

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
1	Grigat	Holger	TV Norden	1973	2004	0:35:45	0:35:32	0:37:13	0:46:11	0:40:43	0:37:28	3:52:52	00:34:06	31	M30	1	6
2	Wolzen	Gerd	VfL Germ. Leer	1983	2004	0:35:21	0:36:31	0:37:20	0:46:30	0:40:33	0:36:53	3:53:08	00:34:08	21	M20	1	6
3	Immega	Stephan	NIGE-Team	1984	2004	0:37:16	0:36:23	0:38:06	0:48:06	0:41:44	0:38:40	4:00:15	00:35:11	20	M20	2	6
4	Schmidt	Jörn	Aurich	1984	2004	0:38:04	0:37:28	0:39:11	0:48:21	0:42:27	0:39:20	4:04:51	00:35:51	20	M20	3	6
5	Fleißner	Hermann	Ihlow. Rennschn.	1974	2004	0:38:03	0:37:41	0:39:18	0:48:17	0:42:31	0:39:29	4:05:19	00:35:55	30	M30	2	6
6	Taube	Ralf	VfL Germ. Leer	1968	2004	0:37:50	0:37:19	0:39:31	0:48:29	0:42:54	0:39:24	4:05:27	00:35:56	36	M30	3	6
7	Ignatenko	Eugen	TV Norden	1979	2004	0:38:31	0:38:06	0:39:27	0:49:19	0:42:30	0:40:11	4:08:04	00:36:19	25	M20	4	6
8	Beeker	Wolfgang	LT Schafhauser W.	1970	2004	0:39:18	0:38:37	0:40:12	0:49:40	0:43:22	0:39:40	4:10:49	00:36:43	34	M30	4	6
9	Sjuts	Hanno	Germ. Leer	1983	2004	0:40:12	0:38:48	0:40:11	0:49:41	0:43:24	0:39:40	4:11:56	00:36:53	21	M20	5	6
10	Ludwig	Reinhard	Auricher Taxizentrale	1959	2004	0:39:25	0:38:32	0:40:29	0:50:03	0:43:32	0:40:49	4:12:50	00:37:01	45	M40	1	6
11	Trebesch	Wolfgang	MTV Aurich	1957	2004	0:39:35	0:38:53	0:40:44	0:50:20	0:44:03	0:41:00	4:14:35	00:37:16	47	M40	2	6
12	Christians	Borchard	LG Ostfriesland	1958	2004	0:39:47	0:39:06	0:41:06	0:50:27	0:44:09	0:40:58	4:15:33	00:37:25	46	M40	3	6
13	de Jonge	Stefan	TuS Weene	1976	2004	0:40:43	0:39:03	0:41:19	0:50:36	0:44:22	0:40:59	4:17:02	00:37:38	28	M20	6	6
14	Waschkau	Jan	Ihlow. Loopers	1977	2004	0:41:26	0:40:04	0:41:01	0:51:32	0:43:37	0:40:18	4:17:58	00:37:46	27	M20	7	6
15	Bruns	Bernd	TSV Hesel	1961	2004	0:40:50	0:40:16	0:42:02	0:51:34	0:44:43	0:41:14	4:20:39	00:38:10	43	M40	4	6
16	Geiken	Ralf	BGS Bunde	1971	2004	0:40:49	0:39:59	0:42:00	0:52:14	0:44:54	0:41:02	4:20:58	00:38:13	33	M30	5	6
17	Saathoff	Friedhelm	BGS Bunde	1970	2004	0:41:11	0:40:33	0:42:06	0:51:48	0:44:31	0:41:31	4:21:40	00:38:19	34	M30	6	6
18	Reents	Ralf	LT Schafhauser W.	1969	2004	0:42:16	0:40:14	0:42:38	0:51:45	0:44:50	0:41:09	4:22:52	00:38:29	35	M30	7	6
19	de Freese	Frank	SV Warsingsf.	1982	2004	0:41:37	0:40:32	0:41:55	0:52:45	0:45:00	0:41:13	4:23:02	00:38:31	22	M20	8	6
20	Hofmann	Fred	DLRG Weener	1963	2004	0:41:26	0:40:26	0:42:50	0:52:08	0:44:44	0:41:50	4:23:24	00:38:34	41	M40	5	6
21	Park	Harm	TUS Weene	1953	2004	0:41:12	0:40:40	0:42:17	0:52:13	0:45:52	0:42:14	4:24:28	00:38:43	51	M50	1	6
22	Goga	Franz	Eddie Eagle	1971	2004	0:41:43	0:39:50	0:41:16	0:54:09	0:45:19	0:42:29	4:24:46	00:38:46	33	M30	8	6
23	Berghaus	Eike-Hergen	Kickers Emden	1987	2004	0:41:21	0:39:52	0:44:06	0:52:26	0:45:19	0:41:48	4:24:52	00:38:47	17	MU20	1	6
24	Ulferts	Frank	Polizei Leer	1968	2004	0:40:58	0:40:49	0:42:24	0:52:58	0:45:46	0:43:44	4:26:39	00:39:02	36	M30	9	6
25	Siebelts	Arnd	TV Norden	1967	2004	0:41:16	0:41:30	0:43:25	0:52:53	0:45:31	0:42:10	4:26:45	00:39:03	37	M30	10	6
26	Wirdemann	Benjamin	SC Dunum	1983	2004	0:43:06	0:40:22	0:42:42	0:52:57	0:45:28	0:42:32	4:27:07	00:39:07	21	M20	9	6
27	Folkers	Udo	MTV Aurich	1984	2004	0:41:30	0:40:54	0:42:55	0:52:48	0:46:38	0:42:36	4:27:21	00:39:09	20	M20	10	6
28	Willms	Wilko	LT Schafhauser W.	1973	2004	0:41:31	0:40:55	0:42:54	0:53:01	0:46:34	0:42:34	4:27:29	00:39:10	31	M30	11	6
29	Hardy	Bernhard	SV Großefehn	1966	2004	0:42:31	0:41:10	0:42:40	0:53:29	0:45:30	0:42:09	4:27:29	00:39:10	38	M30	12	6
30	Hedemann	Hendrik	TG Wiesmoor	1987	2004	0:41:19	0:39:53	0:44:08	0:54:47	0:45:58	0:42:07	4:28:12	00:39:16	17	MU20	2	6
31	Schoon	Ingo	TG Wiesmoor	1957	2004	0:42:22	0:41:01	0:42:53	0:53:28	0:45:58	0:42:50	4:28:32	00:39:19	47	M40	6	6
32	Warnecke	Dirk	ENOVA	1969	2004	0:41:41	0:41:14	0:43:36	0:53:15	0:46:17	0:42:52	4:28:55	00:39:22	35	M30	13	6
33	Burger	Horst	Spa. Leer/Weener	1966	2004	0:42:20	0:41:50	0:43:46	0:53:19	0:46:21	0:42:53	4:30:29	00:39:36	38	M30	14	6
34	Frerichs	Christian	TuS Aurich-Ost	1986	2004	0:42:27	0:41:15	0:43:29	0:54:07	0:46:32	0:42:59	4:30:49	00:39:39	18	MU20	3	6
35	Feldiek	Georg	Möhlenwarf	1956	2004	0:41:34	0:41:39	0:44:10	0:53:51	0:46:49	0:42:58	4:31:01	00:39:41	48	M40	7	6
36	Eden	Kurt	TV Norden	1958	2004	0:42:15	0:41:40	0:43:35	0:53:45	0:46:56	0:43:27	4:31:38	00:39:46	46	M40	8	6
37	Freese	Mathias	TuS Weener	1986	2004	0:42:51	0:42:52	0:43:27	0:54:03	0:47:07	0:41:47	4:32:07	00:39:50	18	MU20	4	6
38	Schütte	Mark	U&S Wiesmoor	1971	2004	0:42:43	0:41:41	0:43:37	0:54:54	0:46:31	0:42:47	4:32:13	00:39:51	33	M30	15	6
39	Abbas	Heiko	Weenermoor	1987	2004	0:43:10	0:42:00	0:43:50	0:53:37	0:46:51	0:42:45	4:32:13	00:39:51	17	MU20	5	6
40	Blank	Andre	Spa. Leer/Weener	1977	2004	0:42:24	0:41:31	0:44:48	0:54:11	0:46:54	0:42:51	4:32:39	00:39:55	27	M20	11	6
41	Trauernicht	Heinz	Polizei Leer	1965	2004	0:42:42	0:42:05	0:43:58	0:54:04	0:46:54	0:42:59	4:32:42	00:39:56	39	M30	16	6
42	Harms	Egon	Warsingsfehn	1959	2004	0:42:40	0:42:28	0:44:02	0:54:00	0:46:53	0:43:11	4:33:14	00:40:00	45	M40	9	6
43	Frerichs	Manfred	Emder LG	1958	2004	0:42:47	0:41:54	0:44:07	0:54:12	0:47:16	0:43:10	4:33:26	00:40:02	46	M40	10	6
44	Janssen	Siegfried	LG Ostfriesland	1955	2004	0:43:26	0:41:56	0:43:31	0:53:44	0:47:43	0:43:09	4:33:29	00:40:02	49	M40	11	6
45	Grest	Jens-Peter	SV Warsingsfehn	1971	2004	0:43:08	0:42:01	0:44:24	0:54:36	0:47:44	0:43:06	4:34:59	00:40:16	33	M30	17	6
46	Geiken	Jürgen	TV Norden	1961	2004	0:43:02	0:42:21	0:43:32	0:54:29	0:47:40	0:44:00	4:35:04	00:40:16	43	M40	12	6
47	Fleißner	Joachim	T. Deutsche Post	1970	2004	0:42:26	0:42:34	0:43:53	0:55:24	0:46:52	0:43:58	4:35:07	00:40:17	34	M30	18	6
48	Tuijter	Berthold	Mataadors	1969	2004	0:43:11	0:41:57	0:45:57	0:54:20	0:46:39	0:43:10	4:35:14	00:40:18	35	M30	19	6
49	Gerdas	Heiko	Ruderverein Leer	1965	2004	0:43:09	0:43:04	0:44:25	0:54:33	0:46:43	0:43:26	4:35:20	00:40:19	39	M30	20	6
50	Romanessen	Heinz	DEKRA - Aurich	1966	2004	0:43:29	0:43:11	0:44:13	0:54:37	0:46:57	0:43:09	4:35:36	00:40:21	38	M30	21	6
51	Beitelmann	Arne	MTV-Aurich Tria.	1987	2004	0:43:25	0:42:18	0:44:15	0:54:49	0:47:29	0:43:28	4:35:44	00:40:22	17	MU20	6	6
52	Straakholder	Kai	TuS Aurich-Ost	1987	2004	0:43:39	0:42:17	0:44:18	0:54:44	0:47:25	0:43:28	4:35:51	00:40:23	17	MU20	7	6
53	Hinken	Jürgen	KBV Wiesede	1963	2004	0:43:17	0:42:59	0:44:32	0:54:39	0:47:26	0:43:16	4:36:09	00:40:26	41	M40	13	6
54	Hoffmann	Karl-Heinz	Hasselt	1958	2004	0:43:22	0:42:42	0:44:33	0:54:38	0:47:36	0:44:01	4:36:52	00:40:32	46	M40	14	6
55	Nikoleit	Andreas	Eintracht Hinte	1956	2004	0:42:23	0:42:38	0:44:09	0:56:35	0:47:46	0:43:41	4:37:12	00:40:35	48	M40	15	6
56	van Westen	Reinhard	Conc. Neermoor	1962	2004	0:43:27	0:42:35	0:44:44	0:54:52	0:47:48	0:43:54	4:37:20	00:40:36	42	M40	16	6
57	Voogd	Stefan	Polizei Leer	1974	2004	0:44:03	0:43:37	0:44:17	0:55:04	0:48:00	0:43:52	4:38:53	00:40:50	30	M30	22	6
58	Hinrichs	Enno	TuS Aurich-Ost	1961	2004	0:44:57	0:44:06	0:44:31	0:55:14	0:47:26	0:43:35	4:39:49	00:40:58	43	M40	17	6
59	Geisemeyer	Lothar	Leer	1959	2004	0:42:45	0:43:16	0:46:29	0:55:00	0:48:10	0:44:23	4:40:03	00:41:00	45	M40	18	6
60	Leemhuis	Hermann	Oldendorp	1978	2004	0:43:40	0:43:24	0:44:38	0:56:15	0:48:14	0:43:53	4:40:04	00:41:00	26	M20	12	6
61	Hinders	Lambertus	Leer	1966	2004	0:44:07	0:43:36	0:44:49	0:55:25	0:48:32	0:43:56	4:40:25	00:41:03	38	M30	23	6
62	Codling	Paul	Emden	1968	2004	0:45:14	0:43:47	0:45:00	0:55:06	0:47:38	0:43:58	4:40:43	00:41:06	36	M30	24	6
63	Harms	Wolfgang	Moormerland	1964	2004	0:43:34	0:43:06	0:45:19	0:55:52	0:48:28	0:44:27	4:40:46	00:41:06	40	M40	19	6
64	Hesse	Axel	T. Deutsche Post	1969	2004	0:43:24	0:42:53	0:46:34	0:56:24	0:47:56	0:43:39	4:40:50	00:41:07	35	M30	25	6
65	Pahlke	Thomas	TuS Aurich-Ost	1974	2004	0:44:24	0:42:12	0:44:39	0:55:17	0:50:07	0:44:18	4:40:57	00:41:08	30	M30	26	6
66	Aden	Manfred	TG Wiesmoor	1961	2004	0:43:36	0:43:00	0:45:11	0:55:41	0:49:23	0:44:27	4:41:18	00:41:11	43	M40	20	6
67	Braje	Thomas	LT Schafhauser W.	1967	2004	0:44:41	0:43:28	0:45:21	0:55:46	0:48:15	0:44:16	4:41:47	00:41:15	37	M30	27	6
68	Asche	Tobe	LG Mullberg	1959	2004	0:43:37	0										

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
72	Recknagel	Bernd	SG Egels/ Popens	1967	2004	0:44:36	0:43:44	0:45:15	0:56:39	0:48:56	0:44:19	4:43:29	00:41:30	37	M30	29	6
73	Janssen	Dieter	LT Jemgum	1964	2004	0:44:21	0:43:26	0:45:13	0:56:21	0:49:22	0:44:53	4:43:36	00:41:31	40	M40	22	6
74	Carls	Christoph	TV Norden	1964	2004	0:44:35	0:43:23	0:45:42	0:56:34	0:48:49	0:44:52	4:43:55	00:41:34	40	M40	23	6
75	Müller	Wilfried	TV Marienhafe	1966	2004	0:44:47	0:43:53	0:45:37	0:56:14	0:48:57	0:44:50	4:44:18	00:41:38	38	M30	30	6
76	Freerks	Günther	TV Bunde	1969	2004	0:44:56	0:43:49	0:45:24	0:57:14	0:48:50	0:44:24	4:44:37	00:41:40	35	M30	31	6
77	Redenius	Folkert	Conc. Ihrhove	1957	2004	0:46:44	0:44:39	0:46:15	0:56:13	0:48:08	0:43:04	4:45:03	00:41:44	47	M40	24	6
78	Münzel	Kai	TuS Aurich-Ost	1975	2004	0:45:59	0:44:10	0:45:18	0:56:43	0:48:47	0:44:23	4:45:20	00:41:47	29	M20	14	6
79	Müller	Gerold	SV Georgsheil	1953	2004	0:44:15	0:44:00	0:45:31	0:57:40	0:48:57	0:45:05	4:45:28	00:41:48	51	M50	2	6
80	Mäcken	Siegbert	MTV Aurich-Tria.	1960	2004	0:44:30	0:43:50	0:45:40	0:56:22	0:49:16	0:45:55	4:45:33	00:41:48	44	M40	25	6
81	Hanssen	Heyo	SC Wiesens	1961	2004	0:44:36	0:44:16	0:45:16	0:56:44	0:49:41	0:45:19	4:45:52	00:41:51	43	M40	26	6
82	Schneider	Mirko	Concordia Ihrhove	1989	2004	0:44:00	0:42:55	0:48:31	0:57:23	0:48:49	0:44:20	4:45:58	00:41:52	15	MU20	8	6
83	Heibült	Christian	SV Holtland	1940	2004	0:44:19	0:44:23	0:45:35	0:56:53	0:49:11	0:45:59	4:46:20	00:41:55	64	M60	1	6
84	Gastmann	Richard	BW Filsum	1961	2004	0:45:14	0:44:20	0:46:07	0:56:38	0:48:37	0:45:37	4:46:33	00:41:57	43	M40	27	6
85	de Buhr	Jürgen	SV Wiesmoor	1963	2004	0:45:50	0:44:13	0:46:18	0:56:31	0:49:41	0:44:20	4:46:53	00:42:00	41	M40	28	6
86	Backer	Edgar	LG Ostfriesland	1965	2004	0:45:28	0:44:44	0:45:26	0:57:31	0:48:54	0:44:51	4:46:54	00:42:00	39	M30	32	6
87	Brandt	Lothar	2. AH Bunde	1966	2004	0:46:15	0:44:25	0:45:53	0:56:56	0:49:10	0:44:21	4:47:00	00:42:01	38	M30	33	6
88	Huisinga	Hans-Be.	2. AH Bunde	1964	2004	0:46:15	0:44:24	0:45:53	0:56:57	0:49:10	0:44:22	4:47:01	00:42:01	40	M40	29	6
89	Kruse	Hans-Jürgen	2. AH Bunde	1964	2004	0:46:14	0:44:26	0:45:52	0:56:58	0:49:09	0:44:22	4:47:01	00:42:01	40	M40	30	6
90	Nuß	Detlef	Conc. Neermoor	1973	2004	0:45:10	0:44:15	0:45:44	0:56:44	0:49:35	0:45:38	4:47:06	00:42:02	31	M30	34	6
91	Buss	Albrecht	TV Bunde	1957	2004	0:43:21	0:42:19	0:46:12	1:00:34	0:49:18	0:45:23	4:47:07	00:42:02	47	M40	31	6
92	Aden	Holger	Matadors	1971	2004	0:49:16	0:45:04	0:45:17	0:55:21	0:48:19	0:43:55	4:47:12	00:42:03	33	M30	35	6
93	Kutschker	Christoph	Aurich	1988	2004	0:47:59	0:45:28	0:46:13	0:54:45	0:49:23	0:44:07	4:47:55	00:42:09	16	MU20	9	6
94	Schädler	Jens	Team Sternkopf	1960	2004	0:44:42	0:44:16	0:46:09	0:57:29	0:50:04	0:45:22	4:48:02	00:42:10	44	M40	32	6
95	Tunder	Garrelt	SC Wiesens	1955	2004	0:45:24	0:44:47	0:46:30	0:57:12	0:49:39	0:45:20	4:48:52	00:42:18	49	M40	33	6
96	Birkoben	Rolf	TSV Riepe	1952	2004	0:45:29	0:44:18	0:46:03	0:57:45	0:49:56	0:45:26	4:48:57	00:42:18	52	M50	3	6
97	Sörensen	Marc	MTV Aurich	1981	2004	0:46:02	0:44:19	0:46:16	0:57:05	0:50:25	0:45:28	4:49:35	00:42:24	23	M20	15	6
98	Janssen	Gerold	Großoldendorf	1967	2004	0:45:57	0:44:46	0:46:31	0:56:46	0:49:46	0:45:51	4:49:37	00:42:24	37	M30	36	6
99	Janhsen	Frieda	LG Uplengen	1965	2004	0:45:25	0:44:54	0:46:33	0:57:29	0:49:47	0:45:30	4:49:38	00:42:24	39	W30	1	6
100	Plumeyer	Lars	Ostfriesland-Online	1972	2004	0:46:32	0:45:25	0:46:41	0:57:03	0:49:15	0:44:47	4:49:43	00:42:25	32	M30	37	6
101	Kruse	Friedhelm	LG Ostfriesland	1956	2004	0:45:32	0:44:28	0:46:25	0:57:41	0:50:26	0:45:22	4:49:54	00:42:27	48	M40	34	6
102	Manssen	Uwe	Fort. Veenhusen	1970	2004	0:47:03	0:45:38	0:46:27	0:56:49	0:48:59	0:45:05	4:50:01	00:42:28	34	M30	38	6
103	Gronewold	Karl-Heinz	Nowebau	1967	2004	0:45:04	0:44:54	0:46:39	0:57:26	0:50:16	0:45:55	4:50:14	00:42:30	37	M30	39	6
104	Rausch	Martin	Fortuna Wirdum	1965	2004	0:45:53	0:45:02	0:46:38	0:56:43	0:50:19	0:45:53	4:50:28	00:42:32	39	M30	40	6
105	Schoone	Helmut	LG Uplengen	1956	2004	0:46:13	0:44:31	0:46:36	0:56:59	0:50:28	0:46:06	4:50:53	00:42:35	48	M40	35	6
106	Klöver	Günther	Akelsberg	1983	2004	0:46:54	0:45:05	0:45:32	0:58:30	0:49:48	0:45:29	4:51:18	00:42:39	21	M20	16	6
107	Jetses	Holger	Loppersum	1964	2004	0:45:45	0:45:12	0:46:42	0:57:36	0:50:21	0:45:52	4:51:28	00:42:40	40	M40	36	6
108	Bratz	Helmut	Sportce. Crocodiles	1953	2004	0:47:08	0:45:15	0:46:54	0:56:54	0:49:59	0:45:27	4:51:37	00:42:42	51	M50	4	6
109	Baxmann, Dr.	Thomas	Aurich	1966	2004	0:46:04	0:44:59	0:46:44	0:58:20	0:50:27	0:45:54	4:52:28	00:42:49	38	M30	41	6
110	Park	Stephan	nocado	1971	2004	0:45:56	0:45:15	0:47:12	0:58:45	0:49:58	0:45:48	4:52:54	00:42:53	33	M30	42	6
111	Puse	Hinrich	JG Richthofen	1964	2004	0:46:48	0:45:13	0:47:19	0:57:47	0:50:12	0:45:50	4:53:09	00:42:55	40	M40	37	6
112	Habben	Michael	TuS Weene	1975	2004	0:45:55	0:45:35	0:46:32	0:58:54	0:50:17	0:45:57	4:53:10	00:42:55	29	M20	17	6
113	Graf	Karin	SV Dornum	1969	2004	0:46:55	0:45:11	0:46:38	0:57:46	0:50:34	0:46:29	4:53:33	00:42:59	35	W30	2	6
114	Vry	Ralf	Fort. Logabirum	1960	2004	0:45:34	0:44:21	0:45:38	0:57:37	0:50:42	0:50:24	4:54:16	00:43:05	44	M40	38	6
115	Gumbrecht-Vinke	Dagmar	MTV Aurich	1957	2004	0:46:18	0:44:32	0:46:44	0:58:50	0:51:02	0:47:19	4:54:45	00:43:09	47	W40	2	6
116	Dendzik	Lukas	TSV Idafehn	1982	2004	0:46:41	0:45:33	0:46:55	0:57:37	0:51:19	0:46:46	4:54:51	00:43:10	22	M20	18	6
117	Meyer	Tönjes	TSV Hesel	1958	2004	0:46:17	0:45:57	0:47:05	0:59:42	0:51:03	0:44:54	4:54:58	00:43:11	46	M40	39	6
118	Raveling	Hartmut	LT Schafhauser W.	1969	2004	0:46:43	0:46:12	0:46:35	0:58:52	0:50:31	0:46:17	4:55:10	00:43:13	35	M30	43	6
119	Habben	Bernd	Westersander	1982	2004	0:46:42	0:44:56	0:46:23	0:59:50	0:50:17	0:47:15	4:55:23	00:43:15	22	M20	19	6
120	Taute	Heinz	VfB Uplengen	1972	2004	0:46:13	0:46:00	0:47:00	0:58:39	0:50:45	0:47:02	4:55:39	00:43:17	32	M30	44	6
121	Püschel	Torsten	Conc. Neermoor	1976	2004	0:47:10	0:47:15	0:46:21	0:58:25	0:50:30	0:46:02	4:55:43	00:43:18	28	M20	20	6
122	de Buhr	Harald	Polizei Leer	1962	2004	0:45:40	0:45:19	0:47:26	0:58:18	0:51:47	0:47:44	4:56:14	00:43:22	42	M40	40	6
123	Freitag	Norbert	MTV Aurich	1948	2004	0:46:01	0:45:40	0:47:07	0:58:28	0:51:53	0:47:11	4:56:20	00:43:23	56	M50	5	6
124	Hünsche	Uwe	Leer	1961	2004	0:46:18	0:45:48	0:47:48	0:59:02	0:51:25	0:47:04	4:57:25	00:43:33	43	M40	41	6
125	Müller	Torsten	LT Schafhauser W.	1969	2004	0:46:09	0:45:26	0:47:04	1:00:06	0:51:51	0:47:06	4:57:42	00:43:35	35	M30	45	6
126	Becker	Ralf	Aurich	1973	2004	0:47:37	0:46:22	0:46:52	0:58:51	0:50:48	0:47:38	4:58:08	00:43:39	31	M30	46	6
127	Kremmin	André	Emder LG	1962	2004	0:46:34	0:45:19	0:48:32	1:00:04	0:51:01	0:47:13	4:58:43	00:43:44	42	M40	42	6
128	Berghaus	Wilfried	VfL Germ. Leer	1953	2004	0:45:49	0:46:04	0:48:20	0:59:07	0:51:41	0:47:49	4:58:50	00:43:45	51	M50	6	6
129	Penning	Günter	Polizei Leer	1967	2004	0:46:08	0:45:18	0:47:25	0:59:24	0:52:16	0:48:26	4:58:57	00:43:46	37	M30	47	6
130	Weizel	Wolfgang	Moormerland	1962	2004	0:46:05	0:45:06	0:48:54	1:00:11	0:51:45	0:46:57	4:58:58	00:43:46	42	M40	43	6
131	de Riese	Reiner	Conc. Ihrhove	1959	2004	0:46:50	0:46:10	0:48:06	0:58:58	0:51:27	0:47:48	4:59:19	00:43:49	45	M40	44	6
132	Rulfs	Jan-Rew.	Eintracht Ihlow	1986	2004	0:47:19	0:45:44	0:47:42	0:59:13	0:52:32	0:46:58	4:59:28	00:43:51	18	MU20	10	6
133	Zimmer	Reinhard	TV Papenburg	1962	2004	0:47:06	0:45:58	0:48:01	0:59:09	0:51:26	0:48:06	4:59:46	00:43:53	42	M40	45	6
134	Schmidt	Friedhelm	Aurich	1968	2004	0:47:33	0:46:21	0:48:21	0:59:25	0:51:28	0:46:57	5:00:05	00:43:56	36	M30	48	6
135	Freese	Arno	Strackholt	1981	2004	0:47:41	0:47:08	0:47:56	1:00:05	0:50:19	0:47:21	5:00:30	00:44:00	23	M20	21	6
136	Grimm	Thomas	VfL Berumbur	1961	2004	0:46:32	0:45:59	0:47:54	0:59:35	0:51:45	0:48:50	5:00:35	00:44:01	43	M40	46	6
137	Saathoff	Hinrich	Fortuna Wirdum	1952	2004	0:47:33	0:46:41	0:48:16	0:59:15	0:51:46	0:47:16	5:00:47	00:44:02	52	M50	7	6
138	Baumann	Friedhelm	TSV Hesel	1960	2004	0:47:16	0:45:50	0:48:27	0:59:57	0:51:45	0:47:33	5:00:48	00:44:02	44	M40		

