

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km	km 68,50	10km				
1	Immega	Stefan	LT Schafhauser W.	1984	2006	00:35:31	00:34:57	00:37:07	00:46:10	00:38:17	00:35:33	03:47:35	00:33:13	22	M20	1	6
2	Stein	Peter	TV Norden	1970	2006	00:35:48	00:35:14	00:37:33	00:46:20	00:39:24	00:36:38	03:50:57	00:33:43	36	M30	1	6
3	Groenhagen	Achim	Armisia Wolthusen	1968	2006	00:37:09	00:35:34	00:37:38	00:46:50	00:40:11	00:36:56	03:54:18	00:34:12	38	M30	2	6
4	Fleßner	Hermann	Ihlow. Rennschn.	1974	2006	00:37:27	00:36:28	00:39:06	00:47:21	00:40:55	00:37:26	03:58:43	00:34:51	32	M30	3	6
5	Wiegmann	Siebo	LT Schafhauser W.	1979	2006	00:38:08	00:36:32	00:39:07	00:47:49	00:41:02	00:37:25	04:00:03	00:35:03	27	M20	2	6
6	Waschkau	Jan	VfL Germ. Leer	1977	2006	00:39:04	00:37:09	00:39:13	00:48:37	00:41:16	00:37:33	04:02:52	00:35:27	29	M20	3	6
7	Taube	Ralf	VfL Germ. Leer	1969	2006	00:38:34	00:36:41	00:40:17	00:48:45	00:41:37	00:37:38	04:03:32	00:35:33	37	M30	4	6
8	Dirksen	Jens	VfL Germ. Leer	1985	2006	00:39:23	00:37:10	00:39:37	00:48:37	00:42:05	00:38:29	04:05:21	00:35:49	21	M20	4	6
9	Orniford	Martin	VfL Germ. Leer	1987	2006	00:39:00	00:37:00	00:40:19	00:48:30	00:41:59	00:38:48	04:05:36	00:35:51	19	MU20	1	6
10	Schulz	Andree	Emder BAC	1970	2006	00:38:54	00:37:40	00:40:14	00:50:40	00:42:49	00:39:08	04:09:25	00:36:25	36	M30	5	6
11	Bienow	Ralf	Ihlow. Rennschn.	1966	2006	00:39:38	00:38:29	00:40:25	00:49:38	00:42:35	00:39:00	04:09:45	00:36:28	40	M40	1	6
12	Ludwig	Reinhard	Aur. Taxenzentrale	1959	2006	00:40:10	00:38:38	00:40:40	00:50:03	00:42:47	00:39:04	04:11:22	00:36:42	47	M40	2	6
13	Wirdemann	Benjamin	LT Schafhauser W.	1983	2006	00:39:50	00:38:10	00:41:04	00:50:44	00:42:34	00:39:02	04:11:24	00:36:42	23	M20	5	6
14	Buss	Martin	MTV Wittmund	1992	2006	00:39:54	00:38:54	00:41:05	00:50:23	00:43:02	00:39:28	04:12:46	00:36:54	14	MU20	2	6
15	de Jonge	Stefan	TUS Weene	1976	2006	00:40:07	00:38:35	00:41:55	00:51:41	00:44:09	00:40:22	04:16:49	00:37:29	30	M30	6	6
16	Berghaus	Eike-Hergen	VGH Hesel	1987	2006	00:41:18	00:39:37	00:42:21	00:51:04	00:43:28	00:39:58	04:17:46	00:37:38	19	MU20	3	6
17	Bruns	Bernd	TSV Hesel	1961	2006	00:41:08	00:39:27	00:42:25	00:51:13	00:44:11	00:40:19	04:18:43	00:37:46	45	M40	3	6
18	Köller	Tammo	TuS Weener	1987	2006	00:40:44	00:39:28	00:42:58	00:52:34	00:43:27	00:41:20	04:20:31	00:38:02	19	MU20	4	6
19	Harms	Karsten	VfL Berumbur	1987	2006	00:43:35	00:39:43	00:41:47	00:51:09	00:44:08	00:40:17	04:20:39	00:38:03	19	MU20	5	6
20	Busker	Wilfried	Eintracht Völlen	1975	2006	00:42:04	00:40:11	00:42:26	00:52:14	00:44:07	00:40:00	04:21:02	00:38:06	31	M30	7	6
21	Frerichs	Christian	TuS Aurich-Ost	1986	2006	00:42:05	00:40:15	00:42:24	00:51:44	00:44:26	00:40:21	04:21:15	00:38:08	20	M20	6	6
22	Ufkes	Frank	die Praxis Aurich	1966	2006	00:42:45	00:40:33	00:42:50	00:51:52	00:44:10	00:40:31	04:22:41	00:38:21	40	M40	4	6
23	Willms	Wilko	LT Schafhauser W.	1973	2006	00:41:35	00:40:34	00:42:47	00:52:35	00:44:51	00:41:12	04:23:34	00:38:29	33	M30	8	6
24	Kurch	Sebastian	TuS Aurich-Ost	1981	2006	00:42:22	00:40:12	00:43:11	00:52:37	00:45:01	00:41:15	04:24:38	00:38:38	25	M20	7	6
25	Trebesch	Wolfgang	MTV Aurich	1957	2006	00:41:39	00:39:58	00:45:28	00:52:01	00:45:08	00:41:42	04:25:56	00:38:49	49	M40	5	6
26	Rahrt	Detlef	Barßel	1969	2006	00:40:56	00:41:32	00:43:37	00:53:08	00:46:13	00:41:09	04:26:35	00:38:55	37	M30	9	6
27	Taute	Heinz	LG Uplengen	1972	2006	00:42:16	00:41:16	00:43:12	00:52:51	00:45:29	00:41:52	04:26:56	00:38:58	34	M30	10	6
28	Tuitjer	Berthold	Emder LG	1969	2006	00:43:11	00:40:34	00:43:25	00:53:02	00:45:43	00:41:25	04:27:20	00:39:02	37	M30	11	6
29	Sigl	Holger	TuS Aurich-Ost	1970	2006	00:42:44	00:40:53	00:43:23	00:53:18	00:45:51	00:41:59	04:28:08	00:39:09	36	M30	12	6
30	Hollander	Karsten	Westrauderfehn	1985	2006	00:42:35	00:41:27	00:43:45	00:53:16	00:45:32	00:41:37	04:28:12	00:39:09	21	M20	8	6
31	Carls	Christoph	TV Norden	1964	2006	00:42:38	00:41:00	00:43:53	00:53:29	00:45:41	00:41:58	04:28:39	00:39:13	42	M40	6	6
32	Christians	Borchard	LG Ostfriesland	1958	2006	00:42:53	00:40:57	00:43:46	00:52:42	00:46:38	00:41:50	04:28:46	00:39:14	48	M40	7	6
33	Lübben	Uwe	LT Schafhauser W.	1967	2006	00:42:49	00:40:47	00:45:43	00:53:02	00:45:11	00:41:57	04:29:29	00:39:20	39	M30	13	6
34	Emken	Gerd	LT Schafhauser W.	1962	2006	00:44:24	00:41:16	00:44:01	00:53:51	00:45:03	00:41:17	04:29:52	00:39:24	44	M40	8	6
35	Beitelmann	Arne	MTV Aurich-Tria	1987	2006	00:42:41	00:41:19	00:44:25	00:53:23	00:46:07	00:42:12	04:30:07	00:39:26	19	MU20	6	6
36	Warnecke	Dirk	ENOVA	1969	2006	00:42:47	00:41:33	00:43:39	00:53:25	00:46:16	00:42:40	04:30:20	00:39:28	37	M30	14	6
37	Park	Harm	TUS Weene	1953	2006	00:42:58	00:41:23	00:43:44	00:53:32	00:46:15	00:43:00	04:30:52	00:39:33	53	M50	1	6
38	Kramer	Stefan	Emder LG	1968	2006	00:43:00	00:41:20	00:43:57	00:54:04	00:46:37	00:42:14	04:31:12	00:39:35	38	M30	15	6
39	Freese	Mathias	TuS Weener	1986	2006	00:43:22	00:42:52	00:43:48	00:53:09	00:46:08	00:42:00	04:31:19	00:39:36	20	M20	9	6
40	Siebelts	Arnd	TV Norden	1961	2006	00:43:29	00:41:58	00:44:34	00:54:08	00:45:39	00:41:55	04:31:43	00:39:40	45	M40	9	6
41	Gräper	Ronny	Leer	1976	2006	00:42:27	00:41:12	00:44:02	00:54:51	00:46:48	00:43:21	04:32:41	00:39:48	30	M30	16	6
42	Laufenberg	Josef	TuS Aurich-Ost	1965	2006	00:44:43	00:42:22	00:44:20	00:53:21	00:45:56	00:42:06	04:32:48	00:39:49	41	M40	10	6
43	Beyer	Walter	VfL Germ. Leer	1958	2006	00:43:33	00:41:35	00:44:11	00:54:27	00:46:24	00:42:42	04:32:52	00:39:50	48	M40	11	6
44	Hinken	Jürgen	KBV Wiesede	1963	2006	00:43:28	00:41:37	00:44:30	00:54:31	00:46:35	00:42:27	04:33:08	00:39:52	43	M40	12	6
45	Hofmann	Fred	DLRG Weener	1963	2006	00:44:02	00:41:34	00:44:31	00:54:34	00:46:18	00:42:18	04:33:17	00:39:54	43	M40	13	6
46	Hoffmann	Karl-Heinz	Hasselt	1958	2006	00:43:41	00:41:38	00:44:27	00:54:30	00:46:34	00:43:12	04:34:02	00:40:00	48	M40	14	6
47	Nordmann	Olaf	TuS Aurich-Ost	1967	2006	00:43:26	00:42:14	00:44:26	00:54:59	00:46:27	00:43:15	04:34:47	00:40:07	39	M30	17	6
48	Akkermann	Michael	JU 58	1970	2006	00:43:55	00:42:16	00:44:28	00:55:23	00:46:32	00:42:46	04:35:20	00:40:12	36	M30	18	6
49	Asche	Tobe	SV Wiesede	1959	2006	00:43:44	00:42:29	00:44:55	00:54:45	00:46:46	00:42:43	04:35:22	00:40:12	47	M40	15	6
50	Schmidt	Jürgen	Moorloopers	1963	2006	00:45:01	00:42:26	00:44:25	00:54:47	00:46:40	00:42:29	04:35:48	00:40:16	43	M40	16	6
51	Gronewold	Karlheinz	FT Spetzerfehn	1967	2006	00:44:15	00:42:40	00:44:58	00:54:57	00:46:56	00:42:20	04:36:06	00:40:18	39	M30	19	6
52	van der Meer	Timmo	BV Canhusen	1990	2006	00:45:46	00:42:11	00:44:54	00:54:46	00:46:19	00:42:13	04:36:09	00:40:19	16	MU20	7	6
53	Alts	Holger	VfL Berumbur	1964	2006	00:43:49	00:41:45	00:44:56	00:55:06	00:46:53	00:44:12	04:36:41	00:40:24	42	M40	17	6
54	Oldigs	Beene	T. Deutsche Post	1961	2006	00:44:21	00:42:19	00:45:07	00:55:17	00:47:02	00:43:22	04:37:28	00:40:30	45	M40	18	6
55	Geisemeyer	Lothar	Bünting	1959	2006	00:44:09	00:42:32	00:44:59	00:55:36	00:47:08	00:43:13	04:37:37	00:40:32	47	M40	19	6
56	de Buhr	Jürgen	SV Wiesemoor	1963	2006	00:44:18	00:43:06	00:45:10	00:55:24	00:46:54	00:42:49	04:37:41	00:40:32	43	M40	20	6
57	Harms	Egon	SV Warsingsfehn	1959	2006	00:43:42	00:42:30	00:44:57	00:55:59	00:47:26	00:43:31	04:38:05	00:40:36	47	M40	21	6
58	Hinrichs	Enno	TuS Aurich-Ost	1961	2006	00:44:52	00:43:00	00:45:09	00:55:09	00:47:03	00:43:07	04:38:20	00:40:38	45	M40	22	6
59	Best	Patrick	Eintr. Plaggenburg	1987	2006	00:46:25	00:42:17	00:44:51	00:54:26	00:47:24	00:43:16	04:38:39	00:40:41	19	MU20	8	6
60	Eden	Manfred	TuS Hinte	1959	2006	00:44:22	00:42:10	00:45:17	00:56:55	00:47:17	00:42:47	04:38:48	00:40:42	47	M40	23	6
61	Aden	Manfred	TG Wiesemoor	1961	2006	00:45:04	00:43:09	00:45:17	00:55:35	00:47:04	00:43:46	04:39:55	00:40:52	45	M40	24	6
62	Jacobs	Christian	FC Friesia	1981	2006	00:45:48	00:45:03	00:45:35	00:55:05	00:46:59	00:42:15	04:40:45	00:40:59	25	M20	10	6
63	Hesse	Axel	T. Deutsche Post	1969	2006	00:43:34	00:42:20	00:45:06	00:56:58	00:47:56	00:44:53	04:40:47	00:40:59	37	M30	20	6
64	Hinrichs	Andreas	LG Ostfriesland	1964	2006	00:44:27	00:43:19	00:45:25	00:55:47	00:48:22	00:43:59	04:41:19	00:41:04	42	M40	25	6
65	Nikoleit	Andreas	TuS Hinte	1956	2006	00:44:48	00:42:59	00:45:14	00:56:09	00:48:46	00:43:52						

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
72	Romaneefßen	Heinz	DEKRA Aurich	1966	2006	00:45:59	00:44:02	00:46:06	00:56:15	00:47:54	00:44:08	04:44:24	00:41:31	40	M40	29	6
73	Backer	Edgar	LG Ostfriesland	1965	2006	00:46:01	00:43:59	00:45:44	00:56:46	00:48:05	00:44:01	04:44:36	00:41:33	41	M40	30	6
74	Grest	Jens-Peter	SV Warsingsfehn	1971	2006	00:45:43	00:43:51	00:46:13	00:56:38	00:48:26	00:43:53	04:44:44	00:41:34	35	M30	24	6
75	Weizel	Wolfgang	TSV Hesel	1961	2006	00:44:20	00:43:02	00:46:35	00:57:30	00:48:53	00:44:37	04:44:57	00:41:36	45	M40	31	6
76	Lüken	Kerstin	Emder LG	1976	2006	00:43:40	00:42:39	00:44:28	00:58:38	00:49:04	00:46:37	04:45:06	00:41:37	30	W30	1	6
77	Beck	Klaus	Neptun Emden	1956	2006	00:45:44	00:43:36	00:46:22	00:57:03	00:48:07	00:44:38	04:45:30	00:41:41	50	M50	3	6
78	Schröder	Frank	FA Wybelsum	1970	2006	00:46:38	00:44:47	00:46:24	00:57:05	00:48:06	00:43:37	04:46:37	00:41:51	36	M30	25	6
79	Freese	Arno	Strackholt	1981	2006	00:45:21	00:44:37	00:46:03	00:57:15	00:48:37	00:44:52	04:46:45	00:41:52	25	M20	11	6
80	Brandt	Lothar	TV Bunde	1966	2006	00:46:04	00:44:35	00:46:36	00:57:18	00:48:20	00:44:07	04:47:00	00:41:54	40	M40	32	6
81	Krull	Jonas	SpV Aurich	1986	2006	00:47:19	00:44:30	00:46:28	00:57:32	00:47:58	00:43:39	04:47:26	00:41:58	20	M20	12	6
82	Ter Fehr	Heino	TSV Hesel	1964	2006	00:45:14	00:43:23	00:47:22	00:57:33	00:49:28	00:44:38	04:47:38	00:41:59	42	M40	33	6
83	Aden	Hans-Dieter	TuS Hinte	1958	2006	00:46:26	00:44:25	00:47:07	00:56:53	00:48:19	00:44:29	04:47:39	00:42:00	48	M40	34	6
84	Bohlen	Folker	TG Wiesmoor	1965	2006	00:48:04	00:44:32	00:46:20	00:56:59	00:48:08	00:43:49	04:47:52	00:42:01	41	M40	35	6
85	Book	Menny	MC Floor	1964	2006	00:45:20	00:43:11	00:47:11	00:58:09	00:48:44	00:45:28	04:48:03	00:42:03	42	M40	36	6
86	Hüls	Uwe	TV Norden	1963	2006	00:47:46	00:44:03	00:46:47	00:56:34	00:48:16	00:44:39	04:48:05	00:42:03	43	M40	37	6
87	Rotte	Uwe	TuS Aurich-Ost	1960	2006	00:44:49	00:42:15	00:44:32	00:58:08	00:51:13	00:47:14	04:48:11	00:42:04	46	M40	38	6
88	Hartmann	Iirmi	TV Norden	1962	2006	00:45:31	00:44:09	00:47:06	00:57:34	00:49:06	00:44:56	04:48:22	00:42:06	44	W40	1	6
89	Alberts	Thomas	Krummhörn	1981	2006	00:45:55	00:44:21	00:46:38	00:57:17	00:49:14	00:44:59	04:48:24	00:42:06	25	M20	13	6
90	Severiens	Jan Wilhelm	Weener	1988	2006	00:46:55	00:44:22	00:45:53	00:57:01	00:48:15	00:46:11	04:48:37	00:42:08	18	MU20	9	6
91	Tunder	Garrell	SC Wiesens	1955	2006	00:45:24	00:44:52	00:47:00	00:57:42	00:49:00	00:44:48	04:48:46	00:42:09	51	M50	4	6
92	Geiken	Jürren	TV Norden	1961	2006	00:46:12	00:44:28	00:46:33	00:57:26	00:49:27	00:44:44	04:48:50	00:42:10	45	M40	39	6
93	Mix	Manuel	T. Deutsche Post	1974	2006	00:47:15	00:44:27	00:46:48	00:57:55	00:48:06	00:44:26	04:48:57	00:42:11	32	M30	26	6
94	Harms	Udo	Spetzerfehn	1981	2006	00:46:46	00:44:29	00:46:19	00:57:16	00:49:57	00:44:33	04:49:20	00:42:14	25	M20	14	6
95	Peters	Stefan	SV Ardorf	1987	2006	00:47:20	00:46:48	00:46:47	00:57:25	00:47:45	00:43:21	04:49:26	00:42:15	19	MU20	10	6
96	Sundermeyer	Dirk	TAO Aurich	1988	2006	00:48:40	00:46:18	00:47:08	00:55:39	00:48:40	00:43:18	04:49:43	00:42:18	18	MU20	11	6
97	Meyer	Joachim	LG Ostfriesland	1962	2006	00:46:34	00:44:05	00:46:30	00:56:56	00:50:16	00:45:55	04:50:16	00:42:22	44	M40	40	6
98	Meyer	Tönjes	TSV Hesel	1958	2006	00:45:29	00:44:08	00:46:50	00:58:03	00:50:28	00:45:38	04:50:36	00:42:25	48	M40	41	6
99	Plümer	Volker	Westoverledingen	1976	2006	00:48:10	00:44:33	00:47:33	00:57:48	00:48:29	00:44:19	04:50:52	00:42:28	30	M30	27	6
100	Trauernicht	Heinz	Polizei Leer	1965	2006	00:47:53	00:44:57	00:46:34	00:57:36	00:49:24	00:44:49	04:51:13	00:42:31	41	M40	42	6
101	Wallerowitz	Ewald	Südbrookmerland	1965	2006	00:46:51	00:44:17	00:47:17	00:57:28	00:49:42	00:45:43	04:51:18	00:42:32	41	M40	43	6
102	Ludwigs	Ingo	Vital Park Moor.	1976	2006	00:47:47	00:44:31	00:47:16	00:58:10	00:49:23	00:44:57	04:52:04	00:42:38	30	M30	28	6
103	Meints	Martin	SV Ochtersum	1991	2006	00:48:49	00:45:25	00:48:20	00:56:57	00:48:37	00:44:09	04:52:17	00:42:40	15	MU20	12	6
104	Graalman	André	VfL Germ. Leer	1990	2006	00:46:37	00:45:15	00:47:36	00:58:13	00:49:59	00:44:43	04:52:23	00:42:41	16	MU20	13	6
105	Wirdemann	Stefan	T. Deutsche Post	1972	2006	00:46:31	00:44:09	00:47:07	00:57:31	00:50:34	00:46:41	04:52:33	00:42:42	34	M30	29	6
106	Kutschker	Christoph	Aurich	1988	2006	00:46:27	00:45:45	00:47:17	00:57:59	00:50:00	00:45:46	04:53:14	00:42:48	18	MU20	14	6
107	Rausch	Martin	Fortuna Wirdum	1965	2006	00:46:16	00:49:39	00:46:58	00:57:31	00:49:04	00:43:48	04:53:16	00:42:49	41	M40	44	6
108	Bohte	Richard	LG Uplengen	1958	2006	00:47:36	00:45:23	00:47:42	00:58:12	00:49:49	00:45:05	04:53:47	00:42:53	48	M40	45	6
109	Deke	Keno	TV Oldersum	1986	2006	00:47:30	00:45:07	00:47:32	00:57:58	00:49:54	00:46:13	04:54:14	00:42:57	20	M20	15	6
110	Wilbers	Wilhelm	SV Ochtersum	1962	2006	00:47:54	00:45:26	00:47:43	00:58:26	00:50:08	00:44:39	04:54:16	00:42:58	44	M40	46	6
111	de Vries	Reinhard	Ulricianum Aurich	1961	2006	00:47:34	00:44:58	00:47:49	00:58:18	00:49:59	00:45:53	04:54:31	00:43:00	45	M40	47	6
112	Meyer	Christian	Simonswolde	1989	2006	00:48:38	00:45:33	00:47:35	00:57:59	00:49:16	00:46:31	04:55:32	00:43:09	17	MU20	15	6
113	Lübben	Astrid	Möbel Buss	1971	2006	00:46:34	00:44:38	00:48:11	00:59:03	00:50:44	00:46:35	04:55:45	00:43:11	35	W30	2	6
114	Puse	Gerd	BSC Burhufe	1963	2006	00:47:38	00:45:24	00:48:16	00:58:36	00:50:38	00:45:31	04:56:03	00:43:13	43	M40	48	6
115	Ostendorp	Meinhard	LT Ems Jemgun	1958	2006	00:47:03	00:45:19	00:47:47	00:59:09	00:50:51	00:46:09	04:56:18	00:43:15	48	M40	49	6
116	Malrooney	Thomas	VfL Germ. Leer	1983	2006	00:48:59	00:45:20	00:48:06	00:56:50	00:50:59	00:46:06	04:56:20	00:43:16	23	M20	16	6
117	Buss	Hinrich	LT Schafhauser W.	1954	2006	00:48:36	00:45:25	00:47:57	00:58:30	00:49:58	00:45:55	04:56:21	00:43:16	52	M50	5	6
118	Hanssen	Heyo	SC Wiesens	1961	2006	00:46:33	00:44:57	00:47:31	01:00:07	00:50:31	00:46:42	04:56:21	00:43:16	45	M40	50	6
119	Wiemken	Horst	T. Deutsche Post	1968	2006	00:48:02	00:45:42	00:47:58	00:59:07	00:50:00	00:45:35	04:56:24	00:43:16	38	M30	30	6
120	Müller	Gerold	SV Georgsheil	1953	2006	00:47:42	00:45:17	00:47:56	00:59:03	00:50:38	00:46:04	04:56:40	00:43:19	53	M50	6	6
121	Baumann	Ephard	Polizei Leer	1960	2006	00:47:38	00:45:18	00:48:38	00:58:53	00:50:50	00:45:50	04:57:07	00:43:22	46	M40	51	6
122	Schädler	Jens	Schiffsw. Diedrich	1960	2006	00:47:20	00:45:40	00:48:01	00:59:06	00:50:48	00:46:35	04:57:30	00:43:26	46	M40	52	6
123	Görtzen	Uwe	Emder LG	1965	2006	00:47:55	00:45:47	00:48:18	00:58:55	00:50:29	00:46:07	04:57:31	00:43:26	41	M40	53	6
124	Rückbrod	Martina	TV Norden	1987	2006	00:47:59	00:45:55	00:48:17	00:59:06	00:51:24	00:45:34	04:58:15	00:43:32	19	WU20	1	6
125	Radekopp	Daniel	Vffl. Berumbur	1987	2006	00:47:57	00:45:32	00:48:46	00:59:55	00:50:33	00:45:34	04:58:17	00:43:33	19	MU20	16	6
126	Freitag	Norbert	MTV Aurich	1948	2006	00:47:41	00:45:50	00:48:08	00:59:29	00:50:36	00:46:55	04:58:39	00:43:36	58	M50	7	6
127	Meyer	Thomas	SC Wiesens	1969	2006	00:47:35	00:45:11	00:48:21	00:59:56	00:51:18	00:46:18	04:58:39	00:43:36	37	M30	31	6
128	Schulz	Michael	TuS Aurich-Ost	1962	2006	00:47:40	00:45:56	00:48:09	00:59:20	00:50:32	00:47:08	04:58:45	00:43:37	44	M40	54	6
129	Hoffmeister	Sabrina	TV Norden	1989	2006	00:48:48	00:47:03	00:48:51	00:58:32	00:50:28	00:45:06	04:58:48	00:43:37	17	WU20	2	6
130	Schut	Frank	Vffl. Berumbur	1969	2006	00:47:56	00:45:53	00:48:21	00:59:10	00:51:09	00:46:30	04:58:59	00:43:39	37	M30	32	6
131	Kusche	Holger	RAIBA Moormerl.	1972	2006	00:48:02	00:45:57	00:48:29	00:59:19	00:50:58	00:46:21	04:59:06	00:43:40	34	M30	33	6
132	Beyer	Claudia	OLB Leer	1961	2006	00:47:20	00:44:49	00:48:33	00:59:54	00:51:17	00:47:13	04:59:06	00:43:40	45	W40	2	6
133	Stecker	Bruno	Fort. Logabirum	1950	2006	00:47:43	00:46:55	00:48:04	00:59:26	00:50:31	00:46:38	04:59:17	00:43:41	56	M50	8	6
134	Biel	Soenke	Spk Leer-Weener	1985	2006	00:49:52	00:46:21	00:48:56	00:57:51	00:50:01	00:46:18	04:59:19	00:43:42	21	M20	17	6
135	Saathoff	Hinrich	Fortuna Wirdum	1952	2006	00:48:47	00:46:11	00:48:31	00:59:04	00:51:08	00:46:14	04:59:55	00:43:47	54	M50	9	6
136	Barkhoff	Johann	Fortuna Wirdum	1956	2006	00:48:46	00:46:15	00:48									

