

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------------|-------------|------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1 | Immega | Stephan | LG Harlingerland | 1984 | 2010 | 00:35:30 | 00:40:14 | 00:48:11 | 00:36:10 | 00:27:47 | 00:43:23 | 3:51:15 | 00:03:20 | 26 | MHK | 1 | 6 |
| 2 | Buss | Martin | LG Harlingerland | 1992 | 2010 | 00:38:10 | 00:40:28 | 00:48:17 | 00:36:36 | 00:28:35 | 00:45:51 | 3:57:57 | 00:03:26 | 18 | MU20 | 1 | 6 |
| 3 | Wolzen | Gerd | VfL Germania Leer | 1983 | 2010 | 00:37:43 | 00:40:35 | 00:49:09 | 00:36:52 | 00:28:35 | 00:45:52 | 3:58:46 | 00:03:27 | 27 | MHK | 2 | 6 |
| 4 | Groenhagen | Achim | LG Harlingerland | 1968 | 2010 | 00:38:32 | 00:43:02 | 00:50:01 | 00:36:36 | 00:29:18 | 00:47:19 | 4:04:48 | 00:03:32 | 42 | M40 | 1 | 6 |
| 5 | Steinke | Peter | VfL Germania Leer | 1970 | 2010 | 00:38:56 | 00:42:06 | 00:49:30 | 00:37:59 | 00:29:35 | 00:47:20 | 4:05:26 | 00:03:32 | 40 | M40 | 2 | 6 |
| 6 | Ringering | Onno | VfL Germania Leer | 1968 | 2010 | 00:39:08 | 00:42:11 | 00:49:39 | 00:38:51 | 00:29:50 | 00:47:05 | 4:06:44 | 00:03:34 | 42 | M40 | 3 | 6 |
| 7 | Fleißner | Hermann | LG Harlingerland | 1974 | 2010 | 00:40:21 | 00:43:25 | 00:50:32 | 00:39:14 | 00:29:47 | 00:48:25 | 4:11:44 | 00:03:38 | 36 | M30 | 1 | 6 |
| 8 | Rose | Christian | ENOVA | 1984 | 2010 | 00:40:26 | 00:43:39 | 00:50:05 | 00:39:15 | 00:30:12 | 00:48:19 | 4:11:56 | 00:03:38 | 26 | MHK | 3 | 6 |
| 9 | Taube | Ralf | VfL Germania Leer | 1969 | 2010 | 00:40:04 | 00:43:39 | 00:51:04 | 00:39:47 | 00:30:36 | 00:49:03 | 4:14:13 | 00:03:40 | 41 | M40 | 4 | 6 |
| 10 | de Jonge | Stefan | TuS Weene | 1976 | 2010 | 00:41:03 | 00:43:48 | 00:51:44 | 00:39:49 | 00:30:40 | 00:49:02 | 4:16:06 | 00:03:42 | 34 | M30 | 2 | 6 |
| 11 | Krawietz | Leander | Emder LG | 1971 | 2010 | 00:41:36 | 00:43:57 | 00:51:35 | 00:39:50 | 00:30:42 | 00:49:03 | 4:16:43 | 00:03:42 | 39 | M30 | 3 | 6 |
| 12 | Hanken | Dirk | Uplengen | 1992 | 2010 | 00:41:31 | 00:44:41 | 00:51:39 | 00:40:18 | 00:31:07 | 00:49:26 | 4:18:42 | 00:03:44 | 18 | MU20 | 2 | 6 |
| 13 | Klaue | Roland | Biersalon Aurich | 1971 | 2010 | 00:40:49 | 00:43:37 | 00:52:17 | 00:41:51 | 00:30:34 | 00:50:45 | 4:19:53 | 00:03:45 | 39 | M30 | 4 | 6 |
| 14 | Wirdemann | Benjamin | LT Schafhauser Wald | 1983 | 2010 | 00:41:51 | 00:45:17 | 00:52:46 | 00:40:46 | 00:30:46 | 00:49:29 | 4:20:55 | 00:03:46 | 27 | MHK | 4 | 6 |
| 15 | Leemhuis | Hermann | VfL Germania Leer | 1978 | 2010 | 00:42:10 | 00:45:33 | 00:53:09 | 00:41:10 | 00:31:07 | 00:50:06 | 4:23:15 | 00:03:48 | 32 | M30 | 5 | 6 |
| 16 | Lipskoch | Henrik | Oldenburg | 1979 | 2010 | 00:43:08 | 00:45:35 | 00:53:19 | 00:41:16 | 00:31:15 | 00:50:13 | 4:24:46 | 00:03:49 | 31 | M30 | 6 | 6 |
| 17 | Oltmanns | Thomas | Holterfehn | 1974 | 2010 | 00:42:24 | 00:45:39 | 00:53:40 | 00:41:17 | 00:31:43 | 00:50:24 | 4:25:07 | 00:03:50 | 36 | M30 | 7 | 6 |
| 18 | Vlaardingerbroek | Kurt | Ubbo-Emmius-Klinik | 1968 | 2010 | 00:42:57 | 00:45:59 | 00:54:01 | 00:41:21 | 00:31:22 | 00:50:29 | 4:26:09 | 00:03:50 | 42 | M40 | 5 | 6 |
| 19 | Bornemann | Justus | TuS Weener | 1995 | 2010 | 00:43:05 | 00:45:36 | 00:54:32 | 00:41:30 | 00:32:08 | 00:50:36 | 4:27:27 | 00:03:52 | 15 | MU20 | 3 | 6 |
| 20 | Redelfs | Renke | KGS Wittmund | 1993 | 2010 | 00:45:18 | 00:46:43 | 00:54:15 | 00:41:48 | 00:30:58 | 00:48:59 | 4:28:01 | 00:03:52 | 17 | MU20 | 4 | 6 |
| 21 | Bruns | Bernd | TSV Hesel | 1961 | 2010 | 00:43:00 | 00:46:08 | 00:54:12 | 00:42:11 | 00:31:56 | 00:50:37 | 4:28:04 | 00:03:52 | 49 | M40 | 6 | 6 |
| 22 | Watzema | Harald | DLRG Leer | 1971 | 2010 | 00:43:27 | 00:46:07 | 00:54:12 | 00:42:18 | 00:31:57 | 00:50:35 | 4:28:36 | 00:03:53 | 39 | M30 | 8 | 6 |
| 23 | Rühle Dr. | Andreas | Lions Club Uplengen | 1962 | 2010 | 00:43:27 | 00:46:43 | 00:53:38 | 00:42:01 | 00:32:29 | 00:50:22 | 4:28:40 | 00:03:53 | 48 | M40 | 7 | 6 |
| 24 | Meincke | Michael | Spaß mit Sport | 1968 | 2010 | 00:43:26 | 00:46:55 | 00:54:26 | 00:41:48 | 00:31:54 | 00:50:32 | 4:29:01 | 00:03:53 | 42 | M40 | 8 | 6 |
| 25 | Tuijter | Berthold | Emder LG | 1969 | 2010 | 00:43:26 | 00:46:10 | 00:54:18 | 00:42:10 | 00:32:27 | 00:51:14 | 4:29:45 | 00:03:54 | 41 | M40 | 9 | 6 |
| 26 | Beine | Christian | MTV Aurich Triathlon | 1972 | 2010 | 00:45:26 | 00:46:17 | 00:53:24 | 00:41:53 | 00:32:16 | 00:50:55 | 4:30:11 | 00:03:54 | 38 | M30 | 9 | 6 |
| 27 | Lüken | Johannes | Seefahrtsschule Leer | 1988 | 2010 | 00:45:06 | 00:47:19 | 00:54:38 | 00:41:06 | 00:31:37 | 00:51:39 | 4:31:25 | 00:03:55 | 22 | MHK | 5 | 6 |
| 28 | Schröder | Frank | Emder LG | 1970 | 2010 | 00:43:52 | 00:46:08 | 00:54:45 | 00:42:47 | 00:32:45 | 00:52:11 | 4:32:28 | 00:03:56 | 40 | M40 | 10 | 6 |
| 29 | Siebelts | Arnd | Laufftreff-Norden | 1967 | 2010 | 00:43:45 | 00:46:54 | 00:54:41 | 00:42:47 | 00:32:38 | 00:52:40 | 4:33:25 | 00:03:57 | 43 | M40 | 11 | 6 |
| 30 | Pelka | Alfred | Rettungsdienst Leer | 1968 | 2010 | 00:43:40 | 00:46:49 | 00:55:03 | 00:42:30 | 00:32:50 | 00:52:44 | 4:33:36 | 00:03:57 | 42 | M40 | 12 | 6 |
| 31 | Christians | Borchard | LG Ostfriesland | 1958 | 2010 | 00:43:27 | 00:46:54 | 00:55:29 | 00:42:56 | 00:32:51 | 00:52:00 | 4:33:37 | 00:03:57 | 52 | M50 | 1 | 6 |
| 32 | Alts | Holger | Vffl Berumbur | 1964 | 2010 | 00:44:05 | 00:47:20 | 00:54:47 | 00:43:16 | 00:32:42 | 00:52:07 | 4:34:17 | 00:03:57 | 46 | M40 | 13 | 6 |
| 33 | Kramer | Stefan | Emder LG | 1968 | 2010 | 00:43:39 | 00:47:08 | 00:55:19 | 00:42:48 | 00:33:27 | 00:52:05 | 4:34:26 | 00:03:58 | 42 | M40 | 14 | 6 |
| 34 | Jürens | Inga | Emder LG | 1982 | 2010 | 00:44:01 | 00:46:59 | 00:55:38 | 00:42:55 | 00:32:35 | 00:52:25 | 4:34:33 | 00:03:58 | 28 | VHK | 1 | 6 |
| 35 | Croon | Carsten | TG Wiesmoor | 1992 | 2010 | 00:44:15 | 00:47:13 | 00:55:15 | 00:42:38 | 00:32:51 | 00:52:46 | 4:34:58 | 00:03:58 | 18 | MU20 | 5 | 6 |
| 36 | Poguntke | Martin | TV Norden | 1963 | 2010 | 00:44:14 | 00:47:30 | 00:55:37 | 00:42:39 | 00:32:47 | 00:52:20 | 4:35:07 | 00:03:58 | 47 | M40 | 15 | 6 |
| 37 | Hüls | Uwe | TV Norden | 1963 | 2010 | 00:44:02 | 00:47:39 | 00:55:26 | 00:42:45 | 00:32:46 | 00:52:37 | 4:35:15 | 00:03:58 | 47 | M40 | 16 | 6 |
| 38 | Henninga | Stephan | RVB Aurich/Uplengen | 1986 | 2010 | 00:44:15 | 00:47:13 | 00:55:26 | 00:42:51 | 00:33:05 | 00:52:27 | 4:35:17 | 00:03:58 | 24 | MHK | 6 | 6 |
| 39 | Goldsweer | Karl-Dieter | Westhauderfehn | 1968 | 2010 | 00:44:59 | 00:47:40 | 00:55:35 | 00:42:50 | 00:32:33 | 00:51:59 | 4:35:36 | 00:03:59 | 42 | M40 | 17 | 6 |
| 40 | Brinkmann | Eva | VfL Germania Leer | 1964 | 2010 | 00:44:28 | 00:47:42 | 00:56:20 | 00:43:07 | 00:32:59 | 00:52:25 | 4:37:01 | 00:04:00 | 46 | W40 | 1 | 6 |
| 41 | Reeßing | Sven | Nordland Papier | 1971 | 2010 | 00:46:15 | 00:47:53 | 00:56:18 | 00:42:52 | 00:32:36 | 00:51:10 | 4:37:04 | 00:04:00 | 39 | M30 | 10 | 6 |
| 42 | Trebesch | Volker | Team ENERCON | 1965 | 2010 | 00:44:23 | 00:47:30 | 00:55:34 | 00:43:39 | 00:32:59 | 00:52:59 | 4:37:04 | 00:04:00 | 45 | M40 | 18 | 6 |
| 43 | Redmers | Christian | Redmers | 1990 | 2010 | 00:45:12 | 00:47:40 | 00:55:39 | 00:43:14 | 00:32:56 | 00:52:25 | 4:37:06 | 00:04:00 | 20 | MHK | 7 | 6 |
| 44 | Willers | Jens | FC SO | 1990 | 2010 | 00:44:32 | 00:47:25 | 00:55:54 | 00:43:32 | 00:32:51 | 00:53:02 | 4:37:16 | 00:04:00 | 20 | MHK | 8 | 6 |
| 45 | Ludwig | Reinhard | Auricher Taxenzentrale | 1959 | 2010 | 00:42:15 | 00:45:43 | 00:54:34 | 00:43:38 | 00:37:19 | 00:54:02 | 4:37:31 | 00:04:00 | 51 | M50 | 2 | 6 |
| 46 | Wagenknecht | Till | obw Emden | 1968 | 2010 | 00:44:21 | 00:47:38 | 00:55:50 | 00:43:35 | 00:33:13 | 00:53:21 | 4:37:58 | 00:04:01 | 42 | M40 | 19 | 6 |
| 47 | Busert | Benedikt | Seefahrtsschule Leer | 1988 | 2010 | 00:45:06 | 00:46:19 | 00:59:01 | 00:43:09 | 00:32:46 | 00:51:45 | 4:38:06 | 00:04:01 | 22 | MHK | 9 | 6 |
| 48 | Akkermann | Michael | SV Jennelt-Uttum | 1970 | 2010 | 00:44:21 | 00:48:11 | 00:56:12 | 00:43:25 | 00:33:17 | 00:53:01 | 4:38:27 | 00:04:01 | 40 | M40 | 20 | 6 |
| 49 | Teepe | Torben | Leer | 1993 | 2010 | 00:45:59 | 00:47:05 | 00:55:18 | 00:43:21 | 00:33:32 | 00:53:56 | 4:39:11 | 00:04:02 | 17 | MU20 | 6 | 6 |
| 50 | Lünemann | Frank | Moormerland | 1977 | 2010 | 00:46:35 | 00:49:06 | 00:55:47 | 00:42:25 | 00:32:09 | 00:53:19 | 4:39:21 | 00:04:02 | 33 | M30 | 11 | 6 |
| 51 | Hoogestraat | Sonja | LG Harlingerland | 1976 | 2010 | 00:45:09 | 00:47:39 | 00:56:57 | 00:43:14 | 00:33:25 | 00:53:21 | 4:39:45 | 00:04:02 | 34 | W30 | 1 | 6 |
| 52 | Bartsch | Frank | www.arbitax.de | 1972 | 2010 | 00:45:35 | 00:48:38 | 00:56:15 | 00:43:31 | 00:33:14 | 00:53:04 | 4:40:17 | 00:04:03 | 38 | M30 | 12 | 6 |
| 53 | Becker | Axel | Emder LG | 1960 | 2010 | 00:44:59 | 00:48:11 | 00:56:05 | 00:44:00 | 00:33:41 | 00:53:24 | 4:40:20 | 00:04:03 | 50 | M50 | 3 | 6 |
| 54 | Tiemann | Ivo | MTV Aurich Triathlon | 1965 | 2010 | 00:44:53 | 00:48:05 | 00:56:44 | 00:43:49 | 00:33:40 | 00:53:17 | 4:40:28 | 00:04:03 | 45 | M40 | 21 | 6 |
| 55 | Diekmann | Carsten | SVO Wi sünd Holtriem | 1991 | 2010 | 00:46:01 | 00:47:28 | 00:56:41 | 00:42:58 | 00:32:42 | 00:54:45 | 4:40:35 | 00:04:03 | 19 | MU20 | 7 | 6 |
| 56 | Langensiepen | Andreas | Ubbo-Emmius-Klinik | 1970 | 2010 | 00:45:09 | 00:48:14 | 00:56:43 | 00:43:38 | 00:33:29 | 00:53:23 | 4:40:36 | 00:04:03 | 40 | M40 | 22 | 6 |
| 57 | Meenzen | Janno | OLB Ostfriesland | 1994 | 2010 | 00:43:56 | 00:47:35 | 00:56:15 | 00:43:05 | 00:33:29 | 00:56:29 | 4:40:49 | 00:04:03 | 16 | MU20 | 8 | 6 |
| 58 | Carls | Christoph | TV Norden | 1964 | 2010 | 00:45:04 | 00:48:23 | 00:56:43 | 00:43:50 | 00:33:32 | 00:53:32 | 4:41:04 | 00:04:03 | 46 | M40 | 23 | 6 |
| 59 | Weber | Hartwig | Baptisten Firrel | 1984 | 2010 | 00:46:52 | 00:49:22 | 00:58:33 | 00:43:20 | 00:32:12 | 00:51:34 | 4:41:53 | 00:04:04 | 26 | MHK | 10 | 6 |
| 60 | Hoffmann | Karl-Heinz | TSV Hesel | 1958 | 2010 | 00:45:08 | 00:48:46 | 00:56:48 | 00:43:51 | 00:33:43 | 00:53:54 | 4:42:10 | 00:04:04 | 52 | M50 | 4 | 6 |
| 61 | de Vries | Michael | VfR Eintracht Völlen | 1979 | 2010 | 00:45:51 | 00:48:37 | 00:57:02 | 00:44:06 | 00:33:25 | 00:53:20 | 4:42:21 | 00:04:04 | 31 | M30 | 13 | 6 |
| 62 | Blank | Andre | Wittmund | 1977 | 2010 | 00:45:35 | 00:49:08 | 00:56:55 | 00:43:41 | 00:33:54 | 00:53:15 | 4:42:28 | 00:04:05 | 33 | M30 | 14 | 6 |
| 63 | Aden | Johann | Team Möbel Buss | 1969 | 2010 | 00:45:04 | 00:48:21 | 00:57:21 | 00:44:11 | 00:33:43 | 00:54:00 | 4:42:40 | 00:04:05 | 41 | M40 | 24 | 6 |
| 64 | Taute | Heinz | LG Uplengen | 1972 | 2010 | 00:45:36 | 00:48:38 | 00:56:57 | 00:43:51 | 00:33:59 | 00:53:52 | 4:42:53 | 00:04:05 | 38 | M30 | 15 | 6 |
| 65 | Oltmanns | Olli | Laufftreff Gotham City | 1975 | 2010 | 00:46:21 | 00:48:54 | 00:57:15 | 00:43:52 | 00:33:15 | 00:53:25 | 4:43:02 | 00:04:05 | 35 | M30 | 16 | 6 |
| 66 | Oremek | Robert | LG Ostf | | | | | | | | | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|----------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|----------|---------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| 72 | Möhle | Lutz | obw Emden | 1972 | 2010 | 00:43:44 | 00:47:28 | 00:57:18 | 00:47:55 | 00:34:46 | 00:54:25 | 4:45:36 | 00:04:07 | 38 | M30 | 19 | 6 |
| 73 | Puse | Hinrich | BSC Burhafe | 1964 | 2010 | 00:46:07 | 00:49:08 | 00:58:18 | 00:44:34 | 00:33:53 | 00:53:41 | 4:45:41 | 00:04:07 | 46 | M40 | 27 | 6 |
| 74 | Trebesch | Wolfgang | MTV Aurich-Tria | 1957 | 2010 | 00:43:52 | 00:47:29 | 00:54:54 | 00:42:46 | 00:32:46 | 01:03:56 | 4:45:43 | 00:04:07 | 53 | M50 | 6 | 6 |
| 75 | Schulze-Osthoff | Frank | STV Barßel | 1978 | 2010 | 00:45:35 | 00:49:04 | 00:59:09 | 00:44:54 | 00:33:35 | 00:53:28 | 4:45:45 | 00:04:07 | 32 | M30 | 20 | 6 |
| 76 | Köster | Clemens | MTV Aurich Triathlon | 1973 | 2010 | 00:46:45 | 00:48:59 | 00:58:20 | 00:43:50 | 00:33:42 | 00:54:25 | 4:46:01 | 00:04:08 | 37 | M30 | 21 | 6 |
| 77 | Eyhusen | Jann | Schwerinsdorf | 1990 | 2010 | 00:46:32 | 00:49:48 | 00:57:26 | 00:44:42 | 00:34:29 | 00:53:54 | 4:46:51 | 00:04:08 | 20 | MHK | 12 | 6 |
| 78 | Runden | Christoph | Post SV Leer | 1991 | 2010 | 00:46:49 | 00:49:23 | 00:57:29 | 00:44:35 | 00:34:40 | 00:53:55 | 4:46:51 | 00:04:08 | 19 | MU20 | 9 | 6 |
| 79 | Frerichs | Manfred | Emder LG | 1958 | 2010 | 00:45:45 | 00:49:16 | 00:57:54 | 00:44:57 | 00:34:13 | 00:54:46 | 4:46:51 | 00:04:08 | 52 | M50 | 7 | 6 |
| 80 | Weber | Michael | Evang.-reform. Kirche | 1972 | 2010 | 00:46:20 | 00:49:46 | 00:58:03 | 00:44:36 | 00:34:01 | 00:54:32 | 4:47:18 | 00:04:09 | 38 | M30 | 22 | 6 |
| 81 | Hinrichs | Heinz-Dieter | Teutonia Stapelmoor | 1961 | 2010 | 00:46:24 | 00:49:03 | 00:57:29 | 00:45:08 | 00:34:19 | 00:55:26 | 4:47:49 | 00:04:09 | 49 | M40 | 28 | 6 |
| 82 | Meyeraan | Harald | Hinte | 1964 | 2010 | 00:46:26 | 00:49:40 | 00:58:04 | 00:45:20 | 00:34:30 | 00:54:18 | 4:48:18 | 00:04:10 | 46 | M40 | 29 | 6 |
| 83 | Steenhardt | Wilfried | Weener Plastik AG | 1966 | 2010 | 00:46:20 | 00:49:10 | 00:58:49 | 00:44:48 | 00:34:07 | 00:55:10 | 4:48:24 | 00:04:10 | 44 | M40 | 30 | 6 |
| 84 | Heinen | Eike | SZ Collhusen | 1990 | 2010 | 00:46:09 | 00:49:58 | 00:57:27 | 00:46:01 | 00:34:36 | 00:54:18 | 4:48:29 | 00:04:10 | 20 | MHK | 13 | 6 |
| 85 | Eden | Kurt | TV Norden | 1958 | 2010 | 00:45:44 | 00:49:56 | 00:58:43 | 00:45:01 | 00:35:03 | 00:54:38 | 4:49:05 | 00:04:10 | 52 | M50 | 8 | 6 |
| 86 | Jacobs | Christian | Neuharlingersiel | 1981 | 2010 | 00:46:12 | 00:49:50 | 00:59:11 | 00:44:35 | 00:34:22 | 00:55:04 | 4:49:14 | 00:04:10 | 29 | MHK | 14 | 6 |
| 87 | Corsten | Maximilian | Gymnasium Ulricianum | 1994 | 2010 | 00:46:49 | 00:49:19 | 00:58:44 | 00:45:29 | 00:34:37 | 00:54:23 | 4:49:21 | 00:04:11 | 16 | MU20 | 10 | 6 |
| 88 | Hofmann | Fred | Weener Plastik AG | 1963 | 2010 | 00:46:50 | 00:49:20 | 00:58:21 | 00:44:34 | 00:34:08 | 00:56:40 | 4:49:53 | 00:04:11 | 47 | M40 | 31 | 6 |
| 89 | Traumnicht | Jann | Emder | 1961 | 2010 | 00:46:34 | 00:49:41 | 00:58:43 | 00:45:04 | 00:34:38 | 00:55:15 | 4:49:55 | 00:04:11 | 49 | M40 | 32 | 6 |
| 90 | Hommers | Rolf | Suurhusen | 1979 | 2010 | 00:47:28 | 00:49:43 | 00:58:19 | 00:45:09 | 00:34:25 | 00:54:58 | 4:50:02 | 00:04:11 | 31 | M30 | 23 | 6 |
| 91 | Galitschkin | Henning | TSV Farge-Rekum | 1983 | 2010 | 00:45:13 | 00:47:42 | 00:56:57 | 00:53:22 | 00:33:37 | 00:53:17 | 4:50:08 | 00:04:11 | 27 | MHK | 15 | 6 |
| 92 | Pristat | Friedhelm | Kuh's Best Team | 1972 | 2010 | 00:45:54 | 00:49:27 | 00:58:38 | 00:45:12 | 00:34:27 | 00:56:41 | 4:50:19 | 00:04:11 | 38 | M30 | 24 | 6 |
| 93 | Lübberts | Jochem | Bunde | 1970 | 2010 | 00:46:51 | 00:50:06 | 00:58:40 | 00:45:32 | 00:34:48 | 00:54:58 | 4:50:55 | 00:04:12 | 40 | M40 | 33 | 6 |
| 94 | Koch | Stefan | PROMEDICA | 1973 | 2010 | 00:47:18 | 00:51:39 | 00:59:05 | 00:44:58 | 00:34:14 | 00:53:48 | 4:51:02 | 00:04:12 | 37 | M30 | 25 | 6 |
| 95 | Varagoulis | Aias | ENOVA | 1984 | 2010 | 00:47:20 | 00:49:57 | 00:59:04 | 00:44:43 | 00:34:46 | 00:55:20 | 4:51:10 | 00:04:12 | 26 | MHK | 16 | 6 |
| 96 | Jänicke | Sascha | (Oldb) | 1980 | 2010 | 00:47:18 | 00:50:58 | 00:58:45 | 00:45:47 | 00:34:09 | 00:54:15 | 4:51:12 | 00:04:12 | 30 | M30 | 26 | 6 |
| 97 | Baxmann | Thomas | Emden | 1966 | 2010 | 00:47:03 | 00:50:25 | 00:58:59 | 00:45:19 | 00:34:50 | 00:54:41 | 4:51:17 | 00:04:12 | 44 | M40 | 34 | 6 |
| 98 | de Vries | Reinhard | Ost-Victorbur | 1961 | 2010 | 00:46:40 | 00:50:09 | 00:58:53 | 00:45:20 | 00:35:21 | 00:55:14 | 4:51:37 | 00:04:12 | 49 | M40 | 35 | 6 |
| 99 | Aden | Hans-Dieter | TuS Eintracht Hinte | 1958 | 2010 | 00:47:17 | 00:50:19 | 00:58:42 | 00:45:45 | 00:34:39 | 00:55:12 | 4:51:54 | 00:04:13 | 52 | M50 | 9 | 6 |
| 100 | Mohrherr | Tim | Bünting Tee | 1985 | 2010 | 00:47:50 | 00:50:10 | 01:00:40 | 00:45:09 | 00:34:10 | 00:54:46 | 4:52:45 | 00:04:13 | 25 | MHK | 17 | 6 |
| 101 | Meyer | Tönjes | TSV Hesel | 1958 | 2010 | 00:46:17 | 00:49:12 | 00:58:45 | 00:45:19 | 00:35:30 | 00:58:00 | 4:53:03 | 00:04:14 | 52 | M50 | 10 | 6 |
| 102 | Dreesmann | Jens | IT-Sektor 4 | 1972 | 2010 | 00:47:48 | 00:50:19 | 00:59:01 | 00:45:40 | 00:35:12 | 00:55:28 | 4:53:28 | 00:04:14 | 38 | M30 | 27 | 6 |
| 103 | Ommen | Wessel | Hesel | 1993 | 2010 | 00:48:36 | 00:51:31 | 00:59:38 | 00:44:53 | 00:34:41 | 00:54:13 | 4:53:32 | 00:04:14 | 17 | MU20 | 11 | 6 |
| 104 | Wolken | Gerhard | Ulpts Architekten | 1965 | 2010 | 00:47:20 | 00:50:20 | 00:58:50 | 00:45:23 | 00:35:32 | 00:56:12 | 4:53:37 | 00:04:14 | 45 | M40 | 36 | 6 |
| 105 | Schoneboom | Kevin | Emder LG | 1992 | 2010 | 00:46:27 | 00:50:29 | 00:59:05 | 00:45:44 | 00:34:57 | 00:56:59 | 4:53:41 | 00:04:14 | 18 | MU20 | 12 | 6 |
| 106 | Rausch | Martin | Fortuna Wirdum | 1965 | 2010 | 00:47:49 | 00:50:17 | 00:59:27 | 00:45:13 | 00:35:06 | 00:55:53 | 4:53:45 | 00:04:14 | 45 | M40 | 37 | 6 |
| 107 | Recknagel | Bernd | Hotel Waldquelle | 1967 | 2010 | 00:48:39 | 00:50:41 | 00:59:06 | 00:45:34 | 00:34:59 | 00:54:54 | 4:53:53 | 00:04:14 | 43 | M40 | 38 | 6 |
| 108 | Aggen | Edgar | Lammertsfehn | 1966 | 2010 | 00:48:00 | 00:50:35 | 00:58:56 | 00:45:43 | 00:35:30 | 00:55:24 | 4:54:08 | 00:04:15 | 44 | M40 | 39 | 6 |
| 109 | Teipen | Bernd | Edeweicht | 1966 | 2010 | 00:46:46 | 00:50:19 | 00:59:27 | 00:46:12 | 00:35:28 | 00:55:58 | 4:54:10 | 00:04:15 | 44 | M40 | 40 | 6 |
| 110 | Wilken | Ralf | Emder LG | 1992 | 2010 | 00:47:53 | 00:51:33 | 00:59:48 | 00:45:04 | 00:34:56 | 00:55:16 | 4:54:30 | 00:04:15 | 18 | MU20 | 13 | 6 |
| 111 | Knorr | Horst | Alkoholfrei | 1962 | 2010 | 00:47:08 | 00:50:15 | 00:59:06 | 00:46:48 | 00:35:20 | 00:56:01 | 4:54:38 | 00:04:15 | 48 | M40 | 41 | 6 |
| 112 | Alberts | Thomas | Loppersum | 1981 | 2010 | 00:46:58 | 00:50:16 | 00:59:40 | 00:46:25 | 00:35:11 | 00:56:11 | 4:54:41 | 00:04:15 | 29 | MHK | 18 | 6 |
| 113 | Park | Harm | TuS Weene | 1953 | 2010 | 00:47:15 | 00:48:33 | 00:57:43 | 00:51:00 | 00:35:10 | 00:55:05 | 4:54:46 | 00:04:15 | 57 | M50 | 11 | 6 |
| 114 | Hoppe | Rolf | FTC Hollen | 1973 | 2010 | 00:48:51 | 00:50:51 | 00:59:43 | 00:45:06 | 00:35:13 | 00:55:15 | 4:54:59 | 00:04:15 | 37 | M30 | 28 | 6 |
| 115 | Lüken | Thomas | Ochtersum | 1992 | 2010 | 00:47:22 | 00:49:59 | 01:01:00 | 00:46:23 | 00:35:12 | 00:55:57 | 4:55:53 | 00:04:16 | 18 | MU20 | 14 | 6 |
| 116 | Freerks | Günther | LG TV Bunde | 1969 | 2010 | 00:48:18 | 00:51:11 | 01:00:13 | 00:45:22 | 00:34:56 | 00:56:10 | 4:56:10 | 00:04:16 | 41 | M40 | 42 | 6 |
| 117 | Siemens | Marc - Oliver | MTV Aurich Triathlon | 1971 | 2010 | 00:47:45 | 00:51:12 | 01:01:12 | 00:46:10 | 00:34:56 | 00:55:11 | 4:56:26 | 00:04:17 | 39 | M30 | 29 | 6 |
| 118 | Boekhoff-Uphoff | Holger | Kaufhaus Wreesmann | 1975 | 2010 | 00:48:41 | 00:51:24 | 00:59:52 | 00:46:01 | 00:34:49 | 00:55:41 | 4:56:28 | 00:04:17 | 35 | M30 | 30 | 6 |
| 119 | Bronn | Frauke | VfL Germania Leer | 1989 | 2010 | 00:47:24 | 00:50:41 | 00:59:09 | 00:46:19 | 00:35:48 | 00:57:07 | 4:56:28 | 00:04:17 | 21 | VHK | 2 | 6 |
| 120 | Sanders | Uwe | Weener Plastik AG | 1986 | 2010 | 00:48:15 | 00:50:43 | 01:00:44 | 00:44:55 | 00:34:03 | 00:57:53 | 4:56:33 | 00:04:17 | 24 | MHK | 19 | 6 |
| 121 | Backer | Edgar | LG Ostfriesland | 1965 | 2010 | 00:49:04 | 00:51:36 | 00:59:26 | 00:45:32 | 00:35:03 | 00:55:57 | 4:56:38 | 00:04:17 | 45 | M40 | 43 | 6 |
| 122 | Brandt | Thomas | Oldenburg | 1968 | 2010 | 00:47:28 | 00:51:08 | 00:59:38 | 00:46:29 | 00:35:16 | 00:56:46 | 4:56:45 | 00:04:17 | 42 | M40 | 44 | 6 |
| 123 | Meyer | Christian | Stapelmoor | 1988 | 2010 | 00:48:20 | 00:51:55 | 00:59:47 | 00:45:42 | 00:34:27 | 00:56:37 | 4:56:48 | 00:04:17 | 22 | MHK | 20 | 6 |
| 124 | Beute | Bart | ELV AG | 1975 | 2010 | 00:48:12 | 00:51:06 | 01:01:05 | 00:45:37 | 00:35:12 | 00:55:38 | 4:56:50 | 00:04:17 | 35 | M30 | 31 | 6 |
| 125 | Tobiassen | Jan | MTVAurich Tria | 1970 | 2010 | 00:57:05 | 00:51:11 | 00:57:58 | 00:43:34 | 00:33:28 | 00:53:37 | 4:56:53 | 00:04:17 | 40 | M40 | 45 | 6 |
| 126 | Janßen | Gerriet-Thomas | Team ENERCON | 1970 | 2010 | 00:48:53 | 00:51:54 | 01:00:05 | 00:45:35 | 00:35:07 | 00:55:57 | 4:57:31 | 00:04:18 | 40 | M40 | 46 | 6 |
| 127 | Ibelings | Michael | Oldenburg | 1974 | 2010 | 00:48:17 | 00:50:58 | 01:00:07 | 00:46:51 | 00:35:17 | 00:56:10 | 4:57:40 | 00:04:18 | 36 | M30 | 32 | 6 |
| 128 | Brandt | Matthias | Team ENERCON | 1980 | 2010 | 00:49:28 | 00:51:38 | 01:00:35 | 00:46:06 | 00:35:05 | 00:55:03 | 4:57:55 | 00:04:18 | 30 | M30 | 33 | 6 |
| 129 | Beekmann | Matthias | Flachsmeer eG | 1971 | 2010 | 00:47:23 | 00:50:43 | 00:59:49 | 00:45:53 | 00:35:49 | 00:58:27 | 4:58:04 | 00:04:18 | 39 | M30 | 34 | 6 |
| 130 | Flöbner | Onno | Ihlowfehn | 1979 | 2010 | 00:47:49 | 00:50:52 | 01:00:38 | 00:46:50 | 00:35:53 | 00:56:16 | 4:58:18 | 00:04:18 | 31 | M30 | 35 | 6 |
| 131 | Zietlow | Alexander | FCSO | 1992 | 2010 | 00:47:25 | 00:51:20 | 01:00:23 | 00:47:13 | 00:35:24 | 00:56:45 | 4:58:30 | 00:04:18 | 18 | MU20 | 15 | 6 |
| 132 | Grasse | Holger | TuS Zetel | 1965 | 2010 | 00:47:58 | 00:52:11 | 01:00:42 | 00:46:24 | 00:35:23 | 00:56:03 | 4:58:41 | 00:04:19 | 45 | M40 | 47 | 6 |
| 133 | Saathoff | Detlef | Moormerland | 1966 | 2010 | 00:48:16 | 00:52:11 | 01:00:47 | 00:45:58 | 00:34:55 | 00:56:37 | 4:58:44 | 00:04:19 | 44 | M40 | 48 | 6 |
| 134 | Weers | Daniel | VfB Uplengen | 1976 | 2010 | 00:48:41 | 00:51:29 | 01:00:32 | 00:46:25 | 00:35:24 | 00:56:37 | 4:59:08 | 00:04:19 | 34 | M30 | 36 | 6 |
| 135 | Severiens | Gerd Jello | Möhlenwarf | 1993 | 2010 | 00:48:40 | 00:50:43 | 01:01:03 | 00:44:59 | 00:36:30 | 00:57:17 | 4:59:12 | 00:04:19 | 17 | MU20 | 16 | 6 |
| 136 | Rotte | Uwe | Ihlow-Westerende | 1960 | 2010 | 00:47:19 | 00:51:31 | 00:59:54 | 00:47:26 | 00:36:41 | 00:56:30 | 4:59:21 | 00:04: | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|--------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 143 | Pipetz | Marten | Borromäus- Hospital | 1961 | 2010 | 00:48:05 | 00:51:59 | 01:01:09 | 00:47:13 | 00:35:20 | 00:57:00 | 5:00:46 | 00:04:20 | 49 | M40 | 51 | 6 |
| 144 | Kettwig | Hendrik | Gymnasium Ulricianum | 1993 | 2010 | 00:49:19 | 00:51:57 | 01:01:12 | 00:46:51 | 00:34:58 | 00:56:34 | 5:00:51 | 00:04:20 | 17 | MU20 | 18 | 6 |
| 145 | Sanders | Wilfried | Weener Plastik AG | 1968 | 2010 | 00:49:09 | 00:51:25 | 01:01:16 | 00:46:43 | 00:36:01 | 00:56:38 | 5:01:12 | 00:04:21 | 42 | M40 | 52 | 6 |
| 146 | Jauken | Michael | Polizei Aurich | 1968 | 2010 | 00:46:48 | 00:49:01 | 01:12:14 | 00:45:03 | 00:34:04 | 00:54:11 | 5:01:21 | 00:04:21 | 42 | M40 | 53 | 6 |
| 147 | Gerdes | Friedrich | Behrends | 1967 | 2010 | 00:49:00 | 00:51:14 | 01:00:14 | 00:47:17 | 00:37:57 | 00:55:55 | 5:01:37 | 00:04:21 | 43 | M40 | 54 | 6 |
| 148 | Buß | Hinrich | SVO Wi sünd Holtriem | 1954 | 2010 | 00:48:30 | 00:52:44 | 01:00:56 | 00:47:04 | 00:35:35 | 00:56:49 | 5:01:38 | 00:04:21 | 56 | M50 | 13 | 6 |
| 149 | Köhlke | Matthias | SVO Wi sünd Holtriem | 1974 | 2010 | 00:48:13 | 00:51:56 | 01:01:35 | 00:47:11 | 00:35:49 | 00:57:07 | 5:01:51 | 00:04:21 | 36 | M30 | 38 | 6 |
| 150 | Wilken | Gerold | Emden LG | 1967 | 2010 | 00:49:01 | 00:52:18 | 01:01:43 | 00:46:56 | 00:35:47 | 00:56:13 | 5:01:58 | 00:04:21 | 43 | M40 | 55 | 6 |
| 151 | Gastmann | Richard | Blau Weiss Filsun | 1961 | 2010 | 00:48:32 | 00:51:29 | 01:00:47 | 00:47:51 | 00:36:20 | 00:57:10 | 5:02:09 | 00:04:22 | 49 | M40 | 56 | 6 |
| 152 | Gastmann | Stefan | Emden | 1977 | 2010 | 00:48:36 | 00:52:27 | 01:00:42 | 00:47:09 | 00:36:48 | 00:56:28 | 5:02:10 | 00:04:22 | 33 | M30 | 39 | 6 |
| 153 | Rüther | Timo | Aurich | 1986 | 2010 | 00:48:38 | 00:51:34 | 01:01:17 | 00:46:40 | 00:35:37 | 00:58:33 | 5:02:19 | 00:04:22 | 24 | MHK | 22 | 6 |
| 154 | Hartmann | Irmi | TV Norden | 1962 | 2010 | 00:48:35 | 00:51:41 | 01:01:06 | 00:47:08 | 00:36:26 | 00:57:29 | 5:02:25 | 00:04:22 | 48 | W40 | 3 | 6 |
| 155 | Hinken | Jürgen | KBV Wiesede Boßeln | 1963 | 2010 | 00:48:57 | 00:52:51 | 01:01:03 | 00:46:38 | 00:35:57 | 00:57:07 | 5:02:33 | 00:04:22 | 47 | M40 | 57 | 6 |
| 156 | Aderhold | Holger | Wi sünd Holtriem | 1970 | 2010 | 00:49:17 | 00:51:55 | 01:01:02 | 00:47:04 | 00:35:45 | 00:57:42 | 5:02:45 | 00:04:22 | 40 | M40 | 58 | 6 |
| 157 | van der Kamp | Hans Jürgen | Evang.-reform. Kirche | 1956 | 2010 | 00:48:18 | 00:51:49 | 01:02:48 | 00:47:44 | 00:35:45 | 00:56:38 | 5:03:02 | 00:04:22 | 54 | M50 | 14 | 6 |
| 158 | Ochmann | Lukas | SV Holtland | 1992 | 2010 | 00:49:46 | 00:53:18 | 01:00:29 | 00:47:36 | 00:35:56 | 00:56:33 | 5:03:38 | 00:04:23 | 18 | MU20 | 19 | 6 |
| 159 | Mietheke | Kuno | LT TuS Aurich-Ost | 1975 | 2010 | 00:49:54 | 00:52:26 | 01:02:06 | 00:46:52 | 00:36:21 | 00:56:00 | 5:03:39 | 00:04:23 | 35 | M30 | 40 | 6 |
| 160 | Wiemken | Horst | Wi sünd Holtriem | 1968 | 2010 | 00:49:02 | 00:52:06 | 01:01:02 | 00:47:30 | 00:36:29 | 00:57:40 | 5:03:49 | 00:04:23 | 42 | M40 | 59 | 6 |
| 161 | Albers | Jens | TG Wiesmoor | 1975 | 2010 | 00:49:21 | 00:52:28 | 01:01:47 | 00:47:12 | 00:35:46 | 00:57:35 | 5:04:09 | 00:04:23 | 35 | M30 | 41 | 6 |
| 162 | Redenius | Folkert | Westrhaudefehn | 1957 | 2010 | 00:51:12 | 00:52:12 | 01:01:10 | 00:47:05 | 00:35:22 | 00:57:13 | 5:04:14 | 00:04:23 | 53 | M50 | 15 | 6 |
| 163 | Nordbrock | Joachim | Moormerland | 1972 | 2010 | 00:49:23 | 00:52:04 | 01:00:57 | 00:47:31 | 00:36:11 | 00:58:25 | 5:04:31 | 00:04:24 | 38 | M30 | 42 | 6 |
| 164 | Bikker | Stefan | Ihlow | 1977 | 2010 | 00:47:55 | 00:52:00 | 01:02:15 | 00:46:34 | 00:37:55 | 00:57:53 | 5:04:32 | 00:04:24 | 33 | M30 | 43 | 6 |
| 165 | Gronewold | Marco | EIER | 1979 | 2010 | 00:50:22 | 00:52:13 | 01:01:54 | 00:47:28 | 00:35:41 | 00:56:58 | 5:04:36 | 00:04:24 | 31 | M30 | 44 | 6 |
| 166 | Habben | Bernd | Wiesmoor | 1982 | 2010 | 00:48:33 | 00:51:48 | 01:00:56 | 00:46:42 | 00:36:55 | 00:59:48 | 5:04:42 | 00:04:24 | 28 | MHK | 23 | 6 |
| 167 | Meinen | Gerold | LT BSC Burhufe | 1963 | 2010 | 00:49:03 | 00:52:12 | 01:01:11 | 00:47:31 | 00:36:26 | 00:58:19 | 5:04:42 | 00:04:24 | 47 | M40 | 60 | 6 |
| 168 | Denker | Okko | VfL Jheringsfehn | 1992 | 2010 | 00:49:57 | 00:54:27 | 01:00:37 | 00:45:41 | 00:37:08 | 00:57:09 | 5:04:59 | 00:04:24 | 18 | MU20 | 20 | 6 |
| 169 | Hellmers | Ralf | TV Norden | 1965 | 2010 | 00:48:29 | 00:51:24 | 01:01:41 | 00:48:18 | 00:36:59 | 00:58:14 | 5:05:05 | 00:04:24 | 45 | M40 | 61 | 6 |
| 170 | Klöver | Günther | BV Akelsberg | 1983 | 2010 | 00:49:51 | 00:53:20 | 01:02:14 | 00:47:02 | 00:36:03 | 00:56:36 | 5:05:06 | 00:04:24 | 27 | MHK | 24 | 6 |
| 171 | Cassoli | Jair | Team ENERCON | 1977 | 2010 | 00:46:58 | 01:05:48 | 00:57:45 | 00:45:54 | 00:34:34 | 00:54:11 | 5:05:10 | 00:04:24 | 33 | M30 | 45 | 6 |
| 172 | Holl | Hendrik | SV Potshausen | 1995 | 2010 | 00:51:30 | 00:53:39 | 01:00:59 | 00:47:11 | 00:35:09 | 00:56:49 | 5:05:17 | 00:04:24 | 15 | MU20 | 21 | 6 |
| 173 | Wulle | Thomas | LT TuS Aurich-Ost | 1963 | 2010 | 00:48:08 | 00:51:29 | 01:02:54 | 00:48:26 | 00:36:04 | 00:58:18 | 5:05:19 | 00:04:24 | 47 | M40 | 62 | 6 |
| 174 | Zembski | Johann | Emden | 1957 | 2010 | 00:50:37 | 00:52:31 | 01:01:24 | 00:47:48 | 00:36:03 | 00:57:02 | 5:05:25 | 00:04:24 | 53 | M50 | 16 | 6 |
| 175 | Habben | Michael | TuS Weene | 1975 | 2010 | 00:49:33 | 00:52:25 | 01:02:27 | 00:46:59 | 00:36:16 | 00:57:46 | 5:05:26 | 00:04:24 | 35 | M30 | 46 | 6 |
| 176 | Götz | Hartmut | SV Spetzerfehn | 1972 | 2010 | 00:48:58 | 00:52:44 | 01:02:14 | 00:47:24 | 00:35:47 | 00:58:22 | 5:05:29 | 00:04:24 | 38 | M30 | 47 | 6 |
| 177 | Barfknecht | Tomke | LG Harlingerland | 1985 | 2010 | 00:51:08 | 00:53:28 | 01:02:01 | 00:47:02 | 00:35:43 | 00:56:11 | 5:05:33 | 00:04:25 | 25 | VHK | 3 | 6 |
| 178 | Ottjes | Uwe | Team Möbel Buss | 1966 | 2010 | 00:48:36 | 00:52:33 | 01:01:34 | 00:47:28 | 00:36:52 | 00:58:41 | 5:05:44 | 00:04:25 | 44 | M40 | 63 | 6 |
| 179 | Beekmann | Jan-Bernd | Grosswolde | 1967 | 2010 | 00:49:33 | 00:52:18 | 01:01:38 | 00:47:34 | 00:36:22 | 00:58:44 | 5:06:09 | 00:04:25 | 43 | M40 | 64 | 6 |
| 180 | Dänekas | Volker | LG Uplengen | 1990 | 2010 | 00:50:20 | 00:52:10 | 01:02:03 | 00:47:34 | 00:35:48 | 00:58:19 | 5:06:14 | 00:04:25 | 20 | MHK | 25 | 6 |
| 181 | Sanders | Eckhard | SuS Emden | 1966 | 2010 | 00:49:49 | 00:53:01 | 01:01:33 | 00:47:31 | 00:36:28 | 00:57:59 | 5:06:21 | 00:04:25 | 44 | M40 | 65 | 6 |
| 182 | Puse | Gerd | LeerWittmund | 1963 | 2010 | 00:49:38 | 00:53:10 | 01:01:49 | 00:47:36 | 00:36:24 | 00:57:50 | 5:06:27 | 00:04:25 | 47 | M40 | 66 | 6 |
| 183 | Böse | Matthias | SV Stikelkamp | 1970 | 2010 | 00:49:24 | 00:52:52 | 01:02:01 | 00:47:39 | 00:36:45 | 00:58:12 | 5:06:53 | 00:04:26 | 40 | M40 | 67 | 6 |
| 184 | Kruse | Wilhelm | Spetzerfehn | 1966 | 2010 | 00:49:21 | 00:52:34 | 01:01:35 | 00:47:52 | 00:36:52 | 00:58:51 | 5:07:05 | 00:04:26 | 44 | M40 | 68 | 6 |
| 185 | Wallis | Daniel | LT TuS Aurich-Ost | 1994 | 2010 | 00:49:20 | 00:51:50 | 01:02:54 | 00:48:46 | 00:35:38 | 00:58:41 | 5:07:09 | 00:04:26 | 16 | MU20 | 22 | 6 |
| 186 | Janssen | Gerold | Bundeswehr | 1967 | 2010 | 00:47:35 | 00:53:59 | 01:03:54 | 00:47:21 | 00:35:51 | 00:58:30 | 5:07:10 | 00:04:26 | 43 | M40 | 69 | 6 |
| 187 | Eggers | Hayo | Team ENERCON | 1965 | 2010 | 00:48:53 | 00:52:42 | 01:02:04 | 00:48:22 | 00:37:12 | 00:58:03 | 5:07:16 | 00:04:26 | 45 | M40 | 70 | 6 |
| 188 | Ihnen | Tom | LT TuS Aurich-Ost | 1995 | 2010 | 00:50:36 | 00:53:10 | 01:02:19 | 00:47:31 | 00:36:05 | 00:57:49 | 5:07:30 | 00:04:26 | 15 | MU20 | 23 | 6 |
| 189 | Lübben | Astrid | Team Möbel Buss | 1971 | 2010 | 00:48:56 | 00:52:38 | 01:02:27 | 00:47:52 | 00:37:02 | 00:58:38 | 5:07:33 | 00:04:26 | 39 | W30 | 2 | 6 |
| 190 | Eden | Lars | Burhufe | 1988 | 2010 | 00:50:42 | 00:53:06 | 01:01:15 | 00:47:58 | 00:36:30 | 00:58:09 | 5:07:40 | 00:04:26 | 22 | MHK | 26 | 6 |
| 191 | Meyer | Marco | TV Bunde | 1980 | 2010 | 00:50:33 | 00:53:51 | 01:01:47 | 00:47:36 | 00:36:26 | 00:57:40 | 5:07:53 | 00:04:27 | 30 | M30 | 48 | 6 |
| 192 | Meyer | Ewald | VW Emden | 1960 | 2010 | 00:49:34 | 00:52:48 | 01:01:26 | 00:48:30 | 00:37:00 | 00:58:49 | 5:08:07 | 00:04:27 | 50 | M50 | 17 | 6 |
| 193 | Hartema | Richard | MTV Ditzum | 1968 | 2010 | 00:48:43 | 00:52:25 | 01:02:28 | 00:48:06 | 00:37:14 | 00:59:12 | 5:08:08 | 00:04:27 | 42 | M40 | 71 | 6 |
| 194 | Köhler | Jan-Aiko | Emden LG | 1997 | 2010 | 00:49:27 | 00:53:16 | 01:02:20 | 00:47:26 | 00:36:45 | 00:59:22 | 5:08:36 | 00:04:27 | 13 | MU20 | 24 | 6 |
| 195 | Christians | Hilko | Westerholt | 1994 | 2010 | 00:49:00 | 00:53:14 | 01:04:25 | 00:48:11 | 00:36:04 | 00:57:47 | 5:08:41 | 00:04:27 | 16 | MU20 | 25 | 6 |
| 196 | Ludwig | Helmut | LGO | 1958 | 2010 | 00:50:26 | 00:52:38 | 01:02:06 | 00:47:54 | 00:36:47 | 00:58:56 | 5:08:47 | 00:04:27 | 52 | M50 | 18 | 6 |
| 197 | Martin | Tobias | BG Shake Hands Leer | 1992 | 2010 | 00:49:46 | 00:51:26 | 01:01:12 | 00:46:43 | 00:37:51 | 01:01:58 | 5:08:56 | 00:04:27 | 18 | MU20 | 26 | 6 |
| 198 | Janosch | Mirco | LG Großefehn | 1995 | 2010 | 00:52:06 | 00:53:50 | 01:03:30 | 00:46:24 | 00:35:38 | 00:57:32 | 5:09:00 | 00:04:28 | 15 | MU20 | 27 | 6 |
| 199 | Anwand | Karl-Heinz | Ostfr. Moordorf | 1952 | 2010 | 00:51:57 | 00:54:29 | 01:02:13 | 00:47:04 | 00:36:16 | 00:57:25 | 5:09:24 | 00:04:28 | 58 | M50 | 19 | 6 |
| 200 | Fleßner | Heiko | Ubbo-Emmius-Klinik | 1968 | 2010 | 00:48:44 | 00:52:28 | 01:04:46 | 00:48:57 | 00:36:25 | 00:58:16 | 5:09:36 | 00:04:28 | 42 | M40 | 72 | 6 |
| 201 | Buscher | Herbert | OV Breinermoor | 1966 | 2010 | 00:49:46 | 00:52:40 | 01:01:43 | 00:48:29 | 00:36:34 | 01:00:30 | 5:09:42 | 00:04:28 | 44 | M40 | 73 | 6 |
| 202 | Geisemeyer | Lothar | Bünting Tee | 1959 | 2010 | 00:50:05 | 00:53:30 | 01:03:49 | 00:48:06 | 00:36:22 | 00:57:53 | 5:09:45 | 00:04:28 | 51 | M50 | 20 | 6 |
| 203 | Grünefeld | Johann | Stickhausen | 1963 | 2010 | 00:50:47 | 00:54:21 | 01:02:23 | 00:48:11 | 00:36:19 | 00:57:52 | 5:09:53 | 00:04:28 | 47 | M40 | 74 | 6 |
| 204 | Franzen | Insa | Briese Schifffahrt | 1983 | 2010 | 00:51:38 | 00:53:46 | 01:01:52 | 00:47:39 | 00:36:46 | 00:58:15 | 5:09:56 | 00:04:28 | 27 | VHK | 4 | 6 |
| 205 | Weers | Johannes | VfB Uplengen | 1954 | 2010 | 00:50:15 | 00:53:23 | 01:02:18 | 00:47:48 | 00:36:55 | 00:59:33 | 5:10:12 | 00:04:29 | 56 | M50 | 21 | 6 |
| 206 | Hinrichs | Enno | LG Großefehn | 1961 | 2010 | 00:50:32 | 00:53:41 | 01:02:50 | 00:48:16 | 00:36:39 | 00:58:18 | 5:10:16 | 00:04:29 | 49 | M40 | 75 | 6 |
| 207 | Seeberg | Heinz-Dieter | Gymnasium Ulricianum | 1962 | 2010 | 00:50:54 | 00:53:29 | 01:01:54 | 00:48 | | | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------|--------------|---------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 214 | Schulz | Michael | LT TuS Aurich-Ost | 1962 | 2010 | 00:50:08 | 00:52:52 | 01:02:53 | 00:49:06 | 00:37:16 | 00:58:30 | 5:10:45 | 00:04:29 | 48 | M40 | 79 | 6 |
| 215 | Weets | Jens | NIGE | 1992 | 2010 | 00:49:52 | 00:56:00 | 01:03:16 | 00:47:04 | 00:36:37 | 00:58:01 | 5:10:50 | 00:04:29 | 18 | MU20 | 29 | 6 |
| 216 | Olthoff | Matthias | Weener Plastik AG | 1973 | 2010 | 00:51:12 | 00:53:12 | 01:02:58 | 00:48:36 | 00:36:48 | 00:58:06 | 5:10:52 | 00:04:29 | 37 | M30 | 49 | 6 |
| 217 | Poppinga | Udo | Ubbo-Emmius-Klinik | 1966 | 2010 | 00:50:00 | 00:53:50 | 01:03:53 | 00:48:05 | 00:36:17 | 00:59:00 | 5:11:05 | 00:04:29 | 44 | M40 | 80 | 6 |
| 218 | Hallmann | Hermann | Emder LG | 1962 | 2010 | 00:46:34 | 00:50:54 | 01:00:08 | 00:46:11 | 00:36:34 | 01:10:55 | 5:11:16 | 00:04:29 | 48 | M40 | 81 | 6 |
| 219 | Voßkuhl | Andreas | Völlenerfehn | 1975 | 2010 | 00:51:21 | 00:53:29 | 01:02:18 | 00:48:11 | 00:36:58 | 00:59:00 | 5:11:17 | 00:04:30 | 35 | M30 | 50 | 6 |
| 220 | Präsang | Martin | Süd | 1965 | 2010 | 00:51:29 | 00:53:59 | 01:03:14 | 00:47:54 | 00:36:47 | 00:58:10 | 5:11:33 | 00:04:30 | 45 | M40 | 82 | 6 |
| 221 | Schlachter | Henri | RVB Aurich/Uplengen | 1961 | 2010 | 00:52:29 | 00:53:01 | 01:01:58 | 00:48:07 | 00:37:05 | 00:58:55 | 5:11:35 | 00:04:30 | 49 | M40 | 83 | 6 |
| 222 | Bootjer | Eric | RVB Aurich/Uplengen | 1966 | 2010 | 00:50:31 | 00:53:51 | 01:02:58 | 00:48:25 | 00:37:04 | 00:58:56 | 5:11:45 | 00:04:30 | 44 | M40 | 84 | 6 |
| 223 | Beitelmann | Arne | OLB Ostfriesland | 1987 | 2010 | 00:51:06 | 00:53:49 | 01:02:43 | 00:48:13 | 00:36:46 | 00:59:08 | 5:11:45 | 00:04:30 | 23 | MHK | 28 | 6 |
| 224 | Gronewold | Elke | TV Norden | 1967 | 2010 | 00:50:58 | 00:54:16 | 01:02:30 | 00:48:31 | 00:37:23 | 00:58:22 | 5:12:00 | 00:04:30 | 43 | W40 | 4 | 6 |
| 225 | Adick | Matthias | Zentrale | 1962 | 2010 | 00:50:39 | 00:54:03 | 01:02:52 | 00:48:14 | 00:37:18 | 00:59:04 | 5:12:10 | 00:04:30 | 48 | M40 | 85 | 6 |
| 226 | Hubert | Katharina | Emder LG | 1982 | 2010 | 00:51:10 | 00:53:14 | 01:02:52 | 00:48:06 | 00:37:49 | 00:59:22 | 5:12:33 | 00:04:31 | 28 | WVK | 5 | 6 |
| 227 | Pilney | Bettina | LT SV Ems Jemgum | 1962 | 2010 | 00:50:22 | 00:53:51 | 01:02:52 | 00:49:07 | 00:37:25 | 00:58:58 | 5:12:35 | 00:04:31 | 48 | W40 | 5 | 6 |
| 228 | Barkhoff | Heinz-Dieter | TVM | 1969 | 2010 | 00:50:39 | 00:53:38 | 01:02:57 | 00:48:29 | 00:37:22 | 00:59:44 | 5:12:49 | 00:04:31 | 41 | M40 | 86 | 6 |
| 229 | Stöter | Andreas | EWE Wattloopers | 1968 | 2010 | 00:51:29 | 00:54:31 | 01:04:36 | 00:47:52 | 00:36:40 | 00:57:41 | 5:12:49 | 00:04:31 | 42 | M40 | 87 | 6 |
| 230 | Schliep | Dieter | Holterfehn | 1972 | 2010 | 00:51:22 | 00:53:03 | 01:03:28 | 00:48:53 | 00:36:40 | 00:59:48 | 5:13:14 | 00:04:31 | 38 | M30 | 51 | 6 |
| 231 | de Vries | Bernd | Ihlowerfehn | 1966 | 2010 | 00:50:49 | 00:54:13 | 01:03:08 | 00:48:43 | 00:37:19 | 00:59:15 | 5:13:27 | 00:04:31 | 44 | M40 | 88 | 6 |
| 232 | Benkendorf | Nicole | LT TuS Aurich-Ost | 1980 | 2010 | 00:50:28 | 00:54:03 | 01:03:22 | 00:48:56 | 00:37:49 | 00:58:54 | 5:13:32 | 00:04:31 | 30 | W30 | 3 | 6 |
| 233 | Siemers | Hermann | Emder LG | 1956 | 2010 | 00:50:34 | 00:53:54 | 01:03:58 | 00:48:56 | 00:37:13 | 00:59:38 | 5:14:13 | 00:04:32 | 54 | M50 | 24 | 6 |
| 234 | Geuken | Uwe | Veenhusen | 1965 | 2010 | 00:50:29 | 00:54:16 | 01:04:20 | 00:48:34 | 00:36:50 | 00:59:48 | 5:14:17 | 00:04:32 | 45 | M40 | 89 | 6 |
| 235 | Book | Menny | Mc Floor | 1964 | 2010 | 00:51:37 | 00:54:00 | 01:04:44 | 00:48:08 | 00:37:05 | 00:58:57 | 5:14:31 | 00:04:32 | 46 | M40 | 90 | 6 |
| 236 | de Buhr | Harald | Polizei Leer | 1962 | 2010 | 00:50:16 | 00:54:32 | 01:04:08 | 00:48:46 | 00:37:21 | 00:59:31 | 5:14:34 | 00:04:32 | 48 | M40 | 91 | 6 |
| 237 | Seeberg | Jannis | Aurich | 1997 | 2010 | 00:55:45 | 00:54:17 | 01:02:56 | 00:48:01 | 00:35:56 | 00:57:39 | 5:14:34 | 00:04:32 | 13 | MU20 | 30 | 6 |
| 238 | Ulmann | Theo | KGS Hage | 1960 | 2010 | 00:50:56 | 00:53:40 | 01:03:18 | 00:49:14 | 00:37:28 | 01:00:04 | 5:14:40 | 00:04:32 | 50 | M50 | 25 | 6 |
| 239 | Mauson | Peter | KGS Hage | 1949 | 2010 | 00:50:57 | 00:53:40 | 01:03:19 | 00:49:15 | 00:37:27 | 01:00:04 | 5:14:42 | 00:04:32 | 61 | M60 | 1 | 6 |
| 240 | Bronsema | Albert | Emder LG | 1956 | 2010 | 00:50:43 | 00:53:30 | 01:03:32 | 00:49:29 | 00:37:42 | 00:59:48 | 5:14:44 | 00:04:32 | 54 | M50 | 26 | 6 |
| 241 | Heibült | Lukas | VfL Ockenhausen | 1995 | 2010 | 00:53:40 | 00:53:59 | 01:04:50 | 00:48:08 | 00:35:59 | 00:58:13 | 5:14:49 | 00:04:33 | 15 | MU20 | 31 | 6 |
| 242 | Thörner | Klaus | obw Emden | 1964 | 2010 | 00:51:53 | 00:53:57 | 01:03:40 | 00:48:56 | 00:37:29 | 00:58:59 | 5:14:54 | 00:04:33 | 46 | M40 | 92 | 6 |
| 243 | Voogd | Stefan | Polizei Leer | 1974 | 2010 | 00:51:23 | 00:54:03 | 01:04:13 | 00:48:45 | 00:37:19 | 00:59:28 | 5:15:11 | 00:04:33 | 36 | M30 | 52 | 6 |
| 244 | Schaller | Frank | LT TuS Aurich-Ost | 1961 | 2010 | 00:50:40 | 00:53:44 | 01:03:08 | 00:49:48 | 00:37:56 | 00:59:59 | 5:15:15 | 00:04:33 | 49 | M40 | 93 | 6 |
| 245 | Lambertz | Walter | Team ENERCON | 1973 | 2010 | 00:54:22 | 00:55:25 | 01:02:58 | 00:47:41 | 00:35:58 | 00:58:53 | 5:15:17 | 00:04:33 | 37 | M30 | 53 | 6 |
| 246 | Rother | Lars | Team ENERCON | 1980 | 2010 | 00:54:23 | 00:55:25 | 01:02:58 | 00:47:41 | 00:35:57 | 00:58:53 | 5:15:17 | 00:04:33 | 30 | M30 | 54 | 6 |
| 247 | Meyer | Uwe | LG Ostfriesland | 1962 | 2010 | 00:51:44 | 00:54:05 | 01:03:32 | 00:48:46 | 00:37:13 | 01:00:03 | 5:15:23 | 00:04:33 | 48 | M40 | 94 | 6 |
| 248 | Deutschmann | Erwin | TSV Hesel | 1966 | 2010 | 00:50:42 | 00:53:58 | 01:03:39 | 00:48:49 | 00:38:00 | 01:00:28 | 5:15:36 | 00:04:33 | 44 | M40 | 95 | 6 |
| 249 | Rzodeczko | Thorsten | Nordland Papier | 1966 | 2010 | 00:57:00 | 00:53:48 | 01:01:54 | 00:48:23 | 00:36:44 | 00:57:52 | 5:15:41 | 00:04:33 | 44 | M40 | 96 | 6 |
| 250 | Hanssen | Heyo | SC-Wiesens | 1961 | 2010 | 00:50:53 | 00:53:47 | 01:04:29 | 00:49:47 | 00:37:09 | 00:59:54 | 5:15:59 | 00:04:34 | 49 | M40 | 97 | 6 |
| 251 | Janssen | Andre | Sandhorst | 1993 | 2010 | 00:52:24 | 00:53:51 | 01:03:50 | 00:48:30 | 00:36:29 | 01:00:59 | 5:16:03 | 00:04:34 | 17 | MU20 | 32 | 6 |
| 252 | Martens | Wilhelm | Uplengen | 1957 | 2010 | 00:51:14 | 00:54:11 | 01:03:32 | 00:50:02 | 00:37:31 | 00:59:34 | 5:16:04 | 00:04:34 | 53 | M50 | 27 | 6 |
| 253 | Soeken | Klaas | Timmel | 1991 | 2010 | 00:51:17 | 00:54:17 | 01:02:37 | 00:52:25 | 00:37:36 | 00:57:56 | 5:16:08 | 00:04:34 | 19 | MU20 | 33 | 6 |
| 254 | Möhlmann | Hauke | Schule am Deich | 1990 | 2010 | 00:53:53 | 00:55:08 | 01:04:22 | 00:48:02 | 00:36:17 | 00:58:27 | 5:16:09 | 00:04:34 | 20 | MHK | 29 | 6 |
| 255 | Gerdas | Olaf | TSV Riepe | 1972 | 2010 | 00:52:34 | 00:55:25 | 01:03:10 | 00:49:16 | 00:37:22 | 00:58:39 | 5:16:26 | 00:04:34 | 38 | M30 | 55 | 6 |
| 256 | Brinkmann | Liza | VfL Germania Leer | 1990 | 2010 | 00:49:38 | 00:55:39 | 01:04:29 | 00:50:29 | 00:37:33 | 00:58:39 | 5:16:27 | 00:04:34 | 20 | WVK | 6 | 6 |
| 257 | Bittner | Reinold | Schule am Deich | 1967 | 2010 | 00:53:35 | 00:55:36 | 01:04:43 | 00:48:02 | 00:36:16 | 00:58:23 | 5:16:35 | 00:04:34 | 43 | M40 | 98 | 6 |
| 258 | Ebel | Carsten | Emden | 1966 | 2010 | 00:51:50 | 00:54:12 | 01:03:06 | 00:50:23 | 00:37:32 | 00:59:34 | 5:16:37 | 00:04:34 | 44 | M40 | 99 | 6 |
| 259 | Bußmann | Kai | SZ Collhusen | 1993 | 2010 | 00:57:28 | 00:53:07 | 01:04:21 | 00:47:32 | 00:35:57 | 00:58:16 | 5:16:41 | 00:04:34 | 17 | MU20 | 34 | 6 |
| 260 | Kirschke | Rolf | ENERCON | 1965 | 2010 | 00:51:26 | 00:54:13 | 01:04:16 | 00:49:02 | 00:37:30 | 01:00:20 | 5:16:47 | 00:04:34 | 45 | M40 | 100 | 6 |
| 261 | Janssen | Michaela | Fortuna Logabirum | 1974 | 2010 | 00:51:07 | 00:54:09 | 01:03:32 | 00:49:07 | 00:38:04 | 01:00:48 | 5:16:47 | 00:04:34 | 36 | W30 | 4 | 6 |
| 262 | Buhr | Rene | VfL Ockenhausen | 1993 | 2010 | 00:52:29 | 00:54:19 | 01:04:49 | 00:49:05 | 00:36:15 | 01:00:01 | 5:16:58 | 00:04:34 | 17 | MU20 | 35 | 6 |
| 263 | Weber | André | Völlenerfehn | 1977 | 2010 | 00:51:45 | 00:54:10 | 01:04:40 | 00:49:11 | 00:37:20 | 01:00:01 | 5:17:07 | 00:04:35 | 33 | M30 | 56 | 6 |
| 264 | Meyer | Michael | www.fuchsienlauf.de | 1973 | 2010 | 00:53:50 | 00:55:51 | 01:04:17 | 00:49:33 | 00:37:30 | 00:56:17 | 5:17:18 | 00:04:35 | 37 | M30 | 57 | 6 |
| 265 | Vehnekamp | Werner | Team Möbel Buss | 1958 | 2010 | 00:50:59 | 00:55:42 | 01:03:58 | 00:48:50 | 00:37:31 | 01:00:28 | 5:17:28 | 00:04:35 | 52 | M50 | 28 | 6 |
| 266 | Marks | Steffen | SZ Collhusen | 1993 | 2010 | 00:52:06 | 00:53:07 | 01:04:21 | 00:50:41 | 00:36:26 | 01:00:52 | 5:17:33 | 00:04:35 | 17 | MU20 | 36 | 6 |
| 267 | Janßen | Andreas | SV Hesel | 1967 | 2010 | 00:50:49 | 00:56:01 | 01:04:43 | 00:48:51 | 00:37:36 | 00:59:44 | 5:17:44 | 00:04:35 | 43 | M40 | 101 | 6 |
| 268 | Dirksen | Claus | Lg-Ostfriesland | 1956 | 2010 | 00:52:37 | 00:55:43 | 01:03:52 | 00:48:46 | 00:37:20 | 00:59:26 | 5:17:44 | 00:04:35 | 54 | M50 | 29 | 6 |
| 269 | Lüpkes | Christian | CVJM Neermoor | 1976 | 2010 | 00:53:12 | 00:54:47 | 01:04:54 | 00:48:54 | 00:36:49 | 00:59:17 | 5:17:53 | 00:04:35 | 34 | M30 | 58 | 6 |
| 270 | Müller | Günter | Emder LG | 1967 | 2010 | 00:52:24 | 00:54:27 | 01:04:15 | 00:49:38 | 00:37:33 | 00:59:36 | 5:17:53 | 00:04:35 | 43 | M40 | 102 | 6 |
| 271 | Blaurock | Andreas | obw Emden | 1968 | 2010 | 00:51:36 | 00:54:32 | 01:04:22 | 00:49:06 | 00:37:58 | 01:00:21 | 5:17:55 | 00:04:35 | 42 | M40 | 103 | 6 |
