:55:09	58	M50	29	6
272	Nörder	Johann	EWE Norden	1961	2001	00:50:30	00:50:04	00:52:00	01:06:24	00:58:11	00:51:50	05:28:59	20:16:22	40	M40	85	6
273	Behrens	Heinz	PSV Leer	1955	2001	00:51:57	00:49:11	00:51:37	01:04:43	00:57:37	00:54:03	05:29:08	20:26:07	46	M40	86	6
274	Kohlenberg	Inse	Zetel	1950	2001	00:51:22	00:50:30	00:51:00	01:05:39	00:57:42	00:53:46	05:29:59	21:21:21	51	W50	4	6
275	Asche	Hilde	TG Wiesmoor	1948	2001	00:51:52	00:50:53	00:51:45	01:05:31	00:58:16	00:51:44	05:30:01	21:23:31	53	W50	5	6
276	Clemens	Erich	SV Tergast	1948	2001	00:51:23	00:49:10	00:51:53	01:07:26	00:58:31	00:51:56	05:30:19	21:43:00	53	M50	30	6
277	Böttger	Rolf	MTV Wittmund	1969	2001	00:51:03	00:50:05	00:52:41	01:05:33	00:57:29	00:53:29	05:30:20	21:44:05	32	M30	89	6
278	Rogge	Dieter	SUS Strackholt	1953	2001												

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
285	von Garrel	Wolfgang	VfR Heisfelde	1952	2001	00:50:17	00:49:08	00:51:56	01:05:30	00:59:00	00:55:05	05:30:56	22:23:05	49	M40	91	6
286	Gerken	Theo	Deutsche Post	1944	2001	00:52:06	00:50:31	00:53:32	01:04:48	01:00:06	00:50:00	05:31:03	22:30:39	57	M50	32	6
287	Winkler	Georg	TV Norden	1947	2001	00:52:44	00:49:33	00:52:02	01:04:29	00:57:33	00:54:44	05:31:05	22:32:49	54	M50	33	6
288	Tapper	Siegfried	Aurich	1961	2001	00:55:09	00:49:16	00:52:57	01:06:16	00:56:49	00:50:46	05:31:13	22:41:29	40	M40	92	6
289	Kroon	Meino	TSV Hesel	1961	2001	00:51:21	00:54:13	00:51:46	01:04:46	00:56:20	00:52:50	05:31:16	22:44:44	40	M40	93	6
290	Busch	Jan.	SV Holtland	1948	2001	00:53:42	00:51:21	00:52:47	01:05:22	00:56:22	00:51:44	05:31:18	22:46:54	53	M50	34	6
291	Janssen	Eilert	TV Marienhaf	1945	2001	00:56:31	00:48:23	00:50:40	01:06:27	00:57:22	00:52:05	05:31:28	22:57:44	56	M50	35	6
292	Janssen	Berend	TuS Aurich-Ost	1944	2001	00:51:30	00:51:10	00:51:48	01:04:49	00:56:50	00:55:23	05:31:30	22:59:54	57	M50	36	6
293	Reiners	Frank	TV Norden	1987	2001	00:53:12	00:49:18	00:53:02	01:05:27	00:57:15	00:53:21	05:31:35	23:05:19	14	MU20	18	6
294	Hinrichs	Herbert	SV Großefehn	1960	2001	00:52:45	00:50:16	00:52:23	01:06:33	00:56:47	00:52:55	05:31:39	23:09:39	41	M40	94	6
295	Stahnke	Werner	Aurich	1956	2001	00:51:41	00:51:08	00:51:44	01:06:05	00:57:59	00:53:09	05:31:46	23:17:13	45	M40	95	6
296	Nessen	Norbert	LG Ostfriesland	1964	2001	00:53:54	00:50:40	00:52:25	01:05:13	00:57:04	00:52:33	05:31:49	23:20:28	37	M30	92	6
297	Berends	Enno	Uplengen-Stapel	1953	2001	00:51:54	00:51:19	00:52:18	01:06:15	00:57:00	00:53:03	05:31:49	23:20:28	48	M40	96	6
298	Schmidt	Christiane	Germania Leer	1959	2001	00:51:43	00:51:26	00:53:33	01:05:59	00:57:11	00:51:59	05:31:51	23:22:38	42	W40	5	6
299	Heidergott	Britta	LG Ihrh.-W' fehn	1976	2001	00:53:21	00:50:46	00:52:26	01:06:00	00:58:07	00:51:12	05:31:52	23:23:43	25	W20	4	6
300	Ahrenholtz	Horst-Die.	Warsingsfehn	1965	2001	00:50:04	00:48:47	00:53:40	01:07:51	00:58:35	00:52:58	05:31:55	23:26:58	36	M30	93	6
301	Janssen	Heinrich	MTV Aurich	1934	2001	00:50:55	00:49:54	00:52:59	01:06:58	00:59:06	00:52:18	05:32:10	23:43:13	67	M60	5	6
302	Tunder	Imke	SV E. Wiesens	1984	2001	00:53:42	00:50:05	00:53:08	01:05:36	00:59:41	00:50:26	05:32:38	00:13:32	17	WU20	3	6
303	Dirks	Andreas	TV Marienhaf	1964	2001	00:53:03	00:50:48	00:53:06	01:05:50	00:57:34	00:52:38	05:32:59	00:36:17	37	M30	94	6
304	Janssen	Walter	ELG Emden	1960	2001	00:55:02	00:51:20	00:52:16	01:06:06	00:56:24	00:51:53	05:33:01	00:38:27	41	M40	97	6
305	Mumme	Edeltraud	TV Norden	1953	2001	00:52:44	00:50:01	00:52:13	01:04:57	00:59:11	00:53:55	05:33:01	00:38:27	48	W40	6	6
306	Besemann	Ralf-Christ.	Werkst. Aurich	1970	2001	00:53:11	00:49:44	00:52:56	01:05:19	00:58:45	00:53:11	05:33:06	00:43:52	31	M30	95	6
307	Wahlich	Peter	Aurich	1957	2001	00:52:29	00:50:54	00:53:15	01:06:57	00:56:40	00:52:53	05:33:08	00:46:02	44	M40	98	6
308	Aden	Mario	TG Wiesmoor	1969	2001	00:52:57	00:51:32	00:51:23	01:05:07	00:58:12	00:54:18	05:33:29	01:08:46	32	M30	96	6
309	Janssen	Engeline	LG Ostfriesland	1971	2001	00:53:08	00:50:36	00:53:07	01:06:59	00:58:04	00:51:43	05:33:37	01:17:26	30	W30	5	6
310	Müller	Torsten	LT Schaffhaus.	1969	2001	00:51:37	00:51:11	00:53:43	01:06:14	00:59:34	00:51:43	05:34:02	01:44:30	32	M30	97	6
311	Lindena	Reenard	SV Jennelt-Uttum	1949	2001	00:56:04	00:51:29	00:51:14	01:06:17	00:56:56	00:52:03	05:34:03	01:45:35	52	M50	37	6
312	Meyer	Rolf	SuS Strackhoit	1969	2001	00:51:13	00:54:02	00:52:49	01:04:00	00:58:27	00:53:50	05:34:21	02:05:05	32	M30	98	6
313	Neumann	Eckhard	FT Spetzerfehn	1953	2001	00:52:32	00:49:47	00:53:04	01:06:32	00:58:16	00:54:13	05:34:24	02:08:20	48	M40	99	6
314	Eilers	Joachim	TV Norden	1954	2001	00:53:37	00:50:02	00:47:26	01:06:37	01:00:59	00:55:44	05:34:25	02:09:25	47	M40	100	6
315	Ihlow	Werner	TV Norden	1945	2001	00:52:30	00:49:32	00:53:03	01:05:49	00:58:43	00:54:58	05:34:35	02:20:15	56	M50	38	6
316	Harms	Helmut	Crocodiles	1969	2001	00:50:17	00:50:34	00:52:35	01:07:02	00:58:34	00:55:38	05:34:40	02:25:39	32	M30	99	6
317	Kloppenburg	Carl-Heinz	RVB Uplen en	1960	2001	00:52:29	00:49:30	00:51:26	01:03:18	00:55:25	01:02:51	05:34:59	02:46:14	41	M40	101	6
318	Potritt	Thomas	EWE Norden	1971	2001	00:53:40	00:50:03	00:56:26	01:08:30	00:56:06	00:50:24	05:35:09	02:57:04	30	M30	100	6
319	Janssen	Jörg	Marienhaf	1966	2001	00:52:34	00:50:52	00:53:14	01:06:56	01:00:20	00:51:28	05:35:24	03:13:18	35	M30	101	6
320	Ritter	Wolfgang	BW Borssum	1960	2001	00:54:55	00:51:02	00:52:55	01:05:58	00:57:53	00:52:47	05:35:30	03:19:48	41	M40	102	6
321	Neddermeyer	Jürgen	LG Veenhusen	1942	2001	00:52:30	00:51:28	00:54:03	01:05:34	00:58:29	00:53:48	05:35:52	03:43:38	59	M50	39	6
322	Meiborg	Alfred	OZ Team	1955	2001	00:53:49	00:51:25	00:54:55	01:06:38	00:56:44	00:52:28	05:35:59	03:51:13	46	M40	103	6
323	Barfknecht	Wolfgang	SV Dornum	1957	2001	00:52:29	00:51:52	00:53:46	01:05:23	00:59:07	00:53:38	05:36:15	04:08:32	44	M40	104	6
324	Beck	Joachim	Crocodiles	1961	2001	00:50:15	00:51:55	00:51:39	01:07:50	00:58:37	00:56:04	05:36:20	04:13:57	40	M40	105	6
325	Schoon	Jochen	SV Wiesmoor	1963	2001	00:53:38	00:51:34	00:52:50	01:06:59	00:58:19	00:53:16	05:36:36	04:31:17	38	M30	102	6
326	Berghaus	Jens	MTV Aurich	1959	2001	00:53:58	00:50:50	00:53:09	01:07:00	00:59:58	00:51:41	05:36:36	04:31:17	42	M40	106	6
327	Vry	Ralf	Fort. Logabirum	1960	2001	00:45:32	00:43:15	00:45:44	01:07:13	01:12:36	01:02:24	05:36:44	04:39:57	41	M40	107	6
328	Kroh-Lammers	Erika	Fehntjer LT	1952	2001	00:53:39	00:50:48	00:53:43	01:06:58	00:58:25	00:53:26	05:36:59	04:56:11	49	W40	7	6
329	Sleur	Hans-W.	Polizei Leer	1943	2001	00:53:35	00:50:38	00:53:00	01:06:30	00:58:32	00:54:48	05:37:03	05:00:31	58	M50	40	6
330	Wiegmann	Günter	OZ Team	1960	2001	00:54:58	00:51:26	00:53:12	01:03:30	01:02:31	00:51:30	05:37:07	05:04:51	41	M40	108	6
331	Grenzheuser	Gerd	Aurich	1955	2001	00:53:21	00:50:33	00:53:21	01:09:13	00:56:58	00:53:45	05:37:11	05:09:11	46	M40	109	6
332	Keiser	Heidrun	LG Uplengen	1957	2001	00:53:20	00:51:31	00:53:09	01:07:04	00:59:16	00:53:04	05:37:24	05:23:16	44	W40	8	6
333	Mölenkamp	Alfred	SV E. Jemgum	1958	2001	00:51:11	00:49:34	00:53:10	01:11:26	00:58:39	00:53:32	05:37:32	05:31:55	43	M40	110	6
334	Schwarz	Thorsten	Aurich	1967	2001	00:52:05	00:54:08	00:53:08	01:07:42	00:59:26	00:51:09	05:37:38	05:38:25	34	M30	103	6
335	Reents	Peter	Deutsche Post	1945	2001	00:53:56	00:51:45	00:53:11	01:06:35	00:58:17	00:53:54	05:37:38	05:38:25	56	M50	41	6
336	Gieseler	Wilfried	TuS Aurich-Ost	1961	2001	00:53:41	00:49:14	00:52:36	01:05:28	01:00:55	00:56:00	05:37:54	05:55:45	40	M40	111	6
337	Koppermann	Malte	Fort. Logabirum	1963	2001	00:52:32	00:50:45	00:53:39	01:07:01	00:58:47	00:55:35	05:38:19	06:22:49	38	M30	104	6
338	Sieling	Heiko	MTV Wittmund	1961	2001	00:53:25	00:51:57	00:54:17	01:06:45	00:58:33	00:53:35	05:38:32	06:36:54	40	M40	112	6
339	Diener	Thomas	Nowebau	1963	2001	00:55:08	00:50:11	00:53:24	01:08:03	00:57:36	00:54:13	05:38:35	06:40:09	38	M30	105	6
340	Spinneker	Helmut	TV Norden	1948	2001	00:52:55	00:50:44	00:53:51	01:06:49	00:59:21	00:55:13	05:38:53	06:59:39	53	M50	42	6
341	Reiners	Erhard	TV Norden	1958	2001	00:55:37	00:52:08	00:53:57	01:06:26	00:57:17	00:54:00	05:39:25	07:34:18	43	M40	113	6
342	Lindemann	Gottfried	TuS Pewsum	1958	2001	00:57:32	00:53:13	00:53:50	01:05:18	00:57:52	00:51:52	05:39:37	07:47:18	43	M40	114	6
343	Dannacker	Siegfried	TV Marienhaf	1949	2001	00:53:19	00:51:27	00:53:49	01:08:13	00:58:28	00:54:22	05:39:38	07:48:23	52	M50	43	6
344	Ihnen	Joachim	SV E. Wiesens	1960	2001	00:53:41	00:52:59	00:53:29	01:06:02	00:59:20	00:54:26	05:39:57	08:08:57	41	M40	115	6
345	Eilers	Tim	TV Norden	1987	2001	00:53:35	00:50:01	00:53:07	01:06:36	01:00:58	00:55:46	05:40:03	08:15:27	14	MU20	19	6
346	Grönefeld	Aljet	ELG Emden	1961	2001	00:52:39	00:52:07	00:53:42	01:06:43	01:00:22	00:54:46	05:40:19	08:32:47	40	M40	116	6
347	Decker	Hartmut	Deutsche Post	1962	2001	00:54:54	00:50:23	00:54:09	01:07:46	00:59:11	00:54:14	05:40:37	08:52:16	39	M30	106	6
348	Mittmann	Michael	OZ Team	1952	2001	00:53:38	00:50:49	00:54:11	01:07:52	00:58:50	00:55:33	05:40:53	09:09:36	49	M40	117	6
349	Fliege	Stefan															