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km						
143	Cramer	Enno	TuS Augustf.	1957	2006	00:48:47	00:46:49	00:49:08	01:00:08	00:51:07	00:46:28	05:02:27	00:44:09	49	M40	60	6
144	Kiehl	Werner	TuS Hinte	1951	2006	00:47:43	00:46:24	00:49:07	01:00:12	00:51:46	00:47:25	05:02:37	00:44:11	55	M50	12	6
145	Stracke	Alexander	MTV Aurich	1987	2006	00:48:08	00:45:48	00:49:09	00:59:44	00:52:22	00:47:54	05:03:05	00:44:15	19	MU20	17	6
146	Kohle	Helmut	TuS Hinte	1953	2006	00:48:35	00:46:26	00:49:10	01:00:11	00:51:43	00:47:28	05:03:33	00:44:19	53	M50	13	6
147	Baxmann	Thomas	Aurich	1966	2006	00:49:09	00:46:28	00:50:24	00:59:58	00:51:01	00:46:53	05:03:53	00:44:22	40	M40	61	6
148	Dendzik	Lukas	Holte "2"	1982	2006	00:50:01	00:47:20	00:49:22	01:00:22	00:50:37	00:46:12	05:03:54	00:44:22	24	M20	18	6
149	Hook	Michael	SV Dornum	1966	2006	00:48:52	00:46:26	00:49:06	00:59:42	00:52:29	00:47:36	05:04:11	00:44:24	40	M40	62	6
150	Heibült	Christian	SV Holtland	1940	2006	00:48:27	00:47:38	00:49:03	01:00:26	00:51:56	00:46:47	05:04:17	00:44:25	66	M60	1	6
151	Seele	Rüdiger	OHV - Aurich	1965	2006	00:49:20	00:47:18	00:49:42	01:00:02	00:51:40	00:47:02	05:05:04	00:44:32	41	M40	63	6
152	Bergmann	Matthias	SV Georgsheil	1966	2006	00:48:40	00:47:05	00:50:52	01:02:05	00:50:30	00:45:54	05:05:06	00:44:32	40	M40	64	6
153	Beeken	Hajo	SUS Strackholt	1961	2006	00:50:10	00:47:07	00:49:38	01:00:25	00:51:24	00:46:39	05:05:23	00:44:35	45	M40	65	6
154	Ditzfeld	Eimo	LG Ostfriesland	1992	2006	00:50:35	00:47:11	00:50:33	00:59:50	00:51:05	00:46:11	05:05:25	00:44:35	14	MU20	18	6
155	Merl	Christian	SZ Collhusen	1957	2006	00:49:16	00:45:53	00:50:00	01:01:02	00:51:16	00:48:01	05:05:28	00:44:36	49	M40	66	6
156	Freese	Heiko	TuS Aurich-Ost	1963	2006	00:48:01	00:46:58	00:48:48	01:02:47	00:52:40	00:46:34	05:05:48	00:44:39	43	M40	67	6
157	Böke	Christoph	Conc. Neermoor	1957	2006	00:49:27	00:46:32	00:50:16	01:00:47	00:52:13	00:47:17	05:06:32	00:44:45	49	M40	68	6
158	Wäcken	Kampe	Pews. Ossilooper	1962	2006	00:48:48	00:47:20	00:50:17	01:01:44	00:51:43	00:47:17	05:07:09	00:44:50	44	M40	69	6
159	Christoffers	Heike	LG Uplengen	1966	2006	00:47:58	00:47:07	00:50:08	01:02:12	00:52:31	00:47:25	05:07:21	00:44:52	40	W40	3	6
160	Meyerhoff	Dennis	Aurich	1989	2006	00:49:45	00:47:55	00:50:25	01:01:06	00:51:55	00:46:20	05:07:26	00:44:53	17	MU20	19	6
161	Lalk	Meyel	Westoverledingen	1960	2006	00:49:12	00:47:31	00:50:33	01:00:53	00:51:39	00:47:44	05:07:32	00:44:54	46	M40	70	6
162	de Riese	Reiner	Conc. Ihrhove	1959	2006	00:49:18	00:46:48	00:50:08	01:00:44	00:52:19	00:48:36	05:07:53	00:44:57	47	M40	71	6
163	Hinrichs	Detert	Lt Schaffh. Wald	1970	2006	00:48:34	00:46:53	00:50:39	01:00:21	00:52:58	00:48:30	05:07:55	00:44:57	36	M30	34	6
164	Schiller	Stefan	T. Deutsche Post	1976	2006	00:49:28	00:47:12	00:50:18	01:01:42	00:51:47	00:47:51	05:08:18	00:45:00	30	M30	35	6
165	Adick	Matthias	Aur. Taxenzentrale	1962	2006	00:50:24	00:47:48	00:49:40	01:00:50	00:51:46	00:47:55	05:08:23	00:45:01	44	M40	72	6
166	Penning	H.-Dieter	Fort. Logabirum	1962	2006	00:47:45	00:45:55	00:48:53	01:00:19	00:51:37	00:53:59	05:08:28	00:45:02	44	M40	73	6
167	Baumann	Friedhelm	TSV Hesel	1960	2006	00:49:19	00:47:27	00:50:38	01:00:56	00:52:50	00:47:21	05:08:31	00:45:02	46	M40	74	6
168	Eichstedt	Wilfried	VfL Germ. Leer	1976	2006	00:51:27	00:47:59	00:50:55	00:59:18	00:52:57	00:45:58	05:08:34	00:45:03	30	M30	36	6
169	Keiser	Johann	TSV Hesel	1962	2006	00:49:21	00:46:58	00:50:20	01:01:39	00:52:45	00:48:01	05:09:04	00:45:07	44	M40	75	6
170	Romaneeßen	Gerd	T. Deutsche Post	1963	2006	00:50:02	00:47:28	00:49:47	01:00:39	00:53:12	00:48:06	05:09:14	00:45:09	43	M40	76	6
171	Renken	Ingo	Spielmannsz. Marx	1967	2006	00:50:03	00:47:52	00:49:55	01:01:07	00:53:02	00:47:56	05:09:55	00:45:15	39	M30	37	6
172	Reinders	Tammo	NIGE	1987	2006	00:52:12	00:46:20	00:51:38	01:03:19	00:50:19	00:46:13	05:10:01	00:45:15	19	MU20	20	6
173	Grimm	Thomas	VfL Berumbur	1961	2006	00:48:51	00:47:34	00:49:39	01:01:24	00:52:57	00:49:44	05:10:09	00:45:17	45	M40	77	6
174	Lammers	Johann	SV Holtland	1963	2006	00:49:22	00:48:38	00:50:36	01:01:51	00:51:53	00:47:55	05:10:15	00:45:18	43	M40	78	6
175	Lay	Jan	SV Warsingsfehn	1954	2006	00:49:50	00:47:30	00:51:02	01:01:15	00:52:25	00:48:21	05:10:23	00:45:19	52	M50	14	6
176	Koch	Alfred	SC Wiesens	1960	2006	00:50:24	00:47:38	00:49:51	01:02:09	00:52:08	00:48:20	05:10:30	00:45:20	46	M40	79	6
177	Streckel	Peter	TV Norden	1954	2006	00:49:01	00:47:15	00:50:46	01:01:49	00:53:13	00:48:34	05:10:38	00:45:21	52	M50	15	6
178	Schwarz	Thorsten	LG Kirchdorf	1967	2006	00:49:30	00:47:10	00:49:54	01:01:32	00:53:34	00:49:17	05:10:57	00:45:24	39	M30	38	6
179	Bohmfolk	Tom	KSV Baltrum	1957	2006	00:49:55	00:47:43	00:50:04	01:02:01	00:53:09	00:48:10	05:11:02	00:45:24	49	M40	80	6
180	Bünting	Sönke	TUS Aurich-Ost	1988	2006	00:53:56	00:48:05	00:51:28	00:59:48	00:51:50	00:45:56	05:11:03	00:45:25	18	MU20	21	6
181	Dänekas	Jürgen	LG Uplengen	1958	2006	00:50:27	00:47:23	00:49:36	01:02:57	00:52:21	00:48:23	05:11:07	00:45:25	48	M40	81	6
182	Apetz	Anton	TV Norden	1943	2006	00:50:14	00:47:42	00:50:22	01:01:39	00:52:53	00:48:34	05:11:24	00:45:28	63	M60	2	6
183	Rulfs	Tjark	SV Eintracht Ihlow	1990	2006	00:52:10	00:46:51	00:50:44	01:01:58	00:52:34	00:47:20	05:11:37	00:45:29	16	MU20	22	6
184	Knode	Martin	RETEK Recycling	1963	2006	00:50:25	00:47:58	00:49:50	01:02:04	00:53:06	00:48:35	05:11:58	00:45:33	43	M40	82	6
185	Steinke	Rolf	SV Warsingsfehn	1967	2006	00:50:13	00:47:01	00:50:32	01:01:56	00:53:21	00:49:00	05:12:03	00:45:33	39	M30	39	6
186	Friesenborg	Jens	Leer	1963	2006	00:51:22	00:48:29	00:51:01	01:01:15	00:52:20	00:47:41	05:12:08	00:45:34	43	M40	83	6
187	Hillmer	Steffen	TuS Esens	1962	2006	00:50:59	00:48:12	00:50:30	01:01:59	00:52:52	00:47:54	05:12:26	00:45:37	44	M40	84	6
188	Duhlies	Frank	JC Bel. Aurich	1960	2006	00:52:07	00:47:50	00:50:16	01:01:37	00:52:11	00:48:39	05:12:40	00:45:39	46	M40	85	6
189	Fortmann	Peter	TG 71 "R" Wittm.	1966	2006	00:51:20	00:48:45	00:51:09	01:01:10	00:52:14	00:48:15	05:12:53	00:45:41	40	M40	86	6
190	Hillerts	Stefan	TuS Aurich-Ost	1970	2006	00:50:54	00:47:47	00:49:41	01:02:21	00:53:24	00:48:46	05:12:53	00:45:41	36	M30	40	6
191	Müller	Gerrit	Möbel Buss	1961	2006	00:50:51	00:48:27	00:50:41	01:02:03	00:52:07	00:48:45	05:12:54	00:45:41	45	M40	88	6
192	Hedemann	Fredy	Möbel Buss	1962	2006	00:50:51	00:48:27	00:50:41	01:02:02	00:52:08	00:48:45	05:12:54	00:45:41	44	M40	87	6
193	Janssen	Frank	Free herut Ardorf	1985	2006	00:50:15	00:47:44	00:50:53	01:01:23	00:54:31	00:48:19	05:13:05	00:45:42	21	M20	19	6
194	Stöter	Andreas	EWE Wattloopers	1968	2006	00:52:39	00:49:46	00:50:25	01:01:45	00:51:44	00:46:51	05:13:10	00:45:43	38	M30	41	6
195	Grüner	Matti	NIGE	1988	2006	00:52:17	00:47:08	00:51:35	01:03:21	00:51:23	00:47:26	05:13:10	00:45:43	18	MU20	23	6
196	v. Kentzinsky	Roland	TG Wiesmoor	1948	2006	00:49:37	00:47:37	00:50:32	01:02:36	00:53:53	00:49:08	05:13:23	00:45:45	58	M50	16	6
197	Sporré	Jürgen	Loppersum	1955	2006	00:49:23	00:47:00	00:49:33	01:01:25	00:54:12	00:51:52	05:13:25	00:45:45	51	M50	17	6
198	Miethke	Kuno	TuS Aurich-Ost	1975	2006	00:57:33	00:47:42	00:50:34	01:00:33	00:51:00	00:46:12	05:13:34	00:45:47	31	M30	42	6
199	Steinke	Hilde	Conc. Neermoor	1945	2006	00:49:28	00:47:57	00:50:44	01:02:59	00:53:31	00:49:22	05:14:01	00:45:51	61	W60	1	6
200	Jakobs	Johann	VfL Jheringsfehn	1964	2006	00:49:27	00:46:50	00:50:21	01:01:57	00:53:21	00:52:15	05:14:11	00:45:52	42	M40	89	6
201	Graf	Karin	SV Dornum	1969	2006	00:52:32	00:48:48	00:50:37	01:02:41	00:52:44	00:46:50	05:14:12	00:45:52	37	W30	3	6
202	Marschall	Iris	TV Norden	1966	2006	00:50:22	00:47:47	00:50:40	01:02:37	00:53:26	00:49:44	05:14:36	00:45:56	40	W40	4	6
203	Sandersfeld	Johann	LG Uplengen	1955	2006	00:50:53	00:49:14	00:51:25	01:02:17	00:52:24	00:48:23	05:14:36	00:45:56	51	M50	18	6
204	Severiens	Gerold	Fort. Logabirum	1948	2006	00:49:53	00:48:26	00:50:49	01:03:45	00:53:03	00:48:40	05:14:36	00:45:56	58	M50	19	6
205	Post	Erhard	LG Uplengen	1964	2006	00:50:21	00:48:57	00:50:06	01:03:53	00:53:37	00:47:46	05:14:40	00:45:56	42	M40	90	6
206	Elsner	Ralf	TSV Hesel	1985	2006	00:51:53	00:48:53	00:50:40	01:00:48	00:53:19	00:49:22	05:14:55	00:45:58	21	M20	20	6
207	Redmers	Christian	TUS Aurich-Ost	1990	2006	00:											

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km	km 68,50	10km				
214	Lünemann	Adrian	Holtland	1980	2006	00:52:58	00:47:51	00:51:10	01:01:58	00:53:41	00:49:12	05:16:50	00:46:15	26	M20	21	6
215	Voogd	Stefan	Polizei Leer	1974	2006	00:52:24	00:48:47	00:50:53	01:02:04	00:53:33	00:49:13	05:16:54	00:46:16	32	M30	44	6
216	Rulfs	Rainer	Eintracht Ihlow	1960	2006	00:51:04	00:47:53	00:51:06	01:03:06	00:53:36	00:50:23	05:17:08	00:46:18	46	M40	92	6
217	Oltmanns	Reinhard	Kuper-Bau	1965	2006	00:51:42	00:48:28	00:51:57	01:02:48	00:52:42	00:49:32	05:17:09	00:46:18	41	M40	93	6
218	Schwitters	Richard	LT Schafhauser W.	1950	2006	00:50:41	00:48:16	00:52:08	01:03:23	00:53:31	00:49:12	05:17:11	00:46:18	56	M50	22	6
219	Buß	Timo	RVB Uplengen	1984	2006	00:52:22	00:49:28	00:51:23	01:02:00	00:53:25	00:48:35	05:17:13	00:46:19	22	M20	22	6
220	Bootjer	Eric	RVB Uplengen	1966	2006	00:51:13	00:49:22	00:51:33	01:03:18	00:53:26	00:48:41	05:17:33	00:46:21	40	M40	94	6
221	Hummerich	Ludwig	SV Emden-H.	1960	2006	00:53:07	00:49:41	00:50:37	01:01:48	00:54:20	00:48:00	05:17:33	00:46:21	46	M40	95	6
222	Janssen	Ingo	F.-Loopers Wiesm.	1967	2006	00:49:49	00:48:06	00:51:51	01:04:03	00:54:17	00:49:27	05:17:33	00:46:21	39	M30	45	6
223	Ottjes	Uwe	Möbel Buss	1966	2006	00:53:06	00:48:15	00:50:42	01:02:03	00:54:21	00:49:14	05:17:41	00:46:23	40	M40	96	6
224	Freeseemann	Alfred	TV Oldersum	1967	2006	00:50:53	00:48:49	00:51:42	01:02:59	00:54:15	00:49:20	05:17:58	00:46:25	39	M30	46	6
225	de Vries	Holger	Pews. Ossilooper	1970	2006	00:53:35	00:49:16	00:50:17	01:02:55	00:52:49	00:49:11	05:18:03	00:46:26	36	M30	47	6
226	Fischer	Günther	SUS Strackholt	1952	2006	00:51:15	00:49:43	00:51:25	01:02:42	00:53:54	00:49:09	05:18:08	00:46:27	54	M50	23	6
227	Pruin	Johannes	Westoverledingen	1962	2006	00:51:22	00:49:38	00:52:10	01:02:24	00:53:42	00:48:53	05:18:09	00:46:27	44	M40	97	6
228	Rose	Udo	Hesel	1964	2006	00:50:37	00:48:55	00:51:26	01:03:04	00:53:48	00:50:26	05:18:16	00:46:28	42	M40	98	6
229	Mühlenbrock	Ewald	Druckerei Meyer	1963	2006	00:51:02	00:48:32	00:51:10	01:02:54	00:54:48	00:49:52	05:18:18	00:46:28	43	M40	99	6
230	Grimm	Uwe	Vfll. Berumbur	1969	2006	00:50:12	00:49:40	00:51:40	01:03:16	00:54:09	00:49:38	05:18:35	00:46:31	37	M30	48	6
231	Kreienbrock	Carsten	Leer	1968	2006	00:51:17	00:49:32	00:51:13	01:04:17	00:53:16	00:49:46	05:19:21	00:46:37	38	M30	49	6
232	Ewen	Michael	TV Marienhaf	1976	2006	00:51:26	00:49:22	00:53:04	01:03:33	00:52:59	00:49:07	05:19:31	00:46:39	30	M30	50	6
233	Penning	Herrmann	RAIBA Moormerl.	1969	2006	00:52:56	00:51:19	00:51:34	01:02:46	00:53:08	00:48:08	05:19:51	00:46:42	37	M30	51	6
234	Poyda	Mattes	TUS Aurich-Ost	1988	2006	00:52:50	00:48:13	00:51:46	01:05:01	00:54:04	00:48:04	05:19:58	00:46:43	18	MU20	25	6
235	Hensmann	Imke	RAIBA Moormerl.	1975	2006	00:51:36	00:48:52	00:51:23	01:03:15	00:54:29	00:50:25	05:20:00	00:46:43	31	W30	4	6
236	Kramer	Manfred	LG Werder-Ossis	1962	2006	00:50:42	00:48:58	00:52:08	01:03:37	00:54:22	00:50:21	05:20:08	00:46:44	44	M40	100	6
237	Pretl	Tim	LT Schafhauser W.	1978	2006	00:52:09	00:49:23	00:51:19	01:03:04	00:54:45	00:49:30	05:20:10	00:46:44	28	M20	23	6
238	Kalkwarf	Ewald	Pews. Ossilooper	1964	2006	00:51:23	00:49:18	00:51:29	01:03:39	00:54:47	00:49:45	05:20:21	00:46:46	42	M40	101	6
239	Heien	Elisabeth	TuS Esens	1958	2006	00:51:41	00:49:18	00:51:41	01:03:24	00:54:31	00:49:58	05:20:33	00:46:48	48	W40	7	6
240	Dellwisch	Hinrich	TuS Aurich-Ost	1988	2006	00:51:50	00:48:25	00:52:20	01:04:46	00:54:11	00:49:09	05:20:41	00:46:49	18	MU20	26	6
241	Wallenstein	Detlef	Weener	1973	2006	00:51:05	00:49:29	00:52:14	01:03:30	00:54:15	00:50:19	05:20:52	00:46:51	33	M30	52	6
242	Schoon	Markus	Rhauderfehn	1979	2006	00:53:33	00:50:37	00:51:26	01:01:53	00:54:29	00:48:58	05:20:56	00:46:51	27	M20	24	6
243	Kuhlmann	Frank	TV Marienhaf	1975	2006	00:52:20	00:49:30	00:50:50	01:03:38	00:54:04	00:50:41	05:21:03	00:46:52	31	M30	53	6
244	Kuper	Wolfgang	Grün-W. Firrel	1970	2006	00:51:14	00:49:20	00:51:30	01:04:01	00:54:46	00:50:15	05:21:06	00:46:53	36	M30	54	6
245	Coordes	Johannes	Hesel	1969	2006	00:51:08	00:48:49	00:50:51	01:05:11	00:55:28	00:50:07	05:21:34	00:46:57	37	M30	55	6
246	Federkeil	Philipp	Leer	1956	2006	00:51:47	00:49:19	00:51:22	01:05:20	00:54:13	00:49:43	05:21:44	00:46:58	50	M50	24	6
247	Weber	Siegfried	Möbel Buss	1962	2006	00:50:51	00:50:07	00:52:33	01:03:20	00:55:22	00:49:31	05:21:44	00:46:58	44	M40	102	6
248	Janssen	Erwin	4./Kdo SES	1968	2006	00:52:53	00:49:27	00:51:39	01:04:10	00:54:05	00:49:39	05:21:53	00:46:59	38	M30	56	6
249	Schmidt	Frank	Emder LG	1965	2006	00:49:23	00:47:19	00:51:24	01:06:24	00:54:59	00:52:25	05:21:54	00:47:00	41	M40	103	6
250	Kleen	Diedrich	EWE Wattloopers	1972	2006	00:52:15	00:50:35	00:51:39	01:03:34	00:54:14	00:49:41	05:21:58	00:47:00	34	M30	57	6
251	Oltmanns	Jürgen	Rhauderfehn	1962	2006	00:51:52	00:49:52	00:52:44	01:04:11	00:54:07	00:49:13	05:21:59	00:47:00	44	M40	104	6
252	Sühwold	Simon	Leer	1971	2006	00:52:04	00:49:23	00:52:35	01:03:56	00:54:10	00:49:54	05:22:02	00:47:01	35	M30	58	6
253	Wittek	Claudia	Crocodiles Ihlow	1964	2006	00:52:00	00:49:37	00:51:39	01:04:06	00:54:14	00:50:26	05:22:02	00:47:01	42	W40	8	6
254	Ledebur	Henning	NIGE	1987	2006	00:52:11	00:47:31	00:52:19	01:06:48	00:53:23	00:49:59	05:22:11	00:47:02	19	MU20	27	6
255	Schultz	Heinz	VFR Heisfelde	1949	2006	00:51:31	00:48:54	00:52:34	01:05:09	00:54:44	00:49:30	05:22:22	00:47:04	57	M50	25	6
256	Beckers	Achim	VfL Germ. Leer	1959	2006	00:52:03	00:49:44	00:52:49	01:04:05	00:54:40	00:49:11	05:22:32	00:47:05	47	M40	105	6
257	Bruns	Helmut	TuS Hinte	1951	2006	00:50:46	00:49:19	00:51:34	01:05:05	00:55:21	00:51:13	05:23:18	00:47:12	55	M50	26	6
258	Kremmin	André	Emder LG	1962	2006	00:47:52	00:47:24	00:52:41	01:08:04	00:56:38	00:50:45	05:23:24	00:47:13	44	M40	106	6
259	Sjuts	Bonno	TV Norden	1951	2006	00:52:16	00:50:21	00:52:13	01:03:55	00:55:12	00:49:58	05:23:55	00:47:17	55	M50	27	6
260	Voß	Ingo	TTG Holtriem	1983	2006	00:52:13	00:49:34	00:51:53	01:04:36	00:54:33	00:51:10	05:23:59	00:47:18	23	M20	25	6
261	Stanke	Detlef	TSG Westerstede	1950	2006	00:50:32	00:49:26	00:54:22	01:05:14	00:55:30	00:49:10	05:24:14	00:47:20	56	M50	28	6
262	Süssen	Jürgen	A 8 Life	1965	2006	00:52:01	00:49:49	00:52:33	01:03:59	00:55:38	00:50:22	05:24:22	00:47:21	41	M40	107	6
263	Klömpges	Axel	Aur. Taxenzentrale	1961	2006	00:53:03	00:51:59	00:50:58	01:03:05	00:55:36	00:50:05	05:24:46	00:47:25	45	M40	108	6
264	Oltmanns	Thomas	SV Holterfehn	1974	2006	00:51:16	01:00:12	00:50:31	01:01:43	00:53:11	00:48:05	05:24:58	00:47:26	32	M30	59	6
265	Schmeding	Jörg	Druckerei Meyer	1966	2006	00:51:03	00:49:28	00:53:21	01:06:42	00:54:43	00:49:45	05:25:02	00:47:27	40	M40	109	6
266	Harms	Meinhard	TSV Riepe	1950	2006	00:51:33	00:49:36	00:52:41	01:04:27	00:54:55	00:51:53	05:25:05	00:47:27	56	M50	29	6
267	Wolbers	Josef	Rhauderfehn	1966	2006	00:54:12	00:50:53	00:52:43	01:02:41	00:54:10	00:50:50	05:25:29	00:47:31	40	M40	110	6
268	Narr	Werner	Leer	1949	2006	00:51:21	00:49:45	00:52:40	01:03:44	00:55:23	00:52:46	05:25:39	00:47:32	57	M50	30	6
269	Borcherding	Dirk	MTV Wittmund	1969	2006	00:53:01	00:49:56	00:53:02	01:03:05	00:55:27	00:51:10	05:25:41	00:47:33	37	M30	60	6
270	Möhlmann	Manfred	SC Wiesens	1964	2006	00:53:17	00:50:55	00:52:31	01:04:26	00:54:39	00:49:53	05:25:41	00:47:33	42	M40	111	6
271	Grafs	Ulla	Wittmund	1965	2006	00:52:16	00:49:48	00:53:30	01:04:43	00:55:14	00:50:28	05:25:59	00:47:35	41	W40	9	6
272	Ries	Sven	A 8 Life	1974	2006	00:52:02	00:49:24	00:52:34	01:04:00	00:55:39	00:52:35	05:26:14	00:47:38	32	M30	61	6
273	Ottersberg	Jörg	TG Wiesmoor	1970	2006	00:54:53	00:49:27	00:52:15	01:04:29	00:54:57	00:50:20	05:26:21	00:47:39	36	M30	62	6
274	Freeseemann	Gerhold	Osthauderfehn	1964	2006	00:56:06	00:50:22	00:52:10	01:03:58	00:54:16	00:49:34	05:26:26	00:47:39	42	M40	112	6
275	Hinrichs	Marko	BSC Burhufe	1986	2006	00:53:37	00:50:00	00:51:33	01:04:34	00:54:46	00:52:08	05:26:38	00:47:41	20	M20	26	6
276	Drosten	Jürgen	Fortuna Wirdum	1960	2006	00:52:47	00:50:37	00:52:22	01:04:48	00:55:36	00:50:38	05:26:48	00:47:42	46	M40	113	6
277	Meyerohoff	Helmut	LG Ostfriesland	1962	2006	00:52:52	00:50:23	00:52:35	01:04:05	00:55:23	00:51:35	05:26:53	00:47:43	44	M40	114	6
278	Hemmers	Julia	MTV Aurich	1987</													

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
285	Schäfer	Karlheinz	SC Wiesens	1958	2006	00:51:00	00:49:51	00:52:22	01:05:24	00:58:06	00:51:34	05:28:17	00:47:55	48	M40	118	6
286	Scholtalbers	Hendrik	SV Hesel	1959	2006	00:53:45	00:50:51	00:55:43	01:03:28	00:55:26	00:49:04	05:28:17	00:47:55	47	M40	117	6
287	Bruns	Marcel	SV Ochtersum	1990	2006	01:00:36	00:49:55	00:52:29	01:02:44	00:54:12	00:48:24	05:28:20	00:47:56	16	MU20	28	6
288	Scholz	Alfred	SG Freesum	1953	2006	00:52:41	00:50:17	00:53:39	01:04:25	00:55:39	00:51:40	05:28:21	00:47:56	53	M50	31	6
289	Seeberg	H.-Dieter	Ulricianum Aurich	1962	2006	00:52:54	00:50:38	00:54:06	01:04:58	00:55:17	00:50:44	05:28:37	00:47:58	44	M40	119	6
290	Tjards	Helmut	TuS Aurich-Ost	1964	2006	00:53:38	00:51:17	00:53:10	01:04:44	00:55:53	00:49:57	05:28:39	00:47:59	42	M40	120	6
291	Brüsehoff	Wichert	Oldersum	1966	2006	00:54:23	00:50:57	00:52:31	01:03:01	00:54:14	00:53:34	05:28:40	00:47:59	40	M40	121	6
292	Weets	Joachim	Polizei Esens	1960	2006	00:55:39	00:52:59	00:52:36	01:03:06	00:54:54	00:49:31	05:28:45	00:48:00	46	M40	122	6
293	Rahn	Hinrich	TuS Aurich-Ost	1973	2006	00:52:37	00:50:38	00:53:38	01:06:18	00:55:20	00:50:31	05:29:02	00:48:02	33	M30	67	6
294	Doden	Alfred	SV Ochtersum	1958	2006	00:53:05	00:49:50	00:51:56	01:03:46	00:54:27	00:56:09	05:29:13	00:48:04	48	M40	123	6
295	Wilms	Wilfried	KBV Langefeld	1961	2006	00:53:09	00:50:27	00:52:47	01:04:17	00:56:04	00:52:38	05:29:22	00:48:05	45	M40	124	6
296	Wilken	Gerhold	Spk Leer-Weener	1954	2006	00:53:50	00:51:36	00:52:36	01:05:08	00:55:31	00:51:12	05:29:53	00:48:09	52	M50	32	6
297	Barth	Jan-Uwe	TV Oldersum	1979	2006	00:52:57	00:51:37	00:53:00	01:05:07	00:55:33	00:51:56	05:30:10	00:48:12	27	M20	27	6
298	Lowin	Volker	TuS Aurich-Ost	1955	2006	00:52:42	00:50:12	00:53:56	01:06:07	00:55:56	00:51:46	05:30:39	00:48:16	51	M50	33	6
299	Hildebrandt	Volkmär	TuS Weene	1955	2006	00:53:19	00:50:04	00:53:23	01:05:34	00:56:13	00:52:14	05:30:47	00:48:17	51	M50	34	6
300	Franke	Horst	SV Ochtersum	1958	2006	00:53:44	00:53:10	00:53:16	01:03:54	00:55:55	00:51:11	05:31:10	00:48:21	48	M40	125	6
301	Heyen	Uwe	SV Großefehn	1960	2006	00:53:19	00:51:10	00:53:16	01:05:24	00:56:19	00:51:51	05:31:19	00:48:22	46	M40	126	6
302	Glanzer	Elfriede	LT Schafhauser W.	1961	2006	00:51:56	00:50:40	00:53:26	01:06:45	00:56:58	00:51:40	05:31:25	00:48:23	45	W40	10	6
303	Wilken	Stefan	TSV Hesel	1989	2006	00:55:09	00:51:29	00:53:22	01:06:00	00:54:45	00:50:45	05:31:30	00:48:24	17	MU20	29	6
304	Voss	Bernhard	TuS Aurich-Ost	1958	2006	00:55:19	00:49:11	00:53:15	01:08:38	00:54:11	00:51:04	05:31:38	00:48:25	48	M40	127	6
305	Taaks	Michael	TV Moorerland	1978	2006	00:54:29	00:51:21	00:53:01	01:05:29	00:56:26	00:50:55	05:31:41	00:48:25	28	M20	28	6
306	Peters	Heiko	Möbel Buss	1964	2006	00:53:57	00:51:57	00:53:46	01:05:31	00:55:19	00:51:22	05:31:52	00:48:27	42	M40	128	6
307	Goetz	Helfried	KBV Wiesedermeer	1971	2006	00:55:10	00:51:55	00:53:48	01:04:39	00:54:35	00:51:49	05:31:56	00:48:27	35	M30	68	6
308	Rötteken	Kersten	Simonswoide	1971	2006	00:52:49	00:49:42	00:53:48	01:06:08	00:58:25	00:51:17	05:32:09	00:48:29	35	M30	69	6
309	Edden	Michael	NIGE	1987	2006	01:00:02	00:50:49	00:52:21	01:06:47	00:53:10	00:49:29	05:32:38	00:48:34	19	MU20	30	6
310	Ensuleit	Udo	TC GW Leer	1948	2006	00:53:09	00:52:15	00:53:56	01:05:13	00:56:55	00:51:13	05:32:41	00:48:34	58	M50	35	6
311	Middeke	Jasmin	Concordia Ihrhove	1988	2006	00:50:39	00:49:30	00:55:59	01:06:01	00:57:25	00:53:10	05:32:44	00:48:34	18	WU20	4	6
312	Juilfs	Eilert	SUS Strackholt	1945	2006	00:53:34	00:51:01	00:53:45	01:06:22	00:56:57	00:51:08	05:32:47	00:48:35	61	M60	3	6
313	Joachim	H.-Herm.	Hesel	1950	2006	00:54:00	00:51:50	00:54:05	01:05:06	00:55:54	00:51:57	05:32:52	00:48:36	56	M50	36	6
314	Kroon	Meino	TSV Hesel	1960	2006	00:53:34	00:50:54	00:53:52	01:06:25	00:55:40	00:52:37	05:33:02	00:48:37	46	M40	129	6
315	Kiesé	Kersten	TUS Esens	1964	2006	00:53:19	00:51:40	00:53:47	01:05:34	00:56:48	00:52:04	05:33:12	00:48:39	42	M40	130	6
316	Buss	Heinz	MTV Wittmund	1949	2006	00:53:08	00:51:01	00:54:53	01:06:44	00:56:43	00:50:49	05:33:18	00:48:39	57	M50	37	6
317	Müller	Heinz	Neufirrel	1969	2006	00:53:43	00:52:22	00:53:41	01:05:16	00:56:03	00:52:29	05:33:34	00:48:42	37	M30	70	6
318	Schaffert	Dieter	TSV Riepe	1962	2006	00:53:32	00:52:05	00:53:40	01:06:09	00:55:58	00:52:26	05:33:50	00:48:44	44	M40	131	6
319	Buss	Imme	SV Holtland	1948	2006	00:53:45	00:51:02	00:54:10	01:06:04	00:56:06	00:52:44	05:33:51	00:48:44	58	W50	1	6
320	Strömer	Berthold	Westesander	1956	2006	00:53:48	00:52:34	00:54:31	01:06:00	00:55:54	00:51:19	05:34:06	00:48:46	50	M50	38	6
321	Brinkmann	Gerold	Polizei Leer	1965	2006	00:55:45	00:53:27	00:53:58	01:06:05	00:54:44	00:50:10	05:34:09	00:48:47	41	M40	132	6
322	Janssen	Lars	TuS Sandhorst	1981	2006	00:55:25	00:52:00	00:54:54	01:05:33	00:55:55	00:50:23	05:34:10	00:48:47	25	M20	29	6
323	Schoon	Reiner	SUS Strackholt	1964	2006	00:51:45	00:50:28	00:53:21	01:07:20	00:58:26	00:52:56	05:34:16	00:48:48	42	M40	133	6
324	Keiser	Heidrun	LG Uplengen	1957	2006	00:53:35	00:51:25	00:54:41	01:05:57	00:56:59	00:51:41	05:34:18	00:48:48	49	W40	11	6
325	Günsel	Lutz	Druckerei Meyer	1969	2006	00:53:35	00:50:47	00:53:30	01:06:55	00:55:48	00:53:48	05:34:23	00:48:49	37	M30	71	6
326	de Buhr	Oskar	Leer	1951	2006	00:53:08	00:50:09	00:55:21	01:05:07	00:57:53	00:52:55	05:34:33	00:48:50	55	M50	39	6
327	Emmelin	Gaëlle	Aurich	1987	2006	00:53:52	00:51:05	00:56:10	01:06:08	00:56:16	00:51:16	05:34:47	00:48:52	19	WU20	5	6
328	Horn	Gerhard	Rhauderfehn	1954	2006	00:53:40	00:51:06	00:54:55	01:06:39	00:56:29	00:51:59	05:34:48	00:48:53	52	M50	40	6
329	Schoon	Günther	TG Wiesmoor	1950	2006	00:53:52	00:51:17	00:54:07	01:06:23	00:56:23	00:52:49	05:34:51	00:48:53	56	M50	41	6
330	Tjards	Christa	KSV Baltrum	1953	2006	00:54:10	00:53:34	00:54:19	01:05:44	00:55:53	00:51:17	05:34:57	00:48:54	53	W50	2	6
331	Müller	Tanja	Aurich	1977	2006	00:56:14	00:53:23	00:53:37	01:04:46	00:55:47	00:51:12	05:34:59	00:48:54	29	W20	1	6
332	Krems	H.-Jürgen	BR Ostfr. Küste	1959	2006	00:52:06	00:51:09	00:53:19	01:05:20	00:58:12	00:54:56	05:35:02	00:48:55	47	M40	134	6
333	van Mark	Dirk	Rhauderfehn	1989	2006	00:55:07	00:52:51	00:53:28	01:07:55	00:55:38	00:50:05	05:35:04	00:48:55	17	MU20	31	6
334	Scharf	Malte	NIGE	1988	2006	00:54:32	00:51:49	00:53:12	01:08:12	00:56:06	00:51:21	05:35:12	00:48:56	18	MU20	32	6
335	Ruppert	Heinz	SV Dornum	1944	2006	00:54:05	00:52:02	00:54:21	01:05:59	00:56:21	00:52:28	05:35:16	00:48:57	62	M60	4	6
336	Poppen	Enno	Crocodiles Ihlow	1962	2006	00:52:33	00:49:50	00:54:26	01:08:07	00:56:22	00:54:03	05:35:21	00:48:57	44	M40	135	6
337	Feikes	Thorsten	EWE Wattlooper	1969	2006	00:53:29	00:51:44	00:54:12	01:06:49	00:56:21	00:52:55	05:35:30	00:48:59	37	M30	72	6
338	Rost	Mike	Wittmund	1954	2006	00:53:31	00:53:07	00:53:27	01:10:19	00:55:22	00:49:44	05:35:30	00:48:59	52	M50	42	6
339	Neumann	Roger	BW Ramsloh	1958	2006	00:53:59	00:53:54	00:53:51	01:06:15	00:55:56	00:51:39	05:35:34	00:48:59	48	M40	136	6
340	Tjardes	Karl	MTV Wittmund	1943	2006	00:53:55	00:51:43	00:54:41	01:06:12	00:56:15	00:52:52	05:35:38	00:49:00	63	M60	5	6
341	Pennig	Friedr-Karl	TGG	1948	2006	00:54:31	00:51:06	00:54:50	01:05:55	00:56:44	00:52:57	05:36:03	00:49:04	58	M50	43	6
342	Krämer	Rolf	SV Spetzerfehn	1978	2006	00:56:44	00:52:23	00:54:43	01:05:09	00:56:20	00:50:47	05:36:06	00:49:04	28	M20	30	6
343	Müller	Stefan	NLWKN Leysiel	1961	2006	00:54:37	00:53:00	00:55:03	01:05:19	00:57:35	00:51:11	05:36:45	00:49:10	45	M40	137	6
344	Lamschus	Jan-Lüder	TuS Hinte	1958	2006	00:54:46	00:50:49	00:53:35	01:06:01	00:59:28	00:52:07	05:36:46	00:49:10	48	M40	138	6
345	Frieden	Thorsten	Burhufe	1970	2006	00:54:16	00:53:32	00:55:21	01:06:11	00:56:14	00:51:32	05:37:06	00:49:13	36	M30	73	6
346	Temme	Friedrich	Pews. Ossilooper	1968	2006	00:54:24	00:52:47	00:54:38	01:06:48	00:57:41	00:50:57	05:37:15	00:49:14	38	M30	74	6
347	Neemann	Jannette	TuS Aurich-Ost	1967	2006	00:55:10	00:52:42	00:54:24	01:06:37	00:56:54	00:52:11	05:37:58	00:49:20	39	W30	5	6
348	Mäscher	Heiner	BBS Papenburg	1954	2006	00:54:13	00:52:50	00:54:27	01:07:24	00:56:42	00:52:27	05:38:03	00:49:21	52	M50	44	6
349	Frerichs																