| 272 | Berghaus | Jens | Realschule Aurich | 1959 | 2010 | 00:51:06 | 00:54:49 | 01:04:16 | 00:49:27 | 00:38:09 | 01:00:16 | 5:18:03 | 00:04:35 | 51 | M50 | 30 | 6 |
| 273 | Hildebrandt | Theodor | LG Ostfriesland | 1956 | 2010 | 00:51:23 | 00:55:21 | 01:03:44 | 00:49:24 | 00:38:18 | 00:59:55 | 5:18:05 | 00:04:35 | 54 | M50 | 31 | 6 |
| 274 | Olin | Frank | Runners | 1968 | 2010 | 00:53:26 | 00:55:41 | 01:04:35 | 00:49:09 | 00:36:50 | 00:58:30 | 5:18:11 | 00:04:35 | 42 | M40 | 104 | 6 |
| 275 | Sanders | Michael | Lauftreff-Ihrhove | 1980 | 2010 | 00:51:52 | 00:54:45 | 01:04:32 | 00:49:26 | 00:37:20 | 01:00:18 | 5:18:13 | 00:04:36 | 30 | M30 | 59 | 6 |
| 276 | Meyer | Manfred | de Padooper | 1963 | 2010 | 00:51:46 | 00:53:55 | 01:04:21 | 00:49:02 | 00:38:30 | 01:00:41 | 5:18:15 | 00:04:36 | 47 | M40 | 105 | 6 |
| 277 | Daniel | Michael | Emder LG | 1959 | 2010 | 00:51:24 | 00:54:59 | 01:04:27 | 00:49:32 | 00:37:58 | 01:00:09 | 5:18:29 | 00:04:36 | 51 | M50 | 32 | 6 |
| 278 | Goudschaal | Ude | Bunde | 1955 | 2010 | 00:51:45 | 00:54:07 | 01:04:01 | 00:49:16 | 00:38:21 | 01:01:02 | 5:18:32 | 00:04:36 | 55 | M50 | 33 | 6 |
| 279 | Schulte | Markus | FFW Hollen | 1978 | | | | | | | | | | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt | Alter | AK | Platz | Etappen |
|-------|----------------|----------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|-------------|--------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | pro km | | | | |
| 285 | Vredenburg | Christian | Leer | 1976 | 2010 | 00:51:11 | 00:55:02 | 01:03:37 | 00:49:39 | 00:38:43 | 01:00:48 | 5:19:00 | 00:04:36 | 34 | M30 | 62 | 6 |
| 286 | Bohlen | Rainer | RVB Aurich/Uplengen | 1987 | 2010 | 00:52:17 | 00:53:54 | 01:04:10 | 00:48:55 | 00:37:46 | 01:01:58 | 5:19:00 | 00:04:36 | 23 | MHK | 30 | 6 |
| 287 | van Raden | Friedhelm | Aurich | 1966 | 2010 | 00:54:09 | 00:55:09 | 01:03:52 | 00:48:55 | 00:37:25 | 00:59:37 | 5:19:07 | 00:04:36 | 44 | M40 | 107 | 6 |
| 288 | Strohbehn | Jens | Bünting Tee | 1970 | 2010 | 00:52:42 | 00:54:37 | 01:03:02 | 00:49:11 | 00:37:31 | 01:02:13 | 5:19:16 | 00:04:36 | 40 | M40 | 108 | 6 |
| 289 | van Mark | Hauke | Rhauderfehn | 1993 | 2010 | 00:55:37 | 00:55:08 | 01:04:30 | 00:48:13 | 00:36:59 | 00:59:05 | 5:19:32 | 00:04:37 | 17 | MU20 | 38 | 6 |
| 290 | Broschinski | Andreas | Emden | 1971 | 2010 | 00:55:12 | 00:55:52 | 01:05:40 | 00:48:35 | 00:36:57 | 00:57:32 | 5:19:48 | 00:04:37 | 39 | M30 | 63 | 6 |
| 291 | Krems | Hans-Jürgen | Ostfr.Küste | 1959 | 2010 | 00:50:41 | 00:53:39 | 01:02:54 | 00:49:04 | 00:37:29 | 01:06:09 | 5:19:56 | 00:04:37 | 51 | M50 | 35 | 6 |
| 292 | Taaks | Michael | TV Moormerland | 1978 | 2010 | 00:51:18 | 00:55:11 | 01:05:12 | 00:49:25 | 00:38:14 | 01:00:43 | 5:20:03 | 00:04:37 | 32 | M30 | 64 | 6 |
| 293 | Bergmann | Matthias | SV Georgsheil | 1966 | 2010 | 00:50:24 | 00:55:06 | 01:05:21 | 00:49:38 | 00:37:31 | 01:02:15 | 5:20:15 | 00:04:37 | 44 | M40 | 109 | 6 |
| 294 | Schultz | Heinz | VfR Heisfelde | 1949 | 2010 | 00:50:49 | 00:54:18 | 01:05:25 | 00:50:51 | 00:38:18 | 01:00:51 | 5:20:32 | 00:04:38 | 61 | M60 | 3 | 6 |
| 295 | Beers | Simon | KGS Wittmund | 1990 | 2010 | 00:54:34 | 00:53:42 | 01:03:29 | 00:48:49 | 00:37:23 | 01:02:37 | 5:20:34 | 00:04:38 | 20 | MHK | 31 | 6 |
| 296 | Schlichter | Tim | Hartmann Group | 1987 | 2010 | 00:54:29 | 00:54:24 | 01:04:19 | 00:49:56 | 00:37:51 | 00:59:38 | 5:20:37 | 00:04:38 | 23 | MHK | 32 | 6 |
| 297 | Zager | Lukas | HTG - Ihlow | 1994 | 2010 | 00:50:38 | 00:55:16 | 01:03:23 | 00:48:25 | 00:37:23 | 01:05:35 | 5:20:40 | 00:04:38 | 16 | MU20 | 39 | 6 |
| 298 | Meyer | Georg | Großsander | 1958 | 2010 | 00:53:19 | 00:56:20 | 01:04:04 | 00:49:55 | 00:37:43 | 00:59:30 | 5:20:51 | 00:04:38 | 52 | M50 | 36 | 6 |
| 299 | Lammers | Johann | SV Holtland | 1963 | 2010 | 00:51:23 | 00:55:38 | 01:05:09 | 00:49:48 | 00:37:49 | 01:01:13 | 5:21:00 | 00:04:38 | 47 | M40 | 110 | 6 |
| 300 | de Groot | Simon | ELV AG | 1987 | 2010 | 00:53:39 | 00:54:23 | 01:04:54 | 00:49:05 | 00:36:58 | 01:02:02 | 5:21:01 | 00:04:38 | 23 | MHK | 33 | 6 |
| 301 | König | Jörg | e.G. | 1979 | 2010 | 00:52:41 | 00:56:22 | 01:05:20 | 00:49:53 | 00:37:33 | 00:59:17 | 5:21:06 | 00:04:38 | 31 | M30 | 65 | 6 |
| 302 | Damm | Dirk | Gesundheitskasse | 1964 | 2010 | 00:51:54 | 00:56:43 | 01:04:54 | 00:49:09 | 00:37:27 | 01:01:06 | 5:21:13 | 00:04:38 | 46 | M40 | 111 | 6 |
| 303 | Brettschneider | Roger | Rhauderfehn | 1965 | 2010 | 00:51:44 | 00:56:39 | 01:04:42 | 00:49:27 | 00:37:52 | 01:00:53 | 5:21:17 | 00:04:38 | 45 | M40 | 112 | 6 |
| 304 | Speckmann | Werner | Fitnessfabrik Aurich | 1961 | 2010 | 00:52:04 | 00:55:35 | 01:04:32 | 00:50:02 | 00:38:27 | 01:00:43 | 5:21:23 | 00:04:38 | 49 | M40 | 113 | 6 |
| 305 | Oldewurtel | Matthias | Oldewurtel | 1972 | 2010 | 00:52:08 | 00:55:30 | 01:04:34 | 00:50:05 | 00:38:12 | 01:00:55 | 5:21:24 | 00:04:38 | 38 | M30 | 66 | 6 |
| 306 | Heyen | Henner | TSV Hesel | 1992 | 2010 | 00:51:57 | 00:54:38 | 01:06:15 | 00:49:38 | 00:37:49 | 01:01:08 | 5:21:25 | 00:04:38 | 18 | MU20 | 40 | 6 |
| 307 | Heller | Karsten | Ihlowerfehn | 1967 | 2010 | 00:53:50 | 00:55:52 | 01:04:19 | 00:49:33 | 00:37:33 | 01:00:22 | 5:21:29 | 00:04:38 | 43 | M40 | 114 | 6 |
| 308 | Feindt | Manfred | Seefahrtsschule Leer | 1985 | 2010 | 00:52:51 | 00:55:18 | 01:04:53 | 00:50:18 | 00:37:47 | 01:00:52 | 5:21:59 | 00:04:39 | 25 | MHK | 34 | 6 |
| 309 | Gerdes | Nils | VfL Ockenhausen | 1995 | 2010 | 00:53:45 | 00:56:56 | 01:05:54 | 00:48:27 | 00:37:16 | 00:59:46 | 5:22:04 | 00:04:39 | 15 | MU20 | 41 | 6 |
| 310 | Basse | Jann | Aurich | 1997 | 2010 | 00:56:10 | 00:56:35 | 01:04:36 | 00:48:35 | 00:36:30 | 00:59:40 | 5:22:06 | 00:04:39 | 13 | MU20 | 42 | 6 |
| 311 | Noack | Erwin | Nordland Papier | 1965 | 2010 | 00:53:33 | 00:55:58 | 01:04:04 | 00:49:50 | 00:37:41 | 01:01:01 | 5:22:07 | 00:04:39 | 45 | M40 | 115 | 6 |
| 312 | Fischer | Daniel | GmbH & Co. | 1980 | 2010 | 00:52:53 | 00:54:48 | 01:05:13 | 00:49:20 | 00:38:06 | 01:01:52 | 5:22:12 | 00:04:39 | 30 | M30 | 67 | 6 |
| 313 | Reinken | Udo | Norden | 1983 | 2010 | 00:54:17 | 00:56:00 | 01:04:09 | 00:49:57 | 00:37:00 | 01:00:57 | 5:22:20 | 00:04:39 | 27 | MHK | 35 | 6 |
| 314 | Wagner | Andre | Nordland Papier | 1968 | 2010 | 00:58:43 | 00:54:30 | 01:04:03 | 00:49:36 | 00:36:50 | 00:58:47 | 5:22:29 | 00:04:39 | 42 | M40 | 116 | 6 |
| 315 | Kässens | Herrmann-Josef | Nordland Papier | 1965 | 2010 | 00:52:07 | 00:55:17 | 01:04:41 | 00:49:45 | 00:39:41 | 01:01:02 | 5:22:33 | 00:04:39 | 45 | M40 | 117 | 6 |
| 316 | Saathoff | Holger | Sportverein | 1967 | 2010 | 00:51:54 | 00:55:15 | 01:04:36 | 00:49:55 | 00:39:05 | 01:01:56 | 5:22:41 | 00:04:39 | 43 | M40 | 118 | 6 |
| 317 | de Vries | Michael | Moormerland | 1972 | 2010 | 00:52:54 | 00:55:14 | 01:05:39 | 00:49:40 | 00:38:27 | 01:00:56 | 5:22:50 | 00:04:40 | 38 | M30 | 68 | 6 |
| 318 | Coordes | Johannes | ENERCON | 1969 | 2010 | 00:52:39 | 00:55:43 | 01:05:04 | 00:50:00 | 00:38:24 | 01:01:00 | 5:22:50 | 00:04:40 | 41 | M40 | 119 | 6 |
| 319 | Meister | Uwe | Stadtwerke Leer AöR | 1979 | 2010 | 00:52:14 | 00:54:33 | 01:06:00 | 00:49:06 | 00:38:27 | 01:02:31 | 5:22:51 | 00:04:40 | 31 | M30 | 69 | 6 |
| 320 | Kattenbeck | Udo | Emder LG | 1966 | 2010 | 00:53:51 | 00:54:59 | 01:04:43 | 00:50:08 | 00:38:08 | 01:01:06 | 5:22:55 | 00:04:40 | 44 | M40 | 120 | 6 |
| 321 | Pieper | Jan-Hendrik | Seefahrtsschule Leer | 1988 | 2010 | 00:55:07 | 00:54:56 | 01:05:00 | 00:49:55 | 00:37:07 | 01:00:51 | 5:22:56 | 00:04:40 | 22 | MHK | 36 | 6 |
| 322 | Osten | Gunnar | WfBM Aurich | 1973 | 2010 | 00:53:48 | 00:55:23 | 01:05:33 | 00:49:44 | 00:38:10 | 01:00:24 | 5:23:02 | 00:04:40 | 37 | M30 | 70 | 6 |
| 323 | Feimann | Hans | Nordland Papier | 1966 | 2010 | 00:52:56 | 00:55:42 | 01:05:07 | 00:50:20 | 00:38:35 | 01:00:22 | 5:23:02 | 00:04:40 | 44 | M40 | 121 | 6 |
| 324 | Korte | Albrecht | SV Surwold | 1959 | 2010 | 00:52:52 | 00:55:24 | 01:05:37 | 00:49:41 | 00:38:13 | 01:01:16 | 5:23:03 | 00:04:40 | 51 | M50 | 37 | 6 |
| 325 | Schulte | Holger | Polizei Leer | 1975 | 2010 | 00:51:21 | 00:56:01 | 01:05:55 | 00:50:06 | 00:38:24 | 01:01:25 | 5:23:12 | 00:04:40 | 35 | M30 | 71 | 6 |
| 326 | Tunder | Garrelt | SC Wiesens | 1955 | 2010 | 00:52:20 | 00:56:06 | 01:05:12 | 00:49:45 | 00:38:17 | 01:01:50 | 5:23:30 | 00:04:40 | 55 | M50 | 38 | 6 |
| 327 | Hayungs | Fredo | LT TuS Aurich-Ost | 1967 | 2010 | 00:52:56 | 00:56:13 | 01:06:26 | 00:49:35 | 00:38:04 | 01:00:34 | 5:23:48 | 00:04:40 | 43 | M40 | 122 | 6 |
| 328 | Pleis | Jannik | Moorloopers | 1994 | 2010 | 00:52:30 | 00:55:28 | 01:06:09 | 00:50:00 | 00:37:54 | 01:01:52 | 5:23:53 | 00:04:40 | 16 | MU20 | 43 | 6 |
| 329 | Koop | Arend | Weener Plastik AG | 1960 | 2010 | 00:52:11 | 00:55:47 | 01:05:49 | 00:49:43 | 00:38:45 | 01:01:42 | 5:23:57 | 00:04:40 | 50 | M50 | 39 | 6 |
| 330 | Beekhuis | Gottfried | Dornum | 1954 | 2010 | 00:52:27 | 00:59:18 | 01:04:36 | 00:48:37 | 00:37:54 | 01:01:09 | 5:24:01 | 00:04:41 | 56 | M50 | 40 | 6 |
| 331 | Janßen | Timo | LT Schafhauser Wald | 1990 | 2010 | 00:52:37 | 00:56:06 | 01:04:49 | 00:49:58 | 00:38:05 | 01:02:31 | 5:24:06 | 00:04:41 | 20 | MHK | 37 | 6 |
| 332 | Lowin | Volker | BBS1 Aurich | 1955 | 2010 | 00:52:00 | 00:56:14 | 01:05:15 | 00:51:14 | 00:38:25 | 01:01:07 | 5:24:15 | 00:04:41 | 55 | M50 | 41 | 6 |
| 333 | Hilger | Karsten | TV Norden | 1968 | 2010 | 00:53:07 | 00:56:20 | 01:05:13 | 00:50:01 | 00:38:07 | 01:01:33 | 5:24:21 | 00:04:41 | 42 | M40 | 123 | 6 |
| 334 | Bürma | Conrad | TuS Ditzumer-Verlaat | 1972 | 2010 | 01:01:25 | 01:00:34 | 01:02:49 | 00:46:55 | 00:35:22 | 00:57:19 | 5:24:24 | 00:04:41 | 38 | M30 | 72 | 6 |
| 335 | Ulrichs | Theo | Ogenbargen | 1950 | 2010 | 00:52:41 | 00:57:03 | 01:05:26 | 00:50:34 | 00:38:22 | 01:00:18 | 5:24:24 | 00:04:41 | 60 | M60 | 4 | 6 |
| 336 | Fortmann | Peter | SG Egels Popens | 1966 | 2010 | 00:53:38 | 00:56:29 | 01:05:57 | 00:49:49 | 00:38:17 | 01:00:17 | 5:24:27 | 00:04:41 | 44 | M40 | 124 | 6 |
| 337 | Alfers | Torsten | Ich LG | 1973 | 2010 | 00:52:44 | 00:56:06 | 01:06:27 | 00:49:51 | 00:37:45 | 01:01:42 | 5:24:35 | 00:04:41 | 37 | M30 | 73 | 6 |
| 338 | Zager | Jürgen | Kiosk Barenburg | 1963 | 2010 | 00:51:23 | 00:55:59 | 01:04:34 | 00:51:27 | 00:38:53 | 01:02:25 | 5:24:41 | 00:04:41 | 47 | M40 | 125 | 6 |
| 339 | Grimm | Uwe | VfL Berumbur | 1969 | 2010 | 00:52:09 | 00:55:38 | 01:05:52 | 00:49:42 | 00:38:46 | 01:02:36 | 5:24:43 | 00:04:41 | 41 | M40 | 126 | 6 |
| 340 | Schlecht | Volkmar | Nordland Papier | 1965 | 2010 | 00:52:36 | 00:55:51 | 01:06:18 | 00:50:20 | 00:38:10 | 01:01:35 | 5:24:50 | 00:04:41 | 45 | M40 | 127 | 6 |
| 341 | Robben | Wilhelm | GmbH & Co. | 1983 | 2010 | 00:54:08 | 00:55:09 | 01:06:02 | 00:49:43 | 00:37:59 | 01:01:51 | 5:24:52 | 00:04:41 | 27 | MHK | 38 | 6 |
| 342 | Harders | Carsten | Nordland Papier | 1971 | 2010 | 00:53:00 | 00:56:20 | 01:05:30 | 00:50:48 | 00:37:57 | 01:01:17 | 5:24:52 | 00:04:41 | 39 | M30 | 74 | 6 |
| 343 | Duhlies | Frank | Aurich | 1960 | 2010 | 00:52:45 | 00:56:43 | 01:05:17 | 00:50:05 | 00:38:14 | 01:01:51 | 5:24:55 | 00:04:41 | 50 | M50 | 42 | 6 |
| 344 | Sühwold | Simon | Stadtwerke Leer AöR | 1971 | 2010 | 00:52:26 | 00:54:58 | 01:06:01 | 00:50:05 | 00:38:58 | 01:02:31 | 5:24:59 | 00:04:41 | 39 | M30 | 75 | 6 |
| 345 | Bratz | Helmut | Crocodiles Ihlow | 1953 | 2010 | 00:53:44 | 00:55:13 | 01:05:37 | 00:49:52 | 00:38:48 | 01:01:48 | 5:25:02 | 00:04:41 | 57 | M50 | 43 | 6 |
| 346 | Schmidt | Friedhelm | Oldenburg | 1959 | 2010 | 00:52:41 | 00:55:18 | 01:06:13 | 00:50:23 | 00:38:40 | 01:01:53 | 5:25:08 | 00:04:42 | 51 | M50 | 44 | 6 |
| 347 | Leinweber | Tobias | Seefahrtsschule Leer | 1987 | 2010 | 00:51:23 | 00:54:09 | 01:03:29 | 00:47:54 | 00:47:25 | 01:00:51 | 5:25:11 | 00:04:42 | 23 | MHK | 39 | 6 |
| 348 | Pottberg | Sascha | TSV Hesel | 1983 | 2010 | 00:54:05 | 00:56:40 | 01:05:37 | 00:49:45 | 00:38:46 | 01:00:19 | 5:25:12 | 00:04:42 | 27 | MHK | 40 | 6 |
| 349 | Uphoff | Gerhard | Emder LG | 1971 | 2010 | 00:53:16 | 00:55:36 | 01:05:20 | 00:49:50 | 00:38:18 | 01:02:53 | 5:25:13 | 00:04:42 | 39 | M30 | 76 | 6 |
| 350 | Baumann | Onno | Leinerstift e. V. | | | | | | | | | | | | | | |

29. Ostfrieslandlauf 2010

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------|--------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|-------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| 356 | Newiger | Thomas | Aurich | 1972 | 2010 | 00:52:07 | 00:55:11 | 01:07:06 | 00:50:05 | 00:39:16 | 01:01:57 | 5:25:42 | 00:04:42 | 38 | M30 | 77 | 6 |
| 357 | Martens | Heinrich | Stedesdorf | 1963 | 2010 | 00:52:46 | 00:56:25 | 01:06:21 | 00:50:39 | 00:38:51 | 01:01:19 | 5:26:21 | 00:04:43 | 47 | M40 | 131 | 6 |
| 358 | Birkoben | Rolf | TSV Riepe | 1952 | 2010 | 00:53:00 | 00:56:58 | 01:06:20 | 00:49:59 | 00:38:07 | 01:02:18 | 5:26:42 | 00:04:43 | 58 | M50 | 46 | 6 |
| 359 | Bohle | Richard | Lions Club Uplengen | 1959 | 2010 | 00:53:39 | 00:56:31 | 01:05:47 | 00:50:41 | 00:38:40 | 01:01:27 | 5:26:45 | 00:04:43 | 51 | M50 | 47 | 6 |
| 360 | Watzema | Antke | SV Concordia Ihrhove | 1968 | 2010 | 00:52:39 | 00:55:55 | 01:06:24 | 00:50:58 | 00:38:59 | 01:01:50 | 5:26:45 | 00:04:43 | 42 | W40 | 7 | 6 |
| 361 | Dekker | Anja | MTV Aurich | 1971 | 2010 | 00:53:02 | 00:55:58 | 01:05:45 | 00:51:08 | 00:39:20 | 01:01:33 | 5:26:46 | 00:04:43 | 39 | W30 | 5 | 6 |
| 362 | Kölber | Richard | TV Norden | 1966 | 2010 | 00:51:36 | 00:55:48 | 01:05:20 | 00:50:44 | 00:38:19 | 01:05:02 | 5:26:49 | 00:04:43 | 44 | M40 | 132 | 6 |
| 363 | Hummerich | Ludwig | Emder LG | 1960 | 2010 | 00:52:31 | 01:02:52 | 01:03:36 | 00:51:11 | 00:37:32 | 00:59:31 | 5:27:13 | 00:04:43 | 50 | M50 | 48 | 6 |
| 364 | Barth | Andreas | Crocodies Ihlow | 1975 | 2010 | 00:52:41 | 00:56:00 | 01:06:39 | 00:50:59 | 00:38:23 | 01:02:35 | 5:27:17 | 00:04:43 | 35 | M30 | 78 | 6 |
| 365 | Meyer | Manuel | Moormerland | 1989 | 2010 | 00:53:14 | 00:56:18 | 01:09:22 | 00:50:19 | 00:38:04 | 01:00:02 | 5:27:19 | 00:04:43 | 21 | MHK | 41 | 6 |
| 366 | Baummann | Friedhelm | TSV Hesel | 1960 | 2010 | 00:53:10 | 00:55:49 | 01:05:56 | 00:51:18 | 00:38:58 | 01:02:12 | 5:27:23 | 00:04:43 | 50 | M50 | 49 | 6 |
| 367 | Langens | Brigitte | Ubbo-Emmius-Klinik | 1959 | 2010 | 00:51:59 | 00:55:55 | 01:07:59 | 00:51:22 | 00:38:31 | 01:01:39 | 5:27:25 | 00:04:43 | 51 | W50 | 1 | 6 |
| 368 | Busboom | Wilfried | TusDetern | 1971 | 2010 | 00:51:54 | 00:55:43 | 01:08:14 | 00:50:00 | 00:38:48 | 01:02:48 | 5:27:27 | 00:04:44 | 39 | M30 | 79 | 6 |
| 369 | Rahmann | Jan-Hauke | NIGE | 1993 | 2010 | 00:54:03 | 00:56:12 | 01:08:34 | 00:50:39 | 00:37:42 | 01:00:20 | 5:27:30 | 00:04:44 | 17 | MU20 | 45 | 6 |
| 370 | Drosten | Jürgen | Fortuna Wirdum | 1960 | 2010 | 00:52:55 | 00:55:50 | 01:05:54 | 00:51:17 | 00:39:21 | 01:02:16 | 5:27:33 | 00:04:44 | 50 | M50 | 50 | 6 |
| 371 | Sanders | Daniel | LG Großefehn | 1979 | 2010 | 00:53:04 | 00:55:50 | 01:06:29 | 00:50:34 | 00:40:00 | 01:01:47 | 5:27:44 | 00:04:44 | 31 | M30 | 80 | 6 |
| 372 | Bunjes | Axel | Rhauderfehn | 1960 | 2010 | 00:53:34 | 00:57:14 | 01:05:38 | 00:50:19 | 00:39:20 | 01:01:43 | 5:27:48 | 00:04:44 | 50 | M50 | 51 | 6 |
| 373 | Janssen | Gerold | Wallinghausen | 1966 | 2010 | 00:52:15 | 00:56:22 | 01:06:21 | 00:51:25 | 00:39:37 | 01:01:51 | 5:27:51 | 00:04:44 | 44 | M40 | 133 | 6 |
| 374 | Friedrichs | Heiner | Team ENERCON | 1977 | 2010 | 00:53:41 | 00:56:31 | 01:06:37 | 00:50:14 | 00:38:12 | 01:02:58 | 5:28:13 | 00:04:44 | 33 | M30 | 81 | 6 |
| 375 | Strupp | Manfred | TV Norden | 1945 | 2010 | 00:52:40 | 00:57:39 | 01:06:59 | 00:50:32 | 00:38:50 | 01:01:37 | 5:28:17 | 00:04:44 | 65 | M60 | 5 | 6 |
| 376 | Neemann | Jannette | LT TuS Aurich-Ost | 1967 | 2010 | 00:54:54 | 00:57:10 | 01:06:24 | 00:50:56 | 00:38:26 | 01:00:29 | 5:28:19 | 00:04:44 | 43 | W40 | 8 | 6 |
| 377 | Kramer | Manfred | LG Werder-Ossis | 1962 | 2010 | 00:52:14 | 00:55:08 | 01:05:36 | 00:48:54 | 00:40:19 | 01:06:09 | 5:28:20 | 00:04:44 | 48 | M40 | 134 | 6 |
| 378 | Strümpel | Andy | Autohaus Tekken | 1972 | 2010 | 00:53:37 | 00:55:57 | 01:06:00 | 00:50:51 | 00:39:10 | 01:02:47 | 5:28:22 | 00:04:44 | 38 | M30 | 82 | 6 |
| 379 | Hedemann | Hauke | Team Möbel Buss | 1992 | 2010 | 00:52:27 | 00:57:17 | 01:07:09 | 00:50:25 | 00:39:10 | 01:02:03 | 5:28:31 | 00:04:44 | 18 | MU20 | 46 | 6 |
| 380 | Buß | Monika | Tergast | 1971 | 2010 | 00:52:28 | 00:57:02 | 01:07:07 | 00:50:38 | 00:38:50 | 01:02:28 | 5:28:33 | 00:04:44 | 39 | W30 | 6 | 6 |
| 381 | Vossen | Nikolai | NIGE | 1991 | 2010 | 00:55:40 | 00:55:59 | 01:05:27 | 00:51:04 | 00:37:53 | 01:02:31 | 5:28:34 | 00:04:44 | 19 | MU20 | 47 | 6 |
| 382 | Fröhling | Klaus | Ludwigsdorf | 1972 | 2010 | 00:52:59 | 00:56:22 | 01:06:17 | 00:51:09 | 00:39:02 | 01:02:46 | 5:28:35 | 00:04:44 | 38 | M30 | 83 | 6 |
| 383 | Joachim | Hans-Hermann | Alkoholfrei | 1950 | 2010 | 00:53:37 | 00:57:18 | 01:05:58 | 00:51:05 | 00:39:16 | 01:01:30 | 5:28:44 | 00:04:45 | 60 | M60 | 6 | 6 |
| 384 | Hellmers | Manfred | Uplengen | 1967 | 2010 | 00:54:11 | 00:56:48 | 01:06:12 | 00:51:12 | 00:38:40 | 01:01:51 | 5:28:54 | 00:04:45 | 43 | M40 | 135 | 6 |
| 385 | Schulzek | Graf | TV Norden | 1965 | 2010 | 00:52:57 | 00:56:30 | 01:06:14 | 00:51:47 | 00:39:18 | 01:02:14 | 5:29:00 | 00:04:45 | 45 | M40 | 136 | 6 |
| 386 | Freeseemann | Gerhold | Osthauderfehn | 1964 | 2010 | 00:52:53 | 00:56:03 | 01:06:34 | 00:51:01 | 00:39:00 | 01:03:36 | 5:29:07 | 00:04:45 | 46 | M40 | 137 | 6 |
| 387 | Kisch | Annette | Fortuna Logabirum | 1966 | 2010 | 00:54:59 | 00:56:24 | 01:06:07 | 00:50:16 | 00:39:02 | 01:02:22 | 5:29:10 | 00:04:45 | 44 | W40 | 9 | 6 |
| 388 | Penske | Detlef | BBS 1 Aurich | 1965 | 2010 | 00:53:21 | 00:56:37 | 01:06:56 | 00:50:50 | 00:39:21 | 01:02:11 | 5:29:16 | 00:04:45 | 45 | M40 | 138 | 6 |
| 389 | Stührenberg | Niklas | Schule am Deich | 1990 | 2010 | 00:57:21 | 00:59:33 | 01:07:08 | 00:48:17 | 00:36:53 | 01:00:06 | 5:29:18 | 00:04:45 | 20 | MHK | 42 | 6 |
| 390 | Fuchs | Steffen | Norden | 1961 | 2010 | 00:52:46 | 00:56:08 | 01:06:46 | 00:51:34 | 00:38:38 | 01:03:39 | 5:29:31 | 00:04:45 | 49 | M40 | 139 | 6 |
| 391 | Meltzer | Frederic | Seefahrtsschule Leer | 1989 | 2010 | 00:59:36 | 00:56:21 | 01:04:42 | 00:49:26 | 00:38:38 | 01:00:49 | 5:29:32 | 00:04:45 | 21 | MHK | 43 | 6 |
| 392 | Sievers | Jörn | Sportschule TAO | 1965 | 2010 | 00:53:45 | 00:56:15 | 01:07:06 | 00:50:56 | 00:38:46 | 01:02:44 | 5:29:32 | 00:04:45 | 45 | M40 | 140 | 6 |
| 393 | Strasser | Carsten | Firrel | 1968 | 2010 | 00:52:29 | 00:56:17 | 01:07:59 | 00:51:29 | 00:39:18 | 01:02:01 | 5:29:33 | 00:04:45 | 42 | M40 | 141 | 6 |
| 394 | Schardt | Michael | Oldenburg | 1954 | 2010 | 00:53:09 | 00:56:46 | 01:07:10 | 00:50:41 | 00:39:47 | 01:02:01 | 5:29:34 | 00:04:45 | 56 | M50 | 52 | 6 |
| 395 | Kohl | Andreas | TV Norden | 1975 | 2010 | 00:53:51 | 00:56:10 | 01:06:37 | 00:51:15 | 00:39:17 | 01:02:25 | 5:29:35 | 00:04:45 | 35 | M30 | 84 | 6 |
| 396 | Meyerhoff | Lothar | TVM | 1961 | 2010 | 00:52:40 | 00:56:33 | 01:06:37 | 00:51:14 | 00:39:38 | 01:02:56 | 5:29:38 | 00:04:45 | 49 | M40 | 142 | 6 |
| 397 | Sandersfeld | Johann | LG Uplengen | 1955 | 2010 | 00:53:25 | 00:56:39 | 01:06:35 | 00:50:52 | 00:39:01 | 01:03:12 | 5:29:44 | 00:04:45 | 55 | M50 | 53 | 6 |
| 398 | Eihusen | Heike | LG Uplengen | 1966 | 2010 | 00:52:40 | 00:56:43 | 01:06:18 | 00:51:58 | 00:39:28 | 01:02:37 | 5:29:44 | 00:04:45 | 44 | W40 | 10 | 6 |
| 399 | Folkerts | Ingrid | FTC Hollen | 1966 | 2010 | 00:53:17 | 00:56:49 | 01:06:29 | 00:51:12 | 00:39:40 | 01:02:21 | 5:29:48 | 00:04:46 | 44 | W40 | 11 | 6 |
| 400 | Ubben | Bernd | ubben-haus Laufteam | 1959 | 2010 | 00:52:39 | 00:57:37 | 01:06:21 | 00:51:32 | 00:39:21 | 01:02:37 | 5:30:07 | 00:04:46 | 51 | M50 | 54 | 6 |
| 401 | Rohden | Heinz | SVO Wi sünd Holtriem | 1963 | 2010 | 00:53:41 | 00:57:12 | 01:06:34 | 00:51:01 | 00:39:14 | 01:02:26 | 5:30:08 | 00:04:46 | 47 | M40 | 143 | 6 |
| 402 | Schäfer | Marco | BBS-1 Aurich | 1992 | 2010 | 00:55:42 | 00:57:19 | 01:06:04 | 00:51:38 | 00:38:27 | 01:01:05 | 5:30:15 | 00:04:46 | 18 | MU20 | 48 | 6 |
| 403 | Janssen | Nanno | Germania Leer | 1967 | 2010 | 00:54:20 | 00:57:08 | 01:06:58 | 00:51:20 | 00:38:44 | 01:01:51 | 5:30:21 | 00:04:46 | 43 | M40 | 144 | 6 |
| 404 | Streckel | Peter | SV Hage | 1954 | 2010 | 00:53:41 | 00:57:09 | 01:06:25 | 00:52:01 | 00:39:20 | 01:01:45 | 5:30:21 | 00:04:46 | 56 | M50 | 55 | 6 |
| 405 | Vienna | Eike | Westerholt | 1994 | 2010 | 00:51:56 | 00:56:07 | 01:10:26 | 00:54:39 | 00:36:50 | 01:00:24 | 5:30:22 | 00:04:46 | 16 | MU20 | 49 | 6 |
| 406 | Youssefi | Ahmed | Team ENERCON | 1977 | 2010 | 00:55:21 | 00:57:12 | 01:06:41 | 00:50:55 | 00:38:44 | 01:01:42 | 5:30:35 | 00:04:46 | 33 | M30 | 85 | 6 |
| 407 | van Thai | Ahn | WfBm Aurich | 1972 | 2010 | 00:55:30 | 00:56:05 | 01:07:40 | 00:51:46 | 00:38:33 | 01:01:10 | 5:30:44 | 00:04:46 | 38 | M30 | 86 | 6 |
| 408 | Schäfer | Heiner | SZ Collhusen | 1951 | 2010 | 00:54:23 | 00:57:40 | 01:08:28 | 00:50:40 | 00:38:42 | 01:01:02 | 5:30:55 | 00:04:47 | 59 | M50 | 56 | 6 |
| 409 | Popp | Marten | HTG Ihlow | 1996 | 2010 | 00:52:26 | 00:53:00 | 01:07:30 | 00:51:29 | 00:42:07 | 01:04:28 | 5:31:00 | 00:04:47 | 14 | MU20 | 50 | 6 |
| 410 | Harms | Johann | LT TuS Aurich-Ost | 1957 | 2010 | 00:52:53 | 00:57:03 | 01:07:23 | 00:51:34 | 00:39:48 | 01:02:27 | 5:31:08 | 00:04:47 | 53 | M50 | 57 | 6 |
| 411 | Janssen | Stefan | KGS Hage | 1978 | 2010 | 00:54:37 | 00:56:30 | 00:59:50 | 00:54:33 | 00:39:43 | 01:06:00 | 5:31:13 | 00:04:47 | 32 | M30 | 87 | 6 |
| 412 | Müller | Frank | Norden | 1972 | 2010 | 00:54:18 | 00:57:50 | 01:06:05 | 00:50:57 | 00:38:59 | 01:03:13 | 5:31:22 | 00:04:47 | 38 | M30 | 88 | 6 |
| 413 | Heibült | Sebastian | Ostfriesland | 1975 | 2010 | 00:53:45 | 00:56:41 | 01:06:16 | 00:51:35 | 00:39:41 | 01:03:34 | 5:31:32 | 00:04:47 | 35 | M30 | 89 | 6 |
| 414 | Harms | Rainer | SG Egels-Popens | 1973 | 2010 | 00:54:05 | 00:57:21 | 01:06:05 | 00:50:58 | 00:39:50 | 01:03:13 | 5:31:32 | 00:04:47 | 37 | M30 | 90 | 6 |
| 415 | Siemers | Jannek | SZ Collhusen | 1993 | 2010 | 00:57:36 | 00:58:28 | 01:06:45 | 00:50:11 | 00:36:36 | 01:02:00 | 5:31:36 | 00:04:47 | 17 | MU20 | 51 | 6 |
| 416 | Janßen | Dieter | LG Glave Gruppe | 1966 | 2010 | 00:54:09 | 00:56:34 | 01:07:34 | 00:50:58 | 00:39:22 | 01:03:07 | 5:31:44 | 00:04:47 | 44 | M40 | 145 | 6 |
| 417 | Gerdes | Manfred | Ockenhausen | 1964 | 2010 | 00:55:50 | 00:57:57 | 01:06:37 | 00:50:49 | 00:38:53 | 01:01:40 | 5:31:46 | 00:04:47 | 46 | M40 | 146 | 6 |
| 418 | Lay | Jan | Fehntjer Lauftreff | 1954 | 2010 | 00:53:18 | 00:57:22 | 01:06:13 | 00:51:20 | 00:39:23 | 01:04:15 | 5:31:51 | 00:04:47 | 56 | M50 | 58 | 6 |
| 419 | Bleeker | Torsten | Backemoor | 1970 | 2010 | 00:51:29 | 00:55:03 | 01:07:27 | 00:59:45 | 00:37:43 | 01:00:29 | 5:31:56 | 00:04:47 | 40 | M40 | 147 | 6 |
| 420 | Bobka | Helmut | MTV Triathlon | 1958 | 2010 | 00:53:21 | 00:56:09 | 01:07:03 | 00:51:25 | 00:39:4 | | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|--------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|-------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| 427 | Rausch | Gerhard | SSV | 1968 | 2010 | 00:53:55 | 00:56:01 | 01:06:25 | 00:51:41 | 00:39:54 | 01:04:36 | 5:32:32 | 00:04:48 | 42 | M40 | 150 | 6 |
| 428 | Weers | Stephan | LeerWittmund | 1974 | 2010 | 00:54:22 | 00:57:33 | 01:06:50 | 00:51:30 | 00:39:31 | 01:02:58 | 5:32:44 | 00:04:48 | 36 | M30 | 92 | 6 |
| 429 | Reuß | Alwin | ms | 1967 | 2010 | 00:53:52 | 00:56:44 | 01:07:25 | 00:51:40 | 00:39:26 | 01:03:41 | 5:32:48 | 00:04:48 | 43 | M40 | 151 | 6 |
| 430 | Beckers | Achim | Schule am Deich | 1959 | 2010 | 00:54:32 | 00:57:27 | 01:08:07 | 00:51:22 | 00:39:02 | 01:02:29 | 5:32:59 | 00:04:48 | 51 | M50 | 61 | 6 |
| 431 | Erfkamp | Manfred | Ruder-Club Leer | 1959 | 2010 | 00:53:49 | 00:56:59 | 01:06:18 | 00:52:13 | 00:39:24 | 01:04:16 | 5:32:59 | 00:04:48 | 51 | M50 | 62 | 6 |
| 432 | Folkerts | Friedrich | FFW Hollen | 1965 | 2010 | 00:52:30 | 00:56:26 | 01:09:43 | 00:52:22 | 00:39:58 | 01:02:28 | 5:33:27 | 00:04:49 | 45 | M40 | 152 | 6 |
| 433 | Pogorzelski | Florian | Hesel | 1986 | 2010 | 00:55:29 | 00:57:30 | 01:08:12 | 00:50:12 | 00:38:45 | 01:03:21 | 5:33:29 | 00:04:49 | 24 | MHK | 45 | 6 |
| 434 | Büscher | Fritz | LG-Glave-Gruppe | 1954 | 2010 | 00:54:17 | 00:57:24 | 01:07:43 | 00:51:46 | 00:39:11 | 01:03:10 | 5:33:31 | 00:04:49 | 56 | M50 | 63 | 6 |
| 435 | Nagel | Hermann | Neermoor | 1956 | 2010 | 00:53:55 | 00:57:22 | 01:07:08 | 00:52:53 | 00:39:33 | 01:02:49 | 5:33:40 | 00:04:49 | 54 | M50 | 64 | 6 |
| 436 | Hoek | Rainer | SuS Steenfelde | 1978 | 2010 | 00:54:08 | 00:57:08 | 01:07:14 | 00:51:55 | 00:39:20 | 01:04:21 | 5:34:06 | 00:04:49 | 32 | M30 | 93 | 6 |
| 437 | Ottersberg | Jörg | DL & JLLJ Spetzerfehn | 1970 | 2010 | 00:54:24 | 00:57:27 | 01:07:58 | 00:52:02 | 00:40:00 | 01:02:19 | 5:34:10 | 00:04:49 | 40 | M40 | 153 | 6 |
| 438 | Poppen | Bernd | Team ENERCON | 1972 | 2010 | 00:55:10 | 00:55:11 | 01:05:21 | 00:50:11 | 00:39:01 | 01:09:18 | 5:34:12 | 00:04:49 | 38 | M30 | 94 | 6 |
| 439 | Janßen | Ingo | Fun-Loopers | 1967 | 2010 | 00:54:09 | 00:57:25 | 01:07:14 | 00:52:30 | 00:40:22 | 01:02:33 | 5:34:13 | 00:04:49 | 43 | M40 | 154 | 6 |
| 440 | Petersen | Gerold | Großheide | 1974 | 2010 | 00:55:04 | 00:56:38 | 01:06:21 | 00:53:14 | 00:40:04 | 01:02:56 | 5:34:17 | 00:04:49 | 36 | M30 | 95 | 6 |
| 441 | Sonnenberg | Horst | DLRG Weener | 1963 | 2010 | 00:54:19 | 00:57:36 | 01:07:57 | 00:51:54 | 00:38:32 | 01:04:04 | 5:34:22 | 00:04:49 | 47 | M40 | 155 | 6 |
| 442 | Ramaker | Birgit | Gesundheitskasse | 1972 | 2010 | 00:54:38 | 00:57:35 | 01:06:58 | 00:51:22 | 00:39:49 | 01:04:01 | 5:34:23 | 00:04:50 | 38 | W30 | 7 | 6 |
| 443 | Otten | Hajo | TuS Zetel | 1968 | 2010 | 00:57:19 | 00:58:20 | 01:06:32 | 00:51:59 | 00:38:39 | 01:01:35 | 5:34:24 | 00:04:50 | 42 | M40 | 156 | 6 |
| 444 | Rose | Michael | Hartmann Group | 1977 | 2010 | 00:58:36 | 00:56:34 | 01:08:18 | 00:51:02 | 00:38:38 | 01:01:23 | 5:34:31 | 00:04:50 | 33 | M30 | 96 | 6 |
| 445 | Scholz | Alfred | Emdler LG | 1953 | 2010 | 00:53:06 | 00:57:48 | 01:07:47 | 00:52:24 | 00:40:08 | 01:03:33 | 5:34:46 | 00:04:50 | 57 | M50 | 65 | 6 |
| 446 | Buja | Jonas | SV Holtland | 1992 | 2010 | 00:53:23 | 00:56:43 | 01:03:28 | 00:50:49 | 00:44:33 | 01:05:50 | 5:34:46 | 00:04:50 | 18 | MU20 | 52 | 6 |
| 447 | Federkeil | Philipp | Westoverledingen | 1956 | 2010 | 00:53:51 | 00:58:26 | 01:09:36 | 00:51:58 | 00:39:13 | 01:01:45 | 5:34:49 | 00:04:50 | 54 | M50 | 66 | 6 |
| 448 | Eissen | Björn | EWE Wattloopers | 1968 | 2010 | 00:56:10 | 00:57:08 | 01:07:14 | 00:51:41 | 00:38:49 | 01:03:52 | 5:34:54 | 00:04:50 | 42 | M40 | 157 | 6 |
| 449 | Wirringa | Jakobus | Oldenburg | 1957 | 2010 | 00:58:51 | 00:56:46 | 01:07:18 | 00:51:34 | 00:38:48 | 01:01:42 | 5:34:59 | 00:04:50 | 53 | M50 | 67 | 6 |
| 450 | Grünebast | Günter | TV Norden | 1965 | 2010 | 00:55:40 | 00:56:36 | 01:06:05 | 00:51:28 | 00:40:48 | 01:04:27 | 5:35:04 | 00:04:50 | 45 | M40 | 158 | 6 |
| 451 | Mülder | Guido | OVB Emden/Leer | 1976 | 2010 | 00:54:43 | 00:57:21 | 01:07:37 | 00:52:29 | 00:39:46 | 01:03:09 | 5:35:05 | 00:04:50 | 34 | M30 | 97 | 6 |
| 452 | Eiben | Eibo | Wald | 1943 | 2010 | 00:53:57 | 00:58:12 | 01:07:53 | 00:52:19 | 00:40:02 | 01:02:45 | 5:35:08 | 00:04:50 | 67 | M60 | 7 | 6 |
| 453 | Fürst | Sven | Aurich | 1991 | 2010 | 00:55:50 | 00:56:55 | 01:09:00 | 00:51:02 | 00:38:36 | 01:03:47 | 5:35:10 | 00:04:50 | 19 | MU20 | 53 | 6 |
| 454 | Jeron | August | LT TuS Aurich-Ost | 1956 | 2010 | 00:54:59 | 00:57:23 | 01:07:56 | 00:52:11 | 00:39:44 | 01:02:58 | 5:35:11 | 00:04:50 | 54 | M50 | 68 | 6 |
| 455 | Goetz | Helfried | KBV Wiesedermeer | 1971 | 2010 | 00:55:15 | 00:57:21 | 01:08:00 | 00:51:32 | 00:39:52 | 01:03:24 | 5:35:24 | 00:04:50 | 39 | M30 | 98 | 6 |
| 456 | Rahmann | Uwe | Hartmann Group | 1980 | 2010 | 00:57:28 | 00:57:34 | 01:08:00 | 00:52:17 | 00:38:48 | 01:01:29 | 5:35:36 | 00:04:51 | 30 | M30 | 99 | 6 |
| 457 | Schoon | Reiner | LG Großefehn | 1964 | 2010 | 00:54:39 | 00:57:27 | 01:07:56 | 00:52:53 | 00:40:07 | 01:02:34 | 5:35:36 | 00:04:51 | 46 | M40 | 159 | 6 |
| 458 | Schneider | Andreas | Aurich | 1961 | 2010 | 00:53:59 | 00:57:37 | 01:08:15 | 00:51:37 | 00:40:19 | 01:03:57 | 5:35:44 | 00:04:51 | 49 | M40 | 160 | 6 |
| 459 | Winter | Heinrich | LT TuS Aurich-Ost | 1957 | 2010 | 00:53:31 | 00:57:13 | 01:09:26 | 00:51:38 | 00:40:32 | 01:03:29 | 5:35:49 | 00:04:51 | 53 | M50 | 69 | 6 |
| 460 | Schuster | Remmer | Wald | 1962 | 2010 | 00:54:39 | 00:58:59 | 01:08:52 | 00:51:42 | 00:39:29 | 01:02:18 | 5:35:59 | 00:04:51 | 48 | M40 | 161 | 6 |
| 461 | Willems | Horst | SV Jennelt-Uttum | 1969 | 2010 | 00:54:30 | 00:57:22 | 01:08:52 | 00:52:11 | 00:39:32 | 01:03:40 | 5:36:07 | 00:04:51 | 41 | M40 | 162 | 6 |
| 462 | Cordes | Manfred | Wiesmoor | 1960 | 2010 | 00:53:32 | 00:58:16 | 01:08:15 | 00:52:20 | 00:40:03 | 01:03:48 | 5:36:14 | 00:04:51 | 50 | M50 | 70 | 6 |
| 463 | Harms | Tim | HTG - Ihlow | 1994 | 2010 | 00:50:00 | 00:57:41 | 01:06:39 | 00:50:29 | 00:41:01 | 01:10:33 | 5:36:23 | 00:04:51 | 16 | MU20 | 54 | 6 |
| 464 | Kühne | Peter | Fehntjer Schach Club | 1972 | 2010 | 00:55:37 | 00:59:01 | 01:07:56 | 00:51:29 | 00:39:48 | 01:02:36 | 5:36:27 | 00:04:51 | 38 | M30 | 100 | 6 |
| 465 | Eilers | Jörg-Hendrik | Moormerland | 1957 | 2010 | 00:53:54 | 00:58:31 | 01:08:37 | 00:51:35 | 00:39:48 | 01:04:05 | 5:36:30 | 00:04:51 | 53 | M50 | 71 | 6 |
| 466 | Goldswear | Theo | TUS Collinghorst | 1953 | 2010 | 00:53:17 | 00:57:16 | 01:06:56 | 00:51:50 | 00:39:49 | 01:07:33 | 5:36:41 | 00:04:52 | 57 | M50 | 72 | 6 |
| 467 | Bentrup | Jan-Peer | NIGE | 1991 | 2010 | 00:55:20 | 00:57:26 | 01:07:38 | 00:52:15 | 00:40:08 | 01:03:55 | 5:36:42 | 00:04:52 | 19 | MU20 | 55 | 6 |
| 468 | Heinks | Reiner | TV Norden | 1961 | 2010 | 00:53:39 | 00:57:43 | 01:07:39 | 00:52:01 | 00:40:35 | 01:05:10 | 5:36:47 | 00:04:52 | 49 | M40 | 163 | 6 |
| 469 | Heyen | Florian | KGS Großefehn | 1995 | 2010 | 00:54:26 | 00:57:17 | 01:09:51 | 00:51:13 | 00:40:21 | 01:03:54 | 5:37:02 | 00:04:52 | 15 | MU20 | 56 | 6 |
| 470 | Lütten | Christian | IGS Aurich-West | 1968 | 2010 | 00:54:52 | 00:57:31 | 01:06:31 | 00:52:33 | 00:40:33 | 01:05:04 | 5:37:04 | 00:04:52 | 42 | M40 | 164 | 6 |
| 471 | Feldkamp | Volker | Schule am Deich | 1960 | 2010 | 00:54:39 | 00:57:46 | 01:08:02 | 00:52:09 | 00:40:26 | 01:04:03 | 5:37:05 | 00:04:52 | 50 | M50 | 73 | 6 |
| 472 | Buß | Coob | SV Eintracht Ihlow | 1961 | 2010 | 00:55:26 | 00:57:44 | 01:08:13 | 00:52:17 | 00:40:28 | 01:03:00 | 5:37:08 | 00:04:52 | 49 | M40 | 165 | 6 |
| 473 | Apetz | Anton | TV Norden | 1943 | 2010 | 00:54:49 | 00:58:28 | 01:07:52 | 00:52:46 | 00:40:02 | 01:03:11 | 5:37:08 | 00:04:52 | 67 | M60 | 8 | 6 |
| 474 | Borchert | Janina | Landjugend Filsum | 1987 | 2010 | 00:54:36 | 00:57:18 | 01:08:08 | 00:53:03 | 00:40:33 | 01:03:32 | 5:37:10 | 00:04:52 | 23 | VHK | 7 | 6 |
| 475 | Klaaßen | Jan | Nordland Papier | 1971 | 2010 | 00:54:43 | 00:57:48 | 01:07:46 | 00:53:09 | 00:40:14 | 01:03:33 | 5:37:13 | 00:04:52 | 39 | M30 | 101 | 6 |
| 476 | Hübner | Dennis | Aurich | 1978 | 2010 | 00:55:40 | 00:57:43 | 01:09:25 | 00:51:57 | 00:39:40 | 01:02:48 | 5:37:13 | 00:04:52 | 32 | M30 | 102 | 6 |
| 477 | Bauer | Rolf | Nordland Papier | 1968 | 2010 | 01:06:41 | 00:56:16 | 01:05:33 | 00:49:16 | 00:38:17 | 01:01:10 | 5:37:13 | 00:04:52 | 42 | M40 | 166 | 6 |
| 478 | Cabrera-Otten | Vidina | TuS Zetel | 1970 | 2010 | 00:57:18 | 00:58:20 | 01:08:18 | 00:51:59 | 00:39:27 | 01:01:52 | 5:37:14 | 00:04:52 | 40 | W40 | 13 | 6 |
| 479 | Heyen | Dieter | SV Ochtersum | 1967 | 2010 | 00:55:50 | 00:57:58 | 01:08:14 | 00:51:54 | 00:39:39 | 01:03:40 | 5:37:15 | 00:04:52 | 43 | M40 | 167 | 6 |
| 480 | Frerichs | Olaf | Westerholt | 1994 | 2010 | 00:56:24 | 01:00:03 | 01:04:52 | 00:52:30 | 00:37:24 | 01:06:03 | 5:37:16 | 00:04:52 | 16 | MU20 | 57 | 6 |
| 481 | Wolken | Johanna | TG Wiesmoor | 1984 | 2010 | 00:56:10 | 01:00:03 | 01:08:01 | 00:51:47 | 00:39:05 | 01:02:14 | 5:37:20 | 00:04:52 | 26 | VHK | 8 | 6 |
| 482 | Renken | Ingo | TV Friedeburg | 1967 | 2010 | 00:55:58 | 00:54:14 | 01:09:26 | 00:53:30 | 00:39:52 | 01:04:22 | 5:37:22 | 00:04:52 | 43 | M40 | 168 | 6 |
| 483 | Grüßing | Johann | LG Uplengen | 1958 | 2010 | 00:55:05 | 00:58:19 | 01:07:32 | 00:52:12 | 00:40:24 | 01:03:50 | 5:37:22 | 00:04:52 | 52 | M50 | 74 | 6 |
| 484 | Kurp | Karen | DPI AG Leer | 1971 | 2010 | 00:55:41 | 00:58:37 | 01:08:27 | 00:51:59 | 00:39:34 | 01:03:12 | 5:37:30 | 00:04:52 | 39 | W30 | 8 | 6 |
| 485 | Bachmann | Jens | Bünting Tee | 1986 | 2010 | 00:54:53 | 00:58:26 | 01:10:32 | 00:51:59 | 00:39:01 | 01:02:40 | 5:37:31 | 00:04:52 | 24 | MHK | 46 | 6 |
| 486 | Schulze-Osthoff | Ludger | STV Barßel | 1968 | 2010 | 00:55:37 | 00:57:49 | 01:09:58 | 00:52:02 | 00:39:45 | 01:02:30 | 5:37:41 | 00:04:52 | 42 | M40 | 169 | 6 |
| 487 | Harms | Okko | Aurich | 1994 | 2010 | 00:56:03 | 00:57:21 | 01:07:23 | 00:52:39 | 00:40:22 | 01:04:00 | 5:37:48 | 00:04:52 | 16 | MU20 | 58 | 6 |
| 488 | Pflanzer | Hans | KGS Wittmund | 1954 | 2010 | 00:52:18 | 00:56:42 | 01:10:28 | 00:53:18 | 00:40:50 | 01:04:14 | 5:37:50 | 00:04:52 | 56 | M50 | 75 | 6 |
| 489 | Krzatala | Hartmut | Emden | 1968 | 2010 | 00:55:30 | 00:57:47 | 01:07:02 | 00:52:10 | 00:40:10 | 01:05:12 | 5:37:51 | 00:04:53 | 42 | M40 | 170 | 6 |
| 490 | Wagenaar | Berthold | Grimersum | 1972 | 2010 | 00:56:00 | 00:57:42 | 01:08:51 | 00:52:11 | 00:39:32 | 01:03:40 | 5:37:56 | 00:04:53 | 38 | M30 | 103 | 6 |
| 491 | Noack | Timo | SZ Collhusen | 1993 | 2010 | 00:58:45 | 00:56:35 | 01:08:02 | 00:52:07 | 00:39:03 | 01:03:35 | 5:38:07 | 00:04:53 | 17 | MU20 | 59 | 6 |
| 492 | Bruhnken | Mareike | | | | | | | | | | | | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|-------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|-------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| 498 | Rahn | Hinrich | EWE Wattloopers | 1973 | 2010 | 00:54:49 | 00:57:27 | 01:09:03 | 00:52:44 | 00:40:35 | 01:04:03 | 5:38:41 | 00:04:53 | 37 | M30 | 105 | 6 |
| 499 | Huisinga | Anne | TV Bunde | 1967 | 2010 | 00:54:24 | 00:58:14 | 01:08:49 | 00:52:40 | 00:40:06 | 01:04:31 | 5:38:44 | 00:04:53 | 43 | W40 | 15 | 6 |
| 500 | Schmidt | Holger | Moormerland | 1985 | 2010 | 00:57:03 | 00:57:41 | 01:08:47 | 00:51:23 | 00:40:03 | 01:03:53 | 5:38:50 | 00:04:53 | 25 | MHK | 47 | 6 |
| 501 | Weber | Siegfried | Team Möbel Buss | 1962 | 2010 | 00:55:17 | 00:58:16 | 01:07:21 | 00:53:04 | 00:40:39 | 01:04:13 | 5:38:50 | 00:04:53 | 48 | M40 | 172 | 6 |
| 502 | Müller | Stefan | Schleuse Leysiel | 1961 | 2010 | 00:55:44 | 00:59:03 | 01:08:57 | 00:52:28 | 00:39:30 | 01:03:16 | 5:38:58 | 00:04:53 | 49 | M40 | 173 | 6 |
| 503 | Meltzer | Dennis | Westerholt | 1995 | 2010 | 01:01:16 | 00:56:52 | 01:10:27 | 00:48:46 | 00:38:06 | 01:03:46 | 5:39:13 | 00:04:54 | 15 | MU20 | 61 | 6 |
| 504 | Wattjes | Jan | Praxis Wattjes | 1993 | 2010 | 00:55:50 | 00:58:38 | 01:08:48 | 00:51:20 | 00:39:43 | 01:04:58 | 5:39:17 | 00:04:54 | 17 | MU20 | 62 | 6 |
| 505 | Leemhuis | Dieter | ELV AG | 1987 | 2010 | 00:54:59 | 00:57:45 | 01:14:40 | 00:50:59 | 00:38:54 | 01:02:02 | 5:39:19 | 00:04:54 | 23 | MHK | 48 | 6 |
| 506 | Doden | Johann | Bünting Tee | 1959 | 2010 | 00:55:01 | 00:58:21 | 01:07:40 | 00:52:33 | 00:40:25 | 01:05:23 | 5:39:23 | 00:04:54 | 51 | M50 | 77 | 6 |
| 507 | Vennen | Rolf-Dieter | EWE Wattloopers | 1962 | 2010 | 00:55:12 | 00:57:58 | 01:08:03 | 00:52:53 | 00:40:59 | 01:04:20 | 5:39:25 | 00:04:54 | 48 | M40 | 174 | 6 |
| 508 | Lünemann | Lena | SC Rhaudefehn | 1990 | 2010 | 00:54:39 | 00:58:52 | 01:09:39 | 00:52:06 | 00:40:55 | 01:03:25 | 5:39:36 | 00:04:54 | 20 | WHK | 9 | 6 |
| 509 | Peters | Jörg | Nortmoor | 1966 | 2010 | 00:53:34 | 00:57:20 | 01:09:12 | 00:54:18 | 00:41:06 | 01:04:07 | 5:39:37 | 00:04:54 | 44 | M40 | 175 | 6 |
| 510 | Steinke | Rolf | SV Warsingsfehn | 1967 | 2010 | 00:54:45 | 00:58:43 | 01:09:26 | 00:52:58 | 00:40:09 | 01:03:40 | 5:39:41 | 00:04:54 | 43 | M40 | 176 | 6 |
| 511 | Hoppe | Claudia | FTC Hollen | 1974 | 2010 | 00:55:18 | 00:58:59 | 01:09:17 | 00:52:38 | 00:39:41 | 01:03:52 | 5:39:45 | 00:04:54 | 36 | W30 | 9 | 6 |
| 512 | Bonk | Michael | Bünting Tee | 1977 | 2010 | 00:56:53 | 00:59:00 | 01:10:02 | 00:52:00 | 00:38:56 | 01:02:56 | 5:39:47 | 00:04:54 | 33 | M30 | 106 | 6 |
| 513 | Heine | Jörg | ZGO | 1965 | 2010 | 00:54:40 | 00:58:18 | 01:07:55 | 00:52:51 | 00:41:03 | 01:05:01 | 5:39:48 | 00:04:54 | 45 | M40 | 177 | 6 |
| 514 | Marschall | Iris | TV Norden | 1966 | 2010 | 00:54:10 | 00:58:01 | 01:08:42 | 00:53:57 | 00:40:31 | 01:04:40 | 5:40:01 | 00:04:54 | 44 | W40 | 16 | 6 |
| 515 | Steinke | Hilde | Neeremoor | 1945 | 2010 | 00:54:42 | 00:58:02 | 01:09:14 | 00:53:33 | 00:40:42 | 01:03:56 | 5:40:09 | 00:04:55 | 65 | W60 | 1 | 6 |
| 516 | Heibült | Christian | SV Holtland | 1940 | 2010 | 00:54:39 | 00:58:52 | 01:08:06 | 00:54:15 | 00:40:41 | 01:03:40 | 5:40:13 | 00:04:55 | 70 | M70 | 1 | 6 |
| 517 | Bruns | Helmut | TuS Eintracht Hinte | 1951 | 2010 | 00:55:02 | 00:59:17 | 01:08:28 | 00:52:46 | 00:40:44 | 01:04:03 | 5:40:20 | 00:04:55 | 59 | M50 | 78 | 6 |
| 518 | Middendorf | Hermann | de Padlooper | 1961 | 2010 | 00:54:45 | 00:58:18 | 01:09:37 | 00:53:05 | 00:40:32 | 01:04:09 | 5:40:26 | 00:04:55 | 49 | M40 | 178 | 6 |
| 519 | Gerd | Michael | Team ENERCON | 1977 | 2010 | 00:55:40 | 00:57:58 | 01:07:57 | 00:50:44 | 00:38:53 | 01:09:17 | 5:40:29 | 00:04:55 | 33 | M30 | 107 | 6 |
| 520 | Fischer | Frank | Reederei Buss | 1972 | 2010 | 00:57:22 | 00:58:54 | 01:09:20 | 00:52:58 | 00:39:57 | 01:01:58 | 5:40:29 | 00:04:55 | 38 | M30 | 108 | 6 |
| 521 | Heyen | Ewald | EWE Wattloopers | 1979 | 2010 | 00:57:53 | 00:58:18 | 01:09:43 | 00:51:53 | 00:39:32 | 01:03:12 | 5:40:31 | 00:04:55 | 31 | M30 | 109 | 6 |
| 522 | Dirks | Gerd | Polizei Wittmund | 1976 | 2010 | 00:56:19 | 00:57:02 | 01:09:16 | 00:52:48 | 00:39:57 | 01:05:10 | 5:40:32 | 00:04:55 | 34 | M30 | 110 | 6 |
| 523 | Schwinn | Alexander | Leinerstift e.V. | 1989 | 2010 | 00:54:36 | 00:57:35 | 01:08:21 | 00:55:13 | 00:39:46 | 01:05:02 | 5:40:33 | 00:04:55 | 21 | MHK | 49 | 6 |
| 524 | Gensicke | Torsten | Wiesmoor | 1967 | 2010 | 00:55:17 | 00:58:31 | 01:08:46 | 00:53:10 | 00:40:40 | 01:04:10 | 5:40:34 | 00:04:55 | 43 | M40 | 179 | 6 |
| 525 | Eilts | Harald | EWE Wattloopers | 1964 | 2010 | 00:55:28 | 00:58:54 | 01:09:07 | 00:52:41 | 00:40:05 | 01:04:19 | 5:40:34 | 00:04:55 | 46 | M40 | 180 | 6 |
| 526 | Bolte | Thomas | EWE Wattloopers | 1965 | 2010 | 00:56:29 | 00:58:55 | 01:09:45 | 00:52:29 | 00:39:39 | 01:03:18 | 5:40:35 | 00:04:55 | 45 | M40 | 181 | 6 |
| 527 | Voß | Friedrich | NPorts | 1961 | 2010 | 00:56:38 | 00:57:59 | 01:08:58 | 00:52:47 | 00:39:57 | 01:04:19 | 5:40:38 | 00:04:55 | 49 | M40 | 182 | 6 |
| 528 | Buß | Jann-Helge | HTG - Ihlow | 1998 | 2010 | 00:58:20 | 00:57:49 | 01:10:24 | 00:51:10 | 00:39:11 | 01:04:00 | 5:40:54 | 00:04:55 | 12 | MU20 | 63 | 6 |
| 529 | Busker | Traute | LT TuS Aurich-Ost | 1953 | 2010 | 00:55:38 | 00:58:21 | 01:09:09 | 00:53:16 | 00:40:43 | 01:03:56 | 5:41:03 | 00:04:55 | 57 | W50 | 2 | 6 |
| 530 | Sporré | Jürgen | Evang.-reform. Kirche | 1955 | 2010 | 00:54:51 | 00:58:55 | 01:09:28 | 00:53:02 | 00:41:08 | 01:03:49 | 5:41:13 | 00:04:55 | 55 | M50 | 79 | 6 |
| 531 | Lindena | Reenard | BV Canhusen | 1949 | 2010 | 00:54:09 | 00:58:22 | 01:09:38 | 00:53:03 | 00:41:22 | 01:04:45 | 5:41:19 | 00:04:56 | 61 | M60 | 9 | 6 |
| 532 | Schmidt | Kerstin | e.G. | 1965 | 2010 | 00:55:39 | 00:58:32 | 01:08:56 | 00:53:00 | 00:40:51 | 01:04:39 | 5:41:37 | 00:04:56 | 45 | W40 | 17 | 6 |
| 533 | Pommerenke | Christina | KGS Wittmund | 1979 | 2010 | 00:54:37 | 00:57:58 | 01:09:25 | 00:53:27 | 00:41:37 | 01:04:33 | 5:41:37 | 00:04:56 | 31 | W30 | 10 | 6 |
| 534 | Prikker | Weert-Peter | SV Holtland | 1959 | 2010 | 00:54:59 | 00:58:53 | 01:08:11 | 00:53:18 | 00:40:56 | 01:05:28 | 5:41:45 | 00:04:56 | 51 | M50 | 80 | 6 |
| 535 | Willems | Heinrich | SV Hage | 1959 | 2010 | 00:54:41 | 00:58:12 | 01:09:29 | 00:52:59 | 00:40:27 | 01:06:00 | 5:41:48 | 00:04:56 | 51 | M50 | 81 | 6 |
| 536 | Schön | Roswitha | Leer | 1969 | 2010 | 00:55:36 | 00:58:15 | 01:09:52 | 00:53:46 | 00:40:38 | 01:03:42 | 5:41:49 | 00:04:56 | 41 | W40 | 18 | 6 |
| 537 | Lüken | Ehrenfried | Ochtersum | 1964 | 2010 | 00:54:55 | 00:59:06 | 01:09:23 | 00:54:04 | 00:40:24 | 01:04:04 | 5:41:56 | 00:04:56 | 46 | M40 | 183 | 6 |
| 538 | Heyen | Uwe | LG Großefehn | 1960 | 2010 | 00:54:52 | 00:57:50 | 01:08:30 | 00:53:42 | 00:41:12 | 01:05:50 | 5:41:56 | 00:04:56 | 50 | M50 | 82 | 6 |
| 539 | Uden | Hermann | LG Ostfriesland | 1950 | 2010 | 00:55:50 | 00:58:12 | 01:09:13 | 00:53:50 | 00:40:41 | 01:04:28 | 5:42:14 | 00:04:56 | 60 | M60 | 10 | 6 |
| 540 | Möhlmann | Manfred | SC Wiesens | 1964 | 2010 | 00:55:37 | 00:57:41 | 01:08:46 | 00:53:44 | 00:40:51 | 01:05:39 | 5:42:18 | 00:04:56 | 46 | M40 | 184 | 6 |
| 541 | Hildebrandt | Volkmar | TuS Weene | 1955 | 2010 | 00:55:05 | 00:58:58 | 01:09:03 | 00:53:15 | 00:41:09 | 01:05:07 | 5:42:37 | 00:04:57 | 55 | M50 | 83 | 6 |
| 542 | Christoffers | Gerhard | SC Wiesens | 1955 | 2010 | 00:55:15 | 00:58:26 | 01:09:08 | 00:55:01 | 00:40:32 | 01:04:16 | 5:42:38 | 00:04:57 | 55 | M50 | 84 | 6 |
| 543 | Brandt | Bernd | Nordland Papier | 1965 | 2010 | 00:55:27 | 00:58:31 | 01:08:27 | 00:53:35 | 00:41:45 | 01:04:53 | 5:42:38 | 00:04:57 | 45 | M40 | 185 | 6 |
| 544 | Friedrich | Wolfgang | Leinerstift e.V. | 1963 | 2010 | 00:54:45 | 00:58:20 | 01:09:41 | 00:53:35 | 00:40:48 | 01:05:34 | 5:42:43 | 00:04:57 | 47 | M40 | 186 | 6 |