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
356	van Rossum	Matthijs	YC Papenburg	1962	2001	00:54:45	00:51:24	00:53:55	01:07:21	00:59:35	00:55:30	05:42:30	10:54:39	39	M30	109	6
357	Noah	Holger	MTV Aurich	1954	2001	00:55:31	00:52:26	00:53:20	01:08:38	00:59:12	00:53:27	05:42:34	10:58:59	47	M40	119	6
358	Klooster	Klaus	TV Marienhaf	1975	2001	00:55:47	00:48:04	00:54:05	01:11:36	00:58:18	00:54:49	05:42:39	11:04:23	26	M20	35	6
359	Meinders	Johann	LT Schaffhaus.	1948	2001	00:53:55	00:52:14	00:54:21	01:06:42	00:59:53	00:55:54	05:42:59	11:26:03	53	M50	45	6
360	Steinmeier	Fritz	MTV Aurich	1948	2001	00:55:12	00:52:41	00:55:28	01:08:00	00:58:58	00:52:44	05:43:03	11:30:23	53	M50	46	6
361	van Thai	Anh	Werkst. Aurich	1972	2001	00:54:44	01:04:03	00:51:25	01:07:33	00:56:23	00:48:59	05:43:07	11:34:43	29	M20	36	6
362	Weiter	Georg	Filsum	1968	2001	00:56:26	00:53:03	00:53:41	01:07:17	00:59:09	00:53:40	05:43:16	11:44:28	33	M30	110	6
363	Iken	Gerrit	Nowebau	1974	2001	00:54:51	00:52:37	00:54:29	01:08:06	00:58:59	00:54:37	05:43:39	12:09:22	27	M20	37	6
364	Goudschaal	Arno	Bunde	1980	2001	00:56:45	00:52:25	00:54:45	01:07:58	00:57:14	00:54:36	05:43:43	12:13:42	21	M20	38	6
365	Gieseler	Thomas	TuS Aurich-Ost	1964	2001	00:55:03	00:53:48	00:54:49	01:06:50	00:59:10	00:54:23	05:44:03	12:35:22	37	M30	111	6
366	Bruners	Franz	MTV Wittmund	1952	2001	00:54:26	00:54:06	00:52:43	01:08:05	00:57:32	00:57:21	05:44:13	12:46:11	49	M40	120	6
367	Dänekas	Hans-Jür.	Leer	1960	2001	00:54:46	00:52:23	00:53:05	01:10:08	00:59:24	00:54:28	05:44:14	12:47:16	41	M40	121	6
368	Brink	Heinz	Teut. Stapelmo.	1953	2001	00:53:57	00:53:42	00:54:01	01:09:14	00:58:51	00:55:21	05:45:06	13:43:35	48	M40	122	6
369	Hegemann	Ludwig	Eintracht Leer	1956	2001	00:53:31	00:51:40	00:54:20	01:09:49	01:00:03	00:55:50	05:45:13	13:51:10	45	M40	123	6
370	Kok	Holger	Weener	1960	2001	00:53:16	00:52:04	00:54:58	01:05:52	01:00:40	00:58:27	05:45:17	13:55:30	41	M40	124	6
371	Eiben	Hinrich	Argo Aurich	1948	2001	00:55:30	00:53:38	00:55:22	01:08:09	00:59:14	00:53:46	05:45:39	14:19:19	53	M50	47	6
372	Gembler	Johann	Aurich	1960	2001	00:58:10	00:52:02	00:54:19	01:07:36	00:59:05	00:54:31	05:45:43	14:23:39	41	M40	125	6
373	Schewiola	Stefan	TuS Aurich-Ost	1966	2001	00:53:39	00:52:00	00:53:14	01:10:34	00:59:57	00:56:35	05:45:59	14:40:59	35	M30	112	6
374	Bartsch	Andreas	Sparkasse Leer	1978	2001	00:56:22	00:54:24	00:54:07	01:07:20	01:00:05	00:54:19	05:46:37	15:22:08	23	M20	39	6
375	Steenblock	Georg	TuS Detern	1967	2001	00:55:32	00:55:52	00:54:26	01:09:03	00:58:36	00:53:23	05:46:52	15:38:23	34	M30	113	6
376	Schoone	Georg	TG Wiesmoor	1960	2001	00:56:23	00:52:33	00:53:53	01:08:55	00:59:18	00:56:14	05:47:16	16:04:22	41	M40	126	6
377	Rademacher	Arnold	SV Warsingsf.	1953	2001	00:54:01	00:53:08	00:54:27	01:10:46	00:59:17	00:55:39	05:47:18	16:06:32	48	M40	127	6
378	Steenhoff	Heiner	Germ. Holterfehn	1960	2001	00:55:33	00:54:14	00:55:00	01:07:35	00:59:45	00:55:14	05:47:21	16:09:47	41	M40	128	6
379	Rademacher	Dieter	Oldersum	1959	2001	00:57:46	00:54:53	00:53:44	01:10:51	00:59:03	00:51:06	05:47:23	16:11:57	42	M40	129	6
380	Koppermann	Margarete	Fort. Logabirum	1966	2001	00:56:48	00:54:03	00:55:27	01:07:51	01:00:29	00:52:50	05:47:28	16:17:22	35	W30	7	6
381	Kleen	Karin	TG Wiesmoor	1961	2001	00:56:25	00:52:40	00:54:42	01:08:57	01:00:49	00:54:00	05:47:33	16:22:47	40	W40	9	6
382	Bartuschat	Ralf	Zetel	1967	2001	00:55:27	00:52:36	00:54:46	01:08:28	01:00:01	00:56:27	05:47:45	16:35:46	34	M30	114	6
383	Weets	Joachim	PK Esens	1960	2001	01:02:19	00:55:13	00:55:48	01:05:31	00:56:07	00:52:48	05:47:46	16:36:51	41	M40	130	6
384	Baumann	Georg-Ih.	Loppersum	1961	2001	00:54:16	00:53:51	00:54:41	01:09:40	00:59:16	00:56:09	05:47:53	16:44:26	40	M40	131	6
385	Kupfer	Daniela	Großefehn	1973	2001	00:56:24	00:53:40	00:55:02	01:08:55	01:00:10	00:53:47	05:47:58	16:49:51	28	W20	5	6
386	Lammers	Udo	Fehntjer LT	1953	2001	00:56:58	00:53:07	00:54:33	01:07:03	00:59:44	00:57:10	05:48:35	17:29:55	48	M40	132	6
387	Sweers	Olaf	SV Wittmund	1968	2001	00:56:54	00:54:09	00:54:48	01:07:55	01:00:41	00:54:10	05:48:37	17:32:05	33	M30	115	6
388	Schieferstein	Ulrich	Germania Leer	1954	2001	00:53:12	00:53:56	00:54:50	01:09:53	01:02:07	00:55:27	05:49:25	18:24:04	47	M40	133	6
389	Weerts	Meike	SV Holtland	1976	2001	00:55:50	00:52:46	00:55:33	01:10:05	01:01:22	00:53:49	05:49:25	18:24:04	25	W20	6	6
390	Zech	Arno	TuS Eversten	1935	2001	00:53:24	00:53:29	00:55:05	01:11:40	01:00:36	00:55:16	05:49:30	18:29:29	66	M60	7	6
391	Weers	Günther	Aurich	1968	2001	00:55:05	00:54:59	00:56:07	01:08:39	00:59:51	00:55:09	05:49:50	18:51:09	33	M30	116	6
392	Uphoff	Hinrich	TC Aurich-West	1950	2001	00:53:23	00:53:02	00:55:09	01:11:20	01:00:39	00:56:20	05:49:53	18:54:23	51	M50	48	6
393	Vehnekamp	Werner	Wiesmoor	1958	2001	01:00:39	00:53:20	00:55:35	01:07:19	00:58:25	00:54:41	05:49:59	19:00:53	43	M40	134	6
394	Tillmann	Burkhard	LT Schaffhaus.	1952	2001	00:55:48	00:53:23	00:54:59	01:09:47	00:59:54	00:56:18	05:50:09	19:11:43	49	M40	135	6
395	Prikker	Weert-Pe.	SV Holtland	1959	2001	00:54:02	00:53:24	00:55:24	01:09:31	01:00:19	00:58:01	05:50:41	19:46:22	42	M40	136	6
396	Flessner	Jörg	Germania Leer	1960	2001	00:51:43	00:57:36	01:02:41	01:04:27	01:00:25	00:54:52	05:51:44	20:54:36	41	M40	137	6
397	Schachner	Bruno	Leer	1952	2001	00:53:37	00:54:19	00:54:32	01:09:54	01:01:41	00:57:44	05:51:47	20:57:51	49	M40	138	6
398	Meyerhoff	Martin	Aurich	1949	2001	00:54:50	00:52:18	00:55:07	01:11:13	01:01:00	00:57:41	05:52:09	21:21:40	52	M50	49	6
399	Aden	Harold	SV Großefehn	1946	2001	00:54:17	00:52:21	00:59:05	01:10:21	01:01:26	00:54:54	05:52:24	21:37:55	55	M50	50	6
400	Becker	Klaus-Dieter	TuS Aurich-Ost	1947	2001	00:57:22	00:54:33	00:56:16	01:08:47	00:59:33	00:56:01	05:52:32	21:46:35	54	M50	51	6
401	Kettwig	Hans-Di.	Spetzerfehn	1957	2001	00:57:01	00:53:42	00:55:38	01:09:30	01:00:35	00:56:13	05:52:39	21:54:10	44	M40	139	6
402	Borgmann	Annegret	Germania Leer	1954	2001	00:55:11	00:53:39	00:55:53	01:10:45	01:01:29	00:55:45	05:52:42	21:57:25	47	W40	10	6
403	Meyer	Wilfried	Westoverleding.	1966	2001	00:54:23	00:52:30	00:56:39	01:08:46	01:01:03	00:59:23	05:52:44	21:59:35	35	M30	117	6
404	Rogge	Gertrud	SuS Strackholt	1955	2001	00:55:19	00:54:33	00:55:39	01:10:09	01:01:05	00:56:06	05:52:51	22:07:09	46	W40	11	6
405	Nannen	Enno	TV Norden	1947	2001	00:56:05	00:54:00	00:55:42	01:09:12	01:02:17	00:55:41	05:52:57	22:13:39	54	M50	52	6
406	Lambertus	Anton	Bagband	1961	2001	00:55:30	00:56:02	00:57:10	01:10:38	00:59:25	00:54:39	05:53:24	22:42:54	40	M40	140	6
407	Hoppmann	Peter	Plaggenburg	1963	2001	00:56:13	00:55:15	00:55:08	01:11:01	00:59:55	00:56:03	05:53:35	22:54:48	38	M30	118	6
408	Wolkenhaar	Enno	GW Leer	1938	2001	00:59:14	00:51:43	00:55:30	01:10:05	01:00:33	00:56:30	05:53:35	22:54:48	63	M60	8	6
409	Heyen	Uwe	SV Großefehn	1960	2001	00:55:04	00:54:51	00:55:20	01:10:19	01:01:07	00:57:05	05:53:46	23:06:43	41	M40	141	6
410	Schmidt	Christine	MTV Aurich	1987	2001	00:55:37	00:53:18	00:56:25	01:09:00	01:01:47	00:57:41	05:53:48	23:08:53	14	WU20	4	6
411	Keller	Karl-H.	Polizei Aurich	1948	2001	00:51:45	00:49:27	00:55:35	01:20:11	01:01:40	00:55:25	05:54:03	23:25:08	53	M50	53	6
412	Nücke	Herbert	Moormerland	1965	2001	00:58:40	00:53:58	00:56:10	01:09:28	00:59:49	00:55:58	05:54:03	23:25:08	36	M30	119	6
413	Kuhlmann	Januar	TuS Aurich-Ost	1956	2001	00:55:59	00:56:54	00:55:17	01:08:25	01:01:49	00:56:11	05:54:35	23:59:47	45	M40	142	6
414	Bolhuis	Wilhelm	TV Norden	1943	2001	00:55:49	00:53:11	00:55:27	01:09:51	01:02:47	00:57:33	05:54:38	00:03:02	58	M50	54	6
415	Spekker	Wolfgang	Leer	1966	2001	00:55:54	00:54:04	00:56:19	01:11:23	01:01:44	00:55:36	05:55:00	00:26:51	35	M30	120	6
416	Orth	Hergen	Scharrel	1959	2001	00:56:41	00:54:40	00:56:32	01:09:45	01:00:48	00:56:40	05:55:06	00:33:21	42	M40	143	6
417	Eiben	Waltraud	Argo Aurich	1957	2001	00:57:32	00:54:40	00:57:05	01:10:07	01:02:09	00:53:44	05:55:17	00:45:16	44	W40	12	6
418	Hofmann	Jens	Ostfriesl.-Online	1964	2001	00:55:56	00:52:58	00:56:50	01:11:51	01:01:36	00:56:07	05:55:18	00:46:21	37	M30	121	6
419	Wilken	Adolf	TSV Hesel	1963	2001	00:51:20	00:56:04	00:55:45	01:11:30	01:03:04	00:57:37	05:55:20	00:48:31	38	M30	122	6
420	Trännapp	Alfred	TV Norden														

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
427	Kroon	Sigrid	SV Holtland	1948	2001	00:55:07	00:52:03	00:56:31	01:12:19	01:03:40	00:56:44	05:56:24	01:57:50	53	W50	6	6
428	Geuken	Alfred	TuS Aurich	1953	2001	01:01:00	00:54:50	00:55:47	01:08:42	01:00:37	00:55:42	05:56:38	02:12:59	48	M40	145	6
429	Ubben	Hinrich	Aurich	1963	2001	00:57:54	00:53:17	00:55:55	01:09:46	01:04:30	00:55:18	05:56:40	02:15:09	38	M30	124	6
430	Eisenhauer	Annelene	LT Schaffhaus.	1955	2001	00:57:13	00:55:00	00:55:19	01:09:49	01:04:18	00:55:20	05:56:59	02:35:44	46	W40	13	6
431	Uphoff	Walter	TuS Middels	1960	2001	00:56:58	00:54:16	00:56:38	01:09:32	01:01:51	00:57:51	05:57:06	02:43:19	41	M40	146	6
432	Saathoff	Dieter	Wiesmoor	1960	2001	00:55:25	00:54:18	00:56:57	01:12:08	01:01:01	00:57:28	05:57:17	02:55:13	41	M40	147	6
433	Andresen	Annechien	TuS Aurich-Ost	1949	2001	00:55:58	00:54:04	00:55:47	01:12:12	01:01:41	00:57:59	05:57:41	03:21:13	52	W50	7	6
434	Loers	Helmut	BSG DAK Leer	1952	2001	00:57:37	00:55:44	00:57:03	01:10:32	01:00:30	00:56:41	05:58:07	03:49:22	49	M40	148	6
435	Edzards	Erwin	SuS Strackholt	1960	2001	00:57:33	00:55:02	00:55:45	01:10:43	01:01:11	00:58:10	05:58:24	04:07:47	41	M40	149	6
436	Juilfs	Eilert	SuS Strackholt	1945	2001	00:57:26	00:54:39	00:56:09	01:10:56	01:01:47	00:57:32	05:58:29	04:13:12	56	M50	57	6
437	Junkmann	Hans-W.	Wiesens	1951	2001	00:57:00	00:55:10	00:55:39	01:11:54	01:01:48	00:57:07	05:58:38	04:22:56	50	M50	58	6
438	Löschen	Hermann	SV E. Wiesens	1963	2001	00:59:57	00:52:53	00:57:00	01:11:12	01:00:23	00:57:39	05:59:04	04:51:06	38	M30	125	6
439	Schmidt	Thomas	MTV Aurich	1963	2001	00:55:36	00:54:27	00:57:05	01:10:29	01:02:14	00:59:37	05:59:28	05:17:05	38	M30	126	6
440	Steinke	Dietrich	Conc. Neermoor	1941	2001	00:57:59	00:53:10	00:56:03	01:11:02	01:03:07	00:58:12	05:59:33	05:22:30	60	M60	11	6
441	Janssen	Focko	IGS Aurich-West	1949	2001	00:56:19	00:54:55	00:57:45	01:10:40	01:03:10	00:56:46	05:59:35	05:24:40	52	M50	59	6
442	Emken	Marielchen	MTV Wittmund	1954	2001	00:57:30	00:53:22	00:56:41	01:11:32	01:02:09	00:58:30	05:59:44	05:34:25	47	W40	14	6
443	Schrader	Anke	Leer	1961	2001	00:57:55	00:55:02	00:57:17	01:11:06	01:03:06	00:55:23	05:59:49	05:39:50	40	W40	15	6
444	Füllgrabe	Ulrike	TuS Aurich-Ost	1951	2001	00:59:16	00:54:35	00:58:05	01:12:22	01:01:45	00:54:01	06:00:04	05:56:04	50	W50	8	6
445	Kuiper	Hartwig	TSV Hesel	1958	2001	00:55:01	00:55:03	00:56:15	01:13:37	01:02:43	00:57:45	06:00:24	06:17:44	43	M40	150	6
446	Kuiper	Bettina	SV Holtland	1957	2001	00:57:33	00:54:49	00:57:04	01:11:47	01:03:41	00:55:44	06:00:38	06:32:54	44	W40	16	6
447	Buschmann	Ilka	TuS Aurich-Ost	1981	2001	01:02:36	00:54:09	01:00:53	01:08:07	01:02:30	00:52:33	06:00:48	06:43:43	20	W20	7	6
448	Hillen	Albert	TV Norden	1956	2001	00:55:46	00:54:17	00:57:15	01:11:22	01:02:44	00:59:40	06:01:04	07:01:03	45	M40	151	6
449	Tunder	Hartmut	Aurich	1961	2001	00:56:12	00:54:22	00:55:02	01:15:52	01:02:49	00:56:56	06:01:13	07:10:48	40	M40	152	6
450	Ihben	Hinrich	SV Hinrichsfehn	1946	2001	00:56:01	00:55:20	00:57:42	01:12:56	01:02:32	00:56:47	06:01:18	07:16:13	55	M50	60	6
451	Ubben	Gerd-Arnold	Aurich	1950	2001	00:59:12	00:55:05	00:55:59	01:11:00	01:03:26	00:56:57	06:01:39	07:38:57	51	M50	61	6
452	Siemens	Liane	Rhauderfehn	1966	2001	00:56:21	00:54:58	00:56:39	01:12:05	01:04:32	00:57:13	06:01:48	07:48:42	35	W30	9	6
453	Sandammer	Friedhelm	Großefehn	1964	2001	00:58:16	00:55:24	00:58:45	01:11:32	01:01:20	00:56:49	06:02:06	08:08:12	37	M30	127	6
454	Kruse	Andreas	Aurich	1958	2001	01:01:03	00:55:50	00:57:49	01:09:41	01:03:37	00:55:00	06:03:00	09:06:40	43	M40	153	6
455	Ölscher	Heinz	BW Filsum	1954	2001	00:57:39	00:55:48	00:57:53	01:10:33	01:01:56	00:59:17	06:03:06	09:13:10	47	M40	154	6
456	Hoheisel	Wilfried	TV Norden	1949	2001	00:57:19	00:53:16	00:57:28	01:13:03	01:03:40	00:58:32	06:03:18	09:26:10	52	M50	62	6
457	Krause	Magret	Deutsche Post	1949	2001	00:57:14	00:55:36	00:57:37	01:12:13	01:04:15	00:56:33	06:03:28	09:37:00	52	W50	9	6
458	Tjaden	Angelika	TV Marienhefe	1955	2001	00:57:38	00:54:22	00:58:04	01:12:16	01:03:51	00:57:18	06:03:29	09:38:05	46	W40	17	6
459	Nicolai	Hilmar	Leer	1958	2001	00:56:43	00:54:26	00:57:04	01:12:50	01:04:11	00:58:22	06:03:36	09:45:40	43	M40	155	6
460	Gerken	Manfred	BV Canhusen	1968	2001	01:00:38	00:57:12	00:57:18	01:10:23	01:00:31	00:57:49	06:03:51	10:01:54	33	M30	128	6
461	Brederlow	Werner	Aurich	1951	2001	00:57:20	00:56:13	00:57:19	01:12:38	01:02:25	00:58:07	06:04:02	10:13:49	50	M50	63	6
462	Goldenstein	Jantke	Werkst. Aurich	1975	2001	00:59:26	00:54:48	00:58:22	01:11:48	01:02:57	00:56:55	06:04:16	10:28:59	26	W20	8	6
463	Gerdas	Hinrich	Nowebau	1942	2001	00:57:25	00:54:31	00:58:31	01:13:52	01:02:19	00:57:38	06:04:16	10:28:59	59	M50	64	6
464	Heyen	Birgit	TSV Hesel	1964	2001	00:56:53	00:55:40	00:57:13	01:14:18	01:03:27	00:57:00	06:04:31	10:45:13	37	W30	10	6
465	Klimaschka-B.	Uschi	MTV Aurich	1957	2001	00:56:32	00:56:05	00:57:27	01:12:02	01:05:57	00:56:31	06:04:34	10:48:28	44	W40	18	6
466	Moldenhauer	Helmut	Wiesmoor	1950	2001	00:57:03	00:54:56	00:56:58	01:12:16	01:04:23	00:59:07	06:04:43	10:58:13	51	M50	65	6
467	Schröder	Werner	Norden	1952	2001	00:57:29	00:56:47	00:58:24	01:11:59	01:02:57	00:57:19	06:04:55	11:11:13	49	M40	156	6
468	Duden	Wilhelm	MTV Wittmund	1940	2001	00:56:47	00:56:14	00:57:55	01:11:44	01:03:51	00:58:37	06:05:08	11:25:17	61	M60	12	6
469	Hölscher	Gerhard	Moormerland	1955	2001	00:57:41	00:56:50	00:57:25	01:12:04	01:03:36	00:57:35	06:05:11	11:28:32	46	M40	157	6
470	Heese	Wolfgang	TSV Hesel	1964	2001	00:58:55	00:55:59	00:58:28	01:10:50	01:02:48	00:58:14	06:05:14	11:31:47	37	M30	129	6
471	Haida	Gisela	LT Schaffhaus.	1948	2001	00:57:15	00:56:28	00:58:47	01:11:46	01:04:08	00:56:59	06:05:23	11:41:32	53	W50	10	6
472	Braams	Herma	LT Schaffhaus.	1956	2001	00:58:01	00:55:52	00:57:24	01:11:49	01:04:47	00:57:43	06:05:36	11:55:37	45	W40	19	6
473	Rosendahl	Wilfried	TV Marienhefe	1969	2001	00:58:41	00:54:28	00:57:58	01:13:19	01:03:09	00:58:04	06:05:39	11:58:52	32	M30	130	6
474	Eiben	Manfred	BV Pfalzdorf	1966	2001	01:00:06	00:56:41	00:57:47	01:14:55	01:01:39	00:54:42	06:05:50	12:10:47	35	M30	131	6
475	Smidt	Hinderk	Weener	1949	2001	01:01:30	00:55:23	00:57:00	01:12:01	01:02:06	00:57:55	06:05:55	12:16:11	52	M50	66	6
476	Tunder	Alma	SV E. Wiesens	1957	2001	00:58:05	00:55:41	00:57:42	01:12:21	01:04:33	00:57:42	06:06:04	12:25:56	44	W40	20	6
477	Franzen	Wilfried	Teut. Stapelmo.	1945	2001	00:58:09	00:55:57	00:56:40	01:12:05	01:04:22	00:58:53	06:06:06	12:28:06	56	M50	67	6
478	Janssen	Manfred	Nowebau	1962	2001	00:57:52	00:56:07	00:58:57	01:13:13	01:02:20	00:57:59	06:06:28	12:51:56	39	M30	132	6
479	Göhler	Christoph	TuS Aurich-Ost	1939	2001	00:56:56	00:56:34	00:57:50	01:13:30	01:03:30	00:58:25	06:06:45	13:10:20	62	M60	13	6
480	Köster	Heinz	SV Großefehn	1954	2001	00:57:23	00:57:15	00:57:51	01:11:42	01:03:55	00:58:40	06:06:46	13:11:25	47	M40	158	6
481	Brakhuis	Claudia	GW Leer	1962	2001	00:59:27	00:54:43	00:57:49	01:17:03	01:01:33	00:56:25	06:07:00	13:26:35	39	W30	11	6
482	Beyran	Werner	IGS Aurich-West	1939	2001	00:58:30	00:57:35	00:59:18	01:12:06	01:02:51	00:56:42	06:07:02	13:28:45	62	M60	14	6
483	Kasig	Detlef	Tria Wilhelmhav.	1963	2001	00:59:57	00:54:20	01:00:35	01:10:35	01:03:27	00:58:17	06:07:11	13:38:30	38	M30	133	6
484	van Lengen	Heinrich	SuS Strackholt	1940	2001	00:55:29	01:04:50	00:58:03	01:09:56	01:00:28	00:58:28	06:07:14	13:41:45	61	M60	15	6
485	Pajewski	Elke	TuS Aurich-Ost	1955	2001	00:57:47	00:56:12	00:58:04	01:12:43	01:04:24	00:58:18	06:07:28	13:56:54	46	W40	21	6
486	Hinrichs	Christine	SV Großefehn	1963	2001	00:57:52	00:54:44	00:57:41	01:15:01	01:04:58	00:57:35	06:07:51	14:21:49	38	W30	12	6
487	Peters	Gerda	TuS Aurich-Ost	1959	2001	00:57:35	00:56:41	00:58:32	01:12:05	01:04:26	00:58:36	06:07:55	14:26:09	42	W40	22	6
488	Schäfer	Harald	EWE Norden	1956	2001	00:58:28	00:56:46	00:59:12	01:12:31	01:02:00	00:59:09	06:08:06	14:38:03	45	M40	159	6
489	Rieken	Reinhard	Crocodiles	1952	2001	00:57:40	00:57:04	00:56:34	01:10:20	00:59:59	01:06:39	06:08:16	14:48:53	49	M40	160	6
490	Schmidt	Helmut	Wiesmoor	1968	2001	00:57:27	00:54:48	00:59:01	01:13:53	01:03:28	00:59:41	06:08:18	14:51:03	33	M30	134	6

