

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
1	Immega	Stephan	LG Harlingerland	1984	2012	00:37:19	00:39:33	00:47:16	00:41:16	00:29:40	00:45:41	04:00:45	00:03:22	28	MHK	1	6
2	Janssen	Ingo	Emder LG	1985	2012	00:38:36	00:41:00	00:47:40	00:41:35	00:31:21	00:45:58	04:06:10	00:03:27	27	MHK	2	6
3	Grigat	Holger	Hartmann Group	1973	2012	00:38:26	00:40:58	00:47:31	00:41:34	00:32:00	00:46:50	04:07:19	00:03:28	39	M30	1	6
4	Steinke	Peter	VfL Germania Leer	1970	2012	00:39:16	00:42:12	00:48:04	00:42:24	00:32:29	00:48:37	04:13:02	00:03:32	42	M40	1	6
5	Meyer	Dennis	LG Harlingerland	1989	2012	00:39:12	00:42:06	00:48:21	00:42:22	00:32:35	00:48:38	04:13:14	00:03:33	23	MHK	3	6
6	Waschkau	Jan	Team ENERCON	1977	2012	00:39:25	00:41:43	00:48:41	00:42:37	00:32:38	00:48:39	04:13:43	00:03:33	35	M30	2	6
7	Eickholt	Matthias	Emder LG	1986	2012	00:39:23	00:41:56	00:49:01	00:42:47	00:32:49	00:48:39	04:14:35	00:03:34	26	MHK	4	6
8	Severiens	Gerd Jelto	Weener Plastik	1993	2012	00:39:40	00:42:23	00:49:40	00:42:58	00:33:06	00:48:38	04:16:25	00:03:35	19	MU20	1	6
9	Hommers	Rolf	SV Concordia	1979	2012	00:39:18	00:42:19	00:49:41	00:43:14	00:33:19	00:48:38	04:16:29	00:03:35	33	M30	3	6
10	Wiltfang	Johannes	Pewsumer Windhunde	1992	2012	00:40:32	00:43:28	00:49:11	00:43:06	00:32:44	00:49:55	04:18:56	00:03:37	20	MHK	5	6
11	Rose	Christian	ENOVA	1984	2012	00:39:13	00:43:38	00:49:43	00:43:58	00:33:58	00:50:37	04:21:07	00:03:39	28	MHK	6	6
12	Lünemann	Frank	MTV Aurich	1977	2012	00:40:24	00:43:02	00:51:10	00:44:09	00:34:17	00:49:50	04:22:52	00:03:41	35	M30	4	6
13	Redelfs	Renke	Alex.-v.-Humboldt-	1993	2012	00:41:13	00:43:35	00:51:07	00:44:37	00:33:52	00:50:01	04:24:25	00:03:42	19	MU20	2	6
14	Langensiepen	Jannis	LG Harlingerland	1994	2012	00:40:57	00:43:50	00:51:36	00:44:17	00:34:30	00:50:05	04:25:15	00:03:43	18	MU20	3	6
15	de Jonge	Stefan	TuS Weene	1976	2012	00:41:54	00:43:35	00:51:18	00:44:13	00:34:21	00:50:19	04:25:40	00:03:43	36	M30	5	6
16	Penon	Jann	Gymnasium Ulricianum	1997	2012	00:41:23	00:43:51	00:51:37	00:44:25	00:34:23	00:50:15	04:25:54	00:03:43	15	MU20	4	6
17	Vlaardingerbroek	Kurt	Ubbo-Emmius-Klinik	1968	2012	00:41:17	00:44:03	00:51:42	00:44:49	00:34:11	00:50:10	04:26:12	00:03:44	44	M40	2	6
18	Krawietz	Leander	Emder LG	1971	2012	00:41:12	00:43:58	00:51:39	00:44:49	00:34:25	00:50:19	04:26:22	00:03:44	41	M40	3	6
19	Henninga	Stephan	RVB Aurich/Uplengen	1986	2012	00:41:22	00:43:57	00:51:20	00:45:20	00:34:24	00:51:03	04:27:26	00:03:45	26	MHK	7	6
20	Redmers	Christian	MTV Aurich	1990	2012	00:41:13	00:44:01	00:51:55	00:44:56	00:34:27	00:51:26	04:27:58	00:03:45	22	MHK	8	6
21	Mix	Manuel	Team Erdinger	1974	2012	00:41:21	00:44:00	00:51:50	00:45:07	00:34:24	00:51:28	04:28:10	00:03:45	38	M30	6	6
22	Schneider	Mirko	1. TC Oldenburg	1989	2012	00:42:16	00:45:35	00:52:31	00:45:28	00:34:43	00:51:03	04:31:36	00:03:48	23	MHK	9	6
23	Möhle	Lutz	obw Emden	1972	2012	00:41:25	00:45:29	00:53:07	00:45:53	00:35:35	00:52:00	04:33:29	00:03:50	40	M40	4	6
24	Schmidt-Dannehl	Markus	FA Wybelsum/VW	1973	2012	00:42:37	00:45:32	00:52:41	00:45:55	00:35:15	00:51:30	04:33:30	00:03:50	39	M30	7	6
25	Poguntke	Martin	TV Norden	1963	2012	00:42:32	00:45:42	00:52:42	00:46:17	00:35:38	00:52:23	04:35:14	00:03:51	49	M40	6	6
26	Watzema	Harald	DLRG Leer	1971	2012	00:41:46	00:45:07	00:52:41	00:47:21	00:35:42	00:52:37	04:35:14	00:03:51	41	M40	5	6
27	Piotrowski	Carsten	Alex.-v.-Humboldt-	1979	2012	00:43:08	00:46:11	00:52:35	00:46:21	00:35:14	00:51:50	04:35:19	00:03:51	33	M30	8	6
28	Borowiak	Kilian	DLRG Weener	1994	2012	00:42:27	00:45:20	00:52:38	00:46:02	00:35:12	00:53:42	04:35:21	00:03:51	18	MU20	5	6
29	Ludwig	Reinhard	Auricher Taxenzentrale	1959	2012	00:42:59	00:45:29	00:53:05	00:46:33	00:35:33	00:51:48	04:35:27	00:03:51	53	M50	1	6
30	Meenken	Janno	Wiggers Bedachung	1994	2012	00:43:16	00:46:03	00:53:18	00:46:14	00:35:13	00:51:25	04:35:29	00:03:51	18	MU20	6	6
31	Mennenga	Ralf	LG Krummhörn	1976	2012	00:43:30	00:45:29	00:53:18	00:46:01	00:35:25	00:51:55	04:35:38	00:03:51	36	M30	9	6
32	Köhler	Jan-Aiko	Emder LG	1997	2012	00:42:48	00:45:24	00:53:02	00:46:01	00:35:45	00:53:04	04:36:04	00:03:52	15	MU20	7	6
33	Wiegmann	Siebo	LG Harlingerland	1979	2012	00:43:28	00:46:16	00:53:48	00:46:19	00:35:20	00:51:16	04:36:27	00:03:52	33	M30	10	6
34	Jacobs	Stefan	WföM BBB Aurich	1990	2012	00:43:40	00:45:58	00:52:58	00:45:48	00:35:05	00:52:59	04:36:28	00:03:52	22	MHK	10	6
35	Hanken	Dirk	ohne	1992	2012	00:44:09	00:46:14	00:53:10	00:46:03	00:35:18	00:51:50	04:36:44	00:03:52	20	MHK	11	6
36	Weber	Holger	VW Emden	1974	2012	00:42:34	00:46:15	00:53:11	00:46:28	00:35:42	00:52:42	04:36:52	00:03:52	38	M30	11	6
37	Reeßing	Sven	Nordland Papier	1971	2012	00:43:55	00:45:56	00:53:56	00:46:08	00:35:15	00:52:02	04:37:12	00:03:53	41	M40	7	6
38	Klaue	Roland	Juwelier Kittel Aurich	1971	2012	00:43:01	00:47:33	00:52:56	00:46:37	00:35:09	00:52:11	04:37:27	00:03:53	41	M40	8	6
39	Jürrens	Inga	Emder LG	1982	2012	00:41:23	00:46:15	00:54:53	00:47:16	00:35:42	00:51:59	04:37:28	00:03:53	30	W30	1	6
40	Janssen	Heinz-Dieter	VW Emden	1971	2012	00:42:56	00:46:17	00:53:40	00:46:31	00:35:48	00:52:24	04:37:36	00:03:53	41	M40	9	6
41	Hinrichs	Heinz-Dieter	LG Stapelmoor	1961	2012	00:42:39	00:45:57	00:54:00	00:46:22	00:36:07	00:53:11	04:38:16	00:03:54	51	M50	2	6
42	Jänicke	Sascha	Schwarz-Weiß	1980	2012	00:43:30	00:45:53	00:53:25	00:46:37	00:35:47	00:53:37	04:38:49	00:03:54	32	M30	12	6
43	Schipper	Thade	TV Norden	1995	2012	00:44:19	00:46:00	00:53:54	00:46:49	00:35:28	00:52:58	04:39:28	00:03:55	17	MU20	8	6
44	Rühle, Dr.	Andreas	Lions Club Uplengen	1962	2012	00:43:42	00:46:47	00:53:58	00:46:38	00:36:01	00:52:36	04:39:42	00:03:55	50	M50	3	6
45	Tuitjer	Berthold	Emder LG	1969	2012	00:43:31	00:46:48	00:53:49	00:46:57	00:36:23	00:52:18	04:39:46	00:03:55	43	M40	10	6
46	Schröder	Frank	Emder LG	1970	2012	00:43:45	00:46:42	00:54:23	00:47:13	00:36:02	00:52:22	04:40:27	00:03:56	42	M40	11	6
47	Oppenborn	Stefan	Schule Moorerland	1978	2012	00:45:49	00:47:14	00:53:15	00:45:18	00:35:10	00:54:07	04:40:53	00:03:56	34	M30	13	6
48	Emken	Gerd	SC Dunum	1962	2012	00:43:13	00:46:58	00:54:38	00:47:16	00:35:51	00:53:14	04:41:10	00:03:56	50	M50	4	6
49	Töbelmann	Olaf	Bundeswehr Weener	1971	2012	00:43:24	00:46:45	00:54:35	00:47:13	00:36:10	00:53:47	04:41:54	00:03:57	41	M40	12	6
50	Schiller	Stefan	Team Deutsche Post	1976	2012	00:42:59	00:45:38	00:53:19	00:46:22	00:35:38	00:58:02	04:41:58	00:03:57	36	M30	14	6
51	Pelka	Alfred	Rettungsdienst Leer	1968	2012	00:44:45	00:46:44	00:54:41	00:47:16	00:35:50	00:53:11	04:42:27	00:03:57	44	M40	13	6
52	Wallis	Daniel	LG Harlingerland	1994	2012	00:43:38	00:46:55	00:54:33	00:47:34	00:36:30	00:53:18	04:42:28	00:03:57	18	MU20	9	6
53	Wemken	Jana Ah Yung	LG Harlingerland	1985	2012	00:43:31	00:47:04	00:55:00	00:47:52	00:36:31	00:53:24	04:43:22	00:03:58	27	WHK	1	6
54	Trebesch	Volker	Team ENERCON	1965	2012	00:43:36	00:46:58	00:54:38	00:48:06	00:36:43	00:53:28	04:43:29	00:03:58	47	M40	14	6
55	Lüken	Kerstin	Emder LG	1976	2012	00:46:04	00:47:12	00:55:08	00:47:35	00:35:50	00:52:09	04:43:58	00:03:58	36	W30	2	6
56	Behrends	André	Polizei Aurich	1990	2012	00:44:19	00:47:19	00:54:33	00:47:53	00:36:51	00:53:39	04:44:34	00:03:59	22	MHK	12	6
57	Hodapp	Dorothee	Schwarz-Weiß	1983	2012	00:43:48	00:47:07	00:55:23	00:47:57	00:36:33	00:53:54	04:44:42	00:03:59	29	WHK	2	6
58	Heeren	Renke	JSG Ihlow U19	1993	2012	00:43:40	00:47:15	00:56:31	00:47:35	00:36:07	00:54:26	04:45:34	00:04:00	19	MU20	10	6
59	Ibeling	Fred	LG-Ostfriesland	1966	2012	00:44:08	00:47:09	00:54:45	00:48:52	00:37:00	00:54:04	04:45:58	00:04:00	46	M40	15	6
60	Blank	Andre	Sparkasse	1977	2012	00:44:01	00:47:24	00:55:15	00:48:08	00:37:21	00:54:04	04:46:13	00:04:00	35	M30	15	6
61	Steffens	Daniel	obw Emden	1988	2012	00:44:34	00:47:48	00:55:26	00:48:25	00:36:18	00:53:47	04:46:18	00:04:00	24	MHK	13	6
62	Seeberg	Jannis	Gymnasium Ulricianum	1997	2012	00:44:53	00:48:09	00:55:01	00:47:26	00:36:16	00:54:38	04:46:23	00:04:00	15	MU20	11	6
63	Ommen	Wessel	SV Holtland	1993	2012	00:45:12	00:47:13	00:55:00	00:47:52	00:37:07	00:54:27	04:46:51	00:04:01	19	MU20	12	6
64	Onken	Mark	TuS Weener	1996	2012	00:46:35	00:47:57	00:54:40	00:46:52	00:36:05	00:54:43	04:46:52	00:04:01	16	MU20	13	6
65	Hofmann	Fred	Weener Plastik	1963	2012	00:45:50	00:48:26	00:54:55	00:48:18	00:36:47	00:55:42	04:49:58					

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
72	Weerden	Sven	TV Apen 1893	1974	2012	00:45:58	00:48:35	00:56:01	00:48:33	00:37:36	00:54:19	04:51:02	00:04:04	38	M30	17	6
73	Plumeyer	Lars	LG -Krummhörn	1972	2012	00:45:37	00:47:58	00:57:07	00:48:48	00:37:23	00:54:51	04:51:44	00:04:05	40	M40	20	6
74	Buss	Martin	Klinikum Leer	1990	2012	00:47:43	00:48:57	00:55:39	00:48:04	00:37:09	00:54:24	04:51:56	00:04:05	22	MHK	14	6
75	Neeland	Timm	Gymnasium Ulricianum	1994	2012	00:45:02	00:48:27	00:56:20	00:48:37	00:37:23	00:56:18	04:52:07	00:04:05	18	MU20	16	6
76	Garrels	Remo	Akkasnakka	1976	2012	00:44:49	00:48:34	00:56:57	00:48:53	00:37:52	00:55:23	04:52:28	00:04:06	36	M30	18	6
77	Piotrowski	Heike	LG Harlingerland	1982	2012	00:44:18	00:48:19	00:56:31	00:48:47	00:38:01	00:56:34	04:52:30	00:04:06	30	W30	3	6
78	Lottmann	Ralf	EWE-Wattloopers	1971	2012	00:45:01	00:48:46	00:56:34	00:48:54	00:37:28	00:56:06	04:52:49	00:04:06	41	M40	21	6
79	Carls	Christoph	TV Norden	1964	2012	00:45:14	00:48:53	00:56:56	00:49:01	00:37:40	00:55:18	04:53:02	00:04:06	48	M40	22	6
80	Meyer	Manuel	Team ENERCON	1989	2012	00:46:07	00:48:34	00:57:25	00:49:15	00:37:01	00:55:13	04:53:35	00:04:07	23	MHK	15	6
81	Becker	Axel	Emder LG	1960	2012	00:44:42	00:48:46	00:56:56	00:48:46	00:38:15	00:56:22	04:53:47	00:04:07	52	M50	5	6
82	Hallmann	Hermann	Emder LG	1962	2012	00:44:59	00:48:42	00:55:59	00:49:27	00:37:32	00:58:24	04:55:03	00:04:08	50	M50	6	6
83	Galitschkin	Henning	SV Teutonia	1983	2012	00:45:13	00:48:38	00:56:57	00:49:39	00:38:04	00:56:47	04:55:18	00:04:08	29	MHK	16	6
84	Christians	Borchard	LG Ostfriesland	1958	2012	00:44:08	00:51:59	00:56:05	00:50:32	00:37:38	00:55:09	04:55:31	00:04:08	54	M50	7	6
85	Petersen	Frank	ohne	1973	2012	00:46:41	00:48:19	00:55:33	00:49:59	00:38:53	00:56:31	04:55:56	00:04:09	39	M30	19	6
86	Dietrich	Matthias	MTV Hohenkirchen	1965	2012	00:45:43	00:48:55	00:57:19	00:50:32	00:37:59	00:56:14	04:56:42	00:04:09	47	M40	23	6
87	Siebelts	Arnd	Bosselverein Free weg	1967	2012	00:45:16	00:48:54	00:57:01	00:49:57	00:38:15	00:58:09	04:57:32	00:04:10	45	M40	24	6
88	Holl	Hendrik	SV Potshausen	1995	2012	00:47:16	00:49:45	00:57:55	00:49:20	00:37:29	00:55:53	04:57:38	00:04:10	17	MU20	17	6
89	Buß	Timo	RVB Aurich/Uplengen	1984	2012	00:46:40	00:49:53	00:57:35	00:49:44	00:38:09	00:56:18	04:58:19	00:04:11	28	MHK	17	6
90	Präsang	Martin	LT Oldenburg Süd	1965	2012	00:45:54	00:49:39	00:57:17	00:50:23	00:38:53	00:56:43	04:58:49	00:04:11	47	M40	25	6
91	Hoffmann	Karl-Heinz	Team Laufrausch e.V.	1958	2012	00:46:50	00:49:51	00:57:31	00:49:43	00:38:19	00:56:36	04:58:50	00:04:11	54	M50	8	6
92	Berlin	Jürgen	Team ENERCON	1974	2012	00:46:13	00:49:38	00:58:24	00:50:14	00:38:07	00:56:35	04:59:11	00:04:11	38	M30	20	6
93	Köster	Clemens	MTV Aurich	1973	2012	00:47:10	00:49:32	00:57:42	00:49:43	00:38:24	00:57:01	04:59:32	00:04:12	39	M30	21	6
94	Diekmann	Carsten	LG Ostfriesland	1991	2012	00:43:55	00:47:56	00:56:02	00:56:05	00:38:56	00:57:18	05:00:12	00:04:12	21	MHK	18	6
95	Meyeraan	Harald	Loppersum	1964	2012	00:45:46	00:49:48	00:57:36	00:50:40	00:39:23	00:56:59	05:00:12	00:04:12	48	M40	26	6
96	Schaller	Frank	LT TuS Aurich-Ost	1961	2012	00:45:31	00:49:57	00:58:09	00:50:44	00:38:42	00:57:35	05:00:38	00:04:12	51	M50	9	6
97	Neitemeier	Ralf	MTV Aurich	1969	2012	00:46:15	00:49:53	00:57:47	00:50:42	00:39:10	00:57:02	05:00:49	00:04:13	43	M40	27	6
98	Lipskoch	Henrik	Schwarz-Weiß	1979	2012	00:49:00	00:50:22	00:57:56	00:50:12	00:37:34	00:56:13	05:01:17	00:04:13	33	M30	22	6
99	Herrmann	Michael	Fortuna Logabirum	1981	2012	00:46:37	00:50:09	00:57:23	00:51:02	00:39:01	00:57:09	05:01:21	00:04:13	31	M30	23	6
100	Hartema	Richard	MTV Ditzum	1968	2012	00:46:28	00:50:09	00:57:37	00:50:37	00:39:07	00:57:28	05:01:26	00:04:13	44	M40	28	6
101	Möhlmann	Thorsten	Sv Stern Schwerinsdorf	1982	2012	00:46:31	00:49:57	00:57:55	00:50:40	00:38:49	00:57:37	05:01:29	00:04:13	30	M30	24	6
102	Oremek	Robert	Team ENERCON	1965	2012	00:48:03	00:49:16	00:57:52	00:50:16	00:38:29	00:57:35	05:01:31	00:04:13	47	M40	29	6
103	Rotte	Uwe	Ihlow	1960	2012	00:47:31	00:50:39	00:57:56	00:50:07	00:38:37	00:56:48	05:01:38	00:04:13	52	M50	10	6
104	Schäfer	Marco Julian	BBS 1 Aurich	1992	2012	00:48:16	00:50:31	00:58:47	00:49:21	00:38:23	00:56:20	05:01:38	00:04:13	20	MHK	19	6
105	Pipetz	Marten	Borromäus- Hospital	1961	2012	00:46:51	00:49:49	00:57:46	00:50:42	00:39:04	00:57:45	05:01:57	00:04:14	51	M50	11	6
106	Lübbers	Jochem	Bunde	1970	2012	00:47:24	00:49:38	00:58:01	00:50:43	00:38:49	00:57:24	05:01:59	00:04:14	42	M40	30	6
107	Schulze-Osthoff	Frank	STV Barßel	1978	2012	00:46:47	00:49:58	00:57:52	00:50:40	00:39:06	00:57:37	05:02:00	00:04:14	34	M30	25	6
108	Plavenieks	Helge	SV Dornum	1977	2012	00:47:31	00:49:30	00:59:10	00:49:59	00:39:11	00:56:52	05:02:13	00:04:14	35	M30	26	6
109	Pluta	Marc	Leinerstift e.V	1997	2012	00:47:56	00:50:31	00:58:47	00:49:36	00:38:48	00:56:42	05:02:20	00:04:14	15	MU20	18	6
110	Meyer	Tönjes	TSV Hesel	1958	2012	00:46:22	00:49:35	00:58:30	00:50:21	00:38:42	00:58:54	05:02:24	00:04:14	54	M50	12	6
111	Steenhardt	Wilfried	Weener Plastik	1966	2012	00:48:40	00:48:14	00:55:44	00:52:18	00:39:06	00:58:35	05:02:37	00:04:14	46	M40	31	6
112	Ibelings	Michael	Schwarz-Weiß	1974	2012	00:47:38	00:50:23	00:58:20	00:50:20	00:38:37	00:57:26	05:02:44	00:04:14	38	M30	27	6
113	Saathoff	Detlef	Veenhusen	1966	2012	00:47:57	00:50:31	00:58:14	00:50:47	00:38:04	00:57:31	05:03:04	00:04:14	46	M40	32	6
114	Seeborg	Jonas	Gymnasium Ulricianum	1997	2012	00:48:33	00:50:24	00:59:24	00:50:37	00:38:19	00:56:40	05:03:57	00:04:15	15	MU20	19	6
115	Ihnen	Tom	LT TuS Aurich-Ost	1995	2012	00:47:53	00:50:41	00:58:10	00:50:54	00:39:02	00:57:22	05:04:02	00:04:15	17	MU20	20	6
116	Klaassen	Jens	WSV Möhlenhörn	1983	2012	00:47:28	00:50:14	00:59:26	00:50:15	00:38:48	00:58:18	05:04:29	00:04:16	29	MHK	20	6
117	Peters	Hendrik	Emder LG	1991	2012	00:46:55	00:49:56	00:58:36	00:50:51	00:38:40	00:59:46	05:04:44	00:04:16	21	MHK	21	6
118	Hinrichs	Marco	Team ENERCON	1977	2012	00:47:27	00:50:39	00:58:26	00:50:49	00:39:22	00:58:27	05:05:10	00:04:16	35	M30	28	6
119	Pollmann	Stefan	Schule Moorerland	1996	2012	00:46:08	00:49:37	01:00:19	00:51:21	00:39:42	00:58:10	05:05:17	00:04:16	16	MU20	21	6
120	Rossmann	Andre	TV Norden	1996	2012	00:48:09	00:50:33	00:58:31	00:51:04	00:39:51	00:57:17	05:05:25	00:04:16	16	MU20	22	6
121	Warsing	Hartmut	A & W Bosch-Service	1971	2012	00:47:52	00:51:30	00:58:53	00:51:06	00:38:56	00:57:19	05:05:36	00:04:17	41	M40	33	6
122	Gastmann	Richard	Filsam	1961	2012	00:47:58	00:50:19	00:58:53	00:51:05	00:39:37	00:58:03	05:05:55	00:04:17	51	M50	13	6
123	Buhr	Rene	Schalke 04	1993	2012	00:47:43	00:50:12	00:58:45	00:50:58	00:39:35	00:58:45	05:05:58	00:04:17	19	MU20	23	6
124	Sanders	Thomas	WFC Bingum	1975	2012	00:47:08	00:51:01	00:59:00	00:51:25	00:39:30	00:58:02	05:06:06	00:04:17	37	M30	29	6
125	Schwitters	Bernhard	Störtebeker Loopers	1954	2012	00:46:57	00:51:11	00:58:41	00:51:41	00:39:47	00:57:49	05:06:06	00:04:17	58	M50	14	6
126	Sigl	Holger	MTV Aurich	1970	2012	00:56:01	00:50:09	00:55:45	00:48:33	00:37:49	00:57:50	05:06:07	00:04:17	42	M40	34	6
127	Recknagel	Bernd	Hotel Waldquelle	1967	2012	00:48:32	00:50:57	00:59:10	00:51:25	00:39:15	00:57:06	05:06:25	00:04:17	45	M40	35	6
128	Beitelmann	Arne	OLB-Ostfriesland	1987	2012	00:48:00	00:50:59	00:59:07	00:51:05	00:38:56	00:58:24	05:06:31	00:04:17	25	MHK	22	6
129	Backer	Edgar	LG Ostfriesland	1965	2012	00:47:53	00:49:44	00:58:47	00:51:19	00:39:11	00:59:43	05:06:37	00:04:17	47	M40	36	6
130	de Buhr	Julian	Fortuna Logabirum	1999	2012	00:49:15	00:51:05	00:58:52	00:50:55	00:39:08	00:57:39	05:06:54	00:04:18	13	MU20	24	6
131	Newiger	Thomas	Aurich	1972	2012	00:47:23	00:50:53	00:59:50	00:51:08	00:39:31	00:58:16	05:07:01	00:04:18	40	M40	37	6
132	Fuchs	Holger	Team Laufrausch e.V.	1970	2012	00:47:34	00:51:41	00:59:25	00:51:11	00:39:17	00:58:03	05:07:11	00:04:18	42	M40	38	6
133	Amft	Marcus	LwinsthGrp 21	1973	2012	00:47:20	00:50:28	00:59:02	00:51:43	00:39:45	00:58:59	05:07:17	00:04:18	39	M30	30	6
134	van der Kamp	Hans Jürgen	Emder LG	1956	2012	00:47:49	00:51:03	00:59:38	00:51:20	00:39:25	00:58:03	05:07:18	00:04:18	56	M50	15	6
135	Klöver	Günther	BV Akelsbarg	1983	2012	00:48:07	00:51:14	00:59:30	00:51:17	00:39:33	00:57:50	05:07:31	00:04:18	29	MHK	23	6
136	Alberts	Thomas		1961	2012	00:47:46	00:										

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
143	Frerichs	Manfred	Emder LG	1958	2012	00:48:36	00:51:08	00:59:12	00:51:57	00:39:51	00:58:27	05:09:11	00:04:20	54	M50	17	6
144	Eden	Kurt	TV Norden	1958	2012	00:48:27	00:51:33	00:59:11	00:51:32	00:40:11	00:58:21	05:09:15	00:04:20	54	M50	18	6
145	Köhler	Sven	Blau-Weiß Borssum	1994	2012	00:49:02	00:50:36	01:00:42	00:50:52	00:38:51	00:59:15	05:09:18	00:04:20	48	MU20	25	6
146	Freerks	Günther	LG TV Bunde	1969	2012	00:47:49	00:51:09	00:59:06	00:52:19	00:40:13	00:58:50	05:09:26	00:04:20	43	M40	44	6
147	Beck	Klaus	SV Neptun Emden	1956	2012	00:47:53	00:51:31	01:00:10	00:51:35	00:39:46	00:58:54	05:09:49	00:04:20	56	M50	19	6
148	Asche	Volker		1974	2012	00:48:24	00:52:44	00:59:39	00:51:26	00:39:43	00:58:17	05:10:13	00:04:21	38	M30	31	6
149	Niehues	Marten	HTG Ihlow	1998	2012	00:49:07	00:51:20	01:00:35	00:51:24	00:40:00	00:58:18	05:10:44	00:04:21	14	MU20	26	6
150	Kirschke	Rolf	Team ENERCON	1965	2012	00:48:07	00:51:44	00:59:55	00:51:47	00:39:58	00:59:18	05:10:49	00:04:21	47	M40	45	6
151	Sanders	Eckhard	SuS Emden	1966	2012	00:48:12	00:51:05	00:59:58	00:52:05	00:39:56	00:59:38	05:10:54	00:04:21	46	M40	46	6
152	von Felde	Janek	NIGE	1998	2012	00:47:15	00:52:04	01:01:24	00:53:50	00:38:06	00:58:20	05:10:59	00:04:21	14	MU20	27	6
153	Brettschneider	Lucas	TuRa 07	1995	2012	00:51:38	00:52:25	00:59:12	00:49:56	00:38:32	00:59:26	05:11:09	00:04:21	17	MU20	28	6
154	Klose	Christian	GeTek	1984	2012	00:48:58	00:51:06	00:59:31	00:51:14	00:39:39	01:00:55	05:11:23	00:04:21	28	MHK	25	6
155	Dirks	Alfred	Leer	1963	2012	00:50:11	00:51:24	01:00:15	00:51:34	00:40:04	00:57:56	05:11:24	00:04:21	49	M40	47	6
156	Leu	Harald	Polizei Leer	1971	2012	00:48:42	00:52:09	01:00:13	00:52:32	00:40:01	00:57:57	05:11:34	00:04:22	41	M40	48	6
157	Nordbrock	Joachim	Moormerland	1972	2012	00:47:27	00:53:45	01:00:00	00:52:21	00:39:48	00:58:20	05:11:41	00:04:22	40	M40	49	6
158	Müller	Lars	Team Möbel Buss	1994	2012	00:49:04	00:52:08	00:59:46	00:51:27	00:41:04	00:58:27	05:11:56	00:04:22	18	MU20	29	6
159	Zembski	Marek	Emden	1957	2012	00:48:33	00:52:01	00:59:45	00:52:49	00:40:35	00:58:16	05:11:59	00:04:22	55	M50	20	6
160	Janßen	Gerriet-Thomas	MTV Aurich	1970	2012	00:56:01	00:54:15	00:57:30	00:49:40	00:38:17	00:56:44	05:12:27	00:04:22	42	M40	50	6
161	Graf	Karin	Watt' n Loopers SV	1969	2012	00:48:38	00:51:52	00:59:57	00:52:08	00:40:26	00:59:41	05:12:42	00:04:23	43	W40	1	6
162	Grassmann	Jens	Hartmann Group	1969	2012	00:49:32	00:52:42	01:00:20	00:52:23	00:39:47	00:57:59	05:12:43	00:04:23	43	M40	51	6
163	Neumann	Jannik	Gymnasium Ulricianum	1999	2012	00:50:13	00:50:24	01:02:47	00:53:14	00:39:12	00:56:59	05:12:49	00:04:23	13	MU20	30	6
164	Götz	Hartmut	Kdo SES Ostfriesland	1972	2012	00:50:02	00:53:15	00:59:05	00:51:27	00:39:16	00:59:45	05:12:50	00:04:23	40	M40	52	6
165	Köhlke	Matthias	SVO Wi sünd Holtriem	1974	2012	00:48:06	00:51:15	01:00:28	00:52:29	00:40:27	01:00:17	05:13:02	00:04:23	38	M30	32	6
166	Doden	Johann	Bünting Tee Leer	1959	2012	00:50:46	00:51:18	00:59:58	00:52:03	00:40:19	00:58:51	05:13:15	00:04:23	53	M50	21	6
167	Park	Harm	TuS Weene	1953	2012	00:49:06	00:51:56	00:59:59	00:52:56	00:40:25	00:59:04	05:13:26	00:04:23	59	M50	22	6
168	Brinkmann	Eva	VfL Germania Leer	1964	2012	00:49:12	00:52:44	01:00:24	00:52:35	00:40:33	00:58:04	05:13:32	00:04:23	48	W40	2	6
169	Ebel	Carsten	Emden	1966	2012	00:49:18	00:52:07	00:59:49	00:53:20	00:40:24	00:59:33	05:14:31	00:04:24	46	M40	53	6
170	Ostermoor	Frank	Concordia	1971	2012	00:48:53	00:53:25	00:59:59	00:52:51	00:39:48	00:59:36	05:14:32	00:04:24	41	M40	54	6
171	Zager	Jürgen	Norderwieker Hasen	1963	2012	00:48:10	00:52:00	01:00:43	00:52:27	00:40:35	01:00:40	05:14:35	00:04:24	49	M40	55	6
172	Gronewold	Elke	TV Norden	1967	2012	00:49:13	00:52:30	01:00:33	00:52:31	00:40:40	00:59:18	05:14:45	00:04:24	45	W40	3	6
173	Heckhoff	Andreas	Borromäus- Hospital	1964	2012	00:49:20	00:52:25	01:00:37	00:52:47	00:40:30	00:59:28	05:15:07	00:04:25	48	M40	56	6
174	Alberts	Marco	GeTek	1995	2012	00:51:26	00:50:55	00:59:46	00:50:05	00:38:27	01:04:28	05:15:07	00:04:25	17	MU20	31	6
175	Wulle	Thomas	LT TuS Aurich-Ost	1963	2012	00:47:42	00:51:49	01:01:43	00:53:01	00:40:27	01:00:30	05:15:12	00:04:25	49	M40	57	6
176	Blaurock	Andreas	obw Emden	1968	2012	00:49:00	00:52:10	01:00:50	00:52:46	00:40:54	00:59:33	05:15:13	00:04:25	44	M40	58	6
177	Scherf	Martin	Team ENERCON	1979	2012	00:49:59	00:52:52	01:00:34	00:52:57	00:39:34	00:59:25	05:15:21	00:04:25	33	M30	33	6
178	Hollwege	Reiner	VfL Berumbur	1967	2012	00:48:10	00:50:45	01:00:25	00:51:22	00:40:28	01:04:21	05:15:31	00:04:25	45	M40	59	6
179	Steen	Carsten	FC Oldersum	1992	2012	00:52:16	00:52:14	01:02:12	00:51:27	00:39:22	00:58:04	05:15:35	00:04:25	20	MHK	26	6
180	Behrens	Wolfgang	ELV Elektronik AG	1969	2012	00:51:14	00:52:43	00:59:41	00:51:54	00:39:42	01:00:21	05:15:35	00:04:25	43	M40	60	6
181	Hinken	Jürgen	KBV Wiesede Boßeln	1963	2012	00:48:33	00:52:19	01:00:26	00:52:56	00:40:45	01:00:41	05:15:40	00:04:25	49	M40	61	6
182	Prien	Ingo	Gymnasium Ulricianum	1998	2012	00:49:39	00:51:46	01:00:48	00:53:14	00:39:54	01:00:21	05:15:42	00:04:25	14	MU20	32	6
183	Kloppenborg	Arnold	LG Uplengen	1968	2012	00:48:58	00:52:10	00:59:46	00:53:58	00:41:03	00:59:58	05:15:53	00:04:25	44	M40	62	6
184	Uphoff	Gerhard	VW Emden	1971	2012	00:49:43	00:52:23	01:02:04	00:52:16	00:40:11	00:59:20	05:15:57	00:04:25	41	M40	63	6
185	Berghaus	Wilfried	Fortuna Logabirum	1953	2012	00:48:00	00:53:05	01:00:46	00:53:18	00:40:47	01:00:05	05:16:01	00:04:25	59	M50	23	6
186	Deters	Ute	TuS Eversten/TEA	1967	2012	00:49:43	00:53:34	01:00:52	00:52:17	00:40:41	00:58:58	05:16:05	00:04:25	45	W40	4	6
187	Meyer	Martin	Team Zuglufttief	1981	2012	00:49:57	00:52:02	01:01:19	00:52:08	00:40:39	01:00:10	05:16:15	00:04:26	31	M30	34	6
188	Damm	Dirk	TSV Hesel	1964	2012	00:48:50	00:51:55	01:02:32	00:52:08	00:40:29	01:00:30	05:16:24	00:04:26	48	M40	64	6
189	Aeilts	Matthias	FA Wybelsum	1968	2012	00:48:25	00:51:40	01:03:41	00:52:24	00:40:14	01:00:01	05:16:25	00:04:26	44	M40	65	6
190	Daniel	Michael	Emder LG	1959	2012	00:49:39	00:52:33	01:00:44	00:52:53	00:41:05	00:59:48	05:16:42	00:04:26	53	M50	24	6
191	Fröhiing	Tim	TGG Leer	1997	2012	00:50:53	00:52:42	01:01:44	00:53:28	00:39:58	00:58:00	05:16:45	00:04:26	15	MU20	33	6
192	Dreyer	Eddi	LwinsthGrp 21	1969	2012	00:49:09	00:52:13	01:01:24	00:53:08	00:40:42	01:00:17	05:16:53	00:04:26	43	M40	66	6
193	Hellmers	Ralf	TV Norden	1965	2012	00:48:55	00:52:29	01:00:17	00:51:49	00:41:12	01:02:46	05:17:28	00:04:27	47	M40	67	6
194	Boersma	Jan	WT Loppersum	1983	2012	00:52:28	00:53:42	01:00:40	00:51:39	00:39:28	00:59:32	05:17:29	00:04:27	29	MHK	27	6
195	Dieling	Malte	Stahlbau Ihnen	1989	2012	00:49:25	00:53:07	01:00:39	00:53:10	00:40:33	01:00:40	05:17:34	00:04:27	23	MHK	28	6
196	Feldmann	Ralf	JG 71 R	1972	2012	00:48:55	00:52:18	01:05:00	00:52:02	00:40:28	00:59:12	05:17:55	00:04:27	40	M40	68	6
197	Ludwig	Helmut	LG Ostfriesland	1958	2012	00:49:34	00:53:09	00:59:34	00:53:27	00:41:24	01:00:49	05:17:57	00:04:27	54	M50	25	6
198	Aden	Hans-Dieter	TuS Hinte	1958	2012	00:49:48	00:52:21	01:01:09	00:53:53	00:40:51	01:00:16	05:18:18	00:04:27	54	M50	26	6
199	Baxmann, Dr.	Thomas	Aurich	1966	2012	00:48:55	00:52:23	01:02:10	00:53:41	00:40:57	01:00:12	05:18:18	00:04:27	46	M40	69	6
200	Fleßner	Onno	Ihlowerfehn	1979	2012	00:48:49	00:53:28	01:02:02	00:53:06	00:40:22	01:00:47	05:18:34	00:04:28	33	M30	35	6
201	Romberg	Petra	MTV Aurich	1970	2012	00:49:12	00:51:55	01:00:33	00:53:31	00:42:00	01:01:23	05:18:34	00:04:28	42	W40	5	6
202	Peters	Pauline	TV Norden	1993	2012	00:50:44	00:52:44	01:00:44	00:54:05	00:40:11	01:00:11	05:18:39	00:04:28	19	WU20	1	6
203	Harms	Meinhard	TSV Riepe	1950	2012	00:48:55	00:53:51	01:01:33	00:53:33	00:41:08	00:59:49	05:18:49	00:04:28	62	M60	1	6
204	Snater	Uwe	LG TV Bunde	1961	2012	00:49:16	00:53:09	01:00:59	00:53:00	00:41:24	01:01:07	05:18:55	00:04:28	51	M50	27	6
205	de Vries	Reinhard	Ost-Victorbur	1961	2012	00:49:26	00:52:54	01:01:33	00:53:30	00:41:46	01:00:15	05:19:24	00:04:28	51	M50	28	6
206	Brader	Sascha	MTV Hohenkirchen	1969	2012	00:49:37	00:53:35	01:01:44	00:53:10	00:41:11	01:00:15	05:19:32	00:04:28	43	M40	70	6
207	Hinderks	Hermann	TuRa 07	1968													

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
214	Böhme	Linda	obw Emden	1982	2012	00:49:58	00:53:18	01:01:44	00:53:58	00:41:05	01:00:22	05:20:25	00:04:29	30	W30	4	6
215	Kleen	Diedrich	EWE-Wattloopers	1972	2012	00:53:06	00:53:32	01:00:42	00:52:15	00:41:09	00:59:44	05:20:28	00:04:29	40	M40	75	6
216	Manssen	Uwe	Wildeboer Bauteile	1970	2012	00:50:42	00:53:10	01:01:23	00:53:52	00:41:29	01:00:23	05:20:59	00:04:30	42	M40	76	6
217	Janssen	Alwin	Peiers	1970	2012	00:50:03	00:53:24	01:02:56	00:53:43	00:40:16	01:00:38	05:21:00	00:04:30	42	M40	77	6
218	Krüger	Stefan	Bünting Tee Leer	1970	2012	00:50:47	00:53:31	01:02:34	00:53:39	00:40:49	01:00:05	05:21:25	00:04:30	42	M40	78	6
219	Lüpkes	Christian	CVJM Neermoor	1976	2012	00:51:01	00:54:20	01:01:23	00:53:41	00:40:49	01:00:14	05:21:28	00:04:30	36	M30	36	6
220	Feldiek	Georg	Weener Plastik	1956	2012	00:48:53	00:52:55	01:00:50	00:55:02	00:41:35	01:02:15	05:21:30	00:04:30	56	M50	30	6
221	Hemken	Jan	LwlnsthGrp 21	1966	2012	00:49:37	00:53:00	01:01:41	00:53:57	00:41:36	01:01:48	05:21:39	00:04:30	46	M40	79	6
222	Stickfort	Thorsten	Hörgeräte	1978	2012	00:50:25	00:53:26	01:02:00	00:52:43	00:41:46	01:01:19	05:21:39	00:04:30	34	M30	37	6
223	Ehrlich	Heinz	Emder LG	1961	2012	00:50:31	00:58:37	01:01:33	00:52:49	00:39:56	00:58:20	05:21:46	00:04:30	51	M50	31	6
224	Busboom	Wilfried	TusDetern	1971	2012	00:50:54	00:53:20	01:02:53	00:52:52	00:40:50	01:01:10	05:21:59	00:04:30	41	M40	80	6
225	Russell	Dr. Frank	Delfthauspraxis-Emden	1964	2012	00:50:19	00:53:58	01:02:06	00:54:10	00:41:20	01:00:15	05:22:08	00:04:31	48	M40	81	6
226	Pree	Michael	Westerholt	1963	2012	00:50:29	00:53:36	01:02:35	00:53:30	00:41:11	01:00:53	05:22:14	00:04:31	49	M40	82	6
227	Gerdas	Fidi	LG Ostfriesland	1967	2012	00:51:13	00:53:07	01:03:01	00:53:19	00:40:46	01:00:57	05:22:23	00:04:31	45	M40	83	6
228	Kutscher	Nils	TV Norden	1968	2012	00:51:06	00:52:53	01:00:00	00:51:51	00:43:07	01:03:29	05:22:26	00:04:31	44	M40	84	6
229	Bootjer	Eric	RVB Aurich/Uplengen	1966	2012	00:49:49	00:53:43	01:02:32	00:53:54	00:41:07	01:01:26	05:22:31	00:04:31	46	M40	85	6
230	Deutschmann	Erwin	TSV Hesel	1966	2012	00:49:15	00:53:03	01:02:36	00:54:00	00:41:36	01:02:03	05:22:33	00:04:31	46	M40	86	6
231	Finken	Rainer	Schwarz-Weiß	1958	2012	00:50:18	00:53:10	01:01:25	00:54:52	00:41:35	01:01:14	05:22:34	00:04:31	54	M50	32	6
232	Janssen	Michaela	Fortuna Logabirum	1974	2012	00:49:58	00:53:28	01:01:22	00:54:00	00:42:08	01:01:40	05:22:36	00:04:31	38	W30	5	6
233	Soeken	Klaas	Timmel	1991	2012	00:49:59	00:53:01	01:03:22	00:54:48	00:40:54	01:00:50	05:22:54	00:04:31	21	MHK	30	6
234	Meinema	Alle-Jan	VOST	1961	2012	00:51:29	00:53:14	01:02:26	00:54:13	00:40:51	01:00:50	05:23:03	00:04:31	51	M50	33	6
235	Michaelsen	Claus	Ev. Gemeinschaft	1969	2012	00:50:12	00:54:28	01:02:40	00:54:29	00:40:54	01:00:33	05:23:16	00:04:31	43	M40	87	6
236	Hummerich	Niklas	Emder LG	1995	2012	00:50:25	00:52:35	01:03:28	00:54:14	00:41:21	01:01:17	05:23:20	00:04:32	17	MU20	34	6
237	Beening	Ingo	SV Stikelkamp	1970	2012	00:50:07	00:53:04	01:02:45	00:54:07	00:40:51	01:02:38	05:23:32	00:04:32	42	M40	88	6
238	Bleeker	Rolf	VOST	1961	2012	00:51:36	00:53:38	01:02:38	00:53:59	00:40:50	01:00:52	05:23:33	00:04:32	51	M50	34	6
239	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2012	00:50:24	00:54:25	01:02:18	00:53:06	00:42:10	01:01:14	05:23:37	00:04:32	45	M40	89	6
240	Schröder	Friedhelm	TV Norden	1960	2012	00:51:17	00:53:45	01:02:17	00:54:04	00:41:34	01:00:40	05:23:37	00:04:32	52	M50	35	6
241	Wacker	Holger	JG 71 R	1972	2012	00:51:28	00:55:51	01:02:35	00:53:39	00:40:39	00:59:40	05:23:52	00:04:32	40	M40	90	6
242	Kannegießer	Maggy	Sparkasse	1972	2012	00:49:44	00:53:04	01:02:23	00:53:38	00:41:58	01:03:17	05:24:04	00:04:32	40	W40	6	6
243	Grafenburg	Janek	Concordia Neermoor	1998	2012	00:51:46	00:54:10	01:04:18	00:52:56	00:41:16	00:59:42	05:24:08	00:04:32	14	MU20	35	6
244	Grasse	Holger	TuS Zetel	1965	2012	00:50:32	00:53:23	01:02:37	00:54:23	00:41:20	01:01:56	05:24:11	00:04:32	47	M40	91	6
245	Gärtner	Axel	FeG Aurich	1969	2012	00:50:48	00:54:45	01:02:34	00:54:21	00:41:16	01:00:31	05:24:15	00:04:32	43	M40	92	6
246	Speckmann	Karl-Heinz	HTG Ihlow	1957	2012	00:56:56	00:53:26	01:00:55	00:52:12	00:39:40	01:01:12	05:24:21	00:04:32	55	M50	36	6
247	Schild	Stefan	Hartmann Group	1964	2012	00:51:08	00:54:37	01:02:05	00:54:13	00:41:39	01:00:51	05:24:33	00:04:33	48	M40	93	6
248	Dirks	Moritz	Ubbo Emmius	1996	2012	00:49:16	00:55:07	01:05:37	00:53:28	00:41:26	00:59:40	05:24:34	00:04:33	16	MU20	36	6
249	Meyer	Hinnerk	Frisia Loga	1993	2012	00:49:15	00:55:07	01:05:37	00:53:28	00:41:27	00:59:40	05:24:34	00:04:33	19	MU20	37	6
250	Dekker	Anja	BBS 2 Aurich	1971	2012	00:50:23	00:54:20	01:02:12	00:54:18	00:42:14	01:01:18	05:24:45	00:04:33	41	W40	7	6
251	Janssen	Marek	NIGE	1994	2012	00:48:12	00:53:59	01:03:20	00:54:28	00:43:24	01:01:32	05:24:55	00:04:33	18	MU20	38	6
252	Ackmann	Keno	LT TuS Aurich-Ost	1992	2012	00:51:20	00:54:00	01:05:15	00:53:40	00:40:40	01:00:15	05:25:10	00:04:33	20	MHK	31	6
253	van Mark	Hauke	TUS Collinghorst	1993	2012	00:50:27	00:54:46	01:03:24	00:54:37	00:40:47	01:01:09	05:25:10	00:04:33	19	MU20	39	6
254	Schild	Cedric	TGG Leer	1997	2012	00:51:06	00:53:52	01:03:20	00:53:27	00:40:42	01:02:58	05:25:25	00:04:33	15	MU20	40	6
255	Fischer	Bodo	Ubbo-Emmius-Klinik	1970	2012	00:50:29	00:54:18	01:02:23	00:53:59	00:41:24	01:03:09	05:25:42	00:04:34	42	M40	94	6
256	Hinrichs	Enno	LG Großefehn	1961	2012	00:50:21	00:54:06	01:03:11	00:53:57	00:41:55	01:02:13	05:25:43	00:04:34	51	M50	37	6
257	Bronsema	Albert	Emder LG	1956	2012	00:50:03	00:54:21	01:02:37	00:55:29	00:41:58	01:01:19	05:25:47	00:04:34	56	M50	38	6
258	Neubauer	Daniel	Mammut Medien	1983	2012	00:52:17	00:54:59	01:04:28	00:53:10	00:41:17	00:59:41	05:25:52	00:04:34	29	MHK	32	6
259	Kleinen	Swen	NIGE	1995	2012	00:51:57	00:53:42	01:03:19	00:54:01	00:41:40	01:01:32	05:26:11	00:04:34	17	MU20	41	6
260	Lange	Stefan	Kdo SES Ostfriesland	1976	2012	00:53:19	00:54:49	01:02:14	00:53:58	00:40:17	01:00:37	05:26:14	00:04:34	36	M30	38	6
261	Schoone	Sven	KGS Wiesmoor	1994	2012	00:51:56	00:54:57	01:03:57	00:51:39	00:40:41	01:03:08	05:26:18	00:04:34	18	MU20	42	6
262	Röhr	Thomas	Gymnasium Ulricianum	1996	2012	00:56:20	00:57:24	01:02:27	00:53:32	00:40:01	00:56:38	05:26:22	00:04:34	16	MU20	43	6
263	Folkerts	Friedrich	Feuerwehr Hollen	1965	2012	00:50:52	00:54:21	01:03:41	00:54:24	00:41:41	01:01:46	05:26:45	00:04:34	47	M40	95	6
264	Sporré	Jürgen	Ev.ref. Kirche	1955	2012	00:50:20	00:54:33	01:02:31	00:54:39	00:42:25	01:02:20	05:26:48	00:04:34	57	M50	39	6
265	Wallerowitz	Ewald	LG Ostfriesland	1965	2012	00:49:35	00:53:53	01:01:18	00:53:33	00:42:16	01:06:15	05:26:50	00:04:34	47	M40	96	6
266	de Riese	Reiner	LT SC Ihrhove 07	1959	2012	00:50:34	00:55:01	01:02:37	00:54:43	00:42:09	01:01:59	05:27:03	00:04:35	53	M50	40	6
267	Menken	Rainer	Ihlower Loopers	1977	2012	00:51:08	00:53:23	01:03:30	00:54:58	00:41:03	01:03:06	05:27:08	00:04:35	35	M30	39	6
268	Meyer	Jörg	LwlnsthGrp 21	1962	2012	00:50:27	00:54:32	01:03:06	00:54:44	00:42:17	01:02:12	05:27:18	00:04:35	50	M50	41	6
269	Thörner	Klaus	obw Emden	1964	2012	00:50:19	00:54:44	01:03:16	00:54:45	00:42:25	01:01:49	05:27:18	00:04:35	48	M40	97	6
270	Hellmers	Susanne	Stadtwerke Norden	1966	2012	00:50:31	00:54:13	01:03:13	00:54:53	00:41:57	01:02:34	05:27:21	00:04:35	46	W40	8	6
271	Lüpkes	Jörg	MTV Aurich	1981	2012	00:50:39	00:54:25	01:03:44	00:54:05	00:42:23	01:02:09	05:27:25	00:04:35	31	M30	40	6
272	Struckmeyer	Marcus	Gymnasium Ulricianum	1970	2012	00:51:00	00:54:07	01:03:03	00:54:32	00:42:00	01:02:46	05:27:28	00:04:35	42	M40	98	6
273	Müller	Gerrit	Team Möbel Buss	1961	2012	00:51:23	00:55:14	01:02:22	00:54:05	00:41:28	01:02:58	05:27:30	00:04:35	51	M50	42	6
274	Achterberg	Günter	ev.krebskr.Kinder	1966	2012	00:50:31	00:54:12	01:03:13	00:54:59	00:42:02	01:02:34	05:27:31	00:04:35	46	M40	99	6
275	de Vries	Bernd	Ihlowerfehn	1966	2012	00:50:39	00:53:40	01:02:31	00:54:47	00:42:00	01:04:02	05:27:39	00:04:35	46	M40	100	6
276	Meinema	Wilko	Moorerland	1987	2012	00:51:10	00:54:22	01:02:28	00:54:15	00:41:06	01:04:26	05:27:47	00:04:35	25	MHK	33	6
277	Janssen	Nanno	Fortuna Logabirum	1967	2012	00:50:06	00:53:31	01:04:18	00:55:35	00:42:40	01:01:41	05:27:51	00:04:35	45	M40	101	6
278	Franken	Uwe	Polizei Aurich	1976													

