

32. Ostfrieslandlauf 2013

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
1	Diettrich	Georg	Oldenburg	1970	2013	00:37:13	00:39:37	00:44:38	00:40:10	00:32:06	00:47:29	4:01:13	00:03:21	43	M40	1	6
2	Hasanaj	Meriton	LG Harlingerland	1989	2013	00:37:55	00:39:54	00:45:42	00:40:04	00:33:32	00:47:22	4:04:29	00:03:23	24	MHK	1	6
3	Grigat	Holger	MTV Aurich	1973	2013	00:38:10	00:41:00	00:47:09	00:42:02	00:34:32	00:48:37	4:11:30	00:03:29	40	M40	2	6
4	Ringering	Onno	MTV Aurich	1968	2013	00:38:50	00:41:33	00:48:01	00:42:07	00:35:03	00:48:50	4:14:24	00:03:32	45	M40	3	6
5	Heinken	Matthias	TV Norden	1993	2013	00:39:29	00:41:45	00:47:39	00:42:43	00:34:39	00:48:38	4:14:53	00:03:32	20	MHK	2	6
6	Willfang	Johannes	Pewsumer Windhunde	1992	2013	00:40:01	00:41:50	00:47:43	00:42:14	00:34:39	00:48:38	4:15:05	00:03:32	21	MHK	3	6
7	Witte	Daniel	EWE Wattloopers	1983	2013	00:39:25	00:41:42	00:47:44	00:43:04	00:35:54	00:49:21	4:17:10	00:03:34	30	M30	1	6
8	Fließner	Hermann	MTV Aurich	1974	2013	00:39:09	00:42:25	00:48:29	00:42:56	00:35:18	00:49:22	4:17:39	00:03:34	39	M30	2	6
9	Wessels	Rorsten	TuS Haren e.V.	1986	2013	00:39:33	00:42:01	00:49:10	00:43:20	00:36:09	00:49:52	4:20:05	00:03:36	27	MHK	4	6
10	Hommers	Rolf	SV Concordia Suurhuse	1979	2013	00:39:42	00:42:44	00:49:07	00:44:38	00:36:04	00:50:27	4:22:42	00:03:38	34	M30	3	6
11	Steinke	Peter	Fehntjer Laufftreff	1970	2013	00:40:33	00:42:46	00:50:01	00:43:46	00:36:35	00:50:32	4:24:13	00:03:40	43	M40	4	6
12	Oppenborn	Stefan	Schule Moormerland	1978	2013	00:39:58	00:43:56	00:50:32	00:43:57	00:36:23	00:50:18	4:25:04	00:03:40	35	M30	4	6
13	van Laaten	Jan-Hendrik	Emder LG	1979	2013	00:40:20	00:44:02	00:49:55	00:44:04	00:36:43	00:50:20	4:25:24	00:03:41	34	M30	5	6
14	Weinberg	Dieter	LG Harlingerland	1968	2013	00:40:42	00:43:39	00:50:41	00:44:17	00:36:37	00:50:23	4:26:19	00:03:41	45	M40	5	6
15	Krawietz	Leander	Emder LG	1971	2013	00:40:51	00:43:36	00:50:13	00:44:45	00:36:34	00:50:37	4:26:36	00:03:42	42	M40	6	6
16	de Jonge	Stefan	TuS Weene	1976	2013	00:40:46	00:44:30	00:51:06	00:44:52	00:37:21	00:50:37	4:29:12	00:03:44	37	M30	6	6
17	Piotrowski	Carsten	LG Harlingerland	1979	2013	00:40:56	00:44:22	00:51:35	00:45:02	00:36:57	00:50:56	4:29:48	00:03:44	34	M30	7	6
18	Penon	Jann	Ulricianum Aurich	1997	2013	00:40:21	00:43:51	00:50:28	00:44:39	00:37:16	00:53:25	4:30:00	00:03:45	16	MU20	1	6
19	Bornemann	Justus	TUS Weener	1995	2013	00:41:01	00:43:52	00:50:54	00:46:00	00:37:37	00:50:43	4:30:07	00:03:45	18	MU20	2	6
20	Vlaardingerbroek	Kurt	Ubbo-Emmius-Klinik Au	1968	2013	00:41:30	00:44:21	00:51:06	00:46:02	00:37:34	00:52:06	4:32:39	00:03:47	45	M40	7	6
21	Langensiepen	Jannis	LG Harlingerland	1994	2013	00:41:02	00:45:21	00:51:36	00:46:05	00:37:20	00:51:38	4:33:02	00:03:47	19	MU20	3	6
22	Lünemann	Frank	MTV Aurich	1977	2013	00:41:54	00:44:19	00:50:30	00:48:13	00:37:20	00:51:08	4:33:24	00:03:47	36	M30	8	6
23	Wolf	Marko	LG Harlingerland	1976	2013	00:42:18	00:44:29	00:51:38	00:46:12	00:37:34	00:51:51	4:34:02	00:03:48	37	M30	9	6
24	Kisch	Wenzel	FCSO	1996	2013	00:41:53	00:45:27	00:52:29	00:46:33	00:37:47	00:51:00	4:35:09	00:03:49	17	MU20	4	6
25	Henninga	Stephan	RVB Aurich/Uplengen	1986	2013	00:41:56	00:45:07	00:52:08	00:46:11	00:37:55	00:52:00	4:35:17	00:03:49	27	MHK	5	6
26	Hanken	Dirk		1992	2013	00:42:48	00:44:49	00:53:18	00:45:59	00:38:01	00:51:59	4:36:54	00:03:50	21	MHK	6	6
27	Schipper	Thade	TV Norden	1995	2013	00:41:50	00:45:31	00:52:43	00:46:41	00:37:48	00:52:22	4:36:55	00:03:50	18	MU20	5	6
28	Schröder	Frank	Emder LG	1970	2013	00:42:28	00:45:38	00:52:32	00:46:49	00:38:04	00:52:23	4:37:54	00:03:51	43	M40	8	6
29	Neumann	Boris	Fortuna Logabirum	1979	2013	00:42:55	00:45:39	00:52:32	00:46:47	00:38:03	00:52:15	4:38:11	00:03:51	34	M30	10	6
30	Pelka	Alfred	Rettungsdienst Leer	1968	2013	00:43:12	00:46:08	00:53:55	00:46:32	00:38:24	00:51:57	4:40:08	00:03:53	45	M40	9	6
31	Seeberg	Jannis	Ulricianum Aurich	1997	2013	00:43:05	00:45:59	00:52:58	00:47:01	00:38:24	00:52:57	4:40:24	00:03:53	16	MU20	6	6
32	Röber	Carsten	Großefehn	1964	2013	00:43:08	00:46:02	00:52:59	00:47:08	00:38:24	00:53:01	4:40:42	00:03:53	49	M40	10	6
33	Klaue	Roland	Laufgemeinschaft Ostfri	1971	2013	00:42:12	00:45:43	00:53:24	00:47:41	00:38:21	00:54:10	4:41:31	00:03:54	42	M40	11	6
34	Franken	Stephan	Emder Ruderverein	1970	2013	00:42:34	00:45:45	00:54:43	00:47:08	00:38:43	00:53:25	4:42:18	00:03:55	43	M40	12	6
35	Barth	Alwin	SVO Wi sünd Holttriem	1970	2013	00:42:59	00:46:17	00:53:18	00:47:53	00:38:48	00:53:22	4:42:37	00:03:55	43	M40	13	6
36	Röhr	Thomas	Ulricianum Aurich	1996	2013	00:43:56	00:46:31	00:53:44	00:47:15	00:38:40	00:52:56	4:43:02	00:03:55	17	MU20	7	6
37	Langensiepen	Andreas	Ubbo-Emmius-Klinik Au	1970	2013	00:43:21	00:46:04	00:53:47	00:47:36	00:38:56	00:53:24	4:43:08	00:03:55	43	M40	14	6
38	Möhle	Lutz	obw Emden	1972	2013	00:43:12	00:46:40	00:53:54	00:47:50	00:38:38	00:53:00	4:43:14	00:03:56	41	M40	15	6
39	Reeßing	Sven	Nordland Papier	1971	2013	00:44:01	00:46:39	00:53:45	00:47:30	00:38:30	00:53:01	4:43:26	00:03:56	42	M40	16	6
40	Schalles	Paul	Turbine TGG	1995	2013	00:43:20	00:47:17	00:53:18	00:49:25	00:38:15	00:52:54	4:44:29	00:03:57	18	MU20	8	6
41	Akkermann	Michael	LG Krummhörn	1970	2013	00:43:29	00:46:46	00:53:52	00:47:48	00:38:53	00:53:46	4:44:34	00:03:57	43	M40	17	6
42	Jacobs	Andreas	Polizei Aurich / MTV Au	1972	2013	00:43:50	00:47:06	00:54:16	00:48:32	00:39:03	00:53:45	4:46:32	00:03:58	41	M40	18	6
43	Trebesch	Volker	Team ENERCON	1965	2013	00:44:00	00:47:05	00:54:01	00:48:30	00:39:31	00:53:57	4:47:04	00:03:59	48	M40	19	6
44	Poguntke	Martin	TV Norden	1963	2013	00:42:03	00:45:56	00:54:57	00:50:17	00:39:34	00:54:28	4:47:15	00:03:59	50	M50	1	6
45	Seeberg	Jonas	Ulricianum Aurich	1997	2013	00:44:07	00:47:01	00:54:46	00:48:09	00:39:22	00:54:35	4:48:00	00:04:00	16	MU20	9	6
46	Wilts	Martin	BV Ostfriesland Rahe	1972	2013	00:43:56	00:47:15	00:54:37	00:48:39	00:39:57	00:53:50	4:48:14	00:04:00	41	M40	20	6
47	Müller	Andreas	Südbrookmerland	1986	2013	00:46:36	00:48:26	00:53:59	00:47:35	00:38:28	00:53:40	4:48:44	00:04:00	27	MHK	7	6
48	Nicolai	Popsuenko	Seefahrtschule Leer	1990	2013	00:44:45	00:48:00	00:54:27	00:49:46	00:38:32	00:53:54	4:49:24	00:04:01	23	MHK	8	6
49	Amarell	Robin	LwinsthGrp 21	1984	2013	00:44:06	00:47:19	00:53:50	00:47:54	00:42:19	00:54:22	4:49:50	00:04:01	29	MHK	9	6
50	Beitelmann	Arne	OLB/Team Mona	1987	2013	00:44:16	00:47:34	00:54:46	00:48:24	00:40:08	00:54:56	4:50:04	00:04:01	26	MHK	10	6
51	Jürens	Inga	obw Emden	1982	2013	00:44:30	00:48:55	00:53:58	00:48:20	00:40:05	00:54:56	4:50:44	00:04:02	31	W30	1	6
52	Oltmanns	Thomas	Holterfehn	1974	2013	00:43:46	00:47:47	00:55:10	00:48:58	00:39:57	00:55:08	4:50:46	00:04:02	39	M30	11	6
53	Engtelmeier	Lukas-Maximilian	Ulricianum Aurich	1995	2013	00:45:01	00:47:02	00:55:22	00:48:15	00:39:23	00:55:43	4:50:46	00:04:02	18	MU20	10	6
54	Töbelmann	Oalf	Bundeswehr Weener	1971	2013	00:43:29	00:48:15	00:55:13	00:49:25	00:39:46	00:54:40	4:50:48	00:04:02	42	M40	21	6
55	Koenen	Niklas	FCSO	1995	2013	00:44:56	00:47:45	00:55:28	00:48:51	00:39:33	00:54:20	4:50:53	00:04:02	18	MU20	11	6
56	Pluta	Marc	Leinerstift e.V	1997	2013	00:45:40	00:48:02	00:55:29	00:48:18	00:39:43	00:54:20	4:51:32	00:04:02	16	MU20	12	6
57	Taute	Heinz	LG Uplengen	1972	2013	00:44:58	00:48:13	00:55:06	00:48:55	00:40:01	00:55:03	4:52:16	00:04:03	41	M40	22	6
58	Steenhardt	Wilfried	Weener Plastik	1966	2013	00:44:30	00:48:14	00:55:50	00:49:12	00:39:39	00:55:03	4:52:28	00:04:03	47	M40	23	6
59	Piotrowski	Heike	LG Harlingerland	1982	2013	00:44:46	00:48:55	00:55:03	00:48:58	00:40:19	00:55:18	4:53:19	00:04:04	31	W30	2	6
60	Klaassen	Jens	WSV Möhlenhörn	1983	2013	00:44:44	00:47:08	00:55:39	00:49:27	00:40:31	00:56:11	4:53:40	00:04:04	30	M30	12	6
61	Hallmann	Hermann	Emder LG	1962	2013	00:45:03	00:48:07	00:55:46	00:49:33	00:40:04	00:55:31	4:54:04	00:04:05	51	M50	2	6
62	Lottmann	Ralf	EWE Wattloopers	1971	2013	00:44:51	00:48:15	00:55:34	00:48:56	00:39:58	00:56:49	4:54:23	00:04:05	42	M40	24	6
63	Geiken	Ralf	BV Victorbur	1971	2013	00:45:26	00:48:38	00:55:19	00:49:05	00:39:45	00:56:27	4:54:40	00:04:05	42	M40	25	6
64	Hofmann	Fred	Weener Plastik	1963	2013	00:45:03	00:48:10	00:55:52	00:49:09	00:40:21	00:56:10	4:54:45	00:04:05	50	M50	3	6
65	Alberts	Thomas	Loppersum	1981	2013	00:45:10	00:48:26	00:55:42	00:49:27	00:40:21	00:55:59	4:55:05	00:04:05	32	M30	13	6
66	Garrels	Remo	VfB Uplengen	1976	2013	00:45:37	00:48:31	00:56:04	00:49:21	00:40:13							

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1		Lauf 2		Lauf 3		Lauf 4		Lauf 5		Lauf 6		Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
72	Schmack	Holger	Heidmühler FC - Leichta	1967	2013	00:45:12	00:49:06	00:56:05	00:49:22	00:40:34	00:55:48	4:56:07	00:04:06	46	M40	28	6						
73	Ibeling	Fred	LG Ostfriesland	1966	2013	00:44:48	00:49:12	00:56:57	00:49:33	00:40:18	00:55:57	4:56:45	00:04:07	47	M40	29	6						
74	Duitsmann	Stephan	Weener	1969	2013	00:46:41	00:49:13	00:56:08	00:49:29	00:40:11	00:55:24	4:57:06	00:04:07	44	M40	30	6						
75	Runden	Christoph	Post SV Leer - Badmint	1991	2013	00:44:58	00:49:09	00:56:35	00:50:10	00:41:05	00:55:10	4:57:07	00:04:07	22	MHK	11	6						
76	Janßen	Gerriet-Thomas	LG Ostfriesland	1970	2013	00:45:19	00:48:46	00:56:44	00:49:31	00:41:37	00:55:41	4:57:38	00:04:08	43	M40	31	6						
77	Fleßner	Joachim	Ihlowe Rennschnecken	1970	2013	00:46:16	00:49:21	00:55:57	00:50:08	00:41:18	00:55:19	4:58:19	00:04:08	43	M40	32	6						
78	Christians	Borchard	LG Ostfriesland	1958	2013	00:46:01	00:49:24	00:56:34	00:49:50	00:40:45	00:56:09	4:58:43	00:04:08	55	M50	5	6						
79	Kunz	Daniel	FCSSO	1997	2013	00:47:50	00:50:13	00:55:39	00:49:03	00:41:25	00:54:41	4:58:51	00:04:09	16	MU20	14	6						
80	De Los Rios	Camilo	Ulrucianum Aurich	1996	2013	00:48:24	00:48:45	00:55:29	00:50:10	00:40:27	00:55:47	4:59:02	00:04:09	17	MU20	15	6						
81	Becker	Axel	Klinikum Emden	1960	2013	00:45:28	00:49:16	00:58:34	00:49:47	00:40:47	00:55:15	4:59:07	00:04:09	53	M50	6	6						
82	Reinmold	Heinz	LG Harlingerland	1949	2013	00:45:10	00:49:20	00:56:53	00:50:21	00:41:03	00:56:20	4:59:07	00:04:09	64	M60	1	6						
83	Onken	Mark	TuS Weener	1996	2013	00:46:11	00:47:25	00:55:36	00:52:15	00:41:53	00:55:53	4:59:13	00:04:09	17	MU20	16	6						
84	Warsing	Hartmut	Bosch Service Aurich	1971	2013	00:45:52	00:49:48	00:56:34	00:49:56	00:40:55	00:56:12	4:59:17	00:04:09	42	M40	33	6						
85	Aue	Thomas	Kdo SES Ostfriesland	1982	2013	00:45:40	00:48:33	00:57:04	00:50:03	00:41:50	00:56:14	4:59:24	00:04:09	31	M30	16	6						
86	Ludwig	Reinhard	Auricher Taxen Zentrale	1959	2013	00:46:18	00:49:50	00:57:54	00:49:20	00:40:29	00:55:48	4:59:39	00:04:09	54	M50	7	6						
87	Sebastian	Wolfgang	VfL Wolfsburg	1971	2013	00:46:19	00:49:23	00:56:13	00:49:44	00:40:59	00:57:16	4:59:54	00:04:09	42	M40	34	6						
88	Janssen	Thilo	Team Möbel Buss	1994	2013	00:46:41	00:48:24	00:57:54	00:49:14	00:40:37	00:57:08	4:59:58	00:04:09	19	MU20	17	6						
89	Eden	Kurt	TV Norden	1958	2013	00:45:25	00:48:51	00:56:42	00:51:24	00:41:29	00:56:22	5:00:13	00:04:10	55	M50	8	6						
90	Lübbers	Jochem	LG TV Bunde	1970	2013	00:46:06	00:49:11	00:57:10	00:50:43	00:41:30	00:56:14	5:00:54	00:04:10	43	M40	35	6						
91	Newiger	Thomas	Aurich	1972	2013	00:46:52	00:49:18	00:56:37	00:50:18	00:40:56	00:57:07	5:01:08	00:04:10	41	M40	36	6						
92	Jänicke	Sascha	LSF Oldenburg	1980	2013	00:45:52	00:48:45	00:56:20	00:50:23	00:42:19	00:57:34	5:01:13	00:04:10	33	M30	17	6						
93	Scherf	Martin	Team ENERCON	1979	2013	00:46:27	00:49:40	00:57:02	00:50:15	00:41:32	00:57:12	5:02:08	00:04:11	34	M30	18	6						
94	de Buhr	Julian	Fortuna Logabirum	1999	2013	00:46:49	00:50:08	00:58:15	00:51:02	00:41:16	00:56:10	5:03:40	00:04:13	14	MU20	18	6						
95	Ulferts	Jannes	Polizei Aurich	1989	2013	00:46:58	00:49:21	00:57:01	00:52:41	00:41:30	00:56:10	5:03:41	00:04:13	24	MHK	12	6						
96	Plumeyer	Lars	EMJAK	1972	2013	00:47:59	00:50:13	00:57:12	00:50:54	00:41:07	00:57:05	5:04:30	00:04:13	41	M40	37	6						
97	Hilbrands	Matthias	Klinikum Leer	1989	2013	00:45:47	00:49:37	01:00:20	00:50:47	00:41:36	00:56:37	5:04:44	00:04:13	24	MHK	13	6						
98	Baxmann	Thomas		1966	2013	00:46:10	00:50:03	00:58:11	00:51:16	00:41:57	00:57:18	5:04:55	00:04:14	47	M40	38	6						
99	Appeldorn	Frank	HRS Moormerland	1996	2013	00:46:39	00:48:39	00:56:15	00:52:17	00:42:17	00:58:51	5:04:58	00:04:14	17	MU20	19	6						
100	Ulferts	Andreas	TuS Ofen	1966	2013	00:46:59	00:50:42	00:59:08	00:50:48	00:40:49	00:56:38	5:05:04	00:04:14	47	M40	39	6						
101	Park	Harm	TuS Weene	1953	2013	00:46:07	00:49:46	00:57:49	00:51:39	00:42:17	00:57:29	5:05:07	00:04:14	60	M60	2	6						
102	Cornelius	Markus	Anzeiger für Harlingerla	1973	2013	00:47:14	00:49:49	00:57:56	00:51:27	00:41:44	00:56:58	5:05:08	00:04:14	40	M40	40	6						
103	Asche	Volker	LSF Oldenburg	1974	2013	00:47:34	00:50:08	00:57:55	00:50:48	00:41:31	00:57:30	5:05:26	00:04:14	39	M30	19	6						
104	Weerden	Sven	TV Apen 1893	1974	2013	00:46:11	00:49:18	00:56:02	00:50:19	00:41:19	01:02:18	5:05:27	00:04:14	39	M30	20	6						
105	Buhr	Rene	Vfl Ockenhausen	1993	2013	00:46:10	00:50:00	00:59:07	00:51:21	00:42:26	00:56:37	5:05:41	00:04:14	20	MHK	14	6						
106	Graalmann	Andre	Pflegezentrum Holtland	1990	2013	00:47:09	00:50:41	00:58:06	00:51:20	00:41:28	00:57:37	5:06:21	00:04:15	23	MHK	15	6						
107	Präsang	Martin	LSF Oldenburg	1965	2013	00:47:23	00:50:13	00:58:10	00:51:05	00:42:07	00:57:55	5:06:53	00:04:15	48	M40	41	6						
108	Beute	Bart	ELV Elektronik AG	1975	2013	00:47:17	00:50:43	00:58:11	00:52:01	00:41:42	00:57:23	5:07:17	00:04:16	38	M30	21	6						
109	Große	Daniel	Polizei Aurich	1981	2013	00:45:50	00:49:48	00:57:25	00:54:03	00:42:49	00:57:23	5:07:18	00:04:16	32	M30	22	6						
110	Recknagel	Bernd	Hotel Waldquelle	1967	2013	00:47:48	00:50:03	00:58:02	00:52:04	00:42:31	00:57:39	5:08:07	00:04:16	46	M40	42	6						
111	Meyeraan	Harald	Loppersum	1964	2013	00:46:48	00:50:36	00:58:09	00:52:00	00:42:22	00:58:13	5:08:08	00:04:16	49	M40	43	6						
112	Peters	Hendrik	Emder LG	1991	2013	00:46:52	00:50:24	00:58:31	00:53:08	00:41:45	00:57:31	5:08:11	00:04:16	22	MHK	16	6						
113	Wagenaar	Christian	Klinikum Emden	1983	2013	00:48:08	00:51:17	00:58:26	00:51:45	00:41:44	00:57:06	5:08:26	00:04:16	30	M30	23	6						
114	Busboom	Wilfried	TuS Detern	1971	2013	00:47:22	00:50:53	00:58:16	00:51:41	00:42:10	00:58:08	5:08:30	00:04:17	42	M40	44	6						
115	Christians	Marco	LG Ostfriesland	1989	2013	00:46:14	00:51:58	00:59:47	00:50:34	00:40:11	00:59:48	5:08:32	00:04:17	24	MHK	17	6						
116	Oremek	Robert	Team ENERCON	1965	2013	00:47:24	00:50:34	00:58:33	00:51:56	00:42:09	00:57:57	5:08:33	00:04:17	48	M40	45	6						
117	Bergmann	Hanns	Seefahrtschule Leer	1980	2013	00:47:41	00:50:46	00:58:37	00:52:07	00:41:40	00:57:53	5:08:44	00:04:17	33	M30	24	6						
118	Ostermoor	Frank	Concordia Versicherung	1971	2013	00:46:55	00:50:43	00:58:45	00:52:34	00:42:25	00:57:29	5:08:51	00:04:17	42	M40	46	6						
119	Grafenburg	Janek	Concordia Neermoor	1998	2013	00:47:51	00:50:46	00:58:16	00:51:20	00:41:52	00:58:49	5:08:54	00:04:17	15	MU20	20	6						
120	Meyer	Martin	Team Zuglufttief	1981	2013	00:47:06	00:50:09	00:58:20	00:52:08	00:42:04	00:59:19	5:09:06	00:04:17	32	M30	25	6						
121	Schöningh	Sören	Autohaus Tekken Leer	1980	2013	00:47:57	00:50:39	00:57:32	00:52:00	00:43:22	00:57:44	5:09:14	00:04:17	33	M30	26	6						
122	Sanders	Eckhard	SuS Emden	1966	2013	00:47:07	00:50:38	00:58:44	00:52:10	00:42:38	00:58:25	5:09:42	00:04:18	47	M40	47	6						
123	Menssen	Jörg	Krankenhaus Wittmund	1981	2013	00:48:09	00:51:01	00:58:44	00:51:55	00:42:03	00:57:57	5:09:49	00:04:18	32	M30	27	6						
124	Habben	Bernd	Zepelin-Rental	1982	2013	00:47:02	00:51:07	00:58:38	00:52:26	00:42:28	00:58:19	5:10:00	00:04:18	31	M30	28	6						
125	Saathoff	Detlef	Veenhusen	1966	2013	00:47:46	00:50:53	00:58:21	00:52:10	00:42:14	00:58:42	5:10:06	00:04:18	47	M40	48	6						
126	Figura	Marcel	HRS Moormerland	1997	2013	00:47:38	00:49:41	00:58:28	00:52:26	00:43:01	00:58:53	5:10:07	00:04:18	16	MU20	21	6						
127	Buss	Hinrich	SVO Wi sünd Holtriem	1954	2013	00:47:02	00:50:43	00:58:28	00:52:35	00:42:46	00:58:49	5:10:23	00:04:18	59	M50	9	6						
128	Berlin	Jürgen	Team ENERCON	1974	2013	00:46:52	00:53:21	00:58:48	00:51:18	00:41:59	00:58:27	5:10:45	00:04:18	39	M30	29	6						
129	Brinkmann	Eva	VfL Germania Leer	1964	2013	00:48:55	00:51:44	00:58:55	00:51:39	00:42:06	00:57:31	5:10:50	00:04:18	49	W40	1	6						
130	Graf	Karin	Watt'n Loopers SV Dor	1969	2013	00:47:11	00:51:31	00:59:13	00:52:23	00:42:36	00:57:56	5:10:50	00:04:18	44	W40	2	6						
131	Schäfer	Marco Julian	Manitowoc Runners	1992	2013	00:47:37	00:50:10	00:59:40	00:52:20	00:43:02	00:58:10	5:10:59	00:04:19	21	MHK	18	6						
132	Wulle	Thomas	LT TuS Aurich-Ost	1963	2013	00:48:28	00:51:09	00:58:49	00:51:42	00:41:56	00:59:23	5:11:27	00:04:19	50	M50	10	6						
133	Dorow	Tizian	GIGA Gomez	1994	2013	00:46:17	00:51:08	01:00:08	00:52:26	00:41:22	01:00:13	5:11:34	00:04:19	19	MU20	22	6						
134	Doden	Johann	Bünting Tee Leer	1959	2013	00:47:29	00:51:36	00:58:27	00:52:30	00:42:56	00:58:48	5:11:46	00:04:19	54	M50	11	6						
135	Wollenberg	Holger	Filsun	1975	2013	00:48:24	00:51:19	00:58:51	00:52:25	00:42:55	00:58:00	5:11:54	00:04:19	38	M30	30	6						
136	Ehrlich	Heinz	Emder LG	1961	2013																		

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
143	Remy	Rasmus	Klinikum Leer	1990	2013	00:49:49	00:49:35	01:00:19	00:50:46	00:43:06	00:58:57	5:12:32	00:04:20	23	MHK	19	6
144	Behrends	Florian	SV Hinrichsfehn	1992	2013	00:48:46	00:51:13	00:59:14	00:52:49	00:42:12	00:58:30	5:12:44	00:04:20	21	MHK	20	6
145	Hellmers	Ralf	TV Norden	1965	2013	00:47:45	00:50:43	00:58:25	00:51:35	00:44:07	01:00:32	5:13:07	00:04:20	48	M40	54	6
146	Janssen	Alwin	Peiers	1970	2013	00:48:19	00:51:43	00:59:16	00:52:29	00:42:39	00:58:46	5:13:12	00:04:20	43	M40	55	6
147	Fröhling	Tim	Turbine TGG	1997	2013	00:47:53	00:51:14	00:58:15	00:51:51	00:43:53	01:00:37	5:13:43	00:04:21	16	MU20	24	6
148	Schwarz	Tanja	MTV Aurich	1977	2013	00:47:26	00:51:39	00:59:42	00:52:37	00:42:34	01:00:04	5:14:02	00:04:21	36	W30	3	6
149	Meyer	Tönjes	TSV Hesel	1958	2013	00:47:45	00:51:23	00:59:25	00:52:00	00:43:42	01:00:01	5:14:16	00:04:21	55	M50	13	6
150	Breise	Viktor	Aurich	1978	2013	00:48:10	00:52:18	00:59:56	00:52:36	00:42:16	00:59:08	5:14:24	00:04:21	35	M30	31	6
151	Hummerich	Niklas	Emder LG	1995	2013	00:52:25	00:51:35	00:58:48	00:51:28	00:41:22	00:58:50	5:14:28	00:04:22	18	MU20	25	6
152	Erchinger	Heye	FCSSO	1997	2013	00:49:53	00:52:41	00:58:09	00:51:51	00:42:44	00:59:12	5:14:30	00:04:22	16	MU20	26	6
153	Liebetrau	Wilko	TRAUCO Gruppe	1977	2013	00:48:15	00:52:25	01:00:02	00:52:57	00:42:43	00:58:11	5:14:33	00:04:22	36	M30	32	6
154	Rose	Christian	ENOVA	1984	2013	00:51:22	00:52:10	01:00:31	00:49:50	00:41:20	00:59:26	5:14:39	00:04:22	29	MHK	21	6
155	van der Kamp	Hans Jürgen	Emder LG	1956	2013	00:49:05	00:52:12	01:00:12	00:52:19	00:42:31	00:58:25	5:14:44	00:04:22	57	M50	14	6
156	Hartema	Richard	MTV Ditzum	1968	2013	00:47:00	00:51:04	00:59:58	00:53:27	00:43:56	00:59:20	5:14:45	00:04:22	45	M40	56	6
157	Siemer	Gerold	Amnesty International	1964	2013	00:47:16	00:50:39	00:58:19	00:56:23	00:43:18	00:59:00	5:14:55	00:04:22	49	M40	57	6
158	Gastmann	Richard	Blau Weiss Filsum	1961	2013	00:49:54	00:51:52	00:59:26	00:52:15	00:42:52	00:58:37	5:14:56	00:04:22	52	M50	15	6
159	Herrmann	Michael	Fortuna Logabirum	1981	2013	00:47:55	00:51:31	01:01:01	00:52:44	00:42:07	00:59:39	5:14:57	00:04:22	32	M30	33	6
160	Sanders	Dieter	Stapelmoor	1977	2013	00:48:13	00:52:16	00:58:57	00:52:38	00:42:37	01:00:23	5:15:04	00:04:22	36	M30	34	6
161	Voigt	Thies	IGS Waldschule Egels	2000	2013	00:50:53	00:51:32	00:58:31	00:50:56	00:42:28	01:00:54	5:15:14	00:04:22	13	MU20	27	6
162	Defort	Ralf	MTV Aurich	1965	2013	00:49:28	00:52:12	00:59:34	00:52:33	00:43:06	00:58:46	5:15:39	00:04:22	48	M40	58	6
163	Recknagel	Marco	Gymnasium Ulricianum	1999	2013	00:51:18	00:50:37	01:00:01	00:51:40	00:42:06	01:00:13	5:15:55	00:04:23	14	MU20	28	6
164	Tattje	Sven	Team Möbel Buss	1992	2013	00:47:59	00:51:22	00:59:28	00:53:44	00:44:00	00:59:50	5:16:23	00:04:23	21	MHK	22	6
165	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2013	00:49:10	00:52:06	00:59:46	00:52:43	00:43:23	00:59:25	5:16:33	00:04:23	46	M40	59	6
166	Ufken	Sven	JG 71 R	1995	2013	00:49:53	00:52:06	00:59:54	00:53:17	00:42:19	00:59:12	5:16:41	00:04:23	18	MU20	29	6
167	Bootjer	Eric	RVB Aurich/Uplengen	1966	2013	00:48:22	00:51:43	00:59:36	00:53:20	00:43:23	01:00:21	5:16:45	00:04:23	47	M40	60	6
168	Frien	Ingo	Realschule Aurich	1998	2013	00:48:04	00:51:29	00:58:49	00:55:44	00:43:50	00:58:51	5:16:47	00:04:23	15	MU20	30	6
169	Feldmann	Ralf	JG 71 R	1972	2013	00:49:09	00:52:25	00:59:47	00:53:14	00:43:07	00:59:08	5:16:50	00:04:23	41	M40	61	6
170	Aggen	Edgar	Feuerwehr Lammertsfel	1966	2013	00:48:35	00:52:23	01:01:00	00:52:57	00:43:27	00:58:52	5:17:14	00:04:24	47	M40	62	6
171	Bohlen	Stefan	B-Plast 2000 Aurich-Scf	1992	2013	00:50:19	00:52:00	00:59:54	00:52:40	00:44:07	00:58:28	5:17:28	00:04:24	21	MHK	23	6
172	Youssefi	Ahmed	BTC AG	1977	2013	00:49:10	00:52:07	00:59:46	00:53:08	00:43:20	01:00:14	5:17:45	00:04:24	36	M30	35	6
173	Koppelkamm	Jan-Henrik	Nortmoor	1998	2013	00:50:13	00:52:37	01:01:03	00:52:35	00:41:51	00:59:35	5:17:54	00:04:24	15	MU20	31	6
174	Wessalowski	Nina	LSF Oldenburg	1974	2013	00:49:40	00:52:31	00:59:52	00:53:06	00:43:19	01:00:13	5:18:41	00:04:25	39	W30	4	6
175	Struckmeyer	Marcus	Ulricianum Aurich	1970	2013	00:48:22	00:51:11	00:58:36	00:52:34	00:42:54	01:05:10	5:18:47	00:04:25	43	M40	63	6
176	Trauernicht	Jann	Wasserschutzpolizei	1961	2013	00:47:59	00:52:25	01:00:48	00:53:25	00:43:52	01:00:22	5:18:51	00:04:25	52	M50	16	6
177	Duin	Julia	SV Holtland	1995	2013	00:48:35	00:52:25	01:00:20	00:53:21	00:44:01	01:00:26	5:19:08	00:04:25	18	WU20	1	6
178	Gerdes	Friedrich	LG Ostfriesland	1967	2013	00:49:06	00:51:50	01:01:18	00:54:23	00:43:31	00:59:05	5:19:13	00:04:25	46	M40	64	6
179	Dietrich	Matthias	MTV Hohenkirchen	1965	2013	00:48:12	00:51:26	01:02:51	00:51:54	00:42:02	01:02:49	5:19:14	00:04:25	48	M40	65	6
180	Geisemeyer	Lothar	Bünting Tee Leer	1959	2013	00:48:21	00:52:30	01:00:38	00:53:41	00:43:48	01:00:20	5:19:18	00:04:26	54	M50	17	6
181	Müller	Lars	Team Möbel Buss	1994	2013	00:47:36	00:58:00	00:58:44	00:52:34	00:43:57	00:58:28	5:19:19	00:04:26	19	MU20	32	6
182	Pinkernell	Marius	NIGE	1996	2013	00:48:30	00:52:53	01:00:51	00:53:23	00:42:52	01:01:03	5:19:32	00:04:26	17	MU20	33	6
183	Gerdes	Helmut	IT-Sektor 4	1972	2013	00:49:11	00:52:09	01:00:11	00:53:03	00:44:19	01:00:56	5:19:49	00:04:26	41	M40	66	6
184	Stoll	Wilko	Reederei Buss	1985	2013	00:48:37	00:52:01	01:00:32	00:53:06	00:45:34	00:59:59	5:19:49	00:04:26	28	MHK	24	6
185	Reents	Ralf		1969	2013	00:48:21	00:52:23	01:03:38	00:53:29	00:43:08	00:58:56	5:19:55	00:04:26	44	M40	67	6
186	Fischer	Harald	MTV Hohenkirchen	1952	2013	00:48:15	00:52:26	01:00:34	00:54:20	00:43:44	01:00:43	5:20:02	00:04:26	61	M60	3	6
187	Heckhoff	Andreas	Borromäus Hospital Lee	1964	2013	00:48:37	00:52:12	01:00:43	00:53:46	00:44:05	01:00:52	5:20:15	00:04:26	49	M40	68	6
188	Derr	Viktor	Praxis Derr	1981	2013	00:48:48	00:52:51	01:01:22	00:54:22	00:43:53	00:59:16	5:20:32	00:04:27	32	M30	36	6
189	Kutscher	Nils	TV Norden	1968	2013	00:54:26	00:50:43	01:03:03	00:51:51	00:42:25	00:58:07	5:20:35	00:04:27	45	M40	69	6
190	Rahmann	Jan-Hauke	Bünting Tee Leer	1993	2013	00:49:00	00:52:46	01:02:05	00:53:48	00:43:30	00:59:33	5:20:42	00:04:27	20	MHK	25	6
191	Berghaus	Wilfried	Fortuna Logabirum	1953	2013	00:48:53	00:52:27	01:00:47	00:53:58	00:44:12	01:00:32	5:20:49	00:04:27	60	M60	4	6
192	Eden	Manfred	TuS Eintracht Hinte	1959	2013	00:47:40	00:54:28	01:00:43	00:54:08	00:43:29	01:00:22	5:20:50	00:04:27	54	M50	18	6
193	Müller	Leon	Team Möbel Buss	1996	2013	00:52:06	00:52:03	01:00:26	00:53:35	00:43:57	00:58:48	5:20:55	00:04:27	17	MU20	34	6
194	Freerks	Günther	LG TV Bunde	1969	2013	00:49:07	00:52:07	01:00:37	00:54:12	00:43:53	01:01:02	5:20:58	00:04:27	44	M40	70	6
195	Kruse	Wilhelm	Team Möbel Buss	1966	2013	00:48:51	00:52:55	01:00:55	00:54:17	00:43:39	01:00:36	5:21:13	00:04:27	47	M40	71	6
196	Engelhardt	Eike	Sparkasse Aurich-Norde	1989	2013	00:49:37	00:52:24	01:02:50	00:53:36	00:43:27	00:59:22	5:21:16	00:04:27	24	MHK	26	6
197	Janssen	Michaela	Fortuna Logabirum	1974	2013	00:49:14	00:52:32	01:00:29	00:53:35	00:44:22	01:01:07	5:21:19	00:04:27	39	W30	5	6
198	Siebelts	Arnd	LHV	1967	2013	00:50:41	00:52:28	01:02:50	00:53:21	00:42:50	00:59:12	5:21:22	00:04:27	46	M40	72	6
199	Krull	Gordon	MTV Aurich	1970	2013	00:49:21	00:52:44	01:01:04	00:53:44	00:44:00	01:00:36	5:21:29	00:04:27	43	M40	73	6
200	Schmidt	Robert	MTV Aurich	1993	2013	00:50:08	00:53:04	01:00:16	00:54:02	00:43:40	01:00:21	5:21:31	00:04:27	20	MHK	27	6
201	Recknagel	Sven	Ulricianum Aurich	1996	2013	00:51:23	00:51:26	01:00:46	00:54:14	00:44:17	00:59:33	5:21:39	00:04:27	17	MU20	35	6
202	Dieken	Manfred	CVJM	1975	2013	00:50:03	00:53:26	01:01:26	00:53:19	00:43:51	00:59:35	5:21:40	00:04:27	38	M30	37	6
203	Buss	Erwin	VW Emden	1972	2013	00:50:32	00:53:31	01:01:04	00:53:26	00:43:35	00:59:42	5:21:50	00:04:28	41	M40	74	6
204	Kischlat	Carsten	Fielmann	1987	2013	00:52:27	00:53:45	01:01:47	00:52:37	00:43:04	00:58:19	5:21:59	00:04:28	26	MHK	28	6
205	Leu	Harald	Polizei Leer	1971	2013	00:48:28	00:52:15	01:01:10	00:54:45	00:44:08	01:01:21	5:22:07	00:04:28	42	M40	75	6
206	Harms	Meinhard	TSV Riepe	1950	2013	00:49:44	00:53:00	01:00:20	00:53:27	00:44:35	01:01:02	5:22:08	00:04:28	63	M60	5	6
207	Mülder	Michael	HTG Ihlow	1996	2013	00:51:57	00:51:55	01:01:01	00:5								

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
214	Dreyer	Eddi	LwlnsthGrp 21	1969	2013	00:49:37	00:53:22	01:01:09	00:53:46	00:44:01	01:01:04	5:22:59	00:04:29	44	M40	77	6
215	Pol	Jan	TuRa 07 Westrauderfer	1941	2013	00:49:41	00:52:59	01:01:29	00:54:35	00:44:09	01:00:16	5:23:09	00:04:29	72	M70	1	6
216	Meinema	Alle-Jan	VOST	1961	2013	00:49:09	00:53:12	01:01:44	00:54:43	00:43:55	01:00:28	5:23:11	00:04:29	52	M50	20	6
217	Krzatala	Walter	F.A Wybelsum	1961	2013	00:49:07	00:52:59	01:01:09	00:54:31	00:44:03	01:01:42	5:23:31	00:04:29	52	M50	21	6
218	Ganeshan	Kumaran	Klinikum Emden	1983	2013	00:50:34	00:53:32	01:01:38	00:53:14	00:43:08	01:01:26	5:23:32	00:04:29	30	M30	39	6
219	Schulze	Klaus	LSF Oldenburg	1965	2013	00:49:34	00:52:54	01:00:49	00:54:12	00:44:27	01:01:40	5:23:36	00:04:29	48	M40	78	6
220	Langer	Timo	TSV Jahn Carolinensiel	1973	2013	00:50:51	00:53:08	01:00:41	00:54:49	00:44:37	00:59:31	5:23:37	00:04:29	40	M40	79	6
221	Sörensen	Marc	In-Team Aurich	1981	2013	00:49:25	00:52:56	01:02:18	00:54:01	00:44:04	01:00:55	5:23:39	00:04:29	32	M30	40	6
222	Mohrherr	Tim	Klinikum Leer	1985	2013	00:48:04	00:53:06	01:01:50	00:54:22	00:45:03	01:01:18	5:23:43	00:04:29	28	MHK	30	6
223	Zembzki	Marek	Klinikum Emden	1957	2013	00:49:18	00:53:03	01:01:40	00:53:45	00:44:50	01:01:22	5:23:58	00:04:29	56	M50	22	6
224	Ommen	Bernhard	Störtebeker Loopers TV	1970	2013	00:50:08	00:52:54	01:01:16	00:54:37	00:44:17	01:00:51	5:24:03	00:04:29	43	M40	80	6
225	Lübbers	Jann	FCSO	1997	2013	00:50:31	00:54:28	01:00:37	00:54:29	00:44:01	01:00:11	5:24:17	00:04:30	16	MU20	39	6
226	Ihnen	Michael	Leinerstift e.V	1962	2013	00:49:23	00:53:41	01:01:32	00:53:43	00:44:11	01:02:01	5:24:31	00:04:30	51	M50	23	6
227	Bohlen	Rainer	LG Uplengen	1987	2013	00:49:17	00:52:54	01:01:52	00:55:09	00:43:35	01:01:46	5:24:33	00:04:30	26	MHK	31	6
228	Nikoleit	Paul	Atemlos	1989	2013	00:52:59	00:52:36	01:01:37	00:53:10	00:43:13	01:00:58	5:24:33	00:04:30	24	MHK	32	6
229	Röben	Matthias	Polizei Aurich	1971	2013	00:49:03	00:56:04	01:01:09	00:54:23	00:43:58	00:59:59	5:24:36	00:04:30	42	M40	81	6
230	Hubert	Rico	NIGE	1996	2013	00:48:54	00:52:37	01:01:34	00:54:18	00:44:50	01:02:24	5:24:37	00:04:30	17	MU20	40	6
231	Behrends	Helmut	Fiese Friesen	1967	2013	00:49:25	00:52:50	01:01:36	00:54:52	00:44:32	01:01:23	5:24:38	00:04:30	46	M40	82	6
232	Brader	Sascha	MTV Hohenkirchen	1969	2013	00:49:52	00:54:14	01:00:56	00:54:05	00:43:34	01:02:06	5:24:47	00:04:30	44	M40	83	6
233	Pree	Michael	Westerholt	1963	2013	00:49:28	00:53:41	01:01:23	00:54:12	00:44:51	01:01:17	5:24:52	00:04:30	50	M50	24	6
234	Horn	Marco	Quarzwerk Marx	1986	2013	00:50:39	00:54:17	01:01:19	00:53:26	00:44:31	01:00:47	5:24:59	00:04:30	27	MHK	33	6
235	Gelhard	Thomas	LT TuS Aurich-Ost	1956	2013	00:50:05	00:53:42	01:00:57	00:55:01	00:44:45	01:00:32	5:25:02	00:04:30	57	M50	25	6
236	Pree	Wolfgang	TC Esens	1962	2013	00:49:23	00:53:34	01:02:25	00:54:33	00:44:17	01:00:53	5:25:05	00:04:30	51	M50	26	6
237	Lüdemann	Frank	Kdo SES Ostfriesland	1974	2013	00:50:44	00:53:17	01:01:35	00:54:31	00:44:15	01:00:46	5:25:08	00:04:30	39	M30	41	6
238	de Freese	Timo		1992	2013	00:51:47	00:54:06	01:04:05	00:53:33	00:43:11	00:58:37	5:25:19	00:04:31	21	MHK	34	6
239	Hesse	Axel	Team Deutsche Post	1969	2013	00:50:48	00:54:03	01:02:29	00:54:24	00:43:53	00:59:44	5:25:21	00:04:31	44	M40	84	6
240	Schick	Robin	MTV Hohenkirchen	2000	2013	00:50:44	00:54:48	01:01:04	00:54:06	00:44:55	00:59:54	5:25:31	00:04:31	13	MU20	41	6
241	Harms	Johann	Karkdörper Moorloopers	1957	2013	00:49:32	00:54:00	01:02:03	00:55:16	00:44:23	01:00:39	5:25:53	00:04:31	56	M50	27	6
242	Frerichs	Manfred	Emder LG	1958	2013	00:49:05	00:52:40	01:01:09	00:54:12	00:44:43	01:04:24	5:26:13	00:04:31	55	M50	28	6
243	Meinen	Gerold	BSC Burhufe	1963	2013	00:49:56	00:53:28	01:01:39	00:54:35	00:45:04	01:01:36	5:26:18	00:04:31	50	M50	29	6
244	Geuken	Uwe	FC Bayern München	1965	2013	00:48:34	00:53:58	01:01:59	00:55:46	00:45:29	01:00:39	5:26:25	00:04:31	48	M40	85	6
245	Hinken	Jürgen	KBV Wiesede Boßeln	1963	2013	00:49:55	00:53:16	01:01:49	00:55:13	00:45:02	01:01:20	5:26:35	00:04:32	50	M50	30	6
246	Böhme	Linda	obw Emden	1982	2013	00:49:17	00:52:53	01:01:28	00:54:40	00:44:40	01:03:38	5:26:36	00:04:32	31	W30	6	6
247	Meyer	Marco	TV Bunde	1980	2013	00:50:50	00:53:40	01:01:52	00:55:56	00:44:14	01:00:06	5:26:38	00:04:32	33	M30	42	6
248	Tammen	Michaela	Borromäus Hospital Lee	1977	2013	00:50:04	00:53:49	01:01:56	00:54:25	00:44:48	01:01:36	5:26:38	00:04:32	36	W30	7	6
249	Gärtner	Axel	MTV Aurich	1967	2013	00:50:06	00:53:32	01:02:25	00:54:32	00:44:16	01:01:51	5:26:42	00:04:32	46	M40	86	6
250	Schwarz	Thorsten	FeG Aurich	1969	2013	00:50:10	00:53:43	01:01:31	00:55:24	00:44:58	01:00:58	5:26:44	00:04:32	44	M40	87	6
251	Kohlert	Sören	IGS Aurich West	1982	2013	00:49:13	00:53:46	01:01:54	00:54:01	00:45:45	01:02:14	5:26:53	00:04:32	31	M30	43	6
252	Gieseler	Lutz	IGS Aurich West	1996	2013	00:51:24	00:51:34	01:00:56	00:53:56	00:44:43	01:04:20	5:26:53	00:04:32	17	MU20	42	6
253	Joswig	Udo	Petrusgemeinde Loga	1955	2013	00:50:17	00:53:33	01:02:52	00:54:44	00:44:16	01:01:22	5:27:04	00:04:32	58	M50	31	6
254	Niewerth	Malte		1973	2013	00:50:17	00:54:36	01:03:39	00:53:15	00:43:13	01:02:06	5:27:06	00:04:32	40	M40	88	6
255	Russell	Dr. Frank	Delfthauspraxis-Emden	1964	2013	00:49:15	00:53:58	01:02:09	00:54:52	00:45:41	01:01:15	5:27:10	00:04:32	49	M40	89	6
256	Martens	Annamarie	Fortuna Logabirum	1984	2013	00:51:55	00:53:24	01:01:09	00:54:33	00:44:45	01:01:27	5:27:13	00:04:32	29	WVK	1	6
257	Wilhelms	Uwe	Bünting Tee Leer	1967	2013	00:50:21	00:54:54	01:01:40	00:53:51	00:44:50	01:01:39	5:27:15	00:04:32	46	M40	90	6
258	Baalmann	Josef	LT TuS Aurich-Ost	1961	2013	00:49:53	00:53:23	01:01:49	00:55:25	00:44:53	01:02:10	5:27:33	00:04:32	52	M50	32	6
259	Kattenbeck	Udo	Emder LG	1966	2013	00:48:34	00:52:19	01:00:31	01:01:12	00:44:21	01:00:41	5:27:38	00:04:32	47	M40	91	6
260	Fleißner	Onno	Ihlowerfehn	1979	2013	00:49:20	00:53:18	01:00:53	00:55:01	00:44:21	01:04:50	5:27:43	00:04:33	34	M30	44	6
261	Dieling	Malte	TC Südbrookmerland	1989	2013	00:50:52	00:54:40	01:01:40	00:54:44	00:44:49	01:00:59	5:27:44	00:04:33	24	MHK	35	6
262	Janssen	Henning	Kdo SES Ostfriesland	1979	2013	00:50:58	00:53:43	01:00:47	00:55:36	00:45:30	01:01:20	5:27:54	00:04:33	34	M30	45	6
263	Hellmers	Mirko	VfB Germania Wiesmoc	1983	2013	00:51:19	00:53:18	01:01:35	00:54:26	00:44:44	01:02:32	5:27:54	00:04:33	30	M30	46	6
264	Kieslich	Sascha	1.FC Kaiserslautern	1979	2013	00:52:15	00:54:20	01:01:56	00:54:47	00:44:14	01:00:24	5:27:56	00:04:33	34	M30	47	6
265	Kleinen	Swen	NIGE	1995	2013	00:49:44	00:53:25	01:03:30	00:56:58	00:44:31	00:59:50	5:27:58	00:04:33	18	MU20	45	6
266	Groninger	Jendrik	Alex.-v-Humboldt-Schul	1996	2013	00:56:58	00:55:49	01:02:03	00:51:53	00:41:38	00:59:37	5:27:58	00:04:33	17	MU20	43	6
267	de Vries	Mathis	Ulricianum Aurich	1996	2013	00:52:10	00:53:18	01:01:29	00:55:00	00:44:59	01:01:03	5:27:59	00:04:33	17	MU20	44	6
268	Buscher	Silvia	SV Borussia Leer	1975	2013	00:51:19	00:54:50	01:02:28	00:54:42	00:44:19	01:00:23	5:28:01	00:04:33	38	W30	8	6
269	Lüken	Marco	SVO Wi sünd Holtriem	1977	2013	00:52:03	00:54:08	01:02:56	00:55:01	00:43:02	01:01:09	5:28:19	00:04:33	36	M30	48	6
270	Schmidt	Mattes	Ulricianum Aurich	1997	2013	00:50:50	00:54:40	01:02:46	00:56:15	00:44:48	00:59:01	5:28:20	00:04:33	16	MU20	46	6
271	Munk	Thomas	Westrauderfehn	1968	2013	00:50:38	00:55:29	01:01:59	00:55:10	00:44:41	01:00:35	5:28:32	00:04:33	45	M40	92	6
272	Boersma	Sabine	Team Deutsche Post	1972	2013	00:50:33	00:53:17	01:02:05	00:55:45	00:44:49	01:02:08	5:28:37	00:04:33	41	W40	3	6
273	Olthoff	Matthias	Weener Plastik	1973	2013	00:49:35	00:54:14	01:02:29	00:55:35	00:45:11	01:01:35	5:28:39	00:04:33	40	M40	93	6
274	Bleeker	Rolf	VOST	1961	2013	00:49:19	00:59:04	01:01:08	00:54:44	00:43:55	01:00:35	5:28:45	00:04:33	52	M50	33	6
275	Hübner	Dennis	Finkenburgschule Wittm	1978	2013	00:50:12	00:53:43	01:02:57	00:55:20	00:45:12	01:01:23	5:28:47	00:04:33	35	M30	49	6
276	Willms	Tido	SC Dunum	1994	2013	00:48:21	00:52:39	01:01:04	00:56:12	00:45:57	01:04:42	5:28:55	00:04:34	19	MU20	47	6
277	Bikker	Stefan	Ihlow	1977	2013	00:49:36	00:54:06	01:02:09	00:56:24	00:45:29	01:01:30	5:29:14	00:04:34	36	M30	50	6
278	Stickfort	Thorsten	Hörgeräte Meiners&Stic	1978	2013	00:51:16	00:54:20	01:02:14	00:54:31	00:44:40	01:02:19	5:29:20	00:04:34	35	M30	51	6
279	Grotlüschen																