## 23. Ostfrieslandlauf 2004

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
143	Harms	Udo	Spetzerfehn	1981	2004	0:47:42	0:48:50	0:47:49	1:00:07	0:50:16	0:47:05	5:01:49	00:44:11	23	M20	22	6
144	Dirks	Andreas	TV Marienhaf	1964	2004	0:47:27	0:46:18	0:48:50	1:00:00	0:51:57	0:47:17	5:01:49	00:44:11	40	M40	51	6
145	Steinke	Hilde	Conc. Neermoor	1945	2004	0:46:40	0:47:00	0:48:14	1:00:23	0:51:58	0:47:37	5:01:52	00:44:12	59	W50	1	6
146	Köhlke	Matthias	Ochtersum	1974	2004	0:47:17	0:46:31	0:48:11	0:59:49	0:53:14	0:47:11	5:02:13	00:44:15	30	M30	50	6
147	Hüske	Torsten	LT Schafhauser W.	1971	2004	0:46:26	0:46:23	0:47:36	1:00:50	0:53:05	0:48:04	5:02:24	00:44:17	33	M30	51	6
148	Krems	Hans-Jürgen	Eintracht Hinte	1959	2004	0:46:32	0:45:53	0:48:10	1:02:46	0:51:44	0:47:24	5:02:29	00:44:17	45	M40	52	6
149	Kerkhoff, Dr.	Helmund	Emder LG	1948	2004	0:47:50	0:46:57	0:48:33	0:59:46	0:51:36	0:47:47	5:02:29	00:44:17	56	M50	8	6
150	Lay	Jan	SV Warsingsfehn	1954	2004	0:46:40	0:46:22	0:48:34	1:00:49	0:51:58	0:48:17	5:02:40	00:44:19	50	M50	9	6
151	Haack	Wolfgang	SV Ochtersum	1980	2004	0:44:52	0:44:40	0:45:34	1:00:32	0:51:15	0:55:52	5:02:45	00:44:20	24	M20	23	6
152	Janssen	Wilfried	LT Schafhauser W.	1961	2004	0:47:39	0:46:59	0:47:50	1:00:15	0:52:07	0:48:06	5:02:56	00:44:21	43	M40	53	6
153	Buß	Hinrich	LT Schafhauser W.	1954	2004	0:47:57	0:46:59	0:47:57	0:59:57	0:51:38	0:48:37	5:03:05	00:44:23	50	M50	10	6
154	Hinrichs	Andreas	Fa Rückers	1964	2004	0:48:26	0:46:56	0:47:38	1:00:08	0:52:00	0:48:05	5:03:13	00:44:24	40	M40	54	6
155	Sjuts	Bonno	TV Norden	1950	2004	0:47:21	0:46:27	0:49:33	1:00:34	0:51:46	0:47:54	5:03:35	00:44:27	54	M50	11	6
156	Ommen	Bernhard	TV Marienhaf	1964	2004	0:48:54	0:46:17	0:48:51	1:00:09	0:51:59	0:47:26	5:03:36	00:44:27	40	M40	55	6
157	Reuwsaat	Stefan	Polizei Leer	1971	2004	0:47:58	0:47:05	0:48:47	0:59:54	0:52:48	0:47:49	5:04:21	00:44:34	33	M30	52	6
158	Hartog	Ralf	Eintr. Nüttermoor	1966	2004	0:47:38	0:46:47	0:49:16	1:00:35	0:52:38	0:47:31	5:04:25	00:44:34	38	M30	53	6
159	Struckmeyer	Marcus	OHV Aurich	1970	2004	0:47:15	0:46:29	0:48:33	1:00:37	0:52:39	0:49:03	5:04:36	00:44:36	34	M30	54	6
160	Stanke	Detlef	TSG Westerstede	1954	2004	0:47:53	0:46:25	0:48:46	1:00:10	0:53:21	0:48:18	5:04:53	00:44:38	50	M50	12	6
161	Meyer	Rolf	Fort. Logabirum	1969	2004	0:49:50	0:46:16	0:50:03	0:59:38	0:51:42	0:48:01	5:05:30	00:44:44	35	M30	55	6
162	Müller	Günter	Aurich	1967	2004	0:48:37	0:46:35	0:48:49	0:59:45	0:53:02	0:49:06	5:05:54	00:44:47	37	M30	56	6
163	Tammen	Willi	Klinge	1959	2004	0:47:39	0:47:40	0:48:58	1:00:54	0:52:53	0:47:52	5:05:56	00:44:48	45	M40	56	6
164	Kruse	Wilhelm	BGS Bunde	1966	2004	0:48:11	0:47:25	0:49:09	1:00:23	0:52:35	0:48:15	5:05:58	00:44:48	38	M30	57	6
165	Lammers	Johann	SV Holtland	1963	2004	0:47:00	0:45:17	0:47:49	0:58:41	0:50:27	0:56:55	5:06:09	00:44:49	41	M40	57	6
166	Schwarz	Thorsten-A	LG Rabenlust	1967	2004	0:48:25	0:46:56	0:48:48	1:00:38	0:53:13	0:48:19	5:06:19	00:44:51	37	M30	58	6
167	Hinrichs	Detert	LT Schafhauser W.	1970	2004	0:47:45	0:47:43	0:49:00	1:00:41	0:52:55	0:48:19	5:06:23	00:44:52	34	M30	59	6
168	Mohrherr	Tim	SV Nortmoor	1985	2004	0:46:08	0:46:24	0:47:35	0:59:29	0:56:05	0:50:45	5:06:26	00:44:52	19	MU20	11	6
169	Rulfs	Rainer	Eintracht Ihlow	1960	2004	0:48:01	0:47:33	0:48:34	0:59:25	0:52:57	0:50:23	5:06:53	00:44:56	44	M40	58	6
170	Diekmann	Toni	BGS Oldenburg	1957	2004	0:48:16	0:47:14	0:48:52	1:01:01	0:52:58	0:48:34	5:06:55	00:44:56	47	M40	59	6
171	Meier-Kay	Walter	LG Ostfriesland	1945	2004	0:48:13	0:47:16	0:48:53	1:01:14	0:52:58	0:48:25	5:06:59	00:44:57	59	M50	13	6
172	Apetz	Anton	TV Norden	1943	2004	0:48:39	0:47:19	0:49:34	1:00:36	0:52:40	0:48:12	5:07:00	00:44:57	61	M60	2	6
173	Plesse	Thomas	Moormerland	1966	2004	0:48:41	0:47:12	0:48:26	1:00:11	0:54:48	0:47:51	5:07:09	00:44:58	38	M30	60	6
174	Willems	Heye	DEVK	1953	2004	0:47:35	0:47:38	0:48:41	1:01:22	0:53:19	0:48:35	5:07:10	00:44:58	51	M50	14	6
175	Hecht	Thorsten	Emder LG	1947	2004	0:47:22	0:46:31	0:49:45	1:00:10	0:52:13	0:51:14	5:07:15	00:44:59	57	M50	15	6
176	Lottmann	Ralf	EWE-Wattloopers	1971	2004	0:49:33	0:46:49	0:49:38	0:59:58	0:53:17	0:48:08	5:07:23	00:45:00	33	M30	61	6
177	Meyer	Uwe	LG Ostfriesland	1962	2004	0:48:49	0:47:37	0:49:03	1:00:47	0:52:49	0:48:24	5:07:29	00:45:01	42	M40	60	6
178	Beekhuis	Gottfried	TuS Aurich-Ost	1954	2004	0:49:10	0:47:52	0:48:51	1:00:13	0:53:26	0:48:02	5:07:34	00:45:02	50	M50	16	6
179	Kusche	Holger	Raiba Moormerl.	1972	2004	0:48:56	0:47:34	0:48:36	1:01:09	0:53:01	0:48:23	5:07:39	00:45:03	32	M30	62	6
180	Sandersfeld	Johann	LG Uplengen	1955	2004	0:48:43	0:47:48	0:48:57	1:01:01	0:52:59	0:48:11	5:07:39	00:45:03	49	M40	61	6
181	Weber	Siegfried	Wiesmoor	1962	2004	0:47:36	0:47:50	0:48:50	1:02:02	0:53:12	0:48:24	5:07:54	00:45:05	42	M40	62	6
182	Albers	Jochen	T. Deutsche Post	1969	2004	0:49:12	0:46:37	0:50:07	1:00:42	0:54:25	0:46:52	5:07:55	00:45:05	35	M30	63	6
183	Lalk	Meyel	Westoverledingen	1960	2004	0:47:31	0:47:13	0:49:25	1:02:22	0:53:21	0:48:29	5:08:21	00:45:09	44	M40	63	6
184	Oltmanns	Rainer	Lauff. Jever	1968	2004	0:48:31	0:47:11	0:50:27	1:01:27	0:52:54	0:48:14	5:08:44	00:45:12	36	M30	64	6
185	Honccek	Michael	TSV Riepe	1971	2004	0:45:42	0:44:14	1:05:13	0:58:24	0:49:48	0:45:27	5:08:48	00:45:13	33	M30	65	6
186	Hoffmeister	Sabrina	LT Schafhauser W.	1989	2004	0:48:42	0:47:57	0:48:22	1:03:02	0:53:19	0:47:40	5:09:02	00:45:15	15	WU20	1	6
187	Hillbrands	Johann	TuS Collinghorst	1954	2004	0:48:15	0:47:43	0:49:54	1:01:40	0:53:25	0:48:25	5:09:22	00:45:18	50	M50	17	6
188	Adick	Matthias	Auricher Taxizentrale	1962	2004	0:48:29	0:47:35	0:49:20	1:00:44	0:54:18	0:48:58	5:09:24	00:45:18	42	M40	64	6
189	Wolbers	Josef	LT Last Mile	1966	2004	0:48:19	0:48:18	0:49:10	1:02:08	0:53:12	0:48:28	5:09:35	00:45:20	38	M30	66	6
190	Köler	Tammo	TuS Weener	1987	2004	0:51:26	0:48:37	0:48:43	1:00:33	0:53:08	0:47:14	5:09:41	00:45:20	17	MU20	12	6
191	Ziegler	Frank	T. Deutsche Post	1967	2004	0:48:28	0:47:57	0:49:14	1:01:43	0:53:45	0:48:43	5:09:50	00:45:22	37	M30	67	6
192	Andreesen	Andries	MTV Wittmund	1965	2004	0:48:57	0:47:18	0:49:40	1:01:34	0:53:33	0:48:49	5:09:51	00:45:22	39	M30	68	6
193	Temme	Friedrich	TuS Pewsum	1968	2004	0:48:25	0:46:43	0:49:55	1:01:50	0:54:10	0:48:54	5:09:57	00:45:23	36	M30	69	6
194	Schmidt	Geroald	Aurich	1966	2004	0:49:54	0:47:55	0:49:34	1:00:36	0:54:04	0:47:55	5:09:58	00:45:23	38	M30	70	6
195	Veenhuis	Andrej	Conc. Ihrhove	1985	2004	0:48:40	0:47:56	0:50:41	1:02:07	0:53:32	0:47:12	5:10:08	00:45:24	19	MU20	13	6
196	Bruns	Helmut	Eintracht Hinte	1951	2004	0:48:44	0:47:32	0:50:01	1:02:04	0:53:51	0:48:23	5:10:35	00:45:28	53	M50	18	6
197	Ideus	Rainer	TuS Aurich-Ost	1964	2004	0:48:21	0:47:46	0:49:28	1:01:49	0:54:19	0:48:58	5:10:41	00:45:29	40	M40	65	6
198	Ulferts	Oltmann	SV Brisewiek	1964	2004	0:50:10	0:48:35	0:49:49	1:01:19	0:52:59	0:47:51	5:10:43	00:45:30	40	M40	66	6
199	Sporré	Jürgen	Loppersum	1955	2004	0:48:44	0:47:30	0:50:02	1:02:09	0:53:51	0:48:53	5:11:09	00:45:33	49	M40	67	6
200	Taaks	Michael	TV Moormerland	1978	2004	0:50:33	0:48:11	0:49:15	1:00:46	0:54:16	0:48:10	5:11:11	00:45:34	26	M20	24	6
201	de Buhr	Frank	TuS Westerstede	1971	2004	0:48:15	0:48:35	0:50:02	1:02:00	0:53:02	0:49:20	5:11:14	00:45:34	33	M30	71	6
202	Janssen	Gerhard	Leer	1948	2004	0:47:56	0:47:24	0:50:16	1:01:39	0:53:59	0:50:03	5:11:17	00:45:35	56	M50	19	6
203	Scholtalbers	Hendrik	Neukamperfehn	1959	2004	0:49:13	0:48:24	0:50:06	1:02:08	0:53:16	0:48:13	5:11:20	00:45:35	45	M40	68	6
204	Koch	Alfred	SC Wiesens	1960	2004	0:49:35	0:48:14	0:49:29	1:01:44	0:53:41	0:48:43	5:11:26	00:45:36	44	M40	69	6
205	Borcherding	Dirk	MTV Wittmund	1960	2004	0:49:18	0:49:05	0:49:25	1:01:29	0:53:39	0:48:49	5:11:45	00:45:39	44	M40	70	6
206	Heinks	Rainer	TV Norden	1961	2004	0:47:57	0:46:45	0:57:15	1:00:56	0:51:37	0:47:30	5:12:00	00:45:41	43	M40	71	6
207	Fleßner	Gerd	TuS Weene	1956	2004	0:49:56	0:47:21	0:50:04	1:02:40	0:54:35	0:47:37	5:12:13	00:45:43	48	M40	72	6
208	Seele	Rüdiger	OHV Aurich	1965	2004	0:48:23	0:48:39	0:49:11	1:02:59	0:54:15	0:48:52	5:12:19	00:45:44	39	M30	72	6
209	Schmidt	Roland	TG Wiesmoor	1968	2004	0:48:05	0:47:23	0:49:35	1:02:50	0:55:09	0:49:22	5:12:24					

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
214	Bohmfalk	Tom	KSV Baltrum	1957	2004	0:49:00	0:48:13	0:50:47	1:02:21	0:54:32	0:48:18	5:13:11	00:45:51	47	M40	74	6
215	Groen	Albert	LG Ostfriesland	1956	2004	0:49:06	0:47:49	0:50:34	1:02:32	0:54:23	0:48:53	5:13:17	00:45:52	48	M40	75	6
216	Rector	Thomas	SV Georgsheil	1976	2004	0:51:44	0:48:33	0:49:50	1:02:06	0:51:52	0:49:25	5:13:30	00:45:54	28	M20	25	6
217	Hildebrandt	Volkmarr	TuS Weene	1955	2004	0:49:34	0:48:15	0:50:03	1:02:10	0:54:07	0:49:29	5:13:38	00:45:55	49	M40	76	6
218	Lindena	Reenhard	Jennelt/Uttum	1949	2004	0:48:17	0:48:26	0:50:57	1:02:52	0:54:27	0:48:57	5:13:56	00:45:58	55	M50	20	6
219	Puse	Gerd	BSC Burhufe	1963	2004	0:50:08	0:50:07	0:50:12	1:01:45	0:53:29	0:48:21	5:14:02	00:45:59	41	M40	77	6
220	Fleßner	Hendrik	Aurich	1984	2004	0:49:13	0:47:55	0:48:39	0:58:08	0:55:13	0:55:01	5:14:09	00:46:00	20	M20	26	6
221	Willms	Wilfried	KBV Langefeld	1961	2004	0:49:57	0:48:16	0:49:27	1:02:25	0:54:31	0:50:14	5:14:50	00:46:06	43	M40	78	6
222	Eiben	Eibo	LT Schafhauser W.	1943	2004	0:49:56	0:48:34	0:51:28	1:02:32	0:54:02	0:48:22	5:14:54	00:46:06	61	M60	3	6
223	Kohle	Helmut	Eintracht Hinte	1953	2004	0:49:45	0:48:16	0:50:56	1:02:20	0:54:08	0:49:47	5:15:12	00:46:09	51	M50	21	6
224	Wallerowitz	Ewald	Südbrookmerland	1965	2004	0:50:52	0:48:48	0:50:04	1:01:17	0:55:19	0:48:57	5:15:17	00:46:10	39	M30	76	6
225	Stöter	Wilhelm	LT Mullberg	1969	2004	0:48:09	0:48:21	0:51:40	1:03:04	0:54:33	0:49:44	5:15:31	00:46:12	35	M30	77	6
226	Krüger	Karsten	Skiclub Wangeri.	1976	2004	0:51:02	0:49:51	0:49:46	1:01:42	0:54:12	0:48:59	5:15:32	00:46:12	28	M20	27	6
227	Wiegmann	Günter	OZ-Team	1960	2004	0:49:22	0:48:43	0:50:13	1:03:51	0:54:49	0:48:52	5:15:50	00:46:15	44	M40	79	6
228	Schaa	Johann	Teut. Stapelmoor	1954	2004	0:50:02	0:49:04	0:50:32	1:03:14	0:54:35	0:48:27	5:15:54	00:46:15	50	M50	22	6
229	Harms	Meinhard	TSV Riepe	1950	2004	0:49:28	0:50:00	0:50:51	1:03:01	0:54:09	0:48:27	5:15:56	00:46:15	54	M50	23	6
230	Hillerts	Stefan	TuS Aurich-Ost	1970	2004	0:52:00	0:47:56	0:50:10	1:03:05	0:54:17	0:48:28	5:15:56	00:46:15	34	M30	78	6
231	Sühwold	Simon	Leer	1971	2004	0:50:53	0:48:41	0:50:38	1:03:14	0:54:05	0:48:26	5:15:57	00:46:16	33	M30	79	6
232	Wirz	Michael	NIGE-Team	1984	2004	0:49:17	0:50:04	0:50:53	1:02:39	0:54:18	0:49:08	5:16:19	00:46:19	20	M20	28	6
233	Kupfer	Daniela	Eddie Eagle	1973	2004	0:49:36	0:48:18	0:50:15	1:04:05	0:54:25	0:49:42	5:16:21	00:46:19	31	W30	3	6
234	Bohlen	Hans-Pet.	nocado	1966	2004	0:49:11	0:48:19	0:50:22	1:03:32	0:55:20	0:49:45	5:16:29	00:46:20	38	M30	80	6
235	Pennig	Friedrich-Karl	TGG	1948	2004	0:49:23	0:48:44	0:50:53	1:03:09	0:54:11	0:50:19	5:16:39	00:46:22	56	M50	24	6
236	Freese	Klaus	TuS Aurich-Ost	1969	2004	0:49:24	0:48:12	0:51:16	1:03:17	0:55:08	0:49:26	5:16:43	00:46:22	35	M30	81	6
237	Neyka	Marcus	LT Schafhauser W.	1989	2004	0:52:11	0:47:28	0:50:55	1:01:18	0:54:50	0:50:05	5:16:47	00:46:23	15	MU20	15	6
238	Gonschorrek	Michael	Wittmund	1966	2004	0:49:47	0:49:55	0:50:20	1:02:57	0:54:52	0:48:56	5:16:47	00:46:23	38	M30	82	6
239	Sigl	Holger	TuS Aurich-Ost	1970	2004	0:50:04	0:49:03	0:50:42	1:03:10	0:54:44	0:49:40	5:17:23	00:46:28	34	M30	83	6
240	Kleemeyer	Wilfried	Conc. Neermoor	1961	2004	0:49:55	0:49:23	0:50:15	1:02:53	0:55:06	0:49:53	5:17:25	00:46:28	43	M40	80	6
241	Wendeling	Manfred	TuS Aurich-Ost	1955	2004	0:49:08	0:49:25	0:50:19	1:03:16	0:55:08	0:50:18	5:17:34	00:46:30	49	M40	81	6
242	Eilers	Jürgen	SC Wiensens	1966	2004	0:50:13	0:48:38	0:50:52	1:03:05	0:55:12	0:49:34	5:17:34	00:46:30	38	M30	84	6
243	Severiens	Jan Wilh.	Weener	1988	2004	0:49:25	0:48:42	0:50:52	1:03:26	0:56:36	0:48:41	5:17:42	00:46:31	16	MU20	16	6
244	Münk	Michael	VfB Uplengen	1986	2004	0:50:29	0:49:00	0:50:51	1:03:35	0:55:03	0:49:10	5:18:08	00:46:35	18	MU20	17	6
245	Nagel	Hermann	Conc. Neermoor	1956	2004	0:49:55	0:49:24	0:50:50	1:03:13	0:55:00	0:50:22	5:18:44	00:46:40	48	M40	82	6
246	Marschall	Iris	TV Norden	1966	2004	0:49:52	0:48:36	0:50:36	1:04:48	0:54:56	0:49:59	5:18:47	00:46:40	38	W30	4	6
247	Fischer	Günther	SUS Strackholt	1952	2004	0:50:11	0:49:38	0:50:36	1:03:15	0:55:52	0:49:46	5:19:18	00:46:45	52	M50	25	6
248	Janssen	Michaela	Fort. Logabirum	1974	2004	0:49:35	0:49:10	0:51:27	1:03:12	0:55:37	0:50:23	5:19:24	00:46:46	30	W30	5	6
249	Bernhardt	Frithjof-Hans	TuS Aurich-Ost	1937	2004	0:48:24	0:48:17	0:51:09	1:04:43	0:55:35	0:51:33	5:19:41	00:46:48	67	M60	4	6
250	Schweerke	Rolf	BV Victorbur	1959	2004	0:51:00	0:50:03	0:52:25	1:03:02	0:53:22	0:49:50	5:19:42	00:46:48	45	M40	83	6
251	Schachtschneider	Holger	TV Norden	1965	2004	0:49:11	0:48:32	0:50:50	1:04:03	0:55:22	0:51:54	5:19:52	00:46:50	39	M30	85	6
252	Prikker	Weert-Pet.	SV Holtland	1959	2004	0:50:05	0:49:18	0:51:27	1:03:57	0:55:37	0:49:44	5:20:08	00:46:52	45	M40	84	6
253	Janssen	Stephan	LT Ems Jemgum	1972	2004	0:51:49	0:50:13	0:50:08	1:02:58	0:53:20	0:51:44	5:20:12	00:46:53	32	M30	86	6
254	Joachim	Hans-He.	Bundeswehr Leer	1950	2004	0:49:58	0:49:34	0:52:02	1:05:24	0:54:24	0:49:49	5:21:11	00:47:02	54	M50	26	6
255	Rosenboom	Andreas	SC Wiensens	1974	2004	0:52:28	0:49:43	0:50:35	1:03:54	0:54:53	0:49:41	5:21:14	00:47:02	30	M30	87	6
256	Ernst	Hinrich	VfL Germ. Leer	1955	2004	0:51:39	0:49:46	0:50:31	1:02:56	0:54:59	0:51:24	5:21:15	00:47:02	49	M40	85	6
257	Lehmann	Ewald	TuS Aurich-Ost	1954	2004	0:50:06	0:49:45	0:50:54	1:04:31	0:55:50	0:50:10	5:21:16	00:47:02	50	M50	27	6
258	Hayungs	Fredo	TuS Aurich-Ost	1967	2004	0:52:04	0:51:00	0:51:05	1:03:00	0:54:30	0:49:43	5:21:22	00:47:03	37	M30	88	6
259	Decker	Hartmut	T. Deutsche Post	1962	2004	0:52:11	0:50:10	0:50:56	1:02:47	0:54:29	0:51:01	5:21:34	00:47:05	42	M40	86	6
260	Rover	Roberto	TV Norden	1969	2004	0:51:28	0:50:21	0:51:33	1:03:18	0:54:41	0:50:17	5:21:38	00:47:05	35	M30	89	6
261	Heyen	Bernhard	TV Norden	1949	2004	0:50:58	0:51:55	0:51:24	1:02:31	0:54:34	0:50:25	5:21:47	00:47:07	55	M50	28	6
262	Hollwege	Ralf	VfL Berumbur	1962	2004	0:50:36	0:49:42	0:51:22	1:03:16	0:56:09	0:50:53	5:21:58	00:47:08	42	M40	87	6
263	Evers	Heiko	LT Schafhauser W.	1963	2004	0:52:14	0:51:46	0:51:19	1:03:04	0:54:44	0:49:02	5:22:09	00:47:10	41	M40	88	6
264	Huisinga	Anne	TV Bunde	1967	2004	0:50:24	0:49:09	0:50:54	1:05:52	0:55:47	0:50:04	5:22:10	00:47:10	37	W30	6	6
265	Janssen	Ingo	Fun-Loopers	1967	2004	0:49:53	0:49:32	0:52:18	1:04:00	0:55:47	0:50:57	5:22:27	00:47:13	37	M30	90	6
266	Eilers	Bernhard	WfB Aurich	1953	2004	0:52:31	0:50:08	0:51:19	1:03:07	0:54:33	0:50:54	5:22:32	00:47:13	51	M50	29	6
267	Diederichs	Claudia	TuS Aurich-Ost	1977	2004	0:51:29	0:49:52	0:51:25	1:04:07	0:55:56	0:49:52	5:22:41	00:47:15	27	W20	1	6
268	Jürrens	Georg	Spvg Upleward	1952	2004	0:50:03	0:49:23	0:51:39	1:04:07	0:56:20	0:51:34	5:23:06	00:47:18	52	M50	30	6
269	Maier	Eugen	Aurich	1980	2004	0:51:03	0:51:01	0:52:36	1:03:15	0:54:38	0:50:36	5:23:09	00:47:19	24	M20	29	6
270	Meyerhoff	Helmut	Südbrookmerland	1940	2004	0:51:27	0:51:32	0:51:07	1:03:30	0:55:26	0:50:16	5:23:18	00:47:20	64	M60	5	6
271	Buß	Coob	SV Eintr. Ihlow	1961	2004	0:50:19	0:50:26	0:51:17	1:04:41	0:55:49	0:50:54	5:23:26	00:47:21	43	M40	89	6
272	Busboom	Wilfried	TuS Deteren	1971	2004	0:53:20	0:51:05	0:53:08	1:04:56	0:53:38	0:47:23	5:23:30	00:47:22	33	M30	91	6
273	Scheepker	Alfred	TV Norden	1954	2004	0:50:12	0:49:08	0:52:19	1:07:16	0:55:07	0:49:37	5:23:39	00:47:23	50	M50	31	6
274	Narr	Werner	Grün-Weiß Leer	1949	2004	0:49:38	0:49:41	0:53:46	1:03:12	0:55:11	0:52:22	5:23:50	00:47:25	55	M50	32	6
275	Heien	Elisabeth	TuS Esens	1958	2004	0:51:10	0:49:40	0:51:33	1:04:29	0:56:00	0:51:15	5:24:07	00:47:27	46	W40	2	6
276	Berghaus	Jens	TuS Aurich-Ost	1959	2004	0:51:27	0:49:02	0:52:21	1:03:13	0:57:49	0:50:20	5:24:12	00:47:28	45	M40	90	6
277	Poppen	Timo	Druckerei Meyer	1979	2004	0:51:35	0:51:04	0:52:35	1:03:18	0:55:29	0:50:30	5:24:31	00:47:31	25	M20	30	6
278	Schmidt	Karl-Heinz	TV Norden	1957	2004	0:50:41	0:50:19	0:51:26	1:04:47	0:56:30	0:51:05	5:24:48	00:47:33	47	M40	91	6
279	Krüger	Arno	Judo-Club Emden	1966	2004	0:51:42	0:52:25	0:51:34	1:04:43	0:54:53	0:49:39	5:24:56	00:47:34	38	M30	92	6
280	Pollmann	Udo	Zetel	1958	2004	0:50:46	0:50:11	0:51:49	1:04:57	0:54:32	0:52:						

