

22. Ostfrieslandlauf 2003

13.05. bis 30.05.2003

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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
1	Mäschig	Michael	LG Wilhelmshaven	1977	2003	00:37:33	00:36:31	00:38:47	00:46:29	00:41:32	00:38:21	03:59:13	0:34:55	26	M20	1	6
2	Geisemeyer	Ino	Germania Leer	1984	2003	00:37:20	00:37:05	00:38:42	00:47:55	00:42:01	00:38:20	04:01:23	0:35:14	19	MU20	1	6
3	Jürrens	Harry	Emder LG	1957	2003	00:37:42	00:36:53	00:39:02	00:47:40	00:42:18	00:39:51	04:03:26	0:35:32	46	M40	1	6
4	Oppenborn	Stefan	Ihrh.-Warsingsfehn	1978	2003	00:37:22	00:37:31	00:38:45	00:48:38	00:42:30	00:38:47	04:03:33	0:35:33	25	M20	2	6
5	Harms	Stefan	Emder LG	1970	2003	00:38:01	00:37:10	00:39:15	00:48:55	00:42:30	00:38:29	04:04:20	0:35:40	33	M30	1	6
6	Klein	Armin	LG Wilhelmshaven	1970	2003	00:39:18	00:37:09	00:39:15	00:49:24	00:42:34	00:39:04	04:06:44	0:36:01	33	M30	2	6
7	Ludwig	Reinhard	LG Ostfriesland	1959	2003	00:38:41	00:37:33	00:39:45	00:49:28	00:42:45	00:40:09	04:08:21	0:36:15	44	M40	2	6
8	Becker	Wolfgang	LT Schafh. Wald	1970	2003	00:38:53	00:37:42	00:39:49	00:49:24	00:42:56	00:40:09	04:08:53	0:36:20	33	M30	3	6
9	Ignatenko	Eugen	TV Norden	1979	2003	00:38:50	00:38:08	00:40:13	00:50:10	00:43:36	00:39:26	04:10:23	0:36:33	24	M20	3	6
10	Ringering	Onno	Ihlower Rennschnecken	1968	2003	00:38:47	00:37:55	00:40:26	00:49:57	00:43:36	00:40:48	04:11:29	0:36:43	35	M30	4	6
11	de Freese	Frank	Ihrh.-Warsingsfehn	1982	2003	00:40:15	00:38:23	00:40:45	00:49:36	00:43:30	00:39:31	04:12:00	0:36:47	21	M20	4	6
12	Wolzen	Gerd	SV Holtland	1983	2003	00:39:05	00:39:08	00:39:51	00:52:41	00:43:32	00:39:31	04:13:48	0:37:03	20	M20	5	6
13	de Jonge	Stefan	TuS Weene	1976	2003	00:39:19	00:39:19	00:40:32	00:51:04	00:44:05	00:40:19	04:14:38	0:37:10	27	M20	6	6
14	Fecht	Michael	Ihlower Rennschnecken	1971	2003	00:39:53	00:38:26	00:40:54	00:50:31	00:44:12	00:40:53	04:14:49	0:37:12	32	M30	5	6
15	Christians	Borchard	LG Ostfriesland	1958	2003	00:40:08	00:38:40	00:40:51	00:50:14	00:44:16	00:40:49	04:14:58	0:37:13	45	M40	3	6
16	Trebesch	Wolfgang	MTV Aurich	1957	2003	00:40:58	00:39:28	00:41:50	00:51:29	00:44:52	00:41:50	04:20:27	0:38:01	46	M40	4	6
17	Ufkes	Frank	AOK Aurich	1966	2003	00:41:14	00:39:53	00:41:26	00:52:28	00:45:33	00:41:05	04:21:39	0:38:12	37	M30	6	6
18	Bruns	Bernd	TSV Hesel	1961	2003	00:41:00	00:39:38	00:41:55	00:52:53	00:45:02	00:41:32	04:22:00	0:38:15	42	M40	5	6
19	Fleißner	Joachim	Team Deut. Post	1970	2003	00:41:07	00:40:24	00:42:13	00:52:11	00:45:03	00:41:36	04:22:34	0:38:20	33	M30	7	6
20	Lübben	Uwe	LT Schafh. Wald	1967	2003	00:41:15	00:39:58	00:41:26	00:52:02	00:45:39	00:42:47	04:23:07	0:38:25	36	M30	8	6
21	Sjuts	Hanno	PSV Leer	1983	2003	00:41:51	00:40:53	00:41:53	00:52:31	00:45:42	00:40:46	04:23:36	0:38:29	20	M20	7	6
22	Trauernicht	Edgar	SV Holtland	1961	2003	00:41:04	00:39:55	00:42:05	00:52:57	00:45:28	00:42:23	04:23:52	0:38:31	42	M40	6	6
23	Jauken	Michael	Polizei Norden	1968	2003	00:41:41	00:40:20	00:43:32	00:52:45	00:45:44	00:41:43	04:25:45	0:38:48	35	M30	9	6
24	Geiken	Ralf	BGS Bunde	1971	2003	00:42:58	00:40:11	00:42:21	00:53:16	00:45:31	00:41:39	04:25:56	0:38:49	32	M30	10	6
25	Ulferts	Frank	Polizei Leer	1968	2003	00:41:47	00:40:07	00:42:52	00:53:19	00:45:31	00:43:14	04:26:50	0:38:57	35	M30	11	6
26	Schoon	Ingo	TG Wiesmoor	1957	2003	00:41:52	00:40:26	00:42:19	00:53:30	00:46:22	00:42:29	04:26:58	0:38:58	46	M40	7	6
27	Immega	Stephan	NIGE-Team	1984	2003	00:44:21	00:40:55	00:42:09	00:52:55	00:45:26	00:41:33	04:27:19	0:39:01	19	MU20	2	6
28	Bartsch	Peter	SuS Emden	1976	2003	00:40:47	00:39:46	00:41:37	00:59:31	00:45:15	00:41:27	04:28:23	0:39:11	27	M20	8	6
29	Schlaack	Andreas	LT Schafh. Wald	1970	2003	00:42:37	00:40:47	00:43:15	00:53:04	00:46:12	00:42:46	04:28:41	0:39:13	33	M30	12	6
30	Park	Harm	TuS Weene	1953	2003	00:42:13	00:40:38	00:42:46	00:53:18	00:46:45	00:43:32	04:29:12	0:39:18	50	M50	1	6
31	Ludwigs	Hanno	LG Ostfriesland	1967	2003	00:42:06	00:40:51	00:43:01	00:54:02	00:46:37	00:42:52	04:29:29	0:39:20	36	M30	13	6
32	Blank	Andre	Spark. Leer-Weener	1977	2003	00:42:12	00:40:49	00:43:16	00:53:56	00:46:50	00:42:54	04:29:57	0:39:25	26	M20	9	6
33	Hedemann	Hendrik	TG Wiesmoor	1987	2003	00:41:54	00:40:25	00:42:20	00:56:23	00:46:32	00:42:25	04:29:59	0:39:25	16	MU20	3	6
34	Trebesch	Volker	TuS Aurich-Ost	1965	2003	00:42:39	00:40:50	00:43:25	00:54:00	00:47:02	00:43:04	04:31:00	0:39:34	38	M30	14	6
35	Leemhuis	Hermann	Oldendorp	1978	2003	00:43:00	00:41:15	00:43:18	00:54:03	00:46:35	00:42:53	04:31:04	0:39:34	25	M20	10	6
36	Poppen	Jann	TG Wiesmoor	1982	2003	00:41:29	00:42:30	00:43:59	00:53:42	00:46:17	00:43:41	04:31:38	0:39:39	21	M20	11	6
37	Eden	Kurt	TV Norden	1958	2003	00:42:12	00:40:53	00:44:15	00:54:22	00:47:16	00:42:55	04:31:53	0:39:41	45	M40	8	6
38	Buß	Albrecht	TV Bunde	1957	2003	00:42:10	00:40:37	00:43:03	00:54:59	00:47:21	00:43:46	04:31:56	0:39:42	46	M40	9	6
39	von Westen	Reinhard	Ihrh.-Warsingsfehn	1962	2003	00:42:44	00:41:08	00:43:43	00:54:34	00:46:48	00:44:13	04:33:10	0:39:53	41	M40	10	6
40	Meyerhoff	Jan	SV Victorbur	1967	2003	00:43:27	00:42:18	00:43:48	00:54:42	00:46:54	00:43:13	04:34:22	0:40:03	36	M30	15	6
41	Hardy	Bernhard	SV Grobfehn	1966	2003	00:42:32	00:41:00	00:43:35	00:54:25	00:47:08	00:45:51	04:34:31	0:40:05	37	M30	16	6
42	Hinken	Jürgen	KBV Wiesede	1963	2003	00:42:43	00:42:03	00:43:49	00:54:36	00:47:32	00:43:49	04:34:32	0:40:05	40	M40	11	6
43	Jürrens	Inga	ELG Emden	1982	2003	00:41:13	00:41:09	00:41:58	00:54:50	00:48:23	00:47:02	04:34:35	0:40:05	21	W20	1	6
44	Heibült	Christian	SV Holtland	1940	2003	00:43:21	00:42:15	00:43:52	00:53:57	00:46:57	00:44:19	04:34:41	0:40:06	63	M60	1	6
45	Meier	Joachim	Südbrookmerland	1962	2003	00:42:49	00:42:23	00:44:19	00:54:51	00:47:55	00:43:50	04:36:07	0:40:19	41	M40	12	6
46	Redenius	Folkert	Ihrh.-Warsingsfehn	1957	2003	00:43:08	00:40:43	00:43:54	00:54:19	00:46:28	00:47:57	04:36:29	0:40:22	46	M40	13	6
47	Carls	Christoph	TV Norden	1964	2003	00:43:03	00:42:01	00:44:16	00:55:13	00:48:27	00:43:43	04:36:43	0:40:24	39	M30	17	6
48	Hinrichs	Enno	TuS Aurich-Ost	1961	2003	00:43:40	00:42:11	00:43:46	00:56:05	00:47:30	00:43:47	04:36:59	0:40:26	42	M40	14	6
49	Mennen	Arno	BGS Bunde	1967	2003	00:41:35	00:40:22	00:49:35	00:53:55	00:46:37	00:44:58	04:37:02	0:40:27	36	M30	18	6
50	Voogt	Stefan	Polizei Leer	1974	2003	00:44:20	00:42:04	00:43:44	00:54:47	00:48:18	00:43:56	04:37:09	0:40:28	29	M20	12	6
51	Oldigs	Beene	Team Deut. Post	1961	2003	00:43:45	00:42:55	00:44:21	00:55:14	00:46:56	00:44:40	04:37:51	0:40:34	42	M40	15	6
52	Abbas	Heiko	Weener	1987	2003	00:44:17	00:42:31	00:44:10	00:55:17	00:47:15	00:44:45	04:38:15	0:40:37	16	MU20	4	6
53	Beening	Ingo	SV Stielkamp		2003	00:43:44	00:42:31	00:44:11	00:55:45	00:47:46	00:44:52	04:38:49	0:40:42		M		6
54	Oremek	Robert	LG Ostfriesland	1965	2003	00:43:54	00:42:21	00:44:20	00:55:39	00:48:13	00:44:27	04:38:54	0:40:43	38	M30	19	6
55	Frühling	Uwe	Polizei Aurich	1962	2003	00:43:15	00:41:13	00:44:22	00:57:47	00:47:28	00:45:00	04:39:05	0:40:45	41	M40	16	6
56	Burger	Horst	Spark. Leer-Weener	1966	2003	00:43:06	00:41:47	00:44:27	00:57:40	00:48:03	00:44:04	04:39:07	0:40:45	37	M30	20	6
57	Asche	Tobe	LT Mullberg	1959	2003	00:43:43	00:42:35	00:44:26	00:55:54	00:48:54	00:44:20	04:39:52	0:40:51	44	M40	17	6
58	Reents	Ralf	LT Schafh. Wald	1969	2003	00:45:02	00:43:24	00:44:59	00:55:55	00:47:06	00:43:35	04:40:01	0:40:53	34	M30	21	6
59	Trauernicht	Heinz	Polizei Leer	1965	2003	00:44:20	00:43:02	00:44:43	00:55:20	00:48:33	00:44:57	04:40:55	0:41:01	38	M30	22	6
60	Freese	Mathias	TuS Weener	1986	2003	00:43:38	00:42:56	00:45:13	00:56:24	00:48:43	00:45:12	04:42:06	0:41:11	17	MU20	5	6
61	Backer	Edgar	LG Ostfriesland	1965	2003	00:44:34	00:42:45	00:44:55	00:56:10	00:49:11	00:45:06	04:42:41	0:41:16	38	M30	23	6
62	Willms	Wilko	LT Schafh. Wald	1973	2003	00:44:02	00:43:10	00:44:44	00:56:51	00:49:06	00:45:01	04:42:54	0:41:18	30	M30	24	6
63	Pawlenko	Igor	Hesel		2003	00:43:34	00:43:45	00:45:55	00:56:13	00:49:10	00:44:46	04:43:23	0:41:22		MU20	6	6
64	Harms	Egon	SV Warsingsfehn	1959	2003	00:44:48	00:43:35	00:45:17	00:56:54	00:49:16	00:45:36	04:45:26	0:41:40	44	M40	18	6
65	Sörensen	Marc	MTV Aurich	1981	2003	00:44:37	00:42:58	00:45:59	00:56:44	00:50:12	00:45:19	04:45:49	0:41:44	22	M20	13	6
66	Geiken	Jürren	TV Norden	1961	2003	00:4											

22. Ostfrieslandlauf 2003

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km						
72	Becker	Ralf	Aurich	1973	2003	00:44:36	00:44:10	00:45:54	00:57:28	00:49:39	00:45:58	04:47:45	0:42:00	30	M30	28	6
73	Pleis	Ingo	Filsum	1980	2003	00:45:07	00:43:55	00:45:46	00:56:49	00:49:38	00:46:47	04:48:02	0:42:03	23	M20	14	6
74	Dräger	Helmut	LT Schaff. Wald	1948	2003	00:44:42	00:43:37	00:46:27	00:57:54	00:50:04	00:46:04	04:48:48	0:42:10	55	M50	2	6
75	Rastedt	Uwe	NOWEBAU	1963	2003	00:46:15	00:43:48	00:46:04	00:57:25	00:50:01	00:45:16	04:48:49	0:42:10	40	M40	22	6
76	Kollmann	Rainer	Friedeburg	1955	2003	00:44:40	00:43:04	00:46:15	00:57:31	00:49:45	00:47:37	04:48:52	0:42:10	48	M40	23	6
77	Menne	Phillip	SV Holtland	1984	2003	00:44:44	00:44:33	00:46:23	00:56:48	00:49:37	00:46:54	04:48:59	0:42:11	19	MU20	7	6
78	de Buhr	Harald	Polizei Leer	1962	2003	00:44:43	00:43:44	00:46:08	00:57:24	00:50:33	00:46:30	04:49:02	0:42:12	41	M40	24	6
79	Penning	Günter	Polizei Leer	1967	2003	00:44:45	00:43:43	00:46:07	00:57:34	00:50:32	00:46:29	04:49:10	0:42:13	36	M30	29	6
80	Siebelts	Arnd	TV Norden	1967	2003	00:46:02	00:43:34	00:45:26	00:57:47	00:49:51	00:46:31	04:49:11	0:42:13	36	M30	30	6
81	Tunder	Garrelt	SC Wiesens	1955	2003	00:45:56	00:43:50	00:47:00	00:57:23	00:49:49	00:45:32	04:49:30	0:42:16	48	M40	25	6
82	Hanssen	Hayo	SC Wiesens	1962	2003	00:44:50	00:43:30	00:46:16	00:57:22	00:52:08	00:45:29	04:49:35	0:42:16	41	M40	26	6
83	Reiter	Johann	SVHoltland	1955	2003	00:45:13	00:43:54	00:46:12	00:58:22	00:50:05	00:45:49	04:49:35	0:42:16	48	M40	27	6
84	Gronewold	Karl-Heinz	NOWEBAU	1967	2003	00:46:24	00:43:28	00:45:52	00:57:42	00:50:43	00:45:34	04:49:43	0:42:18	36	M30	31	6
85	de Buhr	Jürgen	SV Wiesmoor	1963	2003	00:46:07	00:44:17	00:46:34	00:58:08	00:49:33	00:45:17	04:49:56	0:42:20	40	M40	28	6
86	Rausch	Martin	Fortuna Wirdum	1965	2003	00:46:59	00:44:12	00:46:21	00:57:18	00:49:54	00:45:38	04:50:22	0:42:23	38	M30	32	6
87	Meyer	Wolfgang	Leer	1970	2003	00:44:55	00:44:18	00:46:17	00:58:38	00:49:58	00:46:33	04:50:39	0:42:26	33	M30	33	6
88	Holtz	Michael	BGS Bunde		2003	00:44:49	00:44:00	00:45:53	00:57:52	00:51:38	00:46:39	04:50:51	0:42:28		M		6
89	Tobiassen	Jan	SPVG Aurich	1970	2003	00:46:52	00:45:07	00:46:30	00:57:30	00:49:44	00:45:33	04:51:16	0:42:31	33	M30	34	6
90	Hüske	Torsten	LT Schaff. Wald	1971	2003	00:45:17	00:44:07	00:47:05	00:57:41	00:50:24	00:46:51	04:51:25	0:42:33	32	M30	35	6
91	Geisemeyer	Lothar	Leer	1959	2003	00:46:13	00:44:31	00:47:09	00:57:38	00:49:55	00:46:00	04:51:26	0:42:33	44	M40	29	6
92	Kastorf	Stephan	LG Rabenlust	1968	2003	00:46:18	00:44:51	00:46:24	00:57:48	00:50:19	00:46:09	04:51:49	0:42:36	35	M30	36	6
93	Welter	Georg	Filsum	1968	2003	00:46:17	00:44:37	00:47:27	00:57:20	00:50:21	00:46:09	04:52:11	0:42:39	35	M30	37	6
94	Jetzes	Holger	Loppersum	1964	2003	00:45:23	00:44:32	00:46:29	00:58:50	00:50:37	00:46:32	04:52:23	0:42:41	39	M30	38	6
95	Lay	Jan	SV Warsingsfehn	1954	2003	00:45:19	00:43:53	00:46:58	00:58:24	00:50:40	00:47:13	04:52:27	0:42:42	49	M40	30	6
96	Kluge	Bernd	Wittmund		2003	00:46:44	00:44:42	00:46:28	00:58:06	00:50:22	00:46:08	04:52:30	0:42:42		M		6
97	Saathoff	Hinrich	Fort. Wirdum	1952	2003	00:45:29	00:44:13	00:46:32	00:58:35	00:50:35	00:47:18	04:52:42	0:42:44	51	M50	3	6
98	Matic	Michael	SV Holtland	1982	2003	00:45:50	00:44:08	00:48:00	00:58:58	00:50:26	00:45:23	04:52:45	0:42:44	21	M20	15	6
99	Janssen	Wilfried	LT Schaff. Wald	1961	2003	00:46:38	00:44:32	00:46:53	00:58:28	00:50:46	00:46:54	04:54:11	0:42:57	42	M40	31	6
100	Park	Stephan	Nocado	1971	2003	00:46:08	00:44:41	00:46:22	00:59:16	00:51:03	00:46:58	04:54:28	0:42:59	32	M30	39	6
101	Bogena	Martin	Leer	1961	2003	00:46:27	00:44:20	00:46:48	00:59:13	00:51:07	00:46:38	04:54:33	0:43:00	42	M40	32	6
102	Dressler	Marie	LT Schaff. Wald	1982	2003	00:46:13	00:44:50	00:46:25	00:58:50	00:51:02	00:47:31	04:54:51	0:43:03	21	W20	2	6
103	Gastmann	Richard	B.-W. Filsum	1961	2003	00:46:37	00:45:08	00:46:37	00:59:38	00:50:41	00:46:42	04:55:23	0:43:07	42	M40	33	6
104	Müller	Wilfried	TV Marienhufe	1966	2003	00:46:21	00:44:35	00:47:22	00:58:48	00:51:02	00:47:31	04:55:39	0:43:10	37	M30	40	6
105	Birkoben	Rolf	TSV Riepe	1952	2003	00:45:58	00:44:55	00:46:44	01:00:46	00:51:05	00:46:19	04:55:47	0:43:11	51	M50	4	6
106	Schneider	Mirko	Conc. Ihrhove	1989	2003	00:47:32	00:45:58	00:47:07	00:58:53	00:51:16	00:45:02	04:55:48	0:43:11	14	MU20	8	6
107	Rose	Udo	Hesel	1964	2003	00:46:19	00:44:49	00:47:08	00:59:09	00:51:14	00:47:25	04:56:04	0:43:13	39	M30	41	6
108	Schädler	Jens	Leer	1960	2003	00:45:36	00:44:47	00:46:42	00:59:30	00:51:43	00:47:47	04:56:05	0:43:13	43	M40	34	6
109	Raveling	Hartmut	LT Schaff. Wald	1969	2003	00:47:15	00:45:02	00:46:45	00:59:42	00:50:38	00:46:48	04:56:10	0:43:14	34	M30	42	6
110	Drost	Fritz	MTV Wittmund	1943	2003	00:47:03	00:45:10	00:47:21	00:59:20	00:51:00	00:46:40	04:56:34	0:43:18	60	M60	2	6
111	Claußen	Michael	Polizei Leer	1961	2003	00:46:30	00:44:26	00:46:58	01:00:23	00:51:12	00:47:08	04:56:37	0:43:18	42	M40	35	6
112	Alts	Holger	VfL Berumbur	1964	2003	00:46:25	00:44:54	00:47:24	00:59:39	00:51:07	00:47:13	04:56:42	0:43:19	39	M30	43	6
113	Kruse	Friedhelm	TuS Aurich-Ost	1956	2003	00:46:30	00:44:37	00:47:28	00:59:43	00:51:03	00:47:23	04:56:44	0:43:19	47	M40	36	6
114	Sandersfeld	Johann	LG Uplengen	1955	2003	00:46:23	00:45:02	00:47:01	00:59:15	00:51:34	00:47:33	04:56:48	0:43:20	48	M40	37	6
115	Graf	Karin	SV Dornum	1969	2003	00:46:49	00:45:52	00:46:35	00:59:29	00:51:30	00:46:48	04:57:03	0:43:22	34	W30	1	6
116	Baumann	Friedhelm	TSV Hesel	1960	2003	00:46:22	00:44:59	00:47:06	00:59:12	00:51:44	00:47:44	04:57:07	0:43:22	43	M40	38	6
117	Kusche	Holger	Raiba Doormerland	1972	2003	00:46:27	00:45:17	00:47:16	00:59:52	00:51:55	00:46:59	04:57:46	0:43:28	31	M30	44	6
118	Albers	Jochen	Team Deut. Post	1969	2003	00:47:31	00:45:54	00:47:10	00:59:28	00:51:00	00:46:50	04:57:53	0:43:29	34	M30	45	6
119	Strackholder	Kai	TuS Aurich-Ost	1987	2003	00:47:46	00:45:13	00:47:11	00:59:34	00:51:25	00:46:46	04:57:55	0:43:29	16	MU20	9	6
120	de Riese	Reiner	Conc. Ihrhove	1959	2003	00:46:28	00:45:04	00:48:27	00:59:19	00:51:33	00:47:26	04:58:17	0:43:33	44	M40	39	6
121	Grimm	Thomas	VFFL Berumbur	1961	2003	00:46:01	00:45:31	00:47:08	00:59:26	00:51:51	00:49:07	04:59:04	0:43:40	42	M40	40	6
122	Kiehl	Werner	Emder LG	1951	2003	00:46:45	00:45:32	00:47:31	00:59:53	00:52:02	00:47:22	04:59:05	0:43:40	52	M50	5	6
123	Janhsen	Frieda	LG Uplengen	1965	2003	00:46:47	00:45:46	00:47:34	01:00:17	00:51:29	00:47:25	04:59:18	0:43:42	38	W30	2	6
124	Taute	Heinz	VfB Uplengen	1972	2003	00:46:50	00:45:40	00:47:13	01:00:19	00:52:33	00:46:49	04:59:24	0:43:42	31	M30	46	6
125	Kasten	Jörg	Krankenkasse Aurich	1967	2003	00:46:46	00:45:39	00:47:31	00:59:53	00:51:57	00:47:43	04:59:29	0:43:43	36	M30	47	6
126	Stöter	Wilhelm	LT Mullberg	1969	2003	00:46:24	00:44:57	00:47:42	00:59:57	00:52:36	00:48:03	04:59:39	0:43:45	34	M30	48	6
127	Schopp	Marco	SC Hennen	1971	2003	00:46:49	00:45:41	00:47:14	01:00:18	00:52:19	00:47:21	04:59:42	0:43:45	32	M30	49	6
128	Evers	Heiko	LT Schaff. Wald		2003	00:49:14	00:46:14	00:46:38	00:59:20	00:51:04	00:47:27	04:59:57	0:43:47		M		6
129	Blank	Eckhard	Hesel	1959	2003	00:47:06	00:45:36	00:47:48	01:00:10	00:52:03	00:47:26	05:00:09	0:43:49	44	M40	41	6
130	Schaa	Johann	Teutonia Stapelmoor	1954	2003	00:46:53	00:45:18	00:46:41	01:01:44	00:52:37	00:47:03	05:00:16	0:43:50	49	M40	42	6
131	Hinders	Lambertus	Leer	1966	2003	00:47:49	00:45:30	00:47:29	00:59:54	00:52:27	00:47:17	05:00:26	0:43:52	37	M30	50	6
132	Hanken	Harald	Fun-Loopers	1965	2003	00:46:51	00:45:05	00:48:36	01:00:39	00:51:57	00:47:24	05:00:32	0:43:52	38	M30	51	6
133	Wahrheit	Andreas	Leer	1976	2003	00:47:26	00:46:04	00:47:23	01:01:01	00:51:40	00:47:05	05:00:39	0:43:53	27	M20	16	6
134	Berghaus	Wilfried	Germania Leer	1953	2003	00:46:32	00:45:28	00:48:25	01:00:29	00:52:17	00:47:35	05:00:46	0:43:54	50	M50	6	6
135	Hoofdmann	Gretus	TV Marienhufe	1963	2003	00:46:37	00:45:16	00:47:51	01:00:20	00:52:32	00:48:41	05:01:17	0:43:59	40	M40	43	6
136	Voss	Bernhard	TuS Aurich-Ost	1958	2003	00:47:36	00:45:45	00:47:54	01:00:25	00:52:26	00:47:20	05:01:26	0:44:00	45	M40	44	6
137	Freerks	Günther	TV Bunde														