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
498	Tornow	Diedrich	Großefehn	1958	2001	00:54:59	00:53:40	00:55:37	01:12:07	01:14:10	00:59:38	06:10:11	16:53:26	43	M40	163	6
499	Peters	Gitta	Potshausen	1962	2001	01:01:50	00:56:35	00:58:06	01:13:22	01:03:50	00:56:54	06:10:37	17:21:35	39	W30	15	6
500	Iken	Johannes	LT Schaffhaus.	1951	2001	00:59:19	00:57:14	00:57:20	01:14:12	01:03:54	00:59:02	06:11:01	17:47:34	50	M50	68	6
501	Emken	Marco	Nowebau	1975	2001	00:59:42	00:54:30	00:58:27	01:15:56	01:03:35	00:59:04	06:11:14	18:01:39	26	M20	40	6
502	Janssen	Erik	Deutsche Post	1971	2001	00:59:34	00:54:34	00:58:29	01:15:41	01:01:53	01:01:06	06:11:17	18:04:54	30	M30	136	6
503	Steffens	Otto	MTV Aurich	1952	2001	00:57:56	00:56:15	00:58:49	01:14:30	01:04:27	00:59:52	06:11:49	18:39:33	49	M40	164	6
504	Dr Menzel	Dorothe	LT Schaffhaus.	1961	2001	00:59:08	00:55:41	00:59:40	01:13:19	01:05:55	00:58:07	06:11:50	18:40:38	40	W40	23	6
505	Saathoff-Kettw	Günter	TSV Hesel	1958	2001	00:59:53	00:58:24	00:52:08	01:16:58	01:05:14	00:59:31	06:12:08	19:00:08	43	M40	165	6
506	Eggen	Gerhard	Jübberde	1967	2001	01:01:34	00:57:24	00:58:08	01:16:14	01:01:42	00:57:24	06:12:26	19:19:37	34	M30	137	6
507	Siebels	Hinrich	Aurich	1961	2001	01:01:03	00:58:16	00:59:16	01:11:52	01:03:16	00:58:44	06:12:27	19:20:42	40	M40	166	6
508	Köllmann	Robert	SV Simonswo.	1946	2001	00:57:57	00:57:02	00:58:39	01:14:35	01:04:55	00:59:21	06:12:29	19:22:52	55	M50	69	6
509	Saathoff	Annemarie	TuS Esens	1951	2001	00:59:58	00:56:32	00:58:43	01:14:01	01:05:49	00:57:32	06:12:35	19:29:22	50	W50	11	6
510	de Groot	Geritt	Schwerinsdorf	1962	2001	01:00:53	00:56:38	00:58:19	01:13:34	01:03:57	00:59:15	06:12:36	19:30:27	39	M30	138	6
511	Bakker	Johann-H.	Westoverleding.	1951	2001	00:57:27	00:56:22	01:00:16	01:15:00	01:04:31	00:59:00	06:12:36	19:30:27	50	M50	70	6
512	Eisenhauer	Elisabeth	TuS Esens	1949	2001	00:59:58	00:56:33	00:58:43	01:14:01	01:05:45	00:57:39	06:12:39	19:33:42	52	W50	12	6
513	Lindenbeck	Michael	Hesel	1986	2001	01:03:58	00:56:18	01:00:54	01:12:13	01:03:05	00:56:22	06:12:50	19:45:37	15	MU20	20	6
514	Schmidt	Tina	SV Holtland	1988	2001	00:58:07	00:54:36	00:59:52	01:16:05	01:05:51	00:58:24	06:12:55	19:51:02	13	WU20	5	6
515	Lücke	Peter	SV Nortmoor	1940	2001	01:00:21	00:56:20	00:57:57	01:14:13	01:05:43	00:58:34	06:13:08	20:05:06	61	M60	17	6
516	Bruns	Gerhard	Filsum	1949	2001	00:59:18	00:57:22	00:58:06	01:15:28	01:05:12	00:57:42	06:13:08	20:05:06	52	M50	71	6
517	Herten	Eilert	TG Wiesmoor	1949	2001	00:59:20	00:58:00	00:58:23	01:13:15	01:05:24	00:58:49	06:13:11	20:08:21	52	M50	72	6
518	Welzel	Günter	VfL Jheringsfehn	1942	2001	01:01:51	00:56:36	00:59:25	01:14:20	01:03:56	00:57:08	06:13:16	20:13:46	59	M50	73	6
519	Sassen	Remmer	SV Werdum	1977	2001	00:58:42	00:54:43	00:58:55	01:13:38	01:01:54	01:05:30	06:13:22	20:20:16	24	M20	41	6
520	König	Käthe	ELG Emden	1936	2001	00:58:29	00:56:45	00:58:26	01:15:02	01:06:41	00:58:00	06:13:23	20:21:21	65	W60	1	6
521	Frach	Michael	BW Weener	1957	2001	00:58:43	00:57:37	00:57:26	01:15:22	01:05:37	00:59:13	06:13:58	20:59:15	44	M40	167	6
522	Gulich	Burkhard	MTV Aurich	1945	2001	00:58:17	00:56:53	00:58:59	01:15:05	01:06:51	00:57:56	06:14:01	21:02:30	56	M50	74	6
523	Ennen	Thomas	LT Schaffhaus.	1984	2001	01:00:23	00:56:19	00:59:31	01:11:35	01:06:50	01:00:01	06:14:39	21:43:39	17	MU20	21	6
524	Stamm	Horst	MTV Aurich	1950	2001	00:59:39	00:55:54	00:58:42	01:14:54	01:05:22	01:00:32	06:15:03	22:09:39	51	M50	75	6
525	Neumann	Thorsten	BW Weener	1973	2001	01:06:31	00:57:16	00:59:14	01:09:29	01:04:15	00:58:19	06:15:04	22:10:44	28	M20	42	6
526	Weelborg	Insa	LG Uplengen	1967	2001	00:58:19	00:54:16	00:57:21	01:14:40	01:11:58	00:58:38	06:15:12	22:19:24	34	W30	16	6
527	Janßen	Christa	SV Brinkum	1943	2001	01:01:23	00:57:48	00:59:16	01:13:57	01:04:45	00:58:04	06:15:13	22:20:29	58	W50	13	6
528	Nieberg	Alfons	LT Schaffhaus.	1950	2001	00:59:52	00:58:41	00:57:31	01:15:37	01:04:32	00:59:19	06:15:32	22:41:03	51	M50	76	6
529	Harnack	Christpher	Großefehn	1985	2001	01:08:41	00:56:40	01:06:57	01:08:40	00:59:08	00:55:29	06:15:35	22:44:18	16	MU20	22	6
530	Ohlrich	Helga	Fehntjer LT	1947	2001	00:59:09	00:56:21	00:59:32	01:15:20	01:06:01	00:59:30	06:15:53	23:03:48	54	W50	14	6
531	Kettwig	Erhard	SV Stikkelkamp	1958	2001	00:58:23	00:57:46	01:00:31	01:12:10	01:04:14	01:03:31	06:16:35	23:49:17	43	M40	168	6
532	Börgmann	Johann	Hollen	1952	2001	00:59:51	00:58:15	00:58:56	01:16:12	01:05:41	00:57:58	06:16:53	00:08:46	49	M40	169	6
533	Fritsch	Doris	Aurich	1963	2001	01:01:38	00:58:10	00:59:45	01:13:36	01:05:02	00:58:44	06:16:55	00:10:56	38	W30	17	6
534	Janßen	Angelika	LT Schaffhaus.	1963	2001	00:59:49	00:57:09	00:59:44	01:17:04	01:05:04	00:58:37	06:17:27	00:45:36	38	W30	18	6
535	Pollmann	Meenke	Aurich	1958	2001	01:00:44	00:58:58	01:00:39	01:12:43	01:04:21	01:00:04	06:17:29	00:47:45	43	M40	170	6
536	Schädler	Jens	Germ. Leer	1960	2001	00:58:51	00:58:31	01:06:00	01:15:13	01:01:43	00:57:22	06:17:40	00:59:40	41	M40	171	6
537	Dirksen	Ottmar	EWV Norden	1962	2001	01:02:26	00:56:09	00:59:11	01:16:30	01:05:25	00:58:03	06:17:44	01:04:00	39	M30	139	6
538	Schmidt	Günther	SV Holtland	1956	2001	00:59:32	00:56:16	00:58:02	01:17:49	01:07:29	00:58:49	06:17:57	01:18:05	42	M40	172	6
539	Böke-Aden	Karin	TuS Hinte	1959	2001	01:01:29	00:57:20	00:58:52	01:15:06	01:06:24	00:58:46	06:17:57	01:18:05	42	W40	24	6
540	Frerichs	Rieke	SuS Strackholt	1948	2001	01:01:11	00:57:32	01:02:27	01:12:29	01:04:57	00:59:25	06:18:01	01:22:25	53	M50	77	6
541	Schulte	Elke	Oldenburg	1965	2001	00:59:47	00:57:32	00:59:28	01:15:21	01:06:08	00:59:50	06:18:06	01:27:50	36	W30	19	6
542	Seybold	Jörg	BSG Leer	1949	2001	00:58:04	00:54:41	00:59:44	01:19:08	01:07:15	00:59:29	06:18:21	01:44:04	52	M50	78	6
543	Kiehne	Ralf	MTV Aurich	1963	2001	00:58:35	00:56:51	00:59:07	01:14:38	01:07:37	01:01:34	06:18:22	01:45:09	38	M30	140	6
544	Arends	Helga	LT Schaffhaus.	1962	2001	00:59:50	00:57:08	00:59:42	01:17:18	01:05:05	00:59:23	06:18:26	01:49:29	39	W30	20	6
545	Stralucke	Susanne	Lebenshilfe-Leer	1962	2001	00:59:40	00:58:29	00:59:44	01:15:07	01:05:15	01:00:27	06:18:42	02:06:49	39	W30	21	6
546	Sauerbrey	Bernd	TV Friedeburg	1950	2001	01:10:45	00:55:05	00:57:33	01:12:59	01:03:03	00:59:51	06:19:16	02:43:38	51	M50	79	6
547	Harms	Janette	SV E. Wiesens	1958	2001	01:04:07	00:58:27	00:58:23	01:14:00	01:04:57	00:59:30	06:19:24	02:52:18	43	W40	25	6
548	Adebahr	Doris	K+J Treff Leer	1964	2001	00:59:46	00:56:19	01:00:41	01:17:38	01:06:25	00:58:40	06:19:29	02:57:43	37	W30	22	6
549	Lang	Helmut	Leer	1966	2001	00:57:56	01:00:44	01:00:29	01:14:19	01:07:16	00:58:46	06:19:30	02:58:48	35	M30	141	6
550	Heijen	Heiner	Holthusen	1966	2001	00:59:17	00:57:32	00:58:54	01:15:20	01:07:25	01:01:08	06:19:36	03:05:18	35	M30	142	6
551	Jacob	Michael	PSV Leer	1954	2001	00:59:57	00:58:32	01:00:02	01:16:13	01:05:38	00:59:47	06:20:09	03:41:02	47	M40	173	6
552	Spieker	Sabine	VfB Uplengen	1964	2001	01:02:30	00:58:03	01:00:07	01:16:32	01:04:56	00:58:07	06:20:15	03:47:32	37	W30	23	6
553	Lamschus	Christiane	TuS Hinte	1960	2001	01:01:33	00:57:20	00:59:08	01:15:16	01:07:31	00:59:35	06:20:23	03:56:11	41	W40	26	6
554	Dorau	Werner	TuS Holtriem	1952	2001	01:00:10	00:58:09	01:00:38	01:15:55	01:06:13	00:59:48	06:20:53	04:28:41	49	M40	174	6
555	Patzwald	Magret	LT Schaffhaus.	1951	2001	01:00:32	00:57:35	00:59:43	01:17:04	01:06:55	00:59:17	06:21:06	04:42:46	50	W50	15	6
556	Pennig	Nicolas	VR Heisfelde	1979	2001	00:59:36	01:00:28	01:00:19	01:15:44	01:07:03	00:58:52	06:22:02	05:43:24	22	M20	43	6
557	Schmidt	Lydia	SV Holtland	1963	2001	00:59:31	00:59:07	00:58:51	01:17:29	01:07:30	00:59:34	06:22:02	05:43:24	38	W30	24	6
558	Meyer	Holger	Uplengen	1962	2001	01:01:35	00:58:11	01:01:15	01:15:09	01:06:33	00:59:33	06:22:16	05:58:34	39	M30	143	6
559	Diener	Bernd	Sparkasse Leer	1970	2001	01:01:28	00:58:47	01:01:03	01:15:51	01:06:12	00:59:14	06:22:35	06:19:08	31	M30	144	6
560	Jünke	Albert	RVB Uplengen	1961	2001	01:01:23	00:58:52	01:02:45	01:15:08	01:04:24	01:00:09	06:22:41	06:25:38	40	M40	175	6
561	Janssen	Johannes	TuS Pewsum	1957	2001	01:00:22	00:58:51	01:01:43	01:17:16	01:06:02	00:58:30	06:22:44	06:28:53	44	M40	176	6
562	Heyenga	Manuela	SV Nortmoor														