| 545 | Determann | Jürgen | clavis GmbH | 1958 | 2010 | 00:52:53 | 01:01:39 | 01:12:41 | 00:47:55 | 00:35:53 | 01:11:43 | 5:42:44 | 00:04:57 | 52 | M50 | 85 | 6 |
| 546 | Watzema-Smid | Tina | S.V.Conc.Ihrhove | 1976 | 2010 | 00:57:06 | 00:58:26 | 01:09:49 | 00:53:46 | 00:39:48 | 01:04:00 | 5:42:55 | 00:04:57 | 34 | W30 | 11 | 6 |
| 547 | Hofmann | Jakobus | Weener Plastik AG | 1954 | 2010 | 00:55:12 | 00:59:20 | 01:09:24 | 00:54:18 | 00:40:34 | 01:04:13 | 5:43:01 | 00:04:57 | 56 | M50 | 86 | 6 |
| 548 | Janssen | Engeline | LG Ostfriesland | 1964 | 2010 | 00:56:12 | 00:59:04 | 01:09:10 | 00:53:23 | 00:40:42 | 01:04:32 | 5:43:03 | 00:04:57 | 46 | W40 | 19 | 6 |
| 549 | Brüsehoff | Wichert | TV Oldersum | 1966 | 2010 | 00:56:29 | 01:00:05 | 01:09:15 | 00:52:30 | 00:40:11 | 01:04:44 | 5:43:14 | 00:04:57 | 44 | M40 | 187 | 6 |
| 550 | Meyer | Adolf | TV Norden | 1958 | 2010 | 00:55:31 | 00:58:56 | 01:10:01 | 00:53:01 | 00:41:20 | 01:04:26 | 5:43:15 | 00:04:57 | 52 | M50 | 87 | 6 |
| 551 | König | Timon | FCSO Veenusen | 1992 | 2010 | 01:02:20 | 00:58:32 | 01:08:39 | 00:51:47 | 00:39:39 | 01:02:20 | 5:43:17 | 00:04:57 | 18 | MU20 | 64 | 6 |
| 552 | Kanthak | Herbert | obw Emden | 1961 | 2010 | 00:56:28 | 00:58:32 | 01:09:09 | 00:53:04 | 00:40:09 | 01:05:57 | 5:43:19 | 00:04:57 | 49 | M40 | 188 | 6 |
| 553 | Harms | Wilfried | Plaggenburg | 1964 | 2010 | 00:56:39 | 00:59:50 | 01:09:38 | 00:53:07 | 00:40:25 | 01:03:46 | 5:43:25 | 00:04:57 | 46 | M40 | 189 | 6 |
| 554 | Diekmann | Brigitte | SV Holtland | 1960 | 2010 | 00:57:14 | 00:59:27 | 01:08:26 | 00:52:34 | 00:40:38 | 01:05:18 | 5:43:37 | 00:04:58 | 50 | W50 | 3 | 6 |
| 555 | Seidler. Dr. | Dieter | Ubbo-Emmius-Klinik | 1961 | 2010 | 00:53:44 | 00:58:26 | 01:08:55 | 00:54:52 | 00:41:43 | 01:06:10 | 5:43:50 | 00:04:58 | 49 | M40 | 190 | 6 |
| 556 | Pluta | Marc | Leinerstift e. V. | 1997 | 2010 | 00:57:52 | 00:58:14 | 01:09:21 | 00:54:39 | 00:40:43 | 01:03:03 | 5:43:52 | 00:04:58 | 13 | MU20 | 65 | 6 |
| 557 | Keiser | Heidrun | LG Uplengen | 1957 | 2010 | 00:55:16 | 00:58:56 | 01:09:51 | 00:53:52 | 00:41:11 | 01:04:48 | 5:43:54 | 00:04:58 | 53 | W50 | 4 | 6 |
| 558 | Walter | Friedrich | LT TuS Aurich-Ost | 1986 | 2010 | 00:56:17 | 01:01:41 | 01:10:19 | 00:52:59 | 00:39:25 | 01:03:14 | 5:43:55 | 00:04:58 | 24 | MHK | 50 | 6 |
| 559 | de Buhr | Oskar | Schule am Patersweg | 1951 | 2010 | 00:56:03 | 00:58:11 | 01:09:15 | 00:54:07 | 00:41:06 | 01:05:17 | 5:43:59 | 00:04:58 | 59 | M50 | 88 | 6 |
| 560 | Fischer | Helmut | TVM | 1964 | 2010 | 00:57:09 | 00:59:03 | 01:09:55 | 00:53:26 | 00:40:04 | 01:04:27 | 5:44:04 | 00:04:58 | 46 | M40 | 191 | 6 |
| 561 | Müller | Holger | Leer | 1980 | 2010 | 00:59:41 | 00:59:35 | 01:09:04 | 00:52:43 | 00:40:34 | 01:02:28 | 5:44:05 | 00:04:58 | 30 | M30 | 111 | 6 |
| 562 | Meiners | Michael | Emder LG | 1972 | 2010 | 00:54:30 | 01:00:07 | 01:09:00 | 00:53:39 | 00:40:49 | 01:06:07 | 5:44:12 | 00:04:58 | 38 | M30 | 112 | 6 |
| 563 | Trauernicht | | | | | | | | | | | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durch- schnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------|--------------|-------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|-----------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 569 | Best | Johannes | Aurich | 1957 | 2010 | 00:55:32 | 01:00:11 | 01:10:43 | 00:53:02 | 00:40:52 | 01:04:16 | 5:44:36 | 00:04:58 | 53 | M50 | 89 | 6 |
| 570 | Freitag | Norbert | LT TuS Aurich-Ost | 1948 | 2010 | 00:57:29 | 00:59:55 | 01:09:32 | 00:53:22 | 00:40:32 | 01:03:47 | 5:44:37 | 00:04:58 | 62 | M60 | 11 | 6 |
| 571 | Baalmann | Josef | LT TuS Aurich-Ost | 1961 | 2010 | 00:55:32 | 00:58:49 | 01:08:31 | 00:54:21 | 00:41:49 | 01:05:41 | 5:44:43 | 00:04:58 | 49 | M40 | 194 | 6 |
| 572 | Saathoff | Jens | Werdum | 1993 | 2010 | 00:54:27 | 00:58:09 | 01:12:05 | 00:53:52 | 00:40:44 | 01:05:27 | 5:44:44 | 00:04:58 | 17 | MU20 | 67 | 6 |
| 573 | Blank | Torsten | Stadt Leer | 1977 | 2010 | 00:56:23 | 01:00:09 | 01:10:38 | 00:53:07 | 00:39:28 | 01:05:13 | 5:44:58 | 00:04:59 | 33 | M30 | 114 | 6 |
| 574 | Tammen | Kai | Fortuna Veenhusen | 1963 | 2010 | 00:56:18 | 00:59:11 | 01:09:48 | 00:54:07 | 00:41:12 | 01:04:25 | 5:45:01 | 00:04:59 | 47 | M40 | 195 | 6 |
| 575 | Brunken | Aicha | LG Uplengen | 1972 | 2010 | 00:55:32 | 00:59:06 | 01:10:11 | 00:54:08 | 00:41:19 | 01:04:47 | 5:45:03 | 00:04:59 | 38 | W30 | 12 | 6 |
| 576 | Flessner | Jörg | Fortuna Logabirum | 1960 | 2010 | 00:53:32 | 00:57:17 | 01:06:39 | 00:54:36 | 00:40:20 | 01:12:51 | 5:45:15 | 00:04:59 | 50 | M50 | 90 | 6 |
| 577 | Waldmann | Frank | | 1955 | 2010 | 00:58:00 | 00:59:09 | 01:08:57 | 00:54:18 | 00:40:44 | 01:04:16 | 5:45:24 | 00:04:59 | 55 | M50 | 91 | 6 |
| 578 | Klinkenberg | Enno | TV Norden | 1949 | 2010 | 00:55:50 | 00:58:47 | 01:09:53 | 00:54:07 | 00:41:18 | 01:05:30 | 5:45:25 | 00:04:59 | 61 | M60 | 12 | 6 |
| 579 | Hoffmann | Hans-Joachim | LT TuS Aurich-Ost | 1948 | 2010 | 00:55:00 | 00:59:09 | 01:09:32 | 00:54:16 | 00:41:33 | 01:05:55 | 5:45:25 | 00:04:59 | 62 | M60 | 13 | 6 |
| 580 | Eilerts | Jürgen | SC Wiesens | 1966 | 2010 | 00:56:23 | 00:57:45 | 01:11:13 | 00:52:42 | 00:41:50 | 01:05:38 | 5:45:31 | 00:04:59 | 44 | M40 | 196 | 6 |
| 581 | Huisman | Thorsten | obw Emden | 1985 | 2010 | 00:55:07 | 00:58:43 | 01:10:41 | 00:53:24 | 00:41:03 | 01:06:35 | 5:45:33 | 00:04:59 | 25 | MHK | 51 | 6 |
| 582 | Rösingh | Burkhard | Team ENERCON | 1973 | 2010 | 00:57:53 | 00:59:02 | 01:09:26 | 00:53:41 | 00:40:32 | 01:05:04 | 5:45:38 | 00:04:59 | 37 | M30 | 115 | 6 |
| 583 | Buß | Rooff | Laufteam A22-Nie | 1967 | 2010 | 00:56:59 | 00:59:08 | 01:09:40 | 00:53:47 | 00:40:47 | 01:05:19 | 5:45:40 | 00:04:59 | 43 | M40 | 197 | 6 |
| 584 | Kadelke | Tammo | Seefahrtsschule Leer | 1988 | 2010 | 00:58:48 | 00:56:56 | 01:09:02 | 00:55:30 | 00:42:07 | 01:03:18 | 5:45:41 | 00:04:59 | 22 | MHK | 52 | 6 |
| 585 | Campen | Günter | Team ENERCON | 1974 | 2010 | 00:55:07 | 00:59:20 | 01:11:41 | 00:53:22 | 00:41:12 | 01:05:07 | 5:45:49 | 00:04:59 | 36 | M30 | 116 | 6 |
| 586 | Stolorz | Sascha | Oldenburg | 1977 | 2010 | 00:56:26 | 01:01:24 | 01:09:56 | 00:52:31 | 00:40:51 | 01:04:45 | 5:45:53 | 00:04:59 | 33 | M30 | 117 | 6 |
| 587 | Fänders | Enno | KGS Hage | 1966 | 2010 | 00:57:53 | 00:59:54 | 01:11:05 | 00:53:10 | 00:39:44 | 01:04:09 | 5:45:55 | 00:04:59 | 44 | M40 | 198 | 6 |
| 588 | Siemen | Jörn | ORGADATA AG | 1981 | 2010 | 00:55:02 | 00:56:41 | 01:07:38 | 00:54:17 | 00:43:59 | 01:08:24 | 5:46:01 | 00:05:00 | 29 | MHK | 53 | 6 |
| 589 | Janssen | Dieter | | 1955 | 2010 | 00:54:42 | 00:59:22 | 01:09:55 | 00:53:54 | 00:41:37 | 01:06:43 | 5:46:13 | 00:05:00 | 55 | M50 | 92 | 6 |
| 590 | Köhler | Carsten | Landesbank AG | 1973 | 2010 | 00:58:41 | 00:59:30 | 01:11:47 | 00:52:59 | 00:40:13 | 01:03:11 | 5:46:21 | 00:05:00 | 37 | M30 | 118 | 6 |
| 591 | Janssen | Drees | LG Ostfriesland | 1962 | 2010 | 00:57:48 | 00:59:23 | 01:09:30 | 00:53:54 | 00:40:31 | 01:05:17 | 5:46:23 | 00:05:00 | 48 | M40 | 199 | 6 |
| 592 | Heilemann | Tanja | Praxis Heilemann | 1972 | 2010 | 00:56:27 | 00:59:29 | 01:09:40 | 00:53:43 | 00:40:50 | 01:06:17 | 5:46:26 | 00:05:00 | 38 | W30 | 13 | 6 |
| 593 | Heyen | Reinhard | TUS Pewsum | 1964 | 2010 | 00:59:18 | 00:58:32 | 01:09:17 | 00:54:11 | 00:40:45 | 01:04:27 | 5:46:30 | 00:05:00 | 46 | M40 | 200 | 6 |
| 594 | Busch | Miriam | obw Emden | 1971 | 2010 | 00:56:25 | 00:59:36 | 01:09:41 | 00:53:41 | 00:40:52 | 01:06:17 | 5:46:32 | 00:05:00 | 39 | W30 | 14 | 6 |
| 595 | Oltmanns | Reinhard | Moormerland | 1964 | 2010 | 00:54:57 | 00:58:45 | 01:10:50 | 00:53:59 | 00:40:58 | 01:07:04 | 5:46:33 | 00:05:00 | 46 | M40 | 201 | 6 |
| 596 | Wilken | Folkmar | Baustoffunterneh. Jever | 1966 | 2010 | 00:55:34 | 00:58:06 | 01:10:46 | 00:55:51 | 00:40:32 | 01:05:45 | 5:46:34 | 00:05:00 | 44 | M40 | 202 | 6 |
| 597 | Cords | Menso | Leinerstift e. V. | 1954 | 2010 | 00:56:56 | 00:59:59 | 01:10:02 | 00:53:24 | 00:41:00 | 01:05:35 | 5:46:56 | 00:05:00 | 56 | M50 | 93 | 6 |
| 598 | Brink | Heinz | Teutonia Stapelmoor | 1953 | 2010 | 00:57:13 | 00:59:31 | 01:10:10 | 00:52:41 | 00:40:15 | 01:07:07 | 5:46:57 | 00:05:00 | 57 | M50 | 94 | 6 |
| 599 | Behrens | Wolfgang | ELV AG | 1969 | 2010 | 00:55:38 | 00:59:46 | 01:10:42 | 00:54:07 | 00:40:51 | 01:05:56 | 5:47:00 | 00:05:00 | 41 | M40 | 203 | 6 |
| 600 | Süßen | Sonja | LT TuS Aurich-Ost | 1978 | 2010 | 00:57:14 | 00:59:20 | 01:10:02 | 00:53:44 | 00:41:15 | 01:05:28 | 5:47:03 | 00:05:00 | 32 | W30 | 15 | 6 |
| 601 | Hildebrand | Hermann | Polizei Aurich | 1959 | 2010 | 00:57:26 | 00:59:50 | 01:09:51 | 00:52:51 | 00:41:39 | 01:05:31 | 5:47:08 | 00:05:01 | 51 | M50 | 95 | 6 |
| 602 | Taute | Uwe | JU Leer | 1992 | 2010 | 00:56:58 | 01:00:41 | 01:10:32 | 00:53:27 | 00:40:35 | 01:04:58 | 5:47:11 | 00:05:01 | 18 | MU20 | 68 | 6 |
| 603 | Samoski | Anne | EWE Wattloopers | 1982 | 2010 | 00:56:29 | 00:59:42 | 01:10:42 | 00:53:51 | 00:40:45 | 01:05:51 | 5:47:20 | 00:05:01 | 28 | WHK | 10 | 6 |
| 604 | Hansen | Christian | MTV Aurich | 1962 | 2010 | 00:56:04 | 00:59:31 | 01:10:28 | 00:54:51 | 00:41:41 | 01:04:49 | 5:47:24 | 00:05:01 | 48 | M40 | 204 | 6 |
| 605 | Meinema | Alle-Jan | Südbrookmerland | 1961 | 2010 | 00:57:08 | 01:02:42 | 01:10:48 | 00:52:22 | 00:40:12 | 01:04:15 | 5:47:27 | 00:05:01 | 49 | M40 | 205 | 6 |
| 606 | von Fehren | Hans-Joachim | OVB Emden/Leer | 1968 | 2010 | 01:02:51 | 00:59:44 | 01:11:19 | 00:51:33 | 00:39:15 | 01:02:49 | 5:47:31 | 00:05:01 | 42 | M40 | 206 | 6 |
| 607 | Ebel | Rainer | LT TuS Aurich-Ost | 1962 | 2010 | 00:56:54 | 00:59:43 | 01:09:38 | 00:53:59 | 00:41:24 | 01:05:57 | 5:47:35 | 00:05:01 | 48 | M40 | 207 | 6 |
| 608 | Kiesé | Kersten | TuS Esens | 1964 | 2010 | 01:00:56 | 00:58:45 | 01:09:11 | 00:53:45 | 00:40:16 | 01:04:46 | 5:47:39 | 00:05:01 | 46 | M40 | 208 | 6 |
| 609 | Fokken | Jan | SV Holtland | 1991 | 2010 | 00:53:55 | 00:54:54 | 01:04:35 | 00:49:18 | 00:38:10 | 01:26:52 | 5:47:44 | 00:05:01 | 19 | MU20 | 69 | 6 |
| 610 | Bock | Uwe | LT TuS Aurich-Ost | 1961 | 2010 | 00:55:52 | 00:59:19 | 01:09:49 | 00:54:54 | 00:42:17 | 01:05:36 | 5:47:47 | 00:05:01 | 49 | M40 | 209 | 6 |
| 611 | Janßen | Holger | SV Brinkum | 1968 | 2010 | 00:56:36 | 00:59:49 | 01:10:06 | 00:54:09 | 00:41:09 | 01:05:59 | 5:47:48 | 00:05:01 | 42 | M40 | 210 | 6 |
| 612 | Hollweg | Thomas | Papenburg | 1984 | 2010 | 00:56:39 | 00:59:07 | 01:10:29 | 00:54:29 | 00:41:34 | 01:05:32 | 5:47:50 | 00:05:01 | 26 | MHK | 54 | 6 |
| 613 | Kruse | Bernd | SV Stikelkamp | 1967 | 2010 | 00:56:51 | 01:00:18 | 01:10:33 | 00:52:53 | 00:40:52 | 01:06:26 | 5:47:53 | 00:05:01 | 43 | M40 | 211 | 6 |
| 614 | de Vries | Bernd | T. B Twixlum | 1970 | 2010 | 00:56:45 | 00:59:32 | 01:10:45 | 00:54:11 | 00:41:09 | 01:05:44 | 5:48:06 | 00:05:01 | 40 | M40 | 212 | 6 |
| 615 | Peters | Stefan | Ubbo-Emmius-Klinik | 1987 | 2010 | 00:54:16 | 01:00:48 | 01:15:47 | 00:53:33 | 00:39:23 | 01:04:28 | 5:48:15 | 00:05:02 | 23 | MHK | 55 | 6 |
| 616 | Schneider | Horst | Norden | 1955 | 2010 | 00:58:35 | 01:00:26 | 01:12:04 | 00:53:01 | 00:39:50 | 01:04:22 | 5:48:18 | 00:05:02 | 55 | M50 | 96 | 6 |
| 617 | Kalkwarf | Ewald | Pewsumer Ossilooper | 1964 | 2010 | 00:56:41 | 00:59:20 | 01:09:07 | 00:54:44 | 00:41:00 | 01:07:30 | 5:48:22 | 00:05:02 | 46 | M40 | 213 | 6 |
| 618 | Erdwiens | Hermann | Südbrookmerland | 1970 | 2010 | 00:56:52 | 00:59:05 | 01:09:51 | 00:53:12 | 00:40:36 | 01:08:59 | 5:48:35 | 00:05:02 | 40 | M40 | 214 | 6 |
| 619 | Reiners | Johannes | Lions Club Uplengen | 1959 | 2010 | 00:58:12 | 01:00:16 | 01:09:54 | 00:53:52 | 00:40:43 | 01:05:38 | 5:48:35 | 00:05:02 | 51 | M50 | 97 | 6 |
| 620 | Bölle | Andreas | Nordland Papier | 1968 | 2010 | 00:57:48 | 00:58:49 | 01:09:05 | 00:54:23 | 00:41:47 | 01:06:48 | 5:48:40 | 00:05:02 | 42 | M40 | 215 | 6 |
| 621 | Beekmann | Jan-Peter | Rhauderfehn | 1996 | 2010 | 00:55:37 | 01:01:28 | 01:14:55 | 00:53:18 | 00:40:35 | 01:02:52 | 5:48:45 | 00:05:02 | 14 | MU20 | 70 | 6 |
| 622 | Schoon | Günther | TG Wiesmoor | 1950 | 2010 | 00:56:09 | 00:59:20 | 01:10:42 | 00:54:51 | 00:41:43 | 01:06:05 | 5:48:50 | 00:05:02 | 60 | M60 | 14 | 6 |
| 623 | Behrends | Ann-Katrin | LT SC 07 Ihrhove | 1991 | 2010 | 00:58:06 | 01:00:22 | 01:11:27 | 00:54:30 | 00:40:14 | 01:04:09 | 05:48:50 | 00:05:02 | 19 | WU20 | 2 | 6 |
| 624 | Canenbley | Britta | LT Spaß mit Sport | 1968 | 2010 | 00:56:23 | 01:00:04 | 01:10:53 | 00:54:05 | 00:41:41 | 01:05:49 | 5:48:55 | 00:05:02 | 42 | W40 | 22 | 6 |
| 625 | Hoss | Marius | de Heizungsloopers | 1992 | 2010 | 01:00:46 | 00:59:04 | 01:06:36 | 00:52:49 | 00:39:55 | 01:09:50 | 5:49:00 | 00:05:02 | 18 | MU20 | 71 | 6 |
| 626 | Rosendahl | Frerich | TuRA Westrhauderfehn | 1968 | 2010 | 00:59:55 | 00:59:31 | 01:09:40 | 00:53:39 | 00:41:03 | 01:05:23 | 5:49:11 | 00:05:02 | 42 | M40 | 216 | 6 |
| 627 | Trum | Hans-Joachim | Rhauderfehn | 1962 | 2010 | 00:58:50 | 00:59:14 | 01:11:04 | 00:53:47 | 00:40:39 | 01:05:37 | 5:49:11 | 00:05:02 | 48 | M40 | 217 | 6 |
| 628 | Theesfeld | Patrick | NIGE | 1991 | 2010 | 00:57:03 | 00:59:15 | 01:11:25 | 00:53:56 | 00:40:48 | 01:06:55 | 5:49:22 | 00:05:02 | 19 | MU20 | 72 | 6 |
| 629 | borchert | werner | filsum | 1962 | 2010 | 00:56:03 | 01:00:30 | 01:11:45 | 00:53:56 | 00:42:02 | 01:05:14 | 5:49:30 | 00:05:03 | 48 | M40 | 218 | 6 |
| 630 | Bohlen | Malte | HRS Moormerland | 1994 | 2010 | 00:58:20 | 00:59:57 | 01:11:01 | 00:52:58 | 00:40:52 | 01:06:26 | 5:49:34 | 00:05:03 | 16 | MU20 | 73 | 6 |
| 631 | de Vries | Heino | N Ports Emden | 1974 | 2010 | 00:58:47 | 01:00:50 | 01:13:15 | 00:52:48 | 00:40:14 | 01:03:45 | 5:49:39 | 00:05:03 | 36 | M30 | 119 | 6 |
| 632 | Friedrichs | Timo | ELV AG | 1972 | 2010 | 00:55:39 | 00:57:53 | 01:12:24 | 00:53:45 | 00:41:01 | 01:08:57 | 5:49:39 | 00:05:03 | 38 | M30 | 120 | 6 |
| 633 | Pagel | Jens | LG Uplengen | 1963 | 2010 | 00:56:31 | 00:59:53 | 01:10:47 | 00:54:33 | 00:41:39 | 01:06:27 | 5:49:50 | 00:05:03 | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------|-----------|---------------------|--------|------|----------|----------|----------|----------|----------|----------|----------|---------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| 640 | Logemann | Lars | BZN, Aurich | 1975 | 2010 | 00:59:18 | 01:00:57 | 01:12:52 | 00:53:38 | 00:40:15 | 01:03:42 | 5:50:42 | 00:05:04 | 35 | M30 | 122 | 6 |
| 641 | Goudschaal | Johann | Hollen | 1964 | 2010 | 00:55:56 | 00:59:52 | 01:13:26 | 00:54:36 | 00:41:25 | 01:05:28 | 5:50:43 | 00:05:04 | 46 | M40 | 222 | 6 |
| 642 | Hinrichs | Rena | KGS Großefehn | 1994 | 2010 | 00:58:15 | 01:02:46 | 01:10:51 | 00:53:48 | 00:40:29 | 01:04:36 | 05:50:47 | 00:05:04 | 16 | WU20 | 4 | 6 |
| 643 | Keiser | Johann | TSV Hesel | 1962 | 2010 | 00:57:11 | 00:59:30 | 01:10:19 | 00:54:56 | 00:42:13 | 01:06:46 | 5:50:55 | 00:05:04 | 48 | M40 | 223 | 6 |
| 644 | Ulbrich | Christian | SC 04 Leer | 1989 | 2010 | 00:55:42 | 01:04:52 | 01:10:20 | 00:53:30 | 00:40:37 | 01:05:54 | 5:50:55 | 00:05:04 | 21 | MHK | 56 | 6 |
| 645 | Wempen | Holger | BHC Consulting GmbH | 1975 | 2010 | 00:55:29 | 00:58:38 | 01:21:31 | 00:52:53 | 00:39:14 | 01:03:11 | 5:50:56 | 00:05:04 | 35 | M30 | 123 | 6 |
| 646 | Iken | Jens | KBV Blersum | 1969 | 2010 | 00:57:26 | 01:00:08 | 01:10:50 | 00:55:07 | 00:41:23 | 01:06:14 | 5:51:08 | 00:05:04 | 41 | M40 | 224 | 6 |
| 647 | Broß | Rainer | SV Ems Jemgum | 1969 | 2010 | 00:57:57 | 01:00:16 | 01:09:59 | 00:54:08 | 00:41:50 | 01:06:59 | 5:51:09 | 00:05:04 | 41 | M40 | 225 | 6 |
| 648 | Zarh | Jürgen | LT VfB Rajen | 1962 | 2010 | 01:00:22 | 00:59:56 | 01:10:29 | 00:53:57 | 00:40:50 | 01:05:37 | 5:51:11 | 00:05:04 | 48 | M40 | 226 | 6 |
| 649 | Broek | Andreas | Stadt Weener (Ems) | 1975 | 2010 | 00:55:57 | 01:00:19 | 01:12:11 | 00:55:11 | 00:42:15 | 01:05:29 | 5:51:22 | 00:05:04 | 35 | M30 | 124 | 6 |
| 650 | Tannen | Siegfried | Wittmund | 1956 | 2010 | 00:57:16 | 01:00:21 | 01:10:38 | 00:54:39 | 00:41:46 | 01:06:46 | 5:51:26 | 00:05:04 | 54 | M50 | 98 | 6 |
| 651 | Niehues | Hauke | HTG - Ihlow | 1996 | 2010 | 00:57:53 | 00:59:51 | 01:14:16 | 00:53:38 | 00:38:44 | 01:07:04 | 5:51:26 | 00:05:04 | 14 | MU20 | 74 | 6 |
| 652 | Müller | Johann | LG Uplengen | 1963 | 2010 | 00:57:49 | 01:00:14 | 01:10:47 | 00:54:06 | 00:41:35 | 01:07:05 | 5:51:36 | 00:05:04 | 47 | M40 | 227 | 6 |
| 653 | Janssen | Ilka | LG Ostfriesland | 1992 | 2010 | 00:57:05 | 01:01:02 | 01:12:15 | 00:54:12 | 00:41:26 | 01:05:34 | 05:51:36 | 00:05:04 | 18 | WU20 | 5 | 6 |
| 654 | Popp | Rolf | Emden | 1959 | 2010 | 00:56:44 | 00:59:58 | 01:10:54 | 00:54:49 | 00:42:25 | 01:06:47 | 5:51:37 | 00:05:04 | 51 | M50 | 99 | 6 |
| 655 | Ziegler | Frank | POST | 1967 | 2010 | 00:59:00 | 01:00:18 | 01:10:54 | 00:54:14 | 00:41:38 | 01:05:34 | 5:51:38 | 00:05:04 | 43 | M40 | 228 | 6 |
| 656 | Müller | Gerrit | Team Möbel Buss | 1961 | 2010 | 00:57:12 | 00:58:02 | 01:13:34 | 00:54:22 | 00:41:19 | 01:07:10 | 5:51:39 | 00:05:04 | 49 | M40 | 229 | 6 |
| 657 | Müller | Leon | Team Möbel Buss | 1996 | 2010 | 00:57:12 | 00:58:03 | 01:13:34 | 00:54:22 | 00:41:19 | 01:07:10 | 5:51:40 | 00:05:04 | 14 | MU20 | 75 | 6 |
| 658 | Meier | Wilfried | Emden | 1967 | 2010 | 00:57:51 | 01:00:39 | 01:11:37 | 00:54:49 | 00:40:56 | 01:05:49 | 5:51:41 | 00:05:04 | 43 | M40 | 230 | 6 |
| 659 | Müller | Lars | Team Möbel Buss | 1994 | 2010 | 00:57:13 | 00:58:03 | 01:13:34 | 00:54:22 | 00:41:19 | 01:07:10 | 5:51:41 | 00:05:04 | 16 | MU20 | 76 | 6 |
| 660 | Langen | Claudia | Rennschnecken | 1973 | 2010 | 00:56:31 | 01:00:01 | 01:11:37 | 00:55:29 | 00:41:47 | 01:06:20 | 5:51:45 | 00:05:05 | 37 | W30 | 16 | 6 |
| 661 | Rückbrod | Andrea | TV Norden | 1964 | 2010 | 00:53:39 | 00:57:22 | 01:07:47 | 00:56:29 | 00:42:28 | 01:14:06 | 5:51:51 | 00:05:05 | 46 | W40 | 25 | 6 |
| 662 | Hieronimus | Horst | TVM | 1967 | 2010 | 00:56:45 | 00:59:23 | 01:11:31 | 00:53:55 | 00:42:03 | 01:08:22 | 5:51:59 | 00:05:05 | 43 | M40 | 231 | 6 |
| 663 | Osterkamp | Peter | psö. GmbH, Wittmund | 1968 | 2010 | 00:56:45 | 00:59:35 | 01:12:04 | 00:54:57 | 00:41:35 | 01:07:09 | 5:52:05 | 00:05:05 | 42 | M40 | 232 | 6 |
| 664 | Hüttinga | Jens | Wymeer | 1968 | 2010 | 00:57:11 | 00:59:57 | 01:10:35 | 00:54:55 | 00:42:40 | 01:06:51 | 5:52:09 | 00:05:05 | 42 | M40 | 233 | 6 |
| 665 | Ruhr | Stefan | Feuerwehr Suurhusen | 1976 | 2010 | 00:58:42 | 01:00:34 | 01:11:53 | 00:54:22 | 00:41:02 | 01:05:40 | 5:52:13 | 00:05:05 | 34 | M30 | 125 | 6 |
| 666 | Kellner | Helge | Rhauderfehn | 1990 | 2010 | 00:59:25 | 01:03:50 | 00:58:33 | 00:56:00 | 00:43:04 | 01:11:44 | 5:52:36 | 00:05:05 | 20 | MHK | 57 | 6 |
| 667 | Tillmann | Frauke | HRS Moormerland | 1983 | 2010 | 00:58:38 | 01:00:37 | 01:11:33 | 00:53:37 | 00:41:11 | 01:07:04 | 5:52:40 | 00:05:05 | 27 | WHK | 11 | 6 |
| 668 | Anscheit | Peter | Rettungsdienst Leer | 1965 | 2010 | 00:57:33 | 01:00:12 | 01:10:36 | 00:56:32 | 00:40:55 | 01:07:00 | 5:52:48 | 00:05:05 | 45 | M40 | 234 | 6 |
| 669 | Janssen | Bernd | Emder LG | 1965 | 2010 | 00:57:51 | 01:00:09 | 01:09:26 | 00:54:12 | 00:41:41 | 01:09:48 | 5:53:07 | 00:05:06 | 45 | M40 | 235 | 6 |
| 670 | Stern | Katrin | Seefahrtschule Leer | 1982 | 2010 | 00:57:48 | 01:01:04 | 01:11:59 | 00:54:16 | 00:41:00 | 01:07:01 | 5:53:08 | 00:05:06 | 28 | WHK | 12 | 6 |
| 671 | Stürmer | Jürgen | BBS 1 Aurich | 1948 | 2010 | 00:57:16 | 01:00:40 | 01:11:10 | 00:55:08 | 00:42:07 | 01:06:48 | 5:53:09 | 00:05:06 | 62 | M60 | 15 | 6 |
| 672 | Tjards | Helmut | LT TuS Aurich-Ost | 1964 | 2010 | 00:58:25 | 01:01:28 | 01:11:55 | 00:54:41 | 00:41:16 | 01:05:37 | 5:53:22 | 00:05:06 | 46 | M40 | 236 | 6 |
| 673 | Meyer | Werner | Wiesmoor | 1971 | 2010 | 00:58:28 | 01:00:34 | 01:11:11 | 00:54:54 | 00:41:20 | 01:06:57 | 5:53:24 | 00:05:06 | 39 | M30 | 126 | 6 |
| 674 | Janssen | Imke | LT TuS Aurich-Ost | 1976 | 2010 | 00:57:52 | 00:59:53 | 01:12:31 | 00:54:33 | 00:42:11 | 01:06:31 | 5:53:31 | 00:05:06 | 34 | W30 | 17 | 6 |
| 675 | Peters | Siebind | TROM XUA SNOG | 1977 | 2010 | 00:58:51 | 01:01:39 | 01:11:27 | 00:53:54 | 00:41:01 | 01:06:42 | 5:53:34 | 00:05:06 | 33 | M30 | 127 | 6 |
| 676 | Netthöfel | Andreas | Rettungsdienst Leer | 1969 | 2010 | 00:58:04 | 01:01:28 | 01:12:09 | 00:54:20 | 00:41:30 | 01:06:04 | 5:53:35 | 00:05:06 | 41 | M40 | 237 | 6 |
| 677 | Gerken | Theo | LG Ostfriesland | 1944 | 2010 | 00:57:15 | 01:00:47 | 01:11:31 | 00:54:55 | 00:42:16 | 01:06:54 | 5:53:38 | 00:05:06 | 66 | M60 | 16 | 6 |
| 678 | Meyer | Rolf | LG Großefehn | 1969 | 2010 | 00:58:15 | 01:00:33 | 01:11:55 | 00:55:11 | 00:42:17 | 01:05:33 | 5:53:44 | 00:05:06 | 41 | M40 | 238 | 6 |
| 679 | Pleis | Gregor | Moorloopers | 1965 | 2010 | 00:58:17 | 01:00:14 | 01:10:35 | 00:55:13 | 00:42:46 | 01:06:43 | 5:53:48 | 00:05:06 | 45 | M40 | 239 | 6 |
| 680 | Janssen | Elke | Fortuna Logabirum | 1973 | 2010 | 01:02:08 | 00:59:44 | 01:11:25 | 00:53:00 | 00:41:10 | 01:06:21 | 5:53:48 | 00:05:06 | 37 | W30 | 18 | 6 |
| 681 | Dettmer | Thorsten | Leinerstift e.V | 1965 | 2010 | 00:57:46 | 01:00:12 | 01:11:21 | 00:55:14 | 00:42:44 | 01:06:40 | 5:53:57 | 00:05:06 | 45 | M40 | 240 | 6 |
| 682 | Knobbe | Melanie | Emden | 1985 | 2010 | 00:59:06 | 01:01:02 | 01:11:48 | 00:54:01 | 00:41:13 | 01:06:56 | 5:54:06 | 00:05:07 | 25 | WHK | 13 | 6 |
| 683 | Lemke | Rene | FCSO | 1992 | 2010 | 00:55:21 | 00:58:30 | 01:08:57 | 00:52:27 | 00:42:53 | 01:16:00 | 5:54:08 | 00:05:07 | 18 | MU20 | 77 | 6 |
| 684 | Groenhagen | Martin | Emden | 1946 | 2010 | 00:56:49 | 00:59:47 | 01:11:00 | 00:55:23 | 00:42:30 | 01:08:48 | 5:54:17 | 00:05:07 | 64 | M60 | 17 | 6 |
| 685 | Goos | Anja | Emder LG | 1972 | 2010 | 00:57:52 | 01:00:17 | 01:12:24 | 00:55:01 | 00:42:05 | 01:06:44 | 5:54:23 | 00:05:07 | 38 | W30 | 19 | 6 |
| 686 | Baumgart | Uwe | RAIBA Moormerland | 1986 | 2010 | 00:56:43 | 01:00:20 | 01:12:44 | 00:54:40 | 00:41:04 | 01:08:56 | 5:54:27 | 00:05:07 | 24 | MHK | 58 | 6 |
| 687 | Gerdes | Joachim | JU Leer | 1976 | 2010 | 00:59:02 | 01:04:15 | 01:00:35 | 00:57:22 | 00:43:23 | 01:09:58 | 5:54:35 | 00:05:07 | 34 | M30 | 128 | 6 |
| 688 | Rüthemann | Frank | Bünting Tee | 1961 | 2010 | 00:58:24 | 01:00:57 | 01:12:19 | 00:54:35 | 00:41:39 | 01:06:41 | 5:54:35 | 00:05:07 | 49 | M40 | 241 | 6 |
| 689 | Severiens | Gerold | Fortuna Logabirum | 1948 | 2010 | 00:58:24 | 01:01:17 | 01:11:40 | 00:55:01 | 00:42:36 | 01:05:47 | 5:54:45 | 00:05:07 | 62 | M60 | 18 | 6 |
| 690 | Ulbrich | Stefan | Bünting Tee | 1986 | 2010 | 00:57:11 | 01:02:59 | 01:12:33 | 00:55:21 | 00:40:38 | 01:06:07 | 5:54:49 | 00:05:07 | 24 | MHK | 59 | 6 |
| 691 | Saathoff | Claudia | LT TuS Aurich-Ost | 1970 | 2010 | 00:57:26 | 01:01:18 | 01:11:25 | 00:55:33 | 00:42:03 | 01:07:10 | 5:54:55 | 00:05:07 | 40 | W40 | 26 | 6 |
| 692 | Bamberger | Michael | Oldenburg | 1952 | 2010 | 00:57:12 | 00:59:03 | 01:13:07 | 00:57:03 | 00:42:04 | 01:06:46 | 5:55:15 | 00:05:08 | 58 | M50 | 100 | 6 |
| 693 | Sünkel | Gabi | Emder LG | 1972 | 2010 | 00:57:37 | 01:00:21 | 01:11:30 | 00:56:00 | 00:42:23 | 01:07:24 | 5:55:15 | 00:05:08 | 38 | W30 | 20 | 6 |
| 694 | Dreesmann | Gerhard | Leer | 1958 | 2010 | 00:59:04 | 01:00:21 | 01:11:25 | 00:55:21 | 00:42:20 | 01:07:01 | 5:55:32 | 00:05:08 | 52 | M50 | 101 | 6 |
| 695 | Amberg | Gerd | NIGE | 1980 | 2010 | 01:00:35 | 01:01:32 | 01:12:27 | 00:54:32 | 00:40:36 | 01:05:51 | 5:55:33 | 00:05:08 | 30 | M30 | 129 | 6 |
| 696 | Bergmann | Sven | AWD | 1983 | 2010 | 00:57:59 | 01:02:11 | 01:12:18 | 00:54:24 | 00:42:14 | 01:06:38 | 5:55:44 | 00:05:08 | 27 | MHK | 60 | 6 |
| 697 | Fischer | Günther | LG Großefehn | 1952 | 2010 | 00:53:11 | 01:02:03 | 01:13:42 | 00:56:21 | 00:43:02 | 01:07:33 | 5:55:52 | 00:05:08 | 58 | M50 | 102 | 6 |
| 698 | Pollmann | Ralf | Wittmund | 1954 | 2010 | 00:59:11 | 01:01:37 | 01:11:28 | 00:55:04 | 00:41:48 | 01:06:45 | 5:55:53 | 00:05:08 | 56 | M50 | 103 | 6 |
| 699 | Wagner | Richard | Ihlow | 1958 | 2010 | 00:57:11 | 01:01:35 | 01:11:22 | 00:55:26 | 00:43:15 | 01:07:09 | 5:55:58 | 00:05:08 | 52 | M50 | 104 | 6 |
| 700 | Weber | Uwe | SV Hinrichsfehn | 1955 | 2010 | 00:58:34 | 01:01:46 | 01:12:04 | 00:55:24 | 00:41:32 | 01:06:40 | 5:56:00 | 00:05:08 | 55 | M50 | 105 | 6 |
| 701 | Friedrichs | Nils | Aurich | 1970 | 2010 | 00:58:52 | 01:00:59 | 01:12:50 | 00:54:10 | 00:42:09 | 01:07:04 | 5:56:04 | 00:05:08 | 40 | M40 | 242 | 6 |
| 702 | Koch | Ralf | RuB GmbH | 1970 | 2010 | 00:57:52 | 01:00:51 | 01:10:50 | 00:55:24 | 00:42:25 | 01:08:49 | 5:56:11 | 00:05:08 | 40 | M40 | 243 | 6 |
| 703 | Renken | Benno | Stadt Weener (Ems) | 1966 | 2010 | 00:57:58 | 01:01:56 | 01:12:11 | 00:55:12 | 00:42:15 | 01:06:39 | 5:56:11 | 00:05:08 | 44 | M40 | 244 | 6 |
| 704 | Beekmann | Wilko | SZ Collhusen | 1997 | 2010 | 00:58:18 | 01:02:27 | 01:11:55 | 00: | | | | | | | | |

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|-----------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|----------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | 69,30 | | | | | |
| 711 | Gerdes | Michael | LG Großefehn | 1972 | 2010 | 00:57:48 | 01:00:08 | 01:12:42 | 00:55:54 | 00:42:40 | 01:07:42 | 5:56:54 | 00:05:09 | 38 | M30 | 132 | 6 |
| 712 | Rother | Gerhard | Moormerland | 1975 | 2010 | 00:58:52 | 01:01:32 | 01:12:36 | 00:55:20 | 00:41:46 | 01:06:57 | 5:57:03 | 00:05:09 | 35 | M30 | 133 | 6 |
| 713 | Rößing | Hermann | WfBm Aurich | 1965 | 2010 | 01:00:22 | 01:01:26 | 01:12:43 | 00:54:24 | 00:40:55 | 01:07:15 | 5:57:05 | 00:05:09 | 45 | M40 | 246 | 6 |
| 714 | Glinkowski | Michael | Justiz Emden | 1969 | 2010 | 00:57:38 | 01:02:35 | 01:12:40 | 00:55:15 | 00:42:27 | 01:06:34 | 5:57:09 | 00:05:09 | 41 | M40 | 247 | 6 |
| 715 | Uphoff | Hinrich | TC Aurich-West | 1950 | 2010 | 00:58:47 | 01:01:11 | 01:12:16 | 00:55:12 | 00:42:40 | 01:07:05 | 5:57:11 | 00:05:09 | 60 | M60 | 20 | 6 |
| 716 | Großmann | Frank | RVB Aurich/Uplengen | 1974 | 2010 | 00:58:56 | 01:00:45 | 01:12:30 | 00:55:04 | 00:42:04 | 01:07:58 | 5:57:17 | 00:05:09 | 36 | M30 | 134 | 6 |
| 717 | Schüler | Heinz-Friedrich | MTV Wittmund | 1956 | 2010 | 00:58:51 | 01:01:27 | 01:12:07 | 00:54:49 | 00:42:22 | 01:07:41 | 5:57:17 | 00:05:09 | 54 | M50 | 106 | 6 |
| 718 | Rogge | Hendrik | RVB Aurich/Uplengen | 1990 | 2010 | 00:57:30 | 01:01:15 | 01:12:36 | 00:57:48 | 00:41:28 | 01:06:43 | 5:57:20 | 00:05:09 | 20 | MHK | 61 | 6 |
| 719 | Müller | Wilhelm | Emder LG | 1950 | 2010 | 00:58:58 | 01:01:33 | 01:11:54 | 00:55:03 | 00:42:35 | 01:07:23 | 5:57:26 | 00:05:09 | 60 | M60 | 21 | 6 |
| 720 | Freundenberg | Gesa | Ihlowerfehn | 1982 | 2010 | 00:56:33 | 00:58:57 | 01:14:54 | 00:55:39 | 00:43:11 | 01:08:18 | 5:57:32 | 00:05:10 | 28 | WHK | 14 | 6 |
| 721 | Wallenstein | Detlef | Leer | 1973 | 2010 | 00:57:18 | 01:03:01 | 01:12:17 | 00:55:56 | 00:41:37 | 01:07:26 | 5:57:35 | 00:05:10 | 37 | M30 | 135 | 6 |
| 722 | Scheper | Andre | SZ Collhusen | 1993 | 2010 | 01:01:46 | 00:59:48 | 01:13:21 | 00:54:19 | 00:41:24 | 01:07:00 | 5:57:38 | 00:05:10 | 17 | MU20 | 80 | 6 |
| 723 | Wien | Ilona | Norden | 1972 | 2010 | 00:57:36 | 01:01:25 | 01:11:40 | 00:56:07 | 00:42:19 | 01:08:40 | 5:57:47 | 00:05:10 | 38 | W30 | 22 | 6 |
| 724 | Diedrich | Annett | ENERCON | 1979 | 2010 | 00:59:35 | 01:03:03 | 01:12:29 | 00:54:53 | 00:41:37 | 01:06:22 | 5:57:59 | 00:05:10 | 31 | W30 | 23 | 6 |
| 725 | Seehaus | Jens | WfBm Aurich | 1991 | 2010 | 01:02:00 | 01:02:29 | 01:10:58 | 00:55:20 | 00:41:15 | 01:05:57 | 5:57:59 | 00:05:10 | 19 | MU20 | 81 | 6 |
| 726 | Rocker | Marion | KBV Collrunge-B/W | 1975 | 2010 | 00:57:57 | 01:01:45 | 01:12:20 | 00:55:44 | 00:42:34 | 01:07:39 | 5:57:59 | 00:05:10 | 35 | W30 | 24 | 6 |
| 727 | Franken | Uwe | Polizei Aurich | 1976 | 2010 | 01:01:10 | 01:02:33 | 01:12:08 | 00:54:17 | 00:41:39 | 01:06:13 | 5:58:00 | 00:05:10 | 34 | M30 | 136 | 6 |
| 728 | Buss | Elena | KGS Großefehn | 1997 | 2010 | 00:58:01 | 01:01:11 | 01:13:20 | 00:55:43 | 00:43:05 | 01:06:39 | 05:58:01 | 00:05:10 | 13 | WU20 | 6 | 6 |
| 729 | Beening | Armin | Backemoor | 1967 | 2010 | 00:58:30 | 01:01:33 | 01:11:16 | 00:55:07 | 00:42:40 | 01:08:59 | 5:58:05 | 00:05:10 | 43 | M40 | 248 | 6 |
| 730 | Tjards | Christa | LT TuS Aurich-Ost | 1953 | 2010 | 00:58:09 | 01:00:44 | 01:13:21 | 00:55:38 | 00:42:38 | 01:07:40 | 5:58:10 | 00:05:10 | 57 | W50 | 5 | 6 |
| 731 | Pretl | Tim | Wi sünd Holtriem | 1978 | 2010 | 00:58:41 | 01:01:53 | 01:12:45 | 00:55:27 | 00:42:43 | 01:06:42 | 5:58:11 | 00:05:10 | 32 | M30 | 137 | 6 |
| 732 | Schmidtke | Bernd | Wi sünd Holtriem | 1959 | 2010 | 00:58:42 | 01:01:54 | 01:12:45 | 00:55:27 | 00:42:43 | 01:06:42 | 5:58:13 | 00:05:10 | 51 | M50 | 107 | 6 |
| 733 | Jakobs | Günter | Wi sünd Holtriem | 1968 | 2010 | 00:58:42 | 01:01:54 | 01:12:46 | 00:55:27 | 00:42:43 | 01:06:42 | 5:58:14 | 00:05:10 | 42 | M40 | 249 | 6 |
| 734 | Meß | Henning | Seefahrtsschule Leer | 1990 | 2010 | 00:59:46 | 00:59:54 | 01:12:35 | 00:55:55 | 00:40:43 | 01:09:26 | 5:58:19 | 00:05:10 | 20 | MHK | 62 | 6 |
| 735 | Ackmann | Keno | Aurich | 1992 | 2010 | 01:00:12 | 01:03:19 | 01:10:20 | 00:55:07 | 00:42:59 | 01:06:22 | 5:58:19 | 00:05:10 | 18 | MU20 | 82 | 6 |
| 736 | Weber | Ina | Larisca | 1985 | 2010 | 00:57:42 | 01:01:30 | 01:13:01 | 00:55:50 | 00:42:42 | 01:07:38 | 5:58:23 | 00:05:10 | 25 | WHK | 15 | 6 |
| 737 | Oltmanns | Bianca | IGS Aurich-West | 1991 | 2010 | 01:06:46 | 00:58:46 | 01:10:50 | 00:54:10 | 00:40:57 | 01:07:04 | 05:58:36 | 00:05:10 | 19 | WU20 | 7 | 6 |
| 738 | Rozmer | Roman | jantje mö | 1973 | 2010 | 00:57:37 | 01:00:22 | 01:11:46 | 00:58:06 | 00:41:31 | 01:09:21 | 5:58:43 | 00:05:11 | 37 | M30 | 138 | 6 |
| 739 | Oltmanns | Gerhard | Christuskirche Hollen | 1964 | 2010 | 00:59:46 | 01:01:21 | 01:12:44 | 00:54:56 | 00:42:04 | 01:07:52 | 5:58:43 | 00:05:11 | 46 | M40 | 250 | 6 |
| 740 | Harms | Anna | KGS Großefehn | 1997 | 2010 | 00:58:01 | 01:01:11 | 01:13:43 | 00:56:02 | 00:43:08 | 01:06:38 | 05:58:44 | 00:05:11 | 13 | WU20 | 8 | 6 |
| 741 | Havemann | Annikka | NIGE | 1992 | 2010 | 00:57:11 | 01:01:55 | 01:11:14 | 00:56:02 | 00:42:26 | 01:09:58 | 05:58:48 | 00:05:11 | 18 | WU20 | 9 | 6 |
| 742 | Hedemann | Fredy | Team Möbel Buss | 1962 | 2010 | 00:58:16 | 01:01:35 | 01:12:47 | 00:55:26 | 00:44:08 | 01:06:51 | 5:59:03 | 00:05:11 | 48 | M40 | 251 | 6 |
| 743 | Rasner | Volker | MTV Wittmund | 1960 | 2010 | 00:58:12 | 01:02:23 | 01:13:39 | 00:55:46 | 00:42:18 | 01:06:47 | 5:59:05 | 00:05:11 | 50 | M50 | 108 | 6 |
| 744 | Hedemann | Alke | Team Möbel Buss | 1995 | 2010 | 00:58:16 | 01:01:35 | 01:12:47 | 00:55:26 | 00:44:07 | 01:06:52 | 05:59:06 | 00:05:11 | 15 | WU20 | 10 | 6 |
| 745 | Roofis | Martina | MTV Aurich | 1978 | 2010 | 00:58:17 | 01:00:52 | 01:11:54 | 00:56:13 | 00:43:23 | 01:08:29 | 5:59:08 | 00:05:11 | 32 | W30 | 25 | 6 |
| 746 | Meenken | Mareke | Aurich | 1962 | 2010 | 00:58:53 | 01:01:28 | 01:12:35 | 00:55:49 | 00:42:30 | 01:08:08 | 5:59:23 | 00:05:11 | 48 | W40 | 27 | 6 |
| 747 | Peters | Heiko | Team Möbel Buss | 1964 | 2010 | 00:57:45 | 01:01:17 | 01:12:51 | 00:55:37 | 00:43:25 | 01:08:32 | 5:59:27 | 00:05:11 | 46 | M40 | 252 | 6 |
| 748 | Voss | Markus | e.V. | 1980 | 2010 | 00:59:11 | 01:01:08 | 01:12:42 | 00:57:08 | 00:40:57 | 01:08:25 | 5:59:31 | 00:05:11 | 30 | M30 | 139 | 6 |
| 749 | Peters | Janneke | Nortmoor | 1977 | 2010 | 01:00:29 | 01:01:31 | 01:12:05 | 00:55:41 | 00:41:53 | 01:07:59 | 5:59:38 | 00:05:11 | 33 | W30 | 26 | 6 |
| 750 | Trauernicht | Harald | T-GO | 1969 | 2010 | 00:57:54 | 01:02:40 | 01:12:59 | 00:55:31 | 00:42:35 | 01:08:04 | 5:59:43 | 00:05:11 | 41 | M40 | 253 | 6 |
| 751 | Wilms | Tido | LT Schafhauser Wald | 1994 | 2010 | 00:59:33 | 00:57:24 | 01:13:14 | 00:54:14 | 00:42:02 | 01:13:16 | 5:59:43 | 00:05:11 | 16 | MU20 | 83 | 6 |
| 752 | Grünefeld | Tjarko | Nortmoor | 1961 | 2010 | 01:00:30 | 01:01:34 | 01:12:11 | 00:55:39 | 00:41:53 | 01:07:59 | 5:59:46 | 00:05:11 | 49 | M40 | 254 | 6 |
| 753 | van der Berg | Axel | Boekzetterfehn | 1973 | 2010 | 00:58:09 | 01:02:57 | 01:12:34 | 00:55:34 | 00:42:25 | 01:08:10 | 5:59:49 | 00:05:12 | 37 | M30 | 140 | 6 |
| 754 | Schindler | Bernd | TV Oldersum | 1968 | 2010 | 00:56:47 | 01:01:03 | 01:11:25 | 00:56:20 | 00:44:44 | 01:09:31 | 5:59:50 | 00:05:12 | 42 | M40 | 255 | 6 |
| 755 | Busemann | Steffen | Rhauderfehn | 1991 | 2010 | 00:59:17 | 00:59:28 | 01:11:39 | 00:56:12 | 00:41:32 | 01:11:42 | 5:59:50 | 00:05:12 | 19 | MU20 | 85 | 6 |
| 756 | Rosendahl | Jonas | Rhauderfehn | 1992 | 2010 | 00:59:15 | 00:59:28 | 01:11:40 | 00:56:12 | 00:41:32 | 01:11:43 | 5:59:50 | 00:05:12 | 18 | MU20 | 84 | 6 |
| 757 | Stellamans | Aiko | Rhauderfehn | 1993 | 2010 | 00:59:16 | 00:59:29 | 01:11:40 | 00:56:12 | 00:41:32 | 01:11:42 | 5:59:51 | 00:05:12 | 17 | MU20 | 86 | 6 |
| 758 | Neumann | Silke | OVV Emden/Leer | 1981 | 2010 | 00:58:57 | 01:01:02 | 01:13:13 | 00:56:55 | 00:42:11 | 01:07:38 | 5:59:56 | 00:05:12 | 29 | WHK | 16 | 6 |
| 759 | Beier | Markus | Leer | 1966 | 2010 | 00:58:21 | 01:03:13 | 01:12:36 | 00:55:59 | 00:42:58 | 01:06:50 | 5:59:57 | 00:05:12 | 44 | M40 | 256 | 6 |
| 760 | Poppe Dr. | Sabine | LG Großefehn | 1965 | 2010 | 00:58:02 | 01:02:14 | 01:13:19 | 00:56:08 | 00:42:41 | 01:07:33 | 5:59:57 | 00:05:12 | 45 | W40 | 28 | 6 |
| 761 | Schneider | Volker | TuS Westerende | 1980 | 2010 | 00:58:55 | 01:01:00 | 01:12:41 | 00:57:08 | 00:41:51 | 01:08:26 | 6:00:01 | 00:05:12 | 30 | M30 | 141 | 6 |
| 762 | Hook | Michael | Dornum | 1966 | 2010 | 00:59:29 | 01:02:18 | 01:12:20 | 00:56:21 | 00:42:02 | 01:07:37 | 6:00:07 | 00:05:12 | 44 | M40 | 257 | 6 |
| 763 | Hedemann | Hans-Jürgen | EIER | 1963 | 2010 | 00:59:57 | 01:02:50 | 01:12:23 | 00:55:10 | 00:41:34 | 01:08:20 | 6:00:14 | 00:05:12 | 47 | M40 | 258 | 6 |
| 764 | Hanssen | Anke | SC-Wiesens | 1991 | 2010 | 01:00:38 | 01:00:43 | 01:12:41 | 00:54:26 | 00:43:47 | 01:07:56 | 06:00:14 | 00:05:12 | 19 | WU20 | 11 | 6 |
| 765 | Nanninga | Jochen | TV Norden | 1964 | 2010 | 00:52:35 | 01:09:17 | 01:20:36 | 00:53:45 | 00:39:25 | 01:04:44 | 6:00:22 | 00:05:12 | 46 | M40 | 259 | 6 |
| 766 | Betten | Hannes | Seefahrtsschule Leer | 1989 | 2010 | 00:59:36 | 01:00:13 | 01:13:21 | 00:55:54 | 00:42:02 | 01:09:26 | 6:00:32 | 00:05:12 | 21 | MHK | 63 | 6 |
| 767 | Geiken | Marion | LT TuS Aurich-Ost | 1966 | 2010 | 00:58:15 | 01:00:44 | 01:12:54 | 00:56:44 | 00:43:44 | 01:08:22 | 6:00:43 | 00:05:12 | 44 | W40 | 29 | 6 |
| 768 | Freese | Klaus | Aurich | 1969 | 2010 | 01:00:40 | 01:02:46 | 01:13:05 | 00:54:45 | 00:42:15 | 01:07:19 | 6:00:50 | 00:05:12 | 41 | M40 | 260 | 6 |
| 769 | Wiechmann | Rainer | Germania Leer | 1958 | 2010 | 01:03:35 | 01:01:19 | 01:11:57 | 00:55:31 | 00:42:35 | 01:05:56 | 6:00:53 | 00:05:12 | 52 | M50 | 109 | 6 |
| 770 | Neumann | Eckhard | LG Großefehn | 1953 | 2010 | 00:58:05 | 01:01:24 | 01:12:46 | 00:56:55 | 00:43:19 | 01:08:30 | 6:00:59 | 00:05:13 | 57 | M50 | 110 | 6 |
| 771 | Tunder | Hartmut | Crocodiles Ihlow | 1961 | 2010 | 00:58:05 | 00:59:17 | 01:17:56 | 00:56:58 | 00:41:23 | 01:07:25 | 6:01:04 | 00:05:13 | 49 | M40 | 261 | 6 |
| 772 | Schröder | Johann | TuS Holthusen | 1953 | 2010 | 00:59:16 | 01:03:14 | 01:12:24 | 00:55:40 | 00:42:54 | 01:07:42 | 6:01:10 | 00:05:13 | 57 | M50 | 111 | 6 |
| 773 | Janhsen | Tjark Ommen | NIGE | 1992 | 2010 | 00:56:59 | 01:02:49 | 01:11:12 | 00:54:49 | 00:44:58 | 01:10:27 | 6:01:14 | 00:05:13 | 18 | MU20 | 87 | 6 |
| 774 | Bondarenko | Nadja | ELV AG | 1986 | 2010 | 00:58:33 | 01:02:08 | 01:13:13 | 00:56:10 | 00:43:20 | 01:07:50 | 6:01:14 | 00:05:13 | 24 | WHK | 17 | 6 |
| 775 | Schoon | Inge | TG Wiesmoor | 1966 | 2010 | 00:58:44 | 01:02:08 | 01:13:03 | 00:56:43 | 00:42:46 | 01:07:51 | 6:01:15 | 00:05:13 | 44 | W40 | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|----------------|---------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 782 | Ahlers | Mareike | Leer | 1985 | 2010 | 00:58:55 | 01:01:57 | 01:13:34 | 00:56:43 | 00:42:28 | 01:07:59 | 6:01:36 | 00:05:13 | 25 | WHK | 18 | 6 |
| 783 | Friesenberg | Monika | Emder LG | 1969 | 2010 | 00:57:49 | 01:00:33 | 01:13:57 | 00:56:40 | 00:43:07 | 01:09:42 | 6:01:48 | 00:05:13 | 41 | W40 | 31 | 6 |
| 784 | Lüürsen | Helmuth | Weener | 1966 | 2010 | 00:59:43 | 01:01:08 | 01:12:48 | 00:56:23 | 00:42:52 | 01:09:04 | 6:01:58 | 00:05:13 | 44 | M40 | 264 | 6 |
| 785 | Heldt | Dorothea | NIGE | 1992 | 2010 | 00:56:46 | 01:00:47 | 01:15:03 | 00:56:06 | 00:43:19 | 01:09:59 | 06:02:02 | 00:05:13 | 18 | WU20 | 12 | 6 |
| 786 | Mansholt | Michael | Neermoor | 1987 | 2010 | 00:58:06 | 01:00:22 | 01:11:27 | 00:54:30 | 00:40:57 | 01:16:41 | 6:02:03 | 00:05:13 | 23 | MHK | 65 | 6 |
| 787 | Reil | Hermann Georg | Apen | 1950 | 2010 | 00:58:11 | 01:01:58 | 01:13:04 | 00:56:13 | 00:43:12 | 01:09:37 | 6:02:15 | 00:05:14 | 60 | M60 | 22 | 6 |
| 788 | Siefkens | Elke | Emder LG | 1969 | 2010 | 00:57:51 | 01:01:20 | 01:13:32 | 00:56:40 | 00:43:08 | 01:09:47 | 6:02:18 | 00:05:14 | 41 | W40 | 32 | 6 |
| 789 | Müller | Rainer | TV Friedeburg | 1942 | 2010 | 00:58:29 | 01:02:44 | 01:12:32 | 00:57:10 | 00:43:41 | 01:07:48 | 6:02:24 | 00:05:14 | 68 | M60 | 23 | 6 |
| 790 | Bruhnen | Hans-Günter | BSG Voba Jever | 1954 | 2010 | 00:57:38 | 01:02:01 | 01:12:43 | 00:57:24 | 00:43:25 | 01:09:18 | 6:02:29 | 00:05:14 | 56 | M50 | 113 | 6 |
| 791 | Müller | Jens | Hartmann Group | 1977 | 2010 | 00:59:05 | 01:01:36 | 01:13:05 | 00:57:06 | 00:42:56 | 01:08:41 | 6:02:29 | 00:05:14 | 33 | M30 | 142 | 6 |
| 792 | Edzards | Julian | Wald | 1992 | 2010 | 00:57:14 | 01:01:09 | 01:13:42 | 00:54:58 | 00:43:51 | 01:11:45 | 6:02:39 | 00:05:14 | 18 | MU20 | 89 | 6 |
| 793 | Wollenberg | Holger | Uplengen | 1975 | 2010 | 01:00:08 | 01:02:20 | 01:13:06 | 00:56:02 | 00:42:27 | 01:08:37 | 6:02:40 | 00:05:14 | 35 | M30 | 143 | 6 |
| 794 | Goldenstein | Michael | TV - Victorbur | 1970 | 2010 | 00:59:09 | 01:02:50 | 01:13:58 | 00:56:09 | 00:42:57 | 01:07:40 | 6:02:43 | 00:05:14 | 40 | M40 | 265 | 6 |
| 795 | Fisser | Gisela | TV Norden | 1965 | 2010 | 01:00:21 | 01:02:25 | 01:11:44 | 00:55:17 | 00:43:16 | 01:09:49 | 6:02:52 | 00:05:14 | 45 | W40 | 33 | 6 |
| 796 | Klöpmpges | Axel | Zentrale | 1961 | 2010 | 01:00:14 | 01:02:01 | 01:12:05 | 00:56:33 | 00:43:31 | 01:08:29 | 6:02:53 | 00:05:14 | 49 | M40 | 266 | 6 |
| 797 | Meyer | Detlef | FC Oldersum | 1959 | 2010 | 00:58:34 | 01:02:11 | 01:13:34 | 00:56:21 | 00:43:46 | 01:08:28 | 6:02:54 | 00:05:14 | 51 | M50 | 114 | 6 |
| 798 | König | Frank | Emder LG | 1964 | 2010 | 00:55:12 | 00:58:02 | 01:10:58 | 01:09:43 | 00:43:12 | 01:05:47 | 6:02:54 | 00:05:14 | 46 | M40 | 267 | 6 |
| 799 | Juilfs | Eilert | LG Großefehn | 1945 | 2010 | 00:58:00 | 01:02:04 | 01:14:34 | 00:56:07 | 00:43:42 | 01:08:29 | 6:02:56 | 00:05:14 | 65 | M60 | 24 | 6 |
| 800 | Brandt | Dustin | Rhaderfeh | 1993 | 2010 | 00:59:11 | 01:01:01 | 01:11:39 | 00:56:11 | 00:43:31 | 01:11:25 | 6:02:58 | 00:05:14 | 17 | MU20 | 90 | 6 |
| 801 | Tjardes | Karl | MTV Wittmund | 1944 | 2010 | 00:59:05 | 01:02:15 | 01:14:21 | 00:56:12 | 00:43:06 | 01:08:08 | 6:03:07 | 00:05:14 | 66 | M60 | 25 | 6 |
| 802 | Huismann | Anke | Team ENERCON | 1974 | 2010 | 00:59:10 | 01:03:04 | 01:12:28 | 00:56:10 | 00:43:21 | 01:09:01 | 6:03:14 | 00:05:14 | 36 | W30 | 27 | 6 |
| 803 | Wilken | Wilfried | Holtland | 1950 | 2010 | 00:59:16 | 01:01:41 | 01:13:32 | 00:56:28 | 00:43:08 | 01:09:17 | 6:03:22 | 00:05:15 | 60 | M60 | 26 | 6 |
| 804 | Swieter | Amke | Emden | 1990 | 2010 | 01:00:05 | 01:03:15 | 01:15:57 | 00:56:16 | 00:41:59 | 01:06:01 | 6:03:33 | 00:05:15 | 20 | WHK | 19 | 6 |
| 805 | Wagener | Erhard | de Heizungsloopers | 1972 | 2010 | 01:02:42 | 01:05:13 | 01:11:24 | 00:54:30 | 00:40:15 | 01:09:51 | 6:03:55 | 00:05:15 | 38 | M30 | 144 | 6 |
| 806 | Mönninghoff | Mirco | Klinikum Leer | 1987 | 2010 | 01:03:54 | 01:02:35 | 01:13:07 | 00:56:07 | 00:42:21 | 01:05:57 | 6:04:01 | 00:05:15 | 23 | MHK | 66 | 6 |
| 807 | Thoben | Martin | ELV AG | 1970 | 2010 | 01:01:20 | 01:06:01 | 01:13:28 | 00:53:27 | 00:40:47 | 01:09:00 | 6:04:03 | 00:05:15 | 40 | M40 | 268 | 6 |
| 808 | Lüning | Jens | Stadt Leer | 1974 | 2010 | 00:58:28 | 01:02:53 | 01:13:45 | 00:56:40 | 00:42:47 | 01:09:38 | 6:04:11 | 00:05:15 | 36 | M30 | 145 | 6 |
| 809 | Korporal | Horst | De Padlooper | 1966 | 2010 | 00:59:48 | 01:01:33 | 01:13:55 | 00:55:51 | 00:42:34 | 01:10:39 | 6:04:20 | 00:05:15 | 44 | M40 | 269 | 6 |
| 810 | Meyer | Günter | EWE Wattoopers | 1965 | 2010 | 01:01:42 | 01:01:16 | 01:15:01 | 00:56:46 | 00:41:45 | 01:07:52 | 6:04:22 | 00:05:15 | 45 | M40 | 270 | 6 |
| 811 | Schmidt | Hermann | FC Stern Völlenerfeh | 1955 | 2010 | 00:59:36 | 01:00:39 | 01:13:23 | 00:55:59 | 00:42:39 | 01:12:06 | 6:04:22 | 00:05:15 | 55 | M50 | 115 | 6 |
| 812 | Siebe-Denekas | Cornelia | Leer | 1975 | 2010 | 01:00:21 | 01:05:27 | 01:12:39 | 00:56:18 | 00:42:13 | 01:07:25 | 6:04:23 | 00:05:15 | 35 | W30 | 28 | 6 |
| 813 | Schacha | Dirk | ORGADATA AG | 1971 | 2010 | 00:59:28 | 01:03:52 | 01:13:22 | 00:55:24 | 00:44:00 | 01:08:23 | 6:04:29 | 00:05:16 | 39 | M30 | 146 | 6 |
| 814 | Schröder | Wolfgang | Wiesmoor GmbH | 1968 | 2010 | 00:59:41 | 01:01:51 | 01:13:58 | 00:56:26 | 00:43:42 | 01:09:03 | 6:04:41 | 00:05:16 | 42 | M40 | 271 | 6 |
| 815 | Determann | Maria | MTV Aurich | 1993 | 2010 | 01:02:18 | 01:01:39 | 01:12:40 | 00:56:10 | 00:42:26 | 01:09:25 | 06:04:41 | 00:05:16 | 17 | WU20 | 13 | 6 |
| 816 | Weinberg | Rita | LT Schafhauser Wald | 1967 | 2010 | 00:59:09 | 01:01:43 | 01:14:26 | 00:56:27 | 00:43:52 | 01:09:08 | 6:04:45 | 00:05:16 | 43 | W40 | 34 | 6 |
| 817 | Walther | Lukas | Seefahrtschule Leer | 1989 | 2010 | 01:01:45 | 01:01:49 | 01:13:19 | 00:56:06 | 00:42:22 | 01:09:27 | 6:04:48 | 00:05:16 | 21 | MHK | 67 | 6 |
| 818 | Lücht | Mathias | Fortuna Logabirum | 1968 | 2010 | 00:58:40 | 01:02:13 | 01:14:30 | 00:57:24 | 00:42:44 | 01:09:19 | 6:04:50 | 00:05:16 | 42 | M40 | 272 | 6 |
| 819 | Cramer | Helmut | Stadtwerke Norden | 1960 | 2010 | 00:58:49 | 01:03:14 | 01:13:03 | 00:56:48 | 00:42:04 | 01:10:52 | 6:04:50 | 00:05:16 | 50 | M50 | 116 | 6 |