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1		Lauf 2		Lauf 3		Lauf 4		Lauf 5		Lauf 6		Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	13,50km	13,50km	13,50km	13,50km								
285	Kisch	Luisa	Fortuna Logabirum	1998	2013	00:52:21	00:53:28	01:01:47	00:55:39	00:44:48	01:01:39	5:29:42	00:04:34	15	WU20	2	6						
286	Goudschaal	Tobias	FTC Hollen	1996	2013	00:51:49	00:52:42	01:02:22	00:55:47	00:45:08	01:02:00	5:29:48	00:04:34	17	MU20	49	6						
287	Ludwig	Helmut	LG Ostfriesland	1958	2013	00:50:19	00:54:23	01:01:58	00:55:06	00:45:20	01:02:48	5:29:54	00:04:34	55	M50	35	6						
288	Tunder	Hartmut	MTV Aurich	1961	2013	00:51:00	00:54:36	01:02:30	00:55:25	00:44:07	01:02:20	5:29:58	00:04:34	52	M50	36	6						
289	Beiden	Andre	PRO NAUTAS	1981	2013	00:50:54	00:53:48	01:02:14	00:56:05	00:46:00	01:01:12	5:30:13	00:04:35	32	M30	54	6						
290	Henninga	Eike	Raiffeisenbank eG, Moe	1991	2013	00:49:45	00:54:29	01:02:59	00:55:28	00:45:08	01:02:28	5:30:17	00:04:35	22	MHK	37	6						
291	Folkerts	Friedrich	Feuerwehr Hollen	1965	2013	00:50:11	00:53:54	01:02:34	00:56:11	00:45:10	01:02:19	5:30:19	00:04:35	48	M40	95	6						
292	Ahrendt	Michael	SV Dornum	1970	2013	00:50:11	00:53:52	01:02:32	00:55:40	00:45:09	01:02:57	5:30:21	00:04:35	43	M40	96	6						
293	Goudschaal	Arno	LSF Oldenburg	1980	2013	00:51:14	00:55:44	01:01:17	00:55:33	00:44:55	01:01:49	5:30:32	00:04:35	33	M30	55	6						
294	Wichmann	Lasse	Turbine TGG	1996	2013	00:54:49	00:55:10	01:02:43	00:54:54	00:44:02	00:58:57	5:30:35	00:04:35	17	MU20	50	6						
295	Frühling	Uwe	Polizei Aurich	1969	2013	00:49:24	00:54:27	01:03:57	00:56:24	00:44:32	01:02:36	5:31:20	00:04:36	44	M40	97	6						
296	Gerdas	Joachim	Volksbank Westrauder	1979	2013	00:49:16	00:53:40	01:02:04	00:53:55	00:46:06	01:06:19	5:31:20	00:04:36	34	M30	56	6						
297	Alberts	Torsten	Vetra Beton	1971	2013	00:51:15	00:53:24	01:03:06	00:56:14	00:45:16	01:02:10	5:31:25	00:04:36	42	M40	98	6						
298	Büttner	Riko	Gymnasium Ulricianum	1999	2013	00:55:01	00:53:24	01:01:49	00:54:07	00:45:16	01:01:50	5:31:27	00:04:36	14	MU20	51	6						
299	Poppen	Frank	Rettungsdienst Aurich	1990	2013	00:53:43	00:54:56	01:02:18	00:55:02	00:44:20	01:01:12	5:31:31	00:04:36	23	MHK	38	6						
300	Snater	Uwe	LG TV Bunde	1961	2013	00:50:12	00:54:37	01:02:32	00:55:55	00:45:43	01:02:35	5:31:34	00:04:36	52	M50	37	6						
301	Achterberg	Günter	Krebskranker Kinder e.V.	1966	2013	00:51:04	00:54:50	01:03:17	00:55:54	00:44:29	01:02:04	5:31:38	00:04:36	47	M40	99	6						
302	Kisch	Annette	Fortuna Logabirum	1966	2013	00:50:14	00:53:41	01:02:32	00:56:36	00:45:51	01:02:46	5:31:40	00:04:36	47	W40	4	6						
303	Hinrichs	Hermann	WT Loppersum	1979	2013	00:51:02	00:54:04	01:03:17	00:56:01	00:45:45	01:01:43	5:31:52	00:04:36	34	M30	57	6						
304	Gabel	Andreas	Team Zuglufttief	1981	2013	00:51:57	00:53:28	01:03:23	00:55:25	00:45:58	01:01:42	5:31:53	00:04:36	32	M30	58	6						
305	Sauer	Artur	Team ENERCON	1980	2013	00:52:28	00:54:56	01:02:39	00:55:03	00:44:24	01:02:32	5:32:02	00:04:36	33	M30	59	6						
306	Wölfel	Andreas	TV Norden	1981	2013	00:53:23	00:54:52	01:02:58	00:56:00	00:44:31	01:00:28	5:32:12	00:04:36	32	M30	60	6						
307	Heikens	Hauke	Ubbo-Emmius-Gymnasi	1996	2013	00:53:26	00:56:22	01:01:52	00:53:31	00:44:37	01:02:24	5:32:12	00:04:36	17	MU20	52	6						
308	Bloek	Wilhelm	Zweirad Center Bloek, A	1980	2013	00:50:59	00:54:09	01:03:36	00:55:26	00:44:49	01:03:16	5:32:15	00:04:36	33	M30	61	6						
309	Pund	Jonny	Bohlen & Doyen	1998	2013	00:56:16	00:56:57	01:02:04	00:54:37	00:43:42	00:58:45	5:32:21	00:04:36	15	MU20	53	6						
310	Cassoli	Jair	Team ENERCON	1977	2013	00:53:28	00:56:43	01:03:14	00:54:42	00:44:22	00:59:59	5:32:28	00:04:36	36	M30	62	6						
311	Schild	Cedric	Turbine TGG	1997	2013	00:52:01	00:54:12	01:03:24	00:56:03	00:44:56	01:01:54	5:32:30	00:04:37	16	MU20	54	6						
312	Jtjes	Benjamin		1991	2013	00:50:35	00:54:04	01:04:40	00:57:17	00:44:32	01:01:28	5:32:36	00:04:37	22	MHK	39	6						
313	Wallerowitz	Ewald	LG Ostfriesland	1965	2013	00:52:19	00:54:48	01:01:57	00:55:39	00:45:47	01:02:20	5:32:50	00:04:37	48	M40	100	6						
314	Nilges	Peter-M.	CNG WirtschaftsprüferS	1952	2013	00:51:46	00:54:04	01:03:48	00:56:05	00:45:22	01:01:48	5:32:53	00:04:37	61	M60	6	6						
315	Rieken	Volker	doerlooper.de	1967	2013	00:51:18	00:54:41	01:03:07	00:55:32	00:45:19	01:02:58	5:32:55	00:04:37	46	M40	101	6						
316	Heikens	Berend	Tierarztpraxis Velde	1966	2013	00:52:16	00:54:49	01:03:10	00:56:01	00:45:40	01:01:26	5:33:22	00:04:37	47	M40	102	6						
317	van Geuns	Lothar	Collinghorst	1973	2013	00:53:00	00:55:07	01:02:25	00:55:52	00:44:26	01:02:35	5:33:25	00:04:37	40	M40	103	6						
318	Meyer	Jörg	LwlnsthGrp 21	1962	2013	00:50:48	00:54:30	01:03:07	00:56:48	00:45:56	01:02:24	5:33:33	00:04:37	51	M50	38	6						
319	Otten	Hajo	TuS Zetel	1968	2013	00:50:39	00:54:21	01:02:53	00:55:59	00:45:27	01:04:21	5:33:40	00:04:37	45	M40	104	6						
320	Gronewold	Elke	TV Norden	1967	2013	00:51:02	00:54:57	01:03:13	00:56:05	00:45:45	01:02:39	5:33:41	00:04:37	46	W40	5	6						
321	de Vries	Lukas	IGS Waldschule Egels	1997	2013	00:51:51	00:55:19	01:03:03	00:56:26	00:46:44	01:00:21	5:33:44	00:04:38	16	MU20	55	6						
322	Berghaus	Jens	Realschule Aurich	1959	2013	00:50:15	00:53:39	01:03:47	00:56:45	00:46:36	01:02:43	5:33:45	00:04:38	54	M50	39	6						
323	Pottberg	Sascha	LwlnsthGrp 21	1983	2013	00:50:53	00:54:16	01:01:48	00:55:47	00:46:16	01:04:56	5:33:56	00:04:38	30	M30	63	6						
324	Eckstein	Sascha	CNG Wirtschaftsprüfer S	1975	2013	00:51:47	00:54:27	01:03:22	00:56:05	00:46:30	01:01:48	5:33:59	00:04:38	38	M30	64	6						
325	König	Timon	Krey Schifffahrts GmbH	1952	2013	00:51:20	00:53:59	01:01:54	00:56:30	00:45:55	01:04:21	5:33:59	00:04:38	61	M60	7	6						
326	Junker	Imke	Borromäus Hospital Leer	1987	2013	00:50:17	00:54:24	01:03:29	00:56:50	00:45:45	01:03:14	5:33:59	00:04:38	26	WHK	2	6						
327	Biel	Sönke	Fortuna Logabirum	1985	2013	00:50:17	00:54:24	01:03:29	00:56:50	00:45:45	01:03:15	5:34:00	00:04:38	28	MHK	40	6						
328	Schulte	Holger	Schulte Dental, Filsum	1975	2013	00:50:42	00:54:13	01:03:59	00:56:25	00:45:35	01:03:08	5:34:02	00:04:38	38	M30	65	6						
329	Ebel	Carsten	Emden	1966	2013	00:52:02	00:54:30	01:03:03	00:56:29	00:45:59	01:02:29	5:34:32	00:04:38	47	M40	105	6						
330	Jibben	Arno	VOST	1969	2013	00:52:04	00:54:36	01:03:13	00:56:20	00:45:56	01:02:24	5:34:33	00:04:38	44	M40	106	6						
331	Götze	Jens	WIBO Bau	1984	2013	00:50:52	00:54:31	01:02:37	00:57:03	00:46:31	01:03:04	5:34:38	00:04:38	29	MHK	41	6						
332	Ihmels	Enno	Volksbank Westrauder	1978	2013	00:53:03	00:56:08	01:03:57	00:55:10	00:44:09	01:02:14	5:34:41	00:04:38	35	M30	66	6						
333	Sielmann	Andy	Lebenshilfe Leer e.V.	1980	2013	00:52:11	00:55:20	01:03:12	00:55:52	00:44:40	01:03:28	5:34:43	00:04:38	33	M30	67	6						
334	Böse	Matthias	SV Stikelkamp	1970	2013	00:51:02	00:54:08	01:03:24	00:57:04	00:46:03	01:03:09	5:34:50	00:04:38	43	M40	107	6						
335	Pleis	Malte	Moorloopers	1997	2013	00:51:10	00:55:25	01:02:57	00:58:06	00:44:56	01:02:27	5:35:01	00:04:39	16	MU20	56	6						
336	Folkerts	Ingrid	FTC Hollen	1966	2013	00:51:07	00:55:37	01:03:27	00:56:08	00:46:23	01:02:30	5:35:12	00:04:39	47	W40	6	6						
337	de Buhr	Harald	Polizei Leer	1962	2013	00:51:26	00:54:08	01:03:45	00:56:36	00:45:39	01:03:38	5:35:12	00:04:39	51	M50	40	6						
338	Schild	Stefan	Hartmann Group	1964	2013	00:52:42	00:55:19	01:03:26	00:56:14	00:45:41	01:01:59	5:35:21	00:04:39	49	M40	108	6						
339	de Buhr	Hans-Jürgen	Busboomsfehn	1969	2013	00:52:17	00:56:04	01:04:07	00:54:52	00:45:24	01:02:43	5:35:27	00:04:39	44	M40	109	6						
340	Freudenberg	Janek	Ulricianum Aurich	1996	2013	00:53:25	00:53:00	01:03:25	00:54:39	00:47:10	01:03:53	5:35:32	00:04:39	17	MU20	57	6						
341	Janssen	Gerold	Team ENERCON	1966	2013	00:50:51	00:54:01	01:02:49	00:56:16	00:46:22	01:05:17	5:35:36	00:04:39	47	M40	110	6						
342	de Vries	Reinhard	Ost-Victorbur	1961	2013	00:51:49	00:55:32	01:04:01	00:56:28	00:45:44	01:02:09	5:35:43	00:04:39	52	M50	41	6						
343	Buß	Jann-Helge	HTG Ihlow																				

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
356	Brettschneider	Roger	HTR	1965	2013	00:52:08	00:55:00	01:03:50	00:55:58	00:45:17	01:04:36	5:36:49	00:04:40	48	M40	115	6
357	Rabenberg	Stefan	TuRa 07 Westhauerfer	1987	2013	00:52:56	00:56:07	01:03:57	00:55:57	00:45:06	01:02:46	5:36:49	00:04:40	26	MHK	42	6
358	Lüpkens	Jörg	Aurich	1981	2013	00:51:05	00:53:13	01:04:20	00:59:17	00:45:52	01:03:17	5:37:04	00:04:40	32	M30	70	6
359	de Buhr	Gert	Mahl- und Mischbetrieb	1972	2013	00:51:42	00:55:14	01:03:20	00:56:09	00:46:38	01:04:02	5:37:05	00:04:40	41	M40	116	6
360	von Kentzinsky	Roland	TG Wiesmoor	1948	2013	00:51:35	00:55:15	01:04:25	00:56:52	00:46:11	01:02:55	5:37:13	00:04:40	65	M60	8	6
361	Müßing	Michael	Klinikum Leer	1981	2013	00:52:57	00:56:32	01:04:22	00:56:16	00:45:15	01:01:57	5:37:19	00:04:41	32	M30	71	6
362	Müller	Günter		1967	2013	00:51:56	00:55:23	01:03:52	00:56:25	00:46:24	01:03:24	5:37:24	00:04:41	46	M40	117	6
363	Wiechers	Wilko	BV Hoffnung	1987	2013	00:52:38	00:57:24	01:03:06	00:55:46	00:46:02	01:02:29	5:37:25	00:04:41	26	MHK	43	6
364	Heyken	Jens	Mykonos Touristen	1983	2013	00:53:46	00:56:36	01:03:19	00:55:42	00:45:09	01:02:56	5:37:28	00:04:41	30	M30	72	6
365	Weerda	Erik	Uliricanum Aurich	1995	2013	00:55:54	00:53:05	01:00:13	00:56:03	00:48:20	01:03:59	5:37:34	00:04:41	18	MU20	60	6
366	Janssen	Karsten	SV Hage	1981	2013	00:53:45	00:56:35	01:03:19	00:55:42	00:45:10	01:03:05	5:37:36	00:04:41	32	M30	73	6
367	Janssen	Claudia	TV Norden	1980	2013	00:52:23	00:55:28	01:03:33	00:56:12	00:46:18	01:03:58	5:37:52	00:04:41	33	W30	10	6
368	Neu	Andreas	fitness world schortens	1977	2013	00:51:35	00:52:08	01:10:13	00:52:51	00:50:51	01:00:15	5:37:53	00:04:41	36	M30	74	6
369	van Goor	Rob	Aquilo	1962	2013	00:51:25	00:56:20	01:03:15	00:56:32	00:47:02	01:03:27	5:38:01	00:04:41	51	M50	46	6
370	Coordes	Johannes	Team ENERCON	1969	2013	00:52:01	00:55:06	01:04:50	00:55:42	00:45:54	01:04:30	5:38:03	00:04:41	44	M40	118	6
371	Schliep	Dieter	Holterfehn	1972	2013	00:50:55	00:55:11	01:04:35	00:57:51	00:45:35	01:04:06	5:38:13	00:04:41	41	M40	119	6
372	Welling	Torsten	MTV Wittmund	1964	2013	00:52:06	00:55:35	01:03:39	00:57:45	00:46:20	01:02:49	5:38:14	00:04:41	49	M40	120	6
373	Meyer	Hinnerk	SV Holland	1993	2013	00:53:23	00:56:42	01:04:06	00:55:15	00:45:37	01:03:15	5:38:18	00:04:41	20	MHK	44	6
374	Behrends	Jutta	SV Holland	1976	2013	00:51:49	00:55:12	01:05:11	00:56:22	00:46:12	01:03:34	5:38:20	00:04:41	37	W30	11	6
375	Behrmann	Kevin	BBS 1 Aurich	1995	2013	00:52:53	00:56:01	01:06:17	00:56:07	00:44:38	01:02:32	5:38:28	00:04:41	18	MU20	61	6
376	Tammen	Jan-Gerd	HTG Ihlow	1997	2013	00:51:18	00:55:46	01:03:48	00:56:02	00:46:53	01:04:41	5:38:28	00:04:41	16	MU20	62	6
377	Henkel	Dieter	BV Pfalzdorf	1970	2013	00:52:46	00:55:23	01:04:03	00:56:07	00:45:48	01:04:22	5:38:29	00:04:41	43	M40	121	6
378	Eberhard	Harald	TG Wiesmoor	1966	2013	00:52:52	00:55:46	01:04:29	00:56:50	00:45:44	01:03:05	5:38:46	00:04:42	47	M40	122	6
379	August	Egon	SV Elisabethfehn	1962	2013	00:51:52	00:55:51	01:03:10	00:58:01	00:45:52	01:04:04	5:38:50	00:04:42	51	M50	48	6
380	Cordes	Manfred	Wiesmoor-Wiesederfehn	1960	2013	00:52:08	00:55:38	01:04:25	00:56:49	00:46:18	01:03:32	5:38:50	00:04:42	53	M50	47	6
381	Brunkan	Manuel	VOST	1983	2013	00:52:30	00:55:38	01:03:50	00:56:32	00:46:09	01:04:21	5:39:00	00:04:42	30	M30	75	6
382	Lenkne	Keno	TV Leer	1994	2013	00:53:20	00:59:01	01:05:42	00:55:48	00:44:01	01:01:12	5:39:04	00:04:42	19	MU20	63	6
383	Peters	Fred	DLRG Weener	1967	2013	00:50:31	00:55:04	01:03:05	01:00:38	00:45:59	01:03:54	5:39:11	00:04:42	46	M40	123	6
384	Nissen	Frank	ISD	1961	2013	00:52:47	00:55:37	01:04:34	00:57:23	00:45:55	01:03:26	5:39:42	00:04:42	52	M50	49	6
385	Grasse	Holger	TuS Zetel	1965	2013	00:52:03	00:56:11	01:04:13	00:57:14	00:45:42	01:04:20	5:39:43	00:04:43	48	M40	124	6
386	Rößing	Hermann	WfBM BBB Aurich Wittm	1965	2013	00:51:38	00:56:31	01:03:48	00:57:14	00:47:12	01:03:37	5:40:00	00:04:43	48	M40	125	6
387	Beekhuis	Gottfried	SV Dornum	1954	2013	00:53:22	00:56:55	01:03:58	00:55:57	00:46:09	01:03:44	5:40:05	00:04:43	59	M50	50	6
388	Hinderks	Hermann	Nordland Papier	1968	2013	00:52:32	00:56:00	01:05:08	00:56:58	00:46:07	01:03:31	5:40:16	00:04:43	45	M40	126	6
389	Hummerich	Ludwig	Emder LG	1960	2013	00:54:50	00:56:17	01:03:39	00:56:03	00:46:06	01:03:38	5:40:33	00:04:43	53	M50	51	6
390	Smidt	Mike	EKC Seeteufel	1971	2013	00:52:13	00:55:45	01:04:26	00:57:17	00:46:32	01:04:24	5:40:37	00:04:43	42	M40	127	6
391	Bölle	Andreas	Nordland Papier	1968	2013	00:53:23	00:55:43	01:05:49	00:56:58	00:45:19	01:03:30	5:40:42	00:04:43	45	M40	128	6
392	Schütte	Manfred	SV Friedrichsfehn	1957	2013	00:51:52	00:55:57	01:06:15	00:56:51	00:46:25	01:03:34	5:40:54	00:04:43	56	M50	52	6
393	Vennen	Rolf-Dieter	EWE Wattloopers	1962	2013	00:52:31	00:55:55	01:04:46	00:57:14	00:46:39	01:03:54	5:40:59	00:04:44	51	M50	53	6
394	Stahl	Björn	Seefahrtsschule Leer	1991	2013	00:52:40	00:56:53	01:04:27	00:56:25	00:47:09	01:03:29	5:41:03	00:04:44	22	MHK	45	6
395	Waßmann	Marco	TG Wiesmoor	1974	2013	00:52:42	00:55:30	01:04:43	00:57:25	00:46:36	01:04:07	5:41:03	00:04:44	39	M30	76	6
396	Feimann	Johannes	Nordland Papier	1966	2013	00:52:08	00:56:16	01:04:39	00:57:57	00:46:48	01:03:34	5:41:22	00:04:44	47	M40	129	6
397	Harms	Jörg	Schüt-Duis	1965	2013	00:52:47	00:55:46	01:04:35	00:57:31	00:47:00	01:03:46	5:41:25	00:04:44	48	M40	130	6
398	Trum	Hans-Joachim	Gymnasium Rhau derfeh	1962	2013	00:53:24	00:58:05	01:03:26	00:57:32	00:46:10	01:03:06	5:41:43	00:04:44	51	M50	54	6
399	Jäschke	Lukas	mitzeit Intensivpflege zu	1994	2013	00:53:04	00:56:26	01:06:34	00:56:07	00:45:18	01:04:15	5:41:44	00:04:44	19	MU20	64	6
400	Gross	Peter		1968	2013	00:53:34	00:56:57	01:03:50	00:57:02	00:46:56	01:03:30	5:41:49	00:04:44	45	M40	132	6
401	Oltrop	Frank	Blau- Weiß Borssum	1965	2013	00:53:34	00:56:57	01:03:50	00:57:03	00:46:55	01:03:30	5:41:49	00:04:44	48	M40	131	6
402	Frömming	Uwe	Wi sünd Holtriem	1969	2013	00:51:30	00:56:15	01:05:50	00:56:50	00:46:52	01:04:47	5:42:04	00:04:44	44	M40	133	6
403	Apel	Michael		1973	2013	00:52:50	00:56:43	01:05:31	00:57:21	00:46:01	01:03:40	5:42:06	00:04:44	40	M40	134	6
404	Saathoff	Jann	Ludwigsdorf	1991	2013	00:53:42	00:58:21	01:04:24	00:56:48	00:45:50	01:03:03	5:42:08	00:04:45	22	MHK	46	6
405	Pilney	Bettina	LT SV Ems Jemgum	1962	2013	00:53:31	00:56:02	01:04:09	00:57:40	00:46:59	01:03:50	5:42:11	00:04:45	51	W50	1	6
406	Buse	Rudi	Moormerland	1967	2013	00:51:56	00:56:48	01:05:34	00:57:43	00:46:37	01:03:34	5:42:12	00:04:45	46	M40	135	6
407	de Buhr	Miriam	Fortuna Logabirum	1996	2013	00:52:52	00:56:06	01:05:35	00:57:01	00:46:52	01:04:10	5:42:36	00:04:45	17	WU20	3	6
408	Berding	Detlef	Stadt Oldenburg	1968	2013	00:52:48	00:56:43	01:04:53	00:57:57	00:46:51	01:03:36	5:42:48	00:04:45	45	M40	136	6
409	Ahrens	Ole	SV Leepens	1990	2013	00:53:47	00:57:09	01:04:28	00:57:29	00:46:01	01:03:59	5:42:53	00:04:45	23	MHK	47	6
410	Stern	Thomas	Seefahrtsschule Leer	1970	2013	00:53:19	00:56:07	01:05:48	00:57:05	00:46:13	01:04:21	5:42:53	00:04:45	43	M40	137	6
411	Hillrichs	Janina	Holland	1987	2013	00:52:34	00:56:11	01:04:27	00:57:18	00:47:27	01:05:03	5:43:00	00:04:45	26	WHK	3	6
412	Beening	Stefanie		1969	2013	00:50:44	00:54:33	01:02:10	00:55:10	00:45:10	01:15:18	5:43:05	00:04:45	44	W40	7	6
413	Dettmer	Thorsten	Leinerstift e.V	1965	2013	00:51:47	00:55:55	01:04:47	00:58:21	00:47:34	01:04:41	5:43:05	00:04:45	48	M40	138	6
414	Steinke	Rolf	SV Warsingsfehn	1967	2013	00:53:22	00:56:23	01:05:26	00:57:32	00:46:23	01:04:00	5:43:06	00:04:45	46	M40	139	6
415	Schepker	Lars	Aurich	1980	2013	00:52:34	00:55:53	01:05:20	00:57:33	00:46:59	01:04:55	5:43:14	00:04:45	33	M30	77	6
416	Lühr	Torsten	Der schwarze Blitz	1967	2013	00:51:54	00:57:33	01:05:56	00:56:52	00:45:41	01:05:24	5:43:20	00:04:46	46	M40	140	6
417	Heyen	Jörg	Bohlen & Doyen	1970	2013	00:56:15	00:56:27	01:04:32	00:56:18	00:45:55	01:03:59	5:43:26	00:04:46	43	M40	141	6
418	Martens	Michael	Team ENERCON	1982	2013	00:52:33	00:56:01	01:04:49	00:57:44	00:47:48	01:04:35	5:43:30	00:04:46	31	M30	78	6
419	Willems	Horst	LG Krummhörn	1969	2013	00:52:49	00:56:15	01:04:40	00:57:40	00:47:08	01:04:58	5:43:30	00:04:46	44	M40	142	6
420	Nagel	Hermann	SV Concordia Neermoo	1956	2013	00:52:48	00:56:44	01:05:04	00:57:56	00:46:53	01:04:17	5:43:42	00:04:46	57	M50	55	6
421	Saathoff	Eric															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
427	Staude	Hartmut	Padlooper	1971	2013	00:55:05	00:56:23	01:04:48	00:57:24	00:48:17	01:02:29	5:44:26	00:04:46	42	M40	145	6
428	Flessner	Hendrik	Alex.-v-Humboldt-Schul	1997	2013	00:55:35	00:58:33	01:04:37	00:56:23	00:46:57	01:02:21	5:44:26	00:04:46	16	MU20	66	6
429	Landheer	Frank	Feedback Leer	1970	2013	00:51:51	00:56:08	01:04:24	00:59:47	00:47:30	01:04:47	5:44:27	00:04:46	43	M40	146	6
430	Schultz	Heinz	VfR Heisfelde	1949	2013	00:52:26	00:57:00	01:05:43	00:57:57	00:47:31	01:03:50	5:44:27	00:04:46	64	M60	9	6
431	Frick	Marvin	SV Blomberg	1998	2013	00:54:44	00:57:41	01:03:10	00:57:58	00:46:48	01:04:16	5:44:37	00:04:47	15	MU20	67	6
432	Buja	Jonas	Seefahrtsschule Leer	1992	2013	00:52:50	00:56:54	01:04:27	00:57:43	00:47:24	01:05:20	5:44:38	00:04:47	21	MHK	49	6
433	Canales Agulló	Cristian	TSR Olympia Wilhelmsf	1991	2013	00:54:04	00:57:06	01:03:37	00:57:17	00:47:43	01:04:58	5:44:45	00:04:47	22	MHK	50	6
434	Spieker	Tammo	TuRa 07 Westrhauderfe	1998	2013	00:55:55	00:56:22	01:06:47	00:56:12	00:45:34	01:03:58	5:44:48	00:04:47	15	MU20	68	6
435	Harms	Joachim	traba-team	1961	2013	00:53:42	00:56:24	01:05:58	00:57:30	00:47:40	01:04:00	5:45:14	00:04:47	52	M50	58	6
436	Utecht	Jann	FCSSO	1997	2013	00:52:44	00:54:28	01:06:16	00:57:01	00:47:09	01:07:46	5:45:24	00:04:47	16	MU20	69	6
437	Keck	Tammo	TC Südbrookmerland	1995	2013	00:53:08	00:56:07	01:06:39	00:57:11	00:46:29	01:05:51	5:45:25	00:04:47	18	MU20	70	6
438	Aderhold	Holger	SVO Wi sünd Holtriem	1970	2013	00:52:41	00:55:51	01:04:58	00:57:47	00:47:29	01:06:41	5:45:27	00:04:47	43	M40	147	6
439	Stege	Thorsten	Feuerwehr Oldersum	1980	2013	00:53:00	00:56:42	01:05:40	00:58:15	00:47:03	01:04:56	5:45:36	00:04:47	33	M30	79	6
440	Lohmeyer	Wiebke	SV Frisia Brinkum	1986	2013	00:53:53	00:57:42	01:05:50	00:57:51	00:46:55	01:03:32	5:45:43	00:04:47	27	VHK	4	6
441	Averbeck	Helmut	Emder LG	1966	2013	00:53:23	00:57:03	01:06:27	00:57:55	00:46:20	01:04:57	5:46:05	00:04:48	47	M40	148	6
442	Voßkuhl	Andreas	Völlenerfehn	1975	2013	00:53:00	00:55:59	01:05:05	00:59:47	00:47:36	01:04:40	5:46:07	00:04:48	38	M30	80	6
443	Spannhoff	Rainer	Emder LG	1964	2013	00:53:05	00:57:42	01:04:27	00:58:14	00:47:58	01:04:45	5:46:11	00:04:48	49	M40	149	6
444	Janßen	Sven	REHAU AG & Co	1994	2013	00:54:56	00:56:08	01:06:01	00:56:07	00:46:41	01:06:26	5:46:19	00:04:48	19	MU20	71	6
445	Siemens	Hermann	Hammelwarder Sprinter	1967	2013	00:53:43	00:57:31	01:05:19	00:57:34	00:47:21	01:04:59	5:46:27	00:04:48	46	M40	150	6
446	Oelrichs	Heyko	Bohlen & Doyen	1987	2013	00:51:13	00:57:52	01:07:17	00:57:59	00:46:37	01:05:44	5:46:42	00:04:48	26	MHK	51	6
447	Wilken	Anja	LG Uplengen	1970	2013	00:52:17	00:56:42	01:07:23	00:58:26	00:47:19	01:04:36	5:46:43	00:04:48	43	W40	8	6
448	Schulz	Michael	LT TuS Aurich-Ost	1962	2013	00:53:11	00:58:22	01:06:28	00:57:06	00:47:10	01:04:35	5:46:52	00:04:48	51	M50	59	6
449	Goos	Anja	Emder LG	1972	2013	00:53:02	00:56:31	01:05:38	00:59:27	00:47:35	01:04:41	5:46:54	00:04:48	41	W40	9	6
450	Steffens	Viola	Emder LG	1975	2013	00:53:28	00:57:27	01:05:56	00:58:01	00:47:01	01:05:06	5:46:59	00:04:49	38	W30	12	6
451	Hoheisel	Stephan	Seefahrtsschule Leer	1989	2013	00:52:47	00:57:45	01:05:20	00:57:38	00:47:43	01:05:48	5:47:01	00:04:49	24	MHK	52	6
452	Baumann	Marion	TUS Zetel	1971	2013	00:52:50	00:57:35	01:05:46	00:57:54	00:47:43	01:05:14	5:47:02	00:04:49	42	W40	10	6
453	Hildebrandt	Theodor	LG Ostfriesland	1956	2013	00:51:25	00:57:53	01:05:46	00:59:26	00:47:29	01:05:10	5:47:09	00:04:49	57	M50	60	6
454	Langen	Christof	Seefahrtsschule Leer	1988	2013	00:52:11	00:56:02	01:07:32	00:58:52	00:47:26	01:05:06	5:47:09	00:04:49	25	MHK	53	6
455	Hoek	Rainer	AXA Center Hoek	1978	2013	00:53:19	00:56:56	01:05:06	00:57:35	00:47:28	01:06:48	5:47:12	00:04:49	35	M30	81	6
456	Lütten	Christian	IGS Aurich	1968	2013	00:55:42	00:56:13	01:05:43	00:57:55	00:47:45	01:03:59	5:47:17	00:04:49	45	M40	151	6
457	Herd	Fabian	IGS Waldschule Egels	2002	2013	00:53:05	00:57:40	01:08:17	00:57:00	00:45:56	01:05:27	5:47:25	00:04:49	11	MU20	72	6
458	Oetter	Detlef	Sparkasse Leer Wittmu	1964	2013	00:53:21	00:57:32	01:06:29	00:57:32	00:47:17	01:05:16	5:47:27	00:04:49	49	M40	152	6
459	Rossmann	Lukas	IGS Waldschule Egels	1999	2013	00:54:23	00:56:47	01:05:34	00:57:58	00:46:44	01:06:05	5:47:31	00:04:49	14	MU20	73	6
460	Sandersfeld	Johann	LG Uplengen	1955	2013	00:52:35	00:56:20	01:05:18	00:58:17	00:48:20	01:06:41	5:47:31	00:04:49	58	M50	61	6
461	Thies	Janus	Alex.-v-Humboldt-Schul	1999	2013	00:54:12	00:57:01	01:05:21	00:58:03	00:45:10	01:07:52	5:47:39	00:04:49	14	MU20	74	6
462	Willing, Dr.Willing	Rainer	Ubo-Emmius-Klinik Au	1966	2013	00:53:38	00:56:17	01:06:12	01:00:10	00:47:02	01:04:21	5:47:40	00:04:49	47	M40	153	6
463	Schmidt	Heiner	HSM Wirtschaftsprüfer &	1974	2013	00:53:32	00:57:23	01:06:38	00:57:32	00:47:32	01:05:08	5:47:45	00:04:49	39	M30	82	6
464	Foorden	Wilfried	TG Wiesmoor	1964	2013	00:52:53	00:57:21	01:05:31	00:58:33	00:48:00	01:05:30	5:47:48	00:04:49	49	M40	154	6
465	Seiwald	Talea	S.V. Concordia Ihrhove	2001	2013	00:53:38	00:57:30	01:04:35	00:59:37	00:47:19	01:05:10	5:47:49	00:04:49	12	WU20	4	6
466	Wachtendorf	Tomke	Gymnasium Ulricianum	2000	2013	00:55:01	00:57:35	01:04:45	00:58:27	00:46:53	01:05:10	5:47:51	00:04:49	13	WU20	5	6
467	Schmidt	Heinz	Fortuna Logabirum	1963	2013	00:52:45	00:56:51	01:05:45	00:58:54	00:47:50	01:05:46	5:47:51	00:04:49	50	M50	62	6
468	Müller	Jonas	HTG Ihlow	1998	2013	00:55:40	00:58:45	01:08:45	00:58:36	00:45:14	01:00:56	5:47:56	00:04:49	15	MU20	75	6
469	Köhlmann	Arne	B-Plast 2000 Aurich-Sof	1994	2013	00:51:03	00:55:02	01:03:16	00:57:03	00:52:43	01:08:54	5:48:01	00:04:49	19	MU20	76	6
470	Büscher	Tammo	Büschie	1994	2013	00:52:39	00:54:52	01:04:26	00:56:37	00:46:02	01:13:30	5:48:06	00:04:49	19	MU20	77	6
471	Stahlberg	Michael	Klinikum Emden	1975	2013	00:54:05	00:58:23	01:05:37	00:59:22	00:46:51	01:03:49	5:48:07	00:04:49	38	M30	83	6
472	Erdwiens	Hermann	LG Ostfriesland	1970	2013	00:52:54	00:56:27	01:05:36	00:59:27	00:48:22	01:05:25	5:48:11	00:04:50	43	M40	155	6
473	Wehmung	Claudia	Stadt Oldenburg	1978	2013	00:52:53	00:57:01	01:05:04	00:57:29	00:49:10	01:06:35	5:48:12	00:04:50	35	W30	13	6
474	Eesmann	Thorsten	Pestalozzische Schule Weene	1970	2013	00:53:28	00:57:45	01:05:18	00:59:00	00:47:30	01:05:13	5:48:14	00:04:50	43	M40	156	6
475	Loegel	Thomas	SV Wiesede-Upschört	1965	2013	00:53:06	00:57:24	01:06:32	00:58:30	00:47:26	01:05:19	5:48:17	00:04:50	48	M40	157	6
476	Baumann	Friedhelm	TSV Hesel	1960	2013	00:52:09	00:56:45	01:06:51	00:58:01	00:48:13	01:06:26	5:48:25	00:04:50	53	M50	63	6
477	Lüken	Ehrenfried	JG 71 R	1964	2013	00:52:51	00:57:26	01:05:28	00:59:28	00:47:28	01:05:44	5:48:25	00:04:50	49	M40	158	6
478	Greis	Heike	LSF Oldenburg	1965	2013	00:52:45	00:56:47	01:05:26	00:58:29	00:48:16	01:06:43	5:48:26	00:04:50	48	W40	11	6
479	Fischer	Helmut	Störtebeker Looper TV	1964	2013	00:51:39	00:54:50	01:03:51	01:01:15	00:48:54	01:07:58	5:48:27	00:04:50	49	M40	159	6
480	Wilken	Günther	TuS Leerhufe-Hovel e.V	1968	2013	00:53:22	00:58:58	01:06:18	00:58:08	00:47:28	01:04:15	5:48:29	00:04:50	45	M40	160	6
481	Fleßner	Jochen	Klinikum Emden	1965	2013	00:54:46	00:57:21	01:05:50	00:58:39	00:47:31	01:04:24	5:48:31	00:04:50	48	M40	161	6
482	Neuendorf	Bernd		1961	2013	00:53:01	00:57:14	01:06:32	00:58:27	00:47:52	01:05:28	5:48:34	00:04:50	52	M50	64	6
483	Busker	Kai	SV Werder Bremen	1978	2013	00:55:01	00:56:15	01:05:23	01:01:44	00:46:26	01:03:46	5:48:35	00:04:50	35	M30	84	6
484	Kruse	Frank	VW Emden	1979	2013	00:57:22	00:57:43	01:06:22	00:56:03	00:45:46	01:05:31	5:48:47	00:04:50	34	M30	85	6
485	Janßen	Stefan	HSM Wirtschaftsprüfer &	1970	2013	00:53:40	00:56:04	01:06:29	00:58:28	00:46:59	01:05:11	5:48:51	00:04:50	43	M40	162	6
486	Meyer	Stephan	Lebenshilfe Leer e.V.	1980	2013	00:56:29	00:56:41	01:04:55	00:57:45	00:47:19	01:05:45	5:48:54	00:04:50	33	M30	86	6
487	Saul	Folkert	BBS-Jever	1977	2013	00:54:52	00:57:42	01:05:50	00:56:25	00:47:20	01:06:57	5:49:06	00:04:50	36	M30	87	6
488	Janssen	Dieter	Wittmund	1955	2013	00:52:37	00:57:50	01:06:50	00:58:16	00:47:30	01:06:13	5:49:16	00:04:50	58	M50	65	6
489	Büscher	Johann	Büschie	1968	2013	00:52:55	00:55:17	01:04:38	00:57:01	00:46:05	01:13:31	5:49:27	00:04:51	45	M40	163	6
490	Ottjes	Uwe	Team Möbel Buss	1966	2013	00:53:30	00:57:07	01:06:37	00:57:29	00:48:17	01:06:30	5:49:30	00:04:51	47	M40	164	6

32. Ostfrieslandlauf 2013

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	72,15	pro km				
498	Merl	Christian	SZ Collhusen	1957	2013	00:53:41	00:58:09	01:06:19	00:58:18	00:47:44	01:05:59	5:50:10	00:04:51	56	M50	68	6
499	Brinkmann	Jana	SC Ihrhove 07	1988	2013	00:54:13	00:57:42	01:06:38	01:09:34	00:43:06	00:58:58	5:50:11	00:04:51	25	WHK	5	6
500	Smit	Manuela		1970	2013	00:53:38	00:57:47	01:06:25	00:58:52	00:48:21	01:05:09	5:50:12	00:04:51	43	W40	12	6
501	Naatjes	Janna	Turbine TGG	1996	2013	00:58:41	00:59:05	01:05:45	00:56:50	00:46:19	01:03:53	5:50:33	00:04:52	17	MU20	6	6
502	Heilmann	Klaus	Seefahrtsschule Leer	1970	2013	00:55:32	00:57:57	01:06:47	00:57:48	00:46:58	01:05:32	5:50:34	00:04:52	43	M40	167	6
503	König	Robert	Gymnasium Westerstedt	1976	2013	00:53:25	00:57:54	01:06:46	00:59:50	00:48:17	01:04:31	5:50:43	00:04:52	37	M30	91	6
504	Mannott	Henryk	Alex.-v-Humboldt-Schule	2000	2013	00:54:51	00:58:45	01:06:43	00:58:14	00:47:36	01:04:36	5:50:45	00:04:52	13	MU20	78	6
505	Langen	Claudia	mitzeit Intensivpflege zu	1973	2013	00:54:47	00:57:48	01:05:43	00:58:32	00:48:59	01:05:22	5:51:11	00:04:52	40	W40	13	6
506	Heidenreich	Nils	HSM Wirtschaftsprüfer &	1993	2013	00:55:10	00:57:19	01:05:43	00:58:58	00:48:47	01:05:19	5:51:16	00:04:52	20	MHK	54	6
507	Schuster	Remmer	LT Schaffhauser Wald	1962	2013	00:53:46	00:57:10	01:05:55	00:59:34	00:48:12	01:06:39	5:51:16	00:04:52	51	M50	69	6
508	Krawietz	Miriam	Emder LG	1977	2013	00:54:15	00:56:32	01:06:45	00:59:06	00:48:32	01:06:09	5:51:19	00:04:52	36	W30	14	6
509	Burlager	Stefan	Bünting Tee Leer	1984	2013	00:54:07	00:58:05	01:06:42	00:58:51	00:47:31	01:06:06	5:51:22	00:04:52	29	MHK	55	6
510	Schulte	Ottmar	Emden	1965	2013	00:52:55	00:57:19	01:05:12	00:58:26	00:47:36	01:09:55	5:51:23	00:04:52	48	M40	168	6
511	Bloem	Günter	VfL Viktoria Flachsmeer	1977	2013	00:53:46	00:57:27	01:06:51	00:58:33	00:48:21	01:06:38	5:51:36	00:04:52	36	M30	92	6
512	Saathoff	Holger	TV Norden	1967	2013	00:54:39	00:58:50	01:08:23	00:55:23	00:48:51	01:05:35	5:51:41	00:04:52	46	M40	169	6
513	Grübner	Tim	Sparkasse Aurich-Norder	1975	2013	00:56:32	00:58:10	01:05:35	00:58:50	00:47:14	01:05:21	5:51:42	00:04:52	38	M30	93	6
514	Lürsen	Helmut	LG TV Bunde	1966	2013	00:54:09	00:56:59	01:07:34	00:59:23	00:47:33	01:06:07	5:51:45	00:04:53	47	M40	170	6
515	Arends	Michael	Seefahrtsschule Leer	1992	2013	00:53:28	00:58:33	01:07:01	00:58:58	00:47:45	01:06:01	5:51:46	00:04:53	21	MHK	56	6
516	Kobuch	Herma	Lauftreff Schaffhauserw	1968	2013	00:54:02	00:57:32	01:05:57	00:59:19	00:48:20	01:06:40	5:51:50	00:04:53	45	W40	14	6
517	Steen	Carsten	FC Oldersum	1992	2013	00:46:46	00:49:58	00:57:40	00:52:46	00:41:13	01:43:35	5:51:58	00:04:53	21	MHK	57	6
518	Eilerts	Jürgen	SC Wiensens	1966	2013	00:54:22	00:58:24	01:06:22	00:58:16	00:48:49	01:05:45	5:51:58	00:04:53	47	M40	171	6
519	Biller	Christian	IGS Waldschule Egels	1997	2013	00:55:12	00:55:50	01:08:59	00:57:59	00:49:36	01:04:23	5:51:59	00:04:53	16	MU20	79	6
520	Janssen	Drees	LG Ostfriesland	1962	2013	00:54:47	00:57:37	01:05:56	00:59:24	00:48:06	01:06:15	5:52:05	00:04:53	51	M50	70	6
521	Tihen	Johanna	Turbine TGG	1986	2013	00:55:19	00:58:16	01:06:17	00:58:49	00:47:09	01:06:17	5:52:07	00:04:53	27	WHK	6	6
522	Menzel	Stefan	Seefahrtsschule Leer	1991	2013	00:53:24	00:55:46	01:10:23	00:57:48	00:48:14	01:06:34	5:52:09	00:04:53	22	MHK	58	6
523	Wittek	Claudia	MTV Aurich	1969	2013	00:54:14	00:58:36	01:06:56	00:58:46	00:47:47	01:05:56	5:52:15	00:04:53	44	W40	15	6
524	Foorden	Monika	LG Großefehn	1968	2013	00:56:36	00:58:58	01:06:43	00:58:42	00:47:39	01:03:56	5:52:34	00:04:53	45	W40	16	6
525	Olin	Frank	LG Papenburg-Aschendorf	1976	2013	00:54:24	00:58:11	01:07:04	00:59:21	00:48:04	01:05:35	5:52:39	00:04:53	37	W30	15	6
526	Erfeling	Matthias		1985	2013	00:54:15	00:58:09	01:07:12	00:59:28	00:47:32	01:06:03	5:52:39	00:04:53	28	MHK	59	6
527	Norda	Alexandra	Lummerland Taxi Aurich	1968	2013	00:55:40	00:59:07	01:06:34	00:59:00	00:47:28	01:04:51	5:52:40	00:04:53	45	W40	17	6
528	Betten	Nanno	Hollen	1971	2013	00:54:48	00:57:23	01:07:39	00:59:37	00:47:49	01:05:26	5:52:42	00:04:53	42	M40	173	6
529	Schwinnig	Rene	ORGADATA AG	1991	2013	00:55:47	00:56:47	01:05:41	00:58:43	00:48:20	01:07:31	5:52:49	00:04:53	22	MHK	60	6
530	Post	Reinhard	SV Stern Schwerinsdorf	1962	2013	00:53:03	00:57:42	01:06:51	00:58:36	00:50:00	01:06:40	5:52:52	00:04:53	51	M50	71	6
531	Gellmers	Ihno	FC SO	1996	2013	00:54:06	00:57:25	01:06:41	00:58:47	00:48:05	01:07:53	5:52:57	00:04:54	17	MU20	80	6
532	Meyerhoff	Lothar	Störtebeker Loopers TV	1961	2013	00:56:11	00:58:56	01:05:57	00:57:48	00:47:18	01:07:15	5:53:25	00:04:54	52	M50	72	6
533	Brandt	Michael	Kdo SES Ostfriesland	1970	2013	00:55:11	00:57:33	01:08:05	00:57:53	00:46:54	01:07:50	5:53:26	00:04:54	43	M40	174	6
534	Langer	Markus	IGS Waldschule Egels	1984	2013	00:54:27	00:58:36	01:06:29	00:59:22	00:48:03	01:06:29	5:53:26	00:04:54	29	MHK	61	6
535	Engels	Renko	Holterfehnh	2000	2013	00:54:28	00:58:16	01:07:02	00:58:51	00:48:29	01:06:23	5:53:29	00:04:54	13	MU20	81	6
536	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2013	00:54:11	00:58:17	01:07:02	00:59:14	00:48:37	01:06:09	5:53:30	00:04:54	43	W40	18	6
537	Janßen	Nina	TSV Jahn Caroliniensiel	1979	2013	00:54:23	00:58:20	01:07:19	00:59:33	00:48:08	01:05:52	5:53:35	00:04:54	34	W30	16	6
538	Strüfing	Thilo	Ulricianum Aurich	1997	2013	00:54:12	00:58:59	01:07:55	00:59:00	00:47:21	01:06:08	5:53:35	00:04:54	16	MU20	82	6
539	Eilßel	Sandra	Emder LG	1985	2013	00:55:44	00:57:14	01:07:08	01:00:35	00:47:53	01:05:02	5:53:36	00:04:54	28	WHK	7	6
540	Rahn	Hinrich	EWE Wattloopers	1973	2013	00:54:36	00:58:17	01:06:54	00:59:15	00:47:56	01:06:41	5:53:39	00:04:54	40	M40	175	6
541	Gronewold	Jens	Team ENERCON	1991	2013	00:54:05	00:57:27	01:07:47	00:58:36	00:50:00	01:05:57	5:53:52	00:04:54	22	MHK	62	6
542	Alberts	Bernd	TV Norden	1975	2013	00:54:50	00:58:52	01:06:41	00:59:46	00:48:16	01:05:35	5:54:00	00:04:54	38	M30	94	6
543	Kölber	Richard	TV Norden	1966	2013	00:59:17	00:57:08	01:06:05	01:00:40	00:46:08	01:05:00	5:54:18	00:04:55	47	M40	176	6
544	Bolte	Thomas	EWE Wattloopers	1965	2013	00:56:00	00:58:55	01:08:21	00:58:24	00:47:34	01:05:08	5:54:22	00:04:55	48	M40	177	6
545	van Jinnelt	Anita	MTV Hohenkirchen	1965	2013	00:57:34	01:00:42	01:06:50	00:58:06	00:47:21	01:03:50	5:54:23	00:04:55	48	W40	19	6
546	de Boer	Wilhelm	SV Dornum	1961	2013	00:54:51	00:58:19	01:08:04	00:59:15	00:48:16	01:05:49	5:54:34	00:04:55	52	M50	73	6
547	Paul	Sascha	SpVg Aurich	1981	2013	00:52:15	00:54:59	01:17:47	00:58:13	00:47:28	01:03:55	5:54:37	00:04:55	32	M30	95	6
548	Bergmann	Klaus	Seefahrtsschule Leer	1958	2013	00:57:42	00:59:34	01:07:50	00:57:41	00:46:26	01:05:32	5:54:45	00:04:55	55	M50	74	6
549	van Loh	Nils	SV Eintracht Nüttermoo	1992	2013	00:54:02	00:58:20	01:07:42	00:58:43	00:48:12	01:07:51	5:54:50	00:04:55	21	MHK	63	6
550	Goemann	Philipp	Seefahrtsschule Leer	1991	2013	00:56:32	00:59:37	01:09:10	00:58:13	00:46:25	01:04:58	5:54:55	00:04:55	22	MHK	64	6
551	Reiners	Uwe	erlebnisgolf-ostfriesland	1969	2013	00:54:58	00:57:51	01:07:41	00:56:27	00:49:27	01:08:32	5:54:56	00:04:55	44	M40	178	6
552	Strasser	Carsten	GW Firrel	1968	2013	00:54:18	00:56:39	01:07:53	01:00:05	00:48:49	01:07:14	5:54:58	00:04:55	45	M40	179	6
553	Wilhelms	Hannes	TSV Lammertsfehnh	1994	2013	00:53:12	00:58:47	01:07:40	00:59:20	00:48:52	01:07:23	5:55:14	00:04:55	19	MU20	83	6
554	Richter	Malte	MTV Wittmund	1990	2013	00:53:38	00:58:46	01:07:09	00:59:56	00:49:02	01:06:52	5:55:23	00:04:56	23	MHK	65	6
555	Bramlage	Daniel	RSV Emden	1984	2013	00:56:53	00:58:07	01:07:05	00:59:22	00:47:55	01:06:02	5:55:24	00:04:56	29	MHK	66	6
556	Böhlen	Michael	FENESTRA NORDWEST	1984	2013	00:56:11	00:57:07	01:06:32	00:59:09	00:48:44	01:07:41	5:55:24	00:04:56	29	MHK	67	6
557	Möhle	Katja	Weener	1971	2013	00:56:21	00:58:39	01:07:02	00:59:18	00:48:08	01:06:09	5:55:37	00:04:56	42	W40	20	6
558	Sparringa	Hinrich		1969	2013	00:55:23	00:59:54	01:08:23	00:58:45	00:48:14	01:05:00	5:55:39	00:04:56	44	M40	180	6
559	Wiegiers	Ulrich	TuS Eintracht Hinte	1955	2013	00:55:39	00:58:30	01:06:26	00:58:35	00:50:25	01:06:11	5:55:46	00:04:56	58	M50	75	6
560	Walczak	Jacek	ORGADATA AG	1982	2013	00:55:41	00:57:41	01:06:52	00:58:14	00:49:32	01:07:49	5:55:49	00:04:56	31	M30	96	6
561	Czeratzki	Marvin	FC SO	1996	2013	00:54:47	01:02:49	01:06:36	01:00:00	00:47:28	01:04:10	5:55:50	00:04:56	17	MU20	84	6
562	Penske	Detlef	BBS 1 Aurich	1965	2013	00:55:10											