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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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
143	Lünemann	Adrian	Holtland		2003	00:47:10	00:45:20	00:47:12	01:02:00	00:52:47	00:48:30	05:02:59	0:44:14		M		6
144	Brandt	Lothar	2. AH Bunde	1966	2003	00:47:54	00:46:08	00:48:43	01:01:07	00:51:58	00:47:09	05:02:59	0:44:14	37	M30	54	6
145	Huisinga	Hans	2. AH Bunde	1964	2003	00:47:51	00:46:07	00:48:46	01:01:04	00:51:59	00:47:12	05:02:59	0:44:14	39	M30	55	6
146	Potritt	Thomas	TV Norden	1971	2003	00:48:42	00:45:47	00:48:17	01:00:36	00:51:44	00:47:54	05:03:00	0:44:14	32	M30	57	6
147	Kruse	Hans-Jürgen	2. AH Bunde	1964	2003	00:47:52	00:46:08	00:48:45	01:01:05	00:51:59	00:47:11	05:03:00	0:44:14	39	M30	56	6
148	Freitag	Norbert	MTV Aurich	1948	2003	00:47:21	00:45:45	00:48:12	01:00:49	00:52:51	00:48:38	05:03:36	0:44:19	55	M50	7	6
149	Stegmann	Uwe	Hage		2003	00:49:15	00:45:53	00:48:53	00:59:56	00:51:28	00:48:27	05:03:52	0:44:22		M		6
150	Löther	Uwe	NOWEBAU	1961	2003	00:47:22	00:46:53	00:48:50	01:00:42	00:52:14	00:47:59	05:04:00	0:44:23	42	M40	46	6
151	Hartema	Richard	MTV Ditzum	1968	2003	00:47:51	00:45:58	00:48:15	01:01:08	00:51:56	00:49:21	05:04:29	0:44:27	35	M30	58	6
152	Janssen	Andreas	SV Stielkamp	1967	2003	00:48:13	00:46:13	00:48:14	01:01:36	00:52:25	00:47:50	05:04:31	0:44:27	36	M30	59	6
153	Meyer	Tönjes	TSV Hesel	1957	2003	00:46:58	00:45:59	00:48:16	01:01:34	00:52:12	00:49:47	05:04:46	0:44:29	46	M40	47	6
154	Meyer	Rolf	SuS Strackholt	1969	2003	00:47:37	00:46:03	00:48:10	01:01:39	00:53:19	00:48:42	05:05:30	0:44:36	34	M30	60	6
155	Ritter	Wolfgang	B.W. Borssum	1960	2003	00:48:06	00:46:36	00:48:40	01:00:41	00:52:46	00:48:52	05:05:41	0:44:38	43	M40	48	6
156	Hildebrandt	Volkmann	TuS Weene	1955	2003	00:48:12	00:46:34	00:49:04	01:00:40	00:53:05	00:48:11	05:05:46	0:44:38	48	M40	49	6
157	Fahim	Saeid	Germania Leer	1968	2003	00:49:35	00:46:39	00:49:15	01:00:56	00:52:23	00:47:07	05:05:55	0:44:40	35	M30	61	6
158	Keplin	Otto	Ihrh.-Warsingsfehn	1948	2003	00:48:28	00:45:34	00:48:13	01:00:59	00:53:58	00:48:43	05:05:55	0:44:40	55	M50	8	6
159	Löschen	Robert	Wiesens	1971	2003	00:47:58	00:45:44	00:50:26	01:02:28	00:52:31	00:47:23	05:06:30	0:44:45	32	M30	62	6
160	Krems	Hans-Joachim	TuS Hinte	1959	2003	00:49:25	00:46:38	00:48:17	01:00:39	00:52:38	00:49:05	05:06:42	0:44:46	44	M40	50	6
161	Bahlmann	Björn	OHV Aurich		2003	00:49:29	00:46:23	00:49:07	01:01:26	00:52:42	00:47:49	05:06:56	0:44:48		M		6
162	Dirks	Andreas	TV Marienhafte	1964	2003	00:48:41	00:46:45	00:48:54	01:01:35	00:52:39	00:48:48	05:07:22	0:44:52	39	M30	63	6
163	Lübben	Astrid	LG Ostfriesland	1971	2003	00:48:55	00:47:06	00:48:54	01:01:28	00:52:52	00:48:29	05:07:44	0:44:55	32	W30	3	6
164	Rahrt	Detlef	STV Barssel	1969	2003	00:48:12	00:47:12	00:48:57	01:01:54	00:53:02	00:48:29	05:07:46	0:44:56	34	M30	64	6
165	Illig	Rainhard	WfB Aurich	1942	2003	00:49:07	00:46:15	00:49:31	01:01:20	00:52:13	00:49:44	05:08:10	0:44:59	61	M60	3	6
166	Scheepker	Alfred	TV Norden	1954	2003	00:48:43	00:45:42	00:48:22	01:00:37	00:52:01	00:52:48	05:08:13	0:45:00	49	M40	51	6
167	Meyer	Uwe	TuS Aurich-Ost	1962	2003	00:48:36	00:46:40	00:48:58	01:01:40	00:53:14	00:49:25	05:08:33	0:45:03	41	M40	52	6
168	Bruns	Helmut	TuS Hinte	1951	2003	00:47:59	00:46:26	00:49:34	01:01:23	00:53:37	00:49:35	05:08:34	0:45:03	52	M50	9	6
169	Rulfs	Rainer	Eintracht Ihlow	1960	2003	00:48:09	00:46:17	00:50:23	01:01:11	00:53:25	00:49:12	05:08:37	0:45:03	43	M40	53	6
170	Mönkediek	Dierk	MTV Wittmund	1964	2003	00:48:49	00:46:46	00:49:40	01:01:46	00:53:01	00:49:06	05:09:08	0:45:08	39	M30	65	6
171	Drosten	Jürgen	Fortuna Wirdum	1960	2003	00:48:03	00:46:55	00:49:02	01:01:50	00:53:40	00:49:39	05:09:09	0:45:08	43	M40	54	6
172	Sporre	Jürgen	Loppersum	1955	2003	00:48:06	00:46:52	00:49:33	01:01:27	00:53:42	00:49:43	05:09:23	0:45:10	48	M40	55	6
173	de Boer	Theodor	Emder LG		2003	00:49:03	00:46:06	00:48:19	01:02:28	00:54:14	00:49:18	05:09:28	0:45:11		M		6
174	Kohle	Helmut	TuS Hinte	1953	2003	00:47:59	00:46:51	00:49:36	01:01:22	00:53:42	00:50:03	05:09:33	0:45:11	50	M50	10	6
175	Reuß	Alwin	Sandhorst	1967	2003	00:48:44	00:47:03	00:49:41	01:02:17	00:52:54	00:49:08	05:09:47	0:45:13	36	M30	66	6
176	Ahrenholtz	Horst-Dieter	Warsingsfehn	1965	2003	00:48:07	00:46:29	00:49:44	01:02:41	00:53:35	00:49:11	05:09:47	0:45:13	38	M30	67	6
177	Ideus	Rainer	TuS Aurich-Ost	1964	2003	00:48:57	00:47:01	00:49:37	01:01:14	00:53:26	00:49:36	05:09:51	0:45:14	39	M30	68	6
178	Hünsche	Uwe	Lebenshil. Leer	1961	2003	00:52:30	00:49:19	00:48:28	01:00:33	00:52:11	00:47:04	05:10:05	0:45:16	42	M40	56	6
179	Streckel	Peter	TV Norden	1954	2003	00:48:36	00:45:54	00:49:23	01:01:52	00:54:41	00:49:42	05:10:08	0:45:16	49	M40	57	6
180	Marschall	Iris	TV Norden	1966	2003	00:49:22	00:46:40	00:49:02	01:01:44	00:53:08	00:50:12	05:10:08	0:45:16	37	W30	4	6
181	Lammers	Johann	SV Holtland	1963	2003	00:49:27	00:47:05	00:49:19	01:01:30	00:54:13	00:48:35	05:10:09	0:45:17	40	M40	58	6
182	Löschen	Hermann	SC Wiesens	1963	2003	00:48:05	00:46:16	00:50:26	01:03:01	00:54:00	00:48:23	05:10:11	0:45:17	40	M40	59	6
183	Wirz	Michael	NIGE-Team	1984	2003	00:49:34	00:47:02	00:48:56	01:01:53	00:53:27	00:49:23	05:10:15	0:45:18	19	MU20	11	6
184	Narr, Dr.	Werner	GW Leer	1949	2003	00:50:09	00:47:13	00:49:30	01:01:19	00:53:28	00:49:20	05:10:59	0:45:24	54	M50	11	6
185	Janssen	Gerhard	Leer	1948	2003	00:49:00	00:46:28	00:49:53	01:02:48	00:53:41	00:49:10	05:11:00	0:45:24	55	M50	12	6
186	Kruse	Wilhelm	BGS Bunde	1966	2003	00:49:23	00:47:12	00:49:32	01:02:34	00:53:30	00:49:08	05:11:19	0:45:27	37	M30	69	6
187	Wolbers	Josef	LT Last Mile	1966	2003	00:49:19	00:46:44	00:49:42	01:01:56	00:54:07	00:49:41	05:11:29	0:45:28	37	M30	70	6
188	Neyka	Marcus	LT Schaff. Wald	1989	2003	00:51:19	00:47:07	00:49:26	01:02:56	00:52:49	00:48:10	05:11:47	0:45:31	14	MU20	12	6
189	Kollenbroich	Bernd	MTV Wittmund	1951	2003	00:47:50	00:47:08	00:49:39	01:02:57	00:54:42	00:49:57	05:12:13	0:45:35	52	M50	13	6
190	Hillbrands	Hillich	TuS Collinghorst	1948	2003	00:48:50	00:47:18	00:50:06	01:02:36	00:53:57	00:49:45	05:12:32	0:45:38	55	M50	14	6
191	Jakobs	Johann	VfL Jheringsfehn	1964	2003	00:49:55	00:47:02	00:50:06	01:02:26	00:53:54	00:49:17	05:12:40	0:45:39	39	M30	71	6
192	Brüsehoff	Wichert	Oldersum	1966	2003	00:49:01	00:46:50	00:49:16	01:02:44	00:54:21	00:50:45	05:12:57	0:45:41	37	M30	72	6
193	Müller	Torsten	Barkholt	1969	2003	00:49:21	00:46:53	00:48:48	01:05:53	00:53:30	00:48:45	05:13:10	0:45:43	34	M30	73	6
194	Wilken	Gerhold	Spark. Leer-Weener	1954	2003	00:49:11	00:48:04	00:51:02	01:02:37	00:53:09	00:49:26	05:13:29	0:45:46	49	M40	60	6
195	Buss	Coob	Eintracht Ihlow	1961	2003	00:49:28	00:47:36	00:50:16	01:02:13	00:54:04	00:49:54	05:13:31	0:45:46	42	M40	61	6
196	Dannecker	Michael	Emder LG	1970	2003	00:48:43	00:46:32	00:50:48	01:02:10	00:54:48	00:50:30	05:13:31	0:45:46	33	M30	74	6
197	Meyerhoff	Helmut	Südbrookmerland	1962	2003	00:49:09	00:47:32	00:49:51	01:02:42	00:54:36	00:49:45	05:13:35	0:45:47	41	M40	62	6
198	Bootjer	Eric	Raiba Aur./Uplg.	1966	2003	00:48:48	00:47:25	00:50:18	01:03:19	00:54:45	00:49:31	05:14:06	0:45:51	37	M30	75	6
199	Erbe	Michael	Olympia WHV		2003	00:49:20	00:47:03	00:48:49	01:00:50	00:51:30	00:56:36	05:14:08	0:45:52		M		6
200	Schmidt	Hinrich	DoGe Extum-Aur.	1946	2003	00:48:39	00:47:37	00:50:08	01:02:23	00:54:41	00:50:51	05:14:19	0:45:53	57	M50	15	6
201	Lichtsinn	Rainer	Aurich	1971	2003	00:50:48	00:48:19	00:49:22	01:01:24	00:54:17	00:50:31	05:14:41	0:45:56	32	M30	76	6
202	Apetz	Anton	TV Norden	1943	2003	00:50:15	00:47:45	00:50:09	01:03:20	00:54:02	00:49:13	05:14:44	0:45:57	60	M60	4	6
203	Emken	Tjark-Fokken	NIGE-Team	1959	2003	00:49:41	00:47:43	00:50:33	01:03:07	00:53:46	00:50:06	05:14:56	0:45:59	44	M40	63	6
204	Hartog	Ralf	Eintr. Nüttermoor	1966	2003	00:48:47	00:47:47	00:50:44	01:03:37	00:54:28	00:49:49	05:15:12	0:46:01	37	M30	77	6
205	Meier-Kay	Walter	TuS Aurich-Ost	1945	2003	00:49:47	00:47:52	00:50:38	01:02:43	00:54:23	00:49:52	05:15:15	0:46:01	58	M50	16	6
206	Müller	Sven	Team Leda-Werk	1971	2003	00:50:05	00:48:17	00:50:17	01:03:55	00:53:38	00:49:22	05:15:34	0:46:04	32	M30	78	6
207	Wallenstein	Frank	Leer	1969	2003	00:48:50	00:47:04	00:51:52	01:03:15	00:54:46	00:49:48	05:15:35	0:46:04	34	M30	79	6

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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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50					
214	Seele	Rüdiger	OHV Aurich	1965	2003	00:47:47	00:47:41	00:50:11	01:03:04	00:55:58	00:51:55	05:16:36	0:46:13	38	M30	81	6
215	Bohmfolk	Tom	KSV Baltrum	1957	2003	00:50:06	00:48:02	00:50:29	01:03:49	00:54:51	00:49:40	05:16:57	0:46:16	46	M40	65	6
216	Janssen	Heiko	MTV Aurich	1962	2003	00:50:08	00:47:33	00:49:28	01:03:41	00:55:16	00:50:53	05:16:59	0:46:16	41	M40	66	6
217	Hillerts	Stefan	TuS Aurich-Ost	1970	2003	00:50:53	00:47:24	00:52:14	01:03:26	00:53:43	00:49:24	05:17:04	0:46:17	33	M30	82	6
218	Andreesen	Andres	MTV Wittmund	1965	2003	00:49:13	00:48:43	00:50:47	01:03:08	00:54:47	00:50:28	05:17:06	0:46:18	38	M30	83	6
219	Duin	Johann-B.	Schwerinsdorf	1962	2003	00:52:53	00:47:28	00:49:35	01:05:09	00:53:33	00:48:28	05:17:06	0:46:18	41	M40	67	6
220	Hayungs	Fredo	TuS Aurich-Ost	1967	2003	00:52:08	00:48:52	00:50:25	01:02:47	00:54:01	00:49:01	05:17:14	0:46:19	36	M30	84	6
221	Stanke	Detlef	Westerstede	1954	2003	00:53:02	00:48:16	00:51:54	01:01:09	00:53:59	00:49:13	05:17:33	0:46:21	49	M40	68	6
222	Janßen	Reiner	Wittmund	1970	2003	00:49:41	00:49:49	00:51:15	01:02:22	00:54:39	00:49:53	05:17:39	0:46:22	33	M30	85	6
223	Koch	Alfred	SC Wiesens	1960	2003	00:50:57	00:48:21	00:50:59	01:01:12	00:55:35	00:50:50	05:17:54	0:46:25	43	M40	70	6
224	Hillbrands	Johann	TuS Collinghorst	1954	2003	00:48:40	00:48:12	00:49:38	01:05:52	00:55:55	00:49:37	05:17:54	0:46:25	49	M40	69	6
225	Bohlen	Hans-Peter	Nocado	1966	2003	00:49:16	00:48:02	00:50:35	01:03:53	00:55:24	00:51:00	05:18:10	0:46:27	37	M30	86	6
226	Hamm	Friedrich	Möbel Buss	1963	2003	00:51:34	00:48:54	00:50:12	01:03:50	00:54:03	00:49:38	05:18:11	0:46:27	40	M40	71	6
227	Grafenburg	Jens	Spark. Leer-Weener	1969	2003	00:51:08	00:48:53	00:51:04	01:03:52	00:54:27	00:48:47	05:18:11	0:46:27	34	M30	87	6
228	Pennig	Friedrich-Karl	TGG Leer	1948	2003	00:49:58	00:48:37	00:50:39	01:03:51	00:55:08	00:50:34	05:18:47	0:46:32	55	M50	19	6
229	Kruse	Jan	SV Holtland		2003	00:52:17	00:48:03	00:48:37	01:00:37	00:50:14	00:59:00	05:18:48	0:46:32		MU20	13	6
230	Meiborg	Alfred	OZ-GA-Loopers	1955	2003	00:50:41	00:48:31	00:51:00	01:03:22	00:54:54	00:50:43	05:19:11	0:46:36	48	M40	72	6
231	Heyen	Uwe	SV Großefehn	1960	2003	00:49:20	00:47:56	00:51:48	01:03:44	00:55:39	00:51:06	05:19:33	0:46:39	43	M40	73	6
232	Schröder	Johann	TuS Holthusen	1953	2003	00:50:55	00:48:00	00:50:29	01:02:49	00:56:46	00:50:47	05:19:46	0:46:41	50	M50	20	6
233	Müller-Deck	Andreas	Olympia WHV	1961	2003	00:50:04	00:48:10	00:50:45	01:02:07	00:52:21	00:56:37	05:20:04	0:46:44	42	M40	74	6
234	Meinders	Johann	LT Schafh. Wald	1948	2003	00:49:56	00:48:23	00:50:53	01:04:28	00:55:32	00:50:59	05:20:11	0:46:45	55	M50	21	6
235	Biel	Sönke	NIGE-Team		2003	00:53:23	00:49:19	00:51:34	01:02:45	00:54:11	00:49:19	05:20:31	0:46:47		MU20	14	6
236	Tjardes	Karl	MTV Wittmund	1943	2003	00:50:34	00:48:30	00:52:00	01:03:10	00:55:38	00:50:42	05:20:34	0:46:48	60	M60	5	6
237	Busch	Jan	SV Holtland	1948	2003	00:50:27	00:48:47	00:51:12	01:03:18	00:55:01	00:51:50	05:20:35	0:46:48	55	M50	22	6
238	Abbas	Dietmar	Weenermoor	1990	2003	00:50:23	00:48:26	00:51:08	01:02:39	00:57:07	00:51:26	05:21:09	0:46:53	13	MU20	15	6
239	Dierich	Peter	St. Schwerinsd.	1959	2003	00:49:48	00:48:39	00:51:53	01:04:37	00:55:13	00:51:03	05:21:13	0:46:54	44	M40	75	6
240	Lindena	Reenhard	Jennelt/Uttum	1949	2003	00:48:59	00:49:01	00:51:45	01:04:34	00:55:26	00:51:37	05:21:22	0:46:55	54	M50	23	6
241	Junker	Marc	Rhauderfehn		2003	00:51:14	00:49:05	00:51:05	01:03:13	00:55:30	00:51:15	05:21:22	0:46:55		M		6
242	Dresler	Lukas	NIGE-Team		2003	00:53:30	00:50:03	00:50:49	01:03:02	00:54:32	00:49:29	05:21:25	0:46:55		MU20	16	6
243	Willms	Wilfried	KBV Langefeld	1961	2003	00:50:30	00:48:40	00:50:56	01:04:19	00:55:34	00:51:36	05:21:35	0:46:57	42	M40	76	6
244	Schwarz	Thorsten	LG Rabenlust	1967	2003	00:51:11	00:48:38	00:51:07	01:03:48	00:55:49	00:51:17	05:21:50	0:46:59	36	M30	88	6
245	Rademacher	Ubbo	Brinkum	1989	2003	00:50:52	00:47:23	00:51:14	01:03:16	00:56:09	00:53:02	05:21:56	0:47:00	14	MU20	17	6
246	de Buhr	Oskar	Germania Leer	1951	2003	00:51:06	00:48:48	00:51:27	01:03:46	00:56:15	00:50:46	05:22:08	0:47:02	52	M50	24	6
247	Schwitters	Richard	LT Schafh. Wald	1950	2003	00:51:17	00:49:03	00:51:24	01:05:37	00:54:37	00:50:14	05:22:12	0:47:02	53	M50	25	6
248	Klooster	Klaus	TV Marienhafte	1975	2003	00:49:24	00:48:41	00:50:30	01:03:02	00:57:45	00:52:58	05:22:20	0:47:03	28	M20	18	6
249	Meinen	Wilhelm	LG Ostfriesland	1941	2003	00:50:18	00:47:53	00:52:08	01:04:06	00:56:11	00:51:54	05:22:30	0:47:05	62	M60	6	6
250	Heien	Elisabeth	TuS Esens	1958	2003	00:50:57	00:48:50	00:51:13	01:04:13	00:56:07	00:51:13	05:22:33	0:47:05	45	W40	1	6
251	Friedrichs	Timo	BV Plaggenburg	1972	2003	00:50:07	00:48:44	00:51:17	01:05:40	00:55:36	00:51:11	05:22:35	0:47:06	31	M30	89	6
252	Sieling	Heiko	MTV Wittmund	1964	2003	00:51:33	00:49:54	00:50:50	01:03:11	00:55:47	00:51:21	05:22:36	0:47:06	39	M30	90	6
253	Kroon	Meino	TSV Hesel	1960	2003	00:51:00	00:49:02	00:51:27	01:04:19	00:54:38	00:52:34	05:23:00	0:47:09	43	M40	77	6
254	Wendeling	Manfred	Nocado	1955	2003	00:49:44	00:48:01	00:51:19	01:05:02	00:55:31	00:53:23	05:23:00	0:47:09	48	M40	78	6
255	Zimmer	Reinhard	TV Papenburg	1962	2003	00:53:52	00:50:29	00:52:47	00:57:33	00:56:30	00:51:51	05:23:02	0:47:09	41	M40	79	6
256	Diener	Bernd	Spark. Leer-Weener	1970	2003	00:49:33	00:49:16	00:51:26	01:04:02	00:56:45	00:52:02	05:23:04	0:47:10	33	M30	91	6
257	Behrens	Karl-Heinz	AOK Aurich	1956	2003	00:49:22	00:48:13	00:51:39	01:05:58	00:56:01	00:51:59	05:23:12	0:47:11	47	M40	80	6
258	Buß	Imme	SV Holtland	1948	2003	00:50:53	00:48:57	00:51:30	01:04:15	00:57:04	00:51:01	05:23:40	0:47:15	55	W50	2	6
259	Heykes	Robert	Friedeburg/Marx		2003	00:51:39	00:48:43	00:52:09	01:05:41	00:54:56	00:50:49	05:23:57	0:47:18		M		6
260	Wiechmann	Rainer	Germania Leer	1958	2003	00:50:13	00:48:08	00:50:52	01:04:59	00:56:27	00:53:26	05:24:05	0:47:19	45	M40	81	6
261	Adick	Matthias	Taxi-Zentrale Aurich	1962	2003	00:52:44	00:49:18	00:51:41	01:04:18	00:55:33	00:51:05	05:24:39	0:47:24	41	M40	82	6
262	Buss	Hermann	TuS Aurich-Ost	1948	2003	00:49:46	00:48:42	00:51:20	01:05:27	00:57:20	00:52:12	05:24:47	0:47:25	55	M50	26	6
263	Juilfs	Eilert	SUS Strackholt	1945	2003	00:50:19	00:49:10	00:51:25	01:05:23	00:56:14	00:52:20	05:24:51	0:47:25	58	M50	27	6
264	Siebels	Helmut	Großefehn	1963	2003	00:50:39	00:48:51	00:51:11	01:05:50	00:56:12	00:52:11	05:24:54	0:47:26	40	M40	83	6
265	Janssen	Michaela	Fort. Logabirum	1974	2003	00:51:35	00:49:04	00:52:22	01:04:25	00:55:53	00:51:49	05:25:08	0:47:28	29	W20	3	6
266	Decker	Hartmut	Team Deut. Post	1962	2003	00:51:37	00:49:20	00:51:32	01:05:03	00:55:21	00:52:22	05:25:15	0:47:29	41	M40	84	6
267	Kloppenburger	Carl-Heinz	RVB Uplengen	1960	2003	00:52:39	00:49:17	00:52:16	01:04:21	00:55:52	00:50:58	05:25:23	0:47:30	43	M40	85	6
268	Grüßing	Johann	LG Uplengen	1958	2003	00:51:03	00:48:56	00:51:16	01:05:12	00:56:49	00:52:28	05:25:44	0:47:33	45	M40	86	6
269	Diener	Thomas	Nowebau	1963	2003	00:51:28	00:48:36	00:51:06	01:06:28	00:56:13	00:52:04	05:25:55	0:47:35	40	M40	87	6
270	von Halle	Thomas	Pe.-Schule W.		2003	00:52:24	00:50:21	00:52:17	01:03:38	00:56:29	00:50:52	05:26:01	0:47:36		M		6
271	Garrels	Johann	TV Norden	2003	2003	00:51:21	00:49:04	00:52:12	01:04:25	00:56:05	00:53:25	05:26:32	0:47:40		M		6
272	Schweerke	Rolf	TuS Aurich-Ost	1959	2003	00:50:17	00:50:55	00:51:22	01:05:20	00:56:03	00:52:35	05:26:32	0:47:40	44	M40	88	6
273	Brink	Heinz	Teutonia Stapelmoor	1953	2003	00:49:40	00:48:18	00:51:01	01:08:17	00:56:16	00:53:24	05:26:56	0:47:44	50	M50	28	6
274	Wiegmann	Günter	OZ-GA-Loopers	1960	2003	00:50:25	00:48:29	00:50:54	01:09:20	00:57:03	00:50:55	05:27:06	0:47:45	43	M40	89	6
275	Ihnken	Jörg	Westerholt	1967	2003	00:51:17	00:49:24	00:52:23	01:05:37	00:57:15	00:51:56	05:27:52	0:47:52	36	M30	92	6
276	Lohmeyer	Everwien	SV Brinkum	1958	2003	00:51:55	00:50:22	00:51:49	01:05:28	00:56:04	00:52:19	05:27:57	0:47:53	45	M40	90	6
277	Heitner	Ann-Christin	Conc. Irhrove	1992	2003	00:51:19	00:48:18	00:52:43	01:07:36	00:56:27	00:51:56	05:28:19	0:47:56	11	WU20	1	6
278	Huxsohl	Michael	LT Jemgum	1965	2003	00:52:50	00:49:39	00:52:25	01:05:13	00:57:06	00:52:21	05:29:34	0:48:07	38	M30	93	6
279	Fischer	Günther	SUS Strackholt	1949	2003	00:51:22	00:51:37	00:53									