| 820 | Groen | Albert | LG Ostfriesland | 1956 | 2010 | 00:57:15 | 01:02:09 | 01:15:31 | 00:56:47 | 00:42:31 | 01:10:39 | 6:04:52 | 00:05:16 | 54 | M50 | 117 | 6 |
| 821 | Heykes | Günther | Rohrleitungsbau | 1967 | 2010 | 00:55:40 | 00:59:20 | 01:13:30 | 00:59:38 | 00:45:37 | 01:11:10 | 6:04:55 | 00:05:16 | 43 | M40 | 273 | 6 |
| 822 | Koch | Melanie | EWE Wattoopers | 1980 | 2010 | 00:59:08 | 01:02:40 | 01:15:23 | 00:57:18 | 00:41:46 | 01:08:43 | 6:04:58 | 00:05:16 | 30 | W30 | 29 | 6 |
| 823 | Cremer | Julian | Team LIMIT | 1987 | 2010 | 01:00:23 | 01:02:39 | 01:14:24 | 00:55:44 | 00:42:51 | 01:09:00 | 6:05:01 | 00:05:16 | 23 | MHK | 68 | 6 |
| 824 | Willing | Rainer | Ubbo-Emmius-Klinik | 1966 | 2010 | 01:02:23 | 01:04:27 | 01:13:19 | 00:55:19 | 00:43:08 | 01:06:27 | 6:05:03 | 00:05:16 | 44 | M40 | 274 | 6 |
| 825 | Tammen - Bauer | Heidi | Studio Larisca | 1978 | 2010 | 01:01:25 | 01:01:53 | 01:14:12 | 00:56:05 | 00:42:53 | 01:08:36 | 6:05:04 | 00:05:16 | 32 | W30 | 30 | 6 |
| 826 | Redenius | Torsten | KBV Collrunge-B/W | 1971 | 2010 | 01:02:01 | 01:04:02 | 01:13:07 | 00:52:39 | 00:43:47 | 01:09:42 | 6:05:18 | 00:05:16 | 39 | M30 | 147 | 6 |
| 827 | Aden | Melanie | LG Großefehn | 1972 | 2010 | 00:58:02 | 01:02:12 | 01:13:49 | 00:57:12 | 00:44:26 | 01:09:37 | 6:05:18 | 00:05:16 | 38 | W30 | 31 | 6 |
| 828 | Sleür | Hansi | Polizei Leer | 1943 | 2010 | 00:58:59 | 01:02:29 | 01:14:00 | 00:57:04 | 00:44:02 | 01:08:51 | 6:05:25 | 00:05:16 | 67 | M60 | 27 | 6 |
| 829 | Grimm | Thomas | Vfl. Berumbur | 1961 | 2010 | 01:02:23 | 01:02:23 | 01:12:44 | 00:55:26 | 00:41:47 | 01:10:44 | 6:05:27 | 00:05:16 | 49 | M40 | 275 | 6 |
| 830 | Koopmann | Irmgard | TuS Eversten | 1962 | 2010 | 00:59:04 | 01:03:26 | 01:14:13 | 00:57:42 | 00:42:51 | 01:08:17 | 6:05:33 | 00:05:16 | 48 | W40 | 35 | 6 |
| 831 | Mansholt | Sabine | VfB Uplengen | 1971 | 2010 | 01:00:14 | 01:01:44 | 01:14:09 | 00:56:47 | 00:43:25 | 01:09:21 | 6:05:40 | 00:05:17 | 39 | W30 | 32 | 6 |
| 832 | Ottjes | Matthias | Möhlmann KG | 1964 | 2010 | 01:00:17 | 01:02:21 | 01:13:55 | 00:56:46 | 00:43:18 | 01:09:12 | 6:05:49 | 00:05:17 | 46 | M40 | 276 | 6 |
| 833 | Schrader | Anke | Weener | 1961 | 2010 | 00:57:46 | 01:02:44 | 01:14:56 | 00:57:37 | 00:43:40 | 01:09:20 | 6:06:03 | 00:05:17 | 49 | W40 | 36 | 6 |
| 834 | Gehrke | Andre | SVO Wi sünd Holtriem | 1966 | 2010 | 00:58:58 | 01:00:43 | 01:13:43 | 00:56:53 | 00:43:13 | 01:12:47 | 6:06:17 | 00:05:17 | 44 | M40 | 277 | 6 |
| 835 | Grüger | Marco | Moormerland | 1974 | 2010 | 00:59:10 | 01:03:05 | 01:13:13 | 00:56:53 | 00:43:21 | 01:10:38 | 6:06:20 | 00:05:17 | 36 | M30 | 148 | 6 |
| 836 | Pospisil | Kristina | Polizei-Aurich | 1971 | 2010 | 00:59:11 | 01:03:01 | 01:13:53 | 00:57:58 | 00:43:08 | 01:09:14 | 6:06:25 | 00:05:17 | 39 | W30 | 33 | 6 |
| 837 | Severiens | Harm | Möhlenwarf | 1956 | 2010 | 00:57:39 | 01:01:02 | 01:12:51 | 00:58:16 | 00:44:38 | 01:12:07 | 6:06:33 | 00:05:17 | 54 | M50 | 118 | 6 |
| 838 | Müller | Hans-Hermann | Fa. Soeken Immobilien | 1944 | 2010 | 01:00:22 | 01:03:35 | 01:14:20 | 00:56:38 | 00:43:03 | 01:08:36 | 6:06:34 | 00:05:17 | 66 | M60 | 28 | 6 |
| 839 | Gorenc | Katharina | obw Emden | 1980 | 2010 | 00:58:19 | 01:12:25 | 01:12:40 | 00:54:18 | 00:40:51 | 01:08:02 | 6:06:35 | 00:05:17 | 30 | W30 | 34 | 6 |
| 840 | Borcherding | Dirk | MTV Wittmund | 1960 | 2010 | 01:01:26 | 01:02:05 | 01:14:37 | 00:56:33 | 00:44:55 | 01:07:00 | 6:06:36 | 00:05:17 | 50 | M50 | 119 | 6 |
| 841 | Junker | Imke | Leer | 1987 | 2010 | 00:59:13 | 01:03:05 | 01:13:31 | 00:56:53 | 00:43:22 | 01:10:37 | 6:06:41 | 00:05:17 | 23 | WHK | 20 | 6 |
| 842 | Janssen | Martin | Aurich | 1951 | 2010 | 00:58:27 | 01:04:03 | 01:13:19 | 00:55:42 | 00:44:58 | 01:10:21 | 6:06:50 | 00:05:18 | 59 | M50 | 120 | 6 |
| 843 | Albers | Alois | ZGO | 1957 | 2010 | 00:58:59 | 01:02:55 | 01:14:31 | 00:57:16 | 00:43:47 | 01:09:28 | 6:06:56 | 00:05:18 | 53 | M50 | 121 | 6 |
| 844 | Meyer | Antje | LG Uplengen | 1956 | 2010 | 00:58:30 | 01:02:56 | 01:13:07 | 00:57:56 | 00:43:58 | 01:10:44 | 6:07:11 | 00:05:18 | 54 | W50 | 7 | 6 |
| 845 | Watermeyer | Stephan | Sportivo Emden | 1962 | 2010 | 01:01:03 | 01:02:54 | 01:13:58 | 00:56:23 | 00:43:12 | 01:09:42 | 6:07:12 | 00:05:18 | 48 | M40 | 278 | 6 |
| 846 | Schneider | Rolf | Lauffreff Ihrhove | 1962 | 2010 | 01:00:02 | 01:03:21 | 01:15:01 | 00:5 | | | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durch- schnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------|------------|---------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|-----------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 853 | Stahnke | Werner | Finanzamt Aurich | 1956 | 2010 | 00:58:59 | 01:02:58 | 01:14:35 | 00:57:31 | 00:44:13 | 01:09:21 | 6:07:37 | 00:05:18 | 54 | M50 | 123 | 6 |
| 854 | Bülthuis | Almuth | Emder LG | 1963 | 2010 | 00:58:35 | 01:03:03 | 01:15:59 | 00:56:56 | 00:43:41 | 01:09:28 | 6:07:42 | 00:05:18 | 47 | W40 | 38 | 6 |
| 855 | Janssen | Martin | Stadtwerke Norden | 1977 | 2010 | 00:59:56 | 01:03:03 | 01:14:59 | 00:56:49 | 00:42:05 | 01:10:52 | 6:07:44 | 00:05:18 | 33 | M30 | 149 | 6 |
| 856 | Richter | Malte | MTV Wittmund | 1990 | 2010 | 00:57:53 | 01:08:33 | 01:14:02 | 00:54:28 | 00:43:10 | 01:09:40 | 6:07:46 | 00:05:18 | 20 | MHK | 69 | 6 |
| 857 | Terviel | Bärbel | LG Uplengen | 1957 | 2010 | 01:00:04 | 01:03:18 | 01:13:24 | 00:57:07 | 00:43:44 | 01:10:16 | 6:07:53 | 00:05:19 | 53 | W50 | 8 | 6 |
| 858 | Reiners | Steffen | Aurich | 1996 | 2010 | 01:01:16 | 01:03:30 | 01:13:41 | 00:55:58 | 00:42:28 | 01:11:02 | 6:07:55 | 00:05:19 | 14 | MU20 | 91 | 6 |
| 859 | Aden | Frauke | LG Großefehn | 1971 | 2010 | 01:00:40 | 01:02:12 | 01:13:50 | 00:57:12 | 00:44:26 | 01:09:37 | 6:07:57 | 00:05:19 | 39 | W30 | 37 | 6 |
| 860 | Holst | Uwe | LT TuS Aurich-Ost | 1959 | 2010 | 01:03:24 | 01:01:08 | 01:14:51 | 00:56:07 | 00:43:02 | 01:09:31 | 6:08:03 | 00:05:19 | 51 | M50 | 124 | 6 |
| 861 | Wildemann | Martin | WfbM Aurich | 1960 | 2010 | 00:58:19 | 01:01:12 | 01:14:44 | 00:57:30 | 00:45:39 | 01:10:41 | 6:08:05 | 00:05:19 | 50 | M50 | 125 | 6 |
| 862 | Schild | Stefan | Hartmann Group | 1964 | 2010 | 00:53:24 | 00:55:54 | 01:05:05 | 01:08:03 | 00:48:27 | 01:17:13 | 6:08:06 | 00:05:19 | 46 | M40 | 282 | 6 |
| 863 | Taddigs | Johann | Hero und ich | 1961 | 2010 | 00:59:42 | 01:02:28 | 01:15:40 | 00:57:06 | 00:44:15 | 01:08:55 | 6:08:06 | 00:05:19 | 49 | M40 | 283 | 6 |
| 864 | Baumann | Georg Ihno | WT Loppersum | 1961 | 2010 | 01:00:23 | 01:04:05 | 01:13:54 | 00:57:17 | 00:43:22 | 01:09:05 | 6:08:06 | 00:05:19 | 49 | M40 | 284 | 6 |
| 865 | Flügge | Meike | VfL Germania Leer | 1966 | 2010 | 01:00:12 | 01:03:06 | 01:15:06 | 00:57:19 | 00:43:57 | 01:08:47 | 6:08:27 | 00:05:19 | 44 | W40 | 39 | 6 |
| 866 | Reiners | Bernhard | TUS Victorbur | 1968 | 2010 | 01:01:23 | 01:03:55 | 01:14:31 | 00:56:26 | 00:43:05 | 01:09:10 | 6:08:30 | 00:05:19 | 42 | M40 | 285 | 6 |
| 867 | Coordes | Detlef | Bagband | 1963 | 2010 | 01:02:42 | 01:03:58 | 01:13:17 | 00:56:57 | 00:42:48 | 01:08:48 | 6:08:30 | 00:05:19 | 47 | M40 | 286 | 6 |
| 868 | Hommers | Gaby | LT SV Ems Jemgum | 1962 | 2010 | 00:58:34 | 01:02:27 | 01:14:51 | 00:58:00 | 00:44:34 | 01:10:12 | 6:08:38 | 00:05:19 | 48 | W40 | 40 | 6 |
| 869 | Schröder | Ewald | Lauftreff Tura 07 | 1948 | 2010 | 00:59:06 | 01:03:29 | 01:15:24 | 00:57:30 | 00:43:36 | 01:09:43 | 6:08:48 | 00:05:19 | 62 | M60 | 29 | 6 |
| 870 | Sahm | Stefan | Team Willy Wonka | 1973 | 2010 | 01:00:54 | 01:03:39 | 01:12:39 | 00:56:24 | 00:42:13 | 01:12:59 | 6:08:48 | 00:05:19 | 37 | M30 | 150 | 6 |
| 871 | Schwarz | Uwe | Fun-Loopers | 1963 | 2010 | 01:00:16 | 01:03:18 | 01:15:04 | 00:57:49 | 00:43:13 | 01:09:10 | 6:08:50 | 00:05:19 | 47 | M40 | 287 | 6 |
| 872 | Mühlenbrock | Holger | TuS Weene | 1982 | 2010 | 01:03:19 | 01:02:49 | 01:14:01 | 00:57:03 | 00:42:05 | 01:09:34 | 6:08:51 | 00:05:19 | 28 | MHK | 70 | 6 |
| 873 | Nippen | Peter | Düsseldorf e.V. | 1976 | 2010 | 01:01:39 | 01:02:42 | 01:14:42 | 00:56:52 | 00:43:46 | 01:09:27 | 6:09:08 | 00:05:20 | 34 | M30 | 151 | 6 |
| 874 | Christians | Torsten | Ubbo-Emmius-Klinik | 1965 | 2010 | 01:00:55 | 01:04:23 | 01:15:04 | 00:56:43 | 00:42:12 | 01:09:54 | 6:09:11 | 00:05:20 | 45 | M40 | 288 | 6 |
| 875 | kleinau | Swen | Reederei Buss | 1967 | 2010 | 00:59:07 | 01:03:29 | 01:16:03 | 00:57:01 | 00:44:16 | 01:09:30 | 6:09:26 | 00:05:20 | 43 | M40 | 289 | 6 |
| 876 | Warnke | Sebastian | Lauftreff Middels | 1979 | 2010 | 00:58:17 | 01:03:25 | 01:15:20 | 00:57:07 | 00:44:08 | 01:11:09 | 6:09:26 | 00:05:20 | 31 | M30 | 152 | 6 |
| 877 | Koch | Andreas | Oldenburg | 1969 | 2010 | 01:00:17 | 01:03:27 | 01:15:18 | 00:57:05 | 00:43:44 | 01:09:46 | 6:09:37 | 00:05:20 | 41 | M40 | 290 | 6 |
| 878 | Bode | Manfred | Dörnmanner | 1961 | 2010 | 01:02:29 | 01:05:20 | 01:11:19 | 00:55:02 | 00:42:07 | 01:13:22 | 6:09:39 | 00:05:20 | 49 | M40 | 291 | 6 |
| 879 | Schuster | Eike | Wald | 1994 | 2010 | 00:59:24 | 01:02:38 | 01:16:54 | 00:55:55 | 00:43:19 | 01:12:01 | 6:10:11 | 00:05:21 | 16 | MU20 | 92 | 6 |
| 880 | Giesenberg | Adelbert | Rechtsweg | 1960 | 2010 | 01:01:43 | 01:04:30 | 01:15:13 | 00:58:19 | 00:42:47 | 01:07:41 | 6:10:13 | 00:05:21 | 50 | M50 | 126 | 6 |
| 881 | Brinkmann | Heike | EWE Wattloopers | 1973 | 2010 | 01:00:49 | 01:04:12 | 01:15:32 | 00:56:37 | 00:43:38 | 01:09:25 | 6:10:13 | 00:05:21 | 37 | W30 | 38 | 6 |
| 882 | Neumann | Angelika | Holtgast | 1980 | 2010 | 01:02:14 | 01:03:12 | 01:12:48 | 00:57:07 | 00:43:38 | 01:11:23 | 6:10:22 | 00:05:21 | 30 | W30 | 39 | 6 |
| 883 | Densow | Detlef | LT TuS Aurich-Ost | 1965 | 2010 | 00:59:18 | 01:04:57 | 01:16:43 | 00:57:21 | 00:43:53 | 01:08:22 | 6:10:34 | 00:05:21 | 45 | M40 | 292 | 6 |
| 884 | Tränapp | Rainer | Team ENERCON | 1986 | 2010 | 01:03:47 | 01:02:08 | 01:15:43 | 00:56:19 | 00:43:11 | 01:09:35 | 6:10:43 | 00:05:21 | 24 | MHK | 71 | 6 |
| 885 | Goudschaal | Arno | Oldenburg | 1980 | 2010 | 00:58:50 | 01:02:26 | 01:16:20 | 00:56:44 | 00:44:47 | 01:11:39 | 6:10:46 | 00:05:21 | 30 | M30 | 153 | 6 |
| 886 | Rudolph | Matthias | MTV Jever | 1969 | 2010 | 01:13:01 | 01:00:10 | 01:13:13 | 00:55:31 | 00:41:37 | 01:07:14 | 6:10:46 | 00:05:21 | 41 | M40 | 293 | 6 |
| 887 | Kurrelvink | Andrea | Hartmann Group | 1972 | 2010 | 00:59:40 | 01:03:32 | 01:13:02 | 00:57:34 | 00:45:52 | 01:11:06 | 6:10:46 | 00:05:21 | 38 | W30 | 40 | 6 |
| 888 | Behnke | Claudia | Wiesmoor | 1974 | 2010 | 00:59:45 | 01:03:12 | 01:14:32 | 00:58:17 | 00:44:44 | 01:10:20 | 6:10:50 | 00:05:21 | 36 | W30 | 41 | 6 |
| 889 | Nowinski | Karl-Heinz | Team ENERCON | 1967 | 2010 | 01:00:18 | 01:04:08 | 01:13:56 | 00:57:51 | 00:43:54 | 01:10:51 | 6:10:58 | 00:05:21 | 43 | M40 | 294 | 6 |
| 890 | Hopf | Friedemann | Ubbo-Emmius-Klinik | 1959 | 2010 | 01:02:50 | 01:04:02 | 01:14:46 | 00:56:59 | 00:43:23 | 01:09:01 | 6:11:01 | 00:05:21 | 51 | M50 | 127 | 6 |
| 891 | Janssen | Adda | Wallinghausen | 1966 | 2010 | 01:01:15 | 01:04:35 | 01:14:16 | 00:57:37 | 00:43:45 | 01:09:34 | 6:11:02 | 00:05:21 | 44 | W40 | 41 | 6 |
| 892 | Budde | Harald | TG Wiesmoor | 1958 | 2010 | 00:59:39 | 01:03:43 | 01:13:37 | 00:58:35 | 00:44:05 | 01:11:30 | 6:11:09 | 00:05:21 | 52 | M50 | 128 | 6 |
| 893 | Baumann | Jörg | Gemeinde Hinte | 1974 | 2010 | 00:59:46 | 01:05:11 | 01:15:02 | 00:57:06 | 00:44:02 | 01:10:03 | 6:11:10 | 00:05:21 | 36 | M30 | 154 | 6 |
| 894 | Wegkamp | Annika | Nordland Papier | 1983 | 2010 | 00:59:23 | 01:04:00 | 01:15:39 | 00:58:07 | 00:43:49 | 01:10:19 | 6:11:17 | 00:05:21 | 27 | WHK | 21 | 6 |
| 895 | Tunder | Alma | SC Wiesens | 1957 | 2010 | 00:59:10 | 01:04:03 | 01:16:55 | 00:57:30 | 00:44:01 | 01:09:42 | 6:11:21 | 00:05:22 | 53 | W50 | 9 | 6 |
| 896 | Janssen | Günter | MTV Aurich Tria | 1943 | 2010 | 00:59:31 | 01:09:27 | 01:13:41 | 00:56:41 | 00:44:17 | 01:07:49 | 6:11:26 | 00:05:22 | 67 | M60 | 30 | 6 |
| 897 | Stecher | Martina | MTV Wittmund | 1964 | 2010 | 01:00:52 | 01:03:44 | 01:14:51 | 00:58:03 | 00:43:59 | 01:10:00 | 6:11:29 | 00:05:22 | 46 | W40 | 42 | 6 |
| 898 | Erdmann | Dieter | SuS Berumerfehn | 1949 | 2010 | 00:59:58 | 01:03:36 | 01:13:53 | 01:00:00 | 00:43:55 | 01:10:25 | 6:11:47 | 00:05:22 | 61 | M60 | 31 | 6 |
| 899 | Kroon | Uwe | Bünting Tee | 1980 | 2010 | 00:58:30 | 01:03:01 | 01:19:00 | 00:56:04 | 00:44:08 | 01:11:07 | 6:11:50 | 00:05:22 | 30 | M30 | 155 | 6 |
| 900 | Steinmetz | Holger | Emder LG | 1970 | 2010 | 00:59:03 | 01:02:27 | 01:13:42 | 00:56:41 | 00:42:35 | 01:17:24 | 6:11:52 | 00:05:22 | 40 | M40 | 295 | 6 |
| 901 | Bohlen | Heinrich | Schortens | 1947 | 2010 | 01:01:49 | 01:04:19 | 01:16:22 | 00:57:30 | 00:43:36 | 01:08:18 | 6:11:54 | 00:05:22 | 63 | M60 | 32 | 6 |
| 902 | Manning | Heiko | Weener Plastik AG | 1969 | 2010 | 01:02:06 | 01:04:17 | 01:14:14 | 00:55:31 | 00:43:18 | 01:12:29 | 6:11:55 | 00:05:22 | 41 | M40 | 296 | 6 |
| 903 | Kruse | Svenja | LeerWittmund | 1988 | 2010 | 01:00:44 | 01:04:09 | 01:15:08 | 00:58:12 | 00:42:49 | 01:10:56 | 6:11:58 | 00:05:22 | 22 | VHK | 22 | 6 |
| 904 | Duitsmann | Dorothea | Riepe | 1959 | 2010 | 01:00:28 | 01:03:05 | 01:16:58 | 00:57:36 | 00:43:13 | 01:10:39 | 6:11:59 | 00:05:22 | 51 | W50 | 10 | 6 |
| 905 | Fell | Alexander | RuB GmbH | 1985 | 2010 | 01:00:13 | 01:00:39 | 01:13:56 | 01:02:17 | 00:43:28 | 01:11:27 | 6:12:00 | 00:05:22 | 25 | MHK | 72 | 6 |
| 906 | Meyer | Martin | Leer | 1981 | 2010 | 01:02:32 | 01:04:48 | 01:21:46 | 00:51:15 | 00:38:09 | 01:13:36 | 6:12:06 | 00:05:22 | 29 | MHK | 73 | 6 |
| 907 | Rühling | Michael | Aurich | 1971 | 2010 | 01:01:43 | 01:03:54 | 01:15:27 | 00:57:34 | 00:43:48 | 01:09:40 | 6:12:06 | 00:05:22 | 39 | M30 | 156 | 6 |
| 908 | Schroeter | Werner | Moormerland | 1943 | 2010 | 01:02:44 | 01:03:26 | 01:14:48 | 00:57:13 | 00:43:59 | 01:09:57 | 6:12:07 | 00:05:22 | 67 | M60 | 33 | 6 |
| 909 | Rulfs | Gesine | SV Eintracht Ihlow | 1993 | 2010 | 01:01:08 | 01:03:46 | 01:15:56 | 00:56:36 | 00:44:10 | 01:10:33 | 6:12:10 | 00:05:22 | 17 | WU20 | 14 | 6 |
| 910 | Hoppmann | Gerrit | Lauftreff-Ihrhove | 1963 | 2010 | 01:01:24 | 01:04:02 | 01:15:38 | 00:57:01 | 00:44:06 | 01:10:02 | 6:12:13 | 00:05:22 | 47 | M40 | 297 | 6 |
| 911 | Meyer | Marita | Papenburg | 1966 | 2010 | 01:01:39 | 01:03:51 | 01:13:34 | 00:57:46 | 00:45:02 | 01:10:39 | 6:12:31 | 00:05:23 | 44 | W40 | 43 | 6 |
| 912 | Wilken | Joachim | Ubbo-Emmius-Klinik | 1972 | 2010 | 01:03:11 | 01:04:32 | 01:14:49 | 00:56:38 | 00:43:22 | 01:10:06 | 6:12:38 | 00:05:23 | 38 | M30 | 157 | 6 |
| 913 | Tjarks | Alfred | EWE Wattloopers | 1959 | 2010 | 01:01:01 | 01:04:25 | 01:15:38 | 00:57:48 | 00:43:46 | 01:10:00 | 6:12:38 | 00:05:23 | 51 | M50 | 129 | 6 |
| 914 | Penning | Hartmut | Fortuna Logabirum | 1951 | 2010 | 01:08:58 | 01:02:53 | 01:14:15 | 00:56:46 | 00:42:40 | 01:07:07 | 6:12:39 | 00:05:23 | 59 | M50 | 130 | 6 |
| 915 | Träger | Torsten | Rettungsdienst Leer | 1972 | 2010 | 01:01:02 | 01:04:52 | 01:15:34 | 00:57:30 | 00:44:05 | 01:09:40 | 6:12:43 | 00:05:23 | 38 | M30 | 158 | 6 |
| 916 | Mülder | Michael | HTG - Ihlow | 1996 | 2010 | 01:04:46 | 01:00:02 | 01:13:19 | 00:56:21 | 00:42:41 | 01:15:40 | 6:12:49 | 00:05:23 | 14 | MU20 | 93 | 6 |
| 917 | Janssen | Holger | Tus Esens | 1963 | 2010 | 00:59:53 | | | | | | | | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durch- schnitt pro km | Alter | AK | Platz | Etappen |
|-------|---------------|-------------|-------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|-----------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 924 | Brümmer | Günter | Nordland Papier | 1966 | 2010 | 01:04:52 | 01:04:01 | 01:14:32 | 00:56:49 | 00:42:36 | 01:10:34 | 6:13:24 | 00:05:23 | 44 | M40 | 301 | 6 |
| 925 | von Preyss | Bodo | Pro SENIS | 1939 | 2010 | 01:02:25 | 01:03:34 | 01:15:47 | 00:57:49 | 00:44:16 | 01:09:45 | 6:13:36 | 00:05:23 | 71 | M70 | 3 | 6 |
| 926 | Lingner | Gerhard | Westrauderfehn | 1949 | 2010 | 00:59:06 | 01:03:29 | 01:15:24 | 00:57:30 | 00:44:31 | 01:13:45 | 6:13:45 | 00:05:24 | 61 | M60 | 34 | 6 |
| 927 | Doejen | Manfred | Emden | 1973 | 2010 | 01:01:03 | 01:03:32 | 01:16:13 | 00:57:34 | 00:43:41 | 01:11:44 | 6:13:47 | 00:05:24 | 37 | M30 | 160 | 6 |
| 928 | Meiners | Silvia | ISV Emden | 1971 | 2010 | 01:04:15 | 01:03:03 | 01:18:05 | 00:56:48 | 00:42:11 | 01:09:29 | 6:13:51 | 00:05:24 | 39 | W30 | 42 | 6 |
| 929 | Schouwer | Dennis | Logistic GmbH | 1986 | 2010 | 01:04:09 | 01:05:28 | 01:14:59 | 00:59:07 | 00:42:10 | 01:08:02 | 6:13:55 | 00:05:24 | 24 | MHK | 74 | 6 |
| 930 | Fischer | Ralf | Team Besser | 1963 | 2010 | 01:00:30 | 01:03:22 | 01:13:50 | 00:59:06 | 00:44:56 | 01:12:11 | 6:13:55 | 00:05:24 | 47 | M40 | 302 | 6 |
| 931 | Hommers | Traute | LT TuS Aurich-Ost | 1963 | 2010 | 00:59:44 | 01:03:58 | 01:16:42 | 00:58:57 | 00:44:06 | 01:10:29 | 6:13:56 | 00:05:24 | 47 | W40 | 45 | 6 |
| 932 | Nissen | Frank | Aurich | 1961 | 2010 | 00:59:45 | 01:03:58 | 01:16:43 | 00:58:57 | 00:44:07 | 01:10:28 | 6:13:58 | 00:05:24 | 49 | M40 | 303 | 6 |
| 933 | Hüser | Doris | Moormerland | 1964 | 2010 | 01:00:07 | 01:04:32 | 01:16:11 | 00:58:01 | 00:44:29 | 01:10:41 | 6:14:01 | 00:05:24 | 46 | W40 | 46 | 6 |
| 934 | Buß | Georg | Moormerland | 1958 | 2010 | 01:00:10 | 01:03:58 | 01:14:59 | 00:57:38 | 00:44:49 | 01:12:34 | 6:14:08 | 00:05:24 | 52 | M50 | 132 | 6 |
| 935 | Nüssmann | Ulli | Logistic GmbH | 1981 | 2010 | 01:03:01 | 01:03:51 | 01:15:23 | 00:56:18 | 00:44:26 | 01:11:13 | 6:14:12 | 00:05:24 | 29 | MHK | 75 | 6 |
| 936 | Benthien | Andrea | LT TuS Aurich-Ost | 1968 | 2010 | 01:00:42 | 01:03:52 | 01:15:42 | 00:57:54 | 00:44:08 | 01:11:55 | 6:14:13 | 00:05:24 | 42 | W40 | 47 | 6 |
| 937 | Gerdes | Martin | Leinerstift e. V. | 1973 | 2010 | 01:02:31 | 01:03:45 | 01:18:12 | 00:59:18 | 00:43:07 | 01:07:21 | 6:14:14 | 00:05:24 | 37 | M30 | 161 | 6 |
| 938 | Winkler | Georg | TV Norden | 1947 | 2010 | 01:01:14 | 01:02:23 | 01:14:56 | 00:59:28 | 00:43:22 | 01:12:54 | 6:14:17 | 00:05:24 | 63 | M60 | 35 | 6 |
| 939 | Schatt | Olaf | Leer | 1967 | 2010 | 01:03:44 | 01:03:54 | 01:12:55 | 00:57:27 | 00:46:07 | 01:10:12 | 6:14:19 | 00:05:24 | 43 | M40 | 304 | 6 |
| 940 | Hösbacher | Christian | ELV AG | 1975 | 2010 | 00:59:16 | 00:59:59 | 01:13:49 | 01:00:29 | 00:49:37 | 01:11:10 | 6:14:20 | 00:05:24 | 35 | M30 | 162 | 6 |
| 941 | Buß | Helmut | Wiesedermeer eG | 1968 | 2010 | 01:01:28 | 01:04:35 | 01:17:30 | 00:57:29 | 00:44:14 | 01:09:22 | 6:14:38 | 00:05:24 | 42 | M40 | 305 | 6 |
| 942 | Bruns | Rita | TSV Hesel | 1963 | 2010 | 01:02:07 | 01:03:44 | 01:16:22 | 00:57:23 | 00:43:47 | 01:11:32 | 6:14:55 | 00:05:25 | 47 | W40 | 48 | 6 |
| 943 | Fengkohl | Frank | Fortuna Wirdum | 1960 | 2010 | 01:00:58 | 01:03:58 | 01:15:27 | 00:58:24 | 00:45:10 | 01:11:14 | 6:15:11 | 00:05:25 | 50 | M50 | 133 | 6 |
| 944 | Gerken | Regina | Fortuna Wirdum | 1965 | 2010 | 01:00:58 | 01:03:58 | 01:15:26 | 00:58:25 | 00:45:10 | 01:11:14 | 6:15:11 | 00:05:25 | 45 | W40 | 49 | 6 |
| 945 | Wienrank | Horst | Dornum | 1960 | 2010 | 01:01:00 | 01:03:08 | 01:16:04 | 00:57:03 | 00:45:04 | 01:12:57 | 6:15:16 | 00:05:25 | 50 | M50 | 134 | 6 |
| 946 | Woehling | Thomas | Lauftreff SV Ofenerdiek | 1962 | 2010 | 01:00:54 | 01:03:40 | 01:16:05 | 00:57:39 | 00:44:07 | 01:12:58 | 6:15:23 | 00:05:25 | 48 | M40 | 306 | 6 |
| 947 | Krumwiede | Marc | Oldenburg | 1970 | 2010 | 01:01:38 | 01:03:01 | 01:18:13 | 00:58:11 | 00:44:50 | 01:09:35 | 6:15:28 | 00:05:25 | 40 | M40 | 307 | 6 |
| 948 | Jacob | Daniel | Oldenburg | 1968 | 2010 | 01:01:38 | 01:03:01 | 01:18:12 | 00:58:11 | 00:44:50 | 01:09:36 | 6:15:28 | 00:05:25 | 42 | M40 | 308 | 6 |
| 949 | Determann | Ute | LT TuS Aurich-Ost | 1961 | 2010 | 01:03:20 | 01:06:18 | 01:13:25 | 00:58:50 | 00:43:07 | 01:10:33 | 6:15:33 | 00:05:25 | 49 | W40 | 50 | 6 |
| 950 | Frikke | Siegfried | TuS Holthusen | 1953 | 2010 | 01:00:39 | 01:04:54 | 01:17:00 | 00:58:09 | 00:43:58 | 01:10:55 | 6:15:35 | 00:05:25 | 57 | M50 | 135 | 6 |
| 951 | Conring | Albert | SV Nortmoor | 1947 | 2010 | 01:01:42 | 01:05:24 | 01:15:06 | 00:58:47 | 00:44:32 | 01:10:05 | 6:15:36 | 00:05:25 | 63 | M60 | 36 | 6 |
| 952 | Abbas | Steffen | LG Bunde | 1985 | 2010 | 01:00:28 | 01:02:41 | 01:15:36 | 00:54:58 | 00:41:09 | 01:20:57 | 6:15:49 | 00:05:25 | 25 | MHK | 76 | 6 |
| 953 | Emken | Mariechen | MTV Wittmund | 1954 | 2010 | 01:01:40 | 01:04:19 | 01:16:38 | 00:58:18 | 00:44:55 | 01:09:59 | 6:15:49 | 00:05:25 | 56 | W50 | 11 | 6 |
| 954 | Janssen | Gerd | Sandhorst | 1953 | 2010 | 01:01:51 | 01:05:18 | 01:15:54 | 00:57:50 | 00:44:12 | 01:10:51 | 6:15:56 | 00:05:25 | 57 | M50 | 136 | 6 |
| 955 | Kroon | Rainer | Bünting Tee | 1982 | 2010 | 01:00:25 | 01:03:04 | 01:15:16 | 00:57:21 | 00:44:34 | 01:15:20 | 6:16:00 | 00:05:26 | 28 | MHK | 77 | 6 |
| 956 | Malinowski | Svea | Hartmann Group | 1989 | 2010 | 01:03:40 | 01:04:59 | 01:14:23 | 00:57:38 | 00:44:37 | 01:10:48 | 6:16:05 | 00:05:26 | 21 | WHK | 23 | 6 |
| 957 | Ackmann | Helmut | LT TuS Aurich-Ost | 1954 | 2010 | 01:00:48 | 01:04:31 | 01:16:43 | 00:57:53 | 00:44:35 | 01:11:37 | 6:16:07 | 00:05:26 | 56 | M50 | 137 | 6 |
| 958 | Jansen | Dennis | Reederei Buss | 1986 | 2010 | 00:59:41 | 01:03:29 | 01:14:36 | 00:57:24 | 00:46:55 | 01:14:02 | 6:16:07 | 00:05:26 | 24 | MHK | 78 | 6 |
| 959 | Schäfer | Stefan | IT-Sektor 4 | 1983 | 2010 | 01:01:55 | 01:02:41 | 01:16:26 | 00:57:28 | 00:48:11 | 01:09:26 | 6:16:07 | 00:05:26 | 27 | MHK | 79 | 6 |
| 960 | Schuurmann | Daniel | LT TuS Aurich-Ost | 1964 | 2010 | 01:03:35 | 01:04:25 | 01:15:42 | 00:57:26 | 00:43:32 | 01:11:31 | 6:16:11 | 00:05:26 | 46 | M40 | 309 | 6 |
| 961 | Jürrens | Georg | Spvgg Upleward | 1952 | 2010 | 01:01:33 | 01:04:09 | 01:16:01 | 00:57:54 | 00:44:51 | 01:11:50 | 6:16:18 | 00:05:26 | 58 | M50 | 138 | 6 |
| 962 | Gorzawski | Michael | TV Norden | 1961 | 2010 | 01:01:20 | 01:04:18 | 01:15:31 | 00:58:24 | 00:45:13 | 01:11:37 | 6:16:23 | 00:05:26 | 49 | M40 | 310 | 6 |
| 963 | Frerichs | Michael | WT Loppersum | 1969 | 2010 | 01:01:32 | 01:06:42 | 01:16:31 | 00:59:21 | 00:43:05 | 01:09:16 | 6:16:27 | 00:05:26 | 41 | M40 | 311 | 6 |
| 964 | Ulitzka | Marion | elg emden | 1966 | 2010 | 01:01:35 | 01:04:45 | 01:18:04 | 00:57:37 | 00:43:46 | 01:10:43 | 6:16:30 | 00:05:26 | 44 | W40 | 51 | 6 |
| 965 | Wilken | Gerhold | LeerWittmund | 1954 | 2010 | 01:02:22 | 01:04:49 | 01:16:08 | 00:58:12 | 00:44:20 | 01:10:43 | 6:16:34 | 00:05:26 | 56 | M50 | 139 | 6 |
| 966 | Abrahams | Detlef | Hobbyläufer | 1961 | 2010 | 01:00:17 | 01:03:16 | 01:18:46 | 00:57:39 | 00:44:21 | 01:12:18 | 6:16:37 | 00:05:26 | 49 | M40 | 312 | 6 |
| 967 | Brink | Armin | Stadtwerke Leer | 1962 | 2010 | 00:59:20 | 01:07:09 | 01:15:53 | 00:57:30 | 00:44:51 | 01:12:05 | 6:16:48 | 00:05:26 | 48 | M40 | 313 | 6 |
| 968 | Schoneboom | Hans-Günter | Hinte | 1966 | 2010 | 01:00:54 | 01:03:13 | 01:16:18 | 00:59:14 | 00:45:31 | 01:11:43 | 6:16:53 | 00:05:26 | 44 | M40 | 314 | 6 |
| 969 | Oelrichs | Hero | Laufgemeinschaft | 1961 | 2010 | 00:59:43 | 01:01:55 | 01:15:57 | 00:57:16 | 00:45:19 | 01:16:47 | 6:16:57 | 00:05:26 | 49 | M40 | 315 | 6 |
| 970 | Buß | Sandra | Emden | 1982 | 2010 | 01:02:29 | 01:03:32 | 01:16:36 | 00:57:34 | 00:44:17 | 01:12:32 | 6:17:00 | 00:05:26 | 28 | WHK | 24 | 6 |
| 971 | Mudder | Sandra | LG Ostfriesland | 1964 | 2010 | 01:02:15 | 01:04:42 | 01:14:47 | 00:58:56 | 00:45:15 | 01:11:11 | 6:17:06 | 00:05:26 | 46 | W40 | 52 | 6 |
| 972 | Heckerroth | Jens | Feka Tec GmbH | 1976 | 2010 | 01:04:06 | 01:05:04 | 01:15:54 | 00:58:03 | 00:44:38 | 01:09:32 | 6:17:17 | 00:05:27 | 34 | M30 | 163 | 6 |
| 973 | Pupkes | Werner | Feka Tec GmbH | 1965 | 2010 | 01:04:06 | 01:05:05 | 01:15:55 | 00:58:02 | 00:44:38 | 01:09:33 | 6:17:19 | 00:05:27 | 45 | M40 | 316 | 6 |
| 974 | Paul | Wolfgang | Leer | 1962 | 2010 | 01:06:56 | 01:03:22 | 01:16:25 | 00:57:02 | 00:43:36 | 01:09:59 | 6:17:20 | 00:05:27 | 48 | M40 | 317 | 6 |
| 975 | Rabenberg | Dora | LG TV Bunde | 1952 | 2010 | 01:05:39 | 01:03:31 | 01:14:33 | 00:58:07 | 00:45:16 | 01:10:18 | 6:17:24 | 00:05:27 | 58 | W50 | 12 | 6 |
| 976 | Berling | Leo | Nordland Papier | 1958 | 2010 | 01:03:35 | 01:04:22 | 01:15:42 | 00:57:31 | 00:44:35 | 01:11:50 | 6:17:35 | 00:05:27 | 52 | M50 | 140 | 6 |
| 977 | Koch | Gerald | Baptisten Firrel | 1962 | 2010 | 01:02:28 | 01:04:34 | 01:17:31 | 00:58:15 | 00:44:12 | 01:10:37 | 6:17:37 | 00:05:27 | 48 | M40 | 318 | 6 |
| 978 | Ebbers | Ontja | Baptisten Firrel | 1970 | 2010 | 01:02:28 | 01:04:34 | 01:17:31 | 00:58:15 | 00:44:12 | 01:10:37 | 6:17:37 | 00:05:27 | 40 | W40 | 53 | 6 |
| 979 | Kaplan | Simone | Ubbo-Emmius-Klinik | 1980 | 2010 | 01:02:29 | 01:05:06 | 01:17:16 | 00:57:41 | 00:44:22 | 01:10:49 | 6:17:43 | 00:05:27 | 30 | W30 | 43 | 6 |
| 980 | Schieferstein | Ulrich | Leer | 1954 | 2010 | 01:02:44 | 01:05:21 | 01:14:50 | 00:57:18 | 00:44:11 | 01:13:21 | 6:17:45 | 00:05:27 | 56 | M50 | 141 | 6 |
| 981 | de Buhr | Herta | Fortuna Logabirum | 1960 | 2010 | 01:04:32 | 01:05:26 | 01:15:30 | 00:58:12 | 00:44:27 | 01:09:43 | 6:17:50 | 00:05:27 | 50 | W50 | 13 | 6 |
| 982 | Lehmann | Ewald | Aurich | 1954 | 2010 | 01:01:52 | 01:03:10 | 01:14:43 | 00:57:34 | 00:43:02 | 01:17:44 | 6:18:05 | 00:05:27 | 56 | M50 | 142 | 6 |
| 983 | Graafls | Frederic | HTG - Ihlow | 1995 | 2010 | 01:05:53 | 01:04:53 | 01:14:35 | 01:01:08 | 00:42:27 | 01:09:11 | 6:18:07 | 00:05:27 | 15 | MU20 | 94 | 6 |
| 984 | Dang | Nhung Hong | NIGE | 1991 | 2010 | 01:02:34 | 01:05:10 | 01:16:09 | 00:58:53 | 00:44:34 | 01:10:55 | 06:18:17 | 00:05:28 | 19 | WU20 | 15 | 6 |
| 985 | Oltrop | Kerstin | Fortuna Logabirum | 1977 | 2010 | 01:02:29 | 01:03:05 | 01:17:20 | 00:58:07 | 00:45:10 | 01:12:07 | 6:18:18 | 00:05:28 | 33 | W30 | 44 | 6 |
| 986 | Pleis | Anna | Blau-Weiß-Filsum | 1993 | 2010 | 01:02:12 | 01:04:06 | 01:17:09 | 00:57:20 | 00:44:35 | 01:12:54 | 06:18:18 | 00:05:28 | 17 | WU20 | 16 | 6 |
| 987 | Wachtendorf | Thomas | Sandhorst | 1965 | 2010 | 01:05:00 | 01:05:29 | 01:15:54 | 00:57:44 | 00:43:21 | 01:10:56 | 6:18:24 | 00:05:28 | 45 | M40 | 319 | 6 |
| 988 | Holzapfel | Petra | TV Norden | 1968 | 2010 | 01:02:00 | 01:03:49 | 01 | | | | | | | | | |

29. Ostfrieslandlauf 2010

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------|--------------|------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 995 | Broer | Walter | Aurich | 1953 | 2010 | 01:02:43 | 01:04:16 | 01:16:58 | 00:58:29 | 00:44:36 | 01:12:36 | 6:19:38 | 00:05:29 | 57 | M50 | 144 | 6 |
| 996 | Schoon | Thorsten | Mullberg | 1980 | 2010 | 01:02:49 | 01:06:43 | 01:17:58 | 00:57:35 | 00:43:22 | 01:11:16 | 6:19:43 | 00:05:29 | 30 | M30 | 165 | 6 |
| 997 | Löhn | Karen | Neermoor | 1963 | 2010 | 01:02:29 | 01:05:09 | 01:15:39 | 00:58:38 | 00:44:41 | 01:13:09 | 6:19:45 | 00:05:29 | 47 | W40 | 57 | 6 |
| 998 | Meents | Hans-Hermann | KBV Einigkeit Leerhufe | 1965 | 2010 | 01:02:58 | 01:05:26 | 01:16:34 | 00:57:54 | 00:44:16 | 01:12:38 | 6:19:46 | 00:05:29 | 45 | M40 | 321 | 6 |
| 999 | Schwill | Sara | Leer | 1990 | 2010 | 01:01:34 | 01:05:43 | 01:18:52 | 00:59:50 | 00:45:23 | 01:08:24 | 6:19:46 | 00:05:29 | 20 | WHK | 25 | 6 |
| 1000 | Hepper | Jürgen | Prokon Nord | 1961 | 2010 | 01:06:48 | 01:06:57 | 01:15:25 | 00:56:21 | 00:43:11 | 01:11:06 | 6:19:48 | 00:05:29 | 49 | M40 | 322 | 6 |
| 1001 | Reuter | Michael | Team Besser | 1971 | 2010 | 01:02:39 | 01:04:55 | 01:16:22 | 00:59:17 | 00:44:50 | 01:11:59 | 6:20:02 | 00:05:29 | 39 | M30 | 166 | 6 |
| 1002 | König | Tamara | Leichtathletik | 1993 | 2010 | 01:04:36 | 01:04:50 | 01:16:06 | 00:58:07 | 00:43:35 | 01:12:51 | 6:20:08 | 00:05:29 | 17 | WU20 | 17 | 6 |
| 1003 | Janssen | Johann | Aurich | 1964 | 2010 | 01:05:00 | 01:05:29 | 01:15:54 | 00:57:51 | 00:44:02 | 01:11:54 | 6:20:10 | 00:05:29 | 46 | M40 | 323 | 6 |
| 1004 | Strauch | Dieter | ORGADATA AG | 1966 | 2010 | 01:04:00 | 01:05:37 | 01:16:40 | 00:55:24 | 00:46:10 | 01:12:29 | 6:20:20 | 00:05:29 | 44 | M40 | 324 | 6 |
| 1005 | Tammen | Alfred | Bünting Tee | 1965 | 2010 | 01:05:46 | 01:07:24 | 01:15:05 | 00:57:56 | 00:43:30 | 01:10:43 | 6:20:24 | 00:05:29 | 45 | M40 | 325 | 6 |
| 1006 | Broers | Linda | Rettungsdienst Leer | 1975 | 2010 | 01:01:10 | 01:05:40 | 01:17:14 | 00:58:42 | 00:45:35 | 01:12:05 | 6:20:26 | 00:05:29 | 35 | W30 | 46 | 6 |
| 1007 | Müller | Petra | Realschule Aurich | 1964 | 2010 | 01:01:58 | 01:05:29 | 01:17:11 | 01:00:04 | 00:44:33 | 01:11:22 | 6:20:37 | 00:05:30 | 46 | W40 | 58 | 6 |
| 1008 | Baumann | Brigitte | Loppersum | 1963 | 2010 | 01:01:32 | 01:05:42 | 01:17:32 | 00:59:37 | 00:45:35 | 01:10:41 | 6:20:39 | 00:05:30 | 47 | W40 | 59 | 6 |
| 1009 | Kolb | Friederike | Wiesmoor | 1979 | 2010 | 01:01:59 | 01:04:42 | 01:17:10 | 00:58:59 | 00:45:12 | 01:12:40 | 6:20:42 | 00:05:30 | 31 | W30 | 47 | 6 |
| 1010 | Flessner | Elke | Fortuna Logabirum | 1964 | 2010 | 01:01:41 | 01:04:30 | 01:17:28 | 00:58:39 | 00:45:46 | 01:12:52 | 6:20:56 | 00:05:30 | 46 | W40 | 60 | 6 |
| 1011 | Engelkes | Marco | NIGE | 1992 | 2010 | 01:03:21 | 01:03:59 | 01:20:08 | 01:01:19 | 00:44:32 | 01:07:42 | 6:21:01 | 00:05:30 | 18 | MU20 | 95 | 6 |
| 1012 | Rose | Kerstin | Hartmann Group | 1981 | 2010 | 01:03:50 | 01:04:56 | 01:15:30 | 00:57:42 | 00:44:53 | 01:14:11 | 6:21:02 | 00:05:30 | 29 | WHK | 26 | 6 |
| 1013 | Tönjes | Karsten | LeerWittmund | 1958 | 2010 | 01:06:19 | 01:07:04 | 01:17:40 | 00:57:02 | 00:43:00 | 01:10:00 | 6:21:05 | 00:05:30 | 52 | M50 | 145 | 6 |
| 1014 | Groenhagen | Herrmann | LeerWittmund | 1974 | 2010 | 01:06:19 | 01:07:03 | 01:17:39 | 00:57:03 | 00:43:01 | 01:10:01 | 6:21:06 | 00:05:30 | 36 | M30 | 167 | 6 |
| 1015 | Schlump | Michael | Saterland | 1965 | 2010 | 01:02:28 | 01:05:31 | 01:18:57 | 00:58:18 | 00:44:54 | 01:11:01 | 6:21:09 | 00:05:30 | 45 | M40 | 326 | 6 |
| 1016 | Ennen | Kerstin | Sportschule TAO | 1982 | 2010 | 01:01:33 | 01:03:51 | 01:19:48 | 00:58:29 | 00:45:33 | 01:11:55 | 6:21:09 | 00:05:30 | 28 | WHK | 27 | 6 |
| 1017 | Grensemann | Hans | Großheide | 1952 | 2010 | 01:02:43 | 01:04:49 | 01:18:23 | 00:58:12 | 00:44:36 | 01:12:36 | 6:21:19 | 00:05:30 | 58 | M50 | 146 | 6 |
| 1018 | Dirks | Alfred | Uthwerdum | 1963 | 2010 | 01:01:09 | 01:03:27 | 01:18:46 | 00:59:28 | 00:45:50 | 01:12:40 | 6:21:20 | 00:05:30 | 47 | M40 | 327 | 6 |
| 1019 | Bleeker | Rolf | SV Georgsheil | 1961 | 2010 | 01:01:10 | 01:03:26 | 01:18:47 | 00:59:28 | 00:45:50 | 01:12:39 | 6:21:20 | 00:05:30 | 49 | M40 | 328 | 6 |
| 1020 | Claaßen | Christa | WfbM Aurich | 1960 | 2010 | 01:01:51 | 01:05:47 | 01:17:17 | 00:59:42 | 00:45:16 | 01:11:28 | 6:21:21 | 00:05:30 | 50 | W50 | 14 | 6 |
| 1021 | Alberts | Werner | Theatergruppe | 1972 | 2010 | 01:02:34 | 01:04:08 | 01:17:28 | 01:00:27 | 00:44:13 | 01:12:31 | 6:21:21 | 00:05:30 | 38 | M30 | 168 | 6 |
| 1022 | Janssen | Tobias | WfbM Aurich | 1992 | 2010 | 01:04:04 | 01:05:06 | 01:15:48 | 00:59:52 | 00:45:42 | 01:10:57 | 6:21:29 | 00:05:30 | 18 | MU20 | 96 | 6 |
| 1023 | Otten | Sandra | Aurich | 1987 | 2010 | 01:02:12 | 01:01:33 | 01:19:48 | 00:57:44 | 00:47:17 | 01:13:01 | 6:21:35 | 00:05:30 | 23 | WHK | 28 | 6 |
| 1024 | Schiller | Helmut | Team Besser | 1966 | 2010 | 01:02:36 | 01:04:56 | 01:16:22 | 01:00:13 | 00:44:45 | 01:12:53 | 6:21:45 | 00:05:31 | 44 | M40 | 329 | 6 |
| 1025 | Kleen | Heinrich | LG Großefehn | 1959 | 2010 | 01:01:58 | 01:05:53 | 01:17:01 | 00:59:10 | 00:45:44 | 01:12:03 | 6:21:49 | 00:05:31 | 51 | M50 | 147 | 6 |
| 1026 | Kamann | Friedhelm | Ubbo-Emmius-Klinik | 1956 | 2010 | 01:02:49 | 01:05:38 | 01:18:18 | 00:59:17 | 00:45:07 | 01:10:40 | 6:21:49 | 00:05:31 | 54 | M50 | 148 | 6 |
| 1027 | Röben | Hinrich | LT TuS Aurich-Ost | 1956 | 2010 | 01:00:54 | 01:05:19 | 01:17:35 | 01:00:02 | 00:45:28 | 01:12:41 | 6:21:59 | 00:05:31 | 54 | M50 | 149 | 6 |
| 1028 | Doden | Meinhard | SV-Georgsheil | 1962 | 2010 | 01:01:09 | 01:03:27 | 01:18:47 | 00:59:40 | 00:46:32 | 01:12:40 | 6:22:15 | 00:05:31 | 48 | M40 | 330 | 6 |
| 1029 | Siepert | Maria | MTV Wittmund | 1956 | 2010 | 01:01:40 | 01:05:42 | 01:17:36 | 00:59:44 | 00:45:59 | 01:11:38 | 6:22:19 | 00:05:31 | 54 | W50 | 15 | 6 |
| 1030 | Herten | Bernhard | Neufirrel | 1959 | 2010 | 01:02:32 | 01:04:56 | 01:16:32 | 00:58:53 | 00:45:48 | 01:13:41 | 6:22:22 | 00:05:31 | 51 | M50 | 150 | 6 |
| 1031 | Narr | Werner | Narr | 1949 | 2010 | 01:02:34 | 01:04:23 | 01:18:34 | 00:59:38 | 00:45:20 | 01:11:54 | 6:22:23 | 00:05:31 | 61 | M60 | 37 | 6 |
| 1032 | Wolkenhaar | Enno | TC Grün Weiß, Leer | 1938 | 2010 | 01:07:22 | 01:02:47 | 01:17:22 | 00:57:49 | 00:44:36 | 01:12:36 | 6:22:32 | 00:05:31 | 72 | M70 | 4 | 6 |
| 1033 | Hecker | Sylvia | FTC Hollen | 1971 | 2010 | 01:00:32 | 01:04:14 | 01:18:18 | 01:00:00 | 00:45:37 | 01:13:55 | 6:22:36 | 00:05:31 | 39 | W30 | 48 | 6 |
| 1034 | Pruin | Christian | Team Wilts | 1981 | 2010 | 01:04:24 | 01:07:46 | 01:16:29 | 00:58:44 | 00:45:00 | 01:10:16 | 6:22:39 | 00:05:31 | 29 | MHK | 80 | 6 |
| 1035 | Sick | Jens | JAA Emden | 1965 | 2010 | 01:02:23 | 01:06:07 | 01:18:01 | 00:59:04 | 00:45:36 | 01:11:29 | 6:22:40 | 00:05:31 | 45 | M40 | 331 | 6 |
| 1036 | Voget | Hartmut | KFZ Bönnen | 1960 | 2010 | 01:02:39 | 01:05:36 | 01:20:03 | 00:58:56 | 00:44:17 | 01:11:12 | 6:22:43 | 00:05:31 | 50 | M50 | 151 | 6 |
| 1037 | Swart | Helmut | Weener Plastik AG | 1964 | 2010 | 01:06:04 | 01:06:30 | 01:20:25 | 00:59:35 | 00:46:08 | 01:04:25 | 6:23:07 | 00:05:32 | 46 | M40 | 332 | 6 |
| 1038 | Janssen | Jann Bruno | Tannenhäuser | 1993 | 2010 | 01:05:27 | 01:08:48 | 01:16:17 | 00:57:29 | 00:45:37 | 01:09:38 | 6:23:16 | 00:05:32 | 17 | MU20 | 97 | 6 |
| 1039 | Kampen | Thomas | WfbM Aurich | 1962 | 2010 | 01:02:26 | 01:05:44 | 01:17:19 | 00:59:41 | 00:45:14 | 01:12:58 | 6:23:22 | 00:05:32 | 48 | M40 | 333 | 6 |
| 1040 | Feldmann | Uwe | VfL Berumbur | 1967 | 2010 | 01:02:32 | 01:06:53 | 01:18:16 | 00:54:11 | 00:46:12 | 01:15:23 | 6:23:27 | 00:05:32 | 43 | M40 | 334 | 6 |
| 1041 | Nitschke | Ria | Stadt Leer | 1963 | 2010 | 01:02:36 | 01:05:04 | 01:17:39 | 01:00:13 | 00:45:17 | 01:12:53 | 6:23:42 | 00:05:32 | 47 | W40 | 61 | 6 |
| 1042 | Penon | Focko | Aurich | 1971 | 2010 | 01:07:19 | 01:07:40 | 01:17:32 | 00:59:02 | 00:43:22 | 01:08:55 | 6:23:50 | 00:05:32 | 39 | M30 | 169 | 6 |
| 1043 | Köllmann | Sonja | LT Ihrhove | 1967 | 2010 | 01:01:45 | 01:04:24 | 01:20:58 | 01:00:16 | 00:44:54 | 01:11:41 | 6:23:58 | 00:05:32 | 43 | W40 | 62 | 6 |
| 1044 | Holtz | Wibke | Grossefehnh | 1974 | 2010 | 01:06:08 | 01:04:58 | 01:17:05 | 00:58:23 | 00:44:28 | 01:12:57 | 6:23:59 | 00:05:32 | 36 | W30 | 49 | 6 |
| 1045 | Kleen | Diedrich | Woody Service Team | 1972 | 2010 | 01:06:08 | 01:04:59 | 01:17:06 | 00:58:23 | 00:44:28 | 01:12:56 | 6:24:00 | 00:05:32 | 38 | M30 | 170 | 6 |
| 1046 | Barth | Jan-Uwe | LeerWittmund | 1979 | 2010 | 01:03:31 | 00:56:02 | 01:21:37 | 01:01:38 | 00:46:48 | 01:14:25 | 6:24:01 | 00:05:32 | 31 | M30 | 171 | 6 |
| 1047 | Schoon | Katrin | Lebenshilfe gGmbH | 1981 | 2010 | 01:05:45 | 01:07:21 | 01:16:01 | 00:57:41 | 00:45:31 | 01:11:43 | 6:24:02 | 00:05:32 | 29 | WHK | 29 | 6 |
| 1048 | Brahms | Wilfried | Emden | 1952 | 2010 | 01:03:24 | 01:07:06 | 01:17:08 | 00:59:02 | 00:45:04 | 01:12:18 | 6:24:02 | 00:05:32 | 58 | M50 | 152 | 6 |
| 1049 | Schmidt | Helga | EWE Wattloopers | 1965 | 2010 | 01:04:01 | 01:05:14 | 01:17:24 | 00:59:31 | 00:45:59 | 01:11:54 | 6:24:03 | 00:05:33 | 45 | W40 | 63 | 6 |
| 1050 | Gronewold | Anja | EIER | 1977 | 2010 | 01:01:05 | 01:04:46 | 01:17:42 | 00:59:06 | 00:46:37 | 01:14:50 | 6:24:06 | 00:05:33 | 33 | W30 | 50 | 6 |
| 1051 | Akkermann | Ralf | TV Oldersum | 1968 | 2010 | 01:03:30 | 00:56:17 | 01:21:37 | 01:01:38 | 00:46:48 | 01:14:25 | 6:24:15 | 00:05:33 | 42 | M40 | 335 | 6 |
| 1052 | Ahrens | Ole | WfbM Aurich | 1990 | 2010 | 01:01:54 | 00:58:25 | 01:10:57 | 00:52:14 | 00:54:42 | 01:26:09 | 6:24:21 | 00:05:33 | 20 | MHK | 81 | 6 |
| 1053 | Beier | Ingo | Projekt 8-9-10 | 1958 | 2010 | 01:02:33 | 01:05:10 | 01:18:00 | 01:00:18 | 00:44:47 | 01:13:39 | 6:24:27 | 00:05:33 | 52 | M50 | 153 | 6 |
| 1054 | Behrends | Uschi | MTV Aurich | 1957 | 2010 | 01:01:20 | 01:04:17 | 01:18:40 | 00:59:32 | 00:45:18 | 01:15:27 | 6:24:34 | 00:05:33 | 53 | W50 | 16 | 6 |
| 1055 | Hauschild | Stefan | Rettungsdienst Leer | 1970 | 2010 | 01:03:07 | 01:06:28 | 01:17:40 | 00:59:12 | 00:45:09 | 01:13:04 | 6:24:40 | 00:05:33 | 40 | M40 | 336 | 6 |
| 1056 | Janssen | Christa | SV Brinkum | 1943 | 2010 | 01:04:13 | 01:05:44 | 01:17:19 | 01:00:15 | 00:45:21 | 01:12:01 | 6:24:53 | 00:05:33 | 67 | W60 | 2 | 6 |
| 1057 | Gerdes | Frank | Team ENERCON | 1982 | 2010 | 01:01:08 | 01:07:11 | 01:15:18 | 00:59:37 | 00:45:44 | 01:15:58 | 6:24:56 | 00:05:33 | 28 | MHK | 82 | 6 |
| 1058 | Veenhuis | Linda | Fortuna Logabirum | 1965 | 2010 | 01:03:02 | 01:06:46 | 01:16:27 | 00:59:47 | 00:45:36 | 01:13:18 | 6:24:56 | 00:05:33 | 45 | W40 | 64 | 6 |
| 1059 | Ebeling | Joachim | Team ENERCON | 1963 | 2010 | 01:04:06 | 01:04:08 | 01:21:37 | 00:59:38 | 00:44:22 | 01:11:13 | | | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|---------------|--------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1066 | Tschorr | Uwe | EWE Wattloopers | 1962 | 2010 | 01:05:28 | 01:07:10 | 01:17:27 | 00:59:27 | 00:45:01 | 01:11:36 | 6:26:09 | 00:05:34 | 48 | M40 | 340 | 6 |
| 1067 | Heyken | Merle | NIGE | 1992 | 2010 | 01:05:05 | 01:06:21 | 01:18:45 | 00:58:40 | 00:45:21 | 01:11:58 | 06:26:13 | 00:05:34 | 18 | WU20 | 19 | 6 |
| 1068 | Harms | Joachim | LG Großefehn | 1961 | 2010 | 01:09:37 | 01:07:58 | 01:16:13 | 00:59:53 | 00:44:00 | 01:08:40 | 6:26:21 | 00:05:35 | 49 | M40 | 341 | 6 |
| 1069 | Meyer | Ingrid | Gesundheitskasse | 1972 | 2010 | 01:03:06 | 01:04:30 | 01:17:58 | 01:00:12 | 00:45:35 | 01:15:03 | 6:26:24 | 00:05:35 | 38 | W30 | 52 | 6 |
| 1070 | Janßen | Siegfried | Südbrookmerland | 1953 | 2010 | 01:04:29 | 01:05:42 | 01:17:41 | 01:00:19 | 00:45:25 | 01:13:13 | 6:26:49 | 00:05:35 | 57 | M50 | 154 | 6 |
| 1071 | Gellmers | Ihno | FC SO | 1996 | 2010 | 01:05:21 | 01:05:51 | 01:18:05 | 00:59:36 | 00:44:43 | 01:13:15 | 6:26:51 | 00:05:35 | 14 | MU20 | 98 | 6 |
| 1072 | Hippen | Silvia | Ulpts Architekten | 1973 | 2010 | 01:01:47 | 01:04:50 | 01:17:32 | 01:01:24 | 00:47:27 | 01:13:51 | 6:26:51 | 00:05:35 | 37 | W30 | 53 | 6 |
| 1073 | Dr.Hirthe | Claus | EMDEN | 1954 | 2010 | 01:05:45 | 01:08:11 | 01:18:26 | 00:58:35 | 00:45:28 | 01:10:32 | 6:26:57 | 00:05:35 | 56 | M50 | 155 | 6 |
| 1074 | Dr.Grape | Thilo | EMDEN | 1965 | 2010 | 01:05:45 | 01:08:11 | 01:18:26 | 00:58:35 | 00:45:28 | 01:10:33 | 6:26:58 | 00:05:35 | 45 | M40 | 342 | 6 |
| 1075 | Steenhoff | Heiner | Holterfehn | 1960 | 2010 | 01:04:09 | 01:08:02 | 01:17:59 | 00:59:24 | 00:45:34 | 01:11:54 | 6:27:02 | 00:05:35 | 50 | M50 | 156 | 6 |
| 1076 | Cramer | Friedhard | Emder LG | 1952 | 2010 | 01:03:27 | 01:06:44 | 01:17:43 | 01:00:25 | 00:46:03 | 01:12:43 | 6:27:05 | 00:05:35 | 58 | M50 | 157 | 6 |
| 1077 | Daniel | Simone | Emder LG | 1962 | 2010 | 01:03:27 | 01:06:43 | 01:17:48 | 01:00:25 | 00:46:00 | 01:12:44 | 6:27:07 | 00:05:35 | 48 | W40 | 66 | 6 |
| 1078 | Welke | Andreas | Emder LG | 1957 | 2010 | 01:03:35 | 01:06:32 | 01:17:44 | 01:00:30 | 00:46:08 | 01:12:49 | 6:27:18 | 00:05:35 | 53 | M50 | 158 | 6 |
| 1079 | Schmidt | Angela | obw Emden | 1961 | 2010 | 01:02:44 | 01:06:41 | 01:18:12 | 01:00:56 | 00:45:34 | 01:13:17 | 6:27:24 | 00:05:35 | 49 | W40 | 67 | 6 |
| 1080 | Hausmann | Hilke | Gemeinde Hinte | 1961 | 2010 | 01:03:36 | 01:06:39 | 01:17:53 | 01:00:29 | 00:46:03 | 01:12:49 | 6:27:29 | 00:05:35 | 49 | W40 | 68 | 6 |
| 1081 | Kobuch | Herma | SV Werdum | 1968 | 2010 | 01:04:02 | 01:07:00 | 01:17:25 | 01:00:25 | 00:46:45 | 01:11:59 | 6:27:36 | 00:05:36 | 42 | W40 | 69 | 6 |
| 1082 | Dichhöfer | Holger | de Heizungslloopers | 1972 | 2010 | 01:04:14 | 01:07:57 | 01:19:33 | 00:59:03 | 00:45:35 | 01:11:17 | 6:27:39 | 00:05:36 | 38 | M30 | 172 | 6 |
| 1083 | Brunn | Wolfgang | | 1958 | 2010 | 01:06:09 | 01:07:01 | 01:17:03 | 00:58:52 | 00:45:01 | 01:13:36 | 6:27:42 | 00:05:36 | 52 | M50 | 159 | 6 |
| 1084 | Heckhoff | Andreas | Leer | 1964 | 2010 | 01:01:21 | 01:07:34 | 01:18:26 | 01:00:42 | 00:46:32 | 01:13:11 | 6:27:46 | 00:05:36 | 46 | M40 | 343 | 6 |
| 1085 | Wilken | Anja | Uplengen | 1970 | 2010 | 01:01:21 | 01:07:34 | 01:18:26 | 01:00:42 | 00:46:32 | 01:13:11 | 6:27:46 | 00:05:36 | 40 | W40 | 70 | 6 |
| 1086 | Erdwiens | Hans-Dieter | RuB GmbH | 1957 | 2010 | 01:01:59 | 01:05:33 | 01:20:06 | 01:00:06 | 00:45:40 | 01:14:34 | 6:27:58 | 00:05:36 | 53 | M50 | 160 | 6 |
| 1087 | Wollermann | Manfred | MTV Wittmund | 1942 | 2010 | 01:03:38 | 01:07:37 | 01:18:42 | 00:59:18 | 00:45:26 | 01:13:17 | 6:27:58 | 00:05:36 | 68 | M60 | 38 | 6 |
| 1088 | Jans | Kirsten | Steuerberatungsges. | 1964 | 2010 | 01:02:08 | 01:09:11 | 01:18:06 | 00:59:46 | 00:45:09 | 01:13:47 | 6:28:07 | 00:05:36 | 46 | W40 | 71 | 6 |
| 1089 | Steinhagen | Ingolf | Weener Plastik AG | 1978 | 2010 | 01:04:25 | 01:06:24 | 01:18:52 | 00:59:30 | 00:45:19 | 01:13:39 | 6:28:09 | 00:05:36 | 32 | M30 | 173 | 6 |
| 1090 | Weingart | Thomas | LG Ostfriesland | 1962 | 2010 | 01:03:46 | 01:09:34 | 01:19:30 | 01:00:00 | 00:44:05 | 01:11:14 | 6:28:09 | 00:05:36 | 48 | M40 | 344 | 6 |
| 1091 | Wiegmann | Günter | Nortmoor | 1960 | 2010 | 01:03:02 | 01:05:48 | 01:18:27 | 00:59:54 | 00:45:54 | 01:15:06 | 6:28:11 | 00:05:36 | 50 | M50 | 161 | 6 |
| 1092 | Plaisier | Martina | SV Strücklingen | 1982 | 2010 | 01:02:32 | 01:04:47 | 01:21:46 | 00:58:58 | 00:46:39 | 01:13:36 | 6:28:18 | 00:05:36 | 28 | WHK | 30 | 6 |
| 1093 | Kuiper | Tilo | SV Holtland | 1992 | 2010 | 01:13:39 | 01:06:04 | 01:15:36 | 00:58:38 | 00:44:17 | 01:10:07 | 6:28:21 | 00:05:36 | 18 | MU20 | 99 | 6 |
| 1094 | Grafenburg | Janek | Concordia Neermoor | 1998 | 2010 | 01:06:06 | 01:06:35 | 01:18:47 | 00:58:27 | 00:45:25 | 01:13:04 | 6:28:24 | 00:05:36 | 12 | MU20 | 100 | 6 |
