

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
1	Immega	Stephan	LT Schafh. Wald	1984	2005	00:36:27	00:34:47	00:38:16	00:45:52	00:39:33	00:36:15	3:51:10	00:33:51	21	M20	1	6
2	Schmidt	Jörn	DSC Oldenburg	1984	2005	00:36:30	00:34:54	00:38:29	00:46:10	00:40:19	00:36:52	3:53:14	00:34:09	21	M20	2	6
3	Wiegmann	Seibo	LT Schafh. Wald	1979	2005	00:37:20	00:36:52	00:39:17	00:46:38	00:40:29	00:37:05	3:57:41	00:34:48	26	M20	3	6
4	Groenhagen	Achim	SV Wolthusen	1968	2005	00:38:05	00:37:00	00:39:37	00:48:45	00:41:51	00:38:02	4:03:20	00:35:38	37	M30	1	6
5	Waschkau	Jan	VfL Germ. Leer	1977	2005	00:38:43	00:37:34	00:39:46	00:49:28	00:42:01	00:38:10	4:05:42	00:35:58	28	M20	4	6
6	Jürrens	Harry	Emder LG	1957	2005	00:38:11	00:37:49	00:39:58	00:48:45	00:42:07	00:39:55	4:06:45	00:36:08	48	M40	1	6
7	Lammers	Joachim	TG Wiesmoor	1960	2005	00:39:14	00:38:03	00:40:45	00:50:03	00:43:14	00:39:14	4:10:33	00:36:41	45	M40	2	6
8	Landherr	Manfred	NOWEBAU	1964	2005	00:39:09	00:37:57	00:40:44	00:49:58	00:43:25	00:40:07	4:11:20	00:36:48	41	M40	3	6
9	Bienow	Ralf	Ihlow. Rennschnecken	1966	2005	00:39:54	00:38:22	00:41:02	00:50:10	00:43:29	00:39:25	4:12:22	00:36:57	39	M30	2	6
10	Taube	Ralf	VfL Germ. Leer	1969	2005	00:38:34	00:38:01	00:41:34	00:51:58	00:44:38	00:38:57	4:13:42	00:37:09	36	M30	3	6
11	de Jonge	Stefan	TuS Weene	1976	2005	00:40:22	00:39:35	00:41:52	00:51:03	00:44:12	00:40:03	4:17:07	00:37:39	29	M20	5	6
12	Ludwig	Reinhard	Aur. Taxenzentrale	1959	2005	00:40:47	00:39:38	00:41:54	00:51:28	00:44:11	00:40:04	4:18:02	00:37:47	46	M40	4	6
13	Berghaus	Eike-Hergen	Perpedis Hesel	1987	2005	00:41:10	00:39:41	00:41:46	00:51:24	00:45:10	00:39:56	4:19:07	00:37:56	18	MU20	1	6
14	Siebelts	Arnd	TV Norden	1967	2005	00:40:55	00:39:17	00:41:45	00:51:31	00:44:49	00:40:57	4:19:14	00:37:57	38	M30	4	6
15	Schultz	Andree	Emd. BAC	1970	2005	00:40:20	00:40:04	00:42:10	00:51:32	00:44:55	00:40:17	4:19:18	00:37:58	35	M30	5	6
16	Christians	Borchard	LG Ostfriesland	1958	2005	00:40:39	00:39:11	00:42:21	00:51:45	00:44:47	00:41:16	4:19:59	00:38:04	47	M40	5	6
17	Bartsch	Peter	SuS Emden	1976	2005	00:41:20	00:39:45	00:42:41	00:51:11	00:44:42	00:40:30	4:20:09	00:38:05	29	M20	6	6
18	Reents	Ralf	LT Schafh. Wald	1969	2005	00:41:05	00:39:47	00:42:22	00:52:12	00:45:07	00:40:52	4:21:25	00:38:16	36	M30	6	6
19	Titze	Frank	TuS Strudde	1968	2005	00:41:04	00:39:18	00:43:18	00:52:10	00:45:26	00:40:48	4:22:04	00:38:22	37	M30	7	6
20	Freese	Mathias	TUS Weener	1986	2005	00:41:16	00:40:04	00:41:50	00:52:05	00:46:35	00:40:43	4:22:33	00:38:26	19	MU20	2	6
21	Buss	Martin	MTV Wittmund	1992	2005	00:41:59	00:40:40	00:43:00	00:51:40	00:45:02	00:40:39	4:23:00	00:38:30	13	MU20	3	6
22	Hardy	Bernhard	SV Großefehn	1966	2005	00:41:00	00:40:05	00:42:40	00:52:23	00:45:29	00:41:30	4:23:07	00:38:31	39	M30	8	6
23	Freeseemann	Lars	TSV Riepe	1973	2005	00:41:27	00:40:37	00:43:01	00:52:05	00:45:08	00:41:20	4:23:38	00:38:36	32	M30	9	6
24	Straakholder	Kai	TuS Aurich-Ost	1987	2005	00:41:00	00:40:14	00:43:30	00:52:17	00:45:25	00:42:04	4:24:30	00:38:44	18	MU20	4	6
25	Kleen	André	RVB Uplengen	1983	2005	00:42:06	00:40:57	00:42:11	00:53:06	00:45:31	00:41:04	4:24:55	00:38:47	22	M20	7	6
26	Beitelmann	Arne	MTV Aurich TRIA	1987	2005	00:41:06	00:40:10	00:43:34	00:52:42	00:46:21	00:41:26	4:25:19	00:38:51	18	MU20	5	6
27	Tuijter	Berthold	Emder LG	1969	2005	00:40:59	00:39:48	00:42:42	00:53:54	00:45:56	00:42:17	4:25:36	00:38:53	36	M30	10	6
28	Blank	André	Spk Leer-Weener	1977	2005	00:41:25	00:40:41	00:43:32	00:52:56	00:45:45	00:41:46	4:26:05	00:38:57	28	M20	8	6
29	Frerichs	Christian	TuS Aurich-Ost	1986	2005	00:41:01	00:40:06	00:45:11	00:53:25	00:45:34	00:41:22	4:26:39	00:39:02	19	MU20	6	6
30	Geiken	Ralf	BGS Bunde	1971	2005	00:41:08	00:40:11	00:44:02	00:52:54	00:47:53	00:42:31	4:28:39	00:39:20	34	M30	11	6
31	Eden	Kurt	TV Norden	1958	2005	00:42:03	00:41:21	00:44:05	00:53:34	00:45:54	00:42:12	4:29:09	00:39:24	47	M40	6	6
32	Hinken	Jürgen	Nordgeorgsfehn	1963	2005	00:41:58	00:41:01	00:44:21	00:53:31	00:46:15	00:42:13	4:29:19	00:39:26	42	M40	7	6
33	Carls	Christoph	TV Norden	1964	2005	00:42:20	00:41:02	00:44:05	00:54:01	00:46:00	00:42:05	4:29:33	00:39:28	41	M40	8	6
34	Kobyliski	Ralf	MTV Wittmund	1964	2005	00:42:25	00:41:16	00:44:31	00:54:13	00:46:46	00:41:47	4:30:58	00:39:40	41	M40	9	6
35	Reinken	Mirko	SG Egels-Popens	1986	2005	00:43:45	00:40:38	00:44:07	00:53:30	00:46:25	00:42:58	4:31:23	00:39:44	19	MU20	7	6
36	Jürrens	Inga	Emder LG	1982	2005	00:42:17	00:41:17	00:44:21	00:55:03	00:45:31	00:44:16	4:32:45	00:39:56	23	W20	1	6
37	Trebesch	Wolfgang	MTV Aurich	1957	2005	00:41:56	00:40:17	00:50:48	00:52:26	00:46:43	00:41:38	4:33:48	00:40:05	48	M40	10	6
38	Oldigs	Beene	Team Deutsche Post	1961	2005	00:44:01	00:42:26	00:45:05	00:54:11	00:47:08	00:43:09	4:36:00	00:40:25	44	M40	11	6
39	Rausch	Martin	Fortuna Wirdum	1965	2005	00:43:44	00:42:29	00:44:39	00:55:01	00:47:03	00:43:08	4:36:04	00:40:25	40	M40	12	6
40	Eden	Manfred	TuS Hinte	1959	2005	00:44:11	00:42:41	00:44:59	00:54:49	00:46:58	00:42:51	4:36:29	00:40:29	46	M40	13	6
41	Braje	Sven	Team Möbel-Buss	1967	2005	00:44:12	00:42:49	00:44:52	00:54:56	00:46:56	00:42:56	4:36:41	00:40:31	38	M30	12	6
42	Gronewold	Karl-Heinz	NOWEBAU	1967	2005	00:43:51	00:42:06	00:44:53	00:55:34	00:47:46	00:43:18	4:37:28	00:40:37	38	M30	13	6
43	Pahlke	Thomas	TuS Aurich-Ost	1974	2005	00:44:07	00:42:28	00:45:16	00:54:43	00:47:37	00:43:30	4:37:41	00:40:39	31	M30	14	6
44	Aden	Manfred	TG Wiesmoor	1962	2005	00:43:49	00:42:24	00:45:00	00:55:52	00:47:41	00:43:49	4:38:35	00:40:47	43	M40	14	6
45	Asche	Tobe	SV Wiesede	1959	2005	00:43:50	00:42:25	00:45:02	00:55:53	00:47:48	00:43:56	4:38:54	00:40:50	46	M40	15	6
46	Köller	Tammo	TUS Weener	1987	2005	00:42:24	00:40:51	00:43:42	01:01:09	00:46:50	00:44:00	4:38:56	00:40:50	18	MU20	8	6
47	Albers	Jens	TG Wiesmoor	1975	2005	00:43:52	00:42:22	00:45:01	00:55:57	00:47:47	00:43:58	4:38:57	00:40:51	30	M30	15	6
48	Romaneeßen	Heinz	Dekra	1966	2005	00:44:18	00:42:27	00:44:57	00:55:51	00:48:30	00:43:43	4:39:46	00:40:58	39	M30	16	6
49	Hoffmann	Karl-Heinz	Hasselt	1958	2005	00:43:36	00:43:33	00:45:22	00:55:33	00:47:58	00:43:55	4:39:57	00:40:59	47	M40	16	6
50	Frühling	Uwe	Polizei Aurich	1969	2005	00:42:49	00:42:21	00:45:35	00:57:06	00:48:06	00:44:01	4:39:58	00:40:59	36	M30	17	6
51	Schmidt	Juergen	De Moorloopers	1963	2005	00:44:31	00:42:55	00:45:12	00:56:00	00:47:52	00:43:42	4:40:12	00:41:01	42	M40	17	6
52	Köller	Hauke	TUS Weener	1990	2005	00:44:57	00:42:18	00:44:38	00:55:14	00:47:38	00:45:36	4:40:21	00:41:03	15	MU20	9	6
53	Hofmann	Fred	DLRG Weener	1963	2005	00:42:40	00:44:21	00:45:03	00:55:54	00:48:52	00:43:34	4:40:24	00:41:03	42	M40	18	6
54	Oremek	Robert	LG Ostfriesland	1965	2005	00:44:15	00:42:51	00:45:30	00:56:10	00:47:57	00:43:57	4:40:40	00:41:06	40	M40	19	6
55	Kuiter	Helmut	Post SV Leer	1966	2005	00:44:32	00:42:58	00:45:45	00:56:09	00:47:51	00:43:39	4:40:54	00:41:08	39	M30	18	6
56	Brandt	Lothar	2. AH TV Bunde	1966	2005	00:44:56	00:43:07	00:45:36	00:56:22	00:47:50	00:43:57	4:41:48	00:41:16	39	M30	19	6
57	Miethe	Kuno	TuS Aurich-Ost	1975	2005	00:45:07	00:42:19	00:45:18	00:55:41	00:48:46	00:44:45	4:41:56	00:41:17	30	M30	20	6
58	Gronewold	Marco	Moorlage	1979	2005	00:45:17	00:43:19	00:45:36	00:56:07	00:47:49	00:43:54	4:42:02	00:41:18	26	M20	9	6
59	Kettwig	Christoph	TSV Hesel	1988	2005	00:45:15	00:43:24	00:45:38	00:56:12	00:47:54	00:44:14	4:42:37	00:41:23	17	MU20	10	6
60	Hartmann	Irmgard	TV Norden	1962	2005	00:44:21	00:43:02	00:46:45	00:56:23	00:48:30	00:44:06	4:43:07	00:41:27	43	W40	1	6
61	Meyer	Ingo	G. Kuper GmbH	1988	2005	00:44:58	00:43:05	00:44:49	00:56:46	00:49:39	00:44:00	4:43:17	00:41:29	17	MU20	11	6
62	Hinrichs	Enno	TuS Aurich Ost	1961	2005	00:45:13	00:43:30	00:45:24	00:56:24	00:48:03	00:44:50	4:43:24	00:41:30	44	M40	20	6
63	Taute	Heinz	LG Uplengen	1972	2005	00:45:26	00:43:23	00:45:58	00:56:05	00:48:34	00:44:38	4:44:04	00:41:35	33	M30	21	6
64	de Buhr	Harald	Polizei Leer	1962	2005	00:44:30	00:43:21	00:46:09	00:56:14	00:48:51	00:45:00	4:44:05	00:41:36	43	M40	21	6
65	Geiken	Jürren	TV Norden	1961	2005	00:44:39	00:43:01	00:46:06	00:56:35	00:48:42	00:45:11	4:44:14	00:41:37	44	M40	22	6
66	Meyer	Tönjes															

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
72	Sörensen	Marc	SV Wallinghaus.	1981	2005	00:44:55	00:43:27	00:46:48	00:56:42	00:49:30	00:44:17	4:45:39	00:41:49	24	M20	11	6
73	de Buhr	Jürgen	SV Wiesmoor	1963	2005	00:45:47	00:44:17	00:46:37	00:56:13	00:48:48	00:44:00	4:45:42	00:41:50	42	M40	27	6
74	Wirtz	Michael	WFB Aurich	1984	2005	00:44:14	00:43:16	00:46:28	00:56:11	00:48:33	00:47:46	4:46:28	00:41:57	21	M20	12	6
75	Nissen	Frank	TuS Aurich-Ost	1961	2005	00:45:10	00:43:55	00:46:36	00:57:12	00:49:15	00:44:21	4:46:29	00:41:57	44	M40	28	6
76	Klöver	Günther	BV Akelsberg	1983	2005	00:46:10	00:43:39	00:46:07	00:56:04	00:49:26	00:45:22	4:46:48	00:41:59	22	M20	13	6
77	Alts	Holger	VfFL Berumbur	1964	2005	00:44:45	00:43:41	00:46:25	00:57:23	00:49:35	00:44:59	4:46:48	00:41:59	41	M40	29	6
78	Janssen	Gerold	Großoldendorf	1967	2005	00:45:30	00:44:05	00:46:42	00:57:40	00:48:17	00:45:05	4:47:19	00:42:04	38	M30	22	6
79	Plumeyer	Lars	Tus Pewsum	1972	2005	00:46:40	00:44:48	00:46:22	00:57:56	00:48:22	00:43:38	4:47:46	00:42:08	33	M30	23	6
80	Köhlke	Matthias	Ochtersum	1974	2005	00:46:31	00:43:30	00:46:56	00:57:03	00:49:19	00:44:39	4:47:58	00:42:10	31	M30	24	6
81	Nanninga	Jochen	TV Norden	1964	2005	00:45:24	00:43:37	00:46:16	00:56:30	00:49:33	00:46:45	4:48:05	00:42:11	41	M40	30	6
82	Best	Patrick	Eintracht Plaggenburg	1987	2005	00:46:45	00:44:18	00:45:55	00:55:56	00:49:22	00:46:15	4:48:31	00:42:15	18	MU20	12	6
83	Tobiassen	Jan	MTV Aurich	1970	2005	00:46:11	00:43:23	00:45:57	00:57:30	00:48:35	00:47:12	4:48:48	00:42:17	35	M30	25	6
84	Tertilt	Rainer	Winterhoff + Partner	1968	2005	00:47:04	00:43:54	00:46:24	00:56:51	00:49:28	00:45:14	4:48:55	00:42:18	37	M30	26	6
85	Birkoben	Rolf	TSV Riepe	1952	2005	00:45:12	00:44:08	00:46:32	00:58:18	00:49:41	00:45:09	4:49:00	00:42:19	53	M50	2	6
86	Krüger	Heino	LT Crocodiles	1962	2005	00:45:51	00:44:16	00:46:37	00:57:41	00:49:38	00:45:10	4:49:13	00:42:21	43	M40	31	6
87	Köster	Clemens	TuS Aurich-Ost	1973	2005	00:46:01	00:44:34	00:46:44	00:56:33	00:50:38	00:45:07	4:49:37	00:42:24	32	M30	27	6
88	Aden	Jan-Jürgen	Leer	1976	2005	00:45:52	00:44:22	00:46:57	00:57:56	00:49:52	00:44:40	4:49:39	00:42:25	29	M20	14	6
89	Jetses	Holger	Loppersum	1964	2005	00:46:03	00:44:33	00:47:26	00:57:39	00:49:24	00:45:03	4:50:08	00:42:29	41	M40	32	6
90	Recknagel	Bernd	SG Egels-Popens	1967	2005	00:47:16	00:44:24	00:46:44	00:57:27	00:49:23	00:44:57	4:50:11	00:42:29	38	M30	28	6
91	Ricklefs	Klaus	Friedeburg	1957	2005	00:45:58	00:45:01	00:47:14	00:58:06	00:49:27	00:44:32	4:50:18	00:42:30	48	M40	33	6
92	Beute	Bart	Leer	1975	2005	00:44:50	00:42:22	00:45:33	00:59:40	00:49:32	00:48:58	4:50:55	00:42:36	30	M30	29	6
93	Hinrichs	Andreas	TuS Aurich-Ost	1964	2005	00:45:48	00:43:56	00:46:39	00:58:19	00:50:24	00:46:12	4:51:18	00:42:39	41	M40	34	6
94	Wilbers	Wilhelm	SV Ochtersum	1962	2005	00:47:52	00:44:39	00:46:34	00:57:31	00:49:29	00:45:18	4:51:23	00:42:40	43	M40	35	6
95	Oberding	Siegfried	MTV Wittmund	1964	2005	00:46:02	00:45:04	00:46:46	00:58:02	00:49:57	00:46:08	4:51:59	00:42:45	41	M40	36	6
96	Bratz	Helmut	LT Crocodiles	1953	2005	00:46:32	00:44:25	00:46:38	00:58:27	00:50:06	00:45:53	4:52:01	00:42:45	52	M50	3	6
97	Graalmann	André	Holterfehn	1990	2005	00:47:51	00:44:20	00:46:43	00:58:05	00:50:16	00:45:17	4:52:32	00:42:50	15	MU20	13	6
98	Becker	Ralf	Aurich	1973	2005	00:45:33	00:44:19	00:46:39	00:57:10	00:52:25	00:47:13	4:53:19	00:42:57	32	M30	30	6
99	Wilken	Mathias	G. Kuper GmbH	1984	2005	00:49:57	00:43:08	00:47:24	00:57:42	00:49:42	00:45:49	4:53:42	00:43:00	21	M20	15	6
100	Nordmann	Olaf	TuS Aurich-Ost	1967	2005	00:46:56	00:44:56	00:48:03	00:57:57	00:50:46	00:46:10	4:54:48	00:43:10	38	M30	31	6
101	Heibült	Christian	SV Holland	1940	2005	00:46:09	00:45:33	00:48:01	00:58:43	00:50:33	00:45:58	4:54:57	00:43:11	65	M60	1	6
102	Baxmann, Dr.	Thomas	Aurich	1966	2005	00:45:57	00:44:47	00:48:32	00:59:46	00:49:51	00:46:05	4:54:58	00:43:11	39	M30	32	6
103	Jacobs	Andreas	Polizei Aurich	1972	2005	00:46:34	00:46:02	00:47:57	00:58:54	00:50:00	00:45:45	4:55:12	00:43:13	33	M30	33	6
104	Sigl	Holger	TuS Aurich-Ost	1970	2005	00:45:47	00:44:38	00:46:54	00:58:36	00:52:20	00:46:59	4:55:14	00:43:14	35	M30	34	6
105	Meier	Joachim	LG Ostfriesland	1962	2005	00:46:13	00:44:26	00:47:23	00:59:14	00:51:35	00:46:57	4:55:48	00:43:19	43	M40	37	6
106	Meyeraan	Harald	Hinte	1964	2005	00:48:22	00:46:20	00:48:13	00:57:59	00:50:12	00:44:56	4:56:02	00:43:21	41	M40	38	6
107	Görtmöller	Hermann	Emden	1963	2005	00:46:57	00:45:27	00:47:58	00:58:15	00:51:03	00:46:29	4:56:09	00:43:22	42	M40	39	6
108	Harms	Udo	NOWEBAU	1981	2005	00:47:20	00:44:13	00:46:43	00:58:41	00:49:40	00:49:57	4:56:34	00:43:25	24	M20	16	6
109	Buß	Hinrich	LT Schaffn. Wald	1954	2005	00:46:47	00:44:59	00:48:17	00:59:33	00:50:36	00:46:31	4:56:43	00:43:27	51	M50	4	6
110	Tammen	Willi	Klinge	1959	2005	00:46:59	00:45:10	00:47:47	00:59:20	00:50:29	00:47:01	4:56:46	00:43:27	46	M40	40	6
111	de Boer	Joachim	Team Deutsche Post	1966	2005	00:46:28	00:45:31	00:48:26	00:58:55	00:51:15	00:46:56	4:57:31	00:43:34	39	M30	35	6
112	Janssen	Gerhard	Leer	2005	2005	00:47:23	00:45:18	00:48:08	00:58:26	00:51:29	00:47:13	4:57:57	00:43:37	M			6
113	Hollander	Karsten	TuRa Rhauferf.	1985	2005	00:47:18	00:45:00	00:48:33	00:59:20	00:51:06	00:46:47	4:58:04	00:43:38	20	M20	17	6
114	Oltmanns	Thomas	Jheringsfehn	1975	2005	00:47:19	00:45:44	00:49:14	00:59:06	00:50:47	00:46:07	4:58:17	00:43:40	30	M30	36	6
115	Saathoff	Detlef	Veenhusen	1966	2005	00:46:50	00:44:42	00:47:27	01:01:27	00:50:07	00:48:07	4:58:40	00:43:44	39	M30	37	6
116	Seewald	Mathias	SV Petkum	1972	2005	00:47:07	00:46:05	00:48:42	00:58:58	00:51:16	00:46:35	4:58:43	00:43:44	33	M30	38	6
117	Beekhuis	Gottfried	TuS Aurich-Ost	1954	2005	00:48:02	00:46:31	00:48:56	00:59:02	00:50:52	00:45:37	4:59:00	00:43:47	51	M50	5	6
118	Baumann	Friedhelm	TSV Hesel	1960	2005	00:47:49	00:45:25	00:48:31	00:59:22	00:51:11	00:46:53	4:59:11	00:43:48	45	M40	41	6
119	Rückbrod	Martina	TV Norden	1987	2005	00:46:06	00:44:50	00:48:25	00:59:24	00:52:39	00:48:17	4:59:41	00:43:53	18	WU20	1	6
120	Puse	Gerd	BSC Burhufe	1963	2005	00:48:16	00:45:48	00:48:54	00:58:56	00:51:17	00:46:43	4:59:54	00:43:55	42	M40	42	6
121	Oltmanns	Rainer	Lauffr. Jever	1968	2005	00:47:29	00:45:24	00:48:45	00:59:49	00:51:07	00:47:23	4:59:57	00:43:55	37	M30	39	6
122	Raveling	Hartmut	LT Schaffn. Wald	1969	2005	00:48:09	00:46:17	00:48:20	00:59:38	00:51:10	00:46:32	5:00:06	00:43:56	36	M30	40	6
123	Wolters	Marcus	LT Schaffn. Wald	1988	2005	00:47:17	00:46:09	00:49:24	00:59:41	00:51:09	00:46:27	5:00:07	00:43:56	17	MU20	14	6
124	Voss	Bernhard	TuS Aurich-Ost	1958	2005	00:47:34	00:46:03	00:49:09	00:59:47	00:51:20	00:46:26	5:00:19	00:43:58	47	M40	43	6
125	Freitag	Norbert	MTV Aurich	1948	2005	00:47:33	00:45:59	00:48:07	00:59:56	00:51:22	00:47:23	5:00:20	00:43:58	57	M50	6	6
126	Radekppp	Daniel	VFFL Berumbur	1987	2005	00:48:39	00:48:45	00:50:24	00:50:33	00:53:16	00:48:46	5:00:23	00:43:59	18	MU20	15	6
127	Hanken	Harald	Fun-Loopers	1965	2005	00:47:37	00:45:43	00:48:11	01:00:32	00:51:18	00:47:03	5:00:24	00:43:59	40	M40	44	6
128	Freeseemann	Alfred	Moormerland	1967	2005	00:46:48	00:46:04	00:49:11	01:00:26	00:51:25	00:47:14	5:01:08	00:44:05	38	M30	41	6
129	Park	Stephan	VfB Uplengen	1971	2005	00:47:54	00:45:37	00:48:48	01:00:20	00:51:12	00:48:00	5:01:51	00:44:12	34	M30	42	6
130	Welter	Marlon	Gym Westerst.	1986	2005	00:49:04	00:49:08	00:48:02	00:58:53	00:49:58	00:46:50	5:01:55	00:44:12	19	MU20	16	6
131	Pflüger	Jan	Aurich	1983	2005	00:50:12	00:46:19	00:48:29	01:00:44	00:50:28	00:45:51	5:02:03	00:44:13	22	M20	19	6
132	König	Robert	Gymn. Westerst.	1976	2005	00:49:04	00:46:29	00:48:57	01:00:01	00:50:43	00:46:49	5:02:03	00:44:13	29	M20	18	6
133	de Riese	Reiner	Conc. Ihrhove	1959	2005	00:48:05	00:46:48	00:48:53	01:00:03	00:51:09	00:47:22	5:02:20	00:44:16	46	M40	45	6
134	Alberts	Thomas	Krummhörn	1981	2005	00:47:22	00:46:14	00:48:12	01:00:28	00:52:33	00:47:41	5:02:30	00:44:17	24	M20	20	6
135	Allmers	Hermann	SSV Neuenburg	1940	2005	00:48:01	00:45:34	00:49:33	00:59:50	00:51:27	00:48:18	5:02:43	00:44:19	65	M60	2	6
136	Scholtalbers	Hendrik	SV Stikelkamp	1959	2005	00:46:49	00:45:33	00:48:25	01:01:22	00:52:52	00:47:58	5:02:59	00:44:22				