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
285	Hieronimus	Horst	TV Marienhaf	1967	2004	0:50:39	0:50:16	0:52:28	1:05:30	0:56:10	0:50:36	5:25:39	00:47:41	37	M30	95	6
286	Klöpmpges	Axel	Auricher Taxizentrale	1961	2004	0:51:52	0:50:12	0:52:07	1:03:59	0:56:45	0:50:49	5:25:44	00:47:41	43	M40	95	6
287	Wilken	Adolf	TSV Hesel	1963	2004	0:50:49	0:49:57	0:52:24	1:05:01	0:56:27	0:51:36	5:26:14	00:47:46	41	M40	96	6
288	Penning	Hans-Dieter	Leer	1962	2004	0:52:13	0:51:59	0:51:42	1:03:55	0:55:44	0:50:55	5:26:28	00:47:48	42	M40	97	6
289	Kroon	Meino	TSV Hesel	1960	2004	0:50:57	0:49:54	0:52:22	1:05:01	0:56:26	0:51:54	5:26:34	00:47:49	44	M40	98	6
290	Janssen	Eilert	Polizei Aurich	1945	2004	0:51:48	0:50:45	0:52:58	1:03:17	0:55:53	0:52:00	5:26:41	00:47:50	59	M50	33	6
291	Mehrländer	Jana	TuS Aurich-Ost	1979	2004	0:54:22	0:51:07	0:52:38	1:03:52	0:55:11	0:49:43	5:26:53	00:47:52	25	W20	2	6
292	Keiser	Heidrun	LG Uplengen	1957	2004	0:51:32	0:50:39	0:52:30	1:04:19	0:56:06	0:51:52	5:26:58	00:47:52	47	W40	3	6
293	Romaneeßen	Gerd	T. Deutsche Post	1963	2004	0:51:56	0:49:58	0:51:52	1:06:10	0:57:25	0:50:32	5:27:53	00:48:00	41	M40	99	6
294	Lowin	Thomas	TuS Aurich-Ost	1988	2004	0:52:51	0:51:07	0:57:42	0:58:40	0:56:55	0:50:42	5:27:57	00:48:01	16	MU20	18	6
295	Beske	Agnes	Wittmund-Leerhaf	1968	2004	0:52:09	0:49:56	0:52:09	1:05:14	0:56:55	0:51:47	5:28:10	00:48:03	36	W30	7	6
296	Krzewina	Peter	Rhauderfehn	1971	2004	0:52:57	0:51:12	0:52:31	1:04:55	0:56:41	0:50:51	5:29:07	00:48:11	33	M30	96	6
297	von Garrel	Wolfgang	Leer	1952	2004	0:51:41	0:51:49	0:52:26	1:04:58	0:56:56	0:51:23	5:29:13	00:48:12	52	M50	34	6
298	Buss	Imme	SV Holtland	1948	2004	0:51:02	0:50:06	0:52:47	1:06:12	0:57:24	0:51:47	5:29:18	00:48:13	56	W50	2	6
299	Borchert	Janina	Filsun	1987	2004	0:56:14	0:51:27	0:53:12	1:03:39	0:55:02	0:49:47	5:29:21	00:48:13	17	WU20	2	6
300	Juilfs	Eilert	SUS Strackholt	1945	2004	0:51:47	0:50:42	0:52:27	1:05:29	0:58:01	0:51:22	5:29:48	00:48:17	59	M50	35	6
301	Sleur	Hans-Wilhelm	Polizei Leer	1943	2004	0:51:38	0:50:57	0:53:07	1:04:56	0:56:42	0:52:31	5:29:51	00:48:18	61	M60	6	6
302	Hillbrands	Hilrich	TuS Collinghorst	1948	2004	0:49:51	0:49:00	0:52:45	1:05:40	0:58:50	0:53:50	5:29:56	00:48:18	56	M50	36	6
303	Dreesmann	Rolf	Nendorp	1972	2004	0:51:18	0:51:37	0:52:42	1:05:44	0:56:51	0:51:47	5:29:59	00:48:19	32	M30	97	6
304	Nörden	Johann	EWE-Watloopers	1961	2004	0:51:09	0:50:49	0:52:42	1:06:49	0:57:02	0:51:37	5:30:08	00:48:20	43	M40	100	6
305	Kuper	Wolfgang	GW Firrel	1970	2004	0:51:06	0:52:27	0:51:55	1:05:11	0:57:03	0:52:39	5:30:21	00:48:22	34	M30	98	6
306	Keiser	Christian	TSV Hesel	1993	2004	0:51:28	0:49:37	0:52:15	1:05:43	0:57:16	0:54:03	5:30:22	00:48:22	11	MU20	19	6
307	Keiser	Johann	TSV Hesel	1962	2004	0:51:33	0:49:37	0:52:15	1:05:43	0:57:16	0:54:03	5:30:27	00:48:23	42	M40	101	6
308	Wittek	Claudia	TuS Aurich-Ost	1969	2004	0:53:08	0:51:34	0:52:45	1:05:15	0:56:11	0:51:38	5:30:31	00:48:24	35	W30	8	6
309	Tjards	Helmut	TuS Aurich-Ost	1964	2004	0:53:05	0:51:39	0:52:28	1:05:41	0:57:42	0:49:57	5:30:32	00:48:24	40	M40	102	6
310	de Buhr	Oskar	Leer	1951	2004	0:50:04	0:52:25	0:52:41	1:05:46	0:57:51	0:51:48	5:30:35	00:48:24	53	M50	37	6
311	Heidemann	Achim	SV Werdum	1968	2004	0:52:24	0:52:04	0:52:54	1:04:54	0:56:06	0:52:17	5:30:39	00:48:25	36	M30	99	6
312	Bünting	Lübbe	TuS Aurich-Ost	1955	2004	0:51:55	0:51:02	0:53:11	1:05:22	0:57:52	0:51:25	5:30:47	00:48:26	49	M40	103	6
313	Gastmann	Thorsten	EDEKA Nordwest	1981	2004	0:52:27	0:50:05	0:51:47	1:05:28	1:00:08	0:50:56	5:30:51	00:48:26	23	M20	31	6
314	Wilken	Gerhold	Spa. Leer/Weener	1954	2004	0:51:15	0:50:55	0:53:13	1:08:39	0:55:57	0:50:59	5:30:58	00:48:27	50	M50	38	6
315	Meints	Uwe	SV Wymeer-Boen	1982	2004	0:57:00	0:50:50	0:52:59	1:04:37	0:55:17	0:50:21	5:31:04	00:48:28	22	M20	32	6
316	Hornung	Heike	TG Wiesmoor	1968	2004	0:51:55	0:50:30	0:52:22	1:06:02	0:57:13	0:53:09	5:31:11	00:48:29	36	W30	9	6
317	Tjardes	Karl	MTV Wittmund	1944	2004	0:50:42	0:50:44	0:54:12	1:03:25	0:59:02	0:53:10	5:31:15	00:48:30	60	M60	7	6
318	Meinders	Johann	LT Schafhauser W.	1948	2004	0:52:20	0:51:11	0:52:09	1:05:52	0:58:01	0:51:56	5:31:29	00:48:32	56	M50	39	6
319	Lamschus	Jan-Lüder	Eintracht Hinte	1958	2004	0:52:44	0:49:33	0:54:00	1:05:34	0:59:40	0:51:04	5:32:35	00:48:42	46	M40	104	6
320	Janssen	Lars	TuS Sandhorst	1981	2004	0:53:24	0:52:36	0:53:13	1:04:54	0:57:38	0:51:23	5:33:08	00:48:47	23	M20	33	6
321	Foelckel	Riewert	Projekt Partner	1963	2004	0:54:21	0:51:44	0:53:23	1:06:03	0:57:12	0:50:42	5:33:25	00:48:49	41	M40	105	6
322	Eyhusen	Melanie	Fort. Logabirum	1975	2004	0:50:50	0:50:08	0:54:03	1:07:01	0:59:16	0:52:17	5:33:35	00:48:50	29	W20	3	6
323	Janssen	Martin	TuS Sandhorst	1951	2004	0:52:22	0:52:39	0:53:43	1:06:20	0:57:18	0:51:23	5:33:45	00:48:52	53	M50	40	6
324	Frerichs	Ralf	Hollen	1973	2004	0:53:08	0:52:12	0:53:37	1:06:01	0:56:58	0:51:51	5:33:47	00:48:52	31	M30	100	6
325	Loers	Monika	TG Wiesmoor	1975	2004	0:53:37	0:51:44	0:52:48	1:06:16	0:57:23	0:51:59	5:33:47	00:48:52	29	W20	4	6
326	Baumann	Georg	SV Loppersum	1961	2004	0:52:27	0:53:12	0:53:06	1:06:15	0:57:50	0:51:28	5:34:18	00:48:57	43	M40	106	6
327	Haneberg	Andre	Conc. Ihrhove	1987	2004	0:49:17	0:47:50	0:54:22	1:13:02	0:59:51	0:49:56	5:34:18	00:48:57	17	MU20	20	6
328	Janssen	Dietmar	Aurich	1974	2004	0:53:15	0:51:46	0:54:05	1:05:23	0:57:26	0:52:31	5:34:26	00:48:58	30	M30	101	6
329	Ensuleit	Udo	Grün-Weiß TC	1948	2004	0:52:22	0:50:53	0:53:30	1:06:56	0:58:04	0:52:43	5:34:28	00:48:58	56	M50	41	6
330	Kalkwarf	Ewald	Pewsum	1964	2004	0:52:55	0:51:50	0:53:07	1:06:08	0:57:57	0:53:08	5:35:05	00:49:04	40	M40	107	6
331	Schewiola	Stefan	TuS Aurich-Ost	1966	2004	0:52:02	0:51:10	0:52:49	1:06:36	0:58:10	0:54:23	5:35:10	00:49:04	38	M30	102	6
332	Harms	Gerhard	SC Wissens	1963	2004	0:52:34	0:51:17	0:53:37	1:05:59	0:59:04	0:52:41	5:35:12	00:49:05	41	M40	108	6
333	Runden	Michael	DEKRA - Aurich	1961	2004	0:53:00	0:51:45	0:54:17	1:06:50	0:57:25	0:52:19	5:35:36	00:49:08	43	M40	109	6
334	Freeseemann	Alfred	Moorerland	1967	2004	0:53:37	0:52:53	0:54:28	1:06:28	0:57:23	0:51:07	5:35:56	00:49:11	37	M30	103	6
335	Busch	Jan	SV Holtland	1948	2004	0:54:20	0:52:31	0:53:31	1:05:49	0:57:00	0:52:46	5:35:57	00:49:11	56	M50	42	6
336	Daro	Jörg	EWE-Watloopers	1962	2004	0:52:09	0:52:43	0:54:21	1:05:10	0:58:14	0:53:22	5:35:59	00:49:12	42	M40	110	6
337	Dreyer	Peter	T. Deutsche Post	1950	2004	0:52:21	0:51:47	0:54:38	1:06:43	0:58:20	0:52:18	5:36:07	00:49:13	54	M50	43	6
338	Eujen	Wilhelm	SUS Strackholt	1968	2004	0:49:59	0:49:20	1:00:56	1:05:28	0:55:18	0:55:26	5:36:27	00:49:16	36	M30	104	6
339	Pagel	Jens	LG Uplengen	1963	2004	0:52:35	0:51:45	0:54:25	1:07:27	0:57:34	0:52:44	5:36:30	00:49:16	41	M40	111	6
340	Freeseemann	Gerhold	Osthauderfehn	1964	2004	0:53:39	0:52:54	0:54:29	1:06:30	0:57:46	0:51:29	5:36:47	00:49:19	40	M40	112	6
341	Sinnen	Folkmar	SV Holtland	1966	2004	0:55:39	0:52:19	0:53:54	1:06:39	0:57:26	0:50:55	5:36:52	00:49:19	38	M30	105	6
342	Siebels	Helmut	Großefehn	1963	2004	0:53:05	0:53:04	0:53:50	1:06:32	0:57:24	0:53:22	5:37:17	00:49:23	41	M40	113	6
343	Schrader	Anke	Leer	1961	2004	0:52:58	0:51:37	0:54:46	1:06:38	0:57:54	0:53:26	5:37:19	00:49:23	43	W40	4	6
344	Janssen	Gerold	nocado	1966	2004	0:52:16	0:52:03	0:54:38	1:08:16	0:58:11	0:51:59	5:37:23	00:49:24	38	M30	106	6
345	Stitz	Ulrich	Aurich	1958	2004	0:53:56	0:51:19	0:54:55	1:05:57	0:58:36	0:52:44	5:37:27	00:49:24	46	M40	114	6
346	Lammers	Heinz-Udo	Fort. Veenhusen	1953	2004	0:52:25	0:51:48	0:53:51	1:06:45	0:58:54	0:53:52	5:37:35	00:49:26	51	M50	44	6
347	Dannemann	Patrick	Großefehn	1989	2004	0:57:02	0:53:18	0:53:10	1:05:29	0:57:07	0:51:30	5:37:36	00:49:26	15	MU20	21	6
348	Mühlenbrock	Ewald	Druckerei Meyer	1963	2004	0:53:12	0:52:58	0:54:02	1:06:24	0:58:09	0:52:57	5:37:42	00:49:27	41	M40	115	6
349	König	Christoph	Fort. Veenhusen	1990	2004	0:57:25	0:57:40	0:52:31	1:03:53	0:55:36	0:50:43	5:37:48	00:49:27	14	MU20	22	6
350	Salwasser	Vitalij	Aurich	1980	2004	0:51:54	0:55:42	0:52:41	1:05:41	0:57:21	0:54:30	5:37:49	00:49:28	24	M20	34	6
351	Tammen	Kai	Klinge	1986	2004	0:53:33	0:54:45	0:53:19	1:06:58	0:57:31							

**23. Ostfrieslandlauf 2004**

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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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30	10km				
356	Girts	Wolfgang	TuS Aurich-Ost	1952	2004	0:55:32	0:53:09	0:53:09	1:08:18	0:57:17	0:51:06	5:38:31	00:49:34	52	M50	46	6
357	Meints	Dieter	BGS Bunde	1966	2004	0:53:19	0:50:48	0:52:52	1:05:27	0:59:54	0:56:14	5:38:34	00:49:34	38	M30	107	6
358	Barz	Gerhard	LG Ostfriesland	1967	2004	0:52:10	0:52:34	0:53:42	1:06:33	0:58:31	0:55:04	5:38:34	00:49:34	37	M30	108	6
359	Osha	Uwe	TuS Esens	1957	2004	0:56:05	0:54:53	0:52:40	1:06:50	0:57:03	0:51:39	5:39:10	00:49:40	47	M40	118	6
360	Möhlmann	Ralf	TuS Detern	1968	2004	0:52:47	0:52:20	0:53:09	1:06:40	0:57:13	0:57:02	5:39:11	00:49:40	36	M30	109	6
361	Kromminga	Hinrich	SV Großefehn	1967	2004	0:54:36	0:53:18	0:53:55	1:06:52	0:58:18	0:52:32	5:39:31	00:49:43	37	M30	110	6
362	Kramer	Manfred	Werder-Ossis	1962	2004	0:53:02	0:53:37	0:54:32	1:08:48	0:57:30	0:52:27	5:39:56	00:49:46	42	M40	119	6
363	Picksak	Johann	TSV Riepe	1963	2004	0:52:18	0:53:19	0:53:29	1:07:46	0:58:39	0:54:27	5:39:58	00:49:47	41	M40	120	6
364	Hensmann	Imke	Raiba Moormerl.	1975	2004	0:51:41	0:51:33	0:55:06	1:08:25	0:58:46	0:54:32	5:40:03	00:49:47	29	W20	5	6
365	Hollander	Karsten	Rhauderfehn	1985	2004	0:51:36	0:56:14	0:57:05	1:06:35	0:57:15	0:51:22	5:40:07	00:49:48	19	MU20	24	6
366	Haberecht	Andreas	Emden	1953	2004	1:02:03	0:52:40	0:52:38	1:05:21	0:56:23	0:51:03	5:40:08	00:49:48	51	M50	47	6
367	Beeken	Hajo	Großefehn	1961	2004	0:58:56	0:54:21	0:53:36	1:05:48	0:56:37	0:50:50	5:40:08	00:49:48	43	M40	121	6
368	Franken	Gerd	TuS Aurich-Ost	1963	2004	0:53:12	0:51:59	0:53:58	1:08:09	1:00:17	0:52:42	5:40:17	00:49:49	41	M40	122	6
369	Wolckenhaar	Enno	Grün-Weiß Leer	1938	2004	0:53:22	0:52:50	0:54:19	1:08:53	0:57:02	0:53:51	5:40:17	00:49:49	66	M60	8	6
370	Heyen	Dietmar	Großefehn	1972	2004	0:53:41	0:52:09	0:54:47	1:06:19	0:58:46	0:54:38	5:40:20	00:49:50	32	M30	111	6
371	Milde	Karsten	SV Werdum	1968	2004	0:52:59	0:53:17	0:54:45	1:07:13	0:57:59	0:54:33	5:40:46	00:49:54	36	M30	112	6
372	Wolters	Marcus	LT Schafhauser W.	1988	2004	0:57:18	0:52:00	0:54:37	1:06:35	0:57:32	0:52:45	5:40:47	00:49:54	16	MU20	25	6
373	Woltermann	Hannelore	Teut. Stapelmoor	1953	2004	0:53:09	0:52:42	0:55:08	1:08:16	0:58:45	0:52:59	5:40:59	00:49:55	51	W50	3	6
374	Kalkwarf	Udo	LG Ostfriesland	1971	2004	0:53:13	0:52:33	0:54:51	1:08:28	0:58:30	0:53:33	5:41:08	00:49:57	33	M30	113	6
375	Bruns	Hartmut	TuS Detern	1966	2004	0:53:25	0:51:56	0:54:36	1:07:24	0:59:42	0:54:16	5:41:19	00:49:58	38	M30	114	6
376	Pruin	Johannes	Großwolder LT	1962	2004	0:52:58	0:53:26	0:54:06	1:08:11	0:58:40	0:54:02	5:41:23	00:49:59	42	M40	123	6
377	Harders	Ruben	SV Nortmoor	1989	2004	1:05:38	0:49:44	0:52:43	1:08:11	0:56:05	0:49:28	5:41:49	00:50:03	15	MU20	26	6
378	Peters	Gitta	Potshausen	1962	2004	0:54:16	0:54:22	0:54:56	1:06:48	0:57:59	0:53:33	5:41:54	00:50:04	42	W40	5	6
379	Weets	Joachim	Polizei Esens	1960	2004	1:03:04	0:55:55	0:52:13	1:04:08	0:55:10	0:51:30	5:42:00	00:50:04	44	M40	124	6
380	Fokken	Daniel	Weener	1990	2004	0:51:43	0:52:46	0:56:42	1:08:21	0:59:56	0:52:43	5:42:11	00:50:06	14	MU20	27	6
381	Ottjes	Uwe	Möbel Buss	1966	2004	0:55:28	0:51:09	0:56:10	1:05:16	0:59:30	0:54:49	5:42:22	00:50:08	38	M30	115	6
382	Kuhlmann	Folkert	TV Marienhefe	1948	2004	0:52:50	0:53:27	0:54:33	1:09:12	0:59:05	0:53:21	5:42:28	00:50:08	56	M50	48	6
383	Winkelmann	Ralf	EWE-Wattloopers	1965	2004	0:53:16	0:53:50	0:54:22	1:09:01	0:58:43	0:53:21	5:42:33	00:50:09	39	M30	116	6
384	Wirdemann	Stefan	T. Deutsche Post	1972	2004	0:59:00	0:53:14	0:54:21	1:06:51	0:55:45	0:53:32	5:42:43	00:50:11	32	M30	117	6
385	Schmeding	Jörg	Druckerei Meyer	1966	2004	0:58:49	0:53:45	0:55:00	1:06:21	0:56:48	0:52:18	5:43:01	00:50:13	38	M30	118	6
386	Flügge	Meike	Leer	1966	2004	0:55:52	0:53:16	0:54:22	1:07:53	0:58:37	0:53:46	5:43:46	00:50:20	38	W30	10	6
387	Strömer	Berthold	BV Kirchdorf	1956	2004	0:55:23	0:53:01	0:54:43	1:07:53	0:58:53	0:53:54	5:43:47	00:50:20	48	M40	125	6
388	Diener	Bernd	Spa. Leer/Weener	1970	2004	0:53:02	0:53:26	0:54:59	1:08:01	0:59:55	0:54:24	5:43:47	00:50:20	34	M30	119	6
389	Beckers	Achim	VfL Germ. Leer	1959	2004	1:10:22	0:51:50	0:53:16	1:03:29	0:54:45	0:50:13	5:43:55	00:50:21	45	M40	126	6
390	Siepert	Maria	MTV Wittmund	1956	2004	0:53:11	0:52:27	0:55:11	1:08:19	0:59:53	0:55:05	5:44:06	00:50:23	48	W40	6	6
391	Vehnekamp	Werner	Möbel Buss	1958	2004	0:56:16	0:51:36	0:55:51	1:09:17	0:59:30	0:51:42	5:44:12	00:50:24	46	M40	127	6
392	Heyen	Uwe	SV Großefehn	1960	2004	0:52:39	0:52:38	0:54:19	1:10:26	0:59:46	0:54:39	5:44:27	00:50:26	44	M40	128	6
393	Kruse	Andreas	TuS Aurich-Ost	1958	2004	0:55:30	0:53:53	0:55:04	1:09:11	0:58:14	0:52:59	5:44:51	00:50:29	46	M40	129	6
394	Asche	Hilde	TG Wiesmoor	1948	2004	0:52:54	0:53:50	0:56:05	1:08:21	1:00:11	0:53:34	5:44:55	00:50:30	56	W50	4	6
395	Kuper	Gerhard	Möbel Buss	1963	2004	0:58:25	0:52:51	0:55:18	1:08:32	0:56:47	0:53:09	5:45:02	00:50:31	41	M40	130	6
396	Lambertus	Joachim	WfB Aurich	1956	2004	0:59:07	0:52:11	0:53:41	1:09:43	0:57:19	0:53:12	5:45:13	00:50:33	48	M40	131	6
397	Akkermann	Ralf	LT Unke	1968	2004	0:52:45	0:53:53	0:55:03	1:07:50	1:02:36	0:53:36	5:45:43	00:50:37	36	M30	120	6
398	Dziarnowski	Eugen	Polizei Aurich	1958	2004	1:00:14	0:53:33	0:55:07	1:06:48	0:57:08	0:53:11	5:46:01	00:50:40	46	M40	132	6
399	Tjarks	Alfred	EWE Norden	1959	2004	0:52:07	0:54:56	0:55:02	1:09:47	0:59:37	0:54:44	5:46:13	00:50:41	45	M40	133	6
400	Köster	Karl	TV Norden	1940	2004	0:54:52	0:53:15	0:55:24	1:08:06	1:00:01	0:54:43	5:46:21	00:50:43	64	M60	9	6
401	Günsel	Lutz	Druckerei Meyer	1969	2004	0:59:39	0:53:46	0:54:59	1:06:22	0:57:13	0:54:29	5:46:28	00:50:44	35	M30	121	6
402	Buss	Bernhard	Möbel Buss	1949	2004	0:56:35	0:51:42	0:56:09	1:08:03	0:59:39	0:54:21	5:46:29	00:50:44	55	M50	49	6
403	Weiß	Svenja	TuS Aurich-Ost	1976	2004	0:56:13	0:54:57	0:55:38	1:08:03	0:58:49	0:52:49	5:46:29	00:50:44	28	W20	6	6
404	Sattler	Wolfgang	T. Deutsche Post	1947	2004	0:59:08	0:53:42	0:54:55	1:06:49	0:58:35	0:53:35	5:46:44	00:50:46	57	M50	50	6
405	Reinecke	Jens	TuS Weene	1970	2004	0:56:49	0:54:31	0:55:08	1:07:28	0:58:51	0:54:15	5:47:02	00:50:49	34	M30	122	6
406	Ahrenholtz	Horst-Ja.	Fun-Loopers	1965	2004	0:53:35	0:51:34	0:55:22	1:06:34	1:01:51	0:58:10	5:47:06	00:50:49	39	M30	123	6
407	Engelbarts	Jörg	Druckerei Meyer	1963	2004	0:58:51	0:55:30	0:55:05	1:06:52	0:57:58	0:52:56	5:47:12	00:50:50	41	M40	134	6
408	Willms	Jakobus	TuS Aurich-Ost	1940	2004	0:53:09	0:54:23	0:55:47	1:09:42	0:59:18	0:54:58	5:47:17	00:50:51	64	M60	10	6
409	Emken	Mariechen	MTV Wittmund	1954	2004	0:55:25	0:53:46	0:55:12	1:08:48	0:59:38	0:55:05	5:47:54	00:50:56	50	W50	5	6
410	Meints	Gabi	TuS Sandhorst	1966	2004	0:57:05	0:54:03	0:55:24	1:08:45	0:59:49	0:52:49	5:47:55	00:50:56	38	W30	11	6
411	Eisenhauer	Manfred	TuS Aurich-Ost	1966	2004	0:55:52	0:54:30	0:55:12	1:08:29	0:59:04	0:54:49	5:47:56	00:50:57	38	M30	124	6
412	Janssen	Ilka	TuS Sandhorst	1965	2004	0:57:04	0:54:02	0:55:26	1:08:51	0:59:47	0:52:50	5:48:00	00:50:57	39	W30	12	6
413	Grönefeld	Aljet	Emden LG	1961	2004	0:53:08	0:54:32	0:54:14	1:11:42	1:00:38	0:53:56	5:48:10	00:50:59	43	M40	135	6
414	Schewiola	Axel	TV Norden	1938	2004	0:53:04	0:54:20	0:54:25	1:09:45	1:00:47	0:55:50	5:48:11	00:50:59	66	M60	11	6
415	Gieseler	Wilfried	TuS Aurich-Ost	1961	2004	0:56:24	0:53:06	0:55:27	1:08:38	0:58:56	0:55:44	5:48:15	00:50:59	43	M40	136	6
416	Sollermann	Peter	T. Deutsche Post	1954	2004	0:54:29	0:54:24	0:56:07	1:08:30	0:59:53	0:54:52	5:48:15	00:50:59	50	M50	51	6
417	Klimaschka-Behrer	Ursula	MTV Aurich	1957	2004	0:54:15	0:53:50	0:56:07	1:08:54	1:00:35	0:54:45	5:48:26	00:51:01	47	W40	7	6
418	Niemann	Richard	Esklum	1961	2004	0:55:30	0:53:51	0:55:23	1:09:22	0:59:15	0:55:21	5:48:42	00:51:03	43	M40	137	6
419	Hoppmann	Peter	MTV Aurich Tria	1963	2004	1:00:00	0:50:46	0:57:16	1:04:01	1:01:13	0:55:34	5:48:50	00:51:04	41	M40	138	6
420	Tjards	Christa	KSV Baltrum	1953	2004	0:57:09	0:54:21	0:55:47	1:08:11	0:59:43	0:53:52	5:49:03	00:51:06	51	W50	6	6
421	Röttken	Kersten-F.	Simonswolde	1971	2004	0:57:06	0:52:54	0:54:20	1:09:32	1:00:33	0:54:54	5:49:19	00:51:09	33	M30	125	6
422	Nannen	Enno	TV Norden	1947	2004	0:55:54	0:54:25	0									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
427	Forst	Helge	WfB Aurich	1968	2004	1:00:27	0:54:56	0:55:10	1:07:22	0:57:14	0:54:31	5:49:40	00:51:12	36	M30	126	6
428	Meyer	Antje	LG Uplengen	1956	2004	0:54:31	0:53:15	0:56:11	1:10:42	1:00:15	0:54:54	5:49:48	00:51:13	48	W40	9	6
429	Peters	Heiko	Möbel Buss	1964	2004	0:58:27	0:52:50	0:55:18	1:09:26	0:59:03	0:54:53	5:49:57	00:51:14	40	M40	141	6
430	Benthien	Uwe	TuS Aurich-Ost	1945	2004	0:55:45	0:54:47	0:55:32	1:09:42	1:00:00	0:54:17	5:50:03	00:51:15	59	M50	54	6
431	Ries	Sven	A 8 Life Fitnessc.	1974	2004	0:58:33	0:55:07	0:56:53	1:08:19	0:59:23	0:52:02	5:50:17	00:51:17	30	M30	127	6
432	Heyen	Gunda	Aurich	1967	2004	0:55:54	0:54:51	0:54:58	1:08:41	1:01:27	0:55:25	5:51:16	00:51:26	37	W30	13	6
433	Coordes	Johannes	Hesel	1969	2004	0:58:54	0:55:27	0:56:11	1:09:24	0:58:53	0:52:30	5:51:19	00:51:26	35	M30	128	6
434	Boumann	Klara	TV Marienhafte	1945	2004	0:54:38	0:55:01	0:57:22	1:09:11	1:00:21	0:55:05	5:51:38	00:51:29	59	W50	7	6
435	Goldenstein	Jantke	WfB Aurich	1975	2004	0:55:35	0:53:16	0:56:09	1:10:15	1:00:13	0:56:26	5:51:54	00:51:31	29	W20	7	6
436	Spinneker	Helmut	TV Norden	1948	2004	0:57:13	0:54:54	0:57:10	1:08:35	0:59:47	0:54:27	5:52:06	00:51:33	56	M50	55	6
437	Heine	Jörg	OZ-Team	1965	2004	0:58:01	0:54:14	0:55:48	1:09:19	1:01:01	0:53:49	5:52:12	00:51:34	39	M30	129	6
438	Janßen	Mareke	KBV Langefeld	1965	2004	0:54:37	0:54:34	0:56:38	1:09:43	1:01:26	0:55:21	5:52:19	00:51:35	39	W30	14	6
439	Kloppenburger	Alwin	Fortuna Logabirum	1960	2004	0:55:50	0:53:33	0:55:51	1:10:34	1:01:07	0:55:34	5:52:29	00:51:36	44	M40	142	6
440	Alberts	Manfred	TV Marienhafte	1959	2004	1:04:55	0:53:40	0:55:31	1:11:19	0:56:47	0:50:28	5:52:40	00:51:38	45	M40	143	6
441	Illig	Rainhard	WfB Aurich	1942	2004	0:57:29	0:59:25	0:55:12	1:06:57	0:59:28	0:54:29	5:53:00	00:51:41	62	M60	12	6
442	Kleen	Diedrich	EWE-Wattloopers	1972	2004	0:56:28	0:54:26	0:57:05	1:11:50	0:59:48	0:53:44	5:53:21	00:51:44	32	M30	130	6
443	Schröder	Axel	Stade	1961	2004	0:58:09	0:55:59	0:55:01	1:10:08	0:59:35	0:54:48	5:53:40	00:51:47	43	M40	144	6
444	Gořawski	Michael	TV Norden	1960	2004	0:56:26	0:54:10	0:56:52	1:10:25	1:00:57	0:55:24	5:54:14	00:51:52	44	M40	145	6
445	Buss	Andrea	MTV Wittmund	1964	2004	0:56:51	0:53:35	0:58:14	1:08:56	1:00:57	0:56:00	5:54:33	00:51:55	40	W40	10	6
446	Schoon	Günther	TG Wiesmoor	1950	2004	0:55:50	0:54:57	0:56:06	1:10:54	1:01:11	0:55:46	5:54:44	00:51:56	54	M50	56	6
447	Schmidt	Helga	SV Hage	1965	2004	0:54:46	0:53:56	0:56:39	1:11:18	1:01:40	0:56:27	5:54:46	00:51:57	39	W30	15	6
448	Ihnen	Gunda	TuS Aurich-Ost	1964	2004	0:57:46	0:54:49	0:56:43	1:09:15	1:00:46	0:55:30	5:54:49	00:51:57	40	W40	11	6
449	Müller	Werner	EWE-Wattloopers	1965	2004	0:55:15	0:54:16	0:56:45	1:13:03	1:00:59	0:54:41	5:54:59	00:51:58	39	M30	131	6
450	Vennen	Rolf Dieter	LT Last Mile	1962	2004	0:56:07	0:54:50	0:56:00	1:11:22	1:02:05	0:54:39	5:55:03	00:51:59	42	M40	146	6
451	Löwe	Michaela	Concordia Ihrhove	1985	2004	0:55:45	0:55:30	0:56:17	1:11:52	1:01:14	0:54:37	5:55:15	00:52:01	19	WU20	4	6
452	Eggen	Elke	LG Ostfriesland	1965	2004	0:54:32	0:54:02	0:56:46	1:12:27	1:00:55	0:56:42	5:55:24	00:52:02	39	W30	16	6
453	Schäfer	Harald	EWE-Wattloopers	1956	2004	0:57:31	0:55:23	0:55:28	1:10:33	1:00:58	0:55:35	5:55:28	00:52:03	48	M40	147	6
454	Daniels	Reinhold	TuS Aurich-Ost	1957	2004	0:57:20	0:55:05	0:55:24	1:09:48	1:02:10	0:55:42	5:55:29	00:52:03	47	M40	148	6
455	Rulfs	Tjark	Eintracht Ihlow	1990	2004	1:04:25	0:54:33	0:54:45	1:08:14	1:00:25	0:53:16	5:55:38	00:52:04	14	MU20	28	6
456	Wempen	Willm-Eck.	VfB Uplengen	1967	2004	1:05:18	0:52:27	0:58:42	1:11:20	0:55:16	0:52:40	5:55:43	00:52:05	37	M30	132	6
457	Vosberg	Silvia	Fort. Logabirum	1965	2004	0:56:23	0:55:49	0:56:50	1:10:03	1:01:29	0:55:13	5:55:47	00:52:05	39	W30	17	6
458	Günsel	Christina	WfB Aurich	1970	2004	0:57:33	0:57:09	0:57:39	1:09:47	0:59:27	0:54:27	5:56:02	00:52:08	34	W30	18	6
459	Schiemann-Li.	Martin	Aurich	1955	2004	0:56:55	0:55:52	0:55:52	1:10:13	1:00:56	0:56:31	5:56:19	00:52:10	49	M40	149	6
460	Kettwig	Christoph	TSV Hesel	1988	2004	1:04:05	0:56:30	0:57:07	1:11:01	0:57:17	0:50:19	5:56:19	00:52:10	16	MU20	29	6
461	Bohrer	Heinz	TuS Aurich-Ost	1938	2004	0:57:03	0:54:52	0:56:52	1:10:13	1:01:10	0:56:14	5:56:24	00:52:11	66	M60	13	6
462	Uphoff	Walter	TuS Middels	1960	2004	0:57:11	0:55:14	0:56:29	1:10:42	1:01:47	0:55:22	5:56:45	00:52:14	44	M40	150	6
463	Ulrichs	Theo	Ogenbargen	1950	2004	0:56:42	0:54:12	0:59:55	1:12:13	0:59:45	0:54:11	5:56:58	00:52:16	54	M50	57	6
464	Bruhnken	Hans-Gü.	BSG VOBA Jever	1954	2004	0:58:18	0:54:20	0:57:21	1:09:52	1:01:00	0:56:18	5:57:09	00:52:17	50	M50	58	6
465	Heilemann	Wolfgang	TuS Horsten	1957	2004	0:58:16	0:55:22	0:56:34	1:09:50	1:01:29	0:55:42	5:57:13	00:52:18	47	M40	151	6
466	Kettwig	Hans-D.	Spetzzerfehn	1957	2004	0:58:12	0:55:46	0:57:04	1:10:28	1:00:44	0:55:09	5:57:23	00:52:20	47	M40	152	6
467	Schröder	Werner	HC Moorerland	1943	2004	1:00:22	0:54:01	0:57:17	1:09:46	1:01:15	0:55:08	5:57:49	00:52:23	61	M60	14	6
468	Kleymann	Bernd	Backemoor	1964	2004	0:58:20	0:54:02	0:56:44	1:10:02	1:02:24	0:56:20	5:57:52	00:52:24	40	M40	153	6
469	Harms	Jörn	LT Ihlow	1964	2004	0:57:05	0:57:23	0:56:24	1:10:53	0:59:57	0:56:15	5:57:57	00:52:25	40	M40	154	6
470	Hamm	Friedrich	Möbel Buss	1963	2004	1:00:25	0:56:13	0:57:40	1:10:59	0:58:52	0:53:52	5:58:01	00:52:25	41	M40	155	6
471	van Lengen	Heinrich	SUS Strackholt	1940	2004	0:58:30	0:55:29	0:56:43	1:10:01	1:01:37	0:55:45	5:58:05	00:52:26	64	M60	15	6
472	Pleis	Linda	Conc. Neermoor	1969	2004	0:56:34	0:56:18	0:56:47	1:12:20	1:00:48	0:55:36	5:58:23	00:52:28	35	W30	19	6
473	Ihnen	Jochim	SC Wiensens	1960	2004	0:57:38	0:55:37	0:56:59	1:11:23	1:02:03	0:54:53	5:58:33	00:52:30	44	M40	156	6
474	Hillrichs	Johanna	SV Holtland	1979	2004	0:56:04	0:57:14	0:57:40	1:10:24	1:01:20	0:55:51	5:58:33	00:52:30	25	W20	8	6
475	Rozmer	Roman	SV Blomberg	1973	2004	0:58:32	0:55:08	0:58:28	1:11:18	1:00:58	0:54:12	5:58:36	00:52:30	31	M30	133	6
476	Ubben	Gerd-Arnold	TuS Aurich-Ost	1950	2004	0:53:44	0:52:23	0:57:57	1:16:32	1:02:27	0:55:33	5:58:36	00:52:30	54	M50	59	6
477	Eggen	Rolf	Münkeboe	1964	2004	1:00:27	0:53:45	0:56:46	1:11:37	0:59:16	0:56:49	5:58:40	00:52:31	40	M40	157	6
478	Kloster	Margret	TGG	1956	2004	0:56:55	0:53:54	0:57:53	1:11:42	1:02:06	0:56:14	5:58:44	00:52:31	48	W40	12	6
479	Möhlmann	Werner	CVJM Neermoor	1964	2004	1:01:39	0:54:23	0:56:57	1:10:47	1:00:46	0:54:42	5:59:14	00:52:36	40	M40	158	6
480	Rademacher	Gitta	T. Deutsche Post	1966	2004	0:56:16	0:55:43	0:57:44	1:11:43	1:02:27	0:55:49	5:59:42	00:52:40	38	W30	20	6
481	Folkerts	Ingrid	FTC Hollen	1966	2004	0:57:19	0:56:59	0:57:14	1:10:44	1:02:28	0:54:59	5:59:43	00:52:40	38	W30	21	6
482	Vinke	Hans-G.	Aurich	1953	2004	0:57:16	0:55:16	0:57:11	1:11:23	1:00:36	0:58:07	5:59:49	00:52:41	51	M50	60	6
483	Steinke	Dietrich	Conc. Neermoor	1941	2004	0:58:14	0:54:11	0:57:56	1:12:18	1:01:25	0:55:46	5:59:50	00:52:41	63	M60	16	6
484	Ley	André	DLRG Aurich	1967	2004	0:57:35	0:54:50	0:57:27	1:12:06	1:02:53	0:55:06	5:59:57	00:52:42	37	M30	134	6
485	Ebel	Rainer	Ihlow	1962	2004	0:55:58	0:56:11	0:57:18	1:12:10	1:01:07	0:57:17	6:00:01	00:52:43	42	M40	159	6
486	Ahsend.-Steck.	Sabine	Fort. Logabirum	1955	2004	0:58:48	0:55:40	0:58:05	1:12:46	0:59:02	0:56:05	6:00:26	00:52:46	49	W40	13	6
487	Hinrichs	Ludwig	Möbel Buss	1959	2004	1:00:24	0:53:16	1:01:20	1:09:25	0:59:52	0:56:27	6:00:44	00:52:49	45	M40	160	6
488	Lübben	Marwin	SV Ochtersum	1989	2004	1:04:49	0:55:56	0:57:06	1:09:23	0:59:29	0:54:10	6:00:53	00:52:50	15	MU20	30	6
489	Janßen	Andreas	SV Stikkelkamp	1967	2004	0:47:52	0:48:17	1:03:38	1:18:40	1:05:21	0:57:32	6:01:20	00:52:54	37	M30	135	6
490	Eisenhauer	Annelene	LT Schafhauser W.	1955	2004	0:56:59	0:54:46	0:58:28	1:11:45	1:03:09	0:56:16	6:01:23	00:52:55	49	W40	14	6
491	Meyer	Wilfried	Hesel	1966	2004	0:58:58	0:52:52	0:58:19	1:12:44	1:01:41	0:56:52	6:01:26	00:52:55	38	M30	136	6
492	Brouwer	Bodo	DPW-Gruppe	1971	2004	0:59:46	0:56:04	0:57:32	1:09:20	1:01:21	0:57:24	6:01:27	00:52:55	33	M30	137	6
493	de Buhr	Hans-Die.	BGS Oldenburg	1969	2004	0:54:50	0:55:34										