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
356	Keiser	Ralf	Leer	1966	2006	00:54:35	00:53:01	00:54:44	01:07:23	00:56:40	00:52:44	05:39:07	00:49:30	40	M40	142	6
357	Güttner	David	TG Wiesmoor	1980	2006	00:55:17	00:53:16	00:55:41	01:05:48	00:57:13	00:52:03	05:39:18	00:49:32	26	M20	31	6
358	Saathoff-Kett.	Günter	TSV Hesel	1956	2006	00:53:44	00:53:01	00:55:11	01:06:54	00:57:37	00:53:16	05:39:43	00:49:36	50	M50	46	6
359	Knak	Thomas	SV Dornum	1964	2006	00:52:56	00:55:27	00:55:01	01:05:59	00:57:14	00:53:06	05:39:43	00:49:36	42	M40	143	6
360	Thoben	Martin	SC Langholt	1970	2006	00:55:02	00:54:42	00:54:45	01:07:43	00:55:57	00:51:37	05:39:46	00:49:36	36	M30	77	6
361	Kalkwarf	Udo	LG Ostfriesland	1971	2006	00:55:21	00:52:51	00:54:02	01:08:02	00:57:01	00:52:38	05:39:55	00:49:37	35	M30	78	6
362	Janssen	Gerold	Wallinghausen	1966	2006	00:54:38	00:53:51	00:55:49	01:07:21	00:56:49	00:51:31	05:39:59	00:49:38	40	M40	144	6
363	van Rossum	Matthijs	Fresena Ihren	1962	2006	00:55:04	00:52:19	00:55:43	01:07:47	00:58:05	00:51:14	05:40:12	00:49:40	44	M40	145	6
364	Uphoff	Helmut	RVB Uplengen	1964	2006	00:56:20	00:53:45	00:54:20	01:06:49	00:56:57	00:52:02	05:40:13	00:49:40	42	M40	146	6
365	Klinkenberg	Enno	TV Norden	1949	2006	00:56:11	00:52:42	00:54:55	01:07:22	00:57:38	00:51:29	05:40:17	00:49:41	57	M50	47	6
366	Janssen	Ilka	Jeans-Janssen A.	1965	2006	00:54:57	00:52:52	00:55:34	01:06:51	00:57:15	00:52:48	05:40:17	00:49:41	41	W40	12	6
367	Kölber	Richard	TV Norden	1966	2006	00:54:04	00:53:05	00:54:24	01:08:45	00:58:04	00:52:06	05:40:28	00:49:42	40	M40	147	6
368	Gronewold	Elke	TV Norden	1967	2006	00:56:06	00:53:40	00:54:18	01:07:25	00:56:41	00:52:43	05:40:53	00:49:46	39	W30	6	6
369	Gippert	H.-Jürgen	TG Wiesmoor	1944	2006	00:54:07	00:53:33	00:58:09	01:07:33	00:56:17	00:51:20	05:40:59	00:49:47	62	M60	6	6
370	Nannen	Jörg	Holtland	1973	2006	00:54:59	00:53:57	00:55:21	01:08:07	00:57:04	00:51:42	05:41:10	00:49:48	33	M30	79	6
371	Janssen	Friedhelm	KBV Langefeld	1966	2006	00:54:42	00:53:02	00:55:18	01:07:13	00:58:09	00:52:54	05:41:18	00:49:49	40	M40	148	6
372	Auge	Benjamin	HSG Leer	1989	2006	00:54:18	00:51:28	00:53:23	01:13:10	00:57:42	00:51:42	05:41:43	00:49:53	17	MU20	34	6
373	Hilger	Karsten	TV Norden	1969	2006	00:55:08	00:54:10	00:55:36	01:08:26	00:55:26	00:53:07	05:41:53	00:49:55	37	M30	80	6
374	Burlage	Udo	SC Wiesens	1957	2006	00:53:30	00:52:37	00:55:19	01:08:19	00:57:47	00:54:32	05:42:04	00:49:56	49	M40	149	6
375	Stahnke	Werner	Finanzamt Aurich	1956	2006	00:54:17	00:52:28	00:55:49	01:08:08	00:58:00	00:53:26	05:42:08	00:49:57	50	M50	48	6
376	Hasseler	Renate	RAIBA Moormerl.	1970	2006	00:55:55	00:54:26	00:54:13	01:06:46	00:57:43	00:53:06	05:42:09	00:49:57	36	W30	7	6
377	Meinen	Gerold	BSC Burhufe	1963	2006	00:56:35	00:54:31	00:55:25	01:07:17	00:56:33	00:51:49	05:42:10	00:49:57	43	M40	150	6
378	Wagner	Richard	Crocodiles Ihlow	1958	2006	00:55:16	00:52:40	00:55:28	01:07:34	00:57:47	00:53:36	05:42:21	00:49:59	48	M40	151	6
379	Brahms	Georg	SV Stikkelkamp	1943	2006	00:54:15	00:51:05	00:54:42	01:08:50	00:57:31	00:56:04	05:42:27	00:50:00	63	M60	7	6
380	Decker	Hartmut	T. Deutsche Post	1962	2006	00:56:51	00:54:13	00:54:42	01:07:26	00:56:59	00:52:16	05:42:27	00:50:00	44	M40	152	6
381	Goldswear	Theo	LT VfB Rajen	1953	2006	00:55:39	00:53:44	00:55:44	01:08:18	00:56:51	00:52:12	05:42:28	00:50:00	53	M50	49	6
382	Nikoleit	Janna	TuS Hinte	1987	2006	00:53:36	00:51:35	00:54:06	01:09:06	00:56:32	00:57:36	05:42:31	00:50:00	19	WU20	6	6
383	Hoppen	Fred	SV Dornum	1963	2006	00:55:28	00:54:28	00:55:04	01:06:52	00:58:29	00:52:31	05:42:52	00:50:03	43	M40	153	6
384	Tammerna	Friedhelm	Emden	1968	2006	00:58:56	00:53:55	00:51:57	01:10:14	00:55:05	00:52:47	05:42:54	00:50:04	38	M30	81	6
385	Lüken	Eike	NIGE	1987	2006	00:55:05	00:52:35	00:53:55	01:08:11	00:59:12	00:53:56	05:42:54	00:50:04	19	MU20	35	6
386	Wiegiers	Ulrich	TuS Hinte	1956	2006	00:53:33	00:51:34	00:56:54	01:09:39	00:57:23	00:53:55	05:42:58	00:50:04	50	M50	50	6
387	Winter	Heinrich	TuS Aurich-Ost	1957	2006	00:54:25	00:54:08	00:54:21	01:09:07	00:59:25	00:51:43	05:43:09	00:50:06	49	M40	154	6
388	Edwiens	Wolfgang	T. Deutsche Post	1962	2006	00:56:51	00:53:09	00:57:16	01:07:59	00:56:34	00:51:28	05:43:17	00:50:07	44	M40	155	6
389	Groeneveld	Amko	Gymn. Rhaderf.	1991	2006	00:53:31	00:50:22	00:53:31	01:05:13	01:03:50	00:56:50	05:43:17	00:50:07	15	MU20	36	6
390	Sauer-Ufkes	Gudrun	die Praxis Aurich	1965	2006	00:56:29	00:53:35	00:55:22	01:07:59	00:57:03	00:52:57	05:43:25	00:50:08	41	W40	13	6
391	Sinnen	Folkmar	Kuper-Bau	1966	2006	00:56:34	00:52:43	00:56:48	01:06:39	00:58:03	00:52:41	05:43:28	00:50:08	40	M40	156	6
392	Canenbley	Britta	Leer	1968	2006	00:56:31	00:54:47	00:55:56	01:07:48	00:57:04	00:51:38	05:43:44	00:50:11	38	W30	8	6
393	Diekmann	Uta	Conc. Ihrhove	1969	2006	00:56:34	00:53:37	00:56:07	01:07:34	00:57:44	00:52:35	05:44:11	00:50:15	37	W30	9	6
394	Eden	Richard	SV Wiesede	1960	2006	00:55:42	00:52:57	00:56:56	01:07:30	00:56:07	00:55:02	05:44:14	00:50:15	46	M40	157	6
395	Freese	Klaus	TuS Aurich-Ost	1969	2006	00:53:42	00:52:30	00:53:33	01:19:20	00:54:47	00:50:22	05:44:14	00:50:15	37	M30	82	6
396	Friedrichs	Nils	Aurich	1970	2006	00:56:05	00:52:12	00:56:01	01:07:07	00:58:16	00:54:35	05:44:16	00:50:15	36	M30	83	6
397	Hamm	Friedrich	Möbel Buss	1963	2006	00:52:57	00:50:21	00:59:06	01:09:04	01:00:27	00:52:52	05:44:47	00:50:20	43	M40	158	6
398	Päben	Bruno	BV Simonsw.	1969	2006	00:56:00	00:53:14	00:56:37	01:08:37	00:58:22	00:52:17	05:45:07	00:50:23	37	M30	84	6
399	Möhlmann	Werner	CVJM Neermoor	1964	2006	00:55:32	00:54:17	00:56:11	01:07:39	00:57:54	00:53:36	05:45:09	00:50:23	42	M40	159	6
400	Pancke	Helmut	OZ-Ossilooper		2006	00:54:34	00:52:18	00:57:50	01:10:36	00:58:00	00:52:02	05:45:20	00:50:25	M		6	
401	Möller	Sabine	Sportschule TAO	1967	2006	00:59:18	00:53:32	00:54:38	01:07:49	00:57:22	00:52:44	05:45:23	00:50:25	39	W30	10	6
402	Lecke	Jörg	Planungsab. Buhr	1964	2006	00:56:37	00:55:01	00:57:37	01:08:03	00:56:20	00:51:52	05:45:30	00:50:26	42	M40	160	6
403	Gehlker	Wessel	Leer - Loga	1956	2006	00:54:06	00:53:34	00:55:55	01:08:03	01:00:25	00:53:32	05:45:35	00:50:27	50	M50	51	6
404	Saathoff	Jannes	LT Großwolder	1976	2006	01:00:23	00:56:39	00:55:19	01:05:48	00:56:43	00:50:43	05:45:35	00:50:27	30	M30	85	6
405	Schuster	Heiko	Leer	1968	2006	00:55:15	00:53:29	00:56:22	01:09:49	00:58:37	00:52:07	05:45:39	00:50:28	38	M30	86	6
406	Schrader	Anke	Leer	1961	2006	00:56:33	00:53:43	00:55:55	01:07:50	00:59:11	00:52:36	05:45:48	00:50:29	45	W40	14	6
407	Pagel	Jens	LG Uplengen	1963	2006	00:56:38	00:53:19	00:55:35	01:09:48	00:57:40	00:52:48	05:45:48	00:50:29	43	M40	161	6
408	Hildebrand	Hermann	Polizei Aurich	1959	2006	00:54:49	00:53:15	00:54:43	01:08:21	01:00:29	00:54:15	05:45:52	00:50:29	47	M40	162	6
409	Klempin	Holger	Moormerland	1975	2006	00:54:55	00:55:09	00:56:05	01:08:47	00:59:26	00:51:44	05:46:06	00:50:32	31	M30	87	6
410	Süßen	Sonja	TuS Aurich-Ost	1978	2006	00:57:30	00:54:51	00:55:00	01:08:18	00:57:20	00:53:09	05:46:08	00:50:32	28	W20	2	6
411	Heckhoff	Andreas	VfL Germ. Leer	1964	2006	00:55:35	00:53:35	00:56:21	01:09:26	00:58:07	00:53:10	05:46:14	00:50:33	42	M40	163	6
412	Baumann	Georg Ih.	Hinte	1961	2006	00:57:25	00:54:25	00:55:46	01:07:38	00:57:44	00:53:40	05:46:38	00:50:36	45	M40	164	6
413	Hopf, Dr.	Friedemann	MTV Aurich-Tria	1959	2006	00:56:09	00:52:53	00:56:34	01:09:20	00:58:30	00:53:12	05:46:38	00:50:36	47	M40	165	6
414	Schoon	Inge	TG Wiesmoor	1966	2006	00:56:23	00:53:42	00:56:04	01:08:03	00:58:29	00:53:58	05:46:39	00:50:36	40	W40	15	6
415	Buß	Coob	Eintracht Ihlow	1961	2006	00:57:31	00:54:20	00:55:24	01:08:29	00:57:56	00:53:12	05:46:52	00:50:38	45	M40	166	6
416	Janssen	Engeline	LG Ostfriesland	1964	2006	00:55:39	00:53:45	00:56:03	01:08:52	00:58:20	00:54:22	05:47:01	00:50:40	42	W40	16	6
417	Dirks	Ralf	SV Ochtersum	1993	2006	00:58:32	00:57:30	00:55:40	01:07:53	00:57:59	00:49:32	05:47:06	00:50:40	13	MU20	37	6
418	Rückbrod	Andrea	TV Norden	1964	2006	00:55:43	00:54:36	00:55:54	01:07:53	00:59:27	00:53:57	05:47:30	00:50:44	42	W40	17	6
419	Steinbach	Knut	OZ-Ossilooper		2006	00:56:48	00:53:24	00:57:58	01:11:33	00:56:06	00:51:58	05:47:47	00:50:46	M		6	
420	Henseler	Monika	Sportschule TAO	1968	2006	00:56:54</											

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
427	Wilken	Adolf	TSV Hesel	1963	2006	00:55:02	00:54:15	00:56:36	01:09:59	00:58:40	00:54:16	05:48:48	00:50:55	43	M40	169	6
428	Spinneker	Helmut	TV Norden	1948	2006	00:53:50	00:52:42	00:56:59	01:09:46	01:00:12	00:55:22	05:48:51	00:50:56	58	M50	56	6
429	Hommers	Gerhard	LT Erms Jemgun	1954	2006	00:55:22	00:53:22	00:56:17	01:09:22	00:59:16	00:55:14	05:48:53	00:50:56	52	M50	57	6
430	Tammen	Kai	Fort. Veenhusen	1963	2006	00:57:09	00:54:41	00:55:48	01:08:10	00:57:40	00:55:31	05:48:59	00:50:57	43	M40	170	6
431	Alberts	Manfred	TV Marienhaf	1959	2006	00:56:08	00:53:03	00:57:24	01:11:03	00:58:18	00:53:11	05:49:07	00:50:58	47	M40	171	6
432	Buhr	Wolfgang	Planungsab. Buhr	1964	2006	00:58:59	00:56:59	00:55:54	01:08:02	00:56:27	00:52:50	05:49:11	00:50:59	42	M40	172	6
433	Müller	Werner	EWE Wattloopers	1965	2006	00:56:09	00:55:36	00:56:05	01:09:12	00:58:18	00:54:11	05:49:31	00:51:01	41	M40	173	6
434	Eilers	Meint	LG Ostfriesland	1954	2006	00:55:09	00:53:08	00:55:59	01:10:09	00:58:51	00:56:16	05:49:32	00:51:02	52	M50	58	6
435	Heine	Jörg	Ostfriesen-Zeitung	1965	2006	00:56:07	00:53:06	00:56:31	01:08:57	01:00:39	00:54:14	05:49:34	00:51:02	41	M40	174	6
436	Bikker	Stefan	Crocodiles Ihlow	1977	2006	00:58:50	00:54:59	00:56:46	01:08:36	00:58:14	00:52:21	05:49:46	00:51:04	29	M20	32	6
437	Ulrichs	Theo	Ogenbargen	1950	2006	00:55:20	00:55:04	00:57:21	01:08:48	00:59:37	00:53:46	05:49:56	00:51:05	56	M50	59	6
438	Schewiola	Stefan	TuS Aurich-Ost	1966	2006	00:55:18	00:52:55	00:58:15	01:10:02	00:59:02	00:54:42	05:50:14	00:51:08	40	M40	175	6
439	Klenner	Heidi	TSV Hesel	1968	2006	00:58:14	00:53:05	00:56:41	01:10:18	00:58:18	00:53:38	05:50:14	00:51:08	38	W30	12	6
440	Grafenburg	Jens	Spk Leer-Weener	1969	2006	00:58:06	00:55:38	00:57:02	01:09:34	00:57:32	00:52:27	05:50:19	00:51:08	37	M30	88	6
441	Stienen	Werner	Druckerei Meyer	1953	2006	00:56:24	00:52:47	00:55:47	01:06:47	00:59:05	00:59:34	05:50:24	00:51:09	53	M50	60	6
442	Beekmann	Günther	Uplengen	1958	2006	00:55:48	00:52:58	00:55:33	01:09:51	00:59:44	00:56:33	05:50:27	00:51:10	48	M40	176	6
443	Sleur	Hans	Polizei Leer	1943	2006	00:55:24	00:53:58	00:57:56	01:10:46	00:58:57	00:53:49	05:50:50	00:51:13	63	M60	8	6
444	Brummer	Malte	Gymn. Rhaderf.	1991	2006	00:54:52	00:56:12	00:53:37	01:06:13	01:03:49	00:56:14	05:50:57	00:51:14	15	MU20	38	6
445	Janssen	Martin	TuS Sandhorst	1951	2006	00:56:53	00:55:02	00:56:49	01:09:47	00:58:57	00:53:41	05:51:09	00:51:16	55	M50	61	6
446	Henninga	Stephan	RVB Uplengen	1986	2006	00:58:53	00:56:03	00:55:57	01:08:49	00:57:58	00:54:19	05:51:59	00:51:23	20	M20	33	6
447	Betten	Hannes	Holter SV	1989	2006	00:58:56	00:55:09	00:57:36	01:07:54	00:58:59	00:53:39	05:52:13	00:51:25	17	MU20	39	6
448	Buhr	Jörg	MTV Wittmund	1963	2006	00:56:49	00:54:38	00:57:13	01:10:11	00:59:26	00:54:28	05:52:45	00:51:30	43	M40	177	6
449	Schröder	Axel	Stelle	1961	2006	00:58:19	00:54:30	00:56:42	01:11:12	00:58:32	00:53:45	05:53:00	00:51:32	45	M40	178	6
450	Iken	Jens	Wittmund	1969	2006	00:57:05	00:55:00	00:58:56	01:10:38	00:58:04	00:53:27	05:53:10	00:51:33	37	M30	89	6
451	Hofmann	Jakobus	TuS Holthusen	1954	2006	00:56:52	00:54:58	00:56:02	01:10:57	01:01:31	00:53:15	05:53:35	00:51:37	52	M50	62	6
452	Dirks	Heike	Fort. Logabirum	1963	2006	00:59:01	00:54:48	00:56:08	01:10:52	00:58:52	00:53:56	05:53:37	00:51:37	43	W40	18	6
453	Moldenhauer	Helmut	Wiesmoor	1950	2006	00:55:51	00:55:16	00:56:53	01:09:50	01:01:49	00:54:09	05:53:48	00:51:39	56	M50	63	6
454	Gozawski	Michael	TV Norden	1961	2006	00:55:36	00:54:35	00:57:19	01:10:19	01:00:54	00:55:07	05:53:50	00:51:39	45	M40	179	6
455	Frerichs	Wilfried	TuS Aurich-Ost	1958	2006	00:58:27	00:54:14	00:58:11	01:11:01	00:58:55	00:53:05	05:53:53	00:51:40	48	M40	180	6
456	Sattler	Wolfgang	Eintr. Nüttermoor	1947	2006	00:53:58	00:51:10	00:56:40	01:16:00	01:01:11	00:54:58	05:53:57	00:51:40	59	M50	64	6
457	Jakobs	Günter	Neugarde	1968	2006	00:56:21	00:53:59	00:57:59	01:13:27	00:58:06	00:54:17	05:54:09	00:51:42	38	M30	90	6
458	Günsel	Christina	Druckerei Meyer	1970	2006	00:59:37	00:55:27	00:57:44	01:09:47	00:58:00	00:53:48	05:54:23	00:51:44	36	W30	13	6
459	Kalwas	H.-Helmut	PSV Leer	1953	2006	00:56:23	00:54:16	00:58:03	01:09:33	01:00:12	00:56:05	05:54:32	00:51:45	53	M50	65	6
460	Daro	Jörg	EWE Wattloopers	1962	2006	00:57:40	00:54:32	00:56:13	01:10:07	00:59:35	00:56:25	05:54:32	00:51:45	44	M40	181	6
461	Müller	Hans-Hermann	SV Stikkelkamp	1944	2006	00:55:29	00:56:02	00:57:25	01:10:10	00:59:27	00:56:00	05:54:33	00:51:46	62	M60	9	6
462	Goos	Anja	P-Chor Wybels.	1972	2006	00:56:22	00:53:41	00:56:44	01:11:42	01:01:23	00:54:41	05:54:33	00:51:46	34	W30	14	6
463	Brouwer	Bodo	DPI AG	1971	2006	00:59:15	00:54:55	00:57:13	01:09:53	00:58:34	00:54:48	05:54:38	00:51:46	35	M30	91	6
464	Stracke	Konstantin	MTV Aurich	1994	2006	00:56:32	00:52:33	01:00:51	01:13:20	00:58:23	00:53:07	05:54:46	00:51:47	12	MU20	40	6
465	Janssen	Gerold	TV Norden	1953	2006	00:57:44	00:55:59	00:56:43	01:10:25	00:59:24	00:54:33	05:54:48	00:51:48	53	M50	66	6
466	Neumann	Eckhard	FT Spetzerfehn	1953	2006	00:56:42	00:55:41	00:57:00	01:10:03	01:00:26	00:55:11	05:55:03	00:51:50	53	M50	67	6
467	Kettwig	H.-Dieter	Spetzer Loopers	1957	2006	00:56:33	00:55:15	00:57:22	01:09:53	01:01:21	00:54:59	05:55:23	00:51:53	49	M40	182	6
468	Lambertus	Joachim	WfB Aurich	1956	2006	00:59:27	00:56:19	00:56:15	01:11:04	00:58:34	00:53:50	05:55:29	00:51:54	50	M50	68	6
469	Meyerhoff	Lothar	TV Marienhaf	1961	2006	00:56:22	00:53:26	01:02:24	01:10:22	01:00:01	00:53:03	05:55:38	00:51:55	45	M40	183	6
470	Feldmann	Uwe	VfFL Berumbur	1967	2006	00:57:42	00:56:05	00:58:19	01:10:01	00:59:48	00:53:46	05:55:41	00:51:55	39	M30	92	6
471	Kesting	Robert	Südbrookmerland	1963	2006	00:59:55	00:57:01	00:56:49	01:09:24	00:59:11	00:53:28	05:55:48	00:51:56	43	M40	184	6
472	Emken	Tj.-Fokken	NIGE	1959	2006	00:58:01	00:54:51	00:57:03	01:10:03	01:00:32	00:55:27	05:55:57	00:51:58	47	M40	185	6
473	Hülshoff	Henning	T. Westrhaderf.	1965	2006	00:59:48	00:55:05	00:58:25	01:09:44	00:59:03	00:53:57	05:56:02	00:51:59	41	M40	186	6
474	Bünthe	Philipp	SPVG Aurich	1992	2006	00:56:33	00:52:32	01:00:50	01:14:13	00:58:33	00:53:35	05:56:16	00:52:01	14	MU20	41	6
475	Wilrs	Timo	RVB Uplengen	1986	2006	00:58:54	00:58:01	00:57:05	01:09:32	00:58:27	00:54:18	05:56:17	00:52:01	20	M20	34	6
476	Kruse	Onke	Idafehn	1991	2006	00:56:07	00:55:08	00:56:52	01:09:43	01:00:56	00:57:34	05:56:20	00:52:01	15	MU20	42	6
477	Heilemann	Wolfgang	TUS Horsten	1957	2006	00:56:16	00:54:39	00:57:09	01:12:06	00:59:53	00:56:20	05:56:23	00:52:02	49	M40	187	6
478	Nikolic	Klaus	VFFL Berumb.	1948	2006	00:58:22	00:55:58	00:56:44	01:09:38	01:01:51	00:53:54	05:56:27	00:52:02	58	M50	69	6
479	Voskuhl	Stephan	Gymn. Rhaderf.	1991	2006	01:04:06	00:55:37	00:56:19	01:08:59	00:59:47	00:51:41	05:56:29	00:52:02	15	MU20	43	6
480	Lettau	Meike	SV Dornum	1964	2006	00:57:44	00:53:40	00:57:43	01:10:55	01:00:30	00:55:59	05:56:31	00:52:03	42	W40	19	6
481	Harms	Wilfried	SV Plaggenb.	1964	2006	00:58:31	00:55:56	00:57:04	01:09:40	01:00:05	00:55:19	05:56:35	00:52:03	42	M40	188	6
482	Lüpkens	Heike	TuS Aurich-Ost	1963	2006	00:56:52	00:56:17	00:57:58	01:10:21	00:59:34	00:55:35	05:56:37	00:52:04	43	W40	20	6
483	Runden	Michael	TV Leer	1961	2006	00:59:45	00:55:17	00:57:29	01:11:15	00:57:38	00:55:18	05:56:42	00:52:04	45	M40	189	6
484	Stumm	Holger	Simonswolde	1971	2006	00:59:11	00:55:39	00:57:10	01:09:42	00:59:25	00:55:46	05:56:53	00:52:06	35	M30	93	6
485	Fleßner	Jörg	Leer	1960	2006	00:51:59	00:50:08	01:01:37	01:12:21	01:05:15	00:55:36	05:56:56	00:52:06	46	M40	190	6
486	Kellner	Helge	Gymn. Rhaderf.	1990	2006	01:04:07	00:55:36	00:56:19	01:08:53	00:59:48	00:52:24	05:57:07	00:52:08	16	MU20	44	6
487	Tinnemeyer	Oswald	T. Westrhaderfehn	1952	2006	00:56:36	00:55:06	00:57:28	01:11:35	01:00:49	00:55:38	05:57:12	00:52:09	54	M50	70	6
488	Willms	Jakobus	TuS Aurich-Ost	1940	2006	00:57:33	00:56:26	00:57:23	01:10:18	01:00:41	00:54:53	05:57:14	00:52:09	66	M60	10	6
489	Vry	Ralf	Fort. Logabirum	1960	2006	00:49:51	00:54:54	00:58:13	01:10:30	01:00:29	01:03:31	05:57:28	00:52:11	46	M40	191	6
490	Janßen	Mareke	KBV Langefeld	1965	2006	00:55:41	00:54:40	00:56:46	01:11:09	01:01:33	00:57:42	05:57:31	00:52:12	41	W40	21	6