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
143	Ulferts	Oltmann	AH Veenhusen	1964	2005	00:48:44	00:46:56	00:49:03	01:00:46	00:51:24	00:47:14	5:04:07	00:44:32	41	M40	49	6
144	Feldmann	Karl-Heinz	SV Großenfehn	1963	2005	00:51:12	00:49:38	00:47:56	00:59:11	00:50:26	00:45:52	5:04:15	00:44:33	42	M40	50	6
145	Goldswewer	Karl-Dieter	07 Westrhauderfehn	1968	2005	00:48:05	00:46:55	00:49:17	01:00:31	00:52:13	00:47:38	5:04:39	00:44:36	37	M30	43	6
146	Schmidt	Gerwin	TSV Riepe	1971	2005	00:47:21	00:46:25	00:49:42	01:00:40	00:52:26	00:48:06	5:04:40	00:44:36	34	M30	44	6
147	Dirks	Andreas	TV Marienhäfe	1964	2005	00:48:00	00:46:26	00:49:12	01:01:08	00:52:09	00:48:07	5:05:02	00:44:40	41	M40	51	6
148	Meyer	Thomas	SC Wiesens	1969	2005	00:48:04	00:46:28	00:49:18	01:01:20	00:52:26	00:47:39	5:05:15	00:44:42	36	M30	45	6
149	Schulz	Michael	TuS Aurich-Ost	1962	2005	00:48:06	00:47:22	00:49:58	00:59:39	00:52:05	00:48:17	5:05:27	00:44:43	43	M40	52	6
150	Zimmer	Reinhard	TV Papenburg	1962	2005	00:48:17	00:46:30	00:49:34	00:59:51	00:53:01	00:48:17	5:05:30	00:44:44	43	M40	53	6
151	Kuhlmann	Frank	TV Marienhäfe	1975	2005	00:48:15	00:45:45	00:48:36	01:00:54	00:52:38	00:49:29	5:05:37	00:44:45	30	M30	46	6
152	Ziegler	Frank	Team Deutsche Post	1967	2005	00:48:32	00:46:30	00:49:14	01:00:35	00:52:39	00:48:09	5:05:39	00:44:45	38	M30	47	6
153	Saathoff	Richard	TG Wiesmoor	1963	2005	00:48:53	00:47:21	00:49:29	01:00:46	00:52:11	00:47:09	5:05:49	00:44:47	42	M40	54	6
154	Kruse	Wilhelm	BGS Bunde	1966	2005	00:48:29	00:46:51	00:49:13	01:00:33	00:52:04	00:48:41	5:05:51	00:44:47	39	M30	48	6
155	Gumbrecht-Vincke	Dagmar	MTV Aurich	1957	2005	00:47:26	00:46:49	00:49:49	01:01:36	00:52:44	00:47:40	5:06:04	00:44:49	48	W40	2	6
156	Beeken	Hajo	Strackholt	1961	2005	00:48:22	00:46:24	00:50:29	01:00:42	00:52:54	00:47:45	5:06:36	00:44:53	44	M40	55	6
157	Ottjes	Marco	Gym Westerst.	1986	2005	00:49:31	00:46:11	00:49:36	01:02:26	00:51:41	00:47:20	5:06:45	00:44:55	19	MU20	18	6
158	Hoofdmann	Gretus	TV Marienhäfe	1963	2005	00:47:51	00:46:26	00:49:18	01:01:29	00:52:31	00:49:11	5:06:46	00:44:55	42	M40	56	6
159	Duhlies	Frank	TC-Beluga Aur.	1960	2005	00:48:51	00:47:12	00:49:38	01:00:58	00:52:22	00:47:48	5:06:49	00:44:55	45	M40	57	6
160	Groß	Michael	Ihlow	1968	2005	00:50:52	00:46:39	00:50:38	00:59:34	00:51:50	00:47:28	5:07:01	00:44:57	37	M30	49	6
161	Apetz	Anton	TV Norden	1943	2005	00:48:08	00:47:07	00:49:56	01:01:10	00:52:55	00:48:36	5:07:52	00:45:05	62	M60	4	6
162	Adick	Matthias	Aur. Taxenzentrale	1962	2005	00:48:37	00:47:08	00:49:32	01:01:09	00:52:26	00:49:01	5:07:53	00:45:05	43	M40	58	6
163	Bolte	Richard	LG Uplengen	1959	2005	00:48:46	00:47:06	00:50:16	01:02:03	00:52:10	00:47:56	5:08:17	00:45:08	46	M40	59	6
164	Wiese	Eike	TuS Aurich-Ost	1989	2005	00:49:28	00:47:16	00:50:49	01:00:48	00:52:48	00:47:08	5:08:17	00:45:08	16	MU20	19	6
165	Sühwold	Simon	Leer	1971	2005	00:48:49	00:46:44	00:50:03	01:01:01	00:53:03	00:49:08	5:08:48	00:45:13	34	M30	50	6
166	Kohle	Helmut	TuS Hinte	1953	2005	00:48:41	00:47:02	00:50:28	01:01:10	00:52:46	00:48:49	5:08:56	00:45:14	52	M50	9	6
167	Becker	Claus	VHS Laufen	1949	2005	00:48:17	00:47:48	00:50:08	01:01:20	00:52:47	00:48:38	5:08:58	00:45:14	56	M50	10	6
168	Steinke	Hilde	Conc. Neermoor	1945	2005	00:48:58	00:46:58	00:50:02	01:01:37	00:52:43	00:48:43	5:09:01	00:45:15	60	W60	1	6
169	Ruifs	Jan-Rew.	SV Eintracht Ihlow	1986	2005	00:47:31	00:46:09	00:49:35	01:03:03	00:51:43	00:51:04	5:09:05	00:45:15	19	MU20	20	6
170	Wolbers	Josef	Rhauderfehn	1966	2005	00:48:45	00:46:59	00:49:16	01:01:53	00:53:19	00:48:55	5:09:07	00:45:16	39	M30	51	6
171	Sandmann	Rainer	Osthauderfehn	1982	2005	00:53:20	00:49:03	00:49:53	01:00:05	00:51:11	00:45:39	5:09:11	00:45:16	23	M20	21	6
172	Böke	Christoph	Conc. Neermoor	1957	2005	00:49:02	00:47:26	00:50:37	01:00:54	00:52:32	00:48:45	5:09:16	00:45:17	48	M40	60	6
173	Götz	Hartmut	SV Großfehn	1972	2005	00:50:18	00:47:22	00:51:14	01:00:55	00:51:57	00:47:33	5:09:19	00:45:17	33	M30	52	6
174	Streckel	Peter	TV Norden	1954	2005	00:48:31	00:47:00	00:50:00	01:01:32	00:54:33	00:47:54	5:09:30	00:45:19	51	M50	11	6
175	Hoffmeister	Sabrina	LT Schaff. Wald	1989	2005	00:48:05	00:47:35	00:49:04	01:00:46	00:53:46	00:50:31	5:09:47	00:45:21	16	WU20	2	6
176	Hook	Michael	SV Dornum	1966	2005	00:50:00	00:48:14	00:50:53	01:00:39	00:51:44	00:48:23	5:09:53	00:45:22	39	M30	53	6
177	Müller	Torsten	LT Schaff. Wald	1969	2005	00:49:30	00:46:33	00:49:23	01:04:23	00:52:31	00:47:35	5:09:55	00:45:23	36	M30	54	6
178	Redmers	Christian	TuS Aurich-Ost	1990	2005	00:50:47	00:48:39	00:50:40	01:01:04	00:51:42	00:47:10	5:10:02	00:45:24	15	MU20	21	6
179	Penning	Hans-Dieter	Fortuna Logabirum	1962	2005	00:49:43	00:47:38	00:49:13	01:00:18	00:53:45	00:49:26	5:10:03	00:45:24	43	M40	61	6
180	Lammers	Rolf	TG Wiesmoor	1962	2005	00:48:40	00:47:16	00:50:11	01:01:35	00:53:20	00:49:15	5:10:17	00:45:26	43	M40	62	6
181	Nagel	Hermann	Conc. Neermoor	1956	2005	00:49:02	00:47:19	00:50:27	01:01:52	00:52:55	00:48:46	5:10:21	00:45:26	49	M40	63	6
182	Saathoff	Dieter	TG Wiesmoor	1960	2005	00:48:56	00:47:01	00:49:30	01:02:41	00:52:56	00:49:19	5:10:23	00:45:27	45	M40	64	6
183	Marschall	Iris	TV Norden	1966	2005	00:48:49	00:47:33	00:50:14	01:01:39	00:53:21	00:49:05	5:10:41	00:45:29	39	W30	1	6
184	Sperling	Alexander	Aurich	1980	2005	00:49:01	00:49:13	00:51:07	01:00:10	00:53:09	00:48:08	5:10:48	00:45:30	25	M20	22	6
185	Freese	Klaus	TuS Aurich-Ost	1969	2005	00:48:42	00:47:27	00:50:20	01:02:11	00:53:41	00:48:50	5:11:11	00:45:34	36	M30	55	6
186	Lübben	Astrid	Team Möbel-Buss	1971	2005	00:49:54	00:47:32	00:50:10	01:02:19	00:52:41	00:48:56	5:11:32	00:45:37	34	W30	2	6
187	Feldmann	Klaus-Dieter	TSV Idafehn	1955	2005	00:49:20	00:47:36	00:50:39	01:01:08	00:53:20	00:49:43	5:11:46	00:45:39	50	M50	12	6
188	Hillerts	Stefan	TuS Aurich-Ost	1970	2005	00:49:34	00:46:29	00:49:29	01:01:23	00:51:54	00:53:01	5:11:50	00:45:39	35	M30	56	6
189	Fischer	Günther	SUS Strackholt	1952	2005	00:49:34	00:47:35	00:50:25	01:02:08	00:53:17	00:48:56	5:11:55	00:45:40	53	M50	13	6
190	Fortmann	Peter	JG 71 "R" Wittmund	1966	2005	00:49:42	00:46:43	00:51:11	01:01:02	00:53:57	00:49:21	5:11:56	00:45:40	39	M30	57	6
191	Heinks	Rainer	TV Norden	1961	2005	00:50:21	00:47:25	00:51:02	01:01:17	00:52:51	00:49:06	5:12:02	00:45:41	44	M40	65	6
192	Oltmanns	Reinhard	G. Kuper GmbH	1964	2005	00:51:38	00:47:20	00:50:17	01:02:43	00:53:00	00:48:09	5:13:07	00:45:51	41	M40	66	6
193	Wirdemann	Stefan	Team Deutsche Post	1972	2005	00:50:04	00:48:27	00:50:35	01:00:50	00:54:07	00:49:08	5:13:11	00:45:51	33	M30	58	6
194	Rosinski	Wolfgang	LG Uplengen	1967	2005	00:50:33	00:47:11	00:51:54	01:02:02	00:53:03	00:48:35	5:13:18	00:45:52	38	M30	59	6
195	Peters	Stefan	SV Ardorf	1987	2005	00:53:22	00:47:11	00:49:43	01:02:07	00:53:02	00:48:03	5:13:28	00:45:54	18	MU20	22	6
196	Dendzik	Lukas	TT Marienheil	1982	2005	00:47:12	00:51:41	00:50:52	01:01:33	00:54:43	00:47:34	5:13:35	00:45:55	23	M20	23	6
197	Bootjer	Eric	RVB Uplengen	1965	2005	00:49:49	00:47:47	00:50:19	01:02:38	00:53:59	00:49:19	5:13:51	00:45:57	40	M40	67	6
198	v. Goldammer	Christian	TSV Riepe	1975	2005	00:49:27	00:48:29	00:51:33	01:02:10	00:53:16	00:49:02	5:13:57	00:45:58	30	M30	60	6
199	Pals	Erwin	TSV Riepe	1959	2005	00:50:50	00:49:21	00:50:01	01:01:05	00:53:18	00:49:31	5:14:06	00:45:59	46	M40	68	6
200	Busboom	Wilfried	TuS Detern	1971	2005	00:54:02	00:49:34	00:50:23	01:01:57	00:52:12	00:46:11	5:14:19	00:46:01	34	M30	61	6
201	Stomberg	Stefan	LT Crocodiles	1968	2005	00:50:59	00:48:39	00:51:35	01:01:25	00:52:33	00:49:11	5:14:22	00:46:02	37	M30	62	6
202	Ottjes	Uwe	Team Möbel-Buss	1966	2005	00:51:15	00:47:34	00:51:24	01:01:43	00:54:05	00:48:29	5:14:30	00:46:03	39	M30	63	6
203	Meyer	Christian	Simonswolde	1989	2005	00:50:59	00:48:38	00:51:13	01:02:35	00:52:57	00:48:28	5:14:50	00:46:06	16	MU20	23	6
204	Ries	Sven	A 8 Life	1974	2005	00:49:32	00:47:11	00:51:12	01:02:48	00:53:19	00:50:54	5:14:56	00:46:07	31	M30	64	6
205	Ruifs	Rainer	Eintracht Ihlow	1960	2005	00:49:13	00:48:26	00:49:49	01:01:36	00:55:08	00:51:05	5:15:17	00:46:10	45	M40	69	6
206	Pruin	Johannes	Großwolder LT	1962	2005	00:49:49	00:48:40	00:51:08	01:01:31	00:54:16	00:50:25	5:15:49	00:46:14	43	M40	70	6
207	Seemann	Dennis	Fortuna Logabirum	1986	2005	00:51:16	00:47:31	00:51:27									

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

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					
214	Lindena	Reenard	SV Jennelt-Utt.	1949	2005	00:49:40	00:48:38	00:51:32	01:03:42	00:54:05	00:49:17	5:16:54	00:46:24	56	M50	15	6
215	Müller	Günter	Aurich-Egels	1967	2005	00:51:26	00:47:26	00:51:54	01:01:40	00:54:47	00:50:35	5:17:48	00:46:32	38	M30	66	6
216	Baumann	Hermann	LG Uplengen	1970	2005	00:51:24	00:48:00	00:50:57	01:03:34	00:53:26	00:50:27	5:17:48	00:46:32	35	M30	67	6
217	Borcherding	Dirk	MTV Wittmund	1960	2005	00:50:14	00:48:51	00:51:47	01:02:13	00:54:57	00:49:47	5:17:49	00:46:32	45	M40	74	6
218	Bruns	Helmut	TuS Hinte	1951	2005	00:48:37	00:46:22	00:49:30	01:00:49	00:59:39	00:52:59	5:17:56	00:46:33	54	M50	16	6
219	Weerts	Wilma	LG Uplengen	1983	2005	00:51:15	00:49:25	00:53:26	01:02:29	00:53:06	00:48:29	5:18:10	00:46:35	22	W20	2	6
220	Illig	Rainhard	WFB Aurich	1942	2005	00:51:36	00:48:20	00:50:50	01:03:09	00:54:27	00:50:04	5:18:26	00:46:37	63	M60	6	6
221	Feldkamp	Volker	Spastikerh. Leer	1960	2005	00:51:38	00:48:49	00:51:46	01:02:01	00:54:12	00:50:10	5:18:36	00:46:39	45	M40	75	6
222	Beckers	Achim	VfL Germ. Leer	1959	2005	00:51:37	00:48:32	00:53:17	01:01:54	00:53:48	00:49:35	5:18:43	00:46:40	46	M40	76	6
223	Taaks	Michael	TV Moormerland	1978	2005	00:51:32	00:48:49	00:51:07	01:03:08	00:54:56	00:49:14	5:18:46	00:46:40	27	M20	24	6
224	Scholle	Peter	Hage	1966	2005	00:50:30	00:50:38	00:50:49	01:05:06	00:53:39	00:48:12	5:18:54	00:46:41	39	M30	68	6
225	Keiser	Johann	TSV Hesel	1962	2005	00:48:50	00:55:48	00:50:47	01:01:49	00:52:44	00:49:19	5:19:17	00:46:45	43	M40	77	6
226	Heine	Jörg	ZGO	1965	2005	00:50:09	00:49:17	00:51:59	01:03:28	00:54:28	00:50:12	5:19:33	00:46:47	40	M40	78	6
227	Radomski	Thomas	TuS Hinte	1973	2005	00:51:34	00:48:47	00:51:16	01:02:40	00:54:41	00:50:36	5:19:34	00:46:47	32	M30	69	6
228	Schweerke	Rolf	BV Victorbur	1959	2005	00:49:56	00:48:46	00:52:07	01:03:40	00:54:06	00:51:11	5:19:46	00:46:49	46	M40	79	6
229	Samuels	Karsten	TuS Aurich-Ost	1988	2005	00:50:52	00:48:37	00:50:55	01:07:38	00:52:56	00:48:53	5:19:51	00:46:50	17	MU20	25	6
230	Coordes	Johannes	Hesel	1969	2005	00:50:26	00:48:19	00:51:51	01:04:13	00:53:43	00:51:32	5:20:04	00:46:52	36	M30	70	6
231	Weets	Joachim	Polizei Esens	1960	2005	00:53:13	00:50:07	00:51:39	01:02:55	00:53:17	00:49:00	5:20:11	00:46:53	45	M40	80	6
232	Süßen	Jürgen	A 8 Life	1956	2005	00:49:33	00:48:17	00:50:34	01:01:37	00:53:18	00:57:15	5:20:34	00:46:56	49	M40	81	6
233	Brüsehoff	Wichert	Oldersum	1966	2005	00:50:39	00:50:13	00:52:09	01:03:12	00:54:39	00:49:56	5:20:48	00:46:58	39	M30	71	6
234	Janssen	Friedhelm	KBV Langefeld	1966	2005	00:49:44	00:47:49	00:51:33	01:02:19	00:56:10	00:53:30	5:21:05	00:47:01	39	M30	72	6
235	Grimm	Thomas	VfL Berumbur	1961	2005	00:51:52	00:48:52	00:50:31	01:07:38	00:53:38	00:48:43	5:21:14	00:47:02	44	M40	82	6
236	Hensmann	Imke	Raiba Moormerl.	1975	2005	00:51:30	00:48:58	00:52:10	01:04:09	00:54:42	00:50:01	5:21:30	00:47:04	30	W30	3	6
237	Schürmann	Egon	Jeans-Janssen	1965	2005	00:50:24	00:47:34	00:50:56	01:02:25	00:54:42	00:55:32	5:21:33	00:47:05	40	M40	83	6
238	Bohlen	Rainer	Gym Westerst.	1987	2005	00:50:37	00:48:09	00:50:22	01:02:58	00:54:14	00:55:34	5:21:54	00:47:08	18	MU20	26	6
239	Watermann	Erhard	Spk Leer-Weener	1959	2005	00:51:53	00:49:30	00:51:57	01:03:33	00:54:53	00:50:12	5:21:58	00:47:08	46	M40	84	6
240	Behrens	Karl-Heinz	AOK Aurich	1956	2005	00:50:53	00:49:11	00:52:33	01:03:55	00:55:06	00:50:26	5:22:04	00:47:09	49	M40	85	6
241	Narr	Werner	TC GW Leer	1949	2005	00:50:13	00:49:07	00:51:52	01:04:42	00:55:24	00:50:47	5:22:05	00:47:09	56	M50	17	6
242	Prikker	Weert-Pe.	SV Holtland	1959	2005	00:50:44	00:49:29	00:52:13	01:03:22	00:55:39	00:51:12	5:22:39	00:47:14	46	M40	86	6
243	Willms	Wilfried	KBV Langefeld	1961	2005	00:50:58	00:48:52	00:52:18	01:04:12	00:55:01	00:51:19	5:22:40	00:47:15	44	M40	87	6
244	Friedrichs	Timo	BV Plaggenburg	1972	2005	00:51:35	00:49:14	00:52:28	01:04:14	00:54:52	00:50:33	5:22:56	00:47:17	33	M30	73	6
245	Beregzasi	Franz	Aurich	1954	2005	00:52:25	00:50:31	00:50:42	01:04:18	00:54:40	00:50:24	5:23:00	00:47:17	51	M50	18	6
246	Jürrens	Georg	Spvgg Upleward	1952	2005	00:50:41	00:49:28	00:52:11	01:04:17	00:55:42	00:50:46	5:23:05	00:47:18	53	M50	19	6
247	Mandel	Sören	BSC Burhufe	1989	2005	00:53:23	00:50:15	00:52:15	01:03:07	00:53:10	00:51:08	5:23:18	00:47:20	16	MU20	27	6
248	Lübbers	Lübbert	TuS Aurich-Ost	1988	2005	00:50:40	00:49:09	00:51:22	01:04:34	00:55:49	00:51:45	5:23:19	00:47:20	17	MU20	28	6
249	Oldendorf	Rolf	Esens	1960	2005	00:51:45	00:48:33	00:52:01	01:05:46	00:54:02	00:51:15	5:23:22	00:47:21	45	M40	88	6
250	Dekker	Anja	TuS Aurich-Ost	1971	2005	00:50:37	00:48:43	00:52:35	01:05:23	00:54:42	00:51:25	5:23:25	00:47:21	34	W30	4	6
251	Hildebrandt	Volkmar	TuS Weene	1955	2005	00:51:48	00:48:40	00:52:00	01:04:25	00:55:12	00:51:23	5:23:28	00:47:22	50	M50	20	6
252	Berghaus	Jens	TuS Aurich-Ost	1959	2005	00:51:43	00:48:01	00:51:58	01:03:41	00:56:17	00:51:56	5:23:36	00:47:23	46	M40	89	6
253	Päben	Bruno	BV Simonswolde	1969	2005	00:51:55	00:51:00	00:53:01	01:03:17	00:54:11	00:50:27	5:23:51	00:47:25	36	M30	74	6
254	Buss	Imme	SV Holtland	1948	2005	00:51:23	00:49:40	00:52:51	01:04:33	00:55:06	00:50:33	5:24:06	00:47:27	57	W50	1	6
255	Kroon	Meino	TSV Hesel	1960	2005	00:51:21	00:49:40	00:52:52	01:04:33	00:55:09	00:50:33	5:24:08	00:47:27	45	M40	90	6
256	Pretl	Tim	TuS Esens	1978	2005	00:55:17	00:49:47	00:51:21	01:02:38	00:55:30	00:49:53	5:24:26	00:47:30	27	M20	25	6
257	Laufenberg	Josef	TuS Aurich-Ost	1965	2005	00:52:57	00:49:48	00:54:15	01:03:46	00:53:12	00:50:34	5:24:32	00:47:31	40	M40	91	6
258	Dannecker	Michael	ELG	1970	2005	00:50:44	00:50:27	00:52:34	01:04:20	00:55:21	00:51:07	5:24:33	00:47:31	35	M30	75	6
259	Nörder	Johann	EWE-Wattloopers	1961	2005	00:51:50	00:48:57	00:52:09	01:04:09	00:56:11	00:51:23	5:24:39	00:47:32	44	M40	92	6
260	Bünting	Lübbe	TuS Aurich-Ost	1955	2005	00:51:08	00:49:39	00:52:39	01:04:18	00:55:23	00:51:40	5:24:47	00:47:33	50	M50	21	6
261	Harms	Helmut	LT Crocodiles	1969	2005	00:50:17	00:48:35	00:54:52	01:04:22	00:56:11	00:50:32	5:24:49	00:47:33	36	M30	76	6
262	Brunken	Georg	Großoldendorf	1969	2005	00:52:49	00:51:04	00:51:20	01:04:05	00:54:46	00:50:53	5:24:57	00:47:35	36	M30	77	6
263	Albers	Jochen	Team Deutsche Post	1969	2005	00:51:15	00:48:33	00:51:23	01:04:28	00:57:40	00:51:41	5:25:00	00:47:35	36	M30	78	6
264	Hillbrands	Johann	TuS Collinghorst	1954	2005	00:51:09	00:51:12	00:51:55	01:04:49	00:54:47	00:51:18	5:25:10	00:47:37	51	M50	22	6
265	Alfers	Thomas	Backemoor	1971	2005	00:54:16	00:51:22	00:52:43	01:03:43	00:53:47	00:49:24	5:25:15	00:47:37	34	M30	79	6
266	Kramer	Manfred	LG Werder-Ossis	1962	2005	00:52:02	00:49:25	00:52:15	01:05:08	00:55:05	00:51:28	5:25:23	00:47:38	43	M40	93	6
267	Janssen	Dieter	Wittmund	1955	2005	00:51:37	00:50:30	00:52:02	01:04:42	00:56:31	00:50:08	5:25:30	00:47:39	50	M50	23	6
268	Görtzen	Uwe	TUS Pewsum	1965	2005	00:52:58	00:49:27	00:52:51	01:04:14	00:55:20	00:50:45	5:25:35	00:47:40	40	M40	94	6
269	Wilken	Gerhold	Spk Leer-Weener	1954	2005	00:52:32	00:49:41	00:52:20	01:05:03	00:55:41	00:50:28	5:25:45	00:47:42	51	M50	24	6
270	Oelrichs	Hero	LT Schaff. Wald	1961	2005	00:53:35	00:49:58	00:51:58	01:04:45	00:54:45	00:50:48	5:25:49	00:47:42	44	M40	95	6
271	Buß	Coob	Eintracht Ihlow	1961	2005	00:52:41	00:49:36	00:51:56	01:04:38	00:55:40	00:51:35	5:26:06	00:47:45	44	M40	96	6
272	Wittek	Claudia	TuS Aurich-Ost	1969	2005	00:51:51	00:49:55	00:52:24	01:04:27	00:57:11	00:50:20	5:26:08	00:47:45	36	W30	5	6
273	Joachim	Hans-H.	Hesel	1950	2005	00:51:00	00:50:40	00:51:28	01:06:25	00:55:37	00:51:00	5:26:10	00:47:45	55	M50	25	6
274	Tjards	Helmut	TuS Aurich-Ost	1964	2005	00:51:31	00:49:28	00:51:53	01:04:19	00:58:01	00:51:10	5:26:22	00:47:47	41	M40	97	6
275	de Buhr	Oskar	Leer	1951	2005	00:51:14	00:48:37	00:53:24	01:05:32	00:56:24	00:51:14	5:26:25	00:47:47	54	M50	26	6
276	Kuper	Gerhard	G. Kuper GmbH	1963	2005	00:52:32	00:50:39	00:52:53	01:05:04	00:55:00	00:50:22	5:26:30	00:47:48	42	M40	98	6
277	Folkerts	Detlef	Großefehn	1962	2005	00:51:17	00:50:54	00:52:17	01:04:26	00:56:14	00:51:28	5:26:36	00:47:49	43	M40	99	6
278	Klömpges	Axel	Aur. Taxenzentrale	1961	2005	00:52:00	00:49:23	00:52:42	01:05:32	00:56:34							