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30	10km				
498	Röben	Meino	Neukamperfehn	1964	2004	0:57:09	0:57:04	0:57:36	1:11:24	1:02:44	0:56:06	6:02:03	00:53:01	40	M40	162	6
499	Borgmann	Annegret	VfL Germ. Leer	1954	2004	0:56:56	0:55:54	0:57:54	1:12:43	1:02:56	0:55:54	6:02:17	00:53:04	50	W50	8	6
500	Bockermann	Nancy	T. Deutsche Post	1971	2004	0:57:51	0:55:59	0:59:34	1:11:02	1:02:11	0:55:49	6:02:26	00:53:03	33	W30	22	6
501	Heckhoff	Andreas	VfL Germ. Leer	1964	2004	1:10:33	0:52:40	0:55:54	1:08:36	1:02:01	0:52:46	6:02:30	00:53:04	40	M40	163	6
502	Eden	Gerd	Tus Reepsholt	1948	2004	1:01:36	0:57:03	0:56:49	1:10:26	1:01:03	0:55:47	6:02:44	00:53:07	56	M50	62	6
503	Franke	Ingo	SV Ochtersum	1985	2004	1:04:57	0:56:08	0:57:44	1:10:04	0:59:29	0:54:22	6:02:44	00:53:07	19	MU20	31	6
504	Lindemann	Paul	TV Norden	1939	2004	0:59:44	0:56:24	0:57:33	1:10:41	1:01:24	0:57:08	6:02:54	00:53:08	65	M60	17	6
505	Janssen	Gudrun	LG Ostfriesland	1959	2004	0:57:25	0:56:28	0:58:46	1:12:26	1:01:47	0:56:06	6:02:58	00:53:09	45	W40	16	6
506	Kroon	Manuela	SV Nortmoor	1975	2004	0:57:03	0:55:53	0:57:49	1:11:41	1:02:55	0:57:39	6:03:00	00:53:09	29	W20	9	6
507	Peters	Gerda	Westerholt	1959	2004	0:57:42	0:56:22	0:57:51	1:11:19	1:03:41	0:56:24	6:03:19	00:53:12	45	W40	17	6
508	Boumann	Uwe	TV Marienhaf	1944	2004	0:56:31	0:58:03	0:58:27	1:10:40	1:02:36	0:57:14	6:03:31	00:53:13	60	M60	19	6
509	Bolhuis	Wilhelm	TV Norden	1943	2004	0:59:58	0:56:17	0:57:25	1:11:09	1:01:24	0:57:18	6:03:31	00:53:13	61	M60	18	6
510	Möhlmann	Manfred	SC Wiesens	1964	2004	0:57:15	1:04:09	0:55:34	1:13:18	1:00:37	0:52:47	6:03:40	00:53:15	40	M40	164	6
511	Hildebrandt	Hermann	TSV Riepe	1959	2004	0:59:25	0:55:18	0:58:23	1:11:53	1:02:42	0:56:13	6:03:54	00:53:17	45	M40	165	6
512	Badberg	Wilhelm	TG Wiesmoor	1944	2004	1:01:08	0:56:10	0:57:48	1:12:12	1:01:59	0:55:49	6:05:06	00:53:27	60	M60	20	6
513	Ahrens	Michael	KBV Langefeld	1975	2004	0:59:20	0:55:24	0:56:45	1:12:08	1:01:21	1:00:10	6:05:08	00:53:28	29	M20	35	6
514	Möhlmann	Hinrich	BW. JaboG 38 "F"	1953	2004	0:59:28	0:56:12	0:57:14	1:11:49	1:04:39	0:56:02	6:05:24	00:53:30	51	M50	63	6
515	Maecker	Otto	Frisia Loga	1950	2004	0:58:37	0:57:15	0:58:18	1:12:20	1:01:38	0:57:21	6:05:29	00:53:31	54	M50	64	6
516	Hilbrands	Harmannus	Fort. Logabirum	1958	2004	0:59:27	0:55:38	0:58:50	1:12:03	1:02:41	0:56:57	6:05:36	00:53:32	46	M40	166	6
517	Stecker	Bruno	Fort. Logabirum	1950	2004	0:58:48	0:55:40	0:58:05	1:12:46	1:04:11	0:56:08	6:05:38	00:53:32	54	M50	65	6
518	Ramaker	Harald	SV Warsingsfehn	1963	2004	0:59:49	0:55:48	0:57:16	1:12:33	1:02:35	0:57:40	6:05:41	00:53:32	41	M40	167	6
519	Meints	Martin	SV Ochtersum	1991	2004	1:06:42	0:54:17	0:57:13	1:10:05	1:01:59	0:55:31	6:05:47	00:53:33	13	MU20	32	6
520	Heyen	Jann	TV Norden	1941	2004	1:00:31	0:55:21	0:57:25	1:12:20	1:03:03	0:57:16	6:05:56	00:53:35	63	M60	21	6
521	Lowin	Kathrin	TuS Aurich-Ost	1988	2004	0:55:49	0:54:45	0:59:35	1:13:19	1:04:23	0:58:06	6:05:57	00:53:35	16	WU20	5	6
522	Bents	Mike	TuS Aurich-Ost	1968	2004	0:59:29	0:57:19	0:57:12	1:11:05	1:02:15	0:59:14	6:06:34	00:53:40	36	M30	140	6
523	Sanwald	Hanna	Fehntjer Lauftreff	1962	2004	0:58:35	0:55:51	0:57:04	1:15:24	1:02:08	0:57:40	6:06:42	00:53:41	42	W40	18	6
524	Caspers	Monika	LG Uplengen	1965	2004	0:57:50	0:57:11	0:58:26	1:13:30	1:03:43	0:56:06	6:06:46	00:53:42	39	W30	23	6
525	Lüpkes	Heike	Aurich	1963	2004	0:57:27	0:57:08	0:59:42	1:14:08	1:02:07	0:56:19	6:06:51	00:53:43	41	W40	19	6
526	Puls	Rudolf	Fun-Loopers	1958	2004	1:02:21	0:56:28	0:58:18	1:13:10	1:01:48	0:54:50	6:06:55	00:53:43	46	M40	168	6
527	Janßen	Siegfried	Südbrookmerl.	1953	2004	0:58:22	0:55:50	0:58:21	1:12:48	1:02:56	0:58:44	6:07:01	00:53:44	51	M50	66	6
528	Knak	Thomas	SV Dornum	1964	2004	1:01:32	0:58:43	0:56:36	1:10:58	1:02:17	0:57:20	6:07:26	00:53:48	40	M40	169	6
529	Winkler	Olaf	Druckerei Meyer	1974	2004	1:01:41	0:55:58	1:00:10	1:11:11	1:01:32	0:56:56	6:07:28	00:53:48	30	M30	141	6
530	Feldmann	Uwe	VfFL Berumbur	1967	2004	1:00:11	0:56:27	0:57:17	1:13:46	1:03:50	0:56:08	6:07:39	00:53:50	37	M30	142	6
531	Fisser	Gisela	TV Norden	1965	2004	0:57:17	0:56:13	0:58:13	1:14:16	1:03:05	0:59:03	6:08:07	00:53:54	39	W30	24	6
532	Lowin	Volker	TuS Aurich-Ost	1955	2004	0:58:17	0:54:46	0:59:33	1:13:16	1:04:24	0:58:08	6:08:24	00:53:56	49	M40	170	6
533	Lübben	Colin	SV Ochtersum	1991	2004	1:03:56	0:56:57	0:57:57	1:11:24	1:02:22	0:55:51	6:08:27	00:53:57	13	MU20	33	6
534	Linsler	Ulrich	MTV Wittmund	1954	2004	1:01:31	0:56:02	0:58:29	1:12:30	1:02:19	0:57:38	6:08:29	00:53:57	50	M50	67	6
535	Harms	Wilke	Potshausen	1973	2004	1:01:06	0:57:14	0:58:05	1:12:17	1:03:06	0:56:42	6:08:30	00:53:57	31	M30	143	6
536	Dekker	Anja	Ihlow	1971	2004	1:04:01	0:58:38	0:59:43	1:09:16	1:01:43	0:55:29	6:08:50	00:54:00	33	W30	25	6
537	Lübberts	Lübbert	TuS Aurich-Ost	1988	2004	1:01:09	0:57:35	0:59:28	1:12:19	1:01:23	0:57:04	6:08:58	00:54:01	16	MU20	34	6
538	Franek	Udo	TV Norden	1960	2004	0:59:31	0:56:50	0:58:07	1:11:51	1:03:19	0:59:33	6:09:11	00:54:03	44	M40	171	6
539	Nowak	Helma	TuS Nordorney	1961	2004	0:57:48	0:55:52	0:58:27	1:12:46	1:04:44	0:59:55	6:09:32	00:54:06	43	W40	20	6
540	Saathoff-Kettw.	Günter	TSV Hesel	1956	2004	1:04:08	0:56:46	0:57:41	1:12:25	1:01:27	0:57:06	6:09:33	00:54:06	48	M40	172	6
541	Penning	Helmut	Holtland	1965	2004	1:05:32	0:57:32	0:58:00	1:11:22	1:01:28	0:55:50	6:09:44	00:54:08	39	M30	144	6
542	Bauch	Christian	Heimatblatt Aurich	1969	2004	1:04:09	0:56:44	0:58:16	1:13:17	1:02:37	0:54:44	6:09:47	00:54:08	35	M30	145	6
543	Pothast	Hiltrud	HC Moorerland	1972	2004	0:58:04	0:56:36	1:00:05	1:12:45	1:04:32	0:57:53	6:09:55	00:54:10	32	W30	26	6
544	Mennenga	Albert	Timmel	1963	2004	1:04:22	0:58:38	0:59:24	1:11:25	1:01:25	0:54:46	6:10:00	00:54:10	41	M40	173	6
545	Janssen	Insa	MTV Aurich	1975	2004	0:58:12	0:56:38	0:58:38	1:15:05	1:03:28	0:58:02	6:10:03	00:54:11	29	W20	10	6
546	Goudschaal	Rolf	Remels	1950	2004	1:02:14	0:56:00	0:58:20	1:12:36	1:02:43	0:58:11	6:10:04	00:54:11	54	M50	68	6
547	Kramer	Bernd	Aurich	1979	2004	1:03:01	1:01:11	0:55:33	1:11:52	1:03:10	0:55:38	6:10:25	00:54:14	25	M20	36	6
548	Siebels	Gerd	Fort. Logabirum	1953	2004	1:03:24	0:57:10	0:58:02	1:12:11	1:02:30	0:57:23	6:10:40	00:54:16	51	M50	69	6
549	Harders	Jane	SV Nortmoor	1962	2004	1:01:57	0:56:34	0:58:20	1:14:57	1:02:51	0:56:01	6:10:40	00:54:16	42	W40	21	6
550	Schoneboom	Hans-Günter	Emder LG	1935	2004	1:01:14	0:56:48	0:57:56	1:13:48	1:03:18	0:57:41	6:10:45	00:54:17	69	M60	22	6
551	Otto	Jürgen	VfFL Berumbur	1964	2004	1:00:34	0:57:59	0:57:48	1:13:42	1:04:13	0:56:35	6:10:51	00:54:18	40	M40	174	6
552	Wientjes	Heidi	TuS Aurich-Ost	1968	2004	0:59:37	0:57:45	0:59:08	1:13:16	1:04:07	0:56:59	6:10:52	00:54:18	36	W30	27	6
553	Beyrau	Werner	IGS Aurich	1939	2004	1:03:02	0:57:45	0:59:35	1:13:01	1:01:14	0:56:16	6:10:53	00:54:18	65	M60	23	6
554	Arends	Carl-Heinz	TV Marienhaf	1965	2004	0:59:54	0:59:59	0:59:09	1:13:17	1:01:23	0:57:12	6:10:54	00:54:18	39	M30	146	6
555	Wodak	Reinhard	Leer	1949	2004	1:00:25	0:55:57	0:57:46	1:12:52	1:05:07	0:59:04	6:11:11	00:54:21	55	M50	70	6
556	Habicht	Thorsten	SV Eintr. Ihlow	1959	2004	1:04:28	0:57:13	0:58:46	1:12:14	1:02:20	0:56:32	6:11:33	00:54:24	45	M40	175	6
557	Trännapp	Alfred	TV Norden	1941	2004	1:01:29	0:59:14	0:59:07	1:12:51	1:03:04	0:56:12	6:11:57	00:54:27	63	M60	24	6
558	Röben	Hinrich	TuS Aurich-Ost	1956	2004	1:00:50	0:57:23	0:59:08	1:13:41	1:04:40	0:56:22	6:12:04	00:54:29	48	M40	176	6
559	Schoon	Reiner	SUS Strackholt	1964	2004	1:02:16	0:58:24	0:58:59	1:13:26	1:02:23	0:56:40	6:12:08	00:54:29	40	M40	177	6
560	Janssen	Marion	LT Schafhauser W.	1976	2004	0:58:23	0:57:34	0:58:33	1:14:24	1:05:08	0:59:29	6:13:31	00:54:41	28	W20	11	6
561	Janssen	Heinrich	MTV Aurich	1934	2004	1:01:35	0:56:39	0:58:39	1:15:08	1:03:29	0:58:03	6:13:33	00:54:42	70	M70	1	6
562	Hegenbart-Ca.	Monika	T. Deutsche Post	1971	2004	0:59:17	1:01:01	0:58:50	1:14:27	1:03:25	0:56:44	6:13:44	00:54:43	33	W30	28	6
563	Lübben	Heike	Crocodiles Ihlow	1968	2004	0:58:55	0:57:23	1:00:51	1:15:06	1:03:38	0:57:52	6:13:45	00:54:43	36	W30	29	6
564	Gerd	Gerd	FFW Wallingh.	1963	2004	1:01:18	0:58:02	1:00:20	1:1								