| 1095 | Altman | Stephan | Bockhorn | 1966 | 2010 | 01:03:02 | 01:08:16 | 01:19:01 | 00:57:36 | 00:46:25 | 01:14:11 | 6:28:31 | 00:05:36 | 44 | M40 | 345 | 6 |
| 1096 | Kusnierz | Peter | Berumbur | 1944 | 2010 | 01:02:40 | 01:06:59 | 01:19:02 | 01:00:10 | 00:46:41 | 01:12:59 | 6:28:31 | 00:05:36 | 66 | M60 | 39 | 6 |
| 1097 | Bilous | Tanja | Leer | 1973 | 2010 | 01:04:35 | 01:06:47 | 01:18:38 | 00:59:11 | 00:46:14 | 01:13:08 | 6:28:33 | 00:05:36 | 37 | W30 | 54 | 6 |
| 1098 | Caspers | Uwe | Team ENERCON | 1971 | 2010 | 01:03:39 | 01:07:16 | 01:18:04 | 00:59:46 | 00:46:40 | 01:13:12 | 6:28:37 | 00:05:36 | 39 | M30 | 174 | 6 |
| 1099 | Grafenburg | Jens | LeerWittmund | 1969 | 2010 | 01:06:09 | 01:06:46 | 01:18:47 | 00:58:29 | 00:45:25 | 01:13:04 | 6:28:40 | 00:05:37 | 41 | M40 | 346 | 6 |
| 1100 | Meiners | Sabine | Westerholt | 1995 | 2010 | 01:02:45 | 01:05:36 | 01:20:02 | 01:00:41 | 00:44:55 | 01:14:38 | 6:28:40 | 00:05:37 | 15 | WU20 | 20 | 6 |
| 1101 | König | Tasmin | Westerholt | 1995 | 2010 | 01:02:45 | 01:05:36 | 01:20:02 | 01:00:41 | 00:44:56 | 01:14:38 | 6:28:41 | 00:05:37 | 15 | WU20 | 21 | 6 |
| 1102 | Akermann | Edith | Concordia Ihrhove | 1953 | 2010 | 01:03:08 | 01:06:52 | 01:19:13 | 01:00:54 | 00:46:11 | 01:12:40 | 6:28:58 | 00:05:37 | 57 | W50 | 17 | 6 |
| 1103 | Janßen | Thomas | RVB Aurich/Uplengen | 1981 | 2010 | 01:03:30 | 01:05:04 | 01:18:37 | 01:00:26 | 00:46:38 | 01:14:44 | 6:28:59 | 00:05:37 | 29 | MHK | 84 | 6 |
| 1104 | Steinke | Dietrich | Neermoor | 1941 | 2010 | 01:02:06 | 01:06:05 | 01:18:43 | 01:01:53 | 00:46:46 | 01:13:32 | 6:29:05 | 00:05:37 | 69 | M60 | 40 | 6 |
| 1105 | Deitenbach | Jan-Hendrik | Leer | 1976 | 2010 | 01:04:01 | 01:09:37 | 01:19:41 | 01:00:02 | 00:44:31 | 01:11:18 | 6:29:10 | 00:05:37 | 34 | M30 | 175 | 6 |
| 1106 | Ruffs | Rainer | SV Eintracht Ihlow | 1960 | 2010 | 01:02:36 | 01:05:39 | 01:18:50 | 01:00:59 | 00:47:34 | 01:13:34 | 6:29:12 | 00:05:37 | 50 | M50 | 162 | 6 |
| 1107 | Ludewigs | Werner | Weener Plastik AG | 1957 | 2010 | 01:04:31 | 01:06:42 | 01:19:01 | 00:59:51 | 00:45:29 | 01:13:39 | 6:29:13 | 00:05:37 | 53 | M50 | 163 | 6 |
| 1108 | Bohlen | Elisabeth | Victorbur | 1961 | 2010 | 01:03:31 | 01:06:31 | 01:20:16 | 01:00:22 | 00:45:33 | 01:13:04 | 6:29:17 | 00:05:37 | 49 | W40 | 72 | 6 |
| 1109 | Bruns | Ludger | Emder LG | 1974 | 2010 | 01:03:32 | 01:06:39 | 01:16:29 | 01:00:35 | 00:46:30 | 01:15:57 | 6:29:42 | 00:05:37 | 36 | M30 | 176 | 6 |
| 1110 | Schädler | Susan | Sport | 1959 | 2010 | 01:03:05 | 01:06:49 | 01:19:47 | 01:00:50 | 00:45:44 | 01:13:28 | 6:29:43 | 00:05:37 | 51 | W50 | 18 | 6 |
| 1111 | Kempen | Sönke | Potshausen | 1995 | 2010 | 01:05:44 | 01:02:09 | 01:20:32 | 01:02:43 | 00:42:39 | 01:15:59 | 6:29:46 | 00:05:37 | 15 | MU20 | 101 | 6 |
| 1112 | Kuiper | Bettina | SV-Holtland | 1957 | 2010 | 01:04:21 | 01:07:09 | 01:18:05 | 01:00:47 | 00:46:46 | 01:12:42 | 6:29:50 | 00:05:38 | 53 | W50 | 19 | 6 |
| 1113 | Köster | Martin | obw Emden | 1950 | 2010 | 01:03:48 | 01:04:31 | 01:21:23 | 01:00:29 | 00:46:41 | 01:13:11 | 6:30:03 | 00:05:38 | 60 | M60 | 41 | 6 |
| 1114 | Junker | Thomas | Emder LG | 1965 | 2010 | 01:04:27 | 01:07:42 | 01:17:47 | 01:00:39 | 00:46:37 | 01:12:51 | 6:30:03 | 00:05:38 | 45 | M40 | 347 | 6 |
| 1115 | Hommers | Gerhard | LT SV Ems Jemgum | 1954 | 2010 | 01:03:24 | 01:06:39 | 01:19:47 | 01:00:57 | 00:46:01 | 01:13:19 | 6:30:07 | 00:05:38 | 56 | M50 | 164 | 6 |
| 1116 | Meyer | Hanne | Simonswolde | 1959 | 2010 | 01:02:42 | 01:06:38 | 01:17:18 | 01:03:48 | 00:46:21 | 01:13:27 | 6:30:14 | 00:05:38 | 51 | W50 | 20 | 6 |
| 1117 | Bakker | Martina | Klinikum Leer | 1965 | 2010 | 01:05:43 | 01:06:56 | 01:18:42 | 01:00:41 | 00:45:48 | 01:12:26 | 6:30:16 | 00:05:38 | 45 | W40 | 73 | 6 |
| 1118 | Wilts | Hermann | TV Norden | 1946 | 2010 | 01:02:33 | 01:07:01 | 01:18:06 | 01:00:56 | 00:46:22 | 01:15:20 | 6:30:18 | 00:05:38 | 64 | M60 | 42 | 6 |
| 1119 | Harken-Rößing | Wilma | WfbM Aurich | 1965 | 2010 | 01:05:06 | 01:06:44 | 01:18:29 | 01:00:21 | 00:46:44 | 01:12:56 | 6:30:20 | 00:05:38 | 45 | W40 | 74 | 6 |
| 1120 | Schmidt | Leska | KGS Großefehn | 1997 | 2010 | 01:04:01 | 01:05:31 | 01:20:36 | 00:59:13 | 00:45:25 | 01:15:33 | 6:30:22 | 00:05:38 | 13 | WU20 | 22 | 6 |
| 1121 | Kruse | Andreas | LT TuS Aurich-Ost | 1958 | 2010 | 01:14:00 | 01:05:31 | 01:16:40 | 00:57:52 | 00:44:45 | 01:11:39 | 6:30:27 | 00:05:38 | 52 | M50 | 165 | 6 |
| 1122 | Bakker | Dieter | Leer | 1958 | 2010 | 01:05:11 | 01:07:17 | 01:16:19 | 01:00:28 | 00:46:50 | 01:14:23 | 6:30:28 | 00:05:38 | 52 | M50 | 166 | 6 |
| 1123 | Menge | Torsten | ViaDenta Leer | 1972 | 2010 | 01:05:36 | 01:12:38 | 01:19:10 | 00:59:28 | 00:43:31 | 01:10:24 | 6:30:47 | 00:05:38 | 38 | M30 | 177 | 6 |
| 1124 | Lübekemann | Louisa | Lauftreff Gotham City | 1991 | 2010 | 01:01:13 | 01:05:48 | 01:23:24 | 01:01:31 | 00:45:16 | 01:13:46 | 6:30:59 | 00:05:39 | 19 | WU20 | 23 | 6 |
| 1125 | Schoon | Thea Agena - | LG Großefehn | 1962 | 2010 | 01:03:19 | 01:07:02 | 01:18:42 | 01:01:11 | 00:46:40 | 01:14:09 | 6:31:03 | 00:05:39 | 48 | W40 | 75 | 6 |
| 1126 | Apetz | Derk-Ude | Seefahrtsschule Leer | 1987 | 2010 | 01:04:30 | 01:08:05 | 01:19:00 | 00:57:23 | 00:43:51 | 01:18:19 | 6:31:08 | 00:05:39 | 23 | MHK | 85 | 6 |
| 1127 | Wagenschütz | Daniel | Ubbo-Emmius-Klinik | 1983 | 2010 | 01:07:58 | 01:09:35 | 01:15:59 | 00:58:37 | 00:46:15 | 01:12:50 | 6:31:14 | 00:05:39 | 27 | MHK | 86 | 6 |
| 1128 | Ostendorp | Wilhelm | LG TV Bunde | 1968 | 2010 | 01:05:35 | 01:06:29 | 01:18:39 | 01:00:36 | 00:44:59 | 01:14:56 | 6:31:14 | 00:05:39 | 42 | M40 | 348 | 6 |
| 1129 | Lammers | Maike | Holtland | 1993 | 2010 | 01:13:40 | 01:09:43 | 01:15:44 | 00:58:39 | 00:44:13 | 01:09:18 | 6:31:19 | 00:05:39 | 17 | WU20 | 24 | 6 |
| 1130 | | | | | | | | | | | | | | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|-----------------|--------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1137 | Wübbenhorst | Andrea | LT BSC Burhufe | 1973 | 2010 | 01:04:15 | 01:06:12 | 01:18:25 | 01:00:39 | 00:47:35 | 01:14:47 | 6:31:53 | 00:05:39 | 37 | W30 | 55 | 6 |
| 1138 | Becker | Venke | LT BSC Burhufe | 1967 | 2010 | 01:04:15 | 01:06:12 | 01:18:25 | 01:00:39 | 00:47:36 | 01:14:48 | 6:31:55 | 00:05:39 | 43 | W40 | 78 | 6 |
| 1139 | Schmidt | Günther | Wiede-wiede-Günni | 1956 | 2010 | 01:08:59 | 01:07:12 | 01:18:07 | 01:00:44 | 00:44:47 | 01:12:07 | 6:31:56 | 00:05:39 | 54 | M50 | 167 | 6 |
| 1140 | Neumann | Andrea | Ubbo-Emmius-Klinik | 1976 | 2010 | 01:05:11 | 01:07:18 | 01:18:15 | 01:00:23 | 00:46:32 | 01:14:20 | 6:31:59 | 00:05:39 | 34 | W30 | 56 | 6 |
| 1141 | Heilmann | Klaus | Seefahrtsschule Leer | 1970 | 2010 | 01:01:59 | 01:05:03 | 01:16:00 | 00:58:40 | 00:45:53 | 01:24:57 | 6:32:32 | 00:05:40 | 40 | M40 | 349 | 6 |
| 1142 | Strube | Johann | TVM | 1958 | 2010 | 01:00:23 | 01:03:41 | 01:27:33 | 01:01:48 | 00:46:00 | 01:13:11 | 6:32:36 | 00:05:40 | 52 | M50 | 168 | 6 |
| 1143 | Pruin | Else | e.G. | 1956 | 2010 | 01:03:47 | 01:08:16 | 01:19:19 | 01:00:30 | 00:46:50 | 01:13:58 | 6:32:40 | 00:05:40 | 54 | W50 | 22 | 6 |
| 1144 | Hense | Ingo | RuB GmbH | 1977 | 2010 | 01:02:54 | 01:04:56 | 01:22:34 | 00:59:57 | 00:47:41 | 01:14:40 | 6:32:42 | 00:05:40 | 33 | M30 | 180 | 6 |
| 1145 | Greulich | Thomas | IGS Aurich-West | 1960 | 2010 | 01:04:19 | 01:06:58 | 01:20:20 | 01:00:36 | 00:46:52 | 01:13:40 | 6:32:45 | 00:05:40 | 50 | M50 | 169 | 6 |
| 1146 | von Heimbürg | Helga | TG Wiesmoor | 1966 | 2010 | 01:05:01 | 01:07:39 | 01:18:50 | 01:01:10 | 00:46:28 | 01:13:41 | 6:32:49 | 00:05:40 | 44 | W40 | 79 | 6 |
| 1147 | Linser | Ulrich | MTV Wittmund | 1954 | 2010 | 01:04:43 | 01:08:23 | 01:20:06 | 01:00:24 | 00:46:17 | 01:12:57 | 6:32:50 | 00:05:40 | 56 | M50 | 170 | 6 |
| 1148 | Bonar | Lena | WfbM Aurich | 1988 | 2010 | 01:00:19 | 01:03:28 | 01:18:29 | 01:04:10 | 00:48:56 | 01:17:40 | 6:33:02 | 00:05:40 | 22 | WHK | 32 | 6 |
| 1149 | van Raden | Ute | Aurich | 1968 | 2010 | 01:06:51 | 01:07:33 | 01:19:05 | 01:00:31 | 00:46:03 | 01:13:00 | 6:33:03 | 00:05:40 | 42 | W40 | 80 | 6 |
| 1150 | Heinks | Johann | Neu-Wieboldsbur | 1950 | 2010 | 01:02:20 | 01:06:33 | 01:21:38 | 01:00:51 | 00:46:59 | 01:14:45 | 6:33:06 | 00:05:40 | 60 | M60 | 43 | 6 |
| 1151 | Sahbaz | Faruk | Norden | 1963 | 2010 | 01:07:57 | 01:06:33 | 01:18:29 | 01:00:54 | 00:46:17 | 01:12:56 | 6:33:06 | 00:05:40 | 47 | M40 | 350 | 6 |
| 1152 | Siebels | Gerd | Fortuna Logabirum | 1953 | 2010 | 01:04:52 | 01:06:29 | 01:18:43 | 01:01:38 | 00:46:57 | 01:14:55 | 6:33:34 | 00:05:41 | 57 | M50 | 171 | 6 |
| 1153 | Franzen | Wilfried | Teutonia Stapelmoor | 1945 | 2010 | 01:05:28 | 01:07:13 | 01:19:16 | 01:00:49 | 00:46:21 | 01:14:41 | 6:33:48 | 00:05:41 | 65 | M60 | 44 | 6 |
| 1154 | Höft | Helmut | LT TuS Aurich-Ost | 1959 | 2010 | 01:01:30 | 01:07:21 | 01:20:46 | 01:02:44 | 00:47:09 | 01:14:22 | 6:33:52 | 00:05:41 | 51 | M50 | 172 | 6 |
| 1155 | Coordes | Henning | HTG - Ihlow | 1995 | 2010 | 01:06:42 | 01:08:00 | 01:22:46 | 01:04:02 | 00:46:53 | 01:05:36 | 6:33:59 | 00:05:41 | 15 | MU20 | 102 | 6 |
| 1156 | Paul | Sascha | Team ENERCON | 1981 | 2010 | 01:06:39 | 01:10:17 | 01:19:42 | 00:58:49 | 00:44:24 | 01:14:09 | 6:34:00 | 00:05:41 | 29 | MHK | 87 | 6 |
| 1157 | Ott | Valentina | LT TuS Aurich-Ost | 1973 | 2010 | 01:04:27 | 01:06:28 | 01:20:49 | 00:59:47 | 00:45:01 | 01:18:04 | 6:34:36 | 00:05:42 | 37 | W30 | 57 | 6 |
| 1158 | Kaiser | Andre | Möbel Buss | 1967 | 2010 | 01:05:49 | 01:08:11 | 01:18:23 | 01:00:41 | 00:45:56 | 01:15:44 | 6:34:44 | 00:05:42 | 43 | M40 | 351 | 6 |
| 1159 | Schulte | Willi | Barßel | 1941 | 2010 | 01:03:29 | 01:07:04 | 01:21:30 | 01:00:32 | 00:47:18 | 01:15:00 | 6:34:53 | 00:05:42 | 69 | M60 | 45 | 6 |
| 1160 | Drost | Helge | Wilhelmshaven | 1974 | 2010 | 01:04:41 | 01:08:11 | 01:19:46 | 01:01:25 | 00:46:50 | 01:14:05 | 6:34:58 | 00:05:42 | 36 | M30 | 181 | 6 |
| 1161 | Hagen | Gerhard | Aurich | 1961 | 2010 | 01:07:11 | 01:09:46 | 01:19:00 | 00:59:44 | 00:45:31 | 01:13:49 | 6:35:01 | 00:05:42 | 49 | M40 | 352 | 6 |
| 1162 | Münter | Manfred | unArt-Ostfriesland e. V. | 1973 | 2010 | 01:06:27 | 01:04:42 | 01:16:36 | 00:59:20 | 00:45:13 | 01:22:51 | 6:35:09 | 00:05:42 | 37 | M30 | 182 | 6 |
| 1163 | Schüür | Achim | Loga | 1959 | 2010 | 01:03:24 | 01:08:14 | 01:22:00 | 00:59:48 | 00:45:18 | 01:16:34 | 6:35:18 | 00:05:42 | 51 | M50 | 173 | 6 |
| 1164 | Emken | Tjark-Fokken | NIGE | 1959 | 2010 | 01:05:12 | 01:07:35 | 01:21:09 | 01:01:04 | 00:46:38 | 01:13:44 | 6:35:22 | 00:05:42 | 51 | M50 | 174 | 6 |
| 1165 | Schäfer | Valerie | NIGE | 1992 | 2010 | 01:07:23 | 01:07:32 | 01:19:26 | 01:00:38 | 00:46:04 | 01:14:25 | 06:35:31 | 00:05:42 | 18 | WU20 | 26 | 6 |
| 1166 | Buscher | Stefan | unArt-Ostfriesland e.V. | 1974 | 2010 | 01:06:27 | 01:05:06 | 01:16:45 | 00:58:04 | 00:45:36 | 01:23:52 | 6:35:50 | 00:05:43 | 36 | M30 | 183 | 6 |
| 1167 | van Mark | Malte | Ihlow | 1963 | 2010 | 01:07:03 | 01:05:54 | 01:19:37 | 01:01:09 | 00:48:27 | 01:13:47 | 6:35:57 | 00:05:43 | 47 | M40 | 353 | 6 |
| 1168 | Becker | Maike | Rhauderfehn | 1989 | 2010 | 01:07:44 | 01:07:20 | 01:20:01 | 01:02:21 | 00:45:47 | 01:12:45 | 6:35:58 | 00:05:43 | 21 | WHK | 33 | 6 |
| 1169 | Falkenberg | Helmut | TV Norden | 1965 | 2010 | 01:01:19 | 01:10:36 | 01:22:01 | 01:01:02 | 00:46:28 | 01:14:34 | 6:36:00 | 00:05:43 | 45 | M40 | 354 | 6 |
| 1170 | Dreesmann | Temmo | Veenhusen/Warsingsfe | 1961 | 2010 | 01:04:02 | 01:08:30 | 01:19:59 | 01:01:15 | 00:47:09 | 01:15:11 | 6:36:06 | 00:05:43 | 49 | M40 | 355 | 6 |
| 1171 | Höfker | Inka | Dornum | 1972 | 2010 | 01:06:32 | 01:08:30 | 01:18:42 | 01:00:41 | 00:46:42 | 01:15:06 | 6:36:13 | 00:05:43 | 38 | W30 | 58 | 6 |
| 1172 | Scheffler | Andrea | LT TuS Aurich-Ost | 1966 | 2010 | 01:02:47 | 01:09:17 | 01:21:27 | 01:01:11 | 00:46:30 | 01:15:07 | 6:36:19 | 00:05:43 | 44 | W40 | 81 | 6 |
| 1173 | Mannel | Anke | ENOVA | 1966 | 2010 | 01:05:18 | 01:09:16 | 01:19:58 | 01:00:45 | 00:46:24 | 01:14:38 | 6:36:19 | 00:05:43 | 44 | W40 | 82 | 6 |
| 1174 | Dirks | Dieter | SV Ochtersum | 1965 | 2010 | 01:05:13 | 01:08:07 | 01:20:45 | 01:02:10 | 00:46:17 | 01:14:05 | 6:36:37 | 00:05:43 | 45 | M40 | 356 | 6 |
| 1175 | Weber | Heinz | OVV Emden/Leer | 1968 | 2010 | 01:10:57 | 01:11:37 | 01:20:41 | 00:59:20 | 00:43:09 | 01:10:54 | 6:36:38 | 00:05:43 | 42 | M40 | 357 | 6 |
| 1176 | Röttger | Moritz | IGS Aurich-West | 1999 | 2010 | 01:06:09 | 01:08:24 | 01:23:46 | 01:00:01 | 00:44:50 | 01:13:32 | 6:36:42 | 00:05:43 | 11 | MU20 | 103 | 6 |
| 1177 | Tyarks | Nadine | Team ENERCON | 1987 | 2010 | 01:04:23 | 01:08:11 | 01:18:55 | 01:01:39 | 00:47:42 | 01:15:56 | 6:36:46 | 00:05:44 | 23 | WHK | 34 | 6 |
| 1178 | Weber | Mareike | Emder LG | 1986 | 2010 | 01:06:47 | 01:08:48 | 01:21:28 | 01:00:44 | 00:47:21 | 01:11:50 | 6:36:58 | 00:05:44 | 24 | WHK | 35 | 6 |
| 1179 | Braams | Herma | SC Dunum | 1956 | 2010 | 01:04:27 | 01:07:29 | 01:20:38 | 01:01:30 | 00:47:48 | 01:15:13 | 6:37:05 | 00:05:44 | 54 | W50 | 23 | 6 |
| 1180 | Dams | Carola | LG TV Bunde | 1971 | 2010 | 01:05:44 | 01:08:10 | 01:20:37 | 01:01:48 | 00:45:50 | 01:14:57 | 6:37:06 | 00:05:44 | 39 | W30 | 59 | 6 |
| 1181 | Aden | Gertrud | SV Grobfehn | 1959 | 2010 | 01:04:13 | 01:07:28 | 01:20:14 | 01:01:26 | 00:48:01 | 01:15:47 | 6:37:09 | 00:05:44 | 51 | W50 | 24 | 6 |
| 1182 | Budnick | Margret | TSV Jahn Carolinensiel | 1954 | 2010 | 01:05:58 | 01:07:58 | 01:20:36 | 01:01:58 | 00:46:43 | 01:13:58 | 6:37:11 | 00:05:44 | 56 | W50 | 25 | 6 |
| 1183 | Garten | Hartmut | TuS Glarum | 1950 | 2010 | 01:03:21 | 01:06:49 | 01:19:41 | 01:03:03 | 00:47:23 | 01:16:55 | 6:37:12 | 00:05:44 | 60 | M60 | 46 | 6 |
| 1184 | Wagner | Sven | HRS Moormerland | 1993 | 2010 | 01:05:33 | 01:08:35 | 01:22:15 | 01:00:50 | 00:46:05 | 01:14:01 | 6:37:19 | 00:05:44 | 17 | MU20 | 104 | 6 |
| 1185 | Pruin | Birgit | Leer | 1967 | 2010 | 01:03:36 | 01:07:50 | 01:19:52 | 01:03:39 | 00:47:29 | 01:14:56 | 6:37:22 | 00:05:44 | 43 | W40 | 83 | 6 |
| 1186 | de Buhr | Heinz | Lions Club Uplengen | 1959 | 2010 | 01:04:59 | 01:08:07 | 01:20:01 | 01:03:38 | 00:46:34 | 01:14:05 | 6:37:24 | 00:05:44 | 51 | M50 | 175 | 6 |
| 1187 | Sweers | Olaf | SV Wittmund | 1968 | 2010 | 01:03:57 | 01:10:31 | 01:21:28 | 01:02:09 | 00:45:51 | 01:13:36 | 6:37:32 | 00:05:44 | 42 | M40 | 358 | 6 |
| 1188 | Hinrichs | Johann | MTV Wittmund | 1952 | 2010 | 01:04:30 | 01:06:50 | 01:20:46 | 01:00:55 | 00:44:59 | 01:19:51 | 6:37:51 | 00:05:44 | 58 | M50 | 176 | 6 |
| 1189 | Hinrichs | Wiebke | MTV Wittmund | 1991 | 2010 | 01:04:29 | 01:06:50 | 01:20:46 | 01:00:55 | 00:44:58 | 01:19:52 | 06:37:53 | 00:05:44 | 19 | WU20 | 27 | 6 |
| 1190 | Grüßing | Imke | Freie Lunge Bentstreek | 1970 | 2010 | 01:05:05 | 01:09:43 | 01:20:30 | 01:01:24 | 00:46:53 | 01:14:23 | 6:37:58 | 00:05:45 | 40 | W40 | 84 | 6 |
| 1191 | Kessens | Jannik | SZ Collhusen | 1994 | 2010 | 01:10:55 | 01:10:30 | 01:22:39 | 00:58:03 | 00:43:06 | 01:12:49 | 6:38:02 | 00:05:45 | 16 | MU20 | 105 | 6 |
| 1192 | August | Dieter | rkHeisfelde | 1960 | 2010 | 01:05:00 | 01:09:22 | 01:22:48 | 01:01:39 | 00:45:19 | 01:14:02 | 6:38:10 | 00:05:45 | 50 | M50 | 177 | 6 |
| 1193 | Schulte | Ulla | Weener | 1980 | 2010 | 01:08:36 | 01:07:45 | 01:19:12 | 01:01:47 | 00:46:16 | 01:14:35 | 6:38:11 | 00:05:45 | 30 | W30 | 60 | 6 |
| 1194 | Bakker | Norbert | Team Wilts | 1964 | 2010 | 01:05:59 | 01:08:18 | 01:18:45 | 01:02:41 | 00:47:39 | 01:14:51 | 6:38:13 | 00:05:45 | 46 | M40 | 359 | 6 |
| 1195 | Steevens | Kerstin | LG Bunde | 1972 | 2010 | 01:05:42 | 01:08:11 | 01:20:33 | 01:02:13 | 00:46:41 | 01:14:57 | 6:38:17 | 00:05:45 | 38 | W30 | 61 | 6 |
| 1196 | Seeberg | Jonas | Aurich/M | 1997 | 2010 | 01:08:22 | 01:08:34 | 01:19:34 | 01:00:22 | 00:45:36 | 01:15:53 | 6:38:21 | 00:05:45 | 13 | MU20 | 106 | 6 |
| 1197 | Brümmer | Helmut | ENOVA | 1957 | 2010 | 01:05:18 | 01:09:17 | 01:19:58 | 01:00:43 | 00:46:23 | 01:16:45 | 6:38:24 | 00:05:45 | 53 | M50 | 178 | 6 |
| 1198 | Hemberger | Mareike Isabell | KGS Wittmund | 1990 | 2010 | 01:06:12 | 01:07:34 | 01:19:37 | 00:59:38 | 00:45:50 | 01:19:33 | 6:38:24 | 00:05:45 | 20 | WHK | 36 | 6 |
| 1199 | Füllgrabe | Ulrike | LT TuS Aurich-Ost | 1951 | 2010 | 01:04:10 | 01:08:22 | 01:21:36 | 01:01:56 | 00:47:09 | 01:15:13 | 6:38:26 | 00:05:45 | 59 | W50 | 26 | 6 |
| 1200 | Stege | Thorsten | Oldersum | 1980 | 2010 | 01:08:09 | 01:09:27 | 01:21:39 | 01:02:28 | 00:45:07 | 01:11:45 | 6:38:35 | 00:05:45 | 30 | M30 | 184 | 6 |
| 1201 | Heyen | Gunda | LT TuS Aurich-Ost | 1967 | 2010 | 01:01:21 | 01:04:11 | 01: | | | | | | | | | |

29. Ostfrieslandlauf 2010

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|----------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1208 | Janssen | Anja | SV Stikelkamp | 1968 | 2010 | 01:04:10 | 01:09:27 | 01:20:05 | 01:02:05 | 00:47:57 | 01:15:38 | 6:39:22 | 00:05:46 | 42 | W40 | 88 | 6 |
| 1209 | Störmer | Stefan | Leer | 1968 | 2010 | 01:05:44 | 01:08:33 | 01:21:07 | 01:01:53 | 00:48:05 | 01:14:11 | 6:39:33 | 00:05:46 | 42 | M40 | 360 | 6 |
| 1210 | Ramaker | Harald | SV Warsingsfehn | 1963 | 2010 | 01:05:54 | 01:09:19 | 01:21:51 | 01:01:15 | 00:46:42 | 01:14:39 | 6:39:40 | 00:05:46 | 47 | M40 | 361 | 6 |
| 1211 | Teske-Völker | Andrea | Holtland | 1979 | 2010 | 01:04:42 | 01:08:40 | 01:21:26 | 01:01:52 | 00:46:14 | 01:16:46 | 6:39:40 | 00:05:46 | 31 | W30 | 64 | 6 |
| 1212 | Warring | Silvia | Filsum | 1965 | 2010 | 01:07:32 | 01:07:33 | 01:22:34 | 01:00:57 | 00:47:14 | 01:13:52 | 6:39:42 | 00:05:46 | 45 | W40 | 89 | 6 |
| 1213 | Willms | Rainer | Baptisten Firrel | 1975 | 2010 | 01:07:08 | 01:07:30 | 01:21:42 | 01:02:29 | 00:46:59 | 01:13:59 | 6:39:47 | 00:05:46 | 35 | M30 | 185 | 6 |
| 1214 | Hofmann | Falk | Nordland Papier | 1979 | 2010 | 01:06:24 | 01:08:48 | 01:22:31 | 01:01:54 | 00:45:59 | 01:14:15 | 6:39:51 | 00:05:46 | 31 | M30 | 186 | 6 |
| 1215 | Schoone | Ulrike | Hamburg | 1969 | 2010 | 01:07:56 | 01:07:32 | 01:20:13 | 01:00:37 | 00:47:57 | 01:15:36 | 6:39:51 | 00:05:46 | 41 | W40 | 90 | 6 |
| 1216 | Hirsch | Gero | Wiesedermeer eG | 1968 | 2010 | 01:04:11 | 01:08:23 | 01:20:22 | 01:02:13 | 00:46:59 | 01:17:45 | 6:39:53 | 00:05:46 | 42 | M40 | 362 | 6 |
| 1217 | Stocker | Ralf | Aurich | 1947 | 2010 | 01:04:57 | 01:08:57 | 01:21:13 | 01:01:08 | 00:46:07 | 01:17:34 | 6:39:56 | 00:05:46 | 63 | M60 | 47 | 6 |
| 1218 | Buss | Herbert | Neukamperfehn | 1959 | 2010 | 01:03:10 | 01:06:33 | 01:18:27 | 01:01:11 | 00:47:11 | 01:23:31 | 6:40:03 | 00:05:46 | 51 | M50 | 179 | 6 |
| 1219 | Weinstock | Andrea | LT TuS Aurich-Ost | 1980 | 2010 | 01:03:35 | 01:07:26 | 01:21:02 | 01:03:02 | 00:47:21 | 01:18:04 | 6:40:30 | 00:05:47 | 30 | W30 | 65 | 6 |
| 1220 | Röstel | Claus | LT TuS Aurich-Ost | 1959 | 2010 | 01:04:21 | 01:08:55 | 01:20:32 | 01:01:50 | 00:48:34 | 01:16:29 | 6:40:41 | 00:05:47 | 51 | M50 | 180 | 6 |
| 1221 | Onken | Andreas | RuB GmbH | 1978 | 2010 | 01:08:12 | 01:08:19 | 01:20:53 | 01:00:47 | 00:47:03 | 01:15:33 | 6:40:47 | 00:05:47 | 32 | M30 | 187 | 6 |
| 1222 | Schilling | Daniela | RVB Aurich/Uplengen | 1977 | 2010 | 01:00:48 | 01:07:08 | 01:21:52 | 01:02:25 | 00:50:10 | 01:18:28 | 6:40:51 | 00:05:47 | 33 | W30 | 66 | 6 |
| 1223 | Stark | Regina | HSG Weener-Bunde | 1963 | 2010 | 01:06:05 | 01:08:09 | 01:21:22 | 01:02:26 | 00:46:41 | 01:16:09 | 6:40:52 | 00:05:47 | 47 | W40 | 91 | 6 |
| 1224 | Kleemann | Jürgen | VfB Roggen Lauffe | 1972 | 2010 | 01:08:59 | 01:07:54 | 01:19:48 | 01:02:56 | 00:46:02 | 01:15:19 | 6:40:58 | 00:05:47 | 38 | M30 | 188 | 6 |
| 1225 | Rewerts | Mario | LT TuS Aurich-Ost | 1971 | 2010 | 01:06:39 | 01:08:20 | 01:23:48 | 01:01:10 | 00:46:50 | 01:14:13 | 6:41:00 | 00:05:47 | 39 | M30 | 189 | 6 |
| 1226 | Brouwer | Markus-Hinderk | LT VfB Rajen | 1975 | 2010 | 01:09:00 | 01:07:54 | 01:19:48 | 01:02:57 | 00:46:03 | 01:15:19 | 6:41:01 | 00:05:47 | 35 | M30 | 190 | 6 |
| 1227 | Luikenga | Andreas | Moormerland | 1966 | 2010 | 01:05:56 | 01:06:20 | 01:23:55 | 00:59:21 | 00:49:33 | 01:16:00 | 6:41:05 | 00:05:47 | 44 | M40 | 363 | 6 |
| 1228 | Mumme | Edeltraud | TV Norden | 1953 | 2010 | 01:01:29 | 01:02:23 | 01:14:56 | 00:59:28 | 00:54:30 | 01:28:21 | 6:41:07 | 00:05:47 | 57 | W50 | 28 | 6 |
| 1229 | Sigl | Gudrun | Ellernfeld | 1973 | 2010 | 01:05:57 | 01:09:19 | 01:20:26 | 01:01:37 | 00:48:11 | 01:15:43 | 6:41:13 | 00:05:47 | 37 | W30 | 67 | 6 |
| 1230 | Vieth | Ilse | CHAILA | 1962 | 2010 | 01:05:33 | 01:08:09 | 01:22:35 | 01:02:21 | 00:46:47 | 01:15:55 | 6:41:20 | 00:05:47 | 48 | W40 | 92 | 6 |
| 1231 | Buschmeier | Karin | Fortuna Logabirum | 1971 | 2010 | 01:04:53 | 01:09:06 | 01:21:33 | 01:01:46 | 00:47:44 | 01:16:22 | 6:41:24 | 00:05:48 | 39 | W30 | 68 | 6 |
| 1232 | Buss | Günter | TUS Weene | 1971 | 2010 | 01:07:54 | 01:10:11 | 01:22:19 | 01:00:43 | 00:46:39 | 01:13:55 | 6:41:41 | 00:05:48 | 39 | M30 | 191 | 6 |
| 1233 | Janssen | Focko | IGS Aurich-West | 1949 | 2010 | 01:04:33 | 01:07:27 | 01:20:20 | 01:03:02 | 00:48:34 | 01:17:46 | 6:41:42 | 00:05:48 | 61 | M60 | 48 | 6 |
| 1234 | Hubert | Marina | NIGE | 1991 | 2010 | 01:07:14 | 01:08:09 | 01:21:48 | 01:00:38 | 00:47:12 | 01:16:41 | 6:41:44 | 00:05:48 | 19 | WU20 | 28 | 6 |
| 1235 | Janssen | Ingrid | WfBm Aurich | 1969 | 2010 | 01:04:59 | 01:07:54 | 01:19:51 | 01:01:00 | 00:48:59 | 01:19:04 | 6:41:47 | 00:05:48 | 41 | W40 | 93 | 6 |
| 1236 | Schürmann | Ulrike | Germania Leer | 1962 | 2010 | 01:05:54 | 01:09:04 | 01:20:42 | 01:02:19 | 00:47:20 | 01:16:40 | 6:41:59 | 00:05:48 | 48 | W40 | 94 | 6 |
| 1237 | de Freese | Heino | Firma Huneke | 1980 | 2010 | 01:06:45 | 01:07:57 | 01:21:23 | 00:59:37 | 00:50:25 | 01:15:59 | 6:42:06 | 00:05:48 | 30 | M30 | 192 | 6 |
| 1238 | Hinrichs | Anneke | OLB Ostfriesland | 1987 | 2010 | 01:04:13 | 01:04:06 | 01:21:50 | 01:09:54 | 00:52:39 | 01:09:47 | 6:42:29 | 00:05:48 | 23 | WHK | 37 | 6 |
| 1239 | Fischer | Andreas | eG | 1969 | 2010 | 01:06:58 | 01:08:22 | 01:22:55 | 01:01:03 | 00:46:59 | 01:16:14 | 6:42:31 | 00:05:48 | 41 | M40 | 364 | 6 |
| 1240 | Ottersberg | Hanna | Team Möbel Buss | 1973 | 2010 | 01:06:16 | 01:08:55 | 01:23:03 | 01:02:40 | 00:47:27 | 01:14:18 | 6:42:39 | 00:05:49 | 37 | W30 | 69 | 6 |
| 1241 | Theilken | Haralt | TG Wiesmoor | 1959 | 2010 | 01:07:34 | 01:08:20 | 01:19:18 | 01:03:20 | 00:48:22 | 01:15:52 | 6:42:46 | 00:05:49 | 51 | M50 | 181 | 6 |
| 1242 | Hainke | Thomas | Nordland Papier | 1967 | 2010 | 01:08:06 | 01:08:50 | 01:21:41 | 01:01:29 | 00:46:19 | 01:16:32 | 6:42:57 | 00:05:49 | 43 | M40 | 365 | 6 |
| 1243 | Mengers | Gerlind | Westrauderfehn | 1967 | 2010 | 01:06:12 | 01:08:46 | 01:21:37 | 01:02:17 | 00:47:30 | 01:16:45 | 6:43:07 | 00:05:49 | 43 | W40 | 95 | 6 |
| 1244 | Bremer-Busemann | Annelie | Tura 07 W-fehn | 1960 | 2010 | 01:06:12 | 01:08:46 | 01:21:37 | 01:02:17 | 00:47:30 | 01:16:45 | 6:43:07 | 00:05:49 | 50 | W50 | 29 | 6 |
| 1245 | Sollermann | Heidi | Evang.-reform. Kirche | 1953 | 2010 | 01:06:13 | 01:08:47 | 01:21:36 | 01:02:16 | 00:47:30 | 01:16:45 | 6:43:07 | 00:05:49 | 57 | W50 | 30 | 6 |
| 1246 | Palma | Manfred | TUS Leerhufe | 1960 | 2010 | 01:07:46 | 01:07:01 | 01:20:11 | 01:01:07 | 00:47:35 | 01:19:34 | 6:43:14 | 00:05:49 | 50 | M50 | 182 | 6 |
| 1247 | Goudschaal | Rolf | B.V. Lütje Heet | 1950 | 2010 | 01:07:17 | 01:09:20 | 01:22:00 | 01:02:03 | 00:47:36 | 01:15:00 | 6:43:16 | 00:05:49 | 60 | M60 | 49 | 6 |
| 1248 | Palma | Sebastian | TUS Leerhufe | 1992 | 2010 | 01:07:47 | 01:07:00 | 01:20:11 | 01:01:08 | 00:47:35 | 01:19:35 | 6:43:16 | 00:05:49 | 18 | MU20 | 107 | 6 |
| 1249 | Dirks | Maja | Fortuna Logabirum | 1993 | 2010 | 01:06:00 | 01:08:25 | 01:21:04 | 01:02:15 | 00:48:42 | 01:16:49 | 6:43:17 | 00:05:49 | 17 | WU20 | 29 | 6 |
| 1250 | Wattjes | Meike | Praxis Wattjes | 1963 | 2010 | 00:55:48 | 01:11:17 | 01:24:45 | 01:04:14 | 00:47:42 | 01:19:42 | 6:43:28 | 00:05:49 | 47 | W40 | 96 | 6 |
| 1251 | Baller | Holger | OGV | 1971 | 2010 | 01:07:50 | 01:08:44 | 01:21:02 | 01:03:02 | 00:47:26 | 01:15:29 | 6:43:33 | 00:05:49 | 39 | M30 | 193 | 6 |
| 1252 | Palma | Petra | TUS Leerhufe | 1965 | 2010 | 01:07:47 | 01:07:21 | 01:20:12 | 01:01:02 | 00:47:36 | 01:19:35 | 6:43:33 | 00:05:49 | 45 | W40 | 97 | 6 |
| 1253 | Zimmermann | Maike | Rhauderfehn | 1980 | 2010 | 01:06:36 | 01:09:07 | 01:22:04 | 01:02:51 | 00:47:12 | 01:15:50 | 6:43:40 | 00:05:49 | 30 | W30 | 70 | 6 |
| 1254 | Seeberg | Britta | Aurich | 1963 | 2010 | 01:04:25 | 01:10:19 | 01:21:06 | 01:01:09 | 00:49:15 | 01:17:28 | 6:43:42 | 00:05:50 | 47 | W40 | 98 | 6 |
| 1255 | Puls-Mooy | Claudia | Holtland | 1971 | 2010 | 01:06:36 | 01:09:57 | 01:21:25 | 01:02:09 | 00:46:53 | 01:16:48 | 6:43:48 | 00:05:50 | 39 | W30 | 71 | 6 |
| 1256 | Nanninga | Wubbo | Nordland Papier | 1966 | 2010 | 01:08:07 | 01:09:05 | 01:21:48 | 01:01:42 | 00:46:38 | 01:16:32 | 6:43:52 | 00:05:50 | 44 | M40 | 366 | 6 |
| 1257 | Siepert | Holger | MTV Wittmund | 1952 | 2010 | 01:05:09 | 01:08:12 | 01:22:08 | 01:02:10 | 00:48:19 | 01:17:56 | 6:43:54 | 00:05:50 | 58 | M50 | 183 | 6 |
| 1258 | Mansholt | Kai | NOWEBAU | 1995 | 2010 | 01:05:34 | 01:09:30 | 01:21:57 | 01:02:49 | 00:47:12 | 01:16:52 | 6:43:54 | 00:05:50 | 15 | MU20 | 108 | 6 |
| 1259 | Niklaus | Johann | NIGE | 1990 | 2010 | 01:10:31 | 01:09:01 | 01:22:23 | 01:00:16 | 00:45:49 | 01:15:57 | 6:43:57 | 00:05:50 | 20 | MHK | 89 | 6 |
| 1260 | Lüdeling | Jan | Hartmann Group | 1970 | 2010 | 01:07:29 | 01:07:35 | 01:22:58 | 01:02:56 | 00:46:17 | 01:16:43 | 6:43:58 | 00:05:50 | 40 | M40 | 367 | 6 |
| 1261 | Behrends | Nico | KGS Großefehn | 1997 | 2010 | 01:09:00 | 01:09:57 | 01:23:44 | 01:02:15 | 00:45:35 | 01:13:38 | 6:44:09 | 00:05:50 | 13 | MU20 | 109 | 6 |
| 1262 | Fischer | Inga | KGS Großefehn | 1994 | 2010 | 01:04:40 | 01:07:57 | 01:23:18 | 01:02:43 | 00:48:34 | 01:16:54 | 6:44:09 | 00:05:50 | 16 | WU20 | 30 | 6 |
| 1263 | Malchus | Sigrid | Weener Plastik AG | 1971 | 2010 | 01:09:43 | 01:10:28 | 01:21:56 | 01:00:41 | 00:45:29 | 01:16:12 | 6:44:29 | 00:05:50 | 39 | W30 | 72 | 6 |
| 1264 | Hofmann | Rita | Ubbo-Emmius-Klinik | 1967 | 2010 | 01:06:39 | 01:11:45 | 01:22:31 | 01:02:15 | 00:45:47 | 01:15:39 | 6:44:36 | 00:05:50 | 43 | W40 | 99 | 6 |
| 1265 | Rusthoven | Klaas Arend | Reederei Buss | 1971 | 2010 | 01:07:22 | 01:11:17 | 01:23:25 | 01:00:58 | 00:46:45 | 01:14:53 | 6:44:40 | 00:05:50 | 39 | M30 | 194 | 6 |
| 1266 | Saige | Arthur | HRS Moormerland | 1947 | 2010 | 01:08:39 | 01:09:44 | 01:21:51 | 01:03:38 | 00:47:42 | 01:13:12 | 6:44:46 | 00:05:50 | 63 | M60 | 50 | 6 |
| 1267 | Boekhoff | Petra | Lunge | 1967 | 2010 | 01:06:45 | 01:15:34 | 01:21:18 | 00:56:59 | 00:43:12 | 01:21:00 | 6:44:48 | 00:05:50 | 43 | W40 | 100 | 6 |
| 1268 | Wallenstein | Sandra | Weener | 1972 | 2010 | 01:05:59 | 01:08:38 | 01:24:03 | 01:02:54 | 00:47:16 | 01:16:14 | 6:45:04 | 00:05:51 | 38 | W30 | 73 | 6 |
| 1269 | Meints | Karin | LG Großefehn | 1962 | 2010 | 01:05:25 | 01:08:56 | 01:22:26 | 01:02:47 | 00:48:53 | 01:16:39 | 6:45:06 | 00:05:51 | 48 | W40 | 101 | 6 |
| 1270 | Malchus | Ingo | Weener Plastik AG | 1972 | 2010 | 01:09:43 | 01:10:28 | 01:21:56 | 01:00:42 | 00:46:08 | 01:16:12 | 6:45:09 | 00:05:51 | 38 | M30 | 195 | 6 |
| 1271 | Bohlen | Mathias | Augustfehn | 1978 | 2010 | 01:10:45 | 01:13:44 | 01:20:46 | 01:00:28 | 00:45:41 | 01:13:49 | 6:45:13 | 00:05:51 | 32 | M30 | 196 | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------------|--------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1279 | de Freese | Lukas | HRS Moormerland | 1998 | 2010 | 01:03:56 | 01:09:16 | 01:25:52 | 01:05:01 | 00:46:06 | 01:15:35 | 6:45:46 | 00:05:51 | 12 | MU20 | 110 | 6 |
| 1280 | Engelbrecht | Arthur | g MARX | 1951 | 2010 | 01:06:21 | 01:09:21 | 01:22:16 | 01:03:57 | 00:47:50 | 01:16:01 | 6:45:46 | 00:05:51 | 59 | M50 | 185 | 6 |
| 1281 | Voß-Hofmann | Andrea | SSV Gristede | 1967 | 2010 | 01:03:23 | 01:08:12 | 01:26:05 | 01:02:14 | 00:49:30 | 01:16:25 | 6:45:49 | 00:05:51 | 43 | W40 | 102 | 6 |
| 1282 | Poppen | Karl | TG Wiesmoor | 1947 | 2010 | 01:05:24 | 01:10:24 | 01:21:32 | 01:03:00 | 00:47:49 | 01:17:41 | 6:45:50 | 00:05:51 | 63 | M60 | 51 | 6 |
| 1283 | Peters | Angela | LG Ostfriesland | 1965 | 2010 | 01:07:23 | 01:09:25 | 01:22:18 | 01:02:34 | 00:48:44 | 01:15:31 | 6:45:55 | 00:05:51 | 45 | W40 | 103 | 6 |
| 1284 | Friede | Dorothea | Emden | 1949 | 2010 | 01:05:57 | 01:08:34 | 01:23:09 | 01:04:05 | 00:48:08 | 01:16:10 | 6:46:03 | 00:05:52 | 61 | W60 | 3 | 6 |
| 1285 | Weber | Birgit | Emder LG | 1958 | 2010 | 01:06:19 | 01:08:24 | 01:22:13 | 01:03:42 | 00:48:27 | 01:17:14 | 6:46:19 | 00:05:52 | 52 | W50 | 32 | 6 |
| 1286 | Ukena | Renate | Emder LG | 1955 | 2010 | 01:07:06 | 01:09:45 | 01:22:30 | 01:02:26 | 00:47:23 | 01:17:20 | 6:46:30 | 00:05:52 | 55 | W50 | 33 | 6 |
| 1287 | Ubben | Ehlike | Aurich | 1962 | 2010 | 01:12:33 | 01:11:04 | 01:20:51 | 01:01:13 | 00:46:30 | 01:14:26 | 6:46:37 | 00:05:52 | 48 | M40 | 371 | 6 |
| 1288 | Santjër | Ingrid | Aurich | 1956 | 2010 | 01:07:35 | 01:10:01 | 01:22:24 | 01:02:59 | 00:47:36 | 01:16:04 | 6:46:39 | 00:05:52 | 54 | W50 | 34 | 6 |
| 1289 | Zacher | Thomas | FC Schalke 04 | 1964 | 2010 | 01:04:54 | 01:10:45 | 01:25:03 | 01:02:17 | 00:48:36 | 01:15:07 | 6:46:42 | 00:05:52 | 46 | M40 | 372 | 6 |
| 1290 | Peters | Lars | NIGE | 1993 | 2010 | 01:06:40 | 01:07:49 | 01:24:19 | 01:05:13 | 00:49:15 | 01:13:34 | 6:46:50 | 00:05:52 | 17 | MU20 | 111 | 6 |
| 1291 | Kaluza | Ingrid | LG Großefehn | 1959 | 2010 | 01:05:26 | 01:09:32 | 01:22:56 | 01:03:38 | 00:47:48 | 01:17:36 | 6:46:56 | 00:05:52 | 51 | W50 | 35 | 6 |
| 1292 | Leesch | Kristin | OVV Emden/Leer | 1979 | 2010 | 01:07:27 | 01:09:11 | 01:22:01 | 01:02:04 | 00:50:25 | 01:16:04 | 6:47:12 | 00:05:53 | 31 | W30 | 74 | 6 |
| 1293 | Buss | Janna | Ubbo-Emmius-Klinik | 1955 | 2010 | 01:06:10 | 01:11:06 | 01:23:51 | 01:03:50 | 00:47:30 | 01:15:08 | 6:47:35 | 00:05:53 | 55 | W50 | 36 | 6 |
| 1294 | Broer | Heide | Ubbo-Emmius-Klinik | 1957 | 2010 | 01:05:50 | 01:11:09 | 01:23:07 | 01:03:50 | 00:47:40 | 01:16:14 | 6:47:50 | 00:05:53 | 53 | W50 | 37 | 6 |
| 1295 | Hinrichs | Joanna | Lebenshilfe gGmbH | 1975 | 2010 | 01:06:44 | 01:11:15 | 01:23:25 | 01:02:50 | 00:47:38 | 01:16:03 | 6:47:55 | 00:05:53 | 35 | W30 | 75 | 6 |
| 1296 | Baumgarten | Petra | HS-Aurich | 1970 | 2010 | 01:07:19 | 01:11:32 | 01:21:34 | 01:03:20 | 00:47:43 | 01:16:27 | 6:47:55 | 00:05:53 | 40 | W40 | 104 | 6 |
| 1297 | Fitzner | Günter | POST | 1948 | 2010 | 01:05:49 | 01:08:52 | 01:22:15 | 01:04:52 | 00:49:19 | 01:16:50 | 6:47:57 | 00:05:53 | 62 | M60 | 52 | 6 |
| 1298 | Tietjen | Anja | KGS Wittmund | 1968 | 2010 | 01:06:39 | 01:10:39 | 01:22:08 | 01:03:13 | 00:49:02 | 01:16:16 | 6:47:57 | 00:05:53 | 42 | W40 | 105 | 6 |
| 1299 | Jansen | Theresia | ELV AG | 1971 | 2010 | 01:04:20 | 01:09:40 | 01:21:03 | 01:02:48 | 00:48:20 | 01:22:00 | 6:48:11 | 00:05:53 | 39 | W30 | 76 | 6 |
| 1300 | Gerdas | Marcel | HRS Moormerland | 1996 | 2010 | 01:03:40 | 01:09:16 | 01:25:50 | 01:05:00 | 00:48:52 | 01:15:35 | 6:48:13 | 00:05:53 | 14 | MU20 | 112 | 6 |
| 1301 | Banas | Stefan | Seefahrtsschule Leer | 1982 | 2010 | 01:07:13 | 01:08:45 | 01:26:16 | 01:05:27 | 00:46:51 | 01:13:51 | 6:48:23 | 00:05:54 | 28 | MHK | 90 | 6 |
| 1302 | Mansholt | Gert | NOWEBAU | 1963 | 2010 | 01:06:05 | 01:10:26 | 01:22:21 | 01:03:39 | 00:48:39 | 01:17:17 | 6:48:27 | 00:05:54 | 47 | M40 | 373 | 6 |
| 1303 | Sap | Yvonne | Weener Plastik AG | 1978 | 2010 | 01:09:48 | 01:10:08 | 01:21:56 | 01:01:55 | 00:48:58 | 01:15:58 | 6:48:43 | 00:05:54 | 32 | W30 | 77 | 6 |
| 1304 | Henninga | Inga | KGS Großefehn | 1998 | 2010 | 01:10:08 | 01:11:05 | 01:23:20 | 01:00:42 | 00:47:55 | 01:15:55 | 06:49:06 | 00:05:54 | 12 | WU20 | 33 | 6 |
| 1305 | Mispagel | Lydia | CHAILA | 1963 | 2010 | 01:06:20 | 01:10:27 | 01:22:41 | 01:02:21 | 00:48:44 | 01:18:36 | 6:49:09 | 00:05:54 | 47 | W40 | 106 | 6 |
| 1306 | Wiese | Karin | Team ENERCON | 1980 | 2010 | 01:06:55 | 01:08:41 | 01:23:15 | 01:02:53 | 00:48:35 | 01:19:02 | 6:49:21 | 00:05:54 | 30 | W30 | 78 | 6 |
| 1307 | Eilers | Christel | LT TuS Holtriem | 1975 | 2010 | 01:10:16 | 01:10:33 | 01:22:52 | 01:02:24 | 00:48:32 | 01:14:52 | 6:49:29 | 00:05:55 | 35 | W30 | 79 | 6 |
| 1308 | Kollenbroich | Gertrud | MTV Wittmund | 1951 | 2010 | 01:05:26 | 01:10:38 | 01:22:11 | 01:04:36 | 00:48:48 | 01:17:56 | 6:49:35 | 00:05:55 | 59 | W50 | 38 | 6 |
| 1309 | Voss | Hilmar | Bären-Apotheke Jever | 1973 | 2010 | 01:07:40 | 01:10:15 | 01:24:33 | 01:04:04 | 00:46:23 | 01:16:46 | 6:49:41 | 00:05:55 | 37 | M30 | 197 | 6 |
| 1310 | Bremer | Vera | KGS Großefehn | 1995 | 2010 | 01:07:08 | 01:15:55 | 01:21:22 | 01:02:14 | 00:46:17 | 01:16:49 | 06:49:46 | 00:05:55 | 15 | WU20 | 34 | 6 |
| 1311 | Ulrichs | Arno | IHK Emden | 1961 | 2010 | 01:06:49 | 01:09:42 | 01:23:43 | 01:03:28 | 00:48:44 | 01:17:21 | 6:49:47 | 00:05:55 | 49 | M40 | 374 | 6 |
| 1312 | Dirksen | Elke | Aurich | 1966 | 2010 | 01:06:36 | 01:10:14 | 01:21:59 | 01:03:25 | 00:48:34 | 01:19:01 | 6:49:49 | 00:05:55 | 44 | W40 | 107 | 6 |
| 1313 | Zellmer | Jan | ENOVA | 1975 | 2010 | 01:11:55 | 01:11:14 | 01:22:06 | 01:00:57 | 00:47:58 | 01:16:07 | 6:50:17 | 00:05:55 | 35 | M30 | 198 | 6 |
| 1314 | Koch | Jannes | HTG - Ihlow | 1998 | 2010 | 01:09:03 | 01:08:21 | 01:22:36 | 01:06:28 | 00:46:25 | 01:17:24 | 6:50:17 | 00:05:55 | 12 | MU20 | 113 | 6 |
| 1315 | Hoffmann | Sandra | Hesel | 1982 | 2010 | 01:07:05 | 01:08:53 | 01:24:17 | 01:03:46 | 00:48:54 | 01:17:29 | 6:50:24 | 00:05:55 | 28 | WHK | 38 | 6 |
| 1316 | Gerbers | Heiko | LOOP DOCH SÜLMST | 1970 | 2010 | 01:06:19 | 01:09:05 | 01:23:15 | 01:03:48 | 00:49:20 | 01:18:39 | 6:50:26 | 00:05:55 | 40 | M40 | 375 | 6 |
| 1317 | Klinkenberg | Margit | TV Norden | 1952 | 2010 | 01:07:18 | 01:11:00 | 01:22:51 | 01:04:15 | 00:48:03 | 01:16:59 | 6:50:26 | 00:05:55 | 58 | W50 | 39 | 6 |
| 1318 | Klunder | Jochen | LOOP DOCH SÜLMST | 1967 | 2010 | 01:06:18 | 01:09:07 | 01:23:15 | 01:03:48 | 00:49:20 | 01:18:40 | 6:50:28 | 00:05:55 | 43 | M40 | 376 | 6 |
| 1319 | Frank | Ingo | Leinerstift e.V. | 1971 | 2010 | 01:09:39 | 01:10:37 | 01:21:24 | 01:01:56 | 00:48:16 | 01:19:15 | 6:51:07 | 00:05:56 | 39 | M30 | 199 | 6 |
| 1320 | Platte | Hans-Joachim | Wiesmoor | 1953 | 2010 | 01:08:25 | 01:10:03 | 01:23:31 | 01:03:00 | 00:48:33 | 01:17:41 | 6:51:13 | 00:05:56 | 57 | M50 | 186 | 6 |
| 1321 | Löffel | Matthias | ViaDenta Leer | 1970 | 2010 | 01:11:42 | 01:10:36 | 01:24:58 | 01:02:05 | 00:46:25 | 01:15:35 | 6:51:21 | 00:05:56 | 40 | M40 | 377 | 6 |
| 1322 | Schäfer-Horatzek | Doro | SZ Collhusen | 1950 | 2010 | 01:06:31 | 01:10:19 | 01:23:30 | 01:04:04 | 00:48:25 | 01:18:38 | 6:51:27 | 00:05:56 | 60 | W60 | 4 | 6 |
| 1323 | Heyen | Sonja | TUS Pewsum | 1970 | 2010 | 01:07:24 | 01:11:16 | 01:24:28 | 01:02:41 | 00:48:37 | 01:17:10 | 6:51:36 | 00:05:56 | 40 | W40 | 108 | 6 |
| 1324 | van Lengen | Heinrich | LG Großefehn | 1940 | 2010 | 01:04:36 | 01:10:44 | 01:24:05 | 01:04:03 | 00:49:33 | 01:18:44 | 6:51:45 | 00:05:56 | 70 | M70 | 5 | 6 |
| 1325 | Schoon | Katharina | KGS Großefehn | 1999 | 2010 | 01:10:44 | 01:10:25 | 01:23:24 | 01:03:15 | 00:48:27 | 01:15:38 | 06:51:55 | 00:05:57 | 11 | WU20 | 35 | 6 |
| 1326 | Freitag | Theda | LT TuS Aurich-Ost | 1951 | 2010 | 01:08:03 | 01:11:40 | 01:23:20 | 01:03:39 | 00:48:49 | 01:16:29 | 6:52:00 | 00:05:57 | 59 | W50 | 40 | 6 |
| 1327 | Seeber | Elke | Praxis Dr. Seeber | 1968 | 2010 | 01:08:06 | 01:09:33 | 01:23:41 | 01:03:45 | 00:49:13 | 01:17:46 | 6:52:04 | 00:05:57 | 42 | W40 | 109 | 6 |
| 1328 | Bruns | Sonja | ProSenis | 1964 | 2010 | 01:06:15 | 01:10:22 | 01:23:52 | 01:05:17 | 00:49:32 | 01:16:52 | 6:52:10 | 00:05:57 | 46 | W40 | 110 | 6 |
| 1329 | Meyer | Ulrich | Neukamperfehn | 1958 | 2010 | 01:07:01 | 01:10:30 | 01:23:21 | 01:04:52 | 00:48:19 | 01:18:22 | 6:52:25 | 00:05:57 | 52 | M50 | 187 | 6 |
| 1330 | Janssen | Annika | RuB GmbH | 1990 | 2010 | 01:08:20 | 01:09:34 | 01:26:55 | 01:02:17 | 00:49:48 | 01:15:37 | 6:52:31 | 00:05:57 | 20 | WHK | 39 | 6 |
| 1331 | Willers | Johann | Emden | 1961 | 2010 | 01:06:55 | 01:09:31 | 01:22:43 | 01:04:10 | 00:48:11 | 01:21:02 | 6:52:32 | 00:05:57 | 49 | M40 | 378 | 6 |
| 1332 | Burghardt | Derk | Team Möbel Buss | 1968 | 2010 | 01:07:45 | 01:11:43 | 01:23:31 | 01:02:08 | 00:49:29 | 01:18:04 | 6:52:40 | 00:05:57 | 42 | M40 | 379 | 6 |
| 1333 | Schmidt | Sandra | RuB GmbH | 1986 | 2010 | 01:09:39 | 01:09:33 | 01:29:06 | 01:02:11 | 00:46:53 | 01:15:26 | 6:52:48 | 00:05:57 | 24 | WHK | 40 | 6 |
| 1334 | Mennebäck | Ingrid | SC Wiesens | 1962 | 2010 | 01:07:00 | 01:10:28 | 01:23:47 | 01:04:49 | 00:50:21 | 01:16:40 | 6:53:05 | 00:05:58 | 48 | W40 | 111 | 6 |
| 1335 | Brake | Uwe | | 1965 | 2010 | 01:10:39 | 01:09:03 | 01:25:07 | 01:04:14 | 00:48:37 | 01:15:29 | 6:53:09 | 00:05:58 | 45 | M40 | 380 | 6 |
| 1336 | Bultmann | Mark | ViaDenta Leer | 1972 | 2010 | 01:11:42 | 01:12:50 | 01:24:38 | 01:02:02 | 00:46:25 | 01:15:35 | 6:53:12 | 00:05:58 | 38 | M30 | 200 | 6 |
| 1337 | Bruns | Harald | Hartmann Group | 1988 | 2010 | 01:09:13 | 01:09:07 | 01:23:47 | 01:06:43 | 00:47:55 | 01:16:37 | 6:53:22 | 00:05:58 | 22 | MHK | 91 | 6 |
| 1338 | Herden | Markus | Schortens | 1977 | 2010 | 01:10:32 | 01:10:26 | 01:24:16 | 01:03:04 | 00:48:18 | 01:17:04 | 6:53:40 | 00:05:58 | 33 | M30 | 201 | 6 |
| 1339 | Lausen | Karl | Leer | 1955 | 2010 | 01:08:16 | 01:10:06 | 01:22:18 | 01:00:36 | 00:45:58 | 01:26:42 | 6:53:56 | 00:05:58 | 55 | M50 | 188 | 6 |
| 1340 | Gerdas | Rosemarie | Pro SENIS | 1960 | 2010 | 01:06:20 | 01:10:48 | 01:23:50 | 01:05:41 | 00:49:37 | 01:17:44 | 6:54:00 | 00:05:58 | 50 | W50 | 41 | 6 |
| 1341 | Gruben | Geda | SV Potshausen | 1949 | 2010 | 01:06:56 | 01:10:54 | 01:24:23 | 01:04:17 | 00:49:36 | 01:18:07 | 6:54:13 | 00:05:59 | 61 | W60 | 5 | 6 |
| 1342 | Schmidt | Robert | BBS I Aurich | 1993 | 2010 | 01:07:47 | 01:08:56 | 01:25:36 | 01:03:17 | 00:51:24 | 01:17:31 | 6:54:31 | 00:05:59 | 17 | MU20 | 114 | 6 |
| 1343 | Buhr | Eilert | TSV Riepe | 1967 | 2010 | 01:09:15 | 01:11:47 | 01:26:10 | 01:01 | | | | | | | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|---------------|----------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1350 | Willms | Carina | Lebenshilfe gGmbH | 1988 | 2010 | 01:11:13 | 01:10:57 | 01:23:48 | 01:02:16 | 00:48:10 | 01:18:34 | 6:54:58 | 00:05:59 | 22 | WHK | 41 | 6 |
| 1351 | Nannen | Enno | TV Norden | 1947 | 2010 | 01:08:09 | 01:10:53 | 01:25:32 | 01:03:47 | 00:49:28 | 01:17:14 | 6:55:03 | 00:05:59 | 63 | M60 | 54 | 6 |
| 1352 | Schipper | Nina | Flachsm | 1977 | 2010 | 01:10:00 | 01:09:56 | 01:26:47 | 01:05:07 | 00:47:33 | 01:15:43 | 6:55:06 | 00:05:59 | 33 | W30 | 80 | 6 |
| 1353 | Trännapp | Alfred | TV Norden | 1941 | 2010 | 01:07:01 | 01:12:42 | 01:22:54 | 01:03:57 | 00:49:05 | 01:19:36 | 6:55:15 | 00:06:00 | 69 | M60 | 55 | 6 |
| 1354 | Jabben | Uta | Sport DUO Esens | 1960 | 2010 | 01:07:46 | 01:10:38 | 01:24:25 | 01:03:59 | 00:49:28 | 01:19:02 | 6:55:18 | 00:06:00 | 50 | W50 | 43 | 6 |
| 1355 | Reiter | H.Hermann | SV Stikelkamp | 1965 | 2010 | 01:09:48 | 01:10:29 | 01:23:22 | 01:04:52 | 00:48:34 | 01:18:22 | 6:55:27 | 00:06:00 | 45 | M40 | 383 | 6 |
| 1356 | Rieken | Uda | Plaggenburg | 1967 | 2010 | 01:05:47 | 01:11:07 | 01:25:40 | 01:05:57 | 00:48:32 | 01:18:24 | 6:55:27 | 00:06:00 | 43 | W40 | 114 | 6 |
| 1357 | Müller | Birgit | Emden LG | 1966 | 2010 | 01:07:08 | 01:11:42 | 01:23:31 | 01:04:13 | 00:49:58 | 01:18:57 | 6:55:29 | 00:06:00 | 44 | W40 | 115 | 6 |
| 1358 | Vierkant, Dr. | Joerg | BBS II Leer | 1967 | 2010 | 01:06:30 | 01:10:34 | 01:31:31 | 01:05:17 | 00:47:18 | 01:14:22 | 6:55:32 | 00:06:00 | 43 | M40 | 384 | 6 |
| 1359 | Huismann | Gerold | obw Emden | 1976 | 2010 | 01:07:59 | 01:11:55 | 01:25:30 | 01:03:45 | 00:49:58 | 01:16:30 | 6:55:37 | 00:06:00 | 34 | M30 | 202 | 6 |
| 1360 | Eilers | Hannah | Gymnasium Ulricianum | 1996 | 2010 | 01:07:39 | 01:09:09 | 01:27:00 | 01:04:29 | 00:47:53 | 01:19:51 | 06:56:03 | 00:06:00 | 14 | WU20 | 36 | 6 |
| 1361 | Brinschwitz | Ralf | LT TuS Aurich-Ost | 1967 | 2010 | 01:11:23 | 01:13:45 | 01:23:24 | 01:03:03 | 00:48:34 | 01:16:32 | 6:56:41 | 00:06:01 | 43 | M40 | 385 | 6 |
| 1362 | Brörkens | Dirk | Friedeburg | 1973 | 2010 | 01:08:52 | 01:12:41 | 01:26:31 | 01:03:54 | 00:49:02 | 01:15:48 | 6:56:48 | 00:06:01 | 37 | M30 | 203 | 6 |
| 1363 | Küppers | Anna-Lena | Aurich | 1984 | 2010 | 01:07:36 | 01:09:26 | 01:24:36 | 01:04:19 | 00:49:32 | 01:21:30 | 6:56:59 | 00:06:01 | 26 | WHK | 42 | 6 |
| 1364 | Schulte | Ute | e.G. | 1961 | 2010 | 01:28:48 | 01:08:16 | 01:19:19 | 01:00:29 | 00:46:16 | 01:13:57 | 6:57:05 | 00:06:01 | 49 | W40 | 116 | 6 |
| 1365 | Wodak | Reinhard | TV Leer | 1950 | 2010 | 01:08:27 | 01:15:12 | 01:23:49 | 01:03:23 | 00:49:24 | 01:16:56 | 6:57:11 | 00:06:01 | 60 | M60 | 56 | 6 |
| 1366 | Buurman | Ellen | LT TuS Aurich-Ost | 1948 | 2010 | 01:08:04 | 01:12:10 | 01:22:42 | 01:03:54 | 00:50:40 | 01:19:41 | 6:57:11 | 00:06:01 | 62 | W60 | 6 | 6 |
| 1367 | Dröge | Anke | Ruder Verein Leer | 1960 | 2010 | 01:10:18 | 01:13:00 | 01:26:44 | 01:01:56 | 00:48:21 | 01:16:53 | 6:57:12 | 00:06:01 | 50 | W50 | 44 | 6 |
| 1368 | Loers | Helmut | DAK Oldenburg | 1952 | 2010 | 01:08:05 | 01:11:26 | 01:24:42 | 01:04:28 | 00:50:13 | 01:18:24 | 6:57:18 | 00:06:01 | 58 | M50 | 190 | 6 |
| 1369 | Tschöke | Kerstin | Ubbo-Emmius-Klinik | 1972 | 2010 | 01:10:10 | 01:09:19 | 01:22:14 | 01:04:21 | 00:49:50 | 01:21:34 | 6:57:28 | 00:06:01 | 38 | W30 | 81 | 6 |
| 1370 | Fürst | Dominik | KGS Großefehn | 1999 | 2010 | 01:11:49 | 01:13:15 | 01:24:32 | 01:02:39 | 00:48:22 | 01:16:59 | 6:57:36 | 00:06:02 | 11 | MU20 | 115 | 6 |
| 1371 | Saathoff | Marita | KGS Hage | 1969 | 2010 | 01:08:36 | 01:14:39 | 01:21:59 | 01:06:09 | 00:48:40 | 01:17:41 | 6:57:44 | 00:06:02 | 41 | W40 | 117 | 6 |
| 1372 | Schmidt | Anja | SVO Wi sünd Holtriem | 1969 | 2010 | 01:08:25 | 01:10:57 | 01:24:33 | 01:04:21 | 00:49:44 | 01:19:47 | 6:57:47 | 00:06:02 | 41 | W40 | 118 | 6 |