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
285	Olthoff	Matthias	Weener Plastik	1973	2012	00:51:15	00:54:05	01:03:52	00:54:55	00:41:59	01:02:23	05:28:29	00:04:36	39	M30	43	6
286	Wollenhaupt	Sebastian	Freie Christliche	1994	2012	00:52:14	00:53:05	01:04:08	00:54:43	00:43:03	01:01:17	05:28:30	00:04:36	18	MU20	44	6
287	Otten	Hajo	TuS Zetel	1968	2012	00:51:38	00:54:38	01:03:25	00:54:39	00:42:15	01:01:57	05:28:32	00:04:36	44	M40	102	6
288	Beening	Stefanie		1969	2012	00:51:03	00:54:41	01:03:07	00:54:56	00:42:18	01:02:28	05:28:33	00:04:36	43	W40	9	6
289	Doden	Alfred	LT TuS Holtriem	1958	2012	00:50:26	00:54:47	01:01:34	00:54:15	00:41:59	01:05:49	05:28:50	00:04:36	54	M50	46	6
290	Meyer	Manfred	Borromäus- Hospital	1963	2012	00:53:21	00:53:41	01:02:37	00:54:33	00:42:04	01:02:40	05:28:56	00:04:36	49	M40	103	6
291	Ihnen	Michael	Leinerstift e.V	1962	2012	00:51:26	00:54:23	01:04:04	00:55:00	00:42:18	01:02:02	05:29:13	00:04:36	50	M50	47	6
292	Henninga	Eike	Raiffeisenbank eG,	1991	2012	00:52:31	00:54:22	01:03:29	00:54:33	00:41:30	01:02:57	05:29:22	00:04:37	21	MHK	34	6
293	Büscher	Johann	Büschies	1968	2012	00:51:15	00:55:05	01:03:36	00:54:56	00:42:00	01:02:32	05:29:24	00:04:37	44	M40	104	6
294	Baumann	Friedhelm	TSV Hesel	1960	2012	00:51:33	00:55:02	01:03:03	00:54:43	00:42:21	01:02:43	05:29:25	00:04:37	52	M50	48	6
295	Pilney	Bettina	LT SV Ems Jemgum	1962	2012	00:50:46	00:54:41	01:03:09	00:55:21	00:42:35	01:03:08	05:29:40	00:04:37	50	W50	1	6
296	Büker	Markus	Team ENERCON	1968	2012	00:48:29	00:53:12	01:02:15	00:53:47	00:42:35	01:09:26	05:29:44	00:04:37	44	M40	105	6
297	Meyerhoff	Lothar	Störtebeker Loopers	1961	2012	00:51:28	00:55:13	01:03:17	00:55:45	00:42:05	01:02:19	05:30:07	00:04:37	51	M50	49	6
298	Neu	Tom	Rettungsdienst Leer	1985	2012	00:53:10	00:54:47	01:03:38	00:54:02	00:42:54	01:01:37	05:30:08	00:04:37	27	MHK	35	6
299	Sanders	Daniel	LG Großefehn	1979	2012	00:51:45	00:55:02	01:03:50	00:54:41	00:42:49	01:02:07	05:30:14	00:04:37	33	M30	44	6
300	Scholtalbers	Hendrik	SV Hesel	1959	2012	00:51:22	00:54:52	01:03:16	00:54:58	00:42:40	01:03:07	05:30:15	00:04:37	53	M50	50	6
301	Koop	Arend	Weener Plastik	1960	2012	00:51:35	00:54:05	01:03:52	00:54:55	00:41:59	01:03:53	05:30:19	00:04:37	52	M50	51	6
302	Lübbers	Jens	JG 71 R	1978	2012	00:52:00	00:55:57	01:03:22	00:55:10	00:42:01	01:01:52	05:30:22	00:04:37	34	M30	45	6
303	Willms	Hermann	Fettpott	1976	2012	00:53:17	00:56:21	01:02:54	00:54:27	00:43:04	01:00:24	05:30:27	00:04:37	36	M30	46	6
304	Scharf	Uwe	Steuerkanzlei Arndt	1968	2012	00:51:29	00:54:54	01:03:27	00:54:40	00:42:35	01:03:27	05:30:32	00:04:38	44	M40	106	6
305	Bartsch	Andreas		1978	2012	00:51:52	00:55:47	01:04:08	00:54:50	00:41:35	01:02:21	05:30:33	00:04:38	34	M30	47	6
306	Bauer	Rolf	Nordland Papier	1968	2012	00:52:48	00:55:28	01:02:59	00:53:54	00:42:35	01:02:52	05:30:36	00:04:38	44	M40	107	6
307	Munk	Thomas	Westhauerdehn	1968	2012	00:51:08	00:54:55	01:03:25	00:55:47	00:43:04	01:02:18	05:30:37	00:04:38	44	M40	108	6
308	Egberts	Holger	Ostfriesische	1984	2012	00:52:30	00:55:30	01:03:55	00:54:29	00:42:14	01:01:59	05:30:37	00:04:38	28	MHK	36	6
309	Adick	Matthias	Auricher Taxenzentrale	1962	2012	00:52:03	00:54:28	01:03:46	00:55:21	00:42:18	01:02:50	05:30:46	00:04:38	50	M50	52	6
310	Janssen	Gerold	Team ENERCON	1966	2012	00:51:10	00:54:41	01:03:59	00:55:45	00:42:27	01:02:54	05:30:56	00:04:38	46	M40	109	6
311	Schulte	Holger	Polizei Leer	1975	2012	00:51:54	00:55:48	01:03:45	00:56:01	00:41:56	01:01:35	05:30:59	00:04:38	37	M30	48	6
312	Meyer	Christian	Raiffeisenbank eG,	1967	2012	00:52:41	00:55:04	01:03:07	00:55:32	00:41:54	01:02:42	05:31:00	00:04:38	45	M40	110	6
313	Olin	Frank	Lummerland Taxi	1968	2012	00:52:04	00:56:24	01:03:55	00:54:03	00:41:17	01:03:18	05:31:01	00:04:38	44	M40	111	6
314	Dreyer	Hans	Team Wilts	1971	2012	00:51:39	00:54:16	01:03:51	00:54:25	00:42:53	01:04:05	05:31:09	00:04:38	41	M40	112	6
315	Thai	Anh Van	WfBM BBB Aurich	1972	2012	00:52:00	00:55:38	01:03:37	00:55:48	00:41:53	01:02:14	05:31:10	00:04:38	40	M40	113	6
316	Roßkamp	Frank	FSV Westerstede	1959	2012	00:51:58	00:55:08	01:04:53	00:54:56	00:42:00	01:02:25	05:31:20	00:04:38	53	M50	53	6
317	Redenius	Folkert	LT Tura 07	1957	2012	00:52:49	00:55:42	01:02:45	00:55:53	00:41:00	01:03:23	05:31:32	00:04:38	55	M50	54	6
318	Geisemeyer	Lothar	Bünting Tee Leer	1959	2012	00:52:00	00:55:02	01:04:09	00:55:57	00:41:38	01:02:47	05:31:33	00:04:38	53	M50	55	6
319	Heise	Frank	Wardenburger SC	1968	2012	00:51:01	00:54:20	01:04:54	00:55:50	00:42:14	01:03:15	05:31:34	00:04:38	44	M40	114	6
320	Sörensen	Marc	SV Wallinghausen	1981	2012	00:51:23	00:54:17	01:05:00	00:55:42	00:42:42	01:02:34	05:31:38	00:04:38	31	M30	49	6
321	Ahrendt	Michael	SV Dornum	1970	2012	00:51:17	00:54:47	01:04:24	00:55:20	00:42:40	01:03:13	05:31:41	00:04:39	42	M40	115	6
322	Rößing	Hermann	WfBM BBB Aurich	1965	2012	00:51:59	00:55:37	01:03:33	00:55:48	00:42:05	01:02:53	05:31:55	00:04:39	47	M40	116	6
323	Hogenkamp	Lars	JG 71 R	1972	2012	00:52:06	00:54:42	01:04:08	00:55:41	00:42:04	01:03:22	05:32:03	00:04:39	40	M40	117	6
324	Wittenborn	Ben	Ostfriesische	1988	2012	00:50:37	00:54:26	01:06:26	00:53:40	00:41:57	01:05:00	05:32:06	00:04:39	24	MHK	37	6
325	Popp	Marten	HTG Ihlow	1996	2012	00:54:26	00:56:11	01:03:49	00:54:32	00:42:01	01:01:08	05:32:07	00:04:39	16	MU20	45	6
326	Kisch	Annette	Fortuna Logabirum	1966	2012	00:51:30	00:54:47	01:03:23	00:55:47	00:42:54	01:03:56	05:32:17	00:04:39	46	W40	10	6
327	Kumler	Steffen	TSV Riepe	1995	2012	00:52:50	00:55:24	01:04:22	00:55:17	00:42:20	01:02:17	05:32:30	00:04:39	17	MU20	46	6
328	Rausch	Martin	Fortuna Wirdum	1965	2012	00:54:34	00:55:23	01:03:44	00:53:16	00:45:45	00:59:52	05:32:34	00:04:39	47	M40	118	6
329	Wagenaar	Christian	Team Scharnarz	1983	2012	00:52:18	00:55:49	01:04:35	00:55:30	00:42:27	01:02:00	05:32:39	00:04:39	29	MHK	38	6
330	Beening	Jan		1965	2012	00:51:36	00:54:52	01:04:49	00:55:44	00:42:12	01:03:42	05:32:55	00:04:40	47	M40	119	6
331	Pauly	Jan	Seefahrtsschule Leer	1991	2012	00:51:34	00:54:57	01:04:59	00:55:31	00:41:37	01:04:27	05:33:05	00:04:40	21	MHK	39	6
332	Berghaus	Jens	Realschule Aurich	1959	2012	00:52:02	00:55:13	01:04:40	00:55:25	00:42:26	01:03:21	05:33:07	00:04:40	53	M50	56	6
333	Kölber	Richard	TV Norden	1966	2012	00:51:07	00:55:16	01:03:34	00:55:53	00:43:02	01:04:16	05:33:08	00:04:40	46	M40	120	6
334	Dieken	Manfred		1975	2012	00:58:28	00:56:27	01:02:45	00:54:10	00:40:55	01:00:27	05:33:12	00:04:40	37	M30	50	6
335	Pottberg	Sascha	LwinsthGrp 21	1983	2012	00:53:56	00:54:10	01:04:57	00:55:28	00:42:28	01:02:16	05:33:15	00:04:40	29	MHK	40	6
336	Claassen	Marco	Bünting Tee Leer	1988	2012	00:52:01	00:54:47	01:03:55	00:55:50	00:43:25	01:03:23	05:33:21	00:04:40	24	MHK	41	6
337	Tammen	Alfred	Störtebeker Loopers	1965	2012	00:54:02	00:55:26	01:02:49	00:55:10	00:42:53	01:03:01	05:33:21	00:04:40	47	M40	121	6
338	Paulus	Felix	Gymnasium Ulricianum	1994	2012	00:51:50	00:56:02	01:04:00	00:54:59	00:42:36	01:03:58	05:33:25	00:04:40	18	MU20	47	6
339	de Vries	Michael	RVB Aurich/Uplengen	1972	2012	00:51:22	00:55:43	01:03:32	00:56:10	00:42:42	01:03:57	05:33:26	00:04:40	40	M40	122	6
340	Bendig	Marvin	LG Harlingerland	2000	2012	00:51:20	00:56:19	01:07:23	00:54:09	00:41:08	01:03:08	05:33:27	00:04:40	12	MU20	48	6
341	Hesse	Axel	OHV Aurich	1969	2012	00:50:42	00:54:47	01:05:27	00:55:57	00:43:12	01:03:23	05:33:28	00:04:40	43	M40	123	6
342	Boersma	Sabine	Team Deutsche Post	1972	2012	00:52:30	00:55:16	01:04:56	00:55:33	00:42:26	01:02:48	05:33:29	00:04:40	40	W40	11	6
343	Ackermann	Johannes	Stiekelkamperfehn	1954	2012	00:51:47	00:54:47	01:05:06	00:55:00	00:42:35	01:04:17	05:33:32	00:04:40	58	M50	57	6
344	Coordes	Johannes	Team ENERCON	1969	2012	00:51:11	00:55:30	01:04:23	00:55:29	00:43:00	01:04:03	05:33:36	00:04:40	43	M40	124	6
345	Elsner	Steffen	kein Verein	1988	2012	00:50:32	00:54:49	01:04:54	00:56:24	00:42:39	01:04:29	05:33:47	00:04:40	24	MHK	42	6
346	Lücht	Thomas	Ammerland-Klinik	1979	2012	00:53:00	00:55:22	01:04:55	00:55:47	00:41:47	01:03:01	05:33:52	00:04:40	33	M30	51	6
347	Heyen	Dieter	SV Ochtersum	1967	2012	00:52:34	00:54:51	01:04:22	00:55:31	00:42:58	01:03:40	05:33:56	00:04:40	45	M40	125	6
348	Röben	Matthias	Polizei Aurich	1971	2012	00:54:49	00:56:30	01:04:23	00:54:28	00:41:51	01:02:05	05:34:06	00:04:41	41	M40	126	6
349	Bikker	Eike	Raiffeisenbank eG														

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
356	Foorden	Monika	LG Großefehn	1968	2012	00:52:44	00:56:15	01:05:03	00:55:40	00:42:18	01:02:31	05:34:31	00:04:41	44	W40	12	6
357	Yousefi	Ahmed	Team ENERCON	1977	2012	00:54:19	00:56:36	01:04:43	00:55:09	00:42:06	01:01:39	05:34:32	00:04:41	35	M30	53	6
358	Schultz	Heinz	VfR Heiseler	1949	2012	00:52:08	00:55:41	01:04:32	00:55:28	00:43:10	01:03:36	05:34:35	00:04:41	63	M60	4	6
359	Ahrens	Benno	Nordland Papier	1961	2012	00:59:44	00:55:31	01:03:00	00:53:45	00:41:02	01:01:37	05:34:39	00:04:41	51	M50	60	6
360	Duin	Julia	SV Holtland	1995	2012	00:53:36	00:54:30	01:04:26	00:55:31	00:42:39	01:04:17	05:34:59	00:04:41	17	WU20	2	6
361	Dannen	Jens	Seefahrtsschule Leer	1982	2012	00:53:23	00:55:03	01:04:38	00:55:25	00:42:07	01:04:25	05:35:01	00:04:41	30	M30	54	6
362	Nautokat	Heinz	Freie Turnerschaft	1969	2012	00:53:40	00:57:09	01:04:00	00:55:15	00:42:19	01:02:40	05:35:03	00:04:41	43	M40	130	6
363	Brunken	Aicha	LG Uplengen	1972	2012	00:51:11	00:55:46	01:04:43	00:56:55	00:43:16	01:03:13	05:35:04	00:04:41	40	W40	13	6
364	Schuster	Remmer	Wald	1962	2012	00:51:58	00:55:15	01:04:39	00:55:39	00:43:06	01:04:32	05:35:09	00:04:41	50	M50	61	6
365	Strasser	Carsten	Schalke 04	1968	2012	00:51:34	00:54:44	01:04:39	00:56:42	00:43:10	01:04:21	05:35:10	00:04:41	44	M40	131	6
366	Gabel	Andreas	Team Zuglufttief	1981	2012	00:51:20	00:53:14	01:07:15	00:56:20	00:42:50	01:04:14	05:35:13	00:04:41	31	M30	55	6
367	Kattenbeck	Udo	Emder LG	1966	2012	00:55:41	00:56:31	01:03:57	00:55:02	00:42:01	01:02:02	05:35:14	00:04:42	46	M40	132	6
368	Best	Michael	Team ENERCON	1989	2012	00:53:33	00:55:26	01:04:54	00:55:44	00:42:25	01:03:27	05:35:29	00:04:42	23	MHK	44	6
369	Neemann	Jannette	LT TuS Aurich-Ost	1967	2012	00:52:28	00:55:47	01:04:45	00:56:01	00:43:07	01:03:45	05:35:53	00:04:42	45	W40	14	6
370	Borchert	Janina	Holtland	1987	2012	00:52:39	00:56:12	01:05:44	00:56:41	00:42:27	01:02:31	05:36:14	00:04:42	25	WHK	3	6
371	Kayser	Oliver	Team Laufrausch e.V.	1969	2012	00:51:29	00:54:49	01:04:13	00:59:19	00:43:02	01:03:23	05:36:15	00:04:42	43	M40	133	6
372	Hinrichs	Johann	MTV Wittmund	1952	2012	00:51:40	00:55:46	01:05:10	00:56:14	00:43:24	01:04:07	05:36:21	00:04:42	60	M60	5	6
373	Harms	Okko	Gymnasium Ulricianum	1994	2012	00:51:05	00:56:02	01:05:40	00:55:51	00:43:09	01:04:35	05:36:22	00:04:42	18	MU20	49	6
374	Tammen	Michaela	Borromäus- Hospital	1977	2012	00:52:45	00:56:13	01:05:26	00:56:17	00:43:15	01:02:35	05:36:31	00:04:43	35	W30	6	6
375	Cremer	Benjamin	TuS Middels	1980	2012	00:53:39	00:55:02	01:05:57	00:56:07	00:42:47	01:03:04	05:36:36	00:04:43	32	M30	56	6
376	Schmidt	Robert	BBS 1 Aurich	1993	2012	00:50:54	00:54:46	01:05:25	00:57:00	00:43:11	01:05:24	05:36:40	00:04:43	19	MU20	50	6
377	Wagner	Andre	Nordland Papier	1968	2012	00:50:48	01:00:15	01:03:38	00:56:17	00:42:25	01:03:19	05:36:42	00:04:43	44	M40	134	6
378	Emken	Lukas	NIGE	1996	2012	00:51:58	00:54:38	01:03:19	00:57:18	00:42:13	01:07:18	05:36:44	00:04:43	16	MU20	51	6
379	Nanninga	Jochen	TV Norden	1967	2012	00:52:23	00:55:22	01:05:07	00:56:20	00:43:18	01:04:15	05:36:45	00:04:43	45	M40	135	6
380	Niemann	Jan-Bernd	Team ENERCON	1983	2012	00:50:55	01:08:00	01:03:21	00:53:37	00:41:31	00:59:30	05:36:54	00:04:43	29	MHK	45	6
381	Schütte	Manfred	SV Friedrichsfehn	1957	2012	00:52:39	00:55:52	01:05:14	00:56:22	00:42:41	01:04:17	05:37:05	00:04:43	55	M50	62	6
382	Eckstein	Sascha	HSM	1975	2012	00:53:52	00:55:48	01:04:39	00:55:55	00:42:48	01:04:21	05:37:23	00:04:43	37	M30	57	6
383	Joachim	Hans-Hermann	Team Erdinger	1950	2012	00:52:30	00:56:25	01:05:27	00:56:26	00:43:23	01:03:16	05:37:27	00:04:43	62	M60	6	6
384	Feldmann	Klaus-Dieter		1955	2012	00:52:11	00:56:41	01:05:02	00:56:17	00:42:59	01:04:26	05:37:36	00:04:43	57	M50	63	6
385	Marquardt	Karlo	PuMa	1979	2012	00:52:37	00:55:00	01:05:12	00:55:51	00:42:46	01:06:12	05:37:38	00:04:44	33	M30	58	6
386	Janßen	Dieter	LG-Glave Gruppe	1966	2012	00:53:57	00:56:09	01:04:46	00:56:24	00:43:09	01:03:19	05:37:44	00:04:44	46	M40	136	6
387	Ottjes	Matthias	Möhlmann Automobil	1964	2012	00:52:26	00:55:26	01:05:30	00:56:54	00:43:49	01:03:42	05:37:47	00:04:44	48	M40	137	6
388	Buse	Rudi	Veenhusen	1967	2012	00:51:56	00:56:11	01:05:46	00:56:25	00:43:36	01:04:00	05:37:54	00:04:44	45	M40	138	6
389	Folkerts	Ingrid	FTC Hollen	1966	2012	00:52:11	00:57:40	01:04:40	00:56:41	00:43:05	01:03:39	05:37:56	00:04:44	46	W40	15	6
390	Hildebrandt	Theodor	LG Ostfriesland	1956	2012	00:51:59	00:55:40	01:05:17	00:57:35	00:43:28	01:03:58	05:37:57	00:04:44	56	M50	64	6
391	Yzer	Günter	Weener Plastik	1971	2012	00:51:35	00:54:50	01:05:36	00:57:09	00:43:50	01:04:58	05:37:58	00:04:44	41	M40	139	6
392	Nagel	Hermann	SV Concordia	1956	2012	00:52:42	00:56:59	01:05:18	00:56:26	00:43:23	01:03:17	05:38:05	00:04:44	56	M50	65	6
393	Eyhusen	Melanie	Fortuna Logabirum	1975	2012	00:51:32	00:55:22	01:05:39	00:56:48	00:44:14	01:04:33	05:38:08	00:04:44	37	W30	7	6
394	Greis	Heike	Schwarz-Weiß	1965	2012	00:51:58	00:55:54	01:04:41	00:56:31	00:43:51	01:05:22	05:38:17	00:04:44	47	W40	16	6
395	Anders	Christoph	Bünting Tee Leer	1983	2012	00:52:14	00:54:03	01:05:00	00:55:12	00:42:06	01:09:44	05:38:19	00:04:44	29	MHK	46	6
396	Saathoff	Eric	Emder LG	1968	2012	00:52:23	00:56:06	01:05:17	00:56:46	00:43:27	01:04:25	05:38:24	00:04:44	44	M40	140	6
397	Lüken	Ehrenfried	JG 71 R	1964	2012	00:52:32	00:56:54	01:05:07	00:56:22	00:43:19	01:04:19	05:38:33	00:04:44	48	M40	141	6
398	Taaks	Michael	TV Moormerland	1978	2012	00:52:00	00:56:06	01:05:34	00:56:06	00:43:33	01:05:16	05:38:35	00:04:44	34	M30	59	6
399	Tunder	Hartmut	MTV Aurich	1961	2012	00:52:16	00:59:19	01:06:29	00:55:45	00:41:06	01:03:51	05:38:46	00:04:44	51	M50	66	6
400	Hilger	Karsten	TV Norden	1968	2012	00:52:42	00:55:51	01:05:35	00:57:25	00:43:09	01:04:05	05:38:47	00:04:44	44	M40	142	6
401	Post	Reinhard	SV Stern	1962	2012	00:54:03	00:57:08	01:05:42	00:55:24	00:42:20	01:04:35	05:39:12	00:04:45	50	M50	67	6
402	Scheepker	Alfred	TV Norden	1954	2012	00:52:33	00:55:55	01:06:02	00:56:37	00:43:17	01:04:53	05:39:17	00:04:45	58	M50	68	6
403	Baller	Holger	OGV	1971	2012	00:53:33	00:56:20	01:05:17	00:56:36	00:43:36	01:03:56	05:39:18	00:04:45	41	M40	143	6
404	Sprenger	Robert	Schwarz-Weiß	1962	2012	00:51:57	00:57:33	01:05:38	00:56:37	00:43:45	01:03:57	05:39:27	00:04:45	50	M50	69	6
405	Wessels	Daniel	Ostfriesische	1981	2012	00:53:25	00:56:06	01:04:53	00:56:21	00:42:52	01:06:01	05:39:38	00:04:45	31	M30	60	6
406	Ubben	Bernd	MTV Wittmund	1959	2012	00:53:11	00:57:03	01:05:25	00:56:47	00:43:33	01:03:47	05:39:46	00:04:45	53	M50	70	6
407	Welling	Torsten	ubben-haus laufteam	1964	2012	00:52:26	00:56:30	01:06:26	00:56:39	00:43:38	01:04:07	05:39:46	00:04:45	48	M40	144	6
408	Sonnenberg	Horst	DLRG Weener	1963	2012	00:55:09	00:56:38	01:05:42	00:55:52	00:42:52	01:03:40	05:39:53	00:04:45	49	M40	145	6
409	Maibaum	Lars	Staatsanwaltschaft	1971	2012	00:54:28	00:56:56	01:05:32	00:56:07	00:42:58	01:03:57	05:39:58	00:04:45	41	M40	146	6
410	Saathoff	Christian	DYNAMO	1987	2012	00:54:06	00:56:26	01:06:17	00:55:32	00:43:44	01:03:56	05:40:01	00:04:46	25	MHK	47	6
411	Biller	Tammo	HTG Ihlow	1995	2012	00:54:37	00:57:06	01:06:08	00:55:22	00:42:52	01:04:08	05:40:13	00:04:46	17	MU20	52	6
412	Sluiter	Henri	SV Holtland	1966	2012	00:55:29	00:56:23	01:06:01	00:55:58	00:42:54	01:03:29	05:40:14	00:04:46	46	M40	147	6
413	Jäckle	Tobias	Krankenhaus Wittmund	1978	2012	00:53:18	00:56:46	01:05:42	00:56:56	00:43:44	01:03:53	05:40:19	00:04:46	34	M30	61	6
414	Möhlmann	Jan	LG Uplengen	1996	2012	00:54:32	00:57:03	01:06:15	00:55:59	00:42:45	01:03:58	05:40:32	00:04:46	16	MU20	53	6
415	Hellmers	Mirko	Polizei	1983	2012	00:55:21	00:56:50	01:05:38	00:56:03	00:42:45	01:03:57	05:40:34	00:04:46	29	MHK	48	6
416	Lürsen	Helmut	LG TV Bunde	1966	2012	00:52:27	00:55:47	01:05:58	00:56:59	00:43:19	01:06:13	05:40:43	00:04:46	46	M40	148	6
417	Dettmer	Thorsten	Leinerstift e.V	1965	2012	00:52:36	00:56:16	01:05:06	00:57:32	00:44:02	01:05:12	05:40:44	00:04:46	47	M40	149	6
418	Schröder	Ann-Kristin	LG Uplengen	1993	2012	00:54:06	00:56:31	01:05:45	00:56:27	00:43:01	01:04:54	05:40:44	00:04:46	19	WU20	3	6
419	Gerbers	Steffen	LT TuS Aurich-Ost	1986	2012	00:54:25	00:57:07	01:06:09	00:57:34	00:43:04	01:02:35	05:40:54	00:04:46	26	MHK	49	6
420	Onken	Bernhard	Omas Teich	1969	2012	00											

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
427	de Buhr	Gert	Mahl- und Mischbetrieb	1972	2012	00:56:38	00:56:16	01:05:00	00:55:52	00:43:48	01:03:47	05:41:21	00:04:47	40	M40	152	6
428	Nordbrock	Stefan	Alex.-v.-Humboldt-	1992	2012	00:49:38	00:53:28	01:03:11	01:07:01	00:42:41	01:05:24	05:41:23	00:04:47	20	MHK	50	6
429	Hammers	Florian	Katasteramt Leer	1995	2012	00:54:06	00:56:42	01:05:52	00:57:03	00:43:41	01:03:59	05:41:23	00:04:47	17	MU20	54	6
430	Lenke	Rene	Freie Christliche	1992	2012	00:54:55	00:57:30	01:05:33	00:56:41	00:42:29	01:04:23	05:41:31	00:04:47	20	MHK	51	6
431	Tuelpe	Frank	DYNAMO	1987	2012	00:54:06	00:57:16	01:06:16	00:56:27	00:43:07	01:04:26	05:41:38	00:04:47	25	MHK	52	6
432	Herten	Wilko	Neufirrel	1992	2012	00:52:39	00:56:40	01:07:07	00:56:54	00:43:12	01:05:10	05:41:42	00:04:47	20	MHK	53	6
433	Rieken	Wilhelm	Sparkasse	1962	2012	00:52:32	00:56:13	01:06:25	00:57:21	00:43:36	01:05:45	05:41:52	00:04:47	50	M50	73	6
434	Tunder	Garrelt	SC Wiesens	1955	2012	00:53:07	00:57:14	01:05:59	00:56:52	00:44:33	01:04:10	05:41:55	00:04:47	57	M50	74	6
435	Ulbrich	Stefan	Bünting Tee Leer	1986	2012	00:53:20	00:57:45	01:07:37	00:56:38	00:41:38	01:04:59	05:41:57	00:04:47	26	MHK	54	6
436	Bunjes	Axel	Gymnasium	1960	2012	00:53:50	00:57:37	01:05:42	00:56:48	00:43:43	01:04:24	05:42:04	00:04:47	52	M50	75	6
437	Ulbrich	Christian	Bünting Tee Leer	1989	2012	00:53:26	00:57:46	01:07:38	00:56:10	00:42:07	01:04:58	05:42:05	00:04:47	23	MHK	55	6
438	Hanssen	Heyo	SC Wiesens	1961	2012	00:53:41	00:59:26	01:05:40	00:57:02	00:42:44	01:03:37	05:42:10	00:04:47	51	M50	76	6
439	Biel	Carsten	Seefahrtsschule Leer	1983	2012	00:53:10	00:55:01	01:03:54	00:57:22	00:45:05	01:07:47	05:42:19	00:04:47	29	MHK	56	6
440	Stern	Thomas	Seefahrtsschule Leer	1970	2012	00:53:38	00:58:36	01:05:52	00:56:38	00:43:21	01:04:17	05:42:22	00:04:48	42	M40	153	6
441	Brun	Karsten	Ostfriesische	1981	2012	00:52:53	00:56:14	01:09:19	00:57:20	00:42:08	01:04:30	05:42:24	00:04:48	31	M30	65	6
442	Brettschneider	Roger	Rhauderfehn	1965	2012	00:53:09	00:56:51	01:07:02	00:56:10	00:43:36	01:05:39	05:42:27	00:04:48	47	M40	154	6
443	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2012	00:53:13	00:56:58	01:06:07	00:57:19	00:44:31	01:04:28	05:42:36	00:04:48	42	V40	17	6
444	Hoek	Rainer	Larisca	1978	2012	00:55:50	00:57:37	01:05:43	00:57:26	00:42:51	01:03:12	05:42:39	00:04:48	34	M30	66	6
445	Götze	Jens	Holland	1984	2012	00:53:47	00:57:00	01:06:16	00:57:23	00:43:21	01:04:53	05:42:40	00:04:48	28	MHK	57	6
446	Lammers	Johann	AXA Center Hoek	1963	2012	00:52:31	00:55:43	01:05:21	00:57:03	00:43:37	01:08:26	05:42:41	00:04:48	49	M40	155	6
447	Tönjes	Karsten	Sparkasse	1958	2012	00:53:30	00:56:30	01:07:18	00:56:23	00:43:26	01:05:38	05:42:45	00:04:48	54	M50	77	6
448	Groenhagen	Hermann	Sparkasse	1974	2012	00:53:30	00:56:30	01:07:18	00:56:25	00:43:26	01:05:38	05:42:47	00:04:48	38	M30	67	6
449	Kurp	Karen	DPI AG Leer	1971	2012	00:56:10	00:57:42	01:05:44	00:56:32	00:43:31	01:03:13	05:42:52	00:04:48	41	V40	18	6
450	Watzema	Antke	SV Concordia Ihrhove	1968	2012	00:52:21	00:56:35	01:05:36	00:57:44	00:44:16	01:06:32	05:43:04	00:04:48	44	V40	19	6
451	Sandersfeld	Johann	LG Uplengen	1955	2012	00:54:03	00:56:28	01:05:52	00:57:25	00:43:46	01:05:30	05:43:04	00:04:48	57	M50	78	6
452	Harders	Diedrich	Stadtwerke Leer AöR	1966	2012	00:54:24	00:57:39	01:07:02	00:57:36	00:42:59	01:03:34	05:43:14	00:04:48	46	M40	156	6
453	Eesmann	Thorsten	PSC Leer	1970	2012	00:54:28	00:56:57	01:05:42	00:57:05	00:43:18	01:05:47	05:43:17	00:04:48	42	M40	157	6
454	Hinrichs	Stephan	Ostfriesische	1974	2012	00:54:11	00:57:25	01:05:08	00:56:34	00:43:21	01:06:47	05:43:26	00:04:48	38	M30	68	6
455	Janssen	Joachim	VOST	1967	2012	00:53:15	00:58:53	01:06:58	00:57:15	00:43:20	01:03:48	05:43:29	00:04:48	45	M40	158	6
456	Willing Dr.	Rainer	Ubbo-Emmius-Klinik	1966	2012	00:55:41	00:57:16	01:05:13	00:58:58	00:43:04	01:03:25	05:43:37	00:04:49	46	M40	159	6
457	van Jinnelt	Anita	IGS Aurich-West	1965	2012	00:55:23	00:57:15	01:05:40	00:57:22	00:43:46	01:04:12	05:43:38	00:04:49	47	V40	20	6
458	Lütten	Christian	MTV Hohenkirchen	1968	2012	00:53:38	00:58:05	01:06:07	00:57:36	00:43:55	01:04:18	05:43:39	00:04:49	44	M40	160	6
459	Beier	Markus		1966	2012	00:53:37	00:57:21	01:06:27	00:56:47	00:44:04	01:05:26	05:43:42	00:04:49	46	M40	161	6
460	Jibben	Arno	VOST	1969	2012	00:53:45	00:57:31	01:06:26	00:57:34	00:44:10	01:04:29	05:43:55	00:04:49	43	M40	162	6
461	Helmers	Oliver	Seefahrtsschule Leer	1992	2012	00:56:33	00:57:01	01:07:01	00:56:03	00:42:33	01:04:47	05:43:58	00:04:49	20	MHK	58	6
462	Müller	Timo	Team Möbel Buss	1992	2012	00:52:49	00:57:40	01:13:33	00:54:57	00:42:00	01:03:00	05:43:59	00:04:49	20	MHK	59	6
463	Buscher	Silvia	SV Borussia Leer	1975	2012	00:53:33	00:57:32	01:06:54	00:56:48	00:44:24	01:04:49	05:44:00	00:04:49	37	V30	8	6
464	Steinke	Rolf	SV Warsingsfehn	1967	2012	00:54:07	00:56:53	01:06:05	00:57:36	00:44:03	01:05:26	05:44:10	00:04:49	45	M40	163	6
465	Stumpf	Marvin	BBS 1 Aurich	1994	2012	00:53:53	00:57:20	01:05:45	00:57:23	00:43:42	01:06:15	05:44:18	00:04:49	18	MU20	55	6
466	Penske	Detlef	NIGE	1965	2012	00:57:11	00:58:43	01:06:59	00:57:48	00:42:06	01:01:32	05:44:19	00:04:49	47	M40	164	6
467	Lüdemann	Frank	Kdo SES Ostfriesland	1974	2012	00:54:27	00:57:18	01:06:46	00:57:03	00:43:39	01:05:07	05:44:20	00:04:49	38	M30	69	6
468	Erfkamp	Manfred	Ruder-Club Leer	1959	2012	00:52:55	00:57:02	01:07:01	00:57:38	00:43:51	01:05:55	05:44:22	00:04:49	53	M50	79	6
469	Behrends	Jutta	SV Holland	1976	2012	00:53:29	00:57:18	01:06:51	00:57:38	00:43:56	01:05:14	05:44:26	00:04:49	36	V30	9	6
470	Scholz	Alfred	Emder LG	1953	2012	00:53:25	00:57:23	01:06:28	00:57:11	00:44:15	01:05:49	05:44:31	00:04:49	59	M50	80	6
471	Dreyer	Marcus	AWO Schortens	1968	2012	00:52:48	00:56:48	01:05:11	00:58:15	00:44:06	01:07:27	05:44:35	00:04:49	44	M40	165	6
472	Goldenstein	Mark	Onno Behrends	1981	2012	00:57:08	00:56:53	01:07:43	00:56:19	00:43:13	01:03:40	05:44:56	00:04:50	31	M30	70	6
473	Plate	Vera	laufend besser	1971	2012	00:56:08	00:55:59	01:04:55	00:57:35	00:44:37	01:05:44	05:44:58	00:04:50	41	V40	21	6
474	Oltmanns	Reinhard	Moormerland	1964	2012	00:54:13	01:00:32	01:06:32	00:56:30	00:43:50	01:03:27	05:45:04	00:04:50	48	M40	166	6
475	Schoon	Reiner	traba-team	1964	2012	00:53:33	00:58:43	01:06:46	00:57:55	00:44:10	01:04:00	05:45:07	00:04:50	48	M40	167	6
476	Sieling	Heiko	MTV Wittmund	1961	2012	00:54:21	00:57:52	01:06:21	00:56:57	00:43:51	01:05:47	05:45:09	00:04:50	51	M50	81	6
477	Strangmann	Dirk	EWE-Wattloopers	1970	2012	00:57:28	00:58:04	01:07:22	00:56:30	00:43:02	01:03:02	05:45:28	00:04:50	42	M40	168	6
478	Eiben	Eibo	Wald	1943	2012	00:53:05	00:58:03	01:06:37	00:58:09	00:44:24	01:05:12	05:45:30	00:04:50	69	M60	7	6
479	Neuenein	Bernd		1961	2012	00:55:08	00:58:03	01:06:44	00:56:54	00:44:28	01:04:13	05:45:30	00:04:50	51	M50	82	6
480	Wiemken	Horst	SVO Wi sünd Holtriem	1968	2012	00:50:35	00:56:11	01:08:38	00:54:58	00:45:39	01:09:32	05:45:33	00:04:50	44	M40	169	6
481	Rohden	Heinz	Wi sünd Holtriem	1963	2012	00:53:56	00:56:24	01:07:43	00:57:56	00:43:41	01:05:54	05:45:34	00:04:50	49	M40	170	6
482	Willms	Tido	SC Dunum	1994	2012	00:52:41	00:56:53	01:06:28	00:58:31	00:44:36	01:06:28	05:45:37	00:04:50	18	MU20	56	6
483	Bolte	Thomas	EWE-Wattloopers	1965	2012	00:54:33	00:58:04	01:06:50	00:57:05	00:43:53	01:05:17	05:45:42	00:04:50	47	M40	171	6
484	Janssen	Dieter	Wittmund	1955	2012	00:53:44	00:57:50	01:06:18	00:57:42	00:44:54	01:05:14	05:45:42	00:04:50	57	M50	83	6
485	Möller	Johannes	Polizei Aurich	1989	2012	00:55:01	00:58:13	01:06:09	00:58:46	00:44:18	01:03:16	05:45:43	00:04:50	23	MHK	60	6
486	Meinders	Tammo	Briese Schifffahrts	1992	2012	00:55:30	00:57:00	01:05:24	00:57:40	00:44:11	01:06:00	05:45:45	00:04:50	20	MHK	61	6
487	Fuchs	Steffen	Sparkasse Aurich-	1961	2012	00:55:16	00:57:40	01:07:07	00:57:28	00:43:16	01:05:13	05:46:00	00:04:51	51	M50	84	6
488	Rausch	Gerhard	TV Norden	1968	2012	00:52:37	00:56:10	01:05:30	00:59:58	00:44:29	01:07:16	05:46:00	00:04:51	44	M40	172	6
489	Reemts	Ramona	LG Harlingerland	1984	2012	00:53:05	00:55:11	01:05:53	00:59:04	00:45:29	01:07:18	05:46:00	00:04:51	28	WHK	4	6
490	Wilberts	Joost	Gymnasium Ulricianum	1994	2012	00:50:46	00:53:50	01:02:24	00:54:20	00:44:02	01:20:43	05:46:05	00:04:51	18	MU20	57	6
491	Harms	Joachim	traba-team	1961	2012	00:56:03</											

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
498	Waßmann	Marco	TG Wiesmoor	1974	2012	00:53:54	00:57:07	01:06:45	00:59:16	00:43:29	01:06:10	05:46:41	00:04:51	38	M30	72	6
499	Grimm	Uwe	Vfll Berumbur	1969	2012	00:52:22	00:56:45	01:09:25	00:57:44	00:45:11	01:05:24	05:46:51	00:04:51	43	M40	175	6
500	Aden	Markus	GeTel	1984	2012	01:00:05	00:59:11	01:07:46	00:54:28	00:42:29	01:02:58	05:46:57	00:04:51	28	MHK	64	6
501	Meiners	Michael	Emder LG	1972	2012	00:54:27	00:57:40	01:06:10	00:57:51	00:44:09	01:06:42	05:46:59	00:04:51	40	M40	176	6
502	Alberts-Tammena	Frieso	Fortuna Wirdum	1972	2012	00:54:47	00:57:02	01:08:04	00:56:36	00:44:00	01:06:33	05:47:02	00:04:51	40	M40	177	6
503	Janßen	Aaron	Freie Christliche	1999	2012	00:54:22	00:57:58	01:07:16	00:57:23	00:43:04	01:07:18	05:47:21	00:04:52	13	MU20	59	6
504	de Vries	Mathis	Gymnasium Ulricianum	1996	2012	00:57:34	00:58:53	01:06:53	00:56:42	00:42:59	01:04:28	05:47:29	00:04:52	16	MU20	60	6
505	Albers	Jürgen	Vita	1969	2012	00:58:11	00:57:37	01:07:17	00:55:51	00:43:22	01:05:29	05:47:47	00:04:52	43	M40	178	6
506	Runden	Michael	Stadt Leer	1961	2012	00:56:10	00:57:48	01:06:19	00:58:38	00:43:30	01:05:24	05:47:49	00:04:52	51	M50	86	6
507	Wollenberg	Holger	Filsum	1975	2012	00:51:55	00:55:49	01:07:35	01:01:56	00:44:48	01:05:49	05:47:52	00:04:52	37	M30	73	6
508	Graf	Hauke	Watt'n Loopers SV	1996	2012	00:52:55	00:56:45	01:10:03	00:58:44	00:44:23	01:05:05	05:47:55	00:04:52	16	MU20	61	6
509	Friedrich	Wolfgang	Leinerstift e.V.	1963	2012	00:55:56	00:57:41	01:07:20	00:57:31	00:44:02	01:05:28	05:47:58	00:04:52	49	M40	179	6
510	Baalmann	Josef	LT TuS Aurich-Ost	1961	2012	00:51:54	00:55:18	01:13:11	01:01:48	00:42:38	01:03:10	05:47:59	00:04:52	51	M50	87	6
511	Huismann	Thorsten	obw Emden	1985	2012	00:55:32	00:57:24	01:08:47	00:57:00	00:43:34	01:05:51	05:48:08	00:04:52	27	MHK	65	6
512	Baumgart	Uwe	Raiffeisenbank eG,	1986	2012	00:54:30	00:57:16	01:06:37	00:57:43	00:43:49	01:08:22	05:48:17	00:04:52	26	MHK	66	6
513	Tapper	Elmar	LG Ostfriesland	1979	2012	00:53:16	00:57:44	01:07:12	00:58:10	00:44:41	01:07:27	05:48:30	00:04:53	33	M30	74	6
514	Saathoff	Jens	WfBM BBB Aurich	1992	2012	00:54:06	00:57:41	01:07:41	00:57:13	00:44:25	01:07:34	05:48:40	00:04:53	20	MHK	67	6
515	Staude	Hartmut	Staude-Clan	1971	2012	00:54:53	00:58:38	01:07:11	00:57:23	00:44:09	01:06:30	05:48:44	00:04:53	41	M40	180	6
516	van Goor	Rob	Aquilo	1962	2012	00:54:06	00:58:29	01:07:11	00:58:44	00:44:19	01:05:59	05:48:48	00:04:53	50	M50	88	6
517	Erdwiens	Herrmann	LT TuS Aurich-Ost	1970	2012	00:54:16	00:57:44	01:07:59	00:58:02	00:44:43	01:06:06	05:48:50	00:04:53	42	M40	181	6
518	Janssen	Sandra	Schwarz-Weiß	1984	2012	00:55:13	00:59:23	01:10:07	00:55:32	00:46:03	01:02:36	05:48:54	00:04:53	28	VHK	5	6
519	Stahl	Björn	Seefahrtsschule Leer	1991	2012	00:56:03	00:57:26	01:07:18	00:56:55	00:44:16	01:06:56	05:48:54	00:04:53	21	MHK	68	6
520	Seeberg	Heinz-Dieter	Gymnasium Ulricianum	1962	2012	00:54:43	00:57:46	01:07:35	00:58:02	00:44:45	01:06:08	05:48:59	00:04:53	50	M50	89	6
521	Steffens	Viola	Emder LG	1975	2012	00:54:21	00:57:39	01:07:31	00:59:34	00:44:07	01:05:54	05:49:06	00:04:53	37	W30	10	6
522	Eiken	Thomas	Ländlicher	1987	2012	00:54:57	00:58:48	01:08:18	00:57:42	00:43:30	01:05:55	05:49:10	00:04:53	25	MHK	69	6
523	Kobuch	Herma	Wald	1968	2012	00:53:10	00:57:59	01:08:46	00:59:01	00:45:09	01:05:08	05:49:13	00:04:53	44	W40	22	6
524	Buß	Jan-Helge	HTG Ihlow	1998	2012	00:55:05	00:58:43	01:07:36	00:57:57	00:44:51	01:05:04	05:49:16	00:04:53	14	MU20	62	6
525	Beekmann	Henning	Teledrom	1992	2012	00:55:38	01:02:31	01:08:06	00:56:11	00:42:30	01:04:21	05:49:17	00:04:53	20	MHK	70	6
526	Tannen	Siegfried	Wittmund	1956	2012	00:54:03	00:58:40	01:07:18	00:58:35	00:44:57	01:06:02	05:49:35	00:04:54	56	M50	90	6
527	Feldmann	Karsten	Stadtwerke Norden	1969	2012	00:56:30	00:58:17	01:07:14	00:57:01	00:44:04	01:06:29	05:49:35	00:04:54	43	M40	182	6
528	Ripken	Markus	EWE-Wattloopers	1981	2012	00:54:53	00:58:02	01:07:52	00:57:32	00:44:44	01:06:33	05:49:36	00:04:54	31	M30	75	6
529	Isermann	Jan-Erik	Gymnasium Ulricianum	1994	2012	00:50:44	00:54:33	01:03:09	00:53:53	00:46:43	01:20:43	05:49:45	00:04:54	18	MU20	63	6
530	Spannhoff	Rainer	Emder LG	1964	2012	00:55:30	00:58:33	01:07:45	00:57:39	00:44:12	01:06:20	05:49:59	00:04:54	48	M40	183	6
531	Kleen	Franziska	Team Möbel Buss	1997	2012	00:55:16	00:58:07	01:07:37	00:58:19	00:43:43	01:06:58	05:50:00	00:04:54	15	WU20	4	6
532	Günther	Alwin	Wir sünd Holtriem	1973	2012	00:53:52	00:57:33	01:07:36	00:58:11	00:45:11	01:07:38	05:50:01	00:04:54	39	M30	76	6
533	Hildebrandt	Lothar	Emder LG	1968	2012	00:55:32	00:58:34	01:07:46	00:57:38	00:44:11	01:06:20	05:50:01	00:04:54	44	M40	184	6
534	Brunn	Wolfgang	KV Pappnase	1968	2012	00:55:15	00:58:10	01:07:32	00:58:47	00:44:26	01:05:54	05:50:04	00:04:54	44	M40	185	6
535	Anscheit	Peter	Rettungsdienst Leer	1965	2012	00:55:14	00:57:59	01:07:48	00:57:52	00:44:45	01:06:32	05:50:10	00:04:54	47	M40	186	6
536	Heikens	Berend	Tierarztpraxis Velde	1966	2012	00:56:40	00:58:10	01:07:46	00:58:14	00:43:41	01:05:41	05:50:12	00:04:54	46	M40	187	6
537	Block	Wilhelm	2-Rad Center Block	1980	2012	00:57:28	00:56:56	01:08:29	00:57:10	00:43:52	01:06:34	05:50:29	00:04:54	32	M30	77	6
538	Haake	Steffen	IGS Aurich-West	1993	2012	00:58:47	00:57:33	01:07:12	00:57:28	00:44:00	01:05:31	05:50:31	00:04:54	19	MU20	64	6
539	Cordes	Manfred	Wiesmoor-	1960	2012	00:54:33	00:57:55	01:07:06	00:58:35	00:45:24	01:07:14	05:50:47	00:04:55	52	M50	91	6
540	Voß	Friedrich	NPorts	1961	2012	00:55:32	00:57:47	01:07:40	01:00:18	00:44:12	01:05:33	05:51:02	00:04:55	51	M50	92	6
541	Brüsehoff	Wichert	TV Oldersum	1966	2012	00:55:07	00:57:40	01:06:08	00:56:35	00:44:39	01:10:58	05:51:07	00:04:55	46	M40	188	6
542	Möhlmann	Wilfried	Team Deutsche Post	1967	2012	00:54:57	00:56:25	01:10:40	00:57:33	00:45:10	01:06:22	05:51:07	00:04:55	45	M40	189	6
543	Gensicke	Torsten	Wiesmoor	1967	2012	00:55:38	00:59:13	01:07:15	00:58:21	00:44:33	01:06:12	05:51:12	00:04:55	45	M40	190	6
544	Heibült	Sebastian	Akkasnakka	1975	2012	00:54:47	00:57:38	01:07:39	00:58:56	00:44:43	01:07:32	05:51:15	00:04:55	37	M30	78	6
545	de Vries	Stefan	Großsander	1977	2012	00:55:31	00:58:14	01:08:26	00:58:06	00:44:34	01:06:27	05:51:18	00:04:55	35	M30	79	6
546	Pleis	Jannik	Schwarz-Weiß	1994	2012	00:54:33	00:58:01	01:07:37	00:59:33	00:45:24	01:06:24	05:51:32	00:04:55	18	MU20	65	6
547	Drost	Fritz	MTV Wittmund	1943	2012	00:54:34	00:57:43	01:07:35	00:58:53	00:45:20	01:07:28	05:51:33	00:04:55	69	M60	8	6
548	Goudschaal	Arno	Moorloopers	1980	2012	00:54:51	00:58:48	01:09:33	00:58:05	00:44:21	01:05:55	05:51:33	00:04:55	32	M30	80	6
549	Beiden	Andre	PRO NAUTAS	1981	2012	00:54:58	00:59:16	01:07:07	00:57:47	00:46:00	01:06:29	05:51:37	00:04:55	31	M30	81	6
550	Pleis	Malte	Moorloopers	1997	2012	00:54:50	00:58:32	01:09:22	00:58:02	00:44:06	01:06:47	05:51:39	00:04:55	15	MU20	66	6
551	Brötje	Helge	Ubbo-Emmius-Klinik	1972	2012	00:55:11	00:59:10	01:07:54	00:59:08	00:43:30	01:06:48	05:51:41	00:04:55	40	M40	191	6
552	Voß	Steffen	BBS Emden	1992	2012	00:56:23	01:00:27	01:08:09	00:58:20	00:44:01	01:04:27	05:51:47	00:04:55	20	MHK	71	6
553	Borchert	Werner	Filsum	1962	2012	00:52:42	00:58:26	01:07:07	00:57:56	00:47:25	01:08:16	05:51:52	00:04:55	50	M50	93	6
554	Reiners	Johann	Lions Club Uplengen	1959	2012	00:54:37	00:57:55	01:08:13	00:58:56	00:44:43	01:07:28	05:51:52	00:04:55	53	M50	94	6
555	Meinen	Heiner	Team ENERCON	1982	2012	00:57:54	00:57:54	01:05:51	00:56:49	00:45:10	01:08:18	05:51:56	00:04:56	30	M30	82	6
556	Oetter	Detlef	Sparkasse	1964	2012	00:55:58	00:58:06	01:07:56	00:58:49	00:44:34	01:06:42	05:52:05	00:04:56	48	M40	192	6
557	Eilts	Harald	EWE-Wattloopers	1964	2012	00:54:54	00:58:03	01:07:51	00:58:36	00:44:44	01:07:58	05:52:06	00:04:56	48	M40	193	6
558	Smidt	Mike	Lackloopers	1971	2012	00:58:55	00:58:19	01:10:24	00:58:38	00:45:35	01:00:16	05:52:07	00:04:56	41	M40	194	6
559	Goos	Anja	Emder LG	1972	2012	00:54:05	00:58:03	01:10:20	00:59:08	00:44:08	01:06:37	05:52:21	00:04:56	40	W40	23	6
560	Hesselbrock	Georg	Nordland Papier	1963	2012	00:54:20	00:59:16	01:08:24	00:59:17	00:44:42	01:06:29	05:52:28	00:04:56	49	M40	195	6
561	Fröhling	Klaus	Volkswagen Emden	1972	2012	00:56:20	00:57:50	01:07:34	00:59:19	00:44:05	01:07:31	05:52:39	00:04:56	40	M40	196	6
56																	