## 23. Ostfrieslandlauf 2004

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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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30	10km				
569	Hüttinga	Jens	Wymeer	1952	2004	1:00:38	0:58:21	0:59:54	1:13:51	1:03:45	0:58:01	6:14:30	00:54:50	52	M50	71	6
570	Steenhoff	Heiner	Germ. Holterfehn	1960	2004	1:02:15	0:58:52	1:00:43	1:12:34	1:03:30	0:56:44	6:14:38	00:54:51	44	M40	180	6
571	Emken	Marco	Nowebau	1975	2004	1:04:23	0:57:09	0:57:58	1:16:56	1:03:39	0:54:54	6:14:59	00:54:54	29	M20	39	6
572	Kaplan	Simone	Aurich	1980	2004	0:58:47	0:57:37	1:00:13	1:15:56	1:04:13	0:58:30	6:15:16	00:54:57	24	W20	12	6
573	Koch	Gunda	Möbelh. de Groot	1977	2004	0:58:24	0:57:51	0:59:46	1:14:59	1:05:06	0:59:31	6:15:37	00:55:00	27	W20	13	6
574	Lohmeyer	Imke	SV Frisia Brinkum	1988	2004	0:59:19	0:57:30	1:02:01	1:14:56	1:04:51	0:57:06	6:15:43	00:55:01	16	WU20	6	6
575	Schröder-Müller	Elvira	Emder LG	1967	2004	0:58:05	0:59:01	1:00:07	1:14:26	1:04:49	0:59:21	6:15:49	00:55:01	37	W30	31	6
576	Schindler	Bernd	TV Oldersum	1968	2004	1:04:53	0:58:21	1:00:33	1:13:12	1:02:16	0:56:41	6:15:56	00:55:02	36	M30	147	6
577	Middelborg	Manfred J.	LT Jemgum	1949	2004	1:01:16	0:57:07	0:59:49	1:14:58	1:04:32	0:58:22	6:16:04	00:55:04	55	M50	72	6
578	Ihlow	Werner	TV Norden	1945	2004	1:00:18	0:57:59	1:00:35	1:12:51	1:04:04	1:00:28	6:16:15	00:55:05	59	M50	73	6
579	Ahrends	Jochen	Utarp/Schweindorf	1963	2004	1:02:44	1:03:21	1:00:57	1:08:36	0:59:57	1:01:02	6:16:37	00:55:08	41	M40	181	6
580	Battermann	Regina	Fehntjer LT	1951	2004	1:00:41	0:57:47	0:59:06	1:16:43	1:03:01	0:59:25	6:16:43	00:55:09	53	W50	9	6
581	Kambeck	Günter	GW Leer	1946	2004	1:01:20	0:56:37	0:59:05	1:14:00	1:05:45	1:00:09	6:16:56	00:55:11	58	M50	74	6
582	Stamm	Horst	MTV Aurich	1950	2004	1:00:32	0:57:29	1:00:09	1:14:27	1:04:54	0:59:31	6:17:02	00:55:12	54	M50	75	6
583	Schmidt	Tina	SV Holtland	1988	2004	0:59:38	0:59:46	1:02:08	1:13:43	1:02:16	1:00:19	6:17:50	00:55:19	16	WU20	7	6
584	Brümmer	Helmuth	ENOVA	1958	2004	1:02:39	0:58:42	0:59:43	1:14:59	1:05:15	0:56:34	6:17:52	00:55:19	46	M40	182	6
585	Schmidt	Lydia	SV Holtland	1963	2004	0:58:15	0:56:46	1:02:19	1:14:41	1:06:25	0:59:27	6:17:53	00:55:20	41	W40	22	6
586	Ströver	Johann	WfB Aurich	1953	2004	1:01:43	0:57:51	1:00:38	1:13:55	1:04:50	0:59:28	6:18:25	00:55:24	51	M50	76	6
587	Brahms	Georg	WfB Aurich	1943	2004	1:01:44	0:57:50	1:00:39	1:13:56	1:04:49	0:59:29	6:18:27	00:55:25	61	M60	25	6
588	Zenker	Friedchen	TSV Hesel	1958	2004	1:02:05	0:59:02	1:00:54	1:14:37	1:04:40	0:57:18	6:18:36	00:55:26	46	W40	23	6
589	Boekhoff	Herma	Eddie Eagle	1960	2004	1:02:12	0:59:35	1:01:27	1:14:43	1:07:52	0:52:51	6:18:40	00:55:27	44	W40	24	6
590	Furch	Ludwig	Rhauderfehn	1946	2004	1:04:11	0:58:11	0:59:37	1:15:04	1:03:55	0:57:47	6:18:45	00:55:27	58	M50	77	6
591	Duis	Hartmut	Germ. Wiesmoor	1968	2004	1:02:24	0:58:57	0:59:32	1:13:34	1:03:37	1:00:43	6:18:47	00:55:28	36	M30	148	6
592	Schröder	Ewald	Tura Westrhauderf.	1948	2004	1:03:07	0:58:10	1:01:19	1:12:38	1:03:44	1:00:00	6:18:58	00:55:29	56	M50	78	6
593	Dirks	Frank	SV Ochtersum	1989	2004	1:06:44	1:00:14	1:01:44	1:13:09	1:02:31	0:54:37	6:18:59	00:55:29	15	MU20	35	6
594	Bramer	Egbert	Fo. Westgroßefehn	1965	2004	1:05:42	0:57:37	0:58:51	1:13:54	1:05:09	0:57:50	6:19:03	00:55:30	39	M30	149	6
595	Akkermann	Edith	Conc. Ihrhove	1953	2004	0:59:46	0:59:16	1:00:09	1:15:14	1:05:17	0:59:29	6:19:11	00:55:31	51	W50	10	6
596	Wittenberg	Marlis	TuS Aurich-Ost	1966	2004	1:06:37	0:58:58	0:59:10	1:14:34	1:03:45	0:56:44	6:19:48	00:55:36	38	W30	32	6
597	Buss	Herbert	SV Stikelkamp	1959	2004	1:02:58	0:58:52	1:00:41	1:14:30	1:06:42	0:56:07	6:19:50	00:55:37	45	M40	183	6
598	Löwe	Michael	Conc. Ihrhove	1960	2004	1:05:30	0:57:34	1:00:57	1:12:20	1:02:34	1:01:01	6:19:56	00:55:38	44	M40	184	6
599	Janssen	Klaus	Westerende	1968	2004	1:06:48	0:59:27	0:59:22	1:15:24	1:03:21	0:55:42	6:20:04	00:55:39	36	M30	150	6
600	Janßen	Angelika	LT Schafhauser W.	1963	2004	1:00:45	0:58:57	1:01:21	1:14:33	1:04:50	0:59:42	6:20:08	00:55:39	41	W40	25	6
601	Tuitjer	Annegret	TG Wiesmoor	1957	2004	0:59:50	0:59:09	1:00:42	1:15:09	1:05:24	1:00:10	6:20:24	00:55:42	47	W40	26	6
602	Niemann	Hanno	SV Warsingsf.	1983	2004	1:05:11	0:59:19	0:59:38	1:17:50	1:01:50	0:56:39	6:20:27	00:55:42	21	M20	40	6
603	Schürmann	Ulrike	FC Oldersuim	1962	2004	0:59:13	1:01:29	1:00:58	1:16:17	1:04:09	0:58:38	6:20:44	00:55:45	42	W40	27	6
604	Janssen	Günter	T. Deutsche Post	1943	2004	1:04:03	0:58:25	1:00:50	1:13:05	1:04:29	0:59:57	6:20:49	00:55:45	61	M60	26	6
605	Behrens	Heinz	DEKRA - Aurich	1957	2004	1:04:50	0:59:25	0:58:30	1:14:25	1:05:22	0:58:25	6:20:57	00:55:47	47	M40	185	6
606	Janssen	Imke	WSD Nordwest	1976	2004	0:59:13	0:58:25	1:02:57	1:14:32	1:06:02	0:59:56	6:21:05	00:55:48	28	W20	14	6
607	Bohmfalk	Helma	SC 04 Leer	1960	2004	1:01:21	0:59:17	0:59:58	1:15:48	1:05:16	0:59:28	6:21:08	00:55:48	44	W40	28	6
608	Meyer	Erwien	TuS Aurich-Ost	1958	2004	1:01:55	0:59:02	0:54:07	1:16:33	1:12:17	0:57:51	6:21:45	00:55:54	46	M40	186	6
609	Schoon	Margret	TG Wiesmoor	1963	2004	1:00:19	0:59:12	1:01:07	1:14:56	1:06:03	1:00:13	6:21:50	00:55:54	41	W40	29	6
610	Wilken	Christa	LT Mullberg	1953	2004	0:59:36	0:58:41	1:01:49	1:16:39	1:05:18	1:00:04	6:22:07	00:55:57	51	W50	11	6
611	Schmidt	Günther	SV Holtland	1956	2004	1:01:38	0:56:51	1:04:32	1:14:39	1:05:53	0:58:48	6:22:21	00:55:59	48	M40	187	6
612	Wöhrle	Wolfgang	SV Wittmund	1944	2004	1:05:25	0:58:35	1:02:15	1:15:07	1:03:48	0:57:19	6:22:29	00:56:00	60	M60	27	6
613	Holst	Uwe	TuS Aurich-Ost	1959	2004	1:02:18	0:59:01	0:54:01	1:16:33	1:12:15	0:58:38	6:22:46	00:56:03	45	M40	188	6
614	Gerdes	Hinrich	R.+Fg. Popsen	1942	2004	1:01:34	0:58:29	0:59:50	1:15:10	1:02:55	1:04:53	6:22:51	00:56:03	62	M60	28	6
615	Peeken	Gerd	TuS Esens	1973	2004	1:04:36	1:00:19	0:59:31	1:14:41	1:05:30	0:58:33	6:23:10	00:56:06	31	M30	151	6
616	Arndt	Michael	MTV Wittmund	1971	2004	1:06:31	0:59:46	1:00:59	1:10:31	1:05:10	1:00:32	6:23:29	00:56:09	33	M30	152	6
617	Köster	Heinz	SV Großefehn	1954	2004	1:03:03	0:58:25	1:01:36	1:14:43	1:04:33	1:01:17	6:23:37	00:56:10	50	M50	79	6
618	Severiens	Gert Jelto	Weener	1993	2004	1:04:16	0:57:57	1:00:44	1:16:09	1:04:44	0:59:48	6:23:38	00:56:10	11	MU20	36	6
619	Severiens	Harm	Weener	1956	2004	1:04:17	0:57:57	1:00:44	1:16:10	1:04:45	0:59:48	6:23:41	00:56:11	48	M40	189	6
620	Middeke	Jasmin	Concordia Ihrhove	1988	2004	1:01:03	0:57:17	1:00:56	1:17:11	1:05:15	1:02:26	6:24:08	00:56:15	16	WU20	8	6
621	v. d. Berg	Adrianus	FF Horsten	1960	2004	1:01:23	0:58:12	1:01:35	1:16:26	1:06:09	1:01:00	6:24:45	00:56:20	44	M40	190	6
622	de Witte	Anja	Ihlow	1975	2004	1:00:07	1:01:02	1:02:44	1:18:14	1:05:04	0:57:50	6:25:01	00:56:22	29	W20	15	6
623	Tjaden	Heinz-Jürgen	TV Norden	1949	2004	1:01:25	0:59:12	1:00:42	1:15:54	1:06:13	1:01:51	6:25:17	00:56:25	55	M50	80	6
624	Menne	Burgit	Eddie Eagle	1957	2004	1:01:02	0:59:00	1:01:59	1:16:59	1:06:25	0:59:54	6:25:19	00:56:25	47	W40	30	6
625	Günther	Helmut	Raiba Uplengen	1969	2004	1:04:33	1:00:15	1:02:40	1:14:10	1:05:19	0:58:27	6:25:24	00:56:26	35	M30	153	6
626	Lorra	Cedric	IGS Wadens. Egels	1988	2004	1:09:45	0:54:53	0:59:53	1:17:35	1:07:09	0:56:11	6:25:26	00:56:26	16	MU20	37	6
627	Oltmanns	Jutta	Moormerland	1964	2004	1:03:44	0:59:21	1:02:41	1:16:54	1:05:23	0:57:34	6:25:37	00:56:28	40	W40	31	6
628	Herten	Eilert	TG Wiesmoor	1949	2004	1:02:47	0:59:55	1:01:51	1:15:31	1:05:44	0:59:50	6:25:38	00:56:28	55	M50	81	6
629	Heyen	Heiko	SV Großefehn	1957	2004	1:02:53	0:58:31	1:00:43	1:18:28	1:06:44	0:58:26	6:25:45	00:56:29	47	M40	191	6
630	Springhorn	Jens	Leer	1939	2004	1:03:59	0:58:05	1:02:10	1:15:41	1:05:31	1:00:20	6:25:46	00:56:29	65	M60	29	6
631	Titze	Jens	WfB Aurich	1976	2004	1:04:46	0:59:06	1:02:16	1:15:43	1:05:45	0:58:23	6:25:59	00:56:31	28	M20	41	6
632	Wagener	Olaf	SV Warsingsfehn	1970	2004	1:04:30	1:00:00	1:01:16	1:17:14	1:05:06	0:57:57	6:26:03	00:56:31	34	M30	154	6
633	Siemsen	Silke	TuS Aurich-Ost	1970	2004	0:59:49	1:02:03	1:02:24	1:16:13	1:05:49	0:59:50	6:26:08	00:56:32	34	W30	33	6
634	Stötter	Frank	nocado	1966	2004	1:04:14	0:59:33	1:01:17	1:17:16	1:06:46	0:57:15	6:26:21	00:56:34	38	M30	155	6
635	Brandau	Claudia	VfL Germ. Leer	1963	2004	0:59:39	0:59:17	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	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
640	van Rahden	Ute	Aurich	1968	2004	1:08:00	1:00:30	1:02:39	1:13:50	1:04:50	0:58:41	6:28:30	00:56:53	36	W30	35	6
641	Trebesch	Heike	TuS Aurich-Ost	1964	2004	0:59:51	0:59:04	1:01:53	1:17:22	1:06:01	1:04:20	6:28:31	00:56:53	40	W40	34	6
642	Schnau	Heinz-Art.	Raiba Uplengen	1959	2004	1:05:06	1:00:26	1:01:52	1:15:25	1:05:52	0:59:51	6:28:32	00:56:53	45	M40	194	6
643	Nieberg	Alfons	LT Schafhauser W.	1950	2004	1:03:13	0:58:48	1:02:14	1:16:58	1:06:10	1:01:44	6:29:07	00:56:58	54	M50	82	6
644	Thiele	Helmi	Fortuna Wirdum	1950	2004	1:02:24	0:59:33	1:01:20	1:19:54	1:06:03	0:59:53	6:29:07	00:56:58	54	W50	12	6
645	Frerichs	Gunda	Leer	1977	2004	1:01:18	0:59:50	1:01:32	1:17:16	1:07:42	1:01:29	6:29:07	00:56:58	27	W20	16	6
646	Ehm	Carola	TuS Aurich-Ost	1976	2004	1:04:25	0:58:46	1:02:35	1:17:37	1:05:55	0:59:57	6:29:15	00:56:59	28	W20	17	6
647	Stürenb.-Krusse	Helke	SV Hage	1961	2004	1:02:39	0:58:11	1:03:02	1:17:55	1:07:04	1:00:25	6:29:16	00:57:00	43	W40	35	6
648	Saathoff	Annemarie	TuS Esens	1951	2004	1:01:47	1:01:28	1:02:34	1:17:31	1:06:09	0:59:57	6:29:26	00:57:01	53	W50	13	6
649	Kock	Jans-Uwe	Schwerinsdorf	1967	2004	1:02:23	1:00:28	1:01:00	1:18:39	1:06:48	1:00:11	6:29:29	00:57:02	37	M30	156	6
650	Eisenhauer	Elisabeth	TuS Esens	1949	2004	1:01:56	1:01:27	1:02:33	1:17:29	1:06:08	0:59:56	6:29:29	00:57:02	55	W50	14	6
651	Meyer	Jens	Zetel	1961	2004	1:04:18	1:00:24	1:02:32	1:17:55	1:04:35	0:59:56	6:29:40	00:57:03	43	M40	195	6
652	Gerdes	Heinz	LG Ostfriesland	1943	2004	1:04:31	1:00:49	1:00:44	1:17:21	1:06:40	0:59:45	6:29:50	00:57:05	61	M60	30	6
653	Alexy	Kerstin	VfB Uplengen	1971	2004	1:01:11	1:00:44	1:02:49	1:18:37	1:06:46	1:00:12	6:30:19	00:57:09	33	W30	36	6
654	Hobbie	Albert	Zetel	1951	2004	1:03:33	1:00:29	1:02:30	1:17:24	1:06:08	1:00:25	6:30:29	00:57:10	53	M50	83	6
655	Tunder	Hartmut	KBV Tannenhaus	1961	2004	0:50:15	0:49:56	0:54:56	1:21:45	1:28:07	1:05:37	6:30:36	00:57:11	43	M40	196	6
656	Düring	Anja	LT Jemgum	1963	2004	1:04:11	1:02:22	1:04:20	1:16:53	1:04:31	0:58:23	6:30:40	00:57:12	41	W40	36	6
657	Reichert	Jürgen	TuS Sandhorst	1947	2004	1:06:20	1:03:08	1:01:12	1:16:08	1:05:17	0:58:43	6:30:48	00:57:13	57	M50	84	6
658	Janßen	Lars	SV Stikelkamp	1994	2004	1:05:35	1:00:10	1:03:37	1:18:39	1:05:20	0:57:31	6:30:52	00:57:14	10	MU20	38	6
659	Seybold, Dr.	Jörg	BSG Leer	1949	2004	1:04:12	0:59:53	1:02:35	1:15:59	1:07:27	1:01:13	6:31:19	00:57:18	55	M50	85	6
660	Ott	Valentina	TuS Aurich-Ost	1973	2004	1:00:36	0:59:48	1:05:23	1:17:41	1:07:30	1:01:14	6:32:12	00:57:25	31	W30	37	6
661	Hoffmann	Hans-Joachim	TuS Aurich-Ost	1948	2004	1:06:50	0:58:28	1:02:21	1:18:51	1:05:49	0:59:55	6:32:14	00:57:26	56	M50	86	6
662	Densow	Detlef	TuS Aurich-Ost	1965	2004	1:06:01	0:59:23	1:01:28	1:17:48	1:06:41	1:01:20	6:32:41	00:57:30	39	M30	157	6
663	Sweers	Olaf	SV Wittmund	1968	2004	1:05:15	1:00:41	1:01:18	1:17:37	1:07:39	1:00:26	6:32:56	00:57:32	36	M30	158	6
664	Frerichs	Rieke	SUS Strackholt	1948	2004	1:03:30	0:59:26	1:02:00	1:18:42	1:08:23	1:00:59	6:33:00	00:57:32	56	M50	87	6
665	de Buhr-Hank.	Anja	Fun-Loopers	1965	2004	1:00:43	1:00:08	1:02:18	1:18:48	1:08:17	1:02:56	6:33:10	00:57:34	39	W30	38	6
666	Ziebold	Hans-Jürgen	TSV Carolinensiel	1946	2004	1:06:46	1:00:47	1:03:13	1:16:04	1:05:41	1:00:56	6:33:27	00:57:36	58	M50	88	6
667	Riemer	Rolf	TuS Aurich-Ost	1965	2004	1:05:54	1:00:53	1:00:53	1:16:53	1:07:25	1:01:42	6:33:40	00:57:38	39	M30	159	6
668	Renz	Kirsten	VfL Germ. Leer	1953	2004	1:03:50	1:01:26	1:01:55	1:17:48	1:08:37	1:00:08	6:33:44	00:57:39	51	W50	15	6
669	Agena-Schoon	Thea	SUS Strackholt	1962	2004	1:02:13	1:02:18	1:03:32	1:17:50	1:07:03	1:01:04	6:34:00	00:57:41	42	W40	37	6
670	Freitag	Theda	TuS Aurich-Ost	1951	2004	1:01:44	1:02:28	1:03:54	1:15:49	1:08:00	1:02:37	6:34:32	00:57:46	53	W50	16	6
671	Meyer	Hanne	Simonswolde	1959	2004	1:00:52	1:00:54	1:04:02	1:18:32	1:08:44	1:01:35	6:34:39	00:57:47	45	W40	38	6
672	Büürma	Hans	Bunderhee	1962	2004	1:07:53	1:08:38	0:59:56	1:15:23	1:03:57	0:59:27	6:35:14	00:57:52	42	M40	197	6
673	Boekhoff	Martin	SV Warsingsfehn	1953	2004	1:05:46	1:01:07	1:02:53	1:16:57	1:06:23	1:02:22	6:35:28	00:57:54	51	M50	89	6
674	Sauer	Gerhard	MTV Aurich	1934	2004	1:05:48	0:59:29	1:02:51	1:18:45	1:07:16	1:01:39	6:35:48	00:57:57	70	M70	2	6
675	Steenblock	Wilfried	Wiesmoor	1966	2004	1:01:24	1:03:44	1:02:20	1:18:09	1:05:58	1:04:20	6:35:55	00:57:58	38	M30	160	6
676	Lienemann	Edith	Crocodiles Ihlow	1963	2004	0:59:45	0:59:38	1:04:29	1:19:11	1:08:55	1:04:08	6:36:06	00:58:00	41	W40	39	6
677	Müller	Edzard	SuS Timmel	1970	2004	1:06:43	1:01:38	1:02:44	1:17:53	1:07:05	1:00:04	6:36:07	00:58:00	34	M30	161	6
678	Wildemann	Martin	WfB Aurich	1960	2004	1:09:55	0:59:50	1:03:46	1:14:09	1:07:47	1:00:42	6:36:09	00:58:00	44	M40	198	6
679	Schulte	Wilhelm	Barßel	1941	2004	1:07:03	1:01:55	1:01:53	1:17:56	1:06:02	1:01:30	6:36:19	00:58:02	63	M60	31	6
680	Nagel	Gerlinde	Neeremoor	1956	2004	1:01:57	1:00:21	1:03:33	1:19:00	1:07:44	1:03:52	6:36:27	00:58:03	48	W40	40	6
681	Groeneveld	Ulla	Crocodiles Ihlow	1960	2004	1:00:05	0:59:42	1:04:27	1:19:12	1:08:55	1:04:08	6:36:29	00:58:03	44	W40	41	6
682	Wenninga	Hauke	Fit & Co	1950	2004	1:05:04	1:01:17	1:03:34	1:16:56	1:07:06	1:02:42	6:36:39	00:58:04	54	M50	90	6
683	Schürmann	Martin	SV Poseidon	1960	2004	1:04:20	1:01:38	1:02:34	1:18:53	1:08:37	1:00:49	6:36:51	00:58:06	44	M40	199	6
684	Schoon	Wilfried	Papenburg	1959	2004	1:05:09	1:02:09	1:03:07	1:17:54	1:06:15	1:02:27	6:37:01	00:58:08	45	M40	200	6
685	Richter	Ulrike	MTV Wittmund	1959	2004	1:03:23	1:01:44	1:05:02	1:18:42	1:07:51	1:00:25	6:37:07	00:58:09	45	W40	42	6
686	Folkerts	Detlef	Timmel	1961	2004	1:07:44	0:55:45	1:09:02	1:22:50	1:05:47	0:56:04	6:37:12	00:58:09	43	M40	201	6
687	Buurmann	Ellen	MTV Au./IGS Egels	1948	2004	1:03:01	1:02:45	1:02:58	1:17:35	1:08:12	1:02:49	6:37:20	00:58:10	56	W50	17	6
688	Köhler	Henry	Oldenburg	1981	2004	1:10:28	1:02:42	1:02:17	1:18:00	1:05:44	0:58:16	6:37:27	00:58:12	23	M20	42	6
689	Ölscher	Heinz	Filsun	1954	2004	1:05:43	1:02:00	1:02:24	1:18:33	1:09:13	0:59:38	6:37:31	00:58:12	50	M50	91	6
690	Sönksen-Uden	Silke	Emden	1962	2004	1:07:00	1:03:33	1:02:25	1:16:32	1:07:31	1:00:37	6:37:38	00:58:13	42	W40	43	6
691	Voß	Hans-Gerd	Rastede	1959	2004	1:05:51	1:01:39	1:04:37	1:17:55	1:07:46	0:59:54	6:37:42	00:58:14	45	M40	202	6
692	Schmidtke	Wolfgang	Leer-Loga	1953	2004	1:05:12	1:06:10	1:04:33	1:19:42	1:03:49	0:58:19	6:37:45	00:58:14	51	M50	92	6
693	Schieferstein	Ulrich	Leer	1954	2004	0:59:14	1:01:32	1:05:12	1:23:01	1:09:37	0:59:45	6:38:21	00:58:19	50	M50	93	6
694	Poppen	Karl	TG Wiesmoor	1947	2004	1:05:58	1:01:04	1:02:08	1:19:56	1:08:17	1:00:59	6:38:22	00:58:20	57	M50	94	6
695	Zimmering	Herbert	SV Hage	1976	2004	1:05:40	1:01:47	1:03:42	1:20:05	1:07:48	1:00:27	6:39:29	00:58:29	28	M20	43	6
696	Janßen	Christa	SV Brinkum	1943	2004	1:02:46	1:01:31	1:06:07	1:18:15	1:09:18	1:01:38	6:39:35	00:58:30	61	W60	1	6
697	van Rahden	Johann	Spödelsee Loga		2004	1:07:15	1:02:38	1:01:04	1:18:27	1:07:08	1:03:08	6:39:40	00:58:31	M		6	
698	Wattjes	Meike	Holtland	1963	2004	1:04:09	1:02:41	1:04:27	1:18:53	1:08:21	1:01:29	6:40:00	00:58:34	41	W40	44	6
699	Garten	Hartmut	TuS Glarum	1950	2004	1:09:04	1:04:48	1:04:26	1:16:50	1:05:10	0:59:49	6:40:07	00:58:35	54	M50	95	6
700	Meyer	Holger	Simonswolde	1960	2004	1:06:41	1:00:55	1:03:11	1:19:46	1:08:26	1:01:26	6:40:25	00:58:38	44	M40	203	6
701	Bohnet	Ernst	Emder LG	1946	2004	1:02:59	0:58:18	1:03:52	1:15:57	1:08:18	1:11:26	6:40:50	00:58:41	58	M50	96	6
702	Beekmann	Diana	Weener	1982	2004	1:13:04	1:02:23	1:04:54	1:17:10	1:03:16	1:00:09	6:40:56	00:58:42	22	W20	18	6
703	de Vries	Ulrike	Ostfriesland-Online	1973	2004	1:00:02	1:02:55	1:04:24	1:19:25	1:09:13	1:05:00	6:40:59	00:58:43	31	W30	39	6
704	Müller	Barbara	RV Brookmerland	1953	2004	1:01:31	1:00:25	1:02:52	1:16:56	1:17:01	1:02:17	6:41:02	00:58:43	51	W50	18	6
705	Wulf	Dieter	Spa. Leer/Weener	1939	2004	1:06:28	1:02:48	1:04:53	1:19:07	1:07:23	1:00:31	6:41:10	00:58:44	65	M60	32	6
706	Kleipa	Rotraud	MTV Wittmund	1943	2004	1:03:03	1:02:04	1:05:12	1								

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30	10km				
711	Eggert	Anja	Leer	1965	2004	1:04:14	1:05:40	1:04:39	1:19:41	1:07:50	1:01:28	6:43:32	00:59:05	39	W30	40	6
712	Fleißner	Elke	Fort. Logabirum	1964	2004	1:04:23	1:05:41	1:04:51	1:19:40	1:07:43	1:01:26	6:43:44	00:59:07	40	W40	45	6
713	Janssen	Jasmin	LT Schafhauser W.	1976	2004	1:03:43	1:02:48	1:05:40	1:18:56	1:08:51	1:03:57	6:43:55	00:59:08	28	W20	19	6
714	Janßen	Steffen	SV Ochtersum	1991	2004	1:04:59	1:10:29	1:01:53	1:18:02	1:13:00	0:55:51	6:44:14	00:59:11	13	MU20	39	6
715	Eiben	Anja	TuS Middels	1972	2004	1:03:33	1:03:32	1:06:21	1:21:40	1:06:40	1:02:57	6:44:43	00:59:15	32	W30	41	6
716	Frey	Ahlich	BGS Oldenburg	1950	2004	1:06:35	1:03:29	1:02:39	1:20:27	1:08:49	1:02:48	6:44:47	00:59:16	54	M50	99	6
717	Brunken	Heinz	LG Uplengen	1963	2004	1:07:00	1:03:34	1:03:56	1:19:34	1:08:32	1:02:23	6:44:59	00:59:18	41	M40	204	6
718	Zimmermann	Maike	TUS Collinghorst	1980	2004	1:02:57	1:01:59	1:03:48	1:21:13	1:10:56	1:04:07	6:45:00	00:59:18	24	W20	20	6
719	Röttmann	Hillich	Frisia Loga	1961	2004	1:06:32	1:03:10	1:03:30	1:19:50	1:08:44	1:03:21	6:45:07	00:59:19	43	M40	205	6
720	Werkmeister	Jan	Oldenburg	1980	2004	1:10:29	1:06:23	1:02:18	1:18:01	1:09:23	0:58:34	6:45:08	00:59:19	24	M20	44	6
721	Sandvoß	Ernst	Conc. Neermoor	1947	2004	1:09:05	1:03:42	1:03:49	1:20:03	1:08:16	1:00:15	6:45:10	00:59:19	57	M50	100	6
722	Beitelmann	Frerich	TSV Riepe	1954	2004	1:07:05	1:02:50	1:03:25	1:17:25	1:11:24	1:03:52	6:46:01	00:59:27	50	M50	101	6
723	Böhm	Martina	Papenburg	1972	2004	1:05:34	1:06:15	1:05:19	1:18:27	1:07:17	1:04:01	6:46:53	00:59:34	32	W30	42	6
724	Libner	Henning	SV Großefehn	1952	2004	1:05:34	1:03:16	1:02:35	1:22:52	1:10:31	1:02:27	6:47:15	00:59:38	52	M50	102	6
725	Pollmann	Meenke	Aurich	1958	2004	1:06:36	1:03:45	1:05:26	1:19:05	1:08:36	1:03:55	6:47:23	00:59:39	46	M40	206	6
726	Mühlenbrock	Anke	Druckerei Meyer	1968	2004	1:04:10	1:03:36	1:05:18	1:19:26	1:09:20	1:05:38	6:47:28	00:59:40	36	W30	43	6
727	Steinmann	Helga	Fort. Logabirum	1960	2004	1:04:25	1:03:04	1:06:22	1:20:40	1:08:52	1:04:15	6:47:38	00:59:41	44	W40	46	6
728	Krause	Margret	LT Schafhauser W.	1947	2004	1:03:46	1:02:44	1:05:24	1:22:40	1:08:51	1:04:36	6:48:01	00:59:44	57	W50	19	6
729	Weers	Julia	Aurich	1972	2004	1:07:33	1:03:30	1:04:38	1:20:24	1:08:54	1:03:05	6:48:04	00:59:45	32	W30	44	6
730	Buhr	Heike	Wittmund	1968	2004	1:05:02	1:03:33	1:06:02	1:21:09	1:08:20	1:04:04	6:48:10	00:59:46	36	W30	45	6
731	Patzwald	Magret	LT Schafhauser W.	1947	2004	1:03:48	1:02:45	1:05:25	1:22:44	1:08:52	1:04:37	6:48:11	00:59:46	57	W50	20	6
732	Groen	Talea	LG Ostfriesland	1957	2004	1:04:27	1:03:48	1:04:53	1:20:57	1:10:35	1:03:43	6:48:23	00:59:48	47	W40	47	6
733	Claaßen	Christa	Sandhorst	1963	2004	1:04:13	1:04:13	1:07:11	1:19:25	1:08:56	1:04:43	6:48:41	00:59:50	41	W40	48	6
734	Stürtz	Eckhard	Leer	1965	2004	1:09:02	1:01:31	1:05:28	1:23:28	1:09:38	0:59:46	6:48:53	00:59:52	39	M30	164	6
735	Bierwagen	Olaf	Emden	1967	2004	1:06:39	1:03:20	1:07:57	1:21:19	1:09:47	0:59:55	6:48:57	00:59:53	37	M30	165	6
736	Onneken	Beate	Wallinghausen	1964	2004	1:05:51	1:02:54	1:05:37	1:20:20	1:09:33	1:04:57	6:49:12	00:59:55	40	W40	49	6
737	Moosler	Horst	VfL Germ. Leer	1937	2004	1:06:51	1:02:49	1:06:36	1:20:41	1:08:19	1:04:00	6:49:16	00:59:55	67	M60	33	6
738	Taute	Gustav	Raiba Strücklingen	1946	2004	1:07:08	1:04:28	1:03:24	1:21:49	1:08:24	1:04:16	6:49:29	00:59:57	58	M50	103	6
739	Schulte	Elke	Oldenburg	1965	2004	1:01:16	1:00:01	1:02:31	1:18:08	1:12:04	1:15:38	6:49:38	00:59:59	39	W30	45	6
740	Franke	Horst	SV Ochtersum	1956	2004	1:08:44	1:03:00	1:06:05	1:24:06	1:03:32	1:04:17	6:49:44	00:59:59	48	M40	207	6
741	Hedemann	Elke	Fun-Loopers	1962	2004	1:03:21	1:02:46	1:05:10	1:21:08	1:11:15	1:06:08	6:49:48	01:00:00	42	W40	49	6
742	Picksak	Angelika	TSV Riepe	1963	2004	1:04:37	1:04:11	1:05:08	1:20:18	1:10:09	1:05:41	6:50:04	01:00:02	41	W40	50	6
743	Severiens	Henni	Fort. Logabirum	1954	2004	1:04:38	1:03:20	1:06:22	1:20:41	1:10:20	1:04:58	6:50:19	01:00:05	50	W50	21	6
744	van Göns	Diedrich	Altliga Möhlenw.	1954	2004	1:08:28	1:04:45	1:03:55	1:19:52	1:09:56	1:03:34	6:50:30	01:00:06	50	M50	104	6
745	Dogs	Meike	Fort. Logabirum	1946	2004	1:04:52	1:03:21	1:06:22	1:20:40	1:10:20	1:04:59	6:50:34	01:00:07	58	W50	22	6
746	Harms	Patrick	Warsingsfehn	1989	2004	1:09:51	1:02:40	1:06:50	1:21:38	1:07:19	1:02:17	6:50:35	01:00:07	15	MU20	40	6
747	Weers	Günter	Aurich	1968	2004	1:10:08	1:03:32	1:04:32	1:20:26	1:08:55	1:03:05	6:50:38	01:00:07	36	M30	166	6
748	Meyer	Herta	TV Norden	1949	2004	1:05:04	1:03:42	1:05:32	1:21:46	1:10:34	1:04:04	6:50:42	01:00:08	55	W50	23	6
749	Menninga -So.	Insa	Timmel	1963	2004	1:04:26	1:02:59	1:07:44	1:22:13	1:11:47	1:01:37	6:50:46	01:00:08	41	W40	51	6
750	Spinneker	Christa	TV Norden	1948	2004	1:05:27	1:03:50	1:05:35	1:21:39	1:10:43	1:04:05	6:51:19	01:00:13	56	W50	24	6
751	Dirks	Maja	Fort. Logabirum	1993	2004	1:07:48	1:03:44	1:05:54	1:21:48	1:08:23	1:03:48	6:51:25	01:00:14	11	WU20	9	6
752	Löhn	Karen	Conc. Neermoor	1963	2004	1:05:41	1:03:41	1:06:20	1:21:05	1:10:55	1:03:53	6:51:35	01:00:16	41	W40	52	6
753	König	Käthe	Emder LG	1936	2004	1:04:37	1:05:54	1:06:01	1:20:05	1:09:52	1:05:10	6:51:39	01:00:16	68	W60	2	6
754	Boden	Helga	LT Schafhauser W.	1950	2004	1:04:04	1:03:39	1:06:11	1:22:39	1:11:00	1:04:10	6:51:43	01:00:17	54	W50	25	6
755	Hanstein	Benjamin	WfB Aurich	1981	2004	1:09:47	1:03:11	1:03:44	1:20:22	1:11:56	1:03:06	6:52:06	01:00:20	23	M20	45	6
756	Winkler	Susanne	TV Norden	1948	2004	1:05:28	1:03:49	1:05:29	1:21:45	1:10:43	1:04:53	6:52:07	01:00:20	56	W50	26	6
757	Ubben	Marie	Laufteam Ubben	1957	2004	1:09:17	1:03:01	1:06:59	1:20:02	1:09:11	1:04:00	6:52:30	01:00:24	47	W40	53	6
758	Zogall	Michael	MTV Aurich	1987	2004	1:10:00	1:02:56	1:05:12	1:23:59	1:06:27	1:04:04	6:52:38	01:00:25	17	MU20	41	6
759	Hansen-Bruns	Regina	Moormerland	1968	2004	1:06:51	1:03:37	1:05:53	1:22:51	1:11:04	1:03:00	6:53:16	01:00:30	36	W30	47	6
760	Brandt	Henning	Raiba Leer	1977	2004	1:08:29	1:10:29	1:11:47	1:18:54	1:04:14	0:59:34	6:53:27	01:00:32	27	M20	46	6
761	Tjaden	Johann	TV Marienhaf	1952	2004	1:07:17	1:04:11	1:05:58	1:21:46	1:10:23	1:04:09	6:53:44	01:00:35	52	M50	105	6
762	Wirtjes	Edzard	Fort. Logabirum	1958	2004	1:10:12	1:03:50	1:05:42	1:21:50	1:08:25	1:03:50	6:53:49	01:00:35	46	M40	208	6
763	Claaßen	Gerd	LG Ostfriesland	1945	2004	1:07:47	1:04:09	1:05:54	1:21:46	1:10:22	1:04:08	6:54:06	01:00:38	59	M50	106	6
764	Thomczyk	Thomas	TG Ardorf	1968	2004	1:06:38	1:03:30	1:06:16	1:23:11	1:08:14	1:06:36	6:54:25	01:00:41	36	M30	167	6
765	Wiese	Alexander	Raiba Uplengen	1971	2004	1:06:21	1:03:26	1:05:15	1:25:33	1:12:16	1:01:36	6:54:27	01:00:41	33	M30	168	6
766	Nitters	Ilona	SV Ems-Jemgum	1966	2004	1:05:03	1:03:27	1:06:39	1:24:01	1:12:51	1:02:48	6:54:49	01:00:44	38	W30	48	6
767	Focken	Marie	TSV Riepe	1954	2004	1:04:32	1:04:13	1:05:03	1:20:03	1:15:30	1:05:42	6:55:03	01:00:46	50	W50	27	6
768	Klaas	Thorsten	BGS Oldenburg	1966	2004	1:08:34	1:06:06	1:07:36	1:21:57	1:07:19	1:03:51	6:55:23	01:00:49	38	M30	169	6
769	Janßen	Olaf	BGS Oldenburg	1966	2004	1:09:57	1:06:16	1:07:38	1:22:18	1:10:14	0:59:01	6:55:24	01:00:49	38	M30	170	6
770	Krey	Helmuth	BGS Oldenburg	1957	2004	1:09:58	1:06:11	1:07:39	1:21:23	1:08:48	1:01:31	6:55:30	01:00:50	47	M40	209	6
771	Kahmann	Margret	LG Ostfriesland	1958	2004	1:04:28	1:04:39	1:06:37	1:22:30	1:12:16	1:05:13	6:55:43	01:00:52	46	W40	54	6
772	de Wall	Johann	Fehntjer Lauftreff	1934	2004	1:06:53	1:04:52	1:05:41	1:22:38	1:11:21	1:04:51	6:56:16	01:00:57	70	M70	3	6
773	Hoppen	Imke	TV Leer	1974	2004	1:04:07	1:04:38	1:07:19	1:21:16	1:13:19	1:05:43	6:56:22	01:00:58	30	W30	49	6
774	Janssen	Johannes	TuS Pewsum	1957	2004	1:08:49	1:03:31	1:07:12	1:22:51	1:10:34	1:03:49	6:56:46	01:01:01	47	M40	210	6
775	Determann	Ute	MTV Aurich	1961	2004	1:06:50	1:07:25	1:07:56	1:22:14	1:10:36	1:02:05	6:57:06	01:01:04	43	W40	55	6
776	Mauson-Tergast	Monika	Leer	1963	2004	1:05:39	1:05:27	1:07:44	1:22:03	1:11:22	1:05:49	6:58:04	01:01:13	41	W40	56	6
777	Heddens	Arno	Neermoor	1968	2004	1:07:47	1:03:43	1:04:04									