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
569	Ruh	Helmut	TC Wittmund	1951	2001	01:04:51	00:57:54	01:00:57	01:16:19	01:05:44	00:58:45	06:24:30	08:23:41	50	M50	81	6
570	Plettke	Günther	BW Weener	1961	2001	00:59:23	00:58:29	00:59:21	01:18:50	01:07:02	01:01:30	06:24:35	08:29:06	40	M40	177	6
571	Weber	Ernst	Leer	1951	2001	00:58:03	01:00:45	01:00:30	01:17:01	01:07:27	01:02:05	06:25:51	09:51:24	50	M50	82	6
572	Bergner	Rainer	Aurich	1955	2001	01:04:30	00:59:44	01:00:12	01:15:35	01:06:06	00:59:54	06:26:01	10:02:14	46	M40	178	6
573	Becker	Claus	SV Frisia Loga	1949	2001	01:05:43	00:58:30	01:00:07	01:17:23	01:06:32	00:58:41	06:26:56	11:01:47	52	M50	83	6
574	Jürgens-Beck.	Brunhilde	Leer	1953	2001	01:05:43	00:58:30	00:59:54	01:18:15	01:06:44	00:57:58	06:27:04	11:10:27	48	W40	31	6
575	Dirks	Alexander	Werkst. Aurich	1977	2001	01:02:31	01:00:39	01:02:50	01:15:46	01:05:33	01:00:03	06:27:22	11:29:57	24	M20	44	6
576	Wallenstein	Detlef	Weener	1973	2001	01:05:34	01:00:17	01:00:58	01:15:23	01:05:40	00:59:45	06:27:37	11:46:12	28	M20	45	6
577	Janssen	Frieda	LT Schaffhaus.	1963	2001	01:01:35	00:58:28	01:02:05	01:18:17	01:06:46	01:00:28	06:27:39	11:48:21	38	W30	25	6
578	Hermann	Detlef	Westoverleding.	1948	2001	01:02:31	00:59:23	01:00:11	01:17:54	01:07:09	01:01:07	06:28:15	12:27:21	53	M50	84	6
579	Janz	Anita	LT Schaffhaus.	1957	2001	01:01:36	00:58:28	01:02:06	01:18:39	01:07:14	01:00:31	06:28:34	12:47:55	44	W40	32	6
580	Krull	Coord-An.	SV Simonswol.	1954	2001	01:05:05	00:59:24	00:59:58	01:20:16	01:04:56	00:59:05	06:28:44	12:58:45	47	M40	179	6
581	Gronewold	Anja	Großefehn	1977	2001	01:00:50	00:58:11	01:00:13	01:18:14	01:09:53	01:01:47	06:29:08	13:24:44	24	W20	11	6
582	Maciejewski	Aurich	Aurich	1967	2001	01:01:37	00:59:55	01:02:24	01:16:34	01:08:16	01:00:46	06:29:32	13:50:44	34	W30	26	6
583	Schaefer	Brigitte	TuS Middels	1947	2001	01:05:59	01:00:39	01:01:47	01:15:23	01:04:58	01:00:54	06:29:40	13:59:24	54	W50	16	6
584	Apel	Karlheinz	Moormerland	1956	2001	00:58:29	00:57:11	00:58:18	01:18:33	01:06:46	01:10:47	06:30:04	14:25:23	45	M40	180	6
585	Dr. Lüdeking	Wilfried	Norden	1956	2001	01:01:26	00:57:34	01:02:08	01:17:20	01:09:29	01:02:37	06:30:34	14:57:52	45	M40	181	6
586	de Wall	Johann	Fehntjer LT	1934	2001	01:01:48	01:01:28	01:01:14	01:17:48	01:06:41	01:01:43	06:30:42	15:06:32	67	M60	18	6
587	Noah	Carin	MTV Aurich	1955	2001	01:02:53	01:00:17	01:02:28	01:19:24	01:07:07	00:58:53	06:31:02	15:28:12	46	W40	33	6
588	Wiltfang	Margret	ELG Emden	1955	2001	01:04:36	01:00:07	01:02:30	01:17:20	01:06:18	01:00:20	06:31:11	15:37:57	46	W40	34	6
589	Ukena	Renate	ELG Emden	1955	2001	01:04:34	01:00:08	01:02:29	01:17:27	01:06:11	01:00:22	06:31:11	15:37:57	46	W40	35	6
590	Bauer	Reinhard	SV Warsingsf.	1947	2001	01:02:20	00:59:02	01:01:53	01:16:43	01:07:54	01:03:33	06:31:25	15:53:06	54	M50	85	6
591	Feldmann	Esther	Leer	1977	2001	01:01:45	00:56:16	01:02:40	01:18:52	01:10:35	01:01:19	06:31:27	15:55:16	24	W20	12	6
592	Menne	Birgit	TSV Hesel	1957	2001	01:02:18	00:58:55	01:04:12	01:18:41	01:07:51	00:59:37	06:31:34	16:02:51	44	W40	36	6
593	Heyen	Anita	TV Norden	1946	2001	01:02:45	01:00:08	01:04:03	01:15:59	01:06:57	01:01:51	06:31:43	16:12:36	55	W50	17	6
594	Poppen	Anneliese	SV Stikkelkamp	1952	2001	01:02:15	00:59:25	01:03:15	01:19:02	01:07:39	01:00:25	06:32:01	16:32:05	49	W40	37	6
595	Buss	Monika	Werkst. Aurich	1960	2001	01:04:21	00:58:42	01:01:12	01:18:54	01:08:25	01:00:32	06:32:06	16:37:30	41	W40	38	6
596	Oltmanns	Johanne	SV Stikkelkamp	1941	2001	01:02:16	00:59:25	01:03:16	01:19:03	01:08:03	01:00:26	06:32:29	17:02:25	60	W60	2	6
597	Reimann	Monika	TG Wiesmoor	1965	2001	01:01:56	01:00:36	01:02:51	01:17:55	01:07:42	01:01:48	06:32:48	17:22:59	36	W30	27	6
598	Eberlei	Wilma	TuS Detern	1964	2001	01:04:57	00:57:50	01:01:11	01:16:46	01:09:19	01:02:54	06:32:57	17:32:44	37	W30	28	6
599	Jakob	Daniel	LT Schaffhaus.	1968	2001	01:00:40	01:02:57	01:01:44	01:18:51	01:07:48	01:01:02	06:33:02	17:38:09	33	M30	145	6
600	Rohfs	Friedhelm	Wittmund	1945	2001	01:02:21	00:59:20	01:02:18	01:16:40	01:09:27	01:02:57	06:33:03	17:39:14	56	M50	86	6
601	Voogd	Erika	Uplengen	1961	2001	01:02:23	01:00:10	01:02:42	01:20:13	01:08:13	00:59:25	06:33:06	17:42:29	40	W40	39	6
602	Brunken	Heinz	VfB Uplengen	1966	2001	01:01:31	01:05:54	01:01:04	01:17:39	01:06:55	01:00:21	06:33:24	18:01:59	35	M30	146	6
603	Kruse-Osterth.	Elke	Zetel	1965	2001	01:00:26	00:59:17	01:02:59	01:22:41	01:07:40	01:00:42	06:33:45	18:24:43	36	W30	29	6
604	Aue	Reinhard	FTC Hollen	1947	2001	01:00:27	00:59:06	01:02:15	01:18:39	01:09:53	01:03:35	06:33:55	18:35:33	54	M50	87	6
605	Wiegmann	Brigitte	Nortmoor	1968	2001	01:03:51	00:59:56	01:02:23	01:17:33	01:10:56	00:59:35	06:34:14	18:56:07	33	W30	30	6
606	Saathoff	Jürgen	Fehntler LT	1931	2001	01:02:27	00:59:16	01:02:13	01:19:33	01:07:28	01:04:16	06:35:13	20:00:01	70	M70	1	6
607	Schmidt	Kerstin	Leer	1965	2001	01:01:52	01:01:27	01:02:55	01:19:30	01:07:43	01:02:16	06:35:43	20:32:30	36	W30	31	6
608	Ture	Ilona	Leer	1968	2001	01:01:53	01:01:27	01:02:56	01:19:32	01:07:50	01:02:17	06:35:55	20:45:30	33	W30	32	6
609	Lambertus	Claudia	VfB Uplengen	1959	2001	01:02:49	00:59:02	01:02:39	01:20:24	01:09:56	01:01:29	06:36:19	21:11:30	42	W40	40	6
610	Hallensleben	Christian	LT Schaffhaus.	1955	2001	01:02:44	00:59:40	01:01:49	01:18:40	01:09:31	01:04:06	06:36:30	21:23:24	46	M40	182	6
611	Meenken	Rolf	Werkst. Aurich	1955	2001	01:04:06	01:01:42	01:02:36	01:17:38	01:09:10	01:01:29	06:36:41	21:35:19	46	M40	183	6
612	Meyer	Erhard	Sparkasse Leer	1962	2001	01:02:12	01:00:15	01:02:29	01:20:05	01:09:33	01:02:16	06:36:50	21:45:04	39	M30	147	6
613	Jünke	Hermine	VfB Uplengen	1964	2001	01:02:22	00:59:05	01:02:50	01:20:20	01:10:19	01:02:27	06:37:23	22:20:48	37	W30	32	6
614	Girts	Wolfgang	Aurich	1952	2001	01:05:06	00:59:27	01:02:07	01:17:21	01:10:28	01:02:59	06:37:28	22:26:13	49	M40	184	6
615	Peters	Johann	VfL Jheringsf.	1958	2001	01:02:13	01:05:46	01:03:03	01:16:49	01:10:53	01:04:45	06:37:29	22:27:18	43	M40	185	6
616	Wempen	Marianne	TSV Riepe	1952	2001	01:00:31	01:01:03	01:03:23	01:18:14	01:10:19	01:04:05	06:37:35	22:33:48	49	W40	41	6
617	Hoppmann	Wilhelm	Rhauderfehn	1953	2001	01:02:24	01:00:27	01:03:31	01:18:48	01:09:14	01:03:22	06:37:46	22:45:43	48	M40	186	6
618	Eden	Adele	Frisia Loga	1949	2001	01:04:25	00:59:12	01:02:57	01:18:40	01:09:11	01:03:24	06:37:49	22:48:58	52	W50	18	6
619	Heeren	Johann	Deutsche Post	1954	2001	01:02:52	01:01:55	01:03:57	01:18:20	01:08:18	01:02:29	06:37:51	22:51:07	47	M40	187	6
620	Buurman	Ellen	Aurich	1948	2001	01:05:32	01:03:08	01:02:26	01:15:32	01:09:39	01:01:40	06:37:57	22:57:37	53	W50	19	6
621	Stöhr	Daniela	VHS Laufen	2001	2001	01:04:47	01:02:25	01:03:43	01:17:03	01:08:30	01:01:59	06:38:27	23:30:07		W		6
622	Brecht-Borke	Simone	HRS Hesel	1972	2001	01:08:52	01:00:30	01:03:44	01:16:14	01:09:48	00:59:36	06:38:44	23:48:31	29	W20	13	6
623	Bruns	Uwe	SV Holtland	1956	2001	01:03:08	01:00:46	01:03:41	01:17:56	01:10:03	01:03:34	06:39:08	00:14:31	45	M40	188	6
624	Deutschmann	Claudia	TSV Hesel	1968	2001	01:02:28	01:03:43	01:01:57	01:20:17	01:08:29	01:02:20	06:39:14	00:21:01	33	W30	33	6
625	Trzinski-Willms	Marianne	Leer	1952	2001	01:02:44	01:01:38	01:03:12	01:20:26	01:09:09	01:02:25	06:39:34	00:42:40	49	W40	42	6
626	Willms	Manuela	ELG Emden	1968	2001	01:06:30	01:00:24	01:02:38	01:19:30	01:09:08	01:01:25	06:39:35	00:43:45	33	W30	34	6
627	Lüken	Annette	Conc. Ihrhove	1949	2001	01:02:38	00:59:59	01:02:49	01:20:57	01:12:01	01:01:12	06:39:36	00:44:50	52	W50	20	6
628	Lange	Thomas	Leer	1956	2001	00:57:43	01:01:19	01:04:50	01:21:03	01:12:46	01:02:04	06:39:45	00:54:35	45	M40	189	6
629	Reents	Marianne	LT Schaffhaus.	1946	2001	01:04:31	01:00:43	01:03:03	01:19:09	01:09:44	01:02:44	06:39:54	01:04:20	55	W50	21	6
630	Severiens	Henni	Fort. Logabirum	1954	2001	01:01:56	00:59:13	01:04:05	01:20:06	01:11:06	01:03:30	06:39:56	01:06:30	47	W40	43	6
631	Dogs	Meike	Fort. Logabirum	1946	2001	01:02:04	00:59:10	01:04:09	01:20:07	01:11:07	01:03:32	06:40:09	01:20:34	55	W50	22	6
632	Heidemann	Sonja	TC GW Leer	1960	2001	01:07:05	01:01:35	01:03:00	01:19:40	01:06:47	01:02:04	06:40:11	01:22:44	41	W40	44	6
633	Janssen	Annika	LT Schaff														