13.05. bis 30.05.2003

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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
285	Kleemeyer	Wilfried	Conc. Neermoor	1961	2003	00:52:30	00:50:07	00:52:49	01:07:50	00:55:25	00:51:57	05:30:38	0:48:16	42	M40	93	6
286	Janssen	Friedhelm	KBV Langefeld	1966	2003	00:51:48	00:50:37	00:52:13	01:06:42	00:56:40	00:52:38	05:30:38	0:48:16	37	M30	95	6
287	von Garrel	Wolfgang	Leer	1952	2003	00:51:05	00:49:38	00:52:48	01:06:10	00:57:59	00:53:07	05:30:47	0:48:17	51	M50	30	6
288	Neumann	Roger	Ramsloh	1958	2003	00:51:23	00:49:34	00:52:43	01:06:37	00:58:46	00:52:01	05:31:04	0:48:20	45	M40	94	6
289	Gerdes	Olaf	TSV Riepe	1980	2003	00:51:02	00:50:23	00:52:46	01:06:38	00:57:24	00:52:57	05:31:10	0:48:21	23	M20	19	6
290	Harms	Gerhard	SC Wiesens	1963	2003	00:51:44	00:50:02	00:52:06	01:06:48	00:57:18	00:53:29	05:31:27	0:48:23	40	M40	95	6
291	Hieronimus	Horst	TV Marienhaf	1967	2003	00:52:56	00:51:02	00:52:44	01:06:36	00:56:31	00:51:52	05:31:41	0:48:25	36	M30	96	6
292	Auge	Benjamin	HSG Leer	1989	2003	00:53:12	00:51:34	00:53:57	01:05:51	00:56:28	00:51:20	05:32:22	0:48:31	14	MU20	18	6
293	Janssen	Engeline	LG Ostfriesland	1964	2003	00:51:40	00:50:41	00:53:12	01:06:28	00:57:52	00:52:58	05:32:51	0:48:35	39	W30	5	6
294	Schmidt	Helga	SV Hage	1965	2003	00:52:42	00:51:14	00:52:55	01:05:30	00:57:34	00:53:24	05:33:19	0:48:40	38	W30	6	6
295	Broers	Uwe	SV Holtland	1956	2003	00:52:31	00:51:22	00:52:22	01:06:44	00:58:04	00:52:32	05:33:35	0:48:42	47	M40	96	6
296	Erfeling	Christoff	SV Stiekelkamp		2003	00:52:36	00:51:21	00:52:21	01:06:44	00:58:03	00:52:31	05:33:36	0:48:42		M		6
297	Schmidt	Karl-Heinz	TV Norden	1957	2003	00:52:22	00:51:04	00:53:26	01:05:57	00:57:37	00:53:17	05:33:43	0:48:43	46	M40	97	6
298	von Garrel	Christoph	SV Holtland	1955	2003	00:51:50	00:50:12	00:52:52	01:06:57	00:58:16	00:53:40	05:33:47	0:48:44	48	M40	98	6
299	Harms	Helmut	Crocodiles	1969	2003	00:53:19	00:50:20	00:52:20	01:04:53	00:58:05	00:54:52	05:33:49	0:48:44	34	M30	97	6
300	Wilken	Adolf	TSV Hesel	1963	2003	00:51:57	00:50:38	00:53:50	01:07:01	00:57:33	00:52:56	05:33:55	0:48:45	40	M40	99	6
301	Eggen	Elke	LG Ostfriesland	1965	2003	00:51:35	00:50:30	00:52:32	01:06:22	00:59:56	00:53:02	05:33:57	0:48:45	38	W30	7	6
302	Emke	Dieter	TSV Hesel	1958	2003	00:52:02	00:50:34	00:53:48	01:07:00	00:57:23	00:53:23	05:34:10	0:48:47	45	M40	100	6
303	Lambertus	Anton	Bagband	1961	2003	00:52:29	00:45:33	00:54:53	01:07:18	00:58:59	00:55:00	05:34:12	0:48:47	42	M40	101	6
304	Baumann	Georg-Ihno	Loppersum	1961	2003	00:50:46	00:50:05	00:52:57	01:07:51	00:59:27	00:53:38	05:34:44	0:48:52	42	M40	102	6
305	Bünting	Lübbe	TuS Middels	1955	2003	00:54:18	00:51:26	00:53:37	01:06:35	00:57:22	00:51:44	05:35:02	0:48:55	48	M40	103	6
306	Behrens	Heinz	PSV Leer	1955	2003	00:51:58	00:50:51	00:53:16	01:06:54	00:58:09	00:54:07	05:35:15	0:48:56	48	M40	104	6
307	Schieferstein	Ulrich	Leer	1954	2003	00:54:05	00:51:23	00:53:39	01:06:33	00:57:10	00:52:36	05:35:26	0:48:58	49	M40	105	6
308	Sinnen	Folkmar	SV Holtland	1966	2003	00:52:07	00:50:46	00:53:11	01:07:37	00:57:48	00:53:58	05:35:27	0:48:58	37	M30	98	6
309	Löwe	Michaela	Ihrh.-Warsingsfehn	1985	2003	00:53:38	00:51:02	00:53:16	01:06:48	00:57:19	00:53:25	05:35:28	0:48:58	18	WU20	2	6
310	Gastmann	Thorsten	WfB Aurich	1981	2003	00:53:05	00:50:17	00:54:44	01:07:05	00:58:23	00:51:56	05:35:30	0:48:59	22	M20	20	6
311	Löning	Hans-Georg	TuS Aurich-Ost	1959	2003	00:53:27	00:51:25	00:54:19	01:07:29	00:57:27	00:51:35	05:35:42	0:49:00	44	M40	106	6
312	Schmidt	Roland	TG Wiesmoor	1968	2003	00:53:38	00:50:57	00:52:01	01:07:20	00:58:06	00:53:47	05:35:49	0:49:01	35	M30	99	6
313	Gorzawski	Michael	TV Norden	1960	2003	00:53:38	00:50:35	00:53:08	01:06:51	00:58:22	00:53:21	05:35:55	0:49:02	43	M40	107	6
314	Jakobs	Günter	Neugande	1968	2003	00:53:11	00:51:07	00:53:40	01:06:23	00:59:07	00:52:33	05:36:01	0:49:03	35	M30	100	6
315	Ellée	Joosten	VfR Heisfelde	1992	2003	00:56:08	00:52:35	00:54:27	01:06:29	00:55:41	00:50:49	05:36:09	0:49:04	11	MU20	19	6
316	Romaneeßen	Heinz	Team Deut. Post	1966	2003	00:57:08	00:50:04	00:52:46	01:06:13	00:57:34	00:52:25	05:36:10	0:49:05	37	M30	101	6
317	Menger	Kai-Uwe	Leer	1964	2003	00:51:51	00:50:33	00:53:25	01:07:48	00:58:20	00:54:13	05:36:10	0:49:05	39	M30	102	6
318	Nörder	Johann	EWE Norden	1961	2003	00:52:37	00:52:04	00:54:59	01:07:30	00:56:26	00:52:44	05:36:20	0:49:06	42	M40	108	6
319	Baumann	Imke	LG Uplengen	1978	2003	00:52:38	00:51:09	00:54:54	01:08:26	00:57:47	00:51:52	05:36:46	0:49:10	25	W20	4	6
320	Hagedorn	Friedhelm	Leer	1968	2003	00:53:34	00:52:16	00:54:17	01:07:28	00:56:31	00:52:41	05:36:47	0:49:10	35	M30	103	6
321	Prikker	SV Weert-Peter	SV Holtland	1959	2003	00:53:42	00:51:01	00:53:46	01:06:55	00:57:48	00:53:37	05:36:49	0:49:10	44	M40	109	6
322	Schröter	Werner	HC Moorerland	1943	2003	00:54:06	00:51:11	00:54:04	01:06:33	00:57:44	00:53:21	05:36:59	0:49:12	60	M60	7	6
323	Loers	Monika	TG Wiesmoor	1975	2003	00:53:14	00:50:50	00:53:42	01:07:18	00:58:56	00:53:31	05:37:31	0:49:16	28	W20	5	6
324	Pagel	Jens	LG Uplengen	1963	2003	00:52:24	00:53:26	00:53:15	01:07:15	00:58:07	00:53:39	05:38:06	0:49:21	40	M40	110	6
325	Duhlies	Frank	Beluga Aurich	1960	2003	00:52:35	00:51:54	00:53:14	01:07:59	00:57:43	00:55:02	05:38:27	0:49:25	43	M40	111	6
326	Janssen	Berend	TuS Aurich-Ost	1944	2003	00:53:37	00:50:39	00:53:43	01:07:38	00:58:21	00:54:35	05:38:33	0:49:25	59	M50	31	6
327	Sandrock	Dieter	Fort. Logabirum	1947	2003	00:53:49	00:51:24	00:54:37	01:07:11	00:57:28	00:54:06	05:38:35	0:49:26	56	M		6
328	Edzards	Erwin	SUS Strackholt	1960	2003	00:53:39	00:48:33	00:54:42	01:07:25	01:00:00	00:54:23	05:38:42	0:49:27	43	M40	112	6
329	Janssen	Gerold	Nocado	1966	2003	00:54:30	00:51:36	00:53:47	01:07:41	00:58:05	00:53:35	05:39:14	0:49:31	37	M30	104	6
330	Franken	Gerd	TuS Aurich-Ost	1963	2003	00:53:15	00:51:19	00:54:00	01:07:04	00:59:38	00:54:05	05:39:21	0:49:32	40	M40	113	6
331	Hellmers	Manfred	NOWEBAU	1967	2003	00:52:23	00:52:31	00:54:21	01:08:34	00:58:09	00:53:25	05:39:23	0:49:33	36	M30	105	6
332	Saathoff	Dieter	Nocado	1960	2003	00:52:41	00:52:12	00:53:55	01:08:27	00:58:42	00:53:28	05:39:25	0:49:33	43	M40	114	6
333	Weerts	Meike	SV Holtland	1976	2003	00:53:25	00:51:37	00:55:02	01:07:41	00:58:23	00:53:23	05:39:31	0:49:34	27	W20	6	6
334	Buss	Bernhard	Möbel Buss	1949	2003	00:51:35	00:50:35	00:54:31	01:08:39	01:00:58	00:54:04	05:40:22	0:49:41	54	M50	32	6
335	Oltmanns	Hermann	Spark. Leer-Weener	1964	2003	00:53:54	00:50:52	00:54:18	01:07:27	00:58:40	00:55:17	05:40:28	0:49:42	39	M30	106	6
336	Ihlow	Werner	TV Norden	1945	2003	00:53:32	00:50:59	00:54:03	01:07:03	00:59:37	00:55:27	05:40:41	0:49:44	58	M50	33	6
337	Voss	Karin	TuS Aurich-Ost	1961	2003	00:54:40	00:51:52	00:54:00	01:07:00	00:58:56	00:54:19	05:40:47	0:49:45	42	W40	3	6
338	Iken	Gerrit	NOWEBAU	1974	2003	00:54:07	00:52:32	00:54:20	01:08:40	00:58:08	00:53:27	05:41:14	0:49:49	29	M20	21	6
339	Koppermann	Malte	Fort. Logabirum	1963	2003	00:52:16	00:51:09	00:53:54	01:08:06	00:59:33	00:56:19	05:41:17	0:49:49	40	M40	115	6
340	Weerts	Wilma	LG Uplengen	1983	2003	00:51:39	00:50:00	00:54:35	01:09:30	00:59:39	00:56:18	05:41:41	0:49:53	20	W20	7	6
341	Kollenbroich	Gertrud	MTV Wittmund	1951	2003	00:52:55	00:53:45	00:53:48	01:11:11	00:57:33	00:52:31	05:41:43	0:49:53	52	W50	3	6
342	Kiesé	Kersten	TuS Esens	1964	2003	00:54:10	00:52:07	00:53:56	01:07:39	00:59:20	00:54:42	05:41:54	0:49:55	39	M30	107	6
343	Böttger	Rolf	MTV Wittmund	1969	2003	00:52:59	00:52:03	00:54:35	01:08:03	00:59:14	00:55:08	05:42:02	0:49:56	34	M30	108	6
344	Hillrichs	Wolfgang	Nortmoor		2003	00:54:41	00:53:33	00:53:52	01:09:12	00:58:25	00:52:43	05:42:26	0:49:59		M		6
345	Trotte	Ralf	Leer	1965	2003	00:52:49	00:51:57	00:53:44	01:08:55	00:59:58	00:55:05	05:42:28	0:50:00	38	M30	109	6
346	Frerichs	Ralf	Uplengen	1973	2003	00:54:25	00:52:05	00:54:07	01:06:56	01:00:02	00:55:11	05:42:46	0:50:02	30	M30	110	6
347	Grünefeld	Ralf	Großefehn	1981	2003	00:54:19	00:50:56	00:56:22	01:11:15	00:58:25	00:51:45	05:43:02	0:50:05	22	M20	22	6
348	zum Bruch	Stefan	MTV Wittmund		2003	00:53:53	00:52:28	00:54:46	01:06:58	00:59:55	00:55:08	05:43:08	0:50:06		M		6
349	Ensuleit	Udo	GW Leer	1948	2003	00:57:42	00:50:50	00:51:22	01:03:36	00:56:07	01:03:34	05:43:11					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km						
356	Siepert	Maria	MTV Wittmund	1956	2003	00:54:10	00:52:00	00:55:46	01:08:38	00:59:52	00:54:51	05:45:17	0:50:24	47	W40	4	6
357	Sleuer	Hans-Wilhelm	Polizei Leer	1943	2003	00:53:10	00:52:18	00:54:28	01:10:05	01:00:01	00:55:16	05:45:18	0:50:25	60	M60	8	6
358	Schewiola	Axel	TV Norden	1938	2003	00:53:22	00:53:47	00:54:24	01:07:40	00:59:52	00:56:17	05:45:22	0:50:25	65	M60	9	6
359	Kuhlmann	Fred	Heimatblatt	1960	2003	00:53:40	00:51:42	00:55:39	01:09:18	00:59:36	00:55:31	05:45:26	0:50:26		M		6
360	Rohden	Heinz	Willmsfeld	1963	2003	00:54:23	00:53:00	00:55:03	01:09:54	00:59:09	00:54:15	05:45:44	0:50:28	40	M40	118	6
361	Ziegler	Frank	Team Deut. Post	1967	2003	00:55:09	00:52:02	00:54:28	01:09:11	00:59:41	00:55:19	05:45:50	0:50:29	36	M30	111	6
362	Franzen	Wilfried	Teut. Stapelmoor	1945	2003	00:53:44	00:51:55	00:55:31	01:08:54	01:00:26	00:55:32	05:46:02	0:50:31	58	M50	36	6
363	Lieder	Manfred	EWE Seevetal		2003	00:54:58	00:53:12	00:55:59	01:08:11	00:58:38	00:55:07	05:46:05	0:50:31		M		6
364	Gerjets	Erhard	Ostfriesland Moordorf	1958	2003	00:54:14	00:52:27	00:55:23	01:10:14	00:59:18	00:54:31	05:46:07	0:50:32	45	M40	119	6
365	Schoon	Günther	TG Wiesmoor	1950	2003	00:54:51	00:54:10	00:54:26	01:09:23	00:59:04	00:54:22	05:46:16	0:50:33	53	M50	37	6
366	van Loh	Ute	LT Jemgum	1959	2003	00:54:49	00:52:43	00:54:05	01:08:48	00:59:25	00:56:35	05:46:25	0:50:34	44	W40	5	6
367	Tammen	Kai	Klinge	1973	2003	00:55:54	00:54:47	00:57:02	01:10:08	00:57:25	00:51:10	05:46:26	0:50:34	30	M30	112	6
368	Tammen	Willi	Klinge	1959	2003	00:55:53	00:54:49	00:57:01	01:10:07	00:57:26	00:51:11	05:46:27	0:50:35	44	M40	120	6
369	Janßen	Siegfried	Ostfriesland Moordorf	1953	2003	00:54:17	00:54:18	00:55:28	01:03:33	01:02:05	00:56:51	05:46:32	0:50:35	50	M50	38	6
370	Uphoff	Helmut	Raiba Aur./Uplg.	1964	2003	00:55:11	00:55:34	00:55:25	01:06:59	00:59:04	00:54:24	05:46:37	0:50:36	39	M30	113	6
371	de Groot	Uwe	Apen		2003	00:54:09	00:53:03	00:55:33	01:09:28	00:59:06	00:55:26	05:46:45	0:50:37		M		6
372	Romneeßen	Gerd	Team Deut. Post	1963	2003	00:57:56	00:52:11	00:54:05	01:09:33	00:58:47	00:54:21	05:46:53	0:50:38	40	M40	121	6
373	Reints	Bruno	Ihlower Loopers	1954	2003	00:53:51	00:53:11	00:54:43	01:09:47	01:00:19	00:55:04	05:46:55	0:50:39	49	M40	122	6
374	Stitz	Ulrich	MTV Aurich	1958	2003	00:57:53	00:52:15	00:56:23	01:08:12	00:58:36	00:53:40	05:46:59	0:50:39	45	M40	123	6
375	Saathoff-Kettwig	Günter	TSV Hesel	1956	2003	00:54:38	00:52:57	00:54:57	01:09:53	00:59:35	00:55:29	05:47:29	0:50:44	47	M40	124	6
376	Daro	Jörg	EWE Norden	1962	2003	00:55:02	00:53:39	00:54:41	01:09:51	00:59:32	00:55:08	05:47:53	0:50:47	41	M40	125	6
377	Siebels	Hinrich	TRHS	1961	2003	00:54:48	00:53:27	00:55:21	01:09:10	00:59:35	00:55:35	05:47:56	0:50:48	42	M40	126	6
378	Beekmann	Günther	Remels	1958	2003	00:54:50	00:51:05	00:54:32	01:09:21	01:01:53	00:56:24	05:48:05	0:50:49	45	M40	127	6
379	Zierleyn	Günter	Leer	1951	2003	00:54:29	00:53:24	00:55:55	01:10:25	00:58:41	00:55:21	05:48:15	0:50:50	52	M50	39	6
380	Müller	Holger	Team Leda-Werk	1980	2003	00:54:31	00:52:45	00:54:23	01:09:36	00:59:27	00:57:34	05:48:16	0:50:51	23	M20	23	6
381	van Lessen	Meiko	Team Deut. Post	1961	2003	00:58:20	00:54:06	00:55:42	01:09:00	00:58:26	00:52:54	05:48:28	0:50:52	42	M40	128	6
382	Evers	Karl-Heinz	BV Langefeld	1958	2003	00:56:36	00:51:50	00:55:30	01:07:02	01:00:31	00:57:08	05:48:37	0:50:54	45	M40	129	6
383	Schrader	Anke	Leer	1961	2003	00:57:55	00:53:26	00:57:02	01:08:31	00:59:22	00:53:03	05:49:19	0:51:00	42	W40	6	6
384	Tegtmeier	Frank	WfB Aurich	1973	2003	00:56:54	00:52:14	00:53:51	01:08:47	00:57:35	00:59:59	05:49:20	0:51:00	30	M30	114	6
385	Tillmann	Burkhard	LT Schafh. Wald	1952	2003	00:53:34	00:53:04	00:53:42	01:11:58	01:01:54	00:55:10	05:49:22	0:51:00	51	M50	40	6
386	Frieling	Thomas	Leer		2003	00:54:26	00:53:13	00:54:25	01:08:36	00:59:39	00:59:12	05:49:31	0:51:01		M		6
387	Pollmann	Udo	Zetel	1958	2003	01:00:31	00:54:25	00:55:32	01:09:07	00:56:55	00:53:08	05:49:38	0:51:02	45	M40	130	6
388	Geiken	Lothar	OV Breinermoor	1961	2003	00:53:29	00:53:05	00:55:37	01:09:57	01:01:32	00:56:15	05:49:55	0:51:05	42	M40	131	6
389	Trauernicht	Fritz	NOWEBAU	1952	2003	00:55:41	00:52:32	00:55:19	01:09:32	00:59:43	00:57:09	05:49:56	0:51:05	51	M50	41	6
390	Strömer	Berthold	BV Kirchdorf	1956	2003	00:54:27	00:53:36	00:55:29	01:09:35	01:00:24	00:56:38	05:50:09	0:51:07	47	M40	132	6
391	Hensmann	Imke	Raiba Moormerland	1975	2003	00:58:10	00:53:28	00:55:50	01:07:52	00:59:34	00:55:20	05:50:14	0:51:08	28	W20	8	6
392	Ubben	Gerd-Arnold	Heimatblatt	1950	2003	00:55:34	00:52:37	00:55:48	01:10:31	01:01:29	00:54:35	05:50:34	0:51:11	53	M50	42	6
393	Janssen	Gesa	Aurich	1961	2003	00:54:00	00:52:27	00:56:30	01:10:29	01:01:39	00:55:30	05:50:35	0:51:11	42	W40	7	6
394	Tornow	Diedrich	Großefehn	1958	2003	00:54:53	00:52:30	00:55:00	01:12:59	01:00:31	00:55:02	05:50:55	0:51:14	45	M40	133	6
395	Körte	Stefan	Rhaudefehn	1971	2003	00:55:13	00:53:15	00:56:40	01:09:01	01:02:14	00:54:40	05:51:03	0:51:15	32	M30	115	6
396	Wolzen	Hilke	SV Holtland	1988	2003	00:56:24	00:53:42	00:56:35	01:08:09	01:01:22	00:55:09	05:51:21	0:51:18	15	WU20	3	6
397	Niemann	Richard	Esklum	1961	2003	00:55:55	00:54:05	00:55:37	01:10:43	00:59:01	00:56:03	05:51:24	0:51:18	42	M40	134	6
398	Meier	Detlef	SC 04 Leer	1942	2003	00:55:49	00:52:51	00:56:36	01:10:15	01:00:44	00:55:20	05:51:35	0:51:20	61	M60	10	6
399	Bohlen	Mathias	Uplengen		2003	00:54:22	00:53:20	00:54:49	01:10:53	01:00:30	00:57:42	05:51:36	0:51:20		M		6
400	Leerhoff	Karsten	Neermoor		2003	00:53:50	00:52:21	00:57:14	01:11:03	01:00:29	00:56:40	05:51:37	0:51:20		M		6
401	Schäfer	Harald	EWE Norden	1956	2003	00:55:07	00:53:42	00:55:51	01:10:36	00:59:59	00:56:25	05:51:40	0:51:20	47	M40	135	6
402	Meyer	Wilfried	Beningafehn	1966	2003	00:53:28	00:51:10	00:55:40	01:06:05	01:00:20	01:05:25	05:52:08	0:51:24	37	M30	116	6
403	Meyer	Antje	LG Uplengen	1956	2003	00:54:45	00:53:32	00:55:26	01:10:31	01:01:58	00:56:07	05:52:19	0:51:26	47	W40	8	6
404	Vehnekamp	Werner	Möbel Buss	1958	2003	00:56:46	00:53:50	00:55:54	01:10:29	01:00:21	00:55:01	05:52:21	0:51:26	45	M40	136	6
405	Bornhuse	Tim	MTV Aurich	1985	2003	00:57:22	00:53:01	00:56:56	01:09:47	00:58:31	00:57:51	05:53:28	0:51:36	18	MU20	20	6
406	Ruh	Helmut	TC Wittmund	1951	2003	00:57:45	00:53:20	00:56:33	01:11:14	01:00:51	00:54:02	05:53:45	0:51:39	52	M50	43	6
407	Willms	Jakobus	TuS Aurich-Ost	1940	2003	00:56:21	00:54:42	00:56:34	01:10:28	01:00:26	00:55:15	05:53:46	0:51:39	63	M60	11	6
408	Lindemann	Paul	TV Norden	1939	2003	00:54:59	00:54:08	00:55:56	01:09:44	01:01:52	00:57:20	05:53:59	0:51:41	64	M60	12	6
409	Wodak	Reinhard	TV Leer	1950	2003	00:55:24	00:53:27	00:56:41	01:10:41	01:00:56	00:56:56	05:54:05	0:51:41	53	M50	44	6
410	Köster	Karl	TV Norden	1940	2003	00:56:35	00:54:40	00:55:53	01:10:19	01:01:02	00:55:44	05:54:13	0:51:43	63	M60	13	6
411	Buss	Andrea	MTV Wittmund	1964	2003	00:55:59	00:53:51	00:57:33	01:09:46	01:01:36	00:55:39	05:54:24	0:51:44	39	W30	9	6
412	Klimaschka-B.	Uschi	MTV Aurich	1957	2003	00:54:55	00:53:47	00:57:43	01:10:46	01:00:51	00:56:22	05:54:24	0:51:44	46	W40	9	6
413	Willms	Eduard	TSG Westerstedde	1939	2003	00:55:13	00:53:46	00:57:41	01:10:40	01:01:40	00:55:39	05:54:39	0:51:46	64	M60	14	6
414	Raveling	Elke	TuS Aurich-Ost	1974	2003	00:56:47	00:53:03	00:55:24	01:11:01	01:02:12	00:56:20	05:54:47	0:51:48	29	W20	9	6
415	Abbas	Heiko	Osfriesl. Online		2003	00:57:10	00:55:32	00:56:17	01:09:14	00:59:29	00:57:22	05:55:04	0:51:50		M		6
416	Steinke	Dietrich	Conc. Neermoor	1941	2003	00:54:43	00:54:01	00:57:11	01:12:54	01:00:28	00:55:50	05:55:07	0:51:51	62	M60	15	6
417	Sauer-Ufkes	Cudrun	MTV Aurich	1965	2003	00:55:31	00:53:54	00:56:07	01:10:06	01:02:40	00:56:52	05:55:10	0:51:51	38	W30	10	6
418	Peters	Gitta	Potshausen	1962	2003	00:55:57	00:55:26	00:57:05	01:09:20	01:00:41	00:56:47	05:55:16	0:51:52	41	W40	10	6
419	Schöneboom	Hans-Günter	Emder LG	1935	2003	00:56:42	00:52:36	00:59:21	01:09:16	01:00:34	00:57:16	05:55:45	0:51:56	68	M60	16	6
420	Dirks	Heike	Fort. Logabirum	1963	2003	00:54:50	00:53:07	00:57:38	01:10:08	01:01:48	00:58:21	05:55:52	0:51:57	40	W40	11	6