| 1373 | Berends | Duke | Filsun | 1952 | 2010 | 01:10:13 | 01:11:13 | 01:23:00 | 01:06:14 | 00:49:24 | 01:17:48 | 6:57:52 | 00:06:02 | 58 | M50 | 191 | 6 |
| 1374 | Meyering | Christian | Reederei Buss | 1983 | 2010 | 01:14:00 | 01:13:09 | 01:11:23 | 01:04:06 | 00:50:31 | 01:24:56 | 6:58:05 | 00:06:02 | 27 | MHK | 92 | 6 |
| 1375 | Wiese | Alexander | RVB Aurich/Uplengen | 1971 | 2010 | 01:09:25 | 01:10:38 | 01:25:27 | 01:03:54 | 00:48:42 | 01:20:04 | 6:58:10 | 00:06:02 | 39 | M30 | 204 | 6 |
| 1376 | Middelborg | Helga | LT SV Ems Jemgum | 1952 | 2010 | 01:08:59 | 01:10:28 | 01:23:03 | 01:05:37 | 00:50:12 | 01:19:52 | 6:58:11 | 00:06:02 | 58 | W50 | 45 | 6 |
| 1377 | Collmann | Maike | FT Spetzerfehn | 1980 | 2010 | 01:07:36 | 01:09:29 | 01:25:22 | 01:04:21 | 00:49:48 | 01:21:38 | 6:58:14 | 00:06:02 | 30 | W30 | 82 | 6 |
| 1378 | Becker | Sonja | Reederei Buss | 1967 | 2010 | 01:07:16 | 01:12:01 | 01:23:13 | 01:04:57 | 00:49:15 | 01:21:39 | 6:58:21 | 00:06:02 | 43 | W40 | 119 | 6 |
| 1379 | Frerichs | Rieke | LG Großefehn | 1948 | 2010 | 01:11:49 | 01:13:19 | 01:25:12 | 01:02:40 | 00:48:23 | 01:17:01 | 6:58:24 | 00:06:02 | 62 | M60 | 57 | 6 |
| 1380 | Schweitzer | Felix | Leer | 1959 | 2010 | 01:06:54 | 01:13:46 | 01:25:38 | 01:02:35 | 00:50:41 | 01:18:52 | 6:58:26 | 00:06:02 | 51 | M50 | 192 | 6 |
| 1381 | Sordon | Andrea | Fortuna Logabirum | 1959 | 2010 | 01:07:00 | 01:09:34 | 01:26:17 | 01:05:35 | 00:50:03 | 01:19:57 | 6:58:26 | 00:06:02 | 51 | W50 | 46 | 6 |
| 1382 | Marks | Johann | EWE Wattloopers | 1958 | 2010 | 01:07:00 | 01:09:34 | 01:26:17 | 01:05:35 | 00:50:04 | 01:19:57 | 6:58:27 | 00:06:02 | 52 | M50 | 193 | 6 |
| 1383 | Peeken | Gerd | Tus-Esens | 1973 | 2010 | 01:09:04 | 01:11:53 | 01:24:39 | 01:04:56 | 00:49:52 | 01:18:09 | 6:58:33 | 00:06:02 | 37 | M30 | 205 | 6 |
| 1384 | Pennig | Friedrich-Karl | TGG Leer | 1948 | 2010 | 01:06:03 | 01:10:55 | 01:22:03 | 01:05:36 | 00:54:15 | 01:19:41 | 6:58:33 | 00:06:02 | 62 | M60 | 58 | 6 |
| 1385 | Spillner | Thea | TV Norden | 1956 | 2010 | 01:07:29 | 01:13:02 | 01:23:40 | 01:07:37 | 00:48:39 | 01:18:15 | 6:58:42 | 00:06:03 | 54 | W50 | 47 | 6 |
| 1386 | Möhlmann | Heinrich | LT TuS Aurich-Ost | 1953 | 2010 | 01:10:43 | 01:11:51 | 01:23:13 | 01:06:03 | 00:49:38 | 01:17:15 | 6:58:43 | 00:06:03 | 57 | M50 | 194 | 6 |
| 1387 | Krull | Tole | KBV Langefeld | 1958 | 2010 | 01:08:25 | 01:11:05 | 01:24:29 | 01:04:28 | 00:51:28 | 01:18:57 | 6:58:52 | 00:06:03 | 52 | M50 | 195 | 6 |
| 1388 | Warfsmann | Conny | TV Norden | 1967 | 2010 | 01:08:25 | 01:11:05 | 01:24:29 | 01:04:28 | 00:51:28 | 01:18:58 | 6:58:53 | 00:06:03 | 43 | W40 | 120 | 6 |
| 1389 | Göhler | Christoph | Aurich | 1939 | 2010 | 01:08:08 | 01:11:56 | 01:24:46 | 01:05:16 | 00:49:29 | 01:19:25 | 6:59:00 | 00:06:03 | 71 | M70 | 6 | 6 |
| 1390 | Kruschinski | Henrike | EWE Wattloopers | 1980 | 2010 | 01:10:39 | 01:13:12 | 01:23:59 | 01:04:08 | 00:47:59 | 01:19:18 | 6:59:15 | 00:06:03 | 30 | W30 | 83 | 6 |
| 1391 | Meyer | Heidi | EWE Wattloopers | 1970 | 2010 | 01:10:31 | 01:13:20 | 01:22:58 | 01:04:45 | 00:48:52 | 01:19:19 | 6:59:45 | 00:06:03 | 40 | W40 | 121 | 6 |
| 1392 | Müller | Johannes | Norden | 1954 | 2010 | 01:12:01 | 01:10:33 | 01:27:36 | 01:02:14 | 00:48:59 | 01:18:40 | 7:00:03 | 00:06:04 | 56 | M50 | 196 | 6 |
| 1393 | Boekhoff | Sina | Bentstreek | 1995 | 2010 | 01:06:45 | 01:15:20 | 01:22:49 | 01:04:16 | 00:49:58 | 01:21:00 | 7:00:10 | 00:06:04 | 15 | WU20 | 37 | 6 |
| 1394 | Eisenhauer | Elisabeth | TuS Esens | 1949 | 2010 | 01:09:07 | 01:12:09 | 01:25:13 | 01:05:18 | 00:49:41 | 01:18:47 | 7:00:15 | 00:06:04 | 61 | W60 | 7 | 6 |
| 1395 | Saathoff | Annemarie | TuS Esens | 1951 | 2010 | 01:09:07 | 01:12:09 | 01:25:13 | 01:05:18 | 00:49:42 | 01:18:47 | 7:00:16 | 00:06:04 | 59 | W50 | 48 | 6 |
| 1396 | Reinhard | Nadine | Hotelfachschule Emden | 1987 | 2010 | 01:10:17 | 01:13:00 | 01:26:45 | 01:03:40 | 00:49:40 | 01:16:54 | 7:00:16 | 00:06:04 | 23 | WHK | 43 | 6 |
| 1397 | Heckhoff | Lina | Westerstede | 1990 | 2010 | 01:08:16 | 01:11:07 | 01:27:57 | 01:02:54 | 00:48:05 | 01:22:00 | 7:00:19 | 00:06:04 | 20 | WHK | 44 | 6 |
| 1398 | Kula | Sabine | Team Möbel Buss | 1978 | 2010 | 01:05:32 | 01:10:44 | 01:25:51 | 01:05:24 | 00:50:14 | 01:22:35 | 7:00:20 | 00:06:04 | 32 | W30 | 84 | 6 |
| 1399 | Schulz | Stephan | Team ENERCON | 1983 | 2010 | 01:06:56 | 01:10:45 | 01:26:36 | 01:03:15 | 00:54:09 | 01:18:40 | 7:00:21 | 00:06:04 | 27 | MHK | 93 | 6 |
| 1400 | Hüls | Henri | obw Emden | 1968 | 2010 | 01:10:30 | 01:12:05 | 01:24:43 | 01:04:28 | 00:49:37 | 01:18:59 | 7:00:22 | 00:06:04 | 42 | M40 | 386 | 6 |
| 1401 | Eiben-Ludwig | Margret | Runners | 1961 | 2010 | 01:06:23 | 01:10:37 | 01:30:31 | 01:03:17 | 00:48:16 | 01:21:53 | 7:00:57 | 00:06:04 | 49 | W40 | 122 | 6 |
| 1402 | Janßen-Hake | Susanne | SV Nortmoor | 1966 | 2010 | 01:08:02 | 01:11:17 | 01:25:04 | 01:05:23 | 00:49:36 | 01:21:38 | 7:01:00 | 00:06:05 | 44 | W40 | 123 | 6 |
| 1403 | Christians | Edith | OLB Ostfriesland | 1982 | 2010 | 01:10:27 | 01:15:23 | 01:12:16 | 01:08:06 | 00:52:28 | 01:22:56 | 7:01:36 | 00:06:05 | 28 | WHK | 45 | 6 |
| 1404 | Willems | Michael | Moorerland | 1973 | 2010 | 01:09:10 | 01:11:05 | 01:26:19 | 01:07:50 | 00:48:59 | 01:18:25 | 7:01:48 | 00:06:05 | 37 | M30 | 206 | 6 |
| 1405 | Wietjes | Frank | Osthauderfehn | 1976 | 2010 | 01:10:58 | 01:12:32 | 01:26:08 | 01:04:51 | 00:48:31 | 01:18:49 | 7:01:49 | 00:06:05 | 34 | M30 | 207 | 6 |
| 1406 | Piela | Joachim | IGS Aurich-West | 1951 | 2010 | 01:06:52 | 01:10:16 | 01:27:48 | 01:06:47 | 00:49:35 | 01:20:44 | 7:02:02 | 00:06:05 | 59 | M50 | 197 | 6 |
| 1407 | Dirks | Bernd | Wi sünd Holtriem | 1996 | 2010 | 01:07:38 | 01:13:14 | 01:29:35 | 01:10:43 | 00:46:55 | 01:14:22 | 7:02:27 | 00:06:06 | 14 | MU20 | 116 | 6 |
| 1408 | Gerhard | Hans-Hennig | ELV AG | 1974 | 2010 | 01:06:16 | 01:10:50 | 01:28:32 | 01:05:38 | 00:49:42 | 01:21:38 | 7:02:36 | 00:06:06 | 36 | M30 | 208 | 6 |
| 1409 | Swart | Ulrich | LeerWittmund | 1989 | 2010 | 01:08:56 | 01:12:49 | 01:28:00 | 01:07:30 | 00:49:03 | 01:16:24 | 7:02:42 | 00:06:06 | 21 | MHK | 94 | 6 |
| 1410 | Dirks | Anne | TG Wiesmoor | 1962 | 2010 | 01:07:57 | 01:11:05 | 01:26:40 | 01:05:38 | 00:51:33 | 01:19:51 | 7:02:44 | 00:06:06 | 48 | W40 | 124 | 6 |
| 1411 | Anscheit | Mareike | Fortuna Logabirum | 1997 | 2010 | 01:08:05 | 01:15:12 | 01:27:32 | 01:07:26 | 00:49:14 | 01:15:23 | 7:02:55 | 00:06:06 | 13 | WU20 | 38 | 6 |
| 1412 | Freese | Sabine | Fa.Soeken Immobilien | 1972 | 2010 | 01:10:26 | 01:12:51 | 01:27:03 | 01:05:21 | 00:49:44 | 01:17:34 | 7:02:59 | 00:06:06 | 38 | W30 | 85 | 6 |
| 1413 | Smit | Yvon | Fa.Soeken Immobilien | 1966 | 2010 | 01:10:26 | 01:12:52 | 01:27:03 | 01:05:21 | 00:49:44 | 01:17:34 | 7:03:00 | 00:06:06 | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durch- schnitt pro km | Alter | AK | Platz | Etappen |
|-------|----------------|-------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|-----------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1421 | Groen | Alwin | Westoverledingen | 1965 | 2010 | 01:08:12 | 01:12:02 | 01:26:27 | 01:04:35 | 00:50:51 | 01:22:44 | 7:04:51 | 00:06:08 | 45 | M40 | 389 | 6 |
| 1422 | Kolsch | Andrea | Holtland | 1967 | 2010 | 01:08:44 | 01:13:26 | 01:27:07 | 01:04:47 | 00:50:06 | 01:20:45 | 7:04:55 | 00:06:08 | 43 | W40 | 127 | 6 |
| 1423 | Conrads | Petra | Emder LG | 1970 | 2010 | 01:07:38 | 01:12:49 | 01:27:55 | 01:05:25 | 00:51:27 | 01:19:44 | 7:04:58 | 00:06:08 | 40 | W40 | 128 | 6 |
| 1424 | Robbe | Engeline | MTV Ditzum | 1971 | 2010 | 01:02:27 | 01:15:40 | 01:27:32 | 01:07:48 | 00:51:26 | 01:20:08 | 7:05:01 | 00:06:08 | 39 | W30 | 86 | 6 |
| 1425 | Joswig | Almuth | Germania leer | 1957 | 2010 | 01:10:46 | 01:13:26 | 01:27:41 | 01:07:13 | 00:49:06 | 01:17:01 | 7:05:13 | 00:06:08 | 53 | W50 | 49 | 6 |
| 1426 | Schmidt | Karl-Heinz | TV Norden | 1957 | 2010 | 01:08:28 | 01:14:09 | 01:26:31 | 01:06:01 | 00:50:46 | 01:19:28 | 7:05:23 | 00:06:08 | 53 | M50 | 200 | 6 |
| 1427 | Dunker | Maren | TV Norden | 1966 | 2010 | 01:08:28 | 01:14:09 | 01:26:32 | 01:06:01 | 00:50:46 | 01:19:27 | 7:05:23 | 00:06:08 | 44 | W40 | 129 | 6 |
| 1428 | Kampen | Janina | obw Emden | 1988 | 2010 | 01:08:12 | 01:14:17 | 01:26:54 | 01:05:41 | 00:51:30 | 01:18:52 | 7:05:26 | 00:06:08 | 22 | WHK | 46 | 6 |
| 1429 | Ehmen | Christine | Orthopädieschuhtech | 1978 | 2010 | 01:07:19 | 01:11:50 | 01:28:20 | 01:05:30 | 00:51:38 | 01:20:51 | 7:05:28 | 00:06:08 | 32 | W30 | 87 | 6 |
| 1430 | Janssen | Manuela | Lebenshilfe gGmbH | 1971 | 2010 | 01:07:40 | 01:10:52 | 01:24:30 | 01:04:27 | 00:48:23 | 01:29:42 | 7:05:34 | 00:06:08 | 39 | W30 | 88 | 6 |
| 1431 | Schlömer | Tomke | Hartmann Group | 1966 | 2010 | 01:10:53 | 01:11:35 | 01:26:41 | 01:07:26 | 00:49:41 | 01:19:22 | 7:05:38 | 00:06:09 | 44 | W40 | 130 | 6 |
| 1432 | Mäcken | Bernhard | Großefehn | 1966 | 2010 | 01:08:27 | 01:13:15 | 01:27:06 | 01:06:33 | 00:51:48 | 01:18:59 | 7:06:08 | 00:06:09 | 44 | M40 | 390 | 6 |
| 1433 | Saathoff | Bärbel | TVM | 1966 | 2010 | 01:09:57 | 01:11:26 | 01:29:25 | 01:05:28 | 00:49:10 | 01:20:45 | 7:06:11 | 00:06:09 | 44 | W40 | 131 | 6 |
| 1434 | Schröder | Sabrina | Aurich | 1977 | 2010 | 01:08:25 | 01:10:54 | 01:24:42 | 01:04:27 | 00:48:24 | 01:29:42 | 7:06:34 | 00:06:09 | 33 | W30 | 89 | 6 |
| 1435 | Meenken | Christoph | Plaggenburg | 1989 | 2010 | 01:10:27 | 01:13:33 | 01:28:24 | 01:06:08 | 00:48:58 | 01:19:06 | 7:06:36 | 00:06:09 | 21 | MHK | 95 | 6 |
| 1436 | Krefter | Birgit | Team Möbel Buss | 1972 | 2010 | 01:07:54 | 01:13:25 | 01:26:26 | 01:06:03 | 00:51:11 | 01:21:40 | 7:06:39 | 00:06:09 | 38 | W30 | 90 | 6 |
| 1437 | Saathoff | Diane | TVM | 1965 | 2010 | 01:09:57 | 01:11:26 | 01:29:22 | 01:05:28 | 00:50:27 | 01:20:40 | 7:07:20 | 00:06:10 | 45 | W40 | 132 | 6 |
| 1438 | Davids | Karl | SuS Berumerfehn | 1950 | 2010 | 01:08:46 | 01:13:20 | 01:27:25 | 01:06:01 | 00:50:51 | 01:21:11 | 7:07:34 | 00:06:10 | 60 | M60 | 59 | 6 |
| 1439 | Buß | Edda | Pewsumer Ossiloopers | 1953 | 2010 | 01:09:17 | 01:14:04 | 01:27:00 | 01:05:47 | 00:50:26 | 01:21:05 | 7:07:39 | 00:06:10 | 57 | W50 | 50 | 6 |
| 1440 | Janke-Neeland | Susanne | Aurich | 1963 | 2010 | 01:10:34 | 01:15:23 | 01:25:56 | 01:05:02 | 00:50:29 | 01:20:21 | 7:07:45 | 00:06:10 | 47 | W40 | 133 | 6 |
| 1441 | Seifert | Gitta | Laufftreff Middels | 1967 | 2010 | 01:10:59 | 01:13:23 | 01:25:40 | 01:06:19 | 00:51:00 | 01:20:26 | 7:07:47 | 00:06:10 | 43 | W40 | 134 | 6 |
| 1442 | Stevens | Kerstin | Emder LG | 1960 | 2010 | 01:10:46 | 01:14:48 | 01:28:12 | 01:05:00 | 00:48:54 | 01:20:12 | 7:07:52 | 00:06:10 | 50 | W50 | 51 | 6 |
| 1443 | Röben | Petra | Aurich | 1967 | 2010 | 01:12:33 | 01:13:50 | 01:25:59 | 01:05:12 | 00:49:41 | 01:20:52 | 7:08:07 | 00:06:11 | 43 | W40 | 135 | 6 |
| 1444 | Buß | Ludwig | OVB Emden/Leer | 1967 | 2010 | 01:12:40 | 01:12:11 | 01:26:18 | 01:07:45 | 00:51:48 | 01:17:26 | 7:08:08 | 00:06:11 | 43 | M40 | 391 | 6 |
| 1445 | Krull | Sabine | Aurich | 1971 | 2010 | 01:12:33 | 01:14:01 | 01:26:01 | 01:05:08 | 00:49:36 | 01:20:52 | 7:08:11 | 00:06:11 | 39 | W30 | 91 | 6 |
| 1446 | Petersen | Marieanne | LT Spaß mit Sport | 1954 | 2010 | 01:10:45 | 01:14:28 | 01:26:51 | 01:05:39 | 00:50:42 | 01:20:10 | 7:08:35 | 00:06:11 | 56 | W50 | 52 | 6 |
| 1447 | Reints | Bruno | Evang.-reform. Kirche | 1954 | 2010 | 01:09:16 | 01:13:01 | 01:29:20 | 01:05:02 | 00:51:48 | 01:20:12 | 7:08:39 | 00:06:11 | 56 | M50 | 201 | 6 |
| 1448 | Theilen | Raoul | Leer | 1995 | 2010 | 01:05:34 | 01:10:47 | 01:25:59 | 01:05:24 | 00:53:38 | 01:27:35 | 7:08:57 | 00:06:11 | 15 | MU20 | 117 | 6 |
| 1449 | Battermann | Regina | Fentjer Laufftreff | 1951 | 2010 | 01:11:26 | 01:15:09 | 01:28:25 | 01:04:36 | 00:49:19 | 01:20:02 | 7:08:57 | 00:06:11 | 59 | W50 | 53 | 6 |
| 1450 | Eden | Ilona | Moormerland | 1969 | 2010 | 01:08:43 | 01:10:54 | 01:32:14 | 01:07:21 | 00:49:57 | 01:19:49 | 7:08:58 | 00:06:11 | 41 | W40 | 136 | 6 |
| 1451 | Reiners | Maike | TUS Victorbur | 1970 | 2010 | 01:11:21 | 01:13:54 | 01:27:24 | 01:06:47 | 00:48:33 | 01:21:19 | 7:09:18 | 00:06:12 | 40 | W40 | 137 | 6 |
| 1452 | Brandau | Claudia | Leer | 1963 | 2010 | 01:08:54 | 01:12:35 | 01:28:28 | 01:06:52 | 00:50:52 | 01:21:42 | 7:09:23 | 00:06:12 | 47 | W40 | 138 | 6 |
| 1453 | Schepers | Conrad | Seefahrtsschule Leer | 1988 | 2010 | 01:11:51 | 01:14:38 | 01:28:40 | 01:06:58 | 00:48:20 | 01:19:07 | 7:09:34 | 00:06:12 | 22 | MHK | 96 | 6 |
| 1454 | Kruessmann | Dina | KGS Großefehn | 1997 | 2010 | 01:10:16 | 01:12:29 | 01:25:29 | 01:05:29 | 00:53:46 | 01:22:13 | 07:09:44 | 00:06:12 | 13 | WU20 | 40 | 6 |
| 1455 | Klinkenberg | Silvia | LG TV Bunde | 1970 | 2010 | 01:10:05 | 01:12:43 | 01:27:28 | 01:06:55 | 00:52:09 | 01:20:28 | 7:09:48 | 00:06:12 | 40 | W40 | 139 | 6 |
| 1456 | Schmidt | Anne | Löwen Apotheke | 1970 | 2010 | 01:11:21 | 01:13:54 | 01:27:24 | 01:06:47 | 00:49:04 | 01:21:19 | 7:09:49 | 00:06:12 | 40 | W40 | 140 | 6 |
| 1457 | Groenhagen | Wilma | Emden | 1946 | 2010 | 01:10:16 | 01:13:58 | 01:25:57 | 01:06:39 | 00:51:50 | 01:21:15 | 7:09:55 | 00:06:12 | 64 | W60 | 8 | 6 |
| 1458 | Brinkmann | Daniel | Dornum | 1991 | 2010 | 01:06:33 | 01:11:49 | 01:27:25 | 01:10:26 | 00:52:34 | 01:21:10 | 7:09:57 | 00:06:12 | 19 | MU20 | 118 | 6 |
| 1459 | Tjaden | Manuela | Emder LG | 1964 | 2010 | 01:11:51 | 01:13:48 | 01:27:14 | 01:05:58 | 00:49:11 | 01:22:09 | 7:10:11 | 00:06:12 | 46 | W40 | 141 | 6 |
| 1460 | Appel | Wilfried | LG TV Bunde | 1959 | 2010 | 01:07:48 | 01:09:25 | 01:29:31 | 01:07:43 | 00:49:23 | 01:26:26 | 7:10:16 | 00:06:13 | 51 | M50 | 202 | 6 |
| 1461 | Girts | Wolfgang | LT TuS Aurich-Ost | 1952 | 2010 | 01:08:15 | 01:12:41 | 01:22:56 | 01:05:18 | 00:49:27 | 01:31:39 | 7:10:16 | 00:06:13 | 58 | M50 | 203 | 6 |
| 1462 | Greenewold | Marie-Luise | VHS Laufen | 1953 | 2010 | 01:09:15 | 01:15:38 | 01:30:18 | 01:06:21 | 00:49:10 | 01:19:36 | 7:10:18 | 00:06:13 | 57 | W50 | 54 | 6 |
| 1463 | Stiller | Michael | Aurich | 1964 | 2010 | 01:15:08 | 01:14:21 | 01:27:15 | 01:05:28 | 00:50:04 | 01:18:04 | 7:10:20 | 00:06:13 | 46 | M40 | 392 | 6 |
| 1464 | Meyer | Erhard | LeerWittmund | 1962 | 2010 | 01:06:57 | 01:12:39 | 01:31:49 | 01:07:20 | 00:51:32 | 01:20:09 | 7:10:26 | 00:06:13 | 48 | M40 | 393 | 6 |
| 1465 | Hilbrands | Ingrid | de Heizungsloopers | 1959 | 2010 | 01:10:36 | 01:12:47 | 01:25:41 | 01:08:51 | 00:51:01 | 01:21:48 | 7:10:44 | 00:06:13 | 51 | W50 | 55 | 6 |
| 1466 | Onken | Hilde | Stadtwerke Leer | 1959 | 2010 | 01:10:49 | 01:13:45 | 01:24:18 | 01:09:03 | 00:51:27 | 01:21:44 | 7:11:06 | 00:06:13 | 51 | W50 | 56 | 6 |
| 1467 | Wölbang | Matthias | Seefahrtsschule Leer | 1979 | 2010 | 01:08:23 | 01:09:16 | 01:26:14 | 01:05:33 | 00:54:56 | 01:26:45 | 7:11:07 | 00:06:13 | 31 | M30 | 210 | 6 |
| 1468 | Albers | Maike | Nordland Papier | 1983 | 2010 | 01:08:24 | 01:12:59 | 01:31:32 | 01:05:48 | 00:50:25 | 01:22:05 | 7:11:13 | 00:06:13 | 27 | WHK | 47 | 6 |
| 1469 | Böwe | Werner | Emder LG | 1944 | 2010 | 01:10:40 | 01:14:48 | 01:28:12 | 01:05:36 | 00:51:14 | 01:21:00 | 7:11:30 | 00:06:14 | 66 | M60 | 60 | 6 |
| 1470 | Klein | Viktor | de Heizungsloopers | 1971 | 2010 | 01:07:19 | 01:15:21 | 01:27:53 | 01:08:03 | 00:51:15 | 01:21:44 | 7:11:35 | 00:06:14 | 39 | M30 | 211 | 6 |
| 1471 | Gröning | Harald | Emder LG | 1970 | 2010 | 01:11:28 | 01:12:43 | 01:29:57 | 01:06:43 | 00:49:41 | 01:21:04 | 7:11:36 | 00:06:14 | 40 | M40 | 394 | 6 |
| 1472 | Lüürsen | Birgit | Weener | 1968 | 2010 | 01:11:16 | 01:15:13 | 01:28:23 | 01:05:55 | 00:50:39 | 01:20:11 | 7:11:37 | 00:06:14 | 42 | W40 | 142 | 6 |
| 1473 | Rennings | Greta | Nordland Papier | 1976 | 2010 | 01:10:24 | 01:12:59 | 01:31:32 | 01:05:49 | 00:48:51 | 01:22:05 | 7:11:40 | 00:06:14 | 34 | W30 | 92 | 6 |
| 1474 | Olthoff | Silke | Weener | 1964 | 2010 | 01:11:43 | 01:15:12 | 01:26:00 | 01:06:50 | 00:51:52 | 01:20:06 | 7:11:43 | 00:06:14 | 46 | W40 | 143 | 6 |
| 1475 | Endjer | Christian | Seefahrtsschule Leer | 1987 | 2010 | 01:14:02 | 01:14:38 | 01:26:23 | 01:06:17 | 00:49:08 | 01:21:19 | 7:11:47 | 00:06:14 | 23 | MHK | 97 | 6 |
| 1476 | Hofmann | Deike | Holthusen | 1991 | 2010 | 01:14:52 | 01:16:09 | 01:27:26 | 01:05:38 | 00:49:42 | 01:17:59 | 07:11:48 | 00:06:14 | 19 | WU20 | 41 | 6 |
| 1477 | Hinrichs | Silke | Holtrop | 1990 | 2010 | 01:13:51 | 01:15:56 | 01:28:42 | 01:06:22 | 00:50:26 | 01:16:40 | 7:11:57 | 00:06:14 | 20 | WHK | 48 | 6 |
| 1478 | Backer | Gudrun | Victorbur | 1967 | 2010 | 01:11:21 | 01:13:55 | 01:27:24 | 01:06:47 | 00:50:36 | 01:21:57 | 7:12:00 | 00:06:14 | 43 | W40 | 144 | 6 |
| 1479 | Schmidtke | Wolfgang | Loga | 1953 | 2010 | 01:10:56 | 01:13:46 | 01:30:46 | 01:06:13 | 00:49:54 | 01:20:32 | 7:12:07 | 00:06:14 | 57 | M50 | 204 | 6 |
| 1480 | Kahmann | Margret | Ubbo-Emmius-Klinik | 1958 | 2010 | 01:10:31 | 01:16:18 | 01:27:42 | 01:06:43 | 00:50:57 | 01:20:42 | 7:12:53 | 00:06:15 | 52 | W50 | 57 | 6 |
| 1481 | Niemeyer | Hildegard | Emder LG | 1950 | 2010 | 01:13:04 | 01:12:57 | 01:27:39 | 01:06:34 | 00:50:33 | 01:22:09 | 7:12:56 | 00:06:15 | 60 | W60 | 9 | 6 |
| 1482 | Ehnts-Hinrichs | Gertrud | MTV Wittmund | 1965 | 2010 | 01:11:51 | 01:15:28 | 01:26:25 | 01:06:48 | 00:50:57 | 01:21:37 | 7:13:06 | 00:06:15 | 45 | W40 | 145 | 6 |
| 1483 | Steinmann | Helga | Frisia Loga | 1960 | 2010 | 01:09:55 | 01:14:04 | 01:27:07 | 01:08:07 | 00:52:06 | 01:21:48 | 7:13:07 | 00:06:15 | 50 | W50 | 58 | 6 |
| 1484 | Fauerbach | Thea | SVO Wi sünd Holttriem | 1963 | 2010 | 01:08:32 | 01:13:06 | 01:28:37 | 01:06:42 | 00:51:37 | 01:24:34 | 7:13:08 | 00:06:15 | 47 | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------------|-----------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|-------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1492 | Kromminga | Marlies | Holtland | 1978 | 2010 | 01:12:15 | 01:15:37 | 01:28:14 | 01:05:40 | 00:51:12 | 01:21:45 | 7:14:43 | 00:06:16 | 32 | W30 | 94 | 6 |
| 1493 | Fellensiek | Karin | Plaggenburg | 1966 | 2010 | 01:10:12 | 01:14:14 | 01:28:10 | 01:07:54 | 00:51:16 | 01:22:59 | 7:14:45 | 00:06:16 | 44 | W40 | 148 | 6 |
| 1494 | Bramer | Simone | LG Großefehn | 1996 | 2010 | 01:08:55 | 01:14:50 | 01:39:22 | 01:04:33 | 00:48:56 | 01:18:10 | 07:14:48 | 00:06:16 | 14 | WU20 | 44 | 6 |
| 1495 | Fangmann | Andrea | RuB GmbH | 1983 | 2010 | 01:09:54 | 01:13:44 | 01:29:33 | 01:08:54 | 00:51:30 | 01:21:20 | 7:14:55 | 00:06:17 | 27 | WHK | 49 | 6 |
| 1496 | Kok | Sigrid | KOK-Reisen | 1963 | 2010 | 01:10:08 | 01:12:50 | 01:27:12 | 01:06:51 | 00:54:30 | 01:23:31 | 7:15:02 | 00:06:17 | 47 | W40 | 149 | 6 |
| 1497 | Rosendahl | Simon | Rhauderfehn | 1995 | 2010 | 01:12:54 | 01:15:10 | 01:27:27 | 01:07:27 | 00:51:01 | 01:21:33 | 7:15:32 | 00:06:17 | 15 | MU20 | 119 | 6 |
| 1498 | Berndt | Andrea | LeerWittmund | 1985 | 2010 | 01:10:59 | 01:13:57 | 01:29:00 | 01:08:15 | 00:51:34 | 01:22:10 | 7:15:55 | 00:06:17 | 25 | WHK | 50 | 6 |
| 1499 | Hartmann | Ilka | Hartmann Group | 1971 | 2010 | 01:10:53 | 01:12:43 | 01:28:44 | 01:07:53 | 00:51:04 | 01:24:57 | 7:16:14 | 00:06:18 | 39 | W30 | 95 | 6 |
| 1500 | Richter | Ulrike | MTV Wittmund | 1959 | 2010 | 01:10:55 | 01:15:12 | 01:28:25 | 01:07:28 | 00:52:44 | 01:21:32 | 7:16:16 | 00:06:18 | 51 | W50 | 60 | 6 |
| 1501 | Kraus | Horst | RS Aurich | 1948 | 2010 | 01:10:39 | 01:14:24 | 01:29:53 | 01:09:12 | 00:51:26 | 01:20:47 | 7:16:21 | 00:06:18 | 62 | M60 | 61 | 6 |
| 1502 | Meyer | Herta | TV Norden | 1949 | 2010 | 01:11:50 | 01:14:53 | 01:28:49 | 01:07:44 | 00:52:12 | 01:21:00 | 7:16:28 | 00:06:18 | 61 | W60 | 11 | 6 |
| 1503 | Spinneker | Christa | TV Norden | 1948 | 2010 | 01:11:50 | 01:15:10 | 01:28:49 | 01:07:45 | 00:52:12 | 01:21:01 | 7:16:47 | 00:06:18 | 62 | W60 | 12 | 6 |
| 1504 | Jungeblut | Neele | SZ Collhusen | 1994 | 2010 | 01:08:57 | 01:11:02 | 01:35:20 | 01:05:17 | 00:50:12 | 01:26:06 | 07:16:56 | 00:06:18 | 16 | WU20 | 45 | 6 |
| 1505 | Schulte | Berend | Hartmann Group | 1979 | 2010 | 01:15:16 | 01:15:09 | 01:30:07 | 01:04:38 | 00:49:28 | 01:22:20 | 7:16:58 | 00:06:18 | 31 | M30 | 212 | 6 |
| 1506 | Schmidt | Angeilika | Hesel | 1961 | 2010 | 01:11:37 | 01:15:11 | 01:29:01 | 01:07:29 | 00:52:08 | 01:21:40 | 7:17:06 | 00:06:18 | 49 | W40 | 150 | 6 |
| 1507 | Appel | Edith | LG TV Bunde | 1957 | 2010 | 01:07:49 | 01:12:01 | 01:29:31 | 01:07:44 | 00:53:37 | 01:26:27 | 7:17:09 | 00:06:18 | 53 | W50 | 61 | 6 |
| 1508 | Hinrichs | Theda | Gymnasium Ulricianum | 1995 | 2010 | 01:10:54 | 01:13:01 | 01:35:04 | 01:05:10 | 00:53:28 | 01:19:50 | 07:17:29 | 00:06:19 | 15 | WU20 | 46 | 6 |
| 1509 | Wendeling | Anika | Team Möbel Buss | 1987 | 2010 | 01:08:59 | 01:14:04 | 01:29:35 | 01:09:43 | 00:51:08 | 01:24:14 | 7:17:43 | 00:06:19 | 23 | WHK | 51 | 6 |
| 1510 | Schoolmann | Marcel | OLB Ostfriesland | 1983 | 2010 | 01:18:56 | 01:15:40 | 01:26:28 | 01:05:12 | 00:49:44 | 01:21:44 | 7:17:44 | 00:06:19 | 27 | MHK | 98 | 6 |
| 1511 | Hallenga | Gunda | Tannhausen | 1983 | 2010 | 01:19:47 | 01:15:31 | 01:26:32 | 01:05:08 | 00:49:46 | 01:21:44 | 7:18:28 | 00:06:20 | 27 | WHK | 52 | 6 |
| 1512 | Bode | Harald | Emder LG | 1944 | 2010 | 01:11:01 | 01:15:12 | 01:28:58 | 01:09:10 | 00:51:35 | 01:22:34 | 7:18:30 | 00:06:20 | 66 | M60 | 62 | 6 |
| 1513 | Doden | Heike | Emder LG | 1956 | 2010 | 01:11:02 | 01:15:12 | 01:28:58 | 01:09:10 | 00:51:35 | 01:22:34 | 7:18:31 | 00:06:20 | 54 | W50 | 62 | 6 |
| 1514 | Feige | Anje | LG Großefehn | 1962 | 2010 | 01:12:34 | 01:16:10 | 01:29:33 | 01:08:23 | 00:51:47 | 01:20:13 | 7:18:40 | 00:06:20 | 48 | W40 | 151 | 6 |
| 1515 | Krone | Ute | Klinikum Leer | 1991 | 2010 | 01:15:46 | 01:17:16 | 01:27:46 | 01:06:47 | 00:50:11 | 01:20:56 | 07:18:44 | 00:06:20 | 19 | WU20 | 47 | 6 |
| 1516 | Finger | Susanne | Fortuna Logabirum | 1975 | 2010 | 01:11:55 | 01:14:12 | 01:29:08 | 01:06:45 | 00:52:54 | 01:23:51 | 7:18:45 | 00:06:20 | 35 | W30 | 96 | 6 |
| 1517 | Georgs | Mathilde | Tilli's Käsethke | 1964 | 2010 | 01:11:07 | 01:16:45 | 01:28:15 | 01:08:03 | 00:52:31 | 01:22:05 | 7:18:46 | 00:06:20 | 46 | W40 | 152 | 6 |
| 1518 | Buss | Helga | Neukamperfehn | 1962 | 2010 | 01:08:49 | 01:16:34 | 01:30:30 | 01:07:52 | 00:51:38 | 01:23:31 | 7:18:54 | 00:06:20 | 48 | W40 | 153 | 6 |
| 1519 | Behrends | Maren | VHS Laufen | 1977 | 2010 | 01:12:28 | 01:14:05 | 01:31:36 | 01:07:44 | 00:50:57 | 01:22:08 | 7:18:58 | 00:06:20 | 33 | W30 | 97 | 6 |
| 1520 | Groen | Talea | Ubbo-Emmius-Klinik | 1957 | 2010 | 01:11:47 | 01:17:23 | 01:28:20 | 01:07:56 | 00:52:13 | 01:21:21 | 7:19:00 | 00:06:20 | 53 | W50 | 63 | 6 |
| 1521 | Trebesch | Kaja | MTV Aurich | 1961 | 2010 | 01:10:56 | 01:14:34 | 01:31:17 | 01:08:52 | 00:51:48 | 01:21:46 | 7:19:13 | 00:06:20 | 49 | W40 | 154 | 6 |
| 1522 | Baumfalk | Monika | Ubbo-Emmius-Klinik | 1964 | 2010 | 01:13:44 | 01:19:32 | 01:27:42 | 01:06:43 | 00:50:57 | 01:20:42 | 7:19:20 | 00:06:20 | 46 | W40 | 155 | 6 |
| 1523 | Kutscher | Michaela | OVB Emden/Leer | 1972 | 2010 | 01:14:42 | 01:15:52 | 01:30:20 | 01:06:54 | 00:51:16 | 01:20:19 | 7:19:23 | 00:06:20 | 38 | W30 | 98 | 6 |
| 1524 | Folkerts | Jakob | Emder LG | 1954 | 2010 | 01:13:07 | 01:14:42 | 01:28:14 | 01:07:58 | 00:52:20 | 01:23:22 | 7:19:43 | 00:06:21 | 56 | M50 | 205 | 6 |
| 1525 | Folkerts | Beate | Emder LG | 1959 | 2010 | 01:13:05 | 01:14:40 | 01:28:14 | 01:08:00 | 00:52:21 | 01:23:24 | 7:19:44 | 00:06:21 | 51 | W50 | 64 | 6 |
| 1526 | Sanwald | Hanna | nashville-express | 1962 | 2010 | 01:12:02 | 01:15:53 | 01:29:18 | 01:07:54 | 00:51:24 | 01:23:17 | 7:19:48 | 00:06:21 | 48 | W40 | 156 | 6 |
| 1527 | de Vries | Kathrin | Emden | 1975 | 2010 | 01:09:48 | 01:14:11 | 01:29:07 | 01:10:06 | 00:53:05 | 01:24:04 | 7:20:21 | 00:06:21 | 35 | W30 | 99 | 6 |
| 1528 | Dwillies | Walter | Eddy Eagle | 1955 | 2010 | 01:09:50 | 01:14:11 | 01:29:07 | 01:10:06 | 00:53:06 | 01:24:04 | 7:20:24 | 00:06:21 | 55 | M50 | 206 | 6 |
| 1529 | Langheinrich | Timo | de Heizungsloopers | 1983 | 2010 | 01:09:32 | 01:15:22 | 01:30:15 | 01:13:38 | 00:50:00 | 01:21:46 | 7:20:33 | 00:06:21 | 27 | MHK | 99 | 6 |
| 1530 | Frerichs | Janna | Uhlow | 1992 | 2010 | 01:12:54 | 01:17:58 | 01:29:23 | 01:07:58 | 00:49:01 | 01:23:19 | 07:20:34 | 00:06:21 | 18 | WU20 | 48 | 6 |
| 1531 | Göbel | Sabine | Pro SENIS | 1962 | 2010 | 01:12:12 | 01:17:20 | 01:30:07 | 01:07:41 | 00:52:07 | 01:21:14 | 7:20:41 | 00:06:22 | 48 | W40 | 157 | 6 |
| 1532 | Ehmen | Sarah | Ihlow | 1992 | 2010 | 01:12:55 | 01:17:59 | 01:29:29 | 01:07:59 | 00:49:01 | 01:23:20 | 07:20:44 | 00:06:22 | 18 | WU20 | 49 | 6 |
| 1533 | Hanssen | Maria | SC-Wiesens | 1993 | 2010 | 01:11:41 | 01:12:40 | 01:27:42 | 01:04:34 | 00:54:57 | 01:29:18 | 07:20:55 | 00:06:22 | 17 | WU20 | 50 | 6 |
| 1534 | Schumacher | Anja | OVB Emden/Leer | 1969 | 2010 | 01:14:42 | 01:15:53 | 01:30:20 | 01:07:40 | 00:51:29 | 01:20:52 | 7:20:56 | 00:06:22 | 41 | W40 | 158 | 6 |
| 1535 | Ihlow | Werner | TV Norden | 1945 | 2010 | 01:11:40 | 01:14:14 | 01:29:11 | 01:08:38 | 00:53:40 | 01:24:17 | 7:21:40 | 00:06:22 | 65 | M60 | 63 | 6 |
| 1536 | Zarth | Christa | OVB Emden/Leer | 1963 | 2010 | 01:11:49 | 01:15:36 | 01:31:36 | 01:07:43 | 00:53:12 | 01:22:08 | 7:22:04 | 00:06:23 | 47 | W40 | 159 | 6 |
| 1537 | Meyer | Erika | Leer | 1970 | 2010 | 01:13:54 | 01:17:19 | 01:30:11 | 01:07:50 | 00:52:03 | 01:21:11 | 7:22:28 | 00:06:23 | 40 | W40 | 160 | 6 |
| 1538 | Kröger | Thomas | Ekels | 1966 | 2010 | 01:14:01 | 01:17:00 | 01:29:57 | 01:07:46 | 00:51:19 | 01:22:41 | 7:22:44 | 00:06:23 | 44 | M40 | 396 | 6 |
| 1539 | Greulich | Ines | Ubbo-Emmius-Klinik | 1966 | 2010 | 01:13:45 | 01:17:25 | 01:29:57 | 01:08:02 | 00:51:52 | 01:22:02 | 7:23:03 | 00:06:24 | 44 | W40 | 161 | 6 |
| 1540 | Heyen | Heiko | LG Großefehn | 1957 | 2010 | 01:10:54 | 01:15:02 | 01:28:07 | 01:07:35 | 00:51:56 | 01:29:45 | 7:23:19 | 00:06:24 | 53 | M50 | 207 | 6 |
| 1541 | Schewiola | Axel | TV Norden | 1938 | 2010 | 01:09:48 | 01:15:25 | 01:29:31 | 01:08:23 | 00:55:19 | 01:24:54 | 7:23:20 | 00:06:24 | 72 | M70 | 7 | 6 |
| 1542 | Zech | Arno | LT TUS Eversten | 1935 | 2010 | 01:09:48 | 01:16:15 | 01:31:28 | 01:10:01 | 00:52:32 | 01:23:27 | 7:23:31 | 00:06:24 | 75 | M70 | 8 | 6 |
| 1543 | Wieland | Christian | WfbM Aurich | 1990 | 2010 | 01:11:43 | 01:13:01 | 01:32:32 | 01:04:09 | 01:00:55 | 01:21:46 | 7:24:06 | 00:06:25 | 20 | MHK | 100 | 6 |
| 1544 | Schindler | Jannik | SV Warsingsfehn | 1997 | 2010 | 01:11:43 | 01:16:48 | 01:30:37 | 01:08:23 | 00:51:51 | 01:24:44 | 7:24:06 | 00:06:25 | 13 | MU20 | 120 | 6 |
| 1545 | Spille | Kerstin | obw Emden | 1977 | 2010 | 01:10:36 | 01:12:00 | 01:26:23 | 01:15:05 | 00:52:07 | 01:28:05 | 7:24:16 | 00:06:25 | 33 | W30 | 100 | 6 |
| 1546 | Erhardts | Heidi | Leer-Heisfelde | 1976 | 2010 | 01:17:00 | 01:15:26 | 01:32:08 | 01:07:10 | 00:55:06 | 01:17:31 | 7:24:21 | 00:06:25 | 34 | W30 | 101 | 6 |
| 1547 | Lokers | Menno | LeerWittmund | 1970 | 2010 | 01:16:09 | 01:19:12 | 01:31:13 | 01:06:46 | 00:48:37 | 01:22:42 | 7:24:39 | 00:06:25 | 40 | M40 | 397 | 6 |
| 1548 | Neitemeier | Petra | Ellernfeld | 1968 | 2010 | 01:12:12 | 01:17:00 | 01:30:05 | 01:09:32 | 00:52:00 | 01:23:54 | 7:24:43 | 00:06:25 | 42 | W40 | 162 | 6 |
| 1549 | Fahnster-Kowalzik | Kerstin | Ubbo-Emmius-Klinik | 1966 | 2010 | 01:15:14 | 01:17:18 | 01:29:51 | 01:05:07 | 00:52:06 | 01:25:33 | 7:25:09 | 00:06:25 | 44 | W40 | 163 | 6 |
| 1550 | Siemens | Ralf | Hartmann Group | 1964 | 2010 | 01:13:14 | 01:15:12 | 01:33:05 | 01:07:48 | 00:51:42 | 01:24:33 | 7:25:34 | 00:06:26 | 46 | M40 | 398 | 6 |
| 1551 | Kramer | Alexander | EWE Wattloopers | 1971 | 2010 | 01:13:40 | 01:15:40 | 01:32:13 | 01:07:56 | 00:52:26 | 01:24:41 | 7:26:36 | 00:06:27 | 39 | M30 | 213 | 6 |
| 1552 | Theermann | Richada | RAIBA Moormerland | 1962 | 2010 | 01:11:34 | 01:15:43 | 01:30:31 | 01:10:20 | 00:52:54 | 01:25:35 | 7:26:37 | 00:06:27 | 48 | W40 | 164 | 6 |
| 1553 | Wedeken | Jürgen | Team Wilts | 1958 | 2010 | 01:15:09 | 01:18:20 | 01:29:10 | 01:09:58 | 00:53:13 | 01:20:54 | 7:26:44 | 00:06:27 | 52 | M50 | 208 | 6 |
| 1554 | Dirksen | Ottmar | EWE Wattloopers | 1962 | 2010 | 01:12:51 | 01:16:25 | 01:32:12 | 01:08:15 | 00:52:32 | 01:24:37 | 7:26:52 | 00:06:27 | 48 | M40 | 399 | 6 |
| 1555 | Niehuisen | Frank | Gesundheitskasse | 1970 | 2010 | 01:11:03 | 01:17:18 | 01:30:03 | 01:10:55 | 00:52:05 | 01:25:38 | 7:27:02 | 00:06:27 | 40 | M40</ | | |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|-----------|---------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1563 | Freese | Petra | Emder LG | 1969 | 2010 | 01:13:43 | 01:17:48 | 01:30:21 | 01:09:24 | 00:52:21 | 01:24:47 | 7:28:24 | 00:06:28 | 41 | W40 | 169 | 6 |
| 1564 | Davids | Marion | Emder LG | 1962 | 2010 | 01:13:43 | 01:17:49 | 01:30:20 | 01:09:25 | 00:52:21 | 01:24:47 | 7:28:25 | 00:06:28 | 48 | W40 | 170 | 6 |
| 1565 | Ubben | Anna-Lena | HRS Moorerland | 1995 | 2010 | 01:12:26 | 01:16:06 | 01:30:14 | 01:11:26 | 00:52:09 | 01:26:16 | 07:28:40 | 00:06:28 | 15 | WU20 | 51 | 6 |
| 1566 | Dietzel | Britta | Emden | 1967 | 2010 | 01:12:22 | 01:17:35 | 01:30:19 | 01:10:18 | 00:53:52 | 01:24:14 | 7:28:40 | 00:06:28 | 43 | W40 | 171 | 6 |
| 1567 | Tannen | Hermann | MTV Wittmund | 1961 | 2010 | 01:16:13 | 01:15:36 | 01:31:42 | 01:10:58 | 00:51:59 | 01:22:38 | 7:29:06 | 00:06:29 | 49 | M40 | 401 | 6 |
| 1568 | Beekmann | Daniela | Polizei Wittmund | 1985 | 2010 | 01:12:05 | 01:15:45 | 01:31:24 | 01:10:00 | 00:53:06 | 01:27:02 | 7:29:22 | 00:06:29 | 25 | WHK | 53 | 6 |
| 1569 | Busse | Rainer | de Heizungsloopers | 1971 | 2010 | 01:15:13 | 01:17:47 | 01:30:13 | 01:13:37 | 00:51:18 | 01:21:45 | 7:29:53 | 00:06:30 | 39 | M30 | 214 | 6 |
| 1570 | van Lengen | Ines | Klinikum Leer | 1991 | 2010 | 01:17:11 | 01:18:00 | 01:29:40 | 01:08:10 | 00:52:32 | 01:24:28 | 07:30:03 | 00:06:30 | 19 | WU20 | 52 | 6 |
| 1571 | Ullfers | Daniel | de Heizungsloopers | 1983 | 2010 | 01:13:56 | 01:17:46 | 01:30:13 | 01:15:13 | 00:51:18 | 01:21:45 | 7:30:11 | 00:06:30 | 27 | MHK | 101 | 6 |
| 1572 | Eggers | Rita | Collhusen | 1954 | 2010 | 01:11:16 | 01:15:56 | 01:35:20 | 01:09:20 | 00:51:45 | 01:26:38 | 7:30:15 | 00:06:30 | 56 | W50 | 66 | 6 |
| 1573 | Fahnster | Anke | Team Möbel Buss | 1989 | 2010 | 01:13:12 | 01:16:06 | 01:31:26 | 01:09:54 | 00:52:56 | 01:26:55 | 7:30:29 | 00:06:30 | 21 | WHK | 54 | 6 |
| 1574 | Saathoff | Silvia | Ubbo-Emmius-Klinik | 1970 | 2010 | 01:17:12 | 01:18:49 | 01:30:10 | 01:08:11 | 00:52:07 | 01:24:01 | 7:30:30 | 00:06:30 | 40 | W40 | 172 | 6 |
| 1575 | Bünting | Monika | Ellernfeld | 1964 | 2010 | 01:15:00 | 01:16:16 | 01:29:44 | 01:08:45 | 00:53:03 | 01:27:47 | 7:30:35 | 00:06:30 | 46 | W40 | 173 | 6 |
| 1576 | Kuhlmann | Aurich | Aurich | 1956 | 2010 | 01:10:23 | 01:14:54 | 01:32:40 | 01:10:25 | 00:52:41 | 01:29:39 | 7:30:42 | 00:06:30 | 54 | M50 | 209 | 6 |
| 1577 | Trauer | Dörthe | Aurich | 1977 | 2010 | 01:13:58 | 01:16:56 | 01:29:42 | 01:12:09 | 00:52:27 | 01:25:48 | 7:31:00 | 00:06:30 | 33 | W30 | 104 | 6 |
| 1578 | Meyer | Rudolf | TuS Weener | 1950 | 2010 | 01:15:22 | 01:16:08 | 01:29:21 | 01:07:22 | 00:54:30 | 01:28:31 | 7:31:14 | 00:06:31 | 60 | M60 | 64 | 6 |
| 1579 | Swart | Hartmut | FC Schalke 04 | 1966 | 2010 | 01:15:48 | 01:17:37 | 01:31:07 | 01:09:21 | 00:52:00 | 01:25:22 | 7:31:15 | 00:06:31 | 44 | M40 | 402 | 6 |
| 1580 | Stürtz | Eckhard | Prokon Nord | 1965 | 2010 | 01:16:44 | 01:20:45 | 01:33:01 | 01:08:51 | 00:51:23 | 01:20:50 | 7:31:34 | 00:06:31 | 45 | M40 | 403 | 6 |
| 1581 | Conrads | Udo | Polizei Leer | 1954 | 2010 | 01:15:54 | 01:18:23 | 01:32:35 | 01:08:20 | 00:50:57 | 01:25:25 | 7:31:34 | 00:06:31 | 56 | M50 | 210 | 6 |
| 1582 | Dzillum | Elke | SZ Collhusen | 1963 | 2010 | 01:14:00 | 01:15:54 | 01:33:36 | 01:09:15 | 00:52:29 | 01:26:37 | 7:31:51 | 00:06:31 | 47 | W40 | 174 | 6 |
| 1583 | Albrecht | Elfriede | Laufgruppe Eschen | 1950 | 2010 | 01:11:06 | 01:16:53 | 01:32:39 | 01:10:44 | 00:55:05 | 01:25:30 | 7:31:57 | 00:06:31 | 60 | W60 | 13 | 6 |
| 1584 | Redenius | Jutta | LG Ostfriesland | 1961 | 2010 | 01:12:42 | 01:18:02 | 01:32:39 | 01:09:43 | 00:52:48 | 01:26:26 | 7:32:20 | 00:06:32 | 49 | W40 | 175 | 6 |
| 1585 | Gastmann | Karin | LG Ostfriesland | 1963 | 2010 | 01:12:42 | 01:18:03 | 01:32:40 | 01:09:43 | 00:52:48 | 01:26:26 | 7:32:22 | 00:06:32 | 47 | W40 | 176 | 6 |
| 1586 | Möhlmann | Gerda | SC Wiesens | 1965 | 2010 | 01:12:59 | 01:17:11 | 01:31:07 | 01:11:18 | 00:55:02 | 01:24:55 | 7:32:32 | 00:06:32 | 45 | W40 | 177 | 6 |
| 1587 | Plöger | Anne | VFR Heisfelde | 1994 | 2010 | 01:13:18 | 01:18:21 | 01:31:22 | 01:09:46 | 00:54:56 | 01:25:04 | 07:32:49 | 00:06:32 | 16 | WU20 | 53 | 6 |
| 1588 | Hermann | Detlef | Collhusen | 1948 | 2010 | 01:12:42 | 01:15:35 | 01:32:34 | 01:09:39 | 00:54:55 | 01:27:26 | 7:32:51 | 00:06:32 | 62 | M60 | 65 | 6 |
| 1589 | Beyer | Bianka | tura 07 | 1966 | 2010 | 01:13:26 | 01:16:16 | 01:31:37 | 01:11:00 | 00:55:21 | 01:25:18 | 7:32:58 | 00:06:32 | 44 | W40 | 178 | 6 |
| 1590 | Hinrichs | Jens | Stadtwerke Norden | 1969 | 2010 | 01:17:19 | 01:15:37 | 01:37:49 | 00:56:47 | 00:54:53 | 01:30:59 | 7:33:24 | 00:06:33 | 41 | M40 | 404 | 6 |
| 1591 | Wiltfang | Johann | OVB Emden/Leer | 1956 | 2010 | 01:14:50 | 01:17:32 | 01:31:49 | 01:09:10 | 00:51:28 | 01:28:49 | 7:33:38 | 00:06:33 | 54 | M50 | 211 | 6 |
| 1592 | Siemens | Günter | Logistic GmbH | 1974 | 2010 | 01:13:37 | 01:18:14 | 01:34:22 | 01:12:15 | 00:53:02 | 01:22:20 | 7:33:50 | 00:06:33 | 36 | M30 | 215 | 6 |
| 1593 | Nipshagen | Grato | | 1958 | 2010 | 01:10:50 | 01:18:19 | 01:29:57 | 01:20:39 | 00:52:00 | 01:22:14 | 7:33:59 | 00:06:33 | 52 | M50 | 212 | 6 |
| 1594 | Freese | Michael | LG Werder-Ossis | 1973 | 2010 | 01:15:56 | 01:18:10 | 01:30:34 | 01:10:01 | 00:56:47 | 01:22:46 | 7:34:14 | 00:06:33 | 37 | M30 | 216 | 6 |
| 1595 | Hilbrands | Fenna | de Heizungsloopers | 1992 | 2010 | 01:14:51 | 01:17:20 | 01:35:47 | 01:08:34 | 00:52:07 | 01:25:33 | 07:34:14 | 00:06:33 | 18 | WU20 | 54 | 6 |
| 1596 | Veldhuis | Karin | Leer | 1969 | 2010 | 01:14:36 | 01:19:52 | 01:35:58 | 01:09:12 | 00:53:31 | 01:21:09 | 7:34:18 | 00:06:33 | 41 | W40 | 179 | 6 |
| 1597 | Wilken | Christine | Moorerland | 1975 | 2010 | 01:18:32 | 01:20:40 | 01:37:26 | 00:54:49 | 00:54:55 | 01:28:30 | 7:34:52 | 00:06:34 | 35 | W30 | 105 | 6 |
| 1598 | Noah | Carin | MTV Aurich | 1955 | 2010 | 01:14:24 | 01:19:39 | 01:31:17 | 01:09:31 | 00:53:25 | 01:26:50 | 7:35:06 | 00:06:34 | 55 | W50 | 67 | 6 |
| 1599 | Kok | Katharina | Leer | 1983 | 2010 | 01:13:28 | 01:20:40 | 01:31:22 | 01:10:12 | 00:54:53 | 01:25:04 | 7:35:39 | 00:06:35 | 27 | WHK | 55 | 6 |
| 1600 | Janßen-Harms | Angelika | Leer | 1959 | 2010 | 01:13:30 | 01:18:49 | 01:35:03 | 01:10:44 | 00:54:16 | 01:23:39 | 7:36:01 | 00:06:35 | 51 | W50 | 68 | 6 |
| 1601 | Salomo | Tobias | Leinerstift e. V. | 1993 | 2010 | 01:16:33 | 01:13:02 | 01:32:57 | 01:11:26 | 00:54:13 | 01:28:18 | 7:36:29 | 00:06:35 | 17 | MU20 | 121 | 6 |
| 1602 | Blom-Weerts | Renate | obw Emden | 1963 | 2010 | 01:11:33 | 01:17:13 | 01:31:48 | 01:11:47 | 00:56:32 | 01:28:06 | 7:36:59 | 00:06:36 | 47 | W40 | 180 | 6 |
| 1603 | Engels | Heinz | Wiesmoor | 1976 | 2010 | 01:16:03 | 01:16:22 | 01:30:58 | 01:12:34 | 00:54:34 | 01:26:56 | 7:37:27 | 00:06:36 | 34 | M30 | 217 | 6 |
| 1604 | Rath | Johann | ELV AG | 1963 | 2010 | 01:16:19 | 01:18:44 | 01:28:58 | 01:08:11 | 00:55:45 | 01:29:37 | 7:37:34 | 00:06:36 | 47 | M40 | 405 | 6 |
| 1605 | Müller | Margot | VHS Laufen | 1951 | 2010 | 01:14:28 | 01:17:36 | 01:32:19 | 01:11:25 | 00:55:28 | 01:26:26 | 7:37:42 | 00:06:36 | 59 | W50 | 69 | 6 |
| 1606 | de Vries | Ralf | Wiesens | 1971 | 2010 | 01:11:52 | 01:16:02 | 01:36:11 | 01:11:33 | 00:56:19 | 01:25:48 | 7:37:45 | 00:06:36 | 39 | M30 | 218 | 6 |
| 1607 | Böwe | Inge | Emder LG | 1945 | 2010 | 01:13:45 | 01:17:59 | 01:30:54 | 01:13:01 | 00:55:28 | 01:26:54 | 7:38:01 | 00:06:37 | 65 | W60 | 14 | 6 |
| 1608 | Ubben | Christa | ubben-haus Laufteam | 1963 | 2010 | 01:17:06 | 01:17:15 | 01:30:52 | 01:10:49 | 00:53:23 | 01:28:38 | 7:38:03 | 00:06:37 | 47 | W40 | 181 | 6 |
| 1609 | Bolhuis | Wilhelm | TV Norden | 1943 | 2010 | 01:10:12 | 01:15:56 | 01:32:14 | 01:11:24 | 00:56:01 | 01:32:19 | 7:38:06 | 00:06:37 | 67 | M60 | 66 | 6 |
| 1610 | Kleen | Heike | Team Möbel Buss | 1977 | 2010 | 01:16:04 | 01:16:23 | 01:31:25 | 01:12:36 | 00:54:34 | 01:27:04 | 7:38:06 | 00:06:37 | 33 | W30 | 106 | 6 |
| 1611 | Lausen | Anette | CHAILA | 1961 | 2010 | 01:14:10 | 01:18:24 | 01:32:29 | 01:11:07 | 00:55:17 | 01:26:42 | 7:38:09 | 00:06:37 | 49 | W40 | 182 | 6 |
| 1612 | Claassen | Gerd | LG Ostfriesland | 1945 | 2010 | 01:11:19 | 01:16:15 | 01:35:02 | 01:12:30 | 00:54:54 | 01:28:13 | 7:38:13 | 00:06:37 | 65 | M60 | 67 | 6 |
| 1613 | Wendeling | Alide | IHK Emden | 1957 | 2010 | 01:14:16 | 01:18:57 | 01:30:56 | 01:13:38 | 00:54:09 | 01:26:18 | 7:38:14 | 00:06:37 | 53 | W50 | 70 | 6 |
| 1614 | Pulscher | Detlef | Leer | 1966 | 2010 | 01:16:16 | 01:16:39 | 01:31:57 | 01:12:07 | 00:54:29 | 01:26:48 | 7:38:16 | 00:06:37 | 44 | M40 | 406 | 6 |
| 1615 | Pulscher | Anja | Leer | 1967 | 2010 | 01:16:17 | 01:16:39 | 01:31:58 | 01:12:08 | 00:54:29 | 01:26:47 | 7:38:18 | 00:06:37 | 43 | W40 | 183 | 6 |
| 1616 | Weyrich | Anne | Augustfehn | 1979 | 2010 | 01:10:46 | 01:26:37 | 01:34:21 | 01:10:32 | 00:51:56 | 01:24:11 | 7:38:23 | 00:06:37 | 31 | W30 | 107 | 6 |
| 1617 | Westermann | Antje | Emder LG | 1984 | 2010 | 01:14:37 | 01:19:21 | 01:33:48 | 01:10:40 | 00:53:40 | 01:26:25 | 7:38:31 | 00:06:37 | 26 | WHK | 56 | 6 |
| 1618 | Dreesch | Marianne | Blomberg | 1962 | 2010 | 01:16:27 | 01:21:10 | 01:36:30 | 01:08:24 | 00:53:09 | 01:23:13 | 7:38:53 | 00:06:37 | 48 | W40 | 184 | 6 |
| 1619 | Steinebach | Kerstin | Steuerberatungsges. | 1988 | 2010 | 01:14:43 | 01:18:38 | 01:35:13 | 01:11:50 | 00:53:23 | 01:25:47 | 7:39:34 | 00:06:38 | 22 | WHK | 57 | 6 |
| 1620 | Höland | Rita | Westrauderfehn | 1950 | 2010 | 01:14:14 | 01:17:02 | 01:33:35 | 01:11:16 | 00:55:14 | 01:28:27 | 7:39:48 | 00:06:38 | 60 | W60 | 15 | 6 |
| 1621 | Horn-Wulfke | Gabriele | Emden | 1955 | 2010 | 01:15:06 | 01:16:54 | 01:33:52 | 01:10:31 | 00:55:57 | 01:27:55 | 7:40:15 | 00:06:38 | 55 | W50 | 71 | 6 |
| 1622 | Löning | Inka | OVB Emden/Leer | 1980 | 2010 | 01:14:32 | 01:19:17 | 01:32:29 | 01:11:27 | 00:54:31 | 01:28:41 | 7:40:57 | 00:06:39 | 30 | W30 | 108 | 6 |
| 1623 | Tiefinger | Anja | Leer | 1968 | 2010 | 01:15:50 | 01:18:52 | 01:35:20 | 01:09:46 | 00:54:18 | 01:27:01 | 7:41:07 | 00:06:39 | 42 | W40 | 185 | 6 |
| 1624 | Oelscher | Heinz | LT Spaß mit Sport | 1954 | 2010 | 01:16:24 | 01:20:35 | 01:33:53 | 01:10:25 | 00:53:43 | 01:26:33 | 7:41:33 | 00:06:40 | 56 | M50 | 213 | 6 |
| 1625 | Pommerening | Joachim | TV Norden | 1954 | 2010 | 01:16:58 | 01:18:45 | 01:35:21 | 01:11:20 | 00:54:30 | 01:25:00 | 7:41:54 | 00:06:40 | 56 | M50 | 214 | 6 |
| 1626 | Uecker | Angela | Ellernfeld | 1963 | 2010 | 01:16:29 | 01:17:12 | 01:32:34 | 01:12:32 | 00:54:44 | 01:28:42 | 7:42:13 | 00:06:40 | 47 | W40 | 186 | 6 |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------------|-------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1634 | Stürenburg-Kruse | Helke | EWE Wattloopers | 1961 | 2010 | 01:12:44 | 01:19:36 | 01:32:31 | 01:14:07 | 00:55:00 | 01:29:52 | 7:43:50 | 00:06:42 | 49 | W40 | 189 | 6 |
| 1635 | Schellenberg | Hiltrud | LG Großefehn | 1969 | 2010 | 01:15:19 | 01:18:43 | 01:36:40 | 01:10:19 | 00:54:19 | 01:28:55 | 7:44:15 | 00:06:42 | 41 | W40 | 190 | 6 |
| 1636 | Fitzner | Adele | LT Tus Aurich-Ost | 1949 | 2010 | 01:15:28 | 01:19:36 | 01:33:12 | 01:12:32 | 00:55:35 | 01:27:56 | 7:44:19 | 00:06:42 | 61 | W60 | 16 | 6 |
| 1637 | Ottersberg | Bianca | Großefehn | 1991 | 2010 | 01:16:50 | 01:18:38 | 01:35:45 | 01:09:46 | 00:53:54 | 01:30:32 | 07:45:27 | 00:06:43 | 19 | WU20 | 55 | 6 |
| 1638 | Giebelhausen | Frauke | Pro SENIS | 1974 | 2010 | 01:14:28 | 01:18:34 | 01:35:32 | 01:12:43 | 00:55:39 | 01:28:41 | 7:45:37 | 00:06:43 | 36 | W30 | 112 | 6 |
| 1639 | Folkerts | Bastian | Großefehn | 1993 | 2010 | 01:20:11 | 01:23:56 | 01:35:48 | 00:58:38 | 00:59:07 | 01:27:58 | 7:45:38 | 00:06:43 | 17 | MU20 | 122 | 6 |
| 1640 | Ulfers-Brandt | Doris | Stadt Leer | 1957 | 2010 | 01:16:46 | 01:18:13 | 01:34:17 | 01:12:42 | 00:57:04 | 01:27:06 | 7:46:08 | 00:06:44 | 53 | W50 | 72 | 6 |
| 1641 | Harms | Hilke | IGS Aurich-West | 1997 | 2010 | 01:11:28 | 01:20:37 | 01:31:25 | 01:17:48 | 00:53:20 | 01:31:39 | 07:46:20 | 00:06:44 | 13 | WU20 | 56 | 6 |
| 1642 | Kretzmer | Tanja | OVV Emden/Leer | 1984 | 2010 | 01:15:28 | 01:21:16 | 01:33:20 | 01:12:15 | 00:54:55 | 01:29:11 | 7:46:25 | 00:06:44 | 26 | WHK | 59 | 6 |
| 1643 | Saathoff | Günther | TSV Hesel | 1946 | 2010 | 01:16:18 | 01:19:02 | 01:33:37 | 01:12:33 | 00:55:55 | 01:29:14 | 7:46:39 | 00:06:44 | 64 | M60 | 68 | 6 |
| 1644 | Schenkel | Helmut | Norden | 1948 | 2010 | 01:19:24 | 01:20:45 | 01:36:51 | 01:11:54 | 00:50:53 | 01:26:56 | 7:46:43 | 00:06:44 | 62 | M60 | 69 | 6 |
| 1645 | Fuhrmann | Angelika | Norden | 1964 | 2010 | 01:19:23 | 01:20:45 | 01:36:51 | 01:11:54 | 00:50:54 | 01:26:57 | 7:46:44 | 00:06:44 | 46 | W40 | 191 | 6 |
| 1646 | Ibbeken | Susanne | VHS Laufen | 1962 | 2010 | 01:19:30 | 01:17:39 | 01:34:53 | 01:13:11 | 00:55:05 | 01:26:27 | 7:46:45 | 00:06:44 | 48 | W40 | 192 | 6 |
| 1647 | Damm | Gudrun | Frisch Auf Wybelsum | 1973 | 2010 | 01:16:19 | 01:19:59 | 01:34:03 | 01:11:41 | 00:56:27 | 01:28:52 | 7:47:21 | 00:06:45 | 37 | W30 | 113 | 6 |
| 1648 | Teyen | Tomma | TuS Weener | 1955 | 2010 | 01:16:34 | 01:16:04 | 01:37:29 | 01:14:22 | 00:56:11 | 01:26:50 | 7:47:30 | 00:06:45 | 55 | W50 | 73 | 6 |
| 1649 | Bross-Anscheid | Insa | Fortuna Logabirum | 1972 | 2010 | 01:15:30 | 01:21:05 | 01:35:12 | 01:11:58 | 00:55:44 | 01:28:09 | 7:47:38 | 00:06:45 | 38 | W30 | 114 | 6 |
