

**28. Ostfrieslandlauf 2009**

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
1	Dietrich	Georg	LG Braunschweig	1970	2009	00:35:22	00:33:08	00:35:03	00:43:33	00:38:10	00:36:48	03:42:04	00:32:17	39	M35	1	6
2	Waschkau	Jan	Frysiso Fit Physiotherapie	1977	2009	00:36:01	00:36:21	00:37:11	00:47:14	00:40:22	00:39:14	03:56:23	00:34:21	32	M30	1	6
3	Groenhagen	Achim	LG Harlingerland	1968	2009	00:36:24	00:36:54	00:37:35	00:47:28	00:40:32	00:39:15	03:58:08	00:34:37	41	M40	1	6
4	Ringering	Onno	Ihlower Rennschnecken	1968	2009	00:37:04	00:37:28	00:38:30	00:48:58	00:42:20	00:40:02	04:04:22	00:35:31	41	M40	2	6
5	Willms	Wilko	LG Harlingerland	1973	2009	00:37:46	00:37:57	00:39:42	00:49:57	00:42:46	00:40:18	04:08:26	00:36:07	36	M35	2	6
6	Klaue	Roland	Biersalon Aurich	1971	2009	00:38:15	00:38:34	00:38:57	00:49:51	00:42:33	00:40:53	04:09:03	00:36:12	38	M35	3	6
7	de Jonge	Stefan	TuS Weene	1976	2009	00:38:22	00:37:53	00:39:39	00:49:32	00:43:08	00:40:53	04:09:27	00:36:15	33	M30	2	6
8	Köller	Hauke	TuS Weener	1990	2009	00:38:10	00:38:11	00:39:46	00:51:16	00:43:00	00:41:32	04:11:55	00:36:37	19	MU20	1	6
9	Schulze	Michael	Wasserschutzpolizei Emd	1972	2009	00:38:14	00:37:56	00:39:58	00:50:38	00:44:02	00:41:36	04:12:24	00:36:41	37	M35	4	6
10	Jürgens	Jann	EWE Wattloopers	1967	2009	00:38:47	00:38:47	00:40:28	00:50:32	00:43:48	00:41:45	04:14:07	00:36:56	42	M40	3	6
11	Weinberg	Dieter	LG Harlingerland	1968	2009	00:39:08	00:39:10	00:40:36	00:51:17	00:44:10	00:41:32	04:15:53	00:37:12	41	M40	4	6
12	Krawietz	Leander	Emder LG	1971	2009	00:39:06	00:38:54	00:40:37	00:52:01	00:43:55	00:41:32	04:16:05	00:37:13	38	M35	5	6
13	Wirdemann	Benjamin	LT Schafhauser Waid	1983	2009	00:39:38	00:39:13	00:40:57	00:51:23	00:44:04	00:41:34	04:16:49	00:37:20	26	M	1	6
14	Bienow	Ralf	Ihlower Rennschnecken	1966	2009	00:39:22	00:39:04	00:41:07	00:51:28	00:43:59	00:41:49	04:16:49	00:37:20	43	M40	5	6
15	Christians	Nils	LG Harlingerland	1993	2009	00:39:13	00:39:10	00:40:37	00:51:17	00:44:29	00:42:27	04:17:13	00:37:23	16	MU20	2	6
16	Süthoff	Heiko	ELV Elektronik AG	1987	2009	00:39:18	00:38:57	00:40:34	00:51:22	00:44:42	00:42:29	04:17:22	00:37:24	22	M	2	6
17	Aeilts	Andreas	Emden	1965	2009	00:39:08	00:39:14	00:41:28	00:51:33	00:44:35	00:42:25	04:18:23	00:37:33	44	M40	6	6
18	Wolf	Marko	KUH' S BEST-Team	1976	2009	00:39:12	00:38:58	00:41:06	00:52:05	00:45:21	00:42:24	04:19:06	00:37:40	33	M30	3	6
19	Oltmanns	Thomas	Holterfehn	1974	2009	00:39:49	00:39:50	00:41:08	00:51:49	00:44:38	00:42:36	04:19:50	00:37:46	35	M35	6	6
20	Sanders	Anton	LG Ostfriesland	1961	2009	00:39:25	00:39:26	00:40:43	00:52:05	00:45:51	00:42:40	04:20:10	00:37:49	48	M45	1	6
21	Busker	Willi	VfR Eintracht Völlen	1975	2009	00:39:50	00:39:58	00:41:37	00:52:44	00:44:44	00:42:23	04:21:16	00:37:58	34	M30	4	6
22	Busch	Jan-Hiebo	SV Warsingsfehn	1991	2009	00:39:30	00:39:45	00:41:30	00:53:04	00:45:00	00:42:42	04:21:31	00:38:01	18	MU20	3	6
23	Reents	Ralf	LG Harlingerland	1969	2009	00:39:54	00:40:07	00:41:45	00:52:29	00:45:24	00:42:57	04:22:36	00:38:10	40	M40	7	6
24	Bruns	Bernd	TSV Hesel	1961	2009	00:39:56	00:40:05	00:41:39	00:53:01	00:45:08	00:42:55	04:22:44	00:38:11	48	M45	2	6
25	Schröder	Frank	Emder LG	1970	2009	00:39:53	00:40:10	00:42:02	00:52:31	00:45:32	00:42:54	04:23:02	00:38:14	39	M35	7	6
26	Hanken	Dirk	Germania Leer	1992	2009	00:39:44	00:39:41	00:41:44	00:53:37	00:45:30	00:42:50	04:23:06	00:38:14	17	MU20	4	6
27	Tuijter	Berthold	Emder LG	1969	2009	00:40:20	00:40:38	00:41:48	00:52:32	00:45:11	00:42:54	04:23:23	00:38:17	40	M40	8	6
28	Brinkmann	Eva	VfL Germania Leer	1964	2009	00:40:11	00:40:57	00:41:40	00:53:12	00:45:41	00:43:18	04:24:59	00:38:31	45	W45	1	6
29	Siebelts	Arnd	TV Norden	1961	2009	00:41:13	00:40:29	00:41:49	00:52:57	00:45:33	00:43:18	04:25:19	00:38:34	48	M45	3	6
30	Taute	Heinz	LG Uplengen	1972	2009	00:40:23	00:40:22	00:42:18	00:53:30	00:45:53	00:43:30	04:25:56	00:38:39	37	M35	8	6
31	Trebesch	Wolfgang	MTV Aurich	1957	2009	00:40:41	00:40:47	00:42:35	00:53:14	00:45:32	00:43:23	04:26:12	00:38:42	52	M50	1	6
32	Schulze-Osthoff	Frank	STV Barßel	1978	2009	00:39:32	00:39:01	00:41:29	00:52:48	00:48:58	00:44:45	04:26:33	00:38:45	31	M30	5	6
33	Hüls	Uwe	TV Norden	1963	2009	00:40:05	00:40:12	00:42:47	00:54:17	00:45:31	00:43:56	04:26:48	00:38:47	46	M45	4	6
34	Ubben	Helmut	ubben-haus Laufteam	1980	2009	00:41:04	00:40:55	00:42:48	00:53:12	00:45:49	00:43:21	04:27:09	00:38:50	29	M	3	6
35	Leemhuis	Hermann	Spass mit Sport	1978	2009	00:42:01	00:41:21	00:42:41	00:53:03	00:45:21	00:42:46	04:27:13	00:38:50	31	M30	6	6
36	Akkermann	Michael	SV Jennett-Uttum	1970	2009	00:41:19	00:41:05	00:42:44	00:53:39	00:46:04	00:44:01	04:28:52	00:39:05	39	M35	9	6
37	Rühle, Dr. Rühle	Andreas	Lions Club Uplengen	1962	2009	00:41:41	00:41:16	00:42:57	00:53:54	00:46:18	00:43:56	04:30:02	00:39:15	47	M45	5	6
38	Alts	Holger	VfL Berumbur	1964	2009	00:40:56	00:41:05	00:42:53	00:54:02	00:46:50	00:44:26	04:30:12	00:39:16	45	M45	6	6
39	Kleen	André	RVB Aurich/Uplengen	1983	2009	00:40:06	00:40:02	00:42:12	00:54:13	00:45:18	00:48:23	04:30:14	00:39:17	26	M	4	6
40	Christians	Borchard	LG Ostfriesland	1958	2009	00:40:58	00:41:45	00:42:31	00:54:06	00:47:11	00:43:59	04:30:30	00:39:19	51	M50	2	6
41	Trebesch	Volker	Team Enercon	1965	2009	00:41:37	00:41:13	00:43:09	00:54:18	00:46:23	00:44:04	04:30:44	00:39:21	44	M40	9	6
42	Krause	Siegmund	Rechtsweg	1959	2009	00:41:37	00:41:13	00:43:10	00:53:38	00:46:38	00:45:09	04:31:25	00:39:27	50	M50	3	6
43	Weber	Michael	Oldersum	1972	2009	00:42:20	00:41:22	00:43:29	00:54:09	00:46:23	00:44:13	04:31:56	00:39:32	37	M35	10	6
44	Lottmann	Ralf	EWE Wattloopers	1971	2009	00:41:53	00:41:23	00:43:08	00:54:14	00:46:44	00:44:38	04:32:00	00:39:32	38	M35	11	6
45	Laufenberg	Josef	LT TuS Aurich-Ost	1965	2009	00:42:11	00:41:25	00:43:37	00:54:15	00:46:31	00:44:19	04:32:18	00:39:35	44	M40	10	6
46	Schmid	Janno	SV Nortmoor e.V.	1985	2009	00:42:35	00:41:29	00:43:36	00:53:41	00:46:47	00:44:15	04:32:23	00:39:35	24	M	5	6
47	Hoffmann	Karl-Heinz	TSV Hesel	1958	2009	00:41:46	00:41:47	00:43:20	00:54:34	00:47:11	00:44:49	04:33:27	00:39:45	51	M50	4	6
48	de Wall	Karsten	Jugendtreff Timmel	1991	2009	00:42:21	00:41:47	00:43:23	00:54:30	00:46:54	00:44:43	04:33:38	00:39:46	18	MU20	5	6
49	Geiken	Ralf	BV Victorbur	1971	2009	00:41:58	00:41:42	00:43:18	00:55:20	00:46:49	00:44:42	04:33:49	00:39:48	38	M35	12	6
50	Wagenknecht	Till	Emder LG	1968	2009	00:42:14	00:41:33	00:43:51	00:56:08	00:46:55	00:43:52	04:34:33	00:39:54	41	M40	11	6
51	Behrends	André	Crocodiles Ihlow	1990	2009	00:41:45	00:41:35	00:43:45	00:55:10	00:47:08	00:45:16	04:34:39	00:39:55	19	MU20	6	6
52	Eden	Kurt	TV Norden	1958	2009	00:42:43	00:41:48	00:44:01	00:54:50	00:46:45	00:44:53	04:35:00	00:39:58	51	M50	5	6
53	Pelka	Alfred	Rettungsdienst Leer	1968	2009	00:43:10	00:42:24	00:43:26	00:54:46	00:47:10	00:44:11	04:35:07	00:39:59	41	M40	12	6
54	Grest	Jens-Peter	SV Warsingsfehn	1971	2009	00:42:25	00:42:11	00:44:12	00:55:05	00:47:08	00:44:41	04:35:42	00:40:04	38	M35	13	6
55	Blank	Andre	Sparkasse Leer Wittm	1977	2009	00:42:07	00:42:16	00:43:55	00:55:04	00:47:10	00:45:14	04:35:46	00:40:05	32	M30	7	6
56	Janssen	Derk	SV Wallinghausen	1995	2009	00:43:25	00:42:07	00:43:28	00:54:52	00:47:07	00:44:52	04:35:51	00:40:06	14	MU20	7	6
57	Oremek	Robert	LG Ostfriesland	1965	2009	00:42:24	00:42:15	00:44:11	00:55:23	00:47:17	00:44:44	04:36:14	00:40:09	44	M40	13	6
58	Heyken	Jens	NIGE	1990	2009	00:43:13	00:42:14	00:44:23	00:55:23	00:47:11	00:44:04	04:36:28	00:40:11	19	MU20	8	6
59	Aden	Johann	Team Möbel Buss	1969	2009	00:42:11	00:41:58	00:43:53	00:55:23	00:47:45	00:45:40	04:36:50	00:40:14	40	M40	14	6
60	Köster	Clemens	MTV Aurich Triathlon	1973	2009	00:42:17	00:41:43	00:44:44	00:55:31	00:47:32	00:45:20	04:37:07	00:40:17	36	M35	14	6
61	de Buhr	Jürgen	SV Wiesmoor	1963	2009	00:43:04	00:42:47	00:44:11	00:55:01	00:47:37	00:44:41	04:37:21	00:40:19	46	M45	7	6
62	Meyer	Marco	TV Bunde	1980	2009	00:43:00	00:42:25	00:43:55	00:55:15	00:47:48	00:45:04	04:37:27	00:40:20	29	M	6	6
63	Croon	Carsten	TG Wiesmoor	1992	2009	00:43:12	00:41:22	00:44:26	00:55:16	00:47:34	00:45:52	04:37:42	00:40:22	17	MU20	9	6
64	Puse	Hinrich	Lauftreff Burhafe	1964	2009	00:42:12	00:42:33	00:44:30	00:55:28	00:47:52	00:45:09	04:37:44	00:40:22	45	M45	8	6
65	Rotte	Uwe	LT TuS Aurich-Ost	1960	2009	00:42:16	00:41:49	00:44:43	00:55:49	00:47:31	00:45:40	04:37:48	00:40:				

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
72	Hallmann	Hermann	Emder LG	1962	2009	00:43:07	00:42:41	00:44:32	00:55:44	00:47:45	00:45:51	04:39:40	00:40:39	47	M45	10	6
73	Poguntke	Martin	TV Norden	1963	2009	00:43:16	00:42:59	00:45:01	00:55:47	00:48:19	00:45:22	04:40:44	00:40:48	46	M45	11	6
74	Schmidt	Jürgen	TuS Detern	1963	2009	00:43:46	00:43:49	00:44:54	00:56:41	00:47:35	00:44:41	04:41:26	00:40:54	46	M45	12	6
75	Frühling	Uwe	Polizei Aurich	1969	2009	00:42:14	00:42:35	00:44:20	00:58:25	00:48:29	00:45:28	04:41:31	00:40:55	40	M40	15	6
76	Baxmann	Thomas	Emden	1966	2009	00:43:14	00:42:57	00:44:59	00:56:22	00:48:22	00:46:10	04:42:04	00:41:00	43	M40	16	6
77	Park	Harm	TuS Weene	1953	2009	00:43:03	00:42:42	00:44:53	00:56:09	00:49:25	00:45:52	04:42:04	00:41:00	56	M55	1	6
78	Rückbrod	Christian	TV Norden	1990	2009	00:42:48	00:41:35	00:45:44	00:56:37	00:49:10	00:46:15	04:42:09	00:41:01	19	MU20	10	6
79	Sanders	Wilfried	Weener Plastik AG	1968	2009	00:43:08	00:42:38	00:44:43	00:57:55	00:48:25	00:46:05	04:42:54	00:41:07	41	M40	17	6
80	Langensiepen	Andreas	LT TuS Aurich-Ost	1970	2009	00:43:45	00:43:00	00:45:05	00:56:37	00:48:56	00:45:47	04:43:10	00:41:09	39	M35	17	6
81	Feth	Claas	Oldenburg	1977	2009	00:43:22	00:43:03	00:44:52	00:56:33	00:49:13	00:46:16	04:43:19	00:41:11	32	M30	9	6
82	Günsel	Christina	Druckerei Meyer, Aurich	1970	2009	00:44:50	00:42:39	00:45:02	00:56:41	00:48:32	00:45:50	04:43:34	00:41:13	39	W35	1	6
83	Baumann	Karl	Uplengen	1983	2009	00:43:28	00:43:07	00:45:25	00:56:34	00:48:36	00:46:51	04:44:01	00:41:17	26	M	9	6
84	Trauernicht	Jann	Wasserschutzpolizei Emden	1961	2009	00:43:43	00:43:04	00:45:31	00:57:06	00:49:10	00:46:05	04:44:39	00:41:22	48	M45	13	6
85	Asche	Tobi	SV Wiesede	1959	2009	00:43:41	00:43:12	00:45:30	00:57:07	00:49:10	00:46:06	04:44:46	00:41:23	50	M50	7	6
86	Habben	Michael	TuS Weene e. V.	1975	2009	00:44:14	00:43:05	00:45:01	00:57:18	00:49:21	00:46:06	04:45:05	00:41:26	34	M30	10	6
87	Wilbers	Wilhelm	OLB Ostfriesland	1962	2009	00:44:51	00:43:49	00:45:28	00:56:25	00:48:46	00:45:56	04:45:15	00:41:28	47	M45	14	6
88	Steenhard	Wilfried	Weener Plastik AG	1966	2009	00:44:10	00:43:15	00:45:27	00:57:26	00:49:02	00:46:00	04:45:20	00:41:28	43	M40	18	6
89	Meyer	Tönjes	TSV Hesel	1958	2009	00:43:25	00:43:25	00:45:29	00:57:46	00:48:35	00:46:43	04:45:23	00:41:29	51	M50	8	6
90	Speckmann	Karl-Heinz	H. T.-Gesamtschule Ihlow	1957	2009	00:49:40	00:44:05	00:43:43	00:55:53	00:47:25	00:44:38	04:45:24	00:41:29	52	M50	9	6
91	de Vries	Reinhard	Ost-Victorbur	1961	2009	00:44:12	00:43:58	00:45:43	00:56:37	00:48:42	00:46:31	04:45:43	00:41:32	48	M45	15	6
92	Willers	Jens	SV Warsingsfehn	1990	2009	00:44:39	00:44:11	00:45:24	00:57:11	00:48:39	00:45:51	04:45:55	00:41:33	19	MU20	11	6
93	Lübbers	Markus	TuS Weener	1992	2009	00:45:07	00:42:54	00:46:02	00:57:19	00:49:30	00:45:33	04:46:25	00:41:38	17	MU20	12	6
94	Reeßing	Sven	Nordland Papier	1971	2009	00:45:13	00:44:09	00:44:59	00:57:26	00:48:32	00:46:09	04:46:28	00:41:38	38	M35	18	6
95	Hesse	Axel	TEAM DEUTSCHE POST	1969	2009	00:45:01	00:44:38	00:45:03	00:57:00	00:48:52	00:45:58	04:46:32	00:41:39	40	M40	19	6
96	Fleißner	Onno	Ihlowfehn	1979	2009	00:44:12	00:44:36	00:45:06	00:56:56	00:48:53	00:46:55	04:46:38	00:41:40	30	M30	11	6
97	Siemens	Marc - Oliver	ohne	1971	2009	00:44:06	00:44:02	00:45:47	00:57:19	00:48:49	00:46:52	04:46:55	00:41:42	38	M35	19	6
98	Kuhlmann	Gerrit	Vfl Jheringsfehn	1990	2009	00:42:36	00:41:22	00:45:47	00:58:08	00:49:36	00:49:29	04:46:58	00:41:43	19	MU20	13	6
99	Meyerhoff	Jan	LG Ostfriesland	1967	2009	00:44:21	00:44:45	00:45:38	00:57:09	00:49:12	00:46:08	04:47:13	00:41:45	42	M40	20	6
100	Visser	Malte	VfL Germania Leer	1985	2009	00:44:03	00:43:16	00:45:29	00:58:13	00:50:06	00:46:20	04:47:27	00:41:47	24	M	10	6
101	Groeneveld	Amko	Gymnasium Rhaderfehn	1991	2009	00:47:00	00:43:30	00:44:35	00:57:09	00:49:06	00:46:31	04:47:51	00:41:50	18	MU20	14	6
102	Heinen	Eike	Team Beck's nicht alkoholisch	1990	2009	00:44:10	00:44:09	00:45:00	00:59:02	00:49:07	00:46:31	04:47:59	00:41:51	19	MU20	15	6
103	Weerts	Ernst	Das Boot Emden e.V.	1979	2009	00:45:45	00:44:14	00:45:48	00:57:00	00:49:13	00:46:27	04:48:27	00:41:56	30	M30	12	6
104	Biermann	Kai	BS Werbetechnik	1988	2009	00:45:55	00:43:53	00:46:28	00:58:01	00:48:34	00:46:08	04:48:59	00:42:00	21	M	11	6
105	Jacobs	Christian	FC Frisia Neuharlinger	1981	2009	00:44:14	00:43:47	00:45:49	00:59:03	00:50:14	00:46:01	04:49:08	00:42:02	28	M	12	6
106	Hanssen	Timo	TuS Norderney	1987	2009	00:44:10	00:44:20	00:44:54	00:59:21	00:49:52	00:46:50	04:49:27	00:42:04	22	M	13	6
107	Müller	Jörg	TV Leer	1964	2009	00:44:24	00:44:13	00:47:33	00:57:33	00:49:08	00:46:36	04:49:27	00:42:04	45	M45	16	6
108	Gronewold	Marco	Team AURICHER EIER	1979	2009	00:44:45	00:44:30	00:46:17	00:58:02	00:49:42	00:46:24	04:49:40	00:42:06	30	M30	13	6
109	Alberts	Thomas	Hinte	1981	2009	00:44:27	00:44:13	00:46:00	00:57:55	00:49:46	00:47:34	04:49:55	00:42:08	28	M	14	6
110	Bergmann	Matthias	SV Georgsheil	1966	2009	00:44:43	00:44:13	00:45:54	00:58:21	00:49:19	00:47:32	04:50:02	00:42:09	43	M40	21	6
111	Meenzen	Janno	MTV Aurich	1994	2009	00:46:39	00:44:40	00:45:55	00:58:17	00:49:33	00:44:59	04:50:03	00:42:10	15	MU20	16	6
112	Aden	Hans-Dieter	TuS Eintracht Hinte	1958	2009	00:43:29	00:44:01	00:45:44	00:57:46	00:48:54	00:50:14	04:50:08	00:42:10	51	M50	10	6
113	Schaller	Frank	LT TuS Aurich-Ost	1961	2009	00:44:39	00:44:08	00:46:04	00:57:58	00:49:55	00:47:27	04:50:11	00:42:11	48	M45	17	6
114	Janssen	Heiner	Weener Plastik AG	1981	2009	00:44:59	00:44:17	00:45:57	00:59:01	00:49:39	00:46:31	04:50:24	00:42:13	28	M	15	6
115	Bikker	Stefan	Ihlow	1977	2009	00:45:52	00:44:42	00:46:02	00:57:57	00:50:22	00:46:08	04:51:03	00:42:18	32	M30	14	6
116	Meyeraan	Harald	Hinte	1964	2009	00:45:38	00:45:12	00:46:07	00:57:52	00:49:27	00:46:48	04:51:04	00:42:18	45	M45	18	6
117	Saathoff	Detlef	ohne	1966	2009	00:43:54	00:44:04	00:46:11	00:58:34	00:49:43	00:48:39	04:51:05	00:42:19	43	M40	22	6
118	Penning	Tobias	2 glorreiche Halunken	1991	2009	00:45:22	00:45:33	00:47:07	00:58:08	00:49:06	00:46:20	04:51:36	00:42:23	18	MU20	17	6
119	Beekmann	Matthias	Raiffeisenbank Flachsmo	1971	2009	00:44:43	00:44:56	00:46:04	00:58:33	00:49:57	00:47:27	04:51:40	00:42:24	38	M35	20	6
120	Sanders	Uwe	Weener Plastik AG	1986	2009	00:43:20	00:42:35	00:45:01	00:57:54	00:47:40	00:55:34	04:52:04	00:42:27	23	M	16	6
121	Runden	Christoph	Post SV Leer	1991	2009	00:43:16	00:42:37	00:51:25	00:58:18	00:50:23	00:46:07	04:52:06	00:42:27	18	MU20	18	6
122	Romberg	Petra	MTV Aurich Triathlon	1970	2009	00:45:08	00:45:00	00:45:56	00:58:12	00:50:28	00:47:26	04:52:10	00:42:28	39	W35	2	6
123	Büürma	Conrad	TuS Ditz.- Verlaat	1972	2009	00:44:54	00:44:33	00:45:41	00:57:50	00:49:42	00:49:43	04:52:23	00:42:30	37	M35	21	6
124	de Riese	Reiner	Concordia Ihrhove	1959	2009	00:44:51	00:44:32	00:46:29	00:58:41	00:50:23	00:47:35	04:52:31	00:42:31	50	M50	11	6
125	Willers	Thomas	SV Warsingsfehn	1965	2009	00:44:54	00:44:24	00:47:06	00:58:13	00:50:01	00:48:00	04:52:38	00:42:32	44	M40	23	6
126	Garrelts	Hilmar	KBV Reepsholt	1972	2009	00:45:46	00:45:39	00:46:29	00:58:56	00:49:19	00:46:31	04:52:40	00:42:32	37	M35	22	6
127	Romanneessen	Heinz	Dekra-Aurich	1966	2009	00:44:54	00:44:24	00:46:22	00:58:11	00:50:57	00:47:58	04:52:46	00:42:33	43	M40	24	6
128	Pristat	Friedhelm	KUH'S BEST-Team	1972	2009	00:45:05	00:44:44	00:47:25	00:58:20	00:49:43	00:47:54	04:53:11	00:42:37	37	M35	23	6
129	Corsten	Maximilian	Gymnasium Ulricianum	1994	2009	00:46:18	00:45:00	00:46:40	00:57:58	00:50:07	00:47:25	04:53:28	00:42:39	15	MU20	19	6
130	Puse	Gerd	Sparkasse Leer/Wittmund	1963	2009	00:44:53	00:45:21	00:47:11	00:58:04	00:50:29	00:47:31	04:53:29	00:42:39	46	M45	19	6
131	Decker	Patrick	Team Möbel Buss	1987	2009	00:48:29	00:43:34	00:46:02	00:59:26	00:49:21	00:46:41	04:53:33	00:42:40	22	M	17	6
132	Recknagel	Bernd	Hotel Waldquelle	1967	2009	00:45:46	00:44:55	00:47:39	00:58:25	00:50:03	00:47:16	04:54:04	00:42:45	42	M40	25	6
133	Dänekas	Volker	LG Uplengen	1990	2009	00:44:58	00:44:24	00:46:28	00:59:27	00:50:24	00:48:23	04:54:04	00:42:45	19	MU20	20	6
134	Manssen	Uwe	Westerende	1970	2009	00:45:52	00:44:09	00:47:22	00:58:54	00:50:29	00:47:21	04:54:07	00:42:45	39	M35	24	6
135	Aggen	Edgar	Feuerwehr Lammertsfehn	1966	2009	00:46:18	00:45:39	00:46:17	00:58:11	00:50:19	00:47:30	04:54:14	00:42:46	43	M40	26	6
136	Lübbers	Jochem	Bunde - Wymeer	1970	2009	00:4											

## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
143	Struckmeyer	Marcus	Aurich	1970	2009	00:45:11	00:44:47	00:46:56	00:59:26	00:50:25	00:48:02	04:54:47	00:42:51	39	M35	28	6
144	Dendzik	Lukas	Holterfehn	1982	2009	00:45:56	00:44:52	00:47:40	00:58:16	00:50:16	00:48:02	04:55:02	00:42:53	27	M	18	6
145	Sundermeyer	Dirk Enno	Sportschule TAO Aurich	1988	2009	00:46:29	00:45:47	00:46:37	00:59:26	00:49:37	00:47:07	04:55:03	00:42:53	21	M	19	6
146	Backhaus	Fritz	LG Harlingerland	1962	2009	00:45:26	00:44:44	00:47:01	00:59:37	00:50:20	00:47:56	04:55:04	00:42:53	47	M45	22	6
147	Meyer	Thomas	SC Wiesens	1969	2009	00:44:59	00:44:31	00:47:07	00:59:28	00:50:45	00:48:15	04:55:05	00:42:53	40	M40	28	6
148	Harms	Meinhard	TSV Riepe	1950	2009	00:46:07	00:44:48	00:47:43	00:58:09	00:50:07	00:48:42	04:55:36	00:42:58	59	M55	2	6
149	Leu	Harald	VfB Uplengen	1971	2009	00:45:47	00:45:10	00:47:22	00:58:32	00:50:28	00:48:19	04:55:38	00:42:58	38	M35	29	6
150	Müller	Gerrit	Team Möbel Buss	1961	2009	00:45:02	00:44:55	00:47:28	00:59:13	00:50:45	00:48:18	04:55:41	00:42:59	48	M45	23	6
151	Schmidt	Friedhelm	Team ENERCON	1968	2009	00:46:36	00:45:57	00:46:19	00:58:36	00:50:31	00:47:43	04:55:42	00:42:59	41	M40	29	6
152	Diekmann	Carsten	HRS Westerholt	1991	2009	00:47:05	00:44:41	00:48:59	00:58:59	00:49:42	00:46:37	04:56:03	00:43:02	18	MU20	22	6
153	Aderhold	Holger	Wi sünd Holtriem	1970	2009	00:45:39	00:44:47	00:47:06	00:58:44	00:51:45	00:48:05	04:56:06	00:43:02	39	M35	30	6
154	Bronn	Frauuke	VfL Germania Leer	1989	2009	00:45:19	00:45:20	00:47:10	00:58:50	00:50:57	00:48:43	04:56:19	00:43:04	20	W	1	6
155	Menken	Wilfried	Ihlower Loopers	1976	2009	00:44:33	00:44:04	00:46:43	00:59:10	00:52:34	00:49:20	04:56:24	00:43:05	33	M30	15	6
156	Albe	Renko	TuS Weener	1990	2009	00:45:22	00:44:07	00:46:39	01:00:31	00:52:23	00:47:50	04:56:52	00:43:09	19	MU20	23	6
157	Peters	Hendrik	Emder LG	1991	2009	00:45:58	00:45:42	00:47:01	00:59:44	00:50:02	00:48:26	04:56:53	00:43:09	18	MU20	24	6
158	Geiken	Jürren	obw Emden	1961	2009	00:44:55	00:46:48	00:47:21	00:59:08	00:50:37	00:48:08	04:56:57	00:43:10	48	M45	24	6
159	Hanssen	Heyo	SC Wiesens	1961	2009	00:43:31	00:43:36	00:46:37	00:57:46	00:55:44	00:49:53	04:57:07	00:43:11	48	M45	25	6
160	de Vries	Bernd	Neermoor	1966	2009	00:45:52	00:45:34	00:46:49	01:00:06	00:50:31	00:48:31	04:57:23	00:43:13	43	M40	30	6
161	Dickmann	Friedhelm	Nordland Papier	1965	2009	00:46:19	00:45:53	00:47:12	00:59:18	00:50:05	00:48:44	04:57:31	00:43:15	44	M40	31	6
162	Hedemann	Fredy	Team Möbel Buss	1962	2009	00:45:32	00:45:14	00:48:11	00:59:30	00:50:58	00:48:09	04:57:34	00:43:15	47	M45	26	6
163	Wilken	Gerold	Emder LG	1967	2009	00:45:20	00:46:05	00:47:33	00:59:29	00:50:19	00:49:03	04:57:49	00:43:17	42	M40	32	6
164	Nordbrock	Joachim	Moorerland	1972	2009	00:45:02	00:45:14	00:48:20	01:00:51	00:51:09	00:48:10	04:58:46	00:43:26	37	M35	31	6
165	Wolthuis	Benjamin	BBS I Leer	1981	2009	00:46:47	00:45:26	00:46:52	00:59:12	00:50:33	00:49:58	04:58:48	00:43:26	28	M	20	6
166	Dirksen	Claus	Pollmann und Renken	1956	2009	00:46:20	00:45:46	00:48:00	00:59:35	00:51:16	00:48:01	04:58:58	00:43:27	53	M50	12	6
167	Rausch	Martin	Fortuna Wurdum	1965	2009	00:44:12	00:43:50	00:45:33	01:03:11	00:53:31	00:48:54	04:59:11	00:43:29	44	M40	33	6
168	Görtemöller	Hermann	Emden	1963	2009	00:46:23	00:45:49	00:47:47	01:00:02	00:51:11	00:48:03	04:59:15	00:43:30	46	M45	27	6
169	Woortmann	Matthias	Westoverledingen	1994	2009	00:46:44	00:45:46	00:47:19	00:59:31	00:51:00	00:48:59	04:59:19	00:43:30	15	MU20	25	6
170	Wolken	Gerhard	StTV Berne Triathlon	1965	2009	00:47:47	00:46:02	00:47:56	00:59:09	00:50:48	00:47:40	04:59:22	00:43:31	44	M40	34	6
171	de Vries	Holger	Pewsumer Ossilooopers	1970	2009	00:46:10	00:45:27	00:47:48	00:59:49	00:51:01	00:49:12	04:59:27	00:43:31	39	M35	32	6
172	Ottjes	Uwe	Team Möbel Buss	1966	2009	00:46:04	00:46:07	00:47:40	00:59:30	00:52:04	00:48:19	04:59:44	00:43:34	43	M40	35	6
173	Geiselmeyer	Lothar	Bünting Tee	1959	2009	00:46:55	00:46:53	00:47:31	00:59:19	00:51:18	00:47:51	04:59:47	00:43:34	50	M50	13	6
174	Harms	Tim	HTG Ihlow	1994	2009	00:46:28	00:45:52	00:47:41	01:00:07	00:51:21	00:48:26	04:59:55	00:43:36	15	MU20	26	6
175	de Buhr	Harald	Polizeiinspektion Leer/E	1962	2009	00:45:43	00:45:32	00:47:48	01:00:11	00:51:14	00:49:33	05:00:01	00:43:36	47	M45	28	6
176	Mertins	Klaus-Dieter	obw Emden	1956	2009	00:45:55	00:46:16	00:47:29	01:00:14	00:51:07	00:49:06	05:00:07	00:43:37	53	M50	14	6
177	Hübscher	Nicole	Plümers Gaststätte	1977	2009	00:47:27	00:45:12	00:46:49	00:59:30	00:52:49	00:48:22	05:00:09	00:43:38	32	W30	1	6
178	Janssen	Gerold	Wallinghausen	1966	2009	00:46:32	00:45:29	00:47:50	01:00:09	00:51:17	00:48:56	05:00:13	00:43:38	43	M40	36	6
179	Seewald	Mathias	LG- Deichschleicher Os	1972	2009	00:46:34	00:45:46	00:47:19	01:00:02	00:51:44	00:49:00	05:00:25	00:43:40	37	M35	33	6
180	Reimann	Klaus	Nordland Papier	1968	2009	00:47:53	00:46:29	00:47:10	00:59:42	00:51:13	00:48:03	05:00:30	00:43:41	41	M40	37	6
181	Stern	Thomas	SZ Wiesbaden	1970	2009	00:47:14	00:45:59	00:47:21	00:59:41	00:52:50	00:47:27	05:00:32	00:43:41	39	M35	34	6
182	Pries	Holger	Weener Plastik AG	1967	2009	00:50:30	00:46:41	00:46:52	00:59:05	00:51:02	00:46:30	05:00:40	00:43:42	42	M40	38	6
183	Vogelsang	Christian	4./ObjSRgt Lw	1983	2009	00:48:02	00:45:53	00:47:37	01:00:01	00:50:34	00:48:39	05:00:46	00:43:43	26	M	21	6
184	Kruse	Wilhelm	Spetzerfehn	1966	2009	00:46:39	00:45:26	00:47:55	01:00:18	00:52:03	00:48:52	05:01:13	00:43:47	43	M40	39	6
185	Stomberg	Stefan	Crocodiles Ihlow	1968	2009	00:46:36	00:46:07	00:47:26	00:59:35	00:52:21	00:49:24	05:01:29	00:43:49	41	M40	40	6
186	Teepe	Torben	Ubbo-Emmius Gymnasi	1993	2009	00:46:23	00:44:18	00:50:16	01:00:46	00:51:56	00:47:50	05:01:29	00:43:49	16	MU20	27	6
187	Boekhoff-Uphoff	Holger	Enercon	1975	2009	00:46:16	00:45:50	00:47:51	01:00:00	00:51:54	00:49:39	05:01:30	00:43:49	34	M30	16	6
188	Kirschke	Rolf	BSC Burhafe	1965	2009	00:46:16	00:46:07	00:47:46	01:00:22	00:51:41	00:49:19	05:01:31	00:43:50	44	M40	41	6
189	Meinen	Gerold	Kaufhaus Wreesmann	1963	2009	00:47:11	00:46:34	00:48:10	00:59:50	00:51:24	00:48:23	05:01:32	00:43:50	46	M45	29	6
190	Tapper	Elmar	LT TuS Aurich-Ost	1979	2009	00:46:32	00:45:41	00:47:31	01:00:40	00:52:11	00:49:00	05:01:35	00:43:50	30	M30	17	6
191	Feldkamp	Jakobus	Weener Plastik AG	1975	2009	00:46:21	00:44:51	00:46:58	01:01:31	00:52:46	00:49:12	05:01:39	00:43:51	34	M30	18	6
192	Barkhoff	Heinz-Dieter	Störtebeker Loopers TV	1969	2009	00:46:53	00:46:39	00:48:08	00:59:40	00:51:55	00:48:27	05:01:42	00:43:51	40	M40	42	6
193	Lóloff	Andreas	TV Norden	1957	2009	00:44:55	00:45:16	00:47:12	00:59:12	00:50:12	00:55:04	05:01:51	00:43:52	52	M50	15	6
194	Aeilts	Matthias	Ubbo-Emmius-Gymnasi	1968	2009	00:46:31	00:44:11	00:51:25	01:00:02	00:51:06	00:48:41	05:01:56	00:43:53	41	M40	43	6
195	Martin	Tobias	FeG Hesel	1992	2009	00:46:33	00:45:04	00:46:44	01:01:15	00:51:48	00:50:33	05:01:57	00:43:53	17	MU20	28	6
196	de Buhr	Hajo	Team Erfolg im Stall	1981	2009	00:47:41	00:46:01	00:49:12	00:59:26	00:51:34	00:48:03	05:01:57	00:43:53	28	M	22	6
197	Penning	Stephan	crocodiles ihlow	1991	2009	00:45:59	00:45:37	00:48:38	00:59:33	00:52:27	00:49:51	05:02:05	00:43:54	18	MU20	29	6
198	Konopka	Jens	Wiesmoor	1972	2009	00:46:30	00:46:04	00:47:46	01:01:06	00:51:50	00:48:54	05:02:10	00:43:55	37	M35	35	6
199	Hartema	Richard	MTV Ditzum	1968	2009	00:46:53	00:46:13	00:47:52	01:00:52	00:51:11	00:49:13	05:02:14	00:43:56	41	M40	44	6
200	Meinders	Tammo	Briese Schifffahrt	1992	2009	00:48:06	00:46:06	00:47:30	01:00:40	00:51:37	00:48:16	05:02:15	00:43:56	17	MU20	30	6
201	Hellmers	Susanne	TV Norden	1966	2009	00:45:58	00:46:01	00:48:19	01:00:45	00:52:09	00:49:21	05:02:33	00:43:59	43	W40	1	6
202	Schliep	Dieter	Holterfehn	1972	2009	00:47:33	00:46:09	00:48:21	01:01:17	00:51:31	00:48:04	05:02:55	00:44:02	37	M35	36	6
203	Peters	Siebend	TROM XUA SNOG	1977	2009	00:47:28	00:45:32	00:47:34	01:00:36	00:52:38	00:49:16	05:03:04	00:44:03	32	M30	19	6
204	Meints	Martin	SV Ochtersum	1991	2009	00:45:04	00:53:19	00:47:00	00:59:44	00:49:31	00:48:29	05:03:07	00:44:03	18	MU20	31	6
205	Lüken	Thomas	Ochtersum	1992	2009	00:50:37	00:46:33	00:47:08	01:00:26	00:50:15	00:48:29	05:03:28	00:44:07	17	MU20	32	6
206	Schädler	Jens	Schiffswerft Diedrich	1960	2009	00:46:06	00:46:28	00:48:40	01:00:56	00:52:02	00:49:32	05:03:44	00:44:09	49	M45	30	6
207																	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
214	Janssen	Henning	Realschule Esens	1993	2009	00:48:12	00:45:19	00:48:21	01:01:47	00:52:11	00:49:02	05:04:52	00:44:19	16	MU20	33	6
215	Schulte	Holger	Landjugend Filsum	1975	2009	00:48:19	00:46:18	00:48:25	01:00:58	00:51:44	00:49:33	05:05:17	00:44:22	34	M30	20	6
216	Doden	Alfred	SV Ochtersum	1958	2009	00:47:04	00:46:42	00:48:34	01:00:39	00:52:46	00:49:34	05:05:19	00:44:23	51	M50	17	6
217	Ihnen	Michael	Leinerstift e.V.	1962	2009	00:45:23	00:45:26	00:46:11	01:05:04	00:54:22	00:48:57	05:05:23	00:44:23	47	M45	31	6
218	Friedrichs	Timo	ELV Elektronik AG	1972	2009	00:46:46	00:46:29	00:48:29	01:00:56	00:52:43	00:50:05	05:05:28	00:44:24	37	M35	38	6
219	Plesse	Thomas	FC SO	1966	2009	00:47:03	00:46:14	00:47:55	01:00:46	00:54:00	00:49:33	05:05:31	00:44:24	43	M40	48	6
220	Best	Patrick	RVB Aurich/Uplengen	1987	2009	00:49:11	00:46:09	00:48:43	01:01:04	00:51:40	00:48:49	05:05:36	00:44:25	22	M	24	6
221	Sweers	Siegfried	Emder LG	1955	2009	00:46:47	00:46:35	00:48:41	01:01:22	00:52:42	00:49:35	05:05:42	00:44:26	54	M50	18	6
222	Ludwig	Helmut	LG Ostfriesland	1958	2009	00:47:14	00:45:53	00:48:24	01:01:16	00:52:57	00:49:59	05:05:43	00:44:26	51	M50	19	6
223	Freerks	Günther	TV Bunde	1969	2009	00:47:12	00:46:11	00:48:35	01:01:44	00:52:26	00:49:44	05:05:52	00:44:27	40	M40	49	6
224	Reiter	Helmut	Simonswolde	1964	2009	00:47:48	00:47:04	00:48:40	01:01:08	00:52:19	00:49:16	05:06:15	00:44:31	45	M45	32	6
225	Barsuhn	Gunda	EWE Wattloopers	1967	2009	00:47:00	00:46:00	00:48:25	01:00:50	00:52:58	00:51:13	05:06:26	00:44:32	42	W40	2	6
226	Miethe	Kuno	LT TuS Aurich-Ost	1975	2009	00:47:49	00:46:47	00:49:36	01:01:59	00:50:58	00:49:18	05:06:27	00:44:33	34	M30	21	6
227	Görtzen	Uwe	Emder LG	1965	2009	00:47:09	00:46:03	00:49:20	01:01:16	00:53:05	00:49:44	05:06:37	00:44:34	44	M40	50	6
228	Wallerowitz	Ewald	LG Ostfriesland	1965	2009	00:47:28	00:47:13	00:48:41	01:01:03	00:52:38	00:49:40	05:06:43	00:44:35	44	M40	51	6
229	Ferdinand	Peter	TV Norden	1970	2009	00:47:29	00:46:26	00:49:31	01:01:06	00:52:47	00:49:30	05:06:49	00:44:36	39	M35	39	6
230	Schröder	Friedhelm	RVB Aurich/Uplengen	1960	2009	00:48:12	00:46:54	00:48:50	01:00:49	00:52:31	00:49:35	05:06:51	00:44:36	49	M45	33	6
231	Middendorf	Jens	Gymnasium Rhaderfer	1970	2009	00:48:04	00:46:34	00:48:23	01:01:16	00:52:08	00:50:37	05:07:02	00:44:38	39	M35	40	6
232	von Kentzinsky	Roland	TG Wiesmoor	1948	2009	00:46:25	00:46:36	00:49:03	01:02:03	00:52:47	00:50:09	05:07:03	00:44:38	61	M60	1	6
233	Bolte	Richard	LG Uplengen	1959	2009	00:47:19	00:46:35	00:49:51	01:01:21	00:52:44	00:49:36	05:07:26	00:44:41	50	M50	20	6
234	Beitelmann	Arne	OLB Ostfriesland	1987	2009	00:48:42	00:47:03	00:48:57	01:01:07	00:52:53	00:48:54	05:07:36	00:44:43	22	M	25	6
235	Kattenbeck	Udo	Emder LG	1966	2009	00:47:43	00:47:18	00:48:35	01:01:57	00:52:21	00:49:48	05:07:42	00:44:43	43	M40	52	6
236	Ihnen	Tom	LT TuS Aurich-Ost	1995	2009	00:48:30	00:46:31	00:48:09	01:00:38	00:54:57	00:49:02	05:07:47	00:44:44	14	MU20	34	6
237	Hildebrandt	Theodor	LG Ostfriesland	1956	2009	00:47:39	00:47:13	00:48:44	01:01:40	00:52:38	00:50:07	05:08:01	00:44:46	53	M50	21	6
238	Hinderks	Hermann	Nordland Papier	1968	2009	00:48:39	00:47:28	00:49:04	01:01:44	00:51:58	00:49:19	05:08:12	00:44:48	41	M40	53	6
239	Baumann	Ephard	Polizei Leer	1960	2009	00:47:29	00:47:12	00:48:53	01:01:41	00:53:07	00:49:59	05:08:21	00:44:49	49	M45	34	6
240	Ellerbroek	Friedrich	TV Norden	1958	2009	00:47:43	00:46:54	00:49:39	01:01:29	00:52:39	00:49:59	05:08:23	00:44:49	51	M50	22	6
241	Heyen	Bernd	Wi sünd Holtriem SV Oc	1991	2009	00:50:19	00:46:32	00:48:23	00:59:47	00:52:18	00:51:05	05:08:24	00:44:50	18	MU20	35	6
242	Ochmann	Lukas	VfL Jheringsfehn	1992	2009	00:50:25	00:49:03	00:47:49	01:01:43	00:51:06	00:48:18	05:08:24	00:44:50	17	MU20	36	6
243	Böse	Matthias	SV Stikelkamp	1970	2009	00:47:33	00:47:08	00:48:50	01:01:58	00:52:30	00:50:26	05:08:25	00:44:50	39	M35	41	6
244	Knotterus-Meyer	Stefan	ENERCON	1965	2009	00:49:58	00:47:24	00:48:49	01:01:15	00:52:00	00:49:12	05:08:38	00:44:52	44	M40	54	6
245	Langensiepen	Jannis	MTV Aurich	1994	2009	00:48:43	00:46:32	00:49:49	01:02:09	00:52:05	00:49:25	05:08:43	00:44:52	15	MU20	37	6
246	Ahrens	Benno	Nordland Papier	1961	2009	00:49:57	00:47:11	00:49:00	01:01:26	00:51:52	00:49:19	05:08:45	00:44:53	48	M45	35	6
247	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2009	00:48:54	00:47:44	00:48:39	01:01:11	00:52:29	00:50:03	05:09:00	00:44:55	42	M40	55	6
248	Buhr	Rene	VfL Ockenhausen	1993	2009	00:48:57	00:46:37	00:50:12	01:01:53	00:53:00	00:48:22	05:09:01	00:44:55	16	MU20	38	6
249	Wempen	Holger	BHC Consulting GmbH	1975	2009	00:47:17	00:47:09	00:49:30	01:01:27	00:53:31	00:50:10	05:09:04	00:44:55	34	M30	22	6
250	Janssen	Nanno	Germania Leer	1967	2009	00:48:01	00:47:03	00:49:04	01:02:14	00:52:41	00:50:14	05:09:17	00:44:57	42	M40	56	6
251	Sörensen	Marc	SV Wallinghausen	1981	2009	00:48:33	00:46:08	00:49:38	01:00:54	00:53:46	00:50:22	05:09:21	00:44:58	28	M	26	6
252	Graf	Karin	Watt' n Loopers SV Dorr	1969	2009	00:47:15	00:46:55	00:49:54	01:02:21	00:53:00	00:50:07	05:09:32	00:44:59	40	W40	3	6
253	Brandt	Matthias	Weeer	1980	2009	00:51:42	00:49:20	00:48:41	01:01:54	00:50:14	00:47:45	05:09:36	00:45:00	29	M	27	6
254	Seele	Rüdiger	Aurich	1965	2009	00:47:03	00:47:49	00:48:41	01:02:41	00:53:20	00:50:14	05:09:48	00:45:02	44	M40	57	6
255	Berghaus	Jens	LT TuS Aurich-Ost	1959	2009	00:47:00	00:46:53	00:49:46	01:02:05	00:53:36	00:50:29	05:09:49	00:45:02	50	M50	23	6
256	Schultz	Heinz	VfR Heisfelde	1949	2009	00:47:15	00:47:09	00:49:15	01:02:36	00:53:16	00:50:22	05:09:53	00:45:02	60	M60	2	6
257	Klöver	Günther	BV Akelsbarg	1983	2009	00:50:48	00:47:34	00:48:42	01:01:16	00:53:02	00:48:39	05:10:01	00:45:04	26	M	28	6
258	Buscher	Herbert	OV Breinermoor	1966	2009	00:47:24	00:47:11	00:49:22	01:02:12	00:52:57	00:51:12	05:10:18	00:45:06	43	M40	58	6
259	Lüerßen	Jens	TG Barßel e.V.	1965	2009	00:49:36	00:46:54	00:49:20	01:01:24	00:53:15	00:49:58	05:10:27	00:45:07	44	M40	59	6
260	Freeseemann	Alfred	Realschule Esens	1967	2009	00:50:56	00:46:18	00:48:37	01:02:51	00:52:17	00:49:29	05:10:28	00:45:08	42	M40	60	6
261	Windt	Alexander	TV Oldersum	1992	2009	00:48:06	00:47:07	00:49:29	01:02:06	00:52:57	00:50:43	05:10:28	00:45:08	17	MU20	39	6
262	Eichstädt	Wilfried	DLRG Leer	1976	2009	00:47:50	00:47:18	00:49:00	01:00:45	00:55:43	00:49:54	05:10:30	00:45:08	33	M30	23	6
263	Taaks	Michael	TV Moormerland	1978	2009	00:47:52	00:47:20	00:49:34	01:02:06	00:52:57	00:50:43	05:10:32	00:45:08	31	M30	24	6
264	Backer	Edgar	LG Ostfriesland	1965	2009	00:54:14	00:46:41	00:48:30	01:01:00	00:51:09	00:49:01	05:10:35	00:45:09	44	M40	61	6
265	Schild	Stefan	Hartmann Group	1964	2009	00:49:07	00:47:38	00:49:12	01:01:20	00:52:56	00:50:23	05:10:36	00:45:09	45	M45	36	6
266	Birkoben	Rolf	TSV Riepe	1952	2009	00:48:15	00:47:56	00:49:15	01:02:06	00:53:03	00:50:08	05:10:43	00:45:10	57	M55	3	6
267	Eilers	Jörg-Hendrik	Moormerland	1957	2009	00:48:13	00:47:17	00:49:49	01:02:22	00:53:12	00:50:14	05:11:07	00:45:13	52	M50	24	6
268	Leemhuis	Gerhard	FEG Hesel	1979	2009	00:49:18	00:47:28	00:50:23	01:02:30	00:52:45	00:48:50	05:11:14	00:45:14	30	M30	25	6
269	Brand	Michael	KUH'S BEST-Team	1963	2009	00:48:35	00:47:44	00:49:13	01:02:10	00:53:19	00:50:18	05:11:19	00:45:15	46	M45	37	6
270	Meyer	Manuel	Sparkasse Aurich-Norde	1984	2009	00:47:27	00:47:41	00:49:46	01:02:35	00:54:04	00:49:53	05:11:26	00:45:16	25	M	29	6
271	Campen	Günter	Team ENERCON	1974	2009	00:49:20	00:47:48	00:50:11	01:01:40	00:52:19	00:50:10	05:11:28	00:45:16	35	M35	42	6
272	Christians	Hilko	HRS Westerholt	1994	2009	00:48:44	00:46:57	00:48:48	01:01:41	00:55:33	00:49:45	05:11:28	00:45:16	15	MU20	40	6
273	Bruns	Marcel	SV Ochtersum	1990	2009	00:48:20	00:45:45	00:48:06	00:58:47	00:50:42	00:59:51	05:11:31	00:45:17	19	MU20	41	6
274	Fangmann	Janna	Aurich	1990	2009	00:48:20	00:47:53	00:49:49	01:01:37	00:53:01	00:51:03	05:11:43	00:45:18	19	WU20	1	6
275	Strasser	Carsten	Firrel	1968	2009	00:48:29	00:46:54	00:50:03	01:02:44	00:52:51	00:50:45	05:11:46	00:45:19	41	M40	62	6
276	Bunjes	Axel	Gymnasium Rhaderfer	1960	2009	00:48:34	00:47:51	00:50:07	01:01:18	00:53:42	00:50:18	05:11:50	00:45:19	49	M45	38	6
277	Kirchhoff	Jens	Team ENERCON	1980	2009	00:48:52	00:47:13	00:49:32	01:01:51	00:53:37	00:50:46	05:11:51	00:45:20	29	M	30	6
278	Volbers	Josef	Deutsche Rentenversich	1966	2009												