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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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
427	Fleißner	Elke	Fort. Logabirum	1964	2003	00:55:35	00:53:09	00:56:35	01:10:39	01:02:00	00:58:21	05:56:19	0:52:01	39	W30	11	6
428	Spinneker	Helmut	TV Norden	1948	2003	00:57:06	00:54:22	00:57:31	01:09:43	01:01:39	00:56:02	05:56:23	0:52:02	55	M50	45	6
429	Flügge	Meike	Germania Leer	1966	2003	00:55:17	00:53:57	00:56:02	01:12:52	01:01:31	00:56:48	05:56:27	0:52:02	37	W30	12	6
430	Tunder	Alma	SC Wiesens	1957	2003	00:55:14	00:52:47	00:57:09	01:13:29	01:01:28	00:56:29	05:56:36	0:52:04	46	W40	12	6
431	Kleymann	Bernd	Backemoor	1964	2003	00:57:23	00:55:48	00:57:09	01:09:37	01:00:21	00:56:26	05:56:44	0:52:05	39	M30	118	6
432	Fleißner	Jörg	Fort. Logabirum	1960	2003	00:55:41	00:53:16	00:56:39	01:10:42	01:02:05	00:58:22	05:56:45	0:52:05	43	M40	140	6
433	Beyrau	Werner	IGS Aurich-West	1939	2003	00:56:48	00:54:43	00:56:47	01:10:39	01:01:04	00:56:48	05:56:49	0:52:05	64	M60	17	6
434	Emken	Mariechen	MTV Wittmund	1955	2003	00:55:19	00:53:53	00:56:15	01:12:42	01:02:06	00:56:52	05:57:07	0:52:08	48	W40	13	6
435	Siepert	Holger	MTV Wittmund	1952	2003	00:54:44	00:53:53	00:57:33	01:12:24	01:01:49	00:57:10	05:57:33	0:52:12	51	M50	46	6
436	Benthien	Uwe	TuS Aurich-Ost	1945	2003	00:56:34	00:54:45	00:56:31	01:12:53	01:00:27	00:56:25	05:57:35	0:52:12	58	M50	47	6
437	Uphoff	Walter	TuS Middels	1960	2003	00:54:33	00:53:41	00:56:55	01:12:23	01:02:26	00:57:45	05:57:43	0:52:13	43	M40	141	6
438	van Rüschen	Tanja	TUS Determ	1977	2003	00:55:37	00:54:31	00:57:45	01:12:34	01:01:16	00:56:13	05:57:56	0:52:15	26	W20	10	6
439	Sassen	Heike	Nüttermoor		2003	00:57:27	00:55:58	00:57:19	01:09:32	01:01:15	00:56:38	05:58:09	0:52:17		W		6
440	Schüler	H.-Friedrich	MTV Wittmund	1955	2003	00:57:04	00:53:29	00:56:53	01:09:34	01:04:16	00:56:54	05:58:10	0:52:17	48	M40	142	6
441	Wollermann	Manfred	MTV Wittmund	1942	2003	00:56:29	00:52:43	00:57:00	01:12:45	01:02:10	00:57:05	05:58:12	0:52:18	61	M60	18	6
442	van Lengen	Heinrich	SUS Strackholt	1940	2003	00:55:50	00:54:37	00:56:35	01:11:37	01:02:49	00:56:47	05:58:15	0:52:18	63	M60	19	6
443	Grest	Henning	Spark. Leer-Weener	1979	2003	00:56:05	00:53:30	01:00:14	01:12:33	01:00:43	00:55:16	05:58:21	0:52:19	24	M20	24	6
444	Duin	Tina	Leer	1975	2003	00:55:36	00:52:56	00:57:44	01:12:58	01:01:32	00:57:48	05:58:34	0:52:21	28	W20	11	6
445	Kalkwarf	Ewald	Pewsum	1964	2003	00:55:10	00:52:01	00:54:38	01:23:32	00:59:17	00:54:11	05:58:49	0:52:23	39	M30	119	6
446	Hommers	Gerhard	Ems-Jemgum	1954	2003	00:56:07	00:53:31	00:57:57	01:11:44	01:02:06	00:57:28	05:58:53	0:52:24	49	M40	143	6
447	Ramaker	Harald	SV Warsingsfehn	1963	2003	00:56:53	00:54:31	00:56:43	01:12:00	01:02:31	00:56:20	05:58:58	0:52:24	40	M40	144	6
448	Sanwald	Hanna	Fehntjer LT	1962	2003	00:58:34	00:55:07	00:56:38	01:11:08	01:01:34	00:56:05	05:59:06	0:52:25	41	W40	14	6
449	Kramer	Manfred	Leer	1962	2003	00:55:52	00:54:23	00:58:34	01:13:41	01:00:48	00:55:53	05:59:11	0:52:26	41	M40	145	6
450	Stamm	Horst	MTV Aurich	1950	2003	00:56:41	00:53:43	00:58:26	01:11:18	01:03:12	00:56:38	05:59:58	0:52:33	53	M50	48	6
451	Eden	Sönke	Leer		2003	00:57:51	00:53:38	00:57:27	01:13:40	01:01:44	00:55:40	06:00:00	0:52:33		M		6
452	Ullmann	Klaus	Westerstede	1945	2003	00:55:33	00:54:32	00:58:47	01:11:39	01:01:48	00:57:47	06:00:06	0:52:34	58	M50	49	6
453	Tjarks	Alfred	EWE Norden	1959	2003	00:55:44	00:54:30	00:58:50	01:11:04	01:01:43	00:58:19	06:00:10	0:52:35	44	M40	146	6
454	Mennenga	Albert	Timmel	1963	2003	00:56:37	00:55:33	00:57:36	01:11:22	01:01:53	00:57:12	06:00:13	0:52:35	40	M40	147	6
455	Eisenhauer	Annelene	LT Schafh. Wald	1955	2003	00:56:04	00:54:08	00:56:39	01:12:47	01:03:22	00:57:17	06:00:17	0:52:36	48	W40	15	6
456	Haida	Gisela	LT Schafh. Wald	1948	2003	00:56:55	00:54:02	00:56:40	01:12:03	01:03:25	00:57:38	06:00:43	0:52:40	55	W50	4	6
457	Winzenborg	Johann	Spark. Leer-Weener	1951	2003	00:57:49	00:54:46	00:56:21	01:11:54	01:02:07	00:57:49	06:00:46	0:52:40	52	M50	50	6
458	van Loh	Wilfried	LT Jemgum	1958	2003	00:56:22	00:54:34	00:58:04	01:11:45	01:01:48	00:58:16	06:00:49	0:52:40	45	M40	148	6
459	Runden	Michael	TV Leer	1961	2003	00:59:28	00:55:44	00:58:05	01:12:40	01:00:49	00:55:22	06:02:08	0:52:52	42	M40	149	6
460	Eyhussen	Melanie	Fort. Logabirum	1975	2003	00:57:17	00:54:21	00:57:42	01:13:03	01:02:14	00:57:35	06:02:12	0:52:53	28	W20	12	6
461	Winkelmann	Ralf	EWE Norden	1965	2003	00:59:56	00:54:41	00:57:10	01:10:23	01:01:14	00:58:51	06:02:15	0:52:53	38	M30	120	6
462	Schachner	Bruno	Leer	1952	2003	00:57:07	00:55:48	00:58:12	01:12:44	01:01:20	00:57:28	06:02:39	0:52:56	51	M50	51	6
463	Heyenga	Manuela	SV Nortmoor	1975	2003	00:56:40	00:54:13	00:56:33	01:13:52	01:04:55	00:56:50	06:03:03	0:53:00	28	W20	13	6
464	Hilbrands	Harmannus	Logabirum	1958	2003	00:58:25	00:55:47	00:58:12	01:12:40	01:01:09	00:56:54	06:03:07	0:53:01	45	M40	150	6
465	Gerdes	Hinrich	NOWEBAU	1942	2003	00:57:58	00:55:37	01:00:24	01:06:30	01:03:52	00:58:47	06:03:08	0:53:01	61	M60	20	6
466	Füllgrabe	Ulrike	MTV Aurich	1951	2003	00:56:20	00:55:37	00:58:35	01:11:46	01:03:32	00:57:22	06:03:12	0:53:01	52	W50	5	6
467	Schürmann	Ulrike	FC Oldersum	1962	2003	00:57:53	00:56:29	00:58:18	01:11:32	01:02:04	00:57:13	06:03:29	0:53:04	41	W40	16	6
468	Hillrichs	Thorsten	Spark. Leer-Weener		2003	00:58:28	00:55:31	00:58:55	01:12:43	01:02:03	00:56:16	06:03:56	0:53:08		M		6
469	Hinrichs, Dr.	Hinrich	SUS Strackholt		2003	00:57:16	00:55:55	00:57:50	01:12:55	01:02:32	00:57:42	06:04:10	0:53:10		M		6
470	Trännapp	Alfred	TV Norden	1941	2003	00:57:37	00:56:05	01:00:15	01:12:25	01:01:09	00:57:04	06:04:35	0:53:13	62	M60	21	6
471	Duis	Ella	VHS Laufen		2003	01:01:10	00:54:39	00:55:31	01:11:24	01:01:05	01:00:46	06:04:35	0:53:13		W		6
472	Bolhuis	Wilhelm	TV Norden	1943	2003	00:58:14	00:56:08	00:59:03	01:12:56	01:02:08	00:56:21	06:04:50	0:53:16	60	M60	22	6
473	Schild	Stefan	Hartm.-Reederei		2003	01:01:34	00:57:23	00:58:08	01:11:56	00:59:16	00:56:35	06:04:52	0:53:16		M		6
474	Emken	Marco	NOWEBAU	1975	2003	00:58:24	00:55:15	00:56:16	01:13:57	01:04:17	00:56:49	06:04:58	0:53:17	28	M20	25	6
475	Stralucke	Susanne	Lebenshilfe Leer	1962	2003	00:57:32	00:54:41	00:58:44	01:14:01	01:03:36	00:56:37	06:05:11	0:53:19	41	W40	17	6
476	Wilken	Eric	Polizei Leer	1963	2003	00:56:28	00:54:36	00:58:51	01:13:02	01:04:55	00:58:12	06:06:04	0:53:26	40	M40	151	6
477	Fröhle	Heiko	Sande	1960	2003	00:55:12	00:55:10	00:58:59	01:15:04	01:02:43	00:59:01	06:06:09	0:53:27	43	M40	152	6
478	Klapproth	Elvira	VHS Laufen	1966	2003	00:56:23	00:54:32	00:58:46	01:13:19	01:04:57	00:58:13	06:06:10	0:53:27	37	W30	13	6
479	Böke-Aden	Karin	TuS Hinte	1959	2003	00:57:16	00:56:01	00:58:33	01:13:58	01:03:08	00:57:24	06:06:20	0:53:29	44	W40	18	6
480	Hartmann	Dieter	Wittmund	1954	2003	00:57:24	00:56:02	00:58:24	01:14:31	01:02:11	00:57:53	06:06:25	0:53:29	49	M40	153	6
481	Nieberg	Alfons	LT Schafh. Wald	1950	2003	00:57:20	00:55:06	01:01:58	01:13:01	01:02:44	00:56:41	06:06:50	0:53:33	53	M50	52	6
482	Krause	Margret	LT Schafh. Wald	1947	2003	00:56:54	00:55:29	00:58:59	01:14:06	01:03:30	00:58:20	06:07:18	0:53:37	56	W50	6	6
483	Adelmund	Erika	Emder LG	1959	2003	00:57:21	00:55:42	00:59:36	01:12:44	01:04:14	00:57:51	06:07:28	0:53:39	44	W40	19	6
484	Bakker	Johann-Hermann	Westoverledigen	1951	2003	00:58:04	00:56:09	00:59:01	01:12:58	01:03:42	00:57:36	06:07:30	0:53:39	52	M50	53	6
485	Lambertus	Joachim	WfB Aurich	1956	2003	01:06:55	00:58:43	00:54:58	01:10:32	01:01:49	00:54:34	06:07:31	0:53:39	47	M40	154	6
486	Wieligmann	Frank	Leer		2003	00:57:46	00:56:19	00:58:04	01:13:06	01:03:53	00:58:24	06:07:32	0:53:39		M		6
487	Penning	Hans-Dieter	Leer	1962	2003	00:57:01	00:53:18	00:58:02	01:14:48	01:05:09	00:59:38	06:07:56	0:53:43	41	M40	155	6
488	Janßen	Christa	SV Brinkum	1943	2003	00:58:24	00:56:50	00:58:20	01:12:38	01:03:56	00:57:52	06:08:00	0:53:43	60	W60	1	6
489	Daniels	Reinhold	TuS Aurich-Ost	1957	2003	00:58:13	00:56:39	00:58:32	01:12:29	01:04:41	00:57:49	06:08:23	0:53:47	46	M40	156	6
490	Eisenhauer	Manfred	Westerholt	1966	2003	00:59:03	00:55:41	00:58:49	01:14:13	01:03:22	00:57:18	06:08:26	0:53:47	37	M30	121	6
491	Möhlmann	Hinrich	BW Wittmund	1953	2003	00:58:32	00:56:25	00:58:51	01:11:57	01:03:19	00:59:33	06:08:37	0:53:49	50	M50	54	6
492	Hoofdmann	Edo	BGS Oldenburg	1955	2003	00:58:38	00:55:43	00:59:12									

22. Ostfrieslandlauf 2003

13.05. bis 30.05.2003

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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
498	Loers	Henning	VHS Laufen		2003	01:01:28	00:56:06	00:57:07	01:15:14	01:02:38	00:57:07	06:09:40	0:53:58		MU20	22	6
499	Grulich	Burkhard	MTV Aurich	1945	2003	00:56:50	00:56:18	00:59:30	01:14:29	01:03:23	00:59:17	06:09:47	0:53:59	58	M50	55	6
500	Röstel	Claus	TuS Aurich-Ost	1959	2003	01:02:59	00:57:04	00:59:06	01:12:30	01:02:12	00:56:05	06:09:56	0:54:00	44	M40	159	6
501	Schmidt	Lydia	SV Holtland	1963	2003	00:58:14	00:56:04	00:57:28	01:13:30	01:05:35	00:59:30	06:10:21	0:54:04	40	W40	22	6
502	Beckers	Achim	Germania Leer	1959	2003	01:08:52	01:05:50	00:54:29	01:05:54	00:55:40	00:59:47	06:10:32	0:54:06	44	M40	160	6
503	Heikens, Dr.	Berend	Detern-Velde		2003	00:55:48	00:55:08	00:57:03	01:20:21	01:04:14	00:58:15	06:10:49	0:54:08		M		6
504	Schmidt	Günther	SV Holtland	1956	2003	00:58:02	00:56:13	00:58:03	01:14:03	01:05:24	00:59:31	06:11:16	0:54:12	47	M40	161	6
505	Hinrichs	Theo	LT Esens		2003	00:59:23	00:55:36	00:58:23	01:15:08	01:02:58	00:59:50	06:11:18	0:54:12		M		6
506	Kröger	Bertold	TC Wittmund		2003	01:01:55	00:56:36	00:59:16	01:13:06	01:03:18	00:57:11	06:11:22	0:54:13		M		6
507	Janssen	Martin	TuS Sandh.	1951	2003	00:54:35	00:51:38	00:54:30	01:07:45	01:09:00	01:14:10	06:11:38	0:54:15	52	M50	56	6
508	Meyer	Jens	Zetel	1971	2003	01:02:10	00:58:14	00:58:50	01:15:00	01:00:42	00:56:53	06:11:49	0:54:17	32	M30	122	6
509	Eden	Gerhard	Hartm.-Reederei	1955	2003	00:59:43	00:55:21	00:58:48	01:14:05	01:04:13	00:59:44	06:11:54	0:54:18	48	M40	162	6
510	Abrahams	Detlef	Zetel	1961	2003	01:02:11	00:58:15	00:58:58	01:15:03	01:00:59	00:56:52	06:12:18	0:54:21	42	M40	163	6
511	Friedrichs	Annegret	AOK Aurich	1966	2003	00:59:06	00:56:49	00:58:55	01:14:02	01:04:51	00:58:50	06:12:33	0:54:23	37	W30	15	6
512	Veenhuis	Andrej	Westoverledingen	1985	2003	01:04:25	00:56:21	00:59:45	01:12:47	01:03:14	00:56:04	06:12:36	0:54:24	18	MU20	23	6
513	Battermann	Regina	Fehntjer LT	1951	2003	00:58:35	00:56:55	00:58:53	01:14:25	01:05:08	00:59:02	06:12:58	0:54:27	52	W50	7	6
514	Heilemann	Wolfgang	TUS Horsten	1957	2003	00:58:39	00:54:44	00:59:11	01:16:56	01:03:21	01:00:48	06:13:39	0:54:33	46	M40	164	6
515	Foelkel	Riewert	Leer	1963	2003	00:58:51	00:56:47	00:59:35	01:15:31	01:04:43	00:58:18	06:13:45	0:54:34	40	M40	165	6
516	Janssen	Fokko	IGS Aurich-West	1949	2003	00:57:50	00:55:03	00:56:10	01:11:00	01:05:32	01:08:11	06:13:46	0:54:34	54	M50	57	6
517	Brandau	Claudia	Germania Leer	1963	2003	00:59:11	00:56:14	00:59:54	01:15:52	01:03:17	00:59:46	06:14:14	0:54:38	40	W40	23	6
518	Frerichs	Rieke	SUS Strackholt	1948	2003	01:00:01	00:56:40	00:59:02	01:14:17	01:04:50	00:59:39	06:14:29	0:54:40	55	M50	58	6
519	Gieseler	Wilfried	TuS Aurich-Ost	1961	2003	00:56:17	00:50:58	00:55:35	01:15:44	01:09:18	01:06:45	06:14:37	0:54:41	42	M40	166	6
520	Brahms	Georg	WfB Aurich	1943	2003	00:59:19	00:56:52	01:01:25	01:14:57	01:03:54	00:58:10	06:14:37	0:54:41	60	M60	23	6
521	Ströver	Johann	WfB Aurich	1953	2003	00:59:30	00:56:53	01:01:26	01:14:56	01:03:58	00:58:09	06:14:52	0:54:44	50	M50	59	6
522	Wiiken	Nils	SV Holtland	1990	2003	01:00:26	01:00:22	01:00:18	01:13:07	01:03:16	00:57:34	06:15:03	0:54:45	13	MU20	24	6
523	Renken	Sonja	Hesel		2003	01:00:49	00:57:08	00:58:47	01:13:26	01:05:20	00:59:35	06:15:05	0:54:45		WU20	4	6
524	Pleis	Linda	Conc. Neermoor	1969	2003	00:58:54	00:56:56	00:58:54	01:14:26	01:06:23	00:59:57	06:15:30	0:54:49	34	W30	16	6
525	Peeken	Gerd	TuS Esens	1973	2003	01:00:02	00:56:33	01:01:15	01:15:48	01:03:45	00:58:13	06:15:36	0:54:50	30	M30	123	6
526	Smit	Bernhard	Ems Jemgum		2003	00:58:18	00:58:00	01:01:54	01:15:55	01:01:55	00:59:40	06:15:42	0:54:51		M		6
527	Janssen	Marion	LT Schafh. Wald	1976	2003	01:01:02	00:57:30	00:59:35	01:14:19	01:04:48	00:58:29	06:15:43	0:54:51	27	W20	14	6
528	Wirdemann	Arno	Aurich	1961	2003	00:59:15	00:58:26	00:59:48	01:14:15	01:03:50	01:00:11	06:15:45	0:54:51	42	M40	167	6
529	Völker	Daniel	Holtland		2003	01:00:52	00:53:54	00:57:17	01:18:46	01:06:51	00:58:11	06:15:51	0:54:52		M		6
530	Wagener	Olaf	SV Warsingsfehn	1970	2003	00:59:46	00:56:51	01:00:16	01:15:33	01:04:38	00:58:48	06:15:52	0:54:52	33	M30	124	6
531	Günther	Helmut	Raiba Aur./Uplg	1969	2003	01:01:08	00:58:23	01:01:36	01:15:06	01:03:21	00:56:22	06:15:56	0:54:53	34	M30	125	6
532	Pruin	Hans-Ru.	Ditzum.-Verlaat		2003	00:58:18	00:57:59	01:01:55	01:15:52	01:03:24	00:59:18	06:16:46	0:55:00		M		6
533	Müller	Edzard	SuS Timmel	1970	2003	00:59:59	00:57:56	00:59:19	01:15:41	01:05:13	00:58:42	06:16:50	0:55:01	33	M30	126	6
534	Ellée	Dirk	UEG Leer	1948	2003	00:59:41	00:56:54	01:00:58	01:15:05	01:04:40	00:59:35	06:16:53	0:55:01	55	M50	60	6
535	Buurmann	Ellen	MTV Aurich	1948	2003	01:00:07	00:57:16	01:01:28	01:15:11	01:06:15	00:56:51	06:17:08	0:55:03	55	W50	8	6
536	Peters	Gerda	Westerholt	1959	2003	00:58:55	00:57:26	01:00:13	01:14:04	01:05:32	01:01:26	06:17:36	0:55:07	44	W40	24	6
537	Piela	Joachim	IGS Aurich-West	1951	2003	00:59:26	00:58:42	01:00:31	01:14:49	01:05:07	00:59:04	06:17:39	0:55:08	52	M50	61	6
538	Göhler	Christoph	TuS Aurich-Ost	1939	2003	00:57:49	00:56:30	00:58:46	01:15:43	01:06:04	01:02:53	06:17:45	0:55:09	64	M60	24	6
539	Eden	Adele	Frisia Loga	1949	2003	00:58:36	00:57:23	01:00:36	01:15:45	01:04:58	01:00:28	06:17:46	0:55:09	54	W50	9	6
540	Manthey	Karl-Heinz	Spetzerfehn	1969	2003	01:00:03	00:57:42	00:59:34	01:16:29	01:04:09	00:59:53	06:17:50	0:55:09	34	M30	127	6
541	Tjaden	Heinz-Jürgen	TV Norden	1949	2003	00:58:17	00:56:35	00:59:32	01:17:02	01:04:01	01:02:35	06:18:02	0:55:11	54	M50	62	6
542	Weiß	Michael	Berumbur		2003	00:58:48	00:58:17	00:59:23	01:14:30	01:05:17	01:02:04	06:18:19	0:55:14		M		6
543	Wiiken	Christa	LT Mullberg	1953	2003	00:58:59	00:57:10	01:02:05	01:16:00	01:04:58	00:59:36	06:18:48	0:55:18	50	W50	10	6
544	Sauer	Gerhard	MTV Aurich	1934	2003	00:59:18	00:57:41	01:01:44	01:15:10	01:05:12	00:59:46	06:18:51	0:55:18	69	M60	25	6
545	Rogge	Gertrud	TuS Strackholt	1955	2003	00:59:07	00:57:12	01:00:53	01:16:01	01:05:18	01:00:43	06:19:14	0:55:22	48	W40	25	6
546	Schoon	Wilfried	Papenburg	1959	2003	00:59:24	00:56:10	01:01:08	01:13:35	01:08:08	01:00:52	06:19:17	0:55:22	44	M40	168	6
547	Boekhoff	Martin	Ihrh.-Warsingsfehn	1953	2003	00:58:46	00:58:16	01:01:09	01:15:46	01:05:11	01:00:31	06:19:39	0:55:25	50	M50	63	6
548	August	Dieter	Moormerland	1960	2003	01:01:33	00:55:26	00:59:04	01:17:34	01:06:15	00:59:52	06:19:44	0:55:26	43	M40	169	6
549	Pott	Thorsten	Airbus Varel		2003	01:01:22	00:57:54	00:59:38	01:16:45	01:03:20	01:00:47	06:19:46	0:55:26		M		6
550	Janssen	Helmut	SV Blomberg	1950	2003	01:00:04	00:58:11	01:01:13	01:14:59	01:06:06	00:59:22	06:19:55	0:55:28	53	M50	64	6
551	Springhorn	Jens	Leer	1931	2003	00:57:55	00:56:38	01:00:59	01:18:22	01:05:58	01:00:36	06:20:28	0:55:33	72	M70	2	6
552	Saathoff	Annemarie	TuS Esens	1951	2003	00:59:37	00:57:51	01:00:06	01:16:03	01:06:48	01:00:13	06:20:38	0:55:34	52	W50	12	6
553	Eisenhauer	Elisabeth	TuS Esens	1949	2003	00:59:38	00:57:50	01:00:05	01:16:04	01:06:47	01:00:14	06:20:38	0:55:34	54	W50	11	6
554	Möhlmann	Werner	CVJM Neermoor	1964	2003	01:03:21	00:58:41	01:00:02	01:14:46	01:05:44	00:58:20	06:20:54	0:55:36	39	M30	128	6
555	Wientjes	Heidi	TuS Aurich-Ost	1968	2003	01:00:37	00:57:32	00:59:37	01:15:35	01:05:33	01:02:08	06:21:02	0:55:38	35	W30	17	6
556	Sandammeer	Friedhelm	Großefehn	1964	2003	00:59:09	00:58:55	01:00:07	01:17:52	01:05:47	00:59:24	06:21:14	0:55:39	39	M30	129	6
557	Fitzner	Günther	Team Deut. Post	1948	2003	00:59:40	00:58:22	00:59:43	01:15:13	01:05:34	01:02:59	06:21:31	0:55:42	55	M50	65	6
558	Wiards	Kathrin	Concordia Ihrhove	1988	2003	00:58:12	00:58:33	00:59:17	01:17:11	01:06:08	01:02:10	06:21:31	0:55:42	15	WU20	5	6
559	Busch	Inga	SV Holtland	1984	2003	00:59:39	00:58:27	01:00:57	01:16:06	01:06:21	01:00:23	06:21:53	0:55:45	19	WU20	6	6
560	Brouwer	Bodo	Leer	1971	2003	01:00:41	00:57:34	01:01:53	01:17:41	01:03:25	01:00:44	06:21:58	0:55:46	32	M30	130	6
561	Börgmann	Johann	Hollen	1952	2003	01:00:37	00:56:58	01:01:52	01:15:49	01:07:22	00:59:30	06:22:08	0:55:47	51	M50	66	6
562	Reismann	Gudrun	TV Norden		2003	01:01:48	00:56:00	01:01:26	01:18:43	01:04:17	00:59:59	06:22:13	0:55:48		W		6
563	Ommen	Angelika</															