03.05. bis 20.05.2005

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					
285	Aden	Imke	TuS Hinte	1987	2005	00:54:22	00:50:37	00:52:35	01:04:24	00:55:46	00:50:11	5:27:55	00:48:01	18	WU20	3	6
286	Schulte	Wilfried	De Moorloopers	1989	2005	00:51:36	00:52:58	00:54:15	01:04:06	00:55:10	00:50:08	5:28:13	00:48:03	16	MU20	29	6
287	Heien	Elisabeth	TuS Esens	1958	2005	00:51:22	00:50:18	00:53:06	01:05:44	00:56:25	00:51:26	5:28:21	00:48:04	47	W40	3	6
288	Ensuleit	Udo	TC GW Leer	1948	2005	00:52:23	00:51:01	00:52:45	01:04:52	00:56:28	00:51:05	5:28:34	00:48:06	57	M50	28	6
289	Rose	Udo	Heseler	1964	2005	00:51:59	00:49:52	00:52:47	01:04:36	00:58:04	00:51:37	5:28:55	00:48:09	41	M40	102	6
290	v. Kentzinsky	Roland	TG Wiesmoor	1948	2005	00:52:00	00:49:45	00:52:53	01:05:15	00:56:47	00:52:18	5:28:58	00:48:10	57	M50	29	6
291	Leck	Sascha	Aurich	1983	2005	00:54:53	00:51:47	00:52:24	01:02:09	00:55:06	00:52:41	5:29:00	00:48:10	22	M20	27	6
292	Broers	Jürgen	RWG Detern	1975	2005	00:56:01	00:50:20	00:52:36	01:03:24	00:55:29	00:51:22	5:29:12	00:48:12	30	M30	81	6
293	Seeborg	Heinz-Die.	Gym. Aurich	1962	2005	00:53:39	00:50:30	00:52:51	01:04:37	00:55:54	00:51:51	5:29:22	00:48:13	43	M40	103	6
294	Rulfs	Tjark	SV Eintracht Ihlow	1990	2005	00:53:51	00:51:19	00:51:59	01:04:56	00:55:43	00:51:34	5:29:22	00:48:13	15	MU20	30	6
295	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2005	00:51:47	00:51:24	00:52:33	01:05:56	00:55:58	00:51:50	5:29:28	00:48:14	47	M40	104	6
296	Keiser	Heidrun	LG Uplengen	1957	2005	00:51:32	00:50:59	00:53:49	01:05:02	00:56:50	00:51:17	5:29:29	00:48:14	48	W40	4	6
297	Mansholt	Jens	SV Nortmoor	1982	2005	00:52:21	00:50:29	00:53:02	01:04:51	00:56:52	00:51:56	5:29:31	00:48:15	23	M20	28	6
298	Penning	Helmut	Holland	1965	2005	00:51:34	00:50:19	00:53:16	01:04:48	00:56:30	00:53:24	5:29:51	00:48:18	40	M40	105	6
299	Grafenburg	Jens	Spk Leer-Weener	1969	2005	00:53:23	00:51:44	00:53:24	01:05:05	00:56:08	00:50:32	5:30:16	00:48:21	36	M30	82	6
300	Janssen	Erwin	Blomberg	1968	2005	00:54:01	00:52:32	00:52:23	01:04:11	00:55:52	00:51:44	5:30:43	00:48:25	37	M30	83	6
301	Schneider	Uwe	TV Bunde	1973	2005	00:55:23	00:51:08	00:52:54	01:07:16	00:54:00	00:50:07	5:30:48	00:48:26	32	M30	84	6
302	Sinnen	Folkmar	G. Kuper GmbH	1966	2005	00:52:59	00:50:34	00:53:29	01:05:13	00:57:02	00:51:33	5:30:50	00:48:26	39	M30	85	6
303	Fischer	Helmut	FFF Berumerfehn	1964	2005	00:52:10	00:50:19	00:54:43	01:05:19	00:56:48	00:51:43	5:31:02	00:48:28	41	M40	106	6
304	Bohlen	Hans-Peter	TG Wiesmoor	1966	2005	00:54:26	00:52:36	00:53:17	01:03:32	00:55:11	00:52:03	5:31:05	00:48:28	39	M30	86	6
305	Kleimann	Bernd	Backemoor	1964	2005	00:51:43	00:49:13	00:53:07	01:06:03	00:57:48	00:53:18	5:31:12	00:48:30	41	M40	107	6
306	Müller	Johann	LG Uplengen	1963	2005	00:53:12	00:50:26	00:53:23	01:06:04	00:57:13	00:51:27	5:31:45	00:48:34	42	M40	108	6
307	Sattler	Wolfgang	Team Deutsche Post	1947	2005	00:53:42	00:52:44	00:53:51	01:01:04	00:56:59	00:53:30	5:31:50	00:48:35	58	M50	30	6
308	Heckhoff	Andreas	VfL Germ. Leer	1964	2005	00:52:57	00:51:30	00:53:41	01:05:29	00:55:43	00:52:42	5:32:02	00:48:37	41	M40	109	6
309	Lübben	Marwin	SV Ochtersum	1989	2005	00:52:55	00:52:35	00:54:25	01:06:32	00:54:22	00:51:26	5:32:15	00:48:39	16	MU20	31	6
310	Wallenstein	Detlef	Weener-Holthusen	1973	2005	00:53:11	00:51:19	00:54:01	01:05:07	00:56:47	00:51:53	5:32:18	00:48:39	32	M30	87	6
311	Möhlmann	Manfred	SC Wiesens	1964	2005	00:54:30	00:48:43	00:50:43	01:10:30	00:56:25	00:51:29	5:32:20	00:48:39	41	M40	110	6
312	Hinrichs	Marko	SV Werdum	1986	2005	00:56:17	00:50:18	00:52:00	01:05:10	00:55:49	00:52:46	5:32:20	00:48:39	19	MU20	32	6
313	Groen	Albert	LG Ostfriesland	1956	2005	00:51:31	00:51:08	00:54:46	01:07:03	00:57:28	00:50:25	5:32:21	00:48:40	49	M40	111	6
314	Ottersberg	Jens	Ostgroßefehn	1971	2005	00:52:56	00:52:25	00:53:28	01:05:36	00:55:18	00:52:43	5:32:26	00:48:40	34	M30	88	6
315	Uphoff	Helmut	RVB Uplengen	1964	2005	00:53:31	00:51:18	00:53:42	01:05:28	00:56:09	00:52:26	5:32:34	00:48:42	41	M40	112	6
316	Meyerhoff	Helmut	LG Ostfriesland	1962	2005	00:51:08	00:50:45	00:53:23	01:06:04	00:56:35	00:54:46	5:32:41	00:48:43	43	M40	113	6
317	Grüßing	Johann	LG Uplengen	1958	2005	00:52:30	00:50:25	00:53:25	01:06:12	00:57:14	00:52:58	5:32:44	00:48:43	47	M40	114	6
318	Kajerski	Franz	TV Norden	1951	2005	00:52:55	00:51:21	00:53:29	01:05:33	00:56:35	00:52:58	5:32:51	00:48:44	54	M50	31	6
319	Sjuts	Henning	RVB Uplengen	1982	2005	00:53:12	00:51:02	00:53:39	01:08:18	00:55:45	00:51:11	5:33:07	00:48:46	23	M20	29	6
320	Marx	Peter	Aurich	1957	2005	00:56:35	00:53:14	00:54:47	01:04:58	00:53:31	00:50:02	5:33:07	00:48:46	48	M40	115	6
321	Vennen	Rolf-Dieter	Rhauderfehn	1962	2005	00:52:33	00:50:43	00:53:33	01:05:45	00:58:02	00:52:44	5:33:20	00:48:48	43	M40	116	6
322	Schultz	Heinz	VfR Heisfelde	1949	2005	00:53:07	00:53:05	00:54:00	01:04:43	00:57:48	00:50:42	5:33:25	00:48:49	56	M50	32	6
323	Tjards	Christa	KSV Baltrum	1953	2005	00:53:09	00:51:56	00:53:23	01:06:54	00:56:47	00:51:20	5:33:29	00:48:50	52	W50	2	6
324	Middeke	Jasmin	FFW. Folmhusen	1988	2005	00:51:48	00:50:00	00:53:30	01:07:06	00:58:18	00:52:48	5:33:30	00:48:50	17	WU20	4	6
325	Busch	Jan	SV Holland	1948	2005	00:53:36	00:51:17	00:53:04	01:06:24	00:56:36	00:52:39	5:33:36	00:48:51	57	M50	33	6
326	Wiemken	Horst	Team Deutsche Post	1968	2005	00:52:50	00:51:04	00:53:16	01:06:16	00:58:13	00:52:05	5:33:44	00:48:52	37	M30	89	6
327	Freundenberg	Habbo	Ihlowerfehn	1966	2005	00:53:22	00:51:46	00:53:20	01:06:25	00:56:31	00:52:23	5:33:47	00:48:52	39	M30	90	6
328	Bertus	Harm	Leer	1955	2005	00:51:09	00:48:51	00:53:30	01:08:07	00:58:32	00:53:46	5:33:55	00:48:53	50	M50	34	6
329	Schmidtke	Bernd	TuS Esens	1959	2005	00:55:09	00:50:50	00:54:28	01:05:21	00:56:13	00:51:57	5:33:58	00:48:54	46	M40	117	6
330	Wendeling	Manfred	Gärt. Kuhlmann	1955	2005	00:52:01	00:50:35	00:53:32	01:06:24	00:58:25	00:53:26	5:34:23	00:48:57	50	M50	35	6
331	Graf	Karin	SV Dornum	1969	2005	00:52:49	00:51:33	00:52:52	01:04:39	00:56:45	00:55:47	5:34:25	00:48:58	36	W30	7	6
332	Heyen	Dietmar	SV Großefehn	1972	2005	00:53:35	00:50:01	00:55:08	01:06:16	00:56:18	00:53:29	5:34:47	00:49:01	33	M30	91	6
333	Lowin	Volker	TuS Aurich-Ost	1955	2005	00:51:35	00:48:59	00:55:16	01:07:33	00:58:26	00:53:02	5:34:51	00:49:02	50	M50	36	6
334	Jakobs	Günter	Neugaude	1968	2005	00:52:05	00:51:58	00:54:47	01:05:16	00:58:11	00:52:59	5:35:16	00:49:05	37	M30	92	6
335	Geiken	Lothar	OV-Breinermoor	1961	2005	00:52:09	00:50:29	00:52:58	01:06:48	00:57:31	00:55:29	5:35:24	00:49:06	44	M40	118	6
336	Güttner	David	TG Wiesmoor	1980	2005	00:58:06	00:50:59	00:54:10	01:04:00	00:56:23	00:51:47	5:35:25	00:49:07	25	M20	30	6
337	Dirks	Manfred	RVB Uplengen	1983	2005	00:53:13	00:50:58	00:53:56	01:06:20	00:58:17	00:52:47	5:35:31	00:49:07	22	M20	31	6
338	Meints	Martin	SV Ochtersum	1991	2005	00:53:32	00:52:43	00:54:24	01:06:37	00:56:48	00:51:27	5:35:31	00:49:07	14	MU20	33	6
339	Schmidt	Jochen	TSV Riepe	1971	2005	00:53:11	00:50:44	00:53:54	01:07:15	00:57:49	00:52:48	5:35:41	00:49:09	34	M30	93	6
340	Neumann	Eckhard	FT Spetzerfehn	1953	2005	00:53:18	00:50:57	00:53:56	01:06:23	00:58:19	00:53:08	5:36:01	00:49:12	52	M50	37	6
341	Glanzer	Elfriede	Esens	1961	2005	00:53:36	00:51:06	00:54:50	01:06:53	00:57:21	00:52:47	5:36:33	00:49:17	44	W40	5	6
342	Voss	Ingo	SV Ochtersum	1983	2005	00:53:45	00:52:50	00:54:26	01:06:39	00:57:06	00:52:06	5:36:52	00:49:19	22	M20	32	6
343	Krzewina	Peter	Rhauderfehn	1971	2005	00:54:00	00:51:03	00:53:37	01:06:30	00:57:33	00:54:11	5:36:54	00:49:20	34	M30	94	6
344	Behrends	Johann	FFF Berumerfehn	1955	2005	00:53:43	00:52:32	00:53:43	01:06:00	00:58:18	00:52:40	5:36:56	00:49:20	50	M50	38	6
345	Heyen	Uwe	SV Großefehn	1960	2005	00:53:44	00:51:07	00:53:39	01:06:53	00:57:45	00:54:18	5:37:26	00:49:24	45	M40	119	6
346	Braun	Stephan	TuS Aurich-Ost	1986	2005	00:54:29	00:51:40	00:55:10	01:05:46	00:56:15	00:54:11	5:37:31	00:49:25	19	MU20	34	6
347	Erfkamp	Manfred	RC Leer	1959	2005	00:53:56	00:52:45	00:55:40	01:06:02	00:57:26	00:51:54	5:37:43	00:49:27	46	M40	120	6
348	Kise	Kersten	TuS Esens	1964	2005	00:52:38	00:51:26	00:53:57	01:07:00	00:58:07	00:54:36	5:37:44	00:49:27	41	M40	121	6
349	Tinnemeyer	Oswald	9 Westrhauderfehn	1952	2005	00:53:00	00:51:28										

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
356	Tjardes	Karl	MTV Wittmund	1943	2005	00:52:49	00:51:07	00:54:07	01:07:25	00:58:43	00:54:31	5:38:42	00:49:35	62	M60	7	6
357	Scharf	Herbert	EWE-Wattloopers	1958	2005	00:53:37	00:52:06	00:53:54	01:08:48	00:57:41	00:52:49	5:38:55	00:49:37	47	M40	125	6
358	Kalkwarf	Ewald	Pewsum	1964	2005	00:53:36	00:52:07	00:55:14	01:06:29	00:58:23	00:53:32	5:39:21	00:49:41	41	M40	126	6
359	Grenzheuser	Gerd	TuS Aurich-Ost	1955	2005	00:53:59	00:53:40	00:55:23	01:05:47	00:57:53	00:52:41	5:39:23	00:49:41	50	M50	41	6
360	Pleis	Gregor	De Moorloopers	1965	2005	00:53:05	00:53:53	00:54:50	01:06:17	00:57:17	00:54:19	5:39:41	00:49:44	40	M40	127	6
361	Zimmermann	Michael	WFB Aurich	1966	2005	00:57:29	00:54:05	00:54:02	01:04:50	00:55:48	00:53:28	5:39:42	00:49:44	39	M30	97	6
362	Oppermann	Helge	WFB Aurich	1984	2005	00:57:28	00:54:06	00:54:02	01:04:50	00:55:48	00:53:28	5:39:42	00:49:44	21	M20	33	6
363	Gersch	Siegfried	Ihlow	1942	2005	00:53:45	00:51:37	00:55:37	01:06:11	00:58:22	00:54:13	5:39:45	00:49:45	63	M60	8	6
364	Gieseler	Wilfried	TuS Aurich-Ost	1961	2005	00:52:58	00:52:52	00:54:42	01:08:20	00:58:53	00:52:01	5:39:46	00:49:45	44	M40	128	6
365	Janssen	Klaus	Westerende	1968	2005	00:55:59	00:49:57	00:56:05	01:06:36	00:58:00	00:53:21	5:39:58	00:49:47	37	M30	98	6
366	Wahlich	Peter	Aurich	1957	2005	00:54:46	00:51:45	00:54:39	01:07:32	00:57:43	00:53:47	5:40:12	00:49:49	48	M40	129	6
367	Badberg	Wilhelm	TG Wiesmoor	1944	2005	00:54:14	00:51:34	00:54:46	01:07:50	00:57:47	00:54:11	5:40:22	00:49:50	61	M60	9	6
368	Möhlmann	Ralf	SV Detern	1968	2005	00:54:03	00:51:16	00:53:03	01:06:06	00:59:21	00:56:41	5:40:30	00:49:51	37	M30	99	6
369	Soeken	Johann	SU Hollland	1953	2005	00:54:11	00:51:41	00:55:15	01:07:26	00:57:28	00:54:45	5:40:46	00:49:54	52	M50	42	6
370	Janssen	Frank	FREE HERUT" A.	1985	2005	00:54:39	00:54:56	00:52:23	01:05:26	00:57:29	00:56:07	5:41:00	00:49:56	20	M20	34	6
371	König	Karl-Heinz	LT Schaff. Wald	1954	2005	00:52:56	00:53:13	00:54:33	01:07:56	00:56:51	00:55:33	5:41:02	00:49:56	51	M50	44	6
372	Buss	Heinz	MTV Wittmund	1949	2005	00:54:23	00:51:54	00:54:56	01:07:49	00:58:26	00:53:34	5:41:02	00:49:56	56	M50	43	6
373	Schoon	Reiner	SUS Strackholt	1964	2005	00:53:49	00:52:27	00:54:48	01:07:56	00:57:59	00:54:03	5:41:02	00:49:56	41	M40	130	6
374	von Garrel	Christoph	SV Hollland	1955	2005	00:54:38	00:52:46	00:53:47	01:07:45	00:57:57	00:54:13	5:41:06	00:49:56	50	M50	45	6
375	Ihler	Manuel	TuS Detern	1982	2005	00:52:24	00:54:19	00:52:21	01:11:03	00:58:19	00:52:42	5:41:08	00:49:57	23	M20	35	6
376	Meints	Dieter	BGS Bunde	1966	2005	00:53:26	00:52:31	00:54:59	01:06:13	01:00:38	00:53:32	5:41:19	00:49:58	39	M30	100	6
377	Stanke	Detlef	TSG Westerstede	1954	2005	00:51:27	00:49:55	00:52:41	01:03:26	01:13:42	00:50:17	5:41:28	00:50:00	51	M50	46	6
378	Barfknecht	Wolfgang	SV Dornum	1957	2005	00:56:26	00:51:13	00:55:24	01:06:21	00:57:57	00:54:19	5:41:40	00:50:01	48	M40	131	6
379	Kromminga	Hinrich	SuS Strackholt	1967	2005	00:53:24	00:52:22	00:54:09	01:10:07	00:59:02	00:53:00	5:42:04	00:50:05	38	M30	101	6
380	Wolckenhaar	Enno	TC GW Leer	1938	2005	00:58:17	00:50:41	00:55:13	01:07:47	00:57:21	00:52:46	5:42:05	00:50:05	67	M60	10	6
381	Eisenhauer	Manfred	Westerholt	1966	2005	00:55:11	00:52:26	00:56:34	01:07:48	00:57:58	00:52:38	5:42:35	00:50:10	39	M30	102	6
382	Lütke-Notarp	Edzard	TuS Aurich-Ost	1965	2005	00:56:21	00:54:50	00:55:49	01:06:07	00:57:38	00:52:04	5:42:49	00:50:12	40	M40	132	6
383	Knak	Thomas	SV Dornum	1964	2005	00:53:00	00:52:54	00:52:54	01:06:51	01:02:52	00:54:22	5:42:53	00:50:12	41	M40	133	6
384	Meinders	Johann	LT Schaff. Wald	1948	2005	00:52:59	00:52:49	00:54:58	01:08:11	00:59:09	00:54:56	5:43:02	00:50:13	57	M50	47	6
385	Juilfs	Eilert	SUS Strackholt	1945	2005	00:54:01	00:52:48	00:54:49	01:07:55	00:58:55	00:54:44	5:43:12	00:50:15	60	M60	11	6
386	Loers	Monika	TG Wiesmoor	1975	2005	00:55:14	00:51:59	00:55:20	01:08:26	00:57:45	00:54:34	5:43:18	00:50:16	30	W30	8	6
387	Elsner	Ralf	TSV Hesel	1985	2005	00:57:09	00:50:12	00:53:51	01:12:23	00:56:17	00:53:27	5:43:19	00:50:16	20	M20	36	6
388	Bleeker	Torsten	Backemoor	1970	2005	00:54:16	00:52:05	00:55:32	01:08:43	00:59:46	00:53:05	5:43:27	00:50:17	35	M30	103	6
389	Feikes	Thorsten	TUS Weener	1969	2005	00:54:21	00:53:12	00:56:02	01:07:55	00:58:29	00:53:59	5:43:58	00:50:22	36	M30	104	6
390	Gippert	Hans-Jürgen	FT Spetzerfehn	1944	2005	00:54:52	00:52:31	00:55:10	01:08:34	00:59:46	00:53:20	5:44:13	00:50:24	61	M60	12	6
391	Janssen	Ilka	Jeans-Janssen	1965	2005	00:54:32	00:52:58	00:56:25	01:09:23	00:58:01	00:52:54	5:44:13	00:50:24	40	W40	6	6
392	Franke	Ingo	SV Ochtersum	1985	2005	00:54:46	00:52:53	00:54:31	01:08:52	00:58:16	00:55:07	5:44:25	00:50:26	20	M20	37	6
393	Gastmann	Thorsten	EDEKA-Nordwest	1981	2005	00:53:50	00:52:38	00:57:58	01:07:52	00:57:46	00:54:39	5:44:43	00:50:28	24	M20	38	6
394	Woltermann	Hannelore	Teut. Stapelmoor	1953	2005	00:54:41	00:52:03	00:56:03	01:08:43	00:58:57	00:54:21	5:44:48	00:50:29	52	W50	3	6
395	Frieden	Thorsten	BSC Burhufe	1970	2005	00:54:52	00:52:35	00:55:47	01:08:31	00:58:18	00:54:52	5:44:55	00:50:30	35	M30	105	6
396	Trotte	Ralf	Hollland	1965	2005	00:53:44	00:52:56	00:54:48	01:09:51	00:58:20	00:55:43	5:45:22	00:50:34	40	M40	134	6
397	Piela	Joachim	IGS Aurich West	1951	2005	00:55:00	00:53:24	00:56:22	01:08:10	00:58:03	00:54:30	5:45:29	00:50:35	54	M50	48	6
398	Rahn	Hinrich	TuS Aurich-Ost	1973	2005	00:51:16	00:51:39	00:59:06	01:13:08	00:56:13	00:54:09	5:45:31	00:50:35	32	M30	106	6
399	Schoon	Inge	TG Wiesmoor	1966	2005	00:56:48	00:53:05	00:55:43	01:07:57	00:57:42	00:54:22	5:45:37	00:50:36	39	W30	9	6
400	Janßen	Andreas	Neukamperfehn	1967	2005	00:59:38	00:45:15	01:01:25	01:03:17	01:06:34	00:49:36	5:45:45	00:50:37	38	M30	107	6
401	Seifert	Benjamin	Jeever	1979	2005	00:55:24	00:54:15	00:55:11	01:09:18	00:59:22	00:52:29	5:45:59	00:50:39	26	M20	39	6
402	Severiens	Gerd Jelto	Weener	1993	2005	00:59:43	00:51:37	00:56:20	01:05:00	00:59:32	00:53:48	5:46:00	00:50:40	12	MU20	35	6
403	Tjarks	Alfred	EWE-Wattloopers	1959	2005	00:54:09	00:52:27	00:56:18	01:09:15	00:58:46	00:55:11	5:46:06	00:50:40	46	M40	135	6
404	Schachtschnei.	Holger	TV Norden	1965	2005	00:52:01	00:52:18	00:55:38	01:09:46	01:01:27	00:55:07	5:46:17	00:50:42	40	M40	136	6
405	Strömer	Berthold	Westersander	1956	2005	00:55:27	00:52:37	00:56:27	01:08:25	00:58:38	00:55:05	5:46:39	00:50:45	49	M40	137	6
406	Meints	Gabi	Jeans-Janssen	1966	2005	00:55:33	00:53:16	00:56:24	01:09:08	00:58:31	00:53:47	5:46:39	00:50:45	39	W30	10	6
407	Bohrer	Heinz	TuS Aurich-Ost	1938	2005	00:54:26	00:54:09	00:55:53	01:08:46	00:58:31	00:55:08	5:46:53	00:50:47	67	M60	13	6
408	Siebels	Helmut	Großefehn	1963	2005	00:55:16	00:53:59	00:55:36	01:07:51	00:59:20	00:54:54	5:46:56	00:50:48	42	M40	138	6
409	Neemann	Janette	TuS Aurich-Ost	1967	2005	00:56:43	00:52:51	00:56:39	01:09:02	00:58:42	00:53:17	5:47:14	00:50:50	38	W30	11	6
410	Wilken	Joachim	KBV Wiesede	1957	2005	00:57:37	00:55:54	00:55:43	01:08:04	00:57:20	00:52:48	5:47:26	00:50:52	48	M40	139	6
411	Fellensiek	Wolfgang	Aurich	1965	2005	00:55:22	00:54:24	00:55:38	01:09:16	00:58:38	00:54:20	5:47:38	00:50:54	40	M40	140	6
412	Vosberg	Silvia	Fortuna Logabirum	1965	2005	00:56:16	00:52:54	00:56:25	01:08:15	00:58:51	00:55:04	5:47:45	00:50:55	40	W40	7	6
413	Vry	Ralf	Fortuna Logabirum	1960	2005	00:56:15	00:52:55	00:56:30	01:08:08	00:58:54	00:55:06	5:47:48	00:50:55	45	M40	141	6
414	Schüler	Heinz-F.	MTV Wittmund	1956	2005	00:56:54	00:51:43	00:55:50	01:10:49	00:58:17	00:54:38	5:48:11	00:50:59	49	M40	142	6
415	Ulrichs	Theo	Ogenbargen	1950	2005	00:55:44	00:54:00	00:56:45	01:08:23	00:59:13	00:54:08	5:48:13	00:50:59	55	M50	49	6
416	Janßen	Mareke	KBV Langefeld	1965	2005	00:55:00	00:53:30	00:56:03	01:09:09	00:59:17	00:55:21	5:48:20	00:51:00	40	W40	8	6
417	Barth	Jan-Uwe	TV Oldersum	1979	2005	00:55:33	00:55:14	00:56:10	01:08:32	00:58:39	00:54:23	5:48:31	00:51:02	26	M20	40	6
418	Schermutzki	Robert	Leer	1947	2005	00:55:53	00:53:53	00:56:52	01:09:18	00:58:05	00:54:32	5:48:33	00:51:02	58	M50	50	6
419	Hoffmann	Hans-Joa.	TuS Aurich-Ost	1948	2005	00:54:57	00:53:22	00:56:34	01:09:37	00:59:23	00:54:44	5:48:37	00:51:03	57	M50	51	6
420	Neyka	Marcus	LT Schaff. Wald	1989	2005	00:51:25											