**28. Ostfrieslandlauf 2009**

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
284	Thörner	Klaus	obw Emden	1964	2009	00:48:27	00:47:52	00:49:06	01:02:29	00:54:19	00:50:25	05:12:38	00:45:26	45	M45	40	6
285	Ulrichs	Theo	Ogenbargen	1950	2009	00:48:50	00:47:46	00:50:30	01:01:19	00:53:55	00:50:25	05:12:45	00:45:27	59	M55	4	6
286	Büscher	Fritz	LG-Glave-Gruppe	1954	2009	00:48:39	00:48:05	00:50:04	01:02:08	00:53:18	00:50:37	05:12:51	00:45:28	55	M55	5	6
287	Baumann	Onno	Leinerstift e. V.	1968	2009	00:46:28	00:47:28	00:51:38	01:02:47	00:54:18	00:50:18	05:12:57	00:45:29	41	M40	66	6
288	Strömer	Berthold	LT TuS Aurich-Ost	1956	2009	00:47:46	00:47:31	00:50:18	01:02:09	00:54:04	00:51:11	05:12:59	00:45:30	53	M50	25	6
289	Krauledat	Frank	Emder LG	1969	2009	00:48:20	00:47:12	00:50:13	01:01:45	00:54:07	00:51:23	05:13:00	00:45:30	40	M40	67	6
290	Hubert	Katharina	Emder LG	1982	2009	00:47:59	00:47:33	00:49:16	01:03:14	00:54:57	00:50:08	05:13:07	00:45:31	27	W	2	6
291	Carstens	Markus	Enercon GmbH	1976	2009	00:50:40	00:47:04	00:49:07	01:01:15	00:53:28	00:52:14	05:13:48	00:45:37	33	M30	26	6
292	Habben	Frank	VfB Münkeboe	1970	2009	00:48:50	00:47:19	00:49:29	01:02:29	00:54:12	00:51:32	05:13:51	00:45:37	39	M35	44	6
293	Müller	Gerold	Sparkasse Aurich-Norde	1953	2009	00:48:28	00:47:56	00:49:48	01:02:44	00:53:52	00:51:11	05:13:59	00:45:38	56	M55	6	6
294	Heinzmann	Thomas	Papenburg	1973	2009	00:47:59	00:47:28	00:49:15	01:01:57	00:54:17	00:53:13	05:14:09	00:45:40	36	M35	45	6
295	Rieken	Axel	NIGE	1991	2009	00:47:24	00:46:27	00:49:28	01:07:06	00:53:17	00:50:32	05:14:14	00:45:40	18	MU20	42	6
296	Gerdes	Olaf	TSV Riepe	1972	2009	00:48:54	00:48:52	00:50:47	01:02:21	00:53:23	00:50:01	05:14:18	00:45:41	37	M35	46	6
297	Gerjets	Manni	RVB Aurich/Uplengen	1960	2009	00:49:17	00:47:38	00:49:41	01:03:44	00:53:29	00:50:53	05:14:42	00:45:44	49	M45	41	6
298	Eggers	Hayo	Team ENERCON	1965	2009	00:50:57	00:47:58	00:50:24	01:01:58	00:53:01	00:50:33	05:14:51	00:45:46	44	M40	68	6
299	Friedrichs	Heiner	Team ENERCON	1977	2009	00:51:34	00:49:11	00:48:56	01:03:04	00:52:16	00:49:51	05:14:52	00:45:46	32	M30	27	6
300	Grimm	Uwe	VfFL Berumbur	1969	2009	00:48:49	00:47:52	00:50:02	01:02:59	00:54:07	00:51:17	05:15:06	00:45:48	40	M40	69	6
301	Redenius	Folkert	LT Tura 07 Westhaude	1957	2009	00:47:45	00:48:02	00:51:35	01:04:12	00:53:29	00:50:05	05:15:08	00:45:48	52	M50	26	6
302	Stanke	Detlef	TSG Westerstede	1954	2009	00:47:53	00:48:04	00:50:02	01:03:26	00:54:21	00:51:38	05:15:24	00:45:51	55	M55	7	6
303	Saathoff	Dieter	TG Wiesmoor	1960	2009	00:48:37	00:47:51	00:49:55	01:03:08	00:54:27	00:51:28	05:15:26	00:45:51	49	M45	42	6
304	Lowin	Volker	BBS 1 Aurich	1955	2009	00:50:17	00:48:02	00:49:52	01:02:16	00:54:26	00:50:45	05:15:38	00:45:53	54	M50	27	6
305	Martens	Heini	Stedesdorf	1963	2009	00:48:02	00:47:34	00:50:09	01:03:45	00:54:31	00:51:53	05:15:54	00:45:55	46	M45	43	6
306	Blaurock	Andreas	obw Emden	1968	2009	00:49:14	00:49:00	00:50:27	01:02:40	00:53:47	00:50:50	05:15:58	00:45:56	41	M40	70	6
307	Wulle	Thomas	LT TuS Aurich-Ost	1963	2009	00:48:27	00:49:31	00:49:11	01:02:56	00:54:17	00:51:42	05:16:04	00:45:56	46	M45	44	6
308	Janßen	Andreas	SV Stikkelkamp	1967	2009	00:51:16	00:49:15	00:50:57	01:01:37	00:53:03	00:49:59	05:16:07	00:45:57	42	M40	71	6
309	Jünke	Heike	LG Uplengen	1966	2009	00:48:29	00:48:25	00:50:36	01:03:36	00:54:11	00:51:02	05:16:19	00:45:59	43	W40	4	6
310	Romaneefßen	Gerd	IGS Aurich WEST	1963	2009	00:49:50	00:48:09	00:50:08	01:03:03	00:54:02	00:51:30	05:16:42	00:46:02	46	M45	45	6
311	Detlef	Hillers	Theater Brockzetel-Wies	1969	2009	00:47:59	00:47:21	00:50:03	01:04:49	00:54:40	00:51:50	05:16:42	00:46:02	40	M40	72	6
312	Federkeil	Philipp	SV Sprint WOL	1956	2009	00:48:48	00:48:03	00:50:05	01:04:34	00:55:01	00:50:14	05:16:45	00:46:02	53	M50	28	6
313	Gensicke	Torsten	Wiesmoor	1967	2009	00:49:44	00:48:54	00:50:17	01:03:03	00:53:58	00:50:52	05:16:48	00:46:03	42	M40	73	6
314	Feimann	Hans	Nordland Papier	1966	2009	00:50:51	00:49:13	00:50:43	01:02:31	00:52:45	00:50:48	05:16:51	00:46:03	43	M40	74	6
315	Beekmann	Jan-Bernd	Großwolde	1967	2009	00:47:06	00:47:16	00:51:47	01:04:17	00:55:24	00:51:08	05:16:58	00:46:04	42	M40	75	6
316	Janssen	Wilfried	Sparkasse LeerWittmun	1961	2009	00:48:34	00:48:03	00:49:57	01:03:58	00:54:34	00:51:52	05:16:58	00:46:04	48	M45	46	6
317	Weers	Johannes	VfB Uplengen	1954	2009	00:49:30	00:47:58	00:50:27	01:03:50	00:54:01	00:51:15	05:17:01	00:46:05	55	M55	8	6
318	Martens	Wilhelm	Uplengen	1957	2009	00:49:31	00:48:08	00:50:54	01:03:35	00:54:18	00:50:36	05:17:02	00:46:05	52	M50	29	6
319	Holl	Aike	Pohhausen	1991	2009	00:48:15	00:47:11	00:50:54	01:04:57	00:54:24	00:51:29	05:17:10	00:46:06	18	MU20	43	6
320	Joachim	Hans-Hermann	Team Erdinger Alkoholf	1950	2009	00:49:53	00:48:11	00:50:31	01:03:07	00:54:17	00:51:36	05:17:35	00:46:10	59	M55	9	6
321	Dickmann	Rainer	Nordland Papier	1970	2009	00:49:32	00:47:59	00:50:26	01:03:40	00:53:56	00:52:08	05:17:41	00:46:10	39	M35	47	6
322	Heinks	Reiner	TV Norden	1961	2009	00:48:45	00:48:16	00:50:52	01:03:04	00:54:31	00:52:16	05:17:44	00:46:11	48	M45	47	6
323	Janßen-Frerichs	Herma	LT Schafhauser Wald	1964	2009	00:49:03	00:48:46	00:50:25	01:03:49	00:54:20	00:51:40	05:18:03	00:46:14	45	W45	2	6
324	Penske	Detlef	BBS 1 Aurich	1965	2009	00:49:34	00:48:03	00:49:54	01:03:21	00:55:03	00:52:14	05:18:09	00:46:15	44	M40	76	6
325	Brahms	Mareike	BBC Chartering	1981	2009	00:47:22	00:48:02	00:50:03	01:04:48	00:54:44	00:53:15	05:18:14	00:46:15	28	W	3	6
326	Olthoff	Philipp	Emden	1966	2009	00:49:23	00:48:24	00:49:54	01:03:51	00:55:22	00:51:24	05:18:18	00:46:16	43	M40	77	6
327	Nanninga	Jochen	TV Norden	1964	2009	00:48:13	00:49:15	00:51:04	01:03:34	00:54:34	00:51:53	05:18:33	00:46:18	45	M45	48	6
328	Albers	Andy	VfB Münkeboe	1983	2009	00:48:30	00:48:20	00:50:25	01:04:24	00:55:05	00:51:56	05:18:40	00:46:19	26	M	32	6
329	Wirringa	Jakobus	Oldenburg	1957	2009	00:48:53	00:48:32	00:50:53	01:04:41	00:54:20	00:51:26	05:18:45	00:46:20	52	M50	30	6
330	Bronsema	Albert	Fitness-World, Emden	1956	2009	00:49:39	00:48:35	00:50:35	01:04:42	00:54:06	00:51:11	05:18:48	00:46:20	53	M50	31	6
331	Weber	Siegfried	Team Möbel Buss	1962	2009	00:49:47	00:48:16	00:50:16	01:03:57	00:54:21	00:52:20	05:18:57	00:46:22	47	M45	49	6
332	Bauer	Rolf	Nordland Papier	1968	2009	00:49:59	00:48:13	00:50:25	01:04:51	00:53:16	00:52:17	05:19:01	00:46:22	41	M40	78	6
333	Janssen	Alwin	Peiers	1970	2009	00:50:42	00:49:03	00:51:14	01:04:01	00:53:46	00:50:18	05:19:04	00:46:23	39	M35	48	6
334	Peters	Heiko	Team Möbel Buss	1964	2009	00:50:25	00:48:17	00:50:21	01:04:28	00:54:22	00:51:20	05:19:13	00:46:24	45	M45	50	6
335	Duhlies	Frank	Tauchclub Beluga Aurich	1960	2009	00:48:29	00:47:48	00:50:07	01:02:43	00:55:30	00:54:40	05:19:17	00:46:24	49	M45	51	6
336	Siemens	Frank	Hinte	1974	2009	00:48:41	00:47:54	00:52:02	01:03:27	00:54:36	00:52:38	05:19:18	00:46:25	35	M35	49	6
337	Holl	Hendrik	Pohhausen	1995	2009	00:52:36	00:47:08	00:50:52	01:03:51	00:54:21	00:50:32	05:19:20	00:46:25	14	MU20	44	6
338	Müller	Torsten	Agravis Ems Jade Esen	1969	2009	00:50:23	00:48:09	00:51:30	01:03:52	00:54:08	00:51:22	05:19:24	00:46:25	40	M40	79	6
339	Besemann	Ralf-Christian	Wittmund	1970	2009	00:51:37	00:49:57	00:50:05	01:03:09	00:54:20	00:50:18	05:19:26	00:46:26	39	M35	50	6
340	Meyer	Manfred	Papenburg	1963	2009	00:49:11	00:48:08	00:50:04	01:04:38	00:54:59	00:52:33	05:19:33	00:46:27	46	M45	52	6
341	Beekmann	Jan-Peter	Gymnasium Rhaderfer	1996	2009	00:49:21	00:46:37	00:50:15	01:04:19	00:53:02	00:56:04	05:19:38	00:46:28	13	MU20	45	6
342	Veldkamp	Renko	Stadt Weener gegen Ge	1990	2009	00:50:04	00:47:58	00:49:55	01:05:20	00:55:05	00:51:18	05:19:40	00:46:28	19	MU20	46	6
343	Sporré	Jürgen	Evang.-reform. Kirche	1955	2009	00:48:37	00:48:36	00:50:20	01:04:39	00:56:12	00:51:19	05:19:43	00:46:28	54	M50	32	6
344	Schilz	Katrin	Lauftreff Schafhauser W	1971	2009	00:49:47	00:48:13	00:50:10	01:04:09	00:55:12	00:52:15	05:19:46	00:46:29	38	W35	4	6
345	Kaspar	Johannes	4./ObjSRgt Lw	1986	2009	00:53:05	00:47:59	00:50:29	01:03:53	00:53:48	00:50:33	05:19:47	00:46:29	23	M	33	6
346	Fröhling	Klaus	Ludwigsdorf	1972	2009	00:50:48	00:48:53	00:51:03	01:03:47	00:54:20	00:51:00	05:19:51	00:46:29	37	M35	51	6
347	Sühwold	Simon	Leer	1971	2009	00:47:30	00:47:30	00:53:01	01:04:50	00:54:42	00:52:27	05:20:00	00:46:31	38	M35	52	6
348	Schmidt	Hartmut	Team Enercon														

**28. Ostfrieslandlauf 2009**

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
355	Boekhoff	Hermann	SV Bentstreek	1961	2009	00:49:21	00:49:11	00:50:42	01:04:30	00:54:58	00:51:57	05:20:39	00:46:36	48	M45	57	6
356	Michalak	Karl-Heinz	Concordia Ihrhove	1957	2009	00:48:09	00:48:12	00:50:59	01:02:28	00:56:53	00:53:59	05:20:40	00:46:37	52	M50	34	6
357	Zietlow	Alexander	FCSO	1992	2009	00:49:30	00:48:10	00:51:08	01:05:06	00:54:37	00:52:18	05:20:49	00:46:38	17	MU20	47	6
358	Herzog	Ludger	STV Barßel	1955	2009	00:49:17	00:48:32	00:50:44	01:04:02	00:55:35	00:52:47	05:20:57	00:46:39	54	M50	35	6
359	Janßen	Timo	NIGE	1990	2009	00:49:39	00:47:41	00:52:03	01:04:48	00:54:25	00:52:29	05:21:05	00:46:40	19	MU20	48	6
360	Pilney	Bettina	LT SV Ems Jemgum	1962	2009	00:49:31	00:49:16	00:51:12	01:04:02	00:54:47	00:52:21	05:21:09	00:46:41	47	W45	3	6
361	Neemann	Jannette	LT TuS Aurich-Ost	1967	2009	00:49:02	00:48:50	00:50:51	01:04:26	00:55:24	00:52:39	05:21:12	00:46:41	42	W40	5	6
362	Neumann	Insa	Briese Schifffahrt	1983	2009	00:50:00	00:48:59	00:50:44	01:03:55	00:55:08	00:52:29	05:21:15	00:46:42	26	W	4	6
363	Meyerhoff	Helmut	LG Ostfriesland	1962	2009	00:49:55	00:48:53	00:51:13	01:04:34	00:54:28	00:52:28	05:21:31	00:46:44	47	M45	58	6
364	Janssen	Thomas	Pohhausen	1991	2009	00:48:09	00:51:29	00:50:44	01:04:54	00:54:21	00:51:56	05:21:33	00:46:44	18	MU20	49	6
365	Poppen	Bernd	Team Enercon	1972	2009	00:51:51	00:48:18	00:52:49	01:02:39	00:55:08	00:50:58	05:21:43	00:46:46	37	M35	54	6
366	Kreienbrock	Carsten	Briese Schifffahrt	1968	2009	00:48:54	00:49:55	00:50:45	01:04:54	00:55:20	00:52:01	05:21:49	00:46:47	41	M40	80	6
367	Koop	Arend	Weener Plastik AG	1960	2009	00:49:04	00:49:13	00:50:37	01:04:31	00:55:55	00:52:31	05:21:51	00:46:47	49	M45	59	6
368	Ubben	Bernd	ubben-haus Laufteam	1959	2009	00:49:45	00:49:30	00:50:38	01:04:13	00:55:18	00:52:29	05:21:53	00:46:47	50	M50	36	6
369	Voogd	Stefan	Polizei Leer	1974	2009	00:50:30	00:48:21	00:50:54	01:03:04	00:57:26	00:51:53	05:22:08	00:46:49	35	M35	55	6
370	Scheepker	Alfred	TV Norden	1954	2009	00:49:12	00:48:10	00:50:38	01:05:16	00:55:20	00:53:36	05:22:12	00:46:50	55	M55	10	6
371	Günsel	Lutz	Druckerei Meyer, Aurich	1969	2009	00:50:06	00:48:48	00:50:46	01:05:04	00:55:25	00:52:09	05:22:18	00:46:51	40	M40	81	6
372	Coordes	Jc	ENERCON	1969	2009	00:49:40	00:48:41	00:50:44	01:06:31	00:54:48	00:51:59	05:22:23	00:46:51	40	M40	82	6
373	Ottersberg	Jörg	Dwarsloopers Spetzerfe	1970	2009	00:49:47	00:49:50	00:51:04	01:04:28	00:55:06	00:52:10	05:22:25	00:46:52	39	M35	56	6
374	Weets	Jens	Holtgast	1992	2009	00:50:26	00:47:53	00:53:12	01:06:33	00:54:54	00:49:34	05:22:32	00:46:53	17	MU20	50	6
375	Henken	Nils	KGS Großefehn	1994	2009	00:51:24	00:48:34	00:50:50	01:05:02	00:54:27	00:52:16	05:22:33	00:46:53	15	MU20	51	6
376	Hummerich	Ludwig	Emder LG	1960	2009	00:51:47	00:48:55	00:51:34	01:04:08	00:53:58	00:52:14	05:22:36	00:46:53	49	M45	60	6
377	Ohling	Markus	HTG Ihlow	1992	2009	00:52:43	00:48:07	00:52:38	01:02:54	00:53:57	00:52:19	05:22:38	00:46:54	17	MU20	52	6
378	Goldsweer	Theo	TUS Collinghorst	1953	2009	00:49:11	00:49:40	00:50:50	01:05:03	00:55:39	00:52:26	05:22:49	00:46:55	56	M55	11	6
379	Renken	Ingo	TV Friedeburg	1967	2009	00:50:23	00:48:55	00:50:49	01:04:55	00:55:20	00:52:38	05:23:00	00:46:57	42	M40	83	6
380	Folkerts	Ingrid	FTC Hollen	1960	2009	00:49:13	00:49:07	00:51:24	01:04:29	00:56:23	00:52:28	05:23:04	00:46:57	49	W45	4	6
381	Feldkamp	Volker	Schule am Deich	1960	2009	00:50:20	00:49:18	00:50:56	01:03:41	00:55:32	00:53:18	05:23:05	00:46:58	49	M45	61	6
382	Winter	Heinrich	LT TuS Aurich-Ost	1957	2009	00:50:03	00:48:44	00:51:48	01:05:07	00:55:14	00:52:13	05:23:09	00:46:58	52	M50	37	6
383	Welp	Hermann	Stadt Weener gegen Ge	1966	2009	00:49:41	00:47:23	00:49:18	01:05:14	00:59:25	00:52:22	05:23:23	00:47:00	43	M40	84	6
384	Pree	Kevin	Realschule Esens	1993	2009	00:51:49	00:48:54	00:51:23	01:05:03	00:54:45	00:51:32	05:23:26	00:47:01	16	MU20	53	6
385	Buscher	Silvia	SV Borussia Leer	1975	2009	00:50:34	00:48:39	00:51:24	01:05:32	00:55:45	00:51:34	05:23:28	00:47:01	34	W30	2	6
386	Steinke	Rolf	SV Warsingsfehn	1967	2009	00:50:08	00:49:39	00:51:51	01:04:37	00:54:58	00:52:23	05:23:36	00:47:02	42	M40	85	6
387	de Vries	Michael	quid pro quo	1972	2009	00:51:21	00:49:39	00:51:29	01:05:07	00:54:42	00:51:40	05:23:58	00:47:05	37	M35	57	6
388	Rost	Mike	PI Wilhelmshaven/Fries	1963	2009	00:49:26	00:50:15	00:51:28	01:05:14	00:55:21	00:52:21	05:24:05	00:47:06	46	M45	62	6
389	Frieden	Bernd	LT TuS Aurich-Ost	1968	2009	00:50:31	00:49:30	00:51:33	01:04:03	00:55:50	00:52:44	05:24:11	00:47:07	41	M40	86	6
390	Janßen	Patrick	Realschule Esens	1993	2009	00:51:41	00:49:29	00:52:22	01:04:13	00:55:02	00:51:52	05:24:39	00:47:11	16	MU20	54	6
391	Freudenberg	Gesa	Ihlowferfehn	1982	2009	00:48:39	00:48:14	00:50:38	01:04:43	00:56:45	00:55:42	05:24:41	00:47:12	27	W	5	6
392	Bobka	Helmut	Ihlow	1958	2009	00:48:37	00:49:19	00:51:24	01:06:42	00:56:06	00:52:37	05:24:45	00:47:12	51	M50	38	6
393	Folkerts	Friedrich	FFw Hollen	1965	2009	00:50:11	00:49:36	00:51:38	01:05:03	00:55:41	00:52:44	05:24:53	00:47:13	44	M40	87	6
394	Schmidt	Harald	Wi sünd Holtriem SV Oc	1969	2009	00:50:08	00:49:02	00:52:14	01:03:58	00:55:44	00:53:51	05:24:57	00:47:14	40	M40	88	6
395	Rohden	Heinz	Wi sünd Holtriem	1963	2009	00:50:45	00:49:52	00:52:04	01:04:14	00:56:08	00:51:54	05:24:57	00:47:14	46	M45	63	6
396	Dreesman	Arno	Nendorp	1976	2009	00:49:12	00:48:13	00:50:53	01:08:35	00:55:46	00:52:28	05:25:07	00:47:15	33	M30	28	6
397	Reiners	Johann	Lions Club Uplengen	1959	2009	00:49:28	00:49:07	00:51:58	01:05:57	00:56:19	00:52:35	05:25:24	00:47:18	50	M50	39	6
398	Kölber	Richard	TV Norden	1966	2009	00:51:48	00:49:24	00:51:44	01:04:51	00:55:19	00:52:30	05:25:36	00:47:20	43	M40	89	6
399	Cordes	Manfred	Wiesmoor	1960	2009	00:50:13	00:49:25	00:51:13	01:05:57	00:55:44	00:53:08	05:25:40	00:47:20	49	M45	64	6
400	Saathoff	Arno	Werdum	1966	2009	00:51:31	00:49:55	00:52:25	01:04:17	00:55:01	00:52:37	05:25:46	00:47:21	43	M40	90	6
401	Sanders	Daniel	Großefehn	1979	2009	00:51:46	00:50:33	00:52:02	01:04:27	00:55:05	00:52:10	05:26:03	00:47:23	30	M30	29	6
402	Schardt	Michael	Schwarz-Weiß Oldenbu	1954	2009	00:49:49	00:50:20	00:52:05	01:03:59	00:55:19	00:54:34	05:26:06	00:47:24	55	M55	12	6
403	Schneider	Horst	Kein / Norden	1955	2009	00:51:03	00:49:51	00:52:15	01:05:24	00:55:10	00:52:29	05:26:12	00:47:25	54	M50	40	6
404	Harms	Bernd	RVB Aurich/Uplengen	1979	2009	00:50:49	00:49:00	00:50:50	01:07:10	00:55:39	00:52:47	05:26:15	00:47:25	30	M30	30	6
405	Meyering	Sven	Frisia Loga III	1974	2009	00:48:42	00:49:13	00:55:27	01:05:18	00:55:32	00:52:12	05:26:24	00:47:27	35	M35	58	6
406	Hero	Jörg	TCB Bremen	1969	2009	00:49:56	00:49:48	00:51:00	01:06:41	00:56:05	00:53:13	05:26:43	00:47:29	40	M40	91	6
407	Müller-Deck	Andreas	TSR Olympia Wilhelmsh	1961	2009	00:47:43	00:47:57	00:50:52	01:03:38	00:54:56	01:01:37	05:26:43	00:47:29	48	M45	65	6
408	Petersen	Gerold	Großheide	1974	2009	00:50:23	00:49:45	00:52:01	01:05:18	00:56:45	00:52:32	05:26:44	00:47:29	35	M35	59	6
409	Friedrich	Wolfgang	Apen	1963	2009	00:50:38	00:48:55	00:52:35	01:05:08	00:56:42	00:52:47	05:26:45	00:47:30	46	M45	66	6
410	Fecht	Jens	Leinerstift e.V.	1968	2009	00:50:30	00:49:34	00:52:00	01:05:18	00:55:53	00:53:30	05:26:45	00:47:30	41	M40	92	6
411	Fauerbach	Marco	Wi sünd Holtriem	1993	2009	00:54:12	00:49:59	00:52:03	01:03:58	00:55:07	00:51:47	05:27:06	00:47:33	16	MU20	55	6
412	Strümpel	Andy	Autohaus Tekken	1972	2009	00:50:41	00:49:26	00:52:07	01:05:29	00:56:38	00:53:12	05:27:33	00:47:37	37	M35	60	6
413	Nörder	Johann	EWE Wattloopers	1961	2009	00:50:23	00:49:38	00:52:03	01:05:16	00:56:57	00:53:17	05:27:34	00:47:37	48	M45	67	6
414	Schulte	Ansgar	Weener Plastik AG	1973	2009	00:51:13	00:51:03	00:52:34	01:04:35	00:55:43	00:52:34	05:27:42	00:47:38	36	M35	61	6
415	Peters	Jörg	Nortmoor	1966	2009	00:50:16	00:49:36	00:53:00	01:04:59	00:56:24	00:53:43	05:27:58	00:47:40	43	M40	93	6
416	Erfkamp	Manfred	Ruder-Club Leer	1959	2009	00:50:18	00:49:26	00:51:58	01:06:28	00:56:07	00:53:42	05:27:59	00:47:40	50	M50	41	6
417	Frerichs	Olaf	HRS Westerholt	1994	2009	00:56:43	00:49:26	00:51:44	01:03:38	00:56:37	00:49:52	05:28:00	00:47:40	15	MU20	56	6
418	van de Kamp	Patrick	Realschule Esens	1991	2009	00:53:59	00:49:04	00:50:33	01:05:04	00:55:32	00:53:52	05:28:04	00:47:41	18	MU20	57	6
419	Meyerhoff	Lothar															

**28. Ostfrieslandlauf 2009**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
426	Severiens	Gerold	Fortuna Logabirum	1948	2009	00:50:33	00:50:00	00:52:41	01:06:39	00:56:21	00:52:58	05:29:12	00:47:51	61	M60	3	6
427	Brauer	Jens	HTG Ithow	1967	2009	00:52:41	00:48:10	00:55:01	01:05:36	00:55:17	00:52:35	05:29:20	00:47:52	42	M40	94	6
428	Zager	Lukas	Weener Plastik AG	1994	2009	00:52:02	00:50:46	00:51:15	01:05:28	00:56:15	00:53:35	05:29:21	00:47:52	15	MU20	94	6
429	Saathoff	Heiner	ELV Elektronik	1980	2009	00:52:19	00:51:12	00:52:21	01:06:04	00:55:03	00:52:23	05:29:22	00:47:52	29	M	37	6
430	Janssen	Drees	LG Ostfriesland	1962	2009	00:49:59	00:49:44	00:52:32	01:06:50	00:56:04	00:54:14	05:29:23	00:47:53	47	M45	69	6
431	Möller	Günter	Sportschule TAO	1968	2009	00:54:17	00:50:22	00:51:05	01:05:10	00:56:04	00:52:26	05:29:24	00:47:53	41	M40	95	6
432	Gerdas	Jörg	HTG Ithow	1992	2009	00:54:52	00:48:16	00:50:55	01:05:58	00:56:48	00:52:40	05:29:29	00:47:53	17	MU20	60	6
433	Frerichs	Henning	Sportcentrum Crocodile	1990	2009	00:50:02	00:50:31	00:52:29	01:07:45	00:56:30	00:52:14	05:29:31	00:47:54	19	MU20	61	6
434	Barkhoff	Renate	Polizei Oldenburg	1978	2009	00:50:58	00:49:28	00:53:13	01:05:54	00:57:02	00:53:02	05:29:37	00:47:55	31	W30	3	6
435	Glanzer	Elfriede	Wi sünd Holtriem	1961	2009	00:50:21	00:49:23	00:52:36	01:06:29	00:57:08	00:53:48	05:29:45	00:47:56	48	W45	5	6
436	Mäcken	Helmut	Großefehn	1978	2009	00:50:48	00:48:24	00:52:19	01:04:31	00:58:27	00:55:19	05:29:48	00:47:56	31	M30	31	6
437	Rahn	Hinrich	LT TuS Aurich-Ost	1973	2009	00:51:41	00:50:45	00:52:16	01:06:01	00:56:22	00:52:56	05:30:01	00:47:58	36	M35	62	6
438	Möhlmann	Manfred	SC Wiesens	1964	2009	00:49:59	00:49:17	00:52:22	01:07:39	00:56:45	00:54:00	05:30:02	00:47:58	45	M45	70	6
439	Benkendorf	Nicole	LT TuS Aurich-Ost	1980	2009	00:52:17	00:50:49	00:52:22	01:05:31	00:56:26	00:52:38	05:30:03	00:47:58	29	W	6	6
440	Groß	Michael	Team Enercon	1984	2009	00:49:29	00:50:08	00:51:15	01:05:02	00:55:27	00:58:48	05:30:09	00:47:59	25	M	38	6
441	Hofmann	Jakobus	Weener Plastik AG	1954	2009	00:49:35	00:50:08	00:51:08	01:05:03	00:58:19	00:56:03	05:30:16	00:48:00	55	M55	14	6
442	Baalmann	Josef	LT TuS Aurich-Ost	1961	2009	00:51:48	00:51:26	00:52:05	01:06:24	00:56:08	00:52:27	05:30:18	00:48:01	48	M45	71	6
443	Jeron	August	LT TuS Aurich-Ost	1956	2009	00:51:46	00:50:15	00:52:30	01:06:16	00:56:48	00:52:43	05:30:18	00:48:01	53	M50	44	6
444	Lüken	Ehrenfried	Ochtersum	1964	2009	00:52:47	00:51:33	00:51:40	01:05:13	00:55:51	00:53:15	05:30:19	00:48:01	45	M45	72	6
445	Bruhnken	Mareike	LG Harlingerland	1992	2009	00:50:44	00:49:51	00:53:05	01:06:01	00:57:10	00:53:31	05:30:22	00:48:01	17	WU20	2	6
446	Vossen	Nikolai	NIGE	1991	2009	00:54:23	00:50:15	00:53:26	01:05:44	00:55:16	00:51:31	05:30:35	00:48:03	18	MU20	62	6
447	Krohs	Florian	OFFIS	1978	2009	00:53:02	00:51:21	00:50:54	01:06:48	00:56:11	00:52:20	05:30:36	00:48:03	31	M30	32	6
448	Heien	Elisabeth	Tus Esens	1958	2009	00:50:40	00:50:21	00:52:44	01:06:11	00:56:47	00:53:56	05:30:39	00:48:04	51	W50	1	6
449	Gippert	Hans-Jürgen	TG Wiesmoor	1944	2009	00:50:51	00:50:28	00:52:36	01:06:44	00:56:01	00:54:05	05:30:45	00:48:04	65	M65	1	6
450	Kruse	Bernd	SV Stikelkamp	1967	2009	00:52:57	00:50:06	00:52:43	01:06:07	00:56:00	00:52:54	05:30:47	00:48:05	42	M40	96	6
451	Thoben	Martin	ELV Elektronik AG	1970	2009	00:50:44	00:50:07	00:53:00	01:06:09	00:56:39	00:54:24	05:31:03	00:48:07	39	M35	63	6
452	Lammers	Johann	SV Holtland	1963	2009	01:04:59	00:48:05	00:50:41	01:02:18	00:53:38	00:51:25	05:31:06	00:48:08	46	M45	73	6
453	Francovich	Patrick	HTG Ithow	1993	2009	00:47:56	00:47:30	00:51:05	01:05:15	01:04:48	00:54:34	05:31:08	00:48:08	16	MU20	63	6
454	Harms	Johann	Gymnasium Ulricianum	1957	2009	00:51:45	00:50:13	00:53:35	01:06:58	00:56:18	00:52:26	05:31:15	00:48:09	52	M50	45	6
455	Harms	Okko	LT TuS Aurich-Ost	1994	2009	00:51:46	00:50:12	00:53:35	01:06:58	00:56:18	00:52:27	05:31:16	00:48:09	15	MU20	45	6
456	Kiesé	Kersten	TuS Esens	1964	2009	00:50:12	00:50:36	00:52:33	01:05:56	00:57:15	00:54:47	05:31:19	00:48:09	45	M45	74	6
457	de Groot	Egbert	Team ENERCON	1982	2009	00:52:41	00:50:30	00:53:40	01:05:19	00:56:20	00:52:53	05:31:23	00:48:10	27	M	39	6
458	Schulte	Manfred	Nordland Papier	1971	2009	00:51:28	00:50:01	00:53:12	01:05:53	00:57:06	00:53:48	05:31:28	00:48:11	38	M35	64	6
459	Freudenberg	Janek	Ulricianum Aurich	1996	2009	00:53:31	00:50:07	00:52:49	01:07:07	00:54:51	00:53:06	05:31:31	00:48:11	13	MU20	65	6
460	Griesheimer	Volker	LG Glave Gruppe	1961	2009	00:50:49	00:49:55	00:53:29	01:05:23	00:57:41	00:54:20	05:31:37	00:48:12	48	M45	75	6
461	Daniel	Michael	Emder LG	1959	2009	01:00:39	00:49:22	00:50:53	01:04:34	00:54:28	00:51:55	05:31:51	00:48:14	50	M50	46	6
462	Rückbrod	Andrea	Großheide	1964	2009	00:49:28	00:48:35	00:51:32	01:04:35	01:01:48	00:55:53	05:31:51	00:48:14	45	W45	6	6
463	Rahmann	Jan-Hauke	SV Ochtersum	1993	2009	00:54:49	00:48:42	00:52:51	01:01:09	01:00:05	00:54:19	05:31:55	00:48:15	16	MU20	66	6
464	Foorden	Monika	LG Großefehn	1968	2009	00:53:17	00:50:36	00:52:43	01:05:10	00:56:35	00:53:35	05:31:56	00:48:15	41	W40	6	6
465	Böhme	Linda	obw Emden	1982	2009	00:51:11	00:50:15	00:51:59	01:05:39	00:57:57	00:55:01	05:32:02	00:48:16	27	W	7	6
466	Woortmann	Andre	Westoverledingen	1964	2009	00:51:51	00:50:44	00:52:10	01:06:14	00:57:34	00:53:36	05:32:09	00:48:17	45	M45	76	6
467	Finken	Rainer	Lauffreß SV Ofenerdiek	1958	2009	00:52:30	00:50:07	00:52:40	01:09:03	00:55:51	00:52:03	05:32:14	00:48:17	51	M50	47	6
468	Rogge	Hendrik	SV Bentstreek	1990	2009	00:51:20	00:50:10	00:54:10	01:05:48	00:57:35	00:53:19	05:32:22	00:48:19	19	MU20	67	6
469	Peters	Gitta	Potshausen	1962	2009	00:51:49	00:50:46	00:53:03	01:05:46	00:56:50	00:54:09	05:32:23	00:48:19	47	W45	7	6
470	Feeken	Jochen	BBS II Aurich	1990	2009	00:51:54	00:50:11	00:51:55	01:05:52	00:55:36	00:56:55	05:32:23	00:48:19	19	MU20	68	6
471	Soeken	Klaas	TV Norden	1991	2009	00:52:30	00:50:43	00:52:08	01:07:04	00:55:11	00:54:48	05:32:24	00:48:19	18	MU20	69	6
472	Fischer	Daniel	Briese Schifffahrt	1980	2009	00:52:59	00:54:39	00:51:34	01:04:34	00:55:44	00:53:15	05:32:45	00:48:22	29	M	40	6
473	Schneider	Andreas	Aurich	1961	2009	00:48:47	00:48:22	01:00:08	01:09:19	00:54:08	00:52:13	05:32:57	00:48:24	48	M45	77	6
474	Merl	Christian	Papenburg	1957	2009	00:45:10	00:45:41	00:54:24	01:05:45	00:55:24	01:06:40	05:33:04	00:48:25	52	M50	48	6
475	Borchert	Janina	Landjugend Filsun	1987	2009	00:52:58	00:51:22	00:54:24	01:05:29	00:56:25	00:52:27	05:33:05	00:48:25	22	W	8	6
476	Rieken	Volker	Kurverein Neuharlingers	1967	2009	00:52:48	00:50:42	00:52:27	01:07:03	00:57:03	00:53:03	05:33:06	00:48:25	42	M40	97	6
477	Brückmann	Imke	Raiffeisenbank eG Moor	1975	2009	00:52:04	00:50:54	00:52:56	01:07:14	00:56:49	00:53:10	05:33:07	00:48:25	34	W30	4	6
478	Middendorf	Hermann	Papenburg	1961	2009	00:50:57	00:50:21	00:53:03	01:07:29	00:57:39	00:53:42	05:33:11	00:48:26	48	M45	78	6
479	Schaffrath	Thomas	Nordland Papier	1966	2009	00:52:32	00:49:48	00:52:32	01:07:42	00:56:49	00:53:48	05:33:11	00:48:26	43	M40	98	6
480	Grafs	Ulla	Wittmund	1965	2009	00:52:37	00:51:08	00:53:31	01:05:58	00:56:24	00:53:42	05:33:20	00:48:27	44	W40	7	6
481	Glämann-Schulzek	Graff	TV Norden	1965	2009	00:51:29	00:50:18	00:52:21	01:04:58	00:56:01	00:58:16	05:33:23	00:48:27	44	M40	99	6
482	Kerker	Andreas	Heimatblatt	1966	2009	00:51:08	00:51:17	00:53:21	01:06:52	00:57:23	00:53:32	05:33:33	00:48:29	43	M40	100	6
483	Sanders	Michael	Bünting Tee	1980	2009	00:52:31	00:49:27	00:51:44	01:07:12	00:59:38	00:53:02	05:33:34	00:48:29	29	M	41	6
484	Gastmann	Thorsten	Emden	1981	2009	00:52:24	00:51:11	00:53:50	01:06:15	00:56:41	00:53:15	05:33:36	00:48:29	28	M	42	6
485	Pott	Hannes	VfL Germania Leer	1954	2009	00:52:14	00:50:05	00:52:12	01:05:27	00:58:33	00:55:05	05:33:36	00:48:29	55	M55	15	6
486	Krzatala	Hartmut	Team ENERCON	1968	2009	00:53:06	00:50:45	00:52:47	01:06:08	00:56:39	00:54:12	05:33:37	00:48:29	41	M40	101	6
487	Bruns	Helmut	Wittmund	1951	2009	00:51:38	00:51:30	00:53:14	01:06:40	00:56:44	00:53:58	05:33:44	00:48:30	58	M55	16	6
488	Tannen	Siegfried	TuS Eintracht Hinte	1956	2009	00:51:51	00:52:05	00:53:06	01:06:44	00:56:32	00:53:26	05:33:44	00:48:30	53	M55	17	6
489	Schröder	Eckhard	Heimatblatt	1960	2009	00:52:03	00:50:58	00:53:28	01:06:52	00:56:39	00:53:47	05:33:47	00:48:31	49	M45	79	6
490	Immen	Pascal	NIGE	1990	2009												