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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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
569	Krull	Matthias	BV Langefeld	1969	2003	01:00:28	00:58:39	01:02:44	01:17:36	01:04:19	01:00:42	06:24:28	0:56:08	34	M30	131	6
570	Schürmann	Martin	Poseidon Leer	1960	2003	00:59:55	00:59:56	01:01:00	01:17:09	01:05:18	01:01:11	06:24:29	0:56:08	43	M40	172	6
571	Stecher	Martina	Wittmund	1964	2003	01:02:27	00:59:42	01:01:06	01:17:01	01:05:19	00:58:55	06:24:30	0:56:08	39	W30	18	6
572	Dannecker	Siegfried	TV Marienhaf	1949	2003	01:01:06	00:59:44	01:01:00	01:15:35	01:06:41	01:00:34	06:24:40	0:56:09	54	M50	68	6
573	Dannecker	Petra	TV Marienhaf	1980	2003	01:01:01	00:59:39	01:01:08	01:15:34	01:06:44	01:00:34	06:24:40	0:56:09	23	W20	15	6
574	Büscher	Mario	Brunk.&Büscher		2003	01:04:27	00:57:05	01:00:58	01:15:37	01:07:07	00:59:34	06:24:48	0:56:11		M		6
575	Ens	Renate	TuS Aurich-Ost	1952	2003	01:02:18	00:59:15	01:01:17	01:15:48	01:05:54	01:00:22	06:24:54	0:56:11	51	W50	13	6
576	Bramer	Egbert	VHS-Laufkurs	1965	2003	01:00:30	00:58:54	00:59:52	01:15:58	01:06:36	01:03:20	06:25:10	0:56:14	38	M30	132	6
577	Akkermann	Edith	Concordia Ihrhove	1953	2003	00:59:12	00:57:45	01:02:06	01:15:54	01:09:17	01:01:02	06:25:16	0:56:15	50	W50	14	6
578	Stöhr	Erwin	Westerholt		2003	01:01:48	00:56:32	01:03:29	01:15:45	01:06:13	01:01:57	06:25:44	0:56:19		M		6
579	Loers	Helmut	DAK Leer	1952	2003	01:02:42	00:57:25	01:01:27	01:16:16	01:07:00	01:01:03	06:25:53	0:56:20	51	M50	69	6
580	Röben	Hinrich	SG Egels-Popens	1956	2003	01:03:09	00:58:40	01:01:43	01:17:39	01:05:21	00:59:26	06:25:58	0:56:21	47	M40	173	6
581	Lammers	Gerrit	SV Warsingsfehn		2003	01:04:56	00:57:35	01:01:31	01:16:28	01:06:15	00:59:59	06:26:44	0:56:27		M		6
582	Nagel	Gerlinde	Neermoor	1956	2003	01:03:04	00:58:48	01:01:55	01:16:58	01:05:57	01:00:59	06:27:41	0:56:36	47	W40	27	6
583	Bünting	Anne	TuS Middels	1957	2003	01:01:03	00:59:15	01:01:26	01:17:20	01:06:51	01:01:51	06:27:46	0:56:36	46	W40	28	6
584	Habicht	Thorsten	Eintracht Ihlow	1959	2003	00:59:12	00:58:05	01:02:43	01:16:52	01:06:47	01:04:23	06:28:02	0:56:39	44	M40	174	6
585	Meyer	Julia	Fun-Loopers	1967	2003	00:59:24	00:59:40	01:02:16	01:17:46	01:06:38	01:02:18	06:28:02	0:56:39	36	W30	19	6
586	Schoon	Margret	TGWiesmor	1963	2003	00:59:20	00:59:07	01:01:40	01:17:17	01:08:12	01:02:28	06:28:04	0:56:39	40	W40	29	6
587	Deutschmann	Claudia	TSV Hesel	1968	2003	01:02:32	00:59:14	01:00:54	01:16:44	01:07:01	01:02:04	06:28:29	0:56:43	35	W30	20	6
588	Sobczak	Rolf	PSV Leer		2003	00:59:38	00:58:03	01:03:09	01:19:05	01:06:50	01:01:49	06:28:34	0:56:44		M		6
589	Stöter	Frank	TSV Hesel	1960	2003	01:00:14	00:58:20	01:01:48	01:18:48	01:07:54	01:01:40	06:28:44	0:56:45	43	M40	175	6
590	Lüdeking, Dr.	Wilfried	Norden	1956	2003	01:00:53	00:58:27	01:02:51	01:16:59	01:07:43	01:01:58	06:28:51	0:56:46	47	M40	176	6
591	Janssen	Johannes	TuS Pewsum	1957	2003	00:59:29	00:55:47	01:03:44	01:19:01	01:09:16	01:01:54	06:29:11	0:56:49	46	M40	177	6
592	Zimmering	Herbert	SV Hage	1976	2003	01:03:05	00:59:01	01:04:08	01:16:23	01:06:30	01:00:32	06:29:39	0:56:53	27	M20	26	6
593	Müller	Magnus	Ockenhausen	1941	2003	01:01:15	00:58:53	01:02:49	01:18:26	01:08:12	01:00:05	06:29:40	0:56:53	62	M60	26	6
594	de Vries	Ulrike	Emden	1973	2003	01:00:24	00:59:01	01:01:37	01:17:09	01:08:41	01:04:00	06:30:52	0:57:04	30	W30	21	6
595	Hilbrands	Ingrid	Fort. Logabirum	1959	2003	01:01:33	00:59:01	01:03:18	01:17:42	01:06:13	01:03:12	06:30:59	0:57:05	44	W40	30	6
596	Lingner	Gerhard	T. O7 Westrauderfehn	1949	2003	00:59:37	00:57:58	01:03:19	01:19:15	01:08:39	01:02:17	06:31:05	0:57:06	54	M50	70	6
597	Scheffler	Andrea	Südbrookmerland	1966	2003	01:00:39	00:58:14	01:01:38	01:18:47	01:10:20	01:01:39	06:31:17	0:57:07	37	W30	22	6
598	Sweers	Olaf	SV Wittmund	1968	2003	01:02:32	00:58:25	00:59:14	01:20:52	01:08:40	01:01:39	06:31:22	0:57:08	35	M30	133	6
599	Rieken	Doris	Südbrookmerland	1961	2003	01:00:40	00:58:15	01:01:36	01:18:46	01:10:19	01:01:47	06:31:23	0:57:08	42	W40	31	6
600	Diener	Manfred	SUS Strackholt	1949	2003	01:00:07	00:59:53	01:02:10	01:17:43	01:09:12	01:02:58	06:32:03	0:57:14	54	M50	71	6
601	Ysker	Arno	TV Greetsieel		2003	01:00:22	00:59:05	01:06:46	01:18:59	01:06:45	01:00:13	06:32:10	0:57:15		M		6
602	Janssen	Heinrich	MTV Aurich	1934	2003	00:58:59	01:00:24	01:03:31	01:18:06	01:09:08	01:02:09	06:32:17	0:57:16	69	M60	27	6
603	Krull	Werner	BV Langefeld	1966	2003	01:00:29	01:00:01	01:03:10	01:19:29	01:08:29	01:00:43	06:32:21	0:57:17	37	M30	134	6
604	Janssen	Insa	MTV Aurich	1967	2003	00:59:04	01:00:19	01:03:27	01:18:04	01:09:05	01:02:29	06:32:28	0:57:18	36	W30	23	6
605	Hanken	Anja	Fun-Loopers		2003	01:00:31	00:59:41	01:02:17	01:19:16	01:08:14	01:02:30	06:32:29	0:57:18		W		6
606	Völker	Peter	TuS Aurich-Ost	1955	2003	01:01:40	00:58:51	01:02:52	01:18:25	01:07:53	01:02:51	06:32:32	0:57:18	48	M40	178	6
607	Meyer	Günther	EWE Norden	1965	2003	01:02:51	01:00:12	01:03:16	01:19:02	01:06:48	01:00:27	06:32:36	0:57:19	38	M30	135	6
608	Schmidt	Maren	Remels	1974	2003	01:01:25	00:59:58	01:03:12	01:17:35	01:07:07	01:03:23	06:32:40	0:57:19	29	W20	16	6
609	Pollmann	Meenke	Aurich	1958	2003	01:02:18	00:59:11	01:01:50	01:18:04	01:08:28	01:02:51	06:32:42	0:57:20	45	M40	179	6
610	Buss	Herbert	SV Stikelkamp	1959	2003	01:03:51	01:02:18	01:01:21	01:18:20	01:05:59	01:01:23	06:33:12	0:57:24	44	M40	180	6
611	Weelborg	Insa	LG Uplengen	1967	2003	01:01:05	00:57:43	01:03:33	01:19:15	01:09:30	01:02:25	06:33:31	0:57:27	36	W30	24	6
612	Wolterink	Johann	Fort. Wirdum	1942	2003	01:03:46	01:01:18	01:02:22	01:18:15	01:06:53	01:01:02	06:33:36	0:57:28	61	M60	28	6
613	Poetzsch	Virginia	MTV Aurich	1948	2003	01:00:38	00:59:29	01:02:46	01:18:49	01:08:30	01:03:35	06:33:47	0:57:29	55	W50	15	6
614	Poppen	Karl	TG Wiesmoor	1947	2003	01:06:04	00:59:42	01:03:53	01:17:55	01:04:53	01:01:41	06:34:08	0:57:32	56	M50	72	6
615	Peters	Hans-Jürgen	Polizei Leer	1949	2003	01:01:09	00:59:30	01:02:35	01:20:47	01:07:36	01:02:37	06:34:14	0:57:33	54	M50	73	6
616	Freitag	Theda	TuS Aurich-Ost	1951	2003	01:02:33	01:00:04	01:01:46	01:18:00	01:08:23	01:03:31	06:34:17	0:57:34	52	W50	16	6
617	Waltke	Eike	TG Wiesmoor	1991	2003	01:04:47	00:59:36	01:02:44	01:18:17	01:07:05	01:02:05	06:34:34	0:57:36	12	MU20	25	6
618	Zibold	Hans-Jürgen	TSV Carolinensiel	1946	2003	01:02:48	01:00:02	01:02:24	01:17:50	01:08:44	01:03:12	06:35:00	0:57:40	57	M50	74	6
619	Feldmann	Uwe	VFFL Berumbur	1967	2003	00:59:53	00:58:07	01:01:23	01:17:16	01:15:32	01:02:56	06:35:07	0:57:41	36	M30	136	6
620	Tapper	Karl-H.	Boruss. Leer		2003	01:04:08	01:00:45	01:02:17	01:19:20	01:06:10	01:02:50	06:35:30	0:57:44		M		6
621	Wulf	Dieter	Spark. Leer-Weener	1939	2003	01:01:57	00:59:52	01:03:34	01:19:41	01:08:14	01:02:54	06:36:12	0:57:50	64	M60	29	6
622	Saathoff	Wolf-Rüdiger	Aurich	1962	2003	01:06:30	01:01:15	01:02:45	01:18:23	01:07:11	01:00:17	06:36:21	0:57:52	41	M40	181	6
623	Severiens	Henni	Fort. Logabirum	1954	2003	01:02:35	00:59:49	01:03:28	01:18:03	01:09:00	01:03:45	06:36:40	0:57:54	49	W40	32	6
624	Zimmermann	Maike	TUS Collinghorst	1980	2003	01:04:34	01:00:17	01:04:07	01:18:29	01:07:14	01:02:11	06:36:52	0:57:56	23	W20	17	6
625	Menninga-So.	Insa	Timmel	1963	2003	01:03:44	01:00:01	01:02:22	01:21:41	01:06:57	01:02:14	06:36:59	0:57:57	40	W40	33	6
626	Moosler	Horst	Germania Leer	1937	2003	01:01:56	00:59:59	01:03:35	01:19:40	01:08:50	01:03:00	06:37:00	0:57:57	66	M60	30	6
627	Löschen	Marianne	SC Wiesens	1963	2003	01:01:12	00:59:03	01:05:38	01:18:30	01:09:10	01:03:32	06:37:05	0:57:58	40	W40	34	6
628	Haedke	Bodo	Leer	1959	2003	01:01:54	01:00:46	01:02:20	01:19:49	01:08:46	01:03:55	06:37:30	0:58:02	44	M40	182	6
629	Kampen	Astrid	Filsium		2003	01:04:29	01:00:45	01:07:03	01:17:53	01:06:45	01:01:29	06:38:24	0:58:10		W		6
630	Rekemeyer	Ute	Timmel	1965	2003	01:00:41	01:00:00	01:02:24	01:20:30	01:10:16	01:06:47	06:40:38	0:58:29	38	W30	25	6
631	Dirks	Marion	TV Marienhaf		2003	01:02:55	01:00:38	01:05:53	01:19:19	01:09:51	01:02:22	06:40:58	0:58:32		W		6
632	Degelmann	Karin	TuS Aurich-Ost	1952	2003	01:07:25	01:01:01	01:03:39	01:18:07	01:08:11	01:02:54	06:41:17	0:58:35	51	W50	17	6
633	van Rahden	Johann-H.	RuFV Hesel		2003	01:06:03	00:58:46	01:05:46	01:22:16	01:07:40	01:00:55	06:41:26	0:58:36		M		6
634	Schulze	Ralf	TuS Aurich-Ost	1959	2003	01:05:21	01:00:31	01:03:17	01:19:12	01:09:19	01						

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km						
640	Kleipa	Rotraud	MTV Wittmund	1943	2003	01:03:28	01:01:44	01:05:16	01:20:22	01:09:59	01:03:26	06:44:15	0:59:01	60	W60	2	6
641	Manssen	Ina	TV Moormerl.	1968	2003	01:04:22	01:01:11	01:03:30	01:20:28	01:10:21	01:04:52	06:44:44	0:59:05	35	W30	27	6
642	Bock	Insa	LT Schaff. Wald	1964	2003	01:01:50	01:00:38	01:04:03	01:21:22	01:10:40	01:06:21	06:44:54	0:59:07	39	W30	28	6
643	Boelen	Imke	Leer	1971	2003	01:04:24	01:02:44	01:04:14	01:19:57	01:09:24	01:04:13	06:44:56	0:59:07	32	W30	29	6
644	Jacob	Michael	PSV Leer	1954	2003	01:02:05	01:00:20	01:06:53	01:21:11	01:10:26	01:04:06	06:45:01	0:59:08	49	M40	184	6
645	Grest	Mario	SV Warsingsfehn	2003		01:03:24	00:58:52	01:03:32	01:29:14	01:06:20	01:04:12	06:45:34	0:59:12		M		6
646	Frerichs	Gunda	Leer	1977	2003	01:05:45	00:59:28	01:06:52	01:20:20	01:09:21	01:04:17	06:46:03	0:59:17	26	W20	18	6
647	Hoofdmann	Erika	Friesenst. Riepe	1956	2003	01:01:43	01:00:39	01:05:18	01:21:47	01:11:12	01:05:51	06:46:30	0:59:21	47	W40	37	6
648	Zierleyn	Anne	Leer	1951	2003	01:04:35	01:01:45	01:05:00	01:20:27	01:10:22	01:04:23	06:46:32	0:59:21	52	W50	19	6
649	Juilfs	Helga	SUS Strackholt	1951	2003	01:05:32	01:00:07	01:05:19	01:21:47	01:09:16	01:04:33	06:46:34	0:59:21	52	W50	20	6
650	Frerichs	Gertrud	SUS Strackholt	1950	2003	01:05:34	01:00:06	01:05:20	01:21:47	01:09:16	01:04:34	06:46:37	0:59:22	53	W50	21	6
651	Bohmfalk	Helma	Eintracht Leer	1960	2003	01:09:42	01:01:18	01:03:29	01:19:17	01:09:02	01:04:08	06:46:56	0:59:24	43	W40	38	6
652	Folkerts	Ingrid	FTC Hollen	1966	2003	01:13:03	01:02:21	01:02:58	01:21:45	01:08:29	00:58:48	06:47:24	0:59:28	37	W30	30	6
653	Kruse	Anke	FC Oldersum	2003		01:03:02	01:01:12	01:03:48	01:23:21	01:10:05	01:06:44	06:48:12	0:59:35		W		6
654	Steenblock	Wilfried	Wiesmoor	1966	2003	01:06:26	01:02:14	01:05:19	01:21:12	01:10:19	01:03:35	06:49:05	0:59:43	37	M30	137	6
655	Densow	Detlef	Aurich	1965	2003	01:06:00	01:03:32	01:07:08	01:21:18	01:07:29	01:04:01	06:49:28	0:59:47	38	M30	138	6
656	Bertus	Monno	Ihrhove	1983	2003	01:04:23	01:00:13	01:07:01	01:26:46	01:09:23	01:01:51	06:49:37	0:59:48	20	M20	27	6
657	Saathoff	Günther	TSV Hesel	1946	2003	01:02:31	01:01:38	01:05:02	01:21:10	01:12:30	01:07:06	06:49:57	0:59:51	57	M50	75	6
658	Meyer	Heidi	EWE Oldenburg	1970	2003	01:04:27	01:01:10	01:06:17	01:21:46	01:11:54	01:04:40	06:50:14	0:59:53	33	W30	31	6
659	Bürma	Hans	Bunderhee	1962	2003	01:05:58	01:02:36	01:05:11	01:23:14	01:09:53	01:04:04	06:50:56	0:59:59	41	M40	185	6
660	Alexy	Kerstin	VfB Uplengen	1971	2003	01:03:30	00:59:54	01:05:13	01:25:29	01:12:36	01:04:15	06:50:57	1:00:00	32	W30	32	6
661	Tunder	Susanne	TuS Aurich-Ost	1967	2003	01:04:29	01:03:09	01:05:13	01:21:30	01:10:49	01:06:08	06:51:18	1:00:03	36	W30	33	6
662	Just	Ute	TuS Aurich-Ost	1953	2003	01:03:43	01:02:57	01:07:38	01:20:13	01:10:39	01:06:19	06:51:29	1:00:04	50	W50	22	6
663	Trzinski-Willms	Marianne	SV Frisia Loga	1952	2003	01:04:30	01:02:42	01:05:51	01:21:28	01:11:33	01:06:25	06:52:29	1:00:13	51	W50	23	6
664	Tunder	Hartmut	KBV Tannenhausen	1961	2003	01:04:34	01:03:16	01:05:18	01:22:32	01:10:53	01:06:08	06:52:41	1:00:15	42	M40	186	6
665	de Wall	Johann	Fehntjer LT	1934	2003	01:04:06	01:02:05	01:06:27	01:22:20	01:11:59	01:05:48	06:52:45	1:00:15	69	M60	31	6
666	Deillum	Elke	Westoverledigen	2003		01:04:48	01:02:13	01:07:51	01:20:53	01:12:42	01:04:25	06:52:52	1:00:16		W		6
667	Debelts	Kerstin	Moordorf	1980	2003	01:04:29	01:01:53	01:06:24	01:23:28	01:12:32	01:05:31	06:54:17	1:00:29	23	W20	19	6
668	Janssen	Annika	SV Blomberg	1984	2003	01:08:45	01:03:33	01:04:42	01:21:24	01:11:43	01:04:12	06:54:19	1:00:29	19	WU20	7	6
669	Richter	Ulrike	MTV Wittmund	1959	2003	01:03:33	01:01:43	01:05:17	01:20:28	01:10:18	01:13:37	06:54:56	1:00:34	44	W40	39	6
670	Ukena	Marika	TuS Aurich-Ost	2003		01:06:12	01:01:43	01:07:02	01:26:00	01:10:11	01:04:12	06:55:20	1:00:38		W		6
671	Lüning	Bernd	TSV Hesel	2003		01:05:46	01:01:05	01:06:48	01:25:10	01:10:49	01:06:02	06:55:40	1:00:41		M		6
672	Wolf	Daniela	TuS Aurich-Ost	2003		01:06:17	01:02:12	01:07:01	01:26:00	01:10:16	01:04:41	06:56:27	1:00:48		W		6
673	Stöver	Erika	TuS Aurich-Ost	1946	2003	01:07:14	01:02:38	01:05:52	01:21:54	01:11:34	01:07:16	06:56:28	1:00:48	57	W50	24	6
674	Frey	Gerrit	Ihrhove	2003		01:04:24	01:01:43	01:06:58	01:26:47	01:11:53	01:04:44	06:56:29	1:00:48		M		6
675	Heyen	Anita	TV Norden	1946	2003	01:07:10	01:03:08	01:07:05	01:21:38	01:12:15	01:05:17	06:56:33	1:00:49	57	W50	25	6
676	Sjuts	Doris	TuS Leerhufe	1967	2003	01:06:06	01:03:07	01:05:14	01:23:31	01:12:43	01:06:02	06:56:43	1:00:50	36	W30	34	6
677	Wagner	Svea	NIGE-Team	2003		01:06:00	01:02:32	01:06:14	01:23:35	01:12:20	01:06:11	06:56:52	1:00:51		WU20	8	6
678	Schröder	Tina	Leer	2003		01:05:54	01:03:41	01:06:13	01:23:48	01:11:48	01:05:33	06:56:57	1:00:52		W		6
679	Baselau	Ulrich H.	TC Wittmund	1947	2003	01:08:42	01:04:41	01:08:43	01:14:01	01:12:57	01:08:04	06:57:08	1:00:54	56	M50	76	6
680	Rieken	Wilhelm	TuS Leerhufe	1962	2003	01:06:25	01:03:14	01:05:18	01:23:32	01:12:47	01:06:03	06:57:19	1:00:55	41	M40	187	6
681	Wilberts	Anne	TuS Aurich-Ost	1958	2003	01:05:03	01:02:36	01:05:35	01:23:47	01:12:54	01:07:31	06:57:26	1:00:56	45	W40	40	6
682	Focken	Milein	Friesenst. Riepe	1954	2003	01:04:49	01:03:42	01:06:33	01:23:26	01:13:15	01:05:49	06:57:34	1:00:58	49	W40	41	6
683	Oltmanns	Insa	Moormerland	2003		01:04:31	01:04:08	01:09:20	01:23:03	01:12:11	01:04:35	06:57:48	1:01:00		W		6
684	Otten	Gerhard	DLRG Weener	2003		01:05:59	01:02:35	01:05:10	01:23:13	01:09:52	01:11:15	06:58:04	1:01:02		M		6
685	Fischer	Peter	Hude	1973	2003	01:03:55	01:06:28	01:11:26	01:24:29	01:11:02	01:01:04	06:58:24	1:01:05	30	M30	139	6
686	Harms	Voline	Strackholt	1962	2003	01:09:14	01:04:59	01:06:58	01:20:41	01:10:42	01:05:55	06:58:29	1:01:06	41	W40	42	6
687	Gaertner	Silke	Deternerlehe	2003		01:09:44	01:03:05	01:05:21	01:23:51	01:11:10	01:05:32	06:58:43	1:01:08		W		6
688	Buß	Marion	TuS Aurich-Ost	1971	2003	01:05:35	01:05:33	01:05:23	01:23:32	01:12:55	01:06:09	06:59:07	1:01:11	32	W30	35	6
689	Rabenstein	Andrea	Schweindorf	1979	2003	01:04:54	01:02:15	01:04:30	01:26:26	01:13:55	01:08:45	07:00:45	1:01:25	24	W20	20	6
690	Jacobs	Ute	Aurich-Tannenhausen	2003		01:08:08	01:04:10	01:07:52	01:25:33	01:10:43	01:04:40	07:01:06	1:01:28		W		6
691	Helmers-Br.	Andrea	Leer	2003		01:05:47	01:02:43	01:10:19	01:26:09	01:10:41	01:05:36	07:01:15	1:01:30		W		6
692	Kuiper	Bettina	SV Holtland	1957	2003	01:06:43	01:02:30	01:08:15	01:26:39	01:11:39	01:05:51	07:01:37	1:01:33	46	W40	43	6
693	Kuiper	Tilo	SV Holtland	2003		01:06:44	01:02:34	01:08:22	01:26:40	01:11:30	01:05:51	07:01:41	1:01:34		MU20	26	6
694	Böhm	Martina	Papenburg	1972	2003	01:05:53	01:03:22	01:08:32	01:24:25	01:13:44	01:06:06	07:02:02	1:01:37	31	W30	36	6
695	Janssen	Hilde	Leer	1957	2003	01:08:21	01:04:23	01:08:14	01:23:33	01:11:24	01:06:09	07:02:04	1:01:37	46	W40	44	6
696	Schmidtke	Wolfgang	Loga	1953	2003	01:10:59	01:05:53	01:08:05	01:24:20	01:08:40	01:04:30	07:02:27	1:01:40	50	M50	77	6
697	Meyer	Herta	TV Norden	1949	2003	01:08:20	01:04:25	01:07:13	01:23:29	01:12:16	01:06:45	07:02:28	1:01:40	54	W50	26	6
698	Janssen	Adda	Nocado	1966	2003	01:06:58	01:06:46	01:06:43	01:23:56	01:11:26	01:06:56	07:02:45	1:01:43	37	W30	37	6
699	Sanders-Er.	Gabriele	Hartm.-Reederei	1971	2003	01:10:01	01:01:46	01:05:04	01:25:09	01:14:09	01:06:41	07:02:50	1:01:44	32	W30	38	6
700	Manssen	Hermann	TV Moormerland	1957	2003	01:06:25	01:04:29	01:05:34	01:24:12	01:13:16	01:09:11	07:03:07	1:01:46	46	M40	188	6
701	Bronn	Ewald	LT Jemgum	1953	2003	01:08:04	01:05:16	01:06:57	01:23:17	01:10:15	01:09:19	07:03:08	1:01:46	50	M50	78	6
702	Frein	Markus	Leer	1962	2003	01:04:19	01:03:34	01:09:07	01:25:55	01:14:14	01:07:35	07:04:44	1:02:00	41	M40	189	6
703	Hoppen	Imke	TV Leer	1974	2003	01:05:42	01:03:11	01:09:59	01:27:57	01:12:42	01:05:13	07:04:44	1:02:00	29	W20	21	6
704	Mauson-Tergast	Monika	Leer	1963	2003	01:09:32	01:04:54	01:07:42	01:25:47	01:12:36	01:04:24	07:04:55	1:02:02	40	W40	46	6
705	Kromminga	Gerda	Aurich	1961	2003	01:05:36	01:04:46	01:07:25	01								