| 1650 | Webermann | Ingrid | VHS Laufen | 1955 | 2010 | 01:19:29 | 01:18:24 | 01:35:18 | 01:13:18 | 00:54:56 | 01:26:35 | 7:48:00 | 00:06:45 | 55 | W50 | 74 | 6 |
| 1651 | Schneider | Helmut | Plaggenburg | 1962 | 2010 | 01:16:10 | 01:21:19 | 01:34:22 | 01:13:33 | 00:55:41 | 01:27:20 | 7:48:25 | 00:06:46 | 48 | M40 | 408 | 6 |
| 1652 | Schuster | Annette | Emder LG | 1959 | 2010 | 01:17:43 | 01:20:29 | 01:35:38 | 01:10:34 | 00:55:45 | 01:28:58 | 7:49:07 | 00:06:46 | 51 | W50 | 75 | 6 |
| 1653 | Hedemann | Anja | Team Möbel Buss | 1964 | 2010 | 01:12:48 | 01:20:27 | 01:35:56 | 01:17:45 | 00:54:36 | 01:28:29 | 7:50:01 | 00:06:47 | 46 | W40 | 193 | 6 |
| 1654 | Vry | Markus | Weener Plastik AG | 1982 | 2010 | 01:12:57 | 01:19:27 | 01:39:14 | 01:13:05 | 00:56:28 | 01:29:06 | 7:50:17 | 00:06:47 | 28 | MHK | 102 | 6 |
| 1655 | Schmidt | Daniela | Ubbo-Emmuis-Klinik | 1973 | 2010 | 01:16:34 | 01:19:17 | 01:34:17 | 01:11:40 | 00:56:18 | 01:32:25 | 7:50:31 | 00:06:47 | 37 | W30 | 115 | 6 |
| 1656 | Zirpins | Burghardt | obw Emden | 1957 | 2010 | 01:15:53 | 01:19:14 | 01:36:45 | 01:13:42 | 00:55:23 | 01:29:56 | 7:50:53 | 00:06:48 | 53 | M50 | 215 | 6 |
| 1657 | Potzler | Helga | MTV-Wittmund | 1949 | 2010 | 01:14:53 | 01:20:09 | 01:39:35 | 01:13:19 | 00:55:27 | 01:27:32 | 7:50:55 | 00:06:48 | 61 | W60 | 17 | 6 |
| 1658 | Malzahn | Veronika | TC Wittmund | 1950 | 2010 | 01:14:53 | 01:20:10 | 01:39:35 | 01:13:19 | 00:55:27 | 01:27:33 | 7:50:57 | 00:06:48 | 60 | W60 | 18 | 6 |
| 1659 | Diener | Manfred | LG Großefehn | 1949 | 2010 | 01:18:17 | 01:22:07 | 01:35:01 | 01:12:27 | 00:54:56 | 01:28:15 | 7:51:03 | 00:06:48 | 61 | M60 | 70 | 6 |
| 1660 | Schürmann | Martin | Poseidon Leer | 1960 | 2010 | 01:17:55 | 01:20:32 | 01:35:13 | 01:13:26 | 00:54:20 | 01:29:58 | 7:51:24 | 00:06:48 | 50 | M50 | 216 | 6 |
| 1661 | Wenzel | Lars | Moormerland | 1980 | 2010 | 01:20:34 | 01:18:56 | 01:30:05 | 01:16:40 | 00:56:55 | 01:28:33 | 7:51:43 | 00:06:48 | 30 | M30 | 219 | 6 |
| 1662 | Wagner | Melanie | Ubbo-Emmuis-Klinik | 1976 | 2010 | 01:18:40 | 01:19:32 | 01:33:49 | 01:15:11 | 00:54:38 | 01:30:06 | 7:51:56 | 00:06:49 | 34 | W30 | 116 | 6 |
| 1663 | Flockenhager | Gerhold | Weener Plastik AG | 1956 | 2010 | 01:09:43 | 01:23:54 | 01:40:45 | 01:13:39 | 00:55:25 | 01:28:50 | 7:52:16 | 00:06:49 | 54 | M50 | 217 | 6 |
| 1664 | Brinkmann | Erdwin | Norden | 1961 | 2010 | 01:17:34 | 01:21:59 | 01:34:16 | 01:15:48 | 00:55:10 | 01:27:33 | 7:52:20 | 00:06:49 | 49 | M40 | 409 | 6 |
| 1665 | Kuttig | Karin | Norden | 1965 | 2010 | 01:19:23 | 01:20:46 | 01:37:46 | 01:11:54 | 00:54:30 | 01:28:22 | 7:52:41 | 00:06:49 | 45 | W40 | 194 | 6 |
| 1666 | Engelhardt | Petra | Team ENERCON | 1976 | 2010 | 01:13:51 | 01:19:45 | 01:35:48 | 01:14:01 | 00:55:21 | 01:34:18 | 7:53:04 | 00:06:50 | 34 | W30 | 117 | 6 |
| 1667 | Ahrens | Silke | LeerWittmund | 1965 | 2010 | 01:16:17 | 01:21:15 | 01:34:12 | 01:14:47 | 00:55:15 | 01:31:31 | 7:53:17 | 00:06:50 | 45 | W40 | 195 | 6 |
| 1668 | Groen | Diana | Hartmann Group | 1990 | 2010 | 01:18:46 | 01:25:39 | 01:26:27 | 01:23:29 | 00:56:57 | 01:22:44 | 7:54:02 | 00:06:50 | 20 | WHK | 60 | 6 |
| 1669 | Räbiger | Therese | Ubbo-Emmuis-Klinik | 1955 | 2010 | 01:16:40 | 01:20:23 | 01:35:59 | 01:12:35 | 00:56:18 | 01:33:14 | 7:55:09 | 00:06:51 | 55 | W50 | 76 | 6 |
| 1670 | Siefken | Heike | Ubbo-Emmuis-Klinik | 1969 | 2010 | 01:19:56 | 01:19:39 | 01:35:06 | 01:13:05 | 00:54:35 | 01:33:02 | 7:55:23 | 00:06:52 | 41 | W40 | 196 | 6 |
| 1671 | Kruse | Kai | Team Möbel Buss | 1984 | 2010 | 01:16:46 | 01:21:09 | 01:36:20 | 01:13:49 | 00:56:33 | 01:31:13 | 7:55:50 | 00:06:52 | 26 | MHK | 103 | 6 |
| 1672 | Kruse | Karin | Team Möbel Buss | 1962 | 2010 | 01:16:46 | 01:21:14 | 01:36:20 | 01:13:49 | 00:56:34 | 01:31:13 | 7:55:56 | 00:06:52 | 48 | W40 | 197 | 6 |
| 1673 | Middelborg | Manfred | Bünting Tee | 1949 | 2010 | 01:16:23 | 01:19:57 | 01:40:21 | 01:14:15 | 00:56:20 | 01:29:00 | 7:56:16 | 00:06:52 | 61 | M60 | 71 | 6 |
| 1674 | Aden | Gerold | Großefehn | 1967 | 2010 | 01:18:56 | 01:20:37 | 01:37:27 | 01:12:34 | 00:56:36 | 01:30:13 | 7:56:23 | 00:06:52 | 43 | M40 | 410 | 6 |
| 1675 | Busker | Joachim | KOK-Reisen | 1955 | 2010 | 01:18:08 | 01:19:33 | 01:34:26 | 01:17:17 | 00:58:19 | 01:29:00 | 7:56:43 | 00:06:53 | 55 | M50 | 218 | 6 |
| 1676 | Groh | Anna | Moormerland | 1986 | 2010 | 01:19:30 | 01:22:46 | 01:35:16 | 01:13:14 | 00:55:28 | 01:31:02 | 7:57:16 | 00:06:53 | 24 | WHK | 61 | 6 |
| 1677 | Müller | Dita | VFB Rajen | 1969 | 2010 | 01:19:31 | 01:22:46 | 01:35:19 | 01:13:18 | 00:55:39 | 01:31:24 | 7:57:57 | 00:06:54 | 41 | W40 | 198 | 6 |
| 1678 | Garrelts | Anke | Tannenhausen | 1979 | 2010 | 01:18:33 | 01:22:41 | 01:38:13 | 01:13:47 | 00:56:31 | 01:28:37 | 7:58:22 | 00:06:54 | 31 | W30 | 118 | 6 |
| 1679 | Hildebrandt | Miriam | Friedeburg | 1993 | 2010 | 01:18:45 | 01:24:13 | 01:42:05 | 01:13:14 | 00:54:00 | 01:26:05 | 07:58:23 | 00:06:54 | 17 | WU20 | 57 | 6 |
| 1680 | Saueressig | Jens | obw Emden | 1982 | 2010 | 01:21:56 | 01:25:39 | 01:43:28 | 01:12:04 | 00:52:02 | 01:23:45 | 7:58:54 | 00:06:55 | 28 | MHK | 104 | 6 |
| 1681 | Bruns | Ingeborg | Detern | 1962 | 2010 | 01:20:56 | 01:23:07 | 01:37:50 | 01:13:35 | 00:55:02 | 01:28:40 | 7:59:10 | 00:06:55 | 48 | W40 | 199 | 6 |
| 1682 | Lemke | Klaas | RVB Aurich/Uplengen | 1989 | 2010 | 01:15:54 | 01:20:16 | 01:38:20 | 01:15:47 | 00:56:00 | 01:33:17 | 7:59:34 | 00:06:55 | 21 | MHK | 105 | 6 |
| 1683 | Puls | Petra | Polizei Leer | 1967 | 2010 | 01:19:13 | 01:23:38 | 01:36:27 | 01:14:14 | 00:56:29 | 01:29:37 | 7:59:38 | 00:06:55 | 43 | W40 | 200 | 6 |
| 1684 | Flockenhager | Iris | Weener Plastik AG | 1976 | 2010 | 01:18:56 | 01:23:54 | 01:40:45 | 01:13:39 | 00:55:24 | 01:28:51 | 8:01:29 | 00:06:57 | 34 | W30 | 119 | 6 |
| 1685 | Schulz | Joachim | TG Wiesmoor | 1944 | 2010 | 01:17:02 | 01:25:29 | 01:40:47 | 01:15:21 | 00:56:38 | 01:27:52 | 8:03:09 | 00:06:58 | 66 | M60 | 72 | 6 |
| 1686 | Arjes | Mareike | Hartmann Group | 1980 | 2010 | 01:17:17 | 01:23:29 | 01:37:19 | 01:14:53 | 00:56:13 | 01:33:58 | 8:03:09 | 00:06:58 | 30 | W30 | 120 | 6 |
| 1687 | Emken | Matthias | OVV Emden/Leer | 1982 | 2010 | 01:17:17 | 01:20:17 | 01:38:26 | 01:17:04 | 00:56:13 | 01:33:59 | 8:03:16 | 00:06:58 | 28 | MHK | 106 | 6 |
| 1688 | Schmalwasser | Sören | Team Eddie/ Nortmoor | 1964 | 2010 | 01:20:44 | 01:23:05 | 01:38:00 | 01:15:07 | 00:56:55 | 01:30:40 | 8:04:31 | 00:06:59 | 46 | M40 | 411 | 6 |
| 1689 | Cramer | Frauke | Stadtwerke Norden | 1987 | 2010 | 01:20:29 | 01:27:32 | 01:37:49 | 01:12:32 | 00:54:35 | 01:31:34 | 8:04:31 | 00:06:59 | 23 | WHK | 62 | 6 |
| 1690 | Wessels | Matthias | Seefahrtsschule Leer | 1979 | 2010 | 01:24:24 | 01:25:40 | 01:39:29 | 01:13:35 | 00:54:46 | 01:26:44 | 8:04:38 | 00:07:00 | 31 | M30 | 220 | 6 |
| 1691 | Tusch | Ellen Tabea | Seefahrtsschule Leer | 1989 | 2010 | 01:24:25 | 01:25:40 | 01:39:29 | 01:13:35 | 00:54:45 | 01:26:44 | 8:04:38 | 00:07:00 | 21 | WHK | 63 | 6 |
| 1692 | Gembruch | Esther | | 1960 | 2010 | 01:18:30 | 01:24:06 | 01:39:12 | 01:15:04 | 00:57:31 | 01:30:28 | 8:04:51 | 00:07:00 | 50 | W50 | 77 | 6 |
| 1693 | Geuken | Jana | Moormerland | 1994 | 2010 | 01:21:48 | 01:24:06 | 01:37:20 | 01:15:27 | 00:57:47 | 01:28:49 | 08:05:20 | 00:07:00 | 16 | WU20 | 58 | 6 |
| 1694 | Meinen | Andreas | Team Möbel Buss | 1954 | 2010 | 01:17:39 | 01:23:14 | 01:37:41 | 01:13:47 | 01:00:39 | 01:33:29 | 8:06:29 | 00:07:01 | 56 | M50 | 219 | 6 |
| 1695 | Buelrich | Maria | Friedeburg | 1959 | 2010 | 01:21:57 | 01:25:29 | 01:36:57 | 01:14:42 | 00:56:18 | 01:31:48 | 8:07:11 | 00:07:02 | 51 | W50 | 78 | 6 |
| 1696 | Groß | Sven | WfbM Aurich | 1991 | 2010 | 01:23:31 | 01:17:52 | 01:35:17 | 01:15:28 | 00:56:21 | 01:39:18 | 8:07:47 | 00:07:02 | 19 | MU20 | 123 | 6 |
| 1697 | Prange | Heinz | terre des hommes | 1961 | 2010 | 01:18:46 | 01:22:53 | 01:47:10 | 01:17:10 | 00:57:31 | 01:31:33 | 8:15:03 | 00:07: | | | | |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|--------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| 1705 | Petersitzke | Karin | LT Ihrhove | 1959 | 2010 | 01:24:13 | 01:28:40 | 01:41:09 | 01:15:57 | 00:59:29 | 01:35:18 | 8:24:46 | 00:07:17 | 51 | W50 | 80 | 6 |
| 1706 | Baumann | Thea | Blockhaus Baumann | 1958 | 2010 | 01:22:07 | 01:24:24 | 01:41:42 | 01:17:45 | 01:00:12 | 01:38:54 | 8:25:04 | 00:07:17 | 52 | W50 | 81 | 6 |
| 1707 | Strasser | Sonja | Firrel | 1971 | 2010 | 01:22:20 | 01:28:36 | 01:43:07 | 01:20:04 | 00:58:58 | 01:34:18 | 8:27:23 | 00:07:19 | 39 | W30 | 121 | 6 |
| 1708 | Eiben | Heike | Aurich | 1974 | 2010 | 01:24:12 | 01:28:38 | 01:42:11 | 01:17:27 | 00:59:38 | 01:36:45 | 8:28:51 | 00:07:21 | 36 | W30 | 122 | 6 |
| 1709 | Rademacher | Wilfried | WfbM Aurich | 1975 | 2010 | 01:23:32 | 01:25:37 | 01:46:46 | 01:16:11 | 00:59:58 | 01:39:18 | 8:31:22 | 00:07:23 | 35 | M30 | 221 | 6 |
| 1710 | Visser | Johnny | SV Norderney | 1953 | 2010 | 01:25:32 | 01:32:06 | 01:43:54 | 01:19:15 | 01:00:22 | 01:35:52 | 8:37:01 | 00:07:28 | 57 | M50 | 221 | 6 |
| 1711 | Coordes | Margret | Backemoor | 1963 | 2010 | 01:22:26 | 01:28:38 | 01:46:07 | 01:21:00 | 01:00:43 | 01:38:40 | 8:37:34 | 00:07:28 | 47 | W40 | 202 | 6 |
| 1712 | Frieden | Traute | Polizei Leer | 1961 | 2010 | 01:22:51 | 01:24:27 | 01:45:37 | 01:23:41 | 00:59:46 | 01:42:13 | 8:38:35 | 00:07:29 | 49 | W40 | 203 | 6 |
| 1713 | Janssen | Claudia | Polizei Leer | 1967 | 2010 | 01:22:53 | 01:24:39 | 01:45:35 | 01:23:41 | 00:59:50 | 01:42:13 | 8:38:51 | 00:07:29 | 43 | W40 | 204 | 6 |
| 1714 | Wollmann | Frank | obw Emden | 1969 | 2010 | 01:22:39 | 01:26:39 | 01:44:18 | 01:25:57 | 01:01:05 | 01:39:36 | 8:40:14 | 00:07:30 | 41 | M40 | 413 | 6 |
| 1715 | Philipps | Maren | Südbrookmerland | 1987 | 2010 | 01:23:21 | 01:25:29 | 01:47:04 | 01:23:36 | 01:02:26 | 01:38:20 | 8:40:16 | 00:07:30 | 23 | WHK | 64 | 6 |
| 1716 | Röpke | Marion | obw Emden | 1973 | 2010 | 01:23:29 | 01:28:13 | 01:44:24 | 01:20:11 | 01:01:26 | 01:43:05 | 8:40:48 | 00:07:31 | 37 | W30 | 123 | 6 |
| 1717 | Fischer | Anke | Ubbo-Emmius-Klinik | 1978 | 2010 | 01:23:52 | 01:25:29 | 01:47:04 | 01:25:40 | 01:05:14 | 01:38:21 | 8:45:40 | 00:07:35 | 32 | W30 | 124 | 6 |
| 1718 | Müller | Werner | Fortuna Logabirum | 1949 | 2010 | 01:27:45 | 01:30:17 | 01:48:56 | 01:20:09 | 01:00:12 | 01:39:42 | 8:47:01 | 00:07:36 | 61 | M60 | 73 | 6 |
| 1719 | Rabenberg | Jens | RVB Aurich/Uplengen | 1979 | 2010 | 01:26:43 | 01:36:30 | 01:44:09 | 01:22:59 | 01:03:47 | 01:35:34 | 8:49:42 | 00:07:39 | 31 | M30 | 222 | 6 |
| 1720 | Quidde | Elke | Ubbo-Emmius-Klinik | 1967 | 2010 | 01:24:24 | 01:30:43 | 01:46:56 | 01:25:29 | 01:04:51 | 01:37:55 | 8:50:18 | 00:07:39 | 43 | W40 | 205 | 6 |
| 1721 | Rosendahl | Hanna | Rhauderfehn | 1994 | 2010 | 01:34:51 | 01:34:21 | 01:52:03 | 01:21:44 | 00:59:09 | 01:38:27 | 09:00:38 | 00:07:48 | 16 | WU20 | 61 | 6 |
| 1722 | Buse | Johanne | Moormerland | 1960 | 2010 | 01:26:29 | 01:32:21 | 01:49:59 | 01:23:57 | 01:04:39 | 01:44:24 | 9:01:49 | 00:07:49 | 50 | W50 | 82 | 6 |
| 1723 | Uphoff | Christian | Leinerstift e. V. | 1990 | 2010 | 01:24:10 | 01:40:17 | 01:49:59 | 01:22:41 | 01:09:35 | 01:39:37 | 9:06:19 | 00:07:53 | 20 | MHK | 107 | 6 |
| 1724 | Thoke | Insa | Rettingdienst Leer | 1979 | 2010 | 01:26:50 | 01:35:12 | 01:55:48 | 01:24:24 | 01:03:25 | 01:45:21 | 9:11:00 | 00:07:57 | 31 | W30 | 125 | 6 |
| | Kisch | Johannes | Ostfriesl | 1966 | 2010 | 00:43:53 | 00:46:25 | 00:54:26 | 00:41:59 | 00:31:59 | | 3:38:42 | | 44 | M40 | | 5 |
| | Groeneveld | Amko | Rhauderfehn | 1991 | 2010 | 00:47:09 | 00:50:42 | 00:58:33 | 00:44:40 | 00:34:34 | | 3:55:38 | | 19 | MU20 | | 5 |
| | Schmidt | Friedhelm | Aurich | 1968 | 2010 | 00:47:25 | 00:51:17 | 00:58:59 | 00:45:03 | 00:34:18 | | 3:57:02 | | 42 | M40 | | 5 |
| | Asche | Tobi | SV Wiesede | 1959 | 2010 | 00:47:46 | 00:51:48 | 01:00:49 | 00:47:24 | 00:36:08 | | 4:03:55 | | 51 | M50 | | 5 |
| | Steffens | Joke | obw Emden | 1988 | 2010 | 00:49:50 | | 00:59:59 | 00:45:26 | 00:34:40 | 00:55:39 | 4:05:34 | | 22 | MHK | | 5 |
| | Ihnen | Michael | Leinerstift e.V | 1962 | 2010 | 00:49:01 | 00:52:03 | 01:02:22 | 00:48:08 | 00:37:54 | | 4:09:28 | | 48 | M40 | | 5 |
| | Groß | Michael | Team ENERCON | 1984 | 2010 | 00:50:30 | | 00:53:48 | 01:04:02 | 00:48:11 | 00:37:22 | 4:13:53 | | 26 | MHK | | 5 |
| | Kutscher | Nils | TV Norden | 1968 | 2010 | 00:49:50 | | 01:02:43 | 00:48:43 | 00:36:43 | 00:58:42 | 4:16:41 | | 42 | M40 | | 5 |
| | Damköhler | Alexander | Seefahrtsschule Leer | 1986 | 2010 | 00:52:52 | 00:55:01 | 00:50:33 | 00:38:21 | 01:01:59 | | 4:18:46 | | 24 | MHK | | 5 |
| | de Riese | Reiner | Lauftreff Ihrhove | 1959 | 2010 | | 00:53:39 | 01:02:14 | 00:48:13 | 00:36:50 | 00:58:13 | 4:19:09 | | 51 | M50 | | 5 |
| | Freeseemann | Alfred | Moormerland | 1967 | 2010 | 00:51:23 | 00:55:00 | 01:05:12 | 00:49:24 | 00:40:02 | | 4:21:01 | | 43 | M40 | | 5 |
| | Boekhoff | Hermann | SV Bentstreek | 1961 | 2010 | 00:52:30 | 00:56:40 | 01:06:08 | 00:51:00 | 00:38:26 | | 4:24:44 | | 49 | M40 | | 5 |
| | Pol | Jan | VfL Germania-Leer | 1941 | 2010 | 00:48:04 | 00:51:32 | 01:00:43 | 00:47:49 | | 00:57:29 | 4:25:37 | | 69 | M60 | | 5 |
| | Hummerich | Niklas | Sv Emden-Harsweg | 1995 | 2010 | 00:52:31 | 01:02:51 | 00:52:19 | 00:37:32 | 01:00:34 | | 4:25:47 | | 15 | MU20 | | 5 |
| | Romaneeßen | Gerd | Wiesens | 1963 | 2010 | 00:54:25 | 00:56:59 | 01:06:34 | 00:50:52 | 00:39:23 | | 4:28:13 | | 47 | M40 | | 5 |
| | Krüger | Stefan | Bünting Tee | 1970 | 2010 | 00:55:46 | 00:54:55 | 01:05:13 | | 00:36:31 | 00:57:41 | 4:30:06 | | 40 | M40 | | 5 |
| | Gerjets | Manfred | RVB Aurich/Uplengen | 1960 | 2010 | 00:51:54 | 00:54:10 | 01:02:51 | 00:48:46 | 00:52:46 | | 4:30:27 | | 50 | M50 | | 5 |
| | Hoppe | Michael | Hartmann Group | 1964 | 2010 | 00:55:33 | 00:58:20 | 01:08:19 | 00:52:37 | 00:40:20 | | 4:35:09 | | 46 | M40 | | 5 |
| | Schmitz | Thomas | LP KT | 1980 | 2010 | 00:56:35 | 00:58:25 | 01:09:07 | 00:52:48 | 00:40:03 | | 4:36:58 | | 30 | M30 | | 5 |
| | Waczakowski | Siegfried | Team ENERCON | 1956 | 2010 | 00:57:25 | 00:59:31 | 01:08:49 | 00:52:28 | 00:41:07 | | 4:39:20 | | 54 | M50 | | 5 |
| | Leeling | Frank | Emder LG | 1965 | 2010 | 00:56:48 | 00:58:59 | 01:10:26 | 00:53:36 | 00:40:22 | | 4:40:11 | | 45 | M40 | | 5 |
| | Gerdes | Achim | Lions-Club Uplengen | 1952 | 2010 | 00:57:10 | 01:00:18 | | 00:55:21 | 00:41:53 | 01:07:22 | 4:42:04 | | 58 | M50 | | 5 |
| | Hagedorn | Wilfried | Barßel | 1968 | 2010 | 00:51:36 | | 01:06:48 | 00:55:19 | 00:40:25 | 01:08:56 | 4:43:04 | | 42 | M40 | | 5 |
| | Grottlüschen | Hans-Joachim | Edeka Wechloy | 1972 | 2010 | 00:58:05 | 01:01:29 | | 00:56:06 | 00:42:03 | 01:06:14 | 4:43:57 | | 38 | M30 | | 5 |
| | Ahrends | Benno | Nordland Papier | 1961 | 2010 | 01:07:04 | 00:54:07 | 01:03:49 | | 00:38:50 | 01:01:34 | 4:45:24 | | 49 | M40 | | 5 |
| | Nauschütt | Björn | OVb Emden/Leer | 1973 | 2010 | 01:00:45 | 01:02:35 | | 00:50:10 | 00:43:53 | 01:09:04 | 4:46:27 | | 37 | M30 | | 5 |
| | Boelsen | Amke | CHAILA | 1961 | 2010 | 00:57:34 | 01:01:41 | 01:11:32 | 00:54:43 | 00:41:14 | | 4:46:44 | | 49 | W40 | | 5 |
| | Brötje | Helge | Ubbo-Emmius-Klinik | 1972 | 2010 | 01:04:14 | 00:59:53 | 01:11:16 | 00:51:28 | 00:40:34 | | 4:47:25 | | 38 | M30 | | 5 |
| | Steffens | Rene | Leinerstift e.V | 1992 | 2010 | 00:58:23 | 01:00:22 | 01:12:42 | 00:53:02 | 00:44:27 | | 4:48:56 | | 18 | MU20 | | 5 |
| | Lohmeyer | Wiebke | SV Frisia Brinkum | 1986 | 2010 | 00:58:42 | 01:01:42 | 01:12:45 | 00:55:53 | 00:42:20 | | 4:51:22 | | 24 | WHK | | 5 |
| | Friedrichs | Dennis | Team Möbel Buss | 1982 | 2010 | 01:00:43 | 01:00:45 | 01:12:33 | 00:56:21 | 00:42:37 | | 4:52:59 | | 28 | MHK | | 5 |
| | Veenhuis | Andrej | SV Concordia Ihrhove | 1985 | 2010 | 00:52:59 | 00:55:34 | 01:06:34 | 00:51:02 | | 01:09:00 | 4:55:09 | | 25 | MHK | | 5 |
| | Schaffrath | Thomas | Nordland Papier | 1966 | 2010 | 01:01:45 | 01:02:10 | 01:13:47 | 00:57:49 | 00:43:50 | | 4:59:21 | | 44 | M40 | | 5 |
| | Lücke | Anna | SuS Timmel | 1982 | 2010 | 01:00:01 | 01:03:39 | | 00:58:41 | 00:45:12 | 01:11:57 | 4:59:30 | | 28 | WHK | | 5 |
| | Voss | Lübbe | Emden | 1969 | 2010 | 01:02:56 | 01:03:06 | 01:14:22 | 00:57:06 | 00:42:30 | | 5:00:00 | | 41 | W40 | | 5 |
| | Ripken | Markus | Stadtwerke Norden | 1981 | 2010 | 00:59:57 | | 01:15:00 | 00:56:47 | 00:42:07 | 01:09:06 | 5:02:57 | | 29 | MHK | | 5 |
| | Lohmeyer | Everwien | SV Frisia Brinkum | 1958 | 2010 | 01:00:28 | 01:02:19 | 01:19:32 | 00:58:23 | 00:44:08 | | 5:04:50 | | 52 | M50 | | 5 |
| | Brandt | Henning | OVb Emden/Leer | 1977 | 2010 | 01:16:12 | | 01:29:31 | 01:06:47 | 00:51:16 | 00:21:58 | 5:05:44 | | 33 | M30 | | 5 |
| | Berning | Cornelius | Leinerstift e.V. | 1963 | 2010 | 01:02:25 | 01:04:03 | 01:17:03 | 00:57:53 | 00:44:50 | | 5:06:14 | | 47 | M40 | | 5 |
| | Pollmann | Manfred | TG Wiesmoor | 1945 | 2010 | 01:01:10 | 01:04:20 | 01:16:04 | 00:59:47 | 00:45:16 | | 5:06:37 | | 65 | M60 | | 5 |
| | Diener | Thomas | LG Großefehn | 1963 | 2010 | 01:00:31 | 01:07:15 | | 01:00:25 | 00:45:02 | 01:13:58 | 5:07:11 | | 47 | M40 | | 5 |
| | Meyer | Hilko | ELV AG | 1987 | 2010 | 00:59:33 | 01:06:37 | 01:19:16 | 00:58:46 | 00:43:56 | | 5:08:08 | | 23 | MHK | | 5 |
| | Brouwer | Bodo | DPI AG | 1971 | 2010 | 00:58:45 | | 01:15:32 | 00:57:22 | 00:45:45 | 01:12:15 | 5:09:39 | | 39 | M30 | | 5 |
| | König | Wolfgang | NIGE | 1954 | 2010 | 00:59:17 | 01:02:38 | 01:12:40 | | 00:45:15 | 01:10:29 | 5:10:19 | | 56 | M50 | | 5 |
| | Ludwigs | Joachim | Emden | 1969 | 2010 | 00:58:48 | 01:03:24 | 01:14:37 | | 00:43:53 | 01:10:30 | 5:11:12 | | 41 | M40 | | 5 |
| | Pollmann | Gundolf | Ubbo-Emmius-Klinik | 1968 | 2010 | 01:01:44 | | 01:15:05 | 01:01:21 | 00:43:23 | 01:11:05 | 5:12:38 | | 42 | M40 | | 5 |
| | Janssen | Martina | Ubbo-Emmius-Klinik | 1964 | 2010 | 00:59:43 | 01:06:53 | 01:21:23 | 01:00:47 | 00:47:17 | | 5:16:03 | | 46 | W40 | | 5 |
| | Wyrembek | Britta | Team ENERCON | 1970 | 2010 | 01:08:08 | 01:07:25 | 01:16:58 | 00:59:10 | 00:45:19 | | 5:17:00 | | 40 | W40 | | 5 |
| | Hövelmann | Carsten | Ihlow | 1966 | 2010 | 01:03:24 | 01:06:18 | 01:22:01 | 01:01:02 | 00:45:28 | | 5:18:13 | | 44 | M40 | | 5 |
| | Heyrmann | Holger | Steuerberatungsges. | 1970 | 2010 | 01:02:03 | 01:03:55 | 01:15:14 | | 00:43:06 | 01:14:04 | 5:18:22 | | 40 | M40 | | 5 |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|--------------|--------------|---------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Waalkens | Manfred | Aurich | 1951 | 2010 | 01:05:47 | 01:07:16 | 01:19:39 | 01:01:27 | 00:46:20 | | 5:20:29 | | 59 | M50 | | 5 |
| | Harberts | Löthar | ELV AG | 1974 | 2010 | 01:03:26 | | 01:20:57 | 01:00:36 | 00:44:48 | 01:11:33 | 5:21:20 | | 36 | M30 | | 5 |
| | Daro | Jörg | EWE Wattloopers | 1962 | 2010 | 01:03:37 | 01:07:20 | 01:18:34 | 01:06:31 | 00:47:18 | | 5:23:20 | | 48 | M40 | | 5 |
| | Fleißner | Andre | NIGE | 1993 | 2010 | 01:04:51 | 01:09:12 | 01:22:35 | 01:01:18 | 00:45:30 | | 5:23:26 | | 17 | MU20 | | 5 |
| | Jänen | Hermann | Nordland Papier | 1954 | 2010 | 01:11:51 | | 01:16:37 | 00:59:44 | 00:45:37 | 01:11:55 | 5:25:44 | | 56 | M50 | | 5 |
| | Becker | Carolin | Küste | 1980 | 2010 | 01:05:40 | 01:02:10 | 01:19:41 | | 00:46:14 | 01:12:09 | 5:25:54 | | 30 | W30 | | 5 |
| | Broek | Kai | Reederei Buss | 1979 | 2010 | 01:03:40 | 01:07:27 | 01:19:28 | 01:07:36 | 00:49:44 | | 5:27:55 | | 31 | M30 | | 5 |
| | Wachtendorf | Insa | Projekt 8-9-10 | 1958 | 2010 | 01:02:42 | 01:05:10 | 01:17:59 | | 00:44:46 | 01:17:52 | 5:28:29 | | 52 | W50 | | 5 |
| | Matzk | Britta | KGS Hage | 1983 | 2010 | 01:06:55 | 01:08:41 | 01:23:16 | 01:01:49 | 00:48:35 | | 5:29:16 | | 27 | WVK | | 5 |
| | Freeseemann | Egon | Bünting Tee | 1966 | 2010 | 01:05:29 | | 01:21:29 | 01:01:05 | 00:47:34 | 01:13:51 | 5:29:28 | | 44 | M40 | | 5 |
| | Ihnen | Gunda | LT TuS Aurich-Ost | 1964 | 2010 | 01:04:18 | | 01:21:34 | 01:02:31 | 00:48:11 | 01:14:45 | 5:31:19 | | 46 | W40 | | 5 |
| | Kleene | Holger | obw Emden | 1971 | 2010 | | 01:14:59 | 01:06:29 | 01:05:38 | 00:48:17 | 01:17:18 | 5:32:41 | | 39 | M30 | | 5 |
| | Arendt | Horst | WfBm Aurich | 1973 | 2010 | 01:04:34 | | 01:18:45 | 01:03:00 | 00:51:43 | 01:17:17 | 5:35:19 | | 37 | M30 | | 5 |
| | Heyen | Elke | Ochtersum | 1971 | 2010 | 01:05:35 | 01:07:44 | 01:20:07 | | 00:48:18 | 01:16:17 | 5:38:01 | | 39 | W30 | | 5 |
| | Gruben | Anton | SV Potshausen | 1942 | 2010 | 01:06:55 | 01:12:04 | 01:24:33 | 01:05:06 | 00:49:58 | | 5:38:36 | | 68 | M60 | | 5 |
| | Oetter | Detlef | LeerWittmund | 1964 | 2010 | 01:19:58 | 01:10:36 | | 01:03:23 | 00:48:04 | 01:17:34 | 5:39:35 | | 46 | M40 | | 5 |
| | Haarmann | Hans-Gerd | Nordland Papier | 1976 | 2010 | 01:07:01 | 01:10:42 | 01:22:10 | | 00:46:29 | 01:15:34 | 5:41:56 | | 34 | M30 | | 5 |
| | Eggert | Nils | Reederei Buss | 1977 | 2010 | 01:08:51 | 01:13:33 | 01:26:16 | 01:04:56 | 00:49:02 | | 5:42:38 | | 33 | M30 | | 5 |
| | Roßkamp | Ewald | Bünting Tee | 1964 | 2010 | 01:10:25 | 01:10:25 | 01:26:34 | 01:00:51 | 00:49:35 | 01:15:26 | 5:42:51 | | 46 | M40 | | 5 |
| | Borgmann | Annegret | CHAILA | 1954 | 2010 | 01:04:44 | | 01:22:46 | 01:02:19 | 00:48:00 | 01:25:55 | 5:43:44 | | 56 | W50 | | 5 |
| | Boelmann | Jens | Emden | 1967 | 2010 | 01:08:00 | | 01:23:26 | 01:05:47 | 00:49:24 | 01:21:44 | 5:48:21 | | 43 | M40 | | 5 |
| | Claus | Benjamin | KGS Wittmund | 1980 | 2010 | | 01:10:44 | 01:25:42 | 01:05:15 | 00:48:02 | 01:20:28 | 5:50:11 | | 30 | M30 | | 5 |
| | Mülder | Tanja | Leer | 1970 | 2010 | 01:07:00 | | 01:23:41 | 01:03:45 | 00:54:34 | 01:22:46 | 5:51:46 | | 40 | W40 | | 5 |
| | Könnecke | Heike | Ubbo-Emmius-Klinik | 1970 | 2010 | 01:13:39 | 01:11:42 | 01:29:59 | 01:10:39 | 00:50:14 | | 5:56:13 | | 40 | W40 | | 5 |
| | Knapp | Wolftram | Ubbo-Emmius-Klinik | 1948 | 2010 | 01:11:24 | 01:16:19 | 01:29:38 | 01:09:49 | 00:52:51 | | 6:00:01 | | 62 | M60 | | 5 |
| | Meyer | Tobias | obw Emden | 1986 | 2010 | 01:10:41 | | 01:27:43 | 01:25:58 | 00:49:20 | 01:08:59 | 6:02:41 | | 24 | MHK | | 5 |
| | Gieseler | Wilfried | Ubbo-Emmius-Klinik | 1961 | 2010 | 01:15:52 | 01:17:10 | 01:27:28 | 01:09:45 | 00:52:33 | | 6:02:48 | | 49 | M40 | | 5 |
| | Dänekas | Doris | LG Uplengen | 1993 | 2010 | 01:13:08 | 01:18:05 | 01:34:11 | 01:11:33 | 00:53:08 | | 6:10:05 | | 17 | WU20 | | 5 |
| | Immega | Hannelore | Werdum | 1953 | 2010 | 01:10:28 | 01:16:00 | 01:29:34 | | 00:52:29 | 01:22:48 | 6:11:19 | | 57 | W50 | | 5 |
| | Doden | Ina | SV ARLE | 1972 | 2010 | 01:17:36 | 01:20:34 | 01:38:39 | | 00:43:50 | 01:11:21 | 6:12:00 | | 38 | W30 | | 5 |
| | Hilbrands | Eske | de Heizungslöper | 1996 | 2010 | 01:11:10 | | 01:35:46 | 01:08:34 | 00:52:07 | 01:25:33 | 6:13:10 | | 14 | WU20 | | 5 |
| | Ulferts | Sabine | Team Wilts | 1967 | 2010 | 01:15:09 | 01:18:33 | | 01:12:30 | 00:56:44 | 01:31:52 | 6:14:48 | | 43 | W40 | | 5 |
| | Vaartmann | Inka | OVV Emden/Leer | 1980 | 2010 | 01:18:03 | | 01:30:24 | 01:08:36 | 00:51:39 | 01:26:21 | 6:15:03 | | 30 | W30 | | 5 |
| | Gerdes | Thomas | Leer | 1967 | 2010 | 01:14:09 | | 01:35:05 | 01:10:06 | 00:52:42 | 01:23:15 | 6:15:17 | | 43 | M40 | | 5 |
| | Sleeboom | Nina | NIGE | 1993 | 2010 | 01:14:43 | 01:20:20 | 01:37:42 | 01:10:49 | 00:53:25 | | 6:16:59 | | 17 | WU20 | | 5 |
| | Leeling | Barbara | Emder LG | 1965 | 2010 | 01:16:35 | 01:21:01 | 01:34:44 | 01:10:19 | 00:54:43 | | 6:17:22 | | 45 | W40 | | 5 |
| | Merkel | Sabine | Ubbo-Emmius-Klinik | 1985 | 2010 | 01:21:27 | 01:24:07 | | 01:23:12 | 00:58:03 | 01:38:20 | 6:45:09 | | 25 | WVK | | 5 |
| | Sobottka | Margrita | Domum | 1961 | 2010 | 01:15:32 | 01:19:24 | 01:34:30 | 01:12:42 | | 01:29:43 | 6:51:51 | | 49 | W40 | | 5 |
| | Soffner | Judith | Leinerstift e. V. | 1966 | 2010 | 01:21:33 | | 01:40:28 | 01:17:10 | 00:58:06 | 01:39:49 | 6:57:06 | | 44 | W40 | | 5 |
| | Turgut | Fatima | HRS Moorerland | 1995 | 2010 | 01:24:26 | 01:22:36 | | 01:22:23 | 01:04:29 | 01:45:22 | 6:59:16 | | 15 | WU20 | | 5 |
| | Streekmann | Nils | Privat | 1978 | 2010 | | 00:00:00 | | 00:00:00 | 00:00:00 | 00:00:00 | 0:00:00 | | 32 | M30 | | 4 |
| | Mix | Manuel | Alkoholfrei | 1974 | 2010 | 00:42:45 | 00:46:08 | | | 00:32:42 | 00:51:36 | 2:53:11 | | 36 | M30 | | 4 |
| | Geiken | Jürren | obw Emden | 1961 | 2010 | | 00:47:34 | | 00:46:56 | 00:34:14 | 00:53:24 | 3:02:08 | | 49 | M40 | | 4 |
| | Janssen | Heinz-Dieter | TSV Riepe | 1971 | 2010 | 00:49:17 | | | 00:50:36 | 00:35:39 | 00:54:16 | 3:09:48 | | 39 | M30 | | 4 |
| | Schiller | Stefan | POST | 1976 | 2010 | 00:43:53 | 00:47:13 | 00:55:40 | 00:50:55 | | | 3:17:41 | | 34 | M30 | | 4 |
| | Warmecke | Dirk | ENOVA | 1969 | 2010 | 00:47:41 | | | 00:44:51 | 00:52:03 | 00:55:27 | 3:20:02 | | 41 | M40 | | 4 |
| | Berlin | Jürgen | Team ENERCON | 1974 | 2010 | 00:48:41 | 00:52:13 | 01:02:11 | 00:46:27 | | | 3:29:32 | | 36 | M30 | | 4 |
| | Freericks | Christian | Ubbo-Emmius-Klinik | 1987 | 2010 | 00:55:21 | | 01:07:34 | 00:50:27 | 00:38:55 | | 3:32:17 | | 23 | MHK | | 4 |
| | Müller | Christian | WfBm Aurich | 1978 | 2010 | 00:56:37 | | 01:07:24 | 00:50:52 | 00:39:17 | | 3:34:10 | | 32 | M30 | | 4 |
| | Brahms | Mareike | Fortuna Logabirum | 1981 | 2010 | 00:50:20 | 00:53:45 | | | 00:39:13 | 01:11:12 | 3:34:30 | | 29 | WVK | | 4 |
| | Post | Steffen | NIGE | 1992 | 2010 | 00:49:52 | 00:53:54 | 01:03:17 | 00:49:21 | | | 3:36:24 | | 18 | MU20 | | 4 |
| | Feldkamp | Jakobus | Weener Plastik AG | 1975 | 2010 | 00:48:25 | | 01:01:09 | 00:51:19 | | 00:58:52 | 3:39:45 | | 35 | M30 | | 4 |
| | Wessels | Wolfgang | Nordland Papier | 1973 | 2010 | 01:04:22 | | 01:04:20 | 00:57:42 | 00:35:17 | | 3:41:41 | | 37 | M30 | | 4 |
| | Mertins | Klaus-Dieter | obw Emden | 1956 | 2010 | 00:50:47 | 00:54:07 | | | 00:52:41 | 01:04:54 | 3:42:29 | | 54 | M50 | | 4 |
| | Alberts | Oliver | Aurich | 1995 | 2010 | 00:51:49 | 00:55:14 | 01:06:14 | 00:49:31 | | | 3:42:48 | | 15 | MU20 | | 4 |
| | Penning | Günter | Polizei Leer | 1967 | 2010 | 00:54:32 | 01:00:18 | 01:06:55 | | 00:41:40 | | 3:43:25 | | 43 | M40 | | 4 |
| | Dickmann | Rainer | Nordland Papier | 1970 | 2010 | 00:52:29 | 00:55:17 | 01:05:19 | 00:50:46 | | | 3:43:51 | | 40 | M40 | | 4 |
| | Runden | Michael | Stadt Leer | 1961 | 2010 | 00:59:16 | | | 00:55:16 | 00:42:15 | 01:08:52 | 3:45:39 | | 49 | M40 | | 4 |
| | Lüttich | Fred | POST | 1965 | 2010 | 00:56:17 | 00:59:26 | | | 00:42:24 | 01:08:36 | 3:46:43 | | 45 | M40 | | 4 |
| | Lieblang | Leon | WfBm Aurich | 1990 | 2010 | 00:54:47 | 00:56:22 | 01:04:03 | 00:52:29 | | | 3:47:41 | | 20 | MHK | | 4 |
| | Stoyke | Rita | Laufftreff Ramsloh | 1969 | 2010 | 00:57:55 | | | 00:56:52 | 00:44:10 | 01:09:57 | 3:48:54 | | 41 | W40 | | 4 |
| | Scholtalbers | Hendrik | SV Hesel | 1959 | 2010 | 00:57:32 | 00:56:15 | 01:04:43 | 00:51:42 | | | 3:50:12 | | 51 | M50 | | 4 |
| | Neeland | Jörg | Aurich | 1965 | 2010 | 00:53:52 | 00:57:36 | 01:07:59 | 00:51:17 | | | 3:50:44 | | 45 | M40 | | 4 |
| | Barthel | Uwe | Concordia Neeremoor | 1956 | 2010 | 00:58:34 | | | 00:58:09 | 00:45:50 | 01:10:04 | 3:52:37 | | 54 | M50 | | 4 |
| | Dirks | Jens | NIGE | 1991 | 2010 | 00:56:38 | 01:00:42 | 01:13:59 | | 00:42:20 | | 3:53:39 | | 19 | MU20 | | 4 |
| | Block | Norbert | BW Ramsloh | 1977 | 2010 | 01:03:32 | 01:06:01 | | 01:00:00 | 00:48:20 | | 3:57:53 | | 33 | M30 | | 4 |
| | Dickmann | Norbert | Nordland Papier | 1968 | 2010 | 01:02:52 | 01:01:30 | | | 00:43:30 | 01:10:12 | 3:58:04 | | 42 | M40 | | 4 |
| | Kohle | Helmut | TuS Eintracht Hinte | 1953 | 2010 | 00:55:45 | 00:59:59 | 01:12:28 | 00:56:56 | | | 4:05:08 | | 57 | M50 | | 4 |
| | Magarin | Rico | Norden | 1988 | 2010 | 00:58:22 | 01:00:19 | 01:16:10 | 00:52:04 | | | 4:06:55 | | 22 | MHK | | 4 |
| | Bakker | Heinz | Backemoor | 1956 | 2010 | 00:58:33 | 01:02:52 | 01:14:04 | | 00:51:33 | | 4:07:02 | | 54 | M50 | | 4 |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|-------------|----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Jelden | Jan Gerd | TV Norden | 1955 | 2010 | 01:01:46 | 01:04:28 | 01:16:28 | | 00:44:39 | | 4:07:21 | | 55 | M50 | | 4 |
| | Müller | Tilko | Norden | 1987 | 2010 | 00:58:22 | | 01:01:16 | 01:16:09 | 00:52:04 | | 4:07:51 | | 23 | WHK | | 4 |
| | Gastmann | Thorsten | Team ENERCON | 1981 | 2010 | 01:00:01 | 01:02:37 | 01:12:29 | 00:54:40 | | | 4:09:47 | | 29 | MHK | | 4 |
| | Hilger | Patricia | TV Norden | 1963 | 2010 | 00:57:34 | 01:03:05 | 01:12:53 | 00:56:29 | | | 4:10:01 | | 47 | W40 | | 4 |
| | Bach | Hanno | Seefahrtsschule Leer | 1989 | 2010 | | 01:06:37 | 01:21:29 | 00:58:46 | 00:43:56 | | 4:10:48 | | 21 | MHK | | 4 |
| | Wöllenstein | Lars | obw Emden | 1974 | 2010 | | | 01:16:47 | 00:58:00 | 00:44:50 | 01:11:23 | 4:11:00 | | 36 | M30 | | 4 |
| | Harms | Janek | LG Großefehn | 1997 | 2010 | 00:57:00 | 00:57:51 | 01:14:38 | 01:01:48 | | | 4:11:17 | | 13 | MU20 | | 4 |
| | Anger | Arne | Seefahrtsschule Leer | 1984 | 2010 | 01:07:37 | | | 01:02:39 | 00:47:08 | 01:14:18 | 4:11:42 | | 26 | MHK | | 4 |
| | Müller | Timo | Team Möbel Buss | 1992 | 2010 | 00:57:12 | | 01:13:35 | 00:54:21 | | 01:07:10 | 4:12:18 | | 18 | MU20 | | 4 |
| | Tholen-Albers | Jochen | RVB Aurich/Uplengen | 1946 | 2010 | | 01:09:56 | 01:18:37 | 00:59:12 | 00:44:37 | | 4:12:22 | | 64 | M60 | | 4 |
| | Alberts | Ralf | FC Schalke 04 | 1968 | 2010 | 00:58:16 | 01:03:51 | 01:13:54 | 00:57:12 | | | 4:13:13 | | 42 | M40 | | 4 |
| | Rensen | Thomas | Nordland Papier | 1977 | 2010 | 01:05:18 | | 01:20:54 | 01:01:50 | 00:45:45 | | 4:13:47 | | 33 | M30 | | 4 |
| | Lind | Mirco | Rhauderfehn | 1993 | 2010 | 00:59:24 | 01:03:20 | 01:11:40 | | | 01:00:52 | 4:15:16 | | 17 | MU20 | | 4 |
| | Timons | Philipp | Leer | 1987 | 2010 | | | 01:19:02 | 00:58:36 | 00:49:35 | 01:08:28 | 4:15:41 | | 23 | MHK | | 4 |
| | Hohmann | Marc | Leinerstift e.V. | 1977 | 2010 | 01:01:11 | 01:03:00 | 01:15:17 | 00:57:09 | | | 4:16:37 | | 33 | M30 | | 4 |
| | Hesselbrock | Georg | Nordland Papier | 1963 | 2010 | | 01:02:19 | 01:13:13 | 00:55:10 | | 01:07:19 | 4:18:01 | | 47 | M40 | | 4 |
| | Siewe Dr. | Njawa | Übbo-Emmius-Klinik | 1976 | 2010 | 01:02:20 | 01:04:07 | | 01:14:40 | 00:57:03 | | 4:18:10 | | 34 | M30 | | 4 |
| | Voss | Karin | LT TuS Aurich-Ost | 1961 | 2010 | 01:00:42 | 01:03:52 | 01:15:43 | 00:57:54 | | | 4:18:11 | | 49 | W40 | | 4 |
| | Peters | Ole | Rhauderfehn | 1995 | 2010 | 00:56:47 | 01:01:03 | 01:12:44 | | | 01:08:45 | 4:19:19 | | 15 | MU20 | | 4 |
| | Kaiser | Nils | Seefahrtsschule Leer | 2002 | 2010 | 01:06:27 | | 01:21:32 | | 00:43:58 | 01:09:27 | 4:21:24 | | 8 | MU20 | | 4 |
| | Willems | Heye | Fortuna Logabirum | 1953 | 2010 | 01:09:10 | 01:11:05 | | | 00:48:58 | 01:18:26 | 4:27:39 | | 57 | M50 | | 4 |
| | Friedsam | Christof | Bünting Tee | 1967 | 2010 | 01:06:47 | 01:09:29 | 01:23:57 | | 00:47:30 | | 4:27:43 | | 43 | M40 | | 4 |
| | Stalljann | Hendrik | ENOVA | 1985 | 2010 | 01:09:36 | | 01:24:35 | 01:04:08 | 00:49:42 | | 4:28:01 | | 25 | MHK | | 4 |
| | Rehling | Stefan | obw Emden | 1990 | 2010 | 01:02:15 | | 01:23:01 | | 00:48:53 | 01:16:10 | 4:30:19 | | 20 | MHK | | 4 |
| | Janssen | Heinrich | MTV Aurich Tria | 1934 | 2010 | 01:05:33 | 01:09:52 | 01:24:18 | | 00:51:37 | | 4:31:20 | | 76 | M70 | | 4 |
| | Fuhst | Johanna | Leinerstift e.V | 1982 | 2010 | 01:09:38 | 01:07:44 | 01:19:33 | 00:58:50 | | | 4:35:45 | | 28 | WHK | | 4 |
| | Watermann | Erhard | LeerWittmund | 1959 | 2010 | 01:01:41 | 01:03:46 | 01:15:18 | | | 01:17:34 | 4:38:19 | | 51 | M50 | | 4 |
| | Hilbrands | Harmmanus | de Heizungsloopers | 1958 | 2010 | | 01:16:15 | 01:28:46 | 01:11:05 | 00:52:06 | | 4:48:12 | | 52 | M50 | | 4 |
| | Cornelius | Jörg | LeerWittmund | 1970 | 2010 | 01:09:30 | 01:12:56 | 01:22:24 | 01:03:26 | | | 4:48:16 | | 40 | M40 | | 4 |
| | Kötting | Hans-Dieter | Eintracht Emmeln | 1970 | 2010 | 01:07:52 | 01:12:10 | 01:26:41 | 01:04:53 | | | 4:51:36 | | 40 | M40 | | 4 |
| | Buss | Martin | Team Möbel Buss | 1978 | 2010 | 01:15:48 | | 01:35:11 | 01:09:54 | 00:51:05 | | 4:51:58 | | 32 | M30 | | 4 |
| | Kruse | Bernhard | WfbM Aurich | 1990 | 2010 | 01:22:52 | 00:58:25 | | | 00:56:30 | 01:34:39 | 4:52:26 | | 20 | MHK | | 4 |
| | Ottjes | Dunja | RVB Aurich/Uplengen | 1986 | 2010 | 01:08:36 | 01:10:38 | 01:25:31 | 01:09:08 | | | 4:53:53 | | 24 | WHK | | 4 |
| | Schoon | Günter | EWE Wattloopers | 1964 | 2010 | 01:11:09 | 01:13:26 | 01:32:46 | | 01:00:09 | | 4:57:30 | | 46 | M40 | | 4 |
| | Monden | Lutz | Hartmann Group | 1986 | 2010 | 01:11:46 | 01:09:05 | 01:23:09 | | | 01:14:49 | 4:58:49 | | 24 | MHK | | 4 |
| | Weißsohn | Rüdiger | JAA Emden | 1956 | 2010 | 01:10:50 | 01:14:00 | 01:28:42 | 01:06:26 | | | 4:59:58 | | 54 | M50 | | 4 |
| | Wenzel | Mirko | Wilhelmshaven | 1979 | 2010 | 01:13:06 | 01:14:08 | 01:26:31 | 01:06:16 | | | 5:00:01 | | 31 | M30 | | 4 |
| | Broß | Marita | Moormerland | 1978 | 2010 | 01:15:30 | 01:21:05 | | | 00:55:44 | 01:28:09 | 5:00:28 | | 32 | W30 | | 4 |
| | Woltersdorf | Rolf | obw Emden | 1957 | 2010 | 01:08:55 | | | 01:15:06 | 01:01:05 | 01:39:31 | 5:04:37 | | 53 | M50 | | 4 |
| | Bohlen | Sarah | obw Emden | 1988 | 2010 | | | 01:20:14 | 01:14:53 | 00:55:52 | 01:35:34 | 5:06:33 | | 22 | WHK | | 4 |
| | Bruns | Birgit | WfbM Aurich | 1987 | 2010 | 01:23:33 | | 01:15:29 | 01:15:29 | 00:56:22 | 01:31:32 | 5:06:56 | | 23 | MHK | | 4 |
| | Philipps | Heike | Übbo-Emmius-Klinik | 1970 | 2010 | 01:13:50 | 01:15:29 | 01:29:58 | 01:10:37 | | | 5:09:54 | | 40 | W40 | | 4 |
| | Helms | Michael | obw Emden | 1979 | 2010 | | | 01:34:04 | 01:12:17 | 00:53:15 | 01:33:36 | 5:13:12 | | 31 | M30 | | 4 |
| | Harmeier-Malke | Erich | obw Emden | 1960 | 2010 | 01:10:43 | | 01:47:07 | | 00:53:14 | 01:23:43 | 5:14:47 | | 50 | M50 | | 4 |
| | Bukowski | Elisabeth | obw Emden | 1990 | 2010 | 01:21:48 | | 01:34:23 | | 00:54:21 | 01:27:33 | 5:18:05 | | 20 | WHK | | 4 |
| | Schöttler | Tanja | LG Großefehn | 1974 | 2010 | 01:12:05 | 01:12:45 | 01:29:29 | | | 01:25:12 | 5:19:31 | | 36 | W30 | | 4 |
| | Lunz | Dieter | Wald | 1941 | 2010 | 01:16:11 | 01:18:55 | 01:34:45 | 01:13:03 | | | 5:22:54 | | 69 | M60 | | 4 |
| | Stöhr | Hiltrud | SC Ihrhove 07 | 1960 | 2010 | 01:24:13 | | | 01:22:24 | 01:03:30 | 01:40:00 | 5:30:07 | | 50 | W50 | | 4 |
| | Schmitt | Hans | RV ArGo Aurich | 1942 | 2010 | | | 01:43:35 | 01:16:05 | 00:57:26 | 01:36:15 | 5:33:21 | | 68 | M60 | | 4 |
| | Pilk | Susanne | obw Emden | 1981 | 2010 | 01:26:32 | | | 01:23:25 | 01:01:25 | 01:43:08 | 5:34:30 | | 29 | WHK | | 4 |
| | Kröger | Sabine | Team Eddie/ Nortmoor | 1969 | 2010 | 01:20:43 | 01:23:00 | 01:38:01 | 01:15:07 | | | 5:36:51 | | 41 | W40 | | 4 |
| | Lengsfeld | Petra | Logabirum | 1976 | 2010 | 01:15:30 | 01:21:00 | 01:35:11 | | | 01:28:08 | 5:39:49 | | 34 | W30 | | 4 |
| | Meyer | Karin | Moormerland | 1955 | 2010 | 01:21:01 | 01:25:42 | 01:49:58 | 01:09:46 | | | 5:46:27 | | 55 | W50 | | 4 |
| | Hüls | Michael | obw Emden | 1965 | 2010 | | 01:46:01 | | 01:31:29 | 01:10:12 | 01:54:46 | 6:22:28 | | 45 | M40 | | 4 |
| | Elias | Johann | Teutonia Stapelmoor | 1951 | 2010 | 00:00:00 | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 59 | M50 | | 3 |
| | Kühl-Giesenberg | Angelika | Emden | 1967 | 2010 | 00:58:00 | | | | 00:46:50 | 00:11:16 | 1:56:06 | | 43 | W40 | | 3 |
| | Feth | Claas | Oldenburg | 1977 | 2010 | 00:46:16 | | | 00:44:58 | 00:34:06 | | 2:05:20 | | 33 | M30 | | 3 |
| | Wiltfang | Johannes | Pewsumer Windhunde | 1992 | 2010 | 00:42:24 | 00:44:12 | 00:53:03 | | | | 2:19:39 | | 18 | MU20 | | 3 |
| | Schulze | Michael | Emden | 1972 | 2010 | 00:41:55 | 00:45:16 | 00:53:37 | | | | 2:20:48 | | 38 | M30 | | 3 |
| | Janssen | Johannes | Bünting Tee | 1984 | 2010 | 00:56:21 | | | 00:50:44 | 00:37:14 | | 2:24:19 | | 26 | MHK | | 3 |
| | Graßmann | Jens | Hartmann Group | 1969 | 2010 | | 00:57:11 | | 00:50:01 | 00:37:56 | | 2:25:08 | | 41 | M40 | | 3 |
| | Janssen | Michael | Emdler LG | 1970 | 2010 | 00:46:50 | 00:49:38 | 00:58:42 | | | | 2:35:10 | | 40 | M40 | | 3 |
| | Dickmann | Clemens | Nordland Papier | 1967 | 2010 | 00:59:23 | 00:52:37 | | 00:46:19 | | | 2:38:19 | | 43 | M40 | | 3 |
| | Jungenkrüger | Jakob | MTV Aurich-Triathlon | 1968 | 2010 | 00:48:35 | 00:51:13 | 01:01:11 | | | | 2:40:59 | | 42 | M40 | | 3 |
| | Lotz | Marco | Steuerkanzlei Lotz | 1976 | 2010 | 00:59:33 | | | 00:58:06 | 00:44:18 | | 2:41:57 | | 34 | M30 | | 3 |
| | Müller | Lothar | Leer | 1961 | 2010 | 00:54:52 | | 00:58:17 | | 00:53:16 | | 2:46:25 | | 49 | M40 | | 3 |
| | Brauer | Jens | Weener Plastik AG | 1967 | 2010 | 00:54:12 | 00:57:29 | | 00:55:30 | | | 2:47:11 | | 43 | M40 | | 3 |
| | Hoffmann | Sven | SC Laage | 1980 | 2010 | 00:47:22 | 00:50:15 | 01:12:05 | | | | 2:49:42 | | 30 | M30 | | 3 |
| | Hero | Jörg | TCB Bremen | 1969 | 2010 | 00:51:31 | 00:54:27 | 01:04:04 | | | | 2:50:02 | | 41 | M40 | | 3 |
| | Poelmann | Bernhard | LT BSC-Burhufe | 1960 | 2010 | 00:59:43 | | | | 00:42:25 | 01:08:09 | 2:50:17 | | 50 | M50 | | 3 |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|---------------|--------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Dirks | Manfred | Stadtwerke Norden | 1961 | 2010 | 00:53:54 | | 01:06:22 | 00:50:53 | | | 2:51:09 | | 49 | M40 | | 3 |
| | Warsing | Hartmut | TV Bunde | 1971 | 2010 | 00:52:13 | 00:54:31 | | | | 01:04:32 | 2:51:16 | | 39 | M30 | | 3 |
| | Reisige | Peter | Nordland Papier | 1971 | 2010 | | 00:59:07 | 01:10:18 | | 00:43:38 | | 2:53:03 | | 39 | M30 | | 3 |
| | Schönnemann | Lars | Logistic GmbH | 1976 | 2010 | 00:57:54 | | 01:12:24 | | 00:42:48 | | 2:53:06 | | 34 | M30 | | 3 |
| | Müller | Sibo | Tura 07 / VFB Rajen | 1965 | 2010 | 00:56:32 | 00:57:45 | | | | 01:02:39 | 2:56:56 | | 45 | M40 | | 3 |
| | Ippen | Alexander | WfBm Aurich | 1990 | 2010 | 01:04:59 | 01:01:25 | | | 00:51:07 | | 2:57:31 | | 20 | MHK | | 3 |
| | Gravemann | Marion | Emden | 1967 | 2010 | 00:55:00 | 00:57:33 | 01:07:23 | | | | 2:59:56 | | 43 | W40 | | 3 |
| | Becker | Ralf | Aurich | 1973 | 2010 | 00:55:50 | 00:57:44 | 01:06:22 | | | | 2:59:56 | | 37 | M30 | | 3 |
| | Rost | Mike | Polizei Wilhelmshaven | 1963 | 2010 | 00:56:01 | 00:57:15 | 01:09:26 | | | | 3:02:42 | | 47 | W40 | | 3 |
| | de Wall | Karsten | Timmel | 1991 | 2010 | 00:50:32 | 00:51:30 | 01:21:17 | | | | 3:03:19 | | 19 | MU20 | | 3 |
| | Zacherl | Frank | keinen | 1965 | 2010 | 00:55:35 | 00:59:04 | 01:09:36 | | | | 3:04:15 | | 45 | M40 | | 3 |
| | Bohlken | Saskia | HRS Moormerland | 1994 | 2010 | 00:58:22 | 01:00:12 | | | | 01:06:27 | 3:05:01 | | 16 | WU20 | | 3 |
| | Cordes | Sylvia | Wiesmoor | 1963 | 2010 | 01:07:45 | 01:09:21 | | | 00:48:56 | | 3:06:02 | | 47 | W40 | | 3 |
| | Nagel | Florian | Seefahrtsschule Leer | 1989 | 2010 | 01:01:40 | 01:05:37 | | 00:59:45 | | | 3:07:02 | | 21 | MHK | | 3 |
| | Gründemann | Gregor | Emden | 1979 | 2010 | 01:00:45 | | 01:12:24 | 00:54:42 | | | 3:07:51 | | 31 | M30 | | 3 |
| | Warnecke | Edgar | | 1960 | 2010 | | | | 01:03:57 | 00:48:44 | 01:18:27 | 3:11:08 | | 50 | M50 | | 3 |
| | Bartels | Klaus | Lengenerland | 1969 | 2010 | 00:57:54 | 01:01:52 | 01:13:21 | | | | 3:13:07 | | 41 | M40 | | 3 |
| | Seidler | Achim | Wiesmoor GmbH | 1973 | 2010 | 00:58:04 | 01:02:12 | 01:13:44 | | | | 3:14:00 | | 37 | M30 | | 3 |
| | Pünter | Stefan | Ostrhauderfehn | 1983 | 2010 | | | | 01:07:59 | 00:48:12 | 01:18:07 | 3:14:18 | | 27 | MHK | | 3 |
| | Aukes | Jann Jeffrey | LG Großefehn | 1992 | 2010 | 01:08:56 | | | 01:18:04 | 00:47:25 | | 3:14:25 | | 18 | MU20 | | 3 |
| | Ehlers | Henning | LeerWittmund | 1998 | 2010 | 01:04:34 | | | | 00:50:29 | 01:20:32 | 3:15:35 | | 12 | MU20 | | 3 |
| | Post | Sascha | Willmsfeld | 1980 | 2010 | 01:00:32 | 01:01:59 | 01:13:31 | | | | 3:16:02 | | 30 | M30 | | 3 |
| | Behrends | Johann | LGO | 1943 | 2010 | 00:57:14 | 01:01:48 | 01:17:21 | | | | 3:16:23 | | 67 | M60 | | 3 |
| | Wissmann | Antje | de Heizungsloopers | 1990 | 2010 | | | | 01:03:37 | 00:51:33 | 01:21:45 | 3:16:55 | | 20 | WHK | | 3 |
| | Behrends | Stefan | Holtland-Nücke | 1971 | 2010 | 00:59:54 | 01:04:22 | 01:14:12 | | | | 3:18:28 | | 39 | M30 | | 3 |
| | Bergmann | Boris | JAA Emden | 1971 | 2010 | 01:01:30 | 01:04:48 | 01:12:53 | | | | 3:19:11 | | 39 | M30 | | 3 |
| | Janssen | Enno | RVB Aurich/Uplengen | 1988 | 2010 | 01:03:53 | 01:02:52 | 01:12:40 | | | | 3:19:25 | | 22 | MHK | | 3 |
| | Janssen | Jörg | obw Emden | 1996 | 2010 | 01:17:50 | | | 01:11:35 | 00:51:57 | | 3:21:22 | | 14 | MU20 | | 3 |
| | Wilbrand | Melanie | ENOVA | 1976 | 2010 | 01:09:58 | | | | 00:49:43 | 01:25:54 | 3:25:35 | | 34 | W30 | | 3 |
| | Heinrichsdorf | Feeko | obw Emden | 1956 | 2010 | | | 01:24:01 | | 00:47:12 | 01:15:53 | 3:27:06 | | 54 | M50 | | 3 |
| | Behrends | Klaus | obw Emden | 1963 | 2010 | | | | 01:10:36 | 00:52:00 | 01:24:36 | 3:27:12 | | 47 | M40 | | 3 |
| | Uecker | Reno | Ellernfeld | 1962 | 2010 | 01:05:49 | 01:05:42 | 01:16:00 | | | | 3:27:31 | | 48 | M40 | | 3 |
| | Busse | Daniel | de Heizungsloopers | 1998 | 2010 | 01:15:14 | | | | 00:50:51 | 01:21:43 | 3:27:48 | | 12 | MU20 | | 3 |
| | Hoffmann | Luise | OVB Emden/Leer | 1958 | 2010 | | | | 01:09:06 | 00:51:10 | 01:28:42 | 3:28:58 | | 52 | W50 | | 3 |
| | Beier | Marieke | SVO Wi sünd Holtriem | 1990 | 2010 | 01:05:35 | 01:06:07 | 01:20:08 | | | | 3:31:50 | | 20 | WHK | | 3 |
| | Möhlmann | Gisela | VFB Uplengen | 1969 | 2010 | 01:11:20 | | | | 00:55:04 | 01:25:30 | 3:31:54 | | 41 | W40 | | 3 |
| | Heyers | Anna | Weener | 1983 | 2010 | 01:07:16 | 01:06:25 | 01:19:11 | | | | 3:32:52 | | 27 | WHK | | 3 |
| | Hieronimus | Silvia | Sport | 1979 | 2010 | 01:05:04 | 01:09:26 | | | | 01:22:47 | 3:37:17 | | 31 | W30 | | 3 |
| | Nobel | Benjamin | Logistic GmbH | 1986 | 2010 | 01:04:35 | 01:07:08 | 01:25:42 | | | | 3:37:25 | | 24 | MHK | | 3 |
| | Dieling | Björn | Wiesmoor GmbH | 1990 | 2010 | 01:24:07 | | | 01:18:27 | 00:55:40 | | 3:38:14 | | 20 | MHK | | 3 |