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
569	Große	Anett	LwlnsthGrp 21	1980	2013	00:54:56	00:59:33	01:06:57	00:59:57	00:48:36	01:06:16	5:56:15	00:04:56	33	W30	17	6
570	Dickmann	Norbert	Nordland Papier	1968	2013	00:53:22	00:57:44	01:08:44	01:00:23	00:48:34	01:07:29	5:56:16	00:04:56	45	M40	184	6
571	Schalt	Paul	VFR Heisfeld	1998	2013	00:56:25	00:59:27	01:06:47	01:01:39	00:47:03	01:04:56	5:56:17	00:04:56	15	MU20	85	6
572	Feldkamp	Volker	Schule am Deich	1960	2013	00:56:16	00:59:07	01:05:48	00:58:44	00:49:24	01:07:04	5:56:23	00:04:56	53	M50	78	6
573	Scheepker	Alfred	TV Norden	1954	2013	00:55:29	00:58:32	01:06:42	00:59:55	00:48:22	01:07:36	5:56:36	00:04:57	59	M50	79	6
574	Brinschwitz	Timo	Ulricianum Aurich	1995	2013	00:55:54	00:56:52	01:07:01	00:59:21	00:48:20	01:09:19	5:56:47	00:04:57	18	MU20	86	6
575	Untied-Plafßmeier	Anke	Schwerinsdorf	1969	2013	00:56:45	01:00:01	01:06:49	00:58:07	00:47:41	01:07:26	5:56:49	00:04:57	44	W40	22	6
576	Karge	Niklas	Gymnasium Ulricianum	1999	2013	00:57:19	00:57:41	01:07:46	00:58:37	00:48:22	01:07:10	5:56:55	00:04:57	14	MU20	87	6
577	Lübbers	Verena	Rechtsanwälte Dr. Fenn	1981	2013	00:56:37	00:59:18	01:07:35	00:58:37	00:48:19	01:06:34	5:57:00	00:04:57	32	W30	18	6
578	Brüsehoff	Wichert	TV Oldersum	1966	2013	00:56:11	00:56:13	01:08:27	00:59:06	00:47:34	01:09:35	5:57:06	00:04:57	47	M40	185	6
579	Ruhr	Stefan	Feuerwehr Suurhusen	1976	2013	00:55:00	00:59:41	01:07:59	00:59:41	00:48:21	01:06:25	5:57:07	00:04:57	37	M30	97	6
580	Steffens	Derk	Emder LG	2001	2013	00:59:01	00:59:25	01:09:53	00:57:50	00:46:51	01:04:08	5:57:08	00:04:57	12	MU20	88	6
581	Weber	Siegfried	Team Möbel Buss	1962	2013	00:54:00	00:58:11	01:08:25	01:00:40	00:49:08	01:06:47	5:57:11	00:04:57	51	M50	80	6
582	Kuper	Wolfgang	Baptisten Firrel	1970	2013	00:54:47	00:58:28	01:07:38	00:59:21	00:48:32	01:08:26	5:57:12	00:04:57	43	M40	186	6
583	Keiser	Heidrun	LG Uplengen	1957	2013	00:54:39	00:59:29	01:08:02	01:00:11	00:48:39	01:06:20	5:57:20	00:04:57	56	W50	2	6
584	Kiesé	Kersten	TuS Esens	1964	2013	00:54:18	00:58:14	01:07:49	01:00:20	00:49:27	01:07:17	5:57:25	00:04:57	49	M40	187	6
585	Dirks	Andreas	Störtebeker Loopers TV	1964	2013	00:55:07	00:58:25	01:07:23	00:59:57	00:48:41	01:08:00	5:57:33	00:04:57	49	M40	188	6
586	Backenhaus	Dana	NIGE	1996	2013	00:51:31	00:56:10	01:05:29	00:57:49	00:52:38	01:13:58	5:57:35	00:04:57	17	WU20	7	6
587	Krey	Jörn	Reederei Buss	1960	2013	00:56:24	00:58:56	01:07:44	00:59:41	00:48:26	01:06:27	5:57:38	00:04:57	53	M50	81	6
588	Pleis	Jannik	Moorloopers	1994	2013	00:54:51	00:58:49	01:09:01	01:00:27	00:48:17	01:06:15	5:57:40	00:04:57	19	MU20	89	6
589	Gerbbers	Steffen	Versicherungsmakler G	1986	2013	00:56:07	00:59:00	01:08:50	00:59:08	00:47:56	01:06:41	5:57:42	00:04:57	27	MHK	69	6
590	Pflanzer	Hans	Alex.-v-Humboldt-Schul	1954	2013	00:55:43	00:58:14	01:07:23	00:59:45	00:49:37	01:07:01	5:57:43	00:04:57	59	M50	82	6
591	Meppen	Nico	REHAU AG & Co	1978	2013	00:57:14	00:58:25	01:08:02	00:59:29	00:48:01	01:06:36	5:57:47	00:04:58	35	M30	98	6
592	Sperlich	Ralf	Ostfriesische Volksbank	1970	2013	00:55:18	00:59:54	01:08:53	00:59:58	00:47:48	01:06:05	5:57:56	00:04:58	43	M40	189	6
593	Schleifer	Dieter	VW Emden	1969	2013	00:56:36	00:58:33	01:05:58	00:58:29	00:49:24	01:08:57	5:57:57	00:04:58	44	M40	190	6
594	Aden	Markus	GeTek	1984	2013	00:56:18	00:59:03	01:05:59	01:00:30	00:47:54	01:08:19	5:58:03	00:04:58	29	MHK	70	6
595	Krallmann	Martin	Mittegroßefehn	1976	2013	00:55:46	00:58:29	01:08:20	01:00:08	00:48:41	01:06:47	5:58:11	00:04:58	37	M30	99	6
596	Stucke	Thorsten	Ubbo-Emmius-Klinik Au	1974	2013	00:53:58	00:59:14	01:07:35	00:59:58	00:49:34	01:08:00	5:58:19	00:04:58	39	M30	100	6
597	Falkena	Trijntje	MTV Aurich	1982	2013	00:54:14	00:58:36	01:06:45	01:00:20	00:50:25	01:08:05	5:58:25	00:04:58	31	W30	19	6
598	Gerhardt	Mario	LwlnsthGrp 21	1967	2013	00:54:24	00:59:15	01:07:02	01:00:25	00:48:36	01:08:45	5:58:27	00:04:58	46	M40	191	6
599	Duhlies	Frank	Tauchclub Beluga Auric	1960	2013	00:54:39	00:57:57	01:07:25	01:00:21	00:49:54	01:08:25	5:58:41	00:04:58	53	M50	83	6
600	Dieke	Günther	Gymnasium Ulricianum	2000	2013	00:57:00	00:59:19	01:08:55	00:59:55	00:47:41	01:05:57	5:58:47	00:04:58	13	MU20	90	6
601	Müller	Lothar	MVM mbH	1961	2013	00:58:35	00:58:52	01:08:15	00:59:04	00:47:18	01:06:54	5:58:58	00:04:59	52	M50	84	6
602	Tunder	Garrelt	SC Wiesens	1955	2013	00:57:44	00:58:17	01:08:37	00:59:18	00:48:27	01:06:50	5:59:13	00:04:59	58	M50	85	6
603	Popp	Rolf	R.u.F. Concordia Emden	1959	2013	00:55:59	00:58:41	01:08:05	01:00:24	00:48:34	01:07:40	5:59:23	00:04:59	54	M50	86	6
604	Brauer	Siegfried	WfBm BBB Aurich Wittr	1958	2013	00:55:19	00:57:46	01:08:47	01:00:54	00:48:54	01:07:49	5:59:29	00:04:59	55	M50	87	6
605	Trauernicht	Anne	Intersport Peters Wiesm	1969	2013	00:54:17	00:59:16	01:07:25	01:00:04	00:49:42	01:08:46	5:59:30	00:04:59	44	W40	23	6
606	Böhland	Kay	Oldenburg	1965	2013	00:55:44	01:00:01	01:08:36	00:59:29	00:48:18	01:07:33	5:59:41	00:04:59	48	M40	192	6
607	Barthel	Rüdiger	Seefahrtsschule Leer	1990	2013	00:54:29	00:58:52	01:06:59	00:58:58	00:47:42	01:12:48	5:59:48	00:04:59	23	MHK	71	6
608	Reinecke	Maximilian	FC SO	1996	2013	00:56:12	00:56:38	01:12:14	00:58:47	00:48:05	01:07:52	5:59:48	00:04:59	17	MU20	91	6
609	Bogena	Martin	Dabei sein ist alles!	1961	2013	00:57:42	00:59:50	01:09:02	00:59:11	00:47:56	01:06:17	5:59:58	00:04:59	52	M50	88	6
610	Vesper	Sören	VW	1975	2013	00:56:32	00:59:23	01:08:10	01:01:03	00:48:40	01:06:10	5:59:58	00:04:59	38	M30	101	6
611	Meiners	Michael	Emder LG	1972	2013	00:53:11	00:57:39	01:11:54	00:58:59	00:50:24	01:07:54	6:00:01	00:04:59	41	M40	193	6
612	Isik	Ayşe	Ubbo-Emmius-Klinik Au	1978	2013	00:56:27	00:58:57	01:07:39	00:59:46	00:49:45	01:07:27	6:00:01	00:04:59	35	W30	20	6
613	Goudschaal	Johann	Kirchengemeinde Holler	1964	2013	00:54:01	01:00:18	01:07:20	01:00:40	00:49:42	01:08:03	6:00:04	00:04:59	49	M40	194	6
614	Rumpf	Bernhard	Holthuserheide	1966	2013	00:51:52	00:56:00	01:06:16	01:04:42	00:47:32	01:13:42	6:00:04	00:04:59	47	M40	195	6
615	Tammerna	Friedhelm	FC SO	1968	2013	00:57:46	00:59:31	01:09:04	00:59:41	00:48:16	01:05:52	6:00:10	00:05:00	45	M40	196	6
616	Schmidt	Karin	LT TuS Aurich-Ost	1960	2013	00:55:05	00:59:22	01:07:50	01:00:51	00:49:06	01:08:03	6:00:17	00:05:00	53	W50	3	6
617	Scholla	Jürgen	Ubbo-Emmius-Klinik Au	1956	2013	00:55:03	00:58:08	01:08:20	01:00:18	00:50:11	01:08:18	6:00:18	00:05:00	57	M50	89	6
618	Jeron	August	LT TuS Aurich-Ost	1956	2013	00:55:42	00:58:58	01:08:28	01:00:42	00:49:28	01:07:03	6:00:21	00:05:00	57	M50	90	6
619	Lonser	Sylvia	Westoverledingen	1980	2013	00:56:53	00:59:42	01:08:03	01:00:27	00:48:58	01:06:26	6:00:29	00:05:00	33	W30	21	6
620	Meiners	Silvia	Emder LG	1971	2013	00:55:48	00:59:46	01:08:10	01:00:47	00:48:23	01:07:55	6:00:49	00:05:00	42	W40	24	6
621	Barth	Andreas	Crocodiles ihlow	1975	2013	00:54:22	00:58:20	01:08:49	01:00:56	00:49:00	01:09:26	6:00:53	00:05:00	38	M30	102	6
622	Engels-Bakker	Janke	Holterfehn	1974	2013	00:55:55	00:59:18	01:07:40	01:00:48	00:49:23	01:07:50	6:00:54	00:05:00	39	W30	22	6
623	Peters	Janneke	Fortuna Logabirum	1977	2013	00:55:44	00:58:59	01:09:15	01:00:04	00:49:57	01:06:59	6:00:58	00:05:00	36	W30	23	6
624	Moskaliik	Marcel	Seefahrtsschule Leer	1992	2013	00:59:02	00:59:03	01:08:18	00:59:23	00:48:47	01:06:32	6:01:05	00:05:00	21	MHK	72	6
625	Cabrera-Otten	Vidina	TuS Zetel	1970	2013	00:55:52	01:01:15	01:08:52	00:59:16	00:48:47	01:07:04	6:01:06	00:05:00	43	W40	25	6
626	Badberg	Wilhelm	TG Wiesmoor	1944	2013	00:56:40	00:59:49	01:08:10	01:00:24	00:49:22	01:06:54	6:01:19	00:05:00	69	M60	10	6
627	Saathoff	Dieter	TG Wiesmoor	1960	2013	00:56:41	00:59:49	01:08:10	01:00:24	00:49:22	01:06:54	6:01:20	00:05:00	53	M50	91	6
628	de Freese	Gerd		1968	2013	00:56:52	00:59:48	01:08:59	00:59:35	00:48:30	01:07:38	6:01:22	00:05:01	45	M40	197	6
629	Röben	Holger	Team ENERCON	1973	2013	00:55:06	00:59:18	01:09:23	01:00:26	00:49:09	01:08:07	6:01:29	00:05:01	40	M40	198	6
630	Sprenger	Robert	LSF Oldenburg	1962	2013	00:56:27	01:00:08	01:09:14	01:00:07	00:48:57	01:06:39	6:01:32	00:05:01	51	M50	92	6
631	Hanssen	Heyo	SC Wiesens	1961	2013	00:55:49	00:59:04	01:09:42	01:00:30	00:48:19	01:08:10	6:01:34	00:05:01	52	M50	93	6
632	Löseke	Oliver	Sparkasse Aurich-Nord	1972	2013	00:57:23	01:00:20	01:08:52	01:00:12	00:48:16	01:06:34	6:01:37	00:05:01	41	M40	199	6
633	Reich</																

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
640	Schatt	Olaf	Turbine-TGG	1967	2013	00:56:00	00:59:38	01:07:55	01:00:38	00:48:39	01:10:10	6:03:00	00:05:02	46	M40	202	6
641	Meents	Hans-Hermann	TuS Leerhufe-Hovel e.V.	1965	2013	00:55:47	00:59:43	01:08:35	01:00:21	00:49:58	01:08:38	6:03:02	00:05:02	48	M40	203	6
642	Müller	Johann	LG Uplengen	1963	2013	00:56:10	01:00:03	01:08:23	01:02:01	00:49:09	01:07:18	6:03:04	00:05:02	50	M50	94	6
643	Giebelhausen	Stephan		1977	2013	00:57:15	00:59:49	01:09:25	01:00:30	00:49:18	01:06:55	6:03:12	00:05:02	36	M30	104	6
644	Tamke	Dennis	Seefahrtsschule Leer	1991	2013	00:56:47	00:59:49	01:08:58	01:00:15	00:49:41	01:07:44	6:03:14	00:05:02	22	MHK	74	6
645	Nanninga	Karl-Heinz	Ostfriesische Brandkass	1966	2013	00:56:57	00:59:26	01:08:35	01:00:47	00:49:09	01:08:37	6:03:31	00:05:02	47	M40	204	6
646	Rohden	Heinz	SVO Wi sünd Holtriem	1963	2013	00:57:10	01:01:02	01:04:58	01:02:01	00:51:48	01:06:40	6:03:39	00:05:02	50	M50	95	6
647	Wehmeier	Tim	SV Komet Walle	1999	2013	00:56:47	00:59:49	01:08:19	01:02:07	00:48:18	01:08:24	6:03:44	00:05:02	14	MU20	94	6
648	Schnabel	Indra	LT TuS Aurich-Ost	1978	2013	00:57:27	00:59:20	01:08:36	01:00:58	00:49:25	01:08:01	6:03:47	00:05:03	35	W30	24	6
649	Zabel	Sabrina	Turbine TGG	1984	2013	00:57:57	00:59:46	01:09:28	01:00:28	00:48:39	01:07:42	6:04:00	00:05:03	29	WVK	8	6
650	Puls	Tom	Ulricianum Aurich	1997	2013	00:54:14	00:58:59	01:07:55	00:59:01	00:50:53	01:13:06	6:04:08	00:05:03	16	MU20	95	6
651	Müller	Frank	Sparkasse Aurich-Norde	1972	2013	00:58:47	01:00:20	01:08:52	01:01:12	00:48:35	01:06:35	6:04:21	00:05:03	41	M40	205	6
652	Boekhoff	Herrmann	Freie Lunge SV Bentstr	1961	2013	00:56:30	01:00:09	01:09:15	01:00:53	00:49:05	01:08:33	6:04:25	00:05:03	52	M50	96	6
653	Sich	Dietmar	MTV Aurich	1969	2013	00:56:12	00:59:16	01:08:42	01:02:00	00:50:38	01:07:38	6:04:26	00:05:03	44	M40	206	6
654	Kanaan	Jan	LwlnsthGrp 21	1988	2013	00:58:59	01:01:14	01:09:16	00:59:42	00:48:18	01:07:13	6:04:42	00:05:03	25	MHK	75	6
655	Hofmann	Jakobus	Weener Plastik	1954	2013	00:55:53	01:00:53	01:08:25	01:01:15	00:49:54	01:08:24	6:04:44	00:05:03	59	M50	97	6
656	Oldendorf	Günther	TV Norden	1962	2013	00:59:17	00:58:47	01:06:36	00:59:29	00:50:50	01:09:50	6:04:49	00:05:03	51	M50	98	6
657	Fleßner	Sönke	SpVg Aurich	2001	2013	00:56:39	01:01:58	01:11:17	01:02:02	00:48:13	01:04:43	6:04:52	00:05:03	12	MU20	96	6
658	Fluß	Bernd	WfBm BBB Aurich Wittm	1973	2013	00:57:42	01:00:38	01:08:42	01:00:35	00:48:45	01:08:32	6:04:54	00:05:03	40	M40	207	6
659	Bock	Uwe	LT TuS Aurich-Ost	1961	2013	00:55:12	00:59:02	01:08:45	01:01:56	00:49:17	01:10:44	6:04:56	00:05:03	52	M50	99	6
660	Saathoff	Hinrich	Fortuna Wirdum	1952	2013	00:57:20	01:01:57	01:08:47	00:59:58	00:49:20	01:07:35	6:04:57	00:05:03	61	M60	11	6
661	Sanders	Bonno	Loquard	1967	2013	00:54:41	01:00:42	01:10:17	01:01:39	00:49:38	01:08:07	6:05:04	00:05:04	46	M40	208	6
662	Heyken	Wessel	LHV	1987	2013	00:59:44	01:02:10	01:09:30	00:59:30	00:47:44	01:06:34	6:05:12	00:05:04	26	MHK	76	6
663	Kazadayev	Mykola	BBC Chartering	1990	2013	00:56:19	00:57:51	01:06:55	00:59:37	00:58:54	01:05:42	6:05:18	00:05:04	23	MHK	77	6
664	Hahs	Ralf		1960	2013	00:56:37	01:01:19	01:08:24	01:00:46	00:50:00	01:08:13	6:05:19	00:05:04	53	M50	100	6
665	Goldsweer	Theo	TUS Collinghorst	1953	2013	00:55:17	00:58:51	01:09:07	01:02:28	00:51:01	01:08:38	6:05:22	00:05:04	60	M60	12	6
666	Güttner	David	NIGE II	1980	2013	00:55:25	00:58:44	01:11:18	01:01:40	00:49:11	01:09:06	6:05:24	00:05:04	33	M30	105	6
667	Janssen	Engeline	LG Ostfriesland	1964	2013	00:56:01	01:01:07	01:09:03	01:00:53	00:49:53	01:08:31	6:05:28	00:05:04	49	W40	26	6
668	Wolbers	Klaus	BMW Tekken, Leer	1979	2013	00:57:35	00:59:54	01:09:28	01:00:57	00:48:25	01:09:19	6:05:38	00:05:04	34	M30	106	6
669	Barth	Jan-Uwe	Sparkasse Leer Wittmur	1979	2013	00:56:11	01:00:56	01:08:46	01:01:00	00:49:16	01:09:35	6:05:44	00:05:04	34	M30	107	6
670	Wolters	Hans-Hermann	Klinge / Weener Energ	1961	2013	00:57:18	01:01:40	01:08:16	01:00:45	00:49:40	01:08:05	6:05:44	00:05:04	52	M50	101	6
671	Jacobsen	Jörg	LT SC Irlhove 07	1967	2013	00:54:11	00:59:06	01:06:59	00:59:39	00:54:49	01:11:02	6:05:46	00:05:04	46	M40	209	6
672	Möhlmann	Berend	Egberts+Berends	1963	2013	00:55:54	01:00:14	01:10:19	01:00:48	00:49:49	01:08:43	6:05:47	00:05:04	50	M50	102	6
673	Gippert	Hans-Jürgen	TG Wiesmoor	1944	2013	00:57:33	01:00:40	01:09:26	01:01:08	00:50:06	01:06:54	6:05:47	00:05:04	69	M60	13	6
674	Janssen	Ilka	Bohlen & Doyen	1992	2013	00:55:03	00:59:02	01:08:27	01:02:04	00:50:55	01:10:19	6:05:50	00:05:04	21	WVK	9	6
675	Frieling	Jens	Allstars 2002	1970	2013	00:56:19	00:59:09	01:08:29	01:02:19	00:50:20	01:09:25	6:06:01	00:05:04	43	M40	210	6
676	Lücke	Anna	SV Nortmoor	1982	2013	00:56:17	01:01:02	01:09:42	01:02:02	00:50:20	01:07:35	6:06:08	00:05:04	31	W30	25	6
677	Steinke	Hilde	SV Concordia Neermoo	1945	2013	00:54:36	00:59:51	01:10:24	01:02:28	00:49:32	01:09:22	6:06:13	00:05:05	68	W60	1	6
678	Hayen	Simon	Alex.-v-Humboldt-Schul	1998	2013	00:55:35	00:59:22	01:11:40	01:02:05	00:49:11	01:08:27	6:06:20	00:05:05	15	MU20	97	6
679	Nörder	Johann	EWE-Wattloopers	1961	2013	00:54:30	01:00:47	01:09:02	01:01:50	00:50:10	01:10:03	6:06:22	00:05:05	52	M50	103	6
680	Tjarks	Alfred	EWE Wattloopers	1959	2013	00:55:55	00:59:56	01:09:59	01:00:47	00:51:24	01:08:23	6:06:24	00:05:05	54	M50	104	6
681	Schlenter	Holger	SV Grün-Weiß firrel	1982	2013	01:00:27	01:02:22	01:10:31	00:58:39	00:49:18	01:05:09	6:06:26	00:05:05	31	M30	108	6
682	Weets	Jens	Weets Bauunternehmer	1992	2013	00:54:02	00:59:11	01:07:44	01:04:46	00:48:32	01:12:28	6:06:43	00:05:05	21	MHK	78	6
683	Kleene	Holger	obw Emden	1971	2013	00:56:13	00:56:14	01:12:29	01:01:29	00:50:19	01:10:00	6:06:44	00:05:05	42	M40	211	6
684	Geiken	Dieter	LT TuS Aurich-Ost	1964	2013	00:55:45	00:59:01	01:09:33	01:02:05	00:49:45	01:10:43	6:06:52	00:05:05	49	M40	212	6
685	Fischer	Michael	Moormerland	1964	2013	00:55:35	01:01:30	01:08:31	01:02:23	00:49:20	01:09:44	6:07:03	00:05:05	49	M40	213	6
686	Middelkamp	Bernhard	VfL Oythe, Trauco	1956	2013	00:57:51	01:01:05	01:12:05	00:59:34	00:48:29	01:08:01	6:07:05	00:05:05	57	M50	105	6
687	Lamche	Henning	LG Premium Aerotec	1983	2013	00:55:13	00:58:57	01:09:42	01:00:48	00:51:05	01:11:22	6:07:07	00:05:05	30	M30	109	6
688	Thoben	Femke	Klinikum Leer	1993	2013	00:57:01	00:59:54	01:10:32	01:01:05	00:50:12	01:08:25	6:07:09	00:05:05	20	WVK	10	6
689	Buchtmann	Michael	Team ENERCON	1973	2013	01:00:33	01:02:25	01:08:08	01:00:22	00:48:45	01:06:59	6:07:12	00:05:05	40	M40	214	6
690	Siefkens	Elke	Emder LG	1969	2013	00:55:19	01:02:24	01:10:15	01:01:33	00:49:09	01:08:32	6:07:12	00:05:05	44	W40	27	6
691	Frerichs	Ralf	Uplengen	1973	2013	00:56:09	01:00:32	01:08:40	01:00:56	00:50:18	01:10:43	6:07:18	00:05:05	40	M40	215	6
692	Nobel	Benjamin	BBC Chartering	1986	2013	00:55:40	01:00:54	01:09:03	00:58:16	00:47:13	01:16:15	6:07:21	00:05:05	27	MHK	79	6
693	Korporal	Horst	De Padlooper	1966	2013	00:55:45	00:59:43	01:09:30	01:02:25	00:49:53	01:10:09	6:07:25	00:05:06	47	M40	216	6
694	Schwarte	Stephan	Seefahrtsschule Leer	1990	2013	00:55:55	00:59:53	01:10:05	01:01:41	00:51:25	01:08:34	6:07:33	00:05:06	23	MHK	80	6
695	Brockhorst	Lucas		1990	2013	01:00:16	01:02:10	01:10:02	00:59:17	00:48:18	01:07:31	6:07:34	00:05:06	23	MHK	81	6
696	Buss	Timo	Reederei Buss	1974	2013	00:57:58	00:59:24	01:09:20	01:01:36	00:50:06	01:09:13	6:07:37	00:05:06	39	M30	110	6
697	Ziegler	Frank	Team Deutsche Post	1967	2013	00:55:40	01:00:28	01:09:21	01:02:09	00:51:12	01:08:55	6:07:45	00:05:06	46	M40	217	6
698	Fahnster	Ralf	VfB Germania Wiesmoc	1982	2013	00:57:03	00:59:53	01:09:54	00:55:27	00:50:33	01:14:56	6:07:46	00:05:06	31	M30	111	6
699	Michaelsen	Finn	FCSO	1999	2013	01:00:51	01:00:50	01:09:14	00:59:52	00:50:54	01:06:27	6:08:08	00:05:06	14	MU20	99	6
700	Isermann	Jan-Erik	Ulricianum Aurich	1994	2013	00:59:38	01:07:50	01:09:58	01:02:25	00:52:29	00:55:49	6:08:09	00:05:06	19	MU20	98	6
701	Müller	Christian	HTG Ihow	1997	2013	00:55:52	01:00:15	01:12:11	01:02:21	00:49:52	01:07:39	6:08:10	00:05:06	16	MU20	100	6
702	Michaelsen	Claus	Ev. Gemeinschaft Rhau	1969	2013	01:00:52	01:00:50	01:09:15	00:59:53	00:50:55	01:06:27	6:08:12	00:05:06	44	M40	218	6
703	Hilbrands	Eske	de Heizungsloopers	1996	2013	00:57:21	01:02:56	01:12:18	01:01:02	00:48:22	01:06:26	6:08:25	00:05:06	17	WU20	9	6
704	Hoffmann	Luise	Ostfriesische Volksbank	1958													

32. Ostfrieslandlauf 2013

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1		Lauf 2		Lauf 3		Lauf 4		Lauf 5		Lauf 6		Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
711	Holzenkaempfer	Heiko	FC Stern Völlenerfehn	1986	2013	00:57:10	00:59:50	01:09:18	01:03:51	00:51:23	01:07:26	6:08:58	00:05:07	27	MHK	82	6						
712	de Wall	Sönke	IGS Waldschule Egels	1997	2013	00:59:08	01:02:02	01:09:17	01:00:40	00:49:50	01:08:14	6:09:11	00:05:07	16	MU20	103	6						
713	Ansheit	Peter	Fortuna Logabirum	1965	2013	00:57:06	01:01:37	01:10:27	01:02:03	00:49:18	01:08:42	6:09:13	00:05:07	48	M40	219	6						
714	Hinrichs	Rena	LG Großefehn	1994	2013	00:57:41	01:01:05	01:10:39	01:01:33	00:50:30	01:07:46	6:09:14	00:05:07	19	WU20	10	6						
715	Busch	Markus	LT Spaß mit Sport	1976	2013	00:56:04	00:59:53	01:09:49	01:03:35	00:50:27	01:09:30	6:09:18	00:05:07	37	M30	114	6						
716	Heiken	Onno	HTG Ihlow	1997	2013	00:57:19	01:01:17	01:09:49	01:02:04	00:50:45	01:08:11	6:09:25	00:05:07	16	MU20	104	6						
717	Düring	Christian	Kdo SES Ostfriesland	1989	2013	00:56:53	00:53:33	01:13:28	01:03:20	00:51:56	01:10:23	6:09:33	00:05:07	24	MHK	83	6						
718	Lüning	Jens	Stadt Leer	1974	2013	00:56:18	01:00:48	01:10:41	01:01:26	00:50:21	01:10:00	6:09:34	00:05:07	39	M30	115	6						
719	Freese	Michael	Vfl Viktoria Flachsmeer	1980	2013	00:56:40	00:59:40	01:09:21	01:02:25	00:49:55	01:11:47	6:09:48	00:05:08	33	M30	116	6						
720	Lütten	Max		2000	2013	00:53:43	00:56:35	01:10:35	01:04:18	00:57:02	01:07:40	6:09:53	00:05:08	13	MU20	105	6						
721	Bohmfalk	Tom	SC 04 Leer/Enova	1957	2013	00:57:39	01:02:30	01:09:15	01:02:08	00:49:51	01:08:34	6:09:57	00:05:08	56	M50	108	6						
722	Hartmann	Ulrike	Hartmann Group	1983	2013	00:58:03	00:57:49	01:08:47	01:01:21	00:53:33	01:10:25	6:09:58	00:05:08	30	W30	26	6						
723	Sievers	Jörn	LIONS Ihlow-Südbrookr	1965	2013	00:56:32	01:00:32	01:10:54	01:02:52	00:49:57	01:09:21	6:10:08	00:05:08	48	M40	220	6						
724	Habedank	Wolfgang	Ramsloh	1957	2013	00:57:02	01:00:40	01:10:17	01:01:51	00:50:06	01:10:15	6:10:11	00:05:08	56	M50	109	6						
725	Schmidt	Hermann	FC Stern Völlenerfehn	1955	2013	00:59:28	01:00:48	01:09:26	01:01:06	00:49:21	01:10:09	6:10:18	00:05:08	58	M50	110	6						
726	Schoon	Reiner	LG Großefehn	1964	2013	01:05:00	01:00:06	01:08:36	01:00:59	00:48:51	01:06:52	6:10:24	00:05:08	49	M40	221	6						
727	Ubben	Ehlke	MTV Aurich	1962	2013	00:57:22	01:00:17	01:10:07	01:03:07	00:50:17	01:09:18	6:10:28	00:05:08	51	M50	111	6						
728	Meinen	Andra	Ubbo-Emmius-Klinik Au	1991	2013	01:00:19	01:01:26	01:08:47	01:01:39	00:49:46	01:08:34	6:10:31	00:05:08	22	WHK	11	6						
729	Grüßing	Johann	LG Uplengen	1958	2013	00:56:35	00:59:57	01:09:27	01:03:02	00:51:11	01:10:26	6:10:38	00:05:08	55	M50	112	6						
730	Schmidt	Jochen	WfBm BBB Aurich Witttr	1971	2013	00:58:48	01:02:40	01:10:19	01:01:22	00:49:16	01:08:32	6:10:57	00:05:08	42	M40	222	6						
731	John	Detlef	Team ENERCON	1969	2013	00:58:39	01:00:29	01:09:44	01:02:39	00:50:31	01:09:04	6:11:06	00:05:09	44	M40	223	6						
732	Borchert	Werner	Bürgerverein Filsum	1962	2013	00:55:02	01:01:01	01:10:09	01:02:43	00:50:30	01:11:47	6:11:12	00:05:09	51	M50	113	6						
733	Dahlweg	Frank	Kautex	1978	2013	00:57:39	01:00:56	01:11:21	01:01:32	00:50:08	01:09:36	6:11:12	00:05:09	35	M30	117	6						
734	Giebelhausen	Klaus		1975	2013	00:57:23	01:02:57	01:10:56	01:02:30	00:49:46	01:07:41	6:11:13	00:05:09	38	M30	118	6						
735	Renken	Bernd		1949	2013	00:57:19	01:01:09	01:10:32	01:02:44	00:50:42	01:08:49	6:11:15	00:05:09	64	M60	14	6						
736	Kleene	Leif Erik	FC Oldersum	1999	2013	00:56:13	01:00:57	01:12:30	01:01:28	00:50:19	01:10:00	6:11:27	00:05:09	14	MU20	106	6						
737	Hagen	Ralf	HolzLand Hagen KG	1980	2013	00:57:18	01:01:00	01:10:05	01:01:56	00:50:38	01:10:31	6:11:28	00:05:09	33	M30	119	6						
738	Priestat	Oliver	JG 71 R	1996	2013	00:56:28	00:59:56	01:08:44	01:01:27	00:51:59	01:12:56	6:11:30	00:05:09	17	MU20	107	6						
739	Müller	Wilhelm	Emder LG	1950	2013	00:56:06	01:01:46	01:10:10	01:03:33	00:49:45	01:10:13	6:11:33	00:05:09	63	M60	15	6						
740	Franken	Maike	Emder Ruderverein	1979	2013	00:59:33	01:02:20	01:09:51	01:01:54	00:49:33	01:08:23	6:11:34	00:05:09	34	W30	27	6						
741	Janßen	Stephan	TTC Remels	1973	2013	00:58:57	01:02:39	01:08:42	00:59:41	00:56:03	01:05:33	6:11:35	00:05:09	40	M40	224	6						
742	Reiners	Steffen	Ulricianum Aurich	1996	2013	00:52:57	00:56:50	01:06:05	00:58:59	00:49:13	01:27:38	6:11:42	00:05:09	17	MU20	108	6						
743	Hoppe	Michael	Hartmann Group	1964	2013	00:58:11	01:00:56	01:10:33	01:01:38	00:50:03	01:10:24	6:11:45	00:05:09	49	M40	225	6						
744	Eichner	Andreas	Polizei Sande	1964	2013	00:54:09	00:58:31	01:10:13	01:05:48	00:50:51	01:12:21	6:11:53	00:05:09	49	M40	226	6						
745	Reemts	Ramona	LG Harlingerland	1984	2013	00:58:06	01:01:44	01:10:40	01:04:49	00:50:10	01:06:33	6:12:02	00:05:09	29	WHK	12	6						
746	Post	Eva	TSV Riepe	1973	2013	00:56:20	01:00:12	01:10:01	01:01:52	00:51:07	01:12:38	6:12:10	00:05:09	40	W40	28	6						
747	Gerbers	Dennis	Ubbo-Emmius-Klinik Au	1982	2013	00:56:38	01:01:32	01:10:05	01:02:43	00:50:44	01:10:31	6:12:13	00:05:10	31	M30	120	6						
748	Wilhelms	Jan-Ole	TSV Lammertsfehn	1997	2013	00:57:39	00:58:47	01:12:34	01:04:34	00:51:16	01:07:24	6:12:14	00:05:10	16	MU20	109	6						
749	Emken	Nico	SV Großefehn	1998	2013	01:02:00	00:59:51	01:11:26	01:00:41	00:49:51	01:08:32	6:12:21	00:05:10	15	MU20	110	6						
750	Weber	Manfred	SV Stern Schwerinsdorf	1962	2013	00:56:37	01:01:43	01:06:50	01:05:04	00:51:45	01:10:41	6:12:40	00:05:10	51	M50	114	6						
751	Watermeyer	Stephan	Sportivo Emden	1962	2013	00:57:29	01:01:12	01:11:48	01:01:56	00:51:25	01:08:52	6:12:42	00:05:10	51	M50	115	6						
752	Buss	Günter	MTV Aurich	1971	2013	00:57:21	01:00:32	01:11:05	01:03:05	00:51:16	01:09:29	6:12:48	00:05:10	42	M40	227	6						
753	Löhden	Kevin	Seefahrtsschule Leer	1988	2013	00:58:21	01:02:40	01:11:42	01:00:04	00:49:46	01:10:33	6:13:06	00:05:10	25	MHK	84	6						
754	Behrends	Ann-Katrin	Team ENERCON	1991	2013	00:55:52	01:00:42	01:15:29	01:01:09	00:50:28	01:09:26	6:13:06	00:05:10	22	WHK	13	6						
755	Franz	Dieter	Elisabethfehn	1961	2013	00:56:26	01:02:04	01:09:25	01:03:21	00:50:45	01:11:06	6:13:07	00:05:10	52	M50	116	6						
756	Bohlen	Hans-Peter	TG Wiesmoor	1966	2013	00:57:24	01:03:23	01:10:22	01:02:53	00:50:32	01:08:35	6:13:09	00:05:10	47	M40	228	6						
757	Schröder	Kristina	Realschule Aurich	1997	2013	00:57:19	00:59:50	01:11:05	01:03:24	00:52:41	01:08:54	6:13:13	00:05:10	16	WU20	11	6						
758	Dahlkötter	Marc	Seefahrtsschule Leer	1990	2013	00:58:04	01:03:47	01:10:43	01:02:04	00:51:04	01:07:43	6:13:25	00:05:11	23	MHK	85	6						
759	Heyen	Frank	Alex.-v-Humboldt-Schul	1980	2013	00:59:07	01:07:15	01:08:35	01:03:25	00:48:22	01:06:42	6:13:26	00:05:11	33	M30	121	6						
760	Bauch	Christian	Heimatblatt	1969	2013	00:55:58	01:01:43	01:10:44	01:02:54	00:51:18	01:10:53	6:13:30	00:05:11	44	M40	229	6						
761	Brehmer	Detlef	Wilhelmshaven	1955	2013	00:58:55	01:01:37	01:10:30	01:02:46	00:50:30	01:09:15	6:13:33	00:05:11	58	M50	117	6						
762	Sassen	Manfred	Weener Plastik	1964	2013	00:58:57	01:03:06	01:10:30	01:02:19	00:49:53	01:08:58	6:13:43	00:05:11	49	M40	230	6						
763	Nanninga	Jochen	TV Norden	1967	2013	00:57:04	01:01:25	01:10:59	01:03:05	00:51:11	01:10:00	6:13:44	00:05:11	46	M40	231	6						
764	Christians	Reenhold	Emder LG	1950	2013	00:55:43	01:00:11	01:10:33	01:05:02	00:50:49	01:11:28	6:13:46	00:05:11	63	M60	16	6						
765	Dahms	Arne	Wildeboer Bauteile Gmt	1976	2013	00:59:12	01:01:39	01:10:14	01:01:56	00:49:41	01:11:08	6:13:50	00:05:11	37	M30	122	6						
766	Hildebrandt	Volkmar	TuS Weene	1955	2013	00:58:35	01:02:08	01:10:43	01:02:22	00:50:29	01:09:34	6:13:51	00:05:11	58	M50	118	6						
767	Habben	Berend	Wybelsum	1960	2013	00:56:23	01:01:41	01:09:37	01:02:13	00:50:48	01:13:15	6:13:57	00:05:11	53	M50	119	6						
768	Schoolmann	Johann	FWG-Südbrookmerland	1981	2013	00:58:01	01:02:30	01:10:11	01:02:37	00:50:34	01:10:05	6:13:58	00:05:11	32	M30	123	6						
769	Prey	Andreas	Neermoor	1959	2013	00:58:02	01:02:12	01:10:47	01:02:21	00:51:07	01:09:29	6:13:58	00:05:11	54	M50	120	6						
770	Exner	Thomas	DLRG LEER	1964	2013	00:58:14	01:00:52	01:10:32	01:02:43	00:52:08	01:09:30	6:13:59	00:05:11	49	M40	232	6						
771	Bihn	Sylvia	MTV Hohenkirchen	1963	2013	00:59:12	01:03:56	01:09:25	01:01:54	00:50:28	01:09:15	6:14:10	00:05:11	50	W50	5	6						
772	Riedel	Mirko	Klinge / Weener Energ	1977	2013	00:57:18	01:02:07	01:08:50	01:01:46	00:49:18	01:15:01	6:14:20	00:05:11	36	M30	124	6						
773	Bichmann	Alexandra	Jever	1969	2013	00:58:33	01:01:57	01:10:24	01:01:56	00:52:01	01:09:35	6:14:26	00:05:11	44	W40	29	6						
774	Freese	Heiko	LT TuS Aurich-Ost	1963	2013	00:55:34	00:59:18	01:12:52	01:03:22	00:51:37	01:11:51	6:14:34	00:05:11	50	M50	121	6						
775	Lüken	Heiko	SC Wiesens	1969	20																		

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
782	Hansen	Christian	Ingenieurbüro POST & I	1962	2013	00:57:46	01:02:20	01:11:26	01:03:31	00:50:51	01:09:10	6:15:04	00:05:12	51	M50	122	6
783	Janssen	Piet	Gymnasium Ulricianum	2001	2013	00:58:32	01:03:04	01:13:12	01:01:09	00:50:53	01:08:14	6:15:04	00:05:12	12	MU20	111	6
784	Gensicke	Torsten	Wiesmoor	1967	2013	00:58:23	01:01:07	01:09:32	01:03:51	00:51:32	01:10:40	6:15:05	00:05:12	46	M40	234	6
785	Schmidt	Heiko	Iesloper	1972	2013	01:02:05	01:03:42	01:10:08	01:00:44	00:50:21	01:08:05	6:15:05	00:05:12	41	M40	235	6
786	Janssen	Christoffer	Barkholt	1981	2013	00:56:42	01:00:15	01:09:38	01:02:40	00:51:47	01:14:19	6:15:21	00:05:12	32	M30	125	6
787	Heckhoff	Finn Eric	VfL Germania Leer	1997	2013	00:56:59	01:01:05	01:09:42	01:00:39	00:51:56	01:15:22	6:15:43	00:05:12	16	MU20	112	6
788	Boelsen	Amke	Karl-Bruns Realschule V	1961	2013	00:58:04	01:02:23	01:11:25	01:03:24	00:50:52	01:09:37	6:15:45	00:05:12	52	W50	6	6
789	Freundenberg	Gesa	Ihlowerfehn	1982	2013	00:57:02	01:00:50	01:11:49	01:02:29	00:51:09	01:12:27	6:15:46	00:05:12	31	W30	28	6
790	Willms	Rainer	Baptisten Firrel	1975	2013	00:59:29	01:02:40	01:12:52	01:01:50	00:50:20	01:08:40	6:15:51	00:05:13	38	M30	126	6
791	Mennenga	Anja	Emder LG	1966	2013	00:58:22	01:01:45	01:11:14	01:03:06	00:51:10	01:10:18	6:15:55	00:05:13	47	W40	32	6
792	Geiken	Marion	LT TuS Aurich-Ost	1966	2013	00:56:10	01:01:05	01:10:25	01:04:11	00:53:20	01:10:44	6:15:55	00:05:13	47	W40	31	6
793	Wempen	Holger	Westerstede	1975	2013	00:58:04	01:02:53	01:11:42	01:03:32	00:49:42	01:10:05	6:15:58	00:05:13	38	M30	127	6
794	de Vries	Bernd	TB.Twixlum	1970	2013	00:57:53	01:01:27	01:10:50	01:03:51	00:51:09	01:10:53	6:16:03	00:05:13	43	M40	236	6
795	Rother	Gerhard	Schöne Reisen	1975	2013	00:59:37	01:02:35	01:10:47	01:02:45	00:50:13	01:10:08	6:16:05	00:05:13	38	M30	128	6
796	Ludwigs	Joachim	Stadt Emden	1969	2013	00:58:41	01:02:22	01:11:24	01:02:19	00:51:50	01:09:30	6:16:06	00:05:13	44	M40	237	6
797	Hilger	Karsten	TV Norden	1968	2013	00:57:27	01:01:07	01:10:33	01:04:27	00:51:10	01:11:23	6:16:07	00:05:13	45	M40	238	6
798	Loers	Monika	TG Wiesmoor	1975	2013	00:57:50	01:00:05	01:09:47	01:04:05	00:52:26	01:12:00	6:16:13	00:05:13	38	W30	29	6
799	Janssen	Enno	Feuerwehr Ihlowerfehn	1964	2013	00:59:17	01:03:10	01:11:14	01:02:23	00:50:51	01:09:21	6:16:16	00:05:13	49	M40	239	6
800	Janssen	Johann	TRAUCO Gruppe	1964	2013	00:59:52	01:02:35	01:10:19	01:02:31	00:50:53	01:10:06	6:16:16	00:05:13	49	M40	240	6
801	Steinmetz	Holger	Emder LG	1970	2013	00:58:20	01:02:38	01:11:54	01:03:10	00:50:09	01:10:13	6:16:24	00:05:13	43	M40	241	6
802	Goetz	Helfried	KBV Wiesedermeer	1971	2013	00:57:45	01:02:10	01:11:09	01:03:14	00:51:48	01:10:27	6:16:33	00:05:13	42	M40	242	6
803	Gerdes	Carmen	SVO Wi sünd Holtriem	1974	2013	00:57:10	01:01:02	01:11:42	01:02:02	00:51:48	01:12:49	6:16:33	00:05:13	39	W30	30	6
804	Würdemann	Malte	Ubbo-Emmius-Gymnasi	1997	2013	00:59:04	01:05:33	01:11:19	01:01:09	00:49:57	01:09:33	6:16:35	00:05:13	16	MU20	113	6
805	Lamberts	Gina	Aquilo	1967	2013	00:57:51	01:01:41	01:11:45	01:02:56	00:51:29	01:10:56	6:16:38	00:05:13	46	W40	33	6
806	Amarell	Kathrin	LwlnsthGrp 21	1989	2013	00:58:59	01:01:14	01:11:44	01:03:07	00:51:00	01:10:45	6:16:49	00:05:13	24	WHK	14	6
807	de Vries	Heino	N-Ports Emden	1974	2013	01:01:10	01:01:08	01:12:19	01:02:37	00:49:26	01:10:10	6:16:50	00:05:13	39	M30	129	6
808	Aden	Melanie	LG Großefehn	1972	2013	00:58:37	01:02:35	01:11:19	01:03:38	00:50:45	01:10:02	6:16:56	00:05:13	41	W40	34	6
809	Henning	Friedo	Henning Ingenieurbüro	1964	2013	00:57:50	01:02:43	01:11:38	01:03:14	00:50:30	01:11:09	6:17:04	00:05:14	49	M40	243	6
810	Meyer	Adolf	TV Norden	1958	2013	00:56:15	01:00:22	01:10:36	01:03:31	00:50:29	01:15:52	6:17:05	00:05:14	55	M50	123	6
811	Musiol	Jan-Ole	MTV Aurich	1998	2013	00:55:45	01:06:39	01:11:40	01:04:02	00:50:55	01:08:13	6:17:14	00:05:14	15	MU20	114	6
812	Jürgens	Hendrik	HTG Ihlow	1996	2013	00:59:15	01:00:34	01:11:33	01:02:45	00:50:57	01:12:14	6:17:18	00:05:14	17	MU20	116	6
813	Saathoff	Kai	Ulricianum Aurich	1995	2013	00:52:28	00:55:39	01:10:35	01:01:43	00:49:14	01:27:39	6:17:18	00:05:14	18	MU20	115	6
814	Stekker	Andreas	NIGE	1982	2013	00:57:32	01:01:50	01:10:15	01:01:42	00:55:25	01:10:39	6:17:23	00:05:14	31	M30	130	6
815	Kräft	Frank	Team Laufrausch e.V.	1962	2013	00:58:21	01:02:02	01:11:18	01:02:33	00:51:04	01:12:07	6:17:25	00:05:14	51	M50	124	6
816	Oltz	Silke	LG TV Bunde	1964	2013	00:58:41	01:01:41	01:10:35	01:02:48	00:51:56	01:11:46	6:17:27	00:05:14	49	W40	35	6
817	Hellmers	Manfred	TRAUCO Gruppe	1967	2013	00:59:52	01:03:09	01:10:19	01:02:35	00:51:26	01:10:07	6:17:28	00:05:14	46	M40	244	6
818	Holzapfel	Lutz	TV Norden	1958	2013	00:53:50	00:58:52	01:12:09	01:08:19	00:52:13	01:12:06	6:17:29	00:05:14	55	M50	125	6
819	Willems	Heye	Fortuna Logabirum	1953	2013	00:57:05	01:02:13	01:12:15	01:02:36	00:51:07	01:12:16	6:17:32	00:05:14	60	M60	20	6
820	Engeln	Heiner	Lebenshilfe Leer e.V.	1980	2013	00:56:54	01:00:20	01:11:51	01:04:07	00:53:14	01:11:12	6:17:38	00:05:14	33	M30	131	6
821	Anders	Christoph	Bünting Tee Leer	1983	2013	00:58:18	01:00:33	01:12:16	01:02:35	00:49:35	01:14:33	6:17:50	00:05:14	30	M30	132	6
822	Briese	Wilke	Briese Schifffahrt	1980	2013	00:59:11	01:04:47	01:11:12	01:02:49	00:49:32	01:10:21	6:17:52	00:05:14	33	M30	133	6
823	Büchen	Lasse	NIGE II	1998	2013	00:59:03	01:03:32	01:10:44	01:01:56	00:51:30	01:11:08	6:17:53	00:05:14	15	MU20	117	6
824	Schädler	Susan	Fortuna Logabirum	1959	2013	00:58:09	01:01:39	01:11:45	01:03:48	00:51:52	01:10:46	6:17:59	00:05:14	54	W50	7	6
825	Klapproth	Christian	Raiffeisenbank eG, Moc	1985	2013	00:59:28	01:02:50	01:11:40	01:02:37	00:50:52	01:10:33	6:18:00	00:05:14	28	MHK	87	6
826	Remmers	Siebelt	SV Ochtersum	1979	2013	00:58:30	00:59:28	01:15:12	01:03:03	00:50:35	01:11:22	6:18:10	00:05:14	34	M30	134	6
827	Janssen	Imke	LT TuS Aurich-Ost	1976	2013	00:58:20	01:00:47	01:11:52	01:03:17	00:51:57	01:11:59	6:18:12	00:05:15	37	W30	31	6
828	Gersch	Siegfried	TSV Riepe	1942	2013	00:58:35	01:01:46	01:10:17	01:04:41	00:52:31	01:10:23	6:18:13	00:05:15	71	M70	3	6
829	Meyer zu Bergsten	Thomas	Heimatblatt	1970	2013	00:57:22	01:01:01	01:10:42	01:04:10	00:52:11	01:12:54	6:18:20	00:05:15	43	M40	245	6
830	Stark	Regina	LG TV Bunde	1963	2013	00:57:16	01:02:51	01:11:07	01:03:30	00:51:55	01:11:46	6:18:25	00:05:15	50	W50	8	6
831	Redenius	Folkert	TuRa 07 Westrhauderfe	1957	2013	01:03:04	01:00:15	01:13:32	01:08:22	00:49:22	01:03:57	6:18:32	00:05:15	56	M50	126	6
832	Kanthak	Herbert	obw Emden	1961	2013	01:00:15	01:03:23	01:11:46	01:01:35	00:50:17	01:11:19	6:18:35	00:05:15	52	M50	127	6
833	Geiken	Michael	In-Team Aurich	1974	2013	00:57:36	01:01:28	01:10:54	01:04:17	00:51:27	01:12:55	6:18:37	00:05:15	39	M30	135	6
834	Broer	Heide	Ubbo-Emmius-Klinik Au	1957	2013	00:58:34	01:01:50	01:11:00	01:02:29	00:51:13	01:13:32	6:18:38	00:05:15	56	W50	9	6
835	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2013	00:58:48	01:03:04	01:12:50	01:03:11	00:52:12	01:08:36	6:18:41	00:05:15	57	M50	128	6
836	Mansholt	Sabine	VfB Uplengen	1971	2013	00:57:36	01:01:20	01:11:53	01:04:23	00:52:19	01:11:23	6:18:54	00:05:15	42	W40	36	6
837	Aden	Frauke	LG Großefehn	1971	2013	00:57:58	01:01:35	01:12:25	01:04:00	00:52:55	01:10:15	6:19:08	00:05:15	42	W40	37	6
838	Mühlenbrock	Ralf	Team ENERCON	1967	2013	00:56:55	01:01:49	01:11:15	01:04:22	00:52:03	01:12:47	6:19:11	00:05:15	46	M40	246	6
839	Friedrichs	Nils	Aurich	1970	2013	00:58:21	01:02:34	01:13:23	01:03:08	00:51:10	01:10:36	6:19:12	00:05:15	43	M40	247	6
840	Thien	Corinna		1969	2013	00:57:32	01:02:12	01:13:15	01:04:09	00:51:38	01:10:28	6:19:14	00:05:15	44	W40	38	6
841	Nauschütt	Björn	Ostfriesische Volksbank	1973	2013	00:58:42	01:02:52	01:12:10	01:04:32	00:48:55	01:12:10	6:19:21	00:05:15	40	M40	248	6
842	Ebel	Rainer	LT TuS Aurich-Ost	1962	2013	00:55:59	01:00:13	01:14:31	01:03:59	00:54:34	01:10:09	6:19:25	00:05:16	51	M50	129	6
843	Terviel	Bärbel	LG Uplengen	1957	2013	00:57:45	01:02:01	01:11:00	01:03:22	00:52:56	01:12:23	6:19:27	00:05:16	56	W50	10	6
844	Meyer	Marita	Padlooper	1966	2013	01:02:43	01:02:44	01:11:54	01:02:10	00:50:31	01:09:36	6:19:38	00:05:16	47	W40	39	6
845	Kruse	Ingo		1979	2013	00:59:58	01:02:46	01:12:00	01:03:18	00:50:31	01:11:07	6:19:40	00:05:16	34	M30	136	6
846																	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
853	Janssen	Theo		1960	2013	01:01:42	01:03:12	01:12:09	01:02:02	00:52:05	01:09:16	6:20:26	00:05:16	53	M50	132	6
854	Saathoff	Horst Rainer	Onno Behrends Tee	1990	2013	01:00:19	01:00:34	01:12:59	01:04:17	00:52:03	01:10:17	6:20:29	00:05:16	23	MHK	90	6
855	Janssen	Alfred	Emder LG	1951	2013	01:01:18	01:02:33	01:11:30	01:02:04	00:51:39	01:11:35	6:20:39	00:05:17	62	M60	21	6
856	Schmidt	Helga	EWE Wattloopers	1965	2013	00:57:46	01:03:09	01:11:01	01:03:54	00:52:49	01:12:02	6:20:41	00:05:17	48	W40	41	6
857	Wachtendorf	Anja	BV Liek Ut Westersande	1971	2013	00:58:28	01:02:15	01:11:52	01:04:03	00:52:41	01:11:39	6:20:58	00:05:17	42	W40	42	6
858	Brink	Armin	Stadtwerke Leer	1962	2013	00:59:05	01:02:23	01:12:36	01:04:27	00:51:19	01:11:17	6:21:07	00:05:17	51	M50	133	6
859	Wagener	Erhard	de Heizungsloopers	1972	2013	01:05:25	01:05:31	01:13:01	01:02:04	00:48:29	01:06:40	6:21:10	00:05:17	41	M40	250	6
860	Gilbers	Frank	LwinsthGrp 21	1968	2013	00:59:07	01:04:06	01:12:18	01:04:01	00:50:37	01:11:06	6:21:15	00:05:17	45	M40	251	6
861	Ahlers	Mareike	Lebenshilfe Leer e.V.	1985	2013	00:57:58	01:02:44	01:11:51	01:04:07	00:52:28	01:12:11	6:21:19	00:05:17	28	WHK	15	6
862	Diener	Wilfried	VfB Uplengen	1962	2013	00:58:59	01:02:55	01:11:17	01:05:06	00:52:02	01:11:02	6:21:21	00:05:17	51	M50	134	6
863	Tapper	Elmar	LG Ostfriesland	1979	2013	00:58:12	01:02:08	01:12:00	01:05:15	00:52:36	01:11:17	6:21:28	00:05:17	34	M30	138	6
864	Laweck	Dennis	GeTek	1988	2013	00:57:31	01:03:10	01:12:43	01:03:28	00:52:52	01:11:46	6:21:30	00:05:17	25	MHK	91	6
865	Schwitters	Ralf	Wallinghausen	1982	2013	00:58:41	01:01:58	01:10:37	01:03:19	00:50:37	01:16:19	6:21:31	00:05:17	31	M30	139	6
866	Ahrenholtz	Horst	BBSII - Leer	1965	2013	00:59:53	01:02:48	01:11:59	01:03:18	00:51:59	01:11:37	6:21:34	00:05:17	48	M40	252	6
867	von Harten	Jens	VfB Germania Wiesmod	1976	2013	00:58:39	01:00:20	01:12:43	01:05:56	00:49:01	01:14:56	6:21:35	00:05:17	37	M30	140	6
868	Tunder	Alma	SC Wiesens	1957	2013	00:59:33	01:03:48	01:12:29	01:03:43	00:51:48	01:10:17	6:21:38	00:05:17	56	W50	11	6
869	Seeberg	Heinz-Dieter	Gymnasium Ulricianum	1962	2013	00:59:35	01:02:29	01:13:51	01:02:52	00:53:29	01:09:29	6:21:45	00:05:17	51	M50	135	6
870	Stojanovic	Petar	traba-team	1977	2013	00:58:50	01:03:29	01:12:04	01:03:02	00:52:22	01:12:11	6:21:58	00:05:18	36	M30	141	6
871	Ukena	Ann Gela	Bünting Tee Leer	1992	2013	01:03:49	01:03:35	01:12:28	01:02:34	00:50:40	01:08:53	6:21:59	00:05:18	21	WHK	16	6
872	Haake	Steffen		1993	2013	01:02:46	01:02:34	01:12:33	01:03:22	00:50:43	01:10:05	6:22:03	00:05:18	20	MHK	92	6
873	Friesenborg	Monika	Stadt Emden	1969	2013	00:58:38	01:03:59	01:12:45	01:03:01	00:52:04	01:11:39	6:22:06	00:05:18	44	W40	43	6
874	Höfker	Inka	MTV Aurich	1972	2013	00:57:26	01:02:33	01:11:36	01:04:37	00:53:13	01:12:41	6:22:06	00:05:18	41	W40	44	6
875	Lemke	Klaas	RVB Aurich/Uplengen	1989	2013	01:00:50	01:00:55	01:11:38	01:05:07	00:52:52	01:10:48	6:22:10	00:05:18	24	MHK	93	6
876	von dem Knesebeck	Lea	obw Emden	1994	2013	01:00:07	01:03:30	01:12:22	01:04:05	00:50:43	01:11:28	6:22:15	00:05:18	19	WU20	12	6
877	Dirksen	Martin	Stadt Emden	1970	2013	01:00:56	01:03:17	01:12:40	01:04:22	00:51:03	01:09:59	6:22:17	00:05:18	43	M40	253	6
878	Kruse	Stephanie	TuRa 07 Westrhauderfe	1977	2013	00:58:45	01:02:39	01:12:02	01:04:13	00:53:04	01:11:43	6:22:26	00:05:18	36	W30	32	6
879	Lohre	Peter	Sparkasse Aurich-Norde	1962	2013	00:59:47	01:03:10	01:12:46	01:03:12	00:51:20	01:12:12	6:22:27	00:05:18	51	M50	136	6
880	Rogge	Hendrik	RVB Aurich/Uplengen	1990	2013	00:59:18	01:00:55	01:13:56	01:05:00	00:52:10	01:11:10	6:22:29	00:05:18	23	MHK	94	6
881	Begitt	Kurt	SV Dornum Watt	1947	2013	00:58:05	01:04:03	01:11:37	01:05:54	00:52:24	01:10:50	6:22:53	00:05:18	66	M60	22	6
882	Weelborg	Stefan	Physio Aktiv Rhauerfer	1987	2013	01:00:39	01:03:13	01:12:27	01:04:01	00:50:03	01:12:34	6:22:57	00:05:18	26	MHK	95	6
883	Wolter	Ekkehart	Die Münchener	1953	2013	00:56:41	01:01:16	01:11:16	01:04:50	00:52:28	01:16:31	6:23:02	00:05:19	60	M60	23	6
884	Albers	Günther	BSG Volksbank Jever	1952	2013	00:58:47	01:04:12	01:12:44	01:04:28	00:52:00	01:10:54	6:23:05	00:05:19	61	M60	24	6
885	Löschen	Robert	TSV Holtrop	1971	2013	00:59:15	01:04:26	01:13:54	01:03:59	00:52:10	01:09:32	6:23:16	00:05:19	42	M40	254	6
886	Kaucher	Arthur	BBC Chartering	1991	2013	00:59:38	01:02:10	01:11:27	01:03:27	00:53:43	01:12:56	6:23:21	00:05:19	22	MHK	96	6
887	Beikert	Marko	TSR Olympia Wilhelmst	1962	2013	00:59:04	01:03:22	01:12:28	01:04:38	00:52:02	01:11:52	6:23:26	00:05:19	51	M50	137	6
888	Beening	Armin	Backemoor	1967	2013	00:59:54	01:02:58	01:11:57	01:05:07	00:52:25	01:11:09	6:23:30	00:05:19	46	M40	255	6
889	Krisp	Stephan	Meyer Werff GmbH	1972	2013	01:00:34	01:03:16	01:13:10	01:03:38	00:51:20	01:11:36	6:23:34	00:05:19	41	M40	256	6
890	Heyen	Ewald	EWE Wattloopers	1979	2013	00:59:02	01:02:54	01:12:20	01:03:51	00:54:02	01:11:37	6:23:46	00:05:19	34	M30	142	6
891	de Buhr	Wiebke	Reederei Buss	1980	2013	01:01:27	01:03:41	01:12:57	01:03:32	00:50:52	01:11:27	6:23:56	00:05:19	33	W30	33	6
892	Taddigs	Johann	Esens	1961	2013	00:56:58	01:02:18	01:13:31	01:05:27	00:52:52	01:12:50	6:23:56	00:05:19	52	M50	138	6
893	Duis	Arend	Lions Club Uplengen	1957	2013	00:57:43	01:04:52	01:12:40	01:04:52	00:52:41	01:11:09	6:23:57	00:05:19	56	M50	139	6
894	Nowinski	Karl-Heinz	Team ENERCON	1967	2013	00:58:40	01:02:52	01:13:19	01:04:16	00:52:17	01:12:38	6:24:02	00:05:19	46	M40	257	6
895	Kohls	Reiner	LT SV Ems Jemgum	1960	2013	01:02:49	01:02:08	01:13:16	01:02:26	00:50:54	01:12:31	6:24:04	00:05:19	53	M50	140	6
896	Hollwege	Ralf	Vfll Berumbur	1962	2013	01:00:33	01:03:21	01:13:17	01:03:49	00:51:28	01:11:43	6:24:11	00:05:19	51	M50	141	6
897	Kiepe	Markus	Seefahrtsschule Leer	1990	2013	00:59:14	01:04:35	01:13:56	01:05:56	00:51:08	01:09:24	6:24:13	00:05:20	23	MHK	97	6
898	Wilken	Gerd	Team Wilts	1960	2013	01:00:27	01:03:51	01:13:29	01:03:55	00:52:11	01:10:21	6:24:14	00:05:20	53	M50	142	6
899	Sluiter	Ralf	FE65	1978	2013	00:59:44	01:03:28	01:13:39	01:03:44	00:46:42	01:17:01	6:24:18	00:05:20	35	M30	143	6
900	Kadelke	Tammo	Seefahrtsschule Leer	1988	2013	01:02:11	01:06:41	01:20:05	01:00:29	00:49:25	01:05:29	6:24:20	00:05:20	25	MHK	98	6
901	Ufkes	Thilo	Ulricianum Aurich	2001	2013	01:01:07	01:08:20	01:12:31	01:04:06	00:49:14	01:09:06	6:24:24	00:05:20	12	MU20	118	6
902	Gerdes	Angela	LG Ostfriesland	1962	2013	00:58:33	01:02:44	01:12:21	01:04:49	00:53:27	01:12:37	6:24:31	00:05:20	51	W50	12	6
903	May	Lina	Ulricianum Aurich	1997	2013	01:01:16	01:02:26	01:11:37	01:03:22	00:52:20	01:13:38	6:24:39	00:05:20	16	WU20	13	6
904	Knabe	Henriette	Ulricianum Aurich	1997	2013	01:01:17	01:02:25	01:11:37	01:03:23	00:52:26	01:13:38	6:24:46	00:05:20	16	WU20	14	6
905	Friedrichs	Dennis	Team Möbel Buss	1982	2013	01:01:46	01:04:08	01:11:26	01:03:55	00:53:12	01:10:20	6:24:47	00:05:20	31	M30	144	6
906	Kröger	Marion	Team Laufrausch e.V.	1960	2013	00:58:21	01:02:02	01:11:17	01:02:33	00:51:06	01:19:29	6:24:48	00:05:20	53	W50	13	6
907	von Kroge	Florian	Seefahrtsschule Leer	1992	2013	00:59:44	01:02:17	01:12:11	01:04:11	00:52:23	01:14:06	6:24:52	00:05:20	21	MHK	99	6
908	Claußen	Jan-Niklas	JG 71 R	1995	2013	01:00:44	01:01:57	01:13:14	01:02:48	00:52:11	01:14:08	6:25:02	00:05:20	18	MU20	119	6
909	Bohlsen	Stefan	LT Spaß mit Sport	1964	2013	00:57:19	01:02:06	01:12:47	01:06:34	00:53:34	01:12:45	6:25:05	00:05:20	49	M40	258	6
910	Friedrich	Wolfgang	Leinerstift e.V	1963	2013	00:59:58	01:08:32	01:15:32	01:00:53	00:49:07	01:11:05	6:25:07	00:05:20	50	M50	143	6
911	Krey	Sandor	Therapiezentrum Rajenv	1971	2013	00:59:33	01:04:43	01:11:40	01:02:53	00:52:16	01:14:02	6:25:07	00:05:20	42	M40	259	6
912	Reiners	Timm	Gymnasium Ulricianum	1999	2013	00:59:54	01:04:24	01:13:12	01:03:44	00:51:54	01:12:16	6:25:24	00:05:20	14	MU20	121	6
913	Taapken	Sönke	SV Spetzerfehn	1998	2013	01:02:02	01:04:06	01:09:20	01:07:07	00:53:03	01:09:47	6:25:25	00:05:21	15	MU20	120	6
914	Müller	Eric	HTG Ihlow	1996	2013	00:56:51	01:05:15	01:13:05	01:06:49	00:52:18	01:11:12	6:25:30	00:05:21	17	MU20	122	6
915	Meyer	Anne		1994	2013	01:00:43	01:04:24	01:12:06	01:04:21	00:51:49	01:12:09	6:25:32	00:05:21	19	WU20	15	6
916	Siebels	Dieter	HC Exelsior Winschoter	1966	2013	01:00:02	01:04:26	01:14:02	01:03:53	00:52:40	01:10:30	6:25:33	00:05:21	47	M40	260	6
917	Harms</																