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
498	Freese	Heiko	SV Ochtersum	1990	2006	01:01:35	00:54:44	00:58:54	01:10:55	00:58:35	00:53:29	05:58:12	00:52:18	16	MU20	45	6
499	Köhler	Thomas	Brinkum	1982	2006	00:59:02	00:56:35	00:57:41	01:13:26	00:58:05	00:53:31	05:58:20	00:52:19	24	M20	35	6
500	Schröder	Ewald	T. Westrauderf.	1948	2006	00:56:37	00:55:07	00:58:08	01:11:48	01:00:57	00:55:43	05:58:20	00:52:19	58	M50	72	6
501	Folkerts	Ingrid	FTC Hollen	1966	2006	00:56:45	00:54:50	00:57:30	01:12:37	01:00:02	00:56:38	05:58:22	00:52:19	40	W40	24	6
502	Heien	Johann	TuS Esens	1953	2006	01:00:29	00:56:22	00:57:57	01:11:34	00:58:33	00:53:51	05:58:46	00:52:22	53	M50	73	6
503	Hanken	Johann	SV Stikelkamp	1947	2006	00:58:40	00:56:52	00:57:51	01:10:01	00:59:34	00:56:02	05:59:00	00:52:25	59	M50	74	6
504	Janssen	Johannes	Leer	1967	2006	00:59:39	00:56:31	00:58:26	01:10:21	00:59:11	00:55:15	05:59:23	00:52:28	39	M30	95	6
505	Wildemann	Martin	WfB Aurich	1960	2006	01:00:12	00:56:24	00:57:02	01:10:02	01:03:08	00:52:53	05:59:41	00:52:31	46	M40	193	6
506	Pastoor	Heidi	LG TV Bunde	1977	2006	00:57:39	00:55:39	00:58:44	01:10:25	01:01:27	00:55:50	05:59:44	00:52:31	29	W20	4	6
507	Meyer	Günter	EWE Wattloopers	1965	2006	00:57:32	00:56:09	00:58:06	01:12:28	01:03:51	00:51:47	05:59:53	00:52:32	41	M40	194	6
508	Rosinski	Annegret	LG Uplengen	1964	2006	00:59:53	00:54:52	00:58:32	01:10:30	01:00:54	00:55:26	06:00:07	00:52:34	42	W40	25	6
509	Hoffmann	H.-Joa.	TuS Aurich-Ost	1948	2006	01:00:56	00:55:17	00:57:39	01:10:50	01:00:48	00:54:49	06:00:19	00:52:36	58	M50	75	6
510	Reiners	Bernhard	TUS Victorbur	1968	2006	01:00:46	00:56:27	00:56:29	01:11:11	01:00:03	00:55:24	06:00:20	00:52:36	38	M30	96	6
511	Beening	Dirk	Vermess. Beening	1964	2006	00:58:43	00:58:00	00:57:35	01:11:29	01:00:14	00:54:24	06:00:25	00:52:37	42	M40	195	6
512	Otto	Jürgen	Vflf. Berumbur	1964	2006	00:58:01	00:56:58	00:58:29	01:11:31	01:00:40	00:54:52	06:00:31	00:52:38	42	M40	196	6
513	Beening	Armin	Rhauderfehn	1967	2006	00:58:45	00:57:35	00:58:10	01:10:47	01:00:14	00:55:02	06:00:33	00:52:38	39	M30	97	6
514	Goldenstein	Michael	BV Victorbur	1970	2006	00:59:07	00:54:40	00:57:41	01:11:55	01:01:22	00:55:50	06:00:35	00:52:38	36	M30	98	6
515	Elias	Johann	Teut. Stapelmoor	1951	2006	00:57:21	00:55:32	00:58:16	01:11:10	01:00:53	00:57:30	06:00:42	00:52:39	55	M50	76	6
516	Fisser	Gisela	TV Norden	1965	2006	00:57:53	00:56:22	00:58:48	01:11:18	01:01:02	00:55:24	06:00:47	00:52:40	41	W40	26	6
517	Thielke, Dr.	Christian	Frisia Loga	1945	2006	01:00:40	00:55:16	00:58:05	01:10:42	01:02:33	00:53:38	06:00:54	00:52:41	61	M60	11	6
518	Reil	Hermann	Nordloh	1950	2006	00:56:03	00:56:38	00:58:21	01:12:24	01:02:10	00:55:29	06:01:05	00:52:43	56	M50	77	6
519	Kuiper	Bettina	SV Holtland	1957	2006	00:58:39	00:55:30	00:58:15	01:10:34	01:02:08	00:56:03	06:01:09	00:52:43	49	W40	27	6
520	Tjarks	Alfred	EWE Wattloopers	1959	2006	00:55:55	00:54:37	00:56:51	01:09:58	01:03:01	01:00:49	06:01:11	00:52:44	47	M40	197	6
521	Wöhrle	Wolfgang	MTV Wittmund	1944	2006	00:56:08	00:53:21	00:57:34	01:09:47	01:01:07	01:03:22	06:01:19	00:52:45	62	M60	12	6
522	Bolhuis	Wilhelm	TV Norden	1943	2006	00:56:53	00:54:38	00:57:54	01:12:40	01:02:48	00:56:34	06:01:27	00:52:46	63	M60	13	6
523	Großmann	Frank	RVB Aurich	1974	2006	00:58:23	00:56:37	01:00:25	01:11:12	00:59:59	00:55:21	06:01:57	00:52:50	32	M30	99	6
524	Fürst	Helge	WfB Aurich	1968	2006	01:02:34	00:58:23	00:57:49	01:09:15	00:59:32	00:54:26	06:01:59	00:52:51	38	M30	100	6
525	Nessen	Ingrid	TuS Aurich-Ost	1971	2006	00:59:02	00:55:52	00:58:09	01:10:57	01:01:04	00:57:02	06:02:06	00:52:52	35	W30	15	6
526	Neyka	Marcus	LT Schafhauser W.	1989	2006	00:56:57	00:56:01	01:08:34	01:11:43	00:56:46	00:52:17	06:02:18	00:52:53	17	MU20	46	6
527	Duis	Hartmut	Germ. Wiesmoor	1968	2006	00:59:25	00:57:33	00:58:34	01:11:41	01:00:31	00:54:37	06:02:21	00:52:54	38	M30	101	6
528	Hillrichs	Johanna	FTC Hollen	1979	2006	00:58:08	00:56:23	00:58:50	01:11:36	01:01:55	00:55:36	06:02:28	00:52:55	27	W20	5	6
529	Peters	Gerda	Sportschule TAO	1959	2006	00:58:56	00:56:00	00:58:34	01:11:49	01:00:26	00:56:58	06:02:43	00:52:57	47	W40	28	6
530	Zellmer	Jan	ENOVA	1975	2006	01:00:58	00:57:20	00:58:20	01:12:33	00:59:41	00:53:53	06:02:45	00:52:57	31	M30	102	6
531	König	Karlheinz	LT Schaaf. Wald	1954	2006	00:52:56	00:51:35	01:15:20	01:10:18	00:59:18	00:53:19	06:02:46	00:52:58	52	M50	78	6
532	Heinrichsd.-Ar.	Feeko	TUS Pewsum	1956	2006	00:58:49	00:56:31	00:58:12	01:12:52	01:01:25	00:55:26	06:03:15	00:53:02	50	M50	79	6
533	Dreesmann	Temmo	VG Veenh-W fehn	1961	2006	00:59:26	00:56:40	00:59:44	01:12:04	01:01:33	00:54:06	06:03:33	00:53:04	45	M40	198	6
534	Kistemaker	Leni	TUS Hinte	1955	2006	00:56:51	01:02:25	00:57:25	01:11:29	00:58:58	00:56:34	06:03:42	00:53:06	51	W50	3	6
535	Trännapp	Alfred	TV Norden	1941	2006	00:58:21	00:56:57	00:57:33	01:13:35	01:01:06	00:56:21	06:03:53	00:53:07	65	M60	14	6
536	Daniels	Reinhold	TuS Aurich-Ost	1957	2006	00:58:02	00:58:56	00:57:43	01:11:20	01:00:33	00:57:21	06:03:55	00:53:08	49	M40	199	6
537	Lohschmidt	Everett	TUS Leerhufe	1955	2006	00:58:25	00:56:29	00:58:00	01:12:41	01:04:13	00:54:07	06:03:55	00:53:08	51	M50	80	6
538	Emken	Mariechen	MTV Wittmund	1954	2006	00:58:35	00:55:50	00:59:27	01:12:43	01:02:09	00:55:16	06:04:00	00:53:08	52	W50	4	6
539	Janssen	Berend	TuS Aurich-Ost	1944	2006	00:58:41	00:57:09	00:57:27	01:12:41	01:01:47	00:56:34	06:04:19	00:53:11	62	M60	15	6
540	Böttger	Rolf	MTV Wittmund	1969	2006	00:58:55	00:56:25	00:59:27	01:12:29	01:01:14	00:55:52	06:04:22	00:53:12	37	M30	103	6
541	Schulte	Willi	Barßel	1941	2006	00:59:08	00:56:47	00:59:13	01:10:59	01:01:15	00:57:00	06:04:22	00:53:12	65	M60	16	6
542	Schröter	Werner	SV W. Bremen	1943	2006	00:58:26	00:55:10	00:59:53	01:14:06	01:00:58	00:55:52	06:04:25	00:53:12	63	M60	17	6
543	Fleißner	Elke	Fort. Logabirum	1964	2006	00:56:40	00:53:44	01:01:48	01:12:25	01:04:19	00:55:29	06:04:25	00:53:12	42	W40	29	6
544	Wist-Hamel	Petra	LT VFB Rajen	1969	2006	01:01:28	00:56:35	00:57:58	01:11:07	01:01:21	00:56:15	06:04:44	00:53:15	37	W30	16	6
545	Betten	H.-Nanno	FTC Hollen	1971	2006	00:58:57	00:55:38	00:59:07	01:11:19	01:00:47	00:59:15	06:05:03	00:53:18	35	M30	104	6
546	Tunder	Alma	SC Wiesens	1957	2006	00:57:32	00:54:39	00:59:16	01:14:01	01:02:35	00:57:01	06:05:04	00:53:18	49	W40	30	6
547	Löwe	Michaela	Conc. Ihrhove	1985	2006	00:59:33	00:56:32	00:58:49	01:13:19	01:01:31	00:55:30	06:05:14	00:53:19	21	W20	6	6
548	Linser	Ulrich	MTV Wittmund	1952	2006	00:57:51	00:56:11	00:58:37	01:11:52	01:01:16	00:59:36	06:05:23	00:53:20	54	M50	81	6
549	Freudenberg	Habbo	Ihlowferhn	1966	2006	00:58:39	00:56:21	00:59:04	01:11:39	01:02:06	00:57:35	06:05:24	00:53:21	40	M40	200	6
550	Ackermann	Ralf	LT Linke	1968	2006	00:57:48	00:56:28	00:59:03	01:12:02	01:02:54	00:57:25	06:05:40	00:53:23	38	M30	105	6
551	Meyer	Holger	Simonswolde	1960	2006	01:01:53	00:58:32	00:58:32	01:11:18	01:00:55	00:54:34	06:05:44	00:53:24	46	M40	201	6
552	Beelmann-Kai.	Maria	TuS Aurich-Ost	1955	2006	01:00:08	00:54:49	00:57:48	01:13:41	01:01:11	00:58:08	06:05:45	00:53:24	51	W50	5	6
553	Kaplan	Simone	TAO - Aurich	1980	2006	00:57:21	00:55:36	00:59:06	01:11:37	01:02:21	00:59:46	06:05:47	00:53:24	26	W20	7	6
554	Lindemann	Paul	TV Norden	1939	2006	00:57:00	00:55:18	00:58:57	01:12:27	01:02:48	00:59:33	06:06:03	00:53:26	67	M60	18	6
555	Buschter	Uwe	Uplengen-Remels	1968	2006	00:58:37	00:57:18	00:58:18	01:12:40	01:02:46	00:56:54	06:06:33	00:53:31	38	M30	106	6
556	Schachtschneider	Holger	TV Norden	1965	2006	00:58:40	00:56:56	00:58:05	01:13:25	01:01:05	00:58:34	06:06:45	00:53:32	41	M40	202	6
557	Franzen	Wilfried	Teut. Stapelmoor	1945	2006	00:58:28	00:56:48	00:59:57	01:11:40	01:01:08	00:58:55	06:06:56	00:53:34	61	M60	19	6
558	Schürmann	Ulrike	FC Oldersum	1962	2006	01:00:20	00:56:26	00:59:14	01:12:44	01:01:13	00:57:00	06:06:57	00:53:34	44	W40	31	6
559	Boekhoff	Henning	SV Warsingsf.	1989	2006	01:00:53	00:58:06	00:57:32	01:13:09	00:59:38	00:57:41	06:06:59	00:53:34	17	MU20	47	6
560	Granitz	Petra	TuS Aurich-Ost	1971	2006	01:01:13	00:55:48	00:59:30	01:12:15	01:01:28	00:56:51	06:07:05	00:53:35	35	W30	17	6
561	Reshöft	Jan	Aurich	1972	2006	00:57:23	00:56:49	00:58:07	01:16:54	01:03:16	00:54:38	06:07:07	00:53:36	34	M30	107	6
56																	



09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
569	Herten	Bernhard	Uplengen-Neufirrel	1959	2006	00:59:08	00:57:17	00:58:02	01:12:45	01:02:47	00:57:53	06:07:52	00:53:42	47	M40	205	6
570	Lohmeyer	Everwien	SV Brinkum	1958	2006	01:01:09	00:56:15	00:58:14	01:09:48	01:02:50	00:59:38	06:07:54	00:53:42	48	M40	206	6
571	Arndt	Michael	MTV Wittmund	1971	2006	00:59:06	00:56:24	00:59:18	01:14:04	01:02:25	00:56:39	06:07:56	00:53:43	35	M30	108	6
572	Hedemann	Helmut	Wiesmoor	1955	2006	01:00:34	00:57:57	00:58:24	01:11:11	01:01:45	00:58:07	06:07:58	00:53:43	51	M50	84	6
573	Salzwedel	Jörg	Aurich	1966	2006	00:55:11	00:53:23	00:56:48	01:12:50	01:06:37	01:03:10	06:07:59	00:53:43	40	M40	207	6
574	Steinke	Dietrich	Conc. Neermoor	1941	2006	00:58:42	00:55:40	00:59:10	01:14:08	01:02:19	00:58:09	06:08:08	00:53:45	65	M60	21	6
575	Schewiola	Axel	TV Norden	1938	2006	00:59:09	00:55:51	01:00:12	01:12:26	01:01:43	00:58:57	06:08:18	00:53:46	68	M60	22	6
576	Scherf	H.-Joach.	T. Deutsche Post	1964	2006	01:00:15	00:58:19	00:58:23	01:11:54	01:02:12	00:57:16	06:08:19	00:53:46	42	M40	208	6
577	Eilts	Heiko	Wittmund	1971	2006	00:59:12	00:58:09	00:58:44	01:13:07	01:01:41	00:57:27	06:08:20	00:53:46	35	M30	109	6
578	Schmidt	Lydia	SV Holtland	1963	2006	00:59:07	00:56:25	00:59:47	01:13:11	01:02:51	00:56:59	06:08:20	00:53:46	43	W40	34	6
579	Busch	Jan	SV Holtland	1948	2006	00:57:52	00:56:30	00:58:36	01:13:49	01:01:40	00:59:55	06:08:22	00:53:47	58	M50	85	6
580	Zierleyn	Günter	Leer	1951	2006	00:59:28	00:57:41	00:59:28	01:11:59	01:02:18	00:57:32	06:08:26	00:53:47	55	M50	86	6
581	Engelbarts	Hannelore	Emder LG	1956	2006	00:59:10	00:56:43	00:59:56	01:13:00	01:02:26	00:57:19	06:08:34	00:53:48	50	W50	6	6
582	Swears	Olaf	SV Wittmund	1968	2006	01:00:41	00:57:56	01:00:25	01:12:00	01:01:06	00:56:30	06:08:38	00:53:49	38	M30	110	6
583	Großmann	Mark	Crocodiles Ihlow	1979	2006	00:59:46	00:56:36	01:00:05	01:11:45	01:04:28	00:56:06	06:08:46	00:53:50	27	M20	36	6
584	Harms	Otto	LT VfB Rajen	1946	2006	00:59:11	00:58:26	00:59:13	01:12:35	01:01:57	00:57:29	06:08:51	00:53:51	60	M60	23	6
585	Fecht	Sabine	Neukamperfehn	1966	2006	00:59:48	00:57:14	01:00:44	01:13:04	01:01:44	00:56:19	06:08:53	00:53:51	40	W40	35	6
586	Broers	Werena	VfR Eintr. Völlen	1979	2006	00:59:24	00:58:37	00:59:53	01:12:11	01:01:18	00:57:37	06:09:00	00:53:52	27	W20	8	6
587	Peeken	Gerd	TuS Esens	1973	2006	00:59:34	00:57:14	00:59:08	01:13:30	01:02:34	00:57:03	06:09:03	00:53:53	33	M30	111	6
588	Janssen	Siegfried	Südbrookmerl.	1953	2006	01:00:37	00:57:13	00:58:28	01:12:20	01:02:50	00:57:36	06:09:04	00:53:53	53	M50	87	6
589	Franken	Gerd	TuS Aurich-Ost	1963	2006	01:01:21	00:57:07	00:59:32	01:13:03	01:02:13	00:55:49	06:09:05	00:53:53	43	M40	209	6
590	Hoofdmann	Edo	Bundespl. Oldenbg.	1955	2006	00:59:29	00:57:51	00:59:02	01:15:02	01:01:02	00:57:07	06:09:33	00:53:57	51	M50	88	6
591	von Preyss	Bodo	Leer	1939	2006	00:59:01	00:57:15	00:59:48	01:12:34	01:02:54	00:58:05	06:09:37	00:53:58	67	M60	24	6
592	Kambeck	Günter	Frisia Loga	1946	2006	00:58:48	00:57:54	00:58:40	01:13:06	01:02:52	00:58:23	06:09:43	00:53:58	60	M60	25	6
593	Weyers	Anne	Emder LG	1970	2006	00:58:36	00:55:31	00:58:36	01:16:22	01:03:29	00:57:11	06:09:45	00:53:59	36	W30	18	6
594	Klimaschka-B	Uschi	MTV Aurich	1957	2006	00:59:22	00:58:05	00:58:39	01:14:07	01:03:08	00:56:28	06:09:49	00:53:59	49	W40	36	6
595	Röstel	Claus	TuS Aurich-Ost	1959	2006	01:00:05	00:56:59	01:00:20	01:12:15	01:02:53	00:57:23	06:09:55	00:54:00	47	M40	210	6
596	Heyen	Elke	LT Schafhauser W.	1971	2006	01:00:27	00:57:06	00:59:10	01:12:27	01:03:20	00:57:25	06:09:55	00:54:00	35	W30	19	6
597	Kuhlmann	Christian	Aur. Taxenzentrale	1966	2006	00:58:51	00:57:02	01:00:06	01:12:34	01:03:24	00:58:11	06:10:08	00:54:02	40	M40	211	6
598	Rosendahl	Wilfried	TV Marienhafte	1968	2006	01:01:42	00:58:07	00:58:51	01:12:16	01:02:42	00:56:38	06:10:16	00:54:03	38	M30	112	6
599	Kampen	Astrid	Stallbrüggerfeld	1970	2006	00:59:03	00:56:44	00:59:52	01:12:58	01:02:51	00:58:57	06:10:25	00:54:05	36	W30	20	6
600	Schmidt	Thomas	MTV Aurich	1963	2006	00:56:46	00:55:30	00:57:31	01:15:23	01:00:36	01:04:44	06:10:30	00:54:05	43	M40	212	6
601	Fritz	Günther	Spielmannsz. Marx	1959	2006	00:56:17	00:55:42	00:57:08	01:09:45	01:00:19	01:11:35	06:10:46	00:54:08	47	M40	213	6
602	Lienemann	Edith	LT Crocodiles	1963	2006	00:59:32	00:59:13	00:59:37	01:12:38	01:02:36	00:57:10	06:10:46	00:54:08	43	W40	37	6
603	Schoneboom	H.-Günter	Emder LG	1966	2006	01:00:01	00:53:53	00:59:14	01:11:58	01:06:12	00:59:35	06:10:53	00:54:09	40	M40	214	6
604	Janssen	Eric	T. Deutsche Post	1971	2006	01:09:57	00:55:53	00:58:01	01:11:53	01:01:32	00:53:45	06:11:01	00:54:10	35	M30	113	6
605	Hüls	Marion	TV Norden	1966	2006	01:00:06	00:57:30	00:58:46	01:13:37	01:03:06	00:58:06	06:11:11	00:54:11	40	W40	38	6
606	Eisenhauer	Manfred	TuS Aurich-Ost	1966	2006	01:01:19	00:58:43	00:59:11	01:12:03	01:02:31	00:57:24	06:11:11	00:54:11	40	M40	215	6
607	Janssen	Marion	LT Schafhauser W.	1976	2006	00:58:59	00:57:49	00:59:59	01:13:40	01:03:26	00:57:28	06:11:21	00:54:13	30	W30	21	6
608	Eisenhauer	Elisabeth	TuS Esens	1949	2006	00:59:36	00:57:32	01:00:14	01:13:23	01:03:22	00:57:27	06:11:34	00:54:15	57	W50	8	6
609	Saathoff	Annamarie	TuS Esens	1951	2006	00:59:37	00:57:30	01:00:15	01:13:24	01:03:22	00:57:26	06:11:34	00:54:15	55	W50	7	6
610	Schlenkermann	Uwe	Westoverledingen	1955	2006	01:00:43	00:57:42	01:00:21	01:14:16	01:02:27	00:56:27	06:11:56	00:54:18	51	M50	89	6
611	Schäfer	Harald	EWE Wattloopers	1956	2006	01:01:03	00:58:24	00:59:01	01:13:08	01:04:09	00:56:24	06:12:09	00:54:20	50	M50	90	6
612	Ackermann	Johannes	Neukamperfehn	1954	2006	01:03:13	01:01:35	01:01:46	01:10:51	01:01:24	00:53:21	06:12:10	00:54:20	52	M50	91	6
613	Arends	Helga	LT Schafhauser W.	1962	2006	00:59:25	00:57:04	01:00:03	01:13:36	01:04:20	00:57:57	06:12:25	00:54:22	44	W40	39	6
614	van Lengen	Heinrich	SUS Strackholt	1940	2006	00:59:02	00:56:54	00:59:43	01:13:14	01:05:07	00:58:27	06:12:27	00:54:22	66	M60	26	6
615	Janssen	Heinrich	MTV Aurich-Tria	1934	2006	01:00:38	00:57:27	01:00:32	01:13:11	01:02:49	00:58:12	06:12:49	00:54:26	72	M70	1	6
616	Janssen	Holger	TuS Esens	1963	2006	01:02:24	00:59:02	00:59:47	01:11:14	01:01:56	00:58:31	06:12:54	00:54:26	43	M40	216	6
617	Friedrich-Mei.	Susanne	BBS Papenburg	1962	2006	00:58:38	00:58:25	01:00:31	01:15:29	01:02:30	00:57:29	06:13:02	00:54:27	44	W40	40	6
618	Peters	Peter	Frisia Loga	1947	2006	01:02:58	00:59:21	00:59:30	01:10:45	01:03:28	00:57:12	06:13:14	00:54:29	59	M50	92	6
619	Hüttinga	Jens	Wymeer	1968	2006	00:59:14	00:58:02	01:00:17	01:13:58	01:03:40	00:58:08	06:13:19	00:54:30	38	M30	114	6
620	Heimann	Jan-Michael	MTV Wittmund	1993	2006	01:01:28	00:58:43	01:00:58	01:12:31	01:02:41	00:57:06	06:13:27	00:54:31	13	MU20	48	6
621	Leerhoff	Claudia	RVB Uplengen	1974	2006	01:02:58	00:59:45	00:59:29	01:11:33	01:01:51	00:58:10	06:13:46	00:54:34	32	W30	22	6
622	Lübben	Heike	LT Crocodiles	1968	2006	00:59:29	00:58:35	01:00:36	01:13:56	01:03:02	00:58:32	06:14:10	00:54:37	38	W30	23	6
623	Aden	Gertrud	Bauplanung Ubben	1959	2006	00:59:11	00:58:12	01:00:00	01:14:41	01:02:29	00:59:42	06:14:15	00:54:38	47	W40	41	6
624	Janßen	Angelika	LT Schafhauser W.	1963	2006	00:59:31	00:57:05	01:00:04	01:13:44	01:04:50	00:59:08	06:14:22	00:54:39	43	W40	42	6
625	Janssen	Carmen	Blomberg	1984	2006	01:05:06	00:57:02	01:00:27	01:13:13	01:02:41	00:56:24	06:14:53	00:54:44	22	W20	9	6
626	Gerjets	Erhard	KBV O. Moordorf	1958	2006	01:00:10	00:58:08	00:59:59	01:15:47	01:02:43	00:58:14	06:15:01	00:54:45	48	M40	217	6
627	Kroon	Helmut	Hauskr. Bagband	1950	2006	00:59:00	00:56:23	00:58:04	01:12:32	01:07:29	01:01:40	06:15:08	00:54:46	56	M50	93	6
628	Janssen	Ingrid	WfB Aurich	1969	2006	01:01:02	01:00:17	01:02:41	01:14:08	01:01:38	00:55:25	06:15:11	00:54:46	37	W30	24	6
629	Hornung	Thorsten	TG Wiesmoor	1976	2006	01:01:07	01:00:21	00:59:33	01:14:20	01:02:42	00:57:11	06:15:14	00:54:47	30	M30	115	6
630	Eden	Gerd	TuS Reepsholt	1948	2006	01:01:06	00:59:30	01:00:19	01:13:41	01:02:02	00:58:49	06:15:27	00:54:49	58	M50	94	6
631	Schröder-Mü.	Elvira	Emder LG	1967	2006	00:59:12	00:56:48	01:00:37	01:14:11	01:04:07	01:00:38	06:15:33	00:54:49	39	W30	25	6
632	Buhr	Heike	MTV Wittmund	1968	2006	01:00:35	00:57:19	01:00:57	01:15:36	01:03:47	00:57:31	06:15:45	00:54:51	38			