22. Ostfrieslandlauf 2003

13.05. bis 30.05.2003

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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50	10km				
711	Borm	Manfred	Team Deut. Post	1947	2003	01:07:34	01:04:58	01:09:26	01:25:33	01:13:12	01:06:28	07:07:11	1:02:22	56	M50	79	6
712	von Garrel	Leon	Leer	1990	2003	01:04:18	01:05:37	01:09:00	01:25:54	01:14:11	01:08:15	07:07:15	1:02:22	13	MU20	27	6
713	Ulferts	Anke	Moormerland		2003	01:06:29	01:02:09	01:09:17	01:27:28	01:13:26	01:09:18	07:08:07	1:02:30		W		6
714	Willms	Uwe	Moormerland		2003	01:06:39	01:02:17	01:09:21	01:27:30	01:13:09	01:09:15	07:08:11	1:02:31		M		6
715	Schülke-Boldt	Elisabeth	SV Nortmoor	1952	2003	01:07:26	01:06:45	01:07:17	01:25:20	01:14:10	01:08:05	07:09:03	1:02:38	51	W50	28	6
716	Terveer	Julia	Raiba Moormerland	1970	2003	01:11:36	01:06:09	01:08:20	01:25:08	01:12:16	01:05:48	07:09:17	1:02:40	33	W30	40	6
717	Bode	Manfred	Leer	1961	2003	00:54:05	00:58:47	01:12:31	01:30:55	01:20:10	01:13:12	07:09:40	1:02:44	42	M40	191	6
718	Dieken	Hauke	NIGE-Team		2003	01:12:26	01:05:02	01:08:18	01:26:39	01:12:42	01:04:35	07:09:42	1:02:44		MU20	28	6
719	Meints	Karin	SUS Strackholt	1962	2003	01:09:31	01:06:56	01:07:47	01:25:30	01:12:31	01:07:32	07:09:47	1:02:45	41	W40	48	6
720	Schichotzki	Nicole	Oldenburg		2003	01:08:47	01:05:26	01:11:47	01:25:41	01:13:00	01:05:10	07:09:51	1:02:45		W		6
721	Christians	Helga	EWE Norden	1950	2003	01:09:12	01:02:28	01:07:00	01:24:23	01:12:59	01:14:11	07:10:13	1:02:48	53	W50	29	6
722	Zogall	Michael	Aurich	1987	2003	01:10:19	01:07:34	01:11:03	01:25:03	01:10:28	01:05:50	07:10:17	1:02:49	16	MU20	29	6
723	Mennenga	J.-H.	Emder LG		2003	01:06:05	01:03:28	01:10:29	01:29:47	01:12:34	01:08:24	07:10:47	1:02:53		M		6
724	Gerdes	Elke	OZ-GA-Loopers		2003	01:13:16	01:04:24	01:09:00	01:25:35	01:10:17	01:08:31	07:11:03	1:02:56		W		6
725	Graalfs	Johannes	SV Stiekelkamp	1936	2003	01:07:43	01:05:04	01:08:23	01:26:44	01:14:49	01:08:21	07:11:04	1:02:56	67	M60	32	6
726	Theilken	Anja	Team Deut. Post		2003	01:06:18	01:03:19	01:08:10	01:31:44	01:15:40	01:06:24	07:11:35	1:03:00		W		6
727	Schmidt	Katja	NIGE-Team		2003	01:14:12	01:01:40	01:13:39	01:21:48	01:13:48	01:06:58	07:12:05	1:03:05		WU20	9	6
728	Janssen	Wilfried	Aurich		2003	01:09:39	01:07:26	01:10:02	01:25:01	01:12:40	01:07:53	07:12:41	1:03:10		M		6
729	Zöller	Joh.-Wilhelm	F. Veenhusen		2003	01:07:54	01:05:08	01:08:09	01:26:22	01:16:14	01:09:18	07:13:05	1:03:13		M		6
730	Popkes, Dr.	Warner	Leer	1961	2003	01:10:30	01:06:53	01:10:58	01:23:33	01:13:19	01:08:24	07:13:37	1:03:18	42	M40	192	6
731	Claassen	Gerd	LG Ostfriesland	1945	2003	01:09:32	01:05:05	01:09:57	01:25:41	01:14:12	01:09:26	07:13:53	1:03:20	58	M50	80	6
732	Schraidt	Daniela	Raiba Aur./Uplg.		2003	01:07:04	01:06:04	01:11:02	01:27:43	01:15:21	01:06:46	07:14:00	1:03:21		W		6
733	Buskohl	Susanne	Leer	1972	2003	01:12:36	01:08:34	01:11:06	01:25:30	01:12:11	01:04:19	07:14:16	1:03:24	31	W30	41	6
734	Janßen	Lothar	Eintracht Plaggenburg	1958	2003	01:06:58	01:04:34	01:08:57	01:29:20	01:14:09	01:11:07	07:15:05	1:03:31	45	M40	193	6
735	Falkenberg	Helmut	TV Norden	1965	2003	01:10:03	01:06:12	01:09:47	01:31:25	01:11:11	01:06:49	07:15:27	1:03:34	38	M30	140	6
736	Janssen	Imke	TuS Aurich-Ost	1966	2003	01:11:15	01:07:20	01:09:40	01:26:28	01:13:39	01:07:07	07:15:29	1:03:34	37	W30	42	6
737	Tjaden	Johann	TV Marienhafe	1952	2003	01:09:20	01:06:51	01:09:58	01:25:42	01:14:13	01:09:27	07:15:31	1:03:35	51	M50	81	6
738	Janssen	Günter	Team Deut. Post	1943	2003	01:11:19	01:07:23	01:09:44	01:26:29	01:13:30	01:07:07	07:15:32	1:03:35	60	M60	33	6
739	Eilers	Alfred	SV Warsingsfehn	1957	2003	01:04:33	01:02:50	01:16:48	01:29:17	01:13:38	01:09:10	07:16:16	1:03:41	46	M40	194	6
740	Hiltmann	Susanne	TC Aurich-West	1956	2003	01:09:42	01:06:17	01:09:54	01:26:05	01:15:01	01:09:25	07:16:24	1:03:42	47	W40	49	6
741	Baumann	Thea	Hesel	1958	2003	01:09:22	01:07:26	01:11:57	01:19:08	01:18:08	01:10:36	07:16:37	1:03:44	45	W40	50	6
742	Dressler	Heike	SUS Strackholt	1963	2003	01:09:27	01:06:57	01:07:49	01:28:50	01:15:22	01:09:08	07:17:33	1:03:53	40	W40	51	6
743	Heyen	Sylvia	Brunk.&Büscher	1967	2003	01:06:28	01:05:56	01:12:09	01:31:45	01:13:35	01:08:10	07:18:03	1:03:57	36	W30	43	6
744	Middelborg	Helga	Ems Jemgum	1952	2003	01:06:50	01:05:52	01:10:30	01:27:30	01:17:53	01:09:59	07:18:34	1:04:01	51	W50	30	6
745	Meyer	Bernd	WfB Aurich		2003	01:10:22	01:09:05	01:09:22	01:27:09	01:15:30	01:07:37	07:19:05	1:04:06		M		6
746	Birkoben	Regine	TSV Riepe	1981	2003	01:10:25	01:06:43	01:11:03	01:28:23	01:15:08	01:08:21	07:20:03	1:04:14	22	W20	22	6
747	Janssen	Gunda	LT Mullberg	1964	2003	01:10:07	01:04:31	01:10:01	01:27:53	01:16:28	01:11:03	07:20:03	1:04:14	39	W30	44	6
748	Kruse	Horst	OZ-GA-Loopers		2003	01:18:59	01:05:01	01:09:14	01:26:13	01:13:24	01:07:12	07:20:03	1:04:14		M		6
749	Brouwer	Christina	Leer	1990	2003	01:08:57	01:07:24	01:09:24	01:29:06	01:15:37	01:10:02	07:20:30	1:04:18	13	WU20	10	6
750	Decker	Gerda	TuS Middels	1956	2003	01:11:52	01:04:29	01:11:25	01:29:37	01:14:25	01:08:52	07:20:40	1:04:20	47	W40	52	6
751	Winkler	Susanne	TV Norden	1948	2003	01:08:16	01:10:17	01:10:43	01:26:49	01:14:48	01:10:32	07:21:25	1:04:26	55	W50	31	6
752	Eden	Geela	Leer		2003	01:10:18	01:07:31	01:09:30	01:29:36	01:15:12	01:09:58	07:22:05	1:04:32		WU20	11	6
753	Penon	Sieglinde	WfB Aurich	1962	2003	01:10:53	01:07:32	01:11:19	01:27:20	01:15:45	01:09:34	07:22:23	1:04:35	41	W40	53	6
754	Zägel	Charlotte	WfB Aurich	1958	2003	01:10:11	01:09:09	01:09:33	01:27:40	01:16:04	01:09:52	07:22:29	1:04:36	45	W40	54	6
755	Berkemeier	Nils-Martin	VHS Laufen		2003	01:08:54	01:08:20	01:09:39	01:32:12	01:16:44	01:08:28	07:24:17	1:04:52		MU20	30	6
756	Harms	Elke	TuS Aurich-Ost	1958	2003	01:08:48	01:04:57	01:12:49	01:29:12	01:18:02	01:11:02	07:24:50	1:04:56	45	W40	55	6
757	Schmidt	Toni	Nortmoor		2003	01:04:14	01:12:07	01:05:57	01:18:49	01:20:47	01:23:33	07:25:27	1:05:02		MU20	31	6
758	Schoon	Sylvia	Hollen	1970	2003	01:12:12	01:09:11	01:11:27	01:27:50	01:15:52	01:09:01	07:25:33	1:05:03	33	W30	45	6
759	Tapken	Hannelore	SV Stiekelkamp		2003	01:11:01	01:07:58	01:12:03	01:27:55	01:16:05	01:10:44	07:25:46	1:05:05		W		6
760	Janssen	Claudia	ISV Emden	1968	2003	01:08:22	01:07:45	01:14:06	01:30:36	01:15:24	01:09:56	07:26:09	1:05:08	35	W30	46	6
761	Eilers	Jakob	Emder LG	1941	2003	01:06:43	01:06:27	01:12:49	01:31:25	01:18:53	01:10:20	07:26:37	1:05:12	62	M60	34	6
762	Rieken	Cerstin	TSV Riepe		2003	01:11:16	01:07:59	01:11:11	01:28:28	01:16:56	01:11:14	07:27:04	1:05:16		W		6
763	Schröter	Johanna	HC Moormerland	1949	2003	01:08:29	01:07:21	01:10:42	01:29:13	01:17:59	01:13:23	07:27:07	1:05:16	54	W50	32	6
764	Meyer	Johanne	Simonswolde	1959	2003	01:14:35	01:08:49	01:10:29	01:28:20	01:15:38	01:09:53	07:27:44	1:05:22	44	W40	56	6
765	Liwa	Edda	PSV Leer	1938	2003	01:09:15	01:06:42	01:11:20	01:28:00	01:20:34	01:12:11	07:28:02	1:05:24	65	W60	3	6
766	Hedemann	Elke	Fun-Loopers	1962	2003	01:11:28	01:07:11	01:11:17	01:29:09	01:18:42	01:11:03	07:28:50	1:05:31	41	W40	57	6
767	Janßen	Wilma	Moormerland		2003	01:16:52	01:09:38	01:11:31	01:27:00	01:15:27	01:09:15	07:29:43	1:05:39		W		6
768	Dirks	Daja	Eintracht Leer	1975	2003	01:11:51	01:08:03	01:11:36	01:29:15	01:17:31	01:11:50	07:30:06	1:05:42	28	W20	23	6
769	Meenken	Hartmut	SC Tannenhausen	1958	2003	01:11:22	01:09:13	01:11:15	01:28:45	01:18:40	01:11:11	07:30:26	1:05:45	45	M40	195	6
770	Heimann	Sonja	Wittmund	1967	2003	01:10:47	01:09:40	01:13:03	01:31:08	01:18:01	01:09:30	07:32:09	1:06:00	36	W30	47	6
771	Lenz	Anna	Leer	1956	2003	01:08:26	01:07:21	01:12:19	01:30:53	01:20:05	01:13:12	07:32:16	1:06:01	47	W40	58	6
772	Schulte	Hermann	Raiba Aur./Uplg.		2003	01:10:17	01:05:30	01:07:39	01:29:19	01:26:04	01:14:43	07:33:32	1:06:13		M		6
773	Kröger	Viviorka	NIGE-Team		2003	01:14:09	01:15:27	01:13:16	01:29:35	01:13:48	01:07:19	07:33:34	1:06:13		WU20	12	6
774	Dunker	Peter	LT Schaff. Wald	1940	2003	01:10:12	01:10:32	01:13:29	01:33:04	01:16:43	01:09:44	07:33:44	1:06:14	63	M60	35	6
775	Buß	Anne	SV Simonswolde	1961	2003	01:13:51	01:10:17	01:11:57	01:28:18	01:18:05	01:11:40	07:34:08	1:06:18	42	W40	59	6
776	Hertema	Christa	LT Jemgum	1962	2003	01:11:08	01:10:15	01:13:35	01:31:04	01:17:56	01:10:30	07					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km						
782	Meinen	Silvia	Raiba Moormerland		2003	01:11:24	01:08:36	01:10:20	01:33:41	01:20:53	01:12:07	07:37:01	1:06:43		W		6
783	Kober	Ulrike	Leer	1963	2003	01:10:59	01:09:14	01:12:39	01:33:05	01:20:15	01:11:52	07:38:04	1:06:52	40	W40	62	6
784	Hallerbach	Barbara	TGG Leer	1951	2003	01:14:14	01:11:51	01:12:26	01:29:32	01:18:07	01:12:02	07:38:12	1:06:53	52	W50	33	6
785	Walter	Birgit	Heidmühler FC		2003	01:09:23	01:09:59	01:12:47	01:31:20	01:21:59	01:13:41	07:39:09	1:07:02		W		6
786	Tomzyk	Jolanta	Remels		2003	01:08:06	01:10:01	01:20:22	01:32:34	01:17:37	01:11:57	07:40:37	1:07:15		W		6
787	Post	Annchen	Weener	1943	2003	01:13:41	01:10:52	01:12:54	01:33:30	01:18:38	01:11:26	07:41:01	1:07:18	60	W60	4	6
788	Meints	Berta	TuS Aurich-Ost	1949	2003	01:13:20	01:10:56	01:14:08	01:30:44	01:19:19	01:12:57	07:41:24	1:07:21	54	W50	34	6
789	Albrecht	Renate	ELG Emden	1960	2003	01:10:45	01:09:53	01:14:16	01:34:09	01:19:01	01:13:33	07:41:37	1:07:23	43	W40	63	6
790	Helmers	Anneke	Hesel		2003	01:12:20	01:09:51	01:13:04	01:35:19	01:19:26	01:12:35	07:42:35	1:07:32		W		6
791	Helmers	Henrike	Hesel		2003	01:12:13	01:09:51	01:13:15	01:35:18	01:19:26	01:12:35	07:42:38	1:07:32		W		6
792	Maas	Anja	Leer		2003	01:15:58	01:09:34	01:12:40	01:31:21	01:21:02	01:12:08	07:42:43	1:07:33		W		6
793	Krus	Dana	Inter. Sprachs.	1962	2003	01:10:03	01:09:28	01:16:07	01:38:50	01:17:33	01:14:23	07:46:24	1:08:05	41	W40	64	6
794	von Garrel	Andrea	Leer	1957	2003	01:13:17	01:10:55	01:14:17	01:34:18	01:21:37	01:12:55	07:47:19	1:08:13	46	W40	65	6
795	Riemer	Claudia	TuS Aurich-Ost	1967	2003	01:13:10	01:11:41	01:14:55	01:32:14	01:20:13	01:15:35	07:47:48	1:08:18	36	W30	48	6
796	Spekker-Ed.	Hiltrud	VHS-Laufen		2003	01:14:11	01:10:54	01:14:11	01:35:12	01:21:31	01:12:22	07:48:21	1:08:22		W		6
797	Ehmen	Christine	TuS Aurich-Ost	1978	2003	01:14:26	01:09:08	01:12:17	01:34:28	01:22:33	01:16:31	07:49:23	1:08:31	25	W20	24	6
798	Teyen	Tomma	Weener	1955	2003	01:14:01	01:10:53	01:12:58	01:36:06	01:21:07	01:15:04	07:50:09	1:08:38	48	W40	66	6
799	Kappemagel	Brigitte	Moormerland		2003	01:13:14	01:10:58	01:14:54	01:37:11	01:21:49	01:16:40	07:54:46	1:09:19		W		6
800	Beheshty	Christiane	Timmel	1958	2003	01:13:41	01:11:11	01:17:57	01:34:47	01:21:08	01:16:41	07:55:25	1:09:24	45	W40	67	6
801	Gerdes	Christa	SV Holtland		2003	01:14:02	01:13:44	01:16:38	01:35:55	01:21:37	01:15:50	07:57:46	1:09:45		W		6
802	Brahms-Frerichs	Karin	SV Holtland	1952	2003	01:14:13	01:13:46	01:16:38	01:36:23	01:22:20	01:15:52	07:59:12	1:09:57	51	W50	35	6
803	Schädler	Susan	VHS Laufen	1959	2003	01:16:42	01:18:36	01:15:41	01:36:38	01:21:01	01:13:17	08:01:55	1:10:21	44	W40	68	6
804	v. Ehrenstein	Margrit	VHS Laufen		2003	01:16:40	01:13:16	01:18:15	01:38:03	01:22:34	01:17:25	08:06:13	1:10:59		W		6
805	Harms	Lisa	Großwolder LT	1970	2003	01:15:43	01:14:49	01:18:11	01:39:06	01:24:02	01:18:07	08:09:58	1:11:32	33	W30	49	6
806	Janßen	Rita	Großwolder LT	1955	2003	01:15:56	01:14:48	01:18:11	01:39:05	01:24:03	01:18:07	08:10:10	1:11:33	48	W40	69	6
807	Hattermann	Gretchen	Moormerland	1950	2003	01:16:48	01:15:29	01:17:21	01:37:19	01:24:06	01:19:17	08:10:20	1:11:35	53	W50	36	6
808	Becker	Heike	Moormerland	1964	2003	01:16:58	01:15:01	01:19:29	01:39:46	01:26:54	01:22:19	08:20:27	1:13:04	39	W30	50	6
809	Mustert	Gunda	Leer		2003	01:16:22	01:17:31	01:22:37	01:42:13	01:28:12	01:20:52	08:27:47	1:14:08		W		6
810	Voß	Dieta	Moormerland		2003	01:16:46	01:18:35	01:24:19	01:45:15	01:31:01	01:21:56	08:37:52	1:15:36		W		6
811	Heits	Adelheid	Moormerland		2003	01:20:47	01:20:21	01:27:37	01:35:45	01:34:48	01:25:39	08:44:57	1:16:38		W		6
812	Willms	Andrea	Moormerland		2003	01:21:49	01:20:20	01:27:37	01:35:44	01:34:50	01:25:38	08:45:58	1:16:47		W		6
813	Robbe	Wilhelm	Veenhusen		2003	01:22:55	01:26:39	01:29:12	01:38:20	01:28:07	01:21:22	08:46:35	1:16:52		M		6
814	Teepe	Barbara	Moormerland		2003	01:29:26	01:26:35	01:29:13	01:35:23	01:28:13	01:21:24	08:50:14	1:17:24		W		6
815	Schlenkermann	Ute	Leer		2003	01:21:50	01:27:13	01:30:29	01:51:06	01:34:51	01:28:55	09:14:24	1:20:56		W		6
	Knauer	Daniel	OL LL Brig 31		2003	00:41:45	00:40:16	00:42:10	00:54:01	00:46:21		03:44:33			M		5
	Meyer	Christian	Raiba Moormerl.	1967	2003	00:46:15	00:45:21	00:47:10		00:51:54	00:48:09	03:58:49		36	M30		5
	Aden	Manfred	TG Wiesmoor	1961	2003	00:45:33	00:44:11		00:58:33	00:50:39	00:47:39	04:06:35		42	M40		5
	Trauernicht	Jan	Warsingsfehn	1991	2003	00:50:58	00:48:15	00:51:18		00:55:14	00:49:49	04:15:34		12	MU20		5
	ter Fehr	Heino	Moormerland	1964	2003	00:46:43	00:45:56	00:49:05	01:01:31	00:53:07		04:16:22		39	M30		5
	Rieken	Günter	2. AH Bunde	1963	2003	00:47:48	00:46:09	00:48:47	01:01:06	00:52:53		04:16:43		40	M40		5
	Kreienbrock	Carsten	Leer	1968	2003	00:51:59	00:49:40	00:50:55		00:57:27	00:53:36	04:23:37		35	M30		5
	Scholtalbers	Hendrik	SV Stikelkamp	1959	2003	00:50:47	00:48:42	00:50:56	01:03:38	00:55:53		04:29:56		44	M40		5
	Venhoff	Jürgen	Ruderv. Leer	1947	2003	00:53:16	00:51:03	00:53:41		00:59:00	00:55:41	04:32:41		56	M50		5
	Nagel	Hermann	Conc. Neermoor	1956	2003	00:50:44	00:49:13	00:52:27	01:06:38	00:57:04		04:36:06		47	M40		5
	Bernhardt	Frithjof-H.	TuS Aurich-Ost	1937	2003	00:48:33	00:46:54	00:50:07	01:00:17	01:12:17		04:38:08		66	M60		5
	Tunder	Imke	SC Wiesens	1984	2003	00:53:47	00:49:08	00:53:46	01:06:31	00:57:54		04:41:06		19	MU20		5
	Berckemeier	Helge	VHS Laufen		2003	00:56:52	00:54:30	01:01:47		01:01:25	00:57:06	04:51:40			MU20		5
	Steenblock	Georg	Deternerlehe	1967	2003	00:54:13	00:52:50	00:55:52	01:09:27	01:00:40		04:53:02		36	M30		5
	Wittek	Claudia	TuS Aurich-Ost	1969	2003	00:54:11	00:52:02	00:56:06	01:10:05	01:01:38		04:54:02		34	W30		5
	Siebels	Gerd	Fort. Logabirum	1953	2003	00:56:24	00:54:35	00:59:37		01:05:49	01:00:10	04:56:35		50	M50		5
	Bruns	Rita	TSV Hesel	1963	2003	00:55:18	00:53:56	00:56:11	01:10:40	01:03:21		04:59:26		40	W40		5
	Goudschaal	Rolf	Lütje Holt West.	1950	2003	00:56:33	00:54:32	00:57:06	01:10:54	01:02:33		05:01:38		53	M50		5
	Drefß	Sören	Busboomsf.		2003	00:55:28	00:53:32	00:57:48	01:12:18	01:02:34		05:01:40			M		5
	Seybold	Jörg	BSG Leer	1949	2003	00:58:34	00:57:03	01:01:24		01:05:46	01:00:32	05:03:19		54	M50		5
	Müller	Werner	EWE Norden	1965	2003	00:58:15	00:54:43	00:58:13	01:14:41	01:02:06		05:07:58		38	M30		5
	Middelborg	Manfred	LT Jemgum	1949	2003	00:57:18	00:55:00	00:58:22	01:13:23	01:04:21		05:08:24		54	M50		5
	Maecker	Otto	Leer	1950	2003	00:58:13	00:58:27	01:03:23		01:12:46	01:03:25	05:16:14		53	M50		5
	Themann	Thorsten	Leer	1962	2003	01:01:27	00:57:20	01:04:15	01:17:47	01:06:56		05:27:45		41	M40		5
	Claaßen	Christa	Aurich	1960	2003	01:02:24	01:00:35	01:03:17	01:17:38		01:06:57	05:30:51		43	W40		5
	Lüken	Anne	WfB Aurich	1941	2003	01:06:46	01:02:33	01:09:21		01:12:18	01:07:21	05:38:19		62	W60		5
	Schilling	Holger	Raiba Aur./Uplg.	1969	2003	01:03:35	01:00:07	01:05:52	01:22:02		01:06:47	05:38:23		34	M30		5
	Weers	Günther	Aurich	1968	2003	01:06:44	01:01:22		01:20:39	01:08:27	01:03:13	05:40:25		35	M30		5
	Bockhöfer	Sandra	PSV Leer	1969	2003	01:04:28	01:02:46	01:04:28	01:21:38	01:11:03		05:44:23		34	W30		5
	Lamping	Christina	TV Norden	1957	2003		01:05:26	01:07:30	01:25:42	01:11:11	01:05:11	05:55:00		46	W40		5
	Rohlfß	Friedhelm	MTV Wittmund	1945	2003	01:03:28	01:01:55	01:05:26	01:25:20	01:18:59		05:55:08		58	M50		5
	Schnau	Heinz-Artur	Raiba Aur./Uplg.	1959	2003	00:59:55	00:58:57		01:19:08	01:26:02	01:14:42	05:58:44		44	M40		5
	Willms	Stefan	KBV Langef.	1972	2003	01:07:12		01:08:25	01:27:54	01:16:37	01:12:38	06:12:46		31	M30		5
	Behrends	Karin	LG Ostfriesland	1946	2003	01:13:40	01:10:57	01:11:06	01:27:49	01:14:18		06:17:50		57	W50		5
	Warnecke	Dirk	ENOVA	1969	2003	00:42:09	00:40:52	00:42:52	00:53:39			02:59:32		34	M30		4