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
924	Oltrop	Kerstin	Fortuna Logabirum	1977	2013	00:59:33	01:04:04	01:13:40	01:05:04	00:52:09	01:12:14	6:26:44	00:05:22	36	W30	35	6
925	Schoppe	Lutz	Stadt Emden	1984	2013	01:01:30	01:03:55	01:11:42	01:05:56	00:51:53	01:11:50	6:26:46	00:05:22	29	MHK	100	6
926	Schweer	Claus	Raiffeisenbank eG, Moe	1969	2013	01:02:06	01:04:34	01:13:24	01:04:49	00:51:24	01:10:33	6:26:50	00:05:22	44	M40	263	6
927	Ott	Valentina	LT TuS Aurich-Ost	1973	2013	01:00:11	01:03:00	01:12:31	01:04:49	00:53:41	01:12:41	6:26:53	00:05:22	40	W40	46	6
928	Fenderl	Thomas	Ulricianum Aurich	1979	2013	01:03:09	01:04:04	01:11:51	01:03:11	00:54:29	01:10:14	6:26:58	00:05:22	34	M30	146	6
929	Schulte	Ansgar	Weener Plastik	1973	2013	00:59:20	01:03:31	01:13:39	01:05:03	00:52:08	01:13:19	6:27:00	00:05:22	40	M40	264	6
930	Oltmanns	Gerhard	Christuskirche Hollen	1964	2013	00:59:10	01:04:05	01:12:53	01:04:39	00:52:55	01:13:19	6:27:01	00:05:22	49	M40	265	6
931	Reiners	Joke	Lions Club Uplengen	1959	2013	00:58:56	01:04:52	01:12:59	01:05:34	00:52:31	01:12:10	6:27:02	00:05:22	54	M50	145	6
932	Bents	Hendrik	IGS Aurich West	1994	2013	00:58:37	01:02:35	01:16:45	01:03:25	00:50:44	01:14:56	6:27:02	00:05:22	19	MU20	123	6
933	Pößiger	Wolfgang	Kirche läuft Wilhelmsha	1948	2013	00:58:56	01:04:34	01:12:39	01:05:57	00:52:47	01:12:25	6:27:18	00:05:22	65	M60	25	6
934	Münchow	Michaela	Friedeburg	1971	2013	00:59:11	01:04:35	01:14:08	01:05:08	00:52:47	01:11:51	6:27:40	00:05:22	42	W40	47	6
935	Rodyk	Sönke	Ulricianum Aurich	1996	2013	00:56:30	00:59:23	01:14:30	01:03:36	00:56:12	01:17:30	6:27:41	00:05:22	17	MU20	124	6
936	Pleis	Gregor	Moorloopers	1965	2013	01:00:08	01:03:25	01:12:40	01:06:11	00:53:04	01:12:13	6:27:41	00:05:22	48	M40	266	6
937	Meyburg	Frank	www.sv-simonswolde.de	1969	2013	00:57:29	00:59:31	01:07:44	01:05:34	00:55:52	01:21:32	6:27:42	00:05:22	44	M40	267	6
938	Mülder	Imke	HTG Ihlow	2000	2013	01:03:08	01:03:54	01:12:56	01:06:03	00:53:07	01:08:53	6:28:01	00:05:23	13	WU20	16	6
939	Gronewold	Anja	Team AURICHER EIER	1977	2013	01:00:09	01:04:06	01:13:07	01:05:03	00:53:25	01:12:20	6:28:10	00:05:23	36	W30	36	6
940	Veldkamp	Sabrina		1981	2013	00:59:00	01:03:14	01:14:13	01:05:25	00:52:59	01:13:24	6:28:15	00:05:23	32	W30	37	6
941	Fischer	Günther	LG Großefehn	1952	2013	01:00:09	01:05:12	01:13:00	01:05:15	00:52:48	01:12:01	6:28:25	00:05:23	61	M60	26	6
942	Boelsen	Heidi	Warsingsfehn	1975	2013	01:00:26	01:02:55	01:13:47	01:05:02	00:52:52	01:13:25	6:28:27	00:05:23	38	W30	38	6
943	Mennenga-Steffens	Elke	Spvgg Upleward	1974	2013	00:59:53	01:04:16	01:13:39	01:05:07	00:53:17	01:12:32	6:28:44	00:05:23	39	W30	39	6
944	Hook	Michael	Watt'n Loopers SV Dorn	1966	2013	00:57:51	01:02:29	01:14:59	01:05:28	00:54:11	01:14:04	6:29:02	00:05:24	47	M40	268	6
945	Weinberg	Rita	LT Schafhauser Wald	1967	2013	00:59:09	01:03:38	01:14:18	01:06:15	00:53:36	01:12:15	6:29:11	00:05:24	46	W40	48	6
946	von Hebel	Kerstin	LSF Oldenburg	1980	2013	01:00:31	01:04:51	01:13:57	01:04:50	00:52:58	01:12:09	6:29:16	00:05:24	33	W30	40	6
947	de Buhr	Herta	Fortuna Logabirum	1960	2013	00:59:35	01:03:18	01:14:21	01:05:15	00:53:53	01:13:03	6:29:25	00:05:24	53	W50	14	6
948	Behrends	Gabriele	Ubbo-Emmius-Klinik Au	1971	2013	00:59:31	01:02:57	01:13:10	01:05:19	00:54:41	01:13:49	6:29:27	00:05:24	42	W40	49	6
949	Mayer	Marlene	LT Schafhauser Wald	1962	2013	01:00:33	01:05:34	01:13:45	01:05:30	00:52:50	01:11:19	6:29:31	00:05:24	51	W50	15	6
950	Thaden	Folkert	SC Dunum	1955	2013	00:59:08	01:02:46	01:16:28	01:06:07	00:52:58	01:12:07	6:29:34	00:05:24	58	M50	146	6
951	Schmieder	Dirk	Seefahrtsschule Leer	1981	2013	00:58:35	01:00:19	01:09:16	01:01:52	00:49:47	01:29:54	6:29:43	00:05:24	32	M30	147	6
952	Sauer-Ufkes	Gudrun	MTV Aurich	1965	2013	01:01:12	01:08:26	01:13:20	01:04:44	00:51:51	01:10:13	6:29:46	00:05:24	48	W40	50	6
953	Pupkes	Andreas	B-Plast 2000 Aurich-Sc	1980	2013	01:02:34	01:02:15	01:11:27	01:09:29	00:52:54	01:11:07	6:29:46	00:05:24	33	M30	148	6
954	Behrends	Stefan	Nücke	1971	2013	01:00:26	01:02:50	01:14:06	01:06:33	00:53:31	01:12:26	6:29:52	00:05:24	42	M40	269	6
955	Tammen-Bauer	Heidi	Studio Larisca	1978	2013	01:00:45	01:03:20	01:16:21	01:04:14	00:52:52	01:12:29	6:30:01	00:05:24	35	W30	41	6
956	Schindler	Bernd	TV Oldersum	1968	2013	01:00:37	01:05:31	01:15:10	01:04:49	00:52:25	01:11:49	6:30:21	00:05:25	45	M40	270	6
957	Koplin	Wilfried	AOK - Die Gesundheits	1963	2013	00:59:35	01:02:55	01:11:26	01:09:26	00:51:08	01:15:51	6:30:21	00:05:25	50	M50	147	6
958	Beekmann	Heidrun	Ubbo-Emmius-Klinik Au	1965	2013	01:00:00	01:03:34	01:13:09	01:06:12	00:53:39	01:13:50	6:30:24	00:05:25	48	W40	51	6
959	Hovenga	Jasmin	SC Ihrhove 07	1985	2013	01:01:28	01:04:27	01:14:06	01:04:33	00:52:41	01:13:13	6:30:28	00:05:25	28	WHK	18	6
960	Kleen	Diendrich	Höchte Running	1972	2013	00:48:37	01:08:46	01:20:44	01:10:49	00:42:56	01:18:47	6:30:39	00:05:25	41	M40	271	6
961	Meyer	Beate	obw Emden	1967	2013	01:00:08	01:03:35	01:12:00	01:05:09	00:51:24	01:18:39	6:30:55	00:05:25	46	W40	52	6
962	Goeman	Ude	Oberschule Norden	1969	2013	01:01:06	01:04:29	01:15:54	01:04:50	00:52:50	01:11:51	6:31:00	00:05:25	44	M40	272	6
963	Anscheit	Janneke	Fortuna Logabirum	2001	2013	01:01:03	01:04:01	01:14:37	01:05:24	00:53:00	01:12:56	6:31:01	00:05:25	12	WU20	17	6
964	Stolzer	Sascha	BSG Landkreis Weserm	1977	2013	01:00:32	01:05:52	01:14:54	01:04:47	00:52:09	01:12:52	6:31:06	00:05:25	36	M30	149	6
965	Engelbart	Sarah	Gymnasium Ulricianum	1998	2013	00:58:37	01:01:15	01:11:04	01:05:39	01:00:04	01:14:32	6:31:11	00:05:25	15	WU20	18	6
966	Boekhoff	Petra	Freie Lunge SV Bentst	1967	2013	00:59:19	01:02:37	01:14:12	01:07:11	00:54:18	01:13:45	6:31:22	00:05:25	46	W40	53	6
967	Alberts	Alfred	GeTek	1967	2013	01:01:14	01:04:59	01:15:59	01:03:28	00:53:14	01:12:29	6:31:23	00:05:25	46	M40	273	6
968	Jürrens	Georg		1952	2013	00:59:36	01:04:09	01:14:32	01:06:22	00:52:02	01:14:43	6:31:24	00:05:25	61	M60	27	6
969	Meyer	Guido	EFG Ostrhauderfehn	1970	2013	01:02:09	01:05:08	01:15:21	01:04:51	00:52:48	01:11:17	6:31:34	00:05:26	43	M40	274	6
970	Groen	Carsten	Raiffeisenbank Flachsm	1986	2013	01:02:34	01:03:13	01:13:56	01:06:09	00:53:15	01:12:33	6:31:40	00:05:26	27	MHK	101	6
971	Meyer	Antje	LG Uplengen	1956	2013	00:59:44	01:04:34	01:14:01	01:06:38	00:53:11	01:13:45	6:31:53	00:05:26	57	W50	16	6
972	Kleinau	Swen	Reederei Buss	1967	2013	01:01:40	01:06:34	01:13:09	01:04:42	00:53:01	01:12:49	6:31:55	00:05:26	46	M40	275	6
973	Wettstein	Jan	NIGE	1995	2013	01:01:33	01:03:52	01:15:04	01:06:16	00:52:24	01:12:56	6:32:05	00:05:26	18	MU20	125	6
974	Blank	Torsten	Stadt Leer	1977	2013	01:02:24	01:05:56	01:15:04	01:05:25	00:52:10	01:11:07	6:32:06	00:05:26	36	M30	150	6
975	Tschorr	Uwe	EWE Wattloopers	1962	2013	01:00:45	01:04:37	01:13:55	01:05:56	00:53:58	01:12:57	6:32:08	00:05:26	51	M50	148	6
976	Meyer	Rudi	Fortuna Logabirum	1950	2013	01:01:05	01:03:37	01:14:56	01:05:51	00:53:41	01:13:00	6:32:10	00:05:26	63	M60	28	6
977	Fisser	Gisela	TV Norden	1965	2013	01:00:25	01:04:07	01:14:08	01:07:20	00:54:27	01:12:03	6:32:30	00:05:26	48	W40	54	6
978	Coordes	Detlef	Bohlen & Doyen	1963	2013	01:00:22	01:05:07	01:13:43	01:05:37	00:53:36	01:14:12	6:32:37	00:05:27	50	M50	149	6
979	Wessels	Harm	Team ENERCON	1955	2013	01:01:31	01:05:19	01:14:14	01:04:53	00:52:34	01:14:08	6:32:39	00:05:27	58	M50	150	6
980	Brauer	Martina	LG Papenburg-Aschend	1979	2013	01:01:43	01:04:33	01:14:08	01:05:06	00:53:03	01:14:12	6:32:45	00:05:27	34	W30	42	6
981	Folkerts	Anja	Spvgg.Upleward	1971	2013	01:00:33	01:04:24	01:14:13	01:06:54	00:53:16	01:13:29	6:32:49	00:05:27	42	W40	55	6
982	Janssen	Jann Bruno	Sportpark Tannenhaus	1993	2013	01:03:20	01:05:41	01:13:48	01:05:50	00:52:58	01:11:15	6:32:52	00:05:27	20	MHK	102	6
983	Birkheuer	Max	Krankenhaus Wittmund	1993	2013	01:00:45	01:06:36	01:14:28	01:05:44	00:50:43	01:14:37	6:32:53	00:05:27	20	MHK	103	6
984	Friedrichs	Helmut	B.V. Dietrichsfeld	1960	2013	00:59:58	01:05:17	01:14:58	01:05:41	00:53:45	01:13:24	6:33:03	00:05:27	53	M50	151	6
985	Klinkenborg	Enno	TV Norden	1949	2013	01:01:35	01:04:47	01:14:51	01:06:28	00:52:53	01:12:32	6:33:06	00:05:27	64	M60	29	6
986	Koch	Tammo	HTG Ihlow	2000	2013	01:03:09	01:03:53	01:13:25	01:08:50	00:54:31	01:09:18	6:33:06	00:05:27	13	MU20	126	6
987	Stüben	Martin	Störtebeker Loopers TV	1968	2013	01:04:04	01:04:37	01:11:16	01:04:50	00:51:56	01:16:29	6:33:12	00:05:27	45	M40	276	6
988	Espey	Wilfried	Neermoor	1961	2013	01:00:36	01:02:26	01:12:37	01:0								

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
995	Bley	Günter	GeTek	1965	2013	01:01:16	01:05:17	01:14:35	01:05:08	00:53:28	01:14:05	6:33:49	00:05:27	48	M40	278	6
996	Wilken	Foltmar	TRAUCO Gruppe	1966	2013	00:59:31	01:03:35	01:13:42	01:08:07	00:54:52	01:14:08	6:33:55	00:05:28	47	M40	279	6
997	Stöter	Kai	Volksbank Westrhuder	1976	2013	01:03:23	01:05:41	01:16:53	01:05:05	00:49:42	01:13:14	6:33:58	00:05:28	37	M30	152	6
998	Dirks	Bernd	SVO Wi sünd Holtriem	1996	2013	01:00:45	01:06:43	01:14:44	01:04:01	00:54:16	01:13:41	6:34:10	00:05:28	17	MU20	128	6
999	Marschall	Iris	TV Norden	1966	2013	01:00:18	01:06:33	01:13:46	01:05:45	00:53:35	01:14:13	6:34:10	00:05:28	47	W40	57	6
1000	Bohlen	Gerhard	Krankenhaus Wittmund	1953	2013	01:02:43	01:05:24	01:15:08	01:05:30	00:52:39	01:12:51	6:34:15	00:05:28	60	M60	30	6
1001	Vogelsang	Uwe	Stadt Leer	1970	2013	01:03:24	01:04:37	01:15:05	01:05:34	00:52:52	01:12:50	6:34:22	00:05:28	43	M40	280	6
1002	Schoneboom	Hans-Günter	Emder LG	1966	2013	00:58:30	01:04:27	01:13:11	01:08:14	00:54:21	01:15:43	6:34:26	00:05:28	47	M40	281	6
1003	Schoolmann	Claus	VW Emden	1977	2013	01:00:10	01:04:05	01:14:39	01:06:54	00:54:40	01:13:58	6:34:26	00:05:28	36	M30	153	6
1004	Zacher	Thomas	FC Schalke 04	1964	2013	01:00:16	01:04:13	01:13:46	01:05:50	00:55:43	01:14:43	6:34:31	00:05:28	49	M40	282	6
1005	Graalman	Stefan		1968	2013	01:03:12	01:06:04	01:14:33	01:06:23	00:52:07	01:12:29	6:34:48	00:05:28	45	M40	283	6
1006	Severiens	Gerold	Fortuna Logabirum	1948	2013	01:01:36	01:05:36	01:14:46	01:05:53	00:53:37	01:13:23	6:34:51	00:05:28	65	M60	31	6
1007	Steinmeyer	Benedikt	Gymnasium Ulricianum	1999	2013	00:58:46	01:02:01	01:13:19	01:10:26	00:56:48	01:13:33	6:34:53	00:05:28	14	MU20	129	6
1008	Winter	Stefan	Seefahrtsschule Leer	1989	2013	01:00:22	01:04:54	01:16:17	01:06:51	00:52:33	01:14:02	6:34:59	00:05:28	24	MHK	104	6
1009	Schröder	Sabrina	MTV Aurich	1977	2013	00:57:35	01:02:33	01:13:33	01:05:52	00:53:38	01:21:53	6:35:04	00:05:29	36	W30	43	6
1010	Grensemann	Gerrit	LG Großefehn	1968	2013	01:00:46	01:04:18	01:13:23	01:08:27	00:54:12	01:14:27	6:35:33	00:05:29	45	M40	284	6
1011	Leeling	Frank	Emder LG	1968	2013	01:01:00	01:02:56	01:18:47	01:05:13	00:53:47	01:13:53	6:35:36	00:05:29	45	M40	285	6
1012	Willms	Jakobus	TSV Riepe	1940	2013	01:00:49	01:05:45	01:15:20	01:05:37	00:54:15	01:14:04	6:35:50	00:05:29	73	M70	4	6
1013	Ahrens	Eike	Seefahrtsschule Leer	1991	2013	01:01:43	01:04:54	01:14:01	01:05:42	00:54:30	01:15:05	6:35:55	00:05:29	22	MHK	105	6
1014	van Hoorn	Dieter	Jantjes Team	1955	2013	01:01:40	01:05:36	01:14:54	01:04:55	00:53:14	01:15:38	6:35:57	00:05:29	58	M50	154	6
1015	Klaus	Annafrid	Feedback Leer	1989	2013	01:02:43	01:05:35	01:14:24	01:05:10	00:54:33	01:13:34	6:35:59	00:05:29	24	WHK	19	6
1016	Gerdas	Carmen	HTG Ithow	1981	2013	01:01:50	01:04:35	01:14:46	01:06:23	00:52:16	01:16:10	6:36:00	00:05:29	32	W30	44	6
1017	Gravel	Manfred	TuRa 07 Westrhuderfe	1962	2013	01:01:27	01:05:46	01:14:19	01:05:15	00:54:33	01:14:42	6:36:02	00:05:29	51	M50	155	6
1018	Schrader	Anke	Pestalozzischule Weene	1961	2013	01:02:51	01:05:39	01:16:04	01:05:53	00:53:10	01:12:34	6:36:11	00:05:29	52	W50	17	6
1019	Kramer	Helga	Victoria Flachsmeer/Kir	1977	2013	01:04:47	01:05:24	01:15:11	01:05:46	00:51:48	01:13:16	6:36:12	00:05:29	36	W30	45	6
1020	Tammen	Jutta	Steenfelde	1985	2013	01:01:54	01:04:40	01:15:40	01:05:04	00:53:42	01:15:14	6:36:14	00:05:30	28	WHK	20	6
1021	Fleßner	Janka	HTG Ithow	2001	2013	01:04:37	01:08:58	01:12:52	01:05:56	00:53:26	01:10:26	6:36:15	00:05:30	12	WU20	19	6
1022	Rixinger	Sibet	Wilhelmshaven	1959	2013	01:00:22	01:04:39	01:15:25	01:06:30	00:54:11	01:15:13	6:36:20	00:05:30	54	M50	156	6
1023	Friedrichs	Timo	ELV Elektronik AG	1972	2013	01:01:14	01:05:21	01:16:09	01:06:28	00:53:21	01:13:55	6:36:28	00:05:30	41	M40	286	6
1024	Burazer	Vedran	ENOVA	1987	2013	01:05:26	01:04:24	01:15:37	01:04:34	00:52:20	01:14:08	6:36:29	00:05:30	26	MHK	106	6
1025	Harbets	Lothar	ELV Elektronik AG	1974	2013	01:01:14	01:05:20	01:16:12	01:06:27	00:53:21	01:13:56	6:36:30	00:05:30	39	M30	154	6
1026	Maskus	Arne	Seefahrtsschule Leer	1991	2013	00:59:54	01:06:44	01:16:38	01:04:07	00:53:56	01:15:14	6:36:33	00:05:30	22	MHK	107	6
1027	Wildemann	Martin	WfBm BBB Aurich Wittr	1960	2013	01:01:03	01:03:35	01:15:15	01:08:10	00:54:25	01:14:15	6:36:43	00:05:30	53	M50	157	6
1028	Erchinger	Henriette	FC SO	1994	2013	01:04:08	01:04:18	01:15:28	01:06:59	00:52:25	01:13:36	6:36:54	00:05:30	19	WU20	20	6
1029	Kamann	Friedhelm	Ubbo-Emmius-Klinik Au	1956	2013	01:01:37	01:06:46	01:15:11	01:06:13	00:53:12	01:14:00	6:36:59	00:05:30	57	M50	158	6
1030	Brötje	Helge	Ubbo-Emmius-Klinik Au	1972	2013	00:59:01	01:07:09	01:12:44	01:04:58	00:55:10	01:18:00	6:37:02	00:05:30	41	M40	287	6
1031	Laubrock	Martje	ST Emden	1972	2013	00:59:58	01:06:35	01:14:26	01:07:41	00:54:04	01:14:19	6:37:03	00:05:30	41	W40	58	6
1032	Voß	Marion	TSV Langeoog	1963	2013	01:02:19	01:06:24	01:15:10	01:06:34	00:52:46	01:13:56	6:37:09	00:05:30	50	W50	18	6
1033	Melle	Daniel	NIGE	1995	2013	01:01:54	01:04:57	01:18:22	01:04:38	00:56:34	01:10:50	6:37:15	00:05:30	18	MU20	130	6
1034	Peterssen	Kampe	BBS 1 Aurich	1981	2013	01:01:51	01:05:27	01:14:36	01:06:13	00:53:05	01:16:09	6:37:21	00:05:30	32	M30	155	6
1035	Förster-Riemann	Daniela	EWE-Wattloopers	1967	2013	00:59:59	01:04:34	01:13:46	01:10:19	00:53:53	01:15:00	6:37:31	00:05:31	46	W40	59	6
1036	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	1948	2013	01:00:32	01:04:04	01:15:52	01:06:42	00:55:30	01:15:15	6:37:55	00:05:31	65	M60	32	6
1037	Busch	Miriam	Stadt Emden	1971	2013	01:01:25	01:06:20	01:15:50	01:07:34	00:53:47	01:13:08	6:38:04	00:05:31	42	W40	60	6
1038	Seeger	Marvin	HTG Ithow	2001	2013	00:56:26	01:09:17	01:13:09	01:10:49	00:50:27	01:18:00	6:38:08	00:05:31	12	MU20	131	6
1039	Mennenga	Andre	Emder LG	1961	2013	01:00:27	01:05:02	01:15:26	01:06:44	00:54:49	01:15:44	6:38:12	00:05:31	52	M50	159	6
1040	Meyer	Werner	Wiesmoor	1971	2013	01:02:11	01:06:42	01:15:47	01:05:59	00:53:46	01:13:50	6:38:15	00:05:31	42	M40	288	6
1041	Eilts	Joachim	SFV Westeraccum	1981	2013	01:02:45	01:06:09	01:15:39	01:06:06	00:54:05	01:13:36	6:38:20	00:05:31	32	M30	156	6
1042	Weber	Birgit	Heimatblatt	1958	2013	01:00:29	01:05:02	01:15:35	01:06:43	00:54:49	01:15:44	6:38:22	00:05:31	55	W50	19	6
1043	Drost	Helge	BSG Sparkasse Wilhelm	1974	2013	01:00:23	01:06:39	01:15:12	01:06:57	00:54:38	01:14:43	6:38:32	00:05:31	39	M30	157	6
1044	Bryant	Birgit	LT TuS Aurich-Ost	1980	2013	01:00:31	01:04:15	01:15:54	01:06:33	00:53:51	01:17:31	6:38:35	00:05:31	33	W30	46	6
1045	Gerdas	Anke	TuRa 07 Westrhuderfe	1969	2013	01:01:27	01:05:44	01:14:25	01:07:51	00:54:32	01:14:41	6:38:40	00:05:32	44	W40	61	6
1046	Bruns	Helmut	TuS Eintracht Hinte	1951	2013	01:02:36	01:05:38	01:15:05	01:05:59	00:55:12	01:14:12	6:38:42	00:05:32	62	M60	33	6
1047	Rüthemann	Frank	Bünting Tee Leer	1961	2013	00:58:16	01:05:29	01:17:35	01:07:38	00:54:10	01:15:48	6:38:56	00:05:32	52	M50	160	6
1048	Meentz	Holger	Iesloper	1971	2013	01:03:35	01:04:47	01:14:48	01:04:50	00:55:31	01:15:33	6:39:04	00:05:32	42	M40	289	6
1049	Niemand	Wilhelm	SV Blomberg-Neuschod	1959	2013	01:02:34	01:05:24	01:15:03	01:05:30	00:53:13	01:17:20	6:39:04	00:05:32	54	M50	161	6
1050	Niemeyer	Esther	Rhuderfehn	1997	2013	01:03:38	01:07:26	01:15:50	01:05:39	00:53:16	01:13:15	6:39:04	00:05:32	16	WU20	21	6
1051	Streubel	Tom	NIGE II	1997	2013	01:00:04	01:05:34	01:16:20	01:05:55	00:54:35	01:16:42	6:39:10	00:05:32	16	MU20	132	6
1052	Voget	Hartmut	KFZ Bönner	1960	2013	01:00:09	01:05:07	01:15:14	01:07:02	00:54:00	01:17:50	6:39:22	00:05:32	53	M50	162	6
1053	König	Wolfgang	NIGE	1954	2013	01:02:09	01:04:20	01:16:03	01:08:08	00:53:33	01:15:15	6:39:28	00:05:32	59	M50	163	6
1054	Rühling	Michael	LT TuS Aurich-Ost	1971	2013	01:02:40	01:06:12	01:15:43	01:07:03	00:54:25	01:13:31	6:39:34	00:05:32	42	M40	290	6
1055	Palma	Manfred	TUS Leerhufe	1960	2013	01:08:37	01:13:14	01:13:01	01:01:21	00:49:02	01:14:23	6:39:38	00:05:32	53	M50	164	6
1056	Rücker	Nicholas	Alex.-v-Humboldt-Schul	1995	2013	00:59:29	01:03:57	01:22:41	01:08:29	00:52:53	01:12:20	6:39:49	00:05:32	18	MU20	133	6
1057	Tammen	Alfred	Bünting Tee Leer	1965	2013	00:56:06	01:05:29	01:15:25	01:06:53	00:57:31	01:18:29	6:39:53	00:05:33	48	M40	291	6
1058	Fohrden	Hermann	Bohlen & Doyen	1961	2013	01:04:25	01:07:28	01:14:26	01:06:20	00:53:26	01:						

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
1066	Koch	Gerald	Baptisten Firrel	1962	2013	01:02:00	01:05:28	01:15:21	01:06:46	00:54:55	01:16:07	6:40:37	00:05:33	51	M50	166	6
1067	Treue	Najat	Klinikum Emden	1974	2013	01:01:09	01:06:00	01:17:28	01:08:14	00:54:40	01:13:08	6:40:39	00:05:33	39	W30	48	6
1068	Klaaßen	Roswitha	Pewsum	1958	2013	01:00:57	01:06:07	01:16:45	01:07:17	00:54:45	01:14:52	6:40:43	00:05:33	55	W50	21	6
1069	van Yügt	Ulrike	Feedback Leer	1974	2013	01:02:44	01:07:07	01:15:54	01:06:53	00:53:48	01:14:17	6:40:43	00:05:33	39	W30	49	6
1070	Manthey-Janssen	Anke	Aurich	1969	2013	01:02:55	01:06:37	01:15:27	01:07:13	00:54:06	01:14:26	6:40:44	00:05:33	44	W40	63	6
1071	Janssen	Adda	Wallinghausen	1966	2013	01:00:04	01:06:32	01:16:01	01:07:50	00:55:08	01:15:10	6:40:45	00:05:33	47	W40	64	6
1072	Wiesner	Stephan	LwlsthGrp 21	1974	2013	01:03:15	01:05:30	01:15:49	01:05:03	00:53:42	01:17:33	6:40:52	00:05:33	39	M30	158	6
1073	Pollmann	Ralf	MTV Wittmund	1954	2013	01:00:33	01:06:07	01:17:14	01:06:47	00:54:23	01:15:51	6:40:55	00:05:33	59	M50	167	6
1074	Herrmann	Jens	VW Emden	1959	2013	01:01:36	01:06:12	01:16:38	01:08:37	00:54:16	01:13:39	6:40:58	00:05:33	54	M50	168	6
1075	Garrels	Meike	VfB Uplengen	1981	2013	01:03:59	01:05:05	01:15:10	01:06:49	00:54:36	01:15:20	6:40:59	00:05:33	32	W30	50	6
1076	Schmidt	Lydia	SV Holtland	1963	2013	01:00:11	01:05:39	01:16:43	01:07:37	00:54:35	01:16:16	6:41:01	00:05:33	50	W50	22	6
1077	Brörkens	Dirk	Schützenverein Hesel (F	1973	2013	01:00:23	01:06:39	01:15:12	01:07:10	00:54:54	01:16:58	6:41:16	00:05:34	40	M40	293	6
1078	Mulder	Albert Juri	LwlsthGrp 21	1977	2013	01:01:55	01:05:22	01:23:03	01:04:21	00:51:47	01:14:50	6:41:18	00:05:34	36	M30	159	6
1079	Kohn	Martina	VfL Germania Leer	1974	2013	01:03:29	01:07:33	01:17:46	01:06:38	00:53:16	01:12:39	6:41:21	00:05:34	39	W30	51	6
1080	Loger	Kalle Lennart	obw Emden	1993	2013	01:01:52	01:05:47	01:17:35	01:06:31	00:51:16	01:18:40	6:41:41	00:05:34	20	MHK	109	6
1081	Densow	Detlef	LT TuS Aurich-Ost	1965	2013	01:01:15	01:08:31	01:16:19	01:06:37	00:54:22	01:14:45	6:41:49	00:05:34	48	M40	294	6
1082	Wilken	Wilfried	Vorwerk Kobold	1950	2013	01:00:31	01:05:26	01:15:54	01:08:46	00:55:38	01:15:34	6:41:49	00:05:34	63	M60	35	6
1083	Cobus	Thomas	Bohlen & Doyen	1971	2013	01:02:05	01:06:01	01:14:59	01:08:20	00:54:20	01:16:14	6:41:59	00:05:34	42	M40	295	6
1084	van Rossum	Matthijs	van Rossum/Kuiper	1962	2013	01:02:19	01:05:22	01:14:00	01:05:26	00:53:01	01:21:52	6:42:00	00:05:34	51	M50	169	6
1085	Gronewold	Thorsten	Steenfelde, Bullerberg	1976	2013	01:04:05	01:05:09	01:14:23	01:05:22	00:56:31	01:16:32	6:42:02	00:05:34	37	M30	160	6
1086	Flessner	Jörg	JHS Nordmoor	1960	2013	01:04:20	01:07:53	01:11:31	01:15:10	00:53:25	01:09:45	6:42:04	00:05:34	53	M50	170	6
1087	Bakker	Martina	Klinikum Leer	1965	2013	01:02:49	01:05:59	01:15:27	01:06:22	00:55:21	01:16:11	6:42:09	00:05:34	48	W40	65	6
1088	Pollmann	Manfred	TG Wiesmoor	1945	2013	01:02:42	01:06:32	01:16:11	01:06:51	00:55:04	01:14:53	6:42:13	00:05:34	68	M60	36	6
1089	Wesemann	Julian	de Heizungsloopers	1992	2013	01:05:24	01:05:20	01:14:39	01:06:41	00:54:31	01:15:39	6:42:14	00:05:34	21	MHK	110	6
1090	Zelmer	Sophia	Gymnasium Ulricianum	1999	2013	01:04:06	01:03:58	01:13:19	01:05:33	00:52:02	01:23:19	6:42:17	00:05:35	14	WU20	22	6
1091	Hayen	Ivonne	Krankenhaus Wittmund	1972	2013	01:01:34	01:08:41	01:15:47	01:07:37	00:54:35	01:14:37	6:42:51	00:05:35	41	W40	66	6
1092	Bohlen	Antje	Friedeburg	1987	2013	01:02:42	01:07:32	01:15:40	01:07:45	00:54:37	01:14:37	6:42:53	00:05:35	26	WHK	21	6
1093	Klostermann	Helmut	VW Emden	1955	2013	01:08:40	01:08:40	01:16:51	01:04:58	00:52:18	01:11:27	6:42:54	00:05:35	58	M50	171	6
1094	Mudder	Sandra	LG Ostfriesland	1964	2013	01:02:02	01:06:00	01:16:34	01:07:50	00:55:29	01:15:04	6:42:59	00:05:35	49	W40	67	6
1095	Brinkmann	Frieda	Fortuna Logabirum	1960	2013	01:00:27	01:07:03	01:16:59	01:07:52	00:54:50	01:15:51	6:43:02	00:05:35	53	W50	23	6
1096	Stroman	Dieterich	obw Emden	1984	2013	01:03:59	01:10:55	01:11:29	01:06:36	00:49:59	01:20:07	6:43:05	00:05:35	29	MHK	111	6
1097	Lehmann	Ewald	LG Ostfriesland	1954	2013	01:02:53	01:06:49	01:16:35	01:07:31	00:54:41	01:14:46	6:43:15	00:05:35	59	M50	172	6
1098	Roß	Armin	Zahnmedizin-Aurich	1982	2013	01:02:08	01:07:19	01:21:08	01:05:47	00:51:31	01:15:31	6:43:24	00:05:35	31	M30	161	6
1099	Haan	Jannes	obw Emden	1994	2013	01:01:14	01:05:50	01:17:32	01:07:04	00:53:11	01:18:40	6:43:31	00:05:36	19	MU20	135	6
1100	Hopf, Dr.	Friedemann	Ubbo-Emmius-Klinik Au	1959	2013	01:03:22	01:05:52	01:17:37	01:06:31	00:54:28	01:15:43	6:43:33	00:05:36	54	M50	173	6
1101	Bergmann	Anneke	Emder LG	1964	2013	01:01:31	01:06:08	01:16:51	01:07:44	00:54:52	01:16:27	6:43:33	00:05:36	49	W40	68	6
1102	Trey	Franziska	BBS I Leer	1993	2013	01:03:02	01:06:42	01:20:13	01:05:46	00:55:43	01:12:14	6:43:40	00:05:36	20	WHK	22	6
1103	Janssen	Gerd	Sandhorst	1953	2013	01:02:53	01:06:25	01:16:34	01:07:50	00:55:23	01:14:45	6:43:50	00:05:36	60	M60	37	6
1104	Jelden	Jan-Gerd	TV Norden	1955	2013	01:01:01	01:06:07	01:15:44	01:08:31	00:55:09	01:17:19	6:43:51	00:05:36	58	M50	174	6
1105	Reese	Johannes	obw Emden	1993	2013	01:01:08	01:05:50	01:17:35	01:07:12	00:53:28	01:18:39	6:43:52	00:05:36	20	MHK	112	6
1106	Klusmann	Birte	Ostfriesische Volksbank	1970	2013	01:03:53	01:06:29	01:16:43	01:07:43	00:54:59	01:14:16	6:44:03	00:05:36	43	W40	69	6
1107	Stöhr	Johann	Wilbeoer Bauteile Gm	1966	2013	01:01:02	01:07:11	01:17:12	01:06:50	00:55:44	01:16:06	6:44:05	00:05:36	47	M40	296	6
1108	Onken	Steffi	Krankenhaus Wittmund	1972	2013	01:02:16	01:06:54	01:15:49	01:08:07	00:55:46	01:15:34	6:44:26	00:05:36	41	W40	70	6
1109	Schweitzer	Felix	Turbine TGG	1959	2013	01:02:12	01:05:54	01:16:14	01:07:31	00:55:33	01:17:22	6:44:46	00:05:37	54	M50	175	6
1110	Hommers	Gaby	LT SV Ems Jemgum	1962	2013	01:02:15	01:07:06	01:16:11	01:08:00	00:54:19	01:17:00	6:44:51	00:05:37	51	W50	24	6
1111	van Loh	Ute	LT SV Ems Jemgum	1959	2013	01:02:15	01:07:06	01:16:11	01:08:00	00:54:20	01:17:00	6:44:52	00:05:37	54	W50	25	6
1112	Siepert	Maria	MTV Wittmund	1956	2013	01:02:00	01:07:00	01:17:31	01:08:22	00:55:04	01:15:04	6:45:01	00:05:37	57	W50	26	6
1113	Evers	Stella	Ulricianum Aurich	1997	2013	01:04:35	01:05:55	01:16:06	01:07:59	00:54:30	01:15:56	6:45:01	00:05:37	16	WU20	23	6
1114	Mennenga	Michelle	Gat Emden	1995	2013	01:06:57	01:05:59	01:15:21	01:06:56	00:54:07	01:15:44	6:45:04	00:05:37	18	WU20	24	6
1115	Hausmann	Hilke	Emder LG	1961	2013	01:01:32	01:06:08	01:16:52	01:07:46	00:56:25	01:16:27	6:45:10	00:05:37	52	W50	27	6
1116	Spannhoff	Hannelore	Stadt Emden	1965	2013	01:01:32	01:07:05	01:16:48	01:07:46	00:55:48	01:16:30	6:45:29	00:05:37	48	W40	71	6
1117	Christians	Torsten	Ubbo-Emmius-Klinik Au	1965	2013	01:05:04	01:09:28	01:15:28	01:07:41	00:53:27	01:14:29	6:45:37	00:05:37	48	M40	297	6
1118	Bakker	Norbert	Team Wilts	1964	2013	01:02:19	01:05:39	01:17:50	01:08:23	00:56:14	01:15:14	6:45:39	00:05:37	49	M40	298	6
1119	Vosberg	Natalia	Team ENERCON	1984	2013	01:04:58	01:07:58	01:16:02	01:06:13	00:54:21	01:16:07	6:45:39	00:05:37	29	WHK	23	6
1120	von Preyss	Bodo	Pro Senis	1939	2013	00:59:27	01:04:28	01:14:15	01:05:45	00:55:02	01:26:45	6:45:42	00:05:37	74	M70	5	6
1121	Fliege	Heinz-Georg	Klinikum Leer	1954	2013	01:00:45	01:07:40	01:17:02	01:07:51	00:55:22	01:17:03	6:45:43	00:05:37	59	M50	176	6
1122	Berling	Leo	Nordland Papier	1958	2013	01:01:45	01:05:52	01:16:41	01:08:12	00:55:49	01:17:26	6:45:45	00:05:37	55	M50	177	6
1123	Hanssen	Anke	SC Wiesens	1991	2013	01:03:56	01:06:47	01:15:29	01:07:44	00:55:43	01:16:10	6:45:49	00:05:37	22	WHK	24	6
1124	Wollermann	Manfred	MTV Wittmund	1942	2013	01:02:17	01:06:36	01:18:25	01:08:50	00:54:25	01:15:16	6:45:49	00:05:37	71	M70	6	6
1125	Behnke	Claudia	Schwimmverein Wiesm	1974	2013	01:01:16	01:06:27	01:16:35	01:08:34	00:56:04	01:16:57	6:45:53	00:05:38	39	W30	52	6
1126	Jacobs	Johann	TSV Riepe	1964	2013	01:05:01	01:07:59	01:16:16	01:06:22	00:54:38	01:15:40	6:45:56	00:05:38	49	M40	299	6
1127	König	Antino	Raiffeisenbank eG, Mod	1963	2013	01:03:40	01:06:07	01:15:43	01:07:48	00:56:17	01:16:22	6:45:57	00:05:38	50	M50	179	6
1128	Linser	Ulrich	MTV Wittmund	1954	2013	01:02:27	01:06:51	01:16:15	01:07:26	00:56:40	01:16:18	6:45:57	00:05:38	59	M50	178	6
1129	Jacobs	Silvia	TSV Riepe	1966	2013	01:05:01	01:07:58	01:16:17	01:06:23	00:54:40	01:15:40	6:45:59	00:05:38	47	W40	72	6
1130	Hinrichs	Daniela	Bünting Tee Leer	1986	20												