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
640	Meyer	Jens	Zetel	1961	2006	01:01:16	00:59:50	01:00:23	01:12:59	01:03:11	00:58:46	06:16:25	00:54:57	45	M40	219	6
641	Abrahams	Detlef	Zetel	1961	2006	01:01:14	00:59:49	01:00:34	01:12:58	01:03:10	00:58:48	06:16:33	00:54:58	45	M40	220	6
642	Nieberg	Alfons	LT Schafhauser W.	1950	2006	01:00:44	00:57:32	01:01:01	01:14:52	01:04:20	00:58:50	06:17:19	00:55:05	56	M50	96	6
643	Röben	Hinrich	TuS Aurich-Ost	1956	2006	01:00:34	00:58:13	01:01:10	01:15:45	01:03:59	00:59:10	06:18:51	00:55:18	50	M50	97	6
644	Dannecker	Wolfgang	ELG Emden	1973	2006	00:59:35	01:04:20	00:59:17	01:12:19	01:04:53	00:58:32	06:18:56	00:55:19	33	M30	116	6
645	Janssen	Imke	MTV Aurich-Tria	1976	2006	01:02:24	00:59:38	01:00:49	01:14:19	01:04:38	00:57:44	06:19:32	00:55:24	30	W30	28	6
646	Agema-Schoon	Thea	SUS Strackholt	1962	2006	00:59:52	00:58:41	01:00:52	01:15:23	01:04:36	01:00:15	06:19:39	00:55:25	44	W40	44	6
647	Stoyke	Rita	Elisabethfehn	1969	2006	01:01:34	00:58:58	00:59:29	01:15:58	01:04:33	00:59:09	06:19:41	00:55:26	37	W30	29	6
648	Thedinga	Hinrich	TuS Aurich-Ost	1955	2006	00:59:04	00:58:22	01:01:53	01:15:09	01:05:27	00:59:47	06:19:42	00:55:26	51	M50	98	6
649	Dreyer	Martina	DLRG Weener	1964	2006	01:00:21	00:59:17	00:59:03	01:15:25	01:06:57	00:58:58	06:20:01	00:55:29	42	W40	45	6
650	Reimers	Frauke	Aurich	1973	2006	01:05:35	00:59:39	01:00:39	01:13:52	01:03:38	00:56:39	06:20:02	00:55:29	33	W30	30	6
651	Remmers	Uwe	LT Crocodiles	1959	2006	01:02:23	00:59:04	01:00:43	01:13:22	01:04:04	01:00:29	06:20:05	00:55:29	47	M40	221	6
652	Gieseler	Wilfried	TuS Aurich-Ost	1961	2006	01:01:02	01:01:07	01:02:05	01:13:58	01:02:40	00:59:14	06:20:06	00:55:29	45	M40	222	6
653	Janssen	Günter	MTV AurichTria	1943	2006	01:02:22	00:59:38	01:00:49	01:14:21	01:04:38	00:58:28	06:20:16	00:55:31	63	M60	28	6
654	Siepert	Maria	MTV Wittmund	1956	2006	01:02:46	00:58:36	01:02:31	01:15:03	01:03:51	00:57:30	06:20:17	00:55:31	50	W50	10	6
655	Janßen	Christa	SV Brinkum	1943	2006	01:01:31	00:58:53	01:01:14	01:14:40	01:05:09	00:58:59	06:20:26	00:55:32	63	W60	2	6
656	Krull	Werner	Crocodiles Ihlow	1966	2006	01:01:20	00:59:14	01:00:57	01:14:02	01:06:55	00:58:06	06:20:34	00:55:33	40	M40	223	6
657	Heyen	Jann	TV Norden	1941	2006	00:59:31	00:57:59	01:00:48	01:15:35	01:05:43	01:01:01	06:20:37	00:55:34	65	M60	29	6
658	Siepert	Holger	MTV Wittmund	1952	2006	01:02:46	00:58:38	01:02:29	01:15:04	01:03:53	00:58:04	06:20:54	00:55:36	54	M50	99	6
659	Habben	Karl	EWE Wattloopers	1948	2006	00:58:14	00:59:17	01:02:40	01:16:02	01:05:08	00:59:51	06:21:12	00:55:39	58	M50	100	6
660	Ottersberg	Johann	F.-Loopers Wiesm.	1964	2006	01:02:18	01:02:24	01:01:52	01:13:16	01:02:52	00:58:45	06:21:27	00:55:41	42	M40	224	6
661	Wyrembek	Britta	Aurich-Wiesens	1970	2006	01:03:46	00:58:19	01:00:38	01:14:59	01:04:22	00:59:33	06:21:37	00:55:43	36	W30	31	6
662	Schmidt	Günther	SV Holtland	1956	2006	01:00:58	00:58:25	01:01:50	01:14:37	01:04:16	01:01:47	06:21:53	00:55:45	50	M50	101	6
663	Gronewold	Anke	TAO Aurich	1980	2006	01:01:27	01:00:07	01:00:46	01:13:55	01:04:02	01:01:52	06:22:09	00:55:47	26	W20	10	6
664	Stamm	Horst	TuS Aurich-Ost	1950	2006	01:00:55	00:58:21	01:02:43	01:16:21	01:04:43	00:59:19	06:22:22	00:55:49	56	M50	102	6
665	Severiens	Harm	Weener	1956	2006	01:01:18	00:58:36	01:01:22	01:16:23	01:04:08	01:00:39	06:22:26	00:55:50	50	M50	103	6
666	Hobbie	Albert	Zetel	1951	2006	01:01:30	00:58:57	01:00:47	01:14:36	01:07:14	00:59:39	06:22:43	00:55:52	55	M50	104	6
667	Haben	Gerhard	Allstars Collingh.	1968	2006	01:01:08	00:58:04	01:01:43	01:15:08	01:05:37	01:01:08	06:22:48	00:55:53	38	M30	117	6
668	Schmidt	Hartmut	OZ-Ossilooper		2006	01:02:16	00:59:31	01:01:59	01:16:28	01:03:27	00:59:08	06:22:49	00:55:53		M		6
669	Schiemann-Lil.	Martin	Aurich	1955	2006	01:01:17	01:01:49	01:00:52	01:15:12	01:04:46	00:58:58	06:22:54	00:55:54	51	M50	105	6
670	Oltrop	Kerstin	Leer	1977	2006	01:03:11	01:01:04	01:00:40	01:15:37	01:04:44	00:57:39	06:22:55	00:55:54	29	W20	11	6
671	Schoon	Friedrich	Bundespl. Oldenbg.	1948	2006	01:02:49	01:01:37	01:01:02	01:15:38	01:02:31	00:59:21	06:22:58	00:55:54	58	M50	106	6
672	Arends	Carl-Heinz	TV Marienhaf	1965	2006	01:05:23	00:59:08	01:01:36	01:15:00	01:03:41	00:58:30	06:23:18	00:55:57	41	M40	225	6
673	Gronewold	Anja	Großefehn	1977	2006	01:01:59	00:58:16	01:01:43	01:15:40	01:06:33	00:59:26	06:23:37	00:56:00	29	W20	12	6
674	Voß	Marion	TSV Langeoog	1963	2006	01:04:42	01:00:26	01:01:32	01:15:16	01:04:13	00:57:40	06:23:49	00:56:02	43	W40	46	6
675	Kruse	Andreas	TuS Aurich-Ost	1958	2006	01:02:27	01:00:53	01:02:50	01:17:28	01:02:53	00:57:24	06:23:55	00:56:03	48	M40	226	6
676	Weber	Sven		1992	2006	01:00:57	00:55:01	01:02:36	01:21:01	01:05:09	00:59:18	06:24:02	00:56:04	14	MU20	49	6
677	Ulferts	Karin	Aurich-Haxtum	1970	2006	01:00:32	00:59:42	01:01:35	01:18:39	01:04:45	00:58:49	06:24:02	00:56:04	36	W30	32	6
678	Habicht	Thorsten	Eintracht Ihlow	1959	2006	01:03:28	01:00:18	01:02:52	01:15:30	01:03:52	00:58:25	06:24:25	00:56:07	47	M40	227	6
679	Damm	Remmer	Leer	1951	2006	00:59:52	01:00:35	01:04:00	01:11:49	01:07:07	01:01:12	06:24:35	00:56:09	55	M50	107	6
680	Pruin	Erich	VfL Germ. Leer	1964	2006	01:01:32	00:58:27	01:03:41	01:15:31	01:05:40	00:59:53	06:24:44	00:56:10	42	M40	228	6
681	Bohlen	Elisabeth	LG Ostfriesland	1961	2006	01:01:56	01:00:37	01:01:37	01:17:11	01:04:32	00:58:51	06:24:44	00:56:10	45	W40	47	6
682	Ottersberg	Hanna	Möbel Buss	1973	2006	01:01:42	00:59:40	01:02:34	01:16:38	01:05:05	00:59:20	06:24:59	00:56:12	33	W30	33	6
683	Falkena	Trintje	OZ-Ossilooper		2006	01:02:57	01:00:14	01:00:01	01:16:08	01:04:54	01:00:54	06:25:08	00:56:13		W		6
684	Klempin	Gertrud	SV Holtland	1955	2006	01:03:30	00:58:50	01:03:56	01:16:53	01:03:54	00:58:06	06:25:09	00:56:14	51	W50	11	6
685	Hinrichs	Ludwig	Möbel Buss	1959	2006	01:02:47	00:59:01	01:00:47	01:16:04	01:07:08	00:59:31	06:25:18	00:56:15	47	M40	229	6
686	Hagena	Sina-Joh.	Druckerei Meyer	1989	2006	01:01:10	00:59:15	01:03:23	01:18:44	01:02:31	01:00:24	06:25:27	00:56:16	17	WU20	8	6
687	Wiegmann	Günter	OZ-Team	1960	2006	01:04:52	01:02:15	01:02:28	01:13:59	01:03:39	00:58:24	06:25:37	00:56:18	46	M40	230	6
688	Eggert	Anja	Leer	1965	2006	01:03:12	01:00:59	01:02:58	01:15:15	01:04:18	00:59:14	06:25:56	00:56:20	41	W40	48	6
689	Kok	Helga	SV Holtland	1948	2006	01:02:18	00:58:42	01:03:57	01:16:51	01:03:53	01:00:17	06:25:58	00:56:21	58	W50	12	6
690	Siebels	Gerd	Fort. Logabirum	1953	2006	01:02:32	00:59:53	01:00:35	01:16:19	01:05:32	01:01:10	06:26:01	00:56:21	53	M50	108	6
691	Eggert	Rainer	SV Frisia Loga	1961	2006	01:03:15	01:00:48	01:02:56	01:15:15	01:04:19	00:59:29	06:26:02	00:56:21	45	M40	231	6
692	Brinkmann	Frieda	Fort. Logabirum	1960	2006	01:01:21	00:59:06	01:01:19	01:15:50	01:07:20	01:01:10	06:26:06	00:56:22	46	W40	49	6
693	Nitschke	Ria	Freibad Leer	1963	2006	01:03:09	01:00:48	01:03:27	01:15:07	01:03:37	01:00:09	06:26:17	00:56:24	43	W40	50	6
694	Ihlow	Werner	TV Norden	1945	2006	00:57:30	00:59:18	01:01:49	01:17:07	01:06:55	01:03:51	06:26:30	00:56:25	61	M60	30	6
695	Siebels	Helmut	Großefehn	1963	2006	01:04:14	01:00:59	01:02:01	01:15:11	01:04:55	00:59:16	06:26:36	00:56:26	43	M40	232	6
696	Heyen-Meyer	Manuela	Möbel Buss	1979	2006	01:01:06	00:59:41	01:02:37	01:17:05	01:05:54	01:00:20	06:26:43	00:56:27	27	W20	13	6
697	Ramaker	Harald	SV Warsingfehn	1963	2006	01:02:12	01:00:55	01:02:58	01:16:57	01:04:53	00:58:53	06:26:48	00:56:28	43	M40	233	6
698	Behrends	Enno	LG Uplengen	1953	2006	00:58:46	00:57:55	01:03:55	01:18:09	01:05:24	01:02:40	06:26:49	00:56:28	53	M50	109	6
699	Wilken	Nils Gerh.	SV Holtland	1990	2006	01:00:03	01:02:38	01:02:26	01:15:57	01:05:26	01:00:30	06:27:00	00:56:30	16	MU20	50	6
700	Libner	Henning	SV Großefehn	1952	2006	01:02:43	00:59:46	01:02:04	01:15:50	01:06:31	01:00:26	06:27:20	00:56:33	54	M50	110	6
701	Schnau	H.-Artur	RVB Uplengen	1959	2006	01:02:35	01:01:08	01:03:24	01:15:39	01:05:04	00:59:30	06:27:20	00:56:33	47	M40	234	6
702	Behnke	Claudia	KBV Wiesede	1974	2006	01:01:43	00:59:47	01:03:43	01:15:55	01:05:28	01:00:50	06:27:26	00:56:34	32	W30	34	6
703	Göhler	Christoph	Aurich	1939	2006	01:01:29	01:01:10	01:03:05	01:16:40	01:05:28	00:59:37	06:27:29	00:56:34	67	M60	31	6
704	Wiringa</																

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
711	Zumbach	Peter	Esens	1958	2006	01:00:54	01:01:01	01:04:02	01:17:10	01:05:34	00:59:40	06:28:21	00:56:42	48	M40	237	6
712	Akkermann	Edith	Conc. Ihrhove	1953	2006	01:01:51	00:59:35	01:03:49	01:17:29	01:06:30	00:59:21	06:28:35	00:56:44	53	W50	13	6
713	Löhn	Karen	Conc. Neermoor	1963	2006	01:03:42	01:02:04	01:02:44	01:16:27	01:04:44	00:59:26	06:29:07	00:56:48	43	W40	52	6
714	Klinkenborg	Margit	TV Norden	1952	2006	01:04:06	01:01:12	01:01:50	01:17:14	01:05:56	00:58:50	06:29:08	00:56:48	54	W50	14	6
715	Meyer	Erhard	Spk Leer-Weener	1962	2006	01:00:33	00:59:20	01:02:17	01:18:20	01:07:35	01:01:24	06:29:29	00:56:52	44	M40	238	6
716	Penning	Hartmut	DRK Holtland	1951	2006	01:04:00	01:01:37	01:01:54	01:17:12	01:04:47	01:00:07	06:29:37	00:56:53	55	M50	111	6
717	Freudenberg	Edith	Ihlowerfehn	1968	2006	01:04:20	01:01:01	01:02:40	01:15:51	01:05:06	01:01:00	06:29:58	00:56:56	38	W30	36	6
718	Schiller	Helmut	Leer	1966	2006	01:03:21	01:01:52	01:03:29	01:16:56	01:04:42	01:00:14	06:30:34	00:57:01	40	M40	239	6
719	Schierholz	Hendrik	Oldenburg	1961	2006	01:03:30	00:58:59	01:02:16	01:15:18	01:08:29	01:02:08	06:30:40	00:57:02	45	M40	240	6
720	Jek	Gaby	Oldenburg	1969	2006	01:03:32	00:59:00	01:02:18	01:15:18	01:08:28	01:02:14	06:30:50	00:57:03	37	W30	37	6
721	Wilberts	Wiebke	TuS Aurich-Ost	1991	2006	01:06:15	01:01:58	01:03:32	01:15:42	01:03:55	00:59:31	06:30:53	00:57:04	15	WU20	9	6
722	Weißsohn	Rüdiger	Hinte	1956	2006	01:02:37	01:00:15	01:03:38	01:16:39	01:08:06	01:00:18	06:31:33	00:57:10	50	M50	112	6
723	Sünkel	Gabi	Emden LG	1972	2006	01:02:23	00:59:27	01:02:12	01:17:43	01:08:26	01:01:28	06:31:39	00:57:11	34	W30	38	6
724	Müller	Barbara	RV Brookmerland	1953	2006	01:03:33	01:01:42	01:00:24	01:16:52	01:07:24	01:01:57	06:31:52	00:57:12	53	W50	15	6
725	Klaaßen	Sonja	MTV Aurich-Tria	1963	2006	01:02:02	00:59:03	01:03:53	01:17:27	01:06:51	01:02:59	06:32:15	00:57:16	43	W40	53	6
726	Heyen	Birgit	TSV Hesel	1964	2006	01:06:26	00:59:34	01:02:27	01:18:22	01:04:36	01:00:58	06:32:23	00:57:17	42	W40	54	6
727	Bunjes	Birgit	OZ-Ossilooper		2006	01:02:40	01:00:35	01:03:59	01:17:34	01:07:13	01:00:25	06:32:26	00:57:17		W		6
728	Fitzner	Günter	T. Deutsche Post	1948	2006	01:02:03	01:00:03	01:02:47	01:17:55	01:08:13	01:01:57	06:32:58	00:57:22	58	M50	113	6
729	Speckmann	Beate	TUS Westerende	1961	2006	01:05:24	01:02:03	01:03:31	01:16:22	01:06:15	00:59:28	06:33:03	00:57:23	45	W40	55	6
730	Determann	Ute	MTV Aurich	1961	2006	01:05:31	01:02:00	01:03:30	01:16:23	01:06:15	00:59:27	06:33:06	00:57:23	45	W40	56	6
731	Ackmann	Helmut	Walle	1954	2006	01:02:29	00:59:43	01:03:39	01:19:39	01:06:27	01:01:14	06:33:11	00:57:24	52	M50	114	6
732	Röttmann	Hillrich	SV Frisia Loga	1961	2006	01:02:12	01:01:49	01:03:42	01:18:19	01:06:38	01:00:40	06:33:20	00:57:25	45	M40	241	6
733	Eilers	J.-Hendrik	Moormerland	1957	2006	01:04:24	01:02:25	01:05:34	01:17:56	01:04:43	00:58:22	06:33:24	00:57:26	49	M40	242	6
734	Geiken	Marion	TuS Aurich-Ost	1966	2006	01:04:22	01:01:21	01:01:47	01:16:28	01:06:38	01:03:05	06:33:41	00:57:28	40	W40	57	6
735	Duden	Wilhelm	MTV Wittmund	1940	2006	01:04:05	01:00:15	01:03:51	01:17:29	01:06:38	01:01:27	06:33:45	00:57:29	66	M60	33	6
736	Middelborg	Manfred	LT SV Jemgum	1949	2006	01:03:40	00:59:29	01:03:06	01:17:27	01:07:27	01:02:37	06:33:46	00:57:29	57	M50	115	6
737	Dannemann	Angela	OZ-Ossilooper		2006	01:03:48	01:00:29	01:04:03	01:17:35	01:07:12	01:00:42	06:33:49	00:57:29		W		6
738	Siefkes	Jürgen	Aurich	1980	2006	01:01:38	01:01:09	01:03:44	01:17:49	01:06:40	01:02:57	06:33:57	00:57:31	26	M20	39	6
739	Frerichs	Rieke	SUS Strackholt	1948	2006	01:03:12	01:01:36	01:03:17	01:16:01	01:07:51	01:02:07	06:34:04	00:57:32	58	M50	116	6
740	Janssen	Gerd	Bundespg. Oldenbg.	1953	2006	01:03:14	01:01:36	01:02:20	01:19:21	01:06:45	01:01:11	06:34:27	00:57:35	53	M50	117	6
741	Bents	Mike	TuS Aurich-Ost	1968	2006	01:02:56	01:00:43	01:04:16	01:22:32	01:04:01	01:00:03	06:34:31	00:57:36	38	M30	119	6
742	Poppen	Karl	TG Wiesmoor	1947	2006	01:02:02	00:59:19	01:03:18	01:17:52	01:08:18	01:03:49	06:34:38	00:57:37	59	M50	118	6
743	Marks	Johann	EWE Wattloopers	1958	2006	01:03:57	01:01:03	01:03:22	01:18:07	01:06:41	01:01:31	06:34:41	00:57:37	48	M40	243	6
744	Ihlow	Giseltraud	TV Norden	1949	2006	01:02:25	01:00:44	01:03:10	01:18:36	01:07:25	01:02:29	06:34:49	00:57:38	57	W50	16	6
745	Goesmann	Ralf	Holtland	1961	2006	01:06:19	01:01:00	01:03:19	01:17:11	01:05:56	01:01:09	06:34:54	00:57:39	45	M40	244	6
746	Heynen	Heiko	SV Grobfehn	1957	2006	01:05:42	01:00:32	01:02:04	01:16:52	01:05:01	01:04:44	06:34:55	00:57:39	49	M40	245	6
747	Tjaden	Johann	TV Marienhaf	1952	2006	01:03:19	01:01:46	01:03:45	01:19:29	01:05:38	01:01:25	06:35:22	00:57:43	54	M50	119	6
748	Follrichs	Martina	Leer	1975	2006	01:06:07	01:02:31	01:02:50	01:17:41	01:06:25	00:59:49	06:35:23	00:57:43	31	W30	39	6
749	Würdemann	Lukas	TUS Aurich-Ost	1988	2006	01:03:31	00:53:28	01:10:18	01:18:42	01:02:49	01:06:51	06:35:39	00:57:46	18	MU20	51	6
750	Behrens	Heinz	DEKRA	1957	2006	01:06:03	01:02:26	01:03:14	01:16:44	01:05:41	01:01:34	06:35:42	00:57:46	49	M40	246	6
751	de Buhr	Renate	T. Westrauderf.	1955	2006	01:03:43	01:01:13	01:04:04	01:18:15	01:06:47	01:01:50	06:35:52	00:57:47	51	W50	17	6
752	Held	Dorothea	MTV Wittmund	1992	2006	01:08:13	01:03:50	01:03:32	01:18:23	01:05:15	00:56:43	06:35:56	00:57:48	14	WU20	10	6
753	Wientjes	Heidi	TuS Aurich-Ost	1968	2006	01:05:23	01:02:23	01:05:13	01:16:27	01:05:29	01:01:09	06:36:04	00:57:49	38	W30	40	6
754	Förster-Rie.	Daniela	EWE Wattloopers	1967	2006	01:04:08	01:02:22	01:02:55	01:18:21	01:06:50	01:01:33	06:36:09	00:57:50	39	W30	41	6
755	Bresk	Maria	Aurich	1972	2006	01:03:34	01:01:43	01:06:18	01:16:16	01:06:32	01:01:57	06:36:20	00:57:52	34	W30	42	6
756	Grensemann	Hans	EWE Wattloopers	1952	2006	01:02:45	00:56:27	01:00:37	01:15:15	01:20:46	01:00:32	06:36:22	00:57:52	54	M50	120	6
757	Middelborg	Helga	LT SV Jemgum	1952	2006	01:04:19	01:00:25	01:03:34	01:17:37	01:07:42	01:03:03	06:36:40	00:57:54	54	W50	18	6
758	Brinkmann	Jana	Concordia Ihrhove	1988	2006	01:05:44	01:04:09	01:08:15	01:18:46	00:57:40	01:02:09	06:36:43	00:57:55	18	WU20	11	6
759	Hein	Regine	SV Dornum	1966	2006	01:05:43	01:02:16	01:03:44	01:17:45	01:06:36	01:00:40	06:36:44	00:57:55	40	W40	58	6
760	Broer	Heide	Fortuna 70 Wirdum	1957	2006	01:03:53	01:01:54	01:03:42	01:19:29	01:06:26	01:01:27	06:36:51	00:57:56	49	W40	59	6
761	Janssen	Claudia	Praxis Dr. Limberg	1968	2006	01:04:16	01:02:51	01:03:58	01:16:54	01:06:20	01:02:33	06:36:52	00:57:56	38	W30	43	6
762	Beutter	Melanie	Polizei Leer	1975	2006	01:06:08	01:02:17	01:04:29	01:17:17	01:05:29	01:01:20	06:37:00	00:57:57	31	W30	44	6
763	Gerdes	Hinrich	R.u.F. Popens	1942	2006	01:01:05	01:01:12	01:04:55	01:23:02	01:07:15	01:00:00	06:37:29	00:58:02	64	M60	34	6
764	Falkenberg	Helmut	TV Norden	1965	2006	01:06:13	01:02:32	01:04:25	01:16:05	01:07:28	01:00:51	06:37:34	00:58:02	41	M40	247	6
765	Buss	Herbert	SV Stikelkamp	1959	2006	01:04:44	01:04:57	01:01:47	01:16:09	01:06:32	01:03:48	06:37:57	00:58:06	47	M40	248	6
766	Ideus	Johann	TuS Aurich-Ost	1964	2006	01:04:21	01:01:33	01:04:30	01:18:12	01:07:55	01:01:39	06:38:10	00:58:08	42	M40	249	6
767	Schmidtke	Wolfgang	Leer-Loga	1953	2006	01:07:32	01:02:23	01:04:22	01:17:40	01:05:18	01:00:55	06:38:10	00:58:08	53	M50	121	6
768	Rieken	Doris	TuS Aurich-Ost	1961	2006	01:05:33	01:01:14	01:03:41	01:19:42	01:07:02	01:02:00	06:39:12	00:58:17	45	W40	60	6
769	Scheffler	Andrea	TuS Aurich-Ost	1966	2006	01:05:33	01:01:20	01:03:42	01:19:43	01:07:03	01:01:58	06:39:19	00:58:18	40	W40	61	6
770	Ruhr	Volkmar	MGV Oldersum	1958	2006	01:03:12	01:01:13	01:05:55	01:20:03	01:07:36	01:01:32	06:39:31	00:58:19	48	M40	250	6
771	Sjuts	Doris	TuS Leerhaf	1967	2006	01:04:17	01:02:53	01:04:28	01:18:20	01:06:52	01:02:46	06:39:36	00:58:20	39	W30	45	6
772	Rieken	Wilhelm	TuS Leerhaf	1962	2006	01:04:17	01:02:51	01:04:27	01:18:21	01:06:54	01:02:46	06:39:36	00:58:20	44	M40	251	6
773	Zierleyn	Anne	Leer	1951	2006	01:04:41	01:02:49	01:05:20	01:19:07	01:05:40	01:02:27	06:40:04	00:58:24	55	W50	19	6
774	Ahrends	Rudi	LT Schaf. Wald	1959	2006	01:05:43	01:01:34	01:03:21	01:15:36	01:09:11	01:04:59	06:40:24	00:58:27	47	M40	252	6
775	N																

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km	km 68,50	10km				
782	Schmidt	Karl-Heinz	TV Norden	1957	2006	01:04:08	01:01:35	01:04:42	01:20:34	01:09:18	01:02:28	06:42:45	00:58:48	49	M40	255	6
783	Göbel-Dunker	Maren	TV Norden	1966	2006	01:04:11	01:01:32	01:04:43	01:20:33	01:09:16	01:02:31	06:42:46	00:58:48	40	W40	64	6
784	Reichert	Jürgen	TuS Sandhorst	1947	2006	01:07:30	01:02:56	01:04:54	01:18:31	01:07:31	01:01:59	06:43:21	00:58:53	59	M50	122	6
785	Lücht	Richard	Emden	1957	2006	01:05:04	01:02:18	01:06:09	01:19:36	01:08:56	01:01:26	06:43:29	00:58:54	49	M40	256	6
786	Heynen	Heino	Strücklingen	1964	2006	01:08:05	01:02:25	01:03:30	01:19:23	01:06:39	01:03:37	06:43:39	00:58:56	42	M40	257	6
787	Claaßen	Christa	Sandhorst	1960	2006	01:05:03	01:02:20	01:06:09	01:18:37	01:09:05	01:02:28	06:43:42	00:58:56	46	W40	65	6
788	Höfer	Anne	OZ-Ossilooper		2006	01:02:41	01:02:35	01:05:36	01:21:00	01:08:46	01:03:16	06:43:54	00:58:58		W		6
789	Boden	Helga	LT Schafhauser W.	1950	2006	01:07:30	01:04:52	01:05:44	01:18:58	01:06:48	01:00:34	06:44:26	00:59:02	56	W50	22	6
790	Neugebauer	Bärbel	TV Norden	1965	2006	01:07:39	01:05:47	01:03:40	01:18:50	01:07:09	01:01:30	06:44:35	00:59:04	41	W40	66	6
791	Neumann	Oliver	BW Ramsloh	1988	2006	01:03:41	01:03:38	01:07:36	01:21:05	01:07:52	01:01:15	06:45:07	00:59:08	18	MU20	52	6
792	Heynen	Gisela	Strücklingen	1962	2006	01:08:12	01:03:51	01:03:43	01:19:22	01:07:47	01:02:16	06:45:11	00:59:09	44	W40	67	6
793	Folkers	Edelgard	Gute H. Pfalzdorf	1970	2006	01:09:05	01:04:55	01:05:30	01:18:29	01:06:40	01:00:38	06:45:17	00:59:10	36	W30	47	6
794	Schmidt	Maren	Moorloopers	1974	2006	01:04:21	01:03:17	01:04:50	01:19:06	01:10:22	01:03:50	06:45:46	00:59:14	32	W30	48	6
795	Braams	Herma	LT Schafhauser W.	1956	2006	01:05:50	01:01:40	01:06:55	01:22:15	01:06:55	01:02:18	06:45:53	00:59:15	50	W50	23	6
796	Nobel	Benjamin	Eintr. Nüttermoor	1986	2006	01:06:37	01:03:00	01:07:04	01:17:46	01:09:31	01:02:30	06:46:28	00:59:20	20	M20	40	6
797	Voß	Hermann	TSV Langeoog	1945	2006	01:02:30	01:01:05	01:04:33	01:23:53	01:09:43	01:04:52	06:46:36	00:59:21	61	M60	35	6
798	Warnijes	Claudia	Ostrhauderfehn	1964	2006	01:09:54	01:05:02	01:08:04	01:20:14	01:04:43	00:58:48	06:46:45	00:59:23	42	W40	68	6
799	Rabenstein	Andrea	LT Schafhauser W.	1979	2006	01:05:35	01:04:21	01:04:11	01:19:19	01:08:50	01:04:30	06:46:46	00:59:23	27	W20	14	6
800	Sick	Jens	JVA Emden	1965	2006	01:04:22	01:01:15	01:04:34	01:27:19	01:08:01	01:01:17	06:46:48	00:59:23	41	M40	258	6
801	Doden	Gerhard	Polizei Aurich	1959	2006	01:04:06	01:03:51	01:05:30	01:22:06	01:08:37	01:02:41	06:46:51	00:59:24	47	M40	259	6
802	Patzwald	Margret	LT Schafhauser W.	1958	2006	01:03:56	01:01:32	01:07:15	01:20:54	01:09:42	01:03:50	06:47:09	00:59:26	48	W40	69	6
803	Goesmann	Birgit	Holtland		2006	01:07:17	01:04:00	01:06:09	01:19:54	01:07:36	01:02:29	06:47:25	00:59:29		W		6
804	Steinmann	Helga	SV Frisia Loga	1960	2006	01:05:15	01:03:24	01:06:24	01:20:32	01:08:57	01:03:00	06:47:32	00:59:30	46	W40	70	6
805	Severiens	Henriette	Fort. Logabirum	1954	2006	01:05:23	01:03:27	01:06:23	01:20:33	01:08:58	01:03:38	06:48:22	00:59:37	52	W50	24	6
806	Wilken	Christian	TUS Aurich-Ost	1988	2006	01:11:23	01:00:27	01:07:24	01:18:45	01:08:07	01:02:29	06:48:35	00:59:39	18	MU20	53	6
807	Albers	Marion	TuS Aurich-Ost	1967	2006	01:06:38	01:00:21	01:06:54	01:24:42	01:08:24	01:02:01	06:49:00	00:59:42	39	W30	49	6
808	Reiter	Beate	SV Stikelkamp	1966	2006	01:04:43	01:04:58	01:06:11	01:21:49	01:08:55	01:02:26	06:49:02	00:59:43	40	W40	71	6
809	Springhorn	Jens	Leer	1939	2006	01:03:59	01:01:34	01:07:09	01:22:40	01:09:17	01:04:25	06:49:04	00:59:43	67	M60	36	6
810	Bilker	Heide	SV Dornum	1961	2006	01:08:32	01:03:23	01:06:26	01:19:40	01:07:37	01:03:28	06:49:06	00:59:43	45	W40	72	6
811	Henkelmann	Urs	ELG Emden	1973	2006	01:09:47	01:03:18	01:07:59	01:23:04	01:08:25	00:56:35	06:49:08	00:59:44	33	M30	120	6
812	Röbkes	Sonja	RVB Uplengen	1971	2006	01:07:12	01:04:05	01:05:24	01:20:50	01:07:48	01:04:12	06:49:31	00:59:47	35	W30	50	6
813	Schmidt	Helga	Hage-Rietwurms	1965	2006	01:04:18	01:05:14	01:06:00	01:20:06	01:09:41	01:04:53	06:50:12	00:59:53	41	W40	73	6
814	König	Käthe	Emder LG	1936	2006	01:05:19	01:01:55	01:05:31	01:21:11	01:11:37	01:04:51	06:50:24	00:59:55	70	W70	1	6
815	Janssen	Johannes	TUS Pewsum	1957	2006	01:06:26	01:02:33	01:07:50	01:21:12	01:08:16	01:04:17	06:50:34	00:59:56	49	M40	260	6
816	Schürmann	Martin	Poseidon Leer	1960	2006	01:07:12	01:02:49	01:06:10	01:20:59	01:08:42	01:04:53	06:50:45	00:59:58	46	M40	261	6
817	Spinneker	Christa	TV Norden	1948	2006	01:07:40	01:05:48	01:04:38	01:20:29	01:08:19	01:03:59	06:50:53	00:59:59	58	W50	25	6
818	Meyer	Herta	TV Norden	1948	2006	01:07:45	01:05:47	01:04:37	01:20:28	01:08:20	01:03:58	06:50:55	00:59:59	58	W50	26	6
819	Ens	Renate	TuS Aurich-Ost	1952	2006	01:06:28	01:01:26	01:06:50	01:25:45	01:08:27	01:02:08	06:51:04	01:00:01	54	W50	27	6
820	Girts	Wolfgang	TuS Aurich-Ost	1952	2006	01:07:49	01:04:22	01:06:45	01:22:11	01:07:45	01:02:15	06:51:07	01:00:01	54	M50	123	6
821	Weiß	Michael	TuS Aurich-Ost	1963	2006	01:04:03	01:03:25	01:07:13	01:20:39	01:11:18	01:04:45	06:51:23	01:00:03	43	M40	262	6
822	Bock	Insa	LT Schafhauser W.	1964	2006	01:07:49	01:03:47	01:07:20	01:20:44	01:09:14	01:02:39	06:51:33	01:00:05	42	W40	74	6
823	Schulz	Giesela	Strackholt	1977	2006	01:07:50	01:05:31	01:06:13	01:21:19	01:08:30	01:02:44	06:52:07	01:00:10	29	W20	15	6
824	Köllmann	Margret	Wiesens	1955	2006	01:07:08	01:03:33	01:10:57	01:20:47	01:07:32	01:02:21	06:52:18	01:00:11	51	W50	28	6
825	Trauernicht	Harald	Großefehn	1969	2006	01:08:43	01:05:41	01:04:31	01:21:03	01:09:28	01:03:12	06:52:38	01:00:14	37	M30	121	6
826	Scheublein	Susanne	Wilhelmshaven	1966	2006	01:07:55	01:03:45	01:07:24	01:21:23	01:08:30	01:03:53	06:52:50	01:00:16	40	W40	75	6
827	Bleeker	Janina	Concordia Ihrhove	1987	2006	01:05:52	01:04:54	01:08:33	01:20:53	01:08:56	01:03:46	06:52:54	01:00:17	19	WU20	12	6
828	Bohrer	Heinz	TuS Aurich-Ost	1938	2006	01:06:45	01:04:00	01:07:12	01:22:42	01:08:48	01:04:29	06:53:56	01:00:26	68	M60	37	6
829	Weiland	Roelf	OZ-Ossilooper		2006	01:10:35	01:02:57	01:08:04	01:22:57	01:10:34	00:58:51	06:53:58	01:00:26		M		6
830	Sauer	Gerhard	MTV Aurich	1934	2006	01:07:37	01:04:59	01:07:40	01:21:52	01:08:45	01:03:42	06:54:35	01:00:31	72	M70	2	6
831	Haseborg	Wilma	SV Dornum	1961	2006	01:07:14	01:03:58	01:06:10	01:23:30	01:08:53	01:05:41	06:55:26	01:00:39	45	W40	76	6
832	Meyer	Marion	Aurich	1969	2006	01:06:59	01:03:50	01:07:17	01:23:37	01:09:44	01:04:02	06:55:29	01:00:39	37	W30	51	6
833	Oelscher	Heinz	BSG DAK	1954	2006	01:09:06	01:05:10	01:07:02	01:20:55	01:09:51	01:03:38	06:55:42	01:00:41	52	M50	124	6
834	Kretzmer	Sonka	Moormerland	1983	2006	01:08:52	01:05:42	01:08:21	01:21:48	01:08:44	01:02:40	06:56:07	01:00:45	23	W20	16	6
835	Ebbelaar	Marcel	Crocodiles Ihlow	1963	2006	01:08:47	01:07:25	01:05:56	01:24:00	01:07:59	01:02:21	06:56:28	01:00:48	43	M40	263	6
836	Berg	Heinz	Großefehn		2006	01:08:41	01:04:05	01:06:36	01:21:04	01:07:39	01:08:25	06:56:30	01:00:48		M		6
837	Stark	Regina	HSG Weener-Bu.	1963	2006	01:10:11	01:02:23	01:07:15	01:22:48	01:10:09	01:03:56	06:56:42	01:00:50	43	W40	77	6
838	Baller	Nina	NIGE	1986	2006	01:12:13	01:07:11	01:08:04	01:19:17	01:09:22	01:01:11	06:57:18	01:00:55	20	W20	17	6
839	Veenhuis	Andrej	SV Conc. Ihrhove	1985	2006	01:14:49	01:07:12	01:09:57	01:27:47	00:55:04	01:02:39	06:57:28	01:00:57	21	M20	41	6
840	Hüffmeier	Katharina	RV Argo	1975	2006	01:08:35	01:05:46	01:07:45	01:24:47	01:08:16	01:02:22	06:57:31	01:00:57	31	W30	52	6
841	Löwe	Michael	Concordia Ihrhove	1960	2006	01:06:52	01:04:28	01:07:34	01:25:26	01:09:23	01:04:08	06:57:51	01:01:00	46	M40	264	6
842	Sluiter	Helga	Nordgeorgsfehn	1963	2006	01:07:54	01:04:23	01:07:30	01:23:34	01:08:52	01:05:40	06:57:53	01:01:00	43	W40	78	6
843	Meyer	Irmhild	T. Westrhauderf.	1954	2006	01:09:40	01:04:54	01:06:32	01:22:02	01:09:31	01:05:16	06:57:55	01:01:01	52	W50	29	6
844	de Vries	Marlies	Ulricianum Aurich	1991	2006	01:09:07	01:03:49	01:07:34	01:24:30	01:10:11	01:02:45	06:57:56	01:01:01	15	WU20	13	6
845	Beck	Joachim	Crocodiles Ihlow	1961	2006	01:21:51	01:02:16	00:59:37	01:12:30	01:00:55	01:20:50	06:57:59	01:01:01	45	M40	265	6
846	Sollermann	Heidi	Leer														