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
569	Ulrichs	Theo	Middels-Ogenbargen	1950	2012	00:54:30	00:57:44	01:10:11	01:00:10	00:44:26	01:06:22	05:53:23	00:04:57	62	M60	9	6
570	Fahnster	Ralf	VFB Germania	1982	2012	00:56:03	00:57:45	01:08:15	00:58:31	00:44:04	01:08:49	05:53:27	00:04:57	30	M30	85	6
571	Schmieder	Clemens	Rettungsdienst Leer	1989	2012	00:58:13	00:59:47	01:07:42	00:57:56	00:44:09	01:05:40	05:53:27	00:04:57	23	MHK	73	6
572	Heiken	Onno	HTG Ihlow	1997	2012	00:56:47	00:57:41	01:09:08	00:57:52	00:44:54	01:07:06	05:53:28	00:04:57	15	MU20	68	6
573	Ziegler	Frank	Team Deutsche Post	1967	2012	00:54:54	00:58:39	01:09:39	00:58:40	00:45:36	01:06:01	05:53:29	00:04:57	45	M40	198	6
574	Kuper	Gerhard	TG Wiesmoor	1963	2012	00:55:41	01:00:01	01:07:39	00:58:42	00:44:51	01:06:42	05:53:36	00:04:57	49	M40	199	6
575	Berlin	Henry	LT SC Ihrhove 07	1957	2012	00:55:12	00:58:26	01:08:39	00:59:08	00:45:35	01:06:38	05:53:38	00:04:57	55	M50	96	6
576	Müller	Leon	Team Möbel Buss	1996	2012	00:52:25	00:57:39	01:02:30	00:59:20	00:41:02	01:20:48	05:53:44	00:04:57	16	MU20	69	6
577	Kohlert	Sören	Gymnasium Ulricianum	1982	2012	00:49:35	00:52:56	01:02:36	00:53:29	00:41:39	01:33:31	05:53:46	00:04:57	30	M30	86	6
578	Weber	Silke	LG Großefehn	1972	2012	00:54:55	00:58:14	01:08:23	00:59:15	00:45:26	01:07:40	05:53:53	00:04:57	40	W40	24	6
579	Janssen	Ole	NIGE	1993	2012	00:55:40	00:58:41	01:08:43	00:57:35	00:44:32	01:08:45	05:53:56	00:04:57	19	MU20	70	6
580	Penning	Günter	Polizei Leer	1967	2012	00:53:33	00:58:05	01:09:07	00:59:32	00:45:24	01:08:17	05:53:58	00:04:57	45	M40	200	6
581	Arends	Henning	Seefahrtsschule Leer	1992	2012	00:55:59	00:57:42	01:11:07	00:59:01	00:44:38	01:05:36	05:54:03	00:04:57	20	MHK	74	6
582	Hedemann	Alke	Team Möbel Buss	1995	2012	00:55:20	00:58:21	01:08:49	00:58:20	00:44:37	01:08:36	05:54:03	00:04:57	17	WU20	5	6
583	Hedemann	Fredy	Team Möbel Buss	1962	2012	00:55:20	00:58:22	01:08:49	00:58:19	00:44:37	01:08:39	05:54:06	00:04:57	50	M50	97	6
584	Junker	Imke	EWE-Wattloopers	1987	2012	00:54:36	00:58:46	01:08:24	00:59:03	00:44:55	01:08:23	05:54:07	00:04:57	25	WVK	6	6
585	Nanninga	Karl-Heinz	Ostfriesische	1966	2012	00:55:38	00:58:41	01:08:25	00:58:50	00:44:49	01:07:46	05:54:09	00:04:57	46	M40	201	6
586	de Buhr	Hans-Jürgen	Störtebeker Loopers	1969	2012	00:55:23	00:58:18	01:08:48	00:58:50	00:45:34	01:07:19	05:54:12	00:04:57	43	M40	203	6
587	Fischer	Helmut	Busboomsfehn	1964	2012	00:55:57	00:58:52	01:09:37	00:59:29	00:44:10	01:06:07	05:54:12	00:04:57	48	M40	202	6
588	Schütte	Andreas	Gymnasium Ulricianum	1972	2012	00:57:49	00:58:12	01:09:33	00:58:43	00:44:37	01:05:23	05:54:17	00:04:58	40	M40	204	6
589	Brinschwitz	Timo	BSG EWE	1995	2012	00:55:27	00:58:31	01:09:14	00:58:56	00:45:40	01:06:29	05:54:17	00:04:58	17	MU20	71	6
590	Hinrichs	Oliver	Ostfriesische	1977	2012	00:54:38	00:59:13	01:08:44	00:58:34	00:45:29	01:07:41	05:54:19	00:04:58	35	M30	87	6
591	Reiners	Steffen	Gymnasium Ulricianum	1996	2012	00:56:03	00:58:37	01:09:29	00:57:51	00:43:34	01:08:48	05:54:22	00:04:58	16	MU20	72	6
592	Nordbrock	Michael	VFL Fortuna Veenhusen	1989	2012	00:57:19	00:59:29	01:07:43	00:57:52	00:44:15	01:08:09	05:54:47	00:04:58	23	MHK	75	6
593	Gohla	Keno-Tim	HTG Ihlow	1998	2012	00:59:35	00:57:55	01:08:02	00:58:02	00:43:50	01:07:31	05:54:55	00:04:58	14	MU20	73	6
594	Mertena	Margarita		1987	2012	00:58:55	00:59:12	01:10:16	00:57:33	00:44:41	01:04:19	05:54:56	00:04:58	25	WVK	7	6
595	Gerdes	Stephan		1970	2012	00:57:59	00:58:37	01:09:29	00:57:50	00:44:55	01:06:07	05:54:57	00:04:58	42	M40	205	6
596	Baumann	Marion	TUS Zetel	1971	2012	00:54:40	00:58:34	01:08:14	00:58:53	00:46:13	01:08:27	05:55:01	00:04:58	41	W40	25	6
597	Meyer	Adolf	TV Norden	1958	2012	00:58:18	00:58:48	01:06:52	00:57:44	00:46:44	01:06:40	05:55:06	00:04:58	54	M50	98	6
598	Müller	Johann	LG Uplengen	1963	2012	00:57:25	00:58:52	01:08:14	00:59:25	00:45:11	01:06:02	05:55:09	00:04:58	49	M40	206	6
599	Tjarks	Alfred	EWE-Wattloopers	1959	2012	00:55:11	00:58:58	01:08:26	00:59:31	00:45:54	01:07:10	05:55:10	00:04:58	53	M50	99	6
600	Foorden	Wilfried	FC Stern Völlenerfehn	1964	2012	00:58:24	00:58:42	01:07:55	00:59:14	00:44:48	01:06:09	05:55:12	00:04:58	48	M40	207	6
601	Holzenkämpfer	Heiko	TG Wiesmoor	1986	2012	00:54:57	00:59:11	01:07:23	00:59:03	00:45:14	01:09:24	05:55:12	00:04:58	26	MHK	76	6
602	Zimmermann	Reiner		1975	2012	00:55:40	00:59:08	01:08:47	00:59:27	00:45:26	01:06:49	05:55:17	00:04:58	37	M30	88	6
603	Erfeling	Matthias		1985	2012	00:56:52	01:00:08	01:09:01	00:58:18	00:45:37	01:05:22	05:55:18	00:04:58	27	MHK	77	6
604	Pflanzler	Hans	Alex.-v.-Humboldt-	1954	2012	00:56:10	00:59:36	01:07:51	00:58:43	00:45:12	01:07:46	05:55:18	00:04:58	58	M50	100	6
605	Meyer	Marita	TV Papenburg	1966	2012	00:55:35	00:59:16	01:07:56	00:59:41	00:46:33	01:06:20	05:55:21	00:04:58	46	W40	26	6
606	Schoon	Günther	TG Wiesmoor	1950	2012	00:54:57	00:58:07	01:07:24	00:59:19	00:46:24	01:09:24	05:55:35	00:04:59	62	M60	10	6
607	Eger	Sieghard	FeG Aurich	1968	2012	00:57:10	00:57:29	01:08:51	01:01:55	00:44:44	01:05:27	05:55:36	00:04:59	44	M40	208	6
608	Schmidt	Oliver	Gewerbeaufsichtsamt	1971	2012	00:57:52	00:59:36	01:07:03	00:58:15	00:45:31	01:07:25	05:55:42	00:04:59	41	M40	209	6
609	Apel	Michael		1973	2012	00:56:50	00:59:25	01:07:52	00:59:49	00:45:40	01:06:28	05:56:04	00:04:59	39	M30	89	6
610	Rüthemann	Frank	Bünting Tee Leer	1961	2012	00:55:47	00:58:57	01:09:01	00:59:26	00:45:25	01:07:30	05:56:06	00:04:59	51	M50	101	6
611	Detterer	Jan	VOST	1961	2012	00:55:11	00:59:13	01:09:01	00:59:24	00:45:40	01:07:38	05:56:07	00:04:59	51	M50	102	6
612	Tammen	Kai	Moormerland	1963	2012	00:55:28	00:59:19	01:08:47	00:59:36	00:45:43	01:07:17	05:56:10	00:04:59	49	M40	210	6
613	Gerdes	Manfred	Ockenhausen	1964	2012	00:58:21	01:01:18	01:08:22	00:58:29	00:44:15	01:05:33	05:56:18	00:04:59	48	M40	211	6
614	Schneider	Andreas	Aurich	1961	2012	01:08:01	01:00:30	01:06:56	00:57:27	00:42:44	01:00:43	05:56:21	00:04:59	51	M50	103	6
615	Kiesé	Kersten	TuS Esens	1964	2012	00:57:14	00:59:32	01:08:13	00:59:10	00:45:01	01:07:15	05:56:25	00:04:59	48	M40	212	6
616	Stege	Thorsten	Feuerwehr Oldersum	1980	2012	00:53:45	00:57:46	01:07:44	01:01:42	00:45:45	01:09:51	05:56:33	00:04:59	32	M30	90	6
617	Keiser	Johann	TSV Hesel	1962	2012	00:57:11	01:00:57	01:06:37	00:59:17	00:43:54	01:08:41	05:56:37	00:04:59	50	M50	104	6
618	Schmidt	Heinz	Fortuna Logabirum	1963	2012	00:55:06	00:59:54	01:09:39	00:59:11	00:45:59	01:07:01	05:56:50	00:05:00	49	M40	213	6
619	Norda	Alexandra	ohne	1976	2012	00:55:31	00:58:57	01:09:30	00:59:29	00:45:09	01:08:15	05:56:51	00:05:00	36	W30	11	6
620	Rudolph	Matthias	MTV Jever	1969	2012	00:55:13	00:58:45	01:09:34	00:59:41	00:45:44	01:07:55	05:56:52	00:05:00	43	M40	214	6
621	Reineck	Maximilian	Freie Christliche	1996	2012	00:54:14	01:00:49	01:08:49	01:01:10	00:47:11	01:04:40	05:56:53	00:05:00	16	MU20	74	6
622	Anscheit	Mareike	Fortuna Logabirum	1997	2012	00:57:31	00:59:35	01:08:09	00:59:16	00:45:34	01:06:48	05:56:53	00:05:00	15	WU20	6	6
623	Schacha	Dirk	Leer	1971	2012	00:54:50	00:59:12	01:10:28	00:59:13	00:44:55	01:08:25	05:57:03	00:05:00	41	M40	215	6
624	Saul	Maren	ORGADATA AG	1987	2012	00:54:17	00:58:10	01:14:38	00:58:54	00:45:05	01:06:00	05:57:04	00:05:00	25	WVK	8	6
625	Möhle	Katja		1971	2012	00:56:41	00:59:36	01:09:39	00:59:08	00:45:43	01:06:19	05:57:06	00:05:00	41	W40	27	6
626	Schmidt	Onno	Handballspielgemeinsc	1953	2012	00:55:08	00:59:01	01:10:08	00:59:54	00:45:25	01:07:34	05:57:10	00:05:00	59	M50	105	6
627	Reutenauer	Sven	Seefahrtsschule Leer	1988	2012	00:59:19	00:59:34	01:08:01	00:57:32	00:44:38	01:08:17	05:57:21	00:05:00	24	MHK	78	6
628	Plaga	Steffen	Gymnasium Ulricianum	1995	2012	00:55:17	00:54:50	01:07:39	00:53:54	00:44:59	01:20:43	05:57:22	00:05:00	24	MU20	75	6
629	de Buhr	Herta	Fortuna Logabirum	1960	2012	00:55:10	00:59:03	01:08:10	01:00:49	00:46:44	01:07:27	05:57:23	00:05:00	17	W50	3	6
630	Wöstehoff	Renke	BW-Krankenhaus	1982	2012	00:58:43	01:04:15	01:09:13	00:57:43	00:43:35	01:04:00	05:57:29	00:05:00	52	M30	91	6
631	Meiners	Silvia	Emdler LG	1971	2012	00:57:26	00:58:49	01:08:36	00:59:23	00:46:11	01:07:16	05:57:41	00:05:00	30	W40	28	6
632	Meyer	Rolf	LG Großefehn	1969	2012	00:56:40	00:59:54	01:09:42	00:59:13	00:45:18	01:06:55	05:57:42	00:05:00	41	M40	216	6
633	Voßkuhl	Andreas	Völlenerfehn														

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
640	Poppen	Helmut	Störtebeker Loopers	1950	2012	00:54:09	00:57:59	01:08:00	01:00:04	00:46:39	01:11:27	05:58:18	00:05:01	62	M60	11	6
641	Adloff	Stephan	Team ENERCON	1976	2012	00:55:31	01:00:17	01:09:17	01:00:54	00:46:03	01:07:18	05:58:20	00:05:01	36	M30	95	6
642	Peters	Fred	DLRG Weener	1967	2012	01:09:11	00:57:59	01:06:06	00:56:40	00:43:34	01:05:00	05:58:30	00:05:01	45	M40	217	6
643	Thoben	Martin	ELV Elektronik AG	1970	2012	00:58:05	00:58:27	01:08:53	00:58:38	00:45:07	01:09:21	05:58:31	00:05:01	42	M40	218	6
644	de Buhr	Miriam	Fortuna Logabirum	1996	2012	00:57:32	00:59:34	01:08:47	00:59:58	00:45:57	01:06:52	05:58:40	00:05:01	16	WU20	7	6
645	Burlager	Stefan	Bünting Tee Leer	1984	2012	00:58:13	01:00:21	01:08:27	00:59:09	00:45:13	01:07:18	05:58:41	00:05:01	28	MHK	79	6
646	Birkoben	Rolf	TSV Riepe	1952	2012	00:54:09	00:58:52	01:11:21	01:00:16	00:45:31	01:08:42	05:58:51	00:05:01	60	M60	12	6
647	Löffel	Matthias	Via Denta Dentalabor	1970	2012	00:59:30	00:59:47	01:08:46	00:59:10	00:44:52	01:06:47	05:58:52	00:05:01	42	M40	219	6
648	Dirks	Heike	Team ENERCON	1963	2012	00:55:10	00:58:57	01:08:49	01:00:31	00:46:10	01:09:15	05:58:52	00:05:01	49	W40	29	6
649	Schmidt	Hartmut	Fortuna Logabirum	1962	2012	00:56:38	01:00:31	01:08:51	00:59:43	00:45:32	01:07:38	05:58:53	00:05:01	50	M50	108	6
650	Waldmann	Frank	Bundeswehr - Zivil	1955	2012	00:55:46	01:00:32	01:08:45	01:00:16	00:45:40	01:08:04	05:59:03	00:05:02	57	M50	109	6
651	Köhler	Carsten	Ostfriesische	1973	2012	00:57:39	00:59:37	01:10:14	00:59:02	00:45:04	01:07:28	05:59:04	00:05:02	39	M30	96	6
652	Sperlich	Ralf	Ostfriesische	1970	2012	00:57:38	00:59:37	01:10:14	00:59:02	00:45:04	01:07:29	05:59:04	00:05:02	42	M40	220	6
653	Meyerhoff	Helmut	LG Ostfriesland	1962	2012	00:56:40	00:59:27	01:09:24	00:59:42	00:45:21	01:08:37	05:59:11	00:05:02	50	M50	110	6
654	Wilken	Günther	TuS Leerhufe-Hovel	1968	2012	00:58:17	00:59:00	01:10:25	00:59:51	00:45:38	01:06:01	05:59:12	00:05:02	44	M40	221	6
655	Goudschaal	Johann	Kirchengemeinde	1964	2012	00:55:24	00:59:07	01:10:36	01:00:18	00:45:59	01:07:50	05:59:14	00:05:02	48	M40	222	6
656	Renken	Benno	Stadt Weener (Ems)	1966	2012	00:56:20	00:59:16	01:09:18	00:59:51	00:46:01	01:08:34	05:59:20	00:05:02	46	M40	223	6
657	Beckers	Achim	Germania Leer	1959	2012	00:56:15	01:00:20	01:10:34	00:59:46	00:45:54	01:06:43	05:59:32	00:05:02	53	M50	111	6
658	Michalak	Karl-Heinz	Concordia Ihrhove	1957	2012	01:00:15	00:59:50	01:08:53	00:59:57	00:44:47	01:05:55	05:59:37	00:05:02	55	M50	112	6
659	Wachtendorf	Thomas	MTV Aurich	1965	2012	00:56:13	00:59:10	01:09:13	00:59:56	00:45:10	01:10:04	05:59:46	00:05:02	47	M40	224	6
660	Streckel	Peter	EWE-Wattloopers	1954	2012	00:57:04	01:01:31	01:09:51	00:59:35	00:45:26	01:06:23	05:59:50	00:05:02	58	M50	113	6
661	Begitt	Kurt	SV Dornum	1947	2012	00:54:25	01:00:15	01:09:42	01:01:22	00:46:17	01:07:51	05:59:52	00:05:02	65	M60	13	6
662	Müller	Christian	HTG Ihlow	1997	2012	00:57:45	00:59:51	01:07:42	00:59:33	00:48:45	01:06:20	05:59:56	00:05:02	15	MU20	77	6
663	Brandt	Michael	IGS Waldschule Egels	1984	2012	00:58:26	01:02:22	01:09:18	00:58:46	00:44:54	01:06:12	05:59:58	00:05:02	28	MHK	80	6
664	Eilerts	Jürgen	SC Wiesens	1966	2012	00:54:47	00:57:34	01:09:09	01:02:38	00:47:29	01:08:21	05:59:58	00:05:02	46	M40	225	6
665	Hinrichs	Stefan	DFG Westerholt	1996	2012	00:57:46	01:00:17	01:10:07	01:00:11	00:44:49	01:06:53	06:00:03	00:05:02	16	MU20	78	6
666	Broek	Andreas	Stadt Weener (Ems)	1975	2012	00:56:20	00:59:19	01:09:14	00:59:51	00:46:03	01:09:17	06:00:04	00:05:02	37	M30	97	6
667	Ruhr	Stefan	Feuerwehr Suurhusen	1976	2012	00:57:20	01:00:30	01:09:16	00:59:09	00:44:59	01:08:54	06:00:08	00:05:02	36	M30	98	6
668	Pupkes	Gerhard	PuMa	1967	2012	00:54:30	00:59:45	01:09:57	01:00:29	00:46:15	01:09:13	06:00:09	00:05:02	45	M40	226	6
669	Großsmann	Frank	RVB Aurich/Uplengen	1974	2012	00:56:14	00:59:01	01:09:54	01:00:49	00:46:03	01:08:34	06:00:35	00:05:03	38	M30	99	6
670	de Buhr	Oskar	Schule am Patersweg	1951	2012	00:55:25	00:59:26	01:10:14	01:00:43	00:46:22	01:08:33	06:00:43	00:05:03	61	M60	14	6
671	Hildebrandt	Volkmar	TuS Weene	1955	2012	00:55:06	00:59:53	01:09:49	01:00:04	00:46:35	01:09:19	06:00:46	00:05:03	57	M50	114	6
672	Dreesmann	Gerhard	DLRG Weener	1958	2012	00:54:47	01:06:09	01:08:38	00:59:01	00:45:26	01:06:58	06:00:59	00:05:03	54	M50	115	6
673	Grüßing	Johann	LG Uplengen	1958	2012	00:57:59	00:59:34	01:09:17	00:59:54	00:45:55	01:08:30	06:01:09	00:05:03	54	M50	116	6
674	Pott	Hannes	VfL Germania Leer	1954	2012	00:56:23	00:59:26	01:10:12	01:00:16	00:46:20	01:08:44	06:01:21	00:05:03	58	M50	117	6
675	Jeron	August	LT TuS Aurich-Ost	1956	2012	00:56:57	01:00:57	01:09:55	01:00:21	00:45:38	01:07:34	06:01:22	00:05:03	56	M50	118	6
676	Schulz	Manfred	Tura 07	1957	2012	00:56:37	00:59:40	01:10:04	00:59:51	00:46:00	01:09:12	06:01:24	00:05:03	55	M50	119	6
677	Seiwald	Talea	Concordia Ihrhove	2001	2012	00:58:48	01:00:10	01:08:41	00:59:54	00:45:25	01:08:33	06:01:31	00:05:04	11	WU20	8	6
678	Boekhoff	Petra	SV Bentstreek	1967	2012	00:57:41	01:00:55	01:10:02	01:00:19	00:46:06	01:06:29	06:01:32	00:05:04	45	W40	30	6
679	Steinke	Hildegard	SV Concordia	1945	2012	00:54:46	01:00:00	01:10:15	01:01:36	00:46:03	01:08:57	06:01:37	00:05:04	67	W60	1	6
680	Peters	Jörg	Nortmoor	1966	2012	00:56:08	00:59:43	01:10:35	00:59:48	00:46:11	01:09:14	06:01:39	00:05:04	46	M40	227	6
681	Krallmann	Martin	LG Ostfriesland	1976	2012	00:57:13	00:59:42	01:08:35	00:59:24	00:46:44	01:10:05	06:01:43	00:05:04	36	M30	100	6
682	Janssen	Ilka	Mittelehlfefehn	1992	2012	00:58:09	01:01:15	01:09:30	00:59:52	00:46:10	01:06:48	06:01:44	00:05:04	20	WHK	9	6
683	John	Detlef	Zahnarztpraxis	1969	2012	00:57:46	01:01:25	01:09:45	01:00:26	00:45:44	01:06:44	06:01:50	00:05:04	43	M40	228	6
684	Pahl	Wilma	Team ENERCON	1985	2012	00:56:23	00:59:38	01:11:54	01:00:44	00:46:00	01:07:11	06:01:50	00:05:04	27	WHK	10	6
685	Barth	Johann	BFE Oldenburg	1978	2012	00:58:06	01:00:34	01:11:36	00:59:09	00:45:19	01:07:11	06:01:55	00:05:04	34	M30	101	6
686	Hinrichs	Rena	LG Grobfefehn	1994	2012	00:55:12	00:58:57	01:11:28	01:00:59	00:46:18	01:09:04	06:01:58	00:05:04	18	WU20	9	6
687	Rahn	Hinrich	EWE-Wattloopers	1973	2012	00:56:41	00:59:37	01:10:38	00:59:48	00:47:12	01:08:10	06:02:06	00:05:04	39	M30	102	6
688	Geiken	Marion	LT TuS Aurich-Ost	1966	2012	00:56:00	00:59:36	01:10:14	00:59:57	00:47:21	01:08:58	06:02:06	00:05:04	46	W40	31	6
689	Freitag	Norbert	LT TuS Aurich-Ost	1948	2012	00:58:55	01:00:27	01:08:41	01:00:24	00:46:12	01:07:33	06:02:12	00:05:04	64	M60	15	6
690	Penning	Hans-Dieter	Fortuna Logabirum	1962	2012	01:07:38	00:57:34	01:05:37	00:58:40	00:45:23	01:07:25	06:02:17	00:05:04	50	M50	120	6
691	Poppe Dr.	Sabine	LG Grobfefehn	1965	2012	00:56:32	01:01:09	01:10:13	01:00:22	00:46:23	01:07:40	06:02:19	00:05:04	47	W40	32	6
692	Engels	Franko	SVP Potshausen	1970	2012	00:57:52	01:01:45	01:11:30	01:00:35	00:44:12	01:06:51	06:02:45	00:05:05	42	M40	229	6
693	Klein	Matthias	LG Großwolde	1973	2012	01:00:17	01:00:28	01:10:01	00:59:36	00:45:36	01:06:48	06:02:46	00:05:05	39	M30	103	6
694	Langer	Timo	TSV Jahn Carolinensiel	1973	2012	00:57:11	01:00:10	01:10:32	01:00:59	00:43:43	01:10:13	06:02:48	00:05:05	39	M30	104	6
695	Friedrichs	Nils	Aurich	1970	2012	00:58:16	01:01:37	01:10:45	01:00:23	00:45:12	01:06:36	06:02:49	00:05:05	42	M40	230	6
696	Brinkmann	Jana	Seefahrtsschule Leer	1988	2012	00:58:08	01:02:47	01:09:54	01:00:24	00:45:41	01:05:57	06:02:51	00:05:05	24	WHK	11	6
697	Heilemann	Tanja	Praxis Heilemann	1972	2012	00:56:55	01:01:12	01:09:52	00:59:52	00:45:44	01:09:25	06:03:00	00:05:05	40	W40	33	6
698	Buß	Sandra	Wasserschutzpolizei	1982	2012	00:57:26	01:00:21	01:10:20	00:59:54	00:46:15	01:08:47	06:03:03	00:05:05	30	W30	13	6
699	Gerdes	Carmen	SVO Wi sünd Holtriem	1974	2012	00:56:28	01:02:02	01:08:38	01:00:49	00:45:39	01:09:31	06:03:07	00:05:05	38	W30	14	6
700	Schatt	Olaf	TGG-Leer	1967	2012	00:58:12	01:02:57	01:08:32	01:00:06	00:45:40	01:07:41	06:03:08	00:05:05	45	M40	231	6
701	Behrends	Ann-Katrin	Team ENERCON	1991	2012	00:56:59	01:00:00	01:12:55	00:59:46	00:46:08	01:07:33	06:03:21	00:05:05	21	WHK	12	6
702	Janssen	Drees	LG Ostfriesland	1962	2012	00:57:22	01:00:25	01:09:55	01:00:28	00:46:17	01:08:59	06:03:26	00:05:05	50	M50	121	6
703	Hopf	Simon	Oldenburg	1989	2012	00:57:00	01:01:24	01:11:20	00:59:28	00:44:50	01:09:34	06:03:36	00:05:0				

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
711	Becker	Matthias	Lebenshilfe Leer	1980	2012	00:57:16	01:01:00	01:10:42	01:00:27	00:45:44	01:08:55	06:04:04	00:05:06	32	M30	106	6
712	Brunden	Manuel	VOST	1983	2012	01:03:22	01:00:16	01:08:27	01:00:01	00:44:41	01:07:17	06:04:04	00:05:06	29	MHK	82	6
713	Schädler	Susan	Fortuna Logabirum	1959	2012	00:56:38	01:00:31	01:10:02	01:01:18	00:46:48	01:08:49	06:04:06	00:05:06	53	W50	4	6
714	Teske-Völker	Andrea	Holtland	1979	2012	00:56:43	01:01:28	01:10:31	01:00:41	00:46:32	01:08:21	06:04:16	00:05:06	33	W30	17	6
715	Fuhst	Johanna	Leinerstift e.V	1982	2012	00:57:47	01:01:24	01:09:55	01:00:29	00:45:41	01:09:05	06:04:21	00:05:06	30	W30	18	6
716	Christians	Reenhold	Emder LG	1950	2012	00:57:47	01:02:10	01:10:07	00:59:44	00:45:19	01:09:17	06:04:24	00:05:06	62	M60	16	6
717	Gontjes	Jörg	TSV Riepe	1963	2012	00:55:59	00:58:42	01:08:17	01:01:34	00:45:04	01:14:49	06:04:25	00:05:06	49	M40	233	6
718	Lücht	Mathias	Fortuna Logabirum	1968	2012	00:57:01	01:00:30	01:11:11	01:00:18	00:46:47	01:08:41	06:04:28	00:05:06	44	M40	234	6
719	Grest	Henning	Sparkasse	1979	2012	00:56:51	00:59:43	01:12:54	01:01:24	00:45:02	01:08:42	06:04:36	00:05:06	33	M30	107	6
720	Korporal	Horst	De Padlooper	1966	2012	00:58:08	00:59:47	01:08:49	01:00:35	00:46:40	01:10:45	06:04:44	00:05:06	46	M40	235	6
721	Neeland	Jörg	Aurich	1965	2012	00:57:18	00:59:15	01:11:19	01:03:40	00:45:40	01:07:34	06:04:46	00:05:06	47	M40	236	6
722	Roßmann	Bernd	Team Deutsche Post	1974	2012	00:59:24	00:59:52	01:10:07	01:01:00	00:45:25	01:09:05	06:04:53	00:05:06	38	M30	108	6
723	Möhlmann	Manfred	SC Wiesens	1964	2012	00:56:14	00:59:28	01:11:24	01:01:15	00:46:42	01:09:59	06:05:02	00:05:07	48	M40	237	6
724	Aden	Melanie	LG Großefehn	1972	2012	00:57:05	01:01:24	01:09:54	01:00:13	00:47:09	01:09:25	06:05:10	00:05:07	40	W40	34	6
725	Lünig	Jens	Stadt Leer	1974	2012	00:56:25	01:00:46	01:11:13	01:00:31	00:46:22	01:10:00	06:05:17	00:05:07	38	M30	109	6
726	Kuwan	Kerstin	EWE-Wattloopers	1968	2012	00:58:13	01:00:59	01:10:36	01:00:51	00:46:37	01:08:10	06:05:26	00:05:07	44	W40	35	6
727	Holzapfel	Petra	TV Norden	1968	2012	00:56:12	01:00:33	01:09:45	01:00:42	00:46:24	01:11:52	06:05:28	00:05:07	44	W40	36	6
728	Reimann	Klaus	Nordland Papier	1968	2012	00:58:13	01:01:00	01:10:37	01:00:51	00:46:38	01:08:10	06:05:29	00:05:07	44	M40	238	6
729	Sparringa	Hinrich	ohne	1969	2012	01:00:56	01:00:28	01:10:52	01:00:47	00:44:47	01:07:48	06:05:38	00:05:07	43	M40	239	6
730	Müller	Lothar	Onkologie Leer -	1961	2012	00:58:40	01:01:50	01:11:18	01:00:31	00:46:21	01:07:15	06:05:55	00:05:07	51	M50	124	6
731	Schulz	Stephan	Team ENERCON	1983	2012	00:59:00	01:00:31	01:10:42	01:00:08	00:45:24	01:10:13	06:05:58	00:05:07	29	MHK	83	6
732	Kohl	Jürgen	Ski Club Wangerland	1967	2012	00:57:11	01:00:11	01:10:32	01:00:59	00:46:52	01:10:13	06:05:58	00:05:07	45	M40	240	6
733	Vennen	Rolf-Dieter	EWE-Wattloopers	1962	2012	00:56:52	00:59:59	01:10:26	01:01:20	00:46:43	01:10:51	06:06:11	00:05:08	50	M50	125	6
734	Niemann	Richard	Esklum	1961	2012	00:57:04	01:00:29	01:10:04	01:01:59	00:46:39	01:10:05	06:06:20	00:05:08	51	M50	126	6
735	Gellmers	Ihno	Freie Christliche	1996	2012	00:56:33	00:59:47	01:11:09	01:01:28	00:47:11	01:10:15	06:06:23	00:05:08	16	MU20	80	6
736	Dahlweg	Frank		1978	2012	00:57:55	01:00:00	01:12:19	00:59:55	00:46:23	01:09:55	06:06:27	00:05:08	34	M30	110	6
737	Wiiken	Rieke	NIGE	1995	2012	01:01:46	01:02:47	01:09:37	00:58:27	00:46:23	01:07:34	06:06:34	00:05:08	17	WU20	10	6
738	Hoffmann	Luise	Ostfriesische	1958	2012	00:57:31	01:01:30	01:10:16	01:01:00	00:47:06	01:09:22	06:06:45	00:05:08	54	W50	5	6
739	Bültena	Wiard	Ubbo-Emmius-Klinik	1958	2012	00:57:07	01:01:26	01:11:31	01:00:23	00:46:16	01:10:07	06:06:50	00:05:08	54	M50	127	6
740	Fischer	Michael	Michael Fischer	1964	2012	00:57:24	01:00:46	01:12:27	01:00:48	00:46:01	01:09:29	06:06:55	00:05:08	48	M40	241	6
741	Rogge	Hendrik	RVB Aurich/Uplengen	1990	2012	00:57:58	01:00:09	01:13:24	01:00:28	00:45:32	01:09:28	06:06:59	00:05:08	22	MHK	84	6
742	Mansholt	Kai	Nowebau	1995	2012	00:57:13	00:59:15	01:11:16	01:02:11	00:48:15	01:09:03	06:07:13	00:05:08	17	MU20	81	6
743	Ebel	Rainer	LT TuS Aurich-Ost	1962	2012	00:56:50	01:02:19	01:11:07	01:01:07	00:46:43	01:09:13	06:07:19	00:05:08	50	M50	128	6
744	Jöhrens	Gerd	LwlnsthGrp 21	1971	2012	00:57:44	01:02:49	01:10:24	01:00:30	00:46:36	01:09:16	06:07:19	00:05:08	41	M40	242	6
745	de Vries	Bernd	TB.Twixlum	1970	2012	00:57:42	01:02:00	01:11:04	01:00:40	00:46:32	01:09:35	06:07:33	00:05:09	42	M40	243	6
746	Brauer	Siegfried	WföM BBB Aurich	1958	2012	00:59:06	01:00:30	01:10:23	01:00:08	00:47:49	01:09:44	06:07:40	00:05:09	54	M50	129	6
747	Kruse	Wilfried	Gymnasium Ulricianum	1961	2012	00:56:50	00:58:31	01:05:42	01:00:59	00:45:03	01:20:44	06:07:49	00:05:09	51	M50	130	6
748	Heyen	Florian	Volkswagen Coaching	1995	2012	00:56:23	01:01:30	01:10:14	01:01:18	00:48:12	01:10:12	06:07:49	00:05:09	17	MU20	82	6
749	Kohlenberg	Inse	TuS Zetel	1950	2012	00:57:12	01:00:28	01:10:25	01:01:21	00:47:14	01:11:10	06:07:50	00:05:09	62	W60	2	6
750	de Freese	Timo		1992	2012	01:08:03	01:02:43	01:09:57	00:58:58	00:43:15	01:05:06	06:08:02	00:05:09	20	MHK	85	6
751	Hüttinga	Jens	Wymeer	1968	2012	00:58:06	01:01:43	01:11:36	01:00:56	00:47:06	01:08:40	06:08:07	00:05:09	44	M40	244	6
752	Barthel	Rüdiger	Seefahrtsschule Leer	1990	2012	01:00:23	01:02:18	01:10:43	01:00:11	00:45:09	01:09:27	06:08:11	00:05:09	22	MHK	86	6
753	Hüttenberger	Michael	SG Stedesdorf	1955	2012	00:56:30	01:01:44	01:11:15	01:00:26	00:46:28	01:11:51	06:08:14	00:05:09	57	M50	131	6
754	Lücke	Anna	SV Nortmoor	1982	2012	00:56:29	01:00:44	01:11:37	01:00:30	00:47:33	01:11:21	06:08:14	00:05:09	30	W30	19	6
755	Trauernicht	Anne	Piffikus WST	1969	2012	00:57:19	01:01:19	01:10:27	01:01:59	00:47:14	01:10:04	06:08:22	00:05:09	43	W40	37	6
756	Schön	Maik	Kälte Schön	1991	2012	00:58:11	01:02:50	01:08:44	00:59:44	00:46:42	01:12:13	06:08:24	00:05:09	21	MHK	87	6
757	Rühling	Michael	LT TuS Aurich-Ost	1971	2012	00:58:12	01:01:46	01:11:16	01:01:17	00:46:50	01:09:04	06:08:25	00:05:09	41	M40	245	6
758	Lawecki	Dennis	GeTek	1988	2012	00:59:23	01:01:48	01:10:00	00:59:32	00:47:50	01:10:05	06:08:38	00:05:10	24	MHK	88	6
759	Heckhoff	Finn Eric	VfL Germania Leer	1997	2012	00:59:07	01:01:28	01:11:20	01:01:38	00:46:13	01:09:01	06:08:47	00:05:10	15	MU20	83	6
760	Arends	Michael	Seefahrtsschule Leer	1992	2012	01:02:03	01:02:13	01:10:44	01:00:13	00:45:09	01:08:27	06:08:49	00:05:10	20	MHK	89	6
761	Mertins	Klaus-Dieter	obw Emden	1956	2012	00:57:15	01:00:44	01:11:23	01:04:09	00:46:17	01:09:10	06:08:58	00:05:10	56	M50	132	6
762	Klaaßen	Jan	Nordland Papier	1971	2012	00:57:39	01:01:01	01:11:28	01:00:30	00:46:57	01:11:25	06:09:00	00:05:10	41	M40	246	6
763	Glinkowski	Michael	JVA Emden	1969	2012	00:56:10	01:01:22	01:10:42	01:01:28	00:47:59	01:11:21	06:09:02	00:05:10	43	M40	247	6
764	Kurrelvink	Andrea	Hartmann Group	1972	2012	00:57:49	01:02:31	01:10:36	01:01:42	00:47:02	01:09:31	06:09:11	00:05:10	40	W40	38	6
765	Frerichs	Silke	TV Norden	1978	2012	00:57:42	01:02:26	01:10:12	01:00:43	00:46:24	01:11:52	06:09:19	00:05:10	34	W30	20	6
766	Scholla	Jürgen	Ubbo-Emmius-Klinik	1956	2012	00:58:02	01:03:08	01:11:34	01:00:23	00:46:16	01:10:00	06:09:23	00:05:10	56	M50	133	6
767	Wiegens	Ulrich	TuS Eintracht Hinte	1955	2012	00:58:01	01:01:59	01:10:58	01:01:34	00:47:30	01:09:30	06:09:32	00:05:10	57	M50	134	6
768	Storm	Christian	LT TuS Aurich-Ost	1979	2012	00:57:15	01:02:01	01:12:58	01:00:17	00:46:33	01:10:33	06:09:37	00:05:10	33	M30	111	6
769	Große	Anett	LwlnsthGrp 21	1980	2012	00:59:09	01:02:33	01:10:26	01:01:37	00:46:23	01:09:35	06:09:43	00:05:10	32	W30	21	6
770	Koning	Florian	VfR Heisfelde	1996	2012	00:57:33	01:00:48	01:13:44	00:59:58	00:46:46	01:10:59	06:09:48	00:05:11	16	MU20	84	6
771	Bihn	Sylvia	MTV Hohenkirchen	1996	2012	00:58:07	01:01:03	01:10:56	01:00:51	00:48:21	01:10:33	06:09:51	00:05:11	16	WU20	11	6
772	Engels	Renko	SVP Potshausen	2000	2012	00:57:41	01:01:45	01:11:31	01:01:20	00:47:04	01:10:35	06:09:56	00:05:11	12	MU20	85	6
773	Meyburg	Frank	Simonswolde	1969	2012	00:57:13	00:59:13	01:09:00	01:07:16	00:47:00	01:10:18	06:10:00	00:05:11	43	M40	248	6
774	Mansholt	Sabine	VfB Uplengen	1971	2012	00:57:19	01:02:44	01:11:26	01:01:25	00:47:35	01:09:42	06:10:11	00:05:11	41	W40	39	6
775</																	

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
782	Bock	Uwe	LT TuS Aurich-Ost	1961	2012	00:56:07	01:01:55	01:12:28	01:03:15	00:47:56	01:08:58	06:10:39	00:05:11	51	M50	135	6
783	Saathoff	Eiko	Gymnasium Ulricianum	1997	2012	01:04:30	01:01:48	01:08:51	01:01:11	00:46:00	01:08:23	06:10:43	00:05:11	15	MU20	87	6
784	Meyer	Christian	Kdo SES Ostfriesland	1986	2012	01:12:45	01:03:19	01:08:19	00:56:22	00:45:23	01:04:41	06:10:49	00:05:11	26	MHK	91	6
785	Romaneefßen	Gerd	Theater Brockzetel-	1963	2012	00:57:24	01:01:40	01:11:48	01:02:08	00:47:19	01:10:33	06:10:52	00:05:11	49	M40	251	6
786	Olthoff	Silke	LG TV Bunde	1964	2012	00:58:24	01:01:35	01:11:41	01:01:39	00:47:09	01:10:26	06:10:54	00:05:11	48	W40	41	6
787	Gerken	Theo	LG Ostfriesland	1944	2012	00:58:30	01:01:30	01:11:46	01:02:03	00:47:26	01:09:41	06:10:56	00:05:11	68	M60	18	6
788	Peters	Janneke	Nortmoor	1977	2012	00:56:19	00:59:43	01:11:38	00:59:42	00:47:16	01:16:26	06:11:04	00:05:12	35	W30	22	6
789	Weerts-Duin	Meike	SV Holtland	1976	2012	00:57:54	01:02:25	01:11:49	01:01:44	00:47:04	01:10:08	06:11:04	00:05:12	36	W30	23	6
790	Hoofdmann	Klaus	A-Jugend JSG IHLOW	1983	2012	00:59:08	01:00:41	01:16:20	00:59:28	00:45:53	01:09:37	06:11:07	00:05:12	29	MHK	92	6
791	Löschen	Veronique	Kdo SES Ostfriesland	1980	2012	00:57:25	01:01:45	01:11:27	01:02:05	00:47:26	01:11:05	06:11:13	00:05:12	32	W30	24	6
792	Garrelts	Bernd	SC Wiesens	1976	2012	00:56:54	01:01:50	01:11:11	01:01:14	00:48:01	01:12:06	06:11:16	00:05:12	36	M30	112	6
793	Bohlen	Mathias	Dekra Wilhelmshaven	1978	2012	00:59:15	01:00:46	01:11:11	01:02:25	00:47:57	01:09:46	06:11:20	00:05:12	34	M30	113	6
794	Freundenberg	Gesa	Ihlowerfehn	1982	2012	00:56:04	01:00:31	01:12:19	01:02:02	00:47:45	01:12:41	06:11:22	00:05:12	30	W30	25	6
795	Badger	Wilhelm	TG Wiesmoor	1944	2012	00:56:45	01:00:48	01:12:12	01:01:54	00:47:17	01:12:27	06:11:23	00:05:12	68	M60	19	6
796	Schoon	Inge	TG Wiesmoor	1966	2012	00:56:45	01:00:47	01:12:15	01:01:52	00:47:16	01:12:28	06:11:23	00:05:12	46	W40	42	6
797	Koning	Joachim	VfR.Heisfelde AH	1955	2012	00:57:46	01:00:49	01:13:58	01:01:05	00:46:49	01:10:57	06:11:24	00:05:12	57	M50	136	6
798	Eberhard	Harald	TG Wiesmoor	1966	2012	00:56:46	01:00:45	01:12:14	01:01:53	00:47:18	01:12:28	06:11:24	00:05:12	46	M40	252	6
799	Saathoff	Dieter	TG Wiesmoor	1960	2012	00:56:47	01:00:45	01:12:13	01:01:53	00:47:18	01:12:28	06:11:24	00:05:12	52	M50	137	6
800	Beeken	Hajo	SVP Potshausen	1961	2012	00:57:44	01:01:48	01:11:49	01:01:28	00:47:23	01:11:13	06:11:25	00:05:12	51	M50	138	6
801	Bohlen	Hans-Peter	TG Wiesmoor	1966	2012	00:56:46	01:00:45	01:12:14	01:01:54	00:47:18	01:12:28	06:11:25	00:05:12	46	M40	253	6
802	Engels-Bakker	Janke	TG Wiesmoor	1974	2012	00:56:46	01:00:46	01:12:15	01:01:53	00:47:18	01:12:29	06:11:27	00:05:12	38	W30	26	6
803	Stöter	Gerold	SV- Stern	1962	2012	00:58:50	01:01:54	01:11:02	01:01:27	00:47:11	01:11:17	06:11:41	00:05:12	50	M50	139	6
804	Glamann-Schulzek	Gralf	TV Norden	1965	2012	01:07:01	01:15:25	01:06:09	00:55:37	00:43:55	01:03:41	06:11:48	00:05:12	47	M40	254	6
805	Apostel	Romana	Pro SENIS	1971	2012	00:59:15	01:02:41	01:11:15	01:01:11	00:47:33	01:10:00	06:11:55	00:05:12	41	W40	43	6
806	Mohnsame	Klaus	SV-Moslesfehn	1943	2012	00:54:14	01:03:30	01:07:38	01:05:33	00:47:28	01:13:32	06:11:55	00:05:12	69	M60	20	6
807	Janssen	Christoffer	Barkholt	1981	2012	00:59:46	01:02:50	01:10:59	01:00:59	00:47:08	01:10:18	06:12:00	00:05:12	31	M30	114	6
808	Lübberts	Sandra	NW	1987	2012	00:58:11	01:02:20	01:12:09	01:02:00	00:47:38	01:09:42	06:12:00	00:05:12	25	W40	13	6
809	Thomsen	Volker	MTV Wittmund	1950	2012	00:59:52	01:03:16	01:13:04	01:02:55	00:48:57	01:04:07	06:12:11	00:05:13	62	M60	21	6
810	Janssen de Wall	Jan	Gemeinschaftspraxis	1972	2012	01:05:14	01:04:44	01:11:16	00:59:49	00:45:06	01:06:05	06:12:14	00:05:13	40	M40	255	6
811	Fischer	Günther	LG Großfehn	1952	2012	00:57:21	01:03:32	01:10:56	01:02:05	00:47:46	01:10:41	06:12:21	00:05:13	60	M60	22	6
812	Penning	Hartmut	Störtebeker Loopers	1951	2012	00:58:07	01:02:15	01:11:48	01:01:51	00:48:06	01:10:18	06:12:25	00:05:13	61	M60	23	6
813	Stüben	Martin	Fortuna Logabirum	1968	2012	00:58:38	01:01:05	01:12:39	01:01:46	00:46:52	01:11:25	06:12:25	00:05:13	44	M40	256	6
814	Habedank	Wolfgang		1957	2012	01:00:24	01:02:45	01:11:36	01:00:39	00:47:02	01:10:09	06:12:35	00:05:13	55	M50	140	6
815	Pleis	Gregor	Moorloopers	1965	2012	00:57:07	01:01:20	01:11:57	01:03:32	00:47:50	01:10:51	06:12:37	00:05:13	47	M40	257	6
816	de Freese	Gerd		1968	2012	01:00:16	01:02:38	01:10:50	00:59:35	00:46:43	01:12:42	06:12:44	00:05:13	44	M40	258	6
817	Meyer	Marco	Pro Nautas	1980	2012	00:57:02	01:01:27	01:12:19	01:01:07	00:48:15	01:12:36	06:12:46	00:05:13	32	M30	115	6
818	Lachmund	Günter		1963	2012	00:57:15	01:02:03	01:12:35	01:02:25	00:47:40	01:10:51	06:12:49	00:05:13	49	M40	259	6
819	Lüken	Heiko	SC Wiesens	1969	2012	00:58:50	01:02:23	01:11:15	01:02:10	00:47:18	01:10:53	06:12:49	00:05:13	43	M40	260	6
820	Wolbers	Klaus	Aurich	1979	2012	00:59:36	01:01:08	01:13:15	01:01:16	00:46:20	01:11:15	06:12:50	00:05:13	33	M30	116	6
821	Stark	Regina	LG TV Bunde	1963	2012	00:59:32	01:02:39	01:11:42	01:01:41	00:46:47	01:10:38	06:12:59	00:05:13	49	W40	44	6
822	Jesch	Frank	LG Großfehn	1966	2012	00:59:12	01:01:04	01:12:31	01:02:07	00:47:22	01:10:52	06:13:08	00:05:13	46	M40	261	6
823	Bunger	Annika	Pro Nautas	1984	2012	00:57:14	01:01:38	01:12:20	01:01:09	00:48:17	01:12:37	06:13:15	00:05:13	28	W40	14	6
824	Brahms	Stephanie	Holtrop	1974	2012	01:00:15	01:02:12	01:11:36	01:01:13	00:47:50	01:10:11	06:13:17	00:05:13	38	W30	27	6
825	Röben	Holger	Team ENERCON	1973	2012	00:58:32	01:03:19	01:12:34	01:02:10	00:47:58	01:08:52	06:13:25	00:05:14	39	M30	117	6
826	Hedemann	Hans-Jürgen	Team AURICHER	1963	2012	00:57:40	01:02:18	01:08:18	01:01:40	00:52:19	01:11:13	06:13:28	00:05:14	49	M40	262	6
827	Müller	Jens	Hartmann Group	1977	2012	00:59:48	01:02:03	01:12:18	01:02:21	00:47:11	01:09:47	06:13:28	00:05:14	35	M30	118	6
828	Thormählen	Björn	Seefahrtsschule Leer	1988	2012	01:00:43	01:05:34	01:12:19	01:01:11	00:46:26	01:07:17	06:13:30	00:05:14	24	MHK	93	6
829	Dirks	Andreas	Störtebeker Loopers	1964	2012	00:58:39	01:01:16	01:12:49	01:02:27	00:48:08	01:10:20	06:13:39	00:05:14	48	M40	263	6
830	Wagner	Irene	Emder LG	1966	2012	00:58:44	01:00:52	01:12:21	01:03:09	00:47:52	01:10:42	06:13:40	00:05:14	46	W40	45	6
831	Mühlenbrock	Ralf	Team ENERCON	1967	2012	00:57:28	01:02:37	01:11:17	01:02:43	00:48:01	01:11:35	06:13:41	00:05:14	45	M40	264	6
832	Alberts	Ralf	FC Schalke 04	1968	2012	01:01:13	01:03:15	01:11:58	01:00:58	00:46:35	01:09:48	06:13:47	00:05:14	44	M40	265	6
833	Sünkel	Gabi	Emder LG	1972	2012	00:56:57	01:01:42	01:11:18	01:02:55	00:49:12	01:11:43	06:13:47	00:05:14	40	W40	46	6
834	Schmidt	Hermann	FC Stern Völlenerfehn	1955	2012	00:59:09	01:02:08	01:12:50	01:01:23	00:47:38	01:10:45	06:13:53	00:05:14	57	M50	141	6
835	Müller	Wilhelm	Emder LG	1950	2012	00:58:17	01:02:15	01:14:24	01:02:19	00:45:20	01:11:25	06:14:00	00:05:14	62	M60	24	6
836	Schmidt	Günther	LG Uplengen	1959	2012	00:59:17	01:01:24	01:12:14	01:01:41	00:47:55	01:11:37	06:14:08	00:05:14	53	M50	142	6
837	Tempel	Heiko	Freie Christliche	1993	2012	01:03:04	01:01:46	01:12:48	01:01:20	00:46:09	01:09:05	06:14:12	00:05:14	19	MU20	88	6
838	Janssen	Bernd	Emder LG	1965	2012	00:58:57	01:02:04	01:13:42	01:01:30	00:47:08	01:11:01	06:14:22	00:05:14	47	M40	266	6
839	Fischer	Frank	Reederei Buss	1972	2012	00:55:28	01:01:54	01:11:23	01:01:38	00:48:02	01:16:00	06:14:25	00:05:14	40	M40	267	6
840	Eichhorn	Helmut	Heerenscamp /	1969	2012	01:02:04	01:02:52	01:12:21	01:01:52	00:46:59	01:08:24	06:14:32	00:05:15	43	M40	268	6
841	Feldkamp	Volker	Schule am Deich	1960	2012	00:56:54	01:02:06	01:11:29	01:02:10	00:49:16	01:12:41	06:14:36	00:05:15	52	M50	143	6
842	Coordes	Detlef	Bagband	1963	2012	00:59:01	01:02:30	01:12:00	01:02:12	00:47:40	01:11:17	06:14:40	00:05:15	49	M40	269	6
843	Grimm	Thomas	Vfll. Berumbur	1961	2012	00:57:46	01:00:38	01:11:22	01:03:21	00:47:19	01:14:14	06:14:40	00:05:15	51	M50	144	6
844	Bruns	Helmut	TuS Eintracht Hinte	1951	2012	00:58:01	01:01:59	01:11:50	01:02:06	00:48:08	01:12:37	06:14:41	00:05:15	61	M60	25	6
845	Oldendorf	Günther	TV Norden	1962	2012	01:07:00	01:07:33	01:08:44	00:58:14	00:44:43	01:08:31	06:14:45	00:05:15	50	M50	145	6