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
427	Mülder	Albert	ObjSBtlW	1977	2005	00:54:32	00:53:43	01:00:10	01:01:36	00:58:27	01:01:34	5:50:02	00:51:15	28	M20	41	6
428	Schröder	Ewald	TuS Aurich-Ost	1964	2005	00:54:34	00:53:19	00:56:23	01:08:26	01:02:07	00:55:41	5:50:30	00:51:19	41	M40	144	6
429	Severiens	Gerold	Fortuna Logabirum	1948	2005	00:56:33	00:52:47	00:55:56	01:08:15	01:00:01	00:57:02	5:50:34	00:51:20	57	M50	54	6
430	Zimmermann	Anja	Gem. Moormerl.	1971	2005	00:56:29	00:53:01	00:58:23	01:08:07	00:59:42	00:55:03	5:50:45	00:51:21	34	W30	12	6
431	Franke	Horst	SV Ochtersum	1958	2005	00:54:36	00:53:58	00:56:24	01:09:11	01:01:20	00:55:19	5:50:48	00:51:22	47	M40	145	6
432	Rötteken	Kersten	Simonswolde	1971	2005	00:56:14	00:52:42	00:56:06	01:09:43	01:01:53	00:54:10	5:50:48	00:51:22	34	M30	109	6
433	Folkerts	Ingrid	FTC Hollen	1966	2005	00:54:54	00:53:58	00:57:05	01:09:06	00:59:47	00:56:03	5:50:53	00:51:22	39	W30	13	6
434	Lünnemann	Christian	Vik. Elisabethf.	1974	2005	00:56:46	00:57:05	00:57:54	01:07:04	00:58:58	00:53:14	5:51:01	00:51:24	31	M30	110	6
435	Ihnen	Gunda	TuS Aurich-Ost	1964	2005	00:57:28	00:53:29	00:56:26	01:09:38	00:59:38	00:54:33	5:51:12	00:51:25	41	W40	9	6
436	Lettau	Maike	SV Dornum	1964	2005	00:54:53	00:53:29	00:56:23	01:10:05	01:00:16	00:56:19	5:51:25	00:51:27	41	W40	10	6
437	Beekmann	Günther	Uplengen	1958	2005	00:55:40	00:53:48	00:56:15	01:09:10	01:00:28	00:56:06	5:51:27	00:51:27	47	M40	146	6
438	Schachner	Bruno	Leer	1952	2005	00:56:19	00:53:52	00:56:50	01:09:16	01:00:17	00:54:56	5:51:30	00:51:28	53	M50	55	6
439	Siepert	Holger	MTV Wittmund	1952	2005	00:56:23	00:53:16	00:56:57	01:09:55	01:00:14	00:54:48	5:51:33	00:51:28	53	M50	56	6
440	Gieseler	Thomas	TuS Aurich-Ost	1969	2005	00:55:15	00:54:27	00:57:24	01:11:39	01:00:00	00:53:00	5:51:45	00:51:30	36	M30	111	6
441	Dziarnowski	Eugen	Polizei Aurich	1958	2005	00:57:52	00:53:04	00:56:53	01:09:47	00:58:57	00:55:12	5:51:45	00:51:30	47	M40	147	6
442	Puls	Rudolf	Fun-Loopers	1956	2005	00:56:22	00:54:23	00:55:45	01:10:04	00:59:55	00:55:22	5:51:51	00:51:31	49	M40	148	6
443	Ernst	Frank	ObjSBtlW	1973	2005	00:56:56	00:54:18	01:00:11	01:08:44	00:58:31	00:53:16	5:51:56	00:51:32	32	M30	112	6
444	Gerdts	Gerd	FFW Wallingh.	1963	2005	00:56:21	00:54:53	00:56:19	01:09:42	00:59:43	00:55:06	5:52:04	00:51:33	42	M40	149	6
445	Dittrich	Michael	TV Norden	1956	2005	00:56:17	00:54:46	00:57:23	01:09:37	00:59:54	00:54:14	5:52:11	00:51:34	49	M40	150	6
446	Gorzawski	Michael	TV Norden	1960	2005	00:55:52	00:54:03	00:57:52	01:09:53	01:00:20	00:54:35	5:52:35	00:51:37	45	M40	151	6
447	Kistemaker	Leni	TuS Hinte	1959	2005	00:57:31	00:54:53	00:57:14	01:09:58	00:58:27	00:54:57	5:53:00	00:51:41	46	W40	11	6
448	Peters	Heiko	G. Kuper GmbH	1964	2005	00:58:41	00:54:20	00:57:45	01:10:03	00:58:50	00:53:25	5:53:04	00:51:42	41	M40	152	6
449	Bruns	Ingo	Wiesmoor	1975	2005	00:56:24	00:54:52	00:58:48	01:09:03	00:59:29	00:54:29	5:53:05	00:51:42	30	M30	113	6
450	Brouwer	Bodo	DPW-Gruppe	1971	2005	00:55:48	00:55:16	00:56:17	01:10:38	01:00:47	00:54:25	5:53:11	00:51:43	34	M30	114	6
451	Hilbrands	Harman	Heiz-San. Hilbra.	1958	2005	00:56:18	00:55:24	00:57:49	01:09:57	00:58:52	00:55:00	5:53:20	00:51:44	47	M40	153	6
452	Keiser	Ralf	Leer	1966	2005	00:55:51	00:55:52	00:56:43	01:08:56	01:00:12	00:55:46	5:53:20	00:51:44	39	M30	115	6
453	Nannen	Enno	TV Norden	1947	2005	00:55:54	00:53:39	00:57:41	01:10:12	01:00:19	00:55:48	5:53:33	00:51:46	58	M50	57	6
454	Böke-Aden	Karin	TuS Hinte	1959	2005	00:56:58	00:54:35	00:57:03	01:10:07	00:59:37	00:55:19	5:53:39	00:51:47	46	W40	12	6
455	Willms	Jakobus	TuS Aurich-Ost	1940	2005	00:55:16	00:54:08	00:57:22	01:11:04	01:00:49	00:55:04	5:53:43	00:51:47	65	M60	15	6
456	Schewiola	Stefan	TuS Aurich-Ost	1966	2005	00:53:58	00:58:46	00:57:35	01:09:04	01:00:08	00:54:18	5:53:49	00:51:48	39	M30	116	6
457	Schröder	Ewald	8 Westrhauderfehn	1948	2005	00:56:33	00:52:50	00:56:51	01:11:48	01:00:17	00:55:53	5:54:12	00:51:52	57	M50	58	6
458	Rosinski	Annegret	LG Uplengen	1964	2005	00:57:24	00:54:16	00:57:30	01:09:52	00:59:51	00:55:48	5:54:41	00:51:56	41	W40	13	6
459	Ebel	Rainer	Ihlow	1962	2005	00:55:36	00:54:45	00:57:42	01:10:41	01:00:09	00:55:51	5:54:44	00:51:56	43	M40	154	6
460	Kettwig	Hans-Dieter	Spetz-Loop	1957	2005	00:55:29	00:54:44	00:58:11	01:09:54	01:00:20	00:56:11	5:54:49	00:51:57	48	M40	155	6
461	Lüpkes	Otto	Aurich	1958	2005	00:55:13	00:55:33	00:56:55	01:10:32	01:00:30	00:56:40	5:55:23	00:52:02	47	M40	156	6
462	Alberts	Manfred	TV Marienhäfe	1959	2005	00:58:39	00:53:34	00:56:18	01:11:40	00:59:58	00:55:17	5:55:26	00:52:02	46	M40	157	6
463	Scherf	Hans-Joa.	Team Deutsche Post	1964	2005	00:58:05	00:54:22	00:56:17	01:08:49	01:00:50	00:57:06	5:55:29	00:52:03	41	M40	158	6
464	Ruh	Helmut	TC Wittmund	1951	2005	00:56:26	00:54:51	00:57:42	01:10:40	01:00:31	00:55:31	5:55:41	00:52:05	54	M50	59	6
465	Großmann	Frank	RVB Uplengen	1974	2005	00:57:07	00:54:04	00:58:02	01:08:58	01:01:24	00:56:20	5:55:55	00:52:07	31	M30	117	6
466	Müller	Edzard	SuS Timmel	1970	2005	00:58:24	00:54:28	00:57:21	01:09:58	00:59:55	00:55:50	5:55:56	00:52:07	35	M30	118	6
467	Bruns	Marcel	SV Ochtersum	1990	2005	00:56:04	00:57:01	00:55:46	01:08:59	01:02:56	00:55:16	5:56:02	00:52:08	15	MU20	38	6
468	Röstel	Claus	TuS Aurich-Ost	1959	2005	00:56:25	00:55:17	00:56:58	01:09:57	01:01:38	00:55:49	5:56:04	00:52:08	46	M40	159	6
469	Böttger	Rolf	MTV Wittmund	1969	2005	00:57:46	00:54:25	00:57:51	01:09:39	01:00:16	00:56:09	5:56:06	00:52:08	36	M30	119	6
470	Rademacher	Helmut	SV Fulkum	1947	2005	00:53:58	00:59:52	00:55:22	01:02:56	00:59:25	01:05:03	5:56:36	00:52:13	58	M50	60	6
471	Campos	Ezio	SV Hage	1945	2005	00:57:12	00:54:07	00:59:08	01:09:59	01:00:40	00:55:36	5:56:42	00:52:14	60	M60	16	6
472	Best	Thomas	TuS Aurich-Ost	1976	2005	00:55:55	00:52:59	00:58:57	01:12:41	01:00:11	00:56:18	5:57:01	00:52:16	29	M20	42	6
473	Meyer	Wilfried	Beningafehn	1966	2005	00:59:54	00:55:18	00:57:03	01:08:54	01:00:53	00:55:05	5:57:07	00:52:17	39	M30	120	6
474	Siebels	Hinrich	TRHS	1961	2005	00:57:46	00:56:35	00:57:28	01:09:36	01:00:09	00:55:35	5:57:09	00:52:17	44	M40	160	6
475	Lindemann	Paul	TV Norden	1939	2005	00:55:53	00:54:19	00:57:26	01:10:57	01:01:31	00:57:04	5:57:10	00:52:18	66	M60	17	6
476	Krull	Werner	LT Crocodiles	1966	2005	00:56:23	00:55:34	00:57:11	01:10:11	00:59:36	00:58:42	5:57:37	00:52:22	39	M30	121	6
477	Bents	Mike	Westerholt	1968	2005	00:56:41	00:57:00	00:57:34	01:12:17	01:00:02	00:54:12	5:57:46	00:52:23	37	M30	122	6
478	Meyer	Antje	LG Uplengen	1956	2005	00:55:28	00:54:14	00:58:57	01:10:38	01:00:55	00:57:38	5:57:50	00:52:23	49	W40	14	6
479	Janssen	Steffen	SV Ochtersum	1991	2005	00:54:35	00:53:46	00:53:40	01:08:27	01:08:03	00:54:21	5:57:52	00:52:24	14	MU20	39	6
480	Maecker	Otto	Frisia Loga	1950	2005	00:59:07	00:55:45	00:58:17	01:09:13	01:00:29	00:55:36	5:58:27	00:52:29	55	M50	61	6
481	Wagner	Richard	LT Crocodiles	1958	2005	00:57:42	00:56:47	00:57:10	01:09:23	01:01:59	00:55:36	5:58:37	00:52:30	47	M40	161	6
482	Sleur	Hans-W.	Leer	1943	2005	00:54:11	00:53:11	00:59:41	01:13:24	01:01:32	00:57:08	5:59:07	00:52:35	62	M60	18	6
483	Wiechmann	Rainer	Leer	1958	2005	00:59:20	00:55:55	00:53:33	01:10:46	01:02:14	00:57:26	5:59:14	00:52:36	47	M40	162	6
484	Meyerhoff	Martin	Aurich	1949	2005	00:57:11	00:56:11	00:56:44	01:09:42	01:02:26	00:57:03	5:59:17	00:52:36	56	M50	62	6
485	Helmers	Rainer	Westoverledingen	1969	2005	00:57:44	00:55:47	00:57:39	01:11:27	01:01:19	00:55:23	5:59:19	00:52:37	36	M30	123	6
486	Tunder	Hartmut	MTV Aurich TRIA	1961	2005	00:55:32	00:49:12	00:53:09	01:13:35	01:07:26	01:00:32	5:59:26	00:52:38	44	M40	163	6
487	Holst	Uwe	TuS Aurich-Ost	1959	2005	00:57:58	00:54:16	00:58:41	01:12:19	01:00:23	00:55:52	5:59:29	00:52:38	46	M40	164	6
488	Rückbrod	Andrea	TV Norden	1964	2005	00:56:56	00:55:25	00:57:49	01:12:03	01:01:30	00:55:47	5:59:30	00:52:38	41	W40	15	6
489	Beenenga	Jann	TuS Aurich-Ost	1958	2005	00:56:50	00:55:09	00:58:39	01:10:48	01:00:39	00:57:29	5:59:34	00:52:39	47	M40	165	6
490	Benner	Karl-Heinz	Ihlow	1954	2005	00:55:23	00:55:27	00:58:03	01:12:47	01:01:05	00:57:00	5:59:45	00:52:40	51	M50	63	6
491	Daniels	Reinhold	Gärt. Kuhlmann	1957	2005	00:56:22	00:53:36	00:55:18	01:13:15	01:02:27	00:58:54	5:59:52	00:52:41	48	M40	166	6
492</																	

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
498	Ottersberg	Johann	Fun-Loopers	1964	2005	00:57:26	00:55:07	00:57:18	01:10:31	01:01:23	00:59:06	6:00:51	00:52:50	41	M40	167	6
499	Saathoff	Erich	TuS Aurich-Ost	1946	2005	00:57:30	00:54:49	00:59:33	01:10:07	01:02:19	00:56:34	6:00:52	00:52:50	59	M50	66	6
500	Kaplan	Simone	TAO-Te. Aurich	1980	2005	00:56:35	00:55:16	00:59:28	01:10:21	01:02:20	00:57:27	6:01:27	00:52:55	25	W20	4	6
501	Fürst	Harm	TuS Aurich-Ost	1959	2005	00:57:05	00:55:28	00:58:32	01:12:04	01:02:25	00:56:01	6:01:35	00:52:56	46	M40	168	6
502	Battermann	Regine	Fehntjer LT	1951	2005	00:57:19	00:54:17	00:59:03	01:11:34	01:02:21	00:57:11	6:01:45	00:52:58	54	W50	4	6
503	Schmidt	Lydia	SV Holtland	1963	2005	00:57:29	00:54:50	00:58:25	01:11:11	01:02:19	00:57:31	6:01:45	00:52:58	42	W40	17	6
504	Heilemann	Wolfgang	TUS Horsten	1957	2005	00:58:04	00:57:07	00:58:22	01:11:42	01:00:18	00:56:19	6:01:52	00:52:59	48	M40	169	6
505	Wrage-Brors	Imnke	Leer	1980	2005	00:57:33	00:54:08	00:58:52	01:11:39	01:02:46	00:56:55	6:01:53	00:52:59	25	W20	5	6
506	Arndt	Michael	MTV Wittmund	1971	2005	00:57:35	00:56:00	00:56:54	01:09:39	01:03:52	00:57:55	6:01:55	00:52:59	34	M30	125	6
507	Feldmann	Uwe	VFFL Berumbur	1967	2005	00:59:28	00:57:06	00:58:18	01:11:37	01:00:07	00:55:29	6:02:05	00:53:01	38	M30	126	6
508	Hayungs	Fredo	LT Schafh. Wald	1968	2005	00:59:37	00:55:58	00:58:16	01:11:04	01:01:16	00:55:56	6:02:07	00:53:01	37	M30	127	6
509	Haida	Gisela	LT Schafh. Wald	1948	2005	00:58:10	00:55:39	00:57:50	01:12:00	01:02:04	00:56:25	6:02:08	00:53:01	57	W50	5	6
510	Kuhlmann	Christian	Aur. Taxenzentrale	1965	2005	00:58:18	00:55:57	00:58:19	01:11:17	01:01:01	00:57:21	6:02:13	00:53:02	40	M40	170	6
511	Borchert	Janina	RFV Filsum	1987	2005	00:56:23	00:55:41	00:58:52	01:12:51	01:02:24	00:56:02	6:02:13	00:53:02	18	WU20	5	6
512	Heyen	Manuela	Großefehn	1979	2005	00:55:56	00:55:49	00:58:13	01:12:40	01:02:01	00:57:39	6:02:18	00:53:03	26	W20	6	6
513	Thomas	Schmidt	MTV Aurich	1963	2005	00:58:12	00:55:12	00:58:06	01:11:05	01:01:41	00:58:04	6:02:20	00:53:03	42	M40	171	6
514	Streppel	Bernd	SV Dornum	1941	2005	00:57:45	00:55:59	00:58:27	01:11:15	01:02:08	00:56:57	6:02:31	00:53:05	64	M60	19	6
515	Manssen	Hendrik	RFV Hesel	1992	2005	00:58:35	00:56:07	00:58:00	01:12:34	01:01:18	00:55:57	6:02:31	00:53:05	13	MU20	40	6
516	Hellmers	Manfred	NOWEBAU	1967	2005	00:57:04	00:57:57	00:58:50	01:11:38	01:01:39	00:55:25	6:02:33	00:53:05	38	M30	128	6
517	Giesselmann	Bernd	Fortuna Wirdum	1968	2005	00:59:13	00:57:04	00:57:07	01:11:12	01:02:27	00:55:31	6:02:34	00:53:05	37	M30	129	6
518	Nannen	Jörg	Holtland	1973	2005	00:57:57	00:55:51	00:56:31	01:15:30	01:00:46	00:56:02	6:02:37	00:53:06	32	M30	130	6
519	Schröder	Axel	Stelle	1961	2005	00:54:51	01:05:59	00:56:41	01:09:20	01:00:33	00:55:18	6:02:42	00:53:06	44	M40	172	6
520	Wurps	Detert	Leer	1972	2005	00:58:44	00:55:37	00:57:33	01:11:02	01:01:00	00:58:47	6:02:43	00:53:06	33	M30	131	6
521	Malzahn	Helge	Wittmund	1954	2005	00:56:00	00:56:05	00:58:10	01:12:46	01:03:18	00:56:32	6:02:51	00:53:08	51	M50	67	6
522	de Buhr	Siebert	BSC Burhufe	1966	2005	00:59:50	00:54:17	00:58:27	01:13:33	01:00:18	00:56:33	6:02:58	00:53:09	39	M30	132	6
523	Hinrichs	Jan	Anz. f. Harlingerland	1975	2005	01:00:01	00:56:56	00:59:01	01:11:44	00:59:48	00:55:45	6:03:15	00:53:11	30	M30	133	6
524	Kampen	Thomas	WFB Aurich	1962	2005	01:00:02	00:55:32	00:58:31	01:12:06	01:00:19	00:56:53	6:03:23	00:53:12	43	M40	173	6
525	Schiemann-Lil.	Martin	Aurich	1955	2005	00:56:53	00:57:02	00:57:40	01:12:42	01:01:56	00:57:14	6:03:27	00:53:13	50	M50	68	6
526	Schmidt	Karl-Heinz	TV Norden	1957	2005	00:54:15	01:10:27	00:55:24	01:07:43	01:01:30	00:54:10	6:03:29	00:53:13	48	M40	174	6
527	Otto	Jürgen	VffL Berumbur	1964	2005	00:58:35	00:57:09	00:58:53	01:12:25	01:00:35	00:56:21	6:03:58	00:53:17	41	M40	175	6
528	Ruppert	Heinz	SV Dornum	1944	2005	00:55:06	00:59:13	01:00:41	01:10:21	01:02:07	00:56:33	6:04:01	00:53:18	61	M60	20	6
529	Lübben	Colin	SV Ochtersum	1991	2005	00:57:14	00:59:11	00:59:18	01:11:49	01:01:25	00:55:15	6:04:12	00:53:19	14	MU20	41	6
530	Hoofdmann	Edo	BGS Oldenburg	1955	2005	00:56:55	00:55:29	00:59:05	01:12:35	01:01:47	00:58:23	6:04:14	00:53:20	50	M50	69	6
531	de Witte	Anja	TuS Aurich-Ost	1975	2005	00:57:38	00:54:33	00:59:04	01:13:32	01:02:18	00:57:32	6:04:37	00:53:23	30	W30	15	6
532	Terveer	Julia	Raiba Moormerl.	1970	2005	00:58:54	00:57:58	00:59:16	01:10:27	01:01:52	00:56:45	6:05:12	00:53:28	35	W30	16	6
533	Picksak	Johann	TSV Riepe	1963	2005	00:59:31	00:55:08	00:58:43	01:09:55	01:07:29	00:54:28	6:05:14	00:53:28	42	M40	176	6
534	Penning	Herrmann	Raiba Moormerl.	1969	2005	01:03:30	00:56:15	00:59:19	01:09:58	00:59:49	00:56:42	6:05:33	00:53:31	36	M30	134	6
535	Haben	Gerhard	ALLSTARS Coll.	1968	2005	00:59:37	00:58:45	00:59:02	01:11:17	01:00:29	00:56:23	6:05:33	00:53:31	37	M30	135	6
536	Eisenhauer	Annelene	LT Schafh. Wald	1955	2005	00:58:33	00:55:39	00:57:50	01:12:47	01:02:48	00:58:09	6:05:46	00:53:33	50	W50	6	6
537	Wagener	Olaf	SV Warsingsfehn	1970	2005	00:57:59	00:57:16	00:59:23	01:12:24	01:01:10	00:57:41	6:05:53	00:53:34	35	M30	136	6
538	Schoon	Georg	Jever	1961	2005	00:55:54	00:56:48	00:56:53	01:11:31	01:03:16	01:01:34	6:05:56	00:53:35	44	M40	177	6
539	Winterhoff	Rainer	Winterhoff + Partner	1949	2005	00:54:54	00:52:23	00:58:26	01:09:59	00:59:23	01:11:17	6:06:22	00:53:38	56	M50	69	6
540	Fritz	Günther	Spielman. Marx	1959	2005	00:58:51	00:57:10	00:58:33	01:14:37	01:00:21	00:56:56	6:06:28	00:53:39	46	M40	178	6
541	Janssen	Erik	Team Deutsche Post	1971	2005	00:47:31	01:00:51	01:02:11	01:17:31	01:01:48	00:57:01	6:06:53	00:53:43	34	M30	137	6
542	Schmidt	Helga	Hage-Rietwurms	1965	2005	00:58:13	00:55:43	00:58:49	01:12:53	01:03:07	00:58:21	6:07:06	00:53:45	40	W40	18	6
543	Friedrichs	Annegret	AOK Aurich	1966	2005	00:57:34	00:55:40	01:00:15	01:13:19	01:02:11	00:58:18	6:07:17	00:53:47	39	W30	17	6
544	Habben	Berend	Wybelsum	1960	2005	00:55:28	00:55:50	00:58:34	01:12:13	01:02:26	01:02:48	6:07:19	00:53:47	45	M40	179	6
545	Dirks	Maja	Fortuna Logabirum	1993	2005	00:59:08	00:56:26	00:59:35	01:13:01	01:02:47	00:56:32	6:07:29	00:53:48	12	WU20	6	6
546	Wirtjes	Edzard	Fortuna Logabirum	1958	2005	00:59:11	00:56:58	00:59:01	01:13:01	01:02:49	00:56:31	6:07:31	00:53:49	47	M40	180	6
547	Henseler	Monika	TuS Aurich-Ost	1968	2005	00:58:52	00:54:16	00:59:31	01:14:35	01:02:29	00:57:56	6:07:39	00:53:50	37	W30	18	6
548	Bolhuis	Wilhelm	TV Norden	1943	2005	00:57:55	00:57:43	00:58:04	01:11:46	01:04:09	00:58:06	6:07:43	00:53:50	62	M60	21	6
549	Heilemann	Tanja	TuS Aurich-Ost	1972	2005	00:58:53	00:54:19	00:59:33	01:14:34	01:02:30	00:57:57	6:07:46	00:53:51	33	W30	19	6
550	Eiben	Eibo	LT Schafh. Wald	1943	2005	01:00:32	00:56:36	00:51:53	01:18:37	00:54:28	01:05:46	6:07:52	00:53:52	62	M60	22	6
551	de Buhr	Hans-Dieter	BGS Oldenburg	1969	2005	00:58:02	00:57:11	00:59:07	01:12:08	01:02:11	00:59:22	6:08:01	00:53:53	36	M30	138	6
552	Rademacher	Gitta	Team Deutsche Post	1966	2005	00:56:51	00:57:33	00:59:17	01:14:07	01:02:43	00:57:33	6:08:04	00:53:53	39	W30	20	6
553	Iken	Jens	Biersum	1969	2005	00:59:56	00:58:20	00:57:38	01:13:02	01:03:15	00:56:05	6:08:16	00:53:55	36	M30	139	6
554	Wöhrl	Wolfgang	MTV Wittmund	1944	2005	00:59:17	01:00:50	00:58:25	01:12:46	01:00:31	00:56:39	6:08:28	00:53:57	61	M60	23	6
555	Franken	Gerd	TuS Aurich-Ost	1963	2005	01:00:25	00:56:45	00:58:49	01:11:58	01:02:46	00:57:49	6:08:32	00:53:57	42	M40	181	6
556	Heyen	Jann	TV Norden	1941	2005	00:58:54	00:55:53	00:59:29	01:12:11	01:03:54	00:58:18	6:08:39	00:53:59	64	M60	24	6
557	Schmidt	Günther	SV Holtland	1956	2005	00:57:24	00:57:48	00:59:04	01:12:03	01:03:45	00:58:43	6:08:47	00:54:00	49	M40	182	6
558	Frerichs	Wilfried	Aqua Clog Team	1958	2005	00:54:51	00:52:20	01:00:18	01:23:00	01:02:23	00:56:04	6:08:56	00:54:01	47	M40	183	6
559	Lüpkens	Heike	Aurich	1963	2005	00:57:14	00:57:17	01:01:47	01:12:48	01:02:22	00:57:35	6:09:03	00:54:02	42	W40	19	6
560	Schmidt	Kerstin	Fortuna Logabirum	1965	2005	00:57:05	00:56:07	00:59:18	01:14:27	01:03:23	00:58:49	6:09:09	00:54:03	40	W40	20	6
561	Harms	Jochen	Ochtersum	1981	2005	01:11:59	01:06:41	00:52:22	01:21:34	01:10:54	01:05:52	6:09:22	00:54:05	24	M20	43	6
562	Hüttinga	Jens	Wymeer	1968	2005	00:59:33	00:58:21	00:59:22	01:11:42	01:03:56	00:56:33	6:09:27	00:54:06	37	M30		

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
569	Schröder-Mü.	Elvira	Emder LG	1967	2005	00:59:36	00:56:04	00:59:56	01:14:25	01:03:31	00:57:30	6:11:02	00:54:19	38	W30	23	6
570	Klinkenberg	Margit	TV Norden	1952	2005	00:59:27	00:57:16	00:59:42	01:12:49	01:03:51	00:58:09	6:11:14	00:54:21	53	W50	7	6
571	Werkmeister	Jan	Oldenburg	1980	2005	00:58:02	00:57:53	01:00:36	01:13:20	01:02:50	00:58:33	6:11:14	00:54:21	25	M20	45	6
572	Fisser	Gisela	TV Norden	1965	2005	00:58:09	00:57:18	00:59:41	01:12:20	01:04:43	00:59:05	6:11:16	00:54:21	40	W40	21	6
573	Eilts	Heiko	Leerhufe	1971	2005	01:01:15	00:57:50	00:59:16	01:14:38	01:01:42	00:56:41	6:11:22	00:54:22	34	M30	141	6
574	Janßen	Christa	SV Brinkum	1940	2005	00:59:17	00:56:05	00:59:21	01:13:54	01:03:41	00:59:04	6:11:22	00:54:22	65	W60	2	6
575	Bathmann	Heike	TuS Aurich-Ost	1969	2005	01:01:20	00:57:11	00:59:23	01:12:45	01:03:10	00:58:01	6:11:50	00:54:26	36	W30	24	6
576	Bünting	Linda	TuS Aurich-Ost	1965	2005	01:01:20	00:57:12	00:59:22	01:12:46	01:03:09	00:58:01	6:11:50	00:54:26	40	W40	22	6
577	Buss	Johann	SV Großefehn	1942	2005	00:59:01	00:56:44	00:59:40	01:12:32	01:05:19	00:58:43	6:11:59	00:54:28	63	M60	25	6
578	Steinke	Dietrich	Conc. Neermoor	1941	2005	00:58:34	00:56:10	00:59:50	01:14:36	01:03:42	00:59:26	6:12:18	00:54:31	64	M60	26	6
579	van Lengen	Heinrich	SUS Strackholt	1940	2005	00:58:28	00:57:13	00:59:23	01:13:19	01:03:59	01:00:03	6:12:25	00:54:32	65	M60	27	6
580	Girts	Wolfgang	TuS Aurich-Ost	1952	2005	01:00:49	00:58:06	00:59:48	01:15:34	01:00:39	00:57:38	6:12:34	00:54:33	53	M50	70	6
581	Fliege	Heinz-Ge.	Leer	1954	2005	00:59:22	00:57:56	01:00:37	01:13:20	01:02:51	00:58:33	6:12:39	00:54:34	51	M50	71	6
582	Wollermann	Manfred	MTV Wittmund	1942	2005	00:59:23	00:57:38	01:00:20	01:14:39	01:03:14	00:57:46	6:13:00	00:54:37	63	M60	28	6
583	Krey	Helmuth	BGS Oldenburg	1957	2005	00:55:20	00:43:39	01:04:20	01:18:44	01:06:51	01:04:08	6:13:02	00:54:37	48	M40	187	6
584	Horn	Gerhard	Rhauderfehn	1954	2005	01:02:35	01:02:10	00:58:26	01:12:37	01:00:26	00:56:55	6:13:09	00:54:38	51	M50	72	6
585	Arends	Helga	LT Schafh. Wald	1962	2005	00:59:32	00:57:59	01:01:41	01:13:14	01:03:11	00:58:00	6:13:37	00:54:42	43	W40	23	6
586	Busboom	Gerd	Filsum	1968	2005	01:00:57	00:58:22	01:00:38	01:13:04	01:02:40	00:58:04	6:13:45	00:54:43	37	M30	142	6
587	Wildemann	Martin	WFB Aurich	1960	2005	01:01:59	00:56:14	01:01:08	01:11:49	01:06:35	00:56:08	6:13:53	00:54:44	45	M40	188	6
588	Janßen	Angelika	LT Schafh. Wald	1963	2005	00:59:31	00:58:03	01:01:48	01:13:27	01:03:17	00:58:00	6:14:06	00:54:46	42	W40	24	6
589	Kraft	Gerhard	Fortuna Logabirum	1954	2005	01:00:34	01:01:04	00:59:20	01:11:32	01:03:00	00:58:50	6:14:20	00:54:48	51	M50	73	6
590	Peeken	Gerd	TuS Esens	1973	2005	00:59:02	00:58:24	01:00:04	01:13:53	01:03:58	00:59:11	6:14:32	00:54:50	32	M30	143	6
591	Hinrichs	Ludwig	Team Möbel-Buss	1959	2005	00:59:42	00:57:43	01:01:31	01:12:31	01:05:09	00:58:02	6:14:38	00:54:51	46	M40	189	6
592	Janssen	Siegfried	Südbrookmerland	1953	2005	00:59:39	00:58:10	00:59:54	01:13:21	01:04:32	00:59:04	6:14:40	00:54:51	52	M50	190	6
593	Brinkmann	Frieda	Fortuna Logabirum	1960	2005	00:58:31	00:56:49	01:01:15	01:14:30	01:04:16	00:59:19	6:14:40	00:54:51	45	W40	25	6
594	Thedinga	Hinrich	TuS Aurich-Ost	1955	2005	00:58:32	00:57:52	01:01:11	01:13:13	01:05:50	00:58:12	6:14:50	00:54:53	50	M50	74	6
595	Füllgrabe	Ulrike	TuS Aurich-Ost	1951	2005	00:59:22	00:58:23	01:00:46	01:13:24	01:04:35	00:58:20	6:14:50	00:54:53	54	W50	8	6
596	Meyer	Jens	Zetel	1961	2005	01:00:04	00:58:53	01:01:24	01:14:30	01:02:04	00:58:02	6:14:57	00:54:54	44	M40	191	6
597	Janssen	Marion	LT Schafh. Wald	1976	2005	00:59:53	00:57:20	01:00:47	01:13:35	01:04:26	00:59:07	6:15:08	00:54:55	29	W20	7	6
598	Abrahams	Detlef	Zetel	1961	2005	01:00:12	00:58:58	01:01:24	01:14:29	01:02:05	00:58:01	6:15:09	00:54:56	44	M40	192	6
599	Hopf	Friedemann	MTV Aurich	1959	2005	00:58:30	00:46:25	00:59:00	01:14:09	01:03:02	01:14:20	6:15:26	00:54:58	46	M40	193	6
600	Fecht	Sabine	Neukamperfehn	1966	2005	00:58:37	00:56:03	01:01:53	01:15:42	01:02:40	01:00:31	6:15:26	00:54:58	39	W30	25	6
601	Duis	Hartmut	Germ. Wiesmoor	1968	2005	01:00:56	01:00:44	00:59:21	01:12:08	01:02:33	00:59:45	6:15:27	00:54:58	37	M30	144	6
602	Boelsen	Sandra	Raiba Uplengen	1983	2005	00:58:34	00:55:42	01:00:46	01:14:08	01:06:52	00:59:47	6:15:49	00:55:01	22	W20	8	6
603	Janssen	Holger	TuS Esens	1963	2005	00:59:49	00:57:18	00:58:56	01:17:59	01:03:34	00:58:16	6:15:52	00:55:02	42	M40	194	6
604	Eisenhauer	Elisabeth	TuS Esens	1949	2005	01:00:30	00:58:18	01:00:30	01:13:56	01:04:18	00:58:27	6:15:59	00:55:03	56	W50	9	6
605	Saathoff	Annemarie	TuS Esens	1951	2005	01:00:30	00:58:18	01:00:30	01:13:58	01:04:19	00:58:27	6:16:02	00:55:03	54	W50	10	6
606	Ihlow	Werner	TV Norden	1945	2005	00:58:45	00:58:00	01:01:18	01:14:22	01:04:31	00:59:21	6:16:17	00:55:06	60	M60	29	6
607	Willms	Sonja	TuS Aurich-Ost	1978	2005	00:58:30	00:56:44	00:59:32	01:13:02	01:00:34	01:08:18	6:16:40	00:55:09	27	W20	9	6
608	van den Berg	Adrianus	Horsten	1960	2005	00:58:07	00:58:17	00:59:54	01:15:26	01:04:23	01:00:55	6:17:02	00:55:12	45	M40	195	6
609	Aden	Gertrud	Bauplan. Ubben	1959	2005	01:00:36	00:57:22	01:01:20	01:15:02	01:03:01	01:00:05	6:17:26	00:55:16	46	W40	26	6
610	Meints	Karin	SUS Strackholt	1962	2005	00:58:07	00:57:04	01:00:43	01:16:07	01:05:15	01:00:22	6:17:38	00:55:17	43	W40	27	6
611	Backenhaus	Heiko	Team Möbel-Buss	1969	2005	01:01:08	00:57:45	01:01:49	01:14:52	01:04:02	00:58:07	6:17:43	00:55:18	36	M30	145	6
612	Loeschen	Marianne	Holtrop	1960	2005	01:00:37	00:57:47	01:00:12	01:15:58	01:03:57	00:59:20	6:17:51	00:55:19	45	W40	28	6
613	Nolopp	Klaus	Aurich	1953	2005	01:00:54	00:58:26	00:59:36	01:14:29	01:04:47	00:59:42	6:17:54	00:55:20	52	M50	75	6
614	Richter-Altan	Helmuth	TuS Aurich-Ost	1944	2005	01:00:03	00:58:02	01:01:09	01:12:16	01:03:38	01:02:48	6:17:56	00:55:20	61	M60	30	6
615	Büscher	Maria	Plaggenburg	1960	2005	00:59:30	00:58:14	01:01:18	01:14:39	01:04:25	01:00:06	6:18:12	00:55:22	45	W40	29	6
616	Habicht	Thorsten	Eintracht Ihlow	1959	2005	00:59:32	00:56:53	01:00:53	01:14:19	01:04:28	01:02:14	6:18:19	00:55:23	46	M40	196	6
617	Lübben	Heike	LT Crocodiles	1968	2005	00:59:52	00:59:14	01:00:00	01:15:21	01:04:17	00:59:46	6:18:30	00:55:25	37	W30	26	6
618	Libner	Henning	SV Großefehn	1952	2005	01:01:16	00:58:16	01:00:25	01:15:09	01:04:30	00:59:09	6:18:45	00:55:27	53	M50	76	6
619	Wulff	Jan-Michael	Oldenburg	1952	2005	01:03:49	00:59:41	01:01:39	01:14:00	01:02:24	00:57:12	6:18:45	00:55:27	53	M50	77	6
620	Brümmer	Helmuth	ENOVA	1957	2005	01:02:12	00:56:52	01:00:57	01:15:13	01:04:43	00:58:48	6:18:45	00:55:27	48	M40	197	6
621	Mix	Uta	Pollmann u. Reu.	1974	2005	00:58:32	00:58:32	01:01:17	01:14:22	01:03:32	01:02:52	6:19:07	00:55:30	31	W30	27	6
622	Brandau	Claudia	Vf L Germ. Leer	1963	2005	00:57:55	00:55:37	01:00:29	01:15:57	01:06:32	01:02:49	6:19:19	00:55:32	42	W40	30	6
623	Heyen	Birgit	TSV Hesel	1964	2005	00:59:45	00:57:24	01:02:00	01:16:10	01:04:27	00:59:40	6:19:26	00:55:33	41	W40	31	6
624	Göhler	Christoph	Aurich	1939	2005	00:58:58	00:58:23	01:00:48	01:15:55	01:04:46	01:00:44	6:19:34	00:55:34	66	M60	31	6
625	Möhlmann	Hinrich	BW Schortens	1953	2005	01:00:53	00:59:18	01:02:19	01:15:24	01:03:28	00:58:38	6:20:00	00:55:38	52	M50	78	6
626	Lohschmidt	Everett	Leerhufe	1951	2005	01:01:58	00:59:15	01:01:13	01:16:40	01:03:55	00:57:07	6:20:08	00:55:39	54	M50	79	6
627	Klaaßen	Sonja	MTV Aurich	1963	2005	01:00:32	00:57:29	01:01:21	01:15:04	01:05:18	01:00:33	6:20:17	00:55:41	42	W40	32	6
628	Schürmann	Ulrike	FC Oldersum	1962	2005	00:58:12	00:58:17	01:00:45	01:14:33	01:09:31	00:59:03	6:20:21	00:55:41	43	W40	33	6
629	Stecher	Martina	Wittmund	1964	2005	01:00:25	00:57:27	01:00:26	01:15:44	01:05:30	01:00:49	6:20:21	00:55:41	41	W40	34	6
630	Behnke	Claudia	KBV Wiesede	1974	2005	01:00:31	00:57:55	01:01:44	01:14:17	01:04:38	01:01:17	6:20:22	00:55:41	31	W30	28	6
631	Sollermann	Peter	Team Deutsche Post	1954	2005	01:01:09	00:59:38	00:59:34	01:14:15	01:06:00	00:59:53	6:20:29	00:55:42	51	M50	80	6
632	Heyen	Heiko	SV Großefehn	1957	2005	01:00:22	00:58:39	00:59:41	01:14:58	01:05:38	01:01:11	6:20:29	00:55:42	48	M40	198	6
633	Dannecker	Siegfried	TV Marienhufe	1949	2005	01:01:											