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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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30	10km				
782	Göhler	Christoph	Aurich	1939	2004	1:06:18	1:03:56	1:06:45	1:22:10	1:10:21	1:09:37	6:59:07	01:01:22	65	M60	34	6
783	Gastmann	Meike	TuS Aurich-Ost	1983	2004	1:08:11	1:04:41	1:05:28	1:24:31	1:11:30	1:04:54	6:59:15	01:01:23	21	W20	21	6
784	Groenewold	Anja	Großefehn	1977	2004	1:06:27	1:04:12	1:05:29	1:23:09	1:12:04	1:08:10	6:59:31	01:01:25	27	W20	22	6
785	Röbkes	Sonja	SV Wallinghausen	1971	2004	1:06:14	1:05:07	1:07:00	1:23:41	1:11:16	1:06:13	6:59:31	01:01:25	33	W30	50	6
786	Ehmen	Christine	SC Dunum	1978	2004	1:06:30	1:04:11	1:05:26	1:23:09	1:12:05	1:08:10	6:59:31	01:01:25	26	W20	23	6
787	Janssen	Marion	SV Wallinghausen	1971	2004	1:06:15	1:05:07	1:06:59	1:23:40	1:11:16	1:06:14	6:59:31	01:01:25	33	W30	51	6
788	Wilberts	Frauke	TuS Aurich-Ost	1987	2004	1:08:57	1:03:10	1:07:16	1:22:49	1:13:06	1:04:16	6:59:34	01:01:26	17	WU20	12	6
789	Freitag	Dirk	Aurich	1959	2004	1:10:25	1:06:18	1:06:16	1:22:58	1:11:00	1:03:26	7:00:23	01:01:33	45	M40	211	6
790	Helmers-Bro.	Andrea	DPW-Gruppe	1972	2004	1:07:05	1:06:00	1:08:35	1:22:05	1:11:12	1:05:28	7:00:25	01:01:33	32	W30	52	6
791	Engel	Patrick	Leer	1989	2004	1:06:20	0:59:00	1:07:58	1:25:46	1:13:40	1:07:46	7:00:30	01:01:34	15	MU20	42	6
792	Janssen	Adda	Wallinghausen	1966	2004	1:06:58	1:08:00	1:09:39	1:22:06	1:11:17	1:02:53	7:00:53	01:01:37	38	W30	53	6
793	Fecht	Sabine	Neukamperfehn	1966	2004	1:10:17	1:04:32	1:08:34	1:23:42	1:10:00	1:04:02	7:01:07	01:01:39	38	W30	54	6
794	Lüken	Ralf	Raiba Idafehn	1973	2004	1:08:15	1:04:31	1:04:53	1:27:09	1:11:58	1:05:10	7:01:56	01:01:47	31	M30	172	6
795	Ottersberg	Hanna	Möbel Buss	1973	2004	1:07:40	1:03:32	1:11:18	1:26:12	1:10:21	1:03:04	7:02:07	01:01:48	31	W30	55	6
796	Schröder	Karin	SV Großefehn	1959	2004	1:05:42	1:05:29	1:07:26	1:23:16	1:13:58	1:06:36	7:02:27	01:01:51	45	W40	57	6
797	Meenken	Rolf	WfB Aurich	1955	2004	1:09:17	1:04:41	1:05:39	1:22:16	1:12:36	1:08:14	7:02:43	01:01:53	49	M40	212	6
798	Ringering	Gerhard	HSV Emden	1957	2004	1:09:49	1:03:48	1:06:42	1:23:10	1:13:32	1:05:55	7:02:56	01:01:55	47	M40	213	6
799	Mannott	Insa	Eintr. Plaggenburg	1986	2004	1:07:13	1:04:15	1:07:27	1:23:45	1:14:39	1:05:44	7:03:03	01:01:56	18	WU20	13	6
800	Willms	Stefan	KBV Langefeld	1972	2004	1:09:14	1:05:45	1:07:06	1:23:15	1:11:47	1:06:00	7:03:07	01:01:57	32	M30	173	6
801	Alberts	Julia	Holtrop	1972	2004	1:09:01	1:07:22	1:10:14	1:23:40	1:11:20	1:01:31	7:03:08	01:01:57	32	W30	56	6
802	Post	Wolfgang	Schützen Wallingh.	1969	2004	1:10:38	1:09:57	1:05:44	1:22:39	1:11:09	1:03:20	7:03:27	01:02:00	35	M30	174	6
803	Libner	Ute	SV Großefehn	1956	2004	1:05:43	1:05:30	1:07:21	1:23:28	1:14:02	1:07:25	7:03:29	01:02:00	48	W40	58	6
804	Trumpf	Rieke	Poseidon Leer	1989	2004	1:06:38	1:05:08	1:09:25	1:24:19	1:12:13	1:05:54	7:03:37	01:02:01	15	WU20	14	6
805	Boelen	Imke	Leer	1971	2004	1:06:47	1:06:10	1:09:30	1:23:13	1:12:17	1:05:44	7:03:41	01:02:02	33	W30	57	6
806	Weise de Buhr	Carolin	Fort. Logabirum	1960	2004	1:08:09	1:05:42	1:07:18	1:22:16	1:15:17	1:05:04	7:03:46	01:02:03	44	W40	59	6
807	Lüdtke	Uwe	Raiba Uplengen	1965	2004	1:08:53	1:07:11	1:08:18	1:25:35	1:10:07	1:03:45	7:03:49	01:02:03	39	M30	175	6
808	Busch	Inga	SV Holtland	1984	2004	1:04:02	1:04:19	1:07:46	1:25:45	1:14:18	1:08:00	7:04:10	01:02:06	20	W20	24	6
809	Weerts	Sonja	Leer	1981	2004	1:10:20	1:07:50	1:08:29	1:22:04	1:11:21	1:04:10	7:04:14	01:02:07	23	W20	25	6
810	Christians	Helga	EWE Wattloopers	1950	2004	1:05:45	1:03:34	1:07:04	1:27:07	1:12:57	1:08:29	7:04:56	01:02:13	54	W50	29	6
811	Ubben	Christa	Aurich	1963	2004	1:12:26	1:05:49	1:07:20	1:22:52	1:13:21	1:04:11	7:05:59	01:02:22	41	W40	60	6
812	Bruns	Marcel	SV Ochtersum	1990	2004	1:10:11	1:04:43	1:02:26	1:15:10	1:22:28	1:11:08	7:06:06	01:02:23	14	MU20	43	6
813	Andreesen	Hanna	Neukamperfehn	1958	2004	1:10:23	1:04:24	1:09:03	1:24:39	1:12:46	1:04:52	7:06:07	01:02:23	46	W40	61	6
814	Reiter	Beate	Neukamperfehn	1966	2004	1:10:14	1:04:35	1:09:03	1:24:37	1:12:48	1:04:56	7:06:13	01:02:24	38	W30	58	6
815	Gruben	Anton	SV Potshausen	1942	2004	1:06:25	1:05:13	1:03:51	1:34:10	1:10:26	1:06:17	7:06:22	01:02:26	62	M60	35	6
816	Willms	Melanie	Detern	1973	2004	1:09:09	1:05:08	1:10:39	1:23:12	1:12:15	1:06:10	7:06:33	01:02:27	31	W30	59	6
817	Wingenter-Ka.	Angelika	Leer	1962	2004	1:05:58	1:07:28	1:08:29	1:23:35	1:13:54	1:07:27	7:06:51	01:02:30	42	W40	62	6
818	Engel	Elke	Leer	1962	2004	1:06:33	1:04:36	1:08:15	1:25:44	1:14:38	1:07:49	7:07:35	01:02:36	42	W40	63	6
819	Tunder	Susanne	Aurich	1967	2004	1:07:32	1:06:13	1:09:28	1:24:44	1:14:13	1:05:37	7:07:47	01:02:38	37	W30	60	6
820	Meyer	Heidi	EWE Wattloopers	1970	2004	1:10:27	1:06:14	1:07:02	1:27:06	1:12:10	1:04:54	7:07:53	01:02:39	34	W30	61	6
821	Schmidt	Helma	Leer	1958	2004	1:06:09	1:07:10	1:08:46	1:25:31	1:14:37	1:06:33	7:08:46	01:02:47	46	W40	64	6
822	Middelborg	Helga	LT Jemgum	1952	2004	1:07:28	1:07:35	1:08:53	1:23:58	1:14:38	1:06:34	7:09:06	01:02:50	52	W50	30	6
823	Hillmann	Susanne	TC Aurich West	1956	2004	1:07:33	1:06:29	1:08:17	1:24:50	1:14:40	1:08:24	7:10:13	01:02:59	48	W40	65	6
824	Heckhoff	Ulrike	VfL Germ. Leer	1965	2004	1:09:10	1:05:39	1:10:11	1:23:29	1:15:46	1:06:26	7:10:41	01:03:03	39	W30	62	6
825	Rabenstein	Andrea	LT Schafhauser W.	1979	2004	1:08:12	1:07:31	1:09:02	1:24:25	1:14:18	1:07:18	7:10:46	01:03:04	25	W20	26	6
826	Lüken	Anne	WfB Aurich	1966	2004	1:11:48	1:04:10	1:08:37	1:26:15	1:13:18	1:07:08	7:11:16	01:03:09	38	W30	63	6
827	Fischer	Peter	Hude	1973	2004	1:12:56	1:09:12	1:07:45	1:23:15	1:10:42	1:07:44	7:11:34	01:03:11	31	M30	176	6
828	Harken-Rößing	Wilma	WfB Aurich	1965	2004	1:09:04	1:04:18	1:08:31	1:26:13	1:12:08	1:11:20	7:11:34	01:03:11	39	W30	64	6
829	Tammena	Tamme G.	PSV Leer	1951	2004	1:09:01	1:07:22	1:08:39	1:25:46	1:14:39	1:06:34	7:12:01	01:03:15	53	M50	108	6
830	Post	Annchen	Weener	1943	2004	1:06:46	1:05:10	1:10:33	1:27:41	1:16:43	1:06:57	7:13:50	01:03:31	61	W60	4	6
831	Sonnenschein	Lukas	SV Ochtersum	1993	2004	1:10:04	1:07:19	1:07:46	1:22:57	1:17:53	1:08:45	7:14:44	01:03:39	11	MU20	44	6
832	Penon	Sieglinde	WfB Aurich	1962	2004	1:09:21	1:08:29	1:08:48	1:26:39	1:14:21	1:07:08	7:14:46	01:03:39	42	W40	66	6
833	Becker	Barbara	WfB Aurich	1959	2004	1:07:31	1:05:21	1:10:02	1:27:33	1:17:25	1:08:24	7:16:16	01:03:53	45	W40	67	6
834	Beitelmann	Margarete	TSV Riepe	1957	2004	1:09:12	1:08:17	1:10:50	1:26:15	1:14:20	1:07:22	7:16:16	01:03:53	47	W40	68	6
835	Kruse	Eckhard	Möbel Buss	1962	2004	1:10:10	1:03:33	1:11:17	1:26:14	1:16:48	1:09:40	7:17:42	01:04:05	42	M40	214	6
836	Harms	Anke	Leer	1971	2004	1:10:05	1:06:16	1:09:19	1:26:22	1:14:48	1:11:10	7:18:00	01:04:08	33	W30	65	6
837	Heyen	Edith	TV Norden	1950	2004	1:08:08	1:07:45	1:09:08	1:28:20	1:16:28	1:08:51	7:18:40	01:04:14	54	W50	31	6
838	Honefeld	Anne	Moormerland	1971	2004	1:11:46	1:06:56	1:09:51	1:26:13	1:14:47	1:09:17	7:18:50	01:04:15	33	W30	66	6
839	Graafls	Johannes	SV Stikelkamp	1936	2004	1:10:39	1:08:18	1:10:21	1:27:30	1:14:34	1:07:31	7:18:53	01:04:15	68	M60	36	6
840	Neumann	Hans	TuS Esens	1935	2004	1:10:36	1:09:40	1:07:41	1:26:54	1:15:20	1:08:43	7:18:54	01:04:16	69	M60	37	6
841	Kruse	Karin	Möbel Buss	1962	2004	1:07:43	1:07:24	1:11:23	1:25:54	1:16:48	1:09:50	7:19:02	01:04:17	42	W40	69	6
842	Reckels	Dr. Martin	DPW-Gruppe	1960	2004	1:10:07	1:07:28	1:09:45	1:27:31	1:15:52	1:08:32	7:19:15	01:04:19	44	M40	215	6
843	Adamczyk	Johanne	Moormerland	1960	2004	1:10:00	1:08:07	1:09:15	1:26:55	1:15:32	1:09:53	7:19:42	01:04:23	44	W40	70	6
844	Frey	Wilko	Ihrhove	1985	2004	1:16:10	1:13:34	1:09:48	1:23:17	1:11:55	1:05:00	7:19:44	01:04:23	19	MU20	45	6
845	Popkes	Miriam-L.	DPW-Gruppe	1991	2004	1:15:36	1:08:22	1:09:32	1:26:17	1:12:14	1:07:54	7:19:55	01:04:25	13	WU20	15	6
846	Lambertus	Claudia	LG Uplengen	1959	2004	1:13:05	1:07:42	1:09:24	1:25:51	1:14:46	1:09:39	7:20:27	01:04:29	45	W40	71	6
847	Conrads	Udo	Moormerland	1954	2004	0:50:05	1:11:57	1:13:35	1:33:15	1:20:30	1:11:27	7:20:49	01:04:32	50	M50	109	6
848	Zytarink	Michael	Ihlow	1953	2004	1:14:52	1:10:44	1:09:17	1:23:22								

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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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30	10km				
853	Uecker	Britta	Aurich	1961	2004	1:11:24	1:08:16	1:11:23	1:28:41	1:15:53	1:09:52	7:25:29	01:05:13	43	W40	72	6
854	Kromminga	Gerda	Aurich	1961	2004	1:11:25	1:08:11	1:11:39	1:28:31	1:15:54	1:09:51	7:25:31	01:05:14	43	W40	73	6
855	Mennenga	Eske	Leer	1974	2004	1:12:25	1:07:40	1:11:44	1:28:42	1:16:11	1:09:38	7:26:20	01:05:21	30	W30	67	6
856	Broer	Heide	TV Marienhaf	1957	2004	1:12:50	1:09:15	1:11:42	1:29:05	1:15:55	1:08:37	7:27:24	01:05:30	47	W40	74	6
857	Hessenius	Jens	TuS Collinghorst	1972	2004	1:13:42	0:59:29	1:11:46	1:31:42	1:17:38	1:13:27	7:27:44	01:05:33	32	M30	178	6
858	Gembruch	Esther	Großefehn	1960	2004	1:10:42	1:08:37	1:10:07	1:30:06	1:16:45	1:11:33	7:27:50	01:05:34	44	W40	75	6
859	Harms	Elke	TuS Aurich-Ost	1958	2004	1:10:47	1:07:49	1:10:32	1:29:41	1:19:01	1:11:34	7:29:24	01:05:48	46	W40	76	6
860	Popkes	Dr. Warner	DPW-Gruppe	1961	2004	1:15:15	1:08:39	1:09:44	1:27:26	1:21:01	1:08:32	7:30:37	01:05:59	43	M40	216	6
861	Janssen	Gunda	LT Mullberg	1964	2004	1:07:30	1:07:44	1:13:11	1:28:06	1:19:52	1:15:10	7:31:33	01:06:07	40	W40	77	6
862	Egberts	Maren	WfB Aurich	1983	2004	1:11:23	1:08:31	1:13:33	1:31:43	1:17:44	1:09:28	7:32:22	01:06:14	21	W20	28	6
863	Meints	Berta	TuS Aurich-Ost	1949	2004	1:11:47	1:08:36	1:12:18	1:30:45	1:18:03	1:11:42	7:33:11	01:06:21	55	W50	32	6
864	Janssen	Lothar	Raiba Moormerl.	1970	2004	1:15:36	1:10:24	1:12:21	1:30:02	1:15:38	1:09:58	7:33:59	01:06:28	34	M30	179	6
865	Wiemer	Stefanie	Leer	1967	2004	1:13:24	1:10:26	1:14:43	1:30:27	1:16:16	1:08:55	7:34:11	01:06:30	37	W30	68	6
866	Lampen	Doris	Amt f. Agrarstruktur	1960	2004	1:09:28	1:10:52	1:12:20	1:29:17	1:19:33	1:12:50	7:34:20	01:06:31	44	W40	78	6
867	Heimann	Sonja	Wittmund	1967	2004	1:09:33	1:07:52	1:11:17	1:33:21	1:15:30	1:17:22	7:34:55	01:06:36	37	W30	69	6
868	Schädler	Susan	Team Sternkopf	1959	2004	1:14:16	1:09:43	1:08:06	1:24:23	1:25:31	1:14:03	7:36:02	01:06:46	45	W40	79	6
869	Wilberts	Anne	TuS Aurich-Ost	1958	2004	1:12:27	1:10:57	1:11:40	1:30:13	1:17:43	1:13:27	7:36:27	01:06:50	46	W40	80	6
870	Huisman	Annegret	Germ. Holterfehn	1964	2004	1:15:51	1:10:53	1:13:58	1:30:24	1:17:11	1:09:03	7:37:20	01:06:58	40	W40	81	6
871	Oldinsky-Kruse	Gaby	OZ-Team	1968	2004	1:10:54	1:10:17	1:13:43	1:33:23	1:17:59	1:11:28	7:37:44	01:07:01	36	W30	70	6
872	Oost	Sabine	Rhauderfehn	1975	2004	1:15:15	1:09:20	1:12:05	1:30:46	1:17:37	1:13:35	7:38:38	01:07:09	29	W20	29	6
873	Feldhuis	Anke	Veenhusen	1963	2004	1:16:41	1:11:30	1:16:29	1:30:05	1:14:54	1:10:35	7:40:14	01:07:23	41	W40	82	6
874	Debelts	Kerstin	Moordorf	1980	2004	1:10:05	1:13:17	1:16:39	1:34:36	1:15:52	1:10:04	7:40:33	01:07:26	24	W20	30	6
875	Martens	Brigitte	Moormerland	1963	2004	1:17:06	1:11:38	1:16:28	1:29:54	1:14:53	1:10:35	7:40:34	01:07:26	41	W40	83	6
876	Schoon	Sylvia	Uplengen	1970	2004	1:10:26	1:10:32	1:13:25	1:31:42	1:19:26	1:15:21	7:40:52	01:07:29	34	W30	71	6
877	Stöver	Erika	TuS Aurich-Ost	1946	2004	1:11:15	1:07:33	1:10:45	1:33:46	1:16:54	1:20:59	7:41:12	01:07:32	58	W50	33	6
878	Hattermann	Günther	Vermessungsbüro	1955	2004	1:10:40	1:10:36	1:14:34	1:32:42	1:20:01	1:12:58	7:41:31	01:07:34	49	M40	217	6
879	Müller	Ina	Weener	1978	2004	1:12:05	1:11:16	1:15:25	1:34:51	1:20:43	1:07:25	7:41:45	01:07:36	26	W20	31	6
880	Smit	Gertrud	Großefehn	1957	2004	1:15:18	1:11:07	1:14:45	1:33:00	1:19:46	1:13:44	7:47:40	01:08:28	47	W40	84	6
881	Zogall	Hans-Werner	MTV Aurich	1950	2004	1:13:16	1:15:49	1:16:42	1:32:31	1:19:18	1:13:16	7:50:52	01:08:56	54	M50	112	6
882	Schnau	Bettina	Saterland	1964	2004	1:16:15	1:11:39	1:16:27	1:32:59	1:20:43	1:13:45	7:51:48	01:09:05	40	W40	85	6
883	Schaa	Heike	OZ-Team	1972	2004	1:14:18	1:14:49	1:16:06	1:33:14	1:22:40	1:12:55	7:54:02	01:09:24	32	W30	72	6
884	Hertema	Christa	LT Jemgum	1962	2004	1:16:14	1:15:14	1:17:22	1:35:12	1:18:20	1:11:45	7:54:07	01:09:25	42	W40	86	6
885	von Garrel	Andrea	Leer	1957	2004	1:16:37	1:13:05	1:16:06	1:32:50	1:21:45	1:13:50	7:54:13	01:09:26	47	W40	87	6
886	Weelborg	Insa	Leer	1978	2004	1:10:59	1:13:16	1:17:08	1:35:22	1:22:46	1:15:34	7:55:05	01:09:33	26	W20	32	6
887	Harms	Lisa	Großwolder LT	1970	2004	1:15:59	1:13:06	1:15:43	1:35:50	1:22:33	1:13:36	7:56:47	01:09:48	34	W30	73	6
888	Sieverding	Veronika	TV Marienhaf	1953	2004	1:16:43	1:14:46	1:16:51	1:35:13	1:23:22	1:11:36	7:58:31	01:10:04	51	W50	34	6
889	Kröger	Sabine	SV Nortmoor	1969	2004	1:17:14	1:15:17	1:17:09	1:35:21	1:21:09	1:14:57	8:01:07	01:10:27	35	W30	74	6
890	Rottlund	Gudrun	Filsun		2004	1:17:18	1:15:37	1:16:46	1:36:37	1:21:11	1:15:29	8:02:58	01:10:43		W		6
891	Brahms-Freri.	Karin	SV Holtland	1952	2004	1:17:46	1:15:35	1:17:32	1:36:11	1:21:42	1:16:11	8:04:57	01:11:00	52	W50	35	6
892	Penning	Brigitte	Frisia Loga	1953	2004	1:18:30	1:15:42	1:17:32	1:36:10	1:21:43	1:16:11	8:05:48	01:11:08	51	W50	36	6
893	Schmidt	Marion	Moormerland	1971	2004	1:18:10	1:16:30	1:17:33	1:35:31	1:22:43	1:15:33	8:06:00	01:11:09	33	W30	74	6
894	Seiler	Beate	Frisia Loga	1955	2004	1:17:04	1:20:05	1:16:48	1:35:51	1:21:12	1:15:21	8:06:21	01:11:12	49	W40	88	6
895	Scharf	Edda	Stedesdorf	1966	2004	1:17:52	1:15:53	1:17:23	1:44:00	1:21:26	1:14:03	8:10:37	01:11:50	38	W30	75	6
896	Riemer	Claudia	TuS Aurich-Ost	1967	2004	1:18:06	1:15:46	1:20:43	1:38:15	1:25:25	1:15:34	8:13:49	01:12:18	37	W30	75	6
897	Becker	Heike	Moormerland	1964	2004	1:21:20	1:20:07	1:20:42	1:43:59	1:35:10	1:15:50	8:37:08	01:15:43	40	W40	89	6
898	Nowack	Birgit	SV Holtland	1978	2004	1:25:28	1:20:19	1:25:26	1:47:54	1:31:36	1:26:39	8:57:22	01:18:41	26	W20	33	6
	Ortjes	Hans-Jü.	LT Schafhauser W.	1962	2004	0:44:02	0:42:25	0:43:57	0:54:41	0:47:47		3:52:52		42	M40		5
	Wilbers	Wilhelm	Ochtersum	1962	2004	0:46:22	0:44:37	0:46:20		0:50:21	0:48:05	3:55:45		42	M40		5
	Mennen	Arno	BGS Bunde	1967	2004	0:43:35	0:41:55	0:54:01	0:55:02	0:47:59		4:02:32		37	M30		5
	v. Vügt	Harm	2. AH Bunde	1965	2004	0:46:14	0:44:25	0:45:52	0:56:58	0:49:09		4:02:38		39	M30		5
	ter Fehr	Heino	Moormerland	1964	2004	0:46:33		0:48:17	1:00:51	0:53:22	0:48:03	4:17:06		40	M40		5
	Ritter	Wolfgang	BW Borssum	1960	2004	0:49:14	0:47:09	0:49:06	1:01:28	0:52:56		4:19:53		44	M40		5
	Becker	Claus	VfL Laufing	1949	2004		0:48:45	0:50:06	1:01:40	0:53:09	0:48:12	4:21:52		55	M50		5
	Oltmanns	Thomas	Moormerland	1975	2004	0:49:36	0:47:48	0:50:11	1:01:48	0:54:27		4:23:50		29	M20		5
	Damm	Remmer	Conc. Ihrhove	1951	2004	0:49:21	0:48:23	0:50:39	1:03:39	0:57:53		4:29:55		53	M50		5
	Schmidt	Hinni	DoGe Extum-Aurich	1946	2004	0:50:53	0:50:15	0:51:51	1:02:57	0:54:40		4:30:36		58	M50		5
	Kloppenborg	Carl-Heinz	Raiba Uplengen	1960	2004	0:50:52	0:49:34	0:51:32	1:04:20	0:55:11		4:31:29		44	M40		5
	Beck	Joachim	Crocodies Ihlow	1961	2004	0:52:54	0:50:24	0:52:04	1:03:58	0:54:34		4:33:54		43	M40		5
	Oltmanns	Jürgen	Collinghorst	1962	2004	0:52:01	0:50:04	0:52:27	1:06:15	0:55:01		4:35:48		42	M40		5
	Gerken	Manfred	BV Canhusen	1968	2004	0:52:56	0:51:36		1:06:23	0:57:56	0:51:57	4:40:48		36	M30		5
	Alberts-Tam.	Frieso	Fort. Wirdum	1972	2004	1:05:00	0:51:55	0:53:03		1:02:54	0:54:04	4:46:56		32	M30		5
	Poppen	Enno	Crocodies Ihlow	1962	2004	0:52:53	0:51:18	0:56:03	1:08:47	1:01:31		4:50:32		42	M40		5
	Werkmeister	Johannes	Leer	1958	2004	0:53:17	0:54:22	0:54:30	1:09:34	0:59:49		4:51:32		46	M40		5
	Grimm	Uwe	VfL Berumbur	1969	2004	0:59:24	0:55:54	0:55:06	1:09:04	1:00:18		4:59:46		35	M30		5
	Rosinski	Annegret	LG Uplengen	1964	2004	0:58:50	0:53:47	0:57:58	1:11:54		0:59:30	5:01:59		40	W40		5
	Lingner	Gerhard	Tura Westrauderf.	1949	2004	1:02:11	0:57:24	1:01:19		1:05:07	1:00:01	5:06:02		55	M50		5
	Eicke	Weber	Remels	1987	2004	1:00:57	0:57:46	0:59:45		1:08:34	1:00:46	5:07:48		17	WU20		5
	Haida	Gisela	LT Schafhauser W.	1948	2004		0:55:35	0:59:38	1:13:17	1:03:15	0:56:28	5:08:13		56	W50		5
	Broers	Jürgen	Detern	1975	2004	1:04:43	0:58:23	0:55:30	1:11:10	1:00:03		5:09:49		29	M20		5
	Winter	Heinrich	Ihlow	1957	2004	1:06:24	1:00:17	1:02:06	1:14:55		0:46:53	5:10:35		47			