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
640	Wollermann	Mariechen	MTV Wittmund	1944	2001	01:03:12	01:00:37	01:04:40	01:22:12	01:08:53	01:04:16	06:43:50	05:19:54	57	W50	23	6
641	Völker	Peter	TuS Aurich-Ost	1957	2001	01:04:58	01:03:22	01:03:08	01:18:58	01:09:24	01:04:15	06:44:05	05:36:09	44	M40	191	6
642	Romaneßen	Renate	Aurich	1965	2001	01:02:43	01:01:15	01:04:10	01:20:54	01:10:54	01:04:12	06:44:08	05:39:24	36	W30	35	6
643	Harms	Rita	Wallinghausen	1963	2001	01:08:46	01:03:28	01:02:16	01:19:43	01:07:26	01:02:31	06:44:10	05:41:34	38	W30	36	6
644	Themann	Thorsten	Leer	1962	2001	01:04:33	00:59:32	01:04:20	01:23:50	01:09:56	01:02:17	06:44:28	06:01:03	39	M30	148	6
645	Graafls	Johannes	SV Stikelkamp	1936	2001	01:04:26	01:01:49	01:04:03	01:20:09	01:10:36	01:03:30	06:44:33	06:06:28	65	M60	20	6
646	Diekmann	Verena	SV Holtland	2001	2001	01:10:17	01:05:13	01:02:09	01:19:02	01:08:02	01:00:07	06:44:50	06:24:53		WU20	7	6
647	Groen	Talea	SG Egels-Pop.	1957	2001	01:03:23	01:01:34	01:04:10	01:20:51	01:10:37	01:04:19	06:44:54	06:29:13	44	W40	47	6
648	Janßen	Lothar	Eintr. Plaggenbg.	1958	2001	01:04:50	01:01:14	01:03:24	01:20:25	01:11:25	01:03:42	06:45:00	06:35:43	43	M40	192	6
649	Reuter	Marion	BV Pfalzdorf	1975	2001	01:06:51	01:04:49	01:06:04	01:05:44	01:15:38	01:06:14	06:45:20	06:57:22	26	W20	14	6
650	Bünting	Anne	Middels	1957	2001	01:05:14	01:00:42	01:03:26	01:21:34	01:11:32	01:03:18	06:45:46	07:25:32	44	W40	48	6
651	Claaßen	Christa	Sandhorst	1960	2001	01:05:21	01:03:04	01:03:53	01:22:10	01:08:22	01:02:57	06:45:47	07:26:37	41	W40	49	6
652	Lamping	Christina	TV Norden	1957	2001	01:04:42	01:02:09	01:04:06	01:22:32	01:10:07	01:02:18	06:45:54	07:34:11	44	W40	50	6
653	Kruse	Jens	Leer	1966	2001	01:05:36	01:04:27	01:04:11	01:23:01	01:08:29	01:00:44	06:46:28	08:11:01	35	M30	149	6
654	Jürgens	Ursula	Hesel	1952	2001	01:04:46	01:02:46	01:04:38	01:18:55	01:10:20	01:05:06	06:46:31	08:14:16	49	W40	51	6
655	Folkerts	Jakob	ELG Emden	1954	2001	01:04:40	01:02:35	01:04:07	01:22:07	01:11:04	01:02:35	06:47:08	08:54:20	47	M40	193	6
656	Maleika	Andreas	Leer	1947	2001	01:02:19	00:59:01	01:00:34	01:17:19	01:11:11	01:16:54	06:47:18	09:05:09	54	M50	89	6
657	Becker	Stefanie	Norden	1948	2001	01:05:13	01:01:13	01:04:04	01:21:14	01:12:04	01:03:33	06:47:21	09:08:24	53	W50	24	6
658	Bronn	Ewald	SV Jemgum	1953	2001	01:04:35	01:00:42	01:03:49	01:22:04	01:11:56	01:04:57	06:48:03	09:53:53	48	M40	194	6
659	Freitag	Theda	TuS Aurich-Ost	1951	2001	01:05:15	01:05:41	01:06:17	01:11:51	01:12:06	01:07:03	06:48:13	10:04:43	50	W50	25	6
660	Weeken	Astrid	Leer	1965	2001	01:04:21	01:02:56	01:05:02	01:22:40	01:10:38	01:02:50	06:48:27	10:19:53	36	W30	37	6
661	Lüdeking	Annika	Norden	1987	2001	01:07:11	00:59:47	01:05:39	01:22:08	01:12:32	01:01:14	06:48:31	10:24:13	14	WU20	8	6
662	Onneken	Beate	Wallinghausen	1964	2001	01:08:48	01:03:29	01:03:33	01:20:03	01:09:05	01:03:34	06:48:32	10:25:18	37	W30	38	6
663	Folkerts	Beate	ELG Emden	1959	2001	01:04:39	01:02:33	01:05:24	01:22:08	01:11:29	01:02:35	06:48:48	10:42:37	42	W40	52	6
664	Köhler-Titze	Anja	Moormerland	1966	2001	01:01:32	00:59:57	01:05:25	01:26:03	01:12:39	01:03:20	06:48:56	10:51:17	35	W30	39	6
665	Prüwer	Peter	VHS Leer	1954	2001	01:07:34	01:04:16	01:04:08	01:21:05	01:10:40	01:01:17	06:49:00	10:55:37	47	M40	195	6
666	Groth	Andrea	RVB Uplengen	1970	2001	01:08:50	01:00:37	01:02:54	01:22:09	01:10:59	01:04:22	06:49:51	11:50:51	31	W30	40	6
667	Middelborg	Helga	SV E. Jemgum	1952	2001	01:04:41	01:01:39	01:04:08	01:22:13	01:12:26	01:04:54	06:50:01	12:01:41	49	W40	53	6
668	Kleipa	Rotraut	MTV Wittmund	1943	2001	01:02:17	01:01:40	01:06:17	01:25:43	01:06:19	01:08:32	06:50:48	12:52:35	58	W50	26	6
669	Saathoff	Günther	TSV Hesel	1946	2001	01:03:40	01:03:23	01:06:16	01:21:25	01:10:35	01:05:55	06:51:14	13:20:44	55	M50	90	6
670	Engel	Elke	Leer	1962	2001	01:04:25	01:03:10	01:05:13	01:22:49	01:12:09	01:03:49	06:51:35	13:43:29	39	W30	41	6
671	Just	Ute	Aurich	1952	2001	01:02:14	01:01:29	01:05:44	01:22:53	01:13:59	01:05:42	06:52:01	14:11:38	49	W40	54	6
672	Sanwald	Hanna	Warsingsfehn	1962	2001	01:11:12	01:03:05	01:05:52	01:22:00	01:09:20	01:01:42	06:53:11	15:27:26	39	W30	42	6
673	Janssen	Martin	TuS Sandhorst	1951	2001	01:09:35	01:01:24	01:03:25	01:24:31	01:11:46	01:02:56	06:53:37	15:55:36	50	M50	91	6
674	August	Dieter	Ostfriesl.-Online	1960	2001	01:05:22	01:02:55	01:04:44	01:27:27	01:10:45	01:02:36	06:53:49	16:08:35	41	M40	196	6
675	Pfitzner	Adele	TuS Aurich-Ost	1949	2001	01:03:51	01:03:39	01:04:53	01:22:00	01:13:17	01:06:33	06:54:13	16:34:35	52	W50	27	6
676	Hiltmann	Susanne	TC Aurich-West	1956	2001	01:05:21	01:03:03	01:06:18	01:21:42	01:11:42	01:06:09	06:54:15	16:36:45	45	W40	55	6
677	Frein	Markus	Leer	1962	2001	01:05:32	01:05:29	01:05:50	01:22:48	01:11:14	01:03:48	06:54:41	17:04:54	39	M30	150	6
678	Janssen	Thorsten	Hesel	1966	2001	01:11:33	01:04:36	01:04:34	01:19:34	01:11:42	01:02:53	06:54:52	17:16:49	35	M30	151	6
679	Soffner	Judith	Großsefeh	1966	2001	01:06:47	01:04:55	01:04:11	01:21:53	01:12:45	01:04:47	06:55:18	17:44:58	35	W30	43	6
680	Scholtalbers	Hendrik	SV Stikelkamp	1959	2001	01:15:08	01:03:34	01:09:02	01:21:59	01:07:30	00:58:16	06:55:29	17:56:53	42	M40	197	6
681	Buss	Frieda	Leer	1962	2001	01:04:21	01:01:07	01:07:14	01:23:17	01:13:13	01:06:26	06:55:38	18:06:38	39	W30	44	6
682	Nobel	Reiner	Leer	1951	2001	01:05:54	01:03:06	01:07:38	01:21:13	01:12:47	01:05:02	06:55:40	18:08:48	50	M50	92	6
683	Nobel	Monika	Leer	1956	2001	01:05:55	01:03:05	01:07:30	01:21:30	01:12:50	01:05:03	06:55:53	18:22:53	45	W40	56	6
684	Salewsky	Janna	LT Schaffhaus.	1983	2001	01:04:29	01:02:58	01:04:47	01:22:11	01:14:44	01:06:50	06:55:59	18:29:23	18	WU20	9	6
685	Rieken	Wilhelm	TuS Leerhufe-H.	1962	2001	01:11:41	01:08:29	01:10:07	01:09:55	01:19:07	00:57:00	06:56:19	18:51:02	39	M30	152	6
686	Thiele	Dietgard	MTV Aurich	1949	2001	01:07:10	01:01:58	01:06:25	01:25:23	01:10:17	01:05:12	06:56:25	18:57:32	52	W50	28	6
687	Eilers	Elisabeth	TV Norden	1958	2001	01:07:59	01:04:48	01:04:04	01:22:20	01:13:14	01:04:55	06:57:20	19:57:06	43	W40	57	6
688	Gerjets	Erhard	MTV Aurich	1958	2001	01:06:58	01:05:53	01:04:13	01:26:23	01:10:10	01:03:45	06:57:22	19:59:16	43	M40	198	6
689	Middelborg	Manfred	Luv-up-Jemgum	1949	2001	01:06:39	01:03:08	01:05:25	01:26:42	01:12:13	01:03:32	06:57:39	20:17:40	52	M50	93	6
690	Ufen	Heinrich	SV Dornum	1955	2001	01:06:22	01:05:22	01:06:30	01:23:11	01:12:10	01:04:34	06:58:09	20:50:10	46	M40	199	6
691	Erdmann	Sabine	SV Jemgum	1972	2001	01:11:29	01:01:14	01:06:16	01:24:19	01:12:43	01:02:24	06:58:25	21:07:29	29	W20	15	6
692	Peters	Hans-Jürg.	TV Bunde	1949	2001	01:06:39	01:03:37	01:07:17	01:24:16	01:12:11	01:04:57	06:58:57	21:42:08	52	M50	94	6
693	Steinig	Klaus	Pewsum	1943	2001	01:08:44	01:01:51	01:06:46	01:20:51	01:12:50	01:08:10	06:59:12	21:58:23	58	M50	95	6
694	Frey	Inga	Fort. Logabirum	1980	2001	01:11:09	01:04:40	01:05:48	01:22:03	01:12:48	01:02:48	06:59:16	22:02:43	21	W20	16	6
695	Düring	Anja	SV E. Jemgum	1963	2001	01:05:24	01:03:03	01:04:44	01:26:11	01:14:45	01:05:19	06:59:26	22:13:33	38	W30	45	6
696	Zeretzke	Sabine	Leer	1956	2001	01:06:12	01:05:30	01:06:00	01:22:36	01:14:19	01:05:52	07:00:29	23:21:46	45	W40	58	6
697	Boekhoff	Kerstin	SV Stikelkamp	1978	2001	01:06:38	01:00:11	01:02:43	01:25:52	01:15:14	01:09:57	07:00:35	23:28:16	23	W20	17	6
698	Behrens	Margret	Leer	1957	2001	01:07:06	01:04:12	01:06:40	01:22:35	01:14:39	01:05:35	07:00:47	23:41:16	44	W40	59	6
699	Benthien	Uwe	TuS Aurich-Ost	1945	2001	01:03:01	01:09:47	01:06:24	01:18:59	01:16:13	01:07:03	07:01:27	00:24:35	56	M50	96	6
700	Carstens	Annemarie	LT Schaffhaus.	1956	2001	01:09:35	01:05:28	01:06:27	01:23:56	01:12:10	01:04:20	07:01:56	00:55:59	45	W40	60	6
701	Liwa	Edda	PSV Leer	1938	2001	01:06:43	01:04:27	01:06:54	01:24:11	01:13:21	01:06:23	07:01:59	00:59:14	63	W60	3	6
702	Evers	Hannely	LT Schaffhaus.	1950	2001	01:08:28	01:07:47	01:06:32	01:23:59	01:12:23	01:03:35	07:02:44	01:47:58	51	W50	29	6
703	Janssen	Tomke	Leer	1974	2001	01:06:45	01:04:36	01:05:56	01:23:02	01:17:21	01:05:07	07:02:47	01:51:13	27	W20	18	6
704	de Berg	Christina	Pfalzdorf	19													

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
711	Schmehl	Edeltraud	LT Jemgum	1960	2001	01:05:25	01:06:04	01:06:13	01:26:05	01:14:49	01:04:57	07:03:33	02:41:02	41	W40	64	6
712	Rohmann	Heike	Moormerland	1964	2001	01:07:33	01:03:09	01:05:16	01:28:17	01:14:24	01:04:56	07:03:35	02:43:12	37	W30	47	6
713	Jockram	Karl-Wilh.	SV Frisia Loga	1939	2001	01:18:07	01:03:18	01:08:09	01:19:21	01:11:01	01:04:31	07:04:27	03:39:31	62	M60	21	6
714	Tjaden	Heinz-Jürg.	TV Norden	1949	2001	01:05:57	01:04:35	01:08:13	01:23:54	01:14:42	01:07:28	07:04:49	04:03:20	52	M50	99	6
715	Berends	Maike	TSV Riepe	1950	2001	01:07:29	01:07:36	01:07:44	01:24:25	01:15:14	01:02:51	07:05:19	04:35:50	51	W50	31	6
716	Eilers	Fenna	TV Norden	1988	2001	01:08:43	01:04:38	01:06:00	01:26:25	01:14:36	01:04:59	07:05:21	04:38:00	13	WU20	10	6
717	Schulz	Jürgen	TTG Holtriem	1942	2001	01:05:33	01:04:57	01:06:51	01:30:24	01:13:23	01:04:46	07:05:54	05:13:44	59	M50	100	6
718	Reiners	Antje	TV Norden	1989	2001	01:09:04	01:04:37	01:06:01	01:26:36	01:14:37	01:05:00	07:05:55	05:14:49	12	WU20	11	6
719	Christians	Helga	EWE Norden	1950	2001	01:02:25	01:07:12	01:05:27	01:29:40	01:11:45	01:09:59	07:06:28	05:50:33	51	W50	32	6
720	Hertema	Christa	LT Jemgum	1962	2001	01:05:31	01:06:04	01:06:12	01:26:07	01:14:52	01:08:12	07:06:58	06:23:02	39	W30	48	6
721	Wulf	Horst-Die.	VfR Heisfelde	1939	2001	01:11:18	01:06:05	01:07:30	01:26:03	01:13:21	01:03:47	07:08:04	07:34:31	62	M60	22	6
722	Podzuweit-M.	Andrea	Nowebau	1975	2001	01:06:37	01:04:36	01:05:56	01:25:53	01:15:15	01:09:58	07:08:15	07:46:26	26	W20	19	6
723	Schoon	Margret	TG Wiesmoor	1963	2001	01:05:46	01:05:30	01:05:52	01:26:59	01:17:05	01:07:37	07:08:49	08:23:15	38	W30	49	6
724	Zägel	Charlotte	Werkst. Aurich	1958	2001	01:06:47	01:04:04	01:06:03	01:24:50	01:18:58	01:08:07	07:08:49	08:23:15	43	W40	65	6
725	Schoone	Gabriele	TG Wiesmoor	1960	2001	01:05:53	01:05:22	01:05:56	01:26:43	01:17:21	01:07:37	07:08:52	08:26:30	41	W40	66	6
726	Zettel	Beate	Leer	1956	2001	01:09:59	01:05:56	01:09:21	01:25:51	01:13:58	01:04:17	07:09:22	08:58:59	45	W40	67	6
727	Meyer	Erwien	TuS Aurich-Ost	1958	2001	01:07:28	01:05:40	01:09:20	01:26:19	01:12:09	01:08:32	07:09:28	09:05:29	43	M40	200	6
728	Bruns	Helga	Fisum	1949	2001	01:04:44	01:07:34	01:07:25	01:27:52	01:12:52	01:10:43	07:11:10	10:55:57	52	W50	33	6
729	de Boer	Barbara	Emdrer Ruderve.	1965	2001	01:09:05	01:07:18	01:06:41	01:24:27	01:15:53	01:07:47	07:11:11	10:57:02	36	W30	50	6
730	Bogena	Monika	OZ Team	1959	2001	01:08:51	01:05:13	01:07:38	01:28:51	01:15:05	01:07:58	07:13:36	13:34:03	42	W40	68	6
731	Behrends	Heidrun	SV Brinkum	1963	2001	01:08:49	01:05:25	01:07:33	01:28:48	01:15:16	01:07:57	07:13:48	13:47:03	38	W30	51	6
732	Brauer	Monika	MTV Aurich	1956	2001	01:11:34	01:06:22	01:09:37	01:25:19	01:14:06	01:08:05	07:15:03	15:08:16	45	W40	69	6
733	Meierholz	Stephan	SC Dunum	1965	2001	01:12:03	01:07:55	01:09:53	01:25:11	01:15:09	01:04:56	07:15:07	15:12:36	36	M30	153	6
734	Spinneker	Christa	TV Norden	1948	2001	01:09:08	01:08:21	01:07:31	01:28:47	01:14:53	01:06:36	07:15:16	15:22:21	53	W50	34	6
735	Conrads	Marianne	Leer	1954	2001	01:09:59	01:05:57	01:09:27	01:26:42	01:15:01	01:08:22	07:15:28	15:35:21	47	W40	70	6
736	Ciesielski	Gertrud	Leer	1953	2001	01:10:04	01:05:57	01:09:33	01:27:11	01:15:07	01:08:24	07:16:16	16:27:20	48	W40	71	6
737	Potzler	Helga	MTV Wittmund	1949	2001	01:09:34	01:06:20	01:07:44	01:26:24	01:15:52	01:10:45	07:16:39	16:52:14	52	W50	35	6
738	Wallenstein	Heike	Leer	1970	2001	01:10:46	01:05:12	01:09:44	01:26:19	01:16:20	01:08:27	07:16:48	17:01:59	31	W30	52	6
739	Jeschke-Krey	Marion	LT Schaffhaus.	1965	2001	01:09:35	01:07:48	01:09:35	01:31:24	01:13:38	01:05:14	07:17:14	17:30:08	36	W30	53	6
740	Rissiek	Silke	Leer	1969	2001	01:10:53	01:05:46	01:09:05	01:28:47	01:16:03	01:07:20	07:17:54	18:13:27	32	W30	54	6
741	Döring	Kurt	Schortens	1938	2001	01:11:39	01:05:12	01:08:26	01:26:14	01:18:59	01:07:34	07:18:04	18:24:17	63	M60	23	6
742	Planteur	Renate	TuS Aurich-Ost	1954	2001	01:08:22	01:09:48	01:09:02	01:26:18	01:16:30	01:08:33	07:18:33	18:55:41	47	W40	72	6
743	Herlyn	Gerrit	Frisia Loga	1949	2001	01:07:22	01:08:15	01:11:02	01:29:46	01:13:43	01:09:20	07:19:28	19:55:15	52	M50	101	6
744	Peters	Ilse	Fehntjer LT	1959	2001	01:08:24	01:07:51	01:09:52	01:27:12	01:16:06	01:10:04	07:19:29	19:56:20	42	W40	73	6
745	Reiners	Jutta	TV Norden	1960	2001	01:09:14	01:07:22	01:07:43	01:29:04	01:17:23	01:08:58	07:19:44	20:12:35	41	W40	74	6
746	Mayer	Detlef	Werkst. Aurich	1952	2001	01:09:53	01:14:26	01:08:02	01:25:43	01:15:13	01:07:21	07:20:38	21:11:04	49	M40	201	6
747	Klünder	Manfred	Südbrookmerla.	1937	2001	01:11:09	01:08:44	01:11:20	01:27:12	01:14:44	01:07:35	07:20:44	21:17:33	64	M60	24	6
748	Buurmann	Merret	IGS Aurich	1985	2001	01:11:45	01:10:20	01:08:26	01:25:15	01:17:43	01:08:52	07:22:21	23:02:36	16	MU20	24	6
749	Vrckovski	Sophie	SV Warsingsfehn	1953	2001	01:13:38	01:08:44	01:09:33	01:27:51	01:16:21	01:07:36	07:23:43	00:31:24	48	W40	75	6
750	Wietjes	Wera	Uplengen	1962	2001	01:10:01	01:10:28	01:08:33	01:27:31	01:16:40	01:10:33	07:23:46	00:34:39	39	W30	55	6
751	Peters-Feldm.	Heike	MTV Wittmund	1960	2001	01:09:33	01:06:21	01:10:57	01:26:20	01:18:08	01:13:00	07:24:19	01:10:24	41	W40	76	6
752	Schmitz	Michael	OSC Leer	1952	2001	01:10:00	01:07:03	01:12:46	01:31:35	01:17:54	01:07:55	07:27:13	04:18:50	49	M40	202	6
753	Guenther	Jenny	MTV Aurich	1943	2001	01:12:16	01:10:19	01:10:01	01:29:15	01:17:26	01:09:32	07:28:49	06:02:47	58	W50	36	6
754	de Buhr	Heike	Moormerland	1969	2001	01:12:24	01:10:54	01:10:44	01:28:20	01:18:59	01:08:53	07:30:14	07:34:50	32	W30	56	6
755	Rosendahl	Stephan	Hesel	1985	2001	01:09:35	01:04:54	01:11:16	01:33:09	01:18:24	01:13:08	07:30:26	07:47:50	16	MU20	25	6
756	Reuter	Uwe	SV Brinkum	1966	2001	01:12:23	01:10:58	01:11:14	01:28:21	01:18:44	01:08:52	07:30:32	07:54:20	35	M30	154	6
757	Lengert	Heike	ELG Emden	1963	2001	01:12:17	01:09:53	01:09:34	01:33:18	01:18:52	01:10:58	07:34:52	12:35:54	38	W30	57	6
758	Steinmann	Helga	Frisia Loga	1960	2001	01:12:39	01:09:24	01:12:46	01:30:18	01:18:58	01:11:22	07:35:27	13:13:48	41	W40	77	6
759	Jonczyk	Sabine	GW Leer	1970	2001	01:12:39	01:09:25	01:11:36	01:31:29	01:20:01	01:11:21	07:36:31	14:23:07	31	W30	58	6
760	Wegner	Brigitte	Aurich	1952	2001	01:14:36	01:11:53	01:11:04	01:33:34	01:17:47	01:09:59	07:38:53	16:56:53	49	W40	78	6
761	Keldermann-H.	Annette	GW Leer	1958	2001	01:10:49	01:10:48	01:11:14	01:29:50	01:23:01	01:14:24	07:40:06	18:15:57	43	W40	79	6
762	Bramer	Egbert	Westgroßefehn	1965	2001	01:11:03	01:11:10	01:13:13	01:32:49	01:21:14	01:10:54	07:40:23	18:34:21	36	M30	155	6
763	Schmidtke	Wolfgang	Loga	1953	2001	01:12:49	01:13:39	01:13:43	01:34:26	01:17:55	01:07:56	07:40:28	18:39:46	48	M40	203	6
764	Janssen	Anneliese	Middels	1939	2001	01:14:38	01:11:52	01:12:50	01:34:11	01:21:44	01:12:11	07:47:26	02:12:27	62	W60	4	6
765	Sinning	Petra	Leer	1960	2001	01:14:18	01:08:50	01:16:31	01:34:58	01:21:18	01:12:37	07:48:32	03:23:55	41	W40	80	6
766	Schäfer	Heike	Leer	1964	2001	01:14:18	01:08:50	01:16:30	01:34:58	01:21:40	01:12:36	07:48:52	03:45:35	37	W30	59	6
767	Bödeker	Angelika	Leer	1960	2001	01:15:00	01:10:35	01:14:28	01:34:57	01:23:11	01:13:22	07:51:33	06:39:56	41	W40	81	6
768	Johannsen	Silje	Leer	1957	2001	01:16:35	01:10:59	01:16:03	01:36:27	01:23:23	01:14:05	07:57:32	13:08:43	44	W40	82	6
769	Meyring	Ursula	Leer	1957	2001	01:16:35	01:11:19	01:15:57	01:36:24	01:23:22	01:14:05	07:57:42	13:19:33	44	W40	83	6
770	Müller	Barbara	RV Brookmerl.	1953	2001	01:20:24	01:14:39	01:13:43	01:36:23	01:21:46	01:12:56	07:59:51	15:39:15	48	W40	84	6
771	Willms	Georg	Leer	1949	2001	01:18:44	01:04:29	01:18:20	01:35:11	01:26:47	01:17:01	08:00:32	16:23:39	52	M50	102	6
772	Thiele	Helga	Werkst. Aurich	1958	2001	01:13:55	01:15:34	01:16:37	01:36:03	01:23:41	01:14:48	08:00:38	16:30:09	43	W40	85	6
773	von Garrel	Andrea	Leer	1957	2001	01:16:41	01:14:07	01:16:04	01:37:17	01:23:41	01:17:36	08:05:26	21:42:02	44	W40	86	6
774	Schieferstein	Gudrun	Germania Leer	1956	2001	01:17:44	01:12:41	01:15:09	01:36:41	01:25:29	01:17:49	08:05:33	21:49:37	45	W40	87	6
775	Lenz																