| | Bruns | Andreas | obw Emden | 1967 | 2010 | | | 01:36:34 | 01:12:07 | 00:53:43 | | 3:42:24 | | 43 | M40 | | 3 |
| | Schmidt | Jochen | LT TUS Aurich-Ost | 1966 | 2010 | 01:11:38 | 01:12:29 | 01:28:38 | | | | 3:52:45 | | 44 | M40 | | 3 |
| | Heyen | Anita | TV Norden | 1946 | 2010 | 01:11:53 | 01:14:20 | 01:30:52 | | | | 3:57:05 | | 64 | W60 | | 3 |
| | Meinen | Conny | LT BSC Burhufe | 1963 | 2010 | 01:10:04 | 01:15:27 | 01:32:01 | | | | 3:57:32 | | 47 | W40 | | 3 |
| | Ehlers | Jens | LeerWittmund | 1965 | 2010 | 01:23:42 | | | | 01:00:28 | 01:34:43 | 3:58:53 | | 45 | M40 | | 3 |
| | Rohit | Jan | ENOVA | 1975 | 2010 | | | 01:41:26 | | 01:00:09 | 01:34:16 | 4:15:51 | | 35 | M30 | | 3 |
| | Künnemann | Birgit | obw Emden | 1960 | 2010 | 01:16:18 | | | | 01:07:13 | 01:54:54 | 4:18:25 | | 50 | W50 | | 3 |
| | Jakob | Dietmar | Norden | 1963 | 2010 | 01:22:15 | 01:23:40 | 01:40:30 | | | | 4:26:25 | | 47 | M40 | | 3 |
| | Störk-Müller | Margret | obw Emden | 1967 | 2010 | | 01:46:01 | | | 01:17:57 | 01:54:45 | 4:58:43 | | 43 | W40 | | 3 |
| | Park | Matthias | Aurich | 1984 | 2010 | | | 01:08:17 | 00:56:02 | 00:41:20 | | | | 26 | MHK | | 3 |
| | Erdmann | Jakob | TV M'hafe | 1956 | 2010 | | 00:00:00 | | 00:00:00 | | | 0:00:00 | | 54 | M50 | | 2 |
| | Jäckle | Tobias | Krankenhaus Wittmund | 1978 | 2010 | | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 32 | M30 | | 2 |
| | Janssen | Arne | Klein Sander | 1966 | 2010 | | 00:00:00 | 00:00:00 | | | | 0:00:00 | | 44 | M40 | | 2 |
| | Leif | Erik | FC Oldersum | | 2010 | | 00:00:00 | | | | 00:00:00 | 0:00:00 | | | | | 2 |
| | Müller | Magnus | VLL Ockenhausen | 1941 | 2010 | | | | 00:00:00 | | 00:00:00 | 0:00:00 | | 69 | M60 | | 2 |
| | Münzel | Kai | MTV Aurich | 1975 | 2010 | | | 00:00:00 | 00:00:00 | | | 0:00:00 | | 35 | M30 | | 2 |
| | Nannen | Henrik | | | 2010 | | | | 00:00:00 | | 00:00:00 | 0:00:00 | | | | | 2 |
| | Obalski | Ralph | Oldenburg | 1977 | 2010 | | | | 00:00:00 | | 00:00:00 | 0:00:00 | | 33 | M30 | | 2 |
| | Regenberg | Mario Wilke | | | 2010 | | 00:00:00 | 00:00:00 | | | | 0:00:00 | | | | | 2 |
| | van Goor | Rob | Aqiulo | 1962 | 2010 | | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 48 | M40 | | 2 |
| | Welling | Torsten | MTV Wittmund | 1964 | 2010 | | | 00:00:00 | 00:00:00 | | | 0:00:00 | | 46 | M40 | | 2 |
| | Wiegmann | Siebo | LG Harlingerland | 1979 | 2010 | | | 00:00:00 | | | 00:00:00 | 0:00:00 | | 31 | M30 | | 2 |
| | Krallmann | Martin | LG Ostfriesland | 1976 | 2010 | | | 00:00:00 | 00:00:00 | | | 0:00:00 | | 34 | M30 | | 2 |
| | Müller | Heinrich | EST-TRI-TEAM | 1959 | 2010 | | | 00:00:00 | | | 00:00:00 | 0:00:00 | | 51 | M50 | | 2 |
| | Kleene | Leif-Erik | FC Oldersum | 1999 | 2010 | | | | 00:00:00 | | 00:00:00 | 0:00:00 | | 11 | MU20 | | 2 |
| | Lütten | Maximilian | GS Larrelt | 2000 | 2010 | | | | 00:00:00 | | 00:00:00 | 0:00:00 | | 10 | MU20 | | 2 |
| | Schild | Cedric | Leer | 1997 | 2010 | | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 13 | MU20 | | 2 |
| | Lamberts | Gina | Aqiulo | 1967 | 2010 | | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 43 | W40 | | 2 |
| | Schwarz | Jannika | | | 2010 | | | | 00:00:00 | 00:00:00 | | 0:00:00 | | | | | 2 |
| | Seiwald | Insa | Stadt Leer | 1968 | 2010 | | | | 00:00:00 | 00:00:00 | | 0:00:00 | | 42 | W40 | | 2 |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|----------------|---------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|---------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | 69,30 | | | | | |
| | Vogel-Frühling | Antonia | Großefehn | 1973 | 2010 | | | | | 00:00:00 | 00:00:00 | 0:00:00 | | 37 | W30 | | 2 |
| | Walle | Boda | Blizzard | | 2010 | | | 00:00:00 | 00:00:00 | | | 0:00:00 | | | | | 2 |
| | Schwarz | Julia | Fun Loopers | 1993 | 2010 | | | | 00:00:00 | 00:00:00 | | 0:00:00 | | 17 | WU20 | | 2 |
| | Poppinga | Ole | Wattloopers Dornum | 1994 | 2010 | 00:53:47 | | 00:00:00 | | | | 0:53:47 | | 16 | MU20 | | 2 |
| | Dietrich | Georg | LG Braunschweig | 1970 | 2010 | 00:35:24 | 00:39:28 | | | | | 1:14:52 | | 40 | M40 | | 2 |
| | Reimann | Klaus | Nordland Papier | 1968 | 2010 | | | | | 00:35:43 | 00:57:05 | 1:32:48 | | 42 | M40 | | 2 |
| | Haake | Ingo | Gesundheitskasse | 1969 | 2010 | | | | | 00:36:27 | 00:57:44 | 1:34:11 | | 41 | M40 | | 2 |
| | Grigat | Holger | Hartmann Group | 1973 | 2010 | 00:38:53 | | 00:55:27 | | | | 1:34:20 | | 37 | M30 | | 2 |
| | Eden | Manfred | TuS Eintracht Hinte | 1959 | 2010 | 00:45:48 | 00:49:14 | | | | | 1:35:02 | | 51 | M50 | | 2 |
| | Potritt | Thomas | TV Norden | 1971 | 2010 | 00:46:13 | 00:49:09 | | | | | 1:35:22 | | 39 | M30 | | 2 |
| | Langensiepen | Jannis | LAC Emden/Aurich | 1994 | 2010 | 00:47:03 | 00:49:14 | | | | | 1:36:17 | | 16 | MU20 | | 2 |
| | ter Fehr | Heino | TSV Hesel | 1964 | 2010 | 00:46:37 | 00:50:04 | | | | | 1:36:41 | | 46 | M40 | | 2 |
| | Dröse | Henrik | Hartmann Group | 1986 | 2010 | 00:57:29 | | | | 00:41:07 | | 1:38:36 | | 24 | MHK | | 2 |
| | Schilling | Stefan | Team ENERCON | 1983 | 2010 | 00:47:38 | 00:51:14 | | | | | 1:38:52 | | 27 | MHK | | 2 |
| | Hesse | Axel | POST | 1969 | 2010 | 00:48:11 | 00:52:19 | | | | | 1:40:30 | | 41 | M40 | | 2 |
| | Jürrens | Harry | Emder LG | 1957 | 2010 | | | | | 00:41:20 | 01:01:35 | 1:42:55 | | 53 | M50 | | 2 |
| | Janssen | Lars | Seefahrtsschule Leer | 1988 | 2010 | | | 01:07:10 | | 00:36:35 | | 1:43:45 | | 22 | MHK | | 2 |
| | Saathoff | Arno | Werdum | 1966 | 2010 | 00:51:29 | 00:55:29 | | | | | 1:46:58 | | 44 | M40 | | 2 |
| | Buse | Carsten | Ubo Emmius Klinik | 1972 | 2010 | | | 01:11:14 | | 00:40:37 | | 1:51:51 | | 38 | M30 | | 2 |
| | Osewold | Heinz | Nordland Papier | 1963 | 2010 | 00:57:50 | | | | 00:55:19 | | 1:53:09 | | 47 | M40 | | 2 |
| | Nannen | Wiebke | SV Wiesede | 1993 | 2010 | 01:06:09 | | | | 00:48:10 | | 1:54:19 | | 17 | WU20 | | 2 |
| | Möring | Dieter | Nordland Papier | 1973 | 2010 | 00:51:03 | | 01:04:44 | | | | 1:55:47 | | 37 | M30 | | 2 |
| | Schmidt | Hartmut | Team ENERCON | 1962 | 2010 | 00:55:05 | 01:00:45 | | | | | 1:55:50 | | 48 | M40 | | 2 |
| | Peters | Christian | Aurich | 1992 | 2010 | 01:02:03 | | | | 00:53:59 | | 1:56:02 | | 18 | MU20 | | 2 |
| | Berghaus | Wilfried | Leer | 1953 | 2010 | 00:57:23 | 00:59:54 | | | | | 1:57:17 | | 57 | M50 | | 2 |
| | Heien | Elisabeth | Tus Esens | 1958 | 2010 | 00:57:40 | 01:00:30 | | | | | 1:58:10 | | 52 | W50 | | 2 |
| | Möring | Reiner | Nordland Papier | 1973 | 2010 | 00:52:45 | | 01:06:10 | | | | 1:58:55 | | 37 | M30 | | 2 |
| | Buchta | Stefan | Emden | 1968 | 2010 | 00:57:18 | 01:01:44 | | | | | 1:59:02 | | 42 | M40 | | 2 |
| | Hollwege | Ralf | VffL Berumbur | 1962 | 2010 | 01:08:48 | | | | 00:50:25 | | 1:59:13 | | 48 | M40 | | 2 |
| | Smidt | Sven | Lauftreff Ihrhove | 1978 | 2010 | | | | 01:09:03 | 00:50:32 | | 1:59:35 | | 32 | M30 | | 2 |
| | Behre | Carolin | Hartmann Group | 1985 | 2010 | 01:11:48 | | | | 00:48:40 | | 2:00:28 | | 25 | WHK | | 2 |
| | Kruse | Gerrit | Polizei Leer | 1962 | 2010 | | | | | 00:47:00 | 01:13:46 | 2:00:46 | | 48 | M40 | | 2 |
| | Meyer | Jens | Hobbyläufer | 1961 | 2010 | 00:58:43 | 01:02:52 | | | | | 2:01:35 | | 49 | M40 | | 2 |
| | Janßen | Gerrit | Ihlow / Westerende-K. | 1975 | 2010 | 01:10:24 | 00:51:12 | | | | | 2:01:36 | | 35 | M30 | | 2 |
| | Baudein | Dirk | Nordland Papier | 1960 | 2010 | 01:04:25 | | | 00:57:50 | | | 2:02:15 | | 50 | M50 | | 2 |
| | Ukena | Angela | Gymnasium | 1992 | 2010 | 01:03:38 | 00:58:39 | | | | | 2:02:17 | | 18 | WU20 | | 2 |
| | Schüdde | Annikka | Logistic GmbH | 1982 | 2010 | | | | 01:09:31 | 00:53:22 | | 2:02:53 | | 28 | WHK | | 2 |
| | Becker-de Boer | Frauke | Emden | 1966 | 2010 | 00:59:53 | | 01:03:09 | | | | 2:03:02 | | 44 | W40 | | 2 |
| | Gerdes | Angela | IGS Waldschule Egels | 1962 | 2010 | 01:00:02 | 01:03:20 | | | | | 2:03:22 | | 48 | W40 | | 2 |
| | Entgelmeier | Binia-Laureen | Aurich | 1993 | 2010 | 00:59:35 | 01:05:49 | | | | | 2:05:24 | | 17 | WU20 | | 2 |
| | Reismann | Gudrun | TV Norden | 1960 | 2010 | 01:02:09 | 01:04:35 | | | | | 2:06:44 | | 50 | W50 | | 2 |
| | Fischer | Michael | Michael Fischer | 1964 | 2010 | | | 01:11:09 | 00:56:15 | | | 2:07:24 | | 46 | M40 | | 2 |
| | Schatt | Paul | Leer | 1998 | 2010 | 01:03:45 | 01:03:53 | | | | | 2:07:38 | | 12 | MU20 | | 2 |
| | Würdemann | Stefan | EWE Wattloopers | 1978 | 2010 | | | | | 00:48:35 | 01:20:14 | 2:08:49 | | 32 | W30 | | 2 |
| | Wittenburg | Peter | obw Emden | 1949 | 2010 | 01:02:22 | 01:06:40 | | | | | 2:09:02 | | 61 | M60 | | 2 |
| | Caby | Filip | Leer | 1956 | 2010 | 01:03:55 | 01:05:54 | | | | | 2:09:49 | | 54 | M50 | | 2 |
| | Schulte | Günter | Bentstreeker SV | 1965 | 2010 | 01:03:09 | 01:07:08 | | | | | 2:10:17 | | 45 | M40 | | 2 |
| | Witt | Claudia | de Heizungsloopers | 1990 | 2010 | | | | 01:15:13 | 00:55:36 | | 2:10:49 | | 20 | WHK | | 2 |
| | Hogelücht | Carsten | OLB Ostfriesland | 1987 | 2010 | 01:05:52 | 01:05:31 | | | | | 2:11:23 | | 23 | MHK | | 2 |
| | Nörder | Johann | EWE Wattloopers | 1961 | 2010 | 00:56:00 | 01:16:36 | | | | | 2:12:36 | | 49 | M40 | | 2 |
| | Reimers | Udo | Bünting Tee | 1971 | 2010 | 00:58:54 | | 01:13:44 | | | | 2:12:38 | | 39 | M30 | | 2 |
| | de Mayer | Johann | Aurich | 1992 | 2010 | 01:07:29 | 01:07:27 | | | | | 2:14:56 | | 18 | MU20 | | 2 |
| | Baldus | Martin | Hartmann Group | 1964 | 2010 | 01:07:06 | | | 01:08:03 | | | 2:15:09 | | 46 | M40 | | 2 |
| | Klein | Lana | de Heizungsloopers | 1999 | 2010 | 01:07:26 | 01:10:33 | | | | | 2:17:59 | | 11 | WU20 | | 2 |
| | Leßmann | Marene | Hartmann Group | 1978 | 2010 | 01:06:52 | 01:11:55 | | | | | 2:18:47 | | 32 | W30 | | 2 |
| | Hein | Regine | Dornum | 1966 | 2010 | 01:06:35 | 01:12:42 | | | | | 2:19:17 | | 44 | W40 | | 2 |
| | Horstmeier | Guido | obw Emden | 1971 | 2010 | 01:21:20 | | | | 00:58:03 | | 2:19:23 | | 39 | M30 | | 2 |
| | Möhlmann | Gudrun | OVB Emden/Leer | 1970 | 2010 | | | | 01:20:28 | 00:59:09 | | 2:19:37 | | 40 | W40 | | 2 |
| | Ites | Ingo | OVB Emden/Leer | 1980 | 2010 | | | | 01:20:29 | 00:59:54 | | 2:20:23 | | 30 | M30 | | 2 |
| | Erdmann | Ina | Hartmann Group | 1978 | 2010 | 01:09:35 | 01:14:30 | | | | | 2:24:05 | | 32 | W30 | | 2 |
| | Graf zu Dohm | Leopold | Hartmann Group | 1989 | 2010 | | 01:15:15 | | 01:10:04 | | | 2:25:19 | | 21 | MHK | | 2 |
| | Eilts | Kerstin | WfBm Aurich | 1989 | 2010 | 01:09:34 | 01:16:49 | | | | | 2:26:23 | | 21 | MHK | | 2 |
| | Engelbarts | Michael | Hartmann Group | 1970 | 2010 | | | 01:38:03 | | 00:49:48 | | 2:27:51 | | 40 | M40 | | 2 |
| | Boelen | Simon | obw Emden | 1992 | 2010 | | | 01:37:10 | | 00:52:23 | | 2:29:33 | | 18 | MU20 | | 2 |
| | Schewiola | Stefan | LT Aurich-Ost | 1966 | 2010 | | | | | 00:55:21 | 01:34:18 | 2:29:39 | | 44 | M40 | | 2 |
| | Schoon | Sylvia | FTC Hollen | 1970 | 2010 | 01:13:26 | 01:17:50 | | | | | 2:31:16 | | 40 | W40 | | 2 |
| | Rüdiger | Benjamin | OBW Emden | 1981 | 2010 | 01:26:01 | | | | 01:06:55 | | 2:32:56 | | 29 | MHK | | 2 |
| | Griggel | Stefan | OVB Emden/Leer | 1980 | 2010 | 01:15:41 | 01:18:44 | | | | | 2:34:25 | | 30 | M30 | | 2 |
| | Klock | Monika | FTC Hollen | 1967 | 2010 | 01:18:06 | 01:20:09 | | | | | 2:38:15 | | 43 | W40 | | 2 |
| | Hartema | Hilke | Leer | 1978 | 2010 | 01:18:34 | 01:23:39 | | | | | 2:42:13 | | 32 | W30 | | 2 |
| | Potthoff | Anke | Hartmann Group | 1975 | 2010 | 01:18:45 | | | 01:23:29 | | | 2:42:14 | | 35 | W30 | | 2 |

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| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|-------------|-------------------------|--------|------|----------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|-----|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Eckert | Christian | LeerWittmund | 1981 | 2010 | | 01:11:18 | | | | 01:33:20 | 2:44:38 | | 29 | MHK | | 2 |
| | Jokisalo | Hannu | Nordland Papier | 1951 | 2010 | 01:16:23 | | 01:34:57 | | | | 2:51:20 | | 59 | M50 | | 2 |
| | Wientjes | Heike | Vhs Laufen | 1964 | 2010 | 01:22:38 | 01:30:05 | | | | | 2:52:43 | | 46 | W40 | | 2 |
| | Cramer | Chris | Seefahrtsschule Leer | 1966 | 2010 | 02:00:18 | | | | 00:58:14 | | 2:58:32 | | 44 | M40 | | 2 |
| | Janssen | Alwin | Peiers | 1970 | 2010 | 00:58:38 | 00:00:00 | | | | | | | 40 | M40 | | 2 |
| | Abken | Reinhard | Abken Bau | 1944 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 66 | M60 | | 1 |
| | Achmann | Heinz | LT Hagen Ernst | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Aigner | Tom | Team nanga parbat | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Alberts | Torsten | Aurich | 1971 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 39 | M30 | | 1 |
| | Anwand | Jens | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Arnold | Nils | VRS Moormerland | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Baumfalk | Johannes | Gymnasium Ultricianum | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Becker | Claus | SV Frisia Loga | 1949 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 61 | M60 | | 1 |
| | Behrendt | Tobias | Polizei Berlin | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Behrens | Frank | SSV Gristede | 1969 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 41 | M40 | | 1 |
| | Bekker | Erik | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Berckemeier | Nils-Martin | VHS Laufen | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Berends | Jan | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Bergmann | Nicolas | BW Borssum | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Betten | Heinz-Nanno | FTC Hollen | 1971 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 39 | M30 | | 1 |
| | Boerds | Markus | EC-Filsum | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Bohlen | Hans Gilo | TG Wiesmoor | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Bohlen | Gerd | TuRa 07 Westrauderfe | 1954 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 56 | M50 | | 1 |
| | Böhling | Wolfgang | Optrikzentrum Aurich | 1970 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 40 | M40 | | 1 |
| | Boltschau | Frank | | | 2010 | 00:00:00 | | | | | | 0:00:00 | | | | | 1 |
| | Brahms | Christian | Heisfelde | 1974 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 36 | M30 | | 1 |
| | Briese | Wilke | | 1980 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 30 | M30 | | 1 |
| | Busker | Daniel | SV Neermoor | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Buss | Timo | Reederei Buss | 1974 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 36 | M30 | | 1 |
| | Cremer | Benjamin | FLGHSTFF | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Dalhoff | Edgar | SV Warsingsfehn | 1967 | 2010 | 00:00:00 | | | | | | 0:00:00 | | 43 | M40 | | 1 |
| | Detev | Hartwig | | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Deullas | Kai | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Eisenhauer | Jörg | SV Lomwerdes | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Eppink | Frank | SV Solidarität Ismaning | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Erfeling | Matthias | Dennis & Matthias | 1985 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 25 | M20 | | 1 |
| | Eugsberg | Peter | | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Evers | Karl-Heinz | LG Ostfriesland | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Faßhauer | Andreas | LG Ostfriesland | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Fay | Stefan | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Fehn | Steffen | Gymnasium Rhaudufehn | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Frienol | Jasper | SV Stern | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Fuchs | Gezlan | | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Gerden | Hendrick | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Gerlach | Mark | VFR Heisfelde | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Goder | | ELG | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Grattenmeyer | Rainer | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Grünefeld | Theodor | Sparkasse LeerWittmun | 1977 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 33 | M30 | | 1 |
| | Hanken | Harald | 7un loopers | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Hanneken-Lindem | Klaus | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Harms | Egon | SV Warsingsfehn | 1959 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 51 | M50 | | 1 |
| | Harms | Marcel | Niddels | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Hermes | Rainer | Nordland Papier | 1979 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 31 | M30 | | 1 |
| | Hestre | | Emder LG | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Hoffmann | Bernd | Eddersheim | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | M40 | | 1 |
| | Höhler | Philipp | VRS Moormerland | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Hollander | Karsten | LG Göttingen | 1985 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 25 | M20 | | 1 |
| | Idorisov | Bibulat | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Ihben | Benjamin | Esens | 1988 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 22 | M20 | | 1 |
| | Jakobs | Johann | Fehntjer Laufftreff | 1964 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 46 | M40 | | 1 |
| | Janssen | Berend | LT Aurich-Ost | 1944 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 66 | M60 | | 1 |
| | Janssen | Gerold | Wi sünd Holtriem | 1965 | 2010 | 00:00:00 | | | | | | 0:00:00 | | 45 | M40 | | 1 |
| | Janssen | Hajo | Hamburg | 1971 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 39 | M30 | | 1 |
| | Janssen | Holger | Feuerwehr Sandhorst | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Janßen | Siegfried | LG Ostfriesland | 1958 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 52 | M50 | | 1 |
| | Jecieb | Helga | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Jelden | Henrike | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Joswig | Udo | Leer | 1955 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 55 | M50 | | 1 |
| | Kämpfert | Matthias | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kannegießer | Kevin | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit km 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------------|------------|---------------------------------|--------|------|---------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|-----|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Kanthak | Volker | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Kauischer | Ralf | ATCO | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kaukerit | Fabian | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kelstin | Thomas | HRS | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Kilian | Yilmaz | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Klein | Armin | LG Wilhelmshaven | 1970 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 40 | M40 | | 1 |
| | Koel | Gerd | TSV Georgsdorf | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Kollenbroich | Bernd | MTV Wittmund | 1953 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 57 | M50 | | 1 |
| | Kollenbroich | Henning | MTV Wittmund | 1988 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 22 | M20 | | 1 |
| | Köller | Hauke | TUS Weener | 1990 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 20 | M20 | | 1 |
| | Könnecke | Ernst | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Koop | Stefan | Team ENERCON | 1983 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 27 | M20 | | 1 |
| | Körte | Jens | Lutter | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Krallmann | Stefan | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Kromminga | Jörg | TL Grün Weiß Leer | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kruse | Friedhelm | LG Ostfriesland | 1956 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 54 | M50 | | 1 |
| | Kruse-Edenhuizen | Hiko | SC Tannenhausen | 1970 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 40 | M40 | | 1 |
| | Leemhuis | Gerhard | FEG Hesel | 1979 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 31 | M30 | | 1 |
| | Lehmann | Edwin | Fortuna Logabirum | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | M40 | | 1 |
| | Limbeck | Dirk | TG Wiesmoor | 1961 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 49 | M40 | | 1 |
| | Lock | Lock | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Loß | Boris | SV Stern | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Mehl | Karl | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Mengers | Wolfgang | TuRa 07 Westrauderfer | 1968 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 42 | M40 | | 1 |
| | Meyer | Frank | Leer | 1957 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 53 | M50 | | 1 |
| | Meyer | Wiard | SV Potshausen | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | M40 | | 1 |
| | Meyering | Sven | Sc04 Leer | 1974 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 36 | M30 | | 1 |
| | Mohlmann | Joke | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Ney | Karl-Heinz | Colonia | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Nobel | Johannes | BG | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Nordbrock | Michael | VFL Fortuna Veenhusen | 1989 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 21 | MHK | | 1 |
| | Oltmanns | Heiko | FTC Hollen | 1957 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 53 | M50 | | 1 |
| | Onnen | Jele | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Penning | Jakobus | Nowebau | 1968 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 42 | M40 | | 1 |
| | Poolmann | Alexander | Team ENERCON | 1985 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 25 | MHK | | 1 |
| | Post | Richard | Karelei Loß | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Post | Reinhard | SV Stern Schweindorf | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | M40 | | 1 |
| | Ralle | Dirk | | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Reute | Jonas | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Röder | Markus | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Rückbrod | Christian | Norder TV | 1990 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 20 | M20 | | 1 |
| | Rüst | Heiko | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Saathoff | Nils | Carl Gittermann Realschule Esee | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Saul | Folkert | SC 04 Leer | 1977 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 33 | M30 | | 1 |
| | Schacht | Torsten | 101 Marathon Club | 1961 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 49 | M40 | | 1 |
| | Schackler | Bernd | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Schäfers | Karl-Heinz | SC Wiesens | 1958 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 52 | M50 | | 1 |
| | Schepker | Lars | ENERCON GmbH | 1980 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 30 | M30 | | 1 |
| | Schipper | Heiko | Tus Middels | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Schlepper | Caste | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Schneider | Mirko | Germania leer | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Schraidt | Rainer | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Schröder | Eckhard | Eadie Eagle | 1960 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 50 | M50 | | 1 |
| | Schubert | Ingo | Aktiv & vital twistringem | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Schulz | Michael | Aurich | 1958 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 52 | M50 | | 1 |
| | Seybold, Dr. | Jörg | Frisia Loga | 1949 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 61 | M60 | | 1 |
| | Seyfert | Felix | Gymnasium Ultricianum | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Stoffer | Jannes | VFB Uplengen | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Stöhr | Hauke | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Stöter | Jann | karelei Loß | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Struckmeyer | Marcus | Aurich | 1970 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 40 | M40 | | 1 |
| | ten Doornkaat | Jan Gerrit | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Thielke | Ralf | | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Tinnemeyer | Oswald | LT TuRa 07 Westrauderfer | 1952 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 58 | M50 | | 1 |
| | Trepohl | Stefan | Nordland Papier | 1967 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 43 | M40 | | 1 |
| | Ubben | Helmut | Ubben-Haus Laufteam | 1980 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 30 | M30 | | 1 |
| | Ubben | Timo | Ubben-Haus Laufteam | 1988 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 22 | M20 | | 1 |
| | Ufkes | Frank | MTV Aurich | 1966 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 44 | M40 | | 1 |
| | Vaar | Ingo | Fortuna Logasirum | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | van Rossum | Matthijs | EWE Wattloopers | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | M40 | | 1 |
| | Velki | Thomas | | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 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 69,30 | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-------------|------------|--------------------------|--------|------|---------|----------|----------|----------|----------|----------|------------------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | | | | | | |
| | Wallenstein | Hanno | Feuerwehr Sandhorst | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Warfsmann | Sven | | 1988 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 22 | M20 | | 1 |
| | Welzold | Stefan | | 1968 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 42 | M40 | | 1 |
| | Wiards | Helmut | Pro Alternativen A20 | 1966 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 44 | M40 | | 1 |
| | Wiegmann | Alexander | Holtrop | 1986 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 24 | M20 | | 1 |
| | Willms | Wilko | LG Harlengerland | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Würdemann | Torsten | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Ziemann | Reiner | TSV Hesel | 1964 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 46 | M40 | | 1 |
| | Zimmermann | Michael | TV Friedeburg | 1966 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 44 | M40 | | 1 |
| | Zumdohme | Jan | VRS Moormeland | 1980 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 30 | M30 | | 1 |
| | Aeilts | Timon | FC SO | 1997 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 13 | MU20 | | 1 |
| | Behrends | Tiedo | FC SO Veenhusen | 1996 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 14 | MU20 | | 1 |
| | Berends | Habbo | SV Holtland | 1992 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 18 | MU20 | | 1 |
| | Brahms | Leonard | Heisfelde | 2001 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 9 | MU20 | | 1 |
| | Bendig | Marvin | LG Harlengerland | 2000 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 10 | MU20 | | 1 |
| | Bünthe | Philipp | SPVG Aurich | 1992 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 18 | MU20 | | 1 |
| | Christians | Nils | LG Harlengerland | 1993 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 17 | MU20 | | 1 |
| | Daro | Maik | EWE-Wattloopers | 1992 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 18 | MU20 | | 1 |
| | de Buhr | Julian | Fortuna Logasirum | 1999 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 11 | MU20 | | 1 |
| | Erchinger | Heye | Freie Christliche Schule | 1997 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 13 | MU20 | | 1 |
| | Francoovich | Patrick | Hermann Tempel Schul | 1993 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 17 | MU20 | | 1 |
| | Janssen | Nick | VRS Moormeland | 1998 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 12 | MU20 | | 1 |
| | Lettau | Marcel | watt'n looper SV Dornum | 1992 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 18 | MU20 | | 1 |
| | Loerts | Werner | Gymnasium Rhaudufeh | 1993 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 17 | MU20 | | 1 |
| | Nicolai | Hendrik | NIGE | 1992 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 18 | MU20 | | 1 |
| | Nordbrock | Stefan | SV Warsingsfehn | 1992 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 18 | MU20 | | 1 |
| | Rebel | Lars | RVB Aurich | 1999 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 11 | MU20 | | 1 |
| | Steinmeyer | Benedikt | LT Aurich-Ost | 1999 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 11 | MU20 | | 1 |
| | Ufkes | Thilo | MTV Aurich | 2001 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 9 | MU20 | | 1 |
| | Ufkes | Tammo | MTV Aurich | 1999 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 11 | MU20 | | 1 |
| | Amelsberg | Jessica | Emden | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Beftuje | Wieske | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Berends | Birte | EC-Filsum | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Bornemann | Elke | TUS Weener | 1964 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 46 | W40 | | 1 |
| | Borgmann | Antje | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Brahms | Stephanie | Studio Larisca | 1983 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 27 | W20 | | 1 |
| | Bren | Nadina | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Eiken | Ulrike | RFV Popens | 1982 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 28 | W20 | | 1 |
| | Fecht | Anke | SV Stikkelkamp | 1973 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 37 | W30 | | 1 |
| | Fecht | Sabine | Neukamperfehn | 1966 | 2010 | | | | | 00:00:00 | | 0:00:00 | | 44 | W40 | | 1 |
| | Frey | Carina | VRS Moormeland | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Friegel | Carola | Larisca | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Geers | Anni | Einhard Börgu | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Greiff | Hannela | Polizei Berlin | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Günter | Astrid | SC Wiesens | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Moldenhauer | Theda | Wiesmoor | 1954 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 56 | W50 | | 1 |
| | Höpper | Anke | TUS Weener | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Hülshof | Britta | TuRa 07 Westhauderfe | 1969 | 2010 | | | 00:00:00 | | | | 0:00:00 | | 41 | W40 | | 1 |
| | Janssen | Anna | Derr | 1989 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 21 | W20 | | 1 |
| | Janssen | Elisabeth | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Jørgensen | Elke | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Keys | Dierka | SV Potshausen | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Klotter | Vicky | | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Koch | Gunda | LT Spaß mit sport | 1977 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 33 | W30 | | 1 |
| | Kohn | Martina | TUS Pewsum | 1974 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 36 | W30 | | 1 |
| | Krobabel | Klara | Eintracht Börger | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kromminga | Christina | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Kuwan | Kerstin | EWE-Wattloopers | 1968 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 42 | W40 | | 1 |
| | Laskamp | Kerstin | | | 2010 | | | | 00:00:00 | | | 0:00:00 | | | | | 1 |
| | Boekhoff | Karin | Berliner Hühner | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | W40 | | 1 |
| | Loose | Antje | TUS Weener | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Ludwig | Ute | | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Lütten | Angelika | JAG Emden | 1971 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 39 | W30 | | 1 |
| | Meyer | Jannika | | | 2010 | | | | | 00:00:00 | | 0:00:00 | | | | | 1 |
| | Müller | Isabell | Karelei Loß | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Müller | Johanna | Sparkasse Aurich Norden | | 2010 | | | 00:00:00 | | | | 0:00:00 | | | | | 1 |
| | Ney | Nicole | Colonia | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Ninnemann | Insa | TuS Weene | 1969 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 41 | W40 | | 1 |
| | Onken | Griet-Mara | VfL Germania Leer | 1990 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 20 | W20 | | 1 |
| | Oremek | Heike | | | 2010 | | 00:00:00 | | | | | 0:00:00 | | | | | 1 |
| | Pollmann | Fenna | Schwerinsdorf | 1962 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 48 | W40 | | 1 |

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27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|-----------------|------------|-----------------------|--------|------|----------|----------|----------|----------|----------|----------|---------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | 69,30 | | | | | |
| | Reents | Konstanze | SV Friedrichsfehn | 1975 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 35 | W30 | | 1 |
| | Rosenboom | Felise | Focko Kleiland Schule | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Saafkaff | Fraike | TG Wiesmoor | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Schmid | Cordula | PSV Ihlow | 1975 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 35 | W30 | | 1 |
| | Schmidt | Tina | SV Holtland | 1988 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 22 | W20 | | 1 |
| | Sievers | Margot | RjR eintracht Borgev | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Stahnke | Annette | SC Wiesens | 1958 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 52 | W50 | | 1 |
| | Stammwitz | Beate | Stadt Leer | 1952 | 2010 | | | | | | 0 | 0:00:00 | | 58 | W50 | | 1 |
| | Tannen | Frauke | SV Concordia Ihrhove | 1970 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 40 | W40 | | 1 |
| | Vogt | Ellen | Brinkum | 1963 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 47 | W40 | | 1 |
| | Weser | Thea | Karelei Loß | | 2010 | | | | | | 00:00:00 | 0:00:00 | | | | | 1 |
| | Wien | Dagmar | | 1978 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 32 | W30 | | 1 |
| | Wilke-Regenberg | Maria | Emden | 1958 | 2010 | | | | 00:00:00 | | | 0:00:00 | | 52 | W50 | | 1 |
| | Zorn | Natalie | BHC Consulting GMBH | 1985 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 25 | W20 | | 1 |
| | Brockelmann | Fenja | HRS Moormerland | 1997 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 13 | WU20 | | 1 |
| | Heberle | Patricia | VRS Moormerland | 1998 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 12 | WU20 | | 1 |
| | Regendörp | Michelle | HRS Moormerland | 1998 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 12 | WU20 | | 1 |
| | Meyer | Dierka | SV Potshausen | 1994 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 16 | WU20 | | 1 |
| | Zohlfs | Ronja | Wir sünd Holtriem | 1997 | 2010 | | 00:00:00 | | | | | 0:00:00 | | 13 | WU20 | | 1 |
| | Zimmering | Jana | Focko Kleiland Schule | 1998 | 2010 | | | | | | 00:00:00 | 0:00:00 | | 12 | WU20 | | 1 |
| | Heyen | Frank | Humbold Schule | 1980 | 2010 | | | | | 00:35:32 | | 0:35:32 | | 30 | M30 | | 1 |
| | Decker | Patrick | WFB Aurich | 1987 | 2010 | 00:48:29 | | | | | | 0:48:29 | | 23 | MHK | | 1 |
| | Korten | Kerstin | Nordland Papier | 1965 | 2010 | | | | | 00:49:05 | | 0:49:05 | | 45 | W40 | | 1 |
| | Fabbi | Gabriel | Team Möbel Buss | 1968 | 2010 | | | | | 00:49:08 | | 0:49:08 | | 42 | M40 | | 1 |
| | Gronewold | Karlheinz | Spetzerfehn | 1967 | 2010 | 00:49:34 | | | | | | 0:49:34 | | 43 | M40 | | 1 |
| | Cronshagen | Ewald | Leiner Stift | 1961 | 2010 | | | | | 00:50:28 | | 0:50:28 | | 49 | M40 | | 1 |
| | Bruns | Ingo | Team Möbel Buss | 1975 | 2010 | 00:51:57 | | | | | | 0:51:57 | | 35 | M30 | | 1 |
| | Hellmers | Susanne | TV Norden | 1966 | 2010 | 00:52:01 | | | | | | 0:52:01 | | 44 | W40 | | 1 |
| | Isermann | Jan-Erik | Auricher TC | 1994 | 2010 | 00:52:08 | | | | | | 0:52:08 | | 16 | MU20 | | 1 |
| | Heitker | Frank | Nordland Papier | 1970 | 2010 | 00:52:16 | | | | | | 0:52:16 | | 40 | M40 | | 1 |
| | Brasch | Rudi | Angeln Ostfriesland | 1961 | 2010 | | | | | 00:53:43 | | 0:53:43 | | 49 | M40 | | 1 |
| | Leu | Harald | VfB Uplengen | 1971 | 2010 | 00:54:35 | | | | | | 0:54:35 | | 39 | M30 | | 1 |
| | Bonner | Martin | Nordland Papier | 1975 | 2010 | 00:54:45 | | | | | | 0:54:45 | | 35 | M30 | | 1 |
| | Goos | Doris | Wybelsum | 1962 | 2010 | 00:55:46 | | | | | | 0:55:46 | | 48 | W40 | | 1 |
| | Janssen | Frank | | 1969 | 2010 | | | | 00:56:07 | | | 0:56:07 | | 41 | M40 | | 1 |
| | Gärtner | Axel | FeG Aurich | 1969 | 2010 | 00:56:32 | | | | | | 0:56:32 | | 41 | M40 | | 1 |
| | Kuhlmann | Christian | Auricher Taxizentrale | 1966 | 2010 | | | | | 00:57:22 | | 0:57:22 | | 44 | M40 | | 1 |
| | Swart | Sven | Leinerstift e.V | 1992 | 2010 | 00:57:54 | | | | | | 0:57:54 | | 18 | MU20 | | 1 |
| | Vaassen | Marc | | 1971 | 2010 | | | | | 00:59:09 | | 0:59:09 | | 39 | M30 | | 1 |
| | Speckmann | Karl-Heinz | HTG - Ihlow | 1957 | 2010 | 00:59:27 | | | | | | 0:59:27 | | 53 | M50 | | 1 |
| | Stoye-Grünau | Christina | Stadt Leer | 1954 | 2010 | 00:59:31 | | | | | | 0:59:31 | | 56 | W50 | | 1 |
| | Hippen | Johann | ORGADATA-AG | 1967 | 2010 | 00:59:42 | | | | | | 0:59:42 | | 43 | M40 | | 1 |
| | Möhlenkamp | Annika | Logistic GmbH | 1984 | 2010 | 01:00:22 | | | | | | 1:00:22 | | 26 | WHK | | 1 |
| | Mennen | Harm | LT TuS Aurich-Ost | 1946 | 2010 | 01:00:29 | | | | | | 1:00:29 | | 64 | M60 | | 1 |
| | Jans | Fokko | Steuerberatungsges. | 1992 | 2010 | 01:01:57 | | | | | | 1:01:57 | | 18 | MU20 | | 1 |
| | Meyer | Marion | Ubbo-Emmius-Klinik | 1969 | 2010 | 01:03:09 | | | | | | 1:03:09 | | 41 | W40 | | 1 |
| | Akkermann | Malte | Team Wilts | 1990 | 2010 | 01:03:43 | | | | | | 1:03:43 | | 20 | MHK | | 1 |
| | Boden | Helga | Wi sünd Holtriem | 1950 | 2010 | 01:03:45 | | | | | | 1:03:45 | | 60 | W60 | | 1 |
| | Maciejewski | Sabine | Aurich | 1967 | 2010 | 01:04:07 | | | | | | 1:04:07 | | 43 | W40 | | 1 |
| | Winter | Stefan | Team Besser | 1982 | 2010 | 01:04:17 | | | | | | 1:04:17 | | 28 | MHK | | 1 |
| | Münck | Marcel | ohne | 1990 | 2010 | 01:04:41 | | | | | | 1:04:41 | | 20 | MHK | | 1 |
| | Penning | Heino | Lauftreff Ihrhove | 1967 | 2010 | 01:05:12 | | | | | | 1:05:12 | | 43 | M40 | | 1 |
| | Kuper | Elke | TG Wiesmoor | 1964 | 2010 | 01:05:20 | | | | | | 1:05:20 | | 46 | W40 | | 1 |
| | Eisenhauer | Philipp | SVO Wi sünd Holtriem | 1992 | 2010 | 01:05:31 | | | | | | 1:05:31 | | 18 | MU20 | | 1 |
| | Schmidt | Jan | SVO Wi sünd Holtriem | 1992 | 2010 | 01:05:31 | | | | | | 1:05:31 | | 18 | MU20 | | 1 |
| | Zimmermann | Jörg | GmbH | 1963 | 2010 | 01:05:38 | | | | | | 1:05:38 | | 47 | M40 | | 1 |
| | Chaouch | Hamadi | Michaels Früchte | 1971 | 2010 | 01:06:11 | | | | | | 1:06:11 | | 39 | M30 | | 1 |
| | Feldmann | Menko | Westerholt | 1995 | 2010 | 01:07:03 | | | | | | 1:07:03 | | 15 | MU20 | | 1 |
| | Fürst | Helge | WfbM Aurich | 1968 | 2010 | 01:07:10 | | | | | | 1:07:10 | | 42 | M40 | | 1 |
| | Wessels | Wilhelm | Nordlandpapier | 1969 | 2010 | | | | | | 01:07:17 | 1:07:17 | | 41 | M40 | | 1 |
| | Pleis | Inga | Polizei Leer | 1981 | 2010 | 01:07:26 | | | | | | 1:07:26 | | 29 | WHK | | 1 |
| | Exner | Thomas | Hobbits Leer | 1964 | 2010 | 01:09:55 | | | | | | 1:09:55 | | 46 | M40 | | 1 |
| | Struß | Ute | Samtgemeinde Jümme | 1986 | 2010 | | | 01:11:01 | | | | 1:11:01 | | 24 | WHK | | 1 |
| | Görtemaker | Ina | HRS Moormerland | 1994 | 2010 | 01:11:55 | | | | | | 1:11:55 | | 16 | WU20 | | 1 |
| | Schmidt | Helma | CHAILA | 1965 | 2010 | 01:11:59 | | | | | | 1:11:59 | | 45 | W40 | | 1 |
| | Smidt | Rainer | Stadt Leer | 1979 | 2010 | 01:12:29 | | | | | | 1:12:29 | | 31 | M30 | | 1 |
| | Hippen | Hinrich | Ubbo-Emmius-Klinik | 1961 | 2010 | 01:14:05 | | | | | | 1:14:05 | | 49 | M40 | | 1 |
| | Klenzendorf | Regina | Leer | 1965 | 2010 | 01:14:59 | | | | | | 1:14:59 | | 45 | W40 | | 1 |
| | Rabenstein | Stina | Ubberhaus-Laufteam | 1977 | 2010 | | | | | | 01:15:05 | 1:15:05 | | 33 | W30 | | 1 |
| | Eberlei | Ines | Hartmann Group | 1988 | 2010 | 01:16:34 | | | | | | 1:16:34 | | 22 | WHK | | 1 |
| | Janssen | Marten | WfbM Aurich | 1990 | 2010 | 01:17:28 | | | | | | 1:17:28 | | 20 | MHK | | 1 |

29. Ostfrieslandlauf 2010

27.04. bis 14.05.2010

| Platz | Name | Vorname | Verein | Jahrg. | Jahr | Lauf 1 | Lauf 2 | Lauf 3 | Lauf 4 | Lauf 5 | Lauf 6 | Endzeit | Durchschnitt pro km | Alter | AK | Platz | Etappen |
|-------|------------|---------|-----------------|--------|------|----------|---------|----------|---------|--------|---------|-------------|------------------------|-------|------|-------|---------|
| | | | | | | 11,20km | 11,90km | 13,50km | 11,00km | 8,50km | 13,20km | km 69,30 | | | | | |
| | Rademacher | Frank | WfbM Aurich | 1988 | 2010 | 01:17:29 | | | | | | 1:17:29 | | 22 | MHK | | 1 |
| | Holthuis | Sandra | HRS Moormerland | 1993 | 2010 | 01:17:48 | | | | | | 1:17:48 | | 17 | WU20 | | 1 |
| | Leerhoff | Jörn | Bünting Tee | 1968 | 2010 | 01:20:44 | | | | | | 1:20:44 | | 42 | M40 | | 1 |
| | Robben | Joseph | Nordland Papier | 1950 | 2010 | 01:21:28 | | | | | | 1:21:28 | | 60 | M60 | | 1 |
| | Deecken | Werner | Loonley Loopers | 1951 | 2010 | | | 01:24:16 | | | | 1:24:16 | | 59 | M50 | | 1 |
| | Ahrends | Erika | TG Wiesmoor | 1967 | 2010 | 01:25:14 | | | | | | 1:25:14 | | 43 | W40 | | 1 |
| | Ross | Anne | RuB GmbH | 1989 | 2010 | 01:28:11 | | | | | | 1:28:11 | | 21 | WHK | | 1 |
| | Berends | Maike | Norden | 1950 | 2010 | | | 01:29:56 | | | | 1:29:56 | | 60 | W60 | | 1 |