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
1137	Entjer	Uta	Emder LG	1969	2013	01:02:18	01:07:04	01:16:49	01:09:20	00:55:05	01:16:30	6:47:06	00:05:39	44	W40	73	6
1138	Meyer	Carina	Gymnasium Rhauderfehn	1994	2013	01:02:53	01:05:51	01:17:41	01:06:08	00:57:51	01:16:49	6:47:13	00:05:39	19	WU20	26	6
1139	Janssen	Sören	Seefahrtsschule Leer	1987	2013	01:11:44	01:10:05	01:13:33	01:04:11	00:53:08	01:14:44	6:47:25	00:05:39	26	MHK	113	6
1140	Herfurth	Oliver	Aurich	1973	2013	01:02:55	01:08:07	01:15:55	01:07:34	00:55:02	01:17:53	6:47:26	00:05:39	40	M40	302	6
1141	Campen	Holger	LG Großefehn	1982	2013	01:08:01	01:15:48	01:16:18	01:03:37	00:52:52	01:10:53	6:47:29	00:05:39	31	M30	164	6
1142	Oltmanns	Bianca	Weener Plastik	1991	2013	01:03:37	01:05:48	01:18:01	01:12:30	00:58:50	01:08:53	6:47:39	00:05:39	22	WHK	26	6
1143	Plaisier	Martina	Prinzessin Lillifee	1982	2013	01:04:42	01:06:53	01:17:44	01:06:48	00:53:24	01:18:08	6:47:39	00:05:39	31	W30	53	6
1144	Daro	Jörg	EWE Wattloopers	1962	2013	01:04:10	01:06:06	01:16:23	01:06:00	00:55:11	01:20:01	6:47:51	00:05:39	51	M50	180	6
1145	Janßen	Holger	Ostfriesische Volksbank	1968	2013	01:02:39	01:07:40	01:18:09	01:08:16	00:55:47	01:15:21	6:47:52	00:05:39	45	M40	303	6
1146	Klömpges	Axel	Auricher Taxen Zentrale	1961	2013	01:00:18	01:05:38	01:17:03	01:09:18	00:55:35	01:20:02	6:47:54	00:05:39	52	M50	181	6
1147	Kirsch	Anne- Cathrin	Seefahrtsschule Leer	1991	2013	01:01:34	01:08:10	01:15:41	01:05:29	00:55:41	01:21:33	6:48:08	00:05:39	22	WHK	27	6
1148	Collmann	Sabine	MTV Aurich	1972	2013	01:04:40	01:07:35	01:16:21	01:08:26	00:54:53	01:16:35	6:48:30	00:05:40	41	W40	74	6
1149	Wilken	Christian	Sparkasse Leer Wittmund	1989	2013	01:02:19	01:09:24	01:16:41	01:07:30	00:53:34	01:19:03	6:48:31	00:05:40	24	MHK	114	6
1150	klasen	martina	LT Spaß mit Sport	1958	2013	01:02:24	01:08:19	01:18:15	01:08:37	00:55:23	01:15:35	6:48:33	00:05:40	55	W50	28	6
1151	Esch	Klaus	Collinghorst	1964	2013	01:03:03	01:08:06	01:17:27	01:08:35	00:54:29	01:16:54	6:48:34	00:05:40	49	M40	304	6
1152	Mascali	Carmelo	Wildeboer Bauteile Gmb	1971	2013	01:02:52	01:07:48	01:17:34	01:08:52	00:54:23	01:17:06	6:48:35	00:05:40	42	M40	305	6
1153	Nanninga	Wubbo	Nordland Papier	1966	2013	01:03:35	01:06:28	01:17:49	01:07:16	00:55:50	01:17:43	6:48:41	00:05:40	47	M40	306	6
1154	Duis	Hartmut	DUIS IMMOBILIEN	1968	2013	01:03:41	01:05:36	01:16:53	01:06:54	00:55:27	01:20:11	6:48:42	00:05:40	45	M40	307	6
1155	Denker	Wilma	Ostfriesische Volksbank	1966	2013	01:02:22	01:08:23	01:17:35	01:08:24	00:55:29	01:16:31	6:48:44	00:05:40	47	W40	75	6
1156	Heyen	Milena	MTV Aurich	1999	2013	01:04:37	01:07:32	01:16:21	01:08:10	00:55:34	01:16:33	6:48:47	00:05:40	14	WU20	27	6
1157	Heckhoff	Ulrike	VfL Germania Leer	1965	2013	01:01:48	01:08:30	01:16:18	01:09:19	00:56:26	01:16:46	6:49:07	00:05:40	48	W40	76	6
1158	Cramer	Friedhard	Emder LG	1952	2013	01:01:31	01:06:08	01:16:53	01:07:46	00:56:25	01:20:34	6:49:17	00:05:40	61	M60	39	6
1159	Brouwer	Bodo	DPI AG	1971	2013	01:03:27	01:07:16	01:17:16	01:08:57	00:57:03	01:15:26	6:49:25	00:05:40	42	M40	308	6
1160	Akkermann	Ralf	SV Stikkelkamp	1968	2013	01:01:30	01:05:25	01:17:36	01:11:00	00:56:33	01:17:25	6:49:29	00:05:41	45	M40	309	6
1161	Stengler	Manuel	de Heizungsloopers	1981	2013	01:05:55	01:06:18	01:14:51	01:09:47	00:55:12	01:17:38	6:49:41	00:05:41	32	M30	165	6
1162	Schunck	Bernd	LG Ellerfeld	1950	2013	01:02:31	01:07:29	01:17:44	01:08:38	00:56:17	01:17:05	6:49:44	00:05:41	63	M60	40	6
1163	Scheffler	Andrea	LT TuS Aurich-Ost	1966	2013	01:01:18	01:06:48	01:18:09	01:09:55	00:56:06	01:17:31	6:49:47	00:05:41	47	W40	77	6
1164	Rehders	Jakob	LIG 22	1984	2013	01:05:34	01:08:59	01:17:44	01:08:19	00:55:01	01:14:34	6:50:11	00:05:41	29	MHK	115	6
1165	Nikolic	Klaus	VfL Berumbur	1948	2013	01:04:18	01:08:17	01:16:40	01:09:38	00:55:11	01:16:09	6:50:13	00:05:41	65	M60	41	6
1166	Groenewold	Frank	Selverde	1971	2013	01:02:39	01:06:47	01:17:35	01:08:57	00:56:56	01:17:27	6:50:21	00:05:41	42	M40	310	6
1167	Rabenberg	Dora	LG TV Bunde	1952	2013	01:02:13	01:07:41	01:17:00	01:09:01	00:57:07	01:17:22	6:50:24	00:05:41	61	W60	3	6
1168	Ewen	Hayo	VfL Berumbur	1965	2013	01:02:57	01:07:17	01:18:32	01:11:33	00:55:06	01:15:00	6:50:25	00:05:41	48	M40	311	6
1169	Janssen	Matthias	Detemerlehe	1974	2013	01:06:07	01:06:43	01:20:48	01:06:13	00:54:51	01:15:43	6:50:25	00:05:41	39	M30	166	6
1170	Kramer	Gunda	MTV/LG Ellerfeld	1961	2013	01:04:39	01:08:28	01:16:46	01:08:25	00:55:24	01:16:43	6:50:25	00:05:41	52	W50	29	6
1171	Schmidt	Laura	McDonalds Aurich	1994	2013	01:03:30	01:07:08	01:19:29	01:08:50	00:54:59	01:16:36	6:50:32	00:05:41	19	WU20	28	6
1172	Doden	Meinhard	GeTek	1962	2013	01:02:20	01:06:12	01:17:41	01:08:30	00:58:03	01:17:54	6:50:40	00:05:42	51	M50	182	6
1173	Broß	Rainer	SV Ems Jemgum	1969	2013	01:03:09	01:09:45	01:18:09	01:08:28	00:54:47	01:16:51	6:51:09	00:05:42	44	M40	312	6
1174	Fleßner	Gert	EWE Wattloopers	1985	2013	01:02:50	01:04:58	01:16:00	01:13:28	00:56:25	01:17:29	6:51:10	00:05:42	28	MHK	116	6
1175	Hippen	Johann	ORGADATA AG	1967	2013	01:01:44	01:06:32	01:18:01	01:09:21	00:57:26	01:18:10	6:51:14	00:05:42	46	M40	313	6
1176	Schürmann	Ulrike	Germania Leer	1962	2013	01:03:41	01:08:23	01:19:40	01:08:07	00:55:59	01:15:28	6:51:18	00:05:42	51	W50	30	6
1177	Rull	Thomas	ZGO	1978	2013	01:03:50	01:09:53	01:16:49	01:08:34	00:55:59	01:16:40	6:51:45	00:05:42	35	M30	167	6
1178	Beyen	Wilma	1969	2013	01:02:32	01:07:35	01:17:38	01:09:27	00:55:53	01:18:47	6:51:52	00:05:43	44	W40	78	6	
1179	Leffers	Bernd	Leffers Optik	1955	2013	01:04:42	01:06:35	01:18:57	01:08:09	00:55:42	01:17:48	6:51:53	00:05:43	58	M50	183	6
1180	Mäcken	Helmut	Großefehn	1978	2013	01:04:18	01:09:16	01:17:21	01:06:38	00:55:17	01:19:19	6:52:09	00:05:43	35	M30	168	6
1181	Lapies	Lukas	Kdo SES Ostfriesland	1992	2013	01:03:58	01:05:11	01:23:49	01:07:45	00:56:05	01:15:30	6:52:18	00:05:43	21	MHK	117	6
1182	Däuber	Günter	Judo-Team VfR-Heisfeld	1961	2013	01:04:43	01:09:53	01:17:57	01:09:44	00:56:00	01:14:04	6:52:21	00:05:43	52	M50	184	6
1183	Janssen	Holger	TuS Esens	1963	2013	01:01:53	01:06:11	01:17:41	01:07:47	00:56:55	01:21:58	6:52:25	00:05:43	50	M50	185	6
1184	Peters	Marc	LIG 21	1971	2013	01:04:55	01:09:35	01:17:44	01:08:42	00:55:06	01:16:26	6:52:28	00:05:43	42	M40	314	6
1185	Goos	Doris	Emder LG	1962	2013	01:03:28	01:07:19	01:17:02	01:11:30	00:56:46	01:16:25	6:52:30	00:05:43	51	W50	31	6
1186	Lingner	Gerhard	TuRa 07 Westrhauderfehn	1949	2013	01:03:05	01:08:28	01:17:28	01:09:19	00:56:26	01:17:53	6:52:39	00:05:43	64	M60	42	6
1187	Tinnemeyer	Oswald	TuRa 07 Westrhauderfehn	1952	2013	01:03:05	01:07:35	01:17:29	01:10:08	00:56:27	01:17:55	6:52:39	00:05:43	61	M60	43	6
1188	Kramer	Freya	Oldenburg	1988	2013	01:06:29	01:09:32	01:19:26	01:10:46	00:54:32	01:12:09	6:52:54	00:05:43	25	WHK	28	6
1189	Coordes	Karola	BV Hoffnung Ludwigsddorf	1984	2013	01:03:54	01:07:29	01:18:33	01:09:43	00:55:39	01:17:42	6:53:00	00:05:43	29	WHK	29	6
1190	Wieligmann	Frank	Turbine TGG	1967	2013	01:06:48	01:08:27	01:18:59	01:07:52	00:55:37	01:15:24	6:53:07	00:05:44	46	M40	315	6
1191	Möller, Dr.	Thomas	Ubbo-Emmius-Klinik Aurich	1962	2013	01:03:26	01:06:39	01:17:37	01:07:35	00:58:10	01:19:46	6:53:13	00:05:44	51	M50	186	6
1192	Smid	Frank-Michael	Scharff / Trauco	1964	2013	01:04:04	01:08:02	01:17:15	01:10:40	00:56:28	01:16:45	6:53:14	00:05:44	49	M40	316	6
1193	Bültena	Uwe	Bünting Tee Leer	1965	2013	01:07:50	01:10:19	01:17:35	01:07:38	00:54:10	01:15:48	6:53:20	00:05:44	48	M40	317	6
1194	Bruns	Ludger	Emder LG	1974	2013	01:05:58	01:08:18	01:17:00	01:08:26	00:56:24	01:17:18	6:53:24	00:05:44	39	M30	169	6
1195	Swart	Helmut	Weener Plastik	1964	2013	01:02:22	01:07:28	01:16:56	01:11:03	00:57:10	01:18:35	6:53:34	00:05:44	49	M40	318	6
1196	Gerken	Theo	LG Ostfriesland	1944	2013	01:03:46	01:07:55	01:18:19	01:09:26	00:56:17	01:17:52	6:53:35	00:05:44	69	M60	44	6
1197	Janssen - de Wall	Jan	Zahnmedizin-Aurich	1972	2013	00:49:45	00:53:31	02:09:41	00:55:09	00:44:53	01:20:45	6:53:44	00:05:44	41	M40	319	6
1198	Wuntke	Lennart	Seefahrtsschule Leer	1988	2013	01:01:14	01:06:26	01:23:52	01:09:46	00:56:39	01:15:57	6:53:54	00:05:44	25	MHK	118	6
1199	Janssen	Jann	Aurich	1972	2013	01:04:42	01:08:11	01:19:20	01:08:23	00:56:18	01:17:05	6:53:59	00:05:44	41	M40	320	6
1200	Wiegmann	Günter	Neue Osnabrücker Zielvereinigung	1960	2013	01:02:45	01:04:49	01:16:03	01:08:56	00:59:22	01:22:15	6:54:10	00:05				

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15	pro km				
1208	Neitemeier	Sarah	Ulricianum Aurich	1998	2013	01:02:53	01:06:51	01:18:34	01:09:23	00:56:40	01:20:35	6:54:56	00:05:45	15	WU20	29	6
1209	Loers	Helmut	SV Blau Weiß Filsum	1952	2013	01:03:46	01:08:50	01:18:21	01:10:11	00:56:34	01:17:37	6:55:19	00:05:45	61	M60	46	6
1210	Plettke	Günther	LSSG Weener	1961	2013	01:05:12	01:09:14	01:18:45	01:09:18	00:56:15	01:16:43	6:55:27	00:05:45	52	M50	188	6
1211	Brinshawitz	Ralf	MTV Aurich	1967	2013	01:04:38	01:07:35	01:17:55	01:09:37	00:57:20	01:18:27	6:55:32	00:05:46	46	M40	322	6
1212	Thormählen	Björn	Seefahrtsschule Leer	1988	2013	01:00:14	01:07:23	01:15:39	01:07:03	00:55:42	01:29:54	6:55:55	00:05:46	25	MHK	120	6
1213	Möhlmann	Tina	Team Wilts	1989	2013	01:05:25	01:07:07	01:21:27	01:09:57	00:55:51	01:16:13	6:56:00	00:05:46	24	WHK	31	6
1214	Janssen	Margret	MTV Aurich	1974	2013	01:04:39	01:07:43	01:17:56	01:10:24	00:56:51	01:18:30	6:56:03	00:05:46	39	W30	55	6
1215	Wittenburg	Peter	obw Emden	1949	2013	01:03:09	01:09:01	01:18:59	01:10:00	00:56:38	01:18:21	6:56:08	00:05:46	64	M60	47	6
1216	Opitz	Christiane	Team Laufrausch e.V.	1970	2013	01:06:28	01:09:24	01:18:28	01:07:52	00:54:29	01:19:31	6:56:12	00:05:46	43	W40	79	6
1217	Auslitz	Oliver	Seefahrtsschule Leer	1991	2013	01:04:56	01:09:33	01:17:54	01:11:33	00:54:31	01:17:49	6:56:16	00:05:46	22	MHK	121	6
1218	Ubben	Mathis	Ulricianum Aurich	1994	2013	01:07:42	01:10:46	01:19:27	01:09:51	00:52:50	01:15:42	6:56:18	00:05:46	19	MU20	136	6
1219	Bütle	Sylvia	Die Kurzentschlossener	1971	2013	01:05:36	01:06:28	01:20:26	01:08:30	00:57:28	01:17:53	6:56:21	00:05:46	42	W40	80	6
1220	Hagen	Gerhard	Walle	1961	2013	01:03:43	01:09:12	01:20:56	01:08:30	00:56:22	01:17:42	6:56:25	00:05:46	52	M50	189	6
1221	Musiol	Anja	MTV Aurich	1973	2013	01:06:20	01:06:39	01:17:49	01:08:10	00:55:34	01:21:54	6:56:26	00:05:46	40	W40	81	6
1222	Swears	Olaf	SV Wittmund	1968	2013	01:04:53	01:09:45	01:20:35	01:10:23	00:53:46	01:17:15	6:56:37	00:05:46	45	M40	323	6
1223	Großluschen	Ute	VfB Germania Wiesmoor	1981	2013	01:05:21	01:10:12	01:18:18	01:09:15	00:56:21	01:17:16	6:56:43	00:05:47	32	W30	56	6
1224	Broer	Frank	LG Ostfriesland	1970	2013	00:50:44	01:13:25	01:18:34	01:12:41	00:58:44	01:22:36	6:56:44	00:05:47	43	M40	324	6
1225	Fengkohl	Frank	Fortuna Wirdum	1960	2013	01:07:19	01:12:58	01:25:30	00:59:58	00:49:20	01:21:51	6:56:56	00:05:47	53	M50	190	6
1226	Poppen	Gaby	Klinikum Leer	1965	2013	01:03:25	01:07:12	01:17:27	01:10:43	00:57:14	01:20:56	6:56:57	00:05:47	48	W40	82	6
1227	Harbers	Jürgen	Fehntjer Dragons	1968	2013	01:02:33	01:05:26	01:21:00	01:11:36	00:58:13	01:18:26	6:57:14	00:05:47	45	M40	325	6
1228	Rohlfis	Ronja	SVO Wi sünd Holtriem	1997	2013	01:04:47	01:06:37	01:17:38	01:10:20	00:56:23	01:21:36	6:57:21	00:05:47	16	WU20	30	6
1229	Förster	Julia	IGS Aurich West	1995	2013	01:06:39	01:08:57	01:19:53	01:07:54	00:53:44	01:20:16	6:57:23	00:05:47	18	WU20	31	6
1230	Juilfs	Eilert	LG Großefehn	1945	2013	01:04:12	01:09:20	01:18:59	01:09:24	00:56:59	01:18:34	6:57:28	00:05:47	68	M60	48	6
1231	Schnau	Heinz-Artur	RVB Aurich/Uplengen	1959	2013	01:04:07	01:08:52	01:19:21	01:09:37	00:56:46	01:18:55	6:57:38	00:05:47	54	M50	191	6
1232	Eggerstorff	Fritz	Box Club Norden	1952	2013	01:08:17	01:08:09	01:18:43	01:09:32	00:56:58	01:16:14	6:57:53	00:05:48	61	M60	49	6
1233	Möhlenkamp	Annika	BBC Chartering	1984	2013	01:06:08	01:08:32	01:18:53	01:10:47	00:56:19	01:17:23	6:58:02	00:05:48	29	WHK	32	6
1234	Behrens-Kuhl	Marlies	Klinikum Leer	1972	2013	01:04:19	01:07:11	01:17:46	01:10:42	00:57:14	01:20:56	6:58:08	00:05:48	41	W40	83	6
1235	Knottnerus-Meyer	Jantje	Ulricianum Aurich	1998	2013	01:02:28	01:05:48	01:19:13	01:13:07	00:57:19	01:20:25	6:58:20	00:05:48	15	WU20	32	6
1236	Guilhauman	Eric	MVM mbH-IT Managem	1994	2013	01:07:06	01:08:47	01:19:19	01:07:25	00:58:02	01:17:42	6:58:21	00:05:48	19	MU20	137	6
1237	Alexy	Kerstin	LG Uplengen	1971	2013	01:03:03	01:08:06	01:18:09	01:11:06	00:57:48	01:20:21	6:58:33	00:05:48	42	W40	84	6
1238	Strüfung	Joris	Gymnasium Ulricianum	1999	2013	01:05:41	01:07:04	01:18:35	01:09:40	00:57:49	01:19:52	6:58:41	00:05:48	14	MU20	138	6
1239	Schön	Thomas	DLRG LEER	1965	2013	01:06:20	01:10:14	01:18:47	01:09:09	00:56:54	01:17:20	6:58:44	00:05:48	48	M40	326	6
1240	Olthoff	Uwe	Emder LG	1968	2013	01:04:01	01:08:14	01:18:39	01:10:41	00:57:16	01:19:56	6:58:47	00:05:48	45	M40	327	6
1241	Berkemeier	Helge	Seefahrtsschule Leer	1987	2013	01:06:57	01:11:00	01:18:04	01:09:36	00:56:17	01:16:56	6:58:50	00:05:48	26	MHK	122	6
1242	Sick	Jens	JAA Emden	1965	2013	01:04:27	01:08:46	01:20:06	01:10:46	00:57:10	01:18:00	6:59:15	00:05:49	48	M40	328	6
1243	Tapper	Tobias	Ulricianum Aurich	1996	2013	01:06:57	01:08:49	01:19:16	01:08:55	00:55:05	01:20:13	6:59:15	00:05:49	17	MU20	140	6
1244	Peede	Lennert	Ulricianum Aurich	1997	2013	01:06:57	01:08:49	01:19:17	01:08:55	00:55:06	01:20:13	6:59:17	00:05:49	16	MU20	139	6
1245	Baumann	Georg Ihno	TV Greetsiel	1961	2013	01:04:56	01:08:14	01:18:13	01:10:31	00:57:26	01:20:04	6:59:24	00:05:49	52	M50	192	6
1246	Kumler	Marion	Polizei Aurich / TSV Rie	1965	2013	01:05:32	01:08:31	01:18:28	01:09:56	00:57:46	01:19:11	6:59:24	00:05:49	48	W40	85	6
1247	Tacke	Karin	B Steinjan Consulting G	1959	2013	01:06:26	01:09:43	01:19:50	01:09:57	00:56:11	01:17:29	6:59:36	00:05:49	54	W50	34	6
1248	Schmidt	Thomas	MTV Aurich	1963	2013	01:03:24	01:09:21	01:20:53	01:09:32	00:57:08	01:19:21	6:59:39	00:05:49	50	M50	193	6
1249	Baumann	Brigitte	Emder LG	1963	2013	01:05:23	01:09:07	01:19:04	01:11:51	00:57:34	01:16:55	6:59:54	00:05:49	50	W50	35	6
1250	Klimaschka-Behrer	Uschi	Ulricianum Aurich	1957	2013	01:05:12	01:09:31	01:19:48	01:10:49	00:56:11	01:18:25	6:59:56	00:05:49	56	W50	36	6
1251	Loesch	Ernst	Team ENERCON	1966	2013	01:05:26	01:08:38	01:19:19	01:10:27	00:57:06	01:19:02	6:59:58	00:05:49	47	M40	329	6
1252	Wienrank	Horst	SV Dornum	1960	2013	01:02:53	01:10:18	01:18:47	01:10:07	00:59:07	01:18:49	7:00:01	00:05:49	53	M50	194	6
1253	Kamann	Imke	Norden	1987	2013	01:01:29	01:06:45	01:16:30	01:11:57	01:00:13	01:23:14	7:00:08	00:05:49	26	WHK	33	6
1254	Heyen	Gunda	LT TuS Aurich-Ost	1967	2013	01:05:11	01:09:31	01:19:48	01:10:49	00:56:28	01:18:25	7:00:12	00:05:49	46	W40	86	6
1255	Wilken	Agnes	Baptisten Firrel	1970	2013	01:05:01	01:10:11	01:18:43	01:10:10	00:57:50	01:18:23	7:00:18	00:05:50	43	W40	87	6
1256	Ottersberg	Hanna	Team Möbel Buss	1973	2013	01:05:01	01:10:12	01:18:44	01:10:10	00:57:50	01:18:23	7:00:20	00:05:50	40	W40	88	6
1257	Wiemers	Sven	MVM mbH-IT Managem	1985	2013	01:10:02	01:11:01	01:17:41	01:07:43	00:56:00	01:18:06	7:00:33	00:05:50	28	MHK	123	6
1258	de Buhr	Jasper	IGS Aurich West	1993	2013	01:05:18	01:09:07	01:19:42	01:10:54	00:55:27	01:20:21	7:00:49	00:05:50	20	MHK	124	6
1259	Tjaden	Manuela	Emder LG	1964	2013	01:04:19	01:10:02	01:19:43	01:11:31	00:57:39	01:17:42	7:00:56	00:05:50	49	W40	89	6
1260	Brümmer	Helmuth	ENOVA	1956	2013	01:05:59	01:08:49	01:20:24	01:09:04	00:55:55	01:20:46	7:00:57	00:05:50	57	M50	195	6
1261	Krieger-Hetzke	Helga	TV Norden	1964	2013	01:03:31	01:09:03	01:21:01	01:10:00	00:57:17	01:20:10	7:01:02	00:05:50	49	W40	90	6
1262	Andreessen	Silke	Ihlow	1978	2013	01:04:01	01:10:37	01:18:39	01:10:41	00:57:15	01:19:56	7:01:09	00:05:50	35	W30	57	6
1263	Bretschneider	Alexander	Leinerstift e.V	1998	2013	01:06:31	01:10:42	01:20:03	01:08:55	00:57:16	01:17:53	7:01:20	00:05:50	15	MU20	141	6
1264	de Buhr	Renate	Emder LG	1949	2013	01:04:46	01:10:02	01:19:43	01:11:31	00:57:39	01:17:42	7:01:23	00:05:50	64	W60	4	6
1265	Lüter	Fenny	EEG Augustfehn	1963	2013	01:04:17	01:08:58	01:19:21	01:09:06	00:57:58	01:21:44	7:01:24	00:05:50	50	W50	37	6
1266	Kleffe	Monika	TSG Hatten-Sandkrug	1951	2013	01:05:12	01:05:51	01:21:43	01:11:00	00:56:22	01:21:26	7:01:34	00:05:51	62	W60	5	6
1267	Rehfeldt	Bernd	TSG Hatten-Sandkrug	1945	2013	01:05:13	01:05:50	01:21:43	01:11:00	00:56:22	01:21:27	7:01:35	00:05:51	68	M60	50	6
1268	Oltmanns	Volker	Raiffeisenbank Flachsm	1991	2013	01:05:25	01:10:08	01:22:03	01:11:18	00:56:40	01:16:08	7:01:42	00:05:51	22	MHK	125	6
1269	Kleen-Holtz	Wibke	Höchte Running	1974	2013	01:03:33	01:08:46	01:20:44	01:10:49	00:59:04	01:18:47	7:01:43	00:05:51	39	W30	58	6
1270	Platte	Hans-Joachim	Wiesmoor	1953	2013	01:04:25	01:10:31	01:20:17	01:09:36	00:57:52	01:19:19	7:02:00	00:05:51	60	M60	51	6
1271	Aden	Mario	Bohlen & Doyen	1969	2013	01:04:09	01:08:39	01:19:31	01:11:48								

32. Ostfrieslandlauf 2013

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15	pro km				
1279	Weber	Michael	Alex.-v-Humboldt-Schul	1954	2013	01:03:24	01:11:28	01:20:26	01:10:39	00:57:15	01:20:21	7:03:33	00:05:52	59	M50	196	6
1280	Campen	Frerich	LT TuS Aurich-Ost	1971	2013	01:04:30	01:09:04	01:20:36	01:10:48	00:57:37	01:21:06	7:03:41	00:05:52	42	M40	331	6
1281	Trauernicht	Harald	LG-Grossefehnt/T-GO	1969	2013	01:02:58	01:09:27	01:22:21	01:12:48	00:55:57	01:20:11	7:03:42	00:05:52	44	M40	332	6
1282	Siefkes	Jürgen	Aurich	1980	2013	01:04:00	01:10:18	01:17:58	01:11:25	00:57:47	01:22:16	7:03:44	00:05:52	33	M30	170	6
1283	Schultz	Dietmar	Team Deutsche Post	1965	2013	01:02:45	01:08:07	01:22:27	01:11:23	00:57:38	01:21:28	7:03:48	00:05:52	48	M40	333	6
1284	Hildebrand	Irene	TSV Riepe	1961	2013	01:05:31	01:08:38	01:20:58	01:11:03	00:57:33	01:20:06	7:03:49	00:05:52	52	W50	40	6
1285	Kossack	Thomas	Team ENERCON	1984	2013	01:06:26	01:08:06	01:15:35	01:11:54	01:01:18	01:20:41	7:04:00	00:05:53	29	MHK	127	6
1286	Klein	Birgit	Team Laufrausch e.V.	1981	2013	01:05:24	01:10:04	01:20:25	01:10:46	00:57:59	01:19:28	7:04:06	00:05:53	32	W30	60	6
1287	Schüßler	Neele	Ulricianum Aurich	1997	2013	01:07:45	01:10:51	01:19:51	01:10:16	00:58:42	01:16:42	7:04:07	00:05:53	16	WU20	34	6
1288	Deitenbach	Jan-Hendrik		1976	2013	01:02:53	01:08:36	01:19:19	01:09:51	01:02:44	01:20:45	7:04:08	00:05:53	37	M30	171	6
1289	Meyer	Stefan	Team ENERCON	1978	2013	01:05:36	01:10:13	01:18:52	01:12:11	00:57:39	01:19:37	7:04:08	00:05:53	35	M30	172	6
1290	Albrecht	Sylke	Team Laufrausch e.V.	1962	2013	01:06:28	01:09:34	01:20:00	01:10:02	00:58:40	01:19:25	7:04:09	00:05:53	51	W50	41	6
1291	Haschenburger	Werner	BSG Volksbank Jever	1955	2013	01:06:17	01:11:10	01:20:41	01:09:05	00:58:01	01:19:01	7:04:15	00:05:53	58	M50	197	6
1292	Kahmann	Margret	Ubbo-Emmius-Klinik Au	1958	2013	01:05:07	01:10:48	01:20:04	01:11:08	00:58:06	01:19:33	7:04:46	00:05:53	55	W50	42	6
1293	Hildebrandt	Lothar	Emder LG	1968	2013	01:05:51	01:10:20	01:21:06	01:11:32	00:57:22	01:18:54	7:05:05	00:05:53	45	M40	334	6
1294	Picksak	Angeilika	TSV Riepe	1997	2013	01:05:35	01:09:25	01:20:58	01:11:23	00:57:45	01:20:06	7:05:12	00:05:54	16	WU20	35	6
1295	Mannott	Martina	Krankenhaus Wittmund	1969	2013	01:04:18	01:09:03	01:21:01	01:11:54	00:58:34	01:20:28	7:05:18	00:05:54	44	W40	92	6
1296	Tjards	Helmut	LT TuS Aurich-Ost	1964	2013	01:07:28	01:11:08	01:21:36	01:11:26	00:53:44	01:19:57	7:05:19	00:05:54	49	M40	335	6
1297	Neugebauer	Bärbel	TV Norden	1965	2013	01:12:51	01:10:35	01:19:05	01:09:03	00:56:14	01:17:48	7:05:36	00:05:54	48	W40	93	6
1298	Höft	Helmut	LT TuS Aurich-Ost	1959	2013	01:07:28	01:11:08	01:21:36	01:11:27	00:53:26	01:20:36	7:05:41	00:05:54	54	M50	198	6
1299	Zorn	Nathalie	BHC Consulting GmbH	1985	2013	01:04:25	01:10:49	01:19:48	01:12:55	00:58:19	01:19:27	7:05:43	00:05:54	28	WHK	34	6
1300	Kleen	Heinrich	LG Großefehn	1959	2013	01:04:54	01:10:50	01:22:37	01:10:31	00:58:00	01:19:06	7:05:58	00:05:54	54	M50	199	6
1301	Wirgenings	Ursula	MTV Aurich	1965	2013	01:07:32	01:11:14	01:19:24	01:12:34	00:56:52	01:18:29	7:06:05	00:05:54	48	W40	94	6
1302	Meyer	Daniela	Turbine TGG	1995	2013	01:04:19	01:07:28	01:25:19	01:11:29	00:58:14	01:19:25	7:06:14	00:05:54	18	WU20	36	6
1303	Gossling	Karl	LG Bunde	1946	2013	01:05:51	01:10:42	01:21:41	01:10:58	00:58:35	01:18:31	7:06:18	00:05:55	67	M60	53	6
1304	Seiwald	Uta	S.V. Concordia Ihrhove	1969	2013	01:02:29	01:08:18	01:22:50	01:09:47	00:57:07	01:25:55	7:06:26	00:05:55	44	W40	95	6
1305	Corbach	Insa	VfB Germania Wiesmo	1985	2013	01:05:21	01:11:39	01:20:04	01:10:58	00:57:18	01:21:11	7:06:31	00:05:55	28	WHK	35	6
1306	Bossen	Dirk	VHS Laufen	1966	2013	01:09:04	01:11:44	01:20:24	01:11:39	00:56:43	01:17:05	7:06:39	00:05:55	47	M40	336	6
1307	Nie	Richard	MTV Ditzum	1963	2013	01:06:26	01:10:34	01:21:08	01:10:42	00:58:41	01:19:32	7:07:03	00:05:55	50	M50	200	6
1308	El Zoubi	Nadia	TV Oldersum	1983	2013	01:05:28	01:13:49	01:23:37	01:01:01	00:59:22	01:23:54	7:07:11	00:05:55	30	W30	61	6
1309	Goudschaal	Karl-Heinz	TV Norden	1968	2013	00:57:09	01:02:44	01:12:20	01:04:48	01:13:29	01:36:45	7:07:15	00:05:55	45	M40	337	6
1310	Keiser	Isabell	ZAP Wattjes	1981	2013	01:08:50	01:10:24	01:21:35	01:10:24	00:57:21	01:18:43	7:07:17	00:05:55	32	W30	62	6
1311	Brandt	Henning	Ostfriesische Volksbank	1977	2013	01:08:50	01:10:24	01:21:45	01:10:22	00:57:22	01:18:42	7:07:25	00:05:55	36	M30	173	6
1312	Graef	Wulf	Rhaude	1948	2013	01:07:41	01:11:44	01:21:44	01:10:17	01:00:47	01:15:36	7:07:49	00:05:56	65	M60	54	6
1313	Hoffmann	Rainer	EDEKA TEAM JEMGUM	1967	2013	01:09:54	01:12:09	01:22:06	01:10:19	00:56:18	01:17:29	7:08:15	00:05:56	46	M40	338	6
1314	Buss	Herbert	SV Stikelkamp	1959	2013	01:06:04	01:11:50	01:20:54	01:11:35	00:58:24	01:19:55	7:08:42	00:05:57	54	M50	201	6
1315	Eilers	Berthold	TSV Riepe	1974	2013	01:05:04	01:11:27	01:19:40	01:12:13	00:57:44	01:22:39	7:08:47	00:05:57	39	M30	174	6
1316	Ennen	Ewald	AOK - Die Gesundheits	1961	2013	01:06:47	01:10:36	01:21:04	01:11:52	00:58:03	01:20:27	7:08:49	00:05:57	52	M50	202	6
1317	Hanken	Harald		1965	2013	01:09:24	01:08:59	01:16:53	01:10:30	01:00:40	01:22:39	7:09:05	00:05:57	48	M40	339	6
1318	Janßen	Christa	SV Frisia Brinkum	1943	2013	01:04:28	01:09:25	01:20:10	01:13:40	00:59:40	01:21:54	7:09:17	00:05:57	70	W70	1	6
1319	Steinmeier	Fritz	MTV Aurich	1948	2013	01:05:47	01:08:43	01:26:08	01:12:29	00:57:23	01:18:49	7:09:19	00:05:57	65	M60	55	6
1320	Klunder	Jochen	LOOP DOCH SÜLMST	1967	2013	01:06:47	01:10:37	01:21:03	01:12:30	00:58:03	01:20:27	7:09:27	00:05:57	46	M40	340	6
1321	Rosenboom	Dennis	Varel	1979	2013	01:07:23	01:14:43	01:20:59	01:10:29	00:57:45	01:18:22	7:09:41	00:05:57	34	M30	175	6
1322	Frerichs	Jason	TV Norden	2001	2013	01:06:43	01:10:49	01:27:34	01:10:45	00:59:24	01:14:27	7:09:42	00:05:57	12	MU20	142	6
1323	Meyer	Ingrid	AOK - Die Gesundheits	1972	2013	01:06:21	01:10:16	01:20:58	01:12:47	00:57:48	01:21:33	7:09:43	00:05:57	41	W40	96	6
1324	Doden	Ina	Völkerball läuft	1972	2013	01:06:07	01:10:16	01:22:44	01:11:22	00:57:48	01:21:33	7:09:50	00:05:57	41	W40	97	6
1325	Busse	Mirjam	Emder LG	1978	2013	01:06:32	01:10:53	01:20:44	01:11:53	00:59:03	01:20:52	7:09:57	00:05:58	35	W30	63	6
1326	Akkermann	Jens		1983	2013	01:06:17	01:11:12	01:20:56	01:12:05	00:59:07	01:20:20	7:09:57	00:05:58	30	M30	176	6
1327	Saathoff	Nadine	Heisfelder Zahnhaus	1983	2013	01:05:06	01:08:23	01:19:40	01:12:24	00:59:15	01:25:14	7:10:02	00:05:58	30	W30	64	6
1328	Buurman	Ellen	IGS Waldschule Egels	1948	2013	01:06:10	01:10:08	01:21:28	01:12:53	00:59:30	01:20:03	7:10:12	00:05:58	65	W60	6	6
1329	Baumgarten	Theo	Lummerland Taxi Aurich	1968	2013	01:04:36	01:10:30	01:21:37	01:13:53	00:58:41	01:21:01	7:10:18	00:05:58	45	M40	341	6
1330	Boelsen	Johann	Blau Weiss Filsun	1962	2013	01:08:15	01:11:20	01:20:59	01:12:32	00:59:04	01:18:12	7:10:22	00:05:58	51	M50	203	6
1331	Bruns	Sandra	NW Steuerberatungsge	1976	2013	01:08:23	01:09:08	01:24:48	01:10:03	00:57:28	01:20:33	7:10:23	00:05:58	37	W30	65	6
1332	Mengers	Gerlind	TuRa 07 Westhauderfe	1967	2013	01:05:55	01:10:52	01:21:37	01:12:32	00:58:29	01:21:17	7:10:42	00:05:58	46	W40	98	6
1333	Kassmann	Gunvor	VOST	1981	2013	01:03:15	01:11:36	01:21:14	01:13:44	00:59:09	01:21:48	7:10:46	00:05:58	32	W30	66	6
1334	Schuster	Silke	LT TuS Aurich-Ost	1977	2013	01:05:12	01:10:59	01:21:37	01:12:37	00:58:32	01:21:54	7:10:51	00:05:58	36	W30	67	6
1335	Riedel	Maren	C. E. Popken	1964	2013	01:08:07	01:11:31	01:20:23	01:12:00	00:59:01	01:20:26	7:11:28	00:05:59	49	W40	99	6
1336	Baumann	Onno	Leinerstift e.V.	1968	2013	01:08:29	01:11:42	01:21:10	01:11:41	00:57:51	01:20:39	7:11:32	00:05:59	45	M40	342	6
1337	Klock	Monika	Leinerstift e.V.	1967	2013	01:08:28	01:11:43	01:21:11	01:11:41	00:57:51	01:20:40	7:11:34	00:05:59	46	W40	100	6
1338	Busboom	Sina	Uplengen	1988	2013	01:04:58	01:12:43	01:19:56	01:12:41	00:57:59	01:23:37	7:11:54	00:05:59	25	WHK	36	6
1339	Broer	Inken	Gymnasium Ulricianum	1999	2013	01:06:27	01:13:25	01:18:34	01:12:40	00:58:44	01:22:36	7:12:26	00:06:00	14	WU20	37	6
1340	Koenen	Michael	Allianz, Weener	1973	2013	01:06:16	01:09:20	01:24:52	01:12:15	00:58:34	01:21:14	7:12:31	00:06:00	40	M40	343	6
1341	Buß	Melanie	VfB Germania wiesmo	1981	2013	01:06:53	01:10:11	01:22:49	01:12:31	00:58:51	01:21:28	7:12:43	00:06:00	32	W30	68	6
1342	Hallenga	Gunda	Tannenhausen	1983	2013	01:06:35	01:10:49	01:22:42	01:12:26	00:57:31	01:22:43	7:12:46	00:06:0				

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
1350	Ehnts-Hinrichs	Gertrud	MTV Wittmund	1965	2013	01:07:26	01:11:47	01:21:57	01:12:20	00:59:10	01:20:48	7:13:28	00:06:00	48	W40	103	6
1351	Ergin	Leyla	BBC Chartering	1984	2013	01:07:38	01:09:19	01:20:11	01:14:13	01:00:02	01:22:11	7:13:34	00:06:01	29	WHK	39	6
1352	Herman	Dagmar	Gymnastikgruppe Moor	1972	2013	01:07:29	01:13:46	01:22:52	01:11:10	00:58:22	01:19:55	7:13:34	00:06:01	41	W40	104	6
1353	Fitzner	Günter	LT TuS Aurich-Ost	1948	2013	01:07:12	01:12:13	01:22:24	01:12:18	00:58:36	01:20:52	7:13:35	00:06:01	65	M60	56	6
1354	Schürmann	Tobias	Seefahrtschule Leer	1988	2013	01:06:45	01:12:20	01:20:07	01:12:08	01:00:41	01:21:50	7:13:51	00:06:01	25	MHK	128	6
1355	Möhlmann	Gudrun	Ostfriesische Volksbank	1970	2013	01:07:23	01:11:30	01:21:47	01:11:33	00:57:23	01:24:23	7:13:59	00:06:01	43	W40	105	6
1356	Hinrichs	Onno	Team Wilts	1990	2013	01:04:14	01:09:10	01:21:26	01:14:56	01:00:05	01:24:18	7:14:09	00:06:01	23	MHK	129	6
1357	Meyer	Erhard	Sparkasse Leer Wittmund	1962	2013	01:07:49	01:12:08	01:23:07	01:11:55	00:59:29	01:19:45	7:14:13	00:06:01	51	M50	204	6
1358	Bremer-Busemann	Annelie	TURa 07 Westrauderfer	1960	2013	01:05:07	01:10:49	01:21:50	01:14:09	00:59:59	01:22:22	7:14:16	00:06:01	53	W50	43	6
1359	Ubben	Fenna	TSV Holtrop Basketball	1995	2013	01:07:58	01:11:00	01:19:07	01:18:09	00:58:09	01:19:54	7:14:17	00:06:01	18	WU20	39	6
1360	Stocker	Ralf	Aurich	1947	2013	01:02:02	01:08:06	01:29:07	01:14:17	00:57:40	01:23:08	7:14:20	00:06:01	66	M60	57	6
1361	Stöhr	Daniela	OFD Nds. Aurich	1967	2013	01:07:18	01:11:09	01:22:17	01:13:40	00:59:29	01:20:29	7:14:22	00:06:01	46	W40	106	6
1362	Steinke	Dietrich	SV Concordia Neermoo	1941	2013	01:04:57	01:12:13	01:23:17	01:14:00	00:59:22	01:20:44	7:14:33	00:06:01	72	M70	7	6
1363	Gruben	Geda	SV Potshausen/ Tura o	1949	2013	01:05:07	01:10:51	01:21:50	01:14:10	01:00:25	01:22:23	7:14:46	00:06:02	64	W60	7	6
1364	Ernst	Gerhard	fit in die Kiste	1953	2013	01:07:41	01:11:43	01:21:44	01:17:32	01:00:47	01:15:36	7:15:03	00:06:02	60	M60	58	6
1365	Cornelius	Eike	TSV Jahn Carolinensiel	1979	2013	01:08:22	01:11:33	01:21:43	01:12:01	00:59:11	01:22:28	7:15:18	00:06:02	34	M30	177	6
1366	Ott	Christian	Alex.-v-Humboldt-Schul	1977	2013	01:06:16	01:11:28	01:22:41	01:11:07	01:00:39	01:23:14	7:15:25	00:06:02	36	M30	178	6
1367	Pennig	Friedrich-Karl	TGG Leer	1948	2013	01:09:05	01:12:17	01:21:44	01:12:56	00:58:01	01:21:52	7:15:55	00:06:03	65	M60	59	6
1368	Vehnekamp	Werner	Team Möbel Buss	1958	2013	01:04:49	01:10:28	01:18:43	01:14:16	01:04:06	01:23:37	7:15:59	00:06:03	55	M50	205	6
1369	Röben	Hinrich	LT TuS Aurich-Ost	1956	2013	01:02:57	01:13:16	01:25:19	01:14:30	00:59:40	01:20:24	7:16:06	00:06:03	57	M50	206	6
1370	Rieken	Uda	BV Vorwärts Plaggenbu	1967	2013	01:07:44	01:11:01	01:23:38	01:13:49	00:58:50	01:21:20	7:16:22	00:06:03	46	W40	107	6
1371	Wolkenhaar	Enno	TC Grün Weiß	1938	2013	01:09:02	01:12:43	01:21:15	01:12:54	00:59:09	01:21:22	7:16:25	00:06:03	75	M70	8	6
1372	Freeseemann	Egon	Bünting Tee Leer	1966	2013	01:09:42	01:12:12	01:12:15	01:19:26	01:00:29	01:22:23	7:16:27	00:06:03	47	M40	345	6
1373	Uphoff	Sandra	Großheide	1982	2013	01:07:06	01:11:27	01:23:48	01:11:49	00:58:43	01:23:42	7:16:35	00:06:03	31	W30	71	6
1374	Schulte	Elke	Oldenburg	1965	2013	01:06:38	01:12:26	01:24:22	01:13:03	00:57:59	01:22:17	7:16:45	00:06:03	48	W40	108	6
1375	Garten	Hartmut	TuS Glarum	1950	2013	01:07:13	01:11:08	01:23:39	01:12:18	01:00:02	01:22:26	7:16:46	00:06:03	63	M60	60	6
1376	Frühling	Anna	Gymnasium Ulricianum	1999	2013	01:10:38	01:13:11	01:19:32	01:11:04	00:59:21	01:23:18	7:17:04	00:06:03	14	WU20	40	6
1377	Trauer	Dörthe	Tannenhausen	1977	2013	01:06:35	01:10:49	01:22:42	01:14:17	00:59:56	01:22:46	7:17:05	00:06:03	36	W30	72	6
1378	Keiser	Johann	n-cut24	1962	2013	01:09:36	01:15:42	01:06:16	01:16:06	01:03:26	01:26:15	7:17:21	00:06:04	51	M50	207	6
1379	Reiter	H.Hermann	SV Stikkelkamp	1965	2013	01:08:06	01:12:13	01:21:38	01:13:26	01:00:22	01:21:52	7:17:37	00:06:04	48	M40	346	6
1380	Mannott	Antje	TSV Jahn Carolinensiel	1955	2013	01:07:34	01:12:04	01:24:28	01:12:44	00:58:51	01:21:59	7:17:40	00:06:04	58	W50	44	6
1381	Janßen	Ralf	REHAU AG & Co	1969	2013	01:07:30	01:10:19	01:23:43	01:13:19	00:59:49	01:23:00	7:17:40	00:06:04	44	M40	347	6
1382	Penner	Florian	FT Spetzerfehn	1963	2013	01:10:56	01:12:58	01:23:10	01:11:48	00:58:42	01:20:19	7:17:53	00:06:04	50	M50	208	6
1383	Janssen	Beate	Klinikum Emden	1969	2013	01:07:06	01:11:27	01:23:47	01:13:15	00:58:42	01:23:42	7:17:59	00:06:04	44	W40	109	6
1384	Janssen	Thomas	Bünting Tee Leer	1974	2013	01:06:47	01:06:29	01:39:09	01:06:41	00:58:22	01:20:37	7:18:05	00:06:04	39	M30	179	6
1385	Door	Martina	Ostfriesische Brandkass	1989	2013	01:06:42	01:12:32	01:24:27	01:11:55	01:00:09	01:22:26	7:18:11	00:06:04	24	WHK	40	6
1386	Brandau	Claudia	Stadt Leer	1963	2013	01:06:28	01:12:05	01:23:43	01:13:53	00:59:56	01:22:13	7:18:18	00:06:04	50	W50	45	6
1387	Adamietz	Yvonne	LT Spaß mit Sport	1984	2013	01:09:10	01:10:42	01:21:47	01:13:38	00:58:59	01:24:07	7:18:23	00:06:05	29	WHK	41	6
1388	Schuster	Carsten	IGS Aurich West	1994	2013	01:09:46	01:12:40	01:17:47	01:16:29	00:57:39	01:24:07	7:18:28	00:06:05	19	MU20	143	6
1389	Siebels	Gerd	Fortuna Logabirum	1953	2013	01:06:30	01:11:14	01:23:17	01:14:29	00:59:42	01:23:45	7:18:57	00:06:05	60	M60	61	6
1390	Battermann	Regina	Fehrtjer LT	1951	2013	01:06:27	01:12:24	01:22:45	01:13:44	00:59:40	01:24:02	7:19:02	00:06:05	62	W60	8	6
1391	Jürgens	Britta	Krankenhaus Wittmund	1965	2013	01:07:30	01:12:45	01:22:41	01:12:45	01:00:06	01:23:29	7:19:16	00:06:05	48	W40	110	6
1392	Janssen	Annika	SV Blomberg- Neusch	1984	2013	01:07:32	01:11:57	01:24:27	01:12:43	00:59:08	01:23:36	7:19:23	00:06:05	29	WHK	42	6
1393	Bley	Lydia	MTV Aurich	1959	2013	01:06:28	01:10:48	01:22:32	01:15:11	01:02:10	01:22:19	7:19:28	00:06:05	54	W50	46	6
1394	Severiens	Henni	Fortuna Logabirum	1954	2013	01:07:15	01:12:23	01:22:26	01:14:35	01:00:42	01:22:13	7:19:34	00:06:06	59	W50	47	6
1395	Braams	Herma	SC Dunum	1956	2013	01:06:56	01:11:30	01:24:09	01:13:35	01:00:50	01:22:42	7:19:42	00:06:06	57	W50	48	6
1396	Heibült	Christian	SV Holland	1940	2013	01:10:01	01:12:54	01:25:48	01:16:35	00:58:45	01:15:43	7:19:46	00:06:06	73	M70	9	6
1397	Gerken	Angelika	Krankenhaus Wittmund	1967	2013	01:08:36	01:11:48	01:23:24	01:13:25	00:59:31	01:23:28	7:20:12	00:06:06	46	W40	111	6
1398	Eggers	Ulrich	Bootsbau Eggers	1966	2013	01:05:51	01:12:00	01:23:09	01:13:21	01:01:17	01:24:37	7:20:15	00:06:06	47	M40	348	6
1399	Wilts	Hermann	TV Norden	1946	2013	01:06:38	01:12:40	01:23:34	01:14:24	01:00:27	01:22:42	7:20:25	00:06:06	67	M60	62	6
1400	Ulferts	Anke	Heisfelder Zahnhaus	1970	2013	01:06:28	01:11:55	01:21:19	01:14:15	01:01:20	01:25:12	7:20:29	00:06:06	43	W40	112	6
1401	Dirksen	Elke	Krankenhaus Wittmund	1966	2013	01:08:16	01:11:47	01:22:46	01:14:24	01:00:04	01:23:13	7:20:30	00:06:06	47	W40	113	6
1402	Ackmann	Helmut	LT TuS Aurich-Ost	1954	2013	01:06:03	01:11:15	01:26:03	01:13:42	01:01:11	01:22:32	7:20:46	00:06:07	59	M50	209	6
1403	Lokers	Menno	Sparkasse Leer Wittm	1970	2013	01:10:23	01:13:59	01:24:06	01:12:09	00:58:52	01:21:18	7:20:47	00:06:07	43	M40	349	6
1404	Poppen	Sabine	VW Emden	1970	2013	01:07:32	01:13:13	01:24:12	01:12:47	01:00:16	01:22:54	7:20:54	00:06:07	43	W40	114	6
1405	Meyer	Ingrid	Stadt Emden	1965	2013	01:07:31	01:13:13	01:24:12	01:12:47	01:00:20	01:22:54	7:20:57	00:06:07	48	W40	115	6
1406	Christoffers	Jutta	TG Wiesmoor	1961	2013	01:07:30	01:11:26	01:22:34	01:14:50	01:01:19	01:23:21	7:21:00	00:06:07	52	W50	49	6
1407	Dirks	Anne	TG Wiesmoor	1962	2013	01:07:31	01:11:26	01:22:35	01:14:50	01:01:19	01:23:21	7:21:02	00:06:07	51	W50	50	6
1408	Sluiter	Helga	Nordgeorgsfehn	1963	2013	01:08:30	01:11:46	01:22:52	01:14:45	01:00:08	01:23:12	7:21:13	00:06:07	50	W50	51	6
1409	Olbrich	Birgit	Leinerstift e.V	1957	2013	01:08:08	01:12:26	01:23:27	01:14:11	01:00:02	01:23:01	7:21:15	00:06:07	56	W50	52	6
1410	Kühl-Giesenberg	Angelika	Nur dabei sein!	1967	2013	01:04:17	01:19:51	01:27:06	01:11:26	00:58:29	01:20:16	7:21:25	00:06:07	46	W40	116	6
1411	Rose	Nicola	Emden	1972	2013	01:09:41	01:12:36	01:22:56	01:13:25	01:00:38	01:22:23	7:21:39	00:06:07	41	W40	117	6
1412	Albers	Heio	Harmonic Brass	1946	2013	01:06:27	01:14:03	01:24:07	01:13:24	01:01:17	01:22:24	7:21:42	00:06:07	67	M60	63	6
1413	Albers	Jochen	Harmonic Brass	1969	2013	01:06:27	01:14:04	01:24:08	01:13:25	01:01:19	01:2						