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
853	Hopf, Dr.	Friedemann	Ubbo-Emmius-Klinik	1959	2012	00:57:03	01:01:25	01:11:20	01:02:04	00:49:21	01:14:03	06:15:16	00:05:15	53	M50	148	6
854	Pollmann	Ralf	MTV Wittmund	1954	2012	00:58:47	01:02:58	01:13:51	01:02:00	00:47:38	01:10:09	06:15:23	00:05:15	58	M50	149	6
855	Müller	Jennifer	Seefahrtsschule Leer	1990	2012	01:00:52	01:03:49	01:12:52	01:01:53	00:47:05	01:08:52	06:15:23	00:05:15	22	WHK	15	6
856	Wilken	Claudia	RVB Aurich/Uplengen	1980	2012	01:01:47	01:02:42	01:10:40	01:00:20	00:46:41	01:13:13	06:15:23	00:05:15	32	W30	28	6
857	Ludwigs	Joachim	Emden	1969	2012	00:58:58	01:02:31	01:12:11	01:02:22	00:48:18	01:11:08	06:15:28	00:05:15	43	M40	272	6
858	August	Dieter	SuS Timmel	1960	2012	00:58:14	01:02:07	01:13:39	01:01:24	00:47:36	01:12:33	06:15:33	00:05:15	52	M50	150	6
859	Eden	Michael	Eastfrian Metal	1973	2012	00:59:49	01:03:03	01:12:55	01:01:58	00:47:00	01:11:00	06:15:45	00:05:16	39	M30	119	6
860	Janssen	Enno	Freiwillige Feuerwehr	1964	2012	01:02:59	01:03:37	01:12:42	01:01:00	00:45:45	01:09:54	06:15:57	00:05:16	48	M40	273	6
861	Blank	Torsten	Stadt Leer	1977	2012	00:59:25	01:03:19	01:13:44	01:01:35	00:47:47	01:10:13	06:16:03	00:05:16	35	M30	120	6
862	Wildemann	Martin	Kautex	1960	2012	00:59:49	01:03:18	01:11:36	01:01:21	00:46:37	01:13:23	06:16:04	00:05:16	52	M50	151	6
863	Holthuis	Jann	Warsingsfehn	1964	2012	00:57:14	01:02:19	01:15:30	01:02:48	00:48:24	01:09:51	06:16:06	00:05:16	48	M40	274	6
864	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	1948	2012	00:59:28	01:03:01	01:12:40	01:02:43	00:47:39	01:10:35	06:16:06	00:05:16	64	M60	27	6
865	Bonin	Philipp	Freie Christliche	1992	2012	01:01:37	01:04:25	01:15:57	01:00:57	00:44:37	01:08:34	06:16:07	00:05:16	20	MHK	94	6
866	Müller	Rainer	TV Friedeburg	1942	2012	00:58:20	01:01:58	01:12:39	01:03:13	00:48:09	01:11:48	06:16:07	00:05:16	70	M70	3	6
867	Caspers	Menko	Gymnasium Ulricianum	1994	2012	00:57:46	01:01:33	01:09:32	01:00:59	00:45:46	01:20:43	06:16:19	00:05:16	18	MU20	91	6
868	Schnabel	Indra	Lauftreff Aurich-Ost	1978	2012	00:58:06	01:03:06	01:14:03	01:02:48	00:49:20	01:08:58	06:16:21	00:05:16	34	W30	29	6
869	Ahrenholtz	Horst-Dieter	Lauftreff Moormerland	1965	2012	01:01:19	01:03:08	01:12:19	01:02:22	00:47:49	01:09:38	06:16:35	00:05:16	47	M40	275	6
870	Habben	Berend	Fa Wybelsum	1960	2012	00:56:10	00:58:41	01:13:19	01:01:45	00:48:32	01:18:16	06:16:43	00:05:16	52	M50	152	6
871	Olthoff	Thomas	Moormerland	1970	2012	01:01:56	01:02:34	01:13:21	01:01:16	00:46:48	01:10:48	06:16:43	00:05:16	42	M40	276	6
872	Hagen	Henning	Seefahrtsschule Leer	1983	2012	01:02:46	01:04:14	01:15:07	01:01:30	00:45:55	01:07:13	06:16:45	00:05:16	29	MHK	95	6
873	Boelsen	Amke	Karl-Bruns-Realschule	1961	2012	00:57:22	01:05:06	01:14:04	01:02:32	00:48:39	01:09:04	06:16:47	00:05:16	51	W50	6	6
874	Wehmeier	Tim	SG Egels/Popens	1999	2012	00:58:17	01:02:51	01:14:53	01:01:14	00:47:50	01:11:43	06:16:48	00:05:16	13	MU20	92	6
875	Cramer	Helmut	Stadtwerke Norden	1960	2012	00:58:25	01:02:47	01:13:28	01:02:50	00:47:44	01:11:38	06:16:52	00:05:16	52	M50	153	6
876	Alberts	Bernd	Thai-Box-Team Norden	1975	2012	00:58:27	01:03:05	01:13:38	01:03:32	00:47:12	01:11:03	06:16:57	00:05:17	37	M30	121	6
877	Löhn	Karen	Moormerland	1963	2012	00:58:51	01:02:58	01:13:32	01:02:27	00:47:38	01:11:34	06:17:00	00:05:17	49	W40	47	6
878	Fisser	Gisela	TV Norden	1965	2012	00:57:42	01:00:37	01:14:06	01:03:48	00:49:02	01:11:56	06:17:11	00:05:17	47	W40	48	6
879	Flessner	Jörg	Fortuna Logabirum	1960	2012	01:03:54	01:05:15	01:10:11	00:59:48	00:45:27	01:12:39	06:17:14	00:05:17	52	M50	154	6
880	Frerichs	Ralf	Uplengen	1973	2012	00:59:59	01:02:39	01:11:58	01:03:58	00:47:51	01:11:05	06:17:30	00:05:17	39	M30	122	6
881	Janssen	Imke	LT TuS Aurich-Ost	1976	2012	00:56:39	01:01:23	01:11:21	01:06:39	00:47:52	01:13:46	06:17:40	00:05:17	36	W30	30	6
882	Kröger	Marion	Team Laufrausch e.v.	1960	2012	00:58:44	01:02:23	01:12:20	01:03:34	00:48:44	01:11:55	06:17:40	00:05:17	52	W50	7	6
883	Schmidt	Tina	SV Frisia Brinkum	1988	2012	00:59:29	01:03:18	01:13:23	01:02:58	00:47:16	01:11:17	06:17:41	00:05:17	24	WHK	16	6
884	Jacobsen	Jörg	Esseborg	1967	2012	01:00:29	01:02:09	01:12:33	01:02:23	00:48:05	01:12:15	06:17:54	00:05:17	45	M40	277	6
885	Fröhling	Rudolf	Norden	1963	2012	01:00:25	01:03:33	01:13:29	01:02:50	00:47:05	01:10:37	06:17:59	00:05:17	49	M40	278	6
886	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2012	00:59:59	01:03:19	01:12:10	01:02:41	00:48:06	01:11:50	06:18:05	00:05:17	56	M50	155	6
887	Siebens	Kampe	BSG Gemeinde Hinte	1969	2012	01:02:07	01:02:36	01:13:41	01:01:32	00:47:01	01:11:10	06:18:07	00:05:18	43	M40	279	6
888	Meents	Hans-Hermann	KBV Einigkeit Leerhufe	1965	2012	01:00:16	01:02:08	01:13:18	01:02:49	00:48:04	01:11:34	06:18:09	00:05:18	47	M40	280	6
889	Trauernicht	Harald	LG-Grossefehn/T-GO	1969	2012	00:59:30	01:02:46	01:13:17	01:02:45	00:48:27	01:11:29	06:18:14	00:05:18	43	M40	281	6
890	Schlumbach	Stefanie	Kdo SES Ostfriesland	1986	2012	01:00:24	01:02:18	01:13:54	01:02:59	00:47:28	01:11:13	06:18:16	00:05:18	26	WHK	17	6
891	Hook	Michael	Watt'n Looper SV	1966	2012	00:58:45	01:01:21	01:12:47	01:03:12	00:49:51	01:12:21	06:18:17	00:05:18	46	M40	282	6
892	Flügge	Maike	VfL Germania Leer	1966	2012	01:00:27	01:03:21	01:12:17	01:03:25	00:47:28	01:11:28	06:18:26	00:05:18	46	W40	49	6
893	Erdwiens	Dennis	GeTek	1993	2012	00:59:14	01:01:24	01:08:41	00:57:57	00:51:57	01:19:15	06:18:28	00:05:18	19	MU20	93	6
894	Brink	Armin	Stadtwerke LEER	1962	2012	00:58:53	01:01:45	01:13:37	01:02:03	00:47:24	01:14:48	06:18:30	00:05:18	50	M50	156	6
895	Oelrichs	Hero	TuS Esens	1961	2012	00:58:03	01:01:49	01:13:34	01:03:54	00:47:50	01:13:21	06:18:31	00:05:18	51	M50	157	6
896	Nauschütt	Björn	Ostfriesische	1973	2012	00:58:21	01:04:02	01:13:02	01:03:28	00:48:15	01:11:32	06:18:40	00:05:18	39	M30	123	6
897	Meints	Karin	LG Großefehn	1962	2012	00:59:37	01:02:57	01:13:03	01:02:47	00:48:36	01:11:42	06:18:42	00:05:18	50	W50	8	6
898	Schmidt	Lydia	SV Holtland	1963	2012	00:59:29	01:03:19	01:13:38	01:03:12	00:47:49	01:11:17	06:18:44	00:05:18	49	W40	50	6
899	Bakker	Heinz	Backemoor	1956	2012	01:01:24	01:02:51	01:12:42	01:02:53	00:47:55	01:11:10	06:18:55	00:05:18	56	M50	158	6
900	Berghaus	Andreas	Team Wilts	1974	2012	01:01:25	01:02:51	01:12:41	01:02:53	00:47:56	01:11:10	06:18:56	00:05:18	38	M30	124	6
901	Wenninga	Hauko	Leer	1950	2012	01:00:44	01:02:52	01:13:24	01:02:32	00:47:46	01:11:38	06:18:56	00:05:18	62	M60	28	6
902	Meyer	Jörg	Team ENERCON	1974	2012	01:00:48	01:03:05	01:13:26	01:02:14	00:47:49	01:11:43	06:19:05	00:05:18	38	M30	125	6
903	Lamberts	Gina	Aquilo	1967	2012	00:58:48	01:01:51	01:12:09	01:03:47	00:49:08	01:13:27	06:19:10	00:05:18	45	W40	51	6
904	Heilmann	Klaus	Seefahrtsschule Leer	1970	2012	00:57:34	01:02:55	01:13:12	01:03:49	00:48:50	01:12:50	06:19:10	00:05:18	42	M40	283	6
905	Meyer	Detlef	FC Oldersum	1959	2012	00:59:09	01:03:38	01:13:35	01:03:12	00:48:08	01:11:28	06:19:10	00:05:18	53	M50	159	6
906	Wolter	Ekkehart	Die Münchener	1953	2012	01:01:34	01:03:33	01:13:29	01:02:50	00:47:08	01:10:37	06:19:11	00:05:18	59	M50	160	6
907	Marschall	Iris	TV Norden	1966	2012	01:00:15	01:02:07	01:14:26	01:02:45	00:48:13	01:11:25	06:19:11	00:05:18	46	W40	52	6
908	Densow	Detlef	LT TuS Aurich-Ost	1965	2012	00:57:44	01:03:54	01:13:55	01:02:38	00:48:37	01:12:31	06:19:19	00:05:19	47	M40	284	6
909	Kazaday	Mykolas	BBC Chartering	1985	2012	01:02:18	01:04:34	01:14:03	01:01:16	00:46:25	01:10:50	06:19:26	00:05:19	27	MHK	96	6
910	Meyer	Mario	Vfll Berumbur	1970	2012	00:59:56	01:03:26	01:13:01	01:03:19	00:48:18	01:11:33	06:19:33	00:05:19	42	M40	285	6
911	Akkermann	Ralf	SV Stikelkamp	1968	2012	00:59:22	01:03:38	01:13:34	01:02:25	00:48:47	01:11:48	06:19:34	00:05:19	44	M40	286	6
912	Rümenapf	Inka		1968	2012	01:00:27	01:04:06	01:14:22	01:02:52	00:47:10	01:10:46	06:19:43	00:05:19	44	W40	53	6
913	Schmeink	Meret	B.G. shake-hands Leer	1996	2012	01:00:56	01:04:43	01:11:17	01:02:24	00:47:55	01:12:28	06:19:43	00:05:19	16	WU20	12	6
914	Oltrop	Kerstin	Fortuna Logabirum	1977	2012	00:59:40	01:03:10	01:13:58	01:03:11	00:48:27	01:11:28	06:19:54	00:05:19	35	W30	31	6
915	de Buhr	Aike	KGS Wiesmoor	1995	2012	01:00:40	01:04:42	01:14:14	01:02:11	00:48:25	01:09:48	06:20:00	00:05:19	17	MU20	94	6
916	Iken	Jens	KBV Blersum	1969	2012	00:59:28	01:03:03	01:13:33	01:03:47	00:48:02	01:12:07	06:20:00	00:05:19	43			

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
924	Kramer	Alexander	EWE-Wattloopers	1971	2012	00:59:28	01:03:26	01:14:10	01:03:06	00:48:07	01:12:47	06:21:04	00:05:20	41	M40	290	6
925	Lachmann	Antje	Schwarz-Weiß	1964	2012	00:58:42	01:02:14	01:12:52	01:03:24	00:49:51	01:14:01	06:21:04	00:05:20	48	W40	55	6
926	Seiwald, Dr.	Uta	Rhauderfehn	1969	2012	01:00:15	01:02:58	01:13:53	01:02:38	00:47:47	01:13:34	06:21:05	00:05:20	43	W40	56	6
927	Thaden	Folkert	SC Dunum	1955	2012	01:02:53	01:03:50	01:13:05	01:04:29	00:47:13	01:09:42	06:21:12	00:05:20	57	M50	161	6
928	Heidenreich	Nils	HSM Wirtschaftsprüfer	1993	2012	01:00:21	01:05:04	01:13:57	01:02:48	00:48:18	01:10:53	06:21:21	00:05:20	19	MU20	97	6
929	Bohlken	Saskia	Schule Moormerland	1994	2012	00:57:41	01:02:01	01:17:01	01:08:17	00:46:22	01:10:01	06:21:23	00:05:20	18	WU20	13	6
930	Gersch	Siegfried	TSV Riepe	1942	2012	00:59:00	01:01:44	01:11:50	01:02:52	00:51:10	01:14:48	06:21:24	00:05:20	70	M70	4	6
931	Meints	Martin	SV Ochtersum	1991	2012	01:00:46	01:02:22	01:13:48	01:02:33	00:48:31	01:13:27	06:21:27	00:05:20	21	MHK	97	6
932	Pothast	Hiltrud	HC Moormerland	1972	2012	01:00:25	01:03:38	01:14:49	01:02:46	00:47:38	01:12:13	06:21:29	00:05:20	40	W40	57	6
933	Köster	Insa	FT Spetzerfehn	1974	2012	00:59:23	01:02:36	01:13:52	01:03:36	00:49:08	01:13:02	06:21:37	00:05:20	38	W30	32	6
934	Welter	Georg	Hartmann Group	1968	2012	00:59:55	01:04:16	01:14:28	01:03:12	00:48:26	01:11:23	06:21:40	00:05:21	44	M40	291	6
935	Schindler	Jannik	SV Warsingsfehn	1997	2012	00:59:03	01:06:20	01:16:16	01:01:30	00:47:19	01:11:20	06:21:48	00:05:21	15	MU20	98	6
936	Broer	Heide	Ubbo-Emmius-Klinik	1957	2012	00:59:23	01:02:22	01:14:51	01:02:16	00:54:20	01:08:38	06:21:50	00:05:21	55	W50	9	6
937	Meyer	Jens	Gesellige Freunde	1961	2012	00:59:41	01:03:10	01:14:19	01:03:23	00:48:39	01:12:42	06:21:54	00:05:21	51	M50	162	6
938	Bloem	Markus	Schule Moormerland	1995	2012	01:00:34	01:03:25	01:12:05	01:02:46	00:47:02	01:16:05	06:21:57	00:05:21	17	MU20	99	6
939	Riexinger	Sibet	Wilhelmshaven	1959	2012	00:59:07	01:03:16	01:14:56	01:02:48	00:49:05	01:12:48	06:22:00	00:05:21	53	M50	163	6
940	Beening	Armin	Backemoor	1967	2012	00:59:57	01:03:38	01:14:04	01:03:20	00:48:50	01:12:17	06:22:06	00:05:21	45	M40	292	6
941	Wübbenhorst	Milena	Fecht & Helmig	1983	2012	00:53:48	00:57:44	01:24:44	00:58:04	00:45:06	01:22:41	06:22:07	00:05:21	29	VHK	19	6
942	Steinmetz	Holger	Emdner LG	1970	2012	01:01:16	01:03:03	01:14:39	01:02:59	00:48:37	01:11:48	06:22:22	00:05:21	42	M40	293	6
943	Willems	Heye	Fortuna Logabirum	1953	2012	01:01:01	01:04:15	01:13:45	01:03:17	00:47:56	01:12:10	06:22:24	00:05:21	59	M50	164	6
944	Barth	Jan-Uwe	Sparkasse	1979	2012	01:02:18	01:03:38	01:14:17	01:02:40	00:47:46	01:11:48	06:22:27	00:05:21	33	M30	127	6
945	Grensemann	Gerrit	Bundesagentur für	1968	2012	01:00:06	01:03:16	01:14:39	01:03:03	00:49:05	01:12:31	06:22:40	00:05:21	44	M40	294	6
946	Freeseemann	Silvia	Stadtwerke Leer AöR	1966	2012	01:03:19	01:02:24	01:14:15	01:03:18	00:47:46	01:11:39	06:22:41	00:05:21	46	W40	58	6
947	Tillmann	Kai	Concordia Ihrhove	1987	2012	01:02:11	01:05:26	01:15:29	01:02:06	00:46:45	01:10:45	06:22:42	00:05:21	25	MHK	98	6
948	Stanzel	Andrea	Egberts + Berends	1974	2012	01:01:53	01:05:26	01:14:27	01:01:46	00:48:00	01:11:12	06:22:44	00:05:21	38	W30	33	6
949	Konik	Ralf	obw Emden	1972	2012	00:58:35	01:08:31	01:11:42	01:01:31	00:45:19	01:17:07	06:22:45	00:05:21	40	M40	295	6
950	Meyer	Werner	Wiesmoor	1971	2012	00:59:29	01:03:01	01:13:54	01:03:48	00:49:01	01:13:34	06:22:47	00:05:21	41	M40	296	6
951	Goeman	Ude	Oberschule Norden	1969	2012	00:58:09	01:03:02	01:13:54	01:06:01	00:49:04	01:12:45	06:22:55	00:05:22	43	M40	297	6
952	Kroon	Rainer	Bünting Tee Leer	1982	2012	01:02:16	01:01:28	01:14:28	01:03:24	00:48:50	01:12:30	06:22:56	00:05:22	30	M30	128	6
953	Klapproth	Christian	Raiffeisenbank eG,	1985	2012	01:00:43	01:02:18	01:14:59	01:04:39	00:48:50	01:11:36	06:23:05	00:05:22	27	MHK	99	6
954	Gerdas	Gerhard	SG STEDES DORF	1963	2012	01:01:55	01:04:47	01:15:30	01:01:17	00:45:01	01:10:38	06:23:08	00:05:22	49	M40	298	6
955	Schindler	Bernd	TV Oldersum	1968	2012	00:59:03	01:06:20	01:16:16	01:02:02	00:48:08	01:11:29	06:23:18	00:05:22	44	M40	299	6
956	Dirks	Bernd	SV Ochtersum	1996	2012	00:59:01	01:03:07	01:16:46	01:02:33	00:48:34	01:13:27	06:23:28	00:05:22	16	MU20	100	6
957	Schoolmann	Claus	Volkswagen Emden	1977	2012	01:02:41	01:03:22	01:13:50	01:04:47	00:47:32	01:11:19	06:23:31	00:05:22	35	M30	129	6
958	Bildhauer	Torsten	Haupt-u.Realschule	1968	2012	01:00:26	01:03:37	01:13:36	01:03:53	00:49:16	01:13:02	06:23:50	00:05:22	44	M40	300	6
959	von Preyss	Bodo	Pro SENIS	1939	2012	00:59:51	01:03:31	01:14:04	01:04:23	00:49:58	01:12:04	06:23:51	00:05:22	73	M70	5	6
960	Sap	Yvone	Weener Plastik	1978	2012	01:02:30	01:03:53	01:13:29	01:02:12	00:47:14	01:14:38	06:23:56	00:05:22	34	W30	34	6
961	Harms	Peter	LG Großefehn	1967	2012	00:59:50	01:04:41	01:14:19	01:03:34	00:49:10	01:12:29	06:24:03	00:05:23	45	M40	301	6
962	Siebels	Dieter	HC Exelsior	1966	2012	00:59:59	01:05:11	01:12:27	01:02:28	00:47:45	01:16:16	06:24:06	00:05:23	46	M40	302	6
963	Köllmann	Sonja	Lauftreff SC Ihrhove 07	1967	2012	01:00:17	01:04:45	01:14:53	01:03:38	00:49:12	01:11:26	06:24:11	00:05:23	45	W40	59	6
964	Groen	Carola	Ubbo-Emmius-Klinik	1967	2012	01:01:35	01:03:55	01:14:00	01:03:17	00:48:45	01:12:46	06:24:18	00:05:23	45	W40	60	6
965	Severiens	Gerold	Fortuna Logabirum	1948	2012	01:01:44	01:03:12	01:14:46	01:03:18	00:48:58	01:12:31	06:24:29	00:05:23	64	M60	29	6
966	Ruh	Helmut	MTV Wittmund	1951	2012	00:59:38	01:04:31	01:14:03	01:03:41	00:49:36	01:13:03	06:24:32	00:05:23	61	M60	30	6
967	Wübbenhorst	Jörg	Einzelläufer	1955	2012	01:00:00	01:04:22	01:14:18	01:04:18	00:49:10	01:12:29	06:24:37	00:05:23	57	M50	165	6
968	Engelbrecht	Arthur	Schützenspielmanszu	1951	2012	01:16:25	01:01:06	01:12:36	01:00:21	00:46:15	01:08:06	06:24:49	00:05:23	61	M60	31	6
969	Giesenberg	Georg	AG Norden	1949	2012	00:59:40	01:05:27	01:13:47	01:04:11	00:49:23	01:12:37	06:25:05	00:05:23	63	M60	32	6
970	Pruin	Christian	Team Wilts	1981	2012	01:00:49	01:03:11	01:15:18	01:04:24	00:49:40	01:11:47	06:25:09	00:05:23	31	M30	130	6
971	Schunck, Dr.	Bernd	Aurich	1950	2012	00:58:50	01:03:43	01:13:45	01:06:17	00:49:54	01:12:42	06:25:11	00:05:23	62	M60	33	6
972	Höfker	Inka	MTV Aurich	1972	2012	01:00:01	01:02:27	01:13:10	01:05:00	00:49:34	01:15:05	06:25:17	00:05:24	40	W40	61	6
973	Heckhoff	Ulrike	VfL Germania Leer	1965	2012	00:58:32	01:02:41	01:14:45	01:04:19	00:50:00	01:15:21	06:25:38	00:05:24	47	W40	62	6
974	Otto	Jürgen	Vffl. Berumbur	1964	2012	00:59:14	01:03:24	01:16:16	01:04:00	00:48:57	01:13:59	06:25:50	00:05:24	48	M40	303	6
975	Friesenborg	Meta	Ubbo-Emmius-Klinik	1986	2012	01:00:56	01:03:46	01:14:44	01:04:33	00:49:07	01:12:46	06:25:52	00:05:24	26	VHK	20	6
976	Wilhelms	Hannes	TSV Lammertsfehn	1994	2012	01:03:11	01:02:26	01:16:09	01:02:15	00:47:16	01:14:36	06:25:53	00:05:24	18	MU20	101	6
977	Kruse	Stephi	TuRa 07	1977	2012	01:02:52	01:04:30	01:13:48	01:03:28	00:48:30	01:12:54	06:26:02	00:05:24	35	W30	35	6
978	Behrends	Kai	Gymnasium Ulricianum	1994	2012	01:01:02	01:02:35	01:12:59	01:01:56	00:47:25	01:20:11	06:26:08	00:05:24	18	MU20	102	6
979	Klömpges	Axel	Auricher Taxenzentrale	1961	2012	00:59:07	01:06:17	01:15:34	01:04:59	00:48:22	01:11:55	06:26:14	00:05:24	51	M50	166	6
980	Bölle	Andreas	Nordland Papier	1968	2012	01:00:15	01:03:51	01:15:14	01:05:05	00:45:54	01:15:58	06:26:17	00:05:24	44	M40	304	6
981	Tunder	Thomas	Gymnasium Ulricianum	1993	2012	01:03:52	01:04:01	01:16:50	01:01:14	00:46:46	01:13:35	06:26:18	00:05:24	19	MU20	103	6
982	Willms	Jakobus	TSV Riepe	1940	2012	01:00:55	01:05:06	01:14:30	01:04:28	00:49:19	01:12:15	06:26:33	00:05:25	72	M70	6	6
983	Winter	Stefan	Seefahrtsschule Leer	1989	2012	01:02:40	01:07:10	01:15:45	01:04:12	00:47:43	01:09:03	06:26:33	00:05:25	23	MHK	100	6
984	Meyer	Antje	LG Uplengen	1956	2012	01:00:19	01:03:42	01:15:10	01:05:39	00:48:46	01:13:39	06:27:15	00:05:25	56	W50	10	6
985	Katzer	Florian	Schule Moormerland	1996	2012	00:59:27	01:03:58	01:13:44	01:03:35	00:49:53	01:16:42	06:27:19	00:05:25	16	MU20	104	6
986	Frerichs	Michel	WT Loppersum	1969	2012	01:02:12	01:03:47	01:15:49	01:04:47	00:48:05	01:12:41	06:27:21	00:05:25	43	M40	305	6
987	Keck	Birgit	LG Ostfriesland	1967	2012	00:59:33	01:03:44	01:14:38	01:04:59	00:50:01	01:14:33	06:27					

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
995	Pospisil	Kristina	Polizei-Aurich	1971	2012	01:00:56	01:04:41	01:15:48	01:05:21	00:49:15	01:12:26	06:28:27	00:05:26	41	W40	65	6
996	van Loh	Ute	LT SV Ems Jemgum	1959	2012	00:59:39	01:04:33	01:14:26	01:05:00	00:50:29	01:14:25	06:28:32	00:05:26	53	W50	11	6
997	Lenz	Hans-Hermann	Klinikum Leer	1952	2012	01:00:50	01:04:43	01:14:09	01:04:28	00:50:27	01:13:56	06:28:33	00:05:26	60	M60	34	6
998	Wallenstein	Detlef	Borromäus- Hospital	1973	2012	01:00:50	01:04:39	01:15:00	01:04:55	00:49:43	01:13:28	06:28:35	00:05:26	39	M30	131	6
999	Aden	Frauke	LG Großefehn	1971	2012	01:03:24	01:04:09	01:13:23	01:04:14	00:49:24	01:14:09	06:28:43	00:05:26	41	W40	66	6
1000	Buß	Coob	SV Eintracht Ihlow	1961	2012	01:00:26	01:08:45	01:15:52	01:03:40	00:47:51	01:12:10	06:28:44	00:05:26	51	M50	170	6
1001	Ehmen	Sina	Gymnasium Ulricianum	1995	2012	00:59:32	01:03:06	01:13:07	01:03:47	00:48:34	01:20:41	06:28:47	00:05:26	17	WU20	14	6
1002	Roschkowski	Nico	Leinerstift e.V.	1997	2012	01:03:10	01:03:31	01:15:51	01:03:15	00:50:14	01:12:51	06:28:52	00:05:27	15	MU20	106	6
1003	Falkenberg	Helmut	TV Norden	1965	2012	00:59:34	01:04:39	01:16:42	01:04:34	00:48:59	01:14:27	06:28:55	00:05:27	47	M40	307	6
1004	Flessner	Elke	Fortuna Logabirum	1964	2012	01:03:54	01:05:15	01:14:00	01:04:09	00:49:00	01:12:38	06:28:56	00:05:27	48	W40	67	6
1005	Denker	Wilma	Ostfriesische	1966	2012	01:00:10	01:05:12	01:14:46	01:05:41	00:49:59	01:13:17	06:29:05	00:05:27	46	W40	68	6
1006	Gronewold	Thorsten	Heerenscamp /	1976	2012	01:02:03	01:03:25	01:13:03	01:04:28	00:51:51	01:14:18	06:29:08	00:05:27	36	M30	132	6
1007	Saathoff	Rainer	Onno Behrends	1990	2012	01:04:30	01:06:07	01:15:49	01:02:25	00:47:14	01:13:07	06:29:12	00:05:27	22	MHK	102	6
1008	Strasser	Sascha	Seefahrtsschule Leer	1988	2012	01:04:59	01:05:51	01:14:51	01:01:16	00:49:13	01:13:03	06:29:13	00:05:27	24	MHK	103	6
1009	Saathoff	Heiner	ELV Elektronik AG	1980	2012	00:59:19	01:03:13	01:13:56	01:10:38	00:49:01	01:13:07	06:29:14	00:05:27	32	M30	133	6
1010	Koop	Stefan	Team ENERCON	1983	2012	01:02:14	01:05:18	01:15:19	01:04:13	00:48:08	01:14:09	06:29:21	00:05:27	29	MHK	104	6
1011	Neddermeyer	Heinz-Jürgen	LT Spaß mit Sport	1942	2012	01:01:16	01:05:29	01:15:22	01:04:14	00:49:54	01:13:10	06:29:25	00:05:27	70	M70	7	6
1012	Janssen	Uwe	Omas Teich	1968	2012	01:01:26	01:04:54	01:15:15	01:03:50	00:49:55	01:14:07	06:29:27	00:05:27	44	M40	308	6
1013	Eichstaedt	Wilfried	Lebenshilfe Leer	1976	2012	01:02:06	01:07:00	01:15:19	01:03:06	00:48:49	01:13:11	06:29:31	00:05:27	36	M30	134	6
1014	Franke	Horst	SV Ochtersum	1958	2012	00:59:59	01:03:10	01:13:57	01:05:19	00:51:57	01:15:09	06:29:31	00:05:27	54	M50	171	6
1015	Hommers	Gaby	LT SV Ems Jemgum	1962	2012	01:00:35	01:04:34	01:14:26	01:05:01	00:50:30	01:14:25	06:29:31	00:05:27	50	W50	12	6
1016	Emken	Mariechen	MTV Wittmund	1954	2012	01:01:08	01:05:41	01:14:25	01:06:06	00:49:53	01:12:29	06:29:42	00:05:27	58	W50	13	6
1017	Kloster	Magret	Fortuna Logabirum	1956	2012	01:00:07	01:04:18	01:14:53	01:05:42	00:50:18	01:14:25	06:29:43	00:05:27	56	W50	14	6
1018	Harders	Doris	Stadtwerke Leer AöR	1967	2012	00:59:55	01:03:05	01:16:14	01:04:32	00:50:05	01:15:55	06:29:46	00:05:27	45	W40	69	6
1019	Eggert	Rainer	Leer	1961	2012	01:01:13	01:04:41	01:15:29	01:05:00	00:49:23	01:14:14	06:30:00	00:05:28	51	M50	172	6
1020	Eggert	Anja	SV Frisia Loga	1965	2012	01:01:13	01:04:41	01:15:28	01:05:00	00:49:24	01:14:15	06:30:01	00:05:28	47	W40	70	6
1021	Kamann	Friedhelm	Ubbo-Emmius-Klinik	1956	2012	00:58:44	01:03:11	01:13:49	01:13:49	00:49:20	01:11:08	06:30:01	00:05:28	56	M50	173	6
1022	Veldkamp	Sabrina	Pro SENIS	1981	2012	01:01:38	01:03:24	01:14:25	01:04:15	00:50:26	01:15:56	06:30:04	00:05:28	31	W30	36	6
1023	Platte	Hans-Joachim	Wiesmoor	1953	2012	01:00:38	01:04:15	01:16:25	01:05:02	00:50:12	01:13:37	06:30:09	00:05:28	59	M50	174	6
1024	Voget	Hartmut	KFZ Bönnen	1960	2012	01:02:37	01:06:09	01:14:27	01:03:22	00:48:11	01:15:27	06:30:13	00:05:28	52	M50	175	6
1025	Juilfs	Eilert	LG Großefehn	1945	2012	01:00:55	01:04:23	01:15:07	01:04:33	00:49:43	01:15:35	06:30:16	00:05:28	67	M60	35	6
1026	Nowinski	Karl-Heinz	Gymnasium Ulricianum	1967	2012	01:00:52	01:03:59	01:14:47	01:04:24	00:49:16	01:17:06	06:30:24	00:05:28	45	M40	309	6
1027	Monnerjahn	Lara	Gymnasium Ulricianum	1995	2012	01:00:53	01:03:58	01:14:47	01:04:24	00:49:16	01:17:07	06:30:25	00:05:28	17	WU20	15	6
1028	Nguyen	Thuc Anh	Team ENERCON	1995	2012	01:00:32	01:05:15	01:16:00	01:04:39	00:49:30	01:14:30	06:30:26	00:05:28	17	WU20	16	6
1029	Stojanovic	Petar	traba Team	1977	2012	00:59:32	01:05:58	01:15:51	01:04:23	00:49:44	01:15:01	06:30:29	00:05:28	35	M30	135	6
1030	Buss	Günter	TUS Weene	1971	2012	01:01:31	01:05:27	01:16:59	01:04:08	00:49:10	01:13:30	06:30:45	00:05:28	41	M40	310	6
1031	Hegenbart-Campel	Monika	Team Deutsche Post	1971	2012	00:58:47	01:03:58	01:13:49	01:10:39	00:50:08	01:13:29	06:30:50	00:05:28	41	W40	71	6
1032	Prey	Andreas	GFI Treuhand	1959	2012	01:01:11	01:04:49	01:14:33	01:05:19	00:50:24	01:14:39	06:30:55	00:05:28	53	M50	176	6
1033	Schoneboom	Hans-Günter	Emder LG	1966	2012	01:00:29	01:06:45	01:15:31	01:04:43	00:50:08	01:13:32	06:31:08	00:05:28	46	M40	311	6
1034	Münchow	Michaela	Friedeburg	1971	2012	01:02:58	01:04:44	01:15:12	01:05:03	00:50:15	01:12:58	06:31:10	00:05:28	41	W40	72	6
1035	Duin	Matthias	LG Timmel	1972	2012	01:01:07	01:03:57	01:17:45	01:05:23	00:48:55	01:14:05	06:31:12	00:05:29	40	M40	312	6
1036	Leibelt	Jan Niklas	Seefahrtsschule Leer	1989	2012	01:05:11	01:05:29	01:14:20	01:03:52	00:50:02	01:12:25	06:31:19	00:05:29	23	MHK	105	6
1037	Meissner	Dorian	Leinerstift e.V.	1995	2012	01:04:01	01:01:40	01:15:02	01:01:55	00:51:01	01:17:42	06:31:21	00:05:29	17	MU20	107	6
1038	de Wall	Stefan	Team ENERCON	1981	2012	01:00:58	01:04:17	01:16:21	01:05:53	00:49:58	01:14:02	06:31:29	00:05:29	31	M30	136	6
1039	Mennenga-Steffens	Elke	Canum	1974	2012	01:00:39	01:05:39	01:17:09	01:05:01	00:49:48	01:13:17	06:31:33	00:05:29	38	W30	37	6
1040	Bakker	Norbert	Team Wilts	1964	2012	01:01:08	01:05:07	01:16:00	01:05:15	00:50:15	01:13:53	06:31:38	00:05:29	48	M40	313	6
1041	Bakker	Martina	Klinikum Leer	1965	2012	01:02:11	01:04:53	01:15:35	01:05:09	00:49:57	01:13:54	06:31:39	00:05:29	47	W40	73	6
1042	Dahms	Arne	Wildeboer Bauteile	1976	2012	01:08:47	01:09:42	01:15:00	01:03:04	00:46:23	01:08:45	06:31:41	00:05:29	36	M30	137	6
1043	Swart	Helmut	Weener Plastik	1964	2012	01:01:09	01:03:59	01:16:21	01:05:30	00:50:14	01:14:38	06:31:51	00:05:29	48	M40	314	6
1044	Poolmann	Alexander	Team ENERCON	1985	2012	01:02:15	01:05:18	01:15:30	01:05:22	00:49:25	01:14:09	06:31:59	00:05:29	27	MHK	106	6
1045	Gerriets	Elke	Krankenhaus Wittmund	1969	2012	01:01:23	01:04:38	01:15:43	01:05:34	00:50:04	01:14:38	06:32:00	00:05:29	43	W40	74	6
1046	Focken	Katrin	Focki KG	1981	2012	01:02:07	01:06:45	01:15:26	01:04:57	00:49:26	01:13:26	06:32:07	00:05:29	31	W30	38	6
1047	Becker	Cornelia		1985	2012	01:03:33	01:05:27	01:16:34	01:02:51	00:50:02	01:13:48	06:32:15	00:05:29	27	WHK	21	6
1048	Schmidt	Aylin	Gymnasium Ulricianum	1994	2012	01:02:18	01:03:08	01:15:08	01:03:08	00:48:53	01:19:44	06:32:19	00:05:29	18	WU20	17	6
1049	Demuth	Simon	Team ENERCON	1986	2012	01:03:33	01:05:28	01:16:34	01:02:59	00:50:03	01:13:49	06:32:26	00:05:30	26	MHK	107	6
1050	Storz	Rieka	obw Emden	1992	2012	01:03:04	01:05:47	01:16:27	01:04:53	00:48:10	01:14:08	06:32:29	00:05:30	20	WHK	22	6
1051	Meyer	Frank	Hobbits	1967	2012	01:03:14	01:05:48	01:16:41	01:04:54	00:49:23	01:12:36	06:32:36	00:05:30	45	M40	315	6
1052	Tunder	Alma	SC Wissens	1957	2012	01:00:41	01:05:24	01:17:11	01:05:16	00:49:51	01:14:17	06:32:40	00:05:30	55	W50	15	6
1053	Tamke	Dennis	Seefahrtsschule Leer	1991	2012	01:03:03	01:04:30	01:19:39	01:04:59	00:49:13	01:11:19	06:32:43	00:05:30	21	MHK	108	6
1054	Focken	Gerd	Focki KG	1982	2012	01:03:05	01:06:44	01:15:33	01:04:48	00:49:13	01:13:20	06:32:43	00:05:30	30	M30	138	6
1055	Caby	Andrea	HS Emden-Leer	1962	2012	01:01:25	01:05:24	01:16:06	01:06:59	00:49:45	01:13:10	06:32:49	00:05:30	50	W50	16	6
1056	Buja	Jonas	Seefahrtsschule Leer	1992	2012	01:03:10	01:04:30	01:19:38	01:04:59	00:49:13	01:11:28	06:32:58	00:05:30	20	MHK	109	6
1057	Kramer	Marion	TuRa O7	1967	2012	01:03:56	01:05:09	01:16:31	01:03:56	00:48:37	01:14:49	06:32:58	00:05:30	45	W40	75	6
1058	Jacobsen	Henrik	Schule Moormerland	1997	2012	01:01:31	01:03:14	01:20									

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1066	Sigl	Gudrun	MTV Aurich	1973	2012	01:00:06	01:06:03	01:16:43	01:05:47	00:50:43	01:14:29	06:33:51	00:05:31	39	W30	39	6
1067	Decker	Hartmut	Team Deutsche Post	1962	2012	01:02:44	01:04:59	01:15:28	01:06:15	00:51:10	01:13:17	06:33:53	00:05:31	50	M50	179	6
1068	Beekmann	Heidrun	Ubbø-Emmius-Klinik	1965	2012	01:02:04	01:04:03	01:16:08	01:05:33	00:50:27	01:15:38	06:33:53	00:05:31	47	W40	76	6
1069	Dänekas	Jürgen	LG Uplengen	1958	2012	01:05:40	01:08:49	01:16:03	01:03:32	00:47:10	01:12:40	06:33:54	00:05:31	54	M50	180	6
1070	Otten	Sandra	Otten Süster's	1987	2012	01:05:44	01:05:18	01:15:22	01:04:58	00:47:55	01:14:38	06:33:55	00:05:31	25	WHK	23	6
1071	Mäcken	Helmut	Großefehn	1978	2012	01:01:47	01:04:44	01:17:08	01:05:33	00:50:15	01:14:33	06:34:00	00:05:31	34	M30	140	6
1072	Schröder	Johann	Klinikum Leer	1957	2012	01:02:10	01:06:36	01:16:25	01:05:40	00:49:29	01:13:42	06:34:02	00:05:31	55	M50	181	6
1073	Hintze	Klaus	Concordia Neermoor	1968	2012	01:03:16	01:07:07	01:15:49	01:03:26	00:49:57	01:14:29	06:34:04	00:05:31	44	M40	317	6
1074	Bohlen	Gerhard	Krankenhaus Wittmund	1953	2012	01:02:23	01:04:47	01:16:26	01:05:47	00:50:05	01:14:38	06:34:06	00:05:31	59	M50	182	6
1075	Fliege	Heinz-Georg	Klinikum Leer	1954	2012	01:02:09	01:06:44	01:16:27	01:05:39	00:49:28	01:13:42	06:34:09	00:05:31	58	M50	183	6
1076	Stöckmann	Doris		1964	2012	01:01:49	01:05:54	01:16:17	01:05:59	00:50:17	01:13:56	06:34:12	00:05:31	48	W40	77	6
1077	Harders	Lisa	Stadtwerke Leer AöR	1994	2012	01:01:08	01:05:32	01:16:13	01:04:32	00:50:54	01:15:55	06:34:14	00:05:31	18	WU20	18	6
1078	Schröder	Sabrina	MTV Aurich	1977	2012	01:00:07	01:06:03	01:17:13	01:05:47	00:49:33	01:15:32	06:34:15	00:05:31	35	W30	40	6
1079	Wagner	Mirco	Leinertstift e.V	2000	2012	01:05:27	01:06:23	01:16:49	01:05:34	00:48:00	01:12:04	06:34:17	00:05:31	12	MU20	109	6
1080	Onnen	Barbel	Sparkasse	1961	2012	01:01:28	01:06:00	01:16:01	01:06:04	00:50:34	01:14:44	06:34:51	00:05:32	51	W50	20	6
1081	Rudnick	Dietmar	LG Großefehn	1965	2012	01:00:39	01:05:39	01:17:19	01:06:29	00:49:48	01:15:02	06:34:56	00:05:32	47	M40	319	6
1082	Koch	Gerald	Baptisten Firrel	1962	2012	01:02:35	01:05:26	01:16:51	01:05:16	00:49:57	01:14:52	06:34:57	00:05:32	50	M50	184	6
1083	Ebbers	Ontja	Baptisten Firrel	1970	2012	01:02:35	01:05:26	01:16:51	01:05:16	00:49:58	01:14:52	06:34:58	00:05:32	42	W40	78	6
1084	Weinrich	Axel	BBS Friesoythe	1952	2012	01:00:25	01:05:47	01:17:10	01:05:23	00:51:02	01:15:12	06:34:59	00:05:32	60	M60	36	6
1085	Hagen	Rainer	TuS Deteren	1957	2012	01:01:26	01:05:45	01:17:28	01:05:15	00:50:13	01:14:55	06:35:02	00:05:32	55	M50	185	6
1086	Harbers	Jürgen	Fehntjer Dragons	1968	2012	01:03:02	01:05:56	01:16:50	01:06:08	00:48:57	01:14:18	06:35:11	00:05:32	44	M40	320	6
1087	Meyburg	Timo	WfBM BBB Aurich	1983	2012	01:03:07	01:05:32	01:18:40	01:02:24	00:48:15	01:17:14	06:35:12	00:05:32	29	MHK	110	6
1088	Löhden	Kevin	Seefahrtsschule Leer	1988	2012	01:06:05	01:05:55	01:15:14	01:03:20	00:47:32	01:17:09	06:35:15	00:05:32	24	MHK	111	6
1089	Daniel	Simone	Emder LG	1962	2012	01:01:10	01:05:02	01:18:09	01:05:20	00:50:13	01:15:28	06:35:22	00:05:32	50	W50	21	6
1090	Tietjen	Anja	Alex.-v.-Humboldt-	1968	2012	01:00:56	01:05:48	01:17:08	01:07:13	00:50:18	01:13:59	06:35:22	00:05:32	44	W40	79	6
1091	Meltzer	Frederic	Seefahrtsschule Leer	1989	2012	00:56:15	00:59:25	01:17:44	01:05:44	01:05:19	01:11:05	06:35:32	00:05:32	23	MHK	112	6
1092	Baumann	Georg Ihno	TV Greetsiel	1961	2012	01:01:54	01:04:32	01:16:34	01:06:12	00:50:38	01:15:49	06:35:39	00:05:32	51	M50	186	6
1093	Wollermann	Manfred	MTV Wittmund	1942	2012	01:00:52	01:05:40	01:16:43	01:07:45	00:51:12	01:13:35	06:35:47	00:05:32	70	M70	8	6
1094	Leeling	Frank	Emder LG	1968	2012	00:59:45	01:05:52	01:16:16	01:06:53	00:52:02	01:15:03	06:35:51	00:05:32	44	M40	321	6
1095	Schneider	Volker	Emder LG	1980	2012	01:01:20	01:05:12	01:18:10	01:05:23	00:50:14	01:15:33	06:35:52	00:05:32	32	M30	141	6
1096	Tuitjer	Gabriele	BZN Beenen GmbH &	1969	2012	01:02:06	01:05:11	01:18:27	01:05:45	00:49:33	01:14:51	06:35:53	00:05:32	43	W40	80	6
1097	Willenberg	Eric	JG 71 R	1993	2012	01:01:23	01:06:56	01:18:01	01:06:08	00:50:55	01:12:32	06:35:55	00:05:32	19	MU20	110	6
1098	Seitz	Jonny	Nordland Papier	1965	2012	01:05:09	01:05:24	01:16:12	01:05:18	00:48:03	01:15:59	06:36:05	00:05:33	47	M40	322	6
1099	Lehmann	Ewald	LG Ostfriesland	1954	2012	01:02:13	01:06:47	01:17:11	01:06:16	00:49:41	01:14:17	06:36:25	00:05:33	58	M50	187	6
1100	Brörkens	Dirk	Schützenverein Hesel	1973	2012	01:02:01	01:06:14	01:15:52	01:05:54	00:50:35	01:15:50	06:36:26	00:05:33	39	M30	142	6
1101	Janssen	Holger	Tus Esens	1963	2012	01:03:11	01:07:01	01:18:12	01:04:51	00:49:54	01:13:18	06:36:27	00:05:33	49	M40	323	6
1102	Giebelhausen	Stephan	Pro SENIS	1977	2012	01:02:51	01:07:46	01:17:40	01:05:17	00:49:39	01:13:16	06:36:29	00:05:33	35	M30	143	6
1103	Schultz	Dietmar	Team Deutsche Post	1965	2012	01:02:55	01:05:38	01:19:01	01:04:27	00:49:56	01:14:41	06:36:38	00:05:33	47	M40	324	6
1104	Hinrichs	Anneke	RVB Aurich/Uplengen	1987	2012	01:02:17	01:06:30	01:16:13	01:05:29	00:50:18	01:15:58	06:36:45	00:05:33	25	WHK	24	6
1105	Nie	Richard	MTV Ditzum	1963	2012	01:03:04	01:06:19	01:17:03	01:06:11	00:48:19	01:15:57	06:36:53	00:05:33	49	M40	325	6
1106	Reddel	Daniel		1990	2012	01:02:10	01:02:32	01:18:38	01:04:31	00:52:42	01:16:28	06:37:01	00:05:33	22	MHK	113	6
1107	Herten	Bernhard	Neufirrel	1959	2012	01:02:13	01:05:05	01:17:57	01:05:04	00:50:25	01:16:19	06:37:03	00:05:33	53	M50	188	6
1108	Janssen	Gerd	Sandhorst	1953	2012	01:02:13	01:06:47	01:17:10	01:06:16	00:49:40	01:15:02	06:37:08	00:05:33	59	M50	189	6
1109	Wittenburg	Peter	obw Emden	1949	2012	01:01:39	01:05:39	01:18:59	01:06:25	00:50:06	01:14:26	06:37:14	00:05:34	63	M60	37	6
1110	Storz	Jürgen		1969	2012	01:03:32	01:07:53	01:17:51	01:05:32	00:48:38	01:13:51	06:37:17	00:05:34	43	M40	326	6
1111	Wilken	Gerd	Team Wilts	1960	2012	01:04:38	01:04:52	01:16:49	01:04:53	00:49:54	01:16:12	06:37:18	00:05:34	52	M50	190	6
1112	Wohlfarth	Eva	Krankenhaus Wittmund	1983	2012	01:06:10	01:05:11	01:15:43	01:05:38	00:50:04	01:14:33	06:37:19	00:05:34	29	WHK	25	6
1113	Frikke	Siegfried	TuS Holthusen	1953	2012	01:01:20	01:06:31	01:16:36	01:05:56	00:50:03	01:16:55	06:37:21	00:05:34	59	M50	191	6
1114	Solbach	Markus	Hotelfachschule Emden	1983	2012	01:02:40	01:03:58	01:19:09	01:05:31	00:50:16	01:15:51	06:37:25	00:05:34	29	MHK	114	6
1115	Saathoff	Katharina	Freie Christliche	2000	2012	01:05:47	01:09:33	01:12:41	01:10:05	00:48:14	01:11:05	06:37:25	00:05:34	12	WU20	19	6
1116	Kirsch	Anne- Cathrin	Seefahrtsschule Leer	1991	2012	01:05:17	01:05:49	01:18:44	01:05:29	00:52:04	01:10:02	06:37:25	00:05:34	21	WHK	26	6
1117	Lüpkes	Otto	LT TuS Aurich-Ost	1958	2012	01:02:28	01:04:34	01:15:55	01:06:43	00:50:43	01:17:08	06:37:31	00:05:34	54	M50	192	6
1118	Brouer	Markus	Leer	1981	2012	01:07:26	01:04:56	01:16:18	01:04:57	00:50:56	01:12:58	06:37:31	00:05:34	31	M30	144	6
1119	Förster-Riemann	Daniela	EWE-Wattloopers	1967	2012	01:01:45	01:05:58	01:16:36	01:08:12	00:50:22	01:14:46	06:37:39	00:05:34	45	W40	81	6
1120	Pape	Annika	Fortuna Logabirum	1989	2012	01:02:39	01:06:12	01:16:28	01:06:05	00:51:13	01:15:13	06:37:50	00:05:34	23	WHK	27	6
1121	Joswig	Almuth	Seefahrtsschule Leer	1957	2012	01:03:03	01:05:58	01:18:46	01:07:53	00:52:09	01:10:02	06:37:51	00:05:34	55	W50	22	6
1122	Palma	Petra	TUS Leerhufe	1965	2012	01:02:14	01:05:23	01:17:17	01:06:32	00:50:35	01:15:55	06:37:56	00:05:34	47	W40	82	6
1123	Palma	Manfred	TUS Leerhufe	1960	2012	01:02:14	01:05:23	01:17:17	01:06:33	00:50:35	01:15:55	06:37:57	00:05:34	52	M50	193	6
1124	Specht	Frank	Scharff Baustoffhandel	1978	2012	01:00:58	01:06:06	01:18:14	01:05:34	00:49:08	01:18:10	06:38:10	00:05:34	34	M30	145	6
1125	Buss	Tanja	Bünting Tee Leer	1982	2012	01:02:36	01:06:53	01:18:13	01:00:43	00:52:35	01:17:32	06:38:32	00:05:35	30	W30	41	6
1126	Welke	Andreas	Sparkasse	1957	2012	01:02:00	01:06:42	01:16:53	01:06:33	00:50:50	01:15:49	06:38:47	00:05:35	55	M50	194	6
1127	Weerts	Janina	Emder LG	1987	2012	01:03:01	01:05:45	01:16:32	01:05:49	00:48:52	01:18:48	06:38:47	00:05:35	25	WHK	28	6
1128	Drost	Helge	Emder LG	1974	2012	01:02:43	01:05:57	01:16:11	01:06:51	00:52:03	01:15:03	06:38:48	00:05:35	38	M30	146	6
1129	Lotz	Boris	SV Stern	1972	2012	01:02:06	01:07:14	01:19:25	01:05:42	00:49:							