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
640	Sanwald	Hanna	Fehrtjer Lauftreff	1962	2005	01:01:37	00:58:12	01:01:32	01:14:47	01:05:04	01:00:31	6:21:43	00:55:53	43	W40	35	6
641	Park	Martina	Detern	1973	2005	01:03:03	00:57:43	01:01:57	01:15:32	01:04:13	00:59:31	6:21:59	00:55:56	32	W30	29	6
642	Akkermann	Edith	Conc. Ihrhove	1953	2005	00:59:47	00:57:37	01:03:17	01:15:15	01:06:18	00:59:55	6:22:09	00:55:57	52	W50	11	6
643	Herrmann	Inka	TAO Aurich	1979	2005	00:55:05	00:55:13	00:58:09	01:11:43	01:06:38	01:15:25	6:22:13	00:55:58	26	W20	12	6
644	Schulte	Willi	Barsse	1941	2005	01:01:28	00:59:07	01:02:43	01:17:04	01:03:46	00:58:14	6:22:22	00:55:59	64	M60	33	6
645	Boden	Helga	LT Schafh. Wald	1950	2005	01:01:36	00:58:20	01:01:58	01:16:50	01:05:41	00:58:25	6:22:50	00:56:03	55	W50	12	6
646	Ahrends	Jochen	Utarp/Schweind.	1963	2005	01:00:52	00:57:47	01:02:35	01:16:51	01:03:31	01:01:51	6:23:27	00:56:09	42	M40	201	6
647	Heyen	Elke	LT Schafh. Wald	1971	2005	01:01:05	00:58:44	01:01:14	01:16:02	01:05:30	01:01:01	6:23:36	00:56:10	34	W30	30	6
648	Trännapp	Alfred	TV Norden	1941	2005	01:00:33	00:59:01	01:04:17	01:16:53	01:04:10	00:59:23	6:24:17	00:56:16	64	M60	34	6
649	Engelbrecht	Artur	Spielman. Marx	1951	2005	01:01:21	00:58:43	01:02:05	01:16:00	01:04:18	01:01:52	6:24:19	00:56:16	54	M50	82	6
650	Behrens	Heinz	Dekra Aurich	1957	2005	01:01:43	01:00:30	01:01:23	01:14:40	01:05:34	01:00:40	6:24:30	00:56:18	48	M40	202	6
651	Severiens	Harm	Weener	1956	2005	00:59:44	00:58:01	01:02:12	01:17:17	01:05:06	01:02:21	6:24:41	00:56:19	49	M40	203	6
652	Janssen	Gerhard	JVA Emden	1962	2005	01:04:46	00:56:23	01:02:59	01:16:17	01:05:39	00:58:49	6:24:53	00:56:21	43	M40	204	6
653	Dirks	Ralf	SV Ochtersum	1993	2005	01:02:53	00:59:59	01:01:37	01:14:46	01:05:48	00:59:59	6:25:02	00:56:22	12	MU20	43	6
654	Andreesen	Hanna	Neukamperfehn	1958	2005	01:01:24	00:57:56	01:02:51	01:15:33	01:05:43	01:01:39	6:25:06	00:56:23	47	W40	36	6
655	Maciejewski	Sabine	Aurich	1967	2005	01:02:19	00:58:58	01:01:47	01:16:13	01:05:12	01:00:49	6:25:18	00:56:25	38	W30	31	6
656	Rosenboom	André	AOK Aurich	1970	2005	01:03:40	00:59:09	01:03:46	01:16:35	01:03:55	00:58:41	6:25:46	00:56:29	35	M30	146	6
657	August	Dieter	SuS Timmel	1960	2005	01:00:30	00:58:05	01:02:34	01:16:09	01:07:03	01:01:36	6:25:57	00:56:30	45	M40	205	6
658	Braams	Herma	LT Schafh. Wald	1956	2005	01:01:35	00:58:57	01:01:49	01:16:50	01:06:09	01:00:50	6:26:10	00:56:32	49	W40	37	6
659	Frerichs	Rieke	SUS Strackholt	1948	2005	01:00:35	01:00:21	01:02:58	01:16:30	01:05:18	01:00:31	6:26:13	00:56:33	57	M50	83	6
660	Wilken	Christa	LT Mullberg	1956	2005	01:00:58	00:58:21	01:01:44	01:16:56	01:06:02	01:02:27	6:26:28	00:56:35	49	W40	38	6
661	Dellwisch	Hinrich	Waldschule Egels	1988	2005	01:07:28	00:59:03	01:02:14	01:14:01	01:05:33	00:58:15	6:26:34	00:56:36	17	MU20	44	6
662	Buhr	Heike	MTV Wittmund	1968	2005	01:03:42	00:58:03	01:01:51	01:17:24	01:05:08	01:00:48	6:26:56	00:56:39	37	W30	32	6
663	Ottersberg	Hanna	Team Möbel-Buss	1973	2005	01:00:34	00:59:17	01:02:17	01:17:55	01:06:37	01:00:25	6:27:05	00:56:40	32	W30	33	6
664	Densow	Detlef	TuS Aurich-Ost	1965	2005	00:59:49	01:00:45	01:02:59	01:16:37	01:05:33	01:01:23	6:27:06	00:56:41	40	M40	206	6
665	Stoyke	Rita	Elisabethfehn	1969	2005	01:01:27	00:58:02	01:02:57	01:17:17	01:06:19	01:01:06	6:27:08	00:56:41	36	W30	34	6
666	Heinrichsdorff	Feeko	TuS Pewsum	1956	2005	01:04:10	00:59:34	01:03:06	01:17:14	01:04:31	00:58:39	6:27:14	00:56:42	49	M40	207	6
667	Tammen	Kai	Fort. Veenhusen	1963	2005	01:07:46	01:00:49	01:01:48	01:15:44	01:04:49	00:56:25	6:27:21	00:56:43	42	M40	208	6
668	Tjaden	Heinz-Jürgen	TV Norden	1949	2005	00:56:18	01:04:00	01:05:04	01:17:32	01:08:57	00:55:32	6:27:23	00:56:43	56	M50	84	6
669	Broer	Heide	Fortuna Wirdum	1956	2005	01:02:59	00:57:46	01:01:24	01:18:17	01:06:21	01:00:36	6:27:23	00:56:43	49	W40	39	6
670	Riechert	Jürgen	RuS Sandhorst	1947	2005	01:02:37	00:58:28	01:02:52	01:17:29	01:04:51	01:01:32	6:27:49	00:56:47	58	M50	85	6
671	Janssen	Imke	TuS Aurich-Ost	1976	2005	01:01:32	01:00:49	01:01:22	01:16:33	01:06:05	01:01:33	6:27:54	00:56:48	29	W20	13	6
672	Janssen	Günter	MTV Aurich	1943	2005	01:01:29	01:00:52	01:01:23	01:16:32	01:06:08	01:01:36	6:28:00	00:56:48	62	M60	35	6
673	Reiter	Beate	Neukamperfehn	1966	2005	01:01:24	00:57:57	01:02:54	01:16:43	01:06:38	01:02:24	6:28:00	00:56:48	39	W30	35	6
674	Hobbie	Albert	Zetel	1951	2005	01:01:04	01:01:33	01:03:52	01:15:29	01:04:32	01:01:35	6:28:05	00:56:49	54	M50	86	6
675	Dirks	Nando	Burhufe	1982	2005	01:02:51	01:01:59	01:03:30	01:16:11	01:05:11	00:58:39	6:28:21	00:56:52	23	M20	46	6
676	Reinecke	Thea	Winterhoff + Partner	1976	2005	01:01:44	01:00:04	01:03:27	01:17:57	01:05:40	01:00:00	6:28:52	00:56:56	29	W20	14	6
677	Goudschaal	Rolf	Remels	1950	2005	01:01:25	00:58:48	01:02:46	01:15:32	01:08:14	01:02:10	6:28:55	00:56:57	55	M50	87	6
678	Friedrichs	Helmut	Dietrichsfeld	1960	2005	01:02:46	01:00:31	01:02:18	01:17:40	01:05:34	01:00:13	6:29:02	00:56:58	45	M40	209	6
679	Ubben	Marie	Ubben-Team	1957	2005	01:11:27	00:57:49	01:01:02	01:14:38	01:04:07	01:00:17	6:29:20	00:57:00	48	W40	40	6
680	Meyer	Erhard	Spk Leer-Weener	1962	2005	01:00:44	00:59:20	01:03:40	01:17:38	01:06:19	01:01:49	6:29:30	00:57:02	43	M40	210	6
681	Baumann	Linda	Neukamperfehn	1968	2005	00:59:57	00:58:31	01:02:55	01:17:51	01:08:43	01:01:38	6:29:35	00:57:02	37	W30	36	6
682	Deutschmann	Claudia	TSV Hesel	1968	2005	00:59:58	00:58:28	01:02:58	01:17:50	01:08:42	01:01:39	6:29:35	00:57:02	37	W30	37	6
683	Schewiola	Axel	TV Norden	1938	2005	00:59:05	00:59:40	01:03:17	01:18:26	01:03:40	01:05:34	6:29:42	00:57:03	67	M60	36	6
684	Heeren	Johann	Team Deutsche Post	1954	2005	01:00:53	00:59:42	01:04:22	01:18:07	01:05:40	01:01:10	6:29:54	00:57:05	51	M50	88	6
685	Stalljann	Marina	Strücklingen	1965	2005	01:01:28	00:58:06	01:03:13	01:17:37	01:07:39	01:01:55	6:29:58	00:57:06	40	W40	41	6
686	Janssen	Adda	Wallinghamen	1966	2005	01:03:12	00:59:10	01:01:52	01:18:25	01:05:54	01:01:52	6:30:25	00:57:10	39	W30	38	6
687	Schmidt	Tina	SV Holtland	1988	2005	01:03:41	01:04:18	00:58:59	01:16:49	01:06:39	00:59:59	6:30:25	00:57:10	17	WU20	7	6
688	Müller	Barbara	SV Georgsheil	1953	2005	01:03:12	00:59:42	01:03:21	01:17:14	01:05:59	01:01:04	6:30:32	00:57:11	52	W50	13	6
689	Freimann	Arne	Ostrhauderfehn	1963	2005	00:57:45	00:59:37	01:03:29	01:16:12	01:12:23	01:01:16	6:30:42	00:57:12	42	M40	211	6
690	Agena-Schoon	Thea	SUS Strackholt	1962	2005	01:01:22	00:58:15	01:02:03	01:18:35	01:07:19	01:03:27	6:31:01	00:57:15	43	W40	42	6
691	Eggert	Anja	Leer	1965	2005	01:03:16	00:59:58	01:04:07	01:17:03	01:06:18	01:00:30	6:31:12	00:57:17	40	W40	43	6
692	Brandt	Henning	Ostfr. Volksbank	1977	2005	01:00:55	01:01:09	01:03:47	01:17:24	01:07:34	01:00:32	6:31:21	00:57:18	28	M20	47	6
693	Olling	Bernd	Strücklingen	1948	2005	01:04:52	01:01:13	01:05:10	01:22:22	01:07:44	00:50:15	6:31:36	00:57:20	57	M50	89	6
694	König	Käthe	Emder LG	1936	2005	01:01:40	01:01:16	01:02:47	01:17:19	01:06:20	01:02:18	6:31:40	00:57:21	69	W60	3	6
695	Neeland	Ludwig	Leinerstift	1962	2005	01:02:57	00:59:46	01:05:23	01:18:46	01:04:40	01:00:20	6:31:52	00:57:22	43	M40	212	6
696	Focken	Milein	TSV Riepe	1954	2005	01:02:50	00:59:20	01:03:22	01:18:31	01:06:16	01:01:54	6:32:13	00:57:26	51	W50	14	6
697	Broers	Werena	BBS Papenburg	1979	2005	01:02:21	00:59:31	01:06:24	01:17:47	01:06:35	00:59:38	6:32:16	00:57:26	26	W20	15	6
698	Hoofdmann	Erika	TSV Riepe	1956	2005	01:02:50	00:59:19	01:03:29	01:18:31	01:06:17	01:01:54	6:32:20	00:57:27	49	W40	44	6
699	Evers	Bernhard	MTV Wittmund	1951	2005	01:03:16	00:58:40	01:03:55	01:18:34	01:05:28	01:03:05	6:32:58	00:57:32	54	M50	90	6
700	Röbkes	Sonja	Raiba Uplengen	1971	2005	01:02:26	00:59:35	01:01:25	01:19:08	01:07:03	01:03:23	6:33:00	00:57:32	34	W30	39	6
701	Buurmann	Ellen	TuS Aurich-Ost	1948	2005	01:01:38	00:59:16	01:03:06	01:18:48	01:07:22	01:02:53	6:33:03	00:57:33	57	W50	15	6
702	Thiele	Helmi	Fortuna Wirdum	1952	2005	01:02:16	00:59:12	01:04:24	01:18:16	01:06:40	01:02:25	6:33:13	00:57:34	53	W50	16	6
703	Mühlenbrock	Anke	SC Wiesens	1968	2005	01:02:51	01:00:33	01:02:56	01:18:01	01:06:40	01:02:15	6:33:16	00:57:35	37	W30	40	6
704	Weiß	Michael	TuS Aurich-Ost	1963	2005	01:01:12	01										

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
711	Förster	Daniela	EWE-Wattloopers	1967	2005	01:05:06	01:02:03	01:04:16	01:17:58	01:05:44	01:01:00	6:36:07	00:58:00	38	W30	43	6
712	Schröder	Karin	SV Großefehn	1959	2005	01:04:31	01:01:32	01:03:00	01:18:15	01:06:34	01:02:32	6:36:24	00:58:02	46	W40	47	6
713	Meyer	Julia	Fun-Loopers	1967	2005	01:03:24	01:00:23	01:03:19	01:18:51	01:07:40	01:02:54	6:36:31	00:58:03	38	W30	44	6
714	de Buhr-Hank.	Anja	Fun-Loopers	1965	2005	01:04:18	01:00:22	01:03:16	01:18:36	01:07:40	01:02:28	6:36:40	00:58:05	40	W40	48	6
715	Sauer-Ufkes	Gudrun	MTV Aurich	1965	2005	01:05:46	01:01:50	01:05:28	01:18:22	01:06:15	00:59:39	6:37:20	00:58:10	40	W40	49	6
716	Ideus	Johann	TuS Aurich-Ost	1964	2005	01:05:16	01:02:31	01:04:10	01:17:41	01:07:39	01:00:16	6:37:33	00:58:12	41	M40	214	6
717	Heckhoff	Ulrike	VfL Germ. Leer	1965	2005	01:04:06	00:59:58	01:03:19	01:19:00	01:08:05	01:03:25	6:37:53	00:58:15	40	W40	50	6
718	Düselder	Wolfgang	Spk Leer-Weener	1968	2005	00:59:55	00:59:29	01:06:38	01:23:07	01:07:23	01:01:22	6:37:54	00:58:15	37	M30	147	6
719	Müller	Manfred	Leinerstift	1955	2005	01:02:57	00:59:47	01:03:54	01:18:46	01:07:57	01:04:37	6:37:58	00:58:16	50	M50	92	6
720	Heynen	Heino	Strücklingen	1964	2005	01:04:05	01:00:26	01:05:41	01:20:47	01:06:30	01:00:49	6:38:18	00:58:19	41	M40	215	6
721	Dreyer	Martina	DLRG Weener	1964	2005	01:03:51	00:59:40	01:03:34	01:18:40	01:10:47	01:02:08	6:38:40	00:58:22	41	W40	51	6
722	Nitschke	Ria	Freibad Leer	1963	2005	01:03:43	01:01:19	01:03:54	01:18:53	01:08:48	01:02:46	6:39:23	00:58:28	42	W40	52	6
723	Vinke	Hans-Georg	TuS Aurich-Ost	1953	2005	01:03:41	01:02:29	01:05:50	01:18:08	01:07:40	01:01:56	6:39:44	00:58:32	52	M50	93	6
724	Fremy	Maike	Anz. f. Harlingerland	1966	2005	01:05:57	01:03:01	01:06:07	01:19:02	01:05:07	01:00:59	6:40:13	00:58:36	39	W30	45	6
725	Landherr	Brigitte	NOWEBAU	1968	2005	01:03:26	01:01:53	01:04:05	01:19:04	01:08:28	01:03:26	6:40:22	00:58:37	37	W30	46	6
726	Goesmann	Ralf	Holtland	1961	2005	01:06:17	01:00:23	01:05:13	01:18:45	01:07:22	01:02:24	6:40:24	00:58:37	44	M40	216	6
727	Remmers	Uwe	LT Crocodiles	1969	2005	01:03:45	01:05:23	01:07:31	01:17:07	01:05:12	01:01:44	6:40:42	00:58:40	36	M30	148	6
728	Hilbrands	Ingrid	Heiz-San. Hilbra.	1959	2005	01:02:49	01:01:01	01:07:41	01:20:41	01:06:22	01:02:09	6:40:43	00:58:40	46	W40	53	6
729	Frerichs	Gunda	Leer	1977	2005	01:01:45	00:59:22	01:05:02	01:20:17	01:08:55	01:05:25	6:40:46	00:58:41	28	W20	16	6
730	Galts	Anne	MTV Wittmund	1957	2005	01:05:18	00:59:59	01:04:15	01:20:20	01:07:00	01:03:58	6:40:50	00:58:41	48	W40	54	6
731	Wiese	Alexander	RVB Uplengen	1971	2005	01:03:15	01:02:33	01:01:58	01:17:43	01:11:12	01:04:15	6:40:56	00:58:42	34	M30	149	6
732	Freitag	Dirk	Aurich	1959	2005	01:02:18	01:01:18	01:07:24	01:19:47	01:07:24	01:02:45	6:40:56	00:58:42	46	M40	217	6
733	Stürenburg-Kr.	Helke	Hage-Rietwurms	1961	2005	01:05:30	01:04:27	01:04:18	01:19:53	01:05:48	01:01:16	6:41:12	00:58:44	44	W40	55	6
734	Gruben	Anton	SV Potshausen	1942	2005	01:03:44	00:59:51	01:04:03	01:19:12	01:09:40	01:04:49	6:41:19	00:58:45	63	M60	38	6
735	Eisenbach-Ho.	Heidemarie	Rhauderfehn	1949	2005	01:02:36	01:02:14	01:02:38	01:22:02	01:08:41	01:03:21	6:41:32	00:58:47	56	W50	17	6
736	Middelborg	Helga	LT Ems Jemgum	1952	2005	01:03:22	01:01:23	01:04:53	01:19:45	01:08:50	01:03:30	6:41:43	00:58:49	53	W50	18	6
737	Sollermann	Heidi	Leer	1953	2005	01:04:13	01:01:50	01:05:11	01:19:01	01:07:27	01:04:34	6:42:16	00:58:54	52	W50	19	6
738	Schneider	Thomas	ObjSBtLLW	1970	2005	01:03:05	01:03:26	01:05:17	01:18:27	01:07:31	01:04:59	6:42:45	00:58:58	35	M30	150	6
739	Freese	Heiko	SV Ochtersum	1990	2005	01:04:28	00:58:51	01:05:49	01:19:08	01:12:47	01:01:53	6:42:56	00:59:00	15	MU20	45	6
740	Kuper	Elke	G. Kuper GmbH	1964	2005	01:04:48	01:02:21	01:04:48	01:18:55	01:08:59	01:03:11	6:43:02	00:59:01	41	W40	56	6
741	Gronewold	Anja	Moorlage	1977	2005	01:04:11	01:00:57	01:05:37	01:21:01	01:10:19	01:03:22	6:43:07	00:59:01	28	W20	17	6
742	Wulf	Horst-Dieter	Spk Leer-Weener	1939	2005	01:05:20	01:02:07	01:05:18	01:19:00	01:07:59	01:04:26	6:44:10	00:59:11	66	M60	39	6
743	de Wall	Johann	VfL Jheringsfehn	1934	2005	01:02:31	01:02:36	01:04:28	01:20:59	01:09:29	01:04:14	6:44:17	00:59:12	71	M70	1	6
744	Sick	Jens	JVA Emden	1965	2005	01:07:00	00:59:50	01:03:23	01:21:21	01:07:23	01:05:21	6:44:18	00:59:12	40	M40	218	6
745	Funk-Janßen	Anja	LT Schaff. Wald	1969	2005	01:02:31	01:01:27	01:06:06	01:23:52	01:08:57	01:01:40	6:44:33	00:59:14	36	W30	47	6
746	Heynen	Gisela	Strücklingen	1962	2005	01:04:07	01:00:35	01:05:30	01:20:48	01:10:39	01:03:20	6:44:59	00:59:18	43	W40	57	6
747	Bruns-Knoll	Gunda	Stapel	1967	2005	01:06:01	00:59:36	01:03:10	01:18:26	01:12:26	01:05:34	6:45:13	00:59:20	38	W30	48	6
748	Janssen	Ingrid	WFB Aurich	1968	2005	01:07:46	01:02:47	01:04:45	01:22:10	01:08:10	00:59:47	6:45:25	00:59:21	37	W30	49	6
749	Meyer	Hanne	Simonswolde	1959	2005	01:05:28	01:01:24	01:05:10	01:20:14	01:09:07	01:04:10	6:45:33	00:59:23	46	W40	58	6
750	Meyer	Holger	Simonswolde	1960	2005	01:05:26	01:00:43	01:05:24	01:20:06	01:09:09	01:04:52	6:45:40	00:59:24	45	M40	219	6
751	Moosler	Horst	VfL Germ. Leer	1937	2005	01:01:30	01:02:08	01:07:12	01:20:55	01:10:05	01:04:03	6:45:53	00:59:26	68	M60	40	6
752	Kleipa	Rottraud	MTV Wittmund	1943	2005	01:05:23	01:01:44	01:04:31	01:20:22	01:09:28	01:04:36	6:46:04	00:59:27	62	W60	4	6
753	Dannecker	Wolfgang	ELG	1973	2005	01:08:26	01:02:35	01:02:57	01:20:12	01:07:49	01:04:30	6:46:29	00:59:31	32	M30	151	6
754	de Buhr	Renate	TuRa Rhauderf.	1955	2005	01:03:20	01:03:57	01:06:10	01:23:02	01:08:03	01:02:04	6:46:36	00:59:32	50	W50	20	6
755	Severiens-Kl.	Michaela	LT Crocodiles	1968	2005	01:05:08	01:02:56	01:04:12	01:18:03	01:09:15	01:07:33	6:47:07	00:59:36	37	W30	50	6
756	Wilhelms	Gerold	TuS Detern	1961	2005	01:09:01	00:59:52	01:04:24	01:22:55	01:07:24	01:03:54	6:47:30	00:59:40	44	M40	220	6
757	Thiessen	Johannes	Wittmund	1944	2005	01:04:54	01:01:58	01:05:34	01:21:15	01:08:39	01:05:13	6:47:33	00:59:40	61	M60	41	6
758	Löhn	Karen	Moormerland	1963	2005	01:04:50	01:00:52	01:04:23	01:22:57	01:09:56	01:04:42	6:47:40	00:59:41	42	W40	59	6
759	Braams	Hinrich	LT Schaff. Wald	1960	2005	01:07:04	00:59:16	01:04:07	01:25:56	01:09:51	01:01:35	6:47:49	00:59:43	45	M40	221	6
760	Wolterink	Johann	Fortuna Wirdum	1942	2005	01:04:35	01:05:51	01:06:15	01:18:30	01:08:49	01:04:29	6:48:29	00:59:48	63	M60	42	6
761	a Campo	J.H.	Emden	1964	2005	01:06:30	01:03:03	01:05:12	01:20:31	01:08:54	01:04:25	6:48:35	00:59:49	41	M40	222	6
762	Fleißner	Jörg	Fortuna Logabirum	1960	2005	01:15:27	01:12:15	00:54:14	01:08:16	01:18:51	01:00:05	6:49:08	00:59:54	45	M40	223	6
763	Patzwald	Magret	LT Schaff. Wald	1958	2005	01:04:12	01:01:51	01:06:42	01:21:28	01:10:58	01:04:01	6:49:12	00:59:55	47	W40	60	6
764	Spinneker	Christa	TV Norden	1948	2005	01:04:55	01:03:03	01:06:38	01:20:53	01:09:47	01:04:00	6:49:16	00:59:55	57	W50	21	6
765	Köhler	Anja	Beningafehn	1966	2005	01:02:00	01:04:21	01:05:40	01:21:44	01:10:57	01:04:46	6:49:28	00:59:57	39	W30	51	6
766	Habben	Karl	EWE-Wattloopers	1948	2005	01:05:33	01:02:57	01:04:52	01:23:02	01:08:40	01:04:27	6:49:31	00:59:58	57	M50	94	6
767	Meyer	Herta	TV Norden	1949	2005	01:04:55	01:03:14	01:06:51	01:20:53	01:09:48	01:03:59	6:49:40	00:59:59	56	W50	22	6
768	Voss	Hermann	TSV Langeoog	1945	2005	01:04:03	01:04:53	01:05:21	01:24:17	01:08:30	01:02:46	6:49:50	01:00:00	60	M60	43	6
769	Büscher	Bernhard	Plaggenburg	1954	2005	01:05:24	01:01:16	01:05:35	01:21:29	01:11:15	01:05:28	6:50:27	01:00:06	51	M50	95	6
770	Rohden	Monika	TuS Holtriem	1966	2005	01:05:27	01:02:53	01:08:27	01:18:47	01:10:15	01:04:45	6:50:34	01:00:07	39	W30	52	6
771	Ihlow	Giseltraud	TV Norden	1949	2005	01:06:00	01:03:23	01:07:01	01:21:14	01:10:41	01:04:29	6:52:48	01:00:26	56	W50	23	6
772	Steenhoff	Heiner	Serv. Hilterfehn	1960	2005	01:12:13	01:06:05	01:07:31	01:18:28	01:07:29	01:01:15	6:53:01	01:00:28	45	M40	224	6
773	Sweers	Olaf	SV Wittmund	1968	2005	01:12:04	01:05:08	01:05:15	01:18:38	01:08:42	01:03:23	6:53:10	01:00:30	37	M30	152	6
774	Böke	Antje	Neermoor	1960	2005	01:05:21	01:02:37	01:06:28	01:24:45	01:09:32	01:04:45	6:53:28	01:00:32	45	W40	61	6
775	Freudenberg	Edith	Ihlowerfehn	1968	2005	01:06:52	01:01:44	01:06:05	01:26:52	01:09:08	01:03:29	6:54:10	01:				