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km						
782	de Beer-Loers	Erika	Filsum	1955	2001	01:20:26	01:16:06	01:17:44	01:40:50	01:28:56	01:17:50	08:21:52	15:29:49	46	W40	90	6
783	Küttner	Ulrike	Filsum	1970	2001	01:20:26	01:16:08	01:17:50	01:40:50	01:28:59	01:17:51	08:22:04	15:42:49	31	W30	60	6
784	Janßen	Rita		1955	2001	01:27:55	01:21:25	01:24:01	01:44:11	01:31:25	01:22:32	08:51:29	23:34:14	46	W40	91	6
785	Harms	Lisa	Westoverleding.	1970	2001	01:27:58	01:21:25	01:24:02	01:44:11	01:31:24	01:22:32	08:51:32	23:37:28	31	W30	61	6
	Ibeling	Fred	LG Ostfriesland	1966	2001	00:41:13	00:39:27	00:40:53	00:51:33	00:51:04		03:44:10		35	M30		5
	Trauernicht	Heinz	Polizei Leer	1965	2001	00:42:58	00:41:31	00:44:16	00:56:15		00:44:34	03:49:34		36	M30		5
	Goudschaal	Joachim	Bunde	1983	2001	00:45:00	00:43:33	00:45:04		00:50:16	00:45:54	03:49:47		18	MU20		5
	Beekhuis	Gottfried	SV Dornum	1954	2001	00:45:54	00:44:30	00:45:23	00:57:04		00:48:54	04:01:45		47	M40		5
	Schmidt	Jens	Wittmund	1976	2001	00:51:00	00:48:28		01:02:45	00:55:19	00:49:51	04:27:23		25	M20		5
	van Lessen	Meiko	Deutsche Post	1961	2001		00:52:31	00:49:45	01:03:17	00:55:56	00:50:49	04:32:18		40	M40		5
	Möhlmann	Ralf	Detern	1968	2001	00:50:48	00:49:01	00:51:06	01:04:26	00:57:01		04:32:22		33	M30		5
	Eiben	Eibo	LT Schaffhaus.	1943	2001	00:50:59		00:49:31	01:03:40	00:58:24	00:53:56	04:36:30		58	M50		5
	Schoon	Reinhard	RVB U len en	1946	2001	00:52:33	00:49:50	00:51:43	01:04:38	00:58:53		04:37:37		55	M50		5
	Feldkamp	Volker	Leer	1960	2001	00:54:28	00:52:40	00:53:09	01:06:29		00:54:33	04:41:19		41	M40		5
	Dir Cab	Filip	Leer		2001	00:52:04	00:56:05	00:52:39	01:04:55	00:57:42		04:43:25			M		5
	Heinrichsdorff	Feeko	TuS Pewsum	1956	2001	00:57:58	00:56:49	00:56:59		01:01:19	00:56:34	04:49:39		45	M40		5
	Dreesmann	Siemen	SV E. Jemgum	1939	2001	00:54:17	00:51:38	00:54:56	01:08:42	01:03:42		04:53:15		62	M60		5
	Beerens	Hermann	SV E. Jemgum	1956	2001	00:57:02	00:53:54	00:55:29	01:10:37		00:57:30	04:54:32		45	M40		5
	Hausmann	Jose	ELG Emden	1955	2001	00:56:00	00:52:56	00:55:19	01:10:03	01:00:24		04:54:42		46	M40		5
	Weber	Hans Peter	LG U len en	1962	2001	00:54:53	00:52:28	00:55:40	01:09:57	01:02:58		04:55:56		39	M30		5
	Wübena	Hermann	TV Norden	1949	2001	00:56:43	00:53:47	00:55:25	01:09:22	01:02:18		04:57:35		52	M50		5
	Meer	Ante	LG Uplengen	1956	2001	00:56:28	00:52:52	00:56:00	01:11:07	01:02:53		04:59:20		45	W40		5
	Lambertus	Joachim	Werkst. Aurich	1956	2001	00:56:13	00:52:48	00:53:56	01:08:26	01:09:52		05:01:15		45	M40		5
	Harders	Jane	SZ Nortmoor	1962	2001	00:56:13	00:53:22	00:57:25	01:12:58	01:01:38		05:01:36		39	W30		5
	Hoegen	Franz	OZ Team	1942	2001	00:55:40	00:52:57	00:56:31	01:10:04	01:06:35		05:01:47		59	M50		5
	Meyerhoff	Peter	MTV Aurich	1944	2001	00:57:18	00:53:49	00:56:43	01:12:14	01:02:42		05:02:46		57	M50		5
	Schröder	Uta	Leer	1960	2001	00:57:55	00:55:13	00:57:16	01:10:45	01:03:26		05:04:35		41	W40		5
	Bünting	Lübbe	TuS Middels	1955	2001	01:00:46	00:56:40	00:58:38	01:11:13		00:58:26	05:05:43		46	M40		5
	Doolmann	Gerd	TV Marienhafte	1958	2001	00:57:42	00:54:05		01:12:20	01:04:26	00:59:43	05:08:16		43	M40		5
	Eilee	Dirk	LIEG	1948	2001	00:57:44	00:55:08		01:13:14	01:04:05	00:59:12	05:09:23		53	M50		5
	Gerjtjegerdes	Klaus	Seefeldter TV	1941	2001	01:01:05	01:01:22	01:03:26		01:10:13	01:01:32	05:17:38		60	M60		5
	Neumann	Hans	TuS Esens	1935	2001	01:02:51	01:00:36	01:03:12		01:09:36	01:02:45	05:19:00		66	M60		5
	Friedrichs	Ralf	Leer	1952	2001	01:05:56	00:54:45	00:57:48	01:17:22	01:08:11		05:24:02		49	M40		5
	Janssen	Imke	Leer	1966	2001	01:03:34	00:58:10	01:02:13	01:15:26	01:06:00		05:25:23		35	W30		5
	Orzessek	Klaus	Nowebau	1976	2001	00:59:43		01:04:35	01:19:17	01:05:58	00:59:44	05:29:17		25	M20		5
	Haedke	Bodo	Leer	1954	2001	01:10:52	01:04:52	01:05:45		01:06:45	01:02:06	05:30:20		47	M40		5
	Seybold	Neele	Leer	1981	2001	01:00:12		01:04:10	01:19:23	01:09:17	00:59:24	05:32:26		20	M20		5
	Sabath	Norbert	Leer	1960	2001	00:59:35	00:56:00	01:03:58	01:21:02	01:12:28		05:33:03		41	M40		5
	Becker	Heino	ELG Emden	1949	2001	01:02:32	00:58:48	01:03:50	01:19:25	01:08:41		05:33:16		52	M50		5
	Ukena	Ruth	Leer	1957	2001	01:09:11	01:06:19	01:07:26		01:13:43	01:04:35	05:41:14		44	W40		5
	Meier	Detlef	SC 04 Leer	1942	2001	01:13:25	01:07:57	01:07:16	01:22:38	01:09:36		06:00:52		59	M50		5
	Fleißner	Foline	MTV Aurich	1946	2001	01:12:35	01:09:02	01:10:39		01:18:41	01:10:33	06:01:30		55	W50		5
	Ahsendorf-St.	Sabine	WR Heisfelde	1955	2001		01:07:19	01:09:04	01:28:21	01:12:05	01:07:18	06:04:07		46	W40		5
	Penon	Sieglinde	WFB Aurich	1962	2001	01:08:28		01:08:45	01:25:06	01:15:09	01:07:17	06:04:45		39	W30		5
	Hamer	Ulrike	Leer		2001	01:17:49	01:11:54	01:14:48		01:23:13	01:14:25	06:22:09			W		5
	Pricha	Nikola	VHS Laufen	1962	2001	01:16:41	01:14:06	01:13:44		01:26:03	01:15:34	06:26:08		39	M30		5
	Damm	Elke	Frisia Loga	1956	2001	01:18:09	01:13:02	01:13:42	01:36:44	01:26:03		06:47:40		45	W40		5
	Zägel	Manfred	Werkst. Aurich	1956	2001		01:15:33	01:16:16	01:38:46	01:24:36	01:16:01	06:51:12		45	M40		5
	Hesse	Axel	Deutsche Post	1969	2001	00:42:15	00:39:55	00:42:07	00:53:40			02:57:57		32	M30		4
	Swyter	Siebold	Emden	1969	2001	00:42:14	00:39:50	00:42:37	00:54:00			02:58:41		32	M30		4
	Aden	Hans-Dieter	TuS Hinte	1958	2001	00:42:49	00:40:44	00:42:46	00:54:52			03:01:11		43	M40		4
	Mennen	Arno	SV Ha e	1967	2001	00:43:31	00:41:05	00:43:16	00:54:14			03:02:06		34	M30		4
	Ortgies	Hans-Jürgen	LT Schaffhaus.	1962	2001	00:43:52		00:43:03	00:54:57	00:47:34		03:09:26		39	M30		4
	Mouson	Gerold	TV Norden	1980	2001	00:46:26	00:44:43			00:52:53	00:48:28	03:12:30		21	M20		4
	Warneke	Dirk	Leer	1969	2001	00:45:47	00:43:57		00:56:39	00:48:39		03:15:02		32	M30		4
	Beckers	Achim	Germania Leer	1959	2001	00:45:52	00:45:21	00:47:14	00:58:47			03:17:14		42	M40		4
	Fresemann	Lars	TSV Riepe	1973	2001	00:48:19		00:45:58	00:58:10	00:49:15		03:21:42		28	M20		4
	Hildebrandt	Volkmar	TuS Weene	1955	2001		00:45:04		00:59:45	00:52:13	00:47:02	03:24:04		46	M40		4
	Hauer	Werner	Leer	1953	2001	00:49:37	00:46:41			01:00:29	00:49:11	03:25:58		48	M40		4
	Helms	Harald	Emden	1949	2001	00:50:12	00:50:04	00:51:32		00:56:26		03:28:14		52	M50		4
	Dir Happach	Heiko	LT Schaffhaus.	1957	2001	00:49:36	00:47:40	00:48:31	01:09:40			03:35:27		44	M40		4
	Müller	Günter	Aurich-E els	1967	2001	00:54:00	00:48:18			00:59:52	00:54:20	03:36:30		34	M30		4
	Defort	Ralf	MTV Aurich	1965	2001		00:49:44		01:05:44	01:00:34	00:48:34	03:44:36		36	M30		4
	Wulff	Detlef	K+J Treff Leer	1970	2001	00:53:40	00:52:15	00:54:51	01:06:31			03:47:17		31	M30		4
	Abt	Paul	ELG Emden	1955	2001	00:54:57	00:52:16	00:54:44	01:06:34			03:48:31		46	M40		4
	Fürst	Helge	Wiesens	1968	2001	00:51:23		00:53:38	01:09:35	00:59:07		03:53:43		33	M30		4
	Poetzsch	Virgina	MTV Aurich	1948	2001	00:55:17	00:54:30	00:55:38	01:10:07			03:5					