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km						
853	Schröder	Karin	SV Großefehn	1959	2006	01:09:26	01:05:00	01:07:36	01:21:37	01:11:13	01:04:38	06:59:30	01:01:14	47	W40	81	6
854	Wehner	Clemens	SV Holtland	1943	2006	01:04:37	01:06:01	01:11:23	01:23:42	01:09:37	01:04:28	06:59:48	01:01:17	63	M60	38	6
855	Tjarks	Gerhardine	LG Ostfriesland	1957	2006	01:09:04	01:05:09	01:07:43	01:23:00	01:10:08	01:05:31	07:00:35	01:01:24	49	W40	82	6
856	Schild	Gerhard	Südbrookmerland	1965	2006	01:06:30	01:03:34	01:07:23	01:24:12	01:11:57	01:07:16	07:00:52	01:01:26	41	M40	267	6
857	Richter	Jan	Aurich	1975	2006	01:06:23	01:00:58	01:05:21	01:26:53	01:17:23	01:04:00	07:00:58	01:01:27	31	M30	123	6
858	Schild	Sabine	Südbrookmerland	1965	2006	01:06:45	01:03:34	01:07:23	01:24:12	01:11:55	01:07:16	07:01:05	01:01:28	41	W40	83	6
859	Peters	H.-Jürgen	Polizei Leer	1949	2006	01:08:16	01:05:40	01:07:07	01:23:13	01:11:58	01:05:25	07:01:39	01:01:33	57	M50	125	6
860	Wulf	Dieter	Spk Leer-Weener	1950	2006	01:08:34	01:04:24	01:07:32	01:24:26	01:11:22	01:05:33	07:01:51	01:01:35	56	M50	126	6
861	Rekemeyer	Ute	Tim. Spafloopers	1965	2006	01:08:05	01:04:47	01:08:09	01:23:42	01:11:24	01:06:08	07:02:15	01:01:39	41	W40	84	6
862	Sobottka	Margritta	SV Dornum	1961	2006	01:07:32	01:04:53	01:07:58	01:24:33	01:11:23	01:06:14	07:02:33	01:01:41	45	W40	85	6
863	Lowin	Kathrin	TuS Aurich-Ost	1988	2006	01:06:18	01:03:48	01:07:33	01:24:36	01:13:36	01:06:51	07:02:42	01:01:42	18	WU20	14	6
864	Heimann	Sonja	MTV Wittmund	1967	2006	01:08:14	01:05:04	01:07:12	01:26:53	01:12:16	01:03:10	07:02:49	01:01:44	39	W30	54	6
865	Buss	Helga	Neukamperfehn	1962	2006	01:04:52	01:09:49	01:08:46	01:26:59	01:08:54	01:03:49	07:03:09	01:01:46	44	W40	86	6
866	Janssen	Karola	LG Ostfriesland	1970	2006	01:10:53	01:06:21	01:07:42	01:24:51	01:09:37	01:04:01	07:03:25	01:01:49	36	W30	55	6
867	Ley	André	Polizei Aurich	1967	2006	01:09:37	01:08:04	01:07:14	01:24:38	01:09:36	01:04:16	07:03:25	01:01:49	39	M30	124	6
868	Behrends	Stefan	Holtland-Nücke	1971	2006	01:10:18	01:07:04	01:08:27	01:23:03	01:10:18	01:04:39	07:03:49	01:01:52	35	M30	125	6
869	Claassen	Gerd	LG Ostfriesland	1945	2006	01:06:18	01:05:00	01:07:15	01:25:00	01:13:34	01:06:59	07:04:06	01:01:55	61	M60	39	6
870	Krull	Tole	BV Langefeld	1958	2006	01:08:15	01:03:23	01:09:18	01:26:31	01:11:32	01:05:15	07:04:14	01:01:56	48	M40	268	6
871	Backer	Gudrun	Südbrookmerland	1967	2006	01:10:16	01:06:18	01:08:12	01:24:56	01:09:56	01:04:52	07:04:30	01:01:58	39	W30	56	6
872	Honefeld	Anne	Moormerland	1971	2006	01:08:37	01:06:40	01:08:34	01:23:46	01:11:25	01:05:30	07:04:32	01:01:59	35	W30	57	6
873	Wirtjes	Edzard	Fort. Logabirum	1958	2006	01:14:21	01:04:25	01:08:03	01:22:56	01:10:56	01:03:57	07:04:38	01:01:59	48	M40	269	6
874	Erlitz	Hardy	Wilhelmshaven	1958	2006	01:08:06	01:03:22	01:08:30	01:25:16	01:10:03	01:09:25	07:04:42	01:02:00	48	M40	270	6
875	Dirks	Maja	Fort. Logabirum	1993	2006	01:14:21	01:04:32	01:08:03	01:22:55	01:10:55	01:04:00	07:04:46	01:02:01	13	WU20	15	6
876	Hülshoff	Britta	T. Westrhauderf.	1969	2006	01:14:14	01:05:27	01:07:38	01:21:52	01:10:25	01:05:11	07:04:47	01:02:01	37	W30	58	6
877	Helmers-Brou.	Andrea	DPI AG	1972	2006	01:09:32	01:05:50	01:10:02	01:25:11	01:10:12	01:04:05	07:04:52	01:02:01	34	W30	59	6
878	Lorra	Cedric	Großefehn	1988	2006	01:09:05	01:06:14	01:07:08	01:21:10	01:12:56	01:08:32	07:05:05	01:02:03	18	MU20	54	6
879	Planteur	Renate	TuS Aurich-Ost	1954	2006	01:10:38	01:05:11	01:08:08	01:23:57	01:11:39	01:05:35	07:05:08	01:02:04	52	W50	32	6
880	Brandau	Claudia	VfL Germ. Leer	1963	2006	01:10:51	01:06:58	01:06:48	01:21:16	01:10:57	01:08:47	07:05:37	01:02:08	43	W40	87	6
881	Kromminga	Marties	RuF Hesel	1976	2006	01:10:23	01:07:37	01:08:38	01:24:00	01:10:16	01:04:45	07:05:39	01:02:08	30	W30	60	6
882	Becker	Sonja	TSV Hesel	1965	2006	01:07:19	01:09:25	01:06:25	01:27:11	01:09:37	01:05:45	07:05:42	01:02:09	41	W40	88	6
883	Sanwald	Hanna	Fehntjer LT	1962	2006	01:10:02	01:04:48	01:08:55	01:23:31	01:11:10	01:07:22	07:05:48	01:02:10	44	W40	89	6
884	Mengers	Gerlind	T. Westrhauderf.	1967	2006	01:09:14	01:06:07	01:08:34	01:23:48	01:11:28	01:06:49	07:06:00	01:02:11	39	W30	61	6
885	Panke	René	Gymn. Rhauderf.	1992	2006	01:03:02	01:03:36	01:06:24	01:28:00	01:18:12	01:07:01	07:06:15	01:02:14	14	MU20	55	6
886	Deutschmann	Claudia	TSV Hesel	1968	2006	01:16:12	01:02:54	01:08:39	01:23:36	01:09:17	01:05:44	07:06:22	01:02:15	38	W30	62	6
887	Janßen	Lars	SV Stikkelkamp	1994	2006	01:12:33	01:05:57	01:08:35	01:23:31	01:10:04	01:06:21	07:07:01	01:02:20	12	MU20	56	6
888	Rohlfing	Holger	FZP Aurich	1954	2006	01:07:45	01:06:28	01:09:10	01:25:29	01:12:18	01:05:54	07:07:04	01:02:21	52	M50	127	6
889	Janßen	Anja	SV Stikkelkamp	1968	2006	01:12:37	01:06:01	01:08:36	01:23:32	01:10:04	01:06:20	07:07:10	01:02:22	38	W30	63	6
890	Jung	Manuela	Möbel Buss	1972	2006	01:09:19	01:07:12	01:08:32	01:23:52	01:13:11	01:05:10	07:07:16	01:02:22	34	W30	64	6
891	Doberstein	Anneliese	LT VfB Rajen	1969	2006	01:09:46	01:08:13	01:08:10	01:24:52	01:11:30	01:04:54	07:07:25	01:02:24	37	W30	65	6
892	Gruben	Anton	T. Westrhauderf.	1942	2006	01:08:36	01:04:56	01:07:21	01:23:50	01:11:14	01:11:33	07:07:30	01:02:25	64	M60	40	6
893	Gerdes	Thomas	VHS Gruppe	1967	2006	01:11:43	01:07:38	01:10:02	01:25:06	01:10:40	01:02:42	07:07:51	01:02:28	39	M30	126	6
894	Betten	Artur	Holter SV	1961	2006	01:10:41	01:05:34	01:07:22	01:24:27	01:11:14	01:09:06	07:08:24	01:02:32	45	M40	271	6
895	Müller	Edzard	SuS Timmel	1970	2006	01:09:05	01:06:42	01:10:03	01:25:37	01:11:53	01:05:16	07:08:36	01:02:34	36	M30	127	6
896	Stürenburg-Kr.	Helke	Hage-Rietwurms	1961	2006	01:07:16	01:05:43	01:08:45	01:25:03	01:13:22	01:08:33	07:08:42	01:02:35	45	W40	90	6
897	Weerts	Ulrike	FTC Hollen	1982	2006	01:09:13	01:05:05	01:10:23	01:26:02	01:12:42	01:05:23	07:08:48	01:02:36	24	W20	18	6
898	Weber	Eike	Remels	1987	2006	01:13:12	01:04:01	01:07:10	01:25:21	01:14:00	01:05:11	07:08:55	01:02:37	19	WU20	16	6
899	Baumann	Linda	TSV Hesel	1968	2006	01:16:12	01:02:55	01:08:39	01:23:35	01:09:18	01:08:19	07:08:58	01:02:37	38	W30	66	6
900	Janssen	Annika	Blomberg-Neus.	1984	2006	01:09:17	01:05:56	01:09:52	01:25:37	01:13:46	01:04:31	07:08:59	01:02:38	22	W20	19	6
901	Post	Annchen	Weener	1943	2006	01:09:42	01:05:58	01:09:08	01:25:01	01:13:40	01:06:32	07:10:01	01:02:47	63	W60	3	6
902	Saathoff	Günther	TSV Hesel	1946	2006	01:09:12	01:05:13	01:11:33	01:23:53	01:12:51	01:07:28	07:10:10	01:02:48	60	M60	41	6
903	Gronewold	Anita	Weener	1953	2006	01:10:18	01:08:29	01:08:14	01:24:11	01:11:51	01:07:15	07:10:18	01:02:49	53	W50	33	6
904	Bruns	Gunda	SV Frisia Loga	1961	2006	01:10:40	01:09:20	01:10:54	01:24:35	01:11:42	01:03:57	07:11:08	01:02:56	45	W40	91	6
905	Edzards	Erwin	SUS Strackholt	1960	2006	01:13:37	01:08:46	01:09:53	01:23:16	01:10:26	01:05:13	07:11:11	01:02:57	46	M40	272	6
906	Libner	Ute	SV Großefehn	1956	2006	01:09:48	01:05:59	01:09:37	01:25:01	01:13:39	01:07:16	07:11:20	01:02:58	50	W50	34	6
907	Martens	Meike	TuS Detern	1971	2006	00:50:58	01:11:15	01:14:18	01:32:18	01:14:42	01:08:55	07:12:26	01:03:08	35	W30	67	6
908	Poppen	Sandra	OZ-Ossilooper		2006	01:09:30	01:06:01	01:11:42	01:27:23	01:12:33	01:06:12	07:13:21	01:03:16		W		6
909	Hoyer	Lisa	NIGE	1987	2006	01:10:39	01:07:53	01:23:00	01:25:20	01:09:01	00:58:07	07:14:00	01:03:21	19	WU20	17	6
910	Wasserberg	Carola	VHS Ossilooper	1968	2006	01:14:28	01:07:13	01:08:31	01:27:22	01:10:02	01:06:52	07:14:28	01:03:26	38	W30	68	6
911	Buchholz	Heidi	Pews. Ossiloopers	1969	2006	01:16:47	01:06:03	01:09:10	01:23:50	01:12:06	01:06:50	07:14:46	01:03:28	37	W30	69	6
912	Arends	Siegrid	TV Marienhefe	1969	2006	01:12:11	01:08:55	01:09:59	01:25:43	01:11:38	01:06:24	07:14:50	01:03:29	37	W30	70	6
913	Kettwig	Ulrike	Sportring Emden	1961	2006	01:09:45	01:07:14	01:11:48	01:25:35	01:13:48	01:07:00	07:15:10	01:03:32	45	W40	92	6
914	Eifert	Beate		1965	2006	01:08:28	01:07:19	01:08:37	01:26:55	01:14:42	01:09:23	07:15:24	01:03:34	41	W40	93	6
915	Hedemann	Elke	Fun-Loop Wiesm.	1962	2006	01:10:20	01:08:45	01:11:22	01:27:22	01:11:20	01:06:58	07:16:07	01:03:40	44	W40	94	6
916	Müller	Arnold	OZ-Ossilooper		2006	01:10:03	01:08:16	01:16:31	01:19:22	01:10:35	01:11:56	07:16:43	01:03:45		M		6
917																	

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
924	Buldt	Almuth	LT Schafhauser W.	1971	2006	01:11:14	01:07:05	01:10:36	01:27:53	01:13:17	01:09:17	07:19:22	01:04:08	35	W30	73	6
925	Krefter	Birgit	Möbel Buss	1972	2006	01:09:38	01:09:29	01:08:18	01:23:39	01:18:44	01:11:01	07:20:49	01:04:21	34	W30	74	6
926	Bakker	Saskia	LG MTV Ditzum	1992	2006	01:12:26	01:06:56	01:11:12	01:28:36	01:12:53	01:09:18	07:21:21	01:04:26	14	WU20	19	6
927	Horn-Wulfke	Gabriele	Emden	1955	2006	01:11:49	01:07:34	01:12:16	01:26:56	01:15:02	01:08:31	07:22:08	01:04:33	51	W50	35	6
928	Schädler	Susan	Leer	1959	2006	01:15:25	01:09:43	01:10:26	01:26:18	01:13:07	01:07:23	07:22:22	01:04:35	47	W40	96	6
929	Dannen	Frauke	VHS Ossilooper	1970	2006	01:14:42	01:08:48	01:11:06	01:27:47	01:12:13	01:07:57	07:22:33	01:04:36	36	W30	75	6
930	Reiners	Bettina	Victorbur	1970	2006	01:12:38	01:08:57	01:10:33	01:25:43	01:15:04	01:09:59	07:22:54	01:04:39	36	W30	76	6
931	Wohlgemuth	Ines	Leer	1976	2006	01:12:01	01:09:16	01:11:39	01:28:25	01:15:12	01:06:26	07:22:59	01:04:40	30	W30	77	6
932	Kreuzmann	Bettina	Ihlow	1962	2006	01:10:34	01:06:17	01:11:58	01:27:27	01:16:17	01:10:36	07:23:09	01:04:42	44	W40	97	6
933	Robbe	Johann	LG MTV Ditzum	1967	2006	01:12:21	01:06:51	01:11:18	01:28:40	01:15:03	01:09:22	07:23:35	01:04:45	39	M30	128	6
934	Winkelmann	Ute	EWE Wattloopers	1968	2006	01:12:32	01:09:51	01:12:10	01:27:25	01:13:54	01:08:29	07:24:21	01:04:52	38	W30	78	6
935	Matuszefska	Andrea	Sportschule TAO	1967	2006	01:16:08	01:06:11	01:10:41	01:27:54	01:12:17	01:12:44	07:25:55	01:05:06	39	W30	79	6
936	Fecht	Yvonne	TSV Hesel	1968	2006	01:16:23	01:09:21	01:09:31	01:28:37	01:13:57	01:08:20	07:26:09	01:05:08	38	W30	80	6
937	Lamping	Christina	TV Norden	1957	2006	01:12:11	01:10:29	01:10:54	01:26:57	01:13:11	01:13:23	07:27:05	01:05:16	49	W40	98	6
938	de Jonge	Marianne		1963	2006	01:12:14	01:10:00	01:13:33	01:27:29	01:16:31	01:09:11	07:28:58	01:05:33	43	W40	99	6
939	Kruse	Ines	OZ-Ossilooper		2006	01:13:49	01:12:27	01:11:39	01:27:52	01:14:50	01:08:33	07:29:10	01:05:34		W		6
940	Conrads	Udo	Moormerland	1954	2006	01:11:59	01:10:39	01:09:35	01:30:28	01:18:08	01:08:24	07:29:13	01:05:35	52	M50	128	6
941	Wilberts	Anne	TuS Aurich-Ost	1958	2006	01:12:40	01:10:57	01:12:27	01:28:00	01:16:18	01:11:19	07:31:41	01:05:56	48	W40	100	6
942	Niens	Peter	SV Holland	1949	2006	01:13:36	01:09:06	01:09:32	01:23:55	01:12:17	01:24:24	07:32:50	01:06:06	57	M50	129	6
943	Schoone-K.	Maike	Spetzer Loopers	1960	2006	01:15:40	01:09:19	01:12:39	01:31:53	01:16:19	01:07:22	07:33:12	01:06:10	46	W40	101	6
944	Wolthoff	Claudia	LT VfB Rajen	1972	2006	01:18:48	01:09:12	01:14:31	01:28:32	01:13:55	01:09:20	07:34:18	01:06:19	34	W30	81	6
945	Gembruch	Ester	Tim. Spaßloopers	1960	2006	01:12:05	01:09:55	01:13:46	01:31:53	01:17:18	01:09:31	07:34:28	01:06:21	46	W40	102	6
946	Steinböhmer	Hedwig	TuS Aurich-Ost	1958	2006	01:14:54	01:11:56	01:12:36	01:29:08	01:16:00	01:10:32	07:35:06	01:06:26	48	W40	103	6
947	Bartels	Britta	Filsum-Brückenf.	1974	2006	01:14:53	01:11:19	01:14:15	01:32:19	01:14:37	01:08:40	07:36:03	01:06:35	32	W30	82	6
948	Hamel	Arno	LT VfB Rajen	1964	2006	01:18:30	01:09:07	01:14:18	01:28:32	01:16:22	01:09:20	07:36:09	01:06:35	42	M40	273	6
949	Freitag	Dirk	FFW Altstadt Aur.	1959	2006	01:10:20	01:12:20	01:12:54	01:33:51	01:17:34	01:09:23	07:36:22	01:06:37	47	M40	274	6
950	Köster	Angelika	Spetzerfehn	1952	2006	01:13:57	01:10:14	01:13:14	01:31:25	01:17:43	01:10:01	07:36:34	01:06:39	54	W50	36	6
951	Meinen	Insa	Spetzerfehn	1955	2006	01:14:01	01:10:13	01:13:14	01:31:24	01:17:46	01:09:57	07:36:35	01:06:39	51	W50	37	6
952	Twachtman	Kim	OZ-Ossilooper		2006	01:12:50	01:11:55	01:13:50	01:29:11	01:19:38	01:09:45	07:37:09	01:06:44		W		6
953	Luesing-Hauert	Gisela	Rhede	1951	2006	01:14:52	01:10:11	01:14:40	01:31:12	01:17:26	01:10:37	07:38:58	01:07:00	55	W50	38	6
954	Heyenga	Petra	F.N. Saul GmbH	1964	2006	01:12:57	01:12:23	01:14:37	01:31:22	01:18:26	01:10:49	07:40:34	01:07:14	42	W40	104	6
955	de Buhr	Herta	Neuefehn	1960	2006	01:14:03	01:09:35	01:13:42	01:33:30	01:17:38	01:12:09	07:40:37	01:07:15	46	W40	105	6
956	Wolters	Frauke	Uplengen	1987	2006	01:13:40	01:09:06	01:17:01	01:30:22	01:21:15	01:09:19	07:40:43	01:07:15	19	WU20	20	6
957	Behrens	Monika	Westersander	1950	2006	01:15:26	01:11:20	01:13:53	01:31:23	01:17:23	01:11:35	07:41:00	01:07:18	56	W50	39	6
958	Ulferts	Melanie	OZ-Ossilooper		2006	01:13:40	01:12:41	01:13:49	01:27:49	01:19:37	01:14:27	07:42:03	01:07:27		W		6
959	Ottersberg	Heino	Großfehn	1972	2006	01:11:28	01:08:16	01:13:30	01:37:40	01:18:33	01:13:15	07:42:42	01:07:33	34	M30	129	6
960	Greulich	Ines	OHV Aurich	1966	2006	01:14:11	01:11:02	01:16:47	01:32:37	01:17:40	01:10:34	07:42:51	01:07:34	40	W40	106	6
961	Bauer	Reinhard	Phönix-Sonnenst.	1947	2006	01:19:18	01:14:53	01:12:50	01:27:58	01:19:10	01:09:00	07:43:09	01:07:37	59	M50	130	6
962	Christians	Helga	EWE Wattloopers	1950	2006	01:13:55	01:11:47	01:13:48	01:32:50	01:19:55	01:11:23	07:43:38	01:07:41	56	W50	40	6
963	Betten	Grete	Holter SV	1962	2006	01:16:27	01:12:44	01:14:44	01:31:50	01:18:08	01:09:52	07:43:45	01:07:42	44	W40	107	6
964	Janssen	Ippe	Jeans-Janssen A.	1936	2006	01:13:20	01:12:19	01:14:42	01:31:06	01:18:22	01:14:22	07:44:11	01:07:46	70	M70	3	6
965	Saathoff	Juergen	LT Jheringsfehn	1931	2006	01:12:17	01:10:19	01:14:24	01:33:04	01:19:49	01:14:29	07:44:22	01:07:47	75	M70	4	6
966	Decker	Gerda	TuS Middels	1956	2006	01:16:47	01:13:28	01:14:51	01:31:31	01:17:41	01:11:21	07:45:39	01:07:59	50	W50	41	6
967	Bohlen	Harald	Schuh Gemblar	1981	2006	01:16:13	01:11:55	01:16:27	01:33:30	01:16:23	01:11:20	07:45:48	01:08:00	25	M20	43	6
968	Buß	Hanne	Aurich	1949	2006	01:14:53	01:13:16	01:17:06	01:31:30	01:18:10	01:12:44	07:47:39	01:08:16	57	W50	42	6
969	Ibelings	Heinz	Conc. Ihrhove	1937	2006	01:16:11	01:11:19	01:19:03	01:31:45	01:18:19	01:11:53	07:48:30	01:08:24	69	M60	42	6
970	Boomgarden	Marita	Pews. Ossiloopers	1965	2006	01:16:53	01:12:19	01:14:43	01:32:49	01:19:55	01:13:22	07:50:01	01:08:37	41	W40	108	6
971	Kröger	Sabine	SV Nortmoor	1969	2006	01:16:11	01:13:17	01:15:02	01:34:35	01:18:52	01:13:23	07:51:20	01:08:48	37	W30	83	6
972	Prange	Heinz-E.	Moormerland	1961	2006	01:02:30	01:16:36	01:19:07	01:35:01	01:24:56	01:14:02	07:52:12	01:08:56	45	M40	275	6
973	Fischer-Janssen	Petra	Leer	1965	2006	01:22:49	01:15:38	01:14:17	01:33:08	01:17:59	01:12:08	07:55:59	01:09:29	41	W40	109	6
974	Hinrichs	Melanie	Möbel Buss	1985	2006	01:18:31	01:15:41	01:17:13	01:33:14	01:20:49	01:11:02	07:56:30	01:09:34	21	W20	21	6
975	Diener	Manfred	SUS Strackholt	1949	2006	01:18:29	01:16:33	01:15:05	01:34:56	01:20:08	01:12:46	07:57:57	01:09:46	57	M50	131	6
976	Lubenow	Peter	Anz. f. Harlingerl.	1940	2006	01:18:13	01:16:00	01:17:58	01:33:56	01:22:02	01:14:42	08:02:51	01:10:29	66	M60	43	6
977	Broß-Anscheit	Insa	Leer	1972	2006	01:16:56	01:14:42	01:18:48	01:35:57	01:21:36	01:15:31	08:03:30	01:10:35	34	W30	84	6
978	Meyer	Helga	SV Potshausen	1963	2006	01:18:53	01:17:25	01:18:51	01:35:58	01:21:36	01:15:09	08:07:52	01:11:13	43	W40	110	6
979	Beckering	Helga	SV Holtland	1951	2006	01:18:13	01:15:42	01:19:30	01:36:22	01:21:35	01:16:43	08:08:05	01:11:15	55	W50	43	6
980	Wandrey	Sonja	VHS Leer	1970	2006	01:15:36	01:13:40	01:19:15	01:36:58	01:25:07	01:17:51	08:08:27	01:11:18	36	W30	85	6
981	Meenken	Rolf	WfB Aurich	1955	2006	01:11:09	01:09:50	01:22:20	01:32:55	01:27:00	01:25:38	08:08:52	01:11:22	51	M50	132	6
982	Schön	Harry	Wiesmoor	1963	2006	01:17:11	01:13:43	01:21:01	01:40:27	01:24:07	01:12:31	08:09:00	01:11:23	43	M40	276	6
983	Büürma	Hermine	VHS Ossilooper	1976	2006	01:19:26	01:16:22	01:19:29	01:36:23	01:21:39	01:16:42	08:10:01	01:11:32	30	W30	86	6
984	Adamczyk	Johanne	Lauftreff MüBa	1960	2006	01:19:00	01:17:44	01:19:30	01:36:19	01:23:21	01:15:20	08:11:14	01:11:43	46	W40	111	6
985	Harms	Lisa	Großwolder LT	1970	2006	01:18:59	01:16:31	01:17:56	01:36:06	01:24:41	01:18:37	08:12:50	01:11:57	36	W30	87	6
986	Heeren	Diddi	Crocodiles Ihlow	1961	2006	01:21:49	01:15:40	01:16:49	01:38:38	01:21:04	01:20:51	08:14:51	01:12:14	45	M40	277	6
987	Tunder	Hartmut	Crocodiles Ihlow	1961	2006	01:21:50	01:15:41	01:16:51	01:38:38	01:21:03	01:20:52	08:14:55	01:12:15	45	M40	278	6