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30					
	Lüpkes	Otto	Aurich	1958	2004	0:56:46	0:53:39	0:55:11	1:08:34	1:19:05		5:13:15		46	M40		5
	Janßen	Holger	SV Brinkum	1968	2004	1:00:02	0:58:10	1:00:37	1:12:10	1:03:31		5:14:30		36	M30		5
	Schmidt	Thomas	MTV Aurich	1963	2004		0:57:15	1:02:18	1:14:22	1:03:35	0:58:02	5:15:32		41	M40		5
	Duden	Wilhelm	MTV Wittmund	1940	2004	1:00:46	0:57:33	0:59:57	1:13:18	1:07:26		5:19:00		64	M60		5
	Poppen	Jann	TG Wiesmoor	1982	2004	1:06:03	1:01:05	0:47:33	1:19:57	1:08:17		5:22:55		22	M20		5
	Kremer	Dieter	Rheiderl. Ztg.	1972	2004	1:08:00	1:02:18	1:00:17		1:08:16	1:06:01	5:24:52		32	M30		5
	Poetzsch	Virginia	MTV Aurich	1948	2004	1:00:56	1:00:45	1:04:14	1:16:28	1:06:41		5:29:04		56	W50		5
	Habben	Karl	EWE-Wattloopers	1948	2004	1:03:53		1:01:44	1:15:06	1:06:01	1:03:42	5:30:26		56	M50		5
	Harms	Rita	Wallinghausen	1963	2004	1:03:37	1:00:28	1:04:26	1:18:52		1:04:06	5:31:29		41	W40		5
	Janssen	Meike	Ihlow	1969	2004	1:04:29	1:01:42	1:06:57	1:18:39		0:59:58	5:31:45		35	W30		5
	de Berg	Wilma	SV Simonswoide	1961	2004	1:04:31	1:03:28	1:06:59		1:15:40	1:06:37	5:37:15		43	W40		5
	Fleißner	Jörg	Fort. Logabirum	1960	2004	1:06:57		1:04:33	1:16:55	1:07:52	1:01:29	5:37:46		44	M40		5
	W.-Wolters	Gaby	DPW-Gruppe	1962	2004	1:05:35	1:03:22	1:05:24	1:19:14		1:04:44	5:38:19		42	W40		5
	Evers	Karl-Heinz	KBV Langefeld	1958	2004	1:05:45		1:06:46	1:18:52	1:11:06	1:03:43	5:46:12		46	M40		5
	Braams	Herma	LT Schafhauser W.	1956	2004	1:05:52		1:06:09	1:22:38	1:09:52	1:04:09	5:48:40		48	W40		5
	Kuhlmann	Christian	Auricher Taxizentrale	1966	2004	1:08:32		1:06:03	1:21:45	1:09:33	1:03:29	5:49:22		38	M30		5
	Dzillum	Elke	Westoverledingen	1963	2004	1:05:33	1:06:12	1:05:09	1:18:38		1:14:32	5:50:04		41	W40		5
	Bockhöfer	Sandra	Leer	1969	2004		1:05:22	1:07:43	1:22:45	1:11:14	1:06:15	5:53:19		35	W30		5
	Jacob	Michael	Post SV Leer	1954	2004	1:10:27	1:07:15	1:09:16	1:21:31		1:05:47	5:54:16		50	M50		5
	Schwerer	Frank	Wittmund	1969	2004	1:10:35	1:04:08	1:03:51	1:18:14	1:17:47		5:54:35		35	M30		5
	Bienhoff	Ute	TV Norden	1965	2004	1:06:09		1:07:08	1:23:10	1:14:40	1:06:58	5:58:05		39	W30		5
	Seifert	Susanne	Aurich	1972	2004	1:04:05	1:01:58	1:04:59	1:19:24	1:28:05		5:58:31		32	W30		5
	Harms	Voline	Strackholt	1962	2004		1:09:00	1:07:26	1:25:54	1:13:07	1:04:20	5:59:47		42	W40		5
	Lunz	Dieter	LT Schafhauser W.	1941	2004		1:05:37	1:07:29	1:24:38	1:15:09	1:08:45	6:01:38		63	M60		5
	Robbe	Myriam	Oldendorp	1981	2004	1:07:53	1:05:52	1:08:45	1:24:05	1:15:35		6:02:10		23	W20		5
	Sollermann	Heidi	Leer	1953	2004	1:09:15	1:05:38	1:08:54	1:24:43	1:14:45		6:03:15		51	W50		5
	Eilers	Alfred	Moormerland	1957	2004	1:09:53	1:05:56	1:08:03	1:26:35	1:14:03		6:04:30		47	M40		5
	Dunker	Peter	LT Schafhauser W.	1940	2004	1:13:37	1:10:42	1:12:18		1:19:25	1:11:28	6:07:30		64	M60		5
	Freese	Heiko	SV Ochtersum	1990	2004	1:13:57	1:14:03	1:14:56		1:23:21	1:11:09	6:17:26		14	MU20		5
	Peters	Ilse	Raiba Moormerl.	1959	2004	1:10:24	1:10:48		1:30:34	1:17:16	1:09:58	6:19:00		45	W40		5
	Teyen	Tomma	Weener	1955	2004	1:11:16	1:11:00	1:15:09	1:34:10	1:21:25		6:33:00		49	W40		5
	Maecker	Ingeborg	Frisia Loga	1952	2004	1:17:23	1:15:41		1:36:11	1:21:44	1:16:11	6:47:10		52	W50		5
	Jürrens	Harry	Emder LG	1957	2004	0:38:52	0:38:30	0:40:15			0:53:12	2:50:49		47	M40		4
	Brederloh	Julian	SV Holtland	1984	2004	0:43:35	0:43:01			0:48:01	0:44:41	2:59:18		20	M20		4
	Krüger	Heino	Crocodiles Ihlow	1962	2004	0:46:31	0:47:04	0:48:25			0:43:55	3:05:55		42	M40		4
	Janssen	Alwin	Südbrookmerland	1965	2004	0:46:39	0:46:06	0:48:33		0:52:52		3:14:10		39	M30		4
	Huisman	Fokko	SV Eintr. Ihlow	1970	2004	0:47:54	0:46:31	0:48:10	0:58:29			3:21:04		34	M30		4
	Jauken	Michael	Polizei Norden	1968	2004	0:40:40	0:39:39	0:42:20	1:22:58			3:25:37		36	M30		4
	Bootjer	Eric	Raiba Uplengen	1966	2004	0:49:08	0:48:08	0:50:00	1:02:03			3:29:19		38	M30		4
	Grünefeld	Ralf	Spetzerfehn	1981	2004	0:49:46	0:48:09	0:51:31	1:06:07			3:35:33		23	M20		4
	Bunjes	Axel	Rhauderfehn	1961	2004	0:59:16	0:51:31	0:53:12		0:59:28		3:43:27		43	M40		4
	Jürgens	Siegfried	TuS Detern	1962	2004	0:52:46		0:53:08		1:02:00	0:57:00	3:44:54		42	M40		4
	Siebels	Heinz	Aurich	1968	2004		0:53:44	0:54:57	1:03:03	0:53:19		3:45:03		36	M30		4
	Beheshty	Hossein	Timmel	1953	2004	0:50:51		0:52:29	1:05:26	0:56:57		3:45:43		51	M50		4
	Fortmann	Peter	Aurich	1966	2004			0:53:52	1:05:01	0:57:35	0:51:00	3:47:28		38	M30		4
	Hanken	Harald	Fun Loopers	1965	2004		1:00:13		1:04:01	0:54:15	0:52:47	3:51:16		39	M30		4
	Caby	Dr. Andrea	VfL Germ. Leer	1962	2004	0:55:53	0:54:41	0:55:09	1:08:14			3:53:57		42	W40		4
	Meyer	Günter	TuS Aurich-Ost	1965	2004	0:55:23	0:54:33	0:57:37	1:11:36			3:59:09		39	M30		4
	Gutberlet	Carola	TuS Norderney	1962	2004	0:57:36	0:55:28	0:57:20	1:12:28			4:02:52		42	W40		4
	Braun	Stephan	Aurich	1986	2004	0:54:31		0:58:42	1:12:13	1:00:43		4:06:09		18	MU20		4
	Jakobs	Günter	Dunum	1968	2004		0:54:57	0:57:59	1:11:19	1:02:44		4:06:59		36	M30		4
	Wagner	Richard	Crocodiles Ihlow	1958	2004	0:55:05			1:13:35	1:02:14	0:56:42	4:07:36		46	M40		4
	Haschke	Mike	Raiba Uplengen	1970	2004	1:08:50	1:07:12	1:08:17			0:44:51	4:09:10		34	M30		4
	Wolterink	Johann	Fortuna Wirdum	1942	2004	1:05:56		1:00:12		1:03:57	0:59:53	4:09:58		62	M60		4
	Lindena	Uwe	Moordorf	1957	2004	0:57:36	0:56:33	1:01:11	1:14:53			4:10:13		47	M40		4
	Themann	Thorsten	Leer	1962	2004	1:02:36	0:59:58	1:01:16		1:07:33		4:11:23		42	M40		4
	Weeken	Astrid	Leer	1964	2004	0:59:26	0:57:48	1:00:59	1:15:55			4:14:08		40	W40		4
	Bode	Manfred	Leer	1961	2004	0:55:03	0:56:03	1:05:15	1:23:14			4:19:35		43	M40		4
	Albers	Roland	Friedeburg	1968	2004	1:02:11		1:03:16	1:15:01	1:06:56		4:27:24		36	M30		4
	Köllmann	Margarete	SC Wiessens	1955	2004	1:09:25	1:05:01	1:07:42	1:20:15			4:42:23		49	W40		4
	Sanders	Gabriele	Wiesmoor	1971	2004			1:07:32	1:24:31	1:10:03	1:03:24	4:45:30		33	W30		4
	Kramer	Christa	Leer	1952	2004	1:09:16	1:05:35	1:08:59	1:24:40			4:48:30		52	W50		4
	Schmidt	Christel	TV Marienhaf	1950	2004	1:16:38	1:10:20	1:15:24		1:22:26		5:04:48		54	W50		4
	von Ehrenstein	Margrit	Moormerland	1954	2004	1:16:01	1:16:34			1:25:30	1:15:32	5:13:37		50	W50		4
	Meyer	Joachim	Südbrookmerland	1962	2004	0:46:10	0:42:39	0:46:45				2:15:34		42	M40		3
	Orlik	Eric	BGS Oldenburg	1966	2004	0:44:23	0:44:27	0:48:37				2:17:27		38	M30		3
	Aden	Hans-Dieter	Eintracht Hinte	1958	2004	0:44:40	0:44:51				0:48:05	2:17:36		46	M40		3
	Hartema	Richard	LG MTV Ditzum	1968	2004	0:45:26	0:45:42				0:48:07	2:19:15		36	M30		3
	Löschen	Hermann	Großefehn/Holtrop	1963	2004	0:46:49	0:45:47	0:48:48				2:21:24		41	M40		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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30					
	Mulrooney	Thomas	Tritan. Groningen	1983	2004	0:46:52	0:47:42	0:47:32				2:22:06		21	M20		3
	Tiemann	Ivo	Westerholt	1965	2004	0:46:02	0:45:54	0:54:16				2:26:12		39	M30		3
	Dierich	Peter	St. Schwerinsdorf	1959	2004	0:47:42		0:50:12			0:48:55	2:26:49		45	M40		3
	Pals	Erwin	TSV Riepe	1959	2004	0:46:14	0:47:39	0:53:05				2:26:58		45	M40		3
	Kleiber	Rosi	Südbrookmerland	1951	2004	0:51:13	0:51:45				0:52:54	2:35:52		53	W50		3
	Hillbrands	Hans-Ludwig	TuS Collinghorst	1944	2004	0:51:56	0:50:37	0:54:04				2:36:37		60	M60		3
	Schreiber	Eric	Leer	1966	2004	0:53:09	0:51:50	0:52:53				2:37:52		38	M30		3
	Volzen	Hilke	SV Nortmoor	1988	2004	0:54:57	0:52:45	0:53:59				2:41:41		16	WU20		3
	von Cöln	Thilo	Leer	1958	2004	0:55:35	0:54:17	0:54:44				2:44:36		46	M40		3
	Tornow	Diedrich	Großefehn	1958	2004	0:53:06	0:54:18	0:58:58				2:46:22		46	M40		3
	Stargardt	Jörg	Berlin	1967	2004				1:03:37	0:57:26	0:47:35	2:48:38		37	M30		3
	Soeken	Johann	SV Holtland	1953	2004	0:54:05		0:56:05		1:00:10		2:50:20		51	M50		3
	Neumann	Eckhard	FT Spetzerfehn	1953	2004			0:53:40	1:05:56		0:52:45	2:52:21		51	M50		3
	Kleinfeld	Stefan	BGS Oldenburg	1968	2004	0:53:19	0:51:47				1:08:22	2:53:28		36	M30		3
	Ullmann	Klaus	Westerstede	1945	2004	0:59:48	0:56:57	0:57:43				2:54:28		59	M50		3
	Meinicke	Marco	TUS Weene	1965	2004	1:00:49	0:53:59	1:01:14				2:56:02		39	M30		3
	Wiegmann	Brigitte	OZ-Team	1968	2004		0:58:22	1:01:21			1:00:14	2:59:57		36	W30		3
	Rieken	Wilhelm	SV Simonsw.	1952	2004	1:00:52	0:58:01	1:01:17				3:00:10		52	M50		3
	Sanders	Gerd	SuS Strackholt	1961	2004	1:01:52	0:57:11	1:02:13				3:01:16		43	M40		3
	Wulzen	Bernd	Eintracht Ihlow	1965	2004	0:57:33		0:59:37		1:04:43		3:01:53		39	M30		3
	Stecher	Martina	Wittmund	1964	2004	1:02:38		1:00:26			0:59:49	3:02:53		40	W40		3
	Schmidt	Kerstin	Fortuna Logabirum	1965	2004	0:56:29	0:55:18		1:12:26			3:04:13		39	W30		3
	Nitters	Uwe	SV Ems-Jemgum	1964	2004	1:05:08	0:57:39	1:02:22				3:05:09		40	M40		3
	Behrends	Enno	Stapel	1953	2004	1:02:18	1:00:05				1:02:48	3:05:11		51	M50		3
	Frerichs	Wilfried	SV Ostersander	1958	2004	0:59:21	0:57:31	1:09:06				3:05:58		46	M40		3
	Bohlen	Kerstin	Ihlow	1976	2004			1:04:50		1:08:23	1:01:19	3:14:32		28	W20		3
	Wolters	Jens-Peter	DPW-Gruppe	1960	2004	1:08:31		1:05:15			1:03:10	3:16:56		44	M40		3
	Olling	Bernd	SV Strückling.	1948	2004	1:09:11	1:03:19	1:05:00				3:17:30		56	M50		3
	Drees	Lena	Loga TGG	1986	2004	1:06:01	1:06:20	1:07:55				3:20:16		18	WU20		3
	Kreienborg	Dirk	Leer	1973	2004		1:10:01	0:58:30		1:12:50		3:21:21		31	M30		3
	Nordmann	Olaf	TuS Aurich-Ost	1967	2004				1:16:16	1:05:49	0:59:56	3:22:01		37	M30		3
	Gersema	Ellen	Raiba Leer	1983	2004				1:18:54	1:04:12	0:59:07	3:22:13		21	W20		3
	Frerichs	Karin	SUS Strackholt	1989	2004		1:06:45	1:10:18			1:06:03	3:23:06		15	WU20		3
	Reiners	Werner	Victorbur	1968	2004			1:11:52		1:12:42	1:03:10	3:27:44		36	M30		3
	Frädrich	Annelore	Leer	1953	2004				1:20:16	1:09:06	1:05:22	3:34:44		51	W50		3
	Spekker-Eden	Hiltrud	Leer	1958	2004	1:13:44	1:10:44	1:10:33				3:35:01		46	W40		3
	Stöter	Heike	LT Mullberg	1970	2004	1:15:17	1:09:57	1:13:23				3:38:37		34	W30		3
	Kastorf	Adolf	Aurich	1940	2004		1:22:33	1:27:21	0:54:39			3:44:33		64	M60		3
	Poetzsch, Dr.	Michael	Timmel	1940	2004	1:12:37	1:12:18			1:20:15		3:45:10		64	M60		3
	Buchner	Diana	Hesel	1966	2004	1:17:50	1:13:26	1:16:50				3:48:06		38	W30		3
	Conring	Sabine	TV Marienhafe	1961	2004			1:15:10		1:22:17	1:11:20	3:48:47		43	W40		3
	Meyer	Helga	SV Potshausen	1963	2004	1:17:22	1:15:49				1:16:15	3:49:26		41	W40		3
	Steinke	Peter	TV Norden	1970	2004	0:35:31		0:37:11				1:12:42		34	M30		2
	Rosenbohm	Jann-Bernd	Großefehn	1967	2004			0:44:49			0:44:41	1:29:30		37	M30		2
	de Buhr	Wolfgang	Remels	1982	2004	0:46:53	0:46:03					1:32:56		22	M20		2
	Ibeling	Fred	LG Ostfriesland	1966	2004	0:42:09				0:51:28		1:33:37		38	M30		2
	Feldkamp	Volker	Spastikerhilfe Leer	1960	2004	0:49:27	0:48:15					1:37:42		44	M40		2
	Matic	Michael	SV Holtland	1982	2004		0:43:08		0:55:13			1:38:21		22	M20		2
	Hammer	Georg	Leer	1954	2004	0:49:17	0:49:19					1:38:36		50	M50		2
	Grüßing	Johann	LG Uplengen	1958	2004	0:50:49	0:49:49					1:40:38		46	M40		2
	Ascarius	Steen	SG Atletik Dänemark	1959	2004		0:48:20	0:52:34				1:40:54		45	M40		2
	Schmitz	Alexander	TV Papenburg	1974	2004	0:45:59					0:55:14	1:41:13		30	M30		2
	Mühlenbrock	Wilfried	LG Ostfriesland	1975	2004				0:52:41	0:48:54		1:41:35		29	M20		2
	Schut	Frank	Fortuna Wirdum	1969	2004	0:48:13				0:54:16		1:42:29		35	M30		2
	Drost	Fritz	MTV Wittmund	1943	2004	0:50:07					0:52:45	1:42:52		61	M60		2
	Bohlen	Thomas	Ihlow	1974	2004	0:51:23	0:51:56					1:43:19		30	M30		2
	Schoon	Reinhard	Raiba Uplengen	1945	2004	0:51:59	0:51:22					1:43:21		59	M50		2
	Rosinski	Wolfgang	Stapel	1967	2004		0:50:39				0:54:29	1:45:08		37	M30		2
	Diepenbroek	Daniel	Emden	1979	2004	0:51:42	0:54:15					1:45:57		25	M20		2
	Heitner	Ann-Christin	Conc. Ihrhove	1992	2004	0:54:33	0:53:00					1:47:33		12	WU20		2
	Elsner	Ralf	TSV Hesel	1985	2004	0:53:59	0:53:46					1:47:45		19	MU20		2
	Adler	Rene	Hamburg	1980	2004		0:55:34				0:52:27	1:48:01		24	M20		2
	Wiechmann	Rainer	Leer	1958	2004	0:54:01	0:54:04					1:48:05		46	M40		2
	Hinrichs	Rene	BSC Burhafe	1986	2004			0:52:06		0:58:48		1:50:54		18	MU20		2
	Tewes	Günter	Garrel	1957	2004					0:58:21	0:52:49	1:51:10		47	M40		2
	Habben	Berend	Wybelsum	1960	2004				1:01:49		0:49:43	1:51:32		44	M40		2
	Heyen	Harald	TSV Hesel	1961	2004	0:52:03				1:01:27		1:53:30		43	M40		2
	Peters	Horst	Uppgant-Schott	1962	2004					1:00:40	0:53:01	1:53:41		42	M40		2
	Janssen	Berend	TuS Aurich-Ost	1944	2004	0:55:42	0:58:04					1:53:46		60	M60		2
	Rynas	Heinrich	Leer	1955	2004	0:51:18			1:03:39			1:54:57		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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30					
	Tuitjer	Marga	LT Mullberg	1954	2004	0:57:40	0:58:30					1:56:10		50	W50		2
	Schmidt	Gerwin	TSV Riepe	1971	2004	0:59:41	0:57:10					1:56:51		33	M30		2
	Hiltermann	Gerhard	Leer	1963	2004		1:00:29				0:58:20	1:58:49		41	M40		2
	Aden	Imke	TuS Hinte	1987	2004	0:58:20					1:00:34	1:58:54		17	WU20		2
	Kalski	Thomas	MTV Aurich	1971	2004		0:53:15		1:06:23			1:59:38		33	M30		2
	Redmers	Christian	Aurich	1990	2004					1:04:35	0:55:03	1:59:38		14	MU20		2
	August	Dieter	Fehnter LT	1960	2004			1:01:03			0:58:56	1:59:59		44	M40		2
	Bruners	Franz	MTV Wittmund	1952	2004	0:53:26			1:06:39			2:00:05		52	M50		2
	Müller	Johannes	TV Norden	1954	2004				1:06:22		0:53:57	2:00:19		50	M50		2
	Fiiski	Zbignien	Leer	1977	2004	0:57:16					1:04:37	2:01:53		27	M20		2
	Rozema	Tineke	TuS Hinte	1987	2004	0:59:39					1:02:23	2:02:02		17	WU20		2
	Frerichs	Thomas	SV Warsingsfehn	1966	2004	1:05:14	0:56:55					2:02:09		38	M30		2
	Manssen	Hendrik	Beningafehn	1968	2004					1:05:29	0:57:27	2:02:56		36	M30		2
	Streckel	Peter	Norder TV	1954	2004				1:05:39	0:57:48		2:03:27		50	M50		2
	Hepp	Marita	Crocodiles Ihlow	1958	2004	0:59:05					1:04:34	2:03:39		46	W40		2
	Speckmann	Karl-Heinz	MTV Aurich	1957	2004			0:40:54	1:24:27			2:05:21		47	M40		2
	Janssen	Engeline	LG Ostfriesland	1964	2004			0:56:49	1:09:17			2:06:06		40	W40		2
	Janßen	Anja	SV Stikkelkamp	1968	2004	1:01:43	1:04:45					2:06:28		36	W30		2
	Nanninga	Jochen	SV Leybucht	1967	2004			1:06:31		1:00:16		2:06:47		37	M30		2
	Doden	Johann	Kickers Emden	1959	2004				1:13:20		0:53:37	2:06:57		45	M40		2
	Strenge	Petra	Raiba Idafehn	1980	2004	1:01:51					1:05:12	2:07:03		24	W20		2
	Wildemann	Anja	LT Schaffhausener Walk	1968	2004				1:11:20		0:55:52	2:07:12		36	W30		2
	Jürgens	Ursula	Hesel	1952	2004	1:01:38		1:06:27				2:08:05		52	W50		2
	Rosenbohm	Marion	Großefehn	1967	2004			1:04:55			1:03:54	2:08:49		37	W30		2
	Schoon	Inge	TG Wiesmoor	1966	2004			1:04:58			1:03:53	2:08:51		38	W30		2
	Fehrman	Lars	Holtrop	1989	2004			1:00:41		1:08:33		2:09:14		15	MU20		2
	Soffner	Judith	FT Spetzerfehn	1966	2004		1:03:58				1:06:03	2:10:01		38	W30		2
	Reinhardt	Jann	Moorerland	1984	2004			0:58:34	1:11:31			2:10:05		20	M20		2
	Blume	Jens	Großefehn/Timmel	1968	2004	1:06:55	1:03:23					2:10:18		36	M30		2
	Lambertus	Anton	Bagband	1961	2004		1:01:05	1:09:28				2:10:33		43	M40		2
	Wiese	Karl-Heinz	Haxtum	1956	2004				1:14:47		0:56:57	2:11:44		48	M40		2
	Börgmann	Johann	Hollen	1952	2004		1:05:58				1:06:12	2:12:10		52	M50		2
	Just	Ute	TuS Aurich-Ost	1952	2004	1:06:51	1:05:33					2:12:24		52	W50		2
	Wessels	Claudia	Leer	1973	2004	1:06:31	1:06:13					2:12:44		31	W30		2
	Odens	Ode	TV Norden	1935	2004					1:13:24	0:59:59	2:13:23		69	M60		2
	Ohling	Imke	TSV Riepe	1979	2004		1:05:54				1:07:43	2:13:37		25	W20		2
	Birkoben	Regine	TSV Riepe	1981	2004		1:06:08				1:07:43	2:13:51		23	W20		2
	Wodak	Miriam	TGG Leer	1984	2004	1:06:03		1:07:53				2:13:56		20	W20		2
	Gerdes	Michael	Großefehn	1972	2004			1:10:30			1:05:57	2:16:27		32	M30		2
	Scheffler	Andrea	Neu-Ekels	1966	2004	0:58:32			1:17:55			2:16:27		38	W30		2
	Bruns	Karsten	Raiba Leer	1981	2004				1:18:54		0:58:07	2:17:01		23	M20		2
	Beenenga	Jann	Walle	1958	2004				1:17:16		1:00:02	2:17:18		46	M40		2
	Otten	Gerhard	DLRG Weener	1958	2004	1:09:07	1:08:37					2:17:44		46	M40		2
	Dreßler	Heike	SuS Strackholt	1963	2004		1:07:29	1:10:18				2:17:47		41	W40		2
	Friedrichs	Helmut	BV Dietrichsfeld	1960	2004					1:13:17	1:04:56	2:18:13		44	M40		2
	Reuß	Alwin	Sandhorst	1967	2004				1:05:25		1:13:03	2:18:28		37	M30		2
	Meyerhoff	Martin	Aurich	1949	2004				1:18:01		1:02:30	2:20:31		55	M50		2
	Müller	Magnus	VFL Ockenhausen	1941	2004			1:06:25		1:14:18		2:20:43		63	M60		2
	Sluiter	Helga	Nordgeorgsfehn	1963	2004			1:12:26			1:09:41	2:22:07		41	W40		2
	Cybull	Geska	Leer	1960	2004	1:09:22					1:13:17	2:22:39		44	W40		2
	Sperlich	Ralf	Raiba Leer	1970	2004				1:18:55	1:04:13		2:23:08		34	M30		2
	Neemann	Jannette	TuS Aurich-Ost	1967	2004	0:57:37			1:26:17			2:23:54		37	W30		2
	Krull	Werner	Ihlow	1966	2004					1:19:28	1:04:36	2:24:04		38	M30		2
	ter Hazeborg	Heike	FRV Filsum	1968	2004	1:07:12	1:17:29					2:24:41		36	W30		2
	Timmen	Sonja	Leer	1969	2004	1:12:11	1:12:50					2:25:01		35	W30		2
	Buss	Helga	Neukamperfehn	1962	2004		1:10:28	1:15:01				2:25:29		42	W40		2
	Prangenberg	Pascal	BV Langefeld	1970	2004				1:21:05		1:04:46	2:25:51		34	M30		2
	van Mark	Dana	Leer	1958	2004		1:10:04	1:16:34				2:26:38		46	W40		2
	Caspers	Silke	Aurich	1969	2004	1:14:57	1:15:45					2:30:42		35	W30		2
	Remmers	Uwe	Crocodiles Ihlow	1959	2004			1:06:33	1:25:49			2:32:22		45	M40		2
	Reuß	Sonja	Sandhorst	1976	2004	1:16:31	1:17:00					2:33:31		28	W20		2
	Schröder	Christian	WFB Aurich	1972	2004					1:22:09	1:12:59	2:35:08		32	M30		2
	Harms	Karin	TG Wiesmoor	1971	2004			1:18:55		1:25:13		2:44:08		33	W30		2
	Valentin	Jörg	TV Norden	1962	2004		0:34:51					0:34:51		42	M40		1
	Feth	Jan		1976	2004						0:39:43	0:39:43		28	M20		1
	Faßhauer	Andreas	Münkeboe	1968	2004		0:41:00					0:41:00		36	M30		1
	Böckmann	Stephan	Germania Leer	1970	2004	0:41:06						0:41:06		34	M30		1
	Ludwigs	Hanno	LG Ostfriesland	1967	2004			0:41:09				0:41:09		37	M30		1
	Lamschus	Marten	TuS Hinte	1987	2004	0:41:24						0:41:24		17	MU20		1
	Jürrens	Inga	LG Emden	1982	2004	0:41:38						0:41:38		22	W20		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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	km 68,30					
	Mäschig	Michael	LG Wilhelmshaven	1977	2004	0:41:56						0:41:56		27	M20		1
	Röper	Andre	Langeoog	1977	2004			0:41:59				0:41:59		27	M20		1
	Wolters	Katja	LG HLF Hamburg	1971	2004						0:42:10	0:42:10		33	W30		1
	Rahrt	Detlef	Boßel STV	1969	2004	0:43:03						0:43:03		35	M30		1
	Sjuts	Gunnar	Germania Leer	1981	2004						0:43:31	0:43:31		23	M20		1
	Jürgens	Jann	EWE-Wattloopers	1967	2004	0:44:15						0:44:15		37	M30		1
	Wolters	Jörn	LG HLF Hamburg	1968	2004						0:44:16	0:44:16		36	M30		1
	Busch	Jan-Hiebo	SV Warsingsfehn	1991	2004	0:44:21						0:44:21		13	MU20		1
	Frühling	Uwe	Polizei Aurich	1969	2004	0:45:35						0:45:35		35	M30		1
	Meyer	Stephan	LG Uplengen	1976	2004		0:46:16					0:46:16		28	M20		1
	Becker	Dirk	LG Hamm	1958	2004						0:46:17	0:46:17		46	M40		1
	Feth	Claas		1977	2004						0:46:26	0:46:26		27	M20		1
	Kuiter	Helmut	TGG Leer	1966	2004	0:46:36						0:46:36		38	M30		1
	Krogmann	Frauke	PSV Eutin	1969	2004						0:47:00	0:47:00		35	W30		1
	Albers	Franz	Germania Leer	1938	2004			0:47:22				0:47:22		66	M60		1
	Rieken	Günter	Bunde	1963	2004						0:47:36	0:47:36		41	M40		1
	Oremek	Robert	LG Ostfriesland	1965	2004						0:47:38	0:47:38		39	M30		1
	Meyer	Albert	LG Uplengen	1955	2004		0:47:44					0:47:44		49	M40		1
	Nissen	Frank	Aurich	1961	2004						0:47:53	0:47:53		43	M40		1
	Steinke	Rolf	SV Warsingsfehn	1967	2004	0:48:04						0:48:04		37	M30		1
	Goudschaal	Ude	Bunde	1955	2004	0:48:23						0:48:23		49	M40		1
	Fischer	Dirk	Fortuna Wirdum	1968	2004			0:48:24				0:48:24		36	M30		1
	Wagner	Erich	TG Wiesmoor	1960	2004			0:48:33				0:48:33		44	M40		1
	Bogena	Martin	Leer	1961	2004		0:48:36					0:48:36		43	M40		1
	Müller	Herbert	RBV Fresena	1955	2004	0:48:46						0:48:46		49	M40		1
	Klüver	Bernhard	Pewsum	1969	2004					0:48:56		0:48:56		35	M30		1
	Lammers	Rolf	TG Wiesmoor	1962	2004	0:48:58						0:48:58		42	M40		1
	Hinrichs	Günther	Neufirrel	1967	2004	0:49:07						0:49:07		37	M30		1
	Volkert	Jens	Emden	1971	2004	0:49:19						0:49:19		33	M30		1
	Tjarks	Enno	Germania Leer	1986	2004	0:49:21						0:49:21		18	MU20		1
	Walter	Frido	Pfalzdorf	1964	2004			0:49:29				0:49:29		40	M40		1
	Goudschaal	Joachim	Bunde	1983	2004	0:49:40						0:49:40		21	M20		1
	de Wall	Carsten	SV Großefehn	1978	2004			0:49:48				0:49:48		26	M20		1
	Schürmann	Karl	LG Ostfriesland	1972	2004						0:49:48	0:49:48		32	M30		1
	Fecht	Michael	Ihlower Rennschnecken	1971	2004				0:50:08			0:50:08		33	M30		1
	Aeishen	Wilko	TSV Hesel	1983	2004			0:50:44				0:50:44		21	M20		1
	Lohmeyer	Everwien	Frisia Brinkum	1958	2004	0:50:56						0:50:56		46	M40		1
	Ludwigs	Ingo	LG Uplengen	1976	2004						0:51:51	0:51:51		28	M20		1
	Stöter	Andreas	Akelsbarg	1968	2004			0:52:08				0:52:08		36	M30		1
	Elsner	Ralf	Schwerinsdorf	1971	2004		0:52:20					0:52:20		33	M30		1
	Kiehl	Werner	Eintracht Hinte	1951	2004	0:52:37						0:52:37		53	M50		1
	Saathoff	Dieter	Wiesmoor	1960	2004						0:52:43	0:52:43		44	M40		1
	Müller	Katharina	Neukamperfehn	1986	2004		0:53:04					0:53:04		18	WU20		1
	Dresler	Hans-Joachim	LT Schafhauser W.	1949	2004	0:53:10						0:53:10		55	M50		1
	Harms	Peter	Großefehn	1967	2004			0:53:22				0:53:22		37	M30		1
	Severiens	Gerold	Fortuna Logabirum	1948	2004	0:53:41						0:53:41		56	M50		1
	Kreienbrock	Carsten	Leer	1968	2004	0:53:49						0:53:49		36	M30		1
	Reisewitz	Karl-Heinz	LG Ostfriesland	1951	2004				0:53:52			0:53:52		53	M50		1
	Kiese	Kersten	TuS Esens	1964	2004						0:54:03	0:54:03		40	W40		1
	Eilts	Frerich	SV Wirdum	1959	2004						0:54:23	0:54:23		45	M40		1
	Laganowski	Günter	TV Langeoog	1951	2004						0:54:33	0:54:33		53	M50		1
	Manietta	Helmut	BV Bühren	1960	2004	0:54:38						0:54:38		44	M40		1
	Janssen	Heye	Pewsum	1987	2004			0:54:39				0:54:39		17	MU20		1
	Auge	Benjamin	HSG Leer	1989	2004						0:54:40	0:54:40		15	MU20		1
	Gerken	Theo	LG Ostfriesland	1944	2004						0:54:50	0:54:50		60	M60		1
	Bruns	Andree	Hesel	1980	2004		0:54:52					0:54:52		24	M20		1
	Wegener	Matthias	TV Dessau	1967	2004	0:55:02						0:55:02		37	M30		1
	Weis	Rainer	Darmstadt	1961	2004						0:55:13	0:55:13		43	M40		1
	Nuß	Joachim	Wacken	1965	2004			0:55:23				0:55:23		39	M30		1
	Dannecker	Petra	TV Marienhafe	1980	2004	0:55:38						0:55:38		24	W20		1
	Fellrichs	Henry	Raiba Idafehn	1968	2004	0:55:52						0:55:52		36	M30		1
	Oberthür	Henning	SF Leer	1982	2004						0:55:55	0:55:55		22	M20		1
	Buurmann	Nico	Leer	1987	2004	0:56:05						0:56:05		17	MU20		1
	Gerdes	Wilhelm	KBV Ochtersum	1954	2004						0:56:07	0:56:07		50	M50		1
	Köllmann	Gert	Eintracht Ihlow	1986	2004			0:56:26				0:56:26		18	MU20		1
	Fischer	Michael	Schwerinsdorf	1986	2004		0:56:28					0:56:28		18	MU20		1
	Gerdes	Niklas	TuS Victorbur	1989	2004						0:56:48	0:56:48		15	MU20		1
	Donker	Heinz	Esens	1949	2004						0:56:54	0:56:54		55	M50		1
	Kuhlmann	Fred	Heimatblatt	1960	2004			0:57:22				0:57:22		44	M40		1
	Nicolai	Hilmar	Leer	1958	2004	0:57:23						0:57:23		46	M40		1
	Schmidt	Frank-Jan	Emder LG	1965	2004		0:57:30					0:57:30		39	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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30					
	Otto	Christa	Paderborn	1957	2004						0:57:38	0:57:38		47	W40		1
	Michaelis	Bernhard	TGG Leer	1955	2004	0:57:42						0:57:42		49	M40		1
	Leerhoff	Sandra	Neermoor	1973	2004	0:58:01						0:58:01		31	M30		1
	Koppermann	Margarete	Fortuna Logabirum	1966	2004		0:58:01					0:58:01		38	W30		1
	Koppermann	Malte	Fortuna Logabirum	1963	2004		0:58:02					0:58:02		41	M40		1
	Evers	Gerhard	TV Marienhäfe	1952	2004						0:58:14	0:58:14		52	M50		1
	Gronewold	Anke	Holtrop	1980	2004			0:58:14				0:58:14		24	W20		1
	Lübben	Uwe	AOK Aurich	1972	2004					0:58:17		0:58:17		32	M30		1
	Böseler	Ingo	Oldenburg	1964	2004						0:58:21	0:58:21		40	M40		1
	Malzahn	Helge	Esens	1954	2004						0:58:30	0:58:30		50	W50		1
	Oldendorf	Rolf	Esens	1960	2004						0:58:31	0:58:31		44	M40		1
	Moldenhauer	Helmut	TG Wiesmoor	1950	2004		0:58:31					0:58:31		54	M50		1
	Scheffler	Knud	Neu-Ekels	1969	2004	0:58:33						0:58:33		35	M30		1
	Rieken	Doris	Neukels	1961	2004	0:58:35						0:58:35		43	W40		1
	Jüttner	David	Wiesmoor	1980	2004						0:58:43	0:58:43		24	M20		1
	Zunken	Gerhard	TuS Glarum	1959	2004						0:58:51	0:58:51		45	M40		1
	Müller	Klaus	TuS Glarum	1957	2004						0:58:54	0:58:54		47	M40		1
	Budde	Jörg	Fortuna Logabirum	1961	2004	0:58:59						0:58:59		43	M40		1
	König	Jörg	Nortmoor	1979	2004	0:59:02						0:59:02		25	M20		1
	Jacobson	Jörg	Leer	1967	2004			0:59:05				0:59:05		37	M30		1
	Kock	Jans	SV Holtland	1931	2004	0:59:07						0:59:07		73	M70		1
	Neumann	Roger	Ramsloh	1958	2004		0:59:08					0:59:08		46	M40		1
	Hettstedt-Bents	Ilka	KBV Mamburg	1969	2004						0:59:12	0:59:12		35	W30		1
	Hein	Thorsten	Dunum	1965	2004					0:59:26		0:59:26		39	M30		1
	Voss	Bernhard	TuS Aurich-Ost	1958	2004				0:59:26			0:59:26		46	M40		1
	Neumann	Marco	Ramsloh	1990	2004		0:59:28					0:59:28		14	MU20		1
	Hinrichs	Johann	MTV Wittmund	1952	2004				0:59:31			0:59:31		52	M50		1
	Otto	Franz-Josef	Paderborn	1956	2004						0:59:40	0:59:40		48	M40		1
	Müller	Hauke	Grundschule Hesel	1993	2004		0:59:44					0:59:44		11	MU20		1
	Gronewold	Hans-Joachim	Moorhusen	1958	2004						0:59:51	0:59:51		46	M40		1
	Pretl	Tim	TuS Esens	1978	2004						0:59:54	0:59:54		26	M20		1
	Niet	Günter	Raiba Idafehn	1968	2004	1:00:06						1:00:06		36	M30		1
	Bode	Cornelia	Leer	1962	2004		1:00:07					1:00:07		42	W40		1
	Pauw	Thomas	Moormerland	1961	2004		1:00:15					1:00:15		43	M40		1
	Hedemann	Sünke	Fun Loopers Ockenh.	1972	2004	1:00:26						1:00:26		32	M30		1
	Goudschaal	Inga	Bunde	1986	2004	1:00:27						1:00:27		18	WU20		1
	Lecke	Jörg	Leer	1964	2004		1:00:28					1:00:28		40	M40		1
	Blank	Lutz	TuS Collinghorst	1970	2004						1:00:31	1:00:31		34	M30		1
	Schulke	Wolfgang	SV Nortmoor	1954	2004	1:00:54						1:00:54		50	M50		1
	Lücht	Carina	Hesel	1989	2004						1:01:03	1:01:03		15	WU20		1
	Sievert	Maik	Oldenburg	1967	2004	1:01:13						1:01:13		37	M30		1
	Detmers	Hendrik	SpVgg Aurich	1987	2004				1:01:13			1:01:13		17	MU20		1
	Janssen	Heiko	MTV Aurich	1962	2004				1:01:16			1:01:16		42	M40		1
	Limbeck	Dirk	TG Wiesmoor	1961	2004					1:01:17		1:01:17		43	M40		1
	Schürmann	Jonas	SV Warsingsfehn	1995	2004		1:01:24					1:01:24		9	MU20		1
	Hinrichs	Christine	SV Großefehn	1963	2004		1:01:32					1:01:32		41	W40		1
	Klimaschewski	Martina	Oldenburg	1963	2004						1:01:34	1:01:34		41	W40		1
	Bruns	Rita	TSV Hesel	1963	2004		1:01:47					1:01:47		41	W40		1
	Deutschmann	Claudia	TSV Hesel	1968	2004		1:01:49					1:01:49		36	W30		1
	Reck	Wolfgang	Eintracht Plaggenburg	1965	2004					1:01:50		1:01:50		39	M30		1
	Förster	Melanie	Leer	1980	2004		1:01:50					1:01:50		24	W20		1
	Völker	Peter	TuS Aurich-Ost	1955	2004		1:01:51					1:01:51		49	M40		1
	Efkes	Meike	VFB Uplengen	1977	2004		1:01:52					1:01:52		27	W20		1
	Bengen	Erich	TuS Aurich-Ost	1952	2004	1:01:53						1:01:53		52	M50		1
	Schmidtke	Bernd	Esens	1959	2004					1:01:53		1:01:53		45	M40		1
	Viel	Patrick	WOL	1985	2004	1:01:54						1:01:54		19	MU20		1
	Buß	Jürgen	Esens	1958	2004						1:01:58	1:01:58		46	M40		1
	Adamczyk	Daniel	SV Warsingsfehn	1983	2004		1:02:15					1:02:15		21	M20		1
	Defort	Ralf	MTV Aurich	1965	2004				1:02:16			1:02:16		39	M30		1
	Janssen	Martina	TuS Aurich-Ost	1964	2004	1:02:16						1:02:16		40	W40		1
	Himpel	Alste	SC Dunum	1957	2004						1:02:19	1:02:19		47	W40		1
	Janssen	Holger	TuS Esens	1963	2004						1:02:25	1:02:25		41	M40		1
	Rozema	Brigitte	TuS Hinte	1954	2004	1:02:25						1:02:25		50	W50		1
	Siefkes	Ute	RVB Uplengen	1974	2004	1:02:38						1:02:38		30	W30		1
	Uphoff	Bernhard	Aurich	1966	2004		1:02:58					1:02:58		38	M30		1
	Vry	Renate	Fortuna Logabirum	1955	2004	1:02:58						1:02:58		49	W40		1
	Janssen	Werner	Aurich	1966	2004			1:03:09				1:03:09		38	M30		1
	Hammer	Jörg	Leer	1954	2004				1:03:12			1:03:12		50	M50		1
	Rietz	Philipp	TGG Leer	1991	2004	1:03:15						1:03:15		13	MU20		1
	Wesseln	Holger	TV Norden	1971	2004					1:03:23		1:03:23		33	M30		1
	Menger	Kai-Uwe	Leer	1964	2004				1:03:23			1:03:23		40	M40		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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30					
	Zimmermann	Anja	Moormerland	1971	2004						1:03:25	1:03:25		33	W30		1
	Zimmer	Manfred	SV Nortmoor	1974	2004				1:03:33			1:03:33		30	M30		1
	Heyen	Elke	LT Schaffhauser W.	1971	2004	1:03:35						1:03:35		33	W30		1
	Rietz	Albrecht	TGG Leer	1954	2004	1:03:40						1:03:40		50	M50		1
	Dellwisch	Hinrich	Aurich	1988	2004	1:03:42						1:03:42		16	MU20		1
	Tjarks	Gerhardine	LG Ostfriesland	1957	2004						1:03:45	1:03:45		47	W40		1
	Holtz	Ulrike	Leer	1958	2004	1:03:54						1:03:54		46	W40		1
	Ohling	Jan	BW Borssum	1982	2004						1:03:58	1:03:58		22	M20		1
	Reents	Peter	LT Schaffhausener Wald	1945	2004					1:04:09		1:04:09		59	M50		1
	Meyer	Harald	Leer	1968	2004	1:04:12						1:04:12		36	M30		1
	Edzards	Erwin	SuS Strackholt	1960	2004						1:04:13	1:04:13		44	M40		1
	Bents	Carsten	KBV Mamburg	1964	2004						1:04:23	1:04:23		40	M40		1
	Rademacher	Johann	Moorweg	1949	2004						1:04:24	1:04:24		55	M50		1
	Müller	Knut	FF Nüttermoor	1970	2004	1:04:29						1:04:29		34	M30		1
	Spiekermann	Martina	Fortuna Logabirum	1964	2004	1:04:31						1:04:31		40	W40		1
	Seidemann	Erika	Schortens	1951	2004			1:04:33				1:04:33		53	W50		1
	Krull	Monika	Crocodiles Ihlow	1966	2004						1:04:34	1:04:34		38	W30		1
	Fröhling	Jens	Ihlow	1972	2004			1:04:50				1:04:50		32	M30		1
	Dirks	Nando	WFB Aurich	1982	2004						1:04:58	1:04:58		22	M20		1
	Janosch	Gilda	Großefehn	1969	2004			1:04:59				1:04:59		35	W30		1
	Heyenga	Verena	Nortmoor	1978	2004	1:05:02						1:05:02		26	W20		1
	Jakobs	Daniel	LT Schaffhausener Wald	1968	2004					1:05:30		1:05:30		36	M30		1
	Maghsoudi	Bahram	Altenstadt	1977	2004					1:05:32		1:05:32		27	M20		1
	Arends	Thomas	Esens	1961	2004						1:05:47	1:05:47		43	M40		1
	Buurmann	Inka	Leer	1965	2004	1:05:58						1:05:58		39	W30		1
	Dänekas	Jürgen	LG Uplengen	1958	2004				1:06:02			1:06:02		46	M40		1
	Brauer	Peter	TuS Westerende	1956	2004						1:06:09	1:06:09		48	M40		1
	Olin	Hanno	TuS Aurich-Ost	1963	2004				1:06:10			1:06:10		41	M40		1
	Penning	Jakobus	TuS Aurich-Ost	1968	2004					1:06:14		1:06:14		36	M30		1
	Kampers	Mario	Rhauderfehn	1973	2004						1:06:20	1:06:20		31	M30		1
	Wiegmann	Alexander	Holtrop	1986	2004					1:06:23		1:06:23		18	MU20		1
	Boe	Marion	LT Schaffhauser Wald	1947	2004	1:06:29						1:06:29		57	W50		1
	Janssen	Christoph	Aurich	1980	2004			1:06:31				1:06:31		24	M20		1
	Buss-Weber	Ikka	TuS Victorbur	1952	2004						1:06:38	1:06:38		52	W50		1
	Böke	Antje	Neermoor	1960	2004	1:06:39						1:06:39		44	W40		1
	Brüggemann	Ralf	Hangericke	1959	2004	1:06:47						1:06:47		45	M40		1
	Ebbelaar	Marcel	Holtrop	1963	2004			1:06:51				1:06:51		41	M40		1
	Tiefrieger	Antonius	Ganderkese	1957	2004			1:06:54				1:06:54		47	M40		1
	Friedrichs	Annegret	AOK Aurich	1966	2004					1:06:59		1:06:59		38	W30		1
	Oltmanns	Hermann	Spa. Leer/Weener	1964	2004					1:07:22		1:07:22		40	M40		1
	Faßbender	Jörn	Con. Neermoor	1984	2004		1:07:22					1:07:22		20	M20		1
	Morgenthal	Enno	Beningafehn	1985	2004		1:07:24					1:07:24		19	MU20		1
	Meyerhoff	Peter	MTV Aurich	1947	2004						1:07:26	1:07:26		57	M50		1
	Willers	Jens	SV Warsingsfehn	1990	2004		1:07:32					1:07:32		14	MU20		1
	Willers	Thomas	SV Warsingsfehn	1965	2004		1:07:33					1:07:33		39	M30		1
	Beckers	Doris	Leer	1959	2004	1:08:00						1:08:00		45	W40		1
	Quante	Frank	Oldenburg	1966	2004			1:08:01				1:08:01		38	M30		1
	Stracke	Alexander	Aurich	1987	2004				1:08:02			1:08:02		17	MU20		1
	Buß	Maike	Raiba Idafehn	1983	2004	1:08:16						1:08:16		21	W20		1
	Döring	Kurt	Heidmühle	1939	2004						1:08:30	1:08:30		65	M60		1
	Eden	Gerhard	Leer	1955	2004						1:08:32	1:08:32		49	M40		1
	Luttermann	Elvira	Moormerland	1967	2004	1:08:39						1:08:39		37	W30		1
	Stracke	Konstantin	Aurich	1994	2004						1:08:40	1:08:40		10	MU20		1
	Gerdes	Frank	Großefehn	1982	2004						1:08:50	1:08:50		22	M20		1
	Hanken	Kai-Uwe	RZ Team	1971	2004		1:08:51					1:08:51		33	M30		1
	Bünthe	Philipp	Aurich	1992	2004						1:08:58	1:08:58		12	MU20		1
	Döring	Karin	Heidmühle	1939	2004						1:09:02	1:09:02		65	W60		1
	Meyer	Jens	TV Marienhäfe	1971	2004				1:09:15			1:09:15		33	M30		1
	Schoon	Jann	Con. Neermoor	1960	2004	1:09:16						1:09:16		44	M40		1
	Jürrens	Anneliese	Emder LG	1958	2004		1:09:19					1:09:19		46	W40		1
	Brauer	Monika	TuS Westerende	1956	2004						1:09:35	1:09:35		48	W40		1
	Bathmann	Gisela	Heisfelde	1967	2004		1:09:41					1:09:41		37	W30		1
	Willers	Andrea	SV Warsingsfehn	1963	2004		1:09:46					1:09:46		41	W40		1
	Barghorn	Christa	Heisfelde	1968	2004		1:09:49					1:09:49		36	W30		1
	Seidel	Dirk	Germania Leer	1986	2004	1:09:53						1:09:53		18	MU20		1
	Schneider	Walter	Sommerdar	1951	2004						1:09:59	1:09:59		53	M50		1
	van Essen	Marika	SF Benseniel	1976	2004						1:10:07	1:10:07		28	W20		1
	Geeken	Aloys	Emstek	1931	2004						1:10:10	1:10:10		73	M70		1
	Krull	Hartmut	Aurich	1961	2004	1:10:12						1:10:12		43	M40		1
	Tholen	Christian	Moormerland	1990	2004	1:10:27						1:10:27		14	MU20		1
	Rosenboom	André	TuS Aurich-Ost	1968	2004	1:10:37						1:10:37		36	M30		1