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
1421	Habben	Sabine	Fortuna Wirdum	1992	2013	01:07:18	01:12:59	01:25:30	01:13:58	01:00:52	01:21:50	7:22:27	00:06:08	21	WHK	43	6
1422	Fischer	Inga	IGS Aurich West	1994	2013	01:07:31	01:12:02	01:23:36	01:14:33	01:00:28	01:24:18	7:22:28	00:06:08	19	WU20	42	6
1423	Reinwaldt	Madlen	Fortuna Wirdum	1971	2013	01:07:18	01:12:58	01:25:30	01:13:58	01:00:53	01:21:51	7:22:28	00:06:08	42	W40	118	6
1424	Meyer	Karin	Moormerland	1955	2013	01:06:28	01:12:46	01:22:47	01:15:28	01:00:23	01:24:37	7:22:29	00:06:08	58	W50	54	6
1425	van der Berg	Beate	Boekzetelerfehn	1977	2013	01:08:40	01:12:39	01:22:26	01:13:29	01:00:51	01:24:26	7:22:31	00:06:08	36	W30	73	6
1426	Schiller	Tanja	Kiga Mamis	1979	2013	01:08:40	01:12:39	01:22:25	01:13:30	01:00:51	01:24:26	7:22:31	00:06:08	34	W30	74	6
1427	Lühr	Heidi	Novapax	1969	2013	01:09:17	01:13:18	01:23:08	01:14:40	01:00:09	01:22:00	7:22:32	00:06:08	44	W40	121	6
1428	Sich	Ute	MTV Aurich	1972	2013	01:08:18	01:12:14	01:24:25	01:14:28	00:59:48	01:23:19	7:22:32	00:06:08	41	W40	120	6
1429	Janssen	Günter	MTV Aurich Triathlon	1943	2013	01:10:05	01:17:08	01:24:26	01:11:52	01:00:07	01:19:00	7:22:38	00:06:08	70	M70	10	6
1430	Tauer-Entgelmeier	Irmgard		1963	2013	01:11:36	01:13:03	01:24:05	01:13:05	00:59:23	01:21:58	7:23:10	00:06:09	50	W50	55	6
1431	Hiersemann	Timo	obw Emden	1993	2013	01:08:48	01:11:14	01:25:18	01:13:28	01:01:28	01:22:55	7:23:11	00:06:09	20	MHK	130	6
1432	Calero	David Lloreda	BBC Chartering	1989	2013	01:09:37	01:14:00	01:19:54	01:13:09	01:03:17	01:23:21	7:23:18	00:06:09	24	MHK	131	6
1433	Steenhoff	Heiner	Germania Holterfehn	1960	2013	01:11:12	01:13:23	01:24:50	01:13:44	00:58:59	01:21:15	7:23:23	00:06:09	53	M50	211	6
1434	Harms	Thomas	Wildeboer Bauteile Gmt	1967	2013	01:09:15	01:12:26	01:23:06	01:13:04	00:59:38	01:25:56	7:23:25	00:06:09	46	M40	352	6
1435	Franzen	Wilfried	SV Teutonia Stapelmoo	1945	2013	01:08:16	01:11:40	01:24:45	01:15:03	01:00:25	01:23:21	7:23:30	00:06:09	68	M60	65	6
1436	Mohnsame	Klaus	VfL Jheringsfehn	1943	2013	01:08:58	01:09:52	01:22:40	01:22:24	00:56:59	01:22:38	7:23:31	00:06:09	70	M70	11	6
1437	Schmidt	Nina	Ev.-luth. Kindergarten F	1977	2013	01:09:19	01:12:09	01:24:47	01:14:41	00:59:42	01:23:06	7:23:44	00:06:09	36	W30	75	6
1438	Weber	Holger	SV Stern Schwerinsdorf	1994	2013	01:08:15	01:13:13	01:23:08	01:13:09	00:59:10	01:26:53	7:23:48	00:06:09	19	MU20	145	6
1439	Roofs	Katja	DUIS	1995	2013	01:05:50	01:09:55	01:22:26	01:16:14	01:02:22	01:27:23	7:24:10	00:06:09	18	WU20	43	6
1440	Pohl	Ismail	DUIS IMMOBILIEN	1988	2013	01:06:18	01:09:32	01:25:16	01:15:16	01:00:10	01:27:40	7:24:12	00:06:09	25	MHK	132	6
1441	Boekholder	Wilhelmine	Emder LG	1948	2013	01:08:15	01:12:18	01:24:18	01:14:59	01:00:56	01:23:39	7:24:25	00:06:10	65	W60	9	6
1442	Davids	Marion	Emder LG	1962	2013	01:08:16	01:12:18	01:24:17	01:14:59	01:00:56	01:23:39	7:24:25	00:06:10	51	W50	56	6
1443	Ewald	Swen	Seefahrtsschule Leer	1978	2013	01:08:08	01:14:43	01:23:20	01:16:54	00:59:27	01:22:00	7:24:32	00:06:10	35	M30	180	6
1444	Schmidt	Angelika	Greta-Schoon-Schule	1961	2013	01:08:51	01:13:04	01:23:24	01:12:48	01:00:31	01:25:56	7:24:34	00:06:10	52	W50	57	6
1445	Mansholt	Derk	MTV Wittmund	1948	2013	01:05:58	01:14:21	01:24:36	01:13:27	01:00:12	01:26:00	7:24:34	00:06:10	65	M60	66	6
1446	Weers	Werner	Sparkasse Leer Wittmun	1952	2013	01:08:09	01:13:45	01:24:53	01:14:45	01:00:09	01:23:16	7:24:57	00:06:10	61	M60	67	6
1447	Bretzler	Onke		1997	2013	01:11:41	01:11:58	01:19:15	01:13:05	01:00:02	01:28:59	7:25:00	00:06:10	16	MU20	146	6
1448	Hüttinga	Jens	n-cut 24	1968	2013	01:09:35	01:15:17	01:24:16	01:06:17	01:03:26	01:26:14	7:25:05	00:06:10	45	M40	353	6
1449	Wester	Fenna	Weener	1954	2013	01:09:51	01:15:23	01:26:34	01:12:52	00:58:47	01:21:50	7:25:17	00:06:10	59	W50	58	6
1450	Boelmann	Jens	Emden	1967	2013	01:09:28	01:12:40	01:23:50	01:15:56	01:00:42	01:22:52	7:25:28	00:06:10	46	M40	354	6
1451	Bent	Nanke	NIGE	1996	2013	01:08:17	01:08:11	01:25:38	01:15:33	01:01:53	01:26:01	7:25:33	00:06:11	17	WU20	44	6
1452	Rieken	Maren	B-Plast 2000 Aurich-Sch	1985	2013	01:09:34	01:13:04	01:23:27	01:15:03	01:01:23	01:23:07	7:25:38	00:06:11	28	WHK	44	6
1453	Janssen	Kerstin	B-Plast 2000 Aurich-Sch	1986	2013	01:09:34	01:13:04	01:23:27	01:15:03	01:01:23	01:23:08	7:25:39	00:06:11	27	WHK	45	6
1454	Farwer	Gertrud		1958	2013	01:08:09	01:12:46	01:24:05	01:15:28	01:00:35	01:24:37	7:25:40	00:06:11	55	W50	59	6
1455	Petrolino	Bianca	MTV Aurich	1972	2013	01:09:22	01:12:45	01:25:19	01:14:44	01:01:37	01:22:01	7:25:48	00:06:11	41	W40	122	6
1456	Wolter	Alexandra	MTV Aurich	1974	2013	01:09:22	01:12:45	01:25:19	01:14:44	01:01:37	01:22:01	7:25:48	00:06:11	39	W30	76	6
1457	Engel	Arne	LG Großefehn	2002	2013	01:06:35	01:12:00	01:23:23	01:20:17	00:59:20	01:24:16	7:25:51	00:06:11	11	MU20	147	6
1458	Cord	Torben	BBC Chartering	1985	2013	01:11:33	01:13:21	01:27:29	00:59:38	01:03:16	01:30:39	7:25:56	00:06:11	28	MHK	133	6
1459	Wulff	Gundula	WfbM BBB Aurich Wittm	1965	2013	01:09:48	01:15:23	01:26:35	01:13:01	00:59:24	01:21:50	7:26:01	00:06:11	48	W40	123	6
1460	Baumgarten	Petra	Lummerland Taxi Aurich	1970	2013	01:09:07	01:12:25	01:25:28	01:14:26	01:00:59	01:23:42	7:26:07	00:06:11	43	W40	124	6
1461	Penon	Focko	Ulricianum Aurich	1971	2013	01:05:56	01:10:15	01:21:57	01:12:32	01:08:23	01:27:06	7:26:09	00:06:11	42	M40	355	6
1462	Kampers	Mario	Kdo SES Ostfriesland	1973	2013	01:08:27	01:14:58	01:25:03	01:14:49	01:00:32	01:22:37	7:26:26	00:06:11	40	M40	356	6
1463	Tel	Elisabeth	RVB Aurich/Uplengen	1969	2013	01:08:42	01:13:38	01:26:31	01:14:05	00:59:46	01:23:55	7:26:37	00:06:11	44	W40	125	6
1464	Groß	Sven	WfbM BBB Aurich Wittm	1991	2013	00:58:59	01:14:06	01:23:33	01:29:01	00:53:16	01:27:50	7:26:45	00:06:12	22	MHK	134	6
1465	Vespermann	Sandra	Team ENERCON	1985	2013	01:13:24	01:10:02	01:26:20	01:23:43	00:57:25	01:16:01	7:26:55	00:06:12	28	WHK	46	6
1466	van Hettinga	Franz	IGS Waldschule Egels	1996	2013	01:09:15	01:14:41	01:24:23	01:17:29	01:05:04	01:16:17	7:27:09	00:06:12	17	MU20	148	6
1467	Schoormann	Hans-Hermann	Team Timmel	1983	2013	01:09:06	01:13:21	01:25:25	01:14:23	01:00:58	01:23:58	7:27:11	00:06:12	30	M30	181	6
1468	Walther	Kai	Team Timmel	1977	2013	01:09:06	01:13:20	01:25:25	01:14:24	01:01:00	01:23:56	7:27:11	00:06:12	36	M30	182	6
1469	Koops	Erwin	Sparkasse Leer Wittmun	1972	2013	01:10:25	01:14:01	01:25:06	01:14:19	01:00:43	01:22:58	7:27:32	00:06:12	41	M40	357	6
1470	Wenninga	Lothar	Greta-Schoon-Schule	1972	2013	01:12:01	01:15:06	01:27:43	01:11:28	00:59:10	01:22:12	7:27:40	00:06:12	41	M40	358	6
1471	Eden	Ilona	FC SO	1969	2013	01:07:48	01:14:10	01:24:59	01:14:51	01:02:08	01:23:48	7:27:44	00:06:12	44	W40	126	6
1472	Rohfs	Nicole	HRS Moormerland	1998	2013	01:15:50	01:12:02	01:22:44	01:14:39	01:01:02	01:22:01	7:28:18	00:06:13	15	WU20	45	6
1473	Bley	Tobias	GeTek	1994	2013	01:09:57	01:12:32	01:24:21	01:12:25	00:59:58	01:29:07	7:28:20	00:06:13	19	MU20	149	6
1474	Jacobsen	Henrik	Schule Moormerland	1997	2013	01:06:54	01:12:28	01:22:46	01:13:40	01:05:19	01:27:15	7:28:22	00:06:13	16	MU20	150	6
1475	Möhlmann	Gerda	Sparkasse Aurich-Norde	1965	2013	01:08:23	01:13:13	01:25:13	01:15:53	01:01:33	01:24:09	7:28:24	00:06:13	48	W40	127	6
1476	Stockfisch	Michael	TUS Collinghorst	1967	2013	01:09:32	01:13:31	01:24:48	01:15:17	01:02:02	01:23:15	7:28:25	00:06:13	46	M40	359	6
1477	Lüpkes	Talea	Ubbo-Emmius-Klinik Au	1993	2013	01:08:16	01:12:39	01:28:24	01:15:24	00:59:44	01:24:15	7:28:42	00:06:13	20	WHK	47	6
1478	Meiners	Elke	TuRa 07 Westrauderfe	1950	2013	01:08:00	01:13:10	01:23:55	01:16:34	01:02:37	01:24:27	7:28:43	00:06:13	63	W60	10	6
1479	Heinrichsdorff-Bakl	Stephanie	Ostfriesische Volksbank	1979	2013	01:09:21	01:13:48	01:23:54	01:15:13	01:00:20	01:26:10	7:28:46	00:06:13	34	W30	77	6
1480	Willms	Sonka	KBV Driest-Weg Dunum	1992	2013	01:08:19	01:12:40	01:28:24	01:15:24	00:59:44	01:24:15	7:28:46	00:06:13	21	WHK	48	6
1481	Helmers	Meike	mitzeit Intensivpflege Zu	1973	2013	01:12:08	01:13:20	01:23:20	01:14:11	01:01:46	01:24:02	7:28:47	00:06:13	40	W40	128	6
1482	Knöller	Benjamin	Alex.-v-Humboldt-Schul	1996	2013	01:04:54	01:12:14	01:29:02	01:18:10	00:52:48	01:31:43	7:28:51	00:06:13	17	MU20	151	6
1483	Ubben	Anna-Lena	Borromäus Hospital Lee	1995	2013	01:08:59	01:14:35	01:26:06	01:16:51	01:00:20	01:22:13	7:29:04	00:06:13	18	WU20	46	6
1484	Dickhöfer	Holger	Enno Onnecken	1972	2013	01:07:00	01:15:32	01:28:34									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
1492	Akkermann	Kerstin	Sparkasse Leer Wittm	1970	2013	01:09:35	01:13:21	01:26:09	01:14:51	01:02:08	01:24:13	7:30:17	00:06:14	43	W40	130	6
1493	Ubben	Marie	EDEKA	1957	2013	01:11:22	01:14:44	01:25:21	01:15:44	01:01:07	01:22:24	7:30:42	00:06:15	56	W50	61	6
1494	Wostratzky	Claudia	Heisfelder Zahnhaus	1974	2013	01:11:00	01:15:38	01:25:26	01:15:25	00:59:15	01:24:26	7:31:10	00:06:15	39	W30	79	6
1495	Köhler	Laura	Seefahrtschule Leer	1992	2013	01:13:12	01:13:55	01:25:52	01:14:07	00:59:25	01:24:42	7:31:13	00:06:15	21	WHK	50	6
1496	Schömig	Kerstin	Grundschule Hinte	1968	2013	01:10:03	01:14:17	01:24:53	01:14:57	01:02:04	01:25:00	7:31:14	00:06:15	45	W40	131	6
1497	Peeken	Gerd	TuS Esens	1973	2013	01:10:53	01:13:24	01:25:43	01:16:24	01:00:29	01:24:24	7:31:17	00:06:15	40	M40	363	6
1498	Erdmann	Laura	Ulricianum Aurich	1995	2013	01:09:37	01:14:22	01:26:14	01:13:16	01:00:38	01:27:38	7:31:45	00:06:16	18	WU20	47	6
1499	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2013	01:07:23	01:12:14	01:27:21	01:16:39	01:01:15	01:27:01	7:31:53	00:06:16	47	M40	364	6
1500	Hanken	Lisa	RVB Aurich/Uplengen	1992	2013	01:09:24	01:16:16	01:26:21	01:16:33	01:00:39	01:22:40	7:31:53	00:06:16	21	WHK	51	6
1501	Saathoff	Gerd	Blau Weiss Filsum	1965	2013	01:11:40	01:13:25	01:27:08	01:13:52	01:01:35	01:24:48	7:32:28	00:06:16	48	M40	365	6
1502	Glamann-Schulz	Graif	TV Norden	2000	2013	01:13:47	01:20:24	01:33:05	01:03:16	00:45:59	01:36:02	7:32:33	00:06:16	13	MU20	152	6
1503	Sap	Gisela	Klinikum Leer	1955	2013	01:08:31	01:13:30	01:26:23	01:16:50	01:02:45	01:24:41	7:32:40	00:06:16	58	W50	62	6
1504	Schiemann-Lillie	Martin	LT TuS Aurich-Ost	1955	2013	01:07:34	01:12:13	01:26:43	01:18:08	01:02:58	01:25:15	7:32:51	00:06:17	58	M50	213	6
1505	Meyerjürgens	Andrea	Bad zwischenah	1972	2013	01:10:29	01:14:55	01:26:31	01:15:58	01:01:06	01:24:39	7:33:38	00:06:17	41	W40	132	6
1506	Linnemann-Klein	Svea-Marie	NIGE	1996	2013	01:09:22	01:12:56	01:25:51	01:15:52	01:03:32	01:26:15	7:33:48	00:06:17	17	WU20	48	6
1507	Rosenkranz	Ines	Alex.-v-Humboldt-Schul	1985	2013	01:11:19	01:14:22	01:30:14	01:16:04	01:02:05	01:19:56	7:34:00	00:06:18	28	WHK	52	6
1508	Otten	Judith	ZGO	1984	2013	01:13:40	01:15:37	01:25:26	01:13:34	01:00:55	01:24:49	7:34:01	00:06:18	29	WHK	53	6
1509	Störig	Wiebke	Gymnasium Ulricianum	2000	2013	01:12:37	01:18:46	01:26:35	01:11:32	00:57:18	01:27:20	7:34:08	00:06:18	13	WU20	49	6
1510	Hüls	Henri	obw Emden	1968	2013	01:10:35	01:14:15	01:25:50	01:15:29	01:00:56	01:27:03	7:34:08	00:06:18	45	M40	366	6
1511	Bockhöfer	Christoph	Rechtsanwälte Dr. Fenn	1966	2013	01:08:15	01:13:28	01:28:07	01:18:49	01:00:56	01:24:34	7:34:09	00:06:18	47	M40	367	6
1512	Meyer	Martina	Rudnick mode und wohn	1980	2013	01:09:31	01:13:43	01:27:07	01:16:44	01:02:44	01:24:30	7:34:19	00:06:18	33	W30	80	6
1513	Ammermann	Lars	Bünting Tee Leer	1972	2013	01:10:52	01:13:56	01:27:19	01:16:24	01:01:07	01:24:42	7:34:20	00:06:18	41	M40	368	6
1514	Witte	Marlies	LT Spaß mit Sport	1960	2013	01:09:43	01:15:20	01:25:35	01:17:07	01:01:08	01:25:48	7:34:41	00:06:18	53	W50	63	6
1515	Janßen	Wilma		1974	2013	01:16:13	00:57:08	01:31:24	01:18:47	01:04:11	01:27:10	7:34:53	00:06:18	39	W30	81	6
1516	Brink	Susanne	n-cut24	1969	2013	01:09:36	01:15:16	01:24:16	01:16:05	01:03:26	01:26:15	7:34:54	00:06:18	44	W40	133	6
1517	Korpiilla	Claudia	ZGO	1966	2013	01:13:40	01:15:34	01:25:27	01:13:47	01:02:39	01:24:14	7:35:21	00:06:19	47	W40	134	6
1518	Oelscher	Heinz	Bürgerverein Filsum	1954	2013	01:09:45	01:17:16	01:22:28	01:19:40	01:01:44	01:24:29	7:35:22	00:06:19	59	M50	214	6
1519	Onken	Hilde	Stadtwerke Leer AöR	1959	2013	01:10:40	01:15:14	01:25:43	01:17:25	01:02:41	01:23:39	7:35:22	00:06:19	54	W50	64	6
1520	Jelden	Insa	Stadt Leer	1992	2013	01:08:42	01:13:54	01:26:46	01:17:12	01:02:46	01:26:07	7:35:27	00:06:19	21	WHK	54	6
1521	Freese	Klaus	LT TuS Aurich-Ost	1969	2013	01:07:35	01:14:02	01:22:47	01:16:45	01:04:59	01:29:39	7:35:47	00:06:19	44	M40	369	6
1522	Freese	Vanessa	LT TuS Aurich-Ost	1997	2013	01:07:34	01:14:01	01:22:47	01:16:45	01:04:59	01:29:42	7:35:48	00:06:19	16	WU20	50	6
1523	Müller	Nina	Klinikum Leer	1987	2013	01:11:05	01:16:22	01:27:08	01:14:16	01:01:15	01:25:50	7:35:56	00:06:19	26	WHK	55	6
1524	Caspers	Uwe	Team ENERCON	1971	2013	01:13:20	01:13:33	01:24:29	01:19:29	01:01:59	01:23:32	7:36:22	00:06:20	42	M40	370	6
1525	Homölle	Werner	Bünting Tee Leer	1964	2013	01:10:52	01:13:56	01:27:22	01:16:25	01:03:08	01:24:46	7:36:29	00:06:20	49	M40	371	6
1526	Saathoff	Silvia	Ubbo-Emmius-Klinik Au	1970	2013	01:09:32	01:13:15	01:26:08	01:17:26	01:03:06	01:27:06	7:36:33	00:06:20	43	W40	135	6
1527	Riebschläger	Michelle	Ulricianum Aurich	1996	2013	01:09:32	01:14:20	01:26:13	01:16:05	01:02:45	01:27:39	7:36:34	00:06:20	17	WU20	51	6
1528	Kaiser	Jens	Enno Onnecken	1972	2013	01:14:56	01:19:36	01:30:14	01:11:47	00:58:11	01:22:05	7:36:49	00:06:20	41	M40	372	6
1529	Seiwald	Insa	Stadt Leer	1968	2013	01:09:43	01:15:19	01:27:13	01:16:42	01:02:07	01:25:55	7:36:59	00:06:20	45	W40	136	6
1530	Tholen	Ralf	Seefahrtschule Leer	1985	2013	01:08:23	01:14:25	01:25:16	01:16:41	01:02:22	01:29:54	7:37:01	00:06:20	28	MHK	135	6
1531	Weber	Verena	Klinikum Leer	1994	2013	01:09:21	01:15:17	01:26:16	01:17:37	01:03:40	01:25:03	7:37:14	00:06:20	19	WU20	52	6
1532	Leuchtman	Sascha	Lebenshilfe Leer e.V.	1980	2013	01:06:44	01:10:56	01:27:13	01:24:19	01:02:45	01:25:49	7:37:46	00:06:21	33	M30	183	6
1533	Wiltfang	Johann	Ostfriesische Volksbank	1956	2013	01:12:58	01:13:32	01:28:47	01:15:33	01:01:18	01:25:38	7:37:46	00:06:21	57	M50	215	6
1534	Seifert	Rieke	Gymnasium Ulricianum	1999	2013	01:12:08	01:15:36	01:30:04	01:14:31	01:01:54	01:23:35	7:37:48	00:06:21	14	WU20	53	6
1535	Buse	Keno	WfBm BBB Aurich Wittm	1994	2013	01:30:46	01:41:05	01:18:23	01:03:56	00:50:05	01:13:37	7:37:52	00:06:21	19	MU20	153	6
1536	Wollmann	Klaas	WfBm BBB Aurich Wittm	1994	2013	01:30:48	01:41:06	01:18:22	01:03:55	00:50:06	01:13:37	7:37:54	00:06:21	19	MU20	154	6
1537	Stoffer	Cato	Ulricianum Aurich	1998	2013	01:12:10	01:15:39	01:30:05	01:14:31	01:01:54	01:23:35	7:37:54	00:06:21	15	WU20	54	6
1538	Rose	Sylke	Ostfriesische Volksbank	1971	2013	01:12:51	01:13:45	01:28:47	01:15:31	01:01:18	01:26:03	7:38:15	00:06:21	42	W40	137	6
1539	Südhoff	Roswitha	Ostfriesische Volksbank	1964	2013	01:12:50	01:13:45	01:28:48	01:15:31	01:01:19	01:26:03	7:38:16	00:06:21	49	W40	138	6
1540	Fahnster	Anke	VfB Germania Wiesmoc	1989	2013	01:05:20	01:15:18	01:29:49	01:20:27	01:01:37	01:25:50	7:38:21	00:06:21	24	WHK	56	6
1541	Gießenberg	Lisa	IGS Aurich West	1994	2013	01:08:19	01:16:25	01:23:52	01:22:00	01:05:15	01:22:57	7:38:48	00:06:22	19	WU20	55	6
1542	Dorenbusch	Kerstin	obw Emden	1975	2013	01:11:59	01:15:47	01:25:50	01:16:22	01:01:52	01:27:05	7:38:55	00:06:22	38	W30	82	6
1543	Wochnik	Petra	Marathonprojekt Darmst	1964	2013	01:08:43	01:13:57	01:24:31	01:19:09	01:07:33	01:25:36	7:39:29	00:06:22	49	W40	139	6
1544	Harms	Hilke	IGS Aurich West	1997	2013	01:10:39	01:14:38	01:25:32	01:17:17	01:04:41	01:26:53	7:39:40	00:06:22	16	WU20	56	6
1545	Böhme	Arne	Seefahrtschule Leer	1985	2013	01:14:04	01:15:45	01:31:59	01:16:37	01:00:36	01:20:44	7:39:45	00:06:22	28	MHK	136	6
1546	Hilbrands	Harmannus	de Heizungsloopers	1958	2013	01:14:22	01:16:34	01:27:19	01:14:59	01:01:04	01:25:38	7:39:56	00:06:22	55	M50	216	6
1547	Geiken	Silvia	BV Victorbur	1971	2013	01:10:26	01:16:02	01:27:21	01:17:13	01:03:10	01:25:54	7:40:06	00:06:23	42	W40	140	6
1548	Körber	Sarah	IGS Aurich West	1993	2013	01:15:20	01:15:30	01:27:19	01:15:51	01:01:51	01:24:25	7:40:16	00:06:23	20	WHK	57	6
1549	Gruben	Anton	SV Potshausen	1942	2013	01:08:36	01:18:33	01:25:53	01:18:02	01:04:33	01:24:47	7:40:24	00:06:23	71	M70	12	6
1550	Koritke	Peter	VfB Uplengen	1951	2013	01:12:32	01:15:20	01:27:53	01:17:07	01:02:04	01:25:41	7:40:37	00:06:23	62	M60	68	6
1551	Freese	Petra	Emder LG	1969	2013	01:10:04	01:15:13	01:26:15	01:18:13	01:04:08	01:26:47	7:40:40	00:06:23	44	W40	141	6
1552	Sap	Jutta	Klinikum Leer	1961	2013	01:10:55	01:16:27	01:27:17	01:16:12	01:04:11	01:25:49	7:40:51	00:06:23	52	W50	65	6
1553	Sap	Matthias	Klinikum Leer	1952	2013	01:11:06	01:16:27	01:27:19	01:16:11	01:04:12	01:25:50	7:41:05	00:06:23	61	M60	69	6
1554	Kerker	Ilona	Emder LG	1970	2013	01:12:21	01:14:26	01:26:08	01:17:32	01:03:56	01:26:44	7:41:07	00:06:23	43	W40	142	6
1555	Veenlter	Sönke	ENOVA	1981	2013	01:06:24	01:11:15	01:31:22	01:22:22	01:02:41	01:27:04	7:41:08	00:06:23	32	M30	184	6
1556	Dirks	Dieter	SVO Wi sünd Hol														

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
1563	Müller-Eschen	Astrid	GS Wiesmoor	1973	2013	01:11:23	01:16:12	01:29:49	01:16:52	01:01:33	01:26:39	7:42:28	00:06:25	40	W40	145	6
1564	Janshen	Franz	TUS Ditzumerverlaat	1964	2013	01:09:04	01:14:38	01:28:51	01:17:52	01:03:36	01:28:29	7:42:30	00:06:25	49	M40	375	6
1565	Buß	Edda	Pewsum	1953	2013	01:09:13	01:15:50	01:28:17	01:17:24	01:03:52	01:28:13	7:42:49	00:06:25	60	W60	11	6
1566	Peters	Bettina	Ruderverein Leer e. V.	1975	2013	01:09:42	01:14:47	01:25:32	01:16:58	01:07:23	01:28:29	7:42:51	00:06:25	38	W30	83	6
1567	Steinjan	Christa	B Steinjan Consulting G	1961	2013	01:12:32	01:16:35	01:26:52	01:16:28	01:02:21	01:28:14	7:43:02	00:06:25	52	W50	66	6
1568	Sprang, Dr.	Helmut	Lions Club Uplengen	1945	2013	01:11:36	01:13:41	01:33:05	01:12:59	00:59:50	01:31:58	7:43:09	00:06:25	68	M60	70	6
1569	Soeken	Vera	Raiffeisenbank eG, Mod	1982	2013	01:13:44	01:15:58	01:28:17	01:15:58	01:03:11	01:26:15	7:43:23	00:06:25	31	W30	84	6
1570	Eirich	Anna	MVM mbH	1994	2013	01:13:56	01:18:36	01:26:46	01:17:31	01:02:32	01:24:17	7:43:38	00:06:26	19	WU20	57	6
1571	Meyer	Heidi	EWE Wattloopers	1970	2013	01:10:52	01:16:02	01:25:49	01:16:02	01:04:47	01:30:10	7:43:42	00:06:26	43	W40	146	6
1572	Schultz	Lara	FCSO	1999	2013	01:13:22	01:16:42	01:29:27	01:19:40	01:03:20	01:21:30	7:44:01	00:06:26	14	WU20	58	6
1573	Verwold	Anke		1973	2013	01:16:37	01:18:31	01:28:33	01:17:13	01:00:34	01:22:37	7:44:05	00:06:26	40	W40	147	6
1574	Sandelmann	Monika	Kirche läuft Wilhelmsha	1957	2013	01:10:04	01:15:07	01:27:21	01:18:30	01:04:41	01:28:48	7:44:31	00:06:26	56	W50	67	6
1575	Wodak	Reinhard	Perior	1950	2013	01:10:33	01:17:51	01:25:49	01:17:36	01:06:45	01:26:41	7:45:15	00:06:27	63	M60	71	6
1576	Baumann	Thea	Tischlerei Baumann	1958	2013	01:12:20	01:17:11	01:29:50	01:18:22	01:02:39	01:24:59	7:45:21	00:06:27	55	W50	68	6
1577	Smid	Walter	obw Emden	1952	2013	01:12:40	01:17:52	01:31:01	01:15:28	01:01:47	01:27:01	7:45:49	00:06:27	61	M60	72	6
1578	Dannen	Frauuke	Fortuna Logabirum	1970	2013	01:12:18	01:17:12	01:30:33	01:18:21	01:02:40	01:24:48	7:45:52	00:06:27	43	W40	148	6
1579	Müller	Ina	Gymnasium Ulricianum	2000	2013	01:12:37	01:18:45	01:26:35	01:17:06	01:03:53	01:27:21	7:46:17	00:06:28	13	WU20	59	6
1580	Brahms	Rainer	Scharff / Trauco	1972	2013	01:12:01	01:17:38	01:30:17	01:17:29	01:02:36	01:26:39	7:46:40	00:06:28	41	M40	376	6
1581	Sattler	Wolfgang	Fortuna Logabirum	1947	2013	01:16:03	01:19:00	01:30:11	01:21:48	00:59:41	01:20:03	7:46:46	00:06:28	66	M60	73	6
1582	Schick	Philipp	MTV Hohenkirchen	1998	2013	01:13:34	01:15:52	01:28:14	01:19:00	01:03:48	01:28:02	7:48:30	00:06:30	15	MU20	155	6
1583	Langensiepen	Anna	Gymnasium Ulricianum	1999	2013	01:12:39	01:18:46	01:26:35	01:17:05	01:06:38	01:27:20	7:49:03	00:06:30	14	WU20	60	6
1584	Middelborg	Helga	LT SV Ems Jemgum	1952	2013	01:10:32	01:16:15	01:29:05	01:19:15	01:04:44	01:29:23	7:49:14	00:06:30	61	W60	12	6
1585	Reske	Matina	Wildeboer Bauteile Gm	1975	2013	01:13:37	01:17:19	01:28:11	01:14:47	01:06:17	01:29:08	7:49:19	00:06:30	38	W30	85	6
1586	Jarcke	Michael	Team Möbel Buss	1955	2013	01:14:39	01:18:20	01:29:57	01:16:57	01:02:35	01:27:02	7:49:30	00:06:30	58	M50	218	6
1587	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2013	01:13:58	01:15:32	01:30:27	01:19:53	01:02:41	01:27:11	7:49:42	00:06:31	60	M60	74	6
1588	Wellendorf	Kathrin	Larisca	1985	2013	01:14:34	01:15:44	01:27:15	01:17:52	01:04:07	01:30:32	7:50:04	00:06:31	28	WHK	60	6
1589	Damm	Gudrun	Klinikum Emden	1973	2013	01:11:31	01:10:37	01:33:05	01:21:15	01:04:55	01:28:47	7:50:10	00:06:31	40	W40	149	6
1590	Frerichs	Dennis	WfBM BBB Aurich Wittm	1993	2013	01:07:42	01:15:29	01:24:08	01:30:26	01:05:24	01:27:54	7:51:03	00:06:32	20	MHK	137	6
1591	Habben	Anna-Christine	TUS Leerhafen/Hovel	1977	2013	01:12:33	01:17:03	01:31:48	01:15:59	01:03:22	01:30:21	7:51:06	00:06:32	36	W30	86	6
1592	Meyer	Herta	TV Norden	1949	2013	01:12:50	01:15:58	01:28:34	01:19:39	01:04:37	01:29:34	7:51:12	00:06:32	64	W60	13	6
1593	Zepig	Christiane	Krankenhaus Wittmund	1980	2013	01:09:15	01:14:31	01:25:30	01:23:00	01:07:31	01:31:35	7:51:22	00:06:32	33	W30	87	6
1594	Seeburg	Britta	Gymnasium Ulricianum	1963	2013	01:10:47	01:17:14	01:27:08	01:24:37	01:03:23	01:28:19	7:51:28	00:06:32	33	W30	88	6
1595	Czerniakowski	Marion	Heseler Dauerläufer	1967	2013	01:12:42	01:18:00	01:29:24	01:19:05	01:04:24	01:27:55	7:51:30	00:06:32	46	W40	150	6
1596	Dubiel	Regina	Weener	1958	2013	01:18:19	01:20:44	01:28:15	01:17:05	01:01:48	01:25:40	7:51:51	00:06:32	55	W50	69	6
1597	Dirks	Maja	Fortuna Logabirum	1993	2013	01:07:59	01:14:46	01:30:21	01:20:19	01:08:28	01:30:07	7:52:00	00:06:33	20	WHK	61	6
1598	Bloem	Marcel	Leinerstift e.V	1992	2013	01:11:40	01:19:33	01:32:58	01:18:51	01:02:53	01:26:55	7:52:50	00:06:33	21	MHK	138	6
1599	Kröger	Thomas	BV Friesland Neu-Ekels	1966	2013	01:14:10	01:18:20	01:29:39	01:18:27	01:04:24	01:28:04	7:53:04	00:06:33	47	M40	377	6
1600	Ehmen	Christine	Realschule Esens	1978	2013	01:11:10	01:18:32	01:27:32	01:19:45	01:04:34	01:32:15	7:53:48	00:06:34	35	W30	89	6
1601	Girts	Wolfgang	SV Stern Schwerinsdorf	1952	2013	01:12:54	01:18:32	01:31:09	01:19:46	01:03:41	01:28:13	7:54:15	00:06:34	61	M60	75	6
1602	Piela	Joachim	IGS Aurich West	1951	2013	01:13:10	01:17:53	01:33:31	01:19:07	01:03:23	01:27:12	7:54:16	00:06:34	62	M60	76	6
1603	Fellensiek	Karin	BV Vöörwärts-Plaggenbu	1966	2013	01:12:26	01:16:06	01:30:01	01:19:47	01:05:32	01:30:27	7:54:19	00:06:34	47	W40	151	6
1604	Sinning	Kreuzfahrten Sinning LE	1963	2013	01:14:15	01:17:30	01:30:16	01:18:45	01:03:16	01:30:19	7:54:21	00:06:34	50	M50	219	6	
1605	Wendt	Angelika	Emder LG	1962	2013	01:13:43	01:16:54	01:27:50	01:20:30	01:05:45	01:29:45	7:54:27	00:06:35	51	W50	70	6
1606	Blom-Weerts	Renate	obw Emden	1963	2013	01:12:13	01:17:48	01:30:04	01:18:55	01:06:11	01:29:32	7:54:43	00:06:35	50	W50	71	6
1607	Buß	Habbe	LG Großefehn	1948	2013	01:12:54	01:15:51	01:27:04	01:20:36	01:05:55	01:32:23	7:54:43	00:06:35	65	M60	77	6
1608	Grebener	Susanne	Lauftreff Pewsum	1964	2013	01:13:32	01:18:36	01:29:13	01:20:10	01:04:00	01:29:44	7:55:15	00:06:35	49	W40	152	6
1609	Feldmann	Mirco	SV Großefehn	1999	2013	01:07:19	01:24:33	01:29:00	01:18:37	01:05:35	01:30:17	7:55:21	00:06:35	14	MU20	156	6
1610	Lindemann	Gisela	TuRa 07 Westrhauderfe	1950	2013	01:11:19	01:18:19	01:30:17	01:21:55	01:04:58	01:28:40	7:55:28	00:06:35	63	W60	14	6
1611	Lüpkens	Dorothea	Lauftreff Schaffhauserw	1962	2013	01:12:12	01:17:35	01:32:09	01:20:21	01:04:41	01:28:43	7:55:41	00:06:36	51	W50	72	6
1612	Arends	Sigrid	Störtebeker Loopers TV	1969	2013	01:14:37	01:19:32	01:30:06	01:18:39	01:05:13	01:27:53	7:56:00	00:06:36	44	W40	153	6
1613	Homeyer	Freya	Seefahrtsschule Leer	1988	2013	01:21:28	01:15:17	01:30:48	01:18:41	01:00:55	01:28:55	7:56:04	00:06:36	25	WHK	62	6
1614	Schmidt	Heike	Emder LG	1970	2013	01:13:43	01:17:33	01:29:35	01:20:37	01:04:52	01:29:45	7:56:05	00:06:36	43	W40	154	6
1615	Feige	Antje	LG Großefehn	1962	2013	01:14:39	01:18:12	01:30:02	01:18:56	01:04:34	01:30:18	7:56:41	00:06:36	51	W50	73	6
1616	Groeneveld	Marten	Bünting Tee Leer	1985	2013	01:07:49	01:13:05	01:27:22	01:20:12	01:10:57	01:37:21	7:56:46	00:06:36	28	MHK	139	6
1617	Jürrens	Benjamin	Klinikum Emden	1986	2013	01:11:39	01:16:00	01:32:30	01:19:31	01:07:32	01:29:36	7:56:48	00:06:37	27	MHK	140	6
1618	Seifert	Gitta	Plaggenburg	1967	2013	01:13:18	01:18:55	01:30:37	01:20:17	01:04:38	01:29:16	7:57:01	00:06:37	46	W40	155	6
1619	Goldenstein	Anna-Lena	NIGE	1994	2013	01:18:34	01:17:52	01:32:26	01:20:04	01:02:00	01:26:10	7:57:06	00:06:37	19	WU20	61	6
1620	Böke	Maren	HRS Moormerland	1998	2013	01:15:50	01:18:37	01:32:04	01:24:37	01:00:40	01:25:34	7:57:22	00:06:37	15	WU20	62	6
1621	Pansegrau	Leon	IGS Waldschule Egels	1999	2013	01:13:52	01:16:45	01:33:39	01:17:10	01:05:18	01:31:14	7:57:58	00:06:37	14	MU20	157	6
1622	Nipshagen	Grato	LT Schaffhauser Wald	1958	2013	01:15:23	01:19:23	01:28:43	01:19:07	01:04:19	01:31:16	7:58:11	00:06:38	55	M50	220	6
1623	Köhler	Heidi	Gemeinde Hinte	1969	2013	01:13:27	01:19:15	01:31:11	01:21:37	01:03:52	01:29:22	7:58:44	00:06:38	44	W40	156	6
1624	van Lengen	Heinrich	LG Großefehn	1940	2013	01:14:39	01:18:38	01:29:26	01:20:01	01:05:54	01:30:19	7:58:57	00:06:38	73	M70	13	6
1625	Giese	Rosemarie	Werdum	1956	2013	01:13:44	01:21:23	01:31:42	01:20:03	01:05:03	01:27:50	7:59:45	00:06:39	57	W50	74	6
1626	Gerjets	Doris	AOK - Die Gesundheits	1967	2013	01:15:58	01:17:01	01:32:36	01:18:02	01:04							

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
1634	Wellendorf-Pilzen	Martina	Klinikum Emden	1969	2013	01:18:26	01:21:00	01:33:52	01:22:17	01:05:59	01:20:41	8:02:15	00:06:41	44	W40	160	6
1635	Sandelmann	Dieter	Kirche läuft Wilhelmsh	1953	2013	01:12:55	01:20:00	01:32:33	01:20:14	01:05:12	01:31:22	8:02:16	00:06:41	60	M60	80	6
1636	Köhler	Oriana	IGS Aurich West	1994	2013	01:17:38	01:18:18	01:34:17	01:19:41	01:04:48	01:27:41	8:02:23	00:06:41	19	WU20	64	6
1637	Omar	Sine	IGS Aurich West	1995	2013	01:17:40	01:18:24	01:34:18	01:19:40	01:04:48	01:27:42	8:02:32	00:06:41	18	WU20	65	6
1638	Richter-Janßen	Elke	TUS Horsten	1961	2013	01:15:45	01:21:52	01:32:10	01:21:09	01:05:17	01:27:06	8:03:19	00:06:42	52	W50	75	6
1639	Jansen	Theresia	ELV Elektronik AG	1971	2013	01:16:03	01:19:00	01:31:47	01:21:49	01:05:08	01:29:40	8:03:27	00:06:42	42	W40	161	6
1640	Strasser	Sonja	GW Firrel	1971	2013	01:14:27	01:19:55	01:31:27	01:20:25	01:06:02	01:32:24	8:04:40	00:06:43	42	W40	162	6
1641	Kuhlmann	Christian	Autopark Schunke	1966	2013	01:13:50	01:21:13	01:29:05	01:18:41	01:03:32	01:38:27	8:04:48	00:06:43	47	M40	378	6
1642	Lüpkes	Folkmar	Laufftreff Schaffhauserw	1960	2013	01:15:51	01:20:31	01:35:26	01:20:03	01:04:40	01:28:43	8:05:14	00:06:44	53	M50	221	6
1643	Klinkenberg	Margit	TV Norden	1952	2013	01:15:14	01:19:45	01:32:36	01:20:52	01:06:24	01:30:35	8:05:26	00:06:44	61	W60	15	6
1644	Barth	Silke	SVO Wi sünd Holtriem	1972	2013	01:16:05	01:19:08	01:33:38	01:21:28	01:04:59	01:30:33	8:05:51	00:06:44	41	W40	163	6
1645	Schild	Corinna	Freunde der kleinen Alle	1964	2013	01:15:19	01:20:24	01:32:31	01:20:53	01:06:11	01:30:43	8:06:01	00:06:44	49	W40	164	6
1646	Engeldinger	Jens		1990	2013	01:17:52	01:23:22	01:26:55	01:21:45	01:03:41	01:32:28	8:06:03	00:06:44	23	MHK	141	6
1647	Rogge	Petra	SV Freie Lunge Bentstr	1967	2013	01:19:17	01:17:40	01:31:08	01:21:56	01:05:31	01:30:45	8:06:17	00:06:44	46	W40	165	6
1648	Biller	Kyra	TG Wiesmoor	1997	2013	01:19:07	01:19:45	01:30:54	01:16:43	01:04:49	01:35:20	8:06:38	00:06:45	16	WU20	66	6
1649	Grüßing	Rena	SV Bentstreek	1998	2013	01:12:03	01:21:19	01:32:23	01:25:14	01:05:26	01:30:21	8:06:46	00:06:45	15	WU20	67	6
1650	Harms	Svenja		1997	2013	01:19:07	01:19:45	01:30:54	01:17:27	01:04:50	01:35:21	8:07:24	00:06:45	16	WU20	68	6
1651	Werth	Anja	TSV Holtrop Basketball	1967	2013	01:17:10	01:22:38	01:33:49	01:20:20	01:04:44	01:29:18	8:07:59	00:06:46	46	W40	166	6
1652	Kuhlmann	Katharina	IGS Aurich West	1996	2013	01:13:50	01:19:24	01:32:41	01:18:17	01:06:19	01:38:27	8:08:58	00:06:47	17	WU20	69	6
1653	Rother	Daniela	Schöne Reisen	1975	2013	01:13:47	01:23:04	01:33:02	01:21:53	01:06:15	01:31:00	8:09:01	00:06:47	38	W30	90	6
1654	Buss	Daniela		1972	2013	01:16:20	01:22:20	01:35:20	01:21:14	01:05:38	01:28:13	8:09:05	00:06:47	41	W40	167	6
1655	Baumann	Sandra	Bünting Tee Leer	1983	2013	01:15:35	01:20:08	01:34:21	01:21:40	01:06:59	01:31:32	8:10:15	00:06:48	30	W30	91	6
1656	Stöter	Heidi	SV- Stern Schwerinsdor	1963	2013	01:15:35	01:20:09	01:34:21	01:21:41	01:06:58	01:31:32	8:10:16	00:06:48	50	W50	76	6
1657	Ulfers-Brandt	Doris	Stadt Leer	1957	2013	01:16:24	01:20:21	01:32:59	01:21:43	01:08:03	01:31:27	8:10:57	00:06:48	56	W50	77	6
1658	Palma	Petra	TUS Leerhufe	1965	2013	01:15:12	01:23:14	01:35:59	01:22:10	01:03:49	01:31:09	8:11:33	00:06:49	48	W40	168	6
1659	Niemeyer	Petra	Rhauderfehn	1969	2013	01:18:23	01:23:02	01:34:01	01:20:37	01:05:34	01:30:18	8:11:55	00:06:49	44	W40	169	6
1660	Lixfeld-Sozomenou	Bettina	Reederei Buss	1967	2013	01:17:25	01:20:45	01:33:18	01:20:40	01:07:02	01:32:55	8:12:05	00:06:49	46	W40	170	6
1661	Bross-Ansheit	Insa	Klinikum Leer	1972	2013	01:15:25	01:22:52	01:34:20	01:22:24	01:06:08	01:31:19	8:12:28	00:06:50	41	W40	171	6
1662	Stege	Anne-Kathrin	Team ENERCON	1981	2013	01:15:41	01:20:26	01:31:38	01:23:58	01:08:12	01:33:08	8:13:03	00:06:50	32	W30	92	6
1663	Palma	Matthias	Leinerstift e.V.	1990	2013	01:16:23	01:23:11	01:36:00	01:23:03	01:03:40	01:30:59	8:13:16	00:06:50	23	MHK	142	6
1664	Heyen	Doris	MTV Aurich	1968	2013	01:15:05	01:20:57	01:33:28	01:23:46	01:08:03	01:31:59	8:13:18	00:06:50	45	W40	172	6
1665	Grünert	Nicole	Borromäus Hospital Lee	1976	2013	01:16:19	01:23:52	01:33:13	01:21:46	01:06:17	01:32:28	8:13:55	00:06:51	37	W30	93	6
1666	Niemeyer-Speckma	Klaas	Rhauderfehn	1971	2013	01:18:38	01:23:03	01:34:02	01:20:37	01:06:23	01:31:15	8:13:58	00:06:51	42	M40	379	6
1667	Grabhorn	Silke	Seefahrtsschule Leer	1993	2013	01:19:10	01:17:27	01:32:30	01:21:41	01:08:49	01:34:26	8:14:03	00:06:51	20	WHK	65	6
1668	Heuer	Haike	Ubbo-Emmius-Klinik Au	1966	2013	01:18:16	01:16:49	01:31:59	01:21:34	01:09:05	01:36:35	8:14:18	00:06:51	47	W40	173	6
1669	Vitsios	Oliver	IGS Aurich West	1994	2013	01:23:13	01:21:02	01:31:19	01:21:05	01:07:31	01:30:18	8:14:28	00:06:51	19	MU20	158	6
1670	Beyen	Ilona	Team Möbel Buss	1963	2013	01:16:59	01:22:39	01:33:49	01:21:55	01:07:33	01:31:37	8:14:32	00:06:51	50	W50	78	6
1671	Brahms	Heike	WfbM BBB Aurich Wittm	1970	2013	01:20:44	01:25:01	01:35:18	01:20:14	01:04:04	01:29:13	8:14:34	00:06:51	43	W40	174	6
1672	Dendzik	Angelika	TSV Germania Holterfel	1992	2013	01:18:22	01:20:26	01:34:30	01:21:11	01:05:31	01:34:41	8:14:41	00:06:51	21	WHK	66	6
1673	Folkerts	Bastian	SUS Timmel	1993	2013	01:14:12	01:20:31	01:38:09	01:19:12	01:06:51	01:37:08	8:16:03	00:06:53	20	MHK	143	6
1674	Kleinau	Sabine	EDEKA TEAM JEMGUM	1967	2013	01:13:23	01:20:00	01:33:30	01:24:05	01:09:37	01:36:02	8:16:37	00:06:53	46	W40	175	6
1675	Sahbaz	Faruk	Sparkasse Aurich-Norde	1963	2013	01:18:57	01:23:26	01:35:01	01:22:12	01:06:43	01:30:25	8:16:44	00:06:53	50	M50	222	6
1676	Gerdas	Jacqueline	Gymnasium Ulricianum	2000	2013	01:18:21	01:16:49	01:31:50	01:20:43	01:11:59	01:37:09	8:16:51	00:06:53	13	WU20	70	6
1677	Leeling	Barbara	Emder LG	1965	2013	01:20:52	01:21:11	01:35:01	01:21:38	01:05:26	01:33:02	8:17:10	00:06:53	48	W40	176	6
1678	Richter	Ulrike	MTV Wittmund	1959	2013	01:17:23	01:22:44	01:37:05	01:21:53	01:07:26	01:31:08	8:17:39	00:06:54	54	W50	79	6
1679	Schewiola	Axel	TV Norden	1938	2013	01:18:05	01:22:09	01:34:01	01:25:36	01:06:44	01:31:10	8:17:45	00:06:54	75	M70	14	6
1680	Heyenga	Daniela	Volksbank Westrauder	1989	2013	01:16:29	01:21:06	01:34:31	01:22:21	01:06:13	01:37:24	8:18:04	00:06:54	24	WHK	67	6
1681	Salomo	Tobias	Leinerstift e.V.	1993	2013	01:16:02	01:22:23	01:36:50	01:24:44	01:08:38	01:30:34	8:19:11	00:06:55	20	MHK	144	6
1682	Junker	Annika		1999	2013	01:16:59	01:24:42	01:39:41	01:23:23	01:05:00	01:30:14	8:19:59	00:06:56	14	WU20	71	6
1683	Junker	Jürgen		1971	2013	01:17:01	01:24:42	01:39:43	01:23:24	01:05:00	01:30:17	8:20:07	00:06:56	42	M40	380	6
1684	van Scharrel	Heidy	Vfl Uplengen	1958	2013	01:15:40	01:22:55	01:39:06	01:23:54	01:07:42	01:31:59	8:21:16	00:06:57	55	W50	80	6
1685	Saathoff	Günther	TSV Hesel	1946	2013	01:18:28	01:23:59	01:35:01	01:24:27	01:08:04	01:32:14	8:22:13	00:06:58	67	M60	81	6
1686	Becker	Heike		1964	2013	01:16:13	01:23:17	01:35:39	01:23:43	01:08:25	01:35:12	8:22:29	00:06:58	49	W40	177	6
1687	Pilgram	Benny	JHS Nortmoor	1994	2013	01:20:32	01:24:18	01:35:55	01:24:11	01:03:24	01:34:20	8:22:40	00:06:58	19	MU20	159	6
1688	Ackermann	Bettina	Emder LG	1964	2013	01:18:15	01:22:30	01:35:48	01:22:05	01:09:03	01:34:59	8:22:40	00:06:58	49	W40	178	6
1689	Sandrock	Dieter	LG TV Bunde	1947	2013	01:17:12	01:23:37	01:33:39	01:26:19	01:09:31	01:32:55	8:23:13	00:06:58	66	M60	82	6
1690	Pruin	Erich	Lebenshilfe Leer e.V.	1964	2013	01:18:38	01:21:59	01:36:32	01:25:16	01:06:45	01:34:06	8:23:16	00:06:59	49	M40	381	6
1691	Paschen	Sigrid	MTV Wittmund	1960	2013	01:17:25	01:23:12	01:35:51	01:22:34	01:07:46	01:37:09	8:23:57	00:06:59	53	W50	81	6
1692	Göhn	Christina	Ubbo-Emmius-Klinik Au	1987	2013	01:18:16	01:22:01	01:35:44	01:23:44	01:09:00	01:36:35	8:25:20	00:07:00	26	WHK	68	6
1693	Palm	Heinz	VHS Laufen	1948	2013	01:14:41	01:25:16	01:38:00	01:24:41	01:08:58	01:33:47	8:25:23	00:07:00	65	M60	83	6
1694	Memenga	Dennis	IGS Waldschule Egels	2000	2013	01:20:40	01:03:03	01:47:26	01:27:24	01:09:09	01:37:53	8:25:35	00:07:00	13	MU20	160	6
1695	Schmidtke	Wolfgang	Loga	1953	2013	01:18:45	01:23:09	01:30:29	01:26:47	01:09:14	01:38:37	8:27:01	00:07:02	60	M60	84	6
1696	Hermann	Kerli	SC Collhusen	1948	2013	01:19:42	01:22:47	01:35:22	01:24:54	01:08:36	01:35:41	8:27:02	00:07:02	65	M60	85	6
1697	Schürmann	Martin	Poseidon Leer	1960	2013	01:16:55	01:24:57	01:36:31	01:24:35	01:08:53	01:35:11	8:27:02					

32. Ostfrieslandlauf 2013

23.04. bis 07.05.2013

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
1705	Sönnecken	Lisa-Marie	Klinikum Leer	1992	2013	01:16:51	01:23:16	01:42:43	01:26:26	01:09:09	01:33:28	8:31:53	00:07:06	21	WHK	70	6
1706	Klemme	Jannik	IGS Aurich West	1993	2013	01:30:45	01:41:07	01:35:34	01:30:13	01:02:11	01:13:37	8:33:27	00:07:07	20	MHK	145	6
1707	Pollmann	Henrike	IGS Aurich West	1993	2013	01:20:22	01:24:49	01:37:02	01:26:27	01:08:24	01:36:42	8:33:46	00:07:07	20	WHK	71	6
1708	Habben	Lothar	BV Vorwärts Plaggenbu	1967	2013	01:16:23	01:29:08	01:37:04	01:26:38	01:09:20	01:35:20	8:33:53	00:07:07	46	M40	382	6
1709	Ahrends	Erika	TRAUCO Gruppe	1967	2013	01:20:50	01:24:38	01:37:19	01:22:20	01:10:15	01:38:42	8:34:04	00:07:07	46	W40	179	6
1710	Bolhuis	Wilhelm	TV Norden	1943	2013	01:21:37	01:25:17	01:35:05	01:23:29	01:09:20	01:39:54	8:34:42	00:07:08	70	M70	15	6
1711	Heuer	Ute	SV Leybucht	1961	2013	01:18:16	01:20:52	01:37:30	01:26:59	01:11:57	01:39:14	8:34:48	00:07:08	52	W50	85	6
1712	Karbach	Ralf	VHS Laufen	1974	2013	01:19:28	01:25:49	01:38:29	01:27:18	01:09:37	01:34:10	8:34:51	00:07:08	39	M30	185	6
1713	Veenjtjer	Tanja	VHS Laufen	1973	2013	01:19:29	01:25:49	01:38:29	01:27:18	01:09:38	01:34:10	8:34:53	00:07:08	40	W40	180	6
1714	Krone	Ute	Klinikum Leer	1991	2013	01:24:43	01:30:11	01:39:37	01:24:19	01:05:24	01:33:29	8:37:43	00:07:11	22	WHK	72	6
1715	Harms	Lisa	Fa.Ruma Leer/ Großwo	1970	2013	01:19:43	01:24:02	01:37:21	01:27:28	01:10:51	01:38:20	8:37:45	00:07:11	43	W40	181	6
1716	Hellmann	Sascha	obw Emden	1986	2013	01:16:17	01:24:53	01:42:23	01:24:53	01:06:15	01:43:41	8:38:22	00:07:11	27	MHK	146	6
1717	Keller	Lulienne	NIGE II	1996	2013	01:19:39	01:22:38	01:37:29	01:28:25	01:11:47	01:38:29	8:38:27	00:07:11	17	WU20	72	6
1718	Uphoff	Christian	Lebenshilfe Leer e.V.	1990	2013	01:15:00	01:41:44	01:36:08	01:24:20	01:03:32	01:37:59	8:38:43	00:07:11	23	MHK	147	6
1719	Kassas	Hanna	NIGE II	1995	2013	01:19:41	01:24:10	01:37:29	01:28:15	01:11:48	01:37:40	8:39:03	00:07:12	18	WU20	73	6
1720	Draht	Carolina	MTV Aurich	1963	2013	01:19:57	01:24:58	01:39:06	01:27:35	01:11:16	01:36:29	8:39:21	00:07:12	50	W50	86	6
1721	Richter	Hans Georg	Kloster	1944	2013	01:18:31	01:23:47	01:39:50	01:26:42	01:12:25	01:38:43	8:39:58	00:07:12	69	M60	86	6
1722	Uken	Rieke	IGS Aurich West	1994	2013	01:23:58	01:26:36	01:43:07	01:21:48	01:08:52	01:38:18	8:42:39	00:07:15	19	WU20	74	6
1723	Rühling	Günther	LT TuS Aurich-Ost	1944	2013	01:20:47	01:23:56	01:39:00	01:31:00	01:10:44	01:37:31	8:42:58	00:07:15	69	M60	87	6
1724	Memenga	Janine	IGS Waldschule Egels	1997	2013	01:25:22	01:25:18	01:37:40	01:27:29	01:09:10	01:38:00	8:42:59	00:07:15	16	WU20	75	6
1725	Behrends	Susanne	Bünting Tee Leer	1983	2013	01:21:27	01:25:46	01:39:09	01:28:28	01:10:56	01:37:21	8:43:07	00:07:15	30	W30	95	6
1726	Kröger	Sabine	NW Steuerberatungsges	1969	2013	01:20:48	01:25:50	01:39:22	01:29:20	01:11:03	01:36:45	8:43:08	00:07:15	44	W40	182	6
1727	Schmalwasser	Sören	Bünting Tee Leer	1964	2013	01:20:49	01:25:50	01:39:23	01:29:21	01:11:03	01:36:45	8:43:11	00:07:15	49	M40	383	6
1728	Hagen	Effi	Bünting Tee Leer	1982	2013	01:21:27	01:25:46	01:39:09	01:28:28	01:10:57	01:37:29	8:43:16	00:07:15	31	W30	96	6
1729	Mennenga	Eske	Moormerland	1974	2013	01:19:56	01:26:48	01:39:36	01:31:44	01:09:55	01:36:05	8:44:04	00:07:16	39	W30	97	6
1730	Janssen	Ocko	IGS Aurich West	1994	2013	01:26:59	01:27:11	01:53:52	01:30:13	01:17:31	01:09:21	8:45:07	00:07:17	19	MU20	161	6
1731	Vogel	Manfred	Kurt sien trupp	1955	2013	01:19:43	01:25:10	01:42:42	01:28:43	01:11:14	01:37:55	8:45:27	00:07:17	58	M50	226	6
1732	van Rossum	Gerti	Lebenshilfe Leer e.V.	1960	2013	01:20:18	01:25:14	01:42:58	01:28:06	01:13:44	01:39:03	8:49:23	00:07:20	53	W50	87	6
1733	Geuken	Jana	IGS Aurich West	1994	2013	01:23:12	01:27:06	01:38:03	01:28:29	01:15:27	01:37:15	8:49:32	00:07:20	19	WU20	76	6
1734	Meinen	Insa	Team Möbel Buss	1955	2013	01:21:20	01:26:48	01:41:26	01:29:02	01:12:04	01:39:00	8:49:40	00:07:20	58	W50	88	6
1735	Meinen	Andreas	Team Möbel Buss	1954	2013	01:21:20	01:26:49	01:41:26	01:29:03	01:12:03	01:39:01	8:49:42	00:07:20	59	M50	227	6
1736	Ubben	Frauke	TSV Holtrop Basketball	1968	2013	01:21:29	01:29:05	01:41:34	01:29:57	01:11:05	01:38:27	8:51:37	00:07:22	45	W40	183	6
1737	Janssen-Weber	Linda	SV Stern Schwerinsdorf	1962	2013	01:19:54	01:29:50	01:43:18	01:29:21	01:11:57	01:40:13	8:54:33	00:07:25	51	W50	89	6
1738	Pollmann	Fenna	SV Stern Schwerinsdorf	1962	2013	01:19:33	01:29:20	01:43:18	01:30:13	01:11:57	01:40:13	8:54:34	00:07:25	51	W50	90	6
1739	Ringering	Astrid	Kindergarten Neermoor	1976	2013	01:24:50	01:28:51	01:44:29	01:28:48	01:11:09	01:45:55	9:04:02	00:07:32	37	W30	98	6
1740	Müller	Werner	Fortuna Logabirum	1949	2013	01:25:13	01:27:24	01:42:40	01:31:36	01:14:07	01:43:24	9:04:24	00:07:33	64	M60	88	6
1741	Schulze	Andreas	Scharff / Trauco	1971	2013	01:24:12	01:26:34	01:42:01	01:34:03	01:14:53	01:43:25	9:05:08	00:07:33	42	M40	384	6
1742	Frübling	Elke	DRK KiGa Am Wassert	1960	2013	01:23:40	01:26:24	01:42:58	01:30:31	01:16:11	01:46:11	9:05:55	00:07:34	53	W50	91	6
1743	Jäschke	Conny	mitzeit Intensivpflege zu	1973	2013	01:21:10	01:25:00	01:44:35	01:33:19	01:18:21	01:46:01	9:08:26	00:07:36	40	W40	184	6
1744	Claassen	Gerd	LG Ostfriesland	1945	2013	01:23:17	01:29:40	01:44:09	01:37:10	01:15:20	01:45:23	9:14:59	00:07:42	68	M60	89	6
1745	Niestrat	Malte	IGS Waldschule Egels	1998	2013	01:28:33	01:27:05	01:44:22	01:34:24	01:22:35	01:40:06	9:17:05	00:07:43	15	MU20	162	6
1746	Engels	Heinz	Wiesmoor	1976	2013	01:26:28	01:31:21	01:45:22	01:33:04	01:16:19	01:45:41	9:18:15	00:07:44	37	M30	186	6
1747	Kleen	Heike	Team Möbel Buss	1977	2013	01:26:29	01:31:21	01:45:24	01:33:03	01:16:20	01:45:41	9:18:18	00:07:44	36	W30	99	6
1748	Krull	Tole	KBV Liekut Hand Lange	1958	2013	01:28:33	01:35:49	01:24:10	01:39:52	01:21:33	01:52:00	9:21:57	00:07:47	55	M50	228	6
1749	Wagner	Ina	Borromäus Hospital Lee	1992	2013	01:25:27	01:34:00	01:44:23	01:34:54	01:17:32	01:47:00	9:23:16	00:07:48	21	WHK	73	6
1750	Coordes	Margret	Backemoor	1963	2013	01:25:12	01:33:42	01:47:37	01:33:58	01:17:32	01:45:56	9:23:57	00:07:49	50	W50	92	6
1751	Tjaden	Johann	Störtebeker Loopers TV	1952	2013	01:21:33	01:31:33	01:44:34	01:38:17	01:17:32	01:51:41	9:25:10	00:07:50	61	M60	90	6
1752	Schnitzius	Julia	JHS Nortmoor	1995	2013	01:20:44	01:26:23	01:49:32	01:38:04	01:30:29	01:45:00	9:30:12	00:07:54	18	WU20	77	6
1753	Janssen	Heinrich	MTV Aurich Triathlon	1934	2013	01:31:52	01:34:30	01:50:53	01:36:49	01:17:10	01:47:46	9:39:00	00:08:01	79	M70	16	6
1754	Ewerth	Ina	IGS Aurich West	1994	2013	01:28:34	01:35:45	01:50:59	01:39:53	01:21:33	01:52:01	9:48:45	00:08:10	19	WU20	78	6
1755	Weißschädel	Angelika	VOST	1970	2013	01:33:41	01:41:48	01:52:55	01:42:10	01:24:18	01:54:53	10:09:45	00:08:27	43	W40	185	6
1756	Visser	Johnny	SV Norderney	1953	2013	01:35:53	01:45:24	02:02:44	01:49:21	01:29:25	02:02:53	10:45:40	00:08:57	43	M60	91	6
1757	Seifert	Annika	IGS Aurich West	1995	2013	01:39:07	01:38:43	02:10:10	01:50:19	01:28:04	02:01:47	10:48:10	00:08:59	60	WU20	79	6
1758	Janssen	Joachim	de Heizungsloopers	1966	2013	01:46:40	01:55:12	02:15:06	01:58:19	01:33:01	02:13:06	11:41:24	00:09:43	47	M40	385	6
1759	Janßen	Ingo	Fun-Loopers	1967	2013	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00	00:00:00	46	M40	386	6
1760	Scheebaum	Stefan	TV Bunde	1963	2013	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00	00:00:00	50	M50	229	6
1761	Kim	Emilia	Gymnasium Ulricianum	2000	2013	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00	00:00:00	13	WU20	80	6
	Hertz-Kleptow	Heinz-Hermann	LHV Wittmund	1978	2013	00:00:00		00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		35	M30		5
	Immega	Stephan	LG Harlingerland	1984	2013		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		29	MHK		5
	Janßen	Friedrich	SV Stern Schwerinsdorf	1953	2013	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		60	M60		5
	Pannenberg	Jannes	Teutonia Stapelmoor	1991	2013	00:00:00		00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		22	MHK		5
	Caspers	Monika	SV- Stern Schwerinsdor	1965	2013	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		48	W40		5
	Kisch	Johannes	FCSO	1966	2013	00:43:06	00:45:59	00:52:29	00:46:41	00:38:17		3:46:32		47	M40		5
	Backer	Edgar	LG Ostfriesland	1965	2013	00:46:56	00:49:42	00:57:34		00:52:10	00:41:50	4:08:12		48	M40		5
	Klose	Christian		1984	2013	00:46:08	00:49:59	00:57:57		00:41:43	00:57:45	4:13:32		29	MHK		