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km						
	Janssen	Michael	ELG Emden	1970	2006	00:46:33	00:43:42	00:46:35	00:57:02	00:48:07		04:01:59		36	M30		5
	Habben	Bernd	EWE Wattloopers	1982	2006	00:46:57	00:43:44	00:47:24	00:58:00		00:47:49	04:03:54		24	M20		5
	Beute	Bart	Leer	1975	2006		00:48:44	00:46:56	00:59:41	00:50:59	00:46:08	04:12:28		31	M30		5
	Speckmann	Joachim	SG Egels-Popens	1959	2006	00:48:41	00:46:12	00:48:55	00:59:28	00:57:12		04:20:28		47	M40		5
	Plottki	Rainer	Möbel Buss	1960	2006	00:52:00	00:49:03	00:51:58	01:03:07		00:50:31	04:26:39		46	M40		5
	Hanken	Harald	F.-Loopers Wiesm.	1965	2006		00:41:12	00:51:31	01:04:16	00:57:36	00:52:34	04:27:09		41	M40		5
	Penning	Günter	Polizei Leer	1967	2006	00:52:55	00:51:39	00:54:20		00:55:06	00:54:46	04:28:46		39	M30		5
	Zimmer	Reinhard	TV Papenburg	1962	2006		00:49:33	00:50:57	01:03:38	00:55:21	00:50:06	04:29:35		44	M40		5
	Mann	Michael	Brinkum	1951	2006	00:52:30	00:48:50	00:51:21	01:03:39	01:00:11		04:36:31		55	M50		5
	Mansholt	Jens	SV Nortmoor	1982	2006	00:49:57	00:48:34		01:03:34	00:52:43	01:05:23	04:40:11		24	M20		5
	Foelkel	Riewert	Projekt-Partner	1963	2006	00:56:38	00:55:14	00:55:30		00:58:20	00:55:04	04:40:46		43	M40		5
	Lüpkens	Otto	TuS Aurich-Ost	1958	2006	00:55:04	00:54:26	00:55:56	01:01:36		00:55:44	04:42:46		48	W40		5
	Behrens	Karl-Heinz	SV Eintracht Ihlow	1956	2006	00:50:28	00:53:04	00:55:24	01:07:36	00:56:56		04:43:28		50	M50		5
	Bösel	Nils	Aurich	1987	2006	00:54:04	00:51:10	00:56:06	01:06:08	00:56:16		04:43:44		19	MU20		5
	Schmidtke	Bernd	TuS Esens	1959	2006	00:53:16	00:52:10	00:55:57	01:06:35	00:55:57		04:43:55		47	M40		5
	Pahlke	Thomas	TuS Aurich-Ost	1974	2006	00:44:39	00:46:30	00:48:54	01:16:29		01:08:35	04:45:07		32	M30		5
	Middendorf	Jens	Gymn. Rhaderf.	1970	2006	00:58:13	00:51:51	00:53:32	01:06:10	00:56:32		04:46:18		36	M30		5
	Schepker	Lars	Aurich	1980	2006	00:53:16	00:52:54	00:56:27	01:07:43	00:56:37		04:46:57		26	M20		5
	Hollwege	Ralf	Vfll. Berumbur	1962	2006	00:56:12	00:58:05	00:57:53		01:04:25	01:01:41	04:58:16		44	M40		5
	Wohmann	H.-Herm.	Gymn. Rhaderf.	1947	2006	00:56:26	00:55:10	00:57:11	01:14:40	01:04:45		05:08:12		59	M50		5
	Voß	Jochen	TSV Langeoog	1942	2006	01:01:54	01:01:06	01:03:13		01:09:36	01:01:10	05:16:59		64	M60		5
	Severiens	Gerd Jelto	Weener	1993	2006	01:00:44	00:58:36	01:00:42	01:16:22		01:00:38	05:17:02		13	MU20		5
	Eilers	Heiko	OZ-Ossilooper		2006		00:58:49	00:59:24	01:12:12	01:02:32	01:07:35	05:20:32			M		5
	Müller	Petra	Moordorf	1964	2006		00:58:25	01:03:37	01:16:16	01:04:40	00:59:10	05:22:08		42	W40		5
	Frerichs	Gunda	Leer	1977	2006	01:00:47	00:59:36	01:02:33	01:16:38	01:06:44		05:26:18		29	W20		5
	Kunze	Egon	OZ-Ossilooper		2006	01:10:04	00:58:34		01:19:22	01:05:40	01:02:25	05:36:05			M		5
	Herten	Eilert	TG Wiesmoor	1949	2006	01:04:39	01:01:02	01:05:47	01:18:32	01:07:34		05:37:34		57	M50		5
	Steenhoff	Heiner	Germ. Holterfehn	1960	2006	01:09:55		01:09:50	01:17:59	01:05:16	00:57:04	05:40:04		46	M40		5
	Krause	Margret	LT Schaffh. Wald	1947	2006		01:01:29	01:07:19	01:20:51	01:09:46	01:03:52	05:43:17		59	W50		5
	Fecht	Katharina	Remels	1989	2006	01:12:20	01:03:32	01:04:24	01:18:00	01:05:35		05:43:51		17	WU20		5
	Meyer	Hanne	Ihlow	1959	2006	01:06:06		01:05:16	01:20:52	01:09:10	01:03:45	05:45:09		47	W40		5
	Schoone	Michael	Wiesmoor		2006	01:08:59	01:06:51	01:05:33	01:17:38	01:09:25		05:48:26			M		5
	Höhn	Stephanie	Neukamperfehn	1984	2006	01:09:31	01:05:52	01:15:25		01:16:01	01:05:42	05:52:31		22	W20		5
	Neumann	Marco	Ramsloh	1990	2006	01:04:15	01:04:04	01:09:23	01:28:08		01:07:42	05:53:32		16	MU20		5
	Bruns	Rita	TSV Hesel	1963	2006	01:07:17	01:09:22	01:06:24	01:18:22	01:13:56		05:55:21		43	W40		5
	de Riese	Matina	Filsfum	1976	2006	01:14:39	01:09:36	01:11:13		01:13:27	01:08:24	05:57:19		30	W30		5
	Hiltmann	Susanne	TC Aurich-West	1956	2006		01:08:46	01:10:04	01:27:37	01:13:34	01:08:02	06:08:03		50	W50		5
	Ciesielski	Gertrud	Leer	1953	2006	01:09:57	01:07:00	01:11:41	01:27:56	01:15:01		06:11:35		53	W50		5
	Janßen-Harms	Angelika	OZ-Ossilooper		2006	01:14:23	01:11:49	01:12:06	01:27:58		01:08:38	06:14:54			W		5
	Schwaldat	Ute	Nortmoor	1959	2006		01:12:00	01:14:00	01:30:55	01:17:33	01:10:06	06:24:34		47	W40		5
	Teyn	Tomma	Weener	1955	2006	01:13:28	01:09:38	01:14:35	01:30:57	01:18:51		06:27:29		51	W50		5
	Stoye-Grunau	Christina	Leer	1954	2006	01:22:02		01:18:37	01:31:11	01:17:29	01:07:58	06:37:17		52	W50		5
	Meyer	Karin	Laufftreff MüBa	1955	2006	01:19:01	01:19:41		01:36:20	01:23:22	01:15:10	06:53:34		51	W50		5
	Seiler	Beate	SV Frisia Loga	1955	2006		01:17:41	01:23:23	01:35:57	01:21:37	01:15:32	06:54:10		51	W50		5
	Jürrens	Harry	ELG Emden	1957	2006	00:40:06	00:42:39	00:44:29	00:58:39			03:05:53		49	M40		4
	Hartwiger	Björn	Strücklingen	1977	2006	00:43:23	00:42:04	00:44:23	00:57:50			03:07:40		29	M20		4
	Jauken	Michael	Polizei Aurich	1968	2006	00:41:47	00:40:22		01:10:13	00:47:53		03:20:15		38	M30		4
	Meyer	Dietmar	Aurich	1969	2006	00:51:49	00:47:40	00:50:36		00:52:57		03:23:02		37	M30		4
	Hein	Thorsten	SV Dornum	1965	2006	00:48:12	00:49:37	00:50:43	01:03:29			03:32:01		41	M40		4
	Redenius	Folkert	Concordia Ihrhove	1957	2006			00:49:42	00:58:29	00:49:42	00:57:29	03:35:22		49	M40		4
	Wolckenhaar	Enno	TC GW Leer	1938	2006	00:53:47	00:52:34	00:56:16			00:56:08	03:38:45		68	M60		4
	Müller	Johann	LG Uplengen	1963	2006	00:53:15	00:50:36	00:53:13	01:05:17			03:42:21		43	M40		4
	van Thai	Anh	WfB Aurich	1972	2006			00:56:15	01:08:40	00:59:21	00:50:35	03:54:51		34	M30		4
	van Dyk	Patrick	Aurich	1988	2006	00:53:58		00:59:17		01:02:40	00:59:06	03:55:01		18	MU20		4
	Stomberg	Christian	NIGE	1987	2006	00:56:49			01:10:54	00:57:41	00:52:42	03:58:06		19	MU20		4
	Fischer	Brigitte	AOK Ostfriesland	1961	2006	00:57:10	00:56:24	00:56:31	01:10:33			04:00:38		45	W40		4
	Buss	Bernhard	Möbel Buss	1949	2006	00:57:43	00:54:41		01:12:18		00:57:14	04:01:56		57	M50		4
	Lücke	Anna	SV Nortmoor	1982	2006	00:57:10	00:57:37		01:13:59		00:59:11	04:07:57		24	W20		4
	Uphoff	Walter	TuS Middels	1960	2006		00:58:19		01:13:23	01:02:12	00:58:21	04:12:15		46	M40		4
	Brandt	Henning	Ostfr. Volksbank	1971	2006	01:04:40	01:04:01	01:07:10			01:05:11	04:21:02		35	M30		4
	Hollan	Andrea		1974	2006	01:05:42	01:04:18	01:04:11		01:10:21		04:24:32		32	W30		4
	Hommers	Traute	Aurich	1963	2006			01:03:55	01:13:55	01:07:22	01:02:23	04:27:35		43	W40		4
	Juilfs	Helga	SUS Strackholt	1951	2006	01:11:02	01:05:48	01:08:08			01:05:17	04:30:15		55	W50		4
	Moosler	Horst	VfL Germ. Leer	1937	2006	01:05:00	01:06:50			01:14:35	01:08:17	04:34:42		69	M60		4
	Niemeyer	Hildegard	Emder LG	1950	2006			01:07:28	01:21:10	01:10:08	01:02:31	04:41:17		56	W50		4
	Weber-Beck	Almuth	Emden	1954	2006	01:11:59	01:07:20			01:15:29	01:08:45	04:43:33		52	W50		4
	Stalljann	Marina	Strücklingen	1965	2006	01:11:48	01:07:05	01:07:56	01:24:04			04:50:53		41	W40		4
	Blum	Susanne	TSV Langeoog	1975	2006		01:08:16		01:27:18	01:11:52	01:03:48	04:51:14		31	W30		4
	de Buhr-Hanken	Anja	Fun-Loop Wiesmoor	1965	2006			01:08:09	01:27:24	01:11:21	01:06:57	04:53:51		41	W40		4
	Bremer	Gunda	LT Schaffhauser W.	1966	2006	01:17:14		01:15:21		01:16:47	01:09:33	04:58:55		40	W40		4

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
	Winkler	Susanne	TV Norden	1948	2006	01:14:35	01:11:17	01:13:52		01:19:54		04:59:38		58	W50		4
	Lunz	Dieter	LT Schafhauser W.	1941	2006		01:10:09		01:29:48	01:16:32	01:10:15	05:06:44		65	M60		4
	Schwaldat	Hinrich	Nortmoor	1958	2006	01:13:09		01:13:58	01:30:52		01:10:03	05:08:02		48	M40		4
	Behrends	Johann	LG Ostfriesland	1943	2006			01:11:46	01:31:07	01:18:19	01:14:23	05:15:35		63	M60		4
	Mennenga	Eske	Leer	1974	2006	01:19:07	01:12:21	01:14:18	01:33:12			05:18:58		32	W30		4
	Harms	Elke	VHS Ossilooper	1971	2006	01:25:29	01:24:05	01:23:20		01:30:11		05:43:05		35	W30		4
	Weißels	Paul	Leer	1957	2006	00:42:33	00:41:15	00:44:08				02:07:56		49	M40		3
	Kettwig	Christoph	VfL Germ. Leer	1988	2006	00:45:21				00:48:47	00:45:20	02:19:28		18	MU20		3
	Drosten	Jörn	Fortuna Wirdum	1990	2006	00:46:30	00:45:27	00:48:13				02:20:10		16	MU20		3
	Siemens	Karl	MTV Wittmund	1951	2006	00:43:39		00:48:55			00:48:10	02:20:44		55	M50		3
	Blank	André	Sparkasse	1977	2006	00:44:08			00:54:41		00:42:41	02:21:30		29	M20		3
	Ziegler	Frank	T. Deutsche Post	1967	2006	00:49:59	00:47:33	00:50:31				02:28:03		39	M30		3
	Janssen	Gerold	Esens	1965	2006	00:48:32		00:52:22		00:52:37		02:33:31		41	M40		3
	Saathoff	Dieter	TG Wiesmoor	1960	2006	00:50:49		00:51:12			00:51:30	02:33:31		46	M40		3
	Frerichs	Jörg	SV Dornum	1969	2006		00:46:08		00:59:44		00:47:41	02:33:33		37	M30		3
	Beregszaszi	Franz	Aurich	1955	2006	00:51:54	00:49:10	00:56:41				02:37:45		51	M50		3
	Penning	Helmut	SV Holtland	1965	2006	00:52:55	00:51:38	00:54:19				02:38:52		41	M40		3
	Weißels	Keno	HSG Leer	1989	2006	00:54:17	00:51:28			00:57:37		02:43:22		17	MU20		3
	Schaller	Frank	Aurich	1961	2006	00:53:57		00:53:52		00:56:10		02:43:59		45	M40		3
	Rynas	Heinrich	Leer	1955	2006	00:51:27	00:48:41		01:04:25			02:44:33		51	M50		3
	Meinicke	Marco	TUS Weene	1965	2006	00:56:52	00:54:27	00:53:47				02:45:06		41	M40		3
	Günther	Helmut	RVB Uplengen	1969	2006	00:57:55	00:55:39	00:56:55				02:50:29		37	M30		3
	Meints	Karin	SUS Strackholt	1962	2006	00:57:04	00:56:07	00:58:09				02:51:20		44	W40		3
	Eiben	Eibo	LT Schafhauser W.	1943	2006	00:51:29	00:48:33		01:12:33			02:52:35		63	M60		3
	Schoon	Reinhard	RVB Uplengen	1946	2006	01:00:08	00:55:52	00:57:06				02:53:06		60	M60		3
	Hammer	Georg	Leer	1954	2006	00:53:28			01:06:50		00:53:24	02:53:42		52	M50		3
	Eisenhauer	Annelene	LT Schafhauser W.	1955	2006	00:59:05	00:57:28	00:59:55				02:56:28		51	W50		3
	Jaster	Siegfried	TC GW Leer	1950	2006	00:58:35	00:59:07	01:01:40				02:59:22		56	M50		3
	Schürmann	Egon	Jeans-Janssen A.	1965	2006	00:52:08			01:06:32	01:00:50		02:59:30		41	M40		3
	Schmitz	Oliver	Leer	1971	2006	01:04:15	01:04:10				00:52:26	03:00:51		35	M30		3
	Bürkner	Stephan	Aurich	1976	2006	01:01:00		00:58:30		01:05:28		03:04:58		30	M30		3
	Lohmeyer	Imke	SV Frisia Brinkum	1988	2006	01:01:03				01:04:58	00:59:38	03:05:39		18	WU20		3
	Carsted	Caroline	Kanada	1989	2006			00:56:12	01:06:25	01:03:15		03:05:52		17	WU20		3
	Lindena	Uwe	Moordorf	1957	2006		00:56:19		01:12:35	01:00:47		03:09:41		49	M40		3
	Beekmann	Jens	DLRG Weener	1988	2006	01:03:28	00:57:12		01:11:31			03:12:11		18	MU20		3
	Mammes	Henning	SV Neuerhede	1981	2006		00:58:10		01:13:01	01:01:37		03:12:48		25	M20		3
	Seybold	Jörg	TV Leer	1949	2006	01:01:31		01:06:57			01:05:40	03:14:08		57	M50		3
	Domininghaus	Gerlinde	Oldenburg	1963	2006	01:00:37	00:58:02		01:16:11			03:14:50		43	W40		3
	Heyen	Gunda	Aurich	1967	2006	01:02:29			01:16:29		00:57:53	03:16:51		39	W30		3
	Helmke	Gunda	Aurich-Haxtum	1971	2006	01:04:06		01:03:55		01:09:15		03:17:16		35	W30		3
	Schmedding	Annika	Druckerei Meyer	1991	2006			01:03:29	01:14:55		01:00:24	03:18:48		15	WU20		3
	Buurmann	Ellen	MTV Aurich	1948	2006	01:07:13		01:07:32			01:04:54	03:19:39		58	W50		3
	Kistemaker	Lea	TuS Hinte	1987	2006		01:02:24	01:03:26	01:15:38			03:21:28		19	WU20		3
	Schnabel	Uwe	VfB Uplengen	1964	2006	01:00:57			01:16:43	01:06:01		03:23:41		42	M40		3
	Sapko	Valentina	Bagband	1986	2006	01:10:22	01:08:49	01:05:58				03:25:09		20	W20		3
	Schwarz	Uwe	OZ-Ossilooper		2006	00:59:17				01:15:00	01:17:12	03:31:29			M		3
	Menzel	Dorothe	Wittmund	1961	2006	01:05:50		01:08:46	01:24:17			03:38:53		45	W40		3
	Voigt	Ellen	TuS Aurich-Ost	1957	2006	01:15:04	01:12:18	01:12:36				03:39:58		49	W40		3
	Schneider	Edine	TuS Aurich-Ost	1960	2006		01:03:48		01:29:05		01:11:50	03:44:43		46	W40		3
	Meyer	Claudia	Gymn. Rhaderf.	1992	2006	01:30:35	01:20:35	01:16:57				04:08:07		14	WU20		3
	Frers	Thomas	TV Norden	1969	2006		00:36:47	00:39:12				01:15:59		37	M30		2
	Ringering	Onno	Ihlow. Rennschn.	1968	2006	00:38:19	00:38:03					01:16:22		38	M30		2
	Kleen	André	RVB Uplengen	1983	2006	00:42:42	00:41:28					01:24:10		23	M20		2
	Woizen	Gerd	Germania Leer	1983	2006		00:37:26		00:49:09			01:26:35		23	M20		2
	Albers	Jens	TG Wiesmoor	1975	2006	00:44:25	00:44:00					01:28:25		31	M30		2
	Gastmann	Richard	BW Filsum	1961	2006		00:45:07				00:45:54	01:31:01		45	M40		2
	Krüger	Heino	LT Crocodiles	1962	2006	00:46:40	00:46:54					01:33:34		44	M40		2
	Tiemann	Ivo	LT Schaffh. Wald	1965	2006	00:47:29		00:47:37				01:35:06		41	M40		2
	Müller	Günter	Aurich	1967	2006	00:50:38	00:49:29					01:40:07		39	M30		2
	Nagel	Hermann	Conc. Neermoor	1956	2006	00:51:18	00:49:07					01:40:25		50	M50		2
	Bartsch	Frank	Emder LG	1972	2006		00:43:22		00:57:07			01:40:29		34	M30		2
	Schmidt	Heinz	Fort. Logabirum	1963	2006	00:51:22	00:50:05					01:41:27		43	M40		2
	Voss	Hermann	Emder LG	1953	2006		00:43:47		00:58:41			01:42:28		53	M50		2
	Exner	Thomas	Leer	1964	2006	00:52:58	00:51:18					01:44:16		42	M40		2
	Park	Stephan	VfB Uplengen	1971	2006				00:59:26		00:47:17	01:46:43		35	M30		2
	Meyerhoff	Jan	LG Ostfriesland	1967	2006				00:57:23	00:49:46		01:47:09		39	M30		2
	Reiter	Marco	SV Holtland	1991	2006	00:56:05					00:51:10	01:47:15		15	MU20		2
	Wiechmann	Reiner	Leer	1958	2006		00:53:47	00:53:29				01:47:16		48	M40		2
	Koplin	Heike	Nortmoor	1971	2006		00:54:14	00:57:48				01:52:02		35	W30		2



## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
	Ninnemann	Dietmar	TuS Weene	1964	2006			00:56:41			00:56:08	01:52:49		42	M40		2
	Müller	Stephan	Leer	1978	2006					01:00:08	00:53:50	01:53:58		28	M20		2
	Dannemann	Patrick	SUS Strackholt	1989	2006			00:52:45	01:01:51			01:54:36		17	MU20		2
	Dziarnowski	Eugen	Polizei Aurich	1959	2006	00:57:56	00:58:35					01:56:31		47	M40		2
	Kollenbroich	Gertrud	MTV Wittmund	1951	2006		00:55:02			01:01:51		01:56:53		55	W50		2
	Böhm	Erich	VFR Osterode	1947	2006					01:01:24	00:56:18	01:57:42		59	M50		2
	Ditzfeld	Manfred	TuS Aurich-Ost	1964	2006				01:05:08	00:52:50		01:57:58		42	M40		2
	Ihnen	Gunda	TuS Aurich-Ost	1964	2006	00:59:40		00:58:46				01:58:26		42	W40		2
	Plesse	Thomas	Warsingsfehn	1966	2006		00:53:10		01:07:04			02:00:14		40	M40		2
	Piela	Joachim	IGS Aurich-W.	1951	2006	01:01:50	00:58:51					02:00:41		55	M50		2
	Pleis	Gregor	Moorloopers	1965	2006				01:07:20		00:54:37	02:01:57		41	M40		2
	Heyen	Carina	Hesel	1989	2006		01:01:38				01:00:56	02:02:34		17	WU20		2
	Kock	Jans	SV Holtland	1931	2006	01:02:35	01:00:29					02:03:04		75	M70		2
	Janssen	Insa	MTV Aurich-Tria	1975	2006	01:00:38				01:02:42		02:03:20		31	W30		2
	Janßen-Frerichs	Herma	LT Schaffh. Wald	1964	2006					01:05:40	00:58:17	02:03:57		42	W40		2
	Flügge	Meike	Germania Leer	1966	2006	01:02:41		01:01:19				02:04:00		40	W40		2
	Adam	Hendrik	Leer	1987	2006	01:04:04		01:00:20				02:04:24		19	MU20		2
	Grundhöfer	Ulrich	Scharbeutz	1964	2006			01:00:53		01:03:37		02:04:30		42	M40		2
	Hecht	Caroline	Bonn	1965	2006		01:02:24				01:02:33	02:04:57		41	W40		2
	Hinrichs	Silke	TuS Aurich-Ost	1990	2006			01:05:59			00:59:30	02:05:29		16	WU20		2
	de Berg	Wilma	Simonswolde	1961	2006		01:02:38				01:03:40	02:06:18		45	W40		2
	Battermann	Regina	Warsingsfehn	1951	2006	01:03:16	01:03:16					02:06:32		55	W50		2
	Koch	Gunda	Möbelhaus de Groot	1977	2006	00:59:17		01:07:35				02:06:52		29	W20		2
	Loers	Helmut	Hamburg	1952	2006			01:05:02			01:02:03	02:07:05		54	M50		2
	Gersike	Torsten	Wiesmoor	1967	2006					01:06:56	01:00:20	02:07:16		39	M30		2
	Meier	Detlef	SC 04 Leer	1942	2006	01:03:55	01:04:06					02:08:01		64	M60		2
	Hölscher	Petra	Wilmsfeld	1971	2006	01:05:05	01:03:10					02:08:15		35	W30		2
	Schülke	Wolfgang	SV Nortmoor	1954	2006	01:06:01					01:03:17	02:09:18		52	M50		2
	Hagena	Wolfgang	Aurich	1965	2006	01:03:05		01:06:36				02:09:41		41	M40		2
	Fecht	Jens	Möbelhaus de Groot	1968	2006	01:02:26		01:07:37				02:10:03		38	M30		2
	Harms	Peter	Großefehn	1967	2006			00:59:55	01:10:20			02:10:15		39	M30		2
	Bünthe	Rolf	TC Aurich-West	1961	2006		01:05:33				01:05:21	02:10:54		45	M40		2
	Richter	Werner	Wittmund	1952	2006			00:59:09	01:12:58			02:12:07		54	M50		2
	Dorenbusch	Kerstin	Aurich	1973	2006	01:04:05				01:09:09		02:13:14		33	W30		2
	Kuiper	Tilo	SV Holtland	1992	2006					01:13:30	01:00:50	02:14:20		14	MU20		2
	Rulfs	Tomke	SV Eintracht Ihlow	1988	2006	01:10:37	01:04:17					02:14:54		18	WU20		2
	Fischer	Anja	Leerhufe	1970	2006					01:11:17	01:04:00	02:15:17		36	W30		2
	Samuels	Meta	Aurich-Walle	1964	2006			01:06:22		01:09:38		02:16:00		42	W40		2
	Meyer	Wilfried	Aurich	1966	2006	01:09:58	01:06:41					02:16:39		40	M40		2
	Vierkant	Jörg	Concordia Ihrhove	1967	2006	01:09:30				01:07:35		02:17:05		39	M30		2
	Jelting	Carsten	TSV Hesel	1963	2006		01:04:43			01:14:34		02:19:17		43	M40		2
	Fremy	Maike	T. Leerhufe-Hovel	1966	2006					01:14:39	01:05:49	02:20:28		40	W40		2
	Speckmann	Janna	MTV Aurich	1990	2006	01:05:55			01:15:42			02:21:37		16	WU20		2
	Lambertus	Anton	Bagband	1961	2006	01:13:38	01:08:03					02:21:41		45	M40		2
	Kuper	Elke	Kuper-Bau	1964	2006			01:04:19	01:19:25			02:23:44		42	W40		2
	Meyer	Heidi	EWE Wattloopers	1970	2006	01:13:48	01:10:38					02:24:26		36	W30		2
	Kruse	Karin	Möbel Buss	2006	2006	01:11:17		01:13:35				02:24:52			W		2
	Prins	Uwe	OZ-Ossilooper	2006	2006	01:12:59					01:11:57	02:24:56			M		2
	Lorra	Frank	Großefehn	1965	2006	01:12:55	01:12:23					02:25:18		41	M40		2
	Odens	Ode	TV Norden	1935	2006	01:14:10	01:11:31					02:25:41		71	M70		2
	Eckhoff	Renate	Aurich-Langefeld	1969	2006					01:19:24	01:11:27	02:30:51		37	W30		2
	Decker	Anja	TuS Aurich-Ost	1971	2006	01:06:55			01:24:27			02:31:22		35	W30		2
	Wessels	Anja	SV Dornum	1965	2006					01:17:51	01:13:35	02:31:26		41	W40		2
	Freese	Imke	Holtgast	1989	2006					01:19:13	01:13:25	02:32:38		17	WU20		2
	Kuiper	Henning	SV Holtland	1988	2006					01:28:22	01:06:39	02:35:01		18	MU20		2
	Wiek	Stefanie	NIGE	1988	2006			01:13:47		01:21:38		02:35:25		18	WU20		2
	Böhme	Thomas-Michael	MTV Wittmund	1956	2006				01:28:31		01:08:43	02:37:14		50	M50		2
	Harwaldt	Valentin	TG Schweinfurt	1977	2006						00:35:55	00:35:55		29	M20		1
	Grigat	Holger	TV Norden	1973	2006			00:37:48				00:37:48		33	M30		1
	Harms	Stephan	Emder LG	1970	2006	00:37:55						00:37:55		36	M30		1
	Blume	Karsten	LG Nordberlin	1989	2006						00:42:05	00:42:05		17	MU20		1
	Sjuts	Hanno	Germania Leer	1983	2006						00:42:07	00:42:07		23	M20		1
	Köller	Hauke	TUS Weener	1990	2006	00:42:28						00:42:28		16	MU20		1
	Jürrens	Inga	Emder LG	1982	2006		00:42:40					00:42:40		24	W20		1
	Rückbrod	Christian	TV Norden	1990	2006			00:42:48				00:42:48		16	MU20		1
	Manssen	Andrea	Warsingsfehn	1983	2006		00:44:11					00:44:11		23	W20		1
	Münzel	Kai	MTV Aurich	1975	2006						00:44:44	00:44:44		31	M30		1
	Berghaus	Wilfried	Germania Leer	1953	2006	00:45:28						00:45:28		53	M50		1
	Hoogestraat	Sonja	Emder LG	1976	2006		00:45:46					00:45:46		30	W30		1
	Fisser	Manfred	Emder LG	1950	2006						00:46:48	00:46:48		56	M50		1