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km	67,80km	10km				
	Sauer	Gerhard	MTV Aurich	1934	2001	00:59:44	00:57:09	00:58:58	01:16:50			04:12:41		67	M60		4
	Madel	Karl-Heinz	TuS Ditzumerverlaat	1972	2001		00:55:01	00:55:02	01:24:09	00:58:57		04:13:09		29	M20		4
	Fahrig	Gabriele	WTL Loppersum	1956	2001	01:04:42	01:00:02	01:02:28		01:06:04		04:13:16		45	W40		4
	Akkermann	Edith	Concordia Ihrhove	1953	2001	01:03:02	00:59:59			01:11:45	01:02:13	04:16:59		48	W40		4
	Seiler-Reis	Christiane	TuS Detern	1963	2001	01:04:55	00:57:49	01:01:10	01:16:15			04:20:09		38	W30		4
	Janssen	Michaela	Leer	1974	2001	01:04:36	00:59:01		01:17:46	01:04:44		04:26:07		27	W20		4
	Erdmann	Stephan	Wittmund	1972	2001	00:57:36	00:55:19	00:57:59	01:36:14			04:27:08		29	M20		4
	Bordeaux	Geord	Leer	1954	2001	01:06:15	01:05:20			01:14:20	01:05:51	04:31:46		47	M40		4
	Friesenborg	Thea	Komet Walle	1964	2001	01:06:56	01:05:58			01:14:13	01:08:18	04:35:25		37	W30		4
	Sjuts	Doris	TuS Leerhufe	1967	2001	01:11:41	01:08:24	01:10:07		01:19:04		04:49:16		34	M30		4
	Stamer	Etta	Post SV Leer	1956	2001	01:10:44	01:07:32	01:09:34	01:27:22			04:55:12		45	W40		4
	Ahrends	Ellen	Oldenburg	1976	2001	01:14:06	01:10:24	01:15:09		01:21:23		05:01:02		25	W20		4
	Cordsen	Magda	Fort. Lo abirum	1948	2001	01:13:33	01:12:20			01:23:12	01:14:25	05:03:30		53	W50		4
	Flügge	Meike	Leer	1966	2001	01:05:53		01:10:40	01:26:21	01:21:46		05:04:40		35	W30		4
	Büscher	Nicole	Nortmoor	1972	2001	01:14:10	01:13:35	01:16:56	01:34:13			05:18:54		29	W20		4
	Heyen	Sylvia	Nortmoor	1967	2001	01:14:10	01:13:36	01:17:31	01:34:20			05:19:37		34	W30		4
	Schubert	Stefan	TV Norden	1981	2001	00:40:45	00:39:46	00:42:09				02:02:40		20	M20		3
	Lammers	Joachim	LG Wiesmoor	1960	2001			00:38:34		00:42:14	00:42:00	02:02:48		41	M40		3
	Fischer	Helmut	LG Warsingsf./Ihrove	1971	2001	00:42:42	00:42:07	00:45:22				02:10:11		30	M30		3
	de Paz	Luis	Firrel	1971	2001		00:38:35	00:40:32	00:52:03			02:11:10		30	M30		3
	Nannen	Jörg	Nordgeorgsfehn	1973	2001	00:46:56	00:45:11	00:47:08				02:19:15		28	M20		3
	Schnoor	Heinrich	Germania Leer	1960	2001	00:44:58		00:41:33	00:52:48			02:19:19		41	M40		3
	Berger	Holger	Deutsche Post	1971	2001	00:46:30	00:45:31				00:48:29	02:20:30		30	M30		3
	Lammers	Holger	TG Wiesmoor	1982	2001			00:42:33	00:55:23		00:44:41	02:22:37		19	MU20		3
	Helms	Folkert	Emden	1983	2001	00:50:10	00:47:36	00:49:14				02:27:00		18	MU20		3
	Jürgens	Siegfried	Detern	1962	2001	00:50:50	00:48:59	00:51:04				02:30:53		39	M30		3
	Schmidt	Ralf	Ihrhove	1962	2001		00:45:32		01:01:15		00:49:41	02:36:28		39	M30		3
	von Cölin	Thilo	Leer	1958	2001	00:54:19	00:50:06	00:52:20				02:36:45		43	M40		3
	Heyen	Harald	TSV Hesel	1961	2001	00:52:56	00:53:00	00:52:55				02:38:51		40	M40		3
	Fecht	Holger	Neermoor	1971	2001	00:53:32	00:53:52	00:51:34				02:38:58		30	M30		3
	Tentler	Dimitri	Oldenburg	1966	2001	00:54:50	00:50:59	00:53:37				02:39:26		35	M30		3
	Leising	Manfred	Leer	1966	2001		00:50:37	00:57:37		00:55:03		02:43:17		35	M30		3
	Stöter	Jens	LG Uplengen	1967	2001		00:49:24		01:04:01		00:51:06	02:44:31		34	M30		3
	Poppen	Enno	Crocodiles Ihlow	1962	2001	00:50:16		00:50:39	01:03:48			02:44:43		39	M30		3
	Bruns	Jan-Erik	Hesel	1990	2001	00:58:51	00:52:24				00:55:46	02:47:01		11	MU20		3
	Hagedorn	Friedhelm	Firrel	1968	2001	00:57:10	00:52:20	00:59:37				02:49:07		33	M30		3
	Knipper	Wilfried	Rhauderfehn	1969	2001		00:52:08	00:51:33	01:05:47			02:49:28		32	M30		3
	Soeken	Johann	SV Holtland	1953	2001	00:53:22		00:55:13		01:00:56		02:49:31		48	M40		3
	Kleen	Marco	Nortmoor	1976	2001	00:58:48	00:56:33	00:55:46				02:51:07		25	M20		3
	Schoon	Heike	LG Uplengen	1972	2001		00:54:28	00:56:11		01:01:05		02:51:44		29	M20		3
	Habben	Berend	Wybelsum	1960	2001	00:51:39	00:48:44		01:12:21			02:52:44		41	M40		3
	Reimers	Klaus-Bernd	Weener	1958	2001	00:52:39		00:53:28	01:09:11			02:55:18		43	M40		3
	Gronewold	Bernd	Crocodiles	1962	2001	00:52:28	00:53:05		01:11:41			02:57:14		39	M30		3
	Duin	Tobias	GS Hesel	1990	2001	01:03:59	00:56:02				00:58:09	02:58:10		11	MU20		3
	Krebs	Wiebke	LG Ostfriesland	1952	2001	01:00:05	00:58:57	01:01:25				03:00:27		49	W40		3
	Grumme	Günter	Nowebau	1948	2001	00:57:16	00:54:32	01:09:08				03:00:56		53	M50		3
	Wirdemann	Anja	LT Schaffh. Wald	1968	2001			00:59:03		01:04:24	00:57:39	03:01:06		33	W30		3
	Flessner	Elke	Germania Leer	1964	2001	01:01:13	00:57:39	01:02:41				03:01:33		37	W30		3
	Fellensiek	Wolfgang	Sandhorst	1965	2001			01:00:24		01:05:51	00:58:11	03:04:26		36	M30		3
	Teubner	Alfred	MTV Aurich	1955	2001		00:52:01		01:17:04		00:55:21	03:04:26		46	M40		3
	Emke	Dieter	TSV Hesel	1958	2001	01:03:58			01:04:39	00:56:21		03:04:58		43	M40		3
	Kok	Helga	SV Holtland	1948	2001	00:57:23	00:54:58		01:12:59			03:05:20		53	W50		3
	Klasen	Georg	SV Petkum	1954	2001	01:02:59	01:01:06	01:05:10				03:09:15		47	M40		3
	Klapproth	Elvira	Leer	1966	2001	01:03:20	01:00:53			01:10:55		03:15:08		35	W30		3
	Wolf	Tine	Norden	1960	2001			01:05:47		01:09:22	01:02:31	03:17:40		41	W40		3
	Heeren	Brunke	Großefehn	1948	2001	01:08:26	01:02:19	01:08:41				03:19:26		53	M50		3
	Esser	Angelika	HRS Hesel	1947	2001	01:09:35	01:05:35	01:08:22				03:23:32		54	W50		3
	Lehmann	Ewald	TuS Aurich-Ost	1954	2001			01:03:08	01:18:20		01:04:16	03:25:44		47	M40		3
	van Mauk	Christiane	Leer	1956	2001	01:09:59	01:07:18	01:09:28				03:26:45		45	W40		3
	Döring	Karin	Fun Lauf Schortens	1939	2001	01:09:38		01:11:07			01:08:31	03:29:16		62	W60		3
	Lunz	Dieter	LT Schaffh. Wald	1941	2001		01:08:18			01:15:00	01:06:57	03:30:15		60	M60		3
	Beckers	Doris	Leer	1959	2001	01:11:46	01:08:28	01:10:40				03:30:54		42	W40		3
	Donadell	Hans	FTC Hollen	1943	2001	01:11:54	01:08:28	01:11:05				03:31:27		58	M50		3
	Störmer	Stefan	Leer	1968	2001				01:20:10	01:10:08	01:02:46	03:33:04		33	M30		3
	Raatzke-Ennen	Eleonore	MTV Aurich	1959	2001	01:20:25	01:14:39				01:12:59	03:48:03		42	W40		3
	Friedrichs	Anne	Leer		2001	01:08:23	01:08:30		01:34:23			03:51:16			W		3
	Evers	Karl-Heinz	BV Langefeld	1958	2001				01:26:47	01:20:17	01:06:01	03:53:05		43	M40		3
	Houtrow	Enno	SVN. Emden	1977	2001	00:43:10	00:40:44					01:23:54		24	M20		2
	Mühlenbrock	Wilfried	LG Ostfriesland	1975	2001		00:39:12				00:47:31	01:26:43		26	M20		2

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km	67,80km					
	Baumfalk	Jochen	FTC Hollen	1963	2001	00:44:31	00:43:54					01:28:25		38	M30		2
	Lüken	Richard	MTV Aurich	1967	2001		00:38:54		00:50:32			01:29:26		34	M30		2
	Sjuts	Gunnar	VfR Heisfelde	1981	2001	00:44:14					00:45:31	01:29:45		20	M20		2
	Krüger	Kathy	LT Schaffh. Wald	1979	2001	00:46:19	00:43:44					01:30:03		22	W20		2
	Fisser	Manfred	MTV Aurich	1950	2001	00:45:04	00:45:57					01:31:01		51	M50		2
	Le Berre	Olivier	Agnaux	1970	2001		00:44:01	00:47:32				01:31:33		31	M30		2
	Schröder Dr.	Heiner	OZ Team	1960	2001	00:47:32	00:45:55					01:33:27		41	M40		2
	Bilski	Peter	Germania Leer	1953	2001	00:47:26	00:46:46					01:34:12		48	M40		2
	Freese	Heiko	Aurich	1963	2001	00:48:51	00:45:51					01:34:42		38	M30		2
	Janssen	Gerhard	Leer	1948	2001	00:47:00	00:48:16					01:35:16		53	M50		2
	Meinen	Wilhelm	TuS Aurich-Ost	1941	2001	00:49:52	00:46:21					01:36:13		60	M60		2
	Buhr de	Detlef	SV Schwerinsdorf	1977	2001	00:46:36				00:52:49		01:39:25		24	M20		2
	Menne	Philipp	SV Holtland	1984	2001	00:51:18					00:49:05	01:40:23		17	MU20		2
	van Loh	Ute	Fortuna Logabirum	1959	2001	00:51:44	00:49:35					01:41:19		42	W40		2
	Müller	Stephan	Germania Leer	1978	2001	00:51:36					00:50:22	01:41:58		23	M20		2
	Daniels	Rikus	Lüneburg	1956	2001	00:51:02					00:51:27	01:42:29		45	M40		2
	Reis	Klaus-Peter	Detern	1963	2001	00:52:42	00:50:18					01:43:00		38	M30		2
	Götting	Rüdiger	Sprinter Emden	1954	2001	00:51:36		00:52:44				01:44:20		47	M40		2
	Lühring	Gisela	Langwedel	1959	2001		00:54:24				00:50:30	01:44:54		42	W40		2
	Wessel	Horst	Rommerskirchen	1960	2001			00:46:49	00:58:27			01:45:16		41	M40		2
	Kambeck	Günter	Leer	1946	2001	00:53:26	00:53:17					01:46:43		55	M50		2
	Hommers	Gaby	Fortuna Logabirum	1962	2001	00:53:32	00:53:42					01:47:14		39	W30		2
	Veith	Manfred	TuS Aurich-Ost	1956	2001	00:47:04			01:00:13			01:47:17		45	M40		2
	Brink	Nico	Hinte	1969	2001				01:00:05		00:48:15	01:48:20		32	M30		2
	Frey	Uwe	LG Stuhr	1952	2001			00:48:56	00:59:41			01:48:37		49	M40		2
	tom Diek	Erich	KJT Leer	1963	2001	00:55:01	00:54:14					01:49:15		38	M30		2
	Keiser	Johann	Hesel	1962	2001			00:54:29			00:55:05	01:49:34		39	M30		2
	Lühring	Adelbert	Langwedel	1962	2001		00:52:59				00:56:49	01:49:48		39	M30		2
	Junkmann	Eva	MTV Aurich	1984	2001					00:58:23	00:51:44	01:50:07		17	WU20		2
	Meyer	Christian	Fortuna Veenhusen	1967	2001	00:49:23			01:01:22			01:50:45		34	M30		2
	Trauernicht	Jan	TSV Hesel	1991	2001	00:58:32	00:52:31					01:51:03		10	MU20		2
	Eilers	Bernhard	WFB Aurich	1953	2001		00:55:44	00:55:32				01:51:16		48	M40		2
	Behr	Manfred	IBL Emden	1948	2001	00:55:18		00:56:29				01:51:47		53	M50		2
	Stanke	Detlef	Westerstede	1954	2001	00:54:14		00:57:44				01:51:58		47	M40		2
	Backe	Edgar	Victorbur	1965	2001			00:54:19		00:57:51		01:52:10		36	M30		2
	Becker	Jörg	Greetsiel	1977	2001		00:56:49				00:58:35	01:55:24		24	M20		2
	Büürma	Petra	Fortuna Logabirum	1970	2001	00:58:26	00:57:28					01:55:54		31	W30		2
	Thielke Dr.	Christian-K-	SV Frisia Loga	1945	2001	00:57:08		00:59:00				01:56:08		56	M50		2
	Stöter	Frank	TSV Hesel	1960	2001	00:58:26	00:58:15					01:56:41		41	M40		2
	Burlager	Stefan	Schwerinsdorf	1984	2001			00:56:17		01:01:11		01:57:28		17	MU20		2
	Kalwas	Karin	Germania Leer	1988	2001	00:57:46		00:59:54				01:57:40		13	WU20		2
	Kalwas	Hans-Helmut	Post SV Leer	1953	2001	00:57:53		00:59:55				01:57:48		48	M40		2
	Rietz	Albrecht	TGG	1954	2001	00:57:46		01:00:16				01:58:02		47	M40		2
	Budde	Jörg	Fortuna Logabirum	1961	2001	01:00:15	00:58:42					01:58:57		40	M40		2
	Goemann	Ude	Aurich	1969	2001				01:06:43		00:52:31	01:59:14		32	M30		2
	Schaa	Harald	OZ Team	1968	2001	01:00:57	00:58:50					01:59:47		33	M30		2
	Bakker	Michael	ELG Emden	1967	2001		00:58:47	01:01:45				02:00:32		34	M30		2
	Riemann	Michael	Leer	1957	2001	00:59:17		01:02:02				02:01:19		44	M40		2
	Janßen	Gerold	Augustfehn	1966	2001					01:02:53	00:59:23	02:02:16		35	M30		2
	Gammelien	Anja	SV Tergast	1968	2001		00:59:00				01:03:58	02:02:58		33	W30		2
	Stomberg	Franke	Stapel	1966	2001					01:04:20	00:59:36	02:03:56		35	M30		2
	de Buhr	Tanja	LG Warsingsf./Ihrove	1985	2001		01:02:09				01:02:56	02:05:05		16	WU20		2
	Pauw	Edith	Warsingsfehn	1966	2001		01:01:42	01:04:03				02:05:45		35	W30		2
	Ströver	Johann	WFB Aurich	1953	2001	00:58:04				01:07:44		02:05:48		48	M40		2
	Trey	Alexandra	DLRG	1976	2001	01:04:35	01:01:24					02:05:59		25	W20		2
	Böcke	Udo	Wolfenbüttel	1948	2001		01:01:58				01:04:03	02:06:01		53	M50		2
	Kloppenborg	Alwin	Leer	1960	2001		01:02:45	01:05:41				02:08:26		41	M40		2
	Burlage	Udo	Aurich-Wiesens	1957	2001			00:50:39	01:18:23			02:09:02		44	M40		2
	Bruns	Rita	Hesel	1963	2001	01:04:45					01:05:05	02:09:50		38	W30		2
	Schwitters	Mense	MTV Aurich	1948	2001			01:00:18	01:09:53			02:10:11		53	M50		2
	Stöter	Stefanie	TSV Hesel	1988	2001	01:06:01	01:05:20					02:11:21		13	WU20		2
	Uphoff	Bernhard	Wallinghausen	1966	2001			01:03:34		01:08:35		02:12:09		35	M30		2
	Adams	Ulrich	Plaggenburg	1958	2001					01:09:27	01:04:08	02:13:35		43	M40		2
	Schumacher	Anja	Wiesmoor	1967	2001					01:10:58	01:03:12	02:14:10		34	W30		2
	Andreesen	Hanna	Neukamperfehn	1958	2001		01:05:14	01:09:10				02:14:24		43	W40		2
	Molthan	Anke	Aurich	1974	2001		01:07:26	01:08:20				02:15:46		27	W20		2
	Eden	Elvira	Aurich	1973	2001		01:07:38	01:08:26				02:16:04		28	W20		2
	Friesenborg	Meta	Komet Walle	1986	2001		01:03:31			01:12:34		02:16:05		15	WU20		2
	Born	Manfred	Deutsche Post	1947	2001	01:10:56	01:05:11					02:16:07		54	M50		2
	Schoone	Ulrike	Hamburg	1969	2001					01:11:07	01:05:03	02:16:10		32	W30		2
	Fellensiek	Karin	BV Plaggenburg	1966	2001		01:08:46				01:08:02	02:16:48		35	W30		2