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
496	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2009	00:50:40	00:50:22	00:53:28	01:06:44	00:57:59	00:54:51	05:34:04	00:48:33	39	W35	5	6
497	Marschall	Iris	Tus Holtriem	1966	2009	00:54:05	00:51:03	00:51:29	01:03:38	00:56:49	00:57:05	05:34:09	00:48:34	43	W40	8	6
498	Benner	Karl-Heinz	Ihlow	1954	2009	00:51:02	00:49:18	00:53:08	01:06:28	00:57:58	00:56:16	05:34:10	00:48:34	55	M55	18	6
499	Flessner	Erwin	TV Norden	1968	2009	00:50:53	00:50:28	00:53:11	01:06:55	00:57:38	00:55:06	05:34:11	00:48:34	41	M40	103	6
500	Heibült	Sebastian	Akkasnakka Ostfriesland	1975	2009	00:51:32	00:50:32	00:53:13	01:07:06	00:57:03	00:54:55	05:34:21	00:48:36	34	M30	34	6
501	Ahrendt	Michael	Watt'n Looper SV Dornum	1970	2009	00:47:40	00:46:00	01:09:41	01:02:49	00:55:15	00:52:57	05:34:22	00:48:36	39	M35	65	6
502	Schoon	Reiner	LG Großefehn	1964	2009	00:50:54	00:50:39	00:53:53	01:07:13	00:57:10	00:54:35	05:34:24	00:48:36	45	M45	80	6
503	Temme	Friedrich	Pewsumer Ossilooper	1968	2009	00:51:28	00:49:45	00:53:40	01:05:43	00:58:59	00:54:49	05:34:24	00:48:36	41	M40	104	6
504	Brüsehoff	Wichert	TV Oldersum	1966	2009	00:51:57	00:51:35	00:53:50	01:06:59	00:56:22	00:53:41	05:34:24	00:48:36	43	M40	105	6
505	Broek	Andreas	Stadt Weener gegen Geest	1975	2009	00:52:44	00:50:41	00:52:42	01:05:14	00:59:14	00:53:55	05:34:30	00:48:37	34	M30	35	6
506	Grüßing	Johann	LG Uplengen	1958	2009	00:52:05	00:51:28	00:53:13	01:06:36	00:57:16	00:53:55	05:34:33	00:48:38	51	M50	49	6
507	Beregszaszi	Franz	Aurich	1955	2009	00:51:04	00:50:01	00:53:08	01:06:08	00:57:58	00:56:17	05:34:36	00:48:38	54	M50	50	6
508	Leemhuis	Dieter	ELV Elektronik AG	1987	2009	00:51:35	00:50:50	00:53:59	01:08:15	00:56:59	00:53:02	05:34:40	00:48:39	22	M	43	6
509	Hoek	Freerk-H.	TUS Wieder	1956	2009	00:52:57	00:51:13	00:54:07	01:06:15	00:56:18	00:53:51	05:34:41	00:48:39	53	M50	51	6
510	Penning	Hartmut	Fortuna Logabirum	1951	2009	00:53:08	00:51:19	00:52:34	01:06:54	00:56:31	00:54:21	05:34:47	00:48:40	58	M55	19	6
511	Wöllenstein	Lars	obw Emden	1974	2009	00:52:14	00:50:50	00:53:02	01:06:41	00:57:16	00:54:50	05:34:53	00:48:40	35	M35	66	6
512	Leeling	Frank	Emder LG	1968	2009	00:53:01	00:51:00	00:53:52	01:06:24	00:56:46	00:53:51	05:34:54	00:48:41	41	M40	106	6
513	Brink	Hans-Hermann	FC Frisia Völlenerkönigs	1967	2009	00:51:06	00:49:45	00:56:53	01:07:18	00:57:22	00:52:33	05:34:57	00:48:41	42	M40	107	6
514	Ziegler	Frank	TEAM DEUTSCHE POST	1967	2009	00:51:29	00:50:52	00:53:40	01:07:34	00:57:01	00:54:31	05:35:07	00:48:43	42	M40	108	6
515	Bolte	Thomas	EWE Wattloopers	1965	2009	00:53:07	00:51:55	00:53:11	01:07:33	00:56:12	00:53:28	05:35:26	00:48:45	44	M40	109	6
516	Schlichter	Tim	Hartmann Group	1987	2009	00:53:08	00:52:52	00:54:36	01:06:21	00:57:00	00:51:42	05:35:39	00:48:47	22	M	44	6
517	Broß	Rainer	SV Ems Jemgum	1969	2009	00:52:40	00:52:15	00:53:35	01:07:03	00:56:48	00:53:19	05:35:40	00:48:47	40	M40	110	6
518	Watzema	Antke	Bünting Tee	1968	2009	00:53:35	00:52:57	00:53:36	01:06:42	00:55:45	00:53:13	05:35:48	00:48:48	41	W40	9	6
519	Reimers	Udo	Concordia Ihrhove	1971	2009	00:53:13	00:52:32	00:53:07	01:06:23	00:57:18	00:53:16	05:35:49	00:48:49	38	M35	67	6
520	Voßkuhl	Andreas	Viktoria Flachsmeer	1975	2009	00:54:31	00:53:01	00:53:02	01:07:09	00:55:53	00:52:15	05:35:51	00:48:49	34	M30	36	6
521	Lauterbach	Mario	KUH'S BEST-Team	1974	2009	00:53:51	00:51:18	00:54:36	01:06:38	00:56:45	00:52:49	05:35:57	00:48:50	35	M35	68	6
522	Heyen	Uwe	LG Großefehn	1960	2009	00:51:38	00:50:50	00:53:06	01:07:58	00:58:10	00:54:27	05:36:09	00:48:52	49	M45	81	6
523	Osterkamp	Peter	Pso. GmbH, Wittmund	1968	2009	00:53:03	00:50:30	00:53:16	01:06:49	00:57:54	00:54:40	05:36:12	00:48:52	41	M40	111	6
524	Rogge	Diedrich	SV Bentstreek	1966	2009	00:52:05	00:51:14	00:53:57	01:07:33	00:57:40	00:53:59	05:36:28	00:48:54	43	M40	112	6
525	Alfers	Torsten	LG Dachsweg Heerensd	1973	2009	00:51:07	00:49:45	00:56:53	01:07:17	00:57:22	00:54:08	05:36:32	00:48:55	36	M35	69	6
526	Schulze-Osthoff	Ludger	STV Barßel	1968	2009	00:52:45	00:50:50	00:54:21	01:07:04	00:57:33	00:54:03	05:36:36	00:48:55	41	M40	113	6
527	Wagener	Erhard	de Heizungsloopers	1972	2009	00:54:11	00:53:10	00:53:51	01:06:24	00:56:43	00:52:19	05:36:38	00:48:56	37	M35	70	6
528	Schön	Roswitha	Leer	1969	2009	00:52:22	00:52:13	00:53:46	01:06:46	00:56:46	00:54:48	05:36:41	00:48:56	40	W40	10	6
529	Heibült	Christian	SV Concordia Neermoo	1940	2009	00:50:20	00:53:31	00:58:14	01:06:03	00:55:55	00:52:40	05:36:43	00:48:56	69	M65	2	6
530	Steinke	Hilde	SV Holtland	1945	2009	00:51:56	00:51:42	00:53:37	01:07:15	00:57:18	00:54:57	05:36:45	00:48:57	64	W60	1	6
531	Kleemann	Jürgen	VFB Rajen Laufftreff	1972	2009	00:53:56	00:51:42	00:52:45	01:05:39	00:57:51	00:54:53	05:36:46	00:48:57	37	M35	71	6
532	Weers	Stephan	Sparkasse Leer/Wittmun	1974	2009	00:51:31	00:50:22	00:53:12	01:08:01	00:58:04	00:55:45	05:36:55	00:48:58	35	M35	72	6
533	Eichner	Andreas	Polizeiinspektion WHV-I	1964	2009	00:51:08	00:51:49	00:54:31	01:08:57	00:56:41	00:53:49	05:36:55	00:48:58	45	M45	82	6
534	Netthöfel	Andreas	Rettdienst Leer	1969	2009	00:53:56	00:51:08	00:53:43	01:09:06	00:56:24	00:52:41	05:36:58	00:48:59	40	M40	114	6
535	Barth	Andreas	Crocodiles Ihlow	1975	2009	00:53:44	00:51:24	00:52:28	01:08:43	00:57:20	00:53:23	05:37:02	00:48:59	34	M30	37	6
536	Grimm	Thomas	VFFL Berumbur	1961	2009	00:51:04	00:50:10	00:54:05	01:07:10	00:57:35	00:57:07	05:37:11	00:49:01	48	M45	83	6
537	Keiser	Heidrun	LG Uplengen	1957	2009	00:51:56	00:51:43	00:53:45	01:07:02	00:57:55	00:54:59	05:37:20	00:49:02	52	W50	3	6
538	Kuehn	Gerald	Westerende	1967	2009	00:53:37	00:51:43	00:54:00	01:07:49	00:56:49	00:53:28	05:37:26	00:49:03	42	M40	115	6
539	Eujen	Wilhelm	Strackholt	1968	2009	00:53:17	00:50:52	00:52:34	01:07:18	00:57:33	00:56:03	05:37:37	00:49:04	41	M40	116	6
540	Hagenbruch	Martin	Norden	1958	2009	00:52:18	00:51:40	00:54:11	01:07:26	00:58:11	00:53:53	05:37:39	00:49:05	51	M50	52	6
541	Sievers	Jörn	Sportschule TAO	1965	2009	00:54:14	00:51:52	00:54:15	01:06:43	00:57:15	00:53:21	05:37:40	00:49:05	44	M40	117	6
542	Ubben	Timo	Ubben-haus Laufteam	1988	2009	00:52:54	00:51:39	00:52:57	01:07:07	00:58:52	00:54:18	05:37:47	00:49:06	21	M	45	6
543	Oltmanns	Reinhard	Moormerland	1964	2009	00:53:17	00:51:16	00:53:46	01:07:44	00:57:26	00:54:22	05:37:51	00:49:06	45	M45	84	6
544	Schmeding	Jörg	Druckerei Meyer, Aurich	1966	2009	00:50:06	01:04:30	00:50:46	01:05:04	00:55:23	00:52:10	05:37:59	00:49:08	43	M40	118	6
545	Tannen	Martin	ENERCON	1990	2009	00:54:00	00:51:56	00:54:56	01:05:33	00:56:26	00:55:13	05:38:04	00:49:08	19	MU20	72	6
546	Eilerts	Jürgen	SC Wiessens	1966	2009	00:51:05	00:49:16	00:52:59	01:06:10	01:04:17	00:54:22	05:38:09	00:49:09	43	M40	119	6
547	Ackmann	Heiko	LG Ostfriesland	1966	2009	00:49:13	00:49:30	00:51:25	01:15:28	00:58:09	00:54:29	05:38:14	00:49:10	43	M40	120	6
548	Janssen	Ilka	LG Ostfriesland	1992	2009	00:51:42	00:51:11	00:54:33	01:07:33	00:58:21	00:55:01	05:38:21	00:49:11	17	WU20	3	6
549	Zacherl	Frank	keinen	1965	2009	00:53:16	00:51:13	00:53:31	01:08:43	00:57:41	00:53:58	05:38:22	00:49:11	44	M40	121	6
550	Tammen	Kai	Briese Schifffahrt	1963	2009	00:52:36	00:51:54	00:54:26	01:07:32	00:57:23	00:54:56	05:38:47	00:49:15	46	M45	85	6
551	Tjarks	Alfred	EWE Wattloopers	1959	2009	00:52:00	00:51:48	00:53:43	01:07:30	00:58:18	00:55:38	05:38:57	00:49:16	50	M50	53	6
552	de Buhr	Oskar	Schule am Patersweg Ih	1951	2009	00:52:59	00:51:34	00:53:22	01:07:41	00:58:07	00:55:22	05:39:05	00:49:17	58	M55	20	6
553	Pennig	Friedrich-Karl	Emder LG	1948	2009	00:51:51	00:51:03	00:54:41	01:07:27	00:57:30	00:56:37	05:39:09	00:49:18	61	M60	5	6
554	Müller	Wilhelm	TGG Leer	1950	2009	00:52:21	00:52:20	00:53:38	01:07:14	00:58:39	00:54:58	05:39:10	00:49:18	59	M55	21	6
555	Fischer	Günther	LG Großefehn	1952	2009	00:52:32	00:52:04	00:54:19	01:07:09	00:58:14	00:55:00	05:39:18	00:49:19	57	M55	22	6
556	Buchta	Stefan	Emden	1968	2009	00:52:23	00:51:52	00:54:12	01:09:21	00:57:34	00:54:04	05:39:26	00:49:20	41	M40	122	6
557	Sinnen	Folkmar	Moormerland	1966	2009	00:53:34	00:52:16	00:53:56	01:07:50	00:57:27	00:54:39	05:39:42	00:49:22	43	M40	123	6
558	Bachmann	Jens	Bünting Tee	1986	2009	00:53:22	00:49:39	00:51:23	01:16:57	00:55:11	00:53:18	05:39:50	00:49:24	23	M	46	6
559	Renken	Benno	Stadt Weener gegen Geest	1966	2009	00:53:01	00:51:44	00:53:45	01:07:55	00:58:54	00:54:38	05:39:57	00:49:25	43	M40	124	



## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
567	Goldenstein	Michael	Wiesmoor	1970	2009	00:52:53	00:51:53	00:54:11	01:08:25	00:57:53	00:55:38	05:40:53	00:49:33	39	M35	74	6
568	Schoon	Günther	BT Victorbur	1950	2009	00:53:36	00:51:46	00:54:10	01:07:39	00:57:43	00:55:59	05:40:53	00:49:33	59	M55	23	6
569	Puschke	Jörg	LT TuS Aurich-Ost	1970	2009	00:52:56	00:51:59	00:53:41	01:08:04	00:59:04	00:55:17	05:41:01	00:49:34	39	M35	75	6
570	Schindler	Bernd	TV Oldersum	1968	2009	00:53:15	00:51:23	00:54:16	01:08:29	00:58:42	00:55:07	05:41:12	00:49:36	41	M40	127	6
571	Basse	Jann	Gymnasium Ulricianum	1997	2009	00:55:45	00:50:56	00:54:49	01:09:31	00:57:10	00:53:16	05:41:27	00:49:38	12	MU20	74	6
572	Willms	Tido	LG Harlingerland	1994	2009	00:49:40	00:49:45	00:57:17	01:05:50	00:57:24	01:01:32	05:41:28	00:49:38	15	MU20	75	6
573	Friedrichs	Nils	Aurich	1970	2009	00:52:39	00:51:52	00:53:07	01:08:28	00:59:16	00:56:21	05:41:43	00:49:40	39	M35	76	6
574	Schwengels	Holger	EWE Wattloopers	1974	2009	00:53:39	00:51:54	00:54:19	01:09:20	00:58:36	00:53:56	05:41:44	00:49:40	35	M35	77	6
575	Otto	Jürgen	VFFL Berumbur	1964	2009	00:53:14	00:51:55	00:53:59	01:09:01	00:58:14	00:55:27	05:41:50	00:49:41	45	M45	87	6
576	Willems	Heye	DEVK-Versicherung	1953	2009	00:51:24	00:51:04	00:53:28	01:10:23	00:59:44	00:55:49	05:41:52	00:49:41	56	M55	24	6
577	Saathoff	Jens	Werdum	1993	2009	00:51:31	00:51:00	00:54:11	01:09:14	00:59:46	00:56:12	05:41:54	00:49:42	16	MU20	76	6
578	Heyen	Dieter	SV Ochtersum	1967	2009	00:55:55	00:52:38	00:53:37	01:08:11	00:57:23	00:54:16	05:42:00	00:49:43	42	M40	128	6
579	Goos	Anja	Emder LG	1972	2009	00:50:55	00:51:11	00:55:17	01:08:48	00:57:54	00:57:55	05:42:00	00:49:43	37	W35	6	6
580	Trauernicht	Anne	Großefehn	1969	2009	00:53:25	00:52:53	00:54:25	01:07:36	00:58:05	00:55:38	05:42:02	00:49:43	40	W40	11	6
581	Best	Johannes	Aurich-Plaggenburg	1957	2009	00:53:23	00:51:44	00:55:30	01:08:38	00:58:16	00:54:39	05:42:10	00:49:44	52	M50	54	6
582	Janßen	Holger	SV Brinkum	1968	2009	00:54:34	00:52:05	00:54:19	01:08:57	00:57:44	00:54:38	05:42:17	00:49:45	41	M40	129	6
583	Heeschen	Wolfgang		1971	2009	00:52:57	00:51:21	00:54:44	01:09:25	00:58:29	00:55:25	05:42:21	00:49:46	38	M35	78	6
584	Vennen	Rolf-Dieter	EWE-Wattloopers	1962	2009	00:52:54	00:51:24	00:53:53	01:07:43	00:58:12	00:58:24	05:42:30	00:49:47	47	M45	88	6
585	Möhlmann	Axel	Team ENERCON	1980	2009	00:54:57	00:51:34	00:54:40	01:07:42	00:57:42	00:56:06	05:42:41	00:49:49	29	M	48	6
586	Schmidt	Günther	LG Uplengen	1959	2009	00:53:03	00:51:56	00:54:06	01:09:07	00:59:05	00:55:35	05:42:52	00:49:50	50	M50	55	6
587	Lüttich	Fred	TEAM DEUTSCHE POS	1965	2009	00:52:45	00:51:57	00:53:54	01:09:23	00:59:32	00:55:23	05:42:54	00:49:50	44	M40	130	6
588	Pagel	Jens	LG Uplengen	1963	2009	00:52:28	00:52:48	00:54:05	01:09:07	00:59:06	00:55:26	05:43:00	00:49:51	46	M45	89	6
589	Vienna	Eike	HRS Westerholt	1994	2009	00:54:07	00:52:05	00:53:04	01:09:01	01:00:51	00:53:52	05:43:00	00:49:51	15	MU20	77	6
590	Broers	Werena	VfR Eintracht Völlen	1979	2009	00:54:06	00:52:30	00:54:18	01:08:10	00:58:38	00:55:22	05:43:04	00:49:52	30	W30	5	6
591	Klinkenberg	Enno	TV Norden	1949	2009	00:53:22	00:52:57	00:54:49	01:09:07	00:58:09	00:54:47	05:43:11	00:49:53	60	M60	6	6
592	Freese	Heiko	Ochtersum	1990	2009	00:54:18	00:53:17	00:55:05	01:07:48	00:58:18	00:54:25	05:43:11	00:49:53	19	MU20	78	6
593	Busch	Miriam	obw Emden	1971	2009	00:52:38	00:52:24	00:54:37	01:08:42	00:58:44	00:56:09	05:43:14	00:49:53	38	W35	7	6
594	Kalkwarf	Ewald	Pewsumer Ossilooper	1964	2009	00:52:12	00:50:16	00:53:40	01:12:57	00:57:46	00:56:24	05:43:15	00:49:53	45	M45	90	6
595	Speckmann	Lisa	mtv aurich	1990	2009	00:54:18	00:52:19	00:54:36	01:08:31	00:58:27	00:55:14	05:43:25	00:49:55	19	WU20	4	6
596	Cramer	Helmut	Stadtwerke Norden	1960	2009	00:54:05	00:52:12	00:54:01	01:07:50	00:59:22	00:55:56	05:43:26	00:49:55	49	M45	91	6
597	Post	Eva	Auricher Taxen Zentrale	1973	2009	00:53:02	00:52:21	00:54:35	01:08:35	00:58:39	00:56:18	05:43:30	00:49:56	36	W35	8	6
598	Klöpmpges	Axel	TSV Riepe	1961	2009	00:52:48	00:51:59	00:54:08	01:09:27	00:59:09	00:56:00	05:43:31	00:49:56	48	M45	92	6
599	Behrens	Wolfgang	ELV Elektronik AG	1969	2009	00:54:59	00:54:09	00:54:33	01:08:12	00:57:27	00:54:15	05:43:35	00:49:56	40	M40	131	6
600	Sattler	Wolfgang	Pestalozzischule Weene	1947	2009	00:53:10	00:52:29	00:55:18	01:08:51	00:58:27	00:55:22	05:43:37	00:49:57	62	M60	7	6
601	Schrader	Anke	Fortuna Logabirum	1961	2009	00:53:24	00:52:00	00:54:22	01:09:14	00:58:43	00:55:55	05:43:38	00:49:57	48	W45	9	6
602	Tammen	Michaela	Borromäus Hospital	1977	2009	00:54:12	00:52:34	00:54:59	01:08:22	00:58:13	00:55:22	05:43:42	00:49:57	32	W30	6	6
603	Daro	Jörg	EWE Wattloopers	1962	2009	00:52:54	00:53:05	00:54:25	01:08:28	00:58:34	00:56:21	05:43:47	00:49:58	47	M45	93	6
604	Welling	Torsten	MTV Wittmund	1964	2009	00:54:31	00:52:42	00:55:29	01:08:59	00:59:06	00:53:04	05:43:51	00:49:59	45	M45	94	6
605	Bauch	Christian	Heimatblatt	1969	2009	00:51:17	00:51:00	00:53:45	01:10:04	01:00:55	00:56:55	05:43:56	00:49:59	40	M40	132	6
606	Wolken	Johanna	TG Wiesmoor	1984	2009	00:54:01	00:53:36	00:55:19	01:08:17	00:58:00	00:54:44	05:43:57	00:50:00	25	W	9	6
607	Junker	Jürgen	Moormerland	1971	2009	00:53:38	00:52:57	00:54:13	01:08:14	00:58:29	00:56:28	05:43:59	00:50:00	38	M35	79	6
608	Wagner	Richard	Kanalratten LT Team Ih	1958	2009	00:52:26	00:52:22	00:54:20	01:08:47	00:58:38	00:57:28	05:44:01	00:50:00	51	M50	56	6
609	Sleur	Hans-Wilhelm	Fortuna Logabirum	1943	2009	00:52:23	00:51:32	00:54:28	01:09:47	00:59:43	00:56:15	05:44:08	00:50:01	66	M65	3	6
610	Meyer	Adolf	TV Norden	1958	2009	00:53:37	00:52:57	00:54:13	01:08:10	00:58:52	00:56:30	05:44:19	00:50:03	51	M50	57	6
611	Meyer zu Bergsten	Thomas	Heimatblatt	1970	2009	00:53:32	00:52:07	00:55:16	01:08:47	00:58:40	00:56:00	05:44:22	00:50:03	39	M35	80	6
612	Vredenburg	Christian	Leer	1976	2009	00:52:30	00:50:17	00:52:20	01:18:54	00:56:59	00:53:25	05:44:25	00:50:04	33	M30	38	6
613	Müller	Martin	Crocodiles	1966	2009	00:52:08	00:51:15	00:52:13	01:16:21	00:57:37	00:54:53	05:44:27	00:50:04	43	M40	133	6
614	Aukes	Jann-Jeffrey	Watt'n Looper SV Dorn	1992	2009	00:54:55	00:52:49	00:54:39	01:08:37	00:58:26	00:55:07	05:44:33	00:50:05	17	MU20		6
615	Hook	Michael	LG Großefehn	1966	2009	00:56:17	00:53:31	00:52:45	01:09:59	00:58:48	00:53:14	05:44:34	00:50:05	43	M40	134	6
616	Anscheit	Peter	Rettungsdienst Leer	1965	2009	00:54:51	00:52:53	00:53:53	01:09:33	00:57:25	00:56:00	05:44:35	00:50:05	44	M40	135	6
617	Baumann	Fokke	Stadtwerke Norden	1950	2009	00:54:40	00:52:11	00:54:01	01:07:50	00:59:59	00:55:56	05:44:37	00:50:05	59	M55	25	6
618	Tuitjer	Marga	Freie Lunge Bentstreek	1956	2009	00:54:01	00:52:21	00:54:57	01:09:02	00:58:58	00:55:34	05:44:53	00:50:08	53	W50	4	6
619	Moser	Mathias	ENERCON	1980	2009	00:54:21	00:51:30	00:53:56	01:10:46	00:58:54	00:55:34	05:45:01	00:50:09	29	M	49	6
620	Meyer	Detlef	FC Oldersum	1959	2009	00:53:37	00:52:54	00:55:42	01:08:42	00:58:37	00:55:42	05:45:14	00:50:11	50	M50	58	6
621	Vehnekamp	Werner	Team Möbel Buss	1958	2009	00:54:06	00:53:23	00:54:01	01:08:28	00:59:44	00:55:32	05:45:14	00:50:11	51	M50	59	6
622	Hüttinga	Jens	Wymeer	1968	2009	00:53:54	00:53:13	00:55:28	01:08:35	00:59:13	00:54:58	05:45:21	00:50:12	41	M40	136	6
623	Hansen	Christian	MTV Aurich	1962	2009	00:53:15	00:51:08	00:54:12	01:13:32	00:58:41	00:54:33	05:45:21	00:50:12	47	M45	95	6
624	Kleene	Holger	obw Emden	1971	2009	00:52:37	00:48:04	01:04:13	01:01:53	00:52:47	01:05:50	05:45:24	00:50:12	38	M35	81	6
625	Behnke	Claudia	Schwimmverein Wiesmo	1974	2009	00:53:33	00:53:08	00:54:30	01:08:38	00:59:29	00:56:10	05:45:28	00:50:13	35	W35	9	6
626	Bock	Uwe	LT TuS Aurich-Ost	1961	2009	00:52:46	00:51:49	00:54:09	01:08:22	01:01:22	00:57:08	05:45:36	00:50:14	48	M45	96	6
627	Goudschaal	Johann	TuSuskirchengemeind	1964	2009	00:53:31	00:52:41	00:55:06	01:09:13	00:59:19	00:55:53	05:45:43	00:50:15	45	M45	97	6
628	Thiems	Derk	EWE-Wattloopers	1971	2009	00:53:37	00:51:56	00:54:21	01:12:09	00:58:37	00:55:05	05:45:45	00:50:15	38	M35	82	6
629	Saathoff	Manuel	Westersander	1980	2009	00:57:47	00:52:00	00:54:06	01:10:15	00:57:55	00:53:43	05:45:46	00:50:15	29	M	50	6
630	Buja	Jonas	SV Holtland	1992	2009	00:53:54	00:51:14	00:56:30	01:09:36	00:57:40	00:56:52	05:45:46	00:50:15	17	MU20	80	6
631	Pretl	Tim	Wi sünd Holtrien	1978													

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80	10km				
637	Folkerts	Detlef	Großefehn	1961	2009	00:54:08	00:52:18	00:54:23	01:10:55	00:58:45	00:55:48	05:46:17	00:50:20	48	M45	101	6
638	Trauernicht	Harald	praxisfuernaturheilkunde	1969	2009	00:53:18	00:52:46	00:55:29	01:09:50	00:59:09	00:55:46	05:46:18	00:50:20	40	M40	137	6
639	Goudschaal	Arno	Weener Plastik AG	1980	2009	00:56:16	00:53:12	00:54:15	01:08:13	00:58:48	00:55:38	05:46:22	00:50:21	29	M	51	6
640	Hanssen	Anke	SC-Wiensens	1991	2009	00:53:00	00:51:13	00:57:02	01:08:57	01:00:11	00:56:01	05:46:24	00:50:21	18	WU20	5	6
641	Boelsen	Amke	Leer	1961	2009	00:53:26	00:53:01	00:54:59	01:08:55	01:00:17	00:55:51	05:46:29	00:50:22	48	W45	10	6
642	Schmidt	Aylin	Gymnasium Ulricianum	1994	2009	00:53:02	00:51:35	00:54:12	01:09:24	00:58:49	00:59:29	05:46:31	00:50:22	15	WU20	6	6
643	Beening	Armin	Backemoor	1967	2009	00:55:49	00:53:01	00:54:56	01:08:40	00:58:32	00:55:34	05:46:32	00:50:22	42	M40	138	6
644	Lotz	Marco	SV Stern Schwerinsdorf	1976	2009	00:53:09	00:52:32	00:54:00	01:10:17	01:00:07	00:56:30	05:46:35	00:50:23	33	M30	41	6
645	Brink	Heinz	Teutonia Stapelmoor	1953	2009	00:52:31	00:52:07	00:55:33	01:09:50	01:00:30	00:56:10	05:46:41	00:50:23	56	M55	26	6
646	Wallenstein	Detlef	Borromäus-Hospital	1973	2009	00:55:18	00:54:34	00:55:16	01:08:22	00:58:17	00:55:14	05:47:01	00:50:26	36	M35	83	6
647	Gerdes	Achim	Lions-Club Uplengen	1952	2009	00:54:56	00:53:03	00:55:00	01:09:33	00:59:26	00:55:08	05:47:06	00:50:27	57	M55	27	6
648	Deitenbach	Jan-Hendrik	Leer	1976	2009	00:54:58	00:51:58	00:54:41	01:10:57	00:58:22	00:56:18	05:47:14	00:50:28	33	M30	42	6
649	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2009	00:53:35	00:52:46	00:55:27	01:09:48	00:59:11	00:56:28	05:47:15	00:50:28	53	M50	60	6
650	Brasch	Rudi	Angeln-Ostfriesland.de	1961	2009	00:54:57	00:52:28	00:55:40	01:09:40	00:58:39	00:55:54	05:47:18	00:50:29	48	M45	102	6
651	Müller	Rainer	TV Friedeburg	1942	2009	00:53:55	00:53:08	00:55:17	01:09:31	00:59:01	00:56:28	05:47:20	00:50:29	67	M65	4	6
652	Speckmann	Lena	Aurich	1989	2009	00:55:13	00:52:34	00:54:02	01:08:31	00:58:44	00:58:17	05:47:21	00:50:29	20	W	10	6
653	Schmidtke	Bernd	Wi sünd Holtriem	1959	2009	00:53:11	00:52:56	00:55:28	01:09:55	00:57:52	00:58:02	05:47:24	00:50:30	50	M50	61	6
654	Fabbi	Gabriel	Team Möbel Buss	1968	2009	00:54:39	00:53:13	00:54:31	01:09:17	01:00:14	00:55:33	05:47:27	00:50:30	41	M40	139	6
655	Duis	Arend	Lions Club Uplengen	1957	2009	00:54:57	00:52:28	00:55:48	01:09:36	00:58:57	00:55:53	05:47:39	00:50:32	52	M50	62	6
656	Janssen	Günter	MTV Aurich Tria	1943	2009	00:54:13	00:53:03	00:54:48	01:09:40	00:59:44	00:56:21	05:47:49	00:50:33	66	M65	5	6
657	Logemann	Lars	BZN, Aurich	1975	2009	00:54:26	00:54:01	00:55:40	01:08:26	00:58:48	00:56:33	05:47:54	00:50:34	34	M30	43	6
658	Falkena	Trientje	Druckerei Meyer	1982	2009	00:54:07	00:53:01	00:54:59	01:10:17	00:59:22	00:56:09	05:47:55	00:50:34	27	W	11	6
659	Fengkohl	Frank	Fortuna Wirdum	1960	2009	00:54:49	00:53:24	00:55:16	01:09:19	00:59:26	00:55:51	05:48:05	00:50:36	49	M45	103	6
660	Müller	Stefan	Schleuse Leysiel	1961	2009	00:50:19	00:54:42	00:57:52	01:07:35	00:58:25	00:59:12	05:48:05	00:50:36	48	M45	104	6
661	Bergmann	Sven	SV Georgsheil	1983	2009	00:54:39	00:52:43	00:55:19	01:09:42	00:59:20	00:56:26	05:48:09	00:50:36	26	M	52	6
662	Janssen	Bernd	Emder LG	1965	2009	00:53:36	00:51:52	00:55:48	01:10:13	01:00:09	00:56:31	05:48:09	00:50:36	44	M40	140	6
663	Borchert	Werner	Filsum	1962	2009	00:57:39	00:53:06	00:56:00	01:07:56	00:58:36	00:55:00	05:48:17	00:50:37	47	M45	105	6
664	Foorden	Wilfried	TG Wiesmoor	1964	2009	00:54:37	00:51:50	00:55:03	01:10:30	01:00:13	00:56:10	05:48:23	00:50:38	45	M45	106	6
665	Buse	Rudolf	Moormerland	1967	2009	00:54:23	00:53:31	00:55:00	01:10:32	00:59:12	00:55:57	05:48:35	00:50:40	42	M40	141	6
666	Klüver	Jörg	ENOVA Marketing+Vert	1970	2009	00:56:09	00:53:07	00:52:07	01:17:29	00:56:29	00:53:14	05:48:35	00:50:40	39	M35	84	6
667	Popp	Rolf	Emden	1959	2009	00:55:01	00:52:39	00:55:15	01:10:31	00:59:20	00:55:51	05:48:37	00:50:40	50	M50	63	6
668	Oltmanns	Gerhard	EC Hollen	1964	2009	00:55:14	00:53:58	00:55:28	01:09:39	00:59:17	00:55:08	05:48:44	00:50:41	45	M45	107	6
669	Ackmann	Keno	Gymnasium Ulricianum	1992	2009	00:53:15	00:52:32	00:55:33	01:12:07	00:59:57	00:55:23	05:48:47	00:50:42	17	MU20	81	6
670	Willms	Wilfried	KBV Langefeld	1961	2009	00:55:28	00:52:25	00:55:45	01:09:49	00:59:05	00:56:22	05:48:54	00:50:43	48	M45	108	6
671	Poththast	Hiltrud	-Selverde-	1972	2009	00:56:30	00:54:57	00:56:46	01:08:50	00:57:55	00:53:59	05:48:57	00:50:43	37	W35	10	6
672	Blank	Torsten	HC Moormerland	1977	2009	00:53:52	00:53:54	00:56:02	01:09:32	00:59:04	00:56:33	05:48:57	00:50:43	32	M30	44	6
673	Schmidt	Kerstin	Biersum	1965	2009	00:55:06	00:52:47	00:55:05	01:10:03	00:59:22	00:56:34	05:48:57	00:50:43	44	W40	12	6
674	Iken	Jens	TEAM DEUTSCHE POS	1969	2009	00:54:56	00:52:44	00:55:19	01:10:14	00:58:44	00:57:01	05:48:58	00:50:43	40	M40	142	6
675	Decker	Hartmut	Milchlabor Weser Ems e	1962	2009	00:54:26	00:53:36	00:55:19	01:10:13	00:59:10	00:56:14	05:48:58	00:50:43	47	M45	109	6
676	Daniels	Reinhold	LT TuS Aurich-Ost	1957	2009	00:54:27	00:52:39	00:55:55	01:09:34	01:00:02	00:56:22	05:48:59	00:50:43	52	M50	64	6
677	Ziemann	Andrea	TSV Hesel	1962	2009	00:55:31	00:53:14	00:54:08	01:10:06	00:59:40	00:56:21	05:49:00	00:50:44	47	W45	11	6
678	Dirks	Andreas	Störtebeker Loopers TV	1964	2009	00:53:45	00:53:11	00:56:02	01:09:48	00:59:41	00:56:38	05:49:05	00:50:44	45	M45	110	6
679	Janssen	Gerhard	JVA Emden	1962	2009	00:54:45	00:52:20	00:56:04	01:09:19	00:59:11	00:57:38	05:49:17	00:50:46	47	M45	111	6
680	Hoek	Rainer	SuS Steenfelde	1978	2009	00:54:52	00:53:08	00:56:12	01:09:52	00:59:08	00:56:06	05:49:18	00:50:46	31	M30	45	6
681	Schmitz	Thomas	LP KT	1980	2009	00:52:22	01:02:50	00:54:20	01:08:04	00:57:18	00:54:24	05:49:18	00:50:46	29	M	53	6
682	Diekmann	Brigitte	SV Holtland	1960	2009	00:54:35	00:53:34	00:55:56	01:09:40	00:59:50	00:55:45	05:49:20	00:50:47	49	W45	12	6
683	Janßen	Keno	NIGE	1990	2009	00:56:59	00:52:20	00:54:40	01:10:15	01:01:02	00:54:07	05:49:23	00:50:47	19	MU20	82	6
684	Glinkowski	Michael	JVA Emden	1969	2009	00:54:46	00:53:01	00:54:47	01:10:08	00:59:11	00:57:38	05:49:31	00:50:48	40	M40	143	6
685	Ludwigs	Joachim	ohne	1969	2009	00:54:38	00:54:00	00:54:59	01:10:14	00:59:25	00:56:32	05:49:48	00:50:51	40	M40	144	6
686	Hanken	Harald	Fun-Loopers	1965	2009	00:53:14	00:52:17	00:54:05	01:15:26	00:59:50	00:55:01	05:49:53	00:50:51	44	M40	145	6
687	Niggemeier	Sebastian	NIGE	1990	2009	00:56:04	00:51:48	00:54:48	01:09:54	01:00:15	00:57:06	05:49:55	00:50:52	19	MU20	83	6
688	Hommers	Gaby	LT SV Ems Jemgum	1962	2009	00:54:07	00:52:21	00:55:59	01:09:49	01:00:29	00:57:25	05:50:10	00:50:54	47	W45	13	6
689	Lübbens	Sandra	Eden, Jans, Fischer Par	1987	2009	00:54:08	00:53:00	00:56:06	01:08:53	01:00:24	00:57:39	05:50:10	00:50:54	22	W	12	6
690	Gerken	Regina	Fortuna Wirdum	1965	2009	00:54:50	00:53:24	00:57:22	01:09:19	00:59:25	00:55:51	05:50:11	00:50:54	44	W40	13	6
691	Schmidt	Karin	LT TuS Aurich-Ost	1960	2009	00:51:57	00:52:26	00:55:29	01:11:10	01:00:28	00:58:54	05:50:24	00:50:56	49	W45	14	6
692	Baumgart	Uwe	SV Holtland	1986	2009	00:50:56	00:51:00	00:56:09	01:12:55	01:02:10	00:57:17	05:50:27	00:50:56	23	M	54	6
693	Busch	Jan	Raiffeisenbank eG, Mod	1948	2009	00:55:35	00:53:41	00:57:26	01:08:26	00:58:46	00:56:33	05:50:27	00:50:56	61	M60	8	6
694	Groenhagen	Martin	Emden	1946	2009	00:55:10	00:53:55	00:55:47	01:10:19	00:59:18	00:55:59	05:50:28	00:50:56	63	M60	9	6
695	Dreesch-Rosendahl	Frerich	Tura Westrhauderfehn	1968	2009	00:55:04	00:53:42	00:55:11	01:11:28	00:59:09	00:55:58	05:50:32	00:50:57	41	M40	146	6
696	Mühlenbrock	Ralf	Team ENERCON	1967	2009	00:52:04	00:52:35	00:54:59	01:10:35	01:00:59	00:59:23	05:50:35	00:50:57	42	M40	147	6
697	Fleßner	Udo	MTV Aurich	1967	2009	00:54:24	00:54:23	00:56:52	01:11:08	00:58:46	00:55:10	05:50:43	00:50:59	42	M40	148	6
698	Wist-Hamel	Petra	VfB Rajen	1969	2009	00:54:23	00:54:40	00:56:02	01:10:26	00:59:28	00:55:52	05:50:51	00:51:00	40	W40	14	6
699	Apostel	Romana	Pro Senis	1971	2009	00:55:43	00:53:54	00:55:40	01:09:31	00:59:55	00:56:10	05:50:53	00:51:00	38	W35	11	6
700	Schwill	Sara	Germania Leer	1990	2009	00:55:05	00:53:30	00:55:23	01:09:52	01:00:33	00:56:48	05:51:11	00:51:03	19	WU20	7	6
701																	

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
707	Janssen	Martin	ZGO	1951	2009	00:55:24	00:53:42	00:56:52	01:09:37	00:59:23	00:56:39	00:51:37	00:51:06	58	M55	29	6
708	Heine	Jörg	TuS Sandhorst/Polizei A	1965	2009	00:54:49	00:53:47	00:55:38	01:10:52	00:59:47	00:56:44	00:51:37	00:51:06	44	M40	149	6
709	Bakker	Saskia	LG Deichschleicher Ostf	1992	2009	00:52:43	00:52:37	00:55:52	01:10:39	01:01:49	00:57:59	00:51:39	00:51:07	17	WU20	8	6
710	Schulz	Manfred	Tura 07 Westrhaderf	1957	2009	00:56:22	00:54:58	00:55:17	01:10:09	00:59:00	00:56:00	00:51:46	00:51:08	52	M50	65	6
711	Stoye-Grünau	Christina	ohne	1954	2009	00:55:12	00:52:52	00:55:39	01:10:49	00:59:48	00:57:26	00:51:46	00:51:08	55	W55	1	6
712	Rüthemann	Frank	Bünting Tee	1961	2009	00:53:12	00:53:10	00:55:54	01:09:56	00:59:24	01:00:18	00:51:54	00:51:09	48	M45	113	6
713	Hafen	Claudia	Emden	1980	2009	00:54:29	00:53:26	00:55:34	01:10:15	01:00:33	00:57:37	00:51:54	00:51:09	29	W	14	6
714	Dirks	Maja	Fortuna Logabirum	1993	2009	00:53:27	00:53:48	00:56:30	01:10:48	01:01:14	00:56:14	00:52:01	00:51:10	16	WU20	9	6
715	Becker	Claus	Leer	1949	2009	00:54:39	00:53:28	00:55:42	01:11:30	01:00:12	00:56:41	00:52:12	00:51:12	60	M60	10	6
716	Kanthak	Herbert	obw Emden	1961	2009	00:57:06	00:53:37	00:57:21	01:10:39	00:58:39	00:54:55	00:52:17	00:51:12	48	M45	114	6
717	Janssen	Adda	Wallinghausen	1966	2009	00:53:42	00:54:13	00:57:04	01:09:44	01:00:20	00:57:15	00:52:18	00:51:12	43	W40	16	6
718	Wollmann	Kjell	Gymnasium Ulricianum	1994	2009	00:56:01	00:55:00	00:57:41	01:08:33	00:58:37	00:56:29	00:52:21	00:51:13	15	MU20	84	6
719	Wittenburg	Peter	obw Emden	1949	2009	00:54:20	00:53:14	00:56:22	01:11:30	00:59:49	00:57:29	00:52:44	00:51:16	60	M60	11	6
720	Hillers	Friedhelm	Leer	1963	2009	00:53:13	00:53:36	00:55:13	01:13:59	01:00:36	00:56:20	00:52:57	00:51:18	46	M45	115	6
721	Behrends	Stefan	Nücke	1971	2009	00:54:52	00:54:01	00:56:42	01:10:17	01:00:21	00:56:56	00:53:09	00:51:20	38	M35	85	6
722	König	Wolfgang	NIGE	1954	2009	00:53:15	00:52:17	00:58:35	01:12:15	01:00:23	00:56:26	00:53:11	00:51:20	55	M55	30	6
723	Geiken	Lothar	Nordland Papier	1961	2009	00:54:55	00:52:58	00:55:36	01:10:21	01:01:15	00:58:14	00:53:19	00:51:21	48	M45	116	6
724	Boekhoff	Petra	SV Bentstreek Freie Lur	1967	2009	00:56:37	00:54:14	00:56:07	01:09:46	00:59:51	00:56:47	00:53:22	00:51:22	42	W40	17	6
725	Rother	Gerhard	Fortuna Logabirum	1975	2009	00:49:55	00:53:05	00:52:37	01:17:44	01:00:54	00:59:23	00:53:38	00:51:24	34	M30	46	6
726	Dirks	Moritz	Raiffeisenbank eG, Mod	1996	2009	00:56:06	00:55:15	00:55:47	01:11:17	00:59:45	00:55:29	00:53:39	00:51:24	13	MU20		6
727	Eilts	Harald	Westoverledingen	1964	2009	00:53:54	00:53:12	00:57:12	01:10:49	01:01:12	00:57:24	00:53:43	00:51:25	45	M45	117	6
728	van Rossum	Matthijs	EWE Wattloopers	1962	2009	00:54:20	00:54:09	00:55:41	01:11:01	01:00:26	00:58:06	00:53:43	00:51:25	47	M45	118	6
729	Reisige	Peter	Nordland Papier	1971	2009	00:52:44	00:51:33	00:55:33	01:12:21	01:00:18	01:01:19	00:53:48	00:51:25	38	M35	86	6
730	Seeberg	Heinz-Dieter	Südbrookmerland	1962	2009	00:53:58	00:53:31	00:57:02	01:11:09	01:01:03	00:57:09	00:53:52	00:51:26	47	M45	119	6
731	Gerbers	Steffen	Raiffeisenbank eG, Mod	1986	2009	00:56:43	00:53:46	00:57:41	01:10:05	00:59:19	00:56:20	00:53:54	00:51:26	23	M	55	6
732	Wachtendorf	Anja	Westersander	1971	2009	00:57:57	00:52:59	00:56:46	01:10:16	00:59:24	00:56:39	00:54:01	00:51:27	38	W35	13	6
733	Budde	Harald	HRS Westerholt	1958	2009	00:55:14	00:54:02	00:55:56	01:11:00	01:00:13	00:57:40	00:54:05	00:51:28	51	M50	66	6
734	Klein	Alexander	TG Wiesmoor	1969	2009	00:54:33	00:54:34	00:55:45	01:11:00	01:00:29	00:57:44	00:54:05	00:51:28	40	M40	150	6
735	Bruhnken	Hans-Günter	BSG Voba Jever	1954	2009	00:54:45	00:53:32	00:56:16	01:10:44	01:01:12	00:57:39	00:54:08	00:51:28	55	M55	31	6
736	Frikke	Matthias	Fortuna Logabirum	1979	2009	00:55:51	00:51:56	00:53:37	01:20:05	01:02:02	00:50:42	00:54:13	00:51:29	30	M30	47	6
737	Puls	Rudolf	Fun-Loopers	1958	2009	00:55:30	00:53:57	00:55:58	01:11:31	01:00:14	00:57:17	00:54:27	00:51:31	51	M50	67	6
738	Brouwer	Bodo	DPI AG	1971	2009	00:54:11	00:54:41	00:56:14	01:10:42	01:00:27	00:58:14	00:54:29	00:51:31	38	M35	87	6
739	Tjards	Helmut	LT TuS Aurich-Ost	1964	2009	00:58:40	00:54:23	00:56:07	01:09:18	00:59:21	00:56:49	00:54:38	00:51:33	45	M45	120	6
740	Wien	Ilona	Sparkasse Aurich-Nord	1972	2009	00:54:50	00:54:04	00:56:06	01:11:24	01:00:16	00:58:04	00:54:44	00:51:34	37	W35	14	6
741	Herten	Wilko	Gymnasium Westersted	1992	2009	00:50:59	00:48:36	00:50:54	01:20:15	01:03:54	01:00:07	00:54:45	00:51:34	17	MU20	86	6
742	Schwarz	Uwe	Fun-Loopers	1963	2009	00:55:39	00:53:55	00:55:57	01:11:48	01:00:14	00:57:17	00:54:50	00:51:34	46	M45	121	6
743	Brandt	Dustin	Gymnasium Rhaderf	1993	2009	00:56:55	00:54:19	00:54:23	01:11:16	00:59:56	00:58:17	00:55:06	00:51:37	16	MU20	87	6
744	Graef	Wulf	Rhaderfehn	1948	2009	00:54:16	00:53:30	00:56:44	01:13:06	01:00:36	00:56:58	00:55:10	00:51:37	61	M60	12	6
745	Müller	Jens	Hartmann Group	1977	2009	00:56:39	00:54:01	00:56:57	01:11:22	01:00:28	00:55:56	00:55:23	00:51:39	32	M30	48	6
746	Gerdas	Frank	Ostgroßefehn	1982	2009	00:55:30	00:52:58	00:54:47	01:13:24	00:59:42	00:59:15	00:55:36	00:51:41	27	M	56	6
747	Sünkel	Gabi	Emder LG	1972	2009	00:53:58	00:55:58	00:56:17	01:11:06	01:00:02	00:58:20	00:55:41	00:51:42	37	W35	15	6
748	Müller	Petra	Realschule Aurich	1964	2009	00:55:02	00:54:41	00:56:15	01:12:08	01:00:52	00:56:48	00:55:46	00:51:43	45	W45	15	6
749	Mansholt	Sabine	VfB Uplengen	1971	2009	00:54:57	00:54:11	00:57:09	01:11:06	01:01:14	00:57:14	00:55:51	00:51:43	38	W35	16	6
750	Heyrmann	Holger	Schnapsidee	1970	2009	00:55:38	00:54:39	00:57:27	01:10:50	01:01:02	00:56:16	00:55:52	00:51:43	39	M35	88	6
751	Dänekas	Stephan	Eden, Jans, Fischer Par	1970	2009	00:57:05	00:55:30	00:56:45	01:10:01	00:58:27	00:58:06	00:55:54	00:51:44	39	M35	89	6
752	Wilken	Wilfried	Holtland	1950	2009	00:55:13	00:54:17	00:57:07	01:10:34	01:00:45	00:58:00	00:55:56	00:51:44	59	M55	32	6
753	Harling	Hendrik	Realschule Esens	1993	2009	00:55:20	00:51:10	00:58:51	01:12:56	01:02:08	00:55:40	00:56:05	00:51:45	16	MU20	88	6
754	Hildebrand	Hermann	Polizei Aurich	1959	2009	00:56:32	00:54:36	00:54:21	01:11:13	00:59:14	01:00:11	00:56:07	00:51:46	50	M50	68	6
755	Steinmetz	Holger	Emder LG	1970	2009	00:54:34	00:54:12	00:56:21	01:10:53	01:01:15	00:58:54	00:56:09	00:51:46	39	M35	90	6
756	Fecht	Sabine	ohne	1966	2009	00:55:57	00:54:15	00:57:21	01:11:22	01:00:26	00:56:58	00:56:19	00:51:47	43	W40	18	6
757	Sommer	Michael	Emder LG	1982	2009	00:55:31	00:52:55	00:55:25	01:12:13	01:00:02	01:00:17	00:56:23	00:51:48	27	M	57	6
758	Stolorz	Sascha	Oldenburg	1977	2009	00:56:15	00:53:07	00:56:43	01:10:57	01:00:42	00:58:41	00:56:25	00:51:48	32	M30	49	6
759	Janßen	Angelika	LT Schafhauser Wald	1963	2009	00:55:27	00:53:59	00:57:05	01:11:37	01:00:59	00:57:21	00:56:28	00:51:49	46	W45	16	6
760	Willems	Heinrich	Berumbur	1959	2009	00:57:15	00:55:29	00:56:07	01:11:02	01:00:06	00:56:35	00:56:34	00:51:50	50	M50	69	6
761	Lohmeyer	Wiebke	SV Frisia Brinkum	1986	2009	00:57:36	00:53:44	00:56:57	01:11:04	01:01:06	00:56:08	00:56:35	00:51:50	23	W	15	6
762	Alberts	Oliver	Gymnasium Ulricianum	1995	2009	00:58:09	00:55:46	00:57:46	01:09:35	00:59:41	00:55:57	00:56:54	00:51:53	14	MU20	89	6
763	Nowinski	Karl-Heinz	Team ENERCON	1967	2009	00:55:07	00:54:12	00:56:28	01:11:47	01:01:02	00:58:20	00:56:56	00:51:53	42	M40	151	6
764	Vollbrecht	Christiano	Löwenzahn	1987	2009	00:57:07	00:55:18	00:56:10	01:08:49	01:00:10	00:59:22	00:56:56	00:51:53	22	M	58	6
765	Meyer	Antje	LG Uplengen	1956	2009	00:53:46	00:55:00	00:56:32	01:12:16	01:01:08	00:58:21	00:57:03	00:51:54	53	W50	5	6
766	Rulfs	Rainer	SV Eintracht Ihlow e.V.	1960	2009	00:54:33	00:54:25	00:56:20	01:11:14	01:02:02	00:58:39	00:57:13	00:51:55	49	M45	122	6
767	Patzwald	Ines	Realschule Esens	1993	2009	00:57:00	00:52:02	00:56:41	01:12:53	01:00:41	00:58:18	00:57:35	00:51:58	16	WU20	10	6
768	Uphoff	Hinrich	TC Aurich-West	1950	2009	00:55:31	00:53:00	00:56:34	01:14:12	01:01:19	00:57:02	00:57:38	00:51:59	59	M55	33	6
769	van der Berg	Axel	Moormerland	1973	2009	00:56:33	00:55:17	00:57:13	01:11:27	01:00:44	00:56:24	00:57:38	00:51:59	36	M35	91	6
770	Gorzawski	Michael	TV Norden	1961	2009	00:54:57	00:54:18	00:56:40	01:11:13	01:01:46	00:58:58	00:57:52	00:52:01	48	M45	123	6</

## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80	10km				
778	Pollmann	Ralf	Wittmund	1954	2009	00:58:16	00:54:48	00:56:43	01:12:19	01:00:23	00:56:23	05:58:52	00:52:10	55	M55	35	6
779	Schmidt	Lydia	SV Holtland	1963	2009	00:55:41	00:54:03	00:57:17	01:13:01	01:01:12	00:57:59	05:59:13	00:52:13	46	W45	17	6
780	Sich	Dietmar	VfB Münkeboe	1969	2009	00:55:57	00:53:17	00:57:21	01:12:27	01:00:24	00:59:47	05:59:13	00:52:13	40	M40	153	6
781	Wilken	Anja	TEAM DEUTSCHE POS	1970	2009	00:56:19	00:54:14	00:57:15	01:12:48	01:00:56	00:57:57	05:59:29	00:52:15	39	W35	17	6
782	Heckhoff	Andreas	Uplengen	1964	2009	00:56:33	00:55:15	00:57:01	01:11:58	01:00:35	00:58:07	05:59:29	00:52:15	45	M45	125	6
783	Janssen	Erik	Borromäus-Hospital Lee	1971	2009	00:56:33	00:55:15	00:57:01	01:11:58	01:00:35	00:58:07	05:59:29	00:52:15	38	M45	126	6
784	Rudnick	Dietmar	MTV Jever	1965	2009	00:56:19	00:54:32	00:54:57	01:13:58	01:00:07	00:59:42	05:59:35	00:52:16	44	M40	154	6
785	Rudolph	Matthias	Onno Crämer Handelsgr	1969	2009	00:55:44	00:55:03	00:57:58	01:12:29	01:00:33	00:57:49	05:59:36	00:52:16	40	M40	155	6
786	König	Tamara	HRS Westerholt	1993	2009	00:58:55	00:55:13	00:58:25	01:09:39	01:00:57	00:56:27	05:59:36	00:52:16	16	WU20	11	6
787	Wowrek	Christian	TEAM DEUTSCHE POS	1955	2009	00:55:49	00:54:20	00:56:18	01:13:02	01:01:29	00:58:40	05:59:38	00:52:16	54	M50	71	6
788	Friesenborg	Monika	Emder LG	1969	2009	00:54:57	00:55:26	00:57:20	01:11:59	01:01:33	00:58:26	05:59:41	00:52:17	40	W40	20	6
789	Rösingh	Burkhard	Team ENERCON	1973	2009	00:58:04	00:55:45	00:56:35	01:12:52	00:59:28	00:57:05	05:59:49	00:52:18	36	M35	93	6
790	Hölscher	Anke	HTG Ihlow	1993	2009	00:54:53	00:54:44	00:56:54	01:13:16	01:01:40	00:58:27	05:59:54	00:52:19	16	WU20	12	6
791	Poppen	Ingo	LT TuS Aurich-Ost	1982	2009	00:58:26	00:56:23	00:55:57	01:12:14	01:00:32	00:56:25	05:59:57	00:52:19	27	M	59	6
792	Mühlenbrock	Ewald	Druckerei Meyer	1963	2009	01:01:03	00:55:04	00:56:33	01:11:09	01:00:14	00:55:57	06:00:00	00:52:20	46	M45	127	6
793	Lüdtke	Uwe	RVB Aurich/Uplengen	1965	2009	00:53:11	00:51:37	00:54:52	01:07:13	00:58:24	01:14:57	06:00:14	00:52:22	44	M40	156	6
794	Günther	Andreas	Wasserschutzpolizei Em	1970	2009	00:58:53	00:55:09	00:58:16	01:11:16	00:59:42	00:57:03	06:00:19	00:52:22	39	M35	94	6
795	Rahmann	Uwe	Hartmann Group	1980	2009	00:59:26	00:53:47	00:54:24	01:17:35	00:58:51	00:56:16	06:00:19	00:52:22	29	M	60	6
796	Feldhoff	Thomas	Leer	1968	2009	00:55:28	00:54:13	00:55:56	01:16:04	01:00:51	00:57:55	06:00:27	00:52:23	41	M40	157	6
797	Edzards	Julian	Lauftreff Schafhauser W	1992	2009	01:02:42	00:54:01	00:53:34	01:13:24	01:00:20	00:56:40	06:00:41	00:52:25	17	WU20	91	6
798	Trännapp	Stefan	VfL Berumbur	1971	2009	00:56:40	00:55:53	00:56:59	01:11:05	01:01:49	00:58:18	06:00:44	00:52:26	38	M35	95	6
799	Gather	Simon	Emden	1990	2009	00:58:41	00:53:45	00:58:46	01:10:47	01:02:48	00:56:02	06:00:49	00:52:27	19	MU20	92	6
800	Loers	Monika	TG Wiesmoor	1975	2009	00:55:11	00:54:01	00:57:26	01:12:47	01:02:25	00:59:18	06:01:08	00:52:29	34	W30	8	6
801	Dreesmann	Temmo	VG Veenhusen/Warsing	1961	2009	00:54:30	00:53:35	00:58:37	01:13:15	01:02:36	00:58:38	06:01:11	00:52:30	48	M45	128	6
802	Hüser	Doris	Moorerland	1964	2009	00:56:57	00:54:33	00:57:00	01:11:21	01:02:09	00:59:11	06:01:11	00:52:30	45	W45	18	6
803	Wilken	Gerhold	Sparkasse Leer - Wittm	1954	2009	00:55:22	00:53:16	00:58:06	01:13:15	01:01:47	00:59:31	06:01:17	00:52:31	55	M55	36	6
804	Tapia	Carla	Team Enercon	1980	2009	00:56:42	00:54:47	00:57:06	01:11:42	01:02:22	00:58:40	06:01:19	00:52:31	29	W	16	6
805	Habben	Berni	Wybelsum	1960	2009	00:53:54	00:57:05	00:57:56	01:10:44	01:02:46	00:58:57	06:01:22	00:52:31	49	M45	129	6
806	Fisser	Gisela	TV Norden	1965	2009	00:55:11	00:54:08	00:57:40	01:11:53	01:01:48	01:00:47	06:01:27	00:52:32	44	W40	21	6
807	Bloch	Norbert	BW Ramsloh	1977	2009	00:56:01	00:53:03	00:57:02	01:12:45	01:03:31	00:59:16	06:01:38	00:52:34	32	M30	50	6
808	Diener	Thomas	LG -Großefehn	1963	2009	00:59:10	00:54:45	00:57:51	01:12:05	01:01:04	00:57:00	06:01:55	00:52:36	46	M45	130	6
809	Antons	Hauke	Realschule Esens	1994	2009	00:58:25	00:53:11	00:59:26	01:11:33	01:02:55	00:56:40	06:02:10	00:52:38	15	MU20	93	6
810	Fröhlich	Heiko	SCC Berlin	1946	2009	00:55:45	00:55:13	00:57:05	01:13:49	01:02:16	00:58:07	06:02:15	00:52:39	63	M60	13	6
811	Hülshof	Henning	Tura07 Westrhauderfeh	1965	2009	00:55:57	00:53:50	00:56:44	01:13:21	01:02:42	00:59:51	06:02:25	00:52:41	44	M40	158	6
812	Schmidt	Thomas	MTV Aurich	1963	2009	00:57:34	00:56:25	00:59:18	01:11:27	00:51:10	01:06:35	06:02:29	00:52:41	46	M45	131	6
813	Peeken	Gerd	Tus-Esens	1973	2009	00:56:08	00:54:59	00:57:37	01:11:42	01:03:33	00:58:36	06:02:35	00:52:42	36	M35	96	6
814	Terviel	Bärbel	VfB Uplengen	1957	2009	00:56:54	00:54:39	00:57:35	01:12:21	01:02:05	00:59:13	06:02:47	00:52:44	52	W50	6	6
815	Fischer	Frank	Reederei Buss	1972	2009	00:58:46	01:00:45	00:58:22	01:13:02	00:57:36	00:54:18	06:02:49	00:52:44	37	M35	97	6
816	Herten	Bernhard	Neufirrel	1959	2009	00:55:47	00:54:40	00:57:21	01:13:01	01:02:00	01:00:08	06:02:57	00:52:45	50	M50	72	6
817	Schmidt	Hermann	Stern Völlenerfehn	1955	2009	00:57:06	00:54:48	00:59:04	01:14:54	01:02:58	00:54:21	06:03:11	00:52:47	54	M50	73	6
818	Stoyke	Rita	Rettungsdienst Leer	1969	2009	00:56:30	00:56:20	00:57:13	01:13:58	01:01:36	00:57:44	06:03:21	00:52:49	40	W50	7	6
819	Träger	Torsten	Eisabethfehn	1972	2009	00:55:24	00:55:38	00:57:24	01:13:29	01:02:57	00:58:30	06:03:22	00:52:49	37	M35	98	6
820	Mulder	Albert	4./ObjSRgt Lw	1977	2009	01:00:12	00:54:00	00:55:01	01:15:51	01:02:57	00:55:28	06:03:29	00:52:50	32	M30	51	6
821	Wilts	Hermann	TV Norden	1946	2009	00:56:24	00:55:47	00:58:13	01:12:42	01:02:10	00:58:25	06:03:41	00:52:52	63	M60	14	6
822	Doejen	Manfred	Wasserschutzpolizei Em	1973	2009	00:57:10	00:54:59	00:57:32	01:12:39	01:01:58	00:59:24	06:03:42	00:52:52	36	M35	99	6
823	Hempfen	Heiko	Team ENERCON	1970	2009	01:00:05	00:56:20	00:57:47	01:12:06	01:01:03	00:56:48	06:04:09	00:52:56	39	M35	100	6
824	Winkler	Marvin	VfL Germania Leer	1992	2009	00:55:22	00:55:47	00:56:43	01:12:07	01:04:33	00:59:39	06:04:11	00:52:56	17	WU20	94	6
825	Flügge	Meike	Leinerstift e.V.	1966	2009	00:57:35	00:58:04	00:58:22	01:11:56	01:01:40	00:56:34	06:04:11	00:52:56	43	W40	22	6
826	Schomerus-Roofls	Martina	Raiffeisenbank eG, Moc	1978	2009	00:57:05	00:55:46	00:57:52	01:12:54	01:01:55	00:58:49	06:04:21	00:52:57	31	W30	9	6
827	Schröter	Werner	ELV Elektronik AG	1943	2009	00:56:17	00:53:59	00:57:48	01:13:30	01:03:30	00:59:18	06:04:22	00:52:58	66	M65	7	6
828	Bondarenko	Nadja	Hockey-Club	1986	2009	00:56:26	00:55:23	00:58:19	01:12:57	01:02:10	00:59:08	06:04:23	00:52:58	23	W	17	6
829	Eisenhauer	Philipp	Wi sünd Holtriem/SV Oc	1992	2009	00:59:07	00:53:23	01:02:03	01:08:41	00:59:46	01:01:26	06:04:26	00:52:58	17	MU20	95	6
830	Huismann	Anke	Team ENERCON	1974	2009	00:54:14	00:53:09	00:57:41	01:13:19	01:03:37	01:02:33	06:04:33	00:52:59	35	W35	18	6
831	Nissen	Frank	Aurich	1961	2009	00:48:31	00:57:48	01:00:07	01:17:19	01:01:52	00:59:07	06:04:44	00:53:01	48	M45	132	6
832	Krömer	Martin	Nordland Papier	1964	2009	01:00:38	00:56:21	00:56:46	01:12:31	01:00:50	00:57:40	06:04:46	00:53:01	45	M45	133	6
833	Tjardes	Karl	MTV Wittmund	1944	2009	00:57:34	00:55:34	00:58:19	01:13:30	01:03:16	00:56:38	06:04:51	00:53:02	65	M65	8	6
834	Watermeyer	Stephan	Leer	1962	2009	00:58:08	00:53:58	00:55:43	01:14:53	01:02:47	00:59:22	06:04:51	00:53:02	47	M45	134	6
835	Kroes	Günter	Leer	1962	2009	00:56:59	00:54:13	00:56:16	01:16:02	01:00:51	01:00:33	06:04:54	00:53:02	47	M45	135	6
836	Berning	Cornelius	Leinerstift e.V.	1963	2009	00:57:00	00:55:31	00:58:49	01:12:12	01:02:27	00:58:56	06:04:55	00:53:02	46	M45	136	6
837	Harms	Wolfgang	Ihlower Loopers	1977	2009	00:48:11	00:47:16	00:50:16	01:21:53	01:11:04	01:06:22	06:05:02	00:53:03	32	M30	52	6
838	Becker-de Boer	Frauke	Emden	1966	2009	00:56:52	00:54:51	00:57:25	01:13:31	01:03:05	00:59:19	06:05:03	00:53:04	43	W40	23	6
839	Holthuis	Jann	Kautex-Textron-Leer	1964	2009	00:57:00	00:55:09	00:56:44	01:13:15	01:02:22	01:00:47	06:05:17	00:53:06	45	M45	137	6
840	Falkenberg	Helmut	TV Norden	1965	2009	00:55:37	00:54:20	00:57:47	01:14:54	01:03:38	00:59:03	06:05:19	00:53:06	44	M40	159	6
841	Freudenberg	Edith	Ihlowerfehn	1968	2009	00:56:46	00:55:42	00:58:18	01:12:11	01:03:33	00:58:49	06:05:19	00:53:06	41	W40		

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80	10km				
848	Hüls	Marion	TV Norden	1966	2009	00:57:54	00:55:45	00:57:21	01:12:35	01:02:59	00:59:11	06:05:45	00:53:10	43	W40	25	6
849	Pospisil	Kristina	Aurich	1971	2009	00:58:04	00:55:45	00:56:45	01:15:26	01:01:27	00:58:18	06:05:45	00:53:10	38	W35	20	6
850	Wildemann	Martin	WfbM-Aurich-Wittmund	1960	2009	01:00:37	00:55:39	00:58:03	01:13:02	01:00:12	00:58:14	06:05:47	00:53:10	49	M45	140	6
851	de Buhr	Herta	Neukamperfehn	1960	2009	00:56:48	00:55:25	00:58:20	01:13:03	01:02:39	00:59:33	06:05:48	00:53:10	49	W45	20	6
852	Dreessen	Jürgen	Westerende-Holzloog	1971	2009	00:56:34	00:56:17	00:57:46	01:12:51	01:02:13	01:00:16	06:05:57	00:53:11	38	M35	101	6
853	Rosema	Hans	Nordland Papier	1963	2009	00:59:59	00:56:53	00:57:35	01:12:58	01:00:20	00:58:14	06:05:59	00:53:12	46	M45	141	6
854	Janßen	Peter	SV Frisia Brinkum	1977	2009	00:57:23	00:55:37	00:58:22	01:13:59	01:02:51	00:57:59	06:06:11	00:53:13	32	M30	53	6
855	Kloster	Magret	Fortuna Logabirum	1956	2009	00:54:58	00:55:12	00:57:48	01:13:56	01:04:23	01:00:08	06:06:25	00:53:15	53	W50	8	6
856	Mintken	Jens	KBV Stedesdorf	1979	2009	00:57:36	00:55:59	00:59:17	01:13:17	01:01:49	00:58:35	06:06:33	00:53:17	30	M30	54	6
857	Großmann	Mark	Druckerei Meyer, Aurich	1979	2009	00:58:02	00:56:45	00:58:48	01:13:33	01:01:30	00:58:22	06:07:00	00:53:21	30	M30	55	6
858	Buß	Helmut	Raiffeisenbank Wiesede	1968	2009	00:56:47	00:54:54	00:58:16	01:13:25	01:04:28	00:59:11	06:07:01	00:53:21	41	M40	161	6
859	Suntken	Jens	VfB Münkeboe	1965	2009	00:58:05	00:54:48	00:59:02	01:15:33	01:01:23	00:58:12	06:07:03	00:53:21	44	M40	162	6
860	Hoppe	Heinz-Hermann	Nordland Papier	1967	2009	00:55:30	00:55:28	00:55:45	01:19:26	01:02:15	00:58:47	06:07:11	00:53:22	42	M40	163	6
861	Müller	Hans-Hermann	SV Stikelkamp	1944	2009	00:57:48	00:56:18	00:57:51	01:13:22	01:02:51	00:59:03	06:07:13	00:53:22	65	M65	9	6
862	Janssen	Martina	UEK Aurich	1964	2009	00:57:24	00:56:14	00:58:12	01:13:15	01:03:17	00:58:52	06:07:14	00:53:23	45	W45	21	6
863	Baller	Holger	privat	1971	2009	00:58:58	00:56:00	00:57:43	01:13:45	01:02:27	00:58:23	06:07:16	00:53:23	38	M35	102	6
864	Busboom	Gerd	ELV Elektronik AG	1968	2009	00:58:59	00:56:46	00:58:16	01:13:31	01:01:27	00:58:19	06:07:18	00:53:23	41	M40	164	6
865	Köster	Martin	obw Emden	1950	2009	00:57:11	00:54:35	01:01:03	01:11:44	01:03:20	00:59:35	06:07:28	00:53:25	59	M55	37	6
866	Hedemann	Hans-Jürgen	Team AURICHER EIER	1963	2009	01:01:23	00:56:51	00:58:46	01:13:12	01:00:21	00:57:01	06:07:34	00:53:26	46	M45	142	6
867	Rosendahl	Wilfried	Störtebeker Loopers TV	1968	2009	00:57:44	00:54:58	00:57:05	01:10:58	01:01:40	01:05:14	06:07:39	00:53:26	41	M40	165	6
868	Kühl-Giesenberg	Angelika	Emden	1967	2009	00:58:29	00:56:35	00:57:31	01:14:10	01:01:48	00:59:20	06:07:53	00:53:28	42	W40	26	6
869	Lindemann	Paul	TV Norden	1939	2009	00:56:33	00:56:14	00:58:39	01:13:15	01:02:33	01:00:42	06:07:56	00:53:29	70	M70	1	6
870	Schneider	Rolf	SC Ihrhove 07	1962	2009	00:58:26	00:56:23	00:57:47	01:13:31	01:03:21	00:58:29	06:07:57	00:53:29	47	M45	143	6
871	Wolkenhaar	Enno	TC GW Leer	1938	2009	00:57:21	00:54:25	00:57:31	01:12:17	01:03:57	01:02:30	06:08:01	00:53:29	71	M70	2	6
872	Baumann	Georg Ihno	WT Loppersum	1961	2009	00:57:09	00:54:50	00:58:07	01:14:36	01:03:28	00:59:52	06:08:02	00:53:30	48	M45	144	6
873	Scherf	Joachim	TEAM DEUTSCHE POS	1964	2009	00:56:22	00:54:37	00:59:55	01:13:46	01:03:39	00:59:45	06:08:04	00:53:30	45	M45	145	6
874	Löhn	Karen	Neermoor	1963	2009	00:56:08	00:54:13	00:57:11	01:13:08	01:03:20	01:04:18	06:08:18	00:53:32	46	W45	22	6
875	Füllgrabe	Ulrike	LT TuS Aurich-Ost	1951	2009	00:57:50	00:56:21	00:58:37	01:13:33	01:02:57	00:59:02	06:08:20	00:53:32	58	W55	2	6
876	Gerdas	Michael	Großsefehnh	1972	2009	00:58:56	00:55:15	00:57:42	01:15:19	01:01:53	00:59:16	06:08:21	00:53:32	37	M35	103	6
877	Feldmann	Uwe	Vffl Berumbur	1967	2009	00:56:42	00:56:16	00:59:31	01:14:17	01:03:04	00:58:57	06:08:47	00:53:36	42	M40	166	6
878	Fleßner	Elke	HTG Ihlow	1964	2009	00:56:45	00:56:21	00:58:31	01:13:58	01:03:28	00:59:51	06:08:54	00:53:37	45	W45	23	6
879	Wollermann	Manfred	MTV Wittmund	1942	2009	00:57:34	00:56:02	00:58:21	01:13:31	01:03:17	01:00:12	06:08:57	00:53:38	67	M65	10	6
880	Nitschke	Ria	Froschläufer	1963	2009	00:57:00	00:56:47	00:59:43	01:13:56	01:03:28	00:58:10	06:09:04	00:53:39	46	W45	24	6
881	Wolters	Jens-Peter	AKTIVA GmbH Wolters	1960	2009	01:02:39	00:58:25	00:58:51	01:10:49	01:01:14	00:57:06	06:09:04	00:53:39	49	M45	146	6
882	Abrahams	Detlef	Hobbyläufer	1961	2009	00:56:56	00:56:50	00:58:30	01:15:41	01:02:23	00:58:57	06:09:17	00:53:40	48	M45	147	6
883	Brinkmann	Frieda	Fortuna Logabirum	1960	2009	00:57:38	00:56:11	00:58:57	01:13:21	01:03:33	00:59:46	06:09:26	00:53:42	49	W45	25	6
884	Hinrichs	Rena	KGS Großsefehnh	1994	2009	00:58:33	00:56:30	00:57:33	01:13:17	01:03:17	01:00:30	06:09:40	00:53:44	15	WU20	13	6
885	Schoneboom	Hans-Günter	Emder LG	1966	2009	00:55:19	00:57:06	00:58:21	01:13:22	01:05:01	01:00:32	06:09:41	00:53:44	43	M40	167	6
886	Maciejewski	Sabine	Aurich	1967	2009	00:56:33	00:55:57	00:59:33	01:13:29	01:03:36	01:00:37	06:09:45	00:53:45	42	W40	27	6
887	Franzen	Wilfried	Teutonia Stapelmoor	1945	2009	00:56:33	00:55:59	00:59:10	01:13:57	01:04:23	00:59:55	06:09:57	00:53:46	64	M60	15	6
888	Janssen	Holger	Tus Esens	1963	2009	00:59:37	00:55:57	00:58:37	01:14:17	01:01:50	00:59:39	06:09:57	00:53:46	46	M45	148	6
889	Buß	Sandra	Wasserschutzpolizei Em	1982	2009	00:57:17	00:55:01	00:59:08	01:12:45	01:04:45	01:01:03	06:09:59	00:53:47	27	W	19	6
890	Loeschen	Marianne	Holtrop	1960	2009	00:57:33	00:57:15	00:58:42	01:13:32	01:03:20	00:59:40	06:10:02	00:53:47	49	W45	26	6
891	Wessels	Jan-Dieter	Nordland Papier	1964	2009	00:59:39	00:55:38	00:57:19	01:15:01	01:02:11	01:00:16	06:10:04	00:53:47	45	M45	149	6
892	Nippen	Peter	Fortuna 1895 Düsseldorf	1976	2009	00:57:52	00:56:50	00:58:42	01:16:32	01:01:26	00:58:43	06:10:05	00:53:47	33	M30	56	6
893	Niemann	Richard	Westoverledingen	1961	2009	00:57:26	00:57:12	00:59:25	01:13:25	01:02:46	00:59:55	06:10:09	00:53:48	48	M45	150	6
894	Ackmann	Helmut	LT TuS Aurich-Ost	1954	2009	00:57:00	00:56:22	00:59:19	01:13:51	01:03:27	01:00:13	06:10:12	00:53:48	55	M55	38	6
895	Hobbie	Albert	Hobbyläufer	1951	2009	00:56:55	00:56:49	00:58:30	01:15:41	01:02:29	00:59:50	06:10:14	00:53:49	58	M55	39	6
896	Neumann	Eckhard	LG Großsefehnh	1953	2009	00:58:01	00:54:59	00:59:04	01:12:20	01:04:22	01:01:38	06:10:24	00:53:50	56	M55	40	6
897	Osterhagen	Elke	Holthusen	1976	2009	01:01:38	00:56:48	00:58:48	01:14:00	01:00:47	00:58:24	06:10:25	00:53:50	33	W30	10	6
898	de Witte	Anja	Norden	1975	2009	00:55:57	00:56:02	00:59:46	01:15:19	01:03:14	01:00:10	06:10:28	00:53:51	34	W30	11	6
899	Janssen	Jörg	LG Ostfriesland	1967	2009	00:57:43	00:56:21	00:59:06	01:13:49	01:03:28	01:00:30	06:10:57	00:53:55	42	M40	168	6
900	Gronewold	Anja	Team AURICHER EIER	1977	2009	00:56:55	00:56:31	00:58:49	01:14:16	01:04:10	01:00:17	06:10:58	00:53:55	32	W30	12	6
901	Narr	Werner	Loga	1949	2009	00:57:22	00:57:48	00:58:21	01:12:37	01:03:18	01:01:37	06:11:03	00:53:56	60	M60	16	6
902	Buß	Georg	Moormerland	1958	2009	00:58:22	00:56:09	00:58:57	01:14:17	01:03:37	00:59:43	06:11:05	00:53:56	51	M50	74	6
903	Janssen	Elke	Lauftreff Spß mit Sport	1973	2009	01:00:27	00:57:01	00:58:23	01:14:06	01:02:22	00:58:50	06:11:09	00:53:57	36	W35	21	6
904	Jelden	Jan Gerd	TV Norden	1955	2009	00:56:37	00:55:56	00:58:56	01:13:11	01:05:23	01:01:18	06:11:21	00:53:59	54	M50	75	6
905	de Riese	Deike	Lauftreff Ihrhove	1990	2009	00:58:46	00:56:20	00:59:47	01:13:56	01:03:15	00:59:20	06:11:24	00:53:59	19	WU20	14	6
906	Janßen	Siegfried	Südbrookmerland	1953	2009	00:56:31	00:56:04	00:59:32	01:14:22	01:03:20	01:01:41	06:11:30	00:54:00	56	M55	41	6
907	Klimaschka-Behrends	Uschi	MTV Aurich	1957	2009	00:57:42	00:56:54	00:58:28	01:14:23	01:05:14	00:58:51	06:11:32	00:54:00	52	W50	9	6
908	Ruhr	Stefan	Feuerwehr Suurhusen	1976	2009	00:59:19	00:56:56	00:57:44	01:14:13	01:04:13	00:59:20	06:11:45	00:54:02	33	M30	57	6
909	Densow	Detlef	LT TuS Aurich-Ost	1965	2009	00:56:40	00:55:55	00:59:12	01:15:38	01:03:51	01:01:00	06:12:16	00:54:07	44	M40	169	6
910	Eisenhauer	Annelene	LT Schafhauser Wald	1955	2009	00:57:57	00:56:14	00:59:42	01:13:45	01:04:12	01:00:27	06:12:17	00:54:07	54	W50	10	6
911	Tschorr	Uwe	EWE Wattloopers	1962	2009	00:57:35	00:57:04	00:58:53	01:15:19	01:02:30	01:00:56	06:12:17					

**28. Ostfrieslandlauf 2009**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
918	Broers	Linda	Retungsdienst Leer	1975	2009	00:56:58	00:56:35	00:59:19	01:15:24	01:04:49	01:00:41	06:13:46	00:54:20	34	W30	13	6
919	Janssen	Gerd	Sandhorst	1953	2009	00:58:25	00:58:01	00:59:22	01:15:01	01:03:34	00:59:41	06:14:04	00:54:22	56	M55	42	6
920	Janssen	Jann	Sportpark Tannenhausen	1993	2009	00:54:08	00:53:48	01:00:17	01:16:23	01:09:23	01:00:10	06:14:09	00:54:23	16	MU20	97	6
921	Steinke	Dietrich	SV Concordia Neermoo	1941	2009	00:57:48	00:56:32	00:59:45	01:15:18	01:04:03	01:00:49	06:14:15	00:54:24	68	M65	12	6
922	Garten	Hartmut	TuS Glarum	1950	2009	00:56:26	00:55:58	00:58:47	01:22:25	01:02:15	00:58:27	06:14:18	00:54:24	59	M55	43	6
923	Siebels	Gerd	Fortuna Logabirum	1953	2009	00:57:41	00:55:54	00:58:50	01:15:16	01:05:09	01:01:31	06:14:21	00:54:25	56	M55	44	6
924	Tuve	Ilona	Milchlabor Weser Ems e	1968	2009	00:59:54	00:57:44	00:58:55	01:14:50	01:03:48	00:59:24	06:14:35	00:54:27	41	W40	28	6
925	Unger	Marion	LT TuS Aurich-Ost	1970	2009	00:59:52	00:56:37	00:59:49	01:15:20	01:03:39	00:59:39	06:14:56	00:54:30	39	W35	22	6
926	Conring	Albert	SV Nortmoor	1947	2009	00:56:46	00:57:15	01:00:00	01:16:02	01:04:31	01:00:23	06:14:57	00:54:30	62	M60	17	6
927	Heyen	Gunda	LT TuS Aurich-Ost	1967	2009	00:58:17	00:56:45	00:59:28	01:14:38	01:05:11	01:00:46	06:15:05	00:54:31	42	W40	29	6
928	Damm	Dirk	FA Wybelsum	1964	2009	01:01:56	00:56:05	00:56:09	01:11:50	01:00:57	01:08:15	06:15:12	00:54:32	45	M45	153	6
929	Eggers	Ulrich	Emden	1966	2009	01:01:57	00:56:05	00:56:09	01:11:50	01:00:57	01:08:16	06:15:14	00:54:32	43	M40	170	6
930	Tammen	Petra	Briese Schifffahrt	1975	2009	01:00:41	00:57:36	00:59:01	01:14:50	01:03:45	00:59:26	06:15:19	00:54:33	34	W30	14	6
931	Meinders	Jan	Wittmund	1964	2009	00:58:25	00:57:22	00:59:34	01:15:39	01:04:02	01:00:18	06:15:20	00:54:33	45	M45	154	6
932	Grüger	Marco	Moormerland	1974	2009	01:02:15	00:55:37	00:57:59	01:15:50	01:03:50	00:59:52	06:15:23	00:54:34	35	M35	105	6
933	Mühlenbrock	Antje	Druckerei Meyer	1996	2009	01:01:02	00:56:42	00:59:05	01:13:59	01:04:05	01:00:34	06:15:27	00:54:34	13	WU20	15	6
934	Heilmann	Klaus	Seefahrtsschule Leer	1970	2009	00:57:54	00:58:04	00:59:14	01:16:10	01:04:17	00:59:51	06:15:30	00:54:35	39	M35	106	6
935	Kleen	Heinrich	Onno Crämer Handelge	1959	2009	00:57:51	00:56:38	00:59:20	01:16:07	01:04:20	01:01:29	06:15:45	00:54:37	50	M50	78	6
936	de Buhr	Heinz	Lions Club Uplengen	1959	2009	00:56:52	00:58:52	00:59:53	01:16:35	01:04:38	00:59:08	06:15:58	00:54:39	50	M50	79	6
937	Sieberns	Eike	Neuharlingersiel	1990	2009	00:57:52	00:54:17	00:57:38	01:29:24	00:58:15	00:58:48	06:16:14	00:54:41	19	MU20	98	6
938	Burghardt	Derk	Team Möbel Buss	1968	2009	00:58:03	00:57:00	01:00:48	01:15:47	01:04:04	01:00:33	06:16:15	00:54:41	41	M40	171	6
939	Dettmer	Thorsten	Leinerstift e.V.	1965	2009	01:00:21	00:57:41	01:00:41	01:15:05	01:03:17	00:59:13	06:16:18	00:54:42	44	M40	172	6
940	Ludewigs	Werner	Weener Plastik AG	1957	2009	01:01:12	00:56:11	01:00:11	01:15:34	01:03:50	00:59:28	06:16:26	00:54:43	52	M50	80	6
941	Kuiper	Tilo	SV Hottland	1992	2009	01:04:36	00:55:10	00:59:12	01:14:04	01:02:41	01:00:43	06:16:26	00:54:43	17	MU20	99	6
942	Junker	Imke	Leer	1987	2009	01:02:15	00:55:45	00:58:05	01:16:11	01:04:08	01:00:03	06:16:27	00:54:43	22	W	20	6
943	Fischer	Inga	KGS Großefehn	1994	2009	00:58:55	00:56:36	00:59:05	01:14:39	01:05:23	01:01:59	06:16:37	00:54:44	15	WU20	16	6
944	Brinkmann	Daniel	SV Dornum	1991	2009	00:59:44	00:55:53	00:59:46	01:14:42	01:05:00	01:01:39	06:16:44	00:54:45	18	MU20	100	6
945	Veenhuis	Andrej	Team LIMIT	1985	2009	00:47:31	00:46:37	00:51:48	01:18:14	01:11:06	01:21:38	06:16:54	00:54:47	24	M	61	6
946	Schipper	Insa	Leer	1968	2009	00:57:38	00:57:07	01:01:40	01:16:05	01:04:25	01:00:21	06:17:16	00:54:50	41	W40	30	6
947	Schlump	Michael	Saterland	1965	2009	01:02:20	00:57:21	01:00:08	01:16:50	01:02:56	00:57:43	06:17:18	00:54:50	44	M40	173	6
948	Palma	Manfred	TUS Leerhufe	1960	2009	00:58:24	00:57:30	01:00:03	01:16:29	01:04:15	01:00:46	06:17:27	00:54:52	49	M45	155	6
949	Palma	Petra	TUS Leerhufe	1965	2009	00:58:24	00:57:31	01:00:03	01:16:29	01:04:14	01:00:47	06:17:28	00:54:52	44	W40	31	6
950	Höft	Helmut	LT TuS Aurich-Ost	1959	2009	00:57:24	00:59:20	00:59:32	01:15:24	01:04:24	01:01:28	06:17:32	00:54:52	50	M50	81	6
951	Grüter	Harald	Heilpraxis Grüter	1960	2009	00:59:16	00:57:12	00:59:32	01:15:23	01:04:51	01:01:23	06:17:37	00:54:53	49	M45	156	6
952	Meyer	Ingrid	AOK Aurich	1972	2009	01:00:29	00:57:01	01:00:40	01:16:04	01:03:51	00:59:34	06:17:39	00:54:53	37	W35	23	6
953	Pöhl	Daniel	4./ObjSRgt Lw	1979	2009	01:00:11	00:56:48	01:03:13	01:12:31	01:06:47	00:58:20	06:17:50	00:54:55	30	M30	58	6
954	Janssen	Anja	SV Stikkelkamp	1968	2009	00:59:26	00:56:59	00:59:50	01:16:12	01:04:47	01:00:40	06:17:54	00:54:56	41	W40	32	6
955	Schuirmann	Daniel	LT TuS Aurich-Ost	1964	2009	00:52:00	00:50:55	00:56:04	01:19:25	01:00:25	01:19:13	06:18:02	00:54:57	45	M45	157	6
956	Schäfer	Harald	EWE Wattloopers	1956	2009	00:57:59	00:56:57	00:59:50	01:16:38	01:04:01	01:02:39	06:18:04	00:54:57	53	M50	82	6
957	Aden	Frauke	LG -Großefehn	1971	2009	00:58:52	00:56:27	01:00:46	01:17:35	01:04:02	01:00:24	06:18:06	00:54:57	38	W35	24	6
958	Aden	Melanie	LG -Großefehn	1972	2009	00:58:52	00:56:27	01:00:46	01:17:35	01:04:02	01:00:25	06:18:07	00:54:58	37	W35	25	6
959	Heilsitz	Marieke	Roadrunner-Sport.de	1983	2009	00:59:03	00:56:24	01:00:41	01:15:38	01:05:34	01:00:53	06:18:13	00:54:58	26	W	21	6
960	Nanninga	Wubbo	Nordland Papier	1966	2009	00:58:33	00:55:05	00:59:25	01:15:52	01:06:17	01:03:09	06:18:21	00:55:00	43	M40	174	6
961	Eden	Swea	Westerholt	1991	2009	00:59:35	00:57:50	01:03:17	01:15:01	01:02:52	00:59:52	06:18:27	00:55:00	18	WU20	17	6
962	Behrends	Tessa	Ulricianum Aurich	1990	2009	00:58:18	00:56:51	01:01:21	01:17:49	01:05:14	00:58:55	06:18:28	00:55:01	19	WU20	18	6
963	Hommers	Traute	LT TuS Aurich-Ost	1963	2009	01:02:21	00:57:48	01:00:07	01:17:19	01:01:52	00:59:07	06:18:34	00:55:01	46	W45	27	6
964	Cramer	Julian	Team LIMIT	1987	2009	00:58:46	01:01:06	00:59:22	01:17:30	01:02:53	00:59:02	06:18:39	00:55:02	22	M	62	6
965	Keck	Birgit	LG Ostfriesland	1967	2009	00:58:30	00:57:14	00:59:29	01:15:56	01:05:18	01:02:17	06:18:44	00:55:03	42	W40	33	6
966	Fritz	Günther	Spielmannszug Marx	1959	2009	00:59:49	00:57:36	01:00:52	01:16:20	01:03:25	01:00:54	06:18:56	00:55:05	50	M50	83	6
967	Engelbarts	Jörg	Druckerei Meyer	1963	2009	01:00:00	00:56:49	01:00:55	01:13:58	01:04:06	01:03:16	06:19:04	00:55:06	46	M45	158	6
968	Richter	Jan	ENERCON	1975	2009	00:55:31	00:54:18	01:01:04	01:18:42	01:10:38	00:59:02	06:19:15	00:55:07	34	M30	59	6
969	Seeberg	Britta	Südbrookmerland	1963	2009	00:57:51	00:57:48	00:59:31	01:14:57	01:05:48	01:03:30	06:19:25	00:55:09	46	W45	28	6
970	Schoon	Thea Agena	LG Großefehn	1962	2009	00:57:52	00:57:20	01:00:42	01:16:31	01:04:31	01:02:32	06:19:28	00:55:09	47	W45	29	6
971	Paul	Sascha	Team ENERCON	1981	2009	01:00:28	00:57:43	01:01:24	01:16:04	01:03:24	01:00:28	06:19:31	00:55:10	28	M	63	6
972	Nannen	Wiebke	SV WUW	1993	2009	01:00:04	00:56:42	01:00:49	01:17:04	01:03:52	01:01:10	06:19:41	00:55:11	16	WU20	19	6
973	Schott	Birte	Sport Peters Wittmund	1971	2009	00:59:44	00:58:36	01:00:34	01:15:47	01:04:50	01:00:12	06:19:43	00:55:11	38	W35	26	6
974	Mengers	Gerlind	TuRa07 Westrhauderfe	1967	2009	00:58:56	00:57:55	00:59:45	01:16:09	01:05:12	01:01:50	06:19:47	00:55:12	42	W40	34	6
975	Schulz	Giesela	AKTIVA GmbH Wolters	1977	2009	01:00:43	00:57:33	01:00:51	01:15:42	01:04:22	01:00:38	06:19:49	00:55:12	32	W30	15	6
976	Lingner	Gerhard	TuRa 07 Westrhauderfe	1949	2009	00:58:59	00:57:56	00:59:45	01:16:10	01:05:12	01:01:50	06:19:52	00:55:13	60	M60	18	6
977	Hippen	Marcus	VGH-Versicherung	1976	2009	00:59:32	00:57:46	00:58:36	01:14:06	01:04:41	01:05:17	06:19:58	00:55:14	33	M30	60	6
978	Hinrichs	Heidi	KBV Reepsholt	1967	2009	01:00:27	00:57:30	01:00:59	01:16:49	01:03:53	01:00:28	06:20:06	00:55:15	42	W40	35	6
979	Malchus	Ingo	Weener Plastik AG	1972	2009	01:00:34	00:57:16	01:00:34	01:18:38	01:03:51	00:59:16	06:20:09	00:55:15	37	M35	107	6
980	Nannen	Theda	AOK	1958	2009	01:00:27	00:57:02	01:00:47	01:16:51	01:03:54	01:01:08	06:20:09	00:55:15	51	W50	11	6
981	Frank	Ingo	freier läufer esens	1971	2009	00:58:12	00:55:50	01:02:43	01:15:51	01:04:36	01:03:01	06:20:13	00:55:16	38	M35</		

## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
989	Wübbenhorst	Andrea	LT BSC Burhufe	1973	2009	00:59:47	00:58:33	01:00:49	01:16:50	01:04:13	01:00:33	06:20:45	00:55:20	36	W35	28	6
990	Schultz	Dietmar	TEAM DEUTSCHE POS	1965	2009	01:00:43	00:56:37	01:01:16	01:17:33	01:04:30	01:00:07	06:20:46	00:55:21	44	M40	176	6
991	Akkermann	Edith	Concordia Ihrhove	1953	2009	00:58:37	00:57:36	01:01:18	01:16:52	01:05:53	01:00:32	06:20:48	00:55:21	56	W55	3	6
992	Rabenberg	Dora	LG TV Bunde	1952	2009	00:59:02	00:58:42	01:00:34	01:16:16	01:05:38	01:00:50	06:21:02	00:55:23	57	W55	4	6
993	Bergmann	Boris	JVA Emden	1971	2009	01:00:03	00:56:39	01:00:33	01:21:31	01:03:05	00:59:12	06:21:03	00:55:23	38	M35	109	6
994	Buß	Roof	www.A22-Nie.de	1967	2009	01:03:36	00:58:56	01:00:45	01:18:26	01:01:32	00:57:54	06:21:09	00:55:24	42	M40	177	6
995	Becker	Venke	LT BSC Burhufe	1967	2009	00:59:30	00:57:39	01:01:54	01:16:50	01:04:01	01:01:37	06:21:31	00:55:27	42	W40	36	6
996	Jacobs	Susanne	EWE Wattloopers	1979	2009	01:00:00	00:58:20	01:01:10	01:16:34	01:04:16	01:01:25	06:21:45	00:55:29	30	W30	16	6
997	Böde	Manfred	Emder LG	1962	2009	00:58:03	00:57:46	01:00:44	01:18:11	01:04:27	01:02:35	06:21:46	00:55:29	47	M45	160	6
998	Vosberg	Silvia	Fortuna Logabirum	1965	2009	00:59:33	00:57:52	01:03:36	01:15:58	01:05:12	00:59:48	06:21:59	00:55:31	44	W40	37	6
999	Mannel	Anke	ENOVA Marketing+Vert	1966	2009	01:02:34	00:56:30	00:58:35	01:17:38	01:06:27	01:00:18	06:22:02	00:55:32	43	W40	38	6
1000	Buss	Herbert	Neukamperfehn	1959	2009	01:05:03	00:56:33	00:59:35	01:15:43	01:04:12	01:00:58	06:22:04	00:55:32	50	M50	84	6
1001	Neddermeyer	Heinz-Jürgen	LG Veenhusen	1942	2009	01:00:00	00:57:47	01:00:44	01:16:46	01:05:37	01:01:10	06:22:04	00:55:32	67	M65	13	6
1002	Zierleyn	Günter	Leer	1951	2009	01:00:53	00:56:58	01:00:41	01:16:44	01:04:26	01:02:22	06:22:04	00:55:32	58	M55	46	6
1003	Welz	Margaretha	Lingen	1963	2009	01:02:14	00:57:55	00:59:34	01:16:46	01:04:04	01:01:31	06:22:04	00:55:32	46	W45	30	6
1004	Köster	Insa	FT Spetzerfehn	1974	2009	01:03:43	01:00:53	00:59:47	01:15:18	01:02:51	00:59:35	06:22:07	00:55:32	35	W35	29	6
1005	Brümmer	Helmut A.	ENOVA Marketing+Vert	1957	2009	01:02:35	00:56:30	00:58:37	01:17:38	01:06:27	01:00:21	06:22:08	00:55:33	52	M50	85	6
1006	Heykes	Günther	VfB Germania Wiesmoc	1967	2009	01:03:42	01:00:53	00:59:47	01:15:18	01:02:52	00:59:36	06:22:08	00:55:33	42	M40	178	6
1007	Kloster	Günther	Leer	1954	2009	00:59:48	00:58:29	01:00:17	01:18:05	01:05:15	01:00:19	06:22:13	00:55:33	55	M55	47	6
1008	Janßen	Christa	SV Frisia Brinkum	1943	2009	01:00:21	00:58:03	00:59:47	01:16:16	01:05:44	01:02:12	06:22:23	00:55:35	66	W65	1	6
1009	Linser	Ulrich	MTV Wittmund	1954	2009	01:01:34	00:58:26	01:01:03	01:16:20	01:04:14	01:00:50	06:22:27	00:55:35	55	M55	48	6
1010	Lienemann	Edith	Kanalratten Ihlow	1963	2009	00:58:25	00:58:37	01:00:32	01:16:16	01:05:58	01:02:40	06:22:28	00:55:35	46	W45	31	6
1011	Schmidt	Helga	EWE-Wattloopers	1965	2009	01:01:16	00:59:14	01:00:12	01:15:42	01:03:40	01:02:26	06:22:30	00:55:36	44	W40	39	6
1012	Lübben	Heike	Kanalratten LT Team Ih	1968	2009	00:59:08	00:58:14	01:00:50	01:17:08	01:04:57	01:02:15	06:22:32	00:55:36	41	W40	40	6
1013	Baumann	Brigitte	Loppersum	1963	2009	01:00:40	00:58:42	01:01:13	01:16:38	01:04:14	01:01:06	06:22:33	00:55:36	46	W45	32	6
1014	Nannen	Enno	TV Norden	1947	2009	00:59:11	00:57:46	01:01:25	01:16:39	01:05:05	01:02:29	06:22:35	00:55:36	62	M60	19	6
1015	Claaßen	Christa	Sandhorst	1960	2009	00:59:50	00:59:05	01:01:08	01:15:42	01:04:47	01:02:05	06:22:37	00:55:37	49	W45	33	6
1016	Lüken	Frank	Leer	1968	2009	01:00:01	00:58:01	01:01:59	01:16:48	01:03:55	01:01:55	06:22:39	00:55:37	41	M40	179	6
1017	Akkermann	Ralf	TV Oldersum	1968	2009	00:59:29	00:59:40	00:59:52	01:17:56	01:05:02	01:01:00	06:22:59	00:55:40	41	M40	180	6
1018	Schmidt	Jan	Wi sünd Holtriem/SV Oc	1992	2009	01:01:17	00:57:09	01:02:10	01:16:12	01:05:00	01:01:26	06:23:14	00:55:42	17	MU20	101	6
1019	Nikolie	Klaus	VFFL Berumbur	1948	2009	00:58:09	01:01:07	01:01:44	01:16:22	01:04:35	01:01:20	06:23:17	00:55:43	61	M60	20	6
1020	Buss	Timo	Reederei Buss	1974	2009	01:07:31	01:04:51	00:58:22	01:20:09	00:58:49	00:53:37	06:23:19	00:55:43	35	M35	110	6
1021	Dreesch-Rosendahl	Jonas	Gymnasium Rhaudefe	1992	2009	01:01:18	00:58:26	01:01:52	01:15:23	01:04:06	01:02:15	06:23:20	00:55:43	17	MU20	102	6
1022	Klaaßen	Roswitha	IHK Emden	1958	2009	00:59:16	00:58:17	01:01:10	01:17:10	01:05:16	01:02:27	06:23:36	00:55:45	51	W50	13	6
1023	Hauschild	Stefan	Rettungsdienst Leer	1970	2009	00:58:37	00:58:07	01:01:06	01:18:08	01:05:26	01:02:13	06:23:37	00:55:45	39	M35	111	6
1024	Sluiter	Tina	Emden	1984	2009	01:01:03	00:58:48	01:02:12	01:16:43	01:02:48	01:02:05	06:23:39	00:55:46	25	W	23	6
1025	Zimmermann	Jörg	Autohaus Südema Gmb	1963	2009	00:59:52	00:55:50	01:01:03	01:17:17	01:07:07	01:02:40	06:23:49	00:55:47	46	M45	161	6
1026	Sick	Jens	JVA Emden	1965	2009	00:59:25	00:58:08	01:01:15	01:17:06	01:05:59	01:01:57	06:23:50	00:55:47	44	M40	181	6
1027	Zellmer	Jan	ENOVA Marketing+Vert	1975	2009	01:00:20	00:57:38	01:03:34	01:18:05	01:05:44	00:59:50	06:23:51	00:55:48	34	M30	61	6
1028	Bonar	Lena	WfBm-Aurich-Wittmund	1988	2009	01:02:20	01:00:59	00:59:04	01:15:31	01:05:41	01:00:32	06:24:07	00:55:50	21	W	24	6
1029	Hinrichs	Mira	LT TuS Aurich-Ost	1981	2009	00:58:40	00:57:00	01:00:09	01:16:10	01:07:36	01:04:32	06:24:07	00:55:50	28	W	25	6
1030	Gayken	Gebhard	GFI Treuhand GmbH	1981	2009	01:04:51	01:03:33	01:01:24	01:09:28	01:00:00	01:04:54	06:24:10	00:55:50	28	M	64	6
1031	Hirsch	Gero	Raiffeisenbank Wiesede	1968	2009	01:00:23	00:58:58	01:01:12	01:16:43	01:05:57	01:01:08	06:24:21	00:55:52	41	M40	182	6
1032	Buß	Elena	KGS Großfehn	1997	2009	01:02:21	00:59:00	00:58:53	01:17:21	01:03:08	01:03:49	06:24:32	00:55:53	12	WU20	21	6
1033	Schön	Thomas	Leer	1965	2009	01:01:52	00:59:57	01:02:12	01:16:34	01:04:03	00:59:55	06:24:33	00:55:54	44	M40	183	6
1034	Ebbelaar	Marcel	TSV Holtrop	1963	2009	01:04:13	01:00:39	00:59:06	01:14:40	01:04:42	01:01:15	06:24:35	00:55:54	46	M45	162	6
1035	Hülshof	Britta	TuRa 07	1969	2009	00:58:56	00:58:44	01:00:56	01:17:08	01:05:42	01:03:13	06:24:39	00:55:55	40	W40	41	6
1036	Bruns	Rita	TSV Hesel	1963	2009	01:00:01	00:58:26	01:00:55	01:16:30	01:06:01	01:02:59	06:24:52	00:55:56	46	W45	34	6
1037	Sollermann	Heidi	TuRa 07 Westrhaudefe	1953	2009	00:59:07	00:58:42	01:01:03	01:17:08	01:05:40	01:03:13	06:24:53	00:55:57	56	W55	5	6
1038	Robbe	Engeline	MTV Ditzum	1971	2009	01:01:03	00:58:22	01:03:31	01:15:34	01:05:16	01:01:11	06:24:57	00:55:57	38	W35	30	6
1039	Daniel	Simone	Emder Kanu Club	1962	2009	01:00:38	00:57:54	01:00:43	01:18:12	01:05:04	01:02:35	06:25:06	00:55:58	47	W45	35	6
1040	Pruin	Birgit	Leer	1967	2009	01:01:09	00:58:40	01:00:49	01:16:40	01:05:32	01:02:24	06:25:14	00:56:00	42	W40	42	6
1041	Hoppmann	Gerrit	LG Ihrhove	1963	2009	01:00:11	00:57:34	01:01:18	01:16:53	01:05:54	01:03:26	06:25:16	00:56:00	46	M45	163	6
1042	Kruse	Gerrit	KBV Altharlingersiel	1962	2009	01:00:03	00:57:42	00:59:40	01:19:19	01:05:54	01:02:42	06:25:20	00:56:00	47	M45	164	6
1043	Sädler	Dietmar	Polizei Leer	1959	2009	00:59:49	00:57:59	01:00:58	01:16:59	01:07:44	01:01:51	06:25:20	00:56:00	50	M50	86	6
1044	Bremer-Busemann	Annelie	TURA 07 Westrhaudefe	1960	2009	00:59:07	00:58:42	01:00:56	01:17:54	01:05:41	01:03:12	06:25:32	00:56:02	49	W45	36	6
1045	Koch	Ralf	RuB GmbH	1970	2009	01:02:04	00:58:26	01:01:05	01:18:33	01:04:13	01:01:17	06:25:38	00:56:03	39	M35	112	6
1046	Koch	Gerald	Baptisten Firrel	1962	2009	01:02:42	00:58:41	01:01:56	01:16:19	01:04:30	01:01:46	06:25:54	00:56:05	47	M45	165	6
1047	Ebbers	Ontja	Baptisten Firrel	1970	2009	01:02:42	00:58:40	01:01:56	01:16:19	01:04:31	01:01:46	06:25:54	00:56:05	39	W35	31	6
1048	Harbers	Jürgen	WSC Rhaudefe	1968	2009	01:01:20	00:59:02	01:01:10	01:16:29	01:05:46	01:02:14	06:26:01	00:56:06	41	M40	184	6
1049	Mammen	Wilhelm	BBS I Aurich	1956	2009	01:00:19	00:57:50	01:00:40	01:19:32	01:05:42	01:02:10	06:26:13	00:56:08	53	M50	87	6
1050	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2009	00:56:38	00:55:14	00:58:04	01:18:18	01:10:55	01:07:23	06:26:32	00:56:11	43	M40	185	6
1051	Hollweg	Thomas	Papenburg	1984	2009	00:59:33	00:58:46	01:00:53	01:19:51	01:04:02	01:03:29	06:26:34	00:56:11	25	M	65	6
1052	Geiken	Gerd	LOOP DOCH SÜLMST	1960	2009	00:59:30	00:58:10	01:00:49	01:20:20								

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
1059	van Lengen	Heinrich	LG Großefehn	1940	2009	00:59:33	00:59:17	01:01:18	01:17:22	01:06:17	01:03:31	06:27:18	00:56:18	69	M65	14	6
1060	Best	Carola	Sportschule TAO Aurich	1976	2009	01:02:49	00:58:06	01:00:59	01:18:20	01:04:26	01:02:57	06:27:37	00:56:20	33	W30	18	6
1061	Wilken	Gerold	Leer	1960	2009	00:59:36	00:59:58	01:00:39	01:18:02	01:03:51	01:02:38	06:27:44	00:56:21	49	M45	167	6
1062	Ahlers	Mareike	Team Wilts	1985	2009	01:01:08	00:59:14	01:03:46	01:18:22	01:03:14	01:02:00	06:27:44	00:56:21	24	W	26	6
1063	Berling	Leo	Nordland Papier	1958	2009	01:02:45	00:59:22	01:02:30	01:17:13	01:04:41	01:01:15	06:27:46	00:56:22	51	M50	90	6
1064	Mudder	Sandra	LG Ostfriesland	1964	2009	01:00:21	00:58:36	01:01:26	01:17:20	01:06:52	01:03:13	06:27:48	00:56:22	45	W45	38	6
1065	Schäfer	Marco	BBS 1 Aurich	1992	2009	01:09:58	01:02:54	01:02:27	01:14:44	01:02:07	00:55:45	06:27:55	00:56:23	17	MU20	103	6
1066	Voget	Hartmut	Schnapsidee	1960	2009	01:04:56	00:59:33	01:00:10	01:16:28	01:04:45	01:02:04	06:27:56	00:56:23	49	M45	168	6
1067	Wöhrlé	Wolfgang	MTV Wittmund	1944	2009	01:00:08	00:58:37	01:01:07	01:16:06	01:05:26	01:06:43	06:28:07	00:56:25	65	M65	15	6
1068	Störmer	Stefan		1968	2009	01:01:52	00:58:42	01:02:56	01:15:50	01:08:19	01:00:31	06:28:10	00:56:25	41	M40	186	6
1069	Loers	Helmut	DAK Oldenburg	1952	2009	01:01:13	00:59:02	01:01:40	01:17:44	01:06:30	01:02:25	06:28:34	00:56:29	57	M55	49	6
1070	Meyer	Erhard	Sparkasse LeerWittmund	1962	2009	01:00:20	00:54:14	01:01:50	01:24:11	01:07:22	01:00:45	06:28:42	00:56:30	47	M45	169	6
1071	Adelmund	Stefan	Aurich	1984	2009	00:58:20	00:58:06	01:01:50	01:17:31	01:03:11	01:09:50	06:28:48	00:56:31	25	M	66	6
1072	Janßen	Mareike	KBV Langefeld	1965	2009	00:58:39	00:58:36	01:01:55	01:17:42	01:07:53	01:04:17	06:29:02	00:56:33	44	W40	43	6
1073	Bohlen	Elisabeth	Victorbur	1961	2009	01:00:43	00:59:51	01:01:35	01:16:49	01:06:09	01:04:06	06:29:13	00:56:34	48	W45	39	6
1074	Nauschutt	Björn	Ostfriesische Volksbank	1973	2009	01:02:52	01:00:36	01:01:59	01:17:18	01:05:24	01:01:05	06:29:14	00:56:34	36	M35	113	6
1075	Neumann	Silke	Ostfriesische Volksbank	1981	2009	01:02:52	01:00:38	01:01:58	01:17:17	01:05:24	01:01:06	06:29:15	00:56:35	28	W	27	6
1076	Bülte	Sylvia	Leer	1971	2009	01:03:03	00:59:41	01:02:30	01:17:25	01:04:38	01:02:07	06:29:24	00:56:36	38	W35	32	6
1077	Grüßing	Imke	Freie Lunge Bentstreek	1970	2009	00:59:42	00:59:34	01:02:10	01:17:59	01:06:40	01:03:31	06:29:36	00:56:38	39	W35	33	6
1078	Förster-Riemann	Daniela	Nortmoor	1967	2009	01:03:03	00:59:50	01:01:36	01:17:41	01:05:31	01:01:57	06:29:38	00:56:38	42	W40	44	6
1079	Peters	Janneke	EWE Wattloopers	1977	2009	01:00:46	00:58:18	01:01:54	01:17:56	01:06:36	01:04:08	06:29:38	00:56:38	32	W40	45	6
1080	Grünefeld	Tjarko	Nortmoor	1961	2009	01:03:04	00:59:51	01:01:36	01:17:40	01:05:31	01:01:58	06:29:40	00:56:38	48	M45	170	6
1081	Poppen	Holger	de Heizungsloopers	1972	2009	00:55:54	00:57:00	01:04:13	01:21:38	01:08:43	01:02:25	06:29:53	00:56:40	37	M35	114	6
1082	Meyer	Martin	Leer	1981	2009	01:06:52	01:03:19	00:53:34	01:22:01	00:57:03	01:07:18	06:30:07	00:56:42	28	M	67	6
1083	Tränapp	Ingo	Peiers	1970	2009	01:02:57	00:58:46	01:00:34	01:18:25	01:06:58	01:02:39	06:30:19	00:56:44	39	M35	115	6
1084	Harken-Röfing	Wilma	WfBm-Aurich-Wittmund	1965	2009	01:01:58	00:59:31	01:02:12	01:17:18	01:06:13	01:03:35	06:30:47	00:56:48	44	W40	46	6
1085	Rodenbäck	Dennis	Esens	1984	2009	01:04:03	00:59:12	01:02:05	01:18:05	01:05:40	01:01:47	06:30:52	00:56:49	25	M	68	6
1086	Heynen	Giesela	Strücklingen	1962	2009	01:02:22	00:58:39	01:02:43	01:17:48	01:07:09	01:02:16	06:30:57	00:56:49	47	W45	40	6
1087	Ennen	Ewald	AOK Niedersachsen	1961	2009	01:01:35	00:59:03	01:00:51	01:19:18	01:06:13	01:04:02	06:31:02	00:56:50	48	M45	171	6
1088	Heinks	Johann	Neu-Wiegboldsbur	1950	2009	01:01:35	00:59:02	01:00:55	01:19:19	01:06:13	01:03:59	06:31:03	00:56:50	59	M55	50	6
1089	Bohlken	Saskia	HRS Moormerland	1994	2009	01:06:26	01:01:06	01:02:01	01:16:59	01:03:22	01:01:09	06:31:03	00:56:50	15	WU20	22	6
1090	Franke	Horst	SV Ochtersum	1958	2009	01:04:38	00:58:30	01:01:46	01:15:46	01:06:08	01:04:24	06:31:12	00:56:52	51	M50	91	6
1091	Matzk	Britta	KGS Hage	1983	2009	01:03:17	01:00:49	01:01:45	01:18:16	01:06:23	01:00:47	06:31:17	00:56:52	26	W	28	6
1092	Paschant	Robin	team enercon	1970	2009	01:02:12	00:59:14	01:00:02	01:20:04	01:05:18	01:04:40	06:31:30	00:56:54	39	M35	116	6
1093	Boekhoff	David	VfB Rajen	1991	2009	00:59:12	00:56:59	01:00:33	01:21:08	01:11:06	01:02:35	06:31:33	00:56:55	18	MU20	104	6
1094	Saul	Maren	Leer	1987	2009	01:02:55	00:58:09	01:02:29	01:16:55	01:08:01	01:03:07	06:31:36	00:56:55	22	W	29	6
1095	Hohmann	Marc	Leinerstift e.V.	1977	2009	00:59:44	00:58:32	01:00:16	01:16:55	01:10:56	01:05:17	06:31:40	00:56:56	32	M30	62	6
1096	Engelbrecht	Arthur	Schützenspielmannszug	1951	2009	01:01:45	01:00:04	01:01:59	01:15:45	01:08:35	01:03:36	06:31:44	00:56:56	58	M55	51	6
1097	Schiemann-Lillie	Martin	LT TuS Aurich-Ost	1955	2009	01:00:22	00:58:54	01:02:32	01:18:00	01:07:57	01:04:01	06:31:46	00:56:57	54	M50	92	6
1098	Thedinga	Hinrich	LT TuS Aurich-Ost	1955	2009	01:01:26	01:00:16	01:01:42	01:17:30	01:07:36	01:03:18	06:31:48	00:56:57	54	M50	93	6
1099	Ukena	Renate	Emder LG	1955	2009	01:00:46	00:58:10	01:01:59	01:19:42	01:07:29	01:03:53	06:31:59	00:56:58	54	W50	15	6
1100	Sahbaz	Faruk	Sparkasse Aurich-Nordde	1963	2009	01:00:47	00:57:55	01:01:45	01:20:49	01:08:19	01:02:31	06:32:06	00:56:59	46	M45	172	6
1101	Juilfs	Eilert	LG Großefehn	1945	2009	01:02:56	00:59:09	01:01:46	01:18:48	01:05:38	01:04:00	06:32:17	00:57:01	64	M60	21	6
1102	Meyer	Werner	Wiesmoor	1971	2009	01:01:24	01:00:36	01:01:00	01:18:22	01:06:46	01:04:13	06:32:21	00:57:02	38	M35	117	6
1103	Brandau	Claudia	Leer	1963	2009	01:00:45	01:00:36	01:03:11	01:17:25	01:06:04	01:04:26	06:32:27	00:57:03	46	W45	41	6
1104	Hagedorn	Gesa	EWE Wattloopers	1977	2009	01:01:48	01:01:07	01:04:05	01:09:30	01:10:20	01:06:09	06:32:59	00:57:07	32	W30	19	6
1105	Tillmann	Frauke	HRS Moormerland	1983	2009	01:06:46	01:01:27	01:02:10	01:17:31	01:03:49	01:01:28	06:33:11	00:57:09	26	W	30	6
1106	Pruin	Else	Milchlabor Weser Ems e	1956	2009	01:01:08	01:00:34	01:03:24	01:18:19	01:07:01	01:02:54	06:33:20	00:57:10	53	W50	16	6
1107	Schürmann	Ulrike	Germania Leer	1962	2009	01:01:08	01:00:36	01:02:33	01:19:50	01:06:51	01:02:22	06:33:20	00:57:10	47	W45	42	6
1108	Cornelius	Jörg	Sparkasse LeerWittmund	1970	2009	01:01:59	01:01:51	01:02:12	01:17:17	01:08:51	01:01:18	06:33:28	00:57:11	39	M35	118	6
1109	Wenninga	Hauko	Leer	1950	2009	00:59:57	01:01:25	01:01:33	01:19:26	01:06:43	01:04:29	06:33:33	00:57:12	59	M55	52	6
1110	Tjaden	Johann	Störtebeker Loopers TV	1952	2009	00:59:05	00:59:41	01:02:24	01:17:26	01:07:13	01:07:46	06:33:35	00:57:12	57	M55	53	6
1111	Kessler	Gertje	Emder LG	1952	2009	01:02:03	00:58:59	01:01:56	01:19:29	01:07:24	01:03:54	06:33:45	00:57:14	57	W55	7	6
1112	Rieken	Uda	BV „Vorwärts“ Plaggenb	1967	2009	01:00:05	01:03:38	01:02:15	01:16:37	01:07:04	01:04:07	06:33:46	00:57:14	42	W40	47	6
1113	Junker	Thomas	Emder LG	1965	2009	01:00:52	01:00:09	01:01:50	01:19:23	01:07:37	01:04:02	06:33:53	00:57:15	44	M40	187	6
1114	Kehmeier	Sonja	Team ENERCON	1976	2009	01:02:59	01:00:31	01:02:46	01:18:04	01:06:26	01:03:07	06:33:53	00:57:15	33	W30	20	6
1115	Do	Tung	Gymnasium Ulricianum	1992	2009	01:09:50	00:57:59	01:02:05	01:14:55	01:06:17	01:02:48	06:33:54	00:57:15	17	MU20	21	6
1116	Cornelius	Melanie	NIGE	1990	2009	01:02:33	01:00:12	01:02:33	01:19:31	01:05:27	01:03:40	06:33:56	00:57:15	19	WU20	23	6
1117	Erdwiens	Hans-Dieter	RuB GmbH	1957	2009	01:03:40	00:59:19	01:01:38	01:19:01	01:06:40	01:03:41	06:33:59	00:57:16	52	M50	94	6
1118	Poppen	Karl	TG Wiesmoor	1947	2009	01:01:31	01:01:09	01:00:57	01:21:02	01:07:48	01:01:37	06:34:04	00:57:17	62	M60	22	6
1119	Hemberger	Mareike Isabell	Alexander-von-Humbold	1990	2009	01:04:15	01:00:34	01:04:49	01:17:08	01:03:55	01:03:23	06:34:04	00:57:17	19	WU20	24	6
1120	Kula	Sabine	Team Möbel Buss	1978	2009	00:59:10	00:59:29	01:01:53	01:18:59	01:09:07	01:05:29	06:34:07	00:57:17	31	W30	21	6
1121	Mühlenbrock	Anke	Druckerei Meyer	1968	2009	01:00:24	00:59:22	01:02:19	01:19:07	01:09:42	01:03:15	06:34:09	00:57:17	41	W40	48	6
1122	Cordes	Sylvia	Wiesmoor	1963	2009	01:01:17	01:01:00	01:02:15	01:19:22	01:07:06							



**28. Ostfrieslandlauf 2009**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
1129	Loesing	Ernst	VHS Laufen	1966	2009	01:02:44	00:59:58	01:01:40	01:18:51	01:07:38	01:04:25	06:35:16	00:57:27	43	M40	188	6
1130	Wagenhaus	Frank	Team Wilts	1972	2009	01:05:19	01:01:00	01:04:40	01:18:32	01:04:12	01:01:37	06:35:20	00:57:28	37	M35	119	6
1131	Freeseemann	Egon	Bünting Tee	1966	2009	01:03:10	01:00:41	01:03:40	01:19:27	01:05:39	01:02:45	06:35:22	00:57:28	43	M40	189	6
1132	Bakker	Nele	Emder LG	1970	2009	01:01:06	01:00:15	01:02:26	01:19:29	01:07:31	01:04:36	06:35:23	00:57:28	39	W35	34	6
1133	Follrichs	Martina	Leer	1975	2009	01:02:15	01:00:51	01:03:30	01:19:25	01:06:05	01:03:22	06:35:28	00:57:29	34	W30	23	6
1134	Wiechmann	Rainer	Germania Leer	1958	2009	01:06:12	00:57:24	01:08:04	01:13:45	01:02:28	01:07:42	06:35:35	00:57:30	51	M50	96	6
1135	Schulz	Stephan	Moormerland	1983	2009	01:01:33	01:00:48	01:03:36	01:19:20	01:07:25	01:02:57	06:35:39	00:57:30	26	M	69	6
1136	Ubben	Marie	EDEKA Laufteam	1958	2009	01:03:02	01:00:41	01:01:58	01:18:45	01:07:51	01:03:32	06:35:49	00:57:32	51	W50	17	6
1137	Baumann	Jörg	BSG Hinte	1974	2009	01:03:51	00:59:23	01:02:47	01:21:02	01:06:24	01:02:23	06:35:50	00:57:32	35	M35	120	6
1138	Piela	Joachim	IGS Aurich-West	1951	2009	01:00:28	01:00:15	01:02:22	01:19:57	01:08:06	01:04:49	06:35:57	00:57:33	58	M55	54	6
1139	Fitzner	Günter	TEAM DEUTSCHE POS	1948	2009	01:01:14	01:00:19	01:02:36	01:18:25	01:09:46	01:03:44	06:36:04	00:57:34	61	M60	23	6
1140	Pasca	Giovanni	KUH'S BEST-Team	1973	2009	01:02:53	00:58:38	01:01:32	01:22:41	01:08:08	01:02:20	06:36:12	00:57:35	36	M35	121	6
1141	Struß	Ute	SV Nortmoor	1986	2009	01:00:39	00:59:18	01:01:51	01:20:05	01:09:49	01:04:30	06:36:12	00:57:35	23	W	31	6
1142	Grensemann	Hans	Großheide	1952	2009	01:02:29	01:01:49	01:02:04	01:18:02	01:06:42	01:05:17	06:36:23	00:57:37	57	M55	55	6
1143	Jacobs	Manuela	Emder LG	1961	2009	01:02:03	00:58:55	01:01:53	01:19:34	01:09:37	01:04:23	06:36:25	00:57:37	48	W45	44	6
1144	Trännapp	Alfred	TV Norden	1941	2009	01:02:57	01:00:34	01:02:44	01:19:20	01:07:54	01:03:13	06:36:42	00:57:40	68	M65	16	6
1145	Schröder	Ewald	Lauffreff Tura 07	1948	2009	01:05:55	01:04:05	01:07:17	01:17:34	01:02:54	00:59:03	06:36:48	00:57:40	61	M60	24	6
1146	Meiners	Sabine	HRS Westerholt	1995	2009	01:02:04	00:59:12	01:04:40	01:20:08	01:08:13	01:02:32	06:36:49	00:57:41	14	WU20	26	6
1147	König	Tasmin	HRS Westerholt	1995	2009	01:02:04	00:59:12	01:04:40	01:20:09	01:08:13	01:02:32	06:36:50	00:57:41	14	WU20	27	6
1148	Barfknecht	Tomke	Kurverein Esens7 Bens	1985	2009	01:02:36	01:00:01	01:02:43	01:23:44	01:04:56	01:03:03	06:37:03	00:57:43	24	W	32	6
1149	Libner	Henning	SV Großefehn	1952	2009	01:01:47	01:00:24	01:03:27	01:18:37	01:08:58	01:04:01	06:37:14	00:57:44	57	M55	56	6
1150	Freudenberg	Habbo	lhowerfehn	1966	2009	01:00:57	01:00:14	01:02:03	01:22:04	01:07:32	01:04:26	06:37:16	00:57:45	43	M40	190	6
1151	Hoyer	Heinz	Norden	1943	2009	01:02:14	01:00:35	01:02:43	01:20:37	01:07:47	01:03:37	06:37:33	00:57:47	66	M65	17	6
1152	Saathoff	Eike	de Heizungsloopers	1989	2009	00:58:36	00:59:43	01:04:03	01:20:28	01:08:37	01:06:09	06:37:36	00:57:47	20	M	70	6
1153	Klasen	Martina	Leer	1958	2009	01:00:35	01:02:15	01:02:30	01:19:36	01:08:56	01:03:59	06:37:51	00:57:50	51	W50	18	6
1154	Kramer	Rita	Barßel	1979	2009	01:01:17	00:59:33	01:02:38	01:20:12	01:09:33	01:04:54	06:38:07	00:57:52	30	W30	24	6
1155	Pleis	Inga	Polizei Leer	1981	2009	01:01:34	00:59:45	01:02:31	01:20:13	01:08:45	01:05:23	06:38:11	00:57:53	28	W	33	6
1156	Olbrich	Birgit	Leinerstift e.V.	1957	2009	01:01:40	01:00:00	01:03:24	01:20:03	01:07:32	01:05:47	06:38:26	00:57:55	52	W50	19	6
1157	Janssen	Ingrid	WfBm-Aurich-Wittmund	1968	2009	01:04:08	01:01:47	01:02:18	01:23:29	01:06:23	01:00:22	06:38:27	00:57:55	41	W40	50	6
1158	Göhler	Christoph	Aurich	1939	2009	01:01:18	01:01:24	01:02:49	01:19:28	01:08:26	01:05:10	06:38:35	00:57:56	70	M70	3	6
1159	Wilken	Agnes	Baptisten Firrel	1970	2009	01:02:42	01:01:46	01:03:31	01:18:06	01:08:19	01:04:19	06:38:43	00:57:57	39	W35	35	6
1160	Jans	Gerd	Eden, Jans, Fischer Par	1964	2009	01:02:16	01:00:01	01:02:07	01:23:00	01:08:14	01:03:10	06:38:48	00:57:58	45	M45	173	6
1161	Reiter	Hermann	SV Stikelkamp	1965	2009	01:00:35	01:01:43	01:04:47	01:19:30	01:08:03	01:04:10	06:38:48	00:57:58	44	M40	191	6
1162	Reiter	Beate	SV Stikelkamp	1966	2009	01:00:35	01:01:43	01:04:46	01:19:30	01:08:04	01:04:10	06:38:48	00:57:58	43	W40	51	6
1163	Mennen	Gaby	LOOP DOCH SÜLMST	1972	2009	01:04:14	01:00:18	01:03:15	01:20:22	01:06:39	01:04:01	06:38:49	00:57:58	37	W35	36	6
1164	Klenzendorf	Regina	Leer	1965	2009	01:03:04	01:01:39	01:02:36	01:18:21	01:08:42	01:04:32	06:38:54	00:57:59	44	W40	52	6
1165	Hilbrands	Eske	de Heizungsloopers	1996	2009	00:58:30	00:58:41	01:03:20	01:22:56	01:07:40	01:07:59	06:39:06	00:58:01	13	WU20	28	6
1166	Swart	Helmut	Weener Plastik AG	1964	2009	01:01:24	00:59:58	01:04:56	01:21:54	01:06:44	01:04:21	06:39:17	00:58:02	45	M45	174	6
1167	Böwe	Werner	Emder LG	1944	2009	01:01:47	01:00:43	01:02:23	01:19:54	01:08:01	01:06:40	06:39:28	00:58:04	65	M65	18	6
1168	Gruis	Oliver	Nordland Papier	1977	2009	01:09:05	01:00:12	01:01:10	01:20:42	01:05:41	01:02:54	06:39:44	00:58:06	32	M30	64	6
1169	Ley	André	Polizei Aurich	1967	2009	01:03:30	01:03:24	01:03:25	01:19:15	01:07:20	01:03:03	06:39:57	00:58:08	42	M40	192	6
1170	Sweers	Olaf	SV Wittmund	1968	2009	01:01:33	01:03:56	01:04:06	01:22:42	01:05:50	01:01:53	06:40:00	00:58:08	41	M40	193	6
1171	Sanders	Michael	Moormerland	1975	2009	01:09:01	01:03:44	01:02:56	01:16:54	01:05:14	01:02:13	06:40:02	00:58:09	34	M30	65	6
1172	Veldkamp	Sabrina	Pro Senis	1981	2009	01:01:16	01:00:30	01:03:17	01:21:14	01:08:32	01:05:15	06:40:04	00:58:09	28	W	34	6
1173	Seybold	Jörg	Frisia Loga	1949	2009	00:59:45	00:59:43	01:02:33	01:21:49	01:09:11	01:07:06	06:40:07	00:58:09	60	M60	25	6
1174	Gerdes	Manfred	Lauffreff Middels	1959	2009	01:02:03	01:01:15	01:04:03	01:19:39	01:08:03	01:05:16	06:40:19	00:58:11	50	M50	97	6
1175	Budnick	Margret	TSV Jahn Carolinensiel	1954	2009	01:00:36	00:59:46	01:03:19	01:22:35	01:09:45	01:04:34	06:40:35	00:58:13	55	W55	8	6
1176	Wodak	Reinhard	TV Leer	1950	2009	01:03:22	01:02:38	01:02:31	01:19:12	01:08:01	01:04:53	06:40:37	00:58:14	59	M55	57	6
1177	Mennebäck	Ingrid	SC 13 Eichen Wiesens	1962	2009	01:04:11	01:01:52	01:03:23	01:18:23	01:08:35	01:04:23	06:40:47	00:58:15	47	W45	45	6
1178	Freitag	Norbert	LT TuS Aurich-Ost	1948	2009	01:01:33	01:01:32	01:04:20	01:20:21	01:08:49	01:04:14	06:40:49	00:58:15	61	M60	26	6
1179	Freitag	Theda	LT TuS Aurich-Ost	1951	2009	01:01:33	01:01:33	01:04:20	01:20:20	01:08:49	01:04:14	06:40:49	00:58:15	58	W55	9	6
1180	Bunjes	Meinhard	Ruderverein Barßel	1952	2009	01:03:49	01:01:59	01:03:46	01:21:32	01:04:16	01:05:29	06:40:51	00:58:16	57	M55	58	6
1181	Janßen-Hake	Susanne	SV Nortmoor	1966	2009	01:01:36	01:01:47	01:04:18	01:20:37	01:08:23	01:04:28	06:41:09	00:58:18	43	W40	53	6
1182	Zeiler	Regina	Südbrookmerland	1957	2009	01:06:38	01:01:51	01:09:05	01:19:36	01:03:13	01:01:00	06:41:23	00:58:20	52	W50	20	6
1183	Reiners	Bernhard	TUS Victorbur	1968	2009	01:05:03	01:00:01	01:04:36	01:20:50	01:07:57	01:02:58	06:41:25	00:58:21	41	M40	194	6
1184	Reiners	Steffen	Gymnasium Ulricianum	1996	2009	01:05:03	01:00:01	01:04:36	01:20:50	01:07:58	01:02:58	06:41:26	00:58:21	13	MU20	106	6
1185	Willms	Eike	Sparkasse LeerWittmun	1989	2009	01:04:07	01:01:03	01:01:03	01:22:30	01:08:05	01:04:54	06:41:42	00:58:23	20	M	71	6
1186	Hinderks	Jochen	Aurich	1980	2009	01:02:54	01:00:38	01:04:39	01:19:16	01:09:12	01:05:26	06:42:05	00:58:27	29	M	72	6
1187	Kappemagel	Manu	Veenhusen	1972	2009	01:01:58	01:01:49	01:03:30	01:21:07	01:09:04	01:04:43	06:42:11	00:58:27	37	W35	37	6
1188	Pruin	Christian	Team Wilts	1981	2009	01:05:11	01:01:08	01:04:41	01:18:33	01:07:59	01:04:48	06:42:20	00:58:29	28	M	73	6
1189	Wagner	Sven	HRS Moormerland	1993	2009	01:07:47	01:01:23	01:03:20	01:18:48	01:07:46	01:03:34	06:42:38	00:58:31	16	MU20	107	6
1190	de Vries	Kathrin	Ruderverein Emden	1975	2009	01:01:03	01:00:37	01:04:49	01:19:56	01:11:03	01:05:10	06:42:38	00:58:31	34	W30	25	6
1191	Musiol	Anja	Emder LG	1973	2009	01:03:50	01:01:08	01:02:55	01:20:01	01:09:21	01:05:28	06:42:43	00:58:32	36	W35	38	6
1192	Baumgarten	Petra	HS-Aurich	1970	2009	01:02:41	01:02:16	01:03:32	01:20:13	01:09:07	01:05:01	06:42:5					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
1200	Conrads	Petra	Emder LG	1970	2009	01:03:12	01:01:08	01:04:50	01:20:00	01:09:09	01:05:27	06:43:46	00:58:41	39	W35	40	6
1201	Leuchters	Eric	Leer	1964	2009	01:04:08	01:02:39	01:02:01	01:22:56	01:07:53	01:04:25	06:44:02	00:58:44	45	M45	175	6
1202	Haken	Karl-Dieter	HAKA	1951	2009	01:01:35	01:01:40	01:04:35	01:20:59	01:09:01	01:06:15	06:44:05	00:58:44	58	M55	59	6
1203	Buschmeier	Karin	Leer	1971	2009	01:02:56	01:01:57	01:04:24	01:20:54	01:08:52	01:05:09	06:44:12	00:58:45	38	W35	41	6
1204	Girts	Wolfgang	LT TuS Aurich-Ost	1952	2009	01:04:10	01:03:08	01:05:16	01:21:11	01:07:41	01:03:03	06:44:29	00:58:47	57	M55	60	6
1205	Schilling	Daniela	RVB Aurich/Uplengen	1977	2009	01:01:31	00:59:13	01:04:49	01:22:48	01:10:24	01:05:52	06:44:37	00:58:49	32	W30	26	6
1206	Oltmanns	Hermann	Sparkasse LeerWittmun	1964	2009	01:01:46	01:01:22	01:02:56	01:21:43	01:10:09	01:06:45	06:44:41	00:58:49	45	M45	176	6
1207	Hilbrands	Fenna	de Heizungsloopers	1992	2009	01:00:26	00:59:28	01:03:31	01:22:56	01:10:30	01:08:00	06:44:51	00:58:51	17	WU20	29	6
1208	Neugebauer	Bäbel	TV Norden	1965	2009	01:07:30	01:00:46	01:04:15	01:19:30	01:08:46	01:04:36	06:45:23	00:58:55	44	W40	54	6
1209	Heinrichsdorff-Arends	Feeko	obv Emden	1956	2009	00:59:08	01:16:42	01:04:48	01:17:39	01:05:00	01:02:08	06:45:25	00:58:56	53	M50	99	6
1210	Flessner	Michaela	SV Blomberg	1969	2009	01:02:01	01:01:27	01:03:56	01:22:06	01:09:38	01:06:29	06:45:37	00:58:57	40	W40	55	6
1211	Remmers	Uwe	Crocodiles Ihlow	1959	2009	01:07:32	01:00:48	01:04:16	01:19:48	01:08:44	01:04:36	06:45:44	00:58:58	50	M50	100	6
1212	Dirksen	Ottmar	EWE Wattloopers	1962	2009	01:05:23	01:01:36	01:04:58	01:20:50	01:08:11	01:04:50	06:45:48	00:58:59	47	M45	177	6
1213	Gruben	Anton	SV Potshausen	1942	2009	01:02:43	01:00:52	01:04:58	01:20:47	01:10:21	01:06:24	06:46:05	00:59:01	67	M65	19	6
1214	Meyer	Wiard	SV Potshausen	1962	2009	01:02:43	01:00:52	01:04:58	01:20:47	01:10:21	01:06:24	06:46:05	00:59:01	47	M45	178	6
1215	Engracia Mestre	Sebastiao	Emder LG	1973	2009	01:04:34	01:03:29	01:05:02	01:21:41	01:07:42	01:03:38	06:46:06	00:59:02	36	M35	122	6
1216	Oltmanns	Bianca	IGS Aurich-West	1991	2009	01:04:09	01:00:51	01:02:39	01:22:22	01:09:54	01:06:13	06:46:08	00:59:02	18	WU20	30	6
1217	Rohden	Monika	Wi sünd Holtriem SV Oc	1966	2009	01:01:57	01:01:26	01:03:50	01:23:00	01:09:33	01:06:26	06:46:12	00:59:02	43	W40	56	6
1218	August	Dieter	SuS Timmel	1960	2009	01:01:22	00:59:28	01:04:49	01:20:16	01:10:46	01:09:35	06:46:16	00:59:03	49	M45	179	6
1219	Kaluza	Ingrid	LG Großefehn	1959	2009	01:03:52	01:01:58	01:04:39	01:21:21	01:08:49	01:05:49	06:46:28	00:59:05	50	W50	21	6
1220	Scheffler	Andrea	LT TuS Aurich-Ost	1966	2009	01:02:28	01:02:04	01:03:44	01:21:59	01:10:50	01:05:25	06:46:30	00:59:05	43	W40	57	6
1221	Hofmann	Deike	Holthusen	1991	2009	01:01:36	01:01:39	01:05:46	01:20:59	01:11:02	01:05:44	06:46:46	00:59:07	18	WU20	31	6
1222	Ramaker	Harald	SV Warsingsfehn	1963	2009	01:02:31	01:04:06	01:05:13	01:21:35	01:08:17	01:05:08	06:46:50	00:59:08	46	M45	180	6
1223	Kohl	Marie-Theres	TV Norden	1997	2009	01:00:14	00:59:59	01:08:55	01:19:45	01:13:37	01:04:20	06:46:50	00:59:08	12	WU20	32	6
1224	Kohl	Andreas	TV Norden	1975	2009	01:00:14	00:59:58	01:08:56	01:19:46	01:13:37	01:04:20	06:46:51	00:59:08	34	M30	66	6
1225	Swalve	Christina	DLRG Weener	1976	2009	01:03:54	01:02:07	01:04:10	01:23:32	01:08:49	01:04:34	06:47:06	00:59:10	33	W30	27	6
1226	Haken	Dennis	HAKA	1978	2009	01:03:36	01:01:30	01:03:33	01:22:23	01:10:48	01:05:35	06:47:25	00:59:13	31	M30	67	6
1227	Nippen	Gunda	DRK Leer	1977	2009	01:03:42	01:02:38	01:04:59	01:22:57	01:08:44	01:04:27	06:47:27	00:59:13	32	W30	28	6
1228	Mintken	Andrea	TAO-Schule Aurich	1982	2009	01:04:42	01:02:05	01:04:27	01:23:05	01:09:06	01:04:03	06:47:28	00:59:13	27	W	36	6
1229	Tergast	Birgit	BSV Bingum	1975	2009	01:06:00	01:05:31	01:02:05	01:21:27	01:08:01	01:04:28	06:47:32	00:59:14	34	W30	29	6
1230	Sluiter	Helga	Nordgeorgsfehn	1963	2009	01:02:18	01:01:56	01:05:26	01:22:37	01:09:40	01:05:40	06:47:37	00:59:15	46	W45	48	6
1231	Klunder	Jochen	LOOP DOCH SÜLMST	1967	2009	01:04:34	01:02:59	01:05:41	01:21:17	01:08:53	01:04:15	06:47:39	00:59:15	42	M40	197	6
1232	Schewiola	Axel	TV Norden	1938	2009	01:02:17	01:02:22	01:05:20	01:22:40	01:08:56	01:06:17	06:47:52	00:59:17	71	M70	4	6
1233	Becker	Sonja	Reederei Buss	1967	2009	01:02:40	01:02:27	01:05:03	01:21:38	01:09:17	01:07:11	06:48:16	00:59:20	42	W40	58	6
1234	Rieken	Doris	LT TuS Aurich-Ost	1961	2009	01:02:28	01:02:15	01:04:53	01:21:58	01:10:50	01:05:58	06:48:22	00:59:21	48	W45	49	6
1235	Möhlmann	Gisela	VFB Uplengen	1969	2009	01:03:24	01:01:44	01:05:04	01:21:59	01:10:45	01:05:29	06:48:25	00:59:22	40	W40	59	6
1236	Heyen	Jann	TV Norden	1941	2009	01:01:12	01:02:20	01:05:18	01:22:05	01:10:47	01:06:46	06:48:28	00:59:22	68	M65	20	6
1237	Schön	Dagmar	LT TuS Aurich-Ost	1964	2009	01:09:14	01:00:35	01:01:37	01:23:29	01:07:23	01:06:19	06:48:37	00:59:24	45	W45	50	6
1238	Weinstock	Andrea	LT TuS Aurich-Ost	1980	2009	01:02:48	01:01:46	01:04:05	01:22:12	01:10:00	01:07:48	06:48:39	00:59:24	29	W	37	6
1239	Schürmann	Jonas	SV Warsingsfehn	1995	2009	00:56:00	01:00:48	01:00:57	01:27:17	01:25:19	00:58:22	06:48:43	00:59:24	14	MU20	109	6
1240	Helmerichs	Petra	Fun-Loopers	1969	2009	01:03:59	01:02:08	01:05:56	01:20:06	01:10:32	01:06:10	06:48:51	00:59:26	40	W40	60	6
1241	Heilemann	Wolfgang	Team Erdinger Alkoholf	1957	2009	01:05:41	01:04:13	01:04:03	01:22:49	01:08:09	01:04:08	06:49:03	00:59:27	52	M50	101	6
1242	Mueller	Jan	VfB Rajen	1968	2009	01:03:23	01:02:32	01:04:47	01:21:57	01:09:14	01:07:14	06:49:07	00:59:28	41	M40	198	6
1243	Drost	Helge	Wittmund	1974	2009	01:07:39	01:04:08	01:04:16	01:22:01	01:07:20	01:03:45	06:49:09	00:59:28	35	M35	123	6
1244	Mammen	Roland	SV Ochtersum	1960	2009	01:02:55	01:03:40	01:04:11	01:22:02	01:10:18	01:06:21	06:49:27	00:59:31	49	M45	181	6
1245	Schädler	Susan	Leer	1959	2009	01:02:39	01:02:53	01:04:35	01:22:52	01:09:47	01:06:55	06:49:41	00:59:33	50	W50	22	6
1246	Schoon	Margret	TG Wiesmoor	1963	2009	01:03:19	01:01:53	01:05:36	01:21:37	01:09:48	01:07:32	06:49:45	00:59:33	46	W45	51	6
1247	Schrage	Katja	Schrage Conveying Sys	1970	2009	01:05:16	01:01:47	01:04:46	01:22:57	01:09:46	01:05:30	06:50:02	00:59:36	39	W35	42	6
1248	Kaletsch	Sarah	Gymnasium Ulricianum	1993	2009	01:03:06	01:02:43	01:05:31	01:21:42	01:10:12	01:06:53	06:50:07	00:59:37	16	WU20	33	6
1249	Hinderks	Andrea	VfB Mönkeboe	1981	2009	01:01:56	01:00:41	01:05:38	01:23:10	01:11:23	01:07:43	06:50:31	00:59:40	28	W	38	6
1250	Hagena	Wolfgang	Druckerei Meyer	1965	2009	01:04:55	01:08:04	01:04:56	01:25:06	01:04:06	01:03:32	06:50:39	00:59:41	44	M40	199	6
1251	Groenhagen	Wilma	Emden	1946	2009	01:03:26	01:03:02	01:04:57	01:22:59	01:10:12	01:06:08	06:50:44	00:59:42	63	W60	3	6
1252	Teske-Völker	Andrea	Holtland	1979	2009	01:03:26	01:01:37	01:04:53	01:23:59	01:11:50	01:05:21	06:51:06	00:59:45	30	W30	30	6
1253	Sondermann	Andrea	KUH'S BEST-Team	1981	2009	01:02:56	01:02:54	01:04:56	01:23:43	01:09:56	01:06:42	06:51:07	00:59:45	28	W	39	6
1254	Meinders	Katrin	Stadt Weener	1967	2009	01:00:23	01:00:58	01:06:32	01:26:20	01:11:21	01:05:40	06:51:14	00:59:46	42	W40	61	6
1255	Zimmermann	Maike	VfB Rajen	1980	2009	01:03:21	01:02:46	01:06:19	01:21:52	01:11:06	01:06:21	06:51:45	00:59:51	29	W	40	6
1256	Plaisier	Martina	SV Strücklingen	1982	2009	01:06:51	01:03:19	01:03:20	01:22:01	01:09:03	01:07:18	06:51:52	00:59:52	27	W	41	6
1257	Lüdeling	Jan	Hartmann Group	1970	2009	01:05:10	01:03:17	01:05:41	01:26:16	01:08:36	01:02:56	06:51:56	00:59:52	39	M35	124	6
1258	Picksak	Angelika	TSV Riepe	1963	2009	01:02:01	01:01:27	01:03:53	01:29:10	01:09:32	01:06:30	06:52:33	00:59:58	46	W45	52	6
1259	Brink	Susanne	FC Frisia Völlenerkönigs	1969	2009	01:05:42	01:02:39	01:05:01	01:22:12	01:08:43	01:08:27	06:52:44	00:59:59	40	W40	62	6
1260	Keiser	Johann	TSV Hesel	1962	2009	01:05:43	01:02:40	01:05:01	01:22:13	01:08:41	01:08:27	06:52:45	01:00:00	47	M45	182	6
1261	Pauw	Tanja	Hollen	1986	2009	01:04:48	01:03:32	01:05:03	01:23:34	01:10:05	01:05:43	06:52:45	01:00:00	23	W	42	6
1262	Bünting	Anja	Hollen	1967	2009	01:04:50	01:03:33	01:05:03	01:23:34	01:10:05	01:05:44	06:52:49	01:00:00	42	W40	63	6
1263	Lücht	Richard	ohne	1957	2009	01:04:13	01:02:36	01:04:43	01:23:06	01:10							