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
782	Hedemann	Elke	Fun-Loopers	1962	2005	01:04:17	01:05:09	01:07:05	01:24:41	01:11:09	01:05:34	6:57:55	01:01:11	43	W40	65	6
783	van Hoorn	Claus	Spk Leer-Weener	1959	2005	01:05:11	01:02:01	01:04:23	01:19:44	01:12:41	01:15:26	6:59:26	01:01:25	46	M40	225	6
784	Bock	Insa	LT Schafh. Wald	1964	2005	01:07:33	01:03:00	01:07:04	01:23:04	01:11:06	01:07:59	6:59:46	01:01:28	41	W40	66	6
785	Conrads	Udo	Moormerland	1954	2005	01:10:36	01:02:27	01:06:27	01:23:37	01:10:59	01:07:00	7:01:06	01:01:39	51	M50	96	6
786	Schulz	Giesela	DPW-Gruppe	1977	2005	01:09:00	01:05:24	01:08:28	01:23:59	01:09:26	01:04:49	7:01:06	01:01:39	28	W20	18	6
787	Arends	Sigrid	TV Marienhaf	1969	2005	01:07:44	01:05:16	01:10:29	01:21:48	01:11:12	01:04:52	7:01:21	01:01:41	36	W30	54	6
788	Janssen	Karola	Victorbur	1970	2005	01:07:52	01:05:22	01:06:52	01:22:55	01:12:58	01:05:42	7:01:41	01:01:44	35	W30	55	6
789	Wilberts	Frauke	TuS Aurich-Ost	1987	2005	01:07:49	01:05:15	01:07:26	01:24:31	01:10:48	01:06:16	7:02:05	01:01:48	18	WU20	8	6
790	Heikens	Hans-Peter	Anz. f. Harlingerland	1966	2005	01:06:01	00:56:54	01:05:38	01:11:53	01:19:55	01:22:17	7:02:38	01:01:53	39	M30	154	6
791	Libner	Ute	SV Großefehn	1956	2005	01:06:44	01:04:48	01:07:27	01:23:49	01:13:46	01:06:54	7:03:28	01:02:00	49	W40	67	6
792	Meyer	Heidi	EWE-Wattloopers	1970	2005	01:10:32	01:03:30	01:08:18	01:24:32	01:10:42	01:06:04	7:03:38	01:02:02	35	W30	56	6
793	Sluiter	Helga	Nordgeorgsfehn	1963	2005	01:07:43	01:03:52	01:09:06	01:25:18	01:11:40	01:06:22	7:04:01	01:02:05	42	W40	68	6
794	Boé	Marion	LT Schafh. Wald	1947	2005	01:07:48	01:05:43	01:07:53	01:26:00	01:11:11	01:05:41	7:04:16	01:02:07	58	W50	25	6
795	Hoppmann	Christina	Pfalzdorf	1971	2005	01:09:42	01:03:27	01:07:29	01:24:04	01:12:37	01:07:07	7:04:26	01:02:09	34	W30	57	6
796	Schürmann	Martin	Poseidon Leer	1960	2005	01:08:19	01:06:57	01:10:38	01:23:37	01:10:14	01:04:54	7:04:39	01:02:10	45	M40	226	6
797	von Garrel	Leon	Leer	1990	2005	01:07:34	01:02:34	01:08:21	01:25:38	01:14:41	01:06:07	7:04:55	01:02:13	15	MU20	46	6
798	Hinrichs	Claudia	TuS Aurich-Ost	1975	2005	01:08:29	01:03:49	01:07:40	01:25:16	01:12:44	01:07:29	7:05:27	01:02:17	30	W30	58	6
799	Schädler	Susan	Team Sternkopf	1959	2005	01:10:41	01:06:02	01:07:49	01:24:36	01:10:03	01:07:28	7:06:39	01:02:28	46	W40	69	6
800	Galts	Imke	MTV Wittmund	1988	2005	01:08:58	01:02:30	01:08:06	01:29:58	01:12:36	01:04:35	7:06:43	01:02:29	17	WU20	9	6
801	Claassen	Gerd	LG Ostfriesland	1945	2005	01:08:08	01:04:51	01:09:05	01:23:49	01:13:50	01:07:06	7:06:49	01:02:29	60	M60	44	6
802	Jakobs	Frank	Leer	1979	2005	01:09:27	01:04:07	01:10:27	01:26:03	01:11:39	01:05:19	7:07:02	01:02:31	26	M20	48	6
803	Buss	Willi	Fortuna Wirdum	1946	2005	01:10:18	01:06:13	01:08:48	01:23:47	01:11:58	01:06:19	7:07:23	01:02:34	59	M50	97	6
804	Saathoff	Günther	TSV Hesel	1946	2005	01:05:56	01:03:28	01:11:20	01:25:40	01:11:57	01:10:33	7:08:54	01:02:48	59	M50	98	6
805	Bakker	Norbert	VfL Germ. Leer	1964	2005	01:11:42	01:06:10	01:10:06	01:22:05	01:11:00	01:08:06	7:09:09	01:02:50	41	M40	227	6
806	Helmers-Brou.	Andrea	DPW-Gruppe	1972	2005	01:07:44	01:04:22	01:13:19	01:24:57	01:13:40	01:05:33	7:09:35	01:02:54	33	W30	59	6
807	Betten	Artur	Rhauderfehn		2005	01:14:30	01:06:23	01:07:35	01:23:45	01:11:22	01:07:24	7:10:59	01:03:06		M		6
808	Ackmann	Helmut	Walle	1954	2005	01:11:52	01:07:18	01:09:33	01:25:22	01:11:17	01:05:40	7:11:02	01:03:07	51	M50	99	6
809	Wenker	Meik	Leinerstift	1974	2005	01:07:27	01:01:06	01:12:57	01:28:24	01:15:54	01:05:33	7:11:21	01:03:09	31	M30	155	6
810	Janssen	Hilde	DPW-Gruppe	1957	2005	01:09:06	01:06:25	01:10:09	01:26:24	01:12:27	01:07:10	7:11:41	01:03:12	48	W40	70	6
811	Lücht	Richard	Emden	1957	2005	01:11:51	01:07:05	01:09:30	01:25:22	01:11:16	01:07:13	7:12:17	01:03:18	48	M40	228	6
812	de Berg	Wilma	SV Simonswolde		2005	01:09:44	01:05:18	01:10:53	01:26:04	01:12:57	01:07:30	7:12:26	01:03:19		W		6
813	Winkler	Heike	Anz. f. Harlingerland	1962	2005	01:05:32	01:03:14	01:06:12	01:22:54	01:19:52	01:15:28	7:13:12	01:03:26	43	W40	71	6
814	Schülke	Wolfgang	SV Nortmoor	1954	2005	01:08:54	01:06:46	01:12:32	01:27:48	01:14:29	01:03:25	7:13:54	01:03:32	51	M50	100	6
815	Haseborg	Wilma	SV Dornum	1961	2005	01:09:59	01:05:14	01:10:49	01:28:10	01:12:56	01:07:38	7:14:46	01:03:39	44	W40	72	6
816	Wenker	Uta	GS Blomberg	1976	2005	01:07:29	01:05:30	01:12:31	01:28:24	01:15:50	01:05:28	7:15:12	01:03:43	29	W20	19	6
817	Janssen	Gaby	Großefehn	1967	2005	01:10:09	01:05:44	01:08:50	01:30:07	01:12:32	01:08:07	7:15:29	01:03:46	38	W30	60	6
818	de Wall	Petra	Großefehn	1972	2005	01:10:11	01:06:00	01:09:04	01:30:06	01:12:46	01:07:42	7:15:49	01:03:49	33	W30	61	6
819	Weerts	Sonja	Leer	1981	2005	01:14:04	01:06:03	01:10:37	01:26:16	01:12:27	01:07:19	7:16:46	01:03:57	24	W20	20	6
820	Bramer	Egbert	TuS Aurich-Ost	1965	2005	01:08:52	01:05:08	01:07:58	01:29:43	01:14:23	01:10:45	7:16:49	01:03:57	40	M40	229	6
821	Schoon	Sylvia	Hollen	1970	2005	01:07:03	01:06:21	01:10:09	01:30:49	01:13:10	01:09:27	7:16:59	01:03:59	35	W30	62	6
822	Post	Annchen	Weener	1943	2005	01:09:54	01:06:46	01:11:49	01:26:56	01:13:47	01:08:08	7:17:20	01:04:02	62	W60	5	6
823	Decker	Gerda	TuS Middels	1956	2005	01:09:16	01:07:39	01:11:04	01:27:44	01:13:55	01:08:00	7:17:38	01:04:05	49	W40	73	6
824	Schülke-Boldt	Elisabeth	SV Nortmoor	1952	2005	01:08:57	01:06:43	01:12:21	01:27:47	01:14:21	01:07:37	7:17:46	01:04:06	53	W50	26	6
825	Kromminga	Marlies	R.u.F. Hesel	1976	2005	01:13:52	01:05:21	01:09:07	01:28:15	01:14:08	01:07:21	7:18:04	01:04:08	29	W20	21	6
826	Johann	Marion	Team Deutsche Post	1968	2005	01:09:03	01:06:10	01:10:30	01:28:54	01:13:41	01:09:55	7:18:13	01:04:10	37	W30	63	6
827	Renken	Bianca	Schwerinsdorf	1976	2005	01:10:04	01:08:23	01:10:11	01:27:16	01:12:41	01:09:51	7:18:26	01:04:12	29	W20	22	6
828	Heyenga	Petra	Moormerland	1964	2005	01:09:39	01:05:28	01:11:14	01:27:54	01:15:34	01:08:45	7:18:34	01:04:13	41	W40	74	6
829	de Groot	Anke	Stern Schwerinsd.	1963	2005	01:10:04	01:09:50	01:10:17	01:27:29	01:12:42	01:08:17	7:18:39	01:04:13	42	W40	75	6
830	Decker	Hartmut	Team Deutsche Post	1962	2005	01:09:01	01:06:12	01:10:44	01:28:53	01:13:47	01:10:07	7:18:44	01:04:14	43	M40	230	6
831	Hartmann	Hans-De.	Leer	1955	2005	01:13:24	01:07:38	01:09:32	01:26:36	01:13:49	01:08:31	7:19:30	01:04:21	50	M50	101	6
832	Theesfeld-Eilts	Dörthe	TuS Leerhaf-H.	1971	2005	01:12:44	01:09:41	01:09:52	01:25:57	01:13:38	01:08:16	7:20:08	01:04:26	34	W30	64	6
833	Dirks-Rückart	Roswitha	Burhufe	1964	2005	01:11:30	01:07:57	01:09:41	01:27:13	01:14:50	01:09:15	7:20:26	01:04:29	41	W40	76	6
834	Ubben	Hilde	Ubben-Team	1961	2005	01:05:57	01:07:41	01:11:17	01:29:57	01:12:59	01:13:26	7:21:17	01:04:37	44	W40	77	6
835	Kruse	Karin	Team Möbel-Buss	1962	2005	01:10:40	01:07:17	01:11:12	01:27:57	01:14:44	01:09:48	7:21:38	01:04:40	43	W40	78	6
836	Hiltmann	Susanne	TuS Aurich-Ost	1956	2005	01:12:11	01:06:23	01:10:42	01:28:41	01:14:36	01:10:07	7:22:40	01:04:49	49	W40	79	6
837	Just	Ute	TuS Aurich Ost	1952	2005	01:09:38	01:07:33	01:12:11	01:27:36	01:16:19	01:09:52	7:23:09	01:04:53	53	W50	27	6
838	Smit	Gertrud	Großefehn	1957	2005	01:11:57	01:08:53	01:09:47	01:31:22	01:15:58	01:07:23	7:25:20	01:05:12	48	W40	80	6
839	Schuermann	Meike	ORTH-Gruppe	1967	2005	01:12:39	01:07:19	01:11:08	01:27:56	01:15:19	01:11:08	7:25:29	01:05:13	38	W30	65	6
840	Diener	Manfred	SuS Strackholt	1949	2005	01:11:45	01:07:39	01:11:20	01:28:50	01:16:03	01:10:06	7:25:43	01:05:16	56	M50	102	6
841	Potzier	Helga	MTV Wittmund	1949	2005	01:12:14	01:04:53	01:12:56	01:30:09	01:17:07	01:09:50	7:27:09	01:05:28	56	W50	28	6
842	Gembruch	Esther	Timmel	1960	2005	01:09:14	01:08:25	01:12:30	01:29:44	01:16:20	01:11:24	7:27:37	01:05:32	45	W40	81	6
843	Stockmann	Dieter	TC Wittmund	1943	2005	01:14:29	01:10:18	01:11:36	01:28:40	01:14:20	01:08:23	7:27:46	01:05:34	62	M60	45	6
844	Frein	Markus	Leer	1962	2005	01:12:01	01:09:01	01:14:51	01:27:26	01:14:51	01:09:49	7:27:59	01:05:35	43	M40	231	6
845	Graafls	Johannes	Stikkelkamp	1936	2005	01:13:45	01:11:47	01:13:20	01:28:49	01:13:13	01:08:26	7:29:20	01:05:47	69	M60	46	6
846	Janssen	Karin	LT Schafh. Wald	1963	2005	01:11:06	01:09:30	01:13:05</									

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
853	Becker	Barbara	WFB Aurich	1959	2005	01:12:16	01:10:51	01:13:17	01:32:06	01:17:16	01:13:51	7:39:37	01:07:18	46	W40	83	6
854	Schoolmann	Kathrein	TuS Aurich-Ost	1977	2005	01:11:54	01:09:02	01:18:14	01:31:39	01:16:50	01:12:59	7:40:38	01:07:27	28	W20	23	6
855	Betten	Grete	Rhauderfehn		2005	01:14:46	01:11:12	01:15:46	01:30:18	01:17:34	01:11:10	7:40:46	01:07:28		W		6
856	Wilberts	Anne	TuS Aurich-Ost	1958	2005	01:14:57	01:10:31	01:14:07	01:31:49	01:18:05	01:12:45	7:42:14	01:07:41	47	W40	84	6
857	Janssen	Gunda	LT Mullberg	1962	2005	01:13:18	01:10:43	01:13:47	01:32:27	01:19:05	01:13:03	7:42:23	01:07:42	43	W40	85	6
858	Benthien	Uwe	TuS Aurich-Ost	1945	2005	01:23:59	01:13:23	00:59:11	01:32:13	01:18:21	01:15:25	7:42:32	01:07:43	60	M60	47	6
859	Adamczyk	Johanne	Mü Ba LT	1960	2005	01:11:04	01:07:20	01:16:08	01:31:57	01:19:03	01:17:01	7:42:33	01:07:43	45	W40	86	6
860	Sonnenschein	Lukas	SV Ochtersum	1993	2005	01:09:59	01:08:54	01:16:58	01:30:59	01:20:53	01:14:52	7:42:35	01:07:44	12	MU20	47	6
861	Geiken	Marion	Aurich-Wiensens	1966	2005	01:13:52	01:13:22	01:16:18	01:31:21	01:17:52	01:10:10	7:42:55	01:07:47	39	W30	70	6
862	Janssen	Ippe	Jeans-Janssen	1936	2005	01:10:19	01:10:59	01:18:34	01:34:57	01:18:20	01:10:51	7:44:00	01:07:56	69	M60	48	6
863	Christians	Helga	EWE-Wattloopers	1950	2005	01:12:47	01:13:02	01:16:13	01:34:11	01:16:57	01:10:54	7:44:04	01:07:57	55	W50	31	6
864	Salmikeit	Annegret	SV Werdum	1950	2005	01:12:26	01:11:50	01:16:29	01:33:49	01:18:33	01:15:26	7:48:33	01:08:36	55	W50	32	6
865	Becker	Sonja	Hesel	1967	2005	01:13:52	01:13:03	01:16:28	01:32:12	01:18:17	01:15:18	7:49:10	01:08:42	38	W30	71	6
866	Boomgaarden	Marita	Pewsum	1965	2005	01:22:30	01:09:08	01:17:09	01:35:44	01:18:18	01:12:17	7:55:06	01:09:34	40	W40	87	6
867	Schaa	Claudia	VHS Laufen	1982	2005	01:16:03	01:12:55	01:19:35	01:35:46	01:20:58	01:12:49	7:58:06	01:10:00	23	W20	24	6
868	Höland	Rita	Rhauderfehn	1950	2005	01:17:24	01:11:46	01:18:27	01:35:47	01:21:10	01:14:11	7:58:45	01:10:06	55	W50	33	6
869	Mengers	Gerlind	Rhauderfehn	1967	2005	01:17:24	01:11:49	01:18:56	01:35:50	01:21:10	01:14:11	7:59:20	01:10:11	38	W30	72	6
870	Ter Hazeborg	Heike	FRV Filsum	1968	2005	01:16:00	01:13:00	01:18:56	01:35:47	01:24:50	01:18:39	8:07:12	01:11:20	37	W30	73	6
871	van Beckum	Antje	VHS-Laufen	1958	2005	01:22:28	01:17:54	01:19:42	01:35:45	01:21:44	01:17:00	8:14:33	01:12:25	47	W40	88	6
872	Oltrop	Kerstin	VHS-Laufen	1977	2005	01:22:27	01:18:51	01:19:38	01:35:45	01:21:44	01:16:23	8:14:48	01:12:27	28	W20	25	6
873	Bruns	Ingeborg	TSV Lammertsfehn	1953	2005	01:22:27	01:17:54	01:18:16	01:38:47	01:22:35	01:15:26	8:15:25	01:12:32	52	W50	34	6
874	von Garrel	Andrea	Leer	1957	2005	01:18:02	01:14:57	01:19:49	01:38:11	01:25:48	01:18:41	8:15:28	01:12:33	48	W40	89	6
875	Coordes	Margret	VHS Laufen	1963	2005	01:22:29	01:16:28	01:19:52	01:38:57	01:22:38	01:16:00	8:16:24	01:12:41	42	W40	90	6
876	Broß-Anscheit	Insa	VHS Laufen	1972	2005	01:16:12	01:13:23	01:22:05	01:38:54	01:27:15	01:18:40	8:16:29	01:12:41	33	W30	74	6
877	Korte	Anna-Ma.	Oldenburg	1957	2005	01:21:02	01:18:50	01:19:43	01:39:15	01:27:17	01:15:48	8:21:55	01:13:29	48	W40	91	6
878	Kröger	Sabine	SV Nortmoor	1969	2005	01:21:48	01:15:45	01:19:52	01:39:08	01:27:17	01:19:23	8:23:13	01:13:41	36	W30	75	6
879	Pofalla	Anna	VHS Laufen	1984	2005	01:19:13	01:22:07	01:22:06	01:39:19	01:25:59	01:19:21	8:28:05	01:14:23	21	W20	26	6
880	Grass	Silke	VHS Laufen	1969	2005	01:22:27	01:18:53	01:21:19	01:39:34	01:27:14	01:18:40	8:28:07	01:14:24	36	W30	76	6
881	Harders	Ilona	Großwolder SV	1964	2005	01:23:57	01:18:52	01:27:50	01:44:22	01:28:58	01:23:36	8:47:35	01:17:15	41	W40	92	6
882	Buskohl	Susanne	SV Holtland	1972	2005	01:28:55	01:19:01	01:24:01	01:44:19	01:29:53	01:23:25	8:49:34	01:17:32	33	W30	77	6
883	Engberts	Gerda	VHS Laufen	1965	2005	01:23:56	01:22:45	01:24:15	01:44:16	01:31:10	01:25:25	8:51:47	01:17:52	40	W40	93	6
884	Petersitzke	Karin	Großwolder SV	1959	2005	01:26:52	01:22:37	01:28:51	01:45:21	01:31:31	01:25:34	9:00:46	01:19:11	46	W40	94	6
885	Braams	Hinrika	Anz. f. Harlingerland	1961	2005	02:03:12	01:58:00	02:07:00	02:35:00	02:20:00	01:01:35	12:04:47	01:46:07	44	W40	95	6
	Hesse	Axel	Team Deutsche Post	1969	2005	00:43:27	00:42:54	00:44:49	00:55:24	00:48:40		3:55:14		36	M30		5
	Park	Harm	TUS Weene	1953	2005	00:42:42	00:44:15	00:52:21	00:53:09	00:46:12		3:58:39		52	M50		5
	Ter Fehr	Heino	TSV Hesel	1964	2005	00:45:32	00:43:40	00:48:44	00:58:00		00:46:33	4:02:29		41	M40		5
	Schädler	Jens	Team Sternkopf	1960	2005	00:44:47		00:46:19	00:57:26	00:49:18	00:45:37	4:03:27		45	M40		5
	Struckmeyer	Marcus	OHV Aurich	1970	2005	00:46:39	00:44:54	00:48:43	00:59:24	00:52:11		4:11:51		35	M30		5
	Müller	Wilfried	TV Marienhaf	1966	2005	00:46:22		00:49:21	01:00:02	00:51:08	00:47:12	4:14:05		39	M30		5
	Sandersfeld	Johann	LG Uplengen	1955	2005	00:48:28	00:47:03		01:02:28	00:53:02	00:48:24	4:19:25		50	M50		5
	Janßen	Ingo	Fun-Loopers	1967	2005	00:47:43		00:50:51	01:01:19	00:53:13	00:49:06	4:22:12		38	M30		5
	Lübke	Sven	Vik. Elisabethf.	1977	2005	00:51:33	00:51:18		01:03:19	00:51:17	00:47:17	4:24:44		28	M20		5
	van Thai	Anh	WFB Aurich	1972	2005	00:50:51	00:48:55	00:51:56	01:02:54	00:52:50		4:27:26		33	M30		5
	Grimm	Uwe	Vfll. Berumbur	1969	2005	00:49:27		00:51:55	01:02:52	00:54:10	00:50:07	4:28:31		36	M30		5
	Eilerts	Jürgen	SC Wiesens	1966	2005	00:48:35	00:46:24	00:50:06	01:04:16	01:01:17		4:30:38		39	M30		5
	Damm	Thilo	Leer	1985	2005	00:55:52	00:48:47	00:55:17	01:06:26		00:48:11	4:34:33		20	M20		5
	Romaneeßen	Gerhard	Team Deutsche Post	1963	2005	00:53:38	00:56:42	00:54:16		00:59:44	00:53:07	4:37:27		42	M40		5
	Eujen	Wilhelm	SUS Strackholt	1968	2005	00:52:25	00:53:45		01:04:57	00:55:33	00:52:02	4:38:42		37	M30		5
	Penning	Günter	Polizei Leer	1967	2005	00:51:33		00:53:15	01:04:47	00:56:30	00:53:22	4:39:27		38	M30		5
	Janssen	Engelina	LG Ostfriesland	1964	2005	00:53:13	00:50:46	00:54:45	01:07:04	00:57:30		4:43:18		41	W40		5
	Bruners	Franz	MTV Wittmund	1960	2005	00:52:20		00:54:41	01:06:40	00:56:58	00:55:58	4:46:37		45	M40		5
	Maier	Eugen	Aurich	1980	2005	00:54:38	00:52:15	00:52:57	01:05:33	01:02:02		4:47:25		25	M20		5
	Sassen	Gerhard	EWE-Wattloopers	1955	2005	00:55:17	00:52:36	00:55:51	01:10:13	00:59:07		4:53:04		50	M50		5
	Brinkmann	Heike	EWE-Wattloopers	1973	2005	00:57:29	00:56:56	00:59:24		01:02:44	00:58:03	4:54:36		32	W30		5
	Kalkwarf	Udo	LG Ostfriesland	1971	2005	00:51:07	00:49:23		01:17:00	01:01:46	00:56:03	4:55:19		34	M30		5
	Damm	Remmer	Leer	1951	2005	00:56:36	00:54:21	00:56:59	01:07:28	01:04:55		5:00:19		54	M50		5
	Bruns	Andree	R.u.F. Hesel	1980	2005	00:59:10	00:54:30	00:58:01	01:12:51		00:56:32	5:01:04		25	M20		5
	Lohmeyer	Imke	SV Frisia Brinkum	1988	2005	00:58:14	00:58:34	01:00:18		01:07:48	00:57:40	5:02:34		17	WU20		5
	Lambertus	Joachim	WFB Aurich	1956	2005	00:58:50	00:53:28		01:13:50	01:02:03	00:58:42	5:06:53		49	M40		5
	Loers	Helmut	DAK Hamburg	1952	2005	01:02:01	00:58:08	01:00:27	01:11:48	01:03:26		5:15:50		53	M50		5
	Bruns	Inga	RuF Hesel	1985	2005	01:01:44	00:58:16	01:00:25	01:14:16	01:02:45		5:17:26		20	W20		5
	Tuijter	Annegret	TG Wiesmoor	1957	2005	01:00:25	00:58:19	01:01:23	01:17:28	01:05:29		5:23:04		48	W40		5
	Seybold	Jörg	TV Leer	1949	2005	01:02:23	00:59:36	01:03:02	01:16:41	01:04:26		5:26:08		56	M50		5
	Odens	Ode	TV Norden	1935	2005	00:59:06	01:00:15	01:01:19	01:15:21	01:12:45		5:28:46		70	M70		5
	Beck	Joachim	LT Crocodiles	1961	2005	00:54:21		01:05:39	01:21:23	01:07:26	01:04:41	5:33:30		44	M40		5
	Pöhlmann	Lone	Leer	1968	2005	01:02:53	01:01:22	01:04:36	01:19:28	01:08:32		5:36:51		37	W30		5
	Scheffler	Andrea	TuS Aurich-Ost	1966	2005	01:02:38	01:00:50		01:20:10	01:08:44	01:04:46	5:37:08		39	W30		5
	Lokers	Menno	Weener	1970	2005	01:08:00	01:02:16		01:23:05	01:08:42	01:02:29	5:44:32		35	M30		5
	Schiller	Helmut	Leer	1966	2005	01:03:39	01:01:19	01:04:09	01:18:54	01:17:07		5:45:08		39	M30		5
	Janssen	Heinz	Wittmund	1955	2005	01:10:01	01:03:15	01:08:53	01:20:4								