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km						
	Reisewitz	Karl-Heinz	LG Ostfriesland	1951	2003	00:42:06	00:40:42	00:42:33	00:56:25			03:01:46		52	M50		4
	Nikoleit	Andreas	TuS Hinte	1956	2003	00:42:42	00:42:27			00:52:10	00:48:22	03:05:41		47	M40		4
	Janssen	Reno	LG Ostfriesland	1980	2003			00:43:37	00:54:37	00:48:11	00:42:58	03:09:23		23	M20		4
	Albers	Jens	LG Ostfriesland	1975	2003	00:48:30	00:45:48	00:48:21			00:47:19	03:09:58		28	M20		4
	Müller	Gerold	SV Georgsheil	1953	2003	00:44:25	00:43:21	00:45:33	00:57:07			03:10:26		50	M50		4
	Wilbers	Wilhelm	Ochtersum	1962	2003	00:46:39	00:44:35	00:46:03	00:57:58			03:15:15		41	M40		4
	Waltke	Gerhard	Oldb. LL Brig 31	1958	2003	00:46:16	00:44:48	00:48:18	00:59:59			03:19:21		45	M40		4
	Eiben	Eibo	Schafh. Wald	1943	2003	00:48:42	00:47:13	00:50:32		00:53:04		03:19:31		60	M60		4
	Habben	Michael	TUS Weene	1975	2003	00:46:46	00:46:04	00:48:28	00:59:55			03:21:13		28	M20		4
	Kloß	Margret	Schafh. Wald	1958	2003	00:49:25	00:47:53	00:54:30			00:50:57	03:22:45		45	W40		4
	Hinrichs	Hermann	FT Großmidlum	1979	2003	00:48:39		00:51:39		00:55:26	00:49:37	03:25:21		24	M20		4
	Puse	Hinrich	Wittmund	1964	2003		00:47:55	00:51:44	01:03:47		00:50:21	03:33:47		39	M30		4
	Möhlmann	Ralf	TUS Detern	1968	2003	00:51:38	00:48:24	00:50:36	01:04:07			03:34:45		35	M30		4
	Weber	Siegfried	Wiesmoor	1962	2003	00:52:45		00:53:14		00:56:21	00:53:14	03:35:34		41	M40		4
	Merl	Christian	OZ-GA-Loopers	1957	2003	00:51:18	00:49:41	00:51:10	01:04:46			03:36:55		46	M40		4
	Temme	Friedrich	Pewsum	1968	2003	00:49:43	00:47:44	00:50:34	01:13:11			03:41:12		35	M30		4
	Baldus	Martin	Hartmann Reederei	1964	2003	00:53:44	00:54:00			00:57:48	00:55:46	03:41:18		39	M30		4
	Kirk	Martin	NIGE-Team	2003	2003	00:52:15		00:52:15	01:03:54	00:53:56		03:42:20		M		4	
	Beheshty	Hossein	Timmel	1953	2003			00:51:36	01:04:14	00:57:07	00:51:14	03:44:11		50	M50		4
	Hildebrandt	Theodor	LG Ostfriesland	1956	2003			00:52:32	01:06:02	00:57:39	00:48:28	03:44:41		47	M40		4
	Lehmann	Ewald	TuS Aurich-Ost	1954	2003	00:52:25	00:51:00	00:53:03	01:08:32			03:45:00		49	M40		4
	Wolckenhaar	Enno	GW Leer	1938	2003	00:57:40	00:50:50	00:53:01	01:06:22			03:47:53		65	M60		4
	Dannemann	Patrick	Spetzerfehn	1989	2003		00:54:51	00:56:54		01:02:49	00:54:27	03:49:01		14	MU20		4
	Ulrichs	Theo	TuS Middels	1950	2003	00:54:31	00:55:26			01:02:27	00:58:04	03:50:28		53	M50		4
	Janssen	Helmut	BV Dietrichsfeld	1957	2003		00:51:46		01:08:04	00:57:58	00:54:29	03:52:17		46	M40		4
	Steenhoff	Heiner	Germ. Holterf.	1960	2003	00:57:02	00:53:15	00:55:20			01:07:13	03:52:50		43	M40		4
	Reents	Peter	Schafh. Wald	1945	2003	00:55:45	00:52:33	00:55:24	01:12:22			03:56:04		58	M50		4
	Bents	Mike	Westerholt	1968	2003	00:58:45	00:55:42	00:59:00		01:03:26		03:56:53		35	M30		4
	Kambeck	Günter	Frisia Loga	1946	2003	00:57:41	00:52:58	00:56:32	01:10:26			03:57:37		57	M50		4
	Dresler	Hans-Joachim	Schafh. Wald	1949	2003	00:55:14	00:53:48	00:58:00	01:11:12			03:58:14		54	M50		4
	Harms	Patrick	Moormerland	1989	2003			00:57:30	01:06:05	00:59:09	00:55:46	03:58:30		14	MU20		4
	Kruse	Hannes	WfB Aurich		2003	00:57:11	00:53:14	00:54:15	01:14:39			03:59:19		M		4	
	Duis	Martina	LG Uplengen	1969	2003	00:57:06	00:54:49	00:56:34	01:10:52			03:59:21		34	W30		4
	Lindena	Uwe	Moordorf	1957	2003			00:55:27	01:12:00	01:03:50	00:59:13	04:10:30		46	M40		4
	Meyer	Herbert	EWE Norden	1963	2003	01:03:04	00:59:02	01:04:09		01:06:49		04:13:04		40	M40		4
	Kettwig	Hans-Dieter	Großfehen	1957	2003		00:55:13	00:57:26	01:19:28	01:03:05		04:15:12		46	M40		4
	Harms	Janette	SC Wiesens	1958	2003	00:59:02	00:57:07	01:00:58	01:18:25			04:15:32		45	W40		4
	Brümmer	Helmut	ENOVA	1957	2003	01:02:50	00:58:45	01:01:18	01:16:37			04:19:30		46	M40		4
	Benthien	Andrea	TuS Aurich-Ost	1968	2003	01:00:04	00:59:41	01:03:22	01:19:38			04:22:45		35	W30		4
	Lammers	Heinz-Udo	Moormerland	1953	2003			01:01:32	01:16:33	01:06:26	01:00:15	04:24:46		50	M50		4
	Duis-Konjer	Renate	Deternerlehe		2003	01:01:11	00:56:25	00:58:03	01:31:11			04:26:50		W		4	
	Redenius	Rudolf	Crocodiles	1952	2003	01:09:01	01:02:30			01:13:03	01:05:46	04:30:20		51	M50		4
	Burkel	Andreas	Sportc. Olympus		2003	01:05:34	01:01:48	01:05:12	01:20:42			04:33:16		M		4	
	Schulz	Dietrich	Hartm.-Reederei	1963	2003	01:05:16	00:59:21	01:08:26	01:25:09			04:38:12		40	M40		4
	Jürgens	Ursula	Hesel	1952	2003	01:03:08		01:07:15	01:24:31		01:07:30	04:42:24		51	W50		4
	Beckel, Dr.	Martin	Leer		2003	01:10:31		01:11:20		01:14:10	01:08:44	04:44:45		M		4	
	Iken	Johannes	Schafh. Wald	1951	2003			01:04:29	01:20:07	01:14:08	01:07:34	04:46:18		52	M50		4
	Janzen	Birgit	Raiba Aur./Uplg.		2003	01:05:27	01:03:53		01:26:30	01:10:58		04:46:48		W		4	
	Poppen	Hanna	VHS Laufen	1962	2003	01:05:58	01:02:48	01:12:25	01:28:21			04:49:32		41	W40		4
	Ellée	Gisela	RV Leer	1950	2003			01:07:18	01:24:29	01:12:47	01:07:20	04:51:54		53	W50		4
	Wingenter-W.	Gaby	Leer	1962	2003	01:06:38			01:23:57	01:13:10	01:08:23	04:52:08		41	W40		4
	Lücke	Anna	Nortmoor	1982	2003		01:06:47		01:25:18	01:14:00	01:07:05	04:53:10		21	W20		4
	von Cölln	Christine	Leer	1964	2003	01:11:09	01:09:12	01:12:59		01:20:52		04:54:12		39	W30		4
	Lunz	Dieter	Schafh. Wald	1941	2003		01:04:37	01:09:34	01:29:31		01:10:34	04:54:16		62	M60		4
	de Buhr	Svenja	Forf. Logabirum	1992	2003	01:13:16	01:09:50			01:19:25	01:11:46	04:54:17		11	WU20		4
	Damm	Remmer	Conc. Ihrhove	1951	2003			01:12:32	01:30:56	01:20:11	00:52:37	04:56:16		52	M50		4
	Poetzsch, Dr.	Michael	MTV Aurich	1940	2003	01:12:15	01:09:10			01:21:12	01:16:34	04:59:11		63	M60		4
	Ringering	Kerstin	Ihlowefehn	1987	2003	01:12:14	01:04:31		01:29:37	01:14:27		05:00:49		16	WU20		4
	Schnau	Bettina	Ramsloh	1964	2003	01:15:18		01:18:12		01:26:53	01:14:42	05:15:05		39	W30		4
	Broß-Anscheit	Insa	VHS Laufen	1972	2003	01:16:43	01:12:22			01:28:58	01:19:27	05:17:30		31	W30		4
	Schoone	Helmut	LG Uplengen	1956	2003	00:45:16	00:44:09	00:46:54				02:16:19		47	M40		3
	Fresemann	Alfred	TV Oldersum	1967	2003	00:49:18	00:45:07	00:47:02				02:21:27		36	M		3
	Struckmeyer	Marcus	OHV Aurich	1970	2003	00:48:19	00:45:29	00:49:55				02:23:43		33	M30		3
	Schmitz	Gerold	Emden		2003	00:49:02	00:46:05	00:50:43				02:25:50		M		3	
	Fischer	Dirk	Fortuna Wirdum	1968	2003		00:42:40	00:46:20	00:57:17			02:26:17		35	M30		3
	Verseemann	Tina	EWE Seevetal		2003	00:49:17	00:47:11	00:50:41				02:27:09		W		3	
	Pretl	Tim	SV Werdum	1980	2003	00:50:54	00:47:50	00:52:45				02:31:29		23	M20		3
	Sinning	Franz	BGS Bunde		2003	00:50:31	00:49:08	00:52:55				02:32:34		M		3	
	Baumann	Arno	TuS Aurich-Ost	1952	2003	00:52:38	00:50:44	00:52:51				02:36:13		51	M50		3
	Meyer	Gerald	SV Holtland		2003	01:14:05	01:11:19			00:14:24		02:39:48		M		3	