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km	67,80km					
	Redenius	Rudolf	Crocodiles Ihlow	1963	2001	01:08:22	01:09:48					02:18:10		38	M30		2
	Loers	Monika	Wiesmoor	1975	2001							02:19:10		26	W20		2
	Fricke	Michael	Flachsmeer	1981	2001			01:04:19	01:16:51			02:21:10		20	M20		2
	Meyer	Ina	Moordorf	1984	2001			01:08:21				02:22:52		17	WU20		2
	Waltke	Eike	Wiesmoor	1991	2001							02:23:49		10	MU20		2
	Evers	Gerlinde	BV Langefeld	1964	2001							02:26:17		37	W30		2
	Fry	Renate	Fortuna Logabirum	1955	2001	01:05:23			01:24:18			02:29:41		46	W40		2
	Sattler	Gerda	Frisia Loga	1949	2001	01:18:08	01:13:01					02:31:09		52	W50		2
	Winkler	Susanne	TV Norden	1948	2001		01:15:32					02:32:58		53	W50		2
	Kober	Ulrike	VHS Laufen	1963	2001	01:19:58	01:15:17					02:35:15		38	W30		2
	von Cölln	Christine	Leer	1964	2001	01:19:59	01:15:18					02:35:17		37	W30		2
	Meinen	Edith	OZ Team	1944	2001	01:16:26	01:24:48					02:41:14		57	W50		2
	Claassen	Gerd	Engerhufe	1945	2001				01:31:59			02:46:46		56	M50		2
	Baumann	Thea	SV Stikelkamp	1958	2001			01:17:50	01:36:38			02:54:28		43	W40		2
	Bergmann	Oliver	Hamburg	1967	2001			00:39:21				00:39:21		34	M30		1
	Jürrens	Harry	Emder LG	1957	2001							00:39:54		44	M40		1
	Güldener	Gerriet	Eddie Eagle	1959	2001		00:40:35					00:40:35		42	M40		1
	Valentin	Jörg	Norden	1962	2001					00:40:52		00:40:52		39	M30		1
	Voogd	Stefan	Uplengen	1974	2001		00:41:49					00:41:49		27	M20		1
	Weinberg	Dieter	LT Schaffh. Wald	1968	2001							00:42:28		33	M30		1
	Kohlbus	Maik	TG Wiesmoor	1975	2001							00:44:27		26	M20		1
	Watzema	Harald	Ihrhove	1971	2001			00:44:37				00:44:37		30	M30		1
	Aumann	Ralf	Dornum	1978	2001							00:44:57		23	M20		1
	de Jonge	Stefan	TuS Weene	1976	2001							00:45:06		25	M20		1
	Bach	Henning	LG Warsingsf./Ihrhove	1980	2001							00:45:44		21	M20		1
	Rothstein	Thorsten	Frisia Loga	1978	2001							00:45:46		23	M20		1
	Danielis	Ruben	Hesel	1979	2001		00:45:50					00:45:50		22	M20		1
	Rosendahl	Christian	SV Warsingsfehn	1979	2001		00:45:52					00:45:52		22	M20		1
	Bruns	Karsten	Hesel	1981	2001		00:46:14					00:46:14		20	M20		1
	Odens	Anja	TV Norden	1962	2001							00:46:28		39	W30		1
	von Dobbeler	Volkmar	TuS Eversten	1949	2001			00:46:57				00:46:57		52	M50		1
	Behringer	Jean-Marc	TSV Riepe	1974	2001							00:47:25		27	M20		1
	Siemens	Karl	MTV Wittmund	1951	2001							00:47:36		50	M50		1
	Fischer	Kuno	Leer	1981	2001							00:47:56		20	M20		1
	Renken	Florian	Germania Leer	1980	2001	00:48:21						00:48:21		21	M20		1
	Friesenborg	Ute	Triathlon Schieden	1963	2001							00:48:21		38	W30		1
	Iken	Manuel	SV Blomberg	1972	2001							00:48:24		29	M20		1
	Wiechmann	Steffen	Germania Leer	1988	2001	00:48:32						00:48:32		13	MU20		1
	Marschall	Uwe	TV Norden	1958	2001							00:48:57		43	M40		1
	Möllers	Sven	TV Leer	1979	2001							00:48:59		22	M20		1
	Falkenthal	Kai	Schwedeneck	1965	2001	00:49:22						00:49:22		36	M30		1
	Kock	Jans	SV Holtland	1931	2001	00:50:08						00:50:08		70	M70		1
	Ernst	Hans	Hannover	1946	2001							00:50:12		55	M50		1
	Jürrens	Inga	Emder LG	1982	2001							00:50:23		19	WU20		1
	Ulimman	Theo	TV Norden	1960	2001	00:50:32						00:50:32		41	M40		1
	Aden	Manfred	Wiesmoor	1961	2001							00:51:31		40	M40		1
	Zimmermann	Timo	SV Großefehn	1977	2001		00:51:32					00:51:32		24	M20		1
	Schäfer	Rainer	Fort. Logabirum	1965	2001	00:51:46						00:51:46		36	M30		1
	Meyer	Stephan	Uplengen	1976	2001			00:52:14				00:52:14		25	M20		1
	Ufkes	Frank	MTV Aurich	1966	2001							00:52:21		35	M30		1
	Penon	Focko	TSV Holtrop	1971	2001			00:52:32				00:52:32		30	M30		1
	Drost	Fritz	MTV Wittmund	1943	2001							00:52:32		58	M50		1
	Thome	Lothar	Robin Hood	1957	2001							00:52:51		44	M40		1
	Remmers	Mario	TuS Middels	1978	2001							00:53:02		23	M20		1
	Ernst	Hinrich	Leer	1955	2001							00:53:41		46	M40		1
	Klöver	Günter	Akelsberg	1983	2001			00:53:52				00:53:52		18	MU20		1
	Kiese	Kersten	TuS Esens	1964	2001							00:54:05		37	W30		1
	Kyd	Dieter	Tergast	1964	2001	00:54:16						00:54:16		37	M30		1
	Janssen	Werner	TC Aurich-West	1956	2001		00:54:19					00:54:19		45	M40		1
	Kreienbrock	Carsten	Leer	1968	2001		00:54:23					00:54:23		33	M30		1
	Weerts	Wilma	SV Holtland	1983	2001							00:54:24		18	WU20		1
	Ditzfeld	Manfred	TuS Aurich-Ost	1964	2001							00:54:25		37	M30		1
	Fecht	Ewald	Akelsberg	1969	2001			00:54:27				00:54:27		32	M30		1
	Janßen	Siegfried	LG Ostfriesland	1955	2001							00:54:42		46	M40		1
	Rohlf's	Wilhelm	BW Borssum	1969	2001			00:54:50				00:54:50		32	M30		1
	Ferdinand	Matthias	Schwerinsdorf	1981	2001							00:54:56		20	M20		1
	Raschdorff	Michael	Timmel	1949	2001		00:55:23					00:55:23		52	M50		1
	Schmoll	Enno	LG Uplengen	1968	2001							00:55:47		33	M30		1
	Helmers	Jürn	Hesel	1989	2001		00:55:52					00:55:52		12	MU20		1
	Schmidt	Andreas	Hesel	1988	2001		00:55:53					00:55:53		13	MU20		1

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km	67,80km					
	Beekmann	Günther	Remels	1958	2001	00:56:11						00:56:11		43	M40		1
	Theimer	Andreas	BW Fürstenau	1959	2001	00:56:43						00:56:43		42	M40		1
	Krohn	Heike	SV Fulkum	1974	2001						00:56:44	00:56:44		27	W20		1
	Pixa	Nils-Hendrik	TV Wetzlar	1984	2001						00:56:51	00:56:51		17	MU20		1
	Rademacher	Johann	Fulkum	1949	2001						00:56:55	00:56:55		52	M50		1
	Meints	Harm	TuS Aurich-Ost	1946	2001				00:57:03			00:57:03		55	M50		1
	Exner	Thomas	DLRG	1964	2001		00:57:06					00:57:06		37	M30		1
	Buhr	Dieter	TuS Mardenweg	1967	2001						00:57:20	00:57:20		34	M30		1
	Peters	Volker	Moormerland	1962	2001						00:57:27	00:57:27		39	M30		1
	Smidt	Reiner	Großefehn	1973	2001			00:57:29				00:57:29		28	M20		1
	Krohn	Rainer	SV Fulkum	1970	2001						00:57:30	00:57:30		31	M30		1
	Ahlich	Hans	LT Schaffhaus.	1964	2001						00:57:42	00:57:42		37	M30		1
	Herd	Nadja	Nortmoor	1981	2001			00:57:47				00:57:47		20	W20		1
	Kalski	Thomas	MTV Aurich	1971	2001					00:57:53		00:57:53		30	M30		1
	Rademacher	Eyla	SV Holtland	1988	2001	00:57:58						00:57:58		13	WU20		1
	Hoffmeister	Marc	Bremen	1972	2001				00:58:17			00:58:17		29	M20		1
	Borcheding	Carina	MTV Wittmund	1988	2001						00:58:23	00:58:23		13	WU20		1
	Eckhoff	Sven	Uni Hannover	1979	2001			00:58:27				00:58:27		22	M20		1
	Schröder	Hermann	GBO Leer	1949	2001	00:58:39						00:58:39		52	M50		1
	Ukena	Folker	Leer	1957	2001						00:59:12	00:59:12		44	M40		1
	Wollstein	Jost	DSC Oldenburg	1952	2001				00:59:30			00:59:30		49	M40		1
	Weimar	Ralf	DSC Oldenburg	1961	2001				00:59:32			00:59:32		40	M40		1
	Park	Harm	TuS Weene	1953	2001	00:59:41						00:59:41		48	M40		1
	Reck	Wolfgang	Eintracht Plaggenburg	1965	2001					00:59:56		00:59:56		36	M30		1
	Duin	Tina	FTC Hollen	1975	2001	01:00:04						01:00:04		26	W20		1
	Freese	Dieter	Warsingsfehn	1956	2001						01:00:05	01:00:05		45	M40		1
	Deucker	Stefan	Leer	1971	2001		01:00:31					01:00:31		30	M30		1
	Peters	Volker	Moormerland	1985	2001			01:00:34				01:00:34		16	MU20		1
	Thaden	Sabina	Middels	1983	2001					01:00:45		01:00:45		18	WU20		1
	Schildwächter	Ralph	Oldenburg	1958	2001					01:01:01		01:01:01		43	M40		1
	Junke	Hendrik	VFB Uplengen	1988	2001						01:01:18	01:01:18		13	MU20		1
	Ditzfeld	Rüdiger	Aurich-Egels	1967	2001			01:01:30				01:01:30		34	M30		1
	Redenius	Harald	Ihlowerfehn	1961	2001					01:01:38		01:01:38		40	W40		1
	Bussmann	Trinus	Plaggenburg	1977	2001				01:01:45			01:01:45		24	M20		1
	Flemming	Meike	MTV Aurich	1983	2001						01:01:47	01:01:47		18	WU20		1
	Akkermann	Ralf	Hannover	1969	2001	01:01:51						01:01:51		32	M30		1
	Boeckhoff	Janna	LG Warsingsf./Ihrhove	1986	2001	01:02:08						01:02:08		15	WU20		1
	Heyen	Gunda	Aurich	1967	2001					01:02:15		01:02:15		34	W30		1
	Tunder	Rene	Wallinghausen	1973	2001			01:02:19				01:02:19		28	M20		1
	Janßen	Peter	SV Brinkum	1977	2001	01:02:29						01:02:29		24	M20		1
	Gerdes	Angela	Aurich	1962	2001	01:02:29						01:02:29		39	W30		1
	Freese	Jens	Driever	1979	2001		01:02:33					01:02:33		22	M20		1
	Reiners	Bernhard	TuS Victorbur	1968	2001					01:02:35		01:02:35		33	M30		1
	Boekhoff	Martin	Warsingsfehn	1953	2001	01:02:51						01:02:51		48	M40		1
	Bugecke	Grit	Leer	1967	2001		01:03:05					01:03:05		34	W30		1
	Nowak	Heinz	Holtrop	1974	2001				01:03:08			01:03:08		27	M20		1
	Evers	Gerhard	TV Marienhaf	1952	2001					01:03:35		01:03:35		49	M40		1
	Abels	Bianca	TSV Hesel	1988	2001		01:03:44					01:03:44		13	WU20		1
	Wolthusen	Tina	Hesel	1981	2001						01:04:05	01:04:05		20	W20		1
	Onneken	Egbert	Wallinghausen	1964	2001			01:04:06				01:04:06		37	M30		1
	Janßen	Holger	SV Brinkum	1968	2001	01:04:24						01:04:24		33	M30		1
	Rieken	Ewald	MTV Jever	1945	2001			01:04:25				01:04:25		56	M50		1
	Buss	Gertrud	Stikkelkamp	1972	2001		01:04:29					01:04:29		29	W20		1
	Kienzel	Markus	Ahlfhorn	1967	2001		01:04:44					01:04:44		34	M30		1
	Janßen	Christian	Großefehn	1980	2001			01:04:50				01:04:50		21	M20		1
	Langwisch	Annelie	Leer	1962	2001	01:04:55						01:04:55		39	W30		1
	Janßen	Timo	LT Schaffh. Wald	1990	2001						01:04:57	01:04:57		11	MU20		1
	Wallenstein	Frank	Leer	1969	2001						01:05:01	01:05:01		32	M30		1
	Hillich	Johanna	SV Holtland	1979	2001		01:05:14					01:05:14		22	W20		1
	Engel	Angelika	Leer	1965	2001	01:05:30						01:05:30		36	W30		1
	Büürma	Conrad	TuS Ditzumerverlaat	1972	2001		01:05:37					01:05:37		29	M20		1
	Zägel	Roman	Aurich	1984	2001			01:05:42				01:05:42		17	MU20		1
	Schütz	Gerhard	Osteel	1971	2001					01:05:53		01:05:53		30	M30		1
	Freitag	Sebastian	Aurich	1980	2001				01:06:06			01:06:06		21	M20		1
	Dreesmann	Siemen	SV E. Jem um	1939	2001		01:06:09					01:06:09		62	M60		1
	Schneider	Won Hi	Aurich	1948	2001			01:06:17				01:06:17		53	M50		1
	Eggert	Anja	Leer	1965	2001	01:06:30						01:06:30		36	W30		1
	Paschen	Siegrid	MTV Wittmund	1960	2001						01:06:47	01:06:47		41	M40		1
	Albers	Stefan	Emden	1975	2001					01:06:58		01:06:58		26	M20		1
	Löwe	Michael	Concordia Ihrhove	1960	2001			01:07:12				01:07:12		41	M40		1
	Wenzel	Lars	HC Moormerland	1980	2001	01:07:26						01:07:26		21	M20		1

20. Ostfrieslandlauf 2001

08.05. bis 25.05.2001

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	10,20km	11,50km	13,60km	11,90km	10,80km	67,80km					
	Kühlers	Klaus	Weenermoor	1935	2001	01:07:40						01:07:40		66	M60		1
	Janosch	Gilda	Großefehn	1969	2001			01:07:58				01:07:58		32	M30		1
	Tjarks	Gerhardine	LG Ostfriesland	1957	2001						01:08:10	01:08:10		44	W40		1
	Wilken	Joachim	Aurich	1972	2001				01:08:13			01:08:13		29	M20		1
	Thünenmann	Kurt	Halen	1959	2001		01:08:22					01:08:22		42	M40		1
	Peters	Heiko	Jheringsfehn	1987	2001						01:08:51	01:08:51		14	MU20		1
	Bordeaux	Swana	Leer		2001						01:09:02	01:09:02			WU20		1
	Gent	Uwe	Aurich	1954	2001					01:09:25		01:09:25		47	M40		1
	Cybulka	Goska	Leer	1960	2001						01:10:03	01:10:03		41	M40		1
	Träger	Stefanie	SV Holtland	1986	2001	01:10:16						01:10:16		15	WU20		1
	Fleißner	Karl-Heinz	13 Eichen Wiesens	1964	2001				01:10:34			01:10:34		37	M30		1
	Wittekt	Claudia	TuS Aurich-Ost	1969	2001	01:10:45						01:10:45		32	M30		1
	Hillers	Stefan	TuS Aurich-Ost	1970	2001	01:10:46						01:10:46		31	M30		1
	Wall de	Michael	TuS Aurich-Ost	1969	2001	01:10:46						01:10:46		32	M30		1
	Madena	Jakob	Südbrookmerland	1943	2001					01:10:56		01:10:56		58	M50		1
	Harms	Jochen	TTG Holtriem	1981	2001						01:10:59	01:10:59		20	M20		1
	Sluiter	Sabine	SV Holtland	1967	2001	01:11:01						01:11:01		34	W30		1
	Hirthe	Heinrich	MTV Aurich	1956	2001				01:11:05			01:11:05		45	M40		1
	Köllmann	Rainer	SV Simonswold	1974	2001						01:12:13	01:12:13		27	M20		1
	Heeren	Bernhard	Shekhold	1962	2001			01:12:27				01:12:27		39	M30		1
	Janßen	Ralf	Plaggenburg	1976	2001				01:12:30			01:12:30		25	M20		1
	Hüls	Insa	Walle	1985	2001					01:12:35		01:12:35		16	WU20		1
	Heibült	Sebastian	Göttingen	1975	2001		01:12:42					01:12:42		26	M20		1
	Bünting	Sven	Aurich	1967	2001				01:12:46			01:12:46		34	M30		1
	Oberdorfer	Petra	Leer	1957	2001						01:13:58	01:13:58		44	W40		1
	Schoon	Wilfried	Papenburg	1959	2001				01:14:08			01:14:08		42	M40		1
	Bornhuse	Tim	MTV Aurich	1985	2001				01:15:18			01:15:18		16	MU20		1
	Janßen	Hannelore	LG Uplengen	1949	2001				01:17:25			01:17:25		52	W50		1
	Heddinga	Giesela	Aurich	1957	2001					01:17:26		01:17:26		44	W40		1
	Dübbel	Käthe	Fortuna Logabirum	1958	2001	01:18:09						01:18:09		43	W40		1
	Trebesch	Kaja	MTV Aurich	1961	2001				01:18:49			01:18:49		40	M40		1
	Rademacher	Brigitte	SuS Strackholt	1963	2001	01:19:46						01:19:46		38	W30		1
	Kober	Ulrike	VHS Kurs	1963	2001	01:19:58						01:19:58		38	W30		1
	Hillemann	Klaus	TTG Holtriem	1941	2001	01:20:05						01:20:05		60	M60		1
	Hammer	Georg	Leer	1954	2001				01:21:35			01:21:35		47	M40		1
	Janßen	Bärbel	Norder TV	1938	2001				01:21:54			01:21:54		63	W60		1
	Bohlen	Imke	Lauftreff Leer	1971	2001					01:21:58		01:21:58		30	W30		1
	Buss	Anne	Simonswolde	1961	2001					01:23:30		01:23:30		40	W40		1
	Becker	Barbara	WFB Aurich	1959	2001	01:25:08						01:25:08		42	W40		1
	Hirschfelder	Jürgen	Wardenburg	1947	2001				01:25:36			01:25:36		54	M50		1
	Zelfel	Dieter	PSV Leer	1946	2001				01:25:47			01:25:47		55	M50		1
	Smit	Günter	TuS Aurich-Ost	1940	2001				01:27:53			01:27:53		61	M60		1