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1137	Jans	Kirsten	NW	1964	2012	01:00:05	01:09:11	01:20:03	01:08:38	00:49:27	01:11:45	06:39:09	00:05:35	48	W40	83	6
1138	Bergmann	Klaus	Seefahrtsschule Leer	1958	2012	01:08:33	01:10:22	01:18:22	01:05:19	00:46:49	01:09:50	06:39:15	00:05:35	54	M50	197	6
1139	Lohre	Peter	Sparkasse Aurich	1962	2012	01:04:27	01:08:26	01:16:46	01:06:32	00:49:01	01:14:20	06:39:32	00:05:36	50	M50	198	6
1140	Everts	Martina	NW	1975	2012	01:02:33	01:07:23	01:15:44	01:07:11	00:51:18	01:15:27	06:39:36	00:05:36	37	W30	42	6
1141	Broer	Walter	G+S Hausservice,	1953	2012	01:03:21	01:07:19	01:17:00	01:06:17	00:51:10	01:14:42	06:39:49	00:05:36	59	M50	199	6
1142	Suprpto	Iwan	Weener Plastik	1977	2012	01:06:53	01:08:29	01:16:14	01:03:37	00:49:14	01:15:27	06:39:54	00:05:36	35	M30	147	6
1143	Helling	Elisabeth	Emder LG	1964	2012	01:03:43	01:05:45	01:17:23	01:07:05	00:51:17	01:14:45	06:39:58	00:05:36	48	W40	84	6
1144	Rabenberg	Dora	LG TV Bunde	1952	2012	01:02:19	01:05:43	01:17:18	01:06:44	00:51:32	01:16:23	06:39:59	00:05:36	60	W60	3	6
1145	Buhr	Eilert	TSV Riepe/ Polizei	1967	2012	01:02:04	01:06:18	01:16:02	01:07:20	00:50:58	01:17:23	06:40:05	00:05:36	45	M40	330	6
1146	Janßen	Holger	Ostfriesische	1968	2012	01:03:24	01:06:17	01:19:37	01:06:14	00:49:54	01:14:44	06:40:10	00:05:36	44	M40	331	6
1147	Eggerstorff	Fritz	Box Club Norden	1952	2012	01:03:07	01:06:57	01:16:28	01:06:28	00:51:48	01:15:34	06:40:22	00:05:36	60	M60	38	6
1148	Oltmanns	Gerhard	Christuskirche Hollen	1964	2012	01:02:59	01:07:37	01:18:53	01:06:09	00:49:55	01:14:51	06:40:24	00:05:36	48	M40	332	6
1149	Weber	Birgit	Heimatblatt	1958	2012	01:03:20	01:06:20	01:17:15	01:06:52	00:50:45	01:16:00	06:40:32	00:05:36	54	W50	24	6
1150	Hagen	Ralf		1980	2012	01:02:12	01:08:39	01:18:55	01:05:39	00:50:14	01:14:54	06:40:33	00:05:36	32	M30	148	6
1151	Junker	Dieter	EWE-Wattloopers	1957	2012	01:02:13	01:06:34	01:16:41	01:06:32	00:51:24	01:17:17	06:40:41	00:05:36	55	M50	200	6
1152	Sweers	Olaf	SV Wittmund	1968	2012	01:03:10	01:06:23	01:17:34	01:06:18	00:50:13	01:17:07	06:40:45	00:05:37	44	M40	333	6
1153	Hanssen	Anke	SC Wiessens	1991	2012	01:03:11	01:05:18	01:19:46	01:07:28	00:51:45	01:13:37	06:41:05	00:05:37	21	WHK	30	6
1154	Klaaßen	Roswitha	Pewsum	1958	2012	01:02:32	01:07:50	01:16:43	01:06:49	00:51:12	01:16:03	06:41:09	00:05:37	54	W50	25	6
1155	Mennenga	Andre	TV Norden	1961	2012	01:02:15	01:07:40	01:17:02	01:05:08	00:51:10	01:17:56	06:41:11	00:05:37	51	M50	201	6
1156	Gronewold	Jana	Emder LG	1995	2012	01:03:19	01:05:28	01:16:06	01:06:52	00:50:46	01:18:41	06:41:12	00:05:37	17	WU20	20	6
1157	Hollwege	Ralf	VffL Berumbur	1962	2012	00:57:37	01:09:59	01:20:24	01:07:11	00:49:42	01:16:20	06:41:13	00:05:37	50	M50	202	6
1158	Entgelmeier	Binia-Laureen	Gymnasium Ulricianum	1993	2012	00:55:49	00:59:27	01:11:33	01:13:11	00:51:45	01:29:43	06:41:28	00:05:37	19	WU20	21	6
1159	Meyer zu Bergsten	Thomas	Heimatblatt	1970	2012	01:04:10	01:05:59	01:18:36	01:06:03	00:50:08	01:16:36	06:41:32	00:05:37	42	M40	334	6
1160	Ott	Valentina	LT TuS Aurich-Ost	1973	2012	01:02:36	01:06:39	01:16:20	01:08:09	00:51:06	01:17:05	06:41:55	00:05:38	39	W30	43	6
1161	Hirthe	Heinrich	Ostfriesische	1956	2012	01:02:59	01:07:19	01:19:15	01:06:37	00:50:53	01:15:05	06:42:08	00:05:38	56	M50	204	6
1162	Janssen	Jan-Wilhelm	Gemeinschaftspraxis	1960	2012	01:05:13	01:05:12	01:18:17	01:06:24	00:51:35	01:15:27	06:42:08	00:05:38	52	M50	203	6
1163	Willms	Eike	Sparkasse	1989	2012	01:04:51	01:05:54	01:16:56	01:03:25	00:56:46	01:14:24	06:42:16	00:05:38	23	MHK	116	6
1164	Stolorz	Sascha	Schwarz-Weiß	1977	2012	01:03:42	01:06:42	01:18:25	01:03:50	00:52:15	01:17:42	06:42:36	00:05:38	35	M30	149	6
1165	Robin	Wilhelm	Nordland Papier	1963	2012	01:06:22	01:04:37	01:15:41	01:17:42	00:46:57	01:11:24	06:42:43	00:05:38	49	M40	335	6
1166	Baldus	Martin	Hartmann Group	1964	2012	01:01:50	01:10:18	01:19:02	01:07:45	00:49:36	01:14:27	06:42:58	00:05:38	48	M40	336	6
1167	Hildebrand	Hermann	Polizei Aurich	1959	2012	01:04:23	01:07:53	01:15:37	01:06:53	00:52:10	01:16:14	06:43:10	00:05:39	53	M50	205	6
1168	Eilers	Steffen	Gymnasium Ulricianum	1995	2012	01:06:06	01:04:59	01:15:48	01:03:08	00:52:42	01:20:44	06:43:27	00:05:39	17	MU20	111	6
1169	Saathoff	Marita	Emder LG	1969	2012	01:02:53	01:06:46	01:18:12	01:07:04	00:52:24	01:16:12	06:43:31	00:05:39	43	W40	85	6
1170	Hofmann	Falk	Nordland Papier	1979	2012	01:04:35	01:07:30	01:17:56	01:05:58	00:50:55	01:16:43	06:43:37	00:05:39	33	M30	150	6
1171	Mennenga	Michelle	Gat Emden	1995	2012	01:04:13	01:06:25	01:17:13	01:06:28	00:50:41	01:18:42	06:43:42	00:05:39	17	WU20	22	6
1172	Hippen	Johann	ORGADATA-AG	1967	2012	01:03:40	01:08:10	01:18:10	01:06:32	00:51:36	01:15:42	06:43:50	00:05:39	45	M40	337	6
1173	Akermann	Edith	Concordia Ihrhove	1953	2012	01:02:51	01:07:07	01:18:13	01:06:56	00:51:53	01:16:54	06:43:54	00:05:39	59	W50	26	6
1174	Janßen	Gerrit	AOK Lauftreff Aurich	1975	2012	01:04:28	01:06:44	01:17:59	01:06:48	00:51:37	01:16:24	06:44:00	00:05:39	37	M30	151	6
1175	Spannhoff	Hannelore	BW Borssum	1965	2012	01:02:35	01:06:21	01:18:23	01:07:10	00:51:49	01:17:58	06:44:16	00:05:39	47	W40	86	6
1176	Wilken	Wilfried	SV Nortmoor	1950	2012	01:03:18	01:06:16	01:17:27	01:06:39	00:52:40	01:18:11	06:44:31	00:05:40	62	M60	39	6
1177	Hilbrands	Eske	de Heizungsloopers	1996	2012	01:07:51	01:10:52	01:17:16	01:05:29	00:49:49	01:13:15	06:44:32	00:05:40	16	WU20	23	6
1178	Sattler	Wolfgang	Fortuna Logabirum	1947	2012	01:08:15	01:09:29	01:17:17	01:06:27	00:48:34	01:14:39	06:44:41	00:05:40	65	M60	40	6
1179	Schweitzer	Felix	Turbine TGG	1959	2012	01:04:25	01:07:21	01:19:37	01:07:51	00:50:21	01:15:22	06:44:57	00:05:40	53	M50	206	6
1180	Dreyer	Martina	Concordia	1964	2012	01:02:04	01:06:44	01:19:25	01:07:29	00:51:42	01:17:33	06:44:57	00:05:40	48	W40	87	6
1181	Siefkes	Jürgen	AKRA	1980	2012	01:03:30	01:08:43	01:18:20	01:06:35	00:51:40	01:16:22	06:45:10	00:05:40	32	M30	152	6
1182	Doden	Meinhard	GeTek	1962	2012	01:02:03	01:05:12	01:20:36	01:08:02	00:51:47	01:17:36	06:45:16	00:05:40	50	M50	207	6
1183	Möhlenkamp	Annika	BBC Chartering	1984	2012	01:03:01	01:08:00	01:18:34	01:07:48	00:51:19	01:16:35	06:45:17	00:05:40	28	WHK	31	6
1184	Gronewold	Anne	Praxis Poppens-Oltrop	1966	2012	01:03:01	01:07:00	01:21:16	01:07:06	00:50:21	01:16:40	06:45:24	00:05:40	46	W40	88	6
1185	Menge	Torsten	Via Denta	1972	2012	01:03:59	01:06:37	01:21:03	01:07:01	00:51:48	01:14:59	06:45:27	00:05:40	40	M40	338	6
1186	Ewald	Swen	Seefahrtsschule Leer	1978	2012	01:02:54	01:05:45	01:21:55	01:09:40	00:50:58	01:14:28	06:45:40	00:05:41	34	M30	153	6
1187	Schmidt	Helga	SV Hage	1965	2012	01:03:18	01:07:36	01:16:55	01:08:06	00:52:29	01:17:20	06:45:44	00:05:41	47	W40	89	6
1188	Budnick	Margret	TSV Carolinensiel	1954	2012	01:03:46	01:07:36	01:18:53	01:07:59	00:51:01	01:16:43	06:45:58	00:05:41	58	W50	27	6
1189	Behnke	Claudia	Schwimmverein	1974	2012	01:01:41	01:07:03	01:18:31	01:07:37	00:54:32	01:16:41	06:46:05	00:05:41	38	W30	44	6
1190	Brouwer	Bodo	Leer	1971	2012	01:02:57	01:06:45	01:17:41	01:09:18	00:53:42	01:16:05	06:46:28	00:05:41	41	M40	339	6
1191	Schoppe	Lutz	PVC 36	1984	2012	01:01:14	01:08:20	01:20:50	01:06:42	00:51:27	01:17:56	06:46:29	00:05:41	28	MHK	117	6
1192	Ufkes	Thilo	Aurch	2001	2012	01:06:00	01:09:13	01:19:05	01:08:30	00:49:09	01:14:37	06:46:34	00:05:41	11	MU20	112	6
1193	Memmen	Gisela	TV Norden	1952	2012	01:02:16	01:07:03	01:19:06	01:07:47	00:52:56	01:17:32	06:46:40	00:05:41	60	W60	4	6
1194	Meyer	Daniela	TGG Leer	1995	2012	01:05:32	01:05:16	01:20:23	01:06:51	00:52:42	01:16:01	06:46:45	00:05:42	17	WU20	24	6
1195	Cramer	Friedhard	Emder LG	1952	2012	01:02:55	01:06:02	01:18:09	01:07:21	00:51:55	01:20:27	06:46:49	00:05:42	60	M60	41	6
1196	Schweer	Claus	Raiffeisenbank eG,	1969	2012	01:06:25	01:10:20	01:19:04	01:06:21	00:50:08	01:14:38	06:46:56	00:05:42	43	M40	340	6
1197	Brake	Uwe	MK Siemer Tortechnik	1965	2012	01:02:59	01:10:08	01:19:31	01:06:39	00:52:30	01:15:10	06:46:57	00:05:42	47	M40	341	6
1198	Mudder	Sandra	LG Ostfriesland	1964	2012	01:04:08	01:08:17	01:19:10	01:07:28	00:51:54	01:16:08	06:47:05	00:05:42	48	W40	90	6
1199	Klattenberg	Werner	MTV Aurich	1947	2012	01:00:52	01:06:31	01:17:22	01:08:41	00:51:25	01:22:27	06:47:18	00:05:42	65	M60	42	6
1200	Frerichs	Marieke	Gymnasium Ulricianum	1996	2012	01:03:32	01:07:14	01:17:56	01:06:22	00:51:29	01:20:48						

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1208	Röben	Hinrich	LT TuS Aurich-Ost	1956	2012	01:02:49	01:08:45	01:17:59	01:08:52	00:52:22	01:16:55	06:47:42	00:05:42	56	M50	208	6
1209	Wuntke	Lennart	Seefahrtsschule Leer	1988	2012	01:03:03	01:06:20	01:19:42	01:07:43	00:53:06	01:17:55	06:47:49	00:05:42	24	MHK	119	6
1210	Boelmann	Jens	Emden	1967	2012	01:06:41	01:07:37	01:20:06	01:06:06	00:50:04	01:17:22	06:47:56	00:05:43	45	M40	345	6
1211	Engel	Helen	Gymnasium Ulricianum	1995	2012	01:05:48	01:08:04	01:18:20	01:05:59	00:50:12	01:19:43	06:48:06	00:05:43	17	WU20	26	6
1212	Winsenborg	Thomas	Lebenshilfe Leer	1973	2012	01:13:22	01:13:55	01:15:46	01:03:04	00:47:50	01:14:11	06:48:08	00:05:43	39	M30	154	6
1213	König	Tino	Raiffeisenbank eG,	1963	2012	01:06:45	01:14:30	01:18:07	01:05:36	00:50:08	01:13:07	06:48:13	00:05:43	49	M40	346	6
1214	Schoone	Thomas	SV Eintracht Ihlow	1988	2012	01:08:38	01:04:41	01:18:21	01:06:14	00:51:20	01:19:19	06:48:33	00:05:43	24	MHK	120	6
1215	Bruns	Willi	Lauftreff Hasselt	1939	2012	01:05:23	01:09:38	01:17:01	01:07:35	00:52:04	01:17:08	06:48:49	00:05:43	73	M70	9	6
1216	Klock	Monika	Schwerinsdorf	1967	2012	01:05:37	01:08:15	01:19:24	01:07:15	00:52:02	01:16:19	06:48:52	00:05:43	45	W40	92	6
1217	Klunder	Jochen	LOOP DOCH SÜLMST	1967	2012	01:03:26	01:08:36	01:19:38	01:08:03	00:51:12	01:18:12	06:49:07	00:05:44	45	M40	347	6
1218	Ennen	Ewald	AOK Niedersachsen	1961	2012	01:03:18	01:08:36	01:19:38	01:08:03	00:51:21	01:18:12	06:49:08	00:05:44	51	M50	209	6
1219	Müller	Petra	Realschule Aurich	1964	2012	01:03:22	01:08:48	01:22:11	01:09:10	00:51:14	01:14:26	06:49:11	00:05:44	48	W40	93	6
1220	Feldmann	Thomas		1969	2012	01:05:23	01:09:01	01:18:28	01:07:38	00:50:51	01:17:53	06:49:14	00:05:44	43	M40	348	6
1221	Mehner	Manja	Kdo SES Ostfriesland	1980	2012	01:08:57	01:08:58	01:20:41	01:05:15	00:49:39	01:16:12	06:49:42	00:05:44	32	W30	45	6
1222	Dröge	Anke	Ruderverein Leer	1960	2012	01:04:10	01:07:12	01:20:43	01:07:56	00:51:18	01:18:33	06:49:52	00:05:44	52	W50	28	6
1223	Fischer	Inga	LG Großefehn	1994	2012	01:03:31	01:09:35	01:20:45	01:07:56	00:52:03	01:16:07	06:49:57	00:05:44	18	WU20	27	6
1224	Wienekamp	Stefan	GeTek	1989	2012	01:04:26	01:10:14	01:17:53	01:08:04	00:51:50	01:17:44	06:50:11	00:05:44	23	MHK	121	6
1225	Ernst	Andre	Kdo SES Ostfriesland	1989	2012	01:08:36	01:10:51	01:16:11	01:06:14	00:52:08	01:16:16	06:50:16	00:05:45	23	MHK	122	6
1226	Rusthoven	Klaas Arend	Reederei Buss	1971	2012	01:03:59	01:08:47	01:20:08	01:08:44	00:52:18	01:16:26	06:50:22	00:05:45	41	M40	349	6
1227	Hausmann	Hilke	Emder LG	1961	2012	01:02:07	01:06:03	01:20:51	01:07:46	00:53:09	01:20:27	06:50:23	00:05:45	51	W50	29	6
1228	Wildfang	Silvia	C. E. Popken	1970	2012	01:06:34	01:08:18	01:21:14	01:07:03	00:51:13	01:16:07	06:50:29	00:05:45	42	W40	94	6
1229	Dirks	Maja	Fortuna Logabirum	1993	2012	01:03:40	01:07:08	01:18:59	01:09:25	00:53:21	01:17:57	06:50:30	00:05:45	19	WU20	28	6
1230	Luikenga	Andreas	ohne	1966	2012	01:11:35	01:09:41	01:18:12	01:06:21	00:50:15	01:14:27	06:50:31	00:05:45	46	M40	350	6
1231	Entjer	Uta	Emder LG	1969	2012	01:03:27	01:07:54	01:19:38	01:09:06	00:51:54	01:18:36	06:50:35	00:05:45	43	W40	95	6
1232	Penon	Focko	Gymnasium Ulricianum	1971	2012	01:04:32	01:07:34	01:19:32	01:09:27	00:52:27	01:17:11	06:50:43	00:05:45	41	M40	351	6
1233	Bents	Claus	Kdo SES Ostfriesland	1980	2012	01:05:45	01:10:31	01:18:49	01:05:21	00:50:25	01:19:52	06:50:43	00:05:45	32	M30	155	6
1234	Tschorr	Uwe	EWE-Wattloopers	1962	2012	01:05:05	01:08:25	01:19:34	01:07:47	00:51:21	01:18:34	06:50:46	00:05:45	50	M50	210	6
1235	Brümmer	Helmuth	ENOVA	1957	2012	01:05:36	01:08:42	01:17:52	01:06:41	00:52:24	01:19:35	06:50:50	00:05:45	55	M50	211	6
1236	Les	Hanne	FSKME Aurich	1952	2012	01:05:03	01:08:52	01:19:34	01:08:12	00:52:31	01:16:59	06:51:11	00:05:45	60	W60	5	6
1237	Grensemann	Hans	G+S Hauservice,	1952	2012	01:03:20	01:08:37	01:18:43	01:09:26	00:52:17	01:18:49	06:51:12	00:05:45	60	M60	44	6
1238	Graalmann	Stefan	VHS Laufen	1968	2012	01:08:52	01:13:51	01:20:05	01:05:32	00:49:00	01:13:58	06:51:18	00:05:45	44	M40	352	6
1239	Böde	Manfred	Emder LG	1962	2012	01:02:57	01:07:47	01:18:27	01:09:02	00:52:45	01:20:24	06:51:22	00:05:45	50	M50	212	6
1240	Gemperlein	Henning	Seefahrtsschule Leer	1985	2012	01:14:59	01:06:43	01:19:45	01:03:20	00:51:49	01:14:55	06:51:31	00:05:46	27	MHK	123	6
1241	Soos	Erich	EWE-Wattloopers	1943	2012	01:01:57	01:06:09	01:20:04	01:10:17	00:52:28	01:20:39	06:51:34	00:05:46	69	M60	45	6
1242	Janssen	Jann Bruno	Sportpark	1993	2012	01:09:07	01:14:28	01:21:21	01:06:00	00:49:08	01:11:32	06:51:36	00:05:46	19	MU20	114	6
1243	Siebels	Anna	Gymnasium Ulricianum	1994	2012	01:01:45	01:08:10	01:19:14	01:08:22	00:53:25	01:20:42	06:51:38	00:05:46	18	WU20	29	6
1244	Caspers	Monika	SV Stern	1965	2012	01:06:38	01:08:59	01:19:24	01:08:48	00:51:31	01:16:19	06:51:39	00:05:46	47	W40	96	6
1245	Penning	Holger		1971	2012	01:07:00	01:09:00	01:19:18	01:05:59	00:50:44	01:20:01	06:52:02	00:05:46	41	M40	353	6
1246	Bley	Ernst	Tus Horsten	1958	2012	01:02:56	01:09:07	01:19:24	01:08:14	00:54:35	01:17:50	06:52:06	00:05:46	54	M50	213	6
1247	Haken	Dennis	HAKA	1978	2012	01:06:10	01:07:14	01:21:03	01:08:13	00:52:08	01:17:21	06:52:09	00:05:46	34	M30	156	6
1248	Voß	Maike	WfBM BBB Aurich	1988	2012	01:03:51	01:10:11	01:19:00	01:09:35	00:53:05	01:16:35	06:52:17	00:05:46	24	WHK	32	6
1249	Claaßen	Christa	Sparkasse	1960	2012	01:05:45	01:13:37	01:20:50	01:06:58	00:49:50	01:15:18	06:52:18	00:05:46	52	W50	30	6
1250	Krull	Tole	KBV Liekut Hand	1958	2012	01:05:41	01:09:34	01:19:27	01:07:58	00:51:23	01:18:27	06:52:30	00:05:46	54	M50	214	6
1251	Beuchel	Bodo	Seefahrtsschule Leer	1990	2012	01:11:07	01:07:48	01:23:16	01:08:10	00:44:38	01:18:11	06:53:10	00:05:47	22	MHK	124	6
1252	Wienrank	Horst	SV Dornum	1960	2012	01:05:56	01:10:46	01:18:34	01:09:08	00:51:54	01:16:56	06:53:14	00:05:47	52	M50	215	6
1253	Hemberger	Mareike	Carl von Ossietzky	1990	2012	01:03:05	01:07:26	01:18:39	01:09:51	00:52:41	01:21:39	06:53:21	00:05:47	22	WHK	33	6
1254	Janssen	Martin	TuS Sandhorst/Polizei	1951	2012	01:04:19	01:09:31	01:21:38	01:08:59	00:52:08	01:16:46	06:53:21	00:05:47	61	M60	46	6
1255	Wille	Frauke	Großefehn	1985	2012	01:05:36	01:07:40	01:24:22	01:06:41	00:53:13	01:15:52	06:53:24	00:05:47	27	WHK	34	6
1256	Tölg	Claudia	Störtebeker Loopers	1964	2012	01:03:57	01:07:55	01:20:53	01:09:54	00:52:53	01:18:13	06:53:45	00:05:47	48	W40	97	6
1257	Janke-Neeland	Susanne	Aurich	1963	2012	01:04:39	01:09:52	01:20:03	01:08:34	00:51:43	01:18:57	06:53:48	00:05:47	49	W40	98	6
1258	Ziemer	Ame	Seefahrtsschule Leer	1991	2012	01:11:09	01:10:52	01:16:47	01:09:39	00:48:03	01:17:19	06:53:49	00:05:48	21	MHK	125	6
1259	Wessels	Paula	Gymnasium Ulricianum	1995	2012	01:04:18	01:08:10	01:19:14	01:08:22	00:53:24	01:20:41	06:54:09	00:05:48	17	WU20	30	6
1260	Haseborg-Schoone	Martina	Stadt Leer	1970	2012	01:06:54	01:09:29	01:23:20	01:07:54	00:50:36	01:16:02	06:54:15	00:05:48	42	W40	99	6
1261	Hommers	Lena	LT TuS Aurich-Ost	1993	2012	01:09:38	01:07:06	01:18:13	01:10:33	00:50:46	01:18:02	06:54:18	00:05:48	19	WU20	31	6
1262	Koehler	Torsten	Hartmann Group	1965	2012	01:07:43	01:10:15	01:20:22	01:06:41	00:51:14	01:18:10	06:54:25	00:05:48	47	M40	354	6
1263	Wilken	Agnes	Baptisten Firrel	1970	2012	01:04:57	01:09:06	01:18:57	01:08:53	00:52:52	01:19:47	06:54:32	00:05:48	42	W40	100	6
1264	Gronewold	Anja	Team AURICHER	1977	2012	01:05:44	01:06:38	01:20:22	01:09:02	00:53:20	01:19:28	06:54:34	00:05:48	35	W30	46	6
1265	Ottersberg	Hanna	Team Möbel Buss	1973	2012	01:04:58	01:09:08	01:18:59	01:08:52	00:52:52	01:19:46	06:54:35	00:05:48	39	W30	47	6
1266	Meyerholz	Lisa	Gymnasium Ulricianum	1997	2012	01:09:24	01:08:25	01:20:24	01:07:41	00:51:06	01:17:38	06:54:38	00:05:48	15	WU20	32	6
1267	Meyerholz	Merle	Gymnasium Ulricianum	1994	2012	01:09:50	01:09:06	01:20:24	01:06:40	00:51:06	01:17:38	06:54:44	00:05:48	18	WU20	33	6
1268	Kucz	Jürgen	Frisia Loga	1960	2012	00:59:10	01:15:26	01:21:33	01:08:10	00:52:43	01:17:47	06:54:49	00:05:48	52	M50	216	6
1269	Baumgarten	Theo	Lummerland Taxi	1968	2012	01:07:53	01:09:21	01:19:04	01:08:40	00:51:24	01:18:27	06:54:49	00:05:48	44	M40	355	6
1270	Abken	Reinhard	Abken Bau Utarp	1944	2012	01:06:13	01:08:05	01:19:22	01:08:52	00:54:07	01:18:17	06:54:56	00:05:48	68	M60	47	6
1271	Boumann	Anja	Stadt Leer	1972	2012	01:12:19	01:04:17	01:12:59	01:05:17								

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1279	Schmidt	Karl-Heinz	TV Norden	1957	2012	01:06:17	01:09:43	01:19:30	01:08:41	00:53:06	01:18:28	06:55:45	00:05:49	55	M50	217	6
1280	Buss	Herbert	SV Stikelkamp	1959	2012	01:04:28	01:09:33	01:21:02	01:09:03	00:52:54	01:19:13	06:56:13	00:05:50	53	M50	218	6
1281	Albers	Heio	Harmonic	1946	2012	01:03:37	01:09:18	01:20:55	01:09:24	00:53:02	01:20:06	06:56:22	00:05:50	66	M60	48	6
1282	Meyerhoff	Poppe		1951	2012	01:07:26	01:09:12	01:20:32	01:07:11	00:52:04	01:20:00	06:56:25	00:05:50	61	M60	49	6
1283	Schürmann	Ulrike	Germania Leer	1962	2012	01:03:33	01:08:35	01:20:29	01:09:38	00:53:39	01:20:32	06:56:26	00:05:50	50	W50	31	6
1284	Zacher	Thomas	FC Schalke 04	1964	2012	01:04:25	01:08:47	01:21:33	01:09:49	00:52:48	01:19:05	06:56:27	00:05:50	48	M40	356	6
1285	Bley	Cornelia	Tus Horsten	1967	2012	01:03:00	01:08:49	01:19:35	01:09:55	00:54:35	01:20:36	06:56:30	00:05:50	45	W40	106	6
1286	Gozawski	Michael	TV Norden	1961	2012	01:04:07	01:08:48	01:20:38	01:10:12	00:53:00	01:19:52	06:56:37	00:05:50	51	M50	219	6
1287	Strüfing	Joris	Spaß mit Sport	1999	2012	01:05:58	01:09:39	01:20:37	01:09:17	00:52:41	01:18:32	06:56:44	00:05:50	13	MU20	115	6
1288	Jacobsen-Herlyn	Lise	Gymnasium Ulricianum	1959	2012	01:06:53	01:08:40	01:19:54	01:12:25	00:52:36	01:16:18	06:56:46	00:05:50	53	W50	32	6
1289	Schlecht	Michael	WfbM BBB Aurich	1989	2012	01:02:01	01:06:31	01:21:23	01:11:21	00:51:23	01:24:13	06:56:52	00:05:50	23	MHK	126	6
1290	Schröder-Müller	Elvira	Emder LG	1967	2012	01:03:17	01:09:15	01:20:34	01:10:17	00:53:04	01:20:26	06:56:53	00:05:50	45	W40	107	6
1291	Polter	Patrick	WfbM BBB Aurich	1991	2012	01:00:40	01:10:22	01:21:23	01:11:43	00:49:45	01:23:12	06:57:05	00:05:50	21	MHK	127	6
1292	Meyer	Ulrich	Vehntjer Bürgerverein	1958	2012	01:04:00	01:09:46	01:21:02	01:09:50	00:53:35	01:19:09	06:57:22	00:05:50	54	M50	220	6
1293	Janssen	Tido	Gymnasium Ulricianum	1993	2012	01:13:01	01:09:17	01:16:38	01:07:09	00:50:17	01:21:03	06:57:25	00:05:51	19	MU20	116	6
1294	Dirks	Dieter	SV Ochtersum	1965	2012	01:05:23	01:08:31	01:21:46	01:09:51	00:52:01	01:19:57	06:57:29	00:05:51	47	M40	357	6
1295	Reiter	H.Hermann	SV Stikelkamp	1965	2012	01:04:00	01:09:55	01:21:06	01:09:51	00:53:35	01:19:08	06:57:35	00:05:51	47	M40	358	6
1296	Diener	Wilfried	VfB Uplengen	1962	2012	01:07:34	01:09:47	01:21:27	01:09:12	00:51:09	01:18:30	06:57:39	00:05:51	50	M50	221	6
1297	Tjards	Helmut	LT TuS Aurich-Ost	1964	2012	01:05:28	01:08:16	01:21:08	01:10:25	00:52:30	01:20:12	06:57:59	00:05:51	48	M40	359	6
1298	Weber	Manfred	SV Stern	1962	2012	01:11:01	01:12:43	01:21:11	01:08:25	00:50:28	01:14:12	06:58:00	00:05:51	50	M50	222	6
1299	Sigl	Marlies	MTV Aurich	1995	2012	01:05:09	01:09:24	01:20:23	01:11:02	00:52:48	01:19:17	06:58:03	00:05:51	17	WU20	34	6
1300	Bruns	Ludger	Emder LG	1974	2012	01:07:18	01:09:12	01:20:22	01:08:22	00:52:44	01:20:28	06:58:26	00:05:51	38	M30	158	6
1301	Steinke	Dietrich	SV Concordia	1941	2012	01:04:23	01:09:06	01:20:26	01:10:12	00:54:07	01:20:20	06:58:34	00:05:51	71	M70	10	6
1302	Mammen	Marlies		1959	2012	01:03:57	01:09:38	01:20:52	01:11:00	00:53:48	01:19:19	06:58:34	00:05:51	53	W50	33	6
1303	Hinrichs	Daniela	Bünting Tee Leer	1986	2012	01:05:10	01:08:10	01:23:11	01:09:07	00:54:07	01:18:51	06:58:36	00:05:52	26	WHK	35	6
1304	Bremer-Busemann	Annelie	TuRa 07	1960	2012	01:05:37	01:10:02	01:21:01	01:09:29	00:53:11	01:19:26	06:58:46	00:05:52	52	W50	34	6
1305	Lingner	Gerhard	TuRa 07	1949	2012	01:05:37	01:10:02	01:21:01	01:09:29	00:53:11	01:19:27	06:58:47	00:05:52	63	M60	50	6
1306	Adelmund	Stephan	Maniacs SC	1984	2012	01:03:01	01:09:57	01:21:01	01:07:29	00:51:20	01:26:01	06:58:49	00:05:52	28	MHK	128	6
1307	Aden	Gertrud	SV Großefehn	1959	2012	01:06:01	01:09:34	01:21:14	01:08:58	00:54:05	01:19:06	06:58:58	00:05:52	53	W50	35	6
1308	Röwe	Marco	EWE-Wattloopers	1980	2012	01:06:42	01:08:55	01:21:48	01:09:42	00:53:01	01:19:08	06:59:16	00:05:52	32	M30	159	6
1309	Daro	Jörg	EWE-Wattloopers	1962	2012	01:05:38	01:08:53	01:21:11	01:09:48	00:52:58	01:20:55	06:59:23	00:05:52	50	M50	223	6
1310	Jelden	Jan Gerd	TV Norden	1955	2012	01:07:02	01:10:34	01:21:06	01:08:49	00:52:44	01:19:11	06:59:26	00:05:52	57	M50	224	6
1311	Janssen	Günter	MTV Aurich	1943	2012	01:07:18	01:12:05	01:21:30	01:09:23	00:52:49	01:16:25	06:59:30	00:05:52	69	M60	51	6
1312	Bramer	Simone	Leinerstift e.V.	1996	2012	01:05:28	01:10:56	01:30:16	01:10:06	00:50:17	01:12:27	06:59:30	00:05:52	16	WU20	35	6
1313	Rohlfis	Ronja	SVO Wi sünd Holtriem	1997	2012	01:04:37	01:09:08	01:21:44	01:09:45	00:53:37	01:20:47	06:59:38	00:05:52	15	WU20	36	6
1314	Höft	Helmut	LT TuS Aurich-Ost	1959	2012	01:05:29	01:08:55	01:21:11	01:10:57	00:52:57	01:20:12	06:59:41	00:05:52	53	M50	225	6
1315	Wilbers	Julia	NIGE	1994	2012	01:08:26	01:07:20	01:20:24	01:08:35	00:51:41	01:23:19	06:59:45	00:05:52	18	WU20	37	6
1316	Poppen	Gert-Rudolf	EDEKA	1959	2012	01:09:39	01:08:39	01:19:53	01:12:26	00:53:01	01:16:18	06:59:56	00:05:53	53	M50	226	6
1317	Brinkmann	Frieda	Fortuna Logabirum	1960	2012	01:02:12	01:07:08	01:32:43	01:09:14	00:51:23	01:17:17	06:59:57	00:05:53	52	W50	36	6
1318	Giebelhausen	Klaus	Pro SENIS	1975	2012	01:04:28	01:11:55	01:22:21	01:09:32	00:54:01	01:17:55	07:00:12	00:05:53	37	M30	160	6
1319	Schön	Nadine	SV Stern	1994	2012	01:08:13	01:10:05	01:20:21	01:08:24	00:52:43	01:20:37	07:00:23	00:05:53	18	WU20	38	6
1320	Rosenbohm	Eileen	Die Fitnessfabrik	1995	2012	01:05:33	01:10:00	01:20:23	01:12:25	00:52:48	01:19:17	07:00:26	00:05:53	17	WU20	39	6
1321	Burmeister	Fenna	DFG Westerholt	1995	2012	01:08:08	01:06:13	01:25:32	01:07:30	00:52:00	01:21:07	07:00:30	00:05:53	17	WU20	40	6
1322	Brauns	Steffen	Team ENERCON	1983	2012	01:09:07	01:10:21	01:21:09	01:08:27	00:52:41	01:18:48	07:00:33	00:05:53	29	MHK	129	6
1323	Riedel	Maren	C. E. Popken	1964	2012	01:07:28	01:10:15	01:21:39	01:09:07	00:53:34	01:18:41	07:00:44	00:05:53	48	W40	108	6
1324	Hanken	Lisa	RVB Aurich/Uplengen	1992	2012	01:09:16	01:11:04	01:21:02	01:09:19	00:51:36	01:18:36	07:00:53	00:05:53	20	WHK	36	6
1325	Diehl	Peter	Leinerstift e.V.	1977	2012	01:07:40	01:10:36	01:21:26	01:09:57	00:52:58	01:18:22	07:00:59	00:05:54	35	M30	161	6
1326	Kleen	Heinrich	LG Großefehn	1959	2012	01:05:59	01:10:38	01:21:18	01:11:17	00:52:53	01:19:13	07:01:18	00:05:54	53	M50	227	6
1327	Janssen	Christa	SV Frisia Brinkum	1943	2012	01:07:22	01:10:58	01:21:12	01:09:48	00:52:56	01:19:02	07:01:18	00:05:54	69	W60	6	6
1328	Boelsen	Heidi	Warsingsfehn	1975	2012	01:08:33	01:13:29	01:21:24	01:07:42	00:51:56	01:18:19	07:01:23	00:05:54	37	W30	50	6
1329	Loers	Helmut	SV Blau Weiß Filsum	1952	2012	01:07:11	01:09:16	01:21:54	01:09:34	00:53:46	01:19:46	07:01:27	00:05:54	60	M60	52	6
1330	Deecken	Werner	looney loopers	1951	2012	01:08:07	01:09:26	01:21:43	01:10:37	00:53:38	01:18:27	07:01:58	00:05:54	61	M60	53	6
1331	Buß	Georg	Moormerland	1958	2012	01:08:58	01:09:54	01:20:53	01:08:36	00:52:31	01:21:10	07:02:02	00:05:54	54	M50	228	6
1332	Heyrmann	Holger	NW	1970	2012	01:04:54	01:08:54	01:23:30	01:09:53	00:52:04	01:22:53	07:02:08	00:05:54	42	M40	360	6
1333	Bachmann	Daniela	Emder LG	1971	2012	01:07:25	01:09:51	01:21:06	01:10:17	00:53:04	01:20:27	07:02:10	00:05:55	41	W40	109	6
1334	Grüßing	Imke	SV Bentstreek	1970	2012	01:05:34	01:11:51	01:22:13	01:09:48	00:53:46	01:19:00	07:02:12	00:05:55	42	W40	110	6
1335	Grüßing	Rena	SV Bentstreek	1998	2012	01:06:44	01:11:11	01:22:15	01:09:47	00:53:44	01:18:47	07:02:28	00:05:55	14	WU20	41	6
1336	Broek	Manfred	VfL Edewecht	1949	2012	01:06:44	01:11:49	01:20:12	01:10:32	00:53:40	01:19:47	07:02:44	00:05:55	63	M60	54	6
1337	de Buhr	Renate	Emder LG	1949	2012	01:07:32	01:10:14	01:21:06	01:10:17	00:53:05	01:20:34	07:02:48	00:05:55	63	W60	7	6
1338	Niemand	Wilhelm	JG 71 R	1959	2012	01:11:19	01:11:04	01:21:38	01:07:55	00:53:02	01:18:05	07:03:03	00:05:55	53	M50	229	6
1339	Ahrens	Eike	Seefahrtsschule Leer	1991	2012	01:11:34	01:09:16	01:23:13	01:08:35	00:52:24	01:18:10	07:03:12	00:05:55	21	MHK	130	6
1340	Fischer	Holger	Schützenverein	1968	2012	01:06:27	01:13:25	01:21:53	01:09:40	00:52:41	01:19:14	07:03:20	00:05:55	44	M40	361	6
1341	Ukena	Renate	Emder LG	1955	2012	01:06:26	01:10:13	01:21:07	01:11:56	00:53:05	01:20:34	07:03:21	00:05:56	57	W50	37	6
1342	Ehnts-Hinrichs	Gertrud	MTV Wittmund	1965	2012	01:06:19	01:09:56	01:22:39	01:10:24								

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1350	Budde	Harald	TG Wiesmoor	1958	2012	01:06:40	01:10:50	01:21:59	01:09:24	00:54:40	01:20:55	07:04:28	00:05:56	54	M50	232	6
1351	Kampen	Astrid	Team Deutsche Post	1970	2012	01:08:33	01:10:31	01:20:19	01:09:44	00:55:42	01:19:39	07:04:28	00:05:56	42	W40	114	6
1352	Bünting	Inga	C. E. Popken	1977	2012	01:07:07	01:10:42	01:21:37	01:09:18	00:54:58	01:21:06	07:04:48	00:05:57	35	W30	51	6
1353	Bässler	Heiko	LG Großefehn	1968	2012	01:10:16	01:11:04	01:23:19	01:09:35	00:52:10	01:18:25	07:04:49	00:05:57	44	M40	364	6
1354	Hilbrands	Fenna	Sparkasse	1992	2012	01:07:52	01:13:39	01:21:44	01:09:21	00:52:43	01:19:42	07:05:01	00:05:57	20	WHK	37	6
1355	Weber	Michael	Alex.-v.-Humboldt-	1954	2012	01:03:39	01:15:55	01:22:24	01:10:15	00:52:31	01:20:19	07:05:03	00:05:57	58	M50	233	6
1356	Nowinski	Renate	Lummerland Taxi	1969	2012	01:07:05	01:13:08	01:21:50	01:10:19	00:53:55	01:18:46	07:05:03	00:05:57	43	W40	115	6
1357	Krüger	Alina	Gymnasium Ulricianum	1995	2012	01:06:50	01:13:14	01:23:10	01:09:26	00:51:44	01:20:43	07:05:07	00:05:57	17	WU20	42	6
1358	von Pape	Bodo	Team Herbart	1940	2012	01:05:16	01:10:18	01:21:13	01:10:39	00:54:17	01:23:47	07:05:30	00:05:57	72	M70	11	6
1359	Saathoff	Diane	Störtebecker Loopers	1965	2012	01:07:01	01:07:56	01:20:53	01:11:30	00:53:41	01:24:32	07:05:33	00:05:57	47	W40	116	6
1360	Scheidung	Dana		1990	2012	01:07:03	01:11:02	01:22:07	01:12:03	00:54:26	01:19:00	07:05:41	00:05:57	22	WHK	38	6
1361	Neugebauer	Bärbel	TV Norden	1965	2012	01:06:56	01:06:57	01:23:02	01:12:27	00:55:08	01:21:18	07:05:48	00:05:58	47	W40	117	6
1362	Behrens-Kuhl	Marlies	Klinikum Leer	1972	2012	01:08:35	01:12:11	01:20:52	01:09:36	00:53:50	01:20:51	07:05:55	00:05:58	40	W40	118	6
1363	Meyer	Erika	RVB Aurich/Uplengen	1970	2012	01:06:01	01:10:49	01:21:23	01:09:56	00:53:49	01:24:09	07:06:07	00:05:58	42	W40	119	6
1364	Bruns	Harald	Hartmann Group	1988	2012	01:09:11	01:12:55	01:21:13	01:09:42	00:51:16	01:21:55	07:06:12	00:05:58	24	MHK	131	6
1365	Welke	Anja	Leer	1971	2012	01:06:44	01:12:18	01:21:02	01:10:38	00:54:00	01:22:13	07:06:55	00:05:59	41	W40	120	6
1366	Kroon	Manuela	Fortuna Logabirum	1975	2012	01:05:49	01:10:08	01:23:15	01:11:15	00:54:54	01:21:35	07:06:56	00:05:59	37	W30	52	6
1367	Rieken	Uda	BV „Vorwärts“	1967	2012	01:07:41	01:09:11	01:21:57	01:12:08	00:54:06	01:22:02	07:07:05	00:05:59	45	W40	121	6
1368	Hinrichs	Marion	LT SC Ihrhove 07	1979	2012	01:06:31	01:11:03	01:22:50	01:11:58	00:53:56	01:20:52	07:07:10	00:05:59	33	W30	53	6
1369	Sleeper	Daniel	Seefahrtsschule Leer	1990	2012	01:07:08	01:11:15	01:19:50	01:15:50	00:54:56	01:18:18	07:07:17	00:05:59	22	MHK	132	6
1370	Severiens	Henni	Fortuna Logabirum	1954	2012	01:07:38	01:11:13	01:22:08	01:10:57	00:54:34	01:20:49	07:07:19	00:05:59	58	W50	39	6
1371	Klaus	Annafrid	Seefahrtsschule Leer	1989	2012	01:12:49	01:12:45	01:21:51	01:10:39	00:51:16	01:18:13	07:07:33	00:05:59	23	WHK	39	6
1372	Kuper	Elke	TG Wiesmoor	1964	2012	01:06:31	01:11:18	01:22:28	01:11:32	00:54:55	01:21:08	07:07:52	00:05:59	48	W40	122	6
1373	Kröger	Thomas	EWE-Wattloopers	1966	2012	01:07:56	01:11:53	01:22:58	01:11:08	00:54:43	01:19:18	07:07:56	00:05:59	46	M40	365	6
1374	Otte	Robert	Kdo SES Ostfriesland	1973	2012	01:10:40	01:11:30	01:24:42	01:09:27	00:53:11	01:18:26	07:07:56	00:05:59	39	M30	162	6
1375	Fleßner	Gert	BV Friesland Neu-	1985	2012	01:06:55	01:10:40	01:23:14	01:11:36	00:54:34	01:20:57	07:07:56	00:05:59	27	MHK	133	6
1376	Fengkohl	Frank	Fortuna Wirdum	1960	2012	01:10:12	01:12:19	01:24:17	01:13:23	00:45:45	01:22:30	07:08:26	00:06:00	52	M50	234	6
1377	Meyer	Erhard	Sparkasse	1962	2012	01:06:33	01:11:30	01:23:00	01:11:21	00:54:40	01:21:23	07:08:27	00:06:00	50	M50	235	6
1378	Zimmermann	Tanja		1991	2012	01:05:14	01:10:00	01:30:21	01:08:16	00:52:48	01:22:01	07:08:40	00:06:00	21	WHK	40	6
1379	Philippus	Heike	Ubbo-Emmius-Klinik	1970	2012	01:05:09	01:10:36	01:23:29	01:12:12	00:54:59	01:22:31	07:08:56	00:06:00	42	W40	123	6
1380	Dettmer	Take	Leinerstift e.V	2000	2012	01:07:06	01:10:57	01:31:12	01:08:10	00:53:16	01:18:20	07:09:01	00:06:00	12	MU20	117	6
1381	Lienhöft	Johanna	Seefahrtsschule Leer	1990	2012	01:11:03	01:09:19	01:24:56	01:10:56	00:54:37	01:18:13	07:09:04	00:06:00	22	MHK	134	6
1382	Peeken	Gerd	Tus-Esens	1973	2012	01:07:48	01:09:55	01:24:21	01:12:07	00:53:51	01:21:03	07:09:05	00:06:00	39	M30	163	6
1383	Siemens	Ralf	Kdo SES Ostfriesland	1964	2012	01:12:46	01:11:30	01:23:15	01:00:47	00:58:37	01:22:10	07:09:05	00:06:00	48	M40	366	6
1384	Tembusch	Judith	Hartmann Group	1983	2012	01:06:47	01:12:14	01:22:05	01:10:29	00:55:35	01:21:55	07:09:05	00:06:00	29	WHK	41	6
1385	Harms	Hilke	IGS Aurich-West	1997	2012	01:09:33	01:10:00	01:25:07	01:11:24	00:54:25	01:18:40	07:09:09	00:06:00	15	WU20	43	6
1386	Eggers	Ulrich	Bootsbau Eggers	1966	2012	01:07:19	01:13:05	01:25:46	01:10:40	00:52:47	01:19:37	07:09:14	00:06:00	46	M40	367	6
1387	Liebert	Karin	Ubbo-Emmius-Klinik	1964	2012	01:07:10	01:11:50	01:22:22	01:11:07	00:55:00	01:21:47	07:09:16	00:06:00	48	W40	124	6
1388	Buss	Janna	Klinikum Leer	1955	2012	01:08:17	01:12:58	01:22:49	01:11:26	00:54:47	01:19:00	07:09:17	00:06:00	57	W50	40	6
1389	Lütten	Max	JAG Emden	2000	2012	01:04:18	01:10:18	01:21:32	01:19:19	00:53:25	01:20:28	07:09:20	00:06:01	12	MU20	118	6
1390	Petersen	Marieanne	LT Spaß mit Sport	1954	2012	01:07:28	01:12:36	01:22:30	01:12:01	00:54:12	01:20:35	07:09:22	00:06:01	58	W50	41	6
1391	Köhler	Laura	Seefahrtsschule Leer	1992	2012	01:11:05	01:11:31	01:24:33	01:10:28	00:53:40	01:18:12	07:09:29	00:06:01	20	WHK	42	6
1392	Tobiassen	Renate	Aurich	1970	2012	01:06:31	01:11:06	01:22:53	01:12:28	00:54:49	01:21:45	07:09:32	00:06:01	42	W40	125	6
1393	Ott	Christian	Alex.-v.-Humboldt-	1977	2012	01:04:56	01:11:04	01:25:01	01:09:36	00:54:26	01:24:30	07:09:33	00:06:01	35	M30	164	6
1394	Zerres	Monika	LT TuS Aurich-Ost	1968	2012	01:08:30	01:10:35	01:22:43	01:11:28	00:54:49	01:21:32	07:09:37	00:06:01	44	W40	126	6
1395	Schröter	Werner	Hockey-Club	1943	2012	01:08:04	01:09:46	01:22:21	01:12:36	00:55:08	01:21:43	07:09:38	00:06:01	69	M60	55	6
1396	Voss	Karin	LT TuS Aurich-Ost	1961	2012	01:08:33	01:10:35	01:22:44	01:11:29	00:54:48	01:21:29	07:09:38	00:06:01	51	W50	42	6
1397	Schmidt	Sandra	Hermann Schmidt	1986	2012	01:09:41	01:13:07	01:22:09	01:11:00	00:53:48	01:20:06	07:09:51	00:06:01	26	WHK	43	6
1398	Beyen	Wilma		1969	2012	01:09:09	01:12:58	01:21:31	01:14:19	00:54:01	01:18:05	07:10:03	00:06:01	43	W40	127	6
1399	Janßen	Tamme	Gymnasium Ulricianum	1993	2012	01:08:22	01:13:56	01:26:08	01:07:55	00:50:23	01:23:27	07:10:11	00:06:01	19	MU20	119	6
1400	Bartels	Melanie	C. E. Popken	1970	2012	01:09:21	01:11:55	01:21:14	01:11:21	00:54:56	01:21:26	07:10:13	00:06:01	42	W40	128	6
1401	Herrmann	Jens	Volkswagen Emden	1959	2012	01:09:47	01:12:56	01:22:17	01:11:15	00:53:48	01:20:15	07:10:18	00:06:01	53	M50	236	6
1402	Kitlas-Dieling	Martha	Süd-Victorbur	1959	2012	01:07:12	01:12:43	01:23:12	01:11:39	00:54:37	01:20:58	07:10:21	00:06:01	53	W50	43	6
1403	Olbrich	Birgit	Leinerstift e.V.	1957	2012	01:07:08	01:11:07	01:22:53	01:12:28	00:54:55	01:21:54	07:10:25	00:06:01	55	W50	44	6
1404	Wiese	Alexander	RVB Aurich/Uplengen	1971	2012	01:10:26	01:11:34	01:22:13	01:10:57	00:53:40	01:21:37	07:10:27	00:06:01	41	M40	368	6
1405	Voß	Marion		1963	2012	01:11:21	01:11:05	01:23:29	01:09:59	00:53:12	01:21:23	07:10:29	00:06:01	49	W40	129	6
1406	Behrends	Stefan	Holtland-Nücke	1971	2012	01:06:58	01:11:02	01:26:47	01:10:34	00:53:20	01:21:49	07:10:30	00:06:02	41	M40	369	6
1407	Mengers	Gerlind	TURA 07	1967	2012	01:08:18	01:12:10	01:23:13	01:11:52	00:54:19	01:20:42	07:10:34	00:06:02	45	W40	130	6
1408	Gossling	Karl	LG Bunde	1946	2012	01:08:06	01:12:09	01:23:42	01:11:36	00:54:52	01:20:12	07:10:37	00:06:02	66	M60	56	6
1409	Niklaus	Marina	NIGE	1995	2012	01:08:29	01:08:51	01:22:48	01:11:09	00:56:14	01:23:19	07:10:50	00:06:02	17	WU20	44	6
1410	Däuber	Günter	Judo Team Leer VFR	1961	2012	01:11:50	01:14:10	01:23:50	01:09:53	00:51:59	01:19:09	07:10:51	00:06:02	51	M50	237	6
1411	Fecht	Anke	SV Stikkelkamp	1973	2012	01:08:29	01:10:30	01:22:22	01:12:36	00:55:09	01:21:45	07:10:51	00:06:02	39	W30	54	6
1412	Klinkenborg	Margit	TV Norden	1952	2012	01:06:56	01:12:06	01:23:02	01:12:27	00:55:08	01:21:19	07:10:58	00:06:02	60	W60	8	6
1413	Vehnekamp	Werner	Team Möbel Buss	1958	2012	01:03:23	01:13:57	01:25:47	01:11:58	0							