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Feucht	Christian	SC Tannenhausen	1979	2013	00:44:24	00:48:22	00:55:19	00:48:48		01:09:41	4:26:34		34	M30		5
	Speckmann	Karl-Heinz	HTG Ihlow	1957	2013	00:50:14	00:51:23		00:55:56	00:49:07	01:00:50	4:27:30		56	M50		5
	Rausch	Martin	Fortuna Wirdum	1965	2013	00:49:37		01:01:04	00:54:12	00:43:15	00:59:49	4:27:57		48	M40		5
	Nautokat	Heinz	Freie Turnerschaft Bagb	1969	2013	00:50:46	00:55:21	01:02:07	00:55:21	00:45:23		4:28:58		44	M40		5
	Dickmann	Clemens	Nordland Papier	1967	2013	00:54:11	00:53:32	01:03:24	00:54:21	00:44:48		4:30:16		46	M40		5
	Lüschen	Axel	RVB Aurich/Uplengen	1993	2013	00:43:50	00:47:24		01:00:07	00:50:13	01:09:22	4:30:56		20	MHK		5
	Gohla	Keno	HTG Ihlow	1998	2013	00:53:20	00:55:25	01:02:01	00:54:37	00:45:34		4:30:57		15	MU20		5
	Engeln	Jan-Erik	NIGE	1994	2013	00:48:49	00:59:50		00:55:33	00:44:24	01:02:38	4:31:14		19	MU20		5
	Weerts	Steffen	RVB Aurich/Uplengen	1991	2013	00:45:05	00:47:24		01:00:07	00:50:13	01:09:22	4:32:11		22	MHK		5
	Kässens	Hermann-Josef	Nordland Papier	1965	2013	00:52:07	00:54:25		00:55:42	00:46:05	01:04:48	4:33:07		48	M40		5
	Korte	Albrecht	SV Surwold	1959	2013	00:51:07	00:55:31		00:56:35	00:46:34	01:04:44	4:34:31		54	M50		5
	Carstens	Markus	Team ENERCON	1976	2013	00:52:50	00:55:31	01:03:27	00:56:14	00:48:07		4:36:09		37	M30		5
	Sanders	Daniel	LG Großefehn	1979	2013	00:51:15		01:04:37	00:56:12	00:46:23	01:03:13	4:41:40		34	M30		5
	Lücht	Thomas	Ammerland-Klinik Weste	1979	2013	00:51:15	00:54:42	01:05:05		00:47:14	01:04:20	4:42:36		34	M30		5
	Sporrè	Jürgen	Evang.-reform. Kirche	1955	2013	00:51:55	00:55:04	01:04:55		00:46:56	01:03:54	4:42:44		58	M50		5
	Omairi	Adnan	Team ENERCON	1981	2013	00:51:18	00:56:12	01:08:27	01:00:29	00:47:04		4:43:30		32	M30		5
	Eissen	Björn	EWE Wattloopers	1968	2013	00:53:27	00:57:17	01:04:33		00:46:09	01:03:41	4:45:07		45	M40		5
	Heinzmann	Thomas	GS Völlenerfehn	1973	2013	00:54:11	00:57:48	01:06:28	01:00:05	00:47:42		4:46:14		40	M40		5
	Thoben	Martin	ELV Elektronik AG	1970	2013	00:54:32	00:58:21	01:06:46	01:00:04	00:47:52		4:47:35		43	M40		5
	Bertus	Tebbe		1989	2013	00:56:16	00:57:52	01:07:31	00:58:08	00:48:10		4:47:57		24	MHK		5
	Dreyer	Hans	Team Wilts	1971	2013	00:51:52		01:05:23	00:59:47	00:47:31	01:04:47	4:49:20		42	M40		5
	Eiben	Eibo	Lauftreff Schaffhauserv	1943	2013	00:52:45	00:57:32	01:06:19		00:48:20	01:06:33	4:51:29		70	M70		5
	Forbig	Timo	Stadt Oldenburg	1966	2013		00:56:47	01:06:01	00:57:16	00:47:26	01:05:17	4:52:47		47	M40		5
	de Vries	Oliver	Emden	1987	2013	00:50:58	00:55:53	01:05:02	00:58:48	01:03:19		4:54:00		26	MHK		5
	Witte	Daniel	LT Spaß mit Sport	1986	2013	00:52:29	00:58:02	01:05:17	00:56:53		01:02:48	4:55:29		27	MHK		5
	Büker	Markus	Team ENERCON	1968	2013	00:56:12		01:08:27	01:00:29	00:47:23	01:03:50	4:56:21		45	M40		5
	Klaassen	Moritz	Ulricianum Aurich	1994	2013	00:55:27	00:58:03	01:11:02	01:01:10	00:50:44		4:56:26		19	MU20		5
	Eirich	Tomas	Yujin	1995	2013		00:58:12	01:07:06	00:57:56	00:47:36	01:06:11	4:57:01		18	MU20		5
	Erwdwiens	Dennis	GeTek	1993	2013		00:57:10	01:03:30	00:57:53	00:46:16	01:13:39	4:58:28		20	MHK		5
	Jäckle	Tobias	Krankenhaus Wittmund	1978	2013	00:54:43		01:08:10	01:00:07	00:49:06	01:06:56	4:59:02		35	M30		5
	Brouer	Markus		1981	2013	00:54:21	01:01:39	01:06:53		00:48:39	01:09:21	5:00:53		32	M30		5
	Storm	Christian	LT TuS Aurich-Ost	1979	2013	00:58:07	01:00:58	01:09:52	01:01:45	00:50:30		5:01:12		34	M30		5
	Heyen	Uwe	LG Großefehn	1960	2013	00:56:21	01:01:03		01:02:36	00:51:03	01:11:00	5:02:03		53	M50		5
	Löschen	Veronique	Kdo SES Ostfriesland	1980	2013	00:55:44	00:59:16	01:08:57		00:50:58	01:07:42	5:02:37		33	W30		5
	Eilts	Harald	EWE Wattloopers	1964	2013	00:59:15	01:02:04	01:10:13	01:01:51	00:50:57		5:04:20		49	M40		5
	Schneider	Andreas	Aurich	1961	2013		01:08:32	01:14:15	00:58:06	00:44:21	01:00:52	5:06:06		52	M50		5
	Bohlen	Matthias	Dekra Wilhelmshaven	1978	2013	00:58:24	01:00:57	01:14:08	01:02:43	00:50:34		5:06:46		35	M30		5
	Gerdas	Olaf	TSV Riepe	1972	2013	01:05:03	01:08:22		01:01:03	00:46:46	01:05:40	5:06:54		41	M40		5
	Beening	Jan		1965	2013	00:54:50		01:09:51	01:00:26	00:48:17	01:15:18	5:08:42		48	M40		5
	Strasser	Sascha	Seefahrtsschule Leer	1988	2013	01:02:00	01:02:53	01:10:49	01:03:48	00:49:31		5:09:01		25	MHK		5
	Paulus	Felix	Ulricianum Aurich	1994	2013	00:56:09		01:11:04	01:01:17	00:50:02	01:10:57	5:09:29		19	MU20		5
	Brink	Hans	Seefahrtsschule Leer	1986	2013	00:56:54		01:08:49	01:03:16	00:51:34	01:10:56	5:11:29		27	MHK		5
	Peters	Jörg	Nortmoor	1966	2013		01:00:01	01:09:46	01:01:38	00:50:19	01:09:55	5:11:39		47	M40		5
	Giesenberg	Adelbert	Rechtsweg	1960	2013	01:01:52	01:04:58	01:12:46	01:03:26	00:50:28		5:13:30		53	M50		5
	Garrelts	Bernd	Team ENERCON	1976	2013	00:58:28	01:05:15	01:12:27	01:04:25	00:53:37		5:14:12		37	M30		5
	Schunke	Michael	Autopark Schunke	1967	2013	01:02:02	01:05:10	01:12:33	01:04:45	00:52:14		5:16:44		46	M40		5
	Seitz	Jonny	Nordland Papier	1965	2013		01:05:32	01:12:06	01:02:28	00:50:14	01:08:11	5:18:31		48	M40		5
	Drost	Fritz	MTV Wittmund	1943	2013	01:02:20	01:01:18	01:15:12	01:05:30	00:54:38		5:18:58		70	M70		5
	Sassen	Rene	Seefahrtsschule Leer	1990	2013	01:02:08	01:06:10	01:15:11	01:04:57	00:51:54		5:20:20		23	MHK		5
	Meijster	Thies	Seefahrtsschule Leer	1992	2013	00:57:00	00:59:38	01:11:26	01:04:31	01:12:39		5:25:14		21	MHK		5
	Janssen	Joost	HTG Ihlow	1999	2013	00:59:11	01:03:51	01:12:48		00:53:37	01:16:00	5:25:27		14	MU20		5
	Fleming	Dana	Feedback Leer	1976	2013	01:01:17	01:05:35	01:14:24	01:05:10	01:02:06		5:28:32		37	W30		5
	Gemperlein	Henning	Seefahrtsschule Leer	1985	2013	01:06:29		01:14:32	01:05:42	00:51:19	01:10:53	5:28:55		28	MHK		5
	Neddermeyer	Heinz-Jürgen	LT Spaß mit Sport	1942	2013	01:01:29	01:06:31		01:10:24	00:57:28	01:15:45	5:31:37		71	M70		5
	Stern	Katrin	Seefahrtsschule Leer	1982	2013	01:00:47	01:05:26		01:13:11	00:57:56	01:14:18	5:31:38		31	W30		5
	Koop	Thomas	Nordland Papier	1967	2013	01:03:09	01:05:47		01:06:37	00:52:45	01:25:04	5:33:22		46	M40		5
	Keck	Birgit	LG Ostfriesland	1967	2013	01:00:49	01:04:53	01:14:18		00:57:04	01:16:19	5:33:23		46	W40		5
	Beckers	Achim	Schule am Deich	1959	2013		01:07:49	01:13:39	01:04:10	00:51:38	01:16:16	5:33:32		54	M50		5
	Rudolph	Matthias	MTV Jever	1969	2013		01:05:51	01:13:01	01:04:28	00:53:37	01:16:37	5:33:34		44	M40		5
	Mertins	Klaus-Dieter	obw Emden	1956	2013		01:04:02	01:16:38	01:03:10	00:51:55	01:18:20	5:34:05		57	M50		5
	Schomerus	Niklas	HTG Ihlow	1999	2013	01:05:28	01:03:09	01:12:54		00:55:49	01:17:04	5:34:24		14	MU20		5
	Schrock-Opitz	Claudio	Stadtwerke Norden	1966	2013	00:57:11	01:01:04	01:13:31	01:05:26		01:18:00	5:35:12		47	M40		5
	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2013	01:04:05	01:07:28	01:19:55	01:08:12	00:55:37		5:35:17		55	M50		5
	Walther	Lukas	Seefahrtsschule Leer	1989	2013	00:59:54		01:12:20	01:02:42	00:50:55	01:29:54	5:35:45		24	MHK		5
	Gröttrup	Amke	Klinikum Leer	1988	2013	01:02:30	01:07:16	01:16:10		00:54:00	01:15:56	5:35:52		25	MHK		5
	Hoppmann	Gerrit	ENOVA	1963	2013	01:02:56	01:06:58	01:19:52	01:13:08	00:55:10		5:38:04		50	M50		5
	Muscat	Anke	ENOVA	1966	2013	01:06:16	01:08:49	01:20:23	01:09:04	00:55:59		5:40:31		47	W40		5
	Weyrich	Anne		1979	2013	01:04:55	01:08:26	01:22:29	01:10:04	00:56:51		5:42:45		34	W30		5
	Niehuisen	Frank	AOK - Die Gesundheits	1970	2013	01:06:48	01:10:47	01:20:06	01:10:22	00:58:17		5:46:20		43	M40		5
	Meyerholz	Lisa-Marlen	Ulricianum Aurich	1997	2013	01:07:41	01:10:54	01:19:41	01:09:51	00:58:43		5:46:50		16	MU20		5
	Schröder	Tammo	Ulricianum Aurich	1995	2013	01:01:53	01:04:10	01:12:23	01:00:55		01:27:35	5:46:56		18	MU20		5

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
	Fabbi	Gabriel	Team Möbel Buss	1968	2013	01:05:40	01:11:12	01:21:51	01:11:34	00:57:13		5:47:30		45	M40		5
	Kalthöver	Mira	NIGE	1996	2013	01:01:23	01:03:52	01:15:12	01:09:18		01:17:46	5:47:31		17	WU20		5
	Romaneußen	Gerd	Theater Brockzetel-Wies	1963	2013	00:57:00	01:02:51	01:13:07		00:52:47	01:42:17	5:48:02		50	M50		5
	Damm	Dirk	Frisch Auf Wybelsum	1964	2013	01:05:51		01:33:06	00:54:55	00:46:02	01:28:47	5:48:41		49	M40		5
	Voß	Käthe	Emder LG	1954	2013	01:06:48	01:11:30	01:22:31	01:13:06	00:59:22		5:53:17		59	W50		5
	Knak	Talea	NIGE	1995	2013	01:14:47	01:06:44	01:19:44	01:15:51	00:56:37		5:53:43		18	WU20		5
	Campe	Wolf Julian	ENOVA	1984	2013	01:10:21	01:10:57	01:22:08	01:10:49	00:59:38		5:53:53		29	MHK		5
	Christians	Daniel	JG 71 R	1994	2013	01:08:30	01:12:39		01:15:13	00:57:34	01:23:15	5:57:11		19	MU20		5
	Hinrichs	Marion	LT SC Ihrhove 07	1979	2013	01:07:52	01:11:39		01:14:35	01:00:31	01:23:35	5:58:12		34	W30		5
	Mülder	Yvonne	Sparkasse Leer Wittmur	1977	2013	01:07:00	01:11:34		01:14:35	01:01:40	01:23:35	5:58:24		36	W30		5
	Ihmels	Yannick	IGS Aurich West	1995	2013	01:09:44	01:12:49	01:18:24		00:58:38	01:19:58	5:59:33		18	MU20		5
	Pruin	Birgit	Die Kurztenschlossene	1967	2013	01:07:30	01:12:48	01:28:51	01:13:16	00:58:49		6:01:14		46	W40		5
	Poppen	Gert-Rudolf	EDEKA	1959	2013	01:05:41	01:07:04		01:23:42	00:57:49	01:27:00	6:01:16		54	M50		5
	Burmeister	Jantje	NIGE	1994	2013	01:09:43	01:11:41	01:25:54	01:12:47	01:01:48		6:01:53		19	WU20		5
	Claaßen	Christa	WfBM BBB Aurich Wittm	1960	2013	01:04:33		01:20:27	01:13:06	01:00:53	01:22:55	6:01:54		53	W50		5
	Immega	Timo	REHAU AG & Co	1982	2013	01:09:12	01:12:05	01:23:19	01:15:49	01:03:26		6:03:51		31	M30		5
	Niskanen	Pirjo	Europahaus Aurich	1983	2013	01:04:34	01:10:26	01:20:41	01:12:29		01:19:00	6:07:10		30	M30		5
	Könnecke	Heike	Übbo-Emmius-Klinik Au	1970	2013	01:05:15	01:16:38	01:28:31	01:09:23	01:07:32		6:07:19		43	W40		5
	Kok	Johannes	Gymnasium Rhauderfe	1998	2013	01:10:00		01:24:44	01:13:15	00:58:48	01:22:55	6:09:42		15	MU20		5
	Hußmann	Keno	IGS Aurich West	1994	2013	01:11:05	01:15:17	01:25:45	01:16:51	01:01:10		6:10:08		19	MU20		5
	Schumacher	Anja	Ostfriesische Volksbank	1969	2013	01:07:22	01:11:31	01:21:47	01:11:31		01:24:24	6:16:35		44	W40		5
	Bajen	Frank	Klinikum Emden	1972	2013	01:14:59	01:19:12	01:30:54	01:14:14	01:04:54		6:24:13		41	M40		5
	Kruse	Karin	Team Möbel Buss	1962	2013	01:14:27	01:17:43	01:30:02	01:18:42	01:05:20		6:26:14		51	W50		5
	Wollmann	Neele	IGS Aurich West	1994	2013	01:17:16	01:16:05	01:30:12	01:18:40	01:04:33		6:26:46		19	MU20		5
	Fürst	Dominik	IGS Waldschule Egels	1999	2013	01:13:55	01:17:09		01:20:32	01:04:48	01:30:26	6:26:50		14	MU20		5
	Duitsmann	Denise	IGS Aurich West	1994	2013	01:17:15	01:15:58	01:30:13	01:18:38	01:06:47		6:28:51		19	WU20		5
	Grave	Manfred	RehaXpert	1973	2013		01:20:14	01:27:48	01:11:09	01:01:30	01:29:30	6:30:11		40	M40		5
	Brockmann	Michael	Seefahrtsschule Leer	1989	2013	01:14:59	01:22:21		01:25:08	01:06:19	01:29:50	6:38:37		24	MHK		5
	Wöhrlé	Wolfgang	MTV Wittmund	1944	2013	01:12:54	01:22:41	01:37:07	01:21:53	01:07:26		6:42:01		69	M60		5
	Nießet	Hendrik	Lebenshilfe Leer e.V.	1980	2013	01:21:08	01:17:02	01:41:03		01:06:30	01:31:50	6:57:33		33	M30		5
	Rabenberg	Jens	RVB Aurich/Uplengen	1979	2013	01:19:01	01:24:30	01:31:42	01:21:19		01:33:13	7:09:45		34	M30		5
	Stepien	Alicja	MVM mbH	1981	2013	01:24:15	01:24:28	01:32:50	01:24:11	01:25:08		7:10:52		32	W30		5
	Mayer	Daniel	IGS Aurich West	1994	2013	01:39:09	01:48:09	02:10:07	01:39:52	01:28:06		8:45:23		19	MU20		5
	Bohlen	Gerd	TURA 07 / Kirchenkreis	1954	2013	00:00:00		00:00:00		00:00:00	00:00:00	0:00:00		59	M50		4
	Eihusen	Heike	LG Uplengen	1966	2013	00:00:00			00:00:00	00:00:00	00:00:00	0:00:00		47	M40		4
	Gastmann	Thorsten	Team ENERCON	1981	2013			00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		32	M30		4
	Giertz	Axel	ORGADATA AG		2013	00:00:00			00:00:00	00:00:00	00:00:00	0:00:00			M		4
	Janssen	Wilko	Feuerwehr Ochtersum	1988	2013	00:00:00		00:00:00		00:00:00	00:00:00	0:00:00		25	MHK		4
	Kolbe	Tobias	Apen	1990	2013	00:00:00		00:00:00		00:00:00	00:00:00	0:00:00		23	MHK		4
	Oldigs	Beenhard	Europahaus Aurich		2013	00:00:00		00:00:00		00:00:00	00:00:00	0:00:00			M		4
	Voß	Johann	Hatshausen	1954	2013		00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		59	M50		4
	Wilken Dr.	Joachim	Borromäus Hospital Lee	1972	2013	00:00:00	00:00:00	00:00:00	00:00:00			0:00:00		41	M40		4
	Fleißner	Verena	flessies	1993	2013	00:00:00	00:00:00			00:00:00	00:00:00	0:00:00		20	W20		4
	Hertz-Kleptow	Traute	LDW Bremen	1982	2013			00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		31	W30		4
	Lillie	Angelika	Aurich	1992	2013		00:00:00	00:00:00	00:00:00		00:00:00	0:00:00		21	W20		4
	ter Veer	Melanie	Polizeiinspektion Leer/E	1975	2013		00:00:00	00:00:00		00:00:00	00:00:00	0:00:00		38	W30		4
	Bremer	Vera	IGS Aurich West	1995	2013	00:00:00			00:00:00	00:00:00		0:00:00		18	WU20		4
	Eickholt	Matthias	Emder LG	1986	2013	00:38:20	00:41:22	00:47:13	00:42:24			2:49:19		27	MHK		4
	Rühle, Dr.	Andreas	Lions Club Uplengen	1962	2013	00:43:08			00:47:01	00:38:43	00:52:57	3:01:49		51	M50		4
	Reinken	Dennis	ZPD NI / Bereitschaftsp	1987	2013	00:46:54	00:48:40		00:50:55	00:40:30		3:06:59		26	MHK		4
	Hoffmann	Karl-Heinz	Team Laufrausch e.V.	1958	2013	00:47:06	00:50:27	00:59:27	00:54:00			3:31:00		55	M50		4
	Wagner	Andre	Nordland Papier	1968	2013	00:51:02	00:53:41			00:44:38	01:02:45	3:32:06		45	M40		4
	Iken	Matthias	Emder LG	1972	2013	00:51:16		01:02:38	00:55:23	00:45:45		3:35:02		41	M40		4
	Feldmann	Karl-Heinz	Bäckerei Gerdes	1963	2013	00:52:19	00:53:48	01:01:50	00:54:02			3:41:59		50	M50		4
	Plötz	Tobias	RG Uni Hamburg	1975	2013	00:50:21	00:53:21	01:02:21	00:59:05			3:45:08		38	M30		4
	Saathoff	Christian	Sandersfeld Sicherheits	1987	2013	00:53:12	00:56:05	01:04:58	00:58:11			3:52:26		26	MHK		4
	Fellenberg	Dirk	ZPD NI / Bereitschaftsp	1984	2013	01:00:56	01:00:14		01:00:56	00:50:57		3:53:03		29	MHK		4
	Hertzl	Steffen	LWlnstGrp 21	1985	2013		00:55:08	01:01:31	00:56:10		01:01:02	3:53:51		28	MHK		4
	Höfner	Lea	LG Harlingerland	1997	2013	00:51:33	00:55:09	01:06:32	01:03:21			3:56:35		16	WU20		4
	Sieling	Heiko	Sparkasse Leer Wittmur	1961	2013	00:54:12	00:58:15	01:07:04	01:00:34			4:00:05		52	M50		4
	Strangmann	Dirk	EWE Wattloopers	1970	2013	00:54:49	00:59:30		00:59:26		01:06:55	4:00:40		43	M40		4
	de Freese	Nadine	Hockey Club Moormerla	1993	2013	01:20:08			00:55:40	00:43:55	01:01:30	4:01:13		20	WHK		4
	Waldmann	Frank	LG Großfehn	1955	2013	00:54:09	00:58:08	01:06:43	01:02:52			4:01:52		58	M50		4
	Winsenborg	Thomas	Lebenshilfe Leer e.V.	1960	2013	00:59:13	01:01:33			00:51:34	01:11:12	4:03:32		53	M50		4
	Eyhuse	Melanie	Fortuna Logabirum	1975	2013	00:55:24		01:08:35		00:50:22	01:09:33	4:03:54		38	W30		4
	Potthast	Hiltrud	HC Moormerland	1972	2013	00:56:35	00:59:42	01:08:29	01:00:13			4:04:59		41	W40		4
	Fröhling	Rudof	Norden	1963	2013	00:54:46	00:58:18	01:07:44	01:04:50			4:05:38		50	M50		4
	Janssen	Carmen	Nordland Papier	1984	2013	00:57:00	01:00:37			00:51:38	01:16:47	4:06:02		29	WHK		4
	Kromminga	Jendrik	VfL Germania Leer	1997	2013	00:58:54	00:58:53			00:50:59	01:17:46	4:06:32		16	MU20		4
	Vogelsang	Steffen	Esens	1959	2013	00:54:29	00:59:21	01:08:40	01:05:07			4:07:37		54	M50		4

32. Ostfrieslandlauf 2013

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	72,15					
	Petzers	Rainer	Emder LG	1951	2013	00:56:09	01:01:28	01:08:43	01:01:57			4:08:17		62	M60		4
	Hinrichs	Enno	LG Großefehn	1961	2013			01:10:39	01:01:36	00:50:31	01:07:47	4:10:33		52	M50		4
	Ertwiens	Pedi	ORGADATA AG	1969	2013			01:11:00	01:00:15	00:49:32	01:10:05	4:10:52		44	M40		4
	Wilken	Claudia	RVB Aurich/Uplengen	1980	2013	01:00:02			01:07:16	00:52:12	01:12:32	4:12:02		33	W30		4
	Brahms	Jann	Bohlen & Doyen	1985	2013			01:11:13	01:00:07	00:47:31	01:14:12	4:13:03		28	MHK		4
	Hüttenberger	Michael	SG Stedesdorf	1955	2013	00:56:40	00:58:47	01:16:31	01:01:34			4:13:32		58	M50		4
	Niklas-Bondzio	Leonard	Ulricianum Aurich	1995	2013	01:02:43	01:08:06		01:08:10	00:56:25		4:15:24		18	MU20		4
	Hagen	Wolfgang	Sportgemeinschaft Sted	1967	2013	00:56:06	00:59:49	01:16:31	01:07:29			4:19:55		46	M40		4
	Schoone	Jens	Bohlen & Doyen	1976	2013			01:06:08	01:07:41	00:53:10	01:13:48	4:20:47		37	M30		4
	Bartels	Klaus	LT Oldenburg Süd	1969	2013	00:57:57	01:04:52	01:12:25	01:05:34			4:20:48		44	M40		4
	Steinmeier	Marion	Ubbo-Emmius-Klinik Au	1969	2013	01:03:10	01:05:01			00:57:02	01:18:19	4:23:32		44	W40		4
	Charcholla	Nils	Alex.-v-Humboldt-Schul	1993	2013	01:01:09	00:58:08	01:13:21	01:11:06			4:23:44		20	MHK		4
	Reisige	Peter	Nordland Papier	1971	2013	01:01:51	01:05:11			00:56:45	01:20:16	4:24:03		42	M40		4
	Hartmann	Niels	Hartmann Group	1975	2013		01:00:56	01:10:21	01:02:26		01:10:24	4:24:07		38	M30		4
	Behrends	Michael	Ihlowerhörn	1985	2013			01:12:11	01:04:28	00:54:47	01:14:05	4:25:31		28	MHK		4
	Böke	Thorsten	Bohlen & Doyen	1969	2013	01:04:17			01:08:37	00:55:55	01:17:40	4:26:29		44	M40		4
	Pottberg	Hauke	Ubbo-Emmius-Gymnasi	1997	2013	01:05:13			01:10:30	00:54:06	01:18:40	4:28:29		16	MU20		4
	Lenz	Hans-Hermann	Klinikum Leer	1952	2013			01:15:18	01:05:32	00:53:40	01:14:01	4:28:31		61	M60		4
	Schulz	Evelyn	Emder LG	1957	2013	00:58:32	01:10:50	01:15:05	01:04:18			4:28:45		56	W50		4
	Poppe, Dr	Sabine	LG Großefehn	1965	2013	00:59:01	01:02:37	01:11:28			01:18:02	4:31:08		48	W40		4
	Leibelt	Jan-Niklas	Seefahrtsschule Leer	1989	2013	01:02:42	01:07:17	01:14:45	01:06:26			4:31:10		24	MHK		4
	Kloster	Magret	Fortuna Logabirum	1956	2013	01:01:36	01:05:36	01:16:24	01:09:51			4:33:27		57	W50		4
	Fleischer	Roman	MVM mbH-IT Managem	1991	2013	01:07:07	01:08:48	01:18:04		01:00:22		4:34:21		22	MHK		4
	Seitner	Jenny	IGS Waldschule Egels	1997	2013			01:11:50	01:03:35	01:05:03	01:14:44	4:35:12		16	WU20		4
	Rennekamp	Tobias	Seefahrtsschule Leer	1990	2013			01:12:36	01:11:41	00:54:00	01:17:04	4:35:21		23	MHK		4
	Siemens	Günther	BBC Chartering	1974	2013	01:19:43			01:10:14	00:59:45	01:06:09	4:35:51		39	M30		4
	Uphoff	Bernhard	Osterkamp Nutzfahrzeu	1966	2013	01:01:02	01:05:57	01:19:24	01:10:09			4:36:32		47	M40		4
	Bockelmann	Tjark	IGS Aurich West	1994	2013	01:07:09	01:16:33	01:15:08		00:57:57		4:36:47		19	MU20		4
	Lücht	Matthias	Fortuna Logabirum	1968	2013		01:05:04	01:15:06	01:05:40		01:12:56	4:38:46		45	M40		4
	Rougoor	Leo	Lebenshilfe Leer e.V.	1980	2013	01:05:49		01:14:28	01:09:41		01:10:45	4:40:43		33	M30		4
	Tapper	Magret	Krankenhaus Wittmund	1978	2013	01:08:39			01:12:16	00:58:04	01:22:19	4:41:18		35	W30		4
	Winkler	Georg	TV Norden	1947	2013			01:19:06	01:10:05	00:56:15	01:17:49	4:43:15		66	M60		4
	Kroon	Rainer	Bünting Tee Leer	1982	2013			01:21:43	01:11:57	00:53:38	01:18:52	4:46:10		31	M30		4
	Bassler	Heiko	LG Großefehn	1968	2013	01:11:21	01:13:27			01:01:07	01:21:35	4:47:30		45	M40		4
	Harken-Röfing	Wilma	WfBm BBB Aurich Wittm	1965	2013	01:03:21	01:07:27	01:20:13			01:22:45	4:53:46		48	W40		4
	Wilken	Gerhold	Sparkasse Leer Wittm	1954	2013	01:07:59	01:12:00	01:22:42	01:11:54			4:54:35		59	M50		4
	Kruse	Kai	Team Möbel Buss	1984	2013	01:14:27	01:17:44		01:18:42	01:05:20		4:56:13		29	MHK		4
	Auras	Karl-Heinz	TRAUCO Gruppe	1958	2013	01:06:48	01:13:05	01:23:38	01:16:39			5:00:10		55	M50		4
	Bohnet	Ernst	Emder LG	1946	2013			01:21:55	01:14:58	00:59:48	01:26:48	5:03:29		67	M60		4
	Tieben	Marietta	Nordland Papier	1962	2013		01:15:24	01:29:00	01:19:05	01:02:29		5:05:58		51	W50		4
	Wellendorf	Henning	NW Steuerberatungsges	1978	2013	01:12:08	01:16:42	01:29:08	01:19:32			5:17:30		35	M30		4
	Hamel	Ahlich	Volksbank Westrhauder	1960	2013	01:15:18	01:18:55	01:31:14	01:22:10			5:27:37		53	M50		4
	Rath	Johann	ELV Elektronik AG	1963	2013	01:16:57	01:22:52	01:37:12		01:11:47		5:28:48		50	M50		4
	Immega	Hannelore	SV Werdum	1953	2013	01:15:05	01:19:16		01:23:18		01:35:30	5:33:09		60	W60		4
	Jüchter	Katja	ELV Elektronik AG	1992	2013	01:20:15		01:36:40		01:06:26	01:30:18	5:33:39		21	WHK		4
	Onneckes	Eike	Enno Onneckes	1990	2013	01:14:55	01:19:37	01:32:48			01:28:50	5:36:10		23	MHK		4
	Thomas	Annette	Klinikum Emden	1976	2013	01:21:11			01:29:03	01:12:04	01:38:18	5:40:36		37	W30		4
	Kruse	Bernhard	WfBm BBB Aurich Wittm	1990	2013	01:16:04	01:14:50	02:05:42	01:24:27			6:01:03		23	MHK		4
	Kruse	Sandra	Team Möbel Buss	1977	2013	01:28:07	01:37:08	01:47:34	01:38:38			6:31:27		36	W30		4
	Liegl	Sophie	obw Emden	1985	2013	01:32:33			01:43:02	01:25:30	01:53:58	6:35:03		28	WHK		4
	Albert	Manuel	Spanien-Barcelona	1959	2013			00:00:00	00:00:00	00:00:00		0:00:00		54	M50		3
	August	Dieter	Reservistenkameradsch	1960	2013				00:00:00	00:00:00	00:00:00	0:00:00		53	M50		3
	Bartsch	Frank	LSF Oldenburg	1972	2013		00:00:00				00:00:00	0:00:00		41	M40		3
	Grünefeld	Tjarko		1961	2013				00:00:00	00:00:00	00:00:00	0:00:00		52	M50		3
	Heyen	Dietmar	BSG EWE	1972	2013		00:00:00		00:00:00		00:00:00	0:00:00		41	M40		3
	Jürrens	Harry	Emder LG	1957	2013				00:00:00	00:00:00	00:00:00	0:00:00		56	M50		3
	Koens	Sven		1992	2013				00:00:00	00:00:00	00:00:00	0:00:00		21	MHK		3
	Müller	Magnus	VfL Ockenhausen	1941	2013				00:00:00	00:00:00	00:00:00	0:00:00		72	M70		3
	Narr	Werner	Hausarztpraxis Werner	1949	2013				00:00:00	00:00:00	00:00:00	0:00:00		64	M60		3
	Otten	Harald	Trauco	1974	2013		00:00:00				00:00:00	0:00:00		39	M30		3
	Schmieder	Clemens	Rettungsdienst Leer	1989	2013	00:00:00				00:00:00	00:00:00	0:00:00		24	MHK		3
	de Buhr	Wilke	OHV Aurich	1996	2013			00:00:00		00:00:00	00:00:00	0:00:00		17	MU20		3
	Giesenberg	Hilko	Emden	1999	2013		00:00:00	00:00:00		00:00:00		0:00:00		14	MU20		3
	Günzel	Lukas	Druckerei Meyer	1996	2013			00:00:00			00:00:00	0:00:00		17	MU20		3
	Hardy	Stefan		1994	2013				00:00:00	00:00:00	00:00:00	0:00:00		19	MU20		3
	Röfing	Tammo	LG Harlingerland	1997	2013			00:00:00	00:00:00	00:00:00		0:00:00		16	MU20		3
	Eggers	Ulrike	Bootsbau Eggers	1967	2013		00:00:00		00:00:00		00:00:00	0:00:00		46	W40		3
	Gerke	Dietlinde	Klinikum Leer	1968	2013				00:00:00	00:00:00	00:00:00	0:00:00		45	W40		3
	Hoogestraat	Sonja	LG Harlingerland	1976	2013	00:00:00	00:00:00			00:00:00		0:00:00			W		3
	Weerts	Theda		1956	2013	00:00:00			00:00:00	00:00:00		0:00:00		57	W50		3