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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	10,50km	11,00km	13,60km	11,80km	10,80km	68,50					
	Machner	Karl-Heinz	BGS	1952	2003	00:52:10	00:52:10	00:55:46				02:40:06		51	M50		3
	Weber	Hans-Peter	LG Uplengen	1962	2003	00:52:17	00:50:09	00:58:22				02:40:48		41	M40		3
	Severing	Gerold	Fortuna Logabirum	1948	2003	00:49:06	00:49:06		01:04:25		00:51:49	02:45:20		55	M50		3
	Heyen	Harald	TSV Hesel	1961	2003	00:55:16	00:52:56	00:57:32				02:45:44		42	M40		3
	Schewiola	Stefan	TuS Aurich-Ost	1966	2003	00:54:46	00:52:37	00:58:37				02:46:00		37	M30		3
	Zalesky	Silke	Ihrhove	1975	2003	00:55:16	00:54:03	00:57:16				02:46:35		28	W20		3
	Feldkamp	Volker	Spastikerheim Leer	1960	2003	00:50:07			01:05:11		00:53:07	02:48:25		43	M40		3
	Stettmaier	Till	NIGE-Team		2003	00:53:23		00:53:45		01:01:51		02:48:59			M		3
	van den Berg	Adrianus	FF Horsten	1960	2003	00:57:12	00:55:46	00:59:15				02:52:13		43	M40		3
	Klasen	Georg	SV Petkum	1956	2003	00:57:54	00:55:27	01:00:57				02:54:18		47	M40		3
	Boekhoff	Peter	Moormerland		2003	00:56:51	00:51:27			01:06:48		02:55:06			M		3
	Caby, Dr.	Andrea	Germania Leer	1962	2003	00:59:10	00:56:13	01:00:32				02:55:55		41	W40		3
	Meinicke	Marco	TuS Weene	1965	2003	00:57:59		00:59:05		01:00:33		02:57:37		38	M30		3
	Pothast	Hiltrud	HC Moormerl.	1972	2003	00:58:18	00:56:35				01:05:37	03:00:30		31	W30		3
	Helms	Harald	Emder LG	1949	2003			00:54:01	01:08:09	00:59:10		03:01:20		54	M50		3
	Libner	Henning	SV Großefehn	1952	2003	01:04:16	01:01:26	01:02:25				03:08:07		51	M50		3
	Köllmann	Margarethe	Wiesens	1955	2003	01:06:03	01:02:53	01:05:54				03:14:50		48	W		3
	Schmidt	Thomas	MTV Aurich	1963	2003		00:57:36		01:17:15		01:00:16	03:15:07		40	M40		3
	Kuper	Ralf	Osnabrück	1968	2003		00:59:48			01:13:42	01:03:22	03:16:52		35	M30		3
	Duis	Hartmut	Germania Wiesmoor	1968	2003	01:04:42		01:02:22		01:10:53		03:17:57		35	M30		3
	Kuper	Klaus	TSV Osnabrück	1939	2003		01:00:56			01:13:48	01:04:33	03:19:17		64	M60		3
	Harken-Rößing	Wilma	WFB Aurich	1965	2003	01:09:41	01:04:15	01:09:18				03:23:14		38	W30		3
	Thiele	Helga	WFB Aurich	1961	2003	01:07:50	01:05:46	01:11:09				03:24:45		42	W40		3
	Kraft	Gerhard	Neu Willmstorf	1954	2003	01:03:20		01:03:30	01:19:35			03:26:25		49	M40		3
	Gottwald	Sonja	Spetzerfehn	1972	2003	01:09:41		01:07:38			01:09:54	03:27:13		31	W30		3
	Korpilla	Claudia	OZ-GA-Loopers		2003	01:13:15	01:04:56	01:09:10				03:27:21			W		3
	Dreesmann	Siemen	SV Ems Jemgum	1939	2003				01:17:40	01:07:52	01:03:49	03:29:21		64	M60		3
	Holtz	Ulrike	Keer	1958	2003	01:11:16	01:07:27	01:11:26				03:30:09		45	W40		3
	Libner	Ute	SV Großefehn	1956	2003	01:12:18	01:07:23	01:11:35				03:31:16		47	W40		3
	Schröder	Karin	SV Großefehn	1965	2003	01:12:19	01:07:21	01:11:36				03:31:16		38	W30		3
	Willms	Marion	VHS Laufen		2003	01:14:18	01:09:33	01:14:07				03:37:58			W		3
	Düring	Claudia	VHS Laufen		2003	01:14:26	01:09:35	01:19:30				03:43:31			W		3
	Döring	Karin	Heidmühler FC	1939	2003	01:09:29		01:12:49		01:21:59		03:44:17		64	W60		3
	Behrens	Gerold	Fort. Veenhusen		2003	01:13:55	01:13:33	01:19:47				03:47:15			M		3
	Kuhlmann	Ingrid	Polizei Leer		2003	01:18:54	01:19:08	01:22:18				04:00:20			W		3
	Hemken	Martina	VHS Laufen		2003	01:16:47	01:12:24			01:34:54		04:04:05			W		3
	Ulferts	Petra	EC Neermoor	1986	2003				01:42:26	01:17:44	01:11:08	04:11:18		17	WU20		3
	Nowack	Birgit	SV Holtland	1978	2003	01:25:43	01:23:56				01:25:23	04:15:02		25	W20		3
	Steinke	Peter	TV Norden	1970	2003	00:36:01				00:41:20		01:17:21		33	M30		2
	Spallek	Christiane	LG Wilhelmshaven	1965	2003	00:41:11	00:40:38					01:21:49		38	W30		2
	Saathoff	Friedhelm	BGS Bunde	1970	2003	00:41:11	00:41:04					01:22:15		33	M30		2
	Kiehl	Thorsten	Emden-Harsweg	1984	2003	00:40:32	00:41:57					01:22:29		19	MU20		2
	Aden	Hans-Dieter	TuS Hinte	1958	2003	00:44:31	00:44:05					01:28:36		45	M40		2
	Gumbrecht-Vincke	Dagmar	MTV Aurich	1957	2003	00:46:23	00:45:51					01:32:14		46	W40		2
	Schäfer	Karl-Heinz	SC Wiesens	1958	2003	00:46:22	00:46:35					01:32:57		45	M40		2
	Orlik	Eric	BGS Oldenburg	1966	2003	00:44:38				00:49:55		01:34:33		37	M30		2
	Pflüger	Jan	Fortuna Wirdum	1983	2003	00:45:14				00:51:48		01:37:02		20	M20		2
	Hammer	Georg	Leer	1954	2003	00:49:54	00:47:51					01:37:45		49	M40		2
	Faßhauer	Andreas	TC Südbrookmerland	1968	2003		00:42:44		00:55:23			01:38:07		35	M30		2
	Helms	Folkert	Emder LG	1983	2003			00:47:31		00:50:56		01:38:27		20	M20		2
	Grest	Jens-Peter	LG Ihrhove/Warsingsfeh	1971	2003	00:43:02			00:55:58			01:39:00		32	M30		2
	Tuitjer	Berthold	Emder LG	1969	2003		00:46:32			00:52:41		01:39:13		34	M30		2
	Watzema	Antke	Ihrhove	1968	2003	00:51:04	00:48:46					01:39:50		35	W30		2
	Busker	Nils	Aurich	1981	2003			00:44:28	00:55:30			01:39:58		22	M20		2
	Eilts	Frerich	SV Werdum	1959	2003		00:47:12				00:53:39	01:40:51		44	M40		2
	Gottschlich	Maike	LG Ihrhove/Warsingsfeh	1981	2003		00:50:45				00:52:30	01:43:15		22	W20		2
	Tjards	Helmut	TuS Aurich-Ost	1964	2003	00:53:07	00:51:20					01:44:27		39	M30		2
	Siemens	Karl	MTV Wittmund	1951	2003					00:54:01	00:50:35	01:44:36		52	M50		2
	Müller	Johann	LG Uplengen	1963	2003	00:54:28	00:50:15					01:44:43		40	M40		2
	Voß	Stephan	BGS Bunde	1967	2003	00:53:23		00:54:25				01:47:48		36	M30		2
	Elsner	Ralf	TSV Hesel	1985	2003	00:53:59	00:54:29					01:48:28		18	MU20		2
	Busch	Jan-Hiebo	SV Warsingsfehn	1991	2003		00:45:56		01:02:41			01:48:37		12	MU20		2
	Harms	Jörn	Ihlower Loopers	1964	2003	00:55:51	00:53:34					01:49:25		39	M30		2
	Soeken	Johann	SV Holtland	1953	2003	00:54:04		00:55:26				01:49:30		50	M50		2
	Kupfer	Daniela	Marathonhühner	1973	2003		00:47:25		01:03:13			01:50:38		30	W30		2
	Habben	Berend	Wybelsum	1960	2003		00:48:15		01:02:44			01:50:59		43	M40		2
	Watzema	Tina	Ihrhove	1976	2003	00:56:51	00:54:28					01:51:19		27	W20		2
	Werkmeister	Johannes	Loga	1957	2003	00:54:34		00:56:53				01:51:27		46	M40		2
	Oltmanns	Jürgen	Rhauderfehn	1962	2003		00:54:23				00:57:35	01:51:58		41	M40		2
	Köster	Heinz	SV Großefehn	1954	2003	00:56:11	00:56:27					01:52:38		49	M40		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50					
	Theimer	Andreas	Bundeswehr	1959	2003	00:59:25	00:53:52					01:53:17		44	M40		2
	Rosenbohm	Marion	MTV Aurich	1967	2003	00:58:15	00:55:54					01:54:09		36	w30		2
	Mansholt	Marko	TSV Hesel	1988	2003				01:05:01	00:52:23		01:57:24		15	MU20		2
	Lecke	Jörg	Leer	1964	2003		00:57:52	01:00:24				01:58:16		39	M30		2
	Iben	Joachim	TuS Hinte	1951	2003	00:58:10	01:00:06					01:58:16		52	M50		2
	Kloppenborg	Alwin	Fortuna Logabirum	1960	2003					01:02:52	00:56:31	01:59:23		43	M40		2
	Goudschal	Arno	Bunde	1980	2003					01:03:26	00:56:30	01:59:56		23	M20		2
	Wagner	Jan-Rasmus	NIGE-Team		2003	00:57:36					01:02:27	02:00:03			MU20		2
	Hofmann	Jens	SV Hinrichsfehn	1964	2003		00:59:38	01:00:44				02:00:22		39	M30		2
	Jütting	Bernd	Neermoor	1969	2003	01:03:02	00:58:14					02:01:16		34	M30		2
	Nitters	Uwe	Lauftreff Jemgum	1964	2003			01:04:20		00:58:26		02:02:46		39	M30		2
	Brinkmann	Frieda	Fortuna Logabirum	1960	2003			01:05:36			00:57:11	02:02:47		43	W40		2
	Stellamanns	Sabine	Oldenburg		2003	01:03:29	01:01:16					02:04:45			W		2
	Reuter	Jens	SV Simonswolde	1980	2003				01:03:45	01:01:17		02:05:02		23	M20		2
	Löhn	Karin	Concordia Neermoor	1963	2003	01:03:47	01:01:16					02:05:03		40	W40		2
	Beck	Joachim	Crokodiles Ihlow	1961	2003					01:04:50	01:00:45	02:05:35		42	M40		2
	Schülke	Wolfgang	SV Nortmoor	1954	2003		00:59:15			01:06:36		02:05:51		49	M40		2
	Tadema	Joachim	Emder LG	1965	2003			00:58:31		01:07:26		02:05:57		38	M30		2
	Frerichs	Thomas	LG Ihrhove/Warsingsfeh	1966	2003			00:59:41		01:06:24		02:06:05		37	M30		2
	Janz	Anita	LT Schaffhausener Wald	1957	2003			00:56:02		01:10:44		02:06:46		46	W40		2
	Saathoff	Katja	Braunschweig	1975	2003	01:06:40	01:01:44					02:08:24		28	W20		2
	Schaa	Harald	OZ-GA-Loopers	1968	2003	01:02:34					01:06:21	02:08:55		35	M30		2
	Grampers	Hans	MTV Wittmund	1960	2003				01:09:09	01:00:18		02:09:27		43	M40		2
	Raveling	Friedrich	Deichschnecken	1970	2003		00:54:13		01:16:25			02:10:38		33	M30		2
	Buhr	Dieter	TG Marderweg 02	1969	2003		00:59:39	01:11:10				02:10:49		34	M30		2
	Heddinga	Jens	Südbrookmerland	1966	2003	01:04:49	01:06:09					02:10:58		37	M30		2
	Harms	Wilke	Potshausen	1973	2003	01:04:22				01:06:45		02:11:07		30	M30		2
	Ott	Valentina	TuS Aurich-Ost	1973	2003	01:06:19		01:05:06				02:11:25		30	W30		2
	Hardy	Gisela	SuS Strackholt	1964	2003	01:05:29		01:06:31				02:12:00		39	W30		2
	Janssen	Martina	TuS Aurich-Ost	1964	2003	01:08:59	01:05:00					02:13:59		39	W30		2
	Beckers	Doris	Leer	1959	2003	01:08:48	01:05:47					02:14:35		44	W40		2
	Manthey	Stefan	Spetzerfehn	1973	2003	01:05:18		01:11:25				02:16:43		30	M30		2
	Denkena	Kevin	WFB Aurich		2003					01:14:13	01:02:36	02:16:49			M		2
	Wildemann	Martin	WFB Aurich	1960	2003					01:14:14	01:02:35	02:16:49		43	M40		2
	Weerts	Sonja	Moormerland	1981	2003					01:12:02	01:05:07	02:17:09		22	W20		2
	Hoffmeister	Sabine	SC Dunum	1989	2003				01:12:59	01:04:40		02:17:39		14	WU20		2
	Hallensleben	Christian	LT Schaffhausener Wald	1955	2003			01:06:55		01:12:14		02:19:09		48	M40		2
	Rieken	Wilhelm	SV Simonswolde	1952	2003					01:13:36	01:06:07	02:19:43		51	M50		2
	Meyer	Insa	Fun-Loopers	1984	2003	01:12:20	01:07:48					02:20:08		19	WU20		2
	Rosendahl	Stephan	Hesel	1985	2003	01:12:20	01:07:50					02:20:10		18	MU20		2
	Peters	Ilse	VFL Jheringsfehn	1959	2003	01:11:52	01:09:17					02:21:09		44	W40		2
	Schoone	Ulrike	Hamburg	1969	2003			01:03:04	01:18:32			02:21:36		34	W30		2
	Huismann	Annegret	Ostrhauderfehn	1964	2003	01:13:09	01:09:54					02:23:03		39	W30		2
	Schürmann	Egon	Sandhorst	1965	2003				01:25:21		01:01:48	02:27:09		38	M30		2
	Cybulka	Geska	Leer	1960	2003	01:05:04					01:22:30	02:27:34		43	W40		2
	Orlik	Ute	MTV Aurich	1964	2003					01:17:36	01:10:45	02:28:21		39	W30		2
	Meenken	Sabine	WFG Burhufe		2003					01:17:13	01:11:11	02:28:24			W		2
	Schröder	Christian	WFB Aurich	1972	2003					01:18:57	01:11:42	02:30:39		31	M30		2
	Hanstein	Benjamin	WfB Aurich	1981	2003					01:23:10	01:09:55	02:33:05		22	M20		2
	Teyen	Corinna	Leer	1979	2003	01:14:18		01:19:20				02:33:38		24	W20		2
	Süßmilch	Thea	LT Schaffh. Wald	1947	2003					01:25:31	01:18:25	02:43:56		56	W50		2
	Wahren	Heidi	Emden	1957	2003	01:23:27		01:30:33				02:54:00		46	W40		2
	Valentin	Jörg	TV Norden	1962	2003						00:36:27	00:36:27		41	M40		1
	Grigat	Holger	LG Ihrhove/Warsingsfeh	1973	2003	00:36:57						00:36:57		30	M30		1
	Mühlenbrock	Wilfried	LG Ostfriesland	1975	2003		00:38:29					00:38:29		28	M20		1
	Menz	Jan	LG Ostfriesland	1979	2003		00:38:30					00:38:30		24	M20		1
	Taube	Ralf	Germania Leer	1969	2003	00:38:49						00:38:49		34	M30		1
	Bienow	Ralf	Ihlower Rennschnecken	1966	2003	00:40:01						00:40:01		37	M30		1
	Hamann	Thomas	Heidmühler FC		2003	00:41:20						00:41:20			M		1
	Henke	Christoph	DSC Oldenburg	1980	2003		00:41:27					00:41:27		23	M20		1
	Behringer	Jean-Marc	TSV Riepe	1974	2003						00:43:37	00:43:37		29	M20		1
	Berghaus	Eike-Hergen	Hesel	1987	2003			00:43:38				00:43:38		16	MU20		1
	Bartsch	Frank	SuS Emden	1972	2003		00:43:55					00:43:55		31	M30		1
	Schlachter	Henry	LG Uplengen	1961	2003		00:44:23					00:44:23		42	M40		1
	Hesse	Axel	Team Deutsche Post	1969	2003		00:44:40					00:44:40		34	M30		1
	Waschkau	Jan	Ihlower Loopers	1977	2003					00:44:43		00:44:43		26	M20		1
	Fisser	Manfred	Emder LG	1950	2003		00:44:54					00:44:54		53	M50		1
	Lammers	Joachim	TG Wiesmoor	1960	2003					00:44:56		00:44:56		43	M40		1
	Schmidt	Benno	MTV Aurich	1957	2003						00:44:57	00:44:57		46	M40		1
	Schmidt	Jörn	Aurich	1984	2003					00:45:16		00:45:16		19	MU20		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50					
	Rosenbohm	Jan-Bernd	SV Großefehn	1967	2003			00:45:20				00:45:20		36	M30		1
	Book	Menny	TG Wiesmoor	1964	2003	00:46:04						00:46:04		39	M30		1
	Götz	Hartmut	SV Großefehn	1972	2003		00:46:19					00:46:19		31	M30		1
	Prikker	Karl-Jürgen	VFL Jheringsfehn	1964	2003		00:46:24					00:46:24		39	M30		1
	Freese	Klaus	TuS Aurich-Ost	1969	2003		00:46:28					00:46:28		34	M30		1
	Wagner	Erich	TG Wiesmoor	1960	2003			00:46:34				00:46:34		43	M40		1
	Meints	Harm	TuS Aurich-Ost	1946	2003			00:46:38				00:46:38		57	M50		1
	Werner	Reiner	TSV Riepe	1942	2003	00:46:54						00:46:54		61	M60		1
	Sjuts	Gunnar	Armina Bielefeld	1981	2003						00:47:23	00:47:23		22	M20		1
	Hedemann	Hartmut	Germania Leer	1962	2003	00:47:26						00:47:26		41	M40		1
	Weil	Alexander	BSG NDR Hamburg	1953	2003						00:47:28	00:47:28		50	M50		1
	Sass	Günther	Augustfehn	1962	2003		00:47:32					00:47:32		41	M40		1
	Smidt	Wilko	Leer	1983	2003	00:47:34						00:47:34		20	M20		1
	Fecht	Jens	Vreschen-Bokel	1968	2003	00:47:48						00:47:48		35	M30		1
	Falkenthal	Kai	Kiel	1965	2003	00:47:51						00:47:51		38	M30		1
	Bitter	Hermann	Oldenburg	1963	2003	00:48:08						00:48:08		40	M40		1
	Lammers	Rolf	TG Wiesmoor	1962	2003		00:48:20					00:48:20		41	M40		1
	Lübber	Uwe	AOK Aurich	1972	2003		00:48:32					00:48:32		31	M30		1
	Seehawer	Siegward	SV Elisabethfehn	1960	2003	00:48:46						00:48:46		43	M40		1
	Iken	Manuel	Osnabrück	1972	2003					00:48:54		00:48:54		31	M30		1
	Hynos	Heinrich	Leer	1955	2003	00:49:00						00:49:00		48	M40		1
	Schröder	Jan-Ole	Leer		2003	00:49:26						00:49:26		M			1
	Sanders	Johannes	Fortuna Logabirum	1959	2003	00:49:28						00:49:28		44	M40		1
	Rector	Thomas	Georgsheil	1976	2003						00:49:36	00:49:36		27	M20		1
	Fischer	Kuno	Frisia Loga	1981	2003						00:49:37	00:49:37		22	M20		1
	Venedey	Christoph	Aachen	1962	2003	00:49:58						00:49:58		41	M40		1
	Lengert	Johann	LG Ostfriesland	1966	2003				00:49:59			00:49:59		37	M30		1
	Lembeck	Volker	FTC Hollen	1965	2003			00:50:23				00:50:23		38	M30		1
	Wippich	Dirk	Hesel	1953	2003						00:50:26	00:50:26		50	M50		1
	Jürgens	Siegfried	TuS Detern	1962	2003			00:50:33				00:50:33		41	M40		1
	Veith	Manfred	TuS Aurich-Ost	1956	2003		00:50:34					00:50:34		47	M40		1
	Mulrooney	Thomas	Groningen	1983	2003						00:50:51	00:50:51		20	M20		1
	Suntken	Jens	TC Südbrookmerland	1965	2003		00:50:51					00:50:51		38	M30		1
	Sargerdt	Jörg		1967	2003						00:51:03	00:51:03		36	M30		1
	Meyer	Thomas	SV Wiesens	1969	2003	00:51:20						00:51:20		34	M30		1
	Janßen	Ilka	LG Ihrhove/Warsingsfeh	1976	2003	00:51:26						00:51:26		27	W20		1
	Diekmann	Toni	SV Holtland	1957	2003						00:51:33	00:51:33		46	M40		1
	Limbeck	Dirk	TG Wiesmoor	1961	2003		00:51:37					00:51:37		42	M40		1
	Trebesch	Heike	TuS Aurich-Ost	1964	2003	00:51:42						00:51:42		39	W30		1
	Hilmer	Christoph	Heidmühler FC	1974	2003					00:52:03		00:52:03		29	M20		1
	Prikker	Holger	BGS Oldenburg	1966	2003		00:52:04					00:52:04		37	M30		1
	Tjards	Bernd	Westerholt	1969	2003	00:52:10						00:52:10		34	M30		1
	Habben	Bernd	Westersander	1982	2003						00:52:16	00:52:16		21	M20		1
	Scherf	Ingo	SV Spetzerfehn	1982	2003						00:52:19	00:52:19		21	M20		1
	Schmidt	Johann	Aurich	1984	2003				00:52:23			00:52:23		19	MU20		1
	Escherhaus	Maik	Hartmann Reederei	1978	2003	00:52:28						00:52:28		25	M20		1
	Janssen	Gerold	Großoldendorf	1967	2003		00:52:35					00:52:35		36	M30		1
	Hinderks	Hermann	Holthusen	1968	2003			00:53:01				00:53:01		35	M30		1
	Derß	Klaas	Busboomsfehn	1986	2003		00:53:07					00:53:07		17	MU20		1
	van Scheven	Jost	Marklohe	1968	2003				00:53:23			00:53:23		35	M30		1
	Degelmann	Tobias	MTV Aurich	1986	2003					00:53:37		00:53:37		17	MU20		1
	Ebrecht	Klaus	TuS Esens	1961	2003						00:54:13	00:54:13		42	M40		1
	Nehus	Hermann	TSV Hesel	1951	2003		00:54:44					00:54:44		52	M50		1
	Reents	Andre	KBV Dunum	1983	2003						00:55:14	00:55:14		20	M20		1
	Eisenhauer	Elke	Esens	1977	2003						00:55:19	00:55:19		26	W20		1
	Ihnen	Joachim	SC Wiesens	1960	2003	00:55:20						00:55:20		43	M40		1
	Eisner	Ralf	Schwerinsdorf	1971	2003		00:55:29					00:55:29		32	M30		1
	Groen	Albert	LG Ostfriesland	1956	2003			00:55:35				00:55:35		47	M40		1
	Schmidt	Christiane	Hamburg	1959	2003						00:55:41	00:55:41		44	W40		1
	Schaffert	Dieter	TSV Riepe	1962	2003						00:55:46	00:55:46		41	M40		1
	Rietz	Albrecht	TGG Leer	1954	2003		00:55:47					00:55:47		49	M40		1
	Drieling	Ralf	BSC Burhufe	1965	2003						00:56:02	00:56:02		38	M30		1
	Harms	Jörg	Aurich	1965	2003						00:56:02	00:56:02		38	M30		1
	Sorra	Cedric	Ostgroßefehn	1988	2003			00:56:17				00:56:17		15	MU20		1
	Steinke	Rolf	LG Ihrhove Warsingsfeh	1967	2003				00:56:21			00:56:21		36	M30		1
	Viereck	Karl-Heinz	SV Großefehn	1951	2003	00:56:23						00:56:23		52	M50		1
	Goudschal	Ude	Bunde	1955	2003						00:56:36	00:56:36		48	M40		1
	Hoyer	Britta	Esens	1985	2003	00:56:59						00:56:59		18	WU20		1
	Fürst	Helge	WFB Aurich	1968	2003						00:57:11	00:57:11		35	M30		1
	Saathoff	Frank	Fortuna Wirdum	1970	2003					00:57:18		00:57:18		33	M30		1
	Ottersberg	Holger	FT Spetzerfehn	1972	2003					00:57:27		00:57:27		31	M30		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50					
	Traenapp	Jochen	SV Fulkum	1969	2003					00:57:53		00:57:53		34	M30		1
	Seeger	Hartmut	Ihlowerfehn	1967	2003		00:57:53					00:57:53		36	M30		1
	Frey	Jan	Aurich	1985	2003					00:58:03		00:58:03		18	MU20		1
	Berger	Holger	Team Deutsche Post	1971	2003	00:58:11						00:58:11		32	M30		1
	Vietor, Dr.	Walter	Ostrhauderfehn	1945	2003						00:58:13	00:58:13		58	M50		1
	Leischen	Wilko	TSV Hesel	1983	2003					00:58:27		00:58:27		20	M20		1
	Michaelis	Bernhard	TGG Leer	1955	2003		00:58:30					00:58:30		48	M40		1
	Bußmann	Trinus	Plaggenburg	1977	2003				00:58:40			00:58:40		26	M20		1
	Bauer	Karl-Heinz	Moorerland	1940	2003	00:58:50						00:58:50		63	M60		1
	Roelfs	Tjark	Eintracht Ithow	1990	2003						00:58:50	00:58:50		13	MU20		1
	Tuitjer	Marga	Wiesmoor	1956	2003			00:59:00				00:59:00		47	W40		1
	Donker	Heinz	SV Werdum	1949	2003						00:59:06	00:59:06		54	M50		1
	Heyen	Jan	TV Norden	1941	2003			00:59:07				00:59:07		62	M60		1
	Bünting	Sönke	TuS Middels	1988	2003						00:59:12	00:59:12		15	MU20		1
	Gottschlich	Sabrina	DSC Oldenburg	1980	2003		00:59:23					00:59:23		23	W20		1
	Vollmer	Daniel	OZ-GA-Loopers	1977	2003	00:59:27						00:59:27		26	M20		1
	Tjarks	Eduard	LG Ostfriesland	1954	2003					00:59:42		00:59:42		49	M40		1
	Janssen	Siegfried	LG Ostfriesland	1955	2003				00:59:49			00:59:49		48	M40		1
	Jäger	Susanne	Göttingen	1960	2003				00:59:50			00:59:50		43	W40		1
	Sparringa	Warner	Simonswolde	1960	2003			00:59:51				00:59:51		43	M40		1
	Santjer	Gerd	Ihlowerfehn	1957	2003			00:59:52				00:59:52		46	M40		1
	Kloster	Kai	Leer	1979	2003						00:59:56	00:59:56		24	M20		1
	Ottjes	Uwe	Wiesmoor	1966	2003						01:00:08	01:00:08		37	M30		1
	Schinnen	Johannes	Coburg	1953	2003						01:00:11	01:00:11		50	M50		1
	Freese	Detlef	Oldenburg	1970	2003						01:00:13	01:00:13		33	M30		1
	Kroon	Sigrid	SV Holtand	1948	2003			01:00:17				01:00:17		55	W50		1
	Pahlke	Thomas	Bremerhaven	1974	2003					01:00:29		01:00:29		29	M20		1
	Stecker	Bruno	Leer	1950	2003				01:00:30			01:00:30		53	M50		1
	Birkoben	Anke	TSV Riepe	1975	2003						01:00:37	01:00:37		28	W20		1
	Schlichting	Jens	MTV Aurich	1964	2003				01:00:39			01:00:39		39	M30		1
	Janssen	Heye	TuS Pewsum	1987	2003			01:00:41				01:00:41		16	MU20		1
	Hilliers	Dieter	SV Großefehn	1964	2003			01:00:45				01:00:45		39	M30		1
	Renken	Walter	Schwerinsdorf	1970	2003		01:00:49					01:00:49		33	M30		1
	Lange	Jelto	Germania Leer	1991	2003						01:01:01	01:01:01		12	MU20		1
	Eilers	Bernhard	WFB Aurich	1953	2003			01:01:03				01:01:03		50	M50		1
	Reinecke	Jens	TUS Weene	1970	2003			01:01:05				01:01:05		33	M30		1
	Lange	Thomas	Germania Leer	1956	2003						01:01:10	01:01:10		47	M40		1
	Obst	Dieter	Remels	1953	2003	01:01:29						01:01:29		50	M50		1
	Schulte	Elke	Oldenburg	1965	2003	01:01:33						01:01:33		38	W30		1
	Bratz	Helmut	Sportzentrum Crocodile	1953	2003				01:02:10			01:02:10		50	M50		1
	Junker	Sabine	Rhauderfehn	1975	2003						01:02:20	01:02:20		28	W20		1
	Behr	Manfred	Coole Biker	1948	2003					01:02:24		01:02:24		55	M50		1
	Löwe	Michael	Conc. Ihrhove	1960	2003	01:02:25						01:02:25		43	M40		1
	Eilerts	Jürgen	Wiesens	1966	2003					01:02:26		01:02:26		37	M30		1
	Best	Thomas	AOK Aurich	1976	2003			01:02:27				01:02:27		27	M20		1
	Frühling	Cobus	Ostersander	1969	2003			01:02:27				01:02:27		34	M30		1
	Entgelmeier	Bernd	Eiternverein K.	1960	2003					01:02:37		01:02:37		43	M40		1
	Stürmer	Jürgen	BBS	1948	2003				01:02:40			01:02:40		55	M50		1
	Freese	Lothar	Aurich	1979	2003				01:02:53			01:02:53		24	M20		1
	Schüdde	Marion	Leer	1962	2003	01:02:59						01:02:59		41	W40		1
	Rynas	Heinrich	Leer	1955	2003				01:03:00			01:03:00		48	M40		1
	Buß-Weber	Ikka	Remels	1952	2003		01:03:05					01:03:05		51	W50		1
	Ensuleit	Jan-Udo	CAO Kiel	1980	2003						01:03:31	01:03:31		23	M20		1
	Reitmeyer	Daniel	TG Wiesmoor	1984	2003			01:03:36				01:03:36		19	MU20		1
	Schuckmeier	Monique	BW Wittmund	1972	2003						01:03:40	01:03:40		31	W30		1
	Saathoff	Andre	BBS	1984	2003				01:03:45			01:03:45		19	MU20		1
	Cassens	Thomas	BGS Oldenburg	1971	2003						01:03:53	01:03:53		32	M30		1
	Flick	Ingo	Esens	1972	2003					01:04:02		01:04:02		31	M30		1
	Hillich	Johanna	SV Holtand	1979	2003		01:04:10					01:04:10		24	W20		1
	Penon	Johann	Kiel	1968	2003				01:04:17			01:04:17		35	M30		1
	Runden	Birigt	Leer	1962	2003						01:04:22	01:04:22		41	W40		1
	Demmer	Thomas	Oldenburg	1974	2003						01:04:32	01:04:32		29	M20		1
	Adebahr	Doris	Hesel	1964	2003	01:04:35						01:04:35		39	W30		1
	Fecht	Holger	SV Neermoor	1971	2003						01:04:36	01:04:36		32	M30		1
	Renken	Bianca	Schwerinsdorf	1976	2003		01:04:43					01:04:43		27	W20		1
	Gronewold	Frank	Weener	1971	2003			01:04:46				01:04:46		32	M30		1
	Altrock	Olaf	Hartmann Reederei	1969	2003	01:04:50						01:04:50		34	M30		1
	Tjaden	Elfriede	TV Norden	1952	2003		01:04:56					01:04:56		51	W50		1
	Lammers	Udo	Warsingsfehn	1953	2003	01:04:57						01:04:57		50	M50		1
	Tammena	Gerd	PSV Leer	1951	2003				01:05:02			01:05:02		52	M50		1
	Gerken	Theodor	LG Ostfriesland	1944	2003				01:05:09			01:05:09		59	M50		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,80km	10,50km	11,00km	13,60km	11,80km	10,80km	68,50					
	EGGEN	Rolf	Südbrookmerland	1964	2003					01:05:15		01:05:15		39	M30		1
	Krüger	Karsten	Skatclub Wangerland	1976	2003				01:05:17			01:05:17		27	M20		1
	Noriss	Luke	Wilhelmshaven	1975	2003					01:05:24		01:05:24		28	M20		1
	Schmitt	Hans	Aurich	1942	2003						01:05:25	01:05:25		61	M60		1
	Ennen	Ewald	AOK Aurich	1961	2003			01:05:26				01:05:26		42	M40		1
	Hommers	Gaby	Ems- Jemgum	1962	2003					01:05:32		01:05:32		41	W40		1
	Janssen	Temme	TuS Pewsum	1985	2003			01:05:41				01:05:41		18	MU20		1
	Hofer	Karl-Heinz	Hartmann Reederei	1947	2003			01:05:43				01:05:43		56	M50		1
	Heydenbluth	Horst	Schortens	1939	2003					01:05:46		01:05:46		64	M60		1
	Bruns	Jan-Erik	TSV Hesel	1990	2003		01:05:48					01:05:48		13	MU20		1
	Wahren	Andreas	Emden	1957	2003	01:06:03						01:06:03		46	M40		1
	Janssen	Frieda	LT Schaffh. Wald	1963	2003					01:06:04		01:06:04		40	W40		1
	Groen	Talea	LG Ostfriesland	1957	2003			01:06:04				01:06:04		46	W40		1
	Friedrichs	Helmut	BV Dietrichsfeld	1963	2003						01:06:05	01:06:05		40	M40		1
	Möhlmann	Manfred	Wiesens	1964	2003					01:06:11		01:06:11		39	M30		1
	Siefkes	Ute	RVB Aur.-Uplengen	1974	2003	01:06:21						01:06:21		29	W20		1
	Boekhoff	Herma	Marathonhühner	1960	2003						01:06:35	01:06:35		43	W40		1
	Böse	Frank	Leda Team	1971	2003				01:06:44			01:06:44		32	M30		1
	Akkermann	Ralf	TV Oldersum	1968	2003				01:06:45			01:06:45		35	M30		1
	Klaaßen	Kathrin	SV Sandhorst	1989	2003						01:06:45	01:06:45		14	MU20		1
	Uphoff	Bernhard	Aurich	1966	2003					01:06:51		01:06:51		37	M30		1
	Förster	Ralf	Lübbenstedt	1964	2003					01:06:54		01:06:54		39	M30		1
	Sauerbrey	Bernd	TV Friedeburg	1950	2003	01:07:03						01:07:03		53	M50		1
	Hahn	Andreas	Kiel	1964	2003	01:07:07						01:07:07		39	M30		1
	Frerichs	Karin	SuS Strackholt	1989	2003		01:07:19					01:07:19		14	MU20		1
	Sluiter	Helga	Nordgeorgsfehn	1963	2003		01:07:19					01:07:19		40	W40		1
	Köster	Antje	Großefehn	1978	2003		01:07:25					01:07:25		25	W20		1
	Duin	Stefan	Schwerinsdorf	1989	2003		01:07:27					01:07:27		14	MU20		1
	Beheshty	Julian	Timmel	1989	2003						01:07:31	01:07:31		14	MU20		1
	Hanken	Kai-Uwe	Weener	1971	2003	01:07:33						01:07:33		32	M30		1
	Kühlers	Klaus	Weener	1935	2003		01:07:46					01:07:46		68	M60		1
	Van Hry	Stefan	Spetzerfehn	1973	2003						01:07:49	01:07:49		30	M30		1
	Meyerhoff	Martin	Aurich	1949	2003						01:07:54	01:07:54		54	M50		1
	Meenken	Rolf	WFB Aurich	1955	2003	01:08:09						01:08:09		48	M40		1
	Post	Gunda	Hinrichsfehn	1970	2003		01:08:27					01:08:27		33	W30		1
	Olthof	Mareike	Stuttgart	1979	2003					01:08:29		01:08:29		24	W20		1
	Vry	Renate	Fortuna Logabirum	1955	2003						01:08:29	01:08:29		48	W40		1
	Stürenburg-Kruse	Heike	SV Hage	1961	2003						01:08:43	01:08:43		42	W40		1
	Mansholt	Helmut	TSV Hesel	1959	2003					01:09:25		01:09:25		44	M40		1
	Bal	Laszlo	Ungarn	1983	2003						01:09:41	01:09:41		20	M20		1
	Janssen	Erik	Radio Ostfriesland	1971	2003						01:09:53	01:09:53		32	M30		1
	Claassen	Thorsten	WFB Aurich		2003						01:09:55	01:09:55			M		1
	Schmidt	Karlheinz	TuS Aurich-Ost	1957	2003				01:09:59			01:09:59		46	M40		1
	Broers	Daniela	SV Holtand	1986	2003		01:10:00					01:10:00		17	WU20		1
	Wremken	Ulrike	Aurich	1963	2003						01:10:05	01:10:05		40	W40		1
	Winkler	Claudia	TV Norden	1978	2003		01:10:20					01:10:20		25	W20		1
	Onken	Karel	WFB Aurich		2003	01:10:21						01:10:21			M		1
	Janssen	Gudrun	LG Ostfriesland	1959	2003				01:10:25			01:10:25		44	W40		1
	Brüggemann	Ralf	Aurich	1969	2003						01:10:30	01:10:30		34	M30		1
	Boden	Helga	Schweindorf	1950	2003	01:10:38						01:10:38		53	W50		1
	Ringering	Gerhard	HSV Emden	1957	2003			01:11:11				01:11:11		46	M40		1
	Fischer	Karl-Heinz	HSV Emden	1971	2003			01:11:28				01:11:28		32	M30		1
	Janssen-Gent	Uwe	Leiner Stift	1954	2003					01:11:28		01:11:28		49	M40		1
	Barghorn	Christa	Leer	1968	2003						01:11:37	01:11:37		35	W30		1
	Bathmann	Gisela	Leer	1967	2003						01:11:39	01:11:39		36	W30		1
	de Buhr	Ingo	Leer	1966	2003						01:11:45	01:11:45		37	M30		1
	Döring	Kurt	Heidmühler FC	1938	2003	01:11:46						01:11:46		65	M60		1
	Frey	Wilke	Ihrhove	1985	2003						01:11:59	01:11:59		18	MU20		1
	Wenzel	Lars	HC Moormerland	1980	2003	01:12:04						01:12:04		23	M20		1
	Köhler-Barghorn	Christa	VFR Heisfelde	1968	2003	01:12:10						01:12:10		35	W30		1
	Mohr	Ilona	Leer	1968	2003	01:12:35						01:12:35		35	W30		1
	Steffens	Otto	MTV Aurich	1952	2003				01:12:52			01:12:52		51	M50		1
	Schaffert	Gabi	TSV Riepe	1965	2003						01:12:56	01:12:56		38	W30		1
	Janssen	Karin	LT Schaffh. Wald	1963	2003						01:13:02	01:13:02		40	W40		1
	Buhr de	Svenja	Daalerschule	1968	2003	01:13:16						01:13:16		35	W30		1
	Duiselder	Elke	Norden	1964	2003						01:13:16	01:13:16		39	W30		1
	Schipper	Anja	TV Norden	1964	2003						01:13:22	01:13:22		39	W30		1
	Lüpkens	Otto	Aurich	1958	2003				01:13:25			01:13:25		45	M40		1
	Janssen	Patrick	Ostgroßefehn	1990	2003			01:13:40				01:13:40		13	MU20		1
	Vüst	Gertraud	SV Simonswolde	1962	2003	01:13:52						01:13:52		41	W40		1
	Harms	Johann	TV Norden	1941	2003				01:14:07			01:14:07		62	M60		1

22. Ostfrieslandlauf 2003

13.05. bis 30.05.2003

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	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,50					
	Berg de	Wilma	SV Simonswolde	1961	2003	01:14:34						01:14:34		42	W40		1
	Kaplan	Simone	Wallinghausen	1980	2003				01:14:36			01:14:36		23	W20		1
	Frerichs	Wilfried	Ostersander	1956	2003			01:14:45				01:14:45		47	M40		1
	Niemann	Hildegard	TuS Aurich-Ost	1966	2003						01:14:50	01:14:50		37	W30		1
	Groen	Michael	TSV Riepe	1964	2003						01:14:52	01:14:52		39	M30		1
	Sollermann	Peter	OSC Leer	1954	2003				01:15:02			01:15:02		49	M40		1
	Backer	Gudrun	LG Ostfriesland	1967	2003						01:15:12	01:15:12		36	W30		1
	Birkoben	Alberta	TSV Riepe	1955	2003						01:15:26	01:15:26		48	W40		1
	Burlage	Udo	13 Eichen Wiesens	1957	2003				01:15:27			01:15:27		46	M40		1
	Hohmann	Christoffer	Aurich	1988	2003			01:16:02				01:16:02		15	MU20		1
	Bohlen	Markus	Leer	1985	2003						01:16:26	01:16:26		18	MU20		1
	Einolf	Carmen	LG Ostfriesland	1976	2003	01:16:29						01:16:29		27	W20		1
	Horn-Wulfke	Gabriele	Emder LG	1955	2003		01:16:39					01:16:39		48	W40		1
	Weber-Beck	Almuth	Emder LG	1954	2003		01:16:39					01:16:39		49	W40		1
	van Lengen	Theda	Emder LG	1953	2003		01:16:39					01:16:39		50	W50		1
	Frerichs	Silke	VHS Laufen		2003	01:16:45						01:16:45			W		1
	Klaaßen	Thorsten	WFG Burhufe		2003					01:17:06		01:17:06			M		1
	Kruse-Oldin.	Gaby	OZ-GA-Loopers		2003	01:17:09						01:17:09			W		1
	Plettke	Günther	Lübbenstedt	1961	2003					01:17:15		01:17:15		42	M40		1
	Feyen	Corinna	Leer	1979	2003						01:17:22	01:17:22		24	W20		1
	Wiemken	Ulrike	Aurich	1963	2003					01:17:35		01:17:35		40	W40		1
	Gleißberg	Olaf	Aurich	1956	2003			01:17:42				01:17:42		47	M40		1
	Schröder-Müller	Elvira	Emder LG	1967	2003				01:17:42			01:17:42		36	W30		1
	Engelbarts	Hannelore	Emder LG	1956	2003				01:17:43			01:17:43		47	W40		1
	Engelbarts	Foline	Emder LG	1949	2003				01:17:43			01:17:43		54	W50		1
	Helmers	Margarietje	Hesel	1961	2003						01:18:17	01:18:17		42	W40		1
	Helmers	Frank	Hesel	1959	2003						01:18:23	01:18:23		44	M40		1
	Strube-Heddinga	Gerlinde	Südbrookmerland	1968	2003		01:18:38					01:18:38		35	W30		1
	Evers	Gero	Komet Walle	1959	2003			01:18:45				01:18:45		44	M40		1
	Wilkat	Ina	Leer	1963	2003						01:22:31	01:22:31		40	W40		1
	Lütke-Notarp	Edzard	Aurich	1965	2003				01:22:47			01:22:47		38	M30		1
	König	Käthe	Emder LG	1936	2003				01:24:44			01:24:44		67	W60		1
	Schwitters	Mense	MTV Aurich	1948	2003				01:25:31			01:25:31		55	M50		1
	Schwitters	Emely	MTV Aurich	1981	2003				01:25:32			01:25:32		22	W20		1
	Fräuln	Stefan	Hockenheim	1981	2003				01:28:05			01:28:05		22	M20		1