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durch- schnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
	Heimann	Sonja	MTV Wittmund	1967	2005	01:03:28		01:06:53	01:18:46	01:09:24	01:15:48	5:54:19		38	W30		5
	Zarncke	Anja	TuS Aurich-Ost	1967	2005	01:21:09	01:15:08	01:08:04	01:20:59		01:04:54	6:10:14		38	W30		5
	Eiffert	Beate	Wittmund	1965	2005		01:09:29	01:11:13	01:26:18	01:13:37	01:09:41	6:10:18		40	W40		5
	Sobotka	Margrita	SV Dornum	1961	2005	01:10:00		01:13:34	01:27:51	01:15:10	01:08:56	6:15:31		44	W40		5
	Lunz	Dieter	LT Schafh. Wald	1941	2005		01:08:42	01:11:53	01:28:47	01:18:14	01:11:17	6:18:53		64	M60		5
	Pleis	Waltraud	De Moorloopers	1969	2005	01:13:23	01:08:37	01:15:10	01:28:52		01:14:12	6:20:14		36	W30		5
	Helmers	Margareteje	Hesel	1961	2005	01:13:55	01:08:52	01:16:08	01:31:18	01:20:03		6:30:16		44	W40		5
	Janssen	Georg	SV Werdum	1984	2005	00:42:11	00:41:09	00:43:25	00:54:41			3:01:26		21	M20		4
	Weißels	Paul	Team Sternkopf	1957	2005	00:41:54		00:44:29	00:54:34		00:42:35	3:03:32		48	M40		4
	Nikoleit	Andreas	TuS Hinte	1956	2005	00:43:43	00:43:00	00:44:56	00:55:07			3:06:46		49	M40		4
	Aden	Hans-Dieter	TuS Hinte	1958	2005	00:44:09	00:42:33	00:46:40	01:03:23			3:16:45		47	M40		4
	Freerks	Günther	TV Bunde	1969	2005	00:46:58	00:44:50	00:47:40	00:58:42			3:18:10		36	M30		4
	Jacobs	Christian	Neuharlingersiel	1981	2005		00:50:40	00:57:45	00:50:16	00:46:30		3:25:11		24	M20		4
	Meyer	Christian	Raiba Moormerl.	1967	2005	00:48:47	00:47:18	00:50:58	01:00:50			3:27:53		38	M30		4
	Janssen	Michaela	Fortuna Logabirum	1974	2005	00:51:53	00:50:14	00:53:13			00:54:31	3:29:51		31	W30		4
	Willhaus	Dirk	Westerstede	1986	2005	00:50:44		00:50:43		00:57:28	00:51:12	3:30:07		19	MU20		4
	Eden	Marcel	Ostrhauderfehn	1986	2005	00:50:46	00:46:21	00:47:50	01:06:11			3:31:08		19	MU20		4
	Smit	Heinz	Leer	1958	2005	00:52:23	00:47:35	00:50:45	01:01:40			3:32:23		47	M40		4
	Lammers	Johann	SV Holtland	1963	2005	00:47:56		00:50:36	01:01:39	00:52:29		3:32:40		42	M40		4
	Jünke	Heike	LG Uplengen	1966	2005	00:50:23	00:48:00	00:51:01	01:03:35			3:32:59		39	W30		4
	Baumann	Georg	WT Loppersum	1961	2005	00:55:22	00:51:36			00:58:33	00:54:09	3:39:40		44	M40		4
	Janssen	Dietmar	TuS Aurich-Ost	1974	2005	00:49:14			01:05:00	00:56:34	00:51:27	3:42:15		31	M30		4
	Krems	Hans-Jürgen	TuS Hinte	1959	2005		00:52:28	01:04:59	00:54:18	00:53:09		3:44:54		46	M40		4
	Meyer	Rolf	SuS Strackholt	1969	2005	00:54:45	00:51:39	00:53:45	01:06:20			3:46:29		36	M30		4
	Schomberg	Gregor	Vik. Elisabethf.	1974	2005	00:53:30		00:56:54	01:04:12	00:54:48		3:49:24		31	M30		4
	Schoon	Günther	TG Wiesmoor	1950	2005	00:56:25	00:53:06	00:58:07	01:13:11			4:00:49		55	M50		4
	Tiefriinger	Antonius	BGS Oldenburg	1957	2005	00:49:52	00:51:06		01:18:43		01:03:28	4:03:09		48	M40		4
	Zenker	Friedhelm	SV Hesel	1958	2005	00:59:45	00:57:22	01:02:29		01:05:10		4:04:46		47	M40		4
	Harms	Wilke	Potshausen	1973	2005	01:04:52	00:57:35	01:00:28			01:02:23	4:05:18		32	M30		4
	Birkner	Lolo	Fortuna Logabirum	1937	2005	01:01:41	00:59:55	01:04:20			01:01:21	4:07:17		68	M60		4
	Evers	Karl-Heinz	KBV Langefeld	1958	2005	01:00:24	00:57:25	01:00:21	01:15:56			4:14:06		47	M40		4
	Schröter	Werner	Werder Bremen	1943	2005	00:59:34		01:01:40	01:12:20	01:04:06		4:17:40		62	M60		4
	Streitböbger	Susanne	TSV Langeoog	1957	2005	01:04:32		01:03:14		01:08:18	01:02:41	4:18:45		48	W40		4
	Claaßen	Christa	Sandhorst	1960	2005	01:04:18	01:01:29	01:05:26			01:08:26	4:19:39		45	W40		4
	Samoray	Nicole	Rhauderfehn	1979	2005	01:03:42		01:04:47		01:10:07	01:08:29	4:27:05		26	W20		4
	Kramer	Christa	Leer	1952	2005	01:04:14	01:01:46	01:05:23	01:18:59			4:30:22		53	W50		4
	Rekemeyer	Ute	Timmel	1966	2005	01:01:59	01:00:36	01:04:47	01:24:31			4:31:53		39	W30		4
	Janssen	Focko	IGS Aurich-W.	1949	2005	01:03:00	01:02:06	01:05:37	01:22:09			4:32:52		56	M50		4
	Tjaden	Tina	Raiba Uplengen	1985	2005	01:07:20	01:03:17			01:14:26	01:11:53	4:36:56		20	W20		4
	Janssen	Johannes	TuS Pewsum	1957	2005	01:05:40	01:01:43	01:07:30	01:23:08			4:38:01		48	M40		4
	Fleißner	Elke	Fortuna Logabirum	1964	2005	01:15:28	01:11:38			01:18:49	01:00:04	4:45:59		41	W40		4
	Schüler	Toby	SV Ochtersum	1993	2005	01:13:25		01:17:03		01:23:04	01:08:22	5:01:54		12	MU20		4
	Krey	Claudia	TuS Aurich-Ost	1961	2005	00:58:55		01:16:16	01:39:07	01:28:19		5:22:37		44	W40		4
	Jansen	Theresa	VHS-Laufen	1971	2005	01:22:28	01:18:50		01:39:34		01:17:01	5:37:53		34	W30		4
	Wirdemann	Benjamin	LT Schafh. Wald	1983	2005	00:40:10	00:39:27	00:41:45				2:01:22		22	M20		3
	Kollmann	Rainer	Friedeburg	1955	2005	00:43:13	00:41:46				00:47:21	2:12:20		50	M50		3
	Abbas	Dietmar	EC Weener	1990	2005	00:44:49	00:44:33	00:47:37				2:16:59		15	MU20		3
	Kerker	Andreas	Emden	1966	2005	00:45:20		00:48:43		00:52:32		2:26:35		39	M30		3
	Welzel	W.	TSV Hesel	1963	2005	00:44:50		00:46:59	00:58:01			2:29:50		42	M40		3
	Buß	Herbert	NABU Moormerl.	1983	2005	00:51:17	00:49:56	00:52:26				2:33:39		22	M20		3
	Diederichs	Claudia	TuS Aurich-Ost	1977	2005	00:52:45	00:48:23	00:53:22				2:34:30		28	W20		3
	Doden	Alfred	SV Ochtersum	1958	2005	00:51:21		00:52:50			00:51:48	2:35:59		47	M40		3
	Schaffert	Dieter	TSV Riepe	1962	2005	00:51:44	00:50:31	00:55:05				2:37:20		43	M40		3
	Eyhusen	Melanie	Fortuna Logabirum	1975	2005		00:53:40	00:56:45			00:55:53	2:46:18		30	W30		3
	Buss	Bernhard	Team Möbel-Buss	1949	2005	00:55:51	00:55:19				00:58:20	2:49:30		56	M50		3
	Müller	Werner	EWE-Wattloopers	1965	2005	00:56:09	00:52:51			01:02:25		2:51:25		40	M40		3
	Weber	Siegfried	TG Wiesmoor	1962	2005		00:54:38	00:52:09	01:06:18			2:53:05		43	M40		3
	Ditzfeld	Eimo	Gymnasium Aurich	1992	2005	00:56:53		00:58:23			00:57:56	2:53:12		13	MU20		3
	Jürgens	Siegfried	TuS Detern	1963	2005	00:54:02	00:56:33			01:03:33		2:54:08		42	M40		3
	Liedigk	Michael	BSC Burhufe	1950	2005	00:59:19		00:58:39			00:56:40	2:54:38		55	M50		3
	Beyrau	Werner	Aurich	1939	2005	00:58:25	00:58:19	01:01:45				2:58:29		66	M60		3
	Ebens	Klaus	Team Deutsche Post	1957	2005	00:58:33	00:57:03	01:03:47				2:59:23		48	M40		3
	Hollwege	Ralf	VFFL Berumbur	1962	2005	00:56:14				01:01:44	01:02:47	3:00:45		43	M40		3
	Winkelmann	Ralf	EWE-Wattloopers	1965	2005	00:53:37				01:05:25	01:02:46	3:01:48		40	M40		3
	Scheunemann	Frans	Hoogesand	1989	2005	00:58:57		01:01:15		01:01:38		3:01:50		16	MU20		3
	Behesty	Hussein	TuS Timmel	1953	2005				01:08:28	01:00:03	00:55:38	3:04:09		52	M50		3
	Zibold	Hans-Jürgen	MTV Wittmund	1946	2005	01:02:03	00:58:42	01:04:00				3:04:45		59	M50		3
	May	Marcel	Wittmund	1983	2005		00:57:59	00:56:24	01:10:53			3:05:16		22	M20		3
	Reinecke	Jens	TuS Weene	1970	2005	00:57:55		01:03:46		01:04:27		3:06:08		35	M30		3

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
	Linnemann	Joachim	Anz. f. Harlingerland	1968	2005	01:32:52			00:49:58	00:43:25		3:06:15		37	M30		3
	Meyer	Frank	Leer	1957	2005	01:03:20	00:59:44	01:09:32				3:12:36		48	M40		3
	Steenblock	Wilfried	Wiesmoor	1966	2005	01:04:36	01:02:04	01:06:53				3:13:33		39	M30		3
	Groenewold	Anita	Leer	1953	2005	01:03:51		01:04:52			01:05:23	3:14:06		52	W50		3
	Honefeld	Anne	VHS-Laufen	1971	2005	01:06:33	01:03:19	01:08:03				3:17:55		34	W30		3
	de Vries	Marlies	Gymnasium Aurich	1991	2005	01:07:43		01:08:45			01:04:20	3:20:48		14	WU20		3
	Janssen	Ilka	Gymnasium Aurich	1992	2005	01:07:43		01:09:07			01:04:16	3:21:06		13	WU20		3
	Gruben	Geda	SV Potshausen	1949	2005	01:08:29	00:52:41		01:24:39			3:25:49		56	W50		3
	Fabbi	Gabriel	Möbel Buss	1968	2005			01:10:47		01:11:28	01:04:55	3:27:10		37	M30		3
	Meenken	Rolf	WFB Aurich	1955	2005	01:13:48	01:09:44			01:19:19		3:42:51		50	M50		3
	Taute	Insa	VHS Laufen	1960	2005	01:14:54	01:11:01			01:21:11		3:47:06		45	W40		3
	Lubenow	Peter	Anz. f. Harlingerland	1966	2005	01:32:54				01:28:23	01:22:19	4:23:36		39	M30		3
	Seifert	Gitta	Plaggenburg	1967	2005				01:45:32	01:30:12	01:27:40	4:43:24		38	W30		3
	Steffens	Marion	Team Deutsche Post	1964	2005	01:35:18	01:37:05	01:42:24				4:54:47		41	W40		3
	Ringering	Onno	Ihlow. Rennschnecken	1968	2005	00:37:56	00:37:05					1:15:01		37	M30		2
	Rosenbohm	Jan-Bernd	Aurich	1967	2005			00:44:48			00:43:15	1:28:03		38	M30		2
	Ditzfeld	Manfred	TuS Aurich-Ost	1964	2005	00:44:37	00:43:43					1:28:20		41	M40		2
	Ludwigs	Hanno	LG Ostfriesland	1967	2005				00:49:41		00:39:29	1:29:10		38	M30		2
	de Vries	Holger	Pewsum	1970	2005			00:46:33			00:45:15	1:31:48		35	M30		2
	Frers	Thomas	TV Norden	1969	2005				00:49:26	00:42:25		1:31:51		36	M30		2
	Bergmann	Matthias	SV Georgsheil	1966	2005	00:46:48	00:46:11					1:32:59		39	M30		2
	Müller-Deck	Andreas	TSR Wilhelmsh.	1961	2005	00:47:48	00:46:05					1:33:53		44	M40		2
	Rahrt	Detlef	Barßel	1969	2005	00:41:19			00:54:47			1:36:06		36	M30		2
	Schnoor	Heinrich	Germania Leer	1959	2005					00:49:59	00:46:13	1:36:12		46	M40		2
	Mühlenbrock	Wilfried	LG Ostfriesland	1975	2005				00:49:09	00:47:04		1:36:13		30	M30		2
	Hinrichs	Günther	Schwerinsdorf	1967	2005	00:49:26	00:47:15					1:36:41		38	M30		2
	Schneider	Mirko	Ihrhove	1989	2005	00:40:33			00:56:11			1:36:44		16	MU20		2
	Steinke	Peter	TV Norden	1970	2005	00:56:05				00:43:24		1:39:29		35	M30		2
	Busch	Jan Hiebo	SV Warsingsfehn	1991	2005	00:47:24				00:54:06		1:41:30		14	MU20		2
	Schönbohm	Daniel	SV Werdum	1988	2005	00:49:16		00:52:25				1:41:41		17	MU20		2
	Backer	Edgar	LG Ostfriesland	1965	2005			00:48:21		00:54:40		1:43:01		40	M40		2
	Freucht	Christian	Wallster Sporteck	1979	2005			00:52:23			00:51:06	1:43:29		26	M20		2
	Hanssen	Manfred	Upleward	1955	2005	00:52:51	00:51:29					1:44:20		50	M50		2
	Harms	Bernd	Team Deutsche Post	1953	2005	00:54:17	00:51:42					1:45:59		52	M50		2
	Damm	Jan-Detlef	SV Dornum	1969	2005	00:45:36			01:00:42			1:46:18		36	M30		2
	Eisenhauer	Elke	Meppen	1977	2005	00:54:53	00:51:50					1:46:43		28	W20		2
	Hagedorn	Friedhelm	Leer	1968	2005	00:53:49	00:53:02					1:46:51		37	M30		2
	Janssen	Enno	RVB Uplengen	1962	2005	00:53:24	00:54:42					1:48:06		43	M40		2
	Mehrländer	Jana	TuS Aurich-Ost	1979	2005			00:52:07		00:56:08		1:48:15		26	W20		2
	Lamshus	Jan-Lüder	TuS Hinte	1958	2005	00:51:51		00:57:01				1:48:52		47	M40		2
	Schürmann	Karl	LG Ostfriesland	1972	2005	00:46:57				01:02:35		1:49:32		33	M30		2
	Kreienbrock	Carsten	Leer	1968	2005	00:53:34					00:56:24	1:49:58		37	M30		2
	Janssen	Heiko	MTV Aurich	1962	2005	00:48:28			01:01:35			1:50:03		43	M40		2
	Kruse	Friedhelm	LG Ostfriesland	1956	2005			00:50:03	01:00:47			1:50:50		49	M40		2
	Meyer	Dietmar	Wallinghausen	1969	2005					00:58:08	00:53:12	1:51:20		36	M30		2
	Fürst	Helge	WFB Aurich	1968	2005	00:54:48					00:56:54	1:51:42		37	M30		2
	Schüle	Heinrich	Wiesmoor	1977	2005	00:55:04					00:57:10	1:52:14		28	M20		2
	Habben	Michael	TuS Weene	1975	2005			00:53:45		00:58:31		1:52:16		30	M30		2
	Schrader	Anke	Leer	1961	2005	00:55:28					00:57:50	1:53:18		44	W40		2
	Tjarks	Eduard	LG Ostfriesland	1954	2005			00:49:24	01:04:31			1:53:55		51	M50		2
	Steinke	Rolf	SV Warsingsfehn	1967	2005	00:51:59				01:02:22		1:54:21		38	M30		2
	Feeken	Jürgen	SV Werdum	1953	2005	00:57:17	00:57:14					1:54:31		52	M50		2
	Sperlich	Ralf	Ostfr. Volksbank	1970	2005	00:54:00					01:00:33	1:54:33		35	M30		2
	Hommers	Traute	TuS Aurich-Ost	1963	2005	00:58:34	00:56:52					1:55:26		42	W40		2
	Janssen	Anja	SV Stikelkamp	1968	2005	00:56:13					01:01:23	1:57:36		37	W30		2
	Matulla	Peter	Waldkirch	1952	2005					01:00:49	00:57:25	1:58:14		53	M50		2
	Hammer	Georg	Leer	1954	2005				01:06:17		00:52:29	1:58:46		51	M50		2
	Witte	Andreas	Jever	1961	2005	00:59:55		00:59:55				1:59:50		44	M40		2
	Hedemann	Sünke	LG Uplengen	1992	2005		00:57:06				01:03:02	2:00:08		13	MU20		2
	Appeldorn	Ralf	Rhauderfehn	1971	2005		01:00:39	01:00:20				2:00:59		34	M30		2
	Memmen	Gisela	TV Norden	1952	2005	01:02:13	00:59:18					2:01:31		53	W50		2
	Korte	Ralf	Papenburg	1965	2005	01:00:23	01:01:28					2:01:51		40	M40		2
	Kleiber	Rosi	Moordorf	1951	2005					01:04:17	00:57:48	2:02:05		54	W50		2
	Kloppenborg	Alwin	Fortuna Logabirum	1960	2005				01:08:26		00:55:02	2:03:28		45	M40		2
	Rosenbohm	Marion	Aurich	1967	2005			01:01:32			01:01:58	2:03:30		38	W30		2
	Daro	Maik	EWE-Wattloopers	1992	2005					01:07:13	00:57:06	2:04:19		13	MU20		2
	Lingner	Gerhard	Rhauderfehn	1949	2005					01:02:43	01:02:29	2:05:12		56	M50		2
	Bohlen	Elisabeth	Victorbur	1961	2005	01:03:18	01:01:57					2:05:15		44	W40		2
	Kambeck	Günter	Leer	1946	2005			00:59:33			01:06:24	2:05:57		59	M50		2
	Friedrichs	Nils	Aurich	1970	2005			01:02:09		01:04:20		2:06:29		35	M30		2

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
	Schaa	Johann	Stapelmoor	1954	2005				01:08:28		00:58:13	2:06:41		51	M50		2
	Lüdtke	Uwe	RVB Uplengen	1965	2005	01:04:16	01:02:50					2:07:06		40	M40		2
	Röben	Hinrich	TuS Aurich-Ost	1956	2005	01:00:05			01:09:57			2:10:02		49	M40		2
	Schoon	Reinhard	RVB Uplengen	1946	2005	00:59:29			01:11:22			2:10:51		59	M50		2
	Niemeyer	Hildegard	Emder LG	1950	2005	01:04:57	01:06:13					2:11:10		55	W50		2
	Reiners	Bernhard	TuS Victorbur	1968	2005			01:03:25		01:08:08		2:11:33		37	M30		2
	Braams	Wilhelm	LT Schafh. Wald	1956	2005					01:09:56	01:01:46	2:11:42		49	M40		2
	Reiners	Werner	TuS Victorbur	1968	2005			01:03:37		01:08:06		2:11:43		37	M30		2
	Schürmann	Jonas	Poseidon Leer	1995	2005		01:06:59				01:06:35	2:13:34		10	MU20		2
	Prangenberg	Pascale	Aurich	1970	2005		00:58:32		01:16:03			2:14:35		35	M30		2
	Keller	Karl-Heinz	Polizei Aurich	1948	2005	00:56:34			01:18:21			2:14:55		57	M50		2
	Janssen	Sonja	Winterhoff + Partner	1979	2005	01:05:48		01:09:41				2:15:29		26	W20		2
	Frerichs	Karin	SUS Strackholt	1989	2005	01:09:33	01:06:26					2:15:59		16	WU20		2
	Harms	Otto	VFB Rajen	1946	2005			01:03:05	01:12:58			2:16:03		59	M50		2
	Kruse	Kai	Möbel Buss	1984	2005			01:10:32			01:06:54	2:17:26		21	M20		2
	Brahms	Georg	WFB Aurich	1943	2005					01:19:18	01:03:50	2:23:08		62	M60		2
	Ohling	Imke	TSV Riepe	1979	2005	01:12:33	01:11:07					2:23:40		26	W20		2
	Henkelmann	Urs	Emder LG	1973	2005	01:13:58		01:10:23				2:24:21		32	M30		2
	Saathoff	Jürgen	LT Jheringsf.	1931	2005	01:13:16	01:11:14					2:24:30		74	M70		2
	Ott	Valentina	Esens	1973	2005	01:02:16			01:23:20			2:25:36		32	W30		2
	Wiemer	Stefanie	Frisia Loga	1967	2005				01:22:10		01:03:34	2:25:44		38	W30		2
	W. Wolters	Gaby	Leer	1962	2005	01:10:44				01:15:34		2:26:18		43	W40		2
	Lindemann	Ute	H.-D. Heuermann	1966	2005	01:15:59	01:12:08					2:28:07		39	W30		2
	Eilers	Wanda	SV Dornum	1963	2005			01:13:43		01:15:14		2:28:57		42	W40		2
	v. Ehrenstein	Margrit	Gem. Moormerl.	1954	2005	01:16:38	01:12:56					2:29:34		51	W50		2
	Freitag	Theda	TuS Aurich-Ost	1951	2005			01:08:35	01:21:01			2:29:36		54	W50		2
	Behrends	Christina	Walle	1974	2005			01:07:51	01:23:04			2:30:55		31	W30		2
	Fleißner	Jule	Fortuna Logabirum	1995	2005	01:15:23				01:18:56		2:34:19		10	MU20		2
	Buß	Berend	Möbel Buss	1970	2005			01:18:48			01:17:35	2:36:23		35	M30		2
	Mersmann	Heiko	Johny Winter	1967	2005				01:31:07		01:07:07	2:38:14		38	M30		2
	Behrends	Johann	LG Ostfriesland	1943	2005				01:35:01		01:11:05	2:46:06		62	M60		2
	Bruns	Thomas	Union Meppen	1978	2005	00:34:34						0:34:34		27	M20		1
	Grigat	Holger	TV Norden	1973	2005	00:37:09						0:37:09		32	M30		1
	Dirksen	Jens	Germania Leer	1985	2005	00:39:07						0:39:07		20	M20		1
	Dornadell	Arne	SV Warsingsfehn	1982	2005	00:40:56						0:40:56		23	M20		1
	Wiechmann	Steffen	SV Warsingsfehn	1958	2005	00:41:14						0:41:14		47	M40		1
	Fischer	Stefan	Union Meppen	1978	2005	00:41:37						0:41:37		27	M20		1
	Bruns	Bernd	TSV Hesel	1961	2005						00:42:14	0:42:14		44	M40		1
	Busse	Peter	Emder LG	1965	2005	00:42:16						0:42:16		40	M40		1
	Feldieck	Georg	Germania Leer	1956	2005						00:43:24	0:43:24		49	M40		1
	Greest	Jens-Peter	SV warsingsfehn	1971	2005			00:43:35				0:43:35		34	M30		1
	Becker	Dirk	LG Hamm	1958	2005						00:43:38	0:43:38		47	M40		1
	Harms	Egon		1959	2005		00:43:39					0:43:39		46	M40		1
	Gerner	Klaus-Peter	Bad Gandersheim	1947	2005	00:44:13						0:44:13		58	M50		1
	Gastmann	Richard	Ammersum	1961	2005		00:44:14					0:44:14		44	M40		1
	Lemhuis	Hermann	Oldendorp	1978	2005	00:44:36						0:44:36		27	M20		1
	Gövert	Ansgar	Westerstede	1975	2005	00:45:02						0:45:02		30	M30		1
	Kruse	Arne	Falke Saerbeck	1989	2005		00:45:08					0:45:08		16	MU20		1
	Drees	Wilhard	Stücklingen	1961	2005			00:45:13				0:45:13		44	M40		1
	Fürle	Dieter	Bad Gandersheim	1945	2005	00:45:19						0:45:19		60	M60		1
	Manssen	Andrea	Oldenburg	1983	2005	00:45:26						0:45:26		22	W20		1
	Jauken	Michael	Aurich	1968	2005					00:45:28		0:45:28		37	M30		1
	Völkl	Anja	Falke Saerbeck	1962	2005		00:46:36					0:46:36		43	W40		1
	Lutter	Simon	TSG Westerstede	1986	2005	00:46:47						0:46:47		19	MU20		1
	Klüver	Bernhard	Pewsum	1969	2005					00:47:33		0:47:33		36	M30		1
	Stimme	Olaf	Welzheim	1964	2005						00:47:33	0:47:33		41	M40		1
	Hackmann	Marco	Rhauderfehn	1971	2005		00:48:00					0:48:00		34	M30		1
	Hein	Thorsten	SV Dornum	1965	2005	00:48:03						0:48:03		40	M40		1
	Harborth	Olaf	Braunschweig	1962	2005						00:48:09	0:48:09		43	M40		1
	Honcsek	Michael	Riepe	1971	2005						00:48:12	0:48:12		34	M30		1
	Beitelmann	Alexander	Feuerwehr Leer	1988	2005	00:48:12						0:48:12		17	MU20		1
	Schoof	Ingo	Spetzerfehn	1982	2005		00:48:22					0:48:22		23	M20		1
	Kaplan	Jörg	Wallinghausen	1971	2005		00:48:25					0:48:25		34	M30		1
	Tammen	Stefan	SV Großefehn	1982	2005			00:48:28				0:48:28		23	M20		1
	Scholz	Oliver	Esens	1987	2005						00:48:32	0:48:32		18	WU20		1
	Tammen	Thomas	SV Großefehn	1983	2005			00:48:48				0:48:48		22	M20		1
	Meyer	Albert	LG Uplengen	1955	2005						00:48:50	0:48:50		50	M50		1
	Lamschuss	Marten	TuS Hinte	1987	2005			00:49:25				0:49:25		18	MU20		1
	van Westen	Reinhard	Conc. Neermoor	1962	2005			00:49:27				0:49:27		43	M40		1
	Schlichting	Jens	MTV Aurich	1964	2005						00:49:58	0:49:58		41	M40		1