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen	
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15						
	Mohrmann	Jasmin	Wiesmoor	1992	2013				00:00:00	00:00:00	00:00:00	0:00:00		21	W20		3	
	Redmers	Christian	MTV Aurich	1990	2013	00:41:10	00:47:28				00:53:59	2:22:37		23	MHK		3	
	Aeilts	Matthias	TSV Hesel	1968	2013	00:50:20			00:56:08	00:45:25		2:31:53		45	M40		3	
	Janssen	Rainer	ZPD NI / Bereitschaftspolizei	1979	2013	00:48:09	00:51:06		00:52:38			2:31:53		34	M30		3	
	Steffens	Daniel	obw Emden	1988	2013				00:54:39	00:43:26	00:58:08	2:36:13		25	MHK		3	
	Grassmann	Jens	Hartmann Group	1969	2013	00:47:55	00:51:13	00:58:04				2:37:12		44	M40		3	
	Reimann	Klaus	Nordland Papier	1968	2013	00:57:36				00:42:40	00:58:03	2:38:19		45	M40		3	
	Vogelsang	Christian	LwinsthGrp 21	1983	2013	00:48:50	00:51:20	01:01:20				2:41:30		30	M30		3	
	de Riese	Reiner	LT SC Ihrhove 07	1959	2013	00:49:48				00:48:18	01:04:40	2:42:46		54	M50		3	
	Pipetz	Marten	Borromäus Hospital Leer	1961	2013	00:48:09	00:53:16	01:01:50				2:43:15		52	M50		3	
	Müller	Gerrit	Ulricianum Aurich	1996	2013	00:52:22	00:51:47	01:00:31				2:44:40		17	MU20		3	
	von Sturm	Maurice	Seefahrtsschule Leer	1989	2013		00:57:15		01:03:58	00:43:40		2:44:53		24	MHK		3	
	Hellmers	Susanne	Stadtwerke Norden	1966	2013	00:49:23	00:52:41				01:03:21	2:45:25		47	W40		3	
	Claassen	Marco	Störtebeker Loopers TV	1988	2013	00:48:25	00:52:05	01:09:51				2:50:21		25	MHK		3	
	Birkoben	Rolf	TSV Riepe	1952	2013	00:57:09	01:01:59			00:51:47		2:50:55		61	M60		3	
	Grimm	Uwe	Vffl. Berumbur	1969	2013	00:52:03	00:55:26	01:04:38				2:52:07		44	M40		3	
	Dirks	Heiko	Hartmann Group	1973	2013	00:53:02	00:55:07	01:04:25				2:52:34		40	M40		3	
	Thörner	Klaus	obw Emden	1964	2013	00:51:10	00:55:31				01:06:25	2:53:06		49	M40		3	
	Müller	Gerrit	Team Möbel Buss	1961	2013				01:00:34	00:48:20	01:06:31	2:55:25		52	M50		3	
	Benz	Philipp	EWE Wattloopers	1977	2013		00:54:01	01:00:22			01:01:27	2:55:50		36	M30		3	
	Schacha	Dirk	ORGADATA AG	1971	2013				00:55:27	00:56:53	01:04:19	2:56:39		42	M40		3	
	Schlecht	Michael	Wfbm BBB Aurich Wittm	1989	2013	00:56:36	01:09:07			00:51:51		2:57:34		24	MHK		3	
	Ebrecht	Klaus	TuS Esens	1961	2013	00:53:04	00:57:03	01:07:40				2:57:47		52	M50		3	
	Strupp	Manfred	TV Norden	1945	2013	00:54:39	00:59:19	01:06:34				3:00:32		68	M60		3	
	Kohl	Jürgen	Ski Club Wangerland	1967	2013	01:00:14	01:03:52			00:57:24		3:01:30		46	M40		3	
	Warnecke	Dirk	ENOVA	1969	2013	01:00:12				00:50:02	01:14:08	3:04:22		44	M40		3	
	Anscheidt	Mareike	Fortuna Logabirum	1997	2013	00:52:53	00:58:45	01:12:59				3:04:37		16	WU20		3	
	Lienemann	Tido	ENOVA	1976	2013	01:02:37	01:06:56			00:56:06		3:05:39		37	M30		3	
	Willms	Jochen	Scharff / Trauco	1981	2013	00:57:29	01:00:05	01:09:03				3:06:37		32	M30		3	
	Kohlenberg	Inse	TuS Zetel	1950	2013	00:55:34	01:00:19	01:10:48				3:06:41		63	W60		3	
	Seidler, Dr.	Dieter	Ubbo-Emmius-Klinik Au	1961	2013	00:54:01		01:07:44			01:06:42	3:08:27		52	M50		3	
	Schmeink	Meret	Turbine TGG	1996	2013	01:00:08				00:54:04	01:16:50	3:11:02		17	MU20		3	
	Pahl	Wilma	Leinerstift e.V.	1985	2013	00:57:50	01:01:23	01:12:12				3:11:25		28	WHK		3	
	Harms	Bernd	Ostfriesische Volksbank	1979	2013			01:15:12	01:05:45	00:52:19		3:13:16		34	M30		3	
	Bauer	Rolf	Nordland Papier	1968	2013	00:57:00	01:00:35				01:16:47	3:14:22		45	M40		3	
	Kowalk	Saskia	Kdo SES Ostfriesland	1974	2013			01:14:06	01:06:56	00:53:20		3:14:22		39	W30		3	
	Strunk	Sven-Erik	IGS Aurich West	1996	2013	01:03:04	01:03:14		01:09:39			3:15:57		17	MU20		3	
	Gehlen	Nadine	Kdo SES Ostfriesland	1990	2013	01:04:41	01:11:15			01:02:24		3:18:20		23	WHK		3	
	Nanninga	Bernd	Nanninga Landmaschinen	1987	2013		01:07:47			00:54:44	01:17:03	3:19:34		26	MHK		3	
	Holst	Uwe	LT TuS Aurich-Ost	1959	2013	01:02:23	01:03:03	01:14:58				3:20:24		54	M50		3	
	Kramer	Marion	TuRa 07 Westrauderfer	1967	2013	01:01:21	01:05:02	01:14:30				3:20:53		46	W40		3	
	Reddel	Daniel	Wittmund	1990	2013	01:01:03	01:05:10	01:17:38				3:23:51		23	MHK		3	
	Müller	Petra	Realschule Aurich	1964	2013	00:59:55	01:04:50	01:19:07				3:23:52		49	W40		3	
	Süßen	Dennis	JG 71 R	1993	2013	00:55:07	01:03:58	01:25:39				3:24:44		20	MHK		3	
	Forell	Brian	JG 71 R	1995	2013	01:02:27	01:00:46	01:22:03				3:25:16		18	MU20		3	
	Terlau	Jonas	VHS Laufen	1997	2013	01:06:34	01:13:49			01:05:31		3:25:54		16	MU20		3	
	de Buhr	Heinz	Lions Club Uplengen	1959	2013		01:13:42		01:12:59	00:59:51		3:26:32		54	M50		3	
	Vogt	Kirsten	Team Laufrusch e.V.	1979	2013	00:58:20	01:08:55				01:19:46	3:27:01		34	W30		3	
	Buss	Bernhard	Team Möbel Buss	1949	2013	01:10:54			01:16:53	01:01:49		3:29:36		64	M60		3	
	Kluin	Dietmar	Leinerstift e.V.	1962	2013	01:00:29		01:16:32			01:12:56	3:29:57		51	M50		3	
	Heimann	Christoph	Krankenhaus Wittmund	1991	2013	01:01:27	01:06:31		01:22:23			3:30:21		22	MHK		3	
	Kroon	Uwe	Bünting Tee Leer	1980	2013			01:21:43		00:54:04	01:15:55	3:31:42		33	M30		3	
	Konik	Ralf	obw Emden	1972	2013	01:03:59	01:10:54	01:21:34				3:36:27		41	M40		3	
	Schmidt	Angela	obw Emden	1961	2013			01:21:09			00:58:30	01:19:38	3:39:17		52	W50		3
	Regendörp	Michelle	HRS Moormerland	1998	2013	01:15:50				01:02:59	01:22:01	3:40:50		15	WU20		3	
	Ramaker	Harald	SV Warsingsfehn	1963	2013	01:08:07	01:12:05	01:22:27				3:42:39		50	M50		3	
	Luikenga	Andreas	Moormerland	1966	2013	01:06:50	01:13:09	01:24:16				3:44:15		47	M40		3	
	Sürmeil	Göker	ENOVA	1983	2013	01:23:14			01:20:41	01:04:18		3:48:13		30	M30		3	
	Guhr	Joachim	LT Spaß mit Sport	1953	2013	01:06:58	01:10:53	01:34:27				3:52:18		60	M60		3	
	Koopmann	Kai	IGS Aurich West	1993	2013	01:30:45	01:07:21	01:15:09				3:53:15		20	MHK		3	
	Freesemann	Michael	EWE Wattloopers	1973	2013				01:20:23	01:05:54	01:27:00	3:53:17		40	M40		3	
	Maas	Hans-Jürgen	ENOVA	1975	2013	01:23:15	01:23:45			01:06:18		3:53:18		38	M30		3	
	Klingen	Hannelore	TPSK Köln	1960	2013	01:12:44	01:16:32	01:27:56				3:57:12		53	W50		3	
	Henning	Lisa	IGS Aurich West	1994	2013	01:19:24	01:27:06			01:12:18		3:58:48		19	WU20		3	
	Knapp, Dr.	Wolftram	Ubbo-Emmius-Klinik Au	1948	2013				01:20:29	01:07:25	01:34:59	4:02:53		65	M60		3	
	Middelkamp	Heike	VfL Oythe, Trauco	1960	2013	01:09:07	01:21:18	01:34:27				4:04:52		53	W50		3	
	Hartmann	Hans-Dieter		1955	2013				01:26:06	01:06:10	01:32:58	4:05:14		58	M50		3	
	Pittelkow	Sonja	ENOVA	1980	2013	01:25:39			01:29:39	01:12:43		4:08:01		33	W30		3	
	Walter	Katrin	IGS Waldschule Egels	1998	2013	01:21:22				01:13:05	01:37:57	4:12:24		15	WU20		3	
	Lindner	Kristina	REHAU AG & Co	1977	2013	01:22:01	01:23:02	01:37:03				4:22:06		36	W30		3	
	Tjarks	Erna	Team ENERCON	1979	2013	01:22:00	01:25:01	01:39:55				4:26:56		34	W30		3	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Liehr	Jana	ENOVA	1974	2013	01:25:40	01:27:28	01:42:55				4:36:03		39	W30		3
	de Vries	Sigrid	Bünting Tee Leer	1964	2013				01:35:20	01:19:33	01:50:47	4:45:40		49	W40		3
	Adam	Hendrik	Osnabrooklyn	1987	2013		00:00:00				00:00:00	0:00:00		26	MHK		2
	Bach	Hanno	Seefahrtsschule Leer	1989	2013				00:00:00	00:00:00		0:00:00		24	MHK		2
	Bartsch	Fabian		1990	2013				00:00:00		00:00:00	0:00:00		23	MHK		2
	Blank	Andre	Sparkasse LeerWittmun	1977	2013				00:00:00		00:00:00	0:00:00		36	M30		2
	Böke	Dietmar	Sparkasse LeerWittmun	1961	2013					00:00:00	00:00:00	0:00:00		52	M50		2
	Bruns	Walter	Möhlmann Automobillog	1972	2013					00:00:00	00:00:00	0:00:00		41	M40		2
	Campen	Günter	Team Enercon	1974	2013				00:00:00	00:00:00		0:00:00		39	M30		2
	Cassens	Michael	Taebo-Nord	1964	2013			00:00:00	00:00:00			0:00:00		49	M40		2
	Grünefeld	Enno	Gymnasium Ulricianum	1966	2013	00:00:00	00:00:00					0:00:00		47	M40		2
	Heiken	Ingo	SV Ochtersum	1970	2013					00:00:00	00:00:00	0:00:00		43	M40		2
	Herten	Wilko	Neufirrel	1992	2013				00:00:00	00:00:00		0:00:00		21	MHK		2
	Hesse	Thomas		1969	2013					00:00:00	00:00:00	0:00:00		44	M40		2
	Jakobs	Günter	Drei Lauf Freunde	1968	2013	00:00:00		00:00:00				0:00:00		45	M40		2
	Janssen	Uwe	LSF Oldenburg	1983	2013		00:00:00		00:00:00			0:00:00		30	M30		2
	Janssen	Tammo	ORGADATA AG	1993	2013				00:00:00		00:00:00	0:00:00		20	MHK		2
	Kruse	Thomas	Tura 07 Westrauderferf	1968	2013					00:00:00	00:00:00	0:00:00		45	M40		2
	Lenke	Rene		1992	2013					00:00:00	00:00:00	0:00:00		21	MHK		2
	Mengers	Wolfgang	Tura 07 Westrauderferf	1968	2013					00:00:00	00:00:00	0:00:00		45	M40		2
	Meyer	Wolfgang	Emder LG	1963	2013			00:00:00	00:00:00			0:00:00		50	M50		2
	Mocha	Jens	Team Nordwest	1978	2013				00:00:00		00:00:00	0:00:00		35	M30		2
	Möhlmann	Manfred	SC Wiesens	1964	2013	00:00:00			00:00:00			0:00:00		49	M40		2
	Penning	H.-D.	Fortuna Logabirum	1962	2013				00:00:00	00:00:00		0:00:00		51	M50		2
	Pupkes	Werner	Aurich	1965	2013			00:00:00			00:00:00	0:00:00		48	M40		2
	Rieken	Ewald	MTV Jever	1945	2013	00:00:00					00:00:00	0:00:00		68	M60		2
	Schreiner	Ralf	LT Heidewalker	1958	2013	00:00:00	00:00:00					0:00:00		55	M50		2
	Schubert	Manfred	LLT Wallernhausen	1949	2013			00:00:00	00:00:00			0:00:00		64	M60		2
	Strümpel	Andy	BMW Freese Wilhelmsh	1972	2013		00:00:00		00:00:00			0:00:00		41	M40		2
	Vögt	Reiner	TuS Unterlüss	1979	2013					00:00:00	00:00:00	0:00:00		34	M30		2
	Vry	Ralf	Fortuna Logabirum	1960	2013					00:00:00	00:00:00	0:00:00		53	M50		2
	Wiechmann	Steffen	VfL Germania Leer	1988	2013					00:00:00	00:00:00	0:00:00		25	MHK		2
	Harms	Dieter	Aurich Kirchdorf	1969	2013			00:00:00			00:00:00	0:00:00		44	M40		2
	Schlepegrell	Ulrich	Team Laufrausch e. V.	1957	2013					00:00:00	00:00:00	0:00:00		56	M50		2
	ter Fehr	Heino	Injoy Leer	1964	2013					00:00:00	00:00:00	0:00:00		49	M40		2
	Weintschke	Uwe	LT Oldenburg Süd	1959	2013					00:00:00	00:00:00	0:00:00		54	M50		2
	Wieland	Thomas	TG Wiesmoor	1962	2013	00:00:00			00:00:00			0:00:00		51	M50		2
	Willms	Menno	DG Wiesederfehn	1963	2013				00:00:00		00:00:00	0:00:00		50	M50		2
	Wolken	Gerd	Wittmund	1969	2013				00:00:00	00:00:00		0:00:00		44	M40		2
	Wolters	Karsten	Sparkasse Aurich-Norde	1968	2013					00:00:00	00:00:00	0:00:00		45	M40		2
	Zelmer	Guido		1973	2013				00:00:00		00:00:00	0:00:00		40	M40		2
	Cramer	Lukas	IGS Aurich-West	1994	2013			00:00:00		00:00:00		0:00:00		19	MU20		2
	Dirksen	Aaron		1998	2013					00:00:00	00:00:00	0:00:00		15	MU20		2
	Harms	Justin	Gymnasium Ulricianum	1999	2013	00:00:00		00:00:00				0:00:00		14	MU20		2
	Hesse	Noah	FCSO	1999	2013					00:00:00	00:00:00	0:00:00		14	MU20		2
	Köhler	Jan-Aiko	Emder LG	1997	2013		00:00:00				00:00:00	0:00:00		16	MU20		2
	Koning	Florian	VfR Heisfelde	1996	2013	00:00:00		00:00:00				0:00:00		17	MU20		2
	Kruse	Alke	Gymnasium Ulricianum	1996	2013				00:00:00		00:00:00	0:00:00		17	MU20		2
	Rademacher	Joost		1996	2013					00:00:00	00:00:00	0:00:00		17	MU20		2
	Tammen	Andre	Lücht&Palm	1995	2013					00:00:00	00:00:00	0:00:00		18	MU20		2
	Meyer	Bastian		1994	2013	00:00:00		00:00:00				0:00:00		19	MU20		2
	Becker	Gertrud	Emder LG	1959	2013			00:00:00	00:00:00			0:00:00		54	W50		2
	Beckmann	Stefanie	Jever	1984	2013					00:00:00	00:00:00	0:00:00		29	W20		2
	Bloch	Stephanie	BFM Catering GmbH	1983	2013				00:00:00	00:00:00		0:00:00		30	W30		2
	Borchers	Verena		1984	2013					00:00:00	00:00:00	0:00:00		29	W20		2
	Buss	Helga	SV Stikelkamp	1962	2013					00:00:00	00:00:00	0:00:00		51	W50		2
	Canenbley	Britta		1968	2013					00:00:00	00:00:00	0:00:00		45	W40		2
	Czaja	Iris	ENERCON	1985	2013	00:00:00					00:00:00	0:00:00		28	W20		2
	Hülshof	Britta	Tura 07 Westrauderferf	1969	2013	00:00:00		00:00:00				0:00:00		44	W40		2
	Kannegiesser	Magret	Fortuna Logabirum	1972	2013				00:00:00	00:00:00		0:00:00		41	W40		2
	Koplin	Heike	AOK Aurich	1971	2013				00:00:00		00:00:00	0:00:00		42	W40		2
	Kutz	Heike	Fortuna Logabirum	1980	2013				00:00:00	00:00:00		0:00:00		33	W30		2
	Schulte	Carmen	TG Wiesmoor	1983	2013		00:00:00		00:00:00			0:00:00		30	W30		2
	Watermeyer	Ute	BFM Catering GmbH	1968	2013				00:00:00	00:00:00		0:00:00		45	W40		2
	Campen	Marike	Gymnasium Ulricianum	1996	2013	00:00:00			00:00:00			0:00:00		17	WU20		2
	Janßen	Anna		1996	2013				00:00:00	00:00:00		0:00:00		17	WU20		2
	Pommer	Anneke	SV Warsingsfehn/Timm	1996	2013				00:00:00	00:00:00		0:00:00		17	WU20		2
	Hedemann	Alke	Team Möbel Buss	1995	2013				00:00:00		00:00:00	0:00:00		18	WU20		2
	Lübben	Astrid	LG Ostfriesland	1971	2013	00:48:25				00:00:00		0:48:25		42	W40		2
	Ukena	Peer	Ostfriesische Volksbank	1992	2013	00:47:59	00:50:47					1:38:46		21	MHK		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
	Manssen	Uwe	Wildeboer Bauteile Gm	1970	2013	00:47:16	00:51:34					1:38:50		43	M40		2
	Tietz	Udo	SV Bokeloh	1969	2013	00:48:10	00:52:10					1:40:20		44	M40		2
	Feldiek	Georg	Weener Plastik	1956	2013	00:49:18	00:53:05					1:42:23		57	M50		2
	Beeken	Hajo	TG Wiesmoor	1961	2013	00:50:55	00:53:30					1:44:25		52	M50		2
	Ackermann	Johannes	Stiekelkamperfehn	1954	2013	00:50:17	00:54:14					1:44:31		59	M50		2
	Grundmann	Werner		1952	2013	00:50:42	00:54:56					1:45:38		61	M60		2
	Maibaum	Lars	Aurich	1971	2013	00:52:16	00:53:43					1:45:59		42	M40		2
	Weiser	Pierre	Alex.-v-Humboldt-Schul	1997	2013	00:53:42	00:52:36					1:46:18		16	MU20		2
	Adick	Matthias	Auricher Taxen Zentrale	1962	2013	00:52:50	00:56:42					1:49:32		51	M50		2
	Holtz	Tobias	Ulricianum Aurich	1996	2013	00:52:06	00:58:10					1:50:16		17	MU20		2
	Köster	Timo	FC SO	1996	2013	00:54:06	00:56:32					1:50:38		17	MU20		2
	Cassens	Enno	Alex.-v-Humboldt-Schul	1998	2013	00:54:13	00:58:22					1:52:35		15	MU20		2
	Bruns	Karsten	Ostfriesische Volksbank	1981	2013				01:04:25	00:49:44		1:54:09		32	M30		2
	Hesselbrock	Georg	Nordland Papier	1963	2013					00:48:54	01:07:29	1:56:23		50	M50		2
	Fleißner	Udo	Ihlow	1967	2013	01:02:00				00:55:00		1:57:00		46	M40		2
	Niemann	Jan-Bernd	Team ENERCON	1983	2013				00:59:16	00:59:14		1:58:30		30	M30		2
	Baumann	Jörg	Gemeinde Hinte	1977	2013	00:57:13	01:01:41					1:58:54		36	M30		2
	Feikes	Thorsten	EWE Wattloopers	1969	2013				01:06:06	00:53:14		1:59:20		44	M40		2
	Mülder	Markus	BBC Chartering	1988	2013	00:57:58	01:01:30					1:59:28		25	MHK		2
	de Vries	Stefan	Großsander	1977	2013					00:51:40	01:09:21	2:01:01		36	M30		2
	Krawinkel	Frank	Fa.Schütte	2001	2013	01:00:09	01:01:04					2:01:13		12	MU20		2
	Klump	Mario	ORGADATA AG	1989	2013	01:00:32				01:01:53		2:02:25		24	MHK		2
	Karchanka	Andrei	BBC Chartering	1978	2013				01:08:52	00:54:01		2:02:53		35	M30		2
	Ukena	Heinrich	Veenhusen	1961	2013	01:05:35				00:58:09		2:03:44		52	M50		2
	Heller	Karsten	Ihlowerfehn	1967	2013	00:57:49	01:05:58					2:03:47		46	M40		2
	Kuwan	Kerstin	EWE Wattloopers	1968	2013	00:57:35			01:06:34			2:04:09		45	W40		2
	Junker	Dieter	EWE Wattloopers	1957	2013	00:59:36	01:04:57					2:04:33		56	M50		2
	Engel	Helen	Ulricianum Aurich	1995	2013	01:00:08	01:04:37					2:04:45		18	WU20		2
	Eger	Siegward	FeG Aurich	1968	2013	01:02:04	01:02:53					2:04:57		45	M40		2
	Brettschneider	Lucas	HTR	1995	2013			01:00:53			01:04:24	2:05:17		18	MU20		2
	Deecken	Werner	Aurich	1951	2013	01:01:11	01:04:55					2:06:06		62	M60		2
	Baumbart	Uwe	Raiffeisenbank eG, Mod	1986	2013	00:56:33		01:10:52				2:07:25		27	MHK		2
	Räbiger	Therese	Ubbo-Emmius-Klinik Au	1955	2013				01:10:58	00:56:31		2:07:29		58	M50		2
	Hedemann	Helmut	Bohlen & Doyen	1955	2013				01:09:08	00:58:40		2:07:48		58	M50		2
	Schröder	Johann	Klinikum Leer	1957	2013	01:00:19	01:07:40					2:07:59		56	M50		2
	Fresemann	Silvia	Stadtwerke Leer AöR	1966	2013					00:53:55	01:14:39	2:08:34		47	W40		2
	Unruh	Andrej	Nordland Papier	1972	2013			01:09:22	00:59:38			2:09:00		41	M40		2
	Draht	Daye	IGS Aurich West	1998	2013					00:55:33	01:15:19	2:10:52		15	MU20		2
	Willms	Eike	Sparkasse Leer Wittm	1989	2013		01:06:10		01:05:52			2:12:02		24	MHK		2
	Feldmann	Uwe	VfFL Berumbur	1967	2013	01:06:54				01:05:31		2:12:25		46	M40		2
	Döhle	Torben	Seefahrtsschule Leer	1988	2013	01:04:53	01:08:45					2:13:38		25	MHK		2
	Lentz	Joachim	Team ENERCON	1968	2013	01:05:28	01:08:27					2:13:55		45	M40		2
	Hinrichs	Silke	LG Großefehn	1990	2013				01:03:37		01:10:52	2:14:29		23	WHK		2
	Penning	Hartmut	SV Brinkum	1951	2013					00:56:55	01:17:35	2:14:30		62	M60		2
	Pfaffinger	Bernd	TV Norden	1947	2013	01:01:25	01:15:21					2:16:46		66	M60		2
	Schneider	Jan	VfL Germania Leer	1999	2013			01:09:16			01:07:50	2:17:06		14	MU20		2
	Weber	Rainer	Emder LG	1942	2013	01:06:37	01:11:40					2:18:17		71	M70		2
	Kramer	Alexander	EWE Wattloopers	1971	2013			01:14:30	01:04:05			2:18:35		42	M40		2
	Stalljann	Hendrik	ENOVA	1985	2013	01:17:27				01:04:20		2:21:47		28	MHK		2
	Tode	Waltraud	mitzeit Intensivpflege zu	1960	2013	01:17:47				01:05:09		2:22:56		53	W50		2
	Khaled	Mohamed Abu	Alex.-v-Humboldt-Schul	1997	2013	00:57:46					01:26:32	2:24:18		16	MU20		2
	Haseborg	Jan	HSM Wirtschaftsprüfer &	1961	2013					01:01:31	01:22:56	2:24:27		52	M50		2
	Weeken	Patrick	mitzeit Intensivpflege zu	1984	2013	01:08:52			01:15:48			2:24:40		29	MHK		2
	Weichers	Klaus-Werner	VfR Eintracht Völlen	1969	2013	01:11:32	01:13:45					2:25:17		44	M40		2
	Garrels	Martin	Schützerverein Leerha	1987	2013					00:59:53	01:25:57	2:25:50		26	MHK		2
	Krefter	Birgit	Team Möbel Buss	1972	2013				01:20:19	01:05:58		2:26:17		41	W40		2
	Beermann	Björn	van't fehn	1979	2013				01:08:57		01:18:57	2:27:54		34	M30		2
	Streekmann	Niels	Privat	1978	2013			01:17:32	01:12:45			2:30:17		35	M30		2
	Zellmer	Jan	ENOVA	1974	2013	01:15:18	01:15:52					2:31:10		39	M30		2
	Meilvang	Jens	BBC Chartering	1973	2013			01:19:52	01:11:53			2:31:45		40	M40		2
	Schröter	Werner	Hockey-Club Moormerla	1943	2013	01:11:22	01:24:51					2:36:13		70	M70		2
	Kleen	Carola	Krankenhaus Wittmund	1985	2013	01:15:20	01:21:03					2:36:23		28	WHK		2
	Robbe	Ingo	Bohlen & Doyen	1978	2013	01:11:30		01:26:30				2:38:00		35	M30		2
	Michel	Gisela	Team Wilts	1961	2013					01:07:47	01:31:40	2:39:27		52	W50		2
	Pruin	Christian	Team Wilts	1981	2013					01:07:48	01:31:40	2:39:28		32	M30		2
	Kruschinski	Henrike	EWE Wattloopers	1980	2013			01:25:35	01:16:02			2:41:37		33	W30		2
	Blank	Gunnar	EDEKA TEAM JEMGUM	1973	2013	01:15:56	01:27:18					2:43:14		40	M40		2
	Mörtel	Hannes	ENOVA	1977	2013		01:27:28			01:20:50		2:48:18		36	M30		2
	Zink	Lisa	obw Emden	1995	2013	01:35:10				01:13:08		2:48:18		18	WU20		2
	Decknatel	Elvira	ORGADATA AG	1983	2013	01:33:04				01:18:32		2:51:36		30	W30		2
	Beinecke	Divi	ENOVA	1962	2013	01:27:36				01:24:39		2:52:15		51	M50		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Bartels	Lena	obw Emden	1994	2013	01:30:53			01:24:51			2:55:44		19	WU20		2
	Brelage	Lisa-Marie	Alex.-v-Humboldt-Schul	1997	2013	01:26:51		01:42:52				3:09:43		16	WU20		2
	Meyerholz	Wiebke	IGS Waldschule Egels	1997	2013	01:45:05	01:47:41					3:32:46		16	WU20		2
	Armonies	Jürgen	LT Wilhelmshaven	1954	2013				00:00:00			0:00:00		59	M50		1
	Asche	Tobe	SV Wiesede	1959	2013						00:00:00	0:00:00		54	M50		1
	Auf der Landwehr	Manfred	SV Concordia Ihrhove	1968	2013						00:00:00	0:00:00		45	M40		1
	Barfeldt	Florian		1967	2013					00:00:00		0:00:00		46	M40		1
	Berckhan	Christofer	Esens	1992	2013				00:00:00			0:00:00		21	MHK		1
	Best	Erwien		1975	2013			00:00:00				0:00:00		38	M30		1
	Biermann	Kai	BS Werbetechnik	1988	2013	00:00:00						0:00:00		25	MHK		1
	Boomfalk	Uwe	Störtebecker Loopers M	1971	2013					00:00:00		0:00:00		42	M40		1
	Bortfeldt	Florian	Idafehn	1967	2013					00:00:00		0:00:00		46	M40		1
	Böseler	Jürgen	TuS Ofen	1960	2013						00:00:00	0:00:00		53	M50		1
	Brederlow	Julian	SV Holtland	1984	2013						00:00:00	0:00:00		29	MHK		1
	Busemann	Steffen	TuRa 07 Westhauderfe	1991	2013						00:00:00	0:00:00		22	MHK		1
	Busse	Peter	Emder LG	1965	2013		00:00:00					0:00:00		48	M40		1
	Canenbley	Reinhard		1964	2013					00:00:00		0:00:00		49	M40		1
	Claaßen	Stefan	Sandhorst	1987	2013				00:00:00			0:00:00		26	MHK		1
	Cordes	Heyo		1983	2013			00:00:00				0:00:00		30	M30		1
	Dalhoff	Edgar	SV Warsingsfehn	1967	2013						00:00:00	0:00:00		46	M40		1
	Detl	Holger	ATC	1968	2013					00:00:00		0:00:00		45	M40		1
	Deutschmann	Erwin	TSV Hesel		2013						00:00:00	0:00:00			M		1
	Disselhoff	Felix	Hamburg	1983	2013						00:00:00	0:00:00		30	M30		1
	Engelhardt	Christian		1991	2013				00:00:00			0:00:00		22	MHK		1
	Faßhauer	Andreas	LG Ostfriesland	1968	2013				00:00:00			0:00:00		45	M40		1
	Fengkohl	Dennis	Fortuna Wirdum	1992	2013					00:00:00		0:00:00		21	MHK		1
	Fleißner	Marc	TuS Weene	1993	2013					00:00:00		0:00:00		20	MHK		1
	Freese	Mathias	DSC Oldenburg	1986	2013						00:00:00	0:00:00		27	MHK		1
	Fresemann	Alfred	TV Oldersum	1967	2013						00:00:00	0:00:00		46	M40		1
	Freund	Holger		1960	2013	00:00:00						0:00:00		53	M50		1
	Friedrich	Sven Uwe	ATC	1971	2013					00:00:00		0:00:00		42	M40		1
	Fröhling	Klaus	VW Emden	1972	2013						00:00:00	0:00:00		41	M40		1
	Gerbers	Matthias	Leer	1972	2013						00:00:00	0:00:00		41	M40		1
	Gerdde	Stephan	Alte Rose	1970	2013		00:00:00					0:00:00		43	M40		1
	Gerdde	Heyo	Sandersfeld	1983	2013						00:00:00	0:00:00		30	M30		1
	Gerjets	Manfred	RVB Aurich	1960	2013			00:00:00				0:00:00		53	M50		1
	Giezel	Thomas		1975	2013	00:00:00						0:00:00		38	M30		1
	Goudschaal	Ude		1955	2013						00:00:00	0:00:00		58	M50		1
	Goudschaal	Joachim		1983	2013						00:00:00	0:00:00		30	M30		1
	Groenhagen	Achim	LG Harlingerland	1968	2013						00:00:00	0:00:00		45	M40		1
	Adams	Günther		1965	2013				00:00:00			0:00:00		48	M40		1
	Haak	Timo	MTV Aurich KGS Große	1980	2013				00:00:00			0:00:00		33	M30		1
	Haan	Daniel	Privat	1988	2013						00:00:00	0:00:00		25	MHK		1
	Hagen	Detlef	ATC	1968	2013				00:00:00			0:00:00		45	M40		1
	Hambach	Ralf	WVE	1972	2013				00:00:00			0:00:00		41	M40		1
	Hartmann	Eike	Reederei Hartmann		2013						00:00:00	0:00:00			M		1
	Hein	Thorsten	SV Dornum	1965	2013						00:00:00	0:00:00		48	M40		1
	Hennewig	Eckard		1956	2013				00:00:00			0:00:00		57	M50		1
	Hinrichs	Heinz-Dieter	LG Stapelmoor	1961	2013				00:00:00			0:00:00		52	M50		1
	Hinrichs	Bernhard		1965	2013				00:00:00			0:00:00		48	M40		1
	Hinz	Hauke	Elsflether TB	1989	2013						00:00:00	0:00:00		24	MHK		1
	Ibelings	Michael	LSF Oldenburg	1974	2013						00:00:00	0:00:00		39	M30		1
	Jakobs	Johann	Fehntjer LT	1964	2013						00:00:00	0:00:00		49	M40		1
	Jans	Heiko	OLB	1992	2013						00:00:00	0:00:00		21	MHK		1
	Janßen	Dieter	LG Glave Gruppe	1966	2013			00:00:00				0:00:00		47	M40		1
	Janssen	Erwin		1967	2013						00:00:00	0:00:00		46	M40		1
	Janssen	Gerold		1967	2013					00:00:00		0:00:00		46	M40		1
	Janssen	Uwe		1968	2013	00:00:00						0:00:00		45	M40		1
	Janssen	Michael	Emder LG	1970	2013						00:00:00	0:00:00		43	M40		1
	Kavelmann	Ulrich	spektrum plus	1955	2013			00:00:00				0:00:00		58	M50		1
	Ketels	Olaf	Holstein Kiel	1959	2013					00:00:00		0:00:00		54	M50		1
	Klempin	Holger	Bagband	1975	2013					00:00:00		0:00:00		38	M30		1
	Kloppenburg	Alwin	Fortuna Logabirum	1960	2013						00:00:00	0:00:00		53	M50		1
	Knotnerus-Meyer	Stefan	Team ENERCON	1965	2013			00:00:00				0:00:00		48	M40		1
	Koch	Bruno	Heidendom Runners		2013			00:00:00				0:00:00			M		1
	Köhler	Thomas	Kleiner Kindergarten	1982	2013						00:00:00	0:00:00		31	M30		1
	Köhlke	Andreas	Feuerwehr Ochtersum	1971	2013	00:00:00						0:00:00		42	M40		1
	Koop	Stefan	Team ENERCON	1983	2013	00:00:00						0:00:00		30	M30		1
	Korte	Lukas	SV Surwold	1968	2013						00:00:00	0:00:00		45	M40		1
	Kreienbrock	Carsten		1968	2013						00:00:00	0:00:00		45	M40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
	Kromminga	Jörg	TC Grün Weiß Leer	1960	2013						00:00:00	0:00:00		53	M50		1
	Kruse	John	Veenhusen	1982	2013						00:00:00	0:00:00		31	M30		1
	Lambertus	Dietmar	Team Laufrusch	1963	2013				00:00:00			0:00:00		50	M50		1
	Lambertus	Hans-Dieter		1964	2013						00:00:00	0:00:00		49	M40		1
	Lehmann	Edwin	Fortuna Logabirum	1962	2013						00:00:00	0:00:00		51	M50		1
	Limbeck	Dirk	TG Wiesmoor	1961	2013				00:00:00			0:00:00		52	M50		1
	Ludwigs	Hanno	LG Ostfriesland	1967	2013				00:00:00			0:00:00		46	M40		1
	Lunz	Dieter	Lauftreff Schafhauser W	1941	2013					00:00:00		0:00:00		72	M70		1
	Martin	Christian	Physio Aktiv Rhaderfel	1987	2013		00:00:00					0:00:00		26	MHK		1
	Matic	Michael	SV Holtland	1982	2013						00:00:00	0:00:00		31	M30		1
	Mauson	Heinz	Injoy	1960	2013					00:00:00		0:00:00		53	M50		1
	Mennenga	Ralf	ELG	1976	2013			00:00:00				0:00:00		37	M30		1
	Meurer	Jürgen	Kiwo Aurich (IFI)	1968	2013					00:00:00		0:00:00		45	M40		1
	Meyer	Michael	Leer	1971	2013						00:00:00	0:00:00		42	M40		1
	Meyer	Dennis	LG Harlingerland	1989	2013						00:00:00	0:00:00		24	MHK		1
	Mix	Manuel	Team Erdinger Alkohoff	1974	2013						00:00:00	0:00:00		39	M30		1
	Mütze	Christian	OLB	1992	2013						00:00:00	0:00:00		21	MHK		1
	Nittka	Hartmut	Deutsche Poast AG	1970	2013					00:00:00		0:00:00		43	M40		1
	Obalski	Ralph	LSF Oldenburg	1977	2013						00:00:00	0:00:00		36	M30		1
	Olshausen	Thomas	TuS Bergen	1973	2013					00:00:00		0:00:00		40	M40		1
	Oltmanns	Heiko		1957	2013					00:00:00		0:00:00		56	M50		1
	Onken	Heinz-H.	VfL Germania Leer	1987	2013						00:00:00	0:00:00		26	MHK		1
	Osewold	Heinz	Nordland Papier	1963	2013					00:00:00		0:00:00		50	M50		1
	Otten	Sven	Hamburg	1990	2013		00:00:00					0:00:00		23	MHK		1
	Ottersberg	Holger	FT Spetzerfehn	1972	2013				00:00:00			0:00:00		41	M40		1
	Peper	Kai	TS Kiedrich	1965	2013		00:00:00					0:00:00		48	M40		1
	Peters	Andreas	LT Linke	1968	2013				00:00:00			0:00:00		45	M40		1
	Peters	Thomas	Lammertsfehn	1987	2013						00:00:00	0:00:00		26	MHK		1
	Poelders	Heiko		1983	2013						00:00:00	0:00:00		30	M30		1
	Pollmann	Lutz		1960	2013			00:00:00				0:00:00		53	M50		1
	Pretl	Tim		1978	2013	00:00:00						0:00:00		35	M30		1
	Puls	Rudolf	Fun-Looper	1958	2013					00:00:00		0:00:00		55	M50		1
	Rademacher	Thomas	JKG Norden	1981	2013						00:00:00	0:00:00		32	M30		1
	Reents	Peter	LT Schafhauser Wald	1945	2013	00:00:00						0:00:00		68	M60		1
	Reiners	Sven	Veenhusen	1987	2013						00:00:00	0:00:00		26	MHK		1
	Reuß	Alwin		1967	2013			00:00:00				0:00:00		46	M40		1
	Riemeyer	Günter	Emder LG	1959	2013					00:00:00		0:00:00		54	M50		1
	Rochel	Stanislav		1982	2013						00:00:00	0:00:00		31	M30		1
	Roßmann	Bernd	MTV Aurich	1974	2013				00:00:00			0:00:00		39	M30		1
	Roßmann	Dirk		1979	2013				00:00:00			0:00:00		34	M30		1
	Ruesink	Reiner	HMT Rostock	1982	2013					00:00:00		0:00:00		31	M30		1
	Ruiz	Jaime	Oldenburg	1982	2013						00:00:00	0:00:00		31	M30		1
	Saathoff	Wilfried	Marburg	1962	2013						00:00:00	0:00:00		51	M50		1
	Saathoff	Johann	Ludwigsdorf	1986	2013					00:00:00		0:00:00		27	MHK		1
	Schädler	Marc René	Oldenburg	1985	2013						00:00:00	0:00:00		28	MHK		1
	Schäfer	Karl-Heinz	SC Wiesens	1958	2013				00:00:00			0:00:00		55	M50		1
	Scheffler	Kund	LT TuS-Aurich-Ost	1964	2013					00:00:00		0:00:00		49	M40		1
	Scherer	Robert	HS Kassel	1992	2013						00:00:00	0:00:00		21	MHK		1
	Schlenkermann	Kai		1983	2013						00:00:00	0:00:00		30	M30		1
	Schmidt	Onno	HSG Leer	1953	2013					00:00:00		0:00:00		60	M60		1
	Schmidt	Karl-Heinz	TV Norden	1957	2013			00:00:00				0:00:00		56	M50		1
	Schmidt	Michael		1959	2013	00:00:00						0:00:00		54	M50		1
	Schmidt	Ludwig	Edzards-Reisen	1964	2013						00:00:00	0:00:00		49	M40		1
	Schultz	Andree		1970	2013						00:00:00	0:00:00		43	M40		1
	Seeger	Hartmut	TuS Aurich Ost	1967	2013	00:00:00						0:00:00		46	M40		1
	Seidler	Sven	OHV Aurich	1988	2013			00:00:00				0:00:00		25	MHK		1
	Seifert	Mathias		1965	2013						00:00:00	0:00:00		48	M40		1
	Siemer	Jens	Papenburg	1981	2013						00:00:00	0:00:00		32	M30		1
	Sinnen	Martin	VfL Germania Wiesmoor	1981	2013					00:00:00		0:00:00		32	M30		1
	Smid	Udo	LT TuRa 07 Rhaderfel	1956	2013						00:00:00	0:00:00		57	M50		1
	Stöter	Gerold	SV Stern Schwerinsdorf	1962	2013	00:00:00						0:00:00		51	M50		1
	Suhr	Helge		1966	2013						00:00:00	0:00:00		47	M40		1
	Sühwold	Simon	Stadtwerke Leer AöR	1971	2013					00:00:00		0:00:00		42	M40		1
	Taaks	Michael	TV Moormerland	1978	2013						00:00:00	0:00:00		35	M30		1
	Tannen	Siegfried	KBV Wittmund	1956	2013				00:00:00			0:00:00		57	M50		1
	Terveen	Harald	Busse Techn. Großhand	1979	2013					00:00:00		0:00:00		34	M30		1
	Thielen	Patrick	OLB	1990	2013						00:00:00	0:00:00		23	MHK		1
	Tjaden	Stefan		1979	2013				00:00:00			0:00:00		34	M30		1
	Vietor Dr.	Walter	Eiche Ostrhauderfehn	1945	2013					00:00:00		0:00:00		68	M60		1
	Visser	Malte		1985	2013					00:00:00		0:00:00		28	MHK		1
	von Harten	Dennis	VfB Germania Wiesmoor	1980	2013					00:00:00		0:00:00		33	M30		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Wallenstein	Frank		1969	2013						00:00:00	0:00:00		44	M40		1
	Wallerstein	Michael	Emder LG	1977	2013						00:00:00	0:00:00		36	M30		1
	Warsing	Udo	TV Bunde	1971	2013					00:00:00		0:00:00		42	M40		1
	Watzema	Harald	SV Concordia Ihrhove	1971	2013						00:00:00	0:00:00		42	M40		1
	Weber	Manuel	ORGADATA AG	1989	2013					00:00:00		0:00:00		24	M20		1
	Weerts	Thaden		1956	2013			00:00:00				0:00:00		57	M50		1
	Wesseln	Holger	Pulsschlag	1971	2013						00:00:00	0:00:00		42	M40		1
	Wessels	Klaus	Aurich	1961	2013					00:00:00		0:00:00		52	M50		1
	Wichmann	Jochen	UEG Leer	1957	2013						00:00:00	0:00:00		56	M50		1
	Wilke	Björn		1984	2013			00:00:00				0:00:00		29	MHK		1
	Willjes	Jan Niklas	OLB	1992	2013						00:00:00	0:00:00		21	MHK		1
	Willms	Wilko	LG Harlingerland	1973	2013	00:00:00						0:00:00		40	M40		1
	Winter	Alfred	MTV Hohenkirchen	1965	2013						00:00:00	0:00:00		48	M40		1
	Wittmann	Benjamin	VW Emden	1981	2013						00:00:00	0:00:00		32	M30		1
	Zimmer	Volker		1945	2013	00:00:00						0:00:00		68	M60		1
	Zimmer	Heiner	Kiwo Aurich (IFI)	1985	2013					00:00:00		0:00:00		28	MHK		1
	Zimmermann	Reiner	TSV Hesel	1964	2013						00:00:00	0:00:00		49	M40		1
	Zimmermann	Reiner		1975	2013						00:00:00	0:00:00		38	M30		1
	Boelsen	Anouk	UEG Leer	2002	2013					00:00:00		0:00:00		11	MU20		1
	Bruns	Nicolai	IGS Großefehn	1996	2013				00:00:00			0:00:00		17	MU20		1
	Fischer	Steffen	SV Großefehn	1998	2013					00:00:00		0:00:00		15	MU20		1
	Flügge	Tjark	VfL Germania Leer	1996	2013					00:00:00		0:00:00		17	MU20		1
	Grebener	Jann	Emder LG	1994	2013						00:00:00	0:00:00		19	MU20		1
	Grotlüschen	Jan	SG Wiesmoor	2004	2013					00:00:00		0:00:00		9	MU20		1
	Grummich	Markus	Plaggenburg	1994	2013				00:00:00			0:00:00		19	MU20		1
	Heeren	Advan	JG J1 "R"	1995	2013		00:00:00					0:00:00		18	MU20		1
	Hintze	Hilke		2000	2013					00:00:00		0:00:00		13	MU20		1
	Janßen	Sören	TTC Remels	2001	2013					00:00:00		0:00:00		12	MU20		1
	Jürrens	Tim	Tura-Marienhaf	1994	2013					00:00:00		0:00:00		19	MU20		1
	Klunder	Janto		2000	2013				00:00:00			0:00:00		13	MU20		1
	Kopiek	Manuel	KGS Großefehn	1996	2013				00:00:00			0:00:00		17	MU20		1
	Matthiesen	Fynn		1994	2013					00:00:00		0:00:00		19	MU20		1
	Möhlmann	Frederik	Farben Fuhrmann	1995	2013			00:00:00				0:00:00		18	MU20		1
	Monnerjahn	Hauke	Gymnasium Ulricianum	1999	2013			00:00:00				0:00:00		14	MU20		1
	Nörder	Lukas	TuS Esens	1998	2013	00:00:00						0:00:00		15	MU20		1
	Penning	Jonas		1999	2013						00:00:00	0:00:00		14	MU20		1
	Peters	Delf	FCN	1994	2013						00:00:00	0:00:00		19	MU20		1
	Prietz	Malte	TSG Westerstede	1996	2013						00:00:00	0:00:00		17	MU20		1
	Roofis	Henning	Tura-Marienhaf	1994	2013					00:00:00		0:00:00		19	MU20		1
	Saathoff	Oliver	Ubbo-Emmius-Gymnasi	1995	2013						00:00:00	0:00:00		18	MU20		1
	Strasser	Jan-Oliver	VfL Germania Leer	1999	2013					00:00:00		0:00:00		14	MU20		1
	Vehndel	Jonas	SV Concordia Ihrhove	2000	2013						00:00:00	0:00:00		13	MU20		1
	Voss	Aike	TuS Detern	1997	2013						00:00:00	0:00:00		16	MU20		1
	Wolf	Jakob	SG Wiesmoor	2003	2013					00:00:00		0:00:00		10	MU20		1
	Wolken	Julian		2000	2013					00:00:00		0:00:00		13	MU20		1
	Wollenhaupt	Sebastian	FCSO	1994	2013						00:00:00	0:00:00		19	MU20		1
	Aden	Gerlind	TG Wiesmoor	1962	2013				00:00:00			0:00:00		51	W50		1
	Auf der Landwehr	Doris	SV Conc. Ihrhove	1969	2013						00:00:00	0:00:00		44	W40		1
	Bartelds	Steffanie	Leer	1990	2013						00:00:00	0:00:00		23	W20		1
	Baumann	Anja	Hesel	1972	2013						00:00:00	0:00:00		41	W40		1
	Baumann	Heike	Ludwigsdorf	1987	2013					00:00:00		0:00:00		26	W20		1
	Beitelmann	Gesine	MTV Aurich	1979	2013					00:00:00		0:00:00		34	W30		1
	Beus	Ulrich	SV Großefehn	1970	2013				00:00:00			0:00:00		43	W40		1
	Blinker	Viola		1967	2013					00:00:00		0:00:00		46	W40		1
	Boekelmann	Meike	Mailand	1976	2013						00:00:00	0:00:00		37	W30		1
	Boekhoff	Karin	Privat	1962	2013						00:00:00	0:00:00		51	W50		1
	Bruns	Andrea	OLB	1986	2013						00:00:00	0:00:00		27	W20		1
	Bruns	Sonja	Prosenis	1964	2013					00:00:00		0:00:00		49	W40		1
	Buurman	Merret	INPE	1985	2013	00:00:00						0:00:00		28	W20		1
	Cünzer	Anna		1984	2013						00:00:00	0:00:00		29	W20		1
	David	Petra	Askania Nietleben 09	1954	2013		00:00:00					0:00:00		59	W50		1
	de Buhr-Hanken	Anja	Fun Loopers	1965	2013					00:00:00		0:00:00		48	W40		1
	de Vries	Wilma	TB Twixlum	1971	2013					00:00:00		0:00:00		42	W40		1
	Duin	Imke	SV Holland	1993	2013				00:00:00			0:00:00		20	W20		1
	Duitsmann	Isabel	Riepe	1970	2013				00:00:00			0:00:00		43	W40		1
	Duschek	Jasmin	Physio Aktiv	1982	2013		00:00:00					0:00:00		31	W30		1
	Edzards-Kluge	Gabriele	Neuharlingersiel	1980	2013	00:00:00						0:00:00		33	W30		1
	Eiken	Ulrike	RFG Popens	1982	2013					00:00:00		0:00:00		31	W30		1
	Eilts	Elke		1975	2013						00:00:00	0:00:00		38	W30		1
	Evers	Martina		1975	2013					00:00:00		0:00:00		38	W30		1
	Frahmann	Tanja	Team Laufrusch e.V.	1973	2013						00:00:00	0:00:00		40	W40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Freimann	Amika	TSV Germania Holterfelde	1990	2013					00:00:00		0:00:00		23	W20		1
	Friedrichs	Tomke	Dietrichsfeld	1993	2013		00:00:00					0:00:00		20	W20		1
	Gerdes	Rosemarie	Prosenis	1960	2013					00:00:00		0:00:00		53	W50		1
	Groenewold	Johanna	DLRG Leer	1988	2013					00:00:00		0:00:00		25	W20		1
	Grüßing	Imke	SV Bentstreek	1970	2013						00:00:00	0:00:00		43	W40		1
	Gumbrecht-Vinke	Dagmar	MTV Aurich	1957	2013			00:00:00				0:00:00		56	W50		1
	Hangen	Tomma	Team Laufrusch, Oldersum	1970	2013		00:00:00					0:00:00		43	W40		1
	Hedemann	Elke	Fun Loopers	1962	2013					00:00:00		0:00:00		51	W50		1
	Helmerichs	Petra	Fun Loopers	1969	2013					00:00:00		0:00:00		44	W40		1
	Hilbrands	Ingrid	de Heizungsloopers	1959	2013	00:00:00						0:00:00		54	W50		1
	Hinken	Ina	VHS Laufen	1988	2013					00:00:00		0:00:00		25	W20		1
	Hittmann	Petra	Team ENERCON	1971	2013					00:00:00		0:00:00		42	W40		1
	Höppner	Anke	TuS Weene	1962	2013					00:00:00		0:00:00		51	W50		1
	Hullmeier	Lisa		1989	2013						00:00:00	0:00:00		24	W20		1
	Janßen	Ina	Feuerwehr Ochtersum	1985	2013	00:00:00						0:00:00		28	W20		1
	Janssen	Insa	MTV Aurich	1975	2013				00:00:00			0:00:00		38	W30		1
	Janssen	Irene		1983	2013				00:00:00			0:00:00		30	W30		1
	Janssen	Sandra	LSF Oldenburg	1984	2013						00:00:00	0:00:00		29	W20		1
	Kleene	Gabi	TV Oldersum	1970	2013					00:00:00		0:00:00		43	W40		1
	Klingenderg	Rieke		1986	2013						00:00:00	0:00:00		27	W20		1
	Kollenbroich	Gertrud	MTV Wittmund	1951	2013					00:00:00		0:00:00		62	W60		1
	Kroon	Manuela	Fortuna Logabirum	1975	2013					00:00:00		0:00:00		38	W30		1
	Lammers	Maike	Holtland	1993	2013						00:00:00	0:00:00		20	W20		1
	Lange	Judith	Grundschule am Ottermoor	1985	2013					00:00:00		0:00:00		28	W20		1
	Lavilla Garcia	Isabel	Oldenburg	1986	2013						00:00:00	0:00:00		27	W20		1
	Lienhoft	Johanna	Seefahrtschule Leer	1990	2013					00:00:00		0:00:00		23	W20		1
	Löhn	Karen		1963	2013				00:00:00			0:00:00		50	W50		1
	Ludtmann	Lena	Kiwo Aurich (IFI)	1987	2013					00:00:00		0:00:00		26	W20		1
	Lünemann	Lena	Ihrhove	1990	2013						00:00:00	0:00:00		23	W20		1
	Mehrle	Jutta	Anzeiger für Harlingerland	1984	2013					00:00:00		0:00:00		29	W20		1
	Meinders	Monika	FT Spetzerfehn	1980	2013				00:00:00			0:00:00		33	W30		1
	Meinhold	Heike	Nortmoor	1970	2013						00:00:00	0:00:00		43	W40		1
	Meyer	Julia	Fun Loopers	1968	2013					00:00:00		0:00:00		45	W40		1
	Nagel	Martina	Heidjer SV	1983	2013					00:00:00		0:00:00		30	W30		1
	Nowinski	Renate	Lummerland/Taxi	1969	2013	00:00:00						0:00:00		44	W40		1
	Oltmanns	Janna	FTC Hollen	1990	2013						00:00:00	0:00:00		23	W20		1
	Otten	Stefanie	Moordorf	1981	2013		00:00:00					0:00:00		32	W30		1
	Plagge	Gerlinde	Weener	1962	2013					00:00:00		0:00:00		51	W50		1
	Podszuweit	Andrea	Köster Bauchemie AG	1975	2013						00:00:00	0:00:00		38	W30		1
	Pommer	Marike	VG Vewa	1989	2013					00:00:00		0:00:00		24	W20		1
	Poppinga	Heike	VffL Berumbur	1964	2013	00:00:00						0:00:00		49	W40		1
	Ramaker	Birgit	Emden LG	1972	2013		00:00:00					0:00:00		41	W40		1
	Reents	Annika	Heidjer SV	1986	2013					00:00:00		0:00:00		27	W20		1
	Reents	Konstanze	SG Friedrichsfehn/Peter	1975	2013	00:00:00						0:00:00		38	W30		1
	Reimann	Marita	TG Wiesmoor	1965	2013				00:00:00			0:00:00		48	W40		1
	Renken	Tina	Kiwo Aurich (IFI)	1976	2013					00:00:00		0:00:00		37	W30		1
	Rohner	Judith	TuS Ofen	1963	2013						00:00:00	0:00:00		50	W50		1
	Romberg	Petra	MTV Aurich	1970	2013					00:00:00		0:00:00		43	W40		1
	Rower	Judith	TuS Ofen	1963	2013				00:00:00			0:00:00		50	W50		1
	Saathoff	Christina		1988	2013					00:00:00		0:00:00		25	W20		1
	Sammet	Katharina		1973	2013					00:00:00		0:00:00		40	W40		1
	Schädler	Anne	Hamburg	1989	2013						00:00:00	0:00:00		24	W20		1
	Schaefer	Marianne	Haxtum	1970	2013					00:00:00		0:00:00		43	W40		1
	Scheibling	Imke	SC Wiesens	1984	2013			00:00:00				0:00:00		29	W20		1
	Schilling	Daniela	RVB Aurich/Uplengen	1977	2013			00:00:00				0:00:00		36	W30		1
	Schoel	Sophia	HS Niederrhein	1992	2013						00:00:00	0:00:00		21	W20		1
	Schoon	Inge	TG Wiesmoor	1966	2013				00:00:00			0:00:00		47	W40		1
	Schoon	Tabea	Klinikum Leer	1991	2013					00:00:00		0:00:00		22	W20		1
	Schoone	Petra	FT Spetzerfehn	1957	2013				00:00:00			0:00:00		56	W50		1
	Schröter	Ilka	Hamburg	1979	2013						00:00:00	0:00:00		34	W30		1
	Schulten	Daniela	Kiwo Aurich (IFI)	1981	2013					00:00:00		0:00:00		32	W30		1
	Schumann	Imkie	JT Hannover	1985	2013						00:00:00	0:00:00		28	W20		1
	Schuster	Marion	LT Schafhauser Wald	1962	2013					00:00:00		0:00:00		51	W50		1
	Schwill	Sara	VfL Germania Leer	1990	2013						00:00:00	0:00:00		23	W20		1
	Seifert	Kristina		1992	2013						00:00:00	0:00:00		21	W20		1
	Smeding-Terveer	Maike	Ihrhove	1991	2013						00:00:00	0:00:00		22	W20		1
	Steenken	Metta		1980	2013					00:00:00		0:00:00		33	W30		1
	Steffen	Claudia	LSF Oldenburg	1968	2013				00:00:00			0:00:00		45	W40		1
	Stelling	Nicola	Schüt-Duis	1967	2013			00:00:00				0:00:00		46	W40		1
	Stedtner	Helma	BSC Burhufe	1959	2013				00:00:00			0:00:00		54	W50		1
	Stoye-Mingers	Gwendolin	Gründer Coching Nord-V	1978	2013						00:00:00	0:00:00		35	W30		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 72,15	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km						
	Sühwold	Meike	Ostfriesische Volksbank	1973	2013					00:00:00		0:00:00		40	W40		1
	Teiwes	Marion	Sparkasse Aurich-Nord	1958	2013					00:00:00		0:00:00		55	W50		1
	Teske-Völker	Andrea		1979	2013			00:00:00				0:00:00		34	W30		1
	Hüttenberger	Thea	SG Stedesdorf	1989	2013						00:00:00	0:00:00		24	W20		1
	Tinnemeyer	Ute	BSG Springorum Bochu	1954	2013						00:00:00	0:00:00		59	W50		1
	Tusch	Ellen Tabea	Seefahrtschule Leer	1989	2013					00:00:00		0:00:00		24	W20		1
	Voss	Tanja	Hotel Voss	1968	2013						00:00:00	0:00:00		45	W40		1
	Watzema	Antke	SV Concordia Ihrhove	1968	2013						00:00:00	0:00:00		45	W40		1
	Werkmeister	Grietje	Germania Holterfehn	1991	2013					00:00:00		0:00:00		22	W20		1
	Wert Hoppen	Anja	Sparkasse LeerWittmun	1965	2013					00:00:00		0:00:00		48	W40		1
	Wessels-Hoppen	Anja	Sparkasse Aurich-Nord	1965	2013					00:00:00		0:00:00		48	W40		1
	Wiegmann	Brigitte	Nortmoor	1968	2013					00:00:00		0:00:00		45	W40		1
	Wilbers	Julia		1994	2013					00:00:00		0:00:00		19	WU20		1
	Wilhelms	Yvonne	Physio Aktiv Rhaudefe	1981	2013		00:00:00					0:00:00		32	W30		1
	Wilts	Steffi	BV Ihlow	1966	2013					00:00:00		0:00:00		47	W40		1
	Wingert-Wolters	Gaby		1962	2013				00:00:00			0:00:00		51	W50		1
	Hanneken	Sandra	Injoy	1974	2013	00:00:00						0:00:00		39	W30		1
	Hommers	Lena		1993	2013		00:00:00					0:00:00		20	W20		1
	Kok	Antje		1967	2013			00:00:00				0:00:00		46	W40		1
	Schoone	Talea	FT Spetzerfehn	1981	2013				00:00:00			0:00:00		32	W30		1
	Theermann	Lisa	VG VeWa	1990	2013					00:00:00		0:00:00		23	W20		1
	Ukena	Renate	Emder LG	1954	2013						00:00:00	0:00:00		59	W50		1
	Ackermann	Lara	Gymnasium Ulricianum	1999	2013					00:00:00		0:00:00		14	WU20		1
	Auf der Landwehr	Maike	SV Conc. Ihrhove	2001	2013						00:00:00	0:00:00		12	WU20		1
	Auf der Landwehr	Sina	SV Conc. Ihrhove	1997	2013						00:00:00	0:00:00		16	WU20		1
	Beening	Mai		1998	2013					00:00:00		0:00:00		15	WU20		1
	Boekhoff	Sina	Freie Lunge Bentstreek	1995	2013					00:00:00		0:00:00		18	WU20		1
	de Berg	Tomke		1995	2013					00:00:00		0:00:00		18	WU20		1
	Emondts	Julia	Ulricianum Aurich	1998	2013						00:00:00	0:00:00		15	WU20		1
	Ettelt	Kathrin	MTV Aurich	1997	2013				00:00:00			0:00:00		16	WU20		1
	Ettelt	Laura	MTV Aurich	1997	2013					00:00:00		0:00:00		16	WU20		1
	Frerichs	Sarah	IGS Aurich-West	1994	2013					00:00:00		0:00:00		19	WU20		1
	Friedrichs	Luisa	Dietrichsfeld	1994	2013		00:00:00					0:00:00		19	WU20		1
	Hambach	Lena	WVE	2001	2013				00:00:00			0:00:00		12	WU20		1
	Hambach	Maren	WVE	1999	2013				00:00:00			0:00:00		14	WU20		1
	Keute	Sabine		1997	2013					00:00:00		0:00:00		16	WU20		1
	Kremin	Nicole		1997	2013				00:00:00			0:00:00		16	WU20		1
	Krüger	Anne	Gymnasium Ulricianum	1998	2013					00:00:00		0:00:00		15	WU20		1
	Luikenga	Alina	SV Warsingsfeh	2001	2013					00:00:00		0:00:00		12	WU20		1
	Menzel	Martje		1999	2013						00:00:00	0:00:00		14	WU20		1
	Nikoleit	Pia	Emder LG	1994	2013					00:00:00		0:00:00		19	WU20		1
	Pollmann	Janna		1996	2013					00:00:00		0:00:00		17	WU20		1
	Romaneefßen	Hannah	MTV Aurich	1996	2013				00:00:00			0:00:00		17	WU20		1
	Rosenbohm	Eileen	-	1995	2013					00:00:00		0:00:00		18	WU20		1
	Schulte	Kendra	Freie Lunge Bentstreek	1996	2013					00:00:00		0:00:00		17	WU20		1
	Sleuwen	Sophie-Helene		1994	2013	00:00:00						0:00:00		19	WU20		1
	Smid	Nanke	SV Concordia Ihrhove	2000	2013						00:00:00	0:00:00		13	WU20		1
	Stolte	Hannah	Gymnasium Ulricianum	1998	2013			00:00:00				0:00:00		15	WU20		1
	Van Raden	Pia	Gymnasium Ulricianum	2004	2013						00:00:00	0:00:00		9	WU20		1
	Voss	Kathlyn	Hotel Voss	1995	2013						00:00:00	0:00:00		18	WU20		1
	Wever	Sara	TSG Westerstede	1995	2013						00:00:00	0:00:00		18	WU20		1
	Wiegmann	Sina	Nortmoor	1999	2013					00:00:00		0:00:00		14	WU20		1
	Wilken	Rieke	Esens	1995	2013					00:00:00		0:00:00		18	WU20		1
	Zimmering	Jana		1998	2013				00:00:00			0:00:00		15	WU20		1
	Wirdemann	Benjamin	LT Schafhauser Wald	1983	2013	00:41:59						0:41:59		30	M30		1
	Buss	Martin	Klinikum Leer	1990	2013	00:45:58						0:45:58		23	MHK		1
	Trebesch	Tilko	Gymnasium Ulricianum	1998	2013					00:46:16		0:46:16		15	MU20		1
	Walter	Stephan	Team ENERCON	1967	2013	00:47:58						0:47:58		46	M40		1
	Plavenieks	Helge	SV Dornum	1977	2013	00:48:20						0:48:20		36	M30		1
	Hoogesstraat	Nils	Ostfriesische Volksbank	1990	2013	00:49:26						0:49:26		23	MHK		1
	Nikoleit	Andreas	TuS Eintracht Hinte	1956	2013	00:49:33						0:49:33		57	M50		1
	de Freese	Frank	EWE Wattloopers	1982	2013	00:50:45						0:50:45		31	M30		1
	Teepe	Torben	TUM	1993	2013			00:51:52				0:51:52		20	MHK		1
	Lieutenant	Malte	HTG Ihlow	1997	2013	00:52:10						0:52:10		16	MU20		1
	Doden	Alfred	LT TuS Holtriem	1958	2013	00:52:50						0:52:50		55	M50		1
	Biermann	Ingo	LT SV Ems Jemgum	1967	2013	00:53:08						0:53:08		46	M40		1
	Warnders	Warner	Reederei Buss	1983	2013					00:53:24		0:53:24		30	M30		1
	Wydora	Carsten	Kirchenamt Leer	1965	2013					00:55:06		0:55:06		48	M40		1
	von Fehren	Hans-Joachim	Ostfriesische Volksbank	1968	2013				00:55:17			0:55:17		45	M40		1
	Emken	Lukas	NIGE	1996	2013	00:55:34						0:55:34		17	MU20		1
	Schmidt	Friedehelm	LSF Oldenburg	1959	2013	00:55:44						0:55:44		54	M50		1

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,10km	11,90km	13,65km	12,10km	9,90km	13,50km	km 72,15					
	Oelrichs	Hero	TC Esens	1961	2013	00:56:58						0:56:58		52	M50		1
	Wesels, Dr.	Jochen		1959	2013	00:57:17						0:57:17		54	M50		1
	Heidergott	Enno		1971	2013						00:57:30	0:57:30		42	M40		1
	Zambrano	Italo Flores	Team ENERCON	1978	2013					00:57:52		0:57:52		35	M30		1
	Sap	Yvonne	Weener Plastik	1978	2013					00:58:33		0:58:33		35	W30		1
	Leffers	Michael	Team ENERCON	1983	2013	00:58:48						0:58:48		30	M30		1
	Tülp	Frank	Lebenshilfe Leer e.V.	1980	2013	00:58:51						0:58:51		33	M30		1
	Polter	Partrick	WfBM BBB Aurich Wittm	1991	2013	00:58:58						0:58:58		22	MHK		1
	Dreesmann	Arno	Nendorp	1976	2013	00:59:20						0:59:20		37	M30		1
	Giesenberg	Georg	AG Norden	1949	2013	01:01:00						1:01:00		64	M60		1
	Helmke	Martin	Leinerstift e.V	1969	2013	01:01:16						1:01:16		44	M40		1
	Saathoff	Timo	TuS Holtriem	1992	2013				01:01:19			1:01:19		21	MHK		1
	Bruns	Rene	Raiffeisenbank eG, Mod	1994	2013	01:01:48						1:01:48		19	MU20		1
	Iken	Jens	REHAU AG & Co	1969	2013	01:03:03						1:03:03		44	M40		1
	Janssen	Marcel	B-Plast 2000 Aurich-Sch	1992	2013		01:03:14					1:03:14		21	MHK		1
	Hedemann	Imke	ELV Elektronik AG	1994	2013					01:04:32		1:04:32		19	MU20		1
	Sopke Dr.	Stefan	Krankenhaus Wittmund	1968	2013	01:04:45						1:04:45		45	M40		1
	Agena-Schoon	Thea	LG Großefehn	1962	2013	01:05:01						1:05:01		51	W50		1
	Rabe-Frädri	Günther	Ubbo-Emmius-Gymnasi	1948	2013	01:05:29						1:05:29		65	M60		1
	Ulrichs	Theo	Ogenbargen	1950	2013	01:05:51						1:05:51		63	M60		1
	Wallis	Daniel	LG Harlingerland	1994	2013			01:06:34				1:06:34		19	MU20		1
	Franek	Udo	Bohlen & Doyen	1960	2013	01:07:22						1:07:22		53	M50		1
	Diamatopoulos	Angelos	ENOVA	1983	2013	01:07:33						1:07:33		30	M30		1
	Stanzel	Andrea	Egberts + Berends	1974	2013	01:08:04						1:08:04		39	W30		1
	Traut	Matthias	Lebenshilfe Leer e.V.	1980	2013	01:09:52						1:09:52		33	M30		1
	Olatunji	Susanne	Intensivpflege zu Haus	1967	2013					01:10:08		1:10:08		46	W40		1
	Tembusch	Judith	Kdo SES Ostfriesland	1983	2013		01:11:41					1:11:41		30	W30		1
	Hedemann	Eike	Bohlen & Doyen	1992	2013				01:11:45			1:11:45		21	MHK		1
	Müller	Birgit	Emder LG	1966	2013	01:12:21						1:12:21		47	W40		1
	Koch	Andreas	LSF Oldenburg	1969	2013	01:14:17						1:14:17		44	M40		1
	Meinen	Janina	NIGE II	1997	2013	01:14:47						1:14:47		16	WU20		1
	Griggel	Stefan	Ostfriesische Volksbank	1971	2013	01:15:41						1:15:41		42	M40		1
	Behrends	Wilko	IGS Waldschule Egels	1997	2013	01:16:54						1:16:54		16	MU20		1
	Flockenhagen	Iris	Weener Plastik	1976	2013	01:18:05						1:18:05		37	W30		1
	Schulz	Enno	Emder LG	1962	2013	01:18:15						1:18:15		51	M50		1
	Diekmann	Andrea	Seefahrtsschule Leer	1985	2013	01:20:37						1:20:37		28	WHK		1
	Seemann	Imke	MVM mbH	1988	2013	01:32:17						1:32:17		25	WHK		1
	Exner	Thomas	mitzeit Intensivpflege zu	1961	2013				01:40:20			1:40:20		52	M50		1
	Janßen	Kathrin	TuS Ditzumerverlaat	1992	2013						01:44:16	1:44:16		21	WHK		1
	Oschinski	Janka	Nordland Papier	1981	2013		01:45:04					1:45:04		32	W30		1
	Voorwold	Jörg	Ruderverein Leer	1975	2013							0:00:00		38	M30		0