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

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
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
1270	Hollwege	Ralf	VfLl. Berumbur	1962	2009	01:04:03	01:03:35	01:05:40	01:22:19	01:11:03	01:07:17	06:53:57	01:00:10	47	M45	183	6
1271	Hamel	Arno	VfB Rajen	1964	2009	01:03:31	01:02:13	01:04:45	01:21:55	01:14:52	01:07:14	06:54:30	01:00:15	45	M45	184	6
1272	Bolhuis	Wilhelm	TV Norden	1943	2009	01:05:33	01:04:21	01:05:41	01:22:12	01:10:08	01:07:22	06:55:17	01:00:22	66	M65	21	6
1273	Buss	Helga	Neukamperfehn	1962	2009	01:05:03	01:03:03	01:07:15	01:23:04	01:10:05	01:06:55	06:55:25	01:00:23	47	W45	54	6
1274	Janssen	Jannes	HRS Westerholt	1995	2009	01:08:29	01:03:08	01:05:40	01:24:38	01:08:05	01:05:32	06:55:32	01:00:24	14	MU20	111	6
1275	Abbas	Martina	TGG Leer	1990	2009	01:06:08	01:03:46	01:06:18	01:23:45	01:08:58	01:06:49	06:55:44	01:00:26	19	WU20	34	6
1276	Dirksen	Elke	Aurich	1966	2009	01:04:10	01:03:08	01:05:25	01:25:06	01:10:39	01:07:22	06:55:50	01:00:26	43	W40	65	6
1277	Krefter	Birgit	Team Möbel Buss	1972	2009	01:03:52	01:03:23	01:05:47	01:24:12	01:11:26	01:07:47	06:56:27	01:00:32	37	W35	43	6
1278	Heckhoff	Lina	Gymnasium Westerstede	1990	2009	01:08:20	01:05:11	01:05:10	01:18:55	01:10:33	01:08:20	06:56:29	01:00:32	19	WU20	35	6
1279	Middelborg	Helga	LT SV Ems Jemgum	1952	2009	01:04:07	01:04:11	01:06:12	01:22:24	01:11:05	01:08:34	06:56:33	01:00:33	57	W55	11	6
1280	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2009	01:05:45	01:04:45	01:05:49	01:22:09	01:10:58	01:07:34	06:57:00	01:00:37	56	M55	63	6
1281	Erdmann	Dieter	SuS Berumerfehn	1949	2009	01:12:53	01:04:17	01:05:16	01:22:15	01:07:51	01:04:36	06:57:08	01:00:38	60	M60	27	6
1282	Hedemann	Anja	Team Möbel Buss	1964	2009	01:04:38	01:03:03	01:06:56	01:24:03	01:11:10	01:07:21	06:57:11	01:00:38	45	W45	55	6
1283	Koch	Stefanie	EWE Wattloopers	1980	2009	01:07:52	01:05:41	01:05:14	01:23:29	01:09:19	01:05:37	06:57:12	01:00:38	29	W	43	6
1284	Hafner	Andrea	Leer	1974	2009	01:05:48	01:04:16	01:06:32	01:24:32	01:10:31	01:05:37	06:57:16	01:00:39	35	W35	44	6
1285	Möhlmann	Gerda	SC Wiesens	1965	2009	01:04:25	01:03:01	01:06:24	01:22:38	01:12:07	01:09:00	06:57:35	01:00:42	44	W40	66	6
1286	Janssen	Focko	IGS Aurich-West	1949	2009	01:02:02	01:00:18	01:05:30	01:22:34	01:16:14	01:11:02	06:57:40	01:00:42	60	M60	28	6
1287	Jansen	Theresia	ELV Elektronik AG	1971	2009	01:04:41	01:03:47	01:05:11	01:24:19	01:11:20	01:08:26	06:57:44	01:00:43	38	W35	45	6
1288	Huisman	Thorsten	obw Emden	1985	2009	01:09:46	01:11:26	01:04:04	01:20:04	01:07:02	01:05:27	06:57:49	01:00:44	24	M	74	6
1289	Wiese	Karin	Team ENERCON	1980	2009	01:05:20	01:03:19	01:07:07	01:23:21	01:12:18	01:06:44	06:58:09	01:00:47	29	W	44	6
1290	Kahmann	Margret	Laufgemeinschaft Ostfri	1958	2009	01:03:49	01:05:18	01:07:31	01:22:20	01:11:26	01:07:51	06:58:15	01:00:48	51	W50	23	6
1291	Janssen	Heinrich	MTV Aurich Tria	1934	2009	01:04:45	01:04:45	01:05:35	01:23:11	01:11:27	01:08:38	06:58:21	01:00:48	75	M75	1	6
1292	Evers	Kathrin	KBV Langefeld	1989	2009	01:00:07	00:56:39	01:02:17	01:42:46	01:04:38	01:12:15	06:58:42	01:00:51	20	W	45	6
1293	Kok	Sigrid	Kok-Reisen	1963	2009	01:08:07	01:03:31	01:06:13	01:22:21	01:10:52	01:07:45	06:58:49	01:00:52	46	W45	56	6
1294	Samuels	Meta	Sportschule TAO Aurich	1964	2009	01:07:35	01:04:04	01:05:55	01:24:29	01:10:22	01:06:26	06:58:51	01:00:53	45	W45	57	6
1295	Einhaus	Sonja	Hartmann Group	1970	2009	01:03:37	01:03:55	01:06:10	01:26:18	01:11:38	01:08:35	07:00:13	01:01:05	39	W35	46	6
1296	Weichers	Klaus Werner	VfR eintracht Völlen	1969	2009	01:07:02	01:02:51	01:05:52	01:26:30	01:11:11	01:06:53	07:00:19	01:01:06	40	M40	200	6
1297	Fellensiek	Karin	BV Plaggenburg	1966	2009	01:04:10	01:03:14	01:06:27	01:25:07	01:11:36	01:10:00	07:00:34	01:01:08	43	W40	67	6
1298	Nobel	Benjamin	*Leer	1986	2009	01:06:16	01:01:03	01:04:35	01:19:02	01:11:37	01:18:13	07:00:46	01:01:09	23	M	75	6
1299	Harms	Anna	KGS Großefehn	1997	2009	01:08:19	01:02:59	01:09:03	01:25:04	01:11:54	01:03:32	07:00:51	01:01:10	12	WU20	36	6
1300	Lüürsen	Birgit	Weener	1968	2009	01:08:45	01:04:03	01:07:12	01:22:23	01:12:50	01:05:55	07:01:08	01:01:13	41	W40	68	6
1301	Janßen	Gerrit	Ihlow / Westerende-K.	1975	2009	01:03:59	01:04:29	01:08:49	01:26:10	01:11:21	01:06:34	07:01:22	01:01:15	34	M30	68	6
1302	Dirks	Bernd	Wi sünd Holtriem	1996	2009	01:03:33	01:00:55	01:07:45	01:28:09	01:17:12	01:03:49	07:01:23	01:01:15	13	MU20	112	6
1303	Kaiser	Andre	Leer	1967	2009	01:04:44	01:03:35	01:05:39	01:20:49	01:12:18	01:14:30	07:01:35	01:01:17	42	M40	201	6
1304	Freerks	Inka	Blau-Weiß-Filsum	1993	2009	01:01:59	01:09:49	01:12:20	01:22:59	01:09:53	01:04:41	07:01:41	01:01:17	16	WU20	37	6
1305	Pleis	Anna	Blau-Weiß-Filsum	1993	2009	01:02:00	01:09:48	01:12:20	01:22:59	01:09:53	01:04:42	07:01:42	01:01:18	16	WU20	38	6
1306	Meyer	Heidi	EWE Wattloopers	1970	2009	01:07:51	01:04:56	01:05:28	01:22:52	01:11:31	01:09:28	07:02:06	01:01:21	39	W35	47	6
1307	Voße	Jana	Team Beck's nicht alko	1989	2009	01:09:16	01:06:02	01:13:43	01:18:22	01:03:24	01:11:32	07:02:19	01:01:23	20	W	46	6
1308	Tatje	Andre	Realschule Esens	1993	2009	01:08:27	01:01:31	01:06:02	01:27:19	01:11:04	01:08:04	07:02:27	01:01:24	16	MU20	113	6
1309	Schmidt	Angelika	Hesel	1961	2009	01:05:41	01:05:23	01:06:32	01:24:31	01:12:09	01:08:26	07:02:42	01:01:26	48	W45	58	6
1310	Bock	Insa	DLRG Esens	1964	2009	01:08:06	01:04:11	01:07:00	01:23:56	01:11:22	01:08:17	07:02:52	01:01:28	45	W45	59	6
1311	Habben	Karl	EWE Wattloopers	1948	2009	01:03:02	01:03:31	01:07:16	01:25:07	01:16:11	01:07:46	07:02:53	01:01:28	61	M60	29	6
1312	Severiens	Henriette	Fortuna Logabirum	1954	2009	01:06:37	01:04:33	01:07:01	01:23:59	01:12:13	01:08:49	07:03:12	01:01:31	55	W55	12	6
1313	Doden	Ina	SV-Arle	1972	2009	01:07:24	01:05:08	01:08:27	01:18:59	01:13:10	01:10:06	07:03:14	01:01:31	37	W55	13	6
1314	Schmidtke	Wolfgang	Loga	1953	2009	01:04:03	01:07:34	01:06:50	01:24:51	01:13:14	01:06:50	07:03:22	01:01:32	56	M55	64	6
1315	Meyer	Herta	TV Norden	1949	2009	01:05:46	01:04:12	01:07:55	01:24:30	01:11:28	01:09:42	07:03:33	01:01:34	60	W60	4	6
1316	Spinneker	Christa	TV Norden	1948	2009	01:05:46	01:04:12	01:07:56	01:24:31	01:11:28	01:09:43	07:03:36	01:01:34	61	W60	5	6
1317	Christoffers	Jutta	TG Wiesmoor	1961	2009	01:08:38	01:04:13	01:06:14	01:24:54	01:11:27	01:08:39	07:04:05	01:01:38	48	W45	60	6
1318	Claassen	Gerd	LG Ostfriesland	1945	2009	01:06:05	01:04:19	01:08:15	01:25:07	01:12:05	01:08:35	07:04:26	01:01:41	64	M60	30	6
1319	Hieronimus	Silvia	VHS-Laufen	1979	2009	01:11:02	01:06:32	01:08:01	01:23:12	01:09:07	01:06:32	07:04:26	01:01:41	30	W30	31	6
1320	Mennenga	Andre	Emder Lg	1961	2009	01:05:35	01:04:02	01:06:16	01:26:30	01:14:24	01:07:41	07:04:28	01:01:42	48	M45	185	6
1321	Stanke	Annette	SC Wiesens	1958	2009	01:05:48	01:04:55	01:07:27	01:24:06	01:12:49	01:09:44	07:04:49	01:01:45	51	W50	24	6
1322	Heddinga	Gisela	LT TuS Aurich-Ost	1957	2009	01:04:11	01:03:54	01:08:41	01:24:51	01:14:02	01:09:11	07:04:50	01:01:45	52	W50	25	6
1323	Ideus Dieken-	Insa	TSV Holtrop	1966	2009	01:04:23	01:04:50	01:08:56	01:24:03	01:12:19	01:10:19	07:04:50	01:01:45	43	W40	69	6
1324	Wallerowitz	Johanne	LG Ostfriesland	1966	2009	01:08:32	01:06:14	01:07:35	01:21:27	01:12:55	01:08:18	07:05:01	01:01:47	43	W40	70	6
1325	Ubben	Anna-Lena	HRS Moorerland	1995	2009	01:09:41	01:04:17	01:07:27	01:25:13	01:11:48	01:06:38	07:05:04	01:01:47	14	WU20	39	6
1326	Heyen	Heiko	LG Großefehn	1957	2009	01:03:33	01:04:18	01:07:00	01:29:09	01:13:27	01:07:50	07:05:17	01:01:49	52	M50	103	6
1327	Beier	Marieke	NIGE	1990	2009	01:09:23	01:06:19	01:08:58	01:24:06	01:11:22	01:05:11	07:05:19	01:01:49	19	WU20	40	6
1328	Sanwald	Hanna	Fehntjer Lauftreff	1962	2009	01:05:12	01:04:40	01:07:32	01:26:45	01:12:07	01:09:32	07:05:48	01:01:53	47	W45	61	6
1329	Geiken	Silvia	BV Victorbur	1971	2009	01:05:26	01:05:08	01:08:03	01:26:06	01:11:59	01:09:15	07:05:57	01:01:55	38	W35	48	6
1330	Saathoff	Annermarie	TuS Esens	1951	2009	01:06:38	01:06:11	01:08:34	01:23:54	01:11:42	01:09:01	07:06:00	01:01:55	58	W55	14	6
1331	Eisenhauer	Elisabeth	TuS Esens	1949	2009	01:06:38	01:06:11	01:08:34	01:23:55	01:11:42	01:09:01	07:06:01	01:01:55	60	W60	6	6
1332	Ihlow	Werner	TV Norden	1945	2009	01:05:32	01:03:45	01:07:32	01:24:51	01:12:23	01:12:03	07:06:06	01:01:56	64	M60	31	6
1333	Zirpins	Burghardt	obw Emden	1957	2009	01:07:54	01:05:29	01:07:35	01:24:00	01:11:43	01:09:31						

**28. Ostfrieslandlauf 2009**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
1340	Boé	Marion	Esens	1947	2009	01:06:45	01:05:01	01:07:21	01:25:21	01:13:17	01:09:36	07:07:21	01:02:07	62	W60	7	6
1341	Seifert	Gitta	Laufftreff Middelds	1967	2009	01:05:02	01:04:21	01:07:51	01:26:50	01:14:16	01:09:05	07:07:25	01:02:07	42	W40	71	6
1342	Steinbömer	Hedwig	LT TuS Aurich-Ost	1958	2009	01:05:20	01:04:20	01:08:41	01:25:20	01:14:15	01:09:45	07:07:41	01:02:10	51	W50	27	6
1343	Stürenburg-Kruse	Helke	EWE Wattloopers	1961	2009	01:05:30	01:05:42	01:09:48	01:24:07	01:13:33	01:09:12	07:07:52	01:02:11	48	W45	62	6
1344	Eden	Almuth	BSC Burhufe	1965	2009	01:02:24	01:03:27	01:09:52	01:27:29	01:14:18	01:10:33	07:08:03	01:02:13	44	W40	72	6
1345	Hüls	Henri	obw Emden	1968	2009	01:06:16	01:05:26	01:08:01	01:25:33	01:13:54	01:08:54	07:08:04	01:02:13	41	M40	202	6
1346	Schäfer-Horatzek	Dorothee	Westoverledingen	1950	2009	01:10:59	01:07:12	01:08:13	01:24:56	01:10:24	01:06:20	07:08:04	01:02:13	59	W55	16	6
1347	Haskamp	Kerstin	TuRa 07	1976	2009	01:05:55	01:04:05	01:07:18	01:25:29	01:16:18	01:09:05	07:08:10	01:02:14	33	W30	34	6
1348	de Buhr-Hanken	Anja	Fun-Loopers	1965	2009	01:07:12	01:05:36	01:09:25	01:26:57	01:11:38	01:07:44	07:08:32	01:02:17	44	W40	73	6
1349	Ihmels	Yannik	HRS Westerholt	1991	2009	01:11:38	01:03:57	01:12:23	01:24:38	01:10:35	01:05:42	07:08:53	01:02:20	18	MU20	114	6
1350	Doyen	Heinrich	TG Wiesmoor	1959	2009	01:07:04	01:05:16	01:08:59	01:27:59	01:12:27	01:07:49	07:09:34	01:02:26	50	M50	105	6
1351	Schneider	Helmut	BV (Vorwärts) Plaggenb	1962	2009	01:08:56	00:51:35	01:11:34	01:30:32	01:18:02	01:09:01	07:09:40	01:02:27	47	M45	186	6
1352	Rühling	Michael	Aurich	1971	2009	01:08:44	01:08:44	01:07:03	01:25:20	01:12:31	01:07:21	07:09:43	01:02:28	38	M35	125	6
1353	Herden	Markus	Schortens	1977	2009	01:12:25	01:06:15	01:07:50	01:25:25	01:11:52	01:05:58	07:09:45	01:02:28	32	M30	69	6
1354	Ott	Valentina	LT TuS Aurich-Ost	1973	2009	01:06:44	01:04:07	01:09:14	01:24:55	01:12:30	01:12:28	07:09:58	01:02:30	36	W35	49	6
1355	Busse	Rainer	de Heizungsloopers	1971	2009	01:06:26	01:06:23	01:10:29	01:24:23	01:11:34	01:10:50	07:10:05	01:02:31	38	M35	126	6
1356	Erb	Martin	obw Emden	1962	2009	01:08:49	01:04:19	01:09:06	01:26:43	01:12:49	01:08:21	07:10:07	01:02:31	47	M45	187	6
1357	Lay	Christian	Team Wilts	1988	2009	01:11:10	01:07:32	01:08:19	01:28:18	01:10:55	01:04:00	07:10:14	01:02:32	21	M	77	6
1358	Tannen	Hermann	MTV Wittmund	1961	2009	01:08:24	01:04:27	01:07:48	01:23:49	01:12:41	01:13:07	07:10:16	01:02:32	48	M45	188	6
1359	Schindler	Jannik	VFL Jheringsfehn	1997	2009	01:14:57	01:08:05	01:09:30	01:25:05	01:09:13	01:03:33	07:10:23	01:02:33	12	MU20	115	6
1360	Pruin	Erich	VfL Germania Leer	1964	2009	01:11:45	01:06:18	01:08:29	01:24:39	01:12:04	01:07:37	07:10:52	01:02:38	45	M45	189	6
1361	Becker	Holger	vereinslos!	1974	2009	01:06:59	01:02:48	01:07:46	01:29:36	01:13:44	01:10:37	07:11:30	01:02:43	35	M35	127	6
1362	John	Felicitas	AKTIVA GmbH Wolters	1976	2009	01:09:15	01:06:30	01:08:16	01:26:05	01:13:27	01:08:17	07:11:50	01:02:46	33	W30	35	6
1363	Baumann	Heike	Raiffeisenbank eG, Mod	1976	2009	01:05:24	01:03:32	01:09:19	01:27:59	01:15:03	01:10:57	07:12:14	01:02:49	33	W30	36	6
1364	Busker	Joachim	Kok-Reisen	1955	2009	01:08:07	01:07:18	01:06:12	01:24:36	01:16:33	01:09:35	07:12:21	01:02:50	54	M50	106	6
1365	Brinkmann	Erdwin	Sparkasse Aurich-Nord	1961	2009	01:05:47	01:04:43	01:09:35	01:26:27	01:15:10	01:10:44	07:12:26	01:02:51	48	M45	190	6
1366	Schröder	Anna		1989	2009	01:07:30	01:05:35	01:07:22	01:26:30	01:13:24	01:12:21	07:12:42	01:02:54	20	W	48	6
1367	Fangmann	Andrea	RuB GmbH	1983	2009	01:09:52	01:06:01	01:08:16	01:26:55	01:13:45	01:08:15	07:13:04	01:02:57	26	W	49	6
1368	Honefeld	Anne	Moormerland	1971	2009	01:09:32	01:06:46	01:09:00	01:24:52	01:13:17	01:09:37	07:13:04	01:02:57	38	W35	50	6
1369	Foorden	Andrea	Team Enercon	1965	2009	01:04:55	01:04:48	01:08:05	01:29:39	01:15:19	01:10:56	07:13:42	01:03:02	44	W40	74	6
1370	Leeling	Barbara	Emden LG	1965	2009	01:09:41	01:03:31	01:08:18	01:28:00	01:13:31	01:10:49	07:13:50	01:03:03	44	W40	75	6
1371	Middelborg	Manfred	Bünting Tee	1949	2009	01:05:35	01:04:33	01:09:02	01:28:27	01:16:04	01:10:17	07:13:58	01:03:05	60	M60	32	6
1372	Haseborg	Wilma	SV Dornum	1961	2009	01:05:41	01:03:46	01:09:42	01:31:11	01:13:35	01:10:13	07:14:08	01:03:06	48	W45	63	6
1373	Diddens	Harm	Leer	1970	2009	01:07:40	01:09:05	01:08:55	01:25:30	01:13:41	01:09:52	07:14:43	01:03:11	39	M35	128	6
1374	Wedeken	Jürgen	Team Wilts	1958	2009	01:09:43	01:06:00	01:10:11	01:26:04	01:13:44	01:09:15	07:14:57	01:03:13	51	M50	107	6
1375	Denker	Wilma	Ostfriesische Volksbank	1966	2009	01:06:27	01:05:13	01:09:31	01:26:27	01:15:22	01:12:03	07:15:03	01:03:14	43	W40	76	6
1376	Kleen	Heike	Team Möbel Buss	1977	2009	01:06:37	01:05:13	01:08:17	01:28:02	01:16:02	01:10:57	07:15:08	01:03:15	32	W30	37	6
1377	Dirks	Anne	TG Wiesmoor	1962	2009	01:12:52	01:03:42	01:08:32	01:28:43	01:13:37	01:08:05	07:15:31	01:03:18	47	W45	64	6
1378	Hardy	Jutta	TG Wiesmoor	1965	2009	01:08:06	01:06:04	01:08:47	01:28:58	01:14:49	01:09:49	07:16:33	01:03:27	44	W40	77	6
1379	Tamling	Thomas	Friesoythe	1977	2009	01:07:25	01:05:15	01:07:50	01:28:47	01:15:32	01:11:57	07:16:46	01:03:29	32	M30	70	6
1380	Schutte	Berend	Hartmann Group	1979	2009	01:08:12	01:08:05	01:05:36	01:24:17	01:15:34	01:15:04	07:16:48	01:03:29	30	M30	71	6
1381	Gröning	Harald	Emden LG	1970	2009	01:06:23	01:05:07	01:06:16	01:28:19	01:15:27	01:15:33	07:17:05	01:03:32	39	M35	129	6
1382	Kuper	Claudia	Hartmann Group	1972	2009	01:06:23	01:05:34	01:10:06	01:29:08	01:15:49	01:11:00	07:18:00	01:03:40	37	W35	51	6
1383	Korpilla	Claudia	Ostfriesen Zeitung	1966	2009	01:07:38	01:06:52	01:08:52	01:28:50	01:15:22	01:10:34	07:18:08	01:03:41	43	W40	78	6
1384	Peckmann	Nina	Gymnasium Ulricianum	1993	2009	01:05:34	01:04:55	01:12:08	01:30:56	01:17:26	01:07:17	07:18:16	01:03:42	16	WU20	41	6
1385	Prange	Heinz	terre des hommes	1961	2009	01:09:35	01:06:22	01:10:19	01:29:12	01:12:15	01:10:49	07:18:32	01:03:44	48	M45	191	6
1386	Bekker	Liuba	GFI Treuhand GmbH	1987	2009	01:23:03	01:03:33	01:05:23	01:23:20	01:14:26	01:08:52	07:18:37	01:03:45	22	W	50	6
1387	Fitzner	Adele	LT TuS Aurich-Ost	1949	2009	01:07:15	01:06:43	01:11:11	01:27:21	01:16:02	01:10:45	07:19:17	01:03:51	60	W60	8	6
1388	Feige	Antje	LG -Großefehn	1962	2009	01:08:07	01:05:25	01:11:02	01:29:03	01:15:25	01:10:16	07:19:18	01:03:51	47	W45	65	6
1389	Brandt	Henning	Ostfriesische Volksbank	1977	2009	01:05:15	01:05:45	01:10:06	01:30:31	01:15:05	01:12:37	07:19:19	01:03:51	32	M30	72	6
1390	Richter	Ulrike	MTV Wittmund	1959	2009	01:08:58	01:06:40	01:10:16	01:27:29	01:15:11	01:10:58	07:19:32	01:03:53	50	W50	28	6
1391	Hiltmann	Susanne	LT TuS Aurich-Ost	1956	2009	01:07:12	01:08:34	01:09:14	01:28:51	01:16:03	01:11:33	07:21:27	01:04:10	53	W50	29	6
1392	Tunder	Susanne	Sportschule TAO Aurich	1967	2009	01:07:56	01:07:29	01:10:28	01:29:15	01:15:59	01:10:28	07:21:35	01:04:11	42	W40	79	6
1393	Göbel	Sabine	Pro-Senis	1962	2009	01:08:50	01:06:28	01:09:48	01:27:49	01:17:59	01:11:41	07:22:35	01:04:20	47	W45	66	6
1394	Peters	Roland	SV Strücklingen	1951	2009	01:11:57	01:07:03	01:09:04	01:28:53	01:15:55	01:09:45	07:22:37	01:04:20	58	M55	65	6
1395	Dahlweg	Christiane	Heinrich - Middendorf -	1980	2009	01:07:24	01:08:20	01:10:30	01:28:51	01:14:32	01:13:03	07:22:40	01:04:20	29	W	51	6
1396	Bruns	Harald	Hartmann Group	1988	2009	01:12:05	01:05:51	01:09:47	01:29:24	01:15:29	01:10:17	07:22:53	01:04:22	21	M	78	6
1397	Huismann	Gerold	obw Emden	1976	2009	01:10:54	01:06:14	01:10:03	01:29:10	01:15:35	01:11:19	07:23:15	01:04:26	33	M30	73	6
1398	Weber	Uwe	VHS-Laufen	1955	2009	01:14:45	01:08:53	01:09:08	01:26:09	01:14:26	01:09:55	07:23:16	01:04:26	54	M50	108	6
1399	Lombeck	Heike	Team Möbel Buss	1968	2009	01:07:41	01:09:08	01:09:33	01:29:36	01:16:06	01:11:15	07:23:19	01:04:26	41	W40	80	6
1400	Woortmann	Karina	LP KT	1978	2009	01:10:15	01:09:35	01:12:19	01:26:31	01:11:11	01:13:57	07:23:48	01:04:30	31	W30	38	6
1401	Krull	Tole	KBV Langefeld	1958	2009	01:09:24	01:08:26	01:10:48	01:26:58	01:15:59	01:12:25	07:24:00	01:04:32	51	M50	109	6
1402	Redenius	Jutta	LG Ostfriesland	1961	2009	01:08:52	01:06:57	01:08:38	01:29:19	01:18:11	01:12:04	07:24:01	01:04:32	48	W45	67	6
1403	Gastmann	Karin	LG Ostfriesland	1963	2009	01:08:52	01:06:58	01:08:38	01:29:19	01:18:12							

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80	10km				
1410	Ottjes	Dunja	RVB Aurich/Uplengen	1986	2009	01:09:53	01:06:40	01:12:15	01:31:40	01:15:46	01:08:49	07:25:03	01:04:41	23	W	52	6
1411	Heuer	Ute	emder laufgemeinschaft	1961	2009	01:10:19	01:08:26	01:09:34	01:31:43	01:12:11	01:13:24	07:25:37	01:04:46	48	W45	69	6
1412	Malzahn	Veronika	TC Wittmund	1950	2009	01:10:04	01:07:45	01:11:52	01:29:22	01:15:33	01:11:02	07:25:38	01:04:46	59	W55	17	6
1413	Potzler	Helga	MTV-Wittmund	1949	2009	01:10:05	01:07:45	01:11:52	01:29:22	01:15:33	01:11:01	07:25:38	01:04:46	60	W60	9	6
1414	Tunder	Lisa	Großefehn	1991	2009	01:14:29	01:05:03	01:07:24	01:34:45	01:13:18	01:11:03	07:26:02	01:04:50	18	WU20	42	6
1415	Kompaan	Insa	Pro SENIS	1959	2009	01:08:47	01:07:05	01:09:42	01:28:50	01:17:58	01:13:55	07:26:17	01:04:52	50	W50	30	6
1416	Spekker-Eden	Hiltrud	LT Spaß mit Sport	1958	2009	01:09:33	01:08:15	01:10:32	01:29:41	01:15:56	01:12:20	07:26:17	01:04:52	51	W50	31	6
1417	Böwe	Inge	Emder LG	1945	2009	01:08:35	01:08:49	01:10:34	01:29:12	01:16:10	01:13:24	07:26:44	01:04:56	64	W60	10	6
1418	Simon	Petra	obw Emden	1969	2009	01:12:29	01:06:56	01:13:26	01:29:50	01:15:02	01:09:08	07:26:51	01:04:57	40	W40	82	6
1419	Fischer	Tanja	Reepsholt	1981	2009	01:14:07	01:08:42	01:08:08	01:29:50	01:15:45	01:10:32	07:27:04	01:04:59	28	W	53	6
1420	Meyer	Erika	Bingum	1970	2009	01:09:16	01:08:40	01:09:13	01:30:48	01:19:17	01:10:37	07:27:51	01:05:06	39	W35	53	6
1421	Schlegel	Stefanie	TuS Collinghorst	1978	2009	01:11:12	01:09:50	01:11:09	01:28:49	01:14:39	01:12:22	07:28:01	01:05:07	31	W30	40	6
1422	Klinkenberg	Margit	TV Norden	1952	2009	01:11:05	01:08:13	01:10:25	01:29:51	01:15:56	01:12:47	07:28:17	01:05:09	57	W55	18	6
1423	Meyering	Christian	Reederei Buss	1983	2009	01:11:06	01:12:03	01:12:14	01:29:12	01:15:55	01:08:40	07:29:10	01:05:17	26	M	79	6
1424	Giebelhausen	Frauuke	Pro Senis	1974	2009	01:09:43	01:08:58	01:10:09	01:29:58	01:17:51	01:12:42	07:29:21	01:05:19	35	W35	54	6
1425	Hinrichs	Jens	Stadtwerke Norden	1969	2009	01:09:24	01:07:54	01:09:57	01:32:45	01:16:32	01:13:07	07:29:39	01:05:21	40	M40	203	6
1426	Renken	Anja	Nortmoor	1968	2009	01:10:56	01:09:50	01:11:09	01:28:48	01:15:28	01:13:28	07:29:39	01:05:21	41	W40	83	6
1427	Hermann	Detlef	Flachsmeer	1948	2009	01:10:50	01:09:05	01:11:24	01:30:27	01:16:52	01:11:03	07:29:41	01:05:22	61	M60	33	6
1428	Petersen	Marieanne	Moorerland	1954	2009	01:15:51	01:09:41	01:12:47	01:27:37	01:13:40	01:10:06	07:29:42	01:05:22	55	W55	19	6
1429	Behrens	Walter	Großefehn	1937	2009	01:13:18	01:08:29	01:12:20	01:30:09	01:15:15	01:10:18	07:29:49	01:05:23	72	M70	6	6
1430	Petersen	Elke	Westoverledingen	1956	2009	01:10:59	01:09:09	01:11:25	01:30:27	01:16:52	01:11:02	07:29:54	01:05:24	53	W50	32	6
1431	Heuer	Haike	Emder Laufgemeinschaft	1966	2009	01:10:19	01:08:26	01:09:36	01:31:42	01:16:44	01:13:24	07:30:11	01:05:26	43	W40	84	6
1432	Dirks	Manfred	Stadtwerke Norden	1961	2009	01:09:22	01:08:24	01:09:50	01:33:22	01:16:31	01:13:06	07:30:35	01:05:30	48	M45	192	6
1433	von Preyss	Bodo	Pro Senis	1939	2009	01:09:44	01:09:03	01:10:10	01:29:47	01:18:00	01:13:54	07:30:38	01:05:30	70	M70	7	6
1434	Post	Annchen	Weener	1943	2009	01:08:30	01:08:15	01:13:43	01:31:04	01:16:56	01:12:42	07:31:10	01:05:35	66	W65	2	6
1435	Peters	Hans-Jürgen	Polizei	1949	2009	01:15:01	01:08:46	01:11:18	01:28:48	01:16:00	01:11:22	07:31:15	01:05:35	60	M60	34	6
1436	Höland	Rita	TuRa 07 Westrhauderfe	1950	2009	01:09:50	01:08:35	01:12:38	01:29:24	01:17:46	01:13:13	07:31:26	01:05:37	59	W55	20	6
1437	Cramer	Tina	IHK	1988	2009	01:14:25	01:10:42	01:09:19	01:26:49	01:19:59	01:11:11	07:32:25	01:05:45	21	W	54	6
1438	Weber	Birgit	Heimatblatt	1958	2009	01:10:30	01:09:08	01:10:34	01:29:33	01:18:03	01:14:38	07:32:26	01:05:46	51	W50	33	6
1439	Rethschulte	Uwe	obw Emden	1970	2009	01:12:43	01:09:03	01:09:15	01:33:31	01:16:19	01:12:22	07:33:13	01:05:52	39	M35	131	6
1440	Wulf	Horst-Dieter	Sparkasse Leer Wittm	1939	2009	01:12:06	01:09:17	01:11:47	01:30:51	01:17:00	01:12:14	07:33:15	01:05:53	70	M70	8	6
1441	Bartels	Johann	Milchlabor Weser Ems e	1971	2009	01:14:25	01:07:20	01:10:24	01:32:09	01:15:57	01:13:23	07:33:38	01:05:56	38	M35	132	6
1442	Siemens	Ralf	Hartmann Group	1964	2009	01:11:02	01:07:14	01:13:04	01:33:10	01:17:05	01:12:11	07:33:46	01:05:57	45	M45	193	6
1443	Lindemann	Gisela	Tura 07 W'Rhauderfeh	1950	2009	01:09:50	01:08:23	01:12:12	01:32:23	01:17:47	01:14:04	07:34:39	01:06:05	59	W55	21	6
1444	Meinen	Andreas	Team Möbel Buss	1954	2009	01:09:39	01:09:39	01:12:48	01:30:54	01:19:03	01:12:38	07:34:41	01:06:05	55	M55	66	6
1445	Meinen	Insa	Team Möbel Buss	1955	2009	01:09:39	01:09:39	01:12:51	01:30:54	01:19:02	01:12:37	07:34:42	01:06:05	54	W50	34	6
1446	Niehuisen	Frank	AOK	1970	2009	01:13:29	01:07:06	01:09:50	01:33:06	01:17:08	01:14:50	07:35:29	01:06:12	39	M35	133	6
1447	Ennen	Martina	AOK	1981	2009	01:13:29	01:07:06	01:09:50	01:33:06	01:17:08	01:14:50	07:35:29	01:06:12	28	W	55	6
1448	Georgs	Mathilde	keinen	1964	2009	01:13:30	01:09:05	01:11:59	01:30:28	01:16:56	01:15:14	07:37:12	01:06:27	45	W45	70	6
1449	Davids	Marion	Emder Laufgemeinschaft	1962	2009	01:12:24	01:09:03	01:12:57	01:31:47	01:17:42	01:13:24	07:37:17	01:06:28	47	W45	71	6
1450	Nophut	Astrid	TV Friedeburg	1964	2009	01:10:15	01:11:50	01:12:02	01:30:48	01:19:25	01:13:04	07:37:24	01:06:29	45	W45	72	6
1451	Freese	Petra	Emder-LG	1969	2009	01:12:26	01:09:03	01:12:57	01:31:49	01:17:45	01:13:53	07:37:53	01:06:33	40	W40	85	6
1452	Broß-Anscheit	Insa	Fortuna Logabirum	1972	2009	01:12:41	01:10:02	01:13:34	01:30:33	01:18:00	01:13:16	07:38:06	01:06:35	37	W35	55	6
1453	Ballmann	Kerstin	Realschule Esens	1992	2009	01:09:47	01:10:14	01:14:12	01:32:37	01:17:33	01:15:02	07:39:25	01:06:47	17	WU20	43	6
1454	Tjarks	Hans	Aurich	1956	2009	01:13:15	01:15:54	01:13:19	01:30:12	01:16:29	01:10:33	07:39:42	01:06:49	53	M50	111	6
1455	Rennings	Greta	Nordland Papier	1976	2009	01:12:18	01:11:41	01:12:43	01:34:37	01:16:37	01:12:01	07:39:57	01:06:51	33	W30	41	6
1456	Antons	Janna	NIGE	1990	2009	01:10:23	01:10:14	01:14:12	01:32:37	01:17:33	01:15:02	07:40:01	01:06:52	19	WU20	44	6
1457	Niense	Peter	DEKRA	1949	2009	01:10:55	01:06:16	01:10:01	01:28:53	01:27:50	01:16:43	07:40:38	01:06:57	60	M60	35	6
1458	Groenewold	Lisai	Aurich	1981	2009	01:15:20	01:09:50	01:12:18	01:29:10	01:18:48	01:15:22	07:40:48	01:06:59	28	W	56	6
1459	Freese	Claudia	DPI AG	1967	2009	01:09:21	01:08:08	01:14:20	01:30:14	01:22:51	01:15:56	07:40:50	01:06:59	42	W40	86	6
1460	Moosler	Horst	VfL Germania Leer	1937	2009	01:16:02	01:12:27	01:12:24	01:31:45	01:17:38	01:10:44	07:41:00	01:07:00	72	M70	9	6
1461	Tiefrieger	Anja	Leer	1968	2009	01:14:11	01:11:49	01:13:54	01:32:24	01:17:16	01:12:12	07:41:46	01:07:07	41	W40	87	6
1462	Welp	Hauke-Katarina	SV Eintracht Nüttermoo	1978	2009	01:17:40	01:12:09	01:13:37	01:29:51	01:16:48	01:12:10	07:42:15	01:07:11	31	W30	42	6
1463	Theilken	Anja	TEAM DEUTSCHE POS	1963	2009	01:12:57	01:07:17	01:13:09	01:35:09	01:16:50	01:17:22	07:42:44	01:07:15	46	W45	73	6
1464	Folkerts	Bastian	Großefehn	1993	2009	01:14:45	01:10:27	01:13:10	01:33:43	01:16:43	01:14:08	07:42:56	01:07:17	16	MU20	116	6
1465	Wegmann	Verena	Nordland Papier	1982	2009	01:12:58	01:12:16	01:14:47	01:34:37	01:16:40	01:12:02	07:43:20	01:07:21	27	W	57	6
1466	Diener	Manfred	LG Großefehn	1949	2009	01:12:02	01:12:43	01:15:21	01:34:14	01:16:45	01:12:17	07:43:22	01:07:21	60	M60	36	6
1467	Eggert	Nils	Reederei Buss	1977	2009	01:11:40	01:12:03	01:12:15	01:28:03	01:21:19	01:18:03	07:43:23	01:07:21	32	M30	74	6
1468	König	Käthe	Emder LG	1936	2009	01:10:46	01:10:04	01:12:48	01:36:51	01:17:31	01:15:24	07:43:24	01:07:21	73	M70	1	6
1469	Weinberg	Gerhard	Nordland Papier	1966	2009	01:14:52	01:11:40	01:14:46	01:33:50	01:16:42	01:11:49	07:43:39	01:07:23	43	M40	204	6
1470	Strüfing	Helke	Gymnasium Ulricianum	1995	2009	01:13:24	01:07:28	01:12:14	01:30:56	01:27:14	01:12:23	07:43:39	01:07:23	14	WU20	45	6
1471	Dreesch	Marianne	Blomberg	1962	2009	01:14:35	01:11:18	01:16:09	01:28:44	01:18:30	01:14:37	07:43:53	01:07:25	47	W45	74	6
1472	Gieseler	Wilfried	LT TuS Aurich-Ost	1961	2009	01:12:45	01:11:55	01:15:12	01:35:24	01:17:47	01:11:22	07:44:25	01:07:30	48	M45	194	6
1473	Ulferts	Sabine	Team Wilts	1967	2009	01:13:54	01:11:48	01:10:57	01:35:35	01:17:24	01:15:57	07:45:35					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80	10km				
1481	Kumler	Marion	Polizei Aurich	1965	2009	01:16:01	01:10:24	01:14:04	01:32:43	01:19:29	01:16:28	07:49:09	01:08:11	44	W40	90	6
1482	von Goldammer	Sigrid	TSV Riepe	1975	2009	01:16:01	01:10:24	01:14:04	01:32:43	01:19:30	01:16:28	07:49:10	01:08:12	34	W30	43	6
1483	Saathoff	Günther	TSV Hesel	1946	2009	01:11:04	01:10:33	01:15:53	01:34:04	01:21:51	01:15:58	07:49:23	01:08:13	63	M60	37	6
1484	Willms	Marlis	Zahnarztpraxis Dunkel	1960	2009	01:16:14	01:12:07	01:13:31	01:35:37	01:21:30	01:11:11	07:50:10	01:08:20	49	W45	76	6
1485	Visser	Johnny	SV Norderney	1953	2009	01:12:21	01:09:42	01:15:07	01:34:58	01:20:30	01:17:36	07:50:14	01:08:21	56	M55	68	6
1486	Kröger	Sabine	SV Nortmoor	1969	2009	01:12:41	01:11:47	01:13:56	01:34:11	01:20:15	01:18:06	07:50:56	01:08:27	40	W40	91	6
1487	Ringelberg	Michael	Strackholt	1968	2009	01:16:03	01:14:33	01:15:31	01:32:34	01:21:10	01:11:40	07:51:31	01:08:32	41	M40	205	6
1488	Leuchtmann	Jana	Zahnarztpraxis Dunkel	1990	2009	01:16:14	01:13:42	01:13:31	01:35:38	01:21:30	01:11:12	07:51:47	01:08:34	19	WU20	46	6
1489	Christians	Helga	EWE Wattloopers	1950	2009	01:10:13	01:12:18	01:14:30	01:36:56	01:22:09	01:15:44	07:51:50	01:08:35	59	W55	22	6
1490	Bokelmann	Marion	VHS-Laufen	1960	2009	01:15:01	01:11:26	01:18:47	01:35:42	01:17:56	01:13:52	07:52:44	01:08:43	49	W45	77	6
1491	Fimmen	Astrid	BBC Chartering	1975	2009	01:15:19	01:10:46	01:15:48	01:34:55	01:20:52	01:16:38	07:54:18	01:08:56	34	W30	44	6
1492	Strasser	Sonja	Firrel	1971	2009	01:14:47	01:13:50	01:15:24	01:35:15	01:20:21	01:15:19	07:54:56	01:09:02	38	W35	56	6
1493	Hedemann	Elke	Fun-Loopers	1962	2009	01:12:18	01:09:41	01:16:38	01:38:33	01:20:17	01:17:30	07:54:57	01:09:02	47	W45	78	6
1494	Martens	Wiebke	KGS Großefehn	1997	2009	01:13:51	01:05:38	01:11:28	01:34:59	01:30:48	01:19:16	07:56:00	01:09:11	12	WU20	47	6
1495	Bohlen	Meike	AKTIVA GmbH Wolters	1983	2009	01:13:37	01:11:11	01:15:43	01:35:00	01:23:35	01:17:24	07:56:30	01:09:16	26	W	59	6
1496	Petersitzke	Karin	LT Ihrhove	1959	2009	01:12:33	01:11:06	01:14:53	01:36:07	01:22:33	01:19:29	07:56:41	01:09:17	50	W50	35	6
1497	Steffens	Heiner	NIGE	1991	2009	01:15:13	01:09:10	01:13:06	01:39:43	01:24:46	01:14:48	07:56:46	01:09:18	18	MU20	117	6
1498	Rudolph	Volker	IGS Aurich-West	1954	2009	01:14:48	01:13:07	01:16:37	01:34:04	01:22:45	01:16:06	07:57:27	01:09:24	55	M55	69	6
1499	Teyen	Tomma	TuS Weener	1955	2009	01:18:14	01:13:42	01:16:18	01:34:50	01:19:59	01:14:36	07:57:39	01:09:26	54	W50	36	6
1500	Geuken	Jana	SV Warsingsfehn	1994	2009	01:14:48	01:13:34	01:17:53	01:34:00	01:22:00	01:15:39	07:57:54	01:09:28	15	WU20	48	6
1501	Saueressig	Jens	obw Emden	1982	2009	01:24:24	01:12:01	01:25:53	01:32:39	01:15:23	01:08:22	07:58:42	01:09:35	27	M	81	6
1502	Meyer	Karin	Moorerland	1955	2009	01:14:42	01:14:48	01:13:04	01:41:58	01:27:58	01:06:14	07:58:44	01:09:35	54	W50	37	6
1503	Eberlei	Ines	Hartmann Group	1988	2009	01:26:17	01:08:27	01:12:21	01:35:09	01:20:31	01:16:04	07:58:49	01:09:36	21	W	60	6
1504	Lüdtke	Sarah	NIGE	1990	2009	01:12:00	01:11:00	01:17:12	01:39:43	01:24:38	01:14:51	07:59:24	01:09:41	19	WU20	49	6
1505	Strüfing	Barbara	Aurich	1964	2009	01:13:52	01:08:14	01:19:02	01:34:24	01:31:40	01:12:23	07:59:35	01:09:42	45	W45	79	6
1506	Eggers	Alke	NIGE	1990	2009	01:12:02	01:11:01	01:17:13	01:39:45	01:24:38	01:14:58	07:59:37	01:09:43	19	WU20	50	6
1507	Gembruch	Esther	keiner	1960	2009	01:18:36	01:12:16	01:15:30	01:36:41	01:21:43	01:16:55	08:01:41	01:10:01	49	W45	80	6
1508	Arends	Andreas	Aurich	1966	2009	01:14:12	01:15:54	01:16:53	01:36:10	01:21:18	01:17:20	08:01:47	01:10:02	43	M40	206	6
1509	Niemeyer-Speckmann	Klaas	VHS Kurs	1971	2009	01:15:23	01:11:52	01:16:30	01:38:00	01:24:03	01:16:16	08:02:04	01:10:04	38	M35	134	6
1510	Niemeyer	Petra	VHS Kurs	1969	2009	01:15:22	01:11:52	01:16:31	01:38:00	01:24:03	01:16:17	08:02:05	01:10:04	40	W40	92	6
1511	Frerichs	Rieke	LG Großefehn	1948	2009	01:13:56	01:11:38	01:11:56	01:35:37	01:30:48	01:19:34	08:03:29	01:10:16	61	W60	11	6
1512	Janssen	Gaby	Saterland-Ramsloh	1979	2009	01:15:27	01:14:19	01:14:48	01:40:31	01:20:33	01:17:59	08:03:37	01:10:18	30	W30	45	6
1513	Tamling	Petra	Friesoythe	1977	2009	01:15:28	01:14:19	01:14:47	01:40:32	01:20:33	01:18:00	08:03:39	01:10:18	32	W30	46	6
1514	Meyer	Helga	SV Potshausen	1963	2009	01:14:19	01:11:52	01:16:26	01:36:50	01:22:58	01:21:33	08:03:58	01:10:21	46	W45	81	6
1515	Memenga	Elke	Südbrookmerland 1	1972	2009	01:18:19	01:14:30	01:17:29	01:37:33	01:21:41	01:16:54	08:06:26	01:10:42	37	W35	57	6
1516	Reese	Matthias	NIGE	1990	2009	01:16:39	01:10:57	01:17:35	01:40:21	01:25:07	01:16:48	08:07:27	01:10:51	19	MU20	118	6
1517	Ottersberg	Bianca	Großefehn	1991	2009	01:15:24	01:10:48	01:14:05	01:41:50	01:27:54	01:17:26	08:07:27	01:10:51	18	WU20	51	6
1518	Heyken	Monika	Weight-watchers	1965	2009	01:16:55	01:13:27	01:17:37	01:37:39	01:23:41	01:18:22	08:07:41	01:10:53	44	W40	93	6
1519	Winkler	Susanne	TV Norden	1948	2009	01:14:02	01:14:26	01:16:46	01:37:31	01:26:29	01:19:25	08:08:39	01:11:01	61	W60	12	6
1520	Rühling	Günther	Wilhelmshaven	1944	2009	01:19:41	01:13:03	01:15:03	01:38:24	01:25:31	01:18:01	08:09:43	01:11:11	65	M65	22	6
1521	Schild	Corinna	VHS-Laufen	1964	2009	01:15:54	01:12:37	01:18:46	01:38:52	01:26:28	01:17:47	08:10:24	01:11:17	45	W45	82	6
1522	Debelts	Kerstin	Tannenhausen	1980	2009	01:15:23	01:13:34	01:19:07	01:41:36	01:23:28	01:19:00	08:12:08	01:11:32	29	W	61	6
1523	Garrelts	Alexe	Therapiehuus Tannenhausen	1979	2009	01:20:54	01:17:15	01:15:58	01:37:35	01:23:12	01:17:27	08:12:21	01:11:34	30	W30	47	6
1524	Wiebel	Aurich	Aurich	1959	2009	01:15:56	01:13:40	01:17:18	01:39:09	01:27:59	01:18:31	08:12:33	01:11:35	50	M50	112	6
1525	Niehof	Theodor	Bünting Tee	1952	2009	01:24:26	01:16:08	01:16:37	01:37:05	01:21:10	01:17:29	08:12:55	01:11:39	57	M55	70	6
1526	Schürmann	Martin	Poseidon Leer	1960	2009	01:19:21	01:14:29	01:16:55	01:39:31	01:26:04	01:16:42	08:13:02	01:11:40	49	M45	196	6
1527	de Haan	Tanja	Emder LG	1975	2009	01:15:42	01:14:47	01:18:51	01:39:04	01:25:53	01:19:07	08:13:24	01:11:43	34	W30	48	6
1528	Löhdefink	Heide	leer	1946	2009	01:16:58	01:16:30	01:19:56	01:38:26	01:24:36	01:17:43	08:14:09	01:11:49	63	W60	13	6
1529	Dunkel, Dr.	Marei	Zahnarztpraxis Dunkel	1952	2009	01:16:59	01:16:30	01:19:55	01:38:27	01:24:36	01:17:44	08:14:11	01:11:50	57	W55	23	6
1530	Werkmeister	Christel	VHS-Laufen	1952	2009	01:17:46	01:11:58	01:21:57	01:40:38	01:23:33	01:18:30	08:14:22	01:11:51	57	W55	24	6
1531	Rabenberg	Ingo	Hartmann Group	1976	2009	01:18:04	01:14:27	01:19:17	01:40:02	01:24:39	01:18:23	08:14:52	01:11:56	33	M30	75	6
1532	Müller	Beate	Team ENERCON	1965	2009	01:19:10	01:16:18	01:20:22	01:37:57	01:26:31	01:17:49	08:18:07	01:12:24	44	W40	94	6
1533	Rosendahl	Kathrin	BBC Chartering	1983	2009	01:16:14	01:16:58	01:18:14	01:44:21	01:28:06	01:21:42	08:25:35	01:13:29	26	W	62	6
1534	Stöhr	Hiltrud	SC Ihrhove 07	1960	2009	01:19:37	01:17:07	01:21:42	01:41:47	01:26:53	01:21:19	08:28:25	01:13:54	49	W40	95	6
1535	Schellenberg	Hiltrud	LG Großefehn	1969	2009	01:18:43	01:17:15	01:19:54	01:43:40	01:27:58	01:21:28	08:28:58	01:13:59	40	W40	96	6
1536	Buse	Johanne	Moorerland	1960	2009	01:16:53	01:14:48	01:23:23	01:41:58	01:27:58	01:24:13	08:29:13	01:14:01	49	W45	83	6
1537	Kruse	Sandra	Team Möbel Buss	1977	2009	01:19:41	01:17:14	01:19:54	01:43:40	01:27:58	01:21:28	08:29:55	01:14:07	32	W30	49	6
1538	Groenhoff	Gisela	Milchlabor Weser Ems e	1955	2009	01:21:05	01:17:22	01:22:16	01:41:07	01:27:36	01:21:31	08:30:57	01:14:16	54	W50	38	6
1539	Frey	Gerda	Milchlabor Weser Ems e	1956	2009	01:21:05	01:17:16	01:22:16	01:42:56	01:27:35	01:21:31	08:32:39	01:14:31	53	W50	39	6
1540	Dreyer	Susanne	Team Wilts	1972	2009	01:23:18	01:16:06	01:22:49	01:45:44	01:28:19	01:24:52	08:41:08	01:15:45	37	W35	58	6
1541	Furch	Silke	GFI Treuhand GmbH	1975	2009	01:23:03	01:15:53	01:24:14	01:47:04	01:29:56	01:26:07	08:46:17	01:16:30	34	W35	59	6
1542	Nanninga	Inga	Wilts Team	1976	2009	01:23:42	01:17:46	01:27:26	01:48:21	01:32:08	01:25:59	08:55:22	01:17:49	33	W30	50	6
1543	Müller	Petra	Team Wilts	1965	2009	01:23:42	01:21:05	01:27:22	01:48:21	01:32:08	01:26:00	08:58:38	01:18:17	44	W40	97	6
1544	Janssen	Frauke	NIGE	1990	2009	01:23:53	01:19:09	01:25:38	01:53:35	01:34:56	01:26:22	09:03:3					