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

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					
	Koenen	Manfred	Bunde	1965	2005	00:50:02						0:50:02		40	M40		1
	Braje	Thomas	LT Schafh. Wald	1967	2005				00:50:17			0:50:17		38	M30		1
	Junke	Heike	LG Uplengen	1966	2005	00:50:23						0:50:23		39	M30		1
	Meints	Manuel	TuS Esens	1988	2005					00:51:03		0:51:03		17	MU20		1
	Helmerich	Richard	PSV Scheßlitz	1958	2005					00:51:38		0:51:38		47	M40		1
	Weis	Edgar	Schortens	1958	2005						00:51:39	0:51:39		47	M40		1
	Helmerich	Mirco	PSV Scheßlitz	1989	2005					00:51:40		0:51:40		16	MU20		1
	Huisinga	Anne	TV Bunde	1967	2005	00:51:40						0:51:40		38	W30		1
	Gabriel	Thomas	Hesel	1964	2005	00:51:42						0:51:42		41	M40		1
	Kestner	Sebastian	Norden	1984	2005					00:51:55		0:51:55		21	M20		1
	Hoyer	Britta	LG Göttingen	1985	2005						00:51:59	0:51:59		20	W20		1
	Janssen	Gerold	Wallinghausen	1966	2005	00:52:02						0:52:02		39	M30		1
	Janssen	Reno	TuS Victorbur	1970	2005					00:52:16		0:52:16		35	M30		1
	Klapproth	Matthias	Hasselt	1973	2005	00:52:28						0:52:28		32	M30		1
	Koppermann	Malte	Fortuna Logabirum	1963	2005			00:52:32				0:52:32		42	M40		1
	Penning	Wilfried	Barßel	1965	2005	00:52:39						0:52:39		40	M40		1
	de Freese	Frank	SV Warsingsfehn	1982	2005	00:52:42						0:52:42		23	M20		1
	Aden	Rainer	Großefehn	1971	2005	00:52:44						0:52:44		34	M30		1
	Platzke	Andre	Wittmund	1969	2005						00:52:46	0:52:46		36	M30		1
	de Vries	Reinhard	Gymnasium Aurich	1961	2005			00:53:04				0:53:04		44	M40		1
	Aden	Rainer	Neukamperfehn	1971	2005	00:53:08						0:53:08		34	M30		1
	Sames	Thomas	Weener	1979	2005	00:53:10						0:53:10		26	M20		1
	Watzema	Antke	Ihrhove	1968	2005	00:53:20						0:53:20		37	W30		1
	Tornow	Diedrich	Großefehn	1952	2005	00:53:25						0:53:25		53	M50		1
	Schröder	Eckhard	Eddie Eagle	1960	2005			00:53:30				0:53:30		45	M40		1
	Ludwigs	Ingo	Moordorf	1977	2005					00:53:57		0:53:57		28	M20		1
	Faßhauer	Andreas	LG Ostfriesland	1968	2005				00:53:59			0:53:59		37	M30		1
	Koplin	Heike	Nortmoor	1971	2005	00:54:03						0:54:03		34	W30		1
	Krutow	Uwe	LG Uplengen	1962	2005						00:54:05	0:54:05		43	M40		1
	Claaßen	Stefan	Aurich	1987	2005	00:54:25						0:54:25		18	MU20		1
	Weerts	Meike	SVHolland	1976	2005	00:54:36						0:54:36		29	W20		1
	Kruse	Onke	Holterfehn	1991	2005		00:54:37					0:54:37		14	MU20		1
	Hüls	Adolf	Wiesens	1962	2005						00:54:40	0:54:40		43	M40		1
	Wahlich	Peter	Aurich	1957	2005	00:54:46						0:54:46		48	M40		1
	Otersberg	Jörg	Spetzerfehn	1970	2005			00:54:53				0:54:53		35	M30		1
	Bartsch	Fank	Emdler LG	1972	2005				00:55:07			0:55:07		33	M30		1
	Exner	Thomas	DLRG Leer	1964	2005	00:55:09						0:55:09		41	M40		1
	Heyen	Gunda	Aurich	1967	2005		00:55:13					0:55:13		38	W30		1
	Rinders	Heinrich	Potschausen	1955	2005	00:55:23						0:55:23		50	M50		1
	Woortmann	Andre	Freesena Ihren	1964	2005			00:55:26				0:55:26		41	M40		1
	Kiste	Maske	Leer	1987	2005	00:55:29						0:55:29		18	MU20		1
	Kaiser	Christian	SV Holland	1993	2005	00:55:43						0:55:43		12	MU20		1
	Ebrecht	Klaus	TuS Esens	1961	2005						00:55:45	0:55:45		44	M40		1
	Reinders	Tomma	Nige-Team	1987	2005						00:55:55	0:55:55		18	WU20		1
	Rieken	Wihlem	Wittmund	1962	2005						00:55:57	0:55:57		43	M40		1
	Meenzen	Meike	TuS Norderney	1971	2005	00:56:03						0:56:03		34	W30		1
	Becker	Kurt	LLG Landstuhl	1953	2005		00:56:05					0:56:05		52	W50		1
	Schmidt	Heinz	Angelsportverein	1963	2005	00:56:23						0:56:23		42	M40		1
	Wiedner	Daniel	Hesel	1982	2005		00:56:23					0:56:23		23	M20		1
	Beekhuis	Hilko	Ostfriesenbräu	1988	2005			00:56:25				0:56:25		17	MU20		1
	Buß	Timo	Ostfriesenbräu	1984	2005			00:56:30				0:56:30		21	M20		1
	Kalwas	Hans-H.	PSV Leer	1953	2005	00:56:46						0:56:46		52	M50		1
	Hemken	Mariechen	MTV Wittmund	1954	2005						00:56:51	0:56:51		51	W50		1
	Donker	Heinz	Esens	1949	2005						00:56:59	0:56:59		56	M50		1
	Groote	Matthias	Ostrhauderfehn	1973	2005	00:57:18						0:57:18		32	M30		1
	Behrends	Marco	Hesel	1994	2005	00:57:24						0:57:24		11	MU20		1
	Caby	Dr. Andrea	VfL Germ. Leer	1962	2005	00:57:32						0:57:32		43	W40		1
	Goos	Heye	Larrelter SF	1960	2005	00:57:37						0:57:37		45	M40		1
	Farin	Daniel	Oldenburg	1983	2005	00:57:41						0:57:41		22	M20		1
	Ottersberg	Eckhard	TSV Holtrop	1962	2005		00:57:48					0:57:48		43	M40		1
	Schlebusch	Konrad	Timmel	1965	2005	00:57:56						0:57:56		40	M40		1
	Weidner	Daniel	Hesel	1982	2005						00:57:59	0:57:59		23	M20		1
	Mönkedieck	Dirk	Oldenburg	1964	2005			00:58:04				0:58:04		41	M40		1
	Janssen	Margret	Hannover	1969	2005		00:58:06					0:58:06		36	W30		1
	van Ruschen	Tanja	Detern	1977	2005	00:58:07						0:58:07		28	M20		1
	Trebesch	Volker	TuS Aurich-Ost	1965	2005		00:58:10					0:58:10		40	M40		1
	Richter	Werner	MTV Wittmund	1952	2005			00:58:12				0:58:12		53	M50		1
	Endjeer	Uwe	Armina Wolthusen	1963	2005						00:58:23	0:58:23		42	M40		1
	Schoon	Heike	Remels	1972	2005						00:59:00	0:59:00		33	W30		1
	Nehus	Hermann	Hesel	1951	2005		00:59:01					0:59:01		54	M50		1
	Deden	Gerriet	Nige-Team	1987	2005						00:59:22	0:59:22		18	MU20		1

03.05. bis 20.05.2005

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,30	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,00km	13,60km	11,80km	10,80km						
	Janssen	Enno	Nige-Team	1988	2005						00:59:24	0:59:24		17	MU20		1
	Ihben	Benjamin	Esens	1988	2005						00:59:48	0:59:48		17	MU20		1
	Hamm	Friedrich	Team Möbel-Buss	1963	2005	00:59:52						0:59:52		42	M40		1
	Harms	Peter	Großefehn	1967	2005			00:59:52				0:59:52		38	M30		1
	Trebesch	Heike	TuS Aurich-Ost	1964	2005		00:59:54					0:59:54		41	W40		1
	Meents	Remmer	Osnabrück	1976	2005		00:59:59					0:59:59		29	M20		1
	Gronewold	Hajo Bonno	Holtrop	1981	2005			01:00:00				1:00:00		24	M20		1
	Gronewold	Rainer	Holtrop	1982	2005			01:00:01				1:00:01		23	M20		1
	Himpel	Alste	SC Dunum	1957	2005						01:00:04	1:00:04		48	M40		1
	Betten	Hannes	Rhauderfehn	1989	2005						01:00:09	1:00:09		16	MU20		1
	Barkhoff	Johann	Fortuna Wirdum	1956	2005				01:00:10			1:00:10		49	M40		1
	Reck	Wolfgang	Eintracht Plaggenburg	1965	2005					01:00:14		1:00:14		40	M40		1
	Ulferts	Hanno	Holtrop	1991	2005			01:00:15				1:00:15		14	MU20		1
	Saathoff	Hinrich	Fortuna Wirdum	1952	2005				01:00:19			1:00:19		53	M50		1
	Köther	Thomas	Brinkum	1982	2005	01:00:20						1:00:20		23	M20		1
	Loerts	Jan	FTC Hollen	1986	2005						01:00:31	1:00:31		19	MU20		1
	Eisinger	Hans	Neuenkirchen	1941	2005				01:00:32			1:00:32		64	M60		1
	Schoon	Wilfried	Papenburg	1959	2005		01:00:38					1:00:38		46	M40		1
	Leiterholt-de Boer	Maria	Dollart	1963	2005	01:00:44						1:00:44		42	W40		1
	Voss	Karin	TuS Aurich-Ost	1961	2005						01:00:44	1:00:44		44	W40		1
	Camenbley	Britta	Leer	1968	2005	01:00:49						1:00:49		37	W30		1
	Bruns	Karsten	Volksbank	1981	2005		01:00:52					1:00:52		24	M20		1
	Lüdeling, Dr.	Hermann	VfL Germ. Leer	1939	2005	01:00:53						1:00:53		66	M60		1
	Meyerhoff	Jan	LG Ostfriesland	1967	2005				01:00:54			1:00:54		38	M30		1
	Schoon	Jann	Conc. Neeremoor	1960	2005				01:00:57			1:00:57		45	M40		1
	Buß	Heiner	Bagband	1985	2005				01:01:15			1:01:15		20	M20		1
	Eden	Michael	Nige-Team	1987	2005						01:01:18	1:01:18		18	MU20		1
	Heppen	Imke	TV Leer	1974	2005	01:01:24						1:01:24		31	W30		1
	Heyen	Harald	TSV Hesel	1961	2005						01:01:25	1:01:25		44	M40		1
	Engel	Patrick	Leer	1989	2005	01:01:28						1:01:28		16	MU20		1
	Brix	Birgit	Bad Pyrmont	1969	2005	01:01:31						1:01:31		36	W30		1
	Appel	Edith	TV Bunde	1957	2005	01:01:35						1:01:35		48	M40		1
	Arends	Sebastian	FC Oldersum	1981	2005			01:01:42				1:01:42		24	M20		1
	Mündelein	Matthias	RV Lückinghausn	1951	2005					01:01:44		1:01:44		54	M50		1
	Wiehn, Dr.	Dirk	Rhauderfehn	1966	2005		01:01:47					1:01:47		39	M30		1
	Janssen	Arne	Klein Sander	1966	2005	01:01:49						1:01:49		39	M30		1
	Braams	Dieter	Holtgast	1970	2005						01:01:55	1:01:55		35	M30		1
	Harms	Wolfgang	Warsingsfehn	1964	2005				01:02:03			1:02:03		41	M40		1
	Janssen	Malte	Plaggenburg	1986	2005					01:02:11		1:02:11		19	MU20		1
	Dürr	Katharina	Arnstein	1986	2005						01:02:13	1:02:13		19	WU20		1
	Schmidt	Antke	Nige-Team	1987	2005						01:02:20	1:02:20		18	WU20		1
	Budde	Jörg	Fortuna Logabirum	1961	2005	01:02:24						1:02:24		44	M40		1
	Behrends	Jutta	SV Holtland	1976	2005	01:02:37						1:02:37		29	W20		1
	Behrends	Steffan	SV Holtland	1971	2005	01:02:38						1:02:38		34	M30		1
	Blüge	Annika	Nortmoor	1964	2005	01:02:39						1:02:39		41	W40		1
	Wiesner	Imke	Norden	1987	2005						01:02:39	1:02:39		18	WU20		1
	Goldschweer	Theo	VFB Rajen	1953	2005			01:02:42				1:02:42		52	M50		1
	Wylezich	Gesa	Leverkusen	1951	2005	01:02:51						1:02:51		54	W50		1
	Dubenkrop	Kristin	Hesel	1992	2005	01:02:56						1:02:56		13	WU20		1
	Wendewardt	Daniel	Winterhoff + Partner	1973	2005	01:03:08						1:03:08		32	M30		1
	Labenski	Vincent	Rastede	1985	2005						01:03:09	1:03:09		20	M20		1
	Barkhoff	Marina	Fortuna Wirdum	1988	2005				01:03:11			1:03:11		17	MU20		1
	Reinhardt	Jann-Peter	Leer	1984	2005					01:03:14		1:03:14		21	M20		1
	Krull	Gordon	MTV Aurich	1970	2005				01:03:15			1:03:15		35	M30		1
	Nitters	Ilona	Jemgum	1966	2005	01:03:31						1:03:31		39	W30		1
	Schmidt	Helma	Leer	1958	2005	01:03:31						1:03:31		47	W40		1
	Hagena	Torsten	Tannenhausen	1989	2005				01:03:47			1:03:47		16	MU20		1
	Lübßen	Uwe	Aurich	1972	2005				01:03:50			1:03:50		33	M30		1
	Lehmann	Ewald	TuS Aurich-Ost	1954	2005						01:03:55	1:03:55		51	M50		1
	Schlenkermann	Uwe	Eddie Eagle	1960	2005	01:03:56						1:03:56		45	M40		1
	Rademacher	Johann	SV Fulkum	1949	2005	01:04:02						1:04:02		56	M50		1
	Rosendahl	Wilfried	Marienhafe	1968	2005					01:04:02		1:04:02		37	M30		1
	Voß	Käthe	Emden LG	1954	2005						01:04:02	1:04:02		51	W50		1
	Billker	Heide	SV Dornum	1961	2005	01:04:04						1:04:04		44	W40		1
	Kohlbus	Maik	TG Wiesmoor	1975	2005	01:04:08						1:04:08		30	M30		1
	Lichtsinn	Rainer	Aurich	1971	2005				01:04:10			1:04:10		34	M30		1
	Kohlbus	Weixia	TG Wiesmoor	1975	2005	01:04:10						1:04:10		30	W30		1
	Schaele	Benjamin	SC Dunum	1985	2005						01:04:13	1:04:13		20	M20		1
	Janssen	Georg	Victorbur	1967	2005	01:04:17						1:04:17		38	M30		1
	Ebelar	Marcel	Holtrop	1963	2005			01:04:23				1:04:23		42	M40		1
	Schwabauer	Alexander	Blomberg	1988	2005						01:04:24	1:04:24		17	MU20		1

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

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					
	Böhm	Martina	VHS Aurich	1972	2005	01:04:26						1:04:26		33	W30		1
	Kruizenga	Gerd	Ostfriesenbräu	1986	2005			01:04:37				1:04:37		19	MU20		1
	Quante	Frank	EWE-Wattloopers	1966	2005	01:04:43						1:04:43		39	M30		1
	Schütterle	Irmgard	Mittelesefahn	1950	2005			01:04:54				1:04:54		55	W50		1
	Fliski	Alexander	Leer	1977	2005	01:05:01						1:05:01		28	M20		1
	Köpke	Ulf	Oldenburg	1969	2005	01:05:06						1:05:06		36	M30		1
	Ströver	Johann	WFB Aurich	1953	2005	01:05:24						1:05:24		52	M50		1
	Douwens	Theo	VFB Rajen	1964	2005			01:05:30				1:05:30		41	M40		1
	Bosbach	Felippe	Oldenburg	1986	2005						01:05:32	1:05:32		19	MU20		1
	Oelke	Dieter	Hamburg	1956	2005						01:06:23	1:06:23		49	M40		1
	Birnbaum	Mareike	Nige-Team	1987	2005						01:06:29	1:06:29		18	WU20		1
	Hecht	Caroline	Bonn	1965	2005	01:06:36						1:06:36		40	W40		1
	Pollmann	Manfred	TG Wiesmoor	1945	2005			01:06:38				1:06:38		60	M60		1
	Hanssen-Brun	Regine	Moormerland	1968	2005	01:06:44						1:06:44		37	W30		1
	Weers	Imke	SV Warsingsfehn	1978	2005					01:06:44		1:06:44		27	W20		1
	Zielinski	Eva	Nige-Team	1988	2005						01:06:46	1:06:46		17	WU20		1
	Kramer	Stefan	Emder LG	1968	2005				01:07:08			1:07:08		37	M30		1
	Tewes	Günter	Garrel	1957	2005				01:07:08			1:07:08		48	M40		1
	Lender	Ingo	Schweindorf	1964	2005						01:07:13	1:07:13		41	M40		1
	Brandstetter	Edith	Ottering	1968	2005					01:07:28		1:07:28		37	W30		1
	Bohlen	Mimke	Großefahn	1965	2005			01:07:52				1:07:52		40	M40		1
	Ehmen	Bernd	Ihlow	1974	2005				01:07:53			1:07:53		31	M30		1
	Heddens	Arno	Neermoor	1968	2005	01:08:06						1:08:06		37	M30		1
	Hamel	Petra	VFB Rajen	1969	2005			01:08:07				1:08:07		36	W30		1
	Bilker	Gert	Braunschweig	1969	2005				01:08:08			1:08:08		36	M30		1
	Frerichs	Hayo	Moormerland	1965	2005	01:08:10						1:08:10		40	M40		1
	Janczak	Kerstin	Braunschweig	1974	2005					01:08:12		1:08:12		31	W30		1
	Dorenbusch	Kerstin	Aurich	1974	2005	01:08:16						1:08:16		31	W30		1
	Helmke	Gunda	Aurich	1971	2005	01:08:17						1:08:17		34	W30		1
	Kleen	Ingo	Großefahn	1980	2005			01:08:25				1:08:25		25	M20		1
	Neumann	Hannelore	FT Spetzerfehn	1953	2005			01:08:31				1:08:31		52	W50		1
	Veith	Manfred	TuS Aurich-Ost	1956	2005				01:08:34			1:08:34		49	M40		1
	Kutschinsky-Jans	Margret	Wittmund	1956	2005						01:08:39	1:08:39		49	W40		1
	Heidergott	Andrea	VFB Rajen	1975	2005			01:08:44				1:08:44		30	W30		1
	Gruben	Imke	SV Posthausen	1981	2005	01:08:50						1:08:50		24	W20		1
	Heyse	Gerd	LG Werder Osis	1960	2005						01:09:14	1:09:14		45	M40		1
	Krisanamitra	Roland	Berlin	1967	2005			01:09:51				1:09:51		38	M30		1
	Dettmers	Silke	Wittmund	1967	2005						01:09:55	1:09:55		38	W30		1
	Leerhoff	Hendrik	Hesel	1991	2005	01:10:04						1:10:04		14	MU20		1
	Akkermann	Ralf	Oldersum	1968	2005				01:10:15			1:10:15		37	M30		1
	Ihnen	Joachim	SC Wiesens	1960	2005				01:10:15			1:10:15		45	M40		1
	Schoone	Eckbert	SC Wiesens	1961	2005			01:10:23				1:10:23		44	M40		1
	Bamaker	Harald	SV Warsingsfehn	1963	2005						01:10:30	1:10:30		42	M40		1
	Wolters	Ann-Kathrin	Leer	1993	2005	01:10:43						1:10:43		12	WU20		1
	Dürr	Rudi	Arnstein	1949	2005						01:10:45	1:10:45		56	M50		1
	Samuels	Meta	Walle	1964	2005					01:10:49		1:10:49		41	W40		1
	Börgmann	Johann	Hollen	1952	2005						01:11:12	1:11:12		53	M50		1
	Ennen	Ewald	Großefahn	1961	2005			01:11:17				1:11:17		44	M40		1
	Buß	Thole	Möbel Buss	1946	2005						01:11:35	1:11:35		59	M50		1
	Ahrens	Rudolf	LT Schafh. Wald	1959	2005						01:11:44	1:11:44		46	M40		1
	Bogena	Martin	Leer	1961	2005	01:12:16						1:12:16		44	M40		1
	Wumkes	Meenhard	TV Leer	1961	2005	01:12:16						1:12:16		44	M40		1
	Wiegmann	Karin	Epe	1977	2005	01:12:26						1:12:26		28	W20		1
	Fischer	Peter	Hude	1973	2005					01:13:01		1:13:01		32	M30		1
	Kroh-Lammers	Erika	SV Warsingsfehn	1952	2005				01:13:12			1:13:12		53	W50		1
	Rocker	Ralf	KBV Langefeld	1973	2005				01:13:19			1:13:19		32	M30		1
	Dunker	Peter	Esens	1940	2005						01:13:38	1:13:38		65	M60		1
	Schemmann	Marina	Aurich	1978	2005						01:13:42	1:13:42		27	W20		1
	Behrends	Enno	LT Hollesand	1953	2005				01:13:54			1:13:54		52	M50		1
	Bentin	Marcus	Emder LG	1970	2005	01:13:54						1:13:54		35	M30		1
	Hicken	Manfred	Großefahn	1960	2005			01:14:04				1:14:04		45	M40		1
	Harms	Wilfried	Aurich	1964	2005				01:14:08			1:14:08		41	M40		1
	Saathoff	Frank	Wirum	1970	2005				01:14:44			1:14:44		35	M30		1
	Edzards	Erwin	Großefahn	1960	2005						01:14:55	1:14:55		45	M40		1
	Buß	Helga	SV Stikelkamp	1962	2005			01:15:02				1:15:02		43	W40		1
	Krambeck	Günter	Leer	1946	2005				01:15:06			1:15:06		59	M50		1
	Doberstein	Anneliese	VFB Rajen	1969	2005			01:15:08				1:15:08		36	W30		1
	Barkhoff	Stefan	Emder LG	1977	2005				01:15:14			1:15:14		28	M20		1
	Limbeck	Dirk	TG Wiesmoor	1961	2005						01:15:42	1:15:42		44	M40		1
	Hülshof	Henning	Rhauderfehn	1965	2005	01:16:18						1:16:18		40	M40		1
	Hülshof	Britta	Rhauderfehn	1969	2005	01:16:18						1:16:18		36	W30		1

24. Ostfrieslandlauf 2005

03.05. bis 20.05.2005

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					
	Kämper	Ilona	TSV Langeoog	1963	2005			01:16:40				1:16:40		42	W40		1
	Spelker-Eden	Hiltrud	Leer	1973	2005	01:16:42						1:16:42		32	W30		1
	Reiners	Maike	TuS Victorbur	1970	2005			01:16:43				1:16:43		35	M30		1
	Bunte	Philipp	Aurich	1992	2005				01:16:49			1:16:49		13	MU20		1
	Reiners	Bettina	TuS Victorbur	1970	2005			01:16:57				1:16:57		35	W30		1
	Borm	Manfred	Deutsche Post	1947	2005					01:17:01		1:17:01		58	M50		1
	Kalkwarf	Birgit	LG Ostfriesland	1971	2005				01:17:03			1:17:03		34	M30		1
	Herten	Eilert	TG Wiesmoor	1949	2005				01:17:46			1:17:46		56	M50		1
	Wilberts	Anke	Plaggenburg	1983	2005					01:18:12		1:18:12		22	W20		1
	Les	Hannelore	Aurich	1952	2005				01:18:19			1:18:19		53	W50		1
	Neumann	Roger	Ramsloh	1958	2005				01:18:33			1:18:33		47	M40		1
	Weber-Beck	Almuth	Emder LG	1954	2005					01:18:34		1:18:34		51	W50		1
	Horn-Wutke	Gabriele	Emder LG	1955	2005					01:18:35		1:18:35		50	W50		1
	Tiedtke	Romina	Nige-Team	1988	2005						01:18:35	1:18:35		17	WU20		1
	Menne	Birigt	Marathon Hühner	1957	2005				01:18:36			1:18:36		48	M40		1
	Müller	Marion	VFB Rajen	1968	2005			01:18:36				1:18:36		37	W30		1
	Neumann	Marco	Ramsloh	1990	2005				01:18:41			1:18:41		15	MU20		1
	Wolters	Ilona	Esens	1978	2005						01:18:47	1:18:47		27	W20		1
	Klaasen	Gertrud	LT Großwolde	1961	2005						01:18:51	1:18:51		44	W40		1
	Folckel	Riewert	PSV Leer	1963	2005				01:19:30			1:19:30		42	M40		1
	Harms	Lisa	LT Großwolde	1970	2005						01:20:29	1:20:29		35	W30		1
	Janssen	Jörg	Victorbur	1967	2005				01:21:52			1:21:52		38	M30		1
	Gerdes	Anja	SV Holtland	1983	2005		01:22:09					1:22:09		22	M20		1
	Wildbang	Silke	Aurich	1975	2005	01:24:19						1:24:19		30	W30		1
	Ens	Renate	TuS Aurich-Ost	1952	2005				01:24:35			1:24:35		53	W50		1
	Planteur	Renate	TuS Aurich-Ost	1952	2005				01:24:35			1:24:35		53	W50		1
	Scholz	Meike	TuS Ofen	1968	2005				01:25:35			1:25:35		37	W30		1
	Schulz	Manfred	TuS Ofen	1951	2005				01:25:37			1:25:37		54	M50		1
	Ahrends	Friedhelm	SV Blomberg	1959	2005					01:25:53		1:25:53		46	M40		1
	Galts	Heike	SV Blomberg	1968	2005					01:25:55		1:25:55		37	W30		1
	Meenken	Hartmut	SC Tannenhausen	1958	2005						01:26:52	1:26:52		47	M40		1
	Ringering	Kerstin	Ihlow	1987	2005				01:27:49			1:27:49		18	WU20		1
	Kiesow	Gesine	Aurich	1952	2005	01:29:33						1:29:33		53	W50		1
	Siemsen	Silke	TuS Aurich-Ost	1970	2005				01:29:38			1:29:38		35	W30		1
	Schulz	Ernst	Germania Leer	1916	2005						01:30:00	1:30:00		89	M80		1
	Brüggemann	Ralf	Brusche Bikes	1969	2005				01:32:02			1:32:02		36	M30		1