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
	Janssen	Gerold	Großoldendorf	1967	2006		00:47:03					00:47:03		39	M30		1
	Watzema	Harald	DLRG Leer	1971	2006		00:47:32					00:47:32		35	M30		1
	Goudschal	Ude	Bunde	1955	2006		00:47:39					00:47:39		51	M50		1
	Ziemann	Reiner	TSV Hesel	1964	2006		00:47:39					00:47:39		42	M40		1
	Dresler	Marie	LT Schaffh. Wald	1982	2006					00:47:59		00:47:59		24	W20		1
	Buß	Heiner	SUS Strackholt	1985	2006						00:48:11	00:48:11		21	M20		1
	Ihnel	Tom	TuS Aurich-Ost	1995	2006						00:48:13	00:48:13		11	MU20		1
	Tertilt	Rainer	TuS Aurich-Ost	1968	2006						00:48:31	00:48:31		38	M30		1
	Tobiassen	Jan	MTV Aurich-Tria	1970	2006	00:48:39						00:48:39		36	M30		1
	Beneke	Bettina	Firrel	1976	2006		00:48:39					00:48:39		30	W30		1
	Hinrichs	Bruno	Conc. Neermeer	1963	2006		00:49:02					00:49:02		43	M40		1
	Beekhuis	Hilko	Großefehn	1988	2006			00:49:24				00:49:24		18	MU20		1
	Busch	Jan-Hiebo	SV Warsingsfehn	1991	2006						00:49:25	00:49:25		15	MU20		1
	Plötz	Tobias	Leer		2006	00:49:29						00:49:29			M		1
	Oltmanns	Thomas	Moormerland	1975	2006		00:49:33					00:49:33		31	M30		1
	Feldkamp	Volker	Leer	1960	2006						00:49:34	00:49:34		46	M40		1
	Sjuts	Gunnar	Germania Leer	1981	2006						00:49:34	00:49:34		25	M20		1
	Niedballa	Peter	Esens	1959	2006						00:49:55	00:49:55		47	M40		1
	Meyer	Albert	LG Uplengen	1955	2006						00:49:58	00:49:58		51	M50		1
	Ihnel	Frank	TuS Aurich-Ost	1967	2006						00:50:05	00:50:05		39	M30		1
	Müller	Thomas	MTV Aurich	1971	2006						00:50:34	00:50:34		35	M30		1
	Tjarks	Eduard	LG Ostfriesland	1954	2006					00:50:46		00:50:46		52	M50		1
	Ausländer	Janik	Leer	1989	2006	00:50:55						00:50:55		17	MU20		1
	Graf	Jens	SV Dornum	1957	2006			00:50:57				00:50:57		49	M40		1
	Schmidt	Sven	Raiffeisen/Volksbank	1971	2006	00:51:04						00:51:04		35	M30		1
	Penning	Tobias	Ihrhove	1991	2006	00:51:50						00:51:50		15	MU20		1
	Kahmann	Niis	Esens	1991	2006						00:51:52	00:51:52		15	MU20		1
	Kollenbroich	Bernd	MTV Wittmund	1953	2006		00:51:54					00:51:54		53	M50		1
	Geiken	Claas	Concordia Ihrhove	1989	2006	00:51:57						00:51:57		17	MU20		1
	Janssen	Dietmar	TuS Aurich-Ost	1974	2006			00:52:07				00:52:07		32	M30		1
	Frühling	Uwe	Polizei Aurich	1969	2006	00:52:14						00:52:14		37	M30		1
	Tammen	Gerd	Leer	1951	2006		00:52:29					00:52:29		55	M50		1
	Ludwig	Helmut	LG Ostfriesland	1958	2006			00:52:32				00:52:32		48	M40		1
	Holtz	Markus	SV Holtland	1991	2006						00:52:34	00:52:34		15	MU20		1
	Speckmann	Karl-Heinz	MTV Aurich	1957	2006				00:52:39			00:52:39		49	M40		1
	Goudschal	Joachim	Bunde	1983	2006		00:52:44					00:52:44		23	M20		1
	Eisenhauer	Elke	Meppen	1977	2006		00:52:50					00:52:50		29	W20		1
	Faßhauer	Andreas	LG Ostfriesland	1968	2006				00:52:56			00:52:56		38	M30		1
	Hemmers	Florian	OHV Aurich	1990	2006						00:53:18	00:53:18		16	MU20		1
	Greulich	Henning	OHV Aurich	1990	2006						00:53:19	00:53:19		16	MU20		1
	Neumann	Thomas	Moormerland	1973	2006	00:53:24						00:53:24		33	M30		1
	Kollenbroich	Henning	MTV Wittmund	1988	2006						00:53:26	00:53:26		18	MU20		1
	Kaplan	Jörg	Bad Pyrmont	1971	2006						00:53:40	00:53:40		35	M30		1
	Reiter	Johann	SV Holtland	1955	2006						00:54:04	00:54:04		51	M50		1
	Meiners	Ralf	TV Oldersum	1986	2006		00:54:18					00:54:18		20	M20		1
	Hettstedt-Bents	Ilka	Vorut Mamburg	1969	2006						00:54:24	00:54:24		37	W30		1
	Soegel	Thomas	SV Wiesede	1965	2006						00:54:41	00:54:41		41	M40		1
	Janßen	Steffen	SV Ochtersum	1991	2006						00:54:52	00:54:52		15	MU20		1
	Classen	Richarda	Übach-Palenberg	1962	2006					00:55:00		00:55:00		44	M40		1
	Croon	Franz-Josef	Übach-Palenberg	1956	2006					00:55:00		00:55:00		50	M50		1
	Hagel	Thomas	Übach-Palenberg	1963	2006					00:55:00		00:55:00		43	M40		1
	Kochs	Wolfgang	Übach-Palenberg	1953	2006					00:55:00		00:55:00		53	M50		1
	Kotzur	Jürgen	Übach-Palenberg	1949	2006					00:55:00		00:55:00		57	M50		1
	Nolden	Ludwig	Übach-Palenberg	1955	2006					00:55:00		00:55:00		51	M50		1
	Paredis	Hans	Übach-Palenberg	1952	2006					00:55:00		00:55:00		54	M50		1
	Schmölders	Hans	Übach-Palenberg	1952	2006					00:55:00		00:55:00		54	M50		1
	Seutis	Gerd	Übach-Palenberg	1956	2006					00:55:00		00:55:00		50	M50		1
	Stangenberg	Harald	Übach-Palenberg	1964	2006					00:55:00		00:55:00		42	M40		1
	Steinert	Peter	Übach-Palenberg	1963	2006					00:55:00		00:55:00		43	M40		1
	Zoons	Andreas	Übach-Palenberg	1957	2006					00:55:00		00:55:00		49	M40		1
	Barwinski	Elsbeth	Übach-Palenberg	1959	2006					00:55:00		00:55:00		47	W40		1
	Boomers	Andrea	Übach-Palenberg	1964	2006					00:55:00		00:55:00		42	W40		1
	Croon	Agnes	Übach-Palenberg	1960	2006					00:55:00		00:55:00		46	W40		1
	Eyhusen	Melanie	Leer	1975	2006	00:55:00						00:55:00		31	W30		1
	Kotzur	Erika	Übach-Palenberg	1951	2006					00:55:00		00:55:00		55	W50		1
	Liss	Marja	Übach-Palenberg	1953	2006					00:55:00		00:55:00		53	W50		1
	Paredis	Margret	Übach-Palenberg	1954	2006					00:55:00		00:55:00		52	W50		1
	Scherrers	Anne	Übach-Palenberg	1964	2006					00:55:00		00:55:00		42	W40		1
	Schmölders	Waltraud	Übach-Palenberg	1954	2006					00:55:00		00:55:00		52	W50		1
	Zoons	Marion	Übach-Palenberg	1959	2006					00:55:00		00:55:00		47	W40		1
	Domininghaus	Franziska	Oldenburg	1990	2006		00:55:03					00:55:03		16	WU20		1

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	68,50					
	Rekemeyer	Axel	Timmel	1963	2006						00:55:07	00:55:07		43	M40		1
	Baldus	Martin	Ostrhauderfehn	1964	2006	00:55:10						00:55:10		42	M40		1
	Willems	Heye	Fort. Logabirum	1953	2006	00:55:12						00:55:12		53	M50		1
	Kaiser	Christian	SV Holtland	1993	2006		00:55:20					00:55:20		13	MU20		1
	Schmitz	Jürgen	ISV Emden	1950	2006			00:55:29				00:55:29		56	M50		1
	Heidergott	Britta	Marathonhühner	1976	2006						00:55:40	00:55:40		30	W30		1
	Oltmanns	Holger	SV Beenstreek	1976	2006						00:55:42	00:55:42		30	M30		1
	Tinnemeyer	Ute	Bochum		2006	00:55:45						00:55:45			W		1
	Kloppenborg	Alwin	Fort. Logabirum	1960	2006	00:55:47						00:55:47		46	M40		1
	Straakholder	Kai	TuS Aurich-Ost	1987	2006					00:55:51		00:55:51		19	MU20		1
	Duis	Hermann	LG Uplengen	1947	2006						00:55:55	00:55:55		59	M50		1
	Tinnemeyer	Helmut	Bochum	1952	2006	00:56:03						00:56:03		54	M50		1
	von Garrel	Christoph	Holtland	1955	2006		00:56:06					00:56:06		51	M50		1
	Grüssing	Johann	LG Uplengen	1958	2006	00:56:14						00:56:14		48	M40		1
	Tjarks	Joachim	OZ Ossilooper	1967	2006						00:56:25	00:56:25		39	M30		1
	Wesseln	Holger	TV Norden	1971	2006						00:56:42	00:56:42		35	M30		1
	Hertzler-Peters	Heike	Emder LG	1957	2006		00:56:42					00:56:42		49	W40		1
	Lübbbers	Lübbert	Aurich	1988	2006					00:56:47		00:56:47		18	MU20		1
	Schopp	Marco	SC Hennen	1971	2006						00:56:49	00:56:49		35	M30		1
	Möhlmann	Gerda	Westrhauderfehn	1966	2006						00:56:55	00:56:55		40	W40		1
	Broers	Jürgen	Detern	1975	2006	00:56:56						00:56:56		31	M30		1
	Stellamanns	Horst	Rhauderfehn	1960	2006						00:56:58	00:56:58		46	M40		1
	Marx	Malte	LG Hamburg	1984	2006						00:57:06	00:57:06		22	M20		1
	Bussboom	Wilfried	TuS Detern	1971	2006	00:57:09						00:57:09		35	M30		1
	Schmidt	Andreas	SV Littel	1971	2006		00:57:18					00:57:18		35	M30		1
	Heien	Ingo	TuS Esens	1978	2006				00:57:24			00:57:24		28	M20		1
	Limbeck	Dirk	TG Wiesmoor	1961	2006		00:57:25					00:57:25		45	M40		1
	Nehus	Hermann	Hesel	1951	2006		00:57:39					00:57:39		55	M50		1
	Gastmann	Thorsten	Edeka Nordwest	1981	2006						00:57:48	00:57:48		25	M20		1
	Blume	Anke	Volkssport Berlin	1963	2006						00:57:49	00:57:49		43	W40		1
	Ellerbroek	Friedrich	TV Norden	1958	2006	00:58:02						00:58:02		48	M40		1
	Rozmer	Roman	Esens	1973	2006	00:58:02						00:58:02		33	M30		1
	Bohlen	Hans-Peter	TG Wiesmoor	1966	2006			00:58:05				00:58:05		40	M40		1
	Goudschal	Arno	Bunde	1980	2006		00:58:07					00:58:07		26	M20		1
	Seeberg	Janis	Gymnasium Aurich	1997	2006						00:58:09	00:58:09		9	MU20		1
	Evers	Gerhard	TV Marienhäfe	1952	2006						00:58:20	00:58:20		54	M50		1
	Diddens	Lisa	SV Holtland	1989	2006		00:58:23					00:58:23		17	WU20		1
	Janssen	Niela	SC Dunum	1994	2006						00:58:34	00:58:34		12	WU20		1
	Sandrock	Dieter	Fort. Logabirum	1947	2006						00:58:40	00:58:40		59	M50		1
	Meyer	Christian	Neukamperfehn	1991	2006	00:58:57						00:58:57		15	MU20		1
	Winkelmann	Ralf	EWE Wattloops	1965	2006	00:59:09						00:59:09		41	M40		1
	Seeberg	Jonas	Gymnasium Aurich	1997	2006						00:59:09	00:59:09		9	MU20		1
	Meyer	Ulrich	Neukamperfehn	1958	2006		00:59:12					00:59:12		48	M40		1
	Janssen	Henning	LT Schaffh. Wald	1993	2006						00:59:21	00:59:21		13	MU20		1
	Janßen	Wilfried	LT Schaffh. Wald	1961	2006						00:59:26	00:59:26		45	M40		1
	Schultz	Weert	Rhauderfehn	1959	2006						00:59:29	00:59:29		47	M40		1
	Busker	Kai	SV Warsingsfehn	1978	2006					00:59:39		00:59:39		28	M20		1
	Epperlein	Antje	Osnabrück-Hasbergen	1979	2006		00:59:42					00:59:42		27	W20		1
	Kuhn	Tatjana	Aurich	1960	2006	00:59:42						00:59:42		46	W40		1
	Schürmann	Jonas	Poseidon Leer	1995	2006						00:59:46	00:59:46		11	MU20		1
	Frarek	Udo	TV Norden	1960	2006						00:59:50	00:59:50		46	M40		1
	Janssen	Gerhard	JVA Emden	1962	2006						00:59:56	00:59:56		44	M40		1
	Oltmanns	Maike	TV Gronau	1971	2006		00:59:58					00:59:58		35	W30		1
	Kuhlmann	Gerrit	VFL Jheringsfehn	1990	2006						01:00:10	01:00:10		16	MU20		1
	Kok	Berni	SV Holtland	1942	2006		01:00:11					01:00:11		64	M60		1
	Danneker	Okko	Leer	1984	2006		01:00:15					01:00:15		22	M20		1
	Blumhoff	Ralf	Münkeboe	1984	2006					01:00:16		01:00:16		22	M20		1
	Barkhoff	Marina	TV Norden	1988	2006				01:00:37			01:00:37		18	WU20		1
	Dominghaus	Frank	Oldenburg	1960	2006	01:00:45						01:00:45		46	M40		1
	Meyer	Beate	Emder LG	1967	2006	01:00:51						01:00:51		39	W30		1
	Kraft	Gerhard	Leer	1954	2006			01:00:59				01:00:59		52	M50		1
	Heyen	Harald	TSV Hesel	1961	2006						01:01:00	01:01:00		45	M40		1
	Scheunemann	Franz	Hoogezand	1951	2006	01:01:00						01:01:00		55	M50		1
	Suhre	Markus	HRS Hesel		2006	01:01:03						01:01:03			M		1
	Eckhoff	Jan	SV Dornum	1982	2006						01:01:04	01:01:04		24	M20		1
	Sievers	Kristina	Schortens	1989	2006			01:01:09				01:01:09		17	WU20		1
	Strasser	Carsten	Schwerindorf	1968	2006		01:01:10					01:01:10		38	M30		1
	Groh	Michael	Moormerland	1976	2006	01:01:13						01:01:13		30	M30		1
	Hedemann	Sünke	Funloops	1992	2006			01:01:17				01:01:17		14	MU20		1
	Behrends	Habbo	SV Holtland	1992	2006		01:01:18					01:01:18		14	MU20		1
	Zunken	Gerhard	TuS Glarum	1959	2006						01:01:22	01:01:22		47	M40		1

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,50	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,60km	10,50km	11,20km	13,60km	11,80km	10,80km						
	Haken	Andre			2006	01:01:29						01:01:29			M		1
	Duden	Marco	Varel	1970	2006						01:01:35	01:01:35		36	M30		1
	Mansholt	Sabine	TSV Hesel	1971	2006		01:01:36					01:01:36		35	W30		1
	Behrends	Jutta	SV Holtland	1976	2006		01:01:37					01:01:37		30	W30		1
	Baller	Jeniffer	Esens	1989	2006						01:01:37	01:01:37		17	WU20		1
	de Buhr	Heinz	VFB Uplengen	1959	2006		01:01:47					01:01:47		47	M40		1
	Zenker	Friedchen	SV Hesel	1958	2006	01:01:52						01:01:52		48	M40		1
	Sluiter	Henry	SV Holtland	1966	2006			01:01:55				01:01:55		40	M40		1
	Köpke	Ulf	Oldenburg	1969	2006	01:01:57						01:01:57		37	M30		1
	Schanssema	Toli	Hoogezand	1946	2006	01:02:06						01:02:06		60	M60		1
	Schultz	Angelika	TV Norden	1966	2006						01:02:09	01:02:09		40	W40		1
	Rademacher	Johann	Angelverein Fulkum	1949	2006						01:02:12	01:02:12		57	M50		1
	Efkes	Meike	VFB Uplengen	1977	2006	01:02:12						01:02:12		29	W20		1
	van Züren	Jost	TuS Pewsum	1987	2006					01:02:15		01:02:15		19	MU20		1
	Folkerts	Claas	Leer	1968	2006	01:02:20						01:02:20		38	M30		1
	Janssen	Heiko	MTV Aurich	1962	2006				01:02:31			01:02:31		44	M40		1
	Bärwald	Oliver	Aurich	1968	2006						01:02:50	01:02:50		38	M30		1
	Duin	Lisa	SV Holtland	1991	2006		01:03:03					01:03:03		15	WU20		1
	Hartmann	Richard	SV Holtland	1953	2006			01:03:04				01:03:04		53	M50		1
	Biya	Jonas	SV Holtland	1992	2006		01:03:05					01:03:05		14	MU20		1
	Meints	Gabi	Aurich	1966	2006			01:03:09				01:03:09		40	W40		1
	Densow	Detlef	TuS Aurich-Ost	1965	2006						01:03:13	01:03:13		41	M40		1
	Zeiler	Guido	ETUS Wedau	1964	2006				01:03:15			01:03:15		42	M40		1
	Hoppen	Imke	TV Leer	1974	2006	01:03:26						01:03:26		32	W30		1
	Ihnen	Frank	TuS Aurich-Ost	1967	2006				01:03:36			01:03:36		39	M30		1
	Mühlenbrock	Anke	Druckerei Meyer	1968	2006			01:03:46				01:03:46		38	WU20		1
	Völker	Peter	TuS Aurich-Ost	1955	2006						01:03:49	01:03:49		51	M50		1
	Kappelhoff	Imke	Wilhelmshaven	1987	2006			01:04:00				01:04:00		19	WU20		1
	van der Meer	Jana	Cannhusen	1988	2006					01:04:01		01:04:01		18	WU20		1
	Janssen	Marek	Ochtersum	1994	2006					01:04:06		01:04:06		12	MU20		1
	Reents	Ralf	LT Schaffh. Wald	1969	2006					01:04:08		01:04:08		37	M30		1
	Schmidt	Christian	Leipzig		2006	01:04:11						01:04:11			M		1
	Erdmann	Marion	Wiefelstede	1959	2006						01:04:23	01:04:23		47	W40		1
	Himpel	Alste	SC Dunum	1957	2006					01:04:23		01:04:23		49	W40		1
	Lender	Walter	Weener	1942	2006	01:04:26						01:04:26		64	M60		1
	Müller	Klaus	TuS Glarum	1958	2006						01:04:26	01:04:26		48	M40		1
	Schmidt	Christine	MTV Aurich	1987	2006						01:04:26	01:04:26		19	WU20		1
	Wiards	Alkine	Ihlow	1966	2006		01:04:28					01:04:28		40	W40		1
	Heyenga	Sven	Veenhusen	1987	2006						01:04:43	01:04:43		19	MU20		1
	Tammen	Gerhard	Großefehn	1962	2006	01:04:44						01:04:44		44	M40		1
	Wilken	Wilfried	SV Holtland	1950	2006			01:04:49				01:04:49		56	M50		1
	Richter	Ulrike	MTV Wittmund	1959	2006		01:05:03					01:05:03		47	M40		1
	Janssen	Verena	Blomberg	1986	2006	01:05:09						01:05:09		20	W20		1
	Ruben	Marlis	Emder LG	1957	2006		01:05:09					01:05:09		49	W40		1
	Ottersberg	Frauke	Funloopers	1966	2006						01:05:15	01:05:15		40	W40		1
	Janssen	Michaela	Fort. Logabirum	1974	2006				01:05:18			01:05:18		32	W30		1
	Aden	Reinhard	Esens	1991	2006						01:05:25	01:05:25		15	MU20		1
	Harms	Wilke	Potshausen	1973	2006	01:05:42						01:05:42		33	M30		1
	Böke	Antje	Moormerland		2006	01:05:46						01:05:46			W		1
	Pössiger	Wolfgang	Wilhelmshaven	1948	2006				01:05:56			01:05:56		58	M50		1
	Kroon	Sigrid	Nortmoor	1948	2006	01:05:59						01:05:59		58	W50		1
	Boekhoff	Martin	SV Warsingsfehn	1953	2006		01:06:17					01:06:17		53	M50		1
	Stellamanns	Edith	Rhauderfehn	1962	2006						01:06:21	01:06:21		44	W40		1
	Buß	Timo	Holtland	1990	2006		01:06:29					01:06:29		16	MU20		1
	Saathoff	Kathrin			2006	01:06:47						01:06:47			W		1
	Busch	Inga	SV Holtland	1984	2006						01:07:03	01:07:03		22	W20		1
	Biel	Jantje	Borkum	1989	2006						01:07:16	01:07:16		17	WU20		1
	Schmidt	Helma	Leer	1958	2006		01:07:17					01:07:17		48	M40		1
	Bruns	Wiebke	SV Holtland	1993	2006		01:07:18					01:07:18		13	WU20		1
	Duin	Imke	SV Holtland	1993	2006		01:07:20					01:07:20		13	WU20		1
	Meyer-Kay	Walter	LG Ostfriesland	1945	2006				01:07:26			01:07:26		61	M60		1
	Kiese	Torsten	Hamburg	1962	2006						01:07:27	01:07:27		44	M40		1
	Park	Matthias	Aurich-Extum	1984	2006			01:07:28				01:07:28		22	M20		1
	Tunder	Marlis	Aurich-Wiesens	1987	2006			01:07:28				01:07:28		19	WU20		1
	Züll	Matthias	RSV Leer	1973	2006		01:07:33					01:07:33		33	M30		1
	van Lessen	Elke	Poseidon Leer	1956	2006		01:07:35					01:07:35		50	W50		1
	Hellmers	Manfred	Uplengen	1967	2006						01:07:37	01:07:37		39	M30		1
	Kruse	Friedhelm	LG Ostfriesland	1955	2006				01:07:40			01:07:40		51	M50		1
	Lengert	Heike	Südbrookmerland	1971	2006						01:07:41	01:07:41		35	W30		1
	Alexy	Kerstin	Remels	1971	2006	01:07:53						01:07:53		35	W30		1
	Kruse	Kai	Möbel Buss	1984	2006						01:07:59	01:07:59		22	M20		1

## 25. Ostfrieslandlauf 2006

09.05. bis 26.05.2006

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
	Weber	Silke	Spetzerfehn	1972	2006			01:08:09				01:08:09		34	W30		1
	Rodenbäck	Dennis		1984	2006						01:08:21	01:08:21		22	M20		1
	Schultz	Dieta	Rhauderfehn	1962	2006						01:08:26	01:08:26		44	W40		1
	Lamschuss	Christiane	TuS Hinte	1960	2006					01:08:38		01:08:38		46	W40		1
	Gallus	Thorsten	Aurich	1974	2006						01:08:45	01:08:45		32	M30		1
	Les	Johanne	Hesel	1952	2006		01:08:52					01:08:52		54	W50		1
	Bittner	Karin	Hesel	1993	2006		01:08:56					01:08:56		13	WU20		1
	Ubben	Mareke	TuS Aurich-Ost	1989	2006			01:09:07				01:09:07		17	WU20		1
	Janßen	Gudrun	Aurich-Georgsfeld	1959	2006					01:09:35		01:09:35		47	W40		1
	Janßen	Siegfried	LG Ostfriesland	1955	2006					01:09:36		01:09:36		51	M50		1
	Zeiler	Regina	Duisburg	1957	2006				01:09:44			01:09:44		49	W40		1
	Meinders	Jens	Landkreis Leer	1970	2006					01:09:46		01:09:46		36	M30		1
	Böttcher	Mike	Wardenburg	1987	2006						01:09:49	01:09:49		19	WU20		1
	Kaiser	Kathrin	Oldenburg	1985	2006				01:09:58			01:09:58		21	W20		1
	Cartellieri	Stefanie	Landkreis Leer	1969	2006					01:10:01		01:10:01		37	W30		1
	Heyen	Dietmar	SV Großefehn	1972	2006				01:10:03			01:10:03		34	M30		1
	Dojen	Ina	Landkreis Leer	1970	2006					01:10:04		01:10:04		36	W30		1
	Tjaden	Elfriede	TV Norden	1952	2006		01:10:17					01:10:17		54	W50		1
	Bohmfalk	Wilke	SUS Strackholt	1986	2006			01:10:20				01:10:20		20	M20		1
	Schneider	Patrick	Leipzig		2006	01:10:36						01:10:36			M		1
	Schneider	Mirko	Germania Leer	1989	2006						01:10:37	01:10:37		17	MU20		1
	Hawel	Tobias	Leipzig		2006	01:10:39						01:10:39			M		1
	Jungnickel	Marie-Christine	Leipzig		2006	01:10:44						01:10:44			W		1
	Schneider	Eric	Leipzig		2006	01:10:46						01:10:46			M		1
	de Wall	Petra	Großefehn	1972	2006			01:10:46				01:10:46		34	W30		1
	Stickfort	Jann	SV Holtland	1952	2006			01:10:51				01:10:51		54	M50		1
	Ninnemann	Insa	TuS Weene	1969	2006			01:11:00				01:11:00		37	W30		1
	Claassen	Thorsten	WFB Aurich	1960	2006						01:11:06	01:11:06		46	M40		1
	Henninga	Eike	TSV Holtrop	1991	2006			01:11:17				01:11:17		15	WU20		1
	Lienemann	Andre	TSV Holtrop	1992	2006			01:11:18				01:11:18		14	MU20		1
	Harms	Norbert	TSV Holtrop	1983	2006			01:11:20				01:11:20		23	M20		1
	Reichert	Michael	TSV Holtrop	1991	2006			01:11:21				01:11:21		15	MU20		1
	Friedrichs	Martin	Team Faktory night	1988	2006					01:11:31		01:11:31		18	MU20		1
	Frings-Schmitz	Pia	ISV Emden	1947	2006			01:11:43				01:11:43		59	W50		1
	de Wall	Johann	VfL Jheringsfehn	1934	2006	01:11:48						01:11:48		72	M70		1
	Aas	Elisabeth		1983	2006						01:11:50	01:11:50		23	W20		1
	Keck	Birgit	Münkeboe	1967	2006		01:11:52					01:11:52		39	W30		1
	Schaa	Harald	ZBO	1968	2006						01:11:53	01:11:53		38	M30		1
	Kalski	Thomas	MTV Aurich	1971	2006				01:12:31			01:12:31		35	M30		1
	Hermann	Detlef	Westoverledingen	1948	2006	01:12:33						01:12:33		58	M50		1
	Loers	Monika	TG Wiesmoor	1975	2006				01:12:39			01:12:39		31	W30		1
	Bohlen	Thomas	Ihlow	1974	2006				01:12:42			01:12:42		32	M30		1
	Siemsen	Silke	TuS Aurich-Ost	1970	2006						01:12:45	01:12:45		36	W30		1
	Grundmann	Hannegreth	Holtland	1967	2006	01:13:00						01:13:00		39	W30		1
	Soffner	Judith	FT Spetzerfehn	1966	2006						01:13:29	01:13:29		40	W40		1
	Dzillum	Elke	Westoverledingen	1963	2006	01:13:33						01:13:33		43	W40		1
	Smit	Gertrud	Großefehn	1957	2006						01:13:34	01:13:34		49	W40		1
	Schnau	Bettina	Saterland	1964	2006	01:13:37						01:13:37		42	W40		1
	Grebe	Jochen	Remels	1972	2006	01:13:39						01:13:39		34	M30		1
	Tymann	Uwe	LS Nordhorn	1958	2006				01:13:39			01:13:39		48	M40		1
	Allgeier	Heiko	Hildesheim	1964	2006						01:14:11	01:14:11		42	M40		1
	Janßen-Hake	Susanne	SV Nortmoor	1966	2006	01:14:13						01:14:13		40	W40		1
	Osterloh	Alke	Druckerei Meyer	1968	2006						01:14:41	01:14:41		38	W30		1
	Winkler	Olaf	Druckerei Meyer	1974	2006						01:14:42	01:14:42		32	M30		1
	Spekker-Eden	Hiltrud	Leer	1958	2006	01:14:47						01:14:47		48	M40		1
	Schmedding	Anno	Druckerei Meyer	1990	2006				01:14:58			01:14:58		16	MU20		1
	Jelting	Andrea	TSV Hesel	1958	2006		01:15:03					01:15:03		48	W40		1
	Eilers	Wanda	SV Dornum	1963	2006					01:15:16		01:15:16		43	W40		1
	Nittka	Hartmut	Wilhelmshaven	1970	2006				01:15:45			01:15:45		36	M30		1
	Schreiber	Johann	SUS Strackholt	1961	2006			01:16:28				01:16:28		45	M40		1
	Neumann	Insa	Westoverledingen	1983	2006				01:16:52			01:16:52		23	W20		1
	Weerts	Sonja	SV Warsingsfehn	1981	2006			01:16:59				01:16:59		25	W20		1
	Olendorf	Günther	TV Norden	1963	2006				01:17:08			01:17:08		43	M40		1
	Müller	Johannes	TV Norden	1954	2006				01:17:11			01:17:11		52	M50		1
	Grunau	Merle	Leer	1990	2006	01:18:23						01:18:23		16	WU20		1
	Woldena	Thomas	TuS Aurich-Ost	1970	2006				01:21:36			01:21:36		36	M30		1
	von Ehrenstein	Margit	Warsingsfehn	1954	2006	01:22:21						01:22:21		52	W50		1
	Krull	Clemens	MTV Aurich	1987	2006				01:22:27			01:22:27		19	MU20		1
	Ulferts	Hanno	Fw Holtrop	1991	2006			01:23:15				01:23:15		15	MU20		1
	de Wall	Günter	Fw Holtrop	1966	2006			01:23:20				01:23:20		40	M40		1
	Leonhard	Sandra	Leipzig		2006	01:23:35						01:23:35			W		1

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	11,20km	13,60km	11,80km	10,80km	km 68,50					
	Barten	Martina	Leer	1964	2006	01:23:39						01:23:39		42	W40		1
	Schröder	Tina	TuRa Rhaudefehn	1977	2006				01:23:40			01:23:40		29	W20		1
	Loose	Lasse	MTV Aurich	1987	2006				01:23:48			01:23:48		19	MU20		1
	Strasser	Sonja	Schwerindorf	1971	2006		01:24:04					01:24:04		35	W30		1
	Alberts	Angelika	SuS Timmel	1986	2006				01:24:15			01:24:15		20	W20		1
	Behrends	Lisa			2006	01:25:39						01:25:39			W		1
	Lange	Henry	Leipzig		2006	01:25:40						01:25:40			M		1
	Bramer	Simone	Westgroßefehn	1996	2006			01:27:12				01:27:12		10	WU20		1
	Bramer	Egbert	Westgroßefehn	1965	2006			01:27:14				01:27:14		41	M40		1
	Brahms-Frerichs	Karin	SV Holtland	1952	2006	01:27:33						01:27:33		54	W50		1
	Köller	Christa	Conc. Neermoor	1943	2006	01:28:29						01:28:29		63	W60		1
	Reckemeyer	Axel	HR 4 you	1963	2006	01:31:27						01:31:27		43	M40		1
	Ubben	Jens	HR 4 you	1973	2006	01:31:29						01:31:29		33	M30		1
	Schultz	Ernst	Germania Leer	1916	2006						01:31:49	01:31:49		90	M90		1
	Burghardt	Peter	Ihlow	1965	2006				01:38:36			01:38:36		41	M40		1