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1421	Kampers	Mario	Kdo SES Ostfriesland	1973	2012	01:06:04	01:09:30	01:22:36	01:16:21	00:56:05	01:21:16	07:11:52	00:06:03	39	M30	165	6
1422	Draht	Daye		1998	2012	01:06:16	01:13:17	01:24:12	01:11:12	00:54:42	01:22:19	07:11:58	00:06:03	14	WU20	45	6
1423	Lüür	Fenny	Marohn & Häger	1963	2012	01:06:01	01:12:52	01:25:05	01:13:43	00:53:25	01:20:58	07:12:04	00:06:03	49	W40	132	6
1424	Jabben	Uta	Sport DUO Esens	1960	2012	01:07:02	01:14:34	01:22:35	01:11:15	00:54:44	01:21:55	07:12:05	00:06:03	52	W50	47	6
1425	Wagenschutz	Daniel	Ubbo-Emmius-Klinik	1983	2012	01:08:34	01:12:20	01:24:36	01:12:18	00:53:41	01:20:37	07:12:06	00:06:03	29	MHK	135	6
1426	Adamietz	Yvonne	Ubbo-Emmius-Klinik	1984	2012	01:07:09	01:14:12	01:23:37	01:10:51	00:56:07	01:20:10	07:12:06	00:06:03	28	WHK	44	6
1427	Weyrich	Anne	kein	1979	2012	01:08:13	01:11:13	01:25:26	01:11:49	00:54:59	01:20:34	07:12:14	00:06:03	33	W30	57	6
1428	Haak	Timo	MTV Aurich	1980	2012	01:12:44	01:10:30	01:23:44	01:10:48	00:53:27	01:21:05	07:12:18	00:06:03	32	M30	166	6
1429	Klimaschka-Behrer	Uschi	MTV Aurich	1957	2012	01:07:26	01:10:50	01:23:28	01:13:11	00:54:54	01:22:31	07:12:20	00:06:03	55	W50	48	6
1430	Lüpkes	Dorathe	Wald	1962	2012	01:07:55	01:10:29	01:23:20	01:13:00	00:54:39	01:22:59	07:12:22	00:06:03	50	W50	49	6
1431	Rull	Thomas	ZGO	1978	2012	01:08:43	01:13:57	01:25:20	01:10:57	00:53:16	01:20:13	07:12:26	00:06:03	34	M30	167	6
1432	Habben	Sabine	Fortuna Wirdum	1992	2012	01:10:11	01:07:01	01:24:17	01:13:22	00:55:27	01:22:30	07:12:48	00:06:03	20	WHK	45	6
1433	Narr	Werner	Hausarztpraxis Werner	1949	2012	01:07:23	01:14:21	01:25:31	01:10:49	00:53:53	01:20:51	07:12:48	00:06:03	63	M60	58	6
1434	Harken-Rößing	Wilma	WFB Aurich	1965	2012	01:07:14	01:11:55	01:27:03	01:10:50	00:54:32	01:21:15	07:12:49	00:06:03	47	W40	133	6
1435	Hieronimus	Silvia	LT Spaß mit Sport	1979	2012	01:08:28	01:13:09	01:25:02	01:11:38	00:54:00	01:20:47	07:13:04	00:06:04	33	W30	58	6
1436	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2012	01:05:11	01:10:43	01:26:42	01:11:49	00:55:13	01:23:37	07:13:15	00:06:04	46	M40	370	6
1437	Berlin	Simone	LT SC Ihrhove 07	1963	2012	01:07:18	01:12:17	01:25:45	01:12:22	00:54:56	01:21:02	07:13:40	00:06:04	49	W40	134	6
1438	Peters	Bettina	Ruderverein Leer	1975	2012	01:08:37	01:13:10	01:24:53	01:12:26	00:54:03	01:20:43	07:13:52	00:06:04	37	W30	59	6
1439	Gruben	Gerda	SV Potshausen	1949	2012	01:08:19	01:12:52	01:23:14	01:12:31	00:55:32	01:21:25	07:13:53	00:06:04	63	W60	9	6
1440	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2012	01:06:14	01:13:10	01:23:11	01:13:48	00:56:29	01:21:09	07:14:01	00:06:04	59	M50	240	6
1441	Bley	Tobias	GeTek	1994	2012	01:08:18	01:11:02	01:24:36	01:10:22	00:55:22	01:24:23	07:14:03	00:06:04	18	MU20	120	6
1442	Greulich	Ines	Ubbo-Emmius-Klinik	1966	2012	01:09:31	01:13:01	01:23:27	01:12:34	00:54:07	01:21:37	07:14:17	00:06:05	46	W40	135	6
1443	Freitag	Theda	LT TuS Aurich-Ost	1951	2012	01:07:41	01:12:03	01:24:20	01:13:23	00:55:27	01:21:30	07:14:24	00:06:05	61	W60	10	6
1444	Neumann	Inga	MTV Aurich	1971	2012	01:08:49	01:12:21	01:24:22	01:11:52	00:54:46	01:22:25	07:14:35	00:06:05	41	W40	136	6
1445	Wille	Eva		1987	2012	01:06:01	01:08:12	01:24:23	01:09:59	00:56:49	01:29:14	07:14:38	00:06:05	25	WHK	46	6
1446	Smid	Frank-Michael	Scharff Baustoffhandel	1964	2012	01:10:51	01:15:31	01:25:19	01:11:36	00:53:14	01:18:11	07:14:42	00:06:05	48	M40	371	6
1447	Becker	Sonja	Reederei Buss	1967	2012	01:05:34	01:10:24	01:24:15	01:13:29	00:55:35	01:25:30	07:14:47	00:06:05	45	W40	137	6
1448	Steenken	Metta	PRO NAUTAS	1980	2012	01:10:32	01:12:05	01:23:37	01:11:45	00:54:45	01:22:04	07:14:48	00:06:05	32	W30	60	6
1449	Brauner	Doreen	LG Leer	1980	2012	01:07:30	01:13:23	01:24:44	01:14:31	00:55:26	01:19:41	07:15:15	00:06:06	32	W30	61	6
1450	Breise	Regina	Gymnasium Ulricianum	1994	2012	01:08:38	01:12:45	01:24:22	01:12:29	00:54:06	01:22:57	07:15:17	00:06:06	18	WU20	46	6
1451	Gatena	Sandra	Emder LG	1983	2012	01:08:14	01:13:30	01:24:22	01:12:53	00:55:39	01:20:50	07:15:28	00:06:06	29	WHK	47	6
1452	Brinschwitz	Ralf	MTV Aurich	1967	2012	01:09:35	01:12:21	01:24:43	01:11:45	00:54:45	01:22:23	07:15:32	00:06:06	45	M40	372	6
1453	Weber	Heinz	Ostfriesische	1968	2012	01:13:13	01:11:26	01:24:39	01:10:07	00:52:28	01:24:02	07:15:55	00:06:06	44	M40	373	6
1454	Eertmoed	Silvia	Emder LG	1972	2012	01:12:36	01:12:28	01:26:00	01:11:54	00:52:30	01:20:35	07:16:03	00:06:06	40	W40	138	6
1455	Baumann	Ina	MTV Aurich	1981	2012	01:08:47	01:13:02	01:24:28	01:12:42	00:54:50	01:22:21	07:16:10	00:06:06	31	W30	62	6
1456	Engels	Heinz	Wiesmoor	1976	2012	01:07:25	01:11:24	01:20:44	01:15:19	00:53:55	01:27:42	07:16:29	00:06:07	36	M30	168	6
1457	Baumgarten	Petra	Lummerland Taxi	1970	2012	01:08:45	01:11:36	01:24:47	01:14:09	00:55:25	01:21:55	07:16:37	00:06:07	42	W40	139	6
1458	Hildebrandt	Henny	Emder LG	1944	2012	01:12:37	01:12:31	01:26:03	01:11:55	00:53:09	01:20:34	07:16:49	00:06:07	68	W60	11	6
1459	Boden	Helga	Wi sünd Holtriem	1950	2012	01:08:42	01:14:37	01:24:23	01:12:38	00:54:44	01:21:47	07:16:51	00:06:07	62	W60	12	6
1460	Schwartz	Claudia	Fecht & Helmig	1979	2012	01:10:39	01:11:33	01:24:44	01:11:51	00:55:41	01:22:41	07:17:09	00:06:07	33	W30	63	6
1461	Fecht	Udo	Fecht & Helmig	1969	2012	01:10:39	01:11:33	01:24:45	01:11:52	00:55:42	01:22:40	07:17:11	00:06:07	43	M40	374	6
1462	Hübner	Manuela	Fecht & Helmig	1970	2012	01:10:39	01:11:34	01:24:45	01:11:52	00:55:42	01:22:42	07:17:14	00:06:07	42	W40	140	6
1463	Hille	Birte	Leer	1971	2012	01:08:37	01:12:19	01:24:40	01:13:16	00:56:02	01:22:22	07:17:16	00:06:07	41	W40	141	6
1464	Hülshof	Britta	TuRa 07	1969	2012	01:08:49	01:13:35	01:23:26	01:14:15	00:55:31	01:21:40	07:17:16	00:06:07	43	W40	142	6
1465	Schmidt	Angelika	Greta-Schoon-Schule	1961	2012	01:05:34	01:13:05	01:24:15	01:13:29	00:55:35	01:25:30	07:17:28	00:06:07	51	W50	50	6
1466	Brümmer	Anne	ENERCON GmbH	1982	2012	01:08:19	01:12:44	01:25:53	01:13:21	00:55:09	01:22:05	07:17:31	00:06:07	30	W30	64	6
1467	Buhr	Janna	Alex.-v.-Humboldt-	1994	2012	01:08:46	01:13:05	01:21:56	01:12:33	00:53:39	01:27:35	07:17:34	00:06:07	18	WU20	47	6
1468	Trauernicht	Lena	BBS 1 Aurich	1993	2012	01:11:44	01:11:35	01:24:52	01:11:59	00:54:40	01:22:49	07:17:39	00:06:08	19	WU20	48	6
1469	Finger	Susanne	Fortuna Logabirum	1975	2012	01:07:03	01:13:18	01:26:18	01:11:56	00:55:39	01:23:33	07:17:47	00:06:08	37	W30	65	6
1470	Pennig	Friedrich-Karl	TGG Leer	1948	2012	01:08:38	01:12:22	01:20:53	01:13:39	00:59:29	01:22:47	07:17:48	00:06:08	64	M60	59	6
1471	Krisp	Stephan	Krankenhaus Wittmund	1972	2012	01:14:15	01:12:48	01:23:43	01:11:15	00:54:04	01:21:52	07:17:57	00:06:08	40	M40	375	6
1472	Mannott	Martina	Meyer Werft GmbH	1969	2012	01:07:49	01:12:08	01:24:31	01:12:55	00:55:57	01:24:39	07:17:59	00:06:08	43	W40	143	6
1473	Ubben	Anna-Lena	Naturschlachter Lay	1995	2012	01:09:32	01:11:42	01:26:30	01:11:29	00:55:20	01:23:27	07:18:00	00:06:08	17	WU20	49	6
1474	Harms	Bernd	RVB Aurich/Uplengen	1979	2012	01:10:48	01:12:33	01:22:38	01:11:38	00:57:29	01:22:58	07:18:04	00:06:08	33	M30	169	6
1475	Strüfing	Helke	Gymnasium Ulricianum	1995	2012	01:11:36	01:08:03	01:25:09	01:18:35	00:51:44	01:22:57	07:18:04	00:06:08	17	WU20	50	6
1476	Weber	Verena	Klinikum Leer	1994	2012	01:09:43	01:12:03	01:26:34	01:11:46	00:54:19	01:23:41	07:18:06	00:06:08	18	WU20	51	6
1477	Madlen	Reinwaldt	Fortuna Wirdum	1971	2012	01:10:12	01:12:18	01:24:18	01:13:23	00:55:27	01:22:30	07:18:08	00:06:08	41	W40	144	6
1478	Krems	Hans-Jürgen	TuS Hinte	1959	2012	01:10:10	01:12:21	01:24:18	01:13:23	00:55:28	01:22:31	07:18:11	00:06:08	53	M50	241	6
1479	Gerken	Regina	Fortuna Wirdum	1965	2012	01:10:10	01:12:22	01:24:19	01:13:24	00:55:28	01:22:31	07:18:14	00:06:08	47	W40	145	6
1480	Scheffler	Andrea	LT TuS Aurich-Ost	1966	2012	01:07:26	01:14:20	01:24:20	01:13:23	00:57:25	01:21:24	07:18:18	00:06:08	46	W40	146	6
1481	Thume-Franz	Monika	VHS-Laufen	1964	2012	01:10:12	01:13:26	01:23:49	01:12:56	00:55:16	01:22:58	07:18:37	00:06:08	48	W40	147	6
1482	Leggedör	Markus	SV Teutonia Stapelmoo	1979	2012	01:11:37	01:13:24	01:25:17	01:11:36	00:54:58	01:21:46	07:18:38	00:06:08	33	M30	170	6
1483	Tuijter	Kai	SV Teutonia	1978	2012	01:11:37	01:13:24	01:25:17	01:11:36	00:54:59	01:21:46	07:18:39	00:06:08	34	M30	171	6
1484	Sick	Jens	JVA Emden	1965	2012	01:1											

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1492	Löning	Inka	Ostfriesische	1980	2012	01:07:24	01:12:10	01:26:46	01:13:11	00:55:36	01:25:37	07:20:44	00:06:10	32	W30	66	6
1493	Fürst	Dominik	LG Großefehn	1999	2012	01:08:33	01:13:56	01:25:25	01:11:42	00:57:24	01:23:54	07:20:54	00:06:10	13	MU20	121	6
1494	Jürgens	Britta	Krankenhaus Wittmund	1965	2012	01:13:38	01:12:46	01:24:36	01:11:57	00:55:32	01:22:25	07:20:54	00:06:10	47	W40	151	6
1495	Gehlen	Nadine	Kdo SES Ostfriesland	1990	2012	01:10:13	01:12:17	01:24:54	01:15:13	00:55:16	01:23:23	07:21:16	00:06:11	22	WHK	48	6
1496	Tarin	Marcel	Seefahrtsschule Leer	1989	2012	01:13:21	01:13:03	01:23:25	01:11:59	00:55:02	01:24:53	07:21:43	00:06:11	23	MHK	137	6
1497	Rewerts	Marion	Ippe Janssen Aurich	1970	2012	01:09:06	01:14:36	01:24:13	01:13:34	00:56:21	01:23:55	07:21:45	00:06:11	42	W40	152	6
1498	Hafner	Andrea	Schach-Matt	1974	2012	01:09:18	01:13:23	01:25:31	01:13:47	00:55:33	01:24:22	07:21:54	00:06:11	38	W30	67	6
1499	Saager	Jens		1976	2012	01:11:07	01:11:31	01:24:07	01:11:25	00:53:46	01:30:01	07:21:57	00:06:11	36	M30	172	6
1500	Heijen	Inga	Frieseur Heyen	1969	2012	01:11:24	01:13:29	01:25:58	01:11:52	00:55:26	01:23:50	07:21:59	00:06:11	43	W40	153	6
1501	Wilts	Hermann	TV Norden	1946	2012	01:13:04	01:15:45	01:23:48	01:13:07	00:54:24	01:22:09	07:22:17	00:06:11	66	M60	60	6
1502	Meyer	Heidi	EWE-Wattloopers	1970	2012	01:10:45	01:13:16	01:25:08	01:12:06	00:56:09	01:24:57	07:22:21	00:06:11	42	W40	154	6
1503	Buurman	Ellen	LT TuS Aurich-Ost	1948	2012	01:08:22	01:15:22	01:26:36	01:14:25	00:56:09	01:21:43	07:22:37	00:06:12	64	W60	13	6
1504	Hedemann- Breuer	Silke	JG 71 R	1967	2012	01:10:28	01:11:46	01:25:56	01:14:19	00:55:48	01:24:20	07:22:37	00:06:12	45	W40	155	6
1505	Rulfs	Rainer	SV Eintracht Ihlow e.V.	1960	2012	01:09:19	01:12:34	01:26:15	01:12:17	00:56:58	01:25:15	07:22:38	00:06:12	52	M50	243	6
1506	Gronewold	Daniel	HS Emden/Leer	1991	2012	01:08:20	01:18:23	01:25:35	01:11:34	00:57:10	01:21:55	07:22:57	00:06:12	21	MHK	138	6
1507	Janssen	Anna Lena	WfBM BBB Aurich	1992	2012	01:14:29	01:07:41	01:27:03	01:10:50	01:01:17	01:21:41	07:23:01	00:06:12	20	WHK	49	6
1508	Reents	Annika		1986	2012	01:12:10	01:11:58	01:25:52	01:12:56	00:55:54	01:24:38	07:23:28	00:06:12	26	WHK	50	6
1509	Reif	Manuela	Kdo SES Ostfriesland	1984	2012	01:10:14	01:12:16	01:23:35	01:13:51	00:56:56	01:26:44	07:23:36	00:06:13	28	WHK	51	6
1510	Eisenhauer	Elisabeth	TuS Esens	1949	2012	01:09:37	01:14:10	01:24:48	01:13:43	00:56:54	01:24:25	07:23:37	00:06:13	63	W60	14	6
1511	Saathoff	Annenmarie	TuS Esens	1951	2012	01:09:37	01:14:10	01:24:48	01:13:43	00:56:55	01:24:25	07:23:38	00:06:13	61	W60	15	6
1512	Rose	Sylke	Ostfriesische	1971	2012	01:08:37	01:12:32	01:27:06	01:14:30	00:55:36	01:25:36	07:23:57	00:06:13	41	W40	156	6
1513	Südhoff	Roswitha	Ostfriesische	1964	2012	01:08:37	01:12:33	01:27:06	01:14:30	00:55:35	01:25:36	07:23:57	00:06:13	48	W40	157	6
1514	Monden	Lutz	Hartmann Group	1986	2012	01:11:53	01:15:45	01:24:42	01:10:33	00:56:52	01:24:22	07:24:07	00:06:13	26	MHK	139	6
1515	Hoyer	Heinz	Norden	1943	2012	01:08:33	01:15:58	01:26:26	01:13:05	00:54:35	01:25:53	07:24:30	00:06:13	69	M60	61	6
1516	Nagel	Martina	Risius	1983	2012	01:12:10	01:14:00	01:25:52	01:12:55	00:55:54	01:24:39	07:25:30	00:06:14	29	WHK	52	6
1517	Jansen	Theresia	ELV Elektronik AG	1971	2012	01:08:16	01:12:37	01:28:25	01:14:21	00:58:29	01:23:27	07:25:35	00:06:14	41	W40	158	6
1518	Wilken	Christian	Sparkasse	1989	2012	01:12:38	01:14:23	01:27:25	01:13:21	00:55:04	01:22:47	07:25:38	00:06:14	23	MHK	140	6
1519	Bretschneider	Alexander	Leinerstift e.V	1998	2012	01:23:03	01:12:27	01:30:40	01:12:20	00:50:44	01:16:31	07:25:45	00:06:14	14	MU20	122	6
1520	Schumacher	Anja	Ostfriesische	1969	2012	01:10:41	01:13:52	01:27:11	01:13:29	00:55:10	01:25:36	07:25:59	00:06:15	43	W40	159	6
1521	Rogge	Petra	SV Freie Lunge	1967	2012	01:11:54	01:13:37	01:26:04	01:15:22	00:55:25	01:23:41	07:26:03	00:06:15	45	W40	160	6
1522	Habben	Karl	EWE-Wattloopers	1948	2012	01:09:51	01:15:25	01:26:08	01:12:55	00:55:42	01:26:04	07:26:05	00:06:15	64	M60	62	6
1523	Freundenberg	Manuela	VHS Laufen	1965	2012	01:12:34	01:12:34	01:24:01	01:14:51	00:55:32	01:26:33	07:26:05	00:06:15	47	W40	161	6
1524	Schuster	Marion	Wald	1962	2012	01:07:55	01:09:29	01:38:08	01:13:00	00:54:39	01:22:59	07:26:10	00:06:15	50	W50	52	6
1525	Delbrügge	Friederike	Lebenshilfe Leer	1985	2012	01:09:17	01:16:08	01:25:58	01:13:41	00:55:05	01:26:07	07:26:16	00:06:15	27	WHK	53	6
1526	Hinrichs	Maike	LG Großefehn	1990	2012	01:10:28	01:13:53	01:28:17	01:14:28	00:55:40	01:23:37	07:26:23	00:06:15	22	WHK	54	6
1527	Hettmann	Eric	Gymnasium Ulricianum	1974	2012	01:11:19	01:16:07	01:25:35	01:13:42	00:55:25	01:24:35	07:26:43	00:06:15	38	M30	173	6
1528	Möhlmann	Gudrun	Ostfriesische	1970	2012	01:10:53	01:13:53	01:27:16	01:14:03	00:55:21	01:25:36	07:27:02	00:06:15	42	W40	162	6
1529	Wienekamp	Edelgard	BV Ihlow	1970	2012	01:10:31	01:16:00	01:27:42	01:13:47	00:56:14	01:22:54	07:27:08	00:06:15	42	W40	163	6
1530	Heinrichsdorf	Steffi	Ostfriesische	1979	2012	01:09:19	01:16:26	01:26:03	01:14:07	00:55:26	01:26:06	07:27:27	00:06:16	33	W30	68	6
1531	Koenen	Michael	Allianz	1973	2012	01:11:34	01:14:15	01:26:30	01:11:51	00:56:55	01:26:24	07:27:29	00:06:16	39	M30	174	6
1532	Eilers	Anna-Lena	Silomon	1987	2012	01:13:47	01:12:09	01:26:17	01:13:56	00:55:27	01:26:02	07:27:38	00:06:16	25	WHK	55	6
1533	Aden	Gerold	LG Großefehn	1967	2012	01:10:56	01:15:33	01:26:21	01:13:19	00:56:26	01:25:09	07:27:44	00:06:16	45	M40	378	6
1534	Middelborg	Helga	LT SV Ems Jemgum	1952	2012	01:11:00	01:15:24	01:26:42	01:14:25	00:57:01	01:23:32	07:28:04	00:06:16	60	W60	16	6
1535	Wiechmann	Rainer	VfL Germania Leer	1958	2012	01:15:07	01:18:03	01:25:52	01:10:46	00:55:07	01:23:19	07:28:14	00:06:16	54	M50	244	6
1536	Werner	Irmgrad	Westerende	1956	2012	01:10:12	01:14:42	01:26:05	01:14:56	00:56:13	01:26:12	07:28:20	00:06:16	56	W50	53	6
1537	Feige	Antje	LG Großefehn	1962	2012	01:11:45	01:14:11	01:25:26	01:15:38	00:57:27	01:23:55	07:28:22	00:06:17	50	W50	54	6
1538	Röttmann	Daniel	Seefahrtsschule Leer	1987	2012	01:12:20	01:12:28	01:25:11	01:14:46	00:57:52	01:25:49	07:28:26	00:06:17	25	MHK	141	6
1539	van Scharrel	Lena	Ostfriesische	1991	2012	01:11:13	01:12:33	01:27:01	01:14:04	00:58:23	01:25:31	07:28:45	00:06:17	21	WHK	56	6
1540	Ottersberg	Bianca	LG Großefehn	1991	2012	01:10:29	01:13:53	01:28:17	01:14:28	00:57:55	01:24:07	07:29:09	00:06:17	21	WHK	57	6
1541	Seeberg	Britta	Oldeborg	1963	2012	01:09:26	01:14:25	01:26:59	01:15:37	00:58:30	01:24:50	07:29:47	00:06:18	49	W40	164	6
1542	Schauer	Certa		1953	2012	01:11:27	01:16:17	01:25:56	01:15:46	00:56:46	01:23:42	07:29:54	00:06:18	59	W50	55	6
1543	Weerts	Theda		1956	2012	01:11:51	01:16:17	01:25:56	01:15:47	00:56:46	01:23:42	07:30:19	00:06:18	56	W50	56	6
1544	Drexhage	Michael	Nordland Papier	1970	2012	01:10:49	01:11:25	01:28:18	01:14:21	00:57:58	01:27:58	07:30:49	00:06:19	42	M40	379	6
1545	Casjens	Maren	PSV Ihlow	1984	2012	01:08:52	01:17:23	01:28:57	01:14:40	00:56:12	01:24:57	07:31:01	00:06:19	28	WHK	58	6
1546	Poppen	Sabine	Emder LG	1970	2012	01:11:55	01:14:57	01:25:35	01:14:44	00:57:36	01:26:21	07:31:08	00:06:19	42	W40	165	6
1547	Heyen	Sarah Magdalena	Gymnasium Ulricianum	1998	2012	01:12:51	01:13:09	01:25:51	01:18:22	00:54:25	01:26:36	07:31:14	00:06:19	14	WU20	52	6
1548	Meyer	Ingrid	Emder LG	1965	2012	01:11:57	01:14:58	01:25:35	01:14:49	00:57:37	01:26:20	07:31:16	00:06:19	47	W40	166	6
1549	Kanthak	Lea	obw Emden	1995	2012	01:14:21	01:16:27	01:27:47	01:13:37	00:56:17	01:22:51	07:31:20	00:06:19	17	WU20	53	6
1550	Kanthak	Herbert	obw Emden	1961	2012	01:14:20	01:16:27	01:27:47	01:13:38	00:56:17	01:22:51	07:31:20	00:06:19	51	M50	245	6
1551	Heuer	Haike	Ubbo-Emmius-Klinik	1966	2012	01:13:12	01:16:04	01:25:38	01:13:52	00:56:43	01:25:59	07:31:28	00:06:19	46	W40	167	6
1552	Girts	Wolfgang	SV Stern	1952	2012	01:08:08	01:14:22	01:27:55	01:15:33	00:56:57	01:28:38	07:31:33	00:06:19	60	M60	63	6
1553	Frerichs	Robert	TV Norden	1974	2012	01:13:46	01:13:21	01:24:44	01:23:44	00:57:29	01:18:37	07:31:41	00:06:19	38	M30	175	6
1554	Engeldinger	Jens	WfBM BBB Aurich	1990	2012	01:12:40	01:15:16	01:26:06	01:15:17	00:57:07	01:25:32	07:31:58	00:06:20	22	MHK	142	6
1555	David's	Marion	Emder LG	1962	2012	01:10:45	01:16:11	01:28:31	01:13:52	0							

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1563	Plettke	Günther	LSSG Weener	1961	2012	01:13:33	01:19:49	01:28:22	01:12:13	00:55:40	01:23:29	07:33:06	00:06:20	51	M50	246	6
1564	Bohlen	Gerd	TuRa 07 Westrhuderfer	1954	2012	01:09:48	01:16:58	01:26:25	01:15:43	00:58:15	01:25:58	07:33:07	00:06:21	58	M50	247	6
1565	Mannott	Antje	TSV Jahm Carolinensiel	1955	2012	01:11:20	01:15:58	01:28:38	01:15:18	00:56:52	01:25:04	07:33:10	00:06:21	57	W50	60	6
1566	Lüpkens	Talea	Ubbo-Emmius-Klinik	1993	2012	01:09:24	01:14:05	01:25:21	01:15:17	00:57:58	01:31:20	07:33:25	00:06:21	19	WU20	55	6
1567	Eilers	Christa	Silomon	1959	2012	01:14:01	01:14:55	01:26:32	01:15:14	00:56:47	01:26:01	07:33:30	00:06:21	53	W50	61	6
1568	Oetter	Maike		1972	2012	01:10:18	01:15:37	01:27:12	01:17:28	00:57:03	01:25:59	07:33:37	00:06:21	40	W40	168	6
1569	Sinning	Lena	Kreuzfahrten Sinning	1992	2012	01:18:34	01:13:10	01:24:40	01:13:36	00:55:56	01:27:44	07:33:40	00:06:21	20	W40	59	6
1570	Meyer	Karin	Emder LG	1955	2012	01:13:55	01:15:12	01:27:37	01:14:16	00:56:50	01:26:02	07:33:52	00:06:21	57	W50	62	6
1571	Weber	Mareike	Moormerland	1986	2012	01:12:01	01:13:50	01:28:53	01:16:03	00:56:10	01:26:55	07:33:52	00:06:21	26	W40	60	6
1572	Rehermann	Tobias	Aurich	1981	2012	01:13:55	01:15:12	01:27:38	01:14:17	00:56:50	01:26:01	07:33:53	00:06:21	31	M30	176	6
1573	Friedrich	Corinna	Silomon	1955	2012	01:13:49	01:14:57	01:27:14	01:15:13	00:56:47	01:26:02	07:34:02	00:06:21	57	W50	63	6
1574	Janssen	Julia	WfBm BBB Aurich	1994	2012	00:54:17	01:19:53	01:34:09	01:22:22	01:01:48	01:21:40	07:34:09	00:06:21	18	WU20	56	6
1575	Wirgenings	Ursula	LG-Ellernfeld	1965	2012	01:10:45	01:16:43	01:29:07	01:16:54	00:58:27	01:22:16	07:34:12	00:06:21	47	W40	169	6
1576	Poppen	Gaby	Klinikum Leer	1965	2012	01:12:33	01:13:18	01:24:59	01:14:18	00:59:00	01:30:18	07:34:26	00:06:22	47	W40	170	6
1577	Frerichs	Rieke	LG Großefehn	1948	2012	01:13:10	01:14:53	01:26:07	01:15:49	00:58:28	01:26:21	07:34:48	00:06:22	64	M60	64	6
1578	Mönch	Karina	SV FA Wybelsum	1992	2012	01:14:38	01:15:32	01:27:58	01:14:53	00:57:31	01:24:30	07:35:02	00:06:22	20	W40	61	6
1579	Wöhrle	Wolfgang	MTV Wittmund	1944	2012	01:09:50	01:18:46	01:31:15	01:20:25	01:02:09	01:12:42	07:35:07	00:06:22	68	M60	65	6
1580	Door	Martina	Ostfriesische	1989	2012	01:10:28	01:13:58	01:28:52	01:15:58	00:57:19	01:28:39	07:35:14	00:06:22	23	W40	62	6
1581	Meyer	Michael	Pro SENIS	1965	2012	01:13:59	01:16:20	01:28:48	01:14:26	00:56:22	01:25:29	07:35:24	00:06:22	47	M40	382	6
1582	Burmeister	Astrid	Ubbo-Emmius-Klinik	1975	2012	01:12:48	01:15:21	01:27:36	01:15:43	00:58:04	01:25:53	07:35:25	00:06:22	37	W30	70	6
1583	Piela	Joachim	IGS Aurich-West	1951	2012	01:12:19	01:16:21	01:28:03	01:15:34	00:57:47	01:25:22	07:35:26	00:06:22	61	M60	66	6
1584	Sandrock	Dieter	LG TV Bunde	1947	2012	01:10:19	01:14:00	01:26:12	01:17:41	01:03:45	01:23:50	07:35:47	00:06:23	65	M60	67	6
1585	Kruse	Karin	Team Möbel Buss	1962	2012	01:11:47	01:16:09	01:27:00	01:15:23	00:58:52	01:26:49	07:36:00	00:06:23	50	W50	64	6
1586	Altenberg	Remigius	Schwarz-Weiß	1978	2012	01:15:31	01:13:55	01:28:09	01:13:58	00:58:08	01:26:37	07:36:18	00:06:23	34	M30	177	6
1587	Freese	Petra	Emder LG	1969	2012	01:12:10	01:16:11	01:28:51	01:16:03	00:57:38	01:25:59	07:36:52	00:06:24	43	W40	171	6
1588	Weers	Werner	Sparkasse	1952	2012	01:13:26	01:20:18	01:26:54	01:16:08	00:55:44	01:24:36	07:37:06	00:06:24	60	M60	68	6
1589	Koops	Erwin	Sparkasse	1972	2012	01:14:28	01:16:12	01:32:26	01:13:57	00:55:40	01:24:29	07:37:12	00:06:24	40	M40	383	6
1590	Mörtel	Hannes	ENOVA	1977	2012	01:11:49	01:15:52	01:28:40	01:16:47	00:55:44	01:28:43	07:37:35	00:06:24	35	M30	178	6
1591	Ihlow	Werner	TV Norden	1945	2012	01:10:59	01:13:42	01:26:19	01:16:36	00:58:47	01:31:14	07:37:37	00:06:24	67	M60	69	6
1592	Gröning	Harald	Emder LG	1970	2012	01:12:45	01:15:37	01:28:04	01:16:53	00:57:51	01:27:11	07:38:21	00:06:25	42	M40	384	6
1593	Saathoff	Silvia	Ubbo-Emmius-Klinik	1970	2012	01:12:10	01:18:43	01:27:43	01:16:32	00:57:49	01:25:53	07:38:50	00:06:25	42	W40	172	6
1594	Tammen	Wilma		1980	2012	01:14:12	01:16:34	01:28:52	01:15:59	00:57:37	01:25:48	07:39:02	00:06:25	32	W30	71	6
1595	Klattenberg	Kristina	NIGE	1994	2012	01:12:55	01:13:07	01:30:32	01:16:08	00:58:33	01:28:05	07:39:20	00:06:26	18	WU20	57	6
1596	Appel	Wilfried	LG TV Bunde	1959	2012	01:14:17	01:15:31	01:28:27	01:15:12	00:58:06	01:27:58	07:39:31	00:06:26	53	M50	248	6
1597	Lüürsen	Birgit	LG TV Bunde	1968	2012	01:14:17	01:15:31	01:28:28	01:15:11	00:58:06	01:27:58	07:39:31	00:06:26	44	W40	173	6
1598	Appel	Edith	LG TV Bunde	1957	2012	01:14:17	01:15:31	01:28:28	01:15:12	00:58:06	01:27:59	07:39:33	00:06:26	55	W50	65	6
1599	Harms-Ubben	Ute	MTV Aurich	1967	2012	01:11:52	01:16:42	01:30:53	01:17:22	00:58:29	01:24:33	07:39:51	00:06:26	45	W40	174	6
1600	Otten	Stefanie	Otten Süster's	1981	2012	01:11:49	01:20:38	01:29:48	01:18:15	00:58:33	01:21:19	07:40:22	00:06:27	31	W30	72	6
1601	Stiller	Michael	Aurich	1964	2012	01:11:14	01:15:42	01:30:47	01:16:43	00:58:54	01:27:10	07:40:30	00:06:27	48	M40	385	6
1602	Gruben	Anton	SV Potshausen	1942	2012	01:12:26	01:18:09	01:27:35	01:17:02	01:00:17	01:25:08	07:40:37	00:06:27	70	M70	12	6
1603	Eden	Ilona	Moormerland	1969	2012	01:11:58	01:19:39	01:28:54	01:16:03	00:58:14	01:25:49	07:40:37	00:06:27	43	W40	175	6
1604	Schmidtke	Wolfgang	Loga	1953	2012	01:09:56	01:16:33	01:27:20	01:14:18	00:59:51	01:32:42	07:40:40	00:06:27	59	M50	249	6
1605	Farwer	Gertrud		1958	2012	01:14:14	01:16:36	01:28:53	01:16:49	00:57:55	01:26:56	07:41:23	00:06:27	54	W50	66	6
1606	Bolius	Edith	Emder LG	1956	2012	01:13:13	01:16:27	01:28:33	01:16:03	00:59:34	01:27:44	07:41:34	00:06:28	56	W50	67	6
1607	Kruse	Kai	Team Möbel Buss	1984	2012	01:14:33	01:16:11	01:26:59	01:15:23	00:58:52	01:30:45	07:42:43	00:06:29	28	M40	143	6
1608	Brandau	Claudia	Leer	1963	2012	01:11:52	01:13:32	01:29:34	01:16:27	01:04:11	01:27:31	07:43:07	00:06:29	49	W40	176	6
1609	Frerichs	Jason	TV Norden	2001	2012	01:13:46	01:13:19	01:25:39	01:23:30	00:59:11	01:28:36	07:44:01	00:06:30	11	MU20	123	6
1610	Penning	Anna	MTV Ditzum	1987	2012	01:12:04	01:17:50	01:30:24	01:17:11	00:58:31	01:28:04	07:44:04	00:06:30	25	W40	63	6
1611	Penning	Annegret	MTV Ditzum	1961	2012	01:12:04	01:17:51	01:30:25	01:17:11	00:58:31	01:28:05	07:44:07	00:06:30	51	W50	68	6
1612	Herlyn	Gerrit	Laufgemeinschaft	1949	2012	01:12:44	01:15:29	01:28:15	01:19:02	00:58:38	01:30:04	07:44:12	00:06:30	63	M60	70	6
1613	Sanwald	Hanna	.Lunikasko	1962	2012	01:12:01	01:17:21	01:29:44	01:16:50	00:59:34	01:28:43	07:44:13	00:06:30	50	W50	69	6
1614	Dannen	Frauke	Fortuna Logabirum	1970	2012	01:11:19	01:16:43	01:28:30	01:18:50	01:00:29	01:28:26	07:44:17	00:06:30	42	W40	177	6
1615	Albrecht	Elfriede	LT TuS Aurich-Ost	1950	2012	01:10:21	01:16:07	01:31:57	01:18:49	01:00:22	01:27:42	07:45:18	00:06:31	62	W60	18	6
1616	Brandt	Henning	Ostfriesische	1977	2012	01:10:22	01:16:52	01:27:56	01:17:12	00:59:19	01:33:45	07:45:26	00:06:31	35	M30	179	6
1617	Ahrendt	Astrid	SVC Wilhelmshaven	1957	2012	01:09:50	01:18:46	01:31:15	01:20:25	01:02:09	01:23:07	07:45:32	00:06:31	55	W50	70	6
1618	Heyen	Sonja	tus pewsum	1970	2012	01:14:20	01:17:18	01:30:54	01:16:32	00:58:49	01:27:41	07:45:34	00:06:31	42	W40	178	6
1619	Nipshagen	Grato	Schafhauserlauftreff	1958	2012	01:13:12	01:17:18	01:29:48	01:19:32	00:59:26	01:27:02	07:46:18	00:06:32	54	M50	250	6
1620	Damm	Gudrun	FA Wybelsum	1973	2012	01:11:20	01:17:22	01:28:53	01:16:44	00:59:40	01:33:13	07:47:12	00:06:32	39	W30	73	6
1621	Janssen	Focko	IGS Aurich-West	1949	2012	01:15:33	01:19:00	01:29:27	01:17:45	00:59:41	01:26:16	07:47:42	00:06:33	63	M60	71	6
1622	Pollmann	Monika	Fensterwerk Schröder,	1963	2012	01:14:36	01:18:27	01:32:37	01:18:19	00:57:44	01:26:03	07:47:46	00:06:33	49	W40	179	6
1623	Sturm	Mira	Team ENERCON	1986	2012	01:11:12	01:16:18	01:31:30	01:20:28	01:00:13	01:28:06	07:47:47	00:06:33	26	W40	64	6
1624	Oltthoff	Marco	Freie Christliche	2001	2012	01:16:21	01:26:19	01:30:31	01:15:41	00:56:36	01:22:30	07:47:58	00:06:33	11	MU20	124	6
1625	Rabenstein	Freya	NIGE	1995	2012	01:13:23	01:14:15	01:31:54	01:16:33	01:00:29	01:31:34	07:48:08	00:06:33	17	WU20	58	6
1626	Schiemann-Lillie	Martin	LT TuS Aurich-Ost	1955	2012	01:13:22	01:16:10	01:32:13	01:19:01								

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1634	Kerker	Ilona	Emden LG	1970	2012	01:13:53	01:15:48	01:32:02	01:17:46	00:59:38	01:30:14	07:49:21	00:06:34	42	W40	181	6
1635	Reske	Matina	Wildeboer Bauteile	1975	2012	01:15:07	01:19:53	01:27:29	01:19:48	00:59:23	01:28:01	07:49:41	00:06:34	37	W30	75	6
1636	Eickholt	Jana-Christin	Emden	1994	2012	01:15:36	01:16:27	01:30:55	01:19:05	01:01:52	01:25:55	07:49:50	00:06:35	18	WU20	59	6
1637	Kuhlmann	Christian	Autopark Schunke	1966	2012	01:13:39	01:17:47	01:31:08	01:17:19	01:00:06	01:29:54	07:49:53	00:06:35	46	M40	386	6
1638	Busboom	Sina		1988	2012	01:13:39	01:17:46	01:31:08	01:17:25	01:00:05	01:29:53	07:49:56	00:06:35	24	WHK	68	6
1639	Kloppenburg	Gerlinde	Borromäus- Hospital	1962	2012	01:13:22	01:17:20	01:30:48	01:18:43	01:00:13	01:29:34	07:50:00	00:06:35	50	W50	71	6
1640	Salomo	Tobias	Leinerstift e.V	1993	2012	01:13:21	01:19:45	01:34:33	01:18:24	00:57:55	01:26:40	07:50:38	00:06:35	19	MU20	125	6
1641	Heimann	Sonja	MTV Wittmund	1967	2012	01:12:44	01:18:44	01:32:45	01:17:47	00:58:37	01:30:11	07:50:48	00:06:35	45	W40	182	6
1642	Bohlen	Georg	Raiffeisenbank eG,	1956	2012	01:15:02	01:19:35	01:31:44	01:16:24	01:00:07	01:28:35	07:51:27	00:06:36	56	M50	252	6
1643	Hoffmann	Tanja	Lauftreff Hasselt	1969	2012	01:11:04	01:20:29	01:29:01	01:19:24	01:01:07	01:30:28	07:51:33	00:06:36	43	W40	183	6
1644	Landmann	Silvia	Hirsch Apotheke	1974	2012	01:14:19	01:17:11	01:31:41	01:18:59	00:59:10	01:30:25	07:51:45	00:06:36	38	W30	76	6
1645	Fischer	Alexa	UEG Leer	1998	2012	01:14:12	01:20:08	01:32:59	01:17:47	00:56:24	01:30:24	07:51:54	00:06:36	14	WU20	60	6
1646	Hillers	Carsten	RVB Aurich/Uplengen	1980	2012	01:16:31	01:19:52	01:39:26	01:14:16	00:56:07	01:25:46	07:51:58	00:06:36	32	M30	180	6
1647	Tattje	Angela	Krankenhaus Wittmund	1965	2012	01:14:27	01:18:02	01:32:31	01:17:34	01:00:53	01:28:51	07:52:18	00:06:37	47	W40	184	6
1648	Sich	Ute	MTV Aurich	1972	2012	01:11:36	01:16:59	01:32:44	01:19:49	01:01:18	01:30:00	07:52:26	00:06:37	40	W40	185	6
1649	Meyer	Rudi	ZGO	1950	2012	01:17:21	01:17:36	01:32:22	01:18:13	00:57:53	01:29:21	07:52:46	00:06:37	62	M60	72	6
1650	Seifert	Gitta	Plaggenburg	1967	2012	01:14:41	01:18:46	01:31:31	01:17:24	01:01:08	01:29:18	07:52:48	00:06:37	45	W40	186	6
1651	Sczech	Lisa	Hansa Bude Wymeer	1990	2012	01:14:19	01:17:55	01:32:30	01:19:11	00:59:09	01:30:25	07:53:29	00:06:38	22	WHK	69	6
1652	Geiken	Silvia	BV Victorbur	1971	2012	01:15:01	01:17:43	01:31:23	01:20:24	01:01:01	01:28:19	07:53:51	00:06:38	41	W40	187	6
1653	Dieken-Wallerowitz	Johanne	LG Ostfriesland	1966	2012	01:15:01	01:17:44	01:31:23	01:20:24	01:01:01	01:28:20	07:53:53	00:06:38	46	W40	188	6
1654	Blom-Weerts	Renate	obw Emden	1963	2012	01:14:03	01:18:32	01:31:16	01:18:57	01:02:22	01:28:56	07:54:06	00:06:38	49	W40	189	6
1655	Behrends	Anne	Idafehn	1963	2012	01:13:54	01:20:55	01:32:29	01:18:07	00:59:15	01:29:36	07:54:16	00:06:38	49	W40	190	6
1656	Langner	Isabell	VfB Rajen	1974	2012	01:13:21	01:21:48	01:32:04	01:18:32	00:59:16	01:29:22	07:54:23	00:06:38	38	W30	77	6
1657	Ermisch	Margarita	Team ENERCON	1985	2012	01:19:50	01:16:42	01:31:30	01:20:28	01:00:14	01:25:46	07:54:30	00:06:38	27	WHK	70	6
1658	Soeken	Vera	Raiffeisenbank eG,	1982	2012	01:15:04	01:19:56	01:35:24	01:16:27	00:59:09	01:28:36	07:54:36	00:06:39	30	W30	78	6
1659	Möller	Kathrin	Moormerland	1985	2012	01:15:54	01:17:40	01:31:31	01:17:08	01:00:17	01:32:08	07:54:38	00:06:39	27	WHK	71	6
1660	Richter-Janßen	Elke	Grundschule Sande	1961	2012	01:12:46	01:20:43	01:31:45	01:19:20	01:01:39	01:29:07	07:55:20	00:06:39	51	W50	72	6
1661	Janßen	Wilma	Moormerland	1974	2012	01:15:28	01:20:20	01:31:30	01:19:16	00:59:09	01:29:53	07:55:36	00:06:39	38	W30	79	6
1662	Meyer	Theo	BFE-Oldenburg	1965	2012	01:15:56	01:20:47	01:31:24	01:18:15	00:59:03	01:30:15	07:55:40	00:06:39	47	M40	387	6
1663	Stürenburg-Kruse	Helke	SV Hage	1961	2012	01:10:55	01:18:00	01:31:14	01:20:57	01:01:18	01:33:17	07:55:41	00:06:39	51	W50	73	6
1664	Lemke	Klaas	RVB Aurich/Uplengen	1989	2012	01:17:13	01:23:54	01:36:19	01:14:31	00:56:52	01:27:25	07:56:14	00:06:40	23	MHK	145	6
1665	Siefken	Heike	Ubbo-Emmius-Klinik	1969	2012	01:15:18	01:19:24	01:33:35	01:18:53	01:00:10	01:29:18	07:56:38	00:06:40	43	W40	191	6
1666	Jäger	Irene	Pro Nautas	1980	2012	01:15:09	01:18:41	01:30:49	01:19:41	01:01:21	01:31:04	07:56:45	00:06:40	32	W30	80	6
1667	Straßenburg	Kirstin	Alex.-v.-Humboldt-	1970	2012	01:14:05	01:18:08	01:30:28	01:19:19	01:04:15	01:30:31	07:56:46	00:06:40	42	W40	192	6
1668	Brelage	Lisa-Marie	Ostfriesische	1997	2012	01:11:35	01:17:32	01:32:58	01:20:19	01:06:36	01:27:48	07:56:48	00:06:40	15	WU20	61	6
1669	Theesfeld-Eilts	Dörthe	TuS Leerhufe-Hovel e.	1971	2012	01:15:59	01:19:27	01:33:37	01:19:27	01:00:34	01:28:43	07:57:47	00:06:41	41	W40	193	6
1670	Diener	Manfred	LG Grobfehn	1949	2012	01:15:26	01:20:12	01:32:47	01:19:30	01:00:27	01:29:34	07:57:56	00:06:41	63	M60	73	6
1671	Witte	Hermann	VHS Laufden	1958	2012	01:15:34	01:21:40	01:31:42	01:18:45	01:00:30	01:29:54	07:58:05	00:06:41	54	M50	253	6
1672	Müller	Dita	VfB Rajen	1969	2012	01:13:21	01:21:52	01:32:13	01:21:43	00:59:54	01:29:24	07:58:27	00:06:42	43	W40	194	6
1673	Evers	Karl Heinz	KBV Langefeld	1958	2012	01:18:49	01:25:30	01:39:54	01:05:28	01:04:04	01:24:47	07:58:32	00:06:42	54	M50	254	6
1674	Smidt	Rainer	Stadt Leer	1979	2012	01:14:41	01:20:31	01:31:56	01:19:00	01:01:45	01:30:40	07:58:33	00:06:42	33	M30	181	6
1675	Neunaber	Melanie	Schule Moormerland	1985	2012	01:16:22	01:20:10	01:30:00	01:15:58	01:02:53	01:33:10	07:58:33	00:06:42	27	WHK	72	6
1676	Böke	Maren	Stadt Leer	1998	2012	01:14:41	01:20:30	01:31:57	01:19:00	01:01:45	01:30:40	07:58:33	00:06:42	14	WU20	62	6
1677	Willms	Sonka	KBV Dunum-Brill	1992	2012	01:14:56	01:18:10	01:32:42	01:19:50	01:01:04	01:32:04	07:58:46	00:06:42	20	WHK	73	6
1678	Rabenberg	Jens	RVB Aurich/Uplengen	1979	2012	01:17:13	01:23:57	01:35:09	01:17:08	00:59:06	01:26:36	07:59:09	00:06:42	33	M30	182	6
1679	Bolhuis	Wilhelm	TV Norden	1943	2012	01:12:01	01:18:15	01:31:35	01:22:27	01:03:00	01:31:56	07:59:14	00:06:42	69	M60	74	6
1680	Westermann	Antje	Emden LG	1984	2012	01:14:35	01:22:38	01:31:39	01:20:01	01:01:53	01:28:56	07:59:42	00:06:43	28	WHK	74	6
1681	Ulfers-Brandt	Doris	Stadt Leer	1957	2012	01:17:42	01:19:54	01:31:32	01:19:20	01:01:04	01:30:18	07:59:50	00:06:43	55	W50	74	6
1682	Buß	Lukas	HTG Inlow	2001	2012	01:14:31	01:20:15	01:45:29	01:12:28	01:01:15	01:25:58	07:59:56	00:06:43	11	MU20	126	6
1683	Weber	Holger	SV Stern	1994	2012	01:14:49	01:25:05	01:34:48	01:16:49	00:59:49	01:28:36	07:59:56	00:06:43	18	MU20	127	6
1684	Janssen	Thomas	Bünting Tee Leer	1974	2012	01:20:30	01:23:47	01:26:17	01:14:49	01:01:27	01:33:35	08:00:25	00:06:43	38	M30	183	6
1685	Saathoff	Günther	TSV Hesel	1946	2012	01:15:22	01:19:23	01:33:50	01:19:43	01:00:37	01:31:37	08:00:32	00:06:44	66	M60	75	6
1686	Dorenbusch	Kerstin	obw Emden	1975	2012	01:17:31	01:21:29	01:33:03	01:18:56	01:00:56	01:28:56	08:00:51	00:06:44	37	W30	81	6
1687	Thedinga	Hinrich	LT TuS Aurich-Ost	1955	2012	01:14:10	01:17:30	01:34:00	01:19:51	01:02:59	01:32:35	08:01:05	00:06:44	57	M50	255	6
1688	Aden-Swieter	Karin	Ubbo-Emmius-Klinik	1965	2012	01:16:06	01:19:46	01:31:48	01:22:14	01:00:47	01:30:41	08:01:22	00:06:44	47	W40	195	6
1689	Wellendorf	Henning	NW	1978	2012	01:16:16	01:18:19	01:31:47	01:22:27	01:01:00	01:32:07	08:01:56	00:06:45	34	M30	184	6
1690	Tempel	Heidi	Gemeinschaft Weener	1966	2012	01:19:05	01:22:20	01:34:22	01:17:42	01:00:12	01:28:16	08:01:57	00:06:45	46	W40	196	6
1691	Janßen	Elke	Krankenhaus Wittmund	1955	2012	01:16:41	01:20:11	01:34:06	01:21:29	01:01:34	01:28:51	08:02:52	00:06:45	57	W50	75	6
1692	Schürmann	Tobias	Seefahrtsschule Leer	1988	2012	01:16:58	01:26:07	01:37:33	01:18:31	00:58:35	01:26:10	08:03:54	00:06:46	24	MHK	146	6
1693	Guhr	Joachim		1953	2012	01:13:48	01:20:18	01:36:53	01:22:33	01:02:00	01:30:07	08:05:39	00:06:48	59	M50	256	6
1694	Witzkiok	Martin	Seefahrtsschule Leer	1985	2012	01:17:03	01:21:16	01:40:24	01:18:40	00:59:44	01:28:47	08:05:54	00:06:48	27	MHK	147	6
1695	Gardewin	G.	Bünting Tee Leer	1968	2012	01:33:36	01:38:54	01:12:45	01:44:18	00:46:25	01:10:24	08:06:22	00:06:48	44	M40	388	6
1696	Zirpins	Burghardt	obw Emden	1957	2012	01:15:10	01:18:31	01:34:52	01:23:38	01:01:01	01:33:43	08:06:55	00:06:49	55	M50	257	6
1697	Baumann	Sandra	Bünting Tee Leer	1983	2012	01:15:32	01:21:02										