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
	Rose	Christian	ENOVA Marketing + Ve	1984	2009	00:48:02	00:40:47	00:46:25	00:50:59	00:42:05		03:48:18		25	M		5
	Frerichs	Christian	LG Ostfriesland	1986	2009	00:41:11	00:41:13	00:43:57	00:55:22		00:46:39	03:48:22		23	M		5
	Bohlen	Folker	Team Möbel Buss	1965	2009	00:43:00	00:42:18	00:45:00	00:55:35	00:47:42		03:53:35		44	M40		5
	Wilken	Ralf	Emder LG	1992	2009	00:43:51	00:44:03	00:44:33	00:56:18	00:49:23		03:58:08		17	MU20		5
	Beute	Bart	ELV Elektronik AG	1975	2009	00:43:19		00:45:38	00:56:34	00:49:14	00:45:51	04:00:36		34	M30		5
	Vervoort	Jannes	ELV Elektronik AG	1989	2009	00:48:59	00:45:14	00:45:00	00:57:32		00:45:40	04:02:25		20	M		5
	Hedemann	Hendrik	Team Möbel Buss	1987	2009	00:44:16		00:46:00	00:59:09	00:50:57	00:46:33	04:06:55		22	M		5
	Janssen	Heinz-Dieter	TSV Riepe	1954	2009	00:43:19	00:42:17	00:44:44	01:05:05	00:52:53		04:08:18		55	M55		5
	Neeland		Gymnasium Ulricianum	1994	2009	00:48:20	00:45:50	00:47:46	01:00:04		00:48:41	04:10:41		15	MU20		5
	Janssen	Siegfried	LG Ostfriesland	1955	2009	00:46:45	00:46:36	00:48:29	01:00:15	00:52:42		04:14:47		54	M50		5
	Schwitters	Richard	Sparkasse LeerWittmun	1950	2009	00:48:08	00:48:07	00:50:05	01:03:11		00:51:55	04:21:26		59	M55		5
	Honccek	Michael	TSV Riepe	1971	2009	00:48:17	00:47:39	00:49:05	01:01:34	00:56:25		04:23:00		38	M35		5
	Waßmann	Marco	TG Wiesmoor	1974	2009	00:48:08	00:48:03	00:50:05	01:04:28	00:53:02		04:23:46		35	M35		5
	Adam	Ambrus	4./ObjSRgt Lw	1985	2009	00:50:29	00:46:29	00:49:59	01:03:51	00:53:49		04:24:37		24	M		5
	Freese	Heiko	KUH'S BEST-Team	1963	2009	00:49:30	00:48:03	00:50:16	01:03:29	00:54:49		04:26:07		46	M45		5
	Pree	Manfred	Wir sind Holtriem	1962	2009	00:49:17	00:47:59		01:03:35	00:54:45	00:52:06	04:27:42		47	M45		5
	Schmitz	Rudi	Nordland Papier	1950	2009	00:52:29	00:52:09	00:54:00		00:56:51	00:53:36	04:29:05		59	M55		5
	Neeland	Jörg	Aurich	1965	2009	00:51:55	00:49:01	00:51:39	01:04:57		00:52:40	04:30:12		44	M40		5
	Janßen	Dieter	LG Glave Gruppe	1966	2009	00:50:04	00:49:29	00:51:57	01:03:51	00:54:52		04:30:13		43	M40		5
	Brettschneider	Roger	Rhauderfehn	1965	2009	00:48:31		00:49:51	01:04:51	00:55:15	00:51:48	04:30:16		44	M40		5
	Kluin	Dietmar	Leinerstift e.V.	1962	2009	00:49:30	00:49:04	00:51:23	01:04:52	00:55:54		04:30:43		47	M45		5
	Meints	Melanie	Polizei Oldenburg	1976	2009	00:48:54	00:50:37	00:50:45	01:04:23	00:56:12		04:30:51		33	W30		5
	Badberg	Wilhelm	TG Wiesmoor	1944	2009	00:48:25	00:48:20	00:51:00	01:05:26	00:59:35		04:32:46		65	M65		5
	Kempen	Sönke	Potshausen	1995	2009	00:50:43	00:48:52		01:06:11	00:57:04	00:51:08	04:33:58		14	MU20		5
	Janssen	Gerold	Wi sünd Holtriem	1965	2009	00:51:02	00:49:49	00:51:51	01:06:11	00:55:52		04:34:45		44	M40		5
	Sebens	Detlef	Weener Plastik AG	1975	2009	00:54:16	00:51:30	00:51:29	01:04:21		00:55:11	04:36:47		34	M30		5
	Radekopp	Daniel	Vffl Berumbur	1987	2009	00:50:43	00:49:02	00:51:29	01:09:45	00:55:55		04:36:54		22	M		5
	Nußmann	Ulli	BBC Chartering	1981	2009		00:49:35	00:51:17	01:04:34	00:58:25	00:53:09	04:37:00		28	M		5
	Kammler	Guido	Polizei Oldenburg	1965	2009	00:52:34	00:49:25	00:54:54	01:06:31	00:55:37		04:39:01		44	M40		5
	Eiben	Eibo	LT Schafhauser Wald	1943	2009	00:56:08	00:50:23	00:53:38	01:05:09	00:56:24		04:41:42		66	M65		5
	Kisch	Wenzel	FCSO	1996	2009	00:49:43		00:52:37	01:06:56	00:55:20	00:59:39	04:44:15		13	WU20		5
	Lindena	Reenard	BV Canhusen	1949	2009	00:52:26	00:52:15	00:54:33	01:09:12		00:56:51	04:45:17		60	M60		5
	Grensemann	Ingo	Großheide	1989	2009	00:54:06	00:52:26	00:54:22	01:07:30	00:57:36		04:46:00		20	M		5
	Feikes	Thorsten	EWE Wattloopers	1969	2009	00:53:00	00:52:24	00:54:18	01:09:08		00:57:55	04:46:45		40	M40		5
	Sonnenschein	Olaf	SV Ochtersum	1966	2009	00:50:00	00:50:46		01:12:57	00:58:15	00:54:58	04:46:56		43	M40		5
	Flügge	Tjark	VfL Germania Leer	1996	2009	00:50:58	00:49:30	00:58:40	01:12:07		00:56:04	04:47:19		13	MU20		5
	Waczakowski	Siegfried	ENERCON	1956	2009	00:54:30	00:53:37	00:54:30	01:08:26	00:57:52		04:48:55		53	M50		5
	Kleinen	Sandro	NIGE	1990	2009	00:52:31	00:51:05	00:51:46		01:13:09	01:00:35	04:49:06		19	MU20		5
	Schmidt	Angela	obw Emden	1961	2009	00:56:11	00:56:27	00:56:22		01:03:24	00:57:06	04:49:30		48	W45		5
	Janssen	Engeline	LG Ostfriesland	1964	2009	00:54:49	00:54:16	00:56:35		01:04:39	01:00:01	04:50:20		45	W45		5
	Jakobs	Sören	Crocodiles Ihlow	1988	2009	00:52:48	00:51:24	00:55:17	01:07:12	01:03:56		04:50:37		21	M		5
	Alberts-Tammena	Friso	Fortuna Wirdum	1972	2009	00:50:50	00:52:15	00:53:45	01:08:49	01:06:46		04:52:25		37	M35		5
	Kurp	Karen	DPI AG Leer	1971	2009	00:54:19	00:52:13	00:56:11	01:10:20	01:00:33		04:53:36		38	W35		5
	Frerichs	Ralf	Uplengen	1973	2009	00:53:29		00:56:14	01:10:36	00:58:45	00:56:16	04:55:20		36	M35		5
	Wagner	Irene	Emder LG	1966	2009	00:54:09	00:53:35	00:57:26	01:10:56	01:00:03		04:56:09		43	W40		5
	Schmidt	Menno	Weener Plastik AG	1964	2009	00:52:08	00:54:08	00:55:59	01:11:25	01:03:58		04:57:38		45	M45		5
	Neumann	Robert	4./ObjSRgt Lw	1982	2009	00:56:25	00:53:00	00:56:10	01:11:59	01:00:17		04:57:51		27	M		5
	Hildebrandt	Volkmar	TuS Weene	1955	2009	00:53:54	00:51:46	00:54:13	01:23:20		00:55:21	04:58:34		54	M50		5
	Lücke	Anna	SUS Timmel	1982	2009	00:53:55	00:54:11		01:12:03	01:02:16	00:57:50	05:00:15		27	W		5
	Müller	Werner	EWE Wattloopers	1962	2009	00:58:04	00:56:48	01:00:12		01:05:35	01:00:05	05:00:44		47	M45		5
	Steenken	Karl-Heinz	Nordland Papier	1974	2009	00:58:24	00:55:19	00:56:46	01:11:54	00:59:54		05:02:17		35	M35		5
	Schöning	Uwe	Polizei Leer	1971	2009	00:58:43	00:55:17	00:57:12	01:11:57	00:59:30		05:02:39		38	M35		5
	Broer	Walter	Aurich	1953	2009	00:56:33	00:56:40	00:58:43	01:12:43		00:59:58	05:04:37		56	M55		5
	Haida	Gisela	Laufftreff Schafhauser W	1948	2009	00:56:27	00:55:19	00:58:06	01:12:31	01:02:23		05:04:46		61	W60		5
	Roofs	Gerd	Realschule Esens	1994	2009	01:02:10	00:52:09		01:12:42	00:59:18	00:58:55	05:05:14		15	MU20		5
	Janssen	Heinz	Nordland Papier	1954	2009	00:58:09	00:56:42	00:57:43		01:03:23	01:09:54	05:05:51		55	M55		5
	Wegkamp	Annika	Nordland Papier	1983	2009	01:00:26	00:57:30	00:59:59		01:07:19	01:01:17	05:06:31		26	W		5
	Schmidt	Karl-Heinz	TV Norden	1957	2009	00:57:17	00:56:45	00:59:11		01:09:32	01:04:00	05:06:45		52	M50		5
	Gau	Eike	VGH Arends	1977	2009	01:00:53	00:57:04	01:01:14		01:07:19	01:03:30	05:10:00		32	M30		5
	Post	Harald	Nortmoor	1965	2009	01:01:19	00:58:41	01:01:00		01:07:40	01:02:06	05:10:46		44	M40		5
	Schiller	Helmut	Leer Looper	1966	2009		00:56:47	00:59:45	01:13:57	01:03:30	00:58:10	05:12:09		43	M40		5
	Lohmeyer	Everwien	SV Frisia Beinkum	1958	2009	00:57:49	00:56:04	00:58:46	01:17:11	01:03:08		05:12:58		51	M50		5
	Hilbrands	Hermannus	de Heizungsloopers	1958	2009	01:00:02	00:59:42	01:03:31		01:07:40	01:08:00	05:18:55		51	M50		5
	Warfsmann	Rena	LG OSTFRIESAND	1963	2009	01:01:54	00:59:22	01:04:44		01:09:43	01:05:21	05:21:04		46	W45		5
	Robin	Wilhelm	Nordland Papier	1963	2009	01:10:09	01:02:54	01:00:31		01:06:19	01:01:37	05:21:30		46	M45		5
	Hilbrands	Ingrid	de Heizungsloopers	1959	2009	01:03:25	01:02:02	01:03:30		01:11:37	01:08:00	05:28:34		50	W50		5
	Hoffmann	Sandra	Team Enercon	1979	2009	01:03:35	01:02:34	01:04:54		01:12:42	01:07:55	05:31:40		30	W30		5
	Böttcher	Helge	NIGE	1989	2009	00:57:54	00:57:27	01:00:36	01:29:33	01:07:51		05:33:21		20	M		5
	Leesch	Kristin	OVB	1979	2009	01:02:54	01:02:25	01:02:01	01:18:54	01:08:42		05:34:56		30	W30		5

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
	Hippen	Johann	Aurich	1967	2009	01:00:55	00:59:33	01:02:49	01:21:04	01:12:14		05:36:35		42	M40		5
	Müller	Birgit	Emder LG	1966	2009	01:03:40	01:00:50	01:03:45	01:20:48	01:08:58		05:38:01		43	W40		5
	Hinrichs	Anneke	OLB Ostfriesland	1987	2009	01:05:49	01:02:24	01:03:45	01:20:11		01:06:58	05:39:07		22	W		5
	Patzelt	Tim	Gymnasium Ulricianum	1993	2009	00:59:59		01:05:24	01:20:56	01:10:04	01:02:48	05:39:11		16	MU20		5
	Schmitz	Christina	Milchlabor Weser Ems e	1984	2009	01:04:17	01:03:40	01:08:18		01:14:19	01:11:00	05:41:34		25	W		5
	Sordon	Andrea	Fortuna Logabirum	1959	2009	01:03:32	01:01:44	01:05:06	01:24:17	01:10:50		05:45:29		50	W50		5
	Jacob	Michael	Leer	1954	2009	01:06:38	01:03:48	01:04:29	01:22:18	01:09:37		05:46:50		55	M55		5
	Voß	Käthe	Emder LG	1954	2009	01:02:50	01:03:12	01:10:14	01:24:32	01:10:11		05:50:59		55	W55		5
	Evers	Karl-Heinz	KBV Langefeld	1958	2009	01:00:08		01:10:48	01:25:54	01:02:24	01:12:25	05:51:39		51	M50		5
	Willers	Johann	Wasserschutzpolizei Em	1961	2009	01:05:16		01:06:39	01:21:33	01:09:51	01:08:20	05:51:39		48	M45		5
	Wendeling	Alide	IHK Emden	1957	2009	01:04:30	01:03:19	01:08:34	01:25:30		01:10:14	05:52:07		52	W50		5
	Buß	Edda	Pewsumer Ossilooopers	1953	2009	01:04:00	01:02:33	01:05:58	01:28:26	01:12:43		05:53:40		56	W55		5
	Engelbarts	Hannelore	Emder LG	1956	2009	01:03:36		01:07:08	01:23:01	01:12:35	01:08:53	05:55:13		53	W50		5
	Oberfeuer	Bettina	Leer	1974	2009	01:11:02	01:06:31	01:07:57	01:23:09	01:08:22		05:57:01		35	W35		5
	Zeidler	Fenja	Gymnasium Ulricianum	1994	2009	01:09:34	01:07:29	01:12:17		01:18:52	01:09:29	05:57:41		15	WU20		5
	Buss	Martin	Team Möbel Buss	1978	2009	01:03:49		01:05:18	01:28:37	01:15:51	01:05:27	05:59:02		31	M30		5
	Gau	Heidi	VGH Arends	1974	2009	01:08:25	01:08:11	01:11:36		01:21:40	01:09:38	05:59:30		35	W35		5
	Hartmann	Ilka	Hartmann Group	1971	2009	01:08:58	01:06:15	01:07:52	01:27:13		01:10:04	06:00:22		38	W35		5
	Bruns	Danja	Hartmann Group	1981	2009	01:04:59	01:07:33	01:08:59	01:24:36	01:21:24		06:07:31		28	W		5
	Kruse	Kai	Team Möbel Buss	1984	2009	01:08:30	01:08:33	01:09:38	01:28:37	01:15:52		06:11:10		25	M		5
	Zimmermann	Jörg	Team ENERCON	1969	2009	01:13:13		01:12:25	01:27:52	01:13:20	01:09:04	06:15:54		40	M40		5
	Harmer-Malke	Erich	obw Emden	1960	2009	01:08:50	01:08:50	01:10:23	01:33:20	01:18:32		06:19:55		49	M45		5
	Bartels	Britta	Brückenehnh	1974	2009	01:14:25	01:11:22	01:14:17		01:24:02	01:16:23	06:20:29		35	W35		5
	Gorenc	Katharina	obw Emden	1980	2009	01:12:42		01:08:32	01:33:31	01:15:13	01:12:23	06:22:21		29	W		5
	Meyer	Dierka	SV Potshausen	1994	2009	01:05:29		01:10:08	01:33:46	01:18:30	01:15:02	06:22:55		15	WU20		5
	Poppen	Gert-R.	EDEKA	1959	2009	01:11:11	01:02:59	01:08:20	01:34:23	01:27:13		06:24:06		50	M50		5
	Webermann	Wolfgang	Hollen	1978	2009	01:14:40		01:12:58	01:29:48	01:16:08	01:10:44	06:24:18		31	M30		5
	Cornelius	Edith	OLB Ostfriesland	1982	2009	01:14:32	01:10:05	01:11:49	01:33:20		01:14:52	06:24:38		27	W		5
	Lunz	Dieter	LT SchafhauserWald	1941	2009		01:11:00	01:13:28	01:31:48	01:17:23	01:13:56	06:27:35		68	M65		5
	Schmidt	Marion	Moormerland	1971	2009	01:12:42	01:12:04	01:16:38	01:35:15		01:16:14	06:32:53		38	W35		5
	Schmitt	Hans	RV ARGO Aurich	1942	2009		01:12:15	01:14:57	01:38:24	01:20:48	01:19:06	06:45:30		67	M65		5
	Wollmann	Frank	obw Emden	1969	2009	01:24:22		01:25:53	01:43:40	01:39:19	01:22:00	07:35:14		40	M40		5
	Schüdde	Sonja	Milchlabor Weser Ems e	1950	2009		01:33:12	01:37:37	02:01:02	01:46:00	01:39:05	08:36:56		59	W55		5
	Schiller	Stefan	TEAM DEUTSCHE POS	1976	2009	00:41:51	00:41:33	00:44:16	00:55:03			03:02:43		33	M30		4
	Poppen	Jann Dirk	TG Wiesmoor	1982	2009	00:40:50	00:40:25	00:41:35	01:04:21			03:07:11		27	M		4
	Schepker	Lars	ENERCON GmbH	1980	2009	00:46:53	00:45:44			00:51:55	00:50:49	03:15:21		29	M		4
	Zeidler	Maximilian	Rechtsweg	1990	2009	00:47:25	00:45:31	00:47:26	00:59:36			03:19:58		19	MU20		4
	Wessels	Wolfgang	Nordland Papier	1973	2009	00:44:46		00:46:26	00:59:04	00:49:56		03:20:12		36	M35		4
	Schoolmann	Jann	BBS 1 Aurich	1978	2009	00:48:40	00:47:28	00:48:52			00:55:43	03:20:43		31	M30		4
	van der Kamp	Hans-Jürgen	TB Twixlum	1956	2009	00:46:26	00:45:36	00:47:17	01:01:33			03:20:52		53	M50		4
	Müller	Knut	Stadt Leer	1965	2009	00:47:21	00:46:51	00:49:11	01:02:24			03:25:47		44	M40		4
	Stöter	Jens	LG Uplengen	1967	2009		00:48:20	00:50:17	01:03:44		00:52:15	03:34:36		42	M40		4
	Kuper	Hans	Lauffreunde Emsland	1954	2009	00:50:14	00:48:19	01:02:01		00:55:03		03:35:37		55	M55		4
	Bünting	Johann	LG Ostfriesland	1967	2009	00:47:31	00:47:42	00:53:02	01:08:09			03:36:24		42	M40		4
	Möller	Dean-Connor	Team Möbel Buss	1989	2009	00:54:06	00:51:44	00:56:12			00:55:47	03:37:49		20	M		4
	Daron	Ulrich	Nordland Papier	1967	2009	00:50:04			01:04:35	00:54:09	00:52:04	03:40:52		42	M40		4
	Klaaßen	Jan	Nordland Papier	1971	2009	00:54:38	00:52:13	00:54:51		00:59:19		03:41:01		38	M35		4
	Gründemann	Gregor	Emden	1979	2009	00:57:00	00:52:20	00:54:38			00:57:20	03:41:18		30	M30		4
	Schoon	Ingo	Aurich	1980	2009	00:50:28	01:09:50	00:50:19			00:53:24	03:44:01		29	M		4
	Drost	Fritz	MTV Wittmund	1943	2009	00:52:50	00:50:43	00:53:03	01:07:51			03:44:27		66	M65		4
	Kock	Henry	Reederei Buss	1984	2009	00:53:57	00:54:04	00:56:13			01:00:43	03:44:57		25	M		4
	Kohle	Helmut	TuS Eintracht Hinte	1953	2009	00:52:04	00:52:05	00:53:19	01:07:38			03:45:06		56	M55		4
	Ulferts	Karin	Glave Gruppe	1970	2009	00:56:24	00:54:52	00:56:42		01:01:48		03:49:46		39	W35		4
	Schatt	Olaf	Leer	1967	2009	00:52:15	00:49:50	01:00:40			01:08:29	03:51:14		42	M40		4
	Lakenberg	Jens	Lauftreff Tura 07 Westfr	1963	2009	00:52:13	00:51:36	00:55:30		01:12:18		03:51:37		46	M45		4
	Schönnemann	Lars	BBC Chartering	1975	2009	00:55:50	00:54:06	00:55:56	01:10:01			03:55:53		34	M30		4
	Warnke	Sebastian	Lauftreff Middels	1979	2009	00:56:31		00:57:47		01:03:09	00:59:18	03:56:45		30	M30		4
	Post	Martin	Großefehn	1992	2009	00:56:50	00:53:58	00:54:54	01:13:08			03:58:50		17	MU20		4
	Schröder	Ewald	LT TuS Aurich-Ost	1964	2009	00:55:03	00:53:31	00:57:23	01:13:27			03:59:24		45	M45		4
	Böke-Aden	Karin	TuS Eintracht Hinte	1959	2009	00:55:11	00:55:18	00:57:01	01:11:57			03:59:27		50	W50		4
	Ackermann	Johannes	Stiekelkamperfehnh	1954	2009	00:51:18	00:49:15	00:54:29	01:24:49			03:59:51		55	M55		4
	Meints	Karin	LG Großefehn	1962	2009	00:56:01	00:54:47	00:58:04	01:12:23			04:01:15		47	W45		4
	Siefken	Eelko	Aurich	1983	2009	00:58:19	00:54:49	00:57:56	01:13:48			04:04:52		26	M		4
	Ihnen	Gunda	LT TuS Aurich-Ost	1964	2009	00:56:51	00:57:05			01:08:21	01:03:13	04:05:30		45	W45		4
	Jänen	Hermann	Nordland Papier	1954	2009	00:58:25	00:56:52	01:03:12		01:07:57		04:06:26		55	M55		4
	Poppe Dr.	Sabine	TSV Holtrop	1965	2009			00:57:17	01:11:59	01:01:00	00:56:54	04:07:10		44	W40		4
	Hepp	Marta	Kanalratten	1958	2009	01:01:25	01:00:11	01:02:50			01:04:38	04:09:04		51	W50		4
	Koch	Gunda	LT Spaß mit Sport	1977	2009	00:59:36	01:01:21	01:01:12		01:07:31		04:09:40		32	W30		4
	Janßen	Thomas	RVB Aurich/Uplengen	1981	2009	00:57:25	00:56:19	00:59:13	01:17:49			04:10:46		28	M		4
	Janssen	Martin	Stadtwerke Norden	1977	2009			00:59:06	01:11:55	01:02:38	00:58:23	04:12:02		32	M30		4



## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
	Müller	Sibo	Rhauderfehn	1965	2009	00:59:02		01:01:04	01:13:29	01:00:13		04:13:48		44	M40		4
	Poelmann	Bernhard	BSC Burhufe	1960	2009			01:00:22	01:12:00	01:04:00	00:59:22	04:15:44		49	M45		4
	Ulrichs	Arno	IHK Emden	1961	2009	01:00:23	01:01:26			01:08:23	01:05:59	04:16:11		48	M45		4
	Wirdemann	Stefan	Emder LG	1972	2009	01:00:47	01:02:11	01:00:59	01:16:24			04:20:21		37	M35		4
	Vonhöne	Jenifer	NIGE	1990	2009	01:03:23	01:04:54	01:04:27			01:07:55	04:20:39		19	WU20		4
	Oelscher	Heinz	LT Spaß mit Sport	1954	2009	01:03:16	01:01:07	01:05:55		01:12:26		04:22:44		55	M55		4
	Lokers	Menno	Sparkasse LeerWittmun	1970	2009	01:03:22	01:00:18			01:14:49	01:04:36	04:23:05		39	M35		4
	Herns	Bianca	westerholt	1969	2009	01:03:43	01:01:08			01:12:56	01:06:49	04:24:36		40	W40		4
	Wienrank	Horst	Watt'n Looper SV Dorn	1960	2009	00:57:22	00:56:08	01:00:27	01:31:11			04:25:08		49	M45		4
	Leßmann	Marene	Hartmann Group	1978	2009	01:05:54	01:05:09	01:06:57			01:09:18	04:27:18		31	W30		4
	Zacher	Thomas	Emden	1964	2009	01:00:15	00:58:40	01:05:46	01:23:36			04:28:17		45	M45		4
	Hendriks	Martin	Gymnasium Aurich	1994	2009			01:03:17	01:18:35	01:04:04	01:03:23	04:29:19		15	MU20		4
	Erdmann	Ina	Hartmann Group	1978	2009	01:04:24	01:00:00	01:03:07	01:24:18			04:31:49		31	W30		4
	Hofmann	Falk	Nordland Papier	1979	2009	01:10:06	01:01:52			01:12:48	01:07:35	04:32:21		30	M30		4
	Weiß	Hans	Sportschule TAO Aurich	1953	2009	01:04:41		01:05:58		01:14:19	01:10:05	04:35:03		56	M55		4
	Coordes-Westermann	Elke	Emder LG	1964	2009	01:08:57	01:05:49	01:06:31		01:16:44		04:38:01		45	W45		4
	Janßen	Annika	RuB GmbH	1990	2009	01:06:24	01:05:32	01:05:27	01:21:42			04:39:05		19	WU20		4
	Röben	Hinrich	LT TuS Aurich-Ost	1956	2009	00:54:43	01:01:31		01:27:43	01:16:35		04:40:32		53	M50		4
	Bakker	Norbert	Team Wilts	1964	2009	01:08:44	01:03:33	01:05:38	01:23:02			04:40:57		45	M45		4
	Braams	Herma	SC Dunum	1956	2009			01:06:51	01:22:58	01:09:44	01:04:41	04:44:14		53	W50		4
	Ehlert	Lilo	LT Spaß mit Sport	1948	2009	01:09:33	01:08:15	01:10:32		01:15:56		04:44:16		61	W60		4
	Fahnster	Anke	Team Möbel Buss	1989	2009	01:06:14	01:05:13	01:08:17	01:28:02			04:47:46		20	W		4
	Kromminga	Marlies	Holtland	1976	2009	01:11:06	01:06:48	01:09:09	01:26:15			04:53:18		33	W30		4
	Schweitzer	Felix	Leer	1959	2009	01:15:52	01:05:39	01:05:13	01:26:47			04:53:31		50	M50		4
	Feldiek	Janina	GFI Treuhand GmbH	1985	2009	00:58:46	00:55:46	01:12:00	01:47:04			04:53:36		24	W		4
	Dreyer	Hans	Team Wilts	1971	2009	01:06:58	01:03:53	01:15:38	01:29:02			04:55:31		38	M35		4
	Potthoff	Anke	Hartmann Group	1975	2009	01:15:14	01:13:49	01:14:06			01:14:07	04:57:16		34	W30		4
	Weerts	Petra	IHK Emden	1970	2009	01:10:13	01:08:37	01:10:30	01:29:11			04:58:31		39	W35		4
	Rath	Johann	ELV Elektronik AG	1963	2009	01:08:10	01:07:11		01:31:32	01:16:21		05:03:14		46	M45		4
	Dreesch	Christiane	NIGE	1990	2009	01:14:35	01:11:18	01:16:10		01:24:07		05:06:10		19	WU20		4
	Behre	Carolin	Hartmann Group	1985	2009	01:19:31	01:10:14			01:20:32	01:16:04	05:06:21		24	W		4
	Lengsfeld	Petra	Logabirum	1976	2009	01:12:38	01:10:02	01:13:33	01:30:32			05:06:45		33	W30		4
	Faber	Gerrit	Hartmann Group	1954	2009	01:21:18	01:19:52	01:27:16	01:47:52			05:56:18		55	M55		4
	Fremy	Maike	obw Emden	1955	2009	01:41:08	01:38:12	01:47:35			01:54:16	07:01:11		54	W50		4
	Wolzen	Gerd	VfL Germania Leer	1983	2009	00:35:55	00:36:16	00:37:40				01:49:51		26	M		3
	Hofmann	Fred	Weener Plastik AG	1963	2009	00:43:10	00:42:44	00:45:01				02:10:55		46	M45		3
	Hoogestraat	Sonja	LG Harlingerland	1976	2009	00:42:29	00:43:02	00:46:19				02:11:50		33	W30		3
	Gronewold	Karlheinz	Trauco stein design	1967	2009	00:43:39	00:43:07	00:45:55				02:12:41		42	M40		3
	Neitemeier	Ralf	LT Aurich-Ost	1969	2009		00:41:37		00:53:50		00:43:55	02:19:22		40	M40		3
	Hinrichs	Heinz-Dieter	Stapelmoor	1961	2009	00:47:31	00:46:15	00:47:33				02:21:19		48	M45		3
	Meyer	Ewald	VW Emden	1960	2009	00:47:24	00:46:43	00:48:53				02:23:00		49	M45		3
	Möhle	Lutz	obw Emden	1972	2009	00:43:43			00:55:25		00:45:07	02:24:15		37	M35		3
	Bültena	Keno	TUS Sandhorst	1991	2009	00:47:09	00:47:36	00:49:47				02:24:32		18	MU20		3
	Strohmeier	Horst	Nordland Papier	1972	2009	00:49:34		00:48:03		00:49:53		02:27:30		37	M35		3
	Kramer	Manfred	LG Werder-Ossis	1962	2009	00:48:10	00:47:24	00:52:25				02:27:59		47	M45		3
	Tzodeczko	Thorsten	Nordland Papier		2009	00:47:30		00:48:44		00:51:47		02:28:01		2009	M40		3
	Wieggers	Ulrich	TuS Eintracht Hinte	1955	2009	00:47:40	00:49:20				00:52:50	02:29:50		54	M50		3
	Fortmann	Peter	SG Egels Popens	1966	2009	00:49:49	00:48:48	00:51:14				02:29:51		43	M40		3
	Schwitters	Steffen	KBV Langefeld	1993	2009	00:50:25	00:48:44	00:50:49				02:29:58		16	MU20		3
	Duis	Hartmut	DUIS IMMOBILIEN	1968	2009	00:50:17	00:48:14	00:51:52				02:30:23		41	M40		3
	Bruns	Ingo	Team Möbel Buss	1975	2009	00:46:02		00:46:33	00:58:43			02:31:18		34	M30		3
	Gumbrecht-Vinke	Dagmar	Aurich	1957	2009	00:49:55	00:49:43	00:51:57				02:31:35		52	W50		3
	Roggemann	Niels	Hartmann Group	1976	2009	00:50:06	00:49:48	00:53:51				02:33:45		33	M30		3
	Schmidt	Heinz	Fortuna Logabirum	1963	2009	00:51:52	00:51:05	00:52:11				02:35:08		46	M45		3
	Janssen	Michaela	Fortuna Logabirum	1974	2009	00:53:27	00:48:17	00:56:30				02:38:14		35	W35		3
	Waldecker	Timo	Team Wilts	1985	2009	00:54:23	00:50:57	00:53:21				02:38:41		24	M		3
	Kumke	Lukas	Heide-Apotheke Weene	1990	2009	00:54:16	00:53:16	00:54:52				02:42:24		19	MU20		3
	Möller	Johannes	MTV Aurich	1989	2009		00:47:31		01:05:08		00:49:50	02:42:29		20	M		3
	Exner	Thomas	DLRG Leer	1964	2009	00:53:22	00:53:29				00:56:13	02:43:04		45	M40		3
	Jakobs	Günter	Wi sünd Holtriem	1968	2009	00:54:32	00:52:51	00:56:17				02:43:40		41	M40		3
	Großmann	Frank	RVB Aurich/Uplengen	1974	2009	00:55:19	00:52:31	00:56:00				02:43:50		35	M35		3
	Morherr	Tim	Bünting Tee	1985	2009	00:52:12	00:56:18	00:57:12				02:45:42		24	M		3
	Speckmann	Joachim	Aurich	1959	2009	00:55:13	00:52:34				00:58:16	02:46:03		50	M50		3
	Grever	Katrin	Papenburg	1976	2009	00:55:35	00:53:55	00:56:37				02:46:07		33	W30		3
	Seifert	Benjamin	Enercon GmbH	1979	2009	00:54:46		00:55:21			00:57:23	02:47:30		30	M30		3
	Mammes	Henning	SV Neuhede	1981	2009		00:49:25		01:03:54		00:55:24	02:48:43		28	M		3
	Kleinau	Swen	Reederei Buss	1967	2009	00:56:24	00:54:21	00:59:24				02:50:09		42	M40		3
	Sorger	Daniel	Hartmann Group	1974	2009	01:10:15	00:48:29			00:52:24		02:51:08		35	M35		3
	Oltrop	Kerstin	Heide-Apotheke Weene	1977	2009	00:57:20	00:56:36	00:59:01				02:52:57		32	W30		3

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

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
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
	Füllenbach	Heinz-Gerhard	Polizei Uplengen	1949	2009	00:56:22	00:58:50	01:00:33				02:55:45		60	M60		3
	Efkes	Meike	Bünting Tee	1977	2009	00:58:40	00:57:09	01:00:00				02:55:49		32	W30		3
	Schmid	Cordula	Realschule Aurich	1975	2009	00:58:16	00:56:55	01:01:34				02:56:45		34	W30		3
	Müller	Thomas	TEAM DEUTSCHE POS	1983	2009	00:58:04	00:58:42	01:00:16				02:57:02		26	M		3
	Brümmer	Günter	Nordland Papier	1966	2009	00:54:31		00:54:24	01:08:39			02:57:34		43	M40		3
	Steinhagen	Ingolf	Weener Plastik AG	1978	2009	01:01:29	00:55:36	01:00:30				02:57:35		31	M30		3
	Buhr	Detlef	Bünting Tee	1977	2009	00:54:22		00:54:43	01:10:11			02:59:16		32	M30		3
	Tjaden	Ann-Christin	Emder LG	1993	2009	00:59:35	00:56:06	01:06:53				03:02:34		16	WU20		3
	Rehermann	Tobias	Aurich	1981	2009			01:01:09		01:10:42	00:52:06	03:03:57		28	M		3
	Hübner	Dennis	Aurich	1978	2009			00:55:36	01:10:16	00:58:16		03:04:08		31	M30		3
	Kuper	Ingrid	Lauffreunde Emsland	1956	2009	01:02:13	01:01:45	01:02:05				03:06:03		53	W50		3
	Schieritz	Richard	obw Emden	1950	2009	01:02:36	01:00:23	01:03:04				03:06:03		59	M55		3
	Tuschling	Kilian	Gymnasium Ulricianum	1994	2009	01:02:22	00:59:05	01:05:18				03:06:45		15	MU20		3
	Saathoff	Erich	LT TuS Aurich-Ost	1946	2009	01:01:31	01:00:55	01:04:34				03:07:00		63	M60		3
	Meyer	Günter	EWE-Wattloopers	1965	2009	00:56:27				01:08:23	01:03:12	03:08:02		44	M40		3
	Schaa	Johann	Weener	1954	2009				01:10:47	01:01:40	00:57:57	03:10:24		55	M55		3
	Gerdes	Desire	Gymnasium Aurich	1992	2009	01:06:57	00:57:31		01:06:20			03:10:48		17	WU20		3
	Lehmann	Ewald	LT TuS Aurich-Ost	1954	2009			01:04:55		01:06:41	01:03:13	03:14:49		55	M55		3
	Hahn	Andreas	Hartmann Group	1964	2009	01:02:29		01:07:40			01:04:50	03:14:59		45	M45		3
	Rex	Marina	Westrhauderfehn	1957	2009	00:58:25			01:16:49		01:01:15	03:16:29		52	W50		3
	Hedtke	Maja	Gymnasium Ulricianum	1992	2009	01:08:47	01:03:18				01:04:48	03:16:53		17	WU20		3
	Schwarz	Jannik	Fun Loopers	1980	2009		01:01:46	01:06:01			01:09:39	03:17:26		29	M		3
	Weber	Silke	Spetzerfehn	1972	2009			01:00:04	01:16:02	01:03:03		03:19:09		37	W35		3
	Jabben	Uta	Esens	1960	2009	01:03:40		01:06:04		01:09:32		03:19:16		49	W45		3
	König	Karin	Milchlabor Weser Ems e	1956	2009		00:57:43		01:18:12	01:03:46		03:19:41		53	W50		3
	Tjaden	Manuela	Emder LG	1964	2009	01:07:14	01:04:32	01:08:34				03:20:20		45	W45		3
	Meyer	Marion	UEK AURICH	1969	2009		01:00:27	01:02:09	01:18:03			03:20:39		40	W40		3
	Schüür	Achim	Leer	1959	2009	01:06:12		01:08:05			01:07:42	03:21:59		50	M50		3
	Fellensiek	Edith	LT TuS Aurich-Ost	1960	2009	01:00:34		01:02:24	01:20:48			03:23:46		49	W45		3
	Meinen	Nils	RVB Aurich/Uplengen	1987	2009			00:59:00	01:18:31		01:07:19	03:24:50		22	M		3
	Groß	Keno	KGS Großefehn	1997	2009	01:07:49	01:11:58	01:06:07				03:25:54		12	MU20		3
	Peckmann	Rita	Gymnasium Ulricianum	1996	2009	01:07:49	01:04:21				01:14:48	03:26:58		13	WU20		3
	Hoppe	Michael	Hartmann Group	1964	2009	01:08:57	01:01:48		01:16:17			03:27:02		45	M45		3
	Weber	Melanie	ENOVA Marketing+Vert	1976	2009	01:12:16		01:06:44		01:08:26		03:27:26		33	W30		3
	Maas	Hans-Jürgen	ENOVA Marketing+Vert	1975	2009	01:06:05	01:00:20		01:21:10			03:27:35		34	M30		3
	Bernards	Kerstin		1976	2009	01:10:14				01:12:46	01:06:08	03:29:08		33	W30		3
	Behrens	Pablo	Nordland Papier	1970	2009	01:09:38		01:07:58		01:13:01		03:30:37		39	M35		3
	Flieger	Farina	Weener	1987	2009		01:07:21	01:12:29			01:11:40	03:31:30		22	W		3
	Helms	Michael	obw Emden	1979	2009	01:10:16		01:08:32		01:15:12		03:34:00		30	M30		3
	Schröder	Karin	SV Großefehn	1959	2009	01:15:25	01:09:56	01:10:26				03:35:47		50	W30		3
	Broß	Marita	Moorerland	1978	2009	01:12:39	01:10:02	01:14:04				03:36:45		31	W50		3
	Engelberts	Michael	Hartmann Group	1970	2009	01:11:50		01:12:45		01:13:17		03:37:52		39	M35		3
	Gronewold	Andrea	Wi sünd Holtriem	1979	2009				01:21:49	01:09:34	01:06:43	03:38:06		30	W30		3
	Monden	Lutz	Hartmann Group	1986	2009	01:05:05		01:08:16	01:24:55			03:38:16		23	M		3
	Baumfalk	Monika	ARGO Aurich	1964	2009			01:06:05	01:22:41	01:11:20		03:40:06		45	W45		3
	Horstmeier	Guido	obw Emden	1971	2009	01:11:15		01:12:19		01:16:49		03:40:23		38	M35		3
	Heyen	Elke	Wi sünd Holtriem SV Oc	1971	2009		01:05:12	01:13:55	01:24:29			03:43:36		38	W35		3
	Kampen	Janina	obw Emden	1988	2009		01:10:41			01:20:10	01:17:45	03:48:36		21	W		3
	Andres	Elke		1976	2009	01:14:34				01:21:41	01:15:20	03:51:35		33	W30		3
	Michel	Gisela	Team Wilts	1961	2009	01:23:43	01:11:59				01:16:28	03:52:10		48	W45		3
	Frerichs	Gesine	Hartmann Group	1980	2009	01:17:44		01:17:37			01:18:52	03:54:13		29	W		3
	Deecken	Werner	Aurich	1951	2009	01:21:42				01:21:17	01:11:53	03:54:52		58	M55		3
	Schwegmann	Arnold	www.urologie-leer.de	1962	2009	01:18:53	01:14:21	01:23:23				03:56:37		47	M45		3
	Menne	Jörn	LG Harlingerland	1968	2009	00:37:22					00:40:20	01:17:42		41	M40		2
	Ludwig	Reinhard	Auricher Taxenzentrale	1959	2009	00:38:56	00:39:02					01:17:58		50	M50		2
	Cornelius	Sven	Watt'n Looper SV Dorn	1993	2009	00:42:25	00:41:56					01:24:21		16	MU20		2
	Feldiek	Georg	Weener Plastik AG	1956	2009	00:42:46	00:42:48					01:25:34		53	M50		2
	Galitschkin	Henning	GFI Treuhand GmbH	1983	2009		00:42:25				00:44:43	01:27:08		26	M		2
	Ploch	Hajo	SV Ochtersum	1976	2009	00:45:39	00:44:00					01:29:39		33	M30		2
	Romaneefßen	Steffen	SG Egels-Popens	1992	2009	00:46:11	00:43:37					01:29:48		17	MU20		2
	Janssen	Ame	FC SO	1990	2009	00:46:44		00:44:35				01:31:19		19	MU20		2
	Vlaardingerbroek	Kurt	LG Ostriesland	1968	2009				00:49:59	00:42:52		01:32:51		41	M40		2
	de Vries	Jan	Enercon Aurich	1971	2009	00:45:21					00:48:29	01:33:50		38	M35		2
	Baudein	Dirk	Nordlandpapier	1960	2009			00:46:38			00:47:23	01:34:01		49	M45		2
	Grigat	Holger	Hartmann Group	1973	2009	00:40:15			00:54:07			01:34:22		36	M35		2
	Janowski	Michael	www.praxiswelten.com	1966	2009		00:47:01	00:49:03				01:36:04		43	M40		2
	Dickmann	Clemens	Nordland Papier	1967	2009	00:46:06				00:50:20		01:36:26		42	M40		2
	Lay	Jan	SV Warsingsfehn	1954	2009	00:48:56	00:49:13					01:38:09		55	M50		2
	Graßmann	Jens	Hartmann Group	1969	2009	00:48:34					00:51:53	01:40:27		40	M40		2
	Baltschau	Frank	Esens	1962	2009					00:51:46	00:49:02	01:40:48		47	M45		2

## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
	Falkenthal	Kai	Hartmann Group	1965	2009	00:49:26	00:52:01					01:41:27		44	M40		2
	Gehlker	Wessel	Loga	1956	2009	00:51:18	00:50:47					01:42:05		53	M50		2
	Tjarks	Eduard	LG Ostfriesland	1954	2009	00:50:08					00:52:00	01:42:08		55	M50		2
	Meinen	Thobe	FC SO	1995	2009	00:50:57		00:52:31				01:43:28		14	MU20		2
	Garthe	Hanno	FC SO	1968	2009	00:51:00					00:53:37	01:44:37		41	M40		2
	Lünemann	Lena	Ihrhove	1990	2009	00:52:58	00:51:43					01:44:41		19	WU20		2
	Keiser	Christian	SV Holtland	1993	2009		00:51:49				00:53:01	01:44:50		16	MU20		2
	Schut	Frank	Vffl Berumbur	1969	2009	00:48:49					00:57:07	01:45:56		40	M40		2
	Reimers	Tobias	FC SO	1990	2009	00:51:56		00:54:48				01:46:44		19	MU20		2
	Wollenhaupt	Felix	FC SO	1991	2009	00:51:56		00:54:48				01:46:44		18	MU20		2
	Determann	Jürgen	SG Egels-Popens	1958	2009			00:47:56	00:59:49			01:47:45		51	M50		2
	Duin	Imke	SV Holtland	1993	2009		00:53:19				00:55:19	01:48:38		16	WU20		2
	Heidebroek	Reiner	Germania Leer	1965	2009	00:55:41	00:53:43					01:49:24		44	M40		2
	Thielke Dr.	Christian	Leer	1945	2009	00:56:13	00:53:12					01:49:25		64	M60		2
	Baldus	Martin	Hartmann Group	1964	2009	00:54:55	00:55:03					01:49:58		45	M45		2
	Uphoff	Helmut	RVB Aurich/Uplengen	1964	2009	00:56:31	00:53:53					01:50:24		45	M45		2
	Hösbacher	Christian	ELV Elektronik AG	1978	2009		00:55:30	00:54:55				01:50:25		31	M30		2
	Eyhusen	Melanie		1975	2009	00:56:18	00:55:19					01:51:37		34	W30		2
	Heyen	Dietmar	LG Großefehn	1972	2009	00:57:17	00:54:46					01:52:03		37	M35		2
	Möhle	Katja	obw Emden	1971	2009	00:56:58	00:55:24					01:52:22		38	W35		2
	Kavelmann	Ulrich		1955	2009	00:48:12	01:04:42					01:52:54		54	M50		2
	Beekmann	Wilko	Westoverledigen	1997	2009	00:53:18					00:59:40	01:52:58		12	MU20		2
	Cronshagen-Radtke	Ewald	Leinerstift e.V.	1961	2009	00:56:19		00:56:42				01:53:01		48	M45		2
	Urban	Lars	obw Emden	1966	2009	00:56:16	00:57:05					01:53:21		43	M40		2
	Kisch	Johannes	FC SO	1966	2009	01:00:53		00:52:35				01:53:28		43	M40		2
	Uden	Hermann	LG Ostfriesland	1950	2009	00:57:09		00:56:30				01:53:39		59	M55		2
	Wiegmann	Siebo	LG Harlingerland	1979	2009		00:48:49		01:05:08			01:53:57		30	M30		2
	Eger	Sieghard	Ihlow	1968	2009	00:55:42					00:58:44	01:54:26		41	M40		2
	Habben	Hendrik	LG -Großefehn	1998	2009	00:59:43	00:54:55					01:54:38		11	MU20		2
	Rehbock	Wilfried	RSC Papenburg	1964	2009	00:50:12			01:04:54			01:55:06		45	M45		2
	Fecht	Christian	Germania Leer	1985	2009	00:50:37					01:04:33	01:55:10		24	M		2
	Fießner	Jörg	Schloothissis Leer	1960	2009	00:56:47		00:58:46				01:55:33		49	M45		2
	Beckers	Steffen	Germania Leer	1990	2009			00:50:14	01:05:55			01:56:09		19	MU20		2
	Anscheit	Mareike	Fortuna Logabirum	1997	2009	00:59:22	00:56:56					01:56:18		12	WU20		2
	Hemmes	Carsten	FC SO	1992	2009	00:57:30		00:59:09				01:56:39		17	MU20		2
	Lemke	Rene	Veenhusen	1992	2009	00:58:19		00:59:05				01:57:24		17	MU20		2
	König	Antino	Raiffeisenbank eG Moor	1963	2009	00:57:06					01:00:46	01:57:52		46	M45		2
	Schumann	Patrick	Berum	1988	2009			00:52:30	01:05:29			01:57:59		21	M		2
	Schouwer	Dennis	BBC Chartering	1988	2009	00:55:43		01:02:29				01:58:12		21	M		2
	Gellmers	Ihno	FC SO	1997	2009	00:59:48		00:58:50				01:58:38		12	MU20		2
	Schmidt	Tatjana	Sportschule TAO	1985	2009					01:01:49	00:57:35	01:59:24		24	W		2
	Penon	Focko	Gymnasium Ulricianum	1971	2009	00:58:40					01:01:30	02:00:10		38	M35		2
	Möhenkamp	Annika	BBC Chartering	1984	2009	01:02:06	00:58:17					02:00:23		25	W		2
	Kettwig	H.D.	Spetzer Looper's	1957	2009		00:59:22	01:01:17				02:00:39		52	M50		2
	Ripken	Markus	Stadtwerke Norden	1981	2009					01:02:45	00:58:21	02:01:06		28	M		2
	Schmidt	Ilka	Weener Plastik AG	1979	2009	01:01:30		01:00:31				02:02:01		30	W30		2
	Bartels	Klaus	Grundschule Lengenerla	1969	2009		00:53:56		01:09:50			02:03:46		40	M40		2
	Gossmann	Tim	FC SO	1993	2009	01:00:54		01:03:10				02:04:04		16	MU20		2
	Alberts	Torsten	Aurich	1971	2009			00:54:48	01:09:30			02:04:18		38	M35		2
	Geruin	Maren	BBC Chartering	1985	2009	01:03:27	01:01:05					02:04:32		24	W		2
	Ziegler	Sybille	Leer	1955	2009		01:01:42	01:03:11				02:04:53		54	W50		2
	Nolte	Andreas	Westoverledigen	1964	2009	01:02:54	01:02:22					02:05:16		45	M45		2
	Otten	Sandra	Sportschule TAO	1987	2009					01:05:19	01:00:38	02:05:57		22	W		2
	Miener	Mathis	Ulricianum Aurich	1994	2009	01:03:06	01:03:15					02:06:21		15	MU20		2
	Watermeyer	Emily	FC SO	1994	2009	01:04:44		01:01:50				02:06:34		15	WU20		2
	Grundhöfer	Ulrich	TSV Pansdorf	1964	2009	01:01:17				01:05:52		02:07:09		45	M45		2
	Herzog	Anne	STV Barßel	1989	2009					01:04:59	01:02:24	02:07:23		20	W		2
	Aufleger	Birte	Veenhusen	1994	2009	01:04:43		01:04:22				02:09:05		15	WU20		2
	Hedemann	Sönke	Fun Loopers	1992	2009			01:11:50			00:57:38	02:09:28		17	MU20		2
	Pommer	Bianca	Aktiva GmbH Wolters	1971	2009		01:03:42	01:06:15				02:09:57		38	W35		2
	Gerhard	Hans-Hennig	ELV Elektronik AG	1974	2009		01:04:28	01:05:35				02:10:03		35	M35		2
	Plazikowski	Andreas	STV Barßel	1951	2009			00:55:34	01:15:36			02:11:10		58	M55		2
	Janssen	Kristin	Emder LG	1993	2009					01:07:33	01:04:25	02:11:58		16	WU20		2
	Kambeck	Günter	Frisia Loga	1946	2009	01:06:15	01:06:23					02:12:38		63	M60		2
	Janssen	Margret	TuS Detern	1974	2009		01:05:18	01:07:32				02:12:50		35	W35		2
	Kameniw	Irina	Gymnasium Aurich	1992	2009	01:08:47	01:04:40					02:13:27		17	WU20		2
	Thien-Reinders	Miriam	Fortuna Logabirum	1964	2009	00:57:52			01:15:58			02:13:50		45	W45		2
	Bohlen	Gerd	TuRa 07 Westhauderfe	1954	2009			01:05:58		01:10:29		02:16:27		55	M50		2
	Rößler	Claudia	TSV Münsterstadt	1973	2009			01:00:18	01:17:05			02:17:23		36	W35		2
	Busemann	Kirsten	BSV Bingum	1978	2009	01:09:48	01:08:28					02:18:16		31	W30		2

## 28. Ostfrieslandlauf 2009

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
	Stubbe	Wilhelm	Nordland Papier	1960	2009	01:00:37			01:18:42			02:19:19		49	M45		2
	Steinebach	Kerstin	Leer	1988	2009	01:07:12					01:12:12	02:19:24		21	W		2
	Hebbelmann	Lambert	Nordland Papier	1953	2009	01:07:57		01:12:27				02:20:24		56	M55		2
	Frein	Markus	Leer	1962	2009	01:10:20	01:10:14					02:20:34		47	M45		2
	Buss	Bernhard	Team Möbel Buss	1949	2009		00:59:30		01:22:06			02:21:36		60	M60		2
	Lücht	Fenna	Fortuna Logabirum	2001	2009	01:09:13					01:13:04	02:22:17		8	WU20		2
	Lücht	Mathias	Fortuna Logabirum	1968	2009	01:09:13					01:13:05	02:22:18		41	M40		2
	Paskiewicz	Kamila	Zahnarztpraxis Dunkel	1989	2009	01:11:48	01:11:34					02:23:22		20	W		2
	Oelerich	Dieter	Team Wilts	1961	2009	01:14:20	01:11:16					02:25:36		48	M45		2
	Bietz	Ingrid	Firrel	1956	2009	01:15:53	01:10:37					02:26:30		53	W50		2
	Scherf	Torben	Eintracht Plaggenburg	1997	2009			01:07:09	01:20:02			02:27:11		12	MU20		2
	Meyer	Julia	Fun-Loopers	1967	2009			01:10:52		01:16:30		02:27:22		42	W40		2
	Möhlmeier	Melanie	Hartmann Group	1982	2009		01:12:39	01:15:02				02:27:41		27	W		2
	Schwarz	Julia	Fun Loopers	1993	2009			01:11:50			01:17:18	02:29:08		16	WU20		2
	Neimann	Elena	Zahnarztpraxis Dunkel	1980	2009	01:16:14	01:13:42					02:29:56		29	W		2
	Höfer	Anne	Emder LG	1961	2009					01:16:21	01:15:13	02:31:34		48	W45		2
	Veentjer	Fritz	Hartmann Group	1973	2009			01:15:11			01:17:20	02:32:31		36	M35		2
	Börgerding	Nicole		1980	2009			01:11:18	01:21:48			02:33:06		29	W		2
	Ubben	Ehlke	Aurich	1962	2009		01:08:25		01:27:36			02:36:01		47	M45		2
	Cyganek	Marc-Oliver	Hartmann Gruppe	1978	2009				01:27:13		01:10:05	02:37:18		31	M30		2
	Röben	Petra	Aurich	1967	2009		01:08:52		01:28:28			02:37:20		42	W40		2
	Mennenga	Svenja	Hartmann Group	1983	2009	01:20:20	01:19:51					02:40:11		26	W		2
	Welp	Sonka	SV Nüttermoor	1977	2009				01:29:50		01:12:10	02:42:00		32	M30		2
	Janssen	Johannes	Pewsumer Ossilooper	1957	2009			01:22:39			01:21:05	02:43:44		52	M50		2
	Müller	Magnus	VFL Ockenhausen	1941	2009	01:13:43			01:33:04			02:46:47		68	M65		2
	Michaelis	Andrea	obw Emden	1983	2009	01:25:52		01:25:31				02:51:23		26	W		2
	Wiechmann	Steffen	Germania Leer	1988	2009	00:36:19						00:36:19		21	M		1
	Ziegler	Philipp	TH Eilbeck	1976	2009			00:38:22				00:38:22		33	M30		1
	Beine	Christian	MTV Aurich	1972	2009		00:39:48					00:39:48		37	M35		1
	Hanekamp	Klaus	Sparta Werite	1969	2009						00:40:24	00:40:24		40	M40		1
	Kurch	Sebastian	Eilrich	1981	2009			00:41:29				00:41:29		28	M		1
	Milfahrt	Rainer	KUH'S BEST-Team	1965	2009	00:42:16						00:42:16		44	M40		1
	Hollander	Karsten	LG Göttingen	1985	2009						00:42:22	00:42:22		24	M		1
	Köller	Tammo	TuS Weener	1987	2009						00:42:55	00:42:55		22	M		1
	Jänicke	Sascha	Lauf Leer	1980	2009	00:43:13						00:43:13		29	M		1
	Klüver	Bernhard	Krummhörn	1969	2009						00:43:24	00:43:24		40	M40		1
	Wegmann	Heinz-Josef	SV Dersum	1964	2009					00:43:29		00:43:29		45	M45		1
	Sigl	Holger	LAC Aurich-Emden	1970	2009			00:43:50				00:43:50		39	M35		1
	Goudschaal	Joachim		1983	2009	00:44:45						00:44:45		26	M		1
	Faßhauer	Andreas	LG Ostfriesland	1968	2009						00:44:48	00:44:48		41	M40		1
	Mix	Manuel	Team Deutsche Post	1974	2009					00:44:58		00:44:58		35	M35		1
	Hanekamp	Lars		1993	2009						00:45:25	00:45:25		16	MU20		1
	Hanekamp	Christian		1964	2009						00:45:27	00:45:27		45	M45		1
	Geuken	Uwe		1965	2009	00:45:50						00:45:50		44	M40		1
	Girod	Thomas	TV Bunde	1987	2009			00:46:30				00:46:30		22	M		1
	Nörder	Mamar		1991	2009						00:46:54	00:46:54		18	MU20		1
	Jürrens	Inga	Emder LG	1982	2009			00:47:20				00:47:20		27	W		1
	Ewen	Michael	Störtebeker Loopers TV	1976	2009	00:47:34						00:47:34		33	M30		1
	Meyer	Christian	Stapelermoor	1988	2009	00:47:39						00:47:39		21	M		1
	Penning	Günter	Polizei Leer	1967	2009	00:48:05						00:48:05		42	M40		1
	Goudschaal	Ude	Bunde	1955	2009	00:48:17						00:48:17		54	M50		1
	Vry	Ralf	Fortuna Logabirum	1960	2009	00:48:30						00:48:30		49	M45		1
	Schmidt	Ludwig	Pflegezentrum Esens	1964	2009						00:48:31	00:48:31		45	M45		1
	Hillers	Gerd-Uwe	TSG Hatten-Sandkrug	1960	2009		00:48:36					00:48:36		49	M45		1
	Kannegießer	Margret	Fortuna Logabirum	1972	2009	00:48:36						00:48:36		37	W35		1
	Ziemann	Reiner		1964	2009		00:49:07					00:49:07		45	M45		1
	Jänicke	Stefan	SV Nortmoor	1973	2009		00:49:20					00:49:20		36	M35		1
	Aden	Rainer	Berlin	1971	2009		00:49:21					00:49:21		38	M35		1
	Biker	Julian	Nordlandpapier	1988	2009			00:49:28				00:49:28		21	M		1
	Plümer	Volker	Polizei Leer	1976	2009			00:49:30				00:49:30		33	M30		1
	Davies	Christopher	Bünting Tee Leer	1972	2009						00:49:38	00:49:38		37	M35		1
	Hehemann	Stefan	Bünting Tee Leer	1968	2009						00:49:38	00:49:38		41	M40		1
	Lübben	Uwe	AOK Ostfriesland	1972	2009	00:49:48						00:49:48		37	M35		1
	Harms	Udo	SV Söpetzerfehn	1981	2009			00:49:50				00:49:50		28	M		1
	Buß	Timo	RVB Aurich/Uplengen	1984	2009			00:49:51				00:49:51		25	M		1
	Thelken	Heinz-Hermann	STV Barßel	1962	2009						00:49:54	00:49:54		47	M45		1
	Deutschmann	Erwin	TSV Hesel	1966	2009			00:50:07				00:50:07		43	M40		1
	Schneider	Mirko	Germania Leer	1989	2009					00:50:24		00:50:24		20	M		1
	Heinze	Stephan	Leer	1965	2009	00:50:31						00:50:31		44	M40		1
	de Vries	Michael	Eintracht Völlen	1979	2009					00:50:44		00:50:44		30	M30		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km 68,80					
	Diekmann	Uta	Elektro GmbH	1969	2009	00:50:46						00:50:46		40	W40		1
	Strohbein	Jens	Bünting Tee	1970	2009	00:50:58						00:50:58		39	M35		1
	Busboom	Wilfried	TuS Detern	1971	2009	00:51:05						00:51:05		38	M35		1
	Strauch	Jens	BBC Chartering	1973	2009	00:51:20						00:51:20		36	M35		1
	Müller	Lars		1994	2009						00:51:26	00:51:26		15	MU20		1
	Tammen	Thomas	SV Großefehn	1983	2009						00:51:42	00:51:42		26	M		1
	Neugebauer	Joachim	TV Norden	1958	2009	00:51:49						00:51:49		51	M50		1
	Kosel	Sören	Realschule Esens		2009	00:51:49						00:51:49		2009	MU20		1
	Leschowski	Fredy	Hartmann Group	1966	2009	00:51:51						00:51:51		43	M40		1
	Perner	Detlef	Bünting Tee Leer	1958	2009						00:51:56	00:51:56		51	M50		1
	Limbeck	Thilko	TG Wiesmoor	1991	2009	00:52:00						00:52:00		18	MU20		1
	Schulz	Marinos	Hartmann Group	1993	2009		00:52:01					00:52:01		16	MU20		1
	Gläßgen	Thilko	Concordia Ihrhove	1993	2009			00:52:12				00:52:12		16	MU20		1
	Sjuts	Gunnar	VFR Heisfelde	1981	2009						00:52:14	00:52:14		28	M		1
	Hummerich	Niklas	SV-Emden-Harsweg	1995	2009						00:52:15	00:52:15		14	MU20		1
	Reuwsaat	Stefan	Polizei Leer/Emden	1971	2009	00:52:17						00:52:17		38	M35		1
	Heitker	Frank	Nordland Papier	1970	2009			00:52:22				00:52:22		39	M35		1
	Pogorzelski	Florian	Borussia Neuenhaus	1986	2009		00:52:23					00:52:23		23	M		1
	Daniel	Peter		1963	2009						00:52:24	00:52:24		46	M45		1
	Boschmann	Derk	Terschelling West	1963	2009			00:52:25				00:52:25		46	M45		1
	Bohlsen	Thees	FC SO	1996	2009	00:52:29						00:52:29		13	MU20		1
	Bockelmann	Lukas	SV Warsingsfehn	1961	2009						00:52:35	00:52:35		48	M45		1
	Spormann	Lutz	BW Borssum	1962	2009		00:52:40					00:52:40		47	M45		1
	Cordes-Gebken	Malte	TuS Esens	1994	2009						00:52:57	00:52:57		15	MU20		1
	Schmidt	Florian	VFL Ockenhausen	1991	2009			00:53:04				00:53:04		18	MU20		1
	Kobus	Henrik	Frisia Loga	1996	2009		00:53:05					00:53:05		13	MU20		1
	Christoffers	Gerhard	SC Wiesens	1955	2009	00:53:08						00:53:08		54	M50		1
	Bussen	Otto	Elektro Arends und Bus	1971	2009						00:53:16	00:53:16		38	M35		1
	Funger	Nis	Volksbank Aurich	1977	2009						00:53:17	00:53:17		32	M30		1
	Schmidt	Nicole	RuB GmbH		2009	00:53:17						00:53:17		2009	WU20		1
	Rebel	Lars	Grundschule Hesel	1999	2009		00:53:18					00:53:18		10	MU20		1
	Knust	Insa	SV Holtland	1995	2009		00:53:19					00:53:19		14	WU20		1
	Janssen	Helma	LG Driewer	1981	2009	00:53:24						00:53:24		28	W		1
	Freudenberg	Jens	UEG Leer	1970	2009		00:53:30					00:53:30		39	M35		1
	Isermann	Jan-Erik	Auricher TC	1994	2009						00:53:47	00:53:47		15	MU20		1
	Bruns	Tobias	TuS Esens	1993	2009						00:53:53	00:53:53		16	MU20		1
	Boomgarden	Andreas	Eben-Eser e-V.	1959	2009						00:54:06	00:54:06		50	M50		1
	Warfsmann	Jan		1988	2009	00:54:07						00:54:07		21	M		1
	Bruns	Karsten	Volksbank Aurich	1981	2009						00:54:12	00:54:12		28	M		1
	Canenbley	Reinhard	Dethmers & Co.	1964	2009	00:54:23						00:54:23		45	M45		1
	Specht	Hauke	Landjugend Filsum	1992	2009						00:54:27	00:54:27		17	MU20		1
	Defort	Ralf	MTV Aurich	1965	2009						00:54:29	00:54:29		44	M40		1
	Brummer	Malte	Gymnasium Rhaudefe	1991	2009	00:54:31						00:54:31		18	MU20		1
	Trauernicht	Max	VFB Uplengen	1995	2009			00:54:41				00:54:41		14	MU20		1
	Lütje	Lars	VFB Uplengen	1995	2009			00:54:42				00:54:42		14	MU20		1
	Hackmann	Guido	TuS Ricklingen	1971	2009						00:54:44	00:54:44		38	M35		1
	Modder	Wilko	TV Bunde	1988	2009						00:54:45	00:54:45		21	M		1
	Beckers	Steffen	Germania Leer	1962	2009					00:54:57		00:54:57		47	M45		1
	Egbars	Malte	Uni Oldenburg	1986	2009						00:55:01	00:55:01		23	M		1
	Wübbenhorst	Detlef	BSC Burhufe	1970	2009		00:55:03					00:55:03		39	M35		1
	Glusa	Udo		1961	2009						00:55:09	00:55:09		48	M45		1
	Feldmann	Klaus	TuRa 07 Westrhaudefe	1955	2009			00:55:15				00:55:15		54	M50		1
	Kramer	Matthias	Leer	1989	2009	00:55:20						00:55:20		20	M		1
	Schilling	Stefan	Enercon Aurich	1983	2009					00:55:21		00:55:21		26	M		1
	Goetz	Helfried	Wiesedermeer	1971	2009	00:55:28						00:55:28		38	M35		1
	Loegel	Thomas	SV Wiesede	1965	2009			00:55:30				00:55:30		44	M40		1
	Keiser	Jan-Hendrik	SV Wittmund	1970	2009						00:55:35	00:55:35		39	M35		1
	Janssen	Hajo	Hamburg	1971	2009					00:55:41		00:55:41		38	M35		1
	Heinen	Hartmut		1962	2009		00:55:51					00:55:51		47	M45		1
	Sinningen	Andreas	Stadt Weener gegen Ge	1971	2009	00:55:53						00:55:53		38	M35		1
	Post	Joachim	RVB Aurich/Uplengen	1959	2009			00:55:57				00:55:57		50	M50		1
	Kolb	Friederike	Wiesmoor	1979	2009			00:56:00				00:56:00		30	W30		1
	Schreiner	Ralf		1958	2009						00:56:04	00:56:04		51	M50		1
	Brink	Timo	Gymnasium Rhaudefe	1993	2009		00:56:14					00:56:14		16	MU20		1
	Apetz	Anton	TV Norden	1943	2009						00:56:15	00:56:15		66	M65		1
	Heep	Norbert	Team Enercon	1976	2009	00:56:16						00:56:16		33	M30		1
	Kloskowski	Wilhelm	Nordlandpapier	1953	2009		00:56:26					00:56:26		56	M55		1
	Geisemeyer	Mirko	Hartmann Group	1993	2009		00:56:32					00:56:32		16	MU20		1
	Seeberg	Jannis		1997	2009						00:56:36	00:56:36		12	MU20		1
	Meer	Florian	Briese Schifffahrt	1978	2009			00:56:37				00:56:37		31	M30		1
	Erchinger	Heye	FC SO	1997	2009	00:56:38						00:56:38		12	MU20		1

## 28. Ostfrieslandlauf 2009

05.05. bis 22.05.2009

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
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
	Garrelts	Nantke	Marathon Club Bremen	1989	2009				00:56:40			00:56:40		20	W		1
	Meyer	Jens	Hobbyläufer	1961	2009	00:56:56						00:56:56		48	M45		1
	Kohl	Jürgen	SC Wangerland	1967	2009						00:57:01	00:57:01		42	M40		1
	Neumann	Jannik	TuS Esens	1993	2009						00:57:01	00:57:01		16	MU20		1
	Neumann	Tames	TuS Esens	1995	2009						00:57:01	00:57:01		14	MU20		1
	Kruse	Svenja	Mühlenwarf	1988	2009	00:57:31						00:57:31		21	W		1
	Schermutzki	Robert	Lippizaner Loga	1948	2009		00:57:50					00:57:50		61	M60		1
	Feldmann	Jörg	TuS Esens	1991	2009						00:57:53	00:57:53		18	MU20		1
	K'chemann	Ole	BBC Chartering	1986	2009	00:58:00						00:58:00		23	M		1
	Münzel	Kai	MTV Aurich	1975	2009				00:58:13			00:58:13		34	M30		1
	Budde	Jörg	Fortuna Logabirum	1961	2009	00:58:20						00:58:20		48	M45		1
	Ludwigs	Ingo	Südbrookmerland	1976	2009				00:58:23			00:58:23		33	M30		1
	Müller	Claus	RSV Emden	1961	2009						00:58:25	00:58:25		48	M45		1
	Köhler	Thomas	Oldenburg	1982	2009	00:58:37						00:58:37		27	M		1
	Maritzen	Lars	LSF Münster	1981	2009						00:58:41	00:58:41		28	M		1
	Jegelka	Enno		1951	2009						00:58:43	00:58:43		58	M55		1
	Kern	Roland		1966	2009						00:58:46	00:58:46		43	M40		1
	Harms	Thorben	Ubbo Emmius Gymnasi	1993	2009	00:58:47						00:58:47		16	MU20		1
	Doidse	Timothy		1959	2009						00:58:49	00:58:49		50	M50		1
	Tittel	Beate		1960	2009						00:58:50	00:58:50		49	W45		1
	Höft	Henry	Gymnasium Aurich	1996	2009						00:58:58	00:58:58		13	MU20		1
	Goudschaal	Rolf	Remels	1950	2009	00:59:04						00:59:04		59	M55		1
	Schwarzenberg	Hannes	Köln	1997	2009			00:59:09				00:59:09		12	MU20		1
	Lindner	Norbert	Hamm	1969	2009						00:59:10	00:59:10		40	M40		1
	Rehling	Stefan	obw Emden	1990	2009		00:59:13					00:59:13		19	MU20		1
	Weinberg	Jan	LG Harlingerland	1995	2009					00:59:13		00:59:13		14	MU20		1
	Brahms	Viola	Studio Larisca	1981	2009	00:59:13						00:59:13		28	W		1
	Fiegel	Carola	Studio Larisca	1964	2009	00:59:13						00:59:13		45	W45		1
	Ullitzka	Marion		1966	2009			00:59:13				00:59:13		43	W40		1
	Schoone	Thomas	SV Eintracht Ihlow	1988	2009			00:59:15				00:59:15		21	M		1
	Aldenhoven	Axel	Kaufhof	1969	2009						00:59:17	00:59:17		40	M40		1
	Schwill	Hans-Jürgen	Germania Leer	1964	2009	00:59:29						00:59:29		45	M45		1
	Schwengel	Thomas		1962	2009						00:59:29	00:59:29		47	M45		1
	Werkmeister	Johannes	Spaß muss sein	1957	2009	00:59:34						00:59:34		52	M50		1
	Köhler	Philipp		1998	2009	00:59:38						00:59:38		11	MU20		1
	Werkmeister	Simon	Spaß muss sein	1990	2009	00:59:43						00:59:43		19	MU20		1
	Weizel	Matthias	VFL Jheringsfehn	1970	2009						00:59:49	00:59:49		39	M35		1
	Schoon	Sandra	LV Marathon Kleve	1975	2009						00:59:49	00:59:49		34	W30		1
	Zumdohme	Jan	HRS Moormerland	1980	2009	00:59:53						00:59:53		29	M		1
	Wien	Daggi		1978	2009						01:00:00	01:00:00		31	W30		1
	Reinhard	Raphael	Enercon Aurich	1974	2009					01:00:01		01:00:01		35	M35		1
	Reiners	Maike	TuS Victorbur	1970	2009		01:00:01					01:00:01		39	W35		1
	Seeberg	Jonas		1973	2009						01:00:02	01:00:02		36	M35		1
	Klitzka	Marion		1966	2009	01:00:05						01:00:05		43	W40		1
	Rößler	Rainer	TSV Münsterstadt	1964	2009				01:00:06			01:00:06		45	M45		1
	Hilmar	Nicolai		1958	2009	01:00:18						01:00:18		51	M50		1
	Trepohl	Stefan	Nordland Papier	1967	2009	01:00:26						01:00:26		42	M40		1
	Teipen	Bernd	Triathlon Team	1966	2009						01:00:34	01:00:34		43	M40		1
	Warfsmann	Sven		1988	2009	01:00:36						01:00:36		21	M		1
	Behrends	Tiedo	FC SO	1996	2009	01:00:45						01:00:45		13	MU20		1
	Nicolai	Hendrik	Stedesdorf	1992	2009						01:00:45	01:00:45		17	MU20		1
	Haarmann	Hans-Gerd	Nordland Papier	1976	2009	01:00:47						01:00:47		33	M30		1
	Peters	Fritz	Emder LG	1953	2009					01:00:50		01:00:50		56	M55		1
	Schoel	Sophia	Spaß muss sein	1992	2009	01:00:52						01:00:52		17	WU20		1
	Becker	Günter		1957	2009			01:00:54				01:00:54		52	M50		1
	Himpel	Alste	SC Dunum	1957	2009						01:00:57	01:00:57		52	M50		1
	Buß	Julia	NiGE Esens	1992	2009						01:00:57	01:00:57		17	WU20		1
	Stellamans	Aiko	Gymnasium Rhaderfer	1993	2009	01:01:19						01:01:19		16	MU20		1
	Bogena	Bent	SV Holtland	1996	2009			01:01:25				01:01:25		13	MU20		1
	Bruners	Franz	MTV Wittmund	1952	2009					01:01:32		01:01:32		57	M55		1
	Schädler	Bernd	Frankfurt	1959	2009						01:01:33	01:01:33		50	M50		1
	Buss	Jürgen	TuS Esens	1958	2009						01:01:36	01:01:36		51	M50		1
	Schulte	Henning	Landjugend Filsum	1991	2009						01:01:36	01:01:36		18	MU20		1
	Janßen	Kim	NIGE	1992	2009						01:01:41	01:01:41		17	WU20		1
	Janssen	Paul-Gerhard		1964	2009						01:01:44	01:01:44		45	M45		1
	Hein	Regine	Wat'n Loopers	1966	2009		01:01:44					01:01:44		43	W40		1
	Busboom	Jan Freerk	Landjugend Filsum	1991	2009						01:02:07	01:02:07		18	MU20		1
	Beerpoot	Kathelyne	Leer	1987	2009		01:02:17					01:02:17		22	W		1
	Kösters	Wilhelm	Nordland Papier	1953	2009	01:02:29						01:02:29		56	M55		1
	Olliges	Heinz	Hartmann Gruppe	1968	2009				01:02:43			01:02:43		41	M40		1
	Kohn	Martina	v.d. Pütten Emden	1974	2009						01:02:44	01:02:44		35	W35		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
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	68,80					
	Lehmann	Edwin	Fortuna Logabirum	1962	2009	01:02:46						01:02:46		47	M45		1
	Jöchner-van Dyken	Volker	obw Emden	1963	2009		01:02:49					01:02:49		46	M45		1
	Neumann	Andrea	Leer	1970	2009	01:03:15						01:03:15		39	W35		1
	Groen	Albert	SG Egels-Popens	1956	2009						01:03:21	01:03:21		53	M50		1
	Meinen	Conny	BSC Burhufe	1963	2009	01:03:24						01:03:24		46	W45		1
	Fröhling	Michael	Großefehn	1970	2009		01:03:27					01:03:27		39	M35		1
	Boekhoff	Jennifer	BBC Chartering	1985	2009		01:03:27					01:03:27		24	W		1
	Vogel-Fröhling	Antonia	Großefehn	1973	2009		01:03:28					01:03:28		36	W35		1
	Beekmann	Ellen	Finanzamt Aurich	1968	2009			01:03:30				01:03:30		41	W40		1
	Duken	Lisa	Esens	1990	2009	01:03:32						01:03:32		19	WU20		1
	Kleene	Leif	FC Oldersum	1999	2009			01:04:05				01:04:05		10	MU20		1
	Rull	Thomas	ZGO	1978	2009	01:04:07						01:04:07		31	M30		1
	Schwingel	Sabine		1963	2009						01:04:18	01:04:18		46	W45		1
	Richter	Sönke	Hartmann Group	1959	2009	01:04:19						01:04:19		50	M50		1
	de Buhr	Volker		1978	2009						01:04:25	01:04:25		31	M30		1
	Helmts	Mathias		1974	2009		01:04:42					01:04:42		35	M35		1
	Luikenga	Andreas		1966	2009		01:04:43					01:04:43		43	M40		1
	Harberts	Lothar	ELV Elektronik	1974	2009			01:04:51				01:04:51		35	M35		1
	Eden	Ilona		1969	2009		01:04:51					01:04:51		40	W40		1
	Harms	Sven	TuS Timmel	1984	2009			01:04:54				01:04:54		25	M		1
	Meyer	Hilko	ELV Elektronik AG	1987	2009			01:04:54				01:04:54		22	M		1
	Bach	Hanno	Timmel	1989	2009			01:04:57				01:04:57		20	M		1
	Bartsch	Frank		1972	2009						01:04:59	01:04:59		37	M35		1
	Lammers	Maike	Holtand	1993	2009	01:04:59						01:04:59		16	WU20		1
	Steffens	Korinna	Realschule Esens	1995	2009						01:05:14	01:05:14		14	WU20		1
	Gerken	Alena	TV Norden	1994	2009						01:05:18	01:05:18		15	WU20		1
	Pflüger	Silvia	IGS Waldschule Egels	1997	2009			01:05:33				01:05:33		12	WU20		1
	Grundmann	Lars	LLG Hertzkasper	1966	2009	01:06:02						01:06:02		43	M40		1
	Kessler	Lazar	Nige	1998	2009						01:06:08	01:06:08		11	MU20		1
	Dürlich	David	Optik Zentrum Aurich	1981	2009					01:06:16		01:06:16		28	M		1
	Böhling	Wolfgang	Optik Zentrum Aurich	1970	2009					01:06:17		01:06:17		39	M35		1
	Berschuke	Laura	SC Dunum	1993	2009						01:06:27	01:06:27		16	WU20		1
	Lavilla	Isabell	Zaragoza	1986	2009						01:06:54	01:06:54		23	W		1
	Onken	Bernhard	BBC Chartering	1981	2009			01:06:56				01:06:56		28	M		1
	Bergsma-can Wijk	Jenny	Aurich	1970	2009					01:07:12		01:07:12		39	W35		1
	Menninga-Soeken	Insa	Timmel	1963	2009		01:07:23					01:07:23		46	W40		1
	Janssen	Friedhelm	KBV Langefeld	1966	2009					01:07:34		01:07:34		43	M40		1
	Kleene	Hermann	VFB Münkeboe	1968	2009				01:07:37			01:07:37		41	M40		1
	van der Pütten	Karl-Werner	Emden	1961	2009						01:07:54	01:07:54		48	M45		1
	Hinrichs	Birgit		1963	2009						01:07:57	01:07:57		46	W45		1
	Brockelmann	Fenja	HRS Moormerland	1997	2009	01:07:58						01:07:58		12	WU20		1
	Holl	Corinna	HRS Moormerland	1997	2009	01:07:58						01:07:58		12	WU20		1
	Schönbohm	Daniel	WfBM Burhufe	1988	2009	01:08:21						01:08:21		21	M		1
	Werkmeister	Freya	Spaß muss sein	1992	2009	01:08:21						01:08:21		17	WU20		1
	Schatt	Paul	Frisia Loga	1998	2009						01:08:29	01:08:29		11	MU20		1
	Heberle	Thorsten	HRS Moormerland	1969	2009	01:08:49						01:08:49		40	M40		1
	Heberle	Patricia	HRS Moormerland	1998	2009	01:08:49						01:08:49		11	WU20		1
	Hardy	Tim	TG Wiesmoor	1995	2009						01:09:04	01:09:04		14	MU20		1
	Willms	Sven	IGS Waldschule Egels	1997	2009			01:09:08				01:09:08		12	MU20		1
	Voigt	Maco	IGS Waldschule Egels	1997	2009			01:09:10				01:09:10		12	MU20		1
	van de Sandt	Judith	IGS Waldschule Egels	1997	2009			01:09:12				01:09:12		12	WU20		1
	Möller	Birgit	MTV Aurich	1966	2009		01:09:33					01:09:33		43	W40		1
	Präsany	Martin	LT Oldenburg Süd	1965	2009				01:09:51			01:09:51		44	M40		1
	Künstler	Michelle-Sandra	Realschule Esens	1993	2009	01:09:51						01:09:51		16	WU20		1
	Hutter	Stephanie		1974	2009	01:09:54						01:09:54		35	W35		1
	Kaiser	Corinna		1971	2009	01:09:54						01:09:54		38	W35		1
	Seifert	Kristina	SuS Timmel	1992	2009					01:09:54		01:09:54		17	WU20		1
	Nipshagen	Grato		1958	2009						01:09:59	01:09:59		51	M50		1
	Bussen	Wiebke	Elektro Arends und Bus	1971	2009						01:10:00	01:10:00		38	W35		1
	Feeken	Linda		1991	2009						01:10:08	01:10:08		18	WU20		1
	Bolze	Elisabeth	v.d. Pütten Emden	1968	2009						01:10:10	01:10:10		41	W40		1
	Sigl	Gudrun	Aurich	1973	2009			01:10:13				01:10:13		36	W35		1
	Schuirmann	Anja	Bremen	1985	2009		01:10:18					01:10:18		24	W		1
	Neemann	Christine	Münster	1985	2009		01:10:26					01:10:26		24	W		1
	Woltersdorf	Rolf	obw Emden	1957	2009	01:10:33						01:10:33		52	M50		1
	Schmidt	Florian		1980	2009			01:10:36				01:10:36		29	M		1
	Carl	Angelika	TSG Hatten/Sandkrug	1963	2009						01:10:44	01:10:44		46	W40		1
	Alberts	Kay		1989	2009						01:10:57	01:10:57		20	M		1
	Buhr	Janna	MTV Wittmund	1994	2009					01:11:08		01:11:08		15	WU20		1
	Bachmeier	Diana	obw Emden	1968	2009	01:11:09						01:11:09		41	W40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 68,80	Durchschnitt 10km	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km						
	Gräfe	Hauke	Moormerland	1997	2009		01:11:13					01:11:13		12	MU20		1
	Siemens	Christine	Köln	1977	2009						01:11:13	01:11:13		32	W30		1
	Jänicke	Elto		1948	2009	01:11:55						01:11:55		61	M60		1
	Penning	Heino	2 glorreiche Halunken	1967	2009						01:12:06	01:12:06		42	M40		1
	Teltemann	Andre	Wilhelmshaven	1984	2009						01:12:15	01:12:15		25	M		1
	Eden	Keno	Leer	1991	2009						01:12:20	01:12:20		18	MU20		1
	Asche	Wilko	IGS Waldschule Egels	1997	2009			01:12:22				01:12:22		12	MU20		1
	Buss	Herbert	LG Ich AG	1968	2009				01:12:29			01:12:29		41	M40		1
	Klaaßen	Antje	Gymnasium Aurich	1994	2009						01:12:33	01:12:33		15	WU20		1
	Schürmann	Karl	SV Weetzen	1972	2009				01:12:38			01:12:38		37	M35		1
	Olthoff	Uwe	LG Deichschleicher	1968	2009				01:12:43			01:12:43		41	M40		1
	Ayche	Heba	IGS Waldschule Egels	1997	2009			01:12:43				01:12:43		12	WU20		1
	Best	Karin	IGS Waldschule Egels	1997	2009			01:12:43				01:12:43		12	WU20		1
	Jokisalo	Hannu	Nordland Papier	1975	2009	01:12:45						01:12:45		34	M30		1
	Janßen	Hella	Briese Schifffahrt	1985	2009						01:12:47	01:12:47		24	W		1
	Fröhlich	Lara	IGS Waldschule Egels	1997	2009			01:12:47				01:12:47		12	WU20		1
	Prediger	Xenia	IGS Waldschule Egels	1997	2009			01:12:50				01:12:50		12	WU20		1
	Akkermann	Rita	SV Warsingsfehn	1970	2009		01:12:56					01:12:56		39	W35		1
	Tunder	Alma	SC Wiesens	1957	2009				01:13:01			01:13:01		52	W50		1
	Lüpkas	Otto	VW Emden	1958	2009				01:13:12			01:13:12		51	M50		1
	Mengers	Wolfgang	TuRa 07 Westrauderfer	1968	2009						01:13:13	01:13:13		41	M40		1
	Kassens	Silvia	Team Wilts	1979	2009	01:13:37						01:13:37		30	W30		1
	Liehr	Jana	ENOVA Marketing+Vert	1974	2009	01:13:56						01:13:56		35	W35		1
	Scheunenmann	Frans	SV Friesland	1951	2009				01:14:12			01:14:12		58	M55		1
	Wingarter-Wolters	Gaby		1962	2009						01:14:33	01:14:33		47	W45		1
	Kahn	Asif	BBC Chartering	1983	2009	01:14:35						01:14:35		26	M		1
	Müller	Marion		1965	2009			01:14:39				01:14:39		44	W40		1
	Janssen	Thore	Südbrookmerland	1988	2009					01:14:42		01:14:42		21	M		1
	Klamus	Lilian		1980	2009	01:14:53						01:14:53		29	W		1
	Schulz	Weert	LT Tura 07 Rhauferfeh	1959	2009				01:15:11			01:15:11		50	M50		1
	Moldenhauer	Theda		1954	2009			01:15:21				01:15:21		55	W55		1
	Dirks	Heike	Fortuna Logabirum	1963	2009				01:15:24			01:15:24		46	W45		1
	Heeren	Taika		1993	2009						01:15:24	01:15:24		16	WU20		1
	Schuirmann	Antje	LT Aurich-Ost	1964	2009						01:15:28	01:15:28		45	W45		1
	Eilers	Wanda	Wat'n Loopers	1960	2009		01:17:04					01:17:04		49	W45		1
	Kramer	Martina	Spaß muss sein	1993	2009	01:17:16						01:17:16		16	WU20		1
	Ruge	Imke		1980	2009	01:17:24						01:17:24		29	W		1
	Meiners	Thorsten	IGS Waldschule Egels	1997	2009			01:17:29				01:17:29		12	MU20		1
	Beyen	Mario	IGS Waldschule Egels	1997	2009			01:17:31				01:17:31		12	MU20		1
	Ottersberg	Sandy	IGS Waldschule Egels	1997	2009			01:17:35				01:17:35		12	WU20		1
	Palma	Janick		1992	2009				01:17:49			01:17:49		17	MU20		1
	Schulz	Dita	TuRa 07 Westrauderfer	1962	2009				01:17:53			01:17:53		47	W45		1
	Bentjeman	Tina	Weener Plastik AG	1973	2009						01:18:28	01:18:28		36	W35		1
	Baumann	Heike		1987	2009						01:18:45	01:18:45		22	W		1
	Hermes	Elfriede	TG Wiesmoor	1969	2009			01:19:15				01:19:15		40	W40		1
	Vries de	Thilko	IGS Waldschule Egels	1997	2009			01:19:23				01:19:23		12	MU20		1
	Gossling	Heike	Plock Elektro GmbH	1990	2009	01:19:56						01:19:56		19	WU20		1
	Limbeck	Dirk	TG Wiesmoor	1961	2009				01:19:59			01:19:59		48	M45		1
	Fiehn	Heinrich	Mannheim-Waldorf	1949	2009				01:20:17			01:20:17		60	M60		1
	Reinbold	Britta		1987	2009						01:21:16	01:21:16		22	W		1
	Sleeboom	Nina	NIGE	1993	2009						01:21:43	01:21:43		16	WU20		1
	Fuehrs	Heinz-Hermann	Nordland Papier	1968	2009	01:22:19						01:22:19		41	M40		1
	Engelmann	Katja	Hartmann Group	1986	2009	01:22:19						01:22:19		23	W		1
	Fitzke-Friesenborg	Michaela	Spaß muss sein	1961	2009	01:22:22						01:22:22		48	W45		1
	Kramer	Maria		1961	2009	01:22:39						01:22:39		48	W45		1
	Schmidt	Hilko	Neuemoor	1995	2009				01:22:52			01:22:52		14	MU20		1
	Beck	Joachim	Nordsemmen	1961	2009	01:23:45						01:23:45		48	M40		1
	Trüger	Hermann	Ihlow	1961	2009	01:23:46						01:23:46		48	M45		1
	Janssen	Ina	Sparkasse Leer Wittm	1984	2009				01:24:11			01:24:11		25	W		1
	de Vries	Sigrid	Bünting Tee	1941	2009	01:24:25						01:24:25		68	W65		1
	Poppen-Künnemann	Birigt	obw Emden	1960	2009	01:25:08						01:25:08		49	W45		1
	Petersen	Janne	Hartmann Group	1985	2009	01:26:17						01:26:17		24	W		1
	Schulze	Ralf	LT Aurich-Ost	1959	2009				01:26:51			01:26:51		50	M50		1
	Laue	Marion	TuS Aurich-Ost	1966	2009				01:26:51			01:26:51		43	W40		1
	Kuiper	Henning	SV Holtland	1988	2009			01:27:31				01:27:31		21	M		1
	Osterkamp	Wiebke	KBV Werdum	1993	2009						01:29:13	01:29:13		16	WU20		1
	Blom-Weerts	Renate	obw Emden	1963	2009	01:33:27						01:33:27		46	W45		1
	Wolter	Malte	LG Kehdingen	1987	2009				01:33:30			01:33:30		22	M		1
	Franzen	Hilke		1987	2009				01:33:30			01:33:30		22	W		1
	Beifuss	Sascha	IGS Waldschule Egels	1997	2009			01:34:02				01:34:02		12	MU20		1



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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durch-	Alter	AK	Platz	Etappen
						10,55km	10,60km	11,00km	13,60km	11,90km	11,15km	km	schnitt				
	Eilts	Fabian	IGS Waldschule Egels	1997	2009			01:34:02				01:34:02	10km	12	MU20		1
	Kujat	Janina	obw Emden	1979	2009					01:39:20		01:39:20		30	W30		1
	Hüls	Michael	obw Emden	1965	2009					01:41:36		01:41:36		44	M40		1
	Frederichs	Sabine		1959	2009				01:41:36			01:41:36		50	W50		1