**23. Ostfrieslandlauf 2004**

04.05. bis 21.05.2004

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
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km	68,30					
	Wermter	Anton	Wiesens	1932	2004			1:10:44				1:10:44		72	M70		1
	Otto	Theresa	Paderborn	1990	2004						1:10:52	1:10:52		14	WU20		1
	Ennen	Ewald	Großefehn	1961	2004			1:11:05				1:11:05		43	M40		1
	Hicken	Manfred	Großefehn	1960	2004			1:11:08				1:11:08		44	M40		1
	Alter	Wiebke	Dornum	1983	2004						1:11:20	1:11:20		21	W20		1
	Thedinga	Minste	Esens	1983	2004						1:11:21	1:11:21		21	W20		1
	Eisenhauer	Martina	Esens	1980	2004				1:11:23			1:11:23		24	W20		1
	Eisenhauer	Elke	Esens	1977	2004				1:11:24			1:11:24		27	W20		1
	Hecht	Caroline	Bonn	1965	2004						1:11:29	1:11:29		39	W30		1
	Wienekamp	Erika	Victorbur	1954	2004						1:11:43	1:11:43		50	W50		1
	Bakker	Gudrun	Victorbur	1969	2004						1:11:45	1:11:45		35	W30		1
	Janssen	Karin	LT Schaffhausener Wald	1963	2004						1:11:53	1:11:53		41	W40		1
	Birkoben	Alberta	TSV Riepe	1955	2004						1:11:55	1:11:55		49	W40		1
	Folkers	Edelgard	SV Wallinghausen	1970	2004					1:12:07		1:12:07		34	W30		1
	Harmann	Ilka	Leer	1971	2004	1:12:08						1:12:08		33	W30		1
	Kroh-Lammers	Erika	SV Warsingsfehn	1952	2004				1:12:23			1:12:23		52	W50		1
	Meyerhoff	Dennis	Aurich	1989	2004				1:12:31			1:12:31		15	MU20		1
	Narr	Isabel	Leer	1966	2004		1:12:36					1:12:36		38	W30		1
	Reiners	Bernhard	TuS Victorbur	1968	2004					1:12:40		1:12:40		36	M30		1
	Reuß	Karin	Sandhorst	1967	2004						1:13:02	1:13:02		37	W30		1
	Häußermann	Sonja	Beerfelden	1971	2004					1:13:14		1:13:14		33	W30		1
	Niebuhr	Karsten	Meppen	1960	2004						1:13:18	1:13:18		44	M40		1
	Weers	Birgit	TuS Collinghorst	1973	2004						1:13:31	1:13:31		31	W30		1
	Martens	Jörg	AOK Aurich	1973	2004				1:13:36			1:13:36		31	M30		1
	Raap	Hilko	DLRG Aurich	1984	2004				1:13:55			1:13:55		20	M20		1
	Schwitters	Mense	MTV Aurich	1948	2004				1:13:57			1:13:57		56	M50		1
	Wynjen	Dirk	Wybelsum	1982	2004					1:13:58		1:13:58		22	M20		1
	Schlömer	Tomke	Frisia Loga	1966	2004		1:14:49					1:14:49		38	W30		1
	Loss	Heye	SV Larrelt	1960	2004				1:15:21			1:15:21		44	M40		1
	Buss	Berend	Großefehn	1970	2004						1:15:33	1:15:33		34	M30		1
	Baumann	Thea	Beningafehn	1958	2004		1:15:52					1:15:52		46	W40		1
	Heimann	Jan-Michael	Wittmund	1993	2004						1:15:56	1:15:56		11	MU20		1
	Meyer	Marita	Ihlow	1974	2004					1:16:04		1:16:04		30	W30		1
	Becker	Marion	Aurich	1975	2004	1:16:28						1:16:28		29	W20		1
	Janssen	Temme	Pewsum	1985	2004			1:16:47				1:16:47		19	MU20		1
	Rocker	Marion	BV Pfalzdorf	1975	2004		1:17:01					1:17:01		29	W20		1
	Janssen	Margret	HKC Hannover	1969	2004				1:17:25			1:17:25		35	W30		1
	Heimann	Christoph	Wittmund	1991	2004						1:17:26	1:17:26		13	MU20		1
	Behesthy	Christiane	Timmel	1958	2004		1:17:26					1:17:26		46	W40		1
	Hase	Thomas	Bremerhaven	1961	2004				1:17:53			1:17:53		43	M40		1
	Rosendahl	Wilfried	TV Marienhefe	1968	2004				1:18:52			1:18:52		36	M30		1
	Schlüsselburg	Heike	VHS Lauffkurs	1960	2004	1:18:54						1:18:54		44	W40		1
	Janssen	Ingrid	WFB Aurich	1968	2004					1:19:41		1:19:41		36	W30		1
	de Buhr	Marion	VHS Laufen	1970	2004	1:19:51						1:19:51		34	W30		1
	Wiegmann	Karin	Gronau	1977	2004						1:20:02	1:20:02		27	W20		1
	Stellemann	Angelika	Rhauderfehn		2004	1:20:32						1:20:32			W		1
	Eilers	Jakob	Emden	1941	2004					1:20:54		1:20:54		63	M60		1
	Janczak	Kerstin	Braunschweig	1974	2004				1:21:43			1:21:43		30	W30		1
	Wielborg	Theda	Leer	1954	2004					1:22:50		1:22:50		50	W50		1
	Duis	Maike	VFB Uplengen	1980	2004						1:23:01	1:23:01		24	W20		1
	Erdamm	Alice	Dornum	1966	2004					1:23:24		1:23:24		38	W30		1
	Logermann	Matthias	Wiesmoor	1970	2004				1:26:17			1:26:17		34	M30		1