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1705	Habben	Lothar	BV Vorwärts	1967	2012	01:17:03	01:21:57	01:33:45	01:19:46	01:02:53	01:32:25	08:07:49	00:06:50	45	M40	390	6
1706	Dam	Monika		1980	2012	01:15:55	01:21:33	01:36:16	01:20:08	01:01:05	01:32:55	08:07:52	00:06:50	32	W30	83	6
1707	Wanitschek	Bianka		1978	2012	01:15:54	01:21:34	01:36:16	01:20:08	01:01:05	01:32:55	08:07:52	00:06:50	34	W30	84	6
1708	Fischer	Petra	Kinderhospiz	1965	2012	01:15:37	01:21:27	01:33:42	01:22:06	01:01:58	01:33:05	08:07:55	00:06:50	47	W40	200	6
1709	Kleinau	Sabine	Pestalozzischule	1967	2012	01:15:36	01:21:28	01:33:41	01:22:07	01:01:58	01:33:05	08:07:55	00:06:50	45	W40	201	6
1710	Stöter	Heidi	SV- Stern	1963	2012	01:15:44	01:21:39	01:35:04	01:20:56	01:01:32	01:33:16	08:08:11	00:06:50	49	W40	202	6
1711	Kleen	Thea	TG Wiesmoor	1967	2012	01:15:59	01:20:29	01:34:57	01:20:42	01:02:08	01:34:19	08:08:34	00:06:50	45	W40	203	6
1712	Eiben	Heike	Lebenshilfe gGmbH	1974	2012	01:17:55	01:21:41	01:35:20	01:21:28	01:01:07	01:31:37	08:09:08	00:06:51	38	W30	85	6
1713	Lerf	Tomke	Hermann Schmidt	1988	2012	01:18:18	01:21:36	01:35:07	01:21:56	01:00:15	01:32:02	08:09:14	00:06:51	24	WHK	77	6
1714	Steffens	Cordula	Stadt Leer	1966	2012	01:17:51	01:20:52	01:34:36	01:20:44	01:03:30	01:33:01	08:10:34	00:06:52	46	W40	204	6
1715	Czerniakowski	Marion	ohne Verein	1967	2012	01:17:11	01:23:01	01:34:03	01:21:23	01:03:07	01:33:08	08:11:53	00:06:53	45	W40	205	6
1716	Boersma	Johannes	Hof Biesterfeld	1984	2012	01:24:33	01:28:55	01:40:27	01:21:45	00:52:40	01:23:57	08:12:17	00:06:53	28	MHK	148	6
1717	Baumann	Thea	Tischlerei Baumann	1958	2012	01:17:44	01:23:00	01:36:19	01:20:49	01:02:29	01:32:10	08:12:31	00:06:54	54	W50	76	6
1718	Schulz	Joachim	TG Wiesmoor	1944	2012	01:17:53	01:21:02	01:35:17	01:20:43	01:03:20	01:34:19	08:12:34	00:06:54	68	M60	77	6
1719	Lütten	Angelika	JAG Emden	1971	2012	01:17:59	01:23:59	01:36:25	01:20:57	01:03:57	01:30:04	08:13:21	00:06:54	41	W40	206	6
1720	Peters	Ilse	Raiffeisenbank eG,	1959	2012	01:16:52	01:23:27	01:35:06	01:21:02	01:04:03	01:32:52	08:13:22	00:06:54	53	W50	77	6
1721	Gembruch	Esther	Großefehn	1960	2012	01:16:20	01:20:37	01:34:47	01:23:00	01:05:33	01:33:31	08:13:48	00:06:55	52	W50	78	6
1722	Beek	Helmut	Reit- und Fahrverein	1956	2012	01:20:28	01:22:19	01:36:34	01:21:59	01:02:23	01:30:35	08:14:18	00:06:55	56	M50	258	6
1723	Pruin	Erich	DRK Leer	1964	2012	01:20:13	01:25:26	01:37:37	01:21:10	01:01:39	01:28:50	08:14:55	00:06:56	48	M40	391	6
1724	Bross-Anscheit	Insa	Klinikum Leer	1972	2012	01:16:31	01:24:14	01:36:12	01:23:24	01:03:25	01:31:47	08:15:33	00:06:56	40	W40	207	6
1725	Frühling	Anna	Gymnasium Ulricianum	1999	2012	01:24:51	01:24:44	01:34:54	01:20:07	01:01:23	01:30:10	08:16:09	00:06:57	13	WU20	63	6
1726	Klock	Mathilde	SV	1956	2012	01:17:55	01:22:55	01:35:21	01:23:46	01:03:29	01:33:45	08:17:11	00:06:58	56	W50	79	6
1727	Ammermann	Lars	Bünting Tee Leer	1972	2012	01:20:33	01:23:45	01:38:21	01:20:42	01:01:24	01:33:36	08:18:21	00:06:58	40	M40	392	6
1728	Behrends	Susanne	Bünting Tee Leer	1983	2012	01:20:33	01:23:44	01:38:24	01:20:42	01:01:24	01:33:34	08:18:21	00:06:58	29	WHK	78	6
1729	Meier	Anke	Übbo-Emmius-Klinik	1973	2012	01:20:59	01:21:51	01:36:26	01:21:34	01:02:33	01:35:28	08:18:51	00:06:59	39	W30	86	6
1730	Lüpkens	Folkmar	KBV Utgast	1960	2012	01:17:34	01:26:25	01:39:34	01:21:48	01:02:13	01:32:37	08:20:11	00:07:00	52	M50	259	6
1731	Becker	Heike	kein Verein	1964	2012	01:18:10	01:23:19	01:36:44	01:23:28	01:03:02	01:35:39	08:20:22	00:07:00	48	W40	208	6
1732	Ubbens	Ineke	Pestalozzischule	1983	2012	01:17:02	01:27:45	01:36:12	01:23:40	01:02:44	01:33:05	08:20:28	00:07:00	29	WHK	79	6
1733	Hermann	Detlef	SC Collhusen	1948	2012	01:17:01	01:27:44	01:36:12	01:23:40	01:02:44	01:33:07	08:20:28	00:07:00	64	M60	78	6
1734	Ohling	Andrea	Emden LG	1965	2012	01:18:27	01:26:14	01:39:09	01:21:50	01:02:17	01:32:36	08:20:33	00:07:00	47	W40	209	6
1735	Strasser	Sonja	Schalke 04	1971	2012	01:18:18	01:24:00	01:38:26	01:22:32	01:03:10	01:34:13	08:20:39	00:07:00	41	W40	210	6
1736	Baumann	Maike	SV Stern	1978	2012	01:20:04	01:25:36	01:35:05	01:23:46	01:03:29	01:33:16	08:21:16	00:07:01	34	W30	87	6
1737	Ruesink	Anne	Schule Moormerland	1997	2012	01:16:18	01:29:42	01:35:31	01:29:33	01:02:12	01:28:05	08:21:21	00:07:01	15	WU20	64	6
1738	Grabhorn	Silke	Seefahrtsschule Leer	1993	2012	01:15:01	01:18:43	01:44:56	01:20:17	01:04:28	01:38:40	08:22:05	00:07:02	19	WU20	65	6
1739	Mennenga	Eske	Feedback	1974	2012	01:18:57	01:22:29	01:38:06	01:23:19	01:03:37	01:35:45	08:22:13	00:07:02	38	W30	88	6
1740	Wilken	Christa	Team Möbel Buss	1987	2012	01:19:19	01:23:09	01:36:12	01:25:15	01:01:39	01:36:47	08:22:21	00:07:02	25	WHK	80	6
1741	Schürmann	Martin	Poseidon Leer	1960	2012	01:21:13	01:24:55	01:36:27	01:22:20	01:03:27	01:34:40	08:23:02	00:07:02	52	M50	260	6
1742	Ukena	Svenja	Raiffeisenbank eG,	1988	2012	01:17:49	01:24:08	01:38:13	01:24:12	01:05:17	01:36:28	08:26:07	00:07:05	24	WHK	81	6
1743	Nordhaus	Lutz	obw Emden	1985	2012	01:18:14	01:24:35	01:43:11	01:26:01	00:59:11	01:35:30	08:26:42	00:07:06	27	MHK	149	6
1744	Lorberg	Cedric	Seefahrtsschule Leer	1989	2012	01:20:31	01:25:21	01:39:55	01:21:35	01:03:20	01:36:45	08:27:27	00:07:06	23	MHK	150	6
1745	Petersitzke	Karin	LT Ihrhove	1959	2012	01:19:13	01:24:08	01:36:09	01:24:56	01:06:13	01:38:11	08:28:50	00:07:07	53	W50	80	6
1746	Pollmann	Fenna	SV Stern	1962	2012	01:17:55	01:25:05	01:39:43	01:23:45	01:03:37	01:39:29	08:29:34	00:07:08	50	W50	81	6
1747	Scholtalbers	Marianne	VHS Laufen	1980	2012	01:19:56	01:23:38	01:40:37	01:23:28	01:06:03	01:36:28	08:30:10	00:07:08	32	W30	89	6
1748	Jütting	Marion	Raiffeisenbank eG,	1986	2012	01:20:01	01:22:33	01:39:35	01:24:37	01:05:14	01:38:18	08:30:18	00:07:09	26	WHK	82	6
1749	Claassen	Gerd	LG Ostfriesland	1945	2012	01:19:57	01:22:05	01:39:22	01:24:35	01:05:35	01:38:54	08:30:28	00:07:09	67	M60	79	6
1750	Draht	Carolina	MTV Aurich	1963	2012	01:18:48	01:25:30	01:39:54	01:27:58	01:04:04	01:35:18	08:31:32	00:07:10	49	W40	211	6
1751	Dirks	Andrea	RVB Aurich/Uplengen	1973	2012	01:19:51	01:24:38	01:41:18	01:24:07	01:04:31	01:37:37	08:32:02	00:07:10	39	W30	90	6
1752	Janssen- Weber	Linda	SV Stern	1962	2012	01:20:05	01:25:45	01:39:43	01:23:45	01:03:35	01:39:30	08:32:23	00:07:10	50	W50	82	6
1753	Krone	Ute	Klinikum Leer	1991	2012	01:17:35	01:25:20	01:42:22	01:25:32	01:05:54	01:36:08	08:32:51	00:07:11	21	WHK	83	6
1754	Christians	Helga	EWE-Watloopers	1950	2012	01:21:01	01:22:38	01:40:55	01:26:02	01:05:19	01:39:13	08:35:08	00:07:13	62	W60	20	6
1755	Cord	Torben	BBC Chartering	1985	2012	01:24:14	01:17:53	01:44:25	01:25:31	01:08:12	01:34:54	08:35:09	00:07:13	27	MHK	151	6
1756	Wientjes	Heike	Leer-Loga	1964	2012	01:19:16	01:26:46	01:40:34	01:27:13	01:04:58	01:36:52	08:35:39	00:07:13	48	W40	212	6
1757	Müller	Werner	Fortuna Logabirum	1949	2012	01:19:41	01:25:13	01:39:11	01:25:29	01:04:47	01:41:22	08:35:43	00:07:13	63	M60	80	6
1758	Oltmanns	Gebhard	Modellfluggruppe	1951	2012	01:21:04	01:34:59	01:38:52	01:19:27	01:04:05	01:37:39	08:36:06	00:07:13	61	M60	81	6
1759	Gerdes	Heidi	Alsa Hundewelt	1959	2012	01:18:44	01:25:17	01:37:32	01:28:28	01:06:17	01:40:10	08:36:28	00:07:14	53	W50	83	6
1760	Jelden	Tanja	RVB Aurich/Uplengen	1987	2012	01:19:58	01:25:05	01:41:31	01:24:32	01:06:25	01:39:08	08:36:39	00:07:14	25	WHK	84	6
1761	Thomas	Annette	Loga	1976	2012	01:19:47	01:28:57	01:40:01	01:25:47	01:05:46	01:36:31	08:36:49	00:07:14	36	W30	91	6
1762	Kröger	Sabine	Team Eddie Nortmoor	1969	2012	01:21:19	01:28:07	01:39:37	01:25:09	01:06:02	01:37:49	08:38:03	00:07:15	43	W40	213	6
1763	Behrends	Manfred	Schützenverein	1958	2012	01:19:47	01:25:46	01:45:32	01:26:47	01:06:10	01:37:49	08:41:51	00:07:18	54	M50	261	6
1764	Meyer	Helga	SV Potshausen	1963	2012	01:23:01	01:28:16	01:40:34	01:26:37	01:06:09	01:39:06	08:43:43	00:07:20	49	W40	214	6
1765	Wischeropp	Thomas	Klinge	1969	2012	01:20:47	01:28:17	01:45:18	01:26:38	01:04:43	01:38:43	08:44:26	00:07:20	43	M40	393	6
1766	Janßen-Harms	Angelika	Stadt Weener/Ems	1959	2012	01:19:48	01:29:41	01:45:51	01:27:35	01:05:37	01:38:46	08:47:18	00:07:23	53	W50	84	6
1767	Huismann	Sabine	Alsa Hundewelt	1961	2012	01:22:08	01:25:51	01:41:45	01:28:59	01:07:21	01:43:28	08:49:32	00:07:25	51	W50	85	6
1768	Schewiola	Axel	TV Norden	1938	2012	01:25:39	01:23:44	01:41:45	01:29:03	01:05:56	01						

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
1776	Klaaßen	Svenja	Gymnasium Ulricianum	1999	2012	01:24:51	01:30:29	01:47:25	01:32:55	01:09:07	01:49:40	09:14:27	00:07:46	13	WU20	66	6
1777	Hagen	Effi	Bünting Tee Leer	1982	2012	01:26:06	01:35:35	01:46:23	01:34:04	01:11:11	01:44:01	09:17:20	00:07:48	30	W30	93	6
1778	Brabandt	Birgit	Lebenshilfe Leer	1966	2012	01:14:05	01:36:40	01:55:34	01:44:38	01:12:49	01:33:49	09:17:35	00:07:48	46	W40	216	6
1779	Buß	Lena	HTG Ihlow	1998	2012	01:22:12	01:28:27	01:57:20	01:34:57	01:10:11	01:44:51	09:17:58	00:07:49	14	WU20	67	6
1780	Weber	Dagmar	kein Verein/Betrieb	1967	2012	01:26:26	01:33:09	01:46:22	01:33:51	01:11:34	01:47:16	09:18:38	00:07:49	45	W40	217	6
1781	Hedden	Heiner	Rettungsdienst Leer	1976	2012	01:28:11	01:31:58	01:47:47	01:35:50	01:11:51	01:47:03	09:22:40	00:07:52	36	M30	185	6
1782	Pfaff	Theresa	Seefahrtsschule Leer	1988	2012	01:32:41	01:33:41	01:52:08	01:32:59	01:09:50	01:45:05	09:26:24	00:07:56	24	WHK	86	6
1783	Buse	Johanne	Moorerland	1960	2012	01:31:02	01:34:16	01:55:39	01:36:08	01:14:13	01:53:17	09:44:35	00:08:11	52	W50	86	6
1784	Olthoff	Edith	Klinikum Leer	1958	2012	01:32:09	01:38:47	01:55:13	01:35:54	01:14:33	01:48:01	09:44:37	00:08:11	54	W50	87	6
1785	Wollmann	Frank	obw Emden	1969	2012	01:30:18	01:44:17	01:52:58	01:35:23	01:18:21	01:44:26	09:45:43	00:08:12	43	M40	395	6
1786	Zietlow	Ursula	VHS-Laufen	1957	2012	01:33:46	01:39:59	01:57:30	01:41:11	01:17:54	01:53:39	10:03:59	00:08:27	55	W50	88	6
1787	Oberascher	Doris	VHS Laufen	1952	2012	01:33:47	01:39:59	01:57:32	01:41:10	01:17:54	01:53:38	10:04:00	00:08:27	60	W60	21	6
1788	Voß	Dieta	VHS Laufen	1958	2012	01:33:46	01:39:59	01:57:32	01:41:11	01:17:54	01:53:38	10:04:00	00:08:27	54	W50	89	6
1789	Watermülder	Fabian	Seefahrtsschule Leer	1987	2012	01:41:07	01:45:32	01:58:55	01:45:09	01:21:39	01:54:09	10:26:31	00:08:46	25	MHK	154	6
1790	Klostermann	Hiltrud	kein Verein	1958	2012	01:42:04	01:45:15	01:59:01	01:44:57	01:21:54	02:01:45	10:34:56	00:08:53	54	W50	90	6
1791	Frieling	Jens	Allstars 2002	1970	2012	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	42	M40	396	6
1792	Ufkes	Frank	MTV Aurich	1966	2012	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	46	M40	397	6
1793	Wieland	Thomas		1962	2012	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	50	M50	263	6
	Lay	Marianne		1958	2012		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		54	W50		5
	Wübben	Ilona		1970	2012		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		42	W40		5
	Kisch	Johannes	Freie Christliche	1966	2012	00:42:44	00:46:20	00:52:40	00:46:14	00:36:23		03:44:21		46	M40		5
	Bruns	Bernd	TSV Hesel	1961	2012	00:43:46	00:46:32	00:53:44	00:46:59	00:36:19		03:47:20		51	M50		5
	Röber	Carsten		1964	2012	00:45:07	00:48:13		00:49:44	00:38:00	00:56:09	03:57:13		48	M40		5
	Tobiassen	Jan	MTV Aurich	1970	2012	00:47:01	00:49:15	00:56:28	00:49:17	00:39:11		04:01:12		42	M40		5
	Anwand	Karl-Heinz	Ostfriesland Moordorf	1952	2012	00:47:35	00:50:22	00:58:14	00:50:31	00:39:58		04:06:40		60	M60		5
	Trebesch	Wolfgang	MTV Aurich	1957	2012	00:45:11		00:55:52	00:48:53	00:38:02	01:01:11	04:09:09		55	M50		5
	Bergmann	Hans	Seefahrtsschule Leer	1980	2012	00:48:18	00:50:46		00:53:18	00:39:31	00:59:46	04:11:39		32	M30		5
	Bikker	Stefan	Ihlow	1977	2012	00:50:08	00:51:47	00:59:38	00:51:54	00:41:17		04:14:44		35	M30		5
	Hartmann	Frank	MTV Aurich	1971	2012	00:48:16	00:52:51	01:01:14	00:52:59	00:42:28		04:17:48		41	M40		5
	Goldschweer	Karl-Dieter	TuRa 07	1968	2012	01:07:19	00:48:20	00:56:36	00:48:47	00:38:01		04:19:03		44	M40		5
	von Fehren	Hans-Joachim	Ostfriesische Volksbank	1968	2012	00:48:44		01:02:13	00:52:12	00:39:35	00:58:23	04:21:07		44	M40		5
	Bockmeyer	Kai	Team ENERCON	1984	2012	00:46:32	00:49:40	00:56:15	00:52:00		00:58:20	04:22:47		28	MHK		5
	Aden	Hilko	KGS Wiesmoor	1995	2012	00:54:36		01:03:26	00:50:50	00:37:41	00:56:29	04:23:02		17	MU20		5
	de Buhr	Harald	Polizei Leer	1962	2012	00:48:41	00:52:32	01:00:41		00:41:27	01:00:15	04:23:36		50	M50		5
	Bohlen	Rainer	LG Uplengen	1987	2012	00:49:14	00:51:34	01:08:43	00:53:16	00:40:58		04:23:45		25	MHK		5
	Büscher	Tammo	Büschies	1994	2012	00:51:10	00:54:53	01:03:19	00:54:42	00:41:08		04:25:12		18	MU20		5
	Campen	Günter	Team ENERCON	1974	2012	00:51:41	00:54:00	01:03:01	00:54:59	00:41:38		04:25:19		38	M30		5
	Heimann	Robin	Wacker Neuson	1991	2012	00:50:02	00:53:12	01:02:35	00:56:47	00:42:50		04:25:26		21	MHK		5
	Jannßen	Henning	Kdo SES Ostfriesland	1979	2012	00:54:13	00:53:03	01:01:03	01:00:32	00:41:19		04:30:10		33	M30		5
	Niewerth	Malte	Uplengen	1973	2012	00:47:50	00:51:52	00:59:30	00:51:40		00:59:34	04:30:26		39	M30		5
	Groen	Christian	Tierpraxis Velde	1979	2012	00:54:03	00:57:07		00:57:35	00:43:23	01:08:13	04:40:21		33	M30		5
	Baumann	Theodor	Rettungsdienst Leer	1986	2012	00:58:15	00:59:47	01:07:43	00:57:55	00:44:10		04:47:50		26	MHK		5
	Strupp	Manfred	TV Norden	1945	2012	00:58:34	01:01:39	01:07:07	00:57:45	00:43:58		04:49:03		67	M60		5
	Winkelmann	Ralf	TV Norden	1965	2012	00:54:34	00:58:26	01:08:17		00:45:09	01:08:28	04:54:54		47	M40		5
	Ubben	Ehlke	MTV Aurich	1962	2012	00:56:19	01:01:03		01:01:16	00:46:04	01:10:26	04:55:08		50	M50		5
	Schneider	Jan	UEG Leer	1999	2012	00:58:08	00:59:10	01:07:14		00:43:49	01:07:42	04:56:03		13	MU20		5
	Waczakowski	Siegfried	Team ENERCON	1956	2012	00:56:18	01:01:15	01:11:08	01:00:19	00:47:22		04:56:22		56	M50		5
	Elrich	Thomas	Selbstverteidigungssch	1995	2012	00:57:38		01:11:58	00:59:09	00:45:10	01:04:58	04:58:53		17	MU20		5
	Lammers	Veronika	VOST	1981	2012	00:54:36	00:58:23	01:08:25		00:49:12	01:08:38	04:59:14		31	W30		5
	Stroman	Diedrich	obw Emden	1984	2012	00:55:13		01:07:40	00:57:25	00:44:32	01:17:07	05:01:57		28	MHK		5
	Severins	Harm	Möhlenwarf	1956	2012	00:56:48	01:00:03		01:05:09	00:49:23	01:11:09	05:02:32		56	M50		5
	Heyen	Dietmar	LG Großefehn	1972	2012	00:53:29	00:57:45	01:07:00	00:56:37		01:13:55	05:08:46		40	M40		5
	Heyen	Uwe	LG Großefehn	1960	2012	00:58:55	01:03:35		01:04:20	00:49:28	01:14:10	05:10:28		52	M50		5
	Janssen	Martina	Ubbo-Emmius-Klinik	1964	2012	00:59:27	01:04:23	01:14:48	01:04:04	00:49:57		05:12:39		48	W40		5
	Fiedelak	Michel		1994	2012	01:01:56	01:05:40	01:17:58	01:03:25	00:49:55		05:18:54		18	MU20		5
	Dänekas	Doris	LG Uplengen	1993	2012	01:05:35	01:08:40	01:15:56	01:03:16	00:47:08		05:20:35		19	WU20		5
	Rulfs	Gesine	SV Eintracht Ihlow e.V.	1993	2012	01:01:06	01:06:28	01:16:33	01:06:55	00:50:59		05:22:01		19	MU20		5
	Janssen	Carmen	Nordland Papier	1984	2012		01:08:00	01:11:15	01:07:39	00:46:51	01:14:37	05:28:22		28	WHK		5
	Hoppmann	Gerrit	LT SC Ihrhove 07	1963	2012	01:04:32	01:09:08	01:17:30	01:06:00	00:51:23		05:28:33		49	M40		5
	Jansen	Dennis	Seefahrtsschule Leer	1986	2012	01:04:40	01:11:14	01:09:54	01:13:29	00:51:06		05:30:23		26	MHK		5
	Webermann	Ingo	ZGO	1983	2012	01:05:19	01:09:44		01:07:17	00:51:16	01:20:12	05:33:48		29	MHK		5
	Bohnet	Ernst	Emdner LG	1946	2012	01:05:06	01:11:11	01:19:58	01:09:26	00:52:16		05:37:57		66	M60		5
	Loerts	Werner	SV Posthausen	1993	2012	01:12:01	01:05:15	01:21:10	01:05:15	00:50:39		05:40:22		19	MU20		5
	Ackmann	Helmut	LT Aurich-Ost	1954	2012	01:05:08	01:10:12		01:11:28	00:54:25	01:20:15	05:41:28		58	M50		5
	Ramaker	Harald	SV Warsingsfehn	1963	2012	01:06:38	01:10:44	01:22:25	01:10:04	00:53:33		05:43:24		49	M40		5
	Streekmann	Niels		1978	2012	01:08:28	01:13:09	01:25:02	01:11:38	00:54:01		05:52:18		34	M30		5
	Gembler	Johann	Schuhhaus Gembler	1960	2012	01:07:40	01:10:41	01:27:07	01:11:30	00:55:59		05:52:57		52	M50		5
	Zellmer	Jan	ENOVA	1974	2012	01:06:17		01:25:06	01:11:29	00:52:12	01:18:43	05:53:47		38	M30		5
	Oltmanns	Melanie	KGS Wiesmoor	1994	2012	01:10:14		01:23:20	01:10:52	00:51:51	01:19:02	05:55:19		18	WU20		5
	Cronshagen	Ewald	Leinerstift e.V	1961	2012	01:08:05	01:11:11	01:27:28	01:14:36	00:56:21		05:57:41		51	M50		5

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Zimmermann	Maike	Rhauderfehn	1980	2012	01:08:35	01:12:45	01:24:47	01:15:03	00:57:40		05:58:50		32	W30		5
	Schmitz	Oliver	Hartmann Group	1971	2012	01:11:22	01:15:14	01:24:42	01:12:12	00:56:27		05:59:57		41	M40		5
	Hilbrands	Harmannus	de Heizungsloopers	1958	2012	01:10:45	01:15:38	01:26:05	01:12:45	00:56:05		06:01:18		54	M50		5
	Ahlers	Mareike	Lebenshilfe Leer	1985	2012		01:13:09	01:24:16	01:11:38	00:52:32	01:20:47	06:02:22		27	WHK		5
	Gronewold	Andrea	Wi sünd Holtriem	1979	2012	01:08:42		01:26:55	01:12:29	00:54:44	01:21:40	06:04:30		33	W30		5
	Berckhan	Zinnia		1967	2012	01:11:11		01:23:27	01:11:31	00:55:08	01:23:40	06:04:57		45	W40		5
	Kromminga	Marlies	Holtland-Nücke	1976	2012	01:10:33	01:15:05	01:27:33	01:15:01	00:58:01		06:06:13		36	W30		5
	Boelen	Simon	obw Emden	1992	2012	01:13:58	01:19:12	01:28:38	01:12:17	00:52:11		06:06:16		20	MHK		5
	Steinmeier	Marion	Ubbo-Emmius-Klinik	1969	2012		01:11:17	01:24:29	01:13:50	00:54:41	01:23:33	06:07:50		43	W40		5
	Meyer	Claudia	Spielamanzug Marx	1977	2012	01:07:22		01:26:17	01:14:02	00:55:30	01:24:45	06:07:56		35	W30		5
	Hilbrands	Ingrid	de Heizungsloopers	1959	2012	01:10:43	01:17:41		01:16:10	00:57:34	01:27:14	06:09:22		53	W50		5
	Dillmann	Eva-Lotte	Seefahrtsschule Leer	1987	2012	01:12:10	01:12:36	01:25:10		00:55:35	01:24:06	06:09:37		25	WHK		5
	Friedrich	Lars	Leinerstift e.V	1997	2012	01:08:01	01:17:57	01:31:57	01:10:46	01:01:10		06:09:51		15	MU20		5
	Simon	Petra	obw Emden	1969	2012	01:10:53	01:17:35	01:26:53	01:18:31	00:57:22		06:11:14		43	W40		5
	Niskanen	Prijo	Europahaus Aurich	1983	2012	01:09:18	01:12:58	01:23:06	01:10:54		01:21:05	06:17:21		29	MHK		5
	Voß	Johann		1954	2012	01:15:12		01:28:42	01:14:37	00:58:01	01:23:59	06:20:31		58	M50		5
	Sanders	Hannes	Fortuna Logabirum	1959	2012	01:06:46	01:10:33	01:22:59	01:14:10		01:28:08	06:22:36		53	M50		5
	Meyer	Petra		1976	2012	01:08:59		01:31:26	01:19:00	01:00:19	01:25:40	06:25:24		36	W30		5
	Feldmann	Mirco	KGS Wiesmoor	1999	2012	01:15:45		01:31:40	01:14:56	00:57:47	01:25:19	06:25:27		13	MU20		5
	Rewerts	Mario	LT Aurich-Ost	1971	2012	01:09:44	01:15:19	01:29:34		01:02:07	01:31:13	06:27:57		41	M40		5
	Beyen	Ilona	Team Möbel Buss	1963	2012	01:11:47	01:19:26	01:29:13		01:00:55	01:29:19	06:30:40		49	W40		5
	Hüls	Henri	obw Emden	1968	2012		01:26:27	01:32:16	01:14:26	00:57:20	01:24:21	06:34:50		44	M40		5
	Knopf	Jessica	PSV Ihlow	1985	2012	01:08:52	01:17:23	01:28:57	01:14:40		01:24:58	06:34:50		27	WHK		5
	Männich	Sonja	obw Emden	1987	2012	01:12:49		01:32:24	01:20:24	00:59:13	01:30:04	06:34:54		25	WHK		5
	Buschmann	Kai	Raiffeisenbank eG,	1982	2012	01:16:43	01:20:00	01:34:50	01:18:04	01:06:26		06:36:03		30	M30		5
	Hiernominus	Valeska	Ostfriesische	1986	2012	01:10:26	01:13:59	01:28:53	01:15:58		01:28:39	06:37:55		26	WHK		5
	Wilken	Helge	Spielmannzug Plaggent	1961	2012	01:18:41		01:39:09	01:20:00	01:01:02	01:33:35	06:52:27		51	W50		5
	Immega	Hannelore	LG Harlingerland	1953	2012	01:16:45	01:23:36	01:36:56		01:03:19	01:33:20	06:53:56		59	W50		5
	Wöstehoff	Sarah	obw Emden	1995	2012	01:22:26	01:13:01	01:37:35	01:33:18	01:12:12		06:58:32		17	WU20		5
	Janssen	Heinrich	MTV Aurich	1934	2012	01:15:25		01:36:30	01:25:34	01:06:44	01:41:44	07:05:57		78	M70		5
	Looft	Friederike	Seefahrtsschule Leer	1987	2012	01:25:09	01:29:19		01:30:50	01:06:57	01:35:31	07:07:46		25	WHK		5
	Hagen	Hannah	Ubbo-Emmius-Klinik	1953	2012	01:21:51		01:45:13	01:27:41	01:08:42	01:43:23	07:26:50		59	W50		5
	Bekisoglu	Besime	Schule Moormerland	1998	2012	01:33:35		01:51:56	01:45:47	01:13:41	01:53:00	08:17:59		14	WU20		5
	Groenhagen	Achim	LG Harlingerland	1968	2012		00:00:00	00:00:00	00:00:00	00:00:00		00:00:00		44	M40		4
	Olthoff	Uwe	Emden Lg	1968	2012	00:00:00		00:00:00	00:00:00		00:00:00	00:00:00		44	M40		4
	Steinmeier	Fritz	MTV Aurich	1948	2012		00:00:00	00:00:00	00:00:00		00:00:00	00:00:00		64	M60		4
	Tapper	Lars	Logabirum	1991	2012	00:00:00	00:00:00	00:00:00		00:00:00		00:00:00		21	MHK		4
	Lillie	Angelika		1992	2012		00:00:00		00:00:00	00:00:00	00:00:00	00:00:00		20	WHK		4
	Biller	Kyra		1997	2012	00:00:00	00:00:00			00:00:00	00:00:00	00:00:00		15	WU20		4
	Janßen	Siegfried	LG Ostfriesland	1953	2012	01:09:45	00:00:00	00:00:00		00:00:00	00:00:00	01:09:45		59	M50		4
	Witte	Daniel	EWE Wattloopers	1983	2012	00:38:46	00:41:46	00:48:02		00:36:34		02:45:08		29	MHK		4
	Biel	Sönke	Injoy Leer	1985	2012	00:43:39			00:47:54	00:36:55	00:53:42	03:02:10		27	MHK		4
	Schalles	Paul	TGG Leer	1995	2012	00:45:07	00:48:30			00:38:21	00:54:25	03:06:23		17	MU20		4
	Schilling	Stefan	Team ENERCON	1983	2012	00:45:18	00:48:58	00:55:26		00:36:50		03:06:32		29	MHK		4
	Kosmis	Oliver	TGG Leer	1995	2012	00:45:13	00:48:36			00:38:21	00:56:04	03:08:14		17	MU20		4
	Kosmis	Sören	TGG Leer	1995	2012	00:48:16	00:49:04			00:38:21	00:56:09	03:11:50		17	MU20		4
	Benzler	Jürgen	Team Möbel Buss	1993	2012	00:44:36	00:46:40	00:54:34	00:47:39			03:13:29		19	MU20		4
	Monnerjahn	Martin	Aurich	1968	2012	00:50:42	00:53:26		00:54:22	00:41:38		03:20:08		44	M40		4
	Dickmann	Clemens	Nordland Papier	1967	2012		00:53:07	00:59:47	00:53:47	00:40:15		03:26:56		45	M40		4
	Christians	Marco	LG Ostfriesland	1989	2012	00:48:57	00:49:30	00:58:31	00:50:19			03:27:17		23	MHK		4
	Broschinski	Andreas	Emden LG	1971	2012	00:47:32	00:49:57	00:59:07	00:51:27			03:28:03		41	M40		4
	Cassoli	Jair	Team ENERCON	1977	2012			01:00:27	00:51:55	00:39:48	00:57:07	03:29:17		35	M30		4
	Mohrherr	Tim	Uni Osnabrück	1985	2012	00:47:19	00:53:19	00:59:15	00:51:13			03:31:06		27	MHK		4
	Eckstein	Marcel	VFL Wilhelmshaven	1982	2012	00:51:03	00:53:17	01:04:39		00:47:50		03:36:49		30	M30		4
	Kruse	Wilhelm	Team Möbel Buss	1966	2012			01:01:16	00:54:05	00:41:27	01:00:45	03:37:33		46	M40		4
	Ottjes	Uwe	Team Möbel Buss	1966	2012	00:51:23	00:55:14			00:42:38	01:08:39	03:37:54		46	M40		4
	Janssen	Johannes	Bünting Tee Leer	1984	2012	00:52:38		01:06:10		00:40:57	01:01:39	03:41:24		28	MHK		4
	Seidler, Dr.	Dieter	Ubbo-Emmius-Klinik	1961	2012	00:51:20		01:04:56		00:43:16	01:04:35	03:44:07		51	M50		4
	Wessels	Wolfgang	Nordland Papier	1973	2012	00:59:46	00:55:34	00:57:14	00:53:49			03:46:23		39	M30		4
	Schmidt	Matthias	Team ENERCON	1983	2012	00:55:02		01:10:42	00:57:52	00:44:52		03:48:28		29	MHK		4
	Musiol	Anja	MTV Aurich	1973	2012	00:57:00	01:02:33		01:01:51	00:47:47		03:49:11		39	W30		4
	Scholle	Peter	Team ENERCON	1966	2012	00:52:58	00:56:54	01:07:10	00:57:30			03:54:32		46	M40		4
	Harberts	Lothar	ELV Elektronik AG	1974	2012	00:54:35	00:57:34	01:05:58	00:58:02			03:56:09		38	M30		4
	Engelke	Benjamin	Team ENERCON	1985	2012	00:57:13		01:10:35		00:43:20	01:05:25	03:56:33		27	MHK		4
	Auslitz	Oliver	Seefahrtsschule Leer	1991	2012	00:54:38	00:58:27	01:07:06	00:57:37			03:57:48		21	MHK		4
	Goldschweer	Theodor	TuS Collinghorst	1953	2012	00:54:42	00:57:46	01:07:11	00:58:41			03:58:20		59	M50		4
	Ahrens	Ole	WföM Aurich	1990	2012	00:55:31	01:00:54		00:59:33		01:06:15	04:02:13		22	MHK		4
	Dickmann	Norbert	Nordland Papier	1968	2012	00:59:33		01:09:14		00:45:31	01:07:58	04:02:16		44	M40		4
	Heinzmann	Thomas	GS Völlnerfehn	1973	2012	00:54:53	00:55:37	01:06:29			01:08:17	04:05:16		39	M30		4
	Schepker	Lars	Team ENERCON	1980	2012	00:55:27	00:59:02	01:11:54	01:00:09			04:06:32		32	M30		4

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Schmidt	Kerstin	Fortuna Logabirum	1965	2012	00:56:52	01:00:08	01:10:09	01:01:11			04:08:20		47	W40		4
	Thole	Hans	Klinikum Leer	1975	2012	01:01:20	01:06:14			00:48:33	01:12:41	04:08:48		37	M30		4
	Roofs	Martina	LT Aurich-Ost	1978	2012	00:56:09	01:00:41	01:10:40	01:01:39			04:09:09		34	W30		4
	Janssen	Engeline	LG Ostfriesland	1964	2012	00:58:01	01:01:54	01:11:34	01:02:25			04:13:54		48	W40		4
	Schäfer	Karl-Heinz	SC Wiesens	1958	2012	00:57:32	01:05:29			00:48:58	01:21:59	04:13:58		54	M50		4
	Loers	Monika	TG Wiesmoor	1975	2012	00:58:56	01:03:02	01:11:05	01:01:16			04:14:19		37	W30		4
	Broß	Rainer	SV Ems Jemgum	1969	2012	00:56:38	01:02:25	01:12:03	01:03:20			04:14:26		43	M40		4
	Bartels	Klaus	Grundschule	1969	2012	01:01:28			01:07:00	00:52:00	01:15:50	04:16:18		43	M40		4
	Beening	Anna	Freie Christliche Schule	1995	2012	01:01:37	01:04:28	01:15:55	00:54:43			04:16:43		17	WU20		4
	Marks	Johann	EWE Wattloopers	1958	2012	00:59:11	01:03:11		01:03:11		01:11:27	04:17:00		54	M50		4
	Hoppe	Michael	Hartmann Group	1964	2012	01:00:15	01:03:16	01:12:20	01:02:15			04:18:06		48	M40		4
	Efkes	Meike	Bünting Tee Leer	1977	2012	00:58:08	01:02:06	01:12:24	01:07:43			04:20:21		35	W30		4
	Sonnebom	Silke	Lauffreff Oldenburg Süd	1968	2012	01:02:06	01:06:54	01:08:49	01:04:12			04:22:01		44	W40		4
	Schön	Thomas	DLRG Leer	1965	2012	01:05:11	01:12:00		01:10:51	00:54:32		04:22:34		47	M40		4
	Thies	Diane	Hartmann Group	1971	2012	01:08:14			01:06:19	00:51:31	01:19:24	04:25:28		41	W40		4
	Siepert	Holger	MTV Wittmund	1952	2012	01:04:39	01:08:24			00:54:13	01:19:43	04:26:59		60	M60		4
	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2012	01:02:30		01:20:19	01:08:13	00:56:50		04:27:52		54	M50		4
	Linser	Ulrich	MTV Wittmund	1954	2012	01:01:32	01:05:02	01:16:21	01:05:10			04:28:05		58	M50		4
	Schrock-Opitz	Claudio	Stadtwerke Norden	1966	2012	00:58:26	01:08:31	01:17:05	01:04:17			04:28:19		46	M40		4
	Brunken	Sjamme	obw Emden	1992	2012	00:59:10		01:10:55	01:04:39		01:13:54	04:28:38		20	MHK		4
	Salverius	Christian	LG Großwolde	1982	2012	01:02:16	01:05:20		01:05:37		01:17:41	04:30:54		30	M30		4
	Ahrendt	Horst	WFB Wittmund	1973	2012	00:58:24	01:13:35			00:55:24	01:26:37	04:34:00		39	M30		4
	von Leliwa	Julia	Hartmann Group	1981	2012	01:09:35	01:14:00		01:13:59	00:56:57		04:34:31		31	W30		4
	Wolckenhaar	Enno	TC Grün Weiß Leer	1938	2012	01:08:15	01:10:43			00:53:52	01:22:12	04:35:02		74	M70		4
	Müller	Gerold	Sparkasse Aurich-Nordde	1953	2012	00:55:15	00:57:41	01:16:37			01:26:12	04:35:45		59	M50		4
	Bergmann	Rene	WFB Aurich	1992	2012	01:04:39	01:07:41	01:18:39	01:04:54			04:35:53		20	MHK		4
	Michel	Sarah	Emder LG	1974	2012	01:03:27	01:07:54	01:19:37	01:09:06			04:40:04		38	W30		4
	Sjuts	Doris	Sparkasse LeerWittmun	1967	2012	01:01:29	01:06:00	01:18:56			01:19:23	04:45:48		45	W40		4
	Dirks	Anne	TG Wiesmoor	1962	2012	01:07:48			01:14:42	00:58:02	01:25:20	04:45:52		50	W50		4
	Bohlen	Frank	LG Großfehn	1966	2012	01:02:03	01:08:01	01:28:23	01:08:04			04:46:31		46	M40		4
	Buss	Bernhard	Team Möbel Buss	1949	2012		01:14:14		01:13:55	00:56:23	01:22:43	04:47:15		63	M60		4
	Behrends	Carolin	Hartmann Group	1985	2012	01:11:55	01:15:43			00:56:58	01:24:23	04:48:59		27	WHK		4
	Poppen	Jannik	Raiffeisenbank eG, Mod	1990	2012	01:11:10			01:16:32	00:58:26	01:29:03	04:55:11		22	MHK		4
	Stiekel	Janine	KGS Wiesmoor	1995	2012	01:10:15	01:11:02	01:23:20	01:10:56			04:55:33		17	WU20		4
	Hartmann	Ilka	Hartmann Group	1971	2012	01:14:09		01:22:40	01:20:02	00:59:39		04:56:30		41	W40		4
	Fahnster	Anke	Team Möbel Buss	1989	2012	01:07:25	01:11:25	01:15:19			01:27:42	05:01:51		23	WHK		4
	Nehrkorn	Maximilian	Seefahrtschule Leer	1988	2012	01:06:33	01:15:37	01:25:00	01:14:45			05:01:55		24	MHK		4
	Schulz	Uwe	Ostfriesisches Schulmus	1979	2012	01:21:34			01:18:55	00:57:44	01:27:20	05:05:33		33	M30		4
	Jans	Gerd	NW	1964	2012	01:12:33	01:12:24	01:26:45	01:14:09			05:05:51		48	M40		4
	Rohe	Michaela	Nordland Papier	1972	2012	01:10:25	01:14:17		01:16:43		01:27:33	05:08:58		40	W40		4
	Griggel	Stefan	Ostfriesische	1971	2012	01:09:39	01:13:15	01:30:59	01:18:08			05:12:01		41	M40		4
	Meiners	Elke	TuRa 07 Westhauderfe	1950	2012	01:09:36	01:13:47	01:24:18	01:25:26			05:13:07		62	M60		4
	Haun	Hermann	Hartmann Group	1973	2012	01:10:58	01:17:34		01:18:01		01:29:27	05:16:00		39	M30		4
	Gluns	Waltraud		1965	2012	01:11:28	01:17:48	01:31:01	01:18:36			05:18:53		47	W40		4
	Eiben	Elke	Krankenhaus Wittmund	1977	2012	01:13:55	01:15:42	01:31:43	01:18:02			05:19:22		35	W30		4
	Auras	Karl-Heinz	BE Essen	1958	2012	01:14:21	01:20:42	01:33:35	01:15:39			05:24:17		54	M50		4
	Lixfeld-Soz	Bettina	Reederei Buss	1967	2012	01:12:22	01:18:41	01:31:20	01:23:45			05:26:08		45	W40		4
	Göhler	Christoph	Aurich	1939	2012	01:13:27	01:18:34	01:33:03	01:24:00			05:29:04		73	M70		4
	Sehr	Karl-Heinz	ROLLER-KALLE-GBR	1968	2012	01:12:23	01:30:38			01:09:41	01:43:30	05:36:12		44	M40		4
	Homölle	Werner	Bünting Tee Leer	1964	2012	01:20:30	01:23:47	01:38:23	01:20:41			05:43:21		48	M40		4
	Schmidt	Christine	obw Emden	1982	2012	01:29:50	01:37:42		01:33:19	01:12:12		05:53:03		30	W30		4
	Vesper	Sören	Alcatraz Emden	1975	2012			01:46:23	01:34:04	01:11:11	01:44:01	06:15:39		37	M30		4
	Grest	Jens-Peter	SV Warsingsfehn	1971	2012				00:00:00	00:00:00	00:00:00	00:00:00		41	M40		3
	Niehuisen	Erwin	KBV Freesenmoot Nend	1974	2012				00:00:00	00:00:00	00:00:00	00:00:00		38	M30		3
	Harms	Jan-Simon	AURBS	2000	2012		00:00:00		00:00:00		00:00:00	00:00:00		12	MU20		3
	Warmuth	Jann	Gymnasium Ulricianum	1994	2012			00:00:00		00:00:00	00:00:00	00:00:00		18	MU20		3
	Janßen	Sven	SV Eintracht Plaggenbu	1994	2012		00:00:00	00:00:00			00:00:00	00:00:00		18	MU20		3
	Hoogestraat	Sonja	LG Harlingerland	1976	2012			00:00:00		00:00:00	00:00:00	00:00:00		36	W30		3
	Ulferts	Karin	LG Glave Gruppe	1970	2012			00:00:00		00:00:00	00:00:00	00:00:00		42	W40		3
	Anscheit	Janneke	Fortuna Logabirum	2001	2012		00:00:00		00:00:00		00:00:00	00:00:00		11	WU20		3
	Becker	Ralf	Aurich	1973	2012	00:53:51			00:00:00		00:00:00	00:53:51		39	M30		3
	Boekhoff	Sina	SV Beenstreek	1995	2012	01:07:03		00:00:00		00:00:00		01:07:03		17	WU20		3
	Nörder	Nadine	Autohaus Tekken	1993	2012	01:11:23				00:00:00	00:00:00	01:11:23		19	WU20		3
	Derr	Viktor	Physiotherapie Derr,	1981	2012	00:48:15		01:00:21		00:40:46		02:29:22		31	M30		3
	Steenhardt	Stephan	SV Teutonia Stapelmoo	1997	2012	00:48:40			00:52:14	00:39:07	00:58:22	02:29:43		15	MU20		3
	Wagenknecht	Till	obw Emden	1968	2012	00:45:17	00:49:15				00:57:10	02:31:42		44	M40		3
	Meincke	Michael	VFL Oldenburg	1968	2012	00:45:18	00:49:18	00:58:08				02:32:44		44	M40		3
	Beute	Bart	ELV Elektronik AG	1975	2012	00:47:25	00:49:25	01:01:25				02:38:15		37	M30		3
	Fischer	Harald	MTV Hohenkirchen	1952	2012	00:50:56			00:54:11		01:00:29	02:45:36		60	M60		3
	Weber	Siegfried	Team Möbel Buss	1962	2012	00:58:01			01:03:02	00:48:01		02:49:04		50	M50		3

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Schön	Rosemarie	DLRG Leer	1969	2012	:00:57:15	01:02:01		01:01:54	00:47:15		02:51:10		43	W40		3
	Mensur	Susica	WFB Aurich	1987	2012	00:56:07				00:53:37	01:04:07	02:53:51		25	WHK		3
	Meyer	Wolfgang	Emder LG	1963	2012	00:58:19				00:46:50	01:10:38	02:55:47		49	M40		3
	Wöllerstein	Lars	obw Emden	1974	2012	01:01:22	01:05:37			00:49:41		02:56:40		38	M30		3
	Dagli	Alyssa-Lilya	KGS Wiesmoor	1993	2012	00:57:24		01:13:28		00:46:27		02:57:19		19	WU20		3
	Baudein	Dirk	Nordland Papier	1960	2012	00:51:58		01:17:05		00:48:20		02:57:23		52	M50		3
	Penning	Hermann	Raiffeisenbank eG, Mod	1969	2012	00:53:57	00:57:59	01:06:04				02:58:00		43	M40		3
	Schmidt	Karin	LT Aurich-Ost	1960	2012	00:53:39	00:57:58	01:07:06				02:58:43		52	W50		3
	Siemens	Hermann	Hammelswarder Sprinte	1967	2012	00:55:53				00:50:01	01:13:09	02:59:03		45	M40		3
	Meyer	Wilke	Weener Plastik	1991	2012	00:54:31	00:58:09	01:06:53				02:59:33		21	MHK		3
	Hofmann	Jakobus	Weener Plastik	1954	2012	00:55:01	00:59:25	01:07:56				03:02:22		58	M50		3
	Hartmann	Niels	Hartmann Group	1975	2012	00:57:49	01:04:36	01:03:18				03:05:43		37	M30		3
	Malinowski	Svea	Hartmann Group	1989	2012			01:15:07	01:03:27	00:48:07		03:06:41		23	WHK		3
	Lienemann	Tido	ENOVA	1976	2012		01:08:19		01:09:42	00:50:31		03:08:32		36	M30		3
	Heeren	Helge		1981	2012	00:58:19		01:11:44	00:58:52			03:08:55		31	M30		3
	Buhr	Detlef	Bünting Tee Leer	1978	2012			01:19:43	01:02:43	00:47:15		03:09:41		34	M30		3
	Kusche	Holger	Raiffeisenbank eG,	1972	2012		01:00:41			00:58:41	01:10:33	03:09:55		40	M40		3
	Jacobs	Timo	Hartmann Group	1990	2012	01:01:33			01:00:56		01:07:30	03:09:59		22	MHK		3
	Terviel	Bäbel	LG Uplengen	1957	2012							03:10:18		55	W50		3
	König	Timon	Krey Schifffahrt	1992	2012	01:01:51	01:02:24	01:08:15				03:12:30		20	MHK		3
	Möhlmann	Berend	Egberts und Berends	1963	2012	00:58:30	01:02:15	01:13:46				03:14:31		49	M40		3
	Berling	Leo	Nordland Papier	1958	2012	01:09:20				00:49:23	01:15:57	03:14:40		54	M50		3
	Rosenbohm	Marion	Die Fitnessfabrik	1967	2012	01:05:35			01:12:36	00:56:32		03:14:43		45	W40		3
	Kroon	Uwe	Bünting Tee Leer	1980	2012	01:01:30	01:01:20	01:13:12				03:16:02		32	M30		3
	Strohbehn	Jens	Bünting Tee Leer	1970	2012	00:58:24	01:02:46	01:15:08				03:16:18		42	M40		3
	Tammena	Tamme-Gerhard	Fortuna Logabirum	1951	2012	01:02:21	01:04:49	01:14:12				03:21:22		61	M60		3
	Warnecke	Dirk	ENOVA	1969	2012	01:11:50	01:15:52			00:55:47		03:23:29		43	M40		3
	Schmidt	Angela	obw Emden	1961	2012	01:01:46	01:05:43	01:16:35				03:24:04		51	W50		3
	Leßmann	Marene	Hartmann Group	1978	2012	01:06:27	01:10:13				01:08:19	03:24:59		34	W30		3
	Mülder	Yvonne	Sparkasse LeerWittmun	1977	2012	01:07:22				00:56:00	01:23:17	03:26:39		35	W30		3
	Beekmann	Dirk	Teledrom	1995	2012	01:02:09	01:09:06	01:17:39				03:28:54		17	MU20		3
	Mülder	Tanja	Leer	1970	2012	01:04:48	01:08:56	01:17:27				03:31:11		42	W40		3
	van Dyk	Silke	Ostfriesische Volksbank	1983	2012	01:06:10	01:07:01	01:18:06				03:31:17		29	WHK		3
	Redenius	Holger	obw Emden	1984	2012	01:13:12	01:26:20			00:52:05		03:31:37		28	WHK		3
	Rosen	Knut	Nordland Papier	1965	2012	00:59:36		01:16:19			01:16:01	03:31:56		47	M40		3
	Akkermann	Jan	Raiffeisenbank eG,	1991	2012	01:06:42	01:10:19				01:15:20	03:32:21		21	MHK		3
	Grünefeld	Tjarko	Nortmoor	1961	2012	00:58:42			01:19:45		01:16:26	03:34:53		51	M50		3
	Roß	Armin	Gemeinschaftspraxis Dr	1982	2012	01:05:13	01:06:07	01:24:23				03:35:43		30	M30		3
	Albe	Michael	Weener	1961	2012				01:15:07	00:57:22	01:24:44	03:37:13		51	M50		3
	Freeseemann	Michael	EWE Wattloopers	1973	2012	01:11:29				00:58:36	01:28:01	03:38:06		39	M30		3
	Bruns	Marco		1979	2012	01:04:30	01:11:54	01:23:28				03:39:52		33	M30		3
	Köster	Martin	obw Emden	1950	2012	01:04:44	01:11:27	01:25:18				03:41:29		62	M60		3
	Rath	Johann	ELV Elektronik AG	1963	2012	01:19:43			01:23:21	01:01:40		03:44:44		49	M40		3
	Fleißner	Karl	obw Emden	1959	2012	01:08:58	01:11:49				01:24:08	03:44:55		53	M50		3
	Battermann	Regina	Fehntjer Lauftreff	1951	2012	01:07:36	01:11:57	01:28:05				03:47:38		61	W60		3
	Spille	Kerstin	obw Emden	1977	2012	01:10:09	01:12:56	01:26:04				03:49:09		35	W30		3
	Klotz	Tamara	Leinerstift e.V	1992	2012	01:17:58				01:01:11	01:30:36	03:49:45		20	WHK		3
	Fellensiek	Karin	BV Vorwärts	1966	2012	01:09:51	01:14:06	01:26:17				03:50:14		46	W40		3
	Thiel	Saskia	NIGE	1994	2012	01:28:26	01:08:15	01:20:23				03:57:04		18	WU20		3
	Eichhorn	Marion	Bünting Tee Leer	1967	2012	01:13:19	01:17:20	01:30:51				04:01:30		45	W40		3
	Wilken	Anja	Neufirrel	1970	2012				01:25:15	01:01:39	01:36:47	04:03:41		42	W40		3
	Müller	Nicole	TuRa Marienhaf	1977	2012	01:17:17	01:27:01		01:24:03			04:08:21		35	W30		3
	Hahn	Wilma	Bünting Tee Leer	1960	2012	01:17:11	01:22:10	01:34:19				04:13:40		52	W50		3
	Sievers	Johannes	Seefahrtsschule Leer	1982	2012	01:28:09		01:43:23		01:06:16		04:17:48		30	M30		3
	Janssen	Tobias	WFB Aurich	1992	2012	01:22:43	01:26:19				01:30:10	04:19:12		20	MHK		3
	Rühling	Günther	LT Aurich-Ost	1944	2012	01:16:36	01:22:39	01:41:34				04:20:49		68	M60		3
	Helms	Michael	obw Emden	1979	2012		01:19:36		01:26:10		01:35:28	04:21:14		33	M30		3
	Harms	Thomas	Wildeboer Bauteile	1967	2012		01:20:56		01:33:59		01:26:54	04:21:49		45	M40		3
	Templin	Tabea	obw Emden	1990	2012	01:28:45	01:44:21			01:18:20		04:31:26		22	WHK		3
	Steffens	Jan-Dirk	Leinerstift e.V	1985	2012	01:27:57	01:33:26	01:44:36				04:45:59		27	MHK		3
	Niehof	Theodor	Bünting Tee Leer	1952	2012	01:33:37	01:38:54		01:44:18			04:56:49		60	M60		3
	Beckord	Olaf	Brühl	1968	2012	00:00:00					00:00:00	00:00:00		44	M40		2
	Erdmann	Ralf		1976	2012					00:00:00	00:00:00	00:00:00		36	M30		2
	Fette	Daniel	Team AURICHER EIER	1975	2012			00:00:00	00:00:00			00:00:00		37	M30		2
	Fisser	Rolf	TSV Holtrop	1972	2012		00:00:00		00:00:00			00:00:00		40	M40		2
	Fohrden	Hermann	Lodt mie Löss	1961	2012				00:00:00		00:00:00	00:00:00		51	M50		2
	Freund	Holger		1960	2012			00:00:00		00:00:00		00:00:00		52	M50		2
	Geiken	Dieter		1964	2012				00:00:00	00:00:00		00:00:00		48	M40		2
	Geiken	Ralf	BV Victorbur	1971	2012				00:00:00		00:00:00	00:00:00		41	M40		2
	Hagen	Detlef	Südbrookmerland	1968	2012				00:00:00	00:00:00		00:00:00		44	M40		2

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Hanken	Harald	Fun Loopers	1965	2012		00:00:00	00:00:00				00:00:00		47	M40		2
	Harms	Reiner	LG Glave Gruppe	1957	2012			00:00:00	00:00:00			00:00:00		55	M50		2
	Heidergott	Enno	Concordia Ihrhove	1971	2012					00:00:00	00:00:00	00:00:00		41	M40		2
	Heiken	Ingo		1970	2012		00:00:00				00:00:00	00:00:00		42	M40		2
	Hohlen	Hans-Dieter		1955	2012					00:00:00	00:00:00	00:00:00		57	M50		2
	Keute	Hans		1966	2012	00:00:00	00:00:00					00:00:00		46	M40		2
	Koch	Alwin	Wildeshauser Lauftreff	1963	2012		00:00:00				00:00:00	00:00:00		49	M40		2
	Kreienbrock	Carsten	Fortuna Logabirum	1968	2012					00:00:00	00:00:00	00:00:00		44	M40		2
	Müller	Magnus	VFL Ockenhausen	1941	2012					00:00:00	00:00:00	00:00:00		71	M70		2
	Oltmanns	Heiko	FTC Hollen	1957	2012					00:00:00	00:00:00	00:00:00		55	M50		2
	Plesse	Thomas	Warsingsfehn	1966	2012					00:00:00	00:00:00	00:00:00		46	M40		2
	Schmidt	Jürgen	TuS Determ	1963	2012					00:00:00	00:00:00	00:00:00		49	M40		2
	Sebastian	Wolfgang	VW Emden	1971	2012			00:00:00	00:00:00			00:00:00		41	M40		2
	Tamminga	Carsten		1985	2012			00:00:00	00:00:00			00:00:00		27	MHK		2
	Visser	Malte	Krankenhaus Wittmund	1985	2012			00:00:00			00:00:00	00:00:00		27	MHK		2
	Wenninga	Lothar	Greta Schoon Schule	1972	2012				00:00:00		00:00:00	00:00:00		40	M40		2
	Werner	Reiner	TSV Riepe	1942	2012					00:00:00	00:00:00	00:00:00		70	M70		2
	Willms	Menno	Dynamo Klappbrück	1963	2012				00:00:00		00:00:00	00:00:00		49	M40		2
	Hinz	Hauke	Elsflether TB	1989	2012				00:00:00		00:00:00	00:00:00		23	MHK		2
	Sanders	Bonno	Loquard	1967	2012				00:00:00		00:00:00	00:00:00		45	M40		2
	Aeilts	Timon	Freie Christliche Schule	1997	2012		00:00:00			00:00:00		00:00:00		15	MU20		2
	Fleißner	Sönke	Lambertischule Aurich	2001	2012			00:00:00	00:00:00			00:00:00		11	MU20		2
	Hendriks	Martin	Gymnasium Ulricianum	1994	2012			00:00:00		00:00:00		00:00:00		18	MU20		2
	Karsten	Jonah	BW Borssum	2000	2012				00:00:00		00:00:00	00:00:00		12	MU20		2
	Köllmann	Arne	SG Egels-Popens	1994	2012			00:00:00		00:00:00		00:00:00		18	MU20		2
	Tammen	Andre	SV Frisia Brinkum	1995	2012				00:00:00	00:00:00		00:00:00		17	MU20		2
	Utecht	Jann	Freie Christliche Schule	1997	2012					00:00:00	00:00:00	00:00:00		15	MU20		2
	von Heimbürg	Henning	TG Wiesmoor	1993	2012				00:00:00	00:00:00		00:00:00		19	MU20		2
	Rademacher	Jost	Schule Kloster Barthe	1996	2012					00:00:00	00:00:00	00:00:00		16	MU20		2
	Boelen	Imke	KJT Leer	1971	2012					00:00:00	00:00:00	00:00:00		41	W40		2
	Buß	Anna-Maria	Nortmoor	1984	2012				00:00:00	00:00:00		00:00:00		28	WHK		2
	Janssen	Kerstin		1986	2012				00:00:00		00:00:00	00:00:00		26	WHK		2
	Krawietz	Miriam	Emder LG	1977	2012				00:00:00		00:00:00	00:00:00		35	W30		2
	Ohling	Sandra	Emder LG	1947	2012				00:00:00	00:00:00		00:00:00		65	W60		2
	Reents	Konstanze	FRIFE	1975	2012	00:00:00					00:00:00	00:00:00		37	W30		2
	Rieken	Maren	TuS Weene	1985	2012				00:00:00		00:00:00	00:00:00		27	WHK		2
	Schrock-Opitz	Insa	ZGO	1970	2012					00:00:00	00:00:00	00:00:00		42	W40		2
	Voß	Käthe	Emder LG	1954	2012		00:00:00				00:00:00	00:00:00		58	W50		2
	Werth	Anja	TSV Holtrop	1967	2012			00:00:00		00:00:00		00:00:00		45	W40		2
	Conrads	Gesa	SG Friedrichsfehn/Peter	1977	2012	00:00:00					00:00:00	00:00:00		35	W30		2
	Bontjer	Stefanie		1995	2012				00:00:00	00:00:00		00:00:00		17	WU20		2
	Duin	Imke	SV Holtland	1993	2012				00:00:00	00:00:00		00:00:00		19	WU20		2
	Gerdes	Maite	TG Wiesmoor	1997	2012				00:00:00	00:00:00		00:00:00		15	WU20		2
	May	Lina Marie	Ulricianum Aurich	1997	2012					00:00:00	00:00:00	00:00:00		15	WU20		2
	Menzel	Maartje	IGS Aurich-West	1999	2012		00:00:00			00:00:00		00:00:00		13	WU20		2
	Ohling	Sandra	TuS Hinte	1997	2012	00:00:00	00:00:00					00:00:00		15	WU20		2
	Ludwigs	Hanno	LG Ostfriesland	1967	2012	00:44:49					00:00:00	00:44:49		45	M40		2
	Krull	Andreas		1979	2012	00:57:56					00:00:00	00:57:56		33	M30		2
	Fleißner	Jochen		1965	2012	00:59:27					00:00:00	00:59:27		47	M40		2
	Kloppenborg	Alwin	Wald	1960	2012	01:03:11			00:00:00			01:03:11		52	M50		2
	Tulodziecka	Kirsten	Wilhelmhaven	1970	2012	01:04:46					00:00:00	01:04:46		42	W40		2
	Jürrens	Benjamin		1986	2012	01:10:37					00:00:00	01:10:37		26	MHK		2
	Puse	Hinrich	BSC Burhufe	1964	2012	00:44:48	00:51:52					01:36:40		48	M40		2
	Krenik	Richard	Weener Plastik	1990	2012	00:48:38	00:51:09					01:39:47		22	MHK		2
	Gronewold	Marc	KGS Wiesmoor	1994	2012	00:57:42				00:45:47		01:43:29		18	MU20		2
	Meinen	Gerold	BSC Burhufe	1963	2012	00:50:52	00:53:43					01:44:35		49	M40		2
	Mülder	Guido	Ostfriesische Volksbank	1976	2012	00:57:40				00:48:01		01:45:41		36	M30		2
	Suhlmann	Stefan	Ostfriesische Volksbank	1983	2012		01:00:32			00:47:06		01:47:38		29	MHK		2
	Willms	Rainer	Baptisten Firrel	1975	2012				01:01:40	00:47:37		01:49:17		37	M30		2
	Schmidt	Heiner	HSM Wirtschaftsprüfer	1974	2012	00:54:29	00:57:31					01:52:00		38	M30		2
	Willems	Horst	LG Krummhörn	1969	2012	00:53:43	00:59:25					01:53:08		43	M40		2
	Hinrichsen	Torsten	obw Emden	1979	2012				01:05:55	00:47:23		01:53:18		33	M30		2
	Sievers	Jörn	Lions Inlow-Südbrookm	1965	2012	00:54:46	00:59:15					01:54:01		47	M40		2
	de Boer	Wilhelm	SV Dornum	1961	2012	00:53:42	01:00:39					01:54:21		51	M50		2
	Frerichs	Heiko	Team ENERCON	1973	2012	00:55:26	00:58:56					01:54:22		39	M30		2
	Escherhaus	Maik	Hartmann Group	1978	2012			01:09:49		00:44:36		01:54:25		34	M30		2
	Steevens	Jens	DPIAG	1976	2012	01:02:57				00:53:42		01:56:39		36	M30		2
	Voss	Hermann	Emder LG	1953	2012			01:00:01			00:58:02	01:58:03		59	M50		2
	Rahmann	Jan-Hauke	SV Ochtersum	1993	2012					00:48:27	01:10:57	01:59:24		19	MU20		2
	Park	Matthias	Stadt Leer	1984	2012	00:59:26	01:00:39					02:00:05		28	MHK		2
	Voss	Markus	Maschinenring Aurich	1980	2012	00:59:44	01:02:16					02:02:00		32	M30		2

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
	Fleißner	Udo	MTV Aurich	1967	2012			01:14:12		00:48:00		02:02:12		45	M40		2
	Hartmann	Ulrike	Hartmann Group	1983	2012			01:17:17		00:47:34		02:04:51		29	WHK		2
	Kässens	Hermann-J.	Nordland Papier	1965	2012		00:57:52				01:07:21	02:05:13		47	M40		2
	Busch	Miriam	obw Emden	1971	2012	00:59:58	01:05:29					02:05:27		41	W40		2
	Franz	Holger	Ostfriesische	1962	2012	01:10:18				00:55:54		02:06:12		50	M50		2
	Baumann	Brigitte	Emden LG	1963	2012	01:01:54	01:04:33					02:06:27		49	W40		2
	Bohle	Richard	Lions Club Uplengen	1959	2012	00:52:29	00:55:40	01:12:28				02:08:08		53	M50		2
	Meyer	Wiard	SV Posthausen	1962	2012	01:12:26				00:56:11		02:08:37		50	M50		2
	Neuhaus	Adi	Veenhusen	1972	2012	01:01:43	01:07:10					02:08:53		40	M40		2
	Bandlow	Pawel	Team ENERCON	1980	2012	00:54:28					01:15:28	02:09:56		32	M30		2
	Reisige	Peter	Nordland Papier	1971	2012			01:10:17	01:00:01			02:10:18		41	M40		2
	Biermann	Kai	BS Werbetechnik	1988	2012	01:03:01			01:07:29			02:10:30		24	MHK		2
	Caby	Filip	Marienkrankenhaus	1956	2012	01:02:55	01:08:07					02:11:02		56	M50		2
	Bruns	Helmut	Raiffeisenbank eG,	1964	2012	01:04:55				01:06:26		02:11:21		48	M40		2
	Schmidt	Miriam	obw Emden	1984	2012	01:12:50				00:58:50		02:11:40		28	WHK		2
	Erdmann	Dieter	SuS Berumerfehn	1949	2012	01:00:11	01:11:47					02:11:58		63	M60		2
	Werkmeister	Freya	Leer	1992	2012					00:55:33	01:17:58	02:13:31		20	WHK		2
	Mülder	Henry	Leer	1969	2012	01:04:48	01:08:56					02:13:44		43	M40		2
	Emken	Tjark-Fokken	NIGE-Team	1959	2012	01:05:15	01:12:11					02:17:26		53	M50		2
	Bakenhaus	Anna	Raiffeisenbank eG,	1990	2012	01:13:56				01:04:05		02:18:01		22	WHK		2
	Hommers	Gerhard	LT SV Ems Jemgum	1954	2012	01:06:59	01:11:21					02:18:20		58	M50		2
	Rabe-Frädri	Günter	Ubbo-Emmius Gymnasi	1948	2012		01:05:03				01:13:20	02:18:23		64	M60		2
	Joergensen	Ole	Hartmann Group	1948	2012	01:11:00	01:09:53					02:20:53		64	M60		2
	Hinrichs	Silke	LG Großefehn	1990	2012	01:10:29					01:11:00	02:21:29		22	WHK		2
	Schulz	Evelyn	Emden LG	1957	2012	01:03:17		01:20:35				02:23:52		55	W50		2
	Willms	Rolf	Krankenhaus Wittmund	1966	2012	01:08:02	01:15:53					02:23:55		46	M40		2
	Janßen	Artur	TuS Horsten	1958	2012	01:09:56	01:16:21					02:26:17		54	M50		2
	Friedsam	Christof	Bünting Tee Leer	1967	2012	01:13:19	01:13:50					02:27:09		45	M40		2
	Paradies	Astrid	SC Dunum	1975	2012	01:10:22	01:16:51					02:27:13		37	W30		2
	Manning	Heiko	Weener Plastik	1969	2012	01:14:30	01:13:19					02:27:49		43	M40		2
	Buß	Hannah	Ostfriesische	1988	2012		01:23:56			01:05:28		02:29:24		24	WHK		2
	Staljann	Hendrik	ENOVA	1985	2012	01:12:32			01:18:46			02:31:18		27	MHK		2
	Wöbing	Matthias	Seefahrtsschule Leer	1979	2012		01:15:40		01:16:30			02:32:10		33	M30		2
	Pleiss	Inga	Polizei Leer	1981	2012	01:09:17		01:28:49				02:38:06		31	W30		2
	Pelzer	Robert	Leinerstift e.V	1965	2012	01:18:59	01:19:38					02:38:37		47	M40		2
	Henes	Sarah	Seefahrtsschule Leer	1990	2012	01:30:46				01:13:33		02:44:19		22	WHK		2
	Schmidt	Verena	VHS Leer	1989	2012	01:30:46				01:13:33		02:44:19		23	WHK		2
	Dahms	Rieke	ENOVA	1990	2012		01:35:41			01:13:59		02:49:40		22	MHK		2
	Saueressig	Jens	obw Emden	1982	2012	01:15:48	01:37:37					02:53:25		30	M30		2
	Berends	Duke	ev. Gemeinschaftskreis	1952	2012				01:23:53		01:30:42	02:54:35		60	M60		2
	Adams	Günther		1965	2012			00:00:00				00:00:00		47	M40		1
	Aden	Rainer	Berlin	1971	2012				00:00:00			00:00:00		41	M40		1
	Aeikens	Bernhard	Landjugend Rheiderland	1985	2012					00:00:00		00:00:00		27	MHK		1
	Arends	Sebastian	Fortuna Düsseldorf	1981	2012						00:00:00	00:00:00		31	M30		1
	Arndt	Michael	MTV Wittmund	1971	2012	00:00:00						00:00:00		41	M40		1
	Aust	Thomas	BBS 1 Aurich	1962	2012				00:00:00			00:00:00		50	M50		1
	Bakker	Klaas		1976	2012					00:00:00		00:00:00		36	M30		1
	Beck	Joachim	Sportzentrum Crocodile	1961	2012						00:00:00	00:00:00		51	M50		1
	Beger	Jörn	LAV Bokel	1971	2012						00:00:00	00:00:00		41	M40		1
	Behrens	Manuel	Autohaus Tekken Aurich	1974	2012						00:00:00	00:00:00		38	M30		1
	Bens	Ulrich	SV Großefehn	1970	2012				00:00:00			00:00:00		42	M40		1
	Bergau	Rene	SV Blomberg	1987	2012	00:00:00						00:00:00		25	MHK		1
	Bergmann	Thomas		1964	2012						00:00:00	00:00:00		48	M40		1
	Bockelmann	Lukas	SV Wars-Team	1961	2012						00:00:00	00:00:00		51	M50		1
	Bogena	Martin	Leer	1961	2012						00:00:00	00:00:00		51	M50		1
	Bohlen	Heinrich	TuS Zetel	1947	2012						00:00:00	00:00:00		65	M60		1
	Bohlsen	Helmer	CVJM Neermoor	1959	2012					00:00:00		00:00:00		53	M50		1
	Böseler	Jürgen	TuS Ofen	1960	2012						00:00:00	00:00:00		52	M50		1
	Brandt	Matthias	Team ENERCON	1980	2012			00:00:00				00:00:00		32	M30		1
	Briese	Wilke		1980	2012				00:00:00			00:00:00		32	M30		1
	Budde	Jörg	Fortuna Logabirum	1961	2012						00:00:00	00:00:00		51	M50		1
	Bünthe	Philipp	Gymnasium Ulricianum	1992	2012			00:00:00				00:00:00		20	MHK		1
	Busch	Markus	DLRG Leer	1976	2012					00:00:00		00:00:00		36	M30		1
	Buss	Helga	Stikekamp	1962	2012					00:00:00		00:00:00		50	M50		1
	Cobus	Thomas	Lodt me löss	1971	2012						00:00:00	00:00:00		41	M40		1
	de Buhr	Heinz	Lions Uplengen	1959	2012						00:00:00	00:00:00		53	M50		1
	de Vries	Holger	Emden LG	1970	2012					00:00:00		00:00:00		42	M40		1
	Diettrich	Georg	LG Braunschweig	1970	2012					00:00:00		00:00:00		42	M40		1
	Dirks	Hendrik	HSP Laufteam Münster	1986	2012						00:00:00	00:00:00		26	MHK		1
	Eckhoff	Hermann	Moormerland	1989	2012					00:00:00		00:00:00		23	MHK		1

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Eden	Manuel		1986	2012						00:00:00	00:00:00		26	MHK		1
	Elias	Johann	Teutonia Stapelmoor	1951	2012					00:00:00		00:00:00		61	M60		1
	Evers	Gerlinde	KBV Langefeld	1964	2012						00:00:00	00:00:00		48	M40		1
	Fellensiek	Wilfried	Plaggenburg	1963	2012				00:00:00			00:00:00		49	M40		1
	Florian	Rainer		1968	2012			00:00:00				00:00:00		44	M40		1
	Fröhling	Dirk	SV Eintracht Ihlow e.V.	1988	2012				00:00:00			00:00:00		24	MHK		1
	Galonski	Peter	MTV Aurich	1969	2012			00:00:00				00:00:00		43	M40		1
	Garthe	Hanno	Freie Christliche Schule	1968	2012					00:00:00		00:00:00		44	M40		1
	Garthe	Peter		1971	2012					00:00:00		00:00:00		41	M40		1
	Gastmann	Thorsten	Team ENERCON	1981	2012		00:00:00					00:00:00		31	M30		1
	Goudschaal	Ude	Bunde	1955	2012						00:00:00	00:00:00		57	M50		1
	Gronewold	Marco	Moorlage	1979	2012					00:00:00		00:00:00		33	M30		1
	Gronewold	Rainer	Lodt mie Löss	1990	2012				00:00:00			00:00:00		22	MHK		1
	Habben	Michael	TuS Weene	1975	2012	00:00:00						00:00:00		37	M30		1
	Hagemann	Marcel	Hartmann Group	1981	2012					00:00:00		00:00:00		31	M30		1
	Hambach	Ralf	BW Borssum	1972	2012				00:00:00			00:00:00		40	M40		1
	Hanssen	Christian	MTV Aurich	1962	2012			00:00:00				00:00:00		50	M50		1
	Hardy	Stefan	Aurich		2012					00:00:00		00:00:00		2012	M		1
	Harms	Egon	SV Warsingsfehn	1959	2012						00:00:00	00:00:00		53	M50		1
	Harms	Günther	AUR/BS	1965	2012						00:00:00	00:00:00		47	M40		1
	Haupt	Heinz-Holger	Tritus SV Neptun Neehe	1961	2012		00:00:00					00:00:00		51	M50		1
	Hebbelmann	Heinz-Gerd		1969	2012		00:00:00					00:00:00		43	M40		1
	Henningsson	Lennart	Schweden	1984	2012			00:00:00				00:00:00		28	MHK		1
	Iken	Matthias	Emder LG	1972	2012						00:00:00	00:00:00		40	M40		1
	Jakobs	Günter	Drei-Lauf-Freunde	1968	2012				00:00:00			00:00:00		44	M40		1
	Jakobs	Johann	Fehrtjer Lauftreff	1964	2012						00:00:00	00:00:00		48	M40		1
	Janssen	Bernd	Middels	1944	2012	00:00:00						00:00:00		68	M60		1
	Janssen	Edgar	BVG Ostfriesische	1968	2012		00:00:00					00:00:00		44	M40		1
	Janßen	Hans-Ludwig	MTV Wittmund	1953	2012	00:00:00						00:00:00		59	M50		1
	Janssen	Hayo	Hamburg	1971	2012						00:00:00	00:00:00		41	M40		1
	Janssen	Paul-Gerhard	MTV Aurich	1964	2012				00:00:00			00:00:00		48	M40		1
	Janssen	Rainer	SV Warsingsfehn	1982	2012						00:00:00	00:00:00		30	M30		1
	Jeffersen	Magnus	Team ENERCON	1979	2012			00:00:00				00:00:00		33	M30		1
	Kampmann	Matthias		1961	2012						00:00:00	00:00:00		51	M50		1
	Kettwig	Christoph	Polizei Niedersachsen	1988	2012					00:00:00		00:00:00		24	MHK		1
	Klaaßen	Tamme-Gerhard	Hamburg	1990	2012					00:00:00		00:00:00		22	MHK		1
	Koch	Tim	MTV Aurich	1989	2012			00:00:00				00:00:00		23	MHK		1
	Kolthoff	Dieter		1979	2012						00:00:00	00:00:00		33	M30		1
	Köster	Helfried		1970	2012				00:00:00			00:00:00		42	M40		1
	Köster-Düpre	Frank	ZGO	1976	2012						00:00:00	00:00:00		36	M30		1
	Kramer	Hans-Dieter	DLRG Leer	1967	2012					00:00:00		00:00:00		45	M40		1
	Kremer	Dieter	Rheiderl. Ztg.	1972	2012						00:00:00	00:00:00		40	M40		1
	Kromminga	Jörg	TC Grün Weiß Leer	1960	2012						00:00:00	00:00:00		52	M50		1
	Kroon	Meino	TSV Hesel	1960	2012					00:00:00		00:00:00		52	M50		1
	Kruse	Frank		1979	2012				00:00:00			00:00:00		33	M30		1
	Kruse	Johann	Fortuna Veenhusen	1982	2012						00:00:00	00:00:00		30	M30		1
	Künstle	Dieter		1952	2012					00:00:00		00:00:00		60	M60		1
	Lange	Thorsten		1968	2012					00:00:00		00:00:00		44	M40		1
	Limbeck	Dirk	TG Wiesmoor	1961	2012				00:00:00			00:00:00		51	M50		1
	Malkowytsh	Thomas		1984	2012					00:00:00		00:00:00		28	M30		1
	Mansholt	Gert	Nowebau	1963	2012					00:00:00		00:00:00		49	M40		1
	Mansholt	Jannas		1991	2012					00:00:00		00:00:00		21	MHK		1
	Meenken	Wilfried	LG Ostfriesland	1976	2012			00:00:00				00:00:00		36	M30		1
	Meine	Detlef	DAV Hannover	1959	2012				00:00:00			00:00:00		53	M50		1
	Menssen	Heinz	RSV	1960	2012					00:00:00		00:00:00		52	M50		1
	Meyer	Ewald	VW Emden	1960	2012						00:00:00	00:00:00		52	M50		1
	Meyer	Stephan		1989	2012						00:00:00	00:00:00		23	MHK		1
	Möller	Clemens	MTV Aurich-Triathlon	1962	2012			00:00:00				00:00:00		50	M50		1
	Münzel	Kai	MTV Aurich	1975	2012				00:00:00			00:00:00		37	M30		1
	Neufeldt	Paul		1992	2012						00:00:00	00:00:00		20	MHK		1
	Niehüser	Manfred	Ramsloh	1969	2012						00:00:00	00:00:00		43	M40		1
	Niemöller	Edgar	TuS Ofen	1969	2012						00:00:00	00:00:00		43	M40		1
	Niklaus	Johann	NIGE	1990	2012						00:00:00	00:00:00		22	MHK		1
	Oberthur	Henning	Sportfreunde Leer	1982	2012						00:00:00	00:00:00		30	M30		1
	Omain	Adnan	Team ENERCON	1981	2012				00:00:00			00:00:00		31	M30		1
	Onken	Heinz-Helmut	VfL Germania Leer	1987	2012						00:00:00	00:00:00		25	MHK		1
	Onken	Jan-Gerhard	VfL Germania Leer	1988	2012						00:00:00	00:00:00		24	MHK		1
	Osewald	Heinz	Nordland Papier	1963	2012			00:00:00				00:00:00		49	M40		1
	Pastoor	Stefan	Veenhusen	1982	2012						00:00:00	00:00:00		30	M30		1
	Peters	Andreas		1968	2012				00:00:00			00:00:00		44	M40		1
	Peters	Uwe	SV Stiekelkamp	1968	2012					00:00:00		00:00:00		44	M40		1

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 71,45	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km						
	Pollmann	Manfred	TG Wiesmoor	1945	2012				00:00:00			00:00:00		67	M60		1
	Prasuhn	Michael	LG Weserbergland	1962	2012	00:00:00						00:00:00		50	M50		1
	Pretl	Tim	TuS Esens	1978	2012	00:00:00						00:00:00		34	M30		1
	Rath	Frank	Geilenkirchen	1961	2012			00:00:00				00:00:00		51	M50		1
	Reck	Stefan		1991	2012					00:00:00		00:00:00		21	MHK		1
	Reents	Heiko	Alsa Hundewelt	1986	2012				00:00:00			00:00:00		26	MHK		1
	Refers	Thomas	TSV Lammertsfehn	1987	2012						00:00:00	00:00:00		25	MHK		1
	Rehfeldt	Bernd	TSG Hatten-Sandkrug	1945	2012		00:00:00					00:00:00		67	M60		1
	Reiners	Sven	Fortuna Veenhusen	1987	2012						00:00:00	00:00:00		25	MHK		1
	Rennat	Begani		1987	2012		00:00:00					00:00:00		25	MHK		1
	Reuter	Heiko	Neukamperfehn	1992	2012					00:00:00		00:00:00		20	MHK		1
	Riemeyer	Günter	Emder LG	1959	2012				00:00:00			00:00:00		53	M50		1
	Rost	Mike	Polizei Wilhelmshaven	1963	2012	00:00:00						00:00:00		49	M40		1
	Rozema	Eduard		1955	2012					00:00:00		00:00:00		57	M50		1
	Rückbrod	Christian	TV Norden	1990	2012				00:00:00			00:00:00		22	MHK		1
	Rulfs	Tjark	SV Eintracht Ihlow e.V.	1990	2012						00:00:00	00:00:00		22	MHK		1
	Saathoff	Timo	DFG Westerholt	1992	2012					00:00:00		00:00:00		20	MHK		1
	Salge	Arthur	HRS Moormerland	1947	2012						00:00:00	00:00:00		65	M60		1
	Sarrafan	Majid	Hartmann Group	1981	2012					00:00:00		00:00:00		31	M30		1
	Saul	Folkert	SC 04 Leer	1977	2012						00:00:00	00:00:00		35	M30		1
	Schädler	Bernd		1959	2012						00:00:00	00:00:00		53	M50		1
	Schädler	Marc-Rene		1985	2012			00:00:00				00:00:00		27	MHK		1
	Schankry	Rene	Orgadata Team	1991	2012						00:00:00	00:00:00		21	MHK		1
	Schardt	Michael	SW Oldenburg	1954	2012				00:00:00			00:00:00		58	M50		1
	Scherer	Robert		1992	2012						00:00:00	00:00:00		20	MHK		1
	Schiller	Michael		1972	2012						00:00:00	00:00:00		40	M40		1
	Schmidchen	Christian		1982	2012						00:00:00	00:00:00		30	M30		1
	Schmidt	Jörn	Runners Club Münster	1984	2012		00:00:00					00:00:00		28	M20		1
	Schülke	Wolfgang	SV Nortmoor	1954	2012						00:00:00	00:00:00		58	M50		1
	Schwining	Rene	Oragadata AG	1991	2012	00:00:00						00:00:00		21	M20		1
	Seeger	Hartmut	LG Deichschleicher Ost	1967	2012			00:00:00				00:00:00		45	M40		1
	Sparrenborg	Daniel		1988	2012						00:00:00	00:00:00		24	MHK		1
	Stahn	Hans-Peter		1956	2012					00:00:00		00:00:00		56	M50		1
	Steenhoff	Heiner	Geramania Holterfehn	1960	2012				00:00:00			00:00:00		52	M50		1
	Strathaus	Jan	MTV Hohenkirchen	1991	2012	00:00:00						00:00:00		21	MHK		1
	Tammen	Erhard		1985	2012					00:00:00		00:00:00		27	MHK		1
	Taute	Heinz	LG Uplengen	1972	2012						00:00:00	00:00:00		40	M40		1
	Teipen	Bernd	ESV Triathlon Team	1966	2012						00:00:00	00:00:00		46	M40		1
	Thielken	Heinz-Hermann	STV Barßel	1962	2012						00:00:00	00:00:00		50	M50		1
	Tierock	Uwe	VFR Heisfelde	1948	2012					00:00:00		00:00:00		64	M60		1
	Tinnemeyer	Oswald	TuRa Westrauderfehn	1952	2012						00:00:00	00:00:00		60	M60		1
	Tuitjer	Marck		1980	2012				00:00:00			00:00:00		32	M30		1
	Ullerts	Andreas	TuS Ofen	1966	2012						00:00:00	00:00:00		46	M40		1
	Uphoff	Walter	TuS Middels	1960	2012	00:00:00						00:00:00		52	M50		1
	van der Does	Gert-Jan		1972	2012					00:00:00		00:00:00		40	M40		1
	Vierkant	Joerg	Leer	1967	2012						00:00:00	00:00:00		45	M40		1
	Vry	Ralf	Fortuna Logabirum	1960	2012					00:00:00		00:00:00		52	M50		1
	Wagner	Richard	Kanalratten	1958	2012			00:00:00				00:00:00		54	M50		1
	Wallenstein	Frank	ViTa	1969	2012						00:00:00	00:00:00		43	M40		1
	Watermeyer	Stephan	Emden	1962	2012						00:00:00	00:00:00		50	M50		1
	Weber	Manuel		1989	2012					00:00:00		00:00:00		23	MHK		1
	Weintschke	Uwe	LT Oldenburg-Süd	1959	2012						00:00:00	00:00:00		53	M50		1
	Wessels, Dr.	Jochen	SpVgg Aurich	1959	2012						00:00:00	00:00:00		53	M50		1
	Wichmann	Jochen		1957	2012						00:00:00	00:00:00		55	M50		1
	Wille	Thomas	LT TuS Emstekerfeld	1963	2012			00:00:00				00:00:00		49	M40		1
	Willenbring	Thomas	Hartmann Group	1985	2012					00:00:00		00:00:00		27	MHK		1
	Wunderlich	Benjamin		1982	2012						00:00:00	00:00:00		30	M30		1
	Wydors	Carsten		1965	2012					00:00:00		00:00:00		47	M40		1
	Ziemann	Reiner	TSV Hesel	1964	2012					00:00:00		00:00:00		48	M40		1
	Zytarink	Michael	Ihlow	1953	2012		00:00:00					00:00:00		59	M50		1
	Albers	Wilko	BSV Bingum	1995	2012					00:00:00		00:00:00		17	MU20		1
	Bartz	Matthias		1997	2012					00:00:00		00:00:00		15	MU20		1
	Boelsen	Anouk	CVJM Neermoor	2002	2012					00:00:00		00:00:00		10	MU20		1
	Bohlen	Steffen		1997	2012						00:00:00	00:00:00		15	MU20		1
	Cordes	Carsten	SG Egels-Popens	1995	2012			00:00:00				00:00:00		17	MU20		1
	de Buhr	Renke		1997	2012						00:00:00	00:00:00		15	MU20		1
	Emken	Nico		1998	2012						00:00:00	00:00:00		14	MU20		1
	Feldkamp	Nele		1994	2012					00:00:00		00:00:00		18	MU20		1
	Fleißner	Marck	TuS Weene	1993	2012					00:00:00		00:00:00		19	MU20		1
	Grebener	Jann	Emder LG	1994	2012						00:00:00	00:00:00		18	MU20		1
	Grensemann	Andreas	SG Egels-Popens	1994	2012			00:00:00				00:00:00		18	MU20		1

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
	Hemmes	Bernd	Freie Christliche Schule	1993	2012					00:00:00		00:00:00		19	MU20		1
	Lentke	Keno		1994	2012						00:00:00	00:00:00		18	MU20		1
	May	Julian	Gymnasium Aurich	1994	2012					00:00:00		00:00:00		18	MU20		1
	Neu	Harm	Freie Christliche Schule	1993	2012					00:00:00		00:00:00		19	MU20		1
	Penning	Jonas		1999	2012					00:00:00		00:00:00		13	MU20		1
	Prygoda	Lars	VFL Jheringsfehn	1996	2012					00:00:00		00:00:00		16	MU20		1
	Reiners	Tino	IGS Moormerland	2001	2012				00:00:00			00:00:00		11	MU20		1
	Roßmann	Lukas	Realschule Aurich	1999	2012			00:00:00				00:00:00		13	MU20		1
	Rost	Henning	SV Wittmund	2000	2012	00:00:00						00:00:00		12	MU20		1
	Rost	Matthias	SV Wittmund	1998	2012	00:00:00						00:00:00		14	MU20		1
	Strasser	Jan Oliver	Firrel	1999	2012					00:00:00		00:00:00		13	MU20		1
	Taapken	Sönke	SV Spetzerfehn	1998	2012				00:00:00			00:00:00		14	MU20		1
	Ufkes	Tammo	Gymnasium Ulricianum	1999	2012				00:00:00			00:00:00		13	MU20		1
	Verwaal	Jonathan	Freie Christliche Schule	1994	2012					00:00:00		00:00:00		18	MU20		1
	Wilhelms	Jan-Ole	TSV Lammertsfehn	1997	2012					00:00:00		00:00:00		15	MU20		1
	Würdemann	Malte		1997	2012					00:00:00		00:00:00		15	MU20		1
	Zimmermann	Maximilian	Möbel Buss Wiesmoor	1993	2012			00:00:00				00:00:00		19	MU20		1
	Ahlmann	Rita	Latisla	1970	2012					00:00:00		00:00:00		42	W40		1
	Behrends	Bettina	Logabirum	1978	2012					00:00:00		00:00:00		34	W30		1
	Behrends	Heike	SSV Gristede	1973	2012						00:00:00	00:00:00		39	W30		1
	Blum	Annemarie	TG Wiesmoor	1959	2012				00:00:00			00:00:00		53	W50		1
	Boekhoff	Karin	Berliner Hühner	1962	2012						00:00:00	00:00:00		50	W50		1
	Bohlen	Antje	BSC Burhufe	1987	2012					00:00:00		00:00:00		25	WHK		1
	Borgmann	Claudia	FT Spetzerfehn	1966	2012				00:00:00			00:00:00		46	W40		1
	Braun	Frauke	Sparkasse LeerWittmun	1989	2012						00:00:00	00:00:00		23	WHK		1
	Brix	Birgit	MTV Bad Pyrmont	1969	2012	00:00:00						00:00:00		43	W40		1
	Cabrera-Otten	Vidina	TuS Zetel	1970	2012						00:00:00	00:00:00		42	W40		1
	Deffe	Kathrin		1987	2012						00:00:00	00:00:00		25	WHK		1
	Dönnecke	Monika	Köln	1963	2012						00:00:00	00:00:00		49	W40		1
	Drefs	Frieda		1954	2012						00:00:00	00:00:00		58	W50		1
	Engelmann	Insa	Westerstede	1975	2012						00:00:00	00:00:00		37	W30		1
	Fecht	Sabine		1966	2012					00:00:00		00:00:00		46	W40		1
	Franzen	Insa	TV Bunde	1983	2012					00:00:00		00:00:00		29	WHK		1
	Freund	Daniela	Leer	1982	2012						00:00:00	00:00:00		30	W30		1
	Gerdes	Anja	BW Filsum	1983	2012					00:00:00		00:00:00		29	WHK		1
	Grajczyk	Mechthild		1966	2012					00:00:00		00:00:00		46	W40		1
	Groeneveld	Elke	Laufgruppe Marienheil	1973	2012					00:00:00		00:00:00		39	W30		1
	Hanneken	Sandra	Pabenburg	1974	2012						00:00:00	00:00:00		38	W30		1
	Heidergott	Britta	Berliner Hühner	1976	2012						00:00:00	00:00:00		36	W30		1
	Hildebrand	Irene	TSV Riepe	1961	2012					00:00:00		00:00:00		51	W50		1
	Hillrichs	Elsa	Posthausen	1982	2012					00:00:00		00:00:00		30	W30		1
	Holschen	Ursula	MTV Aurich	1963	2012		00:00:00					00:00:00		49	W40		1
	Janssen	Insa	MTV Aurich	1975	2012					00:00:00		00:00:00		37	W30		1
	Janssen	Marget	DAV Hannover	1969	2012				00:00:00			00:00:00		43	W40		1
	Janssen	Stefanie		1985	2012						00:00:00	00:00:00		27	WHK		1
	Klett	Nicole		1967	2012					00:00:00		00:00:00		45	W40		1
	Klinghagen	Insa		1989	2012					00:00:00		00:00:00		23	WHK		1
	Kohn	Martina	Germania Leer	1974	2012						00:00:00	00:00:00		38	W30		1
	Kolb	Franziska	Wilhelmshaven	1981	2012				00:00:00			00:00:00		31	W30		1
	Kolb	Friederike	Wiesmoor	1979	2012				00:00:00			00:00:00		33	W30		1
	Koplin	Heike	Berliner Hühner	1971	2012						00:00:00	00:00:00		41	W40		1
	Kringen	Hannelore		1960	2012				00:00:00			00:00:00		52	W50		1
	Lavilla	Isabel		1986	2012			00:00:00				00:00:00		26	WHK		1
	Lay	Vesena		1984	2012					00:00:00		00:00:00		28	WHK		1
	Lorenz	Frauke	Leer	1955	2012					00:00:00		00:00:00		57	W50		1
	Mangels	Wiebke	LAV Bokel	1982	2012						00:00:00	00:00:00		30	W30		1
	Märsche	Petra		1967	2012					00:00:00		00:00:00		45	W40		1
	Meinders	Monika	FT Spetzerfehn	1980	2012				00:00:00			00:00:00		32	W30		1
	Meyer	Mareike		1990	2012						00:00:00	00:00:00		22	WHK		1
	Möhle	Katja		1971	2012	00:00:00						00:00:00		41	W40		1
	Moldenhauer	Theda	Wiesmoor	1954	2012				00:00:00			00:00:00		58	W50		1
	Neu	Gretje	Stickelkamperfehn	1988	2012					00:00:00		00:00:00		24	WHK		1
	Obnikat	Gunda	EX Fox	1973	2012				00:00:00			00:00:00		39	W30		1
	Obnikat	Kerstin	TV Werne 03	1973	2012				00:00:00			00:00:00		39	W30		1
	Oltmanns	Hilke	Posthausen	1978	2012					00:00:00		00:00:00		34	W30		1
	Opitz	Christiane	Team Laufrusch Olden	1970	2012						00:00:00	00:00:00		42	W40		1
	Ott	Olga	SG Egels-Popens	1992	2012					00:00:00		00:00:00		20	WHK		1
	Picksack	Angelika	TSV Riepe	1963	2012					00:00:00		00:00:00		49	W40		1
	Reinecke	Maria	Freie Christliche Schule Ostfries	2012	2012					00:00:00		00:00:00		2012	W		1
	Reinhard	Nadine	Leer	1987	2012						00:00:00	00:00:00		25	WHK		1
	Reiß	Petra	Logabirum	1976	2012				00:00:00			00:00:00		36	W30		1

31. Ostfrieslandlauf 2012

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
	Robbe	Inge	Ihlow	1985	2012				00:00:00			00:00:00		27	WHK		1
	Rohner	Judith	TuS Ofen	1963	2012						00:00:00	00:00:00		49	W40		1
	Rückbrod	Andrea	TV Norden	1964	2012				00:00:00			00:00:00		48	W40		1
	Runden	Birgit		1962	2012					00:00:00		00:00:00		50	W50		1
	Schlink	Sylvia	Romme Club	1972	2012					00:00:00		00:00:00		40	W40		1
	Schmidt	Almut		1952	2012					00:00:00		00:00:00		60	W60		1
	Schoen	Kirsten		1956	2012					00:00:00		00:00:00		56	W50		1
	Schoon	Tabea	Klinikum Leer	1991	2012					00:00:00		00:00:00		21	WHK		1
	Schoone	Petra	FT Spetzerfehn	1957	2012				00:00:00			00:00:00		55	W50		1
	Schulte	Monika	LT Ramsloh	1961	2012						00:00:00	00:00:00		51	W50		1
	Schürmann-Menze	Anita	IGS Moormerland	1969	2012					00:00:00		00:00:00		43	W40		1
	Schwill	Sara	VfL Germania Leer	1990	2012						00:00:00	00:00:00		22	WHK		1
	Seiß	Christa		1946	2012					00:00:00		00:00:00		66	W60		1
	Smid	Tanja		1986	2012	00:00:00						00:00:00		26	W20		1
	Steinebach	Kerstin		1988	2012					00:00:00		00:00:00		24	WHK		1
	Steutner	Rena	BSC Burhufe	1988	2012					00:00:00		00:00:00		24	WHK		1
	Stöhr	Daniela	Loga	1967	2012	00:00:00						00:00:00		45	W40		1
	Stomberg	Frauke	Ockenhausen	1966	2012					00:00:00		00:00:00		46	W40		1
	Stoyke	Rita	LT Ramsloh	1969	2012						00:00:00	00:00:00		43	W40		1
	Theermann	Lisa	Veenhusen	1990	2012						00:00:00	00:00:00		22	WHK		1
	Ufesch	Swantje	TuS Esens	1980	2012	00:00:00						00:00:00		32	W30		1
	Ukena	Ann Gela	Ruderverein Leer	1992	2012						00:00:00	00:00:00		20	WHK		1
	Ulefke	Monika	TSG Hatten-Sandkrug	1951	2012		00:00:00					00:00:00		61	W60		1
	Ulferts	Marit	TC Aurich-West	1984	2012					00:00:00		00:00:00		28	WHK		1
	Veenhuis	Linda	Fortuna Logabirum	1965	2012					00:00:00		00:00:00		47	W40		1
	Veldkamp	Kristina		1992	2012					00:00:00		00:00:00		20	WHK		1
	Vogel-Fröhling	Antonia	SV Eintracht Ihlow e.V.	1973	2012				00:00:00			00:00:00		39	W30		1
	Wagner	Ina		1992	2012					00:00:00		00:00:00		20	WHK		1
	Weelborg	Insa	Westerstede	1978	2012						00:00:00	00:00:00		34	W30		1
	Weers	Imke	TSV Schwerme	1978	2012						00:00:00	00:00:00		34	W30		1
	Wien	Ilona	Sparkasse Aurich-Nord	1972	2012				00:00:00			00:00:00		40	W40		1
	Wolff	Karoline	Hartmann Group	1983	2012					00:00:00		00:00:00		29	WHK		1
	Arit	Laura	Wallinghausen	1999	2012				00:00:00			00:00:00		13	WU20		1
	Aust	Pauline	BBS 1 Aurich	2000	2012				00:00:00			00:00:00		12	WU20		1
	Baller	Stine		1999	2012					00:00:00		00:00:00		13	WU20		1
	Bayer	Laura		1996	2012					00:00:00		00:00:00		16	WU20		1
	de Freese	Lena		1999	2012						00:00:00	00:00:00		13	WU20		1
	Feith	Melanie		1994	2012	00:00:00						00:00:00		18	WU20		1
	Fröhling	Tatjana	SV Eintracht Ihlow e.V.	1995	2012				00:00:00			00:00:00		17	WU20		1
	Gerdes	Denise	Schule Moormerland	1997	2012					00:00:00		00:00:00		15	WU20		1
	Günther	Mietje	Freie Christliche Schule	1993	2012					00:00:00		00:00:00		19	WU20		1
	Hambach	Maren	BW Borssum	1999	2012				00:00:00			00:00:00		13	WU20		1
	Harms	Jana	KGS Großefehn	1996	2012					00:00:00		00:00:00		16	WU20		1
	Janßen	Anna		1996	2012					00:00:00		00:00:00		16	WU20		1
	Janssen	Luisa	KGS Großefehn	1996	2012					00:00:00		00:00:00		16	WU20		1
	Kisch	Luisa	Freie Christliche Schule Ostfriesland	1998	2012					00:00:00		00:00:00		14	WU20		1
	Knopf	Hannah	USC Heidelberg	1993	2012	00:00:00						00:00:00		19	WU20		1
	Koopmann	Kai-Anne		1993	2012					00:00:00		00:00:00		19	WU20		1
	Kramer	Martina	SV Poseidon Leer	1993	2012					00:00:00		00:00:00		19	WU20		1
	Kruse	Alke	Möbel Buss Wiesmoor	1996	2012						00:00:00	00:00:00		16	WU20		1
	Moor	Anne-Lena		1996	2012					00:00:00		00:00:00		16	WU20		1
	Mudder	Lena	MTV Aurich	1998	2012				00:00:00			00:00:00		14	WU20		1
	Mülder	Nora		1999	2012						00:00:00	00:00:00		13	WU20		1
	Penske	Mara	MTV Aurich	1994	2012					00:00:00		00:00:00		18	WU20		1
	Phillipps	Johanna		1999	2012		00:00:00					00:00:00		13	WU20		1
	Prygoda	Lena	VfL Jheringsfehn	1994	2012					00:00:00		00:00:00		18	WU20		1
	Pupkes	Wiebke	H. T.-Gesamtschule Ihlow	1993	2012					00:00:00		00:00:00		19	WU20		1
	Rohlf's	Nicole	Schule Moormerland	1998	2012					00:00:00		00:00:00		14	WU20		1
	Schmidt	Laura	MTV Aurich	1994	2012					00:00:00		00:00:00		18	WU20		1
	Schröder	Kristina	HSG Aurich	1997	2012					00:00:00		00:00:00		15	WU20		1
	Siebels	Laura	HSG Aurich	1997	2012			00:00:00				00:00:00		15	WU20		1
	Ubben	Fenna		1995	2012					00:00:00		00:00:00		17	WU20		1
	Weber	Elena		1994	2012					00:00:00		00:00:00		18	WU20		1
	Weber	Mara	HSG Aurich	1997	2012					00:00:00		00:00:00		15	WU20		1
	Witte	Theda	Gymnasium Aurich	1993	2012					00:00:00		00:00:00		19	WU20		1
	Wolzen	Gerd	VfL Germania Leer	1983	2012	00:37:29						00:37:29		29	MHK		1
	Bauer	Alex	Bünting Tee Leer	1984	2012					00:40:56		00:40:56		28	MHK		1
	Feldhaus	Ralf	Bünting Tee Leer	1986	2012					00:41:00		00:41:00		26	MHK		1
	Wilhelms	Uwe	Bünting Tee Leer	1967	2012	00:47:55						00:47:55		45	M40		1
	de Freese	Frank	EWE Wattloopers	1982	2012	00:48:04						00:48:04		30	M30		1

01.05. bis 18.05.2012

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
						10,90km	11,90km	13,65km	12,10km	9,40km	13,50km	71,45					
	Faßhauer	Andreas	LG Ostfriesland	1968	2012	00:48:23						00:48:23		44	M40		1
	Baum	Jürgen	Kerpen	1949	2012	00:49:02						00:49:02		63	M60		1
	Korte	Lukas	SV Suwold	1968	2012	00:51:29						00:51:29		44	M40		1
	Poppinga	Udo	Ubbo-Emmius-Klinik Aurich	1966	2012	00:51:30						00:51:30		46	M40		1
	Vogelsang	Christian	4./ObjSRgt Lw	1983	2012	00:52:14						00:52:14		29	MHK		1
	Trebesch	Tilko	Gymnasium Ulricianum Aurich	1998	2012	00:52:41						00:52:41		14	MU20		1
	Tjarks	Eduard	LG Ostfriesland	1954	2012	00:55:00						00:55:00		58	M50		1
	Brümmer	Günter	Nordland Papier	1966	2012					00:55:29		00:55:29		46	M40		1
	Jürens	Harry	Emder LG	1957	2012			00:56:20				00:56:20		55	M50		1
	Diekmann	Brigitte	SV Holtland	1960	2012	00:56:23						00:56:23		52	W50		1
	Eggert	Arend	Krey Schifffahrt	1969	2012					00:56:59		00:56:59		43	M40		1
	Karwinski	Maik	Leinerstift e.V	1997	2012	00:58:58						00:58:58		15	MU20		1
	Oldigs	Beernhard	Europahaus Aurich	1954	2012	00:59:55						00:59:55		58	M50		1
	Rabenstein	Stina	Podologie Rabenstein	1977	2012	01:00:01						01:00:01		35	W30		1
	Höfner	Arno	LT Schaffhausenser Wald	1967	2012	01:00:38						01:00:38		45	M40		1
	Höffner	Lea	LG Harlingerland	1997	2012	01:00:38						01:00:38		15	WU20		1
	Mühlfried	Jan-Paul		1994	2012	01:02:03						01:02:03		18	MU20		1
	Kruse	Gerrit	Polizei Leer	1962	2012	01:02:10						01:02:10		50	M50		1
	Reimers	Udo	Bünting Tee Leer	1971	2012	01:02:11						01:02:11		41	M40		1
	Olthoff	Uwe	LT Spaß mit Sport	1960	2012	01:03:20						01:03:20		52	M50		1
	Eggers	Hayo	Emder LG	1965	2012						01:03:30	01:03:30		47	M40		1
	Pruss	Gerrit	EWE Wattloopers	1977	2012	01:04:25						01:04:25		35	M30		1
	Harders	Marina	RVB Aurich/Uplengen	1989	2012					01:04:25		01:04:25		23	WHK		1
	Johannson	Patrick	Nordland Papier	1984	2012					01:05:35		01:05:35		28	MHK		1
	Diefenbach	Katja	Ruderverein Leer	1965	2012	01:05:40						01:05:40		47	W40		1
	Fritz	Günther	Spielamannzug Marx	1959	2012	01:05:48						01:05:48		53	M50		1
	Behrends	Cordula		1959	2012	01:05:59						01:05:59		53	W50		1
	Kleen-Holtz	Wibke	EWE Wattloopers	1974	2012	01:06:22						01:06:22		38	W30		1
	Tjardes	Karl	MTV Wittmund	1944	2012	01:06:31						01:06:31		68	M60		1
	Rodenbäck	Dennis	Textilhaus Willms	1984	2012	01:06:39						01:06:39		28	MHK		1
	Goldschweer	Kai	TuRa 07 Westrhuderfehn	1998	2012	01:07:11						01:07:11		14	MU20		1
	Hermes	Rainer	Nordland Papier	1979	2012						01:07:20	01:07:20		33	M30		1
	Schneider	Horst	Norden	1955	2012	01:08:22						01:08:22		57	M50		1
	Reit	Wiebke	DLRG Weener	1981	2012	01:09:11						01:09:11		31	W30		1
	Janßen	Ingo	Fun Loopers	1967	2012	01:09:17						01:09:17		45	M40		1
	Kiese	Oliver	DRK Wittmund	1965	2012	01:09:59						01:09:59		47	M40		1
	Ströther	Daniela		1967	2012	01:10:56						01:10:56		45	W40		1
	Rennekamp	Tobias	Seefahrtsschule Leer	1990	2012						01:11:20	01:11:20		22	MHK		1
	Goldenstein	Fenna	DFG Westerholt	1996	2012	01:12:06						01:12:06		16	WU20		1
	Könnecke	Heike	Ubbo-Emmius-Klinik Aurich	1970	2012	01:12:31						01:12:31		42	W40		1
	Kruschinski	Henrike	EWE Wattloopers	1980	2012				01:13:17			01:13:17		32	W30		1
	Korpilla	Claudia	ZGO	1966	2012	01:13:32						01:13:32		46	W40		1
	Kruse	Melanie	Ostfriesische Volksbank Leer/E	1993	2012	01:14:03						01:14:03		19	WU20		1
	Oelscher	Heinz	LT Spaß mit Sport	1954	2012	01:15:37						01:15:37		58	M50		1
	Caspers	Janina	Team ENERCON	1988	2012		01:16:18					01:16:18		24	WHK		1
	Schöttler	Tanja	LG Großefehn	1974	2012				01:17:19			01:17:19		38	W30		1
	Schäferdiek	Petra	Heerenscamp / Steenfe	1970	2012	01:17:25						01:17:25		42	W40		1
	van Lengen	Heinrich	LG Großefehn	1940	2012				01:18:33			01:18:33		72	M70		1
	Donato	Gaudino	Leinerstift e.V	1998	2012	01:19:08						01:19:08		14	MU20		1
	Schlenkermeyer	Uwe		1955	2012	01:20:17						01:20:17		57	M50		1
	Gräser	Mareike	Sparkasse LeerWittmund	1986	2012						01:20:58	01:20:58		26	WHK		1
	Lutomsky	Alexander	Seefahrtsschule Leer	1985	2012	01:21:57						01:21:57		27	MHK		1
	Fresemann	Marco	LG Ostfriesland	1975	2012	01:21:59						01:21:59		37	M30		1
	Manssen	Daniela	HSM Wirtschaftsprüfer	1989	2012	01:25:55						01:25:55		23	WHK		1
	Nußmann	Ulrich	BBC Cartering	1981	2012		01:26:10					01:26:10		31	M30		1
	Beenenga	Uwe	Leinerstift e.V	1971	2012	01:28:26						01:28:26		41	M40		1
	Knapp Dr.	Wolfram	Ubbo-Emmius-Klinik Aurich	1948	2012						01:29:35	01:29:35		64	M60		1
	Jürgens	Christian	Nordland Papier	1989	2012			01:31:36				01:31:36		23	MHK		1
	Jesch	Andrea		1970	2012				01:35:46			01:35:46		42	W40		1
	Prikker	Sonja	Schule Moormerland	1995	2012	01:44:19						01:44:19		17	WU20		1
	Vielmeyer	Leonie	Schule Moormerland	1995	2012	01:44:19						01:44:19